

## ADLINGTON WINTER WARMER

## 2018 RESULTS

Position	Race no.	Name	Gender	Cat	Club	Gun Time	Pred. Time	Difference
1	47	CALUM BURRELL	M	V40	DAVENPORT RUNNERS	0:48:49	0:48:48	0:00:01
2	292	JON WATERWORTH	M	SEN	U/A	0:49:59	0:50:00	0:00:01
3	44	SAN BUCKLEY	F	V45	LYME RUNNERS	0:53:36	0:53:35	0:00:01
4	286	TRACY VERNON	F	V55	GOYT VALLEY STRIDERS	0:55:54	0:55:55	0:00:01
5	1	MALCOLM ADAMS	M	V65	POYNTON RUNNERS	0:56:36	0:56:37	0:00:01
6	252	GORDON SHARP	M	V60	THE FELL DEVILS	0:53:23	0:53:20	0:00:03
7	200	GED MCGRATH	M	V40	STOCKPORT HARRIERS & AC	0:39:26	0:39:31	0:00:05
8	246	KATIE SAMUELSON	F	V40	CAMBRIDGE & COLERIDGE ATHLETICS CLUB	0:49:44	0:49:49	0:00:05
9	179	ANDY LEE	M	V45	POYNTON RUNNERS	0:45:03	0:45:09	0:00:06
10	270	ROB STUTCHFIELD	M	V40	MARPLE RUNNERS	0:47:24	0:47:30	0:00:06
11	156	PAUL HUNT	M	V55	GOYT VALLEY STRIDERS	0:51:45	0:51:51	0:00:06
12	257	JULIE SMITH	F	V50	THE FELL DEVILS	0:53:48	0:53:55	0:00:07
13	79	GAZ DAVIES	M	SEN	MCCARKISS ENDURANCE PROJECT	0:46:33	0:46:25	0:00:08
14	159	ANDY JACKSON	M	V45	THE FELL DEVILS	0:54:31	0:54:40	0:00:09
15	231	TONY POTTS	M	V40	STOCKPORT HARRIERS & AC	0:40:11	0:40:00	0:00:11
16	42	NICOLA BRUNDRETT	F	V40	STOCKPORT TRI CLUB	0:52:41	0:52:30	0:00:11
17	279	GLYN THOMAS	M	V50	U/A	0:48:22	0:48:34	0:00:12
18	90	SIAN DOBSON HUGHES	F	SEN	U/A	0:53:57	0:53:45	0:00:12
19	290	PETER WALTERS	M	V60	WINSTON RUNNERS	0:48:23	0:48:10	0:00:13
20	225	TONY PHILLIPS	M	V55	U/A	0:47:50	0:47:35	0:00:15
21	120	SARAH GRAHAM	F	V45	U/A	1:00:17	1:00:00	0:00:17
22	147	DAVID HIRST	M	V60	U/A	0:49:42	0:50:00	0:00:18
23	193	IAN MASON	M	V50	KINGSTONE RUNNERS BARNSELY	0:42:53	0:42:33	0:00:20
24	187	CHRISTOPHER LOWE	M	SEN	U/A	0:51:00	0:50:40	0:00:20
25	299	JACKIE WHALLEY	F	V45	HYDE VILLAGE STRIDERS	1:10:30	1:10:10	0:00:20
26	232	DIANA POWELL	F	V60	BRAMHALL RUNNERS	1:16:52	1:16:30	0:00:22
27	14	CAROLINE BABA	F	V40	MANCHESTER HARRIERS & AC	0:55:23	0:55:00	0:00:23
28	168	SIMON JUMP	M	V45	SADDLEWORTH	0:46:36	0:47:00	0:00:24
29	238	ALAN REYNOLDS	M	SEN	THE FELL DEVILS	0:53:24	0:53:00	0:00:24
30	236	NICHOLAS RENDELL	M	V40	U/A	0:42:26	0:42:00	0:00:26
31	12	MIKE ATKINSON	M	V60	WARRINGTON RUNNING CLUB	0:47:58	0:48:24	0:00:26

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32	11	JAMES ATHERTON	M	V40	THE FELL DEVILS	0:52:19	0:52:45	0:00:26
33	287	JULIE VIRGIN	F	V50	MANCHESTER FRONTRUNNERS	0:53:26	0:53:00	0:00:26
34	77	SARAH DARLEY	F	V35	VEGAN RUNNERS UK	0:55:56	0:55:30	0:00:26
35	242	MATTHEW ROBERTS	M	V45	U/A	0:49:26	0:49:53	0:00:27
36	62	STUART CLOUGH	M	SEN	U/A	0:53:59	0:53:32	0:00:27
37	162	IAN JEFFERIES	M	V55	POYNTON RUNNERS	0:53:57	0:54:25	0:00:28
38	307	STEPHEN WHITTINGHAM	M	V55	U/A	1:05:01	1:05:30	0:00:29
39	226	CLARE PICKFORD	F	V40	U/A	0:52:40	0:52:10	0:00:30
40	323	PAUL ROBISON	M	V50	WINSTON RUNNERS	0:55:29	0:54:59	0:00:30
41	43	IAN BUCKLEY	M	V40	U/A	0:47:46	0:47:15	0:00:31
42	244	MARK ROGERSON	M	V45	U/A	0:48:17	0:47:45	0:00:32
43	216	JANINE ORTON	F	V35	U/A	0:52:16	0:52:52	0:00:36
44	35	LEAH BRADSHAW-WILLIAMS	F	V35	U/A	0:52:19	0:52:56	0:00:37
45	124	DAVE GRINDROD	M	V55	BRAMHALL RUNNERS	1:18:40	1:18:02	0:00:38
46	66	KATHLEEN COOPER-SHORE	F	V35	U/A	1:00:39	1:00:00	0:00:39
47	278	CHRIS TETLEY	M	V60	GOYT VALLEY STRIDERS	0:55:50	0:55:10	0:00:40
48	183	NICK LIVINGSTONE	M	SEN	POYNTON RUNNERS	0:43:43	0:43:00	0:00:43
49	122	CHRIS GREEN	M	V40	U/A	0:53:15	0:54:00	0:00:45
50	76	SARAH DANIELS	F	V35	CHORLTON RUNNERS	1:04:14	1:05:00	0:00:46
51	209	MORAG MORGAN	F	V65	BRAMHALL RUNNERS	1:10:25	1:11:11	0:00:46
52	29	ANDREA BOOTH	F	V45	POYNTON RUNNERS	0:49:47	0:50:35	0:00:48
53	27	NEIL BOLTON	M	SEN	POYNTON RUNNERS	0:44:33	0:43:39	0:00:54
54	51	DAVE CARR	M	SEN	U/A	0:44:33	0:45:27	0:00:54
55	121	WAYNE GRANT	M	V40	GOYT VALLEY STRIDERS	0:46:39	0:45:44	0:00:55
56	295	BRITTA WERNER	F	V40	VEGAN RUNNERS UK	0:52:29	0:51:34	0:00:55
57	288	DEBRA WALDRON	F	V55	U/A	0:57:05	0:58:00	0:00:55
58	308	NICOLA WHITWORTH	F	V40	U/A	0:59:26	0:58:30	0:00:56
59	318	JOSEPH WOODCOCK	M	SEN	U/A	0:52:58	0:52:00	0:00:58
60	104	PAUL FARRINGTON	M	V45	STOCKPORT TRI CLUB	0:55:21	0:56:20	0:00:59
61	109	PAULA FLETCHER	F	V45	U/A	1:02:59	1:02:00	0:00:59
62	256	JERRY SMITH	M	V60	CHORLTON RUNNERS	0:47:40	0:46:40	0:01:00
63	73	DANNY CUSWORTH	M	V45	U/A	0:58:40	0:57:37	0:01:03

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64	20	PAUL BAYLEY	M	V55	U/A	0:51:00	0:49:55	0:01:05
65	32	CHRISTINE BOWEN	F	V60	GOYT VALLEY STRIDERS	0:56:05	0:55:00	0:01:05
66	248	MATT SANDERSON	M	V45	WARRINGTON RUNNING CLUB	0:54:27	0:53:20	0:01:07
67	258	KAREN SMITH	F	V40	ROSSENDALE TRIATHLON CLUB	1:11:07	1:10:00	0:01:07
68	191	EMILY MARNER	F	SEN	WILMSLOW STRIDERS	0:58:38	0:57:30	0:01:08
69	123	TRACY GREGORY	F	V50	BUXTON ATHLETIC CLUB	0:59:33	0:58:23	0:01:10
70	101	JILL FAIRBAIRN	F	V65	U/A	1:06:10	1:05:00	0:01:10
71	59	RICK CLAPHAM	M	V50	U/A	1:00:21	0:59:10	0:01:11
72	202	GAVIN MCKAY	M	SEN	POYNTON RUNNERS	0:57:53	0:56:34	0:01:19
73	158	LAUREN IREDALE	F	SEN	U/A	0:53:56	0:52:36	0:01:20
74	253	HELEN SHAW	F	V50	WARRINGTON RUNNING CLUB	1:08:39	1:10:00	0:01:21
75	234	DAVID QUARTERMAIN	M	V55	ROSSENDALE TRIATHLON CLUB	0:46:22	0:45:00	0:01:22
76	91	YVONNE DOHERTY	F	V40	U/A	1:18:36	1:20:00	0:01:24
77	214	ALEX NODEN	F	V45	GOYT VALLEY STRIDERS	1:01:26	1:00:00	0:01:26
78	185	SUZANNE LOCKWOOD	F	SEN	U/A	0:54:42	0:53:15	0:01:27
79	24	PAT BENTLEY	F	V70+	STAFFORDSHIRE MOORLANDS ATHLETICS CLUB	1:02:29	1:01:01	0:01:28
80	37	MATTHEW BREWIS	M	V45	U/A	0:48:13	0:46:42	0:01:31
81	197	ELISABETH MCCANN	F	V50	U/A	1:01:29	1:03:00	0:01:31
82	2	PAT AHERN	M	V55	MACCLESFIELD HARRIERS & AC	1:01:31	1:00:00	0:01:31
83	160	DANIEL JACKSON	M	SEN	U/A	0:53:32	0:52:00	0:01:32
84	93	HELEN DOYLE	F	V45	U/A	0:58:04	0:56:30	0:01:34
85	271	SARAH STUTCHFIELD	F	V40	MARPLE RUNNERS	1:01:34	1:00:00	0:01:34
86	260	STEVE SMITH	M	V50	VEGAN RUNNERS UK	0:49:36	0:48:00	0:01:36
87	22	ANNA BEGBIE	F	V35	WARRINGTON RUNNING CLUB	0:45:53	0:47:30	0:01:37
88	213	HARRY NEWTON	M	V80+	MACCLESFIELD HARRIERS & AC	1:06:02	1:04:21	0:01:41
89	10	TOM ASHWORTH	M	SEN	U/A	0:45:54	0:44:12	0:01:42
90	263	GIOVANNI SORRIENTO	M	V60	HYDE VILLAGE STRIDERS	0:54:43	0:53:00	0:01:43
91	41	JENNY BROWN	F	V50	MARPLE RUNNERS	1:11:46	1:10:00	0:01:46
92	282	HELEN THOMPSON	F	SEN	POYNTON RUNNERS	0:48:33	0:50:26	0:01:53
93	316	TANSY WILSON	F	V40	ROYTON ROAD RUNNERS	1:04:13	1:06:06	0:01:53
94	115	DARREN GILLMAN	M	V45	TRA	0:50:06	0:48:12	0:01:54
95	46	STEFHAN BURNARD	M	V45	U/A	0:47:01	0:45:00	0:02:01

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96	220	ROB PARKIN	M	V45	CONGLETON HARRIERS	0:57:01	0:55:00	0:02:01
97	312	DAVID WILLIAMS	M	SEN	U/A	0:50:51	0:52:55	0:02:04
98	215	SARAH NUTT	F	V35	U/A	0:56:29	0:54:25	0:02:04
99	294	EDDY WEBB	M	V45	GOYT VALLEY STRIDERS	0:47:54	0:50:00	0:02:06
100	237	ANDY RENSHAW	M	SEN	U/A	0:49:27	0:47:20	0:02:07
101	102	ANN-MARIE FAIRCLOUGH	F	V55	MARPLE RUNNERS	1:04:09	1:02:00	0:02:09
102	154	AMELIA HUNT	F	SEN	GOYT VALLEY STRIDERS	0:50:02	0:47:48	0:02:14
103	284	KAY THOMPSON	F	V40	WARRINGTON RUNNING CLUB	1:03:50	1:01:35	0:02:15
104	264	TONY SOUTHWORTH	M	V55	CHORLTON RUNNERS	0:50:03	0:52:19	0:02:16
105	26	TIM BLACKWELL	M	V40	CHORLTON RUNNERS	0:49:25	0:47:08	0:02:17
106	40	DAVE BROWN	M	V55	WARRINGTON RUNNING CLUB	1:03:51	1:01:34	0:02:17
107	58	KATHARINE CHALLEN	F	SEN	VEGAN RUNNERS UK	0:57:42	1:00:00	0:02:18
108	23	LINDSAY BENNISON	F	V50	U/A	0:57:20	0:55:00	0:02:20
109	224	SUMMER PHILLIPS	F	V40	VEGAN RUNNERS UK	1:04:39	1:07:00	0:02:21
110	300	JAMES WHALLEY	M	V45	HYDE VILLAGE STRIDERS	0:50:11	0:47:48	0:02:23
111	86	CHRIS DEMPSEY	M	V40	VEGAN RUNNERS UK	0:57:36	1:00:00	0:02:24
112	321	LISA SWEENEY	F	V35	U/A	0:59:11	0:56:45	0:02:26
113	169	TRACY JUMP	F	V45	GREENFIELD GREYHOUNDS	1:02:26	1:00:00	0:02:26
114	144	MARK HETHERINGTON	M	V40	POYNTON RUNNERS	0:53:58	0:56:25	0:02:27
115	136	JENNIFER HARROP	F	V40	U/A	1:05:33	1:08:00	0:02:27
116	274	DEBBIE SWANEPOEL	F	V40	U/A	0:56:30	0:58:58	0:02:28
117	173	SARAH KEMP	F	V55	U/A	0:50:01	0:52:30	0:02:29
118	217	SHELAGH O'SHEA	F	V60	U/A	1:23:56	1:21:27	0:02:29
119	233	PIPPA PRICE	F	V50	U/A	0:57:08	0:59:39	0:02:31
120	4	ROB ALLMAN	M	SEN	U/A	0:47:33	0:45:00	0:02:33
121	205	CATHRYN MELIA	F	V45	MARPLE RUNNERS	1:12:34	1:10:00	0:02:34
122	320	ADAM TODD	M	SEN	ROSSENDALE TRIATHLON CLUB	0:44:35	0:42:00	0:02:35
123	114	SUDAM GAMAGE	M	SEN	HYDE VILLAGE STRIDERS	0:53:46	0:56:21	0:02:35
124	285	STUART THOMPSON	M	SEN	U/A	0:42:36	0:40:00	0:02:36
125	281	BEN THOMPSON	M	SEN	SCARAB TRI	0:45:13	0:42:30	0:02:43
126	88	SUSAN DICKINSON	F	V50	SCARAB TRI	1:06:55	1:04:10	0:02:45
127	33	DAVE BOWEN	M	V60	PENNINE FELL RUNNERS	0:52:47	0:50:00	0:02:47

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128	296	HANNAH WEST	F	V35	U/A	0:52:10	0:55:00	0:02:50
129	266	NEIL STANIFORTH	M	SEN	U/A	0:57:51	0:55:00	0:02:51
130	243	KATHRYN ROGERS	F	V50	BRAMHALL RUNNERS	1:02:18	0:59:20	0:02:58
131	164	RHONA JOHNSON	F	V55	BRAMHALL RUNNERS	1:02:53	0:59:50	0:03:03
132	55	SARAH CARTER	F	V35	U/A	0:51:04	0:48:00	0:03:04
133	125	MIKE GUBBINS	M	V40	HYDE VILLAGE STRIDERS	0:43:24	0:46:30	0:03:06
134	247	GEOFF SANDERS	M	V60	MACCLESFIELD HARRIERS & AC	1:03:09	1:00:00	0:03:09
135	311	CAROLINE WILKE	F	V40	U/A	1:05:34	1:08:43	0:03:09
136	280	JO THOMAS	F	V50	BRAMHALL RUNNERS	1:01:21	0:58:10	0:03:11
137	103	LINDSEY FARRELLY	F	V40	MANCHESTER HARRIERS & AC	0:53:58	0:57:10	0:03:12
138	310	EDWARD WHYTOCK	M	SEN	U/A	0:45:56	0:42:40	0:03:16
139	241	MARY ROBERTS	F	V55	U/A	1:02:17	0:59:00	0:03:17
140	110	LAUREN FLOYD	F	SEN	U/A	0:55:25	0:58:44	0:03:19
141	18	AIMI BARTON	F	V35	F92 PLODDERS	1:10:03	1:06:32	0:03:31
142	98	MAGGIE ELLIOTT	F	V40	F92 PLODDERS	1:10:03	1:06:31	0:03:32
143	283	KATIE THOMPSON	F	SEN	SCARAB TRI	0:47:36	0:44:00	0:03:36
144	153	LEIGH HUGHES	F	V60	WILMSLOW RUNNING CLUB	0:58:36	1:02:17	0:03:41
145	96	ROB DUNLEY	M	V40	POYNTON RUNNERS	0:57:18	1:01:00	0:03:42
146	80	GOGS DAVIES	M	V45	VEGAN RUNNERS UK	0:54:45	0:51:00	0:03:45
147	196	NATHAN MAYOH	M	V45	STOCKPORT HARRIERS & AC	0:42:14	0:46:00	0:03:46
148	239	LORNA RICHARDSON	F	V40	U/A	1:18:47	1:15:00	0:03:47
149	74	SALLY CUSWORTH	F	V50	U/A	0:58:49	0:55:00	0:03:49
150	127	STEVEN HAIG	M	V45	DAVENPORT RUNNERS	1:01:21	0:57:32	0:03:49
151	108	JANINE FLETCHER	F	V45	HYDE VILLAGE STRIDERS	1:03:49	1:00:00	0:03:49
152	262	CAROLINE SORRIENTO	F	V60	HYDE VILLAGE STRIDERS	1:10:22	1:06:29	0:03:53
153	201	IAIN MCGREGOR	M	SEN	U/A	0:56:06	1:00:00	0:03:54
154	176	OWEN KING	M	SEN	U/A	0:53:55	0:50:00	0:03:55
155	52	SEANE CARROLL	M	V40	U/A	1:09:52	1:05:56	0:03:56
156	219	CHRIS PARKER	M	V50	STOCKPORT TRI CLUB	1:07:07	1:03:00	0:04:07
157	317	SUZI WOLFRAM	F	V35	CAMBRIDGE & COLERIDGE ATHLETICS CLUB	0:50:11	0:46:00	0:04:11
158	222	CHRIS PEACHEY	M	V50	CHORLTON RUNNERS	0:51:11	0:47:00	0:04:11
159	118	MARK GODDEN	M	V60	MACCLESFIELD HARRIERS & AC	0:57:25	0:53:13	0:04:12

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160	230	ADAM POTTS	M	V45	BRAMHALL RUNNERS	0:48:38	0:44:25	0:04:13
161	182	CHRIS LINDSAY	M	V45	U/A	1:04:15	1:00:00	0:04:15
162	138	SARAH HASSALL	F	V35	HRC	1:12:16	1:08:00	0:04:16
163	166	CATH JONES	F	V55	BRAMHALL RUNNERS	1:19:21	1:15:02	0:04:19
164	9	SARAH ASHWORTH	F	SEN	U/A	1:04:24	1:00:00	0:04:24
165	324	REBECCA STYLES	F	V45	STOCKPORT TRI CLUB	1:19:20	1:14:49	0:04:31
166	3	SARMID AL-KAMIL	M	V50	BRAMHALL RUNNERS	0:56:55	1:01:28	0:04:33
167	105	CLARE FINCH	F	V35	BRAMHALL RUNNERS	0:59:44	0:55:10	0:04:34
168	223	DEBBIE PEPPER	F	V50	U/A	0:59:39	0:55:00	0:04:39
169	21	LYNSEY BEACON	F	V40	U/A	0:59:17	0:54:37	0:04:40
170	221	TONY PAYN	M	V55	CHORLTON RUNNERS	1:03:21	0:58:36	0:04:45
171	63	HELEN COLLIER	F	V35	U/A	1:05:20	1:00:35	0:04:45
172	57	ROSIE CARTWRIGHT	F	SEN	U/A	0:54:17	0:49:30	0:04:47
173	69	BILLY CRAIG	M	V45	U/A	0:44:42	0:39:48	0:04:54
174	255	COLIN SHORE	M	V45	STOCKPORT TRI CLUB	0:45:49	0:50:47	0:04:58
175	229	JARED POTTER	M	SEN	U/A	0:46:57	0:41:58	0:04:59
176	250	JILL SCARFE	F	V50	U/A	1:05:01	1:10:00	0:04:59
177	289	JASON WALKER	M	V45	POYNTON RUNNERS	1:09:22	1:04:23	0:04:59
178	171	SIMONE KEEGAN	F	V50	U/A	1:03:00	0:58:00	0:05:00
179	181	HELEN LENEHAN	F	V65	U/A	1:23:56	1:29:00	0:05:04
180	99	GARETH EVANS	M	V55	U/A	0:53:38	0:48:30	0:05:08
181	137	MICHELLE HARROP	F	V35	POTTER'S TROTTERS	1:05:11	1:00:03	0:05:08
182	28	CAROLINE BONES	F	V35	WARRINGTON RUNNING CLUB	1:05:10	1:00:00	0:05:10
183	235	JENNIFER REEVE	F	V35	WARRINGTON RUNNING CLUB	1:05:11	1:00:00	0:05:11
184	174	KATHRYN KENNEDY	F	V55	HYDE VILLAGE STRIDERS	1:10:39	1:05:27	0:05:12
185	211	DOT MULDOON	F	V50	CHORLTON RUNNERS	1:04:05	0:58:48	0:05:17
186	83	PAUL DEARDEN	M	SEN	U/A	0:51:27	0:46:00	0:05:27
187	269	CHRIS STREET	M	V50	U/A	0:55:53	0:50:23	0:05:30
188	139	ANNE HASSAN	F	V60	MANCHESTER HARRIERS & AC	1:07:14	1:01:39	0:05:35
189	146	FRANCINE HILTON	F	V50	ROSSENDALE TRIATHLON CLUB	1:11:12	1:05:35	0:05:37
190	245	MARIA ROYAL	F	V60	MANCHESTER HARRIERS & AC	1:03:39	1:09:26	0:05:47
191	92	BOB DOOGAN	M	SEN	U/A	0:58:55	0:53:05	0:05:50

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192	71	SALLY CREWE	F	SEN	ROYTON ROAD RUNNERS	1:09:22	1:03:20	0:06:02
193	192	ELIZABETH MASON	F	V50	HYDE VILLAGE STRIDERS	0:54:26	0:48:20	0:06:06
194	157	JULIE INKER	F	V35	HYDE VILLAGE STRIDERS	1:02:05	0:55:59	0:06:06
195	189	ANDY MACFALL	M	V45	U/A	1:16:16	1:10:00	0:06:16
196	15	REBECCA BANCROFT	F	V40	LIVERPOOL RUNNING BUGS	0:59:18	0:53:00	0:06:18
197	163	BARRY JOHNSON	M	V55	U/A	1:08:06	1:14:24	0:06:18
198	291	KATE WALTON	F	SEN	THE LONELY GOATS	0:59:21	0:53:00	0:06:21
199	254	MANDY SHEPHERD	F	V40	WARRINGTON RUNNING CLUB	1:00:36	0:54:10	0:06:26
200	322	DENISE GREGORY	F	V50	BRAMHALL RUNNERS	1:01:30	0:55:00	0:06:30
201	304	MARK WHELAN	M	V50	GOYT VALLEY STRIDERS	0:50:10	0:43:36	0:06:34
202	151	GEMMA HOLLAND	F	V35	CHORLTON RUNNERS	1:05:12	0:58:30	0:06:42
203	204	DAVID MEENEY	M	SEN	U/A	0:48:16	0:55:00	0:06:44
204	150	ANDREW HODSON	M	V45	MARPLE RUNNERS	1:02:19	0:55:25	0:06:54
205	172	MIKE KELLY	M	V45	MARPLE RUNNERS	1:01:56	0:55:00	0:06:56
206	61	SOPHIE CLARKE	F	SEN	U/A	0:57:39	1:05:00	0:07:21
207	84	CAITLIN DEIGHTON	F	SEN	MARPLE RUNNERS	1:02:44	0:55:00	0:07:44
208	132	PHIL HAROLD	M	V45	POYNTON RUNNERS	0:55:55	0:48:05	0:07:50
209	85	JAMES DEIGHTON	M	V40	MARPLE RUNNERS	1:02:50	0:55:00	0:07:50
210	212	VIKKI MURPHY	F	V45	BRAMHALL RUNNERS	0:57:06	0:48:34	0:08:32
211	259	PAUL SMITH	M	V40	TEAM OXYGEN ADDICT	0:49:20	0:58:00	0:08:40
212	60	IAN CLARKE	M	V60	U/A	1:01:25	1:10:15	0:08:50
213	140	AMANDA HAWTHORNE	F	V45	U/A	1:08:40	0:59:50	0:08:50
214	72	HELEN CROFT	F	V40	BRAMHALL RUNNERS	0:58:53	0:49:50	0:09:03
215	95	ABBIE DUNLEY	F	SEN	POYNTON RUNNERS	1:12:10	1:21:30	0:09:20
216	194	MICHAEL MASON	M	V50	HYDE VILLAGE STRIDERS	0:51:31	0:42:10	0:09:21
217	107	SHARRON FITTON	F	V50	NWR	1:14:47	1:05:24	0:09:23
218	75	ANNA DAGNALL	F	V35	BRAMHALL RUNNERS	1:08:41	0:58:30	0:10:11
219	313	KAREN WILLIAMS	F	V40	U/A	0:49:38	1:00:00	0:10:22
220	106	KATHERINE FISHER	F	V40	DAVENPORT RUNNERS	1:20:38	1:10:00	0:10:38
221	38	JANET BRINDLEY	F	V65	POTTER'S TROTTERS	1:27:27	1:16:12	0:11:15
222	30	KEVIN BOOTH	M	V45	POYNTON RUNNERS	1:14:35	1:02:03	0:12:32
223	267	CHARLIE STEBBING	F	V40	U/A	1:18:45	1:05:00	0:13:45

## ADLINGTON WINTER WARMER

224	34	GARRY BOWER	M	V45
225	268	TONI STOKES	F	V40
226	87	ELAINE DEVINE	F	V60
227	319	MEGAN WOODING	F	V55
228	89	ALEXIS DINSMOR	F	V65
229	112	JOHN FREEMAN	M	V40

## 2018 RESULTS

ROYTON ROAD RUNNERS	1:03:53	0:48:30	0:15:23
U/A	1:18:46	1:00:00	0:18:46
STOCKPORT HARRIERS & AC	1:24:27	1:03:39	0:20:48
U/A	1:24:23	1:00:00	0:24:23
STOCKPORT HARRIERS & AC	1:27:32	1:01:10	0:26:22
U/A	0:52:59	1:30:00	0:37:01