

**ALTRINCHAM & DISTRICT ATHLETIC CLUB****Bowdon 5K results - 7th June 2018**

1	88	SHAW, Matthew	Male Senior	Salford Harriers Ac	16.12
2	63	STANFORD, Chris	Male Senior	Warrington Tri Club	16.14
3	630	CONNON, Sean	Male Senior	Knutsford Tri Club	16.26
4	111	FOSTER, Leon	Male Senior	Leeds City Ac	16.44
5	655	CROOK, Stephen	Male Vet 40	Stockport Harriers	16.55
6	113	PICKFORD, Andy	Male Vet 40	Altrincham & District AC	17.01
7	58	WILSON, Jake	Male Junior	Vale Royal Ac	17.10
8	134	HUGHES, Rob	Male Senior	Salford Harriers Ac	17.11
9	19	SHARMAN, Leighton	Male Senior	Warrington Ac	17.24
10	660	SMITH, Jonathan	Male Senior	Lymm Runners	17.26
11	676	GAWNE, Matthew	Male Senior	Altrincham and District A C	17.29
12	29	HARRINGTON, Michael	Male Vet 45	Vale Royal Ac	17.34
13	70	WHITTINGHAM, Andrew	Male Vet 45	Wilmslow Running Club	17.36
14	64	JACKSON, Robert	Male Senior	Wilmslow Running Club	18.01
15	625	MOONEY, Andrew	Male Senior	Sale Harriers Manchester	18.21
16	675	PREECE, Roger	Male Vet 50	Altrincham and District A C	18.32
17	668	GREEN, Andrew	Male Vet 55	Warrington Ac	18.39
18	87	EVANS, Jenny	Female Senior	Sale Harriers Manchester	18.49
19	122	DODD, Mark	Male Vet 40	Ellesmere Port Running Club	18.51
20	626	DOUGLAS, Sarah	Female Senior	Sale Harriers Manchester	18.53
21	640	MARCHANT, Kerry Samantha	Female Vet 40	Newcastle (Staffs) Ac	19.00
22	616	GEE, David	Male Vet 65	Manchester Harriers & Ac	19.03
23	18	MILLS, Kieran	Male Junior	Unattached	19.10
24	66	JACKSON, Nick	Male Vet 50	Wilmslow Running Club	19.11
25	16	HOUGH, Robert	Male Vet 45	Spectrum Striders	19.12
26	133	GILL, David	Male Vet 60	Warrington Ac	19.14
27	90	TOPPING, Chris	Male Senior	Sale Harriers Manchester	19.31
28	654	WILLIAMS, Simon	Male Vet 40	Styal Running Club	19.32
29	104	O'KEEFE, Ray	Male Vet 50	Macclesfield Harriers	19.32

30	629	SHAUGHNESSY, Steve	Male Vet 60	Stockport Harriers & Ac	19.33
31	653	HEGGS, Robert	Male Vet 40	Sale Harriers	19.33
32	638	THOMAS, Andy	Male Vet 55	Sandbach Striders	19.35
33	637	HUMPHREYS, David	Male Vet 45	Vale Royal	19.39
34	620	WILLIAMS, James	Male Vet 40	Lymm Runners	19.41
35	110	COCROFT, Jonathan	Male Senior	Lymm Runners	19.41
36	107	JONES, Damien	Male Senior	Sale Harriers Manchester	19.42
37	85	BEARD, Chris	Male Vet 45	Vale Royal Ac	19.48
38	117	HUNTER, Mark J	Male Vet 60	Altrincham & District AC	19.54
39	128	CRAIG, Lisa	Female Senior	Altrincham & District AC	20.08
40	650	BECKETT, Mark	Male Vet 40	South Cheshire Harriers	20.10
41	325	LOMAX, Bobbie	Female Vet 40	Warrington Road Runners	20.14
42	628	OLDHAM, Maurice	Male Vet 60	Manchester Harriers	20.17
43	112	MICHELL, Davyd	Male Vet 40	Helsby Running Club	20.21
44	76	GREENEY, Libby	Female Junior	Macclesfield Harriers	20.27
45	39	CASEY, Louise	Female Vet 35	Widnes Running Club	20.36
46	69	GAUNT, Duane	Male Senior	Sale Harriers Manchester	20.41
47	611	PATTERSON, Tom	Male Vet 40	Unattached	20.44
48	120	DRASDO, Alison	Female Vet 50	Trafford Ac	20.46
49	14	DRIVER, Graham	Male Vet 50	Spectrum Striders	20.48
50	10	FEGAN, Danny	Male Vet 50	St Helens Striders	20.49
51	665	GASKELL, Andrew	Male Vet 50	Spectrum Striders	20.54
52	80	PATON-CROCKETT, Andrew	Male Senior	Altrincham & District AC	20.56
53	1	SPENCER, Julian	Male Vet 55	Spectrum Striders	20.59
54	666	OFFORD, Chris	Male Vet 45	Styal RC	21.03
55	59	WOMACK, Mike	Male Senior	Lymm Runners	21.07
56	634	BRADY, Mike	Male Vet 50	Spectrum Striders	21.09
57	43	DAWSON, Jim	Male Vet 55	Lymm Runners	21.25
58	674	TURNER, Paul	Male Vet 55	Bolton United Harriers	21.26
59	105	BEARD, Danielle	Female Vet 35	Altrincham & District AC	21.27
60	672	BARKER, Katherine	Female Senior	Altrincham and District A C	21.42
61	636	DICKINSON, Duncan	Male Vet 50	Altrincham and District A C	21.48
62	45	BASNETT, Paul	Male Vet 45	Astley & Tyldesley Road Runners	21.50

63	125	JARVIS, Mark	Male Vet 40	Unattached	21.53
64	3	KINSMAN, Huw	Male Senior	Spectrum Striders	22.00
65	667	GILLIVER, Sian	Female Senior	Macclesfield Harriers	22.03
66	642	POWERS, Barrie	Male Vet 45	Styal Running Club	22.04
67	20	MYERS, Aron	Male Senior	Wilmslow Striders	22.07
68	661	FOGARTY, Nick	Male Vet 45	Lymm Runners	22.07
69	106	JONES, Adam	Male Senior	Unattached	22.19
70	623	VESEY, Alison	Female Vet 55	Altrincham and District A C	22.20
71	2	GARNETT, Andy	Male Vet 60	Spectrum Striders	22.26
72	77	REYNOLDS, Julia	Female Vet 45	Sale Harriers Manchester	22.31
73	609	HALL, RICHARD	Male Vet 50	Bramhall Runners	22.34
74	97	MCHARRY, Rob	Male Vet 50	Spectrum Striders	22.35
75	658	HAMPTON, Katie	Female Senior	Unattached	22.53
76	138	MASKELL, Rachel	Female Vet 35	Lymm Runners	23.02
77	631	TAYLOR, Edward	Male Vet 45	Knutsford Tri Club	23.05
78	615	FAIRCLOUGH, Steve	Male Vet 50	Bramhall Runners	23.06
79	671	TELFORD, Dave	Male Vet 65	Altrincham and District A C	23.09
80	662	TODD, Jennifer	Female Vet 45	Lymm Runners	23.13
81	601	ROWBOTTOM, Jason	Male Vet 50	Lymm Runners	23.13
82	627	JACKSON, Frances	Female Senior	Unattached	23.17
83	130	CALDWELL, Helen	Female Vet 50	Spectrum Striders	23.22
84	669	HOWE, Joan	Female Vet 60	Trafford Ac	23.27
85	641	HALL, Mike	Male Vet 55	Spectrum Striders	23.34
86	673	CRAWFORD, Christopher	Male Senior	Unattached	23.55
87	53	NUNNERLEY, Emma	Female Vet 40	Lymm Runners	23.57
88	664	CHAMBERS, Barry	Male Vet 65	Vale Royal Ac	24.00
89	657	WALTON, Chris	Male Senior	Unattached	24.10
90	42	RAFFEL, Alistair	Male Vet 60	Spectrum Striders	24.11
91	81	KELLY, Denis	Male Vet 50	Manchester Harriers	24.12
92	44	FAULKNER, David	Male Vet 60	Lymm Runners	24.15
93	647	JOHNSON, Guy	Male Vet 50	Unattached	24.16
94	131	HUGHES, Malcolm	Male Vet 55	Spectrum Striders	24.20
95	613	CONNOR, Joseph	Male Senior	Bramhall Runners	24.28

96	30	BAINTON, George	Male Vet 55	Lymm Runners	24.38
97	619	DAVIES, Pauline	Female Vet 65	Vale Royal Ac	24.39
98	646	KINSEY, Stephen	Male Vet 55	Unattached	24.41
99	22	MCDERMOTT, Alex	Male Junior	Unattached	24.41
100	89	READ, Debbie	Female Vet 60	Helsby Running Club	24.42
101	34	COOPER, Amy	Female Senior	Lymm Runners	24.46
102	25	MARSHALL, Graham	Male Vet 50	Unattached	24.49
103	102	CARTER, Darren	Male Senior	Warrington Running Club	24.56
104	633	JARDINE, Hayley	Female Vet 35	Spectrum Striders	25.58
105	635	NEARY, Yvonne	Female Vet 50	Unattached	25.05
106	55	BEATTIE, Geoff	Male Vet 65	Sale Harriers Manchester	25.04
107	652	PATON-CROCKETT, Zoe	Female Senior	Unattached	25.12
108	624	CHADWICK-DUNBAR, Victoria	Female Vet 45	Bramhall Runners	25.15
109	84	HOWELL, Graham	Male Vet 65	Liverpool Harriers	25.16
110	643	COLLIER, Anthony	Male Vet 60	Styal Rc	25.17
111	403	PERCHARD, Mike	Male Vet 65	Northwich RC	25.21
112	6	GALLAGHER, Ciaran	Male Junior	Unattached	25.24
113	614	FAIRCLOUGH, Julie	Female Vet 50	Bramhall Runners	25.36
114	604	BAMFORD, Angela	Female Vet 50	Altrincham and District A C	25.40
115	644	PEACOCK, Louise	Female Senior	Warrington Running Club	25.41
116	612	SMITH, David	Male Vet 45	Unattached	25.53
117	648	TOMKINS, Dave	Male Vet 70	Northern Veterans Ac	25.55
118	49	FENTON, Simon	Male Vet 70	Wilmslow Running Club	25.56
119	57	BROWN, Tim	Male Vet 50	Lymm Runners	25.58
120	7	JOHNSON, Martin	Male Senior	Spectrum Striders	26.05
121	27	EVANS, Matt	Male Vet 45	Unattached	26.07
122	618	MCPARTLAND, Katie	Female Vet 40	Unattached	26.12
123	26	KEARNS, Jon-Paul	Male Vet 45	Unattached	26.15
124	4	DOOLEY, John	Male Vet 70	Spectrum Striders	26.23
125	116	ARBER, Carolyn	Female Vet 60	Spectrum Striders	26.30
126	608	BLACOW, Sam	Female Senior	Bramhall Runners	26.35
127	82	MARTLAND, Tim	Male Vet 50	Lymm Runners	26.40
128	610	COTTON, Andrew	Male Vet 45	Unattached	26.43

129	670	BEATTIE, Sarah	Female Vet 65	Bramhall Runners	26.46
130	645	GRANDAGE, Matt	Male Vet 45	Unattached	27.02
131	201	WALKER, Chris	Male Vet 55	Unattached	27.19
132	67	SPRINGALL, Stephen	Male Vet 50	Spectrum Striders	27.24
133	15	BLUNDELL, James	Male Senior	Spectrum Striders	27.27
134	114	WATSON, Peter	Male Vet 70	Wilmslow Running Club	27.30
135	78	BUCKLEY, Joanna	Female Vet 55	Spectrum Striders	27.33
136	632	DINSMOR, Alexis	Female Vet 65	Stockport Harriers	27.47
137	127	WILCOX, Lauren	Female Senior	Unattached	28.06
138	663	POWNALL, Roy	Male Vet 65	Wilmslow Running Club	28.20
139	41	SMITH, Carolyn	Female Vet 50	Lymm Runners	28.36
140	65	JULINKOVA, Jana	Female Vet 45	Winston Runners	29.08
141	33	HACKETT, Simon	Male Vet 55	Lymm Runners	29.32
142	123	GRIFFITHS, Neville	Male Vet 70	Spectrum Striders	29.45
143	21	HACKETT, Karen	Female Vet 50	Unattached	29.56
144	126	JARVIS, Josie	Female Vet 40	Unattached	30.08
145	47	SHAW, Janet Catherine	Female Vet 65	Helsby Running Club	30.14
146	656	OLDROYD, Laura	Female Senior	Unattached	30.20
147	100	EVANS, Karen	Female Vet 50	Warrington Road Runners	31.01
148	40	JARAS, Michael	Male Vet 70	Spectrum Striders	31.18
149	36	KNIGHT, Chrissie	Female Vet 60	Lymm Runners	31.19
150	135	CARTER, Christine	Female Vet 45	Unattached	31.46
151	91	DUNBAR, Ian	Male Vet 65	Spectrum Striders	31.59
152	103	LEATHER, Helen	Female Vet 45	Unattached	34.36
153	93	NEWTON, Caroline	Female Vet 35	Warrington Running Club	34.36
154	401	GALLAGHER, Karen	Female Vet 40	Unattached	34.45
155	54	SINCLAIR, Teresa	Female Vet 55	Winston Runners	37.21
156	61	CARLETON, Margaret	Female Vet 60	Winston Runners	37.21
157	318	BRIGHT, Ria	Female Vet 50	Goyt Valley Striders	46.57