



Alexandra Park 5k. 7 February 2010

Open Athletics

	<b>Time</b>	<b>No.</b>	<b>Name</b>		<b>Club</b>
1.	16.03	617	Tom Charles	M	Trafford AC
2.	16.22	525	Regasa Dibaba-Huriso	M	Unattached
3.	16.38	591	John Howe	M	Trafford AC
4.	16.53	532	Nathan Kilcourse	M	Unattached
5.	17.01	555	Simon Grundy	M	East Cheshire Harriers
6.	17.09	626	Gareth Turner	M	Unattached
7.	17.18	554	Phil Jaques	M	East Cheshire Harriers
8.	17.35	530	Alex McVey	M	Horwich
9.	18.09	594	Daniel Murphy	M	MFR
10.	18.15	517	Shaun Rhead	M	Unattached
11.	18.16	297	Richard Follett	M	Ryton Triathlon
12.	18.31	563	Colin Banno-Thornton	M	Altrincham
13.	18.40	595	Ronan McGonigle	M	Unattached
14.	18.41	511	Saul Gallagher	M	East Cheshire Harriers
15.	18.56	560	Emmet McAteer	M	Trafford AC
16.	18.58	550	Rachael Dyson	M	Leeds City AC
17.	19.01	553	Arnold Melling	M	Astley & Tyldesley
18.	19.03	592	Graham Webster	M	Lytham St Annes
19.	19.09	537	Lee Smith	M	Unattached
20.	19.19	571	Pete Baistow	M	Clayton Le Moors Harriers
21.	19.22	544	Timothy Rainey	M	Sale Harriers
22.	19.36	557	Jonathan Guildford	M	MFR
23.	20.04	619	Gareth Simpson	M	East Cheshire
24.	20.07	536	Peter Mann	M	Unattached
25.	20.22	579	Paul Pearson	M	Unattached
26.	20.24	521	Dave Tomkins	M	Northern Vets
27.	20.24	568	Timothy Natrajan	M	Unattached
28.	20.35	519	Terry Ioneragan	M	Sale Harriers
29.	20.36	562	Greg Keynes	M	MFR
30.	20.44	524	Chris Brierley	M	Northern Vets

31.	20.48	556	Oscar Bamford (U20)	M	Unattached
32.	20.59	603	Thibault Thorez	M	MFR
33.	21.51	509	Michael Gadsby	M	Unattached
34.	21.57	622	Geoff Beattie	M	Sale Harriers
35.	22.04	547	Joan Howe	F	Trafford AC
36.	22.05	294	Trevor Brereton	M	Unattached
37.	22.06	551	Kirstie Power	F	MFR
38.	22.06	552	Faye Woodhead	F	MFR
39.	22.12	588	Michael Reid	M	MFR
40.	22.15	528	Lynn Ward	F	Unattached
41.	22.21	269	Michael Barry	M	Stockport Harriers
42.	22.23	580	Chris Apergis	M	Unattached
43.	22.30	567	Sara Anderson	F	Unattached
44.	22.35	604	Jin Lambe	M	Sale Harriers
45.	22.41	506	Surjit Bharath	M	Unattached
46.	22.52	546	Isobel Howe (U15)	F	Trafford AC
47.	22.54	570	Julia Eccleston	F	St Helen's Sutton
48.	22.56	576	Gerry O'Donnell	M	Unattached
49.	23.03	607	Carla Dawson	F	Preston Harriers
50.	23.04	596	Sarah Hayes	F	Northern Vets
51.	23.06	538	Phil Buckley	M	Unattached
52.	23.15	514	Jaz Dhillon	M	Unattached
53.	23.19	539	Neil Talbot	M	Unattached
54.	23.33	523	Richard Purser	M	Unattached
55.	23.37	542	Sonia Bamford	F	Unattached
56.	23.40	569	Rachael Natrajan	F	Unattached
57.	23.44	583	Laura Sykes	F	Unattached
58.	23.45	608	Adrian Marter	M	Unattached
59.	23.59	605	Ricq Pascal	M	Unattached
60.	24.00	575	Katie Reece	F	Sale Harriers
61.	24.02	621	Dave Ellis	M	Unattached
62.	24.06	610	Celia Birchby	F	Sale Harriers
63.	24.10	609	David Sharples	M	Unattached



64.	24.17	534	Michael Sanders	M	Unattached
65.	24.18	512	Elsa West	F	Unattached
66.	24.19	582	Jerry Knox	M	Unattached
67.	24.55	238	Hayley Goddard	F	Chorlton Runners
68.	24.55	584	Rich Sealby	M	Unattached
69.	25.18	599	Paul Ackroyd	M	Unattached
70.	25.22	529	Chris Marsland	M	Unattached
71.	25.35	566	Simon Hedges	M	Chorlton Runners
72.	25.38	593	Ian Campbell	M	Unattached
73.	25.39	620	Fiona Ellis	F	Unattached
74.	25.46	522	Mark O'Keefe	M	Unattached
75.	25.57	581	Philip Hicken	M	Warrington
76.	26.05	559	Meneka Sidhu	F	Unattached
77.	26.11	612	John Durkin	M	Unattached
78.	26.16	587	Richard Woods	M	Unattached
79.	26.20	578	Shelley Dyson	F	Unattached
80.	26.24	625	Dean Paxson	M	Unattached
81.	26.29	533	James Balforth	M	Unattached
82.	26.33	239	Sue Goddard	F	Chorlton Runners
83.	26.44	291	Peter Edwards	M	Northern Vets
84.	26.59	565	Nicky Lidbetter	F	Chorlton Runners
85.	27.00	548	Michael Cross	M	Unattached
86.	27.01	601	Anthony Johnson	M	Chorlton Runners
87.	27.22	614	Ian Morris	M	Unattached
88.	27.37	513	Stacey Redshaw	F	Unattached
89.	27.40	623	Hannah McHugh	F	Unattached
90.	27.41	602	Stephen Attree	M	Unattached
91.	27.43	518	Pat Lonergan	M	Unattached
92.	27.43	586	Alison Cooper	F	Unattached
93.	27.45	572	Brian Baistow	M	Unattached
94.	27.59	558	Liz Turner	F	Unattached
95.	28.03	540	Kathryn Slater	F	Unattached
96.	28.04	574	Yumi Uraki	F	Unattached

97.	28.08	598	Liz Sharpley	F	Chorlton Runners
98.	28.13	545	Karen Volp	F	Unattached
99.	28.15	564	Rose Wright	F	Unattached
100.	28.20	516	Camax Magau	F	Unattached
101.	28.31	531	Neville Jones	M	Warrington
102.	28.37	285	Catherine Elliott	F	Chorlton Runners
103.	28.51	585	Debbie Witton	F	Unattached
104.	29.01	507	Jessie Bharath	M	Unattached
105.	29.03	573	Peta Walsh	F	Stockport Harriers
106.	29.13	535	Jessica Rhodes	F	Unattached
107.	29.18	561	Julie Williamson	F	Womens Running Network
108.	29.30	515	Claire Campbell	F	Unattached
109.	29.43	577	James Brophy	M	Unattached
110.	29.58	510	Kimberley Street	F	Unattached
111.	31.07	597	Nick Hayes	M	Unattached
112.	31.12	600	Dawn Richardson	F	Unattached
113.	31.32	541	Joy Bamford	F	Unattached
114.	31.48	543	Katy Carter	F	Unattached
115.	32.06	526	Jane Harris	F	Unattached
116.	32.07	527	Richard Cross	M	Unattached
117.	32.31	624	Sally Kelly	F	Unattached
118.	32.36	611	Jane Durkin	F	Unattached
119.	32.39	590	Nick Roberts	M	Unattached
120.	34.27	613	Charlie Reed (U20)	M	Unattached
121.	35.50	589	Helen Roberts	F	Unattached
122.	36.30	616	Claire Dixon	F	Unattached
123.	36.32	618	Josephine Marshall	F	Unattached
124.	36.52	615	Baljinder Brennan	F	Unattached
125.	36.53	508	Henry Da Massa	M	Unattached
	1 lap	520	Bethan Nelson (U13)	F	Unattached
		549	Robert Smith	M	Unattached
		606	Mike Dodd	M	Penny Lane Striders

