

Position	Race no.	Name	Gender	Cat	Club	Gun Time	Pred. Time	Difference
1	77	ANNA DAGNALL	F	V35	BRAMHALL RUNNERS	0:58:30	0:58:30	0:00:00
2	217	RAY O'KEEFE	M	V50	MACCLESFIELD HARRIERS	0:44:59	0:45:00	0:00:01
3	321	PAUL WSZOLEK	M	SEN	U/A	0:47:13	0:47:15	0:00:02
4	40	SAN BUCKLEY	F	V45	U/A	0:52:27	0:52:25	0:00:02
5	84	THOMAS DEAKIN	M	SEN	U/A	0:44:55	0:45:00	0:00:05
6	244	IAN RANKIN	M	V55	U/A	1:05:19	1:05:30	0:00:11
7	234	DIANA POWELL	F	V60	BRAMHALL RUNNERS	1:15:16	1:15:27	0:00:11
8	115	ROSS GILES	M	SEN	CHORLTON RUNNERS	0:46:20	0:46:08	0:00:12
9	162	CHRISTINE HYDE	F	V35	CHORLTON RUNNERS	0:58:14	0:58:30	0:00:16
10	208	IAIN MURDOCH	M	V40	STOCKPORT HARRIERS	0:39:32	0:39:15	0:00:17
11	160	PAUL HUNT	M	V50	GOYT VALLEY STRIDERS	0:52:09	0:51:51	0:00:18
12	24	ANDREA BOOTH	F	V45	POYNTON RUNNERS	0:50:35	0:50:54	0:00:19
13	8	JOHN ALLEN *	M	SEN	U/A	1:02:20	1:02:00	0:00:20
14	220	DAVE OSBALDISTON	M	V40	U/A	1:02:20	1:02:00	0:00:20
15	14	MICHAEL ATKINSON	M	V60	WARRINGTON RUNNING CLUB	0:48:24	0:48:45	0:00:21
16	46	MALCOLM BUTCHER	M	V55	U/A	0:55:04	0:54:43	0:00:21
17	58	KAREN CHARTERS	F	V45	U/A	0:57:36	0:57:14	0:00:22
18	18	TOM BEACH	M	SEN	ROYSTON RUNNERS	0:38:37	0:39:00	0:00:23
19	183	NICK LIVINGSTONE	M	SEN	POYNTON RUNNERS	0:44:37	0:45:00	0:00:23
20	288	MICHELLE TAYLOR	F	V50	U/A	1:10:25	1:09:59	0:00:26
21	287	MARK TAYLOR	M	V55	U/A	1:10:26	1:10:00	0:00:26
22	94	ANTHONY DUNN	M	V45	U/A	0:42:48	0:42:21	0:00:27
23	83	STE DAVISON	M	V40	CHORLTON RUNNERS	0:49:32	0:50:00	0:00:28
24	231	CLARE PICKFORD	F	V40	U/A	0:56:00	0:55:30	0:00:30
25	86	JOHN DEXTER	M	SEN	U/A	1:02:32	1:02:00	0:00:32
26	264	GORDON SHARP	M	V60	U/A	0:52:46	0:53:20	0:00:34
27	325	PAUL ROBISON	M	V45	WINSTON RUNNERS	0:54:37	0:55:11	0:00:34
28	298	TRACY VERNON	F	V55	GOYT VALLEY STRIDERS	0:55:39	0:55:05	0:00:34
29	47	MIKE BUTCHER	M	V65	U/A	1:10:20	1:09:46	0:00:34
30	272	JERRY SMITH	M	V60	CHORLTON RUNNERS	0:46:37	0:46:00	0:00:37
31	4	PAUL ADKINS	M	V60	STOCKPORT TRI CLUB	0:47:25	0:46:46	0:00:39
32	191	LEE MCCOURT	M	SEN	MANCHESTER HARRIERS & AC	0:50:11	0:49:30	0:00:41

33	106	ELAINE FRASER	F	V40	WARRINGTON RUNNING CLUB	0:55:41	0:56:22	0:00:41
34	194	GED MCGRATH	M	V40	STOCKPORT HARRIERS	0:39:57	0:39:15	0:00:42
35	2	MALCOLM ADAMS	M	V65	POYNTON RUNNERS	0:55:55	0:56:37	0:00:42
36	267	COLIN SHORE	M	V45	U/A	0:49:26	0:48:43	0:00:43
37	158	AMELIA HUNT	F	SEN	GOYT VALLEY STRIDERS	0:48:14	0:47:30	0:00:44
38	159	MOIRA HUNT	F	V60	GOYT VALLEY STRIDERS	0:55:15	0:54:30	0:00:45
39	165	BEV JACKSON	F	V50	ALTRINCHAM	0:48:19	0:47:32	0:00:47
40	221	CARLA OUSEY	F	V45	SALE HARRIERS	0:52:40	0:51:52	0:00:48
41	121	ANDREW GRAVETT	M	V45	U/A	0:50:38	0:49:49	0:00:49
42	69	STEVE FAIRCLOUGH	M	V50	BRAMHALL RUNNERS	0:49:54	0:49:02	0:00:52
43	52	HELEN CARTER	F	SEN	POYNTON RUNNERS	0:50:32	0:49:38	0:00:54
44	203	SIMON MOFFATT	M	SEN	U/A	0:59:25	0:58:30	0:00:55
45	281	SARAH STUTCHFIELD	F	V40	MARPLE RUNNERS	0:53:36	0:52:40	0:00:56
46	224	PARESH PATEL	M	V40	VEGAN RUNNERS	0:53:03	0:54:00	0:00:57
47	282	REBECCA STYLES	F	V45	BRAMHALL RUNNERS	1:06:07	1:07:07	0:01:00
48	243	PHIL RAMSEY	M	V40	BRAMHALL RUNNERS	0:42:01	0:41:00	0:01:01
49	247	ALAN REYNOLDS	M	SEN	U/A	0:47:02	0:46:00	0:01:02
50	233	TONY POTTS	M	V40	STOCKPORT HARRIERS	0:40:04	0:39:00	0:01:04
51	190	MIKE MASON	M	V50	HYDE VILLAGE STRIDERS	0:45:17	0:46:21	0:01:04
52	33	MATT BRIGNELL	M	V40	VEGGIERUNNERS	0:56:13	0:55:09	0:01:04
53	128	NEIL GUNN	M	V60	MACCLESFIELD HARRIERS	0:49:35	0:48:30	0:01:05
54	270	ANNIE SMEDLEY	F	V45	MARPLE RUNNERS	0:53:29	0:52:24	0:01:05
55	212	HARRY NEWTON	M	V80+	MACCLESFIELD HARRIERS	1:02:56	1:01:48	0:01:08
56	133	NICK HAM	M	V50	GLOSSOPDALE HARRIERS	0:50:26	0:49:15	0:01:11
57	130	PHILIP HALL	M	V45	HYDE VILLAGE STRIDERS	0:57:24	0:58:36	0:01:12
58	119	MARK GODDEN	M	V60	MACCLESFIELD HARRIERS	0:56:13	0:55:00	0:01:13
59	64	JOHN COATS	M	V55	NORTHERN MASTERS AC	0:51:00	0:52:15	0:01:15
60	274	PAUL SMITH	M	V40	U/A	1:00:16	0:59:00	0:01:16
61	186	PHIL LOMAS	M	V40	WARRINGTON RUNNING CLUB	0:45:51	0:44:33	0:01:18
62	299	ALEX WADDINGTON	F	V35	BRAMHALL RUNNERS	0:51:18	0:50:00	0:01:18
63	195	ESTELLE MCGUIRE	F	V50	STOCKPORT HARRIERS	0:54:41	0:56:00	0:01:19
64	164	LAUREN IREDALE	F	SEN	U/A	0:55:49	0:54:30	0:01:19
65	88	SIAN DOBSON HUGHES	F	SEN	U/A	0:55:50	0:54:30	0:01:20

66	173	MIKE KELLY	M	V45	MARPLE RUNNERS	0:56:08	0:57:28	0:01:20
67	250	MATTHEW ROBERTS	M	V40	U/A	0:50:01	0:48:40	0:01:21
68	324	JAMES DEIGHTON	M	V40	MARPLE RUNNERS	1:30:38	1:32:00	0:01:22
69	144	NIGEL HARRISON	M	V50	STOCKPORT TRI CLUB	0:54:53	0:53:30	0:01:23
70	75	DANIEL CUSWORTH	M	V45	U/A	0:56:37	0:58:00	0:01:23
71	76	SALLY CUSWORTH	F	V45	U/A	0:56:25	0:55:00	0:01:25
72	189	ELIZABETH MASON	F	V50	HYDE VILLAGE STRIDERS	0:54:21	0:52:52	0:01:29
73	85	CHRISTINE DEWSBURY	F	V40	STOCKPORT TRI CLUB	0:55:57	0:54:27	0:01:30
74	1	CHRIS ABBOTT	M	SEN	U/A	0:50:42	0:52:14	0:01:32
75	50	ROBIN CARRUTHERS	M	V45	U/A	0:52:51	0:54:23	0:01:32
76	36	SYLVIA BROWN	F	V35	WILMSLOW STRIDERS	0:56:07	0:54:35	0:01:32
77	297	DAVE VERMEULEN	M	V55	U/A	1:00:11	0:58:37	0:01:34
78	44	PHIL BURNS	M	SEN	STOCKPORT HARRIERS	0:41:37	0:40:00	0:01:37
79	305	AMY WELCH	F	SEN	CHORLTON RUNNERS	0:44:21	0:46:00	0:01:39
80	308	SOPHIE WETTON	F	SEN	U/A	0:50:51	0:52:34	0:01:43
81	39	IAN BUCKLEY	M	V40	U/A	0:49:50	0:48:04	0:01:46
82	260	MATT SANDERSON	M	V45	WARRINGTON RUNNING CLUB	0:51:11	0:49:25	0:01:46
83	73	HELEN CROFT	F	V40	POYNTON RUNNERS	0:51:50	0:50:04	0:01:46
84	129	JACKIE HALL	F	V50	HYDE VILLAGE STRIDERS	1:03:48	1:02:00	0:01:48
85	266	STEVE SHAUGHNESSY	M	V60	STOCKPORT HARRIERS	0:43:39	0:41:50	0:01:49
86	238	PIPPA PRICE	F	V50	U/A	0:59:36	0:57:47	0:01:49
87	196	GAVIN MCKAY	M	SEN	POYNTON RUNNERS	0:59:44	1:01:33	0:01:49
88	218	BEN OLDHAM	M	SEN	U/A	0:56:16	0:58:07	0:01:51
89	303	GARETH WATTS	M	SEN	U/A	0:57:34	0:55:43	0:01:51
90	143	LOUISE HARRISON	F	V45	STOCKPORT TRI CLUB	0:54:55	0:53:03	0:01:52
91	154	ANDREW HODSON	M	V45	MARPLE RUNNERS	1:01:55	1:00:00	0:01:55
92	311	NICOLA WHITWORTH	F	V40	U/A	0:59:34	1:01:30	0:01:56
93	254	HEATHER ROONEY	F	V45	LYME RUNNERS	0:59:04	1:01:01	0:01:57
94	127	SIAN GRIFFITHS	F	V55	MARPLE RUNNERS	1:10:03	1:08:04	0:01:59
95	261	SUE SANDERSON	F	V45	WARRINGTON RUNNING CLUB	0:54:44	0:52:43	0:02:01
96	125	CHRIS GREEN	M	V40	U/A	0:57:03	0:55:00	0:02:03
97	290	CHRIS TETLEY	M	V60	GOYT VALLEY STRIDERS	0:59:33	0:57:30	0:02:03
98	25	KEVIN BOOTH	M	V45	POYNTON RUNNERS	1:02:03	1:00:00	0:02:03

99	232	ADAM POTTS	M	V45	U/A	0:46:22	0:44:15	0:02:07
100	109	LAUREN GAYTER	F	SEN	U/A	1:03:17	1:01:10	0:02:07
101	171	HELEN JEFFERY	F	V35	CONGLETON HARRIERS	0:51:38	0:49:30	0:02:08
102	223	ROB PARKIN	M	V45	CONGLETON HARRIERS	0:57:08	0:55:00	0:02:08
103	30	JENNY BRAMMER	F	V60	MACCLESFIELD HARRIERS	1:03:18	1:05:30	0:02:12
104	136	KEITH HANSON	M	V40	U/A	1:07:13	1:05:00	0:02:13
105	289	WENDY TERRY	F	V40	SALE HARRIERS	0:48:44	0:46:30	0:02:14
106	101	PAULA FLETCHER	F	V45	U/A	1:02:40	1:04:55	0:02:15
107	215	JESSICA OFFER	F	SEN	U/A	0:59:16	0:57:00	0:02:16
108	15	NEIL ATTWOOD	M	V40	U/A	0:45:19	0:43:02	0:02:17
109	7	KATIE ALLEN	F	V35	U/A	0:56:11	0:53:54	0:02:17
110	142	CHRIS HARRISON	M	SEN	YORK KNAVESMIRE HARRIERS	1:03:49	1:01:32	0:02:17
111	296	STUART TWIBELL	M	V45	U/A	1:07:19	1:05:02	0:02:17
112	9	JOHN ALLEN**	M	SEN	U/A	0:56:12	0:53:54	0:02:18
113	140	ANN HARRIS	F	V65	MACCLESFIELD HARRIERS	1:00:18	0:58:00	0:02:18
114	117	ZOE GMERER	F	V40	CHORLTON RUNNERS	0:46:27	0:44:08	0:02:19
115	226	AILSA PEARSON	F	V50	U/A	1:03:19	1:01:00	0:02:19
116	294	HELEN TOYNE	F	V40	VEGAN RUNNERS	1:04:53	1:02:30	0:02:23
117	313	DAVID WILLIAMS	M	SEN	U/A	0:54:04	0:51:34	0:02:30
118	29	LEAH BRADSHAW-WILLIAMS	F	V35	U/A	0:54:05	0:51:34	0:02:31
119	314	JOHN WILLIAMS	M	SEN	MARPLE RUNNERS	0:47:34	0:45:00	0:02:34
120	108	NIGEL GARFIELD	M	V40	U/A	0:49:39	0:47:03	0:02:36
121	277	JESSIE MCGUIRE	F	SEN	U/A	0:54:41	0:52:00	0:02:41
122	240	TED PROUDLEY	M	V40	U/A	0:55:23	0:52:40	0:02:43
123	204	HELEN MOORE	F	V40	U/A	1:00:14	0:57:30	0:02:44
124	22	RACHAEL BLIGHT	F	V40	STOCKPORT HARRIERS	0:46:09	0:43:24	0:02:45
125	51	DEBS CARTER	F	V55	U/A	1:05:45	1:03:00	0:02:45
126	35	STE BROADFOOT	M	V55	KNOWSLEY HARRIERS AC	0:46:47	0:44:00	0:02:47
127	197	SUSANNAH MIDDLETON	F	V45	MACCLESFIELD HARRIERS	1:00:18	0:57:30	0:02:48
128	206	MORAG MORGAN	F	V65	BRAMHALL RUNNERS	1:13:59	1:11:11	0:02:48
129	41	SARAH BULMAN	F	V45	U/A	1:02:35	0:59:45	0:02:50
130	185	EMMA LOCK	F	SEN	POYNTON RUNNERS	1:01:11	0:58:20	0:02:51
131	293	CHRIS TOYNE	M	V50	U/A	1:04:51	1:02:00	0:02:51

132	225	STUART PATERSON	M	V50	U/A	0:52:05	0:55:00	0:02:55
133	100	JANINE FLETCHER	F	V40	HYDE VILLAGE STRIDERS	1:02:55	1:00:00	0:02:55
134	304	LYNNE WEBSTER	F	V60	BRAMHALL RUNNERS	1:14:58	1:12:00	0:02:58
135	26	PETER BOULTON	M	V70	ROYTON ROAD RUNNERS	1:05:02	1:02:00	0:03:02
136	198	JENNY MILES	F	V65	CHORLTON RUNNERS	1:07:28	1:10:30	0:03:02
137	141	JEMMA HARRIS	F	SEN	MACCLESFIELD HARRIERS	0:49:53	0:46:50	0:03:03
138	172	LORRAINE KAY	F	V40	U/A	1:03:04	1:00:01	0:03:03
139	237	JAMES PRATT	M	SEN	BRAMHALL RUNNERS	0:49:42	0:46:35	0:03:07
140	205	DIPIKA MORGAN	F	V40	MACCLESFIELD HARRIERS	1:01:38	0:58:30	0:03:08
141	138	HAZEL HARRINGTON	F	V55	BOLLINGTON HARRIERS	1:00:57	0:57:45	0:03:12
142	153	NAT HOBSON	F	V35	POYNTON RUNNERS	1:01:12	0:58:00	0:03:12
143	258	JULIAN SACOFSKY	M	V55	U/A	0:58:13	0:55:00	0:03:13
144	295	ANDY TURNER	M	V45	STOCKPORT TRI CLUB	0:59:14	0:56:00	0:03:14
145	122	HANNAH GRAVETT	F	SEN	LEEDS UNI ATHLETICS	0:45:33	0:42:10	0:03:23
146	248	NAOMI REYNOLDS	F	SEN	U/A	0:52:06	0:55:30	0:03:24
147	309	MARK WHELAN	M	V50	GOYT VALLEY STRIDERS	0:50:19	0:46:53	0:03:26
148	276	ANTONY STATHAM	M	SEN	U/A	0:56:34	1:00:00	0:03:26
149	107	SUDAM GAMAGE	M	SEN	HYDE VILLAGE STRIDERS	0:58:26	0:55:00	0:03:26
150	152	BOB HOBSON	M	V50	POYNTON RUNNERS	0:50:58	0:47:30	0:03:28
151	271	DEBORAH SMITH	F	V45	HYDE VILLAGE STRIDERS	0:54:08	0:50:40	0:03:28
152	61	BRUCE CLARKE	M	SEN	U/A	0:46:26	0:42:57	0:03:29
153	37	NICOLA BRUNDRETT	F	V40	STOCKPORT TRI CLUB	0:55:58	0:52:29	0:03:29
154	181	LOK LI	M	V45	BRAMHALL RUNNERS	0:47:37	0:44:06	0:03:31
155	132	ADRIAN HAM	M	V50	U/A	1:00:33	0:57:02	0:03:31
156	222	NICOLA OWENS	F	V40	U/A	0:54:26	0:58:00	0:03:34
157	96	JULIE FAIRCLOUGH	F	V50	BRAMHALL RUNNERS	1:03:39	0:59:59	0:03:40
158	236	MELANIE POWER	F	V45	MACCLESFIELD HARRIERS	0:59:42	0:56:00	0:03:42
159	45	RICHARD BURSNOLL	M	V50	U/A	0:56:18	0:52:30	0:03:48
160	146	BARRY HEAP	M	V50	BRAMHALL RUNNERS	0:53:50	0:50:00	0:03:50
161	176	CATHERINE LAMBERT	F	V45	POYNTON RUNNERS	1:02:41	0:58:45	0:03:56
162	87	ALEXIS DINSMOR	F	V65	STOCKPORT HARRIERS	1:03:44	0:59:36	0:04:08
163	67	CATHERINE COOPER	F	V50	LYME RUNNERS	1:05:46	1:10:00	0:04:14
164	72	RICHARD COULBY	M	V50	STOCKPORT TRI CLUB	1:06:59	1:02:35	0:04:24

165	249	MARY ROBERTS	F	V55	U/A	1:01:59	0:57:23	0:04:36
166	124	JOHN GRAYSTON	M	SEN	U/A	1:00:47	0:56:04	0:04:43
167	123	JENNIFER GRAYSTON	F	V40	U/A	1:00:48	0:56:04	0:04:44
168	71	CLAIRE COULBY	F	V45	BRAMHALL RUNNERS	1:11:20	1:06:35	0:04:45
169	82	JEREMY DAVIES	M	V45	MACCLESFIELD HARRIERS	0:49:47	0:45:00	0:04:47
170	48	NICOLA BUTCHER	F	SEN	U/A	1:00:19	0:55:32	0:04:47
171	269	LORNA SIDDONS	F	SEN	CHORLTON RUNNERS	0:53:19	0:48:30	0:04:49
172	192	JONNA MCFADDEN	F	V40	VEGAN RUNNERS	0:54:56	0:50:00	0:04:56
173	228	DARREN PEATFIELD	M	V45	MARPLE RUNNERS	0:47:33	0:42:36	0:04:57
174	310	ROGER WHITEHEAD	M	V50	STOCKPORT TRI CLUB	0:45:23	0:50:21	0:04:58
175	19	LYNSEY BEACON	F	V40	U/A	0:59:31	0:54:33	0:04:58
176	246	TERESA RAYNOR	F	V55	MARPLE RUNNERS	1:21:03	1:16:00	0:05:03
177	166	DAVID JACKSON	M	SEN	U/A	1:05:04	1:10:10	0:05:06
178	59	BEN CHIVERS	M	SEN	AIROFIN ATHLETIC	0:47:08	0:42:00	0:05:08
179	315	SUSANNAH WILLIAMS	F	SEN	MARPLE RUNNERS	0:58:43	0:53:35	0:05:08
180	312	ALEX WILLIAMS	M	V40	U/A	0:50:13	0:45:00	0:05:13
181	253	TONY RODGERS	M	V60	MARPLE RUNNERS	0:47:58	0:42:43	0:05:15
182	216	KEVIN OFFER	M	V60	SCARAB TRI	0:59:17	0:54:00	0:05:17
183	275	STEVE SMITH	M	V50	U/A	0:52:22	0:47:00	0:05:22
184	151	KATHERINE HILDITCH	F	V35	U/A	1:00:22	0:55:00	0:05:22
185	27	GARRY BOWER	M	V45	ROYTON ROAD RUNNERS	0:52:43	0:47:20	0:05:23
186	131	KEITH HALLIGAN	M	V50	HYDE VILLAGE STRIDERS	0:52:07	0:46:43	0:05:24
187	210	TRACY MURRAY	F	V45	MARPLE RUNNERS	1:03:16	0:57:52	0:05:24
188	23	PETA BLUNDELL	F	SEN	U/A	1:02:11	0:56:45	0:05:26
189	219	JACQUELINE OLDHAM	F	V50	U/A	1:22:34	1:17:04	0:05:30
190	256	ANDREW ROWE	M	V55	MACCLESFIELD HARRIERS	0:54:24	0:48:50	0:05:34
191	209	GRAHAM MURRAY	M	V55	MARPLE RUNNERS	1:03:14	0:57:38	0:05:36
192	93	ROB DUNLEY	M	V40	POYNTON RUNNERS	1:00:08	0:54:30	0:05:38
193	150	MARK HIGGINS	M	V45	U/A	1:00:45	0:55:01	0:05:44
194	230	SUMMER PHILLIPS	F	V40	VEGAN RUNNERS	1:08:44	1:03:00	0:05:44
195	11	SEAN ANSTEE	M	SEN	U/A	0:50:45	0:45:00	0:05:45
196	90	HELEN DOYLE	F	V45	U/A	1:05:52	1:00:03	0:05:49
197	70	MATT CORDES	M	SEN	BRAMHALL RUNNERS	1:03:30	0:57:35	0:05:55

198	199	JOHANNA MILNER	F	V40	U/A	1:06:02	1:00:00	0:06:02
199	6	SARMID AL-KAMIL	M	V50	BRAMHALL RUNNERS	1:01:24	0:55:21	0:06:03
200	284	JACELYN TAPPER	F	V40	U/A	1:14:07	1:08:00	0:06:07
201	99	KATHERINE FISHER	F	V40	DAVENPORT RUNNERS	1:03:38	1:10:00	0:06:22
202	120	SARAH GORMAN	F	V40	U/A	1:07:55	1:01:30	0:06:25
203	95	KIM EAGLE	F	SEN	U/A	0:59:33	0:52:46	0:06:47
204	139	RACHEL HARRINGTON	F	SEN	U/A	0:56:27	0:49:32	0:06:55
205	89	KERRY DOHERTY	F	V40	STOCKPORT TRI CLUB	1:04:56	0:58:00	0:06:56
206	182	MELANIE LI	F	V45	BRAMHALL RUNNERS	1:13:23	1:06:20	0:07:03
207	323	MICHAEL HARTE	M	V45	POYNTON RUNNERS	1:29:33	1:22:30	0:07:03
208	57	CAROL CHAPPELL	F	V45	GOYT VALLEY STRIDERS	1:10:08	1:02:58	0:07:10
209	300	JASON WALKER	M	V45	POYNTON RUNNERS	1:05:43	0:58:27	0:07:16
210	81	GOGS DAVIES	M	V45	VEGAN RUNNERS	0:51:24	0:59:00	0:07:36
211	211	RACHEL MYERS	F	SEN	MARPLE RUNNERS	1:16:01	1:08:23	0:07:38
212	245	GREGG RAYNOR	M	SEN	U/A	0:56:57	1:05:00	0:08:03
213	111	EMMA GEARY	F	SEN	U/A	1:02:13	0:54:00	0:08:13
214	112	MARK GEARY	M	V50	U/A	1:02:14	0:54:00	0:08:14
215	110	MEGHAN GAYTER	F	SEN	LAKE FOREST LAKE BLUFF RUNNING CLUB	1:08:02	0:59:48	0:08:14
216	187	MARIA LUMSDEN	F	V45	U/A	1:08:16	1:00:00	0:08:16
217	43	JAYN BURKE	F	V50	U/A	1:08:17	1:00:00	0:08:17
218	229	TREGARRAN PERCIVAL	M	SEN	CHORLTON RUNNERS	1:07:44	0:59:22	0:08:22
219	21	JO BENNETT	F	V60	BRAMHALL RUNNERS	1:30:38	1:22:12	0:08:26
220	20	DON BENNETT	M	V60	BRAMHALL RUNNERS	1:30:38	1:22:10	0:08:28
221	63	SOPHIE CLARKE	F	SEN	U/A	1:03:15	0:54:29	0:08:46
222	3	CHRISTINE ADKINS	F	V60	BRAMHALL RUNNERS	1:13:25	1:04:35	0:08:50
223	80	ZUZANA DARWENT	F	V35	U/A	1:06:54	0:58:00	0:08:54
224	280	ROB STUTCHFIELD	M	V40	MARPLE RUNNERS	0:48:06	0:57:12	0:09:06
225	62	IAN CLARKE	M	V60	U/A	1:06:23	0:57:13	0:09:10
226	259	GEOFF SANDERS	M	V60	MACCLESFIELD HARRIERS	1:06:38	0:57:12	0:09:26
227	42	CAROLINE BURKE	F	V55	RACING TNT	1:03:34	0:54:00	0:09:34
228	283	CLAIRE TAPPER	F	V45	U/A	1:11:25	1:01:30	0:09:55
229	53	JULIA CARTER	F	V40	GOYT VALLEY STRIDERS	1:10:07	1:00:00	0:10:07
230	49	SEANE CARROLL	M	V40	U/A	1:14:31	1:03:46	0:10:45

231	149	KELLY HENNESSY	F	V50	U/A	1:21:02	1:10:00	0:11:02
232	257	ANDREA ROWSON	F	V45	MARPLE RUNNERS	1:06:57	0:55:25	0:11:32
233	239	JANET PROUDLEY	F	V40	U/A	1:18:32	1:07:00	0:11:32
234	273	PAUL SMITH	M	V50	MACCLESFIELD HARRIERS	0:58:22	1:10:00	0:11:38
235	168	LORRAINE JACKSON	F	V50	MACCLESFIELD HARRIERS	0:58:21	1:10:00	0:11:39
236	292	WENDY TOREVELL	F	V60	BRAMHALL RUNNERS	1:06:58	0:55:00	0:11:58
237	135	KAREN HANSON	F	SEN	U/A	1:07:12	0:55:00	0:12:12
238	318	TANSY WILSON	F	V40	ROYTON ROAD RUNNERS	1:12:12	1:00:00	0:12:12
239	5	PAT AHERN	M	V55	MACCLESFIELD HARRIERS	1:11:20	0:58:00	0:13:20
240	145	SARAH HASSALL	F	V45	U/A	1:14:52	1:01:00	0:13:52
241	193	TOM MCFADDEN	M	V50	VEGAN RUNNERS	1:05:06	0:50:00	0:15:06
242	161	PETER HYZKA	M	V60	U/A	1:12:57	0:55:55	0:17:02
243	148	NICK HEATON	M	V45	BRAMHALL RUNNERS	1:12:58	0:55:55	0:17:03
244	92	MARIA DRINKWATER	F	V60	U/A	1:12:56	0:55:00	0:17:56
245	68	CHRISTINE COPSON	F	V50	STOCKPORT TRI CLUB	1:16:33	0:58:15	0:18:18
246	180	ANDY LEE	M	V40	POYNTON RUNNERS	1:19:36	0:42:05	0:37:31
247	137	PHIL HAROLD	M	V45	POYNTON RUNNERS	1:29:28	0:49:50	0:39:38