

## ALTRINCHAM &amp; DISTRICT ATHLETIC CLUB

Dunham Massey 5K results - 23rd May 2019

1	81 ROWLINSON, Callum	Male Senior	Sale Harriers Manchester	15.3
2	134 CHARLES, Tom	Male Senior	Trafford Ac	15.32
3	269 STANFORD, Chris	Male Senior	Warrington Tri Club	16.18
4	267 COEN, Richard	Male Vet 40	Wilmslow Rc	16.21
5	138 MATUSZCZAK, Kristan	Male Senior	Altrincham & District AC	16.24
6	144 TOMLINSON, Gavin	Male Senior	Trafford Ac	16.51
7	140 ROWLAND, Callan	Male Senior	Warrington Running Club	16.52
8	294 SMITH, Jonathan	Male Senior	Lymm Runners	17.05
9	70 HICKS, Billy	Male Senior	Macclesfield Harriers	17.11
10	98 SHARMAN, Leighton	Male Senior	Warrington Ac	17.17
11	83 JACKSON, Robert	Male Senior	Wilmslow RC	17.44
12	213 SPEEDIE, James	Male Senior	Wilmslow RC	17.5
13	78 GAWNE, Matt	Male Senior	Altrincham & District AC	18
14	216 CLEAL, Andrew	Male Senior	Wilmslow RC	18.09
15	120 GAUNT, Duane	Male Senior	Sale Harriers Manchester	18.17
16	225 BURLEY, Mark	Male Senior	Macclesfield Harriers	18.2
17	91 CARTER, Andrew	Male Vet 45	West Cheshire Ac	18.21
18	313 MARTELL, Dan	Male Senior	Altrincham & District Ac	18.22
19	220 CLANCY, Claire	Female Senior	Wilmslow RC	18.29
20	272 BANNISTER, Gavin	Male Senior	Unattached	18.3
21	257 DAVENPORT, Tony	Male Vet 40	Unattached	18.35
22	285 RICHARDSON, Gary	Male Vet 45	Vale Royal	18.38
23	316 EGAN, Thomas	Male Junior	Altrincham & District Ac	18.4
24	117 MILLS, Kieran	Male Senior	Unattached	18.42
25	10 HOUGH, Robert	Male Vet 45	Spectrum Striders	18.44
26	219 HILL, Mike	Male Vet 50	Wilmslow RC	18.48
27	139 ROBERTS, Jake	Male Junior	Macclesfield Harriers	18.52
28	111 WALKER, Neil	Male Senior	Altrincham & District AC	18.53
29	214 HARRISON, Richard	Male Vet 45	Wilmslow RC	18.54

30	288 EVANS, Jenny	Female Senior	Sale Harriers Manchester	18.57
31	17 ARMSTRONG, Tom	Male Vet 40	Vale Royal	19.05
32	209 ESKANDER, Miras	Male Vet 40	Northern Masters Ac	19.14
33	146 MARCHANT, Kerry	Female Vet 45	Newcastle Staffs AC	19.15
34	276 TALBOYS, Pete	Male Senior	Lymm Runners	19.16
35	240 ROWEN, Phil	Male Vet 45	Lymm Runners	19.2
36	307 LONGLEY, Richard	Male Vet 40	Newcastle Staffs AC	19.27
37	115 CRAIG, Lisa	Female Senior	Unattached	19.28
38	67 KENNAUGH, Richard	Male Vet 50	Altrincham & District Ac	19.39
39	215 DUCE, Graham	Male Vet 45	Wilmslow RC	19.41
40	128 ABRAHAM, Paul	Male Vet 45	Altrincham & District AC	19.45
41	69 BRIDGER, Hannah	Female Senior	Unattached	19.53
42	301 LAWSON, Richard	Male Vet 45	Wilmslow Rc	19.57
43	303 PATTISON, James	Male Senior	Altrincham & District Ac	19.57
44	130 MAIN, Rebecca	Female Junior	Macclesfield Harriers	20.05
45	234 WRIGHT, Ciaran	Male Senior	Macclesfield Harriers	20.06
46	89 ATKINSON, Gareth	Male Vet 45	Unattached	20.08
47	275 HODSON, Mike	Male Vet 45	Bramhall Runners	20.09
48	237 O'KEEFE, Ray	Male Vet 50	Macclesfield Harriers	20.1
49	41 COCROFT, Jonathan	Male Senior	Lymm Runners	20.27
50	251 AINSWORTH, Dave	Male Vet 60	Altrincham & District Ac	20.29
51	87 COLLINS, Paul	Male Vet 50	Swinton RC	20.3
52	262 REECE, Nicola	Female Vet 35	Wilmslow Rc	20.31
53	80 DICKINSON, Julian	Male Vet 45	Lymm Runners	20.33
54	203 WOOLMINGTON, Gareth	Male Vet 55	Unattached	20.36
55	60 GREENEY, Libby	Female Junior	Macclesfield Harriers	20.42
56	31 PATON-CROCKETT, Andrew	Male Senior	Altrincham & District AC	20.43
57	230 JACKSON, Matthew	Male Vet 50	Styal Running Club	20.44
58	50 CORDINGLEY, Frank	Male Vet 55	Sale Harriers Manchester	20.45
59	270 AIRD, Paul	Male Vet 60	Deestridders	20.46
60	72 DAWSON, James	Male Vet 55	Lymm Runners	20.47
61	208 BEGBIE, Anna	Female Vet 35	Warrington Running Club	20.5
62	36 NORRIS, Paul	Male Vet 60	Wilmslow RC	20.53

63	135 CORDINGLEY, Beatrice	Female Senior	Sale Harriers Manchester	20.57
64	77 FULLER, Nigel	Male Vet 50	Spectrum Striders	20.58
65	238 FLETCHER, Jane	Female Vet 40	Manchester Frontrunners	21
66	268 CRAIG, Robert	Male Senior	Unattached	21.01
67	305 ENTWISTLE, Dave	Male Vet 55	Altrincham & District Ac	21.04
68	32 DODD, Mark	Male Vet 40	Ellesmere Port Running Club	21.05
69	210 STOTT, Julian	Male Senior	Wilmslow RC	21.14
70	131 BYGRAVE, Diane	Female Vet 45	Wilmslow Rc	21.18
71	54 POWERS, Barrie	Male Vet 50	Styal Running Club	21.19
72	43 DICKINSON, Duncan	Male Vet 50	Altrincham & District AC	21.23
73	92 DOLAN, Michael	Male Vet 50	Unattached	21.25
74	123 HOLLAND, Andrew	Male Senior	Lymm Runners	21.26
75	293 HUGHES, Alice	Female Senior	Stockport Harriers	21.27
76	247 WELCH, Alice	Female Vet 40	Altrincham & District Ac	21.28
77	304 CAISLEY, Colin	Male Vet 45	Wilmslow Rc	21.29
78	2 DRIVER, Graham	Male Vet 50	Spectrum Striders	21.3
79	82 CORDINGLEY, Victoria	Female Vet 35	Sale Harriers Manchester	21.32
80	133 FOGARTY, Nick	Male Vet 50	Lymm Runners	21.33
81	253 RANDS, Paul	Male Vet 45	Macclesfield Harriers	21.34
82	248 CLARKE, John	Male Vet 65	Vale Royal	21.4
83	30 FORSTER, Kenny	Male Vet 55	Spectrum Striders	21.41
84	218 HARRISON, Louisa	Female Vet 45	Wilmslow RC	21.43
85	311 JACKSON, Bev	Female Vet 55	Altrincham & District Ac	21.44
86	122 SMETHURST, Carl	Male Vet 55	Lymm Runners	21.47
87	71 BRADY, Mike	Male Vet 50	Spectrum Striders	21.48
88	221 BOWN, Tracy	Female Vet 55	Wilmslow RC	21.55
89	207 ATKINSON, Mike	Male Vet 60	Warrington Running Club	21.56
90	1 SPENCER, Julian	Male Vet 55	Spectrum Striders	21.57
91	44 ORRELL, Malcolm	Male Senior	Altrincham & District AC	22.07
92	99 BATTERSBY, John	Male Vet 60	Sale Harriers Manchester	22.1
93	703 SHILLABEER, Matt	Male Vet 45	Spectrum Striders	22.14
94	52 GOULDEN, Sarah	Female Senior	Sale Harriers Manchester	22.18
95	261 MULHOLLAND, Keith	Male Vet 50	Macclesfield Harriers	22.19

96	28 REYNOLDS, Julia	Female Vet 45	Sale Harriers Manchester	22.25
97	86 HAND, Geoff	Male Vet 60	Spectrum Striders	22.28
98	306 BASNETT, Paul	Male Vet 50	Unattached	22.29
99	280 HARRISON, Sue	Female Vet 45	Unattached	22.36
100	239 WALTON, Colin	Male Vet 55	Wilmslow RC	22.37
101	255 MCPARTLAND, Katie	Female Vet 40	Unattached	22.38
102	298 KENNEDY, Gabriel	Male Junior	Unattached	22.4
103	217 SUTTON, Kate	Female Vet 55	Wilmslow RC	22.41
104	6 GARNETT, Andy	Male Vet 65	Spectrum Striders	22.43
105	236 CROSSLAND, Mark	Male Vet 50	Wilmslow RC	22.48
106	302 COPPOCK, Nicola	Female Vet 35	Wilmslow Running Club	22.49
107	68 GREGORY, Anne	Female Vet 45	Warrington Road Runners	22.55
108	38 MCHARRY, Rob	Male Vet 55	Spectrum Striders	22.57
109	59 HALL, Mike	Male Vet 60	Spectrum Striders	22.58
110	287 WALKER, Georgina	Female Vet 40	Lymm Runners	22.59
111	142 JARVIS, Mark	Male Vet 40	Warrington Plodders	23.02
112	129 LOTT, Joanne	Female Vet 50	Trafford Ac	23.03
113	108 REYNOLDS, Gavin	Male Senior	Unattached	23.11
114	286 RUSSELL, Steve	Male Vet 60	Wilmslow Rc	23.12
115	312 BOWDEN, Rhys	Male Junior	Vale Royal	23.15
116	136 DUTTON, Anthony	Male Vet 45	Vale Royal	23.29
117	241 HOUGHTON, John	Male Vet 55	Run Sandymoor	23.31
118	137 ARCHER, John	Male Vet 65	Winston Runners	23.33
119	250 BIRD, Allan	Male Vet 55	Warrington Running Club	23.38
120	65 REAGAN, Helen	Female Vet 50	Sale Harriers Manchester	23.4
121	278 MCCARTHY, Angela	Female Vet 55	Wilmslow Rc	23.47
122	273 MOWAT, Nicky	Female Vet 60	Wilmslow Rc	23.54
123	23 WYMER, Michael	Male Vet 45	Sale Harriers Manchester	23.55
124	205 ROWBOTTOM, Jason	Male Vet 50	Lymm Runners	23.56
125	58 HANKINSON, Andrew	Male Senior	Widnes Running Club	23.57
126	56 MATTHEWS, Sarah	Female Vet 35	Widnes Running Club	23.58
127	263 BOWN, Nic	Male Vet 55	Unattached	23.59
128	265 MOSELEY, Lynn	Female Vet 55	Lymm Runners	24

129	315 CLEMONS, Nicholas	Male Senior	Unattached	24.04
130	126 HUGHES, Malcolm	Male Vet 60	Spectrum Striders	24.05
131	283 EDWARDS, Joanne	Female Vet 55	Vale Royal	24.09
132	277 ELWOOD, Mark	Male Vet 45	Lymm Runners	24.13
133	101 KELLY, Denis	Male Vet 50	Manchester Harriers	24.14
134	292 MORETON, Debbie	Female Vet 45	Vale Royal	24.16
135	109 BRADSHAW, Brian	Male Vet 55	Sale Harriers Manchester	24.17
136	18 EHLEN, Brad	Male Vet 45	Northwich Running Club	24.2
137	228 MARSHALL, Catriona	Female Vet 50	Wilmslow RC	24.26
138	290 LOMAX, Jayne	Female Vet 50	Vale Royal	24.34
139	254 CONNOR, Ken	Male Vet 50	Widnes Running Club	24.39
140	4 BRADLEY, Michael	Male Vet 60	Spectrum Striders	24.42
141	100 SMITH, Robin	Male Vet 60	South Cheshire Harriers	24.47
142	264 PATRICK, Kathryn	Female Vet 50	Wilmslow Rc	24.48
143	297 LENNON, Frances	Female Vet 45	Warrington Road Runners	24.5
144	125 YEARWOOD, Dennis	Male Vet 50	Spectrum Striders	24.51
145	7 JOHNSON, Kate	Female Vet 45	Spectrum Striders	24.55
146	8 CALDWELL, Helen	Female Vet 50	Spectrum Striders	24.58
147	299 JONES, Huw	Male Vet 55	Unattached	24.59
148	232 WYLES, Janet	Female Vet 50	Wilmslow RC	25
149	235 MOSS, Emily	Female Senior	Wilmslow RC	25.21
150	55 BEATTIE, Geoff	Male Vet 65	Sale Harriers Manchester	25.21
151	310 MCKENNA, Hugh	Male Vet 65	Altrincham & District Ac	25.27
152	300 JOHNSON, Rachel	Female Vet 50	Lymm Runners	25.29
153	222 STRANG, Sue	Female Vet 55	Wilmslow RC	25.33
154	226 ASHCROFT, Ian	Male Vet 70	Wilmslow RC	25.36
155	19 HOWELL, Graham	Male Vet 65	Liverpool Harriers	25.41
156	94 WIGGINS, Stephen	Male Senior	Helsby RC	25.57
157	274 WATERSON, David	Male Vet 55	Macclesfield Harriers	26.02
158	242 THOMPSON, Howard	Male Vet 45	Unattached	26.05
159	16 BUCKLES, Ellie	Female Senior	Unattached	26.06
160	233 MILES, Sarah	Female Vet 40	Macclesfield Harriers	26.07
161	121 EVANS, Matt	Male Vet 45	Unattached	26.1

162	212 BAMFORD, Angela	Female Vet 55	Altrincham & District AC	26.12
163	48 JENKINSON, Alan	Male Vet 70	Styal Running Club	26.13
164	63 HARRISON, Claire	Female Vet 35	Warrington Running Club	26.15
165	53 MCLAUGHLIN, Michael	Male Senior	Styal Running Club	26.16
166	25 SHAW, Geoff	Male Vet 65	Helsby RC	26.33
167	29 FORSTER, Karon	Female Vet 55	Spectrum Striders	26.4
168	314 MATTHEW, Helen	Female Vet 45	Unattached	26.43
169	90 FRANCOM, Steven	Male Vet 45	Unattached	26.53
170	47 MARTLAND, Tim	Male Vet 55	Lymm Runners	26.55
171	14 KEARNS, Jon-Paul	Male Vet 45	Unattached	26.59
172	118 BROSTER, Richard	Male Vet 40	Unattached	27.01
173	132 PICKFORD, Chris	Male Vet 55	Lymm Runners	27.14
174	57 COOPER, Amy	Female Senior	Lymm Runners	27.14
175	124 SPRINGHALL, Steve	Male Vet 55	Spectrum Striders	27.19
176	39 MCCLELLAND, Jenny	Female Vet 45	Lymm Runners	27.2
177	103 BLUNDELL, James	Male Senior	Spectrum Striders	27.21
178	308 DOOLEY, John Patrick	Male Vet 70	Spectrum Striders	27.21
179	27 HACKETT, Simon	Male Vet 55	Lymm Runners	27.38
180	704 ABRAHAMSEN-MILLS, Liam	Male Senior	Unattached	28.03
181	64 LYON, Catherine	Female Vet 35	Spectrum Striders	28.04
182	46 GRANGER, Kerry	Female Senior	Swinton RC	28.19
183	279 BENNETT, Alan	Male Vet 60	Unattached	28.25
184	106 SHILLABEER, Emma	Female Vet 45	Spectrum Striders	28.29
185	266 EWART, Paul	Male Vet 70	Unattached	28.39
186	260 TUOHEY, Brian	Male Vet 55	Spectrum Striders	28.44
187	259 POWNALL, Roy	Male Vet 70	Wilmslow Rc	28.51
188	284 RICHARDSON, Debbie	Female Vet 50	Vale Royal	28.59
189	15 HACKETT, Karen	Female Vet 50	Unattached	29.07
190	119 MORGAN, Morag	Female Vet 65	Bramhall Runners	29.09
191	249 DUNNAGE, Leah	Female Vet 35	Unattached	29.29
192	34 KELLY, Michelle	Female Vet 60	Penny Lane Striders	29.38
193	13 KELLY, John	Male Vet 55	Unattached	29.38
194	141 WILCOX, Lauren	Female Senior	Unattached	29.49

195	143 JARVIS, Josie	Female Vet 40	Warrington Plodders	29.49
196	296 DELANY, John	Male Vet 70	Unattached	30.08
197	9 COLES, Terry	Male Vet 70	Spectrum Striders	30.12
198	256 FAULKNER, Julie	Female Vet 50	Unattached	30.18
199	24 SHAW, Janet Catherine	Female Vet 65	Helsby RC	30.33
200	127 MEARS, Dave	Male Vet 50	Unattached	30.46
201	5 GRIFFITHS, Neville	Male Vet 70	Spectrum Striders	31.05
202	244 SCAMMELL, Emma	Female Vet 45	Lymm Runners	31.09
203	291 KNIGHT, Chrissie	Female Vet 65	Lymm Runners	31.2
204	701 SPRINGHALL, Diane	Female Vet 55	Spectrum Striders	31.22
205	3 DUNBAR, Ian	Male Vet 65	Spectrum Striders	31.5
206	97 REID, Stephen	Male Senior	Unattached	31.52
207	20 BROWN, Tim	Male Vet 50	Lymm Runners	33.02
208	11 LEATHER, Helen	Female Vet 50	Unattached	33.12
209	22 CHINEA, Jane	Female Vet 50	Lymm Runners	33.14
210	75 NEWTON, Caroline	Female Vet 35	Warrington Running Club	34.09
211	37 SHAW, Helen	Female Vet 50	Warrington Running Club	34.09
212	271 POWELL, Diana	Female Vet 60	Bramhall Runners	34.56