

# The Trafford 10k

## at Partington on Sunday 9th March 2008

### Trafford 10k — FINAL RESULTS

| Pos | Name              | Cat/Pos | Club                           | Time  |     |                    |        |                                |       |
|-----|-------------------|---------|--------------------------------|-------|-----|--------------------|--------|--------------------------------|-------|
| 1   | Neil Speaight     |         | Belgrave Harriers              | 29:45 | 83  | Stephen Robinson   | V45 7  | East Cheshire Harriers         | 38:22 |
| 2   | Mark Miles        |         | Belgrave Harriers              | 29:45 | 84  | Gemma Connolly     | L 10   | St Helens Sutton               | 38:24 |
| 3   | Lee Merrien       |         | Guernsey AC                    | 29:57 | 85  | Peter Clayton      | V40 8  | Vale Royal AC                  | 38:39 |
| 4   | Simon Jones       |         | Belgrave Harriers              | 29:58 | 86  | Mike Welsby        |        | Spectrum Striders              | 38:51 |
| 5   | Kevin Skinner     |         | Newham & Essex Beagles         | 30:01 | 87  | Leanne Sheehy      | LJ 1   | Salford Metropolitan           | 38:53 |
| 6   | Mark Draper       |         | Windsor                        | 30:02 | 88  | Chris Lomax        | V40 9  | Swinton Running Club           | 38:53 |
| 7   | Ben Fish          |         | Blackburn Harriers             | 30:06 | 89  | Simon Grundy       | V40 10 | East Cheshire Harriers         | 38:54 |
| 8   | Matt Lole         |         | Coventry Godiva Harriers       | 30:26 | 90  | Graham Tracey      |        | Vegetarian C&ac                | 38:56 |
| 9   | Glen Comish       |         | Sale Harriers Manchester       | 30:53 | 91  | Thierry Verdu      | V45 8  | Unattached                     | 38:57 |
| 10  | Benjamin Jones    |         | Coventry Godiva Harriers       | 31:01 | 92  | John Parrott       | V50 3  | Stockport Harriers             | 38:59 |
| 11  | Chris Birchall    |         | Leeds City                     | 31:08 | 93  | Stephen Martin     | V45 9  | Spectrum Striders              | 39:00 |
| 12  | Ian Fisher        |         | Altrincham And District AC     | 31:11 | 94  | Graham Harrison    | V45 10 | Unattached                     | 39:02 |
| 13  | Rob Berry         |         | Southport Waterloo AC          | 31:26 | 95  | Nicholas Roberts   |        | Glossopdale Harriers           | 39:02 |
| 14  | Philip Hoole      |         | Rotherham Harriers             | 31:29 | 96  | Paul Watson        |        | Dragons Running Club           | 39:02 |
| 15  | Mathew Almond     |         | Rugby & Northampton            | 31:32 | 97  | Sarah Lomas        | L 12   | Stockport Harriers             | 39:02 |
| 16  | Nick Swinburn     | JM 1    | Morpeth Harriers               | 31:40 | 98  | Emma Phillips      | L 13   | Birchfield Harriers            | 39:09 |
| 17  | Mike Burrett      |         | Leeds City                     | 31:45 | 99  | Sean Whewell       | V40 11 | Stockport Harriers             | 39:09 |
| 18  | Darren Talbot     |         | Trafford AC                    | 31:54 | 100 | Rick Smith         | V55 2  | East Cheshire Harriers         | 39:09 |
| 19  | Andy Norman       |         | Altrincham & District AC       | 32:14 | 101 | Christopher Small  |        | Unattached                     | 39:09 |
| 20  | Chris Peach       |         | Derby & County AC              | 32:25 | 102 | Roberto Raso       | V40 12 | Unattached                     | 39:23 |
| 21  | Aidan Adams       |         | Leeds City                     | 32:26 | 103 | Paul Kay           | V50 4  | Spectrum Striders              | 39:25 |
| 22  | Luke Reddy        |         | Liverpool Harriers             | 32:34 | 104 | Andrew Wilson      |        | Styal Running Club             | 39:26 |
| 23  | Ryan Kenny        | JM 2    | Coventry Godiva Harriers       | 32:38 | 105 | Timothy Rainey     | V40 13 | Sale Harriers Manchester       | 39:29 |
| 24  | Gary Priestley    | JM 3    | Horwich Rmi                    | 32:57 | 106 | Siobhan Smith      | L35 1  | Sale Harriers Manchester       | 39:33 |
| 25  | Jonathan Ferguson |         | Rossendale Harriers            | 32:58 | 107 | Terry Hughes       | V45 11 | Astley & Tylesley Road Runners | 39:37 |
| 26  | Liam Thompson     |         | Warrington AC                  | 32:58 | 108 | John Carroll       | V45 12 | Vale Royal AC                  | 39:38 |
| 27  | Andy Prophet      |         | Cheltenham Harriers            | 33:05 | 109 | Michael Berks      |        | Unattached                     | 39:44 |
| 28  | Phil Winskill     |         | Hallamshire Harriers           | 33:05 | 110 | Zack Hocking       |        | Shrewsbury                     | 39:46 |
| 29  | Andrew Buttery    |         | Rossendale Harriers            | 33:15 | 111 | John McCabe        |        | Stockport Harriers             | 39:50 |
| 30  | James McMullan    |         | Thames Hare & Hounds           | 33:19 | 112 | John Battersby     | V45 13 | Sale Harriers Manchester       | 39:51 |
| 31  | Paul Sankey       |         | Liverpool Running Club         | 33:24 | 113 | Craig Sephton      |        | Unattached                     | 39:51 |
| 32  | John Convery      | V45 1   | Bingley Harriers               | 33:28 | 114 | Matt Pitt          |        | Unattached                     | 39:51 |
| 33  | Matt Shaw         |         | Salford Harriers               | 33:33 | 115 | Andrew Whitaker    |        | Unattached                     | 39:54 |
| 34  | Simon Bruton      |         | Salford Harriers               | 33:34 | 116 | Mark Roper         |        | Unattached                     | 40:03 |
| 35  | Katarina Wootton  | L 1     | Bedford & County AC            | 33:38 | 117 | Caroline Jones     | L 15   | Spectrum Striders              | 40:09 |
| 36  | David Lockett     | V40 1   | Salford Harriers               | 33:45 | 118 | James Johnston     | V45 14 | Rossendale Harriers            | 40:53 |
| 37  | Anthony Valentine |         | Bolton United Harriers         | 33:53 | 119 | Alan Burton        |        | Unattached                     | 40:59 |
| 38  | Mike Shaw         | V40 2   | Stockport Harriers             | 33:59 | 120 | Ken Burgess        | V60 1  | Altrincham And District AC     | 41:02 |
| 39  | Gary Matthews     | V45 2   | East Cheshire Harriers         | 34:10 | 121 | Peter Williams     | V50 5  | Oldham & Royton Harriers       | 41:15 |
| 40  | Paul Horrocks     | V40 3   | Unattached                     | 34:11 | 122 | Andrew Mooney      |        | Unattached                     | 41:16 |
| 41  | Nicky Archer      | L 2     | Vale Royal AC                  | 34:13 | 123 | Stephen Cresswell  | V40 14 | Unattached                     | 41:18 |
| 42  | Paul Simons       | V40 4   | Salford Harriers               | 34:28 | 124 | Yvonne McGregor    | L45 1  | Newcastle Staffs AC            | 41:21 |
| 43  | Steven Crowe      |         | Ellesmere Port RC              | 34:39 | 125 | Paul Nichols       |        | Wilmslow Running Club          | 41:23 |
| 44  | Adam Clansey      |         | Liverpool Pembroke & Sefton AC | 34:43 | 126 | Tony Lee           | V40 15 | Stockport Harriers             | 41:27 |
| 45  | Alastair Murray   |         | Horwich Rmi                    | 34:44 | 127 | Andy Farley        | V45 15 | East Cheshire Harriers         | 41:45 |
| 46  | Paul Rockliffe    |         | Trafford AC                    | 34:44 | 128 | Mark Freeman       | V40 16 | Unattached                     | 41:58 |
| 47  | Ian Selby         | V40 5   | Horwich Rmi                    | 34:45 | 129 | Pete Bland         | V60 2  | Horwich Rmi                    | 41:59 |
| 48  | Mike Robbins      | V45 3   | Wrexham AAC                    | 34:51 | 130 | Caroline Scholes   | L35 2  | Horwich R M I Harriers         | 42:06 |
| 49  | Billy Martin      |         | Salford Harriers               | 34:52 | 131 | Scott Jarvis       |        | Unattached                     | 42:08 |
| 50  | Katie Ingram      | L 3     | Horwich Rmi                    | 34:54 | 132 | Brad Ehlen         |        | Spectrum Striders              | 42:08 |
| 51  | Carl Price        | V50 1   | Swinton Running Club           | 34:58 | 133 | Tim Pocock         | V45 16 | Harrogate Harriers             | 42:27 |
| 52  | Ben Liu           |         | Newcastle Staffs AC            | 35:00 | 134 | Jamie Moseley      |        | Unattached                     | 42:29 |
| 53  | Jonathan Dabbs    |         | Manchester Tri Club            | 35:09 | 135 | Helen Winskill     | L 18   | Sheffield Hallam University    | 42:39 |
| 54  | Anthony Connolly  | JM 4    | East Cheshire Harriers         | 35:18 | 136 | Michael Dunne      | V55 3  | Sale Harriers Manchester       | 42:41 |
| 55  | Tom Bush          |         | Altrincham And District AC     | 35:22 | 137 | Andrew Dooley      | V50 6  | Styal Running Club             | 42:46 |
| 56  | Olivia Walwyn     | L 4     | City Of Norwich AC             | 35:25 | 138 | David Bunyan       | V45 17 | Hyde Village Striders          | 42:50 |
| 57  | Paul Dodsworth    |         | Warrington AC                  | 35:30 | 139 | Chris Jones        | V40 17 | Salford Metropolitan           | 42:53 |
| 58  | Phil Bolton       |         | Rossendale Harriers & AC       | 35:54 | 140 | Stuart Calderbank  | V60 3  | Northern Vets AC               | 42:54 |
| 59  | James Witter      | JM 5    | Trafford AC                    | 35:55 | 141 | Mark Mannings      | JM 8   | Oldham & Royton Harriers       | 42:56 |
| 60  | Mike Holden       | JM 6    | Tipton Harriers                | 36:11 | 142 | David Ambler       | V50 7  | Unattached                     | 42:59 |
| 61  | Tessa Walker      | L 5     | Salford Harriers               | 36:11 | 143 | Ken Dobson         | V40 18 | East Manchester Harriers & AC  | 43:04 |
| 62  | Trevor Morris     | V45 4   | Wilmslow Running Club          | 36:17 | 144 | Roger Coleman      | V45 18 | Unattached                     | 43:05 |
| 63  | Ian Pudge         |         | Rossendale Harriers            | 36:38 | 145 | Neville McGraw     | V60 4  | Glossopdale Harriers           | 43:09 |
| 64  | Kevan Garner      | V40 6   | Stockport Harriers             | 36:45 | 146 | David Holmes       |        | Unattached                     | 43:11 |
| 65  | Gavin Browne      |         | East Cheshire Harriers         | 36:46 | 147 | Karl Smith         | V40 19 | Oldham & Royton Harriers       | 43:13 |
| 66  | Michael Mannings  | JM 7    | Oldham & Royton Harriers       | 36:52 | 148 | Darren Mannings    | V40 20 | Oldham & Royton Harriers       | 43:14 |
| 67  | Steve Watmough    | V45 5   | Spectrum Striders              | 37:00 | 149 | Jonathan Morton    |        | Unattached                     | 43:25 |
| 68  | Ian Jackson       |         | Salford Harriers               | 37:09 | 150 | Neville Griffiths  | V60 5  | Spectrum Striders              | 43:26 |
| 69  | Emma Parry        | L 6     | Wrexham AAC                    | 37:14 | 151 | Lauren Marsden     | L35 3  | Swinton Running Club           | 43:27 |
| 70  | Neil Thompson     |         | Stockport Harriers             | 37:17 | 152 | Marcus Gregory     |        | East Cheshire Harriers         | 43:28 |
| 71  | Yvonne Wyke       | L40 1   | Wigan Phoenix                  | 37:19 | 153 | Carole Harrison    | L40 2  | Unattached                     | 43:34 |
| 72  | Mike Houghton     |         | Spectrum Striders              | 37:29 | 154 | Nigel Hales        | V40 21 | Unattached                     | 43:34 |
| 73  | Alan Pover        | V55 1   | Stockport Harriers             | 37:34 | 155 | Chris Gray         |        | Unattached                     | 43:42 |
| 74  | Simon Parkinson   |         | Horwich Rmi                    | 37:39 | 156 | Ian Fleming        | V50 8  | Unattached                     | 43:45 |
| 75  | Stuart Andrew     |         | Spectrum Striders              | 37:41 | 157 | Greg Houghton      | L40 3  | Hyde Village Striders          | 43:52 |
| 76  | Jenny Knass       | L 8     | Stockport Harriers             | 37:50 | 158 | Anthony Collier    | V50 9  | Styal Running Club             | 43:55 |
| 77  | Andrew McDougall  |         | Rochdale Harriers              | 37:52 | 159 | Peter Summerscales | V40 22 | Rothwell Harriers              | 44:02 |
| 78  | Colin Martin      | V50 2   | Spectrum Striders              | 38:07 | 160 | Linda Rix          | L40 4  | Unattached                     | 44:05 |
| 79  | Colin Hammond     | V40 7   | Unattached                     | 38:08 | 161 | Mark Hudson        |        | Manchester Harriers            | 44:06 |
| 80  | David Livingstone |         | Altrincham And District AC     | 38:14 | 162 | Stephen Beardmore  | V45 19 | Unattached                     | 44:07 |
| 81  | Gary Willcock     | V45 6   | Manchester Ymca Harriers       | 38:18 | 163 | Barry Chambers     | V55 4  | Vale Royal AC                  | 44:07 |
| 82  | Claire Davies     | L 9     | Spectrum Striders              | 38:18 | 164 | Calum Fiddes       | V40 23 | Unattached                     | 44:19 |

Photos available online- see link at <http://www.flickr.com/photos/24381781@N07/>

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 Internet: <http://www.race-results.co.uk> -- full results will be available for downloading tonight

|     |                     |        |                                |       |     |                     |        |                           |         |
|-----|---------------------|--------|--------------------------------|-------|-----|---------------------|--------|---------------------------|---------|
| 165 | Damian Preston      |        | Unattached                     | 44:19 | 253 | Ruth Shaw           | L 40   | Manchester Harriers       | 51:04   |
| 166 | Gareth Burrell      | JM 9   | Halifax Harriers               | 44:20 | 254 | Andrew Stein        | V40 36 | Unattached                | 51:11   |
| 167 | Jong Albert De      | V40 24 | Spectrum Striders              | 44:24 | 255 | Ian Thomas          | V55 8  | Swinton Running Club      | 51:11   |
| 168 | John Adams          | V45 20 | Unattached                     | 44:25 | 256 | Paul Battersby      | V50 20 | Unattached                | 51:15   |
| 169 | Helen Garner        | L35 4  | Stockport Harriers             | 44:26 | 257 | Sara Bott           | L40 11 | Oldham & Royton Harriers  | 51:24   |
| 170 | Sally Howarth       | L40 5  | Trafford AC                    | 44:27 | 258 | Julie Savage        | L45 3  | Unattached                | 51:36   |
| 171 | Mark Webb           |        | Unattached                     | 44:28 | 259 | Nigel Hennerley     | V45 31 | Unattached                | 51:37   |
| 172 | Orys Seniuk         | V50 10 | Unattached                     | 44:31 | 260 | Stephen McGovern    |        | Unattached                | 51:39   |
| 173 | Carol Stynes        | L35 5  | Spectrum Striders              | 44:31 | 261 | David Swarbrick     | V40 37 | Unattached                | 51:46   |
| 174 | Barry Thompson      | V50 11 | Stockport Harriers             | 44:34 | 262 | Kathryn Patrick     | L40 12 | Unattached                | 51:46   |
| 175 | Dion Leonard        |        | Unattached                     | 45:03 | 263 | Anna Vaughan        | L 44   | Durham City Harriers & AC | 51:49   |
| 176 | Joanne Healy        | L 26   | Dragons Running Club           | 45:11 | 264 | Chris Burrell       | V45 32 | Halifax Harriers          | 52:01   |
| 177 | David Aspinall      |        | Styal Running Club             | 45:12 | 265 | David Newton        | V45 33 | Unattached                | 52:02   |
| 178 | Steve Coote         | V45 21 | Vegetarian C&ac                | 45:19 | 266 | Eloise Whitmore     | L 45   | Unattached                | 52:08   |
| 179 | Neil Jones          |        | Unattached                     | 45:24 | 267 | Cat Dodswoth        | L35 6  | Dragons Running Club      | 52:09   |
| 180 | Mike Cutler         | V50 12 | South Cheshire Harriers        | 45:28 | 268 | John O'Donnell      | V40 38 | Unattached                | 52:12   |
| 181 | Matthew Gerken      |        | Unattached                     | 45:33 | 269 | James Herron        | V55 9  | Stockport Harriers        | 52:18   |
| 182 | Jonathan Clarke     | V40 25 | Styal Running Club             | 45:39 | 270 | Matthew Hussey      |        | Unattached                | 52:19   |
| 183 | Nick Middleton      |        | Unattached                     | 45:39 | 271 | Kasia Czaplinska    | L 47   | Unattached                | 52:23   |
| 184 | Charles Lowthian    | V50 13 | Styal Running Club             | 45:41 | 272 | Lee Cook            | V40 39 | Unattached                | 52:23   |
| 185 | Ben Jones           |        | Unattached                     | 45:42 | 273 | Michael Hughes      | V55 10 | Sale Harriers Manchester  | 52:24   |
| 186 | Andrew Willcox      |        | Unattached                     | 45:43 | 274 | Carl Wilson         | V45 34 | Unattached                | 52:28   |
| 187 | Liz Turton          | L50 1  | Stockport Harriers             | 45:46 | 275 | Paul Goddard        | V50 21 | Chorlton Runners          | 52:37   |
| 188 | William Gibson      |        | Unattached                     | 45:49 | 276 | Phillip White       | V40 40 | Unattached                | 52:43   |
| 189 | Alison Pye          | L 28   | Sale Harriers Manchester       | 45:53 | 277 | Taylor-Summerscales | L35 7  | Rothwell Harriers         | 52:43   |
| 190 | Des Miles           | V40 26 | Unattached                     | 45:58 | 278 | Linda Edmondson     | L45 4  | Wrekin Road Runners       | 52:45   |
| 191 | Gerry Rogers        | V50 14 | Styal Running Club             | 46:09 | 279 | Susan Gregory       | L50 2  | Unattached                | 52:45   |
| 192 | Mark Crowley        | V45 22 | Astley & Tylesley Road Runners | 46:10 | 280 | Joanne White        | L35 8  | Unattached                | 52:47   |
| 193 | James Fairfield     |        | East Cheshire Harriers         | 46:23 | 281 | Sarah Burgess       | L 52   | Unattached                | 52:47   |
| 194 | Sean Salinger       |        | Unattached                     | 46:26 | 282 | Ernest Karatysz     |        | Unattached                | 52:49   |
| 195 | Mark Hughes         | V40 27 | Unattached                     | 46:35 | 283 | Richard Sealby      |        | Unattached                | 52:53   |
| 196 | Ben Morris          |        | Unattached                     | 46:44 | 284 | Julie Crawley       | L35 9  | Winston Runners           | 52:55   |
| 197 | Richard Mallaber    |        | Unattached                     | 46:46 | 285 | Martin Bell         |        | Unattached                | 52:55   |
| 198 | Robert Frames       | V45 23 | Unattached                     | 46:46 | 286 | Kate Saville        | L35 10 | Unattached                | 52:57   |
| 199 | Tony Walmsley       | V40 28 | Unattached                     | 46:52 | 287 | Sarah Bardsley      | L35 11 | Unattached                | 53:04   |
| 200 | John Pickup         | V45 24 | Swinton Running Club           | 46:55 | 288 | Louise Weller       | L40 13 | Styal Running Club        | 53:14   |
| 201 | Andy Whitehead      | V45 25 | Spectrum Striders              | 47:00 | 289 | Brian Higgins       | V55 11 | Styal Running Club        | 53:16   |
| 202 | Alan Bennett        | V45 26 | Unattached                     | 47:15 | 290 | Simon Pearson       |        | Unattached                | 53:21   |
| 203 | Nick Dowling        |        | Unattached                     | 47:16 | 291 | Nick Lowry          |        | Unattached                | 53:24   |
| 204 | Graham Scholes      | V45 27 | Unattached                     | 47:20 | 292 | Richard Ellis       |        | Unattached                | 53:26   |
| 205 | Alexander Napier    |        | Unattached                     | 47:26 | 293 | Peter Young         | V40 41 | Unattached                | 53:30   |
| 206 | Richard Porter      | V40 29 | Unattached                     | 47:29 | 294 | Andrew Hartley      |        | Unattached                | 53:34   |
| 207 | Craig Ellis         |        | Unattached                     | 47:33 | 295 | Stephen Hepples     |        | Newham & Essex Beagles    | 53:54   |
| 208 | Mark Lightfoot      |        | Unattached                     | 47:34 | 296 | Hayley Goddard      | LJ 3   | Chorlton Runners          | 54:02   |
| 209 | Brian Mason         | V60 6  | Winston Runners                | 47:36 | 297 | Paul Gandy          | V50 22 | Sale Harriers Manchester  | 54:06   |
| 210 | Robert Buckley      | V65 1  | Altrincham And District AC     | 47:44 | 298 | Stephen Allen       |        | Unattached                | 54:08   |
| 211 | Lucja Leonard       | L 29   | Unattached                     | 47:45 | 299 | Michael Kearney     | V70 1  | Unattached                | 54:10   |
| 212 | Julie Fairclough    | L40 6  | Stockport Harriers             | 47:50 | 300 | Kathryn Smith       | L50 3  | Unattached                | 54:11   |
| 213 | Nick Evans          |        | Unattached                     | 48:00 | 301 | Ian Barker          |        | Unattached                | 54:26   |
| 214 | Mike Simms          | V40 30 | Unattached                     | 48:11 | 302 | Jane Abbott         | L45 5  | Unattached                | 54:35   |
| 215 | Laura Sykes         | L 31   | Unattached                     | 48:22 | 303 | Sue Goddard         | L50 4  | Chorlton Runners          | 54:44   |
| 216 | David Turton        | V50 15 | Stockport Harriers             | 48:24 | 304 | Lisa Nichols        | L35 12 | Unattached                | 55:07   |
| 217 | Carl Balshaw        |        | Horwich Rmi                    | 48:28 | 305 | Mike Gibson         | V45 35 | Unattached                | 55:33   |
| 218 | Hilary Himswoth     | L45 2  | Unattached                     | 48:29 | 306 | Sandra Wright       | L40 14 | Trafford AC               | 55:33   |
| 219 | Shane Wheatley      |        | East Cheshire Harriers         | 48:44 | 307 | Sue Smith           | V45 36 | Unattached                | 55:37   |
| 220 | Alan Turner         | V40 31 | Unattached                     | 48:44 | 308 | Carol Kenhean       | L40 15 | Unattached                | 55:37   |
| 221 | Gary Thomas         | V40 32 | Unattached                     | 48:46 | 309 | Aileen Davidson     | L 64   | Unattached                | 55:38   |
| 222 | Mark Molloy         | V40 33 | Warrington Road Runners        | 48:46 | 310 | Wendy Reddington    | L40 16 | Unattached                | 55:39   |
| 223 | John Henebery       | V50 16 | Unattached                     | 48:53 | 311 | Tara Cook           | L35 13 | Unattached                | 55:41   |
| 224 | Victoria Buckley    | L40 7  | Stockport Harriers             | 48:56 | 312 | Jane Hughes         | L40 17 | Unattached                | 55:44   |
| 225 | Kevin McLoughlin    | V40 34 | Unattached                     | 49:03 | 313 | Charlie Pearson     |        | Styal Running Club        | 55:48   |
| 226 | Ian Griffiths       |        | Unattached                     | 49:04 | 314 | Sarah Jones         | L 68   | Dragons Running Club      | 56:19   |
| 227 | Nicholas Cunningham |        | Unattached                     | 49:12 | 315 | Helen Russell       | L35 14 | Unattached                | 56:32   |
| 228 | Geoffrey Knowles    | V45 28 | Bolton United Harriers         | 49:17 | 316 | June Sinnott        | L45 6  | Northern Vets AC          | 56:32   |
| 229 | Laura Johnston      | LJ 2   | Rossendale Harriers            | 49:20 | 317 | Paul Hallsworth     | V45 37 | Unattached                | 56:53   |
| 230 | Russell Smith       |        | Unattached                     | 49:20 | 318 | Sharon Black        | L 71   | Bj's Jogging Club         | 57:04   |
| 231 | Anthony McGowan     |        | Unattached                     | 49:22 | 319 | Judith Checkley     | L50 5  | Dragons Running Club      | 57:08   |
| 232 | Steve Swain         | V45 29 | Unattached                     | 49:22 | 320 | Elaine Helme        | L35 15 | Unattached                | 57:16   |
| 233 | Jenny Clink         | L 35   | Sale Harriers Manchester       | 49:26 | 321 | Janet Jones         | L50 6  | Unattached                | 57:29   |
| 234 | Kieran Hynes        |        | Unattached                     | 49:36 | 322 | Chris Byrom         | V65 2  | East Cheshire Harriers    | 57:43   |
| 235 | Christopher Povey   |        | Unattached                     | 49:36 | 323 | Trevor Savage       | V50 23 | Unattached                | 58:23   |
| 236 | David Furey         |        | Belle Vue Racers               | 49:52 | 324 | Vanessa Flynn       | L 75   | Unattached                | 58:30   |
| 237 | Rick Capey          |        | Unattached                     | 49:53 | 325 | Don George          | V70 2  | Sale Harriers Manchester  | 58:45   |
| 238 | Susan Allcock       | L40 8  | Unattached                     | 49:56 | 326 | Louise Hadcroft     | L 76   | Uknetrunner.co.uk         | 58:46   |
| 239 | David Hancock       | V55 5  | Macclesfield Harriers          | 49:59 | 327 | Claire Blanthorn    | L 77   | Belle Vue Racers          | 58:46   |
| 240 | Breeshey Wood       | L40 9  | Stockport Harriers             | 50:06 | 328 | Tracy Howarth       | L35 16 | Running Women             | 58:46   |
| 241 | Victoria Marshall   | L 38   | Manchester Harriers            | 50:14 | 329 | Deborah Beresford   | L40 18 | Manchester Harriers       | 59:05   |
| 242 | Andy Hampson        |        | Unattached                     | 50:15 | 330 | Karen Scott         | L40 19 | Manchester Harriers       | 59:05   |
| 243 | John Small          | V50 17 | Unattached                     | 50:19 | 331 | Alison Gough        | L45 7  | Unattached                | 59:33   |
| 244 | Andrew Smith        |        | Unattached                     | 50:24 | 332 | Jackie Kilcourse    | L35 17 | Unattached                | 59:36   |
| 245 | Charles Pratley     | V45 30 | Unattached                     | 50:30 | 333 | Lucy McGill         | L 83   | Dragons Running Club      | 59:36   |
| 246 | Peter Bedford       | V55 6  | Dragons Running Club           | 50:36 | 334 | Elizabeth Bosworth  | L 84   | Unattached                | 59:43   |
| 247 | Mike Hurst          | V40 35 | Unattached                     | 50:41 | 335 | Elizabeth Evens     | L 85   | Unattached                | 59:53   |
| 248 | John Smith          | V50 18 | Sale Harriers Manchester       | 50:46 | 336 | Linda Nuamah        | L35 18 | Unattached                | 59:55   |
| 249 | Colin Mitchell      |        | Unattached                     | 50:48 | 337 | Fiona Simpson       | L 87   | Unattached                | 59:56   |
| 250 | Alan Tranter        | V55 7  | Unattached                     | 51:00 | 338 | Andrew Kevan        | V40 42 | Unattached                | 1:00:00 |
| 251 | Nicola Greenhalgh   | L40 10 | Parbold Pink Panthers          | 51:03 | 339 | John Wolstenholme   | V65 3  | Dragons Running Club      | 1:00:08 |
| 252 | Michael Farrelly    | V50 19 | Winston Runners                | 51:03 | 340 | Gloria Norton       | L45 8  | Unattached                | 1:00:56 |

**Photos available online- see link at <http://www.flickr.com/photos/24381781@N07/>**

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|     |                 |        |                            |         |     |                    |        |                    |         |
|-----|-----------------|--------|----------------------------|---------|-----|--------------------|--------|--------------------|---------|
| 341 | Andrew Atkinson | V45 38 | Unattached                 | 1:01:00 | 358 | Michael Dwyer      | V45 39 | Unattached         | 1:04:50 |
| 342 | Dave Jones      | V40 43 | Ukrrc                      | 1:01:14 | 359 | Martin Crossley    |        | Unattached         | 1:04:58 |
| 343 | Sarah Manning   | L 89   | Ukrrc                      | 1:01:14 | 360 | Carol Connor       | L55 2  | Winston Runners    | 1:05:22 |
| 344 | Sarah Hampson   | L40 20 | Belle Vue Racers           | 1:01:25 | 361 | Janina Charnock    | L 101  | Unattached         | 1:05:27 |
| 345 | Teresa Newman   | L45 9  | Unattached                 | 1:01:39 | 362 | Rachel Moseley     | L 102  | Unattached         | 1:05:42 |
| 346 | Laura Harris    | L35 19 | Unattached                 | 1:02:11 | 363 | Stephen Garner     |        | Unattached         | 1:06:24 |
| 347 | Mark Hadfield   | L40 21 | Unattached                 | 1:02:11 | 364 | Stephanie Bennett  | LJ 4   | Unattached         | 1:07:05 |
| 348 | Joanne Lafferty | L 94   | Unattached                 | 1:02:28 | 365 | Tracey Ball        | L45 11 | Unattached         | 1:07:50 |
| 349 | Clive Wilkins   |        | Altrincham And District AC | 1:02:29 | 366 | Lisa Burgoyne      | L35 20 | Unattached         | 1:07:50 |
| 350 | Steve Parry     |        | Dragons Running Club       | 1:02:43 | 367 | Peta Walsh         | L45 12 | Stockport Harriers | 1:08:11 |
| 351 | Dennis Yarwood  | V40 44 | Unattached                 | 1:02:48 | 368 | Alison Livingstone | L35 21 | Unattached         | 1:09:32 |
| 352 | Fiona Knight    | L40 22 | Unattached                 | 1:03:13 | 369 | Loo Sunna Van      | L 108  | Unattached         | 1:10:59 |
| 353 | Peter Baugh     | V65 4  | Unattached                 | 1:03:50 | 370 | Mark Ayrton        |        | Unattached         | 1:10:59 |
| 354 | Kerry Penfold   | L45 10 | Unattached                 | 1:04:06 | 371 | Anne Sumbland      | L40 24 | Unattached         | 1:19:05 |
| 355 | Marion Lester   | L50 7  | Unattached                 | 1:04:06 | 372 | Jeanette Dwyer     | L40 25 | Unattached         | 1:19:06 |
| 356 | Linda Black     | L55 1  | Bj's Jogging Club          | 1:04:25 |     |                    |        |                    |         |
| 357 | Jackie Gooden   | L40 23 | Unattached                 | 1:04:38 |     |                    |        |                    |         |

### Trafford 10k - Men — TEAM RESULTS

**NOTE: Unattached and non-counters are DELETED before teams are calculated**

|    |                            |       |    |                   |     |                  |     |                   |
|----|----------------------------|-------|----|-------------------|-----|------------------|-----|-------------------|
| 1  | Belgrave Harriers          | 7 —   | 1  | Neil Speaight     | 2   | Mark Miles       | 4   | Simon Jones       |
| 2  | Coventry Godiva Harriers   | 41 —  | 8  | Matt Lole         | 10  | Benjamin Jones   | 23  | Ryan Kenny        |
| 3  | Leeds City                 | 49 —  | 11 | Chris Birchall    | 17  | Mike Burrett     | 21  | Aidan Adams       |
| 4  | Salford Harriers           | 102 — | 33 | Matt Shaw         | 34  | Simon Bruton     | 35  | David Lockett     |
| 5  | Horwich Rmi                | 110 — | 24 | Gary Priestley    | 42  | Alastair Murray  | 44  | Ian Selby         |
| 6  | Rossendale Harriers        | 111 — | 25 | Jonathan Ferguson | 29  | Andrew Buttery   | 57  | Ian Pudge         |
| 7  | Trafford AC                | 115 — | 18 | Darren Talbot     | 43  | Paul Rockcliffe  | 54  | James Witter      |
| 8  | Altrincham And District AC | 133 — | 12 | Ian Fisher        | 51  | Tom Bush         | 70  | David Livingstone |
| 9  | East Cheshire Harriers     | 147 — | 38 | Gary Matthews     | 50  | Anthony Connally | 59  | Gavin Browne      |
| 10 | Stockport Harriers         | 158 — | 37 | Mike Shaw         | 58  | Kevan Garner     | 63  | Neil Thompson     |
| 11 | Sale Harriers Manchester   | 186 — | 9  | Glen Comish       | 86  | Timothy Rainey   | 91  | John Battersby    |
| 12 | Spectrum Striders          | 192 — | 61 | Steve Watmough    | 64  | Mike Houghton    | 67  | Stuart Andrew     |
| 13 | Swinton Running Club       | 250 — | 47 | Carl Price        | 75  | Chris Lomax      | 128 | John Pickup       |
| 14 | Oldham & Royton Harriers   | 260 — | 60 | Michael Mannings  | 94  | Peter Williams   | 106 | Mark Mannings     |
| 15 | Vale Royal AC              | 277 — | 73 | Peter Clayton     | 88  | John Carroll     | 116 | Barry Chambers    |
| 16 | Styal Running Club         | 300 — | 85 | Andrew Wilson     | 102 | Andrew Dooley    | 113 | Anthony Collier   |
| 17 | Dragons Running Club       | 373 — | 81 | Paul Watson       | 139 | Peter Bedford    | 153 | John Wolstenholme |

### Trafford 10k - Ladies — TEAM RESULTS

**NOTE: Unattached and non-counters are DELETED before teams are calculated**

|   |                          |       |    |                   |    |                |    |                   |
|---|--------------------------|-------|----|-------------------|----|----------------|----|-------------------|
| 1 | Stockport Harriers       | 41 —  | 8  | Jenny Knass       | 12 | Sarah Lomas    | 21 | Helen Garner      |
| 2 | Spectrum Striders        | 47 —  | 9  | Claire Davies     | 15 | Caroline Jones | 23 | Carol Stynes      |
| 3 | Sale Harriers Manchester | 70 —  | 14 | Siobhan Smith     | 26 | Alison Pye     | 30 | Jenny Clink       |
| 4 | Dragons Running Club     | 106 — | 24 | Joanne Healy      | 37 | Cat Dodsworth  | 45 | Sarah Jones       |
| 5 | Manchester Harriers      | 118 — | 32 | Victoria Marshall | 34 | Ruth Shaw      | 52 | Deborah Beresford |

**Photos available online- see link at <http://www.flickr.com/photos/24381781@N07/>**

**Results Service by G.J. Fecitt (SportSoft) Tel & Fax 01204 884887, Email: [graham@race-results.co.uk](mailto:graham@race-results.co.uk)**  
**Internet: <http://www.race-results.co.uk> -- full results will be available for downloading tonight**