

POS	TIME	ATHLETE		CLUB	CATEGORY
1	25:14	Nigel	Martin	Sale Harriers Manchester	M
2	27:30	Mark	Walker	Macclesfield Harriers & AC	M35
3	27:53	Paul	Hawkins	Wilmslow Running Club	M
4	28:10	David	Marsh	Sale Harriers Manchester	M
5	28:21	Jonathan	Currie	Stockport Tri Club	M
6	28:23	Stephen	McCarron	Sale Harriers Manchester	M40
7	29:11	Diane	McVey	Wilmslow Running Club	F40
8	29:12	Michael	Harrington	Vale Royal AC	M40
9	29:25	Jonathan	Powell	Altrincham & District Athletic Clu	M35
10	29:27	Glen	Savage	Sale Harriers Manchester	M50
11	30:08	James	Perry	Macclesfield Harriers & AC	M35
12	30:15	Trevor	Morris	Wilmslow Running Club	M55
13	30:25	John	Williams	Bramhall Runners	M35
14	30:30	Daniel	Bundredd	Wilmslow Running Club	M20
15	30:36	Olivier	Gaillemin	Sale Harriers Manchester	M40
16	30:44	Mike	Ashby	Sale Harriers Manchester	M35
17	30:47	Matthew	Moran	Bramhall Runners	M35
18	30:48	Mark	Collier		M40
19	30:56	Steven	Gavin	Sale Harriers Manchester	M45
20	31:03	James	Jenkins		M
21	31:05	Lok	Li	Bramhall Runners	M45
22	31:06	Mike	Hill	Wilmslow Running Club	M50
23	31:20	Brian	McCoubrey	Wilmslow Running Club	M35
24	31:33	Simeon	Farrington-Newman	Stockport Harriers & AC	M40
25	31:38	Chris	Kershaw	Bramhall Runners	M35
26	31:39	Ian	Keeling	Bramhall Runners	M45
27	31:44	Mark	Norman	Chorlton Runners	M35
28	31:53	Sharon	Johnstone	Wilmslow Running Club	F40
29	31:55	Adam	Neale	Wilmslow Running Club	M45
30	31:57	Matthew	Taylor	Wilmslow Running Club	M40
31	32:02	Matthew	Spragg	Sale Harriers Manchester	M40
32	32:06	Matthew	deSchoolmeester	Bramhall Runners	M40
33	32:14	Andy	Dykins	Macclesfield Harriers & AC	M45
34	32:15	Helen	Murray	Knutsford Tri Club	F
35	32:16	Peter	Shiple	Sale Harriers Manchester	M
36	32:18	Steve	Shaughnessy	Stockport Harriers & AC	M60
37	32:21	Ashley	Lindsey	Sale Harriers Manchester	M45
38	32:23	Anthony	Dunn		M45
39	32:29	Neil	Hey	Macclesfield Harriers & AC	M50
40	32:38	Paul	Wain	Knutsford Tri Club	M45
41	32:40	James	Williams	Lymm Runners	M40
42	32:44	Richard	Smart		M
43	32:47	Dave	Gough	Knutsford Tri Club	M50
44	32:48	Mark	Thornley		M50
45	32:49	James	Downs		M50
46	32:49	Helen	Armitage	Sale Harriers Manchester	F40
47	33:01	Clara	Jarvis	Stockport Harriers & AC	F20
48	33:01	Peter	Stock	Wilmslow Running Club	M60
49	33:03	John	Goggins	Knutsford Tri Club	M35

50	33:13	Peter	Waterson	Altrincham & District Athletic Clu	M45
51	33:17	Clare	McCarron	Sale Harriers Manchester	F40
52	33:29	Chris	Hatton	Lymm Runners	M35
53	33:33	Emma	Weston	Congleton Harriers	F45
54	33:38	Damian	Jones	Davenport Runners	M
55	33:44	Ian Thomas	Mulligan	Stockport Harriers & AC	M50
56	33:51	Louisa	Harrison	Wilmslow Running Club	F40
57	33:57	Paul	Carrington	Stockport Tri Club	M45
58	34:03	Amy	Welch	Chorlton Runners	F
59	34:07	David	Chadderton	Stockport Harriers & AC	M70
60	34:08	Mike	Watson		M
61	34:08	Ian	Scouler	Northwich Running Club	M50
62	34:12	Matthew	Given	Marple Runners	M35
63	34:13	Ray	O'Keefe	Macclesfield Harriers & AC	M50
64	34:20	Bill	Shone	Stockport Harriers & AC	M50
65	34:21	Simon	Gebbett	Bramhall Runners	M45
66	34:23	Paul	Norris	Wilmslow Running Club	M55
67	34:30	Richard	Hall	Bramhall Runners	M50
68	34:42	Matt	Bailey	Macclesfield Harriers & AC	M35
69	34:51	Tim	Blackwell	Chorlton Runners	M40
70	34:53	Bernard	McCarron	Wilmslow Running Club	M50
71	34:58	Jennie	Pickard	Bramhall Runners	F45
72	35:00	Darran	Wilson		M45
73	35:14	Lee	Jones	Bramhall Runners	M45
74	35:16	Jerry	Smith	Chorlton Runners	M60
75	35:17	Keith	Mulholland	Macclesfield Harriers & AC	M50
76	35:22	Julian	Dickinson	Lymm Runners	M40
77	35:32	James	Pratt	Bramhall Runners	M
78	35:35	Eugene	Campbell		M
79	35:48	Phillip	Whittle		M35
80	35:51	Melanie	Worthington	Congleton Harriers	F40
81	36:04	Christian	Hook	Wilmslow Running Club	M40
82	36:11	Craig	Belfield	Altrincham & District Athletic Clu	M50
83	36:11	Jim	Peel		M45
84	36:12	Karl	Davies		M
85	36:12	Mike	Womack	Lymm Runners	M35
86	36:14	Jose	Perez	Lymm Runners	M45
87	36:19	Phil	Heaward	Bramhall Runners	M
88	36:22	Jeremy	Woodham	Stockport Harriers & AC	M40
89	36:23	Andy	Cordes	Bramhall Runners	M45
90	36:23	Beverley	Jackson	Altrincham & District Athletic Clu	F50
91	36:26	Alan	Wilcox	Northwich Running Club	M50
92	36:27	Gillian	Doolan	Stockport Tri Club	F45
93	36:32	Petra	Hardie	Lymm Runners	F40
94	36:39	Andy	Wood	Belle Vue Racers	M50
95	36:58	Gary	Mitchell		M45
96	36:59	Adina	Stan	Bramhall Runners	F
97	37:00	Andrew	Tomlinson	Bramhall Runners	M40
98	37:02	Brad	Ehlen	Northwich Running Club	M45
99	37:03	Michael	Stanley	Congleton Harriers	M45

100	37:06	Greg	Whittaker	NA	M
101	37:07	John Mark	Richards	Bramhall Runners	M35
102	37:08	Sian	Gulliver	Macclesfield Harriers & AC	F
103	37:16	Stewart	Waudby	Macclesfield Harriers & AC	M40
104	37:20	Georgina	Walker	Lymm Runners	F40
105	37:29	Gareth	Maher	Bramhall Runners	M
106	37:32	Des	Miles		M50
107	37:33	Sinead	Ferguson	Sale Harriers Manchester	F40
108	37:33	Angelique	Bueler	Chorlton Runners	F40
109	37:44	Donna	Thompson		F35
110	37:47	Fraser	Kerr		M50
111	37:56	Jeffrey	Norman	Altrincham & District AC	M70
112	38:14	Paul	Crean	Congleton Harriers	M60
113	38:19	Ewen	MacRury	Knutsford Tri Club	M
114	38:25	Matt	Broomhead	Bournville Harriers	M
115	38:26	Claire	MacNeill	Stockport Harriers & AC	F40
116	38:29	Danny	McCarron	Chorlton Runners	M55
117	38:37	John	Morris	Sale Harriers Manchester	M35
118	38:39	Nick	Heaton	Bramhall Runners	F45
119	38:43	Richard	Brown	Knutsford Tri Club	M35
120	38:48	Simon	Thomas		M50
121	38:52	Lynn	Moseley	Lymm Runners	F55
122	38:56	Annette	Campbell	Altrincham & District Athletic Clu	F55
123	38:57	Lockie	Campbell	Altrincham & District Athletic Clu	M55
124	38:59	Fiona	Cooke	Stockport Harriers & AC	F50
125	39:04	Catharine	Crossley	Macclesfield Harriers & AC	F35
126	39:05	Lynda	Cook	Macclesfield Harriers & AC	F45
127	39:15	Joseph	Connor	Bramhall Runners	M35
128	39:16	Tony	Smith	Congleton Harriers	M60
129	39:19	Gareth	Crook		M35
130	39:27	Steph	Thompson	Altrincham & District Athletic Clu	F45
131	39:31	Kieran	Hallinan		M50
132	39:32	Andrew	Bagshaw	Bramhall Runners	M45
133	39:38	Leanne	Hackney	Bramhall Runners	F
134	39:43	Peter	Vince	Macclesfield Harriers & AC	M45
135	39:45	Mark	Atkinson	Chorlton Runners	M50
136	39:50	Richard	Pankhurst	Macclesfield Harriers & AC	M45
137	39:51	Claerwen	Snell		F40
138	39:52	Tracey	Blanchard		F40
139	39:59	Clare	Holdcroft	Mow Cop Runners	F45
140	40:01	Paul	Kain	Chorlton Runners	M45
141	40:07	Jason	Rowbottom	Lymm Runners	M50
142	40:13	Emma	Puzylo	Northwich Running Club	F
143	40:17	Andrea	Buckingham	Bramhall Runners	F50
144	40:24	Michelle	Kehoe		F40
145	40:25	Jan	Wyles	Wilmslow Running Club	F50
146	40:29	Melanie	Bradley	Northwich Running Club	F45
147	40:31	Neal	Foundly		M50
148	40:35	Louise	Poole	Congleton Harriers	F
149	40:39	David	Ward	Davenport runners	M

150	40:41	Melanie	Whittaker	Macclesfield Harriers & AC	F40
151	40:42	Jacqueline	Evans	Davenport Runners	F35
152	40:44	Paul	Taylor	Bramhall Runners	M40
153	40:48	Sarah	Matzen	Northwich Running Club	F35
154	40:48	Chris	Cannon	Wilmslow Running Club	M60
155	40:59	Mark	Godden	Macclesfield Harriers & AC	M60
156	41:01	Ann	Carney	Chorlton Runners	F55
157	41:04	Maura	Welch		F45
158	41:05	Alice	Doherty	Chorlton Runners	F
159	41:21	Christopher	Griffiths	Vale Royal AC	M55
160	41:28	Paul	Adams	Chorlton Runners	M50
161	41:32	Julie	Lucas	Wilmslow Running Club	F50
162	41:33	Geoffrey	Hull	Macclesfield Harriers & AC	M65
163	41:35	Luciana	Fallows	Northwich Running Club	F45
164	41:36	Andrew	Wilkinson		M45
165	41:43	Christine	Ritchie	Macclesfield Harriers & AC	F60
166	41:47	Robert	Soames	Congleton Harriers	M40
167	41:50	Mathew	Cordes	Bramhall Runners	M20
168	42:08	Jon	Clare	Bramhall Runners	M40
169	42:16	Catherine	Mellor	Wilmslow Running Club	F35
170	42:21	Martin	Bamping		M40
171	42:34	Louise	Thomas		F50
172	42:38	Kim	Eastham	Macclesfield Harriers & AC	F50
173	42:40	Joanna	Sparkman	Lymm Runners	F40
174	42:44	Claire	Gardom	Chorlton Runners	F40
175	42:49	Keith	Pleasant	Oldham & Royton H & AC	M35
176	42:54	Helen	Milby	Lymm Runners	F40
177	42:58	Katy	Barnes	Macclesfield Harriers & AC	F35
178	43:00	Dennis	Yarwood	Spectrum Striders	M50
179	43:01	John	Croall	Lymm Runners	M55
180	43:05	James	Mills	Davenport Runners	M
181	43:05	Adrian	Jarvis	Bramhall Runners	M45
182	43:12	Sam	Blacow	Bramhall Runners	F
183	43:13	Emma	Reeves		F35
184	43:16	Francis	Wooff	Chorlton Runners	M50
185	43:18	Sam	Swain		F40
186	43:23	Kathryn	Holmes	Bramhall Runners	F50
187	43:25	Melissa	Jimenez	Macclesfield Harriers & AC	F40
188	43:26	Julie	Smith	Macclesfield Harriers & AC	F50
189	43:32	Jane	Nicholson	Altrincham & District Athletic Clu	F45
190	43:33	Mahmood	Undre		M
191	43:37	Edward	Standring		M40
192	43:46	Phil	Gaskell	Macclesfield Harriers & AC	M55
193	43:52	Paul	Drury	Glossopdale Harriers	M40
194	44:02	Susie	Gibbon	Chorlton Runners	F45
195	44:06	Nicky	Harris		F
196	44:47	Helen	Watters	Chorlton Runners	F50
197	44:49	Chris	Basey		M50
198	44:51	Carol	Upton	Macclesfield Harriers & AC	F40
199	44:53	Tracy	Quinn	Lymm Runners	F45

200	44:58	Carolyn	Hirons	Wilmslow Running Club	F50
201	44:59	David	Roberts		M50
202	45:00	Jackie	Moss	Congleton Harriers	F35
203	45:09	Dipika	Morgan	Macclesfield Harriers & AC	F35
204	45:22	Brenda	Chadderton	Marple Runners	F65
205	45:30	Rachael	Clegg	Chorlton Runners	F45
206	45:31	Bethany	Cliff	Congleton Harriers	F
207	45:34	Rachael	Benson	Bramhall Runners	F50
208	45:41	Chris	Pickford	Lymm Runners	M55
209	45:42	Clare	Finch	Bramhall Runners	F35
210	45:42	Vikki	Murphy	Bramhall Runners	F45
211	45:46	Sarah	Basey		F40
212	45:46	Sally	Rustige	Salford Harriers & AC	F45
213	45:54	Michelle	Metcalfe	Stockport Harriers & AC	F45
214	45:58	Sarah	Upton		F50
215	46:00	Dawn	Devine	Macclesfield Harriers & AC	F50
216	46:01	Alice	Durrant		F
217	46:03	Emma	Scammell	Lymm Runners	F40
218	46:04	John	Scammell	Lymm Runners	M40
219	46:09	Megan	Lloyd	Northwich Running Club	F
220	46:21	David	Fussell	Congleton Harriers	M60
221	46:28	Pippa	Price		F50
222	46:44	Sally	Briggs	Bramhall Runners	F40
223	46:48	Stefanie	Rowen-Jones	Chorlton Runners	F50
224	46:57	Valerie	Fussell	Congleton Harriers	F60
225	47:15	Debbie	Woodcock	Bramhall Runners	F50
226	47:16	Kayleigh	Gundersen	Davenport Runners	F
227	47:17	Nicola	Hindle	Davenport Runners	F35
228	47:20	Alison	Harle	Lymm Runners	F50
229	47:25	Alison	Fletcher	Davenport Runners	F40
230	47:45	Pauline	Lynch	Macclesfield Harriers & AC	F70
231	47:53	Helen	Jeffery	Congleton Harriers	F35
232	48:02	Mamta	Naik	Chorlton Runners	F45
233	48:03	Steven	Haig	Davenport Runners	M45
234	48:06	Nicola	Hood		F40
235	48:12	Jane	Death		F45
236	48:13	Eli	Atkinson	Northwich Running Club	F35
237	48:15	Jane	Ash		F40
238	48:18	Katharine	Warburton	Weaver warriors tri club	F
239	48:22	LCaroline	Jones	Northwich Running Club	F55
240	48:28	Mark	Bickley		M45
241	48:30	Beth	Hardie	Gatley Runners	F35
242	48:30	Pamela	Ashworth	Gatley Runners	F40
243	48:40	Karen	Kain	Chorlton Runners	F45
244	48:43	Jennifer	Harrop		F40
245	48:44	Caroline	Wilke		F40
246	48:50	Kirsty	Vis	Lymm Runners	F45
247	48:52	Karen	Bennett	Lymm Runners	F45
248	48:53	Hannah	Such	Northwich running club	F20
249	49:01	Jackie	Hall	Northwich Running Club	F45

250	49:01	Jenny	Beasant	Northwich Running Club	F55
251	49:09	Katherine	Hilditch	Sweatshop Running Club	F35
252	49:15	Patrick	Ahern	Macclesfield Harriers & AC	M55
253	49:16	Siobhan	White	Macclesfield Harriers & AC	F40
254	49:17	Matt	Harle	Lymm Runners	M50
255	49:21	Gaynor	Williams		F40
256	49:21	Louise	Bickley	Boalloy Running Club	F45
257	49:24	Emma	Minshull	Bramhall Runners	F35
258	49:32	Lindsey	Russell	Macclesfield Harriers & AC	F45
259	49:35	Maria	Keyworth	Bramhall Runners	F50
260	49:37	Adrian	Simmonds	Davenport Runners	M45
261	49:50	Christopher Pau	Sagar	Hyde Village Striders	M50
262	50:24	Lisa	Fothergill	Lymm Runners	F35
263	50:25	Claire	Coulby	Bramhall Runners	F45
264	50:42	Dee	Hall		F50
265	51:06	Val	Jones		F50
266	51:17	Christine	Wright	Davenport runners	F50
267	51:18	William	Morrison	davenport runners	M55
268	51:19	Rebecca	Pearmaine		F
269	51:50	Anna	Dagnall	Bramhall Runners	F35
270	51:52	WEndy	Taylor		F45
271	51:56	Claire	Rayner	Bramhall Runners	F
272	51:57	Melanie	Li	Bramhall Runners	F45
273	52:10	Cathy	Dean	Congleton Harriers	F35
274	52:11	Paul	Birdsall	Congleton Harriers	M40
275	52:11	Michelle	Stevens	Congleton Harriers	F35
276	52:12	Louise	Zwanepoel	Northwich Running Club	F
277	52:13	Helena	Hodgson		F45
278	52:13	Rachel	Gilliland	Macclesfield Harriers & AC	F45
279	52:57	Jayne	Reynolds	Northwich Running Club	F50
280	53:06	Alison	Holland	Bramhall Runners	F70
281	53:32	Clare	Taylor	Bramhall Runners	F40
282	53:40	Simon	Marvin		M50
283	53:41	Nicola	Turner		F50
284	53:51	Amanda	Hawthorne	Bramhall Runners	F40
285	53:58	Claire	Holliday	Bramhall Runners	F40
286	54:17	Dawn	Adams	Chorlton Runners	F50
287	54:18	Karen	Hogg		F45
288	54:19	Sue	Lord	Macclesfield Harriers & AC	F50
289	55:11	Marianne	Galt	Northwich Running Club	F45
290	56:16	Karen	Cooke	Bramhall Runners	F50
291	56:42	Karen	Brereton		F50
292	57:09	Louise	Grantham	Lymm Runners	F50
293	57:10	Elena	Jones	Lymm Runners	F45
294	57:14	Diane	Backler	Lymm Runners	F50
295	57:21	Diana	Powell	Bramhall Runners	F60
296	57:22	Giles	Welch		M45
297	57:42	Kate	Foster	Macclesfield Harriers & AC	F60
298	58:51	Brian	Platt	Marple Runners	M80
299	58:53	Helen	Doroszkiewicz	Northwich Running Club	F40

300	58:54	Jan	Toal	Northwich running club	F55
301	1:00:34	Vicky	Greenhalgh		F50
302	1:00:36	Sally	Harrison		F50
303	1:00:53	Gary	Thomas		M35
304	1:06:20	Liz	Chantler		F45