

Competitor Name	Category	Club	Time
1 Andi Jones	MV40	Unattached	22.51
2 Steve Knowles	MV50	Pennine Fell Runners	23.19
3 Robin Horner	MV40	East Cheshire Harriers & Tameside AC	23.4
4 Paul Skuse	MV40	Glossopdale Harriers	24.3
5 Kitt Garvey	MSEN	Unattached	25.09
6 Neil Walker	MV40	Altrincham	25.23
7 Phil Burns	MV40	Stockport Harriers & Ac	26.26
8 James Corden	MV50	Stockport Harriers & Ac	26.3
9 James Griffiths	MSEN	Unattached	26.35
10 Luke Holme	MSEN	S2J	26.47
11 Rosie Philbin	WU18	Stockport Harriers & AC	27.27
12 Ben Holmes	MV40	Torres Harriers	28.06
13 Saul Gallagher	MV50	Pennine Fell Runners	28.15
14 Ian Grove	MV40	Unattached	28.53
15 Ian Warhurst	MV60	Pennine Fell Runners	29.05
16 Peter Dean	MV40	Stockport Harriers & AC	29.21
17 Martin Lundy	MV60	Marple Runners	29.23
18 Sophie Ellis	WU18	Denby Dale AC	29.5
19 Lisa Capes	WSEN	Marple Runners	29.55
20 Leigh Morris	MV50	Unattached	29.56
21 Chris Harries	MV40	Unattached	30.48
22 David Tonkin	MV40	Unattached	30.54
23 Keith Thomas	MV60	Burndew Road Runners	30.59
24 Tracey Griffin	WV40	Start2Jog	31.11
25 Nicola Pennington	WV50	Belle View Racers	33.4
26 Sam Hutchinson	MV40	Pennine Fell Runners	33.53
27 Phil Ellis	MV40	Unattached	34.56
28 Simeon Hartle	MV40	Unattached	35.12
29 Sam Cook	WV40	Unattached	38.55
30 James Audley	MV60	Unattached	41.47
31 Jennifer Mabbot	WSEN	Unattached	42.09
32 Jennifer McGuinness	WV60	Stockport Harriers & AC	42.42
33 Laura Duffy	WSEN	Unattached	44.46
34 Alexis Dinsmoor	WV70	Stockport Harriers & AC	45.32