

# The Manchester 5k Sizzler

## at Wythenshawe Park on Thursday 12th August 2010

### Manchester 5k — FINAL RESULTS

Pos	Name	Cat/Pos	Club	Time	Pos	Name	Cat/Pos	Club	Time
1	Jonny Mellor		Liverpool Harriers & Ac	14:34	75	Abigail Howarth	LJ	1 Leigh Harriers & Ac	19:37
2	Owen Greene		Trafford Athletic Club	15:28	76	Mike Wharton		Sale Harriers Manchester	19:38
3	J Scott-Buccleuch		Stockport Harriers & Ac	15:46	77	Sandra Lewis	L	10 Altrincham & District AC	19:40
4	Jason Dunkerley	V40 1	E Cheshire H & Tameside Ac	15:56	78	Paul Rutherford	V40 21	Swinton Running Club	19:40
5	Paul Sankey	V40 2	Liverpool Running Club	16:01	79	Andy MillerLawson	V40 22	Unattached	19:41
6	Chris Fell		Rossendale Harriers & Ac	16:02	80	Alex Coward		Unattached	19:42
7	Andy Lamont		Macclesfield Harriers & Ac	16:02	81	Jeremy Mirams		Spreckley Kristianrs Sheffield	19:44
8	Andrew Nixon		Stockport Harriers & Ac	16:23	82	Jerry Smith	V50 4	Sale Harriers Manchester	19:46
9	Martin Swensson		Penny Lane Striders	16:42	83	Kerrie WoodDoyle	L40 2	Stockport Harriers & Ac	19:47
10	Ed Fazackerly	V40 3	Manchester Harriers & Ac	16:45	84	Nick Blanchard		Stockport Harriers & Ac	19:48
11	James Corden		Stockport Harriers & Ac	16:50	85	Peter Wood	V50 5	Unattached	19:52
12	Lauren Howarth	L	1 Leigh Harriers & Ac	16:52	86	Simon Smith	JM	1 Unattached	19:52
13	Paul Rowley		Sale Harriers Manchester	16:58	87	Michael Gubbins		Hyde Village Striders Rc	19:55
14	Mike Hatch		Sale Harriers Manchester	17:02	88	Andrew Kidd		Unattached	19:56
15	Gavin Astin	V40 4	Stockport Harriers & Ac	17:03	89	Paul Home	V40 23	Unattached	20:00
16	Gary Matthews	V50 1	E Cheshire H & Tameside Ac	17:03	90	Toby Percival		Altrincham & District AC	20:04
17	Phil Burns		Stockport Harriers & Ac	17:04	91	Vanessa Mulholland	L	12 Altrincham & District AC	20:06
18	Mike Shaw	V40 5	Stockport Harriers & Ac	17:06	92	Jayne Lawton	L40 3	Stockport Harriers & Ac	20:06
19	William Hardman		Unattached	17:07	93	Michael Fielding		Liverpool Running Club	20:06
20	Gavin Browne		E Cheshire H & Tameside Ac	17:08	94	Tony Spencer	V40 24	Unattached	20:10
21	Gary Rowlinson	V40 6	Sale Harriers Manchester	17:09	95	Duncan Riley		Unattached	20:11
22	Sean Byren		Salford Harriers	17:11	96	Alison Vesey	L40 4	Altrincham & District AC	20:17
23	Aaron Denevan		Moston & District H & Ac	17:21	97	Andrew Barton		Altrincham & District AC	20:21
24	Dave Walmsley	V40 7	Manchester Harriers & Ac	17:23	98	Anthony Collier	V50 6	Styal Running Club	20:23
25	Neil Thompson	V40 8	Stockport Harriers & Ac	17:29	99	Mark Stanbridge	V40 25	Unattached	20:25
26	Darren Cottier	V40 9	Vale Royal Ac	17:30	100	Pawan Khosla	V40 26	Unattached	20:27
27	Paul Capey		Sale Harriers Manchester	17:32	101	Anne Pugh	L50 1	Altrincham & District AC	20:31
28	Callum Rowlinson	U7	1 Sale Harriers Manchester	17:36	102	Lewis Allen		Unattached	20:32
29	Nick Burke	V40 10	Altrincham & District AC	17:36	103	Brandon Holroyd		Holmfirth Harriers Ac	20:41
30	Andrew Mooney		Sale Harriers Manchester	17:40	104	Beatrice Cordingley	LJ	2 Sale Harriers Manchester	20:42
31	Steve McLean	V40 11	Southport Waterloo Ac	17:40	105	Tim Warn	V60 3	Penny Lane Striders	20:43
32	James Wheeler		Wilmslow Running Club	17:45	106	Paul McErlean		Unattached	20:44
33	Frank Cordingley	V40 12	Sale Harriers Manchester	17:46	107	Neil Hindle	V50 7	Unattached	20:45
34	Stephen Norbury		Unattached	17:47	108	Andy Land	V40 27	Swinton Running Club	20:46
35	Philip Scowcroft		Sale Harriers Manchester	17:48	109	Joanne Lott	L40 5	Unattached	20:50
36	Lee Barratt	V40 13	Stockport Harriers & Ac	17:49	110	Jackie Cordingley	L50 2	Sale Harriers Manchester	20:53
37	Nicola Rogers	L	2 Basildon	17:50	111	Nick Pearson		Unattached	20:56
38	Nigel Grant	V40 14	Penny Lane Striders	17:54	112	Stephan Schimacher	V50 8	Sale Harriers Manchester	20:59
39	Steven Townley		Unattached	17:56	113	Damon Luck		Unattached	21:05
40	Stephen Robinson	V40 15	E Cheshire H & Tameside Ac	17:56	114	Andrew Dooley	V50 9	Styal Running Club	21:06
41	Liz Witfield	L	3 Spectrum Striders	17:56	115	Malcolm Lingard	V40 28	Spectrum Striders	21:08
42	Gary Willcock	V40 16	Sale Harriers Manchester	17:56	116	Mike O'Brien	V50 10	Manchester Ymca Harriers	21:15
43	Lee Woods	V40 17	Sale Harriers Manchester	17:58	117	Craig Goulden		Unattached	21:16
44	Matthew Wansbone		Sale Harriers Manchester	17:59	118	Lee Daley		Winston Runners	21:18
45	Lee Midghall		Unattached	18:00	119	Alan Bennett	V50 11	Unattached	21:18
46	Michael Berks		Altrincham & District AC	18:05	120	Michelle Spencer	L	19 Southport Waterloo Ac	21:18
47	Sophie Whiteside	L	4 Liverpool Harriers & Ac	18:07	121	Anthony Hogan		Unattached	21:18
48	Nicholas Whittle		Sale Harriers Manchester	18:14	122	Stephen Symons	V40 29	Manchester Ymca Harriers	21:20
49	Raymond Eagle	V50 2	Wilmslow Running Club	18:14	123	John Battersby	V50 12	Sale Harriers Manchester	21:21
50	Mark Bale		Wilmslow Running Club	18:23	124	Katie Brough	L	20 Unattached	21:22
51	Sarah Cumber	L	5 Halifax Harriers & Ac	18:30	125	Nigel Oakley	V40 30	Manchester Harriers & Ac	21:27
52	Stu Bowden		Unattached	18:35	126	Derek Walton		Altrincham & District AC	21:29
53	Alan Pitman		Sale Harriers Manchester	18:37	127	Geoff Beattie	V50 13	Sale Harriers Manchester	21:29
54	Eddie Gilligan	V40 18	Manchester Ymca Harriers	18:38	128	Chris Winstanley	V50 14	Stockport Harriers & Ac	21:30
55	Frank Reilly	V60 1	Stockport Harriers & Ac	18:39	129	Colin Ainscough	V40 31	Unattached	21:31
56	Duncan Drasdo	V40 19	Trafford Athletic Club	18:47	130	Jonathan Clarke	V40 32	Styal Running Club	21:43
57	Shane Wolstencroft		Salford Metropolitan Ac	18:48	131	Mike Baggaley	V50 15	Unattached	21:47
58	Paulo Lamos		Horwich R M I Harriers	18:50	132	Liz Turton	L50 3	Stockport Harriers & Ac	21:48
59	Ian Redpath		Unattached	19:04	133	Kristian Speckley		Unattached	21:49
60	Jennifer Prbis	L	6 Liverpool Harriers & Ac	19:06	134	Victoria Cooper	L	22 Unattached	21:50
61	Stephen Wooldridge		Unattached	19:07	135	James Green		Unattached	21:50
62	Geoff Cumber	V60 2	Halifax Harriers & Ac	19:08	136	David Christance		Unattached	21:52
63	Joanne Lowery	L	7 Sale Harriers Manchester	19:08	137	Charles Lowthian	V50 16	Styal Running Club	21:57
64	Julian Spencer		Spectrum Striders	19:13	138	Nick Ham	V40 33	Stockport Harriers & Ac	21:59
65	Carl Cleghorn		Sale Harriers Manchester	19:20	139	Rosie Fearon	L	23 Trafford Athletic Club	22:05
66	Alison Drasdo	L40 1	Trafford Athletic Club	19:21	140	Tom Johnston		Unattached	22:09
67	Mark Szolkowski		Sale Harriers Manchester	19:22	141	Paul Steane	V50 17	Unattached	22:11
68	Adam McArthur		Unattached	19:23	142	Brendan Murdoch	V60 4	Unattached	22:13
69	Chris March		Stockport Harriers & Ac	19:23	143	Janet Swales	L	24 Unattached	22:14
70	Duncan Wilson		Unattached	19:25	144	Sidney Sacks	V70 1	Salford Harriers	22:14
71	Gary Coxon		E Cheshire H & Tameside Ac	19:28	145	Chris Thompson		Unattached	22:14
72	John Parrott	V50 3	Stockport Harriers & Ac	19:29	146	William Murgatroyd	V50 18	Unattached	22:18
73	George Pierce	V40 20	Liverpool Running Club	19:33	147	Claudia Price	L	25 Manchester Ymca Harriers	22:22
74	Chris O'loughlin		Trafford Athletic Club	19:37	148	John Malone	V50 19	Winston Runners	22:23

Results Service by G.J. Fecitt (SportSoft) Tel & Fax 01204 884887, Email: [graham@race-results.co.uk](mailto:graham@race-results.co.uk)  
 Internet: <http://www.race-results.co.uk> -- full results will be available for downloading tonight

Sport  
Soft

149	David Munro		Salford Harriers	22:25	229	Melvyn Jones		Swinton Running Club	25:38
150	Stuary Mairs		Salford Metropolitan Ac	22:25	230	Emma Gardner	L 57	Unattached	25:41
151	John Delany	V60 5	Unattached	22:26	231	Lisa Foster	L 58	Unattached	25:47
152	Tracey Jones	L 26	Dragons Running Club (sale)	22:27	232	Lee Ramsden		Hyde Village Striders Rc	25:52
153	Barrie Ainscow	V40 34	Dragons Running Club (sale)	22:30	233	Sue Goddard	L50 8	Chorlton Runners	26:02
154	Barbara Murray	L50 4	Macclesfield Harriers & Ac	22:30	234	Cathy Leckie	L40 11	Unattached	26:05
155	Graham Kitchen	V50 20	Dragons Running Club (sale)	22:32	235	Karen Christer	L 61	Unattached	26:06
156	BelindaHammond	L 28	Sale Harriers Manchester	22:36	236	Stephen Whittle	V50 26	Chorlton Runners	26:06
157	Mark Griffiths		Manchester Ymca Harriers	22:36	237	Katherine Reece	L 62	Sale Harriers Manchester	26:17
158	Kate Howard	L 29	Unattached	22:36	238	Thomas Gaylard	V40 44	Unattached	26:21
159	Richard Broster		Unattached	22:36	239	Paulette Storey	L50 9	Swinton Running Club	26:24
160	Jan Telford	V40 35	Unattached	22:37	240	Mark Wakelin	V50 27	Unattached	26:25
161	Louise Hall	L 30	Manchester Ymca Harriers	22:44	241	Claire Dewsbury		Unattached	26:26
162	Alan Jones	V40 36	Deestrider	22:45	242	Jenny Miles	L50 10	Fetcheveryone Running Club	26:27
163	Stephanie Bennett	L 31	Unattached	22:47	243	Jim Crehan	V50 28	St Helens Sutton Ac	26:30
164	Adma Jones		Sale Harriers Manchester	22:49	244	Liz Anderson	L 65	Unattached	26:31
165	Phil Summers		Swinton Running Club	22:49	245	Angela George	L40 12	Unattached	26:35
166	Kevin Smith	V50 21	Stockport Harriers & Ac	22:53	246	Glyn Hathaway		Unattached	26:38
167	Mansel Pope	V50 22	Altrincham & District AC	22:54	247	Ian Richardson		Unattached	26:38
168	Helen Todd	L50 5	Stockport Harriers & Ac	22:55	248	Beth Dum	L 67	Unattached	26:50
169	Dave Farmer		Sale Harriers Manchester	22:58	249	Fiona McAuley	L40 13	Swinton Running Club	26:53
170	Rebecca Howarth	L 33	Unattached	22:59	250	Anne Taylor	L40 14	Unattached	26:54
171	Kit Whitfield	V40 37	Spectrum Striders	23:05	251	James McIntosh	V40 45	Unattached	26:54
172	John Riley	V70 2	Northern Veterans Ac	23:13	252	Lorraine Hubbard	L40 15	Chorlton Runners	27:00
173	Graham Taylor		Unattached	23:13	253	Alice Smedley	L 71	Unattached	27:01
174	Matthew Thomas		Unattached	23:17	254	Jacqueline Lang	L 72	Unattached	27:04
175	Stephanie Goodchild	L40 6	Manchester Ymca Harriers	23:19	255	Alex Raynos		Unattached	27:05
176	Hayley Goddard	LJ 3	Chorlton Runners	23:23	256	Paul Shier		Swinton Running Club	27:07
177	Martin Eaves		Spectrum Striders	23:27	257	Kathleen Tyms	L 73	Winston Runners	27:10
178	Paul Callaghan		Unattached	23:29	258	Caroline Baba	L 74	Manchester Harriers & Ac	27:13
179	Ian Mulholland	V40 38	Unattached	23:30	259	K Bullock	V60 7	Unattached	27:23
180	Matthew Brooke	JM 2	Unattached	23:32	260	Carolyn Watts	L 75	Unattached	27:34
181	Lauren Davies	L 36	Sale Harriers Manchester	23:32	261	Caroline Edmondson	L40 16	Unattached	27:49
182	Andrew Mihanian	V40 39	Unattached	23:34	262	Clare White	L40 17	Unattached	27:51
183	Mark Loveday	V40 40	Unattached	23:35	263	Hannah Edmondson	LJ 5	Unattached	27:59
184	Linda Edmondson	L40 7	WrekinRR	23:39	264	Marinda Breddy	L40 18	Sale Harriers Manchester	28:07
185	Brian Bradshaw	V40 41	Sale Harriers Manchester	23:40	265	Jordan Tyms		Winston Runners	28:18
186	John Pickup		Swinton Running Club	23:42	266	Andrew Wilson	V40 46	Unattached	28:31
187	Brian Higgins		Styl Running Club	23:43	267	Susan Bean	L60 1	Swinton Running Club	28:34
188	Carl Wood		Staffs Moorlands AC	23:44	268	Angela Whitecross	L 81	Unattached	28:37
189	Sid Bailey		Deestrider	23:47	269	Karen Jenkins	L40 19	Unattached	28:44
190	Jonathan Hardman		Sale Harriers Manchester	23:51	270	Tony Fillingham		Unattached	28:47
191	Aileen Raistrick	L 38	Trafford Athletic Club	23:52	271	Curtis Manley		Unattached	28:47
192	Simon Hoonanian		Unattached	23:53	272	Jean Bayley	L50 11	Manchester Harriers & Ac	28:47
193	Oliver Teale		Unattached	23:54	273	Joanne Mulholland	L 84	Unattached	28:51
194	Lucy Wood	L 39	Halton & Frodsham Harriers	23:55	274	Caroline Somento	L50 12	Hyde Village Striders Rc	28:55
195	Stephen McVeigh		Trafford Athletic Club	23:58	275	Jock Plommer	V60 8	Northern Veterans Ac	29:03
196	John Cleworth		Unattached	23:59	276	Jill Clark	L40 20	Hyde Village Striders Rc	29:10
197	Dawn Holding	L40 8	Sale Harriers Manchester	24:01	277	Geoff Howarth	V70 4	Northern Veterans Ac	29:10
198	Vintis Brown		Dragons Running Club (sale)	24:10	278	Susan Burrow	L50 13	Hyde Village Striders Rc	29:24
199	Natalie Warren	L 41	Unattached	24:10	279	Sara Mihanian	L40 21	Unattached	29:30
200	Shiria Baram	L 42	Unattached	24:10	280	Tom McMillen		Unattached	29:34
201	Jenni Cuncliffe	L 43	Manchester Harriers & Ac	24:11	281	Liz Cardall	L60 2	Unattached	29:55
202	Doug Clark		Unattached	24:15	282	Jackie Jones	L40 22	Hyde Village Striders Rc	30:09
203	Martin Smedley	V50 23	Unattached	24:15	283	Christopher Jones	V40 47	Hyde Village Striders Rc	30:09
204	Adam Battersby		Unattached	24:18	284	Clare Smith	L40 23	Unattached	30:32
205	Susannah Robertson	L 44	Unattached	24:19	285	Sue Culley	L 92	Unattached	30:35
206	John Soriento	V50 24	Hyde Village Striders Rc	24:19	286	Terrie Blammom	L 93	Unattached	30:46
207	Chris Clarke		Unattached	24:28	287	Catherine Prickett	L 94	Unattached	30:56
208	Anita Banerji	L 45	Unattached	24:29	288	Joanna Hodgson	L 95	Unattached	30:56
209	Ian Caird		Unattached	24:30	289	Pamela Gillard	L 96	Unattached	30:56
210	Joe Parik	V70 3	Cheshire Tally Ho. H & H	24:33	290	Jean Skitt	L60 3	Manchester Harriers & Ac	31:10
211	Rebecca Mills	L 46	Swinton Running Club	24:36	291	Helen Morris	L 98	Winston Runners	31:13
212	Audrey Gresty	L50 6	Sale Harriers Manchester	24:37	292	Ian Weatherby	V40 48	Unattached	31:17
213	Sam Fazackerley	L40 9	Manchester Harriers & Ac	24:41	293	Garry Ridley	V40 49	Unattached	31:18
214	Michael Horton		Swinton Running Club	24:45	294	Mavis Gregory	L60 4	Manchester Harriers & Ac	31:23
215	Rucha Cogle	L 49	Unattached	24:56	295	David Gregory	V60 9	Manchester Harriers & Ac	31:23
216	Katie McPartland	L 50	Unattached	24:58	296	Holly Murray	L 100	Hyde Village Striders Rc	31:31
217	Ranjit Bennett	V40 42	Sale Harriers Manchester	25:09	297	Laura McCourt	L 101	Unattached	31:41
218	Paul Arrowsmith		UKNet	25:10	298	Claire Patten	L 102	Unattached	31:48
219	Jenny Ambler	L 51	Unattached	25:11	299	Simon Duffy		Unattached	31:48
220	Claire Pitcher	L 52	Hyde Village Striders Rc	25:15	300	Ria Bright	V40 50	Saddleworth Runners Club	32:22
221	Shelley Parkinson	L50 7	Chorley Harriers	25:16	301	Sue Ogden	L40 24	Hyde Village Striders Rc	32:32
222	Graham Crawford	V50 25	Unattached	25:16	302	Nicola Close	L 104	Manchester Harriers & Ac	32:49
223	Laura Mottram	L40 10	Unattached	25:22	303	Cassie Ousey	L 105	Unattached	32:51
224	Elizabeth Shaw	LJ 4	Unattached	25:29	304	Emma Green	L 106	Unattached	32:52
225	Richard Shaw	V40 43	Unattached	25:29	305	Carmen Donaghy	L 107	Winston Runners	32:57
226	Wendy Woodhead	L 56	Manchester Harriers & Ac	25:32	306	Cath Brown	L 108	Unattached	32:57
227	Brian Robinson	V60 6	Macclesfield Harriers & Ac	25:35	307	Joanne Rawlinson	L 109	Unattached	33:02
228	Steven Francom		Unattached	25:37	308	Jayne Smith	L40 25	Unattached	33:08

309 Margaret Carleton	L	111 Winston Runners	33:34	314 Julia Roberts	L40 26 Winston Runners	36:03
310 Don Bramwell		Manchester Harriers & Ac	33:44	315 Ivan Macintyre	V50 29 Sale Harriers Manchester	36:32
311 Alison Lawrence	L	112 Hyde Village Striders Rc	34:00	316 Kate Reynolds	L40 27 Unattached	37:14
312 Sally Gubbins	L	113 Hyde Village Striders Rc	34:02	317 M AshworthMarch	L 117 Unattached	39:13
313 Jennie Boyd	L	114 Unattached	35:08	318 Dave Attwell	V70 5 Altrincham & District AC	39:13

### Manchester 5k - Men — TEAM RESULTS

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

1 Stockport Harriers & Ac	36	—	3 J Scott-Buccleuch	8 Andrew Nixon	11 James Corden	14 Gavin Astin
2 Sale Harriers Manchester	69	—	12 Paul Rowley	13 Mike Hatch	19 Gary Rowlinson	25 Paul Capey
3 E Cheshire H & Tameside Ac	72	—	4 Jason Dunkerley	15 Gary Matthews	18 Gavin Browne	35 Stephen Robinson
4 Altrincham & District AC	196	—	27 Nick Burke	39 Michael Berks	64 Toby Percival	66 Andrew Barton
5 Trafford Athletic Club	212	—	2 Owen Greene	46 Duncan Drasdo	57 Chris Oloughlin	107 Stephen McVeigh
6 Manchester Harriers & Ac	234	—	10 Ed Fazackerly	22 Dave Walmsley	78 Nigel Oakley	124 David Gregory
7 Manchester Ymca Harriers	285	—	44 Eddie Gillighan	74 Mike O'Brien	76 Stephen Symons	91 Mark Griffiths
8 Styal Running Club	304	—	67 Anthony Collier	72 Andrew Dooley	82 Jonathan Clarke	83 Charles Lowthian
9 Spectrum Striders	321	—	50 Julian Spencer	73 Malcolm Lingard	98 Kit Whitfield	100 Martin Eaves
10 Swinton Running Club	325	—	59 Paul Rutherford	70 Andy Land	94 Phil Summers	102 John Pickup
11 Hyde Village Striders Rc	411	—	63 Michael Gubbins	109 John Sorriento	116 Lee Ramsden	123 Christopher Jones

### Manchester 5k - Ladies — TEAM RESULTS

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

1 Altrincham & District AC	51	—	10 Sandra Lewis	12 Vanessa Mulholland	14 Alison Vesey	15 Anne Pugh
2 Sale Harriers Manchester	64	—	7 Joanne Lowery	16 Beatrice Cordingley	17 Jackie Cordingley	24 Belinda Hammond
3 Stockport Harriers & Ac	69	—	11 Kerrie Wood	13 Jayne Lawton	19 Liz Turton	26 Helen Todd
4 Manchester Harriers & Ac	159	—	34 Jenni Cunniffe	37 Sam Fazackerley	40 Wendy Woodhead	48 Caroline Baba
5 Swinton Running Club	173	—	35 Rebecca Mills	43 Paulette Storey	45 Fiona McAuley	50 Susan Bean
6 Hyde Village Striders Rc	197	—	38 Claire Pitcher	52 Caroline Sorriento	53 Jill Clark	54 Susan Burrow
7 Winston Runners	229	—	47 Kathleen Tyms	57 Helen Morris	62 Carmen Donaghy	63 Margaret Carleton