

Birchwood 10k Entry List 2-Aug-2018

First name	Surname	Running club
Stuart	Abel	Widnes
Dawn	Abrahams	None
Paul	Adams	Chorlton Runners
Matthew	Adams	None
Philip	Ainley	Chorlton Runners
Rebecca	Ainley	None
Sophie	Alice	None
EMMA	ALLEN	None
Charlie	Anderson	Village RR
Stephen	Anderson	Warrington Road Runners
Rob	Andrews	St Helens Striders
craig	ansell	None
Jack	Antrobus	Warrington Running Club
Sally	Appleby	Yes
Ian	Archibald	None
katie	armstrong	None
Lynn	Arrowsmith	Resolution Runners
Nathan	Ashurst	Warrington Running Club
Trevor	Astell	Penny Lane Striders
Neil	Atherton	None
Stephen	Atkinson	None
John	Atkinson	None
Steve	atkinson	None
Gareth	Atkinson	None
Helen	AUGER	None
Sara	Avery	Ellesmere port
Amie	Bagnall	Prestatyn
Leon	Bagnall	Prestatyn Running Club
Fran	Bagshaw	Warrington running club
John	Bailey	None
Judith	Bainbridge	None
Andrew	Bamber	None
Helen	Bamford-Wakefield	Victoria Parking Running Club
Rachel	Bannister	None
Gareth	Bardsley	None
peter	barham	wallasey athletic club
Michael	Barlow	None
Andrew	Barlow	None
John	Barr	None
David	Barratt	none
Louise	Barrow	Northwich running club
Hugh	Barry	None
Matthew	Bartley	None
Rhian	Barton	None
Charlie	Batho	Stockport Harriers
Mike	Bayley-Sanderson	Northern Masters
David	Bayliss	Red Rose Road Runners
Rachel	Beach	South Cheshire Harriers
Darren	Beach	South Cheshire Harriers

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First name	Surname	Running club
Susan	Bean	Chorlton Running Club
Tom	Beasor	none
Clive	Beasor	UK RunChat Running Club
Ed	Beattie	GB Ultras Running Club
Matthew	Beaumont	Warrington Running Club
Nick	Beesley	None
Andrea	Beesley	None
Anthony	Bell	Steel City Striders
Gina	Bellhouse	Southport Waterloo AC
Val	Bellingham	Warrington Running Club
Paula	Bennett	Newton Le Willows Resolution Runners
Tony	Bennett	None
Tony	Bennett	None
Tony	Bennett	None
George	Bennett	None
Grace	Bennett	Warrington Running Club
Jack	Bennett	Warrington Running Club
Joanne	Bennicke	None
Chris	Benstead	none
Stuart	Berry	Lymm Runners
Ian	Berry	None
Martin	Berry	Warrington Road Runners
Lindsey	Berry	Warrington Road Runners
Benjamin	Bewley	none
Lee	Bibby	None
Kate	Bibby	None
Sarah	Billingham	None
David	Birch	None
Julie	Birchall	Warrington Running Club
Julie	Birchall	Warrington Running Club
David	Bisby	none
Martin	Bishop	Warrington
Andy	Blackhall	None
Sammy	Blake	None
Linz	Blay	None
DARREN	BLAZIER	Abergele Harriers
Louise	Blizzard	Warrington AC
Laurie	Blower	None
Diane	Boardman	Truro Running Club
Ray	Boggiano	None
Andrew	Boggis	None
Morgan	Bold	None
Beth	Bolger	None
Adam	Booth	Blackburn Road Runners
Graeme	Bourque	None
Stephen	Bowden	Warrington Road Runers
Shaun	Bowen	None
Gavin	Bowers	Marple Runners
Daniel	Bowler	None

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First name	Surname	Running club
Judith	Brackstone	Ossett running club
Jamie	Bradbury	Lymm Runners
Craig	Bradbury	Sale Harriers Manchester
Louise	Bradbury	Warrington Running Club
Martin	Bradshaw	None
Sarah	Bremner	None
Michael	Brennand	Central Lancs Running & Triathlon Club (CLAN)
Emily	Bretnall	None
Maureen	Brettell	Chorlton Runners
Lyn	Bridge	Warrington Road Runners
david	broadbent	None
Sarah	Broadbent	None
Stephen	Brook	Queensbury Running Club
James	brooker	SOUTHPORT WATERLOO AC
Michael	Brown	None
Alastair	Brown	None
Gareth	Brown	None
Steven	Brown	Prestatyn RC
Dave	BROWN	Warrington Running Club
Paul	Bryers	Wigan Harriers
Michelle	Bulmer	Warrington running club
Carl	Burkhill	None
Tracy	Burkhill	None
Jordan	Burkhill	None
Ged	Burns	Widnes Running Club
Melvyn	Burton	Crossgates Harriers
Paul	Busow	Widnes Running Club
Ashley	Butler	None
Steven	Buxton	None
Miss	C Challinor	None
Martyn	Cairns	None
Kevin	Cairns	st Helens striders
Kelly	Calder	None
Graeme paul	Caldwell	None
Stephanie	Caldwell	Prestwich Athletic Club
Sally	Callaghan	Lymm Runners
Candice	Callow	None
Adrian	Calvert	Prestwich AC
Christine	Cammillare	Deestridders R.C
Nick	Capper	None
Kevin	Carberry	Kirkby Milers AC
Ann	Carberry	Kirkby Milers AC
Andy	Carless	None
Lisa	Carter	Buckley Runners
Heather	Carter	sandbach striders
Darren	Carter	Warrington running club
Rachel	Cartwright	Warrington Running Club
Ben	Carus	None
Louise	Casey	None

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First name	Surname	Running club
Leyna	Casey	None
Victoria	Casey	Northwich running club
Robin	Cassell	Isabella rose foundation
Sarah	Castro	None
Mark	Catterall	None
Stephen	Caunce	none
Ricky	Challinor	Liverpool Harriers Ac
Karen	Charters	Belle Vue Racers
Antony	Cheers	St. Helens striders
Ursula	Cheetham	Parbold Pink Panthers
Marcus	Chester	Burnden Road Runners
Joanne	Clare	None
Steven	Clark	None
Paul	Clarke	None
Andrew	Clarke	None
Liane	Clarke	Warrington Road Runners
Stuart	Clay	None
Andrew	Clayton	Northwich Running Club
Mick	Clifford	None
Stacy	Coe	Warrington Running Club
Mark	Collier	Davenport runners
Anthony	Collier	Styal Running Club
Amanda	Collinge	None
Paul	Collins	Stockport Harriers
Ade	CONLON	Northwich
SUE	CONLON	Northwich
Michael	Connaughton	Prestwich AC
David	Connor	None
Ken	Connor	Widnes Running Club
Daniel	Conroy	None
John	Convery	Bingley harriers
John	Convery	Bingley harriers
Steve	Conway	Liverpool running club
Adam	Cook	None
Thomas	Coon	None
David	Coon	None
Julie	Cooper	Rivs Runners
Ste	Cooper	Warrington Running Club
Amy	Corfield	St Helens Sutton AC
Rebecca	Cornes	none
Peter	Cornwall	None
Paul	Corrigan	Warrington Running Club
Rebecca	Cosgrove	None
Stan	Cottier	liverpool running club
Mark	Coulthard	south cheshire harriers
Sam	Courtney	None
elizabeth	crabtree	None
Lisa	Creamer	None
Ben	Creasey	None

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First name	Surname	Running club
Kelly	Crickmore	Stockport Harriers
Miss Lisa	Crompton	Dragons Running Club (Sale)
Kelly	Crossley	Warrington Athletics Club
Emma	Crowe	Wrexham Ac
Tracy	Cully	Run Sandymoor
Shaun	Cunliffe	Wigan & District Harriers AC
Kevin	Curtis	None
Craig	Curtis	None
Meg	Daintith	Warrington Running Club
Fergus	Dalgarno	Warrington
Jenny	Dalkins	Cheadle
Mark	Dalkins	Cheadle r c
Marsh	David	Southport Waterloo AC
Tony	Davidson	None
Karl	Davies	None
Emma	Davies	None
ian	davies	None
Glyn	Davies	Warrington Running Club
Jim	Dawson	Lymm Runners
Bronwyn	Dawson	None
Andrea	Dawson	None
Phil	Dean	None
Stephanie	Dean	None
graham	deane	knowsley harriers
Richie	Deane	knowsley harriers ac
rob	dearden	None
Stacey	Deeming	None
Marg	Delaney	Birkenhead Athletic Clib
Lee	Denton	None
Julian	Dickinson	Lymm Runners
Michelle	Dickinson	None
David	Dickinson	None
Karen	Ditch	None
Paul	Dix	None
Paul	Dixon	None
Jason	Dodd	Warrington Running Club
SIMON	DOMINGO	None
Glen	Donald	None
Paul	Donegan	None
Nicola	Donovan	St Helens Striders
Brian	Dooley	Vale Royal AC
Carolyn	Dooley	Vale Royal AC
Frederic	Dorenlot	None
Robert	Downes	None
Elena	Dowthwaite	None
Ella	Driver	none
Richard	Duddell	None
Laura	Duffy	Run Sandymoor
Keith	Dunn	None

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First name	Surname	Running club
Sharon	Dunne	Riv's Runners
Sarah-Marie	Dunne	Warrington road runners
Paul	Dutton	None
Laura	Eagleton	Lymm Runners
Fiona	Eaton	Lymm Runners
Gary	Eccleston	St Helens Striders
Andy	Eddleston	None
Byron	Edwards	Bury AC
Louise	Edwards	None
Neil	Egerton	Widnes Running Club
Brad	Ehlen	Northwich Running Club
John	Elias	None
Kathryn	Ellis	Lymm Runners
Samantha	Ellis	none
Rob	Ellis	None
Anthony	Ellis	St. Helens striders
Miras	Eskander	Northern Masters AC
David	Evans	None
Lucy	Evans	None
Paul	Evans	None
Colette	Evans	Widnes
Andy	Evans	Widnes
Paul	Ewart	none
Matyas	Fabian	None
Paul	Fairclough	None
Claire	Fairhurst	None
Ian	Fairhurst	None
Joanne	Fairhurst	YES
Martin	Farrar	St Helens Striders
Steve	Farrell	Resolution Runners
STEVE	FARTHING	None
Richard	Fearnside	None
Carol	Fell	Lymm Runners
Alison	Felstead	Lymm Runners
Melissa	Fenlon	None
simon	fenton	wilmslow running club
Mark	Fillingham	St Helens Striders
Zoe	Fillingham	St Helens Striders
Rachel	Finch	Warrington running club
bev	fisher	None
Paul	Fitzgerald	Knowsley harriers
Chris	Fitzpatrick	Helsby RC
Carolyn	Flanagan	Warrington Road Runners
Jane	Fletcher	Manchester Frontrunners
Joe	Flynn	none
Paul	Ford	None
Bryan	Forth	Warrington Road Runners
Rob	Fowler	Prestwich AC
Sam	Fox	None

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First name	Surname	Running club
Ray	Fox	None
Andy	Foy	None
David	French	Marple Runners
Allan	Frew	None
John	Gallagher	None
Sian	Gardiner	Dockside Runners
Rach	Garner	Prestwich AC
jim	garvey	penny lane striders
Michael	Geddes	Prestwich AC
Deb	George	Warrington Running Club
Marco	Giannini	Widnes Running Club
Gavin	Gibbons	None
Catherine	Gilbert	Widnes running club
James	Gilgannon	Warrington Running Club
Colin	Gill	Lymm runners
David	Gill	Warrington AC
Robert	Gittins	None
Zoe	Glacken	None
Alisha - Jade	Gleave	Victoria Park Running Club
Neil	Glendinning	None
Helen	Goldsmith	Warrington Running Club
JOHN	GORE	Widnes Running Club
Georgina	Goulding	None
Mervyn	Grady	Widnes Running Club
Jamie	Graham	Cannock & Stafford ac
Murray	Graham	None
Joanne	graham	Rivs runners
Barry	Graney	St Helens Sutton AC
Christine	Grant	Penny lane Striders
Nigel	Grant	Penny Lane Striders
Helen	Gray	None
Alexander	Gray	none
Tom	Greaves	Warrington AC
Sally	Green	None
Pam	Green	None
Daniel	Green	warrington road runners
Michael	Greer	None
Dewi	Griffiths	Fylde coast runners
Daniel	Gritz	None
Norman	Grundy	Birkenhead AC
Lucy	Grundy	None
Joanne	Guest	None
Elizabeth	Guirguis	Prestwich AC
Danielle	Gunns	None
Chetan	Gupta	None
David	Guy	Swinton Running Club
Simon	Hackett	Lymm Runners
Andrew	Hadfield	Stockport Harriers & a c
Janice	Hadwin	None

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First name	Surname	Running club
Roy	Haggett	None
chris	haggett	None
Greg	Hall	None
Jennifer	Hall	Penny Lane Striders
Marie	Hall	Riv's Runners
Kelly	Hall	Warrington Running Club
Carrie	Hall	Widnes Running Club
Fiona	Hall	Widnes Running Club
Jemma	Halliwell	None
Sarah	Hamilton	None
Pete	Hancock	None
Stuart	Hancock	uk runchat
Vicky	Hancox	None
Steve	Hancox	None
Sean	Hand	None
Beverley	Hands	Widnes Running Club
Lisa	Hankey	None
Katie	Hankey	Run Sandymoor
Andrew	Hankinson	Widnes Running Club
Gill	Hankinson	
Claire	Harding	Dragons Running Club (Sale)
Paul	Hargreaves	None
Lisa Jayne	Hargreaves	None
Anna	Harper	None
Ben	Harper	None
ANN	HARRIS	MACCLESFIELD HARRIERS
Matt	Harris	None
Mark	Harrison	Marple Runners
Paul	Harrison	None
Claire	Harrison	None
Rosemary	Harrison	none
Roger	Harrison-Jones	Prestatyn Running Club
Tony	Hart	Fylde Coast Runners
Dave	Hartis	Tyne Bridge Harriers
mike	hatton	sandymoor
Ann marie	Hatton	Warrington running club
Chris	Hazeldine	None
Stephen	Hazelhurst	None
Alexandra	Hazzlewood	None
Mike	Hardman	None
Claire	Hebblethwaite	Knutsford Tri Club
Ian	Hebblethwaite	None
Thomas	Hedderick	Stepping Stone Striders
Michael	Hegarty	Namban Rengo
Charlotte	Henshaw	Warrington Running Club
Rebecca	Heron	None
Anne	Hewitt	None
Les	Hewitt	None
Amanda	Hey	Radcliffe AC

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First name	Surname	Running club
Chris	Hibbert	manchester harriers
David	Hibbert	None
John	Hibbitts	Rivs Runners
Ben	Hickling	None
Jillian	Hickson	Royton Road Runners
michael	hiett	None
Mike	Highton	Warrington Running Club
Dawn	Hignett	Widnes Running Club
Helen	Hind	Warrington Running Club
Gary	Hinds	None
Robert	Hitchmough	None
Mark	Hoddell	None
christopher	hodgson	warrington running club
Stephen	Hollis	Northern Fell Running Club
Andrew	Holloway	Altrincham District AC
Carl	Hollowood	none
Alexandra	Hooton	None
Emma	Hopwood	Southport Waterloo ac
Anthony	Horrigan	Lymm Runners
Anthony	Horsfall	St. Helens striders
Pauline	Horsfall	Widnes running club
Irena	Hostakova	none
Andrew john	Houghton	None
John	Houghton	None
CLAIRE	HOUGHTON	VPRC
Lee	Howard	None
DAVID	HOWARD	widnes running club
Richard	Howe	None
Graham	Howell	Liverpool harriers
Rick	Howells	None
Mark	Hubbard	None
Simon	Hughes	Marple Runners
Kat	Hughes	None
Gareth	Hughes	None
David	Hughes	None
David	HUGHES	Prestatyn Running club
Andrew	Hughes	Run in Wirral
Kirstie	Hughes	Run sandymore
David	Hughes	Salford Metropolitan AC
alex	hughes	Village Road Runners
Deborah	Hunter	Fylde coast runners
Mark	Hunter	Lymm Runners
colin	hunter	none
Jane	Hunter	None
Sally	Huxley	None
Harriet	Ibberson	None
Margi	Ireland	None
Paul	Ireland	None
Tricia	Ironside	None

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First name	Surname	Running club
Beverley	Jackson	Altrincham
Jayne	Jackson	Fylde Coast
Brian	Jackson	Fylde Coast
Ian	Jackson	Northwich Running Club
Darren	Jackson	Wigan Harriers AC
Alexandra	Jacques	None
Geetha	Jaganathan	None
Laura	James	None
Lauren	Jennings	Northwich Running Club
Danielle	Jepson	None
Gordon	Johnson	Fylde Coast Runners
Chris	Johnson	None
Jenny	Johnson	none
Anthony	Johnson	none
Lesley	Johnson	none
Joey	Johnson	None
robert	johnson	southport
Melanie	johnson	Vale royal athletic club
Elaine	Johnstone	none
Stewart	Johnstone	Warrington running club
Amanda	Jolley	None
Wendy	Jones	Chorlton Runners
Peter	Jones	Cybi Striders
Andy	Jones	GOG Triathlon
Jackie	Jones	liverpool running club
Richard	Jones	Lymm Runner's
Anthony	Jones	None
Neil	Jones	None
Sarah	Jones	None
David	Jones	None
Sean	Jones	Penny Lane Striders
Sheila	Jones	Radcliffe AC
Matthew	Jones	Rochdale Harriers
Damien	Jones	Sale Harriers
Linda	Jones	Warrington Running Club
Kath	Jump	None
eve	kapoor	widnes running club
eve	kapoor	Widnes running club
Pooja	Karupakula	None
Terry	Keating	Prestwich AC
Janet	Keenaghan	None
Andrea	Kelly	Run Sandymoor
Lizzie	Kelly	St Helens Striders
Bethan	Kemp	Prestatyn running club
Michael	Kennedy	none
Vijay	Kesavanarayanan	None
Dan	Kirkby	None
Roger	Knight	warrington road runners
Gyorgy	Kohan	None

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First name	Surname	Running club
Chris	Lam	Widnes Running Club
Jo	Lam	Widnes Running Club
Sharon	Lamont	Wallasey AC
Jayne	Land	None
Paul	Lawton	none
Michael	Laxton	None
Andrew	Leadbetter	None
Ange	Leah	Warrington Running Club
paul	leahair	None
Andy	Leather	None
Helen	Leather	Warrington running club
Jonny	Leatherbarrow	McCarkiss Endurance Project
Thomas	Ledson	None
Christopher	Lee	Liverpool Running Bugs
Shelley	Lee	Macclesfield Harriers
Geoff	Leech	Horwich RMI Harriers
Andrew	Leslie	Widnes Running Club
Darren	Lewin	None
Emma	Lewis	None
Paul	Lewtey	Deestridders rc
Nicola	Lingley-Heath	Warrington running club
Linzi	Lloyd-Henry	Prestwich AC
Katie	Lomax	Lymm Runners
Neil	Lomax	None
Bobbie	Lomax	Warrington Road Runners
Andrea	Lorant	None
Danielle	Lovelady	Warrington running club
Darren	Low	None
Michelle	Lowe	None
Katherine	Lowry	None
Jules	Lucock	Warrington Running Club
Paul	Lynskey	None
Roger	Lyon	None
Alison	Lysons	Widnes Running Club
Karan	Macdonald	None
Stuart	Mairs	Salford Metropolitan AC
Karen	Mairs	Warrington running club
Ron	Makin	None
Andrew	Makin	Warrington running club
Felicity	Mannering	None
Michael	Mannings	Oldham & Royton
Joanna	Marsden	ellesmere pot
LOUISE	MARSDEN	Wallasey AC
Jan	Marsh	Southport Waterloo AC
Gwenda	Marshall	Fylde coast runners
Vinnie	Martin	City of Stoke ac
Simon	Martin	None
Darren	Martin	Winston Runners
Paul	Maskell	Nine

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First name	Surname	Running club
Lesley	Mason	None
Benjamin	Mason	None
Paul	Mason	yes
Andy	Mather	None
Lee	Matthews	None
Audra	Matthews	None
Sarah	Matthews	Widnes running club
Marina	Maxwell	Widnes Running Club
Matthew	May	None
barry	may	northwich running club
Michael	McCarthy	None
sam	mccauley	Penny Lane Striders
Jenny	McClelland	Lymm Runners
Nicola	McCulloch	None
Adam	McDermott	Widnes Running Club
Jackie	McDonald	Runsandymoor
Wendy	McDonnell	Runcorn Plodders
Tony	McGee	none
Joanne	McGillicuddy	Widnes Wasps LRC
James	McGlynn	Wigan Harriers
Joshua	McGovern	Liverpool Running Bugs
Jean	McGowan	None
David	McGowan	None
Liam	McHugh	None
Ian	McLaughlin	None
gary	mclean	Warrington running club
Mike	McMahon	Warrington Road Runners
Siobhan	McManus-Price	None
Lea	McManus-Price	None
Helen	McNamara	None
Hayley	McNicholas	Wallasey AC
terry	McNulty	None
Sally	McQueen	None
Trevor	McWhirter	None
Andy	Meade	None
Claire	Meadows	Penny Lane Striders
Sarah	Mears	Marple Runners
Joanne	Mercer	St Helens Striders
Jessica	Messenger	Northwich Running Club
Jonathan	Metters	None
Peter	Mickleburgh	Uknetrunner
Susannah	Middleton	Macclesfield harriers
Gary	Milligan	Stockport Harriers & AC
Bridget	Mills	None
Charlotte	Mills	Northwich Running Club
Paula	Mitchell	None
May	Mohd	None
Sidney	Molyneux	Picton sports centre
rio	monks	None

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First name	Surname	Running club
Rebecca	Moon	None
darren	moon	Widnes rc
Paul	Mooney	None
Ashleigh	Moorcroft	None
Perry	Moore	Warrington Road Runners
H	Moore	Widnes wasps Irc
Tim	Morgan	None
Kirsty	Morley	Warrington Running Club
Karen	Morris	Astley & Tyldesley Road Runners
Chris	Morris	None
Ruth	Morris	none
Lynn	Moseley	Lymm Runners
Zara	Mosgrove	None
Jason	Mountford	Lymm Runners
Elaine	Mountford	WARRINGTON ROAD RUNNERS
Peter	Moville	Sthelens striders
Anest	Muller	West Cheshire AC
Sharon	Murphy	Run Sandymoor
Phil	Murray	Penny Lane Striders
Louise	Murray	Warrington Running Club
Richard	Murray	Warrington Running Club
Kerry	Mutch	None
Chris	Myers	None
Chris	Myles	Buckley Runners
Ajay	Nair	none
Lynsey	Napier	Run Sandymoor
Jesdica	Neary	None
Katie	Nesbitt-Hancock	Resolution Runners
Ashley	Newton	None
Caroline	Newton	Warrington Running Club
Ryan	Nokes	City of stoke AC
Stacey	Nolan	None
John	Norris	Bramhall Runners
Luke	Northall	Wrexham ac
Chris	Nove	Shop Direct Running Club
Andrew	Nugent	Prestwich AC
KEVIN	O'BRIEN	PENNY LANE STRIDERS
Aidan	O'Reilly	None
Ian	Orford	St helens tri
Phil	O'Rourke	Liverpool Running Club
Scott	Owen	None
Stanley	Owen	Salford Harriers
Becky	Owen	Warrington running club
Niall	Owens	None
Rhian	Oxenham	None
Graham	Packer	None
Stephen	Page	Glossopdale Harriers
Stuart	PAIZE	None
peter	PAIZE	None

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First name	Surname	Running club
dhivya murthy	paravasthu	None
madhu	paravasthu	None
Alice	Parker	Lymm Runners
Richard	Parry	Altrincham and District Athletic Club
Lewis	Parry	None
Carol	Parsons	Yes
Norman	Partington	None
Ian	Pass	St Helens Sutton
Daniel	Paton	CLAN (Central Lancs Running & Triathlon Club)
JAMES	PATTISON	ALTRINCHAM
Jeffrey	Patton	None
Alastair	Pattrick	None
Tony	Peacock	Penny Land Striders
Matthew	Pegg	none
Susan	Pemberton	None
Rachel	Penketh	Run mummy run
Andy	Penney	Styal Running Club
kelly	pennington	warrington running club
Anthony	Percival	None
Phil	Perkin	None
Sharon	Perrie	None
Martin	Peters	None
Tony	Pfaff	Warrington Road Runners
Craig	Phillips	Buckley Runners
Jaynie	Phillips	None
Samantha	Phillips	None
David	Pickles	None
Jack	Pilkington	Lymm Runners
Lucas	Pilkington	None
Sarah	Plant	Warrington Running Club
Ruth	Platt	NOne
Claire	Platts	None
Will	Platts	None
Adam	Pointon	St. Helens striders
Melanie	Pollard	None
Daniel	Pope	None
Mark	Povey	West Cheshire Athletic Club
Kathleen	Powell	Kirkby milers ac
Rachael	Powell	Marple Runners
Lin	Powell	None
Gareth	Powell	None
Nick	Pownall	None
Alex	Pownall	None
Tony	Pratt	Marple runners
Katharine	Prestwich	Prestatyn RC
Simon	Pritchard Jones	Northwich Running Club
Krzysztof	Psonka	None
Joanne	Quinn	None
Rebecca	Quinn	Warrington running club

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First name	Surname	Running club
Brandon	Quinton	Bury AC
Matthew	Quinton	None
Mike	Race	Salford Mets
Haroon	Rashid	None
Adam	Rashud	None
Helen	Rashud	None
Aslam	Rashud	None
Sharon	Raynes	None
Aaron	Reading	St Helens Tri
Alan	Redford	None
Louise	Reeve	None
Dave	Reeves	None
Allison	Reid	Prestatyn running club
Hazel	Remeika	Chorlton Runners
Alan	Reynolds	The Fell Devils
Will	Rice	None
Kristina	Richards	None
Eleanor	Riches	Vale Royal AC
Dave	Rickart	Warrington Running Club
John	Ridley	None
marcus	rigby	warrington running club
Claire	Riley	None
Neil	Ringstead	None
Adrian	Roach	Liverpool Harriers & AC
Michael	Roberts	Deestridders
Owen	Roberts	Hebog
Bethan Wyn	Roberts	None
Thomas	Robinson	None
Philippa	Robinson	None
Lisa	Rodick	Warrington running club
James	Rogers	Prestatyn Running Club
Rosemary	Rogers	Yes
Lucy	Rosa	Northwich Running Club
Philip	Rose	WARRINGTON ROAD RUNNERS
Jason	Rowbottom	Lymm Runners
Phil	Rowen	Lymm runners
Jonathan	Rudkin	none
Maria	Rushton	Marple Runnsre
Simon	Rushton	Marple Runnsre
Gerard	Russell	Penny lane striders
Alexandra	Russell	Run Sandymoor
Peter	RYAN	Ilford AC
Neil	Ryder	None
Tony	Sala	Lymm Runners
Paul	Sankey	Liverpool Harriers
Rachel	Saunders	Wallasey AC
paul	savage	none
Stephanie	Savage	Widnes
Anthony	Schenck	None

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First name	Surname	Running club
Andy	Scott	Spectrum Striders
Claire	Scott	St. Helens striders
Ian	Scouler	Northwich Running Club
Sarah	Seddon	Warrington Running Club
Roger	Seddon	Warrington Running Club
Kathryn	Sharkey	Penny Lane striders
Michael	Sharkey	Penny Lane striders
Maxine	Sharps	Kings Heath running club
Daniel	Shaw	Bolton United Harriers
Nicola	Shaw	None
David	Shaw	None
Emma	Shaw	None
Jenny	Shelmerdine	None
Christopher	Sherwood	None
Matt	Shillabeer	St Helens Tri
Emma	Shillabeer	St Helens Tri
Rachel	Shipley	Abergele Harriers
Hari	Sholinghur	Lymm Runners
DOROTHY	SHORROCK	TRAWDEN AC
Rachel	Simm	Wigan & District Harriers AC
David	Simmons	Prestwich AC
Nick	Sims	None
Mark	Skelton	Penny Lane Strides
Joanne	Skyner	Warrington Running Club
JOHN	SKYNER	Warrington Running Club
Darren	Slydell	Warrington
Phill	Smallwood	Warrington running club
Colin	Smith	None
Ian	Smith	none
Stephen	Smith	None
Peter	Smith	Widnes Running Club
Colin	Snook	Cornwall AC
Alan	Spencer	None
Dan	Spencer	None
Mike	Spencer	None
Jonathan	Stanforth	Bournville Harriers
Linda	Statham	Warrington Road Runners
Sarah	Steele	none
Fraser	Steele	none
Paul	Stevenson	Salford metropolitan
Ayesha	Stewart	None
Alexander	Stewart	None
Jamie	Stooke	Davenport Runners
Vince	Struelens	none
Richard	Studzinski	South Cheshire Harriers
Rebecca	Styles	Bramhall Runners
Lucy	Styles	None
David	Sudlow	none
Jan	Swales	Widnes Running Club

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First name	Surname	Running club
Martin	Swensson	Penny Lane Striders
Wendy	Swift	Trentham RC
Diane	Taktak	St Helens Tri
Ben	Tandy	None
Emma	Tate	Warrington Road Runners
mary	tavener	vale royal ac
James	Taylor	Chorlton Runners
Lewis	Taylor	Chorlton Runners
Jemma	Taylor	Flyde Coast Runners
Vicky	Taylor	none
Chris	Taylor	none
Michael	Taylor	None
Philip	Taylor	None
Deborah	Taylor	None
Daniel	Taylor	Warrington running club
Craig	Tessyman	fylde coast runners
Liz	Tetley	Lymm Runners
Paul	Thewlis	None
Chris	Thomas	Cybi Striders
Gethin	Thomas	None
Andrew	Thomas	None
Huw	Thomas	None
Andy	Thomas	Sandbach Striders
Graeme	Thomason	None
Ros	Thompson	none
Saskia	Thompson	None
David	Thompson	None
Clark	Thompson	None
Steven	Thompson	Warrington Road Runners
Kay	Thompson	Warrington Running Club
Vanessa	Thomson	Astley & Tyldesley Road Runners
Derek	Tierney	None
Martin	Tierney	None
Megan	Tiffin	Run mummy run
Adam	Tilston	None
Paul	Timms	Runsandymoor
Jacqueline	Tipping	None
David	Tomkins	Northern Masters AC
Zuzana	Tothova	None
Eamonn	Touhey	None
Simon	Towerzey	None
Richard	Tunncliffe	None
Ian	Turnbull	none
Charlie	Turnbull	Warrington AC
Jess	Upham	None
David	Urban	None
Harsha	Urs	None
Jason	Vance	None
Katie	Veto	None

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First name	Surname	Running club
Mel	Walker	Burnden Road Runners
Steven	Walker	None
John	Walsh	Warrington Road Runners
Katharine	Warburton	Northwich running club
Ashley	Ward	None
Mike	Ward	Run Sandymoor
Mervyn	Ward	Warrington Athletic Club
Laura	Waring	Warrington Road Runners
kevin	waterson	none
Kim	Watkinson	Victoria Park Running Club
Tony	Watkinson	Victoria Park Running Club
Stephen	Watmough	Warrington AC
David	Watson	Holmfirth Harriers AC
David	Watts	none
Andy	Webb	None
Lisa	Webb	Widnes running Club
Steve	Webster	none
Matt	Weedon	None
Ste	Weeks	None
David	Welsh	None
James	Weston	none
Sheila	wetton	Yes
PAUL	WHARTON	None
Kimberley	Wheeler	None
Clare	Wherry	Run for fun
Phillip	Whettlock	Queensbury RC
Helen	Whitby	Vale royal AC
Andrew	White	none
George	Whitehurst	Knowsley Harriers
Melvyn	Whiteside	None
Jason	Whiteside	None
Andrew	Whitmore	none
John	Wilcock	None
Louise	Wilkinson	None
Matt	Willcott	Helsby Running Club
John	Williams	Bramhall Runners
Carol	Williams	Newton Le Willows Resolution Runners
Michael	Williams	road runners club
Stephen	Williams	Warrington Road Runner
James	Williams	Warrington Road Runners
Paul	Wilson	Liverpool Running Club
Canyon	Wilson	Prestatyn Running Club
Paul	Wilson	Widnes Running Club
Suzi	Wolfram	none
Jeremy	Woodham	Marple Runners
Amy	Woodhouse	Warrington running club
Nathan	Woods	Run Sandymoor
Clare	Woollam	Davenport Runners
Alexander	Woollam	None

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First name	Surname	Running club
Keeley	Woolrich	Widnes Running Club
Rebecca	Wright	Ellesmere Port Running Club
Lindsay	Wright	None
Stephen	Wright	Stoke Fit
Christine	Wyn-Jones	None
Claire	Wyn-jones	None
Frankie	Yan	None
Nicola	York	None
Gary	Young	Warrington Running Club
Imran	Yunus	None