

1	88	SHAW, Matthew	Male Senior	Salford Harriers Ac	16.10
2	111	FOSTER, Leon	Male Senior	Leeds City Ac	16.34
3	859	CROOK, Stephen	Male Vet 40	Stockport Harriers	16.50
4	134	HUGHES, Rob	Male Senior	Salford Harriers Ac	17.00
5	883	SMITH, Jonathan	Male Senior	Lymm Runners	17.00
6	19	SHARMAN, Leighton	Male Senior	Warrington Ac	17.04
7	113	PICKFORD, Andy	Male Vet 40	Altrincham & District AC	17.05
8	882	JONES, Chris	Male Senior	Vale Royal Athletics Club	17.09
9	29	HARRINGTON, Michael	Male Vet 45	Vale Royal Ac	17.11
10	919	MATUSZCZAK, Kristian	Male Senior	Altrincham and District AC	17.16
11	877	LAVENDER, Alison	Female Senior	Oswestry Olympians	17.17
12	70	WHITTINGHAM, Andrew	Male Vet 45	Wilmslow Running Club	17.19
13	889	BUNDRED, Dan	Male Junior	Wilmslow Running Club	17.32
14	851	CHRISTIAN, Martin	Male Vet 45	Kirkby Milers	17.33
15	64	JACKSON, Robert	Male Senior	Wilmslow Running Club	17.41
16	817	JOHNSON, Richard	Male Vet 50	Altrincham & District AC	17.52
17	843	SHIPLEY, Peter	Male Senior	Sale Harriers	17.58
18	917	BUGLER, Nick	Male Senior	Altrincham and District AC	18.03
19	897	GREEN, Adam	Male Senior	Warrington AC	18.10
20	914	MARTELL, Dan	Male Senior	Altrincham and District AC	18.11
21	884	EGAN, Nathan	Male Junior	Altrincham and District AC	18.13
22	822	DAY, Kenneth	Male Senior	Kirkby Milers	18.18
23	911	LONGLEY, Richard	Male Vet 40	Newcastle AC	18.21
24	910	MARCHANT, Kerry	Female Vet 40	Newcastle AC	18.23
25	18	MILLS, Kieran	Male Junior	Unattached	18.28
26	891	RICHARDSON, Gary	Male Vet 40	Vale Royal Ac	18.31
27	824	HERSHAW, Neil	Male Vet 50	West Cheshire	18.32
28	920	EGAN, Thomas	Male Junior	Altrincham and District AC	18.33
29	881	STEWART, Matthew	Male Vet 40	Unattached	18.33
30	852	DAVENPORT, Tony	Male Senior	Trafford Ac	18.34
31	122	DODD, Mark	Male Vet 40	Ellesmere Port Running Club	18.35
32	856	DOUGLAS, Sarah	Female Senior	Sale Harriers	18.40
33	16	HOUGH, Robert	Male Vet 45	Spectrum Striders	18.42
34	87	EVANS, Jenny	Female Senior	Sale Harriers Manchester	18.52
35	885	KENNEDY, Colin	Male Vet 50	Warrington Running Club	18.53
36	133	GILL, David	Male Vet 60	Warrington Ac	18.58
37	90	TOPPING, Chris	Male Senior	Sale Harriers Manchester	19.00
38	66	JACKSON, Nick	Male Vet 50	Wilmslow Running Club	19.04
39	862	HOLT, Nick	Male Vet 40	Wallasey Ac	19.06
40	857	DUNN, Anthony	Male Vet 45	Unattached	19.07
41	104	O'KEEFE, Ray	Male Vet 50	Macclesfield Harriers	19.07
42	110	COCROFT, Jonathan	Male Senior	Lymm Runners	19.09
43	830	SHAUGHNESSY, Steve	Male Vet 60	Stockport Harriers & Ac	19.13
44	863	ROWEN, Phil	Male Vet 45	Lymm Runners	19.15
45	119	HAINES, David	Male Vet 45	Vale Royal Ac	19.18
46	888	THOMAS, Andy	Male Vet 55	Sandbach Striders	19.24

47	916	HEGGS, Robert	Male Vet 40	Sale Harriers	19.24
48	60	KENNAUGH, Richard	Male Vet 50	Altrincham & District AC	19.26
49	85	BEARD, Chris	Male Vet 45	Vale Royal Ac	19.29
50	816	PAGE, Matt	Male Vet 40	Unattached	19.39
51	904	BLANN, Lora	Female Vet 35	Altrincham and District AC	19.40
52	128	CRAIG, Lisa	Female Senior	Altrincham & District AC	19.41
53	69	GAUNT, Duane	Male Senior	Sale Harriers Manchester	19.45
54	902	CHADWICK, Daniel	Male Vet 40	Spectrum Striders	19.48
55	325	LOMAX, Bobbie	Female Vet 40	Warrington Road Runners	19.50
56	76	GREENEY, Libby	Female Junior	Macclesfield Harriers	19.51
57	855	OLDHAM, Maurice	Male Vet 60	Manchester Harriers	19.52
58	865	LORD, Colin	Male Vet 50	Unattached	19.53
59	850	HOUGHTON, Jennifer	Female Senior	Kirkby Milers	19.54
60	117	HUNTER, Mark J	Male Vet 60	Altrincham & District AC	20.03
61	80	PATON-CROCKETT, Andrew	Male Senior	Altrincham & District AC	20.04
62	896	GASKELL, Andrew	Male Vet 50	Spectrum Striders	20.09
63	836	GMEREK, Zoe	Female Vet 40	Chorlton Runners	20.10
64	10	FEGAN, Danny	Male Vet 50	St Helens Striders	20.11
65	112	MICHELL, Davyd	Male Vet 40	Helsby Running Club	20.12
66	39	CASEY, Louise	Female Vet 35	Widnes Running Club	20.17
67	842	MULHOLLAND, Keith	Male Vet 50	Macclesfield Harriers	20.21
68	120	DRASDO, Alison	Female Vet 50	Trafford Ac	20.22
69	868	SPENCER, Andrew	Male Vet 40	Altrincham and District AC	20.24
70	808	PATTERSON, Tom	Male Vet 40	Unattached	20.27
71	14	DRIVER, Graham	Male Vet 50	Spectrum Striders	20.33
72	132	BRADBURY, Jamie	Male Vet 40	Lymm Runners	20.34
73	59	WOMACK, Mike	Male Senior	Lymm Runners	20.39
74	839	SCOTT, Danielle	Female Senior	Unattached	20.40
75	1	SPENCER, Julian	Male Vet 55	Spectrum Striders	20.43
76	861	HOLT, Sallie	Female Vet 40	Wallasey Ac	20.47
77	890	JACKSON, Matthew	Male Vet 50	Styal Running Club	20.50
78	853	BRADY, Mike	Male Vet 50	Spectrum Striders	20.55
79	807	SMITH, Michael	Male Vet 50	Lymm Runners	20.56
80	73	CORDINGLEY, Frank	Male Vet 55	Sale Harriers Manchester	20.57
81	912	FULLER, Nigel	Male Vet 50	Spectrum Striders	20.58
82	873	MCLAUGHLIN, Michael	Male Senior	Styal Running Club	20.59
83	918	WHELAN, Dan	Male Senior	Unattached	21.01
84	803	NORRIS, Paul	Male Vet 60	Wilmslow Rc	21.11
85	834	FERGUSON, Sinead	Female Vet 40	Sale Harriers Manchester	21.16
86	52	SMETHURST, Carl	Male Vet 50	Lymm Runners	21.16
87	818	PARRIS, Richard	Male Vet 50	Unattached	21.18
88	879	FOGARTY, Nick	Male Vet 45	Lymm Runners	21.19
89	847	POWERS, Barrie	Male Vet 45	Styal Running Club	21.20
90	74	CORDINGLEY, Jackie	Female Vet 55	Sale Harriers Manchester	21.24
91	45	BASNETT, Paul	Male Vet 45	Astley & Tyldesley Road Runners	21.25
92	860	DICKINSON, Duncan	Male Vet 50	Altrincham & District AC	21.36
93	3	KINSMAN, Huw	Male Senior	Spectrum Striders	21.37
94	20	MYERS, Aron	Male Senior	Wilmslow Striders	21.42
95	901	GULLIVER, Sian	Female Senior	Macclesfield Harriers & Ac	21.45
96	846	CLARKE, John	Male Vet 60	Vale Royal a. C.	21.47

97	900	NAVIN, Amanda	Female Senior	Altrincham and District AC	21.49
98	77	REYNOLDS, Julia	Female Vet 45	Sale Harriers Manchester	21.51
99	138	MASKELL, Rachel	Female Vet 35	Lymm Runners	21.58
100	106	JONES, Adam	Male Senior	Unattached	21.59
101	805	HALL, Richard	Male Vet 50	Bramhall Runners	22.02
102	2	GARNETT, Andy	Male Vet 60	Spectrum Striders	22.17
103	832	WYMER, Michael	Male Vet 40	Sale Harriers Manchester	22.18
104	846	CLARKE, John	Male Vet 60	Vale Royal a. C.	22.20
105	97	MCHARRY, Rob	Male Vet 50	Spectrum Striders	22.25
106	913	BATTERSBY, John	Male Vet 55	Sale Harriers	22.33
107	98	SKETT, Andrew	Male Vet 60	Lymm Runners	22.35
108	864	DEWHURST, Emma	Female Vet 35	Styal Running Club	22.38
109	35	EHLEN, Brad	Male Vet 45	Northwich Running Club	22.48
110	124	FORSTER, Karon	Female Vet 55	Spectrum Striders	22.54
111	130	CALDWELL, Helen	Female Vet 50	Spectrum Striders	22.59
112	28	WALKER, Georgina	Female Vet 40	Lymm Runners	23.00
113	801	ROWBOTTOM, Jason	Male Vet 50	Lymm Runners	23.02
114	53	NUNNERLEY, Emma	Female Vet 40	Lymm Runners	23.08
115	44	FAULKNER, David	Male Vet 60	Lymm Runners	23.08
116	887	TODD, Jennifer	Female Vet 45	Lymm Runners	23.10
117	907	HOWE, Joan	Female Vet 60	Trafford Ac	23.19
118	37	MCCLELLAND, Jenny	Female Vet 45	Lymm Runners	23.23
119	845	MOSELEY, Lynn	Female Vet 55	Lymm Runners	23.26
120	886	JOHNSON, Guy	Male Vet 50	Unattached	23.33
121	86	ELWOOD, Mark	Male Vet 45	Lymm Runners	23.35
122	545	MACGUGAN, Hayley	Female Vet 35	Widnes Running Club	23.36
123	136	REAGAN, Helen	Female Vet 45	Sale Harriers Manchester	23.37
124	921	MILLS, Bridget	Female Senior	Unattached	23.41
125	81	KELLY, Denis	Male Vet 50	Manchester Harriers	23.46
126	42	RAFFEL, Alistair	Male Vet 60	Spectrum Striders	23.48
127	820	TAYLOR, Paul	Male Vet 45	Bramhall Runners	23.50
128	802	BARTON, Mike	Male Senior	Unattached	23.52
129	30	BAINTON, George	Male Vet 55	Lymm Runners	23.56
130	828	BULL, Martin	Male Vet 60	Dragons Running Club (Sale)	23.56
131	838	POWELL, Katie	Female Senior	Knowsley Harriers	23.56
132	840	CHARMAN, Michael	Male Vet 65	Knowsley Harriers Ac	24.03
133	55	BEATTIE, Geoff	Male Vet 65	Sale Harriers Manchester	24.05
134	893	WEST, Hilary	Female Vet 60	Macclesfield Harriers & Ac	24.06
135	908	MCKENNA, Hugh	Male Vet 65	Altrincham and District AC	24.07
136	922	PATON-CROCKETT, Zoe	Female Senior	Unattached	24.25
137	831	BRADSHAW, Brian	Male Vet 55	Unattached	24.27
138	899	MARSHALL, Catriona	Female Vet 50	Wilmslow Running Club	24.28
139	125	JARVIS, Mark	Male Vet 40	Unattached	24.30
140	854	ATHERTON, Thomas	Male Vet 60	Helsby Rc	24.31
141	25	MARSHALL, Graham	Male Vet 50	Unattached	24.37
142	27	EVANS, Matt	Male Vet 45	Unattached	24.41
143	84	HOWELL, Graham	Male Vet 65	Liverpool Harriers	24.44
144	6	GALLAGHER, Ciaran	Male Junior	Unattached	24.52
145	48	SHAW, Geoff	Male Vet 65	Helsby Running Club	25.00
146	26	KEARNS, Jon-Paul	Male Vet 45	Unattached	25.03

147	874	JARDINE, Hayley	Female Vet 35	Spectrum Striders	25.05
148	102	CARTER, Darren	Male Senior	Warrington Running Club	25.07
149	915	ROWE, Phil	Male Senior	Unattached	25.09
150	57	BROWN, Tim	Male Vet 50	Lymm Runners	25.11
151	118	HAINES, Jill	Female Vet 45	Vale Royal Ac	25.13
152	7	JOHNSON, Martin	Male Senior	Spectrum Striders	25.22
153	403	PERCHARD, Mike	Male Vet 65	Northwich RC	25.23
154	895	HARGREAVES, Billy	Male Vet 70	Southport Waterloo AC	25.26
155	402	THOMPSON, Dave	Male Vet 60	Spectrum Striders	25.27
156	22	MCDERMOTT, Alex	Male Junior	Unattached	25.32
157	903	PLUMRIDGE, Brian	Male Vet 50	Unattached	25.37
158	49	FENTON, Simon	Male Vet 70	Wilmslow Running Club	25.40
159	869	BROSTER, Richard	Male Vet 40	Unattached	25.43
160	849	FAIRCLOUGH, Julie	Female Vet 50	Bramhall Runners	25.51
161	823	TODD, Helen	Female Vet 60	Stockport Harriers	25.51
162	871	MACKAY, Lisa	Female Vet 50	Spectrum Striders	26.01
163	31	PICKFORD, Chris	Male Vet 55	Lymm Runners	26.02
164	15	BLUNDELL, James	Male Senior	Spectrum Striders	26.03
165	38	LYON, Catherine	Female Vet 35	Spectrum Striders	26.10
166	905	BEATTIE, Sarah	Female Vet 45	Bramhall Runners	26.18
167	833	BABA, Caroline	Female Vet 35	Manchester Harriers	26.19
168	67	SPRINGALL, Stephen	Male Vet 50	Spectrum Striders	26.32
169	848	GRANDAGE, Matt	Male Vet 45	Unattached	26.39
170	78	BUCKLEY, Joanna	Female Vet 55	Spectrum Striders	27.03
171	906	CALLANDER, Don	Male Vet 70	Altrincham and District AC	27.22
172	127	WILCOX, Lauren	Female Senior	Unattached	27.27
173	201	WALKER, Chris	Male Vet 55	Unattached	27.27
174	814	BENNETT, Alan	Male Vet 55	Unattached	27.30
175	815	WORTHINGTON, Stephanie	Female Senior	Unattached	27.32
176	909	RUDMAN, Bernadette	Female Vet 60	Unattached	28.11
177	41	SMITH, Carolyn	Female Vet 50	Lymm Runners	28.12
178	829	SHILLABEER, Emma	Female Vet 45	St Helens Tri	28.16
179	809	COLLINS, Elaine	Female Vet 35	Northwich Run Club	28.17
180	123	GRIFFITHS, Neville	Male Vet 70	Spectrum Striders	28.18
181	825	TUOHEY, Brian	Male Vet 55	Spectrum Striders	28.28
182	858	KELLY, Michelle	Female Vet 55	Penny Lane Striders	28.33
183	898	KELLY, John	Male Vet 55	Liverpool Running Bugs	28.33
184	826	FULLER, Katy	Female Vet 50	Spectrum Striders	28.34
185	892	RICHARDSON, Debbie	Female Vet 45	Unattached	28.36
186	126	JARVIS, Josie	Female Vet 40	Unattached	28.37
187	65	JULINKOVA, Jana	Female Vet 45	Winston Runners	29.03
188	100	EVANS, Karen	Female Vet 50	Warrington Road Runners	29.12
189	101	DUNNE, Sarah	Female Senior	Warrington Road Runners	29.12
190	11	COLES, Terry	Male Vet 70	Spectrum Striders	29.28
191	115	RUDGE, Hayley	Female Senior	Lymm Runners	29.35
192	47	SHAW, Janet Catherine	Female Vet 65	Helsby Running Club	29.44
193	870	MACKAY, Rhona	Female Senior	Unattached	30.19
194	135	CARTER, Christine	Female Vet 45	Unattached	30.38
195	880	SPRINGALL, Diane	Female Vet 50	Spectrum Striders	31.00
196	36	KNIGHT, Chrissie	Female Vet 60	Lymm Runners	31.00

197	91	DUNBAR, Ian	Male Vet 65	Spectrum Striders	31.18
198	894	BARLOW, Alan	Male Vet 70	Altrincham and District AC	31.35
199	821	TAYLOR, Clare	Female Vet 45	Bramhall Runners	33.08
200	103	LEATHER, Helen	Female Vet 45	Unattached	34.06
201	93	NEWTON, Caroline	Female Vet 35	Warrington Running Club	34.06
202	54	SINCLAIR, Teresa	Female Vet 55	Winston Runners	36.00
203	61	CARLETON, Margaret	Female Vet 60	Winston Runners	36.00
204	841	CHARMAN, Stephanie	Female Vet 65	Unattached	37.40
205	320	BRIGHT, Ria	Female Vet 50	Goyt Valley Striders	46.17