

**ALTRINCHAM & DISTRICT ATHLETIC CLUB**  
**Dunham Massey 5K results - 15th June 2017**

1	542	MARTIN, Patrick	Male Senior	Stockport Harriers	14.49
2	136	NICHOLLS, Damian	Male Senior	Wilmslow Running Club	16.02
3	590	RACLE, Daniel	Male Junior	Altrincham and District	16.07
4	75	STANFORD, Chris	Male Senior	Warrington Triathlon Club	16.25
5	560	GREEN, Jack	Male Senior	Warrington Ac	16.25
6	111	CHESHIRE, Jonathan	Male Senior	Wilmslow Running Club	16.33
7	591	BUGLER, Nick	Male Senior	Altrincham and District	17.01
8	569	BUTTRESS, Henry	Male Senior	Unattached	17.02
9	584	AINSWORTH, James	Male Vet 40	Vale Royal Ac	17.10
10	19	HUGHES, Lee	Male Vet 40	Lymm Runners	17.12
11	105	DAVIES, Brian	Male Vet 55	Unattached	17.21
12	582	GREEN, Andrew	Male Vet 50	Warrington Ac	17.25
13	539	WILSON, Jake	Male Junior	Crewe and Nantwich AC	17.28
14	528	PEAL, Robbie	Male Junior	Macclesfield Harriers	17.33
15	588	LEWINGTON, Ben	Male Senior	Kirkby Milers	17.38
16	1162	MARTELL, Dan	Male Senior	Altrincham and District	17.42
17	107	WHITTINGHAM, Andrew	Male Vet 45	Wilmslow Running Club	17.44
18	119	MCVEY, Diane	Female Vet 40	Wilmslow Running Club	17.48
19	592	PARTINGTON, Paul	Male Vet 40	Bramhall Runners	17.52
20	577	KASABOV, Bozhidar	Male Vet 40	Wigan Harriers	18.00
21	1166	RENNY, Steve	Male Vet 45	Altrincham and District	18.04
22	116	MORRIS, Trevor	Male Vet 55	Wilmslow Running Club	18.09
23	131	MILLS, Thomas	Male Senior	Warrington Ac	18.13
24	1156	FULLER, Adrian	Male Vet 40	Altrincham and District	18.20
25	510	PERRY, James	Male Senior	Macclesfield Harriers	18.22
26	564	BARBAT, Anthony	Male Vet 55	Wallasey Ac	18.24
27	86	HILL, Mike	Male Vet 50	Wilmslow Running Club	18.27
28	533	REES, James	Male Senior	Goyt Valley Striders	18.29
29	504	BATHO, Charlie	Male Vet 45	Stockport Harriers	18.32
30	110	BURKE, Anthony	Male Vet 45	Lymm Runners	18.34
31	50	ASHBY, Mike	Male Senior	Sale Harriers Manchester	18.46
32	1163	ROWEN, Phil	Male Vet 45	Lymm Runners	18.50
33	561	JACKSON, Darren	Male Vet 40	Wigan Harriers	18.59
34	7	HOUGHTON, Mike	Male Vet 45	Spectrum Striders	19.03
35	65	PREECE, Roger	Male Vet 50	Altrincham & District AC	19.09
36	88	SHOLINGHUR, Hari	Male Senior	Lymm Runners	19.18
37	1157	METCALF, Robert	Male Senior	Altrincham and District	19.20
38	571	PENNEY, Andrew	Male Vet 45	Styal Rc	19.22
39	370	BLANN, Lora	Female Vet 35	Altrincham & District AC	19.23
40	4	OGDEN, Stanley	Male Vet 55	Spectrum Striders	19.24
41	585	OLDHAM, Maurice	Male Vet 60	Manchester Harriers	19.24
42	558	SHELDON, John	Male Vet 40	Lymm Runners	19.25
43	559	ENGLAND, Allan	Male Vet 40	Unattached	19.30
44	575	ESKANDER, Miras	Male Vet 35	Unattached	19.37
45	600	HOBSON, James	Male Vet 35	Goyt Valley Striders	19.40
46	514	ORRELL, Malcolm	Male Senior	Altrincham & District AC	19.41

47	113	HAINES, David	Male Vet 45	Vale Royal Ac	19.42
48	48	FEGAN, Danny	Male Vet 50	St Helens Striders	19.43
49	33	AIRD, Paul	Male Vet 55	Last Inn Runners	19.47
50	52	WILLIAMS, James	Male Vet 40	Lymm Runners	19.47
51	552	COCROFT, Jonathan	Male Senior	Lymm Runners	19.47
52	536	HILTON, Alan	Male Vet 45	Unattached	19.47
53	548	PATTERSON, Tom	Male Vet 40	Unattached	19.51
54	594	GRANT, Aidan	Male Senior	Goyt Valley Striders	19.52
55	117	ROBINSON, Lauren	Female Junior	Macclesfield Harriers	19.53
56	94	HATTON, Chris	Male Senior	Lymm Runners	19.57
57	1161	GASKELL, Andrew	Male Vet 45	Spectrum Striders	19.58
58	554	POWERS, Barrie	Male Vet 45	Styal Running Club	19.59
59	573	PILKINGTON, Nina	Female Vet 35	Wigan Phoenix	20.00
60	599	CURLEY, Mike	Male Vet 65	Sale Harriers Manchester	20.02
61	570	SHONE, Bill	Male Vet 50	Stockport Harriers	20.04
62	567	HINDLE, Trevor	Male Vet 50	Goyt Valley Striders	20.05
63	362	DRIVER, Graham	Male Vet 50	Spectrum Striders	20.05
64	133	BRADBURY, Jamie	Male Vet 40	Lymm Runners	20.06
65	587	CONNELLY, Sean	Male Vet 45	Macclesfield Harriers	20.10
66	97	SANDERSON, Matt	Male Vet 40	Warrington Running Club	20.13
67	1158	CHRISTEY, Scott	Male Vet 50	Unattached	20.18
68	100	JOHNSON, Brad	Male Vet 40	Altrincham & District AC	20.18
69	586	HOUGHTON, Jennifer	Female Senior	Kirkby Milers	20.23
70	34	DAY, Kenneth	Male Senior	Kirkby Milers	20.23
71	41	WOMACK, Mike	Male Senior	Lymm Runners	20.23
72	59	VAUGHAN, David	Male Senior	Altrincham & District AC	20.25
73	555	MCLAUGHLIN, Michael	Male Senior	Styal Running Club	20.29
74	568	MULHOLLAND, Keith	Male Vet 50	Macclesfield Harriers	20.30
75	32	LOMAS, Phil	Male Vet 40	Warrington Running Club	20.32
76	566	JACKSON, Matthew	Male Vet 50	Styal Running Club	20.32
77	506	FOGARTY, Nick	Male Vet 45	Lymm Runners	20.39
78	507	WHITFIELD, LIZ	Female Vet 35	Spectrum Striders	20.40
79	1167	SPENCER, Alan	Male Vet 55	Knowsley Harriers	20.41
80	132	BEARD, Chris	Male Vet 45	Vale Royal Ac	20.45
81	83	EHLEN, Brad	Male Vet 45	Northwich Running Club	20.49
82	598	HOLLAND, Brian	Male Vet 60	Goyt Valley Striders	20.50
83	64	DAWSON, James	Male Vet 50	Lymm Runners	20.51
84	77	MILLS, Rebecca	Female Vet 35	Swinton Running Club	20.54
85	1	SPENCER, Julian	Male Vet 55	Spectrum Striders	20.56
86	509	NORRIS, Paul	Male Vet 60	Wilmslow Rc	21.00
87	576	THURTLIE, Pamela	Female Vet 40	Penny Lane Striders	21.02
88	511	KENNAUGH, Richard	Male Vet 50	Unattached	21.03
89	67	KYRIACOU, Sam	Female Junior	Macclesfield Harriers	21.04
90	581	ROBINSON, Ian	Male Vet 45	Unattached	21.05
91	513	SCAMMELL, John	Male Vet 40	Lymm Runners	21.07
92	1159	PATON-CROCKETT, Andrew	Male Senior	Altrincham and District	21.08
93	46	BASNETT, Paul	Male Vet 45	Astley & Tyldesley Road Runn	21.08
94	556	DEWHURST, Emma	Female Senior	Styal Running Club	21.12
95	35	BROAD, Ellen	Female Senior	Spectrum Striders	21.15
96	547	PARRIS, Richard	Male Vet 50	Unattached	21.17

97	126	LOTT, Joanne	Female Vet 50	Trafford AC	21.18
98	543	FORSTER, Kenny	Male Vet 55	Spectrum Striders	21.22
99	69	GAUNT, Duane	Male Senior	Sale Harriers Manchester	21.26
100	2	GARNETT, Andy	Male Vet 60	Spectrum Striders	21.33
101	544	SMITH, Jerry	Male Vet 60	Chorlton Runners	21.35
102	66	MCHARRY, Rob	Male Vet 50	Spectrum Striders	21.38
103	62	CORDINGLEY, Jackie	Female Vet 55	Sale Harriers Manchester	21.39
104	98	WALKER, Georgina	Female Vet 40	Lymm Runners	21.40
105	550	WAUDBY, Stewart	Male Vet 40	Macclesfield Harriers	21.46
106	1155	PERRY, Aaron	Male Senior	Warrington Road Runners	21.48
107	118	LINDSEY, Ashley	Male Vet 45	Sale Harriers Manchester	21.52
108	515	KEELING, William	Male Vet 50	Knutsford Tri Club	21.56
109	517	FORSTER, Karon	Female Vet 55	Spectrum Striders	21.59
110	523	HOLMES, Germaine	Female Vet 40	Lymm Runners	22.01
111	593	ELLISON, Julie	Female Vet 50	Goyt Valley Striders	22.05
112	26	PRESCOTT, Simon	Male Vet 40	Ellesmere Port Running Club	22.06
113	84	MURPHY, Tim	Male Vet 55	Spectrum Striders	22.07
114	42	REAGAN, Helen	Female Vet 45	Sale Harriers Manchester	22.10
115	61	CORDINGLEY, Frank	Male Vet 55	Sale Harriers Manchester	22.11
116	551	MCILROY, Richard	Male Vet 45	Unattached	22.13
117	36	THOMPSON, Howard	Male Vet 45	Unattached	22.14
118	553	HYNES, Sonya	Female Vet 35	Unattached	22.21
119	534	THOMPSON, Donna	Female Vet 35	Unattached	22.21
120	125	FAULKNER, David	Male Vet 55	Lymm Runners	22.23
121	91	SHAW, Geoff	Male Vet 60	Helsby	22.28
122	529	KERRIGAN, Hannah	Female Vet 35	Swinton Rc	22.36
123	29	ROBERTS, Elly	Female Vet 50	Spectrum Striders	22.38
124	130	EDWARDS, Joanne	Female Vet 50	Vale Royal Ac	22.40
125	43	MCDERMOTT, Alex	Male Junior	Unattached	22.46
126	535	SEYMOUR, Gaynor	Female Vet 40	Lymm Runners	22.51
127	14	CHAMBERS, Barry	Male Vet 65	Vale Royal AC	22.53
128	518	BERRY, Martin	Male Vet 40	Warrington Road Runners	22.54
129	505	HOUGHTON, John	Male Vet 55	Unattached	23.04
130	73	BEATTIE, Geoff	Male Vet 60	Sale Harriers Manchester	23.07
131	1164	HAMPTON, Katie	Female Senior	Unattached	23.11
132	23	KINSMAN, Huw	Male Senior	Spectrum Striders	23.23
133	503	TODD, Helen	Female Vet 60	Stockport Harriers	23.32
134	565	HASLER, Saranya	Female Senior	Macclesfield	23.33
135	525	GLEN, Rebecca	Female Vet 40	Goyt Valley Striders	23.34
136	527	THOMPSON, Steph	Female Vet 45	Altrincham & District AC	23.39
137	49	LOMAX, Jayne	Female Vet 50	Vale Royal AC	23.40
138	508	ROWBOTTOM, Jason	Male Vet 50	Lymm Runners	23.41
139	21	KELLY, Denis	Male Vet 50	Manchester Harriers	23.47
140	524	CROSSLEY, Catharine	Female Vet 35	Macclesfield Harriers	23.48
141	38	MCCLELLAND, Jenny	Female Vet 45	Lymm Runners	23.55
142	27	MIRABELLA, Alessandro	Male Senior	Spectrum Striders	23.56
143	28	JOHNSON, Martin	Male Senior	Unattached	23.57
144	44	ROGERS, Rosemary	Female Vet 65	West Cheshire a C	24.03
145	1160	PATON-CROCKETT, Zoe	Female Senior	Unattached	24.07
146	54	BABA, Caroline	Female Vet 35	Manchester Harriers	24.07

147	10	CONNOR, Joseph	Male Senior	Bramhall Runners	24.12
148	538	WILSON, Sharon	Female Vet 45	Unattached	24.17
149	30	CANNON, Chris	Male Vet 60	Wilmslow Running Club	24.23
150	563	JONES, Gill	Female Vet 45	Styal Running Club	24.28
151	51	RAFFEL, Alistair	Male Vet 60	Spectrum Striders	24.38
152	127	MC CORMICK, Fechin	Male Vet 65	Sale Harriers Manchester	24.43
153	102	BURGESS, Ken	Male Vet 70+	Altrincham & District AC	24.45
154	3	THOMPSON, Dave	Male Vet 60	Spectrum Striders	24.54
155	68	HOWELL, Graham	Male Vet 65	Liverpool Harriers	24.57
156	31	FENTON, Simon	Male Vet 70+	Wilmslow Running Club	25.04
157	80	BRAHAM, Sarah	Female Vet 35	Sale Harriers Manchester	25.07
158	1165	O'BRIEN, Mick	Male Vet 45	Knowsley Harriers	25.21
159	85	COOPER, Amy	Female Senior	Lymm Runners	25.21
160	579	NOBLE, Mike	Male Vet 65	Stockport Harriers	25.29
161	47	LEIGH, Janice	Female Vet 50	Spectrum Striders	25.38
162	103	HACKETT, Simon	Male Vet 55	Lymm Runners	25.42
163	87	PICKFORD, Chris	Male Vet 55	Lymm Runners	25.47
164	521	WORTHINGTON, Stephanie	Female Senior	Unattached	25.48
165	135	YARWOOD, Dennis	Male Vet 50	Spectrum Striders	25.49
166	532	SMITH, David	Male Vet 45	Unattached	25.51
167	8	CHINEA, Jane	Female Vet 50	Lymm Runners	25.53
168	557	DOOLEY, Andrew	Male Vet 55	Styal Running Club	26.04
169	120	PERCHARD, Mike	Male Vet 60	Unattached	26.06
170	115	HAINES, Jill	Female Vet 45	Vale Royal Ac	26.10
171	580	DINSMOR, Alexis	Male Vet 65	Stockport Harriers	26.14
172	578	FAIRCLOUGH, Julie	Female Vet 50	Bramhall Runners	26.15
173	1154	ARBER, Carolyn	Female Vet 55	Spectrum Striders	26.19
174	95	SPRINGALL, Stephen	Male Vet 55	Spectrum Striders	26.21
175	512	SCAMMELL, Emma	Female Vet 40	Lymm Runners	26.40
176	82	LYON, Catherine	Female Senior	Spectrum Striders	26.43
177	13	DOOLEY, John	Male Vet 65	Spectrum Striders	26.43
178	596	GRAINGER, Sian	Female Vet 55	Unattached	26.43
179	9	SELLARS, Thomas	Male Vet 40	Lymm Runners	26.54
180	502	KELLY, Michelle	Female Vet 55	Penny Lane Striders	27.12
181	501	KELLY, John	Male Vet 55	Penny Lane Striders	27.30
182	531	COTTON, Andrew	Male Vet 45	Unattached	27.38
183	583	POWNALL, Roy	Male Vet 65	Wilmslow RC	27.38
184	109	MEARS, Dave	Male Vet 45	Unattached	27.41
185	129	LINDSEY, Ruth	Female Vet 35	Sale Harriers Manchester	27.56
186	519	FAWCETT, Michael	Male Vet 60	Lymm Runners	27.57
187	92	SHAW, Janet	Female Vet 60	Helsby	28.05
188	1169	HARRISON, Rosemary	Female Senior	Unattached	28.07
189	12	COLES, Terry	Male Vet 70+	Spectrum Striders	28.55
190	595	TOWNLEY, Vincent	Male Vet 60	Unattached	29.04
191	15	DUNBAR, Ian	Male Vet 60	Spectrum Striders	29.05
192	124	KNIGHT, Chrissie	Female Vet 60	Lymm Runners	29.12
193	112	RUDGE, Hayley	Female Senior	Lymm Runners	29.25
194	96	SPRINGALL, Diane	Female Vet 50	Spectrum Striders	29.28
195	60	CARLETON, Margaret	Female Vet 60	Winston Runners	29.42
196	57	SINCLAIR, Teresa	Female Vet 55	Winston Runners	30.23

<b>197</b>	<b>16</b>	<b>HESKETH,Philomena</b>	<b>Female Vet 60</b>	<b>Unattached</b>	<b>34.40</b>
<b>198</b>	<b>589</b>	<b>ATTWELL, Dave</b>	<b>Male Vet 70+</b>	<b>Altrincham and District</b>	<b>36.19</b>
<b>199</b>	<b>1168</b>	<b>MERRICK, Helen</b>	<b>Female Senior</b>	<b>Unattached</b>	<b>40.04</b>
<b>200</b>	<b>574</b>	<b>BRIGHT, Ria</b>	<b>Female Vet 45</b>	<b>Keighley &amp; Craven</b>	<b>44.55</b>
<b>201</b>	<b>74</b>	<b>WALSHAM, Arthur</b>	<b>Male Vet 70+</b>	<b>Salford Harriers</b>	<b>47.24</b>