

Position	Race no.	Name	Gender	Cat	Club	Chip Time	Pred. Time	Difference
1	71	MIKE NOLAN	M	MV50		00:44:39	0:44:38	0:00:02
2	241	ANGELA STANLEY	F	FV40	MARPLE RUNNERS	00:51:52	0:51:25	0:00:02
3	203	DAWN FENTON	F	FV45		00:51:55	0:51:38	0:00:02
4	6	RICHARD FURNISS	M	MV60	MARPLE RUNNERS	00:53:27	0:53:00	0:00:03
5	282	HEATHER SPROWSON	F	FSEN		00:57:23	0:57:11	0:00:06
6	276	SCOTT MACDONALD	M	MSEN	POYNTON RUNNERS	00:47:29	0:47:21	0:00:07
7	34	DONNA CHARLESWORTH SIMPSON	F	FV55	CONGLETON HARRIERS	01:02:40	1:02:37	0:00:07
8	233	ANNETTE PALENTINE	F	FV55	MILE SHY CLUB	01:11:11	1:11:11	0:00:08
9	163	GORDON SHARP	M	MV70	LYME RUNNERS	00:56:38	0:56:22	0:00:09
10	255	VICTORIA KIBLER	F	FV55		01:21:38	1:21:10	0:00:10
11	124	JULIE MOSES	F	FV55	WIDNES WASPS LADIES R C	01:00:11	1:00:00	0:00:17
12	16	GEORGE THORPE	M	MSEN	CHORLTON RUNNERS	00:45:03	0:44:17	0:00:18
13	246	WENDY WOODHEAD	F	FV40	MANCHESTER HARRIERS & AC	00:57:44	0:57:44	0:00:20
14	166	CHARLOTTE OWEN	F	FSEN		01:05:00	1:04:53	0:00:21
15	212	MAXINE SHEPHERD	F	FV45		01:05:05	1:04:16	0:00:22
16	31	PAUL SMITH	M	MV50		00:56:04	0:55:23	0:00:23
17	137	TRACY LYNN	F	FV45		01:13:13	1:12:07	0:00:30
18	260	SAM BARRATT	M	MSEN		00:38:33	0:38:00	0:00:32
19	286	MARK OXBOROUGH-SHARP	M	MV40	POYNTON RUNNERS	00:48:09	0:47:33	0:00:32
20	266	HARRY OBRIEN	M	MSEN		00:49:44	0:50:00	0:00:35
21	133	SID MAKINSON	M	MV50	BLACKBURN ROAD RUNNERS	00:53:39	0:52:46	0:00:35
22	214	PAUL LOMAX	M	MV60	POYNTON RUNNERS	00:54:10	0:53:24	0:00:37
23	76	SEAN RANGLES	M	MV65		01:06:03	1:05:00	0:00:39
24	42	JANE MATTHEWMAN	F	FV40	BLACKBURN ROAD RUNNERS	00:54:37	0:55:00	0:00:40
25	223	PETER BYROM	M	MV45		00:55:41	0:54:45	0:00:41
26	55	JOHN MORRIS	M	MV40	SALE HARRIERS MANCHESTER	00:48:34	0:47:47	0:00:43
27	40	JONATHAN TAYLOR	M	MV40		00:54:32	0:53:27	0:00:43
28	81	RACHEL WEBB	F	FSEN		00:55:46	0:55:00	0:00:43
29	253	PETER BROWN	M	MV50	SALFORD METROPOLITAN AC	00:44:51	0:44:06	0:00:44
30	204	TRACEY PLEDGE	F	FV55		01:14:25	1:13:28	0:00:44
31	74	CHRIS ROBINSON	M	MV50	MARPLE RUNNERS	00:52:12	0:52:37	0:00:45
32	118	PETER WALTERS	M	MV65	WINSTON RUNNERS	00:54:34	0:55:02	0:00:46
33	104	ANN MCLAUGHLIN	F	FV60	MANCHESTER HARRIERS & AC	00:59:40	0:58:34	0:00:46
34	279	HANNAH JOHNSON	F	FV40		00:53:18	0:54:00	0:00:47
35	227	ELAINE FLAVELL	F	FSEN	STOCKPORT HARRIERS & AC	00:54:24	0:53:31	0:00:47
36	162	LEE MARTIN	M	MV45	LEVENSHULME RUNNERS	00:57:05	0:56:00	0:00:47
37	61	LEO PARKER	M	MSEN	RUNNING ACADEMY	00:45:29	0:46:15	0:00:48
38	239	LIAM WARD	M	MSEN	MANCHESTER YMCA HARRIERS	00:48:01	0:46:45	0:00:50
39	126	JENNY WOODS	F	FSEN	LEVENSHULME RUNNERS	01:00:27	1:01:01	0:00:50
40	20	JULIE CARR	F	FV60	WINSTON RUNNERS	01:18:02	1:18:25	0:00:52
41	38	JOHN SOFFE	M	MV45		01:14:52	1:15:30	0:00:53
42	102	STEVE PICKETT	M	MV55		00:52:59	0:53:30	0:00:54
43	108	TIM SHANKER	M	MV55	MANCHESTER YMCA HARRIERS	00:40:03	0:41:00	0:00:59
44	112	SIMON STONEHOUSE	M	MV55	STOCKPORT HARRIERS & AC	00:46:20	0:45:06	0:01:02
45	119	MARIA ROYAL	F	FV65	MANCHESTER HARRIERS & AC	01:14:58	1:13:35	0:01:02
46	247	PAUL MCAVADY	M	MSEN	LEVENSHULME RUNNERS	00:56:20	0:55:00	0:01:05
47	272	NEIL ATTWOOD	M	MV50		00:44:55	0:46:00	0:01:07
48	12	NICK ROBERTS	M	MV55		00:55:07	0:56:00	0:01:09
49	152	ADAM POTTS	M	MV50	BRAMHALL RUNNERS	00:49:26	0:48:10	0:01:10
50	220	DENNIS YARWOOD	M	MV55	SPECTRUM STRIDERS	01:09:16	1:09:59	0:01:10
51	155	BEN WOOD	M	MV45		00:42:30	0:41:17	0:01:11
52	44	CAROLINE HAMER	F	FV45	MANCHESTER HARRIERS & AC	01:11:42	1:10:09	0:01:12
53	252	CLAIRE MCMURDOCK	F	FSEN	SALFORD METROPOLITAN AC	00:42:15	0:41:00	0:01:14
54	21	MALCOLM ADAMS	M	MV70	POYNTON RUNNERS	01:03:14	1:04:15	0:01:14
55	164	MICHAEL STAMP	M	MV50		00:50:34	0:49:12	0:01:15
56	135	SANDRA ROBINSON	F	FV45	MANCHESTER YMCA HARRIERS	01:21:40	1:22:22	0:01:16
57	244	COLIN SHORE	M	MV50	STOCKPORT TRI CLUB	00:48:46	0:50:01	0:01:21
58	66	GARY YATES	M	MV55		00:50:30	0:49:04	0:01:22
59	9	CATHERINE JONES	F	FV55	MANCHESTER HARRIERS & AC	00:58:45	0:57:00	0:01:24
60	58	GRANT MARCUS	M	MV50		00:46:04	0:44:34	0:01:25
61	43	MIKE RACE	M	MV65	SALFORD METROPOLITAN AC	00:46:27	0:45:00	0:01:25
62	156	PAUL STANSBURY	M	MV50	DRAGONS RUNNING CLUB (SALE)	00:53:25	0:54:46	0:01:28
63	240	ANDREA WHITELEY	F	FV45	CONGLETON HARRIERS	01:06:38	1:05:00	0:01:28
64	101	HAZEL SIMMONS	F	FV40	MARPLE RUNNERS	01:08:32	1:06:35	0:01:31
65	143	AMY MORAN-JONES	F	FV40	WINSTON RUNNERS	00:55:22	0:56:30	0:01:32
66	63	AIDAN ROSE	M	MV50		00:55:33	0:57:00	0:01:32
67	238	DANIEL BAILEY	M	MSEN	MANCHESTER YMCA HARRIERS	00:45:06	0:43:23	0:01:33
68	284	JAMIE HEPTONSTALL	M	MV45	ULTIMATE FITNESS CHESHIRE	00:53:02	0:51:20	0:01:33
69	249	NICK HAM	M	MV60	GLOSSOPDALE HARRIERS	00:56:35	0:55:00	0:01:33
70	148	LOUISE GODDEN	F	FV60		01:05:08	1:03:12	0:01:40
71	160	PHIL RAMSEY	M	MV45	BRAMHALL RUNNERS	00:46:48	0:45:00	0:01:41
72	33	KATIE BAKER	F	FSEN	MANCHESTER YMCA HARRIERS	00:54:54	0:52:48	0:01:41
73	37	SAMUEL CRAWSHAW	M	MV45	LEVENSHULME RUNNERS	00:54:41	0:56:07	0:01:42
74	129	GRACE HOLLOWAY-NEVILLE	F	FSEN	MANCHESTER YMCA HARRIERS	00:55:14	0:56:30	0:01:42
75	201	EMMA ALLEN	F	FSEN		01:02:07	1:03:45	0:01:42

76	14	BEN DAVIES	M	MSEN		00:54:15	0:52:00	0:01:43
77	139	ADAM SEXTON	M	MSEN		00:59:49	0:57:57	0:01:44
78	294	MELISSA WESTWOOD	F	FV50	WILMSLOW STRIDERS	01:00:36	0:58:33	0:01:44
79	218	PAUL FARRINGTON	M	MV50	STOCKPORT TRI CLUB	00:54:08	0:55:39	0:01:49
80	263	CHRIS PEACHEY	M	MV55	CHORLTON RUNNERS	00:58:09	0:59:30	0:01:49
81	298	KEITH WOLFENDALE	M	MV40	POYNTON RUNNERS	00:57:21	0:55:21	0:01:52
82	281	KATHRYN SPROWSON	F	FV45		01:03:48	1:05:22	0:01:52
83	72	ZARKA KHAN	F	FV40		01:10:47	1:08:30	0:01:52
84	56	LEANNE DULSON	F	FV45	WOBBLY BUMS	01:05:18	1:07:00	0:01:54
85	60	JAMES HYNES	M	MV55		00:49:04	0:50:00	0:01:55
86	134	HEATHER ROONEY	F	FV55	LYME RUNNERS	00:59:07	0:56:53	0:01:55
87	292	ANDREW WHITMORE	M	MV45		00:50:41	0:52:30	0:01:57
88	26	ALAN JACKSON	M	MV65	IPSWICH JAFFA RC	00:49:34	0:51:30	0:01:59
89	65	ANDY ROBSON	M	MV40		01:11:22	1:09:00	0:01:59
90	230	KIM EASTHAM	F	FV55	MACCLESFIELD HARRIERS & AC	01:01:53	0:59:38	0:02:00
91	105	HELEN ANDREWS	F	FV40	WINSTON RUNNERS	01:09:05	1:06:40	0:02:00
92	267	JO CLARKE	F	FV50	MILE SHY CLUB	01:10:05	1:07:46	0:02:01
93	59	JODI MARCUS	F	FV40		00:56:08	0:54:00	0:02:02
94	215	NIKKI HILL	F	FV50	LONELY GOAT RC	01:05:27	1:07:15	0:02:02
95	271	HAYLEY HALL	F	FV55	BRAMHALL RUNNERS	01:05:38	1:03:14	0:02:03
96	273	SILKE CONEN	F	FV40	MILE SHY CLUB	01:10:02	1:12:00	0:02:07
97	57	KATY MASON	F	FV50		01:03:36	1:05:20	0:02:13
98	296	MARK WALL	M	MV45		00:48:41	0:46:15	0:02:17
99	69	DANIEL JACKSON	M	MV45	CONGLETON HARRIERS	00:50:58	0:48:30	0:02:17
100	291	GARY WENN	M	MV55	POYNTON RUNNERS	01:07:24	1:05:02	0:02:17
101	141	ALISON COLERIDGE	F	FV50	CHORLTON RUNNERS	01:17:46	1:15:00	0:02:17
102	242	NICOLA BRUNDRETT	F	FV45	STOCKPORT TRI CLUB	00:58:00	0:59:59	0:02:18
103	145	JOHN MOORE	M	MV60	GOYT VALLEY STRIDERS	00:49:01	0:46:25	0:02:22
104	103	DARREN EDISBURY	M	MV55		01:22:53	1:25:00	0:02:28
105	109	RACHAEL LOMAX	F	FSEN	POYNTON RUNNERS	00:55:41	0:53:02	0:02:31
106	285	JAZZ OXBOROUGH-SHARP	F	FSEN	POYNTON RUNNERS	01:02:09	1:04:22	0:02:38
107	138	DEBORAH HEWITT	F	FV40		01:13:13	1:10:00	0:02:38
108	35	ISABEL BRUNDRETT	F	FSEN	LEEEDS BECKETT UNI	00:57:57	0:55:00	0:02:39
109	50	PAUL COWELL	M	MV55	BRAMHALL RUNNERS	01:01:26	0:58:05	0:02:39
110	288	MICHAEL MASON	M	MV60	HYDE VILLAGE STRIDERS	00:55:42	0:52:40	0:02:40
111	153	ANDY RENSHAW	M	MV45		00:48:45	0:51:22	0:02:43
112	48	KIM CHAMBERS	F	FSEN		01:01:15	0:58:25	0:02:43
113	269	SASHA RUDD	F	FV50	MILE SHY CLUB	01:15:27	1:12:23	0:02:47
114	254	ANNETTE BOWDEN	F	FV50	MARPLE RUNNERS	00:48:32	0:45:30	0:02:50
115	68	MARK CONDON	M	MSEN	MANCHESTER YMCA HARRIERS	00:40:54	0:38:00	0:02:51
116	264	CLARE DRAPER	F	FSEN	BRAMHALL RUNNERS	01:16:17	1:12:52	0:02:52
117	289	SARAH HIGGINS	F	FV50		01:07:04	1:03:40	0:02:53
118	229	RICHARD HARVEY	M	MSEN		00:50:26	0:47:23	0:02:54
119	243	KATHLEEN SHORE	F	FV40	STOCKPORT TRI CLUB	01:07:27	1:04:13	0:02:54
120	70	JAMES PATTISON	M	MV40		00:39:49	0:42:44	0:02:58
121	8	HAZEL PICKETT	F	FV45	SOUTH CHESHIRE HARRIERS	00:59:51	0:56:30	0:02:58
122	278	CHARLOTTE SUTTON	F	FV40		01:05:06	1:01:37	0:02:58
123	268	KATH FLYNN	F	FV55	MILE SHY CLUB	01:11:16	1:08:00	0:02:58
124	283	ANDREW LEE	M	MV50	POYNTON RUNNERS	00:45:20	0:42:15	0:03:04
125	169	CATHERINE JACKSON	F	FV55	STYAL RUNNING CLUB	00:56:02	0:59:00	0:03:06
126	41	MORAG MORGAN	F	FV70	BRAMHALL RUNNERS	01:18:58	1:21:41	0:03:10
127	259	TRISH HOGAN	F	FV65		01:23:41	1:20:12	0:03:17
128	107	GWENNAN HENSTOCK	F	FV45		00:50:11	0:46:51	0:03:18
129	300	ROB MCMURDO	M	MSEN	STOCKPORT HARRIERS & AC	00:48:21	0:45:00	0:03:19
130	170	FIONA JOHNSTON	F	FV40	MACCLESFIELD HARRIERS & AC	00:52:58	0:49:32	0:03:20
131	28	RUTH ABBOTT	F	FV70	CHORLTON RUNNERS	01:08:09	1:04:16	0:03:29
132	132	EMILY KELLY	F	FSEN	POYNTON RUNNERS	00:50:45	0:47:10	0:03:32
133	261	STEPHANIE MALLET	M	MV40	HYDE VILLAGE STRIDERS	00:51:56	0:48:15	0:03:32
134	24	BENJAMIN PLANT	M	MV50	CONGLETON HARRIERS	00:54:00	0:50:00	0:03:38
135	250	MIKE HAWKINS	M	MSEN	LEVENSHULME RUNNERS	01:01:29	1:05:00	0:03:48
136	222	VIKKI MURPHY	F	FV50	BRAMHALL RUNNERS	01:02:06	0:57:43	0:03:49
137	157	AMANDA BISHOP	F	FSEN	BRAMHALL RUNNERS	01:05:56	1:01:37	0:03:49
138	165	AIMEE TOWNLEY	F	FSEN		01:15:25	1:11:11	0:03:51
139	274	HELEN BROWN	F	FV50	NORTH DERBYSHIRE RUNNING CLUB	00:59:28	0:55:23	0:03:53
140	221	FRANK ROGERS	M	MV50	LEVENSHULME RUNNERS	00:59:05	0:54:55	0:03:54
141	49	KAIRAN MALLET	M	MSEN	HYDE VILLAGE STRIDERS	00:48:00	0:44:00	0:03:56
142	3	ERINA NEWSOME	F	FSEN		01:14:25	1:10:00	0:04:11
143	67	CAROLINE BABA	F	FV45	MANCHESTER HARRIERS & AC	00:57:41	0:53:00	0:04:20
144	22	DEBORAH BERESFORD	F	FV55	MANCHESTER HARRIERS & AC	01:06:43	1:02:00	0:04:22
145	297	ANN-MARIE FAIRCLOUGH	F	FV60	MARPLE RUNNERS	01:08:04	1:03:25	0:04:22
146	280	JANE DENNISON	F	FV40	MILE SHY CLUB	01:02:03	0:57:23	0:04:24
147	207	SARAH HARDY	F	FSEN	MARPLE RUNNERS	00:59:47	0:54:54	0:04:28
148	159	ANDY DENNISON	M	MV50	SALE HARRIERS MANCHESTER	01:02:03	0:57:20	0:04:28
149	39	PAUL WOOD	M	MV70		00:53:11	0:57:30	0:04:32
150	265	PETER O'BRIEN	M	MV60		00:57:47	1:02:00	0:04:33
151	27	RICHARD HADLEY	M	MV45		00:57:04	0:52:18	0:04:37

152	2	GEOFFREY FENTON	M	MV75	CHORLTON RUNNERS	01:19:36	1:14:29	0:04:37
153	64	STUART THOMPSON	M	MV45		00:48:45	0:44:00	0:04:39
154	73	PHOEBE SHORE	F	FSEN		01:04:00	0:59:02	0:04:39
155	258	BERNIE CUNLIFFE	F	FV65		01:18:18	1:13:24	0:04:40
156	248	ELAINE TAYLOR	F	FV40		01:03:15	0:58:12	0:04:42
157	149	MIKE V HALL	M	MV60	BRAMHALL RUNNERS	00:54:02	0:58:23	0:04:43
158	235	JUDITH FRANKLAND	F	FV65	CHORLTON RUNNERS	01:10:08	1:05:00	0:04:45
159	32	TOM WOODS	M	MSEN	LEVENSHULME RUNNERS	00:53:41	0:58:10	0:04:47
160	168	RIO MCARDLE	M	MSEN		00:58:07	0:52:48	0:04:50
161	262	FIONA COWELL	F	FV55	BRAMHALL RUNNERS	01:09:01	1:03:36	0:04:51
162	113	GILL JACKSON	F	FV50	STOCKPORT TRI CLUB	01:10:29	1:15:00	0:04:52
163	270	MARK GODDEN	M	MV65	MACCLESFIELD HARRIERS & AC	01:05:09	1:00:00	0:04:53
164	147	NICOLA HODGSON	F	FV40		01:05:19	1:10:00	0:04:53
165	114	YVONNE NEARY	F	FV60	LYMM RUNNERS	00:55:02	0:50:00	0:04:55
166	54	SARA WILLIAMSON	F	FV55	CHORLTON RUNNERS	01:05:24	1:10:00	0:04:58
167	52	PAULA STEVENS	F	FV55	BRAMHALL RUNNERS	01:09:02	1:03:27	0:05:01
168	144	AMY AYLWARD	F	FSEN		00:57:55	0:52:44	0:05:02
169	237	CHLOE DEAVILLE	F	FSEN		01:20:49	1:15:17	0:05:02
170	106	DAVE SHEPHERD	M	MV45		01:00:39	1:05:14	0:05:03
171	127	GERALDINE FENTON	F	FV45		01:05:32	1:00:10	0:05:04
172	125	JANE DEAVILLE	F	FV50		01:20:50	1:15:16	0:05:05
173	36	JULIE GRAY	F	FV45		00:57:50	1:02:55	0:05:09
174	7	DIANA POWELL	F	FV65	BRAMHALL RUNNERS	01:31:06	1:25:30	0:05:09
175	115	CATH JONES	F	FV60	BRAMHALL RUNNERS	01:09:01	1:03:17	0:05:11
176	5	STEVEN HARDY	M	MSEN	MARPLE RUNNERS	01:08:58	1:03:21	0:05:11
177	18	KAYE WOODCOCK	F	FV55	AUDLEY STRIDERS	01:13:34	1:07:45	0:05:15
178	30	ERNESTO DE LA FUENTE	M	MV40	LEVENSHULME RUNNERS	00:52:04	0:57:03	0:05:16
179	53	AMANDA AYLWARD	F	FV50		01:07:29	1:02:02	0:05:17
180	136	REBECCA MORRIS	F	FSEN	LEVENSHULME RUNNERS	01:00:28	1:05:33	0:05:21
181	15	RHONA JOHNSON	F	FV60	BRAMHALL RUNNERS	01:08:07	1:02:20	0:05:26
182	146	SALLY MORRIS	F	FV50		01:11:16	1:05:30	0:05:28
183	150	HELEN MOORE	F	FV45		01:05:53	1:00:00	0:05:34
184	130	PATRICIA RYAN	F	FV50		01:02:45	0:57:00	0:05:35
185	257	JASON LYNN	M	MV45	MILE SHY CLUB	00:57:30	1:03:00	0:05:36
186	231	LYNDA COOK	F	FV55		00:55:47	0:50:00	0:05:40
187	158	JULIAN SACOFSKY	M	MV65	LEVENSHULME RUNNERS	00:59:32	1:05:00	0:05:43
188	80	KATE MILLS	F	FV45	MACCLESFIELD HARRIERS & AC	00:55:47	0:49:54	0:05:46
189	287	EMMA SANDOVER	F	FV40		01:15:25	1:09:11	0:05:51
190	62	SHAHINA ALVI	F	FV45		01:11:10	1:05:00	0:06:01
191	228	SARAH HARVEY	F	FV55		01:15:24	1:08:53	0:06:20
192	202	ALEX MACIVER	M	MV40	CONGLETON HARRIERS	01:04:52	0:58:00	0:06:29
193	131	JOANNE READY	F	FV55	MILE SHY CLUB	01:06:57	1:00:00	0:06:38
194	299	DANIEL MCDERMOTT	M	MV50		00:50:56	0:43:50	0:06:44
195	234	ANDY TURNER	M	MV55	BRAMHALL RUNNERS	01:11:08	1:04:00	0:06:46
196	116	CLARE TRENCHARD	F	FV50	AUDLEY STRIDERS	01:11:27	1:17:38	0:06:46
197	219	HELEN STONEHOUSE	F	FV45	MARPLE RUNNERS	01:09:38	1:02:20	0:06:51
198	122	JACKLYN COLDWELL	F	FV40		01:07:20	1:00:00	0:06:59
199	128	ANA SELBY	F	FV50	MILE SHY CLUB	01:02:55	1:10:00	0:07:11
200	251	LUCINDA STONE	F	FV45		01:03:49	0:56:26	0:07:14
201	111	MIRANDA COOKE	F	FV40		01:07:29	1:00:00	0:07:18
202	277	MAGGIE LISTER	F	FSEN		01:07:37	1:00:00	0:07:23
203	293	SARAH ALBUTT	F	FV50		01:00:35	0:52:45	0:07:32
204	117	ROBERT HARVEY	M	MV55		01:13:10	1:05:23	0:07:36
205	154	TIM BARRATT	M	MV60		01:10:15	1:02:21	0:07:42
206	217	JOANNE MORRIS	F	FV45		01:09:54	1:02:00	0:07:43
207	1	SANDRA FENTON	F	FV70	CHORLTON RUNNERS	01:11:39	1:03:24	0:07:51
208	23	LINDSAY PURDIE	F	FV50		00:55:46	0:47:48	0:07:52
209	236	HELEN MOORE	F	FV55	WIDNES WASPS LADIES R C	01:06:19	0:57:58	0:07:54
210	140	HASNA BUDSWORTH	F	FV40	ROYTON ROAD RUNNERS	01:17:34	1:25:00	0:07:54
211	205	FRANCES ANDREW	F	FV65		01:07:13	1:15:00	0:08:00
212	29	HELEN DAVIES	F	FV55	WIDNES WASPS LADIES R C	01:06:18	0:57:47	0:08:03
213	121	ANNA DAGNALL	F	FV45	STOCKPORT TRI CLUB	01:07:20	0:58:30	0:08:30
214	213	HEATHER MERRIMAN-KING	F	FSEN	MILE SHY CLUB	01:09:59	1:01:01	0:08:39
215	216	TRACY ARMSTRONG	F	FV40		01:17:45	1:08:54	0:08:40
216	51	EMMA EADIE	F	FV45	HEATON RUNNERS	01:15:53	1:06:56	0:08:47
217	275	ELLEN BARRATT	F	FSEN		01:10:15	1:18:56	0:08:52
218	11	AMANDA COLEMAN	F	FV50	SWINTON RUNNING CLUB	01:16:35	1:25:15	0:08:55
219	4	GILL NURNEY	F	FV50		01:14:24	1:05:00	0:09:11
220	25	TANYA DAVIS-WALKDEN	F	FV40	MILE SHY CLUB	01:28:24	1:18:21	0:09:31
221	167	ROSEMARIE MCARDLE	F	FV45	BRAMHALL RUNNERS	01:05:02	0:55:00	0:09:33
222	46	GARRY CORR	M	MV55		01:05:17	0:55:00	0:09:40
223	13	LAURA CARTER	F	FV55	STOCKPORT TRI CLUB	01:10:29	1:00:00	0:10:08
224	225	BEVERLEY ASHLEY	F	FV55	AUDLEY STRIDERS	01:29:31	1:18:45	0:10:10
225	17	REBECCA KNAPTON	F	FSEN	CHORLTON RUNNERS	01:19:34	1:08:37	0:10:20
226	47	CAROLINE SHEPHERD	F	FV45	HEATON RUNNERS	01:19:28	1:08:52	0:10:22
227	19	PAB MADDOX	M	MV55	NEWCASTLE STAFFS AC	01:02:24	0:51:48	0:10:32

228	142	KATIE DRAPER	F	FV40	BRAMHALL RUNNERS	01:16:17	1:05:00	0:10:44
229	290	ROBERT WEST	M	MV40		01:06:21	0:55:00	0:10:57
230	226	ELIZABETH BUNDY	F	FV55	AUDLEY STRIDERS	01:11:55	1:00:00	0:11:20
231	120	JESSICA PARKES	F	FSEN	MILE SHY CLUB	01:28:24	1:16:00	0:11:52
232	232	CATH BROOMFIELD	F	FV50	MARPLE RUNNERS	01:07:36	0:55:00	0:12:09
233	208	ANTHONIE EDISBURY	M	MSEN		01:22:52	1:35:00	0:12:28
234	151	LESLEY MILLICAN	F	FV50		01:20:47	1:07:32	0:12:46
235	110	JUSTIN COLEMAN	M	MV50	SWINTON RUNNING CLUB	01:02:10	1:15:15	0:13:19
236	211	JAN BOWYER	F	FV65		01:29:33	1:15:36	0:13:26
237	209	DEBBIE BOARDMAN	F	FV50	STOCKPORT HARRIERS & AC	01:30:35	1:16:22	0:13:42
238	224	LUISA MACKEY	F	FV50	AUDLEY STRIDERS	01:29:32	1:15:00	0:13:57
239	123	MARK SLATER	M	MV65		01:20:00	1:05:24	0:14:07
240	79	EMMA PATCHWOOD	F	FV40		01:15:28	1:30:00	0:14:46
241	295	NAOMI PAULING	F	FSEN		01:15:28	1:30:00	0:14:48
242	161	IAN LEAMAN	M	MV50		00:57:11	0:42:10	0:15:01
243	45	MICHELLE HINES	F	FV45		01:05:17	1:20:25	0:15:43
244	245	LAURA HARPER	F	FV45		01:33:49	1:15:30	0:18:05
245	206	ALEXIS DINSMOR	F	FV75	STOCKPORT HARRIERS & AC	01:20:51	1:02:03	0:18:19
246	10	ELAINE DEVINE	F	FV70	STOCKPORT HARRIERS & AC	01:29:32	1:10:23	0:18:37
247	210	SUE HOWARD	F	FV70	STOCKPORT HARRIERS & AC	01:29:35	1:10:23	0:18:40
248	256	RHYSE HINES	M	MSEN		00:59:13	1:20:00	0:21:41
249	78	HAZEL PERKS	F	FV45	HEATON RUNNERS	01:39:14	1:12:49	0:25:52
250	75	LAURA TAYLOR	F	FSEN		01:07:03	1:35:00	0:28:29
251	77	CHRISTINE WRIGHT	F	FV55	HEATON RUNNERS	01:39:16	1:00:00	0:38:44