



Trafford 10k 2017

5th March 2017

RESULT

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1	54	28:55	Chris Thompson	Aldershot Farnham & District AC	Male	1	M20-39	1	28:55	1
2	47	29:27	Richard Horton	Shaftesbury Barnet Harriers	Male	2	M20-39	2	29:27	2
3	32	29:28	Andy Maud	Highgate Harriers	Male	3	M20-39	3	29:28	3
4	39	29:41	Matthew Clowes	Cardiff AAC	Male	4	M20-39	4	29:41	4
5	59	29:58	Dejene Gezimu	Liverpool Harriers	Male	5	M20-39	5	29:58	5
6	147	30:02	Patrick Dever	Preston Harriers	Male	6	M20-39	6	30:02	6
7	5	30:03	Jack Morris	Stockport Harriers	Male	7	M20-39	7	30:02	7
8	44	30:03	Andrew Davies	Stockport Harriers	Male	8	M20-39	8	30:03	8
9	57	30:04	Shaun Antell	Bideford AAC	Male	9	M20-39	9	30:04	9
10	3	30:06	Daniel Cliffe	Liverpool Harriers	Male	10	M20-39	10	30:05	10
11	4	30:06	Robbie Fitzgibbon	Brighton Phoenix AC	Male	11	M20-39	11	30:05	11
12	148	30:07	Emile Cairess	Leeds City AC	Male	12	M15-19	1	30:06	12
13	26	30:09	John Beattie	Newham & Essex Beagles	Male	13	M20-39	12	30:09	14
14	37	30:09	Arttu Vattulainen	Finland	Male	14	M20-39	13	30:08	13
15	142	30:10	Paulos Surafel	Enfield & Haringey	Male	15	M20-39	14	30:10	15
16	43	30:11	Rowan Axe	Cardiff AAC	Male	16	M20-39	15	30:11	16
17	2	30:12	Luke Gunn	Derby AC	Male	17	M20-39	16	30:12	18
18	97	30:13	Michael Christoforou	Enfield & Haringey	Male	18	M20-39	17	30:12	17
19	49	30:22	Peter Newton	Morpeth Harriers	Male	19	M20-39	18	30:22	19
20	77	30:23	Jonathan Hopkins	Swansea Harriers	Male	20	M20-39	19	30:23	20
21	45	30:27	Chris Farrell	Horwich RMI Harriers	Male	21	M20-39	20	30:27	21
22	131	30:29	Jake Wightman	Edinburgh AC	Male	22	M20-39	21	30:29	22
23	95	30:33	Danny Russell	Highgate Harriers	Male	23	M20-39	22	30:33	23
24	63	30:35	Ben Cole	Tonbridge AC	Male	24	M20-39	23	30:34	24
25	90	30:36	Joe Wilkinson	Lincoln Wellington	Male	25	M20-39	24	30:34	25
26	165	30:41	Harry Powell	Kingston upon Hull AC	Male	26	M20-39	25	30:40	26
27	75	30:44	Bradley Goater	Shaftesbury Barnet Harriers	Male	27	M20-39	26	30:43	28
28	99	30:45	Phil Beastall	Cheltenham Harriers	Male	28	M20-39	27	30:43	27
29	80	30:48	Iraitz Arrospide	Sheffield & Dearne	Male	29	M20-39	28	30:48	32
30	74	30:48	Carl Avery	Morpeth Harriers	Male	30	M20-39	29	30:47	30
31	91	30:48	Nigel Martin	Sale Harriers Manchester	Male	31	M20-39	30	30:47	31
32	71	30:49	Alex Wall-Clarke	Southampton AC	Male	32	M20-39	31	30:46	29
33	21	30:50	Michael Kallenberg	Cardiff AAC	Male	33	M20-39	32	30:49	34
34	93	30:51	Steven Bayton	Hallamshire Harriers	Male	34	M20-39	33	30:49	33
35	96	30:52	Josh Trigwell	Newham & Essex Beagles	Male	35	M20-39	34	30:51	35
36	144	30:59	Jack Nixon	Stockport Harriers	Male	36	M20-39	35	30:58	36
37	42	31:00	Jacob Allen	Rugby & Northampton	Male	37	M20-39	36	30:59	38
38	79	31:00	Jack Bancroft	Wells City Harriers	Male	38	M20-39	37	31:00	41
39	89	31:00	James Straw	Lincoln Wellington	Male	39	M20-39	38	30:59	37
40	62	31:01	James Douglas	Border Harriers	Male	40	M20-39	39	31:01	42
41	155	31:01	Dane Blomquist	Aldershot Farnham & District AC	Male	41	M20-39	40	31:00	39
42	12	31:02	Toby Spencer	Coventry Godiva Harriers	Male	42	M20-39	41	31:02	44
43	123	31:02	Joseph Vis	Sale Harriers Manchester	Male	43	M20-39	42	31:00	40
44	128	31:02	Luke Betts	Sale Harriers Manchester	Male	44	M20-39	43	31:01	43
45	55	31:04	Craig Ruddy	Inverclyde AC	Male	45	M20-39	44	31:02	45
46	92	31:05	Ben Riddell	Salford Harriers	Male	46	M20-39	45	31:04	46
47	83	31:06	Oliver Mott	Cheltenham Harriers	Male	47	M20-39	46	31:06	48
48	87	31:06	Will Mycroft	Enfield & Haringey	Male	48	M20-39	47	31:05	47
49	117	31:07	Ronnie Richmond	Bideford AAC	Male	49	M20-39	48	31:06	49
50	70	31:08	Ben Bradley	Aldershot Farnham & District AC	Male	50	M20-39	49	31:08	51
51	88	31:09	Marc Brown	Salford Harriers	Male	51	M20-39	50	31:08	50
52	119	31:11	Lewis Jagger	Sheffield & Dearne	Male	52	M15-19	2	31:10	53
53	281	31:12	Thomas Beasley	Birchfield Harriers	Male	53	M20-39	51	31:11	54
54	58	31:12	Russell Bentley	Kent Athletic Club	Male	54	M20-39	52	31:12	55
55	104	31:12	Robert Danson	Wesham Road Runners	Male	55	M20-39	53	31:10	52
56	178	31:19	John Eves	Bedford & County Athletic Club	Male	56	M20-39	54	31:19	57
57	107	31:20	Tim Raynes	Blackburn Harriers	Male	57	M20-39	55	31:17	56
58	121	31:22	Finn Brodie	Gosforth Harriers AC	Male	58	M20-39	56	31:19	58
59	156	31:26	Bradley Wattleworth	Woodford Green	Male	59	M20-39	57	31:24	60
60	619	31:26	James Dunce	Tyne Bridge Harriers	Male	60	M20-39	58	31:23	59
61	154	31:27	Andy Benson	Preston Harriers	Male	61	M20-39	59	31:26	61
62	157	31:29	Max Pickard	Brighton Phoenix AC	Male	62	M20-39	60	31:27	64
63	166	31:29	Adam Sciacca	Sale Harriers Manchester	Male	63	M20-39	61	31:27	62
64	151	31:29	Jordan Rowe	Colchester Harriers	Male	64	M20-39	62	31:27	63
65	182	31:30	Robel Bahelbi	Highgate Harriers	Male	65	M20-39	63	31:29	65
66	110	31:30	Michael Cayton	Horwich RMI Harriers	Male	66	M20-39	64	31:30	66
67	101	31:33	Alistair Smith	Coventry Godiva Harriers	Male	67	M20-39	65	31:33	68
68	127	31:33	Tom Crouch	St Albans Striders	Male	68	M20-39	66	31:31	67
69	15	31:36	Rory Grant	Birchfield Harriers	Male	69	M20-39	67	31:35	71
70	152	31:37	Danny Lawton	Trafford AC	Male	70	M15-19	3	31:35	69
71	134	31:37	Will Beauchamp	Salford Harriers	Male	71	M20-39	68	31:35	70
72	103	31:38	Ricky Challinor	Liverpool Harriers	Male	72	M20-39	69	31:36	74
73	135	31:38	John Franklin	Serpentine RC	Male	73	M20-39	70	31:36	73
74	14	31:38	Joe Smith	Tipton Harriers	Male	74	M20-39	71	31:36	75
75	150	31:38	Matt Jackson	Liverpool Harriers	Male	75	M20-39	72	31:35	72



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5th March 2017

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Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
76	136	31:39	Matthew Sheen	Vale Royal AC	Male	76	M20-39	73	31:37	76
77	114	31:40	Nathan Dunn	Leeds City AC	Male	77	M20-39	74	31:38	77
78	130	31:40	Jay Ferns	Loftus and Whitby AC	Male	78	M15-19	4	31:40	78
79	98	31:42	Ben Gamble	Tipton Harriers	Male	79	M20-39	75	31:41	79
80	251	31:44	Luke Grenfell-Shaw	Bristol & West AC	Male	80	M20-39	76	31:42	80
81	460	31:47	Jack Willis	Middlesbrough and Cleveland Harriers	Male	81	M15-19	5	31:45	81
82	141	31:49	Grant Johnson	Salford Harriers	Male	82	M20-39	77	31:47	82
83	573	31:52	Michael Tanner	Sheffield Running Club	Male	83	M20-39	78	31:52	86
84	158	31:52	Adrian Bailes	Birtley AC	Male	84	M20-39	79	31:48	83
85	120	31:54	Matthew Wigelsworth	Preston Harriers	Male	85	M20-39	80	31:52	85
86	455	31:55	Lewis Eccleston	Manchester Triathlon Club	Male	86	M20-39	81	31:52	87
87	962	32:00	Lucian Allison	Lincoln Wellington	Male	87	M20-39	82	31:49	84
88	411	32:00	Charlie Haywood	Highgate Harriers	Male	88	M20-39	83	31:57	89
89	133	32:00	Maxwell Dumbrell	Brighton Phoenix AC	Male	89	M20-39	84	31:59	91
90	174	32:02	Mark Offord	Dragons Running Club (Sale)	Male	90	M20-39	85	31:59	90
91	122	32:02	Howard Thompson	Charnwood AC	Male	91	M20-39	86	31:56	88
92	146	32:03	Kelvin Gomez	Cambridge University	Male	92	M20-39	87	32:00	92
93	139	32:05	Alex Bampton	Cheltenham Harriers	Male	93	M20-39	88	32:03	93
94	129	32:08	Tom Higgs	South London Harriers	Male	94	M20-39	89	32:05	94
95	292	32:09	Dean Richardson	City of Stoke AC	Male	95	M40-44	1	32:05	95
96	116	32:10	Matthew Arnold	Aldershot Farnham & District AC	Male	96	M20-39	90	32:10	97
97	618	32:10	Simon Myatt	Trentham Running Club	Male	97	M20-39	91	32:09	96
98	109	32:14	Joe Rainsford	Heanor Running Club	Male	98	M20-39	92	32:10	98
99	105	32:17	Sam Johnson	Derby AC	Male	99	M20-39	93	32:15	99
100	181	32:17	Joseph Monk	Blackburn Harriers	Male	100	M15-19	6	32:15	100
101	31	32:19	Jonathan Davies	Reading AC	Male	101	M20-39	94	32:19	105
102	36	32:21	Gareth Raven	Sale Harriers Manchester	Male	102	M40-44	2	32:19	103
103	738	32:21	John Hobbs	Valley Striders	Male	103	M20-39	95	32:16	101
104	183	32:22	Orlando Corea	Birchfield Harriers	Male	104	M40-44	3	32:20	106
105	386	32:23	Sparrow Morley	Tyne Bridge Harriers	Male	105	M20-39	96	32:19	104
106	112	32:24	Harry Lupton	Charnwood AC	Male	106	M20-39	97	32:21	107
107	579	32:24	Lewis Rooney	Southport Waterloo	Male	107	M15-19	7	32:18	102
108	73	32:25	Christopher Greenwood	Kent Athletic Club	Male	108	M40-44	4	32:23	110
109	394	32:27	Ian Moran	Liverpool Harriers	Male	109	M20-39	98	32:22	108
110	609	32:27	Jonathan Carter	Tipton Harriers	Male	110	M20-39	99	32:26	114
111	1002	32:28	Terry Scott	Tyne Bridge Harriers	Male	111	M45-49	1	32:23	109
112	757	32:28	Steven Snape	Salford Harriers	Male	112	M20-39	100	32:26	113
113	180	32:28	Daniel Kashi	Sale Harriers Manchester	Male	113	M20-39	101	32:25	111
114	300	32:29	Daniel Clarke	Coventry Godiva Harriers	Male	114	M20-39	102	32:25	112
115	143	32:30	Chris Durney	Preston Harriers	Male	115	M15-19	8	32:29	116
116	440	32:32	James McNally	Liverpool Harriers	Male	116	M20-39	103	32:30	117
117	467	32:33	Lloyd Kempson	Nene Valley Harriers	Male	117	M20-39	104	32:27	115
118	81	32:35	David Rigby	Salford Harriers	Male	118	M20-39	105	32:32	119
119	170	32:38	Alec Finch	Thurrock Harriers	Male	119	M20-39	106	32:32	118
120	171	32:44	Mark Couldwell	Charnwood AC	Male	120	M40-44	5	32:44	121
121	459	32:48	Ian Lawton	Mersey Tri	Male	121	M20-39	107	32:48	123
122	161	32:49	Raymond Edgar	Lancaster & Morecambe Ac	Male	122	M20-39	108	32:49	124
123	173	32:50	Robert Smith	Notts AC	Male	123	M20-39	109	32:46	122
124	493	32:51	Callum O'Neill	Team Kennet AC	Male	124	M15-19	9	32:43	120
125	185	32:52	Robert Balmbra	Morpeth Harriers	Male	125	M20-39	110	32:50	125
126	519	32:56	Franco Pardini	Roundhay Runners	Male	126	M20-39	111	32:52	126
127	567	33:02	Christopher Tully	Salford Harriers	Male	127	M20-39	112	33:00	127
128	384	33:06	Nick Little	Leeds City AC	Male	128	M20-39	113	33:00	128
129	731	33:10	Dan Thomas	University of Birmingham Athletics and Cross Count	Male	129	M20-39	114	33:00	129
130	224	33:11	Julian Hood	Barlick Fell Runners	Male	130	M20-39	115	33:08	133
131	340	33:12	Paul Coon	Ellenborough AC	Male	131	M20-39	116	33:09	134
132	216	33:12	Michael Berks	Altrincham & District AC	Male	132	M20-39	117	33:08	132
133	350	33:13	Gavin Keight	Hallamshire Harriers	Male	133	M20-39	118	33:10	136
134	228	33:14	Alistair Rutherford	Birchfield Harriers	Male	134	M20-39	119	33:03	130
135	253	33:14	Ben Coop	Bury AC	Male	135	M20-39	120	33:05	131
136	164	33:16	Andile Hlebo	Trafford AC	Male	136	M20-39	121	33:12	137
137	645	33:16	Will Monaghan		Male	137	M20-39	122	33:13	139
138	353	33:18	Philip Cooper	Hallamshire Harriers	Male	138	M20-39	123	33:13	138
139	1001	33:18	Elliot Richards	Cardiff AAC	Male	139	M20-39	124	33:09	135
140	429	33:19	Adam Pratt	Tynedale	Male	140	M20-39	125	33:16	142
141	742	33:19	Thomas Stock	Warwick University	Male	141	M20-39	126	33:15	140
142	314	33:21	Alex Bradford	Sale Harriers Manchester	Male	142	M20-39	127	33:16	141
143	739	33:22	Graham Green	Warrington AC	Male	143	M50-54	1	33:19	144
144	277	33:24	Peter Bray	Chorlton Runners	Male	144	M20-39	128	33:16	143
145	610	33:24	Karl Welborn	Tipton Harriers	Male	145	M20-39	129	33:22	148
146	393	33:25	Lee Siemaszko	Liverpool Harriers	Male	146	M20-39	130	33:22	146
147	231	33:27	Thomas Blaney	Blackburn Harriers	Male	147	M20-39	131	33:22	145
148	578	33:27	Daniel Hunt	Southampton AC	Male	148	M20-39	132	33:25	149
149	290	33:28	Matthew Nelson	City of Hull	Male	149	M20-39	133	33:22	147
150	188	33:33	Elinor Kirk	Swansea Harriers	Female	1	F20-34	1	33:29	151



Trafford 10k 2017

5th March 2017

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Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
151	431	33:37	Michael Cooke		Male	150	M20-39	134	33:25	150
152	765	33:37	Matthew Beacock	Sale Harriers Manchester	Male	151	M15-19	10	33:34	153
153	374	33:41	Lawrence Avery	Kent Athletic Club	Male	152	M20-39	135	33:35	154
154	364	33:41	Darryl Davison	Highgate Harriers	Male	153	M20-39	136	33:36	155
155	574	33:41	Matthew Craig	Sheffield Running Club	Male	154	M20-39	137	33:32	152
156	360	33:43	John Tayleur	Herne Hill Harriers	Male	155	M20-39	138	33:36	156
157	189	33:43	Alyson Dixon	Sunderland Strollers	Female	2	F35-39	1	33:40	160
158	381	33:45	Jamie Langley	Leamington C & AC	Male	156	M20-39	139	33:38	158
159	427	33:45	George Cooke	Stockport Harriers	Male	157	M15-19	11	33:37	157
160	613	33:46	Jeff Prest	Trafford AC	Male	158	M40-44	6	33:39	159
161	762	33:47	Jack Green	Warrington AC	Male	159	M20-39	140	33:44	161
162	257	33:51	Marcus England	Cheltenham Harriers	Male	160	M20-39	141	33:47	163
163	396	33:52	Joshua Dack	Lothian Running Club	Male	161	M20-39	142	33:44	162
164	363	33:55	Marcus Green	Highgate Harriers	Male	162	M20-39	143	33:50	165
165	734	33:58	Oliver Williams	Vale Royal AC	Male	163	M20-39	144	33:58	167
166	226	33:58	Arne Dumez	Belgrave Harriers	Male	164	M20-39	145	33:48	164
167	598	34:03	Matthew Devlin	Sunderland Harriers	Male	165	M20-39	146	33:55	166
168	190	34:05	Lauren Howarth	Leigh Harriers	Female	3	F20-34	2	34:00	168
169	669	34:09	Alex Whitem		Male	166	M20-39	147	34:09	173
170	342	34:12	Paul Wathan	Eryri	Male	167	M20-39	148	34:08	171
171	412	34:14	Alex Robinson	Holmfirth Harriers	Male	168	M15-19	12	34:09	174
172	862	34:14	Ed Fazakerley	Manchester Harriers AC	Male	169	M45-49	2	34:06	169
173	422	34:15	Tim Kennedy	Sale Harriers Manchester	Male	170	M20-39	149	34:08	172
174	616	34:16	Luke Boulton	Trentham Running Club	Male	171	M20-39	150	34:10	176
175	857	34:17	Niall O'Riordan	Bruff AC	Male	172	M20-39	151	34:17	180
176	575	34:17	Stuart Little	Sheffield Running Club	Male	173	M20-39	152	34:07	170
177	368	34:18	Liam O'Brien	Hyde Park Harriers	Male	174	M40-44	7	34:12	178
178	746	34:21	Joe Connors	Westbury Harriers	Male	175	M15-19	13	34:10	175
179	325	34:22	Jack Eykelbosch	University of Sheffield AC	Male	176	M20-39	153	34:12	177
180	1021	34:23	Michael Dunne		Male	177	M20-39	154	34:17	181
181	562	34:23	Billy McCartney	Salford Harriers	Male	178	M40-44	8	34:20	184
182	417	34:23	Samuel Garratt	New Marske Harriers	Male	179	M15-19	14	34:18	182
183	463	34:24	Darren Potter	Midland Masters	Male	180	M45-49	3	34:17	179
184	269	34:25	David Wyeth	Chorlton Runners	Male	181	M20-39	155	34:21	185
185	162	34:30	Graeme Hyett	Inverclyde AC	Male	182	M20-39	156	34:27	186
186	441	34:31	Sam Sussex	Wrexham AC	Male	183	M15-19	15	34:28	187
187	1000	34:33	Gary Whitehouse	Tipton Harriers	Male	184	M40-44	9	34:20	183
188	321	34:43	Namir Batavia	Coventry Godiva Harriers	Male	185	M20-39	157	34:40	191
189	532	34:44	Andrew Carlin	Sale Harriers Manchester	Male	186	M20-39	158	34:38	190
190	860	34:45	George Lewis	East Cheshire Harriers	Male	187	M15-19	16	34:34	188
191	531	34:47	Tamara Armoush	Birchfield Harriers	Female	4	F20-34	3	34:44	194
192	759	34:48	Rav Panesar	Valley Striders	Male	188	M20-39	159	34:38	189
193	9	34:49	Emma Clayton	Leeds City AC	Female	5	F20-34	4	34:44	193
194	930	34:50	Paul Featherstone	Hermitage Harriers	Male	189	M20-39	160	34:45	195
195	385	34:53	William Rawson	Leigh Harriers	Male	190	M20-39	161	34:48	196
196	994	34:55	Steven Duffy	Sunderland Harriers	Male	191	M20-39	162	34:43	192
197	332	34:57	Scott Matthews	East Cheshire Harriers	Male	192	M20-39	163	34:53	200
198	597	34:59	Emma Holt	Morpeth Harriers	Female	6	F20-34	5	34:52	198
199	736	35:01	Andrew Miles	Vale Royal AC	Male	193	M20-39	164	34:56	202
200	254	35:02	Sol Clark	Buxton AC	Male	194	M20-39	165	34:58	203
201	18	35:05	Laura Jane Smith	Notts AC	Female	7	F20-34	6	35:00	204
202	260	35:05	Ben Hobson	Chorlton Runners	Male	195	M20-39	166	34:52	197
203	338	35:07	Joseph Hudak	East Cheshire Harriers	Male	196	M20-39	167	34:54	201
204	991	35:08	Adam Thompson	Stockport Harriers	Male	197	M20-39	168	34:53	199
205	308	35:09	Craig Jones	Manchester YMCA Harriers	Male	198	M20-39	169	35:05	207
206	617	35:10	Carl Platt	Trentham Running Club	Male	199	M20-39	170	35:03	205
207	395	35:11	Joseph Spruce	Liverpool Harriers	Male	200	M20-39	171	35:05	206
208	998	35:12	Chris Millett	Team Derby Runner	Male	201	M20-39	172	35:08	208
209	10	35:16	Georgia Malir	Leeds City AC	Female	8	F20-34	7	35:11	209
210	323	35:19	Iwan Jones	Coventry Godiva Harriers	Male	202	M40-44	10	35:16	210
211	626	35:21	Douglas Tickner	Tyne Bridge Harriers	Male	203	M20-39	173	35:17	211
212	961	35:26	Nigel Haycock	Cannock & Stafford	Male	204	M45-49	4	35:19	213
213	590	35:27	Charlie Batho	Stockport Harriers	Male	205	M45-49	5	35:19	212
214	296	35:27	James Rogers	Clapham Chasers	Male	206	M20-39	174	35:20	214
215	753	35:29	Alan Ashton	Liverpool Harriers	Male	207	M45-49	6	35:28	217
216	488	35:33	Richard Stirzaker	Rochdale Harriers	Male	208	M20-39	175	35:22	215
217	552	35:37	John Seed	Salford Harriers	Male	209	M20-39	176	35:30	220
218	456	35:39	Stewart Moore	Manchester Triathlon Club	Male	210	M20-39	177	35:29	218
219	443	35:41	Martin Dunn	Manchester Frontrunners	Male	211	M20-39	178	35:22	216
220	17	35:43	Nicole Roberts	Birchfield Harriers	Female	9	F20-34	8	35:42	223
221	472	35:44	Michael Mannings	Oldham & Royton Harriers	Male	212	M20-39	179	35:30	219
222	258	35:45	Daniel Loftus	Chester Triathlon Club	Male	213	M20-39	180	35:45	227
223	298	35:46	Lee Smith	Clayton Le Moors	Male	214	M20-39	181	35:37	221
224	373	35:46	David Tamburini	Inverclyde AC	Male	215	M40-44	11	35:43	225
225	200	35:48	Steph McCall	South London Harriers	Female	10	F20-34	9	35:45	228



Trafford 10k 2017

5th March 2017

RESULT

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
226	227	35:50	John Convery	Bingley Harriers	Male	216	M50-54	2	35:42	224
227	414	35:51	Sam Fishwick	Loughborough Student's AC	Male	217	M20-39	182	35:51	229
228	278	35:52	Steven Curley	Chorlton Runners	Male	218	M20-39	183	35:38	222
229	793	35:55	Andrew McMenemy		Male	219	M20-39	184	35:44	226
230	390	35:58	Paul Sankey	Liverpool Harriers	Male	220	M45-49	7	35:52	231
231	620	36:00	Alasdair Blain	Tyne Bridge Harriers	Male	221	M20-39	185	35:53	232
232	255	36:00	Ismael Serrablo	Charnwood AC	Male	222	M20-39	186	35:51	230
233	207	36:03	Sophie Crumly	Newbury AC	Female	11	F20-34	10	35:56	233
234	783	36:03	Jeremy Pattison	Richmond & Zetland Harriers	Male	223	M40-44	12	35:57	234
235	199	36:11	Danielle Fegan	Sale Harriers Manchester	Female	12	F20-34	11	36:08	238
236	818	36:12	Tony Muir	Oldham & Royton Harriers	Male	224	M20-39	187	36:04	235
237	987	36:13	Matt Dickinson	Salford Harriers	Male	225	M20-39	188	36:05	236
238	210	36:15	Chris Walton	Accrington Road Runners	Male	226	M20-39	189	36:07	237
239	760	36:17	Hannah Griffiths	Stockport Harriers	Female	13	F20-34	12	36:08	239
240	335	36:20	Gavin Browne	East Cheshire Harriers	Male	227	M20-39	190	36:11	240
241	774	36:21	Daniel McManus		Male	228	M20-39	191	36:17	244
242	826	36:23	Robert Fox	Shropshire Shufflers	Male	229	M20-39	192	36:12	241
243	477	36:26	Bethanie Murray	Oxford University Athletics Club	Female	14	F20-34	13	36:16	243
244	494	36:27	Daniel Bennett	Rochdale Harriers	Male	230	M45-49	8	36:18	245
245	786	36:29	Robert Dunn	Sale Harriers Manchester	Male	231	M20-39	193	36:13	242
246	700	36:30	Emma Houchell	Basildon AC	Female	15	F20-34	14	36:20	246
247	19	36:31	Tessa Clarke	Wolverhampton & Bilston	Female	16	F20-34	15	36:24	247
248	322	36:33	Sian Rainsley	Coventry Godiva Harriers	Female	17	F15-19	1	36:27	248
249	232	36:38	Elizabeth Greenwood	Blackburn Harriers	Female	18	F15-19	2	36:30	249
250	423	36:39	Olivier Gaillemin	Sale Harriers Manchester	Male	232	M40-44	13	36:31	250
251	1043	36:40	Oliver Bernstein		Male	233	M20-39	194	36:32	251
252	922	36:43	Jacqueline Penn	North Shields Poly	Female	19	F15-19	3	36:37	256
253	481	36:44	Kevin Hunt	Preston Harriers	Male	234	M45-49	9	36:39	257
254	936	36:44	Richard Hayes	Penistone Footpath Runners	Male	235	M20-39	195	36:33	252
255	534	36:46	Steven Henderson	Sale Harriers Manchester	Male	236	M20-39	196	36:37	255
256	217	36:48	Dan Martell	Altrincham & District AC	Male	237	M20-39	197	36:34	253
257	457	36:49	Mark Griffiths	Manchester YMCA Harriers	Male	238	M20-39	198	36:44	259
258	553	36:50	Steven Pennington	Salford Harriers	Male	239	M45-49	10	36:42	258
259	286	36:52	Christopher Rayner	Chorlton Runners	Male	240	M40-44	14	36:37	254
260	388	36:58	Ryan Whiston	Liverpool Harriers	Male	241	M20-39	199	36:48	261
261	988	37:00	Paul Stephens	Salford Harriers	Male	242	M20-39	200	36:51	262
262	205	37:00	Sarah Murphy	Vale Royal AC	Female	20	F35-39	2	36:57	263
263	533	37:03	Peter O'Neill	Sale Harriers Manchester	Male	243	M20-39	201	36:47	260
264	755	37:09	Hayley Kuter	Salford Harriers	Female	21	F35-39	3	37:04	264
265	566	37:09	Jon Dance	Salford Harriers	Male	244	M40-44	15	37:04	265
266	295	37:14	Keith Scofield	Clapham Chasers	Male	245	M20-39	202	37:07	267
267	1004	37:16	Christopher Huitson	Tyne Bridge Harriers	Male	246	M20-39	203	37:09	269
268	743	37:16	Lee Barlow	Wesham Road Runners	Male	247	M20-39	204	37:04	266
269	542	37:18	James Walsh	Sale Harriers Manchester	Male	248	M20-39	205	37:08	268
270	297	37:19	Laura Hesketh	Clayton Le Moors	Female	22	F20-34	16	37:14	271
271	212	37:22	Sarah Mackness	Altrincham & District AC	Female	23	F20-34	17	37:14	272
272	584	37:24	Danny Hare	St Therasas AC	Male	249	M20-39	206	37:12	270
273	749	37:25	Trevor Morris	Wilmslow Running Club	Male	250	M55-59	1	37:20	274
274	219	37:30	Andy Oates	Altrincham & District AC	Male	251	M40-44	16	37:16	273
275	537	37:30	Mike Hatch	Sale Harriers Manchester	Male	252	M40-44	17	37:22	276
276	328	37:31	Christopher Swire	East Cheshire Harriers	Male	253	M45-49	11	37:27	278
277	346	37:32	James Rees	Goyt Valley Striders	Male	254	M20-39	207	37:27	279
278	555	37:38	Christopher Dawson	Salford Harriers	Male	255	M20-39	208	37:29	281
279	312	37:39	Ben McIntyre	Sale Harriers Manchester	Male	256	M20-39	209	37:20	275
280	518	37:42	Zara Knappy	Rotherham Harriers	Female	24	F20-34	18	37:32	284
281	299	37:42	Dave Motley	Clayton Le Moors	Male	257	M20-39	210	37:32	283
282	391	37:44	John Connolly	Liverpool Harriers	Male	258	M45-49	12	37:44	287
283	284	37:45	Fraser Macdonald Oulds	Chorlton Runners	Male	259	M20-39	211	37:26	277
284	548	37:47	Glenn Savage	Sale Harriers Manchester	Male	260	M50-54	3	37:29	280
285	999	37:48	John Ridgway	Team Marathon Road	Male	261	M20-39	212	37:35	285
286	266	37:49	Will Fossard	Chorlton Runners	Male	262	M20-39	213	37:31	282
287	229	37:54	Chloe Price	Birtley AC	Female	25	F20-34	19	37:45	288
288	288	37:54	Andrew Hemmings	City of Hull	Male	263	M20-39	214	37:37	286
289	740	37:57	Stephen Watmough	Warrington AC	Male	264	M50-54	4	37:49	289
290	980	37:58	Lee Foley	Preston Harriers	Male	265	M20-39	215	37:53	290
291	773	38:04	Luisa Candioli	Sale Harriers Manchester	Female	26	F20-34	20	38:00	295
292	957	38:05	Phil Ramsey	Bramhall Runners	Male	266	M40-44	18	38:03	297
293	468	38:07	Sarah Webster	Northern AC (IOM)	Female	27	F35-39	4	37:57	292
294	612	38:08	Tony Davenport	Trafford AC	Male	267	M20-39	216	37:59	293
295	549	38:09	Lee Kaufman	Sale Harriers Manchester	Male	268	M45-49	13	37:55	291
296	611	38:13	Alfonso Leone	Trafford AC	Male	269	M20-39	217	38:00	296
297	233	38:14	Laura Lombard	Bolton United Harriers	Female	28	F35-39	5	38:05	298
298	852	38:15	Simon Baines	Wigan Harriers	Male	270	M40-44	19	38:00	294
299	540	38:24	Damien Jones	Sale Harriers Manchester	Male	271	M20-39	218	38:12	299
300	280	38:29	James Ashford	Chorlton Runners	Male	272	M20-39	219	38:14	301



Trafford 10k 2017

5th March 2017

RESULT

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
301	400	38:29	Francis Pyatt	Macclesfield Harriers	Male	273	M20-39	220	38:23	305
302	763	38:30	Tim Greenald	East Cheshire Harriers	Male	274	M40-44	20	38:16	303
303	310	38:30	Peter Shipley	Sale Harriers Manchester	Male	275	M20-39	221	38:12	300
304	782	38:32	Mitchell Hawkins	Liverpool Harriers	Male	276	M20-39	222	38:17	304
305	615	38:35	David Lord	Trawden AC	Male	277	M55-59	2	38:23	306
306	236	38:37	Matthew Timms		Male	278	M20-39	223	38:14	302
307	376	38:41	Shane Wolstencroft	Knutsford Tri Club	Male	279	M45-49	14	38:32	308
308	737	38:45	Dave Pickstock	Trentham Running Club	Male	280	M20-39	224	38:37	311
309	526	38:46	Sarah Potter	Victoria Park City of Glasgow AC	Female	29	F20-34	21	38:39	312
310	283	38:47	Thomas Jones	Chorlton Runners	Male	281	M20-39	225	38:30	307
311	538	38:48	Rupert Liddington	Sale Harriers Manchester	Male	282	M20-39	226	38:34	309
312	723	38:53	Phillip Warburton		Male	283	M20-39	227	38:36	310
313	249	38:53	Matt Moran	Bramhall Runners	Male	284	M20-39	228	38:48	316
314	248	38:53	Lok Li	Bramhall Runners	Male	285	M45-49	15	38:45	315
315	1025	38:55	Roger Preece	Altrincham & District AC	Male	286	M50-54	5	38:48	317
316	614	38:58	James Osborne	Trawden AC	Male	287	M40-44	21	38:48	319
317	478	39:00	Oliver Pike	Penistone Footpath Runners	Male	288	M20-39	229	38:43	313
318	489	39:00	Oliver Bentley	Rochdale Harriers	Male	289	M15-19	17	38:44	314
319	563	39:03	Mohammed Butt	Salford Harriers	Male	290	M20-39	230	38:50	321
320	544	39:04	Steve Gavin	Sale Harriers Manchester	Male	291	M45-49	16	38:49	320
321	820	39:04	Philip Hudson	Oldham & Royton Harriers	Male	292	M45-49	17	38:48	318
322	407	39:06	Giles Bennett	Bury AC	Male	293	M50-54	6	38:54	322
323	551	39:11	Luke Wordsworth	Salford Harriers	Male	294	M20-39	231	39:02	323
324	948	39:14	Chris Trask	Bramhall Runners	Male	295	M40-44	22	39:06	325
325	402	39:15	David Hughes	Altrincham & District AC	Male	296	M55-59	3	39:05	324
326	715	39:15	Stewart Nunn		Male	297	M20-39	232	39:13	328
327	591	39:19	Ben Snell	Stockport Harriers	Male	298	M20-39	233	39:14	330
328	291	39:26	Nick Maynard	City of Hull	Male	299	M40-44	23	39:09	326
329	679	39:30	Damien Healey		Male	300	M20-39	234	39:13	327
330	853	39:30	Paul Bryers	Wigan Harriers	Male	301	M40-44	24	39:14	329
331	473	39:32	Sarah Carroll	Salford Harriers	Female	30	F20-34	22	39:19	331
332	336	39:33	Barry Hirst	East Cheshire Harriers	Male	302	M50-54	7	39:20	332
333	530	39:38	Kevin Foster	Sale Harriers Manchester	Male	303	M20-39	235	39:22	334
334	865	39:40	Nathan Mayoh	Stockport Harriers	Male	304	M45-49	18	39:31	338
335	693	39:40	Ian Sharpe		Male	305	M45-49	19	39:40	344
336	528	39:42	Ashley Lindsey	Sale Harriers Manchester	Male	306	M45-49	20	39:21	333
337	465	39:42	Philippa Taylor	Nene Valley Harriers	Female	31	F45-49	1	39:29	337
338	424	39:44	Chris Jones	Salford Harriers	Male	307	M20-39	236	39:34	339
339	275	39:47	Elisabeth Kilcourse	Chorlton Runners	Female	32	F20-34	23	39:28	335
340	450	39:48	Joe Carne	Manchester Frontrunners	Male	308	M20-39	237	39:29	336
341	958	39:49	Rick Adams	Bramhall Runners	Male	309	M20-39	238	39:41	345
342	754	39:50	Ailbhe Carroll	Ireland	Female	33	F20-34	24	39:39	342
343	541	39:52	Matthew Spragg	Sale Harriers Manchester	Male	310	M40-44	25	39:44	350
344	282	39:53	Stuart Holliday	Chorlton Runners	Male	311	M40-44	26	39:34	340
345	525	39:55	Aidan Rafferty	Sale Harriers Manchester	Male	312	M55-59	4	39:47	354
346	663	39:55	Matthew Brown		Male	313	M20-39	239	39:50	358
347	662	39:55	Danielle Jepson		Female	34	F40-44	1	39:40	343
348	483	39:56	Thomas Murphy	Pudsey Pacers Running Club	Male	314	M20-39	240	39:45	352
349	523	39:57	Helen Armitage	Sale Harriers Manchester	Female	35	F40-44	2	39:38	341
350	978	39:58	Gary Joyce	Oldham & Royton Harriers	Male	315	M20-39	241	39:41	346
351	577	39:58	Rachael Ayerst	Southampton AC	Female	36	F20-34	25	39:44	349
352	515	39:59	David Bentley	Rochdale Harriers	Male	316	M45-49	21	39:43	347
353	600	40:00	David Kerrigan	Swinton Running Club	Male	317	M20-39	242	39:46	353
354	651	40:00	Robert Heggs	Sale Harriers Manchester	Male	318	M40-44	27	39:44	348
355	524	40:02	Emma Finney	Sale Harriers Manchester	Female	37	F35-39	6	39:57	362
356	1003	40:05	Richard Tailford	Tyne Bridge Harriers	Male	319	M50-54	8	39:44	351
357	586	40:09	Rob Cawley	Stockport Harriers	Male	320	M50-54	9	39:47	355
358	752	40:11	Tom Bysouth		Male	321	M20-39	243	40:06	364
359	452	40:12	Jason Brogan	Manchester Harriers AC	Male	322	M45-49	22	39:51	359
360	717	40:12	Gareth Atkinson		Male	323	M45-49	23	40:03	363
361	636	40:13	Anthony Jefford	Ripon Runners	Male	324	M20-39	244	39:50	357
362	730	40:13	Darran Ward		Male	325	M20-39	245	40:07	365
363	495	40:16	Nick Barton	Rochdale Harriers	Male	326	M40-44	28	39:53	360
364	571	40:19	Paul Stevenson	Salford Metropolitan AC	Male	327	M55-59	5	39:54	361
365	1015	40:20	Ian Nuttall		Male	328	M50-54	10	39:47	356
366	659	40:26	Myles Heywood		Male	329	M20-39	246	40:16	368
367	496	40:27	Kay Welsby	Rochdale Harriers	Female	38	F20-34	26	40:08	366
368	800	40:32	Chris Marritt	Altrincham & District AC	Male	330	M20-39	247	40:26	373
369	554	40:33	Rebecca Robinson	Salford Harriers	Female	39	F20-34	27	40:20	369
370	1034	40:38	Nikhil Sharma		Male	331	M20-39	248	40:21	371
371	840	40:40	Andy Townhill		Male	332	M50-54	11	40:16	367
372	986	40:41	David Ellis	Royton Road Runners	Male	333	M40-44	29	40:25	372
373	446	40:45	Roberto Raso	Manchester Frontrunners	Male	334	M50-54	12	40:20	370
374	341	40:46	Gemma Morgans	Eryri	Female	40	F20-34	28	40:35	378
375	556	40:47	Paul Sale	Salford Harriers	Male	335	M20-39	249	40:33	377



Trafford 10k 2017

5th March 2017

RESULT

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
376	901	40:48	Chris Clarke	Chorlton Runners	Male	336	M20-39	250	40:33	375
377	807	40:48	Steven Welch	Chorlton Runners	Male	337	M20-39	251	40:31	374
378	357	40:52	Paul Winfield	Heanor Running Club	Male	338	M40-44	30	40:41	381
379	501	40:52	Richard Hanley	Chorlton Runners	Male	339	M20-39	252	40:33	376
380	449	41:00	Lucy Etchells	Manchester Frontrunners	Female	41	F20-34	29	40:41	380
381	676	41:03	Jude Peck		Female	42	F40-44	3	40:39	379
382	595	41:04	Mark Smith	Stockport Harriers	Male	340	M45-49	24	40:46	382
383	940	41:04	Steve Holder	Abingdon AC	Male	341	M50-54	13	40:49	383
384	622	41:11	Rachel Adamson	Tyne Bridge Harriers	Female	43	F20-34	30	41:01	386
385	476	41:13	Sarah Davies	Oxford City Athletic Club	Female	44	F40-44	4	41:00	385
386	897	41:17	Justin Cleary	Chorlton Runners	Male	342	M20-39	253	41:07	390
387	268	41:19	Amy Welch	Chorlton Runners	Female	45	F20-34	31	41:05	389
388	500	41:22	Alex Frost	Rochdale Harriers	Male	343	M45-49	25	41:16	396
389	911	41:22	Paul McKenna	Chorlton Runners	Male	344	M40-44	31	41:04	388
390	855	41:24	Paul Cunningham	Kirkby Milers AC	Male	345	M20-39	254	41:02	387
391	482	41:24	Simon Platts	Pudsey Pacers	Male	346	M20-39	255	41:19	397
392	823	41:25	Sam Duggan	Roundhay Runners	Male	347	M20-39	256	41:08	391
393	263	41:26	Anna Neufeld	Chorlton Runners	Female	46	F40-44	5	41:12	392
394	587	41:26	Louise Geldart	Stockport Harriers	Female	47	F20-34	32	41:13	394
395	808	41:29	Chris Floyd	Chorlton Runners	Male	348	M20-39	257	41:15	395
396	691	41:32	Ralph Davies		Male	349	M40-44	32	41:20	398
397	539	41:33	Kathy Wellam	Sale Harriers Manchester	Female	48	F35-39	7	41:13	393
398	464	41:39	Adam Battersby	Mossley AFC Running Club	Male	350	M20-39	258	40:59	384
399	1092	41:52	Darren Jackson	Wigan Harriers	Male	351	M40-44	33	41:31	399
400	787	41:54	Bradley Freeman	Stockport Harriers	Male	352	M15-19	18	41:50	406
401	316	41:55	Becky Parkin	Tyne Bridge Harriers	Female	49	F20-34	33	41:34	400
402	409	41:58	Guy Weaver	Chorlton Runners	Male	353	M20-39	259	41:36	401
403	339	42:04	Lee Callanan	East Hull Harriers	Male	354	M20-39	260	41:47	403
404	558	42:04	Andrew Martin	Salford Harriers	Male	355	M20-39	261	41:53	410
405	605	42:05	Christian Lyth	Swinton Running Club	Male	356	M40-44	34	41:48	404
406	828	42:06	Steve Cox	Stockport Harriers	Male	357	M40-44	35	41:43	402
407	632	42:09	Mike Curley	Sale Harriers Manchester	Male	358	M65-69	1	41:51	407
408	401	42:10	Peter Pickwell	Altrincham & District AC	Male	359	M65-69	2	42:01	415
409	372	42:12	Sally Malir	Ilkley Harriers	Female	50	F50-54	1	42:04	416
410	785	42:13	Gareth Webb	Sale Harriers Manchester	Male	360	M20-39	262	41:53	409
411	903	42:14	Mitch Goodall	Chorlton Runners	Male	361	M20-39	263	41:50	405
412	972	42:15	Richard Brailsford	Manchester YMCA Harriers	Male	362	M40-44	36	41:52	408
413	1060	42:21	Andrew Curvis		Male	363	M20-39	264	41:53	411
414	432	42:22	Chris O'Loughlin		Male	364	M20-39	265	42:01	414
415	825	42:25	David Connelly	Sale Harriers Manchester	Male	365	M20-39	266	41:59	412
416	313	42:26	Clare McCarron	Sale Harriers Manchester	Female	51	F40-44	6	41:59	413
417	271	42:28	Emma Tollefson	Chorlton Runners	Female	52	F20-34	34	42:07	417
418	861	42:31	Andrew Cole	East Cheshire Harriers	Male	366	M50-54	14	42:15	420
419	559	42:34	Girish Patel	Salford Metropolitan AC	Male	367	M50-54	15	42:09	418
420	347	42:37	Aidan Grant	Goyt Valley Striders	Male	368	M40-44	37	42:26	424
421	588	42:38	David Chrystie-Lowe	Glossopdale Harriers	Male	369	M55-59	6	42:25	423
422	309	42:38	Gareth Hunt	Rochdale Harriers	Male	370	M20-39	267	42:15	419
423	621	42:39	Natalie Bennett	Tyne Bridge Harriers	Female	53	F20-34	35	42:19	422
424	230	42:44	Bryan Searby	Blackburn Harriers	Male	371	M45-49	26	42:35	429
425	658	42:44	Edward Cardwell		Male	372	M20-39	268	42:17	421
426	512	42:45	James Bouston		Male	373	M40-44	38	42:27	425
427	304	42:45	Bethany Hirst	East Cheshire Harriers	Female	54	F20-34	36	42:27	426
428	770	42:46	Michelle Vaughan	East Cheshire Harriers	Female	55	F45-49	2	42:36	431
429	599	42:49	Sian Kirk	Swansea Harriers	Female	56	F20-34	37	42:34	428
430	421	42:50	Brian Moore	Rochdale Harriers	Male	374	M50-54	16	42:31	427
431	908	42:50	Niamh Gill	Chorlton Runners	Female	57	F20-34	38	42:36	430
432	343	42:51	Matt Crompton	Glossopdale Harriers	Male	375	M20-39	269	42:40	432
433	992	42:51	Andy Melvin	Stockport Harriers	Male	376	M45-49	27	42:44	435
434	241	42:53	Richard Hall	Bramhall Runners	Male	377	M45-49	28	42:42	433
435	593	42:55	Samantha Jane Thomas	Stockport Harriers	Female	58	F40-44	7	42:48	437
436	437	43:09	Scott McPhail		Male	378	M20-39	270	42:57	440
437	410	43:09	Duncan Shuttleworth	Fylde Coast Runners	Male	379	M55-59	7	42:46	436
438	507	43:10	Nick Sime	Totley AC	Male	380	M50-54	17	42:43	434
439	349	43:13	Katrina Oddy	Halifax Harriers	Female	59	F50-54	2	43:04	442
440	317	43:16	Megan Parkin	Tyne Bridge Harriers	Female	60	F20-34	39	42:55	438
441	514	43:20	John Mayall	Rochdale Harriers	Male	381	M50-54	18	43:02	441
442	997	43:22	Antony Golding	Swinton Running Club	Male	382	M40-44	39	43:10	445
443	744	43:22	Helen Lawrenson	Wesham Road Runners	Female	61	F45-49	3	43:08	444
444	666	43:26	Luke Kelly		Male	383	M20-39	271	42:56	439
445	550	43:31	Jackie Cordingley	Sale Harriers Manchester	Female	62	F55-59	1	43:13	446
446	797	43:32	Michelle Tickle	Blackpool Wyre & Fylde AC	Female	63	F40-44	8	43:17	448
447	569	43:32	Pete Brown	Salford Metropolitan AC	Male	384	M45-49	29	43:07	443
448	604	43:39	Michael Burke	Swinton Running Club	Male	385	M20-39	272	43:14	447
449	1091	43:41	Barry Abram	Wigan Harriers	Male	386	M55-59	8	43:25	449
450	968	44:01	Melanie Barber	Manchester Harriers AC	Female	64	F40-44	9	43:51	452



Trafford 10k 2017

5th March 2017

RESULT

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
451	816	44:05	Mike Long	Manchester Harriers AC	Male	387	M50-54	19	43:59	454
452	444	44:10	Kieran Welsh	Manchester Frontrunners	Male	388	M20-39	273	43:49	451
453	863	44:16	Andrew Stiles	Marshall Milton Keynes Athletics Club	Male	389	M50-54	20	43:58	453
454	652	44:16	Emma Gartside		Female	65	F40-44	10	44:03	457
455	900	44:17	Jude Bek	Chorlton Runners	Female	66	F35-39	8	43:48	450
456	329	44:20	Angela Oldham	East Cheshire Harriers	Female	67	F60-64	1	44:01	455
457	582	44:22	Graham Driver	Spectrum Striders	Male	390	M50-54	21	44:02	456
458	594	44:25	Gary Richardson	Stockport Harriers	Male	391	M45-49	30	44:05	458
459	1071	44:26	Paul Ormiston		Male	392	M20-39	274	44:14	462
460	649	44:31	Dany Robson		Female	68	F45-49	4	44:13	461
461	506	44:33	Duane Gaunt	Sale Harriers Manchester	Male	393	M20-39	275	44:14	463
462	337	44:39	Francis Day	East Cheshire Harriers	Male	394	M65-69	3	44:32	466
463	264	44:42	Ross Giles	Chorlton Runners	Male	395	M20-39	276	44:12	460
464	1094	44:46	Peter Sussex	Wrexham AC	Male	396	M50-54	22	44:06	459
465	502	44:46	Jerry Smith	Chorlton Runners	Male	397	M60-64	1	44:31	465
466	630	44:52	Dave Bradford		Male	398	M50-54	23	44:26	464
467	768	44:53	Jennie Pickard	Bramhall Runners	Female	69	F45-49	5	44:35	468
468	294	44:55	Kim Tyler	Clapham Chasers	Female	70	F35-39	9	44:33	467
469	498	45:03	Emma Gumbley	Rochdale Harriers	Female	71	F20-34	40	44:40	469
470	650	45:09	Steve Hughes		Male	399	M40-44	40	45:01	474
471	581	45:11	Brad Ehlen	Spectrum Striders	Male	400	M45-49	31	44:51	470
472	824	45:13	Sinead Ferguson	Sale Harriers Manchester	Female	72	F40-44	11	44:51	471
473	603	45:15	Duncan Gazeley		Male	401	M20-39	277	45:03	475
474	568	45:24	Mike Race	Salford Metropolitan AC	Male	402	M55-59	9	45:00	473
475	358	45:31	Ian Salt	Heanor Running Club	Male	403	M20-39	278	45:10	476
476	954	45:33	Lee Smith	Bramhall Runners	Male	404	M40-44	41	44:58	472
477	570	45:34	Stuart Mairs	Salford Metropolitan AC	Male	405	M20-39	279	45:11	477
478	445	45:35	Rachel Kenyon	Manchester Frontrunners	Female	73	F20-34	41	45:16	479
479	214	45:39	Amanda Navin	Altrincham & District AC	Female	74	F20-34	42	45:17	480
480	928	45:46	Connor Lomax	Goyt Valley Striders	Male	406	M40-44	42	45:35	483
481	331	45:50	Richard Vink	East Cheshire Harriers	Male	407	M50-54	24	45:36	484
482	420	45:50	Kristian Robinson	Rochdale Harriers	Male	408	M45-49	32	45:27	481
483	1026	45:54	Gavin Dodd		Male	409	M40-44	43	45:43	487
484	521	45:57	Nick Mallon	Royton Road Runners	Male	410	M40-44	44	45:40	485
485	899	46:00	Mels Williamson	Chorlton Runners	Female	75	F35-39	10	45:32	482
486	771	46:02	Georgina Weston	Notts AC	Female	76	F20-34	43	45:52	494
487	557	46:02	Ruth Ollerenshaw	Salford Harriers	Female	77	F40-44	12	45:53	496
488	56	46:03	Greig Frankland	Manchester Frontrunners	Male	411	M20-39	280	45:42	486
489	242	46:04	Andrew Tomlinson	Bramhall Runners	Male	412	M40-44	45	45:11	478
490	203	46:07	Anna Blomfield	Rochdale Harriers	Female	78	F55-59	2	45:47	491
491	1024	46:07	Paul Smith		Male	413	M20-39	281	45:45	489
492	601	46:08	Matt Jones	Rochdale Harriers	Male	414	M20-39	282	45:44	488
493	799	46:09	Duncan Dickinson	Altrincham & District AC	Male	415	M50-54	25	45:49	493
494	864	46:10	Geoff Wells	Stockport Harriers	Male	416	M50-54	26	45:46	490
495	944	46:11	Adina Stan	Bramhall Runners	Female	79	F20-34	44	45:48	492
496	403	46:14	Stasia Bligh	Blackpool Wyre & Fylde AC	Female	80	F40-44	13	45:53	498
497	434	46:15	Nick Pearson		Male	417	M20-39	283	45:59	500
498	406	46:16	James Pratt	Bramhall Runners	Male	418	M20-39	284	45:59	501
499	413	46:17	Tony Hillier	Glossopdale Harriers	Male	419	M65-69	4	45:59	499
500	279	46:20	Neal Wainwright	Chorlton Runners	Male	420	M20-39	285	45:53	495
501	302	46:21	Alison Wainwright	Chorlton Runners	Female	81	F35-39	11	45:53	497
502	348	46:26	Julie Ellison	Goyt Valley Striders	Female	82	F40-44	14	46:15	503
503	484	46:33	Chemane Brier	Radcliffe AC	Female	83	F20-34	45	46:21	507
504	447	46:35	Greg Keynes	Manchester Frontrunners	Male	421	M60-64	2	46:10	502
505	733	46:38	Vittorio Muraro	University of Manchester Athletics and Cross Count	Male	422	M20-39	286	46:20	506
506	674	46:42	Des Miles		Male	423	M50-54	27	46:22	508
507	492	46:43	Jill Butterworth	Rochdale Harriers	Female	84	F40-44	15	46:18	505
508	1095	46:45	Kathryn Ryder		Female	85	F45-49	6	46:35	515
509	1096	46:45	David Ryder		Male	424	M45-49	33	46:34	512
510	683	46:50	David O'Loughlin		Male	425	M65-69	5	46:28	510
511	686	46:50	Louise Jefferson		Female	86	F40-44	16	46:37	517
512	479	46:53	Tony Peacock	Penny Lane Striders	Male	426	M65-69	6	46:27	509
513	527	46:56	Helen Reagan	Sale Harriers Manchester	Female	87	F45-49	7	46:35	513
514	305	46:57	Paul Mercer	Heanor Running Club	Male	427	M40-44	46	46:35	514
515	868	47:00	Nilesh Hindocha		Male	428	M20-39	287	46:16	504
516	1048	47:05	Lee Younis		Male	429	M45-49	34	46:37	516
517	984	47:06	Stephanie Harrison	Rochdale Harriers	Female	88	F20-34	46	46:42	519
518	953	47:07	Vikki Murphy	Bramhall Runners	Female	89	F45-49	8	46:33	511
519	471	47:12	Darren Mannings	Oldham & Royton Harriers	Male	430	M45-49	35	46:41	518
520	631	47:16	Richard Hoskins		Male	431	M45-49	36	47:04	526
521	596	47:18	Claire MacNeill		Female	90	F40-44	17	46:49	520
522	580	47:23	Andy Garnett	Spectrum Striders	Male	432	M60-64	3	47:03	525
523	821	47:24	Derek Atherton	Oldham & Royton Harriers	Male	433	M60-64	4	46:52	521
524	822	47:28	Sarah Turner	Radcliffe AC	Female	91	F45-49	9	47:13	529
525	884	47:29	Andrew Charlesworth		Male	434	M40-44	47	46:59	522



Trafford 10k 2017

5th March 2017

RESULT

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
526	29	47:30	Gareth Pashley	Chorlton Runners	Male	435	M20-39	288	47:01	523
527	560	47:33	Chris McCartney		Male	436	M20-39	289	47:09	528
528	366	47:35	Emma Serjeant	Holmfirth Harriers	Female	92	F35-39	12	47:17	530
529	869	47:37	John Keating		Male	437	M20-39	290	47:05	527
530	866	47:40	David Leat	Stocksfield Striders	Male	438	M60-64	5	47:02	524
531	646	47:41	Clive Briscoe		Male	439	M55-59	10	47:26	533
532	520	47:44	Adam Stirling	Royton Road Runners	Male	440	M20-39	291	47:24	531
533	13	47:49	Ian Connolly	Rossendale Tri Club	Male	441	M55-59	11	47:25	532
534	653	47:51	Anthony Price		Male	442	M20-39	292	47:29	534
535	355	47:53	Eamon O'Hanlon	Heanor Running Club	Male	443	M50-54	28	47:31	535
536	1084	48:02	Sean Dowd		Male	444	M40-44	48	47:36	536
537	841	48:04	Wayne Cunningham		Male	445	M20-39	293	47:42	538
538	982	48:09	Kate Holden	Radcliffe AC	Female	93	F40-44	18	47:55	540
539	877	48:18	Wayne Wilson		Male	446	M55-59	12	47:39	537
540	716	48:19	Kieran Hallinan		Male	447	M50-54	29	47:46	539
541	330	48:22	Gary Coxon	East Cheshire Harriers	Male	448	M60-64	6	48:03	542
542	276	48:26	Ellen Brown	Chorlton Runners	Female	94	F20-34	47	47:56	541
543	796	48:30	Richard Bacon	Winston Runners	Male	449	M75-79	1	48:10	548
544	947	48:31	Barry Heap	Bramhall Runners	Male	450	M50-54	30	48:04	543
545	204	48:31	Carol Beattie	Steel City Striders	Female	95	F60-64	2	48:12	550
546	847	48:33	Ray Townhill		Male	451	M50-54	31	48:10	546
547	878	48:33	Martin Lewis	East Cheshire Harriers	Male	452	M45-49	37	48:12	549
548	1078	48:34	Karl Jackson		Male	453	M50-54	32	48:06	544
549	985	48:38	Caroline Rogers	Chorlton Runners	Female	96	F40-44	19	48:10	547
550	891	48:44	Lee Cantello		Male	454	M45-49	38	48:19	553
551	655	48:47	Rachael Turner		Female	97	F20-34	48	48:17	551
552	697	48:49	Richard Walsh		Male	455	M20-39	294	48:24	554
553	724	48:50	John Thompson		Male	456	M45-49	39	48:27	557
554	766	48:51	Billy Douthwaite		Male	457	M20-39	295	48:19	552
555	244	48:52	Andrew Bagshaw	Bramhall Runners	Male	458	M45-49	40	48:26	555
556	898	48:55	Simon Hedges	Chorlton Runners	Male	459	M45-49	41	48:26	556
557	1054	48:59	Ashley Fairclough		Male	460	M20-39	296	48:08	545
558	287	49:01	Tony Payne	Chorlton Runners	Male	461	M55-59	13	48:31	558
559	706	49:05	Tony Moss		Male	462	M45-49	42	48:48	562
560	546	49:06	Frank Cordingley	Sale Harriers Manchester	Male	463	M55-59	14	48:45	560
561	702	49:12	Holly Waddell		Female	98	F20-34	49	48:47	561
562	561	49:14	Amanda McCartney	Salford Harriers	Female	99	F40-44	20	48:51	563
563	220	49:15	Steph Thompson	Altrincham & District AC	Female	100	F45-49	10	49:00	568
564	485	49:15	Sheila Jones	Radcliffe AC	Female	101	F60-64	3	48:59	566
565	685	49:17	Gareth Rosson		Male	464	M50-54	33	48:56	565
566	688	49:20	Mischa Wilmers		Male	465	M20-39	297	48:37	559
567	989	49:20	Rachel Sate	Salford Metropolitan AC	Female	102	F20-34	50	48:54	564
568	245	49:22	Fiona Cooke	Stockport Harriers	Female	103	F50-54	3	49:09	570
569	806	49:30	Tim Lowther	Chorlton Runners	Male	466	M45-49	43	49:00	569
570	315	49:38	Geoff Beattie	Sale Harriers Manchester	Male	467	M60-64	7	49:20	574
571	1016	49:40	Daisy Tomlinson		Female	104	F15-19	4	49:16	573
572	398	49:46	Peter Burton	Lymm Runners	Male	468	M50-54	34	49:15	571
573	453	49:48	Denis Kelly	Manchester Harriers AC	Male	469	M45-49	44	49:24	577
574	1068	49:49	Hayley Nuttall		Female	105	F40-44	21	49:16	572
575	543	49:51	Damian van Alderwegen	Sale Harriers Manchester	Male	470	M40-44	49	49:00	567
576	234	50:01	Steve Fairclough	Bramhall Runners	Male	471	M50-54	35	49:26	579
577	684	50:03	David Kirk		Male	472	M20-39	298	49:26	578
578	667	50:03	John O'Donnell		Male	473	M50-54	36	49:23	576
579	748	50:07	Janet Wyles	Wilmslow Running Club	Female	106	F50-54	4	49:46	583
580	682	50:10	Neil Armitage		Male	474	M40-44	50	49:22	575
581	642	50:12	Suzi Wolfram		Female	107	F20-34	51	49:37	582
582	741	50:13	Steve Pickford	Warrington Running Club	Male	475	M45-49	45	49:52	586
583	1029	50:14	David Hughes		Male	476	M20-39	299	49:26	580
584	1086	50:14	John Humphreys		Male	477	M55-59	15	49:49	584
585	952	50:15	Sarmid Al-Kamil	Bramhall Runners	Male	478	M50-54	37	49:33	581
586	678	50:19	Pam Fox		Female	108	F35-39	13	50:01	588
587	644	50:22	Laura Staley		Female	109	F20-34	52	49:50	585
588	458	50:32	Andy Lord	Marple Runners	Male	479	M50-54	38	50:10	589
589	505	50:33	Matt Ashton	Red Rose Road Runners	Male	480	M45-49	46	50:11	591
590	1008	50:35	Marcus Welsh		Male	481	M40-44	51	49:58	587
591	815	50:40	Russ Chew	Lytham St Annes Roadrunners	Male	482	M50-54	39	50:14	592
592	656	50:46	Claire Alcock		Female	110	F20-34	53	50:10	590
593	870	50:53	Michael Seitler		Male	483	M50-54	40	50:20	593
594	687	51:01	Kieran Devlin		Male	484	M50-54	41	50:33	595
595	448	51:07	Linda Rix	Manchester Frontrunners	Female	111	F50-54	5	50:27	594
596	238	51:10	Paul Taylor	Bramhall Runners	Male	485	M40-44	52	50:44	597
597	879	51:15	Paul Bell	Heanor Running Club	Male	486	M20-39	300	50:49	599
598	971	51:20	Kate Broadbent	Manchester Triathlon Club	Female	112	F20-34	54	50:37	596
599	945	51:25	Leanne Hackney	Bramhall Runners	Female	113	F20-34	55	50:50	600
600	68	51:25	David Hughes		Male	487	M20-39	301	50:46	598



Trafford 10k 2017

5th March 2017

RESULT

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
601	1033	51:28	Gareth Yates		Male	488	M20-39	302	50:55	601
602	933	51:33	Philip Hall	Hyde Village Striders	Male	489	M45-49	47	51:04	602
603	246	51:36	Sam Blacow	Bramhall Runners	Female	114	F20-34	56	51:06	603
604	354	51:40	Deborah Kirk	Heanor Running Club	Female	115	F20-34	57	51:09	604
605	696	52:01	Graham Smallman		Male	490	M60-64	8	51:21	605
606	963	52:15	Graham Howell	Liverpool Harriers	Male	491	M65-69	7	52:08	613
607	811	52:24	Dave Murray	Chorlton Runners	Male	492	M20-39	303	52:01	611
608	509	52:25	Aidan Moss		Male	493	M50-54	42	52:01	610
609	1013	52:25	Julie Kersh		Female	116	F45-49	11	51:55	607
610	576	52:31	Caroline Burke	Smiley Paces	Female	117	F50-54	6	51:57	608
611	564	52:37	Vin Murphy	Salford Harriers	Male	494	M70-74	1	52:04	612
612	974	52:37	Angela Dewhurst	Mossley AFC Running Club	Female	118	F40-44	22	51:55	606
613	1066	52:46	Jonathan Green		Male	495	M20-39	304	51:58	609
614	319	52:53	Sarah Waite		Female	119	F35-39	14	52:18	615
615	318	52:59	Rachel Merrell		Female	120	F45-49	12	52:15	614
616	881	53:03	Richard Unwin	Middleton Harriers	Male	496	M40-44	53	52:35	618
617	692	53:05	Oliver Phillips		Male	497	M20-39	305	52:23	616
618	1087	53:08	Elaine Humphreys		Female	121	F50-54	7	52:40	619
619	1056	53:13	Claudia Jackson		Female	122	F20-34	58	52:45	620
620	995	53:17	Graham Harrison	Swinton Running Club	Male	498	M50-54	43	52:28	617
621	529	53:26	Lucinda Summers	Sale Harriers Manchester	Female	123	F50-54	8	52:58	623
622	813	53:29	Carly Baker	Dragons Running Club (Sale)	Female	124	F35-39	15	53:03	624
623	942	53:30	Kathryn Rogers	Bramhall Runners	Female	125	F50-54	9	52:53	621
624	812	53:34	Sue Strickland	Dragons Running Club (Sale)	Female	126	F55-59	3	52:54	622
625	1028	53:45	Lindsey Farrelly	Manchester Harriers AC	Female	127	F40-44	23	53:10	626
626	634	53:54	Jodie Turton		Female	128	F35-39	16	53:19	627
627	830	53:54	Philip Dale		Male	499	M20-39	306	53:05	625
628	909	53:57	Paul Adams	Chorlton Runners	Male	500	M50-54	44	53:26	628
629	893	53:59	Becky Chambers	Chorlton Runners	Female	129	F45-49	13	53:28	629
630	979	54:04	James Stansfield	Penny Lane Striders	Male	501	M20-39	307	53:32	632
631	858	54:06	Adrian Leeming	Chorlton Runners	Male	502	M45-49	48	53:35	633
632	767	54:07	Mark Grundy	Bramhall Runners	Male	503	M55-59	16	53:32	631
633	661	54:09	Mark Roper		Male	504	M20-39	308	53:29	630
634	714	54:12	Andrew Millman		Male	505	M50-54	45	53:39	634
635	657	54:16	Rachel Tetlow		Female	130	F45-49	14	53:58	637
636	712	54:27	Joe Allred		Male	506	M20-39	309	54:12	642
637	1050	54:28	Sarah Davies		Female	131	F45-49	15	53:58	636
638	1010	54:33	Luke Edmonds		Male	507	M20-39	310	53:54	635
639	633	54:36	David Wilson		Male	508	M55-59	17	54:07	639
640	792	54:45	Emma Wells		Female	132	F40-44	24	54:07	640
641	875	54:50	Richard Guite		Male	509	M45-49	49	54:06	638
642	639	54:51	Michelle Dobson		Female	133	F20-34	59	54:11	641
643	938	54:57	Christine Copson	Stockport Tri Club	Female	134	F50-54	10	54:28	645
644	711	55:01	Chris Walker		Male	510	M55-59	18	54:22	643
645	790	55:10	Jess Taylor		Female	135	F20-34	60	54:27	644
646	303	55:11	Stuart Carvel	Chorlton Runners	Male	511	M20-39	311	54:41	647
647	589	55:16	Karen Wileman	Stockport Harriers	Female	136	F35-39	17	54:54	651
648	937	55:18	Gary Leevy	Hyde Village Striders	Male	512	M50-54	46	54:49	650
649	871	55:23	Peter Marks		Male	513	M20-39	312	54:46	648
650	977	55:25	Gail Corrigan	Oldham & Royton Harriers	Female	137	F35-39	18	54:38	646
651	817	55:29	Andrew Atkinson	Northern Vets	Male	514	M50-54	47	54:49	649
652	917	55:29	Jane Damerum	Dragons Running Club (Sale)	Female	138	F40-44	25	55:04	654
653	932	55:30	Michala Tynan	Hyde Village Striders	Female	139	F40-44	26	55:03	653
654	415	55:33	Maria Royle	Manchester Harriers AC	Female	140	M60-64	9	55:01	652
655	1044	55:36	Louise Mayall		Female	141	F20-34	61	55:07	655
656	1035	55:51	Jack Broadbent		Male	515	M20-39	313	55:07	656
657	1045	55:51	Joanne Passingham		Female	142	F45-49	16	55:10	657
658	907	55:56	Sarah Lavin	Chorlton Runners	Female	143	F20-34	62	55:15	658
659	629	55:57	Julie Cullen		Female	144	F50-54	11	55:42	661
660	638	56:05	James Thackray		Male	516	M40-44	54	55:32	659
661	470	56:12	Natalie Mannings	Oldham & Royton Harriers	Female	145	F20-34	63	55:40	660
662	981	56:17	Susanne Andrew	Radcliffe AC	Female	146	F40-44	27	55:46	662
663	1049	56:25	Claire Clark		Female	147	F35-39	19	56:11	667
664	1055	56:28	Paul Drury		Male	517	M40-44	55	55:58	663
665	660	56:33	Phil Cliff		Male	518	M20-39	314	56:03	666
666	885	56:40	Alex Cropper		Male	519	M50-54	48	56:01	665
667	789	56:40	Chantel Cropper		Female	148	F45-49	17	56:01	664
668	1038	56:48	Geoff Rogerson		Male	520	M55-59	19	56:12	668
669	959	56:50	Wendy Torevell	Bramhall Runners	Female	149	F60-64	4	56:14	669
670	1030	56:52	Sam Ferreira		Female	150	F20-34	64	56:39	677
671	699	56:53	Clare Tetlow		Female	151	F35-39	20	56:34	676
672	490	56:53	Karen Conduit	Rochdale Harriers	Female	152	F60-64	5	56:16	670
673	701	56:58	Nicola Knowles		Female	153	F45-49	18	56:18	672
674	273	56:58	Helen Whitby	Chorlton Runners	Female	154	F40-44	28	56:18	671
675	1046	57:00	Craig Wellens		Male	521	M45-49	50	56:27	675



Trafford 10k 2017

5th March 2017

RESULT

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
676	625	57:03	Danielle Hardy	Tyne Bridge Harriers	Female	155	F20-34	65	56:25	674
677	1077	57:16	Jamie Ingham		Male	522	M40-44	56	57:03	683
678	602	57:19	Gerald Spence		Male	523	M50-54	49	56:24	673
679	880	57:24	Paul Best	Hyde Village Striders	Male	524	M55-59	20	56:56	680
680	499	57:27	Richard Mason	Rochdale Harriers	Male	525	M55-59	21	56:48	678
681	356	57:28	Rob Rainsford	Heanor Running Club	Male	526	M55-59	22	57:03	682
682	333	57:29	David Salmon	East Cheshire Harriers	Male	527	M70-74	2	57:24	692
683	839	57:30	Sue Porter		Female	156	F50-54	12	56:55	679
684	1090	57:33	Zoe Knight		Female	157	F20-34	66	57:06	685
685	934	57:33	Sue Walsh	Hyde Village Striders	Female	158	F45-49	19	57:06	686
686	1057	57:40	Emily Porter		Female	159	F35-39	21	57:27	695
687	973	57:43	Yvonne Phoenix	Mossley AFC Running Club	Female	160	F35-39	22	57:01	681
688	433	57:44	Jenny Scott		Female	161	F35-39	23	57:11	687
689	935	57:47	Jackie Hall	Hyde Village Striders	Female	162	F50-54	13	57:20	689
690	829	57:48	Michael Wisely	Jarrow & Hebburn AC	Male	528	M60-64	10	57:05	684
691	794	57:51	Suzie Sykes		Female	163	F40-44	29	57:17	688
692	814	57:53	Patricia Hanley	Hyde Village Striders	Female	164	F65-69	1	57:25	693
693	641	58:05	Sudipta Moore		Female	165	F40-44	30	57:20	690
694	775	58:07	Lucy McGill		Female	166	F35-39	24	57:22	691
695	918	58:08	Ron Carter	Dragons Running Club (Sale)	Male	529	M55-59	23	57:26	694
696	647	58:12	Lorraine Ashworth		Female	167	F20-34	67	57:28	696
697	703	58:13	Sarah Upton		Female	168	F50-54	14	57:41	697
698	1017	58:22	Maria Stripling		Female	169	F50-54	15	57:47	698
699	1006	58:22	Anne Hassan		Female	170	F55-59	4	57:50	699
700	1069	58:30	Stephanie Owen		Female	171	F20-34	68	58:03	705
701	1073	58:33	Kim Tunstall		Female	172	F40-44	31	57:57	701
702	1031	58:33	Lisa Stocks		Female	173	F35-39	25	57:57	702
703	950	58:34	Sarah Leatherbarrow	Bramhall Runners	Female	174	F50-54	16	57:56	700
704	883	58:42	Dennis Yarwood	Spectrum Striders	Male	530	M50-54	50	57:58	703
705	436	58:46	Dionne Spence		Female	175	F45-49	20	58:03	704
706	243	58:49	Julie Evans	Bramhall Runners	Female	176	F50-54	17	58:17	706
707	969	58:54	Jodie Norton	Manchester Harriers AC	Female	177	F40-44	32	58:17	707
708	846	58:58	Rachel Wise		Female	178	F20-34	69	58:27	708
709	929	59:00	Hannah Sargisson	Heanor Running Club	Female	179	F20-34	70	58:29	710
710	419	59:15	Laura Fitton	Rochdale Harriers	Female	180	F20-34	71	58:36	712
711	326	59:17	Nichola Johnson	Dragons Running Club (Sale)	Female	181	F45-49	21	58:36	711
712	803	59:18	Erika Frame	Bramhall Runners	Female	182	F45-49	22	58:43	713
713	1052	59:18	Rob Houghton		Male	531	M20-39	315	58:28	709
714	842	59:28	Janet Low		Female	183	F55-59	5	58:46	714
715	239	59:39	Emma Minshull	Bramhall Runners	Female	184	F35-39	26	59:02	715
716	970	59:50	Debbie Beresford	Manchester Harriers AC	Female	185	F50-54	18	59:13	718
717	784	59:53	Nicola Smith	Rochdale Harriers	Female	186	F40-44	33	59:14	719
718	1040	59:57	Laura Millward		Female	187	F35-39	27	59:44	725
719	843	59:57	Christine Carter		Female	188	F45-49	23	59:12	716
720	664	1:00:01	Geoff Airey		Male	532	M40-44	57	59:13	717
721	50	1:00:13	Andrew Lane		Male	533	M20-39	316	59:29	720
722	585	1:00:15	Janet Booker	Stockport Harriers	Female	189	F60-64	6	59:34	721
723	405	1:00:18	Joanne Sander	Bramhall Runners	Female	190	F45-49	24	59:45	726
724	837	1:00:21	Rachel Mellor		Male	534	M20-39	317	59:35	722
725	872	1:00:21	Andy Redford		Male	535	M40-44	58	59:36	723
726	648	1:00:25	Francesca McEwen		Female	191	F20-34	72	59:41	724
727	1062	1:00:36	Jamie Thompson		Male	536	M40-44	59	59:51	727
728	1005	1:00:39	Rosie Hewlett		Female	192	F40-44	34	1:00:05	728
729	513	1:00:50	Jackie Mason	Rochdale Harriers	Female	193	F55-59	6	1:00:11	729
730	832	1:00:55	Carrie Johnson		Female	194	F20-34	73	1:00:27	732
731	695	1:00:57	Laura Haughin		Female	195	F35-39	28	1:00:25	730
732	951	1:00:59	Deb Woodcock	Bramhall Runners	Female	196	F50-54	19	1:00:27	731
733	1042	1:01:18	Tanya Cilia		Female	197	F40-44	35	1:00:44	735
734	511	1:01:20	Alison Walker		Female	198	F20-34	74	1:00:38	733
735	851	1:01:26	Louise Best		Female	199	F40-44	36	1:00:46	736
736	1019	1:01:28	Katie Farron		Female	200	F20-34	75	1:00:41	734
737	831	1:01:28	Bob Fraser		Male	537	M15-19	19	1:00:54	737
738	955	1:01:31	Marie Fairclough	Bramhall Runners	Female	201	F50-54	20	1:00:57	739
739	926	1:01:34	Julie Phelan	East Cheshire Harriers	Female	202	F45-49	25	1:01:07	742
740	975	1:01:36	Helen Wrigley	Mossley AFC Running Club	Female	203	F40-44	37	1:00:55	738
741	919	1:01:44	Peter Bedford	Dragons Running Club (Sale)	Male	538	M65-69	8	1:01:03	740
742	1075	1:01:44	Naomi Jackson		Female	204	F20-34	76	1:01:04	741
743	681	1:01:56	Emma Cliff		Female	205	F35-39	29	1:01:26	747
744	927	1:01:58	Duncan Johnson	Glossopdale Harriers	Male	539	M55-59	24	1:01:18	744
745	886	1:02:01	Jason Mastin		Male	540	M45-49	51	1:01:19	745
746	764	1:02:03	Sarah Kelly	Chorlton Runners	Female	206	F20-34	77	1:01:27	748
747	1018	1:02:04	Nan Johnson		Female	207	F40-44	38	1:01:18	743
748	976	1:02:06	Hannah Ellis	Mossley AFC Running Club	Female	208	F40-44	39	1:01:25	746
749	805	1:02:18	Julie McDonald	Chorlton Runners	Female	209	F45-49	26	1:01:37	749
750	809	1:02:32	Helen Stevens	Chorlton Runners	Female	210	F40-44	40	1:01:57	750



Trafford 10k 2017

5th March 2017

RESULT

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
751	1007	1:02:58	Hilary Rogerson		Female	211	F50-54	21	1:02:22	752
752	728	1:03:03	Vicki Hinds		Female	212	F20-34	78	1:02:28	753
753	311	1:03:07	Wendy Terry	Sale Harriers Manchester	Female	213	F40-44	41	1:02:21	751
754	904	1:03:25	Nayeem Mukadam	Chorlton Runners	Male	541	M20-39	318	1:02:47	756
755	1037	1:03:25	Craig Skelton		Male	542	M40-44	60	1:02:38	754
756	1097	1:03:31	Maxine Irving		Female	214	F40-44	42	1:02:43	755
757	905	1:03:35	Dawn Adams	Chorlton Runners	Female	215	F50-54	22	1:03:04	759
758	834	1:03:36	Richard Braddock		Male	543	M20-39	319	1:02:52	757
759	1074	1:03:46	Keeley Cutts		Female	216	F20-34	79	1:03:00	758
760	776	1:03:48	Susan Bean		Female	217	F65-69	2	1:03:08	760
761	247	1:03:59	Rhona Johnson	Bramhall Runners	Female	218	F55-59	7	1:03:22	762
762	435	1:03:59	Michelle Hughes		Female	219	F45-49	27	1:03:16	761
763	705	1:04:25	Rachel Pleasant		Female	220	F40-44	43	1:03:39	763
764	261	1:04:54	Andrea Williams	Chorlton Runners	Female	221	F50-54	23	1:04:10	764
765	438	1:04:56	Rachel Ross		Female	222	F45-49	28	1:04:11	765
766	1100	1:05:11	Sacha Byrne		Female	223	F40-44	44	1:04:24	766
767	721	1:05:12	Clare Hillyer		Female	224	F40-44	45	1:04:41	768
768	671	1:05:20	Lorraine Rosson		Female	225	F50-54	24	1:04:42	769
769	635	1:05:25	Tamsyn Marsh-Patrick		Female	226	F40-44	46	1:04:39	767
770	888	1:05:32	Robert Stripling		Male	544	M60-64	11	1:04:43	770
771	270	1:05:43	Kate MacDonald	Chorlton Runners	Female	227	F55-59	8	1:05:07	773
772	707	1:05:43	Jonathan Grace		Male	545	M50-54	51	1:04:52	771
773	1085	1:05:43	Deborah Grace		Female	228	F50-54	25	1:04:53	772
774	923	1:05:57	Lynne Alford	East Cheshire Harriers	Female	229	F45-49	29	1:05:30	775
775	943	1:06:07	Alison Holland	Bramhall Runners	Female	230	F70-74	1	1:05:26	774
776	334	1:06:21	Helen Farrell	East Cheshire Harriers	Female	231	F45-49	30	1:05:53	777
777	1064	1:06:28	Jane Hodgkinson		Female	232	F20-34	80	1:05:48	776
778	802	1:06:39	Melanie Li	Bramhall Runners	Female	233	F45-49	31	1:06:01	778
779	913	1:06:46	Wendy Jones	Chorlton Runners	Female	234	F50-54	26	1:06:20	781
780	915	1:06:58	Kate Poole	Chorlton Runners	Female	235	F20-34	81	1:06:16	779
781	946	1:07:01	Karen Cooke	Bramhall Runners	Female	236	F50-54	27	1:06:24	782
782	801	1:07:01	Christine Adkins	Bramhall Runners	Female	237	F60-64	7	1:06:24	783
783	1058	1:07:04	Alice Bodley		Female	238	F40-44	47	1:06:18	780
784	675	1:07:12	Lauren Towey		Female	239	F20-34	82	1:06:30	784
785	838	1:07:15	Tracy Guite		Female	240	F35-39	30	1:06:31	785
786	804	1:07:35	Louise Downing	Chorlton Runners	Female	241	F20-34	83	1:06:59	786
787	902	1:08:06	Yvonne Barry	Chorlton Runners	Female	242	F40-44	48	1:07:29	787
788	689	1:08:11	Kim Dempsey		Female	243	F35-39	31	1:07:36	788
789	237	1:08:54	Clare Taylor	Bramhall Runners	Female	244	F40-44	49	1:08:12	789
790	844	1:10:04	Lloyd Steele		Male	546	M50-54	52	1:09:18	790
791	965	1:10:27	Nina Barthel	Manchester Frontrunners	Female	245	F35-39	32	1:09:56	792
792	910	1:10:29	Trish Kelly	Chorlton Runners	Female	246	F60-64	8	1:09:53	791
793	956	1:10:41	Diana Powell	Bramhall Runners	Female	247	F60-64	9	1:10:00	793
794	672	1:11:11	Julie Kinniburgh-Dickie		Female	248	F50-54	28	1:10:43	794
795	690	1:12:05	Julie Smallman		Female	249	F55-59	9	1:11:25	795
796	914	1:12:13	Sarah Oram	Chorlton Runners	Female	250	F45-49	32	1:11:48	796
797	810	1:12:33	Rebecca Patten	Chorlton Runners	Female	251	F20-34	84	1:11:56	797
798	912	1:18:54	Michelle Peel	Chorlton Runners	Female	252	F35-39	33	1:18:04	798
799	920	1:19:45	Laura Wilcock	Dragons Running Club (Sale)	Female	253	F20-34	85	1:19:03	799
800	1099	1:24:21	James Irving		Male	547	M40-44	61	1:23:33	801
801	1098	1:24:21	Olivia Irving		Female	254	F20-34	86	1:23:33	800
802	694	1:31:01	Ivan MacIntyre	Dragons Running Club (Sale)	Male	548	M60-64	12	1:30:16	802
803	1089	1:31:27	Barbara Thackrey		Female	255	F75-79	1	1:30:53	803
804	894	1:35:30	Claire Purcell	Chorlton Runners	Female	256	F35-39	34	1:34:40	804
805	267	1:35:41	Kate Hook	Chorlton Runners	Female	257	F35-39	35	1:34:51	805
806	545	1:36:41	Anne Chinoy	Sale Harriers Manchester	Female	258	F40-44	50	1:36:20	806