

# The Sale Sizzlers

## at Wythenshawe park, Manchester on Thursday 18th July 2013

### Sale Sizzler — FINAL RESULTS

Pos	Num	Name	Cat/Pos	Club	Time					
1	327	Mohammed Aburazeq		Altrincham & District AC	14:28	76	480	Matthew Hughes	Liverpool Harriers & Ac	18:37
2	265	James Walsh		Leeds City Athletic Club	14:43	77	294	Stanley Owen	V60 1 Salford Harriers	18:39
3	325	Joe Bailey		Salford Harriers	14:48	78	208	Michael Reason	Astley & Tyldesley RR	18:42
4	345	Michael Sawrey		Stockport Harriers & Ac	15:19	79	340	Dave Carrington	V55 2 Altrincham & District AC	18:44
5	446	Tarus Ely		Salford Harriers	15:30	80	458	Shane Wolstencroft	V40 10 Knutsford Tri Club	18:45
6	421	Joshua Dixon		North Somersrt AC	15:31	81	321	Maria Lowe	L 9 Horwich R M I Harriers	18:45
7	228	Dave Norman		Altrincham & District AC	15:40	82	430	Stuart Tucker	Swinton Running Club	18:49
8	292	James Horman		Liverpool Harriers & Ac	16:09	83	176	Paul Beckett	V45 7 Bramhall Runners	18:51
9	305	James Williams		Salford Harriers	16:11	84	326	Tony Potts	Unattached	18:54
10	62	David Marsh		Sale Harriers Manchester	16:12	85	322	Daryl Bentley	V40 11 Bolton United Harriers & Ac	18:55
11	415	David Howlett		Sale Harriers Manchester	16:14	86	463	Borys Darmas	V45 8 Sale Harriers Manchester	18:56
12	331	Michael Kilmartin		Sale Harriers Manchester	16:15	87	281	Darren Cottier	V40 12 Vale Royal Ac	18:57
13	403	Andy Nixon		Stockport Harriers & Ac	16:19	88	284	Andy Yates	V50 6 Sale Harriers Manchester	18:58
14	303	Mat Rushbrook		Knutsford Tri Club	16:25	89	457	Heather Jackson	L 10 Manchester Triathlon Club	19:00
15	429	Michael Grace	V40	1 Salford Harriers	16:27	90	154	Stewart Nunn	Unattached	19:04
16	205	Nigel Martin		Sale Harriers Manchester	16:31	91	298	Blad Thornton	U20 2 Sale Harriers Manchester	19:07
17	412	Derek Simoson		Rochdale Harriers & Ac	16:38	92	56	Ian Stainthorpe	V50 7 Rochdale Harriers & Ac	19:07
18	306	Jacqueline Fairchild	L	1 Trafford Athletic Club	16:39	93	78	Tony Davenport	Salford Metropolitan Ac	19:07
19	270	Christopher Merchant		Rochdale Harriers & Ac	16:40	94	173	Shaun Jackson	V40 13 Altrincham & District AC	19:10
20	420	Billy McCartney		Salford Harriers	16:44	95	347	Aidan Raftery	V50 8 Sale Harriers Manchester	19:11
21	206	Dave Hudson		Salford Harriers	16:47	96	15	Matt Moran	Bramhall Runners	19:12
22	314	Glyn Billington		Salford Harriers	16:56	97	73	Stephen Parry	V50 9 Sale Harriers Manchester	19:13
23	92	Kevin Acton	U20	1 Stockport Harriers & Ac	16:58	98	475	Richard Clancy	Unattached	19:14
24	31	Tim Greenald	V40	2 E Cheshire H & Tameside Ac	16:59	99	453	Terry Fowler	V45 9 Staffs Moorlands	19:18
25	259	Dan Harris		City Of Stoke AC	17:00	100	253	Paul Stephens	Salford Harriers	19:21
26	296	Phillip Bennett		Rochdale Harriers & Ac	17:00	101	243	Robert Greenhalgh	V45 10 Styal Running Club	19:23
27	461	Nicholas Whittle		Sale Harriers Manchester	17:13	102	275	Mike Coogan	V40 14 Unattached	19:23
28	181	Carl Barber	V40	3 Sale Harriers Manchester	17:13	103	374	Michael Lim	Unattached	19:23
29	324	David Alexander	V40	4 West Cheshire Athletic Club	17:15	104	295	Matt LakinHall	Unattached	19:24
30	344	Gary Matthews	V50	1 E Cheshire H & Tameside Ac	17:16	105	271	Dan Yarwood	Royton Road Runners	19:25
31	478	Rob Wilby		Knutsford Tri Club	17:22	106	447	Roobin Beaumont	V45 11 Trafford Athletic Club	19:26
32	404	Scott Matthews		E Cheshire H & Tameside Ac	17:23	107	299	Nicholas Haworth	U20 3 Manchester Triathlon Club	19:27
33	378	Matt Jackson		Rochdale Harriers & Ac	17:23	108	132	Daniel Cottam	Unattached	19:28
34	201	Andy Holloway	V45	1 Unattached	17:24	109	428	Gareth Webb	Unattached	19:30
35	312	Ashley Crawford		Unattached	17:24	110	342	Sean Cordell	V40 15 Salford Harriers	19:33
36	233	Dick Byers	V45	2 Trafford Athletic Club	17:26	111	456	Jim Dawson	V50 10 Warrington Road Runners	19:36
37	98	Phil Burns		Stockport Harriers & Ac	17:27	112	379	Gary Lyons	Sale Harriers Manchester	19:37
38	33	Adam McArthur		Enfield And Haringey A C	17:28	113	349	Jennifer Smith	L 11 Warrington Athletic Club	19:39
39	297	Steven Pennington	V45	3 Salford Harriers	17:29	114	135	Duncan Shuttleworth	V50 11 Unattached	19:39
40	423	Kevin Jowett	V40	5 E Cheshire H & Tameside Ac	17:29	115	474	Michael Curley	V60 2 Sale Harriers Manchester	19:41
41	311	Ian Roberts		Rochdale Harriers & Ac	17:30	116	156	Tim Jorgensson	V45 12 Unattached	19:43
42	452	Andy Townsend	V45	4 Horwich R M I Harriers	17:31	117	72	Sarah Douglas	L 12 Sale Harriers Manchester	19:43
43	261	Paul Backhouse		E Cheshire H & Tameside Ac	17:34	118	97	Paul Collins	V45 13 Stockport Harriers & Ac	19:44
44	255	Jonathan Metcalfe		Unattached	17:39	119	260	Mark Taylor	V40 16 E Cheshire H & Tameside Ac	19:46
45	174	Steve Renny	V40	6 Altrincham & District AC	17:46	120	354	Alison Drasdo	L45 1 Trafford Athletic Club	19:47
46	414	Jonathan Sacks		Salford Harriers	17:48	121	178	Jason Brogan	V40 17 Manchester Harriers & Ac	19:49
47	401	Bev Jenkins	L40	1 Salford Harriers	17:50	122	269	John Mayall	V50 12 Rochdale Harriers & Ac	19:51
48	445	Gavin Astin	V50	2 Stockport Harriers & Ac	17:56	123	219	Helen Armitage	L 14 Sale Harriers Manchester	19:52
49	222	Peter O'Neill		Sale Harriers Manchester	17:57	124	58	Alistair Kell	V40 18 Sale Harriers Manchester	19:52
50	3	Andy Pickford		Altrincham & District AC	18:03	125	402	Paul Greenhalgh	V45 14 Manchester Triathlon Club	19:53
51	301	Emma Crowe	L40	2 Wrexham AC	18:06	126	492	Krzysztof Zacharski	U20 4 Unattached	19:53
52	346	Danian Bennett	V40	7 Knutsford Tri Club	18:07	127	481	Rob Heggs	Sale Harriers Manchester	19:54
53	424	Tess Walker	L	4 Salford Harriers	18:09	128	188	Paul Norris	V55 3 Wilmslow Running Club	19:56
54	396	Peter Crawford		Sale Harriers Manchester	18:09	129	469	James Hinde	Manchester Harriers & Ac	19:56
55	79	Paul Griffiths	V40	8 Shepshed Running Club	18:10	130	352	Peter Openshaw	V45 15 Knutsford Tri Club	19:57
56	431	Neil Wilks		Knutsford Tri Club	18:10	131	360	Nick Pearson	Unattached	19:57
57	405	Albert Castile	V40	9 Salford Harriers	18:12	132	94	Max Thickett	V40 19 Stockport Harriers & Ac	19:58
58	10	Patrick Bonner		Altrincham & District AC	18:14	133	365	Simon Haigh	Unattached	20:00
59	75	Mark Seed	V45	5 Salford Harriers	18:18	134	242	William Keeling	Knutsford Tri Club	20:01
60	455	Christopher Dawson		Spectrum Striders	18:22	135	460	Ned Feehally	Unattached	20:03
61	237	Steve McLean	V50	3 Southport Waterloo Ac	18:22	136	336	Simon Bond	V40 20 Sale Harriers Manchester	20:03
62	246	Jenny Knass	L	5 Stockport Harriers & Ac	18:23	137	387	Nick Bone	Winston Runners	20:06
63	433	Lyndsay Clarke	L	6 Stockport Harriers & Ac	18:24	138	8	Mark Hunter	V55 4 Altrincham & District AC	20:07
64	316	Graham Chesters	V50	4 Salford Harriers	18:25	139	204	Janine Ellis	L40 4 Wilmslow Running Club	20:08
65	425	Sophie Whiteside	L	7 Liverpool Harriers & Ac	18:26	140	42	Chris Sewart	Manchester Harriers & Ac	20:09
66	126	Mandy Vernon	L40	3 Trentham RC	18:26	141	390	Pawel Wegrecki	U20 5 Unattached	20:10
67	302	Mike Robbins	V50	5 Wrexham AC	18:29	142	112	Antony Golding	Swinton Running Club	20:13
68	380	Lee Hemmings		Unattached	18:31	143	133	Dean Howarth	Unattached	20:17
69	476	Nick Peach		Sale Harriers Manchester	18:32	144	166	Paul Muldoon	Winston Runners	20:18
70	407	Stewart Haynes		Unattached	18:33	145	236	Trace Peters	L 16 Southport Waterloo Ac	20:23
71	103	Steve Shaughnessy	V55	1 Stockport Harriers & Ac	18:33	146	37	John Goggins	Knutsford Tri Club	20:27
72	95	Mike Dixon		Stockport Harriers & Ac	18:36	147	213	Josh Maley	Astley & Tyldesley RR	20:29
73	320	Ian Douglas		Rochdale Harriers & Ac	18:36	148	427	Patrick Morgan	Salford Harriers	20:29
74	224	Phil Marsden		Bolton United Harriers & Ac	18:36	149	355	Lauren Davies	L 17 Oswestry Olympians	20:30
75	373	Joseph Dillon	V45	6 Leigh Harriers & Ac	18:37	150	207	Graham Tracey	V40 21 Vegetarian C & AC	20:34

151	293	David Turnbuck	V55	5	Stockport Harriers & Ac	20:37	231	356	Caroline Owen	L40	11	Unattached	22:41
152	106	Anthony Collier	V55	6	Styal Running Club	20:43	232	225	Nichola Bowness	L	38	Unattached	22:44
153	307	Stanley Curran	V65	1	Salford Harriers	20:46	233	89	Jeremy Woodham	V40	31	Stockport Harriers & Ac	22:45
154	472	Anna Blomfield	L50	1	Rochdale Harriers & Ac	20:47	234	291	David Turton	V55	14	Stockport Harriers & Ac	22:46
155	411	Hazel Carruthers	L	19	Rochdale Harriers & Ac	20:53	235	381	William Prout	V55	15	Salford Metropolitan Ac	22:46
156	123	Claire Chaffer	L	20	Trafford Athletic Club	20:55	236	315	Roland Bowness	V65	3	Salford Harriers	22:47
157	185	David Chrystie-Lowe	V55	7	Stockport Harriers & Ac	20:57	237	495	Paul Walker	V40	32	Swinton Running Club	22:47
158	183	Timothy Rainey	V45	16	Sale Harriers Manchester	20:58	238	350	Richard McHugh			Sale Harriers Manchester	22:51
159	64	Frank Cordingley	V50	13	Sale Harriers Manchester	20:59	239	93	Liz Turton	L55	1	Stockport Harriers & Ac	22:51
160	229	Paul Rutherford	V45	17	Swinton Running Club	20:59	240	359	Nick Fogarty	V40	33	Unattached	22:53
161	148	Paul Sweeney			Unattached	21:03	241	382	Stefan Schumacher	V55	16	Unattached	22:54
162	83	Andrew Mainwaring			Stockport Harriers & Ac	21:04	242	377	Andy Mackie	V50	18	Salford Metropolitan Ac	22:55
163	45	Kev Logue			Manchester Harriers & Ac	21:05	243	386	Rich Stringer			Unattached	22:56
164	238	Martin Stratton			Unattached	21:05	244	388	Nick Roberts	V45	29	Stockport Harriers & Ac	22:57
165	300	Alice Hughes	U20	1	Stockport Harriers & Ac	21:06	245	470	John Malone	V55	17	Winston Runners	22:59
166	369	Martin Gray	V40	22	Styal Running Club	21:07	246	27	Joanne Healy	L	40	Dragons Running Club (sale)	23:02
167	85	Gillian Doolan	L45	2	Stockport Harriers & Ac	21:07	247	410	Barry Chambers	V60	4	Vale Royal Ac	23:03
168	439	Roland Robson	V55	8	Middleton Harriers Ac	21:08	248	144	Mark Brett	V45	30	Unattached	23:03
169	199	Kevin Booth	V40	23	Knutsford Tri Club	21:08	249	333	Michael Winstanley	V65	4	Rochdale Harriers & Ac	23:04
170	16	Steve Hughes	V50	14	Bramhall Runners	21:09	250	323	Lee Pearson	V45	31	Stockport Harriers & Ac	23:06
171	459	Tom Feehally			Unattached	21:09	251	87	Hilary West	L55	2	Stockport Harriers & Ac	23:07
172	99	Rachael Blight	L	23	Stockport Harriers & Ac	21:10	252	482	David Thomas			Unattached	23:10
173	69	Jerry Smith	V55	9	Sale Harriers Manchester	21:13	253	11	Michaela Shaw	L	42	Astley & Tyldesley RR	23:12
174	12	Andy Cordes	V40	24	Bramhall Runners	21:15	254	434	Mark Donnelly	V40	34	Unattached	23:13
175	376	Kevin Foster			Sale Harriers Manchester	21:17	255	364	Stephen Wild	V50	19	Rochdale Harriers & Ac	23:14
176	124	Gareth Redston			Trafford Athletic Club	21:18	256	274	Helen Thornhill	L40	12	Stockport Harriers & Ac	23:14
177	337	Lucy Scott	U20	2	Vale Royal Ac	21:21	257	114	David Guy	V50	20	Swinton Running Club	23:15
178	493	John Battersby	V50	15	Sale Harriers Manchester	21:22	258	17	V Chadwick-Dunbar	L40	13	Bramhall Runners	23:17
179	202	Stephen Sharrocks	V45	18	Stockport Harriers & Ac	21:22	259	338	Pete Hoyle	V45	32	Middleton Harriers Ac	23:18
180	484	Richard Hoskins	V40	25	Unattached	21:24	260	285	Lynne Yates	L50	3	Sale Harriers Manchester	23:21
181	417	Steve Fairclough	V45	19	Bramhall Runners	21:27	261	210	Sonya Hynes	L	46	Manchester Harriers & Ac	23:22
182	500	Drew Savage			Chorlton Runners	21:28	262	450	Julie Hamilton	L	47	Swinton Running Club	23:25
183	252	Jude Wall	L40	5	Manchester Triathlon Club	21:29	263	254	Nikki Chamberlain	L40	14	Knutsford Tri Club	23:25
184	77	Stuart Mairs			Salford Metropolitan Ac	21:30	264	334	Louise Harrison	L40	15	Stockport Harriers & Ac	23:26
185	172	Craig Partridge	V40	26	Altrincham & District AC	21:30	265	437	Anneka Sanders	L	50	Salford Harriers	23:27
186	319	Mark Catherall	V55	10	Rochdale Harriers & Ac	21:33	266	308	Mansel Pope	V60	5	Altrincham & District AC	23:29
187	118	Liam Wilkinson			Swinton Running Club	21:34	267	471	Jill Butterworth	L40	16	Rochdale Harriers & Ac	23:31
188	65	Gary Chadwick			Sale Harriers Manchester	21:37	268	416	Tom Daniels	V65	5	Salford Harriers	23:31
189	49	Dierdre McCarthy			Manchester Triathlon Club	21:41	269	353	Gery Rogers	V55	18	Styal Running Club	23:32
190	440	Peter Mills	V45	20	Wigan & District H & Ac	21:42	270	454	Alan Williams	V50	21	Altrincham & District AC	23:32
191	167	Paul Lockett			Winston Runners	21:44	271	105	Alan Jenkinson	V65	6	Styal Running Club	23:33
192	438	Alan Turner	V45	21	Wilmslow Running Club	21:47	272	250	Marc Levy			Unattached	23:33
193	408	Vincent Murphy	V65	2	Salford Harriers	21:48	273	304	Clive Smith	V40	35	Unattached	23:33
194	357	Tim Hargreaves	V55	11	Stockport Harriers & Ac	21:49	274	29	Laura Stevenson	L	52	Dragons Running Club (sale)	23:36
195	66	Helen Reagan	L40	6	Sale Harriers Manchester	21:50	275	20	Darren Whalen			Unattached	23:39
196	309	Ewan Holton			Knutsford Tri Club	21:53	276	436	Barry Byrne			Unattached	23:40
197	370	Jill Billington	L	27	Stockport Harriers & Ac	21:54	277	464	Catherine Jones	L	53	Sale Harriers Manchester	23:42
198	127	Andy Melvin	V40	27	Unattached	21:55	278	239	Geoff Beattie	V60	6	Sale Harriers Manchester	23:43
199	195	Alan Bennett	V50	16	Unattached	21:56	279	361	Roy Myers	V60	7	Poynton	23:44
200	109	Claire Northcote	L50	2	Styal Running Club	21:56	280	153	Stephen Whittingham	V50	22	Unattached	23:45
201	96	Nick Ham	V45	22	Stockport Harriers & Ac	21:58	281	477	Catherine Peach	L40	17	Unattached	23:48
202	372	Marie Lees	L	29	Sale Harriers Manchester	22:00	282	432	Brian Bradshaw	V50	23	Sale Harriers Manchester	23:53
203	106	?Anthony Collier	V55	12	Styal Running Club	22:01	283	61	Dave Farmer	V65	7	Sale Harriers Manchester	23:54
204	59	Anne Chinoy	L40	7	Sale Harriers Manchester	22:01	284	400	Charlie Sands	U20	6	Unattached	23:56
205	466	Garry Armitage	V45	23	Sale Harriers Manchester	22:03	285	497	Martin Jackson	V50	24	Unattached	23:58
206	147	Nick Pendleton			Unattached	22:04	286	310	Denise Wakefield	L55	3	Salford Harriers	24:03
207	435	Nigel Hetherington	V55	13	Motherwell AC	22:10	287	451	Chris Williams	V40	36	Unattached	24:07
208	335	Nigel Harrison	V45	24	Stockport Harriers & Ac	22:10	288	86	Helen Todd	L55	4	Stockport Harriers & Ac	24:09
209	462	Simon Munday	V45	25	Unattached	22:11	289	443	Mark Brown	V60	8	Stockport Harriers & Ac	24:10
210	489	Andrew Bourne	V40	28	Unattached	22:11	290	375	Rachael Teebay	L	57	Knutsford Tri Club	24:13
211	115	David Batty	V45	26	Swinton Running Club	22:13	291	110	Jonathan Clarke	V45	33	Styal Running Club	24:14
212	343	Ian Taylor	V45	27	Sale Harriers Manchester	22:14	292	101	Sara Taylor	L	58	Stockport Harriers & Ac	24:15
213	491	Karl Hughes			Unattached	22:15	293	465	James Bell	V45	34	Styal Running Club	24:17
214	189	Emma Young	L40	8	Bramhall Runners	22:18	294	130	Chris Mason			Unattached	24:21
215	318	Rob Cator	V50	17	Stockport Harriers & Ac	22:21	295	119	Paolo Dale	V40	37	Swinton Running Club	24:24
216	90	John Hughes	V45	28	Stockport Harriers & Ac	22:22	296	25	James McGuigan			Dragons Running Club (sale)	24:26
217	117	Jean Mellor	V40	29	Swinton Running Club	22:24	297	190	Denis Kelly	V45	35	Manchester Harriers & Ac	24:27
218	198	Claire Hebblethwaite			Hereford Couriers	22:25	298	26	?Jill Hatton	L	59	Dragons Running Club (sale)	24:27
219	371	Stephen Clifton			Unattached	22:25	299	368	Barry Thompson	V55	19	Stockport Harriers & Ac	24:28
220	409	Amanda Trivett	L	32	Stockport Harriers & Ac	22:27	300	406	Alexis Dinsmor	L60	1	Stockport Harriers & Ac	24:29
221	486	Ian Morris	V60	3	Unattached	22:28	301	26	?Jill Hatton	L	61	Dragons Running Club (sale)	24:32
222	226	Mathew Bowness			Unattached	22:31	302	150	Russell Jones			Unattached	24:34
223	426	Carole Baines	L45	3	Astley & Tyldesley RR	22:32	303	175	Dee Beckett	L	62	Bramhall Runners	24:34
224	267	Claire Deane	L40	9	Manchester Triathlon Club	22:35	304	363	Anna Goodwin	L40	18	Swinton Running Club	24:37
225	351	Carole Harrison	L45	4	Altrincham & District AC	22:37	305	330	John Pickup	V50	25	Swinton Running Club	24:42
226	200	Georgina Walker			Lymm Runners	22:39	306	82	Amy Barter	L	64	Stockport Harriers & Ac	24:43
227	140	James Dickie			Unattached	22:39	307	53	Ozkan Baba			Unattached	24:47
228	448	Andrew Marson	V40	30	Knutsford Tri Club	22:40	308	4	Colin Davies	V60	9	Altrincham & District AC	24:53
229	240	Jacob Smiles			Unattached	22:40	309	442	Jean Dolan	L65	1	Altrincham & District AC	24:53
230	479	Rebecca Howarth	L40	10	Unattached	22:41	310	385	Michael Ennis	V40	38	Unattached	24:54

311	40	Ann McLaughlin	L50	4	Manchester Harriers & Ac	24:57	357	143	Lin Borkin	L55	8	Unattached	28:06
312	9	Mike Brooks	V70	1	Altrincham & District AC	25:02	358	21	Chris Horricks			Dragons Running Club (sale)	28:07
313	494	Lisa Ottiwell	L40	19	Swinton Running Club	25:09	359	7	Diane Hunter	L45	7	Altrincham & District AC	28:08
314	362	Maria Royal	L55	5	Manchester Harriers & Ac	25:19	360	220	James Williams	V40	41	Manchester Harriers & Ac	28:16
315	467	Paul Hynes	V45	36	Hyde Village Striders Rc	25:20	361	277	Ruselle Meade	L	90	Unattached	28:21
316	367	Tom Millington	V40	39	Unattached	25:22	362	235	Andrea Williams	L40	22	Manchester Harriers & Ac	28:21
317	231	David Williamson	V45	37	Swinton Running Club	25:24	363	122	Susan Bean	L60	2	Swinton Running Club	28:25
318	84	Kavangh Dixon	L	69	Stockport Harriers & Ac	25:28	364	245	Graham Crawford	V60	16	Unattached	28:28
319	46	Kirsty Lyons	L	70	Manchester Harriers & Ac	25:30	365	490	Hannah Lees	V60	17	Saddleworth Runners Club	28:33
320	276	Martin Smedley	V60	10	Unattached	25:34	366	180	David Sinnott	V60	17	Saddleworth Runners Club	28:36
321	473	Diana Scotcher	L55	6	Unattached	25:39	367	384	B Ruden?	L	94	Unattached	28:39
322	313	John Delany	V65	8	Stockport Harriers & Ac	25:41	368	468	Susan Royal			Hyde Village Striders Rc	28:47
323	155	Susannah Williams	L	72	Unattached	25:48	369	393	Tracy Dagie?	L45	8	Dragons Running Club (sale)	28:53
324	152	Stephanie Bennett	L	73	Unattached	25:49	370	38	Michael Gilbert	V65	9	Liverpool Harriers & Ac	28:53
325	413	Lee Warburton			Unattached	25:50	371	392	Ginny Mitchell	L	96	Dragons Running Club (sale)	29:00
326	41	Caroline Baba	L	74	Manchester Harriers & Ac	25:52	372	28	Julia Norris	L	97	Dragons Running Club (sale)	29:01
327	91	Jon-Paul Kearns	V40	40	Stockport Harriers & Ac	25:54	373	395	Carmen Donaghy	L45	9	Winston Runners	29:02
328	244	Peter Murrey	V45	38	Hyde Village Striders Rc	25:56	374	248	Andrew Wilson	V50	28	Unattached	29:06
329	157	Paul Hudson	V60	11	Vale Royal Ac	26:03	375	332	Laura Fitton	L	99	Rochdale Harriers & Ac	29:09
330	234	Nicola Travis	L	75	Unattached	26:07	376	487	Kath Tyms	L	100	Winston Runners	29:11
331	366	Kerry Cheng	L	76	Unattached	26:08	377	171	Terrie Blammon	L40	24	Winston Runners	29:14
332	134	Dorothy Muldoon	L45	5	Unattached	26:08	378	137	Glyn Hathaway			Unattached	29:20
333	317	John Leah	V60	12	Bramhall Runners	26:14	379	151	Sally Stevens	L	102	Unattached	29:35
334	218	Jill Clark	L50	5	Hyde Village Striders Rc	26:15	380	263	Sharon Toolin	L40	25	Hyde Village Striders Rc	29:38
335	358	Fiona Eaton	L40	20	Lymm Runners	26:16	381	485	Jane Ford	L55	9	Unattached	30:19
336	449	Malcolm Smith	V50	26	Unattached	26:27	382	116	Gaynor Clarke	L	105	Swinton Running Club	30:22
337	329	Andrea McGee	L	80	Middleton Harriers Ac	26:31	383	230	Dawn Gallen	L	106	Manchester Harriers & Ac	30:29
338	209	Sid Bailey	V55	20	Deestridders	26:32	384	227	Rebecca Massey	L	107	Unattached	31:33
339	444	Aileen Davidson	L	81	Manchester Triathlon Club	26:33	385	54	Geoff Howarth	V75	2	Northern Veterans Ac	31:50
340	19	Angela Kerslake	L40	21	Dragons Running Club (sale)	26:34	386	131	Claire Whittingham	L	108	Unattached	31:55
341	247	Diane Frost	L50	6	Manchester Harriers & Ac	26:37	387	488	Alisha Shabir	L	109	Unattached	32:01
342	179	Peter Doherty	V60	13	Northern Veterans Ac	26:38	388	141	Jan Makinson	L50	7	Unattached	32:49
343	30	Lisa Crompton	L	84	Dragons Running Club (sale)	26:39	389	182	Eileen Fenner	V55	22	Sale Harriers Manchester	33:02
344	328	Christian Brough			Unattached	26:40	390	499	Rob McLean			Unattached	33:37
345	258	Richard Clegg			Bolton United Harriers & Ac	26:41	391	264	Shelley Pascoe	L	111	Hyde Village Striders Rc	35:42
346	18	Joe Park	V75	1	Cheshire Tally Ho. H & H	26:41	392	165	Margaret Carleton	L55	10	Winston Runners	36:14
347	418	Sidney Sacks	V70	2	Salford Harriers	26:43	393	389	Mike Roberts	U20	7	Stockport Harriers & Ac	36:25
348	383	Alan Ford	V60	14	Unattached	26:46	394	52	John Wadsworth	V50	29	Unattached	36:59
349	22	Graham Kitchen	V50	27	Dragons Running Club (sale)	26:52	395	348	Helen Knight	L40	26	Winston Runners	38:20
350	113	Claire Wolfendale	L35	1	Swinton Running Club	26:58	396	142	John Wolstenholme	V70	3	Unattached	39:19
351	391	Denise Gregory	L45	6	Bramhall Runners	27:05	397	169	Susan Lynne	L55	11	Winston Runners	39:52
352	108	Brian Higgins	V60	15	Styal Running Club	27:12	398	441	Philomena Hesketh	L55	12	Winston Runners	39:55
353	128	Barbara Shuttleworth	L55	7	Unattached	27:15	399	341	Annette Fairclough	L55	13	Winston Runners	40:04
354	257	David Huddleston			Bolton United Harriers & Ac	27:22	400	23	Ivan Macintyre	V55	23	Dragons Running Club (sale)	41:11
355	394	John Lally	V55	21	Sale Harriers Manchester	27:25	401	5	D Attwell	V70	4	Altrincham & District AC	41:15
356	43	Deborah Beresford	V45	39	Manchester Harriers & Ac	27:56							