

**Rainow 5 - Wed-7-May-2025**

Pos.	No.	Name	Club	Category	Time	F Pos.	M Master Pos	F Master Pos.	Cat pos
1	106	Eammon Clowes	Newcastle (Staffs) Tri Club	MU23	33:01				1
2	192	Joseph Pickard	Macclesfield Harriers & AC	MSEN	33:49				1
3	376	Jack Walton		MU23	35:07				2
4	19	Andrew Curvis	Sale Harriers Manchester	M40	35:15		1		1
5	370	Cian Tay	Macclesfield Harriers & AC	MU23	35:23				3
6	315	Rob Marsden	Sale Harriers Manchester	M40	35:26		2		2
7	234	Mark Burley	Macclesfield Harriers & AC	MSEN	35:36				2
8	226	Luke Donald	Chorlton Runners	MSEN	35:40				3
9	21	Andrew Lamont	Macclesfield Harriers & AC	M50	35:41		3		1
10	45	Ben Hobson	Chorlton Runners	MSEN	36:12				4
11	368	Fin Pettie	Macclesfield Harriers & AC	MU23	36:33				4
12	237	Mark Walker	Macclesfield Harriers & AC	M40	37:07		4		3
13	52	Cameron Banks	Chorlton Runners	MSEN	37:13				5
14	372	Jason Burgess	Staffs Moorlands AC	M40	37:16		5		4
15	206	Kitt Garvey	Levenshulme Runners	MSEN	37:19				6
16	8	Alex Galloway	Macclesfield Harriers & AC	M40	37:25		6		5
17	280	Oliver Lee	Sale Harriers Manchester	MSEN	37:28				7
18	284	Patrick Taylor		MSEN	37:31				8
19	353	Tom Gittins		MSEN	37:34				9
20	373	Jason Nicholls		MSEN	37:51				10
21	338	Simon Ward	Bollington Harriers	MSEN	37:56				11
22	298	Phil Larratt	Chorlton Runners	M40	37:58		7		6
23	362	Zach Holmes	Macclesfield Harriers & AC	MU23	38:08				5
24	319	Robert Whitby	Macclesfield Harriers & AC	MSEN	38:10				12
25	367	Arthur Raffle	Altrincham & District Athletic Club Limited	MSEN	38:14				13
26	381	Constance Jenneson	Buxton AC	FU23	38:15	1			1
27	38	Ashley Farrell	Wilmslow Running Club	MSEN	38:32				14
28	347	Thomas Wheeler	Chorlton Runners	MSEN	38:38				15
29	227	Luke Donnelly	Chorlton Runners	MSEN	38:41				16
30	243	Mat Basford	Chorlton Runners	MSEN	38:45				17
31	281	Oliver Winnington	Bollington Harriers	MSEN	38:48				18
32	69	Christian Atkinson	Bollington Harriers	MSEN	38:56				19
33	46	Benjamin Brown	Chorlton Runners	MSEN	38:57				20
34	300	Rachel Brown	Chorlton Runners	FSEN	38:57	2			1
35	15	Amelia Pagett	Sale Harriers Manchester	FSEN	39:00	3			2
36	321	Sam Cooper	Bollington Harriers	M40	39:08		8		7
37	228	Luke Kelly	Chorlton Runners	MSEN	39:09				21
38	374	Paul Noble	Sale Harriers Manchester	M50	39:10		9		2
39	382	Nathaniel Hicks	Glossopdale Harriers	MSEN	39:15				22
40	220	Louis James	Chorlton Runners	MSEN	39:22				23
41	133	Gavin Peach	Goyt Valley Striders	M40	39:36		10		8
42	202	Katie Lowles	Chorlton Runners	FSEN	39:37	4			3
43	283	Patrick Goodrich	Chorlton Runners	M40	39:42		11		9
44	278	Nicola Reece	Wilmslow Running Club	F40	40:04	5		1	1
45	120	Emma Johnson	Macclesfield Harriers & AC	FU23	40:14	6			2
46	94	David Jones		MSEN	40:15				24
47	297	Peter Williams	Wilmslow Striders	MSEN	40:33				25
48	257	Mike Ashby	Sale Harriers Manchester	M40	40:41		12		10
49	2	Adam Burnett	Chorlton Runners	MSEN	40:49				26
50	104	Duane Cordingley-Gaun	Sale Harriers Manchester	MSEN	40:50				27
51	276	Nick Syrett	Chorlton Runners	M40	40:51		13		11
52	75	Christopher Tait	Sale Harriers Manchester	MSEN	40:56				28
53	66	Chris Mills		MSEN	41:05				29
54	225	Luke Cook		MSEN	41:06				30
55	350	Toby Wallis	Macclesfield Harriers & AC	MSEN	41:10				31
56	85	Dan Martell	Altrincham & District Athletic Club Limited	MSEN	41:11				32
57	379	Philip Thompson		M40	41:12		14		12
58	126	Francesca Brint	Macclesfield Harriers & AC	FSEN	41:12	7			4
59	84	Dan Leng	Macclesfield Harriers & AC	MSEN	41:16				33
60	164	Jacob Van Geffen	Pendle AC	MSEN	41:24				34
61	369	Daniel Brown		MU23	41:24				6
62	279	Olie Hambleton		MSEN	41:26				35
63	105	Duncan Hill	Sale Harriers Manchester	M50	41:27		15		3
64	345	Thomas Clowes	Chorlton Runners	MSEN	41:34				36
65	341	Steve Lomas	Macclesfield Harriers & AC	M50	41:39		16		4
66	10	Alice Swift	Pennine Fell Runners	FSEN	41:41	8			5
67	239	Markus Dalgaard	Wilmslow Running Club	MSEN	41:43				37
68	191	Joseph Guntrip	Chorlton Runners	MSEN	41:46				38
69	190	Jordan Baxter	Levenshulme Runners	MSEN	41:50				39
70	174	Jay Dale		M40	41:52		17		13
71	254	Michael Ford		M40	41:57		18		14
72	259	Mike Hill	Wilmslow Running Club	M50	42:01		19		5
73	179	Jim Pendrill	Macclesfield Harriers & AC	M50	42:02		20		6
74	170	Jarrod Homer	Wilmslow Running Club	M50	42:08		21		7
75	187	Jonathan Davey	Macclesfield Harriers & AC	MSEN	42:09				40
76	186	Jon Smalley	Sale Harriers Manchester	M40	42:10		22		15
77	124	Fiona Blagg	Macclesfield Harriers & AC	FSEN	42:15	9			6

78	309	Richard Brown	Sale Harriers Manchester	M50	42:27		23		8
79	150	Harry Hitchen		MSEN	42:31				41
80	270	Neil Pettie	Macclesfield Harriers & AC	M50	42:36		24		9
81	24	Andy Baguley	Chorlton Runners	M40	42:37		25		16
82	152	Helen Saunders	Macclesfield Harriers & AC	FSEN	42:40	10			7
83	351	Tom Atkinson		M50	42:40		26		10
84	11	Alicia Roberts	Macclesfield Harriers & AC	FSEN	42:41	11			8
85	1	Adam Brown	Buxton AC	MSEN	42:59				42
86	366	George Thorpe	Chorlton Runners	MSEN	43:06				43
87	304	Rachel Munday	Macclesfield Harriers & AC	F40	43:09	12		2	2
88	352	Tom Gallagher	Hoare Lea Harriers	MSEN	43:14				44
89	256	Miguel Gutierrez Rubio		MSEN	43:24				45
90	142	Graeme Eddie	Macclesfield Harriers & AC	M40	43:27		27		17
91	165	James McMurtry	Ashbourne Running Club	M50	43:32		28		11
92	185	John Stockdale	Marple Runners	M50	43:36		29		12
93	316	Robert Gittins	Macclesfield Harriers & AC	M60	43:43		30		1
94	217	Lewis Jones	Wilmslow Running Club	M40	43:52		31		18
95	251	Matthew Tute		M40	43:55		32		19
96	151	Heather Hughes	Sale Harriers Manchester	FSEN	43:56	13			9
97	232	Marc Bradford	Macclesfield Harriers & AC	M40	43:58		33		20
98	50	Bruce Humphrey	Chorlton Runners	M50	43:59		34		13
99	23	Andrew Neilson	Wilmslow Striders	MSEN	44:02				46
100	295	Peter Daly	Glossopdale Harriers	M50	44:05		35		14
101	4	Adam North		MSEN	44:13				47
102	286	Paul Atkin	Macclesfield Harriers & AC	M40	44:16		36		21
103	157	Ian Sharpe	Chorlton Runners	M50	44:19		37		15
104	130	Gareth Pritchard	Bramhall Runners	M40	44:23		38		22
105	359	Wayne Grant	Goyt Valley Striders	M40	44:25		39		23
106	332	Scott MacDonald	Poynton Runners	MSEN	44:31				48
107	375	Alfie Hill		MU23	44:33				7
108	79	Colin Caisley	Wilmslow Running Club	M50	44:42		40		16
109	5	Aidan Raftery	Sale Harriers Manchester	M60	44:53		41		2
110	247	Matthew Conner	Chorlton Runners	M40	45:10		42		24
111	293	Pete Holmes	Chorlton Runners	MSEN	45:12				49
112	193	Josh Hewitt	Macclesfield Harriers & AC	M40	45:13		43		25
113	334	Sean Lord	Chorlton Runners	M50	45:14		44		17
114	16	Andrew Basford	Chorlton Runners	M40	45:22		45		26
115	219	Louis Bravo	Chorlton Runners	MSEN	45:24				50
116	287	Paul Barrett	Sale Harriers Manchester	M40	45:25		46		27
117	269	Neil Evans	Buxton AC	M50	45:27		47		18
118	73	Christopher Clements	Bollington Harriers	M40	45:45		48		28
119	159	Ian Stanway	Congleton Harriers	MSEN	45:46				51
120	102	Diane Bygrave	Wilmslow Running Club	F50	45:48	14		3	1
121	163	Jack Miller	Wilmslow Striders	MSEN	45:53				52
122	90	David Ahearn	Pennine Fell Runners	M40	46:06		49		29
123	140	Glynn Luznyj	Staffs Moorlands AC	M40	46:34		50		30
124	306	Rebecca Fitzsimmons	Chorlton Runners	FSEN	46:36	15			10
125	288	Paul Chrisp	Delamere Spartans	M60	46:43		51		3
126	117	Emma Bailey	Staffs Moorlands AC	F50	46:48	16		4	2
127	17	Andrew Carlson	Chorlton Runners	MSEN	46:51				53
128	236	Mark Lumb		M40	46:59		52		31
129	98	David Wood		M40	47:02		53		32
130	361	Yvonne King	Chorlton Runners	FSEN	47:10	17			11
131	114	Elliot Drummond	Chorlton Runners	MSEN	47:16				54
132	146	Guy Maddox	Macclesfield Harriers & AC	M50	47:20		54		19
133	333	Sean Adams	Goyt Valley Striders	M50	47:21		55		20
134	128	Gabby Le Geyt	Macclesfield Harriers & AC	F40	47:25	18		5	3
135	264	Natalie Macfarlane	Chorlton Runners	FSEN	47:30	19			12
136	325	Samuel Reed	Chorlton Runners	MSEN	47:34				55
137	20	Andrew Edwards		M50	47:37		56		21
138	97	David Whitfield	Macclesfield Harriers & AC	M50	47:48		57		22
139	371	Geoff Evatt	Goyt Valley Striders	M40	47:49		58		33
140	55	Carly Heselwood	Wilmslow Striders	F40	47:59	20		6	4
141	246	Matt Yardley	Bollington Harriers	M50	48:00		59		23
142	116	Emily Herd		FSEN	48:03	21			13
143	285	Paul Adams	Chorlton Runners	M60	48:12		60		4
144	144	Graham Barnes		M70	48:18		61		1
145	213	Lee Barratt	Stockport Harriers & AC	M50	48:21		62		24
146	103	Diane Enderby	Chorlton Runners	FSEN	48:22	22			14
147	87	Darren Proffitt	Wilmslow Striders	M50	48:28		63		25
148	56	Carolyn Tregaskis	Rossendale Harriers & AC	F60	48:32	23		7	1
149	235	Mark Cooper	Chorlton Runners	M50	48:32		64		26
150	249	Matthew Jones		M40	48:34		65		34
151	252	Megan Proffitt	Wilmslow Striders	FSEN	48:36	24			15
152	275	Nick Jackson	Wilmslow Running Club	M50	48:40		66		27
153	156	Ian Riley	Bollington Harriers	M40	48:46		67		35
154	318	Robert Heggs	Chorlton Runners	M50	48:47		68		28
155	302	Rachel Innis	Chorlton Runners	FSEN	48:48	25			16
156	340	Stephen Lumbard	Wilmslow Striders	M40	48:49		69		36

157	91	David Baker		M40	48:52		70		37
158	64	Chris Calderbank	Kerb Runners	MSEN	48:54				56
159	364	Yvonne Williams	Pennine Fell Runners	F50	49:00	26		8	3
160	365	Mick Moorhouse	Matlock Athletic Club	M70	49:03		71		2
161	134	Gemma Cargin	Chorlton Runners	FSEN	49:04	27			17
162	182	John Dinan	Levenshulme Runners	M40	49:07		72		38
163	327	Sarah Granville		FSEN	49:08	28			18
164	34	Anna Ireland	Macclesfield Harriers & AC	F50	49:19	29		9	4
165	123	Etienne Humphries	Chorlton Runners	M40	49:26		73		39
166	201	Kathleen O'donnell	Macclesfield Harriers & AC	F40	49:26	30		10	5
167	39	Barnaby Crawshaw	Pennine Fell Runners	M40	49:29		74		40
168	255	Michael Thorley	Macclesfield Harriers & AC	M50	49:31		75		29
169	216	Leona Beaumont	Chorlton Runners	F40	49:32	31		11	6
170	310	Richard Lawson	Wilmslow Running Club	M50	49:49		76		30
171	99	Davide Cuoghi	Levenshulme Runners	MSEN	49:57				57
172	41	Barry Dillon	Macclesfield Harriers & AC	M40	50:04		77		41
173	240	Martin Day	Staffs Moorlands AC	M40	50:26		78		42
174	136	Geoff Spencer		M50	50:32		79		31
175	305	Raff Mckenzie	Bollington Harriers	MSEN	50:41				58
176	47	Benjamin Embery		MSEN	50:42				59
177	158	Ian Smallwood	Wilmslow Running Club	M60	50:50		80		5
178	61	Charmaine Wood	Macclesfield Harriers & AC	F40	50:53	32		12	7
179	161	Ivan Whigham	Goyt Valley Striders	M60	50:56		81		6
180	203	Kieran Smallbone	Goyt Valley Striders	M40	51:04		82		43
181	277	Nicola Boot	Chorlton Runners	F50	51:05	33		13	5
182	363	Zoe Colman	Bollington Harriers	F40	51:06	34		14	8
183	215	Leigh Wykes	Macclesfield Harriers & AC	M50	51:10		83		32
184	119	Emma Dixon	Chorlton Runners	FSEN	51:22	35			19
185	320	Roland Meylan	Staffs Moorlands AC	M50	51:24		84		33
186	143	Graeme Marsden	Disley Runners	M60	51:26		85		7
187	268	Neil Daniels		M40	51:33		86		44
188	230	Luke Watson	Chorlton Runners	M50	51:34		87		34
189	294	Peter Adams	Staffs Moorlands AC	M50	51:42		88		35
190	238	Mark Whitwood		M40	52:04		89		45
191	177	Jenny Black		FSEN	52:12	36			20
192	74	Christopher Swann	South Cheshire Harriers	M40	52:24		90		46
193	245	Matt Lees	Bollington Harriers	M50	52:26		91		36
194	131	Gareth Trimble	Wilmslow Running Club	M50	52:33		92		37
195	118	Emma Banister	Chorlton Runners	F50	52:36	37		15	6
196	14	Amanda Dean	Ashbourne Running Club	F60	52:41	38		16	2
197	260	Mike Hodson	Bramhall Runners	M50	52:54		93		38
198	274	Nick Ham	Glossopdale Harriers	M60	52:57		94		8
199	107	Ed Smallwood		M40	53:00		95		47
200	273	Nicholas Bown	Wilmslow Running Club	M60	53:02		96		9
201	31	Angela Luznyj	Staffs Moorlands AC	F40	53:15	39		17	9
202	328	Sarah Renshaw	Chorlton Runners	F40	53:16	40		18	10
203	314	Rob Clarke	Staffs Moorlands AC	M50	53:20		97		39
204	60	Charlotte Gilbert	Chorlton Runners	F40	53:21	41		19	11
205	154	Holly Lucas	Wilmslow Running Club	FSEN	53:34	42			21
206	32	Ann-Marie Jones	Macclesfield Harriers & AC	F70	53:40	43		20	1
207	22	Andrew Leyland		MSEN	53:42				60
208	29	Andy Watts	Wilmslow Running Club	M70	53:44		98		3
209	173	Jason White	Staffs Moorlands AC	M50	53:56		99		40
210	80	Colin Hill	Poynton Runners	MSEN	54:04				61
211	44	Ben Evans		MSEN	54:06				62
212	196	Julia Marie Carter	Goyt Valley Striders	F50	54:07	44		21	7
213	377	Michael Doherty		M70	54:10		100		4
214	303	Rachel Maskell	Wilmslow Running Club	F40	54:11	45		22	12
215	81	Colin Sam Walton	Wilmslow Running Club	M60	54:14		101		10
216	356	Victor Ridding	Levenshulme Runners	M60	54:15		102		11
217	3	Adam Harrison		MSEN	54:33				63
218	313	Rita Cooke		F40	54:40	46		23	13
219	355	Tracy Bown	Wilmslow Running Club	F60	54:41	47		24	3
220	272	Neil Uys		MSEN	54:43				64
221	290	Paul Neal		M50	54:45		103		41
222	48	Bernard McCarron	Macclesfield Harriers & AC	M60	54:49		104		12
223	100	Den Masset	Macclesfield Harriers & AC	F60	54:54	48		25	4
224	349	Toby Gold	Wilmslow Striders	M60	54:58		105		13
225	208	Laura Lane	Bollington Harriers	F40	55:20	49		26	14
226	289	Paul McDaid	Heald Green Runners	M50	55:42		106		42
227	77	Clara Sattentau	Levenshulme Runners	FSEN	55:59	50			22
228	324	Samuel Crawshaw	Levenshulme Runners	M40	56:05		107		48
229	51	Bryony Bell	Chorlton Runners	F40	56:09	51		27	15
230	37	Annie Taylor	South Cheshire Harriers	FSEN	56:12	52			23
231	148	Hannah Greenlee	Chorlton Runners	FSEN	56:38	53			24
232	18	Andrew Chaplin	Bollington Harriers	M60	56:41		108		14
233	380	Mark William Granson		M40	56:53		109		49
234	95	David Larkin	Macclesfield Harriers & AC	M40	57:05		110		50
235	160	Ian Wolfendale	Pennine Fell Runners	M60	57:09		111		15

236	26	Andy Lee	Poynton Runners	M50	57:19		112		43
237	7	Alan Bocking	Cheshire Hill Racers	M70	57:23		113		5
238	180	Jocelyn Granger	Staffs Moorlands AC	F60	57:26	54		28	5
239	176	Jennie Robinson	Macclesfield Harriers & AC	F40	57:35	55		29	16
240	92	David Horsfield	Bollington Harriers	M60	58:02		114		16
241	35	Anna Sulston	Levenshulme Runners	F5EN	58:05	56			25
242	329	Sarah Tomkow		F5EN	58:08	57			26
243	222	Louise Tomkow		F40	58:09	58		30	17
244	330	Saranya Hasler	Badgers	F40	58:19	59		31	18
245	296	Peter Moseley	Chortton Runners	M40	58:30		115		51
246	166	Jane Sherratt		F40	58:33	60		32	19
247	326	Sarah Daly	Wilmslow Striders	F50	58:46	61		33	8
248	70	Christina Emerson	Heald Green Runners	F50	59:12	62		34	9
249	218	Lorelle Gill		F5EN	59:15	63			27
250	214	Lee Martin	Levenshulme Runners	M40	59:22		116		52
251	122	Emma Smith	Wilmslow Striders	F5EN	59:26	64			28
252	263	Natalie Harper	Chortton Runners	F5EN	59:35	65			29
253	36	Anne Thomas	Wilmslow Striders	F50	59:36	66		35	10
254	344	Suzy Hill	Chortton Runners	F5EN	59:36	67			30
255	111	Elisabeth Lewis	Chortton Runners	F40	59:53	68		36	20
256	195	Julia Dickie	Macclesfield Harriers & AC	F60	59:55	69		37	6
257	262	Natalia Olszewska	Didsbury Runners	F5EN	1:00:04	70			31
258	49	Beth Millman		F5EN	1:00:06	71			32
259	147	Hannah Butler		F5EN	1:00:07	72			33
260	197	Julian Sacofsky	Levenshulme Runners	M60	1:00:09		117		17
261	339	Spence Sivewright	Macclesfield Harriers & AC	M60	1:00:15		118		18
262	169	Janine Ellis	Wilmslow Running Club	F50	1:00:19	73		38	11
263	299	Rachael Clegg	Chortton Runners	F50	1:00:43	74		39	12
264	62	Chloe Jackman		F5EN	1:00:45	75			34
265	83	Dan Bowers		M40	1:00:48		119		53
266	141	Grace O'Neill	Macclesfield Harriers & AC	F5EN	1:01:00	76			35
267	59	Catriona Marshall	Wilmslow Running Club	F50	1:01:02	77		40	13
268	129	Gabriella Wieland	Chortton Runners	F5EN	1:01:07	78			36
269	96	David Shoesmith	Marple Runners	M70	1:01:17		120		6
270	67	Chris Peachey	Chortton Runners	M50	1:01:25		121		44
271	28	Andy Thorp	Macclesfield Harriers & AC	M50	1:01:52		122		45
272	207	Kristy Readman	Macclesfield Harriers & AC	F50	1:01:55	79		41	14
273	242	Mary Jeal	Glossopdale Harriers	F60	1:02:21	80		42	7
274	101	Dennis Robinson	South Cheshire Harriers	M60	1:02:27		123		19
275	27	Andy Peet	Macclesfield Harriers & AC	M60	1:02:33		124		20
276	139	Gillian Campbell	Chortton Runners	F40	1:02:39	81		43	21
277	343	Sue Waring	Chortton Runners	F60	1:03:20	82		44	8
278	212	Leanne Leyland		F5EN	1:03:22	83			37
279	13	Alison Gunn	Macclesfield Harriers & AC	F60	1:03:49	84		45	9
280	58	Catherine Elliott	Chortton Runners	F50	1:04:12	85		46	15
281	336	Shirley Ralph	Bramhall Runners	F50	1:04:20	86		47	16
282	322	Sam Thompson		M5EN	1:04:35				65
283	112	Elizabeth Gilmour	Goyt Valley Striders	F60	1:04:37	87		48	10
284	42	Becky Lees	Bollington Harriers	F50	1:04:49	88		49	17
285	358	Vivienne Quigley		F40	1:04:50	89		50	22
286	253	Melissa Tate	Chortton Runners	F50	1:05:01	90		51	18
287	145	Graham Dewar	Poynton Runners	M50	1:05:01		125		46
288	110	Eleanor Snedden		F40	1:05:09	91		52	23
289	53	Cameron McKechnie		M5EN	1:05:09				66
290	204	Kimberley Partridge		F40	1:05:19	92		53	24
291	25	Andy Duckworth		M50	1:05:19		126		47
292	168	Janette Watson	Levenshulme Runners	F50	1:05:45	93		54	19
293	71	Christine Land	Chortton Runners	F5EN	1:06:09	94			38
294	282	Pam Sanders	Ashbourne Running Club	F40	1:06:25	95		55	25
295	241	Martin Wright	Ashbourne Running Club	M60	1:06:37		127		21
296	72	Christine Ritchie	Macclesfield Harriers & AC	F60	1:07:10	96		56	11
297	68	Chris Tetley	Goyt Valley Striders	M60	1:07:20		128		22
298	178	Jim Kelly	Macclesfield Harriers & AC	M70	1:07:34		129		7
299	188	Jonathan Rose	Wilmslow Striders	M60	1:09:24		130		23
300	135	Gemma Sutherland	Levenshulme Runners	F40	1:09:39	97		57	26
301	200	Kate Sutton	Wilmslow Running Club	F60	1:09:46	98		58	12
302	63	Chris Brumby	Sandbach Striders	M60	1:09:51		131		24
303	155	Ian Ashcroft	Wilmslow Running Club	M70	1:11:02		132		8
304	307	Rebecca Knapton	Chortton Runners	F5EN	1:11:48	99			39
305	113	Elizabeth Whittall	Ashbourne Running Club	F40	1:12:12	100		59	27
306	149	Hannah Jane Riches	Chortton Runners	F5EN	1:12:51	101			40
307	12	Alison Coleridge	Chortton Runners	F50	1:13:32	102		60	20
308	138	Gerard O'Sullivan	South Cheshire Harriers	M60	1:14:36		133		25
309	267	Nazia Parveen	Levenshulme Runners	F5EN	1:34:59	103			41
310	125	Francesca Bale	Chortton Runners	F5EN	DNF				
311	137	Georgina Sargent	Wilmslow Striders	F5EN	DNF				
312	127	Frank Rogers	Levenshulme Runners	M50	DNF				