



Trafford 10K

8th March 2015

RESULT

Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1	38	29:18	Jonathan Davies	Reading AC	Male	1	M20-39	1	29:18	1
2	45	29:19	Ben Lindsay		Male	2	M20-39	2	29:19	2
3	256	29:45	David Nilsson	H"gbý IF (Sweden)	Male	3	M20-39	3	29:45	3
4	85	29:48	Alex Tovey	Windsor Slough Eton & Hounsl	Male	4	M20-39	4	29:47	4
5	244	29:51	Olle Wallerang	Sp+r,gen FK (Sweden)	Male	5	M20-39	5	29:51	5
6	3	29:52	Richard Weir	Derby Athletic Club	Male	6	M20-39	6	29:52	6
7	40	29:55	Phil Nicholls	Wolverhampton & Bilston	Male	7	M20-39	7	29:55	7
8	34	30:01	Craig Ruddy	Inverclyde	Male	8	M20-39	8	30:01	8
9	1	30:04	Jonny Mellor	Liverpool Harriers & AC	Male	9	M20-39	9	30:04	9
10	5	30:06	Ben Fish	Blackburn Harriers AC	Male	10	M20-39	10	30:05	10
11	23	30:07	Chris Carpanini	Swansea Harriers	Male	11	M20-39	11	30:07	12
12	56	30:08	Jack Morris	Stockport Harriers & AC	Male	12	M20-39	12	30:06	11
13	15	30:08	Daniel Studley	Bristol & West AC	Male	13	M20-39	13	30:08	13
14	22	30:09	Dan Rothwell	Swansea Harriers	Male	14	M20-39	14	30:08	14
15	65	30:11	Kevin Seaward	Cardiff AC	Male	15	M20-39	15	30:11	15
16	58	30:13	Nick Samuels	Sale Harriers Manchester	Male	16	M20-39	16	30:13	16
17	43	30:13	Joe Bailey	Salford Harriers & AC	Male	17	M20-39	17	30:13	17
18	20	30:14	Toby Spencer	Coventry Godiva Harriers	Male	18	M20-39	18	30:13	18
19	21	30:17	Michael Kallenberg	Cardiff AC	Male	19	M20-39	19	30:17	19
20	6	30:32	Patrick Gardiner	East Cheshire Harriers & Tames	Male	20	M20-39	20	30:32	22
21	42	30:32	Nick Torry	Serpentine AC	Male	21	M20-39	21	30:32	23
22	49	30:32	Gareth Raven	Sale Harriers Manchester	Male	22	M40-44	1	30:31	20
23	12	30:32	Ross Jones	Wolverhampton & Bilston	Male	23	M20-39	22	30:31	21
24	35	30:34	Douglas Selman	Corstorphine AAC	Male	24	M20-39	23	30:34	24
25	55	30:35	Chris Farrell	Horwich RMI Harriers	Male	25	M20-39	24	30:35	26
26	46	30:35	Dave Norman	Altrincham & District AC	Male	26	M20-39	25	30:35	27
27	50	30:35	Dominic Shaw	New Marske Harriers	Male	27	M20-39	26	30:34	25
28	37	30:36	Owen Hind	Kent AC	Male	28	M20-39	27	30:35	28
29	51	30:39	Stuart Robinson	Salford Harriers & AC	Male	29	M20-39	28	30:39	29
30	41	30:42	Andrew Wiles	Morpeth Harriers & AC	Male	30	M20-39	29	30:41	30
31	78	30:44	Guy Smith	Swansea Harriers	Male	31	M20-39	30	30:43	31
32	13	31:05	Lee Slater	Dudley & Stourbridge	Male	32	M20-39	31	31:03	32
33	80	31:08	Chris Steele	Ellenborough Ac	Male	33	M20-39	32	31:07	33
34	52	31:15	Ben Riddell	Salford Harriers & AC	Male	34	M20-39	33	31:15	34
35	44	31:23	Marc Hobbs	Swansea Harriers	Male	35	M20-39	34	31:23	35
36	14	31:26	Harry Lupton	Charnwood	Male	36	M20-39	35	31:23	36
37	47	31:27	Andy Norman	Altrincham & District AC	Male	37	M20-39	36	31:27	37
38	149	31:29	David Rigby	Preston Harriers	Male	38	M20-39	37	31:27	38
39	251	31:34	Daniel Johnson	Gateshead Harriers & AC	Male	39	M20-39	38	31:31	39
40	363	31:35	Andrew Green	Warrington A C	Male	40	M50-54	1	31:33	40
41	70	31:35	Jack Nixon	Stockport Harriers & AC	Male	41	M20-39	39	31:33	41
42	94	31:43	Robert Warner	Blackburn Harriers AC	Male	42	M20-39	40	31:40	42
43	337	31:47	Nigel Martin	Sale Harriers Manchester	Male	43	M20-39	41	31:45	43
44	111	31:48	Marc Fenwick	Tyne Bridge Harriers	Male	44	M20-39	42	31:46	44
45	93	31:51	Howard Thompson	Charnwood	Male	45	M20-39	43	31:48	45
46	16	31:54	Mark Dalkins	Cheadle Running Club	Male	46	M40-44	2	31:53	46
47	167	31:57	Michael Wilesmith	Guernsey Island Aac	Male	47	M20-39	44	31:55	47
48	348	31:58	Andrew Challenger	Hallamshire Harriers Sheffield	Male	48	M20-39	45	31:56	48
49	210	31:59	Aidan Johnson	Rotherham Harriers & AC	Male	49	M20-39	46	31:57	50
50	637	31:59	Nathan Reed	Sunderland Harriers	Male	50	M20-39	47	31:56	49
51	117	32:01	Kurt Heron	Tyne Bridge Harriers	Male	51	M20-39	48	31:59	51
52	274	32:03	Matthew Harvey	Swansea Harriers	Male	52	M20-39	49	32:02	53
53	500	32:04	Alex Bampton	Cheltenham Harriers	Male	53	M20-39	50	32:01	52
54	68	32:05	Hugh Torry	Serpentine AC	Male	54	M20-39	51	32:04	54
55	104	32:06	James Rodgers	North Somerset AC	Male	55	M20-39	52	32:05	55
56	60	32:06	David Proctor	Rochdale Harriers & AC	Male	56	M20-39	53	32:05	56
57	2	32:07	Josh Tighe	Salford Harriers & AC	Male	57	M20-39	54	32:05	57
58	356	32:11	Chris Fell	Rossendale Harriers & AC	Male	58	M20-39	55	32:10	58
59	422	32:12	Chris Jordan	Leicester Coritanians AC	Male	59	M20-39	56	32:11	59
60	119	32:13	James Skelton	Wolverhampton & Bilston	Male	60	M20-39	57	32:11	60
61	373	32:14	Nick Jones	Warrington A C	Male	61	M40-44	3	32:13	61
62	977	32:20	Josh Lunn	Bedford & County AC	Male	62	M20-39	58	32:17	62
63	901	32:21	Colin Snook	Cornwall AC	Male	63	M20-39	59	32:18	63
64	327	32:21	Russell Bentley	Kent AC	Male	64	M20-39	60	32:21	65
65	531	32:23	Bruno Lima	Salford Harriers & AC	Male	65	M20-39	61	32:20	64
66	587	32:23	Richard Smith	Holmfirth Harriers AC	Male	66	M20-39	62	32:22	66
67	161	32:24	George Corcoran	Kingston AC	Male	67	M20-39	63	32:22	67
68	364	32:26	Graham Green	Warrington A C	Male	68	M45-49	1	32:24	68
69	189	32:30	Alyson Dixon	Sunderland Strollers	Female	1	F35-39	1	32:29	69
70	284	32:35	Henry Valentine	South Cheshire Harriers	Male	69	M20-39	64	32:34	70



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Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
71	81	32:37	Nathan Kilcourse	Salford Harriers & AC	Male	70	M20-39	65	32:36	71
72	69	32:39	Alastair Weymouth	Border Harriers	Male	71	M20-39	66	32:37	72
73	366	32:42	Kieran White	Hercules Wimbledon AC	Male	72	M20-39	67	32:40	74
74	535	32:44	Stephen Woodford	Chelmsford AC/Loughborough Stu	Male	73	M20-39	68	32:39	73
75	243	32:45	Matthew Poynton	Leicester Coritarians AC	Male	74	M20-39	69	32:42	76
76	206	32:47	Lewis Eccleston	Astley & Tyldesley Road Runner	Male	75	M20-39	70	32:41	75
77	604	32:47	Matthew Livingstone	Preston Harriers	Male	76	M20-39	71	32:47	77
78	336	32:51	Matthew Lalor	Barlick Fell Runners	Male	77	M20-39	72	32:49	78
79	282	32:53	Glyn Billington	Salford Harriers & AC	Male	78	M40-44	4	32:50	81
80	148	32:53	Harvey Maguire	Tipton Harriers	Male	79	M20-39	73	32:49	79
81	246	32:53	Peter Speake	Wilmslow Running Club	Male	80	M20-39	74	32:51	82
82	62	32:56	Karl Darcy	Bolton United Harriers	Male	81	M20-39	75	32:49	80
83	583	33:08	Simon O'Meara	University of Manchester	Male	82	M20-39	76	33:01	83
84	713	33:10	Gregan Clarkson	Kingston upon Hull AC	Male	83	M20-39	77	33:07	84
85	198	33:11	Chris Thornton	Skyrac Athletic Club	Male	84	M20-39	78	33:08	85
86	168	33:14	Elliot Smales	Rotherham Harriers & AC	Male	85	M20-39	79	33:11	86
87	107	33:15	Darren Potter	Midland Masters	Male	86	M40-44	5	33:13	87
88	178	33:17	Steven Sims	East Cornwall Harriers	Male	87	M20-39	80	33:14	88
89	24	33:18	Ellie Kirk	Swansea Harriers	Female	2	F20-34	1	33:15	89
90	29	33:18	Lee Athersmith	Wharfedale	Male	88	M20-39	81	33:18	91
91	105	33:19	Gavin Tomlinson	Trafford AC	Male	89	M20-39	82	33:18	92
92	960	33:21	Adam Soley	Tipton Harriers	Male	90	M20-39	83	33:17	90
93	136	33:22	Andrew Powell	Sunderland Harriers	Male	91	M20-39	84	33:19	93
94	432	33:23	Ben Beattie	Hallamshire Harriers Sheffield	Male	92	M20-39	85	33:20	94
95	225	33:24	Joe Toomey	Hercules Wimbledon AC	Male	93	M20-39	86	33:20	95
96	399	33:27	Graeme Cook	North Shields Polytechnic	Male	94	M20-39	87	33:24	96
97	534	33:33	Jack Robertson	Scarborough Athletic Club	Male	95	M15-19	1	33:30	98
98	197	33:33	Matthew Hobbs	Hallamshire Harriers Sheffield	Male	96	M20-39	88	33:29	97
99	26	33:34	Melissa Courtney	Shaftesbury Barnet	Female	3	F20-34	2	33:32	99
100	277	33:37	John Muddeman	Notts AC	Male	97	M20-39	89	33:32	100
101	669	33:41	Gary Davies	Aberystwyth AC	Male	98	M20-39	90	33:36	101
102	361	33:42	Darryl Davison	Highgate Harriers	Male	99	M20-39	91	33:40	102
103	7	33:43	Helen Clitheroe	Preston Harriers	Female	4	F40-44	1	33:41	103
104	331	33:44	James Williams	Salford Harriers & AC	Male	100	M20-39	92	33:41	104
105	368	33:45	Steve Green	Holmfirth Harriers AC	Male	101	M40-44	6	33:42	105
106	199	33:46	Alastair Rogers		Male	102	M15-19	2	33:43	106
107	613	33:47	John Lloyd	Salford Harriers & AC	Male	103	M20-39	93	33:47	108
108	17	33:48	Laura Whittle	Royal Sutton Coldfield	Female	5	F20-34	3	33:44	107
109	191	33:55	Robert Balmbra	Morpeth Harriers & AC	Male	104	M20-39	94	33:52	109
110	271	33:58	Stephan Walley	Trentham Running Club	Male	105	M20-39	95	33:57	111
111	644	34:02	Alec Gibson	East Hull Harriers	Male	106	M20-39	96	33:56	110
112	504	34:04	Oliver Saville	Bedford & County AC	Male	107	M20-39	97	34:01	112
113	754	34:07	Prashan M.p.	Leeds University AC/CC Club	Male	108	M20-39	98	34:05	113
114	8	34:07	Elle Vernon	Stockport Harriers & AC	Female	6	F20-34	4	34:06	116
115	227	34:09	Paul Hawkins	Wilmslow Running Club	Male	109	M20-39	99	34:05	114
116	110	34:11	Terry Scott	Tyne Bridge Harriers	Male	110	M40-44	7	34:06	117
117	693	34:12	Namir Batavia	Coventry Godiva Harriers	Male	111	M20-39	100	34:05	115
118	430	34:13	Zack Whitehead	Otley AC	Male	112	M20-39	101	34:09	118
119	915	34:14	Paul Brooks	Stockport Harriers & AC	Male	113	M40-44	8	34:12	119
120	101	34:16	Christopher Tully	Preston Harriers	Male	114	M20-39	102	34:15	120
121	127	34:18	Ian Dixon	Sunderland Harriers	Male	115	M20-39	103	34:15	121
122	302	34:18	Matthew Nelson	City of Hull AC	Male	116	M20-39	104	34:15	122
123	300	34:19	Michael Berks	Altrincham & District AC	Male	117	M20-39	105	34:15	123
124	283	34:23	Will Kerr	Saltaire Striders	Male	118	M20-39	106	34:17	125
125	359	34:24	Jon Harrison		Male	119	M20-39	107	34:15	124
126	290	34:25	Matthew Nowell	Saltaire Striders	Male	120	M20-39	108	34:19	127
127	139	34:26	Josh Nevin		Male	121	M15-19	3	34:17	126
128	96	34:29	Jack Atkins	Liverpool Harriers & AC	Male	122	M15-19	4	34:26	128
129	278	34:29	Matthew Wigelsworth	Warrington A C	Male	123	M15-19	5	34:27	130
130	765	34:30	Tim Kennedy	Sale Harriers Manchester	Male	124	M20-39	109	34:26	129
131	221	34:36	Daniel Thomas	University of Birmingham	Male	125	M20-39	110	34:32	131
132	464	34:41	Llyr Hughes	Manchester Triathlon Club	Male	126	M20-39	111	34:37	133
133	785	34:41	James Porteous	Gateshead Harriers & AC	Male	127	M20-39	112	34:36	132
134	135	34:42	Michael Laws	Sunderland Harriers	Male	128	M20-39	113	34:39	134
135	71	34:43	Paul Blakey	Sunderland Harriers	Male	129	M20-39	114	34:40	135
136	113	34:45	David Johnson	Tyne Bridge Harriers	Male	130	M20-39	115	34:40	136
137	988	34:45	Maryse Haynes	Windsor Slough Eton & Hounsl	Female	7	F20-34	5	34:43	137
138	753	34:47	Thomas Holloway	Trentham Running Club	Male	131	M20-39	116	34:43	138
139	250	34:49	Aaron Schofield	East Cheshire Harriers & Tames	Male	132	M20-39	117	34:43	139
140	792	34:49	Scott Wilson	Macclesfield Harriers & AC	Male	133	M20-39	118	34:46	141



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Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
141	19	34:49	Laura Day	Notts AC	Female	8	F20-34	6	34:43	140
142	580	34:57	Chris Donnelly	Sale Harriers Manchester	Male	134	M20-39	119	34:55	143
143	392	34:59	Rob Downs	Wilmslow Running Club	Male	135	M50-54	2	34:54	142
144	567	34:59	Paul Fotherby	Valley Striders AC	Male	136	M40-44	9	34:57	145
145	72	34:59	Natasha Doel	Aldershot Farnham & District	Female	9	F20-34	7	34:55	144
146	760	35:00	Simon Denye	Lytham St Annes RR Club	Male	137	M40-44	10	34:57	146
147	114	35:11	Kenny MacPherson	Tyne Bridge Harriers	Male	138	M45-49	2	35:07	147
148	492	35:13	Gary Lawton		Male	139	M40-44	11	35:07	148
149	385	35:14	Joseph Hudak	East Cheshire Harriers & Tames	Male	140	M20-39	120	35:09	149
150	82	35:14	Jenna Hill	Sale Harriers Manchester	Female	10	F20-34	8	35:13	150
151	228	35:16	Jake Shackelford	Sale Harriers Manchester	Male	141	M20-39	121	35:13	151
152	242	35:17	Gareth Howell	Liverpool Harriers & AC	Male	142	M20-39	122	35:15	152
153	226	35:21	Matthew Bond	Liverpool Harriers & AC	Male	143	M20-39	123	35:16	153
154	109	35:22	Andy Smythe	Tyne Bridge Harriers	Male	144	M20-39	124	35:17	154
155	863	35:23	Christopher Fullerton	Tipton Harriers	Male	145	M20-39	125	35:19	155
156	217	35:26	Andrew Carlin	Sale Harriers Manchester	Male	146	M20-39	126	35:20	156
157	157	35:31	David Alderson	Altrincham & District AC	Male	147	M40-44	12	35:26	157
158	195	35:32	Steven Nijs	Southport Waterloo AC	Male	148	M40-44	13	35:29	159
159	852	35:32	Richard Brown	Sale Harriers Manchester	Male	149	M45-49	3	35:26	158
160	259	35:34	Dennis Cross	Basildon AC	Male	150	M20-39	127	35:30	160
161	680	35:38	Jon Cheshire	Wilmslow Running Club	Male	151	M20-39	128	35:35	161
162	389	35:49	Kate Hulls	Bristol & West AC	Female	11	F20-34	9	35:44	162
163	584	35:50	Kevin Foster	Sale Harriers Manchester	Male	152	M20-39	129	35:44	163
164	467	35:51	Stephen McCarron	Sale Harriers Manchester	Male	153	M40-44	14	35:47	165
165	756	35:51	Chris Millington	Spectrum Striders Running Club	Male	154	M40-44	15	35:46	164
166	237	35:53	Chloe Cook	Bodyworks XTC	Female	12	F20-34	10	35:49	166
167	325	35:55	Olivier Gaillemain	Sale Harriers Manchester	Male	155	M40-44	16	35:51	167
168	172	35:56	Andrew Campbell	Wreccsam Tri	Male	156	M40-44	17	35:51	168
169	74	35:58	Anna Lupton	Barrow & Furness	Female	13	F35-39	2	35:53	170
170	600	35:59	Radu Milea	Romania	Male	157	M20-39	130	35:51	169
171	951	35:59	Joe Spruce		Male	158	M20-39	131	35:55	171
172	174	36:02	Andrew Whittingham	Wilmslow Running Club	Male	159	M45-49	4	36:00	172
173	810	36:14	Stephen Laker	Wirral AC	Male	160	M40-44	18	36:10	173
174	362	36:20	Peter O'Neill	Sale Harriers Manchester	Male	161	M20-39	132	36:13	174
175	488	36:22	Chris Green	Sale Harriers Manchester	Male	162	M40-44	19	36:17	176
176	922	36:22	Nicholas Hicketts		Male	163	M20-39	133	36:16	175
177	253	36:23	James Corden	Stockport Harriers & AC	Male	164	M40-44	20	36:17	177
178	697	36:26	Jeremy Bygrave	Wilmslow Running Club	Male	165	M40-44	21	36:23	181
179	617	36:27	Philip Hewitt	Holmfirth Harriers AC	Male	166	M20-39	134	36:20	178
180	377	36:28	James Walsh	Sale Harriers Manchester	Male	167	M20-39	135	36:21	179
181	396	36:28	Scott Matthews	East Cheshire Harriers & Tames	Male	168	M20-39	136	36:23	182
182	84	36:28	Anthony Wilcox	Liverpool Harriers & AC	Male	169	M50-54	3	36:26	183
183	867	36:30	Ben Hobson	Chorlton Runners	Male	170	M20-39	137	36:21	180
184	89	36:30	Liam Walsh	Liverpool Harriers & AC	Male	171	M20-39	138	36:27	184
185	358	36:32	Carl Barber	Sale Harriers Manchester	Male	172	M40-44	22	36:28	185
186	324	36:33	Jim Pendrill	Wilmslow Running Club	Male	173	M40-44	23	36:31	187
187	25	36:34	Kate Roberts	Swansea Harriers	Female	14	F20-34	11	36:31	188
188	478	36:35	Luke Jockins	Liverpool Harriers & AC	Male	174	M20-39	139	36:28	186
189	273	36:42	Stephen Young		Male	175	M40-44	24	36:37	189
190	165	36:43	Diane McVey	Wilmslow Running Club	Female	15	F35-39	3	36:40	192
191	272	36:45	Steven Caldwell	Vale Royal AC	Male	176	M20-39	140	36:39	191
192	176	36:46	Barry Archbold	Wilmslow Running Club	Male	177	M40-44	25	36:43	194
193	11	36:47	Helen Singleton	Wakefield Harriers	Female	16	F20-34	12	36:42	193
194	751	36:50	Tony Davenport	Trafford AC	Male	178	M20-39	141	36:46	196
195	90	36:51	Gary Matthews	East Cheshire Harriers & Tames	Male	179	M50-54	4	36:45	195
196	571	36:52	Gavin Browne	East Cheshire Harriers & Tames	Male	180	M20-39	142	36:46	197
197	175	36:54	Andy Walsh	Lichfield Running Club	Male	181	M20-39	143	36:37	190
198	477	36:54	Andrew Marsden	Oldham & Royton Harriers	Male	182	M20-39	144	36:50	200
199	546	36:55	Aled Hughes		Male	183	M20-39	145	36:48	199
200	460	36:55	Karl Woolfenden	Knutsford Triathlon Club	Male	184	M45-49	5	36:46	198
201	435	36:58	Gary Fielding	Royton Road Runners	Male	185	M40-44	26	36:52	201
202	294	37:00	Barry Hirst	East Cheshire Harriers & Tames	Male	186	M50-54	5	36:52	202
203	245	37:02	Jenny Knass	Stockport Harriers & AC	Female	17	F20-34	13	36:57	203
204	124	37:07	Sophie Whiteside	Liverpool Harriers & AC	Female	18	F20-34	14	36:59	204
205	108	37:14	Mark Griffiths	Manchester YMCA Harriers	Male	187	M20-39	146	37:06	205
206	10	37:21	Chris Quigley	Trawden AC	Male	188	M45-49	6	37:16	206
207	744	37:21	Rob Jones	City of Chester Tri Club	Male	189	M20-39	147	37:16	207
208	308	37:23	Steve Crossman	Glossopdale Harriers	Male	190	M45-49	7	37:17	208
209	31	37:25	Elysia Ridley	Swansea Harriers	Female	19	F20-34	15	37:19	210
210	258	37:26	Lee Steele		Male	191	M40-44	27	37:22	213



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211	438	37:26	Wendy Mullineux	Heanor RC	Female	20	F20-34	16	37:18	209
212	480	37:27	Nick Maynard	City of Hull AC	Male	192	M40-44	28	37:21	211
213	160	37:27	Sarah Hudak	Trafford AC	Male	193	M20-39	148	37:22	214
214	520	37:28	Nathan Ball	Manchester Triathlon Club	Male	194	M20-39	149	37:23	216
215	254	37:28	Tom McGaff	Wilmslow Running Club	Male	195	M60-64	1	37:22	215
216	989	37:31	David Arden	Oldham & Royton Harriers	Male	196	M20-39	150	37:21	212
217	923	37:31	Paul Timms		Male	197	M20-39	151	37:25	217
218	382	37:32	Steve Renny	Altrincham & District AC	Male	198	M45-49	8	37:28	219
219	597	37:35	David Lord	Trawden AC	Male	199	M50-54	6	37:29	220
220	279	37:38	Gavin Astin	Stockport Harriers & AC	Male	200	M50-54	7	37:32	222
221	357	37:39	Andrew Hemmings	City of Hull AC	Male	201	M20-39	152	37:32	223
222	522	37:42	Phillip Quibell	Salford Harriers & AC	Male	202	M60-64	2	37:39	225
223	262	37:43	Graham Rands	Astley & Tyldesley Road Runner	Male	203	M20-39	153	37:26	218
224	164	37:46	Allan McCormick	Wilmslow Running Club	Male	204	M20-39	154	37:40	226
225	307	37:46	George Bilsby	York Knivesmire Harriers	Male	205	M20-39	155	37:37	224
226	606	37:50	Steven Foley	Newburgh Nomads	Male	206	M45-49	9	37:46	228
227	519	37:51	Lee Richardson	Low Fell Running Club	Male	207	M20-39	156	37:43	227
228	315	37:53	Jonathan Sacks	Salford Harriers & AC	Male	208	M20-39	157	37:47	229
229	297	37:54	Paul Attack		Male	209	M40-44	29	37:29	221
230	143	37:54	Peter Cruse	Lytham St Annes RR Club	Male	210	M50-54	8	37:47	230
231	424	38:01	Sharon Johnstone	Wilmslow Running Club	Female	21	F40-44	2	37:56	231
232	499	38:03	Ged Naylor	Clowne Road Runners	Male	211	M50-54	9	37:56	232
233	18	38:03	Sarah MacKness	Telford AC	Female	22	F20-34	17	37:57	233
234	463	38:09	Mike Hatch	Sale Harriers Manchester	Male	212	M40-44	30	38:05	234
235	184	38:14	Rob Valentine	South Cheshire Harriers	Male	213	M45-49	10	38:08	235
236	692	38:16	Steven Millar	Macclesfield Harriers & AC	Male	214	M40-44	31	38:08	236
237	158	38:17	Francesca Vidler	Barnet and District AC	Female	23	F20-34	18	38:12	238
238	487	38:18	Andrew Heys	Blackburn Harriers AC	Male	215	M20-39	158	38:10	237
239	216	38:30	Steven Curley		Male	216	M20-39	159	38:23	239
240	757	38:35	Chris Jones	Salford Harriers & AC	Male	217	M20-39	160	38:28	240
241	204	38:39	Mark Fallaize	City of Sheffield AC	Male	218	M20-39	161	38:32	241
242	523	38:40	Gareth Miller	Sale Harriers Manchester	Male	219	M20-39	162	38:32	242
243	326	38:41	Aidan Raftery	Sale Harriers Manchester	Male	220	M55-59	1	38:34	243
244	612	38:42	Dan Martell	Altrincham & District AC	Male	221	M20-39	163	38:34	244
245	453	38:47	Shane Wolstencroft	Knutsford Triathlon Club	Male	222	M40-44	32	38:39	246
246	615	38:50	Neil McGraw	Glossopdale Harriers	Male	223	M40-44	33	38:43	248
247	601	38:52	Rob Cawley	Stockport Harriers & AC	Male	224	M50-54	10	38:42	247
248	799	38:53	Mark Hunter	Altrincham & District AC	Male	225	M55-59	2	38:48	249
249	318	38:59	Chris Jackson	Glossopdale Harriers	Male	226	M20-39	164	38:51	251
250	574	39:00	Catherine Carrdus	Wesham Road Runners	Female	24	F40-44	3	38:54	252
251	395	39:01	Mohammed Yousaf Butt	Royton Road Runners	Male	227	M20-39	165	38:50	250
252	30	39:03	Rebecca Metin	Newcastle University Cross Cou	Female	25	F20-34	19	38:57	254
253	398	39:03	David Holmes	Lymm Runners	Male	228	M40-44	34	38:54	253
254	781	39:03	John Williams	Bramhall Runners	Male	229	M20-39	166	38:57	255
255	152	39:06	Ian Keeling	Bramhall Runners	Male	230	M45-49	11	38:59	257
256	441	39:09	Alistair Kell	Sale Harriers Manchester	Male	231	M45-49	12	38:57	256
257	443	39:12	Gary Stevens	Astley & Tyldesley Road Runner	Male	232	M20-39	167	39:06	260
258	231	39:12	Chris O'Loughlin		Male	233	M20-39	168	39:01	258
259	410	39:20	Paul Bagan	Lymm Runners	Male	234	M20-39	169	39:11	261
260	238	39:21	Sean Rouse	City of Hull AC	Male	235	M45-49	13	39:13	264
261	990	39:21	Garry Millar		Male	236	M20-39	170	38:38	245
262	815	39:22	Peter Jones		Male	237	M45-49	14	39:12	263
263	582	39:23	Jenny Reed	Notts AC	Female	26	F20-34	20	39:16	267
264	386	39:25	Liam Browne		Male	238	M20-39	171	39:19	270
265	391	39:26	Robert Fairbanks		Male	239	M20-39	172	39:14	266
266	347	39:27	David Pickstock	Trentham Running Club	Male	240	M20-39	173	39:19	271
267	846	39:28	Dan Yarwood	Royton Road Runners	Male	241	M20-39	174	39:13	265
268	537	39:30	Alex Elsworth	Goyt Valley Striders	Male	242	M40-44	35	39:18	269
269	586	39:30	Paul Oakley	Goyt Valley Striders	Male	243	M50-54	11	39:11	262
270	871	39:31	Marie Anne Bigot Sazy	Salford Harriers & AC	Female	27	F20-34	21	39:24	273
271	379	39:31	Kirsty Johnson	Glossopdale Harriers	Female	28	F20-34	22	39:22	272
272	275	39:33	Andrew Leslie	Penny Lane Striders	Male	244	M20-39	175	39:17	268
273	353	39:34	Louise Blizzard	Belgrave Harriers	Female	29	F35-39	4	39:29	275
274	439	39:40	Stuart Holliday	Chorlton Runners	Male	245	M20-39	176	39:25	274
275	491	39:42	Mike Dixon	Stockport Harriers & AC	Male	246	M20-39	177	39:32	278
276	223	39:42	Danielle Jepson		Female	30	F40-44	4	39:32	279
277	260	39:44	Damien Healey		Male	247	M20-39	178	39:33	280
278	513	39:46	Peter Wall		Male	248	M20-39	179	39:38	282
279	880	39:46	Warren Moorfield	Wigan & District Harriers	Male	249	M45-49	15	39:36	281
280	978	39:47	Guy Lambert	Spectrum Striders Running Club	Male	250	M20-39	180	39:30	276



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RESULT

Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
281	552	39:48	Rachel Friend	Leeds City AC	Female	31	F20-34	23	39:42	284
282	572	39:48	David Hughes	Altrincham & District Ac	Male	251	M50-54	12	39:30	277
283	173	39:49	Brian Moore	Rochdale Harriers & AC	Male	252	M45-49	16	39:38	283
284	655	39:50	Paul Taylor	Trafford AC	Male	253	M20-39	181	39:46	287
285	365	39:54	Phil Matthews	Wilmslow Running Club	Male	254	M20-39	182	39:46	288
286	64	39:54	Rob Kedian	Manchester YMCA Harriers	Male	255	M40-44	36	39:42	285
287	980	39:58	Neal Wainwright	Chorlton Runners	Male	256	M20-39	183	39:43	286
288	625	40:00	Laurence Pearson		Male	257	M55-59	3	39:04	259
289	375	40:00	Peter Fell		Male	258	M20-39	184	39:48	290
290	187	40:01	Lok Li	Bramhall Runners	Male	259	M40-44	37	39:54	294
291	474	40:03	Mick Fairs	Wilmslow Running Club	Male	260	M65-69	1	39:59	295
292	674	40:04	Stephen Ward	Spectrum Striders Running Club	Male	261	M50-54	13	39:47	289
293	585	40:05	Danny Parr		Male	262	M20-39	185	39:59	296
294	539	40:07	Trevor Rayner	Salford Harriers & AC	Male	263	M50-54	14	39:51	291
295	159	40:08	Daniel Chadwick	Spectrum Striders Running Club	Male	264	M20-39	186	39:52	292
296	716	40:10	Dean Evans	Manchester Triathlon Club	Male	265	M20-39	187	39:53	293
297	677	40:13	Roger Whitehead	Bramhall Runners	Male	266	M50-54	15	40:03	298
298	489	40:14	Chris Burgess	Wigan & District Harriers	Male	267	M40-44	38	40:04	299
299	459	40:17	Roberto Raso	Manchester Frontrunners	Male	268	M50-54	16	40:06	300
300	431	40:18	Matthew Taylor	Wilmslow Running Club	Male	269	M40-44	39	40:12	303
301	595	40:19	Rebecca Robinson	Royton Road Runners	Female	32	F20-34	24	40:09	301
302	778	40:20	Joseph Carne	Manchester Frontrunners	Male	270	M20-39	188	40:02	297
303	965	40:20	Pedro Pablo Juanes	Beeston Ac	Male	271	M20-39	189	40:12	304
304	838	40:21	David Boundy		Male	272	M20-39	190	40:11	302
305	32	40:31	Libby Danckert		Female	33	F20-34	25	40:25	312
306	645	40:34	Nicholas Turner		Male	273	M45-49	17	40:21	306
307	892	40:35	Mitchell Hawkins	Penny Lane Striders	Male	274	M20-39	191	40:21	307
308	968	40:35	David Owens	Penny Lane Striders	Male	275	M40-44	40	40:20	305
309	112	40:36	Tom Goldsmith	Wavertree Harriers	Male	276	M20-39	192	40:29	313
310	455	40:37	Jim Dawson	Lymm Runners	Male	277	M50-54	17	40:29	314
311	848	40:37	William Robert Goundry		Male	278	M20-39	193	40:29	315
312	559	40:38	Julian Spencer	Spectrum Striders Running Club	Male	279	M50-54	18	40:21	308
313	734	40:39	Vicky Unsworth	Liverpool Harriers & AC	Female	34	F20-34	26	40:29	316
314	323	40:47	Caitlin Rice	Glossopdale Harriers	Female	35	F20-34	27	40:37	319
315	664	40:47	Matthew Rabone	Stockport Harriers & AC	Male	280	M20-39	194	40:39	322
316	372	40:47	Raj Jessal		Male	281	M20-39	195	40:38	321
317	844	40:48	Richard Brailsford	Manchester YMCA Harriers	Male	282	M20-39	196	40:23	310
318	147	40:49	Tom Cosway	Trawden AC	Male	283	M20-39	197	40:32	318
319	888	40:50	Alex Barnett		Male	284	M20-39	198	40:22	309
320	516	40:53	Mark Wall		Male	285	M20-39	199	40:46	323
321	528	40:56	Andy Gaskell	Spectrum Striders Running Club	Male	286	M45-49	18	40:37	320
322	402	40:56	David Kelly	Low Fell Running Club	Male	287	M60-64	3	40:47	324
323	116	40:58	James McInerney		Male	288	M20-39	200	40:31	317
324	931	40:59	Phillip Whittle		Male	289	M20-39	201	40:54	327
325	457	40:59	Janine Ellis	Wilmslow Running Club	Female	36	F45-49	1	40:53	326
326	939	40:59	Paul Minnock		Male	290	M45-49	19	40:23	311
327	619	41:00	Sarah Davies	Oxford City	Female	37	F40-44	5	40:47	325
328	234	41:05	Steve Hunt	Spensborough AC	Male	291	M50-54	19	40:55	328
329	962	41:08	Mike Critchley		Male	292	M45-49	20	40:59	329
330	383	41:11	Ray O'Keefe	Macclesfield Harriers & AC	Male	293	M45-49	21	41:03	331
331	313	41:14	Stephen Parry	Sale Harriers Manchester	Male	294	M50-54	20	41:06	333
332	280	41:17	Andrew Penney	Styal Running Club	Male	295	M40-44	41	41:04	332
333	79	41:17	Harriet Buswell	Gosforth Harriers	Female	38	F20-34	28	41:08	335
334	903	41:20	Paul Garnett	Wilmslow Running Club	Male	296	M50-54	21	41:09	336
335	763	41:23	Steveland Surrudge	Sale Harriers Manchester	Male	297	M20-39	202	41:14	337
336	796	41:26	Gareth Swift		Male	298	M20-39	203	41:19	343
337	512	41:26	Gareth Atkinson		Male	299	M45-49	22	41:02	330
338	144	41:27	Bev Wright	Blackpool Wyre & Fylde Ac	Female	39	F50-54	1	41:15	338
339	418	41:27	Nick Sime	Totley AC	Male	300	M45-49	23	41:17	341
340	330	41:31	Steve Holmes	Razzer's Runners	Male	301	M20-39	204	41:17	342
341	511	41:32	Malcolm Hughes		Male	302	M45-49	24	41:22	344
342	393	41:33	John Bowker	East Cheshire Harriers & Tames	Male	303	M50-54	22	41:24	345
343	369	41:34	Graham Marsland	Stockport Harriers & AC	Male	304	M45-49	25	41:15	339
344	570	41:36	Dave Ashmore		Male	305	M20-39	205	41:07	334
345	636	41:36	John Walsh	Warrington Road Runners	Male	306	M40-44	42	41:27	346
346	505	41:37	Ben McKean	West Cheshire AC	Male	307	M20-39	206	41:15	340
347	208	41:43	Andy Land	Swinton Running Club	Male	308	M50-54	23	41:28	347
348	536	41:46	Ian Jameson		Male	309	M40-44	43	41:32	350
349	9	41:49	Stewart Nunn		Male	310	M20-39	207	41:42	357
350	194	41:51	Jim Kerss		Male	311	M20-39	208	41:31	349



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Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
351	905	41:53	Jerome Doyle		Male	312	M40-44	44	41:32	351
352	556	41:54	Dave Bradford		Male	313	M50-54	24	41:34	352
353	289	41:55	James Barringer		Male	314	M20-39	209	41:28	348
354	624	41:57	Francis Day	East Cheshire Harriers & Tames	Male	315	M60-64	4	41:49	360
355	883	41:58	Thomas Bousfield		Male	316	M20-39	210	41:38	354
356	794	42:01	Martin Holohan		Male	317	M20-39	211	41:39	355
357	683	42:01	David Ellis	Royton Road Runners	Male	318	M20-39	212	41:47	359
358	581	42:02	Phil Facey	Manchester Frontrunners	Male	319	M20-39	213	41:45	358
359	603	42:03	Emma Finney	Sale Harriers Manchester	Female	40	F20-34	29	41:58	364
360	967	42:04	Chris McIntyre		Male	320	M20-39	214	41:35	353
361	240	42:06	Luke Ward		Male	321	M20-39	215	41:39	356
362	137	42:07	Stephen Bowden	Warrington Road Runners	Male	322	M55-59	4	42:01	366
363	205	42:13	Jeremy Cosway	Salford Harriers & AC	Male	323	M20-39	216	41:53	362
364	994	42:14	Anthony Bowyer	Skyrac Athletic Club	Male	324	M20-39	217	41:50	361
365	103	42:15	Mark Johnson		Male	325	M20-39	218	42:05	368
366	444	42:17	Andy Burnett	Glossopdale Harriers	Male	326	M45-49	26	42:06	369
367	779	42:20	Tony Park	Stockport Harriers & AC	Male	327	M50-54	25	42:00	365
368	898	42:21	Chris Falls	Spectrum Striders Running Club	Male	328	M20-39	219	41:57	363
369	270	42:22	Michael Hodson	Bramhall Runners	Male	329	M40-44	45	42:15	373
370	305	42:24	Stephen McNicholas	Penny Lane Striders	Male	330	M50-54	26	42:02	367
371	767	42:27	Ray Townhill		Male	331	M45-49	27	42:07	370
372	214	42:29	Stephen Sharrocks	Stockport Harriers & AC	Male	332	M45-49	28	42:14	371
373	813	42:29	Gareth Webb	Sale Harriers Manchester	Male	333	M20-39	220	42:18	374
374	515	42:31	Stephen Middleton		Male	334	M40-44	46	42:14	372
375	771	42:32	Anne Chinoy	Sale Harriers Manchester	Female	41	F40-44	6	42:19	376
376	772	42:32	Paul Norris	Wilmslow Running Club	Male	335	M55-59	5	42:21	378
377	993	42:32	Daniel Feely	Buxton & District AC	Male	336	M50-54	27	42:24	381
378	916	42:37	Stephen Biscomb	Clayton Le Moors	Male	337	M60-64	5	42:20	377
379	626	42:41	Ann Connors		Female	42	F40-44	7	42:41	387
380	215	42:41	Michael Curley	Sale Harriers Manchester	Male	338	M65-69	2	42:22	379
381	371	42:42	Edward Hickling	Trafford AC	Male	339	M20-39	221	42:31	385
382	564	42:47	Graham Smerdon	Stainland Lions	Male	340	M40-44	47	42:28	382
383	177	42:49	Brian Holland	Goyt Valley Striders	Male	341	M55-59	6	42:29	383
384	518	42:49	Shaun Richardson	Low Fell Running Club	Male	342	M50-54	28	42:18	375
385	730	42:52	Justin Cleary	Chorlton Runners	Male	343	M20-39	222	42:30	384
386	390	42:53	Richard Hall	Bramhall Runners	Male	344	M45-49	29	42:33	386
387	817	42:53	Stephen Lee	Royton Road Runners	Male	345	M45-49	30	42:41	388
388	166	42:54	Olly Howarth		Male	346	M20-39	223	42:43	389
389	188	42:57	Dennis Thomas	East Cheshire Harriers & Tames	Male	347	M40-44	48	42:49	390
390	301	43:00	Pablo Souto		Male	348	M20-39	224	42:23	380
391	344	43:08	Wayne Thompson		Male	349	M20-39	225	43:04	399
392	623	43:11	David Chrystie-Lowe	Stockport Harriers & AC	Male	350	M55-59	7	43:00	394
393	451	43:13	Andrew Tongue	Chorlton Runners	Male	351	M20-39	226	42:59	393
394	961	43:13	Steven Nokes	Warrington Road Runners	Male	352	M20-39	227	43:01	395
395	865	43:14	David Colley	Stockport Tri Club	Male	353	M55-59	8	43:04	400
396	501	43:16	Jason Cole	Trawden AC	Male	354	M20-39	228	42:58	392
397	745	43:18	Anna Blomfield	Rochdale Harriers & AC	Female	43	F50-54	2	43:02	396
398	548	43:21	Mark Seers		Male	355	M40-44	49	43:08	401
399	805	43:23	Colin Wightman	Mersey Tri	Male	356	M45-49	31	43:14	403
400	503	43:25	Duncan Shuttleworth		Male	357	M55-59	9	43:02	397
401	575	43:27	John Bertenshaw	Wesham Road Runners	Male	358	M55-59	10	43:21	410
402	316	43:30	Tony Hillier	East Cheshire Harriers & Tames	Male	359	M65-69	3	43:20	409
403	949	43:32	John Felton	Oldham & Royton Harriers	Male	360	M45-49	32	43:16	406
404	723	43:33	Jonathan Niblock		Male	361	M20-39	229	43:14	404
405	783	43:34	Aeronwy Towey	Bramhall Runners	Female	44	F20-34	30	43:19	408
406	322	43:34	Jerry Smith	Sale Harriers Manchester	Male	362	M60-64	6	43:23	411
407	727	43:35	Anthony Booth	Trawden AC	Male	363	M20-39	230	43:17	407
408	902	43:35	Mark Holt		Male	364	M40-44	50	43:14	405
409	257	43:37	Robert Munro		Male	365	M20-39	231	43:03	398
410	722	43:38	David Freer	Royton Road Runners	Male	366	M45-49	33	42:52	391
411	222	43:39	Jackie Cordingley	Sale Harriers Manchester	Female	45	F55-59	1	43:29	414
412	620	43:40	Gareth Davies	Oxford City	Male	367	M40-44	51	43:27	412
413	611	43:41	Tony Hulme	Wilmslow Running Club	Male	368	M65-69	4	43:30	416
414	106	43:43	Neale Guy		Male	369	M20-39	232	43:12	402
415	758	43:43	Ian Oates	Glossopdale Harriers	Male	370	M45-49	34	43:33	419
416	592	43:43	Phil Heaward	Bramhall Runners	Male	371	M20-39	233	43:30	417
417	140	43:45	David O'Loughlin	Royal Air Force Cosford Runnin	Male	372	M60-64	7	43:28	413
418	409	43:48	John Battersby	Sale Harriers Manchester	Male	373	M55-59	11	43:37	421
419	266	43:52	Raj Maharjan	Goyt Valley Striders	Male	374	M45-49	35	43:31	418
420	462	43:52	David Waite	Stainland Lions	Male	375	M50-54	29	43:44	423



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Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
421	517	43:53	Andrew Haworth	Bramhall Runners	Male	376	M40-44	52	43:33	420
422	670	43:54	Caryl Davies	Sarn Helen	Female	46	F20-34	31	43:39	422
423	803	43:56	Jean Webster	Chorlton Runners	Female	47	F35-39	5	43:29	415
424	442	43:57	Gary Smith	Altrincham & District Ac	Male	377	M20-39	234	43:48	427
425	437	43:59	Peter Williams	Oldham & Royton Harriers	Male	378	M55-59	12	43:46	425
426	319	44:00	Paul Lockett	Winston Runners	Male	379	M20-39	235	43:47	426
427	712	44:03	Kevin Booth	Knutsford Triathlon Club	Male	380	M45-49	36	43:44	424
428	643	44:05	Carly Edwards	Darwen Dashers	Female	48	F20-34	32	43:56	431
429	780	44:06	Andy Melvin	Stockport Harriers & AC	Male	381	M45-49	37	43:59	432
430	202	44:11	John McDonald	Trawden AC	Male	382	M50-54	30	43:52	429
431	310	44:13	Phil Rowen	Lymm Runners	Male	383	M40-44	53	43:54	430
432	449	44:15	John Temperley		Male	384	M50-54	31	43:51	428
433	122	44:28	Javier Vazquez	University of Liverpool	Male	385	M15-19	6	44:20	436
434	700	44:31	Jude Bek	Chorlton Runners	Female	49	F20-34	33	44:02	433
435	252	44:32	Gary Thompstone		Male	386	M45-49	38	44:14	434
436	955	44:37	Chris Cannon	Wilmslow Running Club	Male	387	M55-59	13	44:25	439
437	350	44:38	Nicky Mowatt	Wilmslow Running Club	Female	50	F55-59	2	44:26	440
438	461	44:40	Diane Waite	Stainland Lions	Female	51	F50-54	3	44:32	447
439	827	44:40	Tracy Dique	Dragons Running Club Sale	Female	52	F45-49	2	44:17	435
440	742	44:42	Daisy Pickles	Macclesfield Harriers & AC	Female	53	F20-34	34	44:28	442
441	213	44:44	Claire MacNeill	Stockport Harriers & AC	Female	54	F35-39	6	44:24	438
442	456	44:45	Sarah Mulryan	Hackney Running Club	Female	55	F20-34	35	44:29	443
443	926	44:45	Jane Mulryan	Stockport Harriers & AC	Female	56	F55-59	3	44:29	444
444	947	44:46	Barrie Powers	Chorlton Runners	Male	388	M45-49	39	44:21	437
445	236	44:48	Stuart Mairs	Salford Metropolitan Ac	Male	389	M20-39	236	44:29	445
446	66	44:52	Paul Anderson		Male	390	M40-44	54	44:41	451
447	724	44:54	Matthew Leicester		Male	391	M15-19	7	44:47	455
448	861	44:54	Fran Austin		Female	57	F20-34	36	44:32	448
449	881	44:57	Karen Schofield	Wigan & District Harriers	Female	58	F20-34	37	44:47	456
450	755	44:58	Andy Townhill		Male	392	M45-49	40	44:29	446
451	473	44:58	Gary Richardson	Stockport Harriers & AC	Male	393	M45-49	41	44:32	449
452	466	44:58	Geoff Gilbert	Wilmslow Running Club	Male	394	M60-64	8	44:45	453
453	992	45:00	Melanie Barber	Manchester Harriers & AC	Female	59	F35-39	7	44:38	450
454	1000	45:01	Clive Smith	Glossopdale Harriers	Male	395	M45-49	42	44:49	458
455	942	45:02	Stephen Taylor		Male	396	M40-44	55	44:42	452
456	721	45:03	Lauren Woodhall	Harrogate Harriers	Female	60	F15-19	1	44:50	459
457	384	45:03	Carole Harrison	Altrincham & District AC	Female	61	F50-54	4	44:53	461
458	549	45:05	Dominic Miller		Male	397	M40-44	56	44:26	441
459	219	45:05	Dez Mitchell	Glossopdale Harriers	Male	398	M45-49	43	44:47	457
460	599	45:06	Mike OBrien		Male	399	M55-59	14	44:54	462
461	412	45:09	Des Miles		Male	400	M50-54	32	44:55	464
462	510	45:09	Amanda McCartney	Middleton Harriers	Female	62	F35-39	8	44:54	463
463	907	45:09	Frank Begley		Male	401	M65-69	5	44:45	454
464	509	45:10	Billy McCartney	Salford Harriers & AC	Male	402	M20-39	237	45:06	472
465	380	45:11	Gareth Maher	Bramhall Runners	Male	403	M20-39	238	45:06	473
466	790	45:11	Huma Rahman	Wilmslow Running Club	Female	63	F45-49	3	44:59	468
467	288	45:15	John Archer	Winston Runners	Male	404	M60-64	9	45:08	474
468	589	45:16	Wayne Rafferty		Male	405	M20-39	239	44:50	460
469	588	45:17	Chemane Brier	Radcliffe Athletic Club	Female	64	F20-34	38	44:56	466
470	483	45:17	Ian Pickles		Male	406	M40-44	57	44:55	465
471	241	45:18	Jonathan Healey		Male	407	M45-49	44	45:01	470
472	524	45:20	Josh Temperley		Male	408	M15-19	8	44:57	467
473	884	45:20	Nick Ham	Stockport Harriers & AC	Male	409	M50-54	33	45:10	475
474	154	45:21	Gareth Pierce	Manchester Triathlon Club	Male	410	M20-39	240	45:05	471
475	821	45:25	Tony Foster	Wigan & District Harriers	Male	411	M50-54	34	45:00	469
476	405	45:33	Michael Charman	Spectrum Striders Running Club	Male	412	M65-69	6	45:25	479
477	678	45:36	Michael Hall	Spectrum Striders Running Club	Male	413	M55-59	15	45:12	476
478	667	45:39	Jason Steadman		Male	414	M40-44	58	45:23	478
479	360	45:44	Derek Fraser	Trafford AC	Male	415	M50-54	35	45:31	481
480	876	45:45	Chris Dobson		Male	416	M60-64	10	45:33	482
481	151	45:45	Annabeth Orton	Salford Harriers & AC	Female	65	F20-34	39	45:18	477
482	100	45:47	Angela Oldham	East Cheshire Harriers & Tames	Female	66	F60-64	1	45:29	480
483	999	45:56	Lee Mullan		Male	417	M45-49	45	45:34	483
484	425	46:00	Gail Hill	Wilmslow Running Club	Female	67	F40-44	8	45:48	488
485	469	46:01	Louise Morgan		Female	68	F40-44	9	45:52	492
486	404	46:01	Colin Davies	Altrincham & District Ac	Male	418	M65-69	7	45:49	489
487	415	46:01	Mark Pagram		Male	419	M20-39	241	45:44	484
488	334	46:02	Michael Barry	Sale Harriers Manchester	Male	420	M40-44	59	45:49	490
489	802	46:02	Anthony Hilton	Lymm Runners	Male	421	M40-44	60	45:44	485
490	526	46:04	Clare Hawkes	Wilmslow Running Club	Female	69	F50-54	5	45:50	491



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Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
491	170	46:07	Mark Whelan	Goyt Valley Striders	Male	422	M45-49	46	45:52	493
492	770	46:08	Simon Skentelbery	Dragons Running Club Sale	Male	423	M40-44	61	45:45	487
493	506	46:17	Kimberley Tinsley	Spectrum Striders Running Club	Female	70	F20-34	40	45:54	494
494	959	46:21	James Durkin		Male	424	M20-39	242	45:44	486
495	791	46:22	Lee Buckley	East Cheshire Harriers & Tames	Male	425	M20-39	243	46:03	496
496	155	46:25	Sharon Jones	Wilmslow Running Club	Female	71	F45-49	4	46:14	500
497	837	46:31	Adam Humphreys		Male	426	M20-39	244	46:05	498
498	836	46:31	Shaun Humphreys		Male	427	M20-39	245	46:04	497
499	653	46:34	Chris Wray		Male	428	M20-39	246	46:17	502
500	563	46:37	Gaby Ferris	Stainland Lions	Female	72	F40-44	10	46:17	503
501	192	46:40	Chris Glennon	Bramhall Runners	Male	429	M40-44	62	46:28	508
502	554	46:40	Emma Rettig	Manchester YMCA Harriers	Female	73	F35-39	9	46:16	501
503	131	46:41	Joseph Ward		Male	430	M20-39	247	45:58	495
504	823	46:42	Michael Gibbons	Bramhall Runners	Male	431	M55-59	16	46:32	511
505	207	46:47	Nicola Lloyd	Bramhall Runners	Female	74	F35-39	10	46:31	510
506	941	46:49	Etienne Humphries	Chorlton Runners	Male	432	M20-39	248	46:22	506
507	267	46:49	Alan Collier		Male	433	M50-54	36	46:30	509
508	849	46:51	Rebecca Mills	Swinton Running Club	Female	75	F20-34	41	46:35	512
509	542	46:54	Clare McCarron		Female	76	F35-39	11	46:19	504
510	935	46:55	Billy Riley		Male	434	M45-49	47	46:20	505
511	991	46:56	Peter Boylan		Male	435	M20-39	249	46:13	499
512	411	46:59	Gary Hennessy		Male	436	M20-39	250	46:27	507
513	906	47:03	Anne Mayerssmith	Wesham Road Runners	Female	77	F35-39	12	46:38	513
514	579	47:04	Kate Sutton	Wilmslow Running Club	Male	437	M50-54	37	46:48	517
515	436	47:05	Alan Turner	Wilmslow Running Club	Male	438	M50-54	38	46:53	521
516	448	47:06	Kieran Hallinan		Male	439	M45-49	48	46:48	518
517	397	47:08	Alan Ward		Male	440	M50-54	39	46:47	516
518	869	47:11	David Perry		Male	441	M20-39	251	46:49	519
519	875	47:12	Garry Bower	Royton Road Runners	Male	442	M40-44	63	46:46	515
520	714	47:15	Sheila Bradley	Buxton & District AC	Female	78	F55-59	4	47:00	523
521	419	47:16	John Porteous	Wilmslow Running Club	Male	443	M60-64	11	47:03	524
522	658	47:16	Carl O'Callaghan	Royton Road Runners	Male	444	M40-44	64	46:52	520
523	261	47:19	Liam Healey		Male	445	M20-39	252	47:07	527
524	726	47:20	Alison Wainwright	Chorlton Runners	Female	79	F35-39	13	47:05	526
525	298	47:21	Benjamin Alabau		Male	446	M20-39	253	46:45	514
526	482	47:27	Gareth Evans		Male	447	M50-54	40	47:04	525
527	468	47:31	Rebecca Glen	Goyt Valley Striders	Female	80	F35-39	14	47:10	529
528	605	47:32	Tanya Foley	Parbold Pink Panthers	Female	81	F45-49	5	47:22	532
529	668	47:38	Nadhim Bayatti		Male	448	M40-44	65	47:09	528
530	378	47:40	Mansel Pope	Altrincham & District AC	Male	449	M60-64	12	47:30	534
531	120	47:40	Nikki Chamberlain	Knutsford Triathlon Club	Female	82	F40-44	11	47:18	531
532	230	47:41	Tess Ptonka		Female	83	F35-39	15	47:13	530
533	627	47:41	Richard Hemsworth		Male	450	M20-39	254	46:58	522
534	657	47:44	Melanie Williamson	Chorlton Runners	Female	84	F35-39	16	47:29	533
535	328	47:50	David Turton	Stockport Harriers & AC	Male	451	M60-64	13	47:44	540
536	795	47:54	Claire Northcote	Styal Running Club	Female	85	F55-59	5	47:39	536
537	651	47:57	Carol Beattie	Steel City Striders	Female	86	F60-64	2	47:41	538
538	428	47:58	Sheila Jones	Radcliffe Athletic Club	Female	87	F55-59	6	47:33	535
539	786	48:00	Katy Fagan		Female	88	F35-39	17	47:39	537
540	530	48:02	Kathryn Sharkey	Penny Lane Striders	Female	89	F20-34	42	47:42	539
541	963	48:03	James Critchley		Male	452	M15-19	9	47:54	546
542	558	48:09	Ian Ashcroft	Wilmslow Running Club	Male	453	M65-69	8	47:54	547
543	333	48:11	Denis Kelly	Manchester Harriers & AC	Male	454	M45-49	49	47:47	541
544	39	48:11	Julie Hamilton	Swinton Running Club	Female	90	F35-39	18	47:53	545
545	320	48:16	Brad Ehlen	Spectrum Striders Running Club	Male	455	M40-44	66	47:56	548
546	879	48:16	Dave Thompson	Spectrum Striders Running Club	Male	456	M55-59	17	47:56	549
547	656	48:16	Lynsey Taylor		Female	91	F35-39	19	47:57	551
548	801	48:17	Peter Burton	Lymm Runners	Male	457	M50-54	41	47:57	552
549	123	48:17	Helen Fraser	Stockport Harriers & AC	Female	92	F50-54	6	47:51	544
550	286	48:19	Paul Allen		Male	458	M20-39	255	47:48	543
551	560	48:20	Paul Harrop	Spectrum Striders Running Club	Male	459	M60-64	14	48:04	554
552	709	48:26	Andrew McRae		Male	460	M20-39	256	47:56	550
553	630	48:27	Frances MacAulay		Female	93	F20-34	43	48:13	557
554	610	48:27	Ruth Ollerenshaw	Salford Harriers & AC	Female	94	F40-44	12	48:19	560
555	784	48:28	Emma Serjeant	Holmfirth Harriers AC	Male	461	M20-39	257	48:05	555
556	945	48:29	Matthew Jones		Male	462	M20-39	258	47:47	542
557	565	48:32	Zoe Porter		Female	95	F40-44	13	48:19	561
558	134	48:35	Ross Giles		Male	463	M20-39	259	48:03	553
559	470	48:36	Paul Craddock	Royton Road Runners	Male	464	M40-44	67	48:10	556
560	514	48:39	Stuart Fraser		Male	465	M20-39	260	48:20	563



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Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
561	296	48:42	Matt Hanson	Fetcheveryone	Male	466	M20-39	261	48:18	559
562	934	48:47	Gareth Sumner		Male	467	M20-39	262	48:17	558
563	145	48:47	Joanne Brack		Female	96	F45-49	6	48:19	562
564	970	48:49	Emma Tollefson		Female	97	F20-34	44	48:33	566
565	416	48:59	Hope Thorley		Female	98	F20-34	45	48:36	567
566	508	49:00	Debbie Hawksworth		Female	99	F45-49	7	48:46	569
567	930	49:00	Thomas Hennessy		Male	468	M20-39	263	48:30	565
568	870	49:02	Claire Anderson	Chorlton Runners	Female	100	F20-34	46	48:29	564
569	303	49:11	Tony Moss		Male	469	M45-49	50	48:45	568
570	650	49:13	Geoff Beattie	Sale Harriers Manchester	Male	470	M60-64	15	49:00	574
571	306	49:15	Emma Flint	Chorlton Runners	Female	101	F40-44	14	48:46	570
572	725	49:17	David Guy	Swinton Running Club	Male	471	M50-54	42	48:58	573
573	972	49:20	Jayne Roberts	Royton Road Runners	Female	102	F20-34	47	49:01	575
574	616	49:23	John O'Donnell		Male	472	M45-49	51	49:05	576
575	98	49:26	Mary Jeal	Denbigh Harriers	Female	103	F50-54	7	49:13	578
576	183	49:28	Steve Fairclough	Bramhall Runners	Male	473	M45-49	52	48:56	572
577	621	49:33	Amelia Hunt	Goyt Valley Striders	Female	104	F20-34	48	49:12	577
578	126	49:38	Peter Shields	Ilkley Harriers	Male	474	M65-69	9	48:55	571
579	490	49:38	Esther Kavanagh Dixon	Stockport Harriers & AC	Female	105	F20-34	49	49:13	579
580	317	49:43	Rachel Walton	Glossopdale Harriers	Female	106	F35-39	20	49:15	580
581	281	49:47	Nick Jones	Chorlton Runners	Male	475	M20-39	264	49:23	582
582	746	49:51	Simon Hedges	Chorlton Runners	Male	476	M45-49	53	49:23	583
583	895	49:52	Sally Grimwood	Chorlton Runners	Female	107	F35-39	21	49:36	586
584	731	49:54	Sophie Cunningham	Chorlton Runners	Female	108	F20-34	50	49:21	581
585	662	50:02	Christopher Saville	Radcliffe Athletic Club	Male	477	M40-44	68	49:40	588
586	622	50:04	Paul Hunt	Goyt Valley Striders	Male	478	M50-54	43	49:43	589
587	909	50:05	Keith West		Male	479	M20-39	265	49:28	584
588	672	50:06	Martin Jones	Royton Road Runners	Male	480	M20-39	266	49:39	587
589	912	50:07	Paul Roper		Male	481	M50-54	44	49:32	585
590	403	50:13	Emma Davis	Lymm Runners	Female	109	F20-34	51	49:59	593
591	614	50:19	Neville McGraw	Glossopdale Harriers	Male	482	M65-69	10	50:09	596
592	911	50:22	John Craddock		Male	483	M50-54	45	49:45	590
593	193	50:25	Nicola Paterson		Female	110	F20-34	52	49:51	591
594	995	50:26	Dawn Holding	Sale Harriers Manchester	Female	111	F50-54	8	50:05	594
595	507	50:29	Tony Clarkin		Male	484	M45-49	54	50:18	598
596	73	50:30	Nina Birch	Wilmslow Running Club	Female	112	F20-34	53	50:15	597
597	862	50:34	Rosalyn Webster	Chorlton Runners	Female	113	F20-34	54	49:56	592
598	61	50:36	Christine Copson	Hyde Village Striders	Female	114	F50-54	9	50:26	601
599	811	50:38	David Hennessy		Male	485	M40-44	69	50:07	595
600	782	50:43	Simon Fenton	Wilmslow Running Club	Male	486	M70-74	1	50:28	603
601	998	50:46	Jane Nicholson	Altrincham & District AC	Female	115	F45-49	8	50:32	606
602	162	50:49	Sarah Tomassi	Royton Road Runners	Female	116	F20-34	55	50:21	599
603	268	50:51	Dean Collier		Male	487	M20-39	267	50:31	605
604	720	50:54	Sharon Livesey		Female	117	F35-39	22	50:30	604
605	381	50:54	Kath Steer		Female	118	F55-59	7	50:35	610
606	454	50:55	Simon Kaye	Chorlton Runners	Male	488	M45-49	55	50:25	600
607	932	50:56	Dean Tummons		Male	489	M20-39	268	50:26	602
608	798	50:57	Donna Gardner		Female	119	F20-34	56	50:32	607
609	676	50:59	Verity Hodder		Female	120	F40-44	15	50:34	609
610	759	51:02	Richard Riley		Male	490	M55-59	18	50:33	608
611	649	51:10	Carly Baker	Dragons Running Club Sale	Female	121	F35-39	23	50:46	612
612	179	51:11	Tracy Vernon	Goyt Valley Striders	Female	122	F50-54	10	50:54	614
613	387	51:14	Sian Segar	Bramhall Runners	Female	123	F45-49	9	50:59	616
614	102	51:17	Emma May		Female	124	F20-34	57	51:07	621
615	414	51:17	Emma Nunnerley	Lymm Runners	Female	125	F35-39	24	51:03	620
616	532	51:17	Rebecca Lowe		Female	126	F40-44	16	51:01	617
617	452	51:19	Claire Thomson		Female	127	F40-44	17	50:43	611
618	976	51:20	Richard Unwin	Middleton Harriers	Male	491	M20-39	269	50:47	613
619	209	51:22	Paulette Storey	Swinton Running Club	Female	128	F60-64	3	51:02	618
620	925	51:26	Martin Mulryan		Male	492	M55-59	19	50:54	615
621	948	51:30	Stuart Thorley	Stockport Harriers & AC	Male	493	M45-49	56	51:02	619
622	543	51:40	Rosaleen Maule		Female	129	F35-39	25	51:18	623
623	854	51:47	David Baldwin		Male	494	M45-49	57	51:24	625
624	983	51:48	Andrew Moffatt		Male	495	M20-39	270	51:24	626
625	831	51:51	Andy Redford	Dragons Running Club Sale	Male	496	M40-44	70	51:15	622
626	642	51:52	Dave Jones		Male	497	M20-39	271	51:25	627
627	185	51:56	Alison Holt	Glossopdale Harriers	Female	130	F45-49	10	51:29	628
628	578	51:57	Chris Walker		Male	498	M50-54	46	51:35	629
629	598	52:01	Stephen Symons	Manchester YMCA Harriers	Male	499	M45-49	58	51:38	630
630	201	52:08	David Watt		Male	500	M20-39	272	51:22	624



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Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
631	423	52:09	Janet Wyles	Wilmslow Running Club	Female	131	F45-49	11	51:56	634
632	971	52:20	Jane Kendall		Female	132	F35-39	26	51:43	632
633	142	52:24	Alex Pletscher		Male	501	M45-49	59	51:42	631
634	774	52:32	David Griffiths		Male	502	M40-44	71	51:52	633
635	182	52:40	Holly Kent		Female	133	F20-34	58	52:12	637
636	761	52:42	Louisa Ruman	Lytham St Annes RR Club	Female	134	F35-39	27	52:17	643
637	924	52:43	Rosemarie McArdle		Female	135	F35-39	28	52:10	636
638	652	52:44	Graham Howell	Liverpool Harriers & AC	Male	503	M65-69	11	52:33	649
639	312	52:44	Malc Brown	Glossopdale Harriers	Male	504	M50-54	47	52:13	639
640	635	52:45	James Hollis		Male	505	M20-39	273	52:13	640
641	979	52:45	Dennis Yarwood	Spectrum Striders Running Club	Male	506	M45-49	60	52:03	635
642	933	52:45	Anthony Patchett		Male	507	M20-39	274	52:15	641
643	471	52:45	Giles Hardern		Male	508	M45-49	61	52:36	651
644	255	52:47	Stuart Carvel	Chorlton Runners	Male	509	M20-39	275	52:12	638
645	481	52:52	Ian Hardy		Male	510	M20-39	276	52:15	642
646	762	52:57	Adrian Leeming	Chorlton Runners	Male	511	M45-49	62	52:23	645
647	809	52:59	Graham Harrison	Swinton Running Club	Male	512	M50-54	48	52:27	646
648	332	53:01	Karen Sheen	Sale Harriers Manchester	Female	136	F50-54	11	52:39	654
649	738	53:01	Sarah Leatherbarrow	Bramhall Runners	Female	137	F50-54	12	52:32	647
650	739	53:01	Andy Pennell	Bramhall Runners	Male	513	M50-54	49	52:32	648
651	743	53:07	James Brownell		Male	514	M20-39	277	52:17	644
652	918	53:10	Charlotte Owen		Female	138	F20-34	59	52:37	652
653	686	53:12	Stewart Darlington	Salford Harriers & AC	Male	515	M60-64	16	52:33	650
654	997	53:13	Joseph Connor	Bramhall Runners	Male	516	M20-39	278	52:45	656
655	224	53:14	Andy Duckworth	Styal Running Club	Male	517	M40-44	72	52:40	655
656	341	53:19	John Goodridge		Male	518	M45-49	63	52:38	653
657	171	53:19	Zena Knowles	Radcliffe Athletic Club	Female	139	F35-39	29	53:04	660
658	900	53:25	Diane Boardman	Truro Running Club	Female	140	F20-34	60	52:57	658
659	839	53:28	Kate Holden	Radcliffe Athletic Club	Female	141	F40-44	18	53:14	664
660	476	53:31	Michael Friend		Male	519	M20-39	279	52:46	657
661	417	53:34	Julie Felton	Oldham & Royton Harriers	Male	520	M45-49	64	53:08	662
662	200	53:38	Sharon McGucken	Notts AC	Female	142	F20-34	61	53:15	665
663	914	53:44	Beth Evens		Female	143	F40-44	19	53:04	661
664	937	53:44	Stephen Groves		Male	521	M20-39	280	53:02	659
665	545	53:49	Lucinda Summers	Sale Harriers Manchester	Female	144	F45-49	12	53:36	670
666	594	53:53	David Kirk		Male	522	M20-39	281	53:10	663
667	631	53:54	Naomi Goldsmith	University of Manchester	Female	145	F15-19	2	53:40	671
668	129	53:56	Claire Elsworth	Goyt Valley Striders	Female	146	F40-44	20	53:34	669
669	969	54:04	Matthew Parratt		Male	523	M20-39	282	53:32	667
670	768	54:04	Becky Chambers	Chorlton Runners	Female	147	F40-44	21	53:32	668
671	917	54:14	Neil Harrison	Manchester Triathlon Club	Male	524	M50-54	50	53:31	666
672	633	54:18	Jon-Paul Kearns	Stockport Harriers & AC	Male	525	M40-44	73	53:52	673
673	338	54:20	Kate Montgomery		Female	148	F40-44	22	53:44	672
674	699	54:31	Kirsten Cook	Radcliffe Athletic Club	Female	149	F50-54	13	54:18	678
675	750	54:34	Patrick Smyth		Male	526	M20-39	283	53:57	674
676	663	54:40	Mike Doolan	Royton Road Runners	Male	527	M60-64	17	54:12	677
677	847	54:51	Sam Swain		Female	150	F40-44	23	54:20	679
678	146	54:52	Elaine Helme	Hyde Village Striders	Female	151	F45-49	13	54:07	675
679	673	54:55	Sarah Hoyle		Female	152	F20-34	62	54:33	681
680	634	54:56	James Fallon		Male	528	M20-39	284	54:09	676
681	749	54:58	Joanna Steele		Female	153	F35-39	30	54:22	680
682	956	55:03	Tom Williams		Male	529	M20-39	285	54:34	683
683	818	55:04	Michael Jaras	Spectrum Striders Running Club	Male	530	M70-74	2	54:38	684
684	789	55:08	Marie Fairclough	Bramhall Runners	Female	154	F50-54	14	54:53	687
685	787	55:09	Craig Garner		Male	531	M45-49	65	54:47	685
686	547	55:17	Stuart Heys		Male	532	M20-39	286	54:33	682
687	133	55:21	Barry Stuart-Cole	Winston Runners	Male	533	M65-69	12	55:09	691
688	873	55:23	Susie Gibbon	Chorlton Runners	Female	155	F45-49	14	54:48	686
689	495	55:30	Lucy Herbert		Female	156	F20-34	63	55:03	688
690	822	55:38	Christine Gibbons	Bramhall Runners	Female	157	F55-59	8	55:25	694
691	118	55:39	Jackie Hall	Hyde Village Striders	Female	158	F45-49	15	55:30	699
692	472	55:41	Andy Turner	Bramhall Runners	Male	534	M45-49	66	55:05	689
693	609	55:41	Don Bullough	Wilmslow Running Club	Male	535	M55-59	20	55:28	696
694	568	55:44	Karen Mainwaring		Female	159	F40-44	24	55:09	692
695	400	55:47	Lucy McGill		Female	160	F35-39	31	55:07	690
696	891	55:57	Paul Taylor	Bramhall Runners	Male	536	M40-44	74	55:25	695
697	793	55:59	Michelle Roberts		Female	161	F40-44	25	55:15	693
698	292	56:03	Sarah Golby		Female	162	F20-34	64	55:42	701
699	958	56:04	Alan Bates		Male	537	M40-44	75	55:29	697
700	910	56:04	Lee Cantello		Male	538	M45-49	67	55:29	698



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RESULT

Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
701	689	56:05	Katie Roberts	Bramhall Runners	Female	163	F20-34	65	55:42	702
702	834	56:10	John Humphreys		Male	539	M50-54	51	55:45	703
703	840	56:14	Sue Starway		Female	164	F45-49	16	55:35	700
704	608	56:17	Trevor Faulkner	Wilmslow Running Club	Male	540	M70-74	3	56:01	707
705	841	56:25	Sarah Thomas		Female	165	F40-44	26	55:46	704
706	874	56:34	Thomas Webster		Male	541	M20-39	287	55:56	705
707	864	56:43	Jessica Hobson Taylor	Bramhall Runners	Female	166	F20-34	66	56:19	710
708	465	56:46	Glennis Hillier	Hyde Village Striders	Female	167	F65-69	1	56:20	712
709	538	56:49	Karena Fleetwood		Female	168	F35-39	32	55:57	706
710	641	56:49	Samantha Goodwin		Female	169	F45-49	17	56:30	716
711	394	56:55	Helen Sanderson		Female	170	F40-44	27	56:17	709
712	86	56:55	Imogen Elbourn		Female	171	F20-34	67	56:29	715
713	708	56:57	Emma Burman		Female	172	F15-19	3	56:12	708
714	929	57:00	Elizabeth Hird		Female	173	F20-34	68	56:19	711
715	529	57:02	Martin Cooney		Male	542	M45-49	68	56:28	714
716	850	57:10	Andy Wyatt		Male	543	M40-44	76	56:25	713
717	698	57:16	Mandy Beard	Swinton Running Club	Female	174	F45-49	18	56:58	722
718	974	57:17	Damian Brooks		Male	544	M50-54	52	56:41	717
719	647	57:20	Helen Shan		Female	175	F35-39	33	56:46	718
720	899	57:22	Natasha Bolton		Female	176	F20-34	69	56:51	719
721	718	57:24	Neil Wilson		Male	545	M20-39	288	56:55	720
722	666	57:28	Sarah Waters		Female	177	F40-44	28	56:57	721
723	748	57:36	James Turnpenney		Male	546	M20-39	289	56:58	723
724	843	57:37	Beverley Thomas	Chorlton Runners	Female	178	F35-39	34	57:06	725
725	908	57:41	Steele Lloyd		Male	547	M50-54	53	57:04	724
726	938	57:41	Elisa Forlani		Female	179	F20-34	70	57:14	729
727	502	57:46	Barbara Shuttleworth		Female	180	F55-59	9	57:11	727
728	882	57:53	Elizabeth Lewis		Female	181	F40-44	29	57:13	728
729	628	57:55	Martin Hulme		Male	548	M40-44	77	57:08	726
730	732	57:56	Lauren Berger	Chorlton Runners	Female	182	F35-39	35	57:23	732
731	287	57:59	Tony Bray		Male	549	M60-64	18	57:17	731
732	981	58:03	Rachel Ayres		Female	183	F20-34	71	57:41	733
733	814	58:06	Joanne Ready		Female	184	F45-49	19	57:15	730
734	868	58:14	Rachel Carter	Hyde Village Striders	Female	185	F45-49	20	57:47	737
735	593	58:15	Roy Fisher	Rochdale Tri	Male	550	M60-64	19	57:43	735
736	304	58:17	Helen Rees	Chorlton Runners	Female	186	F20-34	72	57:43	736
737	648	58:17	Hannah Sellars		Female	187	F20-34	73	57:42	734
738	494	58:21	Karen Vale		Female	188	F45-49	21	57:55	738
739	551	58:24	Colette De la Terre		Female	189	F20-34	74	58:00	739
740	957	59:02	Annette Hardman	Hyde Village Striders	Female	190	F20-34	75	58:27	741
741	736	59:04	Sarah Boote		Female	191	F20-34	76	58:25	740
742	890	59:07	Alys Davies		Female	192	F20-34	77	58:39	742
743	196	59:09	David Salmon	East Cheshire Harriers & Tames	Male	551	M65-69	13	58:40	743
744	752	59:23	Kylie Nixon		Female	193	F40-44	30	58:57	744
745	263	59:36	Belinda Carp	Wilmslow Running Club	Female	194	F45-49	22	59:07	745
746	936	59:44	Kate Newton		Female	195	F20-34	78	59:17	747
747	953	59:45	Eleanor Hopkins		Female	196	F15-19	4	59:28	751
748	946	59:45	Josh Lister		Male	552	M15-19	10	59:27	749
749	703	59:45	Joshua Thacker		Male	553	M15-19	11	59:26	748
750	704	59:46	Josie Lewis		Female	197	F15-19	5	59:28	752
751	816	59:57	Ben Fitzpatrick		Male	554	M40-44	78	59:08	746
752	878	1:00:06	Laura Heaney	Chorlton Runners	Female	198	F20-34	79	59:37	753
753	150	1:00:17	Gemma Holland	Winston Runners	Female	199	F20-34	80	59:27	750
754	434	1:00:29	Peter Bedford	Dragons Running Club Sale	Male	555	M60-64	20	59:50	754
755	769	1:00:31	Hilary Rogerson		Female	200	F45-49	23	59:50	755
756	498	1:00:42	David Wilson		Male	556	M55-59	21	1:00:11	756
757	646	1:00:47	Andrew Young		Male	557	M45-49	69	1:00:24	759
758	285	1:00:54	Julie Evans	Bramhall Runners	Female	201	F50-54	15	1:00:21	758
759	450	1:01:04	Suzanne Wiles	Bramhall Runners	Female	202	F45-49	24	1:00:31	762
760	186	1:01:04	Christine White		Female	203	F20-34	81	1:00:26	760
761	707	1:01:05	Gregory Burman		Male	558	M45-49	70	1:00:20	757
762	190	1:01:12	Laura Holt		Female	204	F20-34	82	1:00:34	763
763	740	1:01:17	Dunc Wise		Male	559	M45-49	71	1:00:54	769
764	777	1:01:17	Ben Brooks		Male	560	M20-39	290	1:00:28	761
765	996	1:01:25	Susan Bean	Swinton Running Club	Female	205	F60-64	4	1:00:43	764
766	138	1:01:27	Lynne Alford	East Cheshire Harriers & Tames	Female	206	F40-44	31	1:00:45	765
767	913	1:01:28	Louise Cooney		Female	207	F40-44	32	1:00:55	770
768	550	1:01:31	Sue Roberts		Female	208	F45-49	25	1:00:58	771
769	877	1:01:37	Tracey Hall	Royton Road Runners	Female	209	F40-44	33	1:00:50	766
770	825	1:01:41	Holly Jones		Female	210	F20-34	83	1:00:50	767



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Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
771	824	1:01:41	Eddie Calow		Male	561	M20-39	291	1:00:50	768
772	355	1:01:44	Jo Podolanski	Bramhall Runners	Female	211	F45-49	26	1:01:04	773
773	893	1:01:44	Rebecca Louise Styles	Bramhall Runners	Female	212	F40-44	34	1:01:03	772
774	842	1:01:50	Cath Jones	Bramhall Runners	Female	213	F50-54	16	1:01:10	775
775	654	1:01:54	James Reygan		Male	562	M55-59	22	1:01:04	774
776	773	1:02:01	Sally Moston	Bramhall Runners	Female	214	F45-49	27	1:01:22	778
777	711	1:02:03	Tracy Rodgers		Female	215	F45-49	28	1:01:19	776
778	691	1:02:03	Nichola Hyde		Female	216	F40-44	35	1:01:19	777
779	602	1:02:08	Thomas West	Radcliffe Athletic Club	Male	563	M75-79	1	1:01:45	779
780	982	1:02:15	Chris Harrod		Male	564	M20-39	292	1:01:52	780
781	525	1:02:22	Andrea Williams	Chorlton Runners	Female	217	F45-49	29	1:02:22	783
782	128	1:02:22	Faye Kittos		Male	565	M20-39	293	1:01:52	781
783	218	1:02:31	Carol Fell	Warrington Wonderwomen	Female	218	F65-69	2	1:01:52	782
784	775	1:03:15	Gail Griffiths		Female	219	F45-49	30	1:02:34	786
785	340	1:03:15	Melanie Goodridge		Female	220	F40-44	36	1:02:35	787
786	800	1:03:16	Sarah Chester		Female	221	F20-34	84	1:02:28	784
787	429	1:03:16	Melanie Kershaw	Royton Road Runners	Female	222	F45-49	31	1:02:28	785
788	684	1:03:25	Sarah Norbury	Bramhall Runners	Female	223	F35-39	36	1:02:47	789
789	696	1:03:30	Valerie Moulden	Winston Runners	Female	224	F40-44	37	1:02:46	788
790	766	1:03:41	Karen Stuttard	Royton Road Runners	Female	225	F45-49	32	1:02:55	790
791	919	1:03:55	Catherine Stockdale		Female	226	F35-39	37	1:03:12	791
792	904	1:04:31	Janine Fletcher		Female	227	F40-44	38	1:04:01	793
793	406	1:04:33	Stephanie Charman	Spectrum Striders Running Club	Female	228	F60-64	5	1:03:54	792
794	954	1:04:42	Rachel Rowe	Bramhall Runners	Female	229	F50-54	17	1:04:23	796
795	984	1:04:55	Kate Daley		Female	230	F45-49	33	1:04:19	794
796	540	1:05:01	David Jackson	Stockport Harriers & AC	Male	566	M55-59	23	1:04:19	795
797	856	1:05:22	Caroline Hamlin		Female	231	F35-39	38	1:04:34	797
798	687	1:05:28	Mel Hall	Oldham & Royton Harriers	Female	232	F35-39	39	1:04:50	799
799	857	1:05:33	Stephanie Wise	Chorlton Runners	Female	233	F45-49	34	1:04:45	798
800	828	1:06:22	Marilyn Hurrell		Female	234	F35-39	40	1:05:54	800
801	835	1:06:26	Elaine Humphreys		Female	235	F50-54	18	1:05:57	801
802	829	1:06:27	Chloe Stiles		Female	236	F15-19	6	1:05:57	802
803	830	1:06:29	Andrew Stiles	Marshall Milton Keynes AC	Male	567	M50-54	54	1:05:58	803
804	83	1:07:19	Sarah Mills	Swinton Running Club	Female	237	F20-34	85	1:06:49	807
805	659	1:07:23	Christine Draper	Bramhall Runners	Female	238	F60-64	6	1:06:41	805
806	975	1:07:26	Jo Mitchell		Female	239	F35-39	41	1:06:39	804
807	706	1:07:27	Sally Burman		Female	240	F45-49	35	1:06:42	806
808	776	1:08:00	Lynne Webster	Bramhall Runners	Female	241	F60-64	7	1:07:20	810
809	671	1:08:04	Joanne Douthwaite		Female	242	F35-39	42	1:07:17	808
810	819	1:08:04	Nikki Mellor	Royton Road Runners	Female	243	F40-44	39	1:07:18	809
811	705	1:08:13	Jenny O'Callaghan		Female	244	F35-39	43	1:07:27	811
812	710	1:08:14	Sally Drysdale		Female	245	F45-49	36	1:07:35	813
813	737	1:08:15	Tom MacKroby		Male	568	M20-39	294	1:07:35	814
814	679	1:08:16	Stephen Lenhardt		Male	569	M45-49	72	1:07:33	812
815	806	1:08:22	Geoff Airey		Male	570	M20-39	295	1:07:36	815
816	695	1:08:29	Angela Rogowskyj	Royton Road Runners	Female	246	F45-49	37	1:07:41	816
817	660	1:08:32	Clare Draper	Bramhall Runners	Female	247	F20-34	86	1:07:50	818
818	987	1:08:34	Ann Leyland	Royton Road Runners	Female	248	F40-44	40	1:07:45	817
819	952	1:08:35	Kate Allen		Female	249	F35-39	44	1:07:54	819
820	943	1:09:01	Emma Young		Female	250	F20-34	87	1:08:26	820
821	690	1:09:35	Geoff Clarke	East Cheshire Harriers & Tames	Male	571	M65-69	14	1:08:40	821
822	832	1:09:38	Susan Steindorff	Dragons Running Club Sale	Female	251	F40-44	41	1:08:57	822
823	420	1:09:38	Suzanne Kesteven		Female	252	F40-44	42	1:08:57	823
824	640	1:09:46	Rebecca Martin	Burnden Road Runners	Female	253	F35-39	45	1:09:11	824
825	239	1:10:46	Martin Wheeldon	Wilmslow Running Club	Male	572	M60-64	21	1:09:56	825
826	859	1:12:07	Amanda Benson	Chorlton Runners	Female	254	F45-49	38	1:11:18	826
827	950	1:12:08	Leanne Choo		Female	255	F15-19	7	1:11:20	827
828	860	1:12:12	Jodie Bennett	Chorlton Runners	Female	256	F35-39	46	1:11:23	828
829	291	1:13:55	Michael Dwyer		Male	573	M50-54	55	1:13:02	829
830	293	1:13:55	Jeanette Dwyer		Female	257	F50-54	19	1:13:03	830
831	853	1:14:00	Emma Kennedy	Royton Road Runners	Female	258	F20-34	88	1:13:14	831
832	845	1:14:07	Lynsey Teggart		Female	259	F35-39	47	1:13:17	832
833	807	1:14:54	Jane Leicester		Female	260	F50-54	20	1:14:16	833
834	132	1:15:28	Brian Stuart-Cole		Male	574	M65-69	15	1:15:07	835
835	858	1:15:49	Louise Brimelow		Female	261	F50-54	21	1:15:01	834
836	27	1:16:04	Vicky Corrigan	Oldham & Royton Harriers	Female	262	F20-39	1	1:15:26	836
837	833	1:24:35	Barbara Thackray		Female	263	F75-79	1	1:24:09	837
838	985	1:26:22	Sherelle Harkness		Female	264	F35-39	48	1:25:36	838
839	986	1:26:23	Robert Harkness		Male	575	M40-44	79	1:25:36	839
840	735	1:26:43	Ria Bright	Winston Runners	Female	265	F45-49	39	1:25:58	840



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Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
841	497	1:29:25	Anne Wilson		Female	266	F50-54	22	1:28:54	841