

# Sandbach 10k

## Overall Results

Pos	Name	M/F	AG	CW11	Club	ChipTime	Time
1.	Andrew Miles	M	MSen		Vale Royal AC	34:14	34:14
2.	Matthew McCormack	M	MSen		Crewe and Nantwich AC	35:01	35:01
3.	Mark Ward	M	MSen			35:03	35:03
4.	Scott Minshall	M	MSen		Trentham RC	35:04	35:04
5.	Ben Ratcliffe	M	MSen		Keele University	36:03	36:04
6.	Paul Metham	M	MSen			36:12	36:13
7.	Nicholas Hackett	M	MSen		South Cheshire Harriers	36:20	36:22
8.	James Ainsworth	M	M40		Vale Royal AC	37:52	37:53
9.	Rory Barton	M	MSen	Yes	Sandbach Striders	38:04	38:05
10.	James Kimber	M	MSen		Ellesmere Port RC	38:14	38:14
11.	John Carbutt	M	MSen		Congleton Harriers	38:17	38:20
12.	Steven Edwards	M	MSen		Ellesmere Port RC	38:27	38:28
13.	Michael Green	M	M40		Wallasey Athletic Club	38:32	38:33
14.	Andy Quicke	M	M40			39:07	39:08
15.	Ross Mcnair	M	MSen			39:49	39:50
16.	Andy Shenton	M	M40		Newcastle (Staffs) Tri Club	40:15	40:20
17.	Chloe Clarke	F	FSen		Wilmslow Running Club	40:28	40:31
18.	Pejman Nikoufekr	M	MSen			40:33	40:38
19.	Tom Bradley	M	MSen	Yes	Sandbach Striders	40:36	40:38
20.	Adam Daish	M	MSen	Yes		40:44	40:46
21.	John Harrison	M	MSen		Ellesmere Port RC	40:51	40:52
22.	Simon Emery	M	MSen			41:10	41:12
23.	Phil Rogers	M	MSen		Harrogate Harriers & AC	41:09	41:12
24.	Charles Wager	M	MSen			41:08	41:13
25.	Chris Graham	M	MSen		South Cheshire Harriers	41:20	41:24
26.	Darren Mottram	M	M40		Biddulph RC	41:30	41:33
27.	Ciaran Wright	M	MSen		Macclesfield Harriers & AC	41:34	41:38
28.	Neil Skellern	M	M50	Yes		41:57	41:59
29.	Chris Moss	M	M40		Congleton Harriers	42:27	42:30
30.	James Tipton	M	MSen		Rossendale Harriers & AC	42:35	42:36
31.	Conor Clune	M	M40		Lusk AC	42:41	42:43
32.	Shelley Fairey	F	FSen		Matlock Athletic Club	42:45	42:49
33.	Jonathan Maguire	M	M40	Yes	Sandbach Striders	42:54	42:57
34.	Lee Birchall	M	MSen		South Cheshire Harriers	42:43	43:01
35.	Joe Preston	M	MSen		Crewe and Nantwich AC	43:01	43:09
36.	Vu Nguyen	M	MSen			43:06	43:12
37.	Brian Stevens	M	M50			43:18	43:20
38.	John Williams	M	MSen			43:11	43:24
39.	Daniel Bailey	M	MSen		Thunder Runners	43:33	43:37
40.	Simon Hodgkiss	M	M40		Biddulph RC	43:30	43:41
41.	Jack Mullins	M	MSen	Yes		43:29	43:43
42.	Benjamin Carpenter	M	MSen			43:52	43:56
43.	Ken Douglas	M	M40	Yes		43:42	44:11
44.	Nik Galloway	M	MSen			44:12	44:15
45.	Rebecca Loton	F	FSen	Yes		44:17	44:19
46.	Andrew Growcott	M	MSen		South Cheshire Harriers	44:05	44:23
47.	Paul Norris	M	M60		Wilmslow Running Club	44:24	44:27
48.	Grant Mantle	M	MSen		Stone Master Marathoners	44:29	44:31
49.	Tom Brown	M	M40			44:31	44:34

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Pos	Name	M/F	AG	CW11	Club	ChipTime	Time
50.	James Yates	M	M40		Congleton Harriers	44:35	44:39
51.	John Spurrier	M	MSen			44:34	44:43
52.	Garry Elkins	M	M50			45:17	45:23
53.	Darren Beach	M	M40		South Cheshire Harriers	45:22	45:28
54.	Ashley Jennings	M	MSen	Yes		45:22	45:29
55.	Steven Elks	M	M40			45:27	45:40
56.	David Bailey	M	M50		Biddulph RC	45:42	45:53
57.	James Theobalds	M	MSen			45:51	45:58
58.	Nick Lewis-white	M	MSen			46:10	46:17
59.	John Welch	M	M50			46:19	46:22
60.	Paul Steel	M	M50		Congleton Harriers	46:20	46:24
61.	Chris Littlewood	M	M40	Yes		46:22	46:24
62.	Dean McNair	M	MSen			46:29	46:36
63.	Stuart Eustace	M	MSen		Run Middlewich	46:08	46:43
64.	Jon Dean	M	M40	Yes		46:38	46:43
65.	Gareth Hughes	M	MSen			46:49	46:56
66.	Nick Wilkins	M	M50		Congleton Harriers	46:13	47:02
67.	Joe Jones	M	MSen	Yes		46:35	47:09
68.	Philip Hargreaves	M	MSen	Yes		46:53	47:10
69.	Glennis Richardson	F	F50		Hyde Village Striders	47:05	47:11
70.	Michael Stanley	M	M40		Congleton Harriers	47:08	47:13
71.	Dan Margolan	M	M40	Yes		47:09	47:15
72.	Ian Williams	M	M50		South Cheshire Harriers	47:03	47:16
73.	Lucy Rosa	F	FSen		Northwich Running Club	47:09	47:17
74.	Tom Vass	M	MSen			47:06	47:19
75.	Chris Wilkie	M	MSen	Yes		46:54	47:37
76.	Michael Wilkinson	M	MSen			47:36	47:41
77.	John Simms	M	M40			47:08	47:42
78.	Karl Oates	M	MSen			47:19	47:45
79.	Nige Megson	M	M40		ORC	47:32	47:46
80.	Michael Smith	M	M40		Macclesfield Harriers & AC	47:55	48:06
81.	Alice Houghton	F	FSen			48:08	48:09
82.	Wayne Harling	M	MSen			47:56	48:18
83.	Emma jayne Hough	F	F40			48:19	48:23
84.	Simon Wilson	M	MSen	Yes		48:15	48:24
85.	Darren Hughes	M	M40			48:13	48:29
86.	Neil Capper	M	M40			48:14	48:30
87.	Catharine Crossley	F	FSen		Macclesfield Harriers & AC	48:38	48:38
88.	Simon Knowles	M	MSen			48:33	48:38
89.	Anthony Harding	M	MSen			48:31	48:48
90.	Greg Hall	M	MSen	Yes		48:45	48:50
91.	David Laxton	M	M50	Yes		48:42	48:51
92.	Matt Stanyer	M	MSen	Yes	Newcastle (Staffs) Tri Club	48:35	48:51
93.	Paul Dixon	M	M40			48:21	48:52
94.	Andrew Rowell	M	MSen			48:46	48:59
95.	Nick Pile	M	MSen		Lymm Runners	48:54	48:59
96.	Nick Webster	M	MSen		Leek run fit	48:47	49:05
97.	Stephen Bettany	M	M50			49:03	49:15
98.	Keith Dale	M	M40	Yes		48:54	49:24

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Pos	Name	M/F	AG	CW11	Club	ChipTime	Time
99.	Gordon Thorley	M	M60			48:35	49:26
100.	Phil Ikin	M	M40			49:18	49:28
101.	Brian Webster	M	M50			49:13	49:33
102.	Graeme Park	M	MSen	Yes		49:21	49:37
103.	H McP	F	FSen			49:35	49:40
104.	Jonathan Heath	M	M40		Stoke F.I.T	49:37	49:43
105.	Stephen Moody	M	M50		Stoke F.I.T	49:37	49:44
106.	Niall Owens	M	MSen			49:43	49:49
107.	Jennifer Edwards	F	F50		South Cheshire Harriers	49:47	49:57
108.	Glyn James	M	MSen			49:43	50:03
109.	Bruce Clark	M	MSen			49:37	50:04
110.	Darren Woods	M	M40	Yes		49:37	50:08
111.	John Smith	M	M60		Newcastle Staffs AC	49:32	50:11
112.	Karen Dickson	F	FSen	y		50:15	50:17
113.	James Donegan	M	MSen			50:01	50:21
114.	Chris Hudson	M	MSen			50:08	50:32
115.	Dan Roberts	M	MSen	Yes		50:13	50:43
116.	Carl Birkenhead	M	M50		Run Middlewich	50:11	50:45
117.	Chris Hinks	M	MSen			50:24	50:47
118.	Robert Marks	M	MSen	Yes		50:36	50:48
119.	Chris Stones	M	MSen			50:20	50:50
120.	Simon Turner	M	MSen		South Cheshire Harriers	50:38	50:50
121.	Adam Johnson	M	MSen		South Cheshire Harriers	50:34	50:51
122.	Gary Bailey	M	MSen	Yes		50:37	50:52
123.	Catherine Wilson	F	F50		Macclesfield Harriers & AC	50:50	50:58
124.	Andrew Davies	M	M40			50:34	50:59
125.	Bryan Shrubb	M	M40		South Cheshire Harriers	50:51	51:08
126.	Delyth Owen	F	FSen			50:58	51:13
127.	Dayle Honess	M	MSen	Yes	Sandbach Striders	51:05	51:23
128.	Aisling Redmond	F	FSen			51:08	51:32
129.	Elliott Reeves	M	MSen	Yes		51:27	51:43
130.	Ashley Hassall	M	MSen			51:27	51:49
131.	Dave Lovatt	M	MSen			51:40	51:52
132.	Jonathan Powell	M	MSen		Bedford Harriers AC	51:21	51:52
133.	Janet Burgess	F	F40		Whitchurch Whippets	51:43	52:07
134.	Katharine Prestwich	F	FSen		Prestatyn RC	51:58	52:12
135.	Verity Shaw	F	F40			52:12	52:20
136.	Richard Studzinski	M	M50		South Cheshire Harriers	52:02	52:21
137.	Adam Hall	M	MSen			52:23	52:28
138.	Emma Coulthard	F	FSen			52:01	52:30
139.	Rob Ashcroft	M	M40		Buckley RC	52:19	52:31
140.	Claire Parsons	F	F40			52:27	52:35
141.	Brian Bennett	M	M40	Yes		52:23	52:35
142.	Sarah Buckroyd	F	FSen			52:28	52:38
143.	Jucinta Marshalsea	F	FSen		Wrekin Road Runners	52:34	52:48
144.	Peter Stokes	M	M40		Crewe and Nantwich AC	52:33	52:50
145.	Scott Barnes	M	M50			52:39	52:59
146.	Jonathan Chapman	M	M40	Yes		52:33	53:04
147.	Libby Ellis	F	FSen			52:35	53:08

# Sandbach 10k

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Pos	Name	M/F	AG	CW11	Club	ChipTime	Time
148.	Steve Smallwood	M	M60			52:56	53:11
149.	Paul Riley	M	M40			52:58	53:12
150.	Paolo Spingardi	M	MSen			52:42	53:14
151.	Rachel Beach	F	FSen		South Cheshire Harriers	53:06	53:24
152.	Rob Smith	M	MSen			52:54	53:32
153.	Alan Chapman	M	M40			53:25	53:38
154.	Jayne Lomax	F	F50		Vale Royal AC	53:09	53:44
155.	Helen Gowin	F	F50		Macclesfield Harriers & AC	53:27	53:46
156.	Stephen Secretan	M	M60	Yes		53:15	53:54
157.	Mark Rendell	M	M40			53:34	53:58
158.	Caroline Clarke	F	F40			53:48	54:01
159.	Adam Hudson	M	MSen			53:53	54:02
160.	Lisa Phillips	F	F40	Yes		53:37	54:03
161.	Paul Faulkner	M	MSen			53:54	54:03
162.	Jonathan Holmes	M	M50			53:30	54:09
163.	Craig Spencer	M	MSen		Sphinx AC	53:50	54:16
164.	Joseph Woodcock	M	MSen			54:01	54:21
165.	Jane Ellis	F	FSen			53:57	54:28
166.	Jason Marshalsea	M	MSen		Wrekin Road Runners	54:15	54:29
167.	Mark Parker	M	M40			54:22	54:31
168.	Kim Eastham	F	F50		Macclesfield Harriers & AC	54:16	54:34
169.	David Atkinson	M	MSen		South Cheshire Triathletes	54:12	54:34
170.	Dave Galloway	M	MSen		Ellesmere Port RC	54:28	54:38
171.	Steven Beckett	M	MSen			54:37	54:44
172.	Katy Sutcliffe	F	FSen		South Cheshire Harriers	54:14	54:45
173.	Annabel Hodges	F	FSen	Yes	South Cheshire Harriers	54:28	54:45
174.	Mick Askey	M	M50	Yes		54:40	54:49
175.	Rachel Hayes	F	F40			54:16	54:55
176.	Robin Smith	M	M60		Middleton Harriers AC	54:46	55:04
177.	Katie Burt	F	FSen			54:37	55:08
178.	Joanne Bailey	F	F50		Biddulph RC	54:40	55:11
179.	Carla Done	F	FSen			55:11	55:22
180.	Paul Bossons	M	M40			55:01	55:22
181.	Stephen Dalziel	M	M40			54:56	55:27
182.	Amanda Weston	F	F40			55:20	55:32
183.	Kerry Podmore	F	F40		South Cheshire Harriers	55:20	55:37
184.	Danielle Perry	F	FSen		South Cheshire Harriers	55:24	55:43
185.	Luke Johnson	M	MSen			55:14	55:47
186.	Nicola Godson	F	F40			55:35	55:59
187.	Rhiannon Jones	F	F40	Yes		55:28	56:02
188.	Jane Kilborn	F	F50			55:54	56:07
189.	Jason Canny	M	M50			55:26	56:09
190.	Dan Tynan	M	M40			55:57	56:16
191.	Mervin Bates	M	M60			56:03	56:18
192.	Gary Bates	M	M40			56:03	56:18
193.	Morag Sutton	F	F40		Northwich Running Club	56:09	56:20
194.	Gail Hughes	F	F40			56:11	56:26
195.	Andrew Wise	M	MSen			56:23	56:30
196.	John Grobicki	M	M50		Run Middlewich	56:19	56:30

# Sandbach 10k

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Pos	Name	M/F	AG	CW11	Club	ChipTime	Time
197.	Kate Mullins	F	FSen			56:10	56:31
198.	Sophie Hudson	F	FSen			56:05	56:37
199.	Shaun Treanor	M	M40	Yes		56:38	56:46
200.	Emma Riddell	F	FSen			56:44	56:51
201.	Aimee Bellwood	F	FSen		Harrogate Harriers & AC	56:18	56:55
202.	Kasia Brazenall	F	FSen			56:57	57:05
203.	Dave Harvey	M	MSen			56:32	57:07
204.	Emma Roche	F	FSen		Run Middlewich	56:33	57:08
205.	Emma Speak	F	F40			56:50	57:15
206.	Claire Massey	F	FSen			57:11	57:17
207.	Claire Green	F	FSen	Yes		57:10	57:20
208.	Darren Bennett	M	M40			56:49	57:25
209.	Vanessa Milward	F	F40			57:14	57:28
210.	Bob Vass	M	M60			56:58	57:35
211.	Helen Cox	F	F40		Middlewich	57:04	57:39
212.	Mark Staley	M	M40		ORC	57:13	57:41
213.	Alison Dawson	F	F40			57:17	57:44
214.	Paul Wilkinson	M	MSen			57:34	57:46
215.	Darren Hodgkinson	M	MSen			57:17	57:46
216.	Beatrice Shepley	F	FSen		Market Drayton RC	57:10	57:46
217.	Julie Theobalds	F	FSen			57:30	57:55
218.	Tony Phillips	M	M40	Yes		57:30	57:56
219.	Trevor Bowker	M	M40		Run Middlewich	57:43	57:59
220.	Andy Hughes	M	M40		South Cheshire Harriers	57:44	58:01
221.	Johnny Beresford	M	M40			57:27	58:05
222.	Sarah Higgins	F	F40		Congleton Harriers	57:55	58:06
223.	Sarah Smith	F	FSen			57:43	58:09
224.	Lynn Jackson	F	F50			57:37	58:15
225.	James Steel	M	M40			58:01	58:16
226.	Ben Smith	M	MSen	Yes		58:01	58:18
227.	Caroline Caffery	F	F40			57:46	58:25
228.	Claire Shufflebotham	F	FSen		Biddulph RC	57:58	58:30
229.	Edmel Lapitan	M	MSen		South Cheshire Harriers	58:12	58:32
230.	Ruth Till	F	FSen			58:27	58:34
231.	Neil Johnson	M	M40			57:57	58:37
232.	Daniel Eccleston	M	MSen			58:25	58:38
233.	Nicola Jeffries	F	F50	Yes	Sandbach Striders	58:17	58:40
234.	Sarah Ellison	F	FSen		Run Middlewich	58:13	58:50
235.	Sue Ellam	F	F40			58:38	58:53
236.	Rob Bunn	M	M40			58:31	58:53
237.	James Clark	M	MSen			58:30	59:00
238.	Suzanne Horrill	F	F40	Yes		58:41	59:01
239.	Spencer Horrill	M	M40	Yes		58:41	59:02
240.	Alan Platt	M	MSen	Yes		58:24	59:03
241.	Chris Holt	M	MSen			58:47	59:07
242.	Martin James	M	MSen			58:50	59:12
243.	Glenda Davies	F	F40			58:52	59:15
244.	Matthew Finney	M	MSen			58:47	59:20
245.	David Taylor	M	M40	Yes		58:54	59:22

# Sandbach 10k

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Pos	Name	M/F	AG	CW11	Club	ChipTime	Time
246.	Kirsty Lilley	F	FSen		South Cheshire Harriers	59:06	59:26
247.	Jennifer Wager	F	FSen			58:51	59:28
248.	Carey Prout	M	M40			59:00	59:28
249.	Nick Chandler	M	M50		South Cheshire Harriers	59:11	59:31
250.	Natalie Gillan	F	FSen			58:54	59:32
251.	Tracey Langston	F	F40		Mow Cop Runners	59:05	59:38
252.	Melissa Mcpartland	F	F40			59:31	59:38
253.	Edward Atkinson	M	MSen			59:34	59:41
254.	Karen Mather	F	F50			59:07	59:47
255.	Charlotte Robinson	F	FSen			59:08	59:48
256.	Sharon Rendell	F	F40			59:31	59:55
257.	Jack Taylor	M	MSen	Yes		59:29	59:56
258.	Debra Gratton	F	F50		GO TEAM	59:41	59:56
259.	Hannah Thompson	F	FSen			59:41	59:58
260.	Darren Boothstone	M	MSen	Yes		59:31	59:59
261.	Caroline Jennings	F	FSen	Yes		59:34	1:00:04
262.	David Hudson	M	M50			59:32	1:00:05
263.	Adam Clarke	M	MSen	Yes		59:37	1:00:11
264.	Pat Bentley	F	F60		Staffs Moorlands AC	59:38	1:00:14
265.	Angela Groom	F	F40		Moulton Runners	1:00:03	1:00:22
266.	Adam Letts	M	M40	Yes		59:47	1:00:29
267.	Marlaina Cadwallader	F	FSen			59:59	1:00:30
268.	Karl Boardman	M	M40			1:00:20	1:00:38
269.	Elisa Dowey	F	F40	Yes		1:00:18	1:00:50
270.	Kevin Dowey	M	M50	Yes		1:00:18	1:00:51
271.	Helen Fox	F	F40		Run Middlewich	1:00:21	1:00:56
272.	Kristie Mathers	F	F40	Yes		1:00:23	1:00:58
273.	Jayne Marsh	F	F40	Yes		1:00:28	1:01:02
274.	Julie Potter	F	F40		South Cheshire Harriers	1:00:34	1:01:06
275.	Matthew Clark	M	MSen			1:00:40	1:01:09
276.	Darren Roberts	M	M40		Run Middlewich	1:00:34	1:01:11
277.	Kevin Jolliffe	M	M50			1:01:02	1:01:14
278.	Sue Hughes	F	F40			1:00:45	1:01:20
279.	Joanne Wildman	F	F40		Kirkby Milers AC	1:01:02	1:01:30
280.	John Quinn	M	M50		Kirkby Milers AC	1:01:03	1:01:31
281.	Jim Jackson	M	MSen	Yes		1:01:29	1:01:50
282.	Nicolette Baddiley	F	F40			1:01:26	1:01:52
283.	Ann Marie Lindsley	F	F40			1:01:26	1:01:52
284.	Lyn Bastock	F	F60	Yes		1:01:36	1:02:00
285.	Emily Brough	F	FSen			1:01:55	1:02:03
286.	Steve Smith	M	M40	Yes		1:01:49	1:02:12
287.	Kate Campbell	F	FSen			1:01:59	1:02:23
288.	Marianne Davies	F	F50	Yes		1:01:59	1:02:23
289.	Serena Van Schepdael	F	F40	Yes	South Cheshire Harriers	1:02:09	1:02:36
290.	Sarah Glazebrook	F	FSen		Run Middlewich	1:02:01	1:02:38
291.	Sue Campbell	F	F60			1:02:24	1:02:52
292.	Elaine Devine	F	F60		Stockport Harriers & AC	1:02:24	1:02:53
293.	Lucinda Keates	F	FSen			1:02:28	1:03:04
294.	Laura Turner	F	FSen			1:02:48	1:03:07



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Pos	Name	M/F	AG	CW11	Club	ChipTime	Time
295.	Amanda Richardson	F	F50		Royton Road Runners	1:03:06	1:03:17
296.	Juliet Vass	F	FSen			1:02:47	1:03:25
297.	Jarrood Beech	M	M40	Yes		1:02:55	1:03:25
298.	Paul Parkinson	M	M60			1:03:19	1:03:40
299.	Matthew Arschavir	M	M40		Didsbury Runners	1:03:21	1:04:00
300.	Aaron Ramsay	M	MSen			1:03:53	1:04:15
301.	Sarah Lee	F	FSen	Yes		1:03:57	1:04:20
302.	Kerry Chalk	F	FSen			1:04:18	1:04:42
303.	Dee Roberts	F	F40		Run Middlewich	1:04:26	1:04:48
304.	Liz Guildford	F	F40	Yes		1:04:25	1:04:50
305.	Chris Bloor	M	MSen			1:04:26	1:05:04
306.	Helen Stanyer	F	FSen	Yes	Newcastle (Staffs) Tri Club	1:04:49	1:05:06
307.	Anne Woods	F	F50	Yes		1:04:56	1:05:23
308.	Amy Lamb	F	FSen	Yes		1:04:56	1:05:24
309.	Victoria Hughson	F	F40			1:05:18	1:05:26
310.	Rob Bekkenutte	M	M40	Yes		1:05:18	1:05:34
311.	Sarah Ellerton	F	FSen		Stoke F.I.T	1:05:09	1:05:42
312.	Richard McCue	M	MSen			1:05:15	1:05:50
313.	Erin Jackson	F	FSen	Yes		1:05:41	1:05:53
314.	Rebekah Thompson	F	FSen	Yes		1:05:37	1:05:54
315.	Karen Mcguffie	F	F50	Yes		1:05:35	1:06:00
316.	Catherine Wilson	F	F40	Yes		1:06:14	1:06:24
317.	Jody Woodbridge	F	FSen			1:05:53	1:06:24
318.	Angela Dale	F	FSen	Yes		1:05:54	1:06:30
319.	Stacy Dawson	F	FSen			1:06:30	1:06:45
320.	Ben Fairey	M	MSen			1:06:26	1:06:52
321.	Lesley Meaney	F	F40			1:06:32	1:06:57
322.	James Robinson	M	MSen			1:06:54	1:07:07
323.	Beth Attwood	F	FSen	Yes		1:06:37	1:07:08
324.	Dani Hale	F	FSen			1:06:41	1:07:13
325.	Dan Allman	M	MSen	Yes		1:06:52	1:07:22
326.	David Mulliner	M	M50	Yes		1:06:47	1:07:24
327.	Roberta Griffiths	F	F40		BodyFit Cumbria RC	1:07:02	1:07:29
328.	Stewart Broadfield	M	M60			1:07:01	1:07:30
329.	Gina Holden	F	FSen	Yes		1:07:26	1:07:42
330.	Olivia Mullen	F	FSen			1:07:08	1:07:46
331.	Nicholas Ellerton	M	MSen		Stoke F.I.T	1:07:18	1:07:51
332.	Teresa Dodd	F	F40			1:07:33	1:07:52
333.	Martha Irwin	F	F60	Yes		1:08:04	1:08:18
334.	Jane Wild	F	F50			1:08:17	1:08:38
335.	Rebecca Coppock	F	F50			1:08:17	1:08:39
336.	Shelley Lee	F	F50		Macclesfield Harriers & AC	1:08:13	1:08:50
337.	Rebecca Owen	F	FSen			1:08:37	1:08:52
338.	Sam Walker	F	FSen			1:08:37	1:08:53
339.	Will Taylor	M	MSen	Yes		1:08:19	1:08:57
340.	Leanne Mountford	F	F40			1:08:38	1:09:02
341.	Chrissy Mullen	F	FSen			1:08:30	1:09:07
342.	Andrea Heath	F	F50		South cheshire triathletes	1:09:48	1:09:58
343.	Laura Cook	F	FSen		Run Middlewich	1:09:37	1:09:59

# Sandbach 10k

## Overall Results

Pos	Name	M/F	AG	CW11	Club	ChipTime	Time
344.	Darren Carroll	M	M40			1:09:46	1:10:12
345.	Andy Macfall	M	M40			1:10:09	1:10:30
346.	Leanne Cooper	F	FSen		South Cheshire Harriers	1:10:07	1:10:34
347.	Jamie Dale	M	MSen			1:10:21	1:10:49
348.	Lisa Goodwin	F	F40			1:11:00	1:11:24
349.	Laura Knott	F	FSen			1:10:52	1:11:29
350.	Karen Cameron	F	F50	Yes		1:11:16	1:11:32
351.	Martin Hargreaves	M	M50	Yes		1:11:17	1:11:33
352.	Stacey Woodman	F	FSen			1:11:16	1:11:48
353.	Sarah Olbrich	F	F40		Run Middlewich	1:12:14	1:12:36
354.	Gillian Beeley	F	F60		Run Middlewich	1:12:17	1:12:39
355.	Robin Thorne	M	M40			1:12:28	1:13:07
356.	Diane Barber	F	F40			1:14:01	1:14:13
357.	Christine Webber	F	F50			1:16:43	1:16:56
358.	Nicola Whitfield	F	FSen			1:17:28	1:18:13
359.	Dave Whitfield	M	M50			1:17:29	1:18:14
360.	Cieron Powell - Hale	M	MSen			1:18:22	1:18:55
361.	Gareth Powell	M	M60			1:21:04	1:21:37
362.	Jan Bowyer	F	F60			1:23:50	1:24:34
363.	Nina Green	F	F50		Stockport Harriers & AC	1:23:50	1:24:34
364.	Bev Holding	F	F60		Biddulph RC	1:26:05	1:26:37

Number of records: 364