

Pos	Num	Forename	Surname	Cat	Club	Time
1	263	Jonny	MELLOR	SM	Liverpool Harriers	00:14:30
2	151	Simon	MILLS	SM	Sale Harriers	00:14:47
3	264	Andi	JONES	SM	Salford Harriers	00:14:49
4	138	Lee	SIEMASZKO	SM	Liverpool Harriers	00:15:27
5	165	David	CATT	JM	Liverpool Harriers	00:15:39
6	6	Ian	HOUSTON	SM	Wrexham AAC	00:15:58
7	71	Steven	CROWE	SM	Ellesmere Port RC	00:15:59
8	293	Nick	ANDREWS	SM	Telford ac	00:16:00
9	171	Phil	DAVIES-PEERLESS	SM	Wirral AC	00:16:05
10	257	Jason	MCGONIGLE	JM	Warrington AC	00:16:08
11	117	Blake	ELLIS	SM	Trafford AC	00:16:14
12	234	Xavier	DESSE	SM	Wirral AC	00:16:15
13	192	Joey	PARKINSON	M40	Liverpool Harriers	00:16:16
14	116	Tom	BUSH	SM	Altrincham & District AC	00:16:17
15	178	James	GRAHAM	SM	Spectrum Striders	00:16:27
16	186	Andrew	LAMONT	SM	Macclesfield Harriers	00:16:30
17	112	Mark	HULMSTON	SM	Wirral AC	00:16:33
18	86	Darren	BLAZIER	SM	Abergele Harriers	00:16:34
19	58	Graham	HOUGHTON	SM	Spectrum Striders	00:16:38
20	31	Gary	NORGROVE	SM	Wreccsam Tri	00:16:42
21	0		Unregistered Competitor	NDB		00:16:43
22	270	Steven	MCCORMACK	JM	Abergele Harriers	00:16:43
23	206	Claire	MARTIN	SF	Telford Harriers	00:16:44
24	102	Nick	BURKE	SM	Altrincham & District AC	00:16:47
25	36	Chris	COOPER	M17	Wirral AC	00:16:48
26	266	Jenny	BLIZARD	SF	Rotherham Harriers	00:16:50
27	187	Graham	JENKINS	M45	West Cheshire AC	00:16:51
28	84	Andrew	PENNEY	SM	Wilmslow AC	00:16:53
29	41	Barry	GRANEY	SM	St Helens Sutton AC	00:16:53

30	15	Michael	ROBBINS	M40	Wrexham AAC	00:16:53
31	92	Sam	RUSSELL	M17	Wigan Harriers	00:16:53
32	289	Tim	CAHILL	M45	Abergele Harriers	00:17:04
33	118	David	LIVINGSTONE	SM	Altrincham & District AC	00:17:05
34	240	Chris	SMITHARD	JM	Unattached	00:17:07
35	213	Adrian	TIMMINS	SM	Warrington AC	00:17:07
36	115	Olivia	WALWYN	SF	Altrincham & District AC	00:17:08
37	214	Heather	TIMMINS	JF	Warrington AC	00:17:12
38	243	Pete	BENYON	SM	Tattenhall Runners	00:17:14
39	57	Dewi	ROBERTS	M40	Abergele Harriers	00:17:18
40	150	Hayley	JENNING	SF	Telford Harriers	00:17:18
41	176	Denis	DURET	M40	Ellesmere Port RC	00:17:20
42	19	Steve	LOMAS	SM	Macclesfield Harriers	00:17:20
43	12	Colin	MARTIN	M45	Spectrum Striders	00:17:21
44	298	Paul	FRODSHAM	M45	West Cheshire AC	00:17:25
45	54	Michael	JONES	SM	Buckley Runners	00:17:27
46	203	Rachael	THOMPSON	SF	Altrincham & District AC	00:17:29
47	66	Raphael	MURRAY	M50	Macclesfield Harriers	00:17:33
48	129	Warren	MASON	M40	Macclesfield Harriers	00:17:34
49	265	Stephen	BURTHEM	M45	Warrington AC	00:17:35
50	16	Caroline	HARNEY	SF	Wrexham AAC	00:17:36
51	56	Gareth	ROBERTS	M40	Abergele Harriers	00:17:37
52	148	Ruth	HETHERINGTON	SF	Wrexham AAC	00:17:45
53	33	Mike	HOUGHTON	SM	Spectrum Striders	00:17:46
54	111	Matthew	RIMMINGTON	SM	Spectrum Striders	00:17:47
55	82	Jonathan	BRADSHAW	SM	Unattached	00:17:50
56	170	Anthony	NICHOLLS	SM	Wrekin Road Runners	00:17:55

57	17	Dave	AYTON	SM	Wrexham AAC	00:17:58
58	13	Emma	PARRY	SF	Wrexham AAC	00:17:58
59	284	Morten	GAMMELSAETER	SM	Wirral AC	00:17:59
60	81	Dan	HARRIS	SM	Unattached	00:18:00
61	236	Martin	CORTVRIEND	M55	Denbigh Harriers	00:18:04
62	200	Paul	GLOVER	M40	Warrington Road Runners	00:18:05
63	220	Dave	BOOTH ROYD	M45	Buckley Runners	00:18:09
64	93	Andy	DUFFIELD	M40	West Cheshire AC	00:18:09
65	126	Peter	MAHER	M50	Vale Royal AC	00:18:16
66	184	Mark	MESSENGER	M40	Macclesfield Harriers	00:18:17
67	242	Marilyn	KITCHING	F35	Tattenhall Runners	00:18:17
68	287	Antony	WOODALL	SM	Eyri Harriers	00:18:18
69	224	Anne	FARMER	SF	Macclesfield Harriers	00:18:18
70	52	Adair	BROUGHTON	SM	Helsby RC	00:18:19
71	32	Rory	LOTT	M17	Wirral AC	00:18:22
72	260	Malcolm	BALMER	M40	Penny Lane Striders	00:18:24
73	286	Neale	STEPHENS	M45	Warrington AC	00:18:26
74	166	Glen	WILSON	SM	Vale Royal AC	00:18:28
75	139	Richard	HAYES	SM	Wreccsam Tri	00:18:30
76	147	Matthew	WHITFIELD	M50	Ellesmere Port RC	00:18:37
77	172	Keith	HATTON	M45	Liverpool Harriers	00:18:38
78	193	John	CARROLL	M45	Vale Royal AC	00:18:39
79	292	Mel	CRAGG	M40	Unattached	00:18:39
80	278	James	ELLIS	M15	West Cheshire AC	00:18:40
81	146	Nicola	BIRD	SF	Ellesmere Port RC	00:18:41
82	123	Andy	SEAL	M45	Telford Harriers	00:18:46
83	74	Marcus	CROMPTON	M40	Vale Royal AC	00:18:47
84	227	John	PARROTT	M50	Stockport Harriers	00:18:50
85	280	Isabel	REDFERN	SF	Colwyn Bay	00:18:50
86	238	Chris	NIELD	SM	Unattached	00:18:52
87	276	Sam	RICHARDS	M17	Chester Tri	00:18:58
88	197	Alison	HARTOPP	F40	Macclesfield Harriers	00:18:59

89	91	David	QUINN	M45	Wilmslow AC	00:19:00
90	218	Graham	DALTON	M40	Unattached	00:19:05
91	247	Chris	LONEY	M45	Chester Tri	00:19:10
92	106	Liz	FARHALL	SF	Spectrum Striders	00:19:12
93	201	Neil	STANLEY	SM	West Cheshire AC	00:19:20
94	77	Paul	KAY	M50	Spectrum Striders	00:19:21
95	253	Shane	YATES	SM	Buckley Runners	00:19:21
96	14	Keith	SCOVELL	M45	Unattached	00:19:25
97	221	Stephen	BOTHAM	M45	Wreccsam Tri	00:19:35
98	109	Jane	ASHBROOK	SF	Helsby RC	00:19:36
99	124	Steve	SMITH	SM	Vale Royal AC	00:19:37
100	73	Helen	WHITBY	SF	Vale Royal AC	00:19:37
101	209	Barry	GARDNER	SM	West Cheshire AC	00:19:39
102	219	Luke	PROUDFOOT	M17	Unattached	00:19:42
103	300	Ken	BURGESS	M60	Altrincham ac	00:19:45
104	96	David	HAINES	SM	Vale Royal AC	00:19:50
105	72	Jay	JENNIONS	SF	Deestriders	00:19:56
106	65	David Alan	JONES	M55	Denbigh Harriers	00:19:59
107	199	Keith	BROWN	M45	Warrington Road Runners	00:20:03
108	48	Andy	SMITH	M45	Helsby RC	00:20:05
109	288	Paul	ROWLAND	M55	Unattached	00:20:06
110	39	Paul	TYE	M45	Unattached	00:20:08
111	34	Karon	FORSTER	F45	Spectrum Striders	00:20:15
112	256	John	JENNINGS	M45	Ellesmere Port RC	00:20:18
113	10	Geoff	SHAW	M50	Helsby RC	00:20:20
114	252	David	TEMPLE	SM	Deestriders	00:20:23
115	198	Bob	CUNLIFFE	M40	Unattached	00:20:23
116	274	Philip	WALKER	M55	Wrexham AAC	00:20:25
117	88	Julian	SPENCER	M45	Spectrum Striders	00:20:32
118	8	Andrew	MCKECHNIE	SM	Mersey Tri	00:20:36
119	113	Dawn	URQUHART	F35	Buckley Runners	00:20:38
120	279	Peter	WEATHERHEAD	M55	Wirral AC	00:20:38
121	250	Michael	RIMMINGTON	SM	Spectrum Striders	00:20:47
122	188	Alison	HUGHES	SF	Ellesmere Port RC	00:20:57

123	149	Andrew	HETHERINGTON	SM	West Cheshire AC	00:20:57
124	299	Gavin	GARNETT	SM	Unattached	00:20:59
125	51	Linda	WORRAL	F50	Chester Tri	00:21:01
126	127	John	MORRIS	M60	Buckley Runners	00:21:03
127	132	Nicky	ROBERTS	F35	Unattached	00:21:05
128	141	Dave	TAYLOR	M55	Chester Tri	00:21:11
129	97	John	CLARKE	M50	Vale Royal AC	00:21:13
130	158	Mike	DOWSETT	SM	Unattached	00:21:15
131	222	Laynie	STOTHART- WILDE	SF	Tattenhall Runners	00:21:17
132	259	Ivor	JOHNSTONE	M40	Helsby RC	00:21:17
133	233	Russell	MURRAY	M40	Welsh Fell Runners Assoc	00:21:18
134	248	Simon	PHILLIPS	M45	Wrexham AAC	00:21:21
135	228	Bob	CORINALDI	SM	Unattached	00:21:22
136	101	Derek	ISHERWOOD	M45	Wirral AC	00:21:32
137	275	Robin	FROST	M60	Wrexham AAC	00:21:34
138	281	Geoffrey	BEATTIE	M50	Esporta	00:21:35
139	285	Paul	BIGGS	M40	Unattached	00:21:41
140	294	Jonathan	HUGHES	M45	Unattached	00:21:41
141	245	Terry	AXON	M45	Unattached	00:21:41
142	159	Geoff	READ	M55	Spectrum Striders	00:21:45
143	241	Jack	THOMAS	M65	Buckley Runners	00:21:46
144	42	Neil	RICHARDS	SM	Unattached	00:21:48
145	251	Neil	WALSH	SM	Spectrum Striders	00:21:49
146	30	Kim	NORGROVE	F40	Wreccsam Tri	00:21:50
147	35	Timothy	YOUDELL	M45	Unattached	00:22:03
148	152	Martin	STIRNA	M50	South Cheshire Harriers	00:22:05
149	277	Michael	BRADLEY	M50	Spectrum Striders	00:22:06
150	215	Nick	SAVERY	SM	Saddleworth Runners	00:22:08
151	210	Kevin	CURTIS	M50	Unattached	00:22:12
152	7	Carol	SHAW	F45	Helsby RC	00:22:13
153	296	Robert	BUCKLEY	M50	Altrincham ac	00:22:14
154	185	Mike	CUTLER	M50	South Cheshire Harriers	00:22:16
155	258	Peter	JODDRELL	SM	Unattached	00:22:18
156	173	David	OWEN	M40	Unattached	00:22:19
157	128	Lisa	DAVIES	F35	West Cheshire AC	00:22:22

158	230	Larry	CRAWLEY	M55	Warrington Road Runners	00:22:24
159	202	Charlotte	LINFOOT	JF	Wigan Harriers	00:22:27
160	69	Andy	TODD	M60	Helsby RC	00:22:40
161	169	Wendy	SEARLE	SF	Wrekin Road Runners	00:22:42
162	295	Calis	BUTTERLY	SM	Unattached	00:22:44
163	195	Thomas	ATHERTON	M50	West Cheshire AC	00:22:46
164	95	Alan	JONES	SM	Unattached	00:22:48
165	11	Chris	NEUKOM	M50	Unattached	00:22:49
166	229	Tarja	KINNUNEN	F35	Penny Lane Striders	00:22:57
167	114	Hazel	DIRKSEN	F60	Buckley Runners	00:22:58
168	119	Andy	GILDON	M50	Macclesfield Harriers	00:23:00
169	110	Julian	MAHY	M50	North Wales Road Runners Clu	00:23:16
170	78	Natalie	MOUNTFORD	SF	Stafford Harriers	00:23:19
171	182	Desmond	DROHAN	M45	Unattached	00:23:36
172	89	David	REDPATH	M55	Spectrum Striders	00:23:36
173	142	Janet	TAYLOR	F45	Chester Tri	00:23:39
174	37	Mark	MOLLOY	M40	Warrington Road Runners	00:23:41
175	143	Robert	JONES	SM	Wreccsam Tri	00:23:44
176	90	Janet	REDPATH	F55	Spectrum Striders	00:23:49
177	211	Mohammed	MULLA	SM	Unattached	00:23:50
178	235	Maureen	BARTLEY	F35	Denbigh Harriers	00:23:55
179	168	Joe	PARK	M70	Cheshire Tally-Ho	00:23:58
180	226	Alan	JENKINS	M55	Spectrum Striders	00:24:05
181	189	Chris	SPEED	M40	Unattached	00:24:06
182	100	Darren	BURNS	M40	Unattached	00:24:22
183	70	David	DAVIES	SM	Unattached	00:24:24
184	283	Peter	EDWARDS	M70	Northern Vets AC	00:24:28
185	83	Clive	LANGHAM	M55	Unattached	00:24:32
186	68	David	BOTTOMS	M45	Chester Tri	00:24:39
187	225	Richard	SCARSBROOK	M55	Unattached	00:24:45
188	134	Charles	THACKRAY	M55	West Cheshire AC	00:24:45
189	157	Mike	BARRY	SM	Unattached	00:24:46
190	67	Philippa	HARRISON	SF	Unattached	00:24:52

191	175	Phil	HUGHES	M45	Unattached	00:24:53
192	1	Stephanie	CHARMAN	F55	Helsby RC	00:24:54
193	190	Nathalie	REES	F35	Unattached	00:25:02
194	183	Dave	FLETCHER	M40	Unattached	00:25:04
195	246	Susan	BAIRD	F40	West Cheshire AC	00:25:20
196	232	Helen	BAXANDALL	F40	Prestatyn Running Club	00:25:24
197	167	Graham	PASSMORE	SM	Unattached	00:25:36
198	9	Janet	SHAW	F50	Helsby RC	00:25:44
199	205	Orla	CAFFERKEY	SF	Unattached	00:25:47
200	38	Caroline	TYE	F40	Unattached	00:25:51
201	130	Claire	BALLAMY	F45	Wreccsam Tri	00:25:59
202	207	Shaun	MOHAN	SM	Unattached	00:26:01
203	153	Geoff	PERKINS	M80	Northern Vets AC	00:26:03
204	103	Sarah	RACICOT	SF	Unattached	00:26:05
205	121	Rebecca	DEARMAN	F40	Unattached	00:26:07
206	28	Jane	FLANAGAN	F35	Unattached	00:26:09
207	140	Denise	O'HANLON	F35	Northern Vets AC	00:26:10
208	137	Susan	WALSH	F45	Unattached	00:26:28
209	44	Claire	RICHARDS	SF	Unattached	00:26:29
210	196	Alison	EVANS	SF	Unattached	00:26:30
211	255	Eric	PEN DLETON	M75	Spectrum Striders	00:26:30
212	191	Hilary	MURDOCH	F50	Unattached	00:26:32
213	271	Ray	BILLINGTON	M70	Wrexham AAC	00:26:34
214	272	Mike	CONWAY	M45	Unattached	00:26:37
215	46	Sally	BEDFORD	F40	Unattached	00:26:38
216	47	Stephen	BEDFORD	M45	Unattached	00:26:44
217	80	William	PRESTON	M55	ukNetrunner	00:26:52
218	163	Susan	SOUTHERN	F40	Unattached	00:26:53
219	29	Bryan	GRIFFITHS	M40	Unattached	00:26:53
220	268	Julie	HIRST	F35	Prestatyn Running Club	00:26:58
221	120	Kathleen	GILDON	F55	Unattached	00:27:17
222	133	Anne	HURRELL	F50	Northern Vets AC	00:27:28
223	40	Claire	MASON	F40	Unattached	00:27:31
224	27	Jo	MOTE	F45	Unattached	00:27:55
225	223	Nancy	ARTELL	F40	Unattached	00:28:12
226	208	Jim	MIDDLETON	M65	Unattached	00:28:22
227	267	David	GRUNDY	M60	Birkenhead	00:28:29
228	98	Julia	BOSWELL	F45	Unattached	00:28:36
229	105	Lynda	WALSH	F40	Unattached	00:28:38
230	179	Norman	GRUNDY	M60	Birkenhead	00:28:51
231	108	Karen	SHAW	F17	Unattached	00:28:53
232	60	David	SHAW	M45	Unattached	00:28:56

233	217	Laura	KOLODZIEJSKI	SF	Unattached	00:28:59
234	161	Warren	CARNELL	SM	Unattached	00:28:59
235	216	Helena	JONES	SF	Unattached	00:29:11
236	50	Daniel	ROGERSON	SM	Unattached	00:29:47
237	49	Louise	RILEY	F35	Unattached	00:29:50
238	162	Rebecca	GIBBS	SF	Unattached	00:30:00
239	144	Terri	TAYLOR	F50	Unattached	00:30:00
240	145	Ken	TAYLOR	M55	Unattached	00:30:19
241	282	Margaret	WILLIAMS	F65	Unattached	00:31:19