

Smithills Serpent 5 Mile Trail Race at Smithills Sports Centre on Sunday 7th June 2009

5 Mile Trail — FINAL RESULTS

| Pos | Name | Cat/Pos | Club | Time |
|-----|----------------|---------|--------------------------------|---------|
| 1 | A Valentine | | Bolton United Harriers & AC | 28:32 |
| 2 | Colin Rigby | V40 1 | Horwich R M I Harriers | 29:03 |
| 3 | A Murray | | Horwich R M I Harriers | 29:47 |
| 4 | Steve Nolan | V45 1 | Horwich R M I Harriers | 30:02 |
| 5 | Gareth Briggs | | Staffs And Moorlands | 30:04 |
| 6 | Paul Weall | | Wigan Phoenix | 30:44 |
| 7 | Peter Chan | V45 2 | Astley & Tyldesley Road Runner | 30:59 |
| 8 | Denis Mason | | Horwich R M I Harriers | 31:08 |
| 9 | John Sutton | | Blackburn Road Runners | 31:13 |
| 10 | Mick Green | V45 3 | Lostock AC | 31:30 |
| 11 | Keith Thomas | V50 1 | Lostock AC | 32:11 |
| 12 | Paul Bohannon | | Astley & Tyldesley Road Runner | 32:21 |
| 13 | David Townsend | V40 2 | Wigan Phoenix | 32:38 |
| 14 | Tony Flanagan | V40 3 | Swinton Running Club | 32:53 |
| 15 | Shaun Moran | V45 4 | Astley & Tyldesley Road Runner | 33:00 |
| 16 | Adrian Harris | V50 2 | Radcliffe AC | 33:02 |
| 17 | Simon Ford | | Astley & Tyldesley Road Runner | 33:08 |
| 18 | Paul Boardman | V45 5 | Horwich R M I Harriers | 33:09 |
| 19 | Mark Riches | V45 6 | Astley & Tyldesley Road Runner | 33:14 |
| 20 | Stuart Jones | V50 3 | Lostock AC | 33:32 |
| 21 | Peter Hopley | V40 4 | Lostock AC | 33:56 |
| 22 | Andrew Doyle | V40 5 | Bolton United Harriers & AC | 33:59 |
| 23 | Scott Christey | V40 6 | Astley & Tyldesley Road Runner | 34:06 |
| 24 | Craig Bradbury | | Astley & Tyldesley Road Runner | 34:13 |
| 25 | Paul Seddon | | Wigan Phoenix | 34:21 |
| 26 | Mark Ruscoe | | Astley & Tyldesley Road Runner | 34:22 |
| 27 | Mary TAguera | L 1 | Astley & Tyldesley Road Runner | 34:35 |
| 28 | G Chadderton | V45 7 | Horwich R M I Harriers | 34:38 |
| 29 | Brian Duffy | V55 1 | Burnden Road Runners | 34:44 |
| 30 | S Wolstencroft | | Salford Metropolitan AC | 35:08 |
| 31 | Liam Convey | | Unattached | 35:09 |
| 32 | Peter Mulleady | V45 8 | Astley & Tyldesley Road Runner | 35:17 |
| 33 | Steve Coleman | V45 9 | Astley & Tyldesley Road Runner | 35:23 |
| 34 | Chris Lomax | V40 7 | Swinton Running Club | 35:31 |
| 35 | Mike Knight | | Unattached | 35:31 |
| 36 | Derek Coop | V45 10 | Astley & Tyldesley Road Runner | 35:39 |
| 37 | Rufus Bennett | V40 8 | Astley & Tyldesley Road Runner | 35:55 |
| 38 | Gordn Johnston | | Salford Metropolitan AC | 36:04 |
| 39 | A Nightingale | | Wigan Phoenix | 36:11 |
| 40 | Said Abidi | V45 11 | Bolton United Harriers & AC | 36:12 |
| 41 | Mark Lysycia | V45 12 | Astley & Tyldesley Road Runner | 36:13 |
| 42 | Colin Wood | V50 4 | Horwich R M I Harriers | 36:20 |
| 43 | Alan Webb | V40 9 | Astley & Tyldesley Road Runner | 36:35 |
| 44 | John Coats | V45 13 | Northern Veterans AC | 36:38 |
| 45 | Kirsty Preece | L35 1 | Burnden Road Runners | 36:40 |
| 46 | Alan Hilton | | Astley & Tyldesley Road Runner | 36:54 |
| 47 | Terry Gardiner | V45 14 | Astley & Tyldesley Road Runner | 36:57 |
| 48 | Carl Balshaw | | Horwich R M I Harriers | 37:06 |
| 49 | C Nightingale | V40 10 | Wigan Phoenix | 37:15 |
| 50 | Richard Waring | V40 11 | Swinton Running Club | 37:20 |
| 51 | Roy Halliday | | Unattached | 37:33 |
| 52 | Pete Bland | V60 1 | Horwich R M I Harriers | 37:37 |
| 53 | Issy Hughes | L40 1 | Burnden Road Runners | 37:41 |
| 54 | Emma Webster | L 4 | Wigan Phoenix | 37:45 |
| 55 | Paul Butler | V45 15 | Astley & Tyldesley Road Runner | 37:47 |
| 56 | Steve Hamer | V50 5 | Radcliffe AC | 37:54 |
| 57 | Lauren Marsden | L35 2 | Swinton Running Club | 37:56 |
| 58 | Garry Baines | V50 6 | Astley & Tyldesley Road Runner | 37:57 |
| 59 | Robert Ommrod | U18 1 | Unattached | 38:05 |
| 60 | Vincent Lomax | V45 16 | Horwich R M I Harriers | 38:08 |
| 61 | Shirl Staveley | L45 1 | Burnden Road Runners | 38:28 |
| 62 | Stuart Carter | V50 7 | Bolton United Harriers & AC | 38:42 |
| 63 | Ian Hamilton | V55 2 | Astley & Tyldesley Road Runner | 38:46 |
| 64 | Peter Summers | V50 8 | Skelmersdale Boundary Harriers | 38:58 |
| 65 | Sarah Green | L40 2 | Swinton Running Club | 39:23 |
| 66 | Ross Smith | V45 17 | Unattached | 39:25 |
| 67 | Nigel Needham | | Unattached | 39:41 |
| 68 | Dan Reason | | Astley & Tyldesley Road Runner | 39:48 |
| 69 | Anne Ferguson | L50 1 | Burnden Road Runners | 39:59 |
| 70 | Holly Craggs | L 9 | Burnden Road Runners | 40:10 |
| 71 | Steve McVey | V50 9 | Unattached | 40:28 |
| 72 | Barry Allman | V50 10 | Horwich R M I Harriers | 40:28 |
| 73 | Mark Skinner | V40 12 | Radcliffe AC | 40:40 |
| 74 | Mark Swindell | V40 13 | Unattached | 40:41 |
| 75 | Des Miles | V45 18 | Unattached | 40:50 |
| 76 | John Lee | V40 14 | Astley & Tyldesley Road Runner | 41:06 |
| 77 | Michaela Shaw | L 10 | Astley & Tyldesley Road Runner | 41:08 |
| 78 | Berin Jones | V40 15 | Radcliffe AC | 41:12 |
| 79 | Mike Hill | V50 11 | Dallam Sports Association | 41:17 |
| 80 | Mark Emmett | V50 12 | Radcliffe AC | 41:25 |
| 81 | Jane Forrest | L45 2 | Lostock AC | 41:36 |
| 82 | Gordon Stone | V50 13 | Horwich R M I Harriers | 42:11 |
| 83 | Geo Critchley | V50 14 | Radcliffe AC | 42:27 |
| 84 | Raymond Taylor | V50 15 | Astley & Tyldesley Road Runner | 42:36 |
| 85 | John Pickup | V45 19 | Swinton Running Club | 43:03 |
| 86 | Rachel Gee | L 12 | Radcliffe AC | 43:05 |
| 87 | Jodie Wagstaff | L 13 | Astley & Tyldesley Road Runner | 43:14 |
| 88 | Andrew Smith | | Swinton Running Club | 43:26 |
| 89 | Paul Jackson | V40 16 | Astley & Tyldesley Road Runner | 43:41 |
| 90 | Dave Pritchard | V40 17 | Astley & Tyldesley Road Runner | 43:44 |
| 91 | Claire Hughes | L 14 | Horwich R M I Harriers | 43:46 |
| 92 | Nicki Rushton | L40 3 | Chorley Harriers | 43:48 |
| 93 | Paul Jackson | V40 18 | Chorley Harriers | 43:48 |
| 94 | S Wilkinson | V55 3 | Wesham Road Runners & AC | 43:50 |
| 95 | John Percival | V50 16 | Unattached | 44:17 |
| 96 | Steve Hart | V50 17 | Swinton Running Club | 44:30 |
| 97 | Lyndsey Carter | L 16 | Astley & Tyldesley Road Runner | 44:41 |
| 98 | Carole Baines | L45 3 | Astley & Tyldesley Road Runner | 45:05 |
| 99 | M Fairclough | L 18 | Astley & Tyldesley Road Runner | 45:10 |
| 100 | Gill Burnell | L55 1 | Horwich R M I Harriers | 45:13 |
| 101 | Andy Wheeler | V50 18 | The Stragglers | 45:25 |
| 102 | Eileen Roper | L45 4 | Unattached | 45:33 |
| 103 | Kath Davies | L45 5 | Radcliffe AC | 45:33 |
| 104 | Breeshey Smith | L40 4 | Stockport Harriers & AC | 45:39 |
| 105 | Sue Exon | L55 2 | Trafford Athletic Club | 46:09 |
| 106 | Dawn Green | L50 2 | Swinton Running Club | 46:13 |
| 107 | Paul Basnett | V40 19 | Astley & Tyldesley Road Runner | 46:20 |
| 108 | Rebecca Mills | L 25 | Swinton Running Club | 46:25 |
| 109 | Iain Harris | V60 2 | Radcliffe AC | 46:44 |
| 110 | Rita Kavanagh | L35 3 | Radcliffe AC | 46:51 |
| 111 | Eileen Royle | L60 1 | Radcliffe AC | 47:05 |
| 112 | Liz Hopley | L40 5 | Lostock AC | 47:09 |
| 113 | James Brierley | | Sale Harriers Manchester | 47:25 |
| 114 | Gill Caldwell | L55 3 | Lostock AC | 47:57 |
| 115 | Andy Fryer | | Swinton Running Club | 48:44 |
| 116 | Vaness Thomson | L 30 | Astley & Tyldesley Road Runner | 49:24 |
| 117 | Mike Hadfield | | Middleton Harriers AC | 49:46 |
| 118 | Alan Finch | V45 20 | Horwich R M I Harriers | 51:32 |
| 119 | Chris Acklam | L35 4 | Womens Running Network | 53:12 |
| 120 | Gillian Peak | L40 6 | Unattached | 1:10:56 |

5 Mile Trail - Men — TEAM RESULTS

NOTE: Unattached and non-counters are DELETED before teams are calculated

| | | | | | | | | | | | |
|---|--------------------------------|-----|---|----|---------------|----|----------------|----|----------------|----|---------------|
| 1 | Horwich R M I Harriers | 17 | — | 2 | Colin Rigby | 3 | A Murray | 4 | Steve Nolan | 8 | Denis Mason |
| 2 | Astley & Tyldesley Road Runner | 51 | — | 7 | Peter Chan | 12 | Paul Bohannon | 15 | Shaun Moran | 17 | Simon Ford |
| 3 | Lostock AC | 62 | — | 10 | Mick Green | 11 | Keith Thomas | 20 | Stuart Jones | 21 | Peter Hopley |
| 4 | Wigan Phoenix | 80 | — | 6 | Paul Weall | 13 | David Townsend | 25 | Paul Seddon | 36 | A Nightingale |
| 5 | Bolton United Harriers & AC | 112 | — | 1 | A Valentine | 22 | Andrew Doyle | 37 | Said Abidi | 52 | Stuart Carter |
| 6 | Swinton Running Club | 157 | — | 14 | Tony Flanagan | 32 | Chris Lomax | 46 | Richard Waring | 65 | John Pickup |
| 7 | Radcliffe AC | 181 | — | 16 | Adrian Harris | 49 | Steve Hamer | 57 | Mark Skinner | 59 | Berin Jones |

5 Mile Trail - Ladies — TEAM RESULTS

NOTE: Unattached and non-counters are DELETED before teams are calculated

| | | | | | | | | | |
|---|--------------------------------|----|---|----|----------------|----|---------------|----|----------------|
| 1 | Burnden Road Runners | 11 | — | 2 | Kirsty Preece | 3 | Issy Hughes | 6 | Shirl Staveley |
| 2 | Astley & Tyldesley Road Runner | 24 | — | 1 | Mary TAguera | 10 | Michaela Shaw | 13 | Jodie Wagstaff |
| 3 | Swinton Running Club | 35 | — | 5 | Lauren Marsden | 7 | Sarah Green | 23 | Dawn Green |
| 4 | Radcliffe AC | 57 | — | 12 | Rachel Gee | 20 | Kath Davies | 25 | Rita Kavanagh |
| 5 | Lostock AC | 66 | — | 11 | Jane Forrest | 27 | Liz Hopley | 28 | Gill Caldwell |