

| Ov. Pos | Race no. | Name | Gender | Cat | Club | Gun Time | Chip Time | F Pos | M Pos | Cat Pos | Team Pos |
|---------|----------|----------------------|--------|------|--------------------------|----------|-----------|-------|-------|---------|----------|
| 1 | 302 | JOE MERCER | M | MSEN | HORWICH R M I HARRIERS | 00:35:03 | 00:35:03 | | 1 | 1 | 1 |
| 2 | 10 | ANDREW STEEL | M | MSEN | | 00:38:16 | 00:38:12 | | 2 | 2 | |
| 3 | 319 | ADAM THOMPSON | M | MSEN | STOCKPORT HARRIERS & AC | 00:38:45 | 00:38:45 | | 3 | 3 | 1 |
| 4 | 1 | MATTHEW MORAN | M | MV40 | BRAMHALL RUNNERS | 00:40:11 | 00:40:11 | | 4 | 1 | 1 |
| 5 | 11 | PHILIP BURNS | M | MV40 | STOCKPORT HARRIERS & AC | 00:40:29 | 00:40:28 | | 5 | 2 | 2 |
| 6 | 345 | NICHOLAS JACKSON | M | MSEN | | 00:40:51 | 00:40:51 | | 6 | 1 | |
| 7 | 296 | JOSHUA SOUTHALL | M | MSEN | GLOSSOPDALE HARRIERS | 00:41:06 | 00:41:05 | | 7 | 2 | 1 |
| 8 | 9 | PAUL SKUSE | M | MV45 | GLOSSOPDALE HARRIERS | 00:41:10 | 00:41:08 | | 8 | 1 | 2 |
| 9 | 17 | JEROME FRANCIS | M | MSEN | ETON MANOR AC | 00:41:12 | 00:41:11 | | 9 | 4 | 1 |
| 10 | 5 | BEN SNELL | M | MV40 | STOCKPORT HARRIERS & AC | 00:41:32 | 00:41:32 | | 10 | 3 | 3 |
| 11 | 8 | ANDY BRADLEY | M | MSEN | | 00:41:36 | 00:41:34 | | 11 | 5 | |
| 12 | 49 | RICK STECKLES | M | MV40 | GLOSSOPDALE HARRIERS | 00:41:43 | 00:41:41 | | 12 | 4 | 3 |
| 13 | 7 | MAURICE WALKER | M | MV50 | SPRINGWELL RUNNING CLUB | 00:41:53 | 00:41:52 | | 13 | 1 | 1 |
| 14 | 22 | GRAEME FOX | M | MSEN | | 00:42:04 | 00:41:59 | | 14 | 6 | |
| 15 | 20 | STEPHEN HUMPHRIES | M | MV45 | STOCKPORT HARRIERS & AC | 00:42:15 | 00:42:12 | | 15 | 2 | 4 |
| 16 | 6 | THOMAS ROGERS | M | MSEN | BELLE VUE RACERS | 00:42:29 | 00:42:26 | | 16 | 7 | 1 |
| 17 | 16 | RHYS WALKER | M | MSEN | SPRINGWELL RUNNING CLUB | 00:42:35 | 00:42:33 | | 17 | 8 | 2 |
| 18 | 21 | MATTHEW TAYLOR | M | MV45 | WILMSLOW RUNNING CLUB | 00:42:38 | 00:42:35 | | 18 | 3 | 1 |
| 19 | 50 | RICHARD YATES | M | MV55 | | 00:42:50 | 00:42:44 | | 19 | 1 | |
| 20 | 288 | NICK KELLY | M | MV55 | HORWICH R M I HARRIERS | 00:42:54 | 00:42:51 | | 20 | 2 | 2 |
| 21 | 27 | RICHARD BROWN | M | MV45 | | 00:42:56 | 00:42:55 | | 21 | 4 | |
| 22 | 15 | ANDREW WOODHEAD | M | MV45 | | 00:43:39 | 00:43:36 | | 22 | 5 | |
| 23 | 24 | LOK LI | M | MV50 | BRAMHALL RUNNERS | 00:43:47 | 00:43:44 | | 23 | 2 | 2 |
| 24 | 51 | CARA JASMINE BRADLEY | F | FSEN | | 00:43:56 | 00:43:53 | 1 | | 1 | |
| 25 | 43 | KEVIN DOYLE | M | MV45 | KIMBERWORTH STRIDERS | 00:44:14 | 00:44:12 | | 24 | 6 | 1 |
| 26 | 3 | NICK PEACH | M | MV60 | SALE HARRIERS MANCHESTER | 00:44:14 | 00:44:09 | | 25 | 1 | 1 |
| 27 | 31 | DAVID MOLYNEUX | M | MSEN | | 00:44:18 | 00:44:15 | | 26 | 9 | |
| 28 | 46 | ALAN MORRIS | M | MV55 | | 00:44:21 | 00:44:19 | | 27 | 3 | |
| 29 | 14 | MARKUS DALGAARD | M | MSEN | WILMSLOW RUNNING CLUB | 00:44:30 | 00:44:27 | | 28 | 10 | 2 |
| 30 | 18 | MATTHEW FURNISS | M | MSEN | MARPLE RUNNERS | 00:44:32 | 00:44:31 | | 29 | 11 | 1 |
| 31 | 325 | PETER FINKILL-COOMBS | M | MV40 | | 00:44:37 | 00:44:23 | | 30 | 3 | |
| 32 | 28 | RUTH MACKENZIE | F | FSEN | STOCKPORT HARRIERS & AC | 00:45:07 | 00:45:03 | 2 | | 2 | 1 |
| 33 | 326 | KATIE FINKILL-COOMBS | F | FSEN | | 00:45:10 | 00:44:55 | 3 | | 4 | |
| 34 | 23 | JARROD HOMER | M | MV55 | | 00:45:13 | 00:45:10 | | 31 | 4 | |
| 35 | 307 | LAURIE SAGE | M | MV40 | LEVENSHULME RUNNERS | 00:45:23 | 00:45:00 | | 32 | 5 | 1 |
| 36 | 329 | CORNELIUS SELF | M | MSEN | | 00:45:25 | 00:45:23 | | 33 | 12 | |
| 37 | 321 | ROB TAYLOR | M | MV45 | | 00:45:26 | 00:45:08 | | 34 | 6 | |
| 38 | 47 | IAIN SMITH | M | MSEN | | 00:45:41 | 00:45:40 | | 35 | 13 | |

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|----|-----|---------------------|---|------|-----------------------------|----------|----------|----|----|---|
| 39 | 298 | TIMOTHY RUDD | M | MV40 | | 00:45:47 | 00:45:43 | 36 | 5 | |
| 40 | 25 | CHRIS CREEGAN | M | MV60 | EDINBURGH ATHLETICS CLUB | 00:45:51 | 00:45:49 | 37 | 2 | 1 |
| 41 | 36 | PETER DEAN | M | MV40 | STOCKPORT HARRIERS & AC | 00:46:06 | 00:46:01 | 38 | 6 | 5 |
| 42 | 58 | GRAEME EDDIE | M | MV45 | MACCLESFIELD HARRIERS & AC | 00:46:07 | 00:46:01 | 39 | 7 | 1 |
| 43 | 30 | IAN CRUTCHLEY | M | MV40 | GLOSSOPDALE HARRIERS | 00:46:12 | 00:46:08 | 40 | 7 | 4 |
| 44 | 32 | CHRIS ROBBO | M | MV45 | MARPLE RUNNERS | 00:46:13 | 00:46:09 | 41 | 8 | 2 |
| 45 | 82 | HARRY KELLY | M | MV55 | | 00:46:22 | 00:46:16 | 42 | 5 | |
| 46 | 29 | DAN CLARK | M | MV45 | | 00:46:24 | 00:46:17 | 43 | 9 | |
| 47 | 38 | LOUISA HARRISON | F | FV45 | WILMSLOW RUNNING CLUB | 00:46:42 | 00:46:38 | 4 | 1 | 1 |
| 48 | 332 | PAUL BARTON | M | MV45 | | 00:46:44 | 00:46:41 | 44 | 10 | |
| 49 | 100 | MATTHEW CLAPWORTHY | M | MV50 | | 00:46:47 | 00:46:32 | 45 | 3 | |
| 50 | 44 | PAUL JOHNSON | M | MV40 | | 00:46:52 | 00:46:47 | 46 | 8 | |
| 51 | 56 | SAM EVANS | M | MV40 | | 00:46:54 | 00:46:42 | 47 | 9 | |
| 52 | 313 | BEN VICKERS | M | MV40 | | 00:46:59 | 00:46:34 | 48 | 10 | |
| 53 | 19 | RACHEL SPROSTON | F | FV50 | GLOSSOPDALE HARRIERS | 00:47:07 | 00:47:05 | 5 | 1 | 1 |
| 54 | 336 | STEPHEN BRUNDRETT | M | MV55 | BRAMHALL RUNNERS | 00:47:08 | 00:47:04 | 49 | 6 | 3 |
| 55 | 55 | JOEL GROCOCK | M | MV45 | | 00:47:16 | 00:47:10 | 50 | 11 | |
| 56 | 40 | STEPHEN GREAVES | M | MV50 | WILMSLOW RUNNING CLUB | 00:47:27 | 00:47:24 | 51 | 4 | 3 |
| 57 | 327 | CHARLOTTE ATKINSON | F | FSEN | BLACKBURN HARRIERS & AC | 00:47:29 | 00:47:19 | 6 | 3 | 1 |
| 58 | 37 | DAMIEN WIGHTMAN | M | MV45 | | 00:47:39 | 00:47:34 | 52 | 12 | |
| 59 | 65 | JOE BLAMEY | M | MSEN | | 00:47:54 | 00:47:41 | 53 | 14 | |
| 60 | 57 | DARREN BAINES | M | MSEN | | 00:48:26 | 00:48:11 | 54 | 15 | |
| 61 | 45 | ANDY WATTS | M | MV70 | | 00:48:38 | 00:48:33 | 55 | 1 | |
| 62 | 328 | JAMES SAMPLE | M | MSEN | | 00:48:44 | 00:48:34 | 56 | 16 | |
| 63 | 72 | GLYN BRITTON | M | MV50 | | 00:48:49 | 00:48:36 | 57 | 5 | |
| 64 | 41 | AMY CRITCHLOW | F | FSEN | | 00:48:49 | 00:48:39 | 7 | 4 | |
| 65 | 309 | DIANE LEE | F | FSEN | | 00:48:57 | 00:48:53 | 8 | 5 | |
| 66 | 335 | ANDREW SMITH | M | MV40 | | 00:48:59 | 00:48:44 | 58 | 11 | |
| 67 | 89 | MATTHEW BYRNE | M | MSEN | | 00:49:05 | 00:48:51 | 59 | 17 | |
| 68 | 48 | DAVID CHRYSTIE-LOWE | M | MV65 | | 00:49:06 | 00:48:55 | 60 | 1 | |
| 69 | 70 | JESS CONNORS | F | FSEN | | 00:49:08 | 00:48:57 | 9 | 6 | |
| 70 | 90 | MICHAEL CURRY | M | MV60 | | 00:49:11 | 00:48:58 | 61 | 3 | |
| 71 | 104 | CARMEN LEE | F | FV50 | PEAK & VALLEY TRAIL RUNNERS | 00:49:29 | 00:49:12 | 10 | 2 | 1 |
| 72 | 81 | CHRIS FISH | M | MSEN | | 00:49:32 | 00:49:20 | 62 | 18 | |
| 73 | 185 | PAUL NORRIS | M | MV65 | WILMSLOW RUNNING CLUB | 00:49:37 | 00:49:14 | 63 | 2 | 4 |
| 74 | 83 | GREG JUDGE | M | MSEN | | 00:49:46 | 00:49:31 | 64 | 19 | |
| 75 | 26 | MARTIN DOWDALL | M | MV45 | | 00:49:54 | 00:49:49 | 65 | 13 | |
| 76 | 86 | SCOTT KITTERIDGE | M | MSEN | STOCKPORT HARRIERS & AC | 00:49:55 | 00:49:40 | 66 | 20 | 6 |
| 77 | 85 | RACHEL MASKELL | F | FV40 | WILMSLOW RUNNING CLUB | 00:50:02 | 00:49:47 | 11 | 1 | 2 |

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| 78 | 78 | PAUL TURNER | M | MV45 | SPORTS FEET | 00:50:13 | 00:50:00 | 67 | 14 | 1 |
| 79 | 205 | THOMAS JACKSON | M | MSEN | | 00:50:17 | 00:49:47 | 68 | 21 | |
| 80 | 119 | TOM SILSON | M | MV40 | | 00:50:17 | 00:49:45 | 69 | 12 | |
| 81 | 53 | ANDREW FREER | M | MV45 | MARPLE RUNNERS | 00:50:27 | 00:50:05 | 70 | 15 | 3 |
| 82 | 334 | MARK LOWMAN | M | MSEN | | 00:50:29 | 00:50:18 | 71 | 7 | |
| 83 | 39 | FAEZ KAISER | M | MV50 | BRAMHALL RUNNERS | 00:50:32 | 00:50:27 | 72 | 6 | 4 |
| 84 | 84 | ANDREW TAYLOR | M | MV45 | | 00:50:35 | 00:50:15 | 73 | 16 | |
| 85 | 77 | JAMIE PRYDE | M | MSEN | | 00:50:46 | 00:50:33 | 74 | 22 | |
| 86 | 127 | CLARE BOULTBY | F | FSEN | | 00:50:57 | 00:50:32 | 12 | 7 | |
| 87 | 87 | PETER BROWN | M | MV45 | | 00:51:00 | 00:50:46 | 75 | 17 | |
| 88 | 304 | ANGELA OLDHAM | F | FV70 | EAST CHESHIRE HARRIERS & TAMESIDE AC | 00:51:01 | 00:50:50 | 13 | 1 | 1 |
| 89 | 68 | GORDON CARTWRIGHT | M | MV40 | | 00:51:04 | 00:50:52 | 76 | 13 | |
| 90 | 343 | JERRY KRYLOV | M | MSEN | | 00:51:06 | 00:50:32 | 77 | 8 | |
| 91 | 60 | JEROEN PETERS | M | MV60 | GLOSSOPDALE HARRIERS | 00:51:11 | 00:51:00 | 78 | 4 | 5 |
| 92 | 42 | SIMON DREW | M | MV50 | | 00:51:14 | 00:51:09 | 79 | 7 | |
| 93 | 330 | RYAN LANGAN | M | MSEN | | 00:51:26 | 00:50:50 | 80 | 23 | |
| 94 | 63 | ANGUS ROSE | M | MV55 | STOCKPORT HARRIERS & AC | 00:51:29 | 00:51:16 | 81 | 7 | 7 |
| 95 | 236 | ANDREW QUIGLEY | M | MV45 | | 00:51:30 | 00:51:07 | 82 | 18 | |
| 96 | 324 | IAN DODDS | M | MV60 | | 00:51:31 | 00:51:16 | 83 | 5 | |
| 97 | 34 | ANDREW BELL | M | MV60 | STOCKPORT HARRIERS & AC | 00:51:34 | 00:51:16 | 84 | 6 | 8 |
| 98 | 190 | NICK GARNER | M | MSEN | | 00:51:35 | 00:51:05 | 85 | 24 | |
| 99 | 314 | TRACY BOWN | F | FV55 | WILMSLOW RUNNING CLUB | 00:51:35 | 00:51:11 | 14 | 9 | 3 |
| 100 | 76 | ALAN TAINSH | M | MV55 | GLOSSOPDALE HARRIERS | 00:51:36 | 00:51:22 | 86 | 8 | 6 |
| 101 | 54 | JON LEE | M | MV55 | PEAK & VALLEY TRAIL RUNNERS | 00:51:43 | 00:51:30 | 87 | 9 | 1 |
| 102 | 150 | OLIVIA WHITMORE | F | FSEN | | 00:51:53 | 00:51:17 | 15 | 8 | |
| 103 | 66 | JACK LOUGHLIN | M | MSEN | | 00:51:56 | 00:51:44 | 88 | 25 | |
| 104 | 235 | IAN JACKSON | M | MV50 | GLOSSOPDALE HARRIERS | 00:51:59 | 00:51:45 | 89 | 8 | 7 |
| 105 | 96 | SHAUN HOLLAND | M | MSEN | | 00:52:04 | 00:51:53 | 90 | 26 | |
| 106 | 71 | IAN COLLYER | M | MV50 | | 00:52:04 | 00:51:51 | 91 | 9 | |
| 107 | 163 | ELAINE JACKSON | F | FV60 | | 00:52:10 | 00:51:52 | 16 | 1 | |
| 108 | 98 | LEIGH MORRIS | M | MV50 | | 00:52:13 | 00:52:04 | 92 | 10 | |
| 109 | 312 | ALLISTER DEGNAN | M | MV40 | | 00:52:23 | 00:51:52 | 93 | 14 | |
| 110 | 75 | MATT LEES | M | MV50 | BOLLINGTON HARRIERS | 00:52:28 | 00:52:16 | 94 | 11 | 1 |
| 111 | 80 | RICHARD SMITH | M | MV40 | | 00:52:33 | 00:52:21 | 95 | 15 | |
| 112 | 101 | ANDY FOWLER | M | MV55 | STOCKPORT HARRIERS & AC | 00:52:37 | 00:52:24 | 96 | 10 | 9 |
| 113 | 105 | JO EVANS | F | FSEN | BRAMHALL RUNNERS | 00:52:51 | 00:52:27 | 17 | 9 | 1 |
| 114 | 132 | JONATHAN FRANCE | M | MV60 | TRIGURU | 00:52:53 | 00:52:34 | 97 | 7 | 1 |
| 115 | 287 | ANTONIO MION | M | MV55 | RUNNING BEAR RUNNING CLUB | 00:52:53 | 00:52:37 | 98 | 10 | 1 |
| 116 | 299 | CHRIS PODMORE | M | MV40 | | 00:53:00 | 00:52:12 | 99 | 11 | |

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| 117 | 79 | ALISON SMITH | F | FV40 | | 00:53:05 | 00:52:53 | 18 | | 2 |
| 118 | 59 | MARTIN JACKSON | M | MSEN | | 00:53:20 | 00:53:10 | | 100 | 27 |
| 119 | 113 | ANDY BROWN | M | MV55 | | 00:53:27 | 00:53:03 | | 101 | 11 |
| 120 | 61 | MICHAEL FLANNERY | M | MSEN | | 00:53:29 | 00:53:14 | | 102 | 28 |
| 121 | 103 | JAMES NUTTALL | M | MV40 | | 00:53:37 | 00:53:15 | | 103 | 16 |
| 122 | 134 | ANNA PARKER | F | FSEN | | 00:53:40 | 00:53:23 | 19 | | 10 |
| 123 | 91 | DAVE EDMUNDS | M | MV50 | | 00:53:48 | 00:53:32 | | 104 | 12 |
| 124 | 95 | EMMA RETTIG | F | FV45 | GLOSSOPDALE HARRIERS | 00:53:57 | 00:53:43 | 20 | | 2 |
| 125 | 148 | MELANIE MATHER | F | FV50 | STOCKPORT HARRIERS & AC | 00:54:10 | 00:53:47 | 21 | | 3 |
| 126 | 208 | DARREN ATTWOOD | M | MV50 | GO BE RUNNERS | 00:54:13 | 00:53:46 | | 105 | 13 |
| 127 | 160 | HAYDEN LEE | M | MSEN | | 00:54:16 | 00:53:50 | | 106 | 29 |
| 128 | 93 | DANIEL JENKINS | M | MV45 | ECCLESHILL ROAD RUNNERS | 00:54:16 | 00:53:50 | | 107 | 19 |
| 129 | 254 | KALLUM LEE | M | MSEN | | 00:54:28 | 00:53:57 | | 108 | 30 |
| 130 | 255 | JENNIFER HALL | F | FSEN | | 00:54:28 | 00:53:57 | 22 | | 11 |
| 131 | 305 | VICTOR RIDDING | M | MV65 | LEVENSHULME RUNNERS | 00:54:29 | 00:54:08 | | 109 | 12 |
| 132 | 97 | MARK TURNER | M | MV55 | CHORLTON RUNNERS | 00:54:30 | 00:54:07 | | 110 | 12 |
| 133 | 331 | KATY THORNHILL | F | FV45 | GOYT VALLEY STRIDERS | 00:54:36 | 00:54:08 | 23 | | 3 |
| 134 | 195 | KARL HODGSON | M | MV40 | | 00:54:55 | 00:54:22 | | 111 | 17 |
| 135 | 112 | VICKY ROBINSON | F | FSEN | | 00:54:56 | 00:54:40 | 24 | | 12 |
| 136 | 12 | PAUL MARSDEN | M | MSEN | | 00:54:56 | 00:54:51 | | 112 | 31 |
| 137 | 315 | STEVE EPPS | M | MSEN | NANTWICH RUNNING CLUB | 00:55:00 | 00:54:35 | | 113 | 32 |
| 138 | 136 | PETE TOMLIN | M | MSEN | GLOSSOPDALE HARRIERS | 00:55:01 | 00:54:45 | | 114 | 33 |
| 139 | 196 | BECKY LEES | F | FV50 | BOLLINGTON HARRIERS | 00:55:13 | 00:54:48 | 25 | | 4 |
| 140 | 123 | MATT WILLIS | M | MSEN | | 00:55:28 | 00:54:53 | | 115 | 34 |
| 141 | 149 | GARETH AMOS | M | MV40 | WILMSLOW RUNNING CLUB | 00:55:28 | 00:55:03 | | 116 | 18 |
| 142 | 342 | CATHERINE BAKER | F | FSEN | | 00:55:32 | 00:54:58 | 26 | | 13 |
| 143 | 126 | STEVE NIXON | M | MV60 | | 00:55:32 | 00:54:56 | | 117 | 8 |
| 144 | 128 | LAUREN DURAMAN | F | FSEN | | 00:55:36 | 00:55:10 | 27 | | 13 |
| 145 | 102 | RACHEL WALTON | F | FV45 | GLOSSOPDALE HARRIERS | 00:55:38 | 00:55:24 | 28 | | 4 |
| 146 | 109 | KATHRYN HEYWOOD | F | FV45 | | 00:55:40 | 00:55:23 | 29 | | 5 |
| 147 | 316 | KIRSTY EPPS | F | FSEN | NANTWICH RUNNING CLUB | 00:55:43 | 00:55:19 | 30 | | 14 |
| 148 | 256 | JAMIE CORBETT | M | MSEN | | 00:55:49 | 00:55:05 | | 118 | 35 |
| 149 | 201 | MATT GALLOWAY | M | MSEN | | 00:55:49 | 00:55:16 | | 119 | 36 |
| 150 | 200 | SIMON GALLANDERS | M | MSEN | | 00:55:50 | 00:55:16 | | 120 | 37 |
| 151 | 143 | TRACY PENNINGTON | F | FV55 | PENSBY RUNNERS | 00:55:51 | 00:55:28 | 31 | | 1 |
| 152 | 273 | DONNA NEWTON | F | FSEN | | 00:55:53 | 00:55:21 | 32 | | 15 |
| 153 | 64 | JEN RICHARDSON | F | FSEN | BRAMHALL RUNNERS | 00:56:02 | 00:55:37 | 33 | | 16 |
| 154 | 122 | ANDREW HOWARD | M | MV40 | | 00:56:39 | 00:56:18 | | 121 | 19 |
| 155 | 310 | JAMES RIMMER | M | MV40 | | 00:56:39 | 00:56:00 | | 122 | 14 |

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| 156 | 62 | KAREN WILEMAN | F | FV45 | BRAMHALL RUNNERS | 00:56:46 | 00:56:21 | 34 | 6 | 3 | |
| 157 | 111 | JOANNA SPENCER | F | FSEN | | 00:56:48 | 00:56:31 | 35 | 17 | | |
| 158 | 73 | JOANNE BRACK | F | FV55 | GLOSSOPDALE HARRIERS | 00:56:50 | 00:56:36 | 36 | 2 | 4 | |
| 159 | 318 | TIMOTHY YUNG | M | MSEN | | 00:56:53 | 00:56:11 | | 123 | 15 | |
| 160 | 114 | AMANDA CONNORS | F | FV45 | | 00:56:54 | 00:56:28 | 37 | 7 | | |
| 161 | 170 | ROB PARKIN | M | MV50 | CONGLETON HARRIERS | 00:56:55 | 00:56:30 | | 124 | 14 | 1 |
| 162 | 344 | ZOE GMEREK | F | FV45 | ALTRINCHAM & DISTRICT ATHLETIC CLUB LIMITED | 00:56:58 | 00:56:41 | 38 | 8 | 1 | |
| 163 | 204 | GARY FARNSWORTH | M | MV40 | | 00:56:59 | 00:56:12 | | 125 | 20 | |
| 164 | 121 | DEBBIE KELLY | F | FV50 | | 00:57:15 | 00:56:58 | 39 | 5 | | |
| 165 | 130 | AIDAN FITZGERALD | M | MSEN | | 00:57:21 | 00:56:44 | | 126 | 38 | |
| 166 | 203 | DAVID LONG | M | MV40 | | 00:57:23 | 00:56:47 | | 127 | 21 | |
| 167 | 165 | BEN TOWNLEY | M | MSEN | | 00:57:28 | 00:56:54 | | 128 | 39 | |
| 168 | 156 | ELIZA STEEN | F | FSEN | | 00:57:30 | 00:57:04 | 40 | 18 | | |
| 169 | 303 | GARETH BROWN | M | MSEN | | 00:57:31 | 00:56:49 | | 129 | 40 | |
| 170 | 194 | LEE ROGERS | M | MV50 | | 00:57:33 | 00:56:59 | | 130 | 15 | |
| 171 | 125 | CALUM BURRELL | M | MV45 | DAVENPORT RUNNERS | 00:57:39 | 00:57:23 | | 131 | 20 | 1 |
| 172 | 116 | JOSIE ROGERS | F | FSEN | | 00:57:44 | 00:57:18 | 41 | 19 | | |
| 173 | 199 | HOLLIE PARAMORE | F | FSEN | | 00:57:45 | 00:57:09 | 42 | 20 | | |
| 174 | 106 | MICHAEL TIPPER | M | MSEN | | 00:57:48 | 00:57:22 | | 132 | 41 | |
| 175 | 308 | NATHAN RIDDING | M | MSEN | | 00:58:07 | 00:57:45 | | 133 | 16 | |
| 176 | 94 | SIMON PENKETT | M | MV50 | | 00:58:49 | 00:58:39 | | 134 | 16 | |
| 177 | 144 | PAUL COWELL | M | MV50 | BRAMHALL RUNNERS | 00:58:51 | 00:58:26 | | 135 | 17 | 5 |
| 178 | 293 | KEVIN KEARSLEY | M | MSEN | THE RUNNING CHARITY | 00:59:02 | 00:58:39 | | 136 | 17 | 1 |
| 179 | 320 | DANIEL GIANFERRARI | M | MV45 | | 00:59:03 | 00:58:31 | | 137 | 21 | |
| 180 | 164 | CATRIONA MARSHALL | F | FV55 | WILMSLOW RUNNING CLUB | 00:59:06 | 00:58:37 | 43 | 3 | 4 | |
| 181 | 189 | GARY BROADFIELD | M | MV40 | | 00:59:10 | 00:58:36 | | 138 | 22 | |
| 182 | 135 | MARK HETHERINGTON | M | MV45 | POYNTON RUNNERS | 00:59:17 | 00:58:49 | | 139 | 22 | 1 |
| 183 | 137 | JAMES MILLS | M | MSEN | | 00:59:21 | 00:58:51 | | 140 | 42 | |
| 184 | 155 | AMANDA HOLTEY | F | FV45 | VEGAN RUNNERS UK | 00:59:25 | 00:59:02 | 44 | 9 | 1 | |
| 185 | 162 | ELIZABETH ANDERTON | F | FV45 | | 00:59:32 | 00:59:01 | 45 | 10 | | |
| 186 | 239 | HARRY DUTSON | M | MV70 | | 00:59:34 | 00:58:48 | | 141 | 2 | |
| 187 | 167 | HELEN TODD | F | FV65 | STOCKPORT HARRIERS & AC | 00:59:34 | 00:59:08 | 46 | 1 | 3 | |
| 188 | 300 | NICK HAM | M | MV55 | GLOSSOPDALE HARRIERS | 00:59:37 | 00:59:09 | | 142 | 13 | 9 |
| 189 | 311 | STEPHANIE DSOUZA | F | FV40 | | 00:59:37 | 00:59:03 | 47 | 3 | | |
| 190 | 338 | COURTNEY ARNOLD-HARRISON | F | FSEN | THE RUNNING CHARITY | 00:59:38 | 00:59:15 | 48 | 18 | 1 | |
| 191 | 158 | DANNI BROOKS | F | FSEN | | 00:59:45 | 00:59:19 | 49 | 21 | | |
| 192 | 263 | JOHN VEL | M | MV60 | | 00:59:57 | 00:59:11 | | 143 | 9 | |
| 193 | 280 | PETER WALLEY | M | MSEN | | 01:00:00 | 00:59:38 | | 144 | 43 | |
| 194 | 276 | CHRISTINE LAND | F | FSEN | CHORLTON RUNNERS | 01:00:00 | 00:59:38 | 50 | 22 | 1 | |

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|-----|-----|-------------------|---|------|-------------------------|----------|----------|-----|----|----|
| 195 | 197 | DAVID WILLIAMS | M | MSEN | | 01:00:08 | 00:59:47 | 145 | 44 | |
| 196 | 323 | SAMUEL MURGATROYD | M | MSEN | | 01:00:16 | 00:59:37 | 146 | 45 | |
| 197 | 120 | SARAH MCCOURT | F | FV40 | POYNTON RUNNERS | 01:00:29 | 01:00:09 | 51 | 4 | 1 |
| 198 | 216 | PAUL DALE | M | MV70 | | 01:00:40 | 01:00:21 | 147 | 3 | |
| 199 | 173 | JASON WARD | M | MV50 | | 01:00:44 | 01:00:18 | 148 | 18 | |
| 200 | 178 | STEVEN SEDDON | M | MV45 | | 01:00:55 | 01:00:27 | 149 | 23 | |
| 201 | 117 | CHRISTINE PETERS | F | FV60 | GLOSSOPDALE HARRIERS | 01:01:02 | 01:00:36 | 52 | 2 | 5 |
| 202 | 322 | JAKE ASPINALL | M | MSEN | | 01:01:12 | 01:00:33 | 150 | 46 | |
| 203 | 159 | JANE FRANCE | F | FV55 | LONELY GOAT RC | 01:01:15 | 01:00:43 | 53 | 4 | 1 |
| 204 | 151 | LAURA BRADY | F | FSEN | | 01:01:29 | 01:01:00 | 54 | 23 | |
| 205 | 176 | MATTHEW HOWARD | M | MV40 | | 01:01:43 | 01:00:56 | 151 | 23 | |
| 206 | 181 | FRED ROBERTSHAW | M | MSEN | | 01:01:56 | 01:01:07 | 152 | 47 | |
| 207 | 141 | GAIL BAILEY | F | FV50 | GO BE RUNNERS | 01:02:08 | 01:01:41 | 55 | 6 | 1 |
| 208 | 153 | HELEN ANDREWS | F | FV40 | WINSTON RUNNERS | 01:02:13 | 01:01:50 | 56 | 5 | 1 |
| 209 | 301 | ROSEMARY KELLY | F | FSEN | | 01:02:16 | 01:01:36 | 57 | 24 | |
| 210 | 146 | SARAH STUTCHFIELD | F | FV45 | | 01:02:24 | 01:02:05 | 58 | 11 | |
| 211 | 147 | STEPHANIE JONES | F | FV45 | MARPLE RUNNERS | 01:02:24 | 01:02:05 | 59 | 12 | 1 |
| 212 | 218 | NICOLA JACKSON | F | FSEN | | 01:02:27 | 01:01:46 | 60 | 25 | |
| 213 | 294 | JAMES BANKS | M | MV40 | LIONS RUNNING COMMUNITY | 01:02:27 | 01:01:53 | 153 | 24 | 1 |
| 214 | 154 | CARA BILLS | F | FSEN | MARPLE RUNNERS | 01:02:28 | 01:02:00 | 61 | 26 | 2 |
| 215 | 131 | VICKY DREW | F | FV45 | | 01:02:30 | 01:02:21 | 62 | 13 | |
| 216 | 140 | ELLA CLARE | F | FSEN | | 01:02:39 | 01:02:08 | 63 | 27 | |
| 217 | 139 | ADRIAN CLARE | M | MV50 | | 01:02:40 | 01:02:10 | 154 | 19 | |
| 218 | 183 | BERYL BUCKLEY | F | FV70 | GLOSSOPDALE HARRIERS | 01:02:56 | 01:02:33 | 64 | 2 | 6 |
| 219 | 174 | RACHAEL GOODING | F | FV40 | | 01:02:57 | 01:02:20 | 65 | 6 | |
| 220 | 188 | RACHEL D'SOUZA | F | FV40 | | 01:03:02 | 01:02:27 | 66 | 7 | |
| 221 | 289 | GARETH MCCAFFERY | M | MSEN | ROYTON ROAD RUNNERS | 01:03:06 | 01:02:33 | 155 | 48 | 1 |
| 222 | 333 | GAVIN LUKE FOULDS | M | MV45 | | 01:03:06 | 01:02:09 | 156 | 24 | |
| 223 | 177 | EMMA CARTER | F | FV40 | | 01:03:15 | 01:02:35 | 67 | 8 | |
| 224 | 286 | JOHN STEPHENSON | M | MV65 | GLOSSOPDALE HARRIERS | 01:03:21 | 01:02:54 | 157 | 3 | 10 |
| 225 | 157 | JACK SKINNER | M | MSEN | | 01:03:23 | 01:02:52 | 158 | 49 | |
| 226 | 341 | SAMI GICHKI | M | MSEN | THE RUNNING CHARITY | 01:03:27 | 01:03:10 | 159 | 19 | 2 |
| 227 | 168 | DAVID TOMLINSON | M | MSEN | | 01:03:32 | 01:03:00 | 160 | 50 | |
| 228 | 217 | NATALIE LEEB | F | FV40 | | 01:03:38 | 01:02:55 | 68 | 9 | |
| 229 | 171 | ANGELA BAMFORD | F | FV55 | MILE SHY CLUB | 01:03:41 | 01:03:11 | 69 | 5 | 1 |
| 230 | 152 | JOANNE BARROW | F | FV40 | | 01:03:51 | 01:03:21 | 70 | 10 | |
| 231 | 220 | STEVEN TOWNLEY | M | MV55 | | 01:04:15 | 01:03:30 | 161 | 14 | |
| 232 | 169 | WILLIAM BOOTH | M | MV55 | | 01:04:47 | 01:04:30 | 162 | 15 | |
| 233 | 210 | STEPHEN FORRESTER | M | MSEN | | 01:04:50 | 01:04:08 | 163 | 51 | |

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|-----|-----|------------------------|---|------|---------------------------|----------|----------|-----|----|---|
| 234 | 246 | CHRIS ROBINSON | M | MV40 | | 01:04:56 | 01:04:19 | 164 | 25 | |
| 235 | 317 | ANDY LORD | M | MV55 | MARPLE RUNNERS | 01:05:05 | 01:04:35 | 165 | 16 | 4 |
| 236 | 161 | JO RICHARDSON | F | FV65 | RUNNING BEAR RUNNING CLUB | 01:05:17 | 01:04:48 | 71 | 2 | 1 |
| 237 | 290 | HELEN REAGAN | F | FV50 | SALE HARRIERS MANCHESTER | 01:05:23 | 01:04:35 | 72 | 7 | 1 |
| 238 | 241 | ROSEANN WORTHINGTON | F | FV55 | FELL DEVILS | 01:05:29 | 01:04:46 | 73 | 6 | 1 |
| 239 | 337 | HANNAH BRADY | F | FSEN | | 01:05:52 | 01:05:22 | 74 | 28 | |
| 240 | 202 | SHANNON GILL | F | FSEN | | 01:06:00 | 01:05:24 | 75 | 29 | |
| 241 | 213 | VICKI HOLT | F | FV50 | | 01:06:06 | 01:05:28 | 76 | 8 | |
| 242 | 107 | CHRISTOPHER KELLY | M | MV50 | | 01:06:27 | 01:06:04 | 166 | 20 | |
| 243 | 198 | JOANNA BOWMAN | F | FV40 | | 01:06:33 | 01:05:55 | 77 | 11 | |
| 244 | 306 | LEE MARTIN | M | MV45 | LEVENSHULME RUNNERS | 01:06:33 | 01:06:10 | 167 | 20 | 3 |
| 245 | 211 | BEA PETKOS | F | FV50 | MOOR ROAD RUNNERS | 01:06:38 | 01:05:57 | 78 | 9 | 1 |
| 246 | 221 | ANDREW FARNSWORTH | M | MSEN | | 01:06:46 | 01:05:59 | 168 | 52 | |
| 247 | 252 | AIMEE TOWNLEY | F | FSEN | | 01:06:48 | 01:06:03 | 79 | 30 | |
| 248 | 172 | FLOSS POPE | F | FV40 | | 01:07:13 | 01:06:44 | 80 | 12 | |
| 249 | 231 | CATHERINE HETHERINGTON | F | FV45 | POYNTON RUNNERS | 01:07:16 | 01:06:49 | 81 | 14 | 2 |
| 250 | 212 | NIKKI SHERWIN | F | FSEN | MARKET DRAYTON RC | 01:07:20 | 01:06:43 | 82 | 31 | 1 |
| 251 | 251 | SIMON CORBETT | M | MV50 | | 01:07:31 | 01:06:48 | 169 | 21 | |
| 252 | 261 | RACHEL SINGER | F | FV70 | | 01:07:56 | 01:07:14 | 83 | 3 | |
| 253 | 258 | HASNA BUDSWORTH | F | FV40 | ROYTON ROAD RUNNERS | 01:08:55 | 01:08:22 | 84 | 13 | 1 |
| 254 | 223 | ELIN MCFARLANE | F | FV45 | SPORTS FEET | 01:09:08 | 01:08:23 | 85 | 15 | 1 |
| 255 | 253 | JANETTE FALLOWS | F | FV60 | | 01:09:16 | 01:08:37 | 86 | 3 | |
| 256 | 227 | MARTIN FALLOWS | M | MV60 | | 01:09:16 | 01:08:38 | 170 | 10 | |
| 257 | 133 | TOM JOHNSTON | M | MV50 | | 01:09:27 | 01:08:58 | 171 | 22 | |
| 258 | 142 | JAMES BOYD | M | MV50 | MOOR ROAD RUNNERS | 01:09:39 | 01:09:09 | 172 | 23 | 1 |
| 259 | 271 | ROBERT JONES | M | MV60 | MARPLE RUNNERS | 01:09:49 | 01:09:13 | 173 | 11 | 5 |
| 260 | 292 | PAUL KARSLAKE | M | MV40 | MARPLE RUNNERS | 01:09:51 | 01:09:08 | 174 | 26 | 6 |
| 261 | 233 | HELEN WHITEHOUSE | F | FSEN | | 01:09:59 | 01:09:22 | 87 | 32 | |
| 262 | 145 | FIONA COWELL | F | FV55 | BRAMHALL RUNNERS | 01:10:05 | 01:09:30 | 88 | 7 | 4 |
| 263 | 237 | JOSEPHINE BARNETT | F | FV45 | | 01:10:09 | 01:09:26 | 89 | 16 | |
| 264 | 219 | JEANETTE HANLEY | F | FV50 | LEVENSHULME RUNNERS | 01:10:33 | 01:09:51 | 90 | 10 | 1 |
| 265 | 166 | ANDREW DUCKWORTH | M | MV50 | RUNNING BEAR RUNNING CLUB | 01:10:41 | 01:10:01 | 175 | 24 | 2 |
| 266 | 180 | VICTORIA WILLIAMS | F | FV40 | WILMSLOW RUNNING CLUB | 01:10:47 | 01:10:17 | 91 | 14 | 5 |
| 267 | 215 | MICHAEL CLARK | M | MV50 | DISLEY RUNNERS | 01:11:02 | 01:10:18 | 176 | 25 | 1 |
| 268 | 222 | STEVEN WALL | M | MV55 | RUN NATION RUNNING CLUB | 01:11:18 | 01:10:35 | 177 | 17 | 1 |
| 269 | 175 | ADRIAN KAY | M | MV50 | | 01:11:20 | 01:10:40 | 178 | 26 | |
| 270 | 209 | LOUISE DRINKALD | F | FV50 | MARKET DRAYTON RC | 01:11:26 | 01:10:54 | 92 | 11 | 2 |
| 271 | 228 | SUSAN CARR | F | FV45 | | 01:11:51 | 01:11:00 | 93 | 17 | |
| 272 | 206 | LEIGHANNA O'FARRELL | F | FSEN | | 01:12:12 | 01:11:28 | 94 | 33 | |

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|-----|-----|------------------|---|------|-------------------------|----------|----------|-----|-----|----|---|
| 273 | 268 | SARAH THOMAS | F | FSEN | | 01:12:53 | 01:12:09 | 95 | | 34 | |
| 274 | 179 | JANE DEAVILLE | F | FV50 | | 01:12:57 | 01:12:20 | 96 | | 12 | |
| 275 | 234 | BOB CROCKFORD | M | MV65 | LONG EATON RUNNING CLUB | 01:13:08 | 01:12:21 | | 179 | 4 | 1 |
| 276 | 186 | EMMA CORBETT | F | FSEN | CHORLTON RUNNERS | 01:13:15 | 01:12:44 | 97 | | 35 | 2 |
| 277 | 270 | HELEN DUNLEY | F | FV45 | | 01:13:21 | 01:12:38 | 98 | | 18 | |
| 278 | 250 | JOANNE COULTHARD | F | FV50 | | 01:13:35 | 01:12:49 | 99 | | 13 | |
| 279 | 249 | STEPHEN COPPLE | M | MV45 | | 01:13:35 | 01:12:50 | | 180 | 25 | |
| 280 | 191 | CHRIS FISHER | M | MV50 | | 01:14:13 | 01:13:53 | | 181 | 27 | |
| 281 | 243 | GEMMA HALLWORTH | F | FV40 | | 01:14:15 | 01:13:55 | 100 | | 15 | |
| 282 | 275 | CRAIG ARNOLD | M | MSEN | | 01:14:22 | 01:13:32 | | 182 | 53 | |
| 283 | 274 | GLENN ARNOLD | M | MV60 | | 01:14:22 | 01:13:32 | | 183 | 12 | |
| 284 | 230 | LISA JEFFERIES | F | FV55 | WARRINGTON RUNNING CLUB | 01:14:32 | 01:14:02 | 101 | | 8 | 1 |
| 285 | 225 | LAURA VERRILL | F | FSEN | MARKET DRAYTON RC | 01:14:44 | 01:14:03 | 102 | | 36 | 3 |
| 286 | 281 | MELANIE LI | F | FV50 | BRAMHALL RUNNERS | 01:15:12 | 01:14:37 | 103 | | 14 | 5 |
| 287 | 283 | JENNIFER LEWIS | F | FV45 | | 01:15:20 | 01:14:43 | 104 | | 19 | |
| 288 | 285 | PAUL AMOS | M | MV55 | | 01:15:30 | 01:14:45 | | 184 | 21 | |
| 289 | 272 | LISA LINGARD | F | FV50 | | 01:15:59 | 01:15:12 | 105 | | 15 | |
| 290 | 193 | TONY BRAY | M | MV70 | | 01:16:08 | 01:15:40 | | 185 | 4 | |
| 291 | 259 | SUE FOSTER | F | FV50 | | 01:16:11 | 01:15:29 | 106 | | 16 | |
| 292 | 260 | TAMMY ELLIOTT | F | FV55 | | 01:16:11 | 01:15:29 | 107 | | 9 | |
| 293 | 224 | SIOBHAN MARTIN | F | FSEN | | 01:17:04 | 01:16:24 | 108 | | 37 | |
| 294 | 247 | SARAH MCENTEE | F | FSEN | | 01:17:04 | 01:16:24 | 109 | | 38 | |
| 295 | 214 | BETH POWELL | F | FSEN | STOCKPORT HARRIERS & AC | 01:17:41 | 01:17:03 | 110 | | 39 | 4 |
| 296 | 262 | JACKIE SHAH | F | FV55 | | 01:17:46 | 01:17:12 | 111 | | 10 | |
| 297 | 267 | LAURA FERGUSON | F | FV40 | | 01:18:57 | 01:18:05 | 112 | | 16 | |
| 298 | 129 | CHRIS TETLEY | M | MSEN | | 01:19:03 | 01:18:11 | | 186 | 54 | |
| 299 | 242 | NICOLA FISHER | F | FV50 | | 01:20:13 | 01:19:52 | 113 | | 17 | |
| 300 | 244 | OLIVIA POVEY | F | FSEN | | 01:20:17 | 01:19:34 | 114 | | 40 | |
| 301 | 291 | TREVOR FAULKNER | M | MV80 | WILMSLOW RUNNING CLUB | 01:20:35 | 01:19:41 | | 187 | 1 | 6 |
| 302 | 226 | JULIE BULLICK | F | FV55 | BRIGHOUSE BUMBLE BEES | 01:20:44 | 01:19:52 | 115 | | 11 | 1 |
| 303 | 264 | MORAG MORGAN | F | FV70 | BRAMHALL RUNNERS | 01:20:59 | 01:20:10 | 116 | | 4 | 6 |
| 304 | 295 | MERHAWI TESFAY | M | MSEN | THE RUNNING CHARITY | 01:21:22 | 01:20:32 | | 188 | 22 | 3 |
| 305 | 339 | PETE EDWARDS | M | MV55 | THE RUNNING CHARITY | 01:21:23 | 01:20:32 | | 189 | 18 | 4 |
| 306 | 340 | MANHAR PATEL | M | MV55 | THE RUNNING CHARITY | 01:21:23 | 01:20:32 | | 190 | 19 | 5 |
| 307 | 245 | HELEN EDDIE | F | FV45 | BOLLINGTON HARRIERS | 01:21:43 | 01:20:55 | 117 | | 20 | 2 |
| 308 | 118 | SAM PRITCHARD | M | MSEN | | 01:24:51 | 01:24:07 | | 191 | 55 | |
| 309 | 238 | IAN PRITCHARD | M | MV60 | | 01:24:53 | 01:24:09 | | 192 | 13 | |
| 310 | 279 | KATHRYN HAUGHTON | F | FV45 | BRIGHOUSE BUMBLE BEES | 01:26:26 | 01:25:34 | 118 | | 21 | 2 |
| 311 | 284 | MANDY TURNER | F | FV55 | BRIGHOUSE BUMBLE BEES | 01:26:26 | 01:25:34 | 119 | | 12 | 3 |

312 297

JOHN LITTLE

M MV80

01:27:28 01:26:49

193 2