

1	Damian Nicholls	M	Wilmslow Running Club	29.25
2	James Noakes	M40	Macclesfield Harriers	29.38
3	Rob Downs	M45	Wilmslow Running Club	29.57
4	Edd Crowther	M	Vale Royal AC	31.00
5	Andrew Asler	M40	City of Stoke AC	31.01
6	Jack Ross	M	Staffs Moorlands	31.14
7	Tom Annable	M45	Vale Royal AC	31.24
8	Paul Watson	M	Altrincham AC	31.39
9	Chris Chandler	M45	Unattached	31.41
10	Dan Oliver	M	Stockport Harriers	31.49
11	Will Hardman	M	Unattached	32.11
12	Roy Woodland	M50	Unattached	32.39
13	Mark Bale	M	Wilmslow Running Club	32.43
14	Graham Screawn	M40	Northern Vets	32.46
15	Mike Harrington	M	Vale Royal AC	32.56
16	Chris Millington	M	Spectrum Striders	33.13
17	James Wheeler	M	Wilmslow Running Club	33.14
18	Dave Shackley	M40	Manchester Triathlon	33.19
19	Julian Brown	M40	Macclesfield Harriers	33.30
20	Adrian Fuller	M	Altrincham AC	33.38
21	Peter Bannister	M	Wilmslow Running Club	33.47
22	Giles Hodges	M	Sandbach Striders	33.51
23	John Todd	M	Vale Royal AC	33.58
24	John Shield	M	Unattached	34.01
25	Angela Jordan	F	Stainland Lions	34.07
26	Carl Barber	M	Unattached	34.29
27	John Wealthy	M45	Liverpool Pembroke	34.36
28	Steve Chisnall	M50	GM Police	34.52
29	Tony Hulme	M60	Wilmslow Running Club	35.01
30	Shoaib Gill	M	Unattached	34.59
31	Matthew Rose	M	Stockport Harriers	35.27
32	Kath Lamplugh	F	Macclesfield Harriers	35.35
33	Greg Markley	M	Unattached	35.36
34	David Shepherd	M40	Unattached	35.41
35	Michael Stewart	M	Stockport Harriers	35.42
36	Mish Abushal	M	Unattached	35.43
37	Katie Williamson	F35	Bury AC	35.44
38	Matthew Grove	M	Macclesfield Harriers	35.46
39	James Grannan	M	Handforth AC	35.48
40	Gemma Barnet	F	Vale Royal AC	35.51
41	Richard Taylor	M	Unattached	35.56
42	Rob Munns	M	Unattached	36.01
43	Steve Lomas	M40	Macclesfield Harriers	36.02
44	Steve Thompson	M45	Razzers Runners	36.03
45	Ken Burgess	M65	Altrincham AC	36.05
46	Matt Jones	M	Unattached	36.10
47	Colin Rathbone	M65	Vale Royal AC	36.11
48	Patrick Phelan	M45	Unattached	36.16
49	Diane McVey	F	Unattached	36.17
50	David Haines	M40	Vale Royal AC	36.18
51	Richard Hirons	M45	Wilmslow Running Club	36.25
52	Allan McCormick	M	Unattached	36.27
53	Don Haughton	M45	Razzers Runners	36.28
54	Lee Grant	M40	Goyt Valley Striders	36.29

55	Gerry Smith	M55	Sale Harriers	36.31
56	Jamie Smith	M60	Wilmslow Running Club	36.32
57	Gareth Trimble	M	Wilmslow Running Club	36.33
58	John Coats	M45	Northern Vets	36.34
59	Michael Dolan	M45	Unattached	36.36
60	Neil Taylor	M40	Skelmersdale BH	36.37
61	Greg Lambert	M40	Razzers Runners	36.43
62	Damian Utton	M45	Altrincham AC	36.45
63	Matt Atkinson	M	Wilmslow Running Club	36.54
64	Christine Geraghty	F45	Wilmslow Running Club	36.56
65	Paul Norris	M	Unattached	37.00
66	Kirsty Redman	F35	Macclesfield Harriers	37.03
67	Mike Wharton	M	Sale Harriers	37.14
68	Jan Nicholls	F40	Sale Harriers	37.20
69	Steve Russell	M50	Wilmslow Running Club	37.26
70	Michael Docherty	M55	Unattached	37.34
71	Sarah Waite	F	Wilmslow Running Club	37.40
72	Derek Murphy	M45	Unattached	37.42
73	Andrew Barton	M	Altrincham AC	37.49
74	Gavin Mendham	M60	Wilmslow Running Club	37.56
75	Bev Ganose	F45	Altrincham AC	37.57
76	John Bale	M45	Wilmslow Running Club	38.29
77	Mark Anderton	M	Unattached	38.33
78	Carl Wagstaffe	M	Unattached	38.39
79	Andrew Mainwaring	M	Unattached	38.41
80	Barry Allman	M50	Astley & Tydesley	38.46
81	Patrick Grannan	M55	Wilmslow Running Club	38.54
82	Mark Holt	M	Unattached	38.56
83	Sally Gilliver	F45	Wilmslow Running Club	39.01
84	Andrew Brooker	M40	Unattached	39.03
85	Mark Wright	M55	Razzers Runners	39.17
86	Mike Cutler	M50	South Cheshire	39.18
87	Nicholas Rowark	M45	Unattached	39.18
88	John Penney	M45	Unattached	39.25
89	Nick Palmer	M	Unattached	39.32
90	Tony Spencer	M45	Unattached	39.37
91	Paul Clutterbuck	M40	Vale Royal AC	39.39
92	Michael Escoine	M	Sandbach Striders	39.40
93	Darryl Stocker	M	Unattached	39.41
94	Andy Gray	M	Lincoln Harriers	39.47
95	Des Miles	M45	Unattached	39.49
96	Martin Stocker	M50	Unattached	40.05
97	John Malone	M50	Winston Runners	40.07
98	Jo Miles	F45	Goyt Valley Striders	40.14
99	Tony Smith	M55	Unattached	40.16
100	Mike Barry	M	Stockport Harriers	40.17
101	Ian Sparks	M50	Macclesfield Harriers	40.22
102	Penny Hinke	F50	Wilmslow Running Club	40.33
103	Mark Sutton	M	Unattached	40.40
104	Joanne Healy	F35	Dragons RC	40.45
105	Barry Chambers	M55	Vale Royal AC	40.47
106	Robert Buckley	M55	Altrincham AC	40.48
107	Chris Metcalfe	M45	Razzers Runners	40.49
108	Ian Ashcroft	M60	Wilmslow Running Club	40.52
109	Martin Williams	M50	Unattached	40.53
110	Jane Blackburn	F40	Unattached	40.54

111	Catriona Marshal	F40	Wilmslow Running Club	40.55
112	Chris Watts	M	Wilmslow Running Club	40.56
113	Dan Williamson	M	Unattached	41.10
114	Lyn Ward	F40	Unattached	41.19
115	John Richards	M	Stockport Harriers	41.24
116	Sue Strang	F45	Unattached	41.30
117	Owen Ashcroft	M	Wilmslow Running Club	41.35
118	David Leys	M	Unattached	41.41
119	Rod Coombs	M55	Wilmslow Running Club	41.47
120	Andrew Malone	M	Winston Runners	41.49
121	Danny Martin	M40	Unattached	41.52
122	Nick Jackson	M	Unattached	41.53
123	Gaynor James	F	Unattached	41.54
124	Helen Mann	F	Unattached	41.58
125	Sharon Jones	F40	Wilmslow Running Club	41.59
126	Nicola Preston	F	Unattached	42.03
127	Joanne Jones	F45	Unattached	42.27
128	Angie Maziere	F45	Wilmslow Running Club	42.40
129	Perry Wyatt	M50	Sandbach Striders	42.45
130	Simon Fenton	M65	Wilmslow Running Club	42.56
131	Jonathan Daniels	M	Unattached	43.02
132	Rob Armstrong	M	Unattached	43.06
133	Mark Brett	M40	Unattached	43.16
134	Gary Mitchell	M40	Unattached	43.17
135	Giles Leeming	M	Unattached	43.18
136	Pam Sharpe	F40	Unattached	43.21
137	Jonathan Dada	M45	Unattached	43.25
138	John Riley	M70	Northern Vets	43.27
139	Craig Stagg	M	Unattached	43.36
140	Julie Thomson	F40	Lymm Runners	43.38
141	Peter Samuelson	M65	Spectrum Striders	43.39
142	Caroline Brockbank	F45	Sandbach Striders	43.40
143	Christopher Marsland	M45	Unattached	43.48
144	Mike Geary	M45	Razzers Runners	43.54
145	Ned Spencer	M55	Wilmslow Running Club	43.56
146	Chris Atkinson	M	Unattached	43.57
147	Rosemary Pritchard	F50	Boalloy	44.04
148	Sid Bailey	M50	Deestridders	44.10
149	Dianne Lapworth	F55	Mow Cop Runners	44.14
150	Colin Cohen	M55	Stockport PCT	44.15
151	Nina Birch	F	Wilmslow Running Club	44.16
152	Nigel Stanhope	M45	Spectrum Striders	44.20
153	Carole Williams	F55	Vale Royal AC	44.21
154	John Martin	M50	Unattached	44.24
155	Tina Wilcott	F35	Unattached	44.25
156	Lisa Hunsley	F	Unattached	44.27
157	Derek Nicholls	M70	Sale Harriers	44.28
158	Wendy Terry	F35	Unattached	44.35
159	Maggie Jones	F50	Altrincham AC	44.37
160	Peter Bedford	M55	Dragons RC	44.41
161	Christine Yousefian	F60	Unattached	44.46
162	Aiden Thomas	M45	Styal RC	45.09
163	Jim Collianni	M55	Razzers Runners	45.24
164	Janet O'Mahony	F45	Unattached	45.25
165	Caroline Weir	F	Sandbach Striders	45.27
166	Duncan Steel	M45	Unattached	45.29

167	Bill Mould	M60	Staffs Moorlands	45.31
168	Kerry Russell	F	Unattached	45.35
169	Lucy Gabriel	F	Unattached	45.51
170	Gail Hill	F35	Wilmslow Running Club	46.18
171	Julie Brown	F40	Winston Runners	46.19
172	Kevin Maguire	M60	Winston Runners	46.19
173	Andy Bale	M45	Unattached	46.20
174	David Ogden	M55	Unattached	46.24
175	Elsbeth Gibson	F35	Wilmslow Running Club	46.26
176	Carolyn Hirons	F40	Unattached	46.27
177	John Clegg	M60	Unattached	46.50
178	Robert Ainscow	M45	Dragons RC	46.53
179	Mark Burns	M40	Unattached	46.57
180	Daniel Kirschen	M50	Unattached	47.00
181	Andy Thorp	M45	Unattached	47.05
182	Sarah Flynn	F35	Unattached	47.10
183	Martin Eardley	M40	Unattached	47.11
184	Martin Stirna	M55	South Cheshire	47.13
185	Viv Samuelson	F	Unattached	47.34
186	Ed Sleath	M45	Unattached	47.47
187	Claire Gruner	F	Unattached	47.55
188	Judith Checkley	F50	Dragons RC	48.07
189	Gill Bremner	F	Unattached	48.15
190	Denise Gregory	F45	Unattached	48.37
191	Danny Lister	M	Unattached	48.41
192	Trevor Faulkner	M65	Wilmslow Running Club	48.51
193	Sarah Bundock	F35	Dragons RC	48.57
194	James Moon	M	Unattached	49.00
195	Caroline Baba	F	Manchester Harriers	49.06
196	Jane Hodson	F	Unattached	49.16
197	Margaret Parker	F45	Unattached	49.21
198	Anthony Taylor	M55	Razzers Runners	49.25
199	Peter Ainsworth	M55	Stockport Harriers	49.45
200	Angela Dickinson	F35	Unattached	49.47
201	Alison Cardwell	F45	Unattached	49.53
202	Cath Applewhite	F35	Unattached	50.11
203	Rebecca Styles	F35	Unattached	50.16
204	Richard Robinson	M60	Unattached	50.29
205	Sharen Roberts	F35	Unattached	51.05
206	Nicola Williams	F40	Unattached	51.22
207	Elizabeth Parris	F40	Unattached	51.30
208	Jenny Miles	F55	Fetch AC	51.31
209	Sue Ryder	F40	Unattached	51.53
210	Richard Norris	M55	Unattached	51.54
211	David Taylor	M50	Staffs Moorlands	53.51
212	Jean Bayley	F50	Manchester Harriers	55.05
213	Aimee Shaw	F	Unattached	55.06
214	Mark Taylor	M	Staffs Moorlands	55.30
215	Margaret Nixon	F	Unattached	57.04
216	Clare Shepherd	F35	Unattached	57.15
217	Jean Skitt	F65	Manchester Harriers	57.39
218	Davinder Baine	F	Unattached	60.14
219	Claire Crowther	F50	Unattached	63.43
220	Rebecca Alvarez	F	Unattached	65.08
221	Rogeria Mendes	F40	Unattached	65.19