

Dave Telford Memorial Dunham Massey 5k, Cheshire

Dave Telford Memorial Dunham Massey 5k, Cheshire					5th June 2025	RESULTS	Program: UKresults.net & UKtimers.net				
Pos	Name	Cat	Cat/Pos	Club/Team	Time	Pos	Name	Cat	Cat/Pos	Club/Team	Time
1	Daniel Cliffe	MS	1/34	Hercules Wimbledon AC	00:15:08	61	Peter Lloyd	M65	1/9	Lymm Runners	00:20:18
2	Louis Szymanski	MS	2/34	[Unattached] (1312)	00:16:03	62	Jennifer Houghton	F40	2/9	Kirkby Milers AC	00:20:19
3	Phil Richardson	MS	3/34	Sale Harriers Manchester	00:16:31	63	Ian Emerton	M45	10/18	Dragons Running Club	00:20:20
4	Ben Walmsley	M40	1/15	Altrincham & District AC	00:16:41	64	Barrie Powers	M55	6/10	Wilmslow RC	00:20:20
5	Jonathan Smith	MS	4/34	Lymm Runners	00:16:45	65	Jacob Spooner	MS	22/34	[Unattached] (1394)	00:20:26
6	James Allen	MS	5/34	[Unattached] (1478)	00:16:56	66	Steve Reynolds	M55	7/10	Sandbach Striders	00:20:29
7	Jack Burbidge	MS	6/34	Altrincham & District AC	00:17:02	67	Duncan James	MS	23/34	Macclesfield Harriers	00:20:35
8	Jordan Cooper	MS	7/34	Macclesfield Harriers	00:17:03	68	Carla Houghton	F35	5/11	Kirkby Milers AC	00:20:36
9	Stephen Savage	M40	2/15	Wilmslow RC	00:17:03	69	Ray O'Keefe	M55	8/10	Macclesfield Harriers	00:20:38
10	Richard Wood	M45	1/18	South Cheshire Harriers	00:17:04	70	Alex Roberts	MS	24/34	Spectrum Striders RC	00:20:47
11	Phil Carpenter	M40	3/15	Stockport Harriers	00:17:04	71	Andy Thomas	M60	1/10	Sandbach Striders	00:20:49
12	Ryan Teare	MS	8/34	Altrincham & District AC	00:17:07	72	Peter Taylor	M45	11/18	Macclesfield Harriers	00:20:50
13	Kieran McGlade	MS	9/34	Altrincham & District AC	00:17:12	73	John Howarth	M60	2/10	Lymm Runners	00:20:57
14	Adam Green	MS	10/34	Runthrough	00:17:20	74	Helen Armitage	F50	1/12	Sale Harriers Manchester	00:20:59
15	Will Kozer	M40	4/15	Widnes Running Club	00:17:23	75	Peter Youds	M40	12/15	Macclesfield Harriers	00:21:01
16	Phil Rowen	M50	1/14	Lymm Runners	00:17:25	76	Kate Stuart	FS	1/12	Altrincham & District AC	00:21:02
17	Jacob Cullen	MS	11/34	Warrington Road Runners	00:17:27	77	Keith Mulholland	M60	3/10	Macclesfield Harriers	00:21:02
18	Alfie Crockett	MS	12/34	[Unattached] (1302)	00:17:41	78	Michael Smith	M60	4/10	Lymm Runners	00:21:03
19	Simon Roberts	M55	1/10	Buckley Runners	00:17:47	79	Jose Perez	M50	4/14	Lymm Runners	00:21:05
20	Callum Parkinson	MS	13/34	EastCheshHarrier&Tameside	00:17:53	80	Hannah Smith	F40	3/9	Lymm Runners	00:21:06
21	Neil Marsh	MS	14/34	Spectrum Striders RC	00:17:55	81	Sue Stockdale	F50	2/12	Macclesfield Harriers	00:21:20
22	Jonathon Knight	M45	2/18	Stockport Harriers	00:17:56	82	Gareth Stockdale	M50	5/14	Macclesfield Harriers	00:21:29
23	Thomas Johnson	MS	15/34	Stockport Harriers	00:18:00	83	Nathan Kapp	MS	25/34	South Cheshire Harriers	00:21:33
24	Ian Harrison	M45	3/18	Lymm Runners	00:18:02	84	Paul Adams	M60	5/10	Chorlton Runners	00:21:33
25	Jack Kenwright	MS	16/34	Run Sandymoor	00:18:11	85	Christopher Swann	M40	13/15	South Cheshire Harriers	00:21:35
26	Marc Huddleston	M40	5/15	[Unattached] (1442)	00:18:18	86	Sam Higgs	MS	26/34	Altrincham & District AC	00:21:37
27	Becky Hansen	F35	1/11	Altrincham & District AC	00:18:25	87	Ashley Crawford	MS	27/34	[Unattached] (1297)	00:21:37
28	George O'Donnell	MJ	1/9	Macclesfield Harriers	00:18:31	88	Pavel Subert	M50	6/14	Spectrum Striders RC	00:21:44
29	Chris Hatton	M45	4/18	Lymm Runners	00:18:41	89	Paul Norris	M65	2/9	Wilmslow RC	00:21:55
30	Jonathan Hock	M45	5/18	Lymm Runners	00:18:43	90	Georgina Walker	F50	3/12	Lymm Runners	00:21:57
31	Hannah Somani	F35	2/11	Sale Harriers Manchester	00:18:47	91	Claire Grimmer	F45	1/9	Knutsford Tri Club	00:22:02
32	Peter Marsland	M40	6/15	Run Sandymoor	00:18:52	92	Rebecca Mills	F40	4/9	Swinton Running Club	00:22:07
33	James Williams	M50	2/14	Lymm Runners	00:18:53	93	Anthony Hilton	M50	7/14	Lymm Runners	00:22:09
34	Faye Sharpley	F40	1/9	Macclesfield Harriers	00:18:55	94	Owain Morris	MS	28/34	Macclesfield Harriers	00:22:12
35	Mark Offord	M45	6/18	[Unattached] (1480)	00:18:56	95	Alex Smith	MJ	6/9	[Unattached] (1476)	00:22:17
36	Jake Harrison	MJ	2/9	Sale Harriers Manchester	00:18:57	96	Jim Dawson	M60	6/10	Lymm Runners	00:22:24
37	M. Mukadi Tshiangala	MS	17/34	McHale Runners	00:18:57	97	Jude Tarrant	MJ	7/9	[Unattached] (1466)	00:22:29
38	Mark Joyce	MS	18/34	Altrincham & District AC	00:19:07	98	Alice Boothroyd	FJ	1/3	Altrincham & District AC	00:22:37
39	Michael Waring	M55	2/10	Chester Tri Club	00:19:08	99	Paul Glascodine	M50	8/14	South Cheshire Harriers	00:22:38
40	Matthew Bartley	M40	7/15	ACE Performance	00:19:10	100	Martin Berry	M50	9/14	Warrington Road Runners	00:22:39
41	Graeme Eddie	M45	7/18	Macclesfield Harriers	00:19:11	101	Gemma Kelly	F35	6/11	Chester Tri Club	00:22:48
42	Euan McKenna	MS	19/34	South Cheshire Harriers	00:19:12	102	Graham Driver	M55	9/10	Spectrum Striders RC	00:22:54
43	Daniel Kirwan	M45	8/18	[Unattached] (1411)	00:19:17	103	Ruth Pryce	F50	4/12	South Cheshire Harriers	00:22:55
44	Thomas Stuart	MS	20/34	[Unattached] (1454)	00:19:19	104	Michael Dolan	M60	7/10	[Unattached] (6)	00:22:57
45	David Holt	M40	8/15	Astley & Tyldesley RC	00:19:21	105	Leo Tarrant	MJ	8/9	[Unattached] (1318)	00:23:04
46	Allan England	M50	3/14	Vale Royal AC	00:19:21	106	Jeanpaul Lebon	M45	12/18	[Unattached] (1405)	00:23:05
47	Max McFarland	MJ	3/9	[Unattached] (1313)	00:19:27	107	Rio Monks	MS	29/34	Run Sandymoor	00:23:10
48	Richard Heaton	M40	9/15	Warrington Running Club	00:19:33	108	Jonathan Green	M40	14/15	South Cheshire Harriers	00:23:11
49	Christopher Burgess	M40	10/15	Wigan & Dist. HARRIS & AC	00:19:37	109	Emma Nunnerley	F45	2/9	Lymm Runners	00:23:11
50	Paul Collins	M55	3/10	Swinton Running Club	00:19:39	110	Frank Cordingley	M60	8/10	Sale Harriers Manchester	00:23:16
51	Richard Evans	M55	4/10	Altrincham & District AC	00:19:43	111	Louise Mangan	F50	5/12	Trafford AC	00:23:17
52	Craig Foster	M40	11/15	Altrincham & District AC	00:19:46	112	Gaynor Seymour	F50	6/12	Lymm Runners	00:23:21
53	Toby Harrison	MJ	4/9	Sale Harriers Manchester	00:19:57	113	Katie McPartland	F50	7/12	[Unattached] (1412)	00:23:22
54	Mark Newton	M55	5/10	Altrincham & District AC	00:19:57	114	Martin Raffel	MS	30/34	[Unattached] (1320)	00:23:26
55	Ruth Beresford	F35	3/11	Trafford AC	00:20:05	115	Julia Reynolds	F50	8/12	Sale Harriers Manchester	00:23:37
56	Hels Saunders	F35	4/11	Macclesfield Harriers	00:20:10	116	Joanne Lott	F55	2/10	Trafford AC	00:23:52
57	Blake Bareford	MJ	5/9	Altrincham & District AC	00:20:12	117	Keith Brown	M60	9/10	Warrington Road Runners	00:23:52
58	Simon Bareford	M45	9/18	Altrincham & District AC	00:20:12	118	Richard Broster	M50	10/14	[Unattached] (1393)	00:23:55
59	Fiona Stevens	F55	1/10	Lindley Running Club	00:20:14	119	Richard Beevers	M45	13/18	Run Mummy Run	00:23:56
60	Stephen Coe	MS	21/34	Chester Tri Club	00:20:16	120	Louise Walker	F45	3/9	Vale Royal AC	00:23:58

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Pos	Name	Cat	Cat/Pos	Club/Team	Time	Pos	Name	Cat	Cat/Pos	Club/Team	Time		
121	Helen Caldwell	F55	3/10	Spectrum Striders RC	00:24:03	165	Paula Manley	F45	4/9	Vale Royal AC	00:27:17		
122	Graham Marshall	M60	10/10	[Unattached] (15)	00:24:05	166	Rick Gwilt	M70	4/9	Glossopdale Harriers	00:27:24		
123	Eleanor Roberts	F55	4/10	Spectrum Striders RC	00:24:12	167	Richard Pettitt	M55	10/10	[Unattached] (1304)	00:27:28		
124	Susan Poole	F55	5/10	South Cheshire Harriers	00:24:15	168	Gaynor Twite	F45	5/9	Run Sandymoor	00:27:30		
125	Matthew Eland	M40	15/15	Penny Lane Striders	00:24:20	169	Amy Cooper	FS	8/12	Lymm Runners	00:27:32		
126	Stephen Bowden	M65	3/9	Warrington Road Runners	00:24:24	170	Duncan Forsyth	M70	5/9	Lymm Runners	00:27:35		
127	Faye Bannon	FS	2/12	Run Sandymoor	00:24:25	171	Adam Connell	MS	32/34	Swinton Running Club	00:27:40		
128	Daniel Shannon	MS	31/34	Run Sandymoor	00:24:25	172	Graeme McGilliard	M50	13/14	[Unattached] (1432)	00:27:45		
129	Debbie Moreton	F55	6/10	Vale Royal AC	00:24:30	173	Eleanor Printy	FS	9/12	[Unattached] (1441)	00:27:46		
130	Nadia Erdenesuren	F55	7/10	Altrincham & District AC	00:24:30	174	Paul Arrowsmith	M50	14/14	[Unattached] (1381)	00:27:49		
131	Harrison Wilde	MJ	9/9	Run Sandymoor	00:24:30	175	Milly Painter	FS	10/12	[Unattached] (1431)	00:27:49		
132	Brad Ehlen	M50	11/14	Northwich Running Club	00:24:34	176	Louise McAdam	F60	2/4	Run Sandymoor	00:27:57		
133	John Houghton	M65	4/9	Run Sandymoor	00:24:41	177	Michael Eakin	M65	8/9	Penny Lane Striders	00:28:08		
134	Jacqu. Cordingley	F65	1/2	Sale Harriers Manchester	00:24:44	178	Geoff Shaw	M70	6/9	Helsby Running Club	00:28:30		
135	Julian Spencer	M65	5/9	Spectrum Striders RC	00:24:56	179	James Lucas	MS	33/34	[Unattached] (1479)	00:28:32		
136	Rachael Clegg	F55	8/10	Chorlton Runners	00:25:15	180	Hannah Lebon	F40	7/9	[Unattached] (1406)	00:28:45		
137	Rachel Mangan	FS	3/12	[Unattached] (1491)	00:25:16	181	Ayesha Gwilt	F35	9/11	[Unattached] (1490)	00:28:50		
138	Sally McFarlane	F50	9/12	[Unattached] (1316)	00:25:24	182	Carolyn Smith	F60	3/4	Lymm Runners	00:28:55		
139	Lily Beevers	FJ	2/3	Vale Royal AC	00:25:26	183	Emma Taylor	FS	11/12	McHale Runners	00:29:06		
140	Nicola Hilton	F35	7/11	[Unattached] (1319)	00:25:29	184	Barry Chambers	M70	7/9	Vale Royal AC	00:29:06		
141	Esme Joynson	FJ	3/3	Run Sandymoor	00:25:31	185	Allan Bird	M65	9/9	Spectrum Striders RC	00:29:23		
142	Ann-Marie Jones	F70	1/4	Macclesfield Harriers	00:25:34	186	Lynne England	F45	6/9	[Unattached] (1307)	00:29:34		
143	David Larkin	M45	14/18	Macclesfield Harriers	00:25:38	187	Karen Bannon	F45	7/9	Run Sandymoor	00:29:35		
144	Laura Owen	F40	5/9	[Unattached] (1362)	00:25:40	188	Hugh McKenna	M75	2/3	Altrincham & District AC	00:29:38		
145	Rosie Mason	FS	4/12	[Unattached] (1474)	00:25:41	189	Helen Todd	F70	2/4	Stockport Harriers	00:29:40		
146	Sarah Beattie	F50	10/12	Bramhall Runners	00:25:42	190	Geoff Kay	M70	8/9	Swinton Running Club	00:29:49		
147	Annabel Dickinson	FS	5/12	Altrincham & District AC	00:25:43	191	Olive Hall	F60	4/4	Run Sandymoor	00:30:03		
148	Kate Johnson	F55	9/10	Spectrum Striders RC	00:25:45	192	James Fagan	MS	34/34	McHale Runners	00:30:12		
149	Stephen Owen	M45	15/18	[Unattached] (1363)	00:25:46	193	John Dooley	M75	3/3	Spectrum Striders RC	00:30:40		
150	Owen Flage	M50	12/14	Royton Road Runners	00:25:46	194	Alison Langton	F40	8/9	Run Sandymoor	00:31:08		
151	Lizzi Reynolds	F35	8/11	Sandbach Striders	00:25:49	195	Laura Thomas	FS	12/12	[Unattached] (1395)	00:31:12		
152	David Forshaw	M45	16/18	Run Sandymoor	00:25:51	196	Kate Shannon	F35	10/11	Run Sandymoor	00:31:24		
153	Kate Harrison	FS	6/12	McHale Runners	00:25:56	197	Emma Brundrett	F40	9/9	[Unattached] (85)	00:31:41		
154	Kate Higgins	FS	7/12	McHale Runners	00:25:56	198	Shelagh Swinnerton	F75	1/1	South Cheshire Harriers	00:31:53		
155	Sara Eden	F40	6/9	Vale Royal AC	00:26:16	199	Siobhan Saunders	F65	2/2	[Unattached] (1481)	00:32:19		
156	Alistair Raffel	M70	1/9	Spectrum Striders RC	00:26:24	200	Katherine Jackson	F45	8/9	Swinton Running Club	00:32:43		
157	Geoff Beattie	M70	2/9	Sale Harriers Manchester	00:26:26	201	Helen Eddie	F45	9/9	Macclesfield Harriers	00:33:17		
158	Norman Hindle	M70	3/9	South Cheshire Harriers	00:26:28	202	Janet C. Shaw	F70	3/4	Helsby Running Club	00:33:31		
159	Kate Joynson	F50	11/12	Run Sandymoor	00:26:30	203	Kasia Kot-Herbert	F35	11/11	McHale Runners	00:34:44		
160	Malcolm Hughes	M65	6/9	Spectrum Striders RC	00:26:33	204	Joe Wilde	M45	17/18	Run Sandymoor	00:34:53		
161	Linda Bowden	F50	12/12	Warrington Road Runners	00:26:33	205	Myra Whiteley	F55	10/10	McHale Runners	00:35:01		
162	Gill Pettitt	F60	1/4	[Unattached] (1303)	00:26:34	206	Chrissie Knight	F70	4/4	Lymm Runners	00:35:19		
163	Mike Duncombe	M65	7/9	[Unattached] (1324)	00:26:35	207	Nimish Patel	M45	18/18	McHale Runners	00:38:59		
164	Alan Jenkinson	M75	1/3	Styal Running Club	00:27:04	208	Les McAdam	M70	9/9	Run Sandymoor	00:40:42		