

ALTRINCHAM & DISTRICT ATHLETIC CLUB
Dunham Massey 5K results - 25th May 2017

1	136	NICHOLLS, Damian	Male Vet 35	Wilmslow Running Club	16.30
2	380	RACLE, Daniel	Male Junior	Altrincham & District AC	16.33
3	111	CHESHIRE, Jonathan	Male Senior	Wilmslow Running Club	16.48
4	75	STANFORD, Chris	Male Senior	Warrington Triathlon Club	16.53
5	324	MURRAY, Alastair	Male Vet 40	Horwich Rmi Harriers	16.59
6	361	ALDERSON, David	Male Vet 40	Chorlton Runners	17.01
7	330	KENNEDY, Tim	Male Senior	Sale Harriers Manchester	17.18
8	373	SMITH, Jonathan	Male Senior	Lymm Runners	17.23
9	377	BUGLER, Nick	Male Senior	Altrincham & District AC	17.26
10	364	WETHERALL, Ian	Male Vet 50	Sale Harriers Manchester	17.30
11	19	HUGHES, Lee	Male Vet 40	Lymm Runners	17.40
12	79	MATUSZCZAK, Kristan	Male Senior	Altrincham & District AC	17.45
13	22	SINCLAIR, Harry	Male Junior	Altrincham & District AC	17.50
14	90	HARRINGTON, Michael	Male Vet 45	Vale Royal AC	17.50
15	105	DAVIES, Brian	Male Vet 55	Unattached	17.51
16	131	MILLS, Thomas	Male Senior	Warrington Ac	17.52
17	320	MOLES, James	Male Vet 40	Manchester Frontrunners	17.55
18	107	WHITTINGHAM, Andrew	Male Vet 45	Wilmslow Running Club	18.00
19	327	MOONEY, Andrew	Male Senior	Sale Harriers Manchester	18.07
20	338	BATHO, Charlie	Male Vet 45	Stockport Harriers	18.10
21	325	THOMPSON, Steven	Male Senior	Warrington Road Runners	18.13
22	352	JORDAN, James	Male Senior	Horwich Rmi Harriers	18.19
23	116	MORRIS, Trevor	Male Vet 55	Wilmslow Running Club	18.38
24	50	ASHBY, Mike	Male Senior	Sale Harriers Manchester	18.43
25	119	MCVEY, Diane	Female Vet 40	Wilmslow Running Club	18.49
26	354	COLL, Jerry	Male Vet 40	Warrington Road Runners	18.57
27	110	BURKE, Anthony	Male Vet 45	Lymm Runners	19.05
28	7	HOUGHTON, Mike	Male Vet 45	Spectrum Striders	19.07
29	313	BRADBURY, Craig	Male Vet 40	Sale Harriers Manchester	19.15
30	326	MILLS, Kieran	Male Junior	Unattached	19.18
31	118	LINDSEY, Ashley	Male Vet 45	Sale Harriers Manchester	19.21
32	304	KENNAUGH, Richard	Male Vet 50	Unattached	19.25
33	86	HILL, Mike	Male Vet 50	Wilmslow Running Club	19.32
34	123	HUNTER, Mark J	Male Vet 60	Altrincham & District AC	19.37
35	365	ESKANDER, Miras	Male Vet 35	Unattached	19.40
36	52	WILLIAMS, James	Male Vet 40	Lymm Runners	19.42
37	370	BLANN, Lora	Female Vet 35	Altrincham & District AC	19.59
38	34	DAY, Kenneth	Male Senior	Kirkby Milers	20.06
39	113	HAINES, David	Male Vet 45	Vale Royal Ac	20.08
40	4	OGDEN, Stanley	Male Vet 55	Spectrum Striders	20.22
41	11	COLES, Matthew	Male Senior	Spectrum Striders	20.26
42	20	LLOYD, Peter	Male Vet 55	Lymm Runners	20.32
43	378	GMERER, Zoe	Female Vet 40	Chorlton Runners	20.35
44	342	PATTERSON, Tom	Male Vet 40	Unattached	20.36
45	117	ROBINSON, Lauren	Female Junior	Macclesfield Harriers	20.38
46	33	AIRD, Paul	Male Vet 55	Last Inn Runners	20.43

47	383	FINNEY, Emma	Female Vet 35	Sale Harriers Manchester	20.43
48	24	BILLINGTON, Tim	Male Vet 50	Wilmslow Running Club	20.50
49	133	BRADBURY, Jamie	Male Vet 40	Lymm Runners	20.56
50	48	FEGAN, Danny	Male Vet 50	St Helens Striders	20.58
51	362	DRIVER, Graham	Male Vet 50	Spectrum Striders	20.59
52	363	OLIVER, Andrew	Male Senior	Unattached	21.00
53	346	SPENCER, Andrew	Male Vet 40	Altrincham & District AC	21.01
54	83	EHLEN, Brad	Male Vet 45	Northwich Running Club	21.02
55	301	SMITH, Michael	Male Vet 50	Lymm Runners	21.02
56	351	ETCHELLS, Lucy	Female Senior	Manchester Frontrunners	21.03
57	376	GASKELL, Andrew	Male Vet 45	Spectrum Striders	21.03
58	97	SANDERSON, Matt	Male Vet 40	Warrington Running Club	21.05
59	314	MAHER, Gareth	Male Senior	Bramhall Runners	21.08
60	59	VAUGHAN, David	Male Senior	Altrincham & District AC	21.09
61	41	WOMACK, Mike	Male Senior	Lymm Runners	21.15
62	106	DODD, Mark	Male Vet 40	Ellesmere Port Running Club	21.26
63	63	CORDINGLEY, Beatrice	Female Senior	Sale Harriers Manchester	21.34
64	366	WOODHAM, Jeremy	Male Vet 40	Marple Runners	21.35
65	35	BROAD, Ellen	Female Senior	Spectrum Striders	21.36
66	382	LUNT, William	Male Junior	Unattached	21.38
67	340	DEMAINE, Claire	Female Vet 35	Lymm Runners	21.40
68	128	RUSHTON, Rachel	Female Vet 35	Altrincham & District AC	21.41
69	367	HOUGHTON, Jennifer	Male Senior	Kirkby Milers	21.44
70	77	MILLS, Rebecca	Female Vet 35	Swinton Running Club	21.44
71	100	JOHNSON, Brad	Male Vet 40	Altrincham & District AC	21.46
72	371	PEARSON, Nick	Male Vet 35	Unattached	21.48
73	43	MCDERMOTT, Alex	Male Junior	Unattached	21.50
74	61	CORDINGLEY, Frank	Male Vet 55	Sale Harriers Manchester	21.53
75	46	BASNETT, Paul	Male Vet 45	Astley & Tyldesley Road Runn	21.55
76	132	BEARD, Chris	Male Vet 45	Vale Royal Ac	21.57
77	347	HOUGH, Robert	Male Senior	Unattached	22.00
78	350	DICKINSON, Duncan	Male Vet 50	Altrincham & District AC	22.01
79	62	CORDINGLEY, Jackie	Female Vet 55	Sale Harriers Manchester	22.04
80	126	LOTT, Joanne	Female Vet 50	Trafford AC	22.05
81	306	SCAMMELL, John	Male Vet 40	Lymm Runners	22.07
82	311	FORSTER, Karon	Female Vet 55	Spectrum Striders	22.08
83	84	MURPHY, Tim	Male Vet 55	Spectrum Striders	22.09
84	1	SPENCER, Julian	Male Vet 55	Spectrum Striders	22.15
85	343	FOGARTY, Nick	Male vet 45	Lymm Runners	22.17
86	71	WYMER, Michael	Male Vet 40	Sale Harriers Manchester	22.21
87	375	SPENCER, Alan	Male Vet 55	Knowsley Harriers	22.23
88	315	HEAWORD, Phil	Male Senior	Bramhall Runners	22.25
89	78	THOMASON, Barrie	Male Vet 50	Macclesfield Harriers	22.27
90	333	CLIFFE, Neil	Male Vet 55	Unattached	22.28
91	2	GARNETT, Andy	Male Vet 60	Spectrum Striders	22.30
92	358	FAIRCLOUGH, Steve	Male Vet 50	Bramhall Runners	22.31
93	67	KYRIACOU, Sam	Female Junior	Macclesfield Harriers	22.31
94	64	DAWSON, James	Male Vet 50	Lymm Runners	22.34
95	316	HAND, Geoff	Male Vet 60	Spectrum Striders	22.35
96	66	MCHARRY, Rob	Male Vet 50	Spectrum Striders	22.38

97	72	BATTERSBY, John	Male Vet 55	Sale Harriers Manchester	22.44
98	349	KNOCKTON, James	Male Junior	Macclesfield Harriers	22.45
99	69	GAUNT, Duane	Male Senior	Sale Harriers Manchester	22.47
100	379	GOODSON, Darren	Male Vet 35	Unattached	22.54
101	98	WALKER, Georgina	Female Vet 40	Lymm Runners	22.58
102	36	THOMPSON, Howard	Male Vet 45	Unattached	23.13
103	23	KINSMAN, Huw	Male Senior	Spectrum Striders	23.14
104	42	REAGAN, Helen	Female Vet 45	Sale Harriers Manchester	23.15
105	10	CONNOR, Joseph	Male Senior	Bramhall Runners	23.18
106	130	EDWARDS, Joanne	Female Vet 50	Vale Royal Ac	23.24
107	91	SHAW, Geoff	Male Vet 60	Helsby	23.29
108	125	FAULKNER, David	Male Vet 55	Lymm Runners	23.31
109	337	TODD, Helen	Female Vet 60	Stockport Harriers	23.36
110	308	KNOTT, Shane	Male Vet 40	Penny Lane Striders	23.42
111	332	BROWN, Keith	Male Vet 55	Unattached	23.46
112	73	BEATTIE, Geoff	Male Vet 60	Sale Harriers Manchester	23.53
113	39	WALKER, Angela	Female Vet 35	Lymm Runners	24.04
114	53	REYNOLDS, Julia	Female Vet 45	Sale Harriers Manchester	24.09
115	14	CHAMBERS, Barry	Male Vet 65	Vale Royal AC	24.10
116	121	MOSS, Nina	Female Senior	Macclesfield Harriers	24.16
117	341	HILL, Jenny	Female Vet 35	Lymm Runners	24.23
118	29	ROBERTS, Elly	Female Vet 50	Spectrum Striders	24.24
119	368	MILLS, Bridget	Female Senior	Unattached	24.47
120	339	NEARY, Yvonne	Female Vet 50	Unattached	24.49
121	18	PICKFORD, Stephen	Male Vet 45	Warrington Running Club	24.52
122	49	LOMAX, Jayne	Female Vet 50	Vale Royal AC	25.55
123	322	THOMPSON, Steph	Female Vet 45	Altrincham & District AC	25.01
124	21	KELLY, Denis	Male Vet 50	Manchester Harriers	25.13
125	44	ROGERS, Rosemary	Female Vet 65	West Cheshire a C	25.20
126	102	BURGESS, Ken	Male Vet 70+	Altrincham & District AC	25.28
127	129	LINDSEY, Ruth	Female Vet 35	Sale Harriers Manchester	25.41
128	27	MIRABELLA, Alessandro	Male Senior	Spectrum Striders	25.42
129	28	JOHNSON, Martin	Male Senior	Unattached	25.42
130	68	HOWELL, Graham	Male Vet 65	Liverpool Harriers	25.48
131	319	BENNETT, Alan	Male Vet 55	Unattached	25.49
132	127	MC CORMICK, Fechin	Male Vet 65	Sale Harriers Manchester	25.50
133	51	RAFFEL, Alistair	Male Vet 60	Spectrum Striders	25.52
134	135	YARWOOD, Dennis	Male Vet 50	Spectrum Striders	25.57
135	54	BABA, Caroline	Female Vet 35	Manchester Harriers	26.08
136	374	O'BRIEN, Mick	Male Vet 45	Knowsley Runners AC	26.11
137	353	MORGAN, Peter	Male Vet 60	Southport Waterloo Ac	26.20
138	47	LEIGH, Janice	Female Vet 50	Spectrum Striders	26.42
139	31	FENTON, Simon	Male Vet 70+	Wilmslow Running Club	26.44
140	372	CUMANI, Nello	Male Vet 50	Unattached	26.47
141	6	WORSLEY, Anna	Female Vet 35	Lymm Runners	26.52
142	87	PICKFORD, Chris	Male Vet 55	Lymm Runners	26.53
143	17	MCMULLEN, Shirley	Female Vet 45	Lymm Runners	27.03
144	99	MATTHEWS, Sarah	Female Vet 35	Warrington Road Runners	27.13
145	8	CHINEA, Jane	Female Vet 50	Lymm Runners	27.26
146	359	FAIRCLOUGH, Julie	Female Vet 50	Bramhall Runners	27.28

147	103	HACKETT, Simon	Male Vet 55	Lymm Runners	27.31
148	302	SMITH, Carolyn	Female Vet 50	Lymm Runners	27.38
149	120	PERCHARD, Mike	Male Vet 60	Unattached	27.48
150	305	SCAMMELL, Emma	Female Vet 40	Lymm Runners	27.50
151	115	HAINES, Jill	Female Vet 45	Vale Royal Ac	28.03
152	82	LYON, Catherine	Female Senior	Spectrum Striders	28.23
153	329	HILL, Denis	Male Vet 70+	Warrington Running Club	28.25
154	381	GOWER, Alex	Male Junior	Unattached	28.39
155	345	MASON, Rachel	Female Senior	Sandbach Striders	28.47
156	312	FAWCETT, Michael	Male Vet 60	Lymm Runners	28.52
157	13	DOOLEY, John	Male Vet 65	Spectrum Striders	28.53
158	109	MEARS, Dave	Male Vet 45	Unattached	28.57
159	318	WORTHINGTON, Stephanie	Female Senior	Unattached	29.04
160	95	SPRINGALL, Stephen	Male Vet 55	Spectrum Striders	29.42
161	355	BAMFORD, Angela	Female Vet 50	Altrincham & District AC	30.02
162	344	LAMPER, Sophie	Female Vet 35	Unattached	30.07
163	85	COOPER, Amy	Female Senior	Lymm Runners	30.32
164	112	RUDGE, Hayley	Female Senior	Lymm Runners	30.33
165	12	COLES, Terry	Male Vet 70+	Spectrum Striders	30.36
166	92	SHAW, Janet	Female Vet 60	Helsby	30.58
167	15	DUNBAR, Ian	Male Vet 60	Spectrum Striders	32.19
168	124	KNIGHT, Chrissie	Female Vet 60	Lymm Runners	32.57
169	137	TEDFORD, Andrew	Male Senior	Lymm Runners	33.05
170	328	WHITFIELD, Rachel	Female Senior	Warrington Running Club	34.16
171	57	SINCLAIR, Teresa	Female Vet 55	Winston Runners	36.45
172	16	HESKETH, Philomena	Female Vet 60	Unattached	37.30
173	60	CARLETON, Margaret	Female Vet 60	Winston Runners	37.47