

Position	Race no.	Name	Gender	Cat	Club	Gun Time	F Pos	M Pos	Cat Pos	Team Pos
1	200	GED MCGRATH	M	V40	STOCKPORT HARRIERS & AC	0:39:26		1	1	1
2	231	TONY POTTS	M	V40	STOCKPORT HARRIERS & AC	0:40:11		2	2	2
3	196	NATHAN MAYOH	M	V45	STOCKPORT HARRIERS & AC	0:42:14		3	1	3
4	236	NICHOLAS RENDELL	M	V40	U/A	0:42:26		4	3	
5	285	STUART THOMPSON	M	SEN	U/A	0:42:36		5	1	
6	193	IAN MASON	M	V50	KINGSTONE RUNNERS BARNSELY	0:42:53		6	1	1
7	125	MIKE GUBBINS	M	V40	HYDE VILLAGE STRIDERS	0:43:24		7	4	1
8	183	NICK LIVINGSTONE	M	SEN	POYNTON RUNNERS	0:43:43		8	2	1
9	27	NEIL BOLTON	M	SEN	POYNTON RUNNERS	0:44:33		9	3	2
10	51	DAVE CARR	M	SEN	U/A	0:44:33		10	4	
11	320	ADAM TODD	M	SEN	ROSSENDALE TRIATHLON CLUB	0:44:35		11	5	1
12	69	BILLY CRAIG	M	V45	U/A	0:44:42		12	2	
13	179	ANDY LEE	M	V45	POYNTON RUNNERS	0:45:03		13	3	3
14	281	BEN THOMPSON	M	SEN	SCARAB TRI	0:45:13		14	6	1
15	255	COLIN SHORE	M	V45	STOCKPORT TRI CLUB	0:45:49		15	4	1
16	22	ANNA BEGBIE	F	V35	WARRINGTON RUNNING CLUB	0:45:53	1		1	1
17	10	TOM ASHWORTH	M	SEN	U/A	0:45:54		16	7	
18	310	EDWARD WHYTOCK	M	SEN	U/A	0:45:56		17	8	
19	234	DAVID QUARTERMAIN	M	V55	ROSSENDALE TRIATHLON CLUB	0:46:22		18	1	2
20	79	GAZ DAVIES	M	SEN	MCCARKISS ENDURANCE PROJECT	0:46:33		19	9	1
21	168	SIMON JUMP	M	V45	SADDLEWORTH	0:46:36		20	5	1
22	121	WAYNE GRANT	M	V40	GOYT VALLEY STRIDERS	0:46:39		21	5	1
23	229	JARED POTTER	M	SEN	U/A	0:46:57		22	10	
24	46	STEFHAN BURNARD	M	V45	U/A	0:47:01		23	6	
25	270	ROB STUTCHFIELD	M	V40	MARPLE RUNNERS	0:47:24		24	6	1
26	4	ROB ALLMAN	M	SEN	U/A	0:47:33		25	11	
27	283	KATIE THOMPSON	F	SEN	SCARAB TRI	0:47:36	2		1	1
28	256	JERRY SMITH	M	V60	CHORLTON RUNNERS	0:47:40		26	1	1
29	43	IAN BUCKLEY	M	V40	U/A	0:47:46		27	7	
30	225	TONY PHILLIPS	M	V55	U/A	0:47:50		28	2	
31	294	EDDY WEBB	M	V45	GOYT VALLEY STRIDERS	0:47:54		29	7	2
32	12	MIKE ATKINSON	M	V60	WARRINGTON RUNNING CLUB	0:47:58		30	2	1
33	37	MATTHEW BREWIS	M	V45	U/A	0:48:13		31	8	
34	204	DAVID MEENEY	M	SEN	U/A	0:48:16		32	12	
35	244	MARK ROGERSON	M	V45	U/A	0:48:17		33	9	
36	279	GLYN THOMAS	M	V50	U/A	0:48:22		34	2	
37	290	PETER WALTERS	M	V60	WINSTON RUNNERS	0:48:23		35	3	1
38	282	HELEN THOMPSON	F	SEN	POYNTON RUNNERS	0:48:33	3		2	1
39	230	ADAM POTTS	M	V45	BRAMHALL RUNNERS	0:48:38		36	10	1
40	47	CALUM BURRELL	M	V40	DAVENPORT RUNNERS	0:48:49		37	8	1
41	259	PAUL SMITH	M	V40	TEAM OXYGEN ADDICT	0:49:20		38	9	1
42	26	TIM BLACKWELL	M	V40	CHORLTON RUNNERS	0:49:25		39	10	2
43	242	MATTHEW ROBERTS	M	V45	U/A	0:49:26		40	11	
44	237	ANDY RENSHAW	M	SEN	U/A	0:49:27		41	13	
45	260	STEVE SMITH	M	V50	VEGAN RUNNERS UK	0:49:36		42	3	1
46	313	KAREN WILLIAMS	F	V40	U/A	0:49:38	4		1	
47	147	DAVID HIRST	M	V60	U/A	0:49:42		43	4	
48	246	KATIE SAMUELSON	F	V40	CAMBRIDGE & COLERIDGE ATHLETICS CLUB	0:49:44	5		2	1
49	29	ANDREA BOOTH	F	V45	POYNTON RUNNERS	0:49:47	6		1	2
50	292	JON WATERWORTH	M	SEN	U/A	0:49:59		44	14	
51	173	SARAH KEMP	F	V55	U/A	0:50:01	7		1	
52	154	AMELIA HUNT	F	SEN	GOYT VALLEY STRIDERS	0:50:02	8		3	1
53	264	TONY SOUTHWORTH	M	V55	CHORLTON RUNNERS	0:50:03		45	3	3
54	115	DARREN GILLMAN	M	V45	TRA	0:50:06		46	12	1
55	304	MARK WHELAN	M	V50	GOYT VALLEY STRIDERS	0:50:10		47	4	3
56	300	JAMES WHALLEY	M	V45	HYDE VILLAGE STRIDERS	0:50:11		48	13	2
57	317	SUZI WOLFRAM	F	V35	CAMBRIDGE & COLERIDGE ATHLETICS CLUB	0:50:11	9		2	2
58	312	DAVID WILLIAMS	M	SEN	U/A	0:50:51		49	15	
59	20	PAUL BAYLEY	M	V55	U/A	0:51:00		50	4	
60	187	CHRISTOPHER LOWE	M	SEN	U/A	0:51:00		51	16	
61	55	SARAH CARTER	F	V35	U/A	0:51:04	10		3	
62	222	CHRIS PEACHEY	M	V50	CHORLTON RUNNERS	0:51:11		52	5	4
63	83	PAUL DEARDEN	M	SEN	U/A	0:51:27		53	17	
64	194	MICHAEL MASON	M	V50	HYDE VILLAGE STRIDERS	0:51:31		54	6	3
65	156	PAUL HUNT	M	V55	GOYT VALLEY STRIDERS	0:51:45		55	5	4
66	296	HANNAH WEST	F	V35	U/A	0:52:10	11		4	
67	216	JANINE ORTON	F	V35	U/A	0:52:16	12		5	
68	35	LEAH BRADSHAW-WILLIAMS	F	V35	U/A	0:52:19	13		6	
69	11	JAMES ATHERTON	M	V40	THE FELL DEVILS	0:52:19		56	11	1
70	295	BRITTA WERNER	F	V40	VEGAN RUNNERS UK	0:52:29	14		3	1
71	226	CLARE PICKFORD	F	V40	U/A	0:52:40	15		4	
72	42	NICOLA BRUNDRETT	F	V40	STOCKPORT TRI CLUB	0:52:41	16		5	1
73	33	DAVE BOWEN	M	V60	PENNINE FELL RUNNERS	0:52:47		57	5	1

74	318	JOSEPH WOODCOCK	M	SEN	U/A	0:52:58	58	18	
75	112	JOHN FREEMAN	M	V40	U/A	0:52:59	59	12	
76	122	CHRIS GREEN	M	V40	U/A	0:53:15	60	13	
77	252	GORDON SHARP	M	V60	THE FELL DEVILS	0:53:23	61	6	2
78	238	ALAN REYNOLDS	M	SEN	THE FELL DEVILS	0:53:24	62	19	3
79	287	JULIE VIRGIN	F	V50	MANCHESTER FRONTRUNNERS	0:53:26	17	1	1
80	160	DANIEL JACKSON	M	SEN	U/A	0:53:32	63	20	
81	44	SAN BUCKLEY	F	V45	LYME RUNNERS	0:53:36	18	2	1
82	99	GARETH EVANS	M	V55	U/A	0:53:38	64	6	
83	114	SUDAM GAMAGE	M	SEN	HYDE VILLAGE STRIDERS	0:53:46	65	21	4
84	257	JULIE SMITH	F	V50	THE FELL DEVILS	0:53:48	19	2	1
85	176	OWEN KING	M	SEN	U/A	0:53:55	66	22	
86	158	LAUREN IREDALE	F	SEN	U/A	0:53:56	20	4	
87	90	SIAN DOBSON HUGHES	F	SEN	U/A	0:53:57	21	5	
88	162	IAN JEFFERIES	M	V55	POYNTON RUNNERS	0:53:57	67	7	4
89	103	LINDSEY FARRELLY	F	V40	MANCHESTER HARRIERS & AC	0:53:58	22	6	1
90	144	MARK HETHERINGTON	M	V40	POYNTON RUNNERS	0:53:58	68	14	5
91	62	STUART CLOUGH	M	SEN	U/A	0:53:59	69	23	
92	57	ROSIE CARTWRIGHT	F	SEN	U/A	0:54:17	23	6	
93	192	ELIZABETH MASON	F	V50	HYDE VILLAGE STRIDERS	0:54:26	24	3	1
94	248	MATT SANDERSON	M	V45	WARRINGTON RUNNING CLUB	0:54:27	70	14	2
95	159	ANDY JACKSON	M	V45	THE FELL DEVILS	0:54:31	71	15	4
96	185	SUZANNE LOCKWOOD	F	SEN	U/A	0:54:42	25	7	
97	263	GIOVANNI SORRIENTO	M	V60	HYDE VILLAGE STRIDERS	0:54:43	72	7	5
98	80	GOGS DAVIES	M	V45	VEGAN RUNNERS UK	0:54:45	73	16	2
99	104	PAUL FARRINGTON	M	V45	STOCKPORT TRI CLUB	0:55:21	74	17	2
100	14	CAROLINE BABA	F	V40	MANCHESTER HARRIERS & AC	0:55:23	26	7	2
101	110	LAUREN FLOYD	F	SEN	U/A	0:55:25	27	8	
102	323	PAUL ROBISON	M	V50	WINSTON RUNNERS	0:55:29	75	7	2
103	278	CHRIS TETLEY	M	V60	GOYT VALLEY STRIDERS	0:55:50	76	8	5
104	269	CHRIS STREET	M	V50	U/A	0:55:53	77	8	
105	286	TRACY VERNON	F	V55	GOYT VALLEY STRIDERS	0:55:54	28	2	2
106	132	PHIL HAROLD	M	V45	POYNTON RUNNERS	0:55:55	78	18	6
107	77	SARAH DARLEY	F	V35	VEGAN RUNNERS UK	0:55:56	29	7	2
108	32	CHRISTINE BOWEN	F	V60	GOYT VALLEY STRIDERS	0:56:05	30	1	3
109	201	IAIN MCGREGOR	M	SEN	U/A	0:56:06	79	24	
110	215	SARAH NUTT	F	V35	U/A	0:56:29	31	8	
111	274	DEBBIE SWANEPOEL	F	V40	U/A	0:56:30	32	8	
112	1	MALCOLM ADAMS	M	V65	POYNTON RUNNERS	0:56:36	80	1	7
113	3	SARMID AL-KAMIL	M	V50	BRAMHALL RUNNERS	0:56:55	81	9	2
114	220	ROB PARKIN	M	V45	CONGLETON HARRIERS	0:57:01	82	19	1
115	288	DEBRA WALDRON	F	V55	U/A	0:57:05	33	3	
116	212	VIKKI MURPHY	F	V45	BRAMHALL RUNNERS	0:57:06	34	3	1
117	233	PIPPA PRICE	F	V50	U/A	0:57:08	35	4	
118	96	ROB DUNLEY	M	V40	POYNTON RUNNERS	0:57:18	83	15	8
119	23	LINDSAY BENNISON	F	V50	U/A	0:57:20	36	5	
120	118	MARK GODDEN	M	V60	MACCLESFIELD HARRIERS & AC	0:57:25	84	9	1
121	86	CHRIS DEMPSEY	M	V40	VEGAN RUNNERS UK	0:57:36	85	16	3
122	61	SOPHIE CLARKE	F	SEN	U/A	0:57:39	37	9	
123	58	KATHARINE CHALLEN	F	SEN	VEGAN RUNNERS UK	0:57:42	38	10	3
124	266	NEIL STANIFORTH	M	SEN	U/A	0:57:51	86	25	
125	202	GAVIN MCKAY	M	SEN	POYNTON RUNNERS	0:57:53	87	26	9
126	93	HELEN DOYLE	F	V45	U/A	0:58:04	39	4	
127	153	LEIGH HUGHES	F	V60	WILMSLOW RUNNING CLUB	0:58:36	40	2	1
128	191	EMILY MARNER	F	SEN	WILMSLOW STRIDERS	0:58:38	41	11	1
129	73	DANNY CUSWORTH	M	V45	U/A	0:58:40	88	20	
130	74	SALLY CUSWORTH	F	V50	U/A	0:58:49	42	6	
131	72	HELEN CROFT	F	V40	BRAMHALL RUNNERS	0:58:53	43	9	2
132	92	BOB DOOGAN	M	SEN	U/A	0:58:55	89	27	
133	321	LISA SWEENEY	F	V35	U/A	0:59:11	44	9	
134	21	LYNSEY BEACON	F	V40	U/A	0:59:17	45	10	
135	15	REBECCA BANCROFT	F	V40	LIVERPOOL RUNNING BUGS	0:59:18	46	11	1
136	291	KATE WALTON	F	SEN	THE LONELY GOATS	0:59:21	47	12	1
137	308	NICOLA WHITWORTH	F	V40	U/A	0:59:26	48	12	
138	123	TRACY GREGORY	F	V50	BUXTON ATHLETIC CLUB	0:59:33	49	7	1
139	223	DEBBIE PEPPER	F	V50	U/A	0:59:39	50	8	
140	105	CLARE FINCH	F	V35	BRAMHALL RUNNERS	0:59:44	51	10	3
141	120	SARAH GRAHAM	F	V45	U/A	1:00:17	52	5	
142	59	RICK CLAPHAM	M	V50	U/A	1:00:21	90	10	
143	254	MANDY SHEPHERD	F	V40	WARRINGTON RUNNING CLUB	1:00:36	53	13	2
144	66	KATHLEEN COOPER-SHORE	F	V35	U/A	1:00:39	54	11	
145	127	STEVEN HAIG	M	V45	DAVENPORT RUNNERS	1:01:21	91	21	2
146	280	JO THOMAS	F	V50	BRAMHALL RUNNERS	1:01:21	55	9	4
147	60	IAN CLARKE	M	V60	U/A	1:01:25	92	10	

148	214	ALEX NODEN	F	V45	GOYT VALLEY STRIDERS	1:01:26	56	6	4
149	197	ELISABETH MCCANN	F	V50	U/A	1:01:29	57	10	
150	322	DENISE GREGORY	F	V50	BRAMHALL RUNNERS	1:01:30	58	11	5
151	2	PAT AHERN	M	V55	MACCLESFIELD HARRIERS & AC	1:01:31	93	8	2
152	271	SARAH STUTCHFIELD	F	V40	MARPLE RUNNERS	1:01:34	59	14	1
153	172	MIKE KELLY	M	V45	MARPLE RUNNERS	1:01:56	94	22	2
154	157	JULIE INKER	F	V35	HYDE VILLAGE STRIDERS	1:02:05	60	12	2
155	241	MARY ROBERTS	F	V55	U/A	1:02:17	61	4	
156	243	KATHRYN ROGERS	F	V50	BRAMHALL RUNNERS	1:02:18	62	12	6
157	150	ANDREW HODSON	M	V45	MARPLE RUNNERS	1:02:19	95	23	3
158	169	TRACY JUMP	F	V45	GREENFIELD GREYHOUNDS	1:02:26	63	7	1
159	24	PAT BENTLEY	F	V70+	STAFFORDSHIRE MOORLANDS ATHLETICS CLUB	1:02:29	64	1	1
160	84	CAITLIN DEIGHTON	F	SEN	MARPLE RUNNERS	1:02:44	65	13	2
161	85	JAMES DEIGHTON	M	V40	MARPLE RUNNERS	1:02:50	96	17	4
162	164	RHONA JOHNSON	F	V55	BRAMHALL RUNNERS	1:02:53	66	5	7
163	109	PAULA FLETCHER	F	V45	U/A	1:02:59	67	8	
164	171	SIMONE KEEGAN	F	V50	U/A	1:03:00	68	13	
165	247	GEOFF SANDERS	M	V60	MACCLESFIELD HARRIERS & AC	1:03:09	97	11	3
166	221	TONY PAYN	M	V55	CHORLTON RUNNERS	1:03:21	98	9	5
167	245	MARIA ROYAL	F	V60	MANCHESTER HARRIERS & AC	1:03:39	69	3	3
168	108	JANINE FLETCHER	F	V45	HYDE VILLAGE STRIDERS	1:03:49	70	9	3
169	284	KAY THOMPSON	F	V40	WARRINGTON RUNNING CLUB	1:03:50	71	15	3
170	40	DAVE BROWN	M	V55	WARRINGTON RUNNING CLUB	1:03:51	99	10	3
171	34	GARRY BOWER	M	V45	ROYTON ROAD RUNNERS	1:03:53	100	24	1
172	211	DOT MULDOON	F	V50	CHORLTON RUNNERS	1:04:05	72	14	1
173	102	ANN-MARIE FAIRCLOUGH	F	V55	MARPLE RUNNERS	1:04:09	73	6	3
174	316	TANSY WILSON	F	V40	ROYTON ROAD RUNNERS	1:04:13	74	16	1
175	76	SARAH DANIELS	F	V35	CHORLTON RUNNERS	1:04:14	75	13	2
176	182	CHRIS LINDSAY	M	V45	U/A	1:04:15	101	25	
177	9	SARAH ASHWORTH	F	SEN	U/A	1:04:24	76	14	
178	224	SUMMER PHILLIPS	F	V40	VEGAN RUNNERS UK	1:04:39	77	17	4
179	250	JILL SCARFE	F	V50	U/A	1:05:01	78	15	
180	307	STEPHEN WHITTINGHAM	M	V55	U/A	1:05:01	102	11	
181	28	CAROLINE BONES	F	V35	WARRINGTON RUNNING CLUB	1:05:10	79	14	4
182	235	JENNIFER REEVE	F	V35	WARRINGTON RUNNING CLUB	1:05:11	80	15	5
183	137	MICHELLE HARROP	F	V35	POTTER'S TROTTERS	1:05:11	81	16	1
184	151	GEMMA HOLLAND	F	V35	CHORLTON RUNNERS	1:05:12	82	17	3
185	63	HELEN COLLIER	F	V35	U/A	1:05:20	83	18	
186	136	JENNIFER HARROP	F	V40	U/A	1:05:33	84	18	
187	311	CAROLINE WILKE	F	V40	U/A	1:05:34	85	19	
188	213	HARRY NEWTON	M	V80+	MACCLESFIELD HARRIERS & AC	1:06:02	103	1	4
189	101	JILL FAIRBAIRN	F	V65	U/A	1:06:10	86	1	
190	88	SUSAN DICKINSON	F	V50	SCARAB TRI	1:06:55	87	16	2
191	219	CHRIS PARKER	M	V50	STOCKPORT TRI CLUB	1:07:07	104	11	3
192	139	ANNE HASSAN	F	V60	MANCHESTER HARRIERS & AC	1:07:14	88	4	4
193	163	BARRY JOHNSON	M	V55	U/A	1:08:06	105	12	
194	253	HELEN SHAW	F	V50	WARRINGTON RUNNING CLUB	1:08:39	89	17	6
195	140	AMANDA HAWTHORNE	F	V45	U/A	1:08:40	90	10	
196	75	ANNA DAGNALL	F	V35	BRAMHALL RUNNERS	1:08:41	91	19	8
197	289	JASON WALKER	M	V45	POYNTON RUNNERS	1:09:22	106	26	10
198	71	SALLY CREWE	F	SEN	ROYTON ROAD RUNNERS	1:09:22	92	15	2
199	52	SEANE CARROLL	M	V40	U/A	1:09:52	107	18	
200	98	MAGGIE ELLIOTT	F	V40	F92 PLODDERS	1:10:03	93	20	1
201	18	AIMI BARTON	F	V35	F92 PLODDERS	1:10:03	94	20	2
202	262	CAROLINE SORRIENTO	F	V60	HYDE VILLAGE STRIDERS	1:10:22	95	5	4
203	209	MORAG MORGAN	F	V65	BRAMHALL RUNNERS	1:10:25	96	2	9
204	299	JACKIE WHALLEY	F	V45	HYDE VILLAGE STRIDERS	1:10:30	97	11	5
205	174	KATHRYN KENNEDY	F	V55	HYDE VILLAGE STRIDERS	1:10:39	98	7	6
206	258	KAREN SMITH	F	V40	ROSSENDALE TRIATHLON CLUB	1:11:07	99	21	1
207	146	FRANCINE HILTON	F	V50	ROSSENDALE TRIATHLON CLUB	1:11:12	100	18	2
208	41	JENNY BROWN	F	V50	MARPLE RUNNERS	1:11:46	101	19	4
209	95	ABBIE DUNLEY	F	SEN	POYNTON RUNNERS	1:12:10	102	16	3
210	138	SARAH HASSALL	F	V35	HRC	1:12:16	103	21	1
211	205	CATHRYN MELIA	F	V45	MARPLE RUNNERS	1:12:34	104	12	5
212	30	KEVIN BOOTH	M	V45	POYNTON RUNNERS	1:14:35	108	27	11
213	107	SHARRON FITTON	F	V50	NWR	1:14:47	105	20	1
214	189	ANDY MACFALL	M	V45	U/A	1:16:16	109	28	
215	232	DIANA POWELL	F	V60	BRAMHALL RUNNERS	1:16:52	106	6	10
216	91	YVONNE DOHERTY	F	V40	U/A	1:18:36	107	22	
217	124	DAVE GRINDROD	M	V55	BRAMHALL RUNNERS	1:18:40	110	13	3
218	267	CHARLIE STEBBING	F	V40	U/A	1:18:45	108	23	
219	268	TONI STOKES	F	V40	U/A	1:18:46	109	24	
220	239	LORNA RICHARDSON	F	V40	U/A	1:18:47	110	25	
221	324	REBECCA STYLES	F	V45	STOCKPORT TRI CLUB	1:19:20	111	13	2

222	166	CATH JONES	F	V55	BRAMHALL RUNNERS	1:19:21	112	8	11
223	106	KATHERINE FISHER	F	V40	DAVENPORT RUNNERS	1:20:38	113	26	1
224	181	HELEN LENEHAN	F	V65	U/A	1:23:56	114	3	
225	217	SHELAGH O'SHEA	F	V60	U/A	1:23:56	115	7	
226	319	MEGAN WOODING	F	V55	U/A	1:24:23	116	9	
227	87	ELAINE DEVINE	F	V60	STOCKPORT HARRIERS & AC	1:24:27	117	8	1
228	38	JANET BRINDLEY	F	V65	POTTER'S TROTTERS	1:27:27	118	4	2
229	89	ALEXIS DINSMOR	F	V65	STOCKPORT HARRIERS & AC	1:27:32	119	5	2