

ALTRINCHAM AND DISTRICT ATHLETIC CLUB

DUNHAM MASSEY 5k RESULTS

Friday 23rd May 2008

Pos	Number	Name	Cat.	Club	Time
1	41	Simon Marwood	M	Altrincham	15.37
2	71	Andrew Parker	M	Bolton United Harriers	15.55
3	159	Chris Heys	M	Sale Harriers Manchester	16.04
4	53	Ian Wetherall	M40	Sale Harriers Manchester	16.08
5	68	Paul Mannion	M	Unattached	16.34
6	92	Gareth Booth	M	Horwich	16.45
7	2179	Stuart Doyle	M	Vale Royal	16.46
8	2201	Graham Macneil	M45	Unattached	16.55
9	2190	David Barker	M	Trafford	17.05
10	2161	Denis Duret	M40	Ellesmere Port R.C.	17.13
11	2142	Mike Houghton	M	Spectrum Striders	17.15
12	105	Andy Fitzpatrick	M50	Manchester Harriers	17.15
13	56	David Livingstone	M	Altrincham	17.16
14	141	Neil Ashcroft	M40	Warrington A.C.	17.19
15	2187	Mark Joynson	M	East Cheshire Harriers	17.20
16	2189	Stephen Nicholls	M	Wigan Phoenix	17.22
17	78	Graham Ratcliffe	M50	Wirral A.C.	17.25
18	26	Neil Walker	M	Altrincham	17.26
19	2185	Steven Doxey	M45	Swinton Runners	17.29
20	2196	Stephen Burthem	M45	Warrington A.C.	17.36
21	65	Luke Vaughn	M	Unattached	17.37
22	99	Dean Matkin	M	Stockport	17.39
23	2186	David Gee	M55	Manchester Harriers	17.41
24	120	Peter Willacy	M50	Barrow	17.42
25	131	Paul Frodsham	M50	Wirral A.C.	17.44
26	133	Andrew Yates	M45	Sale Harriers Manchester	17.45
27	2191	Stephen Watmough	M45	Spectrum Striders	17.45
28	97	Chris Floyd	M	Unattached	17.46
29	104	Stuart Andrew	M	Spectrum Striders	17.46
30	2134	William Tyler	M	Unattached	17.50
31	95	Jonathan Goodall	M45	Unattached	17.54
32	91	Adair Broughton	M	Helsby R.C.	17.54
33	2129	Colin Martin	M50	Spectrum Striders	17.57
34	2162	Raphael Murray	M50	Macclesfield Harriers	17.58
35	6	Adrian Fuller	M	Altrincham	17.59
36	145	Neil Shepherd	M45	Bowland Fell Runners	18.02
37	2125	Chris Dawson	M	Spectrum Striders	18.05
38	86	Neil Jones	M40	South Cheshire Harriers	18.06
39	38	Paul Hicken	M	Unattached	18.08
40	153	Mike Wlaker	M	Barnet & District	18.11
41	2180	Michael Welsby	M	Spectrum Striders	18.16
42	89	Chris Marshall	M40	Ellesmere Port R.C.	18.16
43	142	Gareth Woodcock	M	Trafford	18.17
44	94	Anne Farmer	F	Macclesfield Harriers	18.18
45	152	Francis Martin	M45	Penny Lane Striders	18.20

46	2150	Julian Spencer	M45	Spectrum Striders	18.22
47	72	Celia De Mariia	F	Leeds City	18.23
48	46	Ryan Ganose	M	Altrincham	18.32
49	33	Liz Farhall	F	Spectrum Striders	18.33
50	64	Oliver Park	M	Warrington A.C.	18.33
51	110	Rob Gilbert	M	Wilmslow R.C.	18.35
52	49	Gemma Connolly	F	St Helens Sutton	18.36
53	30	Michael Berks	M	Unattached	18.38
54	2170	Robert Harrison	M	Unattached	18.40
55	149	Jonathan Britton	M	Unattached	18.41
56	115	Alison Hartopp	F40	Macclesfield Harriers	18.42
57	114	Mick Hill	M	Tipton Runners	18.45
58	23	Chris Bratt	M40	Sale Harriers Manchester	18.46
59	127	David Shaw	M40	Salford Harriers	18.49
60	121	Alan Burton	M	Unattached	18.53
61	2182	Georges Rowillem	M	Spectrum Striders	18.54
62	136	David Clamp	M45	Unattached	18.57
63	119	Kristian Robinson	M	Rochdale	19.00
64	14	John Noblett	M40	Unattached	19.02
65	139	Mark Jones	M	Warrington Road Runners	19.04
66	61	John Carroll	M45	Vale Royal	19.05
67	2200	Leanne Sheehy	F	Salford Met	19.14
68	22	Stephen Martin	M45	Spectrum Striders	19.14
69	2184	Eric Gelshon	M60	Mossley Hill	19.15
70	116	Tony Hulme	M60	Wilmslow R.C.	19.18
71	2141	Damian Jones	M	Unattached	19.21
72	70	Paul Ashley	M	Ellesmere Port R.C.	19.23
73	2195	Matthew Pitt	M	Spectrum Striders	19.23
74	96	Janet Hatton	F40	Macclesfield Harriers	19.24
75	103	Timothy Rainey	M40	Sale Harriers Manchester	19.31
76	73	Jayne Taylor	F45	Wigan Phoenix	19.32
77	108	Mark Walker	M	Warrington Tri	19.33
78	2140	Brad Ehlen	M	Spectrum Striders	19.33
79	2192	Vicky McKinnon	F	Wilmslow R.C.	19.37
80	67	Arnold Melling	M55	Lostock A.C.	19.39
81	2130	Marian Martin	F45	Spectrum Striders	19.39
82	2163	Tim Murphy	M40	Spectrum Striders	19.39
83	63	Christopher Harding	M50	Ronhill Sports	19.42
84	19	Michael Jones	M50	Altrincham	19.43
85	109	Sharon Johnstone	F35	Macclesfield Harriers	19.49
86	2175	Keith Brown	M45	Warrington Road Runners	19.53
87	80	Daniel Fox	M45	Unattached	19.58
88	88	Melvin Cole	M55	South Cheshire Harriers	19.59
89	2132	Mark Earle	M55	Unattached	19.59
90	129	Andy Martin	M	Unattached	20.00
91	2144	Mark Freeman	M40	Unattached	20.02
92	144	Darren Minjoot	M45	Warrington A.C.	20.02
93	44	Lucy Smith	F	Altrincham	20.06
94	21	Helena Flippance	F	Altrincham	20.16
95	74	Tracey Dutton	F35	Wigan Phoenix	20.17
96	137	Lora Blackburn	F	Sale Harriers Manchester	20.19
97	2157	Andrew Dooley	M50	Styal	20.22

98	2126	Jim Dawson	M45	Warrington Road Runners	20.22
99	2181	Stuart Mair	M	Salford Met	20.23
100	158	Jackie Cordingly	F45	Unattached	20.26
101	2159	Ken Burgess	M60	Altrincham	20.29
102	58	Gareth Cooper	M40	Unattached	20.31
103	93	Tom Booth	M	Chorley Harriers	20.32
104	147	Stephen McGinty	M45	Manchester Triathlon	20.35
105	2131	Joanne Healy	F	Dragons Running Club	20.40
106	51	Neil Canham	M55	Trafford	20.40
107	2146	Anthony Collier	M50	Styal	20.44
108	2188	Caroline Hemming	F40	Spectrum Striders	20.44
109	47	Geoff Shaw	M55	Helsby R.C.	20.45
110	11	Ally Briscoe	F40	Unattached	20.47
111	77	Chris Hampson	M	Warrington Road Runners	20.52
112	62	Craig Partridge	M	Altrincham	20.57
113	2177	Sally Howarth	F40	Trafford	20.59
114	2147	Clare Hawkes	F45	Unattached	21.00
115	40	Leanne Sigsworth	F	Altrincham	21.02
116	9	Alexis Karfopoulos	M	Unattached	21.06
117	2193	Michael Charman	M55	Helsby R.C.	21.06
118	54	Stuart Almond	M	Macclesfield Harriers	21.15
119	138	Rore Blackburn	F	Unattached	21.18
120	45	Bev Ganose	F40	Altrincham	21.20
121	117	Ray Dalby	M50	Rochdale	21.22
122	2137	Alasdair Dyde	M40	South Cheshire Harriers	21.24
123	29	Su Calvert	F	Dragons Running Club	21.25
124	2135	Geoff Read	M55	Spectrum Striders	21.28
125	2178	Derek Walton	M60	Altrincham	21.28
126	81	Paul Clegg	M	St Helens Striders	21.29
127	76	Kate Clegg	F	St Helens Striders	21.29
128	128	Graham Allison	M45	Salford Harriers	21.30
129	123	Andy Whthead	M	Spectrum Striders	21.35
130	2203	Alan Peers	M60	Spectrum Striders	21.35
131	52	John Houghton	M45	Warrington Road Runners	21.36
132	57	Barry Chambers	M56	Vale Royal	21.36
133	2197	Terry Coles	M60	Spectrum Striders	21.39
134	125	Patrick Holtby	M40	Manchester Triathlon	21.42
135	2145	John Riley	M60	Northern Vets	21.43
136	2169	Jonathan Clarke	M40	Styal	21.44
137	2123	Louise Weller	F40	Styal	21.44
138	102	Stan Erlam	M60	St Helens Striders	21.45
139	156	Chris Thomas	M40	Spectrum Striders	21.48
140	146	Fechin McCormick	M55	Sale Harriers Manchester	21.52
141	27	Carol Stynes	F35	Spectrum Striders	21.52
142	59	Eamonn O'Donnell	M	Unattached	21.57
143	25	Alan Bennett	M40	Unattached	22.00
144	50	Tony Walmsley	M40	Sale Harriers Manchester	22.01
145	2136	Carol Shaw	F45	Helsby R.C.	22.10
146	155	Larry Crawley	M55	Warrington Road Runners	22.14
147	16	James Tyler	M	Unattached	22.19
148	2173	Mark Anderson	M	Dragons Running Club	22.26
149	5	Alex Theodossiadis	M	Manchester Harriers	22.31

150	157	Michael Murray	M50	Chorlton Runners	22.35
151	79	Thomas Houghton	M55	St Helens Striders	22.36
152	2160	John Delany	M60	Stockport	22.36
153	2165	Chris Woodyart	M40	Unattached	22.36
154	2202	Charles Lowthian	M50	Styal	22.40
155	2167	Jenny Clink	F	Sale Harriers Manchester	22.54
156	2158	Rosemary Rogers	F50	BS Deestridders	22.56
157	83	Dave Kenyon	M	Unattached	22.59
158	126	Graham Lawler	M55	East Cheshire Harriers	23.02
159	10	Edward Jackson	M40	Unattached	23.02
160	140	Emma Young	F	Sale Harriers Manchester	23.10
161	39	Nathalie Rees	F35	De Gavertrimmers	23.35
162	2198	David Redpath	M55	Spectrum Striders	23.38
163	28	John Wilson	M60	Sale Harriers Manchester	23.46
164	69	Andy Todd	M60	Helsby R.C.	23.47
165	2194	Stephanie Charman	F55	Helsby R.C.	23.49
166	66	Keith Robson	M60	Manchester Triathlon	23.51
167	43	Sid Bailey	M50	Deestridders	23.57
168	134	Lynne Yates	F50	Sale Harriers Manchester	23.57
169	106	Martin Bell	M	Unattached	24.00
170	34	Sally Bircham	F35	Unattached	24.03
171	75	Dann Platt	F40	St Helens Striders	24.05
172	160	David Faulkner	M50	Unattached	24.08
173	98	Bill Tomlinson	M	Northern Vets	24.10
174	87	Tom Cole	M	Unattached	24.17
175	107	Andrew Stein	M40	Unattached	24.21
176	135	Karen Sheen	F45	Sale Harriers Manchester	24.27
177	13	Leonie Wright	F	Unattached	24.29
178	2174	Swithian Byrne	M50	Vale Royal	24.33
179	143	Nicola Lord	F35	Unattached	24.35
180	118	Derek Howarth	M55	Leigh Harriers	24.36
181	18	Maggie Jones	F45	Altrincham	24.37
182	2176	Ian Dunbar	M55	Spectrum Striders	24.47
183	55	Anthony Pennington	M40	Unattached	24.52
184	2199	Janet Redpath	F50	Spectrum Striders	24.53
185	122	Aileen Davidson	F	Unattached	24.53
186	130	Ryan Hission	M	Altrincham	24.54
187	2168	Linda Edmonson	F45	Wrekin Road Runners	25.00
188	2	Chris Schofield	M40	Unattached	25.08
189	20	Patrick Flippance	M50	Unattached	25.24
190	2123	Louise Weller	F40	Styal	25.27
191	154	Neville Jone	M60	Warrington A.C.	25.33
192	15	Brian Higgins	M55	Styal	25.34
193	90	Kirsty McGlennon	F	Unattached	26.00
194	2143	Charles Thackray	M60	West Cheshire A.C.	26.20
195	42	Tricia Ironside	F35	Vale Royal	26.29
196	100	David Denton	M45	Unattached	26.32
197	7	Carol Aikenhead	F40	Altrincham	26.33
198	8	Susan Smith	F45	Altrincham	26.34
199	2156	Dave Attwell	M60	Altrincham	26.35
200	1	Mike Schofield	M	Unattached	26.35
201	113	Andy Glover	M	Unattached	26.36

202	31	Isabel Bilous	F	Unattached	26.52
203	48	Janet Shaw	F50	Helsby R.C.	26.53
204	132	Tracey Collier	F45	Styal	26.56
205	101	Neil Edwards	M45	Unattached	27.17
206	2164	Don George	M60	Sale Harriers Manchester	27.33
207	148	Claire Dewsbury	F35	Unattached	27.44
208	124	Brenda Robinson	F50	Rochdale	28.08
209	150	Alison Briton	F35	Unattached	28.26
210	2154	David Cresswell	M	Unattached	28.42
211	82	Dawn Young	F	Unattached	28.50
212	151	Michelle Fox	F35	Spectrum Striders	28.58
213	37	Nicola Zuppinger	F	Unattached	29.12
214	32	Julie Deadman	F40	Unattached	29.21
215	60	Peter Jones	M55	Unattached	29.48
216	85	Catarina Kenyon	F	Unattached	29.50
217	12	Peter J Baugh	M60	Unattached	29.52
218	111	Angiolina Albertini	F	Unattached	29.54
219	84	Paul Young	M	Unattached	30.00
220	2149	Carol Fell	F50	Warrington Road Runners	30.04
221	2138	Sarah Dyde	F40	South Cheshire Harriers	30.21
222	112	Jean Clemence	F50	Unattached	30.56
223	2155	Lisa Cresswell	F35	Unattached	32.23
224	2166	Arthur Walsham	M60	Salford Harriers	33.33
225	36	Julia Bramhall	F35	Unattached	33.38
226	35	Catherine Ball	F35	Unattached	33.38