

CHESHIRE 10 MILE ROAD RUNNING CHAMPIONSHIP 2010
Held in conjunction with the Great Warford 10 mile, 15th August

Men :

1. Stuart Doyle	Vale Royal AC	56 mins 12 secs
2. Damian Nicholls	Wilmslow RC	57 mins 49 secs
3. James Noakes	Macclesfield H&AC	57 mins 53 secs

1st 040

James Noakes

1st 050

Tom McGaff	Wilmslow RC	59 mins 51 secs
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Women :

1. Alison Draper	Spectrum Striders	1 hr 8 mins 53 secs
2. Alison Cole	Ellesmere Port RC	1 hr 9 mins 35 secs
3. Gemma Barnet	Vale Royal AC	1 hr 11 mins 00 secs

1st 035

Alison Cole

1st 045

Clare Hawkes	Wilmslow RC	1 hr 14mins 42 secs
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