

| Heat 1 | | | | | | |
|--------|----------|----------------------------|--------|------|---------------------------|----------|
| Pos | Race no. | Name | Gender | Cat | Club | Time |
| 1 | 159 | KAREN MURPHY | F | FV60 | BIDDULPH RC | 00:07:22 |
| 2 | 130 | ABI GILBERTSON | F | FSEN | | 00:07:45 |
| 3 | 114 | DONNA CHARLESWORTH SIMPSON | F | FV60 | | 00:08:08 |
| 4 | 180 | ALISON STEPHENSON | F | FV55 | RUNNING BEAR | 00:08:25 |
| 5 | 147 | KAREN MACKINTOSH | F | FV65 | BIDDULPH RC | 00:08:31 |
| 6 | 144 | CARL KIRKHAM | M | MV70 | TRAIL RUNNING ASSOCIATION | 00:08:36 |
| 7 | 131 | KERRY GLEAVE | F | FV60 | RUNNING BEAR | 00:08:44 |
| 8 | 104 | KAREN ANDERSON | F | FV55 | RUNNING BEAR | 00:08:59 |

| Heat 2 | | | | | | |
|--------|----------|--------------------|--------|------|-------------------------|----------|
| Pos | Race no. | Name | Gender | Cat | Club | Time |
| 1 | 179 | EDDIE SPIBEY | M | MSEN | CWONE | 00:06:21 |
| 2 | 177 | RUTH SHEPHERD-COLE | F | FSEN | BIDDULPH RC | 00:06:21 |
| 3 | 110 | ROBERT BURNS | M | MV35 | BIDDULPH RC | 00:06:33 |
| 4 | 116 | NAT COSTIGAN | M | MSEN | | 00:06:42 |
| 5 | 193 | KAREN OLDLAND | F | FV45 | RUNNING BEAR | 00:06:45 |
| 6 | 194 | MARION DAVIES | F | FV35 | RUNNING BEAR | 00:06:50 |
| 7 | 115 | ANN CHEADLE | F | FV35 | CITY OF STOKE AC | 00:06:52 |
| 8 | 186 | COLIN WALTON | M | MV60 | WILMSLOW RUNNING CLUB | 00:06:58 |
| 9 | 160 | ADRIANO NACCA | M | MV55 | | 00:06:59 |
| 10 | 113 | MICHELLE CARTER | F | FV45 | RUNDAMENTALIST RUN CLUB | 00:07:00 |
| 11 | 170 | PIPPA PRICE | F | FV60 | RUNNING BEAR | 00:07:08 |
| 12 | 117 | ROBERT COWDEN | M | MV55 | NANTWICH RUNNING CLUB | 00:07:12 |
| 13 | 184 | PATRICK TOOHER | M | MV60 | | 00:07:23 |
| 14 | 123 | JILL EARDLEY | F | FV60 | BIDDULPH TRIS | 00:07:28 |
| 15 | 103 | VERITY AIKEN | F | FV45 | | 00:08:13 |
| 16 | 102 | LUKE AIKEN | M | MU20 | | 00:08:13 |

| Heat 3 | | | | | | |
|--------|----------|------------------|--------|------|-------------------------|----------|
| Pos | Race no. | Name | Gender | Cat | Club | Time |
| 1 | 192 | JACK STEWART | M | MSEN | BIDDULPH RC | 00:05:56 |
| 2 | 191 | SOPHIE MELLOR | F | FV35 | LIVERPOOL HARRIERS & AC | 00:05:58 |
| 3 | 195 | ALAN SWANNOCK | M | MV50 | NEWCASTLE STAFFS AC | 00:06:05 |
| 4 | 146 | DAVID LEVIS | M | MV60 | POYNTON RUNNERS | 00:06:06 |
| 5 | 124 | ROBERT ELSTONE | M | MV60 | BRAMHALL RUNNERS | 00:06:09 |
| 6 | 167 | CLIVE PALMER | M | MV60 | RUNNING BEAR | 00:06:09 |
| 7 | 122 | NEIL EARDLEY | M | MV60 | BIDDULPH TRIS | 00:06:12 |
| 8 | 163 | MICI OLIVER | F | FV35 | VEGAN RUNNERS UK | 00:06:17 |
| 9 | 120 | BETHANY EARDLEY | F | FSEN | BIDDULPH TRIS | 00:06:33 |
| 10 | 101 | VICTORIA ADDISON | F | FSEN | SHROPSHIRE SHUFFLERS | 00:06:41 |
| 11 | 201 | CERY S HEAHER | F | FSEN | VALE ROYAL AC | 00:06:41 |
| 12 | 173 | HEATHER ROONEY | F | FV55 | LYME RUNNERS | 00:06:48 |
| 13 | 107 | NICOLAS BOWN | M | MV60 | WILMSLOW RUNNING CLUB | 00:06:53 |
| 14 | 168 | HELEN POINTON | F | FV45 | RUNDAMENTALIST RUN CLUB | 00:06:57 |

| Heat 4 | | | | | | |
|--------|----------|-------------------|--------|------|------------------|----------|
| Pos | Race no. | Name | Gender | Cat | Club | Time |
| 1 | 125 | JASON EVANSON | M | MSEN | CWONE | 00:05:37 |
| 2 | 161 | SAMANTHA NEWBOUND | F | FSEN | RUNNING BEAR | 00:05:41 |
| 3 | 157 | LUKE MORIARTY | M | MSEN | | 00:05:44 |
| 4 | 169 | ALENA POOLE | F | FSEN | | 00:05:48 |
| 5 | 154 | WILL MITCHELL | M | MSEN | RUNNING BEAR | 00:05:49 |
| 6 | 175 | PHIL ROWLEY | M | MV55 | CITY OF STOKE AC | 00:05:53 |
| 7 | 134 | JASMINE GREEN | F | FV35 | VEGAN RUNNERS UK | 00:05:53 |
| 8 | 119 | JOANNE DONNELLY | F | FV50 | CITY OF STOKE AC | 00:05:56 |
| 9 | 140 | MATTHEW JACKSON | M | MV55 | CITY OF STOKE AC | 00:06:01 |
| 10 | 190 | MALCOLM FOWLER | M | MV65 | RUNNING BEAR | 00:06:08 |
| 11 | 135 | ANTHONY HARDING | M | MV50 | | 00:06:18 |
| 12 | 136 | HANNAH HARDING | F | FV40 | | 00:06:20 |

| Heat 5 | | | | | | |
|--------|----------|-------------------|--------|------|----------------------------|----------|
| Pos | Race no. | Name | Gender | Cat | Club | Time |
| 1 | 189 | THOMAS WHEELER | M | MSEN | CHORLTON RUNNERS | 00:05:19 |
| 2 | 118 | MATT DARNLEY | M | MV45 | BRAMHALL RUNNERS | 00:05:20 |
| 3 | 139 | SEAN HUGHES | M | MV35 | | 00:05:21 |
| 4 | 111 | JOHN CARR | M | MV50 | MACCLESFIELD HARRIERS & AC | 00:05:29 |
| 5 | 142 | EMMA JOHNSON | F | FU20 | MACCLESFIELD HARRIERS & AC | 00:05:31 |
| 6 | 133 | HANNAH GRAVES | F | FU20 | | 00:05:41 |
| 7 | 106 | TRACY BLOOR | F | FV50 | | 00:05:43 |
| 8 | 182 | BENJAMIN SWANNOCK | M | MU20 | NEWCASTLE STAFFS AC | 00:05:49 |
| 9 | 187 | TOM WATSON | M | MSEN | BOALLOY RUNNING CLUB | 00:05:53 |
| 10 | 128 | IMOGEN GARNETT | F | FU20 | STOCKPORT HARRIERS & AC | 00:05:54 |

| Heat 6 | | | | | | |
|--------|----------|--------------------|--------|------|----------------------------|----------|
| Pos | Race no. | Name | Gender | Cat | Club | Time |
| 1 | 202 | JACK WADSWORTH | M | MSEN | WARRINGTON AC | 00:04:37 |
| 2 | 183 | CIAN TAYLOR | M | MU20 | MACCLESFIELD HARRIERS & AC | 00:04:39 |
| 3 | 156 | DAN MORGAN | M | MV35 | LONELY GOAT RC | 00:04:48 |
| 4 | 121 | MATT EARDLEY | M | MV40 | CITY OF STOKE AC | 00:04:53 |
| 5 | 137 | ADAM HOLLAND | M | MSEN | BELPER HARRIERS | 00:04:56 |
| 6 | 166 | HENRY OWEN | M | MSEN | | 00:04:56 |
| 7 | 172 | BENJAMIN REEVE | M | MSEN | | 00:04:58 |
| 8 | 188 | MICHAEL WHEATCROFT | M | MSEN | DERBY ATHLETIC CLUB | 00:04:59 |
| 9 | 181 | AIDAN STONIER | M | MU20 | CITY OF STOKE AC | 00:05:03 |
| 10 | 152 | TOBY MILLER | M | MSEN | BOALLOY RUNNING CLUB | 00:05:12 |
| 11 | 153 | THOMAS MINSHULL | M | MSEN | BOALLOY RUNNING CLUB | 00:05:16 |
| 12 | 150 | ROB MCMURDO | M | MV35 | STOCKPORT HARRIERS & AC | 00:05:31 |