

THE TRAFFORD 10k

Sunday 11th September 2005

1	Andy Norman		Altrincham AC	30:06	72	Stuart Andrew		Spectrum Striders	38:30
2	Martin Whitehouse		Birchfield Harriers	31:22	73	Stephen Robinson	M40 14	East Cheshire Harriers	38:31
3	Colin Rigby		Horwich RMI Harriers	31:44	74	David Potter		Astley & Tydesley	38:32
4	Tim Austin		Hallamshire Harriers	32:06	75	Paul Capey		Sale Harriers Mcr	38:40
5	Matthew Clough	JM 1	Leeds City	32:20	76	Andrew Farley	M45 10	East Cheshire Harriers	38:41
6	AC Muir		Unattached	32:37	77	Stuart McGinty		Salford Harriers	38:42
7	Jonathan Carter		Kingston Upon Hull AC	33:19	78	Anne Brizell	L45 1	Midland Vets AC	38:43
8	Paul Dodsworth		Warrington AC	33:51	79	Graham Tracey		Unattached	38:44
9	Mike Hatch		Sale Harriers Mcr	33:59	80	Craig Bradbury		Astley & Tydesley	38:45
10	Peter Speake		Bildeston Bounders	34:06	81	Maria Lowe	L 4	Salford Harriers	38:49
11	Andrew Neary		Horwich RMI Harriers	34:09	82	Frank Cordingley	M40 15	Sale Harriers Mcr	38:51
12	Steven Crowe		Ellesmere Port RC	34:22	83	Paul Rutherford	M40 16	Swinton Running Club	38:52
13	Steve Bacon		Congleton Harriers	34:24	84	Barry Greaves	M45 11	Royton Road Runners	38:54
14	Stuart Parrott	M40 1	Wilmslow RC	34:25	85	Robbie McGall	M55 2	Altrincham AC	38:55
15	Dave Carrington	M50 1	Altrincham AC	34:30	86	Richard Clancy		Vale Royal AC	38:57
16	Liam Thompson		Spectrum Striders	34:36	87	Francesco Brancia		Unattached	39:01
17	Colin Gell		Sale Harriers Mcr	34:39	88	Robert Halstead		Unattached	39:04
18	Ian Cooper	M40 2	Ellesmere Port RC	34:40	89	John Lee		Astley & Tydesley	39:05
19	Tony Battersby		Astley & Tydesley	34:41	90	Gary Murray		Unattached	39:11
20	Andrew Buttery		Rossendale AC	34:42	91	Andrew Whittaker		Unattached	39:12
21	Sean McMyler	M40 3	Salford Harriers	34:59	92	Roy Woodland		Unattached	39:16
22	Dennis Matthews	M40 4	East Cheshire Harriers	35:07	93	David Phillips	M60 1	Royton Road Runners	39:29
23	Ian Selby		Horwich RMI Harriers	35:11	94	Andy Wiggans	M40 17	Ilkley Harriers	39:33
24	Matt Jackson		Unattached	35:13	95	Brandon Holroyd		Holmfirth Harriers	39:38
25	Des Mclvor	M40 5	Wirral Athletic Club	35:14	96	Kevin Duckworth	M45 12	East Cheshire Harriers	39:43
26	Nick Willsher		Unattached	35:20	97	Leon Richards		Unattached	39:45
27	Ian Jackson		Salford Harriers	35:28	98	Lee Brandreth		Stockport Harriers	40:01
28	Sean Brady		Lancaster & Morcambe	35:31	99	Michael Long	M55 3	Bingley Harriers	40:11
29	Paul Birkett	M40 6	Salford Harriers	35:33	100	Gordon Johnston		Salford Mets	40:13
30	Mike Neary	M55 1	Unattached	35:36	101	Dan Byrne	M45 13	Stockport PCT	40:17
31	Graham Houghton		Spectrum Striders	35:39	102	Aron Myres		Sale Harriers Mcr	40:18
32	Billy Martin	M40 7	Salford Harriers	35:40	103	Michael Dunne	M55 4	Sale Harriers Mcr	40:20
33	Owen Flage		Unattached	35:45	104	Paul Biddulph		Stainland Lions	40:21
34	Mikko Kuronen	M45 1	East Cheshire Harriers	35:54	105	Alison Vesey	L40 1	Altrincham AC	40:22
35	Ian Mcllwee		Unattached	36:10	106	Derek Hughes	M40 18	East Cheshire Harriers	40:25
36	Conrad Steinert		Unattached	36:13	107	Paul Nichols		Wilmslow RC	40:30
37	Alberto De Fanis		Altrincham AC	36:14	108	Steve Natts	M45 14	Unattached	40:35
38	Amanda Dalkins	L 1	Birchfield Harriers	36:15	109	Tim Hargreaves	M45 15	Stockport Harriers	40:36
39	Chris Moran		Rotherham Harriers	36:16	110	Steve Hill		Liverpool RC	40:37
40	Andrew Taylor		Horwich RMI Harriers	36:20	111	Bernard Goodwin		Royton Road Runners	40:52
41	Toby Underwood		Stainland Lions	36:21	112	John Lavelle	M55 5	Rossendale AC	40:53
42	Neil Holding	M45 2	West Pennine Runners	36:22	113	Karen Watkin	L 5	Blackpool & Fylde	40:54
43	Jeffrey Caper		Wilmslow RC	36:24	114	John Dwyer	M60 2	Altrincham AC	40:56
44	Graham Holden		Blackburn Harriers	36:40	115	Allisdhair McNaull	M40 19	Cheshire HHH	40:59
45	Mark Wood		Unattached	36:55	116	John Percival	M45 16	Unattached	41:09
46	Richard Hampson		Unattached	36:58	117	Stephen Symons		Manchester YMCA	41:14
47	Jonathan Moore		Stainland Lions	37:01	118	Lee Wynne		Unattached	41:23
48	Lester McCabe	M45 3	Unattached	37:07	119	Christopher Allen	M40 20	Unattached	41:28
49	Philip Garside	M50 2	Middleton Harriers	37:12	120	Andy Rippon	M40 21	Stockport PCT	41:31
50	Mervyn Ward	M50 3	Spectrum Striders	37:14	121	Bryan Lawton		Royton Road Runners	41:37
51	Trevor Clough	M45 4	Leeds City	37:17	122	Barry Allman	M45 17	Horwich RMI Harriers	41:37
52	Gavin McColl		Unattached	37:20	123	Christopher Bottomley		Stainland Lions	41:39
53	Gary Willcock	M40 8	Vale Royal AC	37:21	124	Jonathan Cowan		Unattached	41:44
54	Peter Clayton	M40 9	Unattached	37:31	125	Christopher Eavers	M50 5	Royton Road Runners	41:46
55	Claire Davies	L 2	Spectrum Striders	37:35	126	Stephen Watmough	M40 22	Spectrum Striders	41:52
56	Vanessa Mulholland	L 3	Altrincham AC	37:54	127	Rebecca Avanesian	L 6	Unattached	41:54
57	Tony McCarthy	M45 5	Spectrum Striders	37:59	128	Jonathan Burley		Unattached	41:55
58	Julian Spencer	M45 6	Spectrum Striders	38:01	129	Matthre Rimmington		Spectrum Striders	41:55
59	Ian Wood		Stainland Lions	38:02	130	Dean Burgess	M40 23	Royton Road Runners	42:12
60	Simon Wright	M45 7	Wigan Phoenix	38:03	131	Andrew Herbert		Unattached	42:19
61	John Parrott	M50 4	Stockport Harriers	38:04	132	Phillip Rigby		Unattached	42:26
62	Andy Wilson		Unattached	38:07	133	John Myott	M50 6	Unattached	42:34
63	Tony Lee	M40 10	Stockport Harriers	38:08	134	Michael Tarpey	M40 24	Liverpool RC	42:36
64	Andy Holloway		Unattached	38:09	135	Anna Bergstrom	L 7	Unattached	42:37
65	Jon Evans		Unattached	38:14	136	Steven Shaw	M45 18	Royton Road Runners	42:39
66	James Edwards	M45 8	Vale Royal AC	38:15	137	Graham Jones	M40 25	Unattached	42:48
67	Paul Millward	M40 11	Staffs Moorlands	38:17	138	Andrew Elliott		Unattached	42:58
68	Simon Smith	M40 12	Spectrum Striders	38:18	139	Richard Fogarty		Unattached	42:59
69	Keith Hutton	M45 9	Liverpool Harriers	38:19	140	Tony Elston	M45 19	Unattached	43:00
70	Stephen Jones	M40 13	Stockport Harriers	38:24	141	Barry Chambers	M50 7	Vale Royal AC	43:05
71	Zack Hocking		Unattached	38:29	142	Sean Whewell	M40 26	Stockport Harriers	43:08

143	Andrew Schofield		East Cheshire Harriers	43:10	218	Victoria Buckley	L35	2	Stockport Harriers	48:53	
144	Mark Shepherd		Unattached	43:11	219	Sarah Indge	L	19	Unattached	48:54	
145	John McDonald		Unattached	43:12	220	Pete Murray			Unattached	48:54	
146	Darren Tyldesley		Unattached	43:18	221	Claire Wilson	L	20	Women's Running Netwk	48:57	
147	Alan Jones		Buckley Runners	43:19	222	Mark Molloy	M45	23	Royton Road Runners	49:08	
148	Vicky McKinnon	L	8	Manchester H&AC	43:20	223	Anne Kemp	L	21	Unattached	49:22
149	Tracy Dean	L40	2	Stainland Lions	43:21	224	Stephen Aldcroft			Unattached	49:26
150	Thomas Jorna		Unattached	43:22	225	Amber Smith	L	22	Unattached	49:29	
151	Paul Hawgood	M40	27	Stockport PCT	43:29	226	Mark Anderson			Unattached	49:36
152	Denise Wakefield	L50	1	Horwich RMI Harriers	43:30	227	Graham Smallman			Unattached	49:37
153	Jeremy Austin		Unattached	43:35	228	Debbie Beresford	L40	8	Manchester H&AC	49:39	
154	Nabilah Salihi	L	9	Spectrum Striders	43:36	229	Janet Redpath	L50	3	Spectrum Striders	49:45
155	David Waite	M40	28	Stainland Lions	43:37	230	David Redpath	M55	10	Spectrum Striders	49:46
156	Mike Hill	M50	8	Cumberland FR	43:39	231	Sue Blake	L40	9	Spectrum Striders	49:50
157	Paul Kilbey	M60	3	East Cheshire Harriers	43:41	232	James Lambe	M40	38	Sale Harriers Mcr	49:52
158	Andrew Hilton		Unattached	44:06	233	Julian Saunderson	M45	24	Unattached	49:58	
159	Gerry Rogers	M50	9	Unattached	44:18	234	Susan Regan	L40	10	Unattached	50:10
160	James Hilliard		Unattached	44:31	235	Mark Smith			Warrington AC	50:17	
161	Liz Dobson	L40	3	Helsbey	44:35	236	John Smith	M50	15	Sale Harriers Mcr	50:18
162	David Thompson	M45	20	Spectrum Striders	44:43	237	Margaret Williams	L50	4	Unattached	50:45
163	John Mason	M40	29	Unattached	44:44	238	Nefyn Williams	M55	11	Unattached	50:45
164	Kathy Mackintosh	L	10	Unattached	44:45	239	Kay Mysin	L40	11	Y Club Castlefield	50:47
165	John Anketell-Jones	M40	30	Spectrum Striders	44:56	240	Ashok Kallumpram	M45	25	Sale Harriers Mcr	50:50
166	Vanessa Hamlet	L35	1	Rossendale AC	44:57	241	Simon Frost			Unattached	50:50
167	George Meynell	M60	4	Royton Road Runners	44:59	242	Ian Casey	M40	39	Royton Road Runners	51:12
168	Deborah Shaw	L40	4	Royton Road Runners	45:03	243	Mike Tunstall			Unattached	51:17
169	Allan Kay	M55	6	100 Marathon Club	45:06	244	Ian Kennedy			Unattached	51:20
170	David Holmes		Unattached	45:07	245	Catherine Larner	L40	12	East Cheshire Harriers	51:24	
171	Kenneth Valovin		Unattached	45:09	246	Eddie Brady	M65	1	Unattached	51:30	
172	John Mayall	M40	31	Rochdale Harriers	45:11	247	Jill Colbert	L35	3	Women's Running Netwk	51:37
173	Russ Freer	M40	32	Unattached	45:13	248	Dave Denton	M40	40	Unattached	51:45
174	Nigel Metcalfe	M50	10	Unattached	45:13	249	Harry Cowley	M55	12	Unattached	51:47
175	Anthony Preston		Unattached	45:14	250	Josephine Owen	L45	2	Blackburn Harriers	51:51	
176	Alan Jenkinson	M55	7	Unattached	45:18	251	Barry Preece	M45	26	Rochdale Harriers	51:52
177	Richard Longlands		Unattached	45:24	252	Malcolm Towler	M50	16	Northern Vets AC	51:57	
178	Helen Knight	L	11	Royton Road Runners	45:25	253	Laura Pilley	L	23	Unattached	52:04
179	Kyelinda Hurst-Moore	L40	5	Middleton Harriers	45:40	254	Dawn Morris	L35	4	GMC Fire Service	52:19
180	Fiona McGrath	L	12	Warrington AC	45:50	255	Andy Worsey			Unattached	52:33
181	Paul Clay		Unattached	45:56	256	Linda Jackett	L55	1	Leigh Harriers	52:56	
182	Chris Hulse	M40	33	Chester Triathlon	45:57	257	Tony Hunking	M50	17	Royton Road Runners	53:00
183	Stuart Mairs		Salford Mets	46:03	258	Carol Moir	L40	13	Unattached	53:07	
184	Paul Walters	M45	21	Royton Road Runners	46:16	259	Dominic Delsoldato			Unattached	53:20
185	Nicholas Lees		Unattached	46:19	260	Mark Tamlin			Unattached	53:24	
186	Chris Taylor	M40	34	Unattached	46:29	261	Jane Hughes	L40	14	SCARAB	53:48
187	Tony Bray	M50	11	Unattached	46:30	262	Jane Cocks	L	24	Stockport Harriers	54:01
188	Trevor Grundy	M60	5	Royton Road Runners	46:33	263	Caroline Bayne	L	25	Unattached	54:12
189	Christopher Carroll	M40	35	Unattached	46:35	264	Richard Burgess			Unattached	54:13
190	Ian Thomas	M50	12	Swinton Running Club	46:40	265	James Bolton			Unattached	54:14
191	Neil Byrne	M40	36	Unattached	46:41	266	Steve Urhegyi	M45	27	Unattached	54:17
192	Neil Clark		Unattached	46:43	267	Ann Burrows	L55	2	Manchester YMCA	54:18	
193	Phil Hollins	M50	13	Middleton Harriers	46:47	268	Phillipa Bonorino	L50	5	Unattached	54:26
194	Diane Waite	L40	6	Stainland Lions	46:48	269	Clare Lockett	L	26	Unattached	54:28
195	Julie Raja	L	13	Unattached	46:48	270	Bernadette Rudman	L50	6	Northern Vets AC	54:39
196	Richard Barratt		Unattached	46:49	271	Charles Pearson	M50	18	Unattached	54:46	
197	Paul Slater		Unattached	46:54	272	Adele Mitchel	L	27	Unattached	54:57	
198	Teresa Hollins	L50	2	Middleton Harriers	47:01	273	Janet Jones	L50	7	Stockport PCT	55:06
199	Timothy Leonard	M45	22	Unattached	47:06	274	Robert Cany	M40	41	Unattached	55:28
200	Albert Elford	M50	14	Unattached	47:12	275	John Foster			Unattached	55:55
201	Louise Gilchrist	L70	1	Valley Striders	47:14	276	Elaine Kirkham	L50	8	Unattached	56:12
202	Ruth Lee	L	14	Stockport Harriers	47:20	277	Karen Foster	L35	5	Hyde Village Striders	56:20
203	Catherine Dodsworth	L	15	Unattached	47:22	278	Jean Ollerenshaw	L	28	Swinton Running Club	56:23
204	Joanne Iborra	L	16	Unattached	47:24	279	Jean Bayley	L45	3	Manchester H&AC	56:50
205	Nicholas Sanderson		Unattached	47:25	280	Jean Skitt	L60	1	Manchester H&AC	56:55	
206	James Lanham	M55	8	Middleton Harriers	47:27	281	Jane Fraser	L	29	Road Runners Club	57:15
207	Elizabeth Chamberlain	L	17	Spectrum Striders	47:37	282	Laurence Urhegyi	JM	2	Unattached	57:24
208	Adam Redpath		Unattached	47:43	283	Jonathan Pridgeon			Unattached	57:40	
209	Garry Straiton		Unattached	47:47	284	Anna Fairclough	L	30	Unattached	57:45	
210	David Boardman		Unattached	47:49	285	Gareth Wynn			Unattached	57:45	
211	Hugh McKenna	M55	9	Mcr Triathlon Club	48:02	286	Helen Gore	L	31	Unattached	57:51
212	Julie Fairclough	L40	7	Unattached	48:15	287	Michelle Hanley	L35	6	Unattached	57:57
213	David Frain		Unattached	48:26	288	Emma Baker	L	32	Unattached	59:01	
214	Mark Hughes	M40	37	Unattached	48:27	289	Robin Binnington			Unattached	59:04
215	Joe Park	M70	1	Cheshire Tally Ho	48:50	290	Victoria Kennedy	L	33	Unattached	59:06
216	Emma Young	L	18	Sale Harriers Mcr	48:51	291	Marysia Ryan	L35	7	Unattached	59:12
217	Joel Massender		Altrincham AC	48:52	292	Kathy Oluwi	L35	8	Sale Harriers Mcr	59:20	

293 Rachel Longworth	L	34	Unattached	59:21	300 Phillipa Williamson	L40	15	Unattached	1:01:01
294 Ian Longworth			Unattached	59:22	301 Charlotte Byrne	L	38	Unattached	1:01:07
295 Frances Downey	L35	9	Unattached	59:26	302 Michael McCann			Unattached	1:03:13
296 Lynsey Scholes	L	35	Unattached	1:00:27	303 Adrian Thomas			Unattached	1:03:26
297 Julian Lorca-Valverde			Unattached	1:00:27	304 Christine Monk	L40	16	Unattached	1:03:36
298 Charlotte Beacham	L	36	Unattached	1:00:37	305 Joanna Crowley	L40	17	Unattached	1:09:29
299 Nicci Cawthorne	L	37	Swinton Running Club	1:00:50	306 Sarah Valovin	L	39	Unattached	1:21:25

Team Results – Men

1 Horwich RMI Harriers	37	2 Altrincham AC	53	3 Salford Harriers	77
Colin Rigby	3	Andy Norman	1	Sean McMyler	21
Andrew Neary	11	Dave Carrington	15	Ian Jackson	27
Ian Selby	23	Alberto De Fanis	37	Paul Birkett	29
4 Spectrum Striders	97	5 Sale Harriers Mcr	101	6 East Cheshire Harriers	129
Liam Thompson	16	Mike Hatch	9	Dennis Matthews	22
Graham Houghton	31	Colin Gell	17	Mikko Kuronen	34
Mervyn Ward	50	Paul Capey	75	Stephen Robinson	73
7 Stainland Lions	147	8 Wilmslow RC	164	9 Astley & Tydesley	173
Toby Underwood	41	Stuart Parrott	14	Tony Battersby	19
Jonathan Moore	47	Jeffrey Caper	43	David Potter	74
Ian Wood	59	Paul Nichols	107	Craig Bradbury	80
10 Stockport Harriers	194	11 Vale Royal AC	205	12 Royton Road Runners	288
John Parrott	61	Gary Willcock	53	Barry Greaves	84
Tony Lee	63	James Edwards	66	David Phillips	93
Stephen Jones	70	Richard Clancy	86	Bernard Goodwin	111
13 Stockport PCT	372	14 Middleton Harriers	448		
Dan Byrne	101	Philip Garside	49		
Andy Rippon	120	Phil Hollins	193		
Paul Hawgood	151	James Lanham	206		

Team Results – Ladies

1 Spectrum Striders	43	2 Stockport Harriers	106	3 Manchester H&AC	107
Claire Davies	2	Ruth Lee	25	Vicky McKinnon	10
Nabilah Salihi	13	Victoria Buckley	31	Debbie Beresford	36
Elizabeth Chamberlain	28	Jane Cocks	50	Jean Bayley	61
