

Overall Place	Gun Time	Name	Club	Bib	Gender	Gen Place	Category	Cat Place	Pace	Chip Time
1	37:32.8	Mark Spruce	Unattached	167	M	1	MSen	1	3:45/K	37:32.7
2	38:59.6	Craig Flynn	Unattached	58	M	2	MSen	2	3:54/K	38:59.6
3	39:10.3	Tony Taylor	Unattached	203	M	3	M50	1	3:55/K	39:10.2
4	39:50.8	Gemma Barnet	Vale Royal AC	13	F	1	FSen	1	3:59/K	39:50.5
5	40:41.8	Matthew Hough	Unattached	90	M	4	M40	1	4:04/K	40:38.6
6	40:58.0	Paul Atherton	Delamere Spartans	11	M	5	M40	2	4:06/K	40:58.0
7	41:56.5	Anthony Spruce	Unattached	166	M	6	MSen	3	4:12/K	41:56.5
8	42:37.3	Stephen Thompson	Vale Royal AC	175	M	7	M50	2	4:16/K	42:37.0
9	43:07.9	John Todd	Vale Royal AC	177	M	8	M50	3	4:19/K	43:07.7
10	43:14.3	Carolyn Stamper-Clark	Unattached	168	F	2	F40	1	4:19/K	43:14.2
11	43:17.9	Jim Dawson	Lymm Runners	41	M	9	M50	4	4:20/K	43:17.4
12	43:41.4	David Millward	Unattached	124	M	10	M50	5	4:22/K	43:40.9
13	43:46.6	Melanie Johnson	Vale Royal AC	100	F	3	FSen	2	4:22/K	43:44.8
14	44:04.1	Simon Pickering	Unattached	136	M	11	MSen	4	4:24/K	44:01.9
15	44:10.6	Lauren Goddard	Warrington Athletics Club	66	M	12	MSen	5	4:25/K	44:10.5
16	44:15.1	Mike Womack	Lymm Runners	189	M	13	MSen	6	4:25/K	44:14.1
17	44:20.1	Mike Fowell	Unattached	59	M	14	MSen	7	4:26/K	44:19.8
18	44:24.9	Claire Thompson	Vale Royal AC	174	F	4	F40	2	4:26/K	44:24.7
19	44:55.0	Andrew Roberts	Gog Triathlon Club	143	M	15	M50	6	4:29/K	44:51.6
20	45:26.2	Chris Hufhes	Unattached	91	M	16	MSen	8	4:32/K	45:16.8
21	45:47.2	Chris Hinks	Unattached	81	M	17	MSen	9	4:34/K	45:38.2
22	45:52.7	Nathan Davies	Unattached	40	M	18	MSen	10	4:35/K	45:51.9
23	45:55.4	Julia Thorley-Morse	Unattached	176	F	5	F40	3	4:35/K	45:50.4
24	46:03.9	Keith Martin	Unattached	115	M	19	M50	7	4:36/K	45:58.7
25	46:04.7	Brad Ehlen	Northwich Running Club	53	M	20	M40	3	4:36/K	46:01.7
26	46:08.3	Simon Wetton	Unattached	186	M	21	M40	4	4:36/K	46:02.3
27	46:22.1	John Jones	Unattached	103	M	22	M50	8	4:38/K	46:20.6
28	46:23.5	Bruce Helliwell	Unattached	76	M	23	M50	9	4:38/K	46:21.4
29	46:32.9	Gareth Parsons	Unattached	132	M	24	M40	5	4:39/K	46:25.9
30	46:44.0	Richard Smith	Unattached	162	M	25	M40	6	4:40/K	46:40.0
31	47:01.3	Andrew Whitmore	Unattached	187	M	26	M40	7	4:42/K	46:59.5
32	47:09.8	Gaz Jones	Unattached	102	M	27	MSen	11	4:42/K	47:03.4
33	47:38.5	Germaine Holmes	Lymm Runners	85	F	6	F40	4	4:46/K	47:36.0
34	47:43.4	Craig Shinner	Unattached	158	M	28	M40	8	4:44/K	47:21.7
35	47:45.2	Rob Pullen	Wreccsam Tri	140	M	29	M50	10	4:46/K	47:43.7
36	47:45.3	Jason Rowbottom	Lymm Runners	149	M	30	M50	11	4:46/K	47:43.5
37	47:50.4	Martin Regan	Unattached	142	M	31	MSen	12	4:47/K	47:49.5
38	48:04.0	Matt Herbert	Unattached	78	M	32	MSen	13	4:48/K	47:57.6
39	48:08.1	Paul Heatley	Unattached	74	M	33	MSen	14	4:48/K	48:00.4
40	48:10.1	Andrew Campbell	Unattached	27	M	34	MSen	15	4:48/K	48:00.5
41	48:31.7	Liam Dean	Unattached	45	M	35	MSen	16	4:50/K	48:18.2
42	48:32.3	Graham Brearley	Unattached	21	M	36	MSen	17	4:50/K	48:16.6
43	48:35.7	Lindsay Beeston	Sandbach Striders	17	M	37	M50	12	4:51/K	48:32.0
44	48:51.5	Simon Bayliss	Unattached	16	M	38	M50	13	4:53/K	48:48.2
45	49:40.2	Alan Ryan	Unattached	202	M	39	M50	14	4:58/K	49:35.9
46	50:00.1	Claire Park	Unattached	130	F	7	FSen	3	5:00/K	49:56.2
47	50:01.0	John Roberts	Unattached	144	M	40	MSen	18	4:59/K	49:53.8
48	50:13.0	Neil Sheldrake	Razzers Runners	156	M	41	M50	15	5:01/K	50:09.5
49	50:19.3	Andrea Horgosi	Unattached	89	F	8	F40	5	5:02/K	50:15.2
50	50:22.1	Ray Tran	Vale Royal AC	178	M	42	M50	16	5:02/K	50:20.6
51	50:38.8	Graham Newton	Unattached	127	M	43	M50	17	5:03/K	50:34.2
52	50:41.4	Steve Barrett	Unattached	14	M	44	M50	18	5:03/K	50:30.3
53	50:50.2	Tony Hulme	Unattached	95	M	45	M50	19	5:05/K	50:47.7
54	50:53.9	Jordan Burkhill	Unattached	24	M	46	MSen	19	5:04/K	50:43.8
55	50:54.8	Jonny Amery	Northwich Running Club	4	M	47	MSen	20	5:05/K	50:52.4
56	50:57.3	Carl Burkhill	Unattached	23	M	48	M40	9	5:05/K	50:47.6
57	50:59.8	Ewelina Kettle	Unattached	106	F	9	FSen	4	5:06/K	50:56.3
58	51:14.3	Mark Gallagher	Unattached	62	M	49	MSen	21	5:07/K	51:06.7
59	51:32.6	Cathal Cruise	Unattached	35	M	50	MV60	1	5:09/K	51:29.1
60	51:34.0	Edward Jack Hanley	Unattached	201	M	51	MSen	22	5:09/K	51:30.5
61	51:44.2	Rebecca Scanlon	Unattached	152	F	10	F40	6	5:10/K	51:35.4
62	51:48.2	Trevor Stanton	Unattached	170	M	52	M50	20	5:10/K	51:42.2

63	51:50.2	Michael Everett	Run Sandymoor	56	M	53	MSen	23	5:09/K	51:34.6
64	51:56.8	Helen Moore	Widnes Wasps	125	F	11	F40	7	5:11/K	51:46.5
65	52:05.8	Richard Jones	Lymm Runners	104	M	54	M50	21	5:12/K	51:56.6
66	52:19.3	Ruth Day	Unattached	43	F	12	F40	8	5:13/K	52:06.6
67	52:24.8	Christopher Holden	Sandbach Striders	83	M	55	MSen	24	5:14/K	52:21.0
68	52:27.8	Dawn Owen	Resolution Runners	129	F	13	F50	1	5:14/K	52:18.5
69	52:31.9	Matt Wood	Sandbach Striders	191	M	56	MV60	2	5:15/K	52:27.3
70	52:39.7	Michael Smith	Northwich Running Club	163	M	57	M50	22	5:15/K	52:27.9
71	52:40.1	Sam Hilton	Unattached	80	M	58	MSen	25	5:15/K	52:34.5
72	52:40.2	Huw Rees	Unattached	141	M	59	MSen	26	5:15/K	52:34.5
73	52:40.6	Sam Chappell	Unattached	28	M	60	MSen	27	5:15/K	52:34.7
74	53:00.9	Barry May	Northwich Running Club	117	M	61	MV70 ++	1	5:17/K	52:48.0
75	53:05.6	Stephen Hill	Unattached	79	M	62	MSen	28	5:18/K	52:57.0
76	53:14.4	Philip Broadbent	Unattached	22	M	63	M40	10	5:19/K	53:05.3
77	53:31.3	Katy Garrington	Unattached	65	F	14	FSen	5	5:20/K	53:23.7
78	53:31.8	Paula Hulme	Unattached	94	F	15	F50	2	5:21/K	53:28.9
79	53:52.7	Carl Hughes	Unattached	92	M	64	M40	11	5:23/K	53:47.2
80	54:04.2	Kathryn Schofield	Unattached	153	F	16	FSen	6	5:24/K	54:04.1
81	54:08.0	Thomas McKenna	Unattached	121	M	65	M Missing Info	1	5:24/K	53:57.5
82	54:11.4	Dominique Crompton	Lymm Runners	34	F	17	FSen	7	5:24/K	54:03.3
83	54:14.0	Peter Maloney	Unattached	114	M	66	M40	12	5:24/K	53:56.5
84	54:36.2	Jessica Arkley	Unattached	7	F	18	FSen	8	5:27/K	54:30.0
85	54:46.4	Christopher Grindrod	Unattached	70	M	67	M40	13	5:28/K	54:36.7
86	54:53.9	Ian Betteley	Unattached	18	M	68	M40	14	5:29/K	54:49.4
87	54:55.6	Gary Welsh	Unattached	184	M	69	M50	23	5:29/K	54:45.8
88	54:58.1	Simon Rushton	Unattached	150	M	70	M50	24	5:28/K	54:44.5
89	55:05.6	John Ashby	Unattached	9	M	71	MV60	3	5:29/K	54:54.0
90	55:05.6	Charlie Ashby	Unattached	8	F	19	FSen	9	5:29/K	54:53.7
91	55:22.3	Jennifer Paul	Unattached	200	F	20	F40	9	5:31/K	55:09.9
92	56:02.5	Brett Woolf	Northwich Running Club	192	M	72	MSen	29	5:35/K	55:52.2
93	56:04.3	Howard Smith	Unattached	160	M	73	M50	25	5:36/K	55:55.5
94	56:07.2	Lloyd Smith	Unattached	161	M	74	MSen	30	5:36/K	55:59.1
95	56:13.1	Andy Hodkinson	Unattached	82	M	75	MSen	31	5:36/K	55:58.1
96	56:23.7	Hazel Honeysett	Unattached	88	F	21	FSen	10	5:37/K	56:11.1
97	56:25.8	Janet Cook	Unattached	33	F	22	F50	3	5:38/K	56:19.3
98	56:31.8	Andrew Clayton	Northwich Running Club	30	M	76	MSen	32	5:38/K	56:19.5
99	56:41.7	Lydia Roberts	Unattached	145	F	23	FSen	11	5:38/K	56:24.5
100	56:43.6	Martin Silker	MRG	159	M	77	M40	15	5:39/K	56:26.7
101	56:54.4	Victoria Davenport	Unattached	38	F	24	FSen	12	5:40/K	56:38.5
102	57:05.2	Robert Donlan	Unattached	49	M	78	MSen	33	5:41/K	56:54.8
103	57:05.4	Mark Wright	Razzers Runners	193	M	79	MV60	4	5:41/K	56:54.0
104	57:06.2	Victoria Donlan	Unattached	50	F	25	F40	10	5:42/K	56:55.1
105	57:09.8	Siobhan Henn	Unattached	77	F	26	FSen	13	5:42/K	56:58.5
106	57:25.6	Karl Dolden	Unattached	47	M	80	M40	16	5:43/K	57:09.6
107	57:31.5	Elaine Wood	Sandbach Striders	190	F	27	FV60	1	5:44/K	57:22.0
108	57:50.1	Anna Parsons	Northwich Running Club	131	F	28	F40	11	5:46/K	57:43.0
109	58:15.0	Susan Vine	Unattached	180	F	29	F40	12	5:48/K	58:00.2
110	58:24.4	Tracy Burkhill	Unattached	25	F	30	F40	13	5:49/K	58:13.7
111	58:48.3	Gail Stone	Unattached	172	F	31	F40	14	5:51/K	58:31.6
112	58:55.3	Kathryn Ellis	Lymm Runners	54	F	32	FSen	14	5:53/K	58:46.8
113	59:09.4	Ian Statter	Unattached	171	M	81	M40	17	5:54/K	59:00.5
114	59:15.2	Sarah Jones	Weaver Warriors Tri Club	105	F	33	F40	15	5:54/K	59:03.8
115	59:34.8	Kevin Clarke	Unattached	29	M	82	MSen	34	5:57/K	59:29.4
116	59:38.9	Lisa Holness	Unattached	86	F	34	F50	4	5:57/K	59:33.8
117	59:41.6	Jonathan Lythgoe	Unattached	113	M	83	MSen	35	5:58/K	59:36.4
118	59:45.8	Jonathan Yoxall	Unattached	194	M	84	M50	26	5:58/K	59:40.0
119	59:48.0	Julie Yoxall	Unattached	195	F	35	F40	16	5:58/K	59:42.5
120	59:57.2	Laura Lynch	Unattached	112	F	36	FSen	15	5:59/K	59:48.7
121	1:00:06.5	Nan Roberts	Gog Triathlon Club	146	F	37	F40	17	5:59/K	59:53.8
122	1:00:08.2	Neil Southern	Unattached	165	M	85	M50	27	5:59/K	59:50.6
123	1:00:12.5	Elaine Hughes	Unattached	93	F	38	F40	18	6:01/K	1:00:07.8
124	1:00:13.2	Kat Janssen	Unattached	99	F	39	FSen	16	6:01/K	1:00:06.5
125	1:00:14.8	Diane Hamblett	Unattached	72	F	40	F40	19	6:01/K	1:00:10.6

126	1:00:22.3	Allan Kettlewell	Unattached	107	M	86	M50	28	6:01/K	1:00:12.3
127	1:00:51.9	Steven Cockburn	Unattached	32	M	87	MSen	36	6:05/K	1:00:48.9
128	1:01:08.4	Chris Davies	Unattached	39	M	88	M40	18	6:06/K	1:01:02.3
129	1:01:19.5	James Ashton	Unattached	10	M	89	M40	19	6:06/K	1:01:03.9
130	1:01:33.7	Richard Taylor	Unattached	173	M	90	M40	20	6:08/K	1:01:18.3
131	1:01:34.3	Dave Mears	Unattached	122	M	91	M40	21	6:09/K	1:01:31.5
132	1:01:40.8	Mark Acton	Northwich Running Club	3	M	92	M40	22	6:09/K	1:01:27.2
133	1:02:11.1	Eddie Vine	Unattached	179	M	93	M40	23	6:12/K	1:01:56.6
134	1:02:33.0	Giles Lewis	Spectrum Striders RC	111	M	94	M40	24	6:14/K	1:02:20.8
135	1:02:42.6	Ewa Labeda	Unattached	109	F	41	FSen	17	6:15/K	1:02:34.3
136	1:02:49.5	Fiona McCormack	Unattached	119	F	42	FSen	18	6:17/K	1:02:49.1
137	1:02:51.5	Matthew Fassugu	Unattached	57	M	95	MSen	37	6:17/K	1:02:51.3
138	1:02:54.7	Claire Jones	Unattached	101	F	43	FSen	19	6:16/K	1:02:42.6
139	1:03:07.4	Alexandra Ehlen	Unattached	52	F	44	F40	20	6:17/K	1:02:51.0
140	1:03:07.7	Nicola Griffiths	Weaver Warriors Tri Club	69	F	45	F40	21	6:17/K	1:02:53.5
141	1:03:55.0	Jean Clemence	Razzers Runners	31	F	46	FV70 ++	1	6:22/K	1:03:42.1
142	1:04:37.4	Stevie Porter	Unattached	138	F	47	FSen	20	6:27/K	1:04:29.9
143	1:04:39.1	Stephen Huntbach	Unattached	97	M	96	M40	25	6:27/K	1:04:26.2
144	1:04:40.8	Jen Snelson	Unattached	164	F	48	FSen	21	6:27/K	1:04:33.0
145	1:05:01.4	Emma Sheppard-Baker	Unattached	157	F	49	F40	22	6:29/K	1:04:45.0
146	1:05:05.2	Helen Donlan	Unattached	48	F	50	FSen	22	6:30/K	1:04:55.6
147	1:05:18.2	James Robinson	Unattached	147	M	97	MSen	38	6:30/K	1:05:03.3
148	1:05:24.3	Rachael Denham	Sandbach Striders	46	F	51	FSen	23	6:31/K	1:05:12.1
149	1:05:32.3	Eleanor Atkinson	Northwich Running Club	12	F	52	FSen	24	6:32/K	1:05:17.9
150	1:05:32.7	Jeff Day	Northwich Running Club	42	M	98	MSen	39	6:31/K	1:05:14.1
151	1:06:11.4	Francis Harcombe	Unattached	73	M	99	M50	29	6:36/K	1:06:03.3
152	1:06:24.6	Ray Birdsey	Unattached	19	M	100	M40	26	6:37/K	1:06:08.2
153	1:06:50.9	Dawn McIntyre	Unattached	120	F	53	F40	23	6:40/K	1:06:37.1
154	1:07:59.2	Mark Abbott	Unattached	2	M	101	M50	30	6:46/K	1:07:43.7
155	1:07:59.4	Chris Abbott	Unattached	1	F	54	F50	5	6:46/K	1:07:44.1
156	1:08:05.6	Anna Ryder	Unattached	151	F	55	FSen	25	6:47/K	1:07:54.6
157	1:08:20.3	Claire Heatley	Northwich Running Club	75	F	56	FSen	26	6:49/K	1:08:12.2
158	1:08:30.9	Anne-Marie Mounfield	Unattached	126	F	57	FSen	27	6:50/K	1:08:24.0
159	1:08:51.5	Michelle Evans	Unattached	55	F	58	FSen	28	6:52/K	1:08:40.1
160	1:08:57.7	Jackie Hall	Northwich Running Club	71	F	59	F40	24	6:53/K	1:08:46.8
161	1:09:08.8	Sarah Shead	Northwich Running Club	155	F	60	FSen	29	6:53/K	1:08:54.9
162	1:09:28.1	Denis Culloty	Sandbach Striders	36	M	102	M50	31	6:55/K	1:09:14.9
163	1:10:38.9	Sarah Oliver	Unattached	128	F	61	F40	25	7:03/K	1:10:30.2
164	1:11:04.1	Marianne Galt	Northwich Running Club	63	F	62	F40	26	7:05/K	1:10:49.1
165	1:11:25.5	Laura Williams	Unattached	188	F	63	FSen	30	7:07/K	1:11:14.8
166	1:11:46.8	Heather McBride	Northwich Running Club	118	F	64	FSen	31	7:09/K	1:11:33.6
167	1:11:48.7	Caroline Day	Northwich Running Club	44	F	65	F40	27	7:09/K	1:11:34.1
168	1:12:12.1	Michala Potts	Unattached	139	F	66	FSen	32	7:12/K	1:12:00.3
169	1:12:14.9	Linda Green	Northwich Running Club	68	F	67	F50	6	7:12/K	1:12:00.5
170	1:12:25.0	Gina Holden	Unattached	84	F	68	FSen	33	7:13/K	1:12:10.7
171	1:12:43.2	Claire Walton	Unattached	181	F	69	F40	28	7:15/K	1:12:31.3
172	1:12:52.7	Jackie Culloty	Sandbach Striders	37	F	70	F50	7	7:16/K	1:12:39.0
173	1:12:54.7	Colin Fulton	Unattached	61	M	103	M40	27	7:17/K	1:12:45.7
174	1:14:05.2	Kathryn Welsh	Unattached	185	F	71	FSen	34	7:24/K	1:13:57.4
175	1:14:05.3	Megan Hunt	Unattached	96	F	72	FSen	35	7:24/K	1:13:58.0
176	1:14:13.0	Bianca Perkin	Unattached	134	F	73	FSen	36	7:24/K	1:14:02.1
177	1:18:00.6	Julie Gray	Davenham Running Buddies	67	F	74	F50	8	7:47/K	1:17:53.5
178	1:18:01.0	Yan Fang Lee	Davenham Running Buddies	110	F	75	F50	9	7:47/K	1:17:54.3
179	1:23:37.8	Charlotte Mills	Unattached	123	F	76	FSen	37	8:20/K	1:23:21.0