

Position	Time	Name	Club	Category
1	26:19	Ryan Holroyd	City of Stoke AC	MS
2	26:52	Stuart Doyle	Vale Royal Ac	M40
3	26:58	Clive Fitzpatrick	Manchester AC	M40
4	27:16	James Savage	kent AC	MS
5	27:54	Peter Speake	Wilmslow Running Club	MS
6	28:09	Karl Steinegger	Spectrum Striders	MS
7	28:15	Zack Bamber	Vale Royal Ac	MS
8	28:33	Rob Downs	Wilmslow Running Club	M50
9	28:50	Scott Wilson	Unattached	MS
10	29:03	Tom Bush	Pennine Fell Runners	MS
11	29:21	Andrew Turner	Macclesfield Harriers & Ac	M50
12	29:27	James Lewis	Unattached	MS
13	29:34	Pete Nielo	Macclesfield Harriers & AC	MS
14	29:35	James Bellamy	Unattached	MS
15	29:37	Jim Pendrill	Wilmslow Running Club	M40
16	29:57	Nick Haywood	Vale Royal Ac	MS
17	30:04	Karl Wolfenden	Knutsford Tri Club	M45
18	30:17	Diane McVey	Wilmslow Running Club	F35
19	30:32	Mike Hill	Wilmslow Running Club	M45
20	30:30	David Shepherd	Vale Royal Ac	M45
21	30:59	Ian Keeling	Bramhall Runners	M45
22	31:12	John Williams	Bramhall Runners	MS
23	31:17	Tony Taylor	Sandbach Striders	M50
24	31:20	David Holmes	Lymm Runners	M40
25	31:24	Lok Li	Bramhall Runners	M45
26	31:39	Brian Davies	Unattached	MS
27	31:46	James Perry	Macclesfield Harriers & Ac	MS
28	31:54	Toby Spencer Pickup	Macclesfield Harriers & Ac	MS
29	31:56	Daniel Gill	South Cheshire Harriers	MS
30	31:59	Neil Adair	Spectrum Striders	MS
31	32:01	Scott Bamber	Vale Royal AC	M45
32	32:02	Helen Murray	Knutsford Tri Club	FS
33	32:07	Chris Trask	Bramhall Runners	M40
34	32:12	Kristy Gill	Macclesfield Harriers & AC	F40
35	32:13	Nathan Mayoh	Stockport Harriers & AC	M40
36	32:24	Matthew De Schoolmeester	Unattached	M40
37	32:29	Neil Hey	Macclesfield Harriers & AC	M45
38	32:34	Matt Moran	Bramhall Runners	MS
39	32:35	Stephen Davison	Unattached	M40
40	32:38	Bruce Owen	Pennine Fell Runners	M50
41	32:50	Robert Minton	Biddulph Rc	MS
42	32:52	Matthew Taylor	Wilmslow Running Club	M40
43	32:58	Chris Millington	Spectrum Striders	M45
44	33:00	David Chambers	Manchester Frontrunners	MS
45	33:08	Steve Hatton	Manchester Frontrunners	MS
46	33:14	Jonathan Hill	Macclesfield Harriers & Ac	M50
47	33:15	Jim Allen	Lymm Runners	M50
48	33:16	Rick Adams	Unattached	MS
49	33:18	Sean Greeves	Biddulph Rc	M40

50	33:19	Daniel Whitfield	Unattached	M45
51	33:21	Katie Latham	Unattached	FS
52	33:23	Ray O'Keefe	Macclesfield Harriers & AC	M45
53	33:29	Heather Carter	Sandbach Striders	F40
54	33:37	James Speedie	Unattached	MS
55	33:44	James Bennett	Unattached	MS
56	33:46	Martin Gregory	Unattached	MS
57	33:47	Louisa Harrison	Wilmslow Running Club	F40
58	33:56	Paul Norris	Wilmslow Running Club	M55
59	34:03	Christian Hook	Wilmslow Running Club	M40
60	34:05	Tim Billington	Wilmslow Running Club	M50
61	34:07	Diane Bygrave	Wilmslow Running Club	F40
62	34:14	Mike Walker	South Cheshire Harriers	MS
63	34:16	Matt Yardley	Unattached	M45
64	34:25	Andy Lidstone	Buxton & District Ac	M50
65	34:31	Rachael Lawrence	Macclesfield Harriers & Ac	F35
66	34:41	Janine Ellis	Wilmslow Running Club	F45
67	34:42	Kenny Forster	Spectrum Striders	M55
68	34:49	Sean Connelly	Macclesfield Harriers & Ac	M45
69	34:53	Russ Platt	Warrington Road Runners	M45
70	35:00	Mark Coulthard	Unattached	MS
71	35:07	Marc Bradford	Macclesfield Harriers & Ac	MS
72	35:11	Thomas Deakin	Unattached	MS
73	35:13	Louise Barratt	Unattached	F35
74	35:14	Keith Mulholland	Macclesfield Harriers & AC	M50
75	35:15	Andy Gaskell	Spectrum Striders	M45
76	35:16	John MacIntosh	Unattached	M45
77	35:24	Lee Jones	Unattached	M40
78	35:31	Paul Steel	Congleton Harriers	M45
79	35:32	Liz Whitfield	Spectrum Striders	F35
80	35:44	Andy Burnett	Unattached	M60
81	36:03	Daisy Pickles	Macclesfield Harriers & AC	FS
82	36:11	Chris Deakin	Biddulph RC	MS
83	36:14	Daniel Styne	Unattached	MS
84	36:16	Simon Froggatt	Unattached	M40
85	36:17	Claire Bates	Unattached	F35
86	36:24	Steve Evans	Unattached	M45
87	36:27	James Mothershaw	Macclesfield Harriers & AC	MS
88	36:28	Paul Stubbs-Jefferies	Knutsford Tri Club	M55
89	36:33	Oliver Bale	Unattached	MS
90	36:38	Paul Carr	Biddulph RC	MS
91	36:40	Nick Hirst	Unattached	MS
92	36:41	Steve Smith	Vale Royal Ac	M45
93	36:43	Paul Kelly	Spectrum Striders	M40
94	36:45	Oliver Johnstone	Knutsford Tri Club	M45
95	36:46	Mark Smith	Stockport Harriers & AC	M40
96	36:47	Danny McCarron	Chorlton Runners	M50
97	36:48	Janet Stanhope	Lymm Runners	F50
98	36:49	Mark Stanbridge	Macclesfield Harriers & Ac	M45
99	36:50	Paul Sellers	Congleton Harriers	M55

100	36:53	Richard Green	Unattached	MS
101	36:54	Des Miles	Unattached	M50
102	36:59	Owen Hussey	Unattached	M45
103	37:00	Kim Cassidy	Unattached	F50
104	37:01	Elizabeth Glennon	Unattached	FS
105	37:02	Philip Nieman	Unattached	M50
106	37:10	Richard Parris	Unattached	M45
107	37:13	Paul Clutterbuck	Vale Royal Ac	M45
108	37:14	Tony Spence	Unattached	MS
109	37:15	Georgina Walker	Lymm Runners	F40
110	37:18	Paul Kain	Chorlton Runners	M40
111	37:23	Gareth Crook	Unattached	MS
112	37:25	Karl Davies	Unattached	MS
113	37:30	Chris Falls	Spectrum Striders	MS
114	37:36	Kevin Booth	Knutsford Tri Club	M40
115	37:38	Jamie Bradbury	Lymm Runners	MS
116	37:42	Matt Wilson	Macclesfield Harriers & AC	MS
117	37:45	Mark Hamill	Lymm Runners	M50
118	37:46	Richard Brown	Knutsford Tri Club	MS
119	37:57	Lotte Butler	Unattached	F35
120	38:02	Bernard McCarron	Wilmslow Running Club	M50
121	38:14	Martin Berry	Warrington Road Runners	M40
122	38:15	Tom Mayell	Sandbach Striders	MS
123	38:16	Lloyd Rees	Unattached	MS
124	38:18	Belinda Hammond	Sale Harriers Manchester	F35
125	38:23	Jason Rowbottom	Lymm Runners	M45
126	38:24	Lee Shears	Lymm Runners	MS
127	38:36	Terry Neild	Macclesfield Harriers & Ac	MS
128	38:38	Rhodri Jones	GMFRS	MS
129	38:47	Joachim Trier	Unattached	M55
130	38:49	Michael Thorley	Manchester Frontrunners	M45
131	38:52	Tommy Gan	Unattached	MS
132	38:56	David Larkin	Macclesfield Harriers & AC	M40
133	38:57	Helen Rennie	Unattached	FS
134	39:00	Christopher Pimblott	Macclesfield Harriers & AC	M55
135	39:01	Clare Hawkes	Wilmslow Running Club	M50
136	39:13	Christopher Cockburn	Unattached	MS
137	39:21	Adrian Jarvis	Bramhall Runners	M45
138	39:23	Mark Livesey	Unattached	M45
139	39:26	Angela McCarthy	Wilmslow Running Club	F50
140	39:30	Richard Pankhurst	Macclesfield Harriers & AC	M45
141	39:32	Tony Sala	Lymm Runners	M55
142	39:37	Pete Burton	Lymm Runners	M50
143	39:41	Alan Jenkinson	Styal Running Club	M65
144	39:42	Tim Evans	Lymm Runners	M55
145	39:47	Gavin Mendham	Wilmslow Running Club	M65
146	39:51	Rob Graves	Macclesfield Harriers & AC	M40
147	39:58	Mathias Donoso-English	Unattached	MS
148	40:11	Michael Gibbons	Bramhall Runners	M55
149	40:13	Emma Mason	Macclesfield Harriers & Ac	FS

150	40:16	Rob Parkin	Congleton Harriers	M40
151	40:26	Andrew Watkinson	Unattached	MS
152	40:27	Joseph Watkinson	Unattached	M40
153	40:37	Simon Rice	Unattached	MS
154	40:48	Paul Birdsall	Congleton Harriers	M40
155	40:52	Liam Browne	Unattached	M45
156	40:53	Jose Perez	Lymm Runners	M40
157	41:01	Ian Prime	Congleton Harriers	M50
158	41:02	Jennifer Hockenhull	Unattached	FS
159	41:03	Barry Chambers	Vale Royal Ac	M60
160	41:05	Sheila Parker	Unattached	F55
161	41:13	Matthew Cooper	Macclesfield Harriers & AC	MS
162	41:16	Ross Kennedy	Unattached	MS
163	41:25	Shawn Giltrap	Biddulph RC	M45
164	41:29	Paul Robison	GMFRS	MS
165	41:30	Jen Hare	Unattached	FS
166	41:34	Kate Johnson	Spectrum Striders	F45
167	41:43	Sue Strang	Wilmslow Running Club	F50
168	41:44	Alan Turner	Wilmslow Running Club	M50
169	41:46	Jenny McClelland	Lymm Runners	F45
170	41:48	Neal Foundly	Unattached	M50
171	41:49	Kate Brennan	Manchester Frontrunners	F50
172	42:03	Neville Griffiths	Spectrum Striders	M65
173	42:11	Mark Bainton	Lymm Runners	M50
174	42:22	Vincent Alcock	Spectrum Striders	M45
175	42:23	Martin James	Unattached	M40
176	42:25	Karen MacKintosh	Biddulph Rc	F55
177	42:27	Janette Byrne	Unattached	F50
178	42:29	Julie Lucas	Wilmslow Running Club	F50
179	42:41	Graham Jones	Unattached	M55
180	42:43	David Smith	Unattached	M45
181	42:44	Chris Glennon	Bramhall Runners	M40
182	42:51	Joanna Sparkman	Lymm Runners	F40
183	42:54	William Shanley	Unattached	M55
184	42:57	Jacqueline Crowther	Hyde Village Striders	F50
185	43:15	Simon Fenton	Wilmslow Running Club	M70
186	43:25	Emma Loveridge	Unattached	FS
187	43:35	Alison Gunn	Macclesfield Harriers & Ac	F50
188	43:37	Adrian Machin	Congleton Harriers	M40
189	43:38	Amy Stiven	Unattached	FS
190	43:39	Andrew Kenyon	Unattached	MS
191	43:40	Helen Jaques	Manchester Triathlon Club	FS
192	43:46	Heidi Stanway	Unattached	F40
193	43:55	David Roberts	Unattached	M50
194	44:01	Leanne Rutter	Wilmslow Running Club	FS
195	44:03	Kirsty Vis	Lymm Runners	F40
196	44:07	Mary Burton	Lymm Runners	F45
197	44:09	David Wood	Manchester Harriers & Ac	M50
198	44:25	Jenni Armitt	Unattached	F35
199	44:36	Rob Bailey	Macclesfield Harriers & Ac	M45

200	44:37	Katy Barnes	Macclesfield Harriers & AC	FS
201	44:44	Rachel Green	Sandbach Striders	FS
202	44:45	Pippa Price	Unattached	F50
203	44:50	T Woods	Sandbach Striders	MS
204	44:53	Yvonne Neary	Unattached	F50
205	44:55	Nicola Cantrell	Macclesfield Harriers & Ac	F35
206	44:58	Fiona Leon	Macclesfield Harriers & AC	F35
207	45:04	Neil McGuinness	Unattached	M40
208	45:09	Karen Kain	Chorlton Runners	F40
209	45:17	Kim Croskery	Macclesfield Harriers & AC	F35
210	45:19	Molly Taylor	Macclesfield Harriers & Ac	FS
211	45:26	Dawn Kaveney	Unattached	F40
212	45:27	Jo Owen	Altrincham & District Ac	F50
213	45:40	Julie Smith	Macclesfield Harriers & Ac	F45
214	45:44	Louise Poole	Congleton Harriers	FS
215	45:52	Liam Jewess	Biddulph Rc	MS
216	46:14	Heather Pimblott	Macclesfield Harriers & AC	F55
217	46:16	Andrew Cotton	Unattached	M45
218	46:52	Denis Culloty	Sandbach Striders	M55
219	47:00	Emma Styne	Unattached	FS
220	47:02	Maggie Jones	Unattached	F55
221	47:12	Zoe Clarke	Unattached	F50
222	47:24	Ian Moore	Macclesfield Harriers & Ac	M50
223	47:42	Kate Nicholas	Unattached	F40
224	47:45	Dipika Morgan	Macclesfield Harriers & Ac	F35
225	47:50	Jennifer Webber	Mow Cop Runners	F35
226	48:00	Mark Mothershaw	Macclesfield Harriers & AC	M50
227	48:02	Leann Banks	South Cheshire Harriers	FS
228	48:04	Trevor Faulkner	Wilmslow Running Club	M70
229	48:05	Suzanne Baker	Macclesfield Harriers & Ac	F45
230	48:13	Paul Dearden	Unattached	MS
231	48:22	Scott Larkin	Vegan Runners UK	M40
232	48:29	Anna Maddox	Macclesfield Harriers & Ac	F40
233	48:30	Carol Upton	Macclesfield Harriers & AC	F35
234	48:34	Katherine Packham	South Cheshire Harriers	F35
235	48:35	Alasdair Dyde	South Cheshire Harriers	M50
236	48:53	Christine Gibbons	Bramhall Runners	F55
237	49:02	Emily Brough	Unattached	FS
238	49:04	Claire Bennett	Warrington Road Runners	FS
239	49:09	Sarah Hitchcock	Unattached	FS
240	49:11	Katy O'Connor	Lymm Runners	F50
241	49:55	John Howie	Macclesfield Harriers & AC	M55
242	49:55	Helen Rose	Macclesfield Harriers & Ac	F45
243	50:52	Cathryn Johnson	Macclesfield Harriers & Ac	F40
244	50:52	Louise Brown	Macclesfield Harriers & Ac	F45
245	51:26	Angela McCarthy	Wilmslow Running Club	F50
246	51:42	Paul Gregory	Unattached	M45
247	52:16	Louise Bickley	Boalloy Running Club	F40
248	52:17	Siv Winkle	Boalloy Running Club	F40
249	52:38	Kit Whitfield	Spectrum Striders	M50

250	53:39	Georgina Timson	Macclesfield Harriers & Ac	F45
251	55:17	Jayne Baker	Unattached	F40
252	56:07	Glyn Woodward	Unattached	M45
253	58:25	Tony Fillingham	None	M40