

1	Damian Nicholls	M	Wilmslow Running Club	28.45
2	Rob Downs	M40	Wilmslow Running Club	29.46
3	Andy Whittingham	M	Altrincham AC	30.02
4	Terry Greenwood	M	Wilmslow Running Club	30.36
5	Malcolm Fowler	M45	Wilmslow Running Club	30.50
6	Darren Cottier	M	Vale Royal AC	30.54
7	Olivia Walwyn	F	City of Norwich AC	31.02
8	Jim Pendrill	M	Wilmslow Running Club	31.18
9	Neil Walker	M	Altrincham AC	31.28
10	Mike Harrington	M	Vale Royal AC	31.37
11	Bill Heaton	M40	Wilmslow Running Club	31.41
12	Matthew Bigley	M	Unattached	31.53
13	Dave Gough	M40	Vale Royal AC	32.01
14	Andy Wilton	M45	Buxton AC	32.05
15	Mark Norton	M	Altrincham AC	32.07
16	John Todd	M45	Vale Royal AC	32.31
17	Jeff Kettle	M	Swansea Harriers	32.40
18	Jeff Capper	M	Wilmslow Running Club	32.46
19	Chris Standidge	M	Manchester Triathlon	32.56
20	Mike Munneley	M	Unattached	33.00
21	Adair Broughton	M	Helsby Running Club	33.16
22	Mike Cooper	M40	Wilmslow Running Club	33.54
23	Louisa Tanner	F	Warrington AC	34.32
24	John Carroll	M45	Vale Royal AC	34.37
25	Vicky McKinnon	F	Wilmslow Running Club	34.40
26	Robin Britton	M55	Staffs Moorlands	34.52
27	Paul Nichols	M	Wilmslow Running Club	34.58
28	Sue Hool	F	Wilmslow Running Club	35.00
29	R.Eaton	M40	Unattached	35.03
30	Steve Smith	M45	Wilmslow Running Club	35.07
31	Andy Watts	M55	Wilmslow Running Club	35.09
32	Jane Saunders	F35	Wilmslow Running Club	35.25
33	Matthew Malone	M	Winston Runners	35.27
34	Mike Cunliffe	M40	Radcliffe AC	35.30
35	James Conwell	M	Unattached	35.32
36	Bill Egan	M	Altrincham AC	35.38
37	Tim Murphy	M40	Spectrum Striders	35.42
38	Andrew Mothershaw	M	Macclesfield Harriers	35.44
39	John Thompson	M40	Unattached	35.56
40	Kevin Curran	M40	Radcliffe AC	35.58
41	Rick Air	M	Wilmslow Running Club	35.59
42	John Foulds	M45	Horwich RMI	36.00
43	Helen Whitby	F	Vale Royal AC	36.03
44	Anthony White	M	Cheshire HHH	36.04
45	Mike Gleeson	M	Unattached	36.09
46	Ken Burgess	M65	Altrincham AC	36.11
47	Joan Howe	F50	Trafford AC	36.12
48	Mike Jones	M50	Altrincham AC	36.24
49	Tristan Pocock	M	Sale Dragons	36.29
50	Giles Hodges	M	Sandbach Striders	36.32
51	Kath Lamplough	F	Buxton AC	36.36
52	Jon Howell	M	Unattached	36.46
53	Mike Elson	M40	Unattached	36.48
54	Ben Williams	M	Unattached	37.09

55	Kate Sutton	F45	Wilmslow Running Club	37.15
56	Andy Vickerstaff	M	Unattached	37.17
57	Fiona Baird	F	Sale Harriers	37.29
58	Jan Nicholls	F35	Sale Harriers	37.31
59	Jim Rosser	M40	Unattached	37.35
60	Duncan Worth	M45	Swinton Running Club	37.40
61	Gillian White	F	Unattached	37.41
62	Clare Hawkes	F45	Unattached	37.45
63	Colin Rathbone	M60	Vale Royal AC	38.07
64	Rick Edwards	M	Unattached	38.19
65	Neil McAleece	M	Wilmslow Running Club	38.20
66	Sam Brown	M	Unattached	38.37
67	Ian Ashcroft	M60	Wilmslow Running Club	38.38
68	Gareth Trimble	M	Wilmslow Running Club	38.50
69	David Booth	M	Unattached	39.01
70	Martin Salins	M40	Unattached	39.15
71	Warren George	M45	Sale Harriers	39.22
72	Greg Lambert	M	Unattached	39.28
73	Penny Hinke	F45	Wilmslow Running Club	39.29
74	Gary Mitchell	M	Unattached	39.32
75	Des Miles	M40	Unattached	39.35
76	Gary Wenn	M40	Royal Navy	39.37
77	Steven Pepper	M	Sandbach Striders	39.39
78	Cara Kavanagh	F	Manchester Harriers	39.42
79	Stephen Esplin	M	Stockport Harriers	39.47
80	Ian Sparks	M45	Macclesfield Harriers	39.48
81	Joanne Healey	F	Sale Dragons	39.51
82	Robert Buckley	M55	Altrincham AC	39.53
83	Jo Molyneaux	F45	Vale Royal AC	39.56
84	Kevin Griffin	M45	Unattached	40.07
85	Anna Burns	F	Unattached	40.17
86	Owen Ashcroft	M	Wilmslow Running Club	40.18
87	Sam Ban-Murphy	F35	Unattached	40.22
88	Paul Clutterbuck	M40	Vale Royal AC	40.24
89	John Riley	M65	Northern Vets	40.28
90	Neil Murphy	M45	Macclesfield Harriers	40.33
91	Roger Eden	M	Unattached	40.41
92	Mark Davies	M	Stockport Harriers	40.43
93	Peter Bream	M40	Wilmslow Running Club	40.57
94	Ian Harris	M	Spectrum Striders	41.02
95	Mike Burgess	M	Cheshire HHH	41.14
96	David George	M	Unattached	41.26
97	Mike Hey	M40	Unattached	41.30
98	Arthur Blake	M	Unattached	41.32
99	Mike Barry	M	UKNetRunner	41.44
100	Jayne Lomax	F40	Vale Royal AC	41.45
101	Richard York	M	Stockport Harriers	41.57
102	Barry Lewis	M	City of Hull AC	41.59
103	Simon Fenton	M65	Wilmslow Running Club	42.23
104	Mike Brockbank	M	Unattached	42.39
105	Monica Eden	F	Unattached	42.46
106	Andy Todd	M60	Helsby Running Club	42.50
107	Dave Sinnott	M55	Saddleworth	42.59
108	Jo McCabe	F35	Unattached	43.02
109	Catriona Marshall	F40	Wilmslow Running Club	43.03
110	James Ashton	M	Unattached	43.12

111	Roy Pownall	M55	Wilmslow Running Club	43.13
112	James Barnes	M	UKNetRunner	43.26
113	Mike Farrelly	M50	Winston Runners	43.31
114	Aidan Thomas	M40	Styal Running Club	43.38
115	Maggie Jones	F45	Altrincham AC	43.39
116	Rosemary Britton	F55	Ashbourne RC	43.44
117	Tracy Livesey	F35	Manchester Harriers	44.22
118	Trevor Faulkner	M65	Wilmslow Running Club	44.30
119	Jamie Hall	M	Unattached	44.32
120	Brendan Owens	M45	Unattached	44.38
121	Bill Mould	M60	Staffs Moorlands	44.44
122	Sid Bailey	M50	Deestriders	44.54
123	Caroline Brockbank	F40	Sandbach Striders	44.56
124	Mark Mothershaw	M40	Macclesfield Harriers	45.24
125	Paul Jackson	M	Unattached	45.26
126	Colin Toole	M	Unattached	45.31
127	John Clegg	M60	Unattached	45.38
128	Mark Fredrickson	M	Unattached	45.39
129	Kate Williamson	F35	Unattached	45.41
130	Nina Birch	F	Wilmslow Running Club	45.47
131	Zuzana Tokolyova	F	Unattached	45.48
132	Alex Howd	F	Unattached	45.51
133	Barry Ainscow	M45	Sale Dragons	46.09
134	David Taylor	M50	Staffs Moorlands	46.14
135	Sue Turner	F35	Manchester Harriers	46.24
136	Liz O'Keefe	F50	Sandbach Striders	46.32
137	Elizabeth Hollier	F45	Unattached	46.44
138	Amanda Fazelynia	F	Unattached	47.07
139	Jacqui Wild	F35	Unattached	47.08
140	Richard Platt	M	Unattached	47.21
141	Andrew Thompson	M	Unattached	47.23
142	Emma Thompson	F	Unattached	47.29
143	Carole Williams	F55	Vale Royal AC	48.00
144	Anthony McCormack	M	Unattached	48.31
145	Nigel Shaw	M55	Unattached	48.51
146	Kasey Lynch	F	Unattached	49.35
147	Suzanne Crampton	F40	Unattached	49.41
148	Terry Robson	M65	Stockport Harriers	49.58
149	Laura Pilley	F	Sale Dragons	50.00
150	Jean Bayley	F45	Manchester Harriers	50.08
151	Cath Davies	F	Sandbach Striders	50.13
152	Johanna Waddilove	F35	Sandbach Striders	50.14
153	Kate Pearson	F40	Unattached	50.22
154	Nicola Leak	F	Unattached	50.51
155	Karen Scott	F40	Manchester Harriers	51.27
156	Nigel Stanhope	M40	Spectrum Striders	51.58
157	Janet Stanhope	F40	Unattached	52.02
158	Brian Platt	M70	Unattached	53.21
159	Martin Wheeldon	M60	Wilmslow Running Club	53.40
160	Jo Foscett	F	Unattached	54.56
161	Jean Skitt	F60	Manchester Harriers	55.20
162	Holly Rae	F	Unattached	55.51
163	Heidi Kerschl	F45	Unattached	57.49