

ALTRINCHAM AND DISTRICT ATHLETIC CLUB

BOWDON 5k RESULTS

Thursday 4th June 2009

Pos	Number	First Name	Surname	Cat.	Club	Time
1	367	Steve	Vernon	Senior Men(18-39)	Stockport Harriers	14.52
2	688	Dave	Norman	Senior Men(18-39)	Altrincham & District AC	15.09
3	965	Damian	Nicholls	Senior Men(18-39)	Wilmslow RC	15.20
4	397	Liam	Thompson	Senior Men(18-39)	Warrington AC	15.37
5	55	Marc	Tillotson	Senior Men(18-39)	Notts AC	15.46
6	989	Richard	Shearer	Senior Men(18-39)	Southport Waterloo	15.51
7	79	Mike	Hatch	Senior Men(18-39)	Sale Harriers Mcr	15.55
8	381	Gareth	Booth	Senior Men(18-39)	Horwich	15.59
9	95	Rob	Downs	Male Vet 45	Wilmslow RC	16.02
10	215	Peter	Speake	Senior Men(18-39)	Bildeston Bounders	16.06
11	980	Rob	Hughes	Senior Men(18-39)	Salford Harriers	16.07
12	374	Steve	McLean	Senior Men(18-39)	Stockport Harriers	16.08
13	218	Rob	Flannery	Senior Men(18-39)	Sale Harriers Mcr	16.17
14	934	Martin	Fuller	Senior Men(18-39)	Hallamshire	16.20
15	942	Malcolm	Johnson	Senior Men(18-39)	Stockport Harriers	16.25
16	130	Graham	Macneil	Male Vet 45	Wilmslow RC	16.27
17	983	Chris	Cooper	Senior Men(18-39)	Wirral AC	16.28
18	42	Andrew	Whittingham	Senior Men(18-39)	Altrincham & District AC	16.32
19	975	Adrian	Timmins	Senior Men(18-39)	Warrington AC	16.38
20	99	Graham	Ratcliffe	Male Vet 50	Wirral AC	16.40
21	379	Malcolm	Fowler	Male Vet 45	Wilmslow RC	16.42
22	972	Ian	Haworth	Senior Men(18-39)	Altrincham & District AC	16.44
23	366	Dean	Matkin	Senior Men(18-39)	Stockport Harriers	16.45
24	995	Stuart	Parrott	Male Vet 45	Wilmslow RC	16.47
25	696	Mark	Dodd	Senior Men(18-39)	Ellesmere Port R.C.	16.49
26	118	Stephen	Nicholls	Senior Men(18-39)	Wigan Phoenix	16.52
27	19	Paul	Hicken	Senior Men(18-39)	Warrington AC	16.54
28	982	Ian	Cooper	Male Vet 45	Ellesmere Port R.C.	16.57
29	988	Steven	Wilkinson	Senior Men(18-39)	Southport Waterloo	16.59
30	373	Mike	Shaw	Male Vet 45	Stockport Harriers	17.04
31	944	James	Wheeler	Senior Men(18-39)	Wilmslow RC	17.05
32	3	Colin	Martin	Male Vet 50	Spectrum Striders	17.12
33	970	Keith	Middleman	Senior Men(18-39)	Southport Waterloo	17.13
34	973	Oliver	Park	Senior Men(18-39)	Warrington AC	17.14
35	91	David	Gee	Male Vet 55	Manchester Harriers	17.15
36	59	William	Tyler	Senior Men(18-39)	Unattached	17.16
37	392	Maurice	Oldham	Male Vet 55	Manchester Harriers	17.20
38	992	Andrew	Miles	Senior Men(18-39)	Vale Royal AC	17.21
39	993	Graham	Miles	Male Vet 40	Vale Royal AC	17.25
40	940	Peter	Rogers	Male Vet 40	Stockport Harriers	17.26
41	36	Andrew	Clague	Male Vet 40	West Cheshire AC	17.28
42	101	Paul	Watson	Senior Men(18-39)	Dragon's RC (Sale)	17.28
43	977	Michael	????	Senior Men(18-39)	Sale Harriers Mcr	17.30
44	357	Dave	Livingstone	Senior Men(18-39)	Altrincham & District AC	17.31
45	383	Rob	Harvey	Senior Men(18-39)	Manchester Tri	17.33
46	66	Peter	Maher	Male Vet 50	Vale Royal AC	17.33
47	359	Jenny	Knass	Senior Lady(18-34)	Stockport Harriers	417.35
48	986	Callum	Rowlinson	Senior Men(18-39)	Sale Harriers Mcr	17.42
49	971	Rob	Gilbert	Male Vet 40	Wilmslow RC	17.43
50	352	Graham	Marsland	Male Vet 40	Stockport Harriers	17.43
51	946	Stephen	Robinson	Male Vet 45	East Cheshire Harriers	17.44
52	979	Gary	Willcock	Male Vet 45	Sale Harriers Mcr	17.45
53	390	Frank	Cordingley	Male Vet 45	Sale Harriers Mcr	17.45
54	364	Adrian	Fuller	Senior Men(18-39)	Altrincham & District AC	17.46
55	102	Colin	Banno-Thornton	Senior Men(18-39)	Altrincham & District AC	17.47
56	34	Graham	Harrison	Male Vet 45	Altrincham & District AC	17.50
57	116	Mike	Welsby	Senior Men(18-39)	Spectrum Striders	17.50
58	4	Liz	Whitfield	Senior Lady(18-34)	Spectrum Striders	17.51
59	398	Louisa	Wood	Senior Lady(18-34)	Warrington AC	17.55
60	399	Iain	Wedge	Male Vet 40	Vale Royal AC	18.03
61	9	Georges	Rouillon	Junior Man(13-17)	Spectrum Striders	18.14
62	700	Julian	Spencer	Male Vet 45	Spectrum Striders	18.15
63	904	Richard	Evans	Male Vet 40	Unattached	18.18
64	98	Chris	Bratt	Male Vet 40	Sale Harriers Mcr	18.19
65	350	Michael	Berks	Senior Men(18-39)	Altrincham & District AC	18.22
66	990	Brian	Fox	Male Vet 55	Sale Harriers Mcr	18.23
67	922	John	Noblett	Male Vet 40	Unattached	18.27
68	89	Leanne	Sheehy	Senior Lady(18-34)	Leigh Harriers & AC	18.28
69	911	Charles	Layfield	Senior Men(18-39)	Unattached	18.30
70	24	Dominic	Scott	Junior Man(13-17)	Altrincham & District AC	18.31
71	388	Mick	Fairs	Male Vet 60+	Wilmslow RC	18.32
72	930	Ryan	Ganose	Senior Men(18-39)	Altrincham & District AC	18.34
73	125	Markus	Huesken	Senior Men(18-39)	Unattached	18.36
74	73	Mark	Davies	Senior Men(18-39)	St Helens-Sutton AC	18.40
75	960	Paul	Frodsham	Male Vet 50	Last Inn Runners	18.45
76	695	Richard	Healy	Senior Men(18-39)	Altrincham & District AC	18.46
77	935	Shaun	Jackson	Senior Men(18-39)	Altrincham & District AC	18.47
78	999	Mike	Cooper	Male Vet 45	Wilmslow RC	18.50
79	684	David	Taylor	Male Vet 45	Chorley Harriers	18.51
80	358	Jayne	Taylor	Lady Vet 45	Wigan Phoenix	18.52
81	917	Josh	Smith	Senior Men(18-39)	Altrincham & District AC	18.53
82	124	Tony	Hulme	Male Vet 60+	Wilmslow RC	18.54
83	987	Alan	Barton	Senior Men(18-39)	Manchester Tri	18.57
84	12	Colin	McDonald	Senior Men(18-39)	Spectrum Striders	18.58
85	114	Daniel	Chadwick	Senior Men(18-39)	Spectrum Striders	18.59

ALTRINCHAM AND DISTRICT ATHLETIC CLUB

BOWDON 5k RESULTS

Thursday 4th June 2009

86	686	Jeff	Norman	Male Vet 60+	Altrincham & District AC	19.02
87	71	Andrew	Barton	Senior Men(18-39)	Unattached	19.03
88	376	Paul	Nichols	Senior Men(18-39)	Wilmslow RC	19.04
89	76	Graham	Kitchen	Male Vet 45	Dragon's RC (Sale)	19.06
90	77	Tim	Murphy	Male Vet 45	Spectrum Striders	19.19
91	111	Sue	Hool	Lady Vet 35	Wilmslow RC	19.20
92	208	Steve	Russell	Male Vet 50	Wilmslow RC	19.21
93	921	Vanessa	Mulholland	Senior Lady(18-34)	Altrincham & District AC	19.22
94	974	Steve	Smith	Male Vet 45	Wilmslow RC	19.24
95	356	Andy	Pennington	Male Vet 40	Spectrum Striders	19.24
96	369	Don	Bullough	Male Vet 50	Wilmslow RC	19.27
97	345	John	Parrott	Male Vet 50	Stockport Harriers	19.28
98	123	Keith	Brown	Male Vet 45	Warrington Road Runners	19.29
99	927	Gareth	Atkinson	Senior Men(18-39)	Unattached	19.30
100	396	Roger	Preece	Male Vet 40	Unattached	19.31
101	985	Leon	QUARless	Senior Men(18-39)	Unattached	19.31
102	387	Mark	Creely	Male Vet 45	Unattached	19.32
103	20	Marian	Martin	Lady Vet 50	Spectrum Striders	19.32
104	934	Martin	Fuller	Senior Men(18-39)	Hallamshire	19.35
105	919	Lucy	Smith	Senior Lady(18-34)	Altrincham & District AC	19.36
106	211	Stephen	Nicol	Senior Men(18-39)	Altrincham & District AC	19.37
107	53	Michael	Wharton	Senior Men(18-39)	Sale Harriers Mcr	19.38
108	115	Michael	Stuart	Male Vet 40	Altrincham & District AC	19.39
109	64	Geoff	Gilbert	Male Vet 55	Wilmslow RC	19.40
110	947	Chris	Brierley	Male Vet 50	Northern Vets AC	19.40
111	997	Robbie	Greenslade	Senior Men(18-39)	Unattached	19.40
112	697	Aron	Myers	Senior Men(18-39)	Sale Harriers Mcr	19.42
113	109	Andy	Garnett	Male Vet 55	Spectrum Striders	19.43
114	93	David	Pinnington	Male Vet 45	Penny Lane Striders	19.43
115	691	Richard	Hirons	Male Vet 40	Wilmslow RC	19.45
116	220	Carl	Cleghorn	Senior Men(18-39)	Sale Harriers Mcr	19.46
117	371	Caroline	Hemming	Lady Vet 45	Spectrum Striders	19.47
118	966	Graham	Driver	Male Vet 40	Spectrum Striders	19.48
119	931	Kate	Sutton	Male Vet 45	Wilmslow RC	19.49
120	86	Anthony	White	Male Vet 40	Cheshire Hash Harriers	19.50
121	349	Lora	Blann	Senior Lady(18-34)	Sale Harriers Mcr	19.52
122	108	Rob	McHarry	Male Vet 45	Spectrum Striders	19.52
123	45	Ken	Burgess	Male Vet 60+	Altrincham & District AC	19.52
124	902	Kyle	Cruise	Senior Men(18-39)	Unattached	19.57
125	204	Vincent	Robinson	Male Vet 50	Wigan Phoenix	20.03
126	984	Peter	Weatherhead	Male Vet 55	Wirral AC	20.03
127	106	Sarah	Waite	Senior Lady(18-34)	Wilmslow RC	20.06
128	690	Dave	Crozier	Senior Men(18-39)	Spectrum Striders	20.08
129	94	Brad	Ehlen	Senior Men(18-39)	Spectrum Striders	20.11
130	929	Bev	Ganose	Lady Vet 45	Altrincham & District AC	20.14
131	386	Richard	Baggaley	Senior Men(18-39)	Unattached	20.14
132	33	Alasdair	Dyde	Male Vet 45	South Cheshire Harriers	20.14
133	92	Mark	Freeman	Male Vet 40	Unattached	20.14
134	95	Rob	Downs	Male Vet 45	Wilmslow RC	20.15
135	6	Stephen	Pickford	Senior Men(18-39)	Spectrum Striders	20.19
136	126	Jan	Nicholls	Lady Vet 35	Sale Harriers Mcr	20.23
137	69	Sally	Gilliver	Lady Vet 45	Wilmslow RC	20.25
138	96	Stuart	Mairs	Senior Men(18-39)	Salford Met	20.25
139	377	Ray	Dalby	Male Vet 50	Rochdale	20.25
140	991	Serge	Ryabor	Male Vet 55	Vale Royal AC	20.28
141	49	Ally	Briscoe	Lady Vet 40	Unattached	20.32
142	40	Dave	Tomkins	Male Vet 60+	Northern Vets AC	20.34
143	212	Richard	Parris	Male Vet 40	Unattached	20.38
144	938	Joanne	Healy	Lady Vet 35	Dragon's RC (Sale)	20.40
145	35	Carole	Harrison	Lady Vet 40	Altrincham & District AC	20.42
146	41	Andrew	Dooley	Male Vet 50	Styal RC	20.43
147	372	Stefan	Schumacher	Male Vet 50	Sale Harriers Mcr	20.45
148	375	David	Wheable	Male Vet 40	Wilmslow RC	20.50
149	104	Matthew	Atkinson	Senior Men(18-39)	Wilmslow RC	20.51
150	948	Geoff	Beattie	Male Vet 55	Sale Harriers Mcr	20.53
151	122	Chris	March	Senior Men(18-39)	Unattached	20.54
152	82	Mary	Tavener	Lady Vet 45	Vale Royal AC	20.57
153	963	Richard	Park	Male Vet 40	Unattached	20.58
154	368	Nicky	Mowat	Lady Vet 50	Wilmslow RC	20.59
155	361	Stephen	Middleton	Senior Men(18-39)	Unattached	21.03
156	978	Christine	Geraghty	Lady Vet 45	Wilmslow RC	21.03
157	179	Neville	Griffiths	Male Vet 60+	Spectrum Striders	21.03
158	213	Mark	Ferns	Male Vet 45	Sale Harriers Mcr	21.04
159	699	Martin	O'Brien	Male Vet 40	Sale Harriers Mcr	21.06
160	54	Michael	Escolme	Senior Men(18-39)	Sandbach Striders	21.07
161	969	Peter	Doran	Male Vet 40	Penny Lane Striders	21.09
162	932	John	Houghton	Male Vet 50	Warrington Road Runners	21.09

ALTRINCHAM AND DISTRICT ATHLETIC CLUB

BOWDON 5k RESULTS

Thursday 4th June 2009

163	925	Ian	Ashcroft	Male Vet 60+	Wilmslow RC	21.12
164	903	Grant	Stanning	Male Vet 45	Sandbach Striders	21.12
165	29	John	Kelly	Male Vet 45	Penny Lane Striders	21.13
166	936	Craig	Partridge	Male Vet 40	Altrincham & District AC	21.14
167	962	Alison	Pye	Senior Lady(18-34)	Sale Harriers Mcr	21.14
168	901	Cathal	Cruise	Male Vet 55	Unattached	21.15
169	52	John	Delany	Male Vet 60+	Stockport Harriers	21.20
170	120	Louise	Dempster	Lady Vet 45	Spectrum Striders	21.20
171	83	Toby	Percival	Senior Men(18-39)	Unattached	21.20
172	205	Andy	Watts	Male Vet 55	Wilmslow RC	21.20
173	349	Lora	Blann	Senior Lady(18-34)	Sale Harriers Mcr	21.24
174	80	Joanne	Street	Senior Lady(18-34)	Sale Harriers Mcr	21.32
175	964	Mike	Cutler	Male Vet 50	South Cheshire Harriers	21.35
176	219	Paul	Benstead	Senior Men(18-39)	Unattached	21.36
177	61	Jonathan	Clarke	Male Vet 40	Styal RC	21.39
178	203	Chris	Watts	Senior Men(18-39)	Wilmslow RC	21.41
179	5	Kit	Whitfield	Male Vet 45	Spectrum Striders	21.42
180	222	Vincent	Niles	Male Vet 40	Unattached	21.45
181	945	Owen	Ashcroft	Senior Men(18-39)	Wilmslow RC	21.46
182	207	dave	Thompson	Male Vet 50	Spectrum Striders	21.48
183	386	Richard	Baggaley	Senior Men(18-39)	Unattached	21.50
184	392	Maurice	Oldham	Male Vet 55	Manchester Harriers	21.51
185	918	Brad	Smith	Male Vet 50	Altrincham & District AC	21.53
186	107	Alan	Peers	Male Vet 60+	Spectrum Striders	22.00
187	37	Sally	Howarth	Lady Vet 40	Trafford AC	22.03
188	48	Gerry	Rogers	Male Vet 50	Styal RC	22.04
189	346	Penny	Hinke	Lady Vet 50	Wilmslow RC	22.07
190	693	John	Porteous	Male Vet 55	Wilmslow RC	22.09
191	685	Ian	Walker	Male Vet 45	Unattached	22.11
192	62	Lauren	Davies	Senior Lady(18-34)	Sale Harriers Mcr	22.11
193	49	Ally	Briscoe	Lady Vet 40	Unattached	22.11
194	285	Vincent	Niles	Male Vet 40	Unattached	22.12
195	380	Roy	Pownall	Male Vet 60+	Wilmslow RC	22.15
196	202	Tom	Hillis	Male Vet 40	Wilmslow RC	22.20
197	21	Tim	Norman	Male Vet 50	Cheshire Tally Ho	22.20
198	70	Nigel	Powell	Male Vet 45	Altrincham & District AC	22.22
199	14	John P	Dooley	Male Vet 60+	Spectrum Striders	22.23
200	370	Andy	Whitehead	Male Vet 45	Spectrum Striders	22.26
201	217	Michael	Wymer	Senior Men(18-39)	Sale Harriers Mcr	22.26
202	394	Keith	Boyle	Senior Men(18-39)	Penny Lane Striders	22.27
203	959	Paul	Steane	Male Vet 50	Unattached	22.28
204	389	Helen	Caldwell	Lady Vet 40	Spectrum Striders	22.31
205	11	Aimee	McCullogh	Senior Lady(18-34)	Spectrum Striders	22.32
206	27	Rosemary	Rogers	Lady Vet 50	Deestriders RC	22.40
207	65	Angela	Maziere	Lady Vet 45	Wilmslow RC	22.41
208	395	Sophie	Preece	Senior Lady(18-34)	Altrincham & District AC	22.42
209	23	Nicola	Scott	Junior Lady (13-17)	Altrincham & District AC	22.43
210	87	David	Redpath	Male Vet 55	Spectrum Striders	22.46
211	692	Chris	Cannon	Senior Men(18-39)	Unattached	22.48
212	351	Paul	McClorry	Senior Men(18-39)	Unattached	22.49
213	683	Kasey	Lynch	Senior Lady(18-34)	Wilmslow RC	22.53
214	378	Stan	Erlam	Male Vet 60+	St Helens-Sutton AC	22.56
215	209	Steffi	Sperring	Senior Lady(18-34)	Wilmslow RC	22.59
216	994	Rod	Coombs	Senior Men(18-39)	Wilmslow RC	22.59
217	210	James	Barnes	Male Vet 45	UK Net Runner	23.03
218	348	Daniel	Tiley	Senior Men(18-39)	Unattached	23.11
219	78	Sarah	Jones	Lady Vet 35	Dragon's RC (Sale)	23.11
220	44	Charles	Lowthian	Male Vet 50	Styal RC	23.12
221	687	John	Percival	Male Vet 50	Unattached	23.13
222	976	Simon	Fenton	Male Vet 60+	Wilmslow RC	23.18
223	8	Philippe	Rouillon	Male Vet 50	Spectrum Striders	23.24
224	981	Sally	Price	Senior Lady(18-34)	Wilmslow RC	23.24
225	941	Jenny	Clink	Senior Lady(18-34)	Sale Harriers Mcr	23.29
226	698	Adam	Herz	Male Vet 45	Unattached	23.43
227	355	Andrew	Hunt	Male Vet 50	Unattached	23.44
228	28	Michelle	Kelly	Lady Vet 50	Penny Lane Striders	23.45
229	382	Alex	Gerhard	Male Vet 40	Unattached	23.45
230	221	William	Staniard	Male Vet 45	Wilmslow RC	23.45
231	75	Ian	Dunbar	Male Vet 55	Spectrum Striders	23.49
232	344	Ian	Whitham	Male Vet 45	Sale Harriers Mcr	23.52
233	43	John	Riley	Male Vet 60+	Northern Vets AC	23.55
234	908	Kerry	Jennings	Senior Lady(18-34)	Unattached	23.58
235	961	Rachel	Carlton	Lady Vet 40	Styal RC	24.19
236	72	Alan	Jenkinson	Male Vet 60+	Styal RC	24.20
237	905	Catherine	Evans	Senior Lady(18-34)	Unattached	24.25
238	937	Soraya	Mason	Lady Vet 40	Wilmslow RC	24.26
239	354	Colin	Hunter	Senior Men(18-39)	Unattached	24.30

ALTRINCHAM AND DISTRICT ATHLETIC CLUB**BOWDON 5k RESULTS****Thursday 4th June 2009**

240	88	Janet	Redpath	Lady Vet 50	Spectrum Striders	24.32
241	121	Theresa	Weller	Lady Vet 45	Styal RC	24.38
242	391	Sarah	Miles	Senior Lady(18-34)	Wilmslow RC	24.49
243	15	Brian	Higgins	Male Vet 55	Styal RC	24.56
244	968	Declan	Doran	Senior Men(18-39)	Unattached	25.04
245	30	Charles	Thackray	Male Vet 60+	West Cheshire AC	25.06
246	57	Martin	Bell	Senior Men(18-39)	Unattached	25.11
247	32	Sarah	Dyde	Lady Vet 40	South Cheshire Harriers	25.19
248	689	Aileen	Davidson	Senior Lady(18-34)	Unattached	25.27
249	393	Trevor	Faulkner	Male Vet 60+	Wilmslow RC	25.29
250	18	David	Cresswell	Senior Men(18-39)	Unattached	25.30
251	201	Gary	Myers	Senior Men(18-39)	Unattached	25.30
252	200	Warren	Myers	Male Vet 60+	Unattached	25.33
253	128	Stephanie	Charman	Lady Vet 55	Spectrum Striders	25.35
254	362	Dave	George	Male Vet 55	Sale Harriers Mcr	25.45
255	360	Liz	O'Keefe	Lady Vet 50	Sandbach Striders	25.47
256	914	Kirsty	McGlennon	Senior Lady(18-34)	Unattached	25.48
257	340	Richard	Scarsbrook	Male Vet 55	Fell Runners Assoc.	25.53
258	7	William	Bradley	Male Vet 45	Spectrum Striders	25.54
259	906	Louis	Dasouki	Senior Men(18-39)	Unattached	26.05
260	907	Karen	Jennings	Lady Vet 45	Unattached	26.05
261	113	Don	George	Male Vet 60+	Sale Harriers Mcr	26.16
262	206	Gay	Leary	Lady Vet 50	Halifax	26.19
263	341	Charlotte	Godfrey	Lady Vet 50	Wilmslow RC	26.25
264	110	Sarah	Bundock	Lady Vet 35	Dragon's RC (Sale)	27.03
265	216	Claire	Dewsbury	Lady Vet 35	Unattached	27.08
266	117	Val	Hutson	Lady Vet 45	Spectrum Striders	27.37
267	38	Isabel	Bilous	Senior Lady(18-34)	Unattached	28.36
268	365	Lucy	Walton	Senior Lady(18-34)	Unattached	29.07
269	39	Carol	Fell	Lady Vet 50	Warrington Road Runners	29.16
270	17	Lisa	Cresswell	Lady Vet 35	Unattached	29.50
271	214	Paul	Sinclair	Male Vet 45	Unattached	30.34
272	924	John	Wolstenholme	Male Vet 60+	Dragon's RC (Sale)	30.37
273	22	Lisa	Scobbie	Lady Vet 35	Unattached	30.51
274	996	Gabrielle	Doyle	Lady Vet 35	Unattached	31.47
275	967	John	Latham	Male Vet 60+	South Cheshire Harriers	32.09
276	353	Sarah	Cleary	Lady Vet 35	Unattached	32.35
277	694	Geoff	Hanks	Male Vet 60+	Alchester	36.40
278	47	Dave	Attwell	Male Vet 60+	Altrincham & District AC	36.41