

The Sale Sizzlers

at Wythenshawe park, Manchester on Thursday 4th July 2013

Sale Sizzler — PROVISIONAL RESULTS

Pos	Num	Name	Cat/Pos	Club	Time	Pos	Num	Name	Club	Time
1	482	Mohammed AbuRezeq		Altrincham & District AC	14:29	74	311	Jonathan Sacks	Salford Harriers	18:01
2	336	Joe Bailey		Salford Harriers	14:37	75	3	Andy Pickford	Altrincham & District AC	18:03
3	349	Gavin Hill		Sale Harriers Manchester	14:41	76	265	Stanley Owen	V60 1 Salford Harriers	18:04
4	417	Ben Riddell		Salford Harriers	15:09	77	286	Karl Tavini	V45 7 Stockport Harriers & Ac	18:06
5	345	Andy Norman		Altrincham & District AC	15:17	78	357	Lee Hughes	Lymm Runners	18:08
6	438	Andrew Challenger		Hallamshire Harriers Sheffield	15:24	79	351	Chris Burgess	Wigan & District H & Ac	18:10
7	418	Dave Norman		Altrincham & District AC	15:26	80	455	Steve McLean	V50 3 Southport Waterloo Ac	18:12
8	76	Matthew Shaw		Salford Harriers	15:29	81	237	Jenny Knass	L 5 Stockport Harriers & Ac	18:14
9	232	Chris Fell		Rossendale Harriers & Ac	15:30	82	126	Mandy Vernon	L40 1 Trentham RC	18:16
10	350	Joseph Vis		Southport Waterloo Ac	15:31	83	215	Stephen Watmough	V50 4 Warrington Athletic Club	18:17
11	352	Damian Nicholls		Wilmslow Running Club	15:39	84	75	Mark Seed	V45 8 Salford Harriers	18:19
12	164	Peter Speake		Wilmslow Running Club	15:50	85	289	Philip Quibell	V55 1 Salford Harriers	18:20
13	274	Andy Nixon		Stockport Harriers & Ac	16:02	86	81	Gemma Connolly	L 7 Sthj	18:21
14	329	Rob Hughes		Salford Harriers	16:06	87	323	Trevor Rayner	V50 5 Salford Harriers	18:22
15	402	Michael Kilmartin		Sale Harriers Manchester	16:06	88	285	Matthew Beacock	U20 7 Unattached	18:24
16	160	Graham Green	V45 1	Warrington Athletic Club	16:07	89	410	Phil Marsden	Bolton United Harriers & Ac	18:24
17	275	Nathan Vengfdasalem	V45 2	Unattached	16:07	90	103	Steve Shaughnessy	V55 2 Stockport Harriers & Ac	18:25
18	261	Les Ball	V45 3	Lincoln Wellington Ac	16:08	91	370	Nick Blanchard	Stockport Harriers & Ac	18:25
19	62	David Marsh		Sale Harriers Manchester	16:09	92	78	Tony Davenport	Salford Metropolitan Ac	18:26
20	193	Paul Savage		Manchester Triathlon Club	16:11	93	176	Paul Beckett	V45 9 Bramhall Runners	18:26
21	527	Ed Fazackerley	V40 1	Manchester Harriers & Ac	16:13	94	79	Paul Griffiths	V40 6 Shepshed Running Club	18:27
22	298	James Wignall		Sale Harriers Manchester	16:15	95	241	Ben Hobson	Unattached	18:28
23	335	David Lockett	V45 4	Salford Harriers	16:17	96	288	J PetidrenNavajas	V45 10 Utebo	18:28
24	293	Mat Rushbrook		Knutsford Tri Club	16:19	97	519	Joseph Dillon	V45 11 Leigh Harriers & Ac	18:29
25	281	Daniel Kashi		Eryri Harriers	16:22	98	322	Jim O'Connor	V40 7 Salford Harriers	18:30
26	371	Ben Beattie		Hallamshire Harriers Sheffield	16:24	99	301	Alan Hilton	V40 8 Astley & Tyldesley RR	18:31
27	324	David Howlett		Sale Harriers Manchester	16:26	100	95	Mike Dixon	Stockport Harriers & Ac	18:33
28	332	Rob Sloane		Trafford Athletic Club	16:28	101	423	Steve Duxbury	V60 2 Rossendale Harriers & Ac	18:35
29	388	Rob Webb		Rossendale Harriers & Ac	16:35	102	245	George Bilsby	Unattached	18:37
30	339	Michael Berks		Altrincham & District AC	16:37	103	520	Matthew Whitehead	V45 12 Manchester Harriers & Ac	18:39
31	260	Nigel Martin		Sale Harriers Manchester	16:37	104	464	Akram Abouaesha	Chorlton Runners	18:39
32	316	Henry Valentine	U20 1	South Cheshire Harriers	16:41	105	400	Robert Poole	South Cheshire Harriers	18:40
33	270	Dave Hudson		Salford Harriers	16:43	106	320	Amy Green	L 8 Keighley & Craven Ac	18:41
34	331	Callum Rowlinson	U20 2	Sale Harriers Manchester	16:46	107	321	Graham Chesters	V50 6 Salford Harriers	18:42
35	218	Tim Natrajan		Unattached	16:48	108	385	Heather Jackson	L 9 Manchester Triathlon Club	18:43
36	393	Steve Townley		Sale Harriers Manchester	16:53	109	382	Daniel Boulton	Sale Harriers Manchester	18:44
37	386	Billy McCartney		Salford Harriers	16:54	110	225	Matty Hughes	Liverpool Harriers & Ac	18:45
38	325	Christopher Merchant		Rochdale Harriers & Ac	16:55	111	56	Ian Stainthorpe	V50 7 Rochdale Harriers & Ac	18:46
39	31	Tim Greenald	V40 2	E Cheshire H & Tameside Ac	16:56	112	411	Mark Norton	V40 9 Unattached	18:48
40	341	Carl Mountain		Liverpool Harriers & Ac	16:57	113	233	Andrew Yates	V50 8 Sale Harriers Manchester	18:49
41	326	Anthony Dalton	U20 3	Rossendale Harriers & Ac	16:58	114	10	Patrick Bonner	Altrincham & District AC	18:51
42	365	Stephen McCarron		Sale Harriers Manchester	16:59	115	73	Stephen Parry	V50 9 Sale Harriers Manchester	18:52
43	522	Anthony Taylor		Salford Harriers	17:00	116	272	Brad Thornton	U20 8 Unattached	18:53
44	436	Andrew Whittingham	V40 3	Wilmslow Running Club	17:01	117	465	Mark McAfee	Unattached	18:55
45	295	Oliver Williams	U20 4	South Cheshire Harriers	17:02	118	173	Shaun Jackson	V40 10 Altrincham & District AC	18:56
46	504	Peter Craawford		Sale Harriers Manchester	17:04	119	58	Alistair Kell	V40 11 Sale Harriers Manchester	18:58
47	92	Kevin Acton	U20 5	Stockport Harriers & Ac	17:06	120	207	Tony Wardle	V40 12 South Cheshire Harriers	19:01
48	206	Alison Lavender	L 1	Oswestry Olympians	17:08	121	280	Michael Reason	Astley & Tyldesley RR	19:04
49	319	Ashley Crawford		Unattached	17:10	122	340	Mike Coogan	V40 13 E Cheshire H & Tameside Ac	19:04
50	226	Rachael Burns	L 2	Liverpool Harriers & Ac	17:12	123	441	Aron Myers	Wilmslow Running Club	19:05
51	505	Nicholas Whittle		Sale Harriers Manchester	17:13	124	343	Rebecca Donohue	U20 1 Liverpool Harriers & Ac	19:06
52	60	Dan Whittaker		Sale Harriers Manchester	17:14	125	8	Mark Hunter	V55 3 Altrincham & District AC	19:07
53	307	Mark Whittington		Swinton Running Club	17:15	126	15	Matt Moran	Bramhall Runners	19:08
54	317	Tom Armstrong		Vale Royal Ac	17:16	127	425	Tony Archer	V55 4 Vale Royal Ac	19:09
55	201	Andy Holloway	V45 5	Unattached	17:18	128	154	Stewart Nunn	Unattached	19:10
56	33	Adam McArthur		Enfield And Haringey A C	17:20	129	501	Aidan Rafferty	V50 10 Sale Harriers Manchester	19:11
57	177	Robbie Collins		Liverpool Harriers & Ac	17:22	130	427	Dave Stephens	Salford Harriers	19:12
58	227	Llyr Hughes		Manchester Triathlon Club	17:24	131	510	Mike Hudson	Bramhall Runners	19:13
59	444	Gavin Astin	V50 1	Stockport Harriers & Ac	17:26	132	236	Oliver Carter	Spensorough & Dist Ac	19:16
60	327	Daniel Walsh	U20 6	Rossendale Harriers & Ac	17:26	133	302	David Freer	V40 14 Royton Road Runners	19:19
61	184	Charlie Batho	V40 4	Stockport Harriers & Ac	17:27	134	72	Sarah Douglas	L 11 Sale Harriers Manchester	19:20
62	439	Dick Byers	V45 6	Trafford Athletic Club	17:28	135	228	Nicholas Haworth	U20 9 Manchester Triathlon Club	19:21
63	420	Ian Roberts		Rochdale Harriers & Ac	17:35	136	156	Tim Jorgensson	V45 13 Unattached	19:23
64	100	Robert Goulsbra		Stockport Harriers & Ac	17:37	137	133	Dean Howarth	Unattached	19:23
65	247	Mark Wynne		Unattached	17:40	138	269	Kerrie WoodDoyle	L45 1 Stockport Harriers & Ac	19:24
66	361	Stephen Nicholls		Wigan & District H & Ac	17:47	139	132	Daniel Cottam	Unattached	19:25
67	174	Steve Renny	V40 5	Altrincham & District AC	17:49	140	363	Helen Armitage	L35 1 Sale Harriers Manchester	19:26
68	337	Tess Walker	L 3	Salford Harriers	17:52	141	273	Andrew O'Connor	V50 11 St Helens Sutton Ac	19:27
69	330	Gary Rowlinson	V50 2	Sale Harriers Manchester	17:54	142	149	Robbie Greenslade	Unattached	19:28
70	401	Peter O'Neill		Sale Harriers Manchester	17:57	143	135	Duncan Shuttleworth	V50 12 Unattached	19:30
71	239	Hannah Griffiths	L 4	Trafford Athletic Club	17:58	144	380	Paul Greenhalgh	V45 14 Manchester Triathlon Club	19:33
72	404	Adam Gooch		Unattached	17:59	145	213	Robert Metcalf	Unattached	19:36
73	355	Jeremy Bygrave		Wilmslow Running Club	18:00	146	463	Gary Lyons	Unattached	19:39

147	42	Chris Sewart		Manchester Harriers & Ac	19:40	228	460	Jill Billinton	L	32	Stockport Harriers & Ac	21:41	
148	88	Jayne Lawton	L40	2	Stockport Harriers & Ac	19:42	229	65	Gary Chadwick		Sale Harriers Manchester	21:42	
149	97	Paul Collins	V45	15	Stockport Harriers & Ac	19:44	230	248	Martin Kaine	V45	23	Unattached	21:43
150	112	Antony Golding			Swinton Running Club	19:46	231	140	James Dickie		Unattached	21:44	
151	342	Simon Bond	V40	15	Sale Harriers Manchester	19:48	232	415	Mathew Bowness		Unattached	21:45	
152	454	Trace Peters	L	15	Southport Waterloo Ac	19:48	233	483	Lauren Jackson	L	33	Unattached	21:45
153	429	Alison Drasdo	L45	2	Trafford Athletic Club	19:50	234	353	Andrew Hockenhill		Unattached	21:46	
154	178	Jason Brogan	V40	16	Manchester Harriers & Ac	19:52	235	96	Nick Ham	V45	24	Stockport Harriers & Ac	21:46
155	372	James Hinde			Manchester Harriers & Ac	19:54	236	66	Helen Reagan	L40	6	Sale Harriers Manchester	21:47
156	517	Zacharski Krzysztof	V40	17	Unattached	19:56	237	309	Timothy Warn	V60	5	Penny Lane Striders	21:48
157	395	Nick Pearson			Unattached	19:59	238	127	Andy Melvin	V40	26	Unattached	21:48
158	328	Michael Curley	V60	3	Sale Harriers Manchester	20:02	239	287	Ewan Holton		Knutsford Tri Club	21:49	
159	304	Robin Beaumont	V45	16	Trafford Athletic Club	20:08	240	48	Alastair Rainsbury		Manchester Triathlon Club	21:49	
160	379	Nigel Fielden	V55	5	Sale Harriers Manchester	20:11	241	431	Brian Helland	V55	10	Goyt Valley Striders	21:50
161	204	Janine Ellis	L40	3	Wilmslow Running Club	20:12	242	475	Phil Summers	V50	18	Swinton Running Club	21:51
162	238	Matthew Given			Stockport Harriers & Ac	20:13	243	109	Claire Northcoote	L50	4	Styal Running Club	21:53
163	303	Julie Price	L	18	Sale Harriers Manchester	20:14	244	90	John Hughes	V45	25	Stockport Harriers & Ac	21:55
164	310	Josh Maley			Astley & Tyldesley RR	20:16	245	378	Frederick Davids	V40	27	Unattached	21:58
165	469	William Keeling			Knutsford Tri Club	20:18	246	129	Ben Kirkman		Unattached	21:58	
166	518	Barys Darmas	V40	18	Sale Harriers Manchester	20:20	247	198	Claire Hebblethwaite		Hereford Couriers	21:58	
167	452	Melanie Johnson	L	19	Vale Royal Ac	20:22	248	59	Anne Chinoy	L40	7	Sale Harriers Manchester	21:59
168	446	Bev Ganose	L45	3	Altrincham & District AC	20:25	249	299	Sonya Hynes	L	37	Manchester Harriers & Ac	22:04
169	166	Paul Muldoon			Winston Runners	20:25	250	291	Richard McHugh		Sale Harriers Manchester	22:10	
170	37	John Goggins			Knutsford Tri Club	20:25	251	369	Darren Cooper		Manchester Triathlon Club	22:11	
171	448	Simon McCarthy			Unattached	20:26	252	147	Nick Pendleton		Unattached	22:13	
172	419	Paul Rutherford	V45	17	Swinton Running Club	20:27	253	524	Belinda Hammond	L	38	Sale Harriers Manchester	22:16
173	315	Tom Feehally			Unattached	20:28	254	318	Amanda Trivett	L	39	Stockport Harriers & Ac	22:19
174	99	Rachael Blight			Stockport Harriers & Ac	20:29	255	216	Lauren Davies	L	40	Sale Harriers Manchester	22:20
175	294	Michael Barry	V40	19	Sale Harriers Manchester	20:30	256	244	Frank Begley	V60	6	Unattached	22:20
176	356	Peter Morgan			Salford Harriers	20:32	257	447	Simon Munday	V45	26	Unattached	22:22
177	348	Emma Frinev	L	21	Sale Harriers Manchester	20:34	258	296	AnnMarie Jones	L55	1	Altrincham & District AC	22:24
178	276	Stephen Minshull	V45	18	Trafford Athletic Club	20:36	259	305	Caroline Broderick	L	42	Salford Harriers	22:25
179	526	John Battersby	V55	6	Sale Harriers Manchester	20:38	260	200	Georgina Walker		Lymm Runners	22:26	
180	12	Andy Cordes	V40	20	Bramhall Runners	20:38	261	344	Wendy Woodhead	L	43	Manchester Harriers & Ac	22:26
181	163	Matthew Taylor			Wilmslow Running Club	20:39	262	93	Liz Turton	L55	2	Stockport Harriers & Ac	22:28
182	123	Claire Chaffer			Trafford Athletic Club	20:39	263	119	Paolo Dale	V40	28	Swinton Running Club	22:30
183	183	Timothy Rainey	V45	19	Sale Harriers Manchester	20:40	264	89	Jeremy Woodham	V40	29	Stockport Harriers & Ac	22:33
184	235	Rachael Cavanagh	L	22	Sale Harriers Manchester	20:40	265	398	Marie Lees	L	45	Sale Harriers Manchester	22:36
185	394	Laura Nash	L	23	Salford Harriers	20:41	266	308	Barry Chambers	V60	7	Vale Royal Ac	22:37
186	106	Anthony Collier	V55	7	Styal Running Club	20:41	267	477	Carla Ousey	L40	8	Sale Harriers Manchester	22:38
187	358	Karl Hughes			Lymm Runners	20:42	268	333	Darren Burns	V45	27	Unattached	22:39
188	279	Graham Tracey	V40	21	Vegetarian C & AC	20:43	269	456	Nick Roberts	V45	28	Stockport Harriers & Ac	22:40
189	148	Paul Sweeney			Unattached	20:43	270	506	Rebecca Howarth	L40	9	Unattached	22:41
190	264	Noreyne Sheikh			Manchester Harriers & Ac	20:44	271	368	Paul Robison	V45	29	Unattached	22:43
191	94	Max Thickett	V40	22	Stockport Harriers & Ac	20:45	272	39	Jenny McClelland	L40	10	Lymm Runners	22:44
192	457	Adam Roberts	U20	10	Unattached	20:45	273	391	Julie Hamilton	L	49	Swinton Running Club	22:46
193	69	Jerry Smith	V55	8	Sale Harriers Manchester	20:46	274	87	Hilary West	L55	3	Stockport Harriers & Ac	22:47
194	421	Anthony Hart	V40	23	Astley & Tyldesley RR	20:47	275	529	Darren Whales		Unattached	22:48	
195	77	Stuart Mairs			Salford Metropolitan Ac	20:48	276	461	Philip Westwood	V40	30	Unattached	22:50
196	172	Craig Partridge	V40	24	Altrincham & District AC	20:49	277	115	David Batty	V45	30	Swinton Running Club	22:51
197	16	Steve Hughes	V50	13	Bramhall Runners	20:54	278	243	David Vaughan		Unattached	22:53	
198	124	Gareth Redston			Trafford Athletic Club	20:56	279	312	Sydney Sacks	V70	1	Salford Harriers	22:53
199	202	Stephen Sharrocks	V45	20	Stockport Harriers & Ac	20:58	280	153	Stephen Whittingham	V50	19	Unattached	22:54
200	111	Andy Land	V45	21	Swinton Running Club	20:59	281	194	Jennifer Cordingley	L	51	Sale Harriers Manchester	22:54
201	478	Freddie Stoff			Unattached	21:00	282	387	Alan Williams	V50	20	Altrincham & District AC	22:55
202	185	David Chrystie-Lowe	V55	9	Stockport Harriers & Ac	21:01	283	414	Nichola Bowness	L	52	Unattached	22:56
203	167	Paul Lockett			Winston Runners	21:02	284	381	Simon Fenton	V70	2	Wilmslow Running Club	23:00
204	64	Frank Cordingley	V50	14	Sale Harriers Manchester	21:04	285	25	James McGuigan		Dragons Running Club (sale)	23:00	
205	523	Kieron Walsh	V50	15	Unattached	21:05	286	503	Jim Lambe	V45	31	Sale Harriers Manchester	23:01
206	479	Martin Stratton			Unattached	21:06	287	234	Lynne Yates	V50	21	Sale Harriers Manchester	23:02
207	209	Andrew Chaston			Unattached	21:08	288	507	Matthew Crawford		Unattached	23:03	
208	283	Damian Utton	V45	22	Altrincham & District AC	21:11	289	532	Paul Walker	V40	31	Swinton Running Club	23:03
209	300	Lesley Sinclair	L50	1	Stockport Harriers & Ac	21:12	290	114	David Guy	V50	22	Swinton Running Club	23:04
210	2	Alison Vesey	L50	2	Altrincham & District AC	21:13	291	47	Martin Joyce	V50	23	Manchester Harriers & Ac	23:05
211	199	Kevin Booth	V40	25	Knutsford Tri Club	21:15	292	271	Helen Thornhill	L40	11	Stockport Harriers & Ac	23:06
212	468	Janet Grint	L	26	E Cheshire H & Tameside Ac	21:16	293	11	Michaela Shaw	L35	2	Astley & Tyldesley RR	23:07
213	161	Andrew Holland			Warrington Road Runners	21:18	294	525	Andrew Bourne	V40	32	Unattached	23:08
214	49	Dierdre McCarthy			Manchester Triathlon Club	21:19	295	145	Mark Loveday	V45	32	Unattached	23:09
215	118	Liam Wilkinson			Swinton Running Club	21:20	296	268	Brian Bradshaw	V50	24	Sale Harriers Manchester	23:10
216	222	Carole Baines	L45	4	Astley & Tyldesley RR	21:21	297	480	Diana Blackshaw	L	55	Unattached	23:11
217	83	Andrew Mainwaring			Stockport Harriers & Ac	21:25	298	262	David Turton	V55	11	Stockport Harriers & Ac	23:12
218	347	I Taylor			Sale Harriers Manchester	21:26	299	462	Stephen Clifton		Unattached	23:13	
219	223	Ian Wood	V50	16	Dragons Running Club (sale)	21:27	300	424	Amy Sheils	L	56	Unattached	23:14
220	85	Gillian Doolan	L45	5	Stockport Harriers & Ac	21:29	301	36	John Thompson	V40	33	Helsby (bicc) Running Club	23:15
221	195	Alan Bennett	V50	17	Unattached	21:30	302	314	Mansel Pope	V60	8	Altrincham & District AC	23:17
222	4	Colin Davies	V60	4	Altrincham & District AC	21:32	303	399	Nick Fogarty	V40	34	Unattached	23:19
223	219	Helen Smith	L40	4	Vale Royal Ac	21:34	304	17	V Chadwick-Dunbar	L40	12	Bramhall Runners	23:27
224	403	Stephen Holmes			Razzers Runners	21:37	305	266	Alan Jones	V40	35	Deestridders	23:28
225	530	Drew Savage			Chorlton Runners	21:38	306	217	Mark Brown	V60	9	Stockport Harriers & Ac	23:29
226	189	Emma Young	L40	5	Bramhall Runners	21:39	307	86	Helen Todd	V55	12	Stockport Harriers & Ac	23:30
227	67	J Cordingley	L50	3	Sale Harriers Manchester	21:41	308	144	Mark Brett	V45	33	Unattached	23:32

309	373	Rick Stringer		Unattached	23:34	385	117	Jean Mellor	V40	44	Swinton Running Club	26:28	
310	61	Dave Farmer	V65	1	Sale Harriers Manchester	23:40	386	466	Catherine O'Grady	L	89	Unattached	26:31
311	214	Simon Skentelbery			Unattached	23:41	387	68	Jenny Miles	L60	2	Sale Harriers Manchester	26:34
312	278	Clive Smith	V40	36	Unattached	23:42	388	128	Barbara Shuttleworth	L55	5	Unattached	26:37
313	105	Alan Jenkinson	V65	2	Styal Running Club	23:44	389	359	Jo Farwell	L40	16	Helsby (bicc) Running Club	26:39
314	121	Rebecca Mills	L	58	Swinton Running Club	23:44	390	450	Nicola Travis	L	93	Unattached	26:45
315	29	Laura Stevenson	L	59	Dragons Running Club (sale)	23:45	391	500	John Gregory	V50	29	Unattached	26:47
316	430	Susan Holland	L50	5	Goyt Valley Striders	23:46	392	509	Jeanette Chesterton	L50	11	Manchester Harriers & Ac	26:50
317	476	Mike Howarth	V40	37	Unattached	23:47	393	384	Alan Ford	V60	17	Unattached	26:52
318	459	Geoff Beattie	V60	10	Sale Harriers Manchester	23:48	394	30	Lisa Crompton	L	95	Dragons Running Club (sale)	26:54
319	472	Chris Williams	V40	38	Unattached	23:50	395	377	Malcolm Smith	V45	40	Unattached	26:58
320	445	R Myers	V60	11	Poynton	23:51	396	38	Michael Gilbert	V65	4	Liverpool Harriers & Ac	27:02
321	290	Roy Pownall	V60	12	Wilmslow Running Club	23:52	397	413	Vhristian Brough			Unattached	27:06
322	263	Fechin McCormick	V60	13	Sale Harriers Manchester	23:53	398	113	Claire Wolfendale	L35	6	Swinton Running Club	27:10
323	440	Barbara Dunn	L50	6	Unattached	23:54	399	407	John Leah	V60	18	Bramhall Runners	27:14
324	82	Amy Barter	L	62	Stockport Harriers & Ac	23:55	400	453	Andrea Williams	L40	17	Manchester Harriers & Ac	27:17
325	422	Nicola Pickford	L	63	Bramhall Runners	23:56	401	389	James Williams	V40	45	Manchester Harriers & Ac	27:20
326	306	Alexis Dinsmor	L60	1	Stockport Harriers & Ac	23:57	402	71	Michael Howe	V75	2	Sale Harriers Manchester	27:24
327	284	Vincent Zeng			Unattached	23:58	403	152	Stephanie Bennett	L	98	Unattached	27:27
328	397	Hugh McKenna	V60	14	Altrincham & District AC	23:59	404	474	Graham Crawforth	V60	19	Unattached	27:31
329	282	Mark Wakelin	V50	25	Unattached	24:00	405	229	Angela Lillie	V55	18	Unattached	27:35
330	63	David Gill	V40	39	Sale Harriers Manchester	24:09	406	28	Julia Norris	L	99	Dragons Running Club (sale)	27:39
331	190	Denis Kelly	V45	34	Manchester Harriers & Ac	24:10	407	7	Diane Hunter	L45	8	Altrincham & District AC	27:44
332	155	Susannah Williams	L	65	Unattached	24:12	408	151	Sally Stevens	L	101	Unattached	27:51
333	346	Paul Shier			Swinton Running Club	24:14	409	21	Chris Horricks			Dragons Running Club (sale)	27:58
334	484	Martin Jackson	V45	35	Unattached	24:20	410	116	Gaynor Clarke	L	102	Swinton Running Club	28:06
335	426	Jean Dolan	L65	1	Altrincham & District AC	24:21	411	334	Joan Cooke	L	103	Astley & Tydesley RR	28:11
336	376	Warren Myers			Poynton	24:22	412	44	Jean Bayley	L50	12	Manchester Harriers & Ac	28:35
337	40	Ann McLaughlin	V50	26	Manchester Harriers & Ac	24:25	413	383	Mealla Boulton	L	105	Unattached	28:39
338	203	Anna Goodwin	L40	13	Swinton Running Club	24:26	414	180	David Sinnott	V60	20	Saddleworth Runners Club	28:51
339	405	John Pickup	V50	27	Swinton Running Club	24:27	415	55	Brenda Robinson	V65	5	Rochdale Harriers & Ac	28:54
340	267	Dawn Holding	L50	7	Sale Harriers Manchester	24:29	416	443	Louise Simpson	L40	18	Southern AC	29:00
341	432	David Thorpe	V55	13	Unattached	24:32	417	434	Susan Royal	L45	9	Hyde Village Striders Rc	29:01
342	437	David Williamson	V45	36	Swinton Running Club	24:32	418	251	Ruselle Meade	L35	7	Unattached	29:05
343	101	Sara Taylor	L35	3	Stockport Harriers & Ac	24:33	419	508	Charles Yuill			Unattached	29:09
344	467	Jacob Smiles			Unattached	24:33	420	137	Glyn Hathaway			Unattached	29:15
345	528	Tom Millington	V40	40	Unattached	24:34	421	449	Jane Ford	L55	6	Unattached	29:22
346	409	Paul Steane	V55	14	Unattached	24:35	422	451	Emma White	L	110	Unattached	29:25
347	338	Charles Lowthian	V55	15	Styal Running Club	24:36	423	516	Stocktonmike			Swinton Running Club	29:28
348	130	Chris Mason			Unattached	24:37	424	367	Amanda Robison	L40	19	Unattached	29:34
349	26	Jill Hutton	L35	4	Dragons Running Club (sale)	24:38	425	143	Lin Borkin	L55	7	Unattached	29:40
350	136	Elizabeth Perks	L	71	Unattached	24:40	426	428	David Wilson	V55	19	Hyde Village Striders Rc	29:50
351	412	Liz Yongo	L	72	Swinton Running Club	24:42	427	224	Sharon Toolin	L40	20	Hyde Village Striders	29:52
352	313	Steven Wilde	V65	3	Chorley	24:46	428	221	Wayne Makinson	V50	30	Unattached	29:55
353	471	Alice Macadie	L	73	Manchester Harriers & Ac	24:47	429	433	Dawn Gallen	L	114	Manchester Harriers & Ac	29:58
354	41	Caroline Baba	L	74	Manchester Harriers & Ac	24:48	430	521	Donaghtcarmen	L45	10	Winston Runners	29:59
355	435	Helen Fraser	L50	8	Stockport Harriers & Ac	24:49	431	171	Terrie Blammon	L40	21	Winston Runners	30:00
356	375	Paul Hynes	V45	37	Hyde Village Striders Rc	24:51	432	292	Alan McDwyer	V55	20	Unattached	30:04
357	104	Sue Waring	L45	6	Stockport Harriers & Ac	24:53	433	514	Emma Halkyard	L	117	Unattached	30:09
358	208	Alex Clarke	V55	16	Unattached	24:56	434	481	Carolyn Watts	L	118	Unattached	30:30
359	120	Paulette Storey	L55	4	Swinton Running Club	25:03	435	416	Rebecca Massey	L	119	Unattached	30:30
360	91	Jon-Paul Kearns	V40	41	Stockport Harriers & Ac	25:07	436	131	Claire Whittingham	L	120	Unattached	30:49
361	9	Mike Brooks	V70	3	Altrincham & District AC	25:11	437	211	Kirsty Elliott	L	121	Unattached	30:50
362	84	D Kavanagh	L	78	Stockport Harriers & Ac	25:16	438	0	???			???	30:57
363	246	Hannah Wilson	L	79	Unattached	25:17	439	54	Geoff Howarth	V75	3	Northern Veterans Ac	31:05
364	360	Vanessa Hurst	L	80	Lymm Runners	25:23	440	13	Clare Smith	L45	11	Bramhall Runners	31:33
365	53	Ozkan Baba			Unattached	25:26	441	141	Jan Makinson	L50	13	Unattached	31:43
366	392	Lisa Chiwell	L40	14	Swinton Running Club	25:29	442	531	Debbie Gill	L45	12	Unattached	32:02
367	186	Andrew Lilley	V40	42	Unattached	25:32	443	187	Samantha Croft	L40	22	Unattached	32:02
368	157	Paul Hudson	V60	15	Vale Royal Ac	25:36	444	366	Natalia Akopian	L45	13	Unattached	32:07
369	230	Jennifer Yates			Unattached	25:37	445	182	Eileen Fenner	V55	21	Sale Harriers Manchester	32:35
370	18	Joe Park	V75	1	Cheshire Tally Ho. H & H	25:39	446	374	Alisha Shabir	L	127	Unattached	32:40
371	197	Kelly Savage	L35	5	Unattached	25:40	447	138	Helen Stevens	L35	8	Unattached	32:42
372	470	Robert Greenhalgh	V45	38	Styal Running Club	25:42	448	191	Jean Skitt	L65	2	Manchester Harriers & Ac	32:44
373	354	Kirsty Williamson	U20	2	E Cheshire H & Tameside Ac	25:43	449	169	Susan Lynne	L55	8	Winston Runners	33:31
374	362	Jill Clark	L50	9	Hyde Village Striders Rc	25:45	450	364	Shelley Pascoe	L	131	Hyde Village Striders Rc	33:58
375	134	Dorothy Muldoon	L45	7	Unattached	25:47	451	165	Margaret Carleton	L55	9	Winston Runners	33:58
376	179	Peter Doherty	V60	16	Northern Veterans Ac	25:49	452	512	Kate Sullivan	L	133	Unattached	35:18
377	297	Sid Bailey	V55	17	Deestriders	25:52	453	52	John Wadsworth	V50	31	Unattached	35:25
378	473	Peter Murrey	V45	39	Hyde Village Striders Rc	25:54	454	511	Michelle Lanaway	L45	14	Unattached	35:39
379	513	Michael Ennis	V40	43	Unattached	25:56	455	408	Lauren Booth	L	135	Unattached	37:13
380	22	Graham Kitchen	V50	28	Dragons Running Club (sale)	25:58	456	406	Sarah Leah	L	136	Stockport Harriers & Ac	37:13
381	396	Rachel Proctor	L	86	Chorlton Runners	26:00	457	6	Derek Walton	V65	6	Altrincham & District AC	37:43
382	502	Brian Denn			Chorlton Runners	26:09	458	142	John Wolstenholme	V70	4	Unattached	38:16
383	390	Diane Frost	L50	10	Manchester Harriers & Ac	26:19	459	515	Claire Spence	L	137	Winston Runners	38:16
384	19	Angela Kerslake	L40	15	Dragons Running Club (sale)	26:24	460	23	Ivan Macintyre	V55	22	Dragons Running Club (sale)	41:09