

ALTRINCHAM AND DISTRICT ATHLETIC CLUB

BOWDON 5k RESULTS

Thursday 7th June 2007

Pos	Number	Name	Cat.	Club	Time	Pos	Number	Name	Cat.	Club	Time
1	258	James Horman	M	Liverpool Harriers	15.36	81	388	Richard Healy	M	Altrincham	19.08
2	244	Mike Halman	M	Wilmslow R.C.	15.41	82	281	Michael Healy	M40	Unattached	19.09
3	303	Mike Hatch	M	Sale Harriers Manchester	15.51	83	243	David Quinn	M45	Wilmslow R.C.	19.13
4	729	Rob Flannery	M	Sale Harriers Manchester	15.57	84	2114	Damian Jones	M	University West of England	19.16
5	237	Gregory Seddon	M40	Blackpool and Fylde	15.59	85	313	Damian Utton	M40	Altrincham	19.20
6	2121	Tom Bush	M	Altrincham	16.04	86	2083	Ken Burgess	M60	Altrincham	19.20
7	240	Malcolm Fowler	M40	Wilmslow R.C.	16.06	87	345	Keith Hatton	M45	Liverpool Harriers	19.21
8	266	Liam Thomson	M	Warrington A.C.	16.08	88	370	David Newman	M	Unattached	19.22
9	289	Adrian Timmins	M	Warrington A.C.	16.26	89	283	Tom Mulroy	M	Unattached	19.23
10	274	David Lockett	M40	Salford Harriers	16.29	90	2045	Julian Spencer	M45	Spectrum Striders	19.27
11	290	Michael Timmins	M	Warrington A.C.	16.34	91	396	Stephen Nicol	M45	Altrincham	19.28
12	233	Stephen McLean	M	Stockport	16.36	92	299	Peter Weatherhead	M55	Wirral A.C.	19.29
13	2096	David Gee	M50	Manchester Harriers	16.38	93	327	Jim Crehan	M50	Unattached	19.33
14	298	Jim Pendrill	M	Wilmslow R.C.	16.39	94	375	Michael Smith	M40	Unattached	19.34
15	272	Oliver Lord	M	Unattached	16.44	95	326	Ian Harris	M	Spectrum Striders	19.36
16	293	Lester McCabe	M40	Styal	16.50	96	317	Gavin Mendham	M55	Wilmslow R.C.	19.37
17	359	Ian Costello	M	St Helens Sutton	16.51	97	730	Sarah Lomas	F	Stockport	19.38
18	342	Anthony Connolly	M	East Cheshire Harriers	16.52	98	2104	Vicky McKinnon	F	Manchester Harriers	19.39
19	295	George Kirk	M	Sale Harriers Manchester	16.53	99	297	Shaun Jackson	M	Unattached	19.39
20	2122	Olivia Walwyn	F	City of Norwich	16.53	100	221	Chris Brierley	M45	Northern Vets	19.40
21	369	Neil Crompton	M	Spectrum Striders	16.54	101	222	Danny Fegan	M40	St Helens Sutton	19.41
22	302	Adrian Fuller	M	Altrincham	16.55	102	300	Sean Barry	M	Wilmslow R.C.	19.42
23	352	Gareth Booth	M	Horwich	17.04	103	242	James Ellis	M	Unattached	19.44
24	2046	Gary Rowlinson	M40	Sale Harriers Manchester	17.06	104	218	Sally Gilliver	F45	Wilmslow R.C.	19.44
25	292	Andrew Yates	M45	Sale Harriers Manchester	17.08	105	336	John Percival	M50	Unattached	19.45
26	2097	Stephen Burthem	M45	Warrington A.C.	17.09	106	2081	Michael Gubbins	M	Hyde Village Striders	19.45
27	284				17.14	107	325	Geoff Gilbert	M55	Wilmslow R.C.	19.46
28	724	Steven Doxey	M45	Swinton Runners	17.15	108	2095	Derek Walton	M60	Altrincham	19.46
29	238	John Chaplin	M50	Chorley Harriers	17.16	109	348	Rob McHarry	M40	Spectrum Striders	19.47
30	219	James Graham	M	Spectrum Striders	17.17	110	2119	Trevor Bowden	M40	BAE Woodford	19.47
31	286	Tuhin Wahin	M	SHS	17.17	111	265	Michael Salmon	M40	Spectrum Striders	19.48
32	2105	Colin Martin	M45	Spectrum Striders	17.18	112	2111	Anthony Collier	M50	Styal	19.53
33	278	Mark Norton	M	Altrincham	17.19	113	330	Stuart Mairs	M	Salford Met	19.54
34	2069	Mike Houghton	M	Spectrum Striders	17.20	114	223	Ben Lupton	M40	Unattached	19.54
35	2115	Mark Johnson	M	East Cheshire Harriers	17.21	115	2113	Michael Mason	M40	Hyde Village Striders	20.15
36	2052	Vinny Booth	M40	Trafford	17.24	116	380	Tristan Pocock	M	Dragons Running Club	20.16
37	235	Rachel Jones	F35	Salford Harriers	17.26	117	394	Mark Ferns	M45	Sale Harriers Manchester	20.18
38	262	Lee Woods	M	Sale Harriers Manchester	17.27	118	2082	Keith Brown	M45	Warrington A.C.	20.18
39	208	William Tyler	M	Unattached	17.28	119	267	Nabilah Salihi	F	Spectrum Striders	20.19
40	236	Peter Pickwell	M55	Altrincham	17.29	120	294	Chris McCarthy	M	University West of England	20.21
41	360	Andrew Whittingham	M	Altrincham	17.31	121	343	Stan Erlam	M60	St Helens Sutton	20.24
42	234	Graham Taylor	M40	Wilmslow R.C.	17.33	122	207	Kate Sutton	F45	Wilmslow R.C.	20.29
43	341	Marcus Gregory	M	East Cheshire Harriers	17.35	123	246	David Wheable	M40	Wilmslow R.C.	20.30
44	386	Stephen Robinson	M45	East Cheshire Harriers	17.35	124	2112	Alan Peers	M60	Spectrum Striders	20.37
45	251	Gary Cassidy	M	Altrincham	17.36	125	311	Ken Dobson	M40	East Manchester Harriers	20.38
46	288	Peter Rogers	M40	Stockport	17.49	126	316	Ray Dalby	M50	Rochdale	20.39
47	263	Tony McCarthy	M45	Warrington A.C.	17.59	127	365	Gerry Rogers	M50	Styal	20.40
48	275	Steve Dempsey	M40	Wilmslow R.C.	18.00	128	271	Dominic McGuire	M	Unattached	20.41
49	285	Lee Hurst	M	Altrincham	18.04	129	257	Paul Steane	M45	Unattached	20.42
50	216	Kerry Blinston	M	North Wales Road Runners	18.10	130	2091	John Dooley	M55	Spectrum Striders	20.43
51	399	Paul Turner	M45	Bolton United Harriers	18.11	131	392	Geoffrey Beattie	M50	Sale Harriers Manchester	20.44
52	323	Toni McIntosh	F	Spectrum Striders	18.13	132	280	Chris Parks	M	Unattached	20.45
53	228	Claire Davies	F	Spectrum Striders	18.15	133	339	Julia Eccleston	F	St Helens Sutton	20.46
54	310	Ian Smallwood	M40	Wilmslow R.C.	18.18	134	726	Gregory Barton	M	Unattached	20.49
55	210	Keith Lunt	M	Littlewoods RC	18.19	135	332	Don Bullough	M50	Wilmslow R.C.	20.50
56	351	Michael Hibbert	M40	Manchester Harriers	18.20	136	728	Lois Brooks	F	Trafford	20.51
57	214	Glenn Wilson	M	Vale Royal	18.20	137	252	Sally Howarth	F40	Trafford	20.52
58	2109	Rob McGall	M55	Altrincham	18.23	138	2108	Paul Winch	M	Spectrum Striders	20.53
59	229	Stuart Wright	M	Spectrum Striders	18.24	139	282	Cathal Cruise	M55	Unattached	20.54
60	371	Kristian Andrew	M	Altrincham	18.25	140	372	Martin Stratton	M	Unattached	20.55
61	400	Stephen Watmough	M40	Spectrum Striders	18.27	141	2090	Mark Freeman	M40	Unattached	20.56
62	260	Mick Fairs	M55	Wilmslow R.C.	18.28	142	2120	Susan Crehan	F50	Sale Harriers Manchester	20.58
63	381	Neale Stephens	M45	Warrington A.C.	18.29	143	2088	Vicky Barrett	F40	Stockport	20.59
64	398	Neil Thompson	M	Stockport	18.30	144	384	Barrie Ainscow	M40	Dragons Running Club	21.04
65	387	Aron Myers	M	Sale Harriers Manchester	18.31	145	201	Ian Ashcroft	M60	Wilmslow R.C.	21.05
66	331	Adair Broughton	M	Helsby R.C.	18.33	146	2102	Fechin McCormick	M50	Sale Harriers Manchester	21.10
67	261	Mike Cooper	M40	Wilmslow R.C.	18.35	147	2051	Clare Hawkes	F45	Wirral A.C.	21.12
68	2057	John Kelly	M40	Penny Lane Striders	18.36	148	254	David Gill	M	Sale Harriers Manchester	21.14
69	2085	Mike Welsby	M	Spectrum Striders	18.37	149	291	Louise Hogg	F35	St Helens Sutton	21.15
70	241	Richard Haggett	M	Unattached	18.39	150	2079	Terry Coles	M60	Spectrum Striders	21.16
71	2078	John Parrott	M50	Unattached	18.40	151	256	Sally Price	F	Wilmslow R.C.	21.17
72	2049	Mike Cunningham	M60	Manchester Harriers	18.47	152	321	Brandon Holroyd	M	Holmfirth Harriers	21.18
73	259	Peter Carne	M45	Wilmslow R.C.	18.48	153	277	Andrew Charlton	M45	Styal	21.19
74	255	Dan Brooks	M	Altrincham	18.49	154	2067	Mary Taverner	F45	Vale Royal	21.19
75	358	Chris Hibbert	M	Manchester Harriers	18.50	155	731	Jan Nicholls	F35	Sale Harriers Manchester	21.20
76	364	Brad Ehlen	M60	Spectrum Striders	18.53	156	362	Paul Benstead	M	Unattached	21.23
77	2086	Liz Farhall	F	Spectrum Striders	18.56	157	304	Joanne Street	F	Sale Harriers Manchester	21.24
78	314	Vanessa Mulholland	F	Altrincham	18.57	158	239	Catrin Evans	F35	Sale Harriers Manchester	21.25
79	355	Paul Nichols	M	Wilmslow R.C.	18.59	159	344	Stuart Burthem	M40	Unattached	21.26
80	376	Neil Adair	M	Unattached	19.00	160	2084	Pauline Welsby	F	Spectrum Striders	21.28

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Pos mber Name			Cat.	Club	Time	Pos	Number	Name	Cat.	Club	Time
161	315	Neil Walsh	M	Spectrum Striders	21.32	241					
162	224	Carol Stynes	F35	Spectrum Striders	21.32	242	383	Lee Ramsden	M	Hyde Village Striders	26.56
163	2072	Geoff Read	M55	Spectrum Striders	21.33	243	322	Hilary Booth	F45	Holmfirth Harriers	27.07
164	253	Rod Coombs	M55	Wilmslow R.C.	21.36	244	329	Barbara Rosser	F45	Unattached	27.54
165	202	Owen Ashcroft	M	Wilmslow R.C.	21.38	245	382	Robert Wynn	M50	Hyde Village Striders	28.08
166	268	Peter Watson	M60	Wilmslow R.C.	21.39	246	2075	Angela George	F35	Northern Vets	28.23
167	368	Sarah Newman	F	Unattached	21.42	247	334	Sue McAuliffe	F40	Unattached	28.30
168	2073	John Delany	M60	Stockport	21.47	248	308	Sarah Manning	F	Unattached	29.16
169	2064	Carol Shaw	F45	Helsby R.C.	21.48	249	309	David Jones	M40	Unattached	29.16
170	356	Jo Aves	F	Wilmslow R.C.	21.53	250	373	Natalie Thomas	F	Spectrum Striders	29.18
171	318	Alan Fern	M50	Unattached	21.54	251	249	Arthur Walsham	M60	Salford Harriers	30.46
172	276	Jonathan Clarke	M	Styal	21.55	252	335	Siobhan Linnett	F40	Unattached	29.25
173	220	Karen Jarvis	F45	St Helens Sutton	21.56	253	215	Julie Deadman	F40	Unattached	29.47
174	296	Craig Partridge	M	Unattached	21.57	254	353	Martin Robiette	M	Unattached	30.31
175	340	Graham Marshall	M40	Unattached	21.58	255	349	Sian Henrys	F40	Unattached	30.40
176	727	Maryte Moore	F50	Unattached	22.01	256	2053	Anthony Brown	M	Spectrum Striders	31.18
177	2116	Alan Jenkinson	M55	Styal	22.02	257	2059	John O'Brien	M50	Manchester Harriers	33.23
178	377	Dave Thompson	M50	Spectrum Striders	22.05	258	2058	Sally Gubbins	F	Hyde Village Striders	34.12
179	249	Steve Ashall	M50	Unattached	22.07	259	733	Annie Duerr	F	Unattached	34.12
180	203	John Porteous	M50	Wilmslow R.C.	22.08	260	732	Kathryn Busby	F40	Unattached	34.12
181	247	Mark Hesketh	M45	Unattached	22.09	261	361	Lynn Scarsbrook	F	Unattached	34.44
182	2066	Helen Halsall	F40	Altrincham	22.10	262	367	Richard Scarsbrook	M55	Unattached	34.44
183	270	Roy Pownall	M55	Wilmslow R.C.	22.11	263	2100	Alison Doyle	F50	Northern Vets	37.58
184	213	Louise Clowes	F	Stafford Triathlon	22.15	264	2048	Dave Attwell	M60	Altrincham	37.59
185	2099	Kelly-Ann Percival	F	Hyde Village Striders	22.17	265		#N/A	#N/A	#N/A	
186	357	Jonathan Khan	M	Unattached	22.18	266		#N/A	#N/A	#N/A	
187	245	Alan Jones	M	Buckley Runners	22.19	267		#N/A	#N/A	#N/A	
188	338	Eleanor Reynolds	F	St Helens Sutton	22.24	268		#N/A	#N/A	#N/A	
189	397	Donna Carroll	F40	Spectrum Striders	22.25	269		#N/A	#N/A	#N/A	
190	2118	Chris Thomas	M40	Spectrum Striders	22.26	270		#N/A	#N/A	#N/A	
191	319	Neil Kenyon	M	Unattached	22.27	271		#N/A	#N/A	#N/A	
192	320	Daniel Mawdsley	M	Unattached	22.28	272		#N/A	#N/A	#N/A	
193	273	Michael Bradley	M50	Spectrum Striders	22.31	273		#N/A	#N/A	#N/A	
194	2076	David George	M55	Northern Vets	22.40	274		#N/A	#N/A	#N/A	
195	211	Rosemary Rogers	F50	Deestridders	22.41	275		#N/A	#N/A	#N/A	
196	333	Anna Shone	F	Unattached	22.42	276		#N/A	#N/A	#N/A	
197	346	Paul Armstrong	M	Spectrum Striders	22.42	277		#N/A	#N/A	#N/A	
198	287	Christine Dickinson	F45	St Helens Sutton	22.42	278		#N/A	#N/A	#N/A	
199	2106	David Redpath	M55	Spectrum Striders	22.47	279		#N/A	#N/A	#N/A	
200	2087	Kit Whitfield	M40	Spectrum Striders	22.50	280		#N/A	#N/A	#N/A	
201	2050	John Riley	M60	Northern Vets	22.51	281		#N/A	#N/A	#N/A	
202	307	Simon Fenton	M60	Wilmslow R.C.	22.55	282		#N/A	#N/A	#N/A	
203	2056	Michelle Kelly	F45	Penny Lane Striders	23.03	283		#N/A	#N/A	#N/A	
204	279	Charles Lowrian	M45	Styal	23.04	284		#N/A	#N/A	#N/A	
205	2092	Jenny Clink	F	Sale Harriers Manchester	23.10	285		#N/A	#N/A	#N/A	
206	324	Louisa Gilbert	F	Wilmslow R.C.	23.11	286		#N/A	#N/A	#N/A	
207	393	Victoria Buckley	F40	Stockport	23.11	287		#N/A	#N/A	#N/A	
208	2070	Debbie Read	F45	Spectrum Striders	23.12	288		#N/A	#N/A	#N/A	
209	2094	Sian Holland	F	Sale Harriers Manchester	23.15	289		#N/A	#N/A	#N/A	
210	264	Steven Johnson	M45	Stockport	23.23	290		#N/A	#N/A	#N/A	
211	379	Adam Hart	M	Unattached	23.27	291		#N/A	#N/A	#N/A	
212	232	Christine Dempsey	F45	St Helens Sutton	23.28	292		#N/A	#N/A	#N/A	
213	378	Lee Bennett	M40	Trafford	23.32	293		#N/A	#N/A	#N/A	
214	725	Carolyn Jennings	F	Unattached	23.33	294		#N/A	#N/A	#N/A	
215	366	Chris Knapton	M45	Altrincham	23.34	295		#N/A	#N/A	#N/A	
216	225	Marcus Crompton	M40	Vale Royal	23.36	296		#N/A	#N/A	#N/A	
217	328	Rachel Lambert	F	Helsby R.C.	23.37	297		#N/A	#N/A	#N/A	
218	248	Paul Foulkes	M55	Unattached	23.39	298		#N/A	#N/A	#N/A	
219	347	Shelley Walsh	F50	Spectrum Striders	23.40	299		#N/A	#N/A	#N/A	
220	395	Nicole vandenWittenro	F40	Dragons Running Club	23.44	300		#N/A	#N/A	#N/A	
221	723	James Barnes	M45	UK Net Runner	23.49	301		#N/A	#N/A	#N/A	
222	2107	Janet Redpath	F50	Spectrum Striders	23.51	302		#N/A	#N/A	#N/A	
223	217	Colin Cohen	M50	Stockport	23.57	303		#N/A	#N/A	#N/A	
224	305	Maggie Jones	F45	Altrincham	23.58	304		#N/A	#N/A	#N/A	
225	389	Mark Anderson	M	Dragons Running Club	24.11	305		#N/A	#N/A	#N/A	
226	374	Jayesh Mistry	M	Hyde Village Striders	24.17	306		#N/A	#N/A	#N/A	
227	205	Julie Lucas	F40	Wilmslow R.C.	24.18	307		#N/A	#N/A	#N/A	
228	2074	Alan Jenkins	M55	Spectrum Striders	24.27	308		#N/A	#N/A	#N/A	
229	350	David Shaw	M45	Unattached	24.28	309		#N/A	#N/A	#N/A	
230	312	Trevor Faulkner	M60	Wilmslow R.C.	24.35	310		#N/A	#N/A	#N/A	
231	2117	Fiona Law	F40	Unattached	24.37	311		#N/A	#N/A	#N/A	
232	2077	Stephanie Charman	F50	Helsby R.C.	24.38	312		#N/A	#N/A	#N/A	
233	337	John Smith	M50	Sale Harriers Manchester	24.54	313		#N/A	#N/A	#N/A	
234	269	Neville Connolly	M50	Unattached	25.11	314		#N/A	#N/A	#N/A	
235	212	David Faulkner	M45	Unattached	25.35	315		#N/A	#N/A	#N/A	
236	306	Chris Durkin	M	Unattached	25.51	316		#N/A	#N/A	#N/A	

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Thursday 7th June 2007

Pos imber Name					Cat. Club					Time				
Pos					Number Name					Cat. Club				
237	230	Karen Brownsell	F35	Unattached	26.20	317		#N/A	#N/A	#N/A				
238	391	Roy Myers	M	Unattached	26.44	318		#N/A	#N/A	#N/A				
239	390	Gary Myers	M	Unattached	26.48	319		#N/A	#N/A	#N/A				
240	363	Claire Dewsbury	F35	Unattached	26.51	320		#N/A	#N/A	#N/A				