

Pos	Time	Name	Club	Category	mins/km	Race no
1	0:15:18	NICHOLLS, Damian	Wilmslow RC	Senior Men	03:03.6	123
2	0:15:54	BOOTH, Gareth	Horwich RMI Harriers	Senior Men	03:10.8	410
3	0:15:56	HUGHES, Rob	Salford Harriers	Senior Men	03:11.2	120
4	0:16:01	FREARY, Paul	Belgrave Harriers	MV40	03:12.2	425
5	0:16:03	ALSOP, Roger	Herne Hill Harriers	MV45	03:12.6	368
6	0:16:06	DOYLE, Stuart	Vale Royal AC	Senior Men	03:13.2	96
7	0:16:12	CROWE, Steven	Ellesmere Port RC	Senior Men	03:14.4	408
8	0:16:25	REEVES, Andrew	Serpentine Running Club	Senior Men	03:17.0	386
9	0:16:26	LAMONT, Andrew	Macclesfield Harriers	Senior Men	03:17.2	139
10	0:16:36	CHAPMAN, Ken	Scottish Vet Harriers	MV40	03:19.2	128
11	0:16:38	PENDRILL, Jim	Wilmslow RC	Senior Men	03:19.6	44
12	0:16:41	MANNION, Paul	Astley & Tyldesley RR	MV40	03:20.2	379
13	0:16:48	DOWNS, Rob	Wilmslow RC	MV45	03:21.6	43
14	0:17:01	ROSE, Julian	Holmfirth Harriers	MV45	03:24.2	390
15	0:17:03	HATTON, Mike	South Cheshire Harriers	MV45	03:24.6	146
16	0:17:04	BAMBER, Zack	Vale Royal AC	Male Junior	03:24.8	59
17	0:17:04	TIMMINS, Adrian	Warrington AC	MV40	03:24.8	100
18	0:17:06	ROWLINSON, Gary	Sale Harriers Mcr	MV45	03:25.2	107
19	0:17:16	WALKER, Mark	Macclesfield Harriers	Senior Men	03:27.2	306
20	0:17:20	MORRIS, Trevor	Wilmslow RC	MV45	03:28.0	342
21	0:17:21	BENTLEY, Chris	Macclesfield Harriers	Senior Men	03:28.2	319
22	0:17:24	JONES, Neil	South Cheshire Harriers	MV40	03:28.8	40
23	0:17:27	WATSON, Paul	Altrincham & District AC	Senior Men	03:29.4	114
24	0:17:29	NORMAN, David	Wirral AC	MV50	03:29.8	126
25	0:17:30	VALENTINE, Henry	South Cheshire Harriers	Male Junior	03:30.0	349
26	0:17:34	SHAW, Mike	Stockport Harriers	MV45	03:30.8	147
27	0:17:35	BURNS, Phil	Stockport Harriers	Senior Men	03:31.0	83
28	0:17:36	BAKER, Richard	South Cheshire Harriers	Senior Men	03:31.2	362
29	0:17:39	BROUGHTON, Adair Peter	Helsby RC	Senior Men	03:31.8	309
30	0:17:42	MAHER, Peter	Vale Royal AC	MV55	03:32.4	91
31	0:17:47	MOORE, Ryan	Vale Royal AC	Male Junior	03:33.4	355
32	0:17:48	MARTIN, Colin	Spectrum Striders	MV50	03:33.6	12
33	0:17:53	HOUGHTON, Mike	Spectrum Striders	MV40	03:34.6	21
34	0:17:53	DODD, Mark	Ellesmere Port RC	Senior Men	03:34.6	414
35	0:17:54	HARRINGTON, Michael	Vale Royal AC	Senior Men	03:34.8	402
36	0:17:57	CARRINGTON, Dave	Altrincham & District AC	MV50	03:35.4	409
37	0:18:00	MARTIN, Stephen	Spectrum Striders	MV50	03:36.0	2
38	0:18:02	COLLINS, David	Wigan Phoenix	MV45	03:36.4	412
39	0:18:05	CROMPTON, Neil	Spectrum Striders	Senior Men	03:37.0	430
40	0:18:06	CHRISTEY, Scott	Astley & Tyldesley RR	MV40	03:37.2	80
41	0:18:07	SIMPSON, James	South Cheshire Harriers	Senior Men	03:37.4	375
42	0:18:10	DOXEY, Steven	Swinton R.C	MV45	03:38.0	130
43	0:18:15	WHEELER, James	Wilmslow RC	Senior Men	03:39.0	332
44	0:18:19	NORTON, Mark	Altrincham & District AC	Senior Men	03:39.8	125
45	0:18:21	SHEEDY, Jeremy		Senior Men	03:40.2	344
46	0:18:24	TYLER, William		Senior Men	03:40.8	67
47	0:18:26	WILLCOCK, Gary	Sale Harriers Mcr	MV45	03:41.2	47
48	0:18:32	WHITFIELD, Liz	Spectrum Striders	Senior Lady	03:42.4	6
49	0:18:36	GARNETT, Neil	Spectrum Striders	MV45	03:43.2	376
50	0:18:37	PUDGE, Ian	Fell Ponies	Senior Men	03:43.4	7
51	0:18:40	SPENCER, Julian	Spectrum Striders	MV50	03:44.0	1
52	0:18:40	DYER, Sean	South Cheshire Harriers	Male Junior	03:44.0	347
53	0:18:40	WALSHE, Kieran	Lymm Runners	MV45	03:44.0	103
54	0:18:47	MCDONALD, Colin	Spectrum Striders	Senior Men	03:45.4	20
55	0:18:49	MASON, Jeff	Liverpool Pembroke & Sefton	MV55	03:45.8	336

56	0:18:52	HOCKING, Zack		Senior Men	03:46.4	85
57	0:18:54	SMITH, Steve	Wilmslow RC	MV45	03:46.8	385
58	0:18:54	HOUGH, Rob	Spectrum Striders	Senior Men	03:46.8	340
59	0:18:55	AINSWORTH, Dave	Altrincham & District AC	MV50	03:47.0	391
60	0:18:57	MARQUIS-JONES, Peter	South Cheshire Harriers	Senior Men	03:47.4	308
61	0:18:59	ASHCROFT, Derek	Penny Lane Striders	MV55	03:47.8	404
62	0:18:59	EYRE, James	Wilmslow RC	Senior Men	03:47.8	407
63	0:19:01	BARBER, Carl	Sale Harriers Mcr	Senior Men	03:48.2	49
64	0:19:01	HATCH, Mike	Sale Harriers Mcr	Senior Men	03:48.2	119
65	0:19:02	BANNISTER, Peter	Wilmslow RC	Senior Men	03:48.4	433
66	0:19:04	CROSBY, James	Altrincham & District AC	Senior Men	03:48.8	36
67	0:19:05	TODD, John	Vale Royal AC	MV45	03:49.0	366
68	0:19:06	KAY, Colin	Atherton RC	MV50	03:49.2	98
69	0:19:06	WEEDALL, Gary	Vale Royal AC	MV45	03:49.2	321
70	0:19:08	SPILSBURY, Kate	Vale Royal AC	Senior Lady	03:49.6	363
71	0:19:10	BRETT, Tim	Sale Harriers Mcr	MV40	03:50.0	51
72	0:19:11	ANDREW, Stuart	Spectrum Striders	Senior Men	03:50.2	23
73	0:19:20	RUTHERFORD, Paul A	Swinton R.C	MV45	03:52.0	422
74	0:19:24	TAYLOR, Jayne	Wigan Phoenix	LV45	03:52.8	413
75	0:19:31	WITHERS, Nicholas	Styal RC	MV45	03:54.2	153
76	0:19:33	RUDD, Louise	Wilmslow RC	LV35	03:54.6	304
77	0:19:36	ADAIR, Neil	Spectrum Striders	Senior Men	03:55.2	416
78	0:19:38	HULME, Tony	Wilmslow RC	MV60	03:55.6	41
79	0:19:38	SALIHI, Nabilah	Spectrum Striders	Senior Lady	03:55.6	388
80	0:19:44	EHLEN, Brad	Spectrum Striders	Senior Men	03:56.8	5
81	0:19:44	PARROTT, John	Stockport Harriers	MV50	03:56.8	401
82	0:19:45	LOMAS, Steve	Macclesfield Harriers	MV40	03:57.0	310
83	0:19:48	PARSONS, Jessica	Vale Royal AC	Lady Junior	03:57.6	377
84	0:19:50	HIRONS, Richard	Wilmslow RC	MV45	03:58.0	372
85	0:19:51	PINNINGTON, David	Penny Lane Striders	MV45	03:58.2	160
86	0:19:55	TAYLOR, David	Chorley AC	MV45	03:59.0	118
87	0:19:55	RIDGWAY, Neil	South Cheshire Harriers	MV50	03:59.0	369
88	0:19:57	ROUILLON, Georges	Spectrum Striders	Male Junior	03:59.4	9
89	0:19:58	BARNETT, Gemma	Vale Royal AC	Senior Lady	03:59.6	367
90	0:20:05	MARCH, Chris	Stockport Harriers	Senior Men	04:01.0	116
91	0:20:06	BROWN, Keith	Warrington Road Runners	MV45	04:01.2	127
92	0:20:06	BAMBER, Scott	Vale Royal AC	MV40	04:01.2	60
93	0:20:10	PENNINGTON, Andrew		MV40	04:02.0	384
94	0:20:11	BARTON, Andrew	Altrincham & District AC	Senior Men	04:02.2	33
95	0:20:11	GREEN, Katy	Wilmslow RC	LV35	04:02.2	424
96	0:20:13	JONES, Jacqui	Wigan Phoenix	LV45	04:02.6	411
97	0:20:14	GARNETT, Andy	Spectrum Striders	MV55	04:02.8	3
98	0:20:17	REES, Cheryl	South Cheshire Harriers	LV35	04:03.4	305
99	0:20:17	WHARTON, Michael	Sale Harriers Mcr	Senior Men	04:03.4	48
100	0:20:23	LEWIS, Sandra	Altrincham & District AC	Senior Lady	04:04.6	34
101	0:20:32	WRIGHT, Tony2	Spectrum Striders	MV45	04:06.4	314
102	0:20:32	MCHARRY, Rob	Spectrum Striders	MV45	04:06.4	26
103	0:20:32	MARTIN, Marian	Spectrum Striders	LV50	04:06.4	11
104	0:20:35	BULLOUGH, Don	Wilmslow RC	MV50	04:07.0	427
105	0:20:35	PETTITT, Amelia	Vale Royal AC	Lady Junior	04:07.0	809
106	0:20:38	THORN, Penny	Serpentine Running Club	LV35	04:07.6	387
107	0:20:40	BRIERLEY, Chris	Northern Vets AC	MV50	04:08.0	339
108	0:20:40	GILBERT, Geoff	Wilmslow RC	MV55	04:08.0	389
109	0:20:45	DYER, Liam	South Cheshire Harriers	Male Junior	04:09.0	346
110	0:20:46	BROWN, Tony	Northern Vets AC	MV60	04:09.2	135
111	0:20:46	UTTON, Damian	Altrincham & District AC	MV45	04:09.2	397

112	0:20:49	HEMMING, Caroline	Spectrum Striders	LV40	04:09.8	8
113	0:20:52	SHAW, Geoff	Helsby RC	MV55	04:10.4	75
114	0:20:52	PUGH, Anne	Altrincham & District AC	LV55	04:10.4	318
115	0:20:53	GROVE, Matthew	Macclesfield Harriers	Senior Men	04:10.6	396
116	0:20:58	GERAGHTY, Christine	Wilmslow RC	LV45	04:11.6	420
117	0:21:00	HARDACRE, Sean		MV40	04:12.0	302
118	0:21:03	LORD, Derek	Burnden Road Runners	MV45	04:12.6	395
119	0:21:07	COLLIER, Anthony	Styal RC	MV50	04:13.4	56
120	0:21:09	JONES, Michael	Altrincham & District AC	MV55	04:13.8	383
121	0:21:09	MAIRS, Stuart	Salford Met	Senior Men	04:13.8	104
122	0:21:11	PASSMORE, Tim		Senior Men	04:14.2	326
123	0:21:12	BARNARD, Stuart	Spectrum Striders	Senior Men	04:14.4	122
124	0:21:14	DYDE, Alasdair	South Cheshire Harriers	MV45	04:14.8	38
125	0:21:15	ROWLINSON, Giles	Wilmslow RC	Senior Men	04:15.0	417
126	0:21:15	BOARDMAN, Judith		LV40	04:15.0	421
127	0:21:17	POLLARD, Martin		Senior Men	04:15.4	65
128	0:21:19	BISHOP, Nick	Wilmslow RC	MV50	04:15.8	359
129	0:21:20	HOWELL, John		Senior Men	04:16.0	313
130	0:21:20	THOMPSON, Dave	Spectrum Striders	MV50	04:16.0	393
131	0:21:20	PILDITCH, Stephen	Spectrum Striders	Senior Men	04:16.0	345
132	0:21:22	HAWKES, Clare	Wilmslow RC	LV45	04:16.4	303
133	0:21:22	GERRARD, Andrew		MV45	04:16.4	72
134	0:21:26	STREET, Joanne	Sale Harriers Mcr	Senior Lady	04:17.2	115
135	0:21:30	PRYAL, Mark		Senior Men	04:18.0	394
136	0:21:33	JACKSON, David	Warrington AC	MV45	04:18.6	432
137	0:21:34	WALTON, Derek	Altrincham & District AC	MV60	04:18.8	105
138	0:21:40	BISHOP, Hannah	Vale Royal AC	Lady Junior	04:20.0	90
139	0:21:41	TOMKINS, Dave	Northern Vets AC	MV60	04:20.2	74
140	0:21:43	TUGWELL, Philip	Spectrum Striders	MV45	04:20.6	398
141	0:21:52	WALKER, Ian	Chorley AC	MV45	04:22.4	99
142	0:21:53	POWELL, Nigel	Altrincham & District AC	MV45	04:22.6	30
143	0:21:58	DAVIES, Colin	Altrincham & District AC	MV60	04:23.6	382
144	0:21:59	MOWAT, Nicky	Wilmslow RC	LV50	04:23.8	426
145	0:22:01	MCCULLOGH, Aimee	Spectrum Striders	Senior Lady	04:24.2	19
146	0:22:03	HOWELL, Graham	Liverpool Harriers	MV60	04:24.6	311
147	0:22:06	MULRYAN, Jane	Wilmslow RC	LV55	04:25.2	142
148	0:22:10	DOOLEY, Andrew	Styal RC	MV50	04:26.0	54
149	0:22:12	KARFOPOULOS, Alexis		Senior Men	04:26.4	68
150	0:22:13	MARSTON, Chris		Senior Men	04:26.6	343
151	0:22:18	COLE, Melvyn	South Cheshire Harriers	MV55	04:27.6	149
152	0:22:22	FREEMAN, Mark		MV40	04:28.4	66
153	0:22:24	PYATT, Emma-Louise	Halton & Frodsham Harriers	Lady Junior	04:28.8	415
154	0:22:26	JONES, David A	Denbigh Harriers	MV55	04:29.2	374
155	0:22:26	ALLMAN, Barry J	Spectrum Striders	MV50	04:29.2	13
156	0:22:28	HARRISON, Carole	Altrincham & District AC	LV45	04:29.6	133
157	0:22:32	HOWELL, Gareth		Senior Men	04:30.4	312
158	0:22:32	MIRABELLA, Alessandro	Spectrum Striders	Senior Men	04:30.4	337
159	0:22:32	HOUGHTON, John		MV50	04:30.4	328
160	0:22:41	COLES, Matthew	Spectrum Striders	Male Junior	04:32.2	156
161	0:22:44	ELLIS, Janine	Wilmslow RC	LV40	04:32.8	331
162	0:22:48	ASHCROFT, Ian	Wilmslow RC	MV60	04:33.6	324
163	0:22:54	DOOLEY, John P	Spectrum Striders	MV60	04:34.8	25
164	0:22:57	COX, Matthew		MV50	04:35.4	418
165	0:22:59	METCALFE, Chris	Razzers Runners	MV45	04:35.8	155
166	0:23:00	CLARKE, Jonathan	Styal RC	MV40	04:36.0	55
167	0:23:03	PEREZ, Isabel	Liverpool Harriers	Lady Junior	04:36.6	136

168	0:23:04	WILLIAMS, Christopher		Senior Men	04:36.8	92
169	0:23:05	ROBERTSON, Janet	Helsby RC	LV40	04:37.0	399
170	0:23:06	HOWARTH, Sally	Trafford AC	LV45	04:37.2	94
171	0:23:09	HINKE, Penny	Wilmslow RC	LV50	04:37.8	121
172	0:23:12	LOWTHIAN, Charles	Styal RC	MV50	04:38.4	58
173	0:23:18	CANNON, Christopher	Wilmslow RC	MV50	04:39.6	405
174	0:23:18	O'DONNELL, Garry		MV50	04:39.6	435
175	0:23:29	ALLCOCK, Susan	South Cheshire Harriers	LV40	04:41.8	320
176	0:23:30	PEERS, Alan	Spectrum Striders	MV60	04:42.0	134
177	0:23:35	JONES, Sharon	Wilmslow RC	LV40	04:43.0	322
178	0:23:40	ASHCROFT, Owen	Wilmslow RC	Senior Men	04:44.0	325
179	0:23:46	POWNALL, Roy	Wilmslow RC	MV60	04:45.2	329
180	0:23:48	JENKINSON, Alan	Styal RC	MV60	04:45.6	57
181	0:23:48	FENTON, Simon	Wilmslow RC	MV60	04:45.6	371
182	0:23:53	GERRARD, David	Warrington AC	Male Junior	04:46.6	73
183	0:23:58	BROSTER, Richard		Senior Men	04:47.6	423
184	0:24:00	EAVES, Martin	Spectrum Striders	Senior Men	04:48.0	132
185	0:24:01	COOMBS, Rod	Wilmslow RC	MV55	04:48.2	338
186	0:24:09	RILEY, John	Northern Vets AC	MV70	04:49.8	86
187	0:24:16	JENKINS, Alan	Spectrum Striders	MV55	04:51.2	22
188	0:24:17	HOUGH, Grace	Telford Harriers	LV60	04:51.4	330
189	0:24:19	MASON, Soraya	Wilmslow RC	LV40	04:51.8	350
190	0:24:22	LOMAX, Jayne	Vale Royal AC	LV40	04:52.4	151
191	0:24:32	PETTITT, Richard	Vale Royal AC	MV50	04:54.4	808
192	0:24:33	HURLEY, Alen		MV45	04:54.6	316
193	0:24:40	EVANS, Matthew		Senior Men	04:56.0	93
194	0:24:44	HIGGINS, Brian	Styal RC	MV55	04:56.8	53
195	0:24:44	BLACK, Kenneth	Spectrum Striders	MV60	04:56.8	400
196	0:24:56	SHEEDY, Martin		MV55	04:59.2	341
197	0:24:56	GERAGHTY, Monique	Wilmslow RC	Senior Lady	04:59.2	419
198	0:24:56	ROUILLON, Philippe	Spectrum Striders	MV50	04:59.2	10
199	0:25:15	CARLON, Pauline	Spectrum Striders	LV50	05:03.0	28
200	0:25:19	COLAIANNI, Jim	Razzers Runners	MV55	05:03.8	154
201	0:25:31	BOYD, James		Senior Men	05:06.2	392
202	0:25:32	MOLLOY, Mark	Warrington Road Runners	MV40	05:06.4	428
203	0:25:38	WELLER, Theresa Louise	Styal RC	LV45	05:07.6	117
204	0:25:41	WHITHAM, Ian	Sale Harriers Mcr	MV45	05:08.2	46
205	0:25:44	DUNBAR, Ian	Spectrum Striders	MV55	05:08.8	24
206	0:25:49	CRESSWELL, David		MV40	05:09.8	69
207	0:25:56	JACKSON, Tony		MV45	05:11.2	370
208	0:26:10	PETTITT, Clara	Vale Royal AC	Lady Junior	05:14.0	810
209	0:26:12	DYDE, Sarah	South Cheshire Harriers	LV40	05:14.4	39
210	0:26:25	KINVIG, Val	Vale Royal AC	LV45	05:17.0	380
211	0:26:27	LUCAS, Julie	Wilmslow RC	LV45	05:17.4	335
212	0:26:28	ARROWSMITH, Paul J	Uknetrunner	Senior Men	05:17.6	87
213	0:26:38	HOBSON, Rosalind	Warrington Tri	LV35	05:19.6	89
214	0:26:39	ABBAY, Beverley	Spectrum Striders	LV40	05:19.8	111
215	0:26:43	SHAW, Janet	Helsby RC	LV55	05:20.6	76
216	0:26:52	HILL, Gail	Wilmslow RC	LV35	05:22.4	301
217	0:26:55	JACKSON, Christine	Warrington AC	LV45	05:23.0	431
218	0:26:56	HUTSON, Val	Spectrum Striders	LV45	05:23.2	110
219	0:27:07	ATTWELL, Dave	Altrincham & District AC	MV70	05:25.4	113
220	0:27:09	MULRYAN, Martin	Wilmslow RC	MV50	05:25.8	434
221	0:27:14	OWEN, Linda	Spectrum Striders	LV50	05:26.8	317
222	0:27:27	STEIN, Andrew		MV40	05:29.4	88
223	0:27:38	AINSCOW, Barrie	Dragon's RC (Sale)	MV45	05:31.6	159

224	0:27:41	BUNDOCK, Sarah	Dragon's RC (Sale)	LV35	05:32.2	158
225	0:28:02	BELL, Martin		Senior Men	05:36.4	95
226	0:28:12	BEDFORD, Peter	Dragon's RC (Sale)	MV55	05:38.4	351
227	0:28:24	BIRD, Allan		MV50	05:40.8	356
228	0:28:28	TICKLE, Beverley		LV35	05:41.6	334
229	0:28:58	STIRNA, Martin	South Cheshire Harriers	MV55	05:47.6	102
230	0:28:59	OLDFIELD, Lesley	South Cheshire Harriers	LV50	05:47.8	150
231	0:29:07	HOUGHTON, Philip		Male Junior	05:49.4	327
232	0:29:34	DEWSBURY, Claire		LV40	05:54.8	429
233	0:29:40	BRADLEY, Michelle	Spectrum Striders	LV40	05:56.0	14
234	0:29:40	BRADLEY, William	Spectrum Striders	MV45	05:56.0	15
235	0:29:46	WHEELDON, Martin	Wilmslow RC	MV55	05:57.2	403
236	0:29:49	TIDBURY, Peter		MV45	05:57.8	358
237	0:29:52	HOLDEN, Elaine		LV45	05:58.4	64
238	0:30:03	HEWITT, Anne	Rossendale Harriers	LV60	06:00.6	373
239	0:30:13	KINVIG, Corinne	Vale Royal AC	Senior Lady	06:02.6	381
240	0:31:13	MCFALL, Lee		LV40	06:14.6	63
241	0:31:21	CRESSWELL, Lisa		LV35	06:16.2	70
242	0:31:40	FELL, Carol	Warrington Road Runners	LV60	06:20.0	79
243	0:32:05	RAMSDALE, Christine	Spectrum Striders	LV60	06:25.0	18
244	0:32:21	KELLY, Jay	City Of Stoke AC	LV45	06:28.2	81
245	0:33:57	JONES, Dawn		Senior Lady	06:47.4	357