

2011 BOWDON 5K RESULTS

	Number	Name	Cat.	Club	Time
1	810	NORMAN, Dave	Male Senior	Altrincham & District AC	15.59
2	55	HATCH, Mike	Male Senior	Sale Harriers Mcr	16.03
3	60	VALENTINE, Henry	Male Junior	South Cheshire Harriers	16.05
4	82	MAHON, Dominic	Male Senior	Warrington AC	16.07
5	742	RENTON, Liam	Male Junior	Warrington AC	16.14
6	797	KILMARTIN, Mike	Male Senior	Sale Harriers Mcr	16.16
7	83	PARK, Oliver	Male Senior	Warrington AC	16.17
8	139	HUGHES, Rob	Male Senior	Salford Harriers	16.17
9	129	LAMONT, Andrew	Male Senior	Macclesfield Harriers	16.26
10	104	TIMMINS, Adrian	Male V40	Warrington AC	16.32
11	177	THOMPSON, Liam	Male Senior	Leigh Harriers &AC	16.34
12	164	TICKLE, Mark	Male Senior	Manchester Tri Club	16.42
13	799	MANNION, Paul	Male V40	Astley & Tyldesley RR	16.51
14	40	DOWNS, Rob	Male V45	Wilmslow RC	16.53
15	777	PARKER, Andrew	Male Senior	Bolton Harriers	17.00
16	140	CROMPTON, Neil	Male Senior	Spectrum Striders	17.04
17	105	PAYNE, Paul	Male V40	Stockport Harriers	17.04
18	52	ROWLINSON, Gary	Male V45	Sale Harriers Mcr	17.05
19	123	MACNEIL, Graham	Male V45	Wilmslow RC	17.06
20	161	BAKER, Richard	Male Senior	South Cheshire Harriers	17.08
21	178	MALLISON, Peter	Male V40	South Cheshire Harriers	17.16
22	739	ASTIN, Gavin	Male V45	Stockport Harriers	17.25
23	41	MORRIS, Trevor	Male V45	Wilmslow RC	17.30
24	29	HATTON, Mike	Male V45	South Cheshire Harriers	17.35
25	32	ANDERSON, Paul	Male V45	Altrincham & District AC	17.39
26	66	CONNOLLY, John	Male V40	Penny Lane Striders	17.40
27	148	SHAW, Mike	Male V45	Stockport Harriers	17.45
28	811	BARBAT, Anthony	Male V50	Wallasey AC	17.46
29	758	BENNETT, Russell	Male Senior	Manchester Tri	17.50
30	6	MARTIN, Colin	Male V50	Spectrum Striders	17.51
31	176	THOMPSON, Louisa	Lady Senior	Leigh Harriers &AC	17.52
32	144	WHITTINGHAM, Andrew	Male V40	Wilmslow RC	17.54
33	731	CONNOLLY, Gemma	Lady Senior	St Helens-Sutton AC	17.58
34	169	CALDWELL, Steven	Male Senior	Vale Royal AC	17.58
35	752	DOXEY, Steven	Male V50	Swinton RC	18.03
36	88	CHRISTEY, Scott	Male V45	Astley & Tyldesley RR	18.04
37	782	HILTON, Alan	Male V40	Astley & Tyldesley RR	18.05
38	122	CARRINGTON, Dave	Male V55	Altrincham & District AC	18.07
39	153	MARSDEN, Kevin	Male Senior	Spectrum Striders	18.11
40	81	BURTHEM, Stephen	Male V50	Warrington AC	18.12
41	715	HOUGH, Robert	Male Senior	Spectrum Striders	18.13
42	101	DAVIES, Mark	Male Senior	St Helens-Sutton AC	18.13
43	63	DYER, Sean	Male Senior	South Cheshire Harriers	18.13
44	774	NORTON, Mark	Male V40	Altrincham & District AC	18.15
45	120	EDWARDS, Jez	Male Senior	Lymm Runners	18.17
46	154	FRODSHAM, Paul	Male V50	West Cheshire AC	18.18
47	94	SHACKLEY, Dave	Male V40	Manchester Triathlon	18.18
48	157	ABRAHAM, Peter	Male Senior	Altrincham & District AC	18.22
49	753	STORES, Michael	Male V50	Manchester Harriers &AC	18.23
50	5	MILLINGTON, Christopher	Male V40	Spectrum Striders	18.26
51	84	PARK, Richard	Male Senior	Warrington AC	18.27
52	1	SPENCER, Julian	Male V50	Spectrum Striders	18.31
53	3	MARTIN, Steve	Male V50	Spectrum Striders	18.35
54	763	WILLCOCK, Gary	Male V45	Sale Harriers Mcr	18.36
55	28	WELSBY, Mike	Male V40	Spectrum Striders	18.36
56	133	WITTY, Martin	Male V40	Deestridders RC	18.39
57	709	HUDD, David	Male Senior	Spectrum Striders	18.40
58	722	WOLSTENCROFT, Shane	Male Senior	Salford Met	18.41
59	792	WYNNE-WILLIAMS, Sion	Male Senior	Liverpool Harriers	18.42
60	69	MAHER, Peter	Male V55	Vale Royal AC	18.46
61	788	GREEP, Bernard	Male Senior	Wigan Phoenix	18.47
62	134	BILLINGHAM, Matt	Male Senior	Altrincham & District AC	18.48
63	70	TAYLOR, Jayne	Lady V50	Wigan Phoenix	18.50
64	809	CAIRNS, Bruce	Male Senior	Unattached	18.52
65	156	REILLY, Frank	Male V65	Stockport Harriers	18.53
66	137	MYERS, Aron	Male Senior	Wilmslow RC	18.58
67	126	KAY, Colin	Male V50	Astley & Tyldesley RR	18.59
68	118	BAMBER, Scott	Male V40	Vale Royal AC	19.06
69	179	TITLOW, Kate	Lady Senior	Warrington AC	19.07
70	19	FARMER, Alex	Male Senior	Spectrum Striders	19.07
71	125	PLATT, Russ	Male V45	Warrington Road Runners	19.14
72	743	BROWN, Richard	Male Senior	Unattached	19.15
73	121	CHADWICK, Daniel	Male Senior	Spectrum Striders	19.17
74	734	RUDD, Louise	Lady V35	Wilmslow RC	19.17

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Number	Name	Cat.	Club	Time
75	73 GREEN, Daniel	Male Senior	Warrington Road Runners	19.20
76	75 DAWSON, Jim	Male V45	Warrington Road Runners	19.21
77	131 MARCH, Chris	Male Senior	Stockport Harriers	19.26
78	800 MELLING, Arnold	Male V60	Astley & Tyldesley RR	19.31
79	42 ATKINSON, Matthew	Male Senior	Wilmslow RC	19.32
80	702 MCNICHOLAS, Stephen	Male V45	Penny Lane Striders	19.33
81	160 BISHOP, Philip	Male V40	Unattached	19.34
82	756 MASON, Mike	Male V45	Hyde Village Striders	19.39
83	706 MIDDLETON, Stephen	Male V40	Unattached	19.41
84	802 RUTHERFORD, Paul	Male V45	Swinton RC	19.53
85	72 ENTWISTLE, Tracy	Lady V35	Warrington Road Runners	19.55
86	729 CLARKE, John	Male V55	Vale Royal AC	19.59
87	783 HOBSON, John	Male Senior	Warrington Tri	20.03
88	23 EHLEN, Brad	Male V40	Spectrum Striders	20.06
89	736 BURKE, Rory	Male Junior	Unattached	20.14
90	733 DRIVER, Graham	Male V40	Spectrum Striders	20.15
91	766 SCHUMACHER, Joe	Male Junior	Sale Harriers Mcr	20.17
92	787 COXON, Gary	Male V50	East Cheshire Harriers	20.17
93	796 BATTERSBY, John	Male V50	Sale Harriers Mcr	20.18
94	47 GILBERT, Geoff	Male V55	Wilmslow RC	20.24
95	779 PARRIS, Richard	Male V40	Unattached	20.24
96	100 HOWELL, Gareth	Male Senior	Liverpool Harriers	20.28
97	9 GARNETT, Andy	Male V55	Spectrum Striders	20.30
98	142 LOTT, Joanne	Lady V45	Trafford AC	20.32
99	159 BISHOP, Hannah	Lady Junior	Vale Royal AC	20.33
100	8 HEMMING, Caroline	Lady V45	Spectrum Striders	20.33
101	704 BURTHEM, Stuart	Male V40	Unattached	20.34
102	760 HULME, Lee	Male Senior	Unattached	20.35
103	27 MCHARRY, Rob	Male V45	Spectrum Striders	20.36
104	181 PICKARD, Dale	Male V55	Dragon's RC (Sale)	20.37
105	719 BROWN, Tony	Male V60	Northern Vets AC	20.44
106	174 GERAGHTY, Christine	Lady V45	Wilmslow RC	20.52
107	22 COLES, Matthew	Male Junior	Spectrum Striders	20.55
108	182 SLAVIN, Francis	Male V60	Northern Vets AC	20.58
109	50 JOHNSTON, Sally	Lady V45	Wilmslow RC	21.03
110	171 GREESTY, Audrey	Lady V50	Sale Harriers Mcr	21.06
111	116 MAIRS, Stuart	Male Senior	Salford Met	21.14
112	780 FOX, Ben	Male Junior	Sale Harriers Mcr	21.16
113	80 DOOLEY, Andrew	Male V50	Styal RC	21.21
114	14 CHARMAN, Michael	Male V60	Spectrum Striders	21.23
115	110 FREEMAN, Mark	Male V45	Unattached	21.25
116	716 BEATTIE, Geoffrey	Male V55	Sale Harriers Mcr	21.27
117	730 FORSTER, Karon	Lady V45	Spectrum Striders	21.29
118	791 THOMPSON, Dave	Male V50	Spectrum Striders	21.29
119	776 RANKIN, Paul	Male Senior	Bolton Harriers	21.34
120	35 BURGESS, Ken	Male V65	Altrincham & District AC	21.37
121	108 TOMKINS, Dave	Male V60	Northern Vets AC	21.39
122	718 FEARON, Rosie	Lady Senior	Trafford AC	21.41
123	145 HARGREAVES, Billy	Male V60	Liverpool Harriers	21.43
124	770 BENNETT, Alan	Male V50	Unattached	21.48
125	143 WALSHAM, Tim	Male Senior	Unattached	21.49
126	755 MASON, Elizabeth	Lady V45	Hyde Village Striders	21.49
127	727 PAGE, Matthew	Male Senior	Unattached	21.49
128	726 JONES, Alan	Male V40	Deestridders RC	21.50
129	794 LAVIN, Tom	Male V50	Altrincham & District AC	21.54
130	44 TURNER, Alan	Male V45	Wilmslow RC	21.55
131	754 PUGH, Anne	Lady V55	Altrincham & District AC	21.58
132	98 HOWELL, Graham	Male V60	Liverpool Harriers	22.07
133	138 COLVIN, James	Male Senior	Spectrum Striders	22.13
134	710 WHARTON, Michael	Male Senior	Sale Harriers Mcr	22.13
135	49 JOHNSTON, Ian	Male V50	Unattached	22.14
136	162 ROBERTSON, Janet	Lady V40	Helsby RC	22.20
137	765 SCHUMACHER, Stefan	Male V50	Sale Harriers Mcr	22.21
138	78 NORTHCOTE, Claire	Lady V50	Styal RC	22.21
139	165 KENNY, Sarah	Lady V35	Manchester Tri Club	22.22
140	172 BASNETT, Paul	Male V40	Astley & Tyldesley RR	22.22
141	801 BUDENBERG, Alan	Male V40	Unattached	22.23
142	54 DAVIES, Lauren	Lady Senior	Sale Harriers Mcr	22.30
143	789 CALDWELL, Helen	Lady V40	Spectrum Striders	22.32
144	798 TURTON, Liz	Lady V50	Stockport Harriers	22.35
145	109 HEALY, Joanne	Lady V35	Dragon's RC (Sale)	22.38
146	701 ROBERTS, Bill	Male V45	Unattached	22.43
147	10 PEERS, Alan	Male V70	Spectrum Striders	22.44
148	806 BRADSHAW, Brian	Male V50	Sale Harriers Mcr	22.48
149	62 LOMAX, Jayne	Lady V40	Vale Royal AC	22.57
150	21 DOOLEY, John P	Male V60	Spectrum Striders	22.58

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	Number	Name	Cat.	Club	Time
151	720	WEATHERLEY, Garrick	Male V55	Sale Harriers Mcr	23.01
152	48	MAZIERE, Angela	Lady V50	Wilmslow RC	23.07
153	57	OUSEY, Carla	Lady V35	Sale Harriers Mcr	23.10
154	750	JONES, Tracey	Lady Senior	Dragon's RC (Sale)	23.10
155	803	MCCORMICK, Fechin	Male V60	Sale Harriers Mcr	23.14
156	127	CLARKE, Jonathan	Male V40	Styal RC	23.21
157	76	JENKINSON, Alan	Male V60	Styal RC	23.25
158	38	RILEY, John	Male V70	Northern Vets AC	23.25
159	166	ROGERS, Gerry	Male V55	Styal RC	23.34
160	46	FENTON, Simon	Male V65	Wilmslow RC	23.38
161	775	WARBURTON, Lindsay	Lady Senior	Bolton Harriers	23.46
162	768	CANNON, Christopher	Male V55	Wilmslow RC	23.58
163	808	REECE, Katie	Lady Senior	Sale Harriers Mcr	23.58
164	180	COLLIER, Mark	Male V45	Lymm Runners	24.00
165	106	FLANNAGAN, Jenny	Lady Senior	Sale Harriers Mcr	24.04
166	34	ATTWELL, Dave	Male V70	Altrincham & District AC	24.09
167	16	DUNBAR, Ian	Male V55	Spectrum Striders	24.11
168	136	MIRABELLA, Alessandro	Male Senior	Spectrum Striders	24.20
169	795	HARRIS, Paul	Male V45	Unattached	24.22
170	769	BENNETT, Stephanie	Lady Senior	Unattached	24.31
171	25	JOHNSON, Kate	Lady V40	Spectrum Striders	24.31
172	746	BAILEY, Isobel	Lady V35	Unattached	24.35
173	18	EAVES, Martin	Male Senior	Spectrum Striders	24.36
174	778	WORTHINGTON, Chris	Male Senior	Unattached	24.37
175	107	LOWTHIAN, Charles	Male V50	Styal RC	24.44
176	93	ARROWSMITH, Paul J	Male Senior	Uknetrunner	24.47
177	61	WALSH, Christopher	Male V55	South Cheshire Harriers	24.59
178	759	SAMUELSON, Peter	Male V65	Spectrum Striders	25.02
179	807	WILLIAMSON, David	Male V40	Swinton RC	25.08
180	150	ALLMAN, Barry J	Male V55	Spectrum Striders	25.10
181	171	GRESTY, Audrey	Lady V50	Sale Harriers Mcr	25.13
182	173	CUTLER, Mike	Male V50	South Cheshire Harriers	25.25
183	751	POCOCK, Tristan	Male Senior	Dragon's RC (Sale)	25.28
184	158	ARBER, Carolyn	Lady V50	Spectrum Striders	25.28
185	183	HUMPHRIES, Sacha	Lady V35	Vale Royal AC	25.46
186	92	KITCHEN, Graham	Male V50	Dragon's RC (Sale)	25.53
187	708	FRANCOM, Steven	Male Senior	Unattached	26.09
188	784	TRAYNOR, Bernard	Male V60	Unattached	26.09
189	725	OLDFIELD, Lesley	Lady V55	South Cheshire Harriers	26.11
190	20	BIRD, Allan	Male V50	Spectrum Striders	26.18
191	705	CROUCH, Debbie	Lady V45	Lymm Runners	26.22
192	151	THOMPSON, Olivia	Lady Senior	Spectrum Striders	26.35
193	43	POWNALL, Roy	Male V60	Wilmslow RC	26.44
194	114	MCGUIRE, Paul	Male V50	Unattached	26.45
195	773	WEEKS, Alison	Lady Senior	Unattached	26.45
196	805	ANDREW, Cotton	Male V40	Mueller RC	26.52
197	36	TICKLE, Beverley	Lady V35	Astley & Tyldesley RR	27.08
198	771	NADIN, Gemma	Lady Senior	Unattached	27.09
199	724	EVANS, Janet	Lady V40	South Cheshire Harriers	27.22
200	91	CRESSWELL, David	Male V40	Dragon's RC (Sale)	27.25
201	113	HAMLING, George	Male V55	Spectrum Striders	27.36
202	772	HARTE, Becky	Lady Senior	Unattached	27.55
203	749	REDPATH, Janet	Lady V55	Spectrum Striders	28.10
204	12	HEWITT, Anne	Lady V60	Spectrum Striders	28.39
205	90	CRESSWELL, Lisa	Lady V40	Dragon's RC (Sale)	28.53
206	15	CHARMAN, Stephanie	Lady V60	Spectrum Striders	29.12
207	732	HALKYARD, Emma	Lady Senior	Unattached	29.18
208	112	FORSTER, Brian	Male V75	Wrexham AC	29.26
209	24	COLES, Terry	Male V65	Spectrum Striders	29.35
210	747	LIVINGSTONE, Alison	Lady V40	Unattached	29.53
211	723	HOWARTH, Geoff	Male V75	Northern Vets AC	30.04
212	703	FILLINGHAM, Tony	Male Senior	Spectrum Striders	30.25
213	17	RAMSDALE, Christine	Lady V60	Spectrum Striders	30.28
214	13	HEWITT, Les	Male V55	Spectrum Striders	30.35
215	95	FELL, Carol	Lady V60	Warrington Road Runners	30.51
216	804	AMSON, Derek	Male V40	Mueller RC	31.40
217	170	STEVENSON, Erin	Lady Junior	Altrincham & District AC	33.43
218	152	SMITH, Chloe	Lady Junior	Altrincham & District AC	33.43
219	785	TRAYNOR, Colette	Lady Senior	Unattached	33.54
220	67	WALSHAM, Arthur	Male V75	Salford Harriers	34.49
221	130	DELANEY, Jennifer	Lady Senior	Unattached	35.10
222	786	TRAYNOR, Kristina	Lady Senior	Unattached	38.15
223	0	#N/A	#N/A	#N/A	0.00
224	0	#N/A	#N/A	#N/A	0.00
225	0	#N/A	#N/A	#N/A	0.00
226	0	#N/A	#N/A	#N/A	0.00
227	0	#N/A	#N/A	#N/A	0.00
228	0	#N/A	#N/A	#N/A	0.00
229	0	#N/A	#N/A	#N/A	0.00
230	0	#N/A	#N/A	#N/A	0.00