

1	Damian Nicholls	M	Wilmslow Running Club	28.17
2	Rob Downs	M45	Wilmslow Running Club	28.49
3	Jim Pendrill	M	Wilmslow Running Club	29.54
4	Malcolm Fowler	M	Wilmslow Running Club	30.25
5	Graham McNeil	M45	Wilmslow Running Club	30.29
6	Andy Wilton	M45	Staffs Moorlands	30.33
7	Darren Cottier	M	Vale Royal AC	31.45
8	Denis Duret	M40	Ellesmere Port AC	32.08
9	Dave Gough	M45	Vale Royal AC	32.10
10	Adair Broughton	M	Helsby Running Club	32.17
11	Rob Gilbert	M40	Wilmslow Running Club	32.19
12	Frank Cordingley	M45	Sale Harriers	32.21
13	Paul Watson	M	Dragons RC	32.22
14	Paul Aird	M50	Last Inn Runners	32.45
15	Alex Miller	M	Unattached	33.14
16	Mick Fairs	M60	Wilmslow Running Club	33.23
17	Chris Bratt	M40	Sale Harriers	33.31
18	Kath Lamplough	F	Macclesfield Harriers	33.37
19	Mike Cooper	M40	Wilmslow Running Club	33.51
20	Dave Keeling	M	Cheshire Hill Racers	34.02
21	Will Hardman	M	Unattached	34.09
22	Matthew Malone	M	Winston Runners	34.17
23	David Shepherd	M40	Unattached	34.20
24	Andy Thorp	M40	Unattached	34.38
25	John Carroll	M45	Vale Royal AC	34.44
26	Angela Jordan	F	Stainland Lions	34.46
27	Billy Hargreaves	M60	Liverpool Harriers	34.49
28	Ken Burgess	M65	Altrincham AC	34.57
29	Steve Smith	M45	Wilmslow Running Club	34.58
30	Mishal Abushal	M	Unattached	34.59
31	Tristan Pocock	M	Dragons RC	35.07
32	Kerrie Wood	F40	Stockport Harriers	35.12
33	Gareth Trimble	M	Wilmslow Running Club	35.17
34	David Taylor	M45	Chorley AC	35.30
35	David Murphy	M	Vale Royal AC	35.36
36	Steve Russell	M45	Wilmslow Running Club	35.42
37	Jamie Smith	M60	Wilmslow Running Club	36.23
38	Kate Sutton	F45	Wilmslow Running Club	36.26
39	Greg Markley	M	Unattached	36.32
40	Neil Stones	M	Unattached	36.45
41	Geoff Gilbert	M55	Wilmslow Running Club	36.50
42	Rachel Laurence	F	Macclesfield Harriers	36.56
43	Richard Hirons	M40	Wilmslow Running Club	36.59
44	Geoff Shaw	M55	Helsby Running Club	37.10
45	Sally Gilliver	F45	Wilmslow Running Club	37.15
46	Nick Haywood	M	Vale Royal AC	37.24
47	Colin Rathbone	M65	Vale Royal AC	37.41
48	Jamie Stones	M	Unattached	37.55
49	Andrew Malone	M	Winston Runners	37.59
50	Gary Mitchell	M40	Unattached	38.05
51	Jan Nicholls	F35	Sale Harriers	38.07
52	Andrew Dooley	M50	Styal Running Club	38.24
53	Scott Overton	M	Unattached	38.27
54	Frank Podd	M	Unattached	38.28

55	David Wheable	M40	Wilmslow Running Club	38.38
56	Stu Kane	M	Unattached	38.48
57	Lee McCourt	M	Manchester Harriers	38.51
58	Beverley Ganose	F45	Altrincham AC	38.53
59	Andrew Gray	M	Lincoln Harriers	39.02
60	R Clarke	M50	Unattached	39.04
61	David Maddock	M45	Unattached	39.05
62	Sarah Waite	F	Wilmslow Running Club	39.08
63	Mark Hanna	M	Unattached	39.11
64	Mike O'Brien	M	Manchester YMCA	39.13
65	Matt Atkinson	M	Wilmslow Running Club	39.15
66	Pauline Davies	F55	Vale Royal AC	39.17
67	Jo Molyneaux	F45	Vale Royal AC	39.18
68	Gerry Rogers	M	Styal Running Club	39.21
69	Adrian Vanuxem	M	Wilmslow Running Club	39.31
70	Paul Clutterbuck	M40	Vale Royal AC	39.33
71	John McCourt	M55	Manchester Harriers	39.34
72	Ian Sparks	M	Macclesfield Harriers	39.37
73	Barrie Ainscow	M45	Dragons RC	39.46
74	Robert Buckley	M55	Altrincham AC	39.49
75	Gary Wenn	M40	Royal Navy	39.50
76	Peter Bream	M40	Wilmslow Running Club	39.55
77	Christine Geraghty	F45	Wilmslow Running Club	40.00
78	Andy Watts	M55	Wilmslow Running Club	40.06
79	Patrick Grannan	M55	Unattached	40.08
80	Penny Hinke	F50	Wilmslow Running Club	40.09
81	Mark Anderton	M	Unattached	40.13
82	Joanne Healy	F35	Dragons RC	40.15
83	Richard Baggaley	M	Unattached	40.18
84	Mike Cutler	M50	South Cheshire	40.21
85	Rob James	M	Unattached	40.30
86	Julia Day	F40	Horsforth Harriers	40.46
87	John Malone	M50	Winston Runners	40.47
88	John Riley	M65	Northern Vets	40.48
89	Charles Lowthian	M50	Styal Running Club	41.03
90				41.15
91	Alan Jenkinson	M60	Styal Running Club	41.17
92	Michael Barry	M	Stockport Harriers	41.22
93	Chris Sewart	M	Unattached	41.28
94	Carla Owen	F	Wilmslow Running Club	41.29
95				41.46
96	Jane Sugden	F35	Unattached	41.47
97	Simon Fenton	M65	Wilmslow Running Club	41.55
98	Rod Coombs	M55	Wilmslow Running Club	42.01
99	Sally Whertly	F	Unattached	42.03
100	Clare Hughes	F	Unattached	42.03
101	Chris Cannon	M50	Unattached	42.41
102	Jane O'Hara	F35	Stockport Harriers	42.43
103	Sid Bailey	M50	Deestriders	43.04
104	Nicole Van De Wittenbc	F40	Dragons RC	43.05
105	Kasey Lynch	F	Wilmslow Running Club	43.07
106	James Barnes	M45	UKNetRunner	43.26
107	Mark Fredrickson	M	Unattached	43.35
108	Felicity Doyle	F50	Congleton Harriers	43.39
109	Peter Doyle	M50	Congleton Harriers	43.40
110	Gaynor James	F	Unattached	43.42

111	Caroline Weir	F	Sandbach Striders	43.45
112	Geoff Halliday	M	Unattached	43.53
113	Chris Massey	M	Unattached	43.54
114	Alex Burns	F40	Winston Runners	43.55
115	Nina Birch	F	Wilmslow Running Club	43.57
116	Chris Briggs	M	Unattached	43.58
117	Bill Staniard	M45	Wilmslow Running Club	44.09
118	Ros Mann	F55	Unattached	44.10
119	Julie Lucas	F45	Wilmslow Running Club	44.18
120	Jill Young	F40	Sandbach Striders	44.19
121	Maggie Jones	F50	Altrincham AC	44.19
122	Andy Todd	M60	Helsby Running Club	44.52
123	Zoe Hoghton	F	Unattached	44.57
124	Carolyn Hirons	F40	Unattached	44.58
125	Alex Fredrickson	F	Unattached	45.01
126	Tracy Livesey	F40	Unattached	45.14
127	Den Masset	F45	Unattached	45.16
128	Chris Coupes	M	Unattached	45.17
129	Matt Roberts	M	Unattached	45.18
130	John Kleiser	M	Unattached	45.23
131	Chris Watts	M	Wilmslow Running Club	45.53
132	Daniel Kirshen	M50	Unattached	45.58
133	Ian Lockett	M40	Unattached	45.58
134	Jean Dolan	F60	Altrincham AC	46.03
135	Carole Williams	F55	Vale Royal AC	46.31
136	Liz O'Keefe	F50	Sandbach Striders	46.40
137	Phil Armitt	M55	Unattached	46.44
138	Carron Lane	F45	Winston Runners	46.50
139	John Clegg	M	Unattached	46.54
140	Rosalind Dyde	F50	Winston Runners	46.56
141	Trevor Faulkner	M65	Wilmslow Running Club	47.19
142	Julie Ryan	F40	Unattached	47.24
143	Tricia Ironside	F35	Vale Royal AC	47.26
144	David Taylor	M50	Staffs Moorlands	47.28
145	Christine Barker	F55	Belle Vue Racers	47.48
146	Chloe Smith	F	Winston Runners	48.04
147	Julie Crawley	F40	Winston Runners	48.11
148	Don George	M70	Sale Harriers	48.45
149	Michael Hadfield	M	Middleton Harriers	49.06
150	Jill Peacock	F45	Winston Runners	49.09
151	Anne Mellor	F45	Manchester Harriers	49.18
152	Les Robinson	M50	Winston Runners	49.18
153	Bernard Thompstone	M60	Winston Runners	49.18
154	Sarah Bundock	F35	Dragons RC	50.16
155	David Allen	M60	Winston Runners	50.31
156	Janet Shaw	F55	Helsby Running Club	50.44
157	Geoff Howarth	M70	Northern Vets	50.46
158	Laura MacNeil	F	Unattached	51.10
159	Brian Platt	M70	Unattached	52.15
160	Helen Keeley	F40	Unattached	52.16
161	Helen Hadfield	F40	Middleton Harriers	52.24
162	David Miller	M55	Stockport Harriers	52.42
163	Jean Skitt	F60	Manchester Harriers	52.52
164	Laura Hall	F	Norton Cannes	53.15
165	Jo Lancaster	F35	Unattached	53.52
166	Clare Winterson	F35	Unattached	54.12

167 Lisa Jones	F	Dragons RC	54.12
168 Sarah Easten	F	Unattached	54.21
169 Sue Jones	F35	Unattached	55.48
170 Sally Briggs	F35	Unattached	56.44
171 Mark Taylor	M	Staffs Moorlands	56.45
172 Sue Taylor-Street	F40	Unattached	58.16
173 Yasmin Khan	F35	Unattached	59.55
174 Shelley Macintosh	F35	Unattached	62.29
175 Martin Wheeldon	M55	Wilmslow Running Club	62.30