

Position	Race no.	Name	Gender	Cat	Club	Gun Time	F Pos	M Pos	Cat Pos	Team Pos
1	448	LOUIS SZYMANSKI	M	MSEN		00:19:13		1	1	1
2	403	TOM BROWN	M	MSEN	ALTRINCHAM & DISTRICT ATHLETIC CLUB LIMITED	00:20:15		2	2	1
3	494	DAVID KEARNEY	M	MV35	MANCHESTER YMCA HARRIERS	00:20:33		3	1	1
4	561	MARLOW UPTON	M	MV35	MANCHESTER YMCA HARRIERS	00:21:03		4	2	2
5	427	DAVID MAHER	M	MV50	STOCKPORT HARRIERS & AC	00:21:47		5	1	1
6	466	JOSEPH HARRISON	M	MSEN	SWINTON RUNNING CLUB	00:21:51		6	3	1
7	465	TIM SHANKER	M	MV55	MANCHESTER YMCA HARRIERS	00:22:07		7	1	3
8	435	ANDREW GIVEN	M	MV40		00:22:09		8	1	2
9	583	MATTHEW MORAN	M	MV45	BRAMHALL RUNNERS	00:22:13		9	1	1
10	382	JOHN WILLIAMS	M	MV40	BRAMHALL RUNNERS	00:22:22		10	2	2
11	502	ZAIN KARIM	M	MV35	BRAMHALL RUNNERS	00:22:31		11	3	3
12	398	CALLUM WHITTEN	M	MSEN	MANCHESTER YMCA HARRIERS	00:22:43		12	4	4
13	462	SIMON TODD	M	MV40	BRAMHALL RUNNERS	00:22:48		13	3	4
14	546	JOSEPH HAYES	M	MV35	MANCHESTER YMCA HARRIERS	00:22:58		14	4	5
15	470	NEIL HEY	M	MV60	MACCLESFIELD HARRIERS & AC	00:23:08		15	1	1
16	396	PAUL COLLINS	M	MV55	SWINTON RUNNING CLUB	00:23:16		16	2	2
17	390	ROBERT SEXTON	M	MV35		00:23:23		17	5	3
18	555	GARETH PRITCHARD	M	MV40	BRAMHALL RUNNERS	00:23:28		18	4	5
19	434	ROBERT FAIRBANKS	M	MV45		00:23:34		19	2	4
20	461	SAMANTHA JONES	F	FV40	BRAMHALL RUNNERS	00:23:43	1		1	1
21	495	ISABEL PEARSON	F	FSEN	TRAFFORD ATHLETIC CLUB	00:23:52	2		1	1
22	508	BELINDA BRENNAN	F	FV45	BRAMHALL RUNNERS	00:23:59	3		1	2
23	381	MATT DARNLEY	M	MV45	BRAMHALL RUNNERS	00:24:01		20	3	6
24	545	STEPHEN BRUNDRETT	M	MV55	BRAMHALL RUNNERS	00:24:04		21	3	7
25	384	MATTHEW DESCHOOLMEESTER	M	MV50	BRAMHALL RUNNERS	00:24:14		22	2	8
26	400	TOM CORNES	M	MV35	SWINTON RUNNING CLUB	00:24:19		23	6	3
27	412	IAN DIXON	M	MV50	BRAMHALL RUNNERS	00:24:37		24	3	9
28	541	GARETH HURFURT	M	MV55	STOCKPORT HARRIERS & AC	00:24:51		25	4	2
29	402	STEVE MCGOVERN	M	MV50	BRAMHALL RUNNERS	00:24:54		26	4	10
30	428	PHIL COTTRILL	M	MSEN		00:24:57		27	5	5
31	401	ELAINE WONG	F	FV35	SWINTON RUNNING CLUB	00:24:59	4		1	1
32	480	NICHOLAS THORNE	M	MV55	STOCKPORT HARRIERS & AC	00:25:06		28	5	3
33	397	ALAN BEAUMONT	M	MV35	MANCHESTER YMCA HARRIERS	00:25:08		29	7	6
34	300	OLIVER WILSON	M	MSEN		00:25:12		30	6	6
35	447	SEAN DUFF	M	MV35	MANCHESTER YMCA HARRIERS	00:25:19		31	8	7
36	580	AMY MCCONVILLE	F	FV40	STYAL RUNNING CLUB	00:25:21	5		2	1
37	573	IAN KEELING	M	MV55		00:25:24		32	6	7
38	489	SARAH BROWN	F	FV55	STOCKPORT HARRIERS & AC	00:25:29	6		1	1
39	484	JAMES NUTTALL	M	MV40	MARPLE RUNNERS	00:25:56		33	5	1
40	299	JOHN WILLIAMS	M	MV50	BRAMHALL RUNNERS	00:26:01		34	5	11
41	509	CAROLINE STOW	F	FV40		00:26:02	7		3	1
42	544	RUSSELL SUTTON	M	MV50	BRAMHALL RUNNERS	00:26:04		35	6	12
43	442	OLIVER COBURN	M	MSEN	MARPLE RUNNERS	00:26:06		36	7	2
44	500	BEN WOLSTENHOLME	M	MV40		00:26:07		37	6	8
45	488	STEPHEN BROWN	M	MV55	STOCKPORT HARRIERS & AC	00:26:13		38	7	4
46	542	TOMMY BANCROFT	M	MV55	HYDE VILLAGE STRIDERS	00:26:31		39	8	1
47	399	ASHLEY EMARE	M	MV35	SWINTON RUNNING CLUB	00:26:36		40	9	4
48	464	STEVEN DOXEY	M	MV65	SWINTON RUNNING CLUB	00:26:44		41	1	5
49	472	EMMA MOCHAN	F	FV35	MANCHESTER YMCA HARRIERS	00:26:48	8		2	1
50	430	JOHN MACGLASHAN	M	MV45		00:26:49		42	4	9
51	389	REBECCA MILLS	F	FV45	SWINTON RUNNING CLUB	00:26:53	9		2	2
52	394	MARTIN WOOD	M	MV50	BRAMHALL RUNNERS	00:27:00		43	7	13
53	503	BENJAMIN EDMONDS	M	MV40	BRAMHALL RUNNERS	00:27:02		44	7	14
54	578	MATT ROBERTS	M	MV55	BRAMHALL RUNNERS	00:27:08		45	9	15
55	499	BEN WATSON	M	MV40		00:27:11		46	8	10
56	554	MARK BOUSIE	M	MV45	STOCKPORT HARRIERS & AC	00:27:26		47	5	5
57	510	DAN HEY	M	MSEN	BRAMHALL RUNNERS	00:27:53		48	8	16
58	543	STEVE SHAUGHNESSY	M	MV70	STOCKPORT HARRIERS & AC	00:27:57		49	1	6
59	298	JOE CARTER	M	MJUN		00:28:00		50	1	11
60	550	HARRY HUGHES	M	MJUN		00:28:03		51	2	12
61	410	VICKY ROBINSON	F	FV35	MARPLE RUNNERS	00:28:08	10		3	1
62	421	MARK JOHNSTON	M	MV45		00:28:09		52	6	13
63	411	JOSIE CLOUGH	F	FSEN	MANCHESTER YMCA HARRIERS	00:28:09	11		2	2
64	551	JOEL GARVEY	M	MJUN	BRAMHALL RUNNERS	00:28:11		53	3	17
65	418	ANDREW HODSON	M	MV55	MARPLE RUNNERS	00:28:15		54	10	3
66	420	ALISON PEARSON	F	FV50		00:28:16	12		1	2
67	468	ANDY FOWLER	M	MV55		00:28:18		55	11	14
68	483	GABRIELLE PICKARD WHITEHEAD	F	FV45	STOCKPORT TRI CLUB	00:28:27	13		3	1
69	572	PAUL MCDAID	M	MV55	HEALD GREEN RUNNERS	00:28:34		56	12	1
70	408	KATHERINE HOLT	F	FV40		00:28:35	14		4	3
71	569	BRIAN HOLLAND	M	MV70	GOYT VALLEY STRIDERS	00:28:41		57	2	1
72	552	ANDREA BUCKINGHAM	F	FV60	BRAMHALL RUNNERS	00:28:56	15		1	3
73	425	LOUISA JOHNSON	F	FJUN	BRAMHALL RUNNERS	00:28:56	16		1	4
74	557	GARY YATES	M	MV55		00:28:58		58	13	15

75	575	KAREN WILEMAN	F	FV45	BRAMHALL RUNNERS	00:29:14	17	4	5
76	585	ROLAND HARDING	M	MV60	BRAMHALL RUNNERS	00:29:31	59	2	18
77	423	SARA HARRIS	F	FV50	STYAL RUNNING CLUB	00:29:39	18	2	2
78	496	ANTHONY O'REILLY	M	MV50		00:29:44	60	8	16
79	431	CHRISTINA EMERSON	F	FV50	HEALD GREEN RUNNERS	00:29:48	19	3	1
80	582	MIKE V HALL	M	MV60	BRAMHALL RUNNERS	00:29:52	61	3	19
81	424	GORDON SHARP	M	MV70	LYME RUNNERS	00:29:54	62	3	1
82	567	AMY BILLING	F	FV45	STOCKPORT TRI CLUB	00:29:55	20	5	2
83	409	PAUL FARRINGTON	M	MV50	STOCKPORT TRI CLUB	00:30:02	63	9	1
84	426	MIA SENIOR	F	FSEN	MANCHESTER YMCA HARRIERS	00:30:02	21	3	3
85	478	NIGEL HARRISON	M	MV60	STOCKPORT HARRIERS & AC	00:30:06	64	4	7
86	479	LOUISE HARRISON	F	FV50	STOCKPORT HARRIERS & AC	00:30:15	22	4	2
87	432	ADAM CONNELL	M	MV40	SWINTON RUNNING CLUB	00:30:19	65	9	6
88	301	JAMES MACGLASHAN	M	MV50		00:30:20	66	10	17
89	487	MATTHEW CORNE	M	MV50		00:30:25	67	11	18
90	433	ELAINE FLAVELL	F	FV35	STOCKPORT HARRIERS & AC	00:30:43	23	4	3
91	547	JESS TRUDGEON	F	FSEN	MANCHESTER YMCA HARRIERS	00:30:52	24	4	4
92	566	JULIA MARIE CARTER	F	FV50	GOYT VALLEY STRIDERS	00:30:59	25	5	1
93	473	CHLOE WILLIAMS	F	FSEN	MANCHESTER YMCA HARRIERS	00:31:01	26	5	5
94	506	ELISE EVANS	F	FV50	MARPLE RUNNERS	00:31:03	27	6	2
95	422	PAUL HINE	M	MV45		00:31:05	68	7	19
96	481	BARRY HEAP	M	MV60	BRAMHALL RUNNERS	00:31:05	69	5	20
97	482	RAY GIBBONS	M	MV60	BRAMHALL RUNNERS	00:31:07	70	6	21
98	579	STEVE AUGHTON	M	MV50	BRAMHALL RUNNERS	00:31:09	71	12	22
99	416	PAUL PLUMMER	M	MV55	STOCKPORT TRI CLUB	00:31:10	72	14	2
100	564	MIKE KELLY	M	MV55	MARPLE RUNNERS	00:31:11	73	15	4
101	492	LAUREN HODSON	F	FSEN		00:31:12	28	6	4
102	441	NICK ROBERTS	M	MV55	STOCKPORT TRI CLUB	00:31:14	74	16	3
103	429	ROBERT PARAMORE	M	MV40	HEALD GREEN RUNNERS	00:31:26	75	10	2
104	571	SARAH BEATTIE	F	FV50	BRAMHALL RUNNERS	00:31:30	29	7	6
105	467	DUNCAN MAHER	M	MV45		00:31:52	76	8	20
106	504	KAT SHAW	F	FV45		00:32:00	30	6	5
107	490	GORDON ROGAN	M	MV60	MARPLE RUNNERS	00:32:01	77	7	5
108	444	EMMA CAMM	F	FV50	MARPLE RUNNERS	00:32:02	31	8	3
109	469	ALYSON ADAMS	F	FV60	BRAMHALL RUNNERS	00:32:31	32	2	7
110	445	JANET HADFIELD	F	FV50	MARPLE RUNNERS	00:32:37	33	9	4
111	471	PAUL ADKINS	M	MV70	BRAMHALL RUNNERS	00:32:38	78	4	23
112	577	MARK GODDEN	M	MV65	MACCLESFIELD HARRIERS & AC	00:32:39	79	2	2
113	388	STUART KEEN	M	MV55	GOYT VALLEY STRIDERS	00:32:47	80	17	2
114	414	SHIRLEY RALPH	F	FV50	BRAMHALL RUNNERS	00:33:01	34	10	8
115	393	REBECCA BRIMAGE	F	FV45	STOCKPORT HARRIERS & AC	00:33:03	35	7	4
116	560	KEN WINTLE	M	MV60	SWINTON RUNNING CLUB	00:33:20	81	8	7
117	574	JON PARAMOR	M	MV70		00:33:24	82	5	21
118	437	RUTH HAWORTH	F	FSEN		00:33:28	36	7	6
119	436	JENNY BRAMWELL	F	FV35		00:33:29	37	5	7
120	584	PAULA STEVENS	F	FV55	BRAMHALL RUNNERS	00:33:31	38	2	9
121	392	STEVEN HUGHES	M	MV60	BRAMHALL RUNNERS	00:33:59	83	9	24
122	587	ANDY CORDES	M	MV55	BRAMHALL RUNNERS	00:34:00	84	18	25
123	415	CHRIS DARLASTON	M	MV55		00:34:02	85	19	22
124	395	NICOLA MCINTOSH	F	FV55		00:34:22	39	3	8
125	413	AMELIA PODOLANSKI-BULLEN	F	FSEN	STOCKPORT TRI CLUB	00:34:25	40	8	3
126	439	KEVIN GORMAN	M	MV70		00:34:32	86	6	23
127	556	DAVID SHOESMITH	M	MV70	MARPLE RUNNERS	00:34:39	87	7	6
128	297	DENNIS YARWOOD	M	MV60	SPECTRUM STRIDERS	00:34:58	88	10	1
129	391	RACH GARRY	F	FSEN	MARPLE RUNNERS	00:35:02	41	9	5
130	438	MARGARET GORMAN	F	FV70		00:35:05	42	1	9
131	474	CRAIG MAC	M	MV35		00:35:08	89	10	24
132	570	HANNAH HAINSWORTH	F	FV35		00:35:16	43	6	10
133	576	LOUISE GODDEN	F	FV65		00:35:47	44	1	11
134	562	JANE DEAVILLE	F	FV50		00:35:48	45	11	12
135	563	JULIE SHORTT	F	FV55	BRAMHALL RUNNERS	00:35:54	46	4	10
136	446	MELANIE BRAY	F	FV55	BELLE VUE RACERS	00:35:54	47	5	1
137	385	PETE BISHOP	M	MV35		00:36:00	90	11	25
138	485	BOB JONES	M	MV65	MARPLE RUNNERS	00:36:01	91	3	7
139	386	AMANDA BISHOP	F	FV35	BRAMHALL RUNNERS	00:36:09	48	7	11
140	443	DENISE GREGORY	F	FV60	BRAMHALL RUNNERS	00:36:28	49	3	12
141	565	GREGORY DENT	M	MJUN	SPORTS FEET	00:36:32	92	4	1
142	407	ROB PARKIN	M	MV55	SPORTS FEET	00:36:37	93	20	2
143	440	HAYLEY HALL	F	FV55	BRAMHALL RUNNERS	00:36:45	50	6	13
144	477	FIONA COWELL	F	FV60	BRAMHALL RUNNERS	00:36:48	51	4	14
145	387	JANE KEEN	F	FV55	GOYT VALLEY STRIDERS	00:37:04	52	7	2
146	586	NINA LAND	F	FV45		00:37:05	53	8	13
147	406	ANN MARSHALL	F	FV65	MARPLE RUNNERS	00:37:22	54	2	6
148	559	SHIRLEY GROVES	F	FV65	SWINTON RUNNING CLUB	00:37:42	55	3	3
149	476	GAVIN JOHNSTONE	M	MV60	SPORTS FEET	00:38:00	94	11	3

150	417	IAN YARWOOD	M	MV60	DRAGONS RUNNING CLUB (SALE)	00:38:20	95	12	1
151	486	KATHERINE JACKSON	F	FV45	SWINTON RUNNING CLUB	00:38:31	56	9	4
152	383	ALEXIS DINSMOR	F	FV75	STOCKPORT HARRIERS & AC	00:38:41	57	1	5
153	475	KAREN PAWLETT	F	FV50	DAVENPORT RUNNERS	00:39:00	58	12	1
154	498	MANDY WINCKWORTH	F	FV70	STYAL RUNNING CLUB	00:39:04	59	2	3
155	558	DAVINA BROADBENT	F	FV45	BRAMHALL RUNNERS	00:39:14	60	10	15
156	581	ANDY TURNER	M	MV55	BRAMHALL RUNNERS	00:39:47	96	21	26
157	463	WENDY DOXEY	F	FV65	SWINTON RUNNING CLUB	00:40:40	61	4	5
158	404	IAN BUTTERFIELD	M	MV60		00:41:13	97	13	26
159	491	TED LOCK	M	MV80		00:42:16	98	1	27
160	419	STEVE MCWILLIAMS	M	MV65		00:42:27	99	4	28
161	553	SARAH GWINNETT	F	FV45	SPORTS FEET	00:42:30	62	11	1
162	568	JO RICHARDSON	F	FV65	SPECTRUM STRIDERS	00:42:39	63	5	1
163	497	JEN BULMAN	F	FV40	BRAMHALL RUNNERS	00:42:39	64	5	16
164	549	DEBBIE BOARDMAN	F	FV55	STOCKPORT HARRIERS & AC	00:42:42	65	8	6
165	493	ELLEN CLIFF	F	FV40	SPORTS FEET	00:42:44	66	6	2
166	405	KARLA HANCOCK	F	FV35	SPORTS FEET	00:42:45	67	8	3
167	505	LINDA AMOS	F	FV60	MARPLE RUNNERS	00:44:16	68	5	7
168	548	ALISON HOLLAND	F	FV80	BRAMHALL RUNNERS	00:46:33	69	1	17
169	501	JAMES PRATT	M	MSEN	MARPLE RUNNERS	00:49:36	100	9	8
170	507	MIKE HALL	M	MV60	BRAMHALL RUNNERS	00:50:01	101	14	27