

# Sandbach 10k

## Overall Results



Pos	Bib	Name	M/F	AG	AG	Club	Chip	Gun
1.	233	David Morris	1st	M40	-	City of Stoke AC	36:17	36:20
2.	353	Matthew Taylor	2nd	M40	-	South Cheshire Harriers	36:35	36:38
3.	226	Craig Mooney	3rd	M40	-	Nantwich Running Club	36:40	36:42
4.	399	Steve Crowe	4th	M Sen	1st	South Cheshire Harriers	36:56	37:00
5.	374	Rob Whitby	5th	M Sen	2nd	Macclesfield Harriers & AC	37:08	37:09
6.	17	Toby Barnes	6th	M Sen	3rd		37:12	37:13
7.	147	Paul Hancock	7th	M50	1st	South Cheshire Harriers	37:23	37:26
8.	265	Daniel Palin	8th	M40	1st		37:37	37:40
9.	53	Michael Campbell	9th	M Sen	4th		38:26	38:27
10.	299	Phillip Rawlings	10th	M55	1st		38:42	38:44
11.	398	Robin Zoka	11th	M Sen	5th	South Cheshire Harriers	38:52	38:56
12.	363	Lee Farrington	12th	M45	1st	South Cheshire Harriers	39:10	39:13
13.	308	Robert Roe	13th	M45	2nd	Vale Royal AC	39:13	39:15
14.	151	Ian Harrison	14th	M45	3rd	Lymm Runners	39:45	39:47
15.	254	Samuel Nutty	15th	M Sen	6th		39:48	39:49
16.	82	Lucy Crayston	1st	F Sen	-	City of Stoke AC	39:49	39:51
17.	237	Darren Mottram	16th	M45	4th	Biddulph RC	39:52	39:55
18.	46	Will Brooks	17th	M Sen	7th		39:53	39:56
19.	111	George Durham	18th	M Sen	8th		40:04	40:07
20.	280	Andy Pettitt	19th	M Sen	9th		40:19	40:25
21.	296	James Pugh	20th	M Sen	10th	Sandbach Singlets	40:20	40:26
22.	29	Anna Begbie	2nd	F40	-	Vale Royal AC	40:50	40:55
23.	55	Ben Champion	21st	M Sen	11th	Coventry Godiva Harriers	40:54	40:57
24.	324	Brett Smart	22nd	M Sen	12th	Nantwich Running Club	41:19	41:22
25.	137	Stephen Greaves	23rd	M50	2nd	Wilmslow Running Club	41:40	41:47
26.	40	Cara Jasmine Bradley	3rd	F Sen	-		41:46	41:51
27.	234	Andrew Power	24th	M45	5th	Macclesfield Harriers & AC	41:57	42:03

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Pos	Bib	Name	M/F	AG	AG	Club	Chip	Gun
28.	272	Olivia Partington	4th	F Sen	1st	Wilmslow RC	42:02	42:06
29.	334	Sara Avery	5th	F55	1st	Cheshire dragons	42:07	42:09
30.	196	Paul Latham	25th	M40	2nd	Nantwich Tri Club	42:11	42:13
31.	61	James Simpson	26th	M50	3rd	South Cheshire Harriers	42:11	42:16
32.	375	Adam White	27th	M Sen	13th		42:22	42:24
33.	371	Hope Wearing	6th	F Sen	2nd	Valley Striders AC	42:21	42:27
34.	318	Isabella Shaw	7th	F Sen	3rd	City of Stoke AC	42:28	42:29
35.	183	Frances Kenney	8th	F40	1st	Wilmslow Running Club	42:53	42:58
36.	264	Stephen Owen	28th	M Sen	14th		43:01	43:03
37.	133	Tom Gilding	29th	M45	6th	Nantwich Running Club	43:43	43:49
38.	301	Alistair Reed	30th	M Sen	15th	Sandbach Singlets	43:53	43:59
39.	114	Graeme Eddie	31st	M45	7th	Macclesfield Harriers & AC	44:16	44:19
40.	182	David Kelly	32nd	M50	4th	Nantwich RC	44:18	44:23
41.	203	Callum Levitt	33rd	M Sen	16th	Lancaster University Running and Athletics Club	44:29	44:30
42.	258	Ray Okeefe	34th	M55	2nd	Macclesfield Harriers & AC	44:33	44:37
43.	259	Tim Oleary	35th	M Sen	17th		44:48	44:55
44.	93	Jamie Davies	36th	M Sen	18th		44:55	45:00
45.	317	Matthew Sharratt	37th	M Sen	19th		44:51	45:02
46.	337	Adam Steele	38th	M Sen	20th		44:51	45:05
47.	128	Dan Gardner	39th	M40	3rd		44:48	45:11
48.	343	Aaron Summers	40th	M Sen	21st		44:58	45:29
49.	220	Calum Miller	41st	M55	3rd		45:27	45:38
50.	250	Paul Norris	42nd	M65	1st	Wilmslow Running Club	45:20	45:43
51.	221	David Millward	43rd	M60	1st		45:35	45:45
52.	20	Gareth Bashford	44th	M50	5th		45:44	45:50
53.	340	Sue Stockdale	9th	F50	1st	Macclesfield Harriers & AC	46:03	46:12
54.	76	Phil Cottrill	45th	M Sen	22nd		46:14	46:18

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Pos	Bib	Name	M/F	AG	AG	Club	Chip	Gun
55.	370	Stephen Watts	46th	M Sen	23rd		45:58	46:19
56.	247	Paul Nevitt	47th	M40	4th		46:13	46:22
57.	239	Keith Mulholland	48th	M60	2nd	Macclesfield Harriers & AC	46:26	46:30
58.	331	Adam Southern	49th	M Sen	24th		46:14	46:30
59.	246	Victoria Mckenna	10th	F Sen	4th	South Cheshire Harriers	46:31	46:35
60.	87	Graham Crewe	50th	M65	2nd	Wilmslow Running Club	46:18	46:38
61.	15	Vicki Creighton	11th	F35	1st		46:46	46:51
62.	383	Alwyn Williams	51st	M45	8th	Silverdale RC	46:39	46:51
63.	306	Georgina Walker	12th	F45	1st	Lymm Runners	46:51	46:56
64.	350	Wing Choi Tang	52nd	M40	5th		46:37	47:02
65.	338	Brian Stevens	53rd	M60	3rd		47:14	47:18
66.	339	Gareth Stockdale	54th	M50	6th	Macclesfield Harriers & AC	47:28	47:37
67.	121	Alex Fitton	55th	M Sen	25th		47:26	47:40
68.	283	Marcus Pitt	56th	M45	9th	Alsager Runners	47:34	47:44
69.	28	Colin Watret	57th	M45	10th	Congleton Harriers	47:29	47:46
70.	213	Marcos Martin	58th	M40	6th		47:52	48:04
71.	1	Richard Hey	59th	M55	4th		48:02	48:07
72.	145	Steve Goodwin	60th	M50	7th	Alsager Runners	48:00	48:10
73.	218	Nic Bown	61st	M60	4th	Wilmslow Running Club	47:54	48:21
74.	377	Olivia Whitmore	13th	F35	2nd	Alsager Runners	48:24	48:34
75.	236	Gary Morrison	62nd	M55	5th	Wilmslow Running Club	48:31	48:35
76.	173	Thomas Jackson	63rd	M Sen	26th		48:12	48:35
77.	287	Roshan Shanbhogue	64th	M Sen	27th	South Cheshire Harriers	48:33	48:36
78.	378	Tony Whittingham	65th	M45	11th		48:33	48:39
79.	103	Georgia Dickinson	14th	F Sen	5th		48:34	48:42
80.	325	Martin Smirh	66th	M Sen	28th		48:31	48:46
81.	243	Hannah Mulliner	15th	F40	2nd		48:39	48:48

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Pos	Bib	Name	M/F	AG	AG	Club	Chip	Gun
82.	170	Daniel Jackson	67th	M45	12th	Congleton Harriers	48:31	48:49
83.	282	Kev Threlfall	68th	M45	13th	Alsager Runners	48:45	48:53
84.	214	Rachel Maskell	16th	F40	3rd	Wilmslow Running Club	49:10	49:35
85.	263	Simon Owen	69th	M45	14th	Nantwich Running Club	49:03	49:38
86.	34	Sammy Blake	70th	M Sen	29th		49:28	49:42
87.	69	John Clarke	71st	M70	1st	Vale Royal AC	49:34	49:47
88.	194	Ross Lascelles	72nd	M Sen	30th		49:44	49:54
89.	198	Marc Lawrence	73rd	M50	8th	Biddulph RC	49:37	49:57
90.	10	Ruth Bacci	17th	F45	2nd	Nantwich Tri Club	49:55	49:59
91.	231	Debbie Moreton	18th	F55	2nd	Vale Royal AC	49:54	50:07
92.	83	Mollie Paton	19th	F Sen	6th	None	49:47	50:11
93.	291	Phil Powell	74th	M40	7th		49:55	50:12
94.	295	Jonathan Wright	75th	M Sen	31st		49:51	50:13
95.	74	Simon Cook	76th	M40	8th		49:48	50:16
96.	19	Ted Barnett	77th	M Sen	32nd		50:14	50:17
97.	62	Chris Cartlidge	78th	M40	9th		50:14	50:29
98.	125	Ben Freeman	79th	M Sen	33rd	South Cheshire Harriers	50:07	50:31
99.	122	Darren Matthews	80th	M45	15th		50:25	50:37
100.	16	Mark Barnes	81st	M45	16th	Nantwich Running Club	50:19	50:38
101.	141	Richard Cherrington	82nd	M45	17th	South Cheshire Harriers	50:19	50:39
102.	382	Mathew Wilkinson	83rd	M Sen	34th		50:36	50:49
103.	89	Emily Cuthbertson	20th	F Sen	7th		50:30	50:53
104.	364	Jacob Vernon	84th	M Sen	35th		50:31	50:53
105.	172	Tracy Bown	21st	F60	1st	Wilmslow RC	50:39	51:00
106.	381	Graham Cooper	85th	M Sen	36th	Congleton Harriers	50:41	51:02
107.	88	Phil Crisford	86th	M Sen	37th		50:56	51:05
108.	131	Barry Gidman	87th	M Sen	38th		50:58	51:06

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Pos	Bib	Name	M/F	AG	AG	Club	Chip	Gun
109.	171	Frances Jackson	22nd	F35	3rd	Wilmslow Running Club	50:43	51:09
110.	49	Emma Brydges	23rd	F Sen	8th		50:49	51:09
111.	238	Nicky Mowat	24th	F65	1st	Wilmslow RC	50:50	51:12
112.	307	Phil Robinson	88th	M Sen	39th	Sandbach Singlets	51:05	51:13
113.	148	Alice Harrison	25th	F40	4th		51:14	51:19
114.	44	Chris Bate	89th	M Sen	40th		51:02	51:21
115.	161	Jane Holt	26th	F55	3rd		51:24	51:30
116.	366	Louise Walker	27th	F40	5th	Vale Royal AC	51:34	51:45
117.	167	Richard Beevers	90th	M45	18th	Run Middlewich	51:38	51:50
118.	380	Lucy Lomas	28th	F50	2nd	Congleton Harriers	51:31	51:51
119.	344	Kevin Sumner	91st	M Sen	41st		51:05	51:52
120.	321	Mike Shore	92nd	M40	10th		51:16	51:59
121.	9	Victoria Atherton	29th	F Sen	9th	Sandbach Striders	51:44	52:02
122.	13	Mathew Bailey	93rd	M45	19th		51:37	52:03
123.	8	Cathy Atherton	30th	F45	3rd	South Cheshire Harriers	51:44	52:04
124.	195	Alison Latham	31st	F35	4th		52:04	52:13
125.	270	Thomas Parr	94th	M Sen	42nd		52:08	52:17
126.	341	Si Stokes	95th	M Sen	43rd	Delamere Dynamos	52:07	52:19
127.	65	Andrew Choyce	96th	M Sen	44th	Sandbach Singlets	52:09	52:19
128.	31	Stephen Bettany	97th	M55	6th		52:01	52:20
129.	286	Lyndsay Poole	32nd	F40	6th	Fordy Runs Running Club	51:54	52:21
130.	358	Benjamin Townsend	98th	M Sen	45th		52:15	52:23
131.	5	Adam Armitt	99th	M Sen	46th	Sandbach Singlets	52:19	52:29
132.	279	Domingo Perez-Garcia	100th	M Sen	47th		51:57	52:34
133.	177	Joe Jones	101st	M Sen	48th		52:35	52:51
134.	396	Ollie Wright	102nd	M Sen	49th		52:55	52:55
135.	181	James Keene	103rd	M Sen	50th		52:35	53:01

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Pos	Bib	Name	M/F	AG	AG	Club	Chip	Gun
136.	352	James McCann	104th	M Sen	51st		52:32	53:18
137.	327	Matthew Smith	105th	M40	11th		53:11	53:20
138.	143	Chelsea Hall	33rd	F Sen	10th	Nantwich Running Club	53:11	53:26
139.	300	Honess Dayle	106th	M Sen	52nd		53:15	53:39
140.	138	John Green	107th	M45	20th		53:06	53:51
141.	134	Jez Goodman	108th	M55	7th		53:46	54:01
142.	109	Brian Dunn	109th	M50	9th		53:50	54:06
143.	142	Andrew Greer	110th	M50	10th	South Cheshire Harriers	53:48	54:23
144.	362	Susan Twardochleb	34th	F50	3rd	Newcastle (Staffs) AC	54:09	54:24
145.	187	Arif Khan	111th	M Sen	53rd	Lonely Goat	54:04	54:27
146.	309	Paul Ruscoe	112th	M55	8th	Telford Harriers	54:08	54:33
147.	267	Chris Parkinson	113th	M45	21st		54:40	54:54
148.	323	Lorraine McGowan	35th	F50	4th		54:36	54:54
149.	104	Luke Dickinson	114th	M Sen	54th		54:56	55:04
150.	156	Lauren Henson	36th	F Sen	11th	Congleton Harriers	54:55	55:13
151.	39	Mark Bowyer	115th	M50	11th	Congleton Harriers	54:56	55:17
152.	302	Catherine Reilly	37th	F35	5th		54:59	55:20
153.	202	Amy Lennon	38th	F40	7th		54:36	55:21
154.	288	John Porteous	116th	M70	2nd	Wilmslow Running Club	55:06	55:24
155.	81	Alan Cragg	117th	M60	5th	Nantwich Running Club	55:01	55:36
156.	84	Olivia Porteous	39th	F Sen	12th	Congleton Harriers	55:20	55:38
157.	185	Deborah Kent	40th	F60	2nd		55:33	55:40
158.	367	Patrick Stiefel	118th	M40	12th	Nantwich Running Club	55:14	55:45
159.	269	Lucy Parr	41st	F40	8th		55:41	55:57
160.	285	Edward Pledge	119th	M Sen	55th		55:36	56:05
161.	372	Thomas Wells	120th	M Sen	56th		55:47	56:09
162.	227	David Moore	121st	M Sen	57th		55:35	56:15

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Pos	Bib	Name	M/F	AG	AG	Club	Chip	Gun
163.	116	Kevin Ellis	122nd	M45	22nd	Silverdale Running Club	56:07	56:18
164.	176	Callum Jones	123rd	M Sen	58th		56:15	56:21
165.	155	Jess Heath	42nd	F Sen	13th	Delamere dynamos	56:13	56:26
166.	209	Catherine Machin	43rd	F45	4th	Wilmslow RC	56:14	56:32
167.	230	Shaun Moran	124th	M60	6th		56:07	56:41
168.	101	Terry Dermody	125th	M75	1st	Salford Harriers	56:39	56:46
169.	386	Martin Williams	126th	M50	12th		56:25	56:51
170.	240	Christopher Mullen	127th	M Sen	59th		56:47	56:53
171.	26	Kev Beech	128th	M50	13th		56:43	56:54
172.	24	Gaynor Beckett	44th	F50	5th	Sandbach Striders	56:32	56:57
173.	113	Kim Eastham	45th	F55	4th	Macclesfield Harriers & AC	56:30	56:57
174.	60	Phoebe Carolan	46th	F Sen	14th		56:48	56:58
175.	256	Mollie O'Connor	47th	F Sen	15th		56:23	56:59
176.	252	James McCann	129th	M Sen	60th		56:58	57:00
177.	356	Michael Thurm	130th	M Sen	61st		56:40	57:01
178.	59	Amy Carney	48th	F40	9th	Biddulph RC	56:42	57:04
179.	333	Dale Southern	131st	M40	13th		56:59	57:16
180.	260	Ruth Ollerenshaw	49th	F50	6th		57:25	57:32
181.	4	Simon Pritchard Jones	132nd	M50	14th		56:52	57:33
182.	208	Jayne Lomax	50th	F55	5th	Vale Royal AC	57:28	57:41
183.	22	Thomas Temple	133rd	M70	3rd		57:32	57:45
184.	12	Isobel Bailey	51st	F35	6th		57:20	57:50
185.	164	Chris Howells	134th		1st		57:15	57:52
186.	392	Kian Woodward	135th	M40	14th		57:36	57:56
187.	73	Alice Cook	52nd	F40	10th	Alsager Runners	58:09	58:37
188.	222	Vicky Blodwell	53rd	F40	11th	Run 4 u and Perform	58:06	58:48
189.	135	Nicola Goodman	54th	F55	6th		58:37	58:51



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Pos	Bib	Name	M/F	AG	AG	Club	Chip	Gun
190.	72	John Dobson	136th	M60	7th	Fordy Runs Running Club	58:51	59:04
191.	385	Mark Williams	137th	M55	9th		58:47	59:13
192.	328	Paul Smith	138th	M40	15th		58:18	59:14
193.	52	Matthias Bunte	139th	M60	8th		58:57	59:16
194.	268	Sam Parks	140th	M Sen	62nd	Running Bear	59:13	59:21
195.	70	Kieran Clarke	141st	M Sen	63rd		58:54	59:27
196.	71	Rebecca Clarke	55th	F35	7th		58:54	59:27
197.	266	Gemma Pardy	56th	F Sen	16th	Alsager Runners	59:08	59:30
198.	96	Simon Davies	142nd	M40	16th		59:15	59:32
199.	292	Poppy Prentice	57th	F Sen	17th	Congleton Harriers	59:18	59:36
200.	107	Mark Douglas	143rd	M40	17th	Nantwich Running Club	59:40	1:00:00
201.	389	Philip Broadbent	144th	M50	15th	Lonely Goat RC	59:23	1:00:00
202.	388	Rebecca Scanlon	58th	F50	7th	Lonely Goat	59:23	1:00:00
203.	139	Jonathan Green	145th	M40	18th	South Cheshire Harriers	59:31	1:00:06
204.	180	Tom Jones	146th	M Sen	64th		59:57	1:00:14
205.	68	Abbie Clarke	59th	F Sen	18th		59:34	1:00:20
206.	314	Eleanor Sephton	60th	F Sen	19th		59:55	1:00:27
207.	313	Craig Sephton	147th	M50	16th	Cheshire Dragons	59:56	1:00:27
208.	232	Carleton Morris	148th	M40	19th	Nantwich Running Club	59:58	1:00:28
209.	190	Jaroslav Korgul	149th	M50	17th		59:56	1:00:31
210.	359	Roy Treggiden	150th	M60	9th		59:57	1:00:39
211.	64	Alan Chapman	151st	M45	23rd	Hillsborough and Rivelin Running Club	1:00:17	1:00:44
212.	149	Ceri Harrison	61st	F45	5th		1:00:38	1:01:11
213.	162	Lee Houghton	152nd	M50	18th		1:00:28	1:01:15
214.	391	Lynette Woodbine	62nd	F45	6th		1:00:41	1:01:18
215.	206	Cole Little	153rd	M Sen	65th		1:00:51	1:01:30
216.	112	Tony Dutton	154th	M55	10th		1:01:21	1:01:37



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Pos	Bib	Name	M/F	AG	AG	Club	Chip	Gun
217.	126	Chris Furlong	155th	M Sen	66th	Istead & Ifield Harriers	1:01:31	1:01:54
218.	120	Anneka Field	63rd	F35	8th		1:01:30	1:01:55
219.	150	Chris Harrison	156th	M45	24th		1:01:24	1:01:56
220.	42	Diane Brassington	64th	F50	8th	Silverdale RC	1:01:48	1:01:57
221.	30	Heli Belfield	65th	F45	7th	Alsager Runners	1:01:33	1:01:59
222.	275	Liz Pearce	66th	F40	12th		1:01:47	1:02:00
223.	329	Thomas Smith	157th	M Sen	67th		1:01:46	1:02:01
224.	390	George Wilson	158th	M Sen	68th		1:01:28	1:02:08
225.	312	Caroline Searle	67th	F40	13th	Great Bentley Running Club	1:01:42	1:02:11
226.	253	Jamie Norton	159th	M40	20th		1:01:58	1:02:37
227.	289	Yasmin Porter-Bee	68th	F Sen	20th		1:02:12	1:02:40
228.	18	Simon Barnett	160th	M45	25th		1:02:34	1:02:41
229.	117	Alice Ewins	69th	F Sen	21st		1:02:34	1:02:54
230.	210	Lex Macintosh	161st	M Sen	69th		1:02:47	1:02:57
231.	244	Lucy Musgrave	70th	F40	14th		1:02:37	1:03:02
232.	320	Emma Shirley	71st	F Sen	22nd		1:03:25	1:03:32
233.	45	Rachel Brookes	72nd	F Sen	23rd		1:03:27	1:03:34
234.	43	Sam Broadhurst	162nd	M Sen	70th		1:03:26	1:03:39
235.	384	Gill Williams	73rd	F55	7th		1:03:15	1:03:42
236.	159	Natasha Hoban	74th	F35	9th		1:02:58	1:03:45
237.	36	Rachel Bourner	75th	F50	9th		1:03:36	1:03:52
238.	262	Peter Owen	163rd	M65	3rd		1:03:17	1:03:58
239.	310	Alan Ryan	164th	M55	11th	Sandbach Striders	1:03:12	1:03:58
240.	92	Tom Daniels	165th	M75	2nd	Salford Harriers	1:03:58	1:04:05
241.	3	Amanda Anderson-Holton	76th	F45	8th	Knutsford Tri Club	1:03:43	1:04:06
242.	346	Caroline Sutton	77th	F35	10th		1:03:43	1:04:12
243.	105	Ashley Dilks	166th	M Sen	71st		1:03:34	1:04:14

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244.	335	Emma Speak	78th	F50	10th		1:03:55	1:04:24
245.	315	Matthew Shallcross	167th	M40	21st	Run Middlewich	1:03:51	1:04:36
246.	223	Catherine Mitchell	79th	F50	11th		1:04:21	1:04:49
247.	27	Laura Beech	80th	F35	11th	Biddulph running club	1:04:29	1:04:53
248.	14	Natalie Bailey	81st	F45	9th	South Cheshire Harriers	1:04:19	1:04:54
249.	271	David Parry	168th	M40	22nd	South Cheshire Harriers	1:04:39	1:05:03
250.	387	Adam Wilson	169th	M Sen	72nd		1:04:24	1:05:05
251.	94	Julie Davies	82nd	F50	12th	Nantwich Running Club	1:05:15	1:05:33
252.	281	Catherine Pickering	83rd	F35	12th		1:05:23	1:06:09
253.	110	Natalie Dunning	84th	F35	13th		1:05:24	1:06:09
254.	348	Shelagh Swinnerton	85th	F75	1st	South Cheshire Harriers	1:05:47	1:06:13
255.	130	Julie Garnett	86th	F50	13th		1:05:48	1:06:27
256.	224	Denise Mitchell	87th	F65	2nd		1:05:52	1:06:31
257.	25	Emily Beech	88th	F Sen	24th		1:06:23	1:06:35
258.	347	Mandy Sutton	89th	F40	15th		1:06:03	1:06:47
259.	211	Stephen Manley	170th	M60	10th	Congleton Harriers	1:06:32	1:06:53
260.	192	Jon Land	171st	M Sen	73rd	Go Team	1:06:33	1:07:01
261.	136	Thomas Gransden	172nd	M Sen	74th		1:07:06	1:07:15
262.	75	Liz Corlett-Moss	90th	F55	8th		1:06:47	1:07:20
263.	106	Laura Dodds	91st	F Sen	25th		1:06:38	1:07:23
264.	37	Tom Bowen	173rd	M Sen	75th		1:06:49	1:07:23
265.	57	Tracy Champion	92nd	F55	9th		1:06:55	1:07:29
266.	95	Simone Spibey	93rd	F Sen	26th		1:07:07	1:07:34
267.	228	Debbie Moore	94th	F50	14th		1:07:08	1:07:36
268.	56	John Champion	174th	M50	19th		1:07:29	1:08:01
269.	332	Charlie Southern	95th	F35	14th		1:07:50	1:08:08
270.	199	Rebecca Lawrence	96th	F35	15th	Boalloy RC	1:07:50	1:08:08

# Sandbach 10k

## Overall Results



Pos	Bib	Name	M/F	AG	AG	Club	Chip	Gun
271.	100	Victoria Dent	97th	F45	10th		1:07:55	1:08:10
272.	278	Cheryl Percival	98th	F35	16th	Nantwich Running Club	1:07:31	1:08:15
273.	400	Nicola Wedgwood	99th	F45	11th	Alsager Runners	1:07:36	1:08:21
274.	6	Charlotte Armitt	100th	F Sen	27th		1:08:10	1:08:24
275.	294	Lesley Price	101st	F50	15th		1:07:58	1:08:27
276.	297	Stephen Pugh	175th	M60	11th		1:08:29	1:08:34
277.	54	Sue Campbell	102nd	F70	1st		1:08:05	1:08:39
278.	355	Matthew Tetley	176th	M Sen	76th	Nantwich Running Club	1:07:55	1:08:39
279.	90	Jamie Dale	177th	M Sen	77th		1:07:59	1:08:40
280.	217	Katie Harvey	103rd	F35	17th	Stoke Fit	1:08:05	1:08:43
281.	58	Caroline Johnson	104th	F Sen	28th	Nantwich Running Club	1:08:05	1:08:43
282.	99	Lisa Denson	105th	F40	16th		1:08:13	1:08:48
283.	98	Karl Denson	178th	M40	23rd		1:08:14	1:08:49
284.	397	Ian Ashcroft	179th	M75	3rd	Wilmslow Running Club	1:08:26	1:08:50
285.	229	Sarah Moore	106th	F45	12th	NRC	1:08:45	1:09:04
286.	7	Eloisa Beech	107th	F Sen	29th	Sandbach Striders	1:08:47	1:09:11
287.	78	Robert Cowden	180th	M55	12th	Nantwich Running Club	1:08:53	1:09:15
288.	201	Lauren Leech	108th	F Sen	30th		1:09:09	1:09:35
289.	48	Rachael Brown	109th	F Sen	31st		1:09:07	1:09:51
290.	330	Jodie Snowling	110th	F40	17th	Saltaire Striders	1:09:24	1:09:55
291.	322	Penny Simpson	111th	F45	13th	Nantwich Running Club	1:09:42	1:09:57
292.	200	Joe Leahy	181st	M Sen	78th		1:09:36	1:10:22
293.	169	Alan Jackson	182nd	M75	4th		1:10:23	1:10:37
294.	189	Sarah Kirkham	112th	F Sen	32nd	Biddulph running club	1:10:50	1:11:08
295.	158	Sharon Hinett	113th	F55	10th	Sandbach striders	1:10:36	1:11:17
296.	393	Becky Woolley	114th	F45	14th		1:10:42	1:11:18
297.	97	Sarah Dawes	115th	F Sen	33rd		1:10:54	1:11:21

# Sandbach 10k

## Overall Results



Pos	Bib	Name	M/F	AG	AG	Club	Chip	Gun
298.	129	Adrian Garner	183rd	M55	13th	Run Middlewich	1:10:46	1:11:34
299.	123	Samantha Follows	116th	F55	11th		1:11:20	1:11:55
300.	21	Rhianne Stubbs	117th	F Sen	34th		1:11:18	1:11:57
301.	11	Andrea Bailey	118th	F50	16th		1:11:32	1:11:58
302.	174	Debs Clarke	119th	F50	17th	Stoke Fit	1:11:23	1:12:05
303.	77	Rachael Cowden	120th	F50	18th	Nantwich Running Club	1:11:49	1:12:09
304.	67	Sean Clark-Wilkinson	184th	M Sen	79th		1:12:13	1:12:13
305.	50	Michelle Buckley	121st	F50	19th	Nantwich Running Club	1:12:02	1:12:43
306.	152	Joanne Hasprey	122nd	F50	20th	Nantwich Running Club	1:12:14	1:12:53
307.	298	Nicole Rave	123rd	F Sen	35th		1:12:47	1:13:03
308.	32	Hollie Birkinshaw	124th	F Sen	36th	Silverdale Running Club	1:13:39	1:13:50
309.	184	Steve Kenny	185th	M55	14th	Silverdale RC	1:13:40	1:13:51
310.	193	Alison Langley	125th	F40	18th	Tamar Trotters	1:13:19	1:13:58
311.	273	Tyler Pauline	126th	F65	3rd		1:13:56	1:14:39
312.	365	Alison Walker	127th	F Sen	37th	Fordy Runs Running Club	1:14:27	1:14:50
313.	91	Laura Dale	128th	F Sen	38th		1:14:10	1:14:52
314.	257	Karl Oates	186th	M Sen	80th		1:14:11	1:14:54
315.	144	Tom Hamilton	187th	M Sen	81st		1:14:16	1:14:55
316.	51	Terence Buckley	188th	M60	12th	Nantwich Running Club	1:14:20	1:14:57
317.	197	Katie Lawrence	129th	F Sen	39th		1:14:23	1:15:03
318.	86	Linda Creedon	130th	F Sen	40th		1:14:48	1:15:37
319.	242	Ruby Mullen	131st	F Sen	41st		1:14:48	1:15:38
320.	255	Noirin O Connell	132nd	F35	18th		1:14:50	1:15:39
321.	127	Helen Markey	133rd	F60	3rd	Newcastle staffs ac	1:15:05	1:15:41
322.	284	Wendy Plant	134th	F55	12th	Alsager Runners (lonely Goat)	1:15:22	1:16:08
323.	249	Louise Nolan	135th	F40	19th		1:16:09	1:16:43
324.	168	Wallis Ison	136th	F35	19th		1:16:43	1:17:14

# Sandbach 10k

## Overall Results



Pos	Bib	Name	M/F	AG	AG	Club	Chip	Gun
325.	38	Roland Bowness	189th	M75	5th	Salford Harriers	1:18:15	1:18:22
326.	23	Jeanette Baxter	137th	F55	13th	Alsager Runners	1:18:17	1:18:51
327.	376	Zara White	138th	F Sen	42nd	Sandbach Striders	1:19:01	1:19:42
328.	140	Joanne Greenhalgh	139th	F35	20th	Sandbach Striders	1:19:01	1:19:42
329.	186	Maddie Kent	140th	F Sen	43rd		1:19:02	1:19:45
330.	368	Cora Watson	141st	F Sen	44th		1:19:03	1:19:46
331.	219	Amy Messenger	142nd	F Sen	45th		1:19:33	1:20:17
332.	319	Jacqui Clarke	143rd	F50	21st	Congleton Harriers	1:21:06	1:21:50
333.	153	Neil Hasprey	190th	M55	15th		1:21:13	1:21:51
334.	349	Sarah Symonds	144th	F50	22nd		1:21:32	1:22:05
335.	118	Trevor Faulkner	191st	M80+	1st	Wilmslow RC	1:21:29	1:22:20
336.	345	Lisa Sumner	145th	F35	21st		1:21:49	1:22:37
337.	2	Krista Chappell-Jones	146th	F35	22nd		1:21:51	1:22:38
338.	66	Heather Clark-Wilkinson	147th	F Sen	46th		1:22:02	1:22:40
339.	35	Debbie Boardman	148th	F50	23rd	Stockport Harriers & AC	1:23:18	1:23:48
340.	204	David Lewis	192nd	M60	13th	Nantwich r c	1:24:09	1:24:38
341.	115	Helen Eddie	149th	F45	15th	Macclesfield Harriers & AC	1:24:05	1:24:41
342.	248	Muhammed Nihal	193rd	M Sen	82nd		1:26:22	1:26:35
343.	241	Jane Mullen	150th	F45	16th		1:28:21	1:28:52
344.	102	Elaine Devine	151st	F70	2nd	Stockport Harriers & AC	1:28:20	1:28:52
345.	163	Sue Howard	152nd	F70	3rd		1:28:20	1:28:52

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