

Mobberley Round the Runway

at Mobberley on Tuesday 3rd May 2016

Runway — FINAL RESULTS

| Pos | Num | Name | Cat/Pos | Club | Time | | | | | |
|-----|-----|---------------------|---------|-----------------------------|-------|-----|-------------------------|--------|-----------------------------|-------|
| 1 | 192 | Zack Bamber | | Vale Royal AC | 27:17 | 86 | 26 Simon Fennell | V4516 | Bramhall Runners | 36:30 |
| 2 | 256 | Mark Offord | | Dragons Running Club (sale) | 27:35 | 87 | 345 Duncan Gazeley | | Unattached | 36:31 |
| 3 | 373 | Jonathan Powell | | Altrincham & District Ac | 28:10 | 88 | 17 Peter Roberts | V4517 | Bramhall Runners | 36:35 |
| 4 | | 1 Dave Marsh | | Sale Harriers Manchester | 28:28 | 89 | 63 Philip Dawson | V60 3 | Congleton H & Ac | 36:38 |
| 5 | 383 | Barry Archbold | V40 1 | Wilmslow Running Club | 28:50 | 90 | 181 Karl Johnson | V4518 | Unattached | 36:41 |
| 6 | 92 | Gary Rowlinson | V50 1 | Sale Harriers Manchester | 29:19 | 91 | 121 Nicola Lloyd | L35 2 | Bramhall Runners | 36:42 |
| 7 | 390 | Jon Cheshire | | Wilmslow Running Club | 29:33 | 92 | 50 Brad Johnson | V4010 | Unattached | 36:47 |
| 8 | 154 | Paul Bagan | | Lymm Runners | 29:34 | 93 | 335 Scott McPhail | | Unattached | 36:50 |
| 9 | 347 | Michael Harrington | | Vale Royal AC | 29:37 | 94 | 171 Melanie Worthington | L40 5 | Congleton H & Ac | 36:52 |
| 10 | 46 | Steven Henderson | | Sale Harriers Manchester | 29:44 | 95 | 331 Peter Walters | V55 8 | Winston Runners | 37:00 |
| 11 | 96 | Iain Murdoch | V40 2 | Stockport Harriers & AC | 30:26 | 96 | 330 James Williams | V4011 | Lymm Runners | 37:01 |
| 12 | 193 | Gary Milligan | V45 1 | Unattached | 30:42 | 97 | 208 Carole Hairclough | L50 1 | Altrincham & District Ac | 37:03 |
| 13 | 201 | Mike Ashby | | Sale Harriers Manchester | 30:57 | 98 | 261 Steve Fairclough | V50 9 | Bramhall Runners | 37:07 |
| 14 | 110 | Glenn Savage | V50 2 | Sale Harriers Manchester | 31:01 | 99 | 336 Paul Kain | V4012 | Chorlton Runners | 37:07 |
| 15 | 16 | Olivier Gaillemin | V40 3 | Sale Harriers Manchester | 31:05 | 100 | 9 Helen Rennie | L 14 | Bramhall Runners | 37:08 |
| 16 | 68 | Ian Keeling | V45 2 | Bramhall Runners | 31:07 | 101 | 53 Adam Bird | | Bramhall Runners | 37:09 |
| 17 | 351 | Nick Jackson | V45 3 | Wilmslow Running Club | 31:14 | 102 | 19 Michael Wyme | V4013 | Sale Harriers Manchester | 37:15 |
| 18 | 279 | Mikko Kuronen | V55 1 | Congleton H & Ac | 31:21 | 103 | 38 Georgina Walker | L40 6 | Lymm Runners | 37:18 |
| 19 | 205 | Dan Martell | | Altrincham & District Ac | 31:26 | 104 | 323 Andy Wood | V5010 | Belle Vue Racers | 37:20 |
| 20 | 327 | John Williams | | Bramhall Runners | 31:28 | 105 | 385 Alan Turner | V5011 | Wilmslow Running Club | 37:21 |
| 21 | 233 | Paul Barrett | | Sale Harriers Manchester | 31:30 | 106 | 392 Amy Longmore | L 16 | Wilmslow Running Club | 37:22 |
| 22 | 175 | Luisa Candioli | L 1 | Sale Harriers Manchester | 31:31 | 107 | 144 Colin Oakley | V4519 | Lymm Runners | 37:23 |
| 23 | 395 | Mike Hill | | Wilmslow Running Club | 31:39 | 108 | 388 Nicky Mowatt | L55 1 | Wilmslow Running Club | 37:28 |
| 24 | 76 | Darren Varley | | Unattached | 31:42 | 109 | 313 Karl Nash | | Unattached | 37:30 |
| 25 | 281 | Ben Marsh | | Unattached | 31:44 | 110 | 258 Mark Turner | V4520 | Chorlton Runners | 37:35 |
| 26 | 386 | Tom McGaff | V60 1 | Wilmslow Running Club | 31:59 | 111 | 126 Mark Hamill | V5012 | Lymm Runners | 37:37 |
| 27 | 163 | Chris Moss | V45 4 | Congleton H & Ac | 32:02 | 112 | 135 Timothy Rainey | V5013 | Sale Harriers Manchester | 37:46 |
| 28 | 54 | Craig Bradbury | V40 4 | Sale Harriers Manchester | 32:04 | 113 | 400 Darren Wilson | V4521 | Unattached | 37:48 |
| 29 | 182 | Matt Moran | | Bramhall Runners | 32:06 | 114 | 104 Andrew Skett | V60 4 | Lymm Runners | 37:50 |
| 30 | 191 | Scott Bamber | V45 5 | Vale Royal AC | 32:07 | 115 | 190 Nick Budd | V5014 | Congleton H & Ac | 37:51 |
| 31 | 308 | Nathan Mayoh | V40 5 | Stockport Harriers & AC | 32:07 | 116 | 120 Wendy Gamlin | L40 7 | Lymm Runners | 37:52 |
| 32 | 196 | Sarah Douglas | L 2 | Sale Harriers Manchester | 32:08 | 117 | 57 John Scammell | V4014 | Lymm Runners | 37:53 |
| 33 | 109 | Lok Li | V45 6 | Bramhall Runners | 32:09 | 118 | 18 Michelle Matthews | L35 3 | Congleton H & Ac | 37:55 |
| 34 | 328 | Sharon Johnstone | L40 1 | Wilmslow Running Club | 32:10 | 119 | 115 Des Miles | V5015 | Unattached | 38:05 |
| 35 | 184 | John Noblett | V50 3 | Altrincham & District Ac | 32:20 | 120 | 340 John Richards | | Stockport Harriers & AC | 38:06 |
| 36 | 62 | Stephen Parry | V55 2 | Sale Harriers Manchester | 32:22 | 121 | 218 Calum Burrell | V4015 | Unattached | 38:10 |
| 37 | 249 | Tom Armstrong | | Vale Royal AC | 32:24 | 122 | 81 Danny McCarron | V5016 | Chorlton Runners | 38:14 |
| 38 | 177 | Aidan Raftery | V55 3 | Sale Harriers Manchester | 32:27 | 123 | 4 Jerry Smith | V60 5 | Sale Harriers Manchester | 38:16 |
| 39 | 364 | Robert Heggis | V40 6 | Sale Harriers Manchester | 32:42 | 124 | 95 Lynn Moseley | L50 2 | Lymm Runners | 38:17 |
| 40 | 162 | Damien Jones | | Sale Harriers Manchester | 32:49 | 125 | 219 Karl Davies | | Unattached | 38:22 |
| 41 | 391 | Allan McCormick | | Wilmslow Running Club | 33:01 | 126 | 360 Jan Nicholls | L45 2 | Sale Harriers Manchester | 38:25 |
| 42 | 285 | Craig Hewitt | | Congleton H & Ac | 33:07 | 127 | 253 Katherine Barwer | L 22 | Sale Harriers Manchester | 38:26 |
| 43 | 401 | Hayley Ashby | L35 1 | Sale Harriers Manchester | 33:18 | 128 | 270 Ross Giles | | Unattached | 38:27 |
| 44 | 211 | David Ainsworth | V55 4 | Altrincham & District Ac | 33:20 | 129 | 60 Gordon Nicoll | V5017 | Altrincham & District Ac | 38:28 |
| 45 | 210 | Matt Jones | | Unattached | 33:24 | 130 | 20 Adam Walker | | Unattached | 38:29 |
| 46 | 183 | Paul Wain | V45 7 | Knutsford Tri Club | 33:27 | 131 | 287 Rob Parkin | V4016 | Congleton H & Ac | 38:30 |
| 47 | 322 | Richard Adams | | Bramhall Runners | 33:28 | 132 | 160 Paul Lockett | V4017 | Winston Runners | 38:31 |
| 48 | 337 | Jarrold Homer | V45 8 | Wilmslow Running Club | 33:30 | 133 | 231 Stewart Waudby | V4018 | Macclesfield Harriers & Ac | 38:33 |
| 49 | 245 | Matt Crompton | | Glossopdale Harriers | 33:34 | 134 | 138 Vikki Murphy | L45 3 | Bramhall Runners | 38:41 |
| 50 | 3 | Helen Armitage | L40 2 | Sale Harriers Manchester | 33:41 | 135 | 133 Clarel Macneil | L40 8 | Stockport Harriers & AC | 38:48 |
| 51 | 377 | Lucy Wasinski | L 6 | Dragons Running Club (sale) | 33:49 | 136 | 292 Andy Peacock | | Unattached | 38:50 |
| 52 | 348 | Mike Shaw | V50 4 | Stockport Harriers & AC | 33:52 | 137 | 289 Wez Cockayne | | Unattached | 38:51 |
| 53 | 145 | David Livingstone | V45 9 | Altrincham & District Ac | 33:53 | 138 | 365 Germaine Holmes | L40 9 | Lymm Runners | 38:55 |
| 54 | 212 | Ray O'Keefe | V50 5 | Macclesfield Harriers & Ac | 33:57 | 139 | 359 Louise Robbins | L40 10 | Sale Harriers Manchester | 39:00 |
| 55 | 204 | Stuart Rider | | Unattached | 34:07 | 140 | 132 Ian Wood | V5018 | Dragons Running Club (sale) | 39:03 |
| 56 | 236 | Andrew Hankin | | Unattached | 34:12 | 141 | 260 Darren Carter | V4522 | Unattached | 39:07 |
| 57 | 37 | Paul Norris | V55 5 | Wilmslow Running Club | 34:15 | 142 | 34 Helen Carter | L 27 | Sale Harriers Manchester | 39:09 |
| 58 | 302 | Anthony Dunn | V4510 | Unattached | 34:19 | 143 | 165 Michael Gibbons | V55 9 | Bramhall Runners | 39:17 |
| 59 | 283 | Richard Hall | V4511 | Bramhall Runners | 34:26 | 144 | 71 Noel Irwin | V5019 | Sale Harriers Manchester | 39:20 |
| 60 | 398 | Diane Bygrave | L 7 | Wilmslow Running Club | 34:28 | 145 | 371 Ian Brown | V5020 | Darlington H & AC | 39:26 |
| 61 | 161 | Christian Hook | V40 7 | Wilmslow Running Club | 34:40 | 146 | 246 David Larkin | V4019 | Macclesfield Harriers & Ac | 39:31 |
| 62 | 346 | Pete Stock | V60 2 | Wilmslow Running Club | 34:51 | 147 | 294 Anna Bracegirde | L 28 | Biddulph RC | 39:36 |
| 63 | 352 | Lindsay Beeston | V50 6 | Sandbach Striders | 34:52 | 148 | 252 Martin Coleman | V4523 | Sandbach Striders | 39:39 |
| 64 | 209 | Graham Harrison | V55 6 | Altrincham & District Ac | 34:54 | 149 | 152 Tim Evans | V5510 | Lymm Runners | 39:40 |
| 65 | 106 | Peter Lloyd | V55 7 | Lymm Runners | 34:55 | 150 | 307 Richard Heyes | | Bramhall Runners | 39:42 |
| 66 | 8 | James Pratt | | Stockport Harriers & AC | 34:58 | 151 | 272 Eamonn McEntee | V4524 | Unattached | 39:44 |
| 67 | 317 | Chris Lang | | Winston Runners | 34:59 | 152 | 101 Wendy Terry | L 29 | Sale Harriers Manchester | 39:47 |
| 68 | 329 | Krzysztof Zacharski | | Winston Runners | 35:00 | 153 | 268 Aeronwy Towey | L 30 | Bramhall Runners | 39:50 |
| 69 | 277 | Jo Moss | L45 1 | Congleton H & Ac | 35:18 | 154 | 49 Tony Sala | V5511 | Lymm Runners | 39:52 |
| 70 | 11 | Bernard McCarron | V50 7 | Wilmslow Running Club | 35:24 | 155 | 98 Nick Jones | V4525 | Bingley Harriers & Ac | 39:55 |
| 71 | 188 | Emma Walton | L40 3 | Lymm Runners | 35:27 | 156 | 89 Margaret Bullock | L50 3 | Altrincham & District Ac | 40:00 |
| 72 | 107 | Jim Allen | V50 8 | Lymm Runners | 35:33 | 157 | 94 John Brear | V4526 | Lymm Runners | 40:01 |
| 73 | 118 | Michael Harte | V4512 | Unattached | 35:35 | 158 | 394 Rachel Peers | L 32 | Wilmslow Running Club | 40:03 |
| 74 | 113 | Lee Jones | V40 8 | Unattached | 35:36 | 159 | 320 Amy Cooper | L 33 | Lymm Runners | 40:05 |
| 75 | 250 | Mark Harrison | | Unattached | 35:41 | 160 | 131 Barry Heap | V5021 | Bramhall Runners | 40:07 |
| 76 | 389 | Richard Lawson | | Wilmslow Running Club | 35:47 | 161 | 174 Trish Clarke | L50 4 | Unattached | 40:15 |
| 77 | 213 | Steven Nokes | | Warrington Road Runners | 35:53 | 162 | 12 Gareth Maher | | Bramhall Runners | 40:18 |
| 78 | 66 | Lauren Marsden | L40 4 | Swinton Running Club | 35:59 | 163 | 397 Gail Hill | L 35 | Wilmslow Running Club | 40:25 |
| 79 | 189 | Matthew Given | | Stockport Harriers & AC | 36:01 | 164 | 372 Carla Ousey | L40 11 | Sale Harriers Manchester | 40:28 |
| 80 | 207 | Gary Mitchell | V4513 | Unattached | 36:05 | 165 | 361 Mark Godden | V5512 | Macclesfield Harriers & Ac | 40:30 |
| 81 | 269 | Mark Stirling | V4514 | Unattached | 36:06 | 166 | 43 Tony Smith | V60 6 | Congleton H & Ac | 40:35 |
| 82 | 334 | Craig Hunt | V4515 | Wilmslow Running Club | 36:08 | 167 | 158 Jon Clare | V4020 | Bramhall Runners | 40:38 |
| 83 | 314 | Andy Howarth | V40 9 | Bramhall Runners | 36:12 | 168 | 396 Ian Ashcroft | | Wilmslow Running Club | 40:40 |
| 84 | 14 | Damian Jones | | Unattached | 36:15 | 169 | 48 Jenny McClelland | L45 4 | Lymm Runners | 40:46 |
| 85 | 52 | Jamie Bradbury | | Lymm Runners | 36:27 | 170 | 178 Janette Byrne | L50 5 | Macclesfield Harriers & Ac | 40:47 |

Results Service by G.J. Fecitt (SportSoft) Tel & Fax 01204 884887, Email: graham@race-results.co.uk
 Internet: <http://www.race-results.co.uk> -- full results will be available for downloading tonight

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|-----|-------------------------|--------|-----------------------------|-------|-----|------------------------|--------|----------------------------|---------|
| 171 | 301 Claire Cheetham | L 39 | Congleton H & Ac | 40:48 | 260 | 77 Triphi Donthamsetty | L35 13 | Lymm Runners | 48:38 |
| 172 | 326 Jane Maher | L55 2 | Bramhall Runners | 40:49 | 261 | 321 John Wiseman | V5032 | Bramhall Runners | 48:40 |
| 173 | 58 Tim Martland | V5022 | Lymm Runners | 40:54 | 262 | 130 Christine Gibbons | L55 3 | Bramhall Runners | 48:44 |
| 174 | 185 John Doyle | V4021 | Unattached | 41:00 | 263 | 325 Beata Knychala | L35 14 | Winston Runners | 48:46 |
| 175 | 282 Robert Soames | V4022 | Congleton H & Ac | 41:12 | 264 | 203 Margaret Carleton | L60 4 | Winston Runners | 48:50 |
| 176 | 136 Petra Hardie | L40 12 | Lymm Runners | 41:13 | 265 | 200 Jan Molyneux | L45 10 | Swinton Running Club | 48:52 |
| 177 | 103 Cathryn Walley | L40 13 | Unattached | 41:17 | 266 | 134 Hazel Harrington | L50 20 | Bramhall Runners | 48:53 |
| 178 | 64 Mark Bainton | V5513 | Lymm Runners | 41:29 | 267 | 83 Kathryn Lowe | L35 15 | Mow Cop Runners | 48:54 |
| 179 | 33 Brian Wilkie | V4527 | Unattached | 41:30 | 268 | 241 Marie Fairclough | L50 21 | Bramhall Runners | 48:55 |
| 180 | 55 Jose Perez | V4023 | Lymm Runners | 41:42 | 269 | 378 Samantha Hogg | L 102 | Unattached | 48:58 |
| 181 | 166 Steve Lee | V4528 | Bramhall Runners | 41:43 | 270 | 78 Wai Shep | L 103 | Unattached | 48:59 |
| 182 | 206 Paul Shier | | Swinton Running Club | 41:50 | 271 | 216 Jan Wilson | L55 4 | Unattached | 49:06 |
| 183 | 248 Sinead Ferguson | L40 14 | Sale Harriers Manchester | 41:54 | 272 | 215 Lindsey Anderson | L50 22 | Unattached | 49:08 |
| 184 | 242 Amanda Pemberton | L40 15 | Lymm Runners | 42:04 | 273 | 159 Nicholas Heaton | V4532 | Bramhall Runners | 49:12 |
| 185 | 99 Neal Foundly | V5023 | Unattached | 42:16 | 274 | 350 Geraldine Finn | L45 11 | Unattached | 49:13 |
| 186 | 100 Fiona Eaton | L45 5 | Lymm Runners | 42:18 | 275 | 299 Debbie Woodcock | L50 23 | Bramhall Runners | 49:21 |
| 187 | 173 Adina Stan | L 46 | Unattached | 42:24 | 276 | 69 Jo Wadsworth | L45 12 | Lymm Runners | 49:22 |
| 188 | 172 Andrew Tomlinson | V4024 | Unattached | 42:26 | 277 | 239 Carron Lane | L50 24 | Winston Runners | 49:26 |
| 189 | 266 Maura Welch | L45 6 | Unattached | 42:36 | 278 | 240 Erika Frame | L45 13 | Bramhall Runners | 49:30 |
| 190 | 73 John Cooke | | Unattached | 42:37 | 279 | 167 Pauline Lynch | L70 1 | Macclesfield Harriers & Ac | 49:36 |
| 191 | 56 Kathryn Howard | L 48 | Lymm Runners | 42:43 | 280 | 275 Lorraine Rosson | L50 25 | Unattached | 49:39 |
| 192 | 86 Emma Nunnerley | L35 4 | Lymm Runners | 42:46 | 281 | 29 Jo Morley | L40 24 | Unattached | 49:49 |
| 193 | 304 Lisa Fothergill | L35 5 | Lymm Runners | 42:50 | 282 | 147 Mark Grundy | V5517 | Bramhall Runners | 49:56 |
| 194 | 102 Jane Oakley | L40 16 | Lymm Runners | 42:51 | 283 | 363 Lindsey Russell | L45 14 | Macclesfield Harriers & Ac | 50:04 |
| 195 | 61 Mary Burton | L50 6 | Lymm Runners | 43:05 | 284 | 202 Julie Evans | L50 26 | Bramhall Runners | 50:16 |
| 196 | 5 Andrea Buckingham | L50 7 | Bramhall Runners | 43:08 | 285 | 127 Jo Sander | L40 25 | Bramhall Runners | 50:31 |
| 197 | 21 Jacqueline Evans | L35 6 | Unattached | 43:09 | 286 | 315 Samantha Cook | L45 15 | Unattached | 50:34 |
| 198 | 226 Tim Johnson | V5024 | Unattached | 43:23 | 287 | 139 Yvonne Hewitt | L55 5 | Macclesfield Harriers & Ac | 50:39 |
| 199 | 273 Louise Thomas | L45 7 | Unattached | 43:24 | 288 | 148 Lisa Bancroft | L35 16 | Macclesfield Harriers & Ac | 50:40 |
| 200 | 353 Christian Hamilton | | Unattached | 43:25 | 289 | 238 Jo Thomas | L45 16 | Bramhall Runners | 50:45 |
| 201 | 128 Alyson Adams | L50 8 | Bramhall Runners | 43:34 | 290 | 369 Karen Taylor | L45 17 | Unattached | 50:54 |
| 202 | 97 Ruth Amin | L35 7 | Belle Vue Racers | 43:37 | 291 | 247 Nicky Tasker | L45 18 | Macclesfield Harriers & Ac | 51:03 |
| 203 | 316 Denise Irving | L35 8 | Winston Runners | 43:41 | 292 | 303 Savitri McAsey | L55 6 | Macclesfield Harriers & Ac | 51:25 |
| 204 | 67 Sharen Roberts | L40 17 | Swinton Running Club | 44:00 | 293 | 2 Rachael Benson | L45 19 | Bramhall Runners | 51:31 |
| 205 | 88 Suzanne Crampton | L50 9 | Dragons Running Club (sale) | 44:02 | 294 | 170 Amanda Aylward | L40 26 | Unattached | 51:37 |
| 206 | 157 Geoffrey Hull | V65 1 | Macclesfield Harriers & Ac | 44:03 | 295 | 179 Suzanne Wiles | L45 20 | Bramhall Runners | 51:43 |
| 207 | 51 Samantha Tennant | L40 18 | Lymm Runners | 44:08 | 296 | 13 Dianne Lapworth | L60 5 | Mow Cop Runners | 51:47 |
| 208 | 6 Donald Bennett | V60 7 | Bramhall Runners | 44:10 | 297 | 291 Bethany Cliff | L 128 | Congleton H & Ac | 51:49 |
| 209 | 114 Liz Tetley | L50 10 | Lymm Runners | 44:12 | 298 | 222 Samantha Phillis | L40 27 | Unattached | 51:50 |
| 210 | 367 Sean Scanlan | V4529 | Stockport Harriers & AC | 44:16 | 299 | 186 William Morrison | V55 18 | Unattached | 51:51 |
| 211 | 354 Julie Lucas | L50 11 | Wilmslow Running Club | 44:17 | 300 | 40 David Fussell | V60 8 | Congleton H & Ac | 51:58 |
| 212 | 10 Joseph Connor | | Bramhall Runners | 44:26 | 301 | 251 Martin Bell | V4533 | Unattached | 51:59 |
| 213 | 150 Christine Ritchie | L60 1 | Macclesfield Harriers & Ac | 44:36 | 302 | 125 Rebecca Hart | L 130 | Unattached | 52:00 |
| 214 | 366 Michelle Metcalfe | L40 19 | Stockport Harriers & AC | 44:37 | 303 | 230 Valerie Jones | L50 27 | Unattached | 52:04 |
| 215 | 74 Emma Reeves | L35 9 | Unattached | 44:38 | 304 | 311 Janet Jones | L60 6 | Unattached | 52:05 |
| 216 | 374 Lisa Richards | L 67 | Unattached | 44:40 | 305 | 47 Julie Smyth | L45 21 | Lymm Runners | 52:07 |
| 217 | 290 Lianne Marsh | L 68 | Unattached | 44:45 | 306 | 194 Rachel Archer | L40 28 | Swinton Running Club | 52:16 |
| 218 | 333 Dennis Yarwood | V5025 | Spectrum Striders | 45:01 | 307 | 357 Deborah Mawman | L50 28 | Unattached | 52:22 |
| 219 | 225 Sam Swain | L40 20 | Unattached | 45:02 | 308 | 310 Jane Stephens | L50 29 | Macclesfield Harriers & Ac | 52:26 |
| 220 | 35 Mike Croghan | V5026 | Unattached | 45:03 | 309 | 146 Rhona Johnson | L55 7 | Bramhall Runners | 52:29 |
| 221 | 224 Keith Pleasant | | Oldham & Royton H & AC | 45:09 | 310 | 42 Emma Scammell | L40 29 | Lymm Runners | 52:30 |
| 222 | 129 Denise Gregory | L50 12 | Bramhall Runners | 45:20 | 311 | 112 Janet Shaw | L60 7 | Helsby (bicc) Running Club | 52:32 |
| 223 | 23 Martin Bamping | V4025 | Unattached | 45:21 | 312 | 82 Pamela Chapman | L50 30 | Unattached | 52:33 |
| 224 | 379 Emma Lovelidge | L35 10 | Marple Runners | 45:22 | 313 | 91 Allison Melia | L40 30 | Unattached | 52:34 |
| 225 | 45 Paul Birdsall | V4026 | Congleton H & Ac | 45:25 | 314 | 305 Lyndseyth Evans | L40 31 | Macclesfield Harriers & Ac | 52:47 |
| 226 | 284 Jackie Moss | L35 11 | Congleton H & Ac | 45:26 | 315 | 122 Rebecca Styles | L40 32 | Bramhall Runners | 52:51 |
| 227 | 27 William Shanley | V55 14 | Manchester Ymca Harriers | 45:39 | 316 | 286 Cath Jones | L 144 | Bramhall Runners | 52:52 |
| 228 | 149 Kathryn Rogers | L50 13 | Bramhall Runners | 45:50 | 317 | 116 Georgina Timson | L45 22 | Macclesfield Harriers & Ac | 52:55 |
| 229 | 156 Janet Stanhope | L50 14 | Lymm Runners | 46:00 | 318 | 22 Matthew Wilde | | Unattached | 53:51 |
| 230 | 274 Gareth Rosson | V5027 | Unattached | 46:01 | 319 | 151 Bill Ritchie | V55 19 | Macclesfield Harriers & Ac | 54:11 |
| 231 | 180 Debbie Swanepoel | L35 12 | Stockport Harriers & AC | 46:02 | 320 | 243 Justine Jackson | L45 23 | Bramhall Runners | 54:20 |
| 232 | 267 Sam Blacow | L 76 | Stockport Harriers & AC | 46:04 | 321 | 280 Claire Rayner | L 147 | Bramhall Runners | 54:37 |
| 233 | 380 Tracey Brereton | L40 21 | Unattached | 46:07 | 322 | 108 Melanie Li | L45 24 | Bramhall Runners | 54:38 |
| 234 | 39 Val Fussell | L60 2 | Congleton H & Ac | 46:09 | 323 | 332 ?Caroline Owen | L35 17 | Winston Runners | 54:45 |
| 235 | 41 Sid Bailey | V55 15 | Deestridders R.c. | 46:10 | 324 | 271 Gary Thomas | | Unattached | 54:59 |
| 236 | 232 Mike Clark | V5028 | Bramhall Runners | 46:12 | 325 | 44 Elena Jones | L45 25 | Lymm Runners | 55:29 |
| 237 | 306 Edyta Burgess | L40 22 | Winston Runners | 46:19 | 326 | 318 Tracyifer Quinn | L 151 | Lymm Runners | 55:30 |
| 238 | 153 Wendy Torevell | L60 3 | Bramhall Runners | 46:31 | 327 | 309 Sue Thurrold | L50 31 | Unattached | 55:42 |
| 239 | 75 Jane Chinae | L50 15 | Lymm Runners | 46:32 | 328 | 300 Colin Owen | V5033 | Unattached | 55:54 |
| 240 | 124 Debra Crouch | L50 16 | Lymm Runners | 46:33 | 329 | 105 Linda Walsh | L55 8 | Lymm Runners | 55:55 |
| 241 | 338 Karen Kain | L45 8 | Chorlton Runners | 46:34 | 330 | 217 Alison Fletcher | L40 33 | Unattached | 55:57 |
| 242 | 198 Paul Taylor | V4027 | Bramhall Runners | 46:45 | 331 | 375 Kate Ellis | L40 34 | Unattached | 56:08 |
| 243 | 142 Jason Rowbottom | V4530 | Lymm Runners | 46:46 | 332 | 229 Karen Brereton | L50 32 | Unattached | 56:23 |
| 244 | 28 Davidie Williamson | | Swinton Running Club | 47:04 | 333 | 228 Paula Henry | L40 35 | Unattached | 56:24 |
| 245 | 93 Laura Stevenson | L45 9 | Lymm Runners | 47:10 | 334 | 137 Jenny Miles | L65 1 | Winston Runners | 56:34 |
| 246 | 237 Jane Death | L40 23 | Unattached | 47:24 | 335 | 293 Annette Fairclough | L 60 8 | Winston Runners | 56:51 |
| 247 | 298 Julie Smith | L50 17 | Macclesfield Harriers & Ac | 47:34 | 336 | 332 ?Caroline Owen | L35 18 | Winston Runners | 56:52 |
| 248 | 143 Paul Lawrence | V55 16 | Bramhall Runners | 47:37 | 337 | 197 Clare Taylor | L40 36 | Bramhall Runners | 58:01 |
| 249 | 32 Catharine Crossley | L 87 | Macclesfield Harriers & Ac | 47:46 | 338 | 265 Karen Cooke | L45 26 | Bramhall Runners | 58:14 |
| 250 | 255 Katy Barnes | L 88 | Macclesfield Harriers & Ac | 47:46 | 339 | 227 Debbie Hancock | L45 27 | Unattached | 59:15 |
| 251 | 257 Sarmid Al-Kamil | V5029 | Bramhall Runners | 47:53 | 340 | 155 Jane Pal | L60 9 | Macclesfield Harriers & Ac | 59:27 |
| 252 | 296 John Thompson | V4531 | Unattached | 48:21 | 341 | 141 Brian Platt | V75 1 | Unattached | 59:28 |
| 253 | 264 Katie Arnold | L 89 | Unattached | 48:22 | 342 | 117 Sallyky Harrison | L50 33 | Unattached | 1:06:27 |
| 254 | 399 Liz Tideswell | L 90 | Potters Trotters | 48:23 | 343 | 7 Joanna Bennett | L60 10 | Bramhall Runners | 1:06:30 |
| 255 | 358 Tim Woolford | V5030 | Unattached | 48:25 | 344 | 59 Diana Powell | L60 11 | Bramhall Runners | 1:06:31 |
| 256 | 15 Stefanie Rowen-Jones | L50 18 | Chorlton Runners | 48:31 | 345 | 123 Rippon England | L45 28 | Unattached | 1:06:43 |
| | 48:31 | | | | 346 | 164 Deborah Doyle | L65 2 | Unattached | 1:06:46 |
| 257 | 382 Dawn Devine | L50 19 | Macclesfield Harriers & Ac | 48:33 | 347 | 339 Claire Pearce | L 170 | Unattached | 1:08:27 |
| 258 | 362 Katalin Szabo | L 93 | Unattached | 48:35 | 348 | 119 Alia Pike | L35 19 | Uk Athletics Limited | 1:08:28 |
| 259 | 356 Wayne Richards | V5031 | Fylde Coast Runners | 48:37 | 349 | 319 Fiona Bogues | L50 34 | Macclesfield Harriers & Ac | 1:10:19 |
| | | | | | 350 | 342 Nina Birch | L 173 | Wilmslow Running Club | 1:10:36 |

Runway - Men — TEAM RESULTS

NOTE: Unattached and non-counters are DELETED before teams are calculated

| | | | | | |
|-------------------------------|-----|---|-------------------|------------------------|---------------------|
| 1 Sale Harriers Manchester | 20 | — | 4 Dave Marsh | 6 Gary Rowlinson | 10 Steven Henderson |
| 2 Wilmslow Running Club | 28 | — | 5 Barry Archbold | 7 Jon Cheshire | 16 Nick Jackson |
| 3 Vale Royal AC | 36 | — | 1 Zack Bamber | 9 Michael Harrington | 26 Scott Bamber |
| 4 Altrincham & District Ac | 50 | — | 3 Jonathan Powell | 18 Dan Martell | 29 John Noblett |
| 5 Bramhall Runners | 59 | — | 15 Ian Keeling | 19 John Williams | 25 Matt Moran |
| 6 Congleton H & Ac | 76 | — | 17 Mikko Kuronen | 23 Chris Moss | 36 Craig Hewitt |
| 7 Stockport Harriers & AC | 80 | — | 11 Iain Murdoch | 27 Nathan Mayoh | 42 Mike Shaw |
| 8 Lymm Runners | 115 | — | 8 Paul Bagan | 51 Peter Lloyd | 56 Jim Allen |
| 9 Winston Runners | 173 | — | 53 Chris Lang | 54 Krzysztof Zacharski | 66 Peter Walters |
| 10 Macclesfield Harriers & Ac | 223 | — | 44 Ray O'Keefe | 87 Stewart Waudby | 92 David Larkin |
| 11 Chorlton Runners | 226 | — | 69 Paul Kain | 75 Mark Turner | 82 Danny McCarron |

Runway - Ladies — TEAM RESULTS

NOTE: Unattached and non-counters are DELETED before teams are calculated

| | | | | | |
|------------------------------|-----|---|--------------------|------------------------|----------------------|
| 1 Sale Harriers Manchester | 7 | — | 1 Luisa Candioli | 2 Sarah Douglas | 4 Hayley Ashby |
| 2 Wilmslow Running Club | 26 | — | 3 Sharon Johnstone | 7 Diane Bygrave | 16 Amy Longmore |
| 3 Congleton H & Ac | 39 | — | 8 Jo Moss | 12 Melanie Worthington | 19 Michelle Matthews |
| 4 Lymm Runners | 42 | — | 9 Emma Walton | 15 Georgina Walker | 18 Wendy Gamlin |
| 5 Bramhall Runners | 48 | — | 11 Nicola Lloyd | 14 Helen Rennie | 23 Vikki Murphy |
| 6 Swinton Running Club | 147 | — | 10 Lauren Marsden | 53 Sharen Roberts | 84 Jan Molyneux |
| 7 Stockport Harriers & AC | 148 | — | 24 Clarel Macneil | 59 Michelle Metcalfe | 65 Debbie Swanepoel |
| 8 Macclesfield Harriers & Ac | 169 | — | 37 Janette Byrne | 58 Christine Ritchie | 74 Julie Smith |
| 9 Winston Runners | 202 | — | 52 Denise Irving | 68 Edyta Burgess | 82 Beata Knychala |