

CITY OF SALFORD WOMEN'S 5 MILE RACE

WINNER

1991	Pat Turton	Middleton	30'19
1992	Joanne Bamforth	Oldham and Royton	31'26
1993	Sheryl Reason	Stockport Harriers	32'26
1994	Bernadette Carter	Chorley Harriers	32'59
1995	Janet Kenyon	Horwich RMI	30'12
1996	Janet Rashleigh	Horwich RMI	30'54
1997	Jane Sullivan	Wigan Phoenix	30'57
1998	Janet Rashleigh	Horwich	30'49
1999	Jayne Sparks	Altrincham	30'18
2000	Janet Rashleigh	Horwich RMI	31'24
2001	Jennifer Heath	Sale Manchester	31'10
2002	Jennifer Heath	Sale Manchester	29'44 Course record
2003	Jayne Knowles	Altrincham AC	29'57
2004	Claire Davies	Spectrum Striders	31.46

VET 35

1991	Sue Lloyd	Penny Lane	31'38
1992	Sheila Norris	Radcliffe	36'32
1993	Anne Pugh	Altrincham	34'18
1994	Karen McIntosh	Bury AC	35'25
1995	Janet Kenyon	Horwich RMI	30'12
1996	Janet Rashleigh	Horwich RMI	30'54
1997	Denise Shakeshaft	Bolton United Harr.	34'21
1998	Janet Rashleigh	Horwich	30'49
1999	Angela Routledge	Altrincham	32'58
2000	Janet Rashleigh	Horwich RMI	31'24
2001	Debbie Haslam	Swinton RC	35'20
2002	Alison Sedman	Unattached	33'43
2003	Jane Clarke	Wilmslow RC	36'02
2004	Karen Hutchinson	Horwich RMI	33.32

VET 40

1991	Linda Gore	Wigan	32'43
1992	Susan Sykes	Manchester YMCA	35'26
1993	Audrey Foster	Bolton United Harr.	35'27
1994	Sue Billam	Halifax Harriers	37'03
1995	Sue Exon	Trafford AC	33'40
1996	Joan Jackson	Unattached	33'45
1997	Julie Asgill	Trafford	31'43
1998	Denise Wakefield	Sale Harriers	34'36
1999	Lynne Flatman	Bolton Utd Harriers	35'20
2000	Susan Selby	Salford Harriers	33'29
2001	Susan Selby	Salford Harriers	34'09
2002	Carol Wilgoose	Halifax Harriers	34'54
2003	Suzanne Budgett	Horwich RMI	33'30
2004	Alison Vesey	Altrincham	33.33

VET 45

1991	Eileen Leary	Wigan	34'17
1992	Lynda Cheetham	Belle Vue	39'24
1993	Brenda Bradshaw	Manchester YMCA	36'59
1994	Margaret Chippendale	Stockport Harriers	35'41
1995	Mary Lloyd	Swinton	36'51
1996	Mary Lloyd	Swinton	37'22
1997	Kathy Howe	Northern Vets	33'21
1998	Audrey Foster	Bolton United Harr.	35'40
1999	Denise Wakefield	Sale H	34'53
2000	Janet Redpath	Spectrum Striders	38'52
2001	Denise Wakefield	Sale Manchester	36'04
2002	Joan Jackson	Northern Vets	32'20
2003	Anne Ferguson	Burnden RR	38'13
2004	Kate Ayres	Wilmslow	35.11

VET 50

1991	Pat Kerley	Middleton	33'36
1992	Pat Kerley	Middleton	34'58
1993	Pat Kerley	Middleton	36'48
1994	Pauline Senior	Penistone	42'10
1995	Mary Meredith	Prestatyn RC	35'27
1996	Mary Meredith	Prestatyn RC	36'18
1997	Mary Meredith	Prestatyn RC	36'18
1998	Cecilia Fitzsimmons	St Helens Sutton	38'40
1999	Kathy Howe	NVAC	34'44
2000	Cecilia Fitzsimmons	St Helens Sutton	38'57
2001	Cecilia Fitzsimmons	St Helen's Sutton	39'01
2002	Janet Redpath	Spectrum	38'31
2003	Pam Appleton	St Helen's Sutton	41'18
2004	Anne Pugh	Altrincham	33.29

VET 55

1991	Hilda Leigh	Wigan	38'34
1992	Lou Gilchrist	Middleton	37'53
1993	Pam Bryans	Stockport Harriers	56'27
1994	Josie Geraghty	Belle Vue	44'26
1995	Josie Geraghty	Belle Vue	45'03
1996	Barbara Stockley	Unattached	49'57
1997	Tess Harrison	Reebok Sisters	46'02
1998	Freda Southworth	Blackburn RR	43'31
1999	Val Lawson	Clayton Harriers	43'51
2000	Val Lawson	Clayton Harriers	43'33
2001	Christine Navan	Rossendale	43'11
2002	Christine Navan	Rossendale	43'19
2003	Kath Howe	Northern Vets	37'30
2004	Brenda Bradshaw	Manchester Harriers	45.16

VET 60

1992	Sheila Drummond	Bollington Harriers	48'51
1993	Lou Gilchrist	Middleton	40'17
1994	Lou Gilchrist	Middleton	39'30
1995	Barbara Hoy	Shropshire Shuffler	50'22
1996	Lou Gilchrist	Middleton	39'59
1997	Kathleen Garnett	Clayton le Moors	41'57
1998	Kathleen Garnett	Clayton le Moors	44'10
1999	Barbara Stockley	Unatt.	50'41
2000	Kitty Garnett	Claytonle Moors	45'12
2001	Kathleen Garnett	Claytonle Moors	45'30
2002	Doreen Callan	Belle Vue Racers	45'57
2003	Tess Harrison	Burnden RR	46'42
2004	Rosemary Armstrong	Doncaster & Stainforth	42.35

VET 65

2002	Lou Gilchrist	Middleton	40'17
2003	Doreen Callan	Belle Vue Racers	46'16
2004	Tess Harrison	Burnden	47.16

Under 20

2001	Jenna Hill	Sale Manchester	32'14
2002	Jenna Hill	Sale Manchester	31' 52
2003	Sarah Heffron	Oldham & Royton	35'09
2004	Katie Keeley	Oldham & Royton	34.47

TEAM

1994	Manchester YMCA
1996	Halifax Harriers
1997	Bolton United Harriers
1998	Bolton United Harriers
1999	Altrincham
2000	Swinton RC
2001	Sale Manchester
2002	Sale Manchester

2003 Wilmslow Running Club
2004 Belle Vue Racers