

**Trafford 10k**

2nd September 2018

**RESULT**

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1	2	28:57	Marc Scott	Richmond & Zetland AC	Male	1	M20-39	1	28:57	1
2	1	29:28	Andrew Butchart	Central AC	Male	2	M20-39	2	29:28	2
3	7	29:35	Dejene Gezimu	Liverpool Harriers	Male	3	M20-39	3	29:35	3
4	12	30:10	Jack Gray	Cambridge & Coleridge	Male	4	M20-39	4	30:10	4
5	21	30:15	James Westlake	Crawley AC	Male	5	M20-39	5	30:15	5
6	14	30:22	Joe Wilkinson	Lincoln Wellington	Male	6	M20-39	6	30:22	6
7	4	30:27	Scott Overall	Blackheath & Bromley Harriers	Male	7	M20-39	7	30:27	7
8	5	30:29	Nick McCormick	Morpeth Harriers	Male	8	M20-39	8	30:29	8
9	8	30:37	Tom Merson	Exmouth	Male	9	M20-39	9	30:37	9
10	11	30:40	Nigel Martin	Sale Harriers Manchester	Male	10	M20-39	10	30:40	10
11	19	30:50	Rob Danson	Wesham Road Runners	Male	11	M20-39	11	30:50	11
12	676	30:54	Chris Holdsworth	Ribble Valley Harriers	Male	12	M20-39	12	30:52	12
13	16	30:55	Peter Brookes	Tipton Harriers	Male	13	M20-39	13	30:55	13
14	15	30:56	Ashley Harrell	City of Norwich AC	Male	14	M20-39	14	30:56	14
15	26	31:01	David Devine	Liverpool Harriers	Male	15	M20-39	15	31:01	15
16	39	31:02	Stuart Hawkes	Tipton Harriers	Male	16	M40-44	1	31:01	16
17	29	31:14	Dan Bradford	Shettleston Harriers	Male	17	M20-39	16	31:13	17
18	23	31:18	Ian Williams	Tipton Harriers	Male	18	M20-39	17	31:17	18
19	22	31:20	Danny Hallam	Wreake & Soar Valley AC	Male	19	M20-39	18	31:19	19
20	40	31:26	Kris Lecher	City of Hull AC	Male	20	M20-39	19	31:25	21
21	25	31:26	Chris Greenwood	Kent AC	Male	21	M40-44	2	31:25	20
22	74	31:27	Harry Halford	Birchfield Harriers	Male	22	M20-39	20	31:27	22
23	61	31:40	Philip Robertson	Sale Harriers Manchester	Male	23	M20-39	21	31:39	23
24	45	31:45	Alan Corlett	Manx Harriers	Male	24	M20-39	22	31:44	25
25	20	31:46	Steven Bayton	Hallamshire Harriers	Male	25	M20-39	23	31:45	26
26	59	31:46	Terry Scott	Tyne Bridge Harriers	Male	26	M45-49	1	31:43	24
27	43	31:54	Felix McGrath	Newcastle (Staffs) AC	Male	27	M20-39	24	31:53	27
28	671	31:56	Nick Jones	Warrington Athletic Club	Male	28	M40-44	3	31:55	28
29	13	31:57	Gavin Hill	Sale Harriers Manchester	Male	29	M20-39	25	31:57	29
30	18	31:59	James Douglas	Border Harriers	Male	30	M20-39	26	31:59	30
31	56	32:03	Daniel Kashi	Sale Harriers Manchester	Male	31	M20-39	27	32:01	31
32	215	32:07	Jamie Arnold	City of Stoke AC	Male	32	M40-44	4	32:05	32
33	37	32:18	Alistair Smith	Coventry Godiva Harriers	Male	33	M20-39	28	32:16	33
34	34	32:18	Joe Smith	Tipton Harriers	Male	34	M20-39	29	32:18	34
35	69	32:24	Chris Williams	Vale Royal AC	Male	35	M20-39	30	32:21	35
36	58	32:35	Thomas Rogerson	Liverpool Harriers	Male	36	M20-39	31	32:35	36
37	54	32:40	Jon Bowie	Telford Athletic Club	Male	37	M20-39	32	32:38	37
38	42	32:45	Harry Lupton	Charnwood AC	Male	38	M20-39	33	32:42	38
39	287	32:48	Conor Kissane-Wood	Thames Valley Harriers	Male	39	M20-39	34	32:46	39
40	80	32:52	Jessica Piasecki	Stockport Harriers	Female	1	F20-34	1	32:51	40
41	44	32:58	Christopher Fell	Rossendale Harriers	Male	40	M40-44	5	32:56	42
42	506	33:00	Benjamin Preddy	Preston Harriers	Male	41	M15-19	1	32:55	41
43	666	33:01	Martin Swensson	Penny Lane Striders	Male	42	M40-44	6	32:57	43
44	76	33:08	Matt Shaw	Salford Harriers	Male	43	M20-39	35	33:08	44
45	31	33:11	Mike Burrett	Leeds City AC	Male	44	M40-44	7	33:08	46
46	670	33:12	James Savage	Chorlton Runners	Male	45	M20-39	36	33:08	45
47	665	33:17	Matthew O'Connor	Wakefield Harriers	Male	46	M20-39	37	33:14	47
48	57	33:25	Aaron Kettlewell	Holmfirth Harriers	Male	47	M20-39	38	33:22	48
49	135	33:27	Ben Beattie	Hallamshire Harriers	Male	48	M20-39	39	33:24	51
50	485	33:27	John Birch	Hallamshire Harriers	Male	49	M20-39	40	33:22	49
51	322	33:28	Martin Dawson	North Derbyshire Running Club	Male	50	M40-44	8	33:23	50
52	309	33:32	Eliot Taylor	Cheltenham & County Harriers	Male	51	M20-39	41	33:28	52
53	221	33:35	Arne Dumez	Belgrave Harriers	Male	52	M20-39	42	33:32	53
54	137	33:38	Jeff Prest	Trafford Athletic Club	Male	53	M45-49	2	33:33	54
55	60	33:41	Mark Offord	Altrincham & District AC	Male	54	M20-39	43	33:37	55
56	163	33:42	Matthew Costello	Telford Athletic Club	Male	55	M20-39	44	33:37	56
57	362	33:42	James Scott-Bucclough	Stockport Harriers	Male	56	M40-44	9	33:39	57
58	692	33:46	Peter Mackrell	Leighton Buzzard AC	Male	57	M20-39	45	33:40	58
59	953	33:47	Gary Whitehouse	Tipton Harriers	Male	58	M40-44	10	33:41	59
60	668	33:48	Aidan Johnson	Rotherham Harriers	Male	59	M20-39	46	33:43	60
61	928	33:56	Simon Croft	Red Rose Road Runners	Male	60	M20-39	47	33:51	61
62	85	33:57	Eleanor Davis	Bristol & West AC	Female	2	F20-34	2	33:56	62
63	749	34:07	Charlie Jones	Cheltenham & County Harriers	Male	61	M20-39	48	34:02	63
64	290	34:07	Timmy Davies	Leeds City AC	Male	62	M20-39	49	34:05	64
65	519	34:14	Ciaran Walsh	Southport Waterloo AC	Male	63	M20-39	50	34:12	67
66	458	34:15	Mark Wynne	Liverpool Pembroke & Sefton	Male	64	M40-44	11	34:11	65
67	86	34:16	Danielle Nimmock	City of Norwich AC	Female	3	F20-34	3	34:14	68
68	344	34:17	Christopher Merchant	Rochdale Harriers	Male	65	M40-44	12	34:12	66
69	71	34:23	Max Costley	Southampton	Male	66	M20-39	51	34:22	72
70	95	34:24	Danielle Hodgkinson	Wallsend Harriers	Female	4	F20-34	4	34:22	71
71	119	34:26	Scott Matthews	East Cheshire Harriers & Tameside AC	Male	67	M20-39	52	34:26	75
72	326	34:27	Stuart Cameron		Male	68	M20-39	53	34:15	69
73	145	34:28	David Brown	Lancaster & Morecambe AC	Male	69	M20-39	54	34:25	73
74	224	34:28	Michael Cooke		Male	70	M20-39	55	34:16	70
75	78	34:30	George Cooke	Stockport Harriers	Male	71	M20-39	56	34:28	76

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Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
76	690	34:32	Thomas Blaney	Blackburn Harriers	Male	72	M20-39	57	34:25	74
77	295	34:37	Darren Potter	Midland Masters	Male	73	M45-49	3	34:34	79
78	207	34:40	Ciaran Forde	Horsforth Harriers	Male	74	M20-39	58	34:32	77
79	235	34:40	Robert Meredith	Dudley & Stourbridge Harriers	Male	75	M20-39	59	34:33	78
80	566	34:43	Jonathan Currie	Stockport Tri Club	Male	76	M20-39	60	34:41	81
81	389	34:44	Nick Gaskell	Ribble Valley Harriers	Male	77	M45-49	4	34:40	80
82	955	34:47	Ivan Munoz		Male	78	M20-39	61	34:44	82
83	634	34:48	Jack Green	Warrington Athletic Club	Male	79	M20-39	62	34:44	83
84	223	34:49	Stephen Watmough	Warrington Athletic Club	Male	80	M55-59	1	34:45	85
85	505	34:50	Michael Mannings	Oldham & Royton Harriers	Male	81	M20-39	63	34:44	84
86	492	34:52	Ben Foster	Dudley and Stourbridge Harriers	Male	82	M20-39	64	34:45	86
87	267	34:53	Ben Walmsley	Ribble Valley Harriers	Male	83	M20-39	65	34:50	87
88	83	34:54	Charlene Thomas	Wakefield Harriers	Female	5	F35-39	1	34:53	89
89	386	34:57	Paul Freary	Belgrave Harriers	Male	84	M50-54	1	34:53	88
90	483	34:59	Ben McIntyre	Sale Harriers Manchester	Male	85	M20-39	66	34:55	90
91	717	35:07	Tom Dart	Spennorth & District AC	Male	86	M20-39	67	35:00	91
92	284	35:11	Christian Evans	Telford Athletic Club	Male	87	M40-44	13	35:06	92
93	97	35:11	Kirsty Longley	Liverpool Pembroke & Sefton	Female	6	F40-44	1	35:09	94
94	783	35:12	Aled Hughes	Aberystwyth AC	Male	88	M40-44	14	35:09	93
95	459	35:21	Calum Holmes	Clayton le Moors Harriers	Male	89	M20-39	68	35:19	99
96	496	35:22	Christopher Rayner	Chorlton Runners	Male	90	M40-44	15	35:13	95
97	125	35:23	Billy McCartney	Salford Harriers	Male	91	M40-44	16	35:18	97
98	91	35:23	Georgia Malir	Leeds City AC	Female	7	F20-34	5	35:21	102
99	528	35:24	Tom Greaves	Warrington Athletic Club	Male	92	M20-39	69	35:18	96
100	850	35:24	Lewis Hinchcliffe	Rochdale Harriers	Male	93	M20-39	70	35:19	100
101	686	35:24	Jevan Robertson	Tyne Bridge Harriers	Male	94	M20-39	71	35:20	101
102	146	35:27	Tim Fletcher	Chorlton Runners	Male	95	M40-44	17	35:18	98
103	217	35:28	Stuart Doyle	Vale Royal AC	Male	96	M45-49	5	35:24	103
104	504	35:29	Tom Buckley	Hercules Wimbledon	Male	97	M20-39	72	35:25	104
105	82	35:30	Juliet Potter	Charnwood AC	Female	8	F35-39	2	35:29	106
106	679	35:31	Matthew Sutton	Trafford Athletic Club	Male	98	M20-39	73	35:29	107
107	374	35:32	Adam Gooch	Altrincham & District AC	Male	99	M20-39	74	35:28	105
108	415	35:32	Dharl Leadbeater	Lancaster & Morecambe AC	Male	100	M20-39	75	35:29	108
109	701	35:35	Carla Davies	Salford Harriers	Female	9	F20-34	6	35:31	110
110	336	35:36	David Wyeth	Chorlton Runners	Male	101	M20-39	76	35:31	111
111	269	35:36	David Hamilton	Southport Waterloo AC	Male	102	M50-54	2	35:30	109
112	444	35:42	Steven Hayes	Deestridders	Male	103	M40-44	18	35:34	113
113	907	35:45	Robin Muir	Stockport Harriers	Male	104	M20-39	77	35:38	114
114	478	35:46	Gareth Griffiths		Male	105	M20-39	78	35:33	112
115	934	35:49	Mark Magee	Clayton le Moors Harriers	Male	106	M20-39	79	35:45	115
116	209	36:04	Andy Adkin	Manchester Triathlon Club	Male	107	M40-44	19	35:57	116
117	101	36:10	Matthew Craig	Hallamshire Harriers	Male	108	M20-39	80	36:08	119
118	426	36:12	Derek Crewe	Salford Harriers	Male	109	M55-59	2	36:06	117
119	914	36:14	David Maxted	Chorlton Runners	Male	110	M20-39	81	36:07	118
120	130	36:15	John Convery	Bingley Harriers	Male	111	M55-59	3	36:09	120
121	851	36:17	Philip Hinchcliffe	Rochdale Harriers	Male	112	M20-39	82	36:10	121
122	228	36:28	Ross Finlay	Belgrave Harriers	Male	113	M20-39	83	36:23	123
123	369	36:37	Fraser Macdonald Oulds	Chorlton Runners	Male	114	M20-39	84	36:30	124
124	516	36:41	Jon Evans		Male	115	M20-39	85	36:21	122
125	510	36:43	Sean Wilson	Wycombe Phoenix	Male	116	M20-39	86	36:41	127
126	368	36:44	Will Fossard	Chorlton Runners	Male	117	M20-39	87	36:37	125
127	940	36:47	Ray Clark	Warrington Running Club	Male	118	M20-39	88	36:38	126
128	94	36:54	Claire Martin	Telford Athletic Club	Female	10	F40-44	2	36:49	129
129	456	36:55	Russell Price	Chorlton Runners	Male	119	M20-39	89	36:48	128
130	971	37:00	Ethan Greenland	West Cheshire AC	Male	120	M15-19	2	36:57	132
131	170	37:01	Gavin Browne	East Cheshire Harriers & Tameside AC	Male	121	M20-39	90	36:57	131
132	529	37:07	Richard Edwards	Sale Harriers Manchester	Male	122	M40-44	20	37:04	133
133	106	37:09	Tim Greenald	East Cheshire Harriers & Tameside AC	Male	123	M45-49	6	36:56	130
134	216	37:13	Charlie Batho	Stockport Harriers	Male	124	M50-54	3	37:04	135
135	451	37:14	Ewan Edmondson	Macclesfield Harriers	Male	125	M20-39	91	37:04	134
136	918	37:20	Brian Davies		Male	126	M55-59	4	37:13	136
137	239	37:27	Paul O'Brien	Telford Harriers	Male	127	M40-44	21	37:22	139
138	98	37:30	Steph Burns	Rotherham Harriers	Female	11	F20-34	7	37:28	143
139	747	37:31	Andrew Mooney	Sale Harriers Manchester	Male	128	M20-39	92	37:27	142
140	956	37:33	John Heyes	Wigan & District Harriers	Male	129	M45-49	7	37:15	137
141	241	37:34	Peter O'Neill	Sale Harriers Manchester	Male	130	M20-39	93	37:29	146
142	117	37:34	Jonathan Lancaster	Chorlton Runners	Male	131	M20-39	94	37:20	138
143	473	37:35	Tom Armstrong	Vale Royal AC	Male	132	M40-44	22	37:25	140
144	674	37:36	Carol Parsons	Ellesmere Port	Female	12	F40-44	3	37:28	144
145	302	37:38	Daniel McManus	Salford Harriers	Male	133	M20-39	95	37:28	145
146	869	37:40	James Stewart	Chorlton Runners	Male	134	M20-39	96	37:31	148
147	219	37:40	Elizabeth Renondeau	Vale Royal AC	Female	13	F35-39	3	37:31	147
148	691	37:40	Hannah Oldroyd	Ribble Valley Harriers	Female	14	F35-39	4	37:34	149
149	454	37:40	Luke Carter		Male	135	M20-39	97	37:27	141
150	659	37:42	Diane McVey	Wilmslow Running Club	Female	15	F40-44	4	37:35	150

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Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
151	718	37:46	James Mace	Rothwell Harriers	Male	136	M20-39	98	37:38	152
152	920	37:47	Andrew Cleal	Wilmslow Running Club	Male	137	M20-39	99	37:41	154
153	768	37:53	Kyle Hazelaar	Wigan & District Harriers	Male	138	M20-39	100	37:35	151
154	882	37:54	Daniel Longhurst	Cambridge Harriers	Male	139	M20-39	101	37:41	153
155	805	37:55	Paul Creighton	Salford Harriers	Male	140	M20-39	102	37:46	155
156	122	37:56	Roger Grand	Wolverhampton & Bilston	Male	141	M20-39	103	37:52	158
157	402	37:57	Matt Newell	Manchester Triathlon Club	Male	142	M20-39	104	37:52	159
158	296	37:57	Zejun Yao	University of Leeds Cross Country Club	Male	143	M20-39	105	37:55	161
159	99	37:58	Sarah Murphy	Vale Royal AC	Female	16	F40-44	5	37:56	163
160	462	38:00	Nicholas Hicketts	Stockport Harriers	Male	144	M20-39	106	37:48	156
161	253	38:00	Elisabeth Kilcourse	Chorlton Runners	Female	17	F20-34	8	37:49	157
162	414	38:04	Robert Fairbanks	Royton Road Runners	Male	145	M40-44	23	37:56	162
163	484	38:06	Hayden Alcock		Male	146	M20-39	107	37:58	164
164	491	38:07	Richard Johnson	Altrincham & District AC	Male	147	M50-54	4	37:52	160
165	684	38:11	Martha Coyle	Brighton & Hove AC	Female	18	F20-34	9	38:01	166
166	487	38:12	Gavin Simpson	Chorlton Runners	Male	148	M20-39	108	38:02	167
167	818	38:13	Daniel Vasey	Chorlton Runners	Male	149	M20-39	109	38:00	165
168	759	38:16	Paul Molloy	Chorlton Runners	Male	150	M20-39	110	38:07	168
169	280	38:19	Neal Wainwright	Chorlton Runners	Male	151	M20-39	111	38:10	170
170	758	38:22	Chris Clarke	Chorlton Runners	Male	152	M20-39	112	38:09	169
171	423	38:24	Michelle Clarke	Telford Athletic Club	Female	19	F45-49	1	38:16	171
172	946	38:30	Thomas Howarth	Lytham St. Annes Road Runners	Male	153	M20-39	113	38:26	173
173	364	38:31	James Corden	Stockport Harriers	Male	154	M45-49	8	38:23	172
174	497	38:39	Nathan Egan	Altrincham & District AC	Male	155	M15-19	3	38:31	176
175	771	38:40	David Gill	Warrington Athletic Club	Male	156	M60-64	1	38:34	177
176	387	38:41	Ian Roche	Mersey Tri	Male	157	M55-59	5	38:35	178
177	405	38:42	John Williams	Bramhall Runners	Male	158	M20-39	114	38:31	175
178	428	38:43	Ben Farrelly	Salford Metropolitan AC	Male	159	M20-39	115	38:29	174
179	952	38:47	Simon Robinson	Preston Harriers	Male	160	M20-39	116	38:38	180
180	212	38:50	Matt Dickinson	Salford Harriers	Male	161	M20-39	117	38:40	181
181	565	38:52	John Hayman	Lichfield RC	Male	162	M20-39	118	38:45	184
182	873	38:53	Leigh Matthews	Trentham Running Club	Male	163	M40-44	24	38:36	179
183	366	38:58	Stuart Holliday	Chorlton Runners	Male	164	M40-44	25	38:45	183
184	193	39:01	Brian Dooley	Vale Royal AC	Male	165	M45-49	9	38:41	182
185	830	39:02	Andrew Hadfield	Stockport Harriers	Male	166	M45-49	10	38:48	185
186	331	39:04	Michael Skelton	Cleethorpes Athletic Club	Male	167	M40-44	26	38:52	187
187	728	39:05	Shaun Chambers	Hyde Village Striders	Male	168	M50-54	5	38:51	186
188	105	39:07	Richard Jellyman	Altrincham & District AC	Male	169	M20-39	119	38:53	188
189	469	39:08	Scott Boardman	Barlick Fell Runners	Male	170	M20-39	120	39:02	190
190	409	39:09	Catherine Carrdus	Lytham St. Annes Road Runners	Female	20	F45-49	2	39:04	191
191	989	39:13	Chris Simpson	Wigan & District Harriers	Male	171	M40-44	27	38:56	189
192	460	39:21	Simon Smith	Trawden AC	Male	172	M20-39	121	39:15	194
193	227	39:22	Laura Lombard	Bolton United Harriers	Female	21	F35-39	5	39:12	192
194	310	39:25	Amie Bagnall	Prestatyn Running Club	Female	22	F20-34	10	39:16	195
195	624	39:29	Gavin Astin	Stockport Harriers	Male	173	M55-59	6	39:23	201
196	355	39:30	Dave Peart	Royton Road Runners	Male	174	M50-54	6	39:20	200
197	479	39:32	Peter Shipley	Sale Harriers Manchester	Male	175	M20-39	122	39:16	196
198	419	39:32	Andrew Leslie	Widnes RC	Male	176	M20-39	123	39:24	203
199	999	39:33	Matthew Brennan		Male	177	M20-39	124	39:20	199
200	236	39:33	Paul Bryers	Wigan & District Harriers	Male	178	M40-44	28	39:14	193
201	880	39:34	Ben Caldwell		Male	179	M20-39	125	39:18	197
202	859	39:35	Luisa Candioli	Sale Harriers Manchester	Female	23	F20-34	11	39:26	204
203	787	39:35	Kate Knox	Salford Harriers	Female	24	F20-34	12	39:20	198
204	188	39:36	Danielle Jepson		Female	25	F40-44	6	39:28	206
205	172	39:37	Tim Taylor	Hereford Couriers	Male	180	M55-59	7	39:23	202
206	308	39:38	Benjamin Langley	Trafford Athletic Club	Male	181	M20-39	126	39:32	208
207	341	39:38	Sharon Johnstone	Wilmslow Running Club	Female	26	F45-49	3	39:29	207
208	466	39:47	Robert Hough	Spectrum Striders	Male	182	M45-49	11	39:27	205
209	855	39:48	Chris Trask	Bramhall Runners	Male	183	M45-49	12	39:38	209
210	437	39:52	David Kerrigan	Swinton Running Club	Male	184	M40-44	29	39:41	210
211	434	39:53	Kathryn Stevenson	Tyne Bridge Harriers	Female	27	F45-49	4	39:44	212
212	120	39:53	Roberto Raso	Manchester Frontrunners	Male	185	M50-54	7	39:45	214
213	427	39:56	Anthony Salih	Salford Metropolitan AC	Male	186	M20-39	127	39:42	211
214	350	39:58	Alex Frost	Rochdale Harriers	Male	187	M50-54	8	39:45	215
215	446	39:59	Steven Welch	Chorlton Runners	Male	188	M20-39	128	39:45	213
216	440	40:01	David Norman	Warrington Athletic Club	Male	189	M55-59	8	39:48	216
217	909	40:02	Chloe Broad	Vale Royal AC	Female	28	F20-34	13	39:52	218
218	849	40:04	Adam Howard	Trawden AC	Male	190	M20-39	129	39:56	223
219	943	40:04	Philip Hudson	Oldham & Royton Harriers	Male	191	M45-49	13	39:52	219
220	774	40:05	Lewis Brown	Vale Royal AC	Male	192	M20-39	130	39:51	217
221	203	40:05	Steve Shaughnessy	Stockport Harriers	Male	193	M60-64	2	39:59	226
222	832	40:07	David Ellis	Royton Road Runners	Male	194	M40-44	30	39:57	224
223	294	40:07	Amy Welch	Chorlton Runners	Female	29	F20-34	14	39:55	222
224	176	40:08	Matthew Smith	Prestatyn Running Club	Male	195	M20-39	131	39:59	225
225	733	40:08	Justin Cleary	Chorlton Runners	Male	196	M20-39	132	39:53	221

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**RESULT**

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
226	825	40:12	Declan Moon		Male	197	M20-39	133	39:52	220
227	486	40:14	Mairi Clancy	Tyne Bridge Harriers	Female	30	F20-34	15	40:05	227
228	297	40:21	Christopher Dawson	Salford Harriers	Male	198	M20-39	134	40:10	229
229	455	40:22	Nathan Cameron	Sale Harriers Manchester	Male	199	M40-44	31	40:05	228
230	158	40:35	Pete Brown	Salford Metropolitan AC	Male	200	M45-49	14	40:16	230
231	275	40:36	Kevin Foster	Sale Harriers Manchester	Male	201	M20-39	135	40:20	231
232	765	40:36	Tom Topham	North Derbyshire Running Club	Male	202	M20-39	136	40:26	232
233	779	40:37	Ian Keeling	Bramhall Runners	Male	203	M45-49	15	40:27	233
234	734	40:38	Tom Cosway	Trawden AC	Male	204	M20-39	137	40:32	237
235	913	40:40	Oliver Lawrence		Male	205	M20-39	138	40:31	235
236	477	40:41	Gareth Miller		Male	206	M20-39	139	40:32	236
237	694	40:46	Steven Gavin	Sale Harriers Manchester	Male	207	M45-49	16	40:30	234
238	886	40:46	Andy Thomas	Sandbach Striders	Male	208	M55-59	9	40:40	240
239	136	40:48	Victoria Carter	Thames Valley Harriers	Female	31	F45-49	5	40:35	238
240	547	40:50	Lora Blann	Altrincham & District AC	Female	32	F20-34	16	40:38	239
241	470	40:57	Sarah Carroll	Salford Harriers	Female	33	F20-34	17	40:47	242
242	549	40:59	Faye Jasmine Waterhouse	Stockport Harriers	Female	34	F20-34	18	40:52	244
243	917	41:01	Dale Richards		Male	209	M20-39	140	40:57	248
244	522	41:06	Tim Billington	Wilmslow Running Club	Male	210	M55-59	10	40:55	246
245	965	41:10	Joe Curran	Accrington Road Runners	Male	211	M55-59	11	40:55	247
246	189	41:10	Carolyn Dooley	Vale Royal AC	Female	35	F40-44	7	40:50	243
247	508	41:10	Kevin Gillibrand	Warrington Road Runners	Male	212	M50-54	9	40:58	249
248	112	41:12	Nick Taylor		Male	213	M20-39	141	40:41	241
249	972	41:13	Vicky Bryant	Wigan Phoenix	Female	36	F35-39	6	40:54	245
250	367	41:15	Michael Hargreaves	Chorlton Runners	Male	214	M20-39	142	41:01	251
251	425	41:16	Paul Stevenson	Salford Metropolitan AC	Male	215	M55-59	12	41:01	250
252	809	41:16	Lok Li	Bramhall Runners	Male	216	M45-49	17	41:05	253
253	102	41:24	Duane Gaunt	Sale Harriers Manchester	Male	217	M20-39	143	41:04	252
254	121	41:26	Zack Hocking		Male	218	M40-44	32	41:07	254
255	360	41:28	Tsz Sum Fung	City of Sheffield AC	Male	219	M20-39	144	41:18	255
256	271	41:36	James Johnson	Sunderland Harriers	Male	220	M40-44	33	41:19	256
257	992	41:39	John Williams	Bramhall Runners	Male	221	M40-44	34	41:29	257
258	246	41:53	Dominic Buckley	Chorlton Runners	Male	222	M20-39	145	41:39	259
259	962	41:53	Dean Atherton	Wigan & District Harriers	Male	223	M20-39	146	41:35	258
260	753	41:56	David Howard	Trawden AC	Male	224	M60-64	3	41:48	264
261	200	41:58	Gareth Atkinson		Male	225	M45-49	18	41:40	260
262	247	42:00	Jenny Evans	Sale Harriers Manchester	Female	37	F20-34	19	41:46	262
263	998	42:05	Piotr Kaminski		Male	226	M20-39	147	41:48	263
264	824	42:05	Alice Alcock	Wigan & District Harriers	Female	38	F20-34	20	41:46	261
265	836	42:07	Anne Chinoy	Sale Harriers Manchester	Female	39	F45-49	6	41:52	265
266	201	42:09	Paul Garnett	Wilmslow Running Club	Male	227	M55-59	13	41:57	268
267	263	42:13	Brian Moore	Rochdale Harriers	Male	228	M50-54	10	41:56	267
268	870	42:14	Fiona Williams	Rochdale Harriers	Female	40	F20-34	21	41:55	266
269	148	42:16	Nick Jones	Chorlton Runners	Male	229	M20-39	148	42:00	269
270	150	42:23	Allan Cooke		Male	230	M20-39	149	42:00	270
271	438	42:31	Mick Fairs	Wilmslow Running Club	Male	231	M70+	1	42:20	272
272	333	42:32	Stephanie Stevens	Chorlton Runners	Female	41	F45-49	7	42:20	273
273	687	42:40	Darren Jackson	Wigan & District Harriers	Male	232	M40-44	35	42:19	271
274	536	42:42	Heather Corden	Stockport Harriers	Female	42	F15-19	1	42:29	276
275	703	42:43	Gareth Webb	Sale Harriers Manchester	Male	233	M40-44	36	42:27	275
276	329	42:47	Jay Cooke		Male	234	M20-39	150	42:23	274
277	987	42:53	Simon Welsby		Male	235	M20-39	151	42:40	277
278	530	43:03	Pawel Turek		Male	236	M40-44	37	42:45	278
279	688	43:11	Greig Frankland	Manchester Frontrunners	Male	237	M20-39	152	42:48	279
280	929	43:14	Alan Kennedy	East Cheshire Harriers & Tameside AC	Male	238	M55-59	14	42:58	280
281	752	43:21	Mike Long	Manchester Harriers	Male	239	M50-54	11	43:02	281
282	324	43:23	Sally Malir	Ilkley Harriers	Female	43	F50-54	1	43:17	287
283	413	43:29	John Bertenshaw	Lytham St. Annes Road Runners	Male	240	M60-64	4	43:24	290
284	502	43:31	Andy Baguley	Chorlton Runners	Male	241	M40-44	38	43:08	284
285	757	43:31	Niamh Gill	Chorlton Runners	Female	44	F20-34	22	43:08	285
286	320	43:32	Matt Jones	Rochdale Harriers	Male	242	M20-39	153	43:13	286
287	196	43:33	Olivier Gaillemin	Sale Harriers Manchester	Male	243	M45-49	19	43:07	282
288	905	43:37	Dan Torpey		Male	244	M20-39	154	43:08	283
289	157	43:37	Girish Patel	Salford Metropolitan AC	Male	245	M50-54	12	43:21	289
290	819	43:42	Andy Townhill		Male	246	M50-54	13	43:20	288
291	872	43:48	Andy Melvin	Stockport Harriers	Male	247	M45-49	20	43:38	292
292	801	43:50	Jo Irvin	UTS Run Club	Female	45	F35-39	7	43:37	291
293	820	44:00	Gareth Swift	Stockport Harriers	Male	248	M20-39	155	43:50	295
294	211	44:01	Anna Blomfield	Rochdale Harriers	Female	46	F55-59	1	43:42	293
295	795	44:05	Robert Hough		Male	249	M20-39	156	43:47	294
296	512	44:12	Chris Barber		Male	250	M45-49	21	43:52	296
297	773	44:14	Christian Hook	Chorlton Runners	Male	251	M40-44	39	43:58	298
298	198	44:18	Frank Cordingley	Sale Harriers Manchester	Male	252	M55-59	15	43:57	297
299	272	44:20	Liam Mellon	Hyde Village Striders	Male	253	M20-39	157	44:02	299
300	429	44:27	Darren Tyldesley	Salford Metropolitan AC	Male	254	M50-54	14	44:11	302

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**RESULT**

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
301	447	44:28	Jane Fletcher	Manchester Frontrunners	Female	47	F40-44	8	44:04	300
302	778	44:31	Faez Kaiser	Bramhall Runners	Male	255	M45-49	22	44:09	301
303	738	44:40	Hector Chinoy	Sale Harriers Manchester	Male	256	M45-49	23	44:23	304
304	977	44:41	John Burgess	Chorlton Runners	Male	257	M50-54	15	44:19	303
305	430	44:41	David Cornes		Male	258	M20-39	158	44:25	305
306	1030	44:43	Steve Cox	Stockport Harriers	Male	259	M45-49	24	44:33	309
307	1069	44:47	Marcos Garcia Viano		Male	260	M20-39	159	44:36	310
308	994	44:51	Paul Dearden		Male	261	M20-39	160	44:28	307
309	408	44:54	Kylie Maguire	St Helens Striders	Female	48	F20-34	23	44:28	306
310	613	44:56	Matt Asher		Male	262	M20-39	161	44:49	314
311	862	44:59	Eamonn Cullen		Male	263	M20-39	162	44:28	308
312	180	44:59	Jeremy Cosway	Salford Harriers	Male	264	M20-39	163	44:42	313
313	110	45:01	Tony Payne	Chorlton Runners	Male	265	M55-59	16	44:37	311
314	790	45:02	Sean Lord	Chorlton Runners	Male	266	M45-49	25	44:40	312
315	921	45:21	Sarah Cleal		Female	49	F35-39	8	45:08	317
316	876	45:22	Andrew Burgess		Male	267	M50-54	16	45:02	315
317	256	45:26	David Chrystie-Lowe	Glossopdale Harriers	Male	268	M60-64	5	45:11	319
318	543	45:27	Hannah Brierley	Manchester YMCA Harriers	Female	50	F20-34	24	45:11	318
319	154	45:33	Nick Pearson		Male	269	M20-39	164	45:23	324
320	206	45:34	Steven Swan	Chorlton Runners	Male	270	M45-49	26	45:05	316
321	199	45:40	Jackie Cordingley	Sale Harriers Manchester	Female	51	F55-59	2	45:20	323
322	975	45:42	Nicholas Drinkall	Chorlton Runners	Male	271	M20-39	165	45:13	320
323	860	45:42	Jaine Bucklehurst	Salford Metropolitan AC	Female	52	F45-49	8	45:15	321
324	760	45:43	Melanie Barber	Manchester Harriers	Female	53	F40-44	9	45:16	322
325	735	45:47	David Hughes	Salford Metropolitan AC	Male	272	M40-44	40	45:31	326
326	313	45:48	Gary Richardson	Stockport Harriers	Male	273	M50-54	17	45:40	329
327	498	45:52	Danny McCarron	Chorlton Runners	Male	274	M55-59	17	45:37	328
328	744	45:54	Paul Haines	Stockport Harriers	Male	275	M45-49	27	45:40	330
329	260	45:54	Will Reekie	Chorlton Runners	Male	276	M40-44	41	45:27	325
330	767	45:57	Chris Peachey	Chorlton Runners	Male	277	M50-54	18	45:34	327
331	327	46:03	Dave Bradford		Male	278	M55-59	18	45:44	331
332	796	46:05	Geoff Wells	Stockport Harriers	Male	279	M55-59	19	45:46	333
333	248	46:07	Jerry Smith	Chorlton Runners	Male	280	M60-64	6	45:49	334
334	770	46:08	Alison Wainwright	Chorlton Runners	Female	54	F35-39	9	45:52	336
335	982	46:08	James McDermott		Male	281	M20-39	166	45:46	332
336	864	46:16	James Durkin		Male	282	M20-39	167	45:50	335
337	969	46:18	David Heywood	Chorlton Runners	Male	283	M20-39	168	45:54	337
338	500	46:19	Fiona Leslie	Chorlton Runners	Female	55	F50-54	2	45:58	339
339	283	46:20	Jonathan Jackson		Male	284	M20-39	169	45:55	338
340	195	46:20	Emily Forde	Horsforth Harriers	Female	56	F20-34	25	46:05	340
341	115	46:25	Thomas Temple	Salford Harriers	Male	285	M65-69	1	46:11	342
342	537	46:27	Ian Connolly	Rossendale Triathlon Club	Male	286	M55-59	20	46:12	343
343	967	46:28	Tim Blackwell	Chorlton Runners	Male	287	M40-44	42	46:07	341
344	680	46:30	Linda Rix	Manchester Frontrunners	Female	57	F50-54	3	46:17	347
345	514	46:31	Lawrence Cray		Male	288	M20-39	170	46:18	348
346	175	46:36	Angela Oldham	East Cheshire Harriers & Tameside AC	Female	58	F65-69	1	46:15	345
347	289	46:37	Jacqueline Perrot	Chorlton Runners	Female	59	F40-44	10	46:14	344
348	693	46:39	Martin Mosley		Male	289	M20-39	171	46:24	350
349	750	46:46	Roxanne Jones	Hereford Couriers	Female	60	F35-39	10	46:28	351
350	942	46:52	John Wright	Chorlton Runners	Male	290	M70+	2	46:40	358
351	806	46:52	Duncan Dickinson	Altrincham & District AC	Male	291	M50-54	19	46:20	349
352	896	46:55	Julia Reynolds	Sale Harriers Manchester	Female	61	F45-49	9	46:37	355
353	143	46:56	Alison Vesey	Altrincham & District AC	Female	62	F55-59	3	46:35	354
354	129	47:00	Francis Day	East Cheshire Harriers & Tameside AC	Male	292	M65-69	2	46:48	360
355	963	47:01	Nicky Mowat	Wilmslow Running Club	Female	63	F60-64	1	46:37	356
356	853	47:03	Simon Toole	Glossopdale Harriers	Male	293	M45-49	28	46:54	362
357	371	47:03	Peter Adams	Chorlton Runners	Male	294	M45-49	29	46:39	357
358	890	47:04	Matthew Royle	Royle Fitness	Male	295	M20-39	172	46:16	346
359	194	47:16	Anthony Harrison	Winston Runners	Male	296	M55-59	21	46:53	361
360	357	47:17	Joseph O'Connor		Male	297	M20-39	173	46:34	353
361	892	47:18	Miras Eskander	Northern Masters AC	Male	298	M20-39	174	46:47	359
362	1008	47:19	Lee Jones	Bramhall Runners	Male	299	M45-49	30	46:58	365
363	126	47:21	Andrew Wilson		Male	300	M20-39	175	46:34	352
364	184	47:22	Sarah Waite		Female	64	F40-44	11	46:57	363
365	954	47:22	Luke Temple		Male	301	M20-39	176	47:06	367
366	784	47:29	Andrew Cole	East Cheshire Harriers & Tameside AC	Male	302	M50-54	20	47:07	369
367	388	47:33	Mike Race	Salford Metropolitan AC	Male	303	M55-59	22	47:05	366
368	816	47:34	Sinead Ferguson	Sale Harriers Manchester	Female	65	F40-44	12	47:13	371
369	725	47:35	Rick Poole		Male	304	M20-39	177	46:57	364
370	277	47:37	Tony Hardy		Male	305	M60-64	7	47:08	370
371	685	47:41	Michael Tipper	Stockport Harriers	Male	306	M20-39	178	47:23	373
372	681	47:44	Glennis Richardson	Hyde Village Striders	Female	66	F55-59	4	47:26	375
373	328	47:45	Polly Downton		Female	67	F20-34	26	47:06	368
374	412	47:47	Mike Winterburn	Rochdale Triathlon Club	Male	307	M45-49	31	47:21	372
375	958	47:50	Gareth Hughes		Male	308	M20-39	179	47:35	378

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**RESULT**

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
376	495	47:51	Ray Devine	Salford Metropolitan AC	Male	309	M50-54	21	47:24	374
377	885	47:59	Kate Holden	Radcliffe AC	Female	68	F40-44	13	47:34	377
378	957	48:03	Haroon Rashid		Male	310	M20-39	180	47:29	376
379	868	48:09	Mark Gamblin	Chorlton Runners	Male	311	M50-54	22	47:47	380
380	932	48:14	Ian Roberts	Wilmslow Running Club	Male	312	M55-59	23	47:51	381
381	766	48:18	Frank Begley		Male	313	M65-69	3	47:43	379
382	707	48:21	Tim Criddle	Manchester Triathlon Club	Male	314	M50-54	23	47:55	382
383	856	48:38	Andrew Thallon	Sale Harriers Manchester	Male	315	M40-44	43	48:00	383
384	104	48:45	Tony Hillier	Glossopdale Harriers	Male	316	M70+	3	48:28	384
385	815	48:56	Darren Johnston		Male	317	M20-39	181	48:30	385
386	786	48:56	Charlotte Cameron	Chorlton Runners	Female	69	F40-44	14	48:32	386
387	463	49:00	Ruud Palmer	Chorlton Runners	Male	318	M20-39	182	48:35	387
388	988	49:01	Russell Eaton	Wirral AC	Male	319	M50-54	24	48:46	393
389	411	49:01	Diane Winterburn	Rochdale Harriers	Female	70	F50-54	4	48:35	388
390	904	49:03	Amanda Hurndall	Salford Metropolitan AC	Female	71	F40-44	15	48:45	392
391	526	49:07	Kate McCulloch	Wilmslow Running Club	Female	72	F35-39	11	48:42	390
392	891	49:08	Jessica Bull	Rochdale Harriers	Female	73	F15-19	2	48:50	394
393	874	49:10	Anthony Foster	Wigan & District Harriers	Male	320	M55-59	24	48:50	395
394	974	49:11	Gareth Rustigini	Chorlton Runners	Male	321	M20-39	183	48:40	389
395	240	49:11	Cristina O'Brien	Telford Harriers	Female	74	F35-39	12	48:59	398
396	732	49:14	Phil Ainley	Chorlton Runners	Male	322	M45-49	32	49:03	401
397	865	49:18	Nick Mallon	Royton Road Runners	Male	323	M40-44	44	49:03	400
398	857	49:19	Barry Heap	Bramhall Runners	Male	324	M50-54	25	48:57	397
399	501	49:19	Samuel Crawshaw	Chorlton Runners	Male	325	M40-44	45	48:50	396
400	947	49:22	Andrew Whitmore		Male	326	M40-44	46	48:44	391
401	776	49:23	Craig Wellens	Rochdale Harriers	Male	327	M45-49	33	49:04	404
402	471	49:28	David Carroll	Oldham & Royton Harriers	Male	328	M20-39	184	49:23	409
403	191	49:32	Ian Bruff		Male	329	M40-44	47	49:04	403
404	270	49:34	Paula Medley	Manchester Frontrunners	Female	75	F35-39	13	49:03	402
405	259	49:37	Tracey Taylor		Female	76	F35-39	14	49:16	408
406	772	49:40	Dean Richardson		Male	330	M45-49	34	49:01	399
407	288	49:40	Stuart Mairs	Salford Metropolitan AC	Male	331	M20-39	185	49:13	406
408	213	49:42	Geoff Gilbert		Male	332	M65-69	4	49:12	405
409	155	49:44	Carla Ousey	Sale Harriers Manchester	Female	77	F45-49	10	49:23	410
410	990	49:53	Adam Shepphard	Chorlton Runners	Male	333	M20-39	186	49:24	411
411	888	50:02	Trevor Holliday		Male	334	M40-44	48	49:15	407
412	741	50:03	Gwenllian Tawy	Chorlton Runners	Female	78	F20-34	27	49:33	413
413	279	50:07	Gary Coxon	East Cheshire Harriers & Tameside AC	Male	335	M60-64	8	49:44	417
414	839	50:07	James Bagnall		Male	336	M20-39	187	49:28	412
415	494	50:09	Sian Maguire	St Helens Striders	Female	79	F20-34	28	49:43	416
416	877	50:14	Dennis Yarwood	Spectrum Striders	Male	337	M50-54	26	49:38	414
417	889	50:17	David Bull		Male	338	M50-54	27	49:39	415
418	822	50:22	Helen Cain	Chorlton Runners	Female	80	F50-54	5	49:58	418
419	169	50:28	Mark Crossland	Wilmslow Running Club	Male	339	M50-54	28	50:17	424
420	404	50:31	Sheila Jones	Radcliffe AC	Female	81	F60-64	2	50:05	421
421	480	50:36	Natalie Moore	Red Rose Road Runners	Female	82	F35-39	15	50:10	423
422	900	50:36	Callum Schofield		Male	340	M20-39	188	50:18	425
423	183	50:40	John Archer	Winston Runners	Male	341	M65-69	5	50:31	432
424	141	50:41	Kieran Hallinan		Male	342	M50-54	29	50:04	420
425	142	50:42	Janet Wyles	Wilmslow Running Club	Female	83	F50-54	6	50:18	426
426	838	50:45	Emma Currie		Female	84	F20-34	29	50:04	419
427	332	50:45	Matthew Bell	Sale Harriers Manchester	Male	343	M40-44	49	50:23	428
428	842	50:46	Karl Jackson		Male	344	M50-54	30	50:07	422
429	365	50:51	Brian Devlin	Chorlton Runners	Male	345	M20-39	189	50:23	427
430	363	50:55	Andy Lord	Marple Runners	Male	346	M50-54	31	50:28	429
431	710	50:58	Dave Murray	Chorlton Runners	Male	347	M20-39	190	50:29	431
432	299	51:00	Simon Phillips		Male	348	M45-49	35	50:35	433
433	489	51:06	Mathew Whitmore	Spartans DK	Male	349	M40-44	50	50:28	430
434	499	51:07	Francis Wooff	Chorlton Runners	Male	350	M50-54	32	50:39	435
435	111	51:10	Julie Taylor		Female	85	F35-39	16	50:40	436
436	249	51:13	Tim Hinsley		Male	351	M45-49	36	50:38	434
437	993	51:31	Alex Buckley	Chorlton Runners	Female	86	F20-34	30	51:03	439
438	695	51:33	Tom Lawin	Altrincham & District AC	Male	352	M60-64	9	50:57	437
439	840	51:38	Nicola Coppock	Wilmslow Running Club	Female	87	F35-39	17	51:13	443
440	912	51:44	Mike Kitson		Male	353	M50-54	33	51:07	441
441	397	51:45	Adam Wallis		Male	354	M20-39	191	50:57	438
442	266	51:46	Brad Ehlen	Northwich Running Club	Male	355	M45-49	37	51:10	442
443	383	51:46	Louise Cutts	Chorlton Runners	Female	88	F20-34	31	51:18	444
444	705	51:48	Martin Lomas		Male	356	M45-49	38	51:05	440
445	919	51:56	Simon Denby		Male	357	M45-49	39	51:22	445
446	133	51:58	Geoffrey Beattie	Sale Harriers Manchester	Male	358	M65-69	6	51:43	449
447	730	52:01	Catherine Mellor	Wilmslow Running Club	Female	89	F35-39	18	51:36	447
448	398	52:04	Stephanie Bird	Chorlton Runners	Female	90	F40-44	16	51:36	448
449	525	52:12	Breeshey Smith	Bramhall Runners	Female	91	F50-54	7	51:33	446
450	542	52:14	Gemma Cleary	Chorlton Runners	Female	92	F20-34	32	51:51	451

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**RESULT**

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
451	291	52:15	Mark Schofield	Chorlton Runners	Male	359	M40-44	51	51:46	450
452	161	52:19	Graham Smallman		Male	360	M60-64	10	52:08	453
453	737	52:30	Rachel Beckett	Chorlton Runners	Female	93	F50-54	8	52:06	452
454	966	52:42	John Grimshaw	Bolton United Harriers	Male	361	M45-49	40	52:30	457
455	827	52:51	Victoria Thompson	Chorlton Runners	Female	94	F20-34	33	52:28	456
456	970	52:59	Jane Horsburgh		Female	95	F40-44	17	52:27	455
457	1042	53:03	Dawn Weatherley	Sale Harriers Manchester	Female	96	F55-59	5	52:38	459
458	736	53:04	Ann Carney	Chorlton Runners	Female	97	F55-59	6	52:37	458
459	229	53:04	Zoe Gale		Female	98	F20-34	34	52:24	454
460	518	53:13	Rog Hildreth		Male	362	M20-39	192	52:56	460
461	257	53:19	David Salmon	East Cheshire Harriers & Tameside AC	Male	363	M70+	4	52:59	461
462	524	53:23	Ross Smith	Bramhall Runners	Male	364	M55-59	25	53:03	462
463	488	53:31	Clive Barker		Male	365	M55-59	26	53:05	463
464	591	53:42	John Thompson		Male	366	M45-49	41	53:18	464
465	421	53:57	Will Smith		Male	367	M20-39	193	53:22	465
466	325	53:57	Lisa Povah		Female	99	F45-49	11	53:40	467
467	911	54:08	Graham Howell	Liverpool Harriers	Male	368	M65-69	7	53:56	472
468	775	54:11	Clare Reynolds		Female	100	F40-44	18	53:33	466
469	991	54:18	Michael Seitler		Male	369	M50-54	34	53:45	468
470	931	54:20	Tim Gough		Male	370	M40-44	52	53:53	470
471	755	54:23	Ali Barbuti	Chorlton Runners	Female	101	F40-44	19	53:55	471
472	307	54:26	Gareth Rosson		Male	371	M50-54	35	53:48	469
473	731	54:38	Simon Fenton	Wilmslow Running Club	Male	372	M70+	5	54:12	473
474	976	54:42	Eva Brock	Chorlton Runners	Female	102	F20-34	35	54:14	474
475	339	55:05	Julie Fairclough	Bramhall Runners	Female	103	F50-54	9	54:25	475
476	756	55:06	Paul Gregory		Male	373	M45-49	42	54:49	477
477	871	55:16	Emma Wells		Female	104	F40-44	20	54:40	476
478	739	55:17	Simon Hedges	Chorlton Runners	Male	374	M45-49	43	54:50	479
479	740	55:17	Paul Adams	Chorlton Runners	Male	375	M55-59	27	54:50	478
480	186	55:38	Colette Cooke	Rochdale Harriers	Female	105	F35-39	19	55:19	485
481	162	55:39	Caroline Crosswell	Chorlton Runners	Female	106	F35-39	20	55:04	480
482	922	55:42	Jacqui Anderson	Greenfield Greyhounds	Female	107	F45-49	12	55:08	481
483	933	55:42	Malika Kapasi	Chorlton Runners	Female	108	F35-39	21	55:08	482
484	417	55:46	Sarah Holland		Female	109	F20-34	36	55:12	483
485	924	55:50	Natalie McGuire		Female	110	F20-34	37	55:14	484
486	978	56:02	David Casey		Male	376	M45-49	44	55:41	489
487	531	56:02	Rayna Flitcroft		Female	111	F40-44	21	55:41	490
488	834	56:06	Dave Thompson	Spectrum Striders	Male	377	M60-64	11	55:43	491
489	493	56:13	Rach Dennison	Chorlton Runners	Female	112	F35-39	22	55:38	487
490	385	56:14	Katie Meredith	Chorlton Runners	Female	113	F50-54	10	55:38	488
491	930	56:14	Jamie Thompson		Male	378	M40-44	53	55:29	486
492	321	56:18	Kate Ball		Female	114	F20-34	38	55:59	492
493	762	56:35	Jen Sherstone		Female	115	F40-44	22	56:08	494
494	854	56:35	Samantha Saunders	Dragons Running Club (Sale)	Female	116	F40-44	23	56:08	495
495	823	56:37	Jude Ackerman		Female	117	F45-49	13	56:04	493
496	677	56:41	Heather Sellars	Leeds City AC	Female	118	F20-34	39	56:40	498
497	156	56:53	Jane Damerum	Dragons Running Club (Sale)	Female	119	F40-44	24	56:22	497
498	1054	57:00	Alastair Straker		Male	379	M20-39	194	56:12	496
499	353	57:07	Lynsey Evans		Female	120	F35-39	23	56:50	499
500	984	57:26	Nanci Henderson		Female	121	F20-34	40	56:57	500
501	812	57:26	Emma Bramwell	Sale Harriers Manchester	Female	122	F20-34	41	56:58	501
502	682	57:38	Tom Pitherd		Male	380	M20-39	195	56:59	502
503	683	57:38	Ruth Naylor		Female	123	F20-34	42	56:59	503
504	244	57:42	Kat Curlett	Chorlton Runners	Female	124	F20-34	43	57:17	507
505	626	57:47	Julie Evans	Bramhall Runners	Female	125	F50-54	11	57:15	505
506	723	57:48	Rachael Benson	Bramhall Runners	Female	126	F50-54	12	57:15	506
507	448	57:52	Andrew Carmichael		Male	381	M40-44	54	57:14	504
508	915	57:59	Howard Friend		Male	382	M50-54	36	57:18	508
509	164	58:02	Susie Gibbon	Chorlton Runners	Female	127	F45-49	14	57:36	513
510	1068	58:02	Mark Gillan		Male	383	M20-39	196	57:21	509
511	813	58:14	Michael Fagan	Chorlton Runners	Male	384	M50-54	37	57:26	510
512	848	58:15	Richard Wyers	Chorlton Runners	Male	385	M20-39	197	57:41	514
513	1056	58:19	Phil Seymour		Male	386	M20-39	198	57:32	511
514	704	58:21	Jane Nicholson	Altrincham & District AC	Female	128	F50-54	13	57:46	516
515	721	58:22	Claire Geoghegan		Female	129	F20-34	44	57:34	512
516	746	58:22	Graham Harrison	Swinton Running Club	Male	387	M50-54	38	57:43	515
517	792	58:36	Jo Lowther		Female	130	F40-44	25	58:05	517
518	238	58:42	Elizabeth Fraser	Chorlton Runners	Female	131	F20-34	45	58:14	521
519	523	58:42	Laura Iredale	Chorlton Runners	Female	132	F20-34	46	58:14	522
520	108	58:43	Richard Parry	Altrincham & District AC	Male	388	M20-39	199	58:06	519
521	742	58:45	Joanne Mallaber	Chorlton Runners	Female	133	F35-39	24	58:06	518
522	797	58:47	Liz Greenwood	Chorlton Runners	Female	134	F35-39	25	58:18	523
523	793	58:48	Verity Gale	Notfast	Female	135	F20-34	47	58:07	520
524	939	58:57	David Guy	Swinton Running Club	Male	389	M55-59	28	58:24	524
525	810	58:59	Alison Turner		Female	136	F40-44	26	58:27	525

**Trafford 10k**

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**RESULT**

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
526	867	59:05	Beverley Thomas	Chorlton Runners	Female	137	F40-44	27	58:32	526
527	782	59:11	Frankie Yan	Hyde Village Striders	Male	390	M20-39	200	58:38	527
528	431	59:25	Colin Davies	Altrincham & District AC	Male	391	M65-69	8	58:53	528
529	675	59:45	William Shanley	Hyde Village Striders	Male	392	M55-59	29	59:19	531
530	844	59:50	Morag Dennett	Chorlton Runners	Female	138	F45-49	15	59:18	529
531	521	59:51	Rowena Thomas	Chorlton Runners	Female	139	F40-44	28	59:18	530
532	712	1:00:26	Adrian Leeming	Manchester Triathlon Club	Male	393	M50-54	39	59:46	532
533	533	1:00:35	Jack Grundy		Male	394	M20-39	201	1:00:15	533
534	356	1:01:21	Grace Turner		Female	140	F40-44	29	1:00:47	534
535	804	1:01:30	Erika Frame	Bramhall Runners	Female	141	F50-54	14	1:00:50	535
536	173	1:01:41	Maria McGloin		Female	142	F50-54	15	1:00:53	536
537	689	1:01:49	Michelle Dobson	Dragons Running Club (Sale)	Female	143	F20-34	48	1:01:17	537
538	959	1:02:12	Timothy Potter		Male	395	M20-39	202	1:01:31	538
539	418	1:02:20	Tricia Coleman		Female	144	F20-34	49	1:01:44	539
540	843	1:02:26	Joanna Hemming		Female	145	F20-34	50	1:01:53	540
541	420	1:03:03	Lucy Currie		Female	146	F20-34	51	1:02:27	541
542	171	1:03:23	Robert Todd	Dragons Running Club (Sale)	Male	396	M55-59	30	1:02:51	542
543	722	1:03:55	Michael Jaras	Spectrum Striders	Male	397	M70+	6	1:03:06	543
544	534	1:04:01	Glennis Hillier		Female	147	F70+	1	1:03:24	545
545	785	1:04:01	Paul News		Male	398	M40-44	55	1:03:11	544
546	254	1:04:30	Jenny Miles	Chorlton Runners	Female	148	F65-69	2	1:03:47	546
547	803	1:04:40	Susan Bean	Chorlton Runners	Female	149	F65-69	3	1:03:58	547
548	382	1:04:55	Kate Poole	Chorlton Runners	Female	150	F20-34	52	1:04:21	550
549	821	1:04:56	Alice Doherty	Chorlton Runners	Female	151	F20-34	53	1:04:26	551
550	372	1:04:56	Ian Ashcroft	Wilmslow Running Club	Male	399	M70+	7	1:04:37	552
551	964	1:05:00	Anthony Croasdeall		Male	400	M20-39	203	1:04:19	548
552	893	1:05:06	Matthew Barlow		Male	401	M20-39	204	1:04:20	549
553	980	1:05:27	Sharron Boylan		Female	152	F35-39	26	1:04:46	553
554	875	1:05:30	Janet Appleyard	Oldham & Royton Harriers	Female	153	F60-64	3	1:04:57	555
555	168	1:05:35	Lorraine Rosson		Female	154	F55-59	7	1:04:57	556
556	800	1:05:37	Christine Adkins	Bramhall Runners	Female	155	F60-64	4	1:04:56	554
557	1004	1:05:38	Cath Jones	Bramhall Runners	Female	156	F55-59	8	1:04:58	557
558	449	1:06:11	Claire Carmichael		Female	157	F40-44	30	1:05:33	558
559	763	1:06:18	Lisa Kennedy	East Cheshire Harriers & Tameside AC	Female	158	F50-54	16	1:05:36	560
560	265	1:06:20	Kathryn Greenlees		Female	159	F35-39	27	1:05:35	559
561	255	1:06:25	Helen Stevens	Chorlton Runners	Female	160	F40-44	31	1:05:40	561
562	894	1:06:35	Sheryl Stretton		Female	161	F40-44	32	1:05:51	562
563	887	1:06:43	Niamh Roche	Rochdale Harriers	Female	162	F15-19	3	1:06:05	563
564	910	1:07:08	Catherine Hughes		Female	163	F20-34	54	1:06:22	564
565	439	1:07:56	Jane Hughes		Female	164	F50-54	17	1:07:10	565
566	985	1:07:57	Jonathan Hill		Male	402	M55-59	31	1:07:13	566
567	961	1:08:12	Rebecca Foy		Female	165	F20-34	55	1:07:40	567
568	941	1:09:21	Louise Best		Female	166	F45-49	16	1:08:39	568
569	178	1:09:35	Reginald Checkley	Heaton Harriers	Male	403	M70+	8	1:08:49	569
570	960	1:09:40	Phil Wheeler		Male	404	M20-39	205	1:08:59	570
571	866	1:09:57	Helen Larkin	Chorlton Runners	Female	167	F45-49	17	1:09:26	571
572	945	1:10:31	Tim Martin		Male	405	M20-39	206	1:10:01	573
573	535	1:10:31	Ruth Martin		Female	168	F20-34	56	1:10:01	574
574	938	1:10:36	Katherine Fisher	Davenport Runners	Female	169	F40-44	33	1:09:56	572
575	258	1:10:53	Rosemary Mallace	Chorlton Runners	Female	170	F65-69	4	1:10:22	576
576	808	1:11:05	John Evans		Male	406	M60-64	12	1:10:18	575
577	276	1:12:02	Julie Hardie		Female	171	F40-44	34	1:11:18	577
578	979	1:12:36	Alicia Lawrence		Female	172	F40-44	35	1:11:49	578
579	407	1:12:56	Joanne Ready		Female	173	F45-49	18	1:12:06	579
580	410	1:12:59	Helen Legerton		Female	174	F45-49	19	1:12:09	580
581	788	1:12:59	Trish Kelly	Chorlton Runners	Female	175	F65-69	5	1:12:28	581
582	927	1:14:03	Kim Trinder		Female	176	F20-34	57	1:13:21	582
583	748	1:14:35	Emily Hall		Female	177	F40-44	36	1:13:50	583
584	903	1:17:35	Catherine Field		Female	178	F40-44	37	1:16:46	584
585	901	1:17:50	Sarah Wilkins	Altrincham & District AC	Female	179	F40-44	38	1:17:01	585
586	997	1:21:06	Andrea Richardson		Female	180	F45-49	20	1:20:22	586
587	935	1:21:24	Sara Kelley		Female	181	F40-44	39	1:20:32	587
588	515	1:21:25	Amy McCulloch		Female	182	F20-34	58	1:20:38	588
589	986	1:21:26	Jemma Sherwell		Female	183	F20-34	59	1:20:38	589
590	185	1:24:40	Caroline Millman		Female	184	F45-49	21	1:24:03	590
591	794	1:27:47	Stephanie Wise	Chorlton Runners	Female	185	F50-54	18	1:27:02	591
592	799	1:27:48	Rebecca Shepherd	Chorlton Runners	Female	186	F20-34	60	1:27:03	592
593	835	1:27:49	Jodie Etherson	Chorlton Runners	Female	187	F40-44	40	1:27:04	593
594	702	1:30:03	Barbara Thackray		Female	188	F70+	2	1:29:25	594
595	1070	1:31:01	Rachel Hosker		Female	189	F20-34	61	1:30:21	595
596	1071	1:31:04	Paul Bardley		Male	407	M20-39	207	1:30:24	596