Swinton Running Club
Club Championship 2012

Club Championship Calendar 2012		
Sunday 19th February	Central Lancashire 5K	✓
Sunday 4th March	The Trotters 5	✓
Sunday 15th April	Radcliffe 10km	✓
Wednesday 16th May	Horwich 5	✓
Wednesday 13th June	Three Sisters 5K Trail Race	✓
Thursday 12th July	Bull Hill Fell Race	✓
Wednesday 1st August	Chorley 4.4 Trail	✓
Sunday 12th August	NVAC 10K @ Bispham	✓
Sunday 9th September	Pennington Flash 5Mile Trail Race	✓
Sunday 7th October	Gin Pit 5	✓
October 31th	Self Timed Run	✓
Sunday 4th November	Through the Villages Race	✓
Sunday 25th November	Ladies Race	
Sunday 9th December	Stockport 10	

Swinton Running Club - Mens Club Championship 2012

Pos	Name	Cat	CLGP 5K February 19th	Trotters 5 March 4th	Radcliffe April 15th	Horwich 5 May 16th	Three Sisters June 13th	Bull Hill July 12th	Chorley August 1st	NVAC 10K August 12th	Pennington September 9th	Gin Pit October 7th	Self Timed October TBA	Villages November 4th	Stockport 10 December TBA	No Raced	Best 7 of 13	Total
1	Steven Doxey	M50	1	2	1	2					1	3	10	2		8	12	22
2	Mark Birchall	M	3	3	2	3		3	3				1			7	18	18
3	Paul Rutherford	M45	5	4	3	5		4	5	2	4	5	8	6		11	27	51
4	Mike Lilley	M55	11		7	10	6		7		9		14			7	64	64
5	Tony Flanagan	M45				1		1	1			2	5	3		6	#NUM!	13
6	David Burke	M60		5	4			6			2	6		7		6	#NUM!	30
7	Paul Robinson	M45	9	8	5	8	4				6					6	#NUM!	40
8	Philip Garside	M55							4	1	3	4				4	#NUM!	12
9	Darren Russell	M					1		2				6	4		4	#NUM!	13
10	Ric Waring	M45		7		7		5					7			4	#NUM!	26
11	Andrew Smith	M		10							8	10		9		4	#NUM!	37
12	John Pickup	M50	12				8					9	18			4	#NUM!	47
13	Peter Marsh	M60	15		8							11	17			4	#NUM!	51
14	Mark Whittington	M					2	2					3			3	#NUM!	7
15	Antony Golding	M	4			6	3									3	#NUM!	13
16	David Batty	M45	10		6		5									3	#NUM!	21
17	Paul Wilson	M40						7			5		16			3	#NUM!	28
18	Paolo Dale	M40									7	8	19			3	#NUM!	34
19	Melvyn Jones	M55	17			11	9									3	#NUM!	37
20	David Curry	M60									10	13	23			3	#NUM!	46
21	Matthew Clark	M										1		1		2	#NUM!	2
22	Chris Lomax	M40				4							2			2	#NUM!	6
23	Michael Horton	M					7		6							2	#NUM!	13
24	Dave Pargeter	M40	8	9												2	#NUM!	17
25	Steve Hart	M50											11	8		2	#NUM!	19
26	Ian Thomas	M60										12	12			2	#NUM!	24
27	David Byrne	M55	13										12			2	#NUM!	25
28	Paul Van-Calster	M50			9								20			2	#NUM!	29
29	Paul Shier	M	14										15			2	#NUM!	29
30	David Williamson	M45	16										21			2	#NUM!	37
31	Daniel Appleby	M		1												1	#NUM!	1
32	Daniel Bird	M	2													1	#NUM!	2
33	Jon Mellor												3			1	#NUM!	3
34	Steve Campbell	M40												5		1	#NUM!	5
35	Jason Cunningham	M	6													1	#NUM!	6
36	Andy Land	M		6												1	#NUM!	6
37	Colin Ainscough	M40	7													1	#NUM!	7
38	Ben Flanagan											7				1	#NUM!	7
39	Paul Walker	M				9										1	#NUM!	9
40	Liam Williamson												9			1	#NUM!	9
41	Glyn Davies												22			1	#NUM!	22
42	Dave Guy												24			1	#NUM!	24
43	Carl Price												25			1	#NUM!	25
44																0	#NUM!	0
45																0	#NUM!	0

Swinton Running Club - Ladies Club Championship 2012

Pos	Name	Cat	CLGP 5K February 19th	Trotters 5 March 4th	Radcliffe April 15th	Horwich 5 May 16th	Three Sisters June 13th	Bull Hill July 12th	Chorley August 1st	NVAC 10K August 12th	Pennington September 9th	Gin Pit October 7th	Self Timed October TBA	Villages November 4th	Ladies Run November 25th	Stockport 10 December TBA	No Raced	Best 7 of 14	Total
1	Julie Hamilton	F	4	5		4	2		2			2	3				7	22	22
2	Claire Wolfendale	F35	6	7	2					1	2	3		3			7	24	24
3	Rebecca Mills	F	2			1	1						2	1			5	#NUM!	7
4	Sharen Roberts	F35	5	6		5	4						7				5	#NUM!	27
5	Julie Whelan	F35		3		3	3		1								4	#NUM!	10
6	Carly Appleby	F		1	1							1					3	#NUM!	3
7	Lisa Ottiwell	F35	3	4							1						3	#NUM!	8
8	Janet Thomas	F55					5					5	3				3	#NUM!	13
9	Emma Flynn	F	1			2											2	#NUM!	3
10	Gaynor Clarke	F	7									4					2	#NUM!	11
11	Carol Hart	F50											9	2			2	#NUM!	11
12	Sian Ciabattoni												1				1	#NUM!	1
13	Vicky Boswell	F		2													1	#NUM!	2
14	Dawn Clarke												5				1	#NUM!	5
15	Viv Samuelson	F35				6											1	#NUM!	6
16	Barbara Bayliss												6				1	#NUM!	6
17	Maggie McClelland												8				1	#NUM!	8
18	Kath Roberts												10				1	#NUM!	10
19	Louise Corrigan												11				1	#NUM!	11
20	Liz Eaton												12				1	#NUM!	12
21	Sarah Henderson												13				1	#NUM!	13
22																	0	#NUM!	0
23																	0	#NUM!	0
24																	0	#NUM!	0
25																	0	#NUM!	0
26																	0	#NUM!	0
27																	0	#NUM!	0
28																	0	#NUM!	0
29																	0	#NUM!	0
30																	0	#NUM!	0
31																	0	#NUM!	0
32																	0	#NUM!	0
33																	0	#NUM!	0
34																	0	#NUM!	0
35																	0	#NUM!	0
36																	0	#NUM!	0
37																	0	#NUM!	0
38																	0	#NUM!	0
39																	0	#NUM!	0
40																	0	#NUM!	0

Central Lancashire 5K - 19th February 2012										
Pos	Num	M	F	Name	Cat	CatPos	Club	Pace per Km/Mile	Time	
25	676	25		Steven Doxey	M50	(002/020)	Swinton Running Club	03.34/05.45	00:17:52	1
26	906	26		Daniel Bird	M	(010/051)	Swinton Running Club	03.35/05.45	00:17:53	2
50	949	48		Mark Birchall	M	(021/051)	Swinton Running Club	03.49/06.09	00:19:06	3
75	665	68		Antony Golding	M	(027/051)	Swinton Running Club	04.00/06.27	00:20:01	4
87	833	80		Paul Rutherford	M45	(011/022)	Swinton Running Club	04.06/06.36	00:20:31	5
96	56	86		Jason Cunningham	M	(032/051)	Swinton Running Club	04.10/06.42	00:20:50	6
97	951	87		Colin Ainscough	M40	(019/034)	Swinton Running Club	04.10/06.42	00:20:50	7
105	57	94		Dave Pargeter	M40	(021/034)	Swinton Running Club	04.17/06.54	00:21:27	8
107	914	96		Paul Robinson	M45	(013/022)	Swinton Running Club	04.20/06.58	00:21:40	9
139	824	120		David Batty	M45	(017/022)	Swinton Running Club	04.37/07.26	00:23:06	10
140	840		20	Emma Flynn	F	(009/035)	Swinton Running Club	04.37/07.26	00:23:07	1
152	887	127		Mike Lilley	M55	(006/012)	Swinton Running Club	04.45/07.39	00:23:46	11
154	843		26	Rebecca Mills	F	(012/035)	Swinton Running Club	04.47/07.41	00:23:53	2
162	834	134		John Pickup	M50	(018/020)	Swinton Running Club	04.52/07.50	00:24:20	12
171	61	142		David Byrne	M55	(009/012)	Swinton Running Club	05.02/08.06	00:25:10	13
172	866	143		Paul Shier	M	(046/051)	Swinton Running Club	05.02/08.07	00:25:12	14
173	968		30	Lisa Ottiwell	F35	(004/011)	Swinton Running Club	05.03/08.08	00:25:15	3
180	640	144		Peter Marsh	M60	(007/008)	Swinton Running Club	05.08/08.16	00:25:42	15
182	822	146		David Williamson	M45	(020/022)	Swinton Running Club	05.10/08.20	00:25:52	16
184	916	147		Melvyn Jones	M55	(010/012)	Swinton Running Club	05.12/08.22	00:26:00	17
188	698		39	Julie Hamilton	F	(016/035)	Swinton Running Club	05.16/08.29	00:26:22	4
200	625		46	Sharen Roberts	F35	(007/011)	Swinton Running Club	05.24/08.42	00:27:02	5
210	832		52	Claire Wolfendale	F35	(008/011)	Swinton Running Club	05.37/09.02	00:28:03	6
223	85		60	Gaynor Clarke	F	(022/035)	Swinton Running Club	06.17/10.06	00:31:23	7

Trotters 5						
Pos	Name	Cat	Pos	Club	Time	
16	Daniel Appleby			Swinton Running Club	31:15:00	1
17	Steven Doxey	V50	2	Swinton Running Club	31:19:00	2
31	Mark Birchall			Swinton Running Club	33:32:00	3
57	Paul Rutherford	V45	5	Swinton Running Club	35:18:00	4
65	David Burke	V60	1	Swinton Running Club	36:04:00	5
72	Andy Land			Swinton Running Club	36:50:00	6
77	Richard Wareing	V45	9	Swinton Running Club	37:07:00	7
81	Paul Robinson	V45	10	Swinton Running Club	37:55:00	8
82	Dave Pargeter	V40	15	Swinton Running Club	38:02:00	9
111	Carly Appleby	L	17	Swinton Running Club	40:14:00	1
120	Vicky Boswell	L	19	Swinton Running Club	41:05:00	2
129	Julie Whelan	L35	4	Swinton Running Club	42:18:00	3
149	Lisa Ottiwell	L35	5	Swinton Running Club	44:36:00	4
160	Julie Hamilton	L	34	Swinton Running Club	46:30:00	5
165	Andrew Smith			Swinton Running Club	47:02:00	10
169	Sharen Roberts	L35	9	Swinton Running Club	47:47:00	6
173	Claire Wolfendale	L35	10	Swinton Running Club	49:13:00	7

Radcliffe 10K - 15th April 2012									
Pos	Num	M	F	Name	Cat	CatPos	Club	Time	
30	188	29		Steven Doxey	M50	(003/026)	Swinton Running Club	00:39:40	1
48	173	45		Mark Birchall	M	(014/038)	Swinton Running Club	00:41:27	2
58	57	54		Paul Rutherford	M45	(009/026)	Swinton Running Club	00:42:32	3
78	76	71		David Burke	M60	(003/012)	Swinton Running Club	00:44:24	4
94	79	85		Paul Robinson	M45	(013/026)	Swinton Running Club	00:46:12	5
116	202		12	Carly Appleby	F	(002/011)	Swinton Running Club	00:47:50	1
129	77	115		David Batty	M45	(022/026)	Swinton Running Club	00:49:27	6
141	80	123		Mike Lilley	M55	(010/013)	Swinton Running Club	00:51:10	7
164	151	135		Peter Marsh	M60	(009/012)	Swinton Running Club	00:53:12	8
173	158	140		Paul Van-Calster	M50	(025/026)	Swinton Running Club	00:54:26	9
184	74		40	Claire Wolfendale	F35	(010/011)	Swinton Running Club	00:57:39	2

Horwich 5 - 16th May 2012							
Pos	Num	Name	Cat	Pos	Club	Time	
21	180	Tony Flanagan	V45	4	Swinton Running Club	32:15:00	1
32	167	Steven Doxet	V50	3	Swinton Running Club	33:21:00	2
64	122	Mark Birchall			Swinton Running Club	35:38:00	3
69	207	Chris Lomax	V40	10	Swinton Running Club	35:51:00	4
94	129	Paul Rutherford	V45	18	Swinton Running Club	37:08:00	5
97	187	Antony Golding			Swinton Running Club	37:20:00	6
113	126	Richard Waring	V45	23	Swinton Running Club	39:02:00	7
132	148	Paul Robinson	V45	24	Swinton Running Club	40:34:00	8
136	19	Rebecca Mills	L	19	Swinton Running Club	41:21:00	1
143	20	Emma Flynn	L	22	Swinton Running Club	41:46:00	2
145	182	Julie Whelan	L35	7	Swinton Running Club	42:07:00	3
156	174	Julie Hamilton	L	28	Swinton Running Club	43:19:00	4
174	209	Paul Walker	M		Swinton Running Club	44:44:00	9
184	147	Mike Lilley	V55	12	Swinton Running Club	45:48:00	10
190	155	Mervyn Jones	V55	13	Swinton Running Club	47:07:00	11
204	184	Sharen Roberts	L35	16	Swinton Running Club	50:37:00	5
211	115	Viv Samuelson	L35	20	Swinton Running Club	55:08:00	6

3 Sisters 5K Trail Race							
Pos	Num	Name	Cat	Pos	Club	Time	
20	156	Darren Russell			Swinton Running Club	18:17	1
59	189	Mark Whittington			Swinton Running Club	19:54	2
67	183	Anthony Golding			Swinton Running Club	20:21	3
102	124	Paul Robinson	V45	18	Swinton Running Club	22:04	4
131	75	Rebecca Mills	L	20	Swinton Running Club	23:21	1
133	55	Julie Hamilton	L	21	Swinton Running Club	23:23	2
135	113	David Batty	V45	22	Swinton Running Club	23:26	5
137	205	Julie Whelan	L35	7	Swinton Running Club	23:36	3
143	123	Mike Lilley	V55	10	Swinton Running Club	24:19	6
146	88	Michael Horton			Swinton Running Club	24:39	7
149	87	John Pickup	V50	21	Swinton Running Club	25:07	8
151	188	Melvyn Jones	V55	12	Swinton Running Club	25:15	9
162	204	Sharen Roberts	L	38	Swinton Running Club	27:41	4
174	134	Janet Thomas	L55	3	Swinton Running Club	33:25	5

Bull Hill Fell Race									
Pos	Num	M	F	Name	Cat	CatPos	Club	Time	
29	44	29		Tony Flanagan	M45	(006/045)	Swinton Running Club	00:46:33	1
100	291	96		Mark Whittington	M	(027/045)	Swinton Running Club	00:53:12	2
125	292	119		Mark Birchall	M	(032/045)	Swinton Running Club	00:55:06	3
129	53	123		Paul Rutherford	M45	(031/045)	Swinton Running Club	00:55:30	4
133	54	127		Richard Waring	M45	(033/045)	Swinton Running Club	00:55:45	5
147	43	140		David Burke	M60	(004/007)	Swinton Running Club	00:57:21	6
166	46	155		Paul Wilson	M40	(027/029)	Swinton Running Club	00:58:34	7

Chorley 4.4 Trail Race							
Pos	Num	Name	Cat	Pos	Club	Time	
16	188	Tony Flanagan	V45	2	Swinton Running Club	27:12:00	1
25	312	Darren Russell			Swinton Running Club	28:03:00	2
47	500	Mark Birchall			Swinton Running Club	29:35:00	3
77	202	Philip Garside	V55	4	Swinton Running Club	31:11:00	4
84	308	Paul Rutherford	V45	1	Swinton Running Club	31:36:00	5
130	315	Julie Whelan	L35	5	Swinton Running Club	34:24:00	1
149	474	Julie Hamilton	L	27	Swinton Running Club	36:01:00	2
157	232	Michael Horton			Swinton Running Club	36:40:00	6
164	282	Mike Lilley	V55	12	Swinton Running Club	37:35:00	7

NVAC 10K									
Pos	Num	M	F	Name	Cat	CatPos	Club	Time	
56	368	50		Philip Garside	M55	(007/013)	Swinton Running Club	00:39:48	1
63	115	56		Paul Rutherford	M45	(004/007)	Swinton Running Club	00:40:51	2
121	440		35	Claire Wolfendale	F35	(006/009)	Swinton Running Club	00:53:44	1

Pennington Flash 5Mile Trail Race					
Pos	Name	Cat	Club	Time	
20	S Doxey	M50	Swinton	30.06	1
47	D Burke	M40	Swinton	33.32	2
49	P Garside	M55	Swinton	33.48	3
62	P Rutherford	M45	Swinton	34.56	4
70	P Wilson	M40	Swinton	36.07	5
71	P Robinson	M45	Swinton	36.14	6
80	P Dale	M40	Swinton	37.24	7
101	A Smith	M	Swinton	41.07	8
113	L Ottiwell	F35	Swinton	42.27	1
115	M Lilley	M55	Swinton	42.29	9
128	C Wolfenden	F	Swinton	46.09	2
137	D Curry	M60	Swinton	48.43	10

Gin Pit 5 Mile Trail Race							
Pos	Num	Name	Cat	Pos	Club	Time	
3	99	Matthew Clark			Swinton Running Club	27:45:00	1
14	134	Tony Flanagan	V45	2	Swinton Running Club	29:41:00	2
17	37	Steve Doxey	V50	3	Swinton Running Club	29:51:00	3
56	110	Philip Garside	V55	3	Swinton Running Club	33:15:00	4
70	168	Paul Rutherford	V45	9	Swinton Running Club	34:29:00	5
82	129	David Burke	V60	2	Swinton Running Club	35:53:00	6
87	120	Ben Flanagan	JM	2	Swinton Running Club	36:05:00	7
93	135	Carly Appleby	L	17	Swinton Running Club	36:50:00	1
95	56	Paolo Dale	V40	18	Swinton Running Club	36:54:00	8
108	156	Julie Hamilton	L	21	Swinton Running Club	38:23:00	2
141	74	John Pickup	V50	22	Swinton Running Club	41:17:00	9
144	158	Andy Smith			Swinton Running Club	41:31:00	10
145	167	Peter Marsh	V60	4	Swinton Running Club	41:32:00	11
155	70	Ian Thomas	V60	6	Swinton Running Club	43:41:00	12
166	153	Claire Wolfendale	L35	7	Swinton Running Club	45:54:00	3
176	49	David Curry	V60	7	Swinton Running Club	48:33:00	13
177	33	Gaynor Clarke	L	51	Swinton Running Club	48:34:00	4
183	69	Janet Thomas	L55	5	Swinton Running Club	53:42:00	5

Self Timed Run

Pos	Name	Diff
M1	Mark Birchall	0
M2	Chris Lomax	5
M3	Mark Whittington	6
M3	Jon Mellor	6
M5	Tony Flannagan	10
M6	Darrren Russell	11
M7	Ric Waring	17
M8	Paul Rutherford	18
M9	Liam Williamson	29
M10	Steve Doxey	34
M11	Steve Hart	35
M12	Ian Thomas	43
M12	Dave Byrne	43
M14	Mike Lilley	66
M15	Paul Shier	67
M16	Paul Wilson	78
M17	Pete Marsh	80
M18	Adam Pickup	82
M19	Paolo Dale	83
M20	Paul Van Caster	86
M21	Dave Williamson	87
M22	Glyn Davies	106
M23	Dave Curry	107
M24	Dave Guy	148
M25	Carl Price	191

Pos	Name	Diff
F1	Sian Ciabattoni	51
F2	Rebecca Mills	57
F3	Julie Hamilton	71
F3	Janet Thomas	71
F5	Dawn Clarke	88
F6	Barbara Bayliss	97
F7	Sharen Roberts	116
F8	Maggie McClelland	120
F9	Carol Hart	135
F10	Kath Roberts	143
F11	Louise Corrigan	152
F12	Liz Eaton	173
F13	Sarah Henderson	227

Through the Villages

Pos	Num	M	F	Name	Cat	CatPos	Club	Time	
6	47	6		Matthew Clark	M	(006/042)	Swinton Running Club	00:49:52	1
14	82	13		Steven Doxey	M50	(001/026)	Swinton Running Club	00:52:04	2
15	150	14		Tony Flanagan	M45	(001/030)	Swinton Running Club	00:52:04	3
20	179	19		Darren Russell	M	(010/042)	Swinton Running Club	00:53:04	4
43	154	39		S Campbell	M40	(009/021)	Swinton Running Club	00:59:14	5
58	26	52		Paul Rutherford	M45	(011/030)	Swinton Running Club	01:00:51	6
69	54	63		David Burke	M60	(002/011)	Swinton Running Club	01:01:53	7
130	45		20	Rebecca Mills	F	(007/013)	Swinton Running Club	01:09:09	1
172	153	135		Steve Hart	M50	(025/026)	Swinton Running Club	01:15:45	8
173	183	136		Andy Smith	M	(032/042)	Swinton Running Club	01:15:55	9
193	152		44	Carol Hart	F50	(010/011)	Swinton Running Club	01:21:02	2
201	25		51	Claire Wolfendale	F35	(007/007)	Swinton Running Club	01:24:44	3