

Bib #	Athlete Name	Gender	Category	Club	Chip Time	Gun Time
1	64 John Gilbert	M	OVR	Kent AC	00:30:16	00:30:16
2	526 Dan MORGAN	M	OVR	Lonely Goat RC	00:33:57	00:33:59
3	609 Chris COLLINS	M	OVR		00:34:03	00:34:04
4	649 Mat Rushbrook	M	40-49		00:34:05	00:34:06
5	65 JONATHAN SMITH	M	15-39	Lymm Runners	00:34:20	00:34:21
6	33 Jack PILKINGTON	M	15-39	Warrington A C	00:34:25	00:34:26
7	11 Ben Keeley	M	15-39	Trafford Athletic Club	00:35:30	00:35:30
8	26 Steven Thompson	M	40-49	Run Sandymoor	00:35:31	00:35:32
9	418 Matthew HEWITT	M	15-39		00:35:33	00:35:34
10	140 Mark BEBBINGTON	M	40-49	Cheshire Dragons	00:35:35	00:35:36
11	236 Ellis CARTER	M	15-39		00:35:37	00:35:41
12	612 Woody Felton	M	50-59	SPECTRUM STRIDERS	00:35:57	00:35:57
13	603 Patrick FLANAGAN	M	15-39		00:36:30	00:36:30
14	617 Cameron FALCONER	M	15-39		00:36:31	00:36:33
15	269 Simon LUMSDEN	M	40-49	vale royal ac	00:36:35	00:36:38
16	415 Phil ROWEN	M	50-59	Lymm Runners	00:36:47	00:36:48
17	430 Neil MARSH	M	15-39	SPECTRUM STRIDERS	00:36:49	00:36:51
18	549 Lee Hulme	M	40-49	MANCHESTER YMCA HARR	00:37:13	00:37:15
19	438 Corey SMITH	M	15-39		00:37:19	00:37:21
20	478 DAN HARRIS	M	40-49	City Of Stoke Ac	00:37:28	00:37:31
21	558 Cameron SIDDALL	M	15-39	Ellesmere Port Rc	00:37:31	00:37:34
22	571 Philip Negus	M	40-49	Cheshire Dragons	00:37:39	00:37:42
23	139 Amie BAGNALL	F	OVR	Cheshire Dragons	00:37:41	00:37:43
24	297 Aidan MCGLOIN	M	15-39		00:37:43	00:37:44
25	544 Jacob CULLEN	M	15-39	Warrington Road Runners	00:37:47	00:37:51
26	69 Jason FOWLER	M	40-49	Bramhall Runners	00:38:02	00:38:04
27	31 Luke JONES	M	15-39		00:38:05	00:38:05
28	424 Kavan GIDLEY	M	15-39		00:38:13	00:38:18
29	406 Cathal MCCOSKER	M	15-39	Lymm Runners	00:38:27	00:38:28
30	221 Paul BANHAM	M	40-49		00:38:32	00:38:34
31	18 michael austin	M	15-39	Lymm Runners	00:38:32	00:38:34
32	89 Ian Harrison	M	40-49	Lymm Runners	00:38:42	00:38:44
33	409 John ASH	M	50-59	MANCHESTER FRONTRUNN	00:38:55	00:38:56
34	631 Matthew ALLEN	M	40-49	Altrincham & District Athle	00:39:14	00:39:17
35	119 Mike PAGE	M	15-39		00:39:16	00:39:20
36	565 Andrew JONES	M	40-49	Buckley RC	00:39:31	00:39:36
37	615 Andrew Whittingham	M	50-59	Wilmslow Running Club	00:39:36	00:39:38
38	569 David BREEN	M	15-39		00:39:33	00:39:40
39	87 Peter MARSLAND	M	40-49	Run Sandymoor	00:39:43	00:39:47
40	579 Christopher HATTON	M	40-49	Lymm Runners	00:39:57	00:40:00
41	557 Matthew BARTLEY	M	40-49	SPECTRUM STRIDERS	00:40:09	00:40:11
42	592 Michael Ruffles	M	15-39		00:40:10	00:40:13
43	298 Andrew CARLSON	M	15-39	CHORLTON RUNNERS	00:40:18	00:40:20
44	296 Tom GOODWIN	M	15-39		00:40:36	00:40:41
45	542 Daniel GILBERT	M	15-39		00:41:00	00:41:02
46	78 Jason SAGE	M	40-49	SPECTRUM STRIDERS	00:40:59	00:41:05

47	643 Alison Roberts	F	OVR	Warrington A C	00:41:06	00:41:10
48	36 Thomas KIRWAN-EVANS	M	15-39	Lymm Runners	00:41:09	00:41:14
49	425 David Heald	M	50-59		00:41:13	00:41:15
50	326 Alex Elding	M	15-39		00:41:24	00:41:31
51	67 Paul SHANNON	M	40-49	Victoria Park Running Club	00:41:42	00:41:45
52	291 Andrew MACKIE	M	40-49		00:41:44	00:41:48
53	335 Michael DUANE	M	15-39		00:41:55	00:41:59
54	487 Stephen Owen	M	40-49		00:41:57	00:42:00
55	572 Rob Massey	M	40-49		00:41:53	00:42:01
56	258 Neil COPELAND	M	50-59	Lymm Runners	00:42:00	00:42:02
57	134 DAVID ROGERS	M	40-49	Lymm Runners	00:41:55	00:42:10
58	61 Craig Sephton	M	50-59	Cheshire Dragons	00:42:16	00:42:21
59	531 Jamie Porter	M	40-49	Warrington Road Runners	00:42:19	00:42:23
60	536 Paul Watson	M	50-59		00:42:39	00:42:42
61	596 Thom SOUTTER	M	15-39		00:42:31	00:43:00
62	238 Simon TODD	M	40-49	Bramhall Runners	00:42:59	00:43:03
63	22 Barrie Powers	M	50-59	STYAL RUNNING CLUB	00:43:00	00:43:05
64	228 Dave HUGHES	M	40-49	Lonely Goat RC	00:43:09	00:43:17
65	259 Tom COPELAND	M	15-39		00:43:19	00:43:21
66	404 Lora BLANN	F	OVR	Altrincham & District Athle	00:43:19	00:43:22
67	25 Philip Meloy	M	40-49	CUMBERLAND AC	00:43:20	00:43:26
68	312 Gary PATTERSON	M	40-49	Warrington Road Runners	00:43:25	00:43:28
69	607 Miras ESKANDER	M	40-49	CHORLTON RUNNERS	00:43:21	00:43:31
70	325 Jack LAMBERT	M	15-39		00:43:25	00:43:32
71	484 Jezz WOODS	M	15-39		00:42:57	00:43:40
72	301 Skye AINSCOUGH	M	15-39		00:43:31	00:43:41
73	639 Steven WHELAN	M	15-39		00:43:47	00:43:52
74	574 Fae GARLAND	F	15-39	Lymm Runners	00:43:49	00:43:56
75	606 Greg ASHTON	M	15-39		00:43:58	00:44:04
76	513 Kian HANRAHAN	M	15-39		00:44:08	00:44:17
77	435 Graham CREWE	M	70-99	Wilmslow Running Club	00:44:17	00:44:22
78	107 John LUGSDEN	M	40-49		00:44:27	00:44:27
79	645 Daniel EDWARDS	M	40-49		00:44:10	00:44:31
80	545 Nathan CORNISH	M	50-59	DRAGONS RUNNING CLUB	00:44:27	00:44:36
81	474 Dean WHITEHEAD	M	40-49		00:44:40	00:44:46
82	271 Alex ROBERTS	M	15-39	SPECTRUM STRIDERS	00:44:39	00:44:46
83	505 Hannah Smith	F	40-49	Lymm Runners	00:44:41	00:44:50
84	512 Andrew PETTITT	M	40-49		00:44:38	00:44:50
85	450 Joe Hogg	M	15-39		00:44:27	00:44:51
86	449 Paul STANSBURY	M	50-59	DRAGONS RUNNING CLUB	00:44:52	00:45:00
87	431 Lewis ROBERTSON	M	15-39	Levenshulme Runners	00:45:04	00:45:08
88	347 Andrea Newnes	F	15-39	KNOWSLEY HARRIERS	00:45:07	00:45:12
89	317 Alison RUSSELL	F	40-49	SPECTRUM STRIDERS	00:45:08	00:45:13
90	282 Kate TRAYNOR	F	40-49	Preston Harriers	00:45:20	00:45:20
91	559 Niklaus SIEBERT	M	40-49		00:45:19	00:45:24
92	316 Richard CLARK	M	40-49		00:45:11	00:45:32
93	262 Patrick Neill	M	40-49	Lymm Runners	00:45:29	00:45:35

94	573 Daniel Massey	M	15-39		00:45:30	00:45:40
95	30 Simon COOK	M	40-49		00:45:36	00:45:43
96	310 Keay Danny	M			00:45:39	00:45:46
97	417 Philip ROSE	M	60-69	Warrington Road Runners	00:45:46	00:45:52
98	334 David Bisby	M	50-59		00:45:39	00:45:52
99	15 Tara POWER	F	15-39	Lymm Runners	00:45:46	00:45:54
100	205 John WAKELIN	M	40-49		00:45:49	00:45:57
101	109 Oliver KING	M	15-39		00:45:52	00:45:58
102	533 Greg STEPHENS	M	40-49	Widnes Running Club	00:45:54	00:45:59
103	520 Ian EMERTON	M	40-49	DRAGONS RUNNING CLUB	00:46:04	00:46:12
104	56 Paul ALLSHIRE	M	50-59		00:46:03	00:46:13
105	497 Franck TURMEL-JOSEK	M	50-59	Manchester Triathlon Club	00:45:59	00:46:18
106	562 Dave EVANS	M	15-39		00:46:12	00:46:19
107	274 Suzy WILD	F	50-59	SPECTRUM STRIDERS	00:46:14	00:46:20
108	621 Niall CARTER	M	15-39		00:46:07	00:46:24
109	498 Daniel RIMMER	M	15-39		00:46:14	00:46:24
110	231 Zach STRUELENS	M	15-39		00:46:10	00:46:25
111	201 Duncan Edward SELBY	M	60-69	Lymm Runners	00:46:11	00:46:29
112	81 Dan HAGUE	M	15-39		00:46:32	00:46:42
113	39 Georgina Walker	F	40-49	Lymm Runners	00:46:38	00:46:45
114	537 Andy DAY	M	50-59		00:46:41	00:46:53
115	457 Dan Robson	M	50-59	Knutsford Tri Club	00:46:42	00:46:53
116	46 Jesse OLDFIELD	M	15-39		00:46:29	00:46:55
117	552 Gareth TURPIN	M	40-49		00:46:56	00:47:03
118	9 Jim Dawson	M	60-69	Lymm Runners	00:46:58	00:47:07
119	480 Colin AINSCOUGH	M	50-59	SWINTON RUNNING CLUB	00:47:06	00:47:13
120	604 Oscar DUCK	M	15-39		00:47:01	00:47:18
121	507 David Blackburn	M	40-49		00:47:03	00:47:24
122	32 Stuart Galloway	M	50-59		00:47:08	00:47:29
123	353 Tim PAGE	M	40-49		00:47:20	00:47:30
124	419 Rich Hill	M	40-49	Altrincham & District Athle	00:47:10	00:47:36
125	3 Jonathan COCROFT	M	40-49	Lymm Runners	00:47:32	00:47:40
126	6 Richard WAGGITT	M	50-59		00:47:32	00:47:40
127	285 Lewis MARSHALL	M	15-39		00:47:38	00:47:44
128	323 Corrie GERRARD	F	15-39		00:47:37	00:47:54
129	91 Wai Ho Michael CHAN	M	15-39	DRAGONS RUNNING CLUB	00:47:50	00:47:59
130	105 Andy HARE	M	40-49		00:47:33	00:48:00
131	124 Thomas DEAN	M	15-39	DRAGONS RUNNING CLUB	00:47:56	00:48:02
132	502 Amanda Hickens	F	50-59		00:47:51	00:48:03
133	586 Sophie Ashall	F	40-49		00:47:39	00:48:06
134	138 Angelique Bueler	F	40-49	CHORLTON RUNNERS	00:47:54	00:48:10
135	583 Andrew MADDOCKS	M	40-49	Lymm Runners	00:47:46	00:48:11
136	427 Philippa Whittingham	F	50-59	Wilmslow striders	00:48:08	00:48:15
137	102 Eifion SALISBURY	M	50-59	Wilmslow striders	00:47:55	00:48:22
138	220 VIKKI MURPHY	F	50-59	Bramhall Runners	00:48:07	00:48:28
139	339 James HOLLAND	M	15-39		00:48:18	00:48:29
140	491 Michael WHITTAKER	M	15-39		00:48:24	00:48:31

141	45 Jesse OLDFIELD	M	50-59		00:48:07	00:48:33
142	63 Lok Li	M	50-59	Bramhall Runners	00:48:25	00:48:34
143	235 Michael Hall	M	60-69	Holmfirth Harriers AC	00:48:21	00:48:35
144	96 Eduardo LIMA	M	40-49		00:48:27	00:48:36
145	245 Dave NUNNERLEY	M	40-49	Lymm Runners	00:48:31	00:48:39
146	244 Emma Nunnerley	F	40-49	Lymm Runners	00:48:31	00:48:39
147	644 Jane PARKER	F	50-59		00:48:31	00:48:41
148	44 Alan COPELAND	M	60-69	Victoria Park Running Club	00:48:38	00:48:42
149	481 Nick WILD	M	50-59	SPECTRUM STRIDERS	00:48:41	00:48:53
150	50 Mike Hall	M	60-69	SPECTRUM STRIDERS	00:48:42	00:48:55
151	281 Nick ROSFIELD	M	40-49		00:48:46	00:48:56
152	223 Steve Hatton	M	40-49	MANCHESTER FRONTRUNNERS	00:48:27	00:48:56
153	630 Yvonne NEARY	F	60-69	Lymm Runners	00:48:37	00:49:01
154	257 Martin Catterall	M	40-49	Warrington Road Runners	00:48:48	00:49:02
155	488 Amanda Pemberton	F	50-59	Lymm Runners	00:48:59	00:49:09
156	305 EMMA SHARPLES	F	40-49		00:48:58	00:49:10
157	529 Sam ANKERS	M	40-49	Bramhall Runners	00:48:51	00:49:14
158	618 Joe DEMPSEY	M	15-39	SPECTRUM STRIDERS	00:48:56	00:49:15
159	443 Germaine Holmes	F	50-59	Lymm Runners	00:49:06	00:49:17
160	2 Colin Gill	M	50-59	Lymm Runners	00:48:57	00:49:17
161	142 Daniel BULLOCK	M	50-59		00:49:08	00:49:22
162	270 James LEACH	M	40-49		00:49:11	00:49:23
163	88 Nicholas PARUMS	M	50-59	Lymm Runners	00:49:09	00:49:26
164	459 Ted BRISCOE	M	15-39		00:49:14	00:49:26
165	420 Chris COLEBOURN	M	50-59	North Staffs RR Association	00:49:18	00:49:28
166	120 Mark CARR	M	15-39		00:49:24	00:49:37
167	342 Andy Dainty	M	50-59	CHORLTON RUNNERS	00:49:09	00:49:45
168	590 Nicola CHIAPPA	F	50-59	Lymm Runners	00:49:37	00:49:47
169	622 Michael Carter	M	60-69	ASTLEY & TYLDESLEY ROAD	00:49:33	00:49:50
170	589 Jo Sampson	F	40-49	Bramhall Runners	00:49:38	00:49:51
171	319 Nick HEARD-JONES	M	70-99		00:50:05	00:50:05
172	14 Jennifer TODD	F	50-59	Lymm Runners	00:50:05	00:50:15
173	99 Steve MERRITT	M	40-49	Didsbury runners	00:50:12	00:50:20
174	632 Sharon Wilson	F	50-59	vale royal ac	00:50:09	00:50:27
175	534 Andy HESP	M	50-59		00:50:14	00:50:30
176	76 Ian WELCH	M	40-49		00:50:18	00:50:31
177	451 Jackie MCGLOIN	F	50-59		00:50:20	00:50:32
178	403 Janet READITT	F	50-59	WARE JOGGERS	00:50:21	00:50:36
179	79 Nigel Muirhead	M			00:50:11	00:50:40
180	204 Jill Carlin	F	60-69	WARRINGTON TRI CLUB	00:50:29	00:50:41
181	456 Eleanor ROBERTS	F	50-59	SPECTRUM STRIDERS	00:50:27	00:50:42
182	452 Sarah BRANWOOD	F	15-39		00:50:32	00:50:45
183	554 Andrew Holland	M	40-49	Lymm Runners	00:50:41	00:50:49
184	465 Andrea JAECKEL	F	40-49		00:50:36	00:50:51
185	458 ALLY BRISCOE	F	50-59		00:50:55	00:51:08
186	462 Joseph DUFFILL	M	15-39		00:50:27	00:51:10
187	286 Charlotte PRICE	F	15-39		00:50:42	00:51:13

188	463 Harry DUFFILL	M	15-39		00:50:34	00:51:17
189	546 Thomas CAREY	M	40-49	Helsby Running Club	00:50:36	00:51:20
190	519 Matt Hood	M	40-49		00:51:18	00:51:21
191	28 Miles Coker	M	50-59	Bramhall Runners	00:50:57	00:51:24
192	560 Sophie Spencer	F	15-39		00:51:12	00:51:26
193	83 Chris Woodyatt	M	60-69		00:51:07	00:51:27
194	290 Christine RAMSBOTTOM	F	60-69	Lymm Runners	00:51:17	00:51:28
195	314 Emma Collier	F	15-39		00:51:18	00:51:32
196	299 Natalie HARPER	F	15-39	CHORLTON RUNNERS	00:51:25	00:51:35
197	541 John Brear	M	50-59	Lymm Runners	00:51:27	00:51:36
198	518 Lucy Tannahill	F	40-49		00:51:18	00:51:43
199	539 Rhys DAVIES	M	15-39		00:51:31	00:51:46
200	437 Jamie Bradbury	M	40-49	Lymm Runners	00:51:41	00:51:47
201	561 Chelsea Grainge	F	15-39		00:51:36	00:51:51
202	338 Michael Yarwood	M	15-39	Lymm Runners	00:51:21	00:51:53
203	540 Jasper BAINTON	M	15-39		00:51:40	00:51:55
204	4 David Faulkner	M	60-69	Lymm Runners	00:51:46	00:51:59
205	234 Steve BAMFORD	M	50-59		00:51:52	00:52:10
206	506 James BUCKTHORPE	M	40-49		00:51:59	00:52:12
207	311 Kate Grimoldby	F	15-39	SPECTRUM STRIDERS	00:52:00	00:52:14
208	246 Brad EHLEN	M	50-59	Northwich Running Club	00:51:30	00:52:15
209	570 Michelle Smaller	F			00:52:04	00:52:16
210	508 Ciara MILES	F	40-49	DRAGONS RUNNING CLUB	00:51:38	00:52:18
211	523 Hollie FRANCIS	F	40-49	DRAGONS RUNNING CLUB	00:52:03	00:52:18
212	509 Carolyn WAYWELL	F	60-69	DRAGONS RUNNING CLUB	00:51:38	00:52:19
213	292 Martin Wright	M	50-59	Lymm Runners	00:52:12	00:52:25
214	1 Liz TETLEY	F	50-59	Lymm Runners	00:52:15	00:52:25
215	49 Neil HOWARD	M	50-59	Lymm Runners	00:52:12	00:52:34
216	585 Dan O'SULLIVAN	M	15-39		00:51:59	00:52:37
217	70 Matthew HATTON	M	50-59	Knutsford Tri Club	00:52:32	00:52:43
218	112 Natalie WARREN	F	40-49	WARRINGTON TRI CLUB	00:52:18	00:52:47
219	453 Kevin Warburton	M	50-59		00:52:32	00:52:51
220	553 Jane MULHOLLAND	F	40-49		00:52:39	00:52:51
221	103 Jemma Kaariainen	F	40-49	Lymm Runners	00:52:24	00:52:55
222	568 Liam SPENCER	M	15-39		00:52:11	00:52:56
223	448 KATIE BENSON	F	50-59	Lymm Runners	00:52:28	00:52:58
224	206 Kirsty MCGLENNON	F	40-49		00:52:42	00:53:00
225	321 Richard MAUN	M	40-49		00:52:41	00:53:04
226	37 Hayley HEWITT	F	15-39		00:52:47	00:53:05
227	469 Jen BULMAN	F	40-49	Bramhall Runners	00:52:46	00:53:06
228	16 Jana SLESINGEROVA	F	40-49		00:53:04	00:53:08
229	279 Roberto NERICI	M	50-59	Fetch Everyone	00:52:42	00:53:13
230	564 Jennifer Lord	F	40-49		00:52:58	00:53:15
231	495 David ANTROBUS	M	40-49		00:53:04	00:53:18
232	428 Steve DAVIS	M	60-69		00:52:57	00:53:21
233	405 Paul Elkin	M	40-49		00:53:22	00:53:34
234	101 Kevin Woodward	M	60-69	Lymm Runners	00:53:21	00:53:35

235	313 Sarah HARRISON	F	40-49	Lymm Runners	00:53:18	00:53:38
236	13 Lynn MOSELEY	F	60-69	Lymm Runners	00:53:21	00:53:39
237	143 Jonny BEECH	M	50-59		00:53:23	00:53:41
238	637 Andrew CRAGGS	M	50-59		00:53:26	00:53:41
239	289 James RAMSBOTTOM	M	15-39		00:53:35	00:53:46
240	222 Katie Guess	F	50-59	Lymm Runners	00:53:35	00:53:46
241	628 Karl CRAGGS	M	50-59		00:53:21	00:53:48
242	440 Sean Farrelly	M	60-69	Warrington Road Runners	00:53:35	00:53:59
243	144 Robin MCCLUNEY	M	40-49		00:53:47	00:54:05
244	346 Rebekah NORBURY	F	40-49		00:53:41	00:54:09
245	530 Roger MARKENDALE	M	50-59		00:53:47	00:54:09
246	460 Phil Birchall	M	60-69		00:53:51	00:54:10
247	528 Cass Hasford	F	40-49		00:53:55	00:54:10
248	122 Ruby RILEY	F	15-39	DRAGONS RUNNING CLUB	00:54:03	00:54:18
249	263 Sarah BEATTIE	F	50-59	Bramhall Runners	00:53:54	00:54:20
250	461 Jeff Parsons	M	50-59		00:54:01	00:54:20
251	247 Martyn CASSIDY	M	50-59	DRAGONS RUNNING CLUB	00:53:49	00:54:22
252	597 Harish PATEL	M	40-49		00:54:12	00:54:23
253	605 Julian SPENCER	M	60-69	SPECTRUM STRIDERS	00:53:38	00:54:25
254	52 Karen HATTON	F	60-69	Knutsford Tri Club	00:54:08	00:54:28
255	40 Steveland WILLS SURRID	M	40-49		00:54:11	00:54:30
256	97 Keith Brown	M	60-69	Warrington Road Runners	00:54:06	00:54:34
257	84 Mike Brady	M	50-59	SPECTRUM STRIDERS	00:54:19	00:54:38
258	250 April WILKINSON	F	40-49		00:54:12	00:54:46
259	401 Carolyn ARBER	F	60-69	Lymm Runners	00:54:21	00:54:47
260	436 Ann STOCKDALE	F	40-49		00:54:23	00:54:50
261	648 Louise Clague	F	50-59	Knutsford Tri Club	00:54:29	00:54:54
262	229 Amy COOPER	F	15-39	Lymm Runners	00:54:38	00:55:00
263	600 Warren BENTLEY	M	15-39		00:54:10	00:55:09
264	131 Peter CLARKE	M	15-39		00:54:10	00:55:09
265	284 Natalie Whittaker	F	15-39		00:55:02	00:55:14
266	407 Anne WAKELIN	F	40-49		00:54:55	00:55:16
267	464 Andrew SCHOFIELD	M	15-39		00:55:09	00:55:19
268	210 Phillippa ROBERTS	F	15-39		00:55:10	00:55:21
269	132 Caroline CLARKE	F	40-49	Lymm Runners	00:55:00	00:55:22
270	410 James RAMSDEN	M	15-39		00:55:00	00:55:23
271	90 Glenn Fairhall	M	40-49		00:54:53	00:55:25
272	614 Joseph BAILEY-HEALD	M	15-39		00:54:57	00:55:26
273	276 John MAKIN	M	50-59		00:55:09	00:55:29
274	411 Amy RAMSDEN	F	40-49		00:55:11	00:55:34
275	60 Laura Oldroyd	F	15-39	Total run Training	00:55:25	00:55:36
276	136 David MCCLUSKEY	M	40-49		00:55:08	00:55:39
277	470 Steve Fairclough	M	50-59	Bramhall Runners	00:55:17	00:55:52
278	402 Kay BURNS	F	50-59		00:55:30	00:55:57
279	584 Stephen Lohan	M	60-69		00:55:53	00:55:57
280	318 Jane HALL	F	60-69		00:55:40	00:55:58
281	357 James Anderson	M	40-49	Lymm Runners	00:54:52	00:56:00

282	308 Helen Gowin	F	50-59	Congleton Harriers	00:55:40	00:56:01
283	309 David Gowin	M	50-59	Congleton Harriers	00:55:40	00:56:01
284	636 David CRAGGS	M	70-99		00:55:47	00:56:04
285	23 Garry CORR	M	50-59		00:55:19	00:56:04
286	256 Zoe GMERER	F	50-59	Altrincham & District Athle	00:55:48	00:56:10
287	47 Lisa WADE	F	40-49	Mile Shy Club	00:55:36	00:56:13
288	336 Tertia-Lee KNIGHT	F	15-39		00:55:43	00:56:19
289	230 Vince Struelens	M	50-59		00:56:06	00:56:22
290	123 James HALLEWELL	M	15-39		00:55:57	00:56:29
291	24 Rodger BOOTHMAN	M	60-69	Lonely Goat RC	00:56:14	00:56:31
292	287 Aimee OAKLEY	F	15-39		00:56:06	00:56:37
293	501 Georgina LACY	F	40-49		00:55:53	00:56:42
294	433 Jane BARNES	F	40-49	Ramsbottom Running Club	00:56:21	00:56:47
295	133 Jenny Rogers	F	40-49	Lymm Runners	00:56:14	00:56:50
296	442 Philip Taylor	M	50-59		00:56:10	00:56:59
297	254 Louise PARKER	F	50-59		00:56:48	00:57:05
298	273 Claire INGLES	F	40-49		00:56:40	00:57:05
299	416 David MCGOWAN	M	50-59	SPECTRUM STRIDERS	00:56:49	00:57:05
300	322 Louise Ryan	F	40-49		00:57:05	00:57:05
301	277 Andrew WRIGHT	M	60-69		00:56:46	00:57:07
302	345 David Carr	M	60-69		00:56:52	00:57:12
303	268 Adele Oakley	F	15-39		00:57:08	00:57:30
304	594 sarah weinberg	F	15-39	Knutsford Tri Club	00:57:10	00:57:35
305	73 Mark BLUNDELL	M	60-69		00:56:56	00:57:36
306	54 Patrick O'Brien	M	60-69		00:57:12	00:57:37
307	525 Rebecca GRIMES	F	15-39		00:56:58	00:57:38
308	328 Gabriela COCU	F	40-49	Northwich Running Club	00:57:13	00:57:42
309	7 Amanda HARDEY	F	50-59		00:57:05	00:57:44
310	255 Laura Eagleton	F	50-59		00:57:11	00:57:44
311	492 Gilean FIELD	F	50-59		00:57:19	00:57:51
312	479 Beth Harris	F	15-39		00:57:30	00:57:54
313	348 Colin BRIDGER	M	50-59	Warrington Road Runners	00:57:30	00:57:55
314	288 Michael Eakin	M	60-69	PENNY LANE STRIDERS	00:57:31	00:57:55
315	261 Rhiannon Oldfield	F	40-49	Lymm Runners	00:57:29	00:57:59
316	260 Andy Canterbury	M	50-59		00:57:28	00:57:59
317	532 Nicola FAIRHALL	F	40-49		00:57:29	00:58:00
318	135 Rachel NICKEAS	F	15-39		00:57:38	00:58:04
319	241 Katy Horrocks	F	40-49		00:57:36	00:58:06
320	635 Jayne SKELLERN	F	60-69	Macclesfield Harriers & AC	00:57:51	00:58:09
321	421 Martin LEE	M	60-69		00:58:01	00:58:12
322	577 Robert BARKER	M	60-69		00:57:21	00:58:17
323	650 Faye RUSCOE	F	40-49		00:57:44	00:58:22
324	351 Chris LOWE	M	15-39		00:57:45	00:58:27
325	627 Mary BOOTH	F	50-59		00:57:56	00:58:27
326	496 Neil Vernon	M	50-59		00:58:12	00:58:39
327	582 Joanna Maddocks	F			00:58:17	00:58:50
328	331 Nicholas DRAPER	M	15-39		00:58:02	00:58:51

329	202 Tom BAMFORTH	M	40-49		00:58:31	00:58:53
330	85 Ken WINTLE	M	60-69	Dukes Drive Runners	00:58:34	00:58:58
331	504 Musaa MUHSEN	M	15-39		00:58:23	00:59:06
332	92 Victoria HENNESSEY	F	40-49	Lymm Runners	00:58:39	00:59:13
333	324 Nicola Gerrard	F	50-59	Lymm Runners	00:58:59	00:59:17
334	516 Melissa BLACK	F	15-39		00:58:23	00:59:19
335	118 James SPENCER	M	40-49		00:58:32	00:59:21
336	74 Alan Grehan	M	40-49	Warrington Road Runners	00:58:52	00:59:23
337	610 Thea PICKWELL	F	40-49		00:58:33	00:59:24
338	482 Dan MAKIN	M	15-39		00:59:07	00:59:27
339	77 Lisa LANCASTER	F	50-59	Border Reiver Runners	00:58:37	00:59:27
340	341 Steve DOUGLAS	M	40-49		00:59:00	00:59:28
341	640 Clare CARTLEDGE	F	50-59	Mile Shy Club	00:58:29	00:59:29
342	115 Amy COOPER	F	15-39		00:59:12	00:59:36
343	595 Madeleine DALY	F	15-39		00:59:13	00:59:38
344	634 Sue Taylor	F	50-59	Macclesfield Harriers & AC	00:59:24	00:59:42
345	209 Nicci Krolkowski	F	50-59	Lymm Runners	00:59:32	00:59:49
346	145 Hannah MURPHY	F	15-39	SWINTON RUNNING CLUB	00:58:55	00:59:50
347	264 Ian YARWOOD	M	60-69	DRAGONS RUNNING CLUB	00:59:07	01:00:06
348	515 Clair BOARDMAN	F	40-49		00:59:07	01:00:06
349	412 Nikki HILL	F	50-59	Lonely Goat RC	00:59:53	01:00:14
350	303 Kathryn WELLS	M	40-49	Lymm Runners	00:59:49	01:00:17
351	208 John Scammell	M	50-59	Lymm Runners	01:00:07	01:00:21
352	267 Colin Oakley	M	50-59		01:00:04	01:00:27
353	578 Peter Dykstra	M	60-69		00:59:53	01:00:30
354	8 Karen Bennett	F	50-59	Lymm Runners	00:59:58	01:00:30
355	251 Joanna Sparkman	F	50-59	Lymm Runners	00:59:59	01:00:31
356	34 Ursula HARRISON	F	60-69	SPECTRUM STRIDERS	01:00:11	01:00:35
357	295 Jessica HOWARD	F	15-39	Lymm Runners	01:00:29	01:00:53
358	588 Beth LEE	F	15-39		01:00:12	01:00:53
359	111 Lucy CRIDLAND	F	15-39		01:00:17	01:00:58
360	10 Nicola KEELEY	F	50-59		01:00:36	01:01:00
361	100 Melanie EARL	F	15-39		01:00:23	01:01:03
362	441 Carolyn FARRELLY	F	50-59	Warrington Road Runners	01:00:44	01:01:07
363	494 Liam BLEARS	M	40-49		01:00:38	01:01:08
364	601 Jo Wadsworth	F	50-59	Lymm Runners	01:00:35	01:01:09
365	242 Jenny Kirwan-Evans	F	15-39		01:00:49	01:01:16
366	53 Nikola HOLBROOK	F	15-39		01:00:59	01:01:29
367	485 Alex LANGLEY	M	40-49	Lymm Runners	01:00:44	01:01:29
368	472 Peter Owen	M	60-69		01:01:00	01:01:34
369	82 Louise Croall	F	60-69	Lymm Runners	01:00:52	01:01:34
370	413 Claire WROE	F	40-49		01:00:53	01:01:38
371	71 Kim CHAMBERS	F	15-39	Mile Shy Club	01:00:41	01:01:38
372	616 Claire EVANS	F	40-49		01:01:20	01:01:41
373	647 Julie SHORTT	F	50-59	Bramhall Runners	01:00:54	01:01:42
374	593 Molly BURKE	F	15-39	Widnes Running Club	01:01:19	01:01:42
375	598 Jim CAUL	M	60-69	Lymm Runners	01:00:58	01:01:47

376	575 Oliver SHERWIN	M	15-39		01:00:56	01:01:49
377	215 Rachael ROBERTS	F	15-39		01:01:21	01:01:52
378	510 Shaun LIPTROT	M	15-39		01:00:58	01:01:53
379	304 Simon Ward	M	50-59		01:00:58	01:01:53
380	149 Mike Solan	M	60-69		01:01:13	01:01:54
381	468 Jo RICHARDSON	F	60-69	Running Bear	01:01:34	01:01:54
382	550 Joe DEVILLE	M	40-49		01:01:24	01:02:01
383	563 Jo RIVE	F	40-49		01:01:30	01:02:04
384	543 Claire RIVE	F	40-49		01:01:30	01:02:04
385	66 Ian SMITH	M	60-69	Lymm Runners	01:02:09	01:02:09
386	29 Catherine JONES	F	60-69	Bramhall Runners	01:01:22	01:02:10
387	576 Kate Tomlinson	F	15-39	Lymm Runners	01:01:20	01:02:13
388	320 Elizabeth MASON	F	15-39		01:01:35	01:02:16
389	423 Nicky MCGRANE	M	15-39		01:01:53	01:02:24
390	116 Michael FORRESTER	M	15-39		01:01:54	01:02:25
391	38 Sonia JOHNSTON	F	50-59		01:01:55	01:02:25
392	608 Michelle HINES	F	40-49		01:02:09	01:02:37
393	48 Dennis Yarwood	M	50-59	SPECTRUM STRIDERS	01:01:41	01:02:42
394	486 Emily GIBBONS	F	15-39		01:02:10	01:02:43
395	212 Leslie Wilson	M	50-59		01:02:03	01:02:47
396	55 Emilie WOODROFFE	F	40-49		01:02:28	01:02:58
397	226 Caroline HYLAND	F	40-49		01:02:37	01:03:14
398	503 Paul Hitchen	M	40-49		01:02:42	01:03:25
399	551 Paula STEVENS	F	50-59	Bramhall Runners	01:02:40	01:03:28
400	446 Sally HOWARTH	F	40-49		01:02:58	01:03:32
401	447 Mark HOWARTH	M	40-49		01:02:58	01:03:33
402	641 Nic ABBOTT	M	50-59	Northwich Running Club	01:03:15	01:03:41
403	439 Jo CLARKE	F	50-59	Mile Shy Club	01:03:01	01:03:41
404	283 Sue LORD	F	50-59		01:02:57	01:03:49
405	611 Siobhan PARTINGTON	F	40-49	SPECTRUM STRIDERS	01:02:54	01:03:59
406	95 Lucy Lima	F	40-49		01:03:20	01:03:59
407	265 Anthony BRANWOOD	M	70-99	Victoria Park Running Club	01:02:50	01:04:00
408	646 Jill HARRISON	F	50-59	Bramhall Runners	01:03:22	01:04:10
409	408 Robert WILSON	M	50-59		01:03:52	01:04:20
410	117 Fay HURRELL	F	50-59	Lymm Runners	01:03:47	01:04:22
411	499 Sally CLIFFE	F	40-49	Lymm Runners	01:03:20	01:04:22
412	146 Chris EDSON	M	50-59	Lymm Runners	01:03:54	01:04:23
413	642 Toby ABBOTT	M	15-39		01:04:13	01:04:40
414	580 Daniela KNIGHT	F	40-49		01:04:14	01:04:51
415	306 Rebecca LOFTHOUSE	F	15-39	DRAGONS RUNNING CLUB	01:04:01	01:04:53
416	110 Alex CARTER	F	40-49	Lymm Runners	01:04:09	01:04:54
417	249 Simon GOSLING	M	15-39		01:04:51	01:05:13
418	355 Mark SWINTON	M	60-69		01:05:18	01:05:18
419	517 George PHIRI	M	40-49		01:04:38	01:05:23
420	293 Caroline LEACH	F	40-49		01:04:50	01:05:25
421	500 John Croall	M	60-69	Lymm Runners	01:04:43	01:05:27
422	21 Caroline RABBITT	F	40-49		01:05:05	01:05:33

423	300 Philippe Rouillon	M	60-69	Lymm Runners	01:04:48	01:05:37
424	483 Emelia WASEY	F	15-39		01:04:56	01:05:40
425	278 Francesca HUTCHINSON	F	15-39		01:05:07	01:05:51
426	302 Zoe YARWOOD	F	40-49		01:05:27	01:05:55
427	237 Collette OKANE	F	40-49		01:04:58	01:06:01
428	337 Ben Gregory	M	60-69	south cheshire harriers	01:05:16	01:06:06
429	248 Steven BARNES	M	50-59		01:05:40	01:06:07
430	629 Tricia CHAPLIN	F	70-99	Hunwick Harriers	01:05:35	01:06:09
431	150 Steve HARRISON	M	40-49		01:05:30	01:06:12
432	213 Rhian Davies	F	15-39		01:05:17	01:06:21
433	330 Faith HANCOCK	F	15-39		01:05:46	01:06:26
434	489 Greer HANAGHAN	F	60-69		01:05:34	01:06:27
435	340 Fabrizio CHIORANDO	M	40-49		01:05:55	01:06:28
436	233 Emma Davis	F	15-39	Lymm Runners	01:05:53	01:06:40
437	524 Louise PETTITT	F	50-59		01:06:02	01:06:55
438	207 Michael O'KEEFE	M	70-99		01:06:18	01:06:57
439	280 Natalie DIXON	F	15-39		01:06:23	01:07:01
440	566 Helen PARKINSON	F	40-49		01:06:19	01:07:04
441	567 Jonathan Parkinson	M	40-49		01:07:01	01:07:06
442	114 Annabelle CLARKE	F	15-39		01:06:16	01:07:16
443	141 Vicky BATT	F	40-49		01:06:20	01:07:17
444	511 Jemma SHARPLES	F	40-49	DRAGONS RUNNING CLUB	01:06:26	01:07:17
445	106 Tracy LYNN	F	50-59	Mile Shy Club	01:06:28	01:07:24
446	113 Jason LYNN	M	40-49	Mile Shy Club	01:06:29	01:07:24
447	581 Teena WEBB	F	50-59		01:06:52	01:07:29
448	58 Jane Blundell	F	60-69		01:06:48	01:07:29
449	275 Cath Griffiths	F	50-59		01:06:53	01:07:35
450	266 Selina SPENCER	F	15-39	Victoria Park Running Club	01:06:27	01:07:37
451	5 Dawn Reed	F	50-59	Lymm Runners	01:07:10	01:07:45
452	548 George ALEVIZOS	M	15-39		01:07:05	01:07:52
453	613 Alison Cookson	F	60-69	Lymm Runners	01:07:16	01:07:58
454	432 Laura WHITTAKER	F	15-39		01:06:52	01:07:59
455	94 Elizabeth MULLEN	F	15-39	Lymm Runners	01:07:04	01:08:11
456	625 Jenny POPE	F	40-49		01:07:04	01:08:11
457	434 David Wild	M	50-59	madrunners	01:07:35	01:08:14
458	72 Adam SEXTON	M	15-39	Mile Shy Club	01:07:22	01:08:19
459	232 Sophie DAVIS	F	15-39	Lymm Runners	01:07:34	01:08:21
460	349 Graham CUNNINGHAM	M	40-49		01:07:27	01:08:28
461	599 Nicola CUNNINGHAM	F	40-49		01:07:27	01:08:28
462	344 Lindsey Wilby	F	40-49		01:07:44	01:08:29
463	426 Olivia DESBRUSLAIS	F	15-39		01:08:01	01:08:35
464	62 Christine HARTLEY	F	50-59		01:07:58	01:08:49
465	43 Caroline FANNON	F	50-59		01:07:58	01:08:49
466	17 Paul JOHNSON	M	60-69		01:08:07	01:08:52
467	98 Astrid Reid	F	50-59	Lymm Runners	01:08:07	01:09:00
468	20 Alan Little	M	50-59		01:08:23	01:09:04
469	19 Nicola LITTLE	F	40-49		01:08:26	01:09:04

470	75 Lyn Westwood	F	50-59	Lymm Runners	01:08:28	01:09:05
471	27 Jean McGowan	F	50-59	SPECTRUM STRIDERS	01:08:23	01:09:09
472	490 Jo PYBUS	F	50-59		01:08:37	01:09:14
473	547 Joanna Williams	F	40-49	Lymm Runners	01:08:31	01:09:18
474	294 Caroline Dempsey	F	50-59		01:08:21	01:09:23
475	535 Christopher SMETHURST	M	60-69	Lymm Runners	01:08:35	01:09:24
476	203 Claire Holliday	F	50-59	Lymm Runners	01:08:50	01:09:26
477	121 Camilla CLARKE	F	15-39		01:08:37	01:09:37
478	59 Lucy Leech	F	15-39		01:09:09	01:09:51
479	454 Kate BARBER	F	40-49		01:09:06	01:09:52
480	68 Andy FLOYD	M	50-59		01:09:09	01:09:58
481	473 JULIE FAIRCLOUGH	F	60-69	Bramhall Runners	01:09:16	01:10:04
482	252 Katherine FAWCETT	F	40-49		01:09:29	01:10:05
483	476 Tracy MARSHALL	F	50-59	Lymm Runners	01:10:14	01:10:14
484	307 Polly MARLOW	F	15-39		01:09:39	01:10:20
485	86 James WISDOM	M	15-39		01:09:40	01:10:20
486	514 Christopher PRICE	M	40-49	Warrington Road Runners	01:09:44	01:10:24
487	455 Melanie Li	F	50-59	Bramhall Runners	01:09:38	01:10:26
488	445 Amy NELSON	F	15-39		01:09:45	01:10:28
489	466 Rachel COLBERT	F	15-39		01:09:44	01:10:42
490	467 Daniel COLBERT	M	40-49		01:09:44	01:10:42
491	225 Peter MILLINGTON	M	60-69	Fta	01:10:34	01:11:32
492	57 Ashley SWALLOW	F	15-39		01:10:40	01:11:43
493	638 Daniel Craggs	M	15-39		01:11:46	01:11:46
494	108 Catherine LUGSDEN	F	60-69		01:11:23	01:11:58
495	354 Lisa IZQUIERDO	F	40-49		01:11:23	01:12:21
496	41 Kate Pickford	F	15-39		01:11:15	01:12:23
497	224 Sarah BILLINGTON	F	50-59		01:11:25	01:12:32
498	620 Jennifer CROOKES	F	40-49		01:11:41	01:12:35
499	104 Dave Featherstone	M	60-69	WARRINGTON TRI CLUB	01:11:37	01:12:43
500	352 Jean-Baptiste HAU	M	15-39		01:11:48	01:12:49
501	240 Hayley FORD	F	40-49	Mile Shy Club	01:12:26	01:13:20
502	217 Alison DA COSTA	F	40-49		01:12:35	01:13:28
503	227 Kate HUGHES	F	40-49		01:12:53	01:13:31
504	623 Jon ROSTRON	M	50-59	Mile Shy Club	01:12:36	01:13:31
505	477 Jessica NEWTON	F	15-39	Lymm Runners	01:12:58	01:14:01
506	253 David MORRIS	M	60-69		01:12:54	01:14:02
507	239 Peter FORD	M	60-69	Mile Shy Club	01:13:16	01:14:11
508	216 Rebecca THOMPSON	F	15-39	Runcorn Running Club	01:13:20	01:14:14
509	12 John Bamforth	M	70-99		01:13:27	01:14:37
510	587 Helena GRZESK	F	40-49	Mile Shy Club	01:14:00	01:15:00
511	493 Bryan Forth	M	50-59	Warrington Road Runners	01:14:06	01:15:12
512	602 Kellie MILLARD	F	40-49		01:14:41	01:15:23
513	218 Andy WALKER	M	70-99	DRAGONS RUNNING CLUB	01:16:55	01:16:55
514	633 Leanne CHAMBERS	F	40-49		01:16:30	01:17:28
515	272 Chrissie Knight	F	70-99	Lymm Runners	01:16:44	01:17:42
516	211 Victoria KIBLER	F	50-59		01:17:40	01:18:44

517	80 Shelley LEE	F	50-59	Macclesfield Harriers & AC	01:17:45	01:18:55
518	538 Tim CROSS	M	50-59		01:17:54	01:19:06
519	93 Rashika FERNANDO	F	50-59		01:17:55	01:19:06
520	147 Emma Reilly	F	15-39	Lymm Runners	01:18:18	01:19:09
521	471 Annette Chester	F	60-69		01:18:25	01:19:37
522	42 Sarah DALY	F	50-59	Lymm Runners	01:19:59	01:20:46
523	356 Petra Feixova	F	15-39	Lymm Runners	01:20:47	01:21:58
524	137 Melissa MCDONNELL	F	15-39		01:21:00	01:22:00
525	414 Hilary Lidbury	F	70-99	Lymm Runners	01:20:59	01:22:08
526	422 Catherine O'HARA	F	50-59		01:21:05	01:22:13
527	332 Nicola Counsell	F	50-59		01:21:30	01:22:35
528	619 Annabel BLIGHT	F	40-49	SPECTRUM STRIDERS	01:22:12	01:23:02
529	444 Gill BEESLEY	F	70-99		01:21:54	01:23:05
530	35 Emma FORD-JOB	F	40-49	Mile Shy Club	01:24:02	01:24:56
531	591 Jessica PORTER	F	40-49		01:23:58	01:25:05
532	343 Deborah HEWITT	F	40-49		01:23:58	01:25:05
533	527 Thomas PERRY	M	15-39	Lymm Runners	01:24:11	01:25:16
534	219 Julie DAVIES	F	60-69	R.I.O.T	01:25:14	01:26:19
535	521 Molly KELLY	F	15-39		01:25:52	01:26:31
536	626 Vicky Wild	F	50-59	madrunners	01:26:50	01:27:41
537	243 Rob THORNE	M	50-59		01:29:18	01:30:27
538	624 Chris BLOOR	M	40-49		01:29:18	01:30:27
539	315 Sammy THOMSON	F	15-39		01:29:30	01:30:32
540	522 Annie MCGLOIN	F	15-39		01:30:21	01:31:00
541	214 Suzanne BOOTHMAN	F	60-69	Davenport Runers	01:31:37	01:32:46
542	333 Paul COUNSELL	M	50-59		01:33:00	01:34:07
543	475 Carole VERNON	F	50-59		01:34:08	01:34:59
544	429 Margo GRADY	F	50-59		01:34:08	01:35:00
545	556 Lisa GRAHAM	F	40-49		01:44:04	01:45:17
546	555 Tara SOOBHUG	F	40-49		01:44:04	01:45:17
547	350 Amber WEBB	F	60-69		01:45:25	01:46:22
548	329 Maggie EARL	F	60-69		01:45:25	01:46:22