

# ALTRINCHAM AND DISTRICT ATHLETIC CLUB

## BOWDON 04/06/2015 RESULTS

Pos	Number	Name	Cat.	Club	Time	Pos	Number	Name	Cat.	Club	Time
1	626	NORMAN Dave	Senior Man	Altrincham & District AC	15.57	76	571	BILLINGTON Tim	Male Vet 50	Wilmslow RC	20.29
2	648	NICHOLLS Damian	Senior Man	Wilmslow RC	16.03	77	547	BYGRAVE Diane	Lady Vet 40	Wilmslow RC	20.30
3	524	FITZPATRICK Gary	Senior Man	Wigan Harriers	16.54	78	584	PAGE Matt	Senior Man	Unattached	20.31
4	563	PICKFORD Andy	Male Vet 40	Altrincham & District AC	17.11	79	557	HOOK Christian	Male Vet 40	Wilmslow RC	20.34
5	620	PHILLIPS David	Senior Man	Unattached	17.15	80	585	ROWEN Phil	Male Vet 40	Lymm Runners	20.37
6	609	MILLS Thomas	Senior Man	Warrington AC	17.20	81	66	ELLIS Janine	Lady Vet 45	Wilmslow RC	20.39
7	619	TAYLOR Matthew	Senior Man	South Cheshire Harriers	17.30	82	45	CAMPBELL Lockie	Male Vet 50	Altrincham & District AC	20.45
8	38	WHITTINGHAM Andrew	Male Vet 45	Wilmslow RC	17.33	83	27	KELLY Paul	Male Vet 40	Spectrum Striders	20.46
9	610	CRAWFORD Ashley	Senior Man	Unattached	17.36	84	6	FALLS Chris	Senior Man	Spectrum Striders	20.47
10	634	COONEY Shane	Senior Man	Ireland	17.38	85	1	SPENCER Julian	Male Vet 55	Spectrum Striders	20.49
11	147	FULLER Adrian	Male Vet 40	Altrincham & District AC	17.39	86	551	POWERS Barrie	Male Vet 45	Styal RC	20.52
12	69	PENDRILL Jim	Male Vet 40	Wilmslow RC	17.43	87	55	MAGEE Will	Senior Man	Warrington Road Runners	20.52
13	591	SHAW Hamish	Senior Man	Knutsford Tri	17.52	88	137	LOTT Joanne	Lady Vet 45	Trafford AC	20.53
14	822	MORRIS David	Senior Man	South Cheshire Harriers	17.53	89	21	RUSSELL Alison	Senior Lady	Spectrum Striders	20.54
15	583	RACLES Dan	Junior Man	Altrincham & District AC	17.53	90	8	EHLEN Brad	Male Vet 40	Spectrum Striders	20.58
16	44	BAGAN Paul	Senior Man	Lymm Runners	17.57	91	59	PLUMB Jonnie	Male Vet 40	Macclesfield Harriers	20.59
17	99	GREEN Adam	Senior Man	Warrington AC	17.57	92	553	BROWN Tony	Male Vet 65	Northern Vets AC	21.00
18	146	LONGLEY Richard	Male Vet 40	Trentham RC	18.02	93	509	GANOSE Bev	Lady Vet 50	Altrincham & District AC	21.00
19	589	WOOLFENDEN Karl	Male Vet 45	Knutsford Tri	18.03	94	511	NOKES Steven	Senior Man	Warrington Road Runners	21.04
20	334	BATHO Charlie	Male Vet 45	Stockport Harriers	18.04	95	80	CORDINGLEY Jackie	Lady Vet 55	Sale Harriers Mcr	21.08
21	3	MILLINGTON Christopher	Male Vet 40	Spectrum Striders	18.05	96	570	TAYLOR Edward	Male Vet 45	Knutsford Tri	21.12
22	142	MCVEY Diane	Lady Vet 35	Wilmslow RC	18.07	97	81	CORDINGLEY Frank	Male Vet 50	Sale Harriers Mcr	21.16
23	539	DAVENPORT Tony	Senior Man	Trafford AC	18.22	98	596	PARRIS Richard	Male Vet 45	Unattached	21.22
24	625	CHADWICK Daniel	Senior Man	Spectrum Striders	18.26	99	533	RAINEY Timothy	Male Vet 50	Sale Harriers Mcr	21.26
25	515	WILSON Robert	Male Vet 45	Wilmslow RC	18.29	100	605	SKILLING Ron	Male Vet 60	Knutsford Tri	21.30
26	614	MATKIN Dean	Senior Man	Stockport Harriers	18.31	101	519	HULME Tony	Male Vet 65	Wilmslow RC	21.30
27	535	BATHO Ben	Junior Man	Stockport Harriers	18.32	102	507	GILBERT Geoff	Male Vet 60	Wilmslow RC	21.31
28	513	THOMPSON Steven	Senior Man	Warrington Road Runners	18.35	103	522	TRIMBLE Gareth	Male Vet 40	Wilmslow RC	21.35
29	13	HOUGHTON Mike	Male Vet 45	Spectrum Striders	18.37	104	532	FOGARTY Nick	Male Vet 45	Unattached	21.37
30	143	MCCORMICK Allan	Senior Man	Wilmslow RC	18.39	105	560	DODD Andrew	Male Vet 40	Wilmslow RC	21.37
31	600	MCCARTHY Tony	Male Vet 55	Warrington AC	18.41	106	558	McCARRON Bernard	Male Vet 50	Wilmslow RC	21.40
32	606	WOLSTENCROFT Shane	Male Vet 40	Knutsford Tri	18.44	107	633	TELFORD David	Male Vet 65	Altrincham & District AC	21.45
33	47	HUGHES Lee	Male Vet 40	Lymm Runners	18.46	108	63	RICHARDSON Gary	Male Vet 45	Stockport Harriers	21.47
34	545	HANCOCK Paul	Male Vet 45	South Cheshire Harriers	18.50	109	592	ATKINSON Marie	Senior Lady	South Cheshire Harriers	21.48
35	50	HILLDRUP Andrea	Lady Vet 35	Vale Royal AC	18.50	110	89	BRADBURY Jamie	Senior Man	Lymm Runners	21.52
36	597	SCRIFWAIN Graham	Male Vet 45	Wilmslow RC	18.52	111	577	POOLE Susan	Lady Vet 45	South Cheshire Harriers	21.54
37	56	HUNTER Mark J	Male Vet 65	Altrincham & District AC	18.52	112	608	NORMAN Timothy	Male Vet 55	Styal RC	21.56
38	505	PENNEY Andrew	Male Vet 40	Styal RC	18.53	113	53	SAUNDERS Graham	Senior Man	Manchester Harriers & AC	21.56
39	616	BLIZZARD Louise	Lady Vet 35	Belgrave Harriers	18.54	114	611	CROMPTON Matt	Senior Man	Glossopdale Harriers	21.57
40	134	JOHNSTONE Sharon	Lady Vet 40	Wilmslow RC	18.56	115	22	GARNETT Andy	Male Vet 60	Spectrum Striders	21.58
41	93	BERRY Stuart	Senior Man	Lymm Runners	19.02	116	524	RAHMAN Huma	Lady Vet 45	Wilmslow RC	22.00
42	588	LESLIE Andrew	Senior Man	Penny Lane Striders	19.03	117	637	WILLIAMS Rebecca	Senior Man	South Cheshire Harriers	22.00
43	569	OLDHAM Maurice	Male Vet 60	Manchester Harriers & AC	19.07	118	574	WYMER Michael	Male Vet 40	Sale Harriers Mcr	22.00
44	41	BROGAN Jonathan	Male Vet 45	Manchester Harriers & AC	19.18	119	138	MAIRS Stuart	Senior Man	Salford Met	22.04
45	623	HOCK Jonathan	Senior Man	Lymm Runners	19.23	120	79	JONES Tracey	Senior Lady	Dragon's RC (Sale)	22.05
46	62	RICHARDSON Hannah	Junior Lady	Stockport Harriers	19.24	121	58	SALA Tony	Male Vet 55	Lymm Runners	22.07
47	603	MURRAY Helen	Senior Lady	Knutsford Tri	19.24	122	95	BASNETT Paul	Male Vet 45	Astley & Tydesley RR	22.17
48	632	CLEGHORN Carl	Senior Man	Unattached	19.28	123	586	GRANNAN Patrick	Male Vet 60	Wilmslow RC	22.17
49	73	BUNKER Steve	Male Vet 45	Wilmslow RC	19.31	124	631	TAYLOR Andrew	Senior Man	Unattached	22.19
50	638	MYERS Aaron	Senior Man	Wilmslow RC	19.32	125	590	WILLIAMS Alan	Male Vet 50	Altrincham & District AC	22.22
51	628	WRIGLEY Mark	Male Vet 50	Unattached	19.34	126	506	SUTTON Kate	Lady Vet 50	Wilmslow RC	22.23
52	37	WHITTINGHAM Louisa	Junior Lady	Macclesfield Harriers	19.35	127	512	LONGMORE Amy	Senior Lady	Wilmslow RC	22.24
53	131	CHRISTEY Scott	Male Vet 45	Leigh Harriers & AC	19.36	128	598	DAVIES Colin	Male Vet 65	Altrincham & District AC	22.29
54	538	ATKINSON Matthew	Senior Man	Unattached	19.43	129	604	BROWN Richard	Senior Man	Knutsford Tri	22.31
55	612	DOLAN Michael	Male Vet 50	Unattached	19.48	130	97	CHAMBERLAIN Nikki	Lady Vet 45	Knutsford Tri	22.45
56	330	ATKINSON Gareth	Male Vet 45	Unattached	19.52	131	24	PICKFORD Stephen	Male Vet 40	Spectrum Striders	22.51
57	579	TURNER Paul	Male Vet 65	Bolton HH & AC	19.54	132	32	HYNES Sonia	Senior Lady	Manchester Harriers & AC	22.53
58	555	LAND Andy	Male Vet 50	Swinton RC	19.58	133	627	PORTEOUS John	Male Vet 60	Wilmslow RC	22.56
59	572	FORSTER Kenny	Male Vet 55	Spectrum Striders	19.59	134	527	HILL Gail	Lady Vet 40	Wilmslow RC	23.03
60	580	COURT John	Male Vet 45	Unattached	19.55	135	561	TUGWELL Philip	Male Vet 50	Buckley Runners	23.06
61	139	BURKE Georgia	Junior Lady	Stockport Harriers	19.58	136	34	SHAW Geoff	Male Vet 60	Helsby RC	23.14
62	300	WILSON Shayne	Senior Man	Knutsford Tri	20.02	137	75	JENKINSON Alan	Male Vet 65	Styal RC	23.17
63	49	O'KEEFE Ray	Male Vet 45	Macclesfield Harriers	20.04	138	510	ROWBOTTOM Jason	Male Vet 45	Lymm Runners	23.19
64	564	WATERSON Peter	Male Vet 45	Altrincham & District AC	20.07	139	71	CANNON Christopher	Male Vet 55	Wilmslow RC	23.27
65	60	DRASDO Alison	Lady Vet 45	Trafford AC	20.08	140	540	McGLENNON Kirsty	Lady Vet 35	Unattached	23.36
66	594	DOUGLAS Sarah	Senior Lady	Sale Harriers Mcr	20.08	141	25	ROBERTS Eleanor	Lady Vet 45	Spectrum Striders	23.38
67	11	COLES Matthew	Senior Man	Spectrum Striders	20.13	142	607	MENDHAM Gavin	Male Vet 65	Wilmslow RC	23.40
68	94	O'GORMAN Stephen	Senior Man	Unattached	20.13	143	132	DOOLEY Andrew	Male Vet 55	Styal RC	23.42
69	54	HARRISON Louisa	Lady Vet 40	Wilmslow RC	20.14	144	31	COOPER Amy	Senior Lady	Lymm Runners	23.44
70	526	NORRIS Paul	Male Vet 55	Wilmslow RC	20.14	145	541	BEATTIE Geoff	Male Vet 60	Sale Harriers Mcr	23.50
71	40	TOLAND Emma	Senior Lady	Manchester Harriers & AC	20.17	146	65	SKETT Andrew	Male Vet 55	Lymm Runners	23.55
72	28	GASKELL Andy	Male Vet 45	Spectrum Striders	20.21	147	64	HIRONS Carolyn	Lady Vet 45	Wilmslow RC	23.56
73	629	BROWN Keith	Male Vet 50	Warrington Road Runners	20.24	148	88	TOMKINS Dave	Male Vet 65	Warrington AC	23.59
74	618	FARRINGTON Ria	Senior Lady	Styal RC	20.27	149	636	HOCKENHULL Andrew	Senior Man	Unattached	24.03
75	72	POTTS Luke	Senior Man	Warrington Road Runners	20.27	150	568	PEERS Rachel	Senior Lady	Wilmslow RC	24.07

Pos	Number	Name	Cat.	Club	Time
151	68	BURTON Peter John	Male Vet 50	Lymm Runners	24.11
152	576	McGUINNESS Julie	Lady Vet 45	Unattached	24.13
153	521	WILSON Miro	Senior Lady	Unattached	24.18
154	601	CHAMBERS Barry	Male Vet 60	Vale Royal AC	24.18
155	566	WALTON Colin	Male Vet 50	Wilmslow RC	24.17
156	537	WALDRON Sarah	Lady Vet 35	Sale Harriers Mcr	24.23
157	554	TURNER Alan	Male Vet 50	Wilmslow RC	24.24
158	9	RAFFLE Alistair	Male Vet 60	Spectrum Striders	24.26
159	528	BIRCH Nina	Senior Lady	Wilmslow RC	24.29
160	559	MASON Soraya	Lady Vet 45	Wilmslow RC	24.37
161	78	FENTON Simon	Male Vet 70+	Wilmslow RC	24.39
162	597	HASLAM Rachel	Senior Lady	Astley & Tydesley RR	24.42
163	550	STRANG Sue	Lady Vet 50	Wilmslow RC	24.45
164	573	FOUNDLY Neal	Male Vet 50	Unattached	24.45
165	52	MCCLELLAND Jenny	Lady Vet 45	Lymm Runners	25.00
166	86	HACKETT Simon	Male Vet 50	Unattached	25.07
167	501	JONES Sharon	Lady Vet 45	Wilmslow RC	25.17
168	556	STOREY Paulette	Lady Vet 60	Swinton RC	25.22
169	520	RUTTER Leanne	Senior Lady	Wilmslow RC	25.23
170	14	YARWOOD Dennis	Male Vet 45	Spectrum Striders	25.27
171	18	MIRABELLA Alessandro	Senior Man	Spectrum Striders	25.30
172	2	DOOLEY John P	Male Vet 65	Spectrum Striders	25.38
173	621	MORRIS Lindsay	Senior Lady	South Cheshire Harriers	25.38
174	29	GRIFFITHS Neville	Male Vet 65	Spectrum Striders	25.42
175	562	STATHAM Linda	Lady Vet 40	Warrington Road Runners	25.47
176	87	FERNIS Mark	Male Vet 50	Sale Harriers Mcr	25.50
177	67	BURTON Mary Ann	Lady Vet 45	Lymm Runners	25.50
178	516	WYLES Janet	Lady Vet 45	Wilmslow RC	25.51
179	529	LUCAS Julie	Lady Vet 50	Wilmslow RC	25.57
180	141	TICKLE Beverley	Lady Vet 40	Astley & Tydesley RR	26.12
181	500	MILES Sarah	Lady Vet 35	Wilmslow RC	26.14
182	98	MCCORMICK Fechin	Male Vet 65	Sale Harriers Mcr	26.41
183	508	JARAS Michael	Male Vet 70+	Spectrum Striders	26.49
184	36	CRESSWELL David	Male Vet 45	Dragon's RC (Sale)	27.06
185	92	SHILLABEER Emma	Lady Vet 40	St Helens Tri	27.11
186	61	PARK Joe	Male Vet 70+	Cheshire Tally Ho	27.17
187	525	BULLOUGH Don	Male Vet 55	Wilmslow RC	27.32
188	523	GIBSON Elspeth	Lady Vet 40	Wilmslow RC	27.55
189	546	CARP Belinda	Lady Vet 45	Wilmslow RC	28.13
190	549	SWINNERTON Shelagh	Lady Vet 65+	South Cheshire Harriers	28.19
191	33	SHAW Janet	Lady Vet 60	Helsby RC	28.38
192	615	CRISP Tara	Senior Lady	South Cheshire Harriers	28.44
193	12	COLES Terry	Male Vet 70+	Spectrum Striders	28.53
194	23	DUNBAR Ian	Male Vet 60	Spectrum Striders	29.07
195	84	STANHOPE Janet	Lady Vet 50	Lymm Runners	29.13
196	613	FAULKNER Trevor	Male Vet 70+	Wilmslow RC	29.20
197	11	HACKETT Karen	Lady Vet 50	Unattached	29.23
198	10	EAVES Martin	Senior Man	Spectrum Striders	29.38
199	567	KETTLE Helen	Lady Vet 40	South Cheshire Harriers	31.20
200	35	CRESSWELL Lisa	Lady Vet 40	Dragon's RC (Sale)	31.38
201	83	O'CONNOR Katy	Lady Vet 50	Lymm Runners	33.14
202	136	ATTWELL Dave	Male Vet 70+	Altrincham & District AC	33.15
203	617	BRIGHT Ria	Lady Vet 45	Winston Runners	46.00