

Sheet1

Pos	Time	No.	Forename	Surname	Cat	Club
1	17:42.50	251	Joseph	Hudak	M	East Cheshire Harriers & Tameside Ac
2	18:21.14	244	George	Lewis	JM17/19	East Cheshire Harriers & Tameside Ac
3	18:42.12	267	Kevin	Jowett	M40	East Cheshire Harriers & Tameside AC
4	18:56.67	265	Matthew	Latham	M	Hyde Village Striders
5	19:02.54	188	Mat	Stephenson	M45	Marple Runners
6	19:08.43	287	Lucas	Parker	JM13/14	Macclesfield Harriers
7	19:10.32	268	Gavin	Browne	M	East Cheshire Harriers & Tameside AC
8	19:38.63	136	Neil	McGraw	M40	Glossopdale Harriers
9	19:46.70	660	Stefan	Bramwell	M40	Pennine Fell Runners
10	19:48.12	161	Barry	Hirst	M50	East Cheshire Harriers
11	20:07.95	198	Christopher	Swire	M45	East Cheshire Harriers & Tameside Ac
12	20:21.60	280	Steve	Crossman	M45	Glossopdale
13	20:24.51	274	Callum	Parkinson	M	Hyde Village Striders
14	20:27.82	199	Mikko	Kuronen	M55	Congleton Harriers
15	20:35.09	170	Ian	Fraser	M50	East Cheshire Harriers and Tac
16	21:06.38	186	Stephen	Ellison	M40	Mounts Bay Harriers
17	21:12.44	169	Peter	Nicholson	M	
18	21:14.76	190	Paul	Anderson	M45	Oldham & Royton H & Ac
19	21:16.10	164	Sarah	Hudak	F	Trafford Ac
20	21:17.50	270	Mike	Gradwell	M	Saddleworth Runners Club
21	21:22.72	260	Matthew	Wilde	M	
22	21:24.40	277	Rob	Skelton	M40	Pennine Fell Runners
23	21:25.16	653	Chris	Hughes	M	East Cheshire Harriers
24	21:26.69	656	Gareth	Simpson	M45	East Cheshire Harriers
25	21:30.96	285	Dennis	Thomas	M40	East Cheshire Harriers
26	21:36.66	298	Daniel	Bamber	M	East Cheshire Harriers
27	21:39.80	657	Sean	Stafford	M45	Team Triguru
28	21:47.26	663	Laurence	Graves	M40	
29	22:18.70	652	Derek	Hughes	M55	East Cheshire Harriers
30	22:41.76	257	Tom	Hubabrd	JM17/19	East Cheshire Harriers & Tameside Ac
31	22:44.66	139	Michelle	Vaughan	F40	East Cheshire Harriers
32	23:14.53	296	Adrian	Barker	M45	Hyde Village Striders
33	23:20.91	154	John	Felton	M45	Oldham & Royton Harriers
34	23:25.58	165	Kerrie	Wood-Doyle	F50	Stockport
35	23:29.58	243	Richard	Vink	M50	East Cheshire Harriers & Tameside Ac
36	23:34.95	651	David	Bunyan	M50	Team Triguru
37	23:36.20	269	Jamie	Briggs	M	Hyde Village Striders
38	23:37.63	275	David	Ibbotson	M60	
39	23:43.65	292	Simon	Bolton	M50	Cheshire Hill Racers
40	23:47.59	135	Tony	Hart	M45	Oldham & Royton Harriers
41	23:54.91	264	Angela	Oldham	F60	East Cheshire Harriers & Tameside Ac
42	23:58.78	157	Colin	Smith	M	
43	24:11.01	159	Phil	Heaword	M	Bramhall Runners
44	24:19.16	174	Lawrence	Fennelly	M55	Glossopdale Harriers
45	24:31.68	245	Martin	Lewis	M45	East Cheshire Harriers & Tameside Ac
46	24:34.36	184	Jason	Steadman	M45	
47	24:35.01	150	Helen	Rennie	F	Bramhall Runners
48	24:47.33	284	Eddie	Hamilton	M	
49	24:48.55	258	Rob	Parkin	M40	Congleton Harriers
50	24:53.17	248	Tony	Hillier	M65	East Cheshire Harriers & Tameside AC
51	25:03.01	658	Ian	Howarth	M50	East Cheshire Harriers
52	25:06.15	654	Kevin	Duckworth	M55	Team Triguru
53	25:08.06	242	Samantha	Hartley	F	Hyde Village Striders
54	25:14.09	297	Howard	Bamber	M65	East Cheshire Harriers

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55	25:17.15	295 Craig	Speakman	M45	Hyde Village Striders
56	25:23.35	147 Callum	Millington	JM15/16	
57	25:23.51	262 Alan	Stafford	M	
58	25:23.94	662 Jon	Kerr	M50	
59	25:28.89	293 Liam	Browne	M	
60	25:29.82	281 Gareth	Swift	M	
61	25:30.61	168 Thomas	Clarke	M45	
62	25:31.97	132 John	Archer	M60	Winston Runners
63	25:37.10	166 Gary	Coxon	M55	East Cheshire Harriers
64	25:41.64	189 Selina	McClean	F40	Royton Road Runners
65	25:42.91	160 Gareth	Maher	M	Bramhall Runners
66	25:46.90	263 Rosie	Jones	F35	Pennine Fell Runners
67	26:05.88	253 Helen	Thornhill	F40	Stockport Harriers & AC
68	26:17.15	133 Mervyn	Grady	M60	East Cheshire Harriers
69	26:24.97	659 Ian	Rothwell	M55	Team Triguru
70	26:28.32	250 Emma	Buckley	F	Oldham & Royton H & Ac
71	26:34.42	256 Simon	Rushton	M50	Marple Runners
72	26:43.41	192 Charlie	Podolanski	JM15/16	Stockport Tri Club
73	26:51.43	137 Nev	McGraw	M70	Glossopdale Harriers
74	26:52.38	167 John	Blease	M40	
75	27:10.13	254 Robert	Heeley	M60	Hyde Village Striders
76	27:21.97	273 Sharron	Duffy	F45	Hyde Village Striders
77	27:30.76	655 Keith	Owens	M65	East Cheshire Harriers
78	27:41.41	197 Matthew	Carson	M40	
79	27:42.12	266 Jasmine	Duffy	F	Hyde Village Striders
80	27:45.65	195 Rob	Heywood	M50	Marple Runners
81	27:54.41	261 Heather	Gibbon	F45	Hyde Village Striders
82	28:08.07	276 Colin	McHugo	M50	Chorlton Runners
83	28:19.97	149 Tony	Barras	M40	
84	28:24.35	172 Michael	Gallacher	M40	
85	28:30.13	299 Richard	Wlodarczyk	M60	East Cheshire Harriers
86	28:33.69	153 Keith	Pleasant	M	Oldham & Royton Harriers
87	29:00.56	134 Angie	Hart	F40	Oldham & Royton Harriers
88	29:22.15	185 Donna	Gardner	F	Oldham and Royton
89	29:23.05	286 John	Fitzgerald	M50	
90	29:40.94	173 Hannah	Sellers	F	Hyde Village Striders
91	29:46.47	180 Bridget	Brogan-Bruce	F45	Hyde Village Striders
92	29:49.45	300 David	Salmon	M65	East Cheshire Harriers
93	30:00.16	181 Carol	Kershaw	F45	Hyde Village Striders
94	30:13.79	155 Julie	Felton	F45	Oldham & Royton Harriers Ac
95	30:21.91	196 Marie	Fairclough	F50	Bramhall Runners
96	30:29.95	194 Claire	Bradley	F40	Marple Runners
97	30:31.81	279 Barry	Westbrook	M50	Hyde Village Striders
98	30:59.60	282 Kim	Middleton	F35	
99	31:23.91	294 Martyn	Woodward	M40	Hyde Village Striders
100	31:26.00	255 Maria	Rushton	F50	Marple Runners
101	31:37.19	187 Alison	Deykin	F45	Marple
102	31:37.97	162 Lorna	Fennel	F	Oldham and Royton Harriers
103	31:38.34	156 Nikki	Mills	F35	Oldham & Royton Harriers
104	32:00.75	252 Susan	Hudak	F60	East Cheshire Harriers & Tameside AC
105	32:02.84	271 Leanne	Lightfoot	F	
106	32:04.66	288 Teresa	Ashton	F	Hyde Village Striders
107	32:09.70	176 Jane	Lancashire	F40	Hyde Village Striders
108	32:29.44	191 Jo	Podolanski	F45	Bramhall Runners
109	33:05.07	272 Karen	Andrew	F50	Marple Runners

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110	33:21.12	278	Jon	Lloyd	M50	
111	33:39.12	178	Liz	Oldham	F	
112	33:39.85	283	Gill	Wolstenholme	F60	East Cheshire Harriers
113	34:00.76	247	Karen	Stuttard	F45	Oldham & Royton H & AC
114	34:31.47	163	Janet	Appleyard	F60	Oldham and Royton Harriers
115	34:36.28	179	Paul	Blackburn	M40	Hyde Village Striders
116	34:37.02	142	Jennifer	Bottomley	F	
117	34:45.85	290	Nicola	Green	F	
118	35:04.14	171	Maria	Apruzzese	F40	
119	35:31.80	146	Lucy Francesca	Styles	JF15/16	
120	35:37.92	145	Rebecca Louise	Styles	F40	Bramhall Runners
121	35:57.19	144	Gaynor	Newsome	F50	Oldham & Royton Harriers
122	36:11.17	141	Craig	Bottomley	M40	
123	36:13.79	246	Claire	Fielding	F40	
124	36:39.81	177	Mairead	Handrick	F	
125	37:28.56	289	Danielle	Zazzarino	F	
126	37:29.25	175	Abbie	Greenwood	F	
127	38:06.71	143	Judith	Ashford	F50	Oldham & Royton Harriers
128	38:17.66	661	Kay	Hamer	F55	
129	39:40.90	291	Karen	Ashton	F	
130	39:41.78	148	Debbie	Barras	F	
131	40:21.16	193	Deborah	Beech	F45	
132	42:23.50	259	Tracy Ann	Lever	F35	Hyde Village Striders
133	45:17.44	138	Jackie	Walker	F50	Hyde Village Striders
134	45:18.01	140	Nick	Waterworth	F35	