

# ALTRINCHAM AND DISTRICT ATHLETIC CLUB

## DUNHAM 11/06/2015 RESULTS

Pos	Number	Name	Cat.	Club	Time	Pos	Number	Name	Cat.	Club	Time
1	857	NORMAN Dave	Senior Man	Altrincham & District AC	16.12	76	784	WATERSON Peter	Male Vet 45	Altrincham & District AC	20.45
2	884	NICHOLLS Damien	Senior Man	Wilmslow RC	16.23	77	54	HARRISON Louisa	Lady Vet 40	Wilmslow RC	20.49
3	856	VALENTINE Henry	Senior Man	South Cheshire Harriers	16.34	78	72	POTTS Luke	Senior Man	Warrington Road Runners	20.50
4	74	DOYLE Stuart	Male Vet 40	Vale Royal AC	16.43	79	11	COLES Matthew	Senior Man	Spectrum Striders	20.50
5	708	WALKER Mark	Senior Man	Macclesfield Harriers	16.52	80	94	O'GORMAN Stephen	Senior Man	Unattached	20.53
6	851	LAMONT Andrew	Male Vet 40	Macclesfield Harriers	17.04	81	855	JACKSON Chris	Senior Man	Warrington Road Runners	20.55
7	714	OFFORD Mark	Senior Man	Dragon's RC (Sale)	17.15	82	722	JOHNSON Brad	Male Vet 40	Altrincham & District AC	20.56
8	781	PICKFORD Andy	Male Vet 40	Altrincham & District AC	17.22	83	835	HARGREAVES Tim	Male Vet 55	Stockport Harriers	20.56
9	794	PLATT Carl	Senior Man	Trentham RC	17.25	84	26	DRIVER Graham	Male Vet 45	Spectrum Striders	20.57
10	801	HIGHAM Dale	Senior Man	Penny Lane Striders	17.27	85	39	PLATT Russ	Male Vet 45	Warrington Road Runners	20.58
11	711	STANFORD Chris	Senior Man	Unattached	17.32	86	791	ENGLAND Allan	Male Vet 40	Unattached	20.59
12	740	BATHO Charlie	Male Vet 45	Stockport Harriers	17.42	87	59	PLUMB Jonnie	Male Vet 40	Macclesfield Harriers	20.59
13	873	HAMILTON David	Male Vet 45	Southport Waterloo	17.43	88	723	GMEREK Zoe	Lady Vet 40	Sale Harriers Mcr	21.00
14	38	WHITTINGHAM Andrew	Male Vet 45	Wilmslow RC	17.46	89	763	ROWEN Phil	Male Vet 40	Lymm Runners	21.03
15	860	CRAWFORD Ashley	Senior Man	Unattached	17.48	90	864	FARRINGTON Emma	Senior Lady	Styal RC	21.07
16	789	WILBY Rob	Male Vet 40	Knutsford Tri	17.54	91	45	CAMPBELL Lockie	Male Vet 50	Altrincham & District AC	21.08
17	797	CONNOLLY John	Male Vet 40	Penny Lane Striders	17.57	92	758	FEGAN Danny	Male Vet 45	St Helens Striders	21.12
18	796	KENNEDY Tim	Senior Man	Sale Harriers Mcr	18.08	93	817	WATSON Owen	Senior Man	U.S.A	21.14
19	829	WILKS Neil	Senior Man	Knutsford Tri	18.09	94	831	SKILLING Ron	Male Vet 60	Knutsford Tri	21.15
20	147	FULLER Adrian	Male Vet 40	Altrincham & District AC	18.10	95	137	LOTT Joanne	Lady Vet 45	Trafford AC	21.16
21	802	HAZELL Jonathan	Senior Man	Penny Lane Striders	18.14	96	737	FOGGARTY Nick	Male Vet 45	Unattached	21.20
22	44	BAGAN Paul	Senior Man	Lymm Runners	18.16	97	81	CORDINGLEY Frank	Male Vet 50	Sale Harriers Mcr	21.20
23	809	WOOLFENDEN Karl	Male Vet 45	Knutsford Tri	18.19	98	863	MELLING Arnold	Male Vet 65	Astley & Tyldesley RR	21.22
24	886	RACLE Dan	Junior Man	Altrincham & District AC	18.20	99	765	BOWDEN Stephen	Male Vet 55	Warrington Road Runners	21.22
25	3	MILLINGTON Christopher	Male Vet 40	Spectrum Striders	18.23	100	728	NOKES Steven	Senior Man	Warrington Road Runners	21.27
26	713	THOMPSON Steven	Senior Man	Warrington Road Runners	18.26	101	718	SMITH Jerry	Male Vet 60	Sale Harriers Mcr	21.29
27	844	WACKETT Matthew	Senior Man	Knutsford Tri	18.27	102	770	SMITH Helen	Lady Vet 45	Vale Royal AC	21.30
28	814	LEE Christopher	Senior Man	Penny Lane Striders	18.34	103	724	VAUGHAN Michelle	Lady Vet 40	East Cheshire	21.32
29	146	LONGLEY Richard	Male Vet 40	Trentham RC	18.35	104	28	GASKELL Andy	Male Vet 45	Spectrum Striders	21.36
30	142	MCVEY Diane	Lady Vet 35	Wilmslow RC	18.36	105	138	MAIRS Stuart	Senior Man	Salford Met	21.37
31	727	SWIRE Christopher	Male Vet 45	East Cheshire	18.43	106	19	WHITFIELD Liz	Lady Vet 35	Spectrum Striders	21.38
32	745	DAVENPORT Tony	Senior Man	Trafford AC	18.44	107	849	GANOSE Bev	Lady Vet 50	Altrincham & District AC	21.39
33	839	GRANT Nigel	Male Vet 50	Penny Lane Striders	18.46	108	726	HADDOCK Jim	Male Vet 40	Warrington Road Runners	21.45
34	881	BURKE Anthony	Male Vet 40	Lymm Runners	18.48	109	877	MURRAY Richard	Male Vet 45	Vale Royal AC	21.46
35	143	MCCORMICK Allan	Senior Man	Wilmslow RC	18.50	110	803	FORSTER Karon	Lady Vet 50	Spectrum Striders	21.48
36	776	DOWNS Juliet	Junior Lady	Stockport Harriers	18.57	111	739	RAINEY Timothy	Male Vet 50	Sale Harriers Mcr	21.49
37	750	MARCH Chris	Senior Man	Manchester YMCA Harriers	19.02	112	832	AIRD Paul	Male Vet 55	Last Inn Runners	21.49
38	777	DOWNS Ellen	Junior Lady	Stockport Harriers	19.04	113	8	EHLIN Brad	Male Vet 40	Spectrum Striders	21.50
39	830	WOLSTENCROFT Shane	Male Vet 40	Knutsford Tri	19.08	114	89	BRADBURY Jamie	Senior Man	Lymm Runners	21.53
40	135	HOLMES David	Male Vet 40	Lymm Runners	19.11	115	80	CORDINGLEY Jackie	Lady Vet 55	Sale Harriers Mcr	21.54
41	13	HOUGHTON Mike	Male Vet 45	Spectrum Striders	19.17	116	874	JACKSON Edward	Male Vet 45	Unattached	21.59
42	93	BERRY Stuart	Senior Man	Lymm Runners	19.22	117	871	HALLIGAN Kelly	Senior Lady	Unattached	22.07
43	785	ATAK Paul	Male Vet 40	Unattached	19.24	118	736	GREHAN Alan	Senior Man	Warrington Road Runners	22.15
44	47	HUGHES Lee	Male Vet 40	Lymm Runners	19.27	119	885	WYMAN Michael	Male Vet 40	Sale Harriers Mcr	22.20
45	795	GREAVES Tom	Senior Man	Warrington Road Runners	19.28	120	140	WALMSLEY Tony	Male Vet 45	Lymm Runners	22.20
46	762	BENNETT Giles	Male Vet 45	Bury AC	19.29	121	847	NORMAN Tim	Male Vet 55	Tally Ho	22.22
47	56	HUNTER Mark J	Male Vet 55	Altrincham & District AC	19.29	122	869	CROMPTON Matt	Senior Man	Glossopdale Harriers	22.23
48	866	PENNEY Andrew	Male Vet 40	Styal RC	19.32	123	754	VAUGHAN David	Senior Man	Altrincham & District AC	22.25
49	808	LESLIE Andrew	Senior Man	Penny Lane Striders	19.34	124	63	RICHARDSON Gary	Male Vet 45	Stockport Harriers	22.25
50	134	JOHNSTONE Sharon	Lady Vet 40	Wilmslow RC	19.37	125	100	HOLLAND Andrew	Senior Man	Warrington Road Runners	22.28
51	7	ADAIR Neil	Senior Man	Spectrum Striders	19.41	126	810	WILLIAMS Alan	Male Vet 50	Altrincham & District AC	22.30
52	755	PERRY James	Senior Man	Macclesfield Harriers	19.42	127	845	MULRYAN Jane	Lady Vet 60	Stockport Harriers	22.32
53	37	WHITTINGHAM Louisa	Junior Lady	Macclesfield Harriers	19.46	128	58	SALA Tony	Male Vet 55	Lymm Runners	22.34
54	783	COLLINS David	Male Vet 50	Wigan Harriers	19.53	129	840	TRIVETT Amanda	Lady Vet 35	Stockport Harriers	22.39
55	41	BROGAN Jason	Male Vet 45	Manchester Harriers & AC	19.56	130	738	WILLIAMS Michael	Senior Man	Unattached	22.39
56	782	TAYLOR Jayne	Lady Vet 50	Wigan Harriers	19.58	131	95	BASNETT Paul	Male Vet 45	Astley & Tyldesley RR	22.40
57	131	CHRISTEY Scott	Male Vet 45	Leigh Harriers & AC	20.03	132	853	TELFORD David	Male Vet 65	Altrincham & District AC	22.44
58	878	WALSH John	Male Vet 40	Warrington Road Runners	20.03	133	79	JONES Tracey	Senior Lady	Dragon's RC (Sale)	22.45
59	744	ATKINSON Matthew	Senior Man	Unattached	20.08	134	865	BARNES Tanja	Lady Vet 45	Warrington Road Runners	22.47
60	73	BUNKER Steve	Male Vet 45	Wilmslow RC	20.12	135	825	SHEEMAN Richard	Senior Man	Unattached	22.47
61	139	BURKE Georgia	Junior Lady	Stockport Harriers	20.13	136	858	PUGH Anne	Lady Vet 60	Altrincham & District AC	22.48
62	804	FORSTER Kenny	Male Vet 55	Spectrum Striders	20.16	137	22	GARNETT Andy	Male Vet 60	Spectrum Striders	22.49
63	15	BROWN Alexander	Senior Man	Spectrum Striders	20.19	138	807	VESEY Alison	Lady Vet 50	Altrincham & District AC	22.49
64	702	TAYLOR Matthew	Male Vet 40	Wilmslow RC	20.22	139	848	GRANNAN Patrick	Male Vet 60	Wilmslow RC	22.50
65	705	NORRIS Paul	Male Vet 55	Wilmslow RC	20.24	140	774	RITCHIE Kate	Senior Lady	Unattached	22.51
66	859	DOLAN Michael	Male Vet 50	Unattached	20.26	141	811	MOWAT Nicky	Lady Vet 55	Wilmslow RC	22.55
67	60	DRASDO Alison	Lady Vet 45	Trafford AC	20.30	142	55	MAGEE Will	Senior Man	Warrington Road Runners	22.55
68	51	GREEN Daniel	Male Vet 40	Warrington Road Runners	20.30	143	703	BENNETT Alan	Male Vet 55	Unattached	23.02
69	49	O'KEEFE Ray	Male Vet 45	Macclesfield Harriers	20.31	144	706	WAUDBY Stewart	Male Vet 40	Macclesfield Harriers	23.05
70	40	TOLAND Emma	Senior Lady	Manchester Harriers & AC	20.35	145	32	HYNES Sonia	Senior Lady	Manchester Harriers & AC	23.07
71	720	MULHOLLAND Keith	Male Vet 50	Macclesfield Harriers	20.35	146	34	SHAW Geoff	Male Vet 60	Helsby RC	23.08
72	719	BROWN Keith	Male Vet 50	Warrington Road Runners	20.36	147	799	FRANKLAND Richard	Senior Man	Unattached	23.10
73	854	PICKWELL Peter	Male Vet 60	Altrincham & District AC	20.36	148	798	COULTER Garath	Male Vet 40	Unattached	23.10
74	1	SPENCER Julian	Male Vet 55	Spectrum Striders	20.41	149	97	CHAMBERLAIN Nikki	Lady Vet 45	Knutsford Tri	23.12
75	876	BENNETT James	Senior Man	Unattached	20.43	150	729	ROWBOTTOM Jason	Male Vet 45	Lymm Runners	23.12

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Pos Number	Name	Cat.	Club	Time	Pos Number	Name	Cat.	Club	Time		
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151	815	WATSON Louise	Lady Vet 35	Penny Lane Striders	23.23	226	841	HEALD Melanie Jo	Lady Vet 35	Unattached	27.32
152	880	QUINN Dylan	Junior Man	Unattached	23.28	227	732	HASLER Saranya	Senior Lady	Macclesfield Harriers	27.33
153	75	JENKINSON Alan	Male Vet 65	Styal RC	23.31	228	790	ENGLAND Lynne	Lady Vet 35	Unattached	27.36
154	768	HOUGHTON John	Male Vet 55	Unattached	23.32	229	757	LYSONS Alison	Lady Vet 50	Warrington Road Runners	27.38
155	842	TAYLOR Andrew	Senior Man	Unattached	23.34	230	710	UPTON Carol	Lady Vet 35	Macclesfield Harriers	27.40
156	725	EVANS Tim	Male Vet 55	Lymm Runners	23.42	231	824	NOCKLES Catherine	Senior Lady	Unattached	27.41
157	843	CHAMBERS Barry	Male Vet 60	Vale Royal AC	23.44	232	36	CRESSWELL David	Male Vet 45	Dragon's RC (Sale)	27.49
158	46	CAMPBELL Annette	Lady Vet 50	Altrincham & District AC	23.48	233	862	ROBSON Keith	Male Vet 70+	Manchester Tri	27.54
159	883	COOPER Matthew	Senior Man	Macclesfield Harriers	23.52	234	61	PARK Joe	Male Vet 70+	Cheshire Tally Ho	27.56
160	850	MCCANN Carl	Senior Man	Unattached	23.55	235	92	SHILLABEER Emma	Lady Vet 40	St Helens Tri	27.59
161	882	GRAVES Rob	Male Vet 40	Macclesfield Harriers	23.58	236	764	MATTHEWS Sarah	Lady Vet 35	Warrington Road Runners	28.17
162	769	BRETT Mark	Male Vet 45	Unattached	23.59	237	875	BENNETT Claire	Senior Lady	Warrington Road Runners	28.50
163	30	COLVIN James	Senior Man	Unattached	24.02	238	775	DOWNNS Catherine	Lady Vet 50	Stockport Harriers	28.53
164	715	LOMAS Steve	Male Vet 45	Macclesfield Harriers	24.05	239	707	RUSSELL Lindsey	Lady Vet 45	Macclesfield Harriers	28.58
165	837	MURPHY Neil	Male Vet 50	Macclesfield Harriers	24.05	240	23	DUNBAR Ian	Male Vet 60	Spectrum Striders	29.05
166	712	FRASER Helen	Lady Vet 50	Stockport Harriers	24.06	241	12	COLES Terry	Male Vet 70+	Spectrum Striders	29.07
167	132	DOOLEY Andrew	Male Vet 55	Styal RC	24.10	242	33	SHAW Janet	Lady Vet 60	Helsby RC	29.10
168	31	COOPER Amy	Senior Lady	Lymm Runners	24.12	243	721	DEVINE Dawn	Lady Vet 50	Macclesfield Harriers	29.18
169	746	McGLENNON Kirsty	Lady Vet 35	Unattached	24.14	244	84	STANHOPE Janet	Lady Vet 50	Lymm Runners	29.35
170	25	ROBERTS Eleanor	Lady Vet 45	Spectrum Striders	24.16	245	818	WATSON Victoria	Senior Lady	U.S.A	30.03
171	71	CANNON Christopher	Male Vet 55	Wilmslow RC	24.16	246	83	O'CONNOR Katy	Lady Vet 50	Lymm Runners	30.17
172	786	McGUINNESS Julie	Lady Vet 45	Unattached	24.17	247	10	EAVES Martin	Senior Man	Spectrum Striders	30.18
173	65	SKETT Andrew	Male Vet 55	Lymm Runners	24.21	248	85	HACKETT Karen	Lady Vet 50	Unattached	30.42
174	772	MURRAY Barbara	Lady Vet 55	Macclesfield Harriers	24.22	249	828	GOODMAN Karen	Senior Lady	Unattached	30.54
175	5	THOMPSON Dave	Male Vet 65	Spectrum Striders	24.25	250	709	LYNCH Pauline	Lady Vet 65+	Macclesfield Harriers	31.06
176	701	TURTON Liz	Lady Vet 55	Stockport Harriers	24.25	251	145	MILNER Sarah	Senior Lady	Warrington Road Runners	31.52
177	52	MCCLELLAND Jenny	Lady Vet 45	Lymm Runners	24.30	252	35	CRESSWELL Lisa	Lady Vet 40	Dragon's RC (Sale)	32.54
178	700	TURTON David	Male Vet 60	Stockport Harriers	24.32	253	731	SCHILLING Sue	Lady Vet 45	Macclesfield Harriers	33.54
179	823	WILLSON Lydia	Senior Lady	Lymm Runners	24.35	254	749	DELANEY Jennifer	Senior Lady	Manchester YMCA Harriers	37.18
180	743	WALDRON Sarah	Lady Vet 35	Sale Harriers Mcr	24.36	255	805	DOYLE Deborah	Lady Vet 65+	Macclesfield Harriers	37.28
181	872	DAVIS Emma	Senior Lady	Lymm Runners	24.36	256	136	ATTWELL Dave	Male Vet 70+	Altrincham & District AC	37.29
182	852	McCARTHY Angela	Lady Vet 50	Wilmslow RC	24.42	257	788	BRIGHT Ria	Lady Vet 45	Winston Runners	45.35
183	64	HIRONS Carolyn	Lady Vet 45	Wilmslow RC	24.48	258		#/A	#/A	#/A	
184	43	ROGERS Rosemary	Lady Vet 65+	West Cheshire AC	24.51	259		#/A	#/A	#/A	
185	771	POTTS Stephanie	Senior Lady	Unattached	24.53	260		#/A	#/A	#/A	
186	870	JOHNSON Sarah	Lady Vet 35	Glossopdale Harriers	24.56	261		#/A	#/A	#/A	
187	86	HACKETT Simon	Male Vet 50	Unattached	25.00	262		#/A	#/A	#/A	
188	9	RAFFLE Alistair	Male Vet 60	Spectrum Striders	25.00	263		#/A	#/A	#/A	
189	793	TAYLOR Miranda	Lady Vet 45	Knutsford Tri	25.03	264		#/A	#/A	#/A	
190	82	CORDINGLEY Victoria	Senior Lady	Sale Harriers Mcr	25.04	265		#/A	#/A	#/A	
191	751	TODD Helen	Lady Vet 60	Stockport Harriers	25.04	266		#/A	#/A	#/A	
192	819	NUNNERLEY Emma	Lady Vet 35	Lymm Runners	25.07	267		#/A	#/A	#/A	
193	730	SPARKMAN Joanna	Lady Vet 45	Lymm Runners	25.09	268		#/A	#/A	#/A	
194	78	FENTON Simon	Male Vet 70+	Wilmslow RC	25.10	269		#/A	#/A	#/A	
195	813	HASLAM Rachel	Senior Lady	Astley & Tyldesley RR	25.19	270		#/A	#/A	#/A	
196	780	STATHAM Linda	Lady Vet 40	Warrington Road Runners	25.20	271		#/A	#/A	#/A	
197	833	BRADLEY Michael	Male Vet 55	Spectrum Striders	25.21	272		#/A	#/A	#/A	
198	67	BURTON Mary Ann	Lady Vet 45	Lymm Runners	25.29	273		#/A	#/A	#/A	
199	735	GREHAN Denise	Lady Vet 35	Warrington Road Runners	25.35	274		#/A	#/A	#/A	
200	14	YARWOOD Dennis	Male Vet 45	Spectrum Striders	25.35	275		#/A	#/A	#/A	
201	29	GRIFFITHS Neville	Male Vet 65	Spectrum Striders	25.39	276		#/A	#/A	#/A	
202	846	MULRYAN Martin	Male Vet 55	Unattached	25.43	277		#/A	#/A	#/A	
203	756	BUCK Sue	Male Vet 45	Spectrum Striders	25.44	278		#/A	#/A	#/A	
204	827	HEARTY Michael	Senior Man	Unattached	25.46	279		#/A	#/A	#/A	
205	141	TICKLE Beverley	Lady Vet 40	Astley & Tyldesley RR	25.48	280		#/A	#/A	#/A	
206	2	DOOLEY John P	Male Vet 65	Spectrum Striders	25.51	281		#/A	#/A	#/A	
207	761	THOMPSON John	Male Vet 40	Unattached	25.53	282		#/A	#/A	#/A	
208	816	WHITFIELD Mark	Male Vet 40	Altrincham & District AC	26.03	283		#/A	#/A	#/A	
209	826	CHADWICK Louise	Senior Lady	Unattached	26.06	284		#/A	#/A	#/A	
210	704	WORTHINGTON Stephanie	Senior Lady	Unattached	26.17	285		#/A	#/A	#/A	
211	879	BAMFORD Angela	Lady Vet 50	Altrincham & District AC	26.18	286		#/A	#/A	#/A	
212	800	HOWARD Kathryn	Senior Lady	Lymm Runners	26.22	287		#/A	#/A	#/A	
213	734	GUNN Alison	Lady Vet 50	Macclesfield Harriers	26.24	288		#/A	#/A	#/A	
214	867	KELLY Michelle	Lady Vet 55	Penny Lane Striders	26.28	289		#/A	#/A	#/A	
215	868	KELLY John	Male Vet 50	Penny Lane Striders	26.28	290		#/A	#/A	#/A	
216	838	SMITH Becky	Junior Lady	Vale Royal AC	26.35	291		#/A	#/A	#/A	
217	759	SMITH Julie	Lady Vet 45	Macclesfield Harriers	26.56	292		#/A	#/A	#/A	
218	787	GRANT Christine	Lady Vet 45	Unattached	27.02	293		#/A	#/A	#/A	
219	57	HUNTER Diane E	Lady Vet 45	Altrincham & District AC	27.09	294		#/A	#/A	#/A	
220	753	HANCOCK David	Male Vet 65	Macclesfield Harriers	27.20	295		#/A	#/A	#/A	
221	717	JENNER Kate	Senior Lady	Macclesfield Harriers	27.24	296		#/A	#/A	#/A	
222	812	JARAS Michael	Male Vet 70+	Spectrum Striders	27.28	297		#/A	#/A	#/A	
223	861	BARLOW Alan	Male Vet 65	Altrincham & District AC	27.29	298		#/A	#/A	#/A	
224	748	CANTRELL Nicola	Lady Vet 35	Macclesfield Harriers	27.29	299		#/A	#/A	#/A	
225	98	MCCORMICK Fechin	Male Vet 65	Sale Harriers Mcr	27.31	300		#/A	#/A	#/A	