

The Great Warford 10 Mile Road Race at Great Warford on Sunday 16th August 2009

Gt Warford — FINAL RESULTS

Pos	Name	Cat/Pos	Club	Time	Pos	Name	Cat/Pos	Club	Time
1	Nick Jones		Spectrum Striders	53:04	84	Jeremy Austin	V40 11	Unattached	1:09:54
2	Damain Nicholls		Wilmslow Running Club	54:09	85	Gareth Trimble		Wilmslow Running Club	1:09:55
3	Liam Thompson		Warrington Athletic Club	54:35	86	Matt Grove		Macclesfield Harriers & Ac	1:09:56
4	Rob Downs	V45 1	Wilmslow Running Club	54:44	87	Tim Hargreaves	V50 14	Stockport Harriers & Ac	1:09:58
5	Jim Pendrill		Wilmslow Running Club	56:56	88	David Wheable	V40 12	Wilmslow Running Club	1:10:07
6	Stuart Doyle		Vale Royal Ac	57:15	89	Sarah Aylmer	L45 1	Stockport Harriers & Ac	1:10:18
7	Peter Speake		Bildeston Bounders	57:44	90	Chris March		Stockport Harriers & Ac	1:10:18
8	Trevor Morris	V45 2	Wilmslow Running Club	58:45	91	Mark Cope		Trentham	1:10:21
9	Jon Dance		Unattached	58:58	92	Luke Dale		Unattached	1:10:31
10	George Kirk		Sale Harriers Manchester	59:18	93	Tom Temple	V55 6	Salford Harriers	1:10:35
11	Andy Starkey	V45 3	West Cheshire Athletic Club	59:43	94	Neil Harrison	V45 14	Manchester Triathlon Club	1:10:50
12	Tom McGaff	V50 1	Wilmslow Running Club	59:47	95	Sally Gilliver	L45 2	Wilmslow Running Club	1:10:55
13	Neil Jones	V40 1	South Cheshire Harriers	59:54	96	Duncan Worth	V45 15	Swinton Running Club	1:11:00
14	Steve Large	V40 2	Horsforth H	59:59	97	Michael Dolan	V40 13	Unattached	1:11:19
15	Michael Harrington		Vale Royal Ac	1:00:06	98	Michael Jones	V50 15	Altrincham & District Ac	1:11:29
16	Chris Bentley		Macclesfield Harriers & Ac	1:00:11	99	Tony Holt	V45 16	Radcliffe Ac	1:11:46
17	Stephen Morran	V50 2	Northern Veterans Ac	1:00:48	100	Barrie Cavanagh	V45 17	Unattached	1:12:00
18	John Mooney	V50 3	Macclesfield Harriers & Ac	1:00:51	101	Steve Lomas	V40 14	Macclesfield Harriers & Ac	1:12:05
19	Adrian Harris	V50 4	Radcliffe Ac	1:00:52	102	Joan Jackson	L50 1	Northern Veterans Ac	1:12:12
20	Peter Taylor		Tattenhall Runners	1:01:22	103	Glyn Price		Shropshire Shufflers	1:12:29
21	Pete MarquisJones		South Cheshire Harriers	1:01:25	104	Oliver Dugdale		Unattached	1:12:33
22	Mark Bale		Wilmslow Running Club	1:01:29	105	Rob Johnston	V45 18	Unattached	1:12:36
23	Gareth Dodd		Unattached	1:01:32	106	Jonathon Guildford		Manchester Frontrunners	1:12:38
24	Ben Beattie		Steel City Striders Rc	1:01:48	107	Chris Owen		Stafford Harriers	1:12:43
25	Rob Sellors	V40 3	Isle Of Man Veterans Athletics	1:01:55	108	Martyn Turner		Unattached	1:12:46
26	Paul Light	V50 5	Staffs Moorlands	1:02:00	109	Kate Sutton	L45 3	Wilmslow Running Club	1:12:47
27	Neil Holding	V50 6	West Pennine Runners	1:02:06	110	Michael Devereux	V55 7	Penny Lane Striders	1:12:51
28	Liz Abbott	L 1	Preston Harriers & Ac	1:02:11	111	Michael Slater	V45 19	Stockport Harriers & Ac	1:12:52
29	Lacjan Campbell		Wilmslow Running Club	1:02:13	112	Cathal Cruise	V55 8	Unattached	1:13:10
30	Adair Broughton		Helsby (bicc) Running Club	1:02:18	113	Jim O'Hara		Helsby (bicc) Running Club	1:13:17
31	Nicola Bird	L 2	Ellesmere Port RC	1:02:28	114	Brian Middleton	V55 9	St Helens Striders	1:13:19
32	Andrew Gray	V45 4	Macclesfield Harriers & Ac	1:02:44	115	John Courtney		Unattached	1:13:29
33	Darren Cottier		Vale Royal Ac	1:02:47	116	Stephen Symons	V40 15	Manchester Ymca Harriers	1:13:32
34	Simon Ellis	V40 4	Tattenhall Runners	1:03:23	117	Jamie Smith	V60 3	Wilmslow Running Club	1:13:34
35	Craig Sephton		Unattached	1:03:34	118	Jo Molyneux	L45 4	Vale Royal Ac	1:13:52
36	Tom Armstrong		Vale Royal Ac	1:03:47	119	Graham Bateson	V40 16	Manchester Frontrunners	1:13:55
37	Ray Eagle	V55 1	Wilmslow Running Club	1:03:54	120	Kate Spilsbury	L 13	Vale Royal Ac	1:14:06
38	Stephen Roberts	V55 2	Oswestry Olympians	1:04:17	121	Dave Oldfield	V50 16	Tattenhall Runners	1:14:14
39	James Simpson		South Cheshire Harriers	1:04:18	122	David Turton	V50 17	Stockport Harriers & Ac	1:14:40
40	Edward Gilligan	V45 5	Manchester Ymca Harriers	1:04:22	123	Mark Emmett	V50 18	Radcliffe Ac	1:14:48
41	Mick Fairs	V60 1	Wilmslow Running Club	1:04:26	124	Robert Wagstaff	V50 19	Silverdale RC	1:14:53
42	Pat Hudson		South Cheshire Harriers	1:04:37	125	Walter Latham	V50 20	Unattached	1:14:54
43	Steve Almond	V45 6	Unattached	1:04:38	126	Nigel Stanhope	V45 20	Spectrum Striders	1:14:54
44	Graham Mairs	V40 5	Unattached	1:04:46	127	Jon Paramor	V55 10	Manchester Ymca Harriers	1:15:06
45	John Parrott	V50 7	Stockport Harriers & Ac	1:04:50	128	Janine Ellis	L40 1	Running 4 Women	1:15:09
46	John Todd	V45 7	Vale Royal Ac	1:04:58	129	Peter Gomes	V45 21	Unattached	1:15:26
47	Phil Townsend		Unattached	1:04:59	130	Paul Sharp	V55 11	Unattached	1:15:27
48	John McCabe		Stockport Harriers & Ac	1:05:14	131	Miranda Clarke	L35 3	Manchester Ymca Harriers	1:15:29
49	Rick Lloyd		Unattached	1:05:23	132	Andrew Dugdale	V55 12	Unattached	1:15:32
50	Ivor Twiss	V50 8	South Cheshire Harriers	1:05:40	133	Dean Smith		Unattached	1:15:37
51	Peter Bannister		Wilmslow Running Club	1:06:05	134	Alexis Karpopoulos		Unattached	1:15:42
52	Kevin Mahon		Sale Harriers Manchester	1:06:09	135	Paula Abernethy	L40 2	Radcliffe Ac	1:15:44
53	Elizabeth Renondeau	L 3	Tattenhall Runners	1:06:20	136	Greg Keynes	V50 21	Manchester Frontrunners	1:15:44
54	Ian Landucci	V45 8	Helsby (bicc) Running Club	1:06:28	137	Danny Mills	V50 22	York Postal Harriers	1:15:45
55	Robert Taylor	V60 2	Stockport Harriers & Ac	1:06:32	138	David Abernethy	V40 17	Radcliffe Ac	1:15:46
56	Andrew Harding		Unattached	1:06:35	139	Michael Charman	V55 13	Spectrum Striders	1:15:47
57	A Hurst	V45 9	Unattached	1:06:42	140	Des Miles	V45 22	Unattached	1:15:47
58	Nicky Lowe	L35 1	South Cheshire Harriers	1:06:53	141	Steve Pemberton	V50 23	Penny Lane Striders	1:15:49
59	Andy Fowler	V40 6	Stockport Harriers & Ac	1:06:54	142	Alan Coatsworth	V50 24	Unattached	1:15:53
60	Jerry Smith	V50 9	Sale Harriers Manchester	1:07:15	143	Tony Mills	V45 23	Unattached	1:15:57
61	Robert Olliver		Vale Royal Ac	1:07:17	144	Nigel Lee	V55 14	Newcastle Staffs	1:15:59
62	Ian Smallwood	V45 10	Wilmslow Running Club	1:07:19	145	Paul Bamford		Unattached	1:16:11
63	Gary Carney		St Helens Striders	1:07:20	146	Paul Taylor		Unattached	1:16:17
64	Dan Croft	V40 7	Unattached	1:07:22	147	David Richardson		Unattached	1:16:20
65	Kristy Readman	L 5	Macclesfield Harriers & Ac	1:07:27	148	David Chambers		Unattached	1:16:22
66	Andy Garnett	V55 3	Spectrum Striders	1:07:32	149	Liz Turton	L50 2	Stockport Harriers & Ac	1:16:22
67	Paul Lloyd	V40 8	NSRRA	1:07:35	150	Tony Williams	V50 25	Unattached	1:16:27
68	Roberto Raso	V45 11	Manchester Frontrunners	1:07:39	151	Alan Williams	V45 24	Altrincham & District Ac	1:16:32
69	James Beal		Unattached	1:07:44	152	Sean Britton		Unattached	1:16:39
70	Paul Miller	V50 10	Tattenhall Runners	1:07:48	153	Chris Watts		Wilmslow Running Club	1:16:43
71	Martin Platt	V50 11	Macclesfield Harriers & Ac	1:07:54	154	Geoffrey Beattie	V55 15	Sale Harriers Manchester	1:16:44
72	Caroline Jones	L35 2	Spectrum Striders	1:07:55	155	Roger Nelson		Unattached	1:16:47
73	Peter Nicholson		Unattached	1:08:02	156	Sarah Waite	L 18	Wilmslow Running Club	1:16:57
74	Andy Thorp	V40 9	Unattached	1:08:02	157	Amanda Bradbury	L 19	Wilmslow Running Club	1:17:05
75	Martin Hirrell	V40 10	Penny Lane Striders	1:08:13	158	Ian Ashcroft	V60 4	Wilmslow Running Club	1:17:20
76	Philip Dawson	V55 4	Unattached	1:08:15	159	Patrick Grannan	V55 16	Wilmslow Running Club	1:17:22
77	Andrew Keeley	V45 12	Penny Lane Striders	1:08:26	160	Alistair McAuliffe		Tattenhall Runners	1:17:24
78	Andy Watts	V55 5	Wilmslow Running Club	1:08:29	161	Mark Holt		Unattached	1:17:25
79	Chris Wakeman	V50 12	Shrewsbury AC	1:08:40	162	Colin Jones		Unattached	1:17:29
80	David Murphy		Vale Royal Ac	1:08:48	163	Martin Stirna	V55 17	South Cheshire Harriers	1:17:30
81	Rod Mills	V45 13	Unattached	1:08:51	164	Tim Johnson	V40 18	Unattached	1:17:38
82	Don Bullough	V50 13	Wilmslow Running Club	1:09:22	165	Mark Molyneux	V45 25	Unattached	1:17:41
83	Gemma Barnett	L 7	Vale Royal Ac	1:09:33	166	Mike Cutler	V50 26	South Cheshire Harriers	1:17:41

167	John Porteous		Wilmslow Running Club	1:17:44	243	Soraya Mason	L40 7	Wilmslow Running Club	1:27:11
168	Sean Carthy	V45 26	Unattached	1:17:49	244	Paul Foster	V45 33	Unattached	1:27:11
169	Matthew Atkinson		Wilmslow Running Club	1:17:55	245	Gail Goodwin	L35 8	Newcastle Staffs	1:27:14
170	Daniel Lownes		Unattached	1:18:03	246	David Jackson	V70 1	Macclesfield Harriers & Ac	1:27:18
171	Linda Rix	L45 5	Manchester Frontrunners	1:18:09	247	Elizabeth Smith	L40 8	Dewsbury Road Runners	1:27:32
172	Phil Cliff	V45 27	South Cheshire Harriers	1:18:11	248	Tracy Riley	L35 9	Unattached	1:27:35
173	Penny Hinke	L50 3	Wilmslow Running Club	1:18:22	249	Valerie Kulkarni	L50 4	Macclesfield Harriers & Ac	1:27:37
174	Catriona Marshall	L40 3	Wilmslow Running Club	1:18:28	250	Laura Bryant	L 61	Unattached	1:27:52
175	Amanda Davies	L 23	Tattenhall Runners	1:18:34	251	Andrew Williams	V50 33	Unattached	1:28:12
176	Chris Walsh	V45 28	Unattached	1:18:44	252	Tony Mok		Unattached	1:28:32
177	Carol Beattie	L55 1	Steel City Striders Rc	1:19:00	253	Charlotte Godfrey	L50 5	Wilmslow Running Club	1:28:43
178	Angela Maziere	L45 6	Wilmslow Running Club	1:19:03	254	Stephanie Charman	L55 3	Spectrum Striders	1:28:49
179	Jennifer Chambers	L 26	Tattenhall Runners	1:19:05	255	Ian Oates	V40 21	Hyde Striders	1:28:55
180	Laura Bostock	L 27	Unattached	1:19:06	256	Katherine Coveney	L 64	Unattached	1:29:08
181	Simon Fenton	V65 1	Wilmslow Running Club	1:19:19	257	Svenja Lange	L 65	Unattached	1:29:08
182	Nick Eaton		Manchester Frontrunners	1:19:29	258	Stephen Feber	V55 20	Wilmslow Running Club	1:29:16
183	Mike O'Brien	V50 27	Manchester Ymca Harriers	1:19:48	259	Nina Birch	L 66	Wilmslow Running Club	1:29:21
184	George Critchley	V50 28	Radcliffe Ac	1:19:55	260	Rita Banks	L65 1	Stone Master Marathoners	1:29:41
185	Barnaby Crawshaw		Unattached	1:20:01	261	David Hoyle	V40 22	Unattached	1:29:46
186	Ian Grocott	V45 29	Trentham	1:20:04	262	Suzanne Crampton	L40 9	Unattached	1:29:48
187	Mark Hughes	V50 29	Trentham	1:20:05	263	Linda Dale	L40 10	Staffs Moorlands	1:29:52
188	Fiona Wilson	L45 7	Unattached	1:20:05	264	Gail Hill	L35 10	Unattached	1:29:55
189	Andrea Cole	L40 4	Unattached	1:20:09	265	Nicola Leak	L35 11	Unattached	1:30:02
190	Michael Fairley		Unattached	1:20:13	266	Steven Maxwell	V50 34	Unattached	1:30:08
191	Bob Banks	V50 30	Silverdale RC	1:20:15	267	Robert Eccles	V40 23	Unattached	1:30:16
192	Rachel Maskell	L 30	Unattached	1:20:25	268	Nicola Smith	L40 11	Unattached	1:30:19
193	John Townsend	V50 31	Unattached	1:20:27	269	Nicola Munro	L 73	Unattached	1:30:42
194	Joanne Edwards	L45 8	Vale Royal Ac	1:20:31	270	Joanne Sullivan	L 74	Middleton Harriers Ac	1:30:44
195	Faye Sharpley	L 32	Unattached	1:20:33	271	Mark Salmon		Unattached	1:30:49
196	Mike Sullivan	V60 5	Wilmslow Running Club	1:20:38	272	Anthony Doherty		Burnham Joggers	1:30:52
197	Sarah Dines	L 33	Unattached	1:20:39	273	David Hughes		Unattached	1:30:54
198	Madhusmita Jena	L 34	Unattached	1:20:48	274	Paul Salmon		Unattached	1:30:57
199	Sharon Jones	L40 5	Unattached	1:21:04	275	Jane Hughes	L45 10	Scarab	1:31:11
200	David Harrison	V45 30	Unattached	1:21:11	276	Philip Townsend	V45 34	Unattached	1:31:12
201	John O'Donnell	V40 19	Unattached	1:21:13	277	Wendy Bridges	L45 11	Unattached	1:31:22
202	Eric Lander	V60 6	Stafford Harriers	1:21:17	278	Joanne AartseTuyn	L40 12	Unattached	1:31:25
203	Jane Sugden	L35 4	Unattached	1:21:25	279	Steven Jones		Liverpool Harriers & Ac	1:31:55
204	Richard Healy		Altrincham & District Ac	1:21:29	280	Norman Search		Liverpool Harriers & Ac	1:31:55
205	Joanne Healy	L35 5	Dragons Rc Sale	1:21:29	281	Charles Thackray	V60 8	West Cheshire Athletic Club	1:32:04
206	Alan Jenkinson	V60 7	Styal RC	1:21:33	282	Chris Gallagher		Unattached	1:32:25
207	Karen Jones	L35 6	Unattached	1:21:42	283	Joyce Edwards	L60 2	Stone Master Marathoners	1:32:35
208	Chris Povey		Bolton United Harriers & Ac	1:21:49	284	Jo Joghntson	L 79	Warrington Road Runners	1:32:48
209	Carl Newbon		Unattached	1:21:53	285	Rachel JamesOwens	L35 12	Carneddau Tri	1:32:53
210	Kasey Lynch	L 39	Wilmslow Running Club	1:22:05	286	Geraint North		Manchester Ymca Harriers	1:32:56
211	Billy Watkinson		Unattached	1:22:08	287	Elspeth Gibson	L35 13	Unattached	1:33:50
212	Heather Mitchell	L55 2	Dewsbury Road Runners	1:22:43	288	Laura Hall	L 82	Norton Cannes	1:34:55
213	Tony Green	V45 31	Unattached	1:22:44	289	Paul Islip	V45 35	Unattached	1:34:59
214	Graham Howell	V55 18	Liverpool Harriers & Ac	1:22:51	290	Janet Hatton	L45 12	Macclesfield Harriers & Ac	1:35:13
215	Frank Stevens	V50 32	Unattached	1:22:56	291	Jack Sparrow	V45 36	Unattached	1:35:25
216	Dave Reid	V45 32	Chester Tri	1:23:06	292	Chris Woollam		Unattached	1:35:25
217	Noel Lowe		Hyde Striders	1:23:07	293	Stephen Ridge		Unattached	1:35:39
218	Eileen Royle	L60 1	Radcliffe Ac	1:23:11	294	Peter Samuelson	V65 4	Spectrum Striders	1:35:41
219	Oliver Warburton		Unattached	1:23:18	295	Paul Sullivan		Unattached	1:35:49
220	Yasmin Parapia	L 42	Radcliffe Ac	1:23:20	296	Sarah Callan	L 84	Realbuzzrunbritain.com	1:36:09
221	Rachel Walker	L 43	Manchester Ymca Harriers	1:23:24	297	Lynsey Haines	L 85	Unattached	1:36:17
222	Lucy Foster	L 44	Unattached	1:23:27	298	Victoria Healon	L 86	Stockport Harriers & Ac	1:36:26
223	Darren Theakstone		Unattached	1:23:32	299	Ian Cunningham		Unattached	1:36:35
224	Aeronwy Towey	L 45	Stockport Harriers & Ac	1:23:41	300	Patricia Light	L50 6	Macclesfield Harriers & Ac	1:37:07
225	Matthew Cullen		Unattached	1:24:04	301	Peter Waugh	V50 35	Fetch Everyone RC	1:37:50
226	Gemma Venables	L 46	Macclesfield Harriers & Ac	1:24:21	302	Stuart Davies		Unattached	1:38:05
227	Graham Millington		Unattached	1:24:26	303	Veronique Pollacsek	L 88	Unattached	1:38:25
228	Jennifer Chequer	L 47	Unattached	1:24:35	304	Jayne Carter	L45 13	Macclesfield Harriers & Ac	1:38:34
229	John Riley	V65 2	Northern Veterans Ac	1:24:40	305	Carol McCormack	L40 13	Unattached	1:38:34
230	Rod Coombs	V55 19	Wilmslow Running Club	1:24:58	306	Lee Turnbull	V45 37	Unattached	1:42:25
231	John Phelan		Unattached	1:25:07	307	Nicola Hewlins	L 91	Macclesfield Harriers & Ac	1:42:27
232	Jayne Lomax	L40 6	Vale Royal Ac	1:25:09	308	Stephen Huntbach		Unattached	1:42:39
233	Hayley Harrison	L 49	Unattached	1:25:24	309	Kate Farrell	L60 3	Manchester Ymca Harriers	1:42:51
234	Isabell Lotz	L 50	Unattached	1:25:31	310	Jenny Miles	L55 4	Fetch Everyone RC	1:44:58
235	Rachel Armfield	L 51	Gt Manchester Fire Service Aa	1:26:04	311	Helen Lund	L35 14	Unattached	1:46:13
236	Richard Williams		Unattached	1:26:09	312	Sally Lee	L 95	Unattached	1:47:00
237	Julie Lucas	L45 9	Wilmslow Running Club	1:26:22	313	Sheryl Barber	L35 15	Unattached	1:51:01
238	Alastair Knockton	V40 20	Unattached	1:26:24	314	Hayley Martin	L35 16	Unattached	1:55:16
239	Chiara Pettinicchio	L 53	Unattached	1:26:35	315	Clare Doherty	L 98	Unattached	1:56:32
240	Trevor Faulkner	V65 3	Wilmslow Running Club	1:26:52	316	Sharon Lloyd	L 99	Unattached	1:58:51
241	Sally Rustige	L35 7	Unattached	1:26:52	317	Philippa Capstick	L35 17	Unattached	1:59:05
242	Tracey Blanchard	L 55	Unattached	1:27:08					

Gt Warford - Men — TEAM RESULTS

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

1 Wilmslow Running Club	11 —	2 Damain Nicholls	4 Rob Downs	5 Jim Pendrill
2 Vale Royal Ac	49 —	6 Stuart Doyle	14 Michael Harrington	29 Darren Cottier
3 Macclesfield Harriers & Ac	60 —	15 Chris Bentley	17 John Mooney	28 Andrew Gray
4 South Cheshire Harriers	66 —	12 Neil Jones	20 Pete MarquisJones	34 James Simpson
5 Sale Harriers Manchester	99 —	9 George Kirk	43 Kevin Mahon	47 Jerry Smith
6 Tattenhall Runners	103 —	19 Peter Taylor	30 Simon Ellis	54 Paul Miller
7 Stockport Harriers & Ac	123 —	38 John Parrott	40 John McCabe	45 Robert Taylor
8 Spectrum Striders	140 —	1 Nick Jones	51 Andy Garnett	88 Nigel Stanhope
9 Helsby (bicc) Running Club	150 —	27 Adair Broughton	44 Ian Landucci	79 Jim O'Hara
10 Radcliffe Ac	176 —	18 Adrian Harris	72 Tony Holt	86 Mark Emmett
11 Penny Lane Striders	190 —	56 Martin Hirrell	57 Andrew Keeley	77 Michael Devereux
12 Manchester Ymca Harriers	205 —	35 Edward Gilligan	81 Stephen Symons	89 Jon Paramor
13 Manchester Fronrunners	211 —	53 Roberto Raso	75 Jonathon Guildford	83 Graham Bateson
14 Altrincham & District Ac	283 —	71 Michael Jones	96 Alan Williams	116 Richard Healy
15 Trentham	290 —	67 Mark Cope	111 Ian Grocott	112 Mark Hughes
16 Liverpool Harriers & Ac	378 —	119 Graham Howell	129 Steven Jones	130 Norman Search

Gt Warford - Ladies — TEAM RESULTS

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

1 Vale Royal Ac	32 —	7 Gemma Barnett	12 Jo Molyneux	13 Kate Spilsbury
2 Wilmslow Running Club	38 —	9 Sally Gilliver	11 Kate Sutton	18 Sarah Waite
3 Tattenhall Runners	52 —	3 Elizabeth Renondeau	23 Amanda Davies	26 Jennifer Chambers
4 Stockport Harriers & Ac	59 —	8 Sarah Aylmer	17 Liz Turton	34 Aeronwy Towey
5 Radcliffe Ac	79 —	16 Paula Abernethy	31 Eileen Royle	32 Yasmin Parapia
6 Macclesfield Harriers & Ac	82 —	5 Kristy Readman	35 Gemma Venables	42 Valerie Kulkarni
7 Manchester Ymca Harriers	108 —	15 Miranda Clarke	33 Rachel Walker	60 Kate Farrell