

Trafford 10k

Sunday 7th March 2010

<u>Pos</u>	<u>Num</u>	<u>Name</u>	<u>Cat</u>	<u>CatPos</u>	<u>Club</u>	<u>ChipTime</u>	<u>GunTime</u>
1	8	Chris Thompson	M	1	Aldershot Farnham &	00:28:01	00:28:02
2	5	Sean Connelly	M	2	Ireland	00:29:38	00:29:38
3	3	Ben FISH	M	3	Blackburn Harriers	00:29:50	00:29:51
4	17	Ian FISHER	M	4	Altrincham & District AC	00:30:12	00:30:12
5	11	Matt Clowse	MJ	1	Staffs Moorlands	00:30:17	00:30:18
6	793	Andy WARD	M40	1	Clowne Road Runners	00:30:21	00:30:22
7	9	David Proctor	M	5	Rochdale	00:30:34	00:30:34
8	28	Ian GRIME	M	6	Newham & Essex Beagles	00:30:57	00:30:58
9	15	Ian Mitchell	M	7	Tipton Harriers	00:30:57	00:30:59
10	730	Matthew Proctor	M	8	Rochdale	00:31:00	00:31:02
11	31	Anthony VALENTINE	M	9	Bolton United Harriers	00:31:12	00:31:13
12	375	Tim EGERTON	M	10	Trafford AC	00:31:14	00:31:16
13	742	Paul WHITELAM	M	11	Thames Valley Harriers	00:31:26	00:31:26
14	25	Damian NICHOLLS	M	12	Wilmslow	00:31:40	00:31:41
15	798	Rob KEAL	M	13	Notts AC	00:31:44	00:31:45
16	16	Gary PRIESTLEY	M	14	Horwich RMI Harriers	00:31:44	00:31:46
17	403	Danny Hope	M	15	pudsey & bramley	00:31:49	00:31:49
18	713	Simon BRUTON	M	16	Salford Harriers	00:31:47	00:31:49
19	42	Jason DUNKERLEY	M	17	East Cheshire Harriers	00:31:53	00:31:54
20	776	Roger ALSOP	M45	1	Herne Hill Harriers	00:32:17	00:32:19
21	27	Matt NUTTALL	M40	2	Blackburn Harriers	00:32:38	00:32:40
22	183	James Horman	M	18	Liverpool Harriers	00:32:45	00:32:46
23	751	Gavin TOMLINSON	M	19	Vale Royal	00:32:58	00:32:58
24	255	Andy BUTTERY	M	20	Rossendale Harriers	00:33:02	00:33:04
25	767	Gavin Hill	M	21	Unattached	00:33:23	00:33:24
26	18	Dean Matkin	M	22	Stockport Harrier & A.C.	00:33:24	00:33:26
27	411	Matt SHAW	M	23	Salford Harriers	00:33:29	00:33:30
28	321	Paul GUINAN	M40	3	Blackburn Harriers	00:33:48	00:33:48
29	214	James Williams	M	24	Salford Harriers	00:33:47	00:33:49
30	91	Steven Bayton	MJ	2	University of Sheffield	00:33:55	00:33:57
31	322	Adrian Timmins	M40	4	Warrington A.c	00:33:55	00:33:57
32	709	Simon GRUNDY	M40	5	East Cheshire Harriers	00:34:00	00:34:02
33	666	Alan ASHTON	M	25	Liverpool Harriers	00:34:05	00:34:07
34	97	Tim CARTER	M	26	University of Sheffield	00:34:06	00:34:08
35	286	Gareth TURNER	M	27	Unattached	00:34:15	00:34:15
36	557	Chris ADAMS	M	28	Killamarsh Kestrels	00:34:24	00:34:24
37	744	Gavin BROWNE	M	29	East Cheshire Harriers	00:34:24	00:34:27
38	457	Marco Gvero	M40	6	Keighley & Craven AC	00:34:26	00:34:28
39	661	Julian Rose	M45	2	Holmfirth Harriers	00:34:27	00:34:29
40	339	Stuart PARROTT	M45	3	Wilmslow Running Club	00:34:29	00:34:32
41	750	Mike KILMARTIN	M	30	Sale Harriers Manchester	00:34:30	00:34:32
42	40	Dewi Roberts	M40	7	Abergele Harriers	00:34:33	00:34:36

43	354	Mike SHAW	M45	4	Stockport Harriers	00:34:45	00:34:48
44	640	Matthew MERSON	M	31	East Cheshire Harriers	00:34:48	00:34:51
45	622	Rob SLOANE	M	32	Unattached	00:34:59	00:35:05
46	295	John CHAPLIN	M50	1	Blackburn Harriers	00:35:04	00:35:07
47	386	Mr LOWSON	M	33	York Knavesmire Harriers	00:35:05	00:35:07
48	6	Gareth Roberts	M40	8	Abergele Harriers	00:35:23	00:35:25
49	107	Daniel Clarke	M	34	Liverpool Harriers	00:35:28	00:35:28
50	607	Warren TRACE	M	35	Unattached	00:35:26	00:35:31
51	766	Alvin COONEY	M	36	Unattached	00:35:49	00:35:49
52	136	Ben BEATTIE	M	37	Steel City Striders	00:35:50	00:35:53
53	296	Ian JACKSON	M40	9	Salford Harriers	00:36:04	00:36:07
54	643	Paul Rockliffe	M	38	Trafford AC	00:36:07	00:36:09
55	526	Conor MCENTEE	M	39	Unattached	00:36:13	00:36:15
56	33	Craig WHEELER	M	40	Trafford AC	00:36:18	00:36:19
57	308	Kevin BRYDON	M	41	Trafford AC	00:36:20	00:36:26
58	315	Mick HILL	M	42	Tipton Harriers	00:36:24	00:36:27
59	701	Chris BARNES	M	43	Unattached	00:36:40	00:36:42
60	603	Sean Molloy	M40	10	Rossendale Harriers	00:36:44	00:36:49
61	772	Marcus GREGORY	M40	11	East Cheshire Harriers	00:36:45	00:36:49
62	759	Richard MACEY	M	44	Unattached	00:36:48	00:36:53
63	560	Rick LLOYD	M40	12	Unattached	00:36:51	00:36:55
64	549	Alex DUTHIE	M	45	Belper Harriers	00:36:57	00:37:00
65	188	Gemma CONNOLLY	F	1	St Helens Sutton	00:37:04	00:37:07
66	731	Ryan GANOSE	MJ	3	Altrincham & District AC	00:37:10	00:37:17
67	56	Sam RODEN	M40	13	Manchester Triathlon Club	00:37:29	00:37:33
68	363	Oliver Park	M	46	Warrington A.c	00:37:39	00:37:43
69	399	Dave BARR	M	47	Liverpool Harriers	00:37:40	00:37:44
70	748	Matthew TANG	M	48	Unattached	00:37:41	00:37:47
71	796	Stephen Robinson	M45	5	East Cheshire Harriers	00:37:43	00:37:47
72	671	James MOLES	M	49	Unattached	00:37:41	00:37:49
73	330	Roy WOODLAND	M50	2	Unattached	00:37:48	00:37:51
74	775	Emmet Mcateer	M	50	Trafford AC	00:37:56	00:38:01
75	341	Daniel Dondall	M	51	Unattached	00:37:52	00:38:03
76	558	Leanne SHEEHY	FJ	1	Leigh Harriers	00:38:00	00:38:03
77	152	David WOOLLEY	M	52	Unattached	00:38:05	00:38:05
78	398	Simon MARRIOT	M	53	Liverpool Harriers	00:38:12	00:38:16
79	684	Mathew TOWNLEY	M	54	Stockport Harriers	00:38:15	00:38:19
80	743	Liam BROWNE	M	55	East Cheshire Harriers	00:38:20	00:38:23
81	636	Aida Geragusian	F	2	Trafford AC	00:38:21	00:38:26
82	290	Georges ROUILLON	MJ	4	Spectrum Striders	00:38:28	00:38:32
83	279	Daniel BAMBER	M	56	East Cheshire Harriers	00:38:36	00:38:36
84	93	Simon Hocking	M	57	Unattached	00:38:42	00:38:45
85	52	Sean CORDELL	M40	14	Salford Harriers	00:38:46	00:38:46
86	771	Andrew Farley	M50	3	East Cheshire Harriers	00:38:50	00:38:56
87	328	Richard WILSON	M40	15	Unattached	00:38:53	00:39:02
88	204	Mary-anne TRACEY-	F	3	Astley & Tyldesley Road	00:38:55	00:39:04
89	244	Brian ROTHWELL	M	58	Unattached	00:38:27	00:39:06

90	41	Mark Anstey	M	59	Mersey Tri	00:39:11	00:39:13
91	121	Mervyn WARD	M55	1	Warrington AC	00:39:17	00:39:21
92	396	Kerrie Wood Doyle	F40	1	Unattached	00:39:24	00:39:28
93	326	Beckie Taylor	FJ	2	Blackburn Harriers	00:39:35	00:39:38
94	732	James HART	M	60	Salford Mets	00:39:40	00:39:44
95	82	Roberto RASO	M45	6	Manchester Frontrunners	00:39:38	00:39:52
96	351	Stasia BLIGH	F	4	Blackpool Wyre & Fylde	00:40:05	00:40:09
97	419	Ben HIBBERT	M	61	Unattached	00:39:56	00:40:10
98	246	Ian ROBERTS	M	62	Manchester Frontrunners	00:40:04	00:40:13
99	355	Michael BERKS	M	63	Altrincham & District AC	00:40:14	00:40:21
100	383	Kevin COUGHLAN	M	64	Unattached	00:40:18	00:40:24
101	151	Daniel WILLIAMS	M	65	Unattached	00:40:24	00:40:31
102	193	Richard PAVEY	M40	16	Altrincham & District AC	00:40:45	00:40:45
103	75	Neil Mcgraw	M	66	Glossopdale Harriers	00:40:00	00:40:46
104	189	Stephen CRESSWELL	M40	17	Unattached	00:40:42	00:40:49
105	477	Jim SAVAGE	M	67	Liverpool Running Club	00:40:37	00:40:55
106	600	Tim FLETCHER	M	68	Penny Lane Striders	00:40:49	00:40:55
107	184	Amarit Uppal	M	69	Unattached	00:40:55	00:41:08
108	282	Elizabeth AUSTEN	F	5	Trafford AC	00:41:07	00:41:11
109	110	Graham Haworth	M	70	Unattached	00:41:14	00:41:18
110	394	Thomas FLETCHER	M	71	Unattached	00:41:13	00:41:19
111	62	Mark CHADWICK	M	72	Unattached	00:41:20	00:41:20
112	381	Lucy SMITH	FJ	3	Altrincham & District AC	00:41:18	00:41:23
113	79	Nick ISHERWOOD	M	73	Unattached	00:41:14	00:41:26
114	219	Daniel RIGBY	M	74	Unattached	00:41:21	00:41:30
115	563	David Pinnington	M45	7	Penny Lane Striders	00:41:26	00:41:32
116	305	Ken BURGESS	M65	1	Altrincham & District AC	00:41:28	00:41:33
117	676	Antony GOLDING	M	75	Unattached	00:41:33	00:41:39
118	688	Greg HOUGHTON	M40	18	Hyde Village Striders	00:41:34	00:41:42
119	95	Alison CAMPBELL	FJ	4	University of Sheffield	00:41:38	00:41:48
120	327	Richard TAYLOR	M40	19	Blackburn Harriers	00:41:44	00:41:49
121	702	Kevin Day	M45	8	Goyt Valley Striders	00:41:39	00:41:54
122	757	Cara KAVANAGH	F	6	Sale Harriers Manchester	00:41:53	00:41:57
123	758	Ben O'BRIEN	M	76	Unattached	00:41:54	00:41:58
124	619	Phil ORTON	M	77	Unattached	00:41:49	00:41:59
125	601	Kevin Handley	M	78	Unattached	00:41:51	00:42:06
126	101	Dez MITCHELL	M40	20	Sweatshop	00:42:13	00:42:20
127	348	Neil HARRISON	M45	9	Manchester Triathlon Club	00:42:18	00:42:26
128	192	William EDWARDS	M	79	Unattached	00:42:23	00:42:28
129	728	Michael DUNNE	M60	1	Sale Harriers Manchester	00:42:24	00:42:29
130	173	Anthony Dickens	M50	4	Unattached	00:42:25	00:42:30
131	733	John Battersby	M50	5	Sale Harriers	00:42:32	00:42:37
132	127	Michael SLATER	M45	10	Stockport Harriers	00:42:34	00:42:43
133	712	Neil CANHAM	M60	2	Trafford AC	00:42:37	00:42:45
134	182	Pat O'hagan	M45	11	Unattached	00:42:35	00:42:46
135	117	Mark CLIFF	M	80	Stockport Harriers	00:42:49	00:42:57
136	754	Anne PUGH	F55	1	Altrincham & District AC	00:43:01	00:43:01

137	116	Stephen BLACKSHAW	M55	2	Cheshire Tally-Ho	00:42:59	00:43:04
138	24	Bev Gannoos	F45	1	Altrincham	00:43:07	00:43:13
139	410	Alastair ROUGH	M	81	Dragon Running Club Sale	00:43:12	00:43:17
140	181	Phil Cooke	M40	21	Unattached	00:43:19	00:43:25
141	373	Steve FOSTER	M45	12	Astley & Tyldesley Road	00:43:18	00:43:27
142	266	Colin GILL	M	82	Unattached	00:43:33	00:43:33
143	646	Dave TURNBULL	M40	22	Unattached	00:43:23	00:43:35
144	100	Steven GAVIN	M	83	Sale Harriers Manchester	00:43:21	00:43:40
145	478	Rebecca Avanesiam	F	7	Manchester YMCA Harriers	00:43:30	00:43:42
146	251	Andrew BEAN	M	84	Sale Harriers Manchester	00:43:27	00:43:46
147	232	Clive HOPE	M55	3	Unattached	00:43:33	00:43:49
148	46	Maura WELCH	F40	2	Unattached	00:43:41	00:43:55
149	536	Nick HAYTER	M	85	Unattached	00:43:53	00:44:03
150	280	Des MILES	M45	13	Unattached	00:44:01	00:44:10
151	187	Alexis KARFOPOULOS	M	86	Unattached	00:44:12	00:44:12
152	44	Vicky SMITH	F	8	Unattached	00:44:09	00:44:13
153	237	James COLVIN	M	87	Unattached	00:44:08	00:44:13
154	578	Simon HILL	M	88	Unattached	00:44:06	00:44:16
155	88	Ellie SMITH	F	9	University of Sheffield	00:44:10	00:44:19
156	148	Gareth MATTHEWS	M	89	Unattached	00:44:21	00:44:21
157	319	Orys SENIUK	M50	6	Unattached	00:44:10	00:44:21
158	393	Kevin MCCONNELL	M	90	Unattached	00:44:13	00:44:21
159	323	Pete UNDERWOOD	M	91	Unattached	00:44:16	00:44:24
160	378	Dean ASHTON	M	92	Bolton Metro Tri Club	00:44:24	00:44:24
161	142	Ray TOWNHILL	M40	23	Unattached	00:44:17	00:44:27
162	385	Karl Russell	M	93	Unattached	00:44:21	00:44:29
163	325	Richard COLLITT	M	94	Unattached	00:44:30	00:44:30
164	755	Frank IVES	M45	14	Trafford AC	00:44:25	00:44:32
165	225	Tom CARTER	M	95	Unattached	00:44:16	00:44:34
166	717	Paul MCERLEAN	M	96	Unattached	00:44:28	00:44:36
167	103	James FAIRFIELD	M40	24	East Cheshire Harriers	00:44:37	00:44:37
168	465	David Hanson	M40	25	Unattached	00:44:24	00:44:37
169	287	Gemma STOKES	F	10	Unattached	00:44:26	00:44:38
170	144	Bobby LOUGHMAN	M	97	Unattached	00:44:08	00:44:40
171	672	Matt SLATER	M	98	Unattached	00:44:29	00:44:41
172	283	Ed JACKSON	M40	26	Unattached	00:44:33	00:44:44
173	642	Richard STEWART	M50	7	Whitchurch Whippets	00:44:27	00:44:44
174	220	Richard COCKSEGE	M	99	Unattached	00:44:32	00:44:46
175	358	Shelley TATTERSALL	F	11	Rossendale Harriers	00:44:40	00:44:46
176	623	John MORAN	M45	15	Unattached	00:44:42	00:44:50
177	670	Patrick Babb	M	100	Unattached	00:44:39	00:44:50
178	135	Geoffrey BEATTIE	M55	4	Sale Harriers Manchester	00:44:45	00:44:51
179	234	Julie FAIRCLOUGH	F45	2	Stockport Harriers	00:44:50	00:44:59
180	423	Robert PEET	M50	8	Unattached	00:44:48	00:44:59
181	221	Abi COCKSEGE	F	12	Unattached	00:44:51	00:45:05
182	342	Toby PERCIVAL	M	101	Altrincham & District AC	00:44:58	00:45:05
183	421	Duncan SHUTTLEWORTH	M50	9	Unattached	00:44:49	00:45:06

184	372	Mark HOLT	M	102	Unattached	00:44:59	00:45:08
185	724	Lucy Foster	F	13	Unattached	00:45:07	00:45:11
186	596	Mark ATHERTON	M40	27	Unattached	00:44:47	00:45:14
187	169	Steve BEARDMORE	M45	16	Unattached	00:45:10	00:45:20
188	215	Daniel Mcgrath	M	103	Unattached	00:45:13	00:45:26
189	140	Jill BUTTERWORTH	F	14	Unattached	00:45:14	00:45:30
190	448	Eddie SCOULLER	M45	17	Unattached	00:45:18	00:45:31
191	400	Graham HOWELL	M60	3	Liverpool Harriers	00:45:32	00:45:36
192	105	Angela OLDHAM	F55	2	Unattached	00:45:37	00:45:44
193	66	Richard JOHNSON	M50	10	Unattached	00:45:40	00:45:49
194	656	Rick ANDERSON	M	104	Unattached	00:45:41	00:45:52
195	679	Amie WILSON	FJ	5	Unattached	00:45:34	00:45:54
196	78	Andrew MALONE	M	105	Winston Runners	00:45:54	00:46:00
197	207	Helen TODD	F55	3	Stockport Harriers	00:45:56	00:46:05
198	30	Steve DAVIS	M45	18	Unattached	00:45:44	00:46:06
199	765	Caroline BRODERICK	F	15	Unattached	00:46:08	00:46:12
200	51	Mike BIRTWISTLE	M	106	Unattached	00:46:04	00:46:16
201	459	Glen STAUNTON	M	107	Manchester Triathlon Club	00:46:05	00:46:16
202	236	Maureen WILKINS	F45	3	Stockport Harriers	00:46:08	00:46:17
203	534	Nathan CORNISH	M	108	Unattached	00:46:12	00:46:18
204	134	Carol BEATTIE	F55	4	Steel City Striders	00:46:13	00:46:19
205	635	Barry STEVENS	M40	28	Unattached	00:46:07	00:46:20
206	209	Brian ARMSTRONG	M40	29	Unattached	00:46:08	00:46:22
207	664	Mark FINCH	M45	19	Penny Lane Striders	00:46:12	00:46:24
208	226	Ian Pickles	F	16	Unattached	00:46:11	00:46:28
209	96	Jodie COLE	F	17	University of Sheffield	00:46:19	00:46:29
210	571	Sarah LEWIS	F	18	Unattached	00:46:22	00:46:32
211	249	John SMALL	M50	11	Unattached	00:46:26	00:46:36
212	407	Alan TURNER	M45	20	Unattached	00:46:25	00:46:40
213	317	Paul MASON	M	109	Astley & Tyldesley Road	00:46:40	00:46:47
214	7	Christopher MCDERMOTT	M	110	Unattached	00:46:45	00:46:59
215	164	Kevin Lightfoot	M	111	Unattached	00:46:39	00:47:00
216	39	Aidan INGHAM	M	112	Unattached	00:46:39	00:47:02
217	302	Emma DAVIS	F	19	Bangor University	00:46:45	00:47:03
218	461	Graham HIND	M40	30	Unattached	00:46:50	00:47:03
219	81	Linda RIX	F45	4	Manchester Frontrunners	00:46:52	00:47:06
220	19	William Keeling	M40	31	harlow RC	00:47:06	00:47:14
221	446	Daniel MURPHY	M	113	Manchester Frontrunners	00:47:05	00:47:14
222	72	Adrian MARTER	M	114	Unattached	00:47:03	00:47:18
223	374	Charles LOWTHIAN	M50	12	Styal Running Club	00:47:01	00:47:21
224	605	Steve KNIGHT	M	115	Unattached	00:47:01	00:47:23
225	567	Ian PRITCHARD	M45	21	Unattached	00:47:03	00:47:27
226	565	Rob ARMSTRONG	M	116	Unattached	00:47:07	00:47:07
227	633	Billy HUGHES	M	117	Unattached	00:47:13	00:47:27
228	665	Gillian DOOLAN	F40	3	Stockport Harriers	00:47:18	00:47:28
229	352	Gerry ROGERS	M55	5	Styal Running Club	00:47:11	00:47:37
230	791	Paul OWEN	M	118	Unattached	00:47:15	00:47:37

231	338	Simon GAMAGE	M50	13	Unattached	00:47:11	00:47:39
232	263	Daniel FANNON	MJ	5	Unattached	00:47:12	00:47:41
233	408	Alan LEONARD	M	119	Unattached	00:47:29	00:47:42
234	453	John ECKERSLEY	M40	32	Unattached	00:47:31	00:47:42
235	205	Vincent NILES	M40	33	Unattached	00:47:32	00:47:43
236	278	Glenn ROBERTS	M40	34	Unattached	00:47:30	00:47:43
237	162	Matthew AZAKLI	M40	35	Unattached	00:47:18	00:47:45
238	292	Belinda HAMMOND	F	20	Sale Harriers Manchester	00:47:30	00:47:50
239	306	Kerry UNDERWOOD	F	21	Unattached	00:47:37	00:47:50
240	474	Jackie OFFER	F	22	Unattached	00:47:43	00:47:54
241	233	Janet GRINT	F	23	East Cheshire Harriers	00:47:45	00:47:55
242	787	Lindsay DARBYSHIRE	F	24	Styal Running Club	00:47:35	00:47:55
243	677	Nasser Isman-Egal	M	120	Bolton HARRIERS	00:47:54	00:48:01
244	447	Matthew BOWMAN	M	121	Unattached	00:47:48	00:48:04
245	489	Julia BUXTON	F40	4	Unattached	00:48:01	00:48:06
246	788	Richard RANDS	M	122	Unattached	00:47:59	00:48:10
247	708	Philip SUMMERS	M45	22	Swinton Running Club	00:47:58	00:48:12
248	789	Darren BENSON	M	123	Unattached	00:47:58	00:48:19
249	349	Leanne alexandra DAVIES	F	25	Bolton Metro Tri Club	00:48:18	00:48:25
250	693	James GOWIN	M	124	Unattached	00:48:16	00:48:31
251	137	William Cook	M55	6	Unattached	00:48:22	00:48:34
252	371	Sally LAMERTON	F	26	Unattached	00:48:19	00:48:35
253	196	Chris WALKER	M45	23	Unattached	00:48:14	00:48:38
254	85	Louise HARRIS	F	27	Unattached	00:48:19	00:48:41
255	297	James KEMP	M	125	Unattached	00:48:29	00:48:45
256	575	Ian Wood	M45	24	Unattached	00:48:39	00:48:54
257	273	James JACKSON	M	126	Unattached	00:48:44	00:49:05
258	366	Lee Skinnian	M40	36	Unattached	00:48:50	00:49:07
259	84	Gareth LUCY	M	127	Unattached	00:48:49	00:49:12
260	218	Brendan RABBITT	M	128	Unattached	00:49:04	00:49:14
261	115	Nicola BAIRD	F	28	Unattached	00:49:05	00:49:15
262	163	John O'DONNELL	M40	37	Winston Runners	00:49:16	00:49:16
263	231	Andy FOX	M50	14	Unattached	00:49:08	00:49:16
264	359	Johnathon Timmins	M	129	Unattached	00:49:03	00:49:17
265	516	Marie WALSH	F	29	Unattached	00:49:10	00:49:18
266	235	Steve FAIRCLOUGH	M40	38	Stockport Harriers	00:49:19	00:49:29
267	90	Jamie Barry	M40	39	Unattached	00:49:10	00:49:30
268	424	Carl WEST	M	130	Unattached	00:49:16	00:49:31
269	738	Paul Jones	M	131	Unattached	00:49:23	00:49:34
270	659	Billy CROMPTON	M40	40	Altrincham & District AC	00:49:25	00:49:39
271	520	Mark BRETT	M40	41	Unattached	00:49:29	00:49:53
272	57	Hugh Mclay	M50	15	Unattached	00:49:42	00:49:56
273	450	Emma MACQUEEN	F40	5	Unattached	00:49:35	00:49:58
274	655	Julie RYAN	F40	6	Unattached	00:49:43	00:49:58
275	486	Tony MCCOURT	M60	4	Unattached	00:49:39	00:50:03
276	270	Cathy STRATTON	F	30	Unattached	00:49:46	00:50:04
277	404	Ali IREDALE	F	31	Unattached	00:50:00	00:50:10

278	529	Miras ESKANDER	M	132	Unattached	00:50:02	00:50:11
279	35	Jerry Storey	M50	16	Unattached	00:50:00	00:50:17
280	70	David SHARPLES	M40	42	Unattached	00:50:02	00:50:17
281	318	Nick CAREY	M50	17	Unattached	00:50:06	00:50:17
282	217	Wayne PENTER	M45	25	Unattached	00:50:03	00:50:20
283	598	Thomas LAWRENCE	M45	26	Unattached	00:50:01	00:50:20
284	32	Kevin SHAWCROSS	M50	18	Unattached	00:49:58	00:50:22
285	106	Derek WALTON	M65	2	Altrincham & District AC	00:50:22	00:50:22
286	284	Philippe ROUILLON	M50	19	Spectrum Striders	00:50:11	00:50:23
287	104	Elaine HELME	F40	7	Hyde Village Striders	00:50:06	00:50:26
288	533	Naomi ATKIN	F	32	Unattached	00:50:16	00:50:26
289	314	Michael ADDISON	M	133	Unattached	00:50:14	00:50:32
290	484	Joel BROWN	M	134	Unattached	00:50:39	00:50:46
291	108	Kathleen STEER	F50	1	Unattached	00:50:30	00:50:51
292	94	Lyndsay Smith	F	33	Unattached	00:50:54	00:50:58
293	624	Roy WHITTLE	M	135	Unattached	00:50:47	00:50:58
294	524	Matthew GRANT	M	136	Unattached	00:50:47	00:51:04
295	320	Andy Chapman	M	137	Unattached	00:50:47	00:51:05
296	531	Sam SHAW	F	34	Unattached	00:50:55	00:51:08
297	113	Natalie ATKINSON	F	35	Unattached	00:50:53	00:51:10
298	293	Helen ROSS	F	36	Unattached	00:50:51	00:51:11
299	324	Alan BARTON	M	138	Unattached	00:50:51	00:51:12
300	504	Lisa HUNSLEY	F	37	Unattached	00:50:57	00:51:21
301	67	Richard ELLIOTT	M50	20	Unattached	00:51:04	00:51:23
302	141	Wendy TERRY	F	38	Unattached	00:51:00	00:51:25
303	586	Jon WHITE	M	139	Unattached	00:51:24	00:51:41
304	691	Victoria MALONE	F	39	Winston Runners	00:51:22	00:51:44
305	585	Ste HUGHES	M40	43	Unattached	00:51:26	00:51:55
306	304	Peter KAVANAGH	M	140	Unattached	00:51:33	00:51:56
307	464	Hadrian COLLIER	M40	44	Unattached	00:51:41	00:51:57
308	179	Paul WARDLE	M	141	Unattached	00:51:46	00:52:07
309	512	Michael HALLARD	M	142	Unattached	00:51:43	00:52:08
310	414	Angela BENNETT	F45	5	Unattached	00:51:52	00:52:11
311	89	Natasha DAWSON	FJ	6	University of Sheffield	00:51:51	00:52:12
312	63	Susan MONCASTER	F40	8	Unattached	00:52:01	00:52:18
313	147	Jamie GIBSON	M	143	Unattached	00:52:06	00:52:18
314	146	Andrew HUTCHINSON	M	144	Unattached	00:51:39	00:52:19
315	797	Kevin BELL	M55	7	Helsby Running Club	00:51:41	00:52:22
316	391	Dermot MOLLOY	M40	45	Unattached	00:52:01	00:52:23
317	210	Mark KELLY	M40	46	Unattached	00:52:01	00:52:26
318	312	Lisa NUTTALL	F40	9	Unattached	00:52:20	00:52:31
319	790	Ian TURNBULL	M45	27	Unattached	00:52:11	00:52:33
320	208	Suzanne PARKINSON	F	40	Unattached	00:52:22	00:52:37
321	647	Mike MITCHELL	M40	47	Unattached	00:52:31	00:52:43
322	102	James HERRON	M60	5	Stockport Harriers	00:52:27	00:52:50
323	632	Richard HOLGATE	M	145	Unattached	00:52:45	00:52:53
324	434	Colin CAVANAH	M	146	Unattached	00:52:32	00:52:56

325	523	Mary JEAL	F45	6	Denbigh Harriers	00:52:40	00:52:58
326	409	John ALLMAN	M55	8	Unattached	00:52:45	00:52:59
327	629	Louise THOMAS	F40	10	Unattached	00:52:46	00:53:01
328	331	Russell JONES	M	147	Unattached	00:52:57	00:53:09
329	1	Ron Hill	M70	1	Clayton-le-Moors	00:53:00	00:53:23
330	74	Jonathan HARDMAN	M	148	Unattached	00:53:05	00:53:24
331	485	Ruth BROWN	F	41	Unattached	00:53:01	00:53:25
332	422	Barbara SHUTTLEWORTH	F50	2	Unattached	00:53:09	00:53:27
333	227	Michael Cook	M40	48	Unattached	00:53:12	00:53:29
334	301	Danna Sherlock	F	42	Unattached	00:53:12	00:53:29
335	168	Steven LUDLAM	M40	49	Unattached	00:53:16	00:53:35
336	538	Nicola GAGE	F	43	Unattached	00:53:24	00:53:43
337	539	Andrew GAGE	M60	6	Unattached	00:53:24	00:53:43
338	675	Dennis MICHAELS	M55	9	Northern Vets	00:53:40	00:53:52
339	145	Ant CULLEN	M	149	Unattached	00:53:20	00:53:53
340	213	Carlo CAROSI	M40	50	Stockport Harriers	00:53:29	00:53:56
341	739	Ian RICHARDSON	M40	51	Unattached	00:53:40	00:54:03
342	467	Helen RICHARDSON	F40	11	Unattached	00:53:49	00:54:11
343	445	Donna STEWART	F	44	Unattached	00:53:51	00:54:13
344	720	Louise Robinson	F	45	Unattached	00:54:11	00:54:15
345	566	Tim OLIVER	M50	21	Unattached	00:54:08	00:54:24
346	109	Christine PARSONS	F55	5	Unattached	00:54:05	00:54:25
347	158	Paul BUTTERWORTH	M	150	Unattached	00:54:16	00:54:40
348	729	Beth DURN	F	46	Unattached	00:54:19	00:54:40
349	406	Alan BAILEY	M40	52	Unattached	00:54:25	00:54:41
350	460	Emma BEATSON	F40	12	Unattached	00:54:37	00:54:50
351	545	Paul TURNER	M	151	Unattached	00:54:50	00:54:50
352	172	Jock PLOMMER	M60	7	Northern Vets	00:54:26	00:54:51
353	202	Kath SMITH	F55	6	Unattached	00:54:44	00:54:59
354	200	Julie SAVAGE	F50	3	Unattached	00:54:46	00:55:00
355	711	Kate QUIGLEY	F40	13	Unattached	00:54:51	00:55:02
356	740	Anthony POINTON	M40	53	Unattached	00:54:50	00:55:02
357	337	Susan BROOKS	F45	7	Unattached	00:54:45	00:55:03
358	303	Julie WALMSLEY	F45	8	Unattached	00:54:41	00:55:04
359	240	Janet JONES	F50	4	Unattached	00:54:50	00:55:07
360	167	Jane ABBOTT	F45	9	Unattached	00:54:51	00:55:10
361	475	James HANDLEY	M45	28	Unattached	00:54:54	00:55:10
362	76	Mark WARD	M	152	Unattached	00:54:48	00:55:13
363	201	Trevor SAVAGE	M50	22	Unattached	00:55:26	00:55:40
364	550	Trish BRYAN	F45	10	Unattached	00:55:17	00:55:40
365	435	Steven McComb	M	153	Unattached	00:55:34	00:55:49
366	129	Steve HO	M	154	Manchester Triathlon Club	00:55:39	00:56:03
367	392	Elizabeth MOLE	F50	5	Unattached	00:55:39	00:56:05
368	649	Peter KNIGHT	M40	54	Unattached	00:55:46	00:56:08
369	488	Joy PARKINSON	F	47	Unattached	00:55:55	00:56:16
370	553	Rebecca RHIND	F	48	Unattached	00:56:16	00:56:16
371	442	Diane RADCLIFFE	F55	7	Unattached	00:56:04	00:56:20

372	449	Stephanie BOOTH	F	49	Unattached	00:55:57	00:56:21
373	594	Teresa WYNESS	F40	14	Unattached	00:56:01	00:56:22
374	401	Andrew CARTY	M	155	Unattached	00:55:59	00:56:23
375	92	Lynsey Hanes	F	50	Stockport Harrier & A.C.	00:56:27	00:56:48
376	699	Brendan MEANWELL	M40	55	Unattached	00:57:02	00:57:11
377	370	Mark LAMERTON	M55	10	Unattached	00:57:04	00:57:27
378	455	Jenny WILLIS	F	51	Unattached	00:57:11	00:57:30
379	469	Ian PICKFORD	M	156	Unattached	00:57:14	00:57:33
380	123	Paul ROPER	M45	29	Unattached	00:57:24	00:57:45
381	505	Paula PERRIN	F	52	Unattached	00:57:29	00:57:45
382	620	Steve ORTON	M45	30	Unattached	00:57:41	00:57:50
383	503	Lesley JOYNER	F40	15	Stourbridge	00:57:35	00:57:51
384	274	Daniel JOHNS	M	157	Unattached	00:57:39	00:57:52
385	336	Susan BEAN	F55	8	Swinton Running Club	00:57:28	00:57:52
386	332	Sarah SMITH	F	53	Holmfirth Harriers	00:57:51	00:58:11
387	609	Zoe MANN	F	54	Unattached	00:58:30	00:58:40
388	429	George OGDEN	M45	31	Unattached	00:58:26	00:58:56
389	277	Alan WRIGLEY	M	158	Unattached	00:58:31	00:58:57
390	528	Melissa GARDNER	F40	16	Unattached	00:58:38	00:59:02
391	228	Cath JONES	F45	11	Unattached	00:58:41	00:59:07
392	154	Hannah ROBERTS	F	55	Unattached	00:59:13	00:59:13
393	155	Jill HANDS	F	56	Unattached	00:58:56	00:59:13
394	264	Kevin steven FANNON	M45	32	Unattached	00:58:56	00:59:25
395	68	Ralph Kesteven	M	159	Unattached	00:59:00	00:59:30
396	43	Paula DUNKERLEY	F	57	Unattached	00:59:42	01:00:04
397	335	Stella HUGHES	F40	17	Unattached	01:00:07	01:00:25
398	551	Philip MURRAY	M70	2	Penny Lane Striders	01:00:12	01:00:29
399	149	Rachel COPPENHALL	F	58	Unattached	01:00:27	01:00:44
400	153	Dawn SAMPLES	F	59	Unattached	01:00:27	01:00:44
401	156	Jennie MATTHEWS	F	60	Unattached	01:00:40	01:00:58
402	591	Suzanne KESTEVEN	F	61	Unattached	01:00:42	01:01:12
403	307	Kerry PENFOLD	F50	6	Unattached	01:01:06	01:01:28
404	415	Tony BENNETT	M45	33	Unattached	01:01:17	01:01:37
405	241	Jean SKITT	F65	1	Manchester Harriers	01:01:21	01:01:47
406	242	Jean BAYLEY	F50	7	Manchester Harriers	01:01:21	01:01:47
407	554	Rachel Mumford	F	62	Unattached	01:01:44	01:01:58
408	126	Joanna CHRISTOPHER	F	63	Unattached	01:01:44	01:01:59
409	268	Dave MULQUEENEY	M	160	Unattached	01:01:53	01:02:20
410	133	Henry RAINFORD	M55	11	Steel City Striders	01:02:15	01:02:40
411	224	Justine MANION	F40	18	Unattached	01:02:21	01:02:48
412	59	Helen BELL	F	64	Unattached	01:02:37	01:02:57
413	593	Suzanne GLAVIN	F40	19	Unattached	01:03:04	01:03:20
414	517	Marion LESTER	F50	8	Unattached	01:03:11	01:03:34
415	611	Andrew YOUNG	M40	56	Unattached	01:03:18	01:03:39
416	639	Martin SCHOFIELD	M55	12	Unattached	01:03:30	01:03:43
417	259	Carol FELL	F60	1	Warrington Road Runners	01:03:26	01:03:44
418	580	Mark BAGGULEY	M	161	Unattached	01:03:29	01:03:57

419	267	Lee HILL	M	162	Unattached	01:04:30	01:04:56
420	471	Jennie REYNOLDS	F	65	Unattached	01:04:42	01:05:10
421	673	Sheryl BARBER	F	66	Unattached	01:04:55	01:05:21
422	707	Paul GEE	M40	57	Unattached	01:05:53	01:06:20
423	99	Michelle SYKES	F45	12	Unattached	01:06:30	01:06:46
424	98	Deborah HENSHALL	F45	13	Unattached	01:06:31	01:06:47
425	271	Kim DEMPSEY	F	67	Unattached	01:07:15	01:07:40
426	602	Tony FILLINGHAM	M	163	Unattached	01:08:00	01:08:22
427	397	Julie Abbott	F45	14	Unattached	01:08:27	01:08:54
428	390	Joanne FAIRHURST	F	68	Unattached	01:09:21	01:09:47
429	247	Heather FAULKNER	F	69	Unattached	01:09:35	01:09:53
430	481	Joanne MCDONNELL	F	70	Unattached	01:09:43	01:10:12
431	482	Anne CARPENTER	F	71	Unattached	01:09:43	01:10:12
432	499	Kay-leigh BAKER	F	72	Unattached	01:11:33	01:11:59
433	555	Ginette RAW	F	73	Unattached	01:11:41	01:12:09
434	480	Tim MOORE	M60	8	Manchester YMCA Harriers	01:14:11	01:14:31
435	479	Joanne SHAW	F45	15	Swinton Running Club	01:14:15	01:14:35