

Positio	Bib #	Name		Category	Club	Chip Time	Gun Time
1	573	Chris STANFORD	M	V40		00:33:39	00:33:40
2	688	Callan Rowland	M	OPN	Warrington Running Club	00:33:59	00:34:00
3	525	Mat Rushbrook	M	V40		00:35:53	00:35:54
4	170	Josh DONLEY	M	OPN		00:36:13	00:36:15
5	473	Jack PILKINGTON	M	OPN	Lymm Runners	00:36:18	00:36:19
6	415	Will MORRIS	M	OPN		00:36:39	00:36:41
7	358	Jonny LEATHERBARROW	M	OPN	Warrington A C	00:37:36	00:37:37
8	593	Jon TERRY	M	V40	Sale Harriers Manchester	00:38:29	00:38:31
9	174	Andrew Dowse	M	V40		00:38:34	00:38:37
10	660	James Williams	M	V40	Lymm Runners	00:39:15	00:39:19
11	188	Miras ESKANDER	M	V40	Northern Masters AC	00:39:26	00:39:28
12	583	Peter TALBOYS	M	OPN	Lymm Runners	00:39:31	00:39:34
13	272	Christopher HAYES	M	OPN		00:39:16	00:39:47
14	283	Matt HEWITT	M	OPN		00:39:53	00:39:55
15	512	Alison Roberts	F	OPN	Lymm Runners	00:40:00	00:40:04
16	539	CRAIG SEPHTON	M	V40	vale royal ac	00:40:09	00:40:11
17	215	Jason FOWLER	M	V40		00:40:24	00:40:26
18	122	Chris COLLINS	M	OPN		00:40:34	00:40:37
19	204	JEFF FIDLER	M	V50	Knutsford Tri Club	00:40:51	00:40:53
20	600	Louisa THOMPSON	F	OPN	Leigh Harriers & AC	00:41:03	00:41:07
21	239	Rob Halfpenny	M	OPN	Sale Harriers Manchester	00:41:09	00:41:14
22	547	John Sheldon	M	V40	Lymm Runners	00:41:14	00:41:17
23	335	Eugene KAVANAGH	M	V40	Suncroft A.C. Ireland	00:41:13	00:41:17
24	432	Dave NUNNERLEY	M	OPN	Lymm Runners	00:40:47	00:41:20
25	226	Zoe GMERER	F	V40	Sale Harriers Manchester	00:41:17	00:41:21
26	289	Nick HILL	M	V40		00:41:27	00:41:30
27	678	Lawrence FERGUSON	M	OPN		00:41:41	00:41:46
28	628	PETER WATERSON	M	V50	Altrincham & District Athletic Club	00:41:52	00:42:00
29	560	Jonathon SMITH	M	OPN	Lymm Runners	00:42:14	00:42:17
30	676	Michael AUSTIN	M	OPN		00:42:14	00:42:19
31	161	Robert DEAN	M	OPN	Lymm Runners	00:42:22	00:42:26
32	157	Jim Dawson	M	V50	Lymm Runners	00:42:23	00:42:27
33	237	Penny GUESS	F	OPN	Lymm Runners	00:42:24	00:42:28
34	618	Mark Wall	M	V40		00:42:23	00:42:29
35	278	Damien Healey	M	OPN		00:42:27	00:42:33
36	492	James RAMSBOTTOM	M	OPN		00:42:30	00:42:35
37	468	Ben SPEDDING	M	OPN	Lymm Runners	00:42:33	00:42:36
38	418	Mike SHELDON	M	V40		00:42:38	00:42:48
39	93	Mike CARTER	M	V50	ASTLEY & TYLDESLEY ROAD RUNNE	00:42:44	00:42:51
40	132	Richard Cornwall-Legh	M	V40		00:42:50	00:42:57
41	1	Nic ABBOTT	M	V50		00:43:06	00:43:08
42	459	David PEARCE	M	OPN	Helsby Running Club	00:43:06	00:43:10
43	117	Jonathan COCROFT	M	OPN	Lymm Runners	00:43:13	00:43:16
44	306	Andy Dines	M	V50		00:43:15	00:43:17
45	48	James BENSON	M	V40		00:43:22	00:43:28
46	163	Claire DEMAINE FARRELL	F	V40	Lymm Runners	00:43:25	00:43:28
47	270	Philip HAYDEN	M	V50		00:43:22	00:43:30
48	485	Richard PRIESTNER	M	OPN		00:43:25	00:43:37
49	499	Benjamin REDFEARN	M	OPN		00:43:31	00:43:39
50	369	Christian LONGLEY	M	OPN		00:43:35	00:43:40
51	25	Charles ATKINS	M	OPN		00:43:37	00:43:41
52	13	William ALLWOOD	M	V50	Lonely Goat RC	00:43:34	00:43:45
53	426	Paul NATTRASS	M	V40		00:43:47	00:43:51
54	20	David ARTHUR	M	V40		00:43:47	00:43:51
55	217	Nigel FULLER	M	V50	SPECTRUM STRIDERS	00:43:46	00:43:52
56	646	Liz WHITFIELD	F	V40	SPECTRUM STRIDERS	00:43:48	00:43:53
57	182	Ian Eccles	M	V40		00:43:52	00:44:00
58	478	Benjamin POTTS	M	OPN		00:43:54	00:44:04
59	518	DAVID ROGERS	M	OPN	Lymm Runners	00:43:59	00:44:06
60	374	Andrew MACKIE	M	V40		00:44:04	00:44:09
61	206	Robert FISHER	M	V40		00:43:46	00:44:22
62	549	Steve SHERWEN	M	V40	Lymm Runners	00:44:19	00:44:24
63	54	David Bisby	M	V50		00:44:17	00:44:24
64	115	Neil CLIFFE	M	V50		00:44:17	00:44:25
65	236	Jo NEMITS	F	V40		00:44:20	00:44:26
66	269	Elliot HAWORTH	M	OPN		00:44:21	00:44:26

Congratulations to all finishers!

67	121 Dave COLLIER	M	OPN	Lymm Runners	00:44:24	00:44:27
68	137 Natasha COVENEY	F	OPN		00:44:22	00:44:28
69	277 David Heald	M	V40		00:44:24	00:44:30
70	386 Richard MATHEWS	M	V60	Lymm Runners	00:44:26	00:44:31
71	552 Hari SHOLINGHUR	M	V40	Lymm Runners	00:44:26	00:44:33
72	264 Justin HASSALL	M	V40		00:44:28	00:44:38
73	198 Sean Farrelly	M	V50	Warrington Road Runners	00:44:32	00:44:40
74	190 Stuart Evans	M	V40	Newcastle Staffs AC	00:44:35	00:44:44
75	325 Nick JOHNSON	M	V40		00:44:38	00:44:49
76	257 Paul HARRISON	M	V50		00:44:48	00:44:52
77	366 Peter LLOYD	M	V60	Lymm Runners	00:44:46	00:44:54
78	166 Mike DENNY	M	V40		00:44:47	00:44:55
79	244 Michael Hall	M	V60	SPECTRUM STRIDERS	00:44:49	00:44:57
80	551 MATT SHILLABEER	M	V40	SPECTRUM STRIDERS	00:44:52	00:44:58
81	62 Jonathan Booth	M	V40		00:44:55	00:45:01
82	260 Michael HARTE	M	V40	Stockport Tri Club	00:45:01	00:45:06
83	556 Carl SMETHURST	M	V50	Lymm Runners	00:45:10	00:45:17
84	387 Christopher Matthews	M	V40		00:45:23	00:45:31
85	686 Andrew Penney	M	V40	Sale Harriers Manchester	00:45:32	00:45:37
86	647 David Blackham	M	V40		00:45:14	00:45:38
87	60 Sarah BLUNT	F	V40	Warrington triathlon club	00:45:34	00:45:41
88	287 Benji HIBBERT	M	V40		00:45:29	00:45:42
89	486 Lindsay Anne PURDIE	F	V40	Macclesfield Harriers & AC	00:45:38	00:45:43
90	248 Steve Handley	M	V50	Knutsford Tri Club	00:45:50	00:45:58
91	495 Paul Rands	M	V50	Macclesfield Harriers & AC	00:45:56	00:46:01
92	106 David CLAGUE	M	V50		00:45:57	00:46:05
93	654 Suzy WILD	F	V40	SPECTRUM STRIDERS	00:46:01	00:46:07
94	361 Shaun LIPTRON	M	OPN		00:46:03	00:46:10
95	569 Antony SPENCER	M	V40		00:46:04	00:46:12
96	680 Wayne HARLING	M	OPN		00:46:10	00:46:20
97	508 Patrick ROBERTS	M	OPN		00:45:55	00:46:20
98	476 Luke Potts	M	V40	Warrington Road Runners	00:46:29	00:46:39
99	347 Alex KNOWLES	M	U19		00:46:37	00:46:49
100	672 Martin Wright	M	V40		00:46:47	00:46:53
101	70 Simon BRAHAM	M	V40		00:46:45	00:46:56
102	545 Jon Sheehy	M	V50	Lymm Runners	00:47:02	00:47:09
103	534 John Scammell	M	V40	Lymm Runners	00:47:04	00:47:13
104	355 Paul Lawton	M	OPN		00:47:14	00:47:20
105	316 Kevin JACKSON	M	V40		00:47:12	00:47:21
106	442 Claire O'NEILL	F	OPN	Lymm Runners	00:47:18	00:47:28
107	82 James BROWN	M	V40		00:47:15	00:47:29
108	559 Peter Smith	M	V40	Widnes Running Club	00:47:20	00:47:30
109	581 Matthew SWAIN	M	OPN		00:47:18	00:47:31
110	438 Jesse OLDFIELD	M	V40		00:47:25	00:47:34
111	464 Amanda Pemberton	F	V40	Lymm Runners	00:47:30	00:47:37
112	67 David Whipp	M	V40	Altrincham & District Athletic Club	00:47:26	00:47:41
113	267 CHRIS HATTON	M	V40	Lymm Runners	00:47:44	00:47:47
114	242 Raymond Hall	M	V70	HALIFAX HARRIERS & AC	00:47:43	00:47:47
115	167 RICHARD DICKENS	M	OPN		00:47:29	00:47:52
116	334 Matt Jump	M	OPN		00:47:29	00:47:52
117	665 James WOLSTENHOLME	M	V40		00:47:39	00:47:54
118	24 Neil Astill	M	V50		00:47:54	00:48:03
119	474 Susan Plant	F	V50	Run Sandymoor	00:48:00	00:48:10
120	421 Lynn MOSELEY	F	V50	Lymm Runners	00:47:55	00:48:11
121	454 Gary PARSONS	M	V40		00:48:09	00:48:23
122	208 Josh FISK	M	OPN		00:48:15	00:48:26
123	502 Steve REYNOLDS	M	V50		00:48:21	00:48:29
124	582 Chris TABOR	M	OPN		00:48:17	00:48:29
125	249 Andy HARE	M	V40		00:48:18	00:48:31
126	623 Simon Ward	M	V40		00:48:27	00:48:34
127	565 Susie SPANN	F	OPN		00:48:24	00:48:37
128	81 Sean BROWN	M	OPN		00:48:25	00:48:38
129	299 Anthony Howard	M	V40		00:48:23	00:48:38
130	92 Andrew CARRIE	M	OPN		00:48:22	00:48:38
131	12 Jim Allen	M	V50	Lymm Runners	00:48:03	00:48:39
132	274 Darren Hayward	M	V50		00:48:33	00:48:45
133	156 Steve DAVIS	M	V50		00:48:20	00:48:45
134	410 Alison Morgan	F	V40	Warrington Road Runners	00:48:35	00:48:47

135	364 Anthony LITTLE	M	V40		00:48:39	00:48:56
136	616 Richard WAGGITT	M	V40	Lymm Runners	00:48:55	00:49:05
137	510 Dan Roberts	M	OPN		00:48:55	00:49:05
138	689 Duncan Edward SELBY	M	V50		00:48:40	00:49:07
139	233 Sally GREEN	F	V50	Warrington Road Runners	00:48:56	00:49:08
140	606 Jennifer TODD	F	V50	Lymm Runners	00:49:00	00:49:08
141	622 Kevin Warburton	M	V40		00:49:04	00:49:12
142	2 Toby ABBOTT	M	U19		00:49:06	00:49:17
143	404 John MILLACHIP	M	V50		00:48:28	00:49:19
144	21 Jake ASHALL	M	OPN		00:48:56	00:49:22
145	195 MARTIN FARRAR	M	V50	st helens striders	00:49:12	00:49:25
146	343 Natalie KINSLER	F	OPN		00:49:10	00:49:26
147	497 Janet READITT	F	V50	WARE JOGGERS	00:49:11	00:49:28
148	58 Liam BLEARS	M	V40		00:49:16	00:49:29
149	36 David BARNES	M	V50	Warrington Road Runners	00:49:04	00:49:31
150	49 Katie_Speedster BENSON	F	V40		00:49:26	00:49:32
151	446 Stephen Owen	M	OPN		00:49:30	00:49:43
152	409 Debbie Moreton	F	V50	vale royal ac	00:49:33	00:49:45
153	595 Simon Tetlow	M	V50		00:49:14	00:49:46
154	34 Andrew BARNES	M	OPN		00:49:34	00:49:47
155	431 Emma Nunnerley	F	V40	Lymm Runners	00:49:37	00:49:48
156	3 Jill ABBOTT	F	V50	Macclesfield Harriers & AC	00:49:41	00:49:52
157	7 Vincent Alcock	M	V50	SPECTRUM STRIDERS	00:49:40	00:49:53
158	80 Keith Brown	M	V50		00:49:50	00:50:06
159	605 Graham Todd	M	V50		00:49:55	00:50:10
160	458 Daniel Pawson	M	V50	Knutsford Tri Club	00:49:42	00:50:12
161	47 Michael BENNETT	M	OPN		00:50:10	00:50:17
162	241 Chris HALL	M	OPN		00:50:03	00:50:21
163	531 Tony Sala	M	V60	Lymm Runners	00:50:08	00:50:23
164	90 Jill Carlin	F	V50	WARRINGTON TRI CLUB	00:50:11	00:50:25
165	297 John Houghton	M	V60	Run Sandymoor	00:50:06	00:50:28
166	509 Alex ROBERTS	M	OPN	SPECTRUM STRIDERS	00:50:13	00:50:30
167	35 Tarja Barnes	F	V50	Warrington Road Runners	00:50:11	00:50:31
168	356 David LAXTON	M	V50		00:50:17	00:50:31
169	340 Nigel KING	M	V50		00:50:03	00:50:32
170	379 Leigh MARSHALL	M	V40		00:50:16	00:50:37
171	604 Paul TIMMS	M	V50	Run Sandymoor	00:50:31	00:50:38
172	210 NICK FOGARTY	M	V50	Lymm Runners	00:50:18	00:50:41
173	532 Thomas SALVINI	M	V40		00:50:28	00:50:47
174	617 Rob Wakefield	M	V40		00:50:15	00:50:52
175	191 Mike FAIRLEY	M	V40		00:50:25	00:50:56
176	323 Robyn JERRAM	F	OPN		00:50:48	00:51:00
177	251 Fergal Harkin	M	V50		00:50:37	00:51:05
178	575 Mark STEVENS	M	V40		00:50:52	00:51:14
179	457 Nigel PASSMORE	M	V60		00:51:02	00:51:16
180	482 Melanie Power	F	V40	Macclesfield Harriers & AC	00:51:09	00:51:18
181	674 Matthew YOUNG	M	OPN		00:50:52	00:51:20
182	533 Allison Smith	F	V50		00:51:03	00:51:21
183	648 Dan WHITTAKER	M	V40	MANCHESTER FRONTRUNNERS	00:51:06	00:51:24
184	51 Ian BETTELEY	M	V40		00:50:42	00:51:24
185	69 Michael Bradley	M	V60	SPECTRUM STRIDERS	00:51:07	00:51:25
186	318 Daniel Jackson	M	V40		00:51:10	00:51:25
187	52 Jon BETTS	M	V40	Warrington Road Runners	00:51:07	00:51:26
188	338 Laurence KEELEY	M	V40		00:51:03	00:51:26
189	288 Kelly Higginson	F	V40	Lymm Runners	00:51:19	00:51:30
190	113 Richard Clarke	M	V60		00:51:02	00:51:32
191	684 Frances LENNON	F	V40	Warrington Road Runners	00:51:18	00:51:33
192	321 Lauren JENNINGS	F	OPN		00:51:14	00:51:35
193	322 Abbie Jennings	F	OPN		00:51:19	00:51:40
194	589 Edward Taylor	M	V50	Knutsford Tri Club	00:51:25	00:51:41
195	621 Helen WALSH	F	V40		00:51:23	00:51:41
196	46 Karen Bennett	F	V50	Lymm Runners	00:51:24	00:51:43
197	183 Paul Elkin	M	V40		00:51:30	00:51:43
198	175 Phil Ducker	M	OPN		00:51:21	00:51:47
199	522 Jason Rowbottom	M	V50	Lymm Runners	00:51:35	00:51:51
200	567 Lucy SPARK	F	U19		00:51:35	00:51:52
201	178 Laura Eagleton	F	V40	Lymm Runners	00:51:34	00:51:54
202	39 Neil BARRY	M	V40		00:51:41	00:51:58

203	591	Miranda Taylor	F	V50	Knutsford Tri Club	00:51:42	00:51:58
204	493	Christine RAMSBOTTOM	F	V50	Lymm Runners	00:51:48	00:52:03
205	514	Eleanor ROBERTS	F	V50	SPECTRUM STRIDERS	00:51:53	00:52:10
206	88	Helen CALDWELL	F	V50	SPECTRUM STRIDERS	00:51:52	00:52:10
207	53	Nigel BIGGS	M	V50	Lymm Runners	00:51:50	00:52:10
208	192	Simon FARMER	M	V40		00:51:44	00:52:13
209	515	Gareth ROBERTS	M	V40		00:52:03	00:52:22
210	108	Chris Clair	M	V40		00:52:04	00:52:24
211	91	David Carr	M	V50	Victoria Park Running Club	00:52:04	00:52:25
212	110	Daniel CLAPHAM	M	OPN	Lymm Runners	00:52:07	00:52:27
213	434	Pauline OGDEN	F	V50	STADIUM RUNNERS	00:51:57	00:52:28
214	301	Kathryn Howard	F	OPN		00:52:15	00:52:30
215	317	Peter JACKSON	M	V50		00:51:50	00:52:34
216	544	Danielle SHAW	F	OPN	Lymm Runners	00:52:19	00:52:34
217	392	Jenny McClelland	F	V50	Lymm Runners	00:52:16	00:52:34
218	562	Hannah SMITH-PICKUP	F	OPN		00:52:00	00:52:35
219	428	David NEWTON	M	V50	Macclesfield Harriers & AC	00:52:25	00:52:36
220	73	John Brear	M	V50	Lymm Runners	00:52:22	00:52:36
221	172	Triphi DONTAMSETTY	F	V40		00:52:16	00:52:37
222	44	Katy BEETHAM	F	V40		00:52:23	00:52:38
223	568	Joanna Sparkman	F	V40	Lymm Runners	00:52:20	00:52:38
224	107	Lou Clague	F	V40	Knutsford Tri Club	00:52:11	00:52:39
225	77	Philip BROADBENT	M	V40		00:51:54	00:52:44
226	439	Rhiannon Oldfield	F	V40	Lymm Runners	00:52:20	00:52:44
227	138	Andrew CRAGGS	M	V40		00:52:34	00:52:53
228	265	Matthew HATTON	M	V50		00:52:38	00:52:57
229	460	Becky PEARCE	F	OPN	Helsby Running Club	00:52:38	00:52:58
230	406	Mark Molloy	M	V50	Warrington Running Club	00:52:38	00:53:00
231	176	Ian DUNN	M	V50	STADIUM RUNNERS	00:52:31	00:53:02
232	152	Clare DAVIES	F	V40	Macclesfield Harriers & AC	00:52:51	00:53:02
233	561	Andrew SMITH	M	OPN		00:52:58	00:53:08
234	139	David CRAGGS	M	V70		00:53:01	00:53:10
235	489	Sean Quine	M	OPN		00:52:48	00:53:12
236	230	Catherine GRANGE	F	V40		00:52:50	00:53:12
237	505	Christine Ritchie	F	V60	Macclesfield Harriers & AC	00:53:02	00:53:18
238	535	Rebecca SCANLON	F	V40		00:52:46	00:53:19
239	433	Patrick O'Brien	M	V50	Knutsford Tri Club	00:53:04	00:53:21
240	296	Wendy HOUGH	F	V40		00:53:01	00:53:21
241	144	Graham CREWE	M	V60		00:52:59	00:53:22
242	268	Karen HATTON	F	V50	Knutsford Tri Club	00:53:04	00:53:23
243	610	Chris Tyler	M	V60	Lymm Runners	00:53:02	00:53:24
244	395	Rob MCHARRY	M	V50	SPECTRUM STRIDERS	00:53:14	00:53:28
245	141	JAMES CRAM	M	V40		00:52:38	00:53:29
246	333	Louise JORDAN	F	OPN		00:53:18	00:53:33
247	443	Lisa OSBOURNE	F	V40		00:53:09	00:53:35
248	292	Shaun HINDS	M	V50		00:53:06	00:53:36
249	423	Patrick MULHALL	M	V40		00:53:01	00:53:37
250	452	ALICE PARKER	F	OPN	Lymm Runners	00:53:02	00:53:37
251	611	Jason VANCE	M	OPN		00:53:11	00:53:40
252	238	Simon Hackett	M	V50	Lymm Runners	00:53:29	00:53:40
253	143	Janet CREWE	F	V60		00:53:28	00:53:50
254	261	Tina Harvey	F	V40	none	00:52:58	00:53:50
255	332	Mike Jones	M	V40		00:53:31	00:53:52
256	339	Andrew KENDRICK	M	V50		00:53:40	00:53:57
257	162	James DELVE	M	OPN		00:53:50	00:53:59
258	245	Jenny HALSE	F	V40		00:53:45	00:54:01
259	673	Andrew WRIGHT	M	V60	Altrincham & District Athletic Club	00:53:31	00:54:02
260	422	Patrick MOSELEY	M	OPN	Lymm Runners	00:53:26	00:54:07
261	498	Simon REDFEARN	M	V60		00:53:37	00:54:09
262	388	Chris Matthews	M	V40		00:53:34	00:54:10
263	315	Vicki INSKIP	F	OPN	Lymm Runners	00:53:51	00:54:14
264	634	Neil WELLING	M	V40		00:53:52	00:54:20
265	129	Matthew COPPING	M	V40		00:54:05	00:54:25
266	127	Jill Cooper	F	V50		00:54:03	00:54:27
267	101	Sam CHEVERTON	F	V50		00:54:15	00:54:33
268	286	Tamarin HEYWOOD	F	OPN		00:53:52	00:54:37
269	681	Martin HILLSON	M	V50		00:54:10	00:54:40
270	380	Rosie MARTLAND	F	OPN	Lymm Runners	00:54:14	00:54:46

271	87 Antony BYATT	M	V50	Vegan Runneers Uk	00:54:22	00:54:51
272	194 George BANISTER	M	OPN		00:54:23	00:54:54
273	255 Ann Harris	F	V60	Macclesfield Harriers & AC	00:54:47	00:54:57
274	383 Hilary MASSEY	F	V60		00:54:50	00:55:03
275	177 Peter Dykstra	M	V50	Macclesfield Harriers & AC	00:54:48	00:55:04
276	636 Kathryn Wells	F	V40		00:54:48	00:55:05
277	679 Charlotte GIBSON	F	OPN		00:54:39	00:55:05
278	638 Frances WEST	F	V50	Bollington Harriers	00:54:33	00:55:08
279	480 Jules Poulton	M	V40		00:54:59	00:55:13
280	488 Paul QUINE	M	OPN		00:54:57	00:55:14
281	471 Ruth PICKERING	F	OPN		00:54:45	00:55:21
282	375 Anja MACKIE	F	V40		00:55:05	00:55:22
283	412 Andrew MORRIS	M	V40		00:54:54	00:55:23
284	580 Jo SULLIVAN	F	V50		00:55:08	00:55:25
285	637 Gary Wenn	M	V50	Poynton Runners	00:55:01	00:55:28
286	586 Tom Tasker	M	V50		00:54:40	00:55:34
287	179 Michael Eakin	M	V60	PENNY LANE STRIDERS	00:55:24	00:55:37
288	419 Ann Morris	F	V50		00:55:14	00:55:37
289	19 Sonny ARNOLD	M	V40		00:55:15	00:55:40
290	147 Dominique CROMPTON	F	OPN	Lymm Runners	00:55:16	00:55:40
291	526 Tom RUSSELL	M	OPN		00:55:16	00:55:41
292	213 Louise FORD	F	V50	Knutsford Tri Club	00:55:17	00:55:48
293	632 Caroline WEEKS	F	OPN		00:55:29	00:55:52
294	381 Emma MASLIN	F	V40		00:55:32	00:55:55
295	223 Vicky GILBERTSON	F	V40	Prestwich AC	00:55:30	00:55:57
296	211 Peter Ford	M	V60	Knutsford Tri Club	00:55:30	00:56:00
297	18 Carolyn ARBER	F	V60	SPECTRUM STRIDERS	00:55:41	00:56:01
298	435 Stephen OLD	M	OPN		00:55:25	00:56:02
299	633 sarah weinberg	F	OPN	Knutsford Tri Club	00:55:38	00:56:06
300	313 Fay HURRELL	F	V50	Lymm Runners	00:55:36	00:56:07
301	445 Peter Owen	M	V60		00:55:41	00:56:15
302	592 Lindsay Taylor	F	V40		00:55:45	00:56:20
303	196 Jason FARRELL	M	V40		00:55:47	00:56:23
304	64 Darren Bootherstone	M	OPN		00:55:47	00:56:23
305	470 Mike Pickering	M	OPN		00:55:48	00:56:25
306	590 Sue Taylor	F	V40	Macclesfield Harriers & AC	00:56:06	00:56:26
307	393 David McGowan	M	V50		00:55:49	00:56:27
308	624 Alastair WARDLE	M	V50		00:56:07	00:56:28
309	524 Faye RUSCOE	F	V40		00:55:58	00:56:30
310	140 Heather Craigie	F	V40	Lymm Runners	00:56:08	00:56:32
311	85 Kay BURNS	F	V50		00:56:19	00:56:37
312	17 Michael ANTON	M	V50		00:56:12	00:56:43
313	359 Beth LEE	F	OPN		00:56:13	00:56:46
314	145 Lucy CRIDLAND	F	OPN		00:56:13	00:56:47
315	357 Caroline LEACH	F	OPN		00:56:23	00:56:47
316	76 Jessica BRIGGS	F	U19		00:56:10	00:56:48
317	56 William Blackburn	M	V40		00:55:56	00:56:50
318	75 Mark Briggs	M	V50		00:56:12	00:56:51
319	131 Matt CORK	M	V50		00:56:32	00:56:51
320	164 Tim DENBOW	M	V40		00:56:12	00:56:52
321	23 Pennie Aspinwall	F	V50		00:56:41	00:57:03
322	507 Yasmin Hussain	F	V40		00:56:46	00:57:07
323	128 Amy COOPER	F	OPN	Lymm Runners	00:56:50	00:57:09
324	371 Catherine Lyon	F	OPN	SPECTRUM STRIDERS	00:56:48	00:57:09
325	441 Anna OLLIER	F	OPN		00:56:35	00:57:11
326	523 Megan RUDGE	F	OPN		00:56:44	00:57:12
327	281 Victoria HENNESSEY	F	V40	Lymm Runners	00:56:51	00:57:14
328	519 Jenny Rogers	F	OPN		00:56:48	00:57:16
329	594 Ed TETLEY	M	OPN		00:56:47	00:57:18
330	252 Joanna HARKIN	F	V50		00:56:52	00:57:20
331	184 Kathryn Ellis	F	V40	Lymm Runners	00:56:57	00:57:31
332	311 Karen Hughes	F	V40		00:57:08	00:57:32
333	574 Trevor STANTON	M	V50		00:57:04	00:57:35
334	181 Fiona Eaton	F	V50	Lymm Runners	00:57:17	00:57:37
335	259 Sarah HARRISON	F	V40		00:57:21	00:57:44
336	490 Persheng RAD	F	OPN	STYAL RUNNING CLUB	00:57:25	00:57:45
337	675 Gill ZVERBLIS	F	V40		00:57:25	00:57:55
338	95 Claire CATON	F	V40		00:57:25	00:57:55

339	220 Corrie GERRARD	F	OPN		00:57:39	00:57:57
340	235 Katie Guess	F	V50	Lymm Runners	00:57:32	00:57:57
341	598 Dave THOMPSON	M	V60	SPECTRUM STRIDERS	00:57:41	00:58:00
342	171 Sandra DONNELLY	F	V40	Lymm Runners	00:57:30	00:58:01
343	331 Richard Jones	M	V50	Lymm Runners	00:57:43	00:58:07
344	650 Phil WHITWORTH	M	V50		00:58:01	00:58:29
345	111 James CLARK	M	OPN		00:58:00	00:58:38
346	94 Lucy CARTWRIGHT	F	OPN		00:58:01	00:58:38
347	65 Rodger BOOTHMAN	M	V60	Lonely Goat RC	00:58:09	00:58:41
348	651 Lindsey Wilby	F	V40	Lymm Runners	00:58:22	00:58:46
349	120 ANTHONY COLLIER	M	V60	STYAL RUNNING CLUB	00:58:23	00:58:49
350	160 Monica Dean	F	V50		00:58:16	00:58:50
351	550 Emma Shillabeer	F	V40	SPECTRUM STRIDERS	00:58:13	00:58:51
352	602 Lee THWAITE	M	V40	Lymm Runners	00:58:19	00:58:51
353	159 Adrian DEAN	M	V50		00:58:18	00:58:52
354	165 Merian Denning	F	V60		00:58:00	00:58:52
355	285 Hayley HEWITT	F	OPN		00:58:29	00:58:53
356	189 Claire EVANS	F	OPN		00:58:29	00:58:53
357	10 Jason Allan	M	V50		00:58:18	00:58:55
358	484 Esther Prescott	F	V40		00:58:20	00:58:55
359	312 Geoffrey Hull	M	V70	Macclesfield Harriers & AC	00:58:31	00:58:56
360	102 Jane Chinae	F	V50	Lymm Runners	00:58:34	00:58:58
361	587 Sonia TASKER	F	V40		00:58:26	00:58:59
362	376 Allan MAGUIRE	M	OPN		00:58:25	00:59:00
363	378 Maria MARANO	F	OPN		00:58:06	00:59:02
364	597 Dan THOMASON	M	V40		00:58:36	00:59:04
365	456 Sally PASSEY	F	V50		00:58:31	00:59:06
366	298 Helen Howard	F	V50		00:58:33	00:59:08
367	33 John BARKER	M	V40		00:58:17	00:59:10
368	362 Alan LITTLE	M	V40		00:58:40	00:59:14
369	363 Nicola LITTLE	F	V40		00:58:40	00:59:14
370	169 Karl DOLDEN	M	V50		00:58:37	00:59:18
371	97 Alan CAWLEY	M	V40		00:58:52	00:59:19
372	158 Halina DAWSON	F	V60		00:58:45	00:59:25
373	216 Rebecca FRAIN	F	OPN		00:58:35	00:59:28
374	436 Rebecca OLD	F	OPN	Lymm Runners	00:58:51	00:59:28
375	558 Emma SMITH	F	V40		00:59:00	00:59:32
376	444 James BLUNDELL	M	OPN	SPECTRUM STRIDERS	00:59:16	00:59:36
377	504 Jennie RIDLER	F	V40		00:59:07	00:59:36
378	667 Adam WOOD	M	OPN		00:59:15	00:59:42
379	413 Tim MORRIS	M	V50	Lymm Runners	00:59:17	00:59:44
380	173 John DOOLEY	M	V70	SPECTRUM STRIDERS	00:59:34	00:59:55
381	337 Nicola KEELEY	F	V40		00:59:32	01:00:00
382	229 Janette GORMLEY	F	V60		00:59:23	01:00:02
383	555 Ian SIMS	M	V50	SPECTRUM STRIDERS	00:59:37	01:00:04
384	98 Ceri CHAMBERLAIN	F	V40	Lymm Runners	00:59:44	01:00:08
385	619 Lisa WALSH	F	V40		00:59:45	01:00:11
386	86 Mary BURTON	F	V50	Lymm Runners	00:59:39	01:00:11
387	30 Rachel BALDRY	F	V40	Lymm Runners	00:59:26	01:00:13
388	425 Natalie MYATT	F	OPN	Lymm Runners	00:59:44	01:00:26
389	609 Allie TYLER	F	OPN		00:59:56	01:00:36
390	72 Paul BRAZEWELL	M	V40	Lymm Runners	00:59:56	01:00:38
391	427 Harry Newton	M	V70	Macclesfield Harriers & AC	01:00:01	01:00:39
392	219 Nicola Gerrard	F	V50		01:00:23	01:00:42
393	126 Sarah COOKE	F	OPN		01:00:09	01:00:47
394	630 Deborah WATSON	F	V50		01:00:23	01:00:49
395	447 Linda Owen	F	V60	SPECTRUM STRIDERS	01:00:40	01:01:01
396	440 R OLDFIELD	F	V40		01:00:23	01:01:06
397	45 Victoria Begent	F	V40	Lymm Runners	01:00:16	01:01:10
398	403 Helen Milby	F	V40	Lymm Runners	01:00:15	01:01:11
399	151 Georgina DALTON	F	V40		01:00:45	01:01:11
400	614 Adel VOKE	F	OPN		01:00:26	01:01:12
401	353 Sarah LANCHIN	F	V40		01:00:30	01:01:15
402	416 Karen MORRIS	F	V40	ASTLEY & TYLDESLEY ROAD RUNNE	01:00:38	01:01:19
403	420 John MORRIS	M	OPN		01:00:41	01:01:21
404	530 Louise Ryan	F	OPN		01:00:50	01:01:34
405	15 Tim ANDREWS	M	V50		01:00:57	01:01:47
406	319 John James	M	V50	Lonely Goat RC	01:01:03	01:01:48

407	205 Ed FISH	M	V50		01:01:03	01:01:48
408	200 Clare FEARNHEAD	F	V40	Lymm Runners	01:01:15	01:01:57
409	136 Hannah COUSINS	F	OPN		01:01:15	01:02:01
410	320 Nicola JAMESON	F	V40		01:01:31	01:02:04
411	513 Rachael ROBERTS	F	OPN		01:01:42	01:02:07
412	135 Jennifer COUSINS	F	OPN		01:01:22	01:02:08
413	300 Jess HOWARD	F	OPN	Lymm Runners	01:01:47	01:02:09
414	130 Laura CORDWELL	F	V40	Lymm Runners	01:01:48	01:02:10
415	234 Peta GRIMSHAW	F	V60		01:01:34	01:02:15
416	365 Elizabeth LITTLE	F	V40		01:01:37	01:02:17
417	496 Maxine RAWJI	F	V50	STYAL RUNNING CLUB	01:01:34	01:02:18
418	243 Susan HALL	F	V70	HALIFAX HARRIERS & AC	01:02:13	01:02:19
419	517 Ale RODEA	F	V40		01:01:48	01:02:23
420	280 Patrick HENDRIE	M	V40		01:01:47	01:02:24
421	542 Helen SHAW	F	V50	Warrington Running Club	01:01:43	01:02:25
422	566 KYLIE SPARK	F	V40		01:01:46	01:02:32
423	601 Rob THORNE	M	V40		01:01:55	01:02:36
424	607 Nick TOMKINS	M	V60		01:02:10	01:02:39
425	661 Allan WILLIAMS	M	V50		01:02:12	01:02:56
426	373 Claire MACDONALD-CLARKE	F	OPN		01:02:38	01:03:04
427	538 Thomas SELLERS	M	V40	Lymm Runners	01:02:42	01:03:09
428	133 Emma COTTER	F	V40		01:02:23	01:03:09
429	266 Michael Hatton	M	V60	Run Sandymoor	01:02:39	01:03:20
430	451 Edward PARKER	M	OPN		01:02:51	01:03:30
431	402 Katie MEREDITH	F	OPN		01:03:04	01:03:43
432	227 Mike GOODWIN	M	OPN		01:02:54	01:03:45
433	124 Mairead CONNOLLY	F	V50	Cheadle Hulme Runners	01:03:07	01:03:47
434	209 Helen Fisk	F	V50		01:03:25	01:03:53
435	276 Fran HEALD	F	V40	Warrington Road Runners	01:03:19	01:03:59
436	197 Carolyn FARRELLY	F	V50	Warrington Road Runners	01:03:22	01:03:59
437	367 Melanie LLOYD	F	V40		01:03:09	01:04:00
438	384 JASON MASTIN	M	V50		01:03:40	01:04:07
439	329 Will Johnston	M	V40		01:03:32	01:04:11
440	6 Rachel AINSCOW	F	OPN		01:03:40	01:04:13
441	527 Lindsey RUSSELL	F	V50	Macclesfield Harriers & AC	01:03:50	01:04:13
442	273 Danielle HAYES	F	OPN	Red Rose Road Runners	01:03:41	01:04:14
443	225 Heather GIRDLESTONE	F	V40	Lymm Runners	01:03:25	01:04:14
444	29 Yana MALEM	F	V50		01:03:49	01:04:15
445	394 Jean Mcgowan	F	V50		01:03:45	01:04:23
446	385 David RAFTERY	M	V50		01:04:01	01:04:36
447	491 Susan Raftery	F	V50		01:04:01	01:04:36
448	401 Amanda MERCER	F	V50	Warrington Running Club	01:04:09	01:04:36
449	487 Jo PYBUS	F	V40		01:04:04	01:04:47
450	302 Mark HOWARTH	M	OPN		01:04:06	01:04:49
451	653 Tania Wild	F	OPN	Lymm Runners	01:04:11	01:04:49
452	303 Sally HOWARTH	F	V40		01:04:07	01:04:50
453	461 Sarah PECK	F	OPN	Warrington Running Club	01:04:27	01:04:54
454	346 Nicola Knowles	F	V50		01:04:17	01:04:57
455	258 Rosemary Harrison	F	OPN		01:04:46	01:05:26
456	78 Alan BROOKS	M	V60		01:04:56	01:05:36
457	520 Louise ROSSITER	F	V40		01:04:57	01:05:42
458	666 Mike Womack	M	V40	Lymm Runners	01:05:06	01:05:45
459	246 Paul HAMES	M	OPN		01:05:06	01:05:45
460	570 Stephen SPRINGALL	M	V50	SPECTRUM STRIDERS	01:05:12	01:05:54
461	180 Jessica EAST	F	OPN		01:05:24	01:05:55
462	405 Maha MOHSIN	F	OPN		01:05:23	01:06:03
463	554 Zena SHUTTLEWORTH	F	V40		01:05:55	01:06:22
464	501 Dawn REED	F	V50	Lymm Runners	01:06:01	01:06:27
465	345 Chrissie Knight	F	V60	Lymm Runners	01:05:41	01:06:27
466	396 Nicola MCINDOE	F	V40	Lymm Runners	01:05:51	01:06:32
467	314 Lucy HYLAND	F	OPN		01:06:23	01:06:44
468	511 Rachel Roberts	F	OPN		01:06:07	01:06:44
469	74 Emma BREESE	F	V40		01:06:17	01:06:46
470	537 Paul Sellars	M	V50		01:06:04	01:06:47
471	670 Barbara WRIGHT	F	V60	Altrincham & District Athletic Club	01:06:13	01:06:49
472	536 Ann SELLARS	F	V50		01:06:07	01:06:49
473	389 Flora MAUDSLEY-BARTON	F	V40	Lymm Runners	01:06:03	01:06:50
474	368 Katie Lomax	F	OPN	Lymm Runners	01:06:34	01:07:08

475	576 Nicola STEWART	F	V50	STYAL RUNNING CLUB	01:06:26	01:07:09
476	336 Carol KAVANAGH	F	V50	Gravel Lane Walkers	01:06:28	01:07:10
477	467 Karen PENNINGTON	F	V50		01:06:26	01:07:17
478	32 Sarah BALLANTYNE	F	V40		01:06:32	01:07:23
479	546 Lynne Sheehy	F	V40		01:06:32	01:07:23
480	104 Fabrizio CHIORANDO	M	V40		01:06:39	01:07:25
481	103 Joanne CHIORANDO	F	V40		01:06:38	01:07:25
482	105 Karen CHORLTON	F	V40		01:07:09	01:07:54
483	664 Mandy WINCKWORTH	F	V60	STYAL RUNNING CLUB	01:07:17	01:08:01
484	662 Carla WILSON	F	OPN		01:07:23	01:08:10
485	424 Suzie MURPHY	F	V40		01:08:10	01:08:10
486	690 Louise SINNOTT	F	V40	Lymm Runners	01:07:23	01:08:11
487	193 Kathryn Farmer	F	V40	Lymm Runners	01:07:56	01:08:43
488	481 Anna POWELL	F	OPN		01:08:03	01:08:45
489	564 Rachel SNOWDON	F	OPN	Macclesfield Harriers & AC	01:08:04	01:08:50
490	643 Ga'Â'le WHITE	F	V40		01:08:09	01:08:54
491	27 Kamonnat AUNGKUNDEE	F	OPN		01:08:05	01:08:56
492	9 Mitch ROWLEY	M	V40		01:08:32	01:09:02
493	521 Sarah ROTCHELL	F	OPN	Lymm Runners	01:08:27	01:09:15
494	11 Jo ALLEN	F	V50	Lymm Runners	01:09:04	01:09:36
495	328 Dave JOHNSTON	M	OPN		01:08:47	01:09:39
496	370 Andy LUCAS	M	V50		01:09:10	01:09:47
497	500 Celia REED	F	V60	STYAL RUNNING CLUB	01:09:04	01:09:48
498	59 Chris BLOOR	M	V40		01:09:13	01:09:56
499	330 Elena Jones	F	V50	Lymm Runners	01:09:30	01:10:15
500	657 Emma WILKINSON	F	OPN	Northwich Running Club	01:10:02	01:10:41
501	414 Jen Morris	F	V40	Lymm Runners	01:09:53	01:10:42
502	232 Louise Grantham	F	V50	Lymm Runners	01:10:17	01:11:02
503	305 Emily HOWARTH	F	OPN	Lymm Runners	01:10:29	01:11:18
504	658 Sarah WILLIAMS	F	OPN		01:10:51	01:11:36
505	615 Jo Wadsworth	F	V40	Lymm Runners	01:11:07	01:11:39
506	462 Gemma PEERS	F	OPN		01:11:16	01:12:01
507	202 Carol Fell	F	V70	Lymm Runners	01:11:34	01:12:10
508	150 Darryl CROSSLEY	M	OPN		01:11:26	01:12:16
509	263 Brad Hasford	M	V40		01:11:33	01:12:16
510	645 Aimee WHITE	F	OPN	Lymm Runners	01:11:34	01:12:23
511	349 Zoe KROON	F	V40	Lymm Runners	01:11:39	01:12:29
512	677 Denise BARBER	F	V40	Lymm Runners	01:11:39	01:12:29
513	683 Kate IRWIN	F	V40	Lymm Runners	01:11:39	01:12:29
514	125 Julie COOK	F	V40		01:11:45	01:12:37
515	275 Laura HAYWARD	F	OPN		01:12:13	01:13:03
516	463 Susan PEMBERTON	F	V60		01:12:54	01:13:36
517	571 Diane SPRINGALL	F	V50	SPECTRUM STRIDERS	01:12:54	01:13:36
518	307 Michelle HUDSON	F	V40		01:12:57	01:13:50
519	310 David HUDSON	M	V40		01:12:58	01:13:50
520	612 Helen VARLEY	F	V50		01:13:17	01:14:04
521	26 Sharon AUBERT	F	V50	Lymm Runners	01:13:29	01:14:23
522	134 Elise COUPER	F	OPN		01:13:43	01:14:36
523	284 Anne HEWITT	F	V70	SPECTRUM STRIDERS	01:13:50	01:14:43
524	155 Emma Davis	F	OPN	Lymm Runners	01:14:35	01:15:28
525	84 Mairead BURGE	F	OPN		01:15:24	01:16:05
526	543 Leanne SHAW	F	V40		01:15:48	01:16:37
527	100 Anne CHESTER	F	V50		01:15:43	01:16:37
528	201 Dave Featherstone	M	V50		01:16:02	01:16:51
529	692 Debbie Crouch	F	V50		01:16:14	01:17:06
530	185 Stephanie ELLIS-HOBBS	F	OPN		01:17:11	01:18:04
531	563 Caroline SNOW	F	V50		01:17:22	01:18:14
532	682 Heather HILLSON	F	V50	Lonely Goat RC	01:20:07	01:21:04
533	271 Mary HAYDEN-FRAZER	F	V60	Warrington triathlon club	01:24:58	01:25:46
534	43 Heather BEESLEY	F	OPN		01:30:00	01:30:48
535	42 Tracy BEESLEY	F	V50	Lymm Runners	01:30:01	01:30:49
536	71 Daniel BRAMWELL	M	OPN		01:30:04	01:30:53
537	348 Jane KRASKA	F	V40	Lymm Runners	01:32:34	01:33:24
538	351 Sally LAKIN	F	V40	Lymm Runners	01:36:01	01:36:50
-	448 Anna OZAROWSKA	F	V40		00:00:00	00:00:00
-	153 Pauline DAVIES	F	V60	Northwich Running Club	00:00:00	00:00:00