

Birchwood 10k Road Race Sunday 21-Aug-2005 at 10:30am

Organised by Spectrum Striders Running Club (www.spectrumstriders.org.uk)

Pos	Name	Category	Age %	Club	Time	
1	Zola Thembelani			U/A	29.53	
2	Mike Proudlove		84.50%	City of Stoke	31.56	C
3	Colin Rigby		83.80%	Horwich RMI	32.21	
4	Carl Hardman		83.00%	Salford H&AC	32.31	
5	Damian Nicholls		82.40%	Wilmslow	32.45	C
6	Michael Halman		82.10%	Wilmslow	32.51	C
7	Pete Benyon		80.70%	Vegetarian C&AC	33.25	C
8	Gary Matthews	M45	85.50%	East Cheshire H	33.48	
9	Jonathan Ferguson		79.50%	AC Corte	33.55	
10	Scott Monk		79.30%	Blackburn H	34.01	
11	Paul Muller	M45	86.90%	Horwich RMI	34.03	
12	Mark Roberts		78.50%	U/A	34.22	
13	Gary Wilson		80.30%	Preston H	34.29	
14	Rob Downes	M40	81.40%	Wilmslow	34.29	C
15	Stuart Parrott	M40	81.70%	Wilmslow	34.36	C
16	Andrew Neary		77.60%	Horwich RMI	34.46	C
17	Jim Pendrill		77.40%	Wilmslow	34.51	C
18	Ian Magill		77.60%	Liverpool RC	34.56	
19	Tom McGaff	M50	85.90%	Wilmslow	34.58	C
20	Mike Robbins	M40	80.80%	Wrexham AC	35.00	
21	Dave Carrington	M45	85.10%	Altrincham DAC	35.01	C
22	Colin Potts		77.00%	Liverpool RC	35.02	
23	Neil Crompton		77.00%	Warrington AC	35.03	C
24	Sean McMyler	M40	81.00%	Salford H&AC	35.09	
25	Paul Targett	M40	79.10%	Tipton H	35.14	
26	Richard Burch		76.40%	U/A	35.17	C
27	Les Newell		76.40%	Abingdon	35.18	
28	Steve Bacon		77.20%	Congleton H	35.20	C
29	Steven Crowe		76.30%	Ellesmere Port	35.20	C
30	Andrew Buttery		76.20%	Rossendale AC	35.24	
31	Alan Pover	M55	89.20%	Stockport H	35.24	
32	Marko Gvero		76.40%	U/A	35.28	
33	Peter Butterworth	M50	85.20%	Clayton-le-Moors	35.33	
34	Clive Rowland			Wrexham AC	35.40	C
35	Paul Dodsworth		76.40%	Warrington AC	35.43	C
36	Bill Heaton	M40	78.40%	Wilmslow	35.49	C
37	Dennis Matthews	M40	78.90%	East Cheshire H	35.51	
38	James Kovacs		75.10%	Salford H&AC	35.56	
39	Richard Low		75.00%	U/A	35.58	C
40	James Endicott		74.80%	U/A	36.03	
41	Chris Davies	M40	79.50%	Buckley R	36.04	
42	Hatti Dean	F	82.90%	Radley AC	36.04	
43	Paul Savage		74.70%	U/A	36.07	
44	Arwel Lewis	M45	80.30%	Eryri H	36.15	
45	Steve Clayton	M45	82.10%	Preston H	36.18	
46	Mike Shaw	M40	77.30%	Stockport H	36.20	
47	Ian McIlwee		74.10%	U/A	36.24	
48	Dave Waywell	M60	90.70%	Wesham RR	36.27	
49	Mike Neary	M55	86.60%	U/A	36.29	
50	Graham Miles		74.80%	Vale Royal	36.30	C
51	Graham Houghton		73.80%	Spectrum Str.	36.32	
52	Neil Holding	M45	79.50%	West Pennine	36.38	

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Pos	Name	Category	Age %	Club	Time	
53	David Lord	M40	77.60%	Clayton-le-Moors	36.43	
54	Ian Jackson		74.30%	Salford H&AC	36.45	C
55	Suzanne Benyon	F	81.20%	Vegetarian C&AC	36.50	
56	Andy Smith		74.50%	Darwen Dashers	36.53	
57	Sean McCaffrey		73.90%	Holmfirth	36.55	
58	Nigel Haskins		74.40%	Deeside	36.55	
59	David Dowd	M55	86.20%	Bolton	36.59	
60	David Telford	M55	86.20%	Altrincham DAC	36.59	
61	David Watson		73.60%	Preston H	37.04	
62	Nigel Crichton		72.50%	Buxton AC	37.12	
63	David Edwards	M40	76.50%	Liverpool RC	37.15	
64	Ray Noble		73.20%	Wilmslow	37.17	
65	Phil Bailey	M55	83.90%	Liverpool RC	37.20	
66	Billy Martin		72.10%	Salford H&AC	37.26	
67	Chris Leach	M45	77.10%	Rochdale	37.29	
68	Derek Ashcroft	M40	75.30%	Darwen Dashers	37.34	
69	Danny Love		71.80%	U/A	37.35	C
70	Adrian Fuller		71.60%	Altrincham DAC	37.40	C
71	Eddie Gilligan		71.90%	Manchester YMCA	37.41	
72	David Mellor	M50	82.30%	East Cheshire H	37.44	C
73	Ron Elliott	M60	87.60%	North Wales RRC	37.44	
74	Tim Stock	M40	75.30%	Macclesfield	37.49	
75	Sarah Massey	F35	80.40%	U/A	37.54	C
76	Emma Phillips	F	78.90%	Tipton H	37.55	
77	Jason George		71.00%	U/A	37.58	
78	Kevin Hesketh	M50	79.70%	Preston H	38.00	
79	Roderick Johnstone		70.90%	Warrington RR	38.03	C
80	Mike Cunningham	M60	85.90%	Manchester H	38.07	
81	Eric Gelshon	M55	83.50%	Mossley Hill AC	38.10	
82	Mick Fairs	M55	83.50%	Wilmslow	38.11	C
83	Tony Parry	M45	78.00%	Wrexham AC	38.13	
84	John Parrot	M50	78.60%	Stockport H	38.13	C
85	Dave Boothroyd	M40	74.40%	Buckley R	38.16	
86	Russell Mabbett	M40	73.30%	Wesham RR	38.17	
87	Jeffrey Capper		70.40%	U/A	38.19	
88	Alan Dennett	M40	72.70%	U/A	38.19	
89	Andrew Gray	M40	73.10%	Macclesfield	38.23	C
90	Jonathan Sacks		70.20%	Salford H&AC	38.24	
91	Gary Willcock	M40	74.10%	Manchester YMCA	38.27	C
92	Vanessa Mulholland	F	77.80%	Altrincham DAC	38.27	C
93	Tony Hulme	M55	83.60%	Wilmslow	38.27	
94	Paul Watson		70.00%	Dragons 1 FF	38.32	
95	Martin Cortvriend	M50	79.70%	Denbigh H	38.38	
96	Neil Kelly			Penny Lane Str.	38.42	
97	Paul Derbyshire	M45	74.60%	Wigan Phoenix	38.43	
98	Brian Williams	M50	79.40%	Buckley R	38.46	
99	Suane Wilson		69.50%	U/A	38.49	
100	Michael Jones	M50	77.40%	Altrincham DAC	38.49	
101	Peter Weatherhead	M50	79.90%	Wirral AC	38.52	C
102	Jill McGee	F40	81.00%	Preston H	38.52	
103	Paul Nyland		69.30%	Stockport H	38.54	C
104	Colin Hammond			U/A	38.54	C

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Pos	Name	Category	Age %	Club	Time	
105	Mike Hegarty		69.30%	MVAC	38.56	
106	Adela Salt	F	76.80%	Trentham RC	38.56	
107	Paul Ballinger	M45	75.90%	Denbigh H	38.59	
108	Simon Wright	M45	75.80%	Wigan Phoenix	39.00	
109	Russ Corsini	M45	75.20%	Darwen Dashers	39.00	
110	Jon Lowe		69.10%	Penny Lane Str.	39.03	C
111	David Thompson	M45	74.50%	U/A	39.05	
112	Claire Davies	F	76.50%	Spectrum Str.	39.05	C
113	James Edwards	M45	75.00%	Vale Royal	39.06	C
114	David Nalder	M50	77.40%	Ellesmere Port	39.07	C
115	Anthony Metcalfe	M50	77.30%	Mossley Hill AC	39.10	
116	Maria Lowe	F	76.40%	Salford H&AC	39.11	
117	Geoff Caton	M50	79.80%	Swinton RC	39.13	
118	Alison Hartropp	F35	78.90%	Macclesfield	39.13	C
119	Mike Cooper	M40	71.50%	Wilmslow	39.16	C
120	Mirosław Predki		68.70%	U/A	39.16	
121	Ian Carson	M50	78.90%	Wrexham AC	39.20	
122	Jenny Knass	F	76.00%	Stockport H	39.23	
123	Chris Nightgale		69.70%	Wigan Phoenix	39.24	
124	Stuart McGinty		68.40%	Salford H&AC	39.25	
125	Darrell Soden	M55	79.10%	Liverpool PS	39.35	
126	Paul Capey		68.10%	Sale H Manch	39.36	
127	Mr Campbell		68.10%	Wrexham Tri	39.38	
128	Stephen Jones	M40	71.30%	Stockport H	39.40	C
129	Stephen McNicholas	M40	70.60%	Penny Lane Str.	39.46	
130	Nick White		67.70%	Astley Tyldesley	39.50	
131	Mark Caton		67.70%	Liverpool RC	39.51	C
132	Tony Archer	M50	75.40%	Vale Royal	39.51	C
133	Rob Mcgall	M55	79.90%	Altrincham DAC	39.52	
134	Rachel Pleeth	F	75.00%	Macclesfield	39.52	C
135	Gary Chadderton	M40	71.40%	U/A	39.54	
136	Alan Appleby	M55	80.60%	Preston H	39.54	
137	Sarah Charnock	F	75.00%	St Helens Sutton	39.54	C
138	Sean Butler	M45	73.40%	Altrincham DAC	39.58	C
139	John Battersby	M45	73.10%	U/A	40.07	
140	Martin Birchall		68.40%	U/A	40.10	C
141	Ken Burgess	M60	83.10%	Altrincham DAC	40.13	
142	Arthur Wilson	M40	70.30%	Wallasey AC	40.14	
143	Eric Payton	M50	75.90%	U/A	40.14	C
144	Keith McVeigh	M45	74.00%	Cumberland FR	40.15	
145	Bill Clark	M55	79.80%	Stone Master Mar	40.17	
146	Ros Barker	F40	78.80%	Stone Master Mar	40.17	
147	Phil Westmorland		66.90%	U/A	40.19	
148	Jane Clarke	F35	75.00%	Wilmslow	40.19	
149	Mathew Foddy		66.80%	U/A	40.21	
150	Keith Lunt		66.50%	Littlewoods Leg	40.34	
151	Jonathan Britton		66.50%	Warrington RR	40.35	
152	Graham McAra	M50	74.50%	MVAC	40.38	C
153	Chris Bentley		66.40%	Macclesfield	40.38	C
154	Paul Pover	M50	75.70%	Northern Vets	40.39	C
155	Tracey Dutton	F	73.60%	Wigan Phoenix	40.39	
156	David Livingstone		66.30%	Altrincham DAC	40.40	

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157	Mike Elson	M40	69.40%	U/A	40.45	
158	John Connolly		67.40%	Stafford H	40.46	
159	Nick Rose			Chester Tri	40.49	
160	Mark Jones		66.00%	Warrington RR	40.52	C
161	Anne Brizell	F40	78.90%	MVAC	40.53	
162	Duncan Richardson	M40	68.10%	North Fylde	40.56	
163	Ian Close	M45	72.70%	North Fylde	40.58	
164	Michael Long	M55	77.80%	Bingley H	40.58	
165	Andrew Whitaker		66.20%	U/A	40.58	C
166	Chris Harbron		65.80%	Macclesfield	41.00	
167	Mark Smith		65.80%	Tattenhall R	41.01	
168	John Raftery	M50	74.40%	Wallasey AC	41.03	
169	Philip Derbyshire	M45	72.00%	Wigan Phoenix	41.04	
170	Janet Hatton	F40	76.50%	Macclesfield	41.07	C
171	Andrew Nightgale		65.50%	Wigan Phoenix	41.09	
172	Robert Edwards		65.50%	U/A	41.10	
173	John Lavelle		69.70%	Rossendale AC	41.10	
174	Ronald Warrnedar	M45	71.20%	Road Runners Cl	41.12	
175	Keith Brown	M40	69.60%	Warrington RR	41.12	C
176	Linda Clarkson	F35	73.90%	Darwen Dashers	41.13	
177	Simon Fox	M40	67.60%	Wirral AC	41.13	
178	Stephen Beech	M40	69.00%	Village RR	41.16	
179	Kate Ayres	F45	79.50%	Wilmslow	41.17	C
180	John Dwyer	M60	80.10%	Altrincham DAC	41.17	C
181	Rob Cunliffe	M40	67.90%	U/A	41.19	C
182	Michael Darwell		65.20%	U/A	41.24	
183	Jason Sage		65.10%	U/A	41.26	
184	Martin Vaughan		65.00%	U/A	41.28	
185	Nicky Archer	FJ	72.60%	Vale Royal	41.29	C
186	Michael Jackson		65.00%	Middleton H	41.31	
187	Sean McCann	M45	71.80%	Warrington RR	41.31	
188	Steve Symons			Manchester YMCA	41.33	
189	Rosemary Connolly	F	72.60%	Stafford H	41.37	
190	Andy Smith	M40	68.90%	Helsby RC	41.37	C
191	Chris Marshall		65.50%	Ellesmere Port	41.38	C
192	Rob Holmes		65.90%	U/A	41.40	
193	Neil Cliffe	M40	68.80%	Warrington RR	41.42	
194	Andrew Fallows	M40	68.30%	U/A	41.42	
195	Ian Harvey		64.70%	Swinton RC	41.42	
196	Colin Fitzjohn	M40	67.30%	Darwen Dashers	41.42	
197	Philip Butler	M40	67.70%	RedRose R	41.46	
198	Leigh Brindle		64.60%	U/A	41.46	
199	Sharon Caile	F	71.60%	Macclesfield	41.46	C
200	Alan Cawley	M40	68.60%	North Wales RRC	41.48	
201	Anthony Dickens	M45	69.10%	U/A	41.48	C
202	Andrew Kerry		66.20%	Holmfirth	41.49	C
203	Mark Naughton	M40	68.60%	U/A	41.49	
204	Justin McIlveen		64.50%	U/A	41.49	
205	Stephen Brook	M55	76.80%	Queensbury AC	41.52	
206	Peter Nolan	M55	76.70%	Macclesfield	41.55	C
207	Steve Hollis	M50	71.60%	Road Runners Cl	41.57	
208	John Evans		69.40%	U/A	41.57	

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209	Andrew Thurlow		64.20%	Macclesfield	41.59	C
210	Richard Aldridge		64.60%	U/A	41.59	
211	Martin Jones	M40	67.30%	U/A	42.00	C
212	Burke Thomas	M55	76.30%	Penny Lane Str.	42.09	
213	Simon Moseley	M40	66.10%	Blengdale R	42.09	
214	Kar Watkin	F	71.00%	BlackpoolFylde	42.09	
215	Steven Jackson	M45	68.50%	Preston H	42.12	
216	Gary Mitchell	M40	67.40%	Darwen Dashers	42.15	
217	Colin Payne		63.80%	U/A	42.15	
218	Stuart Adamson		63.80%	Horwich RMI	42.15	
219	William Fogg	M50	71.10%	Darwen Dashers	42.16	
220	Marian Hesketh	F50	81.30%	Preston H	42.16	
221	Dean Windsor		63.80%	Boalloy	42.18	C
222	Peter Carne	M40	67.30%	Wilmslow	42.20	C
223	Michael Hughes		65.40%	Pensby RR	42.20	
224	Rebecca Avanessian	F		Manchester YMCA	42.22	
225	Susan Corsini	F40	73.70%	Darwen Dashers	42.22	
226	Kevin Dickson		63.90%	Warrington RR	42.23	C
227	Jamie Savage		63.60%	U/A	42.25	C
228	Simon March		63.50%	U/A	42.27	
229	Chris Holden		63.50%	Macclesfield	42.28	
230	Steven Wilkinson		63.50%	U/A	42.30	
231	Peter Morgan	M50	70.70%	Pinetops RC	42.30	
232	Mansel Pope	M50	73.00%	Altrincham DAC	42.31	
233	Gordon Read	M45	70.10%	U/A	42.31	
234	Mr Dempster		64.60%	U/A	42.33	
235	Mark Knight		65.00%	U/A	42.36	C
236	Stephen Esplin		63.30%	Stockport H	42.38	C
237	Michael Jones		63.20%	U/A	42.39	
238	Mark Brockley		64.00%	U/A	42.39	
239	Jason Dix		63.10%	South Cheshire H	42.43	
240	Robert Aldcroft	M55	73.30%	Village RR	42.43	C
241	Michael Deevy		63.10%	U/A	42.43	
242	Sally Walker	F	70.10%	U/A	42.46	
243	Nick Lee		63.10%	U/A	42.46	
244	John Percival	M45	69.10%	Road Runners Cl	42.47	C
245	Leon Bond		63.70%	AccringtonRR	42.52	
246	Simon Eaton		62.90%	Wesham RR	42.54	
247	Steve Hill		62.90%	Liverpool RC	42.55	C
248	Andrew Lea		62.90%	U/A	42.55	
249	Eddie Taylor	M45	69.40%	U/A	42.57	
250	John Bushey			RRC	42.57	
251	Doug Gent	M60	77.80%	Northern Vets	42.57	
252	Mark Jeffs		64.40%	Congleton H	43.00	C
253	Joanne Frodsham	F35	69.70%	Wesham RR	43.02	C
254	Patrick Thornhill		62.70%	U/A	43.03	
255	Peter Simpson	M40	66.60%	Vegetarian C&AC	43.03	
256	Gill Keeble	F45	77.60%	Altrincham DAC	43.05	
257	Frank Guinness	M50	72.00%	Liverpool RC	43.08	
258	Chris Palmer	M40	65.50%	U/A	43.08	
259	Andrew Coates		63.70%	U/A	43.09	
260	Mark Yates		62.40%	U/A	43.14	

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261	Paul Robinson		62.30%	U/A	43.16	C
262	John Hobson		62.30%	U/A	43.19	
263	Erika Schmid	F	69.00%	U/A	43.21	
264	MAX Taylor		63.00%	Helsby RC	43.21	C
265	Fergus Wiseman		62.20%	Warrington RR	43.23	C
266	Derek Farrington	M40	65.60%	Southport W'loo	43.25	
267	Brian Beattie	M60	76.10%	West Cheshire AC	43.27	C
268	David Haines		62.10%	U/A	43.28	C
269	Derek Crane		63.20%	BlackpoolFylde	43.29	
270	Michael Cotterill		62.00%	U/A	43.29	
271	Thierry Le Coq		61.90%	Dragons 1 FF	43.36	
272	Samantha Thomas	F	68.60%	Stockport H	43.38	C
273	Robert Spotswood	M45	67.20%	Abergele H	43.40	
274	Katy Green	F	68.50%	Wilmslow	43.42	C
275	Kim Simpson	F	68.40%	Wilmslow	43.43	
276	John Daniels	M50	71.00%	Helsby RC	43.45	C
277	Stephen Clayton	M40	65.60%	U/A	43.45	
278	David Fox	M45	68.00%	U/A	43.48	
279	Sharon Glendon	F	68.30%	Stockport H	43.49	C
280	Sean Barry		61.80%	Wilmslow	43.50	
281	Ann Eggington	F40	72.30%	Southport W'loo	43.52	
282	Daaid Bourne	M45	65.90%	UntUtilities	43.52	
283	David Littler	M40	63.50%	U/A	43.54	C
284	Manfred Keune	M45	67.80%	Helsby RC	43.57	C
285	Colin Gardner	M40	63.40%	Wesham RR	43.58	
286	Jonathan Mellor		61.30%	Swinton RC	43.58	
287	Peter O'Hare	M50	68.80%	Hyde Striders	44.00	
288	Mark Pendlebury	M40	65.20%	U/A	44.01	
289	Geoff Shaw	M50	69.30%	Helsby RC	44.04	C
290	Charlie Rowlands			South Cheshire H	44.04	
291	Philip Barnes	M45	66.60%	Helsby RC	44.04	
292	Oliver Johnstone		61.50%	Macclesfield	44.04	C
293	Denise Wakefield	F50	77.90%	Horwich RMI	44.07	
294	Derek Power	M45	65.50%	U/A	44.08	C
295	Nick Wishart	M40	63.10%	U/A	44.08	
296	Mike O'Brien			Manchester YMCA	44.12	
297	Marc kendal		61.00%	U/A	44.12	
298	William Machin		61.00%	U/A	44.13	
299	Jon Paramor			Manchester YMCA	44.13	
300	Robin Wignall	M60	74.70%	Altrincham DAC	44.15	
301	James Wilkinson	M40	63.00%	U/A	44.15	
302	David Hall	M40	63.90%	Middleton H	44.15	C
303	Steff Goodchild	F		Manchester YMCA	44.18	
304	Su Wilson	F	67.50%	Dragons 1 FF	44.20	
305	Alexander Marks		62.10%	Village RR	44.23	
306	Karl Wanstall	M40	63.00%	U/A	44.33	
307	Pam Morgan	F40	70.00%	U/A	44.34	
308	Brian Poole	M50	69.60%	Liverpool RC	44.36	
309	Steve Pemberton	M50	67.30%	Penny Lane Str.	44.37	
310	Andrea Frost	F35	68.80%	Macclesfield	44.38	
311	Stephen Young		60.40%	Preston H	44.38	
312	Reg Chapman	M55	71.30%		1 44.40	

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313	David Owen		60.40%	U/A	44.41	
314	Andrew Hilton		60.30%	U/A	44.42	
315	Philip Rose	M40	63.70%	Warrington RR	44.42	
316	Helen Reagan	F35	67.60%	Sale H Manch	44.42	C
317	Peter Smith	M50	67.70%	Littlewoods Leg	44.44	
318	Ian Wright	M55	70.60%	U/A	44.44	
319	Andy Clarke			Manchester YMCA	44.45	
320	Jeremy Austin		61.30%	U/A	44.48	
321	Michael Horton	M55	71.80%	Boalloy	44.49	
322	Garry Thompson	M45	66.40%	U/A	44.54	
323	Jeanette Fox	F40	70.00%	Wirral AC	44.57	
324	John Robertson	M50	66.80%	Millocarian AC	44.58	
325	Gregory Allock		60.00%	Sandbach Str	44.58	C
326	Alison Smith	F	66.50%	Tattenhall R	45.01	
327	Richard Lawson	M65	76.40%	Clayton-le-Moors	45.03	
328	Kathy Hoyer	F45	72.20%	Wesham RR	45.03	
329	Colin Richardson		59.90%	U/A	45.03	C
330	Stephen Cook	M50	67.20%	Winston Runners	45.05	
331	Mark Ward		59.70%	U/A	45.10	C
332	Alan Taylor		60.40%	Wesham RR	45.10	
333	Michael Hallsworth	M50	67.00%	Helsby RC	45.11	
334	Darren Tyldesley		61.20%	U/A	45.13	
335	Mary Doyle	F50	76.60%	Liverpool RC	45.17	
336	Trevor Willoughby	M50	66.90%	Lytham St Annes	45.18	
337	Rae Willoughby	M55	69.60%	Lytham St Annes	45.22	
338	Alice Dagg	F	65.90%	Stockport H	45.22	
339	James Amin		59.40%	U/A	45.23	
340	Alan Mottershead		60.50%	U/A	45.24	
341	Gordon Reeve	M45	63.70%	Village RR	45.24	
342	Anne Hopwood	F45	72.30%	Manchester H	45.26	C
343	Stephen Wilkinson	M50	67.20%	Wesham RR	45.26	
344	Nikki Pooke	F35	66.00%	Pensby RR	45.26	C
345	Michael McShane	M50	68.30%	Ellesmere Port	45.27	
346	Ian Hilditch	M60	75.00%	Helsby RC	45.28	C
347	Alan Snagg		60.40%	U/A	45.29	C
348	Martin Lee	M40	62.20%	U/A	45.29	
349	Matt Shillabeer		59.30%	U/A	45.30	C
350	Mr Russell			Wilmslow	45.30	C
351	Tracy Alderson	F	65.70%	Wilmslow	45.32	C
352	Ian Ashcroft	M55	71.20%	Wilmslow	45.35	C
353	Neil Alberts		59.20%	Darwen Dashers	45.35	
354	Justine Reston	F35	65.80%	Birkenhead AC	45.37	
355	Steve MacLure		59.10%	U/A	45.38	
356	Trevor Duggan		59.80%	Liverpool RC	45.38	
357	Ron Bray	M65	78.00%	BlackpoolFylde	45.40	C
358	Chris Halstead		59.00%	U/A	45.42	
359	Gary Jenkinson		59.70%	Village RR	45.42	
360	Greg Berti	M40	61.40%	Tattenhall R	45.44	
361	Nathan Archer		58.90%	Vale Royal	45.46	C
362	Philip Mahoney	M40	62.70%	U/A	45.47	C
363	Paul Hannigan	M45	64.60%	Marconi H	45.48	
364	Dave Appleby	M50	66.10%	Preston H	45.49	

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Pos	Name	Category	Age %	Club	Time	
365	John Houghton	M45	63.60%	U/A	45.49	C
366	Angela Leonard	M40	62.10%	Manchester YMCA	45.51	
367	Gary Mitchell		59.10%	U/A	45.51	C
368	Caroline Weaver	F35	66.40%	U/A	45.54	C
369	Darren Dentith		58.80%	U/A	45.54	
370	Jacqueline Shaw			Darwen Dashers	45.55	
371	Bill Staniard	M40	61.10%	Wilmslow	45.57	
372	Kelvin Dickinson		58.70%	U/A	45.57	
373	Martin McCormick			U/A	45.58	
374	Paul Ayres	M45	64.80%	Wilmslow	45.59	C
375	Amy Cheshire	F	64.90%	U/A	46.05	
376	Damian Thacker		58.50%	SBR	46.05	
377	James Lugsden	M55	67.90%	Dragons 1 FF	46.07	
378	Joanne Haslam	F	64.90%	Darwen Dashers	46.07	
379	Karen Butler	F45	72.40%	Sale H Manch	46.10	C
380	Nicola Prady	F	64.80%	U/A	46.11	C
381	Tony Shield			U/A	46.11	
382	Andrew Owen		58.40%	U/A	46.11	
383	Rod Coombs	M50	67.10%	Wilmslow	46.14	C
384	Jim Fearick	M50	65.00%	U/A	46.14	
385	Sandra Owen	F55	78.80%	Tattenhall R	46.15	C
386	Sally Griffiths	F	64.70%	U/A	46.15	C
387	Damian Clark		58.20%	U/A	46.22	
388	Lisa Johnston	F	64.40%	Chorley H	46.26	
389	Ian Manners			Manchester YMCA	46.28	
390	Andrew Braun		58.00%	U/A	46.28	
391	Aloison Pye	F	64.30%	Sale H Manch	46.30	
392	Stewart Atholl		58.00%	U/A	46.31	
393	Alison Holmes	F45	71.80%	Middleton H	46.31	C
394	John Ellis		57.80%	Dragons 2 FF	46.38	
395	Sally Maddock	F	64.00%	Wilmslow	46.43	C
396	Malcolm Whitehead	M60	70.80%	Horwich RMI	46.43	
397	Peter Shearer	M50	64.80%	U/A	46.43	
398	Reg Armstrong	M65	73.70%	Liverpool PS	46.44	
399	Michael Van Holsbeke		59.20%	Riverside R	46.44	
400	Mark Henderson	M40	60.90%	Littlewoods Leg	46.44	
401	Kyrinda Hurst-Moore	F40	66.80%	Middleton H	46.44	
402	Debbie Hampton	F40	66.70%	U/A	46.46	C
403	Jayne Taylor	F40	69.00%	U/A	46.47	
404	Gareth Johnson		57.60%	U/A	46.49	C
405	John Paterson	M60	72.80%	Altrincham DAC	46.49	
406	Steven Scrivens	M40	60.00%	U/A	46.49	C
407	Peter Watson	M60	72.00%	Wilmslow	46.52	C
408	Andy Hambleton			Holmfirth	46.52	
409	Simon Wright	M50	64.10%	Cheshire Hash	46.52	
410	Allan Hartley		57.50%	Darwen Dashers	46.57	
411	Joanne Graham	F	63.70%	Dragons 2 FF	46.58	
412	Martin Stirna	M50	65.00%	South Cheshire H	47.00	C
413	Carol Shaw	F		Helsby RC	47.04	C
414	Stephen Martin	M45	61.80%	U/A	47.07	C
415	Howard Barlow	M50	63.70%	BlackpoolFylde	47.08	
416	Janet Booth	F40	66.70%	U/A	47.09	C

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Pos	Name	Category	Age %	Club	Time	
417	John Williams	M55	66.40%	U/A	47.10	
418	Steven Phillips		57.90%	Gtr Manch. Pol.	47.10	
419	Carl Bedson		57.40%	Glossopdale	47.12	C
420	Kevin Dent		57.10%	U/A	47.13	
421	Mark Williams		58.20%	U/A	47.13	
422	Mark Bibby		57.40%	U/A	47.13	
423	David Gregory	M60	70.00%	Manchester H	47.13	C
424	Caroline Howard	F40	66.10%	Tattenhall R	47.15	
425	Alistair Revell		57.10%	U/A	47.15	
426	Phil Brown		57.10%	U/A	47.15	
427	Ernie Pryce	M60	71.40%	Northern Vets	47.17	
428	Suzanne Andrews	F	63.20%	Warrington AC	47.22	
429	Kate Sutton	F40	67.50%	Wilmslow	47.26	C
430	John Harrison	M50	64.90%	U/A	47.28	C
431	Stephen Norbury		56.80%	U/A	47.28	C
432	Chris Taylor	M40	58.70%	U/A	47.28	
433	Bernard Brown	M40	59.10%	U/A	47.30	
434	Michael Done			U/A	47.32	
435	Ged Johnson	M45	62.60%	Darwen Dashers	47.38	
436	Jason Richards		56.60%	Tipton H	47.38	
437	Gill Collen	F45	69.50%	Warrington RR	47.39	C
438	Sandra Lewis	F	62.80%	U/A	47.40	
439	Joanne Edwards	F40	66.60%	Vale Royal	47.40	
440	Davina Raidy	F	63.90%	U/A	47.40	
441	Amy Archer	F	62.80%	Vale Royal	47.40	C
442	Duncan Wilkinson		56.50%	U/A	47.44	C
443	Fiona Mcgrath	F	62.70%	Warrington AC	47.44	C
444	Maggie Bennet	F45	70.00%	Stride Out	47.46	
445	Howard Henshaw	M65	72.10%	BlackpoolFylde	47.46	
446	Jackie Knight	F55	77.90%	U/A	47.48	
447	Kevin Brindle	M40	58.30%	U/A	47.50	
448	Brandon Taylor		56.40%	Helsby RC	47.50	C
449	Denise Ennett	F45	68.00%	Razzers R	47.50	
450	Jane Maher	F45		U/A	47.52	C
451	Jonathan Hawker	M40	59.00%	U/A	47.54	
452	Michael Letchford		56.30%	U/A	47.54	C
453	Frank Wilson	M70	77.00%	Marconi H	47.56	
454	Jason Mears		56.20%	U/A	47.58	C
455	Graham Pomfret	M55	65.30%	Blackburn H	47.58	
456	David Reid	M40	59.80%	Chester Tri	47.58	
457	Peter Edwards	M65	75.00%	Northern Vets	48.00	
458	Ian Gastall	M50	63.10%	U/A	48.00	
459	Clare Hamer	F	62.20%	U/A	48.04	
460	Simon Gowers	M45	61.90%	U/A	48.07	C
461	Helena McGoldrick	F40	66.30%	Golborne Trot	48.15	
462	Jane Hodgkinson	F	62.00%	Macclesfield	48.15	
463	John Howorth	M50	63.80%	Wesham RR	48.15	
464	Paul Clay		56.50%	U/A	48.17	
465	Colin Moston	M45	61.70%	U/A	48.20	C
466	Ian Currey			U/A	48.22	
467	Michael Carpenter		55.70%	U/A	48.24	
468	Claire Rainbird	F	61.80%	U/A	48.24	

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Pos	Name	Category	Age %	Club	Time	
469	Terence Long	M50	63.10%	Penny Lane Str.	48.24	
470	Iain Fortune	M55	66.40%	Northern Vets	48.25	
471	Don Bullough	M45	61.00%	Wilmslow	48.27	C
472	Thomas Whiting	M50	63.50%	U/A	48.28	
473	Steven Hay		55.60%	South Cheshire H	48.30	
474	Alan Berry	M40	59.20%	U/A	48.30	
475	Nicholas Mackarel		56.70%	U/A	48.30	
476	Alasdair Lawrence		57.00%	Manchester YMCA	48.33	
477	John Quigley	M40	57.40%	U/A	48.33	C
478	Frank Green			U/A	48.33	
479	Mark Watts		56.60%	U/A	48.34	
480	Ken Dorsow			East Cheshire H	48.34	
481	Lesley Evans	F35	63.20%	U/A	48.34	
482	Catherine Dodsworth	F	61.60%	Dragons 2 FF	48.35	
483	Paul Dineen	M45	59.90%	U/A	48.37	
484	Barry Stuart-Cole	M55	66.00%	Winston Runners	48.43	
485	David Gill		55.30%	Sale H Manch	48.45	
486	Sally Clayton	F40	66.20%	U/A	48.45	C
487	Michael Murray	M45	61.10%	Chorley H	48.46	
488	James Downey	M40	57.60%	Wirral AC	48.46	
489	Lynn Connolly	F	61.30%	U/A	48.46	
490	Sue Wright	F40	64.50%	Wilmslow	48.48	C
491	Louise Gilchrist	F70	89.80%	Valley Striders	48.49	
492	Maryte Moore	F45	67.20%	U/A	48.51	C
493	Mandy Clarke	F	61.20%	U/A	48.51	C
494	Brian Treadwell		55.50%	Ellesmere Port	48.51	C
495	George Thompson	M55	64.00%	Clayton-le-Moors	48.54	
496	Adrian Mercer		55.10%	Village RR	48.55	
497	Russell Kerfoot	M50	61.40%	U/A	48.57	
498	James Lambe	M40	57.70%	Sale H Manch	48.58	
499	Darren Clarke		55.30%	U/A	48.59	C
500	Lesley Mills	F	61.10%	Vale Royal	48.59	
501	Laurence Woodley	M65	72.70%	Tattenhall R	48.59	C
502	Tony Bray	M50	62.80%	U/A	48.59	C
503	John Bown	M40	56.80%	U/A	49.02	
504	Ian Thomas	M50	62.70%	Swinton RC	49.04	
505	Michael Bayliss	M55	64.30%	U/A	49.05	
506	Simon Ramsden	M40	56.80%	U/A	49.05	
507	Stephen Coulton	M40	57.50%	U/A	49.08	
508	Dominic Cullen		54.90%	Southport W'loo	49.08	
509	Jim Taylor	M55	64.20%	Darwen Dashers	49.10	
510	Stephen Buckton		54.90%	U/A	49.10	C
511	David Wild		56.30%	Stockport H	49.10	C
512	David Perkins	M50	63.00%	U/A	49.15	C
513	Christian Gowers	MJ	57.20%	U/A	49.15	C
514	Steven Wilmin		56.10%	Marconi H	49.18	
515	Michelle Kelly	F45	66.60%	Western Athletic	49.19	
516	Jayne Lomax	F35	62.20%	Vale Royal	49.22	C
517	Helen Fay	F40	63.70%	U/A	49.23	
518	Mark Preston	M40	57.20%	StainlandL	49.23	
519	Elizabeth Mason	F40	63.10%	Hyde Striders	49.26	C
520	Michael Mason	M40	56.80%	Hyde Striders	49.26	C

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Pos	Name	Category	Age %	Club	Time	
521	Maggie Jones	F45	66.40%	Altrincham DAC	49.26	C
522	Martin Kemp		54.50%	U/A	49.28	C
523	Ros Mann	F50	69.40%	Stockport H	49.28	
524	Robbie Webster	M65	69.60%	Helsby RC	49.28	C
525	Catherine Nevin	F45	68.20%	Penny Lane Str.	49.28	
526	David Boardman		55.90%	U/A	49.29	
527	Andrew Howard		54.70%	U/A	49.33	
528	Michael Owen	M55	64.30%	Wesham RR	49.33	C
529	Alan Hayes	M50	61.60%	U/A	49.34	
530	Mark Smith		54.30%	U/A	49.41	C
531	Chris Venables		54.30%	U/A	49.41	
532	Tessa Beech	F	60.20%	Village RR	49.43	
533	Neil Byrne	M40	56.00%	U/A	49.45	
534	Mark Greatholder		54.60%	Stafford H	49.46	
535	Joe Park	M70	73.20%	Cheshire TallyHo	49.47	C
536	Alison Lysons	F40	63.20%	Warrington RR	49.47	C
537	John Bannon		54.10%	Crosfields Rugby	49.51	
538	Val Kenvig	F40	64.20%	Vale Royal	49.51	
539	John Heather		54.30%	Huddersfield RR	49.53	
540	Elaine Monks	F35	60.50%	U/A	49.59	
541	Simon Crabtree	M45	57.80%	U/A	50.00	
542	Kate Farrell	F		Manchester YMCA	50.01	
543	Pat Henley	F		Manchester YMCA	50.01	
544	Matt McKean		53.90%	U/A	50.01	
545	Sadie Slinger	F	59.80%	U/A	50.01	
546	Sacha Humphries	F	59.80%	U/A	50.01	
547	Mick Gould	M40	56.40%	U/A	50.05	
548	Karen Hampson	F	59.70%	U/A	50.05	C
549	Terry Reid		54.40%	Crosfields Rugby	50.08	
550	Alan Bennett	M45	58.10%	U/A	50.08	
551	Matthew Manfredonia		53.80%	U/A	50.09	
552	John McCourt	M50	60.90%	Manchester H	50.10	
553	Peter Gibson	M50	60.40%	North Fylde	50.10	
554	Gordon Adam	M40	57.10%	U/A	50.12	
555	Gerry Wood	M45	59.40%	Northern Vets	50.12	C
556	Frances Mudway	F55	73.30%	West Cheshire AC	50.13	C
557	Sarah Naughton	F	60.30%	U/A	50.14	
558	Emma Johnston	F	59.50%	U/A	50.15	
559	Anthony Foster	MJ	54.80%	U/A	50.17	
560	Peter Marsh	M55	62.70%	Swinton RC	50.23	
561	Kevin O'Brien	M60	66.90%	Clayton-le-Moors	50.25	
562	Alan Harkness	M40	55.70%	U/A	50.26	C
563	Hayden Roberts		53.50%	U/A	50.26	C
564	Amy Cope	F	59.30%	Stone Master Mar	50.26	
565	Mandie Richardson	F35	61.30%	U/A	50.30	
566	Daniel O'Brien	M40	56.00%	Cheshire Hash	50.30	
567	Gary Wedge		53.40%	Cheshire Const	50.30	
568	Iain Wedge		53.60%	West Cheshire AC	50.33	
569	Daniel Gaskarth		53.40%	U/A	50.33	
570	Anthony Patiniott		53.40%	U/A	50.33	C
571	James Lanham	M55	63.00%	Manchester H	50.33	C
572	Nigel Hales		54.20%	U/A	50.40	

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Pos	Name	Category	Age %	Club	Time	
573	Paul Murton	M45	57.50%	U/A	50.40	C
574	Adam Reddath		53.50%	U/A	50.41	
575	John Dolan	M45	58.80%	U/A	50.41	C
576	Gavin Cook		53.20%	U/A	50.41	C
577	John Morrison	M50	60.70%	U/A	50.44	
578	William Barber		53.30%	U/A	50.49	
579	Peter Royle		53.10%	Crosfields Rugby	50.49	
580	Gordon Brown	M70	73.40%	Liverpool H	50.55	
581	Gary Birkenhead		54.00%	U/A	50.55	C
582	Bev Scotland	F40	63.40%	Huddersfield RR	50.55	
583	Peter Bedford	M50	60.50%	Dragons 2 FF	50.55	
584	David Roberts	M45	58.00%	U/A	50.57	C
585	Ken Smart	M65	68.30%	Wilmslow	50.59	C
586	Mark Smith		53.20%	Warrington AC	50.59	C
587	Joanne Makin	F60	74.50%	Sale H Manch	51.03	
588	Gillian Plant	F40	62.10%	U/A	51.04	C
589	Paul Sloane		52.80%	U/A	51.04	C
590	Mark Lester		52.80%	U/A	51.04	
591	Christina Carson	F50	66.60%	Penny Lane Str.	51.04	
592	Sarah Crabtree	FJ	59.20%	U/A	51.07	
593	Louise Tattersall	F	58.50%	Sale H Manch	51.07	
594	Steve Richardson		53.40%	U/A	51.08	C
595	Kevin Putt	M40	55.30%	U/A	51.08	
596	Kay Mysiw	F40	61.00%	Manchester YMCA	51.12	
597	Christophe Day	M45	58.20%	Scunthorpe AC	51.12	
598	Chris Statham	M45	56.40%	U/A	51.16	
599	Lynda Tracey	F50	68.30%	U/A	51.16	
600	Jason Coyne		52.50%	U/A	51.22	C
601	George Flanagan	M55	61.50%	Wesham RR	51.22	
602	Simon Towerzey		52.50%	U/A	51.22	
603	Neville Kershaw	M55	63.20%	Northern Vets	51.22	
604	Robert Langford	M40	55.80%	Boalloy	51.26	
605	John Curran	M45	57.00%	U/A	51.28	
606	Mark Molloy		53.30%	Warrington RR	51.32	C
607	Katie Thurlow	F	58.10%	U/A	51.32	
608	Brad Ehlen		52.30%	U/A	51.36	
609	David Norbury		52.30%	U/A	51.36	C
610	Robert O'Connor		52.20%	U/A	51.38	
611	Annabel Rylott	F	57.90%	East Cheshire H	51.38	
612	Olivia Scates	F40	61.00%	U/A	51.38	
613	Sean Thornton		53.60%	U/A	51.40	
614	Chris Byrom	M60	64.70%	East Cheshire H	51.40	
615	Joe Small	M45	57.20%	Spectrum Str.	51.43	
616	Catrin Evans	F	57.80%	Sale H Manch	51.45	
617	Derek Grimes	M65	68.00%	Clayton-le-Moors	51.47	
618	Phillip McCann	M50	58.00%	Stockport H	51.49	C
619	Debra McCann	F35	59.70%	Stockport H	51.50	C
620	Sean Folan	M45	56.60%	U/A	51.52	
621	Mark Hinchliffe		52.00%	U/A	51.54	
622	Kevin Dempster	M40	53.70%	U/A	51.56	
623	Alan Lacey		52.50%	UKnetrunner.co.u	51.58	
624	Matt Weedon		51.90%	U/A	51.59	

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Pos	Name	Category	Age %	Club	Time	
625	John Greatholder	M50	59.20%	Stafford H	52.01	
626	Neil Cooper		51.80%	U/A	52.03	
627	Alwen Williams	F40	61.40%	CLWB RHEDEG	52.05	
628	Scott Fagan		51.80%	U/A	52.07	
629				U/A	52.08	
630	Paul Boughey		52.70%	U/A	52.10	
631	Adair Broughton		51.70%	U/A	52.12	
632	Philip Jones	M55	61.00%	U/A	52.14	
633	Emma Rouski	F	57.20%	U/A	52.16	
634	Jason Evans		51.60%	Darwen Dashers	52.17	
635	Kenneth Brown	M50	59.30%	U/A	52.19	
636	Karen Sheen	F40	61.60%	Sale H Manch	52.21	
637	Nigel Burin	M50	58.30%	Manchester H	52.23	C
638	Dominick Byrne		51.70%	U/A	52.25	
639	Kit Whitfield	M40	53.90%	U/A	52.27	
640	Alan Buckley	M50	59.20%	Middleton H	52.28	
641	Steve Forshaw		52.00%	U/A	52.30	
642	Liz Simpson	F55	70.10%	Village RR	52.32	
643	Edward Parsons	M40	54.60%	U/A	52.34	
644	Mohamed Kholasi	M65	67.70%	Bolton	52.36	
645	John Wright	M40	53.30%	Birkenhead AC	52.37	
646	John Smith	M50	57.10%	Sale H Manch	52.39	C
647	Stephen Langton	M55	60.00%	U/A	52.41	
648	Sally Howarth	F40	59.70%	U/A	52.43	
649	Greg Pickett		51.10%	Crosfields Rugby	52.45	C
650	Emily Maxfield	F	57.10%	U/A	52.46	C
651	Hilary Himsworth	F45	62.70%	U/A	52.48	
652	Phil Bannon		51.10%	Crosfields Rugby	52.50	
653	Darren Jones			Manchester YMCA	52.52	
654	John Sheen	M40	52.70%	Manchester H	52.54	
655	Janet Fielden	F50	66.80%	Sale H Manch	52.55	C
656	Paul Lawton		51.90%	U/A	52.57	C
657	Tony Waugh	M40	53.40%	U/A	52.59	
658	Raymund Howarth	M40	53.30%	U/A	53.01	C
659	Andrew Tomkinson		50.80%	Rochdale	53.03	
660	Paul Speake	M40	52.90%	U/A	53.05	
661	Jeanette Murray	F	57.40%	Chorley H	53.07	
662	Jenny Wilkinson	F	56.30%	U/A	53.09	
663	Andrew Bell		50.70%	U/A	53.11	C
664	Ronald Reed	M75	76.50%	Wilmslow	53.13	C
665	Sid Bailey	M45	55.50%	Deestriders	53.16	
666	Melvyn Whiteside	M45	54.60%	U/A	53.18	
667	Andy Coates		50.60%	U/A	53.20	
668	Sharon Clayton	F		Manchester YMCA	53.22	
669	Keith Crosby	M60	63.80%	Sale H Manch	53.25	
670	Stuart Ryder		50.50%	U/A	53.27	
671	Jeff Cassapi	M40	53.30%	U/A	53.29	
672	Kevin O'Brien	M65	64.30%	Penny Lane Str.	53.32	
673	Andrelouqua Worral	F	55.80%	Middleton H	53.34	
674	Victoria Buckley	F35	57.30%	Stockport H	53.36	C
675	Mike Turner		50.30%	U/A	53.39	
676	Fiona Macintosh	F35	57.20%	U/A	53.41	

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Pos	Name	Category	Age %	Club	Time	
677	Rebecca Simms	F35	57.20%	Darwen Dashers	53.43	
678	Darren Smith			Manchester YMCA	53.46	
679	Jane Woodley	F55	67.70%	Tattenhall R	53.48	C
680	Janet Shaw	F50	64.40%	Helsby RC	53.50	C
681	Mark Wallwork		50.10%	U/A	53.53	
682	Matthew Lees		50.40%	Crosfields Rugby	53.55	
683	Ashok Kallumpram	M45	54.00%	Sale H Manch	53.58	
684	Grant Morton			U/A	54.00	
685	Chris Roberts		49.90%	U/A	54.02	
686	Haf Wildermouth	F	55.30%	U/A	54.04	C
687	Andrew Dawson		49.80%	U/A	54.07	
688	Robert Huntbach	M50	57.30%	Helsby RC	54.09	C
689	Shaun Crozier	MJ	51.40%	U/A	54.11	
690	Ian King			U/A	54.13	
691	Susan Brennan	F45	61.00%	U/A	54.16	
692	John W Holmes	M50	56.70%	Birkenhead AC	54.18	C
693	Jeff Broadhurst		49.90%	U/A	54.20	C
694	Elaine Atkinson	F35	56.90%	Darwen Dashers	54.22	
695	Keren Hardy	F45	59.80%	Road Runners Cl	54.25	
696	Jane Cocks	F	54.90%	Stockport H	54.27	
697	Michael Appleby		49.50%	U/A	54.29	C
698	Bernie Krawczyk	M45	54.60%	U/A	54.32	
699	Phillip Wilkinson	M50	56.40%	U/A	54.34	
700	Gavin McKenzie	M45	53.30%	U/A	54.36	
701	Simon Hanley	M55	57.30%	U/A	54.38	
702	Paul Dix	M55	58.30%	U/A	54.40	
703	Wendy Johnson	F40	57.10%	U/A	54.42	
704	John Noakes	M65	64.30%	U/A	54.44	C
705	Corinne Kinvig	F	57.00%	Vale Royal	54.46	
706	Margaret Williams	F50	62.10%	U/A	54.48	
707	Nefyn Williams	M55	57.60%	U/A	54.50	
708	John Renshaw	M55	57.10%	U/A	54.52	C
709	Nasser Hyder	M45	52.60%	U/A	54.54	
710	Mark Povey		49.30%	West Cheshire AC	54.56	
711	Russell Parkman		49.10%	Crosfields Rugby	54.58	C
712	Eddie Bannon		49.00%	Crosfields Rugby	55.00	
713	Sam Hardman	M60	60.10%	Winston Runners	55.02	
714	Chris Page	M40	50.60%	U/A	55.05	
715	Mike Lamont	M60	60.60%	Winston Runners	55.07	
716	Marc Craig		49.60%	U/A	55.09	
717	Derek Vernon			U/A	55.11	
718	Carol Rogers	F55	66.70%	U/A	55.13	
719	James Hutchinson	M45	53.10%	U/A	55.15	
720	Julie Murphy	F40	56.50%	Wesham RR	55.17	
721	Simon Redfearn	M45	53.90%	U/A	55.19	C
722	Mike Tongue		48.70%	U/A	55.21	C
723	Lesley Dunn	F40	56.80%	Razzers R	55.23	
724	Anne Kemp	F	54.00%	U/A	55.25	
725	Jim Longton	M60	59.10%	U/A	55.27	
726	Charles Doyle	M70	68.30%	Liverpool PS	55.29	
727	Catherine Cotter	F	53.90%	U/A	55.31	
728	Glenn Daniels		48.60%	U/A	55.33	

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Pos	Name	Category	Age %	Club	Time	
729	Gareth Watkins-Jone		48.50%	U/A	55.36	
730	Martin Aspell	M40	51.20%	U/A	55.38	
731	William Marshall	M50	55.80%	Ford Halewood	55.40	
732	Jason Hutton		48.40%	U/A	55.42	
733	Diane Whitfield	F45	58.90%	Warrington RR	55.45	
734	Ros Thompson	F50	61.60%	U/A	55.47	
735	Shirley Pennells			Middleton H	55.49	
736	Jonathan Muir		48.30%	Helsby RC	55.52	
737	Helen Venables	F	53.50%	U/A	55.54	
738	Dawn Fairhurst	F40	55.80%	U/A	55.56	
739	Carol Grimes	F	53.50%	U/A	55.58	C
740	Kristian Chippendale		48.20%	U/A	56.01	
741	Andrew Ollerton	M45	52.40%	U/A	56.03	
742	Elaine Williams	F45	60.10%	Northern Vets	56.05	
743	Maria Lindley	F45	60.10%	Chester Tri	56.08	C
744	Amanda Shepherd	F	53.90%	Blackburn H	56.10	C
745	Ann Burrows	F55	63.50%	Manchester YMCA	56.12	
746	John Coupe	M50	54.30%	U/A	56.15	
747	Neil Savage		47.90%	Crosfields Rugby	56.17	
748	Pat Adams	F45	59.30%	Wrekin RR	56.19	
749	Anne Bevan	F50	61.50%	Warrington RR	56.21	
750	Matthew Lockett		47.80%	U/A	56.23	
751	James Harper		47.80%	U/A	56.25	
752	Lynda Phillips	F35	54.80%	U/A	56.27	
753	Emma Tilston	F35	54.80%	U/A	56.29	
754	Andy Greenhalgh		47.70%	U/A	56.31	
755	Joyce Gent	F60	68.10%	Northern Vets	56.33	
756	Dorothy Fairhurst	F60	68.80%	St Helens Sutton	56.35	
757	Jane Kay	F45	59.60%	Razzers R	56.37	
758	Graham Padget	M60	59.00%	Sale H Manch	56.39	
759	Philippa Edwards	F50	61.20%	Sale H Manch	56.42	
760	Jayne Mennell	F35	53.70%	U/A	56.44	
761	Mark Tamlin		47.50%	U/A	56.46	
762	Verity Collett	F35	53.60%	U/A	56.48	C
763	Sue Walsh	F45	58.30%	U/A	56.50	C
764	James Shelhaor		49.60%	U/A	56.52	C
765	Jonathan Fatimilehin		47.40%	Total Fitness	56.54	C
766	Mark Hermann		48.30%	Sale H Manch	56.56	
767	John McMaster	M45	51.10%	U/A	56.58	
768	June Sinnott	F45	57.60%	Stockport H	57.00	
769	Bill Loughlin	M70	65.50%	Skelmersdale	57.02	
770	Julie Price	F50	59.60%	Darwen Dashers	57.04	
771	Dawn Sherwood	F40	54.60%	U/A	57.07	C
772	Robert Cant	M40	49.80%	U/A	57.10	
773	Carol Douglas	F40	55.00%	U/A	57.13	
774	Jeremy Young		47.10%	U/A	57.17	
775	Margaret Ludden	F40	55.80%	U/A	57.20	
776	Dave Bottoms	M45	51.10%	U/A	57.24	C
777	Isaline Hughes	F35	53.90%	U/A	57.27	C
778	Breeshey Wood	F35	53.40%	U/A	57.31	C
779	Tom Foster	M40	49.10%	U/A	57.34	
780	Jason Whiteside	MJ	47.90%	U/A	57.38	

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Pos	Name	Category	Age %	Club	Time	
781	Andy Worsey		46.80%	U/A	57.41	
782	Amanda Alcock	F	51.80%	U/A	57.45	
783	Jacqueline Corcoran	F40	54.40%	U/A	57.48	
784	Christophe Tipping	M40	49.20%	U/A	57.52	
785	Stella Anderson	F	51.70%	South Cheshire H	57.55	
786	Jenny Edwards	F	54.30%	U/A	57.59	
787	Morris Fairweather			U/A	58.02	
788	Christine Eckersley	F55	64.10%	Middleton H	58.06	
789	Joanne Peters	F	51.40%	U/A	58.09	
790	Stephen Davis		46.30%	U/A	58.13	
791	Jonathan Welsh	M50	52.00%	Birkenhead AC	58.16	
792	Heyden Whittaker	M50	51.50%	U/A	58.19	C
793	Alex Hunter		46.20%	U/A	58.22	
794	Barry Clark	M55	54.50%	Darwen Dashers	58.26	
795	Martin Costello		47.00%	Mersey FB	58.29	
796	Tony Acalabro	M50	52.20%	U/A	58.32	
797	Sonia Fairweather	F		Hyde Striders	58.35	
798	Malcolm Sugden	M45	50.00%	Hyde Striders	58.39	
799	Emma Lavin	F	51.00%	Spectrum Str.	58.42	C
800	Debs Gardner	F35	51.90%	Birkenhead AC	58.45	
801	Neil Atherton			Manchester YMCA	58.48	
802	Vicky Headifen	F	50.80%	Darwen Dashers	58.52	
803	Joyce Breadney	F		Manchester YMCA	58.55	
804	Sarah Gunnell	F40	52.90%	U/A	58.58	
805	Julian Gunnell		46.60%	U/A	59.01	
806	Karen Foster	F35	52.00%	Hyde Striders	59.05	
807	Chris Allard		45.80%	U/A	59.08	
808	Tom Kasporwicz	M40	47.40%	Road Runners Cl	59.12	
809	Geoff Griffiths		46.70%	U/A	59.16	
810	Nicola Monks	F	50.40%	U/A	59.20	
811	Elizabeth Rourke	F50	58.90%	Hyde Striders	59.24	
812	Stephen Rourke	M50	51.80%	Hyde Striders	59.28	
813	Julie Mayer	F35	50.80%	U/A	59.32	
814	Percy Hogg	M60	55.00%	Village RR	59.35	
815	Karl Perry		45.40%	U/A	59.39	
816	Paul Roberts	M50	50.30%	U/A	59.43	
817	Ruth Amin	F	50.00%	U/A	59.47	
818	Clare Lockett	F	50.00%	U/A	59.51	
819	Andrew Screen	M40	47.90%	U/A	59.55	
820	Adam Kaczmarks		45.00%	U/A	59.59	
821	Joanne Bibby	F35	50.80%	U/A	60.02	
822	Janet Birch	F	49.80%	U/A	60.06	
823	Jacqueline Naughton	F45	55.10%	U/A	60.10	
824	John Foster		45.60%	U/A	60.14	
825	Emma Wright	F	50.60%	U/A	60.18	
826	Meryl Kilshaw	F	49.60%	U/A	60.22	C
827	David Evans	M70	61.90%	U/A	60.26	C
828	Frank Tonge	M60	54.10%	U/A	60.29	
829	Chris Haggett	M60	54.10%	U/A	60.33	C
830	Michelle Carrington	F	49.40%	Wirral AC	60.37	C
831	Christine Edwards	F35	51.00%	U/A	60.41	C
832	Peter Nattress	M45	47.90%	U/A	60.45	C

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Pos	Name	Category	Age %	Club	Time	
833	John Hateley	M60	54.90%	Stafford H	60.49	
834	Steven Spencer	M40	45.80%	U/A	60.53	C
835	Anthony Tonks		44.30%	U/A	60.56	
836	Peter Egerton		44.20%	U/A	61.00	
837	Barry Lowe		44.20%	Crosfields Rugby	61.04	
838	David Boden		44.10%	Crosfields Rugby	61.08	C
839	Lucinda Millen	F	48.90%	U/A	61.12	
840	Emma Shillabeer	F	48.80%	U/A	61.16	C
841	Elizabeth Dawson	F55	58.80%	U/A	61.20	
842	Tony Costello	M40	46.40%	Mersey FB	61.23	
843	Jan Benyon	M55	52.30%	U/A	61.27	
844	Barry Belfield	M55	52.30%	U/A	61.31	C
845	Audrey Gresti	F45	53.80%	U/A	61.35	
846	Maria Redburn	F40	51.50%	Hyde Striders	61.39	
847	Sarah Toner	F	48.50%	U/A	61.43	
848	Charlotte Byrne	F	48.40%	U/A	61.47	
849	Nicci Cawthorn	F	48.40%	Swinton RC	61.51	
850	Vladimir Miseljic		43.60%	U/A	61.54	C
851	Francis Coughlan	F	48.20%	U/A	62.06	
852	Marie Convey	F	48.10%	U/A	62.08	
853	Kaye Pow	F35	49.80%	U/A	62.10	
854	David Tomkinson	M60	54.20%	Rochdale	62.14	
855	Alison Jones	F	48.00%	U/A	62.16	
856	Valerie Lawson	M60	54.00%	Clayton-le-Moors	62.27	C
857	Claire Rourke	F	47.90%	Hyde Striders	62.31	
858	Monica Brown	F60	62.20%	Penny Lane Str.	62.35	
859	Janette Hankey	F40	51.60%	U/A	62.35	
860	Paul Hankey	M40	45.50%	U/A	62.38	
861	Paul Jenson	M60	53.30%	U/A	62.43	
862	Mark Nestor		42.90%	Crosfields Rugby	62.51	
863	Joanna Leng	F		U/A	63.06	
864	Chris Kean		43.50%	U/A	63.06	
865	Derek Gill	M75	61.30%	Bingley H	63.26	
866	David Bell		42.50%	U/A	63.32	
867	Gail Bannister	F45	51.60%	U/A	63.38	
868	Alison O'Brien	F35	48.60%	U/A	63.43	
869	Linda Dix	F	46.90%	U/A	63.44	
870	Emma Mitchell	F	46.90%	U/A	63.44	
871	Peter Povey	M65	56.40%	West Cheshire AC	63.50	
872	Phil Dale	M40	44.30%	Boalloy	63.53	C
873	Catherine Daintree	F	46.80%	Penny Lane Str.	63.56	
874	Stephen Nash		42.20%	U/A	63.56	
875	Clive Dowie	M50	48.00%	White City(Hull)	64.09	
876	Clare Smith	F40	48.60%	U/A	64.14	
877	Julie Crawley	F35	47.00%	Winston Runners	64.16	
878	Lloyd Neary		41.80%	Crosfields Rugby	64.36	C
879	William Carlisle	M65	53.20%	U/A	64.40	
880	Susan Rainford-Mil	F45	51.60%	U/A	64.48	
881	Suzie Woods	F	46.20%	U/A	64.48	
882	Stella Bowden-bevan	F40	48.50%	Total Fitness	64.52	
883	Michael Dix		41.30%	U/A	65.15	
884	Elizabeth Evans	F65	64.30%	U/A	65.22	C

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Pos	Name	Category	Age %	Club	Time	
885	Julie Ryan	F35	45.80%	U/A	65.33	
886	Emma Wallage	F	45.60%	U/A	65.35	
887	Hazel Sugden	F45	50.00%	Hyde Striders	66.15	
888	Nicoll Brockley	F		U/A	66.15	
889	Adam Broadbent		40.50%	U/A	66.39	
890	June Gladman	F35	44.90%	U/A	66.52	
891	Alexandra Kay	F	44.70%	U/A	66.53	C
892	Charlotte Blakey	F35	45.50%	U/A	67.00	
893	Susan McHugh	F45	49.90%	U/A	67.00	C
894	Ann Robinson	F45	49.80%	Winston Runners	67.03	
895	Sally Smith	F		Manchester YMCA	67.11	
896	Joanne Bennett	F35	44.60%	U/A	67.19	
897	Jenny Armfield	F	44.40%	U/A	67.19	C
898	Danielle Burgess	F	44.10%	U/A	67.52	
899	Gavin Marn		39.70%	Manchester YMCA	67.55	
900	Stan Nowick	M50	45.60%	Manchester H	68.02	
901	Kris Almond Riley		39.60%	U/A	68.11	C
902	Lucy Freese	F	43.80%	U/A	68.15	
903	Richard Adams	M40	41.70%	U/A	68.21	
904	Gary Wildine	M45	42.30%	U/A	68.22	
905	Katherine Lowe	F	43.80%	U/A	68.22	
906	Helen Wilkinson	F40	46.30%	U/A	68.32	
907	Jaynie Phillips	F	43.60%	U/A	68.33	
908	Hannah Midlen	F	43.60%	Womens Running N	68.37	
909	Anne Garnett	F50	49.40%	South Cheshire H	68.51	
910	Susan Munday	F	43.30%	East Cheshire H	69.01	
911	David Munday		39.10%	East Cheshire H	69.01	
912	Margaret Watkins	F		Manchester YMCA	69.11	
913	Howard Whitby		39.40%	U/A	69.45	
914	Margaret Carleton	F50	49.00%	Winston Runners	70.07	
915	Linda Kilshaw	F50	49.90%	U/A	70.53	C
916	Ian Ollerton	M50	42.40%	U/A	70.53	C
917	Jo Benson	F	42.00%	U/A	71.14	
918	Angela Rainford	F45	46.40%	U/A	72.02	
919	Mark Rainford	M50	42.00%	U/A	72.02	
920	Mary Pomfret	F50	48.60%	Blackburn H	72.02	
921	Pamela Dimelow	F	41.20%	U/A	72.32	
922	Claire Kershaw	F45	44.70%	U/A	72.47	
923	Rebecca Forster	F35	41.30%	U/A	73.13	
924	Bernard Hammond	M60	45.60%	U/A	73.13	
925	Gary McIver	M45	40.50%	Hyde Striders	73.37	
926	Kathy Ling	F60	51.30%	Wrekin RR	74.06	
927	Chris Dalgliesh			U/A	74.13	C
928	Nick Clarke			U/A	75.12	
929	Carole Roberts	F65	54.90%	U/A	75.26	
930	Dorothy Barrow	F50	45.20%	U/A	76.03	
931	Stuart Pickett		35.20%	Crosfields Rugby	76.36	C
932	Carol Barnes	F50	44.50%	Winston Runners	77.55	
933	Alexandra Clemson	F	37.40%	U/A	80.05	
934	Paula McNicholas	M40	34.50%	U/A	80.46	
935	Julie Balmer	F40	39.30%	Penny Lane Str.	80.46	
936	Sandra Holmes	F35	36.60%	U/A	83.10	

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Pos	Name	Category	Age %	Club	Time	
937	Sue McMahon	F40	33.50%	U/A	94.42	
938	Pamela Siney	F40	33.50%	U/A	94.42	C

Age graded performances are shown as a percentage of the WAVA standard time.

The last column shows whether you were a counter in the Cheshire 10k Championships.