

Position	Race no.	Name	Gender	Cat	Club	Gun Time	F Pos	M Pos	Cat Pos	Team Pos
1	432	GEORGE NOBLE	M	MSEN	SALE HARRIERS MANCHESTER	0:42:02		1	1	1
2	477	MARTIN LUCASS	M	MV40	MANCHESTER RUN CLUB	0:42:42		2	1	1
3	273	JONATHAN CURRIE	M	MSEN	STOCKPORT TRI CLUB	0:43:06		3	2	1
4	498	STEPHEN MCCARRON	M	MV50	SALE HARRIERS MANCHESTER	0:43:22		4	1	2
5	22	PHIL RICHARDSON	M	MSEN	SALE HARRIERS MANCHESTER	0:43:37		5	3	3
6	202	SAM BARRATT	M	MSEN	MANCHESTER TRIATHLON CLUB	0:44:06		6	4	1
7	482	ALLEN BUNYAN	M	MSEN	MACCLESFIELD HARRIERS & AC	0:44:19		7	5	1
8	356	CHRIS DONNELLY	M	MV45	SALE HARRIERS MANCHESTER	0:44:24		8	1	4
9	346	BEN HOBSON	M	MSEN	CHORLTON RUNNERS	0:44:29		9	6	1
10	259	BILLY HICKS	M	MSEN		0:44:50		10	7	1
11	151	ROBERT WEBSTER	M	MSEN		0:45:04		11	8	2
12	34	MARK BURLEY	M	MSEN	MACCLESFIELD HARRIERS & AC	0:45:10		12	9	2
13	291	NATHANAEAL BOOKER	M	MSEN	MACCLESFIELD HARRIERS & AC	0:45:21		13	10	3
14	476	ROBERT DUNN	M	MV40	SALE HARRIERS MANCHESTER	0:45:26		14	2	5
15	354	GARETH LEE	M	MSEN	LANCASTER & MORECAMBE AC	0:45:39		15	11	1
16	444	RICHARD O'SULLIVAN	M	MSEN		0:46:05		16	12	3
17	244	RICHARD EDWARDS	M	MV45	SALE HARRIERS MANCHESTER	0:46:30		17	2	6
18	123	PHIL LARRATT	M	MV40	CHORLTON RUNNERS	0:46:39		18	3	2
19	247	ROB WHITBY	M	MSEN	MACCLESFIELD HARRIERS & AC	0:46:56		19	13	4
20	305	ANDY BEAVERS	M	MV45	MACCLESFIELD HARRIERS & AC	0:47:13		20	3	5
21	489	ROBERT WEST	M	MSEN		0:47:16		21	14	4
22	371	MATT SNOWDON	M	MSEN	HYDE VILLAGE STRIDERS	0:47:18		22	15	1
23	220	VIC WALSH	M	MV45	BELLE VUE RACERS	0:47:40		23	4	1
24	351	HENRY ROBINSON	M	MSEN	WEST CHESHIRE ATHLETIC CLUB	0:47:45		24	16	1
25	223	JEZ BROWN	M	MV50	BUCKLEY RC	0:47:53		25	2	1
26	115	MATTHEW PHILLIPS	M	MSEN		0:48:06		26	17	5
27	369	MATT HUGHES	M	MSEN		0:48:17		27	18	6
28	208	LOUISA WHITTINGHAM	F	FSEN	WILMSLOW RUNNING CLUB	0:48:19	1		1	1
29	355	ZACHARY GAILLEMIN	M	MSEN	SALE HARRIERS MANCHESTER	0:48:55		28	19	7
30	242	OLIVIER GAILLEMIN	M	MV50	SALE HARRIERS MANCHESTER	0:49:06		29	3	8
31	263	OLIVER CLARKE	M	MSEN		0:49:11		30	20	7
32	334	EWAN EDMONDSON	M	MSEN	MACCLESFIELD HARRIERS & AC	0:49:38		31	21	6
33	429	TOM BEACH	M	MV40	BUCKLEY RC	0:49:43		32	4	2
34	350	ESPEN BOWEN	M	MSEN		0:49:49		33	22	8
35	332	NICOLA REECE	F	FV40	WILMSLOW RUNNING CLUB	0:49:52	2		1	2
36	23	NICK CUFF	M	MSEN	ALTRINCHAM & DISTRICT ATHLETIC CLUB LIMITED	0:49:57		34	23	1
37	431	PAUL NOBLE	M	MV55	SALE HARRIERS MANCHESTER	0:50:00		35	1	9
38	328	ANDREW CURVIS	M	MV40	SALE HARRIERS MANCHESTER	0:50:07		36	5	10
39	61	PAUL WRAITH	M	MV40		0:50:08		37	6	9
40	184	CARL KRYSTEK	M	MV45	STOCKPORT TRI CLUB	0:50:10		38	5	2
41	317	RICHARD JELLYMAN	M	MV40	ALTRINCHAM & DISTRICT ATHLETIC CLUB LIMITED	0:50:11		39	7	2
42	126	JAMES SPEEDIE	M	MV40	WILMSLOW RUNNING CLUB	0:50:19		40	8	1
43	3	SIMON PICKARD	M	MV50	STOCKPORT HARRIERS & AC	0:50:45		41	4	1
44	176	JOE ALLABY	M	MSEN	POYNTON RUNNERS	0:50:58		42	24	1
45	161	ALEX BUNNEY	M	MSEN	MOOR ROAD RUNNERS	0:51:08		43	25	1
46	324	MATTHEW HARRISON	M	MV45	SALE HARRIERS MANCHESTER	0:51:27		44	6	11
47	124	SIMON GWYN ROBERTS	M	MV55	BUCKLEY RC	0:51:29		45	2	3
48	449	MICHAEL CLARK	M	MV40	BRAMHALL RUNNERS	0:51:30		46	9	1
49	480	LEO PARKER	M	MSEN	BUXTON AC	0:52:00		47	26	1
50	243	JAMES WALSH	M	MSEN	SALE HARRIERS MANCHESTER	0:52:08		48	27	12
51	358	RICHARD WILLIAMS	M	MV50	MARPLE RUNNERS	0:52:16		49	5	1
52	212	JOHN BRACEGIRDLE	M	MV45		0:52:26		50	7	10
53	442	CHRISTOPHER KERSHAW	M	MV45	BRAMHALL RUNNERS	0:52:32		51	8	2
54	275	HEATHER STATHAM	F	FSEN	CHORLTON RUNNERS	0:52:36	3		2	1
55	152	TOM WORTHINGTON	M	MSEN	LEVENSHULME RUNNERS	0:52:38		52	28	1
56	204	ANDREW WHITTINGHAM	M	MV55	WILMSLOW RUNNING CLUB	0:52:43		53	3	2
57	66	MATTHEW NEILSON	M	MV40	BRAMHALL RUNNERS	0:52:51		54	10	3
58	417	RICHARD JOHNSON	M	MV60	ALTRINCHAM & DISTRICT ATHLETIC CLUB LIMITED	0:53:02		55	1	3
59	271	AISHA ANWAR	F	FSEN		0:53:03	4		3	1
60	6	BEN CROSSLEY	M	MV40	MACCLESFIELD HARRIERS & AC	0:53:05		56	11	7
61	142	ZAIN KARIM	M	MSEN	BRAMHALL RUNNERS	0:53:09		57	29	4
62	492	MATTHEW MORAN	M	MV45	BRAMHALL RUNNERS	0:53:11		58	9	5
63	394	JAMES LANGSHAW	M	MSEN	CAFE AZUL RUN CLUB	0:53:13		59	30	1
64	322	MARK DANIELS	M	MV50	DWYFOR DREIGIAU	0:53:21		60	6	1
65	250	GED MCGRATH	M	MV50		0:53:26		61	7	11
66	402	ADAM HORROCKS	M	MV40	KNUTSFORD TRI CLUB	0:53:28		62	12	1
67	253	ARCHIE GRAY	M	MSEN	STOCKPORT HARRIERS & AC	0:53:34		63	31	2
68	341	MIKE HILL	M	MV60	WILMSLOW RUNNING CLUB	0:53:37		64	2	3
69	235	PHIL COTTRILL	M	MSEN		0:53:38		65	32	12
70	487	ALASTAIR PATTRICK	M	MV40	CHORLTON RUNNERS	0:53:39		66	13	3
71	158	IZZY LYON	F	FSEN		0:53:46	5		4	2
72	46	ROY BENNETT	M	MV40		0:53:56		67	14	13
73	309	ROGER THOMAS	M	MV50	MANCHESTER TRIATHLON CLUB	0:53:57		68	8	2
74	141	MATT ANTHONY	M	MSEN		0:54:01		69	33	14
75	312	SIMON EDWARDS	M	MV50	BUCKLEY RC	0:54:02		70	9	4
76	439	SARAH DOHERTY	F	FV45	BRAMHALL RUNNERS	0:54:05	6		1	1
77	47	HUGH NODEN	M	MSEN		0:54:10		71	34	15
78	233	NIGEL BARNES	M	MV50	STEEL CITY STRIDERS RC	0:54:26		72	10	1
79	28	MARK BROWN	M	MSEN		0:54:32		73	35	16
80	330	MATT SPRAGG	M	MV50	SALE HARRIERS MANCHESTER	0:54:38		74	11	13
81	407	GARETH HURFURT	M	MV55	STOCKPORT HARRIERS & AC	0:54:56		75	4	3

82	262	JAMES CALTHORPE	M	MSEN		0:55:00	76	36	17
83	285	ADRIAN ROGERS	M	MV45		0:55:06	77	10	18
84	42	IAN KRAMER	M	MV55	BELLE VUE RACERS	0:55:10	78	5	2
85	31	NICK CHICK	M	MV50	STOCKPORT TRI CLUB	0:55:24	79	12	3
86	164	SAM ORMROD	M	MSEN	RUN TALK RUN	0:55:26	80	37	1
87	485	MIKE ASHBY	M	MV45	SALE HARRIERS MANCHESTER	0:55:29	81	11	14
88	252	SAM PARKER	M	MSEN		0:55:34	82	38	19
89	218	ANDREW NEILSON	M	MSEN	WILMSLOW STRIDERS	0:55:39	83	39	1
90	33	BRUCE ROBERTS	M	MSEN	STOCKPORT HARRIERS & AC	0:55:43	84	40	4
91	41	AARON SHEPHERD	M	MSEN		0:55:44	85	41	20
92	147	AIDAN RAFTERY	M	MV65	SALE HARRIERS MANCHESTER	0:55:49	86	1	15
93	352	JOE DAWBER	M	MSEN	STOCKPORT HARRIERS & AC	0:55:55	87	42	5
94	486	JULIAN BROWN	M	MV60	MACCLESFIELD HARRIERS & AC	0:55:59	88	3	8
95	236	SEBASTIAN BATE	M	MSEN	CHORLTON RUNNERS	0:56:06	89	43	4
96	189	MARK FOX	M	MV45	SALE HARRIERS MANCHESTER	0:56:08	90	12	16
97	19	GRAEME EDDIE	M	MV45	MACCLESFIELD HARRIERS & AC	0:56:10	91	13	9
98	187	JAMES MCCARTHY	M	MSEN	JIMMY TOURS	0:56:21	92	44	1
99	390	SCOTT MACDONALD	M	MSEN	POYNTON RUNNERS	0:56:26	93	45	2
100	462	PAUL GRAVENEY	M	MV50	STOCKPORT TRI CLUB	0:56:34	94	13	4
101	272	ESTHER HARDMAN	F	FV40	STOCKPORT HARRIERS & AC	0:56:41	7	2	1
102	191	OLIVER BARBER	M	MV40	MACCLESFIELD HARRIERS & AC	0:56:50	95	15	10
103	455	ROBERT FAIRBANKS	M	MV45	SALE HARRIERS MANCHESTER	0:56:51	96	14	17
104	416	NATALIA TAVINI	F	FSEN		0:56:53	8	5	3
105	497	EDWARD CREDLAND	M	MSEN	POYNTON RUNNERS	0:56:54	97	46	3
106	257	STEVEN GAVIN	M	MV55	SALE HARRIERS MANCHESTER	0:57:00	98	6	18
107	385	FRANK PODD	M	MV55	BRAMHALL RUNNERS	0:57:01	99	7	6
108	304	STEVE LOMAS	M	MV55	MACCLESFIELD HARRIERS & AC	0:57:02	100	8	11
109	333	LEO LOUGHRAN	M	MV45	BELLE VUE RACERS	0:57:09	101	15	3
110	175	SIMON TAYLOR	M	MV45	DARWEN DASHERS	0:57:12	102	16	1
111	1	ANDREW ALMOND	M	MV50	MANCHESTER HARRIERS & AC	0:57:12	103	14	1
112	388	RICHARD HEYES	M	MV40		0:57:16	104	16	21
113	26	WAYNE GRANT	M	MV45	GOYT VALLEY STRIDERS	0:57:20	105	17	1
114	145	MICHAEL TAYLOR	M	MSEN	MARPLE RUNNERS	0:57:24	106	47	2
115	427	PAUL BARRETT	M	MV45	SALE HARRIERS MANCHESTER	0:57:30	107	18	19
116	24	ALEX KEEN	M	MSEN	WILMSLOW STRIDERS	0:57:32	108	48	2
117	49	ADAM MYERS	M	MSEN	MOOR ROAD RUNNERS	0:57:44	109	49	2
118	119	ANDREW TOMLINSON	M	MV40	WILMSLOW STRIDERS	0:57:45	110	17	3
119	214	GORDON NICOLL	M	MV60	ALTRINCHAM & DISTRICT ATHLETIC CLUB LIMITED	0:57:56	111	4	4
120	133	HELEN SAUNDERS	F	FSEN	MACCLESFIELD HARRIERS & AC	0:57:58	9	6	1
121	420	MATT FARR	M	MV45	DIDSBURY RUNNERS	0:58:07	112	19	1
122	440	TIM HICKS	M	MV65		0:58:14	113	2	22
123	459	ADAM COSTELLO	M	MSEN		0:58:16	114	50	23
124	293	ROB MCMURDO	M	MSEN	STOCKPORT HARRIERS & AC	0:58:30	115	51	6
125	168	FAYE JASMINE WATERHOUSE	F	FSEN	STOCKPORT HARRIERS & AC	0:58:42	10	7	2
126	59	DAN MARTELL	M	MSEN	ALTRINCHAM & DISTRICT ATHLETIC CLUB LIMITED	0:58:46	116	52	5
127	25	WILL ALLISTER-SMITH	M	MSEN		0:58:49	117	53	24
128	249	ANDREW WATSON	M	MV40		0:58:50	118	18	25
129	109	JENNIE PICKARD	F	FV50	STOCKPORT HARRIERS & AC	0:58:51	11	1	3
130	103	CHRIS HARRIS	M	MSEN		0:58:56	119	54	26
131	51	CLAIRE HAMILTON	F	FSEN	POYNTON RUNNERS	0:59:04	12	8	1
132	162	MICHAEL HAMILTON	M	MSEN	POYNTON RUNNERS	0:59:04	120	55	4
133	286	PAUL ADAMS	M	MV60	CHORLTON RUNNERS	0:59:06	121	5	5
134	365	CHRIS MATTHEWS	M	MV45		0:59:11	122	20	27
135	344	JOHN WAITING	M	MSEN	MARPLE RUNNERS	0:59:21	123	56	3
136	478	LAWRENCE BATE	M	MV55	STEEL CITY STRIDERS RC	0:59:26	124	9	2
137	177	ANDREW MAINWARING	M	MV50		0:59:28	125	15	28
138	149	ROBERT KIRKBRIDE	M	MV55	STYAL RUNNING CLUB	0:59:33	126	10	1
139	163	ANDRE ROGERS	M	MV45		0:59:35	127	21	29
140	172	HELEN THOMPSON	F	FV40	POYNTON RUNNERS	0:59:42	13	3	2
141	276	HAYLEY ASHBY	F	FV45		0:59:43	14	2	4
142	159	TAMARA LYON	F	FV45		0:59:55	15	3	5
143	169	MIKE BARLOW	M	MV40		1:00:07	128	19	30
144	148	TESSA DUNFORD	F	FSEN		1:00:14	16	9	6
145	57	TOM MARKOWICZ	M	MV40		1:00:19	129	20	31
146	170	SAM MARKOWICZ	M	MSEN		1:00:19	130	57	32
147	20	PETER SHIPLEY	M	MSEN	SALE HARRIERS MANCHESTER	1:00:20	131	58	20
148	287	ETIENNE HUMPHRIES	M	MV40	CHORLTON RUNNERS	1:00:21	132	21	6
149	246	MATTHEW KNOWLES	M	MSEN		1:00:23	133	59	33
150	171	DARIA WATSON	F	FSEN	CHORLTON RUNNERS	1:00:23	17	10	2
151	479	MICHAEL THORLEY	M	MV60	MACCLESFIELD HARRIERS & AC	1:00:24	134	6	12
152	160	CIARAN HEGARTY	M	MSEN	CAFE AZUL RUN CLUB	1:00:24	135	60	2
153	378	JAMIE SLATER	M	MSEN		1:00:25	136	61	34
154	490	SEAN ADAMS	M	MV55	GOYT VALLEY STRIDERS	1:00:31	137	11	2
155	361	TOM BALL	M	MV40		1:00:32	138	22	35
156	278	STEVE REYNOLDS	M	MV55	WILMSLOW RUNNING CLUB	1:00:34	139	12	4
157	467	CHRIS HUNT	M	MV40		1:00:39	140	23	36
158	70	MARK WALL	M	MV45		1:00:48	141	22	37
159	382	ROBERT HEGGS	M	MV50	CHORLTON RUNNERS	1:00:55	142	16	7
160	277	ANDY MCMURDO	M	MV40	PENNINE FELL RUNNERS	1:01:03	143	24	1
161	495	LUKE COWIE	M	MV45	DIDSBURY RUNNERS	1:01:04	144	23	2
162	400	GABBY LE GEYT	F	FV40	MACCLESFIELD HARRIERS & AC	1:01:10	18	4	2
163	50	LUCY MYERS	F	FSEN	MOOR ROAD RUNNERS	1:01:12	19	11	1

164	36	CARL BARTON	M	MV50	DISLEY RUNNERS	1:01:15	145	17	1
165	18	STEVE MCGOVERN	M	MV45	BRAMHALL RUNNERS	1:01:24	146	24	7
166	491	MOLLIE COOKE	F	FSEN	BRAMHALL RUNNERS	1:01:30	20	12	2
167	466	CHERYL NODEN	F	FV50		1:01:39	21	2	7
168	48	GRACE HUNT	F	FSEN		1:01:41	22	13	8
169	347	HARRIET HAMILTON	F	FV45	SALE HARRIERS MANCHESTER	1:01:52	23	4	1
170	264	ANDY RENSHAW	M	MV45		1:01:54	147	25	38
171	286	PAUL ADAMS	M	MV60	CHORLTON RUNNERS	1:01:57	148	5	5
172	37	TOM ATKINSON	M	MV55		1:01:59	149	13	39
173	157	JOHN PEEL	M	MV40	PENNINE FELL RUNNERS	1:02:01	150	25	2
174	433	PHIL WILCOXON	M	MV65	BELLE VUE RACERS	1:02:03	151	3	4
175	241	JACKSON MATHER	M	MSEN		1:02:17	152	62	40
176	47	HUGH NODEN	M	MSEN		1:02:25	153	34	15
177	383	CARL BARNARD	M	MV55	MACCLESFIELD HARRIERS & AC	1:02:29	154	14	13
178	384	SIMON FROGGATT	M	MV50		1:02:34	155	18	42
179	134	IAN BOWKER	M	MV55	MARPLE RUNNERS	1:02:35	156	15	4
180	494	WILLIAM PRITCHARD	M	MV40	STOCKPORT HARRIERS & AC	1:02:40	157	26	7
181	438	CARLY HESELWOOD	F	FV45	WILMSLOW STRIDERS	1:02:41	24	5	1
182	376	JOHN SLEIGH	M	MV45		1:02:42	158	26	43
183	238	ELEANOR ROBINSON	F	FV50	WEST CHESHIRE ATHLETIC CLUB	1:02:43	25	3	1
184	283	BEN WOLSTENHOLME	M	MV40	BRAMHALL RUNNERS	1:02:51	159	27	8
185	110	MARK SMITH	M	MV50	STOCKPORT HARRIERS & AC	1:02:58	160	19	8
186	418	CLIFF VEIGHEY	M	MV50	MANCHESTER TRIATHLON CLUB	1:03:12	161	20	3
187	113	IVAN WHIGHAM	M	MV60	GOYT VALLEY STRIDERS	1:03:25	162	8	3
188	422	GEORGINA SARGENT	F	FSEN	WILMSLOW STRIDERS	1:03:31	26	14	2
189	221	JOEL GROCOCK	M	MV50	SPORTS FEET	1:03:32	163	21	1
190	180	ALANNAH BIRTWISTLE	F	FSEN	MACCLESFIELD HARRIERS & AC	1:03:37	27	15	3
191	401	DAVID CRACKNELL	M	MV40	MARPLE RUNNERS	1:03:38	164	28	5
192	38	SIAN ROWLEY	F	FV45	SALE HARRIERS MANCHESTER	1:03:43	28	6	2
193	21	SARAH WAITE	F	FV45	ALTRINCHAM & DISTRICT ATHLETIC CLUB LIMITED	1:04:04	29	7	1
194	451	ROB MARSDEN	M	MV40	SALE HARRIERS MANCHESTER	1:04:12	165	29	21
195	261	RICHARD APPLEWHITE	M	MV50	MACCLESFIELD HARRIERS & AC	1:04:14	166	22	14
196	55	JO MACGOWAN	F	FV55		1:04:39	30	1	9
197	295	PETER ADAMS	M	MV50	CHORLTON RUNNERS	1:04:50	167	23	9
198	398	MATT ASHER	M	MSEN		1:04:53	168	64	44
199	297	IAN SHARPE	M	MV55	CHORLTON RUNNERS	1:04:58	169	16	10
200	281	JENNY BLACK	F	FV40		1:05:02	31	5	10
201	111	STEPHEN BRUNDRETT	M	MV55	BRAMHALL RUNNERS	1:05:06	170	17	9
202	209	STEVE HILLIER	M	MV45	WEST CHESHIRE ATHLETIC CLUB	1:05:16	171	27	2
203	414	NEIL CLARKE	M	MV65	MACCLESFIELD HARRIERS & AC	1:05:28	172	4	15
204	484	PETER BAXTER	M	MV50	POYNTON RUNNERS	1:05:40	173	24	5
205	45	MATT HERBERT	M	MV45	DIDSBURY RUNNERS	1:05:51	174	28	3
206	153	NIKITA WORTHINGTON	F	FSEN		1:05:53	32	16	11
207	349	JO-ARE BJERKE	M	MV55	BOLLINGTON HARRIERS	1:06:01	175	18	1
208	456	GRANT SHUTTLEWORTH	M	MV40		1:06:04	176	30	45
209	269	CHRIS HARRIES	M	MV45	BELLE VUE RACERS	1:06:06	177	29	5
210	496	SAM HOLT	M	MSEN	POYNTON RUNNERS	1:06:08	178	65	6
211	298	GUY STOREY	M	MSEN		1:06:09	179	66	46
212	150	JOHN COE	M	MV50	DISLEY RUNNERS	1:06:14	180	25	2
213	316	JILL TAVINI	F	FV55		1:06:16	33	2	12
214	205	LUKE WEAVER	M	MSEN		1:06:25	181	67	47
215	419	TIM HUDSON	M	MV40	BOLLINGTON HARRIERS	1:06:26	182	31	2
216	237	MATTHEW LEES	M	MV55	BOLLINGTON HARRIERS	1:06:26	183	19	3
217	226	GARY ROGERSON	M	MV50	MACCLESFIELD HARRIERS & AC	1:06:35	184	26	16
218	336	REBECCA TILL	F	FV50	MACCLESFIELD HARRIERS & AC	1:06:36	34	4	4
219	464	PHILIP STYLES	M	MV45		1:06:40	185	30	48
220	251	DANIEL HURLEY	M	MV50		1:06:42	186	27	49
221	173	PAUL TANSEY	M	MSEN	CAFE AZUL RUN CLUB	1:06:43	187	68	3
222	216	LEWIS JONES	M	MV40	WILMSLOW RUNNING CLUB	1:06:44	188	32	5
223	14	FRANCES KENNEY	F	FV45	WILMSLOW RUNNING CLUB	1:06:50	35	8	3
224	381	ROB DAWES	M	MV45		1:06:54	189	31	50
225	389	KATE RITCHIE	F	FV40	MACCLESFIELD HARRIERS & AC	1:07:15	36	6	5
226	329	VICKY ROBINSON	F	FSEN	MARPLE RUNNERS	1:07:28	37	17	1
227	299	ZAK WILKOWSKI	M	MSEN		1:07:29	190	69	51
228	318	SARAH RENSHAW	F	FV40	CHORLTON RUNNERS	1:07:31	38	7	3
229	368	RACHEL MCCURRIE	F	FV45		1:07:34	39	9	13
230	167	LYDIA THISTLETON	F	FSEN		1:07:40	40	18	14
231	430	PATRICK O'BRIEN	M	MV65	BELLE VUE RACERS	1:07:47	191	5	6
232	58	AMY BILLING	F	FV45	STOCKPORT HARRIERS & AC	1:07:51	41	10	4
233	62	LUCY ALLABY	F	FSEN	POYNTON RUNNERS	1:07:54	42	19	3
234	452	WILLIAM SNELL	M	MV55	POYNTON RUNNERS	1:08:00	192	20	7
235	500	KAREN ROSS	F	FV50	MACCLESFIELD HARRIERS & AC	1:08:05	43	5	6
236	425	SHAUN PRITCHARD	M	MV55	BELLE VUE RACERS	1:08:06	193	21	7
237	483	HANNAH BILLSDON	F	FSEN		1:08:06	44	20	15
238	296	STEPHEN DAVISON	M	MV50	CHORLTON RUNNERS	1:08:08	194	28	11
239	348	EDDY WEBB	M	MV50	GOYT VALLEY STRIDERS	1:08:24	195	29	4
240	104	KATHRYN WHITTINGHAM	F	FSEN		1:08:25	45	21	16
241	366	NEIL BIRKS	M	MV40	PENNINE FELL RUNNERS	1:08:28	196	33	3
242	403	PHILIPPA WHITTINGHAM	F	FV55		1:08:32	46	3	17
243	122	DAN SLATER	M	MSEN		1:08:35	197	70	52
244	4	PAUL HAINES	M	MV50	BRAMHALL RUNNERS	1:08:41	198	30	10
245	310	ANDY CORDES	M	MV55	BRAMHALL RUNNERS	1:08:41	199	22	11

246	54	TOM BEDFORD	M	MV40	POYNTON RUNNERS	1:08:59	200	34	8
247	16	JAMES MALONE	M	MV45	BELLE VUE RACERS	1:09:03	201	32	8
248	395	TOM WOODS	M	MSEN	LEVENSFULME RUNNERS	1:09:14	202	71	2
249	43	IAIN BUTLER	M	MV60		1:09:19	203	9	53
250	415	BELINDA HAMMOND	F	FV45	SALE HARRIERS MANCHESTER	1:09:27	47	11	3
251	203	ANDREW KNOX	M	MV45	DIDSBURY RUNNERS	1:09:34	204	33	4
252	470	DUANE CORDINGLEY-GAUNT	M	MSEN		1:10:00	205	72	54
253	127	DAISY CARR	F	FSEN		1:10:01	48	22	18
254	185	LOUISE ABEDIN	F	FV45	BRAMHALL RUNNERS	1:10:03	49	12	3
255	132	DEAN YOUNG	M	MV50	STEEL CITY STRIDERS RC	1:10:23	206	31	3
256	108	JACQUI PHAZEY-BAINES	F	FV40	MANCHESTER FRONTRUNNERS	1:10:25	50	8	1
257	8	BEVERLEY JACKSON	F	FV60	ALTRINCHAM & DISTRICT ATHLETIC CLUB LIMITED	1:10:27	51	1	2
258	15	DANIEL JACKSON	M	MV45	CONGLETON HARRIERS	1:10:29	207	34	1
259	144	PAUL MCDAID	M	MV55	HEALD GREEN RUNNERS	1:10:30	208	23	1
260	215	CATHERINE BATT	F	FV45	BOLLINGTON HARRIERS	1:10:32	52	13	1
261	307	ANGELA OLDHAM	F	FV70	EAST CHESHIRE HARRIERS & TAMESIDE AC	1:10:39	53	1	1
262	288	PAUL BAYLISS	M	MV65	CHORLTON RUNNERS	1:10:42	209	6	12
263	166	ANDREW DOLAN	M	MV40	BRAMHALL RUNNERS	1:10:48	210	35	12
264	68	HARRIET JACKSON	F	FSEN	CHORLTON RUNNERS	1:10:50	54	23	4
265	27	ANDREW DECAUX	M	MV55	CAFE AZUL RUN CLUB	1:10:58	211	24	4
266	219	STUART WILSON	M	MV40		1:11:01	212	36	55
267	179	BARRY DILLON	M	MV45	MACCLESFIELD HARRIERS & AC	1:11:02	213	35	17
268	258	RICHARD OUSEY	M	MV50	SALE HARRIERS MANCHESTER	1:11:04	214	32	22
269	406	MEL JOHNSON	F	FV45	MANCHESTER FRONTRUNNERS	1:11:11	55	14	2
270	116	CHARLOTTE GILBERT	F	FV40	CHORLTON RUNNERS	1:11:13	56	9	5
271	239	ASHTON KELLY	M	MSEN		1:11:18	215	73	56
272	10	BATYA STIMLER	F	FSEN	CHORLTON RUNNERS	1:11:20	57	24	6
273	118	DARREL GOUGH	M	MV50	MARPLE RUNNERS	1:11:34	216	33	6
274	319	ANDREW CHAPLIN	M	MV60	BOLLINGTON HARRIERS	1:11:37	217	10	4
275	265	LISA GRANTHAM	F	FV50	PENSBY RUNNERS	1:11:48	58	6	1
276	446	NICOLA COMBS	F	FV40		1:11:57	59	10	19
277	155	JAMES BRISBANE	M	MV50		1:12:07	218	34	57
278	248	CATHERINE KILBANE	F	FSEN	HELSEBY RUNNING CLUB	1:12:19	60	25	1
279	129	MICHAEL COOKE	M	MSEN	PENNINE FELL RUNNERS	1:12:20	219	74	4
280	448	HELEN CARTER	F	FV40	SALE HARRIERS MANCHESTER	1:12:24	61	11	4
281	302	JOSEY TAYLOR	F	FV45	MARPLE RUNNERS	1:12:28	62	15	2
282	404	NICK TAYLOR	M	MV40	MARPLE RUNNERS	1:12:29	220	37	7
283	337	ZOE COOKE	F	FSEN	MARPLE RUNNERS	1:12:32	63	26	3
284	306	KAREN CHARTERS	F	FV50	BELLE VUE RACERS	1:12:33	64	7	1
285	165	MIKE V HALL	M	MV60	BRAMHALL RUNNERS	1:12:35	221	11	13
286	30	CHRISTINA EMERSON	F	FV50	HEALD GREEN RUNNERS	1:12:41	65	8	1
287	405	NIKKI CHAMBERLAIN	F	FV55	KNUTSFORD TRI CLUB	1:12:44	66	4	1
288	362	SCOTT ARMSTRONG	M	MV50	STOCKPORT TRI CLUB	1:12:48	222	35	5
289	255	KEVIN LUCAS	M	MV50	LEVENSFULME RUNNERS	1:12:51	223	36	3
290	314	EMILY KELLY	F	FSEN	POYNTON RUNNERS	1:12:52	67	27	4
291	340	JENNIE STEVENS	F	FV50		1:12:54	68	9	20
292	475	JOHN BAILEY	M	MV45	MARPLE RUNNERS	1:12:54	224	36	8
293	44	HOLLIE STEED	F	FSEN	DIDSBURY RUNNERS	1:12:55	69	28	1
294	359	LEE GARNETT	M	MV45		1:13:10	225	37	58
295	101	PAUL LOMAX	M	MV60	POYNTON RUNNERS	1:13:15	226	12	9
296	201	NEIL SMITH	M	MV55		1:13:16	227	25	59
297	290	KEITH WOLFENDALE	M	MV40	POYNTON RUNNERS	1:13:17	228	38	10
298	343	SPENCE SIVEWRIGHT	M	MV60	MACCLESFIELD HARRIERS & AC	1:13:22	229	13	18
299	39	BARRIE SCHOFIELD	M	MSEN	THE FLASHERS RC	1:13:24	230	75	1
300	325	SIMON RUSHTON	M	MV60	MARPLE RUNNERS	1:13:29	231	14	9
301	35	ALLISON KIRKBRIDE	F	FV55	STYAL RUNNING CLUB	1:13:37	70	5	1
302	453	GILLIAN HOLLAND-JONES	F	FV65	STYAL RUNNING CLUB	1:13:50	71	1	2
303	450	LIZ LILLEY	F	FV50		1:13:52	72	10	21
304	327	ANDREW MORGAN	M	MV45		1:13:52	232	38	60
305	60	ROBIN SALTMAN	M	MSEN	CAFE AZUL RUN CLUB	1:13:57	233	76	5
306	254	TAYLOR GIACOMA	F	FV45	MARPLE RUNNERS	1:14:40	73	16	4
307	441	HEATHER ROONEY	F	FV55	LYME RUNNERS	1:14:41	74	6	1
308	434	SARAH BEATTIE	F	FV50	BRAMHALL RUNNERS	1:14:43	75	11	4
309	315	MARIANNE VEIGHEY	F	FV50	MANCHESTER TRIATHLON CLUB	1:14:59	76	12	1
310	128	BREESHEY SMITH	F	FV55	BRAMHALL RUNNERS	1:15:00	77	7	5
311	473	NINA CASSIDY	F	FV50		1:15:06	78	13	22
312	17	ALEXANDRA HODBY	F	FV45	DISLEY RUNNERS	1:15:22	79	17	1
313	481	MARTIN ROUS	M	MV55		1:15:25	234	26	61
314	335	CHARLOTTE JOHN	F	FV45	DISLEY RUNNERS	1:15:25	80	18	2
315	245	SHIRLEY RALPH	F	FV50	BRAMHALL RUNNERS	1:15:33	81	14	6
316	53	CHARLOTTE BEDFORD	F	FV40	POYNTON RUNNERS	1:15:41	82	12	5
317	458	MATTHEW HOWARF	M	MV40		1:15:48	235	39	62
318	399	FIONA COOKE	F	FV55	BRAMHALL RUNNERS	1:15:57	83	8	7
319	282	BEN BRADLEY	M	MSEN		1:16:00	236	77	63
320	323	JOCELYN GRANGER	F	FV60	STAFFS MOORLANDS AC	1:16:02	84	2	1
321	338	MARK CROASDALE	M	MSEN	BRAMHALL RUNNERS	1:16:13	237	78	14
322	308	KATE SUTTON	F	FV60	WILMSLOW RUNNING CLUB	1:16:13	85	3	4
323	311	MIKE KELLY	M	MV55	MARPLE RUNNERS	1:16:44	238	27	10
324	386	CATHERINE BATE	M	MV55	STEEL CITY STRIDERS RC	1:16:53	239	28	4
325	210	PAUL CARROLL	M	MV55		1:16:56	240	29	64
326	154	SIMON WILSON	M	MV60		1:17:04	241	15	65
327	301	FAY WHITTINGHAM	F	FSEN		1:17:05	86	29	23

328	367	JIM BURTON	M	MV65	FLASHERS RC	1:17:20		242	7	1
329	225	SALLY CHEETHAM	F	FV55	BELLE VUE RACERS	1:17:21	87		9	2
330	211	ANDREW HODSON	M	MV55	MARPLE RUNNERS	1:17:30		243	30	11
331	137	NICK ROBERTS	M	MV60	STOCKPORT TRI CLUB	1:17:31		244	16	6
332	279	HELEN JACKSON	F	FSEN		1:17:47	88		30	24
333	454	RICHARD ISHERWOOD	M	MV40		1:17:48		245	40	66
334	374	MILLY VINE	F	FSEN		1:17:52	89		31	25
335	372	NICK VINE	M	MV50		1:17:56		246	37	67
336	135	JULIA FOY	F	FV55	BELLE VUE RACERS	1:18:09	90		10	3
337	67	JENNY WOODS	F	FSEN	LEVENSULME RUNNERS	1:18:13	91		32	1
338	106	HOLLY FRANCES	F	FV45	MACCLESFIELD HARRIERS & AC	1:18:15	92		19	7
339	436	ANNA TURNER	F	FV55		1:18:24	93		11	26
340	461	CARLA OUSEY	F	FV50	SALE HARRIERS MANCHESTER	1:18:27	94		15	5
341	274	WENDY MCMAHON	F	FV40	GLOSSOPDALE HARRIERS	1:18:28	95		13	1
342	112	CAROL HIGGS	F	FV40		1:18:31	96		14	27
343	413	GEORGE HIGGS	M	MV40		1:18:34		247	41	68
344	488	JULIAN SACOFSKY	M	MV65	LEVENSULME RUNNERS	1:18:49		248	8	4
345	256	RUAIRI KENNEDY	M	MV50		1:18:56		249	38	69
346	56	AIMEE WOOLLEY	F	FV40	BELLE VUE RACERS	1:19:04	97		15	4
347	182	MATT WESTBROOK	M	MV40	POYNTON RUNNERS	1:19:20		250	42	11
348	412	AMANDA EDWARDS	F	FV40	BUCKLEY RC	1:19:26	98		16	1
349	391	MADELINE GARCIA	F	FSEN	CAFE AZUL RUN CLUB	1:19:43	99		33	1
350	174	YASMINE CRISP	F	FSEN	CAFE AZUL RUN CLUB	1:19:48	100		34	2
351	370	ALICE BANBURY MORGAN	F	FSEN		1:19:55	101		35	28
352	260	HELEN JEFFERY	F	FV45		1:19:55	102		20	29
353	357	BERNARD MCCARRON	M	MV60	MACCLESFIELD HARRIERS & AC	1:20:03		251	17	19
354	136	ANNIE HIRSCH	F	FV65	BELLE VUE RACERS	1:20:14	103		2	5
355	437	PAUL WINRIW	M	MV40	WILMSLOW STRIDERS	1:20:14		252	43	4
356	117	CHRIS SMITH	M	MV45	MARPLE RUNNERS	1:20:19		253	39	12
357	267	EMMA HURST	F	FV55	BELLE VUE RACERS	1:20:23	104		12	6
358	268	LISA COSTELLO	F	FV40	BELLE VUE RACERS	1:20:51	105		17	7
359	224	GERALDINE O'GRADY-THOMAS	F	FV55		1:20:54	106		13	30
360	240	GAVIN NIXON	M	MV50	MARPLE RUNNERS	1:21:10		254	39	13
361	445	BECCA MENZLER	F	FSEN		1:21:16	107		36	31
362	230	RACHEL BARNES	F	FV45	SMILEY PACES	1:21:31	108		21	1
363	379	P HUNT	M	MV60	GOYT VALLEY STRIDERS	1:21:33		255	18	5
364	234	PIPPA PRICE	F	FV60	RUNNING BEAR	1:21:35	109		4	1
365	435	BRITTA WERNER	F	FV45	DIDSBURY RUNNERS	1:21:40	110		22	2
366	339	REBECCA VAUDREY	F	FSEN	MACCLESFIELD HARRIERS & AC	1:21:47	111		37	8
367	447	KATE MCCREERY	F	FV50	BOLLINGTON HARRIERS	1:21:49	112		16	2
368	178	ANDREA BUCKINGHAM	F	FV60	BRAMHALL RUNNERS	1:21:56	113		5	8
369	105	THEA GARFIELD	F	FSEN		1:21:57	114		38	32
370	2	NIGEL GARFIELD	M	MV45		1:22:09		256	40	70
371	156	NICOLA PENNINGTON	F	FV50	BELLE VUE RACERS	1:22:16	115		17	8
372	426	LISA DONNELLY	F	FV50	BELLE VUE RACERS	1:22:26	116		18	9
373	114	ALAN BOCKING	M	MV70	CHESHIRE HILL RACERS	1:22:28		257	1	1
374	107	MARK FEARNLEY	M	MV55	NORTHWICH RUNNING CLUB	1:22:35		258	31	1
375	443	ANDREW QUIGLEY	M	MV50		1:22:41		259	40	71
376	460	MAX MCLOUGHLIN	M	MV50		1:22:55		260	41	72
377	468	CHRIS LINDSAY	M	MV50	BRAMHALL RUNNERS	1:22:56		261	42	15
378	146	MOLLY CHATTAWAY	F	FSEN	BRAMLEY BREEZERS	1:23:02	117		39	1
379	130	JANINE ORTON	F	FV45		1:23:06	118		23	33
380	188	LAURA COOKE	F	FSEN		1:23:10	119		40	34
381	186	MEGAN DAVIES	F	FSEN		1:23:13	120		41	35
382	409	JOE JOHNSTON	M	MSEN		1:23:15		262	79	73
383	408	MARK BROOKES	M	MSEN		1:23:32		263	80	74
384	9	STEPH HUGHES	F	FV55	ALTRINCHAM & DISTRICT ATHLETIC CLUB LIMITED	1:23:39	121		14	3
385	364	LOUISE COUTTS	F	FSEN	STYAL RUNNING CLUB	1:23:41	122		42	3
386	183	CHARLIE WESTBROOK-PLATTS	F	FV45	POYNTON RUNNERS	1:23:50	123		24	6
387	213	MARK DAVIES	M	MV45		1:24:01		264	41	75
388	270	JOSEPH KRYSTEK-WALTON	M	MSEN		1:24:04		265	81	76
389	125	ANNE-MARIE PRITCHARD	F	FSEN	OLDHAM & ROYTON H & AC	1:24:14	124		43	1
390	29	ANN-MARIE JORDAN	F	FSEN	HEALD GREEN RUNNERS	1:24:24	125		44	2
391	424	BRIAN BURGESS	M	MV55	STYAL RUNNING CLUB	1:24:35		266	32	2
392	469	JOHN MORRIS	M	MV40		1:24:52		267	44	77
393	131	ROBERT SLEZAK	M	MSEN	STYAL RUNNING CLUB	1:24:53		268	82	3
394	465	CATH APPLEWHITE	F	FV50	RUN KNUTSFORD	1:24:55	126		19	1
395	284	RACHAEL CLEGG	F	FV55	CHORLTON RUNNERS	1:25:00	127		15	7
396	423	NATASHA HUNT	F	FSEN	WILMSLOW STRIDERS	1:25:04	128		45	3
397	375	LUCY VINE	F	FSEN		1:25:15	129		46	36
398	231	JOHN TURNER	M	MV55	MACCLESFIELD HARRIERS & AC	1:25:20		269	33	20
399	380	MOIRA HUNT	F	FV65	GOYT VALLEY STRIDERS	1:25:22	130		3	1
400	377	RACHAEL PEERS	F	FV40		1:25:26	131		18	37
401	266	MELANIE BRAY	F	FV55	BELLE VUE RACERS	1:25:58	132		16	10
402	140	BETHAN DECAUX	F	FSEN	CAFE AZUL RUN CLUB	1:26:09	133		47	3
403	232	ROSEANN WORTHINGTON	F	FV55		1:26:37	134		17	38
404	411	MARK GOODWIN	M	MV55	SALE DRAGONS	1:26:46		270	34	1
405	392	PHIL HAROLD	M	MV55	POYNTON RUNNERS	1:26:48		271	35	12
406	457	GORDON ROGAN	M	MV60	MARPLE RUNNERS	1:27:06		272	19	14
407	360	DIPKA MORGAN	F	FV45	MACCLESFIELD HARRIERS & AC	1:27:07	135		25	9
408	228	FRANK ROGERS	M	MV50	LEVENSULME RUNNERS	1:27:13		273	43	5
409	229	KATE DRAPER	F	FV40	BRAMHALL RUNNERS	1:27:37	136		19	9

410	32	NEIL GUNN	M	MV65	MACCLESFIELD HARRIERS & AC	1:27:53		274	9	21
411	294	CHARLOTTE OWEN	F	FSEN		1:28:01	137		48	39
412	190	ROSEMARIE MCARDLE	F	FV45	BRAMHALL RUNNERS	1:28:03	138		26	10
413	120	KAY SHAW	F	FV50	STYAL RUNNING CLUB	1:28:37	139		20	4
414	11	CAROLINE STONIER	F	FV50	STYAL RUNNING CLUB	1:28:37	140		21	5
415	207	ALISTAIR JORDAN	M	MV60	MARPLE RUNNERS	1:28:45		275	20	15
416	181	LESLEY SWAPP	F	FSEN		1:28:50	141		49	40
417	64	JASON SWAPP	M	MV40		1:28:51		276	45	78
418	63	LAUREN WORRALL	F	FSEN	BATCH	1:28:59	142		50	1
419	387	CLAIRE GARBE	F	FSEN		1:29:02	143		51	41
420	69	MECKHEL COUSINS	F	FV45	BELLE VUE RACERS	1:29:24	144		27	11
421	428	SARA HARRIS	F	FV50	STYAL RUNNING CLUB	1:29:50	145		22	6
422	227	ADELLE HOLT	F	FV40		1:29:51	146		20	42
423	331	JOHANNE GREENWOOD	F	FV50	STYAL RUNNING CLUB	1:29:51	147		23	7
424	5	JACQUELINE WARD	F	FV55	STOCKPORT HARRIERS & AC	1:30:03	148		18	5
425	52	RACHAEL CALTHORPE	F	FSEN	MACCLESFIELD HARRIERS & AC	1:30:16	149		52	10
426	397	LEE MARTIN	M	MV45	LEVENSHULME RUNNERS	1:30:18		277	42	6
427	303	BEN RAINEY	M	MV45	BELLE VUE RACERS	1:30:18		278	43	9
428	300	STEVE WEBB	M	MV50		1:30:56		279	44	79
429	143	MARY ROBERTS	F	FV60		1:30:57	150		6	43
430	373	SUZY VINE	F	FV50		1:31:07	151		24	44
431	313	CHRIS TETLEY	M	MV65	GOYT VALLEY STRIDERS	1:31:19		280	10	6
432	40	JONATHAN YOUNES	M	MV55		1:31:21		281	36	80
433	289	SOPHIE HALLWORTH	F	FSEN		1:31:26	152		53	45
434	472	SAM PREECE	M	MV40		1:31:54		282	46	81
435	471	JOHN BROOKS	M	MSSEN		1:31:55		283	83	82
436	13	ZEKI AL-KHISHALI	M	MSSEN	MARPLE RUNNERS	1:32:02		284	84	16
437	292	MICHAEL WYMER	M	MV50		1:32:12		285	45	83
438	396	KAREN JAGAN	F	FV45		1:32:26	153		28	46
439	463	AMANDA BISHOP	F	FSEN	BRAMHALL RUNNERS	1:33:04	154		54	11
440	499	CATHERINE HETHERINGTON	F	FV50	POYNTON RUNNERS	1:33:31	155		25	7
441	65	MARK HETHERINGTON	M	MV50	POYNTON RUNNERS	1:33:32		286	46	13
442	493	HANNAH ARNOT	F	FV40		1:33:35	156		21	47
443	280	JAMIE BLUNDEN	M	MSSEN		1:33:36		287	85	84
444	139	JULIE GREENGRASS	F	FV50	GLOSSOPDALE HARRIERS	1:34:27	157		26	2
445	138	EMMA MINSHULL	F	FV45	BRAMHALL RUNNERS	1:34:27	158		29	12
446	217	JENNY DOCKNEY	F	FV45	MARPLE RUNNERS	1:34:40	159		30	5
447	321	HANNAH SMITH	F	FV40	MARPLE RUNNERS	1:35:42	160		22	6
448	353	KYLIE NIXON	F	FV50	MARPLE RUNNERS	1:35:42	161		27	7
449	320	CATH BROOMFIELD	F	FV50	MARPLE RUNNERS	1:35:43	162		28	8
450	421	HELEN STONEHOUSE	F	FV50	MARPLE RUNNERS	1:35:43	163		29	9
451	102	ALEXIS DINSMOR	F	FV75	STOCKPORT HARRIERS & AC	1:35:44	164		1	6
452	121	SARAH SMITH	F	FV45		1:37:33	165		31	48
453	222	CLAIRE BRADLEY	F	FV45	MARPLE RUNNERS	1:37:34	166		32	10
454	192	CHARLES JESSUP-NEARY	M	MSSEN		1:37:58		288	86	85
455	326	ANNA ASHTON	F	FV65	MARPLE RUNNERS	1:38:39	167		4	11
456	12	MARIA RUSHTON	F	FV60	MARPLE RUNNERS	1:38:39	168		7	12
457	410	CAROLINE BELL	F	FV60	MARPLE RUNNERS	1:38:40	169		8	13
458	345	ESTI ACHA	F	FV50	MARPLE RUNNERS	1:38:47	170		30	14
459	342	ANDY PEET	M	MV60	MACCLESFIELD HARRIERS & AC	1:41:23		289	21	22