

Ov. Pos	Race no.	Name	Gender	Cat	Club	Gun Time	Chip Time	F Pos	M Pos	Cat Pos	Team Pos
1	161	FRASER MACDONALD OULDS	M	MSEN	CHORLTON RUNNERS	00:29:31	00:29:30		1	1	1
2	58	LEO LOUGHRAN	M	MV40	SALFORD HARRIERS & AC	00:29:32	00:29:31		2	1	1
3	101	DAN ANNISON	M	MSEN		00:29:57	00:29:56		3	2	
4	260	SIMON MCCONVILLE	M	MSEN	STOCKPORT HARRIERS & AC	00:30:14	00:30:13		4	3	1
5	244	PHIL CARPENTER	M	MSEN	STOCKPORT HARRIERS & AC	00:30:38	00:30:37		5	4	2
6	216	ROBIN HORNER	M	MV40	EAST CHESHIRE HARRIERS & TAMESIDE AC	00:30:47	00:30:45		6	2	1
7	50	HARRY HIND	M	MSEN	EAST CHESHIRE HARRIERS & TAMESIDE AC	00:30:54	00:30:52		7	5	2
8	176	PAUL BROOKS	M	MV45	STOCKPORT HARRIERS & AC	00:31:01	00:31:01		8	1	3
9	186	GAVIN BRITTAIN	M	MSEN	STOCKPORT HARRIERS & AC	00:31:24	00:31:22		9	6	4
10	97	MATTHEW MORAN	M	MV40	BRAMHALL RUNNERS	00:32:04	00:32:03		10	3	1
11	169	JUSTIN GOULDING	M	MV40	ZAC ATTACK	00:32:07	00:32:05		11	4	1
12	205	VIC WALSH	M	MV40	BELLE VUE RACERS	00:32:24	00:32:22		12	5	1
13	79	CHRIS KNIGHT	M	MSEN	STOCKPORT HARRIERS & AC	00:32:31	00:32:29		13	7	5
14	177	PAUL ARMSTRONG	M	MV40	STOCKPORT HARRIERS & AC	00:32:41	00:32:40		14	6	6
15	164	PAUL SKUSE	M	MV45	GLOSSOPDALE HARRIERS	00:32:48	00:32:46		15	2	1
16	67	STEPHEN HUMPHRIES	M	MV45	STOCKPORT HARRIERS & AC	00:32:52	00:32:51		16	3	7
17	84	TOM MCMAHON	M	MV40	EAST CHESHIRE HARRIERS & TAMESIDE AC	00:32:52	00:32:49		17	7	3
18	165	FRANK HAMILTON	M	MV40	GLOSSOPDALE HARRIERS	00:32:55	00:32:53		18	8	2
19	134	SIMON PICKARD	M	MV50	STOCKPORT HARRIERS & AC	00:33:24	00:33:22		19	1	8
20	172	DARREN DODD	M	MV50	SUNDERLAND HARRIERS & AC	00:33:38	00:33:36		20	2	1
21	64	JAMES KOK SHUN	M	MSEN		00:34:22	00:34:18		21	8	
22	39	RICHARD WILLIAMS	M	MV45	MARPLE RUNNERS	00:34:53	00:34:50		22	4	1
23	204	PAUL THORPE	M	MV40		00:35:02	00:34:58		23	9	
24	63	PHILIP KOK SHUN	M	MSEN		00:35:11	00:35:07		24	9	
25	22	DOMINIC SEXTON	M	MV55		00:35:13	00:35:11		25	1	
26	46	SOPHIE ROWLEY	F	FSEN	STOCKPORT HARRIERS & AC	00:35:14	00:35:12	1		1	1
27	52	PAUL MINTON	M	MSEN	EAST CHESHIRE HARRIERS & TAMESIDE AC	00:35:24	00:35:21		26	10	4
28	157	DARREN DONALD	M	MV45	STOCKPORT HARRIERS & AC	00:36:04	00:36:03		27	5	9
29	36	LAURA BROWN	F	FV40	DIDSBURY RUNNERS	00:36:09	00:36:06	2		1	1
30	40	CHARLOTTE ATKINSON	F	FSEN	BLACKBURN HARRIERS & AC	00:36:25	00:36:21	3		2	1
31	143	EMMA RILEY	F	FV40	STOCKPORT HARRIERS & AC	00:36:27	00:36:22	4		2	2
32	184	ROB HALL	M	MSEN	STOCKPORT HARRIERS & AC	00:36:30	00:36:27		28	11	10
33	241	DAVID MOLYNEUX	M	MSEN		00:36:31	00:36:28		29	12	
34	11	ROB CAWLEY	M	MV60	STOCKPORT HARRIERS & AC	00:36:40	00:36:36		30	1	11
35	147	PHIL HARRIS	M	MV40	MARPLE RUNNERS	00:36:50	00:36:45		31	10	2
36	61	NEIL COMMINS	M	MV50	MARPLE RUNNERS	00:37:00	00:36:58		32	3	3
37	12	ALAN MORRIS	M	MV55		00:37:12	00:37:09		33	2	

38	33	STEPHEN BRUNDRETT	M	MV55	BRAMHALL RUNNERS	00:37:24	00:37:19		34	3	2
39	7	LEWIS KEMP	M	MSEN		00:37:26	00:37:18		35	13	
40	53	RACHEL SPROSTON	F	FV50	GLOSSOPDALE HARRIERS	00:37:27	00:37:21	5		1	1
41	37	MATT FARR	M	MV40	DIDSBURY RUNNERS	00:37:29	00:37:25		36	11	1
42	27	CARL BRADDOCK	M	MV60	SPORTS FEET	00:37:35	00:37:31		37	2	1
43	173	DAMIEN WIGHTMAN	M	MV45		00:37:46	00:37:41		38	6	
44	51	RICHARD GARDNER	M	MV45	CHORLTON RUNNERS	00:37:48	00:37:41		39	7	2
45	60	DAN BRITTON	M	MV45	MARPLE RUNNERS	00:37:48	00:37:44		40	8	4
46	188	ANN BRACEGIRDLE	F	FV45		00:37:50	00:37:46	6		1	
47	185	ADRIAN HAZLEHURST	M	MV40	HYDE VILLAGE STRIDERS	00:37:52	00:37:45		41	12	1
48	57	PHIL COTTRILL	M	MSEN		00:37:52	00:37:46		42	14	
49	23	IAN MULLIGAN	M	MV55	STOCKPORT HARRIERS & AC	00:37:53	00:37:47		43	4	12
50	86	MARK DONLON	M	MSEN		00:37:56	00:37:47		44	15	
51	219	MO SAYED	M	MSEN	CHORLTON RUNNERS	00:37:59	00:37:56		45	16	3
52	32	JENNIE PICKARD	F	FV50	STOCKPORT HARRIERS & AC	00:38:00	00:37:56	7		2	3
53	197	MALCOLM ORRELL	M	MSEN		00:38:07	00:38:03		46	17	
54	190	CALUM BAINES	M	MSEN		00:38:09	00:38:04		47	18	
55	221	SEAN CLANCY	M	MSEN		00:38:11	00:38:04		48	19	
56	189	AIMEE BAINES	F	FSEN	START2JOG	00:38:28	00:38:22	8		3	1
57	42	JONATHAN FRANKHAM	M	MV45	GLOSSOPDALE HARRIERS	00:38:31	00:38:25		49	9	3
58	237	STEVE KNIGHT	M	MSEN		00:38:31	00:38:24		50	20	
59	179	RICHARD BRAILSFORD	M	MV45	STOCKPORT HARRIERS & AC	00:38:32	00:38:23		51	10	13
60	218	PHIL CORKER	M	MV55	DAVENPORT RUNNERS	00:38:36	00:38:32		52	5	1
61	3	ANTHONY MCGIVNEY	M	MSEN		00:38:37	00:38:29		53	21	
62	192	STEVEN KIRKHAM	M	MV40	GLOSSOPDALE HARRIERS	00:38:38	00:38:32		54	13	4
63	223	ANDY CORDES	M	MV50	STOCKPORT HARRIERS & AC	00:38:39	00:38:34		55	4	14
64	6	GUY ROBERT RIDDELL	M	MV45	GLOSSOPDALE HARRIERS	00:38:40	00:38:38		56	11	5
65	234	MARK BOUSIE	M	MV45	STOCKPORT HARRIERS & AC	00:38:41	00:38:36		57	12	15
66	99	ROBBIE GREENSLADE	M	MV45	CHORLTON RUNNERS	00:38:43	00:38:36		58	13	4
67	207	IAN BOWKER	M	MV55	MARPLE RUNNERS	00:38:44	00:38:40		59	6	5
68	183	SARAH BROWN	F	FV50	STOCKPORT HARRIERS & AC	00:38:47	00:38:43	9		3	4
69	87	ROB STUTCHFIELD	M	MV45	MARPLE RUNNERS	00:38:57	00:38:50		60	14	6
70	199	DAVID CHRYSTIE-LOWE	M	MV65	GLOSSOPDALE HARRIERS	00:39:05	00:38:57		61	1	6
71	240	MIKE MCCARTHY	M	MV40		00:39:12	00:38:52		62	14	
72	191	JOHN FAY	M	MV40	ROYTON ROAD RUNNERS	00:39:15	00:39:14		63	15	1
73	100	ALI ALSAADI	M	MV45		00:39:17	00:39:11		64	15	
74	73	PHOEBE WILLIS	F	FSEN	STOCKPORT HARRIERS & AC	00:39:25	00:39:18	10		4	5
75	17	TONY MC DONALD	M	MV65	STOCKPORT HARRIERS & AC	00:39:28	00:39:26		65	2	16

76	68	GLENNIS RICHARDSON	F	FV60	STOCKPORT HARRIERS & AC	00:39:30	00:39:26	11		1	6
77	74	SCOTT KITTERIDGE	M	MSEN	STOCKPORT HARRIERS & AC	00:39:38	00:39:30		66	22	17
78	178	LEE RYAN	M	MV40		00:39:43	00:39:33		67	16	
79	231	KERRIE WOOD DOYLE	F	FV55	STOCKPORT HARRIERS & AC	00:39:52	00:39:45	12		1	7
80	9	DARREN BAINES	M	MSEN		00:40:02	00:39:46		68	23	
81	261	PATRICK O'BRIEN	M	MV65	BELLE VUE RACERS	00:40:04	00:39:54		69	3	2
82	166	TIM CROOKES	M	MV55	GLOSSOPDALE HARRIERS	00:40:04	00:39:54		70	7	7
83	225	JAMES NEWTON	M	MV40		00:40:04	00:39:47		71	17	
84	146	KARL BESCOBY	M	MV50	CHORLTON RUNNERS	00:40:22	00:40:14		72	5	5
85	239	JAMES JEFFRIES	M	MSEN		00:40:23	00:40:13		73	24	
86	14	ALAN BOCKING	M	MV65	MANCHESTER HARRIERS & AC	00:40:35	00:40:27		74	4	1
87	246	JAMES STABLES	M	MV45	MELTHAM AC	00:40:43	00:40:35		75	16	1
88	238	PHIL WILCOXON	M	MV60	BELLE VUE RACERS	00:40:48	00:40:37		76	3	3
89	96	JEREMY WOODHAM	M	MV50	MARPLE RUNNERS	00:40:53	00:40:46		77	6	7
90	203	SARAH COOK	F	FV40	MARPLE RUNNERS	00:40:54	00:40:47	13		3	1
91	250	PAUL STANSBURY	M	MV50	MILE SHY CLUB	00:41:00	00:40:50		78	7	1
92	247	WILLIAM PRITCHARD	M	MSEN	STOCKPORT HARRIERS & AC	00:41:10	00:41:05		79	25	18
93	217	SAMANTHA THOMAS	F	FV45	STOCKPORT HARRIERS & AC	00:41:18	00:41:13	14		2	8
94	62	CHRIS FRAYNE	M	MSEN	MARPLE RUNNERS	00:41:32	00:41:16		80	26	8
95	94	CHRISTOPHER COWLEY	M	MV50		00:41:39	00:41:30		81	8	
96	80	JO EVANS	F	FSEN	BRAMHALL RUNNERS	00:41:39	00:41:28	15		5	1
97	226	RACHEL ALVES	F	FV45	THESE MUMS DO	00:41:45	00:41:35	16		3	1
98	70	EMMA BANISTER	F	FV50		00:41:47	00:41:36	17		4	
99	187	ALISON SMITH	F	FV40		00:41:51	00:41:43	18		4	
100	48	MELANIE MATHER	F	FV50	STOCKPORT HARRIERS & AC	00:41:52	00:41:40	19		5	9
101	38	FRANCIS WOOFF	M	MV60	CALDER VALLEY FELL RUNNERS	00:41:54	00:41:46		82	4	1
102	65	JENNA TRANTER	F	FSEN	OFFERTON COMMUNITY ROAD RUNNERS	00:42:01	00:41:53	20		6	1
103	18	NICHOLAS GUDEGAST	M	MV45	MARPLE RUNNERS	00:42:17	00:42:11		83	17	9
104	35	CHRIS SWANN	M	MSEN		00:42:23	00:42:17		84	27	
105	66	PETER CHAPMAN	M	MSEN	OFFERTON COMMUNITY ROAD RUNNERS	00:42:27	00:42:19		85	28	1
106	148	TIM HARGREAVES	M	MV65	STOCKPORT HARRIERS & AC	00:42:29	00:42:16		86	5	19
107	71	MARK TURNER	M	MV55		00:42:35	00:42:23		87	8	
108	213	RACHEL KOK SHUN	F	FSEN		00:42:42	00:42:35	21		7	
109	243	ELEANOR CROXFORD	F	FSEN		00:43:02	00:42:49	22		8	
110	220	NICOLA PENNINGTON	F	FV50	BELLE VUE RACERS	00:43:03	00:42:52	23		6	1
111	15	ANDREW BUTHFER	M	MV50		00:43:07	00:42:56		88	9	
112	200	PAUL AISTHORPE	M	MSEN	MOOR ROAD RUNNERS	00:43:15	00:42:59		89	29	1
113	145	DAN CATHIE	M	MV45		00:43:22	00:43:11		90	18	

114	174	STEPHEN SHARROCKS	M	MV55		00:43:23	00:43:14	91	9	
115	34	JOHN NICHOLSON	M	MV40	STOCKPORT HARRIERS & AC	00:43:24	00:43:14	92	18	20
116	162	JAMES CORRIGAN	M	MV45	BELLE VUE RACERS	00:43:25	00:43:16	93	19	4
117	194	SUSANNAH WILLIAMS	F	FSEN	MARPLE RUNNERS	00:43:30	00:43:21	24	9	2
118	227	MAURA NELSON	F	FSEN	STOCKPORT HARRIERS & AC	00:43:31	00:43:21	25	10	10
119	133	NICK HAM	M	MV55	GLOSSOPDALE HARRIERS	00:43:40	00:43:36	94	10	8
120	195	DAVID CRACKNELL	M	MV40	MARPLE RUNNERS	00:43:49	00:43:42	95	19	10
121	159	REBECCA BRIMAGE	F	FV40	STOCKPORT HARRIERS & AC	00:44:02	00:43:51	26	5	11
122	77	ZOE LEE	F	FV40		00:44:06	00:43:57	27	6	
123	142	MICHAEL BARRY	M	MV50	BRAMHALL RUNNERS	00:44:12	00:43:59	96	10	3
124	82	MARTIN LYNCH	M	MV45	MARPLE RUNNERS	00:44:15	00:44:09	97	20	11
125	209	HELEN CAIN	F	FV55	CHORLTON RUNNERS	00:44:15	00:44:05	28	2	1
126	235	KAREN WILEMAN	F	FV45	BRAMHALL RUNNERS	00:44:22	00:44:11	29	4	2
127	155	MARTIN FORMBY	M	MV55	MOOR RUNNING FRIENDS	00:44:25	00:44:09	98	11	1
128	198	CONOR VALLELLY	M	MSEN	BELLE VUE RACERS	00:44:47	00:44:31	99	30	5
129	59	RACHAEL CLEGG	F	FV55	CHORLTON RUNNERS	00:44:50	00:44:45	30	3	2
130	29	AMANDA COLLINGE	F	FV45	MARPLE RUNNERS	00:44:52	00:44:40	31	5	3
131	144	JOHN BAILEY	M	MV40	MARPLE RUNNERS	00:44:55	00:44:45	100	20	12
132	139	JASON CLIFT-JONES	M	MSEN	LONELY GOAT RC	00:44:59	00:44:50	101	31	1
133	56	EMMA MOONEY	F	FV40	MARPLE RUNNERS	00:45:23	00:45:09	32	7	4
134	93	CHRISTOPHER MANN	M	MSEN		00:45:30	00:45:21	102	32	
135	212	PAUL COWELL	M	MV50	BRAMHALL RUNNERS	00:45:32	00:45:18	103	11	4
136	88	SARAH STUTCHFIELD	F	FV45	MARPLE RUNNERS	00:45:34	00:45:24	33	6	5
137	83	SAM COOKE	F	FV45		00:45:36	00:45:29	34	7	
138	54	NIGEL FISHER	M	MV60	SPORTS FEET	00:45:39	00:45:23	104	5	2
139	30	JOHN NORRIS	M	MV60	MARPLE RUNNERS	00:45:57	00:45:44	105	6	13
140	149	JOHN ARCHER	M	MV70	SALE HARRIERS MANCHESTER	00:46:02	00:45:56	106	1	1
141	158	CAROLINE CANTY	F	FV45	BRAMHALL RUNNERS	00:46:06	00:45:56	35	8	3
142	16	HELEN TODD	F	FV65	STOCKPORT HARRIERS & AC	00:46:10	00:45:58	36	1	12
143	167	KAREN MOLLOY	F	FV50	MARPLE RUNNERS	00:46:28	00:46:15	37	7	6
144	245	SEAN BENNETT	M	MSEN		00:46:35	00:46:27	107	33	
145	170	KATE MEIKLE	F	FV40		00:46:38	00:46:25	38	8	
146	152	PAUL WOOD	M	MV65	LONELY GOAT RC	00:46:54	00:46:39	108	6	2
147	41	MIKE REGAN	M	MSEN		00:47:00	00:46:49	109	34	
148	47	ANTHONY HILLIER	M	MV75	GLOSSOPDALE HARRIERS	00:47:21	00:47:13	110	1	9
149	153	ROBERT SHAW	M	MV60	DAVENPORT RUNNERS	00:47:22	00:47:16	111	7	2
150	171	PETA WALSH	F	FV60	STOCKPORT HARRIERS & AC	00:47:28	00:47:17	39	2	13
151	90	KAREN CHARTERS	F	FV50	BELLE VUE RACERS	00:47:37	00:47:22	40	8	2

152	175	ROB PARKIN	M	MV50	CONGLETON HARRIERS	00:47:46	00:47:34		112	12	1
153	91	SALLY CHEETHAM	F	FV55	STOCKPORT HARRIERS & AC	00:48:02	00:47:48	41		4	14
154	76	RACHEL SHARPLES	F	FV40		00:48:03	00:47:46	42		9	
155	224	JON PARAMOR	M	MV70	MANCHESTER YMCA HARRIERS	00:48:10	00:47:55		113	2	1
156	69	ANDY GOLDSWORTHY	M	MV55		00:48:17	00:48:01		114	12	
157	182	ANGELA JONES	F	FV45	NEWTON RUNNERS	00:48:23	00:48:10	43		9	1
158	28	JULIA FOY	F	FV50	BELLE VUE RACERS	00:48:34	00:48:19	44		9	3
159	72	RACHEL COULSON	F	FSEN		00:48:41	00:48:27	45		11	
160	89	DENNIS YARWOOD	M	MV55	SPECTRUM STRIDERS	00:48:42	00:48:29		115	13	1
161	151	ANNA ASHTON	F	FV60	MARPLE RUNNERS	00:48:53	00:48:46	46		3	7
162	236	WAYNE JONES	M	MV55	MILE SHY CLUB	00:48:56	00:48:42		116	14	2
163	81	ANN RICHARDSON	F	FSEN		00:48:57	00:48:53	47		12	
164	135	STEPHEN ATKINSON	M	MV55		00:49:03	00:48:53		117	15	
165	206	LANA MILLIGAN	F	FV55	HYDE VILLAGE STRIDERS	00:49:09	00:48:54	48		5	1
166	180	RUTH PERKINS	F	FSEN		00:49:20	00:49:08	49		13	
167	8	LAURANCE MORRIN	M	MV50		00:49:25	00:49:09		118	13	
168	75	NIGEL HARRISON	M	MV55	STOCKPORT HARRIERS & AC	00:49:40	00:49:26		119	16	21
169	10	JUSTIN COLEMAN	M	MV50	SWINTON RUNNING CLUB	00:49:44	00:49:32		120	14	1
170	95	LAURA AHEARN	F	FV40	MARPLE RUNNERS	00:49:46	00:49:29	50		10	8
171	262	DUNCAN CROSS	M	MV45		00:50:04	00:49:44		121	21	
172	25	SARAH BARNARD	F	FV45		00:50:05	00:49:52	51		10	
173	43	GULDEREN HARWOOD	F	FV45	STOCKPORT HARRIERS & AC	00:50:05	00:49:51	52		11	15
174	31	DAVID WATERHOUSE	M	MV65		00:50:07	00:49:58		122	7	
175	24	ALAN BARKER	M	MV55	MARPLE RUNNERS	00:50:11	00:50:00		123	17	14
176	26	HANNAH TOMLINSON	F	FSEN	MARPLE RUNNERS	00:50:11	00:49:59	53		14	9
177	4	BEN STORRIE	M	MSEN	OFFERTON COMMUNITY ROAD RUNNERS	00:50:14	00:49:55		124	35	2
178	45	REBECCA HEWSON	F	FSEN		00:50:54	00:50:49	54		15	
179	92	PHILIPPA ROBINSON	F	FSEN	BELLE VUE RACERS	00:50:57	00:50:42	55		16	4
180	211	MELANIE COMMINS	F	FV50	MARPLE RUNNERS	00:51:01	00:50:46	56		10	10
181	230	ALI HOLMES	F	FV40		00:51:02	00:50:45	57		11	
182	210	JOANNE STEPHENSON	F	FV45	MARPLE RUNNERS	00:51:05	00:50:50	58		12	11
183	248	CLARE CARTLEDGE	F	FV45	MILE SHY CLUB	00:51:11	00:50:57	59		13	1
184	2	ALAN JENKINSON	M	MV75	STYAL RUNNING CLUB	00:51:35	00:51:21		125	2	1
185	78	MARY ROBERTS	F	FV60		00:51:39	00:51:29	60		4	
186	163	IAN GALLOWAY	M	MV50	MARPLE RUNNERS	00:51:50	00:51:32		126	15	15
187	154	CHRISTINA BRADDOCK	F	FV50	OFFERTON COMMUNITY ROAD RUNNERS	00:52:09	00:51:52	61		11	2
188	196	LYNN WATSON	F	FV60	SCARBOROUGH ATHLETIC CLUB	00:52:11	00:51:57	62		5	1
189	193	JULIE SHORTT	F	FV55	BRAMHALL RUNNERS	00:52:13	00:51:56	63		6	4

190	242	RACHEL MYERS	F	FSEN	MARPLE RUNNERS	00:52:18	00:52:00	64	17	12
191	232	ELIN MCFARLANE	F	FV45	SPORTS FEET	00:52:45	00:52:27	65	14	1
192	137	ANDREA D	F	FV50		00:52:48	00:52:33	66	12	
193	208	BRUCE SMITH	M	MV50		00:53:47	00:53:29		127	16
194	13	MARK ARDERN	M	MV55	MARPLE RUNNERS	00:53:59	00:53:40		128	18
195	150	SARAH BROOKE	F	FV50	SPORTS FEET	00:54:28	00:54:18	67	13	2
196	21	DANIEL CAINE	M	MV55		00:54:29	00:54:18		129	19
197	1	ALEXIS DINSMOR	F	FV70	STOCKPORT HARRIERS & AC	00:54:44	00:54:25	68	1	16
198	229	TIM MELIA	M	MV55	MARPLE RUNNERS	00:55:01	00:54:42		130	20
199	214	SONIA FLETCHER	F	FV45		00:55:15	00:54:56	69	15	
200	160	FAYE PRESTON	F	FSEN		00:55:21	00:55:05	70	18	
201	249	LISA WADE	F	FV45	MILE SHY CLUB	00:55:51	00:55:37	71	16	2
202	181	LYNSEY YEOMANS	F	FV40	MARPLE RUNNERS	00:56:19	00:56:10	72	12	13
203	141	SARAH BULLOCK	F	FV45	SWINTON RUNNING CLUB	00:56:33	00:56:21	73	17	1
204	140	AMANDA COLEMAN	F	FV50	SWINTON RUNNING CLUB	00:56:33	00:56:21	74	14	2
205	85	STEVEN RICHARD DAVIES	M	MV50	SETT VALLEY JOGGERS	00:57:03	00:56:44		131	17
206	233	SHARON LOCKE	F	FV45		00:57:04	00:56:45	75	18	
207	44	SAMANTHA COOK	F	FV50	MARPLE RUNNERS	00:57:08	00:56:53	76	15	14
208	138	MARK JOLLY	M	MSEN	DRAGONS RUNNING CLUB (SALE)	00:57:10	00:56:57		132	36
209	156	WENDY JONES	F	FV50	STOCKPORT HARRIERS & AC	00:57:16	00:56:59	77	16	17
210	5	JACK BATTERSBY	M	MSEN	OFFERTON COMMUNITY ROAD RUNNERS	00:57:28	00:57:10		133	37
211	215	ANDREW STAVORDALE	M	MV65	OFFERTON COMMUNITY ROAD RUNNERS	00:58:50	00:58:31		134	8
212	201	JIM HERRON	M	MV70		00:59:26	00:59:09		135	3
213	168	BOB CROCKFORD	M	MV65		01:01:31	01:01:15		136	9
214	98	SIMON DAKIN	M	MV60	MARPLE RUNNERS	01:01:50	01:01:36		137	8
215	19	MORAG MORGAN	F	FV70	BRAMHALL RUNNERS	01:03:23	01:03:05	78	2	5
216	49	REBEKAH ARNTSEN	F	FSEN		01:03:57	01:03:37	79	19	
217	222	BETH POWELL	F	FSEN	STOCKPORT HARRIERS & AC	01:03:58	01:03:39	80	20	18
218	228	MICHAEL THIRSK	M	MV65	STOCKPORT HARRIERS & AC	01:03:58	01:03:38		138	10
219	202	KERRY GARSIDE	F	FV40	MILE SHY CLUB	01:04:48	01:04:34	81	13	3
220	136	DIANA POWELL	F	FV65	BRAMHALL RUNNERS	01:08:03	01:07:47	82	2	6