

Position	Race no.	Name	Gender	Cat	Club	Gun Time	F Pos	M Pos	Cat Pos	Team Pos
1	109	LOUIS SZYMANSKI	M	MSEN	0	00:19:19		1	1	1
2	211	PHIL CARPENTER	M	MV40	STOCKPORT HARRIERS & AC	00:20:49		2	1	1
3	277	MARK COLLIER	M	MV50	SALFORD HARRIERS & AC	00:21:29		3	1	1
4	356	DAVID MAHER	M	MV50	STOCKPORT HARRIERS & AC	00:21:59		4	2	2
5	275	LUCAS JONES	M	MV50	GOYT VALLEY STRIDERS	00:22:19		5	3	1
6	291	ZAIN KARIM	M	MV35	BRAMHALL RUNNERS	00:22:26		6	1	1
7	223	JOHN WILLIAMS	M	MV40	BRAMHALL RUNNERS	00:22:29		7	2	2
8	327	MATTHEW MORAN	M	MV45	BRAMHALL RUNNERS	00:22:37		8	1	3
9	103	NATHAN MAYOH	M	MV50	BRAMHALL RUNNERS	00:23:00		9	4	4
10	262	GARETH PRITCHARD	M	MV40	BRAMHALL RUNNERS	00:23:14		10	3	5
11	249	FRANK PODD	M	MV55	BRAMHALL RUNNERS	00:23:16		11	1	6
12	347	AIDAN GREENFIELD	M	MJUN	STOCKPORT HARRIERS & AC	00:23:24		12	1	3
13	353	PHIL COTTRILL	M	MSEN		00:23:41		13	2	2
14	361	LEO LOUGHRAN	M	MV45		00:23:46		14	2	3
15	265	ROBERT FAIRBANKS	M	MV45	SALE HARRIERS MANCHESTER	00:24:09		15	3	1
16	201	MATTHEW DESCHOOLMEESTER	M	MV50	BRAMHALL RUNNERS	00:24:17		16	5	7
17	202	MATT DARNLEY	M	MV45	BRAMHALL RUNNERS	00:24:26		17	4	8
18	283	MICHAEL TIPPER	M	MV40	STOCKPORT HARRIERS & AC	00:24:27		18	4	4
19	208	PHIL RAMSEY	M	MV50	BRAMHALL RUNNERS	00:24:32		19	6	9
20	250	MIKE KINNEAR	M	MV45	BRAMHALL RUNNERS	00:24:37		20	5	10
21	240	AMIE HUGHES	F	FSEN	STOCKPORT HARRIERS & AC	00:25:14	1		1	1
22	254	JAMES STOCKDALE	M	MSEN	MARPLE RUNNERS	00:25:27		21	3	1
23	255	AMY MCCONVILLE	F	FV40	STYAL RUNNING CLUB	00:25:29	2		1	1
24	332	STEVE MCGOVERN	M	MV45	BRAMHALL RUNNERS	00:25:37		22	6	11
25	266	DANIEL SLATER	M	MV35		00:25:41		23	2	4
26	274	SARAH BROWN	F	FV55	STOCKPORT HARRIERS & AC	00:25:46	3		1	2
27	346	STUART GREENFIELD	M	MV50	STOCKPORT HARRIERS & AC	00:25:52		24	7	5
28	323	GEORGE GRINDROD	M	MJUN		00:26:06		25	2	5
29	321	MARTIN WOOD	M	MV50	BRAMHALL RUNNERS	00:26:38		26	8	12
30	234	JAMES NUTTALL	M	MV40	MARPLE RUNNERS	00:26:42		27	5	2
31	251	CRAIG HUNT	M	MV55	WILMSLOW RUNNING CLUB	00:27:13		28	2	1
32	351	MATT ROBERTS	M	MV55	BRAMHALL RUNNERS	00:27:17		29	3	13
33	272	ELEANOR CONNELLY	F	FV40	MARPLE RUNNERS	00:27:30	4		2	1
34	252	ANDY CORDES	M	MV55	BRAMHALL RUNNERS	00:27:44		30	4	14
35	288	ALAN HUGHES	M	MV55		00:27:46		31	5	6
36	284	HARRY KELLY	M	MV55	SPORTS FEET	00:27:55		32	6	1
37	330	LOK LI	M	MV55	BRAMHALL RUNNERS	00:28:01		33	7	15
38	343	JENNY BRAMWELL	F	FV35		00:28:03	5		1	1

39	210	TOMMY BANCROFT	M	MV55	HYDE VILLAGE STRIDERS	00:28:05		34	8	1
40	108	JO SAMPSON	F	FV40	BRAMHALL RUNNERS	00:28:08	6		3	1
41	219	STEVE AUGHTON	M	MV50	BRAMHALL RUNNERS	00:28:12		35	9	16
42	326	BEN TOWNLEY	M	MV40		00:28:19		36	6	7
43	357	JOHN MACGLASHAN	M	MV45		00:28:21		37	7	8
44	324	JOHN MARK RICHARDS	M	MV45	MARPLE RUNNERS	00:28:25		38	8	3
45	333	VICKY ROBINSON	F	FV35	MARPLE RUNNERS	00:28:29	7		2	2
46	276	IMOGEN MEIKLE	F	FJUN	STOCKPORT HARRIERS & AC	00:28:31	8		1	3
47	247	KERRIE WOOD DOYLE	F	FV60		00:28:32	9		1	2
48	354	KAREN WILEMAN	F	FV45	BRAMHALL RUNNERS	00:28:47	10		1	2
49	279	BRIAN HOLLAND	M	MV70	GOYT VALLEY STRIDERS	00:28:53		39	1	2
50	296	KIRSTY HAYGARTH	F	FV35		00:28:55	11		3	3
51	228	CHARLIE PODOLANSKI	M	MSEN	STOCKPORT TRI CLUB	00:28:55		40	4	1
52	229	MELANIE MATHER	F	FV55	STOCKPORT HARRIERS & AC	00:28:58	12		2	4
53	213	ANDY FOWLER	M	MV55	SPORTS FEET	00:29:03		41	9	2
54	206	JAMES FELTHAM	M	MSEN	BRAMHALL RUNNERS	00:29:06		42	5	17
55	268	SAM TURTON	M	MV40		00:29:07		43	7	9
56	328	STEPHEN SHARROCKS	M	MV60	STOCKPORT HARRIERS & AC	00:29:11		44	1	6
57	235	PAUL FARRINGTON	M	MV50	STOCKPORT TRI CLUB	00:29:12		45	10	2
58	281	SUSANNAH WILLIAMS	F	FV40	MARPLE RUNNERS	00:29:14	13		4	3
59	246	LOUISA JOHNSON	F	FJUN	BRAMHALL RUNNERS	00:29:16	14		2	3
60	278	MARY JONES	F	FV55	GOYT VALLEY STRIDERS	00:29:22	15		3	1
61	209	ABRIELLE PICKARD WHITEHEAD	F	FV45	STOCKPORT TRI CLUB	00:29:26	16		2	1
62	106	EMILY WESTWELL	F	FSEN	CHAFING PAVEMENTS	00:29:30	17		2	1
63	286	MOLLY POULTER	F	FSEN	BRAMHALL RUNNERS	00:29:37	18		3	4
64	267	AMY BILLING	F	FV45	STOCKPORT TRI CLUB	00:29:41	19		3	2
65	212	CAT TURTON	F	FV35		00:29:45	20		4	4
66	282	OLIVER COBURN	M	MSEN	MARPLE RUNNERS	00:29:48		46	6	4
67	293	SARA HARRIS	F	FV50	STYAL RUNNING CLUB	00:29:50	21		1	2
68	273	ANNA ASHTON	F	FV65	MARPLE RUNNERS	00:29:52	22		1	4
69	224	JULIA MARIE CARTER	F	FV50	GOYT VALLEY STRIDERS	00:30:06	23		2	2
70	203	MATTHEW JONES	M	MV40		00:30:13		47	8	10
71	340	PAUL PLUMMER	M	MV55	STOCKPORT TRI CLUB	00:30:23		48	10	3
72	334	ZEKI AL-KHISHALI	M	MV35	MARPLE RUNNERS	00:30:24		49	3	5
73	241	DEBBIE KELLY	F	FV55	SPORTS FEET	00:30:29	24		4	1
74	339	DAVID MURCH	M	MV55	POYNTON RUNNERS	00:30:45		50	11	1
75	242	PAUL MCDAID	M	MV55	HEALD GREEN RUNNERS	00:30:47		51	12	1
76	244	CHRISTINA EMERSON	F	FV50	HEALD GREEN RUNNERS	00:30:53	25		3	1
77	253	ISAAC WINTON-HAYES	M	MSEN	DAVENPORT RUNNERS	00:31:21		52	7	1

78	263	ELAINE FLAVELL	F	FV35	STOCKPORT HARRIERS & AC	00:31:25	26		5	5
79	207	RAY GIBBONS	M	MV60	BRAMHALL RUNNERS	00:31:28		53	2	18
80	248	NICOLA KARIM	F	FV40		00:31:37	27		5	5
81	360	JAMES MACGLASHAN	M	MV50		00:31:41		54	11	11
82	335	LOUISE ABEDIN	F	FV45	BRAMHALL RUNNERS	00:31:43	28		4	5
83	325	DUNCAN MAHER	M	MV45		00:31:44		55	9	12
84	218	NICHOLAS ROBERTS	M	MV55	STOCKPORT TRI CLUB	00:31:48		56	13	4
85	239	SHAUN DONAGHY	M	MV45	MARPLE RUNNERS	00:31:51		57	10	6
86	243	ROBERT PARAMORE	M	MV40	HEALD GREEN RUNNERS	00:31:53		58	9	2
87	290	SHIRLEY RALPH	F	FV50	BRAMHALL RUNNERS	00:32:11	29		4	6
88	358	KAT SHAW	F	FV40		00:32:24	30		6	6
89	231	ANN RICHARDSON	F	FV40	MARPLE RUNNERS	00:32:30	31		7	5
90	230	EMMA CAMM	F	FV50	MARPLE RUNNERS	00:32:45	32		5	6
91	107	LEE WESTWELL	F	MSEN	CHAFING PAVEMENTS	00:32:54	33		8	2
92	271	ROBERT TODD	M	MV60	DRAGONS RUNNING CLUB (SALE)	00:32:56		59	3	1
93	232	CHRIS DARLASTON	M	MV50		00:33:02		60	12	13
94	338	JANET HADFIELD	F	FV50	MARPLE RUNNERS	00:33:16	34		6	7
95	227	AMELIA PODOLANSKI-BULLEN	F	FSEN	STOCKPORT TRI CLUB	00:33:17	35		4	3
96	264	TATE LIM	M	MJUN		00:33:18		61	3	14
97	105	MORGAN SCRAGG	F	FSEN	CHAFING PAVEMENTS	00:33:20	36		5	3
98	355	PHIL BOARDMAN	M	MV40		00:33:32		62	10	15
99	245	GARETH HAMMOND	M	MV55	MARPLE RUNNERS	00:33:58		63	14	7
100	342	KEVIN GORMAN	M	MV70		00:34:02		64	2	16
101	341	MARGARET GORMAN	F	FV70		00:34:09	37		1	7
102	350	ANN BRACEGIRDLE	F	FV45		00:34:19	38		5	8
103	238	AFY AFROUZ	F	FV40	BRAMHALL RUNNERS	00:34:38	39		8	7
104	221	MELANIE BRAY	F	FV55	BELLE VUE RACERS	00:34:41	40		5	1
105	349	KERRY ORRELL	F	FV35	POYNTON RUNNERS	00:35:08	41		6	1
106	287	CHARLOTTE CRISCUOLO	F	FSEN		00:35:53	42		6	9
107	204	JOANNE DESCHOOLMEESTER	F	FV50	BRAMHALL RUNNERS	00:35:58	43		7	8
108	236	STEVEN HUGHES	M	MV60	BRAMHALL RUNNERS	00:35:59		65	4	19
109	285	RHONA JOHNSON	F	FV65	BRAMHALL RUNNERS	00:36:11	44		2	9
110	269	ROB PARKIN	M	MV50	SPORTS FEET	00:36:23		66	13	3
111	336	LOUISE GODDEN	F	FV65		00:36:40	45		3	10
112	359	NINA LAND	F	FV40		00:36:47	46		9	11
113	261	RACH GARRY	F	FSEN	MARPLE RUNNERS	00:36:48	47		7	8
114	289	MIKE HALL	M	MV60	BRAMHALL RUNNERS	00:37:41		67	5	20
115	331	ANN MARSHALL	F	FV65	MARPLE RUNNERS	00:38:12	48		4	9
116	205	BARRY CHAMBERS	M	MV70	VALE ROYAL AC	00:38:44		68	3	1

117	233	JANE DEAVILLE	F	FV50		00:38:50	49		8	12
118	294	MARY ROBERTS	F	FV60		00:38:51	50		2	13
119	292	SOPHIE PODD	F	FJUN	BRAMHALL RUNNERS	00:38:58	51		3	10
120	217	BOB JONES	M	MV65	MARPLE RUNNERS	00:39:09		69	1	8
121	295	ANDY TURNER	M	MV55	BRAMHALL RUNNERS	00:39:10		70	15	21
122	216	LISA SELBY WORMLEIGHTON	F	FV40	DRAGONS RUNNING CLUB (SALE)	00:39:27	52		10	1
123	322	CELIA MACDONALD	F	FV65		00:39:30	53		5	14
124	345	SALLY CAPPER	F	FV45	SPORTS FEET	00:39:51	54		6	2
125	344	AMANDA KINSLEY	F	FV55	SPORTS FEET	00:39:52	55		6	3
126	237	DEBBIE WALDRON	F	FV50	SPORTS FEET	00:40:00	56		9	4
127	104	NIGEL GASKILL	M	MV65		00:40:44		71	2	17
128	226	EMMA TURNER	F	FV55	BRAMHALL RUNNERS	00:41:39	57		7	11
129	348	TED LOCK	M	MV80		00:42:50		72	1	18
130	215	ELLEN CLIFF	F	FV40	SPORTS FEET	00:43:10	58		11	5
131	270	SARAH GWINNETT	F	FV45	SPORTS FEET	00:43:11	59		7	6
132	214	KARLA HANCOCK	F	FV35	SPORTS FEET	00:43:12	60		7	7
133	352	DEBBIE BOARDMAN	F	FV55	STOCKPORT HARRIERS & AC	00:44:05	61		8	6
134	337	MARK GODDEN	M	MV65	MACCLESFIELD HARRIERS & AC	00:44:53		73	3	1
135	329	LYNDA MOEHLE	F	FV65	BRAMHALL RUNNERS	00:47:36	62		6	12
136	222	STEPH UNWIN	F	FV35		00:49:40	63		8	15
137	280	GEMMA OWENS	F	FV40		00:49:41	64		12	16
138	225	JAMES PRATT	M	MSEN	MARPLE RUNNERS	00:51:49		74	9	9