

Lymm 5k Road Race Saturday 23-Jun-2007 at 4:30pm

Organised by Spectrum Striders Running Club (www.spectrumstriders.org.uk)

Position	Time	Name	Club	Category	Mins/km	Race No
1	0:16:10	HATCH, Mike	Sale Harriers Mcr	Senior Men	03:14.0	799
2	0:16:14	ROCKLIFFE, Paul	Trafford AC	Senior Men	03:14.8	776
3	0:16:22	BLEAKLEY, James	Trafford AC	Senior Men	03:16.4	670
4	0:16:25	BUSH, Tom	Altrincham & District AC	Senior Men	03:17.0	2121
5	0:16:27	DOYLE, Stuart	Vale Royal AC	Senior Men	03:17.4	790
6	0:16:30	HALMAN, Michael	Wilmslow RC	Senior Men	03:18.0	783
7	0:16:39	DOWNS, Rob	Wilmslow RC	Male Vet 40	03:19.8	618
8	0:16:41	GELL, Colin	Sale Harriers Mcr	Senior Men	03:20.2	1091
9	0:16:55	LAMONT, Andrew	Macclesfield Harriers	Senior Men	03:23.0	648
10	0:16:56	TAYLOR, Tim	Macclesfield Harriers	Male Vet 40	03:23.2	699
11	0:16:57	DODSWORTH, Paul	Warrington AC	Senior Men	03:23.4	740
12	0:17:02	HOWLETT, David	Sale Harriers Mcr	Junior Man	03:24.4	658
13	0:17:05	HOUGHTON, Graham	Spectrum Striders	Senior Men	03:25.0	2065
14	0:17:05	CONNOLLY, Anthony	East Cheshire Harriers	Junior Man	03:25.0	747
15	0:17:12	GEE, David	Manchester Harriers	Male Vet 50	03:26.4	2096
16	0:17:15	CHAMBERS, Joe	Stockport Harriers	Senior Men	03:27.0	2062
17	0:17:24	WALWYN, Olivia	City of Norwich AC	Senior Ladies	03:28.8	2122
18	0:17:32	ROWLINSON, Gary	Sale Harriers Mcr	Male Vet 40	03:30.4	2046
19	0:17:38	BYERS, Dick	Trafford AC	Male Vet 40	03:31.6	781
20	0:17:39	MORRIS, Trevor	Wilmslow RC	Male Vet 45	03:31.8	635
21	0:17:42	TAYLOR, Graham	Wilmslow RC	Male Vet 40	03:32.4	771
22	0:17:47	WHITTINGHAM, Andrew	Altrincham & District AC	Senior Men	03:33.4	787
23	0:17:48	GREGORY, Marcus	East Cheshire Harriers	Male Vet 45	03:33.6	748
24	0:17:51	JOHNSTONE, Roderick	Warrington Road Runners	Senior Men	03:34.2	765
25	0:17:55	CASSIDY, Gary	Altrincham & District AC	Senior Men	03:35.0	1042
26	0:17:56	MURRAY, Raphael	Macclesfield Harriers	Male Vet 50	03:35.2	614
27	0:17:56	MARTIN, Colin	Spectrum Striders	Male Vet 45	03:35.2	2105
28	0:17:59	ROBINSON, Stephen	East Cheshire Harriers	Male Vet 45	03:35.8	1043
29	0:17:59	HOUGHTON, Mike	Spectrum Striders	Senior Men	03:35.8	2069
30	0:18:02	DURET, Denis	Ellesmere Port RC	Male Vet 40	03:36.4	793
31	0:18:05	MESENGER, Mark	Macclesfield Harriers	Male Vet 40	03:37.0	667
32	0:18:06	WOODS, Lee	Sale Harriers Mcr	Senior Men	03:37.2	800
33	0:18:11	STOCK, Tim	Macclesfield Harriers	Male Vet 45	03:38.2	772
34	0:18:11	COPPENHALL, Chris	Sandbach Striders	Junior Man	03:38.2	619
35	0:18:12	PARRIS, Roger	Swinton R.C	Male Vet 45	03:38.4	752
36	0:18:13	HURST, Lee	Altrincham & District AC	Senior Men	03:38.6	766
37	0:18:19	BOOTH, Vinny	Trafford AC	Male Vet 40	03:39.8	2052
38	0:18:20	JOHNSON, Mark	East Cheshire Harriers	Senior Men	03:40.0	2115
39	0:18:23	DALKINS, Amanda Jayne	birchfield RC	Lady Vet 35	03:40.6	722
40	0:18:23	FORSTER, Kenny	Spectrum Striders	Male Vet 45	03:40.6	616
41	0:18:27	BANKS, Faye	ackworth rc	Senior Ladies	03:41.4	750
42	0:18:27	JOHNSON, Peter	St Helens Striders	Senior Men	03:41.4	763
43	0:18:29	KITCHING, Marilyn	Tattenhall Runners	Lady Vet 35	03:41.8	712
44	0:18:43	CLAGUE, Andrew	West Cheshire AC	Senior Men	03:44.6	755
45	0:18:45	WILLCOCK, Gary	Manchester YMCA Harriers	Male Vet 45	03:45.0	1080
46	0:18:47	SHERRATT, James	Macclesfield Harriers	Senior Men	03:45.4	666
47	0:18:47	JOHNSTONE, Robert	Wilmslow RC	Male Vet 40	03:45.4	1074
48	0:18:50	BALE, Mark	Wilmslow RC	Senior Men	03:46.0	795
49	0:18:50	EAGLE, Ray	Wilmslow RC	Male Vet 50	03:46.0	721
50	0:18:51	FAIRS, Mick	Wilmslow RC	Male Vet 55	03:46.2	769
51	0:18:53	HAGGETT, Richard		Senior Men	03:46.6	764
52	0:18:56	WATMOUGH, Stephen	Spectrum Striders	Male Vet 40	03:47.2	1056
53	0:18:56	MCGALL, Rob	Altrincham & District AC	Male Vet 55	03:47.2	2109
54	0:18:57	HOOL, Sue	glaxo Hoad Hill	Senior Ladies	03:47.4	734
55	0:18:59	BROUGHTON, Adair	Helsby RC	Senior Men	03:47.8	606
56	0:19:00	LIMMER, David		Senior Men	03:48.0	690
57	0:19:00	HEATH, Jon		Senior Men	03:48.0	1076

Lymm 5k Road Race Saturday 23-Jun-2007 at 4:30pm

Organised by Spectrum Striders Running Club (www.spectrumstriders.org.uk)

58	0:19:01	MARSHALL, Chris	Ellesmere Port RC	Senior Men	03:48.2	728
59	0:19:03	FARMER, Anne	Macclesfield Harriers	Senior Ladies	03:48.6	717
60	0:19:09	COOPER, Mike	Wilmslow RC	Male Vet 40	03:49.8	788
61	0:19:13	LIMMER, Chris		Junior Man	03:50.6	686
62	0:19:13	MARTIN, Stephen	Spectrum Striders	Male Vet 45	03:50.6	2093
63	0:19:16	CONNOLLY, James	Spectrum Striders	Male Vet 45	03:51.2	753
64	0:19:16	PARROTT, John	Stockport Harriers	Male Vet 50	03:51.2	2078
65	0:19:18	SPENCER, Julian	Spectrum Striders	Male Vet 45	03:51.6	2045
66	0:19:20	WOLSTENCROFT, Shane	Salford Met	Senior Men	03:52.0	1089
67	0:19:20	FARHALL, Liz	Spectrum Striders	Senior Ladies	03:52.0	2086
68	0:19:23	BATTERSBY, John		Male Vet 45	03:52.6	1066
69	0:19:25	CREHAN, Jim	Warrington AC	Male Vet 50	03:53.0	738
70	0:19:28	CHRISTEY, Scott		Male Vet 40	03:53.6	663
71	0:19:35	BURGESS, Ken	Altrincham & District AC	Male Vet 60	03:55.0	2083
72	0:19:38	GARSDIE, Philip	Swinton R.C	Male Vet 50	03:55.6	754
73	0:19:39	WEATHERHEAD, Peter	Wirral AC	Male Vet 55	03:55.8	669
74	0:19:40	HIBBERT, Chris	Manchester Harriers	Senior Men	03:56.0	739
75	0:19:42	JONES, Damian		Senior Men	03:56.4	2114
76	0:19:44	CLARKE, John	Vale Royal AC	Male Vet 50	03:56.8	2071
77	0:19:44	TAYLOR, Jayne	Wigan Phoenix	Lady Vet 45	03:56.8	729
78	0:19:46	LEARY, Paul	Rochdale Harriers	Male Vet 40	03:57.2	770
79	0:19:49	HARTOPP, Alison	Macclesfield Harriers	Lady Vet 40	03:57.8	751
80	0:19:51	HATTON, Keith	Liverpool Harriers	Male Vet 45	03:58.2	1048
81	0:19:51	KAY, Colin		Male Vet 50	03:58.2	662
82	0:20:01	BROWN, Catherine	Macclesfield Harriers	Senior Ladies	04:00.2	672
83	0:20:02	FEGAN, Danny	St Helens-Sutton AC	Male Vet 40	04:00.4	649
84	0:20:06	PUGH, Anne	Altrincham & District AC	Lady Vet 50	04:01.2	758
85	0:20:08	HEALD, David		Senior Men	04:01.6	778
86	0:20:10	BOWDEN, Trevor	BAE Woodford	Male Vet 40	04:02.0	2119
87	0:20:12	UTTON, Damian	Altrincham & District AC	Male Vet 40	04:02.4	730
88	0:20:14	GILBERT, Geoff	Wilmslow RC	Male Vet 55	04:02.8	1058
89	0:20:15	WALTON, Derek	Altrincham & District AC	Male Vet 60	04:03.0	2095
90	0:20:20	ROUILLON, Georges		Junior Man	04:04.0	693
91	0:20:20	ALDRIDGE, Richard	Spectrum Striders	Senior Men	04:04.0	710
92	0:20:20	DAWSON, Jim	Warrington Road Runners	Male Vet 40	04:04.0	647
93	0:20:20	ASHBROOK, Jane	Helsby RC	Senior Ladies	04:04.0	791
94	0:20:22	PERCIVAL, John		Male Vet 50	04:04.4	1071
95	0:20:24	BATE, Derek		Senior Men	04:04.8	749
96	0:20:26	WAWRZENCZAK, Krzysztof		Senior Men	04:05.2	622
97	0:20:27	HUSHION, Michelle	athletica aurora	Lady Vet 35	04:05.4	798
98	0:20:27	QUINN, Martin	Chorley Harriers	Senior Men	04:05.4	629
99	0:20:31	BULLOUGH, Don	Wilmslow RC	Male Vet 50	04:06.2	757
100	0:20:32	SALMON, Michael	Spectrum Striders	Male Vet 40	04:06.4	743
101	0:20:40	FREEMAN, Mark		Male Vet 40	04:08.0	2090
102	0:20:40	HOBSON, John		Senior Men	04:08.0	646
103	0:20:41	HODGES, Giles	Sandbach Striders	Senior Men	04:08.2	683
104	0:20:41	AYRES, Paul	Wilmslow RC	Male Vet 50	04:08.2	724
105	0:20:43	DRASDO, Alison	Trafford AC	Lady Vet 35	04:08.6	780
106	0:20:43	SUTTON, Kate	Wilmslow RC	Lady Vet 45	04:08.6	603
107	0:20:43	SHAW, Geoff	Helsby RC	Male Vet 50	04:08.6	608
108	0:20:43	MAIRS, Stuart	Salford Met	Senior Men	04:08.6	660
109	0:20:46	MENDHAM, Gavin	Wilmslow RC	Male Vet 55	04:09.2	789
110	0:20:48	HOWE, Joan M	Trafford AC	Lady Vet 50	04:09.6	1063
111	0:00:51	HARDING, David		Male Vet 40	00:10.2	702
112	0:20:54	BROWN, Keith	Warrington Road Runners	Male Vet 45	04:10.8	2082
113	0:20:56	PEARSON, Dave	Lostock AC	Male Vet 50	04:11.2	631
114	0:21:00	COULDHARD, Michael		Senior Men	04:12.0	605
115	0:21:00	THOMSON, Paul		Male Vet 55	04:12.0	1070

Lymm 5k Road Race Saturday 23-Jun-2007 at 4:30pm

Organised by Spectrum Striders Running Club (www.spectrumstriders.org.uk)

116	0:21:02	CREHAN, Susan	Sale Harriers Mcr	Lady Vet 50	04:12.4	2120
117	0:21:03	MCALEECE, Neil		Senior Men	04:12.6	762
118	0:21:09	JONES, David A	Denbigh Harriers	Male Vet 55	04:13.8	723
119	0:21:12	MATSON, John		Male Vet 40	04:14.4	773
120	0:21:15	CARNEY, Jack	Salford Met	Male Vet 40	04:15.0	1054
121	0:21:19	DAVIS, Mellisa	Trafford AC	Senior Ladies	04:15.8	775
122	0:21:25	FORD, Andrew	Altrincham & District AC	Senior Men	04:17.0	1051
123	0:21:26	WEBSTER, Robert	Tattenhall Runners	Male Vet 45	04:17.2	706
124	0:21:26	TRIMBLE, Gareth	Wilmslow RC	Senior Men	04:17.2	727
125	0:21:26	KEWLEY, Oily	Spectrum Striders	Junior Man	04:17.2	733
126	0:21:26	LINGARD, Malcolm	Spectrum Striders	Male Vet 40	04:17.2	718
127	0:21:26	KEWLEY, John	Spectrum Striders	Male Vet 40	04:17.2	732
128	0:21:34	PRICE, Sally	Wilmslow RC	Senior Ladies	04:18.8	760
129	0:21:36	ASHCROFT, Ian	Wilmslow RC	Male Vet 60	04:19.2	623
130	0:21:37	HOWARTH, Sally	Trafford AC	Lady Vet 40	04:19.4	744
131	0:21:47	BROCKLEY, Mark	Warrington Road Runners	Senior Men	04:21.4	1050
132	0:21:48	MCCORMICK, Fechin	Sale Harriers Mcr	Male Vet 55	04:21.6	2102
133	0:21:49	MADDOCK, Sally	Wilmslow RC	Senior Ladies	04:21.8	782
134	0:21:50	WRIGGLESWORTH, Julia	Warrington Road Runners	Lady Vet 35	04:22.0	1062
135	0:21:55	MARSHALL, Graham		Male Vet 40	04:23.0	1075
136	0:21:55	TAVERNER, Mary	Vale Royal AC	Lady Vet 45	04:23.0	2067
137	0:21:58	HOGG, Louise	St Helens-Sutton AC	Lady Vet 35	04:23.6	767
138	0:21:58	BEGLEY, Jenny		Senior Ladies	04:23.6	611
139	0:22:01	WINCH, Paul	Spectrum Striders	Senior Men	04:24.2	2108
140	0:22:01	READ, Geoff	Spectrum Striders	Male Vet 55	04:24.2	2072
141	0:22:02	SHARROCK, Jon		Senior Men	04:24.4	703
142	0:22:03	ROBERTS, Simon		Male Vet 40	04:24.6	1085
143	0:22:03	HOUGHTON, John	Warrington Road Runners	Male Vet 45	04:24.6	617
144	0:22:03	HERD, William		Senior Men	04:24.6	698
145	0:22:06	GUBBINS, Michael	Hyde Village Striders	Senior Men	04:25.2	2081
146	0:22:06	WATSON, Peter	Wilmslow RC	Male Vet 60	04:25.2	665
147	0:22:08	WHEABLE, David	Wilmslow RC	Male Vet 40	04:25.6	1046
148	0:22:08	SCRIVENS, Steven		Male Vet 40	04:25.6	697
149	0:22:15	WELSBY, Pauline	Spectrum Striders	Senior Ladies	04:27.0	2084
150	0:22:17	STYNES, Carol	Spectrum Striders	Lady Vet 35	04:27.4	682
151	0:22:17	GILDON, Andy	Macclesfield Harriers	Male Vet 50	04:27.4	651
152	0:22:23	MAHONEY, Phil	Warrington Road Runners	Male Vet 45	04:28.6	1047
153	0:22:25	CHARMAN, Michael	Helsby RC	Male Vet 55	04:29.0	720
154	0:22:28	BURTHEM, Stuart		Male Vet 40	04:29.6	759
155	0:22:29	POWNALL, Roy	Wilmslow RC	Male Vet 55	04:29.8	736
156	0:22:30	JENKINSON, Alan	Style	Male Vet 55	04:30.0	2116
157	0:22:30	LEWIS, Sandra	Altrincham & District AC	Senior Ladies	04:30.0	746
158	0:22:31	AVES, Joanne	Wilmslow RC	Senior Ladies	04:30.2	785
159	0:22:37	HINKE, Penny	Wilmslow RC	Lady Vet 45	04:31.4	671
160	0:22:38	HARRIS, Stuart		Male Vet 45	04:31.6	725
161	0:22:40	GRIFFITHS, Vanessa	Helsby RC	Lady Vet 40	04:32.0	786
162	0:22:44	WHITFIELD, Kit	Spectrum Striders	Male Vet 40	04:32.8	2087
163	0:22:45	PORTEOUS, John	Wilmslow RC	Male Vet 50	04:33.0	1055
164	0:22:47	HULME, Mark	Salford Met	Male Vet 45	04:33.4	1065
165	0:22:49	ASHCROFT, Owen	Wilmslow RC	Senior Men	04:33.8	624
166	0:22:52	GORDON, Ian		Male Vet 40	04:34.4	1073
167	0:22:53	CUTLER, Mike	South Cheshire Harriers	Male Vet 50	04:34.6	726
168	0:22:53	POOKE, Nikki1	City Of Chester Triathlon Club	Lady Vet 35	04:34.6	668
169	0:22:54	WISEMAN, Fergus	Warrington Tri	Senior Men	04:34.8	685
170	0:22:54	PIKE, Ian		Senior Men	04:34.8	680
171	0:22:55	GRIFFITHS, Phil	Lymm Hclub	Senior Men	04:35.0	678
172	0:22:57	BOOTH, Ian	Sandbach Striders	Male Vet 60	04:35.4	745
173	0:22:58	HUNT, Andrew	Lymm Hclub	Senior Men	04:35.6	637

Lymm 5k Road Race Saturday 23-Jun-2007 at 4:30pm

Organised by Spectrum Striders Running Club (www.spectrumstriders.org.uk)

174	0:23:02	GEORGE, David	Northern Vets AC	Male Vet 55	04:36.4	2076
175	0:23:10	ARMSTRONG, Paul	Spectrum Striders	Senior Men	04:38.0	1162
176	0:23:11	CRAWFORD, Chris		Senior Men	04:38.2	626
177	0:23:14	LANE, Rob		Senior Men	04:38.8	681
178	0:23:19	GREEN, Katy	Wilmslow RC	Senior Ladies	04:39.8	1064
179	0:23:24	BYRNE, Barrie	Sandbach Striders	Male Vet 55	04:40.8	707
180	0:23:30	BROWN, Anthony	gateshead rc	Senior Men	04:42.0	794
181	0:23:33	SIMMS, Mike		Male Vet 40	04:42.6	1060
182	0:23:34	DOWNEY, Donna		Lady Vet 40	04:42.8	609
183	0:23:41	SMITH, Brian		Male Vet 40	04:44.2	677
184	0:23:43	WHITTAKER, Adam	Warrington AC	Junior Man	04:44.6	688
185	0:23:43	WHITESIDE, Melvyn		Male Vet 45	04:44.6	705
186	0:23:47	RILEY, John	Northern Vets AC	Male Vet 60	04:45.4	2050
187	0:23:56	LAWSON, George	Manchester Harriers	Male Vet 60	04:47.2	700
188	0:24:02	GILBERT, Louisa	Wilmslow RC	Senior Ladies	04:48.4	1059
189	0:24:07	BARKER, Andrew		Male Vet 45	04:49.4	711
190	0:24:09	KELLY, Michelle	Penny Lane Striders	Lady Vet 45	04:49.8	2056
191	0:24:16	HUDSON, Lucy		Lady Vet 35	04:51.2	714
192	0:24:16	ROBERTS, Cath		Lady Vet 35	04:51.2	715
193	0:24:22	WOODYATT, Chris		Male Vet 40	04:52.4	691
194	0:24:22	LAMBERT, Rachel	Helsby RC	Senior Ladies	04:52.4	601
195	0:24:30	PEPPER, Steven	Sandbach Striders	Senior Men	04:54.0	719
196	0:24:33	HOWLETT, Steven		Male Vet 45	04:54.6	659
197	0:24:56	BECKINSALE, Richard	Lymm Hclub	Senior Men	04:59.2	679
198	0:24:57	WILSON, Angela	Wigan A C	Lady Vet 35	04:59.4	761
199	0:25:02	WALSH, Shelly	Spectrum Striders	Lady Vet 50	05:00.4	1072
200	0:25:02	BELL, Mark		Senior Men	05:00.4	602
201	0:25:07	PERCIVAL, Kelly-Ann	Hyde Village Striders	Senior Ladies	05:01.4	2099
202	0:25:08	MASON, Elizabeth	Hyde Village Striders	Lady Vet 40	05:01.6	1044
203	0:25:09	KETTLE, Robert	Sandbach Striders	Male Vet 55	05:01.8	654
204	0:25:13	FORSHAW, Martin		Senior Men	05:02.6	696
205	0:25:13	JENKINS, Alan	Spectrum Striders	Male Vet 55	05:02.6	2074
206	0:25:18	FAULKNER, Trevor	Wilmslow RC	Male Vet 60	05:03.6	737
207	0:25:21	CHARMAN, Stephanie	Helsby RC	Lady Vet 55	05:04.2	2077
208	0:25:29	COULDHARD, Mark		Senior Men	05:05.8	613
209	0:25:39	LAND, Fiona		Senior Ladies	05:07.8	1045
210	0:25:41	VANOLI, Muriel		Senior Ladies	05:08.2	657
211	0:25:49	NO-NAME,		NDB	05:09.8	1092
212	0:25:52	WHITESIDE, Jason		Junior Man	05:10.4	704
213	0:26:01	MCNAMARA, Adelaide		Senior Ladies	05:12.2	1077
214	0:26:08	THOMSON, Helen	Spectrum Striders	Lady Vet 45	05:13.6	1082
215	0:26:10	HOBSON, Rosalind		Senior Ladies	05:14.0	645
216	0:26:15	CHAMBERS, Jennifer	Tattenhall Runners	Senior Ladies	05:15.0	650
217	0:26:17	SARSON, Helen		Senior Ladies	05:15.4	735
218	0:26:18	SHAW, Janet	Helsby RC	Lady Vet 50	05:15.6	607
219	0:26:19	BATES, Graham		Male Vet 40	05:15.8	1068
220	0:26:31	ASHBROOKE, Chris		Senior Men	05:18.2	792
221	0:26:32	SMITH, Carolyn	Lymm Hclub	Lady Vet 40	05:18.4	643
222	0:26:39	READ, Debbie	Spectrum Striders	Lady Vet 45	05:19.8	2070
223	0:26:39	RAMSDEN, Lee	Hyde Village Striders	Senior Men	05:19.8	1049
224	0:26:46	BLACK, Kenneth	Spectrum Striders	Male Vet 60	05:21.2	777
225	0:26:51	WLADYSLAW, Bober		Male Vet 60	05:22.2	621
226	0:26:51	JONES, Neville	Warrington AC	Male Vet 70	05:22.2	779
227	0:26:54	COLLISON, Cherry	Lostock AC	Senior Ladies	05:22.8	630
228	0:27:02	O'KEEFFE, Elizabeth	Sandbach Striders	Lady Vet 50	05:24.4	716
229	0:27:19	CRESSWELL, David		Senior Men	05:27.8	2061
230	0:27:19	BROWSELL, Karen		Lady Vet 35	05:27.8	673

Lymm 5k Road Race Saturday 23-Jun-2007 at 4:30pm

Organised by Spectrum Striders Running Club (www.spectrumstriders.org.uk)

231	0:27:33	SARSON, Robert		Senior Men	05:30.6	701
232	0:27:53	HARDING, Christine	Sandbach Striders	Lady Vet 35	05:34.6	731
233	0:27:59	HAWKINS, Jane		Lady Vet 45	05:35.8	1083
234	0:28:01	ROSSER, Barbara		Lady Vet 45	05:36.2	1081
235	0:28:03	HORNE, Anthony		Senior Men	05:36.6	713
236	0:28:03	IVES, Damian		Senior Men	05:36.6	1090
237	0:28:10	STRINGER, Paul		Male Vet 55	05:38.0	742
238	0:28:16	HAYTON, Dez	Lymm Hclub	Senior Men	05:39.2	636
239	0:28:21	SODHI, Helen	Lymm Hclub	Lady Vet 35	05:40.2	644
240	0:28:21	BUNYAN, Janet	Hyde Village Striders	Lady Vet 40	05:40.2	741
241	0:28:23	BENTLEY, Lucy		Senior Ladies	05:40.6	694
242	0:28:23	RAWLINSON, Melanie		Senior Ladies	05:40.6	695
243	0:28:31	HERNANDEZ, Isabela		Junior Lady	05:42.2	1088
244	0:28:47	GEERING, Janos		Senior Men	05:45.4	625
245	0:28:54	ROUILLON, Philippe		Male Vet 45	05:46.8	692
246	0:28:58	CAMPAENALO, Emmalouise		Senior Ladies	05:47.6	1061
247	0:29:13	FELL, Carol	Warrington Road Runners	Lady Vet 55	05:50.6	653
248	0:29:13	BEGLEY, John		Senior Men	05:50.6	612
249	0:29:19	CLAGUE, Lesley	Tattenhall Runners	Lady Vet 55	05:51.8	756
250	0:29:26	GRIFFITH, Peter		Junior Man	05:53.2	768
251	0:29:35	GEORGE, Angela	Northern Vets AC	Lady Vet 35	05:55.0	2075
252	0:29:35	ROBERTS, Bethaney	Altrincham & District AC	Junior Lady	05:55.0	1087
253	0:29:35	BANNISTER, Louissa	Altrincham & District AC	Junior Lady	05:55.0	1086
254	0:30:20	WINN, Robert	Hyde Village Striders	Male Vet 50	06:04.0	1053
255	0:30:27	OURN, Elisabeth		Senior Ladies	06:05.4	633
256	0:30:29	SCOWCROFT, Karen	Lymm Hclub	Lady Vet 35	06:05.8	642
257	0:30:33	SWEENEY, Victoria		Senior Ladies	06:06.6	1079
258	0:30:33	SWEENEY, Martin		Male Vet 40	06:06.6	1078
259	0:30:34	BURNETT, Nicola		Senior Ladies	06:06.8	1067
260	0:30:38	HIGGINS, Marian		Lady Vet 35	06:07.6	675
261	0:30:38	OWENS, Amber		Senior Ladies	06:07.6	676
262	0:30:44	ROBERTS, Lesley		Lady Vet 50	06:08.8	774
263	0:30:56	MANUEL, Susan	Warrington Road Runners	Lady Vet 40	06:11.2	1057
264	0:31:07	JACKSON, Andrew		Male Vet 45	06:13.4	840
265	0:31:12	RICHARDSON, Ian		Male Vet 40	06:14.4	634
266	0:31:17	WRIGHT, David		Male Vet 45	06:15.4	784
267	0:31:24	GEORGE, Don	Sale Harriers Mcr	Male Vet 70	06:16.8	2054
268	0:31:38	HODGKINSON, Kevin	Hyde Village Striders	Male Vet 45	06:19.6	1052
269	0:32:18	O'BRIEN, John	Manchester Harriers	Male Vet 50	06:27.6	2058
270	0:32:18	MURPHY, Nick	Lymm Hclub	Senior Men	06:27.6	640
271	0:32:27	CRESSWELL, Lisa		Lady Vet 35	06:29.4	2060
272	0:33:18	COX, Michael		Senior Men	06:39.6	1069
273	0:33:28	BROWN, Anthony	Spectrum Striders	Senior Men	06:41.6	2059
274	0:33:29	DOWNEY, Thomas	Ellesmere Port RC	Male Vet 40	06:41.8	610
275	0:34:19	HAWCROFT, Mel		Senior Ladies	06:51.8	796
276	0:34:19	BALE, Claire		Senior Ladies	06:51.8	797
277	0:34:40	BANKHEAD, Mark	Spectrum Striders	Senior Men	06:56.0	674
278	0:34:50	HALL, Kristen		Lady Vet 40	06:58.0	708
279	0:35:51	PERCIVAL, Elaine	Hyde Village Striders	Lady Vet 55	07:10.2	2098
280	0:38:09	DOYLE, Alison	Northern Vets AC	Lady Vet 55	07:37.8	2100
281	0:38:48	SCARSBROOK, Lynn		Senior Ladies	07:45.6	1084
282	0:38:55	ATTWELL, Dave	Altrincham & District AC	Male Vet 60	07:47.0	2048

Lymm 5k Road Race Saturday 23-Jun-2007 at 4:30pm

Organised by Spectrum Striders Running Club (www.spectrumstriders.org.uk)

Ladies Team Results

Position	Team	Category	Position	Time	Name	Category	Race no	Race Position
1	: Macclesfield Harriers		6	0:19:03	FARMER, Anne	Senior Ladies	717	59
			9	0:19:49	HARTOPP, Alison	Lady Vet 40	751	79
			10	0:20:01	BROWN, Catherine	Senior Ladies	672	82
2	: Trafford AC		14	0:20:43	DRASDO, Alison	Lady Vet 35	780	105
			16	0:20:48	HOWE, Joan M	Lady Vet 50	1063	110
			18	0:21:19	DAVIS, Mellisa	Senior Ladies	775	121
3	: Wilmslow RC		15	0:20:43	SUTTON, Kate	Lady Vet 45	603	106
			19	0:21:34	PRICE, Sally	Senior Ladies	760	128
			21	0:21:49	MADDOCK, Sally	Senior Ladies	782	133
4	: Spectrum Striders		7	0:19:20	FARHALL, Liz	Senior Ladies	2086	67
			26	0:22:15	WELSBY, Pauline	Senior Ladies	2084	149
			27	0:22:17	STYNES, Carol	Lady Vet 35	682	150
5	: Helsby RC		12	0:20:20	ASHBROOK, Jane	Senior Ladies	791	93
			31	0:22:40	GRIFFITHS, Vanessa	Lady Vet 40	786	161
			39	0:24:22	LAMBERT, Rachel	Senior Ladies	601	194
6	: Wilmslow RC		29	0:22:31	AVES, Joanne	Senior Ladies	785	158
			30	0:22:37	HINKE, Penny	Lady Vet 45	671	159
			33	0:23:19	GREEN, Katy	Senior Ladies	1064	178
7	: Altrincham & District AC		11	0:20:06	PUGH, Anne	Lady Vet 50	758	84
			28	0:22:30	LEWIS, Sandra	Senior Ladies	746	157
			70	0:29:35	ROBERTS, Bethaney	Junior Lady	1087	252
8	: Tattenhall Runners		4	0:18:29	KITCHING, Marilyn	Lady Vet 35	712	43
			50	0:26:15	CHAMBERS, Jennifer	Senior Ladies	650	216
			68	0:29:19	CLAGUE, Lesley	Lady Vet 55	756	249
9	: Spectrum Striders		41	0:25:02	WALSH, Shelly	Lady Vet 50	1072	199
			48	0:26:08	THOMSON, Helen	Lady Vet 45	1082	214
			54	0:26:39	READ, Debbie	Lady Vet 45	2070	222
10	: Hyde Village Striders		42	0:25:07	PERCIVAL, Kelly-Ann	Senior Ladies	2099	201
			43	0:25:08	MASON, Elizabeth	Lady Vet 40	1044	202
			62	0:28:21	BUNYAN, Janet	Lady Vet 40	741	240
11	: Warrington Road Runners		22	0:21:50	WRIGGLESWORTH, Julia	Lady Vet 35	1062	134
			67	0:29:13	FELL, Carol	Lady Vet 55	653	247
			79	0:30:56	MANUEL, Susan	Lady Vet 40	1057	263

Lymm 5k Road Race Saturday 23-Jun-2007 at 4:30pm

Organised by Spectrum Striders Running Club (www.spectrumstriders.org.uk)

12 : Lymm Hclub

	53	0:26:32 SMITH, Carolyn	Lady Vet 40	643	221
	61	0:28:21 SODHI, Helen	Lady Vet 35	644	239
	73	0:30:29 SCOWCROFT, Karen	Lady Vet 35	642	256

Mens Team Results

Position	Club	Category	Position	Time	Name	Category	Race no	Race Position
1	Sale Harriers Mcr		1	0:16:10	HATCH, Mike	Senior Men	799	1
			8	0:16:41	GELL, Colin	Senior Men	1091	8
			12	0:17:02	HOWLETT, David	Junior Man	658	12
			17	0:17:32	ROWLINSON, Gary	Male Vet 40	2046	18
2	Wilmslow RC		6	0:16:30	HALMAN, Michael	Senior Men	783	6
			7	0:16:39	DOWNS, Rob	Male Vet 40	618	7
			19	0:17:39	MORRIS, Trevor	Male Vet 45	635	20
			20	0:17:42	TAYLOR, Graham	Male Vet 40	771	21
3	Trafford AC		2	0:16:14	ROCKLIFFE, Paul	Senior Men	776	2
			3	0:16:22	BLEAKLEY, James	Senior Men	670	3
			18	0:17:38	BYERS, Dick	Male Vet 40	781	19
			36	0:18:19	BOOTH, Vinny	Male Vet 40	2052	37
4	Macclesfield Harriers		9	0:16:55	LAMONT, Andrew	Senior Men	648	9
			10	0:16:56	TAYLOR, Tim	Male Vet 40	699	10
			25	0:17:56	MURRAY, Raphael	Male Vet 50	614	26
			30	0:18:05	MESSENGER, Mark	Male Vet 40	667	31
5	Altrincham & District AC		4	0:16:25	BUSH, Tom	Senior Men	2121	4
			21	0:17:47	WHITTINGHAM, Andrew	Senior Men	787	22
			24	0:17:55	CASSIDY, Gary	Senior Men	1042	25
			35	0:18:13	HURST, Lee	Senior Men	766	36
6	East Cheshire Harriers		14	0:17:05	CONNOLLY, Anthony	Junior Man	747	14
			22	0:17:48	GREGORY, Marcus	Male Vet 45	748	23
			27	0:17:59	ROBINSON, Stephen	Male Vet 45	1043	28
			37	0:18:20	JOHNSON, Mark	Senior Men	2115	38
7	Spectrum Striders		13	0:17:05	HOUGHTON, Graham	Senior Men	2065	13
			26	0:17:56	MARTIN, Colin	Male Vet 45	2105	27
			28	0:17:59	HOUGHTON, Mike	Senior Men	2069	29
			38	0:18:23	FORSTER, Kenny	Male Vet 45	616	40
8	Wilmslow RC		43	0:18:47	JOHNSTONE, Robert	Male Vet 40	1074	47
			44	0:18:50	BALE, Mark	Senior Men	795	48
			45	0:18:50	EAGLE, Ray	Male Vet 50	721	49

Lymm 5k Road Race Saturday 23-Jun-2007 at 4:30pm

Organised by Spectrum Striders Running Club (www.spectrumstriders.org.uk)

9	: Spectrum Striders	46	0:18:51 FAIRS, Mick	Male Vet 55	769	50
		48	0:18:56 WATMOUGH, Stephen	Male Vet 40	1056	52
		56	0:19:13 MARTIN, Stephen	Male Vet 45	2093	62
		57	0:19:16 CONNOLLY, James	Male Vet 45	753	63
		59	0:19:18 SPENCER, Julian	Male Vet 45	2045	65
10	: Altrincham & District AC	49	0:18:56 MCGALL, Rob	Male Vet 55	2109	53
		64	0:19:35 BURGESS, Ken	Male Vet 60	2083	71
		76	0:20:12 UTTON, Damian	Male Vet 40	730	87
		78	0:20:15 WALTON, Derek	Male Vet 60	2095	89
11	: Wilmslow RC	54	0:19:09 COOPER, Mike	Male Vet 40	788	60
		77	0:20:14 GILBERT, Geoff	Male Vet 55	1058	88
		86	0:20:31 BULLOUGH, Don	Male Vet 50	757	99
		91	0:20:41 AYRES, Paul	Male Vet 50	724	104
12	: Warrington Road Runners	23	0:17:51 JOHNSTONE, Roderick	Senior Men	765	24
		81	0:20:20 DAWSON, Jim	Male Vet 40	647	92
		96	0:20:54 BROWN, Keith	Male Vet 45	2082	112
		111	0:21:47 BROCKLEY, Mark	Senior Men	1050	131
13	: Spectrum Striders	80	0:20:20 ALDRIDGE, Richard	Senior Men	710	91
		87	0:20:32 SALMON, Michael	Male Vet 40	743	100
		107	0:21:26 KEWLEY, Olly	Junior Man	733	125
		108	0:21:26 LINGARD, Malcolm	Male Vet 40	718	126
14	: Salford Met	60	0:19:20 WOLSTENCROFT, Shane	Senior Men	1089	66
		93	0:20:43 MAIRS, Stuart	Senior Men	660	108
		103	0:21:15 CARNEY, Jack	Male Vet 40	1054	120
		133	0:22:47 HULME, Mark	Male Vet 45	1065	164
15	: Warrington AC	11	0:16:57 DODSWORTH, Paul	Senior Men	740	11
		62	0:19:25 CREHAN, Jim	Male Vet 50	738	69
		150	0:23:43 WHITTAKER, Adam	Junior Man	688	184
		172	0:26:51 JONES, Neville	Male Vet 70	779	226
16	: Sandbach Striders	33	0:18:11 COPPENHALL, Chris	Junior Man	619	34
		90	0:20:41 HODGES, Giles	Senior Men	683	103
		140	0:22:57 BOOTH, Ian	Male Vet 60	745	172
		146	0:23:24 BYRNE, Barrie	Male Vet 55	707	179
17	: Manchester Harriers	15	0:17:12 GEE, David	Male Vet 50	2096	15
		67	0:19:40 HIBBERT, Chris	Senior Men	739	74
		153	0:23:56 LAWSON, George	Male Vet 60	700	187
		190	0:32:18 O'BRIEN, John	Male Vet 50	2058	269
18	: Wilmslow RC	94	0:20:46 MENDHAM, Gavin	Male Vet 55	789	109
		106	0:21:26 TRIMBLE, Gareth	Senior Men	727	124
		110	0:21:36 ASHCROFT, Ian	Male Vet 60	623	129
		121	0:22:06 WATSON, Peter	Male Vet 60	665	146

Lymm 5k Road Race Saturday 23-Jun-2007 at 4:30pm

Organised by Spectrum Striders Running Club (www.spectrumstriders.org.uk)

19	: Spectrum Striders	109	0:21:26 KEWLEY, John	Male Vet 40	732	127
		114	0:22:01 WINCH, Paul	Senior Men	2108	139
		115	0:22:01 REED, Geoff	Male Vet 55	2112	140
		131	0:22:44 WHITFIELD, Kit	Male Vet 40	2087	162
20	: Wilmslow RC	122	0:22:08 WHEABLE, David	Male Vet 40	1046	147
		128	0:22:29 POWNALL, Roy	Male Vet 55	736	155
		132	0:22:45 PORTEOUS, John	Male Vet 50	1055	163
		134	0:22:49 ASHCROFT, Owen	Senior Men	624	165
21	: Lymm Hclub	139	0:22:55 GRIFFITHS, Phil	Senior Men	678	171
		141	0:22:58 HUNT, Andrew	Senior Men	637	173
		158	0:24:56 BECKINSALE, Richard	Senior Men	679	197
		178	0:28:16 HAYTON, Dez	Senior Men	636	238
22	: Hyde Village Striders	120	0:22:06 GUBBINS, Michael	Senior Men	2081	145
		169	0:26:39 RAMSDEN, Lee	Senior Men	1049	223
		183	0:30:20 WINN, Robert	Male Vet 50	1053	254
		189	0:31:38 HODGKINSON, Kevin	Male Vet 45	1052	268
23	: Spectrum Striders	143	0:23:10 ARMSTRONG, Paul	Senior Men	2118	175
		162	0:25:13 JENKINS, Alan	Male Vet 55	2074	205
		170	0:26:46 BLACK, Kenneth	Male Vet 60	777	224
		193	0:33:28 BROWN, Anthony	Senior Men	2059	273