

The Trafford 10k Road Race at Partington on Sunday 15th March 2009

Trafford 10k — FINAL RESULTS

Pos	Name	Cat/Pos	Club	Time
1	Mark Miles		Belgrave Harriers	29:25
2	Andi Jones		Salford Harriers	29:41
3	Jonathan Wills		Bristol And West	29:50
4	Ian Boneham		Notts AC	29:56
5	Alan Buckley		Leeds City Athletic Club	30:10
6	Jermaine Mays		Kent AC	30:20
7	Kevin Skinner		Newham & Essex Beagles	30:21
8	Carl Hardman		Salford Harriers	30:24
9	Chris Parr		Gateshead Harriers & Ac	30:44
10	Matthew Watson		Bingley Harriers & Ac	30:45
11	Scott Sterling		Newham & Essex Beagles	30:49
12	Jon Pepper		Enfield & Haringey AC	30:51
13	Andy Norman		Altrincham & District AC	30:53
14	Philip Hoole		Rotherham Harriers & Ac	30:55
15	Richard Weir		Derby Ac	30:58
16	Chris Sampson		Morpeth Harriers & Ac	31:02
17	Craig Gundersen	JM 1	Liverpool Harriers & Ac	31:05
18	Sam Perkins		Ranelagh Harriers	31:10
19	James Smith		Leeds City Athletic Club	31:24
20	James McMullan		Thames Hare And Hounds	31:25
21	Chris Birchall		Leeds City Athletic Club	31:29
22	Dave Norman		Altrincham & District AC	31:46
23	Kevin Loundes		Manx Harriers	31:49
24	Anthony Valentine		Bolton United Harriers & Ac	31:51
25	Patrick Hamilton		Annadale Striders	31:51
26	Martin Hilton		Leeds City Athletic Club	31:56
27	Damian Nicholl		Wilmslow Running Club	31:56
28	Stuart Robinson		Blackpool Wytre & Fylde	31:57
29	Mike Burrett		Leeds City Athletic Club	31:58
30	Tim Egerton		Trafford Athletic Club	32:00
31	Joseph Bailey		Salford Harriers	32:02
32	Adam Osborne		Leeds City Athletic Club	32:06
33	Nick Swinburn		Morpeth Harriers & Ac	32:10
34	Luke Reddy		Liverpool Harriers & Ac	32:16
35	Rob Keal		Notts AC	32:25
36	Darren Talbot		Trafford Athletic Club	32:29
37	Carl Goose		City Of Norwich AC	32:32
38	David Swinburne		Morpeth Harriers & Ac	32:36
39	Alex Pilcher		Derby Ac	32:40
40	Martin Sanders		Leeds City Athletic Club	32:42
41	Phil Melling		Wootton RR	32:43
42	Michelle Ross-Cope	L35 1	City Of Stoke AC	32:45
43	Elliott Cole		Leeds City Athletic Club	32:50
44	Kristopher Lecher	JM 2	Kingston Upon Hull A C	32:50
45	Ben Riddell		Salford Harriers	32:55
46	Simon Marwood		Altrincham & District AC	33:04
47	Paul Backhouse		E Cheshire H & Tameside Ac	33:12
48	Alastair Murray		Horwich R M I Harriers	33:14
49	Robert Hughes		Salford Harriers	33:18
50	Rob Downs	V45 1	Wilmslow Running Club	33:19
51	Jamie Loxam		Stockport Harriers & Ac	33:21
52	Gavin Tomlinson		Vale Royal Ac	33:27
53	Rebecca Robinson	L 2	Kendal Amateur Athletic Club	33:28
54	Guy Heyes		Horwich R M I Harriers	33:37
55	Thomas McKee		Kingston Upon Hull A C	33:38
56	Simon McKeivitt	V35 1	Liverpool Harriers & Ac	33:45
57	Gemma Turtle	L 3	Shaftesbury Barnet Harriers	33:47
58	Michael Tarpey		Herts Phoenix AC	33:51
59	Mike Halman		Wilmslow Running Club	33:55
60	David Lockett	V40 1	Salford Harriers	34:05
61	Katie Ingram	L 4	Horwich R M I Harriers	34:07
62	Ben Harrison		Morpeth Harriers & Ac	34:11
63	Paul Millward	V45 2	Staffordshire Moorlands	34:13
64	Justina Heslop	L 5	Clapham Chasers	34:22
65	Stuart Parrott	V45 3	Wilmslow Running Club	34:27
66	Darren Gray		Manx Harriers	34:46
67	Michael Mannings		Oldham & Royton H & Ac	34:51
68	Olivia Walwyn	L 6	City Of Norwich AC	34:55
69	Christian Varley		Manx Harriers	34:59
70	Tom Annable	V40 2	Vale Royal Ac	35:07
71	Phil Townsend	V45 4	Leeds City Athletic Club	35:08
72	Martin Fuller	V35 2	Hallamshire Harriers Sheffield	35:14
73	Paul Rockliffe		Trafford Athletic Club	35:15
74	Trevor Morris	V45 5	Wilmslow Running Club	35:24
75	Simon Grundy	V40 3	E Cheshire H & Tameside Ac	35:28
76	Tessa Walker	L 7	Salford Harriers	35:30
77	Nick Burke	V40 4	Altrincham & District AC	35:34
78	Andy Kay		Salford Harriers	35:46
79	Andrew Neary	V35 3	Horwich R M I Harriers	35:47
80	Adam Clansay		Liverpool Pembroke & Sefton H	35:51
81	Tony Clarke		Liverpool Harriers & Ac	35:57
82	Andy Fox	V45 6	Manx Harriers	35:59
83	Kevin Jowett	V35 4	E Cheshire H & Tameside Ac	35:59
84	Dewi Roberts	V40 5	Abergele Harriers	36:05
85	Paul Dalton	V40 6	E Cheshire H & Tameside Ac	36:05
86	Nicola Geddes	L 8	Scunthorpe & District Ac	36:09
87	Nicola Bamford	L 9	Notts AC	36:12
88	Matthew Merson		E Cheshire H & Tameside Ac	36:16
89	Colin Martin	V50 1	Spectrum Striders	36:23
90	Karl Ward	V35 5	Horwich R M I Harriers	36:24
91	David Collins	V45 7	Wigan Phoenix	36:27
92	Candice Taylor	L 10	Clayton Le Moors Harriers	36:30
93	Paul Hicken		Warrington Athletic Club	36:34
94	Claire Andrew	L 11	Spectrum Striders	36:39
95	Graham Marsland	V40 7	Stockport Harriers & Ac	36:39
96	Gareth Roberts	V40 8	Abergele Harriers	36:41
97	Mike Houghton	V35 6	Spectrum Striders	36:47
98	Darren Cottier	V35 7	Vale Royal Ac	36:49
99	Dave Ainsworth	V45 8	Altrincham & District AC	36:50
100	Paul Galgey		Liverpool Harriers & Ac	36:51
101	Kirsteen Young	L 12	Leeds City Athletic Club	36:53
102	Ian Hope	V40 9	Totley AC	36:55
103	Lisa Heyes	L35 2	Horwich R M I Harriers	36:57
104	Alan Pover	V60 1	Stockport Harriers & Ac	36:57
105	Simon Jeffs		Unattached	36:57
106	Gemma Unsworth	L 14	Blackpool Wytre & Fylde	36:58
107	Gemma Connolly	L 15	St Helens Sutton Ac	37:10
108	Gary Clarke	V35 8	Unattached	37:24
109	Dan Sate		Manchester Tri Club	37:25
110	Jenna Hill	L 16	Sale Harriers Manchester	37:26
111	Neil Bradshaw		E Cheshire H & Tameside Ac	37:39
112	Stuart Andrew	V35 9	Spectrum Striders	37:43
113	Raphael Murray	V55 1	Macclesfield Harriers & Ac	37:48
114	Stephen Martin	V45 9	Spectrum Striders	37:52
115	Simon Fox	V40 10	Wirral Ac	37:58
116	Francis Day	V55 2	E Cheshire H & Tameside Ac	37:58
117	Simon Wright	V50 2	Wigan Phoenix	38:08
118	Dominic Scott	JM 3	Altrincham & District AC	38:09
119	Stuart Heaton		E Cheshire H & Tameside Ac	38:11
120	Andrew Mooney		Sale Harriers Manchester	38:13
121	Phil Jacques	V40 11	E Cheshire H & Tameside Ac	38:19
122	Kirsty Longley	L 17	Liverpool Pembroke & Sefton H	38:20
123	David Telford	V60 2	Altrincham & District AC	38:28
124	Craig Sephton	V35 10	Unattached	38:30
125	Tom Armstrong		Unattached	38:31
126	Mervyn Ward	V50 3	Warrington Athletic Club	38:31
127	James Hart		Salford Metropolitan Ac	38:42
128	Alex Miller		Unattached	38:44
129	Dale Daniels	JM 4	Salford Harriers	38:48
130	Stephen Robinson	V45 10	E Cheshire H & Tameside Ac	38:49
131	Sean Cordell	V40 12	Salford Harriers	38:50
132	Phil West	V35 11	Salford Harriers	38:52
133	Leanne Sheehy	LJ 1	Leigh Harriers & Ac	38:54
134	Kevin Scarborough		Stockport Harriers & Ac	38:58
135	Graham Harrison	V45 11	Altrincham & District AC	38:58
136	David Prudence	V40 13	Unattached	39:00
137	Jayne Taylor	L45 1	Wigan Phoenix	39:01
138	Tony Hulme	V60 3	Wilmslow Running Club	39:02
139	Roberto Raso	V45 12	Manchester Frontrunners	39:03
140	Paul Kay	V55 3	Spectrum Striders	39:04
141	Mark Roper		Unattached	39:25
142	Gary Knight	V35 12	Unattached	39:29
143	Simon Kaines		Unattached	39:29
144	Philip Leigh	V35 13	Unattached	39:31
145	Maria Celia De	L 20	Leeds City Athletic Club	39:36
146	Tom Higson		Unattached	39:41
147	Roy Woodland	V50 4	Unattached	39:48
148	Shaun Jackson	V35 14	Altrincham & District AC	39:57
149	Matthew Taylor	JM 5	Manx Harriers	40:01
150	Peter White	V55 4	Salford Harriers	40:06
151	Ken Burgess	V65 1	Altrincham & District AC	40:10
152	Leon Richards	V40 14	Unattached	40:12
153	Georges Rouillon	JM 6	Spectrum Striders	40:12
154	Michael Smith	JM 7	Oldham & Royton H & Ac	40:14
155	David Haines	V40 15	Vale Royal Ac	40:20
156	Simon Smith	V40 16	Oldham & Royton H & Ac	40:25
157	James Phillips		Unattached	40:34
158	Paul Kenny	V45 13	E Cheshire H & Tameside Ac	40:36
159	Duncan Worth	V45 14	Swinton Running Club	40:41
160	Tim Towler	V45 15	Valley Striders	40:43
161	Gareth Simpson	V35 15	E Cheshire H & Tameside Ac	40:52
162	Andrew Rink	V40 17	Unattached	40:53
163	James Burnstone		Unattached	40:53
164	Philip Earlam	V35 16	Unattached	40:55
165	Nabilah Salihi	L 21	Spectrum Striders	40:57
166	Rob Holmes	V40 18	Unattached	40:58

167	Thomas Fletcher		Unattached	40:59	258	Andrew Brewer	V45 24	Stainland Lions RR	46:13
168	Antony Golding		Unattached	41:00	259	Alistair Mullen	V40 31	Oldham & Royton H & Ac	46:17
169	Simon Stead	V40 19	Unattached	41:03	260	Edward Jackson	V40 32	Unattached	46:20
170	Will Hardman		Unattached	41:05	261	Emily Hughes	L 36	Oldham & Royton H & Ac	46:25
171	Lauren Davies	L 22	Sale Harriers Manchester	41:07	262	Roger Rawlinson	V45 25	Unattached	46:27
172	Lorraine Naylor	L35 3	Stainland Lions RR	41:14	263	Richard Horwood		Sale Harriers Manchester	46:28
173	Andrew Wilson		Unattached	41:17	264	Claire Swarbrick	L 37	Unattached	46:31
174	Mandy Harrison	L35 4	Helsby RC	41:20	265	Simon Boulton	V55 9	Wirral Ac	46:32
175	David Lever	V40 20	Spectrum Striders	41:24	266	Gary Marsden		Unattached	46:32
176	Chris Brierley	V50 5	Unattached	41:27	267	Dennis Moran	V60 6	Salford Harriers	46:37
177	Richard Pavvey		Altrincham & District AC	41:38	268	Linda Rix	L45 4	Manchester Frontrunners	46:37
178	Richard Veni		Unattached	41:42	269	Aeronwy Towey	L 39	Unattached	46:39
179	Tristan Pocock	V35 17	Dragons Sports	41:43	270	Mike Preece		Unattached	46:49
180	Stephen Cresswell	V40 21	Unattached	41:55	271	MKimpton-Smith	V40 33	Manchester Tri Club	46:51
181	Gavin Miller		Unattached	41:57	272	Rachael Nevins	L40 5	Valley Striders	46:53
182	Chris Hampson	V35 18	Warrington Road Runners	42:06	273	Martin Lucas	V45 26	Unattached	46:58
183	Mark Freeman	V40 22	Unattached	42:12	274	Paul McErlean		Unattached	47:03
184	Ally Briscoe	L40 1	Unattached	42:13	275	Catriona Marshall	L40 6	Wilmslow Running Club	47:04
185	James Byers	JM 8	Trafford Athletic Club	42:20	276	Stuart Barnes	V40 34	Dragons Sports	47:05
186	Marian Martin	L50 1	Spectrum Striders	42:22	277	Howard Whitby	V55 10	Unattached	47:06
187	Peter Stuart-Jones	V40 23	Unattached	42:32	278	Tim Corless		Unattached	47:09
188	Michael Dobbyn		Unattached	42:34	279	Dan Holland	V35 27	Unattached	47:11
189	Peter Williams	V50 6	Oldham & Royton H & Ac	42:46	280	Paul Thomson	V55 11	Sale Harriers Manchester	47:11
190	Mark Prince		Unattached	42:51	281	John Small	V50 13	Unattached	47:21
191	Graham Driver	V40 24	Spectrum Striders	42:52	282	Martin Hall	V45 27	Warrington Road Runners	47:22
192	David Pilbury		Unattached	42:57	283	Karl Jackson	V40 35	Unattached	47:24
193	Phillip Williams		Unattached	43:02	284	Michael Kendrick	V55 12	East Manchester	47:24
194	Mark Davies		St Helens Sutton Ac	43:11	285	Grace Fraser	L 42	Unattached	47:24
195	John Suddes	V45 16	Unattached	43:20	286	Craig Partridge	V40 36	Altrincham & District AC	47:25
196	Adam Rycroft		Unattached	43:25	287	Peter Jeffs	V55 13	Unattached	47:28
197	Dave Thompson	V55 5	Unattached	43:26	288	Sean Vickers		Unattached	47:37
198	Nick Dowling	V35 19	Unattached	43:27	289	David Chapman	V35 28	Unattached	47:38
199	Tom Daniels	V60 4	Salford Harriers	43:30	290	Paul Maybury	V40 37	Unattached	47:53
200	Sarah Aylmer	L45 2	Stockport Harriers & Ac	43:31	291	Andrew Marson	V40 38	Unattached	47:54
201	Aled Roberts		Unattached	43:32	292	Simeon Farrington		Unattached	47:54
202	Sam Kilby		Unattached	43:35	293	Rosemary Rogers	L55 1	Bs Deestridders	47:57
203	Darren Mannings	V40 25	Oldham & Royton H & Ac	43:40	294	Nigel Hennerley	V45 28	Unattached	47:58
204	Jonathan Hyde		Unattached	43:41	295	Russell Smith	V35 29	Unattached	48:10
205	Tim Morgan	V35 20	Unattached	43:42	296	Miras Eskander		Unattached	48:17
206	Simon Jackson	V35 21	Unattached	43:42	297	Catherine Butler	L 44	Unattached	48:18
207	Thomas Screen		Unattached	43:45	298	Jodie Tinker	L 45	Oldham & Royton H & Ac	48:18
208	Anthony Dickens	V45 17	Unattached	43:52	299	John-Paul Stokes		Unattached	48:20
209	Andrew Dooley	V50 7	Styal Running Club	43:54	300	Helen Todd	L50 2	Stockport Harriers & Ac	48:25
210	Ian McConkey	V40 26	Unattached	43:56	301	Nigel Lord	V40 39	Unattached	48:27
211	Robert Adie		Unattached	43:56	302	Kieran Hynes		Unattached	48:40
212	Philip Whitby		Unattached	43:57	303	Simon Gamage	V50 14	Unattached	48:40
213	Stephen Rooney		Unattached	43:59	304	Ben Jones		Unattached	48:43
214	Andrew Yates		Unattached	44:05	305	Philip Armit	V55 14	Unattached	49:07
215	Chris Williams	V55 6	Unattached	44:12	306	Kath Steer	L50 3	Unattached	49:18
216	Andrew Bean		Unattached	44:12	307	Neil Kirkby	V40 40	Unattached	49:26
217	Philip Doan	V60 5	E Cheshire H & Tameside Ac	44:14	308	David Lovell		Chapel Allerton RR	49:27
218	Karl Smith	V45 18	Oldham & Royton H & Ac	44:18	309	Andy Ogden		Unattached	49:35
219	Tom Kasproicz	V45 19	Road Runners Club	44:23	310	Simon Butterworth	V40 41	Unattached	49:35
220	Bev Ganose	L45 3	Altrincham & District AC	44:26	311	Graham Peak	V60 7	Unattached	49:38
221	Dave Thompson	V50 8	Spectrum Striders	44:27	312	David Hoyle	V35 30	Unattached	49:40
222	James Fairfield	V35 22	E Cheshire H & Tameside Ac	44:30	313	Catherine Shepherd	L 48	Unattached	49:41
223	Ross Smith	V45 20	Unattached	44:30	314	Edward Caldwell		Unattached	49:45
224	Geoff Beattie	V55 7	Sale Harriers Manchester	44:35	315	Paul O'Connor	V45 29	Unattached	49:47
225	Chris Povey	V35 23	Bolton United Harriers & Ac	44:39	316	Ian Sibbald	V40 42	Unattached	49:51
226	Alastair Rough		Dragons Sports	44:39	317	Steve Fairclough	V40 43	Stockport Harriers & Ac	49:51
227	Sandra Lewis	L 29	Altrincham & District AC	44:39	318	Rebecca Glen	L 49	Goyt Valley Striders	49:55
228	Carol Stynes	L35 5	Spectrum Striders	44:39	319	Alban Obianyor		Unattached	49:56
229	Kieran O'Flaherty		Sale Harriers Manchester	44:42	320	Jane Suggden	L35 7	Unattached	50:05
230	Michael Southern	V45 21	Unattached	44:46	321	Stuart Fraser		Unattached	50:11
231	Jonathan Cowan		Unattached	44:46	322	Breeshey Wood	L40 7	Stockport Harriers & Ac	50:17
232	David Bibby	V40 27	Unattached	44:46	323	David Deane	V40 44	Unattached	50:27
233	Karl Russell		Unattached	44:47	324	William Cook	V50 15	Unattached	50:27
234	Diane Waite	L40 2	Stainland Lions RR	44:50	325	Robert McGuinness	V35 31	Unattached	50:38
235	Ruth Travis	L35 6	Manchester Frontrunners	44:56	326	Nick Grimshaw		Unattached	50:38
236	David Fosci		Unattached	45:02	327	Jean Dolan	L60 1	Altrincham & District AC	50:43
237	Greg Keynes	V50 9	Manchester Frontrunners	45:02	328	James Nixon		Unattached	50:59
238	Julie Fairclough	L40 3	Stockport Harriers & Ac	45:10	329	Ian Dixon	V45 30	Unattached	51:00
239	Claire Deane	L40 4	Manchester Tri Club	45:17	330	John Barron	V35 32	Unattached	51:00
240	Gerry Rogers	V50 10	Styal Running Club	45:20	331	Jackie Sharpe	L45 5	Unattached	51:03
241	Adam Bogus		Unattached	45:20	332	Aimee McCullough	L 54	Spectrum Striders	51:04
242	Steve Lyons	V40 28	E Cheshire H & Tameside Ac	45:22	333	Louise Gilchrist	L75 1	Valley Striders	51:08
243	Richard Westcott	V50 11	Unattached	45:23	334	Dave Pickering	V35 33	Unattached	51:10
244	Rosie Fearon	L 35	Trafford Athletic Club	45:25	335	Linda Edmondson	L45 6	Wrekin Road Runners	51:17
245	Michael Slater	V40 29	Unattached	45:29	336	John Dowd	V35 34	Unattached	51:20
246	Barrie Ainscow	V45 22	Dragons Sports	45:32	337	Steve Hart	V50 16	Bury Athletic Club	51:56
247	Sean Salinger	V40 30	Unattached	45:37	338	Paul Foster	V45 31	Unattached	51:59
248	Alexis Karfopoulos		Unattached	45:39	339	Paul Wardle		Unattached	52:00
249	Meshal Abushal		Unattached	45:40	340	Julie Savage	L50 4	Unattached	52:08
250	Xan Donagher	V35 24	Unattached	45:41	341	Ventis Brown		Unattached	52:35
251	Colin Clarke	V35 25	Unattached	45:44	342	Elaine Helme	L40 8	Hyde Village Striders	52:40
252	Mark Leybourne		Unattached	45:52	343	Danny Buxton		Unattached	52:44
253	Sean Wilkinson	JM 9	Unattached	45:55	344	Paul Goddard	V50 17	Chorlton Runners	52:47
254	Fechin McCormick	V55 8	Sale Harriers Manchester	45:59	345	Simon Pearson	V35 35	Unattached	52:47
255	Stephen McVeigh	V35 26	Trafford Athletic Club	46:01	346	Helen Gauden-Ing	L35 8	Unattached	52:49
256	Stephen Beardmore	V45 23	Unattached	46:07	347	Graham Kitchen	V45 32	Dragons Sports	52:56
257	V Raj	V50 12	Unattached	46:08	348	Aidan Miskelly	V40 45	Unattached	53:00

Results Service by G.J. Fecitt (SportSoft) Tel & Fax 01204 884887, Email: graham@race-results.co.uk

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

349	Craig Welsh	V35 36	Unattached	53:11	408	Ryan Brennan	V35 44	Unattached	57:53
350	Gary Ogden	V40 46	Unattached	53:19	409	Andrew Woodward	V40 55	Unattached	57:54
351	Robert Radcliffe	V35 37	Unattached	53:26	410	Andrew Harvey		Unattached	57:55
352	Sue Goddard	L50 5	Chorlton Runners	53:29	411	Rachel Hiorns	L 85	Unattached	58:01
353	Claire Archer	L 61	Unattached	53:30	412	Helen Eaton	L35 12	Unattached	58:02
354	Kirsten McGlennon	L 62	Unattached	53:34	413	Sharon Black	L 87	Bj's Jogging Club	58:03
355	Richard Lewthwaite		Unattached	53:34	414	David Ross	V35 45	Unattached	58:12
356	Peter Bedford	V55 15	Dragons Sports	53:35	415	Nicola Knowles	L40 10	Unattached	58:17
357	Kathryn Bye	L 63	Unattached	53:44	416	Alexander Gall	V35 46	Unattached	58:24
358	Phillip White	V40 47	Unattached	53:49	417	E Butterworth	L35 13	Unattached	58:30
359	Kathryn Smith	L55 2	Unattached	53:52	418	Chris Parsons	L55 3	Unattached	58:38
360	Emma Macqueen	L40 9	Unattached	53:52	419	Cristal Crooks	L 91	Unattached	58:43
361	Jase Fern	V40 48	Unattached	53:52	420	Barry O'Brien	V35 47	Unattached	58:43
362	Tom Nash		Unattached	53:55	421	Tracy Fitzgerald	L40 11	Unattached	58:49
363	Helen Roddis	L 66	Altrincham & District AC	53:57	422	Mary Platt	L50 7	Unattached	59:01
364	Andrew Stein	V40 49	Unattached	54:02	423	Karen Crowley	L 94	Unattached	59:13
365	Jane Abbott	L45 7	Unattached	54:10	424	Catherine O'Donnell	L 95	Unattached	59:18
366	Peter Knight	V40 50	Unattached	54:26	425	Andrea McGuinness	L35 14	Unattached	59:20
367	Paul Morton	V45 33	Unattached	54:27	426	Heather Brewer	L45 11	Stainland Lions RR	1:00:10
368	Joanne White	L35 9	Unattached	54:31	427	Claire Ford	L40 12	Unattached	1:00:32
369	Kate Waterhouse	L 69	Whitchurch Whippets	54:37	428	Henry Rainford	V60 8	Unattached	1:00:45
370	Eloise Whitmore	L 70	Unattached	54:40	429	William Bradley	V45 40	Spectrum Striders	1:00:49
371	Tracy Brown	L 71	Unattached	54:45	430	Jonathon Humphries	V40 56	Unattached	1:00:50
372	Patricia Quirke	L35 10	Manchester Tri Club	54:50	431	Jeannette Sendall	L 99	Unattached	1:00:53
373	Charles Pratley	V45 34	Unattached	54:52	432	Richard Phillips	V40 57	Unattached	1:01:04
374	Carol Hart	L45 8	Swinton Running Club	54:57	433	John Wolstenholme	V65 3	Dragons Sports	1:01:16
375	Peter Young	V45 35	Unattached	54:59	434	Stuart Heys		Unattached	1:01:22
376	Gary Birkenhead	V40 51	Unattached	55:04	435	Zoe Nuttall	L 100	Unattached	1:01:43
377	Kay Mysiv	L45 9	Manchester Ymca Harriers	55:10	436	Elizabeth Bosworth	L 101	Dragons Sports	1:01:50
378	Eric Greaves	V45 36	Unattached	55:35	437	Jason Mastin	V40 58	Unattached	1:02:17
379	Kate Kean	L 75	Unattached	55:50	438	Paula Hampson	L40 13	Unattached	1:02:22
380	Grace Higson	L 76	Unattached	56:10	439	Mark Higgins		Unattached	1:02:27
381	Hayley Goddard	LJ 2	Chorlton Runners	56:20	440	Andy Fryer		Swinton Running Club	1:02:27
382	Martin Bell	V35 38	Unattached	56:23	441	Brendan Meanwell	V40 59	Unattached	1:02:27
383	Alex Whitby		Unattached	56:29	442	Helen Sumner	L50 8	Unattached	1:03:02
384	Paul Pickering		Unattached	56:33	443	Linda Black	L55 4	Bj's Jogging Club	1:03:16
385	Marion Lester	L50 6	Unattached	56:34	444	Charissa Litherland	L40 14	Unattached	1:03:17
386	Ian Pickford	V35 39	Unattached	56:34	445	Peter Walsh	V35 48	Unattached	1:04:21
387	Jonathan Hoskins	V35 40	Unattached	56:36	446	Karen Peters	L45 12	Unattached	1:05:01
388	John Browne	V50 18	Winston Runners	56:38	447	Donna Hill	L40 15	Unattached	1:05:06
389	Chris Mulcahy	V40 52	Unattached	56:43	448	Paula Mulligan	L40 16	Unattached	1:05:06
390	Tony Lyth		Unattached	56:43	449	Lindsey Hadfield	L 109	Unattached	1:05:06
391	Dean Cooper	V35 41	Unattached	56:48	450	Fiona Savage	L40 17	Manchester Tri Club	1:05:17
392	Colin Smith	V35 42	Unattached	56:48	451	Paul Hoodless		Unattached	1:05:46
393	Philip Murray	V65 2	Penny Lane Striders	56:53	452	Hayley Wilson	L 111	Unattached	1:06:03
394	Alice Coren	L 79	Unattached	56:58	453	Ron Dawson	V55 16	Unattached	1:06:15
395	Anita Earnshaw	L35 11	Dragons Sports	56:59	454	Hazel Dawson	L50 9	Unattached	1:06:39
396	Nigel Fry	V45 37	Unattached	56:59	455	Claire Marshall	L 113	Unattached	1:06:47
397	David Newton	V45 38	Unattached	57:03	456	Garry Mack		Unattached	1:07:19
398	Kevin Rosborough	V40 53	Unattached	57:05	457	Julie Abbott	L40 18	Scarab Tri	1:08:22
399	Christine Wallace	L45 10	Unattached	57:05	458	Sophia Milsom	L 115	Unattached	1:08:39
400	Paul Heathcote	V35 43	Rossendale Harriers & Ac	57:10	459	Ian Elliott	V40 60	Unattached	1:08:53
401	Charles Pearson	V50 19	Styal Running Club	57:15	460	Andrew Irwin	V45 41	Unattached	1:09:00
402	Mark Murphy	V40 54	Unattached	57:25	461	Carl Dixon	V35 49	Unattached	1:11:25
403	Stephanie Ashton	L 82	Unattached	57:32	462	Jennifer Crocker	L 116	Unattached	1:12:00
404	Eve Salter	L 83	Unattached	57:37	463	Melanie Dyson	L35 15	Unattached	1:12:40
405	Richard Weaver		Unattached	57:37	464	Dennis Yarwood	V40 61	Unattached	1:14:55
406	Mark Holbrook	V45 39	Unattached	57:37	465	Tony Pickering	V60 9	Unattached	1:15:12
407	Claire Blackmore	L 84	Unattached	57:44	466	Colleen Thomas	L35 16	Unattached	1:18:14

Trafford 10k - Men — TEAM RESULTS

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

1	Salford Harriers	41	—	2	Andi Jones	8	Carl Hardman	31	Joseph Bailey
2	Leeds City Athletic Club	45	—	5	Alan Buckley	19	James Smith	21	Chris Birchall
3	Altrincham & District AC	80	—	13	Andy Norman	22	Dave Norman	45	Simon Marwood
4	Morpeth Harriers & Ac	87	—	16	Chris Sampson	33	Nick Swinburn	38	David Swinburne
5	Liverpool Harriers & Ac	105	—	17	Craig Gunderson	34	Luke Reddy	54	Simon McKevitt
6	Wilmslow Running Club	132	—	27	Damian Nicholl	49	Rob Downs	56	Mike Halman
7	Trafford Athletic Club	133	—	30	Tim Egerton	36	Darren Talbot	67	Paul Rockliffe
8	Manx Harriers	147	—	23	Kevin Loundes	61	Darren Gray	63	Christian Varley
9	Horwich R M I Harriers	171	—	47	Alastair Murray	52	Guy Heyes	72	Andrew Neary
10	E Cheshire H & Tameside Ac	191	—	46	Paul Backhouse	69	Simon Grundy	76	Kevin Jowett
11	Vale Royal Ac	202	—	51	Gavin Tomlinson	64	Tom Annable	87	Darren Cottier
12	Stockport Harriers & Ac	225	—	50	Jamie Loxam	84	Graham Marsland	91	Alan Pover
13	Spectrum Striders	260	—	80	Colin Martin	86	Mike Houghton	94	Stuart Andrew
14	Oldham & Royton H & Ac	306	—	62	Michael Mannings	121	Michael Smith	123	Simon Smith
15	Sale Harriers Manchester	393	—	102	Andrew Mooney	144	Geoff Beattie	147	Kieran O'Flaherty
16	Dragons Sports	427	—	130	Tristan Pocock	146	Alastair Rough	151	Barrie Ainscow
17	Styal Running Club	461	—	138	Andrew Dooley	149	Gerry Rogers	174	Charles Pearson

Trafford 10k - Ladies — TEAM RESULTS

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

1	Spectrum Striders	57	—	11	Claire Andrew	21	Nabilah Salihi	25	Marian Martin
2	Stockport Harriers & Ac	99	—	26	Sarah Aylmer	32	Julie Fairclough	41	Helen Todd
3	Altrincham & District AC	99	—	27	Bev Ganose	28	Sandra Lewis	44	Jean Dolan
4	Stainland Lions RR	111	—	23	Lorraine Naylor	30	Diane Waite	58	Heather Brewer
5	Manchester Tri Club	146	—	33	Claire Deane	52	Patricia Quirke	61	Fiona Savage

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