

# Sandbach 10k

## Age Group Results



Pos	Bib	Name	Club	Chip	Time
<b>F Sen</b>					
1.	29	Cara Jasmine Bradley		42:33	<b>42:36</b>
2.	133	Lucy Hall		45:27	<b>45:35</b>
3.	117	Lucy Gleave	Running Bear	46:17	<b>46:20</b>
4.	9	Alex Bannister	Nantwich Running Club	46:55	<b>47:11</b>
5.	71	Vicki Creighton	Davenport Runners	47:14	<b>47:20</b>
6.	328	Natalie Varley		48:51	<b>48:55</b>
7.	159	Lucy Hulme	Congleton Harriers	49:13	<b>49:43</b>
8.	206	Kelly Marshall	Congleton Harriers	49:36	<b>50:07</b>
9.	54	Bethany Cliff	Congleton Harriers	50:10	<b>50:42</b>
10.	23	Laura Bishop		50:44	<b>50:44</b>
11.	324	Katie Trevelyan		50:49	<b>51:04</b>
12.	183	Hollie Lapworth		51:46	<b>51:55</b>
13.	312	Annie Taylor		52:40	<b>52:52</b>
14.	119	Louise Gough		53:57	<b>53:59</b>
15.	310	Rachel Tatlock	South Cheshire Harriers	53:43	<b>54:01</b>
16.	165	Laura Jelf		54:31	<b>54:46</b>
17.	234	Mollie O'Connor		55:39	<b>55:54</b>
18.	109	Anna Foggo	Nantwich Running Club	55:42	<b>56:10</b>
19.	246	Lucy Parr		55:59	<b>56:14</b>
20.	185	Alison Latham		55:58	<b>56:17</b>
21.	53	Rachel Clements		56:15	<b>56:31</b>
22.	3	Jenny Babb		56:39	<b>56:44</b>
23.	18	Laura Beggs		57:09	<b>57:25</b>
24.	74	Emily Cuthbertson		57:35	<b>58:07</b>
25.	10	Sophie Bartrop		57:36	<b>58:13</b>
26.	332	Abbey Waltho	Sandbach Striders	58:19	<b>58:36</b>
27.	291	Charlie Southern		58:40	<b>58:46</b>
28.	187	Rebecca Lawrence	Boalloy Running Club	58:47	<b>58:47</b>
29.	49	Abbie Clarke		58:54	<b>59:04</b>
30.	214	Hannah Mellor		59:21	<b>59:33</b>
31.	31	Lucinda Brown	Congleton Harriers	59:17	<b>59:46</b>
32.	281	Hayley Skipiol		59:18	<b>59:46</b>
33.	287	Kirsty Smith		59:44	<b>59:53</b>
34.	147	Amber Hodson	Northwich Running Club	59:52	<b>1:00:04</b>
35.	296	Kayleigh Squire		1:00:23	<b>1:00:48</b>
36.	143	Tilly Hemsley		1:01:29	<b>1:01:38</b>
37.	277	Rachel Sharp		1:02:10	<b>1:02:15</b>
38.	128	Libby Greenwood		1:03:47	<b>1:03:49</b>
39.	249	Bryony Pickston		1:04:14	<b>1:04:24</b>
40.	96	Helen Edmonstone		1:04:23	<b>1:04:26</b>
41.	51	Bethan Clayton		1:04:30	<b>1:04:43</b>
42.	64	Jessica Coulthurst	Wesham Road Runners & AC	1:04:31	<b>1:04:43</b>
43.	164	Lauren Jasmine	Congleton Harriers	1:05:10	<b>1:05:44</b>
44.	349	Melissa Wright		1:06:30	<b>1:06:40</b>
45.	257	Becky Price Jones		1:07:08	<b>1:07:14</b>
46.	93	Natalie Dunning		1:06:55	<b>1:07:25</b>

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Pos	Bib	Name	Club	Chip	Time
47.	248	Catherine Pickering		1:06:55	1:07:26
48.	274	Amber Sawford		1:07:26	1:07:29
49.	240	Cal Ottley		1:08:12	1:08:34
50.	307	Gemma Sykes		1:10:41	1:11:14
51.	73	Georgia Culver		1:10:54	1:11:18
52.	210	Claire McAleavy	Nantwich Running Club	1:11:30	1:11:52
53.	207	Shelley Marshall		1:13:07	1:13:27
54.	125	Joanne Greenhalgh		1:13:09	1:13:28
55.	162	Wallis Ison		1:13:53	1:14:21
56.	353	Ciarra Duggen		1:14:07	1:14:39
57.	232	Cat Nolan		1:14:06	1:14:39
58.	348	Georgia Wright		1:16:50	1:17:00

### F40

1.	17	Anna Begbie	Vale Royal AC	40:28	40:33
2.	233	Emily Nott	Congleton Harriers	40:40	40:42
3.	157	Alice Houghton	Macclesfield Harriers & AC	44:00	44:02
4.	229	Hannah Mulliner		47:43	47:51
5.	83	Ellie Dick	Congleton Harriers	49:15	49:46
6.	171	Jennifer Jones		53:11	53:25
7.	115	Natalie Gillan		56:42	57:06
8.	100	Rachel Evanson	Nantwich Running Club	57:17	57:42
9.	167	Becky Johnson		57:38	58:15
10.	258	Lynsey Pritchard		59:15	59:34
11.	43	Lisa Chadwick	Nantwich Running Club	1:00:10	1:00:17
12.	198	Sophie Lewis	Sandbach Striders	1:01:58	1:02:04
13.	268	Louise Rodway		1:01:52	1:02:31
14.	166	Sarah Jimenez-Novoa	Sandbach Striders	1:03:55	1:04:12
15.	302	Miriam Stiefel	Nantwich Running Club	1:04:04	1:04:35
16.	97	Jenny Elkin		1:05:32	1:05:57
17.	13	Andrea Beaton	Nantwich Running Club	1:05:44	1:06:19
18.	60	Nichola Coles		1:08:27	1:08:37
19.	305	Deb Stubberfield	Nantwich Running Club	1:09:11	1:09:32
20.	317	Alex Threlfall		1:09:34	1:10:00
21.	261	Nikki Ravenscroft		1:11:59	1:12:19
22.	325	Leah Trumper		1:13:18	1:13:55
23.	339	Claire Whitehurst		1:14:27	1:14:44

### F45

1.	4	Ruth Bacci		52:10	52:33
2.	282	Jane Smallwood		54:07	54:21
3.	30	Sherrie Brereton	Nantwich Running Club	54:56	55:22
4.	330	Susan Vidler	South Cheshire Harriers	55:18	55:37
5.	336	Claire Watson	Nantwich Running Club	57:53	58:21
6.	340	Andrea Whiteley	Congleton Harriers	57:55	58:27
7.	344	Lynette Woodbine		59:28	59:57
8.	20	Heli Belfield	Alsager Runners	1:00:40	1:01:07
9.	238	Ruth Ollerenshaw		1:02:11	1:02:16

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Pos	Bib	Name	Club	Chip	Time
10.	16	Sharon Beevers	Run Middlewich	1:10:40	1:11:08
<b>F50</b>					
1.	225	Jo Moss	Sandbach Striders	44:43	44:45
2.	255	Melanie Power	Macclesfield Harriers & AC	51:21	51:26
3.	24	Rachel Blanchard		53:34	53:41
4.	327	Susan Twardochleb	Newcastle Staffs AC	55:57	56:12
5.	132	Kerry Hall		56:25	56:34
6.	272	Patricia Ryan	Congleton Harriers	57:56	58:27
7.	111	Julie Garnett		1:06:29	1:06:56
8.	136	Joanne Hasprey	Nantwich Running Club	1:09:05	1:09:30
9.	256	Nicola Price		1:11:51	1:12:12
10.	298	Sara Stakes	Alsager Runners	1:12:42	1:13:18
11.	299	Claire Stanbank		1:16:27	1:16:57
12.	203	Cathy Lord		1:16:31	1:17:07
13.	26	Debbie Boardman	Stockport Harriers & AC	1:18:22	1:18:44
<b>F55</b>					
1.	251	Susan Plant	Victoria Park RC	49:03	49:17
2.	221	Helen Moore	Widnes Wasps Ladies R C	58:28	58:53
3.	7	Joanne Bailey	Biddulph RC	1:03:45	1:04:14
4.	116	Kerry Gleave	Running Bear	1:03:55	1:04:24
<b>F60</b>					
1.	124	Nina Green		54:15	54:34
2.	196	Mandy Lewis	Nantwich Running Club	1:04:41	1:05:01
3.	218	Denise Mitchell		1:06:28	1:06:55
<b>F65</b>					
1.	308	Julie Taberner		1:00:07	1:00:20
2.	58	Lesley Cole	South Cheshire Harriers	1:04:12	1:04:23
<b>F70</b>					
1.	306	Shelagh Swinnerton	South Cheshire Harriers	1:05:59	1:06:10
2.	193	Helen Lenehan		1:13:39	1:14:01
3.	182	Dianne Lapworth	Mow Cop Runners	1:16:15	1:16:36
4.	156	Pamela Hough	Nantwich Running Club	1:17:38	1:18:04
<b>MSen</b>					
1.	102	Kyle Fairclough	Sale Harriers Manchester	38:08	38:09
2.	163	Callum Jackson		38:51	38:52
3.	283	Brett Smart	Nantwich Running Club	39:02	39:06
4.	347	Anthony Wright	Nantwich Running Club	40:49	40:52
5.	50	George Clarke	Cheshire Dragons	41:06	41:09
6.	47	Jack Chedotal		42:13	42:20
7.	175	Liam Joyce		43:13	43:26
8.	186	Paul Latham		43:24	43:44
9.	300	Ian Stanway	Congleton Harriers	43:23	43:48
10.	161	Simon Huxley		44:12	44:20
11.	72	Kyle Cruise		45:05	45:06

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Pos	Bib	Name	Club	Chip	Time
12.	78	Daniel Davies		44:53	45:07
13.	338	Adam White		45:44	45:46
14.	151	Peter Holmes	Chorlton Runners	45:29	45:46
15.	62	Graham Cooper	Congleton Harriers	45:28	46:02
16.	262	Alistair Reed		45:49	46:07
17.	245	Stephen Owen		47:16	47:28
18.	266	Philip Robinson		47:18	47:38
19.	247	Tom Partington		47:10	47:45
20.	254	Kane Potter		48:04	48:13
21.	170	Ian Jones	Boalloy Running Club	48:01	48:20
22.	85	Luke Dickinson		48:29	48:33
23.	28	Thomas Boyd		48:00	48:34
24.	106	Alex Fitton		48:17	48:36
25.	46	Edward Chappell		48:51	49:11
26.	318	Thomas Tilley		49:32	49:38
27.	280	Mike Skaife		49:55	50:09
28.	212	Jack McIntyre		50:15	50:23
29.	2	Adam Armit	Sandbach Singlets	50:22	50:42
30.	263	Chris Regan		50:32	50:48
31.	84	Lee Dickinson		50:43	50:51
32.	112	Joe Gertrey		51:20	51:36
33.	56	Jason Clift-Jones	Lonely Goat RC	51:42	51:56
34.	208	Pete Marsland		51:34	51:59
35.	104	Sam Farrell		52:02	52:18
36.	88	Jake Dobson		52:40	52:50
37.	36	Rob Byrne		52:48	52:52
38.	142	Chris Heavey	Nantwich Running Club	52:27	52:56
39.	25	David Bloor	Best Athletics	53:24	53:32
40.	172	Patrik Jones-Wright		53:25	53:41
41.	279	Adam Singh Hayer		53:51	54:02
42.	134	Dan Hampton		54:23	54:25
43.	98	Adam Ellis		54:34	54:37
44.	259	Peter Pritchard	Sandbach Striders	54:44	55:20
45.	127	Richard Greenhill		55:17	55:21
46.	108	George Flanders		55:08	55:24
47.	352	Tom Lloyd		55:28	55:30
48.	226	Bradley Mottram		55:39	55:49
49.	8	Richard Banks		56:00	56:07
50.	326	Neil Trumper		56:33	57:02
51.	158	Chris Howells		57:19	57:41
52.	223	Shay Moore		57:34	57:58
53.	199	Nick Lindsay		57:51	57:59
54.	80	Edward Deane		59:03	59:25
55.	48	Bruce Clark	Alsager Runners	59:02	59:25
56.	333	Dan Ward		59:04	59:26
57.	75	Jamie Dale		59:13	59:40
58.	86	Mike Dickinson		1:00:46	1:00:46

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Pos	Bib	Name	Club	Chip	Time
59.	351	Joe Young	Nantwich Running Club	1:01:46	1:02:09
60.	242	Matthew Ottley		1:01:49	1:02:14
61.	131	Gerard Hall		1:01:44	1:02:20
62.	200	Ross Lindsay		1:02:28	1:02:39
63.	41	Steven Carter	Run Middlewich	1:04:29	1:04:58
64.	334	Matthew Warr	Nantwich Running Club	1:05:16	1:05:32
65.	237	Ross Oldroyd	Congleton Harriers	1:05:05	1:05:37
66.	150	Greg Holland		1:05:45	1:05:57
67.	337	Kris Whitby		1:07:23	1:07:29
68.	284	Benjamin Smith		1:08:16	1:08:52
69.	66	Dean Coxon		1:10:33	1:10:37
70.	126	Ms Joy Greenhalgh		1:13:14	1:13:32

### M40

1.	220	Craig Mooney	Nantwich Running Club	35:20	35:21
2.	204	Dominic Luther		40:35	40:37
3.	211	Rob Mccue		43:09	43:12
4.	138	Nick Haywood	Vale Royal AC	44:04	44:09
5.	101	Rob Evanson	Nantwich Running Club	46:47	47:00
6.	148	Craig Hodson	Northwich Running Club	47:30	47:39
7.	313	Robert Taylor		50:36	50:53
8.	292	Dale Southern		54:09	54:13
9.	168	Chris Johnson		53:41	54:19
10.	123	Jonathan Green	South Cheshire Harriers	56:54	57:19
11.	288	Paul Smith		58:02	58:35
12.	304	Neil Stockton		58:20	58:54
13.	39	Stephen Canning	Congleton Harriers	59:32	1:00:05
14.	59	Marcus Cole		1:02:26	1:02:51
15.	303	Patrick Stiefel	Nantwich Running Club	1:04:03	1:04:35
16.	346	Kian Woodward		1:06:53	1:07:09
17.	197	Simon Lewis		1:09:31	1:09:38
18.	252	Alan Platt		1:11:13	1:11:52

### M45

1.	35	Danny Buxton	Nantwich Running Club	36:29	36:30
2.	285	David Smith	South Cheshire Harriers	41:40	41:44
3.	335	Colin Watret	Congleton Harriers	44:50	45:02
4.	27	Iain Borsbey	Rock Salt Runners	45:33	45:47
5.	329	Jeremy Vernon		45:40	45:54
6.	130	Shane Guildford		48:39	49:02
7.	244	Simon Owen	Nantwich Running Club	48:39	49:14
8.	319	Damien Tolan	Belle Vue Racers	49:19	49:22
9.	179	Kevin Lally		51:06	51:17
10.	45	Alan Chapman	Hillsborough & Rivelin RC	53:12	53:21
11.	129	Andrew Greer	South Cheshire Harriers	53:19	53:43
12.	77	Richard Davenport	Nantwich Running Club	56:50	57:20
13.	289	Tim Smith		57:29	58:06
14.	14	Robert Beech		1:00:56	1:01:09

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Pos	Bib	Name	Club	Chip	Time
15.	113	Andrew Gibson	Lonely Goat RC	1:01:57	1:02:29
16.	95	David Eaton		1:05:12	1:05:47
17.	15	Richard Beevers	Run Middlewich	1:10:40	1:11:08

### M50

1.	67	Tony Coyne	Belle Vue Racers	37:45	37:49
2.	92	John Dunne	Sandbach Striders	44:21	44:23
3.	91	Steve Dunlop	Nantwich Running Club	48:10	48:24
4.	345	Darren Woods		49:46	50:19
5.	253	Lee Porter		53:51	53:57
6.	295	Dave Sowden		55:10	55:47
7.	264	Duncan Richardson		59:43	1:00:07

### M55

1.	146	Kevan Hinett		41:57	41:58
2.	309	Eric Talbot	Go Team	46:40	46:52
3.	269	Paul Ruscoe	Telford Harriers	46:53	47:07
4.	55	Paul Cliff		46:57	47:29
5.	6	Dave Bailey	Biddulph RC	48:55	49:00
6.	341	Nick Wilkins	Congleton Harriers	49:53	50:03
7.	89	Christopher Done	Lonely Goat RC	51:18	51:25
8.	224	Darren Morris	Northwich Running Club	52:15	52:31
9.	107	Jon Fitton		52:25	52:43
10.	22	Stephen Bettany		52:24	52:53
11.	286	Graham Smith	Nantwich Running Club	52:44	52:58
12.	94	Tony Dutton	Go Team	55:40	55:53
13.	271	Alan Ryan		58:53	59:04
14.	176	Steve Kenny	Silverdale RC	1:02:15	1:02:25
15.	153	Robert Horrocks		1:15:45	1:16:20

### M60

1.	118	Peter Goringe	Kettering Town Harriers	43:58	44:01
2.	301	Brian Stevens		46:14	46:21
3.	189	David Laxton		48:13	48:18
4.	144	Allan Henshall	Nantwich Running Club	48:20	48:27
5.	68	Alan Cragg	Nantwich Running Club	57:50	58:13
6.	243	Peter Owen		59:13	59:33
7.	169	Martyn Johnson		1:00:30	1:00:52
8.	311	Andrew Taylor		1:01:30	1:01:41
9.	260	Stephen Pugh		1:09:05	1:09:22
10.	188	Phil Lawton		1:09:51	1:10:19

### M65

1.	99	Gus Erlandson	Telford Harriers	48:14	48:19
2.	265	Dennis Robinson	South Cheshire Harriers	51:39	51:52
3.	70	Paul Crean	Congleton Harriers	54:01	54:34
4.	316	Gary Thomason	Salford Harriers & AC	54:50	54:57
5.	241	David Ottley		59:54	1:00:18

# Sandbach 10k

## Age Group Results



Pos	Bib	Name	Club	Chip	Time
<b>M70</b>					
1.	315	Thomas Temple	Salford Harriers & AC	56:36	<b>56:38</b>
2.	81	Terence Dermody	Salford Harriers & AC	57:22	<b>57:31</b>
3.	76	Tom Daniels	Salford Harriers & AC	59:02	<b>59:08</b>
4.	155	Barry Hough	Nantwich Running Club	1:21:36	<b>1:22:04</b>

Number of records: 263