

# Lymm 5k Road Race Saturday 21-Jun-2014

Organised by Spectrum Striders Running Club ([www.spectrumstriders.org.uk](http://www.spectrumstriders.org.uk))

## Individual Results

Category winners are shown in italics.

| Pos | Time                  | Name                           | Club                                    | Category                  | mins/k  | Race No |
|-----|-----------------------|--------------------------------|-----------------------------------------|---------------------------|---------|---------|
| 1   | <b><i>0:15:59</i></b> | <b><i>BRUTON, Simon</i></b>    | <b><i>Salford Harriers</i></b>          | <b><i>Senior Men</i></b>  | 03:11.8 | 1425    |
| 2   | <b><i>0:16:12</i></b> | <b><i>DOYLE, Stuart</i></b>    | <b><i>Vale Royal AC</i></b>             | <b><i>Male Vet 40</i></b> | 03:14.4 | 809     |
| 3   | <b><i>0:16:20</i></b> | <b><i>GREEN, Graham</i></b>    | <b><i>Warrington AC</i></b>             | <b><i>Male Vet 45</i></b> | 03:16.0 | 37      |
| 4   | 0:16:31               | SWENSSON, Martin               | Penny Lane Striders                     | Senior Men                | 03:18.2 | 59      |
| 5   | 0:16:42               | CULLEN, Matt                   |                                         | Senior Men                | 03:20.4 | 802     |
| 6   | <b><i>0:16:48</i></b> | <b><i>VALENTINE, Henry</i></b> | <b><i>South Cheshire Harriers</i></b>   | <b><i>M Jun U20</i></b>   | 03:21.6 | 51      |
| 7   | <b><i>0:17:08</i></b> | <b><i>DOWNS, Rob</i></b>       | <b><i>Wilmslow RC</i></b>               | <b><i>Male Vet 50</i></b> | 03:25.6 | 44      |
| 8   | 0:17:38               | MARTIN, Dean                   | Stockport Harriers                      | Senior Men                | 03:31.6 | 1419    |
| 9   | 0:17:53               | PHILLIPS, David                | South Cheshire Harriers                 | Senior Men                | 03:34.6 | 1431    |
| 10  | 0:17:55               | MORRIS, David                  | South Cheshire Harriers                 | Senior Men                | 03:35.0 | 1029    |
| 11  | 0:18:25               | GREAVES, Tom                   |                                         | M Jun U20                 | 03:41.0 | 94      |
| 12  | 0:18:32               | FULLER, Adrian                 | Altrincham & District AC                | Male Vet 40               | 03:42.4 | 128     |
| 13  | 0:18:33               | MCCORMICK, Allan               | Wilmslow RC                             | Senior Men                | 03:42.6 | 42      |
| 14  | <b><i>0:18:35</i></b> | <b><i>MCVEY, Diane</i></b>     | <b><i>Wilmslow RC</i></b>               | <b><i>Lady Vet 35</i></b> | 03:43.0 | 43      |
| 15  | 0:18:44               | DICKINSON, Julian              | Lymm Runners                            | Male Vet 40               | 03:44.8 | 108     |
| 16  | 0:18:45               | RENNY, Steven                  | Altrincham & District AC                | Male Vet 40               | 03:45.0 | 23      |
| 17  | 0:18:46               | THOMPSON, Steven               | Warrington Road Runners                 | Senior Men                | 03:45.2 | 1001    |
| 18  | 0:18:46               | BAGAN, Paul                    | Lymm Runners                            | Senior Men                | 03:45.2 | 1026    |
| 19  | 0:18:53               | DILLON, Joseph                 | Leigh Harriers & AC                     | Male Vet 45               | 03:46.6 | 1452    |
| 20  | <b><i>0:19:00</i></b> | <b><i>DOWNS, Juliet</i></b>    | <b><i>Stockport Harriers</i></b>        | <b><i>F Jun U20</i></b>   | 03:48.0 | 46      |
| 21  | 0:19:13               | ABRAHAM, Paul                  | Altrincham & District AC                | Male Vet 40               | 03:50.6 | 95      |
| 22  | 0:19:15               | BURTHEM, Stephen               | Warrington AC                           | Male Vet 50               | 03:51.0 | 1444    |
| 23  | <b><i>0:19:16</i></b> | <b><i>KAY, Colin</i></b>       | <b><i>Astley &amp; Tyldesley RR</i></b> | <b><i>Male Vet 55</i></b> | 03:51.2 | 75      |
| 24  | 0:19:18               | HILLDRUP, Andrea               | Lymm Runners                            | Lady Vet 35               | 03:51.6 | 64      |
| 25  | 0:19:29               | GREEN, Adam                    | Warrington AC                           | Senior Men                | 03:53.8 | 1424    |
| 26  | 0:19:30               | WARD, Stephen                  | Spectrum Striders                       | Male Vet 50               | 03:54.0 | 11      |
| 27  | 0:19:32               | CHRISTEY, Scott                | Leigh Harriers & AC                     | Male Vet 45               | 03:54.4 | 74      |
| 28  | 0:19:42               | QUICKE, Andy                   | Manchester Tri Club                     | Senior Men                | 03:56.4 | 73      |
| 29  | 0:19:49               | SPENCER, Julian                | Spectrum Striders                       | Male Vet 50               | 03:57.8 | 1       |
| 30  | 0:19:52               | POLLARD, Mark                  | Cheshire Fire and Rescue                | Male Vet 40               | 03:58.4 | 1414    |
| 31  | 0:19:53               | BLAIR, Andrew                  | Ellesmere Port RC                       | Male Vet 50               | 03:58.6 | 1417    |
| 32  | 0:19:54               | BROWN, Keith                   | Warrington Road Runners                 | Male Vet 50               | 03:58.8 | 110     |
| 33  | 0:19:59               | O'KEEFE, Ray                   | Macclesfield Harriers                   | Male Vet 45               | 03:59.8 | 54      |
| 34  | 0:20:04               | RICHARDSON, Hannah             | Stockport Harriers                      | F Jun U20                 | 04:00.8 | 87      |
| 35  | 0:20:08               | STUART, Barry                  | Lymm Runners                            | Senior Men                | 04:01.6 | 100     |
| 36  | 0:20:11               | MARTIN, Kamen                  |                                         | M Jun U20                 | 04:02.2 | 1420    |
| 37  | 0:20:18               | HUNTER, Mark J                 | Altrincham & District AC                | Male Vet 55               | 04:03.6 | 33      |
| 38  | 0:20:22               | BOURKE, Georgia                | Stockport Harriers                      | F Jun U20                 | 04:04.4 | 129     |
| 39  | 0:20:28               | BROAD, Chloe                   | Vale Royal AC                           | F Jun U20                 | 04:05.6 | 127     |
| 40  | 0:20:32               | DAWSON, Jim                    | Lymm Runners                            | Male Vet 50               | 04:06.4 | 60      |
| 41  | 0:20:41               | DOLAN, Michael                 |                                         | Male Vet 45               | 04:08.2 | 20      |
| 42  | 0:20:49               | SMITH, Sophie                  | Crewe & Nantwich AC                     | F Jun U20                 | 04:09.8 | 1439    |
| 43  | 0:20:53               | ROSE, Philip                   | Spectrum Striders                       | Male Vet 50               | 04:10.6 | 1446    |
| 44  | 0:20:54               | TEGG, Julian                   | Ellesmere Port RC                       | Male Vet 40               | 04:10.8 | 1450    |
| 45  | 0:20:55               | HARRISON, Michael              |                                         | Male Vet 45               | 04:11.0 | 1010    |
| 46  | 0:20:56               | DURNIAN, Jon                   |                                         | Senior Men                | 04:11.2 | 1436    |
| 47  | 0:21:01               | HEALD, David                   |                                         | Male Vet 40               | 04:12.2 | 1037    |

## Lymm 5k Road Race Saturday 21-Jun-2014

Organised by Spectrum Striders Running Club ([www.spectrumstriders.org.uk](http://www.spectrumstriders.org.uk))

| Pos | Time           | Name                      | Club                                | Category             | mins/k  | Race No |
|-----|----------------|---------------------------|-------------------------------------|----------------------|---------|---------|
| 48  | 0:21:02        | ROWLANDS, Charlie         | South Cheshire Harriers             | Male Vet 40          | 04:12.4 | 1014    |
| 49  | 0:21:03        | MASON, Paul               | Atherton RC                         | Senior Men           | 04:12.6 | 1438    |
| 50  | 0:21:05        | MADDERS, Dave             | Helsby RC                           | Male Vet 40          | 04:13.0 | 1442    |
| 51  | 0:21:06        | HARPER-GRIFFITHS, Ryan    | Crewe & Nantwich AC                 | M Jun U20            | 04:13.2 | 1453    |
| 52  | <b>0:21:08</b> | <b>GANOSE, Bev</b>        | <b>Altrincham &amp; District AC</b> | <b>Lady Vet 50</b>   | 04:13.6 | 1437    |
| 53  | 0:21:09        | FALLS, Chris              | St Helens Striders                  | Senior Men           | 04:13.8 | 1413    |
| 54  | 0:21:12        | BURKE, Nigel              | Salford Met                         | Male Vet 50          | 04:14.4 | 816     |
| 55  | 0:21:13        | DRIVER, Graham            | Spectrum Striders                   | Male Vet 45          | 04:14.6 | 846     |
| 56  | <b>0:21:14</b> | <b>BRADY, Alan</b>        | <b>Spectrum Striders</b>            | <b>Male Vet 60</b>   | 04:14.8 | 1430    |
| 57  | 0:21:17        | BROWN, Tony               | Northern Vets AC                    | Male Vet 60          | 04:15.4 | 67      |
| 58  | 0:21:18        | FORSTER, Karon            | Spectrum Striders                   | Lady Vet 50          | 04:15.6 | 1057    |
| 59  | 0:21:21        | GARNETT, Andy             | Spectrum Striders                   | Male Vet 60          | 04:16.2 | 2       |
| 60  | 0:21:22        | HAMILL, Mark              | Lymm Runners                        | Male Vet 50          | 04:16.4 | 1410    |
| 61  | <b>0:21:22</b> | <b>JONES, Tracey</b>      | <b>Dragon's RC (Sale)</b>           | <b>Senior Ladies</b> | 04:16.4 | 84      |
| 62  | 0:21:23        | PICKLES, Daisy            | Macclesfield Harriers               | Senior Ladies        | 04:16.6 | 1021    |
| 63  | <b>0:21:26</b> | <b>HARRISON, Carole</b>   | <b>Altrincham &amp; District AC</b> | <b>Lady Vet 45</b>   | 04:17.2 | 1434    |
| 64  | 0:21:29        | BOND, Simon               | Sale Harriers Mcr                   | Male Vet 40          | 04:17.8 | 1435    |
| 65  | 0:21:30        | SKENTELBERY, Simon        | Dragon's RC (Sale)                  | Male Vet 40          | 04:18.0 | 1040    |
| 66  | 0:21:32        | MAIRS, Stuart             | Salford Met                         | Senior Men           | 04:18.4 | 27      |
| 67  | 0:21:36        | POTTS, Luke               | Spectrum Striders                   | Senior Men           | 04:19.2 | 1015    |
| 68  | 0:21:38        | SKIDMORE, Paul            |                                     | Senior Men           | 04:19.6 | 1449    |
| 69  | 0:21:39        | NEWTON, James             | Greater Manchester Police AA        | Senior Men           | 04:19.8 | 1025    |
| 70  | 0:21:40        | SMITH, Andy               | Helsby RC                           | Male Vet 50          | 04:20.0 | 1411    |
| 71  | 0:21:43        | NOKES, Steven             |                                     | Senior Men           | 04:20.6 | 824     |
| 72  | <b>0:21:43</b> | <b>CORDINGLEY, Jackie</b> | <b>Sale Harriers Mcr</b>            | <b>Lady Vet 55</b>   | 04:20.6 | 68      |
| 73  | 0:21:44        | NICHOL, Lynne             | Altrincham & District AC            | Lady Vet 45          | 04:20.8 | 1017    |
| 74  | 0:21:46        | EHLEN, Brad               | Spectrum Striders                   | Male Vet 40          | 04:21.2 | 9       |
| 75  | 0:21:46        | LOTT, Joanne              | Trafford AC                         | Lady Vet 45          | 04:21.2 | 125     |
| 76  | 0:21:56        | HOLLAND, Andrew           | Warrington Road Runners             | Senior Men           | 04:23.2 | 48      |
| 77  | 0:21:57        | COLES, Matthew            | Spectrum Striders                   | M Jun U20            | 04:23.4 | 14      |
| 78  | 0:22:00        | KELLY, Paul               | Spectrum Striders                   | Male Vet 40          | 04:24.0 | 1441    |
| 79  | 0:22:01        | WILLIAMS, Glyn            | Salford Harriers                    | Male Vet 45          | 04:24.2 | 1454    |
| 80  | 0:22:08        | RICHARDSON, Gary          | Stockport Harriers                  | Male Vet 45          | 04:25.6 | 88      |
| 81  | <b>0:22:11</b> | <b>CHAMBERLAIN, Nikki</b> | <b>Knutsford Tri</b>                | <b>Lady Vet 40</b>   | 04:26.2 | 81      |
| 82  | <b>0:22:15</b> | <b>BURGESS, Ken</b>       | <b>Altrincham &amp; District AC</b> | <b>Male Vet 70+</b>  | 04:27.0 | 31      |
| 83  | 0:22:18        | BELL, Tony                | Warrington Road Runners             | Male Vet 50          | 04:27.6 | 1432    |
| 84  | 0:22:25        | ATKINSON, Sara            | Tattenhall Runners                  | Lady Vet 45          | 04:29.0 | 1416    |
| 85  | 0:22:26        | TREVITHICK, Isabelle      | Warrington AC                       | F Jun U20            | 04:29.2 | 1032    |
| 86  | 0:22:26        | TREVITHICK, Simon         |                                     | Male Vet 45          | 04:29.2 | 1033    |
| 87  | 0:22:28        | LOMAX, Bobbie             | Spectrum Striders                   | Lady Vet 35          | 04:29.6 | 1447    |
| 88  | 0:22:34        | ROGERS, Gerry             | Styal RC                            | Male Vet 55          | 04:30.8 | 1440    |
| 89  | 0:22:40        | JOHNSON, Lee              | Warrington Tri                      | Male Vet 50          | 04:32.0 | 130     |
| 90  | 0:22:41        | WILLIAM, Alan             | Altrincham & District AC            | Male Vet 50          | 04:32.2 | 28      |
| 91  | 0:22:44        | ROBERTSON, Janet          | Helsby RC                           | Lady Vet 45          | 04:32.8 | 1429    |
| 92  | 0:22:45        | TRIVETT, Amanda           | Stockport Harriers                  | Lady Vet 35          | 04:33.0 | 116     |
| 93  | 0:22:48        | WALKER, Georgina          | Lymm Runners                        | Lady Vet 35          | 04:33.6 | 1000    |
| 94  | 0:22:48        | WOODYATT, Chris           |                                     | Male Vet 50          | 04:33.6 | 1022    |
| 95  | 0:22:51        | FERNS, Mark               |                                     | Male Vet 50          | 04:34.2 | 93      |
| 96  | 0:22:55        | KELLY, Denis              | Manchester Harriers & AC            | Male Vet 45          | 04:35.0 | 86      |
| 97  | 0:22:56        | BATTERHAM, Richard        | West Cheshire AC                    | Male Vet 60          | 04:35.2 | 857     |
| 98  | 0:23:05        | THOMPSON, John            | Helsby RC                           | Male Vet 40          | 04:37.0 | 77      |

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| Pos | Time           | Name                    | Club                     | Category           | mins/k  | Race No |
|-----|----------------|-------------------------|--------------------------|--------------------|---------|---------|
| 99  | 0:23:10        | DOOLEY, Andrew          | Styal RC                 | Male Vet 55        | 04:38.0 | 114     |
| 100 | 0:23:13        | HOLMES, Germaine        | Lymm Runners             | Lady Vet 40        | 04:38.6 | 65      |
| 101 | 0:23:22        | EVANS, Tim              | Lymm Runners             | Male Vet 55        | 04:40.4 | 1011    |
| 102 | 0:23:24        | BASNETT, Paul           | Astley & Tyldesley RR    | Male Vet 45        | 04:40.8 | 111     |
| 103 | <b>0:23:43</b> | <b>ROGERS, Rosemary</b> | <b>West Cheshire AC</b>  | <b>Lady Vet 60</b> | 04:44.6 | 76      |
| 104 | 0:23:49        | BULL, Martin            | Dragon's RC (Sale)       | Male Vet 55        | 04:45.8 | 1455    |
| 105 | <b>0:23:52</b> | <b>JENKINSON, Alan</b>  | <b>Styal RC</b>          | <b>Male Vet 65</b> | 04:46.4 | 90      |
| 106 | 0:24:03        | POOLE, Susan            | South Cheshire Harriers  | Lady Vet 45        | 04:48.6 | 1023    |
| 107 | 0:24:05        | CROALL, John            | Lymm Runners             | Male Vet 55        | 04:49.0 | 101     |
| 108 | 0:24:07        | O'BRIEN, Sue            | Knowsley Harriers        | Lady Vet 55        | 04:49.4 | 1448    |
| 109 | 0:24:25        | BRADLEY, Michael        | Spectrum Striders        | Male Vet 55        | 04:53.0 | 15      |
| 110 | 0:24:26        | CHARMAN, Michael        | Spectrum Striders        | Male Vet 60        | 04:53.2 | 13      |
| 111 | 0:24:27        | JONES, Hew              | Lymm Runners             | Male Vet 50        | 04:53.4 | 98      |
| 112 | 0:24:36        | SMITH, Diane            | South Cheshire Harriers  | Lady Vet 40        | 04:55.2 | 1036    |
| 113 | 0:24:39        | BURTON, Peter John      | Lymm Runners             | Male Vet 50        | 04:55.8 | 61      |
| 114 | 0:24:40        | EAKIN, Michael          |                          | Male Vet 55        | 04:56.0 | 102     |
| 115 | 0:24:41        | MCEVELEY, Louise        | Helsby RC                | Lady Vet 45        | 04:56.2 | 1020    |
| 116 | 0:24:43        | KELLY, Michelle         | Penny Lane Striders      | Lady Vet 55        | 04:56.6 | 58      |
| 117 | 0:24:50        | HACKETT, Simon          |                          | Male Vet 50        | 04:58.0 | 1034    |
| 118 | 0:25:03        | BUCKLEY, Emma           | Widnes Wasps             | Senior Ladies      | 05:00.6 | 1456    |
| 119 | 0:25:05        | COLIN, James            |                          | Senior Men         | 05:01.0 | 1421    |
| 120 | 0:25:06        | HAMILTON, Ian           | Astley & Tyldesley RR    | Male Vet 60        | 05:01.2 | 1428    |
| 121 | 0:25:08        | BIRD, Allan             | Spectrum Striders        | Male Vet 50        | 05:01.6 | 3       |
| 122 | 0:25:12        | SPENCER, Heather        | Spectrum Striders        | Lady Vet 35        | 05:02.4 | 10      |
| 123 | 0:25:24        | ROBERTS, Eleanor        | Spectrum Striders        | Lady Vet 45        | 05:04.8 | 18      |
| 124 | 0:25:30        | ANDERSON, Sophie        | Lymm Runners             | Senior Ladies      | 05:06.0 | 22      |
| 125 | 0:25:31        | BUCK, Sue               | Spectrum Striders        | Lady Vet 45        | 05:06.2 | 1412    |
| 126 | 0:25:31        | JACKSON, Rebecca        |                          | Senior Ladies      | 05:06.2 | 1426    |
| 127 | 0:25:33        | HOWARD, Kathryn         | Lymm Runners             | Senior Ladies      | 05:06.6 | 1018    |
| 128 | 0:25:40        | TAYLOR, Ian             | Sale Harriers Mcr        | Male Vet 50        | 05:08.0 | 1409    |
| 129 | 0:25:47        | SAVAGE, Paul            |                          | Male Vet 60        | 05:09.4 | 1415    |
| 130 | 0:25:48        | YARWOOD, Dennis         | Spectrum Striders        | Male Vet 45        | 05:09.6 | 16      |
| 131 | 0:25:49        | PEERS, Alan             | Spectrum Striders        | Male Vet 70+       | 05:09.8 | 7       |
| 132 | 0:25:53        | PICKFORD, Chris         | Lymm Runners             | Male Vet 50        | 05:10.6 | 1009    |
| 133 | 0:25:56        | KITCHEN, Graham         | Dragon's RC (Sale)       | Male Vet 50        | 05:11.2 | 82      |
| 134 | 0:26:10        | CLARKE, Jonathan        | Styal RC                 | Male Vet 45        | 05:14.0 | 89      |
| 135 | 0:26:25        | FORTH, Bryan            | Warrington Road Runners  | Male Vet 40        | 05:17.0 | 832     |
| 136 | 0:26:29        | NUNNERLEY, Emma         | Lymm Runners             | Lady Vet 35        | 05:17.8 | 1030    |
| 137 | 0:26:30        | DANIELS, Mathew         | Lymm Runners             | Senior Men         | 05:18.0 | 1418    |
| 138 | 0:26:38        | BUSBY, Joe              |                          | M Jun U20          | 05:19.6 | 1027    |
| 139 | 0:26:45        | HATTON, Jill            | Dragon's RC (Sale)       | Lady Vet 35        | 05:21.0 | 29      |
| 140 | 0:26:53        | HALLIGAN, Claire        | Lymm Runners             | Senior Ladies      | 05:22.6 | 99      |
| 141 | 0:27:02        | HUNTER, Diane E         | Altrincham & District AC | Lady Vet 45        | 05:24.4 | 34      |
| 142 | 0:27:06        | SMITH, Brian            |                          | Male Vet 50        | 05:25.2 | 1048    |
| 143 | 0:27:12        | PARK, Joe               | Cheshire Tally Ho        | Male Vet 70+       | 05:26.4 | 56      |
| 144 | 0:27:29        | ATTWELL, Dave           | Altrincham & District AC | Male Vet 70+       | 05:29.8 | 32      |
| 145 | 0:27:32        | BENTLEY, Sandra         |                          | Lady Vet 45        | 05:30.4 | 1457    |
| 146 | 0:27:45        | JARAS, Michael          |                          | Male Vet 70+       | 05:33.0 | 1423    |
| 147 | 0:27:50        | TICKLE, Beverley        | Astley & Tyldesley RR    | Lady Vet 35        | 05:34.0 | 19      |
| 148 | 0:27:52        | WRIGHT, Martin          |                          | Male Vet 40        | 05:34.4 | 1012    |
| 149 | 0:28:36        | GEER, Donna             | Helsby RC                | Lady Vet 45        | 05:43.2 | 1056    |

## Lymm 5k Road Race Saturday 21-Jun-2014

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| Pos | Time    | Name                   | Club                     | Category      | mins/k  | Race No |
|-----|---------|------------------------|--------------------------|---------------|---------|---------|
| 150 | 0:28:53 | DUNBAR, Ian            | Spectrum Striders        | Male Vet 60   | 05:46.6 | 5       |
| 151 | 0:28:59 | JONES, Sarah           |                          | Lady Vet 40   | 05:47.8 | 1007    |
| 152 | 0:28:59 | WHITFIELD, Mark        |                          | Male Vet 40   | 05:47.8 | 1031    |
| 153 | 0:29:12 | BILLINGTON, James      |                          | Senior Men    | 05:50.4 | 1049    |
| 154 | 0:29:13 | UNSWORTH, Clare        | Astley & Tyldesley RR    | Lady Vet 40   | 05:50.6 | 1443    |
| 155 | 0:29:17 | DOOLEY, John P         | Spectrum Striders        | Male Vet 65   | 05:51.4 | 6       |
| 156 | 0:30:00 | BROWN, Peter           |                          | Senior Men    | 06:00.0 | 1427    |
| 157 | 0:30:18 | SMETHURST, Christopher | Spectrum Striders        | Male Vet 55   | 06:03.6 | 1047    |
| 158 | 0:30:24 | COLES, Terry           | Spectrum Striders        | Male Vet 70+  | 06:04.8 | 4       |
| 159 | 0:30:40 | HACKETT, Karen         |                          | Lady Vet 45   | 06:08.0 | 1035    |
| 160 | 0:30:55 | SELLERS, Thomas        | Lymm Runners             | Senior Men    | 06:11.0 | 1028    |
| 161 | 0:31:19 | WALSH, Shelley         | Warrington Road Runners  | Lady Vet 60   | 06:15.8 | 1433    |
| 162 | 0:31:32 | RICHARDS, Claire       |                          | Lady Vet 35   | 06:18.4 | 1006    |
| 163 | 0:31:34 | WALTON, Derek          | Altrincham & District AC | Male Vet 70+  | 06:18.8 | 827     |
| 164 | 0:32:12 | PENNY, Louise          |                          | Lady Vet 35   | 06:26.4 | 1451    |
| 165 | 0:32:34 | RAMSDALE, Christine    | Spectrum Striders        | Lady Vet 60   | 06:30.8 | 8       |
| 166 | 0:33:49 | LEADBETTER, Eilidh     |                          | Senior Ladies | 06:45.8 | 1008    |
| 167 | 0:37:00 | BRISCOE, Jayne         |                          | Lady Vet 35   | 07:24.0 | 1041    |
| 168 | 0:37:00 | HEWITT, Phillip        |                          | Senior Men    | 07:24.0 | 1042    |
| 169 | 0:37:23 | BOLAND, Holly          |                          | Senior Ladies | 07:28.6 | 1039    |
| 170 | 0:39:58 | WALSHAM, Arthur        | Salford Harriers         | Male Vet 70+  | 07:59.6 | 83      |

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## Ladies Team Results

| Pos                          | Club          | Gender<br>pos | Time    | Name                | Category      | RaceNo | Race<br>pos |
|------------------------------|---------------|---------------|---------|---------------------|---------------|--------|-------------|
| 1 : Stockport Harriers       |               |               |         |                     |               |        |             |
|                              |               | 2             | 0:19:00 | DOWNS, Juliet       | FJunior U20   | 46     | 20          |
|                              |               | 4             | 0:20:04 | RICHARDSON, Hannah  | FJunior U20   | 87     | 34          |
|                              |               | 5             | 0:20:22 | BOURKE, Georgia     | FJunior U20   | 129    | 38          |
|                              | <b>Score:</b> | 11            |         |                     |               |        |             |
| 2 : Altrincham & District AC |               |               |         |                     |               |        |             |
|                              |               | 8             | 0:21:08 | GANOSE, Bev         | Lady Vet 50   | 1437   | 52          |
|                              |               | 12            | 0:21:26 | HARRISON, Carole    | Lady Vet 45   | 1434   | 63          |
|                              |               | 14            | 0:21:44 | NICHOL, Lynne       | Lady Vet 45   | 1017   | 73          |
|                              | <b>Score:</b> | 34            |         |                     |               |        |             |
| 3 : Lymm Runners             |               |               |         |                     |               |        |             |
|                              |               | 3             | 0:19:18 | HILLDRUP, Andrea    | Lady Vet 35   | 64     | 24          |
|                              |               | 22            | 0:22:48 | WALKER, Georgina    | Lady Vet 35   | 1000   | 93          |
|                              |               | 23            | 0:23:13 | HOLMES, Germaine    | Lady Vet 40   | 65     | 100         |
|                              | <b>Score:</b> | 48            |         |                     |               |        |             |
| 4 : Spectrum Striders        |               |               |         |                     |               |        |             |
|                              |               | 9             | 0:21:18 | FORSTER, Karon      | Lady Vet 50   | 1057   | 58          |
|                              |               | 19            | 0:22:28 | LOMAX, Bobbie       | Lady Vet 35   | 1447   | 87          |
|                              |               | 31            | 0:25:12 | SPENCER, Heather    | Lady Vet 35   | 10     | 122         |
|                              | <b>Score:</b> | 59            |         |                     |               |        |             |
| 5 : Helsby RC                |               |               |         |                     |               |        |             |
|                              |               | 20            | 0:22:44 | ROBERTSON, Janet    | Lady Vet 45   | 1429   | 91          |
|                              |               | 28            | 0:24:41 | MCEVELEY, Louise    | Lady Vet 45   | 1020   | 115         |
|                              |               | 43            | 0:28:36 | GEER, Donna         | Lady Vet 45   | 1056   | 149         |
|                              | <b>Score:</b> | 91            |         |                     |               |        |             |
| 6 : Lymm Runners             |               |               |         |                     |               |        |             |
|                              |               | 33            | 0:25:30 | ANDERSON, Sophie    | Senior Ladies | 22     | 124         |
|                              |               | 36            | 0:25:33 | HOWARD, Kathryn     | Senior Ladies | 1018   | 127         |
|                              |               | 37            | 0:26:29 | NUNNERLEY, Emma     | Lady Vet 35   | 1030   | 136         |
|                              | <b>Score:</b> | 106           |         |                     |               |        |             |
| 7 : Spectrum Striders        |               |               |         |                     |               |        |             |
|                              |               | 32            | 0:25:24 | ROBERTS, Eleanor    | Lady Vet 45   | 18     | 123         |
|                              |               | 34            | 0:25:31 | BUCK, Sue           | Lady Vet 45   | 1412   | 125         |
|                              |               | 50            | 0:32:34 | RAMSDALE, Christine | Lady Vet 60   | 8      | 165         |
|                              | <b>Score:</b> | 116           |         |                     |               |        |             |

## Lymm 5k Road Race Saturday 21-Jun-2014

Organised by Spectrum Striders Running Club ([www.spectrumstriders.org.uk](http://www.spectrumstriders.org.uk))

### Mens Team Results

| Pos | Club                     | Gender<br>pos | Time    | Name              | Category    | RaceNo | Race<br>pos |
|-----|--------------------------|---------------|---------|-------------------|-------------|--------|-------------|
| 1 : | South Cheshire Harriers  |               |         |                   |             |        |             |
|     |                          | 6             | 0:16:48 | VALENTINE, Henry  | M Jun U20   | 51     | 6           |
|     |                          | 9             | 0:17:53 | PHILLIPS, David   | Senior Men  | 1431   | 9           |
|     |                          | 10            | 0:17:55 | MORRIS, David     | Senior Men  | 1029   | 10          |
|     |                          | 41            | 0:21:02 | ROWLANDS, Charlie | Male Vet 40 | 1014   | 48          |
| 2 : | Altrincham & District AC |               |         |                   |             |        |             |
|     |                          | 12            | 0:18:32 | FULLER, Adrian    | Male Vet 40 | 128    | 12          |
|     |                          | 15            | 0:18:45 | RENNY, Steven     | Male Vet 40 | 23     | 16          |
|     |                          | 19            | 0:19:13 | ABRAHAM, Paul     | Male Vet 40 | 95     | 21          |
|     |                          | 33            | 0:20:18 | HUNTER, Mark J    | Male Vet 55 | 33     | 37          |
| 3 : | Lymm Runners             |               |         |                   |             |        |             |
|     |                          | 14            | 0:18:44 | DICKINSON, Julian | Male Vet 40 | 108    | 15          |
|     |                          | 17            | 0:18:46 | BAGAN, Paul       | Senior Men  | 1026   | 18          |
|     |                          | 31            | 0:20:08 | STUART, Barry     | Senior Men  | 100    | 35          |
|     |                          | 34            | 0:20:32 | DAWSON, Jim       | Male Vet 50 | 60     | 40          |
| 4 : | Spectrum Striders        |               |         |                   |             |        |             |
|     |                          | 23            | 0:19:30 | WARD, Stephen     | Male Vet 50 | 11     | 26          |
|     |                          | 26            | 0:19:49 | SPENCER, Julian   | Male Vet 50 | 1      | 29          |
|     |                          | 36            | 0:20:53 | ROSE, Philip      | Male Vet 50 | 1446   | 43          |
|     |                          | 47            | 0:21:13 | DRIVER, Graham    | Male Vet 45 | 846    | 55          |
| 5 : | Warrington Road Runners  |               |         |                   |             |        |             |
|     |                          | 16            | 0:18:46 | THOMPSON, Steven  | Senior Men  | 1001   | 17          |
|     |                          | 29            | 0:19:54 | BROWN, Keith      | Male Vet 50 | 110    | 32          |
|     |                          | 61            | 0:21:56 | HOLLAND, Andrew   | Senior Men  | 48     | 77          |
|     |                          | 67            | 0:22:18 | BELL, Tony        | Male Vet 50 | 1432   | 84          |
| 6 : | Spectrum Striders        |               |         |                   |             |        |             |
|     |                          | 48            | 0:21:14 | BRADY, Alan       | Male Vet 60 | 1430   | 56          |
|     |                          | 50            | 0:21:21 | GARNETT, Andy     | Male Vet 60 | 2      | 60          |
|     |                          | 55            | 0:21:36 | POTTS, Luke       | Senior Men  | 1015   | 68          |
|     |                          | 60            | 0:21:46 | EHLEN, Brad       | Male Vet 40 | 9      | 75          |
| 7 : | Spectrum Striders        |               |         |                   |             |        |             |
|     |                          | 62            | 0:21:57 | COLES, Matthew    | M Jun U20   | 14     | 78          |
|     |                          | 63            | 0:22:00 | KELLY, Paul       | Male Vet 40 | 1441   | 79          |
|     |                          | 83            | 0:24:25 | BRADLEY, Michael  | Male Vet 55 | 15     | 110         |
|     |                          | 84            | 0:24:26 | CHARMAN, Michael  | Male Vet 60 | 13     | 111         |
| 8 : | Lymm Runners             |               |         |                   |             |        |             |
|     |                          | 51            | 0:21:22 | HAMILL, Mark      | Male Vet 50 | 1410   | 61          |
|     |                          | 78            | 0:23:22 | EVANS, Tim        | Male Vet 55 | 1011   | 102         |
|     |                          | 82            | 0:24:05 | CROALL, John      | Male Vet 55 | 101    | 108         |
|     |                          | 85            | 0:24:27 | JONES, Hew        | Male Vet 50 | 98     | 112         |
| 9 : | Styal RC                 |               |         |                   |             |        |             |
|     |                          | 69            | 0:22:34 | ROGERS, Gerry     | Male Vet 55 | 1440   | 89          |
|     |                          | 77            | 0:23:10 | DOOLEY, Andrew    | Male Vet 55 | 114    | 100         |
|     |                          | 81            | 0:23:52 | JENKINSON, Alan   | Male Vet 65 | 90     | 106         |
|     |                          | 98            | 0:26:10 | CLARKE, Jonathan  | Male Vet 45 | 89     | 135         |

## Lymm 5k Road Race Saturday 21-Jun-2014

Organised by Spectrum Striders Running Club ([www.spectrumstriders.org.uk](http://www.spectrumstriders.org.uk))

| Pos                           | Club | Gender<br>pos | Time    | Name               | Category     | RaceNo | Race<br>pos |
|-------------------------------|------|---------------|---------|--------------------|--------------|--------|-------------|
| 10 : Altrincham & District AC |      | 66            | 0:22:15 | BURGESS, Ken       | Male Vet 70+ | 31     | 83          |
|                               |      | 71            | 0:22:41 | WILLIAM, Alan      | Male Vet 50  | 28     | 91          |
|                               |      | 104           | 0:27:29 | ATTWELL, Dave      | Male Vet 70+ | 32     | 145         |
|                               |      | 115           | 0:31:34 | WALTON, Derek      | Male Vet 70+ | 827    | 164         |
| 11 : Spectrum Striders        |      | 91            | 0:25:08 | BIRD, Allan        | Male Vet 50  | 3      | 122         |
|                               |      | 94            | 0:25:48 | YARWOOD, Dennis    | Male Vet 45  | 16     | 131         |
|                               |      | 95            | 0:25:49 | PEERS, Alan        | Male Vet 70+ | 7      | 132         |
|                               |      | 107           | 0:28:53 | DUNBAR, Ian        | Male Vet 60  | 5      | 151         |
| 12 : Lymm Runners             |      | 86            | 0:24:39 | BURTON, Peter John | Male Vet 50  | 61     | 114         |
|                               |      | 96            | 0:25:53 | PICKFORD, Chris    | Male Vet 50  | 1009   | 133         |
|                               |      | 100           | 0:26:30 | DANIELS, Mathew    | Senior Men   | 1418   | 138         |
|                               |      | 114           | 0:30:55 | SELLERS, Thomas    | Senior Men   | 1028   | 161         |

## Lymm 5k Road Race Saturday 21-Jun-2014

Organised by Spectrum Striders Running Club ([www.spectrumstriders.org.uk](http://www.spectrumstriders.org.uk))

### Fun Run Results

| Pos | Name                | M/F | Age | Time  | RaceNo |
|-----|---------------------|-----|-----|-------|--------|
| 1   | Kamen Martin        | m   | 25  | 08:37 | 899    |
| 2   | Alex Doyle          | m   | 12  | 08:57 | 902    |
| 3   | Harvey Tegg         | m   | 9   | 09:32 | 916    |
| 4   | Oliver Palmer       | m   | 8   | 09:39 | 920    |
| 5   | Aaron Doyle         | m   | 11  | 10:19 | 903    |
| 6   | Mathew Davies       | m   | 14  | 10:30 | 1051   |
| 7   | Patrick Dempsey     | m   | 12  | 10:32 | 897    |
| 8   | Ciaran Wigglesworth | m   | 14  | 10:47 | 919    |
| 9   | Molly Wormald       | f   | 8   | 11:10 | 905    |
| 10  | James Pitcher       | m   | 14  | 11:21 | 1044   |
| 11  | Toby O'Keefe        | m   | 9   | 11:54 | 904    |
| 12  | Adam Brennan        | m   | 12  | 11:59 | 921    |
| 13  | Marcus Trevithick   | m   |     | 12:08 | 911    |
| 14  | Alex Cottrell       | m   | 14  | 12:22 | 1053   |
| 15  | Suzannah Forster    | f   | 12  | 13:07 | 900    |
| 16  | Freya Ehlen         | f   | 1   | 13:08 | 922    |
| 17  | Anna Wigglesworth   | f   | 12  | 13:11 | 918    |
| 18  | Jill Trevithick     | f   | 40  | 13:15 | 910    |
| 19  | Elena Cottrell      | f   | 12  | 13:16 | 1054   |
| 20  | Jack Marwood        | m   | 5   | 13:18 | 925    |
| 21  | Jack McGuire        | m   | 59  | 13:33 | 913    |
| 22  | Jamie Cope          | m   |     | 14:00 | 907    |
| 23  | Louis Tegg          | m   | 8   | 14:04 | 917    |
| 24  | Angela Tegg         | f   | 42  | 14:05 | 915    |
| 25  | Russell Martin      | m   |     | 14:11 | 898    |
| 26  | Joseph Bailey-Head  | m   | 6   | 14:20 | 1038   |
| 27  | David Heald         | m   | 41  | 14:22 | 1037   |
| 28  | Emma Davies         | f   | 12  | 14:30 | 1050   |
| 29  | Clare Davies        | f   | 9   | 14:49 | 914    |
| 30  | Saranne Wright      | f   | 9   | 14:50 | 1013   |
| 31  | Thomas Kelly        | m   | 4   | 15:07 | 901    |
| 32  | Ian Cope            | m   | 40  | 15:09 | 906    |
| 33  | Beth Pitcher        | f   | 7   | 15:14 | 1046   |
| 34  | Paul Cottrell       | m   | 45  | 15:15 | 1052   |
| 35  | Mark Pitcher        | m   | 45  | 15:15 | 1043   |
| 36  | Molly Cottrell      | f   | 8   | 15:17 | 1055   |
| 37  | Daniel Turner       | m   | 7   | 15:29 | 912    |
| 38  | George Pitcher      | m   | 10  | 16:04 | 1045   |
| 39  | Jack Jarvis         | m   | 5   | 17:05 | 923    |
| 40  | Archie Norman       | m   | 4   | 17:13 | 924    |
| 41  | Eva Cope            | f   | 8   | 17:40 | 908    |
| 42  | Jo Cope             | f   | 37  | 17:40 | 909    |