

South Cheshire 10k 2022

Overall Results



| Pos | Bib | Name | M/F | AG | AG Pos | NSRRA | Club | Chip | Time |
|-----|-----|--------------------|------|-------|--------|-------|-----------------------|-------|-------|
| 1. | 186 | Peter Speake | 1st | M45 | 1st | | Wilmslow RC | 32:53 | 32:55 |
| 2. | 151 | Carl Moulton | 2nd | M40 | 1st | A | Boalloy RC | 32:58 | 32:59 |
| 3. | 184 | Daniel Soltys | 3rd | M Sen | 1st | A | Stone MM | 33:28 | 33:29 |
| 4. | 131 | Samuel Lucking | 4th | M Sen | 2nd | | City of Stoke AC | 34:14 | 34:16 |
| 5. | 38 | Ross Connor | 5th | M Sen | 3rd | A | City of Stoke AC | 34:27 | 34:28 |
| 6. | 92 | Dan Hibberd | 6th | M40 | 2nd | | Boalloy RC | 34:35 | 34:37 |
| 7. | 53 | Matt Eardley | 7th | M40 | 3rd | | City of Stoke AC | 34:43 | 34:44 |
| 8. | 246 | Christopher Morgan | 8th | M Sen | 4th | | City of Stoke AC | 35:12 | 35:13 |
| 9. | 248 | Gaz Carless | 9th | M45 | 2nd | | South Cheshire | 35:22 | 35:23 |
| 10. | 45 | Joshua Daley | 10th | M Sen | 5th | | Boalloy RC | 35:21 | 35:25 |
| 11. | 70 | Mike Fryer | 11th | M Sen | 6th | | Helsby RC | 35:28 | 35:29 |
| 12. | 115 | Daniel Kaiser | 12th | M40 | 4th | | | 36:15 | 36:18 |
| 13. | 152 | Mark Neeld | 13th | M55 | 1st | | Stone MM | 36:17 | 36:20 |
| 14. | 62 | Simon Fawcett | 14th | M40 | 5th | A | | 36:35 | 36:38 |
| 15. | 16 | Ben Bewley | 15th | M40 | 6th | A | Newcastle (Staffs) AC | 36:49 | 36:51 |
| 16. | 225 | Jonathan Slaney | 16th | M45 | 3rd | | South Cheshire | 37:17 | 37:19 |
| 17. | 143 | Thomas Minshull | 17th | M Sen | 7th | | Boalloy RC | 37:22 | 37:25 |
| 18. | 213 | Marcus Williamson | 18th | M Sen | 8th | | | 37:23 | 37:26 |
| 19. | 24 | Pat Buckingham | 19th | M Sen | 9th | C | Trentham RC | 37:44 | 37:45 |
| 20. | 114 | Steve Jones | 20th | M45 | 4th | B | Go! Team | 37:51 | 37:54 |
| 21. | 227 | Graeme Rathbone | 21st | M Sen | 10th | | Nantwich RC | 37:53 | 37:57 |
| 22. | 251 | Sophie Goodfellow | 1st | F Sen | 1st | L | Newcastle (Staffs) AC | 37:56 | 37:58 |
| 23. | 19 | Michael Bosworth | 22nd | M Sen | 11th | | Trentham RC | 38:05 | 38:07 |
| 24. | 128 | Simon Lewis | 23rd | M50 | 1st | C | Telford Harriers | 38:37 | 38:41 |
| 25. | 187 | Ian Stanway | 24th | M Sen | 12th | | Congleton Harriers | 38:40 | 38:49 |
| 26. | 147 | David Morrell | 25th | M50 | 2nd | A | City of Stoke AC | 38:56 | 38:58 |
| 27. | 101 | Pat Hudson | 26th | M40 | 7th | B | South Cheshire | 38:56 | 38:59 |
| 28. | 217 | Robin Zoka | 27th | M Sen | 13th | | South Cheshire | 38:54 | 38:59 |
| 29. | 107 | Steven Jennings | 28th | M40 | 8th | B | Stoke FIT | 39:03 | 39:07 |
| 30. | 169 | Darren Pyatt | 29th | M55 | 2nd | A | Stone MM | 39:03 | 39:07 |
| 31. | 214 | Robin Williamson | 30th | M50 | 3rd | B | Stone MM | 39:05 | 39:07 |
| 32. | 180 | James Simpson | 31st | M50 | 4th | A | South Cheshire | 39:15 | 39:18 |
| 33. | 196 | Deborah Thomas | 2nd | F40 | 1st | L | Trentham RC | 39:36 | 39:38 |
| 34. | 141 | Saul Mellor | 32nd | M Sen | 14th | | Whitchurch Wippets | 39:44 | 39:47 |
| 35. | 34 | Edward Chatwin | 33rd | M50 | 5th | | | 40:01 | 40:07 |
| 36. | 183 | David Smith | 34th | M45 | 5th | | South Cheshire | 40:13 | 40:17 |
| 37. | 81 | Mick Haire | 35th | M60 | 1st | B | Boalloy RC | 40:21 | 40:26 |
| 38. | 27 | Daniel Burton | 36th | M Sen | 15th | | South Cheshire | 40:26 | 40:31 |
| 39. | 11 | Darren Beach | 37th | M45 | 6th | D | South Cheshire | 40:30 | 40:35 |
| 40. | 253 | Chris Mosiuk | 38th | M Sen | 16th | C | Trentham RC | 40:36 | 40:41 |
| 41. | 42 | Steve Crowe | 39th | M Sen | 17th | | South Cheshire | 40:38 | 40:42 |
| 42. | 166 | Keith Spurrier | 40th | M40 | 9th | | South Cheshire | 40:38 | 40:42 |
| 43. | 31 | Dan Cawley | 41st | M Sen | 18th | | Boalloy RC | 40:44 | 40:48 |
| 44. | 235 | Zakk Lovell | 42nd | M Sen | 19th | F | Vegan Runners | 40:45 | 40:53 |
| 45. | 118 | Amanda Kelly | 3rd | F35 | 1st | L | Stoke FIT | 41:10 | 41:14 |
| 46. | 245 | Joanne Stanfield | 4th | F50 | 1st | L | Trentham RC | 41:10 | 41:16 |
| 47. | 195 | Andy Thomas | 43rd | M55 | 3rd | C | Sandbach Striders | 41:36 | 41:39 |
| 48. | 113 | Nicholas Jones | 44th | M Sen | 20th | C | Silverdale RC | 41:32 | 41:39 |
| 49. | 74 | James Golden | 45th | M55 | 4th | | | 41:40 | 41:47 |
| 50. | 111 | Gareth Jones | 46th | M45 | 7th | A | Stone MM | 41:50 | 41:58 |
| 51. | 139 | Michael Maughan | 47th | M Sen | 21st | D | Boalloy RC | 42:08 | 42:13 |

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Overall Results



| Pos | Bib | Name | M/F | AG | AG Pos | NSRRA | Club | Chip | Time |
|------|-----|-------------------|------|-------|--------|-------|-----------------------|-------|-------|
| 52. | 137 | Damian Mason | 48th | M50 | 6th | | South Cheshire | 42:18 | 42:26 |
| 53. | 110 | Colin Jones | 49th | M45 | 8th | | | 42:26 | 42:35 |
| 54. | 2 | Doug Alcock | 50th | M70 | 1st | C | Trentham RC | 42:42 | 42:46 |
| 55. | 136 | Paul Marshall | 51st | M Sen | 22nd | D | Trentham RC | 42:43 | 42:50 |
| 56. | 116 | Benjamin Keen | 52nd | M Sen | 23rd | E | Gator AC | 42:47 | 42:53 |
| 57. | 189 | Thomas Steele | 53rd | M Sen | 24th | E | Gator AC | 42:47 | 42:54 |
| 58. | 117 | Rich Keen | 54th | M Sen | 25th | C | Gator AC | 42:47 | 42:54 |
| 59. | 48 | Jayne Dickens | 5th | F50 | 2nd | L | Trentham RC | 42:55 | 42:58 |
| 60. | 156 | Cristina O'Brien | 6th | F40 | 2nd | | Telford AC | 43:10 | 43:15 |
| 61. | 167 | David Poole | 55th | M45 | 9th | C | | 43:10 | 43:16 |
| 62. | 22 | Alan Brookes | 56th | M65 | 1st | B | Trentham RC | 43:27 | 43:31 |
| 63. | 194 | Sarah Taylor | 7th | F50 | 3rd | L | Trentham RC | 43:23 | 43:31 |
| 64. | 88 | Chris Hassall | 57th | M Sen | 26th | E | South Cheshire | 43:32 | 43:37 |
| 65. | 200 | Andy Twiss | 58th | M Sen | 27th | | Nantwich RC | 43:45 | 43:59 |
| 66. | 155 | Emily Nott | 8th | F35 | 2nd | M | Congleton Harriers | 43:54 | 44:04 |
| 67. | 230 | David Kelly | 59th | M45 | 10th | | Nantwich RC | 43:56 | 44:05 |
| 68. | 40 | Grahame Cope | 60th | M50 | 7th | D | Stone MM | 44:05 | 44:12 |
| 69. | 223 | Ivor Twiss | 61st | M65 | 2nd | | Nantwich RC | 44:27 | 44:34 |
| 70. | 206 | Tim West | 62nd | M50 | 8th | D | Stoke FIT | 44:28 | 44:43 |
| 71. | 240 | Andrew Boulton | 63rd | M60 | 2nd | | South Cheshire | 44:36 | 44:48 |
| 72. | 140 | Colin McEvoy | 64th | M40 | 10th | A | Trentham RC | 44:30 | 44:54 |
| 73. | 13 | Laura Bell | 9th | F40 | 3rd | | | 44:57 | 45:06 |
| 74. | 10 | Jack Bayliss | 65th | M60 | 3rd | | Newcastle Tri Club | 45:13 | 45:17 |
| 75. | 130 | Annie Lowe | 10th | F Sen | 2nd | M | South Cheshire | 45:10 | 45:20 |
| 76. | 220 | Staikos Andreakis | 66th | M Sen | 28th | | | 45:21 | 45:25 |
| 77. | 85 | Paul Hall | 67th | M Sen | 29th | C | Blythe Bridge RC | 45:34 | 45:37 |
| 78. | 75 | Owen Grattan | 68th | M Sen | 30th | | | 45:36 | 45:41 |
| 79. | 179 | Rebecca Shorrock | 11th | F Sen | 3rd | | | 45:45 | 45:51 |
| 80. | 177 | Tony Salter | 69th | M55 | 5th | C | Trentham RC | 45:43 | 45:51 |
| 81. | 218 | Natalie Boswell | 12th | F40 | 4th | M | Cannock & Stafford AC | 46:17 | 46:17 |
| 82. | 123 | David Kivlin | 70th | M45 | 11th | | South Cheshire | 46:40 | 46:46 |
| 83. | 69 | Adrian Frost | 71st | M60 | 4th | D | Trentham RC | 46:40 | 46:47 |
| 84. | 171 | Steve Reynolds | 72nd | M50 | 9th | F | Sandbach Striders | 47:04 | 47:09 |
| 85. | 122 | Claire Kivlin | 13th | F40 | 5th | M | South Cheshire | 47:19 | 47:24 |
| 86. | 212 | Russell Williams | 73rd | M60 | 5th | D | Cheadle RC | 47:22 | 47:28 |
| 87. | 60 | Victoria Estcourt | 14th | F35 | 3rd | | Sandbach Striders | 47:37 | 47:51 |
| 88. | 36 | Wil Chung | 74th | M40 | 11th | | Newcastle (Staffs) AC | 41:29 | 48:14 |
| 89. | 1 | Emma | 15th | F40 | 6th | X | NSRRA | 48:23 | 48:32 |
| 90. | 258 | Nathan Kapp | 75th | M Sen | 31st | F | South Cheshire | 48:23 | 48:34 |
| 91. | 255 | Martin Kaine | 76th | M55 | 6th | | | 48:23 | 48:36 |
| 92. | 100 | Rebecca Howlett | 16th | F Sen | 4th | X | South Cheshire | 48:40 | 48:51 |
| 93. | 112 | Helen Jones | 17th | F Sen | 5th | X | | 48:40 | 48:51 |
| 94. | 17 | Mick Birtles | 77th | M55 | 7th | E | Stoke FIT | 42:13 | 48:56 |
| 95. | 254 | Steve Tandy | 78th | M Sen | 32nd | | | 48:42 | 49:01 |
| 96. | 12 | Kate Beard | 18th | F35 | 4th | | Boalloy RC | 48:53 | 49:04 |
| 97. | 175 | Suzie Roscoe | 19th | F40 | 7th | | Congleton Harriers | 48:59 | 49:09 |
| 98. | 197 | Andy Torbitt | 79th | M Sen | 33rd | F | | 48:59 | 49:13 |
| 99. | 164 | Andrew Podmore | 80th | M Sen | 34th | D | NSRRA | 49:15 | 49:24 |
| 100. | 44 | Suzanne Dale | 20th | F40 | 8th | W | South Cheshire | 49:18 | 49:26 |
| 101. | 237 | Karl Hukins | 81st | M Sen | 35th | | Nantwich RC | 49:17 | 49:29 |
| 102. | 241 | Lisa Bell | 21st | F45 | 1st | | | 49:20 | 49:31 |

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Overall Results



| Pos | Bib | Name | M/F | AG | AG Pos | NSRRA | Club | Chip | Time |
|------|-----|-------------------|-------|-------|--------|-------|-----------------------|-------|-------|
| 103. | 185 | Helen Somers | 22nd | F45 | 2nd | M | Stone MM | 49:19 | 49:34 |
| 104. | 239 | Andrew Growcott | 82nd | M40 | 12th | | South Cheshire | 49:27 | 49:39 |
| 105. | 102 | Andy Hughes | 83rd | M40 | 13th | G | South Cheshire | 49:25 | 49:39 |
| 106. | 190 | Christopher Swann | 84th | M Sen | 36th | | South Cheshire | 49:30 | 49:45 |
| 107. | 32 | Alan Challinor | 85th | M65 | 3rd | F | NSRRA | 43:07 | 49:50 |
| 108. | 202 | Louise Walker | 23rd | F40 | 9th | | Vale Royal | 49:46 | 49:54 |
| 109. | 247 | James Huxley | 86th | M Sen | 37th | | | 50:03 | 50:23 |
| 110. | 57 | Gavin Ellis | 87th | M45 | 12th | | | 50:27 | 50:36 |
| 111. | 238 | Andy Cowden | 88th | M60 | 6th | | Alsager Runners | 50:32 | 50:45 |
| 112. | 84 | Michael Hall | 89th | M55 | 8th | | | 50:38 | 50:48 |
| 113. | 89 | Clive Heathcock | 90th | M65 | 4th | E | South Cheshire | 50:34 | 50:49 |
| 114. | 228 | Kelly Alford | 24th | F35 | 5th | | North Wales RRC | 50:56 | 51:12 |
| 115. | 229 | Cai Roberts | 91st | M Sen | 38th | | North Wales RRC | 50:57 | 51:13 |
| 116. | 93 | Sonya Hibberd | 25th | F35 | 6th | | | 51:05 | 51:24 |
| 117. | 78 | Andrew Greer | 92nd | M45 | 13th | | South Cheshire | 51:17 | 51:29 |
| 118. | 47 | Melonie Deakin | 26th | F50 | 4th | M | Stafford Harriers | 51:26 | 51:41 |
| 119. | 249 | Shaw Michelle | 27th | F40 | 10th | | South Cheshire | 51:30 | 51:46 |
| 120. | 172 | Dennis Robinson | 93rd | M65 | 5th | F | South Cheshire | 51:43 | 51:56 |
| 121. | 25 | Craig Buggins | 94th | M50 | 10th | E | Wolves & Bilston | 51:46 | 51:59 |
| 122. | 161 | Luke Penketh | 95th | M Sen | 39th | | | 51:44 | 52:05 |
| 123. | 49 | Peter Divall | 96th | M70 | 2nd | F | NSRRA | 51:55 | 52:09 |
| 124. | 208 | Martin Whitbread | 97th | M50 | 11th | | | 52:00 | 52:12 |
| 125. | 134 | Karl Marsh | 98th | M50 | 12th | | Vegan Runners | 52:10 | 52:17 |
| 126. | 29 | Marlaina | 28th | F Sen | 6th | | | 52:15 | 52:31 |
| 127. | 221 | James Tutton | 99th | M40 | 14th | F | Stoke FIT | 52:37 | 52:54 |
| 128. | 91 | Vicki Henshaw | 29th | F35 | 7th | W | Blythe Bridge RC | 52:56 | 53:06 |
| 129. | 160 | Rebecca Peck | 30th | F40 | 11th | | | 52:52 | 53:09 |
| 130. | 37 | Carol Astbury | 31st | F55 | 1st | M | Uttoxeter RR | 53:18 | 53:18 |
| 131. | 148 | Andy Morris | 100th | M45 | 14th | G | | 53:09 | 53:25 |
| 132. | 165 | Kerry Podmore | 32nd | F45 | 3rd | M | South Cheshire | 53:19 | 53:34 |
| 133. | 207 | Amanda Weston | 33rd | F45 | 4th | | Nantwich RC | 53:40 | 53:51 |
| 134. | 21 | Sherrie Brereton | 34th | F45 | 5th | | Nantwich RC | 54:11 | 54:18 |
| 135. | 95 | Jon Hillman | 101st | M Sen | 40th | F | NSRRA | 54:21 | 54:29 |
| 136. | 209 | Mathew Wilkinson | 102nd | M Sen | 41st | | | 54:22 | 54:41 |
| 137. | 256 | Thomas Fox | 103rd | M50 | 13th | | | 54:25 | 54:41 |
| 138. | 176 | Angie Salter | 35th | F55 | 2nd | | Trentham RC | 54:39 | 54:54 |
| 139. | 168 | Hayley Proudfoot | 36th | F35 | 8th | | | 54:39 | 54:58 |
| 140. | 51 | Julie Dudley | 37th | F60 | 1st | X | Cheadle RC | 48:28 | 55:11 |
| 141. | 18 | Ken Bloor | 104th | M60 | 7th | E | Trentham RC | 48:45 | 55:27 |
| 142. | 6 | Natalie Bailey | 38th | F40 | 12th | W | South Cheshire | 55:18 | 55:30 |
| 143. | 145 | Helen Moore | 39th | F50 | 5th | | Widnes RC | 55:17 | 55:36 |
| 144. | 149 | Jp Morris | 105th | M40 | 15th | | Sandbach Striders | 55:29 | 55:41 |
| 145. | 234 | Judith Ho | 40th | F65 | 1st | W | | 55:46 | 55:53 |
| 146. | 236 | Lisa Ho | 41st | F35 | 9th | | Newcastle Tri Club | 55:46 | 55:53 |
| 147. | 125 | Nigel Lee | 106th | M65 | 6th | F | Newcastle (Staffs) AC | 55:44 | 55:55 |
| 148. | 98 | Maxine Hough | 42nd | F55 | 3rd | | South Cheshire | 55:43 | 55:58 |
| 149. | 52 | Nick Dunning | 107th | M55 | 9th | | | 55:57 | 56:11 |
| 150. | 146 | Spencer Moore | 108th | M45 | 15th | G | South Cheshire | 55:57 | 56:12 |
| 151. | 104 | Simon Huxley | 109th | M Sen | 42nd | | | 55:55 | 56:16 |
| 152. | 222 | David Smith | 110th | M50 | 14th | | Lonely Goat RC | 56:28 | 56:37 |
| 153. | 15 | Richard Benson | 111th | M70 | 3rd | | Congleton Harriers | 56:33 | 56:44 |

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Overall Results



| Pos | Bib | Name | M/F | AG | AG Pos | NSRRA | Club | Chip | Time |
|------|-----|----------------------|-------|-------|--------|-------|-----------------------|---------|---------|
| 154. | 205 | Helen Wassall | 43rd | F45 | 6th | W | Boalloy RC | 57:03 | 57:14 |
| 155. | 120 | Karen Kelsall | 44th | F55 | 4th | | | 57:07 | 57:14 |
| 156. | 68 | John Finney | 112th | M75 | 1st | F | Stafford Harriers | 57:17 | 57:29 |
| 157. | 7 | David Baker | 113th | M65 | 7th | F | Staffs Moorlands AC | 57:41 | 57:51 |
| 158. | 73 | Paul Glascodine | 114th | M50 | 15th | | | 57:34 | 57:51 |
| 159. | 80 | Benn Hailes | 115th | M Sen | 43rd | | Silverdale RC | 58:21 | 58:39 |
| 160. | 90 | David Hebb | 116th | M60 | 8th | G | NSRRA | 58:59 | 59:09 |
| 161. | 244 | Robert J Brown | 117th | M50 | 16th | | South Cheshire | 59:29 | 59:29 |
| 162. | 242 | Denise Sandford | 45th | F55 | 5th | W | Uttoxeter RR | 59:39 | 59:46 |
| 163. | 174 | Kirsty Rollings | 46th | F35 | 10th | | South Cheshire | 59:48 | 1:00:05 |
| 164. | 39 | Emma Conway | 47th | F45 | 7th | | | 59:57 | 1:00:11 |
| 165. | 231 | Karen Tomlinson | 48th | F45 | 8th | | | 1:00:04 | 1:00:24 |
| 166. | 106 | Alan Jenkinson | 118th | M70 | 4th | | Styal RC | 1:00:31 | 1:00:43 |
| 167. | 198 | Micheline Tremblay | 49th | F55 | 6th | X | South Cheshire | 1:00:54 | 1:01:10 |
| 168. | 30 | Juliet Carter | 50th | F50 | 6th | Y | South Cheshire | 1:01:30 | 1:01:43 |
| 169. | 259 | Alice Smith | 51st | F Sen | 7th | W | South Cheshire | 1:01:33 | 1:01:44 |
| 170. | 105 | Jane Irving | 52nd | F50 | 7th | X | Silverdale RC | 1:02:28 | 1:02:47 |
| 171. | 203 | Steven Wall | 119th | M55 | 10th | | | 1:02:44 | 1:03:05 |
| 172. | 163 | Hazel Pickett | 53rd | F45 | 9th | | | 1:02:52 | 1:03:15 |
| 173. | 192 | Jane Tarbuck | 54th | F55 | 7th | | Nantwich RC | 1:04:17 | 1:04:17 |
| 174. | 252 | Beatrice Shepley | 55th | F Sen | 8th | | Market Drayton RC | 1:04:11 | 1:04:30 |
| 175. | 211 | Graham Williams | 120th | M75 | 2nd | G | Stafford Harriers | 1:04:46 | 1:05:05 |
| 176. | 41 | Lorraine Cowan | 56th | F55 | 8th | | | 1:04:54 | 1:05:07 |
| 177. | 3 | Sally Aldridge | 57th | F75 | 1st | W | Silverdale RC | 1:04:50 | 1:05:10 |
| 178. | 210 | Eilena Williams | 58th | F Sen | 9th | | Silverdale RC | 1:04:57 | 1:05:15 |
| 179. | 219 | Alex Challinor | 121st | M Sen | 44th | | Silverdale RC | 1:04:58 | 1:05:16 |
| 180. | 243 | Juantxo Everhard | 122nd | M Sen | 45th | | Silverdale RC | 1:04:58 | 1:05:17 |
| 181. | 144 | Chloe Moore | 59th | F Sen | 10th | | | 1:05:15 | 1:05:31 |
| 182. | 257 | James Ellis | 123rd | M Sen | 46th | | Newcastle (Staffs) AC | 1:05:43 | 1:05:55 |
| 183. | 226 | Ian Tamburello | 124th | M45 | 16th | | Stoke FIT | 1:05:53 | 1:06:15 |
| 184. | 121 | Robert Kewish | 125th | M45 | 17th | G | | 1:06:36 | 1:06:58 |
| 185. | 14 | Gina Benson | 60th | F50 | 8th | Y | | 1:06:44 | 1:07:06 |
| 186. | 43 | David Curran | 126th | M60 | 9th | | Lonely Goat RC | 1:07:22 | 1:07:44 |
| 187. | 153 | Joy Nelmes | 61st | F55 | 9th | | | 1:07:48 | 1:08:04 |
| 188. | 23 | Carol Bryant | 62nd | F70 | 1st | X | Stoke FIT | 1:07:48 | 1:08:08 |
| 189. | 232 | Alan Lewis | 127th | M80 | 1st | G | Trentham RC | 1:09:09 | 1:09:18 |
| 190. | 181 | Alfred Slater | 128th | M75 | 3rd | G | NSRRA | 1:08:57 | 1:09:18 |
| 191. | 109 | Christine Jones | 63rd | F60 | 2nd | | | 1:09:45 | 1:10:08 |
| 192. | 8 | Hazel Barlow | 64th | F60 | 3rd | Y | Michelin AC | 1:10:51 | 1:11:12 |
| 193. | 191 | Sarah Symonds | 65th | F45 | 10th | | | 1:11:49 | 1:12:01 |
| 194. | 82 | Tracey Hale | 66th | F60 | 4th | | Sandbach Striders | 1:11:47 | 1:12:03 |
| 195. | 201 | Louise Waldron-Kelly | 67th | F45 | 11th | Y | Blythe Bridge RC | 1:12:11 | 1:12:22 |
| 196. | 158 | Richard Ollier | 129th | M50 | 17th | | South Cheshire | 1:12:10 | 1:12:33 |
| 197. | 99 | Pamela Hough | 68th | F70 | 2nd | | Nantwich RC | 1:12:16 | 1:12:37 |
| 198. | 138 | Leanne Massey | 69th | F35 | 11th | | Market Drayton RC | 1:12:25 | 1:12:45 |
| 199. | 97 | Barry Hough | 130th | M70 | 5th | | Nantwich RC | 1:14:56 | 1:15:17 |
| 200. | 173 | James Robinson | 131st | M40 | 16th | | Nantwich RC | 1:15:03 | 1:15:17 |
| 201. | 76 | Sarah Gray | 70th | F60 | 5th | | Stafford Harriers | 1:15:15 | 1:15:37 |
| 202. | 103 | Lesley Hughes | 71st | F60 | 6th | Y | Blythe Bridge RC | 1:16:33 | 1:16:44 |
| 203. | 135 | Teresa Marsh | 72nd | F45 | 12th | | Vegan Runners | 1:16:57 | 1:17:16 |
| 204. | 162 | Colin Pheasant | 132nd | M65 | 8th | G | Chase Harriers | 1:18:51 | 1:19:12 |

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| Pos | Bib | Name | M/F | AG | AG Pos | NSRRA | Club | Chip | Time |
|------|-----|-----------------|------|-----|--------|-------|-------------------|---------|---------|
| 205. | 129 | Lorraine Lovell | 73rd | F50 | 9th | | Market Drayton RC | 1:25:28 | 1:25:48 |

Number of records: 205