

Position	Race no.	Name	Gender	Cat	Club	Gun Time	F Pos	M Pos	Cat Pos	Team Pos
1	133	ROBIN HULME	M	MV35	BRAMHALL RUNNERS	0:20:11		1	1	1
2	97	MARK COLLIER	M	MV50	SALFORD HARRIERS & AC	0:20:28		2	1	1
3	102	PHIL CARPENTER	M	MV40	STOCKPORT HARRIERS & AC	0:20:41		3	1	1
4	163	SOPHIE WOOD	F	FSEN	SALE HARRIERS MANCHESTER	0:20:52	1		1	1
5	50	EZRA WARREN	M	MSEN	BRAMHALL RUNNERS	0:21:04		4	1	2
6	171	JOHN MACLEOD	M	MSEN	CORSTORPHINE AAC	0:21:18		5	2	1
7	82	LOUISA WHITTINGHAM	F	FSEN	WILMSLOW RUNNING CLUB	0:21:32	2		2	1
8	86	MARK SHATWELL	M	MV40	STOCKPORT HARRIERS & AC	0:21:39		6	2	2
9	208	GAVIN BRITTAIN	M	MSEN	STOCKPORT HARRIERS & AC	0:21:44		7	3	3
10	184	NICK CHICK	M	MV50	STOCKPORT TRI CLUB	0:21:46		8	2	1
11	122	MATTHEW MORAN	M	MV40	BRAMHALL RUNNERS	0:21:50		9	3	3
12	158	JOHN WILLIAMS	M	MV40	BRAMHALL RUNNERS	0:22:00		10	4	4
13	130	GED MCGRATH	M	MV50	STOCKPORT HARRIERS & AC	0:22:14		11	3	4
14	94	VIC WALSH	M	MV45	BELLE VUE RACERS	0:22:22		12	1	1
15	84	ROB NOCK	M	MV45	GOYT VALLEY STRIDERS	0:22:33		13	2	1
16	83	LAURA BARBER	F	FV35	SALE HARRIERS MANCHESTER	0:22:39	3		1	2
17	160	ANDREW WHITTINGHAM	M	MV50	WILMSLOW RUNNING CLUB	0:22:42		14	4	1
18	114	BOBBY TOMLINSON	M	MJUN	MACCLESFIELD HARRIERS & AC	0:22:49		15	1	1
19	210	PHILIP BURNS	M	MV45	STOCKPORT HARRIERS & AC	0:23:00		16	3	5
20	12	SIMON PICKARD	M	MV50	STOCKPORT HARRIERS & AC	0:23:13		17	5	6
21	96	LUCAS JONES	M	MV50	GOYT VALLEY STRIDERS	0:23:23		18	6	2
22	198	BELINDA BRENNAN	F	FV45	BRAMHALL RUNNERS	0:23:27	4		1	1
23	164	ROBERT FAIRBANKS	M	MV45	SALE HARRIERS MANCHESTER	0:23:30		19	4	1
24	18	PAUL OAKLEY	M	MV55	GOYT VALLEY STRIDERS	0:23:35		20	1	3
25	126	ZAIN KARIM	M	MV35	BRAMHALL RUNNERS	0:23:41		21	2	5
26	119	FRANK PODD	M	MV50	BRAMHALL RUNNERS	0:23:46		22	7	6
27	61	ROB MCMURDO	M	MV35	STOCKPORT HARRIERS & AC	0:24:02		23	3	7
28	176	GARY MILLIGAN	M	MV50	STOCKPORT HARRIERS & AC	0:24:08		24	8	8
29	16	PHIL COTTRILL	M	MSEN		0:24:22		25	4	1
30	131	ZACH MCGRATH	M	MJUN		0:24:24		26	2	2
31	4	SIMON STONEHOUSE	M	MV55	STOCKPORT HARRIERS & AC	0:24:29		27	2	9
32	57	STEPHEN BRUNDRETT	M	MV55	BRAMHALL RUNNERS	0:24:35		28	3	7
33	108	RICHARD WILLIAMS	M	MV45	MARPLE RUNNERS	0:24:57		29	5	1
34	113	IAN DIXON	M	MV50	BRAMHALL RUNNERS	0:25:09		30	9	8
35	46	SAM EVANS	M	MV35	BRAMHALL RUNNERS	0:25:14		31	4	9
36	196	JOSEPH ROONEY	M	MSEN		0:25:17		32	5	3
37	59	LUKE APPLETON	M	MV35		0:25:22		33	5	4
38	19	DAN BRITTON	M	MV45	MARPLE RUNNERS	0:25:23		34	6	2
39	104	DAMON STORER	M	MV35	BRAMHALL RUNNERS	0:25:42		35	6	10
40	109	ROB STUTCHFIELD	M	MV45	MARPLE RUNNERS	0:25:48		36	7	3
41	11	JENNIE PICKARD	F	FV50	STOCKPORT HARRIERS & AC	0:25:54	5		1	1
42	152	DARREN PEATFIELD	M	MV50	MARPLE RUNNERS	0:25:58		37	10	4
43	157	STEVE AUGHTON	M	MV50	BRAMHALL RUNNERS	0:25:59		38	11	11
44	191	STEVE MCGOVERN	M	MV45	BRAMHALL RUNNERS	0:26:01		39	8	12
45	3	MIKE KINNEAR	M	MV40	BRAMHALL RUNNERS	0:26:03		40	5	13
46	81	KEVIN INGHAM	M	MV50	STOCKPORT HARRIERS & AC	0:26:06		41	12	10
47	201	OLLIE WILLIAMS	M	MSEN		0:26:12		42	6	5
48	79	ROBERT KIRKBRIDE	M	MV55	STYAL RUNNING CLUB	0:26:13		43	4	1
49	91	ANDREW HODSON	M	MV50	MARPLE RUNNERS	0:26:16		44	13	5
50	221	JOSEPH BYRNE	M	MSEN		0:26:42		45	7	6
51	31	GAVIN BOWERS	M	MV40	MARPLE RUNNERS	0:26:44		46	6	6
52	62	JENNY FRYER	F	FSEN	MARPLE RUNNERS	0:26:53	6		3	1
53	197	ADAM BIRD	M	MV45	BRAMHALL RUNNERS	0:26:55		47	9	14
54	36	ASHLEY SMITH	M	MSEN	BRAMHALL RUNNERS	0:26:57		48	8	15
55	168	NICHOLAS GUDGEAST	M	MV50	MARPLE RUNNERS	0:26:58		49	14	7
56	174	IVAN WHIGHAM	M	MV60	GOYT VALLEY STRIDERS	0:27:00		50	1	4
57	32	ANNETTE BOWDEN	F	FV50	MARPLE RUNNERS	0:27:06	7		2	2
58	185	ELEANOR CONNELLY	F	FV40	MARPLE RUNNERS	0:27:09	8		1	3
59	161	KATHRYN WHITTINGHAM	F	FJUN		0:27:19	9		1	1
60	203	KIM ROGERS	F	FSEN	BRAMHALL RUNNERS	0:27:36	10		4	2
61	207	ADAM POTTS	M	MV50	BRAMHALL RUNNERS	0:27:38		51	15	16
62	48	MARK BOUSIE	M	MV45	STOCKPORT HARRIERS & AC	0:27:44		52	10	11
63	172	HELENA TINKER	F	FV45	MARPLE RUNNERS	0:27:54	11		2	4
64	15	KIERAN SMALLBONE	M	MV40	GOYT VALLEY STRIDERS	0:28:02		53	7	5
65	1	MATT DARNLEY	M	MV45	BRAMHALL RUNNERS	0:28:08		54	11	17
66	178	DAVID CRACKNELL	M	MV40	MARPLE RUNNERS	0:28:08		55	8	8
67	211	JANE GOODWIN	F	FV50	STOCKPORT HARRIERS & AC	0:28:12	12		3	2
68	132	MADELEINE MCGRATH	F	FJUN		0:28:20	13		2	2
69	169	MARTIN WOOD	M	MV45	BRAMHALL RUNNERS	0:28:34		56	12	18
70	34	CRAIG HUNT	M	MV50	WILMSLOW RUNNING CLUB	0:28:43		57	16	2
71	17	PAUL MCDALD	M	MV55	HEALD GREEN RUNNERS	0:28:50		58	5	1
72	92	SARAH COOK	F	FV40	MARPLE RUNNERS	0:28:55	14		2	5
73	194	MATT WILLIS	M	MV35		0:29:06		59	7	7
74	195	HEATHER ROONEY	F	FV55	LYME RUNNERS	0:29:11	15		1	1
75	2	STEVE FAIRCLOUGH	M	MV55	BRAMHALL RUNNERS	0:29:14		60	6	19
76	226	JAMES FAIRCLOUGH	M	MSEN	BRAMHALL RUNNERS	0:29:14		61	9	20
77	199	SARAH STUTCHFIELD	F	FV45	MARPLE RUNNERS	0:29:18	16		3	6
78	205	JAMES FELTHAM	M	MSEN	BRAMHALL RUNNERS	0:29:24		62	10	21
79	55	ALISON PEARSON	F	FV45		0:29:25	17		4	3
80	222	JO SAMPSON	F	FV35	BRAMHALL RUNNERS	0:29:30	18		2	3
81	37	NICK COCHRANE	M	MV45	MARPLE RUNNERS	0:29:31		63	13	9

82	107	ANDY FOWLER	M	MV55		0:29:38	64	7	8
83	39	RICHARD HALL	M	MV55	BRAMHALL RUNNERS	0:29:43	65	8	22
84	190	ANDREA BUCKINGHAM	F	FV55	BRAMHALL RUNNERS	0:29:45	19	2	4
85	125	MARTIN LYNCH	M	MV45	MARPLE RUNNERS	0:29:48	66	14	10
86	121	STEVEN WOODWARD	M	MV45	MARPLE RUNNERS	0:30:06	67	15	11
87	33	PENNY CROOKSHANK	F	FSEN	BRAMHALL RUNNERS	0:30:07	20	5	5
88	78	MALCOLM DUNNE	M	MV60	LONELY GOAT RC	0:30:16	68	2	1
89	53	MIKE V HALL	M	MV60	BRAMHALL RUNNERS	0:30:18	69	3	23
90	21	MARY JONES	F	FV50	GOYT VALLEY STRIDERS	0:30:24	21	4	1
91	173	WENDY RIMMER	F	FV45	MARPLE RUNNERS	0:30:24	22	5	7
92	58	GORDON WILSON	M	MV55	STOCKPORT TRI CLUB	0:30:33	70	9	2
93	182	SARA HARRIS	F	FV50	STYAL RUNNING CLUB	0:30:42	23	5	1
94	7	VICKY ROBINSON	F	FSEN	MARPLE RUNNERS	0:30:54	24	6	8
95	225	PAUL STARSBURY	M	MV50	DRAGONS RUNNING CLUB (SALE)	0:30:59	71	17	1
96	23	PAUL FARRINGTON	M	MV50	STOCKPORT TRI CLUB	0:31:02	72	18	3
97	124	ROY WHITTLE	M	MV45	GOYT VALLEY STRIDERS	0:31:07	73	16	6
98	9	MIKE UTTING	M	MV50	BRAMHALL RUNNERS	0:31:11	74	19	24
99	202	CHARLOTTE SPOONER	F	FSEN		0:31:15	25	7	4
100	187	ELISE EVANS	F	FV50	MARPLE RUNNERS	0:31:20	26	6	9
101	218	KAREN MOLLOY	F	FV50	MARPLE RUNNERS	0:31:36	27	7	10
102	95	GARY SHEPHERD	M	MV55		0:31:43	75	10	9
103	47	GORDON SHARP	M	MV70	LYME RUNNERS	0:31:44	76	1	1
104	44	ANDREW HUGHES	M	MV60	BRAMHALL RUNNERS	0:31:55	77	4	25
105	188	ANGELA STANLEY	F	FV40	MARPLE RUNNERS	0:32:00	28	3	11
106	27	ANN RICHARDSON	F	FV40	MARPLE RUNNERS	0:32:07	29	4	12
107	118	PAUL HUNT	M	MV60	GOYT VALLEY STRIDERS	0:32:09	78	5	7
108	127	NICOLA COMBS	F	FV35	BRAMHALL RUNNERS	0:32:10	30	3	6
109	209	AFY AFROUZ	F	FV40	BRAMHALL RUNNERS	0:32:14	31	5	7
110	177	NICK ROBERTS	M	MV55	STOCKPORT TRI CLUB	0:32:16	79	11	4
111	156	MICHELLE BIRDSALL	F	FV45	MACCLESFIELD HARRIERS & AC	0:32:16	32	6	1
112	192	ROB PAGE	M	MV45		0:32:17	80	17	10
113	89	ANDREW CARPENTER	M	MV40	STOCKPORT HARRIERS & AC	0:32:17	81	9	12
114	186	EMMA LOVERIDGE	F	FV40	MARPLE RUNNERS	0:32:31	33	6	13
115	100	LIZZIE GIBSON	F	FSEN	BRAMHALL RUNNERS	0:32:34	34	8	8
116	14	JULIA MARIE CARTER	F	FV50	GOYT VALLEY STRIDERS	0:32:36	35	8	2
117	60	LLOYD O'HARA	M	MSEN	BRAMHALL RUNNERS	0:32:41	82	11	26
118	115	ROBYN CARSON	F	FSEN	BRAMHALL RUNNERS	0:32:49	36	9	9
119	167	RAY GIBBONS	M	MV55		0:32:50	83	12	11
120	88	LOUISE ABEDIN	F	FV45	BRAMHALL RUNNERS	0:32:59	37	7	10
121	8	GORDON ROGAN	M	MV60	MARPLE RUNNERS	0:33:14	84	6	12
122	155	JEN BULMAN	F	FV35	BRAMHALL RUNNERS	0:33:15	38	4	11
123	43	HELEN WILLIAMS	F	FV45	BRAMHALL RUNNERS	0:33:18	39	8	12
124	87	ROBERT SHAW	M	MV60	DAVENPORT PARK RUNNERS	0:33:28	85	7	1
125	26	ANNA ASHTON	F	FV65	MARPLE RUNNERS	0:33:29	40	1	14
126	103	EMILIA BIONDI	F	FSEN	BRAMHALL RUNNERS	0:33:38	41	10	13
127	214	GARETH HAMMOND	M	MV55	MARPLE RUNNERS	0:33:44	86	13	13
128	56	ALEX LINDSAY	F	FSEN	BRAMHALL RUNNERS	0:33:57	42	11	14
129	110	KIM CHAMBERS	F	FSEN	MILE SHY CLUB	0:33:59	43	12	1
130	35	ADAM SEXTON	M	MSEN	MILE SHY CLUB	0:34:03	87	12	1
131	45	STEVEN HUGHES	M	MV60	BRAMHALL RUNNERS	0:34:06	88	8	27
132	40	MOIRA HUNT	F	FV65	GOYT VALLEY STRIDERS	0:34:16	44	2	3
133	38	ANNETTE EL-RAYES	F	FV45	STYAL RUNNING CLUB	0:34:18	45	9	2
134	49	MARK GODDEN	M	MV65	MACCLESFIELD HARRIERS & AC	0:34:31	89	1	2
135	28	MAIMOONA HUSSAIN	F	FSEN	DAVENPORT PARK RUNNERS	0:34:54	46	13	1
136	123	IAN YARWOOD	M	MV55	DRAGONS RUNNING CLUB (SALE)	0:35:20	90	14	2
137	41	SARAH BEATTIE	F	FV50	BRAMHALL RUNNERS	0:35:21	47	9	15
138	13	KIRSTY PIERCE	F	FV60	GOYT VALLEY STRIDERS	0:35:34	48	1	4
139	42	PAUL COWELL	M	MV55	BRAMHALL RUNNERS	0:35:41	91	15	28
140	224	CLARE CARTLEDGE	F	FV50	MILE SHY CLUB	0:36:12	49	10	2
141	212	ZAK LAWRENCE	M	MSEN		0:36:25	92	13	12
142	54	HAYLEY HALL	F	FV55	BRAMHALL RUNNERS	0:36:35	50	3	16
143	216	EMMA MINSHULL	F	FV40	BRAMHALL RUNNERS	0:36:38	51	7	17
144	153	ALLISON KIRKBRIDE	F	FV50	STYAL RUNNING CLUB	0:36:47	52	11	3
145	151	JENNA MARSTON	F	FV40	BRAMHALL RUNNERS	0:37:09	53	8	18
146	213	SADIE LAWRENCE	F	FSEN		0:37:13	54	14	5
147	29	ROB PARKIN	M	MV50	CONGLETON HARRIERS	0:37:14	93	20	1
148	117	JON LAWRENCE	M	MV55	BRAMHALL RUNNERS	0:37:17	94	16	29
149	24	REBECCA SCANLON	F	FV45	LONELY GOAT RC	0:37:20	55	10	1
150	217	FIONA COWELL	F	FV55	BRAMHALL RUNNERS	0:37:34	56	4	19
151	101	MIKE HALL	M	MV60	BRAMHALL RUNNERS	0:37:37	95	9	30
152	129	JESSICA JONES	F	FSEN	GATLEY RUNNERS	0:37:50	57	15	1
153	77	ALEXIS DINSMOR	F	FV75	STOCKPORT HARRIERS & AC	0:37:56	58	1	3
154	220	LOUISE GODDEN	F	FV60		0:38:13	59	2	6
155	90	CHARLOTTE SUTTON	F	FV40	BRAMHALL RUNNERS	0:38:16	60	9	20
156	25	PHILIP BROADBENT	M	MV50	LONELY GOAT RC	0:38:20	96	21	2
157	175	JANE ADLARD	F	FV55	GOYT VALLEY STRIDERS	0:38:28	61	5	5
158	105	KATIE DRAPER	F	FV35	BRAMHALL RUNNERS	0:38:40	62	5	21
159	106	NADHIM BAYATTI	M	MV50	BRAMHALL RUNNERS	0:38:41	97	22	31
160	112	CATH BROOMFIELD	F	FV50	MARPLE RUNNERS	0:38:49	63	12	15
161	166	AMY AYLWARD	F	FSEN		0:38:52	64	16	7
162	51	ERIKA HEAP	F	FV55	BRAMHALL RUNNERS	0:38:59	65	6	22
163	111	HELENA GRZESK	F	FV40	MILE SHY CLUB	0:39:03	66	10	3

164	76	KATHRYN COOPER	F	FV35	MARPLE RUNNERS	0:39:04	67		6	16
165	116	ANN-MARIE FAIRCLOUGH	F	FV60	MARPLE RUNNERS	0:39:09	68		3	17
166	30	BOB JONES	M	MV60	MARPLE RUNNERS	0:39:10		98	10	14
167	98	CATHERINE JACKSON	F	FV55	STYAL RUNNING CLUB	0:39:31	69		7	4
168	120	SOPHIE PODD	F	FJUN	BRAMHALL RUNNERS	0:39:48	70		3	23
169	223	SOPHIE OWEN	F	FSEN		0:40:25	71		17	8
170	52	EMMA CLARE	F	FV45	GATLEY RUNNERS	0:40:25	72		11	2
171	206	JENNY DOCKNEY	F	FV45	MARPLE RUNNERS	0:40:52	73		12	18
172	179	EMMA TURNER	F	FV50	BRAMHALL RUNNERS	0:41:38	74		13	24
173	183	ANDY LORD	M	MV60	MARPLE RUNNERS	0:41:46		99	11	15
174	170	EMMA EADIE	F	FV45	HEATON RUNNERS	0:41:54	75		13	1
175	85	AMANDA AYLWARD	F	FV50		0:41:55	76		14	9
176	10	VIC UTTING	F	FSEN	BRAMHALL RUNNERS	0:41:57	77		18	25
177	22	LESLEY MILLICAN	F	FV50	STOCKPORT HARRIERS & AC	0:42:12	78		15	4
178	189	EMMA MILLICAN	F	FSEN		0:42:12	79		19	10
179	204	RACHEL FELTHAM	F	FSEN		0:42:46	80		20	11
180	20	EMMA MARTIN	F	FSEN	GOYT VALLEY STRIDERS	0:42:50	81		21	6
181	165	NINA COOLICAN	F	FV50		0:43:01	82		16	12
182	128	COLIN OWEN	M	MV55		0:43:24		100	17	13
183	162	SUE THURROLD	F	FV60	STYAL RUNNING CLUB	0:43:26	83		4	5
184	180	ANDY TURNER	M	MV50	BRAMHALL RUNNERS	0:43:47		101	23	32
185	181	MANDY WINCKWORTH	F	FV65	STYAL RUNNING CLUB	0:43:51	84		3	6
186	215	HELENA JONES	F	FV55	STYAL RUNNING CLUB	0:45:28	85		8	7
187	219	EMMA HILLEDON	F	FV45	STYAL RUNNING CLUB	0:45:28	86		14	8
188	200	LYNSEY YEOMANS	F	FV40	MARPLE RUNNERS	0:46:56	87		11	19
189	99	ROBERT PETTENER	M	MSEN		0:47:22		102	14	14
190	80	CLARE PIETERS-VENTER	F	FV45		0:48:43	88		15	13
191	154	RICHARD HADLEY	M	MV45	STYAL RUNNING CLUB	0:48:44		103	18	2
192	93	SANDRA ROBINSON	F	FV45	MANCHESTER YMCA HARRIERS	0:49:00	89		16	1
193	6	SID BAILEY	M	MV65	DEESTRIDERS B S RC	0:50:32		104	2	1
194	5	JULIE FAIRCLOUGH	F	FV55	BRAMHALL RUNNERS	0:51:29	90		9	26
DNF	193	SOPHIE BARLOW	F	FSEN	BRAMHALL RUNNERS					