

Lymm 5k Road Race Saturday 21-Jun-2008 at 4:30pm

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

Pos	Time	Name	Club	Category	mins/km	Race no
1	0:15:42	BURNEY, Richard	Liverpool Harriers	Senior Male	03:08.4	1222
2	0:15:46	NICHOLLS, Damian	Wilmslow RC	Senior Male	03:09.2	1227
3	0:15:56	SALISBURY, Ian	Trafford AC	Senior Male	03:11.2	787
4	0:16:27	HOWLETT, David	Sale Harriers Mcr	Senior Male	03:17.4	1347
5	0:16:29	HOUGHTON, Graham	Spectrum Striders	Senior Male	03:17.8	161
6	0:16:33	BACKHOUSE, Paul D	East Cheshire Harriers	Senior Male	03:18.6	1223
7	0:16:38	DOYLE, Stuart	Vale Royal AC	Senior Male	03:19.6	2179
8	0:16:43	TAYLOR, Tim	Macclesfield Harriers	Male Vet 40	03:20.6	1274
9	0:16:57	DAVIES, Trevor	Oldham & Rayton Harriers	Senior Male	03:23.4	1103
10	0:17:02	LIU, Ben	Trafford AC	Senior Male	03:24.4	1225
11	0:17:02	BROCK, Barry	Clayton-le-moors	Male Vet 40	03:24.4	784
12	0:17:04	MATHEWS, Gary	East Cheshire Harriers	Male Vet 45	03:24.8	774
13	0:17:06	MACNEIL, Graham		Male Vet 45	03:25.2	2201
14	0:17:10	SMITH, Paul		Senior Male	03:26.0	798
15	0:17:10	NOLAN, David	Hallamshire Harriers	Senior Male	03:26.0	1207
16	0:17:17	CONLEY, Declan	Border Harriers	Junior Male (13-17)	03:27.4	638
17	0:17:19	JOYNSON, Mark	East Cheshire Harriers	Senior Male	03:27.8	2187
18	0:17:29	GEE, David	Manchester Harriers	Male Vet 55	03:29.8	2186
19	0:17:31	NICHOLLS, Stephen	Wigan Phoenix	Senior Male	03:30.2	2189
20	0:17:35	BENTLEY, Chris	Macclesfield Harriers	Senior Male	03:31.0	1332
21	0:17:36	LIVINGSTONE, David	Altrincham & District AC	Senior Male	03:31.2	1202
22	0:17:40	TYLER, William		Senior Male	03:32.0	2134
23	0:17:40	HOWE, John	Trafford AC	Senior Male	03:32.0	786
24	0:17:42	DURET, Denis	Ellesmere Port RC	Male Vet 40	03:32.4	2161
25	0:17:52	WATMOUGH, Stephen	Spectrum Striders	Male Vet 45	03:34.4	2191
26	0:17:53	KURONEN, Mikko	Teivo Stayers, Finland	Male Vet 45	03:34.6	613
27	0:18:04	MARTIN, Colin	Spectrum Striders	Male Vet 50	03:36.8	2129
28	0:18:04	FULLER, Adrian	Altrincham & District AC	Senior Male	03:36.8	1204
29	0:18:06	DAWSON, Chris	Spectrum Striders	Junior Male (13-17)	03:37.2	2125
30	0:18:11	GOODALL, Jonathan		Male Vet 45	03:38.2	1111
31	0:18:16	DOOLEY, Joseph	East Cheshire Harriers	Male Vet 40	03:39.2	781
32	0:18:17	MURRAY, Raphael	Macclesfield Harriers	Male Vet 50	03:39.4	2162
33	0:18:18	PARRIS, Roger	Swinton R.C	Male Vet 45	03:39.6	1219
34	0:18:18	CARRINGTON, Dave	Altrincham & District AC	Male Vet 50	03:39.6	1235
35	0:18:18	WILLCOCK, Gary	Manchester YMCA Harriers	Male Vet 45	03:39.6	1283
36	0:18:28	STOCK, Tim	Macclesfield Harriers	Male Vet 45	03:41.6	1203
37	0:18:35	WOODCOCK, Gareth	Trafford AC	Senior Male	03:43.0	793
38	0:18:38	HEALEY, Lewis	Vale Royal AC	Junior Male (13-17)	03:43.6	775
39	0:18:39	WELSBY, Mike	Spectrum Striders	Senior Male	03:43.8	2180
40	0:18:40	SPILSBURY, Gary	Altrincham & District AC	Male Vet 45	03:44.0	1303
41	0:18:40	OLIVER, David	City Of Hull	Senior Male	03:44.0	1116
42	0:18:40	CREHAN, Jim	Northern Vets AC	Male Vet 50	03:44.0	1234
43	0:18:42	KNASS, Jenny	Stockport Harriers	Senior Lady	03:44.4	1251
44	0:18:49	BOYCE, Josh	Vale Royal AC	Junior Male (13-17)	03:45.8	1233
45	0:18:53	SPENCER, Julian	Spectrum Striders	Male Vet 45	03:46.6	2150
46	0:19:01	HOUGH, Mark	South Cheshire Harriers	Male Vet 40	03:48.2	789
47	0:19:01	JONES, Neil	South Cheshire Harriers	Male Vet 40	03:48.2	1206
48	0:19:06	CHRISTEY, Scott		Male Vet 40	03:49.2	1282
49	0:19:07	COLLINS, David	Wigan Phoenix	Male Vet 45	03:49.4	785
50	0:19:09	PITT, Mathew	Spectrum Striders	Senior Male	03:49.8	2195
51	0:19:09	WADDINGTON, Dave	Wigan Phoenix	Male Vet 40	03:49.8	1238
52	0:19:10	GARNETT, Neil	Spectrum Striders	Male Vet 45	03:50.0	780
53	0:19:12	HUESKEN, Markus		Senior Male	03:50.4	1327
54	0:19:12	SHEEHY, Leanne	Salford Metropolitan AC	Junior Lady (13-17)	03:50.4	2200
55	0:19:15	ABRAM, Barry	Wigan Phoenix	Male Vet 45	03:51.0	1210
56	0:19:15	GARSDIE, Philip	Swinton R.C	Male Vet 55	03:51.0	1218
57	0:19:19	MCKINNON, Vicky	Wilmslow RC	Senior Lady	03:51.8	2192

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58	0:19:22	VERNON, Craig		Senior Male	03:52.4	1272
59	0:19:31	GELSHON, Eric	Mossley Hill AC	Male Vet 60	03:54.2	2184
60	0:19:32	JONES, Damian		Senior Male	03:54.4	2141
61	0:19:32	KAY, Colin		Male Vet 50	03:54.4	1353
62	0:19:35	BROWN, Keith	Warrington Road Runners	Male Vet 45	03:55.0	2175
63	0:19:35	MURPHY, Tim	Spectrum Striders	Male Vet 40	03:55.0	2163
64	0:19:35	DERBYSHIRE, Phil	Wigan Phoenix	Male Vet 50	03:55.0	772
65	0:19:35	TAYLOR, Jayne	Wigan Phoenix	Lady Vet 45	03:55.0	1331
66	0:19:36	DRASDO, Duncan	Trafford AC	Male Vet 40	03:55.2	1102
67	0:19:40	HARBRON, Chris	Macclesfield Harriers	Senior Male	03:56.0	1208
68	0:19:41	UTTON, Damian	Altrincham & District AC	Male Vet 40	03:56.2	1262
69	0:19:41	DRASDO, Alison	Trafford AC	Lady Vet 40	03:56.2	1101
70	0:19:43	ROUILLON, Georges	Spectrum Striders	Junior Male (13-17)	03:56.6	2182
71	0:19:44	FEGAN, Danny	St Helens-Sutton AC	Male Vet 40	03:56.8	2148
72	0:19:46	HOBSON, John	Warrington Tri	Senior Male	03:57.2	1230
73	0:19:46	HULME, Tony	Wilmslow RC	Male Vet 60	03:57.2	790
74	0:19:47	BOOTH, Clive		Male Vet 40	03:57.4	1352
75	0:19:50	GARNETT, Andy	Spectrum Striders	Male Vet 50	03:58.0	791
76	0:19:52	LAMPLUGH, Kathleen	Buxton AC	Senior Lady	03:58.4	1226
77	0:19:54	COLE, Melvyn	South Cheshire Harriers	NDB	03:58.8	1211
78	0:19:54	BRIERLEY, Chris		Male Vet 50	03:58.8	1264
79	0:19:56	SEDDON, Paul	Wigan Phoenix	Senior Male	03:59.2	783
80	0:19:58	MARTIN, Marian	Spectrum Striders	Lady Vet 45	03:59.6	2130
81	0:19:59	LIDDELL, Scott	Spectrum Striders	Male Vet 50	03:59.8	1229
82	0:20:01	BURGESS, Ken	Altrincham & District AC	Male Vet 60	04:00.2	2159
83	0:20:15	EARLE, Mark		Male Vet 55	04:03.0	2132
84	0:20:28	FREEMAN, Mark		Male Vet 40	04:05.6	2144
85	0:20:30	DOOLEY, Andrew	Styal RC	Male Vet 50	04:06.0	2157
86	0:20:36	JONES, Jacqui	Wigan Phoenix	Lady Vet 40	04:07.2	1239
87	0:20:36	SALMON, Michael	Spectrum Striders	Male Vet 45	04:07.2	796
88	0:20:41	WALTON, Derek	Altrincham & District AC	Male Vet 60	04:08.2	2178
89	0:20:43	KEWLEY, John	Spectrum Striders	Male Vet 40	04:08.6	1110
90	0:20:47	GRIFFITHS, Phil		Senior Male	04:09.4	1117
91	0:20:48	DAWSON, Jim	Warrington Road Runners	Male Vet 45	04:09.6	2126
92	0:20:51	HEMMING, Caroline	Spectrum Striders	Lady Vet 40	04:10.2	2188
93	0:20:55	MAIRS, Stuart	Salford Met	Senior Male	04:11.0	2181
94	0:21:00	TOMKINS, Dave	Northern Vets AC	Male Vet 60	04:12.0	1281
95	0:21:00	COLLIER, Anthony	Styal RC	Male Vet 50	04:12.0	2146
96	0:21:03	CUTLER, Mike	South Cheshire Harriers	Male Vet 50	04:12.6	1232
97	0:21:06	BAIRD, Fiona	Sale Harriers Mcr	Senior Lady	04:13.2	2128
98	0:21:08	GRIFFITHS, Neville	Spectrum Striders	Male Vet 60	04:13.6	1237
99	0:21:13	DARK, Paul	Rosendale Harriers	Male Vet 45	04:14.6	1214
100	0:21:16	NOLAN, Rachel	Macclesfield Harriers	Senior Lady	04:15.2	1220
101	0:21:16	CHARMAN, Michael	Helsby RC	Male Vet 55	04:15.2	2193
102	0:21:18	DYDE, Alasdair	South Cheshire Harriers	Male Vet 40	04:15.6	2137
103	0:21:20	WADDILOVE, Jo	Sandbach Striders	Lady Vet 35	04:16.0	777
104	0:21:21	BUNYAN, David	Hyde Village Striders	Male Vet 40	04:16.2	800
105	0:21:22	BRISOE, Ally		Male Vet 40	04:16.4	1350
106	0:21:25	MCGLONE, Simon		NDB	04:17.0	1118
107	0:21:30	BRISCOE, Clive		Male Vet 45	04:18.0	797
108	0:21:31	HARRIS, Aaron		Senior Male	04:18.2	1349
109	0:21:32	BURTHEM, Stuart		Male Vet 40	04:18.4	1216
110	0:21:32	ANDERSON, Mark	Dragon's RC (Sale)	Senior Male	04:18.4	2173
111	0:21:50	PIKE, Ian		Senior Male	04:22.0	1323
112	0:21:50	KEEBLE, Gill	Altrincham & District AC	Lady Vet 50	04:22.0	1315
113	0:21:53	PARTRIDGE, Craig	Altrincham & District AC	Senior Male	04:22.6	1209
114	0:21:55	HOWARTH, Sally	Trafford AC	Lady Vet 40	04:23.0	2177
115	0:21:57	ROGERS, David	Spectrum Striders	Male Vet 45	04:23.4	162

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116	0:22:00	CLARKE, David S	Tattenhall Runners	Male Vet 50	04:24.0	1224
117	0:22:02	COLES, Terry	Spectrum Striders	Male Vet 60	04:24.4	2197
118	0:22:09	POPE, Mansel	Altrincham & District AC	Male Vet 55	04:25.8	1314
119	0:22:21	SHERING, Philip		Male Vet 40	04:28.2	1109
120	0:22:32	CLARK, Jonathan		Male Vet 40	04:30.4	2169
121	0:22:36	LOWTHIAN, Charles	Styal RC	Male Vet 50	04:31.2	2202
122	0:22:37	METCALFE, Chris		Male Vet 45	04:31.4	1343
123	0:22:42	WRIGGLESWORTH, Julia	Warrington Road Runners	Lady Vet 35	04:32.4	1337
124	0:22:45	WOODYART, Chris		Male Vet 40	04:33.0	2165
125	0:22:48	FEARON, Rosie	Trafford AC	Senior Lady	04:33.6	788
126	0:22:53	MARSHALL, Graham		Male Vet 40	04:34.6	1217
127	0:22:58	BULLEY, Jason	Sandbach Striders	Male Vet 40	04:35.6	778
128	0:22:58	RAYNER, Christopher		Senior Male	04:35.6	1291
129	0:22:59	ROGERS, Rosemary	Deestridders RC	Lady Vet 55	04:35.8	2158
130	0:23:09	ASHTON, James		Senior Male	04:37.8	782
131	0:23:14	BOOTH, Janet		Lady Vet 40	04:38.8	1351
132	0:23:17	LOMAX, Jayne	Vale Royal AC	Lady Vet 40	04:39.4	1340
133	0:23:32	YATES, Lynne	Sale Harriers Mcr	Lady Vet 50	04:42.4	794
134	0:23:35	CLINK, Jenny	Sale Harriers Mcr	Senior Lady	04:43.0	2167
135	0:23:49	BIRCHAM, Sally		Lady Vet 35	04:45.8	1311
136	0:24:08	HIBBERT, Jenny		Senior Lady	04:49.6	1334
137	0:24:14	LANE, Rob	Datchet Dashers	Senior Male	04:50.8	1322
138	0:24:35	CHARMAN, Stephanie	Helsby RC	Lady Vet 55	04:55.0	2194
139	0:24:36	PARK, Joe	Cheshire Tally Ho	Male Vet 60	04:55.2	1205
140	0:24:55	JOHNSON, Chris		Male Vet 40	04:59.0	1106
141	0:24:57	BELL, Martin		Senior Male	04:59.4	792
142	0:24:59	SMITH, Brian		Male Vet 40	04:59.8	1261
143	0:25:01	DUNBAR, Ian	Spectrum Striders	Male Vet 55	05:00.2	2176
144	0:25:32	FORSHAW, Martin		Male Vet 40	05:06.4	1286
145	0:25:34	WATERS, Sarah		Lady Vet 40	05:06.8	1269
146	0:25:34	IRONSIDE, Tricia	Vale Royal AC	Lady Vet 35	05:06.8	1346
147	0:25:36	STEIN, Andrew		Male Vet 40	05:07.2	1345
148	0:25:38	CLEMENTS, Denise		Lady Vet 45	05:07.6	1325
149	0:25:39	HIGGINS, Brian	Styal RC	Male Vet 55	05:07.8	795
150	0:25:42	BRUMBY, Chris	Sandbach Striders	Male Vet 40	05:08.4	773
151	0:25:48	THACKRAY, Charles	West Cheshire AC	Male Vet 60	05:09.6	2143
152	0:25:54	BILOUS, Isabel		Senior Lady	05:10.8	1271
153	0:26:09	O'KEEFFE, Elizabeth	Sandbach Striders	Lady Vet 50	05:13.8	1324
154	0:26:18	BOONE, Philippa		Lady Vet 45	05:15.6	1330
155	0:26:23	SWIFT, Wendy	Newcastle Staffs AC	Lady Vet 35	05:16.6	1253
156	0:26:24	WELLER, Louise	Styal RC	Lady Vet 40	05:16.8	2123
157	0:26:37	SODHI, Helen		Lady Vet 40	05:19.4	1252
158	0:26:44	STRINGER, Paul	Hyde Striders	Male Vet 55	05:20.8	1348
159	0:26:49	CRESSWELL, David		Senior Male	05:21.8	2154
160	0:27:25	BOONE, Noel		Male Vet 45	05:29.0	1328
161	0:27:28	GEORGE, Don	Sale Harriers Mcr	Male Vet 60	05:29.6	2164
162	0:27:39	JOHNSTON, Joanne		Senior Lady	05:31.8	1292
163	0:27:39	JONES, Michel		Lady Vet 40	05:31.8	1114
164	0:27:47	HARKIN, Neil		Junior Male (13-17)	05:33.4	1280
165	0:28:33	DEWSBURY, Claire		Lady Vet 35	05:42.6	1279
166	0:28:58	ROUILLON, Philippe		Male Vet 45	05:47.6	1316
167	0:28:58	HENRYS, Sian		Lady Vet 40	05:47.6	1228
168	0:29:26	WADDILOVE, Callum	Sandbach Striders	Junior Male (13-17)	05:53.2	779
169	0:29:37	DAVIES, Cate	Sandbach Striders	Senior Lady	05:55.4	776
170	0:29:46	DYDE, Sarah	South Cheshire Harriers	Lady Vet 40	05:57.2	2138
171	0:30:06	HYDE, Michelle	Spectrum Striders	Lady Vet 35	06:01.2	1333
172	0:31:13	WATERHOUSE, Kate		Senior Lady	06:14.6	1344

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173	0:31:42	GRANTHAM, Wendy	Lady Vet 40	06:20.4	1355
174	0:33:14	CRESSWELL, Lisa	Lady Vet 35	06:38.8	2155
175	0:36:59	COBBUN, Sally	Senior Lady	07:23.8	1221

Ladies Team Results

Pos	Team	Pos	Time	Name	Category	Race no	Pos
1	: Trafford AC	5	0:19:41	DRASDO, Alison	Lady Vet 40	1101	69
		14	0:21:55	HOWARTH, Sally	Lady Vet 40	2177	114
		16	0:22:48	FEARON, Rosie	Senior Lady	788	125
2	: Sale Harriers Mcr	10	0:21:06	BAIRD, Fiona	Senior Lady	2128	97
		20	0:23:32	YATES, Lynne	Lady Vet 50	794	133
		21	0:23:35	CLINK, Jenny	Senior Lady	2167	134
3	: Spectrum Striders	7	0:19:58	MARTIN, Marian	Lady Vet 45	2130	80
		9	0:20:51	HEMMING, Caroline	Lady Vet 40	2188	92
		40	0:30:06	HYDE, Michelle	Lady Vet 35	1333	171
4	: Sandbach Striders	12	0:21:20	WADDILOVE, Jo	Lady Vet 35	777	103
		29	0:26:09	O'KEEFFE, Elizabeth	Lady Vet 50	1324	153
		38	0:29:37	DAVIES, Cate	Senior Lady	776	169

Mens Team Results

Pos	Team	Pos	Time	Name	Category	Race no	Pos
1	: East Cheshire Harriers	6	0:16:33	BACKHOUSE, Paul D	Senior Male	1223	6
		12	0:17:04	MATHEWS, Gary	Male Vet 45	774	12
		17	0:17:19	JOYNSON, Mark	Senior Male	2187	17
		31	0:18:16	DOOLEY, Joseph	Male Vet 40	781	31
2	: Trafford AC	3	0:15:56	SALISBURY, Ian	Senior Male	787	3
		10	0:17:02	LIU, Ben	Senior Male	1225	10
		23	0:17:40	HOWE, John	Senior Male	786	23
		37	0:18:35	WOODCOCK, Gareth	Senior Male	793	37
3	: Spectrum Striders	5	0:16:29	HOUGHTON, Graham	Senior Male	161	5
		25	0:17:52	WATMOUGH, Stephen	Male Vet 45	2191	25
		27	0:18:04	MARTIN, Colin	Male Vet 50	2129	27
		29	0:18:06	DAWSON, Chris	Junior Male (13-17)	2125	29
4	: Macclesfield Harriers	8	0:16:43	TAYLOR, Tim	Male Vet 40	1274	8
		20	0:17:35	BENTLEY, Chris	Senior Male	1332	20
		32	0:18:17	MURRAY, Raphael	Male Vet 50	2162	32
		36	0:18:28	STOCK, Tim	Male Vet 45	1203	36

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5	: Altrincham & District AC	21	0:17:36	LIVINGSTONE, David	Senior Male	1202	21
		28	0:18:04	FULLER, Adrian	Senior Male	1204	28
		34	0:18:18	CARRINGTON, Dave	Male Vet 50	1235	34
		40	0:18:40	SPILSBURY, Gary	Male Vet 45	1303	40
6	: Wigan Phoenix	19	0:17:31	NICHOLLS, Stephen	Senior Male	2189	19
		48	0:19:07	COLLINS, David	Male Vet 45	785	49
		50	0:19:09	WADDINGTON, Dave	Male Vet 40	1238	51
		53	0:19:15	ABRAM, Barry	Male Vet 45	1210	55
7	: Spectrum Striders	39	0:18:39	WELSBY, Mike	Senior Male	2180	39
		44	0:18:53	SPENCER, Julian	Male Vet 45	2150	45
		49	0:19:09	PITT, Mathew	Senior Male	2195	50
		51	0:19:10	GARNETT, Neil	Male Vet 45	780	52
8	: South Cheshire Harriers	45	0:19:01	HOUGH, Mark	Male Vet 40	789	46
		46	0:19:01	JONES, Neil	Male Vet 40	1206	47
		71	0:19:54	COLE, Melvyn	NDB	1211	77
		87	0:21:03	CUTLER, Mike	Male Vet 50	1232	96
9	: Spectrum Striders	60	0:19:35	MURPHY, Tim	Male Vet 40	2163	63
		65	0:19:43	ROUILLON, Georges	Junior Male (13-17)	2182	70
		70	0:19:50	GARNETT, Andy	Male Vet 50	791	75
		74	0:19:59	LIDDELL, Scott	Male Vet 50	1229	81
10	: Altrincham & District AC	64	0:19:41	UTTON, Damian	Male Vet 40	1262	68
		75	0:20:01	BURGESS, Ken	Male Vet 60	2159	82
		80	0:20:41	WALTON, Derek	Male Vet 60	2178	88
		100	0:21:53	PARTRIDGE, Craig	Senior Male	1209	113
11	: Spectrum Striders	79	0:20:36	SALMON, Michael	Male Vet 45	796	87
		81	0:20:43	KEWLEY, John	Male Vet 40	1110	89
		88	0:21:08	GRIFFITHS, Neville	Male Vet 60	1237	98
		101	0:21:57	ROGERS, David	Male Vet 45	162	115
12	: Styal RC	78	0:20:30	DOOLEY, Andrew	Male Vet 50	2157	85
		86	0:21:00	COLLIER, Anthony	Male Vet 50	2146	95
		107	0:22:36	LOWTHIAN, Charles	Male Vet 50	2202	121
		122	0:25:39	HIGGINS, Brian	Male Vet 55	795	149