

**ALTRINCHAM & DISTRICT ATHLETIC CLUB****Bowdon 5K results - 6th June 2019**

1	134	CHARLES, Tom	Male Senior	Trafford Ac	15.34
2	81	ROWLINSON, Callum	Male Senior	Sale Harriers Manchester	15.45
3	421	CORNTHWAITE, Tom	Male Senior	Salford Harriers	16.23
4	138	MATUSZCZAK, Kristan	Male Senior	Altrincham & District AC	16.49
5	70	HICKS, Billy	Male Senior	Macclesfield Harriers	17.09
6	98	SHARMAN, Leighton	Male Senior	Warrington Ac	17.11
7	78	GAWNE, Matt	Male Senior	Altrincham & District AC	17.29
8	404	MOSELEY, Tom	Male Senior	Altrincham & District AC	17.54
9	45	PICKFORD, Andy	Male Vet 45	Altrincham & District AC	17.59
10	91	CARTER, Andrew	Male Vet 45	West Cheshire Ac	18.06
11	120	GAUNT, Duane	Male Senior	Sale Harriers Manchester	18.15
12	117	MILLS, Kieran	Male Senior	Unattached	18.20
13	10	HOUGH, Robert	Male Vet 45	Spectrum Striders	18.25
14	111	WALKER, Neil	Male Senior	Altrincham & District AC	18.42
15	407	KENNEDY, Colin	Male Vet 50	Warrington Running Club	18.52
16	146	MARCHANT, Kerry	Female Vet 45	Newcastle Staffs AC	18.56
17	139	ROBERTS, Jake	Male Junior	Macclesfield Harriers	19.00
18	128	ABRAHAM, Paul	Male Vet 45	Altrincham & District AC	19.01
19	26	DAY, Kenneth	Male Vet 40	Kirkby Milers	19.03
20	396	HILLDRUP, Andrea	Female Vet 40	Vale Royal	19.07
21	85	WILLIAMS, James	Male Vet 40	Lymm Runners	19.08
22	426	LONGLEY, Richard	Male Vet 40	Newcastle Staffs AC	19.10
23	382	BURTHEM, Stephen	Male Vet 55	Warrington AC	19.17
24	115	CRAIG, Lisa	Female Senior	Unattached	19.18
25	89	ATKINSON, Gareth	Male Vet 45	Unattached	19.19
26	130	MAIN, Rebecca	Female Junior	Macclesfield Harriers	19.31
27	69	BRIDGER, Hannah	Female Senior	Unattached	19.35
28	74	HALL, Robin	Male Vet 40	Wilmslow RC	19.37
29	365	LAND, Andy	Male Vet 55	Dragons Running Club (Sale)	19.40

30	422	BARR, Dave	Male Vet 45	Liverpool Harriers	19.53
31	417	WATERSON, Peter	Male Vet 50	Altrincham & District AC	19.54
32	67	KENNAUGH, Richard	Male Vet 50	Altrincham & District Ac	19.56
33	41	COCROFT, Jonathan	Male Senior	Lymm Runners	19.58
34	408	THOMAS, Andy	Male Vet 55	Sandbach Striders	19.59
35	32	DODD, Mark	Male Vet 40	Ellesmere Port Running Club	20.00
36	388	WOOLMINGTON, Gareth	Male Vet 55	Unattached	20.07
37	87	COLLINS, Paul	Male Vet 50	Swinton RC	20.11
38	398	JACKSON, Matthew	Male Vet 50	Styal Running Club	20.17
39	80	DICKINSON, Julian	Male Vet 45	Lymm Runners	20.18
40	31	PATON-CROCKETT, Andrew	Male Senior	Altrincham & District AC	20.25
41	750	BEGBIE, Anna	Female Vet 35	Vale Royal	20.27
42	393	CRAIG, Robert	Male Senior	Unattached	20.30
43	77	FULLER, Nigel	Male Vet 50	Spectrum Striders	20.32
44	400	JOHNSON, Melanie	Female Vet 35	Vale Royal	20.36
45	36	NORRIS, Paul	Male Vet 60	Wilmslow RC	20.38
46	413	SHERRATT, James	Male Vet 45	Unattached	20.39
47	92	DOLAN, Michael	Male Vet 50	Unattached	20.40
48	392	OLDHAM, Maurice	Male Vet 65	Manchester Harriers	20.43
49	123	HOLLAND, Andrew	Male Senior	Lymm Runners	20.44
50	60	GREENEY, Libby	Female Junior	Macclesfield Harriers	20.45
51	402	FAWKES, Geoff	Male Vet 45	Vale Royal	20.50
52	50	CORDINGLEY, Frank	Male Vet 55	Sale Harriers Manchester	20.56
53	54	POWERS, Barrie	Male Vet 50	Styal Running Club	21.00
54	72	DAWSON, James	Male Vet 55	Lymm Runners	21.01
55	122	SMETHURST, Carl	Male Vet 55	Lymm Runners	21.02
56	2	DRIVER, Graham	Male Vet 50	Spectrum Striders	21.03
57	133	FOGARTY, Nick	Male Vet 50	Lymm Runners	21.04
58	1	SPENCER, Julian	Male Vet 55	Spectrum Striders	21.18
59	385	CLARKE, John	Male Vet 65	Vale Royal	21.22
60	427	LAMB, Alan	Male Vet 50	Dragons Running Club (Sale)	21.24
61	758	ATKINSON, Michael	Male Vet 60	Warrington Running Club	21.42
62	418	SHEARS, Lee	Male Vet 40	Lymm Runners	21.45

63	96	DEWHURST, Emma	Female Vet 35	Styal Running Club	21.55
64	432	TURNER, Paul	Male Vet 60	Bolton United H	21.57
65	44	ORRELL, Malcolm	Male Senior	Altrincham & District AC	22.01
66	82	CORDINGLEY, Victoria	Female Vet 35	Sale Harriers Manchester	22.11
67	112	HOUGHTON, Jennifer	Female Vet 35	Kirkby Milers	22.13
68	384	JACKSON, Frances	Female Senior	Wilmslow Rc	22.14
69	6	GARNETT, Andy	Male Vet 65	Spectrum Striders	22.16
70	381	MAYBURY, Paul	Male Vet 50	Dragons Running Club (Sale)	22.19
71	129	LOTT, Joanne	Female Vet 50	Trafford Ac	22.27
72	59	HALL, Mike	Male Vet 60	Spectrum Striders	22.56
73	65	REAGAN, Helen	Female Vet 50	Sale Harriers Manchester	22.58
74	374	PATTERSON, Tom	Male Vet 40	Unattached	22.59
75	137	ARCHER, John	Male Vet 65	Winston Runners	23.01
76	710	PICKFORD, Stephen	Male Vet 45	Spectrum Striders	23.03
77	136	DUTTON, Anthony	Male Vet 45	Vale Royal	23.05
78	108	REYNOLDS, Gavin	Male Senior	Unattached	23.07
79	12	PATON-CROCKETT, Zoe	Female Senior	Unattached	23.08
80	362	ROWBOTTOM, Jason	Male Vet 50	Lymm Runners	23.26
81	416	HOUGHTON, John	Male Vet 60	Run Sandymoor	23.28
82	58	HANKINSON, Andrew	Male Senior	Widnes Running Club	23.33
83	125	YARWOOD, Dennis	Male Vet 50	Spectrum Striders	23.34
84	126	HUGHES, Malcolm	Male Vet 60	Spectrum Striders	23.38
85	431	ELWOOD, Mark	Male Vet 45	Lymm Runners	23.42
86	84	TAVENER, Mary	Female Vet 55	Vale Royal	23.43
87	18	EHLEN, Brad	Male Vet 45	Northwich Running Colub	23.44
88	751	BOWDEN, Rhys	Male Junior	Vale Royal	23.56
89	38	MCHARRY, Rob	Male Vet 55	Spectrum Striders	23.59
90	101	KELLY, Denis	Male Vet 50	Manchester Harriers	24.00
91	100	SMITH, Robin	Male Vet 60	South Cheshire Harriers	24.04
92	94	WIGGINS, Stephen	Male Senior	Helsby RC	24.08
93	386	BIRD, Allan	Male Vet 55	Warrington Rc	24.09
94	57	COOPER, Amy	Female Senior	Lymm Runners	24.10
95	7	JOHNSON, Kate	Female Vet 45	Spectrum Striders	24.12

96	419	WRIGLEY, Jodi	Female Vet 35	Lymm Runners	24.13
97	409	MORETON, Debbie	Female Vet 45	Vale Royal	24.14
98	423	LOMAX, Jayne	Female Vet 50	Vale Royal	24.20
99	21	RAFFEL, Alistair	Male Vet 65	Spectrum Striders	24.21
100	29	FORSTER, Karon	Female Vet 55	Spectrum Striders	24.41
101	425	MCKENNA, Hugh	Male Vet 65	Altrincham & District AC	24.42
102	73	DOOLEY, Andrew	Male Vet 60	Styal Running Club	24.43
103	8	CALDWELL, Helen	Female Vet 50	Spectrum Striders	24.45
104	4	BRADLEY, Michael	Male Vet 60	Spectrum Striders	24.46
105	55	BEATTIE, Geoff	Male Vet 65	Sale Harriers Manchester	24.47
106	19	HOWELL, Graham	Male Vet 65	Liverpool Harriers	25.13
107	372	COTTON, Andrew	Male Vet 50	Unattached	25.15
108	367	TODD, Robert	Male Vet 55	Dragons Running Club (Sale)	25.19
109	368	STRICKLAND, Sue	Female Vet 55	Dragons Running Club (Sale)	25.21
110	366	STOREY, Paulette	Female Vet 60	Dragons Running Club (Sale)	25.22
111	16	BUCKLES, Ellie	Female Senior	Unattached	25.25
112	363	BAMFORD, Angela	Female Vet 55	Altrincham & District AC	25.26
113	90	FRANCOM, Steven	Male Vet 45	Unattached	25.34
114	63	HARRISON, Claire	Female Vet 35	Warrington Running Club	25.40
115	40	CONNOR, Joseph	Male Senior	Bramhall Runners	25.45
116	373	SMITH, David	Male Vet 50	Unattached	25.53
117	118	BROSTER, Richard	Male Vet 40	Unattached	25.54
118	410	WILLIAMSON, David	Male Vet 50	Swinton RC	25.59
119	48	JENKINSON, Alan	Male Vet 70	Styal Running Club	26.03
120	121	EVANS, Matt	Male Vet 45	Unattached	26.05
121	377	DAMERUM, Jane	Female Vet 40	Dragons Running Club (Sale)	26.06
122	411	PARRY, Richard	Male Vet 40	Altrincham & District AC	26.09
123	25	SHAW, Geoff	Male Vet 65	Helsby RC	26.11
124	375	KELLY, Anne	Female Vet 40	Dragons Running Club (Sale)	26.13
125	27	HACKETT, Simon	Male Vet 55	Lymm Runners	26.18
126	14	KEARNS, Jon-Paul	Male Vet 45	Unattached	26.27
127	424	ARBER, Carolyn	Female Vet 60	Spectrum Striders	26.31
128	116	SULLIVAN, Jo	Female Vet 50	Spectrum Striders	26.39

129	64	LYON, Catherine	Female Vet 35	Spectrum Striders	27.06
130	124	SPRINGHALL, Steve	Male Vet 55	Spectrum Striders	27.07
131	103	BLUNDELL, James	Male Senior	Spectrum Striders	27.15
132	420	THOMAS, Joanne	Female Vet 45	Unattached	27.23
133	412	MC CORMICK, Fechin	Male Vet 65	Sale Harriers Manchester	27.35
134	389	EWART, Paul	Male Vet 70	Unattached	27.37
135	361	WALKER, Chris	Male Vet 55	Unattached	27.40
136	15	HACKETT, Karen	Female Vet 50	Unattached	27.52
137	39	MCCLELLAND, Jenny	Female Vet 45	Lymm Runners	28.02
138	147	LAVIN, Tom	Male Vet 60	Altrincham & District AC	28.28
139	76	FULLER, Katy	Female Vet 50	Spectrum Striders	28.40
140	378	MCCABE, Cathy	Female Vet 45	Unattached	28.51
141	430	WHALLEY, Mark	Male Vet 50	Unattached	28.54
142	429	KENYON, Ian	Male Vet 70	Unattached	28.55
143	371	MELLOR, Rachel	Female Vet 35	Dragons Running Club (Sale)	28.57
144	370	REDFORD, Andy	Male Vet 45	Dragons Running Club (Sale)	28.58
145	42	SMITH, Carolyn	Female Vet 50	Lymm Runners	29.10
146	397	DELANY, John	Male Vet 70	Unattached	29.14
147	34	KELLY, Michelle	Female Vet 60	Penny Lane Striders	29.21
148	13	KELLY, John	Male Vet 55	Unattached	29.21
149	119	MORGAN, Morag	Female Vet 65	Bramhall Runners	29.21
150	9	COLES, Terry	Male Vet 70	Spectrum Striders	29.41
151	93	WIGGINS, David	Male Vet 60	Helsby RC	29.42
152	380	MAYBURY, Margot	Female Vet 45	Dragons Running Club (Sale)	30.06
153	24	SHAW, Janet Catherine	Female Vet 65	Helsby RC	30.07
154	97	REID, Stephen	Male Senior	Unattached	30.13
155	391	SUNDAR, Ram	Male Vet 50	Dragons Running Club (Sale)	30.16
156	376	DIQUE, Tracy	Female Vet 50	Dragons Running Club (Sale)	30.58
157	127	MEARS, Dave	Male Vet 50	Unattached	31.05
158	3	DUNBAR, Ian	Male Vet 65	Spectrum Striders	31.07
159	701	SPRINGHALL, Diane	Female Vet 55	Spectrum Striders	31.09
160	75	NEWTON, Caroline	Female Vet 35	Warrington Running Club	32.22
161	414	KNIGHT, Chrissie	Female Vet 65	Lymm Runners	32.24

<b>162</b>	<b>5</b>	<b>GRIFFITHS, Neville</b>	<b>Male Vet 70</b>	<b>Spectrum Striders</b>	<b>32.32</b>
<b>163</b>	<b>37</b>	<b>SHAW, Helen</b>	<b>Female Vet 50</b>	<b>Warrington Running Club</b>	<b>32.37</b>
<b>164</b>	<b>11</b>	<b>LEATHER, Helen</b>	<b>Female Vet 50</b>	<b>Unattached</b>	<b>32.37</b>
<b>165</b>	<b>390</b>	<b>BEDFORD, Peter</b>	<b>Male Vet 65</b>	<b>Dragons Running Club (Sale)</b>	<b>33.24</b>