

Position	Race No.	Run One	T1	Bike	T2	Run Two	Finish	First Name	Surname	Gender	Age	Club
1	169	15:50	00:49	00:30:34	00:35	17:11	01:04:59	Nicholas	Hicketts	M	23	BRAMHALL RUNNERS
2	132	16:28	00:42	00:30:24	00:30	17:09	01:05:13	Peter	Rogers	M	48	STOCKPORT HARRIERS & AC
3	124	16:49	00:31	00:31:30	00:38	18:16	01:07:44	Shane	Wolstencroft	M	42	U/A
4	176	17:29	00:42	00:30:41	00:50	18:27	01:08:09	Dave	Arden	M	51	GOYT VALLEY STRIDERS
5	135	17:31	00:54	00:30:28	00:46	18:41	01:08:20	STEVE	TIBBS	M	50	WAKEFIELD TRI
6	151	16:59	01:00	00:32:20	00:57	17:15	01:08:31	Hayley	Kuter	F	36	U/A
7	115	17:17	00:51	00:32:03	00:44	18:04	01:08:59	Steven Michael	Green	M	39	U/A
8	134	16:21	00:57	00:33:55	00:47	17:09	01:09:09	Stephen	Crook	M	37	U/A
9	110	17:27	00:50	00:31:53	00:40	18:35	01:09:25	NEIL	MCGRAW	M	41	GLOSSOP TRIATHALON
10	105	18:08	00:27	00:34:38	00:26	18:38	01:12:17	Ian	Keeling	M	Team	BRAMHALL RUNNERS TEAM A
11	117	18:16	01:04	00:33:54	00:51	20:20	01:14:25	Jonathan	Bowl	M	39	U/A
12	127	18:59	00:41	00:35:49	00:30	19:03	01:15:02	BRIAN	HOLLAND	M	58	GOYT VALLEY STRIDERS
13	120	18:25	01:08	00:35:51	00:49	18:51	01:15:04	DAMIEN	O'ROURKE	M	45	STOCKPORT HARRIERS & AC
14	112	20:17	01:14	00:33:35	00:54	19:24	01:15:24	DAVID	COLLEY	M	56	SCARAB TRI
15	155	20:12	01:04	00:32:49	00:54	20:40	01:15:39	ALISTAIR	HUNTER	M	40	SCARAB TRI
16	154	18:05	01:11	00:35:07	01:17	20:00	01:15:40	James	Gibbons	M	36	U/A
17	137	19:12	01:05	00:35:07	01:06	19:20	01:15:50	Ewan	Holton	M	37	KNUTSFORD TRI
18	109	20:28	01:14	00:32:40	01:21	20:21	01:16:04	Matt	Gush	M	35	U/A
19	138	19:28	00:52	00:33:58	00:59	20:49	01:16:06	Michael	Barry	M	42	SALE HARRIERS
20	107	19:56	01:15	00:34:41	01:04	19:15	01:16:11	Lee	Grint	M	44	U/A
21	129	21:11	00:33	00:32:28	00:26	21:33	01:16:11	NICHOLA	PICKFORD	F	Team	BRAMHALL RUNNERS TEAM B
22	160	19:20	00:47	00:35:37	00:42	20:11	01:16:37	Kate	Mills	F	37	U/A
23	159	17:58	01:39	00:36:30	01:31	19:07	01:16:45	Frank	Podd	M	44	BRAMHALL RUNNERS
24	162	21:39	00:46	00:31:45	01:11	22:33	01:17:54	Nicholas	Roberts	M	47	STOCKPORT HARRIERS & AC
25	168	20:27	01:10	00:33:51	01:04	21:33	01:18:05	Simon	Fennell	M	46	BRAMHALL RUNNERS
26	139	19:51	00:45	00:35:34	00:40	21:29	01:18:19	Stephen	Sharrocks	M	49	STOCKPORT HARRIERS & AC
27	153	20:35	00:53	00:33:09	00:47	23:12	01:18:36	David	Vann	M	49	U/A
28	177	18:39	00:43	00:40:52	00:38	18:58	01:19:50	Robert	Kedian	M	37	MANCHESTER YMCA
29	147	20:11	01:14	00:36:58	01:25	20:49	01:20:37	SIMON	FROGGATT	M	41	FELL RUNNERS ASS
30	175	21:41	00:43	00:35:23	00:48	22:04	01:20:39	Gavin	Smith	M	34	U/A
31	126	18:17	01:35	00:39:20	01:00	20:57	01:21:09	Adam	Barber	M	29	U/A
32	106	20:38	01:05	00:36:52	00:55	21:56	01:21:26	Janet	Grint	F	38	EAST CHESHIRE

33	163	18:18	00:54	00:42:50	00:53	18:51	01:21:46	Dan	Martell	M	25	ALTRINCHAM & DISTRICT
34	130	21:42	01:08	00:38:13	00:53	21:09	01:23:05	ADRIAN	THOMAS	M	49	STOCKPORT HARRIERS & AC
35	141	20:25	01:37	00:36:27	01:41	22:59	01:23:09	James	Fairfield	M	45	U/A
36	170	25:01	00:24	00:32:47	00:25	24:57	01:23:34	Emma	Minshull	F	T	BRAMHALL RUNNERS
37	152	21:10	02:12	00:35:36	01:51	23:33	01:24:22	Gareth	Fitzjohn	M	37	U/A
38	122	21:24	02:00	00:39:33	01:45	20:13	01:24:55	JOHN	PENNY	M	49	BRAMHALL RUNNERS
39	174	21:40	01:12	00:38:50	01:33	21:53	01:25:08	TONY	HULME	M	67	WILMSLOW RUNNING CLUB
40	150	21:31	00:35	00:39:22	00:29	23:20	01:25:17	Ian	Clarke	M	50	U/A
41	145	19:43	00:55	00:42:56	00:41	21:08	01:25:23	KATIE	HAYNES	F	12	BRAMHALL RUNNERS
42	164	21:20	00:55	00:39:01	01:00	23:16	01:25:32	Dan	Lowe	M	23	CHORLTON RUNNERS
43	119	21:45	00:55	00:39:44	01:19	21:52	01:25:35	Richard	Lowe	M	39	U/A
44	157	22:20	01:40	00:37:31	01:21	22:49	01:25:41	Andrew	Rudder	M	45	U/A
45	123	23:27	01:11	00:40:47	00:45	21:38	01:27:48	Mark	Lomas	M	35	BRAMHALL RUNNERS
46	104	22:42	01:28	00:38:23	01:17	24:02	01:27:52	Michael	Gibbons	M	57	BRAMHALL RUNNERS
47	172	23:28	01:07	00:38:17	01:12	24:05	01:28:09	Nicola	Lomas	F	36	U/A
48	144	20:57	00:50	00:43:47	00:56	22:32	01:29:02	NIGEL	HARRISON	M	50	STOCKPORT HARRIERS & AC
49	113	23:08	01:42	00:38:54	02:06	23:36	01:29:26	Don	Bennett	M	61	BRAMHALL RUNNERS
50	116	23:20	01:04	00:38:48	00:45	26:03	01:30:00	Gillian	Oakes	F	36	U/A
51	136	22:48	01:44	00:40:29	01:34	23:28	01:30:03	MARK	CORCORAN	M	48	BRAMHALL RUNNERS
52	128	23:46	01:04	00:41:28	00:52	23:28	01:30:38	SUE	HOLLAND	F	54	GOYT VALLEY STRIDERS
53	131	21:50	02:11	00:41:39	02:05	23:00	01:30:45	Carmel	Salvidge	F	26	U/A
54	121	22:38	00:52	00:41:37	00:46	24:57	01:30:50	ALISON	ZARTARIAN	F	41	U/A
55	143	21:09	01:17	00:45:06	00:58	23:26	01:31:56	LOUISE	HARRISON	F	42	STOCKPORT HARRIERS & AC
56	158	24:51	01:33	00:41:00	01:36	25:13	01:34:13	Sally	Jones	F	45	U/A
57	140	25:03	01:25	00:42:55	01:41	24:28	01:35:32	Elaine	Helme	F	45	EAST CHESHIRE
58	161	25:07	01:20	00:41:20	01:14	27:04	01:36:05	Julie	Luckman	F	46	U/A
59	101	24:02	00:58	00:44:39	02:14	24:21	01:36:14	ANN	LUCKOCK	F	56	U/A
60	108	24:49	00:57	00:45:00	01:30	26:38	01:38:54	Andy	Turner	M	44	BRAMHALL RUNNERS
61	167	25:30	01:38	00:43:59	03:43	24:24	01:39:14	Billy	Wiseman	M	30	U/A
62	171	26:19	01:33	00:40:52	01:19	29:51	01:39:54	Frances	Austin	F	23	U/A
63	156	24:18	02:35	00:46:37	03:09	24:06	01:40:45	Claire	Comiskey	F	31	U/A
64	125	24:40	01:38	00:49:51	00:57	23:48	01:40:54	Debbie	Swanepoel	F	35	U/A
65	103	25:35	01:05	00:49:19	03:01	25:47	01:44:47	Christine	Miles	F	57	BRAMHALL RUNNERS

66	133	26:17	01:37	00:47:21	01:50	27:54	01:44:59	Jessica	Hobson Taylor	F	30	U/A
67	114	25:52	02:04	00:52:35	01:19	26:47	01:48:37	Samantha	Cook	F	45	STOCKPORT HARRIERS & AC
68	146	26:40	01:45	00:50:43	02:03	27:54	01:49:05	John	Leah	M	63	BRAMHALL RUNNERS
69	142	27:33	02:49	00:35:05	02:43	44:36	01:52:46	PHILIP	ALLEN	M	Team	BRAMHALL RUNNERS TEAM C
70	166	23:25	01:14	00:59:58	00:44	29:39	01:55:00	Rory	Sharp	M	10	STOCKPORT HARRIERS & AC
71	165	23:25	01:22	00:59:47	00:46	29:41	01:55:01	Steve	Sharp	M	45	STOCKPORT HARRIERS & AC
DSQ	173	20:34	00:38	00:31:10	00:42	21:56	01:15:00	Jeff	Upton	M	50	U/A

Short Bike