

Pos	Time	Name	Club	Category	mins/km	Race no
1	0:15:31	ELLY, Tarus	Salford Harriers	Senior Men	03:06.2	1038
2	0:15:40	OWEN, Gwyn	Eryri Harriers	Senior Men	03:08.0	950
3	0:16:05	CULLEN, Matt	Sutton Harriers	Senior Men	03:13.0	991
4	0:16:15	HATCH, Mike	Sale Harriers Mcr	Senior Men	03:15.0	971
5	0:16:21	HUGHES, Rob	Salford Harriers	Senior Men	03:16.2	977
6	0:16:39	THOMPSON, Liam	Warrington AC	Senior Men	03:19.8	967
7	0:16:52	BUSH, Tom	Altrincham & District AC	Senior Men	03:22.4	2121
8	0:16:55	WILLIAMS, Stephen	Wigan Phoenix	Male Vet 50	03:23.0	1004
9	0:16:57	BROCK, Barry	Clayton-le-moors	Male Vet 40	03:23.4	960
10	0:17:00	FREEMAN, Stephen	Liverpool Harriers	Senior Men	03:24.0	988
11	0:17:09	SELBY, Ian	Horwich RMI Harriers	Male Vet 40	03:25.8	973
12	0:17:12	HOUGHTON, Graham	Spectrum Striders	Senior Men	03:26.4	2065
13	0:17:13	EDWARDS, Robert	Salford Met	Junior Man	03:26.6	974
14	0:17:13	FULLER, Adrian	Altrincham & District AC	Senior Men	03:26.6	959
15	0:17:18	WALWYN, Olivia	City of Norwich AC	Senior Ladies	03:27.6	2122
16	0:17:19	STORES, Michael	Manchester Harriers	Male Vet 45	03:27.8	901
17	0:17:26	DOXEY, Steven	Swinton R.C	Male Vet 45	03:29.2	1031
18	0:17:30	BURTHEM, Stephen	Warrington AC	Male Vet 45	03:30.0	2097
19	0:17:36	GRANT, Nigel	Penny Lane Striders	Male Vet 40	03:31.2	989
20	0:17:39	CHAPLIN, John	Chorley Harriers	Male Vet 50	03:31.8	976
21	0:17:47	HOUGHTON, Mike	Spectrum Striders	Senior Men	03:33.4	2069
22	0:17:48	MARTIN, Colin	Spectrum Striders	Male Vet 45	03:33.6	2105
23	0:17:49	JOHNSON, Mark	East Cheshire Harriers	Senior Men	03:33.8	2115
24	0:17:51	MURRAY, Raphael	Macclesfield Harriers	Male Vet 50	03:34.2	1010
25	0:17:55	BUTLER, Sean	Altrincham & District AC	Male Vet 45	03:35.0	992
26	0:17:56	BEST, Len	Stockport Harriers	Male Vet 55	03:35.2	954
27	0:17:58	BOOTH, Gareth	Horwich RMI Harriers	Senior Men	03:35.6	997
28	0:18:09	GOUGH, David	Vale Royal AC	Male Vet 40	03:37.8	961
29	0:18:20	MCCARTHY, Tony	Warrington AC	Male Vet 45	03:40.0	955
30	0:18:22	FRODSHAM, Paul	West Cheshire AC	Male Vet 45	03:40.4	996
31	0:18:27	MAHER, Peter	Vale Royal AC	Male Vet 50	03:41.4	957
32	0:18:30	CROMPTON, Neil	Spectrum Striders	Senior Men	03:42.0	1026
33	0:18:30	WADDINGTON, Dave	Wigan Phoenix	Male Vet 40	03:42.0	982
34	0:18:33	TELFORD, David	Altrincham & District AC	Male Vet 55	03:42.6	999
35	0:18:35	SATTAR, Javid	Spectrum Striders	Senior Men	03:43.0	932
36	0:18:37	CARROLL, Kevin	Liverpool Pembroke & Sefton	Male Vet 50	03:43.4	1007
37	0:18:43	REILLY, John	Middleton Harriers	Male Vet 55	03:44.6	1011
38	0:18:45	HATTON, Keith	Liverpool Harriers	Male Vet 45	03:45.0	1021
39	0:18:50	BROUGHTON, Adair Peter	Helsby RC	Senior Men	03:46.0	956
40	0:18:56	MELLING, Arnold	Lostock AC	Male Vet 55	03:47.2	1006
41	0:18:57	GIBSON, Sharleen	Cheadle Running Club	Lady Vet 35	03:47.4	906
42	0:19:00	HARRINGTON, Michael	Vale Royal AC	Senior Men	03:48.0	944
43	0:19:01	WATMOUGH, Steve	Spectrum Striders	Male Vet 40	03:48.2	1028
44	0:19:05	WELSBY, Mike	Spectrum Striders	Senior Men	03:49.0	2085
45	0:19:07	HAGGETT, Richard		Senior Men	03:49.4	947
46	0:19:12	MCGALL, Rob	Altrincham & District AC	Male Vet 55	03:50.4	2109
47	0:19:15	EHLAN, Brad	Spectrum Striders	Senior Men	03:51.0	995
48	0:19:18	PARROTT, John	Stockport Harriers	Male Vet 50	03:51.6	2078
49	0:19:21	ANDREW, Stuart	Spectrum Striders	Senior Men	03:52.2	958
50	0:19:26	KELLY, John	Penny Lane Striders	Male Vet 45	03:53.2	2057
51	0:19:28	MURPHY, Tim	Spectrum Striders	Male Vet 40	03:53.6	917
52	0:19:31	ARCHER, Tony	Vale Royal AC	Male Vet 50	03:54.2	969
53	0:19:32	SMITH, Michael	Bingley Harriers	Male Vet 60	03:54.4	993
54	0:19:33	ADAIR, Neil		Senior Men	03:54.6	1015
55	0:19:38	FARHALL, Liz	Spectrum Striders	Senior Ladies	03:55.6	2086
56	0:19:42	HEALY, Richard	Altrincham & District AC	Senior Men	03:56.4	1036
57	0:19:48	CLARKE, John	Vale Royal AC	Male Vet 50	03:57.6	2071
58	0:19:49	MARTIN, Stephen	Spectrum Striders	Male Vet 45	03:57.8	2093
59	0:19:50	BURGESS, Ken	Altrincham & District AC	Male Vet 60	03:58.0	2083
60	0:19:54	LIMBERT, Russell	Midland Vets	Male Vet 40	03:58.8	925

61	0:20:00	JONES, Damian		Senior Men	04:00.0	2114
62	0:20:08	MCKINNON, Vicky	Manchester Harriers	Senior Ladies	04:01.6	2104
63	0:20:13	FOULDS, John	Horwich RMI Harriers	Male Vet 45	04:02.6	1014
64	0:20:15	WEATHERHEAD, Peter	Wirral AC	Male Vet 55	04:03.0	998
65	0:20:20	WALTON, Derek	Altrincham & District AC	Male Vet 60	04:04.0	2095
66	0:20:22	SALMON, Michael	Spectrum Striders	Male Vet 40	04:04.4	933
67	0:20:26	GUBBINS, Michael	Hyde Village Striders	Senior Men	04:05.2	2081
68	0:20:27	DUGDALE, Andrew	Dewsbury Road Runners	Senior Men	04:05.4	930
69	0:20:28	ALI, Marina	Liverpool Harriers	Senior Ladies	04:05.6	986
70	0:20:29	MAIRS, Stuart	Salford Met	Senior Men	04:05.8	916
71	0:20:30	BRIERLEY, Chris	Northern Vets AC	Male Vet 45	04:06.0	928
72	0:20:32	MCHARRY, Rob	Spectrum Striders	Male Vet 40	04:06.4	963
73	0:20:33	HEMMING, Caroline	Spectrum Striders	Lady Vet 40	04:06.6	912
74	0:20:34	GALLIMORE, David	Warrington Road Runners	Senior Men	04:06.8	942
75	0:20:50	PUGH, Anne	Altrincham & District AC	Lady Vet 50	04:10.0	990
76	0:20:52	BROWN, Keith	Warrington Road Runners	Male Vet 45	04:10.4	2082
77	0:20:56	BOWDEN, Trevor	BAE Woodford	Male Vet 40	04:11.2	2119
78	0:21:00	KESSLER, Justin		Senior Men	04:12.0	939
79	0:21:03	CARNEY, Jack	Salford Met	Male Vet 50	04:12.6	966
80	0:21:06	MASON, Michael	Hyde Village Striders	Male Vet 40	04:13.2	2113
81	0:21:07	COLLIER, Anthony	Style	Male Vet 50	04:13.4	2111
82	0:21:09	MCDERMOTT, Martin		Senior Men	04:13.8	1027
83	0:21:10	SALIHI, Nabilah	Spectrum Striders	Senior Ladies	04:14.0	941
84	0:21:12	PEERS, Alan	Spectrum Striders	Male Vet 60	04:14.4	2112
85	0:21:14	COLES, Terence	Spectrum Striders	Male Vet 60	04:14.8	2079
86	0:21:15	CREHAN, Susan	Sale Harriers Mcr	Lady Vet 50	04:15.0	2120
87	0:21:15	ROGERS, Gerry	Styal RC	Male Vet 50	04:15.0	1019
88	0:21:31	MCCORMICK, Fechin	Sale Harriers Mcr	Male Vet 55	04:18.2	2102
89	0:21:38	GILL, David	Sale Harriers Mcr	Senior Men	04:19.6	945
90	0:21:40	MOLYNEAUX, Jo	Vale Royal AC	Lady Vet 45	04:20.0	2068
91	0:21:44	TAYLOR, Mark	Spectrum Striders	Male Vet 50	04:20.8	931
92	0:21:44	DOOLEY, John P	Spectrum Striders	Male Vet 55	04:20.8	2091
93	0:21:45	ELLIS, James		Senior Men	04:21.0	948
94	0:21:50	WILLIAMS, Kath	Wigan Phoenix	Lady Vet 50	04:22.0	1003
95	0:21:53	AINSCOW, Barrie	Dragon's Sale	Male Vet 40	04:22.6	1024
96	0:21:53	HEALY, Joanne	Dragon's Sale	Senior Ladies	04:22.6	1037
97	0:21:55	TAVERNER, Mary	Vale Royal AC	Lady Vet 45	04:23.0	2067
98	0:22:02	HAWKES, Clare	Wirral AC	Lady Vet 45	04:24.4	2051
99	0:22:03	CALLANDER, Donald	Altrincham & District AC	Male Vet 60	04:24.6	965
100	0:22:04	THOMAS, Chris	Spectrum Striders	Male Vet 40	04:24.8	2118
101	0:22:10	HARGREAVES, Billy	Liverpool Harriers	Male Vet 60	04:26.0	987
102	0:22:14	BILTON, Jane	Salford Harriers	Senior Ladies	04:26.8	978
103	0:22:16	WELSBY, Pauline	Spectrum Striders	Senior Ladies	04:27.2	2084
104	0:22:17	STYNES, Carol	Spectrum Striders	Lady Vet 35	04:27.4	915
105	0:22:24	JACKSON, David	Warrington AC	Male Vet 45	04:28.8	920
106	0:22:26	BUNYAN, David	Hyde Village Striders	Senior Men	04:29.2	980
107	0:22:26	SHAW, Carol	Helsby RC	Lady Vet 45	04:29.2	2064
108	0:22:29	NICHOLSON, Ian	Warrington AC	Senior Men	04:29.8	923
109	0:22:30	COX, Matthew		Male Vet 45	04:30.0	968
110	0:22:31	STREET, Joanne	Sale Harriers Mcr	Senior Ladies	04:30.2	972
111	0:22:33	CRAWLEY, Larry	Warrington Road Runners	Male Vet 55	04:30.6	943
112	0:22:48	CUTLER, Mike	South Cheshire Harriers	Male Vet 50	04:33.6	1020
113	0:22:52	WHITFIELD, Kit	Spectrum Striders	Male Vet 40	04:34.4	2087
114	0:22:53	HULME, Mark	Salford Met	Male Vet 45	04:34.6	1035
115	0:22:55	HARDING, Luke		Junior Man	04:35.0	1039
116	0:22:56	CLARKE, Jonathan	Styal RC	Senior Men	04:35.2	1022
117	0:22:58	HALSALL, Helen	Altrincham & District AC	Lady Vet 40	04:35.6	2066
118	0:23:00	JENKINSON, Alan	Style	Male Vet 55	04:36.0	2116
119	0:23:04	CHARMAN, Michael	Helsby RC	Male Vet 55	04:36.8	937
120	0:23:08	MARSHALL, Graham		Male Vet 40	04:37.6	1000
121	0:23:10	CLOWES, Louise	Stafford tri	Senior Ladies	04:38.0	913

122	0:23:10	ASBREY, James	Wigan Phoenix	Male Vet 55	04:38.0	1009
123	0:23:17	CARROLL, Donna	Spectrum Striders	Lady Vet 40	04:39.4	964
124	0:23:19	OSBORNE, Andrew		Male Vet 45	04:39.8	908
125	0:23:19	BROWN, Gordon	Liverpool Harriers	Male Vet 60	04:39.8	1016
126	0:23:30	BRADLEY, Michael	Spectrum Striders	Male Vet 50	04:42.0	970
127	0:23:31	KELLY, Michelle	Penny Lane Striders	Lady Vet 45	04:42.2	2056
128	0:23:36	WINCH, Paul	Spectrum Striders	Senior Men	04:43.2	2108
129	0:23:39	REDPATH, David	Spectrum Striders	Male Vet 55	04:43.8	2106
130	0:23:41	GEORGE, David	Northern Vets AC	Male Vet 55	04:44.2	2076
131	0:23:57	THOMPSON, Dave	Spectrum Striders	Male Vet 50	04:47.4	1033
132	0:23:58	FORTUNE, Iain	Spectrum Striders	Male Vet 60	04:47.6	952
133	0:24:06	MUMFORD, Kenneth	Middleton Harriers	Male Vet 50	04:49.2	1012
134	0:24:09	JENKINS, Alan	Spectrum Striders	Male Vet 55	04:49.8	2074
135	0:24:13	WALSH, Shelley	Spectrum Striders	Lady Vet 50	04:50.6	938
136	0:24:14	JONES, Alan	Buckley Runners	Senior Men	04:50.8	935
137	0:24:15	RUDDOCK, Les	Cheshire Tally Ho	Male Vet 55	04:51.0	1041
138	0:24:20	CLINK, Jenny	Sale Harriers Mcr	Senior Ladies	04:52.0	2092
139	0:24:24	REDPATH, Janet	Spectrum Striders	Lady Vet 55	04:52.8	2107
140	0:24:27	FITZSIMON, Deborah		Lady Vet 40	04:53.4	949
141	0:24:44	CHARMAN, Stephanie	Helsby RC	Lady Vet 55	04:56.8	2077
142	0:24:52	ANDERSON, Mark	Dragon's Sale	Senior Men	04:58.4	1023
143	0:25:01	MISTRY, Jayesh	Hyde Village Striders	Senior Men	05:00.2	946
144	0:25:04	CONNOLLY, Neville		Male Vet 50	05:00.8	962
145	0:25:14	MCARTHUR, David		Junior Man	05:02.8	1040
146	0:25:18	MASON, Elizabeth	Hyde Village Striders	Lady Vet 40	05:03.6	1013
147	0:25:18	PERCIVAL, Kelly-Ann	Hyde Village Striders	Senior Ladies	05:03.6	2099
148	0:25:18	FORTUNE, Anne	Spectrum Striders	Lady Vet 50	05:03.6	951
149	0:25:37	BELL, Mark		Senior Men	05:07.4	903
150	0:25:45	WILSON, Geoff	Spectrum Striders	Male Vet 55	05:09.0	2101
151	0:25:45	NICHOLSON, Georgina	Warrington AC	Lady Vet 35	05:09.0	924
152	0:25:51	WALKER, Lorraine		NDB	05:10.2	953
153	0:25:57	LAW, Fiona		Lady Vet 40	05:11.4	2117
154	0:26:07	RIDINGS, Richard	Spectrum Striders	Male Vet 55	05:13.4	1030
155	0:26:18	BEDFORD, Peter	Dragon's Sale	Male Vet 55	05:15.6	1025
156	0:26:19	BLAY, Helen		Senior Ladies	05:15.8	1001
157	0:26:33	MOUNTFORD, Natalie	Stafford Harriers	Senior Ladies	05:18.6	2103
158	0:26:43	DURKIN, Chris		Senior Men	05:20.6	918
159	0:27:21	SHAW, David M		Male Vet 45	05:28.2	1002
160	0:27:21	DEWSBURY, Claire		Lady Vet 35	05:28.2	1005
161	0:27:23	CRESSWELL, David		Senior Men	05:28.6	2061
162	0:27:24	BROWNSSELL, Karen		Lady Vet 35	05:28.8	929
163	0:27:36	JACKSON, Christine	Warrington AC	Lady Vet 40	05:31.2	921
164	0:27:42	CARROLL, Jeanette		Lady Vet 45	05:32.4	1008
165	0:27:44	ANDREWS, Vicky		Lady Vet 35	05:32.8	1018
166	0:27:51	BILLINGTON, Ray	Wrexham AC	Male Vet 60	05:34.2	902
167	0:28:09	WALSHAM, Arthur	Salford Harriers	Male Vet 60	05:37.8	2053
168	0:28:47	ROSSER, Barbara		Lady Vet 45	05:45.4	1034
169	0:29:05	STRINGER, Paul		Male Vet 55	05:49.0	981
170	0:29:13	BUNYAN, Janet	Hyde Village Striders	Lady Vet 40	05:50.6	979
171	0:30:04	HADCROFT, Louise		Senior Ladies	06:00.8	985
172	0:30:37	GEORGE, Angela	Northern Vets AC	Lady Vet 35	06:07.4	2075
173	0:31:11	SMITH, Mark Andrew		Senior Men	06:14.2	1032
174	0:31:34	GRYLLS, Sara		Lady Vet 40	06:18.8	907
175	0:31:38	SMITH, Pauline Mary	Bingley Harriers	Lady Vet 55	06:19.6	994
176	0:31:42	HEWITT, Les	Spectrum Striders	Male Vet 55	06:20.4	936
177	0:32:25	MOUNTFIELD, Carol		Lady Vet 40	06:29.0	926
178	0:32:25	JAMIESON, Steph		Lady Vet 35	06:29.0	927
179	0:32:41	HENRYS, Sian		Lady Vet 40	06:32.2	1017
180	0:34:37	BROWN, Anthony	Spectrum Striders	Senior Men	06:55.4	2059
181	0:34:42	CRESSWELL, Lisa		Lady Vet 35	06:56.4	2060
182	0:35:28	PERCIVAL, Elaine	Hyde Village Striders	Lady Vet 55	07:05.6	2098

183	0:35:28	BATEMAN, May		Lady Vet 50	07:05.6	904
184	0:36:02	GUBBINS, Sally	Hyde Village Striders	Senior Ladies	07:12.4	2080
185	0:36:38	O'BRIEN, John	Manchester Harriers	Male Vet 50	07:19.6	2058
186	0:36:59	WOODS, Jo	Spectrum Striders	Lady Vet 40	07:23.8	1029
187	0:38:27	SCARSBROOK, Lynn		Senior Ladies	07:41.4	984
188	0:39:10	DOYLE, Alison	Northern Vets AC	Lady Vet 55	07:50.0	2100
189	0:39:10	ATTWELL, Dave	Altrincham & District AC	Male Vet 60	07:50.0	2048