

# ALTRINCHAM AND DISTRICT ATHLETIC CLUB

## DUNHAM PARK 5k RESULTS

Friday 28th May 2010

Pos	Number	First Name	Surname	Cat.	Club	Time	Pos	Number	First Name	Surname	Cat.	Club	Time
1	123	Damian	Nicholls	Senior Men	Wilmslow RC	15.22	76	31	Michael	Stuart	MV40	Altrincham & District AC	19.57
2	1038	Gareth	Booth	Senior Men	Horwich	15.55	77	1074	David	Gallimore	Senior Men	Warrington Road Runners	19.58
3	120	Rob	Hughes	Senior Men	Salford Harriers	15.57	78	1105	Lucy	Smith	Junior Lady	Altrincham & District AC	19.58
4	1092	Mike	Proudlove	MV40	City of Stoke	16.02	79	26	Rob	McHarry	MV45	Spectrum Striders	20.00
5	1103	Paul	Rockliffe	Senior Men	Trafford AC	16.06	80	104	Stuart	Mairs	Senior Men	Salford Met	20.03
6	96	Stuart	Doyle	Senior Men	Vale Royal AC	16.15	81	50	Jerry	Smith	MV55	Sale Harriers Mcr	20.05
7	139	Andrew	Lamont	Senior Men	Macclesfield Harriers	16.16	82	1083	Vanessa	Mulholland	Senior Lady	Altrincham & District AC	20.07
8	1080	Phil	Peerless	Senior Men	Wirral AC	16.30	83	1106	Harriet	Knowles	Junior Lady	Warrington AC	20.12
9	100	Adrian	Timmins	MV40	Warrington AC	16.40	84	122	Stuart	Barnard	Senior Men	Spectrum Striders	20.14
10	44	Pendril	Pendril	Senior Men	Wilmslow RC	16.41	85	1090	Tim	Passmore	Senior Men	Unattached	20.16
11	43	Rob	Downs	MV45	Wilmslow RC	16.41	86	8	Caroline	Hemming	LV40	Spectrum Striders	20.18
12	146	Mike	Halton	MV45	South Cheshire Harriers	16.41	87	66	Mark	Freeman	MV40	Unattached	20.20
13	128	Ken	Chapman	MV40	Scottish Vet Harriers	16.43	88	11	Marian	Martin	LV50	Spectrum Striders	20.23
14	1078	David	Livingstone	Senior Men	Altrincham & District AC	16.43	89	75	Geoff	Shaw	MV55	Helsby RC	20.23
15	97	Graham	Macneil	MV45	Wilmslow RC	16.57	90	1100	Michael	Wymer	Senior Men	Sale Harriers Mcr	20.28
16	1093	Jamie	White	Junior Men	St Helens-Sutton AC	17.00	91	32	Toby	Percival	Senior Men	Altrincham & District AC	20.31
17	147	Mike	Shaw	MV45	Stockport Harriers	17.01	92	38	Alasdair	Dyde	MV45	South Cheshire Harriers	20.43
18	1002	Oliver	Park	Senior Men	Warrington AC	17.08	93	4	Stephen	Pickford	Senior Men	Spectrum Striders	20.46
19	78	Graham	Ratcliffe	MV55	Wirral AC	17.09	94	135	Tony	Brown	MV60	Northern Vets AC	20.52
20	1071	Neil	Walker	Senior Men	Altrincham & District AC	17.09	95	138	Ken	Burgess	MV60	Altrincham & District AC	20.56
21	1072	Stephen	Watmough	MV45	Warrington AC	17.13	96	1066	Helen	Smith	LV40	Vale Royal AC	20.57
22	119	Mike	Hatch	Senior Men	Sale Harriers Mcr	17.18	97	140	Tim	Walsham	Senior Men	Salford Harriers	21.01
23	114	Paul	Watson	Senior Men	Altrincham & District AC	17.20	98	99	Ian	Walker	MV45	Chorley AC	21.02
24	107	Gary	Rowlinson	MV45	Sale Harriers Mcr	17.22	99	1026	Stefan	Schumacher	MV50	Sale Harriers Mcr	21.04
25	40	Neil	Jones	MV40	South Cheshire Harriers	17.24	100	1064	John	Howell	Senior Men	Unattached	21.07
26	83	Phil	Burns	Senior Men	Stockport Harriers	17.28	101	149	Melvyn	Cole	MV55	South Cheshire Harriers	21.09
27	126	David	Norman	MV50	Wirral AC	17.31	102	56	Anthony	Collier		Styal RC	21.10
28	37	Dominic	Scott	Senior Men	Altrincham & District AC	17.35	103	72	Andrew	Gerrard	MV45	Unattached	21.12
29	12	Colin	Martin	MV50	Spectrum Striders	17.35	104	1037	Alan	Bennett	MV50	Unattached	21.12
30	29	Louisa	Wood	Senior Lady	Warrington AC	17.35	105	1018	Mike	Jones	MV55	Altrincham & District AC	21.12
31	130	Steven	Doxey	MV45	Swinton R.C	17.39	106	54	Andrew	Dooley	MV50	Styal RC	21.16
32	80	Scott	Christey	MV40	Astley and Tyldesley Road Runners	17.42	107	115	Joanne	Street	Senior Lady	Sale Harriers Mcr	21.30
33	1077	Dave	Barr	Senior Men	Liverpool Harriers	17.42	108	65	Martin	Pollard	Senior Men	Unattached	21.31
34	21	Mike	Houghton	MV40	Spectrum Striders	17.44	109	131	Raphael	Murray	MV55	Macclesfield Harriers	21.37
35	67	William	Tyler	Senior Men	Unattached	17.44	110	1017	John	Houghton	MV50	Unattached	21.39
36	1008	Dave	Shackley	MV40	Manchester Triathlon	17.53	111	19	Aimee	McCullough	Senior Lady	Spectrum Striders	21.43
37	1084	Adrian	Fuller	Senior Men	Altrincham & District AC	17.59	112	133	Carole	Harrison	LV45	Altrincham & District AC	21.45
38	6	Liz	Whitfield	Senior Lady	Spectrum Striders	18.00	113	1068	Jenny	Chambers	LV55	Hallamshire Harriers	21.49
39	125	Mark	Norton	Senior Men	Altrincham & District AC	18.02	114	155	Chris	Metcalfe	MV45	Razzers Runners	21.52
40	91	Peter	Maher	MV55	Vale Royal AC	18.02	115	55	Jonathan	Clarke	MV40	Styal RC	21.52
41	1107	Matthew	Wansbone	Senior Men	Sale Harriers Mcr	18.13	116	136	Isabel	Perez	Junior Lady	Liverpool Harriers	21.52
42	85	Zack	Hocking	Senior Men	Unattached	18.14	117	30	Nigel	Powell	MV45	Altrincham & District AC	21.53
43	1088	Chris	Millington	Senior Men	Spectrum Striders	18.16	118	1063	Graham	Howell	MV60	Liverpool Harriers	21.57
44	47	Gary	Willcock	MV45	Sale Harriers Mcr	18.23	119	105	Derek	Walton	MV60	Altrincham & District AC	21.58
45	103	Kieran	Walshe	MV45	Lymm Runners	18.31	120	68	Alexis	Karopoulos	Senior Men	Unattached	21.58
46	1029	Frank	Cordingley	MV45	Sale Harriers Mcr	18.32	121	1003	Kate	Moulds	Junior Lady	Vale Royal AC	22.02
47	49	Carl	Barber	Senior Men	Sale Harriers Mcr	18.34	122	1098	Joanne	Lott	LV40	Unattached	22.05
48	1	Julian	Spencer	MV50	Spectrum Striders	18.40	123	71	Vincent	Niles	MV40	Unattached	22.07
49	20	Colin	McDonald	Senior Men	Spectrum Striders	18.44	124	1089	Janet	Robertson	LV40	Helsby R.C.	22.10
50	7	Ian	Pudge	Senior Men	Spectrum Striders	18.47	125	1065	Gareth	Howell	Senior Men	Unattached	22.11
51	23	Stuart	Andrew	Senior Men	Spectrum Striders	18.55	126	1081	Fergus	Green	Senior Men	Unattached	22.13
52	1043	Peter	Hopley	MV40	Burnden Road Runners	18.57	127	94	Sally	Howarth	LV45	Trafford AC	22.15
53	1097	Ryan	Ganose	Junior Men	Altrincham & District AC	19.04	128	156	Matthew	Coles	Junior Men	Spectrum Striders	22.20
54	51	Tim	Brett	MV40	Saddleworth Runners	19.06	129	73	David	Gerrard	Junior Men	Warrington AC	22.25
55	98	Colin	Kay	MV50	Atherton RC	19.08	130	92	Christopher	Williams	Senior Men	Unattached	22.27
56	1076	Derek	Ashcroft	MV55	Penny Lane Striders	19.10	131	121	Penny	Hinke	LV50	Wilmslow RC	22.27
57	118	David	Taylor	MV45	Chorley AC	19.14	132	58	Charles	Lowthian	MV50	Styal RC	22.30
58	1075	Anne	Farmer	Senior Lady	Macclesfield Harriers	19.20	133	1079	Barbara	Murray	LV50	Macclesfield Harriers	22.34
59	1070	Neil	Stafford	Senior Men	Goyt Valley Striders	19.27	134	1102	Grant	Munro	Senior Men	Unattached	22.38
60	1004	John	Moulds	MV40	Unattached	19.28	135	1042	Nick	Walpole	MV40	Unattached	22.44
61	127	Keith	Brown	MV45	Warrington Road Runners	19.29	136	1096	Catherine	Elliott	LV35	Unattached	22.46
62	34	Sandra	Lewis	Senior Lady	Altrincham & District AC	19.29	137	25	John	Dooley	MV60	Spectrum Striders	22.51
63	153	Nicholas	Withers	MV45	Styal RC	19.30	138	27	Neville	Griffiths	MV60	Spectrum Striders	22.53
64	48	Michael	Wharton	Senior Men	Sale Harriers Mcr	19.32	139	1013	David	Turton	MV55	Stockport Harriers	22.58
65	116	Chris	March	Senior Men	Stockport Harriers	19.34	140	1086	Rachel	Thackray	Senior Lady	Unattached	23.00
66	141	Neil	Hankinson	Senior Men	Warrington Road Runners	19.36	141	13	Barry	Allman	MV50	Spectrum Striders	23.02
67	124	Rob	Gilbert	MV40	Wilmslow RC	19.45	142	1024	Rachel	Spencer	LV35	Unattached	23.04
68	61	John	Clarke	MV55	Vale Royal AC	19.46	143	1014	Helen	Todd	LV50	Stockport Harriers	23.12
69	45	Matthew	Atkinson	Senior Men	Wilmslow RC	19.47	144	1104	Amanda	LeBrocq	LV40	Unattached	23.13
70	33	Andrew	Barton	Senior Men	Altrincham & District AC	19.47	145	82	Michael	Escolme	Senior Men	Sandbach Striders	23.16
71	144	Jessica	Riley	Senior Lady	Stainland Lions	19.47	146	142	Jane	Mulryan	LV55	Unattached	23.19
72	112	Keith	Anderson	Senior Men	Unattached	19.54	147	151	Jayne	Lomax	LV40	Vale Royal AC	23.26
73	60	Scott	Bamber	MV40	Vale Royal AC	19.55	148	1030	Bill	Randies	Senior Men	Unattached	23.27
74	1085	James	Thackray	Senior Men	Unattached	19.56	149	1036	Stephanie	Bennett	Senior Lady	Unattached	23.31
75	3	Andy	Garnett	MV55	Spectrum Striders	19.57	150	1020	Graham	Taylor	MV60	Unattached	23.48

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Pos	Number	First Name	Surname	Cat.	Club	Time
151	57	Alan	Jenkinson	MV60	Styal RC	23.52
152	22	Alan	Jenkins	MV55	Spectrum Striders	25.10
153	1022	Michelle	Kelly	LV50	Penny Lane Striders	24.00
154	154	Jim	Colaiani	MV55	Razzers Runners	24.04
155	132	Martin	Eaves	Senior Men	Spectrum Striders	24.05
156	53	Brian	Higgins	MV55	Styal RC	24.11
157	1025	Liz	O'Keeffe	LV50	Sandbach Striders	24.24
158	10	Phillippe	Rouillon	MV50	Spectrum Striders	24.33
159	134	Alan	Peers	MV60	Spectrum Striders	24.37
160	28	Pauline	Carlton	LV50	Spectrum Striders	24.50
161	111	Beverley	Abbey	LV40	Spectrum Striders	24.52
162	87	Paul	Arrowsmith	Senior Men	Uknetrunner	24.54
163	86	John	Riley	MV70	Northern Vets AC	24.55
164	1058	Andy	Pitts	MV45	Unattached	25.00
165	1059	Phil	Heath	Senior Men	Unattached	25.00
166	24	Ian	Dunbar	MV55	Spectrum Striders	25.08
167	46	Ian	Whitham	MV45	Sale Harriers Mcr	25.10
168	1019	Maggie	Jones	LV50	Altrincham & District AC	25.11
169	109	Lisa	Mackay	LV40	Spectrum Striders	25.19
170	117	Theresa	Weller	LV45	Styal RC	25.22
171	69	David	Cresswell	MV40	Unattached	25.27
172	129	Caroline	Baba	Senior Lady	Manchester Harriers & AC	25.30
173	39	Sarah	Dyde	LV40	South Cheshire Harriers	25.36
174	76	Janet	Shaw	LV55	Helsby RC	25.46
175	95	Martin	Bell	Senior Men	Unattached	25.55
176	1082	Steph	McGall	LV55	Unattached	26.09
177	1007	Harry	Davies	MV60	Unattached	26.11
178	143	Martin	Mulryan	MV50	Unattached	26.15
179	1031	Ros	Thompson	LV55	Unattached	26.30
180	1005	Sue	Stafford	LV60	Goyt Valley Striders	26.31
181	88	Andrew	Stein	MV40	Unattached	26.41
182	1016	Philip	Houghton	Junior Men	Unattached	26.53
183	1015	Peter	Owston	MV45	Unattached	26.59
184	84	Derek	Howarth	MV70	Leigh Harriers & AC	27.25
185	102	Martin	Stirna	MV55	South Cheshire Harriers	28.03
186	150	Lesley	Oldfield	MV50	South Cheshire Harriers	28.03
187	1039	Dave	Brown	Senior Men	Unattached	28.26
188	64	Elaine	Holden	LV45	Unattached	28.28
189	1041	Debbie	McNally	Senior Lady	Unattached	28.30
190	1101	Claire	Dewsbury	LV40	Unattached	28.31
191	1023	James	Ashton	MV40	Unattached	28.42
192	14	Michelle	Bradley	LV40	Spectrum Striders	28.55
193	15	William	Bradley	MV45	Spectrum Striders	28.55
194	1034	Lisa	Scobbie	LV35	Unattached	29.26
195	70	Lisa	Cresswell	LV35	Unattached	29.31
196	1067	Matt	Lockett	MV40	Unattached	29.37
197	1069	Geoff	Howarth	MV70	Northern Vets AC	29.50
198	1048	Yvonne	Biggs	LV40	Unattached	30.03
199	1047	David	Beynon	MV40	Unattached	30.15
200	1010	Hiroko	Namamura	Senior Men	Unattached	30.30
201	63	Lee	McFall	LV40	Unattached	30.54
202	1040	Shopna	Das	Senior Lady	Unattached	31.08
203	79	Carol	Fell	LV60	Warrington Road Runners	31.23
204	18	Christine	Ramsdale	LV60	Spectrum Striders	31.36
205	1021	Elizabeth	Shackley	LV35	Unattached	33.02
206	52	Arthur	Walsham	MV70	Salford Harriers	33.57
207	1055	Cath	Young	LV40	Unattached	34.28
208	1006	Margaret	Davies	LV55	Unattached	35.10
209	1061	Nicholas	Hatton	MV45	Unattached	35.38
210	1054	Karen	Savo	LV45	Unattached	40.34
211	1049	Lynne	Whitbread	LV50	Unattached	40.34
212	1056	Rachel	Wakeling	Senior Lady	Unattached	40.36
213	1057	James	Ryan	Senior Men	Unattached	40.36
214	77	John	O'Brien	MV50	Manchester Harriers	43.44
215	1052	Annemarie	Lawson	LV45	Unattached	44.17
216	1053	Angela	Corrigan	Senior Lady	Unattached	46.20
217	1046	Bev	Cameron	LV45	Unattached	48.33
218	1050	Anne	O'Donoghue	LV50	Unattached	48.33
219	113	Dave	Attwell	MV70	Altrincham & District AC	48.34

