

ALTRINCHAM & DISTRICT ATHLETIC CLUB
Dunham Massey 5K results - 24th May 2018

1	294	SHEPHERD, Ed	Male Senior	Vale Royal Ac	15.22	
2	319	RACLE, Dan	Male Junior	Altrincham & District AC	16.07	1st MJ
3	88	SHAW, Matthew	Male Senior	Salford Harriers Ac	16.08	
4	226	OFFORD, Mark	Male Senior	Altrincham & District AC	16.12	
5	63	STANFORD, Chris	Male Senior	Warrington Tri Club	16.21	
6	312	GREEN, Graham	Male Vet 50	Warrington Ac	16.49	1st V50
7	111	FOSTER, Leon	Male Senior	Leeds City Ac	17.02	
8	19	SHARMAN, Leighton	Male Senior	Warrington Ac	17.22	
9	108	BAGAN, Paul	Male Vet 40	Warrington Ac	17.29	1st V40
10	113	PICKFORD, Andy	Male Vet 40	Altrincham & District AC	17.33	
11	309	SMITH, Jonathan	Male Senior	Lymm Runners	17.37	
12	276	LAWLOR, Anthony	Male Vet 50	Knowsley Harriers Ac	17.37	
13	58	WILSON, Jake	Male Junior	Vale Royal Ac	17.38	2nd MJ
14	293	WATMOUGH, Stephen	Male Vet 55	Warrington Ac	17.40	1st V55
15	29	HARRINGTON, Michael	Male Vet 45	Vale Royal Ac	17.44	1st V45
16	70	WHITTINGHAM, Andrew	Male Vet 45	Wilmslow Running Club	17.50	
17	272	JORDAN, James	Male Senior	Horwich Rmi	17.54	
18	134	HUGHES, Rob	Male Senior	Salford Harriers Ac	17.59	
19	297	GOODFELLOW, Chris	Male Vet 45	Macclesfield Harriers	18.12	
20	275	DOYLE, Stephen	Male Vet 40	Knowsley Harriers Ac	18.17	
21	337	RENNY, Steve	Male Vet 45	Altrincham & District AC	18.18	
22	64	JACKSON, Robert	Male Senior	Wilmslow Running Club	18.20	
23	274	CHRISTIAN, Martin	Male Vet 45	Kirkby Milers	18.22	
24	288	EGAN, Nathan	Male Junior	Altrincham & District AC	18.24	
25	46	MOORE, Perry	Male Vet 45	Warrington Road Runners	18.24	
26	328	PREECE, Roger	Male Vet 50	Altrincham & District AC	18.30	
27	245	MCVEY, Diane	Female Vet 40	Wilmslow Running Club	18.37	1st F &FV40
28	334	LONGLEY, Richard	Male Vet 40	Newcastle AC	18.41	
29	222	PENDRILL, Jim	Male Vet 45	Wilmslow Running Club	18.43	

30	303	BUGLER, Nick	Male Senior	Altrincham & District AC	18.44	
31	18	MILLS, Kieran	Male Junior	Unattached	18.45	
32	306	EGAN, Thomas	Male Junior	Altrincham & District AC	18.46	
33	335	MARCHANT, Kerry	Male Vet 40	Newcastle AC	18.49	
34	317	GREEN, Adam	Male Senior	Warrington Ac	18.50	
35	261	DAY, Kenneth	Male Senior	Kirkby Milers	18.56	
36	254	KENNEDY, Tim	Male Senior	Sale Harriers Manchester	18.57	
37	252	RAMSEY, Phil	Male Vet 40	Bramhall Runners	18.57	
38	223	GEE, David	Male Vet 65	Manchester Harriers	19.05	1st M65
39	87	EVANS, Jenny	Female Senior	Sale Harriers Manchester	19.07	2nd F
40	290	RICHARDSON, Gary	Male Vet 40	Vale Royal Ac	19.09	
41	287	THOMPSON, Louisa	Female Vet 35	Leigh Harriers	19.11	3rd F & 1st FV35
42	133	GILL, David	Male Vet 60	Warrington Ac	19.15	1st M60
43	221	SPRAGG, Matthew	Male Vet 40	Sale Harriers Manchester	19.17	
44	122	DODD, Mark	Male Vet 40	Ellesmere Port Running Club	19.19	
45	244	WILLIAMS, James	Male Vet 40	Lymm Runners	19.31	
46	90	TOPPING, Chris	Male Senior	Sale Harriers Manchester	19.34	
47	304	KENNEDY, Colin	Male Vet 50	Warrington Running Club	19.37	
48	273	SHAUGHNESSY, Steve	Male Vet 60	Stockport Harriers	19.40	
49	246	DUCE, Graham	Male Vet 45	Wilmslow Running Club	19.43	
50	291	MACDONALD, James	Male Vet 45	Wilmslow Running Club	19.44	
51	110	COCROFT, Jonathan	Male Senior	Lymm Runners	19.48	
52	305	HEGGS, Robert	Male Vet 40	Sale Harriers Manchester	19.51	
53	295	MOULDS, Kate	Female Senior	Vale Royal Ac	19.54	
54	60	KENNAUGH, Richard	Male Vet 50	Altrincham & District AC	19.56	
55	235	SHELDON, John	Male Vet 40	Lymm Runners	19.58	
56	104	O'KEEFE, Ray	Male Vet 50	Macclesfield Harriers	19.58	
57	117	HUNTER, Mark J	Male Vet 60	Altrincham & District AC	20.05	
58	320	BLANN, Lora	Female Vet 35	Altrincham & District AC	20.11	2nd FV35
59	107	JONES, Damien	Male Senior	Sale Harriers Manchester	20.12	
60	16	HOUGH, Robert	Male Vet 45	Spectrum Striders	20.16	
61	69	GAUNT, Duane	Male Senior	Sale Harriers Manchester	20.22	
62	112	MICHELL, Davyd	Male Vet 40	Helsby Running Club	20.23	

63	129	HOUGHTON, Mike	Male Vet 45	Spectrum Striders	20.27	
64	128	CRAIG, Lisa	Female Senior	Altrincham & District AC	20.30	
65	85	BEARD, Chris	Male Vet 45	Vale Royal Ac	20.34	
66	224	SHONE, Bill	Male Vet 50	Stockport Harriers	20.36	
67	239	GMERER, Zoe	Female Vet 40	Chorlton Runners	20.43	2nd FV40
68	325	LOMAX, Bobbie	Female Vet 40	Warrington Road Runners	20.45	
69	219	GARNETT, Paul	Male Vet 55	Wilmslow Running Club	20.51	
70	238	MULHOLLAND, Keith	Male Vet 50	Macclesfield Harriers	20.58	
71	322	HILL, Mike	Male Vet 50	Wilmslow Running Club	21.00	
72	203	PATTERSON, Tom	Male Vet 40	Unattached	21.02	
73	10	FEGAN, Danny	Male Vet 50	St Helens Striders	21.03	
74	333	PEREZ, Jose	Male Vet 45	Knutsford Tri Club	21.05	
75	262	BRADY, Mike	Male Vet 50	Spectrum Striders	21.06	
76	321	PRICE, Anthony	Male Senior	Unattached	21.10	
77	120	DRASDO, Alison	Female Vet 50	Trafford Ac	21.11	1st FV50
78	39	CASEY, Louise	Female Vet 35	Widnes Running Club	21.11	
79	76	GREENEY, Libby	Female Junior	Macclesfield Harriers	21.14	
80	1	SPENCER, Julian	Male Vet 55	Spectrum Striders	21.16	
81	95	BIRCH, Gary	Male Vet 40	Warrington Running Club	21.17	
82	323	CROUCH, Nick	Male Senior	Unattached	21.21	
83	80	PATON-CROCKETT, Andrew	Male Senior	Altrincham & District AC	21.22	
84	215	SMITH, Michael	Male Vet 50	Lymm Runners	21.23	
85	241	GILL, Colin	Male Vet 45	Lymm Runners	21.23	
86	14	DRIVER, Graham	Male Vet 50	Spectrum Striders	21.24	
87	249	JACKSON, Matthew	Male Vet 50	Styal Running Club	21.27	
88	256	ELLIS, Janine	Female Vet 45	Wilmslow Running Club	21.31	1st FV45
89	292	AIRD, Paul	Male Vet 55	Deestridders	21.34	
90	59	WOMACK, Mike	Male Senior	Lymm Runners	21.34	
91	263	FERGUSON, Sinead	Female Vet 40	Sale Harriers Manchester	21.35	
92	269	DICKINSON, Duncan	Male Vet 50	Altrincham & District AC	21.36	
93	43	DAWSON, Jim	Male Vet 55	Lymm Runners	21.37	
94	125	JARVIS, Mark	Male Vet 40	Unattached	21.37	
95	229	HARRISON, Louisa	Female Vet 40	Wilmslow Running Club	21.39	

96	105	BEARD, Danielle	Female Vet 35	Altrincham & District AC	21.39	
97	217	TRIMBLE, Gareth	Male Vet 45	Wilmslow Running Club	21.44	
98	212	HALL, Richard	Male Senior	Bramhall Runners	21.51	
99	73	CORDINGLEY, Frank	Male Vet 55	Sale Harriers Manchester	21.55	
100	327	COSTAIN, Richard	Male Senior	Penny Lane Striders Ac	21.58	
101	74	CORDINGLEY, Jackie	Female Vet 55	Sale Harriers Manchester	22.02	1stFV55
102	132	BRADBURY, Jamie	Male Vet 40	Lymm Runners	22.03	
103	45	BASNETT, Paul	Male Vet 45	Astley & Tyldesley Road Runners	22.03	
104	3	KINSMAN, Huw	Male Senior	Spectrum Striders	22.16	
105	232	FAIRCLOUGH, Steve	Male Vet 50	Bramhall Runners	22.34	
106	56	KEELING, William	Male Vet 50	Knutsford Tri Club	22.44	
107	271	IRWIN, Noel	Male Vet 50	Sale Harriers Manchester	22.47	
108	326	HUMPHREY, John	Male Vet 40	Unattached	22.52	
109	106	JONES, Adam	Male Senior	Unattached	22.55	
110	97	MCHARRY, Rob	Male Vet 50	Spectrum Striders	22.56	
111	17	FISHER, Scott	Male Senior	Warrington Running Club	22.58	
112	338	HAMPTON, Katie	Female Senior	Unattached	23.03	
113	94	LOTT, Joanne	Female Vet 50	Trafford Ac	23.07	
114	315	MASKELL, Rachel	Female Vet 35	Lymm Runners	23.07	
115	35	EHLEN, Brad	Male Vet 45	Northwich Running Club	23.12	
116	247	BROWN, Keith	Male Vet 55	Warrington Road Runners	23.15	
117	242	WALTON, Colin	Male Vet 55	Wilmslow Running Club	23.17	
118	124	FORSTER, Karon	Female Vet 55	Spectrum Striders	23.19	
119	98	SKETT, Andrew	Male Vet 60	Lymm Runners	23.20	
120	281	CROSSLEY, Catharine	Female Vet 35	Macclesfield Harriers	23.21	
121	336	TAYLOR, Edward	Male Vet 45	Knutsford Tri Club	23.21	
122	28	WALKER, Georgina	Female Vet 40	Lymm Runners	23.28	
123	81	KELLY, Denis	Male Vet 50	Manchester Harriers	23.34	
124	37	MCCLELLAND, Jenny	Female Vet 45	Lymm Runners	23.37	
125	331	TELFORD, David	Male Vet 65	Altrincham & District AC	23.38	
126	251	TURNER, Alan	Male Vet 50	Wilmslow Running Club	23.51	
127	255	COPPOCK, Nicola	Female Vet 35	Wilmslow Running Club	23.52	
128	53	NUNNERLEY, Emma	Female Vet 40	Lymm Runners	23.55	

129	258	TAYLOR, Paul	Male Vet 45	Bramhall Runners	24.00	
130	284	JACKSON, Frances	Female Senior	Unattached	24.01	
131	301	COWELL, Paul	Male Vet 45	Bramhall Runners	24.10	
132	311	MORGAN, Peter	Male Vet 60	Penny Lane Striders Ac	24.13	
133	225	PORTEOUS, John	Male Vet 65	Wilmslow Running Club	24.15	
134	130	CALDWELL, Helen	Female Vet 50	Spectrum Striders	24.15	
135	86	ELWOOD, Mark	Male Vet 45	Lymm Runners	24.20	
136	283	BULL, Martin	Male Vet 60	Dragons Running Club (Sale)	24.21	
137	72	LOMAX, Jayne	Female Vet 50	Vale Royal Ac	24.25	
138	89	READ, Debbie	Female Vet 60	Helsby Running Club	24.28	1st FV60
139	214	RENNIE, Helen	Female Senior	Bramhall Runners	24.33	
140	131	HUGHES, Malcolm	Male Vet 55	Spectrum Striders	24.35	
141	42	RAFFEL, Alistair	Male Vet 60	Spectrum Striders	24.35	
142	44	FAULKNER, David	Male Vet 60	Lymm Runners	24.42	
143	243	CROSSLAND, Mark	Male Vet 50	Wilmslow Running Club	24.43	
144	282	JARDINE, Hayley	Female Vet 35	Spectrum Striders	24.46	
145	227	CONNOR, Joseph	Male Senior	Bramhall Runners	24.49	
146	220	WYLES, Janet	Female Vet 50	Wilmslow Running Club	24.52	
147	265	TODD, Helen	Female Vet 60	Stockport Harriers	25.00	
148	330	YARWOOD, Dennis	Male Vet 50	Spectrum Striders	25.10	
149	266	CHADWICK-DUNBAR, Victoria	Female Vet 45	Bramhall Runners	25.18	
150	277	LENNON, Frances	Female Vet 45	Warrington Road Runners	25.19	
151	234	GOWIN, Helen	Female Vet 50	Macclesfield Harriers	25.27	
152	7	JOHNSON, Martin	Male Senior	Spectrum Striders	25.34	
153	30	BAINTON, George	Male Vet 55	Lymm Runners	25.35	
154	253	ASHCROFT, Ian	Male Vet 70	Wilmslow Running Club	25.39	1st V70
155	102	CARTER, Darren	Male Senior	Warrington Running Club	25.39	
156	22	MCDERMOTT, Alex	Male Junior	Unattached	25.41	
157	84	HOWELL, Graham	Male Vet 65	Liverpool Harriers	25.45	
158	99	BURTON, Peter	Male Vet 50	Lymm Runners	25.50	
159	310	POWER, Melanie	Female Vet 45	Macclesfield Harriers	25.51	
160	231	FAIRCLOUGH, Julie	Female Vet 50	Bramhall Runners	25.55	
161	27	EVANS, Matt	Male Vet 45	Unattached	26.00	

162	208	MCPARTLAND, Katie	Female Vet 40	Unattached	26.01	
163	298	ROWE, Philip	Male Senior	Unattached	26.03	
164	118	HAINES, Jill	Female Vet 45	Vale Royal Ac	26.06	
165	31	PICKFORD, Chris	Male Vet 55	Lymm Runners	26.07	
166	25	MARSHALL, Graham	Male Vet 50	Unattached	26.07	
167	57	BROWN, Tim	Male Vet 50	Lymm Runners	26.13	
168	210	BAMFORD, Angela	Female Vet 50	Altrincham & District AC	26.16	
169	329	MATTHEW, Helen	Female Vet 45	Unattached	26.17	
170	299	BRADLEY, Michael	Male Vet 60	Spectrum Striders	26.23	
171	6	GALLAGHER, Ciaran	Male Junior	Unattached	26.36	
172	38	LYON, Catherine	Female Vet 35	Spectrum Striders	26.38	
173	116	ARBER, Carolyn	Female Vet 60	Spectrum Striders	26.41	
174	34	COOPER, Amy	Female Senior	Lymm Runners	26.43	
175	82	MARTLAND, Tim	Male Vet 50	Lymm Runners	26.48	
176	316	PLUMRIDGE, Brian	Male Vet 50	Unattached	27.06	
177	49	FENTON, Simon	Male Vet 70	Wilmslow Running Club	27.10	
178	33	HACKETT, Simon	Male Vet 55	Lymm Runners	27.10	
179	332	BEATTIE, Sarah	Male Vet 45	Bramhall Runners	27.25	
180	207	WORTHINGTON, Stephanie	Female Senior	Unattached	27.31	
181	4	DOOLEY, John	Male Vet 70	Spectrum Striders	27.42	
182	285	DINSMOR, Alexis	Female Vet 65	Stockport Harriers	28.00	1st FV65
183	206	BENNETT, Alan	Male Vet 55	Unattached	28.02	
184	114	WATSON, Peter	Male Vet 70	Wilmslow Running Club	28.08	
185	201	WALKER, Chris	Male Vet 55	Unattached	28.10	
186	250	POWNALL, Roy	Male Senior	Wilmslow Running Club	28.21	
187	204	JORDAN, Alison	Female Vet 35	Unattached	28.27	
188	78	BUCKLEY, Joanna	Female Vet 55	Spectrum Striders	28.28	
189	307	DAWSON, Halina	Female Vet 60	Unattached	28.51	
190	127	WILCOX, Lauren	Female Senior	Unattached	28.51	
191	41	SMITH, Carolyn	Female Vet 50	Lymm Runners	28.55	
192	286	WALTON, Michael	Male Vet 45	Unattached	29.12	
193	289	RICHARDSON, Debbie	Female Vet 45	Unattached	29.18	
194	308	BROOKS, Alan	Male Vet 55	Unattached	29.18	

195	5	GALLAGHER, Connal	Male Vet 55	Unattached	29.23
196	202	DELANEY, John	Male Vet 70	Stockport Harriers	29.30
197	268	TUOHEY, Brian	Male Vet 55	Spectrum Striders	29.32
198	126	JARVIS, Josie	Female Vet 40	Unattached	29.36
199	296	MEARS, Dave	Male Vet 45	Unattached	29.37
200	65	JULINKOVA, Jana	Female Vet 45	Winston Runners	30.00
201	101	DUNNE, Sarah	Female Senior	Warrington Road Runners	30.06
202	324	WEBB, Jessica	Female Senior	Unattached	30.20
203	314	WEBB, Ian	Male Vet 60	Unattached	30.20
204	11	COLES, Terry	Male Vet 70	Spectrum Striders	30.24
205	123	GRIFFITHS, Neville	Male Vet 70	Spectrum Striders	30.30
206	115	RUDGE, Hayley	Female Senior	Lymm Runners	30.35
207	21	HACKETT, Karen	Female Vet 50	Unattached	30.40
208	8	FORTUNE, Iain	Male Vet 70	Spectrum Striders	30.44
209	135	CARTER, Christine	Female Vet 45	Unattached	30.54
210	40	JARAS, Michael	Male Vet 70	Spectrum Striders	31.05
211	300	TEDFORD, Andrew	Male Senior	Lymm Runners	31.26
212	36	KNIGHT, Chrissie	Female Vet 60	Lymm Runners	31.44
213	313	BARLOW, Alan	Male Vet 70	Altrincham & District AC	32.26
214	236	LI, Melanie	Female Vet 45	Bramhall Runners	32.39
215	259	TAYLOR, Clare	Female Vet 45	Bramhall Runners	32.43
216	91	DUNBAR, Ian	Male Vet 65	Spectrum Striders	33.02
217	32	MARSH, Helen	Female Vet 35	Lymm Runners	33.35
218	267	RAYNER, Claire	Female Vet 35	Bramhall Runners	33.50
219	211	POWELL, Diana	Female Vet 60	Bramhall Runners	34.36
220	103	LEATHER, Helen	Female Vet 45	Unattached	35.53
221	93	NEWTON, Caroline	Female Vet 35	Warrington Running Club	35.53
222	61	CARLETON, Margaret	Female Vet 60	Winston Runners	36.00
223	54	SINCLAIR, Teresa	Female Vet 55	Winston Runners	36.00
224	318	BRIGHT, Ria	Female Vet 50	Goyt Valley Striders	45.06