

# South Cheshire 20

## Overall Results



Pos	Bib	Name	M/F	AG	AG Pos	NSRRA	Club	Time
<b>South Cheshire 20</b>								
1.	187	Chris Pownell	1st	MSen	1st		Knowsley Harriers	1:59:06
2.	239	Sean Warburton	2nd	M40	1st		Salford Harriers & AC	2:04:04
3.	30	Gavin Browne	3rd	MSen	2nd			2:05:38
4.	169	Peter Nimmo	4th	MSen	3rd			2:06:18
5.	223	Chris Tighe	5th	M40	2nd		Sheffield RC	2:06:31
6.	217	Matthew Taylor	6th	M40	3rd	A	South Cheshire Harriers	2:08:52
7.	206	Paul Sidwells	7th	M45	1st	A	Run Free	2:09:46
8.	172	Michael Osinski-Gray	8th	MSen	4th		Cybele	2:10:19
9.	76	Sean Dyer	9th	MSen	5th		South Cheshire Harriers	2:10:50
10.	97	Paul Hancock	10th	M50	1st	A	South Cheshire Harriers	2:12:58
11.	78	Joseph Edwards	11th	MSen	6th			2:13:18
12.	20	Ben Bewley	12th	MSen	7th	A	Newcastle (Staffs) AC	2:13:42
13.	52	Steve Crowe	13th	MSen	8th	A	South Cheshire Harriers	2:15:27
14.	112	Jared Horn	14th	MSen	9th			2:16:02
15.	164	Matt Moran	15th	M40	4th		Bramhall Runners	2:17:42
16.	242	Iain Wedge	16th	M50	2nd		Chester Tri Club	2:19:01
17.	114	Claire Howard	1st	F50	1st			2:20:20
18.	71	Peter Dimpleby	17th	M45	2nd		Aldridge RC	2:21:11
19.	128	Gareth Jones	18th	M40	5th	B	Stone MM	2:21:20
20.	207	James Simpson	19th	M45	3rd	B	South Cheshire Harriers	2:24:36
21.	227	Julien Tour	20th	MSen	10th		Penny Lane Striders	2:25:19
22.	41	Alistair Chambers	21st	M55	1st		Ivanhoe Runners	2:25:54
23.	124	Steven Jennings	22nd	M40	6th	C	Stoke FIT	2:26:13
24.	21	A Birch	23rd	M50	3rd			2:26:32
25.	241	Liam Webb	24th	MSen	11th			2:26:44
26.	144	Simon Lewis	25th	M45	4th	C	Telford Harriers	2:27:14
27.	152	Peter Mallison	26th	M50	4th	A	South Cheshire Harriers	2:27:14
28.	43	Daniel Jordan	27th	M50	5th	A	Trentham RC	2:28:02
29.	58	Ian Dale	28th	M55	2nd		Royton Road Runners	2:29:21
30.	174	Laura Palmer	2nd	F40	1st	L	Chase Harriers	2:29:42
31.	25	Andrew Bowler	29th	MSen	12th		Manchester YMCA	2:31:59
32.	4	Daniel Ashcroft	30th	M45	5th			2:32:08
33.	250	Robin Zoka	31st	MSen	13th		South Cheshire Harriers	2:32:38
34.	16	Darren Beach	32nd	M45	6th	D	South Cheshire Harriers	2:32:53
35.	165	Ryan Morris	33rd	MSen	14th		South Cheshire Harriers	2:33:10
36.	125	Daria Jermakova	3rd	FSen	1st		Chorlton	2:33:24
37.	39	Matthew Chalmers	34th	M45	7th	C	Stone MM	2:35:40
38.	87	Michelle Fox	4th	F45	1st		Stone MM	2:35:40
39.	1	Doug Alcock	35th	M70	1st	C	Trentham RC	2:36:29
40.	210	Kirsty Stephenson	5th	F40	2nd		Stone MM	2:36:29
41.	19	Ryan Berrisford	36th	MSen	15th		UKRunChat	2:36:35
42.	28	Lucy Broom	6th	F45	2nd		Steel City Striders	2:36:48
43.	7	George Aylward	37th	MSen	16th		Penny Lane Striders	2:37:00
44.	131	Amanda Kelly	7th	F35	1st	L	Stoke FIT	2:37:31
45.	68	Matthew Deschoolmeester	38th	M45	8th		Bramhall Runners	2:37:43
46.	84	Lee Jones	39th	M50	6th	C		2:38:37
47.	104	Steve Harrison	40th	M45	9th		South Cheshire Harriers	2:40:03
48.	238	Nathan Walton	41st	M50	7th	D	Newcastle (Staffs) AC	2:40:59
49.	158	Rob McBain	42nd	M40	7th		Vale Royal	2:41:43

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Pos	Bib	Name	M/F	AG	AG Pos	NSRRA	Club	Time
50.	220	Warren Thomas	43rd	M45	10th	C	Trentham RC	2:42:51
51.	145	Lok Li	44th	M50	8th		Bramhall Runners	2:43:19
52.	133	Liam Kelly	45th	MSen	17th		Gator AC	2:43:54
53.	211	Adam Stirling	46th	MSen	18th		Royton Road Runners	2:44:09
54.	121	Victoria Ison	8th	F40	3rd			2:44:27
55.	95	Kieran Gilbert	47th	MSen	19th	F		2:44:35
56.	6	Charlotte Atkinson	9th	FSen	2nd		Blackburn Harriers	2:45:10
57.	175	Sarah Blunt	10th	F50	2nd			2:45:41
58.	57	Anthony Dagnall	48th	M65	1st		St Helens Striders	2:47:04
59.	94	Alicia Gilbert	11th	F35	2nd	M		2:47:52
60.	132	David Kelly	49th	M45	11th		Nantwich RC	2:48:50
61.	186	Aggi Pope	12th	F40	4th	L	Stone MM	2:49:28
62.	150	Terry Lynch	50th	M50	9th		Penny Lane Striders	2:49:39
63.	154	Paul Marshall	51st	MSen	20th		Trentham RC	2:49:44
64.	48	Charlie Cox	52nd	M40	8th		Cheadle RC	2:49:48
65.	103	Mark Harrison	53rd	M45	12th	C	Cheadle RC	2:51:02
66.	249	Carl Yu	54th	M45	13th		Liverpool RC	2:51:25
67.	171	Deb Oneill	13th	F45	3rd	M	Trentham RC	2:51:34
68.	139	James Lake	55th	MSen	21st		Chase Harriers	2:52:46
69.	66	Paul Davies	56th	M50	10th			2:52:53
70.	170	Marcus Nye	57th	M45	14th		Aldridge RC	2:53:14
71.	33	Lisa Warbrook	14th	F45	4th		Nantwich RC	2:53:57
72.	101	Claire Harrison	15th	F45	5th	M	South Cheshire Harriers	2:53:59
73.	176	Rachel Parker	16th	F45	6th		Nantwich RC	2:53:59
74.	181	James Phoenix	58th	M40	9th	B	Stone MM	2:54:08
75.	162	Robert Mills	59th	M40	10th	E	Stoke FIT	2:54:16
76.	40	Nikki Chamberlain	17th	F50	3rd		Knutsford Tri Club	2:54:21
77.	89	Alexander Garnett	60th	MSen	22nd		South Cheshire Harriers	2:54:49
78.	209	Jerry Smith	61st	M65	2nd		Chorlton	2:55:41
79.	136	David Kivlin	62nd	M40	11th	D	South Cheshire Harriers	2:55:47
80.	54	Matthew Crumpton	63rd	M45	15th		Nantwich RC	2:56:02
81.	221	Jason Littlewood	64th	MSen	23rd		Stafford Harriers	2:56:48
82.	230	David Turner	65th	MSen	24th			2:57:12
83.	243	William White	66th	M50	11th		South Cheshire Harriers	2:57:15
84.	47	Christopher Cowley	67th	MSen	25th			2:58:37
85.	51	Lisa Crosby	18th	F45	7th		Penny Lane Striders	2:58:58
86.	197	Mark Roberts	68th	MSen	26th			2:59:21
87.	11	Jennifer Barker	19th	F40	5th		Ellesmere Port RC	2:59:35
88.	180	Jill Phillips	20th	F60	1st	M	Trentham RC	2:59:53
89.	85	John Fay	69th	M40	12th		Royton Road Runners	3:00:23
90.	69	Hugh Devereux	70th	M55	3rd			3:00:45
91.	111	Michael Hodson	71st	M50	12th		Bramhall Runners	3:01:11
92.	199	Mellissa Salmon	21st	F40	6th	M	Silverdale RC	3:01:12
93.	178	Trev Payne	72nd	M45	16th		Sneyd Striders	3:01:25
94.	232	Lenka Vidamour	22nd	F40	7th		Penny Lane Striders	3:01:30
95.	156	Diane Mason	23rd	F55	1st	W	Nantwich RC	3:01:51
96.	184	Christopher	73rd	M45	17th		Sneyd Striders	3:02:09
97.	135	Claire Kivlin	24th	F40	8th	M	South Cheshire Harriers	3:02:40
98.	86	Fiona Finnegan	25th	F50	4th		Sinfin RC	3:02:44
99.	62	Alys Davies	26th	FSen	3rd		Chorlton	3:03:28
100.	189	Scott Priestley	74th	MSen	27th		Astley and Tyldesley RR	3:03:29

Pos	Bib	Name	M/F	AG	AG Pos	NSRRA	Club	Time
101.	115	Rebecca Howlett	27th	FSen	4th		South Cheshire Harriers	3:03:50
102.	44	Mark Clayton	75th	M50	13th		Sneyd Striders	3:04:13
103.	191	Fiona Ratic	28th	F40	9th	M	Trentham RC	3:04:24
104.	245	Robert Wilson	76th	M45	18th		South Cheshire Harriers	3:04:27
105.	190	Ben Ransome	77th	M50	14th		Lancaster & Morecambe	3:05:53
106.	153	Gary Marshall	78th	MSen	28th		Royton Road Runners	3:06:02
107.	99	Donna Harris	29th	F55	2nd	M	Chase Harriers	3:06:04
108.	65	Lee Davies	79th	MSen	29th	D	NSRRA	3:07:00
109.	157	Rachel Simms	30th	F40	10th		Wrekin Road Runners	3:07:50
110.	193	Timothy Rees	80th	M45	19th	E	Chase Harriers	3:08:58
111.	219	Nitesh Thakrar	81st	M60	1st	E	Stafford Harriers	3:09:24
112.	248	Lana Wright	31st	FSen	5th			3:11:27
113.	75	Carey Dyer	32nd	F45	8th	L	Silverdale RC	3:11:50
114.	83	Lucy Farrington	33rd	FSen	6th		Aldridge RC	3:13:05
115.	160	Richard McKenna	82nd	MSen	30th			3:13:06
116.	247	Mark Woodward	83rd	M65	3rd			3:13:14
117.	142	Walter Latham	84th	M60	2nd		Trentham RC	3:13:57
118.	204	Michelle Shaw	34th	F40	11th		South Cheshire Harriers	3:14:41
119.	110	Judith Ho	35th	F65	1st	W		3:15:21
120.	27	Alan Brookes	85th	M60	3rd	B	Trentham RC	3:16:33
121.	70	Lisa Dimpleby	36th	F45	9th		Aldridge RC	3:16:58
122.	147	Richard Lloyd	86th	M45	20th			3:17:51
123.	188	Elizabeth Preston	37th	F45	10th		South Cheshire Harriers	3:18:02
124.	18	Samantha Bentall	38th	F55	3rd		Penny Lane Striders	3:18:33
125.	59	Ruth Edwards	39th	FSen	7th		Stafford Harriers	3:18:47
126.	93	Mark Gibson	87th	M40	13th	E	Trentham RC	3:19:19
127.	203	Gail Shaw	40th	F55	4th		Royton Road Runners	3:19:38
128.	182	Cheryl Pickston	41st	F45	11th	Y	South Cheshire Harriers	3:19:41
129.	138	Chris Lake	88th	M45	21st	E	Chase Harriers	3:19:56
130.	23	Natalie Boswell	42nd	F35	3rd	M	Cannock & Stafford AC	3:20:46
131.	151	Jonathan Mackie	89th	M45	22nd		Knowsley Harriers	3:21:29
132.	126	Amy Jones	43rd	F35	4th			3:22:45
133.	205	Ken Shenton	90th	M60	4th	E	Trentham RC	3:23:03
134.	222	Holly Thornton	44th	F35	5th		Chorlton	3:23:39
135.	118	Karl Hukins	91st	MSen	31st	F	Nantwich RC	3:23:53
136.	10	Clair Baldock	45th	F45	12th		Warrington RC	3:24:03
137.	233	Abhishek Vijayashanker	92nd	MSen	32nd		Nantwich RC	3:24:07
138.	155	Charlie Martin	46th	F35	6th		Nantwich RC	3:24:07
139.	2	Luke Alldritt	93rd	MSen	33rd			3:25:21
140.	107	Jillian Heywood	47th	F50	5th		Royton Road Runners	3:25:34
141.	50	Julie Crockett	48th	F50	6th		Penny Lane Striders	3:25:34
142.	67	Sian Davies	49th	F40	12th			3:26:32
143.	77	Charlotte Edwards	50th	F35	7th			3:26:32
144.	198	Ian Sadler	94th	M60	5th		Penny Lane Striders	3:26:54
145.	49	Gary Crockett	95th	M45	23rd		Penny Lane Striders	3:26:55
146.	148	Emma Lonczyk	51st	F40	13th	W	Blythe Bridge RC	3:28:19
147.	137	Julie Knall	52nd	F55	5th	X	Silverdale RC	3:28:35
148.	31	Andrew Buckley	96th	M50	15th		Stone MM	3:29:06
149.	231	James Tutton	97th	M40	14th	F	Stoke FIT	3:29:10
150.	92	Peter Gibbs	98th	M45	24th	G	Stoke FIT	3:29:13
151.	24	Martin Boulton	99th	MSen	34th	G	Stoke FIT	3:29:16

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Pos	Bib	Name	M/F	AG	AG Pos	NSRRA	Club	Time
152.	74	Mark Duncan	100th	M40	15th			3:29:54
153.	237	Emma Walters	53rd	F40	14th	X	Blythe Bridge RC	3:29:59
154.	235	Jordan Wain	101st	MSen	35th			3:30:27
155.	166	Elaine Mountford	54th	F60	2nd			3:32:24
156.	26	Denise Brien	55th	F50	7th		Blackley walk2run	3:32:46
157.	123	Edwards Jamie	56th	FSen	8th	X	South Cheshire Harriers	3:32:53
158.	17	Rachel Beach	57th	F40	15th	M	South Cheshire Harriers	3:32:55
159.	168	Jane Nicholson	58th	F55	6th		Penny Lane Striders	3:33:16
160.	173	Anne Oxbrough	59th	F40	16th		Penny Lane Striders	3:33:17
161.	224	Robert Todd	102nd	M55	4th		Dragons RC	3:33:17
162.	161	David Mills	103rd	M45	25th			3:33:23
163.	15	Mark Baxter	104th	M50	16th		Sneyd Striders	3:33:25
164.	134	Anne Kelsall	60th	F60	3rd		Aldridge RC	3:33:27
165.	8	Jo Owen	61st	F40	17th	W	NSRRA	3:33:46
166.	122	Alison Jackson-Hedges	62nd	F40	18th	M	Trentham RC	3:33:47
167.	98	Ben Hardman	105th	MSen	36th			3:34:01
168.	108	Jill Hickson	63rd	F45	13th		Royton Road Runners	3:34:08
169.	208	Rachael Slater	64th	F45	14th			3:34:40
170.	119	Kevin Hutchings	106th	M55	5th		Royton Road Runners	3:35:17
171.	167	Martina Naismith	65th	F45	15th		Royton Road Runners	3:35:35
172.	163	Pauline Moorcroft	66th	F60	4th		Red Rose RR	3:40:54
173.	35	Zoe Cain	67th	F35	8th		Red Rose RR	3:41:37
174.	37	Rachel Cartwright	68th	F40	19th		Warrington RC	3:42:52
175.	72	Peter Divall	107th	M70	2nd	F	NSRRA	3:43:59
176.	129	Martin Jones	108th	MSen	37th		Lonely Goat RC	3:45:49
177.	5	Carol Astbury	69th	F55	7th	W	Uttoxeter RR	3:46:07
178.	73	Julie Dudley	70th	F60	5th	X	Cheadle RC	3:46:09
179.	29	Suzanne Brotherhood	71st	F50	8th		Stafford Harriers	3:49:30
180.	36	Juliet Carter	72nd	F50	9th	Y	South Cheshire Harriers	3:51:41
181.	113	Jane Houghton	73rd	F45	16th		Warrington RC	3:53:35
182.	228	Nikki Towle	74th	F50	10th	L	Stone MM	3:55:04
183.	81	Ellie Evans	75th	F35	9th	M	Stone MM	3:55:04
184.	225	Sarah Tomassi	76th	F40	20th			3:55:26
185.	56	David Cutts	109th	MSen	38th			3:55:57
186.	192	Sara Rees	77th	F45	17th	Y	Chase Harriers	3:56:03
187.	244	Elaine Whitehead	78th	F45	18th		Royton Road Runners	3:56:34
188.	38	Debra Cash	79th	F55	8th		Royton Road Runners	3:56:46
189.	159	Gareth McCaffery	110th	MSen	39th		Royton Road Runners	4:00:33
190.	234	Emily Wade	80th	FSen	9th		Widnes Wasps Ladies RC	4:00:44
191.	120	Tanya Hutchinson	81st	F35	10th		Marple Runners	4:00:51
192.	60	Tom Davall	111th	MSen	40th	E	Stafford Harriers	4:02:34
193.	46	Lorraine Cowan	82nd	F60	6th			4:02:46
194.	183	Alia Pike	83rd	F40	21st		UKRunChat	4:04:39
195.	246	Louise Withnell	84th	F45	19th		Red Rose RR	4:05:53
196.	102	Gavin Harrison	112th	M45	26th		Sneyd Striders	4:07:04
197.	185	Wendy Plant	85th	F55	9th	Y	Mow Cop RR	4:08:19
198.	229	Micheline Tremblay	86th	F55	10th	Y	South Cheshire Harriers	4:10:11
199.	141	Sarah Latham	87th	F35	11th	W	Trentham RC	4:12:04
200.	143	Diane Law	88th	F55	11th		Chase Harriers	4:12:48
201.	90	Maria Gaye	89th	F50	11th	X	Blythe Bridge RC	4:22:01
202.	96	Sara Halliday	90th	FSen	10th			4:28:28

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Pos	Bib	Name	M/F	AG	AG Pos	NSRRA	Club	Time
203.	179	Colin Pheasant	113th	M65	4th	G	Chase Harriers	4:32:37
204.	13	Hazel Barlow	91st	F60	7th	Y	Michelin AC	4:36:57
205.	116	Lesley Hughes	92nd	F60	8th	Y	Blythe Bridge RC	4:41:47
206.	236	Louise Waldron-Kelly	93rd	F45	20th	Y	Blythe Bridge RC	4:41:54
207.	14	Chrissy Barrow	94th	FSen	11th	Y		4:48:06
208.	214	Danielle Sutcliffe	95th	FSen	12th			4:55:27
209.	149	Lee Lymer	96th	F60	9th		Silverdale RC	4:55:32

### Virtual South Cheshire 20

1.	507	Lee Kaufman	1st	M50	1st		Sale Harriers	2:36:15
2.	501	Peter Clarke	2nd	M40	1st		Lonely Goat RC	2:44:42
3.	508	Jim Kelleher	3rd	M60	1st		South Cheshire Harriers	2:58:57
4.	505	Sharna Gallagher	1st	FSen	1st		South Cheshire Harriers	2:59:48
5.	510	Sadie Prince	2nd	FSen	2nd		South Cheshire Harriers	3:03:17
6.	511	Roshan Shanbhogue	4th	MSen	1st		South Cheshire Harriers	3:16:50
7.	516	Sarah Morgan	3rd	F40	1st		Vegan Runners	3:17:00
8.	55	Isabel Cundy	4th	F45	1st		Nantwich RC	3:28:10
9.	504	Sian Fern	5th	FSen	3rd	W	South Cheshire Harriers	3:36:03
10.	503	Gael Earp	6th	F55	1st	X	NSRRA	4:06:54
11.	517	Ruth Gamwell	7th	F45	2nd	X	Macclesfield Harriers	4:09:43
12.	512	Alfred Slater	5th	M75+	1st	G	NSRRA	4:40:00
13.	513	Helen Somers	8th	F45	3rd	M		4:48:55
14.	509	Sara Morris	9th	F45	4th	W	Stone MM	6:45:58

Number of records: 223