

ALTRINCHAM AND DISTRICT ATHLETIC CLUB

DUNHAM MASSEY 5k RESULTS

Thursday 22nd June 2006

Pos	umber	Name	Cat.	Club	Time	Pos	Number	Name	Cat.	Club	Time
1	483	Rick Hayman	M	Sale Harriers Manchester	15.06	81	415	Greg Robinson	M	Unattached	21.38
2	446	Simon Mills	M	Sale Harriers Manchester	15.09	82	487	Cathal Cruise	M50	Unattached	21.41
3	437	Tarus Elly	M	Salford Harriers	15.47	83	403	Tony Collier	M45	Styal	21.43
4	444	Steve Freeman	M	Liverpool Harriers	16.02	84	410	Carol Shaw	F40	Helsby R.C.	21.44
5	922	Peter Speake	M	Bildeston Bounders	16.09	85	2014	Pauline Welsby	F	Spectrum Striders	21.44
6	500	James Horman	M	Liverpool Harriers	16.13	86	936	Mark Hayden	M	Unattached	21.50
7	493	Michael Hunt	M	Pendle A.C.	16.16	87	471	Terry Coles	M60	Spectrum Striders	22.00
8	920	Tom Bush	M	Altrincham	16.17	88	930	John Adams	M45	Unattached	22.01
9	2018	Graham MacNeil	M40	West Cheshire A.C.	16.40	89	449	Corinne Kinvig	F	Vale Royal	22.04
10	481	Gary Rowlinson	M40	Sale Harriers Manchester	16.55	90	2028	William Keeling	M	Harlow R.C.	22.04
11	2005	Graham Houghton	M	Spectrum Striders	16.59	91	943	Alan Rydout	M60	Altrincham	22.06
12	2027	David Gee	M50	Manchester Harriers	17.02	92	425	Louise Nicholson	F	Unattached	22.08
13	912	Lester McCabe	M	Styal	17.04	93	479	Sally Howarth	F40	Trafford	22.14
14	438	Dave Southern	M50	Altrincham	17.07	94	424	Graham Driver	M	Spectrum Striders	22.18
15	480	Nigel Levett	M	Sale Harriers Manchester	17.08	95	430	Rosie Rogers	F50	Deestriders	22.19
16	443	Owen Flage	M	Oldham + Royton	17.14	96	462	Maryte Moore	F45	Stockport	22.23
17	903	Andrew Yates	M45	Sale Harriers Manchester	17.17	97	453	Joanne Edwards	F40	Vale Royal	22.26
18	445	Ray Eagle	M50	Wilmslow R.C.	17.37	98	921	Philip Westwood	M	Bildeston Bounders	22.29
19	2011	Keith Lunt	M	Littlewoods Leggers	17.39	99	463	Jenny Hopes	F	Stockport	22.34
20	952	David Livingstone	M	Altrincham	17.40	100	439	Donald Reid	M40	Warrington Tri	22.36
21	441	Colin Martin	M45	Spectrum Striders	17.43	101	414	Michael Moore	M	Unattached	22.38
22	2022	Peter Maher	M50	Vale Royal	17.45	102	931	Jason Coyne	M	Trail Running	22.39
23	933	Paul Watson	M	Dragons Running Club	17.45	103	485	Maggie Jones	F45	Altrincham	22.40
24	915	Mark Norton	M	Altrincham	17.47	104	464	Jane Cocks	F	Stockport	22.46
25	928	Gary Spilsbury	M40	Altrincham	17.58	105	926	Angela Grace	F	Unattached	22.53
26	473	Steve Green	M	Trafford	18.05	106	490	Danny McCann	M	Chorlton Runners	22.54
27	486	Mike Jones	M50	Altrincham	18.06	107	906	Derek Robinson	M55	Unattached	22.55
28	452	Jon Lowe	M	Penny Lane Striders	18.17	108	950	Nick Chisnell	M	Unattached	22.58
29	2001	Julian Spencer	M45	Spectrum Striders	18.23	109	488	Neil Walsh	M	Spectrum Striders	22.59
30	442	Mike Houghton	M	Spectrum Striders	18.25	110	498	Michael Valentine	M	Unattached	23.00
31	489	Rod Jones	M	Unattached	18.26	111	955	Leila Jones	F	Unattached	23.02
32	944	David Newman	M	Unattached	18.27	112	905	Natalie Ting	F35	Styal	23.06
33	2016	Stuart Andrew	M	Spectrum Striders	18.27	113	939	Sarah Evans	F	Unattached	23.18
34	2031	Mark Gyves	M40	Sale Harriers Manchester	18.31	114	911	Carol Beattie	F50	Steel City Striders	23.25
35	461	Jenny Knass	F	Stockport	18.33	115	408	Gary Birkenhead	M	Unattached	23.27
36	914	Phil Vesey	M40	Altrincham	18.34	116	949	Sinead McCarthy	F	Unattached	23.27
37	919	John Parrott	M50	Stockport	18.34	117	475	David Redpath	M55	Spectrum Striders	23.32
38	457	Alison Hartopp	F40	Macclesfield Harriers	18.47	118	456	John Wilson	M60	Sale Harriers Manchester	23.33
39	491	Tom Mulroy	M	Unattached	18.52	119	451	Val Kinvig	F40	Vale Royal	23.35
40	2036	Rob McCall	M55	Altrincham	18.53	120	957	Alan Fern	M45	Unattached	23.35
41	908	Ian Harris	M	Spectrum Striders	18.56	121	460	Jonathan Cahm	M40	Spectrum Striders	23.42
42	2003	Mike Cunningham	M60	Manchester Harriers	18.59	122	938	Neil Kenyon	M	Unattached	23.43
43	496	Neil Cliffe	M45	Warrington Road Runners	19.08	123	492	Laura Pilley	F	Dragons Running Club	23.46
44	455	Anne Pugh	F50	Altrincham	19.19	124	902	Lynne Yates	F45	Sale Harriers Manchester	23.56
45	2023	Ken Burgess	M60	Altrincham	19.28	125	2035	Stephanie Charman	F50	Helsby R.C.	23.59
46	947	Lindsay Ferguson	F	Newport	19.29	126	2024	Ian Dunbar	M50	Spectrum Striders	24.07
47	2033	Keith Brown	M40	Warrington Road Runners	19.30	127	474	Janet Redpath	F50	Spectrum Striders	24.15
48	440	Marian Martin	F45	Spectrum Striders	19.39	128	954	Sue Blake	F40	Macclesfield Harriers	24.15
49	2030	Mark Walker	M	Unattached	19.41	129	419	George Lawson	M60	Manchester Harriers	24.17
50	450	Kieran Kinvig	M	Vale Royal	19.42	130	411	David Shaw	M45	Unattached	24.19
51	2025	Alison Pye	F	Sale Harriers Manchester	19.48	131	2017	Elizabeth Chamberlain	F	Spectrum Striders	24.27
52	407	Derek Walton	M60	Altrincham	19.51	132	404	Belinda Wells	F40	Stockport	24.35
53	405	Davy Ford	M	Unattached	19.52	133	941	S Styler	F	Unattached	24.36
54	484	Ray Dalby	M50	Rochdale	19.56	134	426	Steven Johnson	M45	Stockport	24.38
55	472	Ian Welch	M40	Manchester Triathlon	20.00	135	901	Margaret Trickey	F50	Sale Harriers Manchester	24.41
56	932	Rob McHarry	M40	Spectrum Striders	20.00	136	476	Allison Leavons	F	Unattached	24.47
57	909	Neil Critchley	M	Burden Road Runners	20.07	137	478	Phillip MacDonald	M50	Chester Triathlon	24.48
58	940	Mark Earle	M55	Unattached	20.09	138	421	Paul Davies	M40	Unattached	24.50
59	913	Simon Woodward	M45	Chester Triathlon	20.10	139	465	Philip McCann	M40	Stockport	24.54
60	427	Gareth Atkinson	M	Unattached	20.12	140	417	Sue Turner	F35	Unattached	25.37
61	2029	Vicky McKinnon	F	Manchester Harriers	20.14	141	907	Michael Seaman	M55	Unattached	25.51
62	904	David Mitchell	M40	Unattached	20.17	142	917	Wendy Johnson	F40	Unattached	26.14
63	454	Peter Abraham	M	Dragons Running Club	20.27	143	935	Ursula Cairns	F35	Unattached	26.21
64	448	Paul Steane	M45	Unattached	20.27	144	929	Karl Cairns	M	Unattached	26.28
65	466	Dave Pickard	M50	Dragons Running Club	20.31	145	2008	David Cresswell	M	Unattached	26.29
66	2043	Alan Peers	M60	Spectrum Striders	20.33	146	467	Peter Bedford	M50	Dragons Running Club	26.31
67	934	Su Wilson	F45	Dragons Running Club	20.33	147	420	Heather Davies	F35	Unattached	26.41
68	497	Joanne Graham	F	Dragons Running Club	20.34	148	499	Sally Watson	F	Unattached	26.47
69	494	Michael Salmon	M40	Spectrum Striders	20.39	149	2006	Mandy Buckley	F35	Spectrum Striders	26.49
70	470	John Dooley	M55	Spectrum Striders	20.41	150	482	Cath Sanders	M	Unattached	26.51
71	937	John Percival	M45	Unattached	20.47	151	401	Eloise Whitmore	F	Unattached	27.05
72	458	Mark Ferns	M45	Sale Harriers Manchester	20.49	152	923	Kathryn Hawkrigg	F35	Unattached	27.13
73	447	Neville Griffiths	M60	Spectrum Striders	20.54	153	933	Paul Watson	M	Dragons Running Club	27.54
74	459	Sharon Glendon	F	Stockport	20.54	154	958	Ruth Fox	F	Unattached	27.56
75	2034	Fechin McCormick	M55	Sale Harriers Manchester	21.07	155	936	Mark Hayden	M	Unattached	27.56
76	495	Barrie Ainscow	M40	Unattached	21.13	156	916	Frances Coughlan	F	Unattached	27.57
77	406	John Purdy	M40	Rochdale	21.14	157	469	Geoff Walley	M60	Cheshire Tally Ho	27.58
78	910	Geoffrey Beattie	M50	Esporta	21.18	158	477	Anne Hewitt	F50	Spectrum Striders	28.07
79	2026	Clare Hawkes	F45	Wirral A.C.	21.35	159	432	Robert McGuire	M60	Unattached	28.10
80	956	Paul Coulter	M	Unattached	21.37	160	402	Gill Thompson	F40	Stockport	28.11

DUNHAM MASSEY 5k RESULTS

Thursday 22nd June 2006

Pos	umber	Name	Cat.	Club	Time	Pos	Number	Name	Cat.	Club	Time
161	428	Amanda Wilkinson	F35	Unattached	28.11	1		#N/A	#N/A	#N/A	
162	429	John Wilkinson	M40	Unattached	28.16	2		#N/A	#N/A	#N/A	
163	953	Karen Williams	F40	Unattached	28.31	3		#N/A	#N/A	#N/A	
164	927	Louise Beacock	F45	Unattached	28.31	4		#N/A	#N/A	#N/A	
165	468	John Shipley	M60	Cheshire Tally Ho	28.33	5		#N/A	#N/A	#N/A	
166	945	Michelle Baxter	F	Unattached	28.40	6		#N/A	#N/A	#N/A	
167	948	Karen Heggs	F	Unattached	28.40	7		#N/A	#N/A	#N/A	
168	431	Tanis Wooler	F40	Unattached	28.44	8		#N/A	#N/A	#N/A	
169	946	Liz Dowd	F	Unattached	28.47	9		#N/A	#N/A	#N/A	
170	2040	Les Hewitt	M50	Spectrum Striders	28.59	10		#N/A	#N/A	#N/A	
171	2015	Lisa Scobbie	F35	Unattached	29.55	11		#N/A	#N/A	#N/A	
172	412	Kathryn Shaw	F	Unattached	30.04	12		#N/A	#N/A	#N/A	
173	951	Julia Chisnell	F40	Unattached	30.06	13		#N/A	#N/A	#N/A	
174	435	Simon Patiniott	M40	Unattached	30.22	14		#N/A	#N/A	#N/A	
175	925	Catherine Talbot	F50	Womens Running Network	30.24	15		#N/A	#N/A	#N/A	
176	942	Joanne Lafferty	F	Unattached	30.35	16		#N/A	#N/A	#N/A	
177	924	Laura Bagnara	F40	Womens Running Network	30.37	17		#N/A	#N/A	#N/A	
178	413	Clare Bielecki	F	Unattached	30.47	18		#N/A	#N/A	#N/A	
179	2007	Lisa Cresswell	F35	Unattached	30.56	19		#N/A	#N/A	#N/A	
180	423	Gillian Counsell	F	Unattached	34.01	20		#N/A	#N/A	#N/A	
181	422	Cathryn Greer	F35	Unattached	34.01	21		#N/A	#N/A	#N/A	
182	434	Ellen Day	F35	Unattached	35.41	22		#N/A	#N/A	#N/A	
183	918	Helen Beeden	F	Unattached	36.11	23		#N/A	#N/A	#N/A	
184	2012	Emma Metcalfe	F35	Unattached	39.51	24		#N/A	#N/A	#N/A	
185		#N/A	#N/A	#N/A		25		#N/A	#N/A	#N/A	