

145	323	Gary Coxon	V55	6	E Cheshire H & Tameside Ac	20:47	224	268	Nick Roberts	V4520	Stockport Harriers & Ac	23:03
146	219	Joseph Watkinson			Unattached	20:48	225	7	Hilary West	L50	8 Stockport Harriers & Ac	23:06
147	375	Oliver Higby			Unattached	20:49	226	71	Andrew Dooley	V5015	Styal Running Club	23:12
148	2	Joanna Robbins	L40	3	Sale Harriers Manchester	20:54	227	202	John Hughes	V4521	Stockport Harriers & Ac	23:17
149	355	Ian Welch	V50	9	Unattached	20:57	228	284	Wendy Terry	L40	5 Dragons Running Club	23:20
150	334	Damian Utton	V4513		Altrincham & District Ac	20:58	229	217	Paul Steane	V5016	Unattached	23:21
151	37	Mark Roberts	V60	2	Pensby AC	21:00	230	406	Alice Macadie	L	51 Manchester Harriers & Ac	23:23
152	60	Jim Brett	V55	7	Manchester Harriers & Ac	21:02	231	140	Nikki Chamberlain	L40	6 Warrington Road Runners	23:26
153	213	Andy Garnett	V55	8	Spectrum Striders	21:04	232	389	Rachel Fillhart	L	53 Chorlton Runners	23:27
154	298	Neil Davey	V4025		Unattached	21:07	233	294	Ben Kirkman		Unattached	23:29
155	386	Matthew Clarke			Unattached	21:08	234	179	Thomas Malone	V5512	Unattached	23:31
156	214	Karon Forster	L50	1	Spectrum Striders	21:09	235	26	Jonathan Clarke	V4034	Styal Running Club	23:33
157	99	Joanne Lott	L45	1	Trafford Athletic Club	21:10	236	331	Mansell Pope	V60	9 Altrincham & District Ac	23:36
158	141	Gary Chadwick			Unattached	21:12	237	61	Mark Brett	V4522	Unattached	23:38
159	8	Jeremy Mirams			Unattached	21:16	238	151	Helen Todd	L55	2 Stockport Harriers & Ac	23:39
160	357	Laura Nash	L	22	Salford Harriers	21:19	239	269	Catherine Dascendis	L	55 Unattached	23:40
161	153	Arnold Bradshaw	V60	3	Manchester Harriers & Ac	21:19	240	283	Mairi Cullen	L40	7 Unattached	23:43
162	350	Kimberley Wilson	L	23	Sale Harriers Manchester	21:19	241	295	Wendy Woodhead	L	57 Manchester Harriers & Ac	23:44
163	343	Steve Foster			Astley & Tyldesley RR	21:20	242	89	Alan Jenkinson	V6010	Styal Running Club	23:45
164	415	Lauren Jackson	L	24	Unattached	21:20	243	297	Stacey Benson	L	58 Manchester Harriers & Ac	23:46
165	393	Tony Payne	V5010		Chorlton Runners	21:20	244	388	Belinda Hammond	L	59 Sale Harriers Manchester	23:47
166	383	Julie Price	L	25	Sale Harriers Manchester	21:21	245	192	David Turton	V5513	Stockport Harriers & Ac	23:48
167	70	J Cordingley	L50	2	Sale Harriers Manchester	21:21	246	307	Alexis Dinsmor	L60	1 Stockport Harriers & Ac	23:49
168	85	Andrew Holland			Unattached	21:21	247	118	Mel Smith	V6011	Unattached	23:51
169	330	Carole Baines	L45	2	Astley & Tyldesley RR	21:22	248	288	Kevin Lightfoot	V4035	Unattached	24:00
170	172	Ian Williamson	V4514		Unattached	21:32	249	16	Dave Farmer	V65	1 Sale Harriers Manchester	24:07
171	392	Edward Taylor	V4026		Knutsford Tri Club	21:33	250	164	Caroline Baba	L	61 Manchester Harriers & Ac	24:08
172	163	Alan Brady	V60	4	Spectrum Striders	21:35	251	414	Shira Barham	L	62 Unattached	24:09
173	100	Stuart Mairs			Salford Metropolitan Ac	21:37	252	109	John Purdy	V4523	Rochdale Harriers & Ac	24:12
174	238	Marie O'Connor	L	28	Pudsey Pacers	21:40	253	82	Lewis Green		Unattached	24:13
175	270	Suzanne Smith	L	29	Unattached	21:41	254	158	Angela Maziere	L50	9 Wilmslow Running Club	24:15
176	290	Charlotte Durand	L	30	Unattached	21:42	255	146	Jimmy Harwood	V4036	Unattached	24:16
177	293	Fre Davids			Unattached	21:43	256	222	Janet Bunyan	L45	3 E Cheshire H & Tameside Ac	24:22
178	509	Nicola Lloyd	L	31	Unattached	21:47	257	360	Nick Lees	V4037	Unattached	24:24
179	314	Kristian Robinson	V4027		Rochdale Harriers & Ac	21:48	258	38	Fredelina Yong	L	65 Reading Road Runners	24:25
180	48	Jacky Thorn	L50	3	Bateman Nartin	21:49	259	344	Jean Dolan	L65	1 Altrincham & District Ac	24:26
181	292	Lorna Begg	L	33	Sale Harriers Manchester	21:50	260	391	Martin Smedley	V6012	Unattached	24:29
182	221	David Bunyan	V5011		E Cheshire H & Tameside Ac	21:51	261	335	Stephen Whittle	V5514	Chorlton Runners	24:31
183	200	Barry Chambers	V60	5	Bateman Nartin	21:53	262	394	Mitander Taylor	L40	8 Chorlton Runners	24:34
184	341	Geoff Beattie	V55	9	Sale Harriers Manchester	21:54	263	412	Dana Smith	L	68 Unattached	24:37
185	261	Jenny Outhwaite	L	34	Trafford Athletic Club	21:54	264	510	Rick Stringer		Unattached	24:39
186	346	Colin Davies	V60	6	Altrincham & District Ac	21:55	265	209	David Williamson	V4524	Swinton Running Club	24:41
187	57	Clive Bishop	V60	7	Manchester Ymca Harriers	21:57	266	124	Chris Williams	V4038	Unattached	24:43
188	35	Claire Northcote	L50	4	Styal Running Club	22:00	267	266	Paul Arrowsmith	V4039	Uk Netrunner	24:45
189	370	Darren Goodson			Sale Harriers Manchester	22:01	268	342	Alan Halman	V65	2 Styal Running Club	24:49
190	56	Alan Bennett	V5012		Unattached	22:02	269	300	Sarah Leah	L	69 Stockport Harriers & Ac	24:51
191	91	Tracey Jones	L	36	Dragons Running Club	22:03	270	180	Denis Kelly	V4525	Manchester Harriers & Ac	24:53
192	285	Colin Will	V4515		Sale Harriers Manchester	22:04	271	55	Stephanie Bennett	L	70 Unattached	24:54
193	369	Ian Williams	V4516		South Cheshire Harriers	22:05	272	302	Colin Abbot	V6013	Unattached	24:56
194	218	Lucy Wasse	L	37	Unattached	22:06	273	246	David Lowe	V4040	Sale Harriers Manchester	24:56
195	287	Joanne Lowery	L	38	Unattached	22:07	274	251	Paul Curley		Unattached	24:57
196	52	Paul Basnett	V4028		Astley & Tyldesley RR	22:08	275	382	Paul Ashton	V4041	Unattached	24:57
197	97	Paul Lockett			Unattached	22:10	276	354	Amy Barter	L	71 Stockport Harriers & Ac	24:58
198	345	Ray Taylor	V5510		Astley & Tyldesley RR	22:15	277	87	Stephen Howe	V5017	Unattached	24:59
199	397	Linden Hiscock	L	39	Unattached	22:16	278	508	Claire Boyd	L	72 Unattached	25:02
200	255	Elizabeth Mason	L50	5	Hyde Village Striders Rc	22:17	279	277	Simon Hitchen	V4526	Unattached	25:03
201	312	Ray Dalby	V5511		Rochdale Harriers & Ac	22:17	280	45	Margaret Trickey	L60	2 Sale Harriers Manchester	25:04
202	165	Helen Reagan	L40	4	Sale Harriers Manchester	22:18	281	512	Michael Ennis		Unattached	25:05
203	247	Helen Fraser	L50	6	Stockport Harriers & Ac	22:22	282	305	Charles Lowthian	V5018	Styal Running Club	25:06
204	327	Geoff Caton	V60	8	Unattached	22:23	283	399	Philip Waterhouse		Unattached	25:07
205	17	Robert Corinaldi	V4029		Bateman Nartin	22:25	284	503	David Wright	V4527	Unattached	25:08
206	92	Martin Joyce	V4517		Manchester Harriers & Ac	22:30	285	193	Andrew Crowhurst		Unattached	25:10
207	328	Jenny Caton	L	43	Lymm Runners	22:30	286	78	Steven Francom		Unattached	25:13
208	205	Brian Bradshaw	V5013		Sale Harriers Manchester	22:30	287	311	David Gill	V4042	Sale Harriers Manchester	25:16
209	110	Gareth Redston			Trafford Athletic Club	22:31	288	156	Anita Fagan	L40	9 Unattached	25:17
210	207	David Aspinall	V4030		Styal Running Club	22:31	289	275	Roy Myers	V6014	Unattached	25:21
211	381	G BusuttillReynaud	V4031		Unattached	22:32	290	88	Paul Hudson	V5515	Bateman Nartin	25:26
212	28	Mary Taverner	L50	7	Bateman Nartin	22:32	291	65	Edyta Burgess	L35	3 Unattached	25:31
213	400	Richard Ousey			Sale Harriers Manchester	22:33	292	401	Graham Crawforth	V6015	Unattached	25:35
214	105	Hilary Neal	L35	2	Unattached	22:34	293	274	Alan Ford	V6016	Unattached	25:44
215	316	Jim Lambie	V4518		Sale Harriers Manchester	22:35	294	276	Warren Myers		Unattached	25:45
216	175	Jim Fox	V4519		Manchester Harriers & Ac	22:36	295	409	Kerry Cheng	L	76 Unattached	25:51
217	20	Liz Turton	L55	1	Stockport Harriers & Ac	22:39	296	12	Sid Bailey	V5516	Deestridders	25:54
218	416	Martin Jackson	V4032		Unattached	22:41	297	507	Bethna Dillon	L5010	Winston Runners	25:56
219	310	Simon Woodard	V5014		City Of Chester TC	22:44	298	240	John Adams	V5019	Unattached	25:58
220	170	David Vaughan			Unattached	22:50	299	34	Joe Park	V65	3 Cheshire Tally Ho. H & H	26:00
221	93	Jon-Paul Kearns	V4033		Stockport Harriers & Ac	22:56	300	352	Jean Mellor	L4010	Swinton Running Club	26:05
222	385	Sophie Reynolds	L	47	Unattached	22:58	301	372	Mike Holt	V4043	Unattached	26:09
223	223	Lauren Davies	L	48	UKA	22:59	302	368	Pauline Smith	L60	3 Bingley Harriers & Ac	26:15

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Full results will be on the internet tonight at <http://www.race-results.co.uk/>

303	147	Chloe Lafon	L 80	Sale Harriers Manchester	26:22	346	58	Terrie Blammon	L35 6	Unattached	28:54
304	167	Marinda Breddy	L4011	Sale Harriers Manchester	26:26	347	40	Jean Bayley	L5014	UKA	28:55
305	226	Anoush Taghinejad		Unattached	26:27	348	248	Jill Clark	L45 5	Hyde Village Striders Rc	28:57
306	376	James Walsh	V5517	Unattached	26:28	349	206	Brenda Robinson	L65 2	Rochdale Harriers & Ac	29:00
307	64	Phil Bryan		Unattached	26:29	350	244	Sally Gubbins	L 108	Hyde Village Striders Rc	29:17
308	236	Ben Myddelton		Unattached	26:32	351	84	Glyn Hathaway		Unattached	29:20
309	168	Claire Brennan	L35 4	Unattached	26:34	352	119	Sally Stevens	L 109	Unattached	29:36
310	373	Clare Paolo	L4012	Unattached	26:35	353	417	Brian Robinson	V65 7	Stockport Harriers & Ac	29:50
311	271	Paul Smith	V4044	Unattached	26:37	354	395	Jana Betakova	L4017	Unattached	30:17
312	30	Barbara Shuttleworth	L5011	Unattached	26:39	355	162	Neil Millar	V5023	Unattached	30:19
313	254	Andrea Williams	L 85	Manchester Harriers & Ac	26:45	356	245	Claire Wolfendale	L 111	Swinton Running Club	30:22
314	203	John Kirk	V65 4	Unattached	26:46	357	273	Jane Ford	L55 4	Unattached	30:24
315	501	Claire Gaukrodger	L 86	Unattached	26:47	358	511	Rich Shirley		Unattached	30:27
316	324	Ruth Bardsley	L4013	Salford Harriers	26:49	359	296	Linda Borkin	L 113	Run England	30:41
317	79	Mike Gibson	V5020	Sale Harriers Manchester	26:52	360	10	Geoff Howarth	V75 1	Northern Veterans Ac	31:11
318	301	John Leah	V6017	Bramhall Runners	26:54	361	139	Sally Moston	L45 6	Bramhall Runners	31:15
319	144	Diane Frost	L5012	Manchester Harriers & Ac	26:55	362	117	Clare Smith	L65 2	Bramhall Runners	31:16
320	132	Jennifer Johnson	L 89	Manchester Triathlon Club	26:58	363	349	Dawn Thornton	L45 8	Unattached	31:28
321	112	John Riley	V70 1	Nvt1	27:00	364	101	Jan Makinson	L5015	Unattached	31:50
322	286	John Gregory	V5021	Unattached	27:04	365	115	Jean Skitt	L65 3	Manchester Harriers & Ac	32:08
323	263	Robert Hill	V5022	Unattached	27:08	366	68	Margaret Carleton	L55 5	Winston Runners	32:15
324	9	Kate O'Brien	L 90	Unattached	27:16	367	63	Karen Brownsell	L35 7	Unattached	32:53
325	187	Iain Fortune	V65 5	Spectrum Striders	27:17	368	178	Ria Bright	L4018	Dragons Running Club	32:58
326	502	Kan Baba		Unattached	27:21	369	413	Gillian Mandy	L 122	Unattached	33:19
327	177	Mike Howe	V70 2	Unattached	27:22	370	121	Martin Wheelodon	V6019	Wilmslow Running Club	33:21
328	374	Sharon Holt	L4014	Unattached	27:23	371	299	Leslie Loftus	L5016	Manchester Harriers & Ac	33:24
329	278	Michael Carter	V4045	Unattached	27:24	372	398	Yvonne Barry	L4019	Unattached	33:52
330	43	Tim Birch	V6018	Northern Veterans Ac	27:36	373	96	Jessica Leech	L35 8	Bramhall Runners	33:58
331	347	Sarah Evans	L45 4	Unattached	27:37	374	18	Ashlin Corinaldi	L4020	Unattached	34:34
332	145	Sandra Harwood	L4015	Unattached	27:40	375	506	Bridie Dillon	L55 6	Winston Runners	34:59
333	53	Susan Bean	L60 4	Swinton Running Club	27:41	376	379	Alison Lawrence	L5017	Hyde Village Striders Rc	35:40
334	384	Kirsty Lyons	L 95	Manchester Harriers & Ac	27:42	377	41	David Sinnott	V6020	Saddleworth Runners Club	35:50
335	130	Gail Hill	L35 5	Wilmslow Running Club	27:48	378	36	John Wadsworth	V5024	Unattached	36:12
336	280	Charles Yuill	V65 6	Unattached	28:05	379	281	Margaret Yuill	L65 4	Unattached	37:11
337	282	Darren Russell	V4046	Unattached	28:07	380	365	Sharon Hyde	L 130	Hyde Village Striders Rc	37:15
338	363	Catherine Jnes	L 97	Sale Harriers Manchester	28:19	381	364	Andrew Taylor	V4047	Hyde Village Striders Rc	37:23
339	390	Pam Bebbington	L 98	Manchester Harriers & Ac	28:22	382	173	Lorraine Broahurst	L4021	Unattached	38:18
340	403	Jeanette Chesterton	L5013	Manchester Harriers & Ac	28:23	383	199	Ivan Macintyre	V5518	Unattached	40:13
341	353	Pam Macdonald	L 100	Unattached	28:28	384	98	Katherine Lockett	L 132	Unattached	40:47
342	104	Helen Morris	L 101	Winston Runners	28:29	385	74	Annette Fairclough	L5018	Winston Runners	40:58
343	67	Liz Cardall	L55 3	Unattached	28:47	386	380	David Todd		Road Runners Club	45:11
344	75	Tony Fillingham		Spectrum Striders	28:49	387	1	Dave Attwell	V70 3	Altrincham & District Ac	45:12
345	279	Carmen Donaghy	L4016	Winston Runners	28:53						