

The Sale Sizzlers

at Wythenshawe park, Manchester on Thursday 15th August 2013

Sale Sizzler — FINAL RESULTS

Pos	Num	Name	Cat/Pos	Club	Time	Pos	Num	Name	Cat/Pos	Club	Time
1	278	Tesfaye Debele	U20	1 Bradford Airedale AC	14:33	76	95	Mike Dixon		Stockport Harriers & Ac	18:07
2	331	Ben Fish		Blackburn Harriers & Ac	14:39	77	390	Hannah Oldroyd	L	6 Saltaire Striders	18:08
3	249	James Walsh		Leeds City Athletic Club	14:39	78	515	Jeremy Bygrave		Wilmslow Running Club	18:10
4	440	Andy Norman		Altrincham & District AC	14:59	79	370	Wolstencroft	V40	7 Knutsford Tri Club	18:11
5	385	Joe Bailey		Salford Harriers	15:04	80	486	Tony Potts		Unattached	18:13
6	401	Ian Mitchell		Tipton Harriers	15:12	81	309	Emma Ballantyne	L	7 York Acorn Running Club	18:14
7	350	Joshua Bull	U20	2 Derby Ac	15:16	82	395	Andrew Yates	V55	1 Sale Harriers Manchester	18:16
8	467	Mike Sawrey		Stockport Harriers & Ac	15:19	83	386	Nick Blanchard		Stockport Harriers & Ac	18:16
9	366	Ryan Moore	U20	3 Sale Harriers Manchester	15:27	84	330	John Chaplin	V55	2 Blackburn Harriers & Ac	18:17
10	409	Nick Leigh		Altrincham & District AC	15:30	85	299	Jenny Knass	L	8 Stockport Harriers & Ac	18:18
11	389	Thomas Charles		Trafford Athletic Club	15:39	86	507	Ravi Hensman		Unattached	18:19
12	436	Callum Greenwood		Sale Harriers Manchester	15:40	87	3	Andy Pickford		Altrincham & District AC	18:20
13	361	Chris Fell		Rossendale Harriers & Ac	15:45	88	308	Simon Fox	V45	7 Wirral AC	18:21
14	182	Joseph Vis		Southport Waterloo Ac	15:51	89	75	Mark Seed	V45	8 Salford Harriers	18:22
15	260	Ben Beattie		Hallamshire Harriers Sheffield	15:55	90	474	Kevin Foster		Sale Harriers Manchester	18:24
16	329	Karl Billington		Blackburn Harriers & Ac	15:57	91	294	Jane Kemshall	L	9 Scunthorpe & District AC	18:26
17	332	Robert Warner	U20	4 Blackburn Harriers & Ac	16:00	92	423	Steve Duxbury	V60	2 Rossendale Harriers & Ac	18:27
18	271	Paul Savage		Manchester Triathlon Club	16:02	93	236	Sarah Cumber	L40	1 Halifax Harriers & Ac	18:28
19	372	Rob Hughes		Salford Harriers	16:05	94	191	Phil Marsden		Bolton United Harriers & Ac	18:29
20	405	Mat Rushbrook		Knutsford Tri Club	16:07	95	360	Andrew Fell	V40	8 Rossendale Harriers & Ac	18:30
21	407	Chris Farrell		Horwich R M I Harriers	16:10	96	384	Dave Carrington	V55	3 Altrincham & District AC	18:32
22	247	Patrick Vis		Southport Waterloo Ac	16:13	97	359	Matthew Crehan		Sale Harriers Manchester	18:34
23	406	Bashir Hussain	V45	1 Stockport Harriers & Ac	16:13	98	79	Paul Griffiths	V40	9 Shepshed Running Club	18:37
24	373	Gavin Tomlinson	V45	2 Trafford Athletic Club	16:14	99	353	Brad Thornton	U20	9 Sale Harriers Manchester	18:38
25	415	David Howlett		Sale Harriers Manchester	16:15	100	525	James Walsh		Unattached	18:40
26	408	Alastair Murray		Horwich R M I Harriers	16:16	101	426	Candice Heys	L	11 Clayton Le Moors Harriers	18:41
27	287	Martyn Bell	V40	1 Horwich R M I Harriers	16:17	102	178	Alan Hilton	V40	10 Astley & Tyldesley RR	18:43
28	417	Derel Simpson		Rochdale Harriers & Ac	16:23	103	334	Danny Maynard		Blackburn Harriers & Ac	18:45
29	158	Dan Fisher		Valley Striders	16:23	104	580	Gary Herring		Unattached	18:47
30	352	James Britton		Knutsford Tri Club	16:24	105	251	Matthew Beacock	U20	10 Sale Harriers Manchester	18:49
31	286	Michael Lamb	V45	3 Hartlepool Burn Road Harriers	16:24	106	364	Gavin Bannister		Salford Harriers	18:49
32	424	Rob Webb		Rossendale Harriers & Ac	16:25	107	204	Steve McLean	V50	3 Southport Waterloo Ac	18:50
33	376	Mike Flatley	V40	2 Middleton Harriers Ac	16:28	108	154	Stewart Nunn		Unattached	18:51
34	288	Claire Duck	L	1 Leeds City Athletic Club	16:32	109	449	Mark Griffiths		Manchester Ymca Harriers	18:52
35	295	Sarah Kemshall	L	2 Scunthorpe & District AC	16:36	110	103	Steve Shaughnessy	V55	4 Stockport Harriers & Ac	18:53
36	455	Adam Clawsley		Southport Waterloo Ac	16:39	111	284	Mike Coogan	V40	11 East Cheshire Harriers & Tames	18:54
37	475	Stephen Makin		Wigan Phoenix	16:43	112	337	Joseph Monk		Blackburn Harriers & Ac	18:58
38	292	Georgia Taylor-Brown	U20	1 Sale Harriers Manchester	16:47	113	346	David Chambers		Manchester Frontrunners	19:00
39	345	Andrew Bedford		Saltire Striders	16:52	114	73	Stephen Parry	V50	4 Sale Harriers Manchester	19:02
40	92	Kevin Acton	U20	5 Stockport Harriers & Ac	16:54	115	419	Lawrence Eccles		Penny Lane Striders	19:04
41	456	Rob Wilby	V40	3 Knutsford Tri Club	16:56	116	156	Tim Jorgensson	V45	9 Unattached	19:07
42	349	Phillip Bennett		Rochdale Harriers & Ac	16:58	117	497	Gary Lyons		Sale Harriers Manchester	19:08
43	356	David Alexander	V40	4 West Cheshire Athletic Club	17:00	118	15	Matt Moran		Bramhall Runners	19:09
44	293	Roger Alsop	V45	4 Salford Harriers & AC	17:02	119	527	Dorys Darmas	L40	2 Sale Harriers Manchester	19:10
45	344	David Rich	U20	6 Sale Harriers Manchester	17:04	120	324	Beckie Taylor	U20	2 Blackburn Harriers & Ac	19:11
46	173	Dave Hudson		Salford Harriers	17:08	121	448	Mark Taylor	V40	12 E Cheshire H & Tameside Ac	19:12
47	336	Tom Blaney		Blackburn Harriers & Ac	17:13	122	503	Tony Archer	V55	5 Vale Royal Ac	19:13
48	264	Jonathan Metcalfe		Unattached	17:17	123	149	Robbie Greenslade		Unattached	19:14
49	365	Liam Moore	U20	7 Leigh Harriers & Ac	17:22	124	56	Ian Stainthorpe	V50	5 Rochdale Harriers & Ac	19:15
50	422	Ashley Crawford		Unattached	17:22	125	394	Francis Sweeney		Sale Harriers Manchester	19:16
51	223	Alison Lavender	L	4 Oswestry Olympians	17:23	126	469	Denis Powell	U20	11 Sale Harriers Manchester	19:18
52	285	Paul Backhouse		East Cheshire Harriers & Tames	17:23	127	319	Chris Bramwell		Unattached	19:19
53	429	Rob Hughes		Telford AC	17:24	128	37	John Goggins		Knutsford Tri Club	19:20
54	100	Robert Goulsbra		Stockport Harriers & Ac	17:24	129	97	Paul Collins	V45	10 Stockport Harriers & Ac	19:22
55	33	Adam McArthur		Enfield And Haringey A C	17:25	130	519	Jennifer Smith	L	14 Warrington Athletic Club	19:22
56	380	Simon Chadwick	U20	8 Stockport Harriers & Ac	17:26	131	230	Robert Metcalf		Unattached	19:23
57	98	Phil Burns		Stockport Harriers & Ac	17:29	132	481	Rod Holt	V50	6 Glossopdale Harriers	19:24
58	341	Darren Moran	V40	5 Salford Harriers	17:32	133	498	Aidan Raftery	V50	7 Sale Harriers Manchester	19:25
59	439	Gavin Astin	V50	1 Stockport Harriers & Ac	17:36	134	472	Robin Beaumont	V45	11 Trafford Athletic Club	19:26
60	342	Scott Matthews		E Cheshire H & Tameside Ac	17:38	135	133	Dean Howarth		Unattached	19:28
61	374	Ian Jackson	V45	5 Salford Harriers	17:41	136	518	Shauna Murphy	L	15 Salford Harriers	19:29
62	453	Steve Darby	V45	6 Barnsley Athletic Club	17:44	137	94	Max Thickett	V45	12 Stockport Harriers & Ac	19:31
63	421	Jonathan Sacks		Salford Harriers	17:48	138	135	Duncan Shuttleworth	V50	8 Unattached	19:32
64	470	Neil Wilks		Knutsford Tri Club	17:48	139	88	Jayne Lawton	L40	3 Stockport Harriers & Ac	19:33
65	306	Mark Davies		West Cheshire Athletic Club	17:49	140	388	Simon007 Bond	V40	13 Sale Harriers Manchester	19:34
66	414	Mathew Foucey		Stockport Harriers & Ac	17:51	141	573	Nick Bone	V40	14 Winston Runners	19:36
67	462	Lee Hughes		Lymm Runners	17:51	142	404	Paul Greenhalgh	V45	13 Manchester Triathlon Club	19:39
68	431	Albert Castile	V40	6 Salford Harriers	17:51	143	254	Zacharski Krzysztof	U20	12 Unattached	19:39
69	490	Micholas Bugler		Unattached	17:54	144	72	Sarah Douglas	L	17 Sale Harriers Manchester	19:40
70	189	Peter O'Neill		Sale Harriers Manchester	17:55	145	398	Chris Donnelly		Sale Harriers Manchester	19:40
71	347	Andrew Mooney		Sale Harriers Manchester	17:59	146	203	Trace Peters	L	18 Southport Waterloo Ac	19:41
72	369	Stanley Owen	V60	1 Salford Harriers	18:00	147	483	Faye Waterhouse	L	19 Stockport Harriers & Ac	19:42
73	444	Tessa Walker	L	5 Salford Harriers	18:02	148	333	Allan Hartley		Blackburn Harriers & Ac	19:44
74	485	Andy Preston		Rossendale Harriers & Ac	18:04	149	174	Graham Tracey	V40	15 Vegetarian C & AC	19:46
75	428	Gary Rowlinson	V50	2 Sale Harriers Manchester	18:06	150	235	Geoffrey Cumber	V65	1 Halifax Harriers & Ac	19:51

151	322	Becky Shorrock	L	20	Blackburn Harriers & Ac	19:51	231	473	Lee Dalwy	V45	21	Winston Runners	21:39
152	477	Neil McGraw	V40	16	Glossopdale Harriers	19:51	232	167	Paul Lockett			Winston Runners	21:40
153	289	Myles Holdsworth	V40	17	Leeds City Athletic Club	19:52	233	304	Robert Tipping	V45	22	Vale Royal Ac	21:40
154	258	William Keeling			Knutsford Tri Club	19:52	234	127	Andy Melvin	V40	25	Unattached	21:41
155	526	Ben Fox	U20	13	Sale Harriers Manchester	19:53	235	96	Nick Ham	V45	23	Stockport Harriers & Ac	21:42
156	58	Alistair Kell	V40	18	Sale Harriers Manchester	19:53	236	219	Marie Lees	L	43	Sale Harriers Manchester	21:42
157	480	Caitlin Rice	L	21	Glossopdale Harriers	19:54	237	224	Tony Wardle	V40	26	South Cheshire Harriers	21:43
158	8	Mark Hunter	V55	6	Altrincham & District AC	19:56	238	59	Anne Chinoy	L40	6	Sale Harriers Manchester	21:44
159	378	Graham Harrison	V50	9	Altrincham & District AC	19:58	239	140	James Dickie			Unattached	21:45
160	234	Bob Corinaldi	V45	14	Vale Royal Ac	20:00	240	282	Michelle Vaughan	L40	7	East Cheshire Harriers & Tames	21:46
161	457	Luke Parkins	U20	14	Bramhall Runners	20:01	241	115	David Batty	V45	24	Swinton Running Club	21:47
162	564	James Smith	V40	19	Wrexham AC	20:02	242	177	Sonya Hynes	L	46	Manchester Harriers & Ac	21:48
163	433	Christophr Ainsworth	V40	20	Unattached	20:03	243	328	Ella Gregory	L17	2	Blackburn Harriers & Ac	21:49
164	161	Andrew Holland			Warrington Road Runners	20:04	244	391	Andrew Marson	V40	27	Knutsford Tri Club	21:52
165	533	Cheryl Hale	L	22	Vale Royal Ac	20:04	245	207	Jacob Smiles			Unattached	21:55
166	399	Peter Morgan			Salford Harriers	20:05	246	85	Gillian Doolan	L45	1	Stockport Harriers & Ac	21:55
167	196	Paul Rutherford	V45	15	Swinton Running Club	20:06	247	193	Mathew Bowness			Unattached	21:56
168	124	Gareth Redston			Trafford Athletic Club	20:07	248	253	Wendy Woodhead	L	49	Manchester Harriers & Ac	21:57
169	354	Emma Finney	L	23	Sale Harriers Manchester	20:08	249	298	Amanda Trivett	L35	1	Stockport Harriers & Ac	21:57
170	186	Helen Armitage	L	24	Sale Harriers Manchester	20:09	250	109	Claire Northcote	L50	2	Styal Running Club	21:58
171	543	Thomas Skelton			Glossopdale Harriers	20:10	251	90	John Hughes	V45	25	Stockport Harriers & Ac	21:59
172	42	Chris Sewart			Manchester Harriers & Ac	20:11	252	484	Michael Wakefield	V60	4	Salford Harriers	21:59
173	528	Sara O'Brien	L	25	Sale Harriers Manchester	20:12	253	512	Nigel Harrison	V45	26	Stockport Harriers & Ac	22:00
174	413	Michael Barry			Sale Harriers Manchester	20:13	254	281	Siobhan Lillie	L	52	Dragons Running Club (sale)	22:01
175	112	Antony Golding			Swinton Running Club	20:14	255	502	Stephen Clifton			Unattached	22:02
176	504	Matthew Brooke	V40	21	Unattached	20:15	256	4	Colin Davies	V60	5	Altrincham & District AC	22:02
177	382	Andy Dines	V45	16	Knutsford Tri Club	20:17	257	179	Caroline Broderick	L	53	Salford Harriers	22:03
178	83	Andrew Mainwaring			Stockport Harriers & Ac	20:19	258	263	Nikki Chamberlain	L40	8	Knutsford Tri Club	22:04
179	529	Ben O'Brien			Unattached	20:21	259	572	Pete Price			Knutsford Tri Club	22:05
180	452	Richard Hall	V45	17	Bramhall Runners	20:24	260	216	Frederick Davids	V40	28	Unattached	22:06
181	567	Pawel Wegrecki	U20	15	Unattached	20:25	261	500	Nigel Leeson	V40	29	Unattached	22:06
182	111	Andy Land	V45	18	Swinton Running Club	20:26	262	67	J Cordingley	L50	3	Sale Harriers Manchester	22:07
183	454	Tom Feehally			Unattached	20:27	263	403	Tom Denton			Salford Harriers	22:08
184	163	Matthew Taylor			Wilmslow Running Club	20:28	264	427	Barry Chambers	V60	6	Vale Royal Ac	22:09
185	205	Martin Stratton			Unattached	20:29	265	20	Darren Whalen			Unattached	22:10
186	0	???			???	20:30	266	482	Jill Billington	L	56	Stockport Harriers & Ac	22:11
187	325	Sam Macreadie	L	26	Blackburn Harriers & Ac	20:31	267	27	Joanne Healy	L	57	Dragons Running Club (sale)	22:12
188	265	Giles Bennett	V45	19	Bury Athletic Club	20:33	268	256	Nick Fogarty	V40	30	Unattached	22:14
189	348	Alice Hughes	U20	3	Stockport Harriers & Ac	20:38	269	316	Mark Donnelly			Unattached	22:16
190	16	Steve Hughes	V50	10	Bramhall Runners	20:39	270	296	Philip Tugwell	V45	27	Spectrum Striders	22:16
191	400	David Telford	V65	2	Altrincham & District AC	20:41	271	315	Ian Johnson	V40	31	Unattached	22:17
192	321	Liz McLellan	L40	4	Unattached	20:49	272	367	Vin Murphy	V70	1	Salford Harriers	22:18
193	69	Jerry Smith	V55	7	Sale Harriers Manchester	20:50	273	377	Carole Harrison	L45	2	Altrincham & District AC	22:19
194	438	Dan Buckley	V40	22	Saddleworth Runners Club	20:51	274	531	Andrew Bourne	V40	32	Unattached	22:20
195	106	Anthony Collier	V55	8	Styal Running Club	20:53	275	505	Stefan Schumacker	V55	11	Sale Harriers Manchester	22:21
196	464	Karl Hughes			Unattached	20:54	276	220	Catherine Jones	L	59	Sale Harriers Manchester	22:22
197	12	Andy Cordes	V40	23	Bramhall Runners	20:55	277	524	Ian Morris	V60	7	Unattached	22:23
198	420	Christina Puccini	L	29	Penny Lane Striders	20:56	278	277	Lauren Davies	L	60	Sale Harriers Manchester	22:24
199	362	Ewan Holton			Knutsford Tri Club	20:57	279	522	Rebecca Howarth	L40	9	Unattached	22:25
200	323	Shelley Tattersall	L	30	Blackburn Harriers & Ac	20:57	280	273	Alan Bennett	V50	12	Unattached	22:28
201	45	Kev Logue			Manchester Harriers & Ac	20:58	281	221	Andy Dooley	V55	12	Styal Running Club	22:32
202	49	Dierdre McCarthy			Manchester Triathlon Club	20:59	282	492	Pete Hoyle	V45	28	Middleton Harriers Ac	22:33
203	368	Damian Utton	V45	20	Altrincham & District AC	20:59	283	201	Nicola Travis	L	62	Unattached	22:35
204	2	Alison Vesey	L50	1	Altrincham & District AC	21:00	284	541	Joseph Sharples			Unattached	22:37
205	506	Jeff Norman	V65	3	Unattached	21:01	285	578	Martin Jackson	V50	13	Unattached	22:39
206	569	Oliver Higby			Unattached	21:02	286	300	Gery Rogers	V55	13	Styal Running Club	22:41
207	430	Cheryl Rock	L	32	Stockport Harriers & Ac	21:05	287	267	Emma Young	L40	10	Bramhall Runners	22:42
208	148	Paul Sweeney			Unattached	21:09	288	496	John Malone	V55	14	Winston Runners	22:43
209	445	AnnMarie Jones	L60	1	Altrincham & District AC	21:10	289	231	Simon Skentelbery			Dragons Running Club (sale)	22:44
210	250	Richard McHugh			Sale Harriers Manchester	21:11	290	397	Lynne Yates	L55	1	Sale Harriers Manchester	22:45
211	514	Diane Bygrave	L	34	Wilmslow Running Club	21:12	291	442	Criag Sutherland			Middleton Harriers Ac	22:46
212	305	Holly Tidd	L17	1	Warrington A C	21:13	292	144	Mark Brett	V45	29	Unattached	22:47
213	351	Claire Macneil	L	36	Stockport Harriers & Ac	21:16	293	47	Martin Joyce	V50	14	Manchester Harriers & Ac	22:48
214	410	Cat Dascewois	L	37	Unattached	21:19	294	476	Neville McGraw	V65	4	Glossopdale Harriers	22:49
215	226	Andrew Chaston			Unattached	21:20	295	412	Russ Chew	V50	15	Royton Road Runners	22:50
216	575	John Battersby	V55	9	Sale Harriers Manchester	21:22	296	87	Hilary West	L55	2	Stockport Harriers & Ac	22:51
217	66	Helen Reagan	L40	5	Sale Harriers Manchester	21:24	297	255	Andy Brown	V60	8	Unattached	22:53
218	563	Darren Cooper			Manchester Triathlon Club	21:25	298	363	Neil Murphy	V50	16	Macclesfield Harriers & Ac	22:54
219	530	Helen Murray	L	39	Knutsford Tri Club	21:27	299	192	Nichola Bowness	L	66	Unattached	22:55
220	261	Neil Atkinson			Spectrum Striders	21:29	300	495	Michael Howarth	V40	33	Unattached	22:56
221	566	Edward Taylor			Knutsford Tri Club	21:31	301	425	Alistair Small			Unattached	22:57
222	487	Michael Dunne	V60	3	Sale Harriers Manchester	21:31	302	402	Clive Smith	V40	34	Glossopdale Harriers	22:58
223	283	Andrew Heaton	V40	24	East Cheshire Harriers & Tames	21:32	303	491	Kristian Wright			Unattached	22:59
224	446	Suzanne Smith	L	40	Unattached	21:33	304	451	Jim Lambe	V50	17	Sale Harriers Manchester	23:00
225	465	Mark Catherall	V55	10	Rochdale Harriers & Ac	21:34	305	218	Barry Thompson	V55	15	Stockport Harriers & Ac	23:01
226	147	Nick Pendleton			Unattached	21:35	306	516	Gemma Stokes	L	67	Horwich R M I Harriers	23:02
227	545	Lauren Jackson	L	41	Unattached	21:35	307	110	Jonathan Clarke	V45	30	Styal Running Club	23:03
228	279	Ian Wood	V50	11	Dragons Running Club (sale)	21:36	308	65	Gary Chadwick			Sale Harriers Manchester	23:04
229	129	Ben Kirkman			Unattached	21:37	309	89	Jeremy Woodham	V40	35	Stockport Harriers & Ac	23:10
230	123	Claire Chaffer	L	42	Trafford Athletic Club	21:38	310	494	Sidney Sacks	V70	2	Salford Harriers	23:10

311 105 Alan Jenkinson	V65 5	Styal Running Club	23:11	386 46 Kirsty Lyons	L 105	Manchester Harriers & Ac	25:38
312 206 Geoff Beattie	V60 9	Sale Harriers Manchester	23:12	387 18 Joe Park	V75 1	Cheshire Tally Ho. H & H	25:39
313 252 Brian Bradshaw		Sale Harriers Manchester	23:12	388 91 Jon-Paul Kearns	V40 46	Stockport Harriers & Ac	25:50
314 114 David Guy	V50 18	Swinton Running Club	23:13	389 357 Kevin Bell	V65 9	Unattached	25:51
315 61 Dave Farmer	V65 6	Sale Harriers Manchester	23:14	390 432 Ron Hill	V75 2	Clayton Le Moors Harriers	25:53
316 150 Russell Jones		Unattached	23:14	391 458 John Moran	V50 21	Unattached	25:57
317 121 Rebecca Mills	L 68	Swinton Running Club	23:15	392 276 Diana Blackshaw	L 106	Unattached	26:01
318 393 Angela Maziere	L50 4	WRC	23:16	393 22 Graham Kitchen	V50 22	Dragons Running Club (sale)	26:06
319 468 Jayne Lomax	L45 3	Vale Royal Ac	23:17	394 500 Robert Miller	V60 15	Stockport Harriers & Ac	26:11
320 513 Louise Harrison	L40 11	Stockport Harriers & Ac	23:18	395 176 Sid Bailey	V55 18	Deestridders	26:15
321 307 Simon Fenton		Wilmslow Running Club	23:19	396 418 Howard Sharples		Unattached	26:20
322 318 Martin Smedley	V60 10	Unattached	23:20	397 19 Angela Kerslake	L40 14	Dragons Running Club (sale)	26:25
323 441 Michael Horton		Swinton Running Club	23:22	398 571 Matt Findes		Styal Running Club	26:30
324 327 Kaylie Panaro	L 72	Blackburn Harriers & Ac	23:23	399 7 Diane Hunter	L45 8	Altrincham & District AC	26:34
325 493 Adam Flint	V40 36	Unattached	23:25	400 21 Chris Horricks		Dragons Running Club (sale)	26:37
326 435 Martin Dilworth	V40 37	Unattached	23:27	401 579 Michael Owen		Trafford Athletic Club	26:39
327 82 Amy Barter	L 73	Stockport Harriers & Ac	23:29	402 68 Jenny Miles	L60 3	Sale Harriers Manchester	26:41
328 355 Mansel Pope	V60 11	Altrincham & District AC	23:30	403 381 Mark Chadwick	V50 23	Unattached	26:44
329 53 Ozkan Baba		Unattached	23:31	404 320 Angela Lillie	L55 5	Unattached	26:47
330 577 Ian Harris		Unattached	23:32	405 5 D Attwell	V70 4	Altrincham & District AC	26:51
331 343 Emma Flynn	L 74	Swinton Running Club	23:33	406 128 Barbara Shuttleworth	L55 6	Unattached	26:55
332 17 V Chadwick-Dunbar	L40 12	Bramhall Runners	23:34	407 185 Jill Clark	L50 9	Hyde Village Striders Rc	26:59
333 416 Denise Wakefield	L55 3	Salford Harriers	23:35	408 108 Brian Higgins	V60 16	Styal Running Club	27:04
334 101 Sara Taylor	L 77	Stockport Harriers & Ac	23:36	409 311 Katherine Eldridge	L 113	Unattached	27:08
335 379 Nicola Pickford	L 78	Bramhall Runners	23:37	410 576 Sarah Jones	L40 15	Dragons Running Club (sale)	27:13
336 39 Jenny McClelland	L40 13	Lymm Runners	23:38	411 71 Michael Howe	V75 3	Sale Harriers Manchester	27:17
337 86 Helen Todd	L55 4	Stockport Harriers & Ac	23:39	412 447 Paul Smith		Unattached	27:22
338 499 James Bell	V45 31	Styal Running Club	23:41	413 215 Andrew Wilson	V50 24	Unattached	27:36
339 562 Rachael Teebay	L 81	Knutsford Tri Club	23:42	414 137 Glyn Hathaway		Unattached	27:42
340 568 Rich Brown	V40 38	Unattached	23:44	415 38 Michael Gilbert	V65 10	Liverpool Harriers & Ac	27:49
341 29 Laura Stevenson	L 82	Dragons Running Club (sale)	23:46	416 122 Susan Bean	L60 4	Swinton Running Club	27:55
342 107 Brenda Lewis	L50 5	Styal Running Club	23:53	417 509 Ginny Mitchell	L 116	Dragons Running Club (sale)	28:01
343 478 Alison Holt	L45 4	Glossopdale Harriers	23:56	418 437 Helen Buckley	L40 16	Unattached	28:03
344 104 Sue Waring	L45 5	Stockport Harriers & Ac	23:59	419 520 Keith Fletcher	V65 11	Altrincham & District AC	28:05
345 268 Denis Kelly	V45 32	Manchester Harriers & Ac	24:03	420 434 Joan Cooke	L40 17	Astley & Tydesley RR	28:07
346 565 Miranda Taylor	L45 6	Knutsford Tri Club	24:07	421 535 Lisa Whithead	L45 9	Swinton Running Club	28:12
347 9 Alastair Rainsbury		Manchester Triathlon Club	24:10	422 197 Dawn Gallen	L 120	Manchester Harriers & Ac	28:15
348 9 Mike Brooks	V70 3	Altrincham & District AC	24:14	423 44 Jean Bayley	L50 10	Manchester Harriers & Ac	28:19
349 152 Stephanie Bennett	L 87	Unattached	24:16	424 210 Graham Crawforth	V60 17	Unattached	28:22
350 396 Jennifer Yates	L 88	Unattached	24:18	425 246 Sharon Toolin	L40 18	Hyde Village Striders	28:25
351 532 Chris Williams	V40 39	Unattached	24:21	426 539 Sonia Pinnock	L45 10	Unattached	28:32
352 375 Tony Gavin		Unattached	24:23	427 171 Terrie Blammon	L40 19	Winston Runners	28:39
353 488 Rebecca Stent	L 89	Unattached	24:26	428 317 Jon Davidson	V40 47	Unattached	28:46
354 463 Alan Halman	V65 7	Styal Running Club	24:28	429 151 Sally Stevens	L 125	Unattached	28:49
355 113 Claire Wolfendale	L 90	Swinton Running Club	24:31	430 534 Niki Stockton	L45 11	Swinton Running Club	28:52
356 466 Michael Eakin	V55 16	Unattached	24:34	431 28 Julia Norris	L 127	Dragons Running Club (sale)	29:01
357 26 Jill Hatton	L 91	Dragons Running Club (sale)	24:37	432 383 Shabab Mahmood		Unattached	29:10
358 459 John Vis	V50 19	Southport Waterloo Ac	24:38	433 544 Tracey Dighe	L45 12	Dragons Running Club (sale)	29:32
359 387 John Pickup	V50 20	Swinton Running Club	24:39	434 55 Brenda Robinson	L65 1	Rochdale Harriers & Ac	29:38
360 211 Tom Millington	V40 40	Unattached	24:40	435 561 Jane Ford	L55 7	Unattached	29:40
361 461 Dawn Holding	L50 6	Sale Harriers Manchester	24:41	436 574 Maricrvz Alegria	L 131	Unattached	29:56
362 411 Alexis Dinsmor	L60 2	Stockport Harriers & Ac	24:42	437 194 Rebecca Massey	L 132	Unattached	29:59
363 130 Chris Mason		Unattached	24:43	438 581 Lashira Herring	L 133	Unattached	30:02
364 84 Kavangh Dixon	L 94	Stockport Harriers & Ac	24:45	439 169 Susan Lynne	L55 8	Winston Runners	30:11
365 209 Peter Murrey	V45 33	Hyde Village Striders Rc	24:47	440 310 Daniel Bell		Unattached	30:28
366 471 John Delany	V65 8	Stockport Harriers & Ac	24:50	441 450 Charles Pearson	V55 19	Styal Running Club	30:46
367 239 Dawn Kaveney	L 95	Unattached	24:51	442 291 Ashlin Corinaldi	L40 20	Razzer's Runners	30:48
368 511 Jessica Peters	L 96	Unattached	24:53	443 358 Susan Crehan	L 136	Sale Harriers Manchester	30:50
369 155 Susannah Williams	L 97	Unattached	24:54	444 479 Eileen Fenner	L 137	Sale Harriers Manchester	31:13
370 248 Alice Smedley	L 98	Unattached	24:56	445 54 Geoff Howarth	V75 4	Northern Veterans Ac	31:15
371 523 Stephen Feber	V60 12	Unattached	24:58	446 508 Caroline Owen	L40 21	Unattached	31:17
372 443 Aileen Davidson	L 99	Manchester Triathlon Club	25:00	447 314 Holly Shanahan	L 139	Unattached	31:59
373 521 Martin Bull	V55 17	Dragons Running Club (sale)	25:02	448 460 Debra Vis	L50 11	Unattached	32:13
374 41 Caroline Baba	L 100	Manchester Harriers & Ac	25:04	449 313 Samantha Croft	L40 22	Unattached	32:25
375 30 Lisa Crompton	L 101	Dragons Running Club (sale)	25:06	450 257 Debbie Gill	L45 13	Unattached	32:37
376 157 Paul Hudson	V60 13	Vale Royal Ac	25:08	451 6 Derek Walton	V65 12	Altrincham & District AC	32:50
377 392 John Leah	V60 14	Bramhall Runners	25:13	452 138 Helen Stevens	L 143	Unattached	32:54
378 119 Paolo Dale	V40 41	Swinton Running Club	25:19	453 540 Karis Powell	U20 4	Unattached	32:59
379 338 David Billington	V40 42	Blackburn Harriers & Ac	25:22	454 536 Jamie Bonner	V40 48	Unattached	33:03
380 371 Karen Sheen	L50 7	Sale Harriers Manchester	25:26	455 538 Suzie Bonne	L40 23	Unattached	33:08
381 537 Michael Ellis	V40 43	Unattached	25:30	456 269 Jean Skitt	L65 2	Manchester Harriers & Ac	33:37
382 510 David Copple	V40 44	Unattached	25:34	457 241 Shelley Pascoe	L 147	Hyde Village Striders	34:57
383 134 Dorothy Muldoon	L45 7	Unattached	25:35	458 52 John Wadsworth	V50 25	Unattached	35:22
384 233 Zoe Clarke	L50 8	Unattached	25:36	459 570 Annette Fairclough	L55 9	Winston Runners	37:02
385 542 Ranjit Bennett	V40 45	Sale Harriers Manchester	25:37	460 142 John Wolstenholme	V70 5	Unattached	37:40