

# Dave Telford Dunham Massey 5k, Altrincham

Dave Telford Dunham Massey 5k, Altrincham      6th June 2024

RESULTS

Program: UKresults.net & UKtimers.net

Pos	Name	Cat	Cat/Pos	Club/Team	Time	Pos	Name	Cat	Cat/Pos	Club/Team	Time
1	Phil Richardson	MS	1/28	Sale Harriers Manchester	00:16:07	81	Ruth Beresford	F35	1/8	Trafford AC	00:20:54
2	Michael Whitham	MS	2/28	Altrincham & District AC	00:16:10	82	Matthew Doheny	M50	12/18	Swinton Running Club	00:20:55
3	Sean Greenwood	MS	3/28	Rossendale Harriers	00:16:31	83	Susan Harrison	F50	2/17	Wilmslow RC	00:20:59
4	Matthew Jenson	MS	4/28	Warrington Running Club	00:16:50	84	Paul Collins	M55	9/15	Swinton Running Club	00:21:01
5	Sam Jackson	MS	5/28	[Unattached] (809 )	00:16:51	85	Dominic Parry	M45	11/20	Radcliffe AC	00:21:04
6	Rob Whitby	MS	6/28	Macclesfield Harriers	00:16:56	86	Emma Fraser	F45	1/16	Run Sandymoor	00:21:05
7	Jonathan Smith	MS	7/28	Lymm Runners	00:16:58	87	Mike Burton	M45	12/20	Astley & Tyldesley RC	00:21:07
8	Ryan Teare	MS	8/28	Altrincham & District AC	00:17:00	88	Gareth Woolmington	M60	3/17	[Unattached] (612 )	00:21:09
9	Steve Crowe	MS	9/28	South Cheshire Harriers	00:17:05	89	Carla Houghton	F35	2/8	[Unattached] (163 )	00:21:11
10	John Myers	M45	1/20	Run Sandymoor	00:17:14	90	Paul Norris	M65	1/12	Wilmslow RC	00:21:13
11	Ray Clark	MS	10/28	Helsby Running Club	00:17:17	91	Sue Stockdale	F50	3/17	Macclesfield Harriers	00:21:13
12	Phil Rowen	M50	1/18	Lymm Runners	00:17:30	92	Oscar Curran	MJ	7/12	Altrincham & District AC	00:21:17
13	Mark Kirkby	M40	1/17	Wilmslow RC	00:17:31	93	Andrew Hastwell	M45	13/20	Lymm Runners	00:21:18
14	Woody Felton	M50	2/18	Spectrum Striders RC	00:17:35	94	Georgina Walker	F45	2/16	Lymm Runners	00:21:27
15	Colin Latham	M40	2/17	Dragons Running Club	00:17:36	95	Joseph Berthoud	M45	14/20	[Unattached] (620 )	00:21:29
16	Steven Thompson	M40	3/17	Run Sandymoor	00:17:37	96	Michael Smith	M55	10/15	Lymm Runners	00:21:36
17	Thomas Store	M50	3/18	Lymm Runners	00:17:38	97	Rebecca Mills	F40	3/17	Swinton Running Club	00:21:37
18	George O'Donnell	MJ	1/12	Macclesfield Harriers	00:17:40	98	Lewis Taylor	MS	21/28	Spectrum Striders RC	00:21:38
19	Ashley Farrell	MS	11/28	Wilmslow RC	00:17:44	99	David Haines	M50	13/18	Vale Royal AC	00:21:44
20	Paul Hancock	M50	4/18	South Cheshire Harriers	00:17:47	100	Michael Dolan	M55	11/15	[Unattached] (151 )	00:21:47
21	Ewan Edmondson	MS	12/28	Macclesfield Harriers	00:17:48	101	James Dawson	M60	4/17	Lymm Runners	00:21:49
22	Ian Harrison	M45	2/20	Lymm Runners	00:18:08	102	Gary Morrison	M55	12/15	Wilmslow RC	00:21:52
23	Gary Adkins	M40	4/17	Radcliffe AC	00:18:15	103	Ella Howells	FS	5/6	Wilmslow RC	00:21:59
24	Neil Byrne	M55	1/15	Run Sandymoor	00:18:20	104	Lauren Marsden	F50	4/17	Swinton Running Club	00:22:01
25	Robin Zoka	MS	13/28	South Cheshire Harriers	00:18:29	105	Clare Hanley	F40	4/17	Altrincham & District AC	00:22:02
26	Thomas Harris	MJ	2/12	Trafford AC	00:18:29	106	Graham Driver	M55	13/15	Spectrum Striders RC	00:22:03
27	Neil Marsh	MS	14/28	Spectrum Striders RC	00:18:30	107	Lauren Johnson	F35	3/8	Dragons Running Club	00:22:05
28	Robert Roe	M45	3/20	Vale Royal AC	00:18:35	108	Elaine Collins	F40	5/17	[Unattached] (589 )	00:22:08
29	Markus Dalgaard	MS	15/28	Wilmslow RC	00:18:37	109	Nic Bown	M60	5/17	Wilmslow RC	00:22:09
30	Peter Duncalfe	M40	5/17	South Cheshire Harriers	00:18:39	110	Andrew Cleal	M40	15/17	Wilmslow RC	00:22:12
31	Will Kozar	M40	6/17	Widnes Running Club	00:18:41	111	Rachel Maskell	F40	6/17	Wilmslow RC	00:22:16
32	James Hope	MS	16/28	Wilmslow RC	00:18:44	112	Thomas Turner	MJ	8/12	Altrincham & District AC	00:22:16
33	Nicola Reece	F40	1/17	Wilmslow RC	00:18:45	113	Hannah Smith	F40	7/17	Lymm Runners	00:22:18
34	Rebecca Jackson	FS	1/6	Wilmslow RC	00:18:48	114	Peter Willacy	M65	2/12	Barrow & Furness Striders	00:22:18
35	James Williams	M45	4/20	Lymm Runners	00:18:48	115	Colin Walton	M60	6/17	Wilmslow RC	00:22:19
36	Leo Loughran	M40	7/17	Belle Vue Racers	00:18:56	116	Martyn Weber	M60	7/17	[Unattached] (123 )	00:22:20
37	Josh Fleetwood	MS	17/28	Swinton Running Club	00:18:59	117	Jennifer Houghton	F40	8/17	Marsh Lane Harriers	00:22:20
38	Lewis Jones	M40	8/17	Wilmslow RC	00:19:00	118	Alex Shaw	M40	16/17	Bramhall Runners	00:22:25
39	Richard Harrison	M50	5/18	Wilmslow RC	00:19:05	119	Joanne Lott	F55	2/10	Trafford AC	00:22:27
40	Michael Scowcroft	M45	5/20	Run Sandymoor	00:19:06	120	Liam Rhodes	MJ	9/12	Altrincham & District AC	00:22:28
41	Chris Hatton	M45	6/20	Lymm Runners	00:19:08	121	Keith Mulholland	M55	14/15	Macclesfield Harriers	00:22:29
42	Chris Simmons	M40	9/17	[Unattached] (590 )	00:19:09	122	John Clarke	M70	1/12	Vale Royal AC	00:22:32
43	Mike Donigan	M40	10/17	Swinton Running Club	00:19:11	123	Andrew Boulton	M65	3/12	South Cheshire Harriers	00:22:33
44	Finley Newton	MJ	3/12	Altrincham & District AC	00:19:19	124	Andrew Watts	M70	2/12	Wilmslow RC	00:22:38
45	Graeme Eddie	M45	7/20	Macclesfield Harriers	00:19:20	125	John Battersby	M65	4/12	Sale Harriers Manchester	00:22:45
46	Eva Mion	FJ	1/5	Macclesfield Harriers	00:19:20	126	Elizabeth Selby	F45	3/16	[Unattached] (558 )	00:22:45
47	Stephen Greaves	M50	6/18	Wilmslow RC	00:19:24	127	Katie McPartland	F45	4/16	[Unattached] (597 )	00:22:46
48	Rick Murray	M55	2/15	Vale Royal AC	00:19:24	128	Germaine Holmes	F50	5/17	Lymm Runners	00:22:46
49	Georgina Leck	FS	2/6	Wilmslow RC	00:19:26	129	Tracy Bown	F60	1/8	Wilmslow RC	00:22:50
50	Sara Avery	F55	1/10	Cheshire Dragons	00:19:27	130	Mike Wharton	M45	15/20	Sale Harriers Manchester	00:22:51
51	Andrew O'Donnell	MS	18/28	Radcliffe AC	00:19:30	131	Julia Reynolds	F50	6/17	Sale Harriers Manchester	00:23:06
52	Andrew Spencer	M45	8/20	Altrincham & District AC	00:19:38	132	Keith Brown	M60	8/17	Warrington Road Runners	00:23:08
53	Allan England	M45	9/20	[Unattached] (1106)	00:19:41	133	Eleanor Roberts	F55	3/10	Spectrum Striders RC	00:23:20
54	Giles Bennett	M55	3/15	Bury AC	00:19:43	134	Sheila Jones	F65	1/2	Radcliffe AC	00:23:23
55	Mike Hill	M55	4/15	Wilmslow RC	00:19:45	135	Emma Nunnerley	F45	5/16	Lymm Runners	00:23:25
56	Barrie Powers	M55	5/15	Styal Running Club	00:19:47	136	Holly Lucas	FS	6/6	Wilmslow RC	00:23:26
57	Frances Kenney	F40	2/17	Wilmslow RC	00:19:55	137	Leah Dunnage	F40	9/17	[Unattached] (1155)	00:23:29
58	Charlie Halkyard	FS	3/6	Altrincham & District AC	00:19:56	138	Geoff Hand	M65	5/12	Spectrum Striders RC	00:23:31
59	Craig Hurst	M50	7/18	City of Stoke	00:19:59	139	Rachael Hastwell	F40	10/17	Lymm Runners	00:23:34
60	Owain Morris	MS	19/28	Macclesfield Harriers	00:20:03	140	Emma Galleymore	F40	11/17	Macclesfield Harriers	00:23:36
61	Richard Heaton	M40	11/17	Warrington Running Club	00:20:05	141	Joel Rimmer	MS	22/28	Swinton Running Club	00:23:37
62	Darren Mynes	M40	12/17	Chorlton Runners	00:20:05	142	David Thomas	MS	23/28	[Unattached] (817 )	00:23:38
63	Mark Newton	M50	8/18	Altrincham & District AC	00:20:12	143	Damian Utton	M60	9/17	Altrincham & District AC	00:23:38
64	Rich Hill	M40	13/17	Altrincham & District AC	00:20:12	144	Yvonne Neary	F60	2/8	Lymm Runners	00:23:39
65	Nick Bailey	M50	9/18	Wilmslow RC	00:20:13	145	Nicola Chiappa	F50	7/17	Lymm Runners	00:23:39
66	Matthew Jackson	M55	6/15	Styal Running Club	00:20:14	146	Graham Marshall	M60	10/17	[Unattached] (111 )	00:23:40
67	Diane Bygrave	F50	1/17	Wilmslow RC	00:20:15	147	Michael Curran	MS	24/28	[Unattached] (1142)	00:23:40
68	Ray O'Keefe	M55	7/15	Macclesfield Harriers	00:20:16	148	Ian Smallwood	M60	11/17	Wilmslow RC	00:23:41
69	Tom Patterson	M45	10/20	[Unattached] (586 )	00:20:25	149	Martin Raffel	MS	25/28	[Unattached] (815 )	00:23:43
70	Steven Doxey	M60	1/17	Swinton Running Club	00:20:27	150	Cathy Atherton	F45	6/16	South Cheshire Harriers	00:23:45
71	Jake Harrison	MJ	4/12	Sale Harriers Manchester	00:20:31	151	Ethan Malone	MS	26/28	Radcliffe AC	00:23:47
72	Dom Gibson	MJ	5/12	Altrincham & District AC	00:20:32	152	Jean Paul Lebun	M45	16/20	[Unattached] (818 )	00:23:47
73	Gareth Stockdale	M50	10/18	Macclesfield Harriers	00:20:33	153	Jason Lawton	M50	14/18	[Unattached] (1156)	00:23:50
74	Cherisse Walley	FS	4/6	Swinton Running Club	00:20:34	154	Jon Bradford Ehlen	M50	15/18	Northwich Running Club	00:23:51
75	Steve Reynolds	M55	8/15	Sandbach Striders	00:20:35	155	Sally Johnston	F55	4/10	Wilmslow RC	00:23:55
76	Colin Caisley	M50	11/18	Wilmslow RC	00:20:37	156	Jacqu. Cordingley	F65	2/2	Sale Harriers Manchester	00:24:04
77	G FranklandWilkinson	M40	14/17	Dragons Running Club	00:20:39	157	Robert Heggs	M45	17/20	Chorlton Runners	00:24:05
78	Andy Thomas	M60	2/17	Sandbach Striders	00:20:42	158	Debbie Moreton	F50	8/17	Vale Royal AC	00:24:06
79	Max McFarland	MJ	6/12	Altrincham & District AC	00:20:52	159	James Vaile	M50	16/18	Spectrum Striders RC	00:24:13
80	Alex Roberts	MS	20/28	Spectrum Striders RC	00:20:53	160	Andy Garnett	M70	3/12	Spectrum Striders RC	00:24:15

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Pos	Name	Cat	Cat/Pos	Club/Team	Time	Pos	Name	Cat	Cat/Pos	Club/Team	Time	Pos	Name	Cat	Cat/Pos	Club/Team	Time		
161	Gareth Amos	M40	17/17	Wilmslow RC	00:24:16	205	Hannah Lebon	F40	15/17	[Unattached] (1146)	00:27:29	205	Hannah Lebon	F40	15/17	[Unattached] (1146)	00:27:29		
162	Alison Vesey	F60	3/8	Altrincham & District AC	00:24:16	206	Mike O'Brien	M65	8/12	Manchester YMCA Harriers	00:27:38	206	Mike O'Brien	M65	8/12	Manchester YMCA Harriers	00:27:38		
163	Mike Brady	M55	15/15	Spectrum Striders RC	00:24:19	207	Laura Aiken	F35	7/8	Radcliffe AC	00:27:42	207	Laura Aiken	F35	7/8	Radcliffe AC	00:27:42		
164	Lesley Bailey	F50	9/17	Wilmslow RC	00:24:21	208	Jill Haines	F50	16/17	[Unattached] (1152)	00:27:54	208	Jill Haines	F50	16/17	[Unattached] (1152)	00:27:54		
165	Jamie Bradbury	M45	18/20	Lymm Runners	00:24:23	209	Angela Bamford	F60	5/8	Mile Shy Club	00:27:56	209	Angela Bamford	F60	5/8	Mile Shy Club	00:27:56		
166	Janet Wyles	F55	5/10	Wilmslow RC	00:24:26	210	Sarah Bullock	F45	10/16	Swinton Running Club	00:27:58	210	Sarah Bullock	F45	10/16	Swinton Running Club	00:27:58		
167	Louise Walker	F40	12/17	Vale Royal AC	00:24:35	211	Amelia Cramant	FJ	3/5	[Unattached] (819 )	00:28:02	211	Amelia Cramant	FJ	3/5	[Unattached] (819 )	00:28:02		
168	Paul Stevens	M45	19/20	Radcliffe AC	00:24:48	212	Sarah Wilson	F35	8/8	Radcliffe AC	00:28:05	212	Sarah Wilson	F35	8/8	Radcliffe AC	00:28:05		
169	Sara Harris	F50	10/17	Styal Running Club	00:24:48	213	Hugh McKenna	M70	9/12	Altrincham & District AC	00:28:07	213	Hugh McKenna	M70	9/12	Altrincham & District AC	00:28:07		
170	Sarah Eglin	F45	7/16	Knutsford Tri Club	00:24:50	214	Clive Morrison	M60	15/17	Run Sandymoor	00:28:11	214	Clive Morrison	M60	15/17	Run Sandymoor	00:28:11		
171	Joanna Maddocks	F40	13/17	Lymm Runners	00:24:57	215	Duncan Forsyth	M65	9/12	Lymm Runners	00:28:14	215	Duncan Forsyth	M65	9/12	Lymm Runners	00:28:14		
172	Rick Gwilt	M70	4/12	[Unattached] (1139)	00:25:03	216	Victoria Williams	F40	16/17	Wilmslow RC	00:28:16	216	Victoria Williams	F40	16/17	Wilmslow RC	00:28:16		
173	Elizabeth Hamer	F35	4/8	[Unattached] (161 )	00:25:04	217	Julie Lucas	F60	6/8	Wilmslow RC	00:28:20	217	Julie Lucas	F60	6/8	Wilmslow RC	00:28:20		
174	Brennan Tighe	M50	17/18	Radcliffe AC	00:25:06	218	Gillian Hunter	F45	11/16	[Unattached] (803 )	00:28:25	218	Gillian Hunter	F45	11/16	[Unattached] (803 )	00:28:25		
175	Janet Screawn	F55	6/10	Wilmslow RC	00:25:10	219	Michelle Toovey	F45	12/16	Swinton Running Club	00:28:26	219	Michelle Toovey	F45	12/16	Swinton Running Club	00:28:26		
176	Ted Cullen	MJ	10/12	Warrington AC	00:25:11	220	Phil Thorp	M65	10/12	Liverpool Running Bugs	00:28:30	220	Phil Thorp	M65	10/12	Liverpool Running Bugs	00:28:30		
177	John Houghton	M60	12/17	Run Sandymoor	00:25:12	221	Carolyn Smith	F55	10/10	Lymm Runners	00:28:31	221	Carolyn Smith	F55	10/10	Lymm Runners	00:28:31		
178	Katherine Biddle	F50	11/17	Radcliffe AC	00:25:13	222	Harrison Wilde	MJ	11/12	Run Sandymoor	00:28:36	222	Harrison Wilde	MJ	11/12	Run Sandymoor	00:28:36		
179	Angela McCarthy	F60	4/8	Wilmslow RC	00:25:15	223	Allan Bird	M60	16/17	Warrington Running Club	00:28:47	223	Allan Bird	M60	16/17	Warrington Running Club	00:28:47		
180	Andy Cliff	M60	13/17	[Unattached] (607 )	00:25:18	224	Steve Crowe	M60	17/17	Radcliffe AC	00:28:53	224	Steve Crowe	M60	17/17	Radcliffe AC	00:28:53		
181	Adam Connell	MS	27/28	Swinton Running Club	00:25:22	225	Dave Thompson	M65	11/12	Spectrum Striders RC	00:29:33	225	Dave Thompson	M65	11/12	Spectrum Striders RC	00:29:33		
182	Esme Joynson	FJ	2/5	Run Sandymoor	00:25:28	226	Harriet Searle	FJ	4/5	[Unattached] (569 )	00:29:37	226	Harriet Searle	FJ	4/5	[Unattached] (569 )	00:29:37		
183	Fiona Eaton	F50	12/17	Lymm Runners	00:25:34	227	Albert Cramant	MJ	12/12	[Unattached] (820 )	00:29:37	227	Albert Cramant	MJ	12/12	[Unattached] (820 )	00:29:37		
184	Alistair Raffel	M70	5/12	Spectrum Striders RC	00:25:36	228	Fechin McCormick	M70	10/12	Sale Harriers Manchester	00:29:43	228	Fechin McCormick	M70	10/12	Sale Harriers Manchester	00:29:43		
185	Kian Lawton	MS	28/28	[Unattached] (1162)	00:25:39	229	Joe Wilde	M45	20/20	Run Sandymoor	00:29:48	229	Joe Wilde	M45	20/20	Run Sandymoor	00:29:48		
186	Emma Cliffe	F50	13/17	Lymm Runners	00:25:44	230	Jen Davies	F45	13/16	[Unattached] (536 )	00:30:08	230	Jen Davies	F45	13/16	[Unattached] (536 )	00:30:08		
187	Catherine Machin	F45	8/16	Wilmslow RC	00:25:45	231	John Dooley	M75	2/3	Spectrum Striders RC	00:30:09	231	John Dooley	M75	2/3	Spectrum Striders RC	00:30:09		
188	Helen Caldwell	F55	7/10	Spectrum Striders RC	00:25:50	232	Katherine Jackson	F40	17/17	Swinton Running Club	00:30:28	232	Katherine Jackson	F40	17/17	Swinton Running Club	00:30:28		
189	Jayne Lomax	F55	8/10	Vale Royal AC	00:25:53	233	Evie Eddie	FJ	5/5	[Unattached] (1165)	00:30:38	233	Evie Eddie	FJ	5/5	[Unattached] (1165)	00:30:38		
190	Karen Doherty	F50	14/17	Radcliffe AC	00:26:12	234	Caroline Malone	F50	17/17	Radcliffe AC	00:30:42	234	Caroline Malone	F50	17/17	Radcliffe AC	00:30:42		
191	David Faulkner	M65	6/12	Lymm Runners	00:26:13	235	Mike Perchard	M70	11/12	Northwich Running Club	00:30:47	235	Mike Perchard	M70	11/12	Northwich Running Club	00:30:47		
192	Patrick Grannan	M70	6/12	Wilmslow RC	00:26:15	236	Wendy Doxey	F60	7/8	Swinton Running Club	00:30:50	236	Wendy Doxey	F60	7/8	Swinton Running Club	00:30:50		
193	Kate Joynson	F50	15/17	Run Sandymoor	00:26:23	237	Elaine Vaile	F45	14/16	[Unattached] (160 )	00:30:51	237	Elaine Vaile	F45	14/16	[Unattached] (160 )	00:30:51		
194	Amanda Shaw	F35	5/8	Sale Harriers Manchester	00:26:25	238	Cheryl Honeybourne	F45	15/16	Swinton Running Club	00:31:42	238	Cheryl Honeybourne	F45	15/16	Swinton Running Club	00:31:42		
195	Kate Grimoldby	F35	6/8	Spectrum Striders RC	00:26:27	239	Terry Coles	M80	1/3	Spectrum Striders RC	00:31:43	239	Terry Coles	M80	1/3	Spectrum Striders RC	00:31:43		
196	Natalie Bailey	F45	9/16	South Cheshire Harriers	00:26:30	240	John Delany	M80	2/3	[Unattached] (1128)	00:32:58	240	John Delany	M80	2/3	[Unattached] (1128)	00:32:58		
197	Sarah Braham	F40	14/17	[Unattached] (588 )	00:26:35	241	Helen Eddie	F45	16/16	Macclesfield Harriers	00:34:35	241	Helen Eddie	F45	16/16	Macclesfield Harriers	00:34:35		
198	Simon Hackett	M60	14/17	Lymm Runners	00:26:48	242	Chrissie Knight	F70	1/2	Lymm Runners	00:35:46	242	Chrissie Knight	F70	1/2	Lymm Runners	00:35:46		
199	Michael Wymer	M50	18/18	[Unattached] (582 )	00:26:55	243	Janet Catherine Shaw	F70	2/2	Helsby Running Club	00:36:16	243	Janet Catherine Shaw	F70	2/2	Helsby Running Club	00:36:16		
200	Steve Dodwell	M70	7/12	[Unattached] (647 )	00:27:02	244	Geoff Shaw	M70	12/12	Helsby Running Club	00:36:19	244	Geoff Shaw	M70	12/12	Helsby Running Club	00:36:19		
201	Alan Jenkinson	M75	1/3	Styal Running Club	00:27:10	245	Bev Quinton	F60	8/8	Radcliffe AC	00:36:57	245	Bev Quinton	F60	8/8	Radcliffe AC	00:36:57		
202	Barry Chambers	M70	8/12	Vale Royal AC	00:27:16	246	Trevor Faulkner	M80	3/3	Wilmslow RC	00:37:18	246	Trevor Faulkner	M80	3/3	Wilmslow RC	00:37:18		
203	Malcolm Hughes	M65	7/12	Spectrum Striders RC	00:27:17	247	Iain Harris	M75	3/3	Radcliffe AC	00:37:30	247	Iain Harris	M75	3/3	Radcliffe AC	00:37:30		
204	Jo Sullivan	F55	9/10	Spectrum Striders RC	00:27:21	248	Michael Scott	M65	12/12	Radcliffe AC	00:39:44	248	Michael Scott	M65	12/12	Radcliffe AC	00:39:44		