

not Langley not 7 not Langley not 7 - Sat-26-Oct-2019

Pos.	No.	Name	Club	Category	L Pos.	MV Pos.	LV Pos.	Cat pos	Time
1	246	Martin Dawson	North Derbyshire Running Club	MV40			1	1	49:04
2	210	James Barnett	Stockport Harriers	M				1	50:07
3	217	Michael Berks	Altrincham and District Athletics Club	M				2	50:19
4	180	Nathanael Booker	Macclesfield Harriers	M				3	52:40
5	276	Chris Bentley	Macclesfield Harriers	M				4	54:09
6	376	Tom Peers	Stockport Harriers	M				5	54:23
7	450	Neil Walker	Altrincham and District Athletics Club	MV40			2	2	54:40
8	178	Malcolm Fowler	Wilmslow Running Club	MV55			3	1	55:04
9	452	Chris Ward	Chorlton Runners	M				6	55:30
10	230	Phil Burns	Stockport Harriers	MV40			4	3	55:35
11	249	Brian Evans	Congleton Harriers	MV55			5	2	56:15
12	347	Alex Loftus	Dulwich Runners Ac	MV40			6	4	56:54
13	205	David Armitage		MV45			7	1	57:18
14	462	Peter Williams	Wilmslow Striders	M				7	57:56
15	219	Alannah Birtwistle	Macclesfield Harriers	L	1			1	58:22
16	170	Daniel Teasel	North Derbyshire Running Club	M				8	59:23
17	270	David Haines	Vale Royal Ac	MV45			8	2	1:00:06
18	183	Richard Steeples	Lonely Goat RC	M				9	1:00:08
19	173	Fiona Blagg	Manchester Triathlon Club	L	2			2	1:00:13
20	207	Andy Baguley	Chorlton Runners	MV40			9	5	1:00:23
21	351	Ian Mason	Kingstone Runners	MV50			10	1	1:00:28
22	245	Jeremy Davies	Macclesfield Harriers	MV45			11	3	1:00:44
23	140	Steven Millar	Macclesfield Harriers	MV45			12	4	1:00:48
24	386	Sarah Renshaw	Chorlton Runners	LV35	3			1	1:00:56
25	299	Dan Croft	Macclesfield Harriers	MV50			13	2	1:01:08
26	286	James Hynes		MV50			14	3	1:01:33
27	218	Tim Billington		MV55			15	3	1:01:38
28	466	Ciaran Wright	Macclesfield Harriers	M				10	1:01:48
29	184	David Lawrance	Macclesfield Harriers	MV40			16	6	1:01:49
30	397	Steve Shaughnessy	Stockport Harriers	MV60			17	1	1:01:55
31	262	Simon Smith	Macclesfield Harriers	MV55			18	4	1:01:56
32	344	Richard Lawson	Wilmslow Running Club	MV45			19	5	1:02:28
33	182	Paul Fenton	Macclesfield Harriers	MV45			20	6	1:02:40
34	359	Andy Melvin	Stockport Harriers	MV50			21	4	1:02:56
35	195	Stuart Kinsey		MV50			22	5	1:03:11
36	284	Marcus Hulme		M				11	1:03:42
37	156	Steve Swan	Chorlton Runners	MV45			23	7	1:03:50
38	266	Neil Gunn	Macclesfield Harriers	MV60			24	2	1:04:09
39	277	Helen Evans	Macclesfield Harriers	LV35	4			2	1:04:12
40	204	Elizabeth Arden Lingford		LV55	5			3	1:04:40
41	343	Nick Crowther	Chorlton Runners	MV50			25	6	1:04:48
42	394	Sian Rowley	Sale Harriers Manchester	LV40	6			4	1:04:56
43	446	Oscar Trevena	Macclesfield Harriers	M				12	1:05:05
44	171	James Whitehurst		M				13	1:05:23
45	229	John Burgess	Chorlton Runners	MV50			26	7	1:05:43
46	393	Gary Rogerson	Macclesfield Harriers	MV45			27	8	1:05:53
47	213	Chris Beard	Vale Royal Ac	MV50			28	8	1:06:13
48	221	Marc Bradford	Macclesfield Harriers	MV40			29	7	1:06:14
49	169	Ali Alsaadi		MV40			30	8	1:06:21
50	235	Frank Cassidy	Bollington Harriers	MV55			31	5	1:06:25
51	367	Keith Mulholland	Macclesfield Harriers	MV55			32	6	1:06:28
52	113	Neil Daniels	Sandbach Striders	MV45			33	9	1:06:50
53	298	Andrea Frost	Macclesfield Harriers	LV50	7			5	1:07:10
54	368	Helen Murray	Knutsford Tri Club	LV35	8			6	1:07:32
55	280	Christian Hook	Chorlton Runners	MV45			34	10	1:08:02

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56	382	Lindsay Purdie	Macclesfield Harriers	LV45	9		7	1	1:08:12
57	197	Jessica Knowles	Congleton Harriers	LV45	10		8	2	1:08:16
58	456	Brian West		MV50		35		9	1:08:26
59	388	Glennis Richardson	Hyde Striders	LV60	11		9	1	1:08:27
60	267	Miguel Gutierrez		M				14	1:08:41
61	209	Oliver Barber	Macclesfield Harriers	M				15	1:10:03
62	146	Daniel Gill	Macclesfield Harriers	M				16	1:10:08
63	252	Vicki Fergusson	Chorlton Runners	L	12			3	1:10:22
64	212	Sara Bayley		LV45	13		10	3	1:10:29
65	225	David Brotherhood		M				17	1:10:33
66	458	Tom Whitfield		M				18	1:10:47
67	433	Mark Stanbridge	Macclesfield Harriers	MV50		36		10	1:10:54
68	381	Sarah Proudmore	Congleton Harriers	LV45	14		11	4	1:11:11
69	236	Kim Cassidy	Bollington Harriers	LV55	15		12	2	1:11:23
70	287	Anna Ireland	Macclesfield Harriers	LV45	16		13	5	1:11:28
71	258	David Gaskell		MV45		37		11	1:11:41
72	435	Jason Stott	Wilmslow Striders	MV50		38		11	1:11:50
73	261	Niamh Gill	Chorlton Runners	L	17			4	1:12:31
74	177	Phil Howarth		MV50		39		12	1:12:40
75	222	Andy Branford		MV40		40		9	1:13:01
76	366	Nicky Mowat	Wilmslow Running Club	LV60	18		14	2	1:13:34
77	251	Steve Fairclough	Bramhall Runners	MV50		41		13	1:13:46
78	352	Bernard Mccarron	Macclesfield Harriers	MV55		42		7	1:14:03
79	444	Andy Thorp		MV50		43		14	1:14:23
80	370	Tom Neill		MV55		44		8	1:14:40
81	459	David Whittaker	Congleton Harriers	MV45		45		12	1:14:52
82	228	Richard Brown	Knutsford Tri Club	MV40		46		10	1:14:57
83	265	Richard Gratton		MV50		47		15	1:15:25
84	353	Danny Mccarron	Chorlton Runners	MV55		48		9	1:15:27
85	175	Nic Dobson		M				19	1:16:35
86	174	Mark Wallace		MV40		49		11	1:16:37
87	179	James Dickinson		MV50		50		16	1:16:44
88	372	David Newton	Macclesfield Harriers	MV55		51		10	1:16:45
89	244	Laura Dalton	Macclesfield Harriers	L	19			5	1:16:56
90	240	Paul Cowell	Bramhall Runners	MV50		52		17	1:17:09
91	355	Cathy Mckeown	Massey Ferguson	LV55	20		15	3	1:17:18
92	396	Nigel Scarfe	Newbury Athletics Club	MV55		53		11	1:17:45
93	356	Maria McMaster		LV35	21		16	4	1:18:18
94	200	Jill Abbott	Macclesfield Harriers	LV55	22		17	4	1:18:30
95	254	Helen Fretwell		LV40	23		18	2	1:18:32
96	275	Judy Harker		LV50	24		19	2	1:18:53
97	457	Tessa Whiskard		LV50	25		20	3	1:18:59
98	385	Helen Rennie	Bramhall Runners	L	26			6	1:19:09
99	168	Jane Sherratt	Macclesfield Harriers	LV40	27		21	3	1:19:39
100	271	Mike Hall		MV55		54		12	1:19:00
101	346	Rebekah Livsey	Stockport Harriers	L	28			7	1:19:50
102	220	Sam Blacow	Bramhall Runners	L	29			8	1:20:25
103	282	David Howells		M				20	1:21:41
104	288	Lesley Jackson		LV45	30		22	6	1:21:48
105	440	Sue Taylor	Macclesfield Harriers	LV45	31		23	7	1:22:04
106	257	Ruth Gamwell		LV45	32		24	8	1:22:21
107	453	David Waterson	Macclesfield Harriers	MV60		55		3	1:24:32
108	364	Mont Moreton	Stoke F.I.T.	MV45		56		13	1:25:14
109	348	Emma Lord	Macclesfield Harriers	LV45	33		25	9	1:25:39
110	196	Adrian Kirk		MV40		57		12	1:26:07

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111	248	Kathryn Dewick		LV40	34		26	4	1:26:47
112	399	Beth Sheldon		LV40	35		27	5	1:26:48
113	447	Philippa Tyson	South Cheshire Harriers	LV55	36		28	5	1:27:01
114	455	Jennifer Webber		LV40	37		29	6	1:27:07
115	349	Jane Martin	Mow Cop Runners	LV55	38		30	6	1:27:07
116	211	Hannah Bassirat		L	39			9	1:28:51
117	214	Sarah Beattie	Bramhall Runners	LV45	40		31	10	1:29:54
118	448	Mike Utting	Bramhall Runners	MV45		58		14	1:29:55
119	384	Anthony Race		M				21	1:29:59
120	269	Maria Haigh	Macclesfield Harriers	LV50	41		32	4	1:31:32
121	357	Robert Mcwhinnie	Macclesfield Harriers	M				22	1:32:42
122	377	Christopher Pimblott	Macclesfield Harriers	MV60		59		4	1:34:08
123	373	Harry Newton	Macclesfield Harriers	MV80		60		1	1:36:19
124	365	Morag Morgan	Bramhall Runners	LV65	42		33	1	1:38:22
125	437	F Taylor	Macclesfield Harriers	LV40	43		34	7	1:39:51
126	369	Anne-Marie Naylor	Macclesfield Harriers	LV50	44		35	5	1:40:41
127	231	Danielle Bushell		LV35	45		36	5	1:40:55
128	362	Jacqui Millington		LV45	46		37	11	1:41:30
129	390	Caroline Ritson		LV50	47		38	6	1:42:43
130	395	Geoff Sanders	Macclesfield Harriers	MV60		61		5	1:45:18
131	283	Geoffrey Hull	Macclesfield Harriers	MV70		62		1	1:45:18
132	379	Diana Powell	Bramhall Runners	LV60	48		39	3	1:46:55
133	253	Kate Foster	Macclesfield Harriers	LV65	49		40	2	1:50:30
134	387	Adele Reynolds	Manchester Triathlon Club	L	50			10	1:53:10