

Position	Race no.	Name	Gender	Cat	Club	Gun Time	F Pos	M Pos	Cat Pos	Team Pos
1	186	DAN SUTTON	M	MSEN		00:19:55		1	1	1
2	133	HARRY SHATWELL	M	MJUN	STOCKPORT HARRIERS & AC	00:20:02		2	1	1
3	19	JAMES STONE	M	MV40	MARPLE RUNNERS	00:20:12		3	1	1
4	64	ANDY WOODHEAD	M	MV45	STOCKPORT HARRIERS & AC	00:20:30		4	1	2
5	17	MARK SHATWELL	M	MV40	STOCKPORT HARRIERS & AC	00:20:55		5	2	3
6	31	PHIL CARPENTER	M	MV40	STOCKPORT HARRIERS & AC	00:21:00		6	3	4
7	136	MARK COLLIER	M	MV50	SALFORD HARRIERS & AC	00:21:02		7	1	1
8	157	JONATHON KNIGHT	M	MV50	STOCKPORT HARRIERS & AC	00:21:38		8	2	5
9	27	PHILIP BURNS	M	MV45	STOCKPORT HARRIERS & AC	00:21:44		9	2	6
10	10	ROB WOODHEAD	M	MV40		00:22:07		10	4	2
11	62	MALCOLM JOHNSON	M	MV50	STOCKPORT HARRIERS & AC	00:22:14		11	3	7
12	47	VIC WALSH	M	MV45	BELLE VUE RACERS	00:22:24		12	3	1
13	138	NATHAN GIBBONS	M	MV35		00:22:26		13	1	3
14	6	TIM SHANKER	M	MV55	MANCHESTER YMCA HARRIERS	00:22:30		14	1	1
15	28	IAIN MURDOCH	M	MV50	STOCKPORT HARRIERS & AC	00:22:34		15	4	8
16	77	DAVID MAHER	M	MV50	STOCKPORT HARRIERS & AC	00:22:38		16	5	9
17	173	MATTHEW MORAN	M	MV45	BRAMHALL RUNNERS	00:22:46		17	4	1
18	164	THOMAS ROGERS	M	MSEN	TRAFFORD ATHLETIC CLUB	00:22:52		18	2	1
19	144	SARA BARRON	F	FV40	BRAMHALL RUNNERS	00:22:55	1		1	1
20	96	FRANK PODD	M	MV55	BRAMHALL RUNNERS	00:23:21		19	2	2
21	63	GEORGE COOKE	M	MSEN		00:23:25		20	3	4
22	88	PAUL BROOKS	M	MV50		00:23:30		21	6	5
23	125	GARETH PRITCHARD	M	MV40	BRAMHALL RUNNERS	00:23:44		22	5	3
24	137	ROBERT ELSTONE	M	MV60	BRAMHALL RUNNERS	00:23:52		23	1	4
25	8	AIDAN GREENFIELD	M	MJUN	STOCKPORT HARRIERS & AC	00:23:54		24	2	10
26	160	RICHARD WILLIAMS	M	MV50	MARPLE RUNNERS	00:23:58		25	7	2
27	162	PHIL COTTRILL	M	MSEN		00:24:08		26	4	6
28	127	DARCY BREEN	F	FSEN		00:24:14	2		1	1
29	44	BELINDA BRENNAN	F	FV45	BRAMHALL RUNNERS	00:24:23	3		1	2
30	52	STEPHEN BRUNDRETT	M	MV55	BRAMHALL RUNNERS	00:24:26		27	3	5
31	36	THOMAS DEAN	M	MJUN	DRAGONS RUNNING CLUB (SALE)	00:24:31		28	3	1
32	91	ALEXANDER RATCLIFFE	M	MV35	MARPLE RUNNERS	00:24:32		29	2	3
33	99	MIKE KINNEAR	M	MV45	BRAMHALL RUNNERS	00:24:33		30	5	6
34	90	STEVE MCGOVERN	M	MV45	BRAMHALL RUNNERS	00:25:00		31	6	7
35	57	SAM EVANS	M	MV40		00:25:12		32	6	7
36	61	MATTHEW DESCHOOLMEESTER	M	MV50	BRAMHALL RUNNERS	00:25:16		33	8	8
37	12	TREVOR HINDLE	M	MV60	GOYT VALLEY STRIDERS	00:25:33		34	2	1
38	183	JAMIE KEELING	M	MSEN		00:25:36		35	5	8
39	132	JOHN MOORE	M	MV60	GOYT VALLEY STRIDERS	00:25:46		36	3	2
40	3	PHIL RAMSEY	M	MV50	BRAMHALL RUNNERS	00:25:47		37	9	9
41	34	IAN KEELING	M	MV55		00:25:49		38	4	9
42	154	ALEX CANTY	M	MJUN		00:25:51		39	4	10
43	141	SIMON PICKARD	M	MV55	STOCKPORT HARRIERS & AC	00:25:55		40	5	11
44	54	JOHN WILLIAMS	M	MV50	BRAMHALL RUNNERS	00:26:07		41	10	10
45	72	NICK COCHRANE	M	MV45	MARPLE RUNNERS	00:26:08		42	7	4
46	49	STEPHEN BROWN	M	MV55	STOCKPORT HARRIERS & AC	00:26:12		43	6	12
47	48	SARAH BROWN	F	FV55	STOCKPORT HARRIERS & AC	00:26:21	4		1	1
48	171	BEN WILLIAMS	M	MSEN		00:26:24		44	6	11
49	148	JOE FENTON	M	MV40	MARPLE RUNNERS	00:26:25		45	7	5
50	65	JAMES FELTHAM	M	MSEN	BRAMHALL RUNNERS	00:26:29		46	7	11
51	7	STUART GREENFIELD	M	MV50	STOCKPORT HARRIERS & AC	00:26:33		47	11	13
52	102	LAYLA WILEMAN	F	FJUN		00:26:34	5		1	2
53	4	GARETH MAHER	M	MV40	BRAMHALL RUNNERS	00:26:38		48	8	12
54	14	MARTIN WOOD	M	MV50	BRAMHALL RUNNERS	00:26:42		49	12	13
55	15	KERRIE WOOD DOYLE	F	FV60	STOCKPORT HARRIERS & AC	00:26:44	6		1	2
56	2	EMILIA DARNLEY	F	FJUN	STOCKPORT HARRIERS & AC	00:26:44	7		2	3
57	1	MATT DARNLEY	M	MV45	BRAMHALL RUNNERS	00:26:45		50	8	14
58	55	BEN WOLSTENHOLME	M	MV40		00:26:53		51	9	12
59	121	TOMMY BANCROFT	M	MV55	HYDE VILLAGE STRIDERS	00:26:56		52	7	1
60	134	NEIL COMMINS	M	MV55	MARPLE RUNNERS	00:27:00		53	8	6
61	38	PAUL STANSBURY	M	MV50	DRAGONS RUNNING CLUB (SALE)	00:27:05		54	13	2
62	92	CHRIS KERSHAW	M	MV45	BRAMHALL RUNNERS	00:27:08		55	9	15
63	50	RICHARD HALL	M	MV55		00:27:16		56	9	13
64	85	STEVE AUGHTON	M	MV50	BRAMHALL RUNNERS	00:27:32		57	14	16
65	89	MATT ROBERTS	M	MV55	BRAMHALL RUNNERS	00:27:44		58	10	17
66	172	WILLIAM PRITCHARD	M	MV40	STOCKPORT HARRIERS & AC	00:27:52		59	10	14
67	94	IMOGEN MEIKLE	F	FJUN	STOCKPORT HARRIERS & AC	00:28:04	8		3	4
68	166	FIONA JOHNSON	F	FV45	STOCKPORT HARRIERS & AC	00:28:13	9		2	5
69	143	STEVE SHAUGHNESSY	M	MV70	STOCKPORT HARRIERS & AC	00:28:16		60	1	15
70	155	JAMES GOLDEN	M	MV60	WINSTON RUNNERS	00:28:39		61	4	1
71	169	JOHN MACGLASHAN	M	MV45		00:28:43		62	10	14
72	128	VICKY ROBINSON	F	FV35	MARPLE RUNNERS	00:28:46	10		1	1
73	78	JENNIE PICKARD	F	FV50	STOCKPORT HARRIERS & AC	00:28:48	11		1	6
74	68	ANN BRACEGIRDLE	F	FV45		00:28:52	12		3	3
75	30	AMY BILLING	F	FV45	STOCKPORT TRI CLUB	00:28:57	13		4	1
76	140	SARA HARRIS	F	FV50	STYAL RUNNING CLUB	00:29:00	14		2	1
77	43	LOUISA JOHNSON	F	FJUN	BRAMHALL RUNNERS	00:29:04	15		4	3
78	73	JOHN MARK RICHARDS	M	MV45	MARPLE RUNNERS	00:29:11		63	11	7
79	145	KATHERINE HOLT	F	FV40		00:29:16	16		2	4
80	142	DANIEL HEY	M	MSEN		00:29:25		64	8	15
81	13	ANDY FOWLER	M	MV55	SPORTS FEET	00:29:28		65	11	1

82	51	CHRIS FRY	M	MV60	BRAMHALL RUNNERS	00:29:30		66	5	18
83	101	KAREN WILEMAN	F	FV45	BRAMHALL RUNNERS	00:29:30	17		5	4
84	170	CHRISTINA EMERSON	F	FV50	HEALD GREEN RUNNERS	00:29:31	18		3	1
85	84	CHRIS SMITH	M	MV45	MARPLE RUNNERS	00:29:32		67	12	8
86	159	PAUL FARRINGTON	M	MV50	STOCKPORT TRI CLUB	00:29:47		68	15	1
87	167	KIRSTY HAYGARTH	F	FV35	BRAMHALL RUNNERS	00:29:55	19		2	5
88	174	JESS LE RENDU	F	FSEN	BRAMHALL RUNNERS	00:29:59	20		2	6
89	40	GORDON SHARP	M	MV70	LYME RUNNERS	00:30:03		69	2	1
90	123	STEVE FAIRCLOUGH	M	MV60	BRAMHALL RUNNERS	00:30:08		70	6	19
91	81	PAUL PLUMMER	M	MV55	STOCKPORT TRI CLUB	00:30:13		71	12	2
92	149	SIMON RUSHTON	M	MV60	MARPLE RUNNERS	00:30:17		72	7	9
93	161	ROBERT PARAMORE	M	MV40	HEALD GREEN RUNNERS	00:30:32		73	11	1
94	151	ANNA ASHTON	F	FV65	MARPLE RUNNERS	00:30:35	21		1	2
95	76	BECKIE SAVAGE	F	FV45	OLDHAM & ROYTON H & AC	00:30:38	22		6	1
96	139	MOLLY POULTER	F	FSEN	BRAMHALL RUNNERS	00:30:48	23		3	7
97	42	ADAM SEXTON	M	MV35	DRAGONS RUNNING CLUB (SALE)	00:30:50		74	3	3
98	20	PAUL MCDAID	M	MV55	HEALD GREEN RUNNERS	00:30:54		75	13	2
99	46	FRANCES BARNETT	F	FV45		00:30:56	24		7	5
100	146	ANTHONY O'REILLY	M	MV50		00:30:58		76	16	16
101	41	AJ KEARSLAKE	F	FSEN		00:31:18	25		4	6
102	182	ITA KELLY	F	FV60	GOYT VALLEY STRIDERS	00:31:29	26		2	1
103	131	DUNCAN MAHER	M	MV45		00:31:31		77	13	17
104	32	SHAUN DONAGHY	M	MV45	MARPLE RUNNERS	00:31:48		78	14	10
105	163	RAY GIBBONS	M	MV60	BRAMHALL RUNNERS	00:31:57		79	8	20
106	168	SHIRLEY RALPH	F	FV50	BRAMHALL RUNNERS	00:32:13	27		4	8
107	181	NICK ROBERTS	M	MV55	STOCKPORT TRI CLUB	00:32:15		80	14	3
108	53	HELEN WILLIAMS	F	FV50	BRAMHALL RUNNERS	00:32:20	28		5	9
109	147	LISA WADE	F	FV50	MILE SHY CLUB	00:32:22	29		6	1
110	124	ALYSON ADAMS	F	FV60	BRAMHALL RUNNERS	00:32:47	30		3	10
111	11	ALISTAIR JORDAN	M	MV60	MARPLE RUNNERS	00:32:52		81	9	11
112	80	ARCHIE WILLET	M	MSEN		00:33:17		82	9	18
113	86	STEVEN HUGHES	M	MV60	BRAMHALL RUNNERS	00:33:27		83	10	21
114	26	ZEKI AL-KHISHALI	M	MV35	MARPLE RUNNERS	00:33:28		84	4	12
115	66	MELANIE BRAY	F	FV55	BELLE VUE RACERS	00:33:30	31		2	1
116	24	AMELIA PODOLANSKI-BULLEN	F	FSEN	STOCKPORT TRI CLUB	00:33:37	32		5	2
117	29	CHRIS DARLSTON	M	MV50		00:33:57		85	17	19
118	129	HELEN TODD	F	FV70	STOCKPORT HARRIERS & AC	00:34:01	33		1	7
119	69	JULIE SHORTT	F	FV55	BRAMHALL RUNNERS	00:34:07	34		3	11
120	95	KATIE DRAPER	F	FV40	BRAMHALL RUNNERS	00:34:08	35		3	12
121	33	HANNAH SMITH	F	FV45	MARPLE RUNNERS	00:34:12	36		8	3
122	187	NATHAN ASHURST	M	MV45	WARRINGTON RUNNING CLUB	00:34:22		86	15	1
123	37	CLARE CARTLEDGE	F	FV50	DRAGONS RUNNING CLUB (SALE)	00:34:25	37		7	1
124	98	KAT SHAW	F	FV40		00:34:34	38		4	7
125	79	HELEN DAY	F	FV50	STYAL RUNNING CLUB	00:34:43	39		8	2
126	16	JANE DEAVILLE	F	FV50		00:34:50	40		9	8
127	153	EMMA BARCLAY	F	FV45		00:34:59	41		9	9
128	9	JOANNE RHODES	F	FV45		00:35:22	42		10	10
129	67	ALAN HUGHES	M	MV55		00:35:28		87	15	20
130	18	RACH GARRY	F	FSEN	MARPLE RUNNERS	00:36:02	43		6	4
131	93	ROGER NELSON	M	MV70	BRAMHALL RUNNERS	00:36:03		88	3	22
132	74	ROB PARKIN	M	MV50	SPORTS FEET	00:36:11		89	18	2
133	25	TONY TAYLOR	M	MV75		00:36:16		90	1	21
134	45	RHONA JOHNSON	F	FV65	BRAMHALL RUNNERS	00:36:17	44		2	13
135	23	FIONA COWELL	F	FV60	BRAMHALL RUNNERS	00:36:21	45		4	14
136	21	KARLA HANCOCK	F	FV35	SPORTS FEET	00:36:38	46		3	1
137	75	EMMA MINSHULL	F	FV45	BRAMHALL RUNNERS	00:36:41	47		11	15
138	56	MARY ROBERTS	F	FV60		00:36:45	48		5	11
139	71	JILL HARRISON	F	FV55	BRAMHALL RUNNERS	00:36:50	49		4	16
140	122	JULIE FAIRCLOUGH	F	FV60	BRAMHALL RUNNERS	00:37:00	50		6	17
141	35	IAN YARWOOD	M	MV60	DRAGONS RUNNING CLUB (SALE)	00:37:10		91	11	4
142	126	ALEXIS DINSMOR	F	FV75	STOCKPORT HARRIERS & AC	00:37:41	51		1	8
143	22	ERIKA HEAP	F	FV55	BRAMHALL RUNNERS	00:37:42	52		5	18
144	152	ANN MARSHALL	F	FV65	MARPLE RUNNERS	00:37:45	53		3	5
145	83	ANDY TURNER	M	MV55	BRAMHALL RUNNERS	00:37:50		92	16	23
146	97	LYNSEY CHARLES	F	FV50		00:38:04	54		10	12
147	5	JANE KEEN	F	FV55	GOYT VALLEY STRIDERS	00:38:20	55		6	2
148	150	MARIA RUSHTON	F	FV60	MARPLE RUNNERS	00:38:34	56		7	6
149	82	EMMA TURNER	F	FV55	BRAMHALL RUNNERS	00:39:33	57		7	19
150	156	MANDY WINCKWORTH	F	FV70	STYAL RUNNING CLUB	00:39:46	58		2	3
151	100	NINA LAND	F	FV40		00:40:15	59		5	13
152	165	EMMA HILLEDSON	F	FV45	STYAL RUNNING CLUB	00:41:41	60		12	4
153	70	PETER FOTHERINGHAM	M	MV65	GOYT VALLEY STRIDERS	00:42:34		93	1	3
154	87	LIZ KEARSLAKE	F	FV55		00:42:40	61		8	14
155	39	TED LOCK	M	MV80		00:43:29		94	1	22
156	184	AMY YATES	F	FSEN		00:43:57	62		7	15
157	185	HOLLY HILLEDSON	F	FSEN		00:43:57	63		8	16
158	135	LINDA AMOS	F	FV60	MARPLE RUNNERS	00:44:04	64		8	7
159	130	JAMES PRATT	M	MSEN		00:52:11		95	10	23
DNF	158	CELIA REED	F	FV65	STYAL RUNNING CLUB					