

Position	Race no.	Name	Gender	Cat	Club	Gun Time	F Pos	M Pos	Cat Pos	Team Pos
1	349	LOUIS SZYMANSKI	M	MSEN		0:19:45		1	1	1
2	230	PHIL RICHARDSON	M	MV35	SALE HARRIERS MANCHESTER	0:20:24		2	1	1
3	408	MARK COLLIER	M	MV50	SALFORD HARRIERS & AC	0:20:49		3	1	1
4	314	SOPHIE FAIRBANKS	F	FSEN	SALE HARRIERS MANCHESTER	0:21:10	1		1	1
5	315	NEIL TAYLOR	M	MV45	STOCKPORT HARRIERS & AC	0:21:22		4	1	1
6	270	ROBIN HULME	M	MV35	BRAMHALL RUNNERS	0:21:32		5	2	1
7	340	IAIN MURDOCH	M	MV45	STOCKPORT HARRIERS & AC	0:21:35		6	2	2
8	319	PAUL BROOKS	M	MV45	STOCKPORT HARRIERS & AC	0:22:08		7	3	3
9	444	MATTHEW MORAN	M	MV40	BRAMHALL RUNNERS	0:22:19		8	1	2
10	400	TIM SHANKER	M	MV55	MANCHESTER YMCA HARRIERS	0:22:24		9	1	1
11	424	GED MCGRATH	M	MV50	STOCKPORT HARRIERS & AC	0:22:31		10	2	4
12	443	VIC WALSH	M	MV45	BELLE VUE RACERS	0:22:39		11	4	1
13	243	ROB NOCK	M	MV45	GOYT VALLEY STRIDERS	0:22:44		12	5	1
14	437	LEE SZYMANSKI	M	MV35		0:22:52		13	3	2
15	376	JASON FOWLER	M	MV45	BRAMHALL RUNNERS	0:23:05		14	6	3
16	411	PHILIP BURNS	M	MV45	STOCKPORT HARRIERS & AC	0:23:18		15	7	5
17	397	MATT DARNLEY	M	MV45	BRAMHALL RUNNERS	0:23:29		16	8	4
18	313	TOM LAWRENCE	M	MV35		0:23:35		17	4	3
19	318	ROBERT FAIRBANKS	M	MV45	SALE HARRIERS MANCHESTER	0:23:41		18	9	2
20	427	DECLAN BROWN	M	MSEN		0:23:47		19	2	4
21	430	BELINDA BRENNAN	F	FV45	BRAMHALL RUNNERS	0:23:52	2		1	1
22	359	FRANK PODD	M	MV50	BRAMHALL RUNNERS	0:23:58		20	3	5
23	420	FAYE JASMINE WATERHOUSE	F	FSEN	STOCKPORT HARRIERS & AC	0:24:05	3		2	1
24	450	ANDREW BROWN	M	MV35		0:24:11		21	5	5
25	249	ANDREW BINDER	M	MV35		0:24:12		22	6	6
26	229	WAYNE GRANT	M	MV45	GOYT VALLEY STRIDERS	0:24:51		23	10	2
27	347	PHIL HARRIS	M	MV40	MARPLE RUNNERS	0:24:53		24	2	1
28	233	PHIL COTTRILL	M	MSEN		0:24:53		25	3	7
29	442	PHIL RAMSEY	M	MV45	BRAMHALL RUNNERS	0:24:55		26	11	6
30	312	SAMANTHA JONES	F	FV40	BRAMHALL RUNNERS	0:25:02	4		1	2
31	428	DAMON STORER	M	MV40	BRAMHALL RUNNERS	0:25:14		27	3	7
32	445	JOSHUA STUTCHFIELD	M	MJUN	STOCKPORT HARRIERS & AC	0:25:22		28	1	6
33	423	ZACH MCGRATH	M	MJUN		0:25:43		29	2	8
34	379	MIKE KINNEAR	M	MV40	BRAMHALL RUNNERS	0:25:45		30	4	8
35	371	PETER DEAN	M	MV40	STOCKPORT HARRIERS & AC	0:25:48		31	5	7

36	418	IAN DIXON	M	MV50	BRAMHALL RUNNERS	0:25:54		32	4	9
37	348	MICHAEL TAYLOR	M	MSEN	MARPLE RUNNERS	0:26:10		33	4	2
38	375	SAM EVANS	M	MV35	BRAMHALL RUNNERS	0:26:24		34	7	10
39	399	DARREN PEATFIELD	M	MV50	MARPLE RUNNERS	0:26:27		35	5	3
40	452	BEN WOLSTENHOLME	M	MV35	BRAMHALL RUNNERS	0:26:28		36	8	11
41	419	DAN BRITTON	M	MV45	MARPLE RUNNERS	0:26:34		37	12	4
42	403	SARAH DOHERTY	F	FV40	BRAMHALL RUNNERS	0:26:35	5		2	3
43	447	ANDY CORDES	M	MV55	STOCKPORT HARRIERS & AC	0:26:43		38	2	8
44	426	MATT BIGLIN	M	MV60	GOYT VALLEY STRIDERS	0:26:45		39	1	3
45	247	ANN BRACEGIRDLE	F	FV45		0:26:57	6		2	1
46	439	IVAN WHIGHAM	M	MV60	GOYT VALLEY STRIDERS	0:27:05		40	2	4
47	433	GAVIN BOWERS	M	MV40	MARPLE RUNNERS	0:27:09		41	6	5
48	405	STEVE SHAUGHNESSY	M	MV65	STOCKPORT HARRIERS & AC	0:27:11		42	1	9
49	352	SARAH SENIOR	F	FV45	BRAMHALL RUNNERS	0:27:13	7		3	4
50	406	THOMAS ROGERS	M	MSEN	TRAFFORD ATHLETIC CLUB	0:27:22		43	5	1
51	234	CHRIS KERSHAW	M	MV40	BRAMHALL RUNNERS	0:27:22		44	7	12
52	415	SIMON FENNELL	M	MV55	BRAMHALL RUNNERS	0:27:27		45	3	13
53	259	ASHLEY SMITH	M	MSEN	BRAMHALL RUNNERS	0:27:32		46	6	14
54	258	KIM ROGERS	F	FSEN	BRAMHALL RUNNERS	0:27:34	8		3	5
55	412	MARK MORRELL	M	MV40	CHORLTON RUNNERS	0:27:35		47	8	1
56	256	KIERAN SMALLBONE	M	MV40	GOYT VALLEY STRIDERS	0:27:39		48	9	5
57	343	HELENA TINKER	F	FV45	MARPLE RUNNERS	0:27:40	9		4	1
58	339	RUTH MURDOCH	F	FV50	STOCKPORT HARRIERS & AC	0:27:41	10		1	2
59	311	BRIAN HOLLAND	M	MV65	GOYT VALLEY STRIDERS	0:27:55		49	2	6
60	328	MIKE PEASE	M	MV45	BRAMHALL RUNNERS	0:27:59		50	13	15
61	374	NICK COCHRANE	M	MV45	MARPLE RUNNERS	0:28:00		51	14	6
62	248	STEVE MCGOVERN	M	MV45	BRAMHALL RUNNERS	0:28:12		52	15	16
63	373	GORDON WILSON	M	MV55	STOCKPORT TRI CLUB	0:28:16		53	4	1
64	398	NICK HEATON	M	MV50	BRAMHALL RUNNERS	0:28:23		54	6	17
65	227	BONITA WATKINS	F	FV35	BRAMHALL RUNNERS	0:28:31	11		1	6
66	370	ANGELA STANLEY	F	FV40	MARPLE RUNNERS	0:28:46	12		3	2
67	438	CRAIG HUNT	M	MV50	WILMSLOW RUNNING CLUB	0:28:51		55	7	1
68	324	ALICE HORSFIELD	F	FJUN		0:28:55	13		1	2
69	323	ANTHONY RODGERS	M	MV65		0:29:02		56	3	9
70	325	MILES COKER	M	MV55	BRAMHALL RUNNERS	0:29:04		57	5	18
71	238	ANDY FOWLER	M	MV55		0:29:05		58	6	10

72	331	GARETH MAHER	M	MV40	BRAMHALL RUNNERS	0:29:08		59	10	19
73	332	FAEZ KAISER	M	MV50	BRAMHALL RUNNERS	0:29:09		60	8	20
74	372	GORDON SHARP	M	MV70	LYME RUNNERS	0:29:10		61	1	1
75	431	JON LAWRENCE	M	MV55	BRAMHALL RUNNERS	0:29:20		62	7	21
76	378	ELAINE FLAVELL	F	FV35	STOCKPORT HARRIERS & AC	0:29:36	14		2	3
77	240	ANDREW HUGHES	M	MV60	BRAMHALL RUNNERS	0:29:45		63	3	22
78	365	IAN KEELING	M	MV50	BRAMHALL RUNNERS	0:29:57		64	9	23
79	434	CHRIS TRASK	M	MV50	BRAMHALL RUNNERS	0:29:59		65	10	24
80	346	HEATHER ROONEY	F	FV55	LYME RUNNERS	0:30:05	15		1	1
81	245	NIALL DEVLIN	M	MSEN		0:30:14		66	7	11
82	396	JO SAMPSON	F	FV35	BRAMHALL RUNNERS	0:30:23	16		3	7
83	345	MICHAEL TIPPER	M	MV35	STOCKPORT HARRIERS & AC	0:30:30		67	9	10
84	241	ADAM BIRD	M	MV45	BRAMHALL RUNNERS	0:30:38		68	16	25
85	446	SARAH STUTCHFIELD	F	FV45	MARPLE RUNNERS	0:30:40	17		5	3
86	417	WENDY RIMMER	F	FV45	MARPLE RUNNERS	0:30:47	18		6	4
87	355	ANNA ASHTON	F	FV65	MARPLE RUNNERS	0:30:54	19		1	5
88	260	ZAK LAWRENCE	M	MSEN		0:31:14		69	8	12
89	429	DAN SLATER	M	MV35		0:31:16		70	10	13
90	310	LOIS BROOKS	F	FV35		0:31:18	20		4	3
91	360	STEVEN WOODWARD	M	MV50	MARPLE RUNNERS	0:31:20		71	11	7
92	449	LOUISE ABEDIN	F	FV45	BRAMHALL RUNNERS	0:31:20	21		7	8
93	358	PAUL HUNT	M	MV60	GOYT VALLEY STRIDERS	0:31:31		72	4	7
94	425	ITA KELLY	F	FV60	GOYT VALLEY STRIDERS	0:31:37	22		1	1
95	263	MIKE V HALL	M	MV60	BRAMHALL RUNNERS	0:31:40		73	5	26
96	357	JULIA MARIE CARTER	F	FV50	GOYT VALLEY STRIDERS	0:31:47	23		2	2
97	322	RAY GIBBONS	M	MV55		0:32:04		74	8	14
98	235	VICKY ROBINSON	F	FSEN	MARPLE RUNNERS	0:32:18	24		4	6
99	362	BEN TOWNLEY	M	MV35		0:32:20		75	11	15
100	344	ANDREA BUCKINGHAM	F	FV55	BRAMHALL RUNNERS	0:32:24	25		2	9
101	262	GARETH HAMMOND	M	MV55	MARPLE RUNNERS	0:32:25		76	9	8
102	250	ADAM SEXTON	M	MSEN	MILE SHY CLUB	0:32:40		77	9	1
103	334	SOPHIE BARLOW	F	FSEN	BRAMHALL RUNNERS	0:32:50	26		5	10
104	336	PAUL MCDAID	M	MV55	HEALD GREEN RUNNERS	0:32:54		78	10	1
105	257	MAIMOONA HUSSAIN	F	FSEN	DAVENPORT PARK RUNNERS	0:32:58	27		6	1
106	244	KIERAN DEVLIN	M	MV55	BRAMHALL RUNNERS	0:33:00		79	11	27
107	327	THOMAS FISHER	M	MJUN	STOCKPORT HARRIERS & AC	0:33:19		80	3	11

108	361	PHIL BOARDMAN	M	MV40		0:33:24		81	11	16
109	255	MARK CROASDALE	M	MV35	BRAMHALL RUNNERS	0:33:26		82	12	28
110	422	MOIRA HUNT	F	FV65	GOYT VALLEY STRIDERS	0:33:32	28		2	3
111	407	STEPHEN PAUL COLE	M	MV50	STOCKPORT HARRIERS & AC	0:33:50		83	12	12
112	232	MIKE UTTING	M	MV50	BRAMHALL RUNNERS	0:33:57		84	13	29
113	369	SARA HARRIS	F	FV50	STYAL RUNNING CLUB	0:34:11	29		3	1
114	239	EMILIA BIONDI	F	FSEN	BRAMHALL RUNNERS	0:34:15	30		7	11
115	228	IAN RODGER	M	MV60	STOCKPORT HARRIERS & AC	0:34:25		85	6	13
116	268	HELEN WILLIAMS	F	FV45	BRAMHALL RUNNERS	0:34:34	31		8	12
117	367	STEVEN HUGHES	M	MV60	BRAMHALL RUNNERS	0:34:39		86	7	30
118	363	SHEILA PAICE	F	FV60		0:34:44	32		2	4
119	413	LINDSEY FARRELLY	F	FV45	MANCHESTER HARRIERS & AC	0:35:30	33		9	1
120	316	NICOLA HILLIER	F	FV45		0:35:37	34		10	5
121	231	IAN YARWOOD	M	MV55	DRAGONS RUNNING CLUB (SALE)	0:35:40		87	12	1
122	252	MARK GODDEN	M	MV65	MACCLESFIELD HARRIERS & AC	0:35:43		88	4	1
123	330	CAROL O'HARE	F	FV65	MANCHESTER YMCA HARRIERS	0:35:45	35		3	1
124	326	JOANNE SHATWELL	F	FV40		0:35:48	36		4	6
125	356	KATIE DRAPER	F	FV35	BRAMHALL RUNNERS	0:36:10	37		5	13
126	321	BARRY CHAMBERS	M	MV70	VALE ROYAL AC	0:36:14		89	2	1
127	264	FIONA COWELL	F	FV55	BRAMHALL RUNNERS	0:36:21	38		3	14
128	480	DENNIS YARWOOD	M	MV55	SPECTRUM STRIDERS	0:36:26		90	13	1
129	266	JULIE SHORTT	F	FV55	BRAMHALL RUNNERS	0:36:44	39		4	15
130	337	ROBERT TODD	M	MV60	DRAGONS RUNNING CLUB (SALE)	0:36:50		91	8	2
131	251	JAYNE FINDLAY	F	FV45		0:37:00	40		11	7
132	267	CATH BROOMFIELD	F	FV50	MARPLE RUNNERS	0:37:06	41		4	7
133	440	KIRSTY PIERCE	F	FV60	GOYT VALLEY STRIDERS	0:37:13	42		3	4
134	395	CHARLOTTE SUTTON	F	FV40	BRAMHALL RUNNERS	0:37:15	43		5	16
135	341	SHIRLEY RALPH	F	FV45	BRAMHALL RUNNERS	0:37:17	44		12	17
136	253	AMY AYLWARD	F	FSEN		0:37:18	45		8	8
137	353	LOUISE GODDEN	F	FV60		0:38:02	46		4	9
138	401	ALEXIS DINSMOR	F	FV75	STOCKPORT HARRIERS & AC	0:38:15	47		1	4
139	364	CARLA COOKE	F	FV40		0:38:30	48		6	10
140	335	EMMA MINSHULL	F	FV40	BRAMHALL RUNNERS	0:38:42	49		7	18
141	368	ERIKA HEAP	F	FV55	BRAMHALL RUNNERS	0:39:13	50		5	19
142	436	HAYLEY HALL	F	FV55	BRAMHALL RUNNERS	0:39:38	51		6	20
143	246	BOB JONES	M	MV60	MARPLE RUNNERS	0:39:57		92	9	9

144	441	JENNY DOCKNEY	F	FV45	MARPLE RUNNERS	0:40:07	52	13	8	
145	416	SAMANTHA COOK	F	FV55	MARPLE RUNNERS	0:40:48	53	7	9	
146	351	EMMA WOLSTENCROFT	F	FV50	RADCLIFFE AC	0:41:21	54	5	1	
147	421	LAURA AIKEN	F	FV35	RADCLIFFE AC	0:41:22	55	6	2	
148	350	CAROLINE MALONE	F	FV50	RADCLIFFE AC	0:41:24	56	6	3	
149	338	VIC UTTING	F	FSEN	BRAMHALL RUNNERS	0:41:55	57	9	21	
150	329	EMMA TURNER	F	FV50	BRAMHALL RUNNERS	0:42:12	58	7	22	
151	451	LINDA AMOS	F	FV60	MARPLE RUNNERS	0:43:36	59	5	10	
152	236	EMMA MARTIN	F	FSEN	GOYT VALLEY STRIDERS	0:43:41	60	10	5	
153	237	MANDY WINCKWORTH	F	FV65	STYAL RUNNING CLUB	0:43:47	61	4	2	
154	265	CELIA MACDONALD	F	FV60		0:44:06	62	6	11	
155	402	BARRY JOHNSON	M	MV65		0:45:16		93	5	17
156	448	EMMA CLARE	F	FSEN	GATLEY RUNNERS	0:45:18	63	11	1	
157	317	JULIE FAIRCLOUGH	F	FV55	BRAMHALL RUNNERS	0:46:14	64	8	23	
158	354	AMANDA AYLWARD	F	FV50		0:46:23	65	8	12	
159	342	LAURA MILLINGTON	F	FV65	BRAMHALL RUNNERS	0:46:38	66	5	24	
160	272	EMMA HILLESDON	F	FV45	STYAL RUNNING CLUB	0:46:48	67	14	3	
161	271	HELENA JONES	F	FV55	STYAL RUNNING CLUB	0:46:49	68	9	4	
162	242	NINA COOLICAN	F	FV50		0:46:54	69	9	13	
163	414	EMMA EADIE	F	FV45	HEATON RUNNERS	0:46:55	70	15	1	
164	409	TED LOCK	M	MV80		0:47:29		94	1	18
165	410	CELIA REED	F	FV65	STYAL RUNNING CLUB	0:47:29	71	6	5	
166	432	RACHAEL FOSTER	F	FV55		0:48:27	72	10	14	
167	261	COLIN OWEN	M	MV55		0:48:27		95	14	19
168	377	JOANNE TRASK	F	FV50	BRAMHALL RUNNERS	0:49:21	73	10	25	
169	333	CHRISTINE ADKINS	F	FV70	BRAMHALL RUNNERS	0:49:21	74	1	26	
170	254	SANDRA ROBINSON	F	FV45	MANCHESTER YMCA HARRIERS	0:50:24	75	16	2	
171	320	JANE POOLE	F	FV55		0:52:50	76	11	15	
172	404	SIMON DAWKINS	M	MV60		0:52:51		96	10	20
173	435	MIKE HALL	M	MV60	BRAMHALL RUNNERS	0:54:14		97	11	31
DNF	366	TIM JENKINS	M	MV50						
DNF	269	JOHN WILLIAMS	M	MV45	BRAMHALL RUNNERS					