

## Swinton Running Club - Mens Club Championship 2011

Pos	Name	Cat	CLGP 5K February 20th	Trotters 5 March 6th	Radcliffe April 3rd	Haigh Hall May 11th	Bull Hill July 14th	Horwich July 20th	Chorley August 3rd	NVAC 10K August 14th	Gin Pit October 2nd	Self Timed October 12th	Heaton XC October 22nd	Villages November 6th	Stockport 10 December 11th	No Raced	Best 9 of 13	Total
1	Steven Doxey	M50	1	1	1			2		2	1	9	3	1	1	10	13	22
2	Mark Birchall	M	2			1		3	3	1	2	2	5		2	9	21	21
3	Paul Rutherford	M45	3	2	3	4	3	6	6	4		11	9	7	4	12	35	62
4	Antony Golding	M			4	3	2	5	4		3	15		3	3	9	42	42
5	Mike Lilley	M50	9	4	6	11		11	13		6	2		12		9	74	74
6	David Williamson	M40	8	6			6	15	14	9	9	1	12	16	10	11	75	106
7	Steve Hart	M50	10		8	10	5	12	16	7	11	18	11	14	9	12	83	131
8	Paul Shier	M	7	5		15		14	15	8	8	19	14	15		10	101	120
9	Paul Robinson	M40		3	5	8		8	9		4	9		8		8	#NUM!	54
10	Richard Waring	M40	4			7		7	7			6		6	5	7	#NUM!	42
11	Andrew Smith	M		8	10	16		16	12		10		15			7	#NUM!	87
12	Darren Russell	M				2		1	2			13	1	2		6	#NUM!	21
13	Adam Pickup	M45				9		9	10	5			10	11		6	#NUM!	54
14	Ian Thomas	M55	11		9						12	5		18	11	6	#NUM!	66
15	Chris Lomax	M40			2			4	5			4	6			5	#NUM!	21
16	Dave Batty	M45						13	11	6	5		13			5	#NUM!	48
17	Melvyn Jones	M55	12	7		14			17							4	#NUM!	50
18	Daniel Bird	M					1		1				2			3	#NUM!	4
19	Glyn Williams	M40	5			6	4									3	#NUM!	15
20	Andy Land	M45							8				8	5		3	#NUM!	21
21	Peter Marsh	M60			7						7	8				3	#NUM!	22
22	Roger Parris	M50										14	7	4		3	#NUM!	25
23	Philip Waterhouse	M				12						17			8	3	#NUM!	37
24	Carl Simpson											7		9		2	#NUM!	16
25	Dave Pargeter	M40												10	7	2	#NUM!	17
26	Mike Horton	M				13									6	2	#NUM!	19
27	Phil Summers	M50						10						13		2	#NUM!	23
28	Tony Flanagan	M45								3						1	#NUM!	3
29	Daniel Appleby	M											4			1	#NUM!	4
30	David Burke	M55				5										1	#NUM!	5
31	Gary Madden	M45	6													1	#NUM!	6
32	Alan Barrett											12				1	#NUM!	12
33	Nick Hindle	M										16				1	#NUM!	16
34	Dave Byrne											20				1	#NUM!	20
35																0	#NUM!	0
36																0	#NUM!	0
37																0	#NUM!	0
38																0	#NUM!	0
39																0	#NUM!	0
40																0	#NUM!	0

### Swinton Running Club - Ladies Club Championship 2011

Pos	Name	Cat	CLGP 5K February 20th	Trotters 5 March 6th	Radcliffe April 3rd	Haigh Hall May 11th	Bull Hill July 14th	Horwich July 20th	Chorley August 3rd	NVAC 10K August 14th	Gin Pit October 2nd	Self Timed October 12th	Heaton XC October 22nd	Villages November 6th	Ladies Run November 27th	Stockport 10 December 11th	No Raced	Best 8 of 14	Total
1	Rebecca Mills	F		4		3		3	2	1	2	11	4	3	5	3	11	21	41
2	Lisa Ottiwell	F35	4		6	5		5		4		12	6		9	5	9	44	56
3	Grace Arthur	F35			5	6	2	4	3	2		10			13		8	45	45
4	Carol Hart	F50	6			9		8				4	7	4	12	4	8	54	54
5	Claire Wolfendale	F	7	7	7	8		11	6	6				7			8	59	59
6	Louise McLoughlin	F40						2			1	9	3	2	2	2	7	#NUM!	21
7	Dawn Green	F50	3	5	4	4				3		3		5			7	#NUM!	27
8	Lauren Marsden	F35						1			4		1	1	1	1	6	#NUM!	9
9	Kath Roberts	F50	5	6		7		7		5				8			6	#NUM!	38
10	Kate Cammish	F35	2	2	1	1			1								5	#NUM!	7
11	Janet Thomas	F55	9		8			12				2			18		5	#NUM!	49
12	Gaynor Clarke	F	8								5	13	9				4	#NUM!	35
13	Emma Flynn	F					1				3				3		3	#NUM!	7
14	Sharen Roberts	F35			3			6	4								3	#NUM!	13
15	Cara Anderson	F	1			2											2	#NUM!	3
16	Carly Appleby	F			2								2				2	#NUM!	4
17	Vicky Boswell	F		3											8		2	#NUM!	11
18	Maggie McClelland	F50											5		7		2	#NUM!	12
19	Gemma Fowler	F						10						6			2	#NUM!	16
20	Barbara Bayliss	F55										8			15		2	#NUM!	23
21	Laura Hilley											7			17		2	#NUM!	24
22	Clair Louise Regan	F35			9										19		2	#NUM!	28
23	Sarah Barratt	F		1													1	#NUM!	1
24	Helen Michael-Atten											1					1	#NUM!	1
25	Lisa Childs														4		1	#NUM!	4
26	Shirley Duckworth-Oates	F55							5								1	#NUM!	5
27	Mary Lloyd											5					1	#NUM!	5
28	Charlotte Molloy											6					1	#NUM!	6
29	Sheila Duckworth	F55													6		1	#NUM!	6
30	Lesleyann Wild	F40											8				1	#NUM!	8
31	Fiona McAuley	F45						9									1	#NUM!	9
32	Paulette Storey	F55													10		1	#NUM!	10
33	Jean Mellor	F40													11		1	#NUM!	11
34	Caroline Robinson											14					1	#NUM!	14
35	Susan Bean	F60													14		1	#NUM!	14
36	Emilie Rosereve											15					1	#NUM!	15
37	Susana Poulson	F35													16		1	#NUM!	16
38																	0	#NUM!	0
39																	0	#NUM!	0
40																	0	#NUM!	0

Central Lancashire 5K											
Pos	Num	M	F	Name	Cat	CatPos	Club	Pace per Km/Mile	Time		
24	711	24		Steven Doxey	M50	(004/019)	Swinton Running Club	03.35/05.46	00:17:55	1	
32	732	32		Mark Birchall	M	(015/051)	Swinton Running Club	03.46/06.04	00:18:50	2	
58	730	56		Paul Rutherford	M45	(007/018)	Swinton Running Club	04.00/06.27	00:20:01	3	
65	808	61		Richard Waring	M40	(013/028)	Swinton Running Club	04.04/06.32	00:20:19	4	
73	914	67		Glyn Williams	M40	(016/028)	Swinton Running Club	04.07/06.37	00:20:35	5	
101	816		13	Cara Anderson	F	(003/026)	Swinton Running Club	04.29/07.13	00:22:25		1
114	674	98		Gary Madden	M45	(014/018)	Swinton Running Club	04.36/07.24	00:23:01	6	
118	696		18	Kate Cammish	F35	(004/010)	Swinton Running Club	04.37/07.26	00:23:06		2
132	704	111		Paul Shier	M	(040/051)	Swinton Running Club	04.49/07.45	00:24:04	7	
138	596	114		David Williamson	M40	(025/028)	Swinton Running Club	04.54/07.53	00:24:31	8	
142	867	116		Mike Lilley	M50	(017/019)	Swinton Running Club	04.59/08.01	00:24:53	9	
146	624	119		Steve Hart	M50	(018/019)	Swinton Running Club	05.03/08.08	00:25:17	10	
151	807		29	Dawn Green	F50	(003/009)	Swinton Running Club	05.05/08.10	00:25:23		3
159	726	126		Ian Thomas	M55	(007/011)	Swinton Running Club	05.10/08.20	00:25:52	11	
162	705	128		Melvyn Jones	M55	(008/011)	Swinton Running Club	05.13/08.23	00:26:04	12	
176	883		43	Lisa Offiwell	F35	(008/010)	Swinton Running Club	05.31/08.53	00:27:37		4
179	875		46	Kath Roberts	F50	(006/009)	Swinton Running Club	05.34/08.57	00:27:48		5
183	623		49	Carol Hart	F50	(008/009)	Swinton Running Club	05.38/09.03	00:28:08		6
197	729		56	Claire Wolfendale	F	(016/026)	Swinton Running Club	06.02/09.42	00:30:09		7
204	635		62	Gaynor Clarke	F	(020/026)	Swinton Running Club	06.12/09.58	00:30:59		8
209	863		66	Janet Thomas	F55	(003/003)	Swinton Running Club	06.27/10.23	00:32:16		9

Trotters 5						
Pos	Name	Cat/Pos	Club	Time		
19	Steven Doxey	V50	3	Swinton R C	30:32:00	1
53	Paul Rutherford	V45	8	Swinton R C	34:58:00	2
83	Paul Robinson	V40	18	Swinton R C	38:29:00	3
95	Sarah Barratt	L	14	Swinton R C	39:01:00	1
96	Kate Cammish	L35	5	Swinton R C	39:14:00	2
97	Vicky Boswell	L	16	Swinton R C	39:26:00	3
116	Mike Lilley	V50	18	Swinton R C	41:25:00	4
117	Paul Shier			Swinton R C	41:32:00	5
134	Rebecca Mills	L	24	Swinton R C	43:30:00	4
135	David Williamson	V40	26	Swinton R C	43:38:00	6
137	Dawn Green	L50	4	Swinton R C	44:17:00	5
139	Melvyn Jones	V55	7	Swinton R C	44:33:00	7
146	Andrew Smith			Swinton R C	46:25:00	8
151	Kath Roberts	L50	5	Swinton R C	48:05:00	6
164	Claire Wolfendale	L	39	Swinton R C	50:58:00	7

Radcliffe 10K											
Pos	Num	M	F	Name	Cat	CatPos	Club	Pace per Km/Mile	Time		
21	36	21		Steven Doxey	M50	(004/020)	Swinton Running Club	03.50/06.10	00:38:18	1	
48	171	44		Chris Lomax	M40	(012/037)	Swinton Running Club	04.11/06.44	00:41:52	2	
72	31	66		Paul Rutherford	M45	(010/029)	Swinton Running Club	04.23/07.03	00:43:49	3	
76	11	69		Antony Golding	M	(025/049)	Swinton Running Club	04.23/07.04	00:43:54	4	
121	162	107		Paul Robinson	M40	(026/037)	Swinton Running Club	04.48/07.43	00:47:59	5	
128	90		17	Kate Cammish	F35	(002/014)	Swinton Running Club	04.52/07.50	00:48:41		1
131	224		19	Carly Appleby	F	(007/013)	Swinton Running Club	04.54/07.54	00:49:03		2
162	160	136		Mike Lilley	M50	(016/020)	Swinton Running Club	05.16/08.28	00:52:35	6	
170	141	142		Peter Marsh	M60	(005/009)	Swinton Running Club	05.22/08.39	00:53:44	7	
173	114		30	Sharen Roberts	F35	(008/014)	Swinton Running Club	05.25/08.44	00:54:14		3
177	95	147		Steve Hart	M50	(017/020)	Swinton Running Club	05.28/08.48	00:54:41	8	
192	108		38	Dawn Green	F50	(005/008)	Swinton Running Club	05.39/09.06	00:56:30		4
196	53	156		Ian Thomas	M55	(013/015)	Swinton Running Club	05.41/09.09	00:56:54	9	
202	81		43	Grace Arthur	F35	(011/014)	Swinton Running Club	05.49/09.21	00:58:06		5
205	155	161		Andrew Smith	M	(047/049)	Swinton Running Club	05.56/09.33	00:59:23	10	
209	250		47	Lisa Ottiwell	F35	(013/014)	Swinton Running Club	06.00/09.40	01:00:02		6
226	30		56	Claire Wolfendale	F	(012/013)	Swinton Running Club	06.41/10.46	01:06:52		7
231	52		60	Janet Thomas	F55	(004/004)	Swinton Running Club	07.06/11.26	01:11:05		8
233	51		61	Clair Louise Regan	F35	(014/014)	Swinton Running Club	07.35/12.12	01:15:46		9

Haigh Hall							
Pos	Name	Cat	Pos	Club	Time		
32	Mark Birchall			Swinton Running Club	24:19:00	1	
36	Darren Russell			Swinton Running Club	24:39:00	2	
77	Antony Golding			Swinton Running Club	26:33:00	3	
83	Paul Rutherford	V45	13	Swinton Running Club	26:59:00	4	
89	David Burke	V55	5	Swinton Running Club	27:28:00	5	
108	Glyn Williams	V40	20	Swinton Running Club	28:33:00	6	
114	Richard Waring	V40	21	Swinton Running Club	29:02:00	7	
127	Paul Robinson	V40	24	Swinton Running Club	29:44:00	8	
133	Kate Cammish	L35	4	Swinton Running Club	30:11:00		1
143	Cara Anderson	L	19	Swinton Running Club	31:06:00		2
145	John Pickup	V50	17	Swinton Running Club	31:31:00	9	
147	Steve Hart	V50	18	Swinton Running Club	31:38:00	10	
155	Mike Lilley	V50	19	Swinton Running Club	32:21:00	11	
156	Philip Waterhouse			Swinton Running Club	32:24:00	12	
158	Rebecca Mills	L	22	Swinton Running Club	32:26:00		3
165	Mike Horton			Swinton Running Club	33:07:00	13	
169	Dawn Green	L50	3	Swinton Running Club	33:36:00		4
171	Lisa Ottiwell	L35	8	Swinton Running Club	33:54:00		5
173	Melvyn Jones	V55	14	Swinton Running Club	34:12:00	14	
181	Paul Shier			Swinton Running Club	35:11:00	15	
182	Grace Arthur	L35	9	Swinton Running Club	35:41:00		6
185	Andy Smith			Swinton Running Club	36:15:00	16	
189	Kath Roberts	L50	4	Swinton Running Club	37:34:00		7
190	Claire Wolfendale	L	41	Swinton Running Club	38:05:00		8
195	Carol Hart	L50	5	Swinton Running Club	40:59:00		9

Bull Hill Fell Race										
Pos	Num	M	F	Name	Cat	CatPos	Club	Time		
38	330	38		Daniel Bird	M	(016/049)	Swinton Running Club	00:47:12	1	
71	329	67		Antony Golding	M	(028/049)	Swinton Running Club	00:52:20	2	
91	117	83		Paul Rutherford	M45	(012/017)	Swinton Running Club	00:54:32	3	
111	128	96		Glyn Williams	M40	(014/018)	Swinton Running Club	00:58:51	4	
138	331		24	Emma Murphy	F	(007/009)	Swinton Running Club	01:03:38		1
141	338		25	Grace Arthur	F35	(004/005)	Swinton Running Club	01:04:35		2
147	324	118		Steve Hart	M50	(019/019)	Swinton Running Club	01:07:07	5	
152	323	120		David Williamson	M40	(018/018)	Swinton Running Club	01:08:31	6	

Horwich 5						
24	Darren Russell			Swinton Running Club	30:31:00	1
32	Steven Doxey	V50	4	Swinton Running Club	30:52:00	2
37	Mark Birchall			Swinton Running Club	31:08:00	3
70	Chris Lomax	V40 1	1	Swinton Running Club	33:07:00	4
75	Anthony Golding			Swinton Running Club	33:23:00	5
83	Paul Rutherford	V45 1	2	Swinton Running Club	33:52:00	6
88	Richard Waring	V40 1	5	Swinton Running Club	34:16:00	7
101	Lauren Marsden	L35	1	Swinton Running Club	35:32:00	1
120	Paul Robinson	V45 1	7	Swinton Running Club	36:43:00	8
144	Louise McLoughlan	L40	3	Swinton Running Club	38:45:00	2
147	John Pickup	V50 2	2	Swinton Running Club	39:00:00	9
151	Philip Summers	V50 2	3	Swinton Running Club	39:24:00	10
160	Mike Lilley	V50 2	4	Swinton Running Club	40:09:00	11
168	Steve Hart	V50 2	6	Swinton Running Club	41:03:00	12
172	Rebecca Mills	L 3	2	Swinton Running Club	41:20:00	3
173	David Batty	V45 2	3	Swinton Running Club	41:37:00	13
176	Paul Shier			Swinton Running Club	42:28:00	14
180	Grace Arthur	L35	6	Swinton Running Club	42:48:00	4
182	Dave Williamson	V40 2	6	Swinton Running Club	42:55:00	15
183	Andy Smith			Swinton Running Club	42:58:00	16
186	Lisa Ottiwell	L35	7	Swinton Running Club	43:25:00	5
192	Sharen Roberts	L35	9	Swinton Running Club	44:44:00	6
194	Kath Roberts	L50	3	Swinton Running Club	45:23:00	7
196	Carol Hart	L50	4	Swinton Running Club	46:21:00	8
198	Fiona McAuley	L45 1	3	Swinton Running Club	47:25:00	9
201	Gemma Fowler	L 4	8	Swinton Running Club	48:38:00	10
204	Claire Wolfendale	L 5	0	Swinton Running Club	49:49:00	11
208	Janet Thomas	L55	2	Swinton Running Club	55:01:00	12



Chorley 4.4 Mile Trail Race							
Pos	Name	Cat	Pos	Club	Time	M	F
21	Daniel Bird			Swinton Running Club	26:52:00	1	
27	Darren Russell			Swinton Running Club	27:03:00	2	
39	Mark Birchall			Swinton Running Club	28:00:00	3	
66	Anthony Golding			Swinton Running Club	29:55:00	4	
69	Chris Lomax	V40	12	Swinton Running Club	30:06:00	5	
79	Paul Rutherford	V45	17	Swinton Running Club	30:41:00	6	
82	R Waring	V40	15	Swinton Running Club	31:01:00	7	
104	Anthony Land	V45	20	Swinton Running Club	32:32:00	8	
120	Paul Robinson	V45	23	Swinton Running Club	33:27:00	9	
146	Kate Cammish	L35	4	Swinton Running Club	35:18:00		1
156	John Pickup	V50	19	Swinton Running Club	36:06:00	10	
166	David Batty	V45	29	Swinton Running Club	37:07:00	11	
175	Andy Smith			Swinton Running Club	37:49:00	12	
177	Mike Lilley	V50	22	Swinton Running Club	38:03:00	13	
178	David Williamson	V40	21	Swinton Running Club	38:07:00	14	
180	Rebecca Mills	L	43	Swinton Running Club	38:15:00		2
183	Grace Arthur	L35	10	Swinton Running Club	38:49:00		3
186	Paul Shier			Swinton Running Club	39:06:00	15	
187	Steve Hart	V50	24	Swinton Running Club	39:10:00	16	
194	Sharen Roberts	L35	12	Swinton Running Club	41:17:00		4
195	S DuckworthOates	L55	2	Swinton Running Club	41:26:00		5
201	Melvyn Jones	V55	11	Swinton Running Club	42:34:00	17	
205	Claire Wolfendale	L	57	Swinton Running Club	44:33:00		6

**NVAC 10K**

Pos	Num	M	F	Name	Cat	CatPos	Club	Pace per Km/Mile	Time		
25	532	25		Mark Birchall	M35	(005/009)	Swinton Running Club	03.50/06.10	00:38:22	1	
26	921	26		Steven Doxey	M50	(006/017)	Swinton Running Club	03.50/06.11	00:38:24	2	
27	539	27		Tony Flanagn	M45	(005/013)	Swinton Running Club	03.51/06.11	00:38:27	3	
51	526	47		Paul Rutherford	M45	(008/013)	Swinton Running Club	04.13/06.47	00:42:09	4	
93	938	77		John Pickup	M50	(016/017)	Swinton Running Club	04.58/07.59	00:49:38	5	
99	540	79		David Batty	M45	(011/013)	Swinton Running Club	05.03/08.07	00:50:26	6	
103	998	83		Steve Hart	M50	(017/017)	Swinton Running Club	05.07/08.14	00:51:11	7	
107	934		21	Rebecca Mills	F	(005/006)	Swinton Running Club	05.11/08.20	00:51:49		1
109	932	88		Paul Shier	M	(005/005)	Swinton Running Club	05.14/08.25	00:52:15	8	
112	911	90		David Williamson	M40	(021/021)	Swinton Running Club	05.19/08.34	00:53:13	9	
113	971		23	Grace Arthur	F35	(005/008)	Swinton Running Club	05.25/08.43	00:54:12		2
115	970		25	Dawn Green	F50	(004/006)	Swinton Running Club	05.26/08.44	00:54:17		3
116	967		26	Lisa Ottiwell	F35	(006/008)	Swinton Running Club	05.27/08.46	00:54:30		4
122	969		28	Kathryn Roberts	F50	(005/006)	Swinton Running Club	05.38/09.04	00:56:18		5
125	527		30	Claire Wolfendale	F	(006/006)	Swinton Running Club	05.49/09.22	00:58:13		6

Gin Pit 5 Mile Trail Race										
Pos	Num	M	F	Name	Cat	CatPos	Club	Time	m	f
15	143	15		Steve Doxey	M50	(003/017)	Swinton Running Club	00:29:52	1	
29	294	28		Mark Birchall	M	(011/030)	Swinton Running Club	00:31:22	2	
48	142	46		Antony Golding	M	(015/030)	Swinton Running Club	00:32:52	3	
80	170	71		Paul Robinson	M45	(013/021)	Swinton Running Club	00:36:46	4	
87	233		13	Louise McLoughlin	F40	(003/010)	Swinton Running Club	00:37:32		1
96	184	80		David Batty	M45	(017/021)	Swinton Running Club	00:38:24	5	
113	186	93		Mike Lilley	M50	(015/017)	Swinton Running Club	00:40:45	6	
118	293	95		Peter Marsh	M60	(006/007)	Swinton Running Club	00:41:05	7	
123	264	97		Paul Shier	M	(025/030)	Swinton Running Club	00:41:27	8	
138	261	103		David Williamson	M40	(024/025)	Swinton Running Club	00:43:27	9	
142	191	104		Andy J. Smith	M	(027/030)	Swinton Running Club	00:43:51	10	
153	179		43	Rebecca Mills	F	(007/011)	Swinton Running Club	00:45:19		2
154	157		44	Emma Flynn	F	(008/011)	Swinton Running Club	00:45:20		3
155	155		45	Lauren Marsden	F35	(007/010)	Swinton Running Club	00:45:20		4
157	473	111		Steve Hart	M50	(017/017)	Swinton Running Club	00:45:45	11	
169	151	117		Ian Thomas	M55	(010/010)	Swinton Running Club	00:47:12	12	
175	111		56	Gaynor Clarke	F	(011/011)	Swinton Running Club	00:52:51		5

## Self Timed Run 2011 (12th October)

Pos	No.	Name	Gen Pos	Predicted		Total	Actual		Diff Secs
				Mins	Secs	Secs	Mins	Secs	
1	208	Helen Michael-Atten	F1	26	50	1610	26	44	6
2	225	Janet Thomas	F2	27	10	1630	27	18	8
3	211	Dave Williamson	M1	23	0	1380	22	50	10
4	224	Mike Lilley	M2	19	45	1185	20	0	15
4	230	Mark Birchall	M2	17	55	1075	17	40	15
6	227	Chris Lomax	M4	16	0	960	16	17	17
7	200	Ian Thomas	M5	21	20	1280	21	38	18
8	220	Ric Waring	M6	18	35	1115	18	14	21
9	214	Carl Simpson	M7	22	0	1320	21	37	23
10	231	Peter Marsh	M8	20	5	1205	20	29	24
11	213	Dawn Green	F3	25	13	1513	25	38	25
12	226	Paul Robinson	M9	18	30	1110	18	3	27
12	234	Steve Doxey	M9	15	28	928	15	1	27
14	202	Carol Hart	F4	25	10	1510	25	38	28
15	233	Paul Rutherford	M11	19	5	1145	18	36	29
16	205	Mary Lloyd	F5	24	50	1490	24	5	45
17	221	Alan Barrett	M12	22	30	1350	21	41	49
18	207	Charlotte Molloy	F6	26	0	1560	25	5	55
19	232	Laura Hilley	F7	22	40	1360	23	40	60
20	228	Darren Russell	M13	16	15	975	15	4	71
21	223	Roger Parris	M14	17	30	1050	16	18	72
22	212	Barbara Bayliss	F8	26	12	1572	24	53	79
23	219	Antony Golding	M15	17	59	1079	16	37	82
24	229	Nick Hindle	M16	15	45	945	14	6	99
25	222	Louise McLoughlin	F9	20	30	1230	18	48	102
26	204	Grace Arthur	F10	24	0	1440	21	56	124
27	218	Philip Waterhouse	M17	22	30	1350	20	20	130
28	215	Rebecca Mills	F11	22	59	1379	20	46	133
29	201	Steve Hart	M18	22	30	1350	20	10	140
30	216	Paul Shier	M19	23	0	1380	20	38	142
31	217	Lisa Ottiwell	F12	24	45	1485	22	8	157
32	203	Dave Byrne	M20	25	0	1500	21	45	195
33	210	Gaynor Clarke	F13	32	0	1920	27	16	284
34	209	Caroline Robinson	F14	25	50	1550	21	1	289
35	206	Emilie Rosereve	F15	26	0	1560	20	55	305

Heaton Park						
39	165	Lauren Marsden	L35	Swinton Running Club	37:19:00	1
55	157	Carly Appleby		Swinton Running Club	38:19:00	2
63	167	Louise McLoughlin	L40	Swinton Running Club	39:12:00	3
110	168	Rebecca Mills		Swinton Running Club	43:20:00	4
124	166	Maggie McClelland	L50	Swinton Running Club	44:59:00	5
128	169	Lisa Ottiwell	L35	Swinton Running Club	45:13:00	6
139	164	Carol Hart	L50	Swinton Running Club	46:46:00	7
152	728	Lesleyann Wild	L40	Swinton Running Club	50:00:00	8
168	727	Clare Gaynor		Swinton Running Club	59:11:00	9
72	103	Darren Russell		Swinton RC	39:01:00	1
77	89	Dan Bird		Swinton RC	39:15:00	2
83	91	Steve Doxey	V50	Swinton RC	39:25:00	3
85	87	Daniel Appleby		Swinton RC	39:35:00	4
134	88	Mark Birchall		Swinton RC	41:26:00	5
166	98	Chris Lomax	V40	Swinton RC	42:54:00	6
216	99	Roger Parris	V50	Swinton RC	44:39:00	7
229	97	Andy Land	V45	Swinton RC	45:10:00	8
273	104	Paul Rutherford	V45	Swinton RC	47:40:00	9
330	100	John Pickup	V50	Swinton RC	52:11:00	10
345	94	Steve Hart	V50	Swinton RC	55:19:00	11
348	112	David Williamson	V40	Swinton RC	55:49:00	12
349	601	Dave Batty	V45	Swinton RC	56:05:00	13
353	105	Paul Shier		Swinton RC	56:53:00	14
362	106	Andy Smith		Swinton RC	01:03:48	15

Through the Villages Race										
10	106	10		Steven Doxey	M50	(003/042)	Swinton Running Club	00:52:41	1	
13	238	13		Darren Russell	M	(005/039)	Swinton Running Club	00:53:26	2	
60	99	53		Antony Golding	M	(017/039)	Swinton Running Club	01:00:48	3	
68	142	59		Roger Parris	M50	(014/042)	Swinton Running Club	01:01:25	4	
69	62	60		Andy Land	M45	(016/036)	Swinton Running Club	01:01:26	5	
74	47		11	Lauren Marsden	F35	(002/012)	Swinton Running Club	01:02:06		1
80	173	69		Richard Waring	M40	(010/026)	Swinton Running Club	01:02:39	6	
97	232	84		Paul Rutherford	M45	(019/036)	Swinton Running Club	01:04:28	7	
113	219	94		Paul Robinson	M45	(023/036)	Swinton Running Club	01:05:20	8	
124	74		22	Louise McLoughlin	F40	(003/013)	Swinton Running Club	01:06:37		2
140	183	114		Gary Madden	M45	(026/036)	Swinton Running Club	01:08:10	9	
151	149	124		Dave Pargeter	M40	(021/026)	Swinton Running Club	01:10:00	10	
163	46	133		John Pickup	M50	(030/042)	Swinton Running Club	01:11:17	11	
173	49		33	Rebecca Mills	F	(008/009)	Swinton Running Club	01:12:26		3
187	218	150		Mike Lilley	M55	(012/018)	Swinton Running Club	01:13:51	12	
190	71	153		Phil Summers	M50	(036/042)	Swinton Running Club	01:14:11	13	
193	137	156		Steve Hart	M50	(038/042)	Swinton Running Club	01:14:43	14	
197	45	158		Paul Shier	M	(035/039)	Swinton Running Club	01:15:17	15	
202	93	161		Melvin Jones	M55	(014/018)	Swinton Running Club	01:16:24	16	
204	138		43	Carol Hart	F50	(006/012)	Swinton Running Club	01:16:42		4
210	50	164		David Williamson	M40	(026/026)	Swinton Running Club	01:18:00	17	
216	171		49	Dawn Green	F50	(009/012)	Swinton Running Club	01:19:00		5
220	152	169		Ian Thomas	M55	(016/018)	Swinton Running Club	01:19:41	18	
240	55		64	Fiona McAuley	F45	(018/020)	Swinton Running Club	01:24:24		6
244	228		67	Claire Wolfendale	F35	(011/012)	Swinton Running Club	01:26:44		7
246	180		69	Kathryn Roberts	F50	(012/012)	Swinton Running Club	01:27:05		8

**The City of Salford Ladies 5.25 Mile Run**

7	Lauren Marsden	L35	3	Swinton Running Club	00:36:02	1
21	Louise McLoughlin	L40	4	Swinton Running Club	00:39:50	2
23	Emma Flynn			Swinton Running Club	00:40:20	3
26	Lisa Childs			Swinton Running Club	00:41:06	4
27	Rebecca Mills			Swinton Running Club	00:41:27	5
34	Sheila Duckworth	L55	3	Swinton Running Club	00:42:21	6
35	Margaret McLelland	L50	2	Swinton Running Club	00:42:23	7
41	Vicky Boswell			Swinton Running Club	00:43:20	8
45	Lisa Ottiwell	L35	12	Swinton Running Club	00:44:01	9
55	Paulette Storey	L55	5	Swinton Running Club	00:45:11	10
60	Jean Mellor	L40	9	Swinton Running Club	00:45:34	11
61	Carol Hart	L50	6	Swinton Running Club	00:45:36	12
70	Grace Arthur	L35	18	Swinton Running Club	00:46:44	13
86	Susan Bean	L60	1	Swinton Running Club	00:48:54	14
97	Barbara Bayliss	L55	6	Swinton Running Club	00:49:50	15
98	Susana Poulson	L35	25	Swinton Running Club	00:49:55	16
102	Laura Hilly			Swinton Running Club	00:51:31	17
138	Janet Thomas	L55	8	Swinton Running Club	00:58:00	18
152	Clair Regan	L35	40	Swinton Running Club	01:07:21	19

Stockport 10							
Pos	Name	Cat	Pos	Club	Time		
29	Steven Doxey	V50	1	Swinton Running Club	01:01:14	1	
65	Mark Birchall			Swinton Running Club	01:05:43	2	
116	Antony Golding			Swinton Running Club	01:09:40	3	
144	Paul Rutherford	V45	19	Swinton Running Club	01:11:14	4	
148	Lauren Marsden	L35	1	Swinton Running Club	01:11:24		1
150	Ric Waring	V50	8	Swinton Running Club	01:11:28	5	
390	Louise McLoughlin	L40	9	Swinton Running Club	01:20:58		2
415	Michael Horton			Swinton Running Club	01:22:04	6	
466	Rebecca Mills	L	69	Swinton Running Club	01:23:57		3
500	Dave Pargeter	V40	90	Swinton Running Club	01:25:12	7	
513	Philip Waterhouse			Swinton Running Club	01:26:13	8	
542	Steve Hart	V50	36	Swinton Running Club	01:27:45	9	
556	David Williamson	V45	73	Swinton Running Club	01:28:23	10	
599	Carol Hart	L50	12	Swinton Running Club	01:31:16		4
627	Lisa Ottiwell	L35	23	Swinton Running Club	01:32:53		5
628	Ian Thomas	V55	30	Swinton Running Club	01:32:53	11	