

Pennington Flash 5 Mile Trail Race 2016

Time

1	116	Chris Farrell	Horwich RMI Harriers	Sen M	25.05
2	82	Adam Slodowicz	Salford Harriers	Sen M	25.58
3	149	Liam Burthem	Liverpool H	U20M	26.20
4	71	Neil Pendlebury	Leigh Harriers & AC	Sen M	26.25
5	59	Callum McCormick	Leigh Harriers & AC	U20M	27.01
6	154	John Knowles	Bolton U H	V40	27.24
7	164	Peter Beyer	PB Fitness Acedemy	Sen M	27.35
8	60	Phill Williams	Leigh Harriers & AC	Sen M	27.56
9	89	Joe Bailey	Salford Harriers	Sen M	28.16
10	117	James Hilton	Wigan Phoenix	Sen M	28.21
11	162	Billy McArtney	Salford Harriers	V40	28.32
12	57	William Rawson	Unattached	V40	29.02
13	166	Simon Dally	Bolton U H	V45	29.07
14	160	Tom Henders	Leigh Harriers & AC	Sen M	29.10
15	21	Daniel Bird	Swinton RC	Sen M	29.38
16	70	Liam Moore	Leigh Harriers & AC	Sen M	29.48
17	126	Tony Flanagan	Swinton RC	V50	30.13
18	132	Simon Walker	Bolton U H	Sen M	30.27
19	106	Martin Quinn	Chorley Ath & Tri	Sen M	30.45
20	141	Louisa Thompson	Leigh Harriers & AC	L35	30.50
21	189	David Parkinson	Chorley Ath & Tri	V50	30.58
22	153	Lee White	Burnden RR	V40	31.01
23	178	George Norris	Chorley Ath & Tri	U17M	31.22
24	188	Shane Wolstencroft	Knutsford Tri C	V45	31.24
25	13	Andy Staveley	Burnden RR	V55	31.28
26	43	Simon Jackson	Sale Harriers	V40	31.52
27	197	Ian Warrington	Radcliffe AC	Sen M	31.53
28	114	Simon Ford	Astley & Tyldesley RR	V40	31.55
29	194	Bailey Stevenson	Salford Met	V50	32.02
30	169	Robert Short	Burnden RR	Sen M	32.06
31	5	Kristian Wade	Leigh Harriers & AC	U17	32.10
32	68	Steven Doxey	Swinton RC	V55	32.13
33	73	Martin Conroy	Leigh Harriers & AC	V45	32.25
34	81	Paul Mills	Bolton U H	V50	32.27
35	196	John Indriks	Leigh Harriers & AC	V40	32.29
36	85	Garry Chadderton	Horwich RMI Harriers	V50	32.34
37	148	Andrew Henderson	Burnden RR	Sen M	32.37
38	142	Garry Dutton	Leigh Harriers & AC	V50	32.42
39	26	Dave Rowley	Unattached	Sen M	32.47
40	18	Christopher Cowley	Stockport Harriers & AC	V40	32.53
41	101	Matthew Thorpe	Astley & Tyldesley RR	Sen M	32.58
42	86	Doug Flemming	Horwich RMI Harriers	V55	33.01
43	93	Ken Fowler	Bolton U H	V60	33.07
44	51	Andy Smalley	Leigh Harriers & AC	V50	33.09
45	139	Rob Keddian	Manchester YMCA	Sen M	33.15
46	31	Mark Collins	Astley & Tyldesley RR	V40	33.17
47	14	David Pollitt	Leigh Harriers & AC	V50	33.18
48	65	Josie Maley	Astley & Tyldesley RR	L35	33.19
49	193	David McGrath	Unattached	Sen M	33.22

50	168 Simon Marland	Burnden RR	V55	33.25
51	176 Adam Lowe	Lostock AC	V45	33.26
52	66 Rebecca Robinson	Salford Harriers	Sen L	33.27
53	115 Paul Stephens	Salford Harriers	Sen M	33.39
54	96 David Unsworth	Horwich RMI Harriers	V50	33.43
55	100 Marcus Taylor	Burnden RR	V45	33.47
56	123 Liz McLellan	Burnden RR	L45	33.49
57	144 Eddie Gilligan	Manchester YMCA	V50	33.50
58	180 Brendan Lughrey	Astley & Tyldesley RR	V45	33.54
59	131 Frank Reilly	Stockport Harriers & AC	V70	33.57
60	140 Simon Maughan	Unattached	V50	34.07
61	156 Emma Finney	Sale Harriers	Sen L	34.09
62	151 Antony Golding	Swinton RC	V40	34.10
63	55 Jonathon Hall	Astley & Tyldesley RR	V45	34.15
64	185 Paul Waring	Chorley Ath & Tri	V50	34.17
65	30 Stephen Thompson	Vale Royal	V50	34.22
66	190 Stephen Myers	Prestwich AC	V50	34.28
67	183 Cameron Donnelly	Bolton U H	U17M	34.35
68	12 Bethany Hirst	East Cheshire Harriers	Sen L	34.36
69	8 Andrew Duffy	Burnden RR	V50	34.39
70	75 David Burke	Swinton RC	V60	34.40
71	159 Jackie Price	Astley & Tyldesley RR	Sen L	34.41
72	175 Christopher Menand	Burnden RR	V45	34.47
73	105 Lesley Fisher	Burnden RR	L55	34.49
74	104 Dave Flitcroft	Bolton U H	V50	34.50
75	84 Stefan Nan	Bolton U H	V55	34.57
76	79 Graham Townsend	Astley & Tyldesley RR	V45	35.06
77	181 Laurence Keighley	Burnden RR	V45	35.23
78	28 Claire Thompson	Vale Royal	L50	35.45
79	46 Colin Smith	Bury AC	V55	35.49
80	157 Simon Bond	Swinton RC	V40	35.51
81	158 Paul Rutherford	Swinton RC	V50	35.57
82	72 Ryan Moore	Leigh Harriers & AC	Sen M	36.02
83	107 Rebecca Mills	Swinton RC	L35	36.03
84	171 Paul Christie	Burnden RR	V60	36.11
85	184 Tony Hesketh	Horwich RMI Harriers	V65	36.15
86	16 Steven Bate	Burnden RR	Sen M	36.16
87	103 Cathy Flitcroft	Bolton U H	L50	36.22
88	124 David Barnes	Horwich RMI Harriers	V55	36.30
89	165 Richard Waring	Swinton RC	V45	36.48
90	134 Stuart Mairs	Salford Met	Sen M	36.52
91	20 Kieran Lomas	Astley & Tyldesley RR	Sen M	36.56
92	125 Paul Basnett	Astley & Tyldesley RR	V45	36.57
93	113 Don Nichol	Burnden RR	V60	37.04
94	118 Amanda Gregory	Wigan Phoenix	Sen L	37.12
95	130 Laura Murphy	Chorley Ath & Tri	L40	37.26
96	145 Ian Lowton	Unattached	V45	37.34
97	112 Amelia Saunders	Salford Harriers	Sen L	37.37
98	170 Liam Christie	Unattached	Sen M	37.37
99	97 Tom Temple	Salford Harriers	V60	37.40

100	29	Tim Waters	Wigan Phoenix	V50	37.55
101	108	Rachel Bailey	Bolton U H	U20L	37.57
102	172	Chris Greenall	Burnden RR	M45	38.05
103	88	Eve Williams	Leigh Harriers & AC	U17L	38.08
104	155	Hannah Brierly	Manchester YMCA	Sen L	38.17
105	15	Shirley Staveley	Burnden RR	L50	38.25
106	128	David Newman	Burnden RR	V60	38.29
107	192	Lawrence Pinnell	Horwich RMI Harriers	V45	38.39
108	78	Lesley Sercombe	Unattached	Sen L	38.43
109	138	Stephen Symons	Manchester YMCA	V50	38.48
110	36	Morris Doublet-Stewart	Unattached	V60	38.54
111	94	Jackie Oakes	Burnden RR	L40	38.58
112	173	Jane Forrest	Burnden RR	L50	39.05
113	53	Eleanor Bond	Leigh Harriers & AC	U20L	39.25
114	52	Ian Crozier	Unattached	V60	39.27
115	174	Katy Thompson	Burnden RR	L40	39.29
116	143	Mike O'Brien	Manchester YMCA	V55	39.32
117	19	David Fitzgerald	Wigan Phoenix	V45	39.41
118	120	Sheila Jones	Radcliffe AC	L60	39.45
119	137	Louise Simpson	Astley & Tyldesley RR	Sen L	39.47
120	44	Lucille Corrigan	Burnden RR	L45	39.48
121	136	Chris Bennett	Astley & Tyldesley RR	Sen M	39.47
122	99	Roland Bowness	Salford Harriers	V70	39.56
123	195	Chris Irish	Unattached	Sen M	39.59
124	42	Alex Macpherson	Unattached	Sen M	40.01
125	80	Helen Nation	Swinton RC	L35	40.09
126	186	Rebecca Swift	Unattached	Sen L	40.11
127	90	Craig Philpot	Burnden RR	V45	40.15
128	187	Katie Purcival	Radcliffe AC	Sen L	40.23
129	102	Andy Warburton	Burnden RR	V55	40.31
130	2	Rachel Hodgkinson	Leigh Harriers & AC	L45	40.33
131	182	Alex Donnelly	Bolton U H	V45	40.46
132	25	George Fielding	Swinton RC	V60	40.55
133	95	Bernadette Unsworth	Horwich RMI Harriers	L50	41.09
134	33	John Grimshaw	Bolton U H	V45	41.12
135	17	Jamie Clouting	Swinton RC	Sen M	41.15
136	177	Paul Blakemore	Wigan Phoenix	Sen M	41.26
137	109	David Morrison	Bolton U H	V45	41.37
138	1	Eileen Castledine	Leigh Harriers & AC	L60	41.39
139	119	Alan Sweatman	Chorley Ath & Tri	V65	41.58
140	127	Ian Hamilton	Astley & Tyldesley RR	V65	41.59
141	191	Leah Insh	Unattached	Sen L	42.03
142	98	Dennis Moran	Salford Harriers	V65	42.12
143	76	Samual Hollings	Unattached	U20M	42.16
144	74	Susanne Smith	Leigh Harriers & AC	L45	42.24
145	54	Marjorie Leigh	Leigh Harriers & AC	L65	42.28
146	163	Nichola Scott	Astley & Tyldesley RR	L40	43.02
147	122	Carl Prince	Chorley Ath & Tri	V45	43.12
148	3	Jon Paramor	Manchester YMCA	V60	43.26
149	135	Rachel Haslam	Astley & Tyldesley RR	Sen L	43.27

150	77 Victoria Glossop	Radcliffe AC	Sen L	43.28
151	39 Maggie Slamin	Burnden RR	L50	43.39
152	63 Sarah Sutcliffe	Burnden RR	L40	43.57
153	69 Nicki Sullivan	Swinton RC	L40	44.08
154	133 Bob Towfil	Salford Harriers	V70	44.15
155	56 Catherine Worsley	Astley & Tyldesley RR	L40	44.20
156	61 Alison Jones	Leigh Harriers & AC	Sen L	44.50
157	179 Tracey Loughrey	Astley & Tyldesley RR	L45	45.02
158	161 Alison Hargreaves	Accrington RR	L50	45.10
159	152 Jackie Roberts	Burnden RR	L60	45.27
160	58 Claire Unsworth	Astley & Tyldesley RR	L40	45.46
161	47 Julie Thompson	Unattached	L50	46.05
162	48 Peter Scott	Horwich RMI Harriers	V70	46.16
163	40 Anna Lord	Unattached	Sen L	46.28
164	35 Debra Hennessey	Burnden RR	L45	46.32
165	37 Richard Lord	Burnden RR	V50	47.09
166	150 Liz Hopley	Burnden RR	L50	48.11
167	27 Beverley Mcgrath	Radcliffe AC	L45	48.13
168	49 Angela Pike	Leigh Harriers & AC	L60	48.27
169	147 Sally Cottrill	Burnden RR	L45	48.33
170	87 Derek Wittle	Horwich RMI Harriers	V50	48.50
171	129 Emma Bilsbury	Leigh Harriers & AC	Sen L	48.51
172	7 Karren Doherty	Radcliffe AC	L40	49.16
173	83 Kevin O'Brien	Clayton-le-Moors	V70	50.23
174	38 Gemma Chapman	Burnden RR	L35	50.23
175	167 Sue Blackman	Burnden RR	L55	51.02
176	91 Diane Denney	Leigh Harriers & AC	L40	51.22
177	64 Brenda Spotswood	Swinton RC	L40	51.46
178	32 Gerard Tucker	Bolton U H	V45	52.12
179	41 Joanne Darby	Burnden RR	L50	52.36
180	34 Jackie Cairns	Burnden RR	L45	52.36
181	92 Ian Conner	Burnden RR	V40	52.56
182	121 Tom West	Radcliffe AC	V75	52.57
183	110 Cathrine Brides	Unattached	L50	53.18
184	50 Claire Pike	Leigh Harriers & AC	L35	54.07
185	4 Dawn Evans	Burnden RR	L50	56.58
186	111 David Hodgkinson	Unattached	V70	61.46
187	9 James Rhodes	Radcliffe AC	V75	63.37
188	10 Derek Walton	Altrincham AC	V70	75.38

Pennington Flash 5 Mile Trail Race - Women

1	141 Louisa Thompson	Leigh Harriers & AC	L35	30.50
2	65 Josie Maley	Astley & Tyldesley RR	L35	33.19
3	66 Rebecca Robinson	Salford Harriers	Sen L	33.27
4	123 Liz McLellan	Burnden RR	L45	33.49
5	156 Emma Finney	Sale Harriers	Sen L	34.09
6	12 Bethany Hirst	East Cheshire Harriers	Sen L	34.36
7	159 Jackie Price	Astley & Tyldesley RR	Sen L	34.41
8	105 Lesley Fisher	Burnden RR	L55	34.49
9	28 Claire Thompson	Vale Royal	L50	35.45

10	107 Rebecca Mills	Swinton RC	L35	36.03
11	103 Cathy Flitcroft	Bolton U H	L50	36.22
12	118 Amanda Gregory	Wigan Phoenix	Sen L	37.12
13	130 Laura Murphy	Chorley Ath & Tri	L40	37.26
14	112 Amelia Saunders	Salford Harriers	Sen L	37.37
15	108 Rachel Bailey	Bolton U H	U20L	37.57
16	88 Eve Williams	Leigh Harriers & AC	U17L	38.08
17	155 Hannah Brierly	Manchester YMCA	Sen L	38.17
18	15 Shirley Staveley	Burnden RR	L50	38.25
19	78 Lesley Sercombe	Unattached	Sen L	38.43
20	94 Jackie Oakes	Burnden RR	L40	38.58
21	173 Jane Forrest	Burnden RR	L50	39.05
22	53 Eleanor Bond	Leigh Harriers & AC	U20L	39.25
23	174 Katy Thompson	Burnden RR	L40	39.29
24	120 Sheila Jones	Radcliffe AC	L60	39.45
25	137 Louise Simpson	Astley & Tyldesley RR	Sen L	39.47
26	44 Lucille Corrigan	Burnden RR	L45	39.48
27	80 Helen Nation	Swinton RC	L35	40.09
28	186 Rebecca Swift	Unattached	Sen L	40.11
29	187 Katie Purcival	Radcliffe AC	Sen L	40.23
30	2 Rachel Hodgkinson	Leigh Harriers & AC	L45	40.33
31	95 Bernadette Unsworth	Horwich RMI Harriers	L50	41.09
32	1 Eileen Castledine	Leigh Harriers & AC	L60	41.39
33	191 Leah Insh	Unattached	Sen L	42.03
34	74 Susanne Smith	Leigh Harriers & AC	L45	42.24
35	54 Marjorie Leigh	Leigh Harriers & AC	L65	42.28
36	163 Nichola Scott	Astley & Tyldesley RR	L40	43.02
37	135 Rachel Haslam	Astley & Tyldesley RR	Sen L	43.27
38	77 Victoria Glossop	Radcliffe AC	Sen L	43.28
39	39 Maggie Slamin	Burnden RR	L50	43.39
40	63 Sarah Sutcliffe	Burnden RR	L40	43.57
41	69 Nicki Sullivan	Swinton RC	L40	44.08
42	56 Catherine Worsley	Astley & Tyldesley RR	L40	44.20
43	61 Alison Jones	Leigh Harriers & AC	Sen L	44.50
44	179 Tracey Loughrey	Astley & Tyldesley RR	L45	45.02
45	161 Alison Hargreaves	Accrington RR	L50	45.10
46	152 Jackie Roberts	Burnden RR	L60	45.27
47	58 Claire Unsworth	Astley & Tyldesley RR	L40	45.46
48	47 Julie Thompson	Unattached	L50	46.05
49	40 Anna Lord	Unattached	Sen L	46.28
50	35 Debra Hennessey	Burnden RR	L45	46.32
51	150 Liz Hopley	Burnden RR	L50	48.11
52	27 Beverley Mcgrath	Radcliffe AC	L45	48.13
53	49 Angela Pike	Leigh Harriers & AC	L60	48.27
54	147 Sally Cottrill	Burnden RR	L45	48.33
55	129 Emma Bilsbury	Leigh Harriers & AC	Sen L	48.51
56	7 Karren Doherty	Radcliffe AC	L40	49.16
57	38 Gemma Chapman	Burnden RR	L35	50.23
58	167 Sue Blackman	Burnden RR	L55	51.02
59	91 Diane Denney	Leigh Harriers & AC	L40	51.22

60	64 Brenda Spotswood	Swinton RC	L40	51.46
61	34 Jackie Cairns	Burnden RR	L45	52.36
62	41 Joanne Darby	Burnden RR	L50	52.36
63	110 Cathrine Brides	Unattached	L50	53.18
64	50 Claire Pike	Leigh Harriers & AC	L35	54.07
65	4 Dawn Evans	Burnden RR	L50	56.58

Teams	Men	Points
	1 Leigh	4, 5, 8 17
	2 Salford H	2, 9, 11 22
	3 Bolton UH	6, 13, 18 37
	4 Chorley Ath & Tri	19, 21, 23 63
	5 Swinton RC	15, 17, 31 64
	6 Burnden RR	22, 25, 30 77
	7 Horwich RMI	1, 36, 42 79
	8 Astley & Tyldesley	28, 41, 46 115
	9 Manchester YMCA	45, 57, 109 211
	Women	
	1 Burnden RR	4, 8, 18 30
	2 Astley & Tyldesley	2, 7, 25 34
	3 Leigh Harriers & AC	1, 16, 22 39
	4 Swinton RR	10, 27, 41 78
	5 Radcliffe AC	24, 29, 38 91