

Position	Bib #	Athlete Name	Gender	Category	Club	Chip Time	Gun Time
1	721	James WIGNALL	M	OVR	Sale Harriers Manchester	00:32:33	00:32:35
2	643	Chris STANFORD	M	OVR	Warrington triathlon club	00:35:14	00:35:16
3	317	TOM GREAVES	M	OVR	Warrington Road Runners	00:35:42	00:35:44
4	105	James Ainsworth	M	4049	vale royal ac	00:35:48	00:35:51
5	400	LEE HUGHES	M	4049	Lymm Runners	00:36:17	00:36:20
6	500	James Moles	M	4049	MANCHESTER FRONTRUNNERS	00:36:20	00:36:23
7	393	Mike PROUDLOVE	M	4049		00:36:23	00:36:25
8	273	Sean CONNON	M	2039		00:36:39	00:36:43
9	326	Gareth Griffiths	M	2039		00:37:04	00:37:09
10	684	Steven Thompson	M	2039	Warrington Road Runners	00:37:08	00:37:10
11	416	Richard JOHNSON	M	5059	Altrincham & District AC	00:37:14	00:37:17
12	640	Stephen Smith	M	2039	CHORLTON RUNNERS	00:38:01	00:38:03
13	137	Robert Beech	M	2039	PENSBY RUNNERS	00:38:09	00:38:12
14	335	Jono Guildford	M	4049	MANCHESTER FRONTRUNNERS	00:38:10	00:38:13
15	504	Perry MOORE	M	4049	Warrington Road Runners	00:38:16	00:38:19
16	555	James Perry	M	2039	Macclesfield Harriers & AC	00:38:18	00:38:21
17	697	Robert WADSWORTH	M	2039	DRAGONS RUNNING CLUB (SALE)	00:38:39	00:38:43
18	362	Steve Hatton	M	2039	MANCHESTER FRONTRUNNERS	00:38:40	00:38:46
19	420	CRAIG SEPHTON	M	4049	vale royal ac	00:38:48	00:38:51
20	142	Stuart Berry	M	2039	Lymm Runners	00:39:01	00:39:06
21	712	Stephen WATMOUGH	M	5059		00:39:15	00:39:20
22	549	Ralph PAWLING	M	2039	PENSBY RUNNERS	00:39:18	00:39:22
23	600	Simon Rogers	M	5059	PENSBY RUNNERS	00:39:26	00:39:30
24	602	Phil ROWEN	M	4049	Lymm Runners	00:39:39	00:39:44
25	679	Ant Cassidy	M	4049	Mossley Hill AC	00:39:41	00:39:44
26	525	Richard Murray	M	5059	vale royal ac	00:39:43	00:39:46
27	499	Mark Mitchell	M	4049	Warrington triathlon club	00:39:46	00:39:52
28	235	Mark Smith	M	4049	PENSBY RUNNERS	00:39:49	00:39:53
29	612	Paul Scully	M	4049	Warrington Running Club	00:39:55	00:40:03
30	625	John Sheldon	M	4049	Lymm Runners	00:40:11	00:40:17
31	115	Matt ASHFORD	M	4049		00:40:08	00:40:23
32	408	Mark J Hunter	M	60+	Altrincham & District AC	00:40:20	00:40:24
33	452	Jean Paul Lebon	M	2039	Altrincham & District AC	00:40:31	00:40:34
34	232	Amir DAR	M	2039	MANCHESTER FRONTRUNNERS	00:41:01	00:41:04
35	369	Neil Hey	M	5059	Macclesfield Harriers & AC	00:41:00	00:41:05
36	244	JULIAN DICKINSON	M	4049	Lymm Runners	00:41:17	00:41:22
37	356	Michael HARTE	M	4049	none	00:41:21	00:41:26
38	475	Christopher Matthews	M	4049		00:41:29	00:41:33
39	306	John Goggins	M	2039	Knutsford Tri Club	00:41:24	00:41:34
40	505	Mehmet Agdiran	M	2039	MANCHESTER FRONTRUNNERS	00:41:16	00:41:39
41	305	Zoe GMEREK	F	OVR	Sale Harriers Manchester	00:41:37	00:41:42
42	153	Jonathan Booth	M	4049		00:41:45	00:41:59
43	729	James Williams	M	4049		00:41:52	00:42:03
44	531	Steven Nokes	M	2039		00:42:02	00:42:06
45	417	Stuart JOHNSON	M	2039	SPECTRUM STRIDERS	00:41:48	00:42:13
46	564	Luke Potts	M	2039		00:42:06	00:42:15
47	704	John Walsh	M	4049	Warrington Road Runners	00:42:08	00:42:18
48	559	Jack PILKINGTON	M	2039	Cheshire Constabulary Athletics Secti	00:42:13	00:42:23
49	284	James FOX	M	2039	MANCHESTER FRONTRUNNERS	00:42:23	00:42:25
50	432	John Keegan	M	2039	Knutsford Tri Club	00:42:15	00:42:26
51	547	Stephen Owen	M	2039		00:42:19	00:42:27
52	503	Paul Moore	M	5059	Knutsford Tri Club	00:42:27	00:42:36
53	598	DAVID ROGERS	M	2039	Lymm Runners	00:42:20	00:42:39
54	218	Richard Cornwall-Legh	M	4049		00:42:33	00:42:40
55	269	Sean Farrelly	M	5059	Warrington Road Runners	00:42:39	00:42:50
56	181	Mike CARTER	M	5059	Astley and Tyldesley Road Runners	00:42:49	00:42:58
57	327	John Griffiths	M	5059		00:42:58	00:43:05
58	623	Jon Sheehy	M	5059	Lymm Runners	00:42:59	00:43:06

59	521 Keith MULHOLLAND	M		5059	Macclesfield Harriers & AC	00:42:59	00:43:07
60	605 Felicity WOLOHAN	F	OVR		Lytham St Annes RR Club	00:43:03	00:43:10
61	366 David Heald	M		4049		00:43:06	00:43:20
62	236 Steve DAVIS	M		5059	Lymm Runners	00:43:16	00:43:22
63	634 Carl SMETHURST	M		5059	Lymm Runners	00:43:16	00:43:24
64	536 David NUNNERLEY	M		2039	Lymm Runners	00:43:19	00:43:27
65	135 Steven BARTON	M		2039		00:43:07	00:43:30
66	749 Andrew Gilbert	M		2039		00:43:26	00:43:34
67	685 Michael Thorley	M		5059	MANCHESTER FRONTRUNNERS	00:43:14	00:43:40
68	458 SCOTT LIDDELL	M	60+			00:43:27	00:43:41
69	123 Matt Bailey	M		2039		00:43:47	00:43:52
70	337 Neil Gunn	M		5059	Macclesfield Harriers & AC	00:43:41	00:43:54
71	638 Michael Smith	M		5059	Lymm Runners	00:44:02	00:44:12
72	206 Abi COCKSEEDGE	F	OVR		Knutsford Tri Club	00:44:11	00:44:15
73	297 Christopher Gibson	M		2039		00:44:06	00:44:18
74	125 Lisa Hunsley	F		4049		00:44:13	00:44:20
75	127 James BAKER	M		2039		00:44:07	00:44:22
76	336 Gwen Jones	F		2039	bro dysynni athletic club	00:44:05	00:44:26
77	333 Penny GUESS	F		2039	University of Bath	00:44:28	00:44:31
78	732 Darran WILSON	M		4049		00:44:37	00:44:47
79	102 Nic ABBOTT	M		4049		00:44:44	00:44:58
80	300 Colin Gill	M		4049		00:44:52	00:45:02
81	470 Antony MARCHANT	M		4049		00:44:26	00:45:04
82	526 Richard Murray	M		4049	Warrington Running Club	00:44:49	00:45:06
83	515 Tracey Morris	F		4049	VALLEY STRIDERS AC	00:44:58	00:45:10
84	287 Sarah FRANKLIN	F		4049		00:45:08	00:45:13
85	292 Sarah-Louise TAYLOR	F		2039		00:45:13	00:45:22
86	234 Jeremy Davies	M		4049		00:45:13	00:45:24
87	478 Thomas Mcclean	M	U20		Lymm Runners	00:45:20	00:45:25
88	576 Victoria Ramsbottom	F	U20		Warrington A C	00:45:20	00:45:25
89	457 Paul LEWIS	M		5059	Warrington triathlon club	00:45:19	00:45:27
90	382 ROB HOLMES	M		4049		00:45:21	00:45:33
91	361 OLIVER HATCH	M		2039		00:44:47	00:45:35
92	687 Dave Ashcroft	M		5059		00:45:31	00:45:40
93	281 Josh Ford	M		2039		00:45:28	00:45:42
94	472 Andrew Marson	M		4049	Knutsford Tri Club	00:45:42	00:45:46
95	222 Graham CREWE	M	60+			00:45:36	00:45:50
96	522 Harry MURDEN	M		2039		00:45:37	00:45:52
97	154 Matthew Booth	M		2039		00:45:44	00:45:56
98	653 Alison SUTCLIFFE	F		4049	Warrington triathlon club	00:45:53	00:46:00
99	309 Andie Gow	M	60+		PENSBY RUNNERS	00:45:22	00:46:03
100	725 Krzysztof Psonka	M		2039		00:45:50	00:46:06
101	255 Jon Durnian	M		4049		00:46:00	00:46:10
102	262 Ian Eccles	M		4049		00:46:09	00:46:16
103	542 Jesse S Oldfield	M		4049		00:45:29	00:46:17
104	134 Kevin Barnett	M		5059		00:45:40	00:46:19
105	642 Jenny Spencer	F		4049		00:46:15	00:46:21
106	627 Hari SHOLINGHUR	M		2039		00:46:19	00:46:28
107	586 Eleanor Riches	F		4049		00:46:16	00:46:29
108	379 Sarah Hodgson	F		4049	PENNY LANE STRIDERS	00:46:18	00:46:30
109	597 Trevor Roberts	M		4049		00:46:12	00:46:31
110	316 Keith Brown	M		5059	Warrington Road Runners	00:46:24	00:46:32
111	384 Ewan Holton	M		4049	Knutsford Tri Club	00:46:05	00:46:35
112	211 Alex Connell	M		4049	Knutsford Tri Club	00:46:15	00:46:36
113	117 Neil Astill	M		5059		00:46:30	00:46:37
114	633 Ron Skilling	M	60+		Knutsford Tri Club	00:46:13	00:46:45
115	487 Michael Mclaughlin	M		2039	STYAL RUNNING CLUB	00:46:33	00:46:49
116	459 Steve Liput	M		2039		00:46:17	00:46:57
117	158 Jamie Bradbury	M		4049	Lymm Runners	00:46:53	00:47:00

118	668 Martin Taylor	M		4049		00:46:26	00:47:02
119	567 Barrie Powers	M		4049	STYAL RUNNING CLUB	00:46:48	00:47:03
120	647 Simon STOCKMAN	M		4049	Warrington Road Runners	00:46:43	00:47:08
121	381 Germaine Holmes	F		4049	Lymm Runners	00:47:02	00:47:10
122	143 David BIBBY	M		5059		00:47:02	00:47:12
123	183 Louise Casey	F		2039	Warrington Running Club	00:47:07	00:47:18
124	278 Jo Flint	F		4049		00:47:16	00:47:22
125	208 Jess Coenen	F		2039		00:47:14	00:47:23
126	577 Peter Ratcliffe	M		5059		00:47:24	00:47:30
127	437 Fraser Kerr	M		5059		00:46:50	00:47:33
128	639 Peter Smith	M		4049		00:46:57	00:47:34
129	691 Sally TRIBE	F		4049		00:47:21	00:47:34
130	554 Jose Perez	M		4049	Lymm Runners	00:47:18	00:47:35
131	702 Andrew Whitmore	M		4049		00:47:14	00:47:37
132	662 Edward Taylor	M		4049	Knutsford Tri Club	00:47:23	00:47:48
133	160 Lynda Bridge	F		4049	Warrington Road Runners	00:47:43	00:47:49
134	700 Georgina Walker	F		4049	Lymm Runners	00:47:44	00:47:51
135	321 Anne Gregory	F		4049	Warrington Road Runners	00:47:36	00:47:52
136	752 CLAIRE WORMALD	F		4049		00:47:40	00:47:53
137	266 Tim Evans	M	60+		Lymm Runners	00:47:38	00:47:55
138	498 Gary Mitchell	M		4049		00:47:50	00:48:04
139	357 Alex Hartland	F		4049	Victoria Park Running Club	00:48:01	00:48:12
140	303 David GLOVER	M		2039		00:47:55	00:48:14
141	442 Mike Kitson	M		5059		00:47:46	00:48:21
142	603 Vicky ROWLANDS	F		2039		00:48:14	00:48:24
143	615 Gaynor Seymour	F		4049	Lymm Runners	00:48:01	00:48:27
144	563 Stephen PORTER	M		4049		00:48:17	00:48:30
145	349 MATTHEW HARGREAVI	M		4049		00:47:43	00:48:38
146	551 Amanda Pemberton	F		4049	Lymm Runners	00:48:26	00:48:39
147	738 Alexander Woollam	M		2039		00:48:35	00:48:43
148	493 Gareth Milby	M		4049		00:48:20	00:48:48
149	630 Nick Siebert	M		2039		00:48:33	00:48:48
150	460 Alan LITTLE	M		4049		00:48:42	00:48:53
151	270 David Faulkner	M		5059	Lymm Runners	00:48:45	00:48:56
152	471 Chris Marsland	M		5059	PENSBY RUNNERS	00:48:30	00:48:56
153	184 Tim O'neill	M		2039		00:48:46	00:48:57
154	620 JIM SHAW	M		4049	none	00:48:50	00:49:00
155	124 George BAINTON	M		5059	Lymm Runners	00:48:43	00:49:02
156	645 Linda Statham	F		4049	Warrington Road Runners	00:48:57	00:49:03
157	434 Laurence KEELEY	M		4049		00:48:55	00:49:07
158	592 Dan Roberts	M		2039		00:48:40	00:49:07
159	343 James Halling	M		2039		00:48:36	00:49:08
160	202 Ian Clarke	M		5059		00:48:59	00:49:10
161	735 Mike Womack	M		2039	Lymm Runners	00:48:33	00:49:10
162	635 Andrew Craven	M		2039		00:48:54	00:49:17
163	192 Rob Chalmers	M		2039	PENSBY RUNNERS	00:49:02	00:49:26
164	209 Jolyon COHEN	M		2039		00:49:17	00:49:33
165	112 Barry Armstrong	M	60+			00:49:20	00:49:34
166	187 James Cavanagh	M		2039		00:49:14	00:49:35
167	537 Emma Nunnerley	F		4049	Lymm Runners	00:49:19	00:49:35
168	178 Jill Carlin	F		5059	Warrington triathlon club	00:49:27	00:49:38
169	196 Graham Chilton	M		5059	Lymm Runners	00:49:08	00:49:40
170	298 Claire.Com Gibson	F		2039	Lymm Runners	00:49:28	00:49:41
171	553 Roy Featherstone	M	60+			00:49:39	00:49:45
172	676 Simon Tetlow	M		5059		00:49:38	00:49:45
173	572 Rebecca Race	F		2039		00:49:24	00:49:46
174	719 Dan WHITTAKER	M		4049		00:49:16	00:49:46
175	342 Michael Hall	M		5059	SPECTRUM STRIDERS	00:49:21	00:49:48
176	323 Sarah Gregson	F		2039		00:49:29	00:49:49

177	454 David LEIGH	M		5059		00:49:48	00:49:55
178	737 Chris Woodyatt	M		5059		00:49:49	00:49:56
179	405 John Hunt	M		4049		00:49:38	00:49:59
180	495 John MILLACHIP	M		4049		00:49:44	00:50:00
181	151 Ravi BOOJAWON	M		4049		00:49:48	00:50:01
182	474 Chris Matthews	M		4049		00:49:53	00:50:05
183	527 Yvonne NEARY	F		5059		00:49:54	00:50:05
184	215 Amy COOPER	F		2039	Lymm Runners	00:49:49	00:50:06
185	595 Mark Roberts	M	60+		PENSBY RUNNERS	00:49:33	00:50:12
186	562 Graham POGSON	M		4049		00:49:37	00:50:15
187	108 Amanda Anderson-Holt	F		4049	Knutsford Tri Club	00:49:51	00:50:20
188	219 Lisa COSTELLO	F		2039	Lymm Runners	00:50:04	00:50:20
189	221 Ross Craigie	M		4049		00:49:45	00:50:21
190	560 Simon Plunkett	M		5059		00:49:46	00:50:21
191	608 Tony Sala	M	60+		Lymm Runners	00:50:09	00:50:25
192	106 Jason Allan	M		4049		00:50:15	00:50:27
193	104 Philip AINLEY	M		4049	CHORLTON RUNNERS	00:50:20	00:50:30
194	539 Patrick O'Brien	M		5059	Knutsford Tri Club	00:50:22	00:50:35
195	496 Darren Brookes	M		4049		00:50:14	00:50:39
196	650 Daniel Stubbs-Jefferies	M		2039	none	00:50:19	00:50:41
197	651 Paul Stubbs-Jefferies	M		5059	Knutsford Tri Club	00:50:19	00:50:41
198	252 Denise Dugdale	F		4049	SPECTRUM STRIDERS	00:50:18	00:50:43
199	428 Robert Jones	M		2039	Lymm Runners	00:50:29	00:50:47
200	113 Iain Arnison	M		4049	PENSBY RUNNERS	00:50:30	00:50:57
201	391 Kathryn Howard	F		2039	Lymm Runners	00:50:30	00:50:58
202	398 Clare Hughes	F		2039		00:50:48	00:51:01
203	377 David Hobbs	M		5059		00:50:50	00:51:12
204	466 Millie Loxton	F		2039		00:50:58	00:51:12
205	119 Emily Astley	F		4049	PENSBY RUNNERS	00:50:45	00:51:13
206	227 Nick Currie	M		4049		00:51:02	00:51:22
207	177 Aeda CANTILLON	F		2039		00:51:11	00:51:26
208	566 Melanie Power	F		4049	Macclesfield Harriers & AC	00:51:18	00:51:27
209	733 Susan SMITH	F		4049		00:51:08	00:51:30
210	628 Andrew Shore	M		2039	Lymm Runners	00:51:01	00:51:31
211	659 Martyn Symes	M		4049		00:51:04	00:51:31
212	167 Hannah Brown	F		2039		00:51:11	00:51:33
213	506 Alison Morgan	F		4049		00:51:17	00:51:33
214	176 Simon Canning	M		5059		00:51:05	00:51:34
215	641 Joanna Sparkman	F		4049	Lymm Runners	00:51:15	00:51:41
216	189 Siobhan Caygill	F		2039		00:51:17	00:51:42
217	403 Yvonne HUNG	F		2039	Didsbury runners	00:51:28	00:51:43
218	422 Glyn Jones	M		5059	Widnes Athletics Union	00:51:15	00:51:47
219	220 Mark COULTHARD	M		5059	Lymm Runners	00:51:37	00:51:53
220	734 Sharon Wilson	F		4049		00:51:42	00:51:54
221	341 Simon Hackett	M		5059	Lymm Runners	00:51:42	00:51:55
222	310 David Gowin	M		4049		00:51:31	00:51:57
223	666 Keith Taylor	M		5059	VALLEY STRIDERS AC	00:51:57	00:52:09
224	120 Alec Austin	M		2039		00:51:46	00:52:12
225	714 Maura Welch	F		4049		00:51:36	00:52:16
226	617 Robert Sharpe	M	60+			00:52:07	00:52:17
227	448 COLIN LAMPREY	M		5059	PENSBY RUNNERS	00:51:56	00:52:21
228	708 Natalie WARREN	F		4049		00:52:08	00:52:21
229	313 Andrew Tute	M		5059		00:51:54	00:52:22
230	162 Stephen Bristol	M		2039	Bramhall Runners	00:51:51	00:52:23
231	286 Martin FRANKLIN	M		4049		00:52:00	00:52:30
232	392 Mark HOWARTH	M		2039		00:52:13	00:52:30
233	263 Paul Elkin	M		2039		00:52:10	00:52:37
234	494 Helen Milby	F		4049	Lymm Runners	00:52:15	00:52:43
235	430 Elle Jordan	F		2039	Stockport Tri Club	00:52:25	00:52:50

236	413 Dean Jeffries	M		2039		00:52:35	00:52:52
237	588 Christine Ritchie	F	60+		Macclesfield Harriers & AC	00:52:42	00:52:52
238	148 Tim Blockley	M		4049		00:52:36	00:52:53
239	329 Amy Grundy	F		2039		00:52:36	00:52:53
240	173 Darren Burns	M		5059	Unattached	00:52:25	00:53:03
241	438 Jill KERR	F		4049		00:52:40	00:53:04
242	373 Jenny Hill	F		2039	Lymm Runners	00:52:42	00:53:06
243	217 Ali Cormack	F		2039	Lymm Runners	00:52:35	00:53:07
244	715 Nicola WELLS	F		4049		00:52:29	00:53:07
245	720 Phil WHITWORTH	M		5059		00:52:40	00:53:10
246	626 John Sherratt	M		4049		00:52:43	00:53:12
247	200 Ferial Clark	F		4049		00:52:56	00:53:17
248	423 Stuart Liversedge	M		2039		00:52:28	00:53:18
249	174 Mary BURTON	F		5059		00:53:05	00:53:21
250	182 Mike Carter	M		4049		00:53:01	00:53:22
251	233 David Carr	M		5059		00:53:02	00:53:22
252	546 Peter Owen	M		5059		00:53:11	00:53:30
253	710 Anthony Waterer	M		2039		00:53:06	00:53:34
254	449 Jan Lancaster	F		5059	Lymm Runners	00:53:28	00:53:47
255	258 Michael Eakin	M		5059		00:53:18	00:53:49
256	109 Claire Annesley	F		4049	Haywards Heath Harriers	00:53:43	00:53:56
257	388 Craig HOUGHTON	M		2039		00:53:35	00:53:59
258	436 Thomas Kelly	M		2039		00:53:20	00:53:59
259	669 Miranda Taylor	F		4049	Knutsford Tri Club	00:53:29	00:53:59
260	631 James Skelland	M		2039		00:53:38	00:54:01
261	489 Shirley McMullen	F		4049		00:53:39	00:54:02
262	304 Jeremy Glover	M		2039		00:53:11	00:54:03
263	311 Helen Gowin	F		5059		00:53:38	00:54:03
264	443 Carl Knight	M		2039		00:53:41	00:54:04
265	402 Geoffrey Hull	M	60+		Macclesfield Harriers & AC	00:53:52	00:54:06
266	101 Pete Dykstra	M		5059	Macclesfield Harriers & AC	00:53:39	00:54:10
267	538 Colin Oakley	M		4049		00:53:57	00:54:15
268	680 Louise Thomas	F		4049		00:53:39	00:54:19
269	243 Claire Waterson	F		4049		00:54:06	00:54:21
270	404 Gillian Hunt	F		4049		00:54:01	00:54:21
271	473 Hilary MASSEY	F		5059		00:53:50	00:54:21
272	663 Eve Taylor	F		5059		00:54:09	00:54:23
273	210 Anthony Coia	M		4049		00:54:04	00:54:24
274	195 Helen Child	F		4049	Sandbach Striders	00:53:56	00:54:32
275	692 Chris Tyler	M		5059	Lymm Runners	00:53:59	00:54:32
276	169 Tim Brown	M		5059	Lymm Runners	00:54:01	00:54:33
277	492 SUSANNAH MIDDLETO	F		4049	Macclesfield Harriers & AC	00:54:19	00:54:35
278	193 Emma Pitt	F		4049		00:53:56	00:54:36
279	367 Victoria HENNESSEY	F		4049	Lymm Runners	00:54:10	00:54:36
280	319 Michael Bradley	M	60+		SPECTRUM STRIDERS	00:54:09	00:54:37
281	260 Fiona Eaton	F		4049	Lymm Runners	00:54:11	00:54:41
282	575 Christine Ramsbottom	F	U20		Lymm Runners	00:54:24	00:54:41
283	604 Alison Rowley	F		2039		00:54:06	00:54:48
284	257 Laura Eagleton	F		4049		00:54:32	00:54:54
285	353 Ann Harris	F	60+		Macclesfield Harriers & AC	00:54:40	00:54:56
286	476 Sarah MATTHEWS	F		2039	Warrington Road Runners	00:54:18	00:54:59
287	268 Howard Fairhurst	M		5059		00:54:40	00:55:03
288	275 Nicola FINCH	F		2039	Warrington Running Club	00:54:46	00:55:04
289	352 Mick Ingram	M		4049		00:54:41	00:55:05
290	675 Liz TETLEY	F		5059	Lymm Runners	00:54:41	00:55:11
291	677 Caroline Thomas	F		5059	Lymm Runners	00:54:57	00:55:14
292	524 Louise Murray	F		2039	Warrington Running Club	00:54:58	00:55:16
293	678 Helen Thomas	F		2039	Northwich Running Club	00:54:42	00:55:23
294	722 Lindsey Wilby	F		4049		00:55:06	00:55:26

295	213 Mitch ROWLEY	M		4049	Knutsford Tri Club	00:54:49	00:55:29
296	667 Lindsay Taylor	F		4049		00:54:53	00:55:30
297	747 Kerry Chalk	F		2039		00:54:58	00:55:30
298	289 Sally Fraser	F		2039		00:55:10	00:55:32
299	744 Martin Wright	M		4049		00:55:10	00:55:46
300	331 Oliver Guess	M	U20			00:55:17	00:55:48
301	661 Scott Tarmey	M		2039		00:55:33	00:55:55
302	569 Scott Preston	M		4049		00:55:14	00:55:57
303	248 Richard Dobson	M		4049		00:55:39	00:56:03
304	517 Diana Morton	F		2039		00:55:47	00:56:06
305	681 Megan Thomas	F	U20			00:55:54	00:56:09
306	347 Tania Wild	F		2039	Lymm Runners	00:55:54	00:56:15
307	582 Jacqueline Redikin	F		4049		00:55:57	00:56:17
308	745 Stephen Yates	M	60+		Warrington Running Club	00:55:46	00:56:18
309	197 Jane Chinaea	F		5059	Lymm Runners	00:56:14	00:56:31
310	414 David Mcgowan	M		5059		00:55:53	00:56:35
311	467 Catherine Lyon	F		2039	SPECTRUM STRIDERS	00:56:18	00:56:36
312	170 Jayne Buck	F		4049		00:56:16	00:56:37
313	425 Marie Jones	F		4049		00:56:21	00:56:47
314	147 Emma SIMMS	F		2039	Didsbury runners	00:56:39	00:56:55
315	253 Jane Duncan	F		5059		00:56:37	00:57:00
316	541 John O'donoghue	M		4049		00:56:31	00:57:01
317	249 Tripthi DONTHAMSETT	F		2039		00:56:33	00:57:05
318	194 Stewart Chappell	M		5059		00:56:23	00:57:09
319	465 Richard Longbottom	M	60+			00:56:31	00:57:09
320	141 Amanda Bentley	F		4049		00:56:28	00:57:11
321	673 Samantha TENNANT	F		4049	Lymm Runners	00:56:48	00:57:13
322	427 Richard Jones	M		5059		00:56:57	00:57:15
323	532 Lydia Norman	F		2039	Didsbury runners	00:57:00	00:57:15
324	599 Jenny Rogers	F		2039	Lymm Runners	00:56:56	00:57:16
325	168 Lisa Brown	F		2039	Warrington Road Runners	00:56:49	00:57:20
326	445 Roger KNIGHT	M		4049	Warrington Road Runners	00:56:50	00:57:20
327	637 Jenny SMITH	F		4049	Warrington Road Runners	00:56:49	00:57:21
328	320 Nick Greenwood	M		2039	Lymm Runners	00:56:44	00:57:22
329	267 Helen EVERARD	F		5059		00:57:06	00:57:25
330	636 Carolyn Smith	F		5059	Lymm Runners	00:56:58	00:57:27
331	609 Emma Scammell	F		4049	Lymm Runners	00:57:08	00:57:28
332	610 John Scammell	M		4049	Lymm Runners	00:57:09	00:57:28
333	129 Gavin Ball	M		4049		00:57:13	00:57:31
334	584 Helen Rex	F		2039		00:57:00	00:57:32
335	706 Emma Walton	F		4049	Lymm Runners	00:57:08	00:57:34
336	556 Karen Phillpotts	F		2039	Lymm Runners	00:57:16	00:57:35
337	742 Sandra Worthington	F		4049	Warrington Running Club	00:57:07	00:57:47
338	238 David DEAN	M		5059	Victoria Park Running Club	00:57:21	00:57:53
339	307 Lucy Goldsmith	F		2039		00:57:23	00:58:00
340	601 Paul ROPER	M		5059	Lymm Runners	00:57:37	00:58:02
341	516 Trevor Morris	M		2039		00:57:45	00:58:05
342	513 Gareth Thompson	M		2039		00:57:16	00:58:07
343	530 Harry Newton	M	60+		Macclesfield Harriers & AC	00:57:33	00:58:08
344	544 Rhiannon Oldfield	F		4049		00:57:20	00:58:08
345	122 Jane Bailey	F		4049		00:57:54	00:58:09
346	418 Will Johnston	M		4049		00:57:21	00:58:09
347	155 Darren Bootherstone	M		2039		00:57:43	00:58:11
348	468 Alison LYSONS	F		5059	Warrington Road Runners	00:57:32	00:58:12
349	394 Chris Howarth	M		4049		00:57:37	00:58:19
350	171 Johanna Buckley	F		4049		00:57:50	00:58:24
351	295 Nicola Gerrard	F		4049		00:57:48	00:58:24
352	247 Marianne DOBSON	F		4049		00:58:04	00:58:27
353	616 Marsha Shack	F		4049		00:58:13	00:58:28

354	126 Adrian BAKER	M		4049		00:58:24	00:58:30
355	159 John Brear	M		4049	Lymm Runners	00:57:55	00:58:31
356	354 Joe Harris	M	U20			00:57:54	00:58:31
357	550 Ruth Pearson	F		2039		00:58:13	00:58:32
358	509 Kirsty Morley	F		2039	Warrington Running Club	00:57:51	00:58:35
359	435 Nicola KEELEY	F		4049		00:58:18	00:58:36
360	283 Anne Fortune	F	60+		SPECTRUM STRIDERS	00:58:06	00:58:44
361	664 Ian Taylor	M	60+			00:58:16	00:58:45
362	103 Amy Ackerley	F		2039		00:58:07	00:58:51
363	727 Emma Williams	F		4049		00:58:17	00:58:54
364	688 Nick TOMKINS	M		5059		00:58:25	00:58:56
365	511 Ann Morris	F		5059	Lymm Runners	00:58:34	00:58:59
366	607 Louise Ryan	F		2039		00:58:30	00:59:07
367	350 Alison HARLE	F		5059		00:58:45	00:59:10
368	557 Georgina Pierce	F		5059		00:58:34	00:59:17
369	565 Jules Poulton	M		4049		00:58:40	00:59:18
370	578 Sheila Williamson	F		5059		00:58:52	00:59:26
371	624 Lynne Sheehy	F		4049		00:58:45	00:59:28
372	746 Lynne Yule	F		2039		00:58:44	00:59:31
373	128 Suzanne Baker	F		4049	Macclesfield Harriers & AC	00:58:53	00:59:32
374	383 Stephen Holt	M		5059	n/a	00:59:11	00:59:32
375	359 Cass Hasford	F		4049		00:59:24	00:59:33
376	139 Victoria Begent	F		2039	Lymm Runners	00:59:04	00:59:35
377	656 Alison Sutton	F		2039		00:59:12	00:59:35
378	477 Sue Cooper	F		5059		00:59:03	00:59:47
379	632 Sally Skelland	F		2039		00:59:07	00:59:49
380	322 Suzanne Gregory	F		4049		00:59:23	00:59:50
381	646 Laura Stevenson	F		4049	Lymm Runners	00:59:22	00:59:58
382	523 Rachel MURPHY	F		5059		00:59:48	01:00:09
383	380 Amanda Holmes	F		4049		00:59:37	01:00:14
384	116 Pennie Aspinwall	F		5059		00:59:43	01:00:23
385	274 Thea Field	F	U20			00:59:54	01:00:39
386	375 Ashleigh Hindley	F		2039		01:00:05	01:00:42
387	201 Dianne Gresty	F		5059	Lymm Runners	01:00:04	01:00:48
388	649 Mia Stubbs	F	U20			01:00:06	01:00:51
389	224 Dominique CROMPTON	F		2039		01:00:26	01:01:00
390	415 Sally Hodgson	F		5059		01:00:30	01:01:06
391	228 Alicia CUSTIS	F		5059		01:00:19	01:01:10
392	265 John EVANS	M		5059		01:00:49	01:01:22
393	568 Esther Prescott	F		4049		01:01:01	01:01:39
394	365 Nikki Hay	F		2039		01:01:02	01:01:44
395	743 Laraine Wright	F		2039		01:01:23	01:01:48
396	185 Catherine CATCHPOLE	F		4049		01:01:18	01:01:52
397	225 Debra Crouch	F		5059	Lymm Runners	01:01:25	01:01:54
398	545 Linda Owen	F		5059	SPECTRUM STRIDERS	01:02:12	01:02:39
399	385 Brian HOPE	M		5059		01:02:03	01:02:48
400	371 Kelly Higginson	F		4049		01:02:23	01:02:51
401	107 Karen Anderson	F		5059	Macclesfield Harriers & AC	01:02:14	01:02:54
402	150 Patricia Bolton	F		4049		01:02:13	01:02:58
403	346 Amanda Hardey	F		4049		01:02:21	01:02:59
404	464 Diane Long	F		5059		01:02:50	01:03:22
405	214 Kevin Cook	M		5059		01:02:37	01:03:26
406	433 Victoria Keegan	F		2039	Knutsford Tri Club	01:02:50	01:03:31
407	345 Anne Hampson	F		5059	Lymm Runners	01:03:04	01:03:48
408	351 Matt HARLE	M		5059		01:03:31	01:03:56
409	280 Beth Ford	F		2039		01:03:42	01:04:00
410	654 Louise Sutherland	F		2039		01:03:20	01:04:01
411	655 Richie Sutherland	M		2039		01:03:21	01:04:02
412	156 Laura Bowyer	F		2039		01:03:33	01:04:11

413	332 Paula Guess	F		4049		01:03:38	01:04:11
414	629 Becky Siebert	F		2039		01:03:33	01:04:15
415	462 Katie Lomax	F		2039	Lymm Runners	01:04:07	01:04:24
416	338 Lesley Hanley	F		4049	Widnes Running Club	01:03:53	01:04:33
417	355 Rosemary Harrison	F		2039		01:03:49	01:04:36
418	242 Justine Dempsey	F		4049	Lymm Runners	01:04:03	01:04:48
419	484 Jean Mcgowan	F		4049		01:04:08	01:04:58
420	440 Zarka Khan	F		2039		01:04:17	01:04:59
421	574 Susan Raftery	F		5059		01:04:28	01:04:59
422	401 Lisa Hughes	F		2039		01:04:16	01:05:07
423	136 Alison Bayliff	F		4049		01:04:31	01:05:15
424	444 Chrissie Knight	F	60+		Lymm Runners	01:04:46	01:05:29
425	330 Katie Guess	F		5059	Lymm Runners	01:05:05	01:05:38
426	203 Liane Clarke	F		5059	Warrington Road Runners	01:05:10	01:05:50
427	340 Karen Hackett	F		5059		01:05:12	01:05:50
428	717 Nicola Whitehead	F		4049		01:05:11	01:05:57
429	368 Elisabeth Henney	F		2039		01:05:14	01:05:59
430	114 Robert Ashcroft	M	60+			01:05:38	01:06:13
431	325 Joanne GRIFFIN	F		4049	Macclesfield Harriers & AC	01:05:38	01:06:31
432	264 Kathryn Ellis	F		2039	Lymm Runners	01:05:52	01:06:38
433	431 Jemma Kaariainen	F		4049	Lymm Runners	01:05:52	01:06:38
434	180 Ben Carter	M		2039	Lymm Runners	01:05:55	01:06:41
435	699 Linda WAKEFIELD	F		5059		01:05:48	01:06:41
436	671 Philip Taylor	M		4049		01:06:13	01:06:44
437	571 Tracy Quinn	F		4049	Lymm Runners	01:06:15	01:06:49
438	312 Louise Grantham	F		5059		01:06:16	01:06:51
439	728 Glesni Williams	F		2039		01:06:32	01:07:01
440	528 Debs CLARKE	F		4049		01:06:25	01:07:05
441	481 Sarah Mcdermott	F		2039	Lymm Runners	01:06:45	01:07:38
442	131 Francesca Balon	F		2039	Lymm Runners	01:06:46	01:07:39
443	695 Kirsty Vis	F		4049	Lymm Runners	01:06:49	01:07:39
444	190 Elizabeth Challinor	F		4049		01:06:51	01:07:40
445	529 John Neve	M		5059		01:06:55	01:07:41
446	395 John HOWIE	M		5059		01:06:54	01:07:46
447	161 Kelly BRIGHOUSE	F		2039		01:07:14	01:07:51
448	271 Carol Fell	F	60+			01:07:21	01:07:54
449	288 Helen Fraser	F		5059	Stockport Harriers & AC	01:07:00	01:07:55
450	711 Elizabeth Wathen	F		4049		01:07:21	01:08:04
451	461 Nicola LITTLE	F		2039		01:07:23	01:08:05
452	241 Caroline Dempsey	F		4049		01:07:42	01:08:18
453	282 Claire FORSHAW	F		4049		01:07:42	01:08:18
454	424 Liz Jones	F		2039		01:07:43	01:08:18
455	239 Emma DEAN	F		4049	Lymm Runners	01:07:40	01:08:29
456	709 Alison Waterer	F		2039		01:07:54	01:08:40
457	540 Katy O'Connor	F		5059	Lymm Runners	01:08:10	01:08:41
458	491 Carmel Meredew	F		4049		01:07:58	01:08:45
459	230 Sonia D'andreta	F		2039		01:08:00	01:08:49
460	344 Michael Halpin	M		2039		01:08:01	01:08:50
461	411 Lisa Jacobs	F		2039		01:08:01	01:08:52
462	138 Rosie Beech	F		2039		01:08:50	01:09:32
463	272 Alison Felstead	F		4049	Lymm Runners	01:09:13	01:09:58
464	358 Bradley Hasford	M		4049		01:09:10	01:10:03
465	149 Chris BLOOR	M		2039		01:09:39	01:10:27
466	314 Hannah Greaves	F		2039		01:10:11	01:10:40
467	672 Andrew Tedford	M		2039	Lymm Runners	01:10:16	01:10:54
468	606 Hayley Rudge	F		2039	Lymm Runners	01:10:26	01:11:04
469	421 Elena Jones	F		4049	Lymm Runners	01:11:02	01:11:37
470	360 Sarah HASSALL	F		4049		01:11:19	01:12:08
471	121 Diane Backler	F		5059	Lymm Runners	01:11:35	01:12:11



472	585 Claire Reynolds	F		4049		01:11:42	01:12:16
473	157 Amy Bracewell	F		2039		01:11:46	01:12:33
474	579 Brooke Read	F		2039		01:11:58	01:12:46
475	291 Jenny Gallagher	F		2039		01:12:28	01:13:20
476	716 Nicola White	F		4049		01:12:29	01:13:21
477	397 Ilka Hudson	F		4049		01:12:52	01:13:40
478	279 Chris Haggett	M	60+			01:13:02	01:13:57
479	558 Kate Pike	F		5059	Lymm Runners	01:13:27	01:14:16
480	518 Lynn Moseley	F		5059	Lymm Runners	01:13:53	01:14:17
481	130 Christine Ballance	F		5059	Tynny Trotters	01:13:31	01:14:24
482	261 Rebecca Eaton	F		5059	Lymm Runners	01:14:46	01:15:39
483	348 John Hargreaves	M	60+			01:15:54	01:16:44
484	748 Claire Thomas-Carter	F		4049	Tynny Trotters	01:17:33	01:18:25
485	593 Emma Roberts	F		4049		01:18:23	01:19:14
486	723 Jo Wilding	F		2039		01:18:24	01:19:14
487	145 David Bisby	M		4049		01:19:36	01:20:25
488	587 Amanda Ritchie	F		4049		01:19:37	01:20:28
489	410 tina jackson	F		4049		01:20:58	01:21:31
490	689 Kate Tomlinson	F		4049	Warrington Running Club	01:20:58	01:21:32
491	231 Katy Jennings	F		4049	Warrington Running Club	01:20:57	01:21:49
492	302 Amanda Glover	F		2039	Warrington Running Club	01:21:16	01:21:50
493	294 Nick Gerrard	M		5059		01:21:49	01:22:35
494	705 Catherine Walshe	F		5059		01:25:07	01:26:00
495	613 Irene Seaman	F		5059	Lymm Runners	01:26:50	01:27:44
496	390 Rebecca Farr	F		5059	Lymm Runners	01:28:02	01:28:52
497	447 Julie Johnson	F		4049		01:28:55	01:28:55
498	378 Sally LAKIN	F		4049		01:28:07	01:28:55
-	233 Carr David	M		5059		00:00:00	00:00:00

*Legend / re-labelling required*