

ALTRINCHAM & DISTRICT ATHLETIC CLUB**Bowdon 5K results - 8th June 2017**

1	136	NICHOLLS, Damian	Male Senior	Wilmslow Running Club	16.16
2	456	SPEAKE, Peter	Male Vet 40	Wilmslow Running Club	16.34
3	466	GREEN, Jack	Male Senior	Warrington Ac	16.38
4	111	CESHIRE, Jonathan	Male Senior	Wilmslow Running Club	16.47
5	75	STANFORD, Chris	Male Senior	Warrington Triathlon Club	16.53
6	79	MATUSZCZAK, Kristan	Male Senior	Altrincham & District AC	17.20
7	90	HARRINGTON, Michael	Male Vet 45	Vale Royal AC	17.25
8	442	MUIR, Robin	Male Senior	Spectrum Striders	17.27
9	19	HUGHES, Lee	Male Vet 40	Lymm Runners	17.28
10	435	BUTTRESS, Henry	Male Senior	Unattached	17.29
11	131	MILLS, Thomas	Male Senior	Warrington Ac	17.42
12	425	MOONEY, Andrew	Male Senior	Sale Harriers Manchester	17.43
13	468	GREEN, Andrew	Male Vet 50	Warrington Ac	17.47
14	107	WHITTINGHAM, Andrew	Male Vet 45	Wilmslow Running Club	17.50
15	119	MCVEY, Diane	Female Vet 40	Wilmslow Running Club	17.56
16	105	DAVIES, Brian	Male Vet 55	Unattached	18.11
17	401	BATHO, Charlie	Male Vet 45	Stockport Harriers	18.22
18	50	ASHBY, Mike	Male Senior	Sale Harriers Manchester	18.23
19	108	WHITTINGHAM, Louisa	Female Junior	Macclesfield Harriers	18.27
20	406	PERRY, James	Male Senior	Macclesfield Harriers	18.35
21	432	WILSON, Ed	Male Senior	Trentham Rc	18.48
22	7	HOUGHTON, Mike	Male Vet 45	Spectrum Striders	18.57
23	438	TOPPING, Chris	Male Senior	Sale Harriers Manchester	18.59
24	448	MILLS, Kieran	Male Junior	Unattached	19.04
25	476	SIMPSON, Derek	Male Senior	Unattached	19.05
26	118	LINDSEY, Ashley	Male Vet 45	Sale Harriers Manchester	19.07
27	480	HENDERSON, Marc	Male Junior	Unattached	19.09
28	65	PREECE, Roger	Male Vet 50	Altrincham & District AC	19.16
29	88	SHOLINGHUR, Hari	Male Senior	Lymm Runners	19.21
30	123	HUNTER, Mark J	Male Vet 60	Altrincham & District AC	19.23
31	407	KENNAUGH, Richard	Male Vet 50	Unattached	19.24
32	429	ATKINSON, Gareth	Male Vet 45	Unattached	19.25
33	465	ROWEN, Phil	Male Vet 45	Lymm Runners	19.33
34	479	METCALF, Robert	Male Senior	Altrincham and District AC	19.35
35	420	OLDHAM, Maurice	Male Vet 60	Manchester Harriers	19.42
36	430	THOMAS, Andy	Male Vet 50	Sandbach Striders	19.54
37	11	COLES, Matthew	Male Senior	Spectrum Striders	19.56
38	454	POWERS, Barrie	Male Vet 45	Styal Running Club	19.58
39	4	OGDEN, Stanley	Male Vet 55	Spectrum Striders	20.09
40	409	ATKINSON, Matthew	Male Senior	Manchester Harriers	20.12
41	33	AIRD, Paul	Male Vet 55	Last Inn Runners	20.14
42	455	MCLAUGHLIN, Michael	Male Senior	Styal Running Club	20.14
43	48	FEGAN, Danny	Male Vet 50	St Helens Striders	20.15
44	444	PATTERSON, Tom	Male Vet 40	Unattached	20.18
45	117	ROBINSON, Lauren	Female Junior	Macclesfield Harriers	20.21
46	453	SHONE, Bill	Male Vet 50	Stockport Harriers & Ac	20.25

47	97	SANDERSON, Matt	Male Vet 40	Warrington Running Club	20.30
48	471	DRASDO, Alison	Female Vet 45	Trafford AC	20.31
49	362	DRIVER, Graham	Male Vet 50	Spectrum Striders	20.33
50	41	WOMACK, Mike	Male Senior	Lymm Runners	20.39
51	439	MULHOLLAND, Keith	Male Vet 50	Macclesfield Harriers	20.41
52	423	DAVIES, Thomas	Male Junior	Unattached	20.41
53	415	MAHER, Gareth	Male Senior	Bramhall Runners	20.44
54	405	NORRIS, Paul	Male Vet 60	Wilmslow Rc	20.48
55	449	PLATT, Russ	Male Vet 50	Warrington Road Runners	20.52
56	83	EHLEN, Brad	Male Vet 45	Northwich Running Club	20.54
57	467	HOUGHTON, Jennifer	Male Senior	Kirkby Milers	20.56
58	132	BEARD, Chris	Male Vet 45	Vale Royal Ac	21.00
59	77	MILLS, Rebecca	Female Vet 35	Swinton Running Club	21.02
60	34	DAY, Kenneth	Male Senior	Kirkby Milers	21.03
61	427	JACKSON, Matthew	Male Vet 50	Styal	21.05
62	477	PATON-CROCKETT, Andrew	Male Senior	Altrincham and District AC	21.08
63	61	CORDINGLEY, Frank	Male Vet 55	Sale Harriers Manchester	21.11
64	1	SPENCER, Julian	Male Vet 55	Spectrum Striders	21.13
65	63	CORDINGLEY, Beatrice	Female Senior	Sale Harriers Manchester	21.19
66	67	KYRIACOU, Sam	Female Junior	Macclesfield Harriers	21.20
67	64	DAWSON, James	Male Vet 50	Lymm Runners	21.24
68	459	DEWHURST, Emma	Female Senior	Styal Running Club	21.26
69	35	BROAD, Ellen	Female Senior	Spectrum Striders	21.35
70	46	BASNETT, Paul	Male Vet 45	Astley & Tyldesley Road Runn	21.37
71	475	ROBINSON, Ian	Male Vet 45	Unattached	21.39
72	62	CORDINGLEY, Jackie	Female Vet 55	Sale Harriers Manchester	21.47
73	416	HEAWORD, Phil	Male Senior	Bramhall Runners	21.48
74	446	PARRIS, Richard	Male Vet 50	Unattached	21.50
75	98	WALKER, Georgina	Female Vet 40	Lymm Runners	21.51
76	402	FOGARTY, Nick	Male Vet 45	Lymm Runners	21.52
77	412	VESEY, Alison	Female Vet 55	Altrincham and District AC	21.55
78	66	MCHARRY, Rob	Male Vet 50	Spectrum Striders	21.56
79	126	LOTT, Joanne	Female Vet 50	Trafford AC	22.01
80	473	SPENCER, Alan	Male Vet 55	Knowsley Harriers	22.02
81	2	GARNETT, Andy	Male Vet 60	Spectrum Striders	22.03
82	72	BATTERSBY, John	Male Vet 55	Sale Harriers Manchester	22.05
83	69	GAUNT, Duane	Male Senior	Sale Harriers Manchester	22.11
84	411	KEELING, William	Male Vet 50	Knutsford Tri Club	22.13
85	433	HULME, Tony	Male Vet 70+	Wilmslow Running Club	22.15
86	43	MCDERMOTT, Alex	Male Junior	Unattached	22.18
87	422	DAVIES, Paul	Male Vet 50	Unattached	22.21
88	452	KELLY, John	Male Vet 55	Penny Lane Striders	22.26
89	56	HARRISON, Anthony	Male Vet 50	Winston Runners	22.31
90	421	WORSEY, Andy	Male Vet 45	Newcastle (Staffs) Ac	22.38
91	42	REAGAN, Helen	Female Vet 45	Sale Harriers Manchester	22.45
92	125	FAULKNER, David	Male Vet 55	Lymm Runners	22.47
93	447	TAYLOR, Edward	Male Vet 45	Knutsford Tri Club	22.54
94	26	PRESCOTT, Simon	Male Vet 40	Ellesmere Port Running Club	22.55
95	36	THOMPSON, Howard	Male Vet 45	Unattached	23.04
96	481	PRIME, Ian	Male Vet 50	Congleton Harriers & Ac	23.07

97	39	WALKER, Angela	Female Vet 35	Lymm Runners	23.10
98	29	ROBERTS, Elly	Female Vet 50	Spectrum Striders	23.12
99	130	EDWARDS, Joanne	Female Vet 50	Vale Royal Ac	23.14
100	121	MOSS, Nina	Female Senior	Macclesfield Harriers	23.21
101	426	KERRIGAN, Hannah	Female Vet 35	Swinton Rc	23.22
102	23	KINSMAN, Huw	Male Senior	Spectrum Striders	23.26
103	91	SHAW, Geoff	Male Vet 60	Helsby	23.30
104	404	ROWBOTTOM, Jason	Male Vet 50	Lymm Runners	23.31
105	14	CHAMBERS, Barry	Male Vet 65	Vale Royal AC	23.43
106	73	BEATTIE, Geoff	Male Vet 60	Sale Harriers Manchester	23.44
107	461	FAIRCLOUGH, Steve	Male Vet 50	Bramhall Runners	23.45
108	49	LOMAX, Jayne	Female Vet 50	Vale Royal AC	23.56
109	134	HOWE, Joan	Female Vet 60	Trafford AC	24.00
110	30	CANNON, Chris	Male Vet 60	Wilmslow Running Club	24.00
111	339	NEARY, Yvonne	Female Vet 50	Unattached	24.00
112	478	PATON-CROCKETT, Zoe	Female Senior	Unattached	24.00
113	27	MIRABELLA, Alessandro	Male Senior	Spectrum Striders	24.03
114	41	WOMACK, Mike	Male Senior	Lymm Runners	24.11
115	18	PICKFORD, Stephen	Male Vet 45	Warrington Running Club	24.16
116	93	TOMKINS, Dave	Male Vet 70+	Northern Master Ac	24.22
117	28	JOHNSON, Martin	Male Senior	Unattached	24.29
118	51	RAFFEL, Alistair	Male Vet 60	Spectrum Striders	24.38
119	410	MOSELEY, Lynn	Female Vet 55	Lymm Runners	24.40
120	458	HOWARD, Chris	Male Senior	Unattached	24.43
121	129	LINDSEY, Ruth	Female Vet 35	Sale Harriers Manchester	24.56
122	68	HOWELL, Graham	Male Vet 65	Liverpool Harriers	24.57
123	102	BURGESS, Ken	Male Vet 70+	Altrincham & District AC	25.20
124	474	O'BRIEN, Mick	Male Vet 45	Knowsley Harriers	25.38
125	127	MC CORMICK, Fechin	Male Vet 65	Sale Harriers Manchester	25.39
126	85	COOPER, Amy	Female Senior	Lymm Runners	25.46
127	31	FENTON, Simon	Male Vet 70+	Wilmslow Running Club	25.47
128	460	FAIRCLOUGH, Julie	Female Vet 50	Bramhall Runners	26.02
129	135	YARWOOD, Dennis	Male Vet 50	Spectrum Striders	26.09
130	103	HACKETT, Simon	Male Vet 55	Lymm Runners	26.14
131	87	PICKFORD, Chris	Male Vet 55	Lymm Runners	26.20
132	47	LEIGH, Janice	Female Vet 50	Spectrum Striders	26.22
133	441	BAMFORD, Angela	Female Vet 50	Altrincham and District AC	26.25
134	115	HAINES, Jill	Female Vet 45	Vale Royal Ac	26.26
135	120	PERCHARD, Mike	Male Vet 60	Unattached	26.28
136	450	WORSLEY, Steven	Male Senior	Unattached	26.33
137	6	WORSLEY, Anna	Female Vet 35	Lymm Runners	26.33
138	470	ARBER, Carolyn	Female Vet 55	Spectrum Striders	26.38
139	95	SPRINGALL, Stephen	Male Vet 55	Spectrum Striders	26.46
140	13	DOOLEY, John	Male Vet 65	Spectrum Striders	26.49
141	82	LYON, Catherine	Female Senior	Spectrum Striders	27.00
142	17	MCMULLEN, Shirley	Female Vet 45	Lymm Runners	27.13
143	451	KELLY, Michelle	Female Vet 55	Penny Lane Striders	27.19
144	469	POWNALL, Roy	Male Vet 65	Wilmslow Running Club	28.18
145	414	FAWCETT, Michael	Male Vet 60	Lymm Runners	28.55
146	109	MEARS, Dave	Male Vet 45	Unattached	28.59

147	9	SELLARS, Thomas	Male Vet 40	Lymm Runners	29.04
148	12	COLES, Terry	Male Vet 70+	Spectrum Striders	29.09
149	92	SHAW, Janet	Female Vet 60	Helsby	29.21
150	15	DUNBAR, Ian	Male Vet 60	Spectrum Striders	29.38
151	112	RUDGE, Hayley	Female Senior	Lymm Runners	29.45
152	13	DOOLEY, John	Male Vet 65	Spectrum Striders	31.11
153	124	KNIGHT, Chrissie	Female Vet 60	Lymm Runners	31.12
154	96	SPRINGALL, Diane	Female Vet 50	Spectrum Striders	31.29
155	57	SINCLAIR, Teresa	Female Vet 55	Winston Runners	36.06
156	60	CARLETON, Margaret	Female Vet 60	Winston Runners	36.26
157	472	ATTWELL, Dave	Male Vet 70+	Altrincham and District AC	36.28
158	74	WALSHAM, Arthur	Male Vet 70+	Salford Harriers	45.30