





















































































Overall Results

Pos	Bib	Nat.	Name	M/F	AG	NSRRA	Club	Time	Chip
1.	14		Nicholas Barry	M (1st)	MSen (1st)	()	Sale Harriers Manchester (1st)	1:53:01	1:53:00
2.	115		Daniel Hopwood	M (2nd)	MSen (2nd)	()	Wirral AC (1st)	1:59:01	1:59:01
3.	201		Paul Tatler	M (3rd)	M40 (1st)	()	City of Stoke AC (1st)	2:00:54	2:00:50
4.	164		Didier Nuttall	M (4th)	MSen (3rd)	()	Newcastle (Staffs) Tri Club (1st)	2:03:41	2:03:38
5.	124		Ryan Kavanagh	M (5th)	MSen (4th)	()	Tadcaster Harriers (1st)	2:05:50	2:05:50
6.	161		Carl Moulton	M (6th)	M45 (1st)	A 156 (1st)	Boalloy RC (1st)	2:06:52	2:06:48
7.	105		Dan Hibberd	M (7th)	M40 (2nd)	()	Boalloy RC (2nd)	2:07:40	2:07:36
8.	73		Stephen Earle	M (8th)	M45 (2nd)	()	Northowram Pumas (1st)	2:07:49	2:07:48
9.	209		Adam Tyson	M (9th)	M40 (3rd)	A 833 (2nd)	Newcastle (Staffs) AC (1st)	2:09:38	2:09:34
10.	35		Jorden Lee Burke	M (10th)	M45 (3rd)	()	Middleton Harriers AC (1st)	2:10:08	2:10:06
11.	202		Craig Taylor	M (11th)	M40 (4th)	A 66 (3rd)	Newcastle (Staffs) AC (2nd)	2:10:40	2:10:36
12.	178		Karl Quiney	M (12th)	MSen (5th)	()	Tipton Harriers (1st)	2:11:02	2:11:00
13.	59		Martin Cross	M (13th)	MSen (6th)	A 818 (4th)	Stone MM (1st)	2:12:05	2:12:03
14.	140		Ben Marshall	M (14th)	MSen (7th)	B 900 (1st)	Gator AC (1st)	2:12:26	2:12:23
15.	8		David Ballantyne	M (15th)	MSen (8th)	()	()	2:12:34	2:12:32
16.	221		Richard Wood	M (16th)	M45 (4th)	()	South Cheshire Harriers (1st)	2:14:42	2:14:36
17.	60		Steve Crowe	M (17th)	MSen (9th)	()	South Cheshire Harriers (2nd)	2:14:42	2:14:37
18.	40		Danny Byrne	M (18th)	M45 (5th)	()	Widnes Running Club (1st)	2:15:13	2:15:07
19.	125		Amanda Kelly	F (1st)	F35 (1st)	L 196 (1st)	City of Stoke AC (2nd)	2:16:10	2:16:09
20.	214		Brad Watkins	M (19th)	MSen (10th)	()	Royal Sutton Coldfield Athletics Club (1st)	2:16:15	2:16:13
21.	15		Darren Beach	M (20th)	M50 (1st)	C 173 (1st)	South Cheshire Harriers (3rd)	2:16:27	2:16:22
22.	148		Colin McEvoy	M (21st)	M45 (6th)	A 199 (5th)	Trentham RC (1st)	2:16:35	2:16:33
23.	224		Tom Young	M (22nd)	MSen (11th)	B 345 (2nd)	Newcastle (Staffs) AC (3rd)	2:17:34	2:17:32
24.	227		Robin Zoka	M (23rd)	M40 (5th)	()	South Cheshire Harriers (4th)	2:17:54	2:17:50
25.	194		Harley Steward	M (24th)	MSen (12th)	()	()	2:17:57	2:17:40
26.	104		Neil Hennigan	M (25th)	M45 (7th)	()	Penny lane striders (1st)	2:17:59	2:17:55
27.	179		Todd Quiney	M (26th)	MSen (13th)	()	Tipton Harriers (2nd)	2:18:34	2:18:32
28.	191		Joanne Stanfield	F (2nd)	F55 (1st)	L 744 (2nd)	Trentham RC (2nd)	2:18:50	2:18:49





























Overall Results

Pos	Bib	Nat.	Name	M/F	AG	NSRRA	Club	Time	Chip
29.	34		Rachel Brown	F (3rd)	FSen (1st)	()	Chorlton (1st)	2:18:58	2:18:56
30.	55		Jacob Cotterill	M (27th)	MSen (14th)	()	()	2:19:07	2:19:05
31.	126		Lee Kempson	M (28th)	M55 (1st)	C 97 (2nd)	Newcastle (Staffs) AC (4th)	2:19:28	2:19:22
32.	176		Martin Pratt	M (29th)	M40 (6th)	A 262 (6th)	Trentham RC (3rd)	2:20:17	2:20:15
33.	181		Lee Rickards	M (30th)	M45 (8th)	()	Peel Road Runners (1st)	2:21:15	2:21:13
34.	20		Ryan Berrisford	M (31st)	MSen (15th)	()	UKRunChat (1st)	2:22:23	2:22:17
35.	129		Matt Killeen	M (32nd)	M45 (9th)	C 84 (3rd)	Newcastle (Staffs) AC (5th)	2:23:14	2:23:11
36.	149		Euan McKenna	M (33rd)	MSen (16th)	()	South Cheshire Harriers (5th)	2:23:20	2:23:14
37.	1		Dan Alcock	M (34th)	MSen (17th)	E 844 (1st)	Cheadle RC (1st)	2:23:57	2:23:49
38.	38		Daniel Burton	M (35th)	M40 (7th)	()	South Cheshire Harriers (6th)	2:24:00	2:23:54
39.	88		Paul Glover	M (36th)	M50 (2nd)	()	City of Stoke AC (3rd)	2:24:11	2:24:04
40.	23		Andy Bowler	M (37th)	MSen (18th)	()	Manchester YMCA Harriers (1st)	2:24:33	2:24:27
41.	51		Mark Cooney	M (38th)	M55 (2nd)	()	()	2:25:08	2:24:57
42.	108		Lisa Marie Hirst	F (4th)	F45 (1st)	()	Northowram Pumas Running Club (1st)	2:25:20	2:25:17
43.	65		Lee Davies	M (39th)	M40 (8th)	B 153 (3rd)	Silverdale RC (1st)	2:27:25	2:27:20
44.	77		Mark Espley	M (40th)	M45 (10th)	()	Newcastle Tri Club (1st)	2:27:36	2:27:36
45.	156		Matthew Moran	M (41st)	M40 (9th)	()	Bramhall Runners (1st)	2:28:19	2:28:15
46.	158		David Morrell	M (42nd)	M50 (3rd)	()	City of Stoke AC (4th)	2:28:26	2:28:16
47.	207		David Tudor	M (43rd)	M40 (10th)	D 315 (1st)	Stone MM (2nd)	2:28:26	2:28:19
48.	3		Kevin Allerton	M (44th)	M50 (4th)	()	Trentham RC (4th)	2:28:42	2:28:36
49.	167		Samuel Palin	M (45th)	MSen (19th)	()	()	2:28:43	2:28:40
50.	48		Joe Clapham	M (46th)	MSen (20th)	C 881 (4th)	Trentham RC (5th)	2:30:27	2:30:20
51.	136		Tom Lewis	M (47th)	MSen (21st)	()	()	2:30:43	2:30:35
52.	6		Nick Asaggar	M (48th)	MSen (22nd)	()	()	2:30:52	2:30:48
53.	152		Rob Metcalf	M (49th)	M40 (11th)	C 668 (5th)	Stone MM (3rd)	2:31:15	2:31:07
54.	39		Kelly Butler	F (5th)	F35 (2nd)	()	City of Stoke AC (5th)	2:32:07	2:31:59
55.	56		Barnaby Crawshaw	M (50th)	M40 (12th)	()	()	2:32:29	2:32:24
56.	57		Dre Cristini	M (51st)	MSen (23rd)	C 845 (6th)	Nantwich RC (1st)	2:33:28	2:33:20





























Overall Results

Pos	Bib	Nat.	Name	M/F	AG	NSRRA	Club	Time	Chip
57.	192		Ian Stanway	M (52nd)	MSen (24th)	()	Congleton Harriers (1st)	2:34:04	2:33:48
58.	109		Dave Hobbs	M (53rd)	MSen (25th)	()	()	2:34:13	2:34:07
59.	11		Carl Barnes	M (54th)	MSen (26th)	()	Widnes Running Club (2nd)	2:34:25	2:34:18
60.	137		Cal Lloyd	F (6th)	F50 (1st)	()	Hillsborough and Rivelin Running club (1st)	2:34:39	2:34:30
61.	215		Chris Watson	M (55th)	MSen (27th)	D 246 (2nd)	Trentham RC (6th)	2:35:12	2:35:04
62.	101		Tony Haskell	M (56th)	MSen (28th)	()	South Cheshire Harriers (7th)	2:35:23	2:35:16
63.	145		Rebecca McCarthy	F (7th)	F45 (2nd)	M 662 (1st)	Nantwich RC (2nd)	2:35:30	2:35:26
64.	97		Sarah Grindle	F (8th)	F45 (3rd)	()	Shropshire Shufflers (1st)	2:35:31	2:35:18
65.	64		Harriet Davies	F (9th)	FSen (2nd)	()	Steel City Striders (1st)	2:35:49	2:35:41
66.	154		Rich Miller	M (57th)	M55 (3rd)	()	South Derbyshire RR (1st)	2:36:02	2:35:57
67.	127		Colin Kennedy	M (58th)	M60 (1st)	()	St Helens Striders (1st)	2:36:06	2:35:59
68.	110		Rebecca Hobbs	F (10th)	F35 (3rd)	()	Tamworth AC (1st)	2:36:09	2:36:04
69.	69		Peter Duncalfe	M (59th)	M40 (13th)	()	South Cheshire Harriers (8th)	2:36:21	2:36:11
70.	33		Chris Brown	M (60th)	M55 (4th)	C 389 (7th)	Stone MM (4th)	2:38:13	2:38:07
71.	173		James Phoenix	M (61st)	M40 (14th)	194 ()	Stone MM (5th)	2:38:20	2:38:12
72.	92		Tracey Greenway	F (11th)	F60 (1st)	()	MVH (1st)	2:38:58	2:38:54
73.	68		Martha Davis	F (12th)	FSen (3rd)	()	Newcastle (Staffs) AC (6th)	2:39:03	2:38:58
74.	206		Michael Thorley	M (62nd)	M55 (5th)	()	Macclesfield Harriers (1st)	2:39:19	2:39:08
75.	47		David Chester	M (63rd)	M40 (15th)	()	()	2:39:22	2:39:08
76.	168		Mark Parker	M (64th)	M50 (5th)	E 363 (2nd)	Biddulph RC (1st)	2:39:51	2:39:44
77.	210		Ryan Walker	M (65th)	MSen (29th)	()	()	2:40:25	2:40:17
78.	150		Victoria Mckenna	F (13th)	FSen (4th)	Y 436 (1st)	South Cheshire Harriers (9th)	2:41:04	2:40:56
79.	67		Shaun Davies	M (66th)	MSen (30th)	()	()	2:41:16	2:40:58
80.	31		Lucy Broom	F (14th)	F50 (2nd)	()	Steel City Striders (2nd)	2:41:55	2:41:47
81.	66		Matthew Davies	M (67th)	M50 (6th)	()	Stone MM (6th)	2:42:07	2:42:00
82.	24		Kathryn Bradley	F (15th)	F35 (4th)	()	Penny Lane Striders (2nd)	2:42:19	2:42:12
83.	225		Krzysztof Zajac	M (68th)	M40 (16th)	()	()	2:42:19	2:41:55
84.	220		Chris Wood	M (69th)	M55 (6th)	F (1st)	()	2:42:23	2:42:08





























Overall Results

Pos	Bib	Nat.	Name	M/F	AG	NSRRA	Club	Time	Chip
85.	32		Finley Brough	M (70th)	MSen (31st)	()	()	2:43:40	2:43:31
86.	170		Julie Parry	F (16th)	F45 (4th)	M 358 (2nd)	Newcastle (Staffs) AC (7th)	2:43:42	2:43:37
87.	175		Egidija Pope	F (17th)	F40 (1st)	()	Stone MM (7th)	2:43:46	2:43:38
88.	195		Jack Swain	M (71st)	MSen (32nd)	()	()	2:44:01	2:43:43
89.	95		Andy Griffin	M (72nd)	M50 (7th)	D 332 (3rd)	South Cheshire Harriers (10th)	2:44:07	2:43:49
90.	169		David Parry	M (73rd)	M40 (17th)	()	Chapel Allerton Runners (1st)	2:44:30	2:44:21
91.	128		Julianne Kettle	F (18th)	F40 (2nd)	W 438 (1st)	Silverdale RC (2nd)	2:44:51	2:44:45
92.	2		Fran Allen	F (19th)	F40 (3rd)	()	Hillsborough & Rivelin Running Club (1st)	2:45:32	2:45:23
93.	142		Leigh Matthews	M (74th)	M45 (11th)	B 72 (4th)	NSRRA (1st)	2:47:06	2:47:00
94.	131		David Kivlin	M (75th)	M45 (12th)	D 14 (4th)	South Cheshire Harriers (11th)	2:47:37	2:47:26
95.	193		Jane Steele	F (20th)	F40 (4th)	M 424 (3rd)	Trentham RC (7th)	2:47:39	2:47:30
96.	130		Claire Kivlin	F (21st)	F45 (5th)	L 11 (3rd)	South Cheshire Harriers (12th)	2:48:00	2:47:48
97.	30		Cameron Brooks	M (76th)	MSen (33rd)	()	()	2:48:02	2:47:49
98.	71		Brian Dye	M (77th)	M70 (1st)	()	Tonbridge AC (1st)	2:49:51	2:49:40
99.	172		Paul Phillips	M (78th)	M50 (8th)	C 399 (8th)	Stone MM (8th)	2:49:58	2:49:46
100.	44		Andrew Cawthorne	M (79th)	M55 (7th)	D 152 (5th)	Stone MM (9th)	2:50:03	2:49:53
101.	197		Jurie Swanepoel	M (80th)	M65 (1st)	()	Ackworth Road Runners (1st)	2:50:26	2:50:08
102.	85		Christopher Geering	M (81st)	M45 (13th)	()	Sandbach Striders (1st)	2:51:36	2:51:26
103.	45		Nikki Chamberlain	F (22nd)	F55 (2nd)	()	Knutsford Tri Club (1st)	2:52:54	2:52:51
104.	37		Matthew Burley	M (82nd)	M45 (14th)	E 607 (3rd)	Trentham RC (8th)	2:53:26	2:53:11
105.	146		Ann McConnell	F (23rd)	F60 (2nd)	()	Drogheda & District (1st)	2:54:15	2:53:58
106.	135		Joel Lewis	M (83rd)	M40 (18th)	()	Nantwich RC (3rd)	2:54:23	2:54:11
107.	166		Sam Owens	M (84th)	MSen (34th)	()	Nidd Valley Road Runners (1st)	2:54:38	2:54:21
108.	226		Scott Zikmanis	M (85th)	M45 (15th)	D 490 (6th)	Newcastle (Staffs) AC (8th)	2:55:11	2:54:55
109.	222		Tom Woolliscroft	M (86th)	MSen (35th)	C 469 (9th)	Gator AC (2nd)	2:55:54	2:55:45
110.	106		Carol Higgs	F (24th)	F60 (3rd)	L 183 (4th)	Trentham RC (9th)	2:56:09	2:55:59
111.	211		Lisa Warbrook	F (25th)	F50 (3rd)	()	Nantwich RC (4th)	2:56:41	2:56:22
112.	133		David Laxton	M (87th)	M65 (2nd)	D 493 (7th)	Newcastle (Staffs) AC (9th)	2:57:03	2:56:54





























Overall Results

Pos	Bib	Nat.	Name	M/F	AG	NSRRA	Club	Time	Chip
113.	28		Sherrie Brereton	F (26th)	F45 (6th)	M 83 (4th)	South Cheshire Harriers (13th)	2:57:46	2:57:34
114.	190		Mark Stackhouse	M (88th)	M50 (9th)	E 426 (4th)	Rugeley Runners (1st)	2:59:02	2:58:50
115.	111		Joseph Hogg	M (89th)	MSen (36th)	()	()	2:59:54	2:59:39
116.	188		Lisa Smith	F (27th)	F45 (7th)	()	()	3:00:09	2:59:53
117.	70		Richard Dunn	M (90th)	M45 (16th)	E 640 (5th)	NSRRA (2nd)	3:00:27	3:00:14
118.	182		Giuseppe Serra	M (91st)	M55 (8th)	()	Ellesmere Port RC (1st)	3:00:51	3:00:38
119.	19		Paul Bentham	M (92nd)	M55 (9th)	()	Stafford Harriers (1st)	3:00:58	3:00:40
120.	26		Rosie Bradshaw	F (28th)	F35 (5th)	()	()	3:03:02	3:02:47
121.	189		Helen Somers	F (29th)	F45 (8th)	M 90 (5th)	Stone MM (10th)	3:03:08	3:02:57
122.	205		Nitesh Thakrar	M (93rd)	M60 (2nd)	E 392 (6th)	Stafford Harriers (2nd)	3:03:35	3:03:16
123.	171		James Pearce	M (94th)	MSen (37th)	()	()	3:03:45	3:03:23
124.	50		Martyn Clare	M (95th)	M60 (3rd)	C 489 (10th)	Cannock & Stafford AC (1st)	3:03:59	3:03:51
125.	116		Becky Howlett	F (30th)	F35 (6th)	W 562 (2nd)	South Cheshire Harriers (14th)	3:04:06	3:03:45
126.	187		Gillian Smith	F (31st)	FSen (5th)	()	()	3:04:07	3:03:46
127.	155		James Mitchell	M (96th)	M40 (19th)	E 349 (7th)	Stoke FIT (1st)	3:04:34	3:04:22
128.	102		Chris Hassall	M (97th)	M40 (20th)	D 776 (8th)	South Cheshire Harriers (15th)	3:05:35	3:05:14
129.	208		James Tutton	M (98th)	M40 (21st)	E 195 (8th)	Stoke FIT (2nd)	3:06:21	3:06:09
130.	86		Mark Gibson	M (99th)	M45 (17th)	E 624 (9th)	Trentham RC (10th)	3:07:19	3:07:05
131.	81		Martin Fox	M (100th)	M55 (10th)	()	Newcastle (Staffs) AC (10th)	3:07:50	3:07:38
132.	16		Rachel Beach	F (32nd)	F45 (9th)	M 174 (6th)	South Cheshire Harriers (16th)	3:08:07	3:07:50
133.	203		David Taylor	M (101st)	M55 (11th)	F 68 (2nd)	Rugeley Runners (2nd)	3:09:35	3:09:21
134.	180		Chloe Quinn	F (33rd)	FSen (6th)	()	Manchester YMCA Harriers (2nd)	3:11:18	3:11:04
135.	120		Colin Jones	M (102nd)	M50 (10th)	()	()	3:11:19	3:11:14
136.	43		Devon Cartwright	F (34th)	FSen (7th)	()	South Cheshire Harriers (17th)	3:12:10	3:12:00
137.	12		Mark Barnes	M (103rd)	M45 (18th)	()	South Cheshire Harriers (18th)	3:12:11	3:12:00
138.	62		James Daly	M (104th)	M60 (4th)	F 596 (3rd)	Market Drayton RC (1st)	3:13:43	3:13:35
139.	119		Brian Jarrett	M (105th)	M50 (11th)	()	()	3:14:43	3:14:32
140.	27		Olivia Brazier	F (35th)	FSen (8th)	X 35 (1st)	Go! Team (1st)	3:15:20	3:15:11

Overall Results

Pos	Bib	Nat.	Name	M/F	AG	NSRRA	Club	Time	Chip
141.	144		Daniel Mcardle	M (106th)	MSen (38th)	()	()	3:15:21	3:15:12
142.	159		Aidan Morrey	M (107th)	MSen (39th)	()	()	3:15:23	3:15:13
143.	151		Daniel Mellor	M (108th)	MSen (40th)	E 441 (10th)	Alsager Runners (1st)	3:15:36	3:15:23
144.	138		Steven Locker	M (109th)	M70 (2nd)	E 23 (11th)	()	3:15:53	3:15:42
145.	90		Jonathan Green	M (110th)	M40 (22nd)	E 16 (12th)	South Cheshire Harriers (19th)	3:17:26	3:17:01
146.	213		John Waterton	M (111th)	M70 (3rd)	()	Didsbury Runners (1st)	3:17:34	3:16:33
147.	134		Keith Lemon	M (112th)	M50 (12th)	()	Halifax harriers (1st)	3:20:42	3:20:24
148.	22		Matt Bloor	M (113th)	M45 (19th)	()	Go! Team (2nd)	3:20:43	3:20:32
149.	157		Nicky Moran	F (36th)	F40 (5th)	()	Runcorn Running Club (1st)	3:23:02	3:22:41
150.	107		Barrie Hillyer	M (114th)	M50 (13th)	()	()	3:23:02	3:22:41
151.	103		Diane Hennigan	F (37th)	F50 (4th)	()	Penny lane striders (3rd)	3:23:06	3:22:52
152.	79		Rachel Evanson	F (38th)	F45 (10th)	()	Nantwich RC (5th)	3:23:24	3:23:03
153.	162		Jane Nicholson	F (39th)	F60 (4th)	()	Penny lane Striders (4th)	3:23:26	3:23:10
154.	196		Jan Swales	F (40th)	F65 (1st)	()	Widnes Running Club (3rd)	3:24:07	3:23:52
155.	29		Alan Brookes	M (115th)	M65 (3rd)	D 215 (9th)	Alsager Runners (2nd)	3:24:08	3:23:59
156.	61		Martin Crutchley	M (116th)	M50 (14th)	()	South Cheshire Harriers (20th)	3:24:44	3:24:24
157.	141		James Marshall	M (117th)	MSen (41st)	()	()	3:25:30	3:25:17
158.	36		Emma Burley	F (41st)	F40 (6th)	Y 116 (2nd)	Trentham RC (11th)	3:27:19	3:27:02
159.	78		David Evans	M (118th)	M60 (5th)	()	()	3:27:21	3:27:21
160.	83		Ben Freeman	M (119th)	MSen (42nd)	F 15 (4th)	South Cheshire Harriers (21st)	3:28:26	3:28:04
161.	184		Nic Shrubbs	F (42nd)	F35 (7th)	Y 136 (3rd)	()	3:29:08	3:28:53
162.	147		Emma Mccracken	F (43rd)	F40 (7th)	()	()	3:29:50	3:29:38
163.	5		Gregory Ankers	M (120th)	MSen (43rd)	F 190 (5th)	England Athletics (1st)	3:30:07	3:29:50
164.	76		Stuart Elsam	M (121st)	MSen (44th)	()	Nantwich RC (6th)	3:30:33	3:30:13
165.	218		Cris Wood	M (122nd)	M50 (15th)	F 407 (6th)	Silverdale RC (3rd)	3:30:49	3:30:49
166.	58		Andrew Crosby	M (123rd)	M50 (16th)	F 435 (7th)	Blythe Bridge RC (1st)	3:31:01	3:30:47
167.	132		Jon Land	M (124th)	M40 (23rd)	F 387 (8th)	Go! Team (3rd)	3:31:30	3:31:17
168.	80		Rob Evanson	M (125th)	M45 (20th)	()	Nantwich RC (7th)	3:32:40	3:32:20

Overall Results

Pos	Bib	Nat.	Name	M/F	AG	NSRRA	Club	Time	Chip
169.	117		Laura Hughes	F (44th)	F45 (11th)	W 167 (3rd)	Trentham RC (12th)	3:34:04	3:33:51
170.	75		Rebecca Ellis	F (45th)	F40 (8th)	X 462 (2nd)	Silverdale RC (4th)	3:34:04	3:33:50
171.	217		Allan Williams	M (126th)	M55 (12th)	()	Silverdale RC (5th)	3:34:56	3:34:41
172.	177		Liz Preston	F (46th)	F45 (12th)	()	South Cheshire Harriers (22nd)	3:35:08	3:34:45
173.	84		Tris Gee	M (127th)	M45 (21st)	()	Ellesmere Port RC (2nd)	3:36:01	3:35:40
174.	54		Emma Copeland	F (47th)	F40 (9th)	Y 132 (4th)	Silverdale RC (6th)	3:36:13	3:36:02
175.	4		Paula Anderson	F (48th)	F55 (3rd)	X 176 (3rd)	Silverdale RC (7th)	3:36:24	3:36:12
176.	216		Lucy Wilkinson	F (49th)	F40 (10th)	()	()	3:37:15	3:37:03
177.	94		Andrew Greer	M (128th)	M50 (17th)	()	South Cheshire Harriers (23rd)	3:37:43	3:37:20
178.	143		Tammy May	F (50th)	FSen (9th)	Z 498 (1st)	Gator AC (3rd)	3:39:01	3:39:01
179.	74		Sara Eden	F (51st)	F40 (11th)	()	Vale Royal (1st)	3:39:03	3:38:52
180.	219		Christopher Wood	M (129th)	M60 (6th)	G 651 (1st)	Stone MM (11th)	3:43:10	3:42:47
181.	53		Mark Cope	M (130th)	MSen (45th)	F 371 (9th)	()	3:47:54	3:47:33
182.	185		Emma Shuker	F (52nd)	F40 (12th)	Z 608 (2nd)	Stone MM (12th)	3:49:19	3:49:00
183.	13		Jason Barrett	M (131st)	M50 (18th)	()	Stone MM (13th)	3:49:20	3:49:01
184.	183		Kate Sheldon	F (53rd)	F35 (8th)	()	()	3:50:37	3:50:21
185.	160		Jean-Paul Morris	M (132nd)	M45 (22nd)	()	Sandbach Striders (2nd)	3:57:37	3:57:25
186.	87		Gavin Gilmartin	M (133rd)	M40 (24th)	()	()	4:00:21	4:00:05
187.	112		Emma Holland	F (54th)	F35 (9th)	()	Billinge Running Club (1st)	4:00:21	4:00:05
188.	113		Kate Hopkinson	F (55th)	F45 (13th)	Y 154 (5th)	NSRRA (3rd)	4:02:27	4:02:05
189.	114		Kerry Hopkinson	F (56th)	F45 (14th)	X 148 (4th)	()	4:02:27	4:02:05
190.	174		Wendy Plant	F (57th)	F55 (4th)	()	Alsager Runners (3rd)	4:03:18	4:02:56
191.	7		Simone Baggaley	F (58th)	F35 (10th)	Z 813 (3rd)	Trentham RC (13th)	4:03:18	4:03:02
192.	163		Julie Nokes	F (59th)	F65 (2nd)	X 47 (5th)	Stafford Harriers (3rd)	4:04:09	4:03:50
193.	199		Heather Swift	F (60th)	F35 (11th)	Y 468 (6th)	Stoke FIT (3rd)	4:15:23	4:15:05
194.	10		Hazel Barlow	F (61st)	F60 (5th)	Z 397 (4th)	Silverdale RC (8th)	4:18:03	4:17:44
195.	212		Rebekah Washington	F (62nd)	FSen (10th)	Z 27 (5th)	Gator AC (4th)	4:29:53	4:29:37
DNF	72		Sean Dyer	M ()	MSen ()	()	South Cheshire Harriers ()		

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Overall Results



Pos	Bib	Nat.	Name	M/F	AG	NSRRA	Club	Time	Chip
DNF	63		Tom Davall	M ()	MSen ()	()	Stafford Harriers ()		

Number of records: 197