

Overall Results

Pos	Bib	Name	M/F	AG	AG Pos	NSRRA	Club	Chip	Time
1.	217	Ian Lawton	1st	M40	1st		Merseytri	1:53:40	1:53:41
2.	253	Michael Young	2nd	MSen	1st		West Cheshire AC	1:58:19	1:58:20
3.	114	David Morris	3rd	M40	2nd		City of Stoke AC	2:00:50	2:00:55
4.	200	Joe Baker	4th	M40	3rd		Stadium Runners	2:02:01	2:02:01
5.	226	Christian Prince	5th	MSen	2nd	A 481	Gator AC	2:05:47	2:05:50
6.	128	James Nicholls	6th	MSen	3rd		Wrexham	2:06:20	2:06:22
7.	129	Rob Grantham	7th	M50	1st		Wirral AC	2:07:35	2:07:36
8.	220	Shaun Knight	8th	MSen	4th		No Club Running Club	2:09:17	2:09:19
9.	168	Simon Fawcett	9th	M40	4th	A 251		2:09:57	2:10:00
10.	184	Martin Pratt	10th	M40	5th	B 262	Trentham RC	2:10:14	2:10:15
11.	183	Tim Brook	11th	M40	6th		Holmfirth Harriers AC	2:10:41	2:10:49
12.	150	Richard Wood	12th	M40	7th		South Cheshire Harriers	2:11:08	2:11:11
13.	228	Luke Turner	13th	MSen	5th		Barlick fell runners	2:13:02	2:13:03
14.	10	Daniel Kaiser	14th	M40	8th			2:13:24	2:13:25
15.	46	Tim Shanker	15th	M55	1st		Manchester YMCA	2:15:11	2:15:19
16.	235	Joshua Rowe	16th	MSen	6th			2:15:41	2:15:44
17.	216	Stephen Earle	17th	M45	1st		Northowram Pumas	2:15:48	2:15:57
18.	201	Aaron Jones	18th	MSen	7th	B B	Stone MM	2:17:05	2:17:14
19.	227	Kieran Bedford	19th	MSen	8th	B 483	Gator AC	2:17:50	2:17:53
20.	255	Jason Bowers	20th	M45	2nd			2:18:14	2:18:23
21.	68	Francis Hourigan	21st	M45	3rd		Widnes RC	2:18:32	2:18:34
22.	119	Sean Dyer	22nd	MSen	9th		Nantwich RC	2:18:55	2:18:58
23.	256	Gareth Jones	23rd	M45	4th	A 143		2:20:52	2:21:01
24.	189	Warren Parish	24th	M40	9th		Chase Harriers	2:22:03	2:22:12
25.	221	Neil Godsell	25th	M40	10th			2:23:00	2:23:04
26.	39	Adam Tyson	26th	M40	11th		Newcastle (Staffs) AC	2:23:13	2:23:22
27.	106	Adam Hampson	27th	MSen	10th		Widnes RC	2:23:25	2:23:27
28.	137	Robin Zoka	28th	MSen	11th	B 100	South Cheshire Harriers	2:23:25	2:23:29
29.	219	Joanne Stanfield	1st	F50	1st	L 744	Trentham RC	2:24:44	2:24:49
30.	231	Jamie Brannan	29th	MSen	12th		Stadium Runners	2:25:11	2:25:21
31.	199	Darren Earnshaw	30th	M45	5th		Stadium Runners	2:25:12	2:25:22
32.	222	Lee Davies	31st	MSen	13th	B 153	Silverdale RC	2:26:36	2:26:45
33.	202	Billy Barrett	32nd	MSen	14th		Rugeley Runners	2:27:02	2:27:08
34.	223	Daniel Andemichael	33rd	M40	12th		Trentham RC	2:27:22	2:27:28
35.	146	James Simpson	34th	M50	2nd	A 109	South Cheshire Harriers	2:28:17	2:28:21
36.	103	Liam Clay	35th	MSen	15th	C 478	Gator AC	2:28:31	2:28:37
37.	241	Joanne Bentley	2nd	F45	1st		Stone MM	2:28:57	2:29:06
38.	197	Ravi Hensman	36th	MSen	16th			2:29:49	2:29:55
39.	237	Iwan Evans	37th	M45	6th		North Wales RRC	2:30:21	2:30:29
40.	233	Stephen Smith	38th	MSen	17th		Chorlton	2:30:47	2:30:53
41.	138	Robert Luker	39th	M60	1st			2:31:03	2:31:12
42.	180	Mike Bloor	40th	MSen	18th		Best Athletics	2:31:03	2:31:12
43.	72	Paul Riley	41st	M50	3rd		Penny Lane Striders	2:32:21	2:32:37
44.	249	Louise Blizzard	3rd	F45	2nd		Warrington AC	2:33:16	2:33:22
45.	164	Sarah Taylor	4th	F55	1st	L 691	Trentham RC	2:33:52	2:33:57
46.	3	Danny Lloyd	42nd	MSen	19th		Widnes RC	2:34:34	2:34:35
47.	141	Michelle Fox	5th	F45	3rd		Stone MM	2:34:28	2:34:37

Overall Results

Pos	Bib	Name	M/F	AG	AG Pos	NSRRA	Club	Chip	Time
48.	169	Dave Ball	43rd	MSen	20th			2:34:34	2:34:43
49.	151	Tom Walker	44th	MSen	21st		Newcastle Tri Club	2:34:47	2:34:53
50.	14	Ryan Berrisford	45th	MSen	22nd		UKRunChat	2:35:14	2:35:24
51.	99	Laura Palmer	6th	F40	1st		Chase Harriers	2:36:11	2:36:16
52.	80	John Ferguson	46th	M55	2nd		South Cheshire Harriers	2:36:19	2:36:26
53.	185	Derek Gordon	47th	M50	4th		Hinckley Running Club	2:37:14	2:37:23
54.	167	Darren Beach	48th	M45	7th	D 173	South Cheshire Harriers	2:37:41	2:37:49
55.	176	Nasir Rafiq	49th	MSen	23rd		Trentham RC	2:37:47	2:37:49
56.	123	Andrew Bowler	50th	MSen	24th		Manchester YMCA	2:38:07	2:38:15
57.	20	Rebecca Hobbs	7th	F35	1st		Tamworth AC	2:38:15	2:38:24
58.	83	Christopher Cowley	51st	MSen	25th		Nantwich RC	2:38:24	2:38:41
59.	211	Rob Johnston	52nd	M40	13th			2:39:00	2:39:17
60.	250	Tony Burbidge	53rd	M40	14th		Stafford Harriers	2:39:45	2:39:51
61.	242	Dave Blundred	54th	MSen	26th	C 270	Go! Team	2:39:53	2:40:03
62.	69	Eliot Powell	55th	M40	15th	C 61	Stoke FIT	2:41:00	2:41:12
63.	147	Ollie Halligan	56th	MSen	27th		Lincs Run Club	2:41:34	2:41:51
64.	18	Luke Penketh	57th	MSen	28th			2:41:55	2:42:09
65.	132	Phill Varin	58th	MSen	29th			2:42:51	2:43:05
66.	182	John Dunne	59th	M50	5th		Sandbach Striders	2:42:59	2:43:11
67.	248	Iain Borsbey	60th	M45	8th		Rock Salt Runners	2:43:12	2:43:29
68.	102	Robert Hough	61st	M40	16th			2:43:35	2:43:44
69.	153	Paul Marshall	62nd	MSen	30th	D 445	Trentham RC	2:44:06	2:44:13
70.	112	Mike Casey	63rd	MSen	31st		Nantwich RC	2:44:03	2:44:14
71.	214	Andrew Wadsworth	64th	M60	2nd	E 425	Sparkhill Harriers	2:44:07	2:44:19
72.	75	David Kelly	65th	M50	6th	D 662	Nantwich RC	2:44:27	2:44:38
73.	212	Norbert Kozak	66th	MSen	32nd		Audley Striders	2:45:03	2:45:09
74.	21	Dave Hobbs	67th	MSen	33rd			2:45:36	2:45:45
75.	210	Simon Harris	68th	M40	17th		Uttoxeter RR	2:46:41	2:46:43
76.	252	Edward Oneill	69th	M55	3rd		Sparkhill harriers	2:46:57	2:47:09
77.	149	Alex Smith	70th	MSen	34th		Widnes RC	2:47:41	2:47:43
78.	173	Michael Williams	71st	M55	4th		LABC RUNNERS	2:47:45	2:47:56
79.	156	Sam Brierley	72nd	MSen	35th			2:48:20	2:48:29
80.	7	Shane Latham	73rd	MSen	36th			2:48:57	2:49:10
81.	172	Lois Hartshorne	8th	FSen	1st		Cheadle RC	2:49:05	2:49:16
82.	100	James Huxley	74th	MSen	37th			2:49:07	2:49:21
83.	245	Karen Seiles	9th	F50	2nd	X	Stone MM	2:49:14	2:49:23
84.	159	David Kivlin	75th	M45	9th	D 14	South Cheshire Harriers	2:49:46	2:49:57
85.	89	Will Brooks	76th	MSen	38th			2:49:58	2:50:10
86.	160	Claire Kivlin	10th	F45	4th	L 11	South Cheshire Harriers	2:50:41	2:50:52
87.	238	Hayley Ashton	11th	FSen	2nd		Lincs Run Club	2:51:06	2:51:14
88.	234	Andrew Growcott	77th	M40	18th		South Cheshire Harriers	2:51:06	2:51:17
89.	190	Dave Jones	78th	M45	10th		UTS Run Club	2:52:23	2:52:36
90.	162	Steve Reynolds	79th	M50	7th		Sandbach Striders	2:52:29	2:52:40
91.	194	Catherine Lawrence	12th	F45	5th			2:52:54	2:53:07
92.	104	David Hartopp	80th	MSen	39th		Northbrook AC	2:53:11	2:53:28
93.	55	Antonio Treglia	81st	M40	19th	C 347	Stafford Harriers	2:53:22	2:53:39
94.	31	Mark Dempsey	82nd	M50	8th			2:53:58	2:54:13

Overall Results

Pos	Bib	Name	M/F	AG	AG Pos	NSRRA	Club	Chip	Time
95.	96	Simon Huxley	83rd	MSen	40th			2:54:31	2:54:45
96.	22	Andrew Constantinou	84th	M55	5th		Bridgnorth Running Club	2:55:01	2:55:17
97.	204	Kevin Main	85th	M40	20th		Northwich RC	2:55:14	2:55:23
98.	42	Stephen Wright	86th	M40	21st		Sandbach Striders	2:55:46	2:55:57
99.	230	Chris Hassall	87th	M40	22nd	D 776	South Cheshire Harriers	2:56:14	2:56:26
100.	174	Karl Davies	88th	M40	23rd		Macclesfield Harriers	2:56:24	2:56:37
101.	73	Annamarie Riley	13th	F50	3rd		Penny Lane Striders	2:56:49	2:57:06
102.	25	Dominika Malinowska	14th	FSen	3rd		Kings Heath RC	2:57:24	2:57:31
103.	85	Mike Pugh	89th	MSen	41st		Stone MM	2:58:08	2:58:12
104.	203	Mark Barnes	90th	M40	24th		Nantwich RC	2:59:32	2:59:44
105.	134	Rob Clarke	91st	M50	9th		Staffs Moorlands AC	3:00:01	3:00:15
106.	84	Scott Hardy	92nd	MSen	42nd		Nantwich RC	3:00:26	3:00:39
107.	11	Nitesh Thakrar	93rd	M60	3rd	E 392	Stafford Harriers	3:00:36	3:00:53
108.	82	Joseph Hogg	94th	MSen	43rd			3:01:42	3:01:57
109.	28	Tom Chadwick	95th	MSen	44th			3:01:48	3:01:59
110.	91	Christopher Cox	96th	MSen	45th		Mickleover RC	3:01:49	3:02:03
111.	5	Mark Harrison	97th	M50	10th	C 70	Cheadle RC	3:02:03	3:02:19
112.	65	Gillian Fallows	15th	F35	2nd		Sandbach Striders	3:02:51	3:03:04
113.	157	Andrew Kelly	98th	MSen	46th			3:03:25	3:03:41
114.	120	Simon Owen	99th	M45	11th		Nantwich RC	3:04:15	3:04:27
115.	155	Greg Seller	100th	MSen	47th			3:05:03	3:05:15
116.	45	Michelle Dalgarno	16th	F40	2nd	W 77	Stoke FIT	3:05:13	3:05:25
117.	154	Jack Williams	101st	MSen	48th			3:06:20	3:06:32
118.	81	Jamie Knowlson	102nd	MSen	49th			3:06:28	3:06:37
119.	170	Richard Cooke	103rd	M45	12th	E 225	Stone MM	3:06:32	3:06:38
120.	246	Raymond McWilliams	104th	M50	11th		Nantwich RC	3:06:41	3:06:53
121.	229	Rebecca Howlett	17th	FSen	4th	M 441	South Cheshire Harriers	3:06:48	3:07:01
122.	148	Ken Shenton	105th	M65	1st	E 846	Lonely Goat RC	3:06:58	3:07:15
123.	33	Mike Shaw	106th	M45	13th		Widnes RC	3:07:24	3:07:37
124.	92	Dan Spencer	107th	MSen	50th			3:07:34	3:07:48
125.	116	Lewis Edwards	108th	MSen	51st		South Cheshire Harriers	3:07:54	3:07:54
126.	251	Roger Deering	109th	MSen	52nd			3:08:30	3:08:41
127.	206	Richie Lathall	110th	MSen	53rd			3:08:33	3:08:43
128.	191	Kevin Uzzell	111th	M75+	1st	E 354	Stone MM	3:07:34	3:10:04
129.	121	Maxine Way	18th	FSen	5th		Newcastle (Staffs) AC	3:12:03	3:12:16
130.	122	Matthew Way	112th	MSen	54th		Newcastle (Staffs) AC	3:12:04	3:12:17
131.	32	Chris McGlen	113th	M65	2nd		Lonely Goat RC	3:12:04	3:12:20
132.	71	Karl Bowers	114th	M55	6th		Tadcaster harriers	3:12:40	3:12:54
133.	36	Claire Morris	19th	F40	3rd		Sandbach Striders	3:13:06	3:13:21
134.	101	Catherine Huxley	20th	FSen	6th			3:14:51	3:15:04
135.	118	Pamela Sharp	21st	F45	6th			3:15:24	3:15:24
136.	209	Gemma Harris	22nd	F40	4th		Uttoxeter RR	3:15:34	3:15:37
137.	35	Abbie Jennings	23rd	FSen	7th		Sandbach Striders	3:15:45	3:15:57
138.	218	Sara Eden	24th	F35	3rd		Vale Royal	3:15:54	3:16:07
139.	236	Gemma Duggleby	25th	F35	4th			3:16:30	3:16:42
140.	166	Rachel Beach	26th	F40	5th	M 174	South Cheshire Harriers	3:16:32	3:16:47
141.	224	Vaida Bartulyte	27th	F35	5th	X 25	South Cheshire Harriers	3:16:48	3:17:03

Overall Results

Pos	Bib	Name	M/F	AG	AG Pos	NSRRA	Club	Chip	Time
142.	145	Mike Wrench	115th	M50	12th		South Cheshire Harriers	3:17:02	3:17:15
143.	86	John Skyner	116th	M55	7th		Widnes RC	3:17:11	3:17:18
144.	175	Joanna Mascarenhas	28th	F50	4th		Nantwich RC	3:17:29	3:17:42
145.	240	Rachel Parker	29th	F45	7th		Nantwich RC	3:17:29	3:17:43
146.	115	Helen Somers	30th	F45	8th	M 999	Stone MM	3:19:34	3:19:43
147.	52	Si Jones	117th	M50	13th			3:20:00	3:20:17
148.	139	Christopher Swann	118th	M40	25th	E 247	South Cheshire Harriers	3:21:17	3:21:32
149.	16	James Woodford	119th	M40	26th			3:22:19	3:22:32
150.	131	David Furber	120th	M50	14th		Audley Striders	3:23:31	3:23:31
151.	62	Peter Harris	121st	MSen	55th		South Cheshire Harriers	3:23:23	3:23:38
152.	117	Nathan Kapp	122nd	MSen	56th	F 379	South Cheshire Harriers	3:23:23	3:23:38
153.	50	Scott Damerum	123rd	M50	15th		Dragons RC	3:24:31	3:24:49
154.	12	Jonathan Twidale	124th	M55	8th			3:25:25	3:25:42
155.	47	Jane Damerum	31st	F45	9th		Dragons Running Club (Sale)	3:26:08	3:26:25
156.	196	Ben Hardman	125th	MSen	57th			3:26:39	3:26:52
157.	181	Jacqueline Bailey	32nd	F40	6th	Y 843	Stone MM	3:27:05	3:27:08
158.	133	Colin Rutland	126th	M65	3rd		Lonely Goat RC	3:27:16	3:27:33
159.	144	Jonathan Leeson	127th	M50	16th			3:28:52	3:29:07
160.	94	Rocky Newhall	128th	M40	27th			3:29:40	3:29:40
161.	76	Dann Sullivan	129th	MSen	58th			3:30:54	3:31:07
162.	254	Karen Charters	33rd	F50	5th			3:32:27	3:32:42
163.	239	Andrew Thompson	130th	M45	14th	G 414	Stone MM	3:32:44	3:32:47
164.	44	Mack Ashworth	131st	MSen	59th		Black Pear Joggers	3:32:35	3:32:52
165.	179	Sherrie Brereton	34th	F45	10th		Nantwich RC	3:32:56	3:33:10
166.	165	Elsbeth Blake	35th	F50	6th		Newport & District RC	3:35:00	3:35:00
167.	95	Karl Fahey	132nd	MSen	60th		Widnes RC	3:34:58	3:35:04
168.	2	Rachel Waring	36th	FSen	8th		Widnes RC	3:35:12	3:35:20
169.	243	Andrew Pemberton	133rd	M50	17th		Go! Team	3:35:04	3:35:21
170.	48	Ryn Bentham	37th	F40	7th		Stoke FIT	3:35:10	3:35:23
171.	97	Liz Preston	38th	F45	11th		South Cheshire Harriers	3:36:01	3:36:14
172.	111	Nisha Parmar	39th	FSen	9th		Widnes RC	3:37:30	3:37:39
173.	140	Tracy Meharg	40th	F50	7th		Widnes RC	3:37:47	3:37:52
174.	38	Kloe Hands	41st	FSen	10th			3:37:57	3:38:06
175.	247	Mark Waters	134th	MSen	61st			3:41:35	3:41:47
176.	49	Luke Boswell	135th	MSen	62nd			3:42:14	3:42:31
177.	58	Maxine Hough	42nd	F55	2nd	X 472	South Cheshire Harriers	3:42:27	3:42:42
178.	198	Asim Jani	136th	MSen	63rd			3:44:12	3:44:28
179.	1	Victoria Goodwin	43rd	F50	8th			3:44:27	3:44:33
180.	177	Sara Morris	44th	F45	12th		Stone MM	3:44:39	3:44:42
181.	178	Stephen Plant	137th	M55	9th	F 442	Stone MM	3:44:41	3:44:44
182.	207	Carol Astbury	45th	F60	1st	M 837	Uttoxeter RR	3:44:59	3:45:01
183.	124	Jennifer Jefferies	46th	F35	6th		Rugeley Runners	3:45:15	3:45:32
184.	90	Mark Gibson	138th	M40	28th	E 624	Trentham RC	3:45:35	3:45:44
185.	37	Caron Mckee-Hands	47th	F55	3rd		TROTS	3:45:42	3:45:52
186.	107	Andy Pointon	139th	M50	18th	F 250	Silverdale RC	3:46:01	3:46:08
187.	8	Michelle Birdsall	48th	F45	13th		Macclesfield Harriers	3:46:13	3:46:29
188.	24	Allan Williams	140th	M55	10th			3:46:13	3:46:30

Pos	Bib	Name	M/F	AG	AG Pos	NSRRA	Club	Chip	Time
189.	60	Susan Vidler	49th	F45	14th		South Cheshire Harriers	3:47:03	3:47:18
190.	110	Julie Dudley	50th	F60	2nd	X 836	Cheadle RC	3:47:17	3:47:20
191.	208	Salli Hamilton	51st	F45	15th	Y 198	Stone MM	3:47:27	3:47:31
192.	109	Dennis Robinson	141st	M65	4th	E 814	South Cheshire Harriers	3:47:18	3:47:34
193.	93	Claire Aberdeen	52nd	F55	4th		Widnes RC	3:47:30	3:47:38
194.	79	Jan Swales	53rd	F60	3rd		Widnes RC	3:47:31	3:47:39
195.	171	David Mills	142nd	M45	15th			3:47:28	3:47:45
196.	143	Robert Baker	143rd	M45	16th		Nantwich Running club	3:47:53	3:48:09
197.	136	Paula Anderson	54th	F55	5th	Y 176	Silverdale RC	3:49:15	3:49:22
198.	51	Serena Van Schepdael	55th	F50	9th		South Cheshire Harriers	3:50:22	3:50:36
199.	142	Chris Hall	144th	M40	29th		Audley Striders	3:50:53	3:51:09
200.	192	Matt Bloor	145th	M45	17th		Go! Team	3:52:44	3:53:00
201.	193	Laura Ann Slack	56th	F35	7th		Lonely Goat RC	3:52:44	3:53:01
202.	105	Bernard Clarke	146th	M45	18th	E 141	Mow Cop RR	3:54:35	3:54:49
203.	63	Karly Harris	57th	F35	8th		South Cheshire Harriers	3:56:33	3:56:48
204.	43	Laura Dowdeswell	58th	F40	8th		Ellesmere Port RC	4:00:48	4:01:01
205.	152	Elizabeth Moore	59th	F45	16th		Widnes RC	4:05:19	4:05:24
206.	232	Lawrence Hoyle	147th	M60	4th		Silverdale RC	4:09:20	4:09:26
207.	67	Ken Gough	148th	M55	11th	G 81	NSRRA	4:15:27	4:15:33
208.	64	Lorraine Cowan	60th	F60	4th		South Cheshire Harriers	4:17:15	4:17:25
209.	61	Juliet Carter	61st	F50	10th	Y 885	South Cheshire Harriers	4:19:42	4:19:58
210.	213	Laura Barker	62nd	FSen	11th	Y 826	Trentham RC	4:21:39	4:21:57
211.	70	Hazel Barlow	63rd	F60	5th	X 397	Silverdale RC	4:29:43	4:29:49
212.	225	Sharn Hully	64th	F65	1st	Y 494	Stoke FIT	4:31:23	4:31:28
213.	215	Lesley Hughes	65th	F60	6th	X 449	Blythe Bridge RC	4:33:31	4:33:36
214.	135	Stacey Holmes	66th	F35	9th			4:53:27	4:53:33

Number of records: 214