

# 2012 BOWDON 5k RACE RESULTS

| Pos | Number | Name                    | Cat.          | Club                     | Time  |
|-----|--------|-------------------------|---------------|--------------------------|-------|
| 1   | 121    | RENTON, Liam            | Male Junior   | Warrington AC            | 15.56 |
| 2   | 900    | CHARLES, Tom            | Male Senior   | Trafford AC              | 16.05 |
| 3   | 139    | MCNALLY, James          | Male Senior   | Penny Lane Striders      | 16.13 |
| 4   | 84     | DOYLE, Stuart           | Male Vet 40   | Vale Royal AC            | 16.20 |
| 5   | 899    | KILMARTIN, Michael      | Male Senior   | Sale Harriers Mcr        | 16.27 |
| 6   | 50     | VALENTINE, Henry        | Male Junior   | South Cheshire Harriers  | 16.35 |
| 7   | 155    | TICKLE, Mark            | Male Senior   | Manchester Tri Club      | 16.44 |
| 8   | 869    | HAYNES, Thomas          | Male Junior   | South Cheshire Harriers  | 16.47 |
| 9   | 919    | BEATTIE, Ben            | Male Senior   | Hallamshire Harriers     | 17.01 |
| 10  | 65     | SMITH, Matthew          | Male Senior   | South Cheshire Harriers  | 17.04 |
| 11  | 940    | WILLIAMS, Oliver        | Male Junior   | South Cheshire Harriers  | 17.21 |
| 12  | 48     | MACNEIL, Graham         | Male Vet 45   | Wilmslow RC              | 17.24 |
| 13  | 891    | GREGSON, Daniel         | Male Senior   | Wigan Phoenix            | 17.26 |
| 14  | 898    | SAYER, Steffan          | Male Senior   | Menai T+F                | 17.28 |
| 15  | 87     | HATTON, Mike            | Male Vet 50   | South Cheshire Harriers  | 17.31 |
| 16  | 124    | KELLY, Matthew          | Male Senior   | Altrincham & District AC | 17.32 |
| 17  | 59     | STEPHENSON, Mat         | Male Vet 40   | Unattached               | 17.34 |
| 18  | 81     | PARK, Richard           | Male Senior   | Warrington AC            | 17.35 |
| 19  | 910    | RICH, David             | Male Junior   | Sale Harriers Mcr        | 17.39 |
| 20  | 889    | NICHOLLS, Stephen       | Male Senior   | Wigan Phoenix            | 17.41 |
| 21  | 873    | WATMOUGH, Stephen       | Male Vet 45   | Warrington AC            | 17.42 |
| 22  | 152    | WHITTINGHAM, Andrew     | Male Vet 40   | Wilmslow RC              | 17.42 |
| 23  | 901    | TOWNLEY, Steven         | Male Senior   | Sale Harriers Mcr        | 17.50 |
| 24  | 930    | PARKER, Andrew          | Male Senior   | Bolton United Harriers   | 17.50 |
| 25  | 5      | MARTIN, Colin           | Male Vet 50   | Spectrum Striders        | 17.52 |
| 26  | 132    | SIMPSON, James          | Male Vet 40   | South Cheshire Harriers  | 17.54 |
| 27  | 2      | MILLINGTON, Christopher | Male Vet 40   | Spectrum Striders        | 17.58 |
| 28  | 130    | BURNS, Phil             | Male Senior   | Stockport Harriers       | 17.59 |
| 29  | 33     | CALDWELL, Steven        | Male Senior   | Vale Royal AC            | 18.01 |
| 30  | 925    | HUDSON, Pat             | Male Senior   | South Cheshire Harriers  | 18.05 |
| 31  | 907    | CONNOLLY, John          | Male Vet 40   | Penny Lane Striders      | 18.09 |
| 32  | 157    | BLIZZARD, Louise        | Female Vet 35 | Belgrave Harriers        | 18.15 |
| 33  | 944    | METCALFE, Pete          | Male Senior   | Knutsford Tri Club       | 18.18 |
| 34  | 868    | SMITH, Josh             | Male Junior   | Altrincham & District AC | 18.19 |
| 35  | 913    | DOXEY, Steven           | Male Vet 50   | Swinton RC               | 18.19 |
| 36  | 75     | WOODS, Lee              | Male Vet 40   | Sale Harriers Mcr        | 18.20 |
| 37  | 934    | MILES, Graham           | Male Vet 40   | Vale Royal AC            | 18.22 |
| 38  | 917    | PRIDEAUX, Jonathan      | Male Vet 40   | Pudsey Pacers            | 18.25 |
| 39  | 895    | CONNOLLY, Gemma         | Senior Lady   | St Helens-Sutton AC      | 18.26 |
| 40  | 116    | WOLSTENCROFT, Shane     | Male Vet 40   | Salford Met              | 18.27 |
| 41  | 886    | KNASS, Jenny            | Senior Lady   | Stockport Harriers       | 18.33 |
| 42  | 938    | GARNETT, Neil           | Male Vet 50   | Spectrum Striders        | 18.36 |
| 43  | 64     | PERCIVAL, Toby          | Male Senior   | Altrincham & District AC | 18.40 |
| 44  | 25     | WELSBY, Mike            | Male Vet 40   | Spectrum Striders        | 18.41 |
| 45  | 880    | WILLCOCK, Gary          | Male Vet 50   | Manchester Harriers      | 18.48 |
| 46  | 76     | CHRISTEY, Scott         | Male Vet 45   | Astley & Tyldesley RR    | 18.49 |
| 47  | 874    | MCCARTHY, Dan           | Male Senior   | Unattached               | 18.52 |
| 48  | 882    | DWYER, Scott            | Male Vet 45   | Vale Royal AC            | 18.59 |
| 49  | 111    | PETTITT, Amelia         | Junior Lady   | Vale Royal AC            | 19.00 |
| 50  | 46     | JACKSON, Shaun          | Male Vet 40   | Altrincham & District AC | 19.02 |
| 51  | 117    | DAVENPORT, Tony         | Male Senior   | Salford Met              | 19.04 |
| 52  | 77     | KAY, Colin              | Male Vet 55   | Astley & Tyldesley RR    | 19.13 |
| 53  | 922    | ARCHER, Tony            | Male Vet 55   | Vale Royal AC            | 19.24 |
| 54  | 32     | DAWSON, Jim             | Male Vet 45   | Warrington Road Runners  | 19.29 |
| 55  | 924    | CLANCY, Richard         | Male Senior   | Unattached               | 19.31 |
| 56  | 870    | NORTON, Mark            | Male Vet 40   | Altrincham & District AC | 19.32 |
| 57  | 134    | WILLIAMS, Lloyd         | Male Junior   | Unattached               | 19.36 |
| 58  | 23     | WHITFIELD, Liz          | Senior Lady   | Spectrum Striders        | 19.38 |
| 59  | 127    | GREENSLADE, Robbie      | Male Senior   | Unattached               | 19.39 |
| 60  | 91     | BYRNE, Mark             | Male Vet 40   | Warrington Road Runners  | 19.42 |
| 61  | 875    | SPENCER, Lee            | Male Vet 40   | Unattached               | 19.43 |
| 62  | 950    | ADAIR, Neil             | Male Senior   | Spectrum Striders        | 19.45 |
| 63  | 853    | ATKINSON, Gareth        | Male Vet 40   | Unattached               | 19.46 |
| 64  | 3      | EHLEN, Brad             | Male Vet 40   | Spectrum Striders        | 19.49 |
| 65  | 863    | HANKINSON, Neil         | Male Senior   | Warrington Road Runners  | 19.52 |
| 66  | 916    | MCCORMACK, Thomas       | Male Senior   | Styal RC                 | 19.52 |
| 67  | 941    | TOWNLEY, David          | Male Senior   | Stockport Harriers       | 19.53 |
| 68  | 41     | CORDINGLEY, Frank       | Male Vet 50   | Sale Harriers Mcr        | 19.56 |
| 69  | 89     | PLATT, Russ             | Male Vet 45   | Warrington Road Runners  | 19.57 |
| 70  | 142    | GASKELL, Andy           | Male Vet 40   | Spectrum Striders        | 19.59 |
| 71  | 943    | MARTIN, Steven          | Male Senior   | Knutsford Tri Club       | 20.00 |
| 72  | 921    | WARDLE, Tony            | Male Vet 40   | South Cheshire Harriers  | 20.02 |
| 73  | 11     | COLES, Matthew          | Male Junior   | Spectrum Striders        | 20.07 |
| 74  | 60     | CLARKE, John            | Male Vet 55   | Vale Royal AC            | 20.09 |
| 75  | 906    | POWELL, Denis           | Male Junior   | Unattached               | 20.14 |

| Pos | Number | Name                   | Cat.           | Club                     | Time  |
|-----|--------|------------------------|----------------|--------------------------|-------|
| 76  | 945    | MASON, Nicky           | Male Senior    | Unattached               | 20.18 |
| 77  | 131    | BISHOP, Philip         | Male Vet 45    | Unattached               | 20.21 |
| 78  | 876    | VAUGHAN, Lee           | Male Senior    | Unattached               | 20.22 |
| 79  | 79     | COLE, Melyn            | Male Vet 60    | South Cheshire Harriers  | 20.25 |
| 80  | 125    | BURGESS, Ken           | Male Vet 65    | Altrincham & District AC | 20.28 |
| 81  | 7      | DRAPER, Alison         | Senior Lady    | Spectrum Striders        | 20.28 |
| 82  | 42     | DAVIES, Mark           | Male Vet 45    | Warrington Road Runners  | 20.29 |
| 83  | 914    | JOHNSON, Melanie       | Senior Lady    | Vale Royal AC            | 20.30 |
| 84  | 27     | ROSE, Philip           | Male Vet 45    | Spectrum Striders        | 20.30 |
| 85  | 140    | BROWN, Tony            | Male Vet 60    | Northern Vets AC         | 20.37 |
| 86  | 951    | SKILLING, Ron          | Male Vet 60    | Knutsford Tri Club       | 20.43 |
| 87  | 119    | HARGREAVES, Billy      | Male Vet 65    | Southport & Waterloo     | 21.01 |
| 88  | 871    | COLLIER, Anthony       | Male Vet 55    | Styal RC                 | 21.03 |
| 89  | 20     | GARNETT, Andy          | Male Vet 55    | Spectrum Striders        | 21.14 |
| 90  | 937    | LOTT, Joanne           | Female Vet 45  | Trafford AC              | 21.18 |
| 91  | 867    | BLACKBURN, Rose        | Senior Lady    | Unattached               | 21.20 |
| 92  | 923    | WEST, Alan             | Male Senior    | Unattached               | 21.21 |
| 93  | 21     | MCHARRY, Rob           | Male Vet 45    | Spectrum Striders        | 21.22 |
| 94  | 851    | PETTIT, Clara          | Junior Lady    | Vale Royal AC            | 21.25 |
| 95  | 47     | PARTRIDGE, Craig       | Male Vet 40    | Altrincham & District AC | 21.27 |
| 96  | 19     | HEMMING, Caroline      | Female Vet 45  | Spectrum Striders        | 21.29 |
| 97  | 95     | DYDE, Alasdair         | Male Vet 45    | South Cheshire Harriers  | 21.30 |
| 98  | 858    | CHARMAN, Michael       | Male Vet 60    | Spectrum Striders        | 21.31 |
| 99  | 129    | STREET, Joanne         | Senior Lady    | Sale Harriers Mcr        | 21.34 |
| 100 | 63     | TURNER, Alan           | Male Vet 45    | Wilmslow RC              | 21.35 |
| 101 | 108    | CHESWORTH, Deborah     | Senior Lady    | South Cheshire Harriers  | 21.39 |
| 102 | 133    | BUNKER, Steve          | Male Vet 45    | Unattached               | 21.41 |
| 103 | 92     | SHAW, Geoff            | Male Vet 55    | Helsby RC                | 21.46 |
| 104 | 947    | STUBBS-JEFFERIES, Paul | Male Vet 50    | Knutsford Tri Club       | 21.46 |
| 105 | 929    | RANKIN, Paul           | Male Senior    | Bolton United Harriers   | 21.48 |
| 106 | 861    | JONES, Tracey          | Senior Lady    | Dragon's RC (Sale)       | 21.49 |
| 107 | 878    | MILLS, Shawn           | Male Senior    | Unattached               | 21.49 |
| 108 | 126    | MAIRS, Stuart          | Male Senior    | Salford Met              | 21.49 |
| 109 | 927    | EDWARDS, Joanne        | Female Vet 45  | Vale Royal AC            | 21.53 |
| 110 | 40     | BISHOP, Hannah         | Junior Lady    | Vale Royal AC            | 21.57 |
| 111 | 154    | KENNY, Sarah           | Female Vet 35  | Manchester Tri Club      | 21.59 |
| 112 | 72     | TOMKINS, Dave          | Male Vet 65    | Northern Vets AC         | 22.02 |
| 113 | 905    | POWELL, Nigel          | Male Vet 45    | Altrincham & District AC | 22.09 |
| 114 | 920    | BEATTIE, Geoff         | Male Vet 55    | Sale Harriers Mcr        | 22.13 |
| 115 | 946    | PRICE, Pete            | Male Vet 40    | Knutsford Tri Club       | 22.16 |
| 116 | 857    | TAVENER, Mary          | Female Vet 50  | Vale Royal AC            | 22.16 |
| 117 | 69     | ROGERS, Rosemary       | Female Vet 60+ | Deestridders RC          | 22.17 |
| 118 | 881    | WILBY, Rob             | Male Senior    | Knutsford Tri Club       | 22.19 |
| 119 | 137    | PEARSON, Nick          | Male Senior    | Unattached               | 22.21 |
| 120 | 153    | LAVIN, Tom             | Male Vet 50    | Altrincham & District AC | 22.24 |
| 121 | 109    | WALSHAM, Tim           | Male Senior    | Unattached               | 22.31 |
| 122 | 939    | WILLIAMS, Ian          | Male Vet 45    | South Cheshire Harriers  | 22.33 |
| 123 | 38     | BASNETT, Paul          | Male Vet 40    | Astley & Tyldesley RR    | 22.36 |
| 124 | 74     | CANNON, Christopher    | Male Vet 55    | Wilmslow RC              | 22.38 |
| 125 | 29     | SALMON, Janet          | Female Vet 45  | Helsby RC                | 22.38 |
| 126 | 156    | HOLLAND, Andrew        | Male Senior    | Unattached               | 22.41 |
| 127 | 158    | BRADSHAW, Brian        | Male Vet 50    | Sale Harriers Mcr        | 22.46 |
| 128 | 112    | PETTITT, Richard       | Male Vet 50    | Vale Royal AC            | 22.46 |
| 129 | 145    | HARRIS, Paul           | Male Vet 45    | Unattached               | 22.51 |
| 130 | 884    | SHEPPARD, Simon        | Male Vet 40    | Unattached               | 22.53 |
| 131 | 932    | DODD, Andrew           | Male Vet 40    | Wilmslow RC              | 22.54 |
| 132 | 70     | NORTHCOTE, Claire      | Female Vet 50  | Styal RC                 | 22.56 |
| 133 | 71     | PERCHARD, Mike         | Male Vet 55    | West Cheshire AC         | 22.57 |
| 134 | 138    | READ, Debbie           | Female Vet 50  | Spectrum Striders        | 23.02 |
| 135 | 52     | LOMAX, Jayne           | Female Vet 45  | Vale Royal AC            | 23.04 |
| 136 | 144    | SHAW, Michaela         | Female Vet 35  | Astley & Tyldesley RR    | 23.05 |
| 137 | 935    | LIGHTFOOT, Kevin       | Male Senior    | Unattached               | 23.10 |
| 138 | 903    | SUMMERS, Phil          | Male Vet 50    | Swinton RC               | 23.16 |
| 139 | 26     | GRIFFITHS, Brian       | Male Vet 50    | Spectrum Striders        | 23.21 |
| 140 | 918    | BRADFORD, Nicola       | Female Vet 40  | Pudsey Pacers            | 23.25 |
| 141 | 118    | JENKINSON, Alan        | Male Vet 60    | Styal RC                 | 23.40 |
| 142 | 854    | POOLE, Susan           | Female Vet 45  | South Cheshire Harriers  | 23.44 |
| 143 | 928    | KINVIG, Valerie        | Female Vet 50  | Vale Royal AC            | 23.47 |
| 144 | 912    | WAKEFIELD, Denise      | Female Vet 55  | Salford Harriers         | 23.53 |
| 145 | 30     | FORTUNE, Anne          | Female Vet 55  | Spectrum Striders        | 23.56 |
| 146 | 13     | DOOLEY, John P         | Male Vet 60    | Spectrum Striders        | 24.00 |
| 147 | 860    | HARROP, Paul           | Male Vet 60    | Spectrum Striders        | 24.01 |
| 148 | 110    | FENTON, Simon          | Male Vet 65    | Wilmslow RC              | 24.03 |
| 149 | 43     | CATTERALL, Martin      | Male Senior    | Warrington Road Runners  | 24.15 |
| 150 | 54     | CLARKE, Jonathan       | Male Vet 40    | Styal RC                 | 24.18 |

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| Pos | Number | Name               | Cat.           | Club                     |       |
|-----|--------|--------------------|----------------|--------------------------|-------|
| 151 | 911    | SAMUELSON, Peter   | Male Vet 65    | Spectrum Striders        | 24.26 |
| 152 | 10     | PEERS, Alan        | Male Vet 70+   | Spectrum Striders        | 24.33 |
| 153 | 902    | WALL, Jackie       | Female Vet 50  | Unattached               | 24.37 |
| 154 | 62     | GMEK, Zoe          | Female Vet 35  | Sale Harriers Mcr        | 24.48 |
| 155 | 14     | DUNBAR, Ian        | Male Vet 55    | Spectrum Striders        | 24.50 |
| 156 | 115    | FLANAGAN, Jenny    | Senior Lady    | Sale Harriers Mcr        | 24.50 |
| 157 | 143    | CUTLER, Mike       | Male Vet 55    | South Cheshire Harriers  | 24.51 |
| 158 | 113    | POWNALL, Roy       | Male Vet 60    | Wilmslow RC              | 24.55 |
| 159 | 96     | WALSH, Christopher | Male Vet 55    | South Cheshire Harriers  | 25.02 |
| 160 | 102    | FRANCOM, Steven    | Male Senior    | Unattached               | 25.04 |
| 161 | 942    | HARRISON, Sarah    | Senior Lady    | Manchester Harriers      | 25.06 |
| 162 | 909    | SMITH, David       | Male Vet 40    | Unattached               | 25.23 |
| 163 | 893    | KELLY, Michelle    | Female Vet 50  | Penny Lane Striders      | 25.38 |
| 164 | 949    | JOHNSON, Guy       | Male Vet 40    | Unattached               | 25.43 |
| 165 | 948    | LAVIN, Harriet     | Junior Lady    | Unattached               | 26.19 |
| 166 | 94     | DYDE, Sarah        | Female Vet 45  | South Cheshire Harriers  | 26.22 |
| 167 | 93     | SHAW, Janet        | Female Vet 55  | Helsby RC                | 26.25 |
| 168 | 931    | HILL, Gail         | Female Vet 45  | Wilmslow RC              | 26.26 |
| 169 | 933    | LUCAS, Julie       | Female Vet 45  | Wilmslow RC              | 26.32 |
| 170 | 862    | PLANE, Joanna      | Senior Lady    | Unattached               | 26.35 |
| 171 | 896    | ANDREWS, Vicky     | Senior Lady    | Spectrum Striders        | 26.50 |
| 172 | 885    | COTTON, Andrew     | Male Vet 40    | Unattached               | 27.02 |
| 173 | 18     | BIRD, Allan        | Male Vet 50    | Spectrum Striders        | 27.15 |
| 174 | 926    | HART, Tracey       | Female Vet 40  | Unattached               | 27.16 |
| 175 | 892    | EVANS, Janet       | Female Vet 40+ | South Cheshire Harriers  | 27.19 |
| 176 | 120    | DAVIES, Sue        | Female Vet 45  | South Cheshire Harriers  | 27.24 |
| 177 | 99     | TICKLE, Beverley   | Female Vet 35  | Astley & Tyldesley RR    | 27.42 |
| 178 | 31     | FORTUNE, Iain      | Male Vet 65    | Spectrum Striders        | 27.47 |
| 179 | 103    | BURTON, Mary Ann   | Female Vet 45  | Lymm Runners             | 27.56 |
| 180 | 15     | HULSE, Paul        | Male Vet 45    | Spectrum Striders        | 28.19 |
| 181 | 936    | FILLINGHAM, Tony   | Male Senior    | Spectrum Striders        | 28.32 |
| 182 | 104    | BURTON, Peter John | Male Vet 45    | Lymm Runners             | 28.32 |
| 183 | 859    | CHARMAN, Stephanie | Female Vet 60+ | Spectrum Striders        | 30.28 |
| 184 | 890    | FORECAST, Rebecca  | Senior Lady    | Unattached               | 32.42 |
| 185 | 872    | WHITECROSS, Angela | Senior Lady    | Unattached               | 32.42 |
| 186 | 107    | HOWARTH, Derek     | Male Vet 70+   | Leigh Harriers & AC      | 32.44 |
| 187 | 78     | WALSHAM, Arthur    | Male Vet 70+   | Salford Harriers         | 37.09 |
| 188 | 49     | ATTWELL, Dave      | Male Vet 70+   | Altrincham & District AC | 37.09 |
| 189 |        | #N/A               | #N/A           | #N/A                     |       |
| 190 |        | #N/A               | #N/A           | #N/A                     |       |
| 191 |        | #N/A               | #N/A           | #N/A                     |       |
| 192 |        | #N/A               | #N/A           | #N/A                     |       |
| 193 |        | #N/A               | #N/A           | #N/A                     |       |
| 194 |        | #N/A               | #N/A           | #N/A                     |       |
| 195 |        | #N/A               | #N/A           | #N/A                     |       |
| 196 |        | #N/A               | #N/A           | #N/A                     |       |
| 197 |        | #N/A               | #N/A           | #N/A                     |       |
| 198 |        | #N/A               | #N/A           | #N/A                     |       |
| 199 |        | #N/A               | #N/A           | #N/A                     |       |
| 200 |        | #N/A               | #N/A           | #N/A                     |       |
| 201 |        | #N/A               | #N/A           | #N/A                     |       |
| 202 |        | #N/A               | #N/A           | #N/A                     |       |
| 203 |        | #N/A               | #N/A           | #N/A                     |       |
| 204 |        | #N/A               | #N/A           | #N/A                     |       |
| 205 |        | #N/A               | #N/A           | #N/A                     |       |
| 206 |        | #N/A               | #N/A           | #N/A                     |       |
| 207 |        | #N/A               | #N/A           | #N/A                     |       |
| 208 |        | #N/A               | #N/A           | #N/A                     |       |
| 209 |        | #N/A               | #N/A           | #N/A                     |       |
| 210 |        | #N/A               | #N/A           | #N/A                     |       |
| 211 |        | #N/A               | #N/A           | #N/A                     |       |
| 212 |        | #N/A               | #N/A           | #N/A                     |       |
| 213 |        | #N/A               | #N/A           | #N/A                     |       |
| 214 |        | #N/A               | #N/A           | #N/A                     |       |
| 215 |        | #N/A               | #N/A           | #N/A                     |       |
| 216 |        | #N/A               | #N/A           | #N/A                     |       |
| 217 |        | #N/A               | #N/A           | #N/A                     |       |
| 218 |        | #N/A               | #N/A           | #N/A                     |       |
| 219 |        | #N/A               | #N/A           | #N/A                     |       |
| 220 |        | #N/A               | #N/A           | #N/A                     |       |
| 221 |        | #N/A               | #N/A           | #N/A                     |       |
| 222 |        | #N/A               | #N/A           | #N/A                     |       |
| 223 |        | #N/A               | #N/A           | #N/A                     |       |
| 224 |        | #N/A               | #N/A           | #N/A                     |       |
| 225 |        | #N/A               | #N/A           | #N/A                     |       |