

# ALTRINCHAM AND DISTRICT ATHLETIC CLUB

## 2013 DUNHAM PARK 5k RACE 1 RESULTS

Pos	Number	Name	Cat.	Club	Time
1	106	GREEN, Andrew	Male Vet 50	Warrington AC	15.52
2	104	DOYLE, Stuart	Male Vet 40	Vale Royal AC	16.07
3	131	HUGHES, Rob	Senior Man	Salford Harriers	16.20
4	384	HUNT, Michael	Male Vet 40	Trafford AC	16.29
5	90	HATCH, Mike	Senior Man	Sale Harriers Mcr	16.35
6	34	KELLY, Matthew	Senior Man	Altrincham & District AC	16.37
7	342	THOMPSON, Liam	Senior Man	Leigh Harriers & AC	16.39
8	335	DOWNS, Rob	Male Vet 45	Wilmslow RC	16.40
9	137	MACNEIL, Graham	Male Vet 50	Wilmslow RC	17.00
10	97	MALLISON, Peter	Male Vet 40	South Cheshire Harriers	17.05
11	47	BOOTH, Gareth	Male Vet 40	Horwich RMI Harriers	17.17
12	304	SHARMAN, Leighton	Junior Men	Warrington AC	17.17
13	51	WHITTINGHAM, Andrew	Male Vet 40	Wilmslow RC	17.22
14	339	CULLEN, Matt	Senior Man	Unattached	17.25
15	383	BAINS, Peter	Senior Man	Unattached	17.28
16	350	ARMSTRONG, Tom	Senior Man	Vale Royal AC	17.31
17	119	BEDFORD, Timothy	Senior Man	Unattached	17.34
18	370	TOWNSEND, Andy	Male Vet 45	Horwich RMI Harriers	17.36
19	2	MILLINGTON, Christopher	Male Vet 40	Spectrum Striders	17.46
20	114	ACKERLEY, Pete	Senior Man	Warrington Road Runners	17.52
21	3	MARTIN, Colin	Male Vet 55	Spectrum Striders	17.58
22	310	OFFORD, Mark	Senior Man	Dragon's RC (Sale)	18.00
23	357	SMITH, Jonathan	Senior Man	Lymm Runners	18.02
24	115	THOMPSON, Steven	Senior Man	Warrington Road Runners	18.04
25	130	BURKE, Anthony	Male Vet 40	Lymm Runners	18.06
26	354	WARDLE, Tony	Male Vet 40	South Cheshire Harriers	18.15
27	107	BERGIN, Gary	Male Vet 40	Warrington AC	18.19
28	146	MUNSLow, Tim	Male Vet 40	Chester Triathlon Club	18.20
29	55	MCVEY, Diane	Female Vet 35	Wilmslow RC	18.27
30	65	HIRONS, Richard	Male Vet 45	Wilmslow RC	18.34
31	320	HUDD, David	Senior Man	Spectrum Striders	18.46
32	100	COTTIER, Darren	Male Vet 40	Vale Royal AC	18.46
33	134	HERSHAW, Neil	Male Vet 45	West Cheshire AC	18.49
34	28	CHADWICK, Daniel	Senior Man	Spectrum Striders	18.52
35	333	DOWNS, Ellen	Junior Lady	Stockport Harriers	18.56
36	40	KAY, Colin	Male Vet 55	Astley & Tyldesley RR	18.58
37	1	SPENCER, Julian	Male Vet 50	Spectrum Striders	19.00
38	343	MORAN, Matthew	Senior Man	Bramhall Runners	19.02
39	38	JACKSON, Shaun	Male Vet 40	Altrincham & District AC	19.09
40	387	OPENSHAW, Peter	Male Vet 45	Knutsford Tri	19.11
41	334	DOWNS, Juliet	Junior Lady	Stockport Harriers	19.11
42	73	SHACKLEY, Dave	Male Vet 40	Manchester Triathlon	19.13
43	87	GREENSLADE, Robbie	Senior Man	Sale Harriers Mcr	19.14
44	306	BROOKES, Alan	Male Vet 55	South Cheshire Harriers	19.15
45	35	HUNTER, Mark J	Male Vet 55	Altrincham & District AC	19.17
46	54	MCCORMICK, Allan	Senior Man	Wilmslow RC	19.20
47	125	NAULTY, Anthony	Male Vet 50	Unattached	19.24
48	330	SMITH, Michael	Male Vet 45	Unattached	19.31
49	361	VAUGHAN, Lee	Senior Man	Unattached	19.42
50	41	SCOTT, Christey	Male Vet 45	Astley & Tyldesley RR	19.43
51	305	O'KEEFE, Ray	Male Vet 45	Macclesfield Harriers	19.44
52	156	PANAYIOUTOU, Dimitri	Male Vet 55	Altrincham & District AC	19.46
53	109	BYRNE, Mark	Male Vet 40	Unattached	19.51
54	332	BOSSWARD, Daniel	Senior Man	Warrington Road Runners	19.52
55	378	DUDLEY, Kevin	Senior Man	Unattached	19.52
56	133	HERSHAW, Callum	Male Junior	West Cheshire AC	20.00
57	365	JORGENSSON, Tim	Male Vet 45	Unattached	20.01
58	62	HARRISON, Louisa	Female Vet 35	Wilmslow RC	20.02
59	388	MARSH, Simon	Senior Man	Unattached	20.03
60	110	DAWSON, Jim	Male Vet 50	Warrington Road Runners	20.04
61	348	FORSTER, Kenny	Male Vet 50	Spectrum Striders	20.05
62	26	LEWIS, Tim	Male Vet 45	Spectrum Striders	20.06
63	6	DRAPER, Alison	Female Senior	Spectrum Striders	20.07
64	352	ROWLANDS, Charlie	Male Vet 40	South Cheshire Harriers	20.08
65	79	GOGGINS, John	Senior Man	Knutsford Tri	20.11
66	366	COLE, Melvyn	Male Vet 60	South Cheshire Harriers	20.12
67	111	GREEN, Daniel	Male Vet 40	Warrington Road Runners	20.15
68	360	KEELING, William	Male Vet 45	Knutsford Tri	20.17
69	69	STANHOPE, Nigel	Male Vet 45	Lymm Runners	20.20
70	359	REES, Cheryl	Female Vet 40	South Cheshire Harriers	20.25
71	322	MARCH, Chris	Senior Man	Unattached	20.26
72	135	JOHNSON, Melanie	Female Senior	Vale Royal AC	20.28
73	56	TAYLOR, Matthew	Senior Man	Wilmslow RC	20.31
74	95	BARRY, Michael	Male Vet 40	Stockport Harriers	20.33
75	309	ALEXANDER, Fiona	Female Vet 40	Ripley	20.34

# LUB

Pos	Number	Name	Cat.	Club	Time
76	340	BROWN, Keith	Male Vet 50	Warrington Road Runners	20.40
77	20	FALLS, Chris	Senior Man	Spectrum Striders	20.41
78	60	DODD, Andrew	Male Vet 40	Wilmslow RC	20.44
79	316	HUGHES, Alice	Junior Lady	Stockport Harriers	20.47
80	39	PARTRIDGE, Craig	Male Vet 40	Altrincham & District AC	20.48
81	11	DEMPSTER, Louise	Female Vet 45	Spectrum Striders	20.49
82	63	TURNER, Alan	Male Vet 45	Wilmslow RC	20.50
83	5	GARNETT, Andy	Male Vet 55	Spectrum Striders	20.53
84	86	ROBBINS, Louise	Female Vet 35	Sale Harriers Mcr	20.59
85	315	WALSHAM, Tim	Male Vet 40	Unattached	20.59
86	369	PRYCE, Ruth	Female Vet 35	South Cheshire Harriers	21.02
87	74	RITCHIE, Kate	Senior Man	Manchester Tri Club	21.03
88	139	THORN, Penny	Female Vet 35	Serpentine Running Club	21.06
89	4	WHITFIELD, Liz	Female Vet 35	Spectrum Striders	21.14
90	150	MCHARRY, Rob	Male Vet 45	Spectrum Striders	21.22
91	83	COLLIER, Anthony	Male Vet 55	Styal RC	21.22
92	358	HEATHCOCK, Clive	Male Vet 55	South Cheshire Harriers	21.25
93	78	PRICE, Pete	Male Vet 40	Knutsford Tri	21.28
94	349	FORSTER, Karon	Female Vet 50	Spectrum Striders	21.29
95	381	HOLMES, Steve	Senior Man	Ratter's Runners	21.29
96	14	ALCOCK, Dillon	Male Junior	Spectrum Striders	21.38
97	61	ELLIS, Janine	Female Vet 40	Wilmslow RC	21.39
98	386	TAYLOR, Edward	Male Vet 40	Knutsford Tri	21.50
99	145	LAVIN, Tom	Male Vet 50	Altrincham & District AC	21.54
100	355	O' BRIEN, Billy	Male Vet 55	Warrington Road Runners	21.55
101	49	SHAW, Geoff	Male Vet 60	Helsby RC	21.58
102	319	BENNETT, Alan	Male Vet 50	Unattached	22.00
103	108	JANGRA, Anil	Senior Man	Unattached	22.03
104	317	HUGHES, Emily	Junior Lady	Stockport Harriers	22.07
105	380	BROAD, Chloe	Junior Lady	Vale Royal AC	22.09
106	112	TOMKINS, Dave	Male Vet 65	Northern Vets AC	22.10
107	123	TANNER, Alistair	Male Vet 40	Unattached	22.12
108	346	DURRANT, Amy	Female Senior	South Cheshire Harriers	22.15
109	341	FOUNDLY, Neal	Male Vet 45	Unattached	22.20
110	324	TURTON, Liz	Female Vet 55	Stockport Harriers	22.26
111	312	HOUGHTON, John	Male Vet 50	Unattached	22.28
112	48	THOMPSON, John	Male Vet 40	Helsby RC	22.34
113	42	ROGERS, Rosemary	Female Vet 60	Deestriders RC	22.35
114	46	HEALY, Joanne	Female Vet 35	Dragon's RC (Sale)	22.38
115	22	HALL, Mike	Male Vet 50	Spectrum Striders	22.41
116	91	DAVIES, Lauren	Female Senior	Sale Harriers Mcr	22.42
117	31	PERCHARD, Mike	Male Vet 60	West Cheshire AC	22.49
118	59	CANNON, Christopher	Male Vet 55	Wilmslow RC	22.52
119	311	HOWELL, Graham	Male Vet 60	Liverpool Harriers	22.54
120	101	LOMAX, Jayne	Female Vet 45	Vale Royal AC	22.57
121	53	FENTON, Simon	Male Vet 70	Wilmslow RC	23.01
122	99	EDWARDS, Joanne	Female Vet 50	Vale Royal AC	23.02
123	64	HIRONS, Carolyn	Female Vet 45	Wilmslow RC	23.03
124	368	CHAMBERS, Barry	Male Vet 60	Vale Royal AC	23.04
125	129	CHAMBERLAIN, Nikki	Female Vet 40	Knutsford Tri	23.05
126	128	CLARKE, Jonathan	Male Vet 45	Styal RC	23.06
127	353	MURPHY, Neil	Male Vet 50	Macclesfield Harriers	23.10
128	8	EHLEN, Brad	Male Vet 40	Spectrum Striders	23.14
129	371	McKENNA, Hugh	Male Vet 60	Altrincham & District AC	23.17
130	345	BRAMLEY, Gill	Female Vet 55	Unattached	23.20
131	344	WATSON, Rachel	Female Vet 35	Unattached	23.32
132	85	BEATTIE, Geoffrey	Male Vet 60	Sale Harriers Mcr	23.41
133	120	FRANCOM, Steven	Male Vet 40	Unattached	23.42
134	82	LEWIS, Brenda	Female Vet 50	Styal RC	23.42
135	81	JENKINSON, Alan	Male Vet 65	Styal RC	23.45
136	138	MCCORMICK, Fechin	Male Vet 60	Sale Harriers Mcr	23.46
137	96	ATHERTON, Cathy	Female Senior	South Cheshire Harriers	23.51
138	149	GRIFFITHS, Neville	Male Vet 65	Spectrum Striders	23.51
139	10	GARLAND, Heather	Female Vet 35	Spectrum Striders	23.53
140	155	OUSEY, Carla	Female Vet 40	Sale Harriers Mcr	23.55
141	105	HUDSON, Paul	Male Vet 60	Vale Royal AC	24.12
142	66	CROALL, John	Male Vet 50	Lymm Runners	24.15
143	92	GILL, David	Male Vet 40	Sale Harriers Mcr	24.22
144	57	POWNALL, Roy	Male Vet 60	Wilmslow RC	24.23
145	157	CLINK, Jenny	Female Senior	Sale Harriers Mcr	24.25
146	379	AINSCOW, Barrie	Male Vet 50	Dragon's RC (Sale)	24.26
147	142	JOHNSON, Guy	Male Vet 45	Unattached	24.41
148	382	BARLOW, Alan	Male Vet 65	Altrincham & District AC	24.42
149	367	COLE, Lesley	Female Vet 55	South Cheshire Harriers	24.55
150	19	BIRD, Allan	Male Vet 50	Spectrum Striders	24.58

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Pos	Number	Name	Cat.	Club	Pos	Number	Name	Cat.	Club	Time
151	77	KELLY, Michelle	Female Vet 50	Penny Lane Striders	25.01	226	#N/A	#N/A	#N/A	
152	76	KELLY, John	Male Vet 50	Penny Lane Striders	25.02	227	#N/A	#N/A	#N/A	
153	347	TURTON, David	Male Vet 55	Stockport Harriers	25.04	228	#N/A	#N/A	#N/A	
154	116	HEDGECOCK, Liz	Female Vet 35	Lymm Runners	25.08	229	#N/A	#N/A	#N/A	
155	148	ARBER, Carolyn	Female Vet 55	Spectrum Striders	25.16	230	#N/A	#N/A	#N/A	
156	377	ROBIETTE, Martin	Male Vet 40	Unattached	25.23	231	#N/A	#N/A	#N/A	
157	385	COFFEY, John	Male Vet 60	Altrincham & District AC	25.24	232	#N/A	#N/A	#N/A	
158	70	BURTON, Mary Ann	Female Vet 45	Lymm Runners	25.38	233	#N/A	#N/A	#N/A	
159	43	PARK, Joe	Male Vet 70	Cheshire Tally Ho	25.48	234	#N/A	#N/A	#N/A	
160	373	SMITH, David	Male Vet 40	Unattached	25.56	235	#N/A	#N/A	#N/A	
161	25	LEWIS, Sandra	Female Vet 45	Spectrum Striders	26.00	236	#N/A	#N/A	#N/A	
162	329	SMITH, Carolyn	Female Vet 45	Unattached	26.25	237	#N/A	#N/A	#N/A	
163	314	YELLEN, Jo	Female Vet 45	Unattached	26.25	238	#N/A	#N/A	#N/A	
164	50	SHAW, Janet	Female Vet 60	Helsby RC	26.25	239	#N/A	#N/A	#N/A	
165	80	WILLIAMS, Kate	Female Vet 35	Spen AC	26.36	240	#N/A	#N/A	#N/A	
166	153	QUICKE, Becky	Female Vet 35	Knutsford Tri	26.39	241	#N/A	#N/A	#N/A	
167	30	YARWOOD, Dennis	Male Vet 45	Spectrum Striders	26.40	242	#N/A	#N/A	#N/A	
168	44	CRESSWELL, David	Male Vet 40	Dragon's RC (Sale)	26.48	243	#N/A	#N/A	#N/A	
169	301	BENNETT, Stephanie	Female Senior	Unattached	26.56	244	#N/A	#N/A	#N/A	
170	375	THOMAS, Emyr	Male Vet 40	Unattached	26.56	245	#N/A	#N/A	#N/A	
171	374	THOMAS, Caroline	Female Vet 45	Unattached	26.56	246	#N/A	#N/A	#N/A	
172	362	GOTTON, Andrew	Male Vet 40	Unattached	27.00	247	#N/A	#N/A	#N/A	
173	71	STANHOPE, Janet	Female Vet 45	Lymm Runners	27.03	248	#N/A	#N/A	#N/A	
174	307	DODD, Clare	Female Senior	Unattached	27.18	249	#N/A	#N/A	#N/A	
175	16	REDPATH, Janet	Female Vet 60	Spectrum Striders	27.20	250	#N/A	#N/A	#N/A	
176	126	FLAVELL, Chris	Senior Man	Warrington Tri	27.23	251	#N/A	#N/A	#N/A	
177	68	BURTON, Peter John	Male Vet 45	Lymm Runners	27.24	252	#N/A	#N/A	#N/A	
178	67	CROALL, Louise	Female Vet 45	Lymm Runners	27.34	253	#N/A	#N/A	#N/A	
179	372	RUDMAN, Bernadette	Female Vet 60	Unattached	27.51	254	#N/A	#N/A	#N/A	
180	313	CLARKE, Gaynor	Female Senior	Swinton Running Club	27.52	255	#N/A	#N/A	#N/A	
181	303	OWEN, Tamsin	Junior Lady	Altrincham & District AC	28.04	256	#N/A	#N/A	#N/A	
182	302	OWEN, Jo	Female Vet 50	Altrincham & District AC	28.06	257	#N/A	#N/A	#N/A	
183	321	REDPATH, David	Male Vet 60	Spectrum Striders	28.14	258	#N/A	#N/A	#N/A	
184	12	THOMPSON, Olivia	Female Senior	Spectrum Striders	28.25	259	#N/A	#N/A	#N/A	
185	36	HUNTER, Diane E	Female Vet 45	Altrincham & District AC	28.31	260	#N/A	#N/A	#N/A	
186	147	HEWITT, Anne	Female Vet 60	Spectrum Striders	29.34	261	#N/A	#N/A	#N/A	
187	45	CRESSWELL, Lisa	Female Vet 40	Dragon's RC (Sale)	30.37	262	#N/A	#N/A	#N/A	
188	356	HOWARTH, Geoff	Male Vet 70	Northern Vets AC	33.41	263	#N/A	#N/A	#N/A	
189	29	RAMSDALE, Christine	Female Vet 60	Spectrum Striders	34.24	264	#N/A	#N/A	#N/A	
190	323	DELANEY, Jennifer	Female Senior	Unattached	36.13	265	#N/A	#N/A	#N/A	
191	94	WALSHAM, Arthur	Male Vet 70	Salford Harriers	38.05	266	#N/A	#N/A	#N/A	
192	37	ATTWELL, Dave	Male Vet 70	Altrincham & District AC	38.05	267	#N/A	#N/A	#N/A	
193		#N/A	#N/A	#N/A		268	#N/A	#N/A	#N/A	
194		#N/A	#N/A	#N/A		269	#N/A	#N/A	#N/A	
195		#N/A	#N/A	#N/A		270	#N/A	#N/A	#N/A	
196		#N/A	#N/A	#N/A		271	#N/A	#N/A	#N/A	
197		#N/A	#N/A	#N/A		272	#N/A	#N/A	#N/A	
198		#N/A	#N/A	#N/A		273	#N/A	#N/A	#N/A	
199		#N/A	#N/A	#N/A		274	#N/A	#N/A	#N/A	
200		#N/A	#N/A	#N/A		275	#N/A	#N/A	#N/A	
201		#N/A	#N/A	#N/A		276	#N/A	#N/A	#N/A	
202		#N/A	#N/A	#N/A		277	#N/A	#N/A	#N/A	
203		#N/A	#N/A	#N/A		278	#N/A	#N/A	#N/A	
204		#N/A	#N/A	#N/A		279	#N/A	#N/A	#N/A	
205		#N/A	#N/A	#N/A		280	#N/A	#N/A	#N/A	
206		#N/A	#N/A	#N/A		281	#N/A	#N/A	#N/A	
207		#N/A	#N/A	#N/A		282	#N/A	#N/A	#N/A	
208		#N/A	#N/A	#N/A		283	#N/A	#N/A	#N/A	
209		#N/A	#N/A	#N/A		284	#N/A	#N/A	#N/A	
210		#N/A	#N/A	#N/A		285	#N/A	#N/A	#N/A	
211		#N/A	#N/A	#N/A		286	#N/A	#N/A	#N/A	
212		#N/A	#N/A	#N/A		287	#N/A	#N/A	#N/A	
213		#N/A	#N/A	#N/A		288	#N/A	#N/A	#N/A	
214		#N/A	#N/A	#N/A		289	#N/A	#N/A	#N/A	
215		#N/A	#N/A	#N/A		290	#N/A	#N/A	#N/A	
216		#N/A	#N/A	#N/A		291	#N/A	#N/A	#N/A	
217		#N/A	#N/A	#N/A		292	#N/A	#N/A	#N/A	
218		#N/A	#N/A	#N/A		293	#N/A	#N/A	#N/A	
219		#N/A	#N/A	#N/A		294	#N/A	#N/A	#N/A	
220		#N/A	#N/A	#N/A		295	#N/A	#N/A	#N/A	
221		#N/A	#N/A	#N/A		296	#N/A	#N/A	#N/A	
222		#N/A	#N/A	#N/A		297	#N/A	#N/A	#N/A	
223		#N/A	#N/A	#N/A		298	#N/A	#N/A	#N/A	
224		#N/A	#N/A	#N/A		299	#N/A	#N/A	#N/A	
225		#N/A	#N/A	#N/A		300	#N/A	#N/A	#N/A	