

**ALTRINCHAM & DISTRICT ATHLETIC CLUB
BOWDON 5K 09/06/2016 RESULTS**

1	121	NICHOLLS, Damian	Male Senior	Wilmslow RC	16.02
2	133	PRIOR, Christian	Male Senior	Salford Harriers	16.21
3	829	BERKS, Michael	Male Senior	Altrincham & District AC	16.45
4	125	BAINS, Peter	Male Senior	Trafford AC	16.46
5	787	JOWETT, Kevin	Male Vet 40	East Cheshire Harriers	16.48
6	109	STANFORD, Chris	Male Senior	Unattached	17.02
7	42	MUIR, Robin	Male Senior	Spectrum Striders	17.03
8	8	BAGAN, Paul	Male Senior	Spectrum Striders	17.06
9	832	PHILLIPS, David	Male Senior	South Cheshire Harriers	17.13
10	27	HUGHES, Lee	Male Vet 40	Lymm Runners	17.16
11	828	HARRINGTON, Michael	Male Vet 40	Vale Royal AC	17.22
12	93	WHITTINGHAM, Andrew	Male Vet 45	Wilmslow RC	17.24
13	837	MATKIN, Dean	Male Senior	Stockport Harriers	17.34
14	59	MILLS, Thomas	Male Senior	Warrington AC	17.42
15	90	WATMOUGH, Stephen	Male Vet 50	Warrington AC	17.44
16	762	BATHO, Charlie	Male Vet 45	Stockport Harriers	17.49
17	798	MORRIS, David	Male Senior	South Cheshire Harriers	17.52
18	815	THOMPSON, Steven	Male Senior	Warrington Road Runners	17.53
19	804	RACLE, Daniel	Male Junior	Altrincham & District AC	17.54
20	89	COLL, Jerry	Male Vet 40	Warrington Road Runners	18.01
21	796	MCINTYRE, Ben	Male Senior	Sale Harriers Mchr	18.03
22	87	MILLINGTON, Christopher	Male Vet 45	Spectrum Striders	18.08
23	845	MARTELL, Dan	Male Senior	Altrincham & District AC	18.10
24	819	WILLIAMS, Rob	Male Senior	Liverpool Harriers Ac	18.17
25	119	HOLLOWAY, Andy	Male Vet 50	Unattached	18.19
26	821	WOLSTENCROFT, Shane	Male Vet 40	Knutsford Tri Club	18.33
27	95	ARMSTRONG, Tom	Male Senior	Vale Royal AC	18.37
28	17	ANTROBUS, Jack	Male Senior	Spectrum Striders	18.43
29	131	CRAIG, Lisa	Female Senior	Altrincham & District AC	18.46
30	88	SHAW, Mike	Male Vet 50	Stockport Harriers	18.54
31	61	HOUGHTON, Mike	Male Vet 45	Spectrum Striders	19.00
32	772	DOUGLAS, Sarah	Female Senior	Sale Harriers Mchr	19.01
33	812	STARKEY, Andy	Male Vet 55	West Cheshire AC	19.04
34	39	DAVIES, Brian	Male Vet 50	Unattached	19.12
35	781	HEGGS, Robert	Male Vet 40	Sale Harriers Mchr	19.13
36	759	OLDHAM, Maurice	Male Vet 60	Manchester Harriers & AC	19.14
37	783	HILL, Mike	Male Vet 50	Wilmslow Rc	19.17
38	107	HUNTER, Mark J	Male Vet 55	Altrincham & District AC	19.22
39	94	WHITTINGHAM, Louisa	Female Junior	Macclesfield Harriers	19.26
40	761	HURFURT, Gareth	Male Vet 45	Hyde Village Striders	19.30
41	123	PECK, Jude	Female Vet 40	Spectrum Striders	19.31
42	756	ATKINSON, Gareth	Male Vet 45	Unattached	19.32
43	808	SHELDON, John	Male Vet 40	Lymm Runners	19.34
44	794	MCCARTHY, Tony	Male Vet 55	Warrington Athletic Club	19.40
45	830	PENNEY, Andrew	Male Vet 40	Styal RC	19.43
46	790	LIM, Michael	Male Senior	Unattached	19.43

47	809	SHONE, Bill	Male Vet 45	Stockport Harriers	19.51
48	785	JELLYMAN, Richard	Male Senior	Altrincham & District AC	19.55
49	117	JOHNSTON, Lewis	Male Senior	Unattached	19.55
50	41	ROWEN, Phil	Male Vet 40	Lymm Runners	19.57
51	843	THOMPSON, Henry	Male Junior	Altrincham & District AC	19.58
52	797	MILES, Alan	Male Vet 65	Fetch Everyone	20.02
53	764	BLANN, Lora	Female Vet 35	Altrincham & District AC	20.05
54	54	NORRIS, Paul	Male Vet 55	Wilmslow RC	20.08
55	820	WILLSON, Greg	Male Senior	Lymm Runners	20.10
56	118	LINDSEY, Ashley	Male Vet 45	Sale Harriers Mchr	20.21
57	67	READING, Mark	Male Vet 40	Unattached	20.22
58	122	ABRAHAM, Paul	Male Vet 40	Altrincham & District AC	20.23
59	836	PATEL, Girish	Male Vet 45	Salford Metropolitan Ac	20.28
60	64	MORRIS, Lee	Male Senior	Unattached	20.29
61	40	SHILLABEER, Matt	Male Vet 40	St Helens Tri	20.31
62	789	KENNAUGH, Richard	Male Vet 45	Unattached	20.34
63	76	POWERS, Barrie	Male Vet 45	Styal RC	20.43
64	84	JOHNSON, Brad	Male Vet 40	Altrincham & District AC	20.48
65	16	LOTT, Joanne	Female Vet 50	Trafford AC	20.49
66	108	WATERSON, Peter	Male Vet 45	Altrincham & District AC	20.53
67	115	BRADBURY, Jamie	Male Senior	Lymm Runners	20.55
68	825	BLIZZARD, Louise	Female Vet 40	Belgrave	21.02
69	788	KEELING, William	Male Vet 45	Knutsford Tri Club	21.06
70	791	LOMAX, Bobbie	Female Vet 40	Warrington Running Club	21.07
71	60	PLUMB, Jonnie	Male Vet 40	Macclesfield Harriers	21.07
72	62	BROAD, Ellen	Female Senior	Spectrum Striders	21.08
73	12	DRIVER, Graham	Male Vet 45	Spectrum Striders	21.12
74	766	BOOTH, Kevin	Male Vet 45	Knutsford Tri Club	21.20
75	3	EHLEN, Brad	Male Vet 45	Spectrum Striders	21.21
76	792	MAIRS, Stuart	Male Senior	Salford Metropolitan Ac	21.22
77	818	WILLIAMS, James	Male Vet 40	Lymm Runners	21.32
78	847	GARRISON, Andrew	Male Senior	Unattached	21.36
79	43	WOMACK, Mike	Male Senior	Lymm Runners	21.38
80	838	RACE, Mike	Male Vet 55	Salford Metropolitan Ac	21.39
81	58	BASNETT, Paul	Male Vet 45	Astley & Tyldesley RR	21.40
82	55	AIRD, Paul	Male Vet 55	Last Inn Runners	21.42
83	130	GAUNT, Duane	Male Senior	Sale Harriers Mchr	21.43
84	1	SPENCER, Julian	Male Vet 55	Spectrum Striders	21.44
85	69	MILLS, Rebecca	Female Vet 35	Swinton RC	21.44
86	112	REAGAN, Helen	Female Vet 45	Sale Harriers Mchr	21.57
87	842	BROWN, Keith	Male Vet 50	Warrington Road Runners	22.00
88	71	WALMSLEY, Tony	Male Vet 50	Lymm Runners	22.06
89	120	WILLIAMS, Alan	Male Vet 55	Altrincham & District AC	22.07
90	817	WALKER, Georgina	Female Vet 40	Lymm Runners	22.09
91	80	DEVONPORT, Steve	Male Vet 40	Unattached	22.10
92	770	DALY, Catherine	Female Vet 35	East Cheshire Harriers	22.11
93	83	SKETT, Andrew	Male Vet 60	Lymm Runners	22.13
94	767	BUTTERWORTH, Danny	Male Senior	Unattached	22.20
95	78	LAMB, Alan	Male Vet 45	Dragon's RC (Sale)	22.23
96	841	WYMER, Michael	Male Vet 40	Sale Harriers Mchr	22.33

97	801	NORMAN, Tim	Male Vet 55	Styal RC	22.37
98	846	NAVIN, Amanda	Female Senior	Unattached	22.40
99	806	PERRY, Aaron	Male Senior	Unattached	22.40
100	826	BOWDEN, Stephen	Male Vet 55	Warrington Road Runners	22.42
101	763	BERRY, Martin	Male Vet 40	Warrington Road Runners	22.43
102	755	DICKINSON, Duncan	Male Vet 50	Altrincham & District AC	22.58
103	47	HARRISON, Anthony	Male Vet 50	Winston Runners	23.03
104	753	ROWBOTTOM, Jason	Male Vet 45	Lymm Runners	23.08
105	26	COOPER, Amy	Female Senior	Lymm Runners	23.10
106	823	FAULKNER, David	Male Vet 55	Unattached	23.16
107	52	PRINCE, Chris	Male Senior	Spectrum Striders	23.25
108	807	SADIQ, Imran	Male Senior	Unattached	23.28
109	75	KELLY, Denis	Male Vet 45	Manchester Harriers & AC	23.33
110	780	HEBBLETHWAITE, Claire	Female Vet 35	Knutsford Tri Club	23.35
111	834	CARROLL, Nicholas	Male Senior	Unattached	23.35
112	840	BENNETT, Alan	Male Vet 55	Unattached	23.37
113	126	ROBERTS, Eleanor	Female Vet 45	Spectrum Striders	23.54
114	835	HARDIE, Petra	Female Vet 40	Lymm Runners	24.02
115	32	JENKINSON, Alan	Male Vet 65	Styal RC	24.05
116	19	MIRABELLA, Alessandro	Male Senior	Spectrum Striders	24.10
117	779	HAMPTON, Katie	Female Senior	Unattached	24.14
118	129	CORDINGLEY, Victoria	Female Senior	Sale Harriers Mchr	24.15
119	128	BEATTIE, Geoff	Male Vet 60	Sale Harriers Mchr	24.22
120	848	ABRAHAMSEN, Liam	Male Senior	Unattached	24.25
121	44	CROALL, John	Male Vet 55	Lymm Runners	24.27
122	37	NEARY, Yvonne	Female Vet 50	Unattached	24.29
123	28	BURTON, Mary Ann	Female Vet 50	Lymm Runners	24.32
124	795	MCCORMICK, Fechin	Male Vet 65	Sale Harriers Mchr	24.33
125	754	NUNNERLEY, Emma	Female Vet 35	Lymm Runners	24.40
126	91	THOMPSON, Steph	Female Vet 45	Altrincham & District AC	24.43
127	74	LOMAX, Jayne	Female Vet 45	Vale Royal AC	24.45
128	22	SHAW, Geoff	Male Vet 60	Helsby RC	24.48
129	799	MORRIS, Lindsay	Female Senior	South Cheshire Harriers	24.50
130	104	DOOLEY, Andrew	Male Vet 55	Styal RC	24.52
131	132	NICHOLSON, Jane	Female Vet 45	Altrincham & District AC	25.01
132	79	GRIFFITHS, Neville	Male Vet 70	Spectrum Striders	25.02
133	110	SEYMOUR, Gaynor	Female Vet 40	Lymm Runners	25.07
134	21	CONNOR, Joseph	Male Senior	BramHall Runners	25.09
135	750	WALKER, Chris	Male Vet 50	Unattached	25.12
136	66	ROGERS, Rosemary	Female Vet 65	West Cheshire AC	25.13
137	784	HOWELL, Graham	Male Vet 65	Liverpool Harriers	25.18
138	68	EATON, Fiona	Female Vet 45	Lymm Runners	25.27
139	34	HACKETT, Simon	Male Vet 55	Unattached	25.33
140	833	WILD, Tania	Female Senior	Lymm Runners	25.44
141	810	SMITH, David	Male Vet 45	Unattached	25.53
142	775	FOUNDLY, Neal	Male Vet 50	Unattached	25.54
143	10	ARBER, Carolyn	Female Vet 55	Spectrum Striders	25.55
144	113	FENTON, Simon	Male Vet 70	Wilmslow RC	25.57
145	36	RAFFLE, Alistair	Male Vet 60	Spectrum Striders	26.04
146	831	DUNNING, Claire	Female Vet 35	Unattached	26.23

147	757	DELANEY, John	Male Vet 70	Stockport Harriers	26.25
148	769	COTTON, Andrew	Male Vet 45	Unattached	26.33
149	48	SPRINGALL, Stephen	Male Vet 50	Spectrum Striders	26.36
150	7	JARAS, Michael	Male Vet 70	Spectrum Striders	26.47
151	4	DOOLEY, John P	Male Vet 65	Spectrum Striders	26.49
152	114	MCDERMOTT, Sarah	Female Vet 35	Lymm Runners	26.54
153	31	KELLY, Michelle	Female Vet 55	Penny Lane Striders	26.56
154	30	KELLY, John	Male Vet 50	Penny Lane Striders	26.57
155	814	THOMPSON, John	Male Vet 45	Unattached	26.59
156	63	HARRIS, Melanie	Female Senior	Unattached	27.00
157	100	SHILLABEER, Emma	Female Vet 40	St Helens Tri	27.18
158	827	POWNALL, Roy	Male Vet 55	Wilmslow RC	27.49
159	18	CHINEA, Jane	Female Vet 50	Lymm Runners	27.52
160	33	HACKETT, Karen	Female Vet 50	Unattached	27.58
161	105	HUNTER, Diane E	Female Vet 50	Altrincham & District AC	28.27
162	23	SHAW, Janet	Female Vet 60	Helsby RC	29.05
163	816	WALDRON, Sarah	Female Vet 35	Sale Harriers Mchr	29.19
164	5	COLES, Terry	Male Vet 70	Spectrum Striders	29.25
165	839	BECKETT, Alexander	Male Senior	Salford Metropolitan Ac	29.27
166	106	HUNTER, Hannah	Female Senior	Altrincham & District AC	29.29
167	82	BACKLER, Diane	Female Vet 50	Lymm Runners	29.33
168	9	DUNBAR, Ian	Male Vet 60	Spectrum Striders	30.44
169	20	ATTWELL, Dave	Male Vet 75	Altrincham & District AC	30.51
170	803	NELSON, Jane	Female Vet 45	Lymm Runners	30.58
171	38	RUDGE, Hayley	Female Senior	Lymm Runners	32.12
172	751	LOMAX, Katie	Female Senior	Lymm Runners	32.21
173	85	WALSH, Linda	Female Vet 55	Lymm Runners	32.37
174	25	JONES, Elena	Female Vet 45	Lymm Runners	32.41
175	822	BARLOW, Alan	Male Vet 65	Altrincham & District AC	36.26
176	86	WALSHAM, Arthur	Male Vet 80+	Salford Harriers	44.34
177	824	BRIGHT, Ria	Female Vet 45	Denby Dale	45.28