



# 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	218	30:29	Andrew Spencer	Altrincham & District AC	Male	23	M40-44	1	30:29	23
24	95	30:33	Danny Russell	Highgate Harriers	Male	24	M20-39	22	30:33	24
25	63	30:35	Ben Cole	Tonbridge AC	Male	25	M20-39	23	30:34	25
26	90	30:36	Joe Wilkinson	Lincoln Wellington	Male	26	M20-39	24	30:34	26
27	165	30:41	Harry Powell	Kingston upon Hull AC	Male	27	M20-39	25	30:40	27
28	75	30:44	Bradley Goater	Shaftesbury Barnet Harriers	Male	28	M20-39	26	30:43	29
29	99	30:45	Phil Beastall	Cheltenham Harriers	Male	29	M20-39	27	30:43	28
30	80	30:48	Iraitz Arrospide	Sheffield & Dearne	Male	30	M20-39	28	30:48	33
31	74	30:48	Carl Avery	Morpeth Harriers	Male	31	M20-39	29	30:47	31
32	91	30:48	Nigel Martin	Sale Harriers Manchester	Male	32	M20-39	30	30:47	32
33	71	30:49	Alex Wall-Clarke	Southampton AC	Male	33	M20-39	31	30:46	30
34	21	30:50	Michael Kallenberg	Cardiff AAC	Male	34	M20-39	32	30:49	35
35	93	30:51	Steven Bayton	Hallamshire Harriers	Male	35	M20-39	33	30:49	34
36	96	30:52	Josh Trigwell	Newham & Essex Beagles	Male	36	M20-39	34	30:51	36
37	144	30:59	Jack Nixon	Stockport Harriers	Male	37	M20-39	35	30:58	37
38	42	31:00	Jacob Allen	Rugby & Northampton	Male	38	M20-39	36	30:59	39
39	79	31:00	Jack Bancroft	Wells City Harriers	Male	39	M20-39	37	31:00	42
40	89	31:00	James Straw	Lincoln Wellington	Male	40	M20-39	38	30:59	38
41	62	31:01	James Douglas	Border Harriers	Male	41	M20-39	39	31:01	43
42	155	31:01	Dane Blomquist	Aldershot Farnham & District AC	Male	42	M20-39	40	31:00	40
43	12	31:02	Toby Spencer	Coventry Godiva Harriers	Male	43	M20-39	41	31:02	45
44	123	31:02	Joseph Vis	Sale Harriers Manchester	Male	44	M20-39	42	31:00	41
45	128	31:02	Luke Betts	Sale Harriers Manchester	Male	45	M20-39	43	31:01	44
46	55	31:04	Craig Ruddy	Inverclyde AC	Male	46	M20-39	44	31:02	46
47	92	31:05	Ben Riddell	Salford Harriers	Male	47	M20-39	45	31:04	47
48	83	31:06	Oliver Mott	Cheltenham Harriers	Male	48	M20-39	46	31:06	49
49	87	31:06	Will Mycroft	Enfield & Haringey	Male	49	M20-39	47	31:05	48
50	117	31:07	Ronnie Richmond	Bideford AAC	Male	50	M20-39	48	31:06	50
51	70	31:08	Ben Bradley	Aldershot Farnham & District AC	Male	51	M20-39	49	31:08	52
52	88	31:09	Marc Brown	Salford Harriers	Male	52	M20-39	50	31:08	51
53	119	31:11	Lewis Jagger	Sheffield & Dearne	Male	53	M15-19	2	31:10	54
54	281	31:12	Thomas Beasley	Birchfield Harriers	Male	54	M20-39	51	31:11	55
55	58	31:12	Russell Bentley	Kent Athletic Club	Male	55	M20-39	52	31:12	56
56	104	31:12	Robert Danson	Wesham Road Runners	Male	56	M20-39	53	31:10	53
57	178	31:19	John Eves	Bedford & County Athletic Club	Male	57	M20-39	54	31:19	58
58	107	31:20	Tim Raynes	Blackburn Harriers	Male	58	M20-39	55	31:17	57
59	121	31:22	Finn Brodie	Gosforth Harriers AC	Male	59	M20-39	56	31:19	59
60	156	31:26	Bradley Wattleworth	Woodford Green	Male	60	M20-39	57	31:24	61
61	619	31:26	James Dunce	Tyne Bridge Harriers	Male	61	M20-39	58	31:23	60
62	154	31:27	Andy Benson	Preston Harriers	Male	62	M20-39	59	31:26	62
63	157	31:29	Max Pickard	Brighton Phoenix AC	Male	63	M20-39	60	31:27	65
64	166	31:29	Adam Sciacca	Sale Harriers Manchester	Male	64	M20-39	61	31:27	63
65	151	31:29	Jordan Rowe	Colchester Harriers	Male	65	M20-39	62	31:27	64
66	182	31:30	Robel Bahelbi	Highgate Harriers	Male	66	M20-39	63	31:29	66
67	110	31:30	Michael Cayton	Horwich RMI Harriers	Male	67	M20-39	64	31:30	67
68	101	31:33	Alistair Smith	Coventry Godiva Harriers	Male	68	M20-39	65	31:33	69
69	127	31:33	Tom Crouch	St Albans Striders	Male	69	M20-39	66	31:31	68
70	15	31:36	Rory Grant	Birchfield Harriers	Male	70	M20-39	67	31:35	72
71	152	31:37	Danny Lawton	Trafford AC	Male	71	M15-19	3	31:35	70
72	134	31:37	Will Beauchamp	Salford Harriers	Male	72	M20-39	68	31:35	71
73	103	31:38	Ricky Challinor	Liverpool Harriers	Male	73	M20-39	69	31:36	75
74	135	31:38	John Franklin	Serpentine RC	Male	74	M20-39	70	31:36	74
75	14	31:38	Joe Smith	Tipton Harriers	Male	75	M20-39	71	31:36	76



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Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
76	150	31:38	Matt Jackson	Liverpool Harriers	Male	76	M20-39	72	31:35	73
77	136	31:39	Matthew Sheen	Vale Royal AC	Male	77	M20-39	73	31:37	77
78	114	31:40	Nathan Dunn	Leeds City AC	Male	78	M20-39	74	31:38	78
79	130	31:40	Jay Ferns	Loftus and Whitby AC	Male	79	M15-19	4	31:40	79
80	98	31:42	Ben Gamble	Tipton Harriers	Male	80	M20-39	75	31:41	80
81	251	31:44	Luke Grenfell-Shaw	Bristol & West AC	Male	81	M20-39	76	31:42	81
82	460	31:47	Jack Willis	Middlesbrough and Cleveland Harriers	Male	82	M15-19	5	31:45	82
83	141	31:49	Grant Johnson	Salford Harriers	Male	83	M20-39	77	31:47	83
84	573	31:52	Michael Tanner	Sheffield Running Club	Male	84	M20-39	78	31:52	87
85	158	31:52	Adrian Bailes	Birtley AC	Male	85	M20-39	79	31:48	84
86	120	31:54	Matthew Wigelsworth	Preston Harriers	Male	86	M20-39	80	31:52	86
87	455	31:55	Lewis Eccleston	Manchester Triathlon Club	Male	87	M20-39	81	31:52	88
88	962	32:00	Lucian Allison	Lincoln Wellington	Male	88	M20-39	82	31:49	85
89	411	32:00	Charlie Haywood	Highgate Harriers	Male	89	M20-39	83	31:57	90
90	133	32:00	Maxwell Dumbrell	Brighton Phoenix AC	Male	90	M20-39	84	31:59	92
91	174	32:02	Mark Offord	Dragons Running Club (Sale)	Male	91	M20-39	85	31:59	91
92	122	32:02	Howard Thompson	Charnwood AC	Male	92	M20-39	86	31:56	89
93	146	32:03	Kelvin Gomez	Cambridge University	Male	93	M20-39	87	32:00	93
94	139	32:05	Alex Bampton	Cheltenham Harriers	Male	94	M20-39	88	32:03	94
95	129	32:08	Tom Higgs	South London Harriers	Male	95	M20-39	89	32:05	95
96	292	32:09	Dean Richardson	City of Stoke AC	Male	96	M40-44	2	32:05	96
97	116	32:10	Matthew Arnold	Aldershot Farnham & District AC	Male	97	M20-39	90	32:10	98
98	618	32:10	Simon Myatt	Trentham Running Club	Male	98	M20-39	91	32:09	97
99	109	32:14	Joe Rainsford	Heanor Running Club	Male	99	M20-39	92	32:10	99
100	105	32:17	Sam Johnson	Derby AC	Male	100	M20-39	93	32:15	100
101	181	32:17	Joseph Monk	Blackburn Harriers	Male	101	M15-19	6	32:15	101
102	31	32:19	Jonathan Davies	Reading AC	Male	102	M20-39	94	32:19	106
103	36	32:21	Gareth Raven	Sale Harriers Manchester	Male	103	M40-44	3	32:19	104
104	738	32:21	John Hobbs	Valley Striders	Male	104	M20-39	95	32:16	102
105	183	32:22	Orlando Corea	Birchfield Harriers	Male	105	M40-44	4	32:20	107
106	386	32:23	Sparrow Morley	Tyne Bridge Harriers	Male	106	M20-39	96	32:19	105
107	112	32:24	Harry Lupton	Charnwood AC	Male	107	M20-39	97	32:21	108
108	579	32:24	Lewis Rooney	Southport Waterloo	Male	108	M15-19	7	32:18	103
109	73	32:25	Christopher Greenwood	Kent Athletic Club	Male	109	M40-44	5	32:23	111
110	394	32:27	Ian Moran	Liverpool Harriers	Male	110	M20-39	98	32:22	109
111	609	32:27	Jonathan Carter	Tipton Harriers	Male	111	M20-39	99	32:26	115
112	1002	32:28	Terry Scott	Tyne Bridge Harriers	Male	112	M45-49	1	32:23	110
113	757	32:28	Steven Snape	Salford Harriers	Male	113	M20-39	100	32:26	114
114	180	32:28	Daniel Kashi	Sale Harriers Manchester	Male	114	M20-39	101	32:25	112
115	300	32:29	Daniel Clarke	Coventry Godiva Harriers	Male	115	M20-39	102	32:25	113
116	143	32:30	Chris Durney	Preston Harriers	Male	116	M15-19	8	32:29	117
117	440	32:32	James McNally	Liverpool Harriers	Male	117	M20-39	103	32:30	118
118	467	32:33	Lloyd Kempson	Nene Valley Harriers	Male	118	M20-39	104	32:27	116
119	81	32:35	David Rigby	Salford Harriers	Male	119	M20-39	105	32:32	120
120	170	32:38	Alec Finch	Thurrock Harriers	Male	120	M20-39	106	32:32	119
121	171	32:44	Mark Couldwell	Charnwood AC	Male	121	M40-44	6	32:44	122
122	459	32:48	Ian Lawton	Mersey Tri	Male	122	M20-39	107	32:48	124
123	161	32:49	Raymond Edgar	Lancaster & Morecambe Ac	Male	123	M20-39	108	32:49	125
124	173	32:50	Robert Smith	Notts AC	Male	124	M20-39	109	32:46	123
125	493	32:51	Callum O'Neill	Team Kennet AC	Male	125	M15-19	9	32:43	121
126	185	32:52	Robert Balmbra	Morpeth Harriers	Male	126	M20-39	110	32:50	126
127	519	32:56	Franco Pardini	Roundhay Runners	Male	127	M20-39	111	32:52	127
128	567	33:02	Christopher Tully	Salford Harriers	Male	128	M20-39	112	33:00	128
129	384	33:06	Nick Little	Leeds City AC	Male	129	M20-39	113	33:00	129
130	731	33:10	Dan Thomas	University of Birmingham Athletics and Cross Count	Male	130	M20-39	114	33:00	130
131	224	33:11	Julian Hood	Barlick Fell Runners	Male	131	M20-39	115	33:08	134
132	340	33:12	Paul Coon	Ellenborough AC	Male	132	M20-39	116	33:09	135
133	216	33:12	Michael Berks	Altrincham & District AC	Male	133	M20-39	117	33:08	133
134	350	33:13	Gavin Keight	Hallamshire Harriers	Male	134	M20-39	118	33:10	137
135	228	33:14	Alistair Rutherford	Birchfield Harriers	Male	135	M20-39	119	33:03	131
136	253	33:14	Ben Coop	Bury AC	Male	136	M20-39	120	33:05	132
137	164	33:16	Andile Hlebo	Trafford AC	Male	137	M20-39	121	33:12	138
138	645	33:16	Will Monaghan		Male	138	M20-39	122	33:13	140
139	353	33:18	Philip Cooper	Hallamshire Harriers	Male	139	M20-39	123	33:13	139
140	1001	33:18	Elliot Richards	Cardiff AAC	Male	140	M20-39	124	33:09	136
141	429	33:19	Adam Pratt	Tynedale	Male	141	M20-39	125	33:16	143
142	742	33:19	Thomas Stock	Warwick University	Male	142	M20-39	126	33:15	141
143	314	33:21	Alex Bradford	Sale Harriers Manchester	Male	143	M20-39	127	33:16	142
144	739	33:22	Graham Green	Warrington AC	Male	144	M50-54	1	33:19	145
145	277	33:24	Peter Bray	Chorlton Runners	Male	145	M20-39	128	33:16	144
146	610	33:24	Karl Welborn	Tipton Harriers	Male	146	M20-39	129	33:22	149
147	393	33:25	Lee Siemaszko	Liverpool Harriers	Male	147	M20-39	130	33:22	147
148	231	33:27	Thomas Blaney	Blackburn Harriers	Male	148	M20-39	131	33:22	146
149	578	33:27	Daniel Hunt	Southampton AC	Male	149	M20-39	132	33:25	150
150	290	33:28	Matthew Nelson	City of Hull	Male	150	M20-39	133	33:22	148



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





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# RESULT

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
226	200	35:48	Steph McCall	South London Harriers	Female	10	F20-34	9	35:45	229
227	227	35:50	John Convery	Bingley Harriers	Male	217	M50-54	2	35:42	225
228	414	35:51	Sam Fishwick	Loughborough Student's AC	Male	218	M20-39	182	35:51	230
229	278	35:52	Steven Curley	Chorlton Runners	Male	219	M20-39	183	35:38	223
230	793	35:55	Andrew McMenemy		Male	220	M20-39	184	35:44	227
231	390	35:58	Paul Sankey	Liverpool Harriers	Male	221	M45-49	7	35:52	232
232	620	36:00	Alasdair Blain	Tyne Bridge Harriers	Male	222	M20-39	185	35:53	233
233	255	36:00	Ismael Serrablo	Charnwood AC	Male	223	M20-39	186	35:51	231
234	207	36:03	Sophie Crumly	Newbury AC	Female	11	F20-34	10	35:56	234
235	783	36:03	Jeremy Pattison	Richmond & Zetland Harriers	Male	224	M40-44	13	35:57	235
236	199	36:11	Danielle Fegan	Sale Harriers Manchester	Female	12	F20-34	11	36:08	239
237	818	36:12	Tony Muir	Oldham & Royton Harriers	Male	225	M20-39	187	36:04	236
238	987	36:13	Matt Dickinson	Salford Harriers	Male	226	M20-39	188	36:05	237
239	210	36:15	Chris Walton	Accrington Road Runners	Male	227	M20-39	189	36:07	238
240	760	36:17	Hannah Griffiths	Stockport Harriers	Female	13	F20-34	12	36:08	240
241	335	36:20	Gavin Browne	East Cheshire Harriers	Male	228	M20-39	190	36:11	241
242	774	36:21	Daniel McManus		Male	229	M20-39	191	36:17	245
243	826	36:23	Robert Fox	Shropshire Shufflers	Male	230	M20-39	192	36:12	242
244	477	36:26	Bethanie Murray	Oxford University Athletics Club	Female	14	F20-34	13	36:16	244
245	494	36:27	Daniel Bennett	Rochdale Harriers	Male	231	M45-49	8	36:18	246
246	786	36:29	Robert Dunn	Sale Harriers Manchester	Male	232	M20-39	193	36:13	243
247	700	36:30	Emma Houchell	Basildon AC	Female	15	F20-34	14	36:20	247
248	19	36:31	Tessa Clarke	Wolverhampton & Bilston	Female	16	F20-34	15	36:24	248
249	322	36:33	Sian Rainsley	Coventry Godiva Harriers	Female	17	F15-19	1	36:27	249
250	232	36:38	Elizabeth Greenwood	Blackburn Harriers	Female	18	F15-19	2	36:30	250
251	423	36:39	Olivier Gaillemin	Sale Harriers Manchester	Male	233	M40-44	14	36:31	251
252	1043	36:40	Oliver Bernstein		Male	234	M20-39	194	36:32	252
253	922	36:43	Jacqueline Penn	North Shields Poly	Female	19	F15-19	3	36:37	257
254	481	36:44	Kevin Hunt	Preston Harriers	Male	235	M45-49	9	36:39	258
255	936	36:44	Richard Hayes	Penistone Footpath Runners	Male	236	M20-39	195	36:33	253
256	534	36:46	Steven Henderson	Sale Harriers Manchester	Male	237	M20-39	196	36:37	256
257	217	36:48	Dan Martell	Altrincham & District AC	Male	238	M20-39	197	36:34	254
258	457	36:49	Mark Griffiths	Manchester YMCA Harriers	Male	239	M20-39	198	36:44	260
259	553	36:50	Steven Pennington	Salford Harriers	Male	240	M45-49	10	36:42	259
260	286	36:52	Christopher Rayner	Chorlton Runners	Male	241	M40-44	15	36:37	255
261	388	36:58	Ryan Whiston	Liverpool Harriers	Male	242	M20-39	199	36:48	262
262	988	37:00	Paul Stephens	Salford Harriers	Male	243	M20-39	200	36:51	263
263	205	37:00	Sarah Murphy	Vale Royal AC	Female	20	F35-39	2	36:57	264
264	533	37:03	Peter O'Neill	Sale Harriers Manchester	Male	244	M20-39	201	36:47	261
265	755	37:09	Hayley Kuter	Salford Harriers	Female	21	F35-39	3	37:04	265
266	566	37:09	Jon Dance	Salford Harriers	Male	245	M40-44	16	37:04	266
267	295	37:14	Keith Scofield	Clapham Chasers	Male	246	M20-39	202	37:07	268
268	1004	37:16	Christopher Huitson	Tyne Bridge Harriers	Male	247	M20-39	203	37:09	270
269	743	37:16	Lee Barlow	Wesham Road Runners	Male	248	M60-64	1	37:04	267
270	542	37:18	James Walsh	Sale Harriers Manchester	Male	249	M20-39	204	37:08	269
271	297	37:19	Laura Hesketh	Clayton Le Moors	Female	22	F20-34	16	37:14	272
272	212	37:22	Sarah Mackness	Altrincham & District AC	Female	23	F20-34	17	37:14	273
273	584	37:24	Danny Hare	St Therasas AC	Male	250	M20-39	205	37:12	271
274	749	37:25	Trevor Morris	Wilmslow Running Club	Male	251	M55-59	1	37:20	275
275	219	37:30	Andy Oates	Altrincham & District AC	Male	252	M40-44	17	37:16	274
276	537	37:30	Mike Hatch	Sale Harriers Manchester	Male	253	M40-44	18	37:22	277
277	328	37:31	Christopher Swire	East Cheshire Harriers	Male	254	M45-49	11	37:27	279
278	346	37:32	James Rees	Goyt Valley Striders	Male	255	M20-39	206	37:27	280
279	555	37:38	Christopher Dawson	Salford Harriers	Male	256	M20-39	207	37:29	282
280	312	37:39	Ben McIntyre	Sale Harriers Manchester	Male	257	M20-39	208	37:20	276
281	518	37:42	Zara Knappy	Rotherham Harriers	Female	24	F20-34	18	37:32	285
282	299	37:42	Dave Motley	Clayton Le Moors	Male	258	M20-39	209	37:32	284
283	391	37:44	John Connolly	Liverpool Harriers	Male	259	M45-49	12	37:44	288
284	284	37:45	Fraser Macdonald Oulds	Chorlton Runners	Male	260	M20-39	210	37:26	278
285	548	37:47	Glenn Savage	Sale Harriers Manchester	Male	261	M50-54	3	37:29	281
286	999	37:48	John Ridgway	Team Marathon Road	Male	262	M20-39	211	37:35	286
287	266	37:49	Will Fossard	Chorlton Runners	Male	263	M20-39	212	37:31	283
288	229	37:54	Chloe Price	Birtley AC	Female	25	F20-34	19	37:45	289
289	288	37:54	Andrew Hemmings	City of Hull	Male	264	M20-39	213	37:37	287
290	740	37:57	Stephen Watmough	Warrington AC	Male	265	M50-54	4	37:49	290
291	980	37:58	Lee Foley	Preston Harriers	Male	266	M20-39	214	37:53	291
292	773	38:04	Luisa Candioli	Sale Harriers Manchester	Female	26	F20-34	20	38:00	296
293	957	38:05	Phil Ramsey	Bramhall Runners	Male	267	M40-44	19	38:03	298
294	468	38:07	Sarah Webster	Northern AC (IOM)	Female	27	F35-39	4	37:57	293
295	612	38:08	Tony Davenport	Trafford AC	Male	268	M20-39	215	37:59	294
296	549	38:09	Lee Kaufman	Sale Harriers Manchester	Male	269	M45-49	13	37:55	292
297	611	38:13	Alfonso Leone	Trafford AC	Male	270	M20-39	216	38:00	297
298	233	38:14	Laura Lombard	Bolton United Harriers	Female	28	F35-39	5	38:05	299
299	852	38:15	Simon Baines	Wigan Harriers	Male	271	M40-44	20	38:00	295
300	540	38:24	Damien Jones	Sale Harriers Manchester	Male	272	M20-39	217	38:12	300



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# RESULT

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
301	280	38:29	James Ashford	Chorlton Runners	Male	273	M20-39	218	38:14	302
302	400	38:29	Francis Pyatt	Macclesfield Harriers	Male	274	M20-39	219	38:23	306
303	763	38:30	Tim Greenald	East Cheshire Harriers	Male	275	M40-44	21	38:16	304
304	310	38:30	Peter Shipley	Sale Harriers Manchester	Male	276	M20-39	220	38:12	301
305	782	38:32	Mitchell Hawkins	Liverpool Harriers	Male	277	M20-39	221	38:17	305
306	615	38:35	David Lord	Trawden AC	Male	278	M55-59	2	38:23	307
307	236	38:37	Matthew Timms		Male	279	M20-39	222	38:14	303
308	376	38:41	Shane Wolstencroft	Knutsford Tri Club	Male	280	M45-49	14	38:32	309
309	737	38:45	Dave Pickstock	Trentham Running Club	Male	281	M20-39	223	38:37	312
310	526	38:46	Sarah Potter	Victoria Park City of Glasgow AC	Female	29	F20-34	21	38:39	313
311	283	38:47	Thomas Jones	Chorlton Runners	Male	282	M20-39	224	38:30	308
312	538	38:48	Rupert Liddington	Sale Harriers Manchester	Male	283	M20-39	225	38:34	310
313	723	38:53	Phillip Warburton		Male	284	M20-39	226	38:36	311
314	249	38:53	Matt Moran	Bramhall Runners	Male	285	M20-39	227	38:48	317
315	248	38:53	Lok Li	Bramhall Runners	Male	286	M45-49	15	38:45	316
316	1025	38:55	Roger Preece	Altrincham & District AC	Male	287	M50-54	5	38:48	318
317	614	38:58	James Osborne	Trawden AC	Male	288	M40-44	22	38:48	320
318	478	39:00	Oliver Pike	Penistone Footpath Runners	Male	289	M20-39	228	38:43	314
319	489	39:00	Oliver Bentley	Rochdale Harriers	Male	290	M15-19	17	38:44	315
320	563	39:03	Mohammed Butt	Salford Harriers	Male	291	M20-39	229	38:50	322
321	544	39:04	Steve Gavin	Sale Harriers Manchester	Male	292	M45-49	16	38:49	321
322	820	39:04	Philip Hudson	Oldham & Royton Harriers	Male	293	M45-49	17	38:48	319
323	407	39:06	Giles Bennett	Bury AC	Male	294	M50-54	6	38:54	323
324	551	39:11	Luke Wordsworth	Salford Harriers	Male	295	M20-39	230	39:02	324
325	948	39:14	Chris Trask	Bramhall Runners	Male	296	M40-44	23	39:06	326
326	402	39:15	David Hughes	Altrincham & District AC	Male	297	M55-59	3	39:05	325
327	715	39:15	Stewart Nunn		Male	298	M20-39	231	39:13	329
328	591	39:19	Ben Snell	Stockport Harriers	Male	299	M20-39	232	39:14	331
329	291	39:26	Nick Maynard	City of Hull	Male	300	M40-44	24	39:09	327
330	679	39:30	Damien Healey		Male	301	M20-39	233	39:13	328
331	853	39:30	Paul Bryers	Wigan Harriers	Male	302	M40-44	25	39:14	330
332	473	39:32	Sarah Carroll	Salford Harriers	Female	30	F20-34	22	39:19	332
333	336	39:33	Barry Hirst	East Cheshire Harriers	Male	303	M50-54	7	39:20	333
334	530	39:38	Kevin Foster	Sale Harriers Manchester	Male	304	M20-39	234	39:22	335
335	865	39:40	Nathan Mayoh	Stockport Harriers	Male	305	M45-49	18	39:31	339
336	693	39:40	Ian Sharpe		Male	306	M45-49	19	39:40	345
337	528	39:42	Ashley Lindsey	Sale Harriers Manchester	Male	307	M45-49	20	39:21	334
338	465	39:42	Philippa Taylor	Nene Valley Harriers	Female	31	F45-49	1	39:29	338
339	424	39:44	Chris Jones	Salford Harriers	Male	308	M20-39	235	39:34	340
340	275	39:47	Elisabeth Kilcourse	Chorlton Runners	Female	32	F20-34	23	39:28	336
341	450	39:48	Joe Carne	Manchester Frontrunners	Male	309	M20-39	236	39:29	337
342	958	39:49	Rick Adams	Bramhall Runners	Male	310	M20-39	237	39:41	346
343	754	39:50	Ailbhe Carroll	Ireland	Female	33	F20-34	24	39:39	343
344	541	39:52	Matthew Spragg	Sale Harriers Manchester	Male	311	M40-44	26	39:44	351
345	282	39:53	Stuart Holliday	Chorlton Runners	Male	312	M40-44	27	39:34	341
346	525	39:55	Aidan Raftery	Sale Harriers Manchester	Male	313	M55-59	4	39:47	355
347	663	39:55	Matthew Brown		Male	314	M20-39	238	39:50	359
348	662	39:55	Danielle Jepson		Female	34	F40-44	1	39:40	344
349	483	39:56	Thomas Murphy	Pudsey Pacers Running Club	Male	315	M20-39	239	39:45	353
350	523	39:57	Helen Armitage	Sale Harriers Manchester	Female	35	F40-44	2	39:38	342
351	978	39:58	Gary Joyce	Oldham & Royton Harriers	Male	316	M20-39	240	39:41	347
352	577	39:58	Rachael Ayerst	Southampton AC	Female	36	F20-34	25	39:44	350
353	515	39:59	David Bentley	Rochdale Harriers	Male	317	M45-49	21	39:43	348
354	600	40:00	David Kerrigan	Swinton Running Club	Male	318	M20-39	241	39:46	354
355	651	40:00	Robert Heggs	Sale Harriers Manchester	Male	319	M40-44	28	39:44	349
356	524	40:02	Emma Finney	Sale Harriers Manchester	Female	37	F35-39	6	39:57	363
357	1003	40:05	Richard Tailford	Tyne Bridge Harriers	Male	320	M50-54	8	39:44	352
358	586	40:09	Rob Cawley	Stockport Harriers	Male	321	M50-54	9	39:47	356
359	752	40:11	Tom Bysouth		Male	322	M20-39	242	40:06	365
360	452	40:12	Jason Brogan	Manchester Harriers AC	Male	323	M45-49	22	39:51	360
361	717	40:12	Gareth Atkinson		Male	324	M45-49	23	40:03	364
362	636	40:13	Anthony Jefford	Ripon Runners	Male	325	M20-39	243	39:50	358
363	730	40:13	Darran Ward		Male	326	M20-39	244	40:07	366
364	495	40:16	Nick Barton	Rochdale Harriers	Male	327	M40-44	29	39:53	361
365	571	40:19	Paul Stevenson	Salford Metropolitan AC	Male	328	M55-59	5	39:54	362
366	1015	40:20	Ian Nuttall		Male	329	M50-54	10	39:47	357
367	659	40:26	Myles Heywood		Male	330	M20-39	245	40:16	369
368	496	40:27	Kay Welsby	Rochdale Harriers	Female	38	F20-34	26	40:08	367
369	800	40:32	Chris Marritt	Altrincham & District AC	Male	331	M20-39	246	40:26	374
370	554	40:33	Rebecca Robinson	Salford Harriers	Female	39	F20-34	27	40:20	370
371	1034	40:38	Nikhil Sharma		Male	332	M20-39	247	40:21	372
372	840	40:40	Andy Townhill		Male	333	M50-54	11	40:16	368
373	986	40:41	David Ellis	Royton Road Runners	Male	334	M40-44	30	40:25	373
374	446	40:45	Roberto Raso	Manchester Frontrunners	Male	335	M50-54	12	40:20	371
375	341	40:46	Gemma Morgans	Eryri	Female	40	F20-34	28	40:35	379



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# RESULT

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
376	556	40:47	Paul Sale	Salford Harriers	Male	336	M20-39	248	40:33	378
377	901	40:48	Chris Clarke	Chorlton Runners	Male	337	M20-39	249	40:33	376
378	807	40:48	Steven Welch	Chorlton Runners	Male	338	M20-39	250	40:31	375
379	357	40:52	Paul Winfield	Heanor Running Club	Male	339	M40-44	31	40:41	382
380	501	40:52	Richard Hanley	Chorlton Runners	Male	340	M20-39	251	40:33	377
381	449	41:00	Lucy Etchells	Manchester Frontrunners	Female	41	F20-34	29	40:41	381
382	676	41:03	Jude Peck		Female	42	F40-44	3	40:39	380
383	595	41:04	Mark Smith	Stockport Harriers	Male	341	M45-49	24	40:46	383
384	940	41:04	Steve Holder	Abingdon AC	Male	342	M50-54	13	40:49	384
385	622	41:11	Rachel Adamson	Tyne Bridge Harriers	Female	43	F20-34	30	41:01	387
386	476	41:13	Sarah Davies	Oxford City Athletic Club	Female	44	F40-44	4	41:00	386
387	897	41:17	Justin Cleary	Chorlton Runners	Male	343	M20-39	252	41:07	391
388	268	41:19	Amy Welch	Chorlton Runners	Female	45	F20-34	31	41:05	390
389	500	41:22	Alex Frost	Rochdale Harriers	Male	344	M45-49	25	41:16	397
390	911	41:22	Paul McKenna	Chorlton Runners	Male	345	M40-44	32	41:04	389
391	855	41:24	Paul Cunningham	Kirkby Milers AC	Male	346	M20-39	253	41:02	388
392	482	41:24	Simon Platts	Pudsey Pacers	Male	347	M20-39	254	41:19	398
393	823	41:25	Sam Duggan	Roundhay Runners	Male	348	M20-39	255	41:08	392
394	263	41:26	Anna Neufeld	Chorlton Runners	Female	46	F40-44	5	41:12	393
395	587	41:26	Louise Geldart	Stockport Harriers	Female	47	F20-34	32	41:13	395
396	808	41:29	Chris Floyd	Chorlton Runners	Male	349	M20-39	256	41:15	396
397	691	41:32	Ralph Davies		Male	350	M40-44	33	41:20	399
398	539	41:33	Kathy Wellam	Sale Harriers Manchester	Female	48	F35-39	7	41:13	394
399	464	41:39	Adam Battersby	Mossley AFC Running Club	Male	351	M20-39	257	40:59	385
400	1092	41:52	Darren Jackson	Wigan Harriers	Male	352	M40-44	34	41:31	400
401	787	41:54	Bradley Freeman	Stockport Harriers	Male	353	M15-19	18	41:50	407
402	316	41:55	Becky Parkin	Tyne Bridge Harriers	Female	49	F20-34	33	41:34	401
403	409	41:58	Guy Weaver	Chorlton Runners	Male	354	M20-39	258	41:36	402
404	339	42:04	Lee Callanan	East Hull Harriers	Male	355	M20-39	259	41:47	404
405	558	42:04	Andrew Martin	Salford Harriers	Male	356	M20-39	260	41:53	411
406	605	42:05	Christian Lyth	Swinton Running Club	Male	357	M40-44	35	41:48	405
407	828	42:06	Steve Cox	Stockport Harriers	Male	358	M40-44	36	41:43	403
408	632	42:09	Mike Curley	Sale Harriers Manchester	Male	359	M65-69	1	41:51	408
409	401	42:10	Peter Pickwell	Altrincham & District AC	Male	360	M65-69	2	42:01	416
410	372	42:12	Sally Malir	Ilkley Harriers	Female	50	F50-54	1	42:04	417
411	785	42:13	Gareth Webb	Sale Harriers Manchester	Male	361	M20-39	261	41:53	410
412	903	42:14	Mitch Goodall	Chorlton Runners	Male	362	M20-39	262	41:50	406
413	972	42:15	Richard Brailsford	Manchester YMCA Harriers	Male	363	M40-44	37	41:52	409
414	1060	42:21	Andrew Curvis		Male	364	M20-39	263	41:53	412
415	432	42:22	Chris O'Loughlin		Male	365	M20-39	264	42:01	415
416	825	42:25	David Connelly	Sale Harriers Manchester	Male	366	M20-39	265	41:59	413
417	313	42:26	Clare McCarron	Sale Harriers Manchester	Female	51	F40-44	6	41:59	414
418	271	42:28	Emma Tollefson	Chorlton Runners	Female	52	F20-34	34	42:07	418
419	861	42:31	Andrew Cole	East Cheshire Harriers	Male	367	M50-54	14	42:15	421
420	559	42:34	Irish Patel	Salford Metropolitan AC	Male	368	M50-54	15	42:09	419
421	347	42:37	Aidan Grant	Goyt Valley Striders	Male	369	M40-44	38	42:26	425
422	588	42:38	David Chrystie-Lowe	Glossopdale Harriers	Male	370	M55-59	6	42:25	424
423	309	42:38	Gareth Hunt	Rochdale Harriers	Male	371	M20-39	266	42:15	420
424	621	42:39	Natalie Bennett	Tyne Bridge Harriers	Female	53	F20-34	35	42:19	423
425	230	42:44	Bryan Searby	Blackburn Harriers	Male	372	M45-49	26	42:35	430
426	658	42:44	Edward Cardwell		Male	373	M20-39	267	42:17	422
427	512	42:45	James Bouston		Male	374	M40-44	39	42:27	426
428	304	42:45	Bethany Hirst	East Cheshire Harriers	Female	54	F20-34	36	42:27	427
429	770	42:46	Michelle Vaughan	East Cheshire Harriers	Female	55	F45-49	2	42:36	432
430	599	42:49	Sian Kirk	Swansea Harriers	Female	56	F20-34	37	42:34	429
431	421	42:50	Brian Moore	Rochdale Harriers	Male	375	M50-54	16	42:31	428
432	908	42:50	Niamh Gill	Chorlton Runners	Female	57	F20-34	38	42:36	431
433	343	42:51	Matt Crompton	Glossopdale Harriers	Male	376	M20-39	268	42:40	433
434	992	42:51	Andy Melvin	Stockport Harriers	Male	377	M45-49	27	42:44	436
435	241	42:53	Richard Hall	Bramhall Runners	Male	378	M45-49	28	42:42	434
436	593	42:55	Samantha Jane Thomas	Stockport Harriers	Female	58	F40-44	7	42:48	438
437	437	43:09	Scott McPhail		Male	379	M20-39	269	42:57	441
438	410	43:09	Duncan Shuttleworth	Fylde Coast Runners	Male	380	M55-59	7	42:46	437
439	507	43:10	Nick Sime	Totley AC	Male	381	M50-54	17	42:43	435
440	349	43:13	Katrina Oddy	Halifax Harriers	Female	59	F50-54	2	43:04	443
441	317	43:16	Megan Parkin	Tyne Bridge Harriers	Female	60	F20-34	39	42:55	439
442	514	43:20	John Mayall	Rochdale Harriers	Male	382	M50-54	18	43:02	442
443	997	43:22	Antony Golding	Swinton Running Club	Male	383	M40-44	40	43:10	446
444	744	43:22	Helen Lawrenson	Wesham Road Runners	Female	61	F45-49	3	43:08	445
445	666	43:26	Luke Kelly		Male	384	M20-39	270	42:56	440
446	550	43:31	Jackie Cordingley	Sale Harriers Manchester	Female	62	F55-59	1	43:13	447
447	797	43:32	Michelle Tickle	Blackpool Wyre & Fylde AC	Female	63	F40-44	8	43:17	449
448	569	43:32	Pete Brown	Salford Metropolitan AC	Male	385	M45-49	29	43:07	444
449	604	43:39	Michael Burke	Swinton Running Club	Male	386	M20-39	271	43:14	448
450	1091	43:41	Barry Abram	Wigan Harriers	Male	387	M55-59	8	43:25	450





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# RESULT

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
451	968	44:01	Melanie Barber	Manchester Harriers AC	Female	64	F40-44	9	43:51	453
452	816	44:05	Mike Long	Manchester Harriers AC	Male	388	M50-54	19	43:59	455
453	444	44:10	Kieran Welsh	Manchester Frontrunners	Male	389	M20-39	272	43:49	452
454	863	44:16	Andrew Stiles	Marshall Milton Keynes Athletics Club	Male	390	M50-54	20	43:58	454
455	652	44:16	Emma Gartside		Female	65	F40-44	10	44:03	458
456	900	44:17	Jude Bek	Chorlton Runners	Female	66	F35-39	8	43:48	451
457	329	44:20	Angela Oldham	East Cheshire Harriers	Female	67	F60-64	1	44:01	456
458	582	44:22	Graham Driver	Spectrum Striders	Male	391	M50-54	21	44:02	457
459	594	44:25	Gary Richardson	Stockport Harriers	Male	392	M45-49	30	44:05	459
460	1071	44:26	Paul Ormiston		Male	393	M20-39	273	44:14	463
461	649	44:31	Dany Robson		Female	68	F45-49	4	44:13	462
462	506	44:33	Duane Gaunt	Sale Harriers Manchester	Male	394	M20-39	274	44:14	464
463	337	44:39	Francis Day	East Cheshire Harriers	Male	395	M65-69	3	44:32	467
464	264	44:42	Ross Giles	Chorlton Runners	Male	396	M20-39	275	44:12	461
465	1094	44:46	Peter Sussex	Wrexham AC	Male	397	M50-54	22	44:06	460
466	502	44:46	Jerry Smith	Chorlton Runners	Male	398	M60-64	2	44:31	466
467	630	44:52	Dave Bradford		Male	399	M50-54	23	44:26	465
468	768	44:53	Jennie Pickard	Bramhall Runners	Female	69	F45-49	5	44:35	469
469	294	44:55	Kim Tyler	Clapham Chasers	Female	70	F35-39	9	44:33	468
470	498	45:03	Emma Gumbley	Rochdale Harriers	Female	71	F20-34	40	44:40	470
471	650	45:09	Steve Hughes		Male	400	M40-44	41	45:01	475
472	581	45:11	Brad Ehlen	Spectrum Striders	Male	401	M45-49	31	44:51	471
473	824	45:13	Sinead Ferguson	Sale Harriers Manchester	Female	72	F40-44	11	44:51	472
474	603	45:15	Duncan Gazeley		Male	402	M20-39	276	45:03	476
475	568	45:24	Mike Race	Salford Metropolitan AC	Male	403	M55-59	9	45:00	474
476	358	45:31	Ian Salt	Heanor Running Club	Male	404	M20-39	277	45:10	477
477	954	45:33	Lee Smith	Bramhall Runners	Male	405	M40-44	42	44:58	473
478	570	45:34	Stuart Mairs	Salford Metropolitan AC	Male	406	M20-39	278	45:11	478
479	445	45:35	Rachel Kenyon	Manchester Frontrunners	Female	73	F20-34	41	45:16	480
480	214	45:39	Amanda Navin	Altrincham & District AC	Female	74	F20-34	42	45:17	481
481	928	45:46	Connor Lomax	Goyt Valley Striders	Male	407	M40-44	43	45:35	484
482	331	45:50	Richard Vink	East Cheshire Harriers	Male	408	M50-54	24	45:36	485
483	420	45:50	Kristian Robinson	Rochdale Harriers	Male	409	M45-49	32	45:27	482
484	1026	45:54	Gavin Dodd		Male	410	M40-44	44	45:43	488
485	521	45:57	Nick Mallon	Royton Road Runners	Male	411	M40-44	45	45:40	486
486	899	46:00	Mels Williamson	Chorlton Runners	Female	75	F35-39	10	45:32	483
487	771	46:02	Georgina Weston	Notts AC	Female	76	F20-34	43	45:52	495
488	557	46:02	Ruth Ollerenshaw	Salford Harriers	Female	77	F40-44	12	45:53	497
489	56	46:03	Greig Frankland	Manchester Frontrunners	Male	412	M20-39	279	45:42	487
490	242	46:04	Andrew Tomlinson	Bramhall Runners	Male	413	M40-44	46	45:11	479
491	203	46:07	Anna Blomfield	Rochdale Harriers	Female	78	F55-59	2	45:47	492
492	1024	46:07	Paul Smith		Male	414	M20-39	280	45:45	490
493	601	46:08	Matt Jones	Rochdale Harriers	Male	415	M20-39	281	45:44	489
494	799	46:09	Duncan Dickinson	Altrincham & District AC	Male	416	M50-54	25	45:49	494
495	864	46:10	Geoff Wells	Stockport Harriers	Male	417	M50-54	26	45:46	491
496	944	46:11	Adina Stan	Bramhall Runners	Female	79	F20-34	44	45:48	493
497	403	46:14	Stasia Bligh	Blackpool Wyre & Fylde AC	Female	80	F40-44	13	45:53	499
498	434	46:15	Nick Pearson		Male	418	M20-39	282	45:59	501
499	406	46:16	James Pratt	Bramhall Runners	Male	419	M20-39	283	45:59	502
500	413	46:17	Tony Hillier	Glossopdale Harriers	Male	420	M65-69	4	45:59	500
501	279	46:20	Neal Wainwright	Chorlton Runners	Male	421	M20-39	284	45:53	496
502	302	46:21	Alison Wainwright	Chorlton Runners	Female	81	F35-39	11	45:53	498
503	348	46:26	Julie Ellison	Goyt Valley Striders	Female	82	F40-44	14	46:15	504
504	484	46:33	Chemane Brier	Radcliffe AC	Female	83	F20-34	45	46:21	508
505	447	46:35	Greg Keynes	Manchester Frontrunners	Male	422	M60-64	3	46:10	503
506	733	46:38	Vittorio Muraro	University of Manchester Athletics and Cross Count	Male	423	M20-39	285	46:20	507
507	674	46:42	Des Miles		Male	424	M50-54	27	46:22	509
508	492	46:43	Jill Butterworth	Rochdale Harriers	Female	84	F40-44	15	46:18	506
509	1095	46:45	Kathryn Ryder		Female	85	F45-49	6	46:35	516
510	1096	46:45	David Ryder		Male	425	M45-49	33	46:34	513
511	683	46:50	David O'Loughlin		Male	426	M65-69	5	46:28	511
512	686	46:50	Louise Jefferson		Female	86	F40-44	16	46:37	518
513	479	46:53	Tony Peacock	Penny Lane Striders	Male	427	M65-69	6	46:27	510
514	527	46:56	Helen Reagan	Sale Harriers Manchester	Female	87	F45-49	7	46:35	514
515	305	46:57	Paul Mercer	Heanor Running Club	Male	428	M40-44	47	46:35	515
516	868	47:00	Nilesh Hindocha		Male	429	M20-39	286	46:16	505
517	1048	47:05	Lee Younis		Male	430	M45-49	34	46:37	517
518	984	47:06	Stephanie Harrison	Rochdale Harriers	Female	88	F20-34	46	46:42	520
519	953	47:07	Vikki Murphy	Bramhall Runners	Female	89	F45-49	8	46:33	512
520	471	47:12	Darren Mannings	Oldham & Royton Harriers	Male	431	M45-49	35	46:41	519
521	631	47:16	Richard Hoskins		Male	432	M45-49	36	47:04	527
522	596	47:18	Claire MacNeill		Female	90	F40-44	17	46:49	521
523	580	47:23	Andy Garnett	Spectrum Striders	Male	433	M60-64	4	47:03	526
524	821	47:24	Derek Atherton	Oldham & Royton Harriers	Male	434	M60-64	5	46:52	522
525	822	47:28	Sarah Turner	Radcliffe AC	Female	91	F45-49	9	47:13	530



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# RESULT

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
526	884	47:29	Andrew Charlesworth		Male	435	M40-44	48	46:59	523
527	29	47:30	Gareth Pashley	Chorlton Runners	Male	436	M20-39	287	47:01	524
528	560	47:33	Chris McCartney		Male	437	M20-39	288	47:09	529
529	366	47:35	Emma Serjeant	Holmfirth Harriers	Female	92	F35-39	12	47:17	531
530	869	47:37	John Keating		Male	438	M20-39	289	47:05	528
531	866	47:40	David Leat	Stocksfield Striders	Male	439	M60-64	6	47:02	525
532	646	47:41	Clive Briscoe		Male	440	M55-59	10	47:26	534
533	520	47:44	Adam Stirling	Royton Road Runners	Male	441	M20-39	290	47:24	532
534	13	47:49	Ian Connolly	Rossendale Tri Club	Male	442	M55-59	11	47:25	533
535	653	47:51	Anthony Price		Male	443	M20-39	291	47:29	535
536	355	47:53	Eamon O'Hanlon	Heanor Running Club	Male	444	M50-54	28	47:31	536
537	1084	48:02	Sean Dowd		Male	445	M40-44	49	47:36	537
538	841	48:04	Wayne Cunningham		Male	446	M20-39	292	47:42	539
539	982	48:09	Kate Holden	Radcliffe AC	Female	93	F40-44	18	47:55	541
540	877	48:18	Wayne Wilson		Male	447	M55-59	12	47:39	538
541	716	48:19	Kieran Hallinan		Male	448	M50-54	29	47:46	540
542	330	48:22	Gary Coxon	East Cheshire Harriers	Male	449	M60-64	7	48:03	543
543	276	48:26	Ellen Brown	Chorlton Runners	Female	94	F20-34	47	47:56	542
544	796	48:30	Richard Bacon	Winston Runners	Male	450	M75-79	1	48:10	549
545	947	48:31	Barry Heap	Bramhall Runners	Male	451	M50-54	30	48:04	544
546	204	48:31	Carol Beattie	Steel City Striders	Female	95	F60-64	2	48:12	551
547	847	48:33	Ray Townhill		Male	452	M50-54	31	48:10	547
548	878	48:33	Martin Lewis	East Cheshire Harriers	Male	453	M45-49	37	48:12	550
549	1078	48:34	Karl Jackson		Male	454	M50-54	32	48:06	545
550	985	48:38	Caroline Rogers	Chorlton Runners	Female	96	F40-44	19	48:10	548
551	891	48:44	Lee Cantello		Male	455	M45-49	38	48:19	554
552	655	48:47	Rachael Turner		Female	97	F20-34	48	48:17	552
553	697	48:49	Richard Walsh		Male	456	M20-39	293	48:24	555
554	724	48:50	John Thompson		Male	457	M45-49	39	48:27	558
555	766	48:51	Billy Douthwaite		Male	458	M20-39	294	48:19	553
556	244	48:52	Andrew Bagshaw	Bramhall Runners	Male	459	M45-49	40	48:26	556
557	898	48:55	Simon Hedges	Chorlton Runners	Male	460	M45-49	41	48:26	557
558	1054	48:59	Ashley Fairclough		Male	461	M20-39	295	48:08	546
559	287	49:01	Tony Payne	Chorlton Runners	Male	462	M55-59	13	48:31	559
560	706	49:05	Tony Moss		Male	463	M45-49	42	48:48	563
561	546	49:06	Frank Cordingley	Sale Harriers Manchester	Male	464	M55-59	14	48:45	561
562	702	49:12	Holly Waddell		Female	98	F20-34	49	48:47	562
563	561	49:14	Amanda McCartney	Salford Harriers	Female	99	F40-44	20	48:51	564
564	220	49:15	Steph Thompson	Altrincham & District AC	Female	100	F45-49	10	49:00	569
565	485	49:15	Sheila Jones	Radcliffe AC	Female	101	F60-64	3	48:59	567
566	685	49:17	Gareth Rosson		Male	465	M50-54	33	48:56	566
567	688	49:20	Mischa Wilmers		Male	466	M20-39	296	48:37	560
568	989	49:20	Rachel Sate	Salford Metropolitan AC	Female	102	F20-34	50	48:54	565
569	245	49:22	Fiona Cooke	Stockport Harriers	Female	103	F50-54	3	49:09	571
570	806	49:30	Tim Lowther	Chorlton Runners	Male	467	M45-49	43	49:00	570
571	315	49:38	Geoff Beattie	Sale Harriers Manchester	Male	468	M60-64	8	49:20	575
572	1016	49:40	Daisy Tomlinson		Female	104	F15-19	4	49:16	574
573	398	49:46	Peter Burton	Lymm Runners	Male	469	M50-54	34	49:15	572
574	453	49:48	Denis Kelly	Manchester Harriers AC	Male	470	M45-49	44	49:24	578
575	1068	49:49	Hayley Nuttall		Female	105	F40-44	21	49:16	573
576	543	49:51	Damian van Alderwegen	Sale Harriers Manchester	Male	471	M40-44	50	49:00	568
577	234	50:01	Steve Fairclough	Bramhall Runners	Male	472	M50-54	35	49:26	580
578	684	50:03	David Kirk		Male	473	M20-39	297	49:26	579
579	667	50:03	John O'Donnell		Male	474	M50-54	36	49:23	577
580	748	50:07	Janet Wyles	Wilmslow Running Club	Female	106	F50-54	4	49:46	584
581	682	50:10	Neil Armitage		Male	475	M40-44	51	49:22	576
582	642	50:12	Suzi Wolfram		Female	107	F20-34	51	49:37	583
583	741	50:13	Steve Pickford	Warrington Running Club	Male	476	M45-49	45	49:52	587
584	1029	50:14	David Hughes		Male	477	M20-39	298	49:26	581
585	1086	50:14	John Humphreys		Male	478	M55-59	15	49:49	585
586	952	50:15	Sarmid Al-Kamil	Bramhall Runners	Male	479	M50-54	37	49:33	582
587	678	50:19	Pam Fox		Female	108	F35-39	13	50:01	589
588	644	50:22	Laura Staley		Female	109	F20-34	52	49:50	586
589	458	50:32	Andy Lord	Marple Runners	Male	480	M50-54	38	50:10	590
590	505	50:33	Matt Ashton	Red Rose Road Runners	Male	481	M45-49	46	50:11	592
591	1008	50:35	Marcus Welsh		Male	482	M40-44	52	49:58	588
592	815	50:40	Russ Chew	Lytham St Annes Roadrunners	Male	483	M50-54	39	50:14	593
593	656	50:46	Claire Alcock		Female	110	F20-34	53	50:10	591
594	870	50:53	Michael Seitler		Male	484	M50-54	40	50:20	594
595	687	51:01	Kieran Devlin		Male	485	M50-54	41	50:33	596
596	448	51:07	Linda Rix	Manchester Frontrunners	Female	111	F50-54	5	50:27	595
597	238	51:10	Paul Taylor	Bramhall Runners	Male	486	M40-44	53	50:44	598
598	879	51:15	Paul Bell	Heanor Running Club	Male	487	M20-39	299	50:49	600
599	971	51:20	Kate Broadbent	Manchester Triathlon Club	Female	112	F20-34	54	50:37	597
600	945	51:25	Leanne Hackney	Bramhall Runners	Female	113	F20-34	55	50:50	601





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# RESULT

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
601	68	51:25	David Hughes		Male	488	M20-39	300	50:46	599
602	1033	51:28	Gareth Yates		Male	489	M20-39	301	50:55	602
603	933	51:33	Philip Hall	Hyde Village Striders	Male	490	M45-49	47	51:04	603
604	246	51:36	Sam Blacow	Bramhall Runners	Female	114	F20-34	56	51:06	604
605	354	51:40	Deborah Kirk	Heanor Running Club	Female	115	F20-34	57	51:09	605
606	696	52:01	Graham Smallman		Male	491	M60-64	9	51:21	606
607	963	52:15	Graham Howell	Liverpool Harriers	Male	492	M65-69	7	52:08	614
608	811	52:24	Dave Murray	Chorlton Runners	Male	493	M20-39	302	52:01	612
609	509	52:25	Aidan Moss		Male	494	M50-54	42	52:01	611
610	1013	52:25	Julie Kersh		Female	116	F45-49	11	51:55	608
611	576	52:31	Caroline Burke	Smiley Paces	Female	117	F50-54	6	51:57	609
612	564	52:37	Vin Murphy	Salford Harriers	Male	495	M70-74	1	52:04	613
613	974	52:37	Angela Dewhurst	Mossley AFC Running Club	Female	118	F40-44	22	51:55	607
614	1066	52:46	Jonathan Green		Male	496	M20-39	303	51:58	610
615	319	52:53	Sarah Waite		Female	119	F35-39	14	52:18	616
616	318	52:59	Rachel Merrell		Female	120	F45-49	12	52:15	615
617	881	53:03	Richard Unwin	Middleton Harriers	Male	497	M40-44	54	52:35	619
618	692	53:05	Oliver Phillips		Male	498	M20-39	304	52:23	617
619	1087	53:08	Elaine Humphreys		Female	121	F50-54	7	52:40	620
620	1056	53:13	Claudia Jackson		Female	122	F20-34	58	52:45	621
621	995	53:17	Graham Harrison	Swinton Running Club	Male	499	M50-54	43	52:28	618
622	529	53:26	Lucinda Summers	Sale Harriers Manchester	Female	123	F50-54	8	52:58	624
623	813	53:29	Carly Baker	Dragons Running Club (Sale)	Female	124	F35-39	15	53:03	625
624	942	53:30	Kathryn Rogers	Bramhall Runners	Female	125	F50-54	9	52:53	622
625	812	53:34	Sue Strickland	Dragons Running Club (Sale)	Female	126	F55-59	3	52:54	623
626	1028	53:45	Lindsey Farrelly		Female	127	F40-44	23	53:10	627
627	634	53:54	Jodie Turton		Female	128	F35-39	16	53:19	628
628	830	53:54	Phillip Dale		Male	500	M20-39	305	53:05	626
629	909	53:57	Paul Adams	Chorlton Runners	Male	501	M50-54	44	53:26	629
630	893	53:59	Becky Chambers	Chorlton Runners	Female	129	F45-49	13	53:28	630
631	979	54:04	James Stansfield	Penny Lane Striders	Male	502	M20-39	306	53:32	633
632	858	54:06	Adrian Leeming	Chorlton Runners	Male	503	M45-49	48	53:35	634
633	767	54:07	Mark Grundy	Bramhall Runners	Male	504	M55-59	16	53:32	632
634	661	54:09	Mark Roper		Male	505	M20-39	307	53:29	631
635	714	54:12	Andrew Millman		Male	506	M50-54	45	53:39	635
636	657	54:16	Rachel Tetlow		Female	130	F45-49	14	53:58	638
637	712	54:27	Joe Allred		Male	507	M20-39	308	54:12	643
638	1050	54:28	Sarah Davies		Female	131	F45-49	15	53:58	637
639	1010	54:33	Luke Edmonds		Male	508	M20-39	309	53:54	636
640	633	54:36	David Wilson		Male	509	M55-59	17	54:07	640
641	792	54:45	Emma Wells		Female	132	F40-44	24	54:07	641
642	875	54:50	Richard Guite		Male	510	M45-49	49	54:06	639
643	639	54:51	Michelle Dobson		Female	133	F20-34	59	54:11	642
644	938	54:57	Christine Copson	Stockport Tri Club	Female	134	F50-54	10	54:28	646
645	711	55:01	Chris Walker		Male	511	M55-59	18	54:22	644
646	790	55:10	Jess Taylor		Female	135	F20-34	60	54:27	645
647	303	55:11	Stuart Carvel	Chorlton Runners	Male	512	M20-39	310	54:41	648
648	589	55:16	Karen Wileman	Stockport Harriers	Female	136	F35-39	17	54:54	652
649	937	55:18	Gary Leevy	Hyde Village Striders	Male	513	M50-54	46	54:49	651
650	871	55:23	Peter Marks		Male	514	M20-39	311	54:46	649
651	977	55:25	Gail Corrigan	Oldham & Royton Harriers	Female	137	F35-39	18	54:38	647
652	817	55:29	Andrew Atkinson	Northern Vets	Male	515	M50-54	47	54:49	650
653	917	55:29	Jane Damerum	Dragons Running Club (Sale)	Female	138	F40-44	25	55:04	655
654	932	55:30	Michala Tynan	Hyde Village Striders	Female	139	F40-44	26	55:03	654
655	415	55:33	Maria Royle	Manchester Harriers AC	Female	140	M60-64	10	55:01	653
656	1044	55:36	Louise Mayall		Female	141	F20-34	61	55:07	656
657	1035	55:51	Jack Broadbent		Male	516	M20-39	312	55:07	657
658	1045	55:51	Joanne Passingham		Female	142	F45-49	16	55:10	658
659	907	55:56	Sarah Lavin	Chorlton Runners	Female	143	F20-34	62	55:15	659
660	629	55:57	Julie Cullen		Female	144	F50-54	11	55:42	662
661	638	56:05	James Thackray		Male	517	M40-44	55	55:32	660
662	470	56:12	Natalie Mannings	Oldham & Royton Harriers	Female	145	F20-34	63	55:40	661
663	981	56:17	Susanne Andrew	Radcliffe AC	Female	146	F40-44	27	55:46	663
664	1049	56:25	Claire Clark		Female	147	F35-39	19	56:11	668
665	1055	56:28	Paul Drury		Male	518	M40-44	56	55:58	664
666	660	56:33	Phil Cliff		Male	519	M20-39	313	56:03	667
667	885	56:40	Alex Cropper		Male	520	M50-54	48	56:01	666
668	789	56:40	Chantel Cropper		Female	148	F45-49	17	56:01	665
669	1038	56:48	Geoff Rogerson		Male	521	M55-59	19	56:12	669
670	959	56:50	Wendy Torevell	Bramhall Runners	Female	149	F60-64	4	56:14	670
671	1030	56:52	Sam Ferreira		Female	150	F20-34	64	56:39	678
672	699	56:53	Clare Tetlow		Female	151	F35-39	20	56:34	677
673	490	56:53	Karen Conduit	Rochdale Harriers	Female	152	F60-64	5	56:16	671
674	701	56:58	Nicola Knowles		Female	153	F45-49	18	56:18	673
675	273	56:58	Helen Whitby	Chorlton Runners	Female	154	F40-44	28	56:18	672



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# RESULT

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
676	1046	57:00	Craig Wellens		Male	522	M45-49	50	56:27	676
677	625	57:03	Danielle Hardy	Tyne Bridge Harriers	Female	155	F20-34	65	56:25	675
678	1077	57:16	Jamie Ingham		Male	523	M40-44	57	57:03	684
679	602	57:19	Gerald Spence		Male	524	M50-54	49	56:24	674
680	880	57:24	Paul Best	Hyde Village Striders	Male	525	M55-59	20	56:56	681
681	499	57:27	Richard Mason	Rochdale Harriers	Male	526	M55-59	21	56:48	679
682	356	57:28	Rob Rainsford	Heanor Running Club	Male	527	M55-59	22	57:03	683
683	333	57:29	David Salmon	East Cheshire Harriers	Male	528	M70-74	2	57:24	693
684	839	57:30	Sue Porter		Female	156	F50-54	12	56:55	680
685	1090	57:33	Zoe Knight		Female	157	F20-34	66	57:06	686
686	934	57:33	Sue Walsh	Hyde Village Striders	Female	158	F45-49	19	57:06	687
687	1057	57:40	Emily Porter		Female	159	F35-39	21	57:27	696
688	973	57:43	Yvonne Phoenix	Mossley AFC Running Club	Female	160	F35-39	22	57:01	682
689	433	57:44	Jenny Scott		Female	161	F35-39	23	57:11	688
690	935	57:47	Jackie Hall	Hyde Village Striders	Female	162	F50-54	13	57:20	690
691	829	57:48	Michael Wisely	Jarrow & Hebburn AC	Male	529	M60-64	11	57:05	685
692	794	57:51	Suzie Sykes		Female	163	F40-44	29	57:17	689
693	814	57:53	Patricia Hanley	Hyde Village Striders	Female	164	F65-69	1	57:25	694
694	641	58:05	Sudipta Moore		Female	165	F40-44	30	57:20	691
695	775	58:07	Lucy McGill		Female	166	F35-39	24	57:22	692
696	918	58:08	Ron Carter	Dragons Running Club (Sale)	Male	530	M55-59	23	57:26	695
697	647	58:12	Lorraine Ashworth		Female	167	F20-34	67	57:28	697
698	703	58:13	Sarah Upton		Female	168	F50-54	14	57:41	698
699	1017	58:22	Maria Stripling		Female	169	F50-54	15	57:47	699
700	1006	58:22	Anne Hassan		Female	170	F55-59	4	57:50	700
701	1069	58:30	Stephanie Owen		Female	171	F20-34	68	58:03	706
702	1073	58:33	Kim Tunstall		Female	172	F40-44	31	57:57	702
703	1031	58:33	Lisa Stocks		Female	173	F35-39	25	57:57	703
704	950	58:34	Sarah Leatherbarrow	Bramhall Runners	Female	174	F50-54	16	57:56	701
705	883	58:42	Dennis Yarwood	Spectrum Striders	Male	531	M50-54	50	57:58	704
706	436	58:46	Dionne Spence		Female	175	F45-49	20	58:03	705
707	243	58:49	Julie Evans	Bramhall Runners	Female	176	F50-54	17	58:17	707
708	969	58:54	Jodie Norton	Manchester Harriers AC	Female	177	F40-44	32	58:17	708
709	846	58:58	Rachel Wise		Female	178	F20-34	69	58:27	709
710	929	59:00	Hannah Sargisson	Heanor Running Club	Female	179	F20-34	70	58:29	711
711	419	59:15	Laura Fitton	Rochdale Harriers	Female	180	F20-34	71	58:36	713
712	326	59:17	Nichola Johnson	Dragons Running Club (Sale)	Female	181	F45-49	21	58:36	712
713	803	59:18	Erika Frame	Bramhall Runners	Female	182	F45-49	22	58:43	714
714	1052	59:18	Rob Houghton		Male	532	M20-39	314	58:28	710
715	842	59:28	Janet Low		Female	183	F55-59	5	58:46	715
716	239	59:39	Emma Minshull	Bramhall Runners	Female	184	F35-39	26	59:02	716
717	970	59:50	Debbie Beresford	Manchester Harriers AC	Female	185	F50-54	18	59:13	719
718	784	59:53	Nicola Smith	Rochdale Harriers	Female	186	F40-44	33	59:14	720
719	1040	59:57	Laura Millward		Female	187	F35-39	27	59:44	726
720	843	59:57	Christine Carter		Female	188	F45-49	23	59:12	717
721	664	1:00:01	Geoff Airey		Male	533	M40-44	58	59:13	718
722	50	1:00:13	Andrew Lane		Male	534	M20-39	315	59:29	721
723	585	1:00:15	Janet Booker	Stockport Harriers	Female	189	F60-64	6	59:34	722
724	405	1:00:18	Joanne Sander	Bramhall Runners	Female	190	F45-49	24	59:45	727
725	837	1:00:21	Rachel Mellor		Male	535	M20-39	316	59:35	723
726	872	1:00:21	Andy Redford		Male	536	M40-44	59	59:36	724
727	648	1:00:25	Francesca McEwen		Female	191	F20-34	72	59:41	725
728	1062	1:00:36	Jamie Thompson		Male	537	M40-44	60	59:51	728
729	1005	1:00:39	Rosie Hewlett		Female	192	F40-44	34	1:00:05	729
730	513	1:00:50	Jackie Mason	Rochdale Harriers	Female	193	F55-59	6	1:00:11	730
731	832	1:00:55	Carrie Johnson		Female	194	F20-34	73	1:00:27	733
732	695	1:00:57	Laura Haughin		Female	195	F35-39	28	1:00:25	731
733	951	1:00:59	Deb Woodcock	Bramhall Runners	Female	196	F50-54	19	1:00:27	732
734	1042	1:01:18	Tanya Cilia		Female	197	F40-44	35	1:00:44	736
735	511	1:01:20	Alison Walker		Female	198	F20-34	74	1:00:38	734
736	851	1:01:26	Louise Best		Female	199	F40-44	36	1:00:46	737
737	1019	1:01:28	Katie Farron		Female	200	F20-34	75	1:00:41	735
738	831	1:01:28	Bob Fraser		Male	538	M15-19	19	1:00:54	738
739	955	1:01:31	Marie Fairclough	Bramhall Runners	Female	201	F50-54	20	1:00:57	740
740	926	1:01:34	Julie Phelan	East Cheshire Harriers	Female	202	F45-49	25	1:01:07	743
741	975	1:01:36	Helen Wrigley	Mossley AFC Running Club	Female	203	F40-44	37	1:00:55	739
742	919	1:01:44	Peter Bedford	Dragons Running Club (Sale)	Male	539	M65-69	8	1:01:03	741
743	1075	1:01:44	Naomi Jackson		Female	204	F20-34	76	1:01:04	742
744	681	1:01:56	Emma Cliff		Female	205	F35-39	29	1:01:26	748
745	927	1:01:58	Duncan Johnson	Glossopdale Harriers	Male	540	M55-59	24	1:01:18	745
746	886	1:02:01	Jason Mastin		Male	541	M45-49	51	1:01:19	746
747	764	1:02:03	Sarah Kelly	Chorlton Runners	Female	206	F20-34	77	1:01:27	749
748	1018	1:02:04	Nan Johnson		Female	207	F40-44	38	1:01:18	744
749	976	1:02:06	Hannah Ellis	Mossley AFC Running Club	Female	208	F40-44	39	1:01:25	747
750	805	1:02:18	Julie McDonald	Chorlton Runners	Female	209	F45-49	26	1:01:37	750



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# RESULT

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
751	809	1:02:32	Helen Stevens	Chorlton Runners	Female	210	F40-44	40	1:01:57	751
752	1007	1:02:58	Hilary Rogerson		Female	211	F50-54	21	1:02:22	753
753	728	1:03:03	Vicki Hinds		Female	212	F20-34	78	1:02:28	754
754	311	1:03:07	Wendy Terry	Sale Harriers Manchester	Female	213	F40-44	41	1:02:21	752
755	904	1:03:25	Nayeem Mukadam	Chorlton Runners	Male	542	M20-39	317	1:02:47	757
756	1037	1:03:25	Craig Skelton		Male	543	M40-44	61	1:02:38	755
757	1097	1:03:31	Maxine Irving		Female	214	F40-44	42	1:02:43	756
758	905	1:03:35	Dawn Adams	Chorlton Runners	Female	215	F50-54	22	1:03:04	760
759	834	1:03:36	Richard Braddock		Male	544	M20-39	318	1:02:52	758
760	1074	1:03:46	Keeley Cutts		Female	216	F20-34	79	1:03:00	759
761	776	1:03:48	Susan Bean		Female	217	F65-69	2	1:03:08	761
762	247	1:03:59	Rhona Johnson	Bramhall Runners	Female	218	F55-59	7	1:03:22	763
763	435	1:03:59	Michelle Hughes		Female	219	F45-49	27	1:03:16	762
764	705	1:04:25	Rachel Pleasant		Female	220	F40-44	43	1:03:39	764
765	261	1:04:54	Andrea Williams	Chorlton Runners	Female	221	F50-54	23	1:04:10	765
766	438	1:04:56	Rachel Ross		Female	222	F45-49	28	1:04:11	766
767	1100	1:05:11	Sacha Byrne		Female	223	F40-44	44	1:04:24	767
768	721	1:05:12	Clare Hillyer		Female	224	F40-44	45	1:04:41	769
769	671	1:05:20	Lorraine Rosson		Female	225	F50-54	24	1:04:42	770
770	635	1:05:25	Tamsyn Marsh-Patrick		Female	226	F40-44	46	1:04:39	768
771	888	1:05:32	Robert Stripling		Male	545	M60-64	12	1:04:43	771
772	270	1:05:43	Kate MacDonald	Chorlton Runners	Female	227	F55-59	8	1:05:07	774
773	707	1:05:43	Jonathan Grace		Male	546	M50-54	51	1:04:52	772
774	1085	1:05:43	Deborah Grace		Female	228	F50-54	25	1:04:53	773
775	923	1:05:57	Lynne Alford	East Cheshire Harriers	Female	229	F45-49	29	1:05:30	776
776	943	1:06:07	Alison Holland	Bramhall Runners	Female	230	F70-74	1	1:05:26	775
777	334	1:06:21	Helen Farrell	East Cheshire Harriers	Female	231	F45-49	30	1:05:53	778
778	1064	1:06:28	Jane Hodgkinson		Female	232	F20-34	80	1:05:48	777
779	802	1:06:39	Melanie Li	Bramhall Runners	Female	233	F45-49	31	1:06:01	779
780	913	1:06:46	Wendy Jones	Chorlton Runners	Female	234	F50-54	26	1:06:20	782
781	915	1:06:58	Kate Poole	Chorlton Runners	Female	235	F20-34	81	1:06:16	780
782	946	1:07:01	Karen Cooke	Bramhall Runners	Female	236	F50-54	27	1:06:24	783
783	801	1:07:01	Christine Adkins	Bramhall Runners	Female	237	F60-64	7	1:06:24	784
784	1058	1:07:04	Alice Bodley		Female	238	F40-44	47	1:06:18	781
785	675	1:07:12	Lauren Towey		Female	239	F20-34	82	1:06:30	785
786	838	1:07:15	Tracy Guite		Female	240	F35-39	30	1:06:31	786
787	804	1:07:35	Louise Downing	Chorlton Runners	Female	241	F20-34	83	1:06:59	787
788	902	1:08:06	Yvonne Barry	Chorlton Runners	Female	242	F40-44	48	1:07:29	788
789	689	1:08:11	Kim Dempsey		Female	243	F35-39	31	1:07:36	789
790	237	1:08:54	Clare Taylor	Bramhall Runners	Female	244	F40-44	49	1:08:12	790
791	844	1:10:04	Lloyd Steele		Male	547	M50-54	52	1:09:18	791
792	965	1:10:27	Nina Barthel	Manchester Frontrunners	Female	245	F35-39	32	1:09:56	793
793	910	1:10:29	Trish Kelly	Chorlton Runners	Female	246	F60-64	8	1:09:53	792
794	956	1:10:41	Diana Powell	Bramhall Runners	Female	247	F60-64	9	1:10:00	794
795	672	1:11:11	Julie Kinniburgh-Dickie		Female	248	F50-54	28	1:10:43	795
796	690	1:12:05	Julie Smallman		Female	249	F55-59	9	1:11:25	796
797	914	1:12:13	Sarah Oram	Chorlton Runners	Female	250	F45-49	32	1:11:48	797
798	810	1:12:33	Rebecca Patten	Chorlton Runners	Female	251	F20-34	84	1:11:56	798
799	912	1:18:54	Michelle Peel	Chorlton Runners	Female	252	F35-39	33	1:18:04	799
800	920	1:19:45	Laura Wilcock	Dragons Running Club (Sale)	Female	253	F20-34	85	1:19:03	800
801	1099	1:24:21	James Irving		Male	548	M40-44	62	1:23:33	802
802	1098	1:24:21	Olivia Irving		Female	254	F20-34	86	1:23:33	801
803	694	1:31:01	Ivan MacIntyre	Dragons Running Club (Sale)	Male	549	M60-64	13	1:30:16	803
804	1089	1:31:27	Barbara Thackrey		Female	255	F75-79	1	1:30:53	804
805	894	1:35:30	Claire Purcell	Chorlton Runners	Female	256	F35-39	34	1:34:40	805
806	267	1:35:41	Kate Hook	Chorlton Runners	Female	257	F35-39	35	1:34:51	806