

| 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