

The Ronhill Sale 5k Sizzlers at Wythenshawe Park on Thursday 2nd August

Sizzler — FINAL RESULTS

Pos	Num	Name	Cat/Pos	Club	Time							
1	339	Matt Barnes		Altrincham & District Ac	14:38	73	107	Mark Offord			Dragons Running Club	18:34
2	408	Ben Fish		Blackburn Harriers & Ac	14:44	74	86	Christine Holmes	L	6	Trentham RC	18:36
3	377	Gareth Raven		Sale Harriers Manchester	14:54	75	300	Philip Quibell	V55	4	Unattached	18:38
4	328	Gregory Rimmer	JM	1 Unattached	15:56	76	148	James Hart			Salford Metropolitan Ac	18:39
5	350	James McNally		Penny Lane Striders	15:59	77	426	Ian Jones			Sale Harriers Manchester	18:41
6	373	Gavin Hill		Unattached	16:03	78	362	Jim O'Connor	V40	12	Salford Harriers	18:42
7	264	Paul Mannion	V40	1 Astley & Tyldesley RR	16:15	79	69	Scott Christey	V45	8	Astley & Tyldesley RR	18:44
8	327	Matthew Rushbrook		Knutsford Tri Club	16:18	80	271	Laura Bestow	L	7	West Cheshire Athletic Club	18:46
9	111	Dean Richardson		City Of Stoke AC	16:21	81	286	Joseph Dillon	V40	13	Leigh Harriers & Ac	18:47
10	76	Rob Flannery		Sale Harriers Manchester	16:24	82	315	Len Best	V60	1	Stockport Harriers & Ac	18:49
11	409	Derek Simpson		Rochdale Harriers & Ac	16:26	83	6	Ian Stainthorpe	V50	6	Rochdale Harriers & Ac	18:50
12	341	Rob Dewhurst		Bateman Nartin	16:27	84	108	Chris Oloughlin			Swinton Running Club	18:52
13	248	Andrew Miles	JM	2 Vale Royal Ac	16:35	85	289	Tracey Peters	L	8	Southport Waterloo Ac	18:55
14	326	Jason Boothroyd	V40	2 Salford Harriers	16:37	86	418	Simon Haigh			Unattached	18:59
15	396	Stephen McCarron		Sale Harriers Manchester	16:46	87	143	David Townley			Stockport Harriers & Ac	19:02
16	314	Simon Johnson	V45	1 Bingley Harriers & Ac	16:48	88	297	Michael Lomas			Unattached	19:06
17	380	Derek Crewe	V50	1 Salford Harriers	16:49	89	44	Paul Collins	V45	9	Unattached	19:10
18	272	David Alexander	V40	3 West Cheshire Athletic Club	16:50	90	505	Charlie Williams	V40	14	Knutsford Tri Club	19:12
19	423	James Britton		Knutsford Tri Club	16:51	91	275	Robin Chan			Astley & Tyldesley RR	19:14
20	357	Michael Berks		Altrincham & District Ac	16:52	92	154	Francis Sweeney	V45	10	Sale Harriers Manchester	19:17
21	422	Edward Britton		Knutsford Tri Club	16:53	93	94	Alistair Kell	V40	15	Sale Harriers Manchester	19:19
22	346	Chris Barnes		Blackburn Harriers & Ac	16:55	94	354	David Shaw	V45	11	Salford Harriers	19:22
23	179	James Cordon	V40	4 Stockport Harriers & Ac	16:57	95	206	Graham Harrison	V50	7	Altrincham & District Ac	19:25
24	410	Phillip Bennett		Rochdale Harriers & Ac	17:00	96	265	Arnold Melling	V60	2	Astley & Tyldesley RR	19:25
25	102	Howard Mead		Salford Harriers	17:01	97	233	Simon Harlow			Bramhall Runners	19:26
26	342	Elton Davies		Sale Harriers Manchester	17:02	98	29	Duncan Shuttleworth	V50	8	Unattached	19:26
27	306	John Connolly	V40	5 Penny Lane Striders	17:03	99	188	Geoff Cumber	V65	1	Halifax Harriers & Ac	19:27
28	277	Martin Tighe	V50	2 Sale Harriers Manchester	17:04	100	384	Michael Curley	V60	3	Sale Harriers Manchester	19:28
29	262	Julian Rose	V45	2 Holmfirth Harriers Ac	17:04	101	235	Jon Hancock	V55	5	Oswestry Olympians	19:30
30	195	Katie Good	L	1 Thames Valley Harriers	17:10	102	31	Steven Mycock			Unattached	19:31
31	405	Nicholas Whittle		Sale Harriers Manchester	17:12	103	437	William Keeling	V45	12	Knutsford Tri Club	19:33
32	4	Steven Townley		Sale Harriers Manchester	17:12	104	279	Claire O'Connor	L	9	Salford Harriers	19:35
33	66	Phil Burns		Stockport Harriers & Ac	17:13	105	331	Jayne Lawton	L40	3	Stockport Harriers & Ac	19:38
34	153	Tom Armstrong		Vale Royal Ac	17:14	106	210	Matt Moran			Stockport Harriers & Ac	19:41
35	323	Oily Williams	JM	3 South Cheshire Harriers	17:15	107	507	Nick Bone			Winston Runners	19:46
36	313	Chris Donnelly		Sale Harriers Manchester	17:26	108	332	Tim Jorgensson	V45	13	Unattached	19:47
37	77	Stephen Fosbrook		Stockport Harriers & Ac	17:27	109	416	Mike Mason	V45	14	Hyde Village Striders Rc	19:48
38	273	Siom WynneWilliams		Bateman Nartin	17:29	110	372	Keith Boardman	V50	9	Northern Veterans Ac	19:49
39	203	Charlie Batho	V40	6 Stockport Harriers & Ac	17:31	111	116	Jerry Smith	V55	6	Sale Harriers Manchester	19:50
40	318	Jonathab Sacks		Salford Harriers	17:33	112	375	Hazel Caruthers	L	11	Rochdale Harriers & Ac	19:52
41	325	Steven Caldwell		Vale Royal Ac	17:36	113	11	Paul Greenhalgh	V45	15	Manchester Tri Club	19:53
42	149	Darren Cottier	V40	7 Bateman Nartin	17:39	114	39	Samantha Jones	L	12	Stockport Harriers & Ac	19:55
43	278	Gavin Astin	V45	3 Stockport Harriers & Ac	17:42	115	285	David Howell	V40	16	Stockport Harriers & Ac	19:57
44	114	Mike Shaw	V45	4 Stockport Harriers & Ac	17:43	116	356	Helen Armitage	L	13	Sale Harriers Manchester	19:58
45	381	Shane Wolstencroft	V40	8 Knutsford Tri Club	17:45	117	249	(No. 249)			Sale Harriers Manchester	19:59
46	95	Jenny Knass	L	2 Stockport Harriers & Ac	17:47	118	412	Dominic Sexton	V45	16	Hyde Village Striders Rc	20:00
47	49	David Gee	V55	1 Manchester Harriers & Ac	17:49	119	363	Michael Stebbings	V45	17	Unattached	20:02
48	329	Mike Toal	V40	9 Northern Veterans Ac	17:50	120	80	Antony Golding			Swinton Running Club	20:03
49	140	Tom McNally	V45	5 Stockport Harriers & Ac	17:52	121	349	Joseph Watkinson			Unattached	20:05
50	361	Graham Chesters	V50	3 Salford Harriers	17:53	122	355	Warren Bowden	V45	18	Chorlton Runners	20:06
51	263	Kyle Conway	JM	4 Sale Harriers Manchester	17:54	123	510	Gaurav Batra	V40	17	Sale Harriers Manchester	20:08
52	231	James Walsh		Unattached	17:55	124	424	David Telford	V60	4	Altrincham & District Ac	20:09
53	294	Sophie Whiteside	L	3 Bateman Nartin	17:57	125	207	Sarah Mackness	L	14	Altrincham & District Ac	20:11
54	268	Ashley Crawford		Unattached	17:58	126	414	Jason Brogan	V40	18	Manchester Harriers & Ac	20:13
55	395	Gary Herring		Unattached	17:59	127	291	Gary Lyons			Unattached	20:14
56	187	Steve Shaughnessy	V55	2 Stockport Harriers & Ac	18:01	128	2	Joanna Robbins	L40	4	Sale Harriers Manchester	20:15
57	5	Mandy Vernan	L40	1 UKA	18:02	129	176	Ken Burgess	V65	2	Altrincham & District Ac	20:16
58	324	Matthew Metcalf	JM	5 Sale Harriers Manchester	18:04	130	245	Aidan Raftery	V50	10	Unattached	20:17
59	406	James Tarran	V45	6 Valley Striders	18:07	131	13	Anthony Collier	V55	7	Styal Running Club	20:18
60	310	Jon Lane		Rochdale Harriers & Ac	18:11	132	99	Joanne Lott	L45	1	Trafford Athletic Club	20:20
61	42	Mark Seed	V45	7 Salford Harriers	18:15	133	90	Ian Johnson	V55	8	Salford Harriers	20:21
62	334	Steve McLean	V50	4 Southport Waterloo Ac	18:15	134	8	Jeremy Mirams			Unattached	20:23
63	371	Damian Bennett	V40	10 Knutsford Tri Club	18:16	135	282	Paul Sweeney			Unattached	20:26
64	15	Tony Davenport		Salford Metropolitan Ac	18:16	136	307	Chris Floyd			Unattached	20:29
65	269	Dave Ainsworth	V50	5 Altrincham & District Ac	18:17	137	378	Emma Finney	L	17	Unattached	20:32
66	190	SarahLouise Cumber	L40	2 Halifax Harriers & Ac	18:18	138	397	A Tricker			Sale Harriers Manchester	20:34
67	145	Peter Shipley		Sale Harriers Manchester	18:20	139	391	Bernhard Wagner			Belle Vue Racers	20:37
68	158	Peter O'Neill		Sale Harriers Manchester	18:23	140	335	Ian Welch	V50	11	Unattached	20:40
69	146	Christopher Heys		Sale Harriers Manchester	18:25	141	137	Alan Brady	V60	5	Spectrum Striders	20:42
70	317	Carl Watson	V40	11 Low Fell Rc	18:28	142	287	Damian Utton	V45	19	Altrincham & District Ac	20:42
71	303	Maurice Oldham	V55	3 Manchester Harriers & Ac	18:30	143	200	Julian Jacobs	V40	19	Salford Harriers	20:45
72	25	Dillon Bezzina	JM	6 Sale Harriers Manchester	18:32	144	270	Neil Worden	V40	20	Unattached	20:48

Supported by Kelloggs, Shotz Energy gels, Sweatshop, Mornflakes Oates, Adactus Housing Association, Yours Housing Group.

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

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145	224	Christopher Roberts	Unattached	20:49	224	225	David Hobbs	V50	21	Unattached	23:17		
146	85	Andrew Holland	Unattached	20:50	225	302	David Turton	V55	13	Stockport Harriers & Ac	23:19		
147	37	Mark Roberts	V60	6	Pensby AC	20:51	226	252	Elizabeth Mason	L45	5	Hyde Village Striders Rc	23:21
148	319	Graham Tracey	V40	21	Vegetarian C & AC	20:53	227	308	Tony Gaun	Unattached		23:23	
149	257	(No. 257)	L	18	Unattached	20:58	228	109	John Purdy	V45	30	Rochdale Harriers & Ac	23:25
150	17	Robert Corinaldi	V40	22	Bateman Nartin	20:58	229	237	Gemma Hardiman	L	46	Sale Harriers Manchester	23:26
151	70	J Cordingley	L50	1	Sale Harriers Manchester	20:59	230	89	Alan Jenkinson	V60	8	Styal Running Club	23:28
152	14	Peter Crawford			Sale Harriers Manchester	21:00	231	392	Roy Myers	V60	9	Unattached	23:30
153	336	Kris Robinson	V40	23	Rochdale Harriers & Ac	21:01	232	166	Wendy Woodhead	L	47	Manchester Harriers & Ac	23:31
154	274	Jean Mann	L50	2	Astley & Tyldesley RR	21:02	233	71	Andrew Dooley	V50	22	Styal Running Club	23:32
155	183	Arnold Bradshaw	V65	3	Manchester Harriers & Ac	21:04	234	175	Shira Barham	L	48	Unattached	23:33
156	316	John Parrott	V55	9	Stockport Harriers & Ac	21:09	235	419	Paul Curley	Unattached		23:36	
157	514	Lauren Jackson	L	21	Unattached	21:14	236	38	Fredelina Yong	L	49	Reading Road Runners	23:39
158	170	Ray Dalby	V55	10	Rochdale Harriers & Ac	21:15	237	281	Sarah Leah	L	50	Stockport Harriers & Ac	23:43
159	358	Des Miles	V45	20	Unattached	21:16	238	240	Jimmy Harwood	V40	31	Unattached	23:43
160	201	Matthew Brooke			Sale Harriers Manchester	21:18	239	216	Paul Arrowsmith	V40	32	UK Netrunner	23:43
161	435	Kev Logue	Unattached		Unattached	21:19	240	83	Sarah Harrison	L	51	Manchester Harriers & Ac	23:44
162	97	Paul Lockett	Unattached		Unattached	21:20	241	266	Lindsay Darbyshire	L40	9	Styal Running Club	23:44
163	320	Pat O'Hagan	V50	12	Unattached	21:22	242	292	Peter Woodward	Unattached		23:45	
164	48	Jacky Thorn	L50	3	Bateman Nartin	21:27	243	232	Linda Edmondson	L50	7	Wrekin Road Runners	23:48
165	173	Darren Goodson			Sale Harriers Manchester	21:32	244	283	James Bell	V45	31	Styal Running Club	23:51
166	219	Nicola Lloyd	L	23	Bramhall Runners	21:32	245	515	Chris Wood	V40	33	Unattached	23:52
167	431	Edward Taylor	V40	24	Knutsford Tri Club	21:33	246	26	Jonathan Clarke	V40	34	Styal Running Club	23:53
168	322	Ian Williams	V50	13	South Cheshire Harriers	21:34	247	360	Jean Dolan	L65	1	Altrincham & District Ac	23:55
169	404	P StubbsJefferies	V50	14	Knutsford Tri Club	21:35	248	420	Ian Morris	V60	10	Unattached	23:57
170	403	Colin Davies	V60	7	Altrincham & District Ac	21:35	249	138	Caroline Baba	L	55	Manchester Harriers & Ac	23:59
171	193	Andy Cordes	V40	25	Bramhall Runners	21:36	250	243	Andrew Bourne	V40	35	Unattached	24:02
172	100	Stuart Mairs			Salford Metropolitan Ac	21:37	251	311	Colin Abbott	V60	11	Unattached	24:06
173	407	Simon Bond			Sale Harriers Manchester	21:38	252	430	Miranda Taylor	L40	10	Knutsford Tri Club	24:10
174	352	Nigel Harrison	V45	21	Stockport Harriers & Ac	21:39	253	152	David Williamson	V45	32	Swinton Running Club	24:15
175	228	Kieron Walsh	V50	15	Unattached	21:40	254	425	Aileen Davidson	L	57	Unattached	24:23
176	338	Simon Woodward	V50	16	City Of Chester TC	21:42	255	93	Jon-Paul Kearns	V40	36	Stockport Harriers & Ac	24:25
177	35	Claire Northcote	L50	4	Styal Running Club	21:43	256	82	Lewis Green	Unattached		24:27	
178	105	Hilary Neal	L35	1	Unattached	21:45	257	393	Mark Ferns	V50	23	Sale Harriers Manchester	24:29
179	28	Mary Taverner	L50	5	Bateman Nartin	21:48	258	348	Louise Weller	L	58	Styal Running Club	24:32
180	388	Geoff Beattie	V55	11	Sale Harriers Manchester	21:51	259	118	Mel Smith	V60	12	Unattached	24:33
181	284	Amanda Trivett	L35	2	Stockport Harriers & Ac	21:52	260	305	Steven Wilde	V55	14	Chorley	24:35
182	288	Tim Walshaw	Unattached		Unattached	21:54	261	295	Jo Sullivan	L45	6	Spectrum Striders	24:37
183	56	Alan Bennett	V50	17	Unattached	21:56	262	267	Robert Miller	V60	13	Stockport Harriers & Ac	24:38
184	92	Martin Joyce	V45	22	Manchester Harriers & Ac	21:58	263	382	Darah Wood	L	60	Stockport Harriers & Ac	24:39
185	139	Helen Reagan	L40	5	Sale Harriers Manchester	22:00	264	442	Claire Boyd	L	61	Unattached	24:40
186	72	Brad Ehlen	V40	26	Spectrum Striders	22:02	265	429	Martin Smedley	V60	14	Unattached	24:41
187	199	Nick Roberts	V45	23	Stockport Harriers & Ac	22:04	266	142	Claire Brennan	L35	3	Unattached	24:42
188	208	Carole Harrison	L45	2	Altrincham & District Ac	22:07	267	45	Margaret Trickey	L60	1	Sale Harriers Manchester	24:44
189	366	Maureen Wilkins	L45	3	Stockport Harriers & Ac	22:08	268	78	Steven Francom	Unattached		24:47	
190	344	Pete Hoyle	V45	24	Unattached	22:10	269	427	Alan Lamb	V40	37	Unattached	24:51
191	52	Paul Basnett	V40	27	Astley & Tyldesley RR	22:12	270	389	Graham Kitchen	V50	24	Dragons Running Club	24:53
192	247	Nick Ward	Unattached		Unattached	22:18	271	364	David Smith	V40	38	Unattached	24:56
193	260	Peter Harrop	JM	7	British Army	22:21	272	164	Jean Mellor	L40	11	Swinton Running Club	24:58
194	110	Gareth Redston			Trafford Athletic Club	22:24	273	513	David Wright	V45	33	Unattached	25:01
195	7	Hilary West	L50	6	Stockport Harriers & Ac	22:25	274	330	Ruth Bardslei	L40	12	Salford Harriers	25:04
196	369	Simon Munday	V45	25	Unattached	22:26	275	212	Kirsty Lyons	L	66	Manchester Harriers & Ac	25:07
197	312	John Hughes	V45	26	Stockport Harriers & Ac	22:28	276	88	Paul Hudson	V55	15	Bateman Nartin	25:11
198	280	Barbara Murray	L55	1	Macclesfield Harriers & Ac	22:29	277	34	Joe Park	V65	5	Cheshire Tally Ho. H & H	25:14
199	81	Steve Green	V55	12	Unattached	22:31	278	1	Dave Attwell	V70	1	Altrincham & District Ac	25:17
200	20	Liz Turton	L55	2	Stockport Harriers & Ac	22:32	279	65	Edyta Burgess	L35	4	Unattached	25:40
201	411	Tony Elston	V50	18	Dragons Running Club	22:34	280	79	Mike Gibson	V50	25	Sale Harriers Manchester	25:43
202	238	Rebecca Mills	L	34	Swinton Running Club	22:37	281	12	Sid Bailey	V55	16	Deestridders	25:46
203	239	David Guy	V50	19	Unattached	22:38	282	333	Jennie Jorgensson	L40	13	Unattached	25:47
204	428	Jill Baileu	L	35	Stockport Harriers & Ac	22:40	283	509	Paul Hynes	V45	34	Hyde Village Striders Rc	25:48
205	441	Martin Jackson	V45	27	Unattached	22:43	284	165	Andrea Williams	L	69	Manchester Harriers & Ac	25:50
206	337	Jim Lambe	V45	28	Sale Harriers Manchester	22:44	285	504	Lorraine Kelsey	L	70	Manchester Harriers & Ac	25:57
207	220	Nikki Chamberlain	L40	6	Warrington Road Runners	22:46	286	251	Naomi Lomas	L	71	Unattached	26:05
208	223	Ian Williamson	V45	29	Unattached	22:49	287	417	Alistair Tanner	V40	39	Unattached	26:06
209	353	Louise Harrison	L40	7	Stockport Harriers & Ac	22:53	288	209	Catherine XDodsworth	L40	14	Dragons Running Club	26:07
210	16	Dave Farmer	V65	4	Sale Harriers Manchester	22:57	289	141	Marinda Breddy	L40	15	Sale Harriers Manchester	26:09
211	508	Claire Tenzer	L	38	Unattached	22:58	290	30	Barbara Shuttleworth	L50	8	Unattached	26:11
212	309	Stephen Bingham	V50	20	Unattached	22:59	291	347	Paul Shier			Swinton Running Club	26:13
213	189	Sonya Hynes	L	39	UKA	23:01	292	399	Charles Youill	V65	6	Unattached	26:21
214	370	Judith Boardman	L45	4	Northern Veterans Ac	23:02	293	9	Kate O'Brien	L	75	Unattached	26:23
215	394	Lashira Herring	L	41	Unattached	23:04	294	84	Glyn Hathaway	Unattached		26:30	
216	343	Andrew Hoyle	Unattached		Unattached	23:06	295	244	Sarah McDermott	L	76	Unattached	26:43
217	168	Stacey Benson	L	42	Manchester Harriers & Ac	23:07	296	440	Hannah Lees	L	77	Unattached	26:44
218	340	Julie Hamilton	L40	8	Swinton Running Club	23:09	297	217	Alexandra Vesty	L	78	Unattached	26:46
219	415	Paul Kain	V40	28	Unattached	23:11	298	401	Jill Hatton	LJ	1	Dragons Running Club	26:47
220	156	Lauren Davies	L	44	Sale Harriers Manchester	23:12	299	160	Claire Wolfendale	L	80	Swinton Running Club	26:49
221	124	Chris Williams	V40	29	Unattached	23:13	300	438	Darren Russell	V40	40	Unattached	26:51
222	301	Alan Jones	V40	30	UKA	23:14	301	214	Rosa Elliott	L50	9	Sale Harriers Manchester	26:54
223	385	Christian Hook	Unattached		Unattached	23:15	302	24	Mary Burton	L45	7	Lymm Runners	26:57

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303	276	Marisol Ficaró	L45	8	USA	27:01	337	75	Tony Fillingham	Spectrum Striders	29:36
304	131	Kan Baba			Unattached	27:23	338	502	Melissa Harrison	L 111 Hyde Village Striders Rc	29:51
305	204	Jill Sanders	L40	16	Sale Harriers Manchester	27:26	339	261	Chris Horricks	Dragons Running Club	30:02
306	390	Susan Royal	L40	17	Hyde Village Striders Rc	27:28	340	63	Karen Brownsell	L35 6 Unattached	30:07
307	53	Susan Bean	L60	2	Swinton Running Club	27:30	341	387	Claire Thomond	L 113 Unattached	30:28
308	421	Jeanette Chesterton	L50	10	Manchester Harriers & Ac	27:32	342	162	Sally Gubbins	L 114 Hyde Village Striders Rc	30:33
309	432	Iana Betakova	L	88	Unattached	27:35	343	434	Karen Leighton	L40 22 Unattached	30:42
310	67	Liz Cardall	L55	3	Unattached	27:39	344	10	Geoff Howarth	V75 1 Northern Veterans Ac	30:59
311	293	Tracey Collier	L50	11	Styal Running Club	27:44	345	184	Michelle Borkin	L 116 Unattached	31:14
312	196	Debs Gardner	L40	18	Birkenhead Athletic Club	27:50	346	41	David Sinnott	V60 15 Saddleworth Runners Club	31:21
313	506	Pam Bebbington	L	92	Manchester Harriers & Ac	27:50	347	167	Linda Borkin	L 117 Run England	31:34
314	58	Terrie Blammon	L35	5	Unattached	27:51	348	379	Eamon Roche	Unattached	31:48
315	398	Nickolas Quarrell			Unattached	27:52	349	517	Yvonne Dwyer	L 118 Winston Runners	31:58
316	159	Marie O'Connor	L	94	Pudsey Pacers	27:54	350	516	Bridie Dillon	L55 4 Winston Runners	32:08
317	351	Louise Simpson	L	95	Southend Athletics	27:56	351	18	Ashlin Corinaldi	L40 23 Unattached	32:21
318	241	Sandra Harwood	L40	19	Unattached	28:09	352	68	Margaret Carleton	L55 5 Winston Runners	32:26
319	119	Sally Stevens	L	97	Unattached	28:12	353	101	Jan Makinson	L50 17 Unattached	32:27
320	104	Helen Morris	L	98	Winston Runners	28:14	354	115	Jean Skitt	L65 2 Manchester Harriers & Ac	32:28
321	345	Bill Yale	V65	7	Unattached	28:17	355	386	Anna Hatton	L 124 Unattached	33:11
322	106	Stevie Collier	L	99	Styal Running Club	28:19	356	368	Geoff Clarke	V60 16 E Cheshire H & Tameside Ac	33:22
323	23	Peter Burton	V45	35	Lymm Runners	28:25	357	376	Charley Palmer	Unattached	33:54
324	40	Jean Bayley	L50	12	UKA	28:27	358	374	Michael Palmor	V45 36 Unattached	33:54
325	161	Jill Clark	L45	9	Hyde Village Striders Rc	28:40	359	433	Rachel Hinchliffe	L40 24 Unattached	34:02
326	413	Cherry Collison	L	102	Bolton United Harriers & Ac	28:45	360	503	Janet Richardson	L55 6 Winston Runners	34:39
327	400	John Forrest	V55	17	Unattached	28:50	361	304	Lorraine Broadhurst	L40 25 Chorlton Runners	35:10
328	436	Julia Glancy	L50	13	Winston Runners	28:54	362	36	John Wadsworth	V50 26 Unattached	35:30
329	227	Derek Walton	V65	8	Altrincham & District Ac	28:58	363	501	Sharon Hyde	L 128 Hyde Village Striders Rc	36:09
330	383	Jacqueline Hilton	L50	14	Stockport Harriers & Ac	29:03	364	500	Andrew Taylor	Hyde Village Striders Rc	36:20
331	511	Carmen Donaghy	L40	20	Winston Runners	29:04	365	246	Susie Bell	L 129 Unattached	36:26
332	439	Sharon Senn	L50	15	Unattached	29:05	366	367	Lisa Catterall	L40 26 Winston Runners	37:14
333	512	Ginny Mitchell	L	107	Dragons Running Club	29:13	367	74	Annette Fairclough	L50 18 Winston Runners	37:15
334	298	E McLeodVernon	L50	16	Unattached	29:17	368	150	Ivan Macintyre	V55 18 Unattached	38:06
335	290	Joanne Grace	L	109	Unattached	29:22	369	98	Katherine Lockett	L 132 Unattached	40:59
336	402	Tracy Digue	L40	21	Dragons Running Club	29:30	370	365	David Todd	V65 9 Road Runners Club	42:19

Supported by Kelloggs, Shutz Energy gels, Sweatshop, Mornflakes Oates, Adactus Housing Association, Yours Housing Group.

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

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