

Place	Name	Bib No	Age	Age Group	Place	Chip Time	Gun Time	Team
1	Graham Houghton	115	37	**** M 30-39		37:16.8	37:17.2	Spectrum Stride
2	craig flynn	295		**** M 0-29		41:00.0	41:01.1	
3	Eric Robinson	202	24	**** M 0-29		42:02.9	42:03.3	
4	sean dyer	208	18	1 M 0-29		42:05.6	42:05.8	south cheshire
5	Christine Holmes	170	30	**** F 30-39		42:49.8	42:51.3	Trentham Runnin
6	Kyle Cruise	168	24	2 M 0-29		43:42.1	43:42.9	
7	Karl Budworth	189	34	1 M 30-39		44:43.7	44:44.2	
8	Greg Thompson	232	28	3 M 0-29		45:00.4	45:10.6	
9	Alan Wilson	153	36	2 M 30-39		45:14.6	45:16.2	
10	bruce helliwell	225	46	1 M 40-49		45:13.9	45:16.3	
11	Nigel Prue	204	43	2 M 40-49		45:15.6	45:16.5	
12	David Miles	127	40	3 M 40-49		45:13.2	45:24.0	
13	Joel Lawson	201	40	4 M 40-49		45:23.1	45:24.8	
14	Alex Staniforth	94	16	4 M 0-29		45:33.8	45:33.9	
15	Emma Cox	74	25	**** F 0-29		45:38.2	45:39.0	
16	Kevin Shufflebottom	215	47	5 M 40-49		46:06.6	46:10.3	biddulph runnin
17	Jordan Barton	59	18	5 M 0-29		46:55.3	46:58.2	
18	oliver grummell	2	31	3 M 30-39		47:12.3	47:17.9	
19	Alexandra Rowan	143	21	**** F 0-29		47:23.9	47:24.7	
20	Matthew Fassih	193	26	6 M 0-29		47:54.9	47:55.8	
21	John Coats	177	49	6 M 40-49		47:58.2	48:01.1	Northern Vetera
22	Dave Wilson	239	32	4 M 30-39		47:54.8	48:06.4	
23	Becky Wightman	234	31	1 F 30-39		48:04.3	48:12.7	
24	Dave Taylor	237	60	1 M 50-99		48:25.5	48:30.1	Chester Tri
25	David Ellis	238	37	5 M 30-39		48:30.5	48:32.4	
26	sam gladman	211	23	7 M 0-29		48:32.4	48:36.7	
27	Jason Mee	241	36	6 M 30-39		49:01.1	49:04.2	
28	Ray Tran	167	44	7 M 40-49		49:02.0	49:04.3	
29	Philip Geraghty	288		8 M 0-29		49:02.9	49:04.9	
30	Jason Bulley	35	45	8 M 40-49		49:18.0	49:21.8	Sandbach Stride
31	NEIL MURPHY	231	50	2 M 50-99		49:22.8	49:24.9	
32	Jack Antrobus	217	28	9 M 0-29		49:22.9	49:43.0	
33	Christopher Speed	126	46	9 M 40-49		49:44.0	49:53.5	
34	Delmont Betts	287		10 M 0-29		50:00.0	50:02.7	

35	James Challinor	246	32	7 M 30-39	50:05.3	50:14.3	
36	scott hall	206	36	8 M 30-39	49:53.6	50:18.3	
37	Robert Scholey	191	66	3 M 50-99	50:23.9	50:26.7	
38	David Stacey	52	38	9 M 30-39	50:18.0	50:38.3	
39	Stephen JONES	135	46	10 M 40-49	50:47.8	50:48.2	
40	Chris Ford	40	26	11 M 0-29	50:53.4	50:54.6	
41	Stephen Vaughan	283	67	4 M 50-99	51:06.8	51:09.3	
42	Cathal Cruise	216	59	5 M 50-99	51:13.8	51:15.8	
43	Camilla Parry	91	28	1 F 0-29	51:13.5	51:17.5	Chester Tri
44	Mark Drinkwater	247	33	10 M 30-39	51:18.7	51:19.4	
45	Paul Smith	226	40	11 M 40-49	51:36.2	51:39.6	
46	Jonathan Parry	93	52	6 M 50-99	51:44.9	51:49.1	chester Tri
47	Chris Parry	271	29	12 M 0-29	51:45.2	51:50.7	McMillan
48	Mark Durkiss	281	29	13 M 0-29	51:55.3	51:58.0	
49	Matt Boot	50	36	11 M 30-39	51:45.7	51:58.7	
50	Michael Blackburn	235	43	12 M 40-49	51:58.3	52:00.8	
51	Mark Pilliner	203	43	13 M 40-49	51:54.5	52:02.7	
52	Tim Howe	185	42	14 M 40-49	51:46.6	52:05.3	
53	matthew davies	63	22	14 M 0-29	51:59.3	52:14.5	
54	PHIL ARMITT	113	59	7 M 50-99	52:01.7	52:16.7	
55	Mandy Morris	195	39	2 F 30-39	52:27.2	52:30.3	
56	rachel maskell	75	30	3 F 30-39	52:41.1	52:45.4	
57	David Spreadborough	236	38	12 M 30-39	52:44.8	52:56.6	
58	Mike Perchard	219	58	8 M 50-99	52:57.3	53:03.7	West Cheshire A
59	Pete McDermott	95	50	9 M 50-99	52:57.9	53:06.0	
60	Mark Naisbitt	150	40	15 M 40-49	53:05.2	53:14.0	Vale Royal AC
61	Julie Cowan	96	50	1 F 50-99	53:11.2	53:19.1	
62	kenneth williamson	18	56	10 M 50-99	53:21.7	53:24.5	
63	Peter Mills	284		15 M 0-29	53:21.9	53:28.2	
64	Aaron Speight	64	22	16 M 0-29	53:25.1	53:28.2	
65	Anthony Muckells	260	0	17 M 0-29	53:26.5	53:32.0	Brainwave
66	Paul Lockett	146	35	13 M 30-39	53:21.4	53:39.2	
67	Graham Slatter	179	46	16 M 40-49	53:42.2	53:46.3	
68	Alex Cole	270	17	18 M 0-29	53:46.3	53:47.8	
69	steve handley	293		19 M 0-29	53:42.0	53:57.6	
70	Nick Blackburn	223	42	17 M 40-49	54:02.6	54:08.1	
71	Jonathon Smith	154	29	20 M 0-29	53:42.1	54:09.6	

72	Mark Greenhalgh	136	35	14 M 30-39	54:15.6	54:20.4	
73	ANDREW DALY	175	32	15 M 30-39	54:19.7	54:20.9	
74	Nigel Haynes	38	47	18 M 40-49	54:52.3	54:54.3	South cheshire
75	Dave Nield	123	55	11 M 50-99	54:49.1	54:58.3	
76	Zeki Turedi	161	21	21 M 0-29	54:50.3	55:01.0	
77	Richie Adams	196	31	16 M 30-39	55:01.6	55:07.3	
78	bob floyd	282		22 M 0-29	55:00.6	55:09.3	
79	Rachel Hollins	214	34	4 F 30-39	55:12.1	55:16.0	Biddulph Runnin
80	Matthew Taylor	65	37	17 M 30-39	55:16.9	55:22.9	
81	Mark Barton	243	38	18 M 30-39	55:11.0	55:25.1	
82	Jeremy Cole	269	51	12 M 50-99	55:29.5	55:31.0	
83	Jennifer Hockenhill	33	28	2 F 0-29	55:26.3	55:35.7	Sandbach Stride
84	Johanna Bulley	34	39	5 F 30-39	55:31.8	55:35.7	Sandbach stride
85	Brett Connolly	132	40	19 M 40-49	55:26.8	55:41.2	
86	Adam Stogdale	5	25	23 M 0-29	55:30.2	55:43.6	
87	Paul Riley	114	42	20 M 40-49	55:44.0	55:51.7	
88	Nicky Yuen	148	28	3 F 0-29	55:57.1	55:58.0	
89	Louise Glavin	289		4 F 0-29	55:51.1	56:01.4	
90	Brendan Glover	99	39	19 M 30-39	55:56.7	56:03.1	
91	brett williamson	19	33	20 M 30-39	56:10.2	56:13.6	
92	Alwyn Neyton	286		5 F 0-29	56:11.7	56:21.1	
93	Jim Davies	68	35	21 M 30-39	56:17.4	56:25.3	
94	Diane Newsham	199	44	1 F 40-49	56:22.1	56:27.5	Vale Royal A.C
95	caroline mellor	141	32	6 F 30-39	56:16.8	56:28.4	
96	Steve Farnell	72	36	22 M 30-39	56:18.2	56:29.6	
97	David Richardson	51	37	23 M 30-39	56:25.9	56:42.8	
98	Rebecca Skade	97	28	6 F 0-29	56:45.2	56:50.4	
99	Pete Price	7	41	21 M 40-49	56:38.3	56:55.8	
100	James Henderson	240	43	22 M 40-49	56:47.4	57:01.0	
101	Jackie Carlin	285		7 F 0-29	56:47.4	57:01.2	
102	Jonathan Latham	244	42	23 M 40-49	56:55.7	57:10.8	
103	Peter Lee	92	40	24 M 40-49	57:01.1	57:11.9	
104	Sian Leese	70	24	8 F 0-29	56:56.6	57:13.1	
105	richard marr	292		24 M 0-29	57:00.0	57:16.9	
106	Emma Tarry	3	30	7 F 30-39	57:31.8	57:37.0	
107	Mark Payton	213	23	25 M 0-29	57:26.0	57:40.0	
108	Anna O'Hare	120	38	8 F 30-39	57:22.3	57:40.4	

109	dale marshall	156	30	24 M 30-39	57:29.1	57:40.8	
110	Ryan Mitchell	88	27	26 M 0-29	57:38.3	57:46.9	
111	Steven Martin	112	33	25 M 30-39	57:34.0	57:48.5	
112	PAUL HEATLEY	190	29	27 M 0-29	57:40.5	57:50.4	
113	Jonathan Thorpe	162	32	26 M 30-39	57:47.3	57:57.0	
114	Hyder Nasser	291		28 M 0-29	57:40.4	58:00.3	
115	Debbie Moreton	14	42	2 F 40-49	57:53.7	58:06.3	
116	Harry Newton	221	73	13 M 50-99	58:04.0	58:15.0	
117	Alison Dixon	104	42	3 F 40-49	58:20.3	58:26.8	
118	Mark Salmon	174	30	27 M 30-39	58:24.5	58:28.2	
119	rachel massey	212	35	9 F 30-39	58:13.1	58:34.6	
120	Alison Holmes	111	48	4 F 40-49	58:54.6	59:06.0	
121	Steve Sproston	255	0	29 M 0-29	58:51.6	59:06.1	McMillan
122	Luca Della Rocca	11	22	30 M 0-29	58:55.6	59:07.0	
123	Lev Gimelfarb	224	29	31 M 0-29	59:06.4	59:12.8	
124	Antony Garnett	176	32	28 M 30-39	59:37.1	59:44.4	
125	Claire Sherbourne	173	43	5 F 40-49	59:44.2	59:51.2	
126	Lorraine Wilkinson	172	46	6 F 40-49	59:44.6	59:51.4	
127	Robert Fern	186	28	32 M 0-29	59:53.1	1:00:10.2	
128	Mark Edwards	69	29	33 M 0-29	1:00:03.1	1:00:10.8	
129	Rachel Nelson	261	0	9 F 0-29	1:00:22.4	1:00:28.2	Brainwave
130	David Pilley	55	52	14 M 50-99	1:00:24.2	1:00:38.4	
131	kevin jones	125	39	29 M 30-39	1:00:34.8	1:00:41.7	
132	Danny Fishwick	250	22	34 M 0-29	1:00:40.0	1:00:43.6	NMC
133	Kevin Phillips	46	56	15 M 50-99	1:00:36.3	1:00:45.5	
134	Fay Briscoe	131	29	10 F 0-29	1:00:44.1	1:00:58.2	
135	Sarah Gidlow	192	35	10 F 30-39	1:00:53.8	1:01:05.7	
136	PAUL Dickenson	290		35 M 0-29	1:01:15.8	1:01:17.8	
137	Sharon Tran	166	43	7 F 40-49	1:01:37.2	1:01:54.7	
138	Andy Dodd	1	43	25 M 40-49	1:01:51.8	1:02:01.8	
139	STEVEN JONES	66	33	30 M 30-39	1:01:53.8	1:02:02.6	
140	Lucy Collier	31	26	11 F 0-29	1:02:06.9	1:02:19.3	
141	Polly Firth	218	25	12 F 0-29	1:02:17.3	1:02:19.5	
142	Andrew Clacher	30	30	31 M 30-39	1:02:07.3	1:02:19.6	
143	Adam Moreton	15	46	26 M 40-49	1:02:04.0	1:02:20.4	
144	Allan Sherwood	264	59	16 M 50-99	1:02:27.4	1:02:43.3	Hauser Bears
145	Katie McCausland	119	20	13 F 0-29	1:02:36.7	1:02:45.5	

146	Adrian Guinane	184	33	32 M 30-39	1:02:49.1	1:02:56.9	
147	Mark Latham	252	0	36 M 0-29	1:02:34.8	1:02:57.2	McMillan
148	Adele Butterley	73	38	11 F 30-39	1:02:40.7	1:03:01.2	
149	mark lacking	230	36	33 M 30-39	1:02:36.6	1:03:03.0	
150	Louise Pollard	47	35	12 F 30-39	1:02:56.9	1:03:10.1	Purple Patch
151	Susan Frank	263	49	8 F 40-49	1:03:21.8	1:03:37.8	Hauser Bears
152	Louise Shorney	183	44	9 F 40-49	1:03:20.1	1:03:38.3	
153	Andrew Slatter	209	15	37 M 0-29	1:04:02.4	1:04:06.2	
154	Victoria Mee	242	30	13 F 30-39	1:04:02.7	1:04:10.0	
155	Andrew Bark	20	46	27 M 40-49	1:03:55.8	1:04:23.3	
156	Ken Greenhalgh	198	68	17 M 50-99	1:04:22.8	1:04:27.8	
157	elaine lamb	124	51	2 F 50-99	1:04:11.4	1:04:29.1	
158	jonathan bownes	21	34	34 M 30-39	1:04:37.6	1:04:41.8	
159	Ian King	67	48	28 M 40-49	1:05:04.1	1:05:19.1	
160	hamlin warren	294		38 M 0-29	1:05:09.0	1:05:22.6	
161	Simon Ferenczi	205	44	29 M 40-49	1:05:10.1	1:05:22.8	
162	Susan Wilkinson	265	48	10 F 40-49	1:05:07.8	1:05:24.1	Hauser Bears
163	Joanne Marks	180	29	14 F 0-29	1:05:22.3	1:05:36.2	
164	Dominic Scanlan	181	29	39 M 0-29	1:05:22.8	1:05:36.2	
165	Sophie Parry	117	24	15 F 0-29	1:05:33.5	1:05:38.2	
166	Mark Jeffries	194	50	18 M 50-99	1:05:36.2	1:05:39.9	
167	Tom Price	10	16	40 M 0-29	1:05:25.8	1:05:43.1	
168	Adam Garner	28	32	35 M 30-39	1:05:53.8	1:06:18.8	
169	Gill Ambrose	169	45	11 F 40-49	1:06:11.8	1:06:19.6	
170	Emma Dandy	188	23	16 F 0-29	1:06:13.2	1:06:33.1	
171	Louise Adams	163	42	12 F 40-49	1:06:25.9	1:06:43.9	
172	Jenny Beyer	182	24	17 F 0-29	1:06:53.8	1:07:00.6	
173	Michael Till	171	34	36 M 30-39	1:06:48.8	1:07:03.3	
174	tom clulow	83	49	30 M 40-49	1:06:48.9	1:07:03.7	
175	Bruce Dandy	187	53	19 M 50-99	1:06:51.9	1:07:12.0	
176	Kym Asquith	266	23	18 F 0-29	1:07:15.7	1:07:34.7	
177	Amy Briscoe	82	32	14 F 30-39	1:07:25.5	1:07:40.0	
178	Stewart Hargreaves	249	22	41 M 0-29	1:07:47.1	1:07:50.7	NMC
179	Laura Clark	79	26	19 F 0-29	1:07:41.2	1:07:52.2	
180	Rob Tandy	267	36	37 M 30-39	1:07:33.2	1:07:52.3	
181	Jason Hewer	268	34	38 M 30-39	1:07:49.2	1:07:59.4	
182	JAMES EVANS	233	30	39 M 30-39	1:07:55.4	1:08:02.0	

183	Dale Morris	228	33	15 F 30-39	1:07:46.3	1:08:02.4	
184	Christian Morris	227	32	40 M 30-39	1:07:46.7	1:08:02.8	
185	Charlotte Barton	134	35	16 F 30-39	1:07:56.1	1:08:03.6	
186	Martin Schofield	207	56	20 M 50-99	1:08:39.7	1:08:57.5	
187	adam delia	220	31	41 M 30-39	1:09:11.0	1:09:21.6	
188	Claire Drinkall	251	0	20 F 0-29	1:09:16.6	1:09:39.2	McMillan
189	Paul Dobson	157	54	21 M 50-99	1:09:16.7	1:09:39.3	
190	amy pilley	44	23	21 F 0-29	1:09:38.3	1:09:53.1	
191	Catherine Barton	32	26	22 F 0-29	1:10:18.4	1:10:26.0	
192	Lisa Bark	17	32	17 F 30-39	1:10:11.3	1:10:36.2	
193	Stuart Newton	107	44	31 M 40-49	1:10:29.3	1:10:39.9	
194	Cerys Webster	133	19	23 F 0-29	1:10:35.9	1:10:46.4	
195	Caroline McAlindon	106	47	13 F 40-49	1:11:55.4	1:12:04.8	
196	David Sutton	165	49	32 M 40-49	1:11:55.1	1:12:04.8	
197	Keith Pollitt	105	40	33 M 40-49	1:11:57.2	1:12:06.7	
198	Anne Marie Mounfield	248	27	24 F 0-29	1:11:50.3	1:12:10.8	NMC
199	Pete Price	8	42	14 F 40-49	1:12:09.5	1:12:25.4	
200	Louise Nulty	109	27	25 F 0-29	1:12:15.8	1:12:27.7	
201	Nathan Cooper	110	29	42 M 0-29	1:12:15.6	1:12:27.8	
202	Becky Jones	116	32	18 F 30-39	1:12:31.4	1:12:39.7	
203	Frances Lowe	41	22	26 F 0-29	1:12:40.6	1:12:49.8	
204	Sarah Ford	39	27	27 F 0-29	1:12:41.2	1:12:50.2	
205	lindA MEADOWS	103	45	15 F 40-49	1:13:25.1	1:13:33.7	
206	Rachel Saunders	155	28	28 F 0-29	1:13:25.3	1:13:34.0	
207	Steph Cooper	257	0	29 F 0-29	1:13:52.2	1:13:57.6	Brainwave
208	Lisa Nicholls	256	0	30 F 0-29	1:13:52.4	1:13:57.7	Brainwave
209	Lynne Partington	4	46	16 F 40-49	1:14:23.3	1:14:29.2	
210	Charlotte Clarkson	89	29	31 F 0-29	1:14:24.9	1:14:33.2	
211	Joanna Crowley	37	45	17 F 40-49	1:14:31.6	1:14:52.7	
212	david kirkham	229	37	42 M 30-39	1:15:04.0	1:15:22.5	
213	Lily Hamourtziadou	140	41	18 F 40-49	1:15:24.3	1:15:43.2	
214	Killian O'Brien	139	35	43 M 30-39	1:15:24.4	1:15:43.3	
215	Marie-Anne Patterson	160	29	32 F 0-29	1:15:35.7	1:15:52.4	
216	michael patterson	159	58	22 M 50-99	1:17:37.6	1:17:53.0	
217	Catherine Hughes	144	31	19 F 30-39	1:18:08.8	1:18:31.9	
218	david spoor	145	29	43 M 0-29	1:18:16.6	1:18:40.1	
219	Lisa Wilson	16	32	20 F 30-39	1:19:04.4	1:19:30.1	

220	Maggie Nixon	222	48	19 F 40-49	1:23:51.6	1:24:07.0	
221	Beverly Brown	108	53	3 F 50-99	1:27:54.2	1:28:04.3	
222	Jennifer Hill	262	23	33 F 0-29	1:30:17.0	1:30:35.7	Brainwave
223	lillian vernon	178	27	34 F 0-29	1:30:32.9	1:30:39.6	
224	LOUISE SMITH	128	35	21 F 30-39	1:36:43.1	1:36:56.2	
225	JANE chesterman	36	32	22 F 30-39	1:46:19.2	1:46:46.4	