

**ALTRINCHAM & DISTRICT ATHLETIC CLUB**  
**Dunham Massey 5K results - 13th June 2019**

1	134	CHARLES, Tom	Male Senior	Trafford Ac	15.31
2	81	ROWLINSON, Callum	Male Senior	Sale Harriers Manchester	15.35
3	563	STANFORD, Chris	Male Senior	Warrington Triathlon Club	16.14
4	138	MATUSZCZAK, Kristan	Male Senior	Altrincham & District AC	16.26
5	643	DOYLE, Stuart	Male Vet 45	Vale Royal	16.32
6	656	SMITH, Jonathan	Male Senior	Lymm Runners	16.34
7	70	HICKS, Billy	Male Senior	Macclesfield Harriers	16.56
8	634	JONES, Chris	Male Senior	Vale Royal	17.02
9	644	DOYLE, Aaron	Male Junior	Vale Royal	17.19
10	622	LAVENDER, Alison	Female Senior	Oswestry Olympians	17.29
11	78	GAWNE, Matt	Male Senior	Altrincham & District AC	17.31
12	683	BUCKLEY, Ed	Male Vet 40	Altrincham & District AC	17.35
13	653	ANTROBUS, Jack	Male Senior	Warrington Running Club	17.36
14	45	PICKFORD, Andy	Male Vet 45	Altrincham & District AC	17.44
15	91	CARTER, Andrew	Male Vet 45	West Cheshire Ac	17.44
16	538	CLEAL, Andrew	Male Senior	Wilmslow RC	17.55
17	682	MILLS, Thomas	Male Senior	Unattached	17.56
18	120	GAUNT, Duane	Male Senior	Sale Harriers Manchester	17.57
19	686	EGAN, Thomas	Male Junior	Altrincham & District AC	18.06
20	117	MILLS, Kieran	Male Senior	Unattached	18.09
21	688	RICHARDSON, Gary	Male Vet 45	Vale Royal	18.10
22	572	DAVENPORT, Tony	Male Vet 40	Trafford Ac	18.11
23	691	BUGLER, Nick	Male Senior	Altrincham & District AC	18.21
24	569	CLANCY, Claire	Female Senior	Wilmslow RC	18.23
25	636	HOUGH, Matthew	Male Vet 45	Vale Royal	18.24
26	111	WALKER, Neil	Male Senior	Altrincham & District AC	18.28
27	628	DUNCOMBE, Natalie	Female Senior	Knutsford Tri Club	18.29
28	541	HILL, Mike	Male Vet 50	Wilmslow RC	18.30
29	612	READ, Gareth	Male Senior	Wilmslow Running Club	18.33

30	672	DONKIN, Richard	Male Senior	Unattached	18.37
31	139	ROBERTS, Jake	Male Junior	Macclesfield Harriers	18.39
32	639	HILLDRUP, Andrea	Female Vet 40	Vale Royal	18.41
33	536	HARRISON, Richard	Male Vet 45	Wilmslow RC	18.43
34	10	HOUGH, Robert	Male Vet 45	Spectrum Striders	18.46
35	85	WILLIAMS, James	Male Vet 40	Lymm Runners	18.48
36	630	MACDONALD, James	Male Vet 45	Wilmslow Rc	18.51
37	585	MACKNESS, Sarah	Female Senior	Notts AC	18.52
38	74	HALL, Robin	Male Vet 40	Wilmslow RC	18.59
39	26	DAY, Kenneth	Male Vet 40	Kirkby Milers	19.00
40	545	HOMER, Jarrod	Male Vet 50	Wilmslow RC	19.01
41	546	ATKINSON, Matthew	Male Senior	Manchester Harriers	19.04
42	128	ABRAHAM, Paul	Male Vet 45	Altrincham & District AC	19.07
43	115	CRAIG, Lisa	Female Senior	Unattached	19.11
44	561	ROWEN, Phil	Male Vet 45	Lymm Runners	19.16
45	89	ATKINSON, Gareth	Male Vet 45	Unattached	19.20
46	17	ARMSTRONG, Tom	Male Vet 40	Vale Royal	19.21
47	565	PAGE, Matt	Male Vet 40	Altrincham & District AC	19.23
48	537	DUCE, Graham	Male Vet 45	Wilmslow RC	19.25
49	67	KENNAUGH, Richard	Male Vet 50	Altrincham & District AC	19.26
50	69	BRIDGER, Hannah	Female Senior	Unattached	19.27
51	41	COCROFT, Jonathan	Male Senior	Lymm Runners	19.29
52	674	RIMMINGTON, Mathew	Male Senior	Spectrum Striders	19.30
53	681	BARR, Dave	Male vet 45	Liverpool Harriers	19.45
54	626	WATERSON, Peter	Male Vet 50	Altrincham & District AC	19.48
55	146	MARCHANT, Kerry	Female Vet 45	Newcastle Staffs AC	19.55
56	604	REECE, Nicola	Female Vet 35	Wilmslow Running Club	19.56
57	627	SHELDON, John	Male Vet 45	Lymm Runners	19.57
58	594	RICHARDSON, Phil	Male Senior	Unattached	20.01
59	60	GREENEY, Libby	Female Junior	Macclesfield Harriers	20.02
60	619	JACKSON, Matthew	Male Vet 50	Styal Running Club	20.03
61	571	GMEREK, Zoe	Female Vet 40	Sale Harriers Manchester	20.04
62	652	LAWSON, Richard	Male Vet 45	Wilmslow Rc	20.06

63	87	COLLINS, Paul	Male Vet 50	Swinton RC	20.08
64	651	RANKIN, Stacey	Female Vet 35	Wilmslow Rc	20.09
65	623	ENGLAND, Allan	Male Vet 45	Unattached	20.10
66	659	THOMAS, Andy	Male Vet 55	Sandbach Striders	20.11
67	77	FULLER, Nigel	Male Vet 50	Spectrum Striders	20.12
68	31	PATON-CROCKETT, Andrew	Male Senior	Altrincham & District AC	20.13
69	750	BEGBIE, Anna	Female Vet 35	Vale Royal	20.26
70	615	WOOLMINGTON, Gareth	Male Vet 55	Unattached	20.31
71	655	FAWKES, Geoff	Male Vet 45	Vale Royal	20.32
72	400	JOHNSON, Melanie	Female Vet 35	Vale Royal	20.34
73	591	KERRY, James	Male Senior	Unattached	20.35
74	610	GARNETT, Paul	Male Vet 55	Wilmslow	20.36
75	50	CORDINGLEY, Frank	Male Vet 55	Sale Harriers Manchester	20.40
76	36	NORRIS, Paul	Male Vet 60	Wilmslow RC	20.46
77	54	POWERS, Barrie	Male Vet 50	Styal Running Club	20.47
78	663	ACHAERANDIO, Jose	Male Vet 40	Unattached	20.53
79	135	CORDINGLEY, Beatrice	Female Senior	Sale Harriers Manchester	20.56
80	122	SMETHURST, Carl	Male Vet 55	Lymm Runners	20.56
81	540	HARRISON, Louisa	Female Vet 45	Wilmslow RC	21.00
82	606	HARRISON, Charlie	Male Junior	Handforth Wilmslow Alderley AC	21.04
83	133	FOGARTY, Nick	Male Vet 50	Lymm Runners	21.04
84	72	DAWSON, James	Male Vet 55	Lymm Runners	21.07
85	43	DICKINSON, Duncan	Male Vet 50	Altrincham & District AC	21.10
86	676	DUNCOMBE, Neil	Male Senior	Unattached	21.11
87	2	DRIVER, Graham	Male Vet 50	Spectrum Striders	21.12
88	30	FORSTER, Kenny	Male Vet 55	Spectrum Striders	21.15
89	677	CAISLEY, Colin	male vet 45	Wilmslow	21.19
90	71	BRADY, Mike	Male Vet 50	Spectrum Striders	21.20
91	665	JACKSON, Bev	Female Vet 55	Altrincham & District AC	21.21
92	1	SPENCER, Julian	Male Vet 55	Spectrum Striders	21.22
93	82	CORDINGLEY, Victoria	Female Vet 35	Sale Harriers Manchester	21.23
94	758	ATKINSON, Michael	Male Vet 60	Warrington Running Club	21.27
95	614	MULHOLLAND, Keith	Male Vet 50	Macclesfield Harriers	21.30

96	544	SMITH, Michael	Male Vet 50	Lymm Runners	21.37
97	92	DOLAN, Michael	Male Vet 50	Unattached	21.39
98	86	HAND, Geoff	Male Vet 60	Spectrum Striders	21.42
99	96	DEWHURST, Emma	Female Vet 35	Styal Running Club	21.44
100	579	AIRD, Paul	Male Vet 60	Deestriders	21.49
101	552	TAYLOR, Matthew	Male Vet 45	Wilmslow RC	21.51
102	680	THOMPSON, Justin	Male Vet 45	Altrincham & District AC	21.53
103	562	WELCH, Alice	Female Vet 40	Altrincham & District AC	21.54
104	607	CANN, Marcus	Male Junior	Handforth Wilmslow Alderley AC	21.55
105	112	HOUGHTON, Jennifer	Female Vet 35	Kirkby Milers	21.57
106	567	FERGUSON, Sinead	Female Vet 40	Sale Harriers Manchester	21.58
107	52	GOULDEN, Sarah	Female Senior	Sale Harriers Manchester	22.01
108	605	HARRISON, Sue	Female Vet 45	Unattached	22.02
109	6	GARNETT, Andy	Male Vet 65	Spectrum Striders	22.03
110	692	HOUGH, Robert	Male Senior	Helsby Rc	22.04
111	660	CLUCAS, Gary	Male Senior	Unattached	22.05
112	678	FAIRHURST, Laura	Female Vet 35	Wilmslow RC	22.06
113	751	BOWDEN, Rhys	Male Junior	Vale Royal	22.09
114	28	REYNOLDS, Julia	Female Vet 45	Sale Harriers Manchester	22.10
115	599	CROSSLAND, Mark	Male Vet 50	Wilmslow Running Club	22.20
116	99	BATTERSBY, John	Male Vet 60	Sale Harriers Manchester	22.21
117	539	SUTTON, Kate	Female Vet 55	Wilmslow RC	22.23
118	633	WALTON, Colin	Male Vet 55	Wilmslow Running Club	22.27
119	129	LOTT, Joanne	Female Vet 50	Trafford Ac	22.29
120	649	TODD, Jennifer	Female Vet 50	Lymm Runners	22.31
121	59	HALL, Mike	Male Vet 60	Spectrum Striders	22.37
122	142	JARVIS, Mark	Male Vet 40	Warrington Plodders	22.41
123	710	PICKFORD, Stephen	Male vet 45	Spectrum Striders	22.45
124	130	MAIN, Rebecca	Female Junior	Macclesfield Harriers	22.46
125	555	ROBERTS, Ian	Male Vet 55	Wilmslow RC	22.49
126	53	MCLAUGHLIN, Michael	Male Senior	Styal Running Club	22.51
127	608	BROWN, Keith	Male Vet 55	Unattached	22.55
128	12	PATON-CROCKETT, ZoÃ«	Female Senior	Unattached	22.57

129	684	RUSSELL, Steve	Male Vet 60	Unattached	22.59
130	38	MCHARRY, Rob	Male Vet 55	Spectrum Striders	23.02
131	137	ARCHER, John	Male Vet 65	Winston Runners	23.03
132	65	REAGAN, Helen	Female Vet 50	Sale Harriers Manchester	23.12
133	108	REYNOLDS, Gavin	Male Senior	Unattached	23.15
134	624	HOUGHTON, John	Male Vet 60	Run Sandymoor	23.18
135	61	JONES, Adam	Male Senior	Lymm Runners	23.19
136	532	ROWBOTTOM, Jason	Male Vet 50	Lymm Runners	23.20
137	84	TAVENER, Mary	Female Vet 55	Vale Royal	23.21
138	689	RICHARDSON, Daniel	Male Junior	Unattached	23.27
139	685	MAIN, Sarah	Female Vet 45	Unattached	23.32
140	670	DUFFEY, Georgia	Female Junior	West Cheshire Ac	23.33
141	58	HANKINSON, Andrew	Male Senior	Widnes Running Club	23.34
142	650	TURNER, Alan	Male Vet 50	Wilmslow Rc	23.35
143	558	NUNNERLEY, Emma	Female Vet 40	Lymm Runners	23.39
144	126	HUGHES, Malcolm	Male Vet 60	Spectrum Striders	23.41
145	23	WYMER, Michael	Male Vet 45	Sale Harriers Manchester	23.42
146	629	WRIGLEY, Jodi	Female Vet 35	Lymm Runners	23.43
147	29	FORSTER, Karon	Female Vet 55	Spectrum Striders	23.44
148	640	BANCROFT, Rebecca	Female Vet 40	Liverpool Running Bugs	23.45
149	603	MCCARTHY, Angela	Female Vet 55	Wilmslow Rc	23.47
150	73	DOOLEY, Andrew	Male Vet 60	Styal Running Club	23.49
151	588	WEST, Hilary	Female Vet 60	Macclesfield Harriers	23.50
152	690	DEE MASSEY, Michael	Male Vet 40	Unattached	23.53
153	56	MATTHEWS, Sarah	Female Vet 35	Widnes Running Club	23.54
154	589	PATMAN, Jenny	Female Senior	Unattached	23.58
155	616	MORETON, Debbie	Female Vet 45	Vale Royal	23.59
156	94	WIGGINS, Stephen	Male Senior	Helsby RC	24.00
157	57	COOPER, Amy	Female Senior	Lymm Runners	24.01
158	18	EHLEN, Brad	Male Vet 45	Northwich Running Club	24.03
159	564	BIRD, Allan	Male Vet 55	Warrington Rc	24.05
160	125	YARWOOD, Dennis	Male Vet 50	Spectrum Striders	24.10
161	596	MOSS, Emily	Female Senior	Wilmslow Running Club	24.10

162	584	EDWARDS, Joanne	Female Vet 55	Vale Royal	24.12
163	578	PATRICK, Kathryn	Female Vet 50	Wilmslow Running Club	24.14
164	675	MCKENNA, Hugh	Male vet 65	Altrincham & District AC	24.16
165	669	DUFFEY, Henrietta	Female Junior	West Cheshire Ac	24.17
166	4	BRADLEY, Michael	Male Vet 60	Spectrum Striders	24.18
167	593	LOMAX, Jayne	Female Vet 50	Vale Royal	24.20
168	553	MELLOR, Catherine	Female Vet 40	Wilmslow RC	24.22
169	654	RAHMAN, Huma	Female Vet 50	Wilmslow Running Club	24.23
170	617	BULL, Martin	Male Vet 60	Dragons Running Club Sale	24.30
171	55	BEATTIE, Geoff	Male Vet 65	Sale Harriers Manchester	24.36
172	79	READ, Debbie	Female Vet 60	Helsby RC	24.39
173	664	REYNOLDS, Stella	Female Vet 45	Vegan Runners UK	24.44
174	8	CALDWELL, Helen	Female Vet 50	Spectrum Striders	24.48
175	136	DUTTON, Anthony	Male Vet 45	Vale Royal	24.53
176	662	JONES, Huw	Male Vet 55	Unattached	24.54
177	90	FRANCOM, Steven	Male Vet 45	Unattached	24.56
178	19	HOWELL, Graham	Male Vet 65	Liverpool Harriers	24.59
179	553	MELLOR, Catherine	Female Vet 40	Wilmslow RC	25.00
180	40	CONNOR, Joseph	Male Senior	Bramhall Runners	25.03
181	642	JOHNSON, Rachel	Female Vet 50	Lymm Runners	25.04
182	602	MCGOVERN, Glyn	Male Vet 55	Unattached	25.08
183	110	BUCK, Sue	Female Vet 50	Helsby Rc	25.16
184	641	EAKIN, Michael	Male Vet 60	Penny Lane Striders	25.17
185	671	JOHNSON, Oliver	Male Junior	Vale Royal	25.20
186	100	SMITH, Robin	Male Vet 60	South Cheshire Harriers	25.24
187	21	RAFFEL, Alistair	Male Vet 65	Spectrum Striders	25.25
188	637	TODD, Helen	Female Vet 65	Stockport Harriers	25.26
189	543	THOMPSON, Howard	Male Vet 45	Unattached	25.30
190	14	KEARNS, Jon-Paul	Male Vet 45	Unattached	25.37
191	147	LAVIN, Tom	Male Vet 60	Altrincham & District AC	25.38
192	63	HARRISON, Claire	Female Vet 35	Warrington Running Club	25.39
193	673	GLEDHILL, David	Male Vet 40	Unattached	25.40
194	48	JENKINSON, Alan	Male Vet 70	Styal Running Club	25.41

195	657	THOMAS, Joanne	Female Vet 45	Unattached	25.42
196	25	SHAW, Geoff	Male Vet 65	Helsby RC	25.43
197	104	ALCOCK, Vince	Male Vet 50	Spectrum Striders	25.44
198	118	BROSTER, Richard	Male Vet 40	Unattached	25.50
199	549	ASHCROFT, Ian	Male Vet 70	Wilmslow RC	25.54
200	103	BLUNDELL, James	Male Senior	Spectrum Striders	26.02
201	625	PILLING-WILKE, Susan	Female Vet 65	Northwich Running Club	26.04
202	620	PARRY, Richard	Male Vet 40	Altrincham & District AC	26.05
203	647	HENDERSON, Alec	Male Vet 50	Spectrum Striders	26.06
204	39	MCCLELLAND, Jenny	Female Vet 45	Lymm Runners	26.11
205	27	HACKETT, Simon	Male Vet 55	Lymm Runners	26.13
206	574	HILL, Jo	Female Vet 45	Chorlton Runners	26.24
207	121	EVANS, Matt	Male Vet 45	Unattached	26.30
208	557	PORTEOUS, John	Male Vet 65	Wilmslow RC	26.30
209	124	SPRINGHALL, Steve	Male Vet 55	Spectrum Striders	26.47
210	632	FLOYD, Andy	Male Vet 50	Unattached	26.50
211	531	WALKER, Chris	Male Vet 55	Unattached	27.11
212	64	LYON, Catherine	Female Vet 35	Spectrum Striders	27.26
213	658	TOTTEN, Stephanie	Female Vet 45	Unattached	27.30
214	668	DUFFEY, Alex	Male Vet 45	West Cheshire Ac	27.37
215	576	FRANCIS, Sue	Female Vet 55	Unattached	27.47
216	646	HENDERSON, Caitlin	Female Junior	Spectrum Striders	27.50
217	667	DUFFEY, Mark	Male Vet 55	West Cheshire Ac	27.55
218	15	HACKETT, Karen	Female Vet 50	Unattached	28.03
219	595	CLARKE, Gaynor	Female Senior	Unattached	28.23
220	586	JONES, Angela	Female Vet 45	St Helens Striders	28.25
221	621	POWNALL, Roy	Male Vet 70	Wilmslow Running Club	28.38
222	34	KELLY, Michelle	Female Vet 60	Penny Lane Striders	28.39
223	13	KELLY, John	Male Vet 55	Unattached	28.40
224	687	RICHARDSON,Debbie	Female Vet 50	Vale Royal	28.43
225	575	TUOHEY, Brian	Male Vet 55	Spectrum Striders	28.47
226	93	WIGGINS, David	Male Vet 60	Helsby RC	28.57
227	119	MORGAN, Morag	Female Vet 65	Bramhall Runners	28.58

228	42	SMITH, Carolyn	Female Vet 50	Lymm Runners	29.02
229	645	MYATT, Natalie	Female Vet 35	Lymm Runners	29.08
230	76	FULLER, Katy	Female Vet 50	Spectrum Striders	29.17
231	9	COLES, Terry	Male Vet 70	Spectrum Striders	29.19
232	24	SHAW, Janet Catherine	Female Vet 65	Helsby RC	29.45
233	5	GRIFFITHS, Neville	Male Vet 70	Spectrum Striders	29.59
234	143	JARVIS, Josie	Female Vet 40	Warrington Plodders	30.07
235	97	REID, Stephen	Male Senior	Unattached	31.07
236	635	KNIGHT, Chrissie	Female Vet 65	Lymm Runners	31.09
237	127	MEARS, Dave	Male Vet 50	Unattached	31.11
238	3	DUNBAR, Ian	Male Vet 65	Spectrum Striders	31.24
239	701	SPRINGHALL, Diane	Female Vet 55	Spectrum Striders	31.25
240	666	GIBSON, Heather	Female Senior	Unattached	32.25
241	11	LEATHER, Helen	Female Vet 50	Unattached	32.59
242	37	SHAW, Helen	Female Vet 50	Warrington Running Club	32.59