

The Sale Sizzlers - Race 1 at Sale on Thursday 3rd July 2014

Sizzler — FINAL RESULTS

Pos	Num	Name	Cat/Pos	Club	Time
1	374	Mohammed Abakezeq		Altrincham & District AC	14:35
2	401	Matt Barnes		Altrincham & District AC	15:05
3	320	Ben Riddell		Salford Harriers	15:21
4	328	Damian Nicholls		Wilmslow Running Club	15:27
5	261	Ian Mitchell		Tipton Harriers	15:28
6	343	Stuart Robinson		Salford Harriers	15:31
7	306	?Tom Jenkins		Hallamshire Harriers Sheffield	15:33
8	335	Joe Johnston		Rossendale Harriers & Ac	15:35
9	365	Robert Webb		Rossendale Harriers & Ac	15:36
10	347	Nathan Kilcourse		Salford Harriers	15:39
11	291	Simon Bruton		Salford Harriers	15:39
12	52	Graham Green	V45 1	Warrington Athletic Club	15:59
13	344	Bruna Lima		Salford Harriers	16:08
14	304	David Marsh		Sale Harriers Manchester	16:08
15	166	Ben Beattie		Hallamshire Harriers Sheffield	16:09
16	28	Jessica Couslon	L 1	Stockport Harriers & Ac	16:11
17	407	Anthony Dalton		Rossendale Harriers & Ac	16:24
18	310	David Lockett	V45 2	Salford Harriers	16:28
19	349	Leon Foster		Leeds City Athletic Club	16:30
20	298	Daniel Kashi		Eryri Harriers	16:32
21	348	Michael Berks		Altrincham & District AC	16:39
22	406	Michael Kilmartin		Sale Harriers Manchester	16:44
23	208	Andrew Lamont		Macclesfield Harriers & Ac	16:47
24	228	Christopher Merchant	V40 1	Rochdale Harriers & Ac	16:50
25	307	Paul S,ith		Unattached	16:53
26	287	Matthew Kelly		Altrincham & District AC	16:56
27	313	Rob Hughes		Uk Athletics Limited	16:58
28	192	Simon Atkin		Swinton Running Club	17:00
29	103	Jonathan Metcalfe		Unattached	17:03
30	357	Ashley Hoyt		Rossendale Harriers & Ac	17:06
31	260	John Lloyd		Salford Harriers	17:06
32	61	Nicholas Hicketts		Bramhall Runners	17:07
33	330	James Corden	V40 2	Stockport Harriers & Ac	17:08
34	29	Derek Crewe	V50 1	Salford Harriers	17:10
35	379	Carl Barber	V40 3	Sale Harriers Manchester	17:12
36	212	Peter Rogers	V45 3	Stockport Harriers & Ac	17:18
37	333	Alex Bradford		Sale Harriers Manchester	17:25
38	441	J. ScottFarrington	U20 1	Tri Team Wigan	17:28
39	30	Stephen Crook		Stockport Harriers & Ac	17:28
40	411	Dean Matkin		Stockport Harriers & Ac	17:29
41	414	Phil Marsden		Bolton United Harriers & Ac	17:30
42	247	Andy Pickford	V40 4	Altrincham & District AC	17:33
43	255	James Walsh		Unattached	17:36
44	16	Phil Burns		Stockport Harriers & Ac	17:37
45	364	William Hardman		Unattached	17:38
46	263	Peter O'Neill		Sale Harriers Manchester	17:39
47	402	Rob Olliver		Vale Royal Ac	17:41
48	420	Andrew Carlin		Sale Harriers Manchester	17:42
49	388	Charles Foster	V40 5	Salford Harriers	17:43
50	204	Charlie Batho	V45 4	Stockport Harriers & Ac	17:48
51	384	Kevin Foster		Sale Harriers Manchester	17:49
52	128	Mike Shaw	V50 2	Stockport Harriers & Ac	17:51
53	319	Paul Brooks		Unattached	17:55
54	95	Gary Lyons		Sale Harriers Manchester	17:56
55	197	Jenny Knass	L 2	Stockport Harriers & Ac	17:57
56	43	Davis Gee	V60 1	Manchester Harriers & Ac	17:59
57	54	Paul Griffiths	V40 6	Chorlton Runners	18:00
58	393	Matthew Hughes		Liverpool Harriers & Ac	18:01
59	5	Paul Barrett		Sale Harriers Manchester	18:02
60	283	Lyndsay Clarke	L 3	Stockport Harriers & Ac	18:03
61	199	Christopher Swire	V45 5	E Cheshire H & Tameside Ac	18:05
62	55	Nicholas Hackett		South Cheshire Harriers	18:07
63	201	Jon Harrison		Unattached	18:10
64	184	Glenn Savage	V50 3	Sale Harriers Manchester	18:11
65	35	Mike Dixon		Stockport Harriers & Ac	18:12
66	363	Peter Abraham	V40 7	Altrincham & District AC	18:14
67	331	Nick Blanchard		Unattached	18:16
68	324	Gavin Astin	V50 4	Stockport Harriers & Ac	18:18
69	321	Karl Woolfenden	V45 6	Knutsford Tri Club	18:21
70	417	Tony Pots		Stockport Harriers & Ac	18:21
71	105	Gareth Miller		Sale Harriers Manchester	18:22
72	137	Paul Stephens		Salford Harriers	18:23
73	189	Katie White	L 4	Sale Harriers Manchester	18:24
74	249	Steve Renny	V45 7	Altrincham & District AC	18:25
75	143	Max Thickett	V45 8	Stockport Harriers & Ac	18:26
76	190	Roger Whitehead	V45 9	Bramhall Runners	18:27
77	355	Sarah Cumber	L40 1	Halifax Harriers & Ac	18:28
78	239	Mollie Williams	L17 1	Stockport Harriers & Ac	18:29
79	303	Sally Ratcliffe	L 7	Stockport Harriers & Ac	18:30
80	425	Steve McLean	V50 5	Southport Waterloo Ac	18:30
81	312	Chris Burgess		Wigan & District H & Ac	18:31
82	315	Brad Thornton	U20 2	Unattached	18:32
83	106	Matt Moran		Bramhall Runners	18:33
84	209	David Livingstone	V40 8	Altrincham & District AC	18:35
85	295	Mick Hill		Tipton Harriers	18:37
86	278	Chris Trask	V40 9	Bramhall Runners	18:40
87	386	Hayley Ashby	L 8	Sale Harriers Manchester	18:41
88	126	Mark Seed	V4510	Salford Harriers	18:43
89	32	Tony Davenport		Trafford Athletic Club	18:45
90	280	John Williams		Bramhall Runners	18:47
91	323	Gavin Browne		E Cheshire H & Tameside Ac	18:48
92	452	Mark Taylor	V4010	Royton Road Runners	18:49
93	75	Shaun Jackson	V4011	Altrincham & District AC	18:51
94	290	Andrew Given		Unattached	18:52
95	225	Mark Leggett	V50 6	Denby Dale Travellers	18:53
96	135	Ian Stainthorpe	V50 7	Rochdale Harriers & Ac	18:55
97	216	Oliver Barber		Unattached	18:58
98	110	Stewart Nunn		Unattached	18:59
99	294	Maurice Oldham	V60 2	Manchester Harriers & Ac	19:00
100	164	Dan Yarwood		Royton Road Runners	19:01
101	345	Amber Magee	L 9	Charnwood AC	19:02
102	314	Kevin Edwards	V4511	Wigan & District H & Ac	19:04
103	362	Denis Powell	U20 3	Sale Harriers Manchester	19:05
104	47	Antony Golding	V4012	Swinton Running Club	19:06
105	275	Ian Keeling	V4013	Bramhall Runners	19:07
106	88	Lok Li	V4014	Bramhall Runners	19:08
107	274	Mike Harris	V4015	Wigan & District H & Ac	19:10
108	98	Dan Martell		Altrincham & District AC	19:12
109	404	Ben Fox	U20 4	Sale Harriers Manchester	19:13
110	334	Andy Dines	V50 8	Knutsford Tri Club	19:14
111	336	David Townley		Stockport Harriers & Ac	19:16
112	172	Faye Waterhouse	L 10	Stockport Harriers & Ac	19:17
113	318	Helen Armitage	L35 1	Sale Harriers Manchester	19:18
114	439	Matt Whitehead	V50 9	Manchester Harriers & Ac	19:21
115	436	Alex Coward		Unattached	19:22
116	173	Giles Bennett	V4512	Bury Athletic Club	19:23
117	41	Paul Garnett	V5010	Wilmslow Running Club	19:25
118	36	Sarah Douglas	L 12	Sale Harriers Manchester	19:26
119	340	Simon Hilton	V4016	Stockport Harriers & Ac	19:27
120	46	John Goggins		Knutsford Tri Club	19:28
121	241	Jason Brogan	V4017	Manchester Harriers & Ac	19:29
122	113	Stephen Parry	V5011	Sale Harriers Manchester	19:30
123	222	Andy Land	V5012	Swinton Running Club	19:31
124	306	?Tom Jenkins		Hallamshire Harriers Sheffield	19:32
125	385	Joseph Aaital		Unattached	19:34
126	127	Chris Sewart		Manchester Harriers & Ac	19:34
127	240	David Boundy		Unattached	19:35
128	266	Wesley Barnett		Unattached	19:36
129	277	Simon Phillips	V5013	Stockport Harriers & Ac	19:37
130	122	Gareth Redston		Trafford Athletic Club	19:39
131	248	Roberto Raso	V5014	Mfr	19:40
132	15	Steve Bunker	V4513	Wilmslow Running Club	19:41
133	431	Rob Heggs		Sale Harriers Manchester	19:44
134	69	David Howell	V4018	Stockport Harriers & Ac	19:46
135	424	Emma Finney	L 13	Sale Harriers Manchester	19:48
136	73	Mark Hunter	V55 1	Altrincham & District AC	19:50
137	339	Zara Blower	L 14	Leamington	19:51
138	337	Robin Beaumont	V4514	Trafford Athletic Club	19:52
139	130	Duncan Shuttleworth	V55 2	Unattached	19:53
140	428	Kerrie Doyle	L45 1	Stockport Harriers & Ac	19:54
141	254	Steveland Sunridge		Sale Harriers Manchester	19:54
142	434	Nicholas Bone		Unattached	19:55
143	392	Hannah Traynor	L 16	Liverpool Harriers & Ac	19:55
144	21	Anne Chinoy	L40 2	Sale Harriers Manchester	19:56
145	397	Billy Stott		Unattached	19:57
146	198	Paul Norris	V55 3	Wilmslow Running Club	20:03
147	354	Geoff Cumber	V60 3	Halifax Harriers & Ac	20:05
148	279	Kathy Wellam	L 18	Sale Harriers Manchester	20:08
149	79	Tim Jorgensonson	V4515	Unattached	20:09
150	262	Scot Nield		Unattached	20:11
151	134	Jerry Smith	V55 4	Sale Harriers Manchester	20:12
152	326	Michael Dolan	V4516	Unattached	20:14
153	51	Chris Green		Longwood Harriers Ac	20:18
154	317	Richard McHugh		Sale Harriers Manchester	20:19
155	224	Lesley Leggett	L55 1	Denby Dale Travellers	20:21
156	382	Lee Grint	V4019	Unattached	20:24
157	378	William Keeling	V4517	Knutsford Tri Club	20:28
158	191	Krzysztof Zacharski		Unattached	20:28
159	276	Andrew Penney	V4020	Unattached	20:29
160	288	Rachael Blight	L35 2	Stockport Harriers & Ac	20:30
161	423	Kate Kelly	L35 3	Hyde Village Striders Rc	20:31
162	359	Lesley Sinclair	L50 1	Stockport Harriers & Ac	20:32
163	25	Andy Cordes	V4518	Bramhall Runners	20:33
164	293	Nigel Fielden	V60 4	Sale Harriers Manchester	20:35
165	353	Bev Ganose	L50 2	Altrincham & District AC	20:36
166	205	Francis Day	V60 5	Unattached	20:37
167	373	Karen Hill	L40 3	Trafford Athletic Club	20:39
168	154	Kieron Walsh	V55 5	Unattached	20:40
169	202	Matthew Jackson	V4519	Uk Athletics Limited	20:41
170	259	Michael Wymer	V4021	Sale Harriers Manchester	20:43
171	211	Girish Patel	V4520	Unattached	20:46
172	176	David Christy-Lowe	V55 6	Stockport Harriers & Ac	20:47
173	361	Trace Peters	L 25	Uk Athletics Limited	20:48
174	409	Tim Byrne	V4521	Bramhall Runners	20:49
175	309	Yasmin Lockett	U20 1	Stockport Harriers & Ac	20:50
176	170	Tony Park	V5015	Stockport Harriers & Ac	20:50
177	114	Craig Partridge	V4522	Altrincham & District AC	20:51
178	286	Graham Tracey	V4022	Vegetarian C & AC	20:52
179	269	Alan Cole	V55 7	Unattached	20:52
180	115	Daisy Pickles	L 27	Macclesfield Harriers & Ac	20:53
181	369	Brad Emlen	V4023	Spectrum Striders	20:54
182	375	Nicola Lloyd	L35 4	Bramhall Runners	20:55
183	97	Stuart Mairs		Salford Metropolitan Ac	20:56
184	301	Lauren Morley	L 29	Oswestry Olympians	20:59
185	351	Jacob Smiles		Chorlton Runners	21:00
186	89	Paul Lockett		Winston Runners	21:01
187	430	Simon Shaw	V4024	Bramhall Runners	21:02
188	125	Graham Saunders		Manchester Harriers & Ac	21:07

189	322 Brian Ellinson	V60 6 Unattached	21:07	293	427 Mel Smith	V6013 Unattached	24:04
190	188 Helen Smith	L45 2 Vale Royal Ac	21:07	294	161 David Williamson	V4532 Swinton Running Club	24:15
191	415 David Telford	V60 7 Altrincham & District AC	21:07	295	160 Chris Williams	V4032 Unattached	24:18
192	26 Jackie Cordingley	L55 2 Sale Harriers Manchester	21:08	296	443 Katie McPartland	L 71 Unattached	24:21
193	179 Tracey Jones	L 32 Dragons Running Club (sale)	21:11	297	221 Paul Jackson	V4033 Unattached	24:23
194	236 Edward Swinden	V4025 Unattached	21:14	298	185 Kath Sellers	L35 14 Unattached	24:26
195	102 Andy Melvin	V4523 Stockport Harriers & Ac	21:15	299	180 Ann McLaughlin	L50 9 Manchester Harriers & Ac	24:28
196	367 Andy Haworth	Bramhall Runners	21:16	300	285 Susan Crehan	L55 4 Sale Harriers Manchester	24:29
197	167 Ken Burgess	V70 1 Altrincham & District AC	21:17	301	440 Adam Flint	Unattached	24:30
198	342 Carole Barnes	L40 4 Stockport Harriers & Ac	21:18	302	256 Andrea Williams	L4011 Manchester Harriers & Ac	24:31
199	168 Carole Harrison	L45 3 Altrincham & District AC	21:20	303	101 Jean Mellor	L40 12 Swinton Running Club	24:33
200	243 Gareth Maher	Bramhall Runners	21:20	304	447 Tom Marler	Chorlton Runners	24:40
201	56 Richard Hall	V4524 Bramhall Runners	21:21	305	142 Paul Taylor	V4034 Bramhall Runners	24:47
202	376 Andrew Holland	Warrington Road Runners	21:21	306	296 Wayne McIntosh	Trawden AC	24:48
203	329 Steve Fairclough	V4525 Bramhall Runners	21:22	307	235 Paulette Storey	L60 3 Swinton Running Club	24:50
204	325 Graham Millington	V4026 Wigan & District H & Ac	21:24	308	257 Susannah Williams	L 78 Unattached	24:53
205	57 Nick Ham	V5016 Stockport Harriers & Ac	21:26	309	403 Alan Halman	V70 2 Styal Running Club	24:53
206	22 Anthony Collier	V55 8 Styal Running Club	21:30	310	268 Karen Charters	L4013 Unattached	24:54
207	169 Crispin Miller	V4027 Sale Harriers Manchester	21:33	311	34 John Delany	V70 3 Stockport Harriers & Ac	24:56
208	181 Janice Needham	L60 1 Rochdale Harriers & Ac	21:33	312	251 Maria Royal	L55 5 Manchester Harriers & Ac	25:07
209	124 Michael Rogers	Dragons Running Club (sale)	21:33	313	451 Ozkan Baba	Unattached	25:13
210	449 John Battersby	V55 9 Sale Harriers Manchester	21:34	314	109 Dorothy Muldoon	L45 6 Winston Runners	25:16
211	71 Steve Hughes	V5017 Bramhall Runners	21:34	315	11 Stephanie Bennett	L 82 Unattached	25:39
212	178 Gillian Doolan	L45 4 Stockport Harriers & Ac	21:35	316	391 Alan Ford	V6014 Unattached	25:46
213	273 Matthew Given	Stockport Harriers & Ac	21:35	317	4 Sid Bailey	V6015 Deestridders R.c.	25:48
214	117 Tristan Pocock	V4028 Dragons Running Club (sale)	21:36	318	162 Andrew Wilson	V5025 Unattached	25:51
215	370 Justin Appleby	V5018 Sale Harriers Manchester	21:37	319	12 Deborah Beresford	L45 7 Unattached	25:56
216	150 David Turton	V5510 Stockport Harriers & Ac	21:38	320	352 Lisa Crompton	L35 15 Dragons Running Club (sale)	25:59
217	438 Timothy Norman	V5511 Cheshire Tally Ho. H & H	21:39	321	174 Edyta Burgess	L35 16 Unattached	26:00
218	123 John Richards	Stockport Harriers & Ac	21:40	322	445 Michael Ennis	V4035 Unattached	26:02
219	213 Phil Rowen	Unattached	21:42	323	389 Michael Ford	Unattached	26:11
220	63 Tony Hillier	V65 1 E Cheshire H & Tameside Ac	21:43	324	2 Caroline Baba	L35 17 Manchester Harriers & Ac	26:15
221	151 Michelle Vaughan	L40 5 E Cheshire H & Tameside Ac	21:44	325	292 Rachael Wildgoose	L 87 Unattached	26:19
222	144 Samantha Thomas	L40 6 Stockport Harriers & Ac	21:46	326	305 Paul Taylor	V5515 Oldham & Royton H & Ac	26:23
223	455 Ian Redpath	Unattached	21:47	327	72 Diane Hunter	L45 8 Altrincham & District AC	26:25
224	444 Richard Stringer	Unattached	21:49	328	48 Louis Granelli	V4533 Unattached	26:27
225	149 Amanda Trivett	L35 5 Stockport Harriers & Ac	21:50	329	111 Joe Park	V75 1 Cheshire Tally Ho. H & H	26:39
226	3 Amie Bagnall	L 40 Prestatyn RC	21:51	330	412 Tom Baines	Unattached	26:49
227	358 Stephen Sharrocks	V4526 Stockport Harriers & Ac	21:52	331	437 Hannah Lees	L40 14 Unattached	27:01
228	380 Gerry Rogers	V5512 Styal Running Club	21:53	332	112 Shelley Parkinson	L55 6 Chorley Ac & Tri	27:02
229	59 Jill Hatton	L35 6 Dragons Running Club (sale)	21:55	333	271 Gavin Fisk	V4036 Unattached	27:07
230	413 Clive Smith	V4527 Glossopdale Harriers	21:55	334	371 Peter Lambert	V5516 Unattached	27:13
231	158 Darren Whalen	Unattached	21:56	335	193 Jeanette Chesterton	L50 10 Manchester Harriers & Ac	27:15
232	238 Alan Williams	V5019 Altrincham & District AC	21:57	336	136? Susan Steindorff	L40 15 Dragons Running Club (sale)	27:18
233	398 Mark Brady	Swinton Running Club	21:59	337	368 Dawn Gallen	L 93 Manchester Harriers & Ac	27:20
234	267 Andrew Bourne	V4030 Unattached	22:01	338	129 Barbara Shuttleworth	L55 7 Unattached	27:26
235	138 Laura Stevenson	L 42 Dragons Running Club (sale)	22:06	339	332 Robert Miller	V6016 Stockport Harriers & Ac	27:27
236	272 Jim Fox	V5020 Manchester Harriers & Ac	22:08	340	341 Vincent Townley	V6017 Unattached	27:37
237	433 Kate Howard	L35 7 Unattached	22:10	341	78 Sarah Jones	L40 16 Dragons Running Club (sale)	27:40
238	33 Colin Davies	V60 8 Altrincham & District AC	22:11	342	264 Niki Stockton	L45 9 Unattached	27:48
239	394 Fiona Neill	L35 8 Trafford Athletic Club	22:12	343	24 Joseph Connor	Bramhall Runners	28:05
240	432 Rebecca Howarth	L40 7 Unattached	22:13	344	232 Luke Shepherd	U17 1 Unattached	28:11
241	80 Martin Joyce	V5021 Manchester Harriers & Ac	22:14	345	219 Dave Houlding	Unattached	28:11
242	214 Adrian Thomas	V4528 Stockport Harriers & Ac	22:15	346	45 Michael Gilbert	V65 4 Liverpool Harriers & Ac	28:11
243	244 Rebecca Mills	L 46 Swinton Running Club	22:16	347	7 Susan Bean	L60 4 Swinton Running Club	28:30
244	282 Elaine Macdonald	L 47 Stockport Harriers & Ac	22:17	348	100 Robert McLean	Rochdale Harriers & Ac	28:41
245	454 Mark Ferus	V5022 Sale Harriers Manchester	22:18	349	253 Sally Stevens	L 98 Unattached	28:48
246	153 Georgina Walker	L35 9 Lymm Runners	22:19	350	218 Christine Houlding	L 99 Unattached	28:53
247	91 Kieran Lomas	Unattached	22:23	351	300 Alfred Fishburn	V6018 Uk Athletics Limited	28:55
248	17 Annette Campbell	L50 3 Altrincham & District AC	22:26	352	220 Helen Houlding	L40 17 Unattached	28:57
249	10 Alan Bennett	V5513 Unattached	22:27	353	183 Jillian Probert	L40 18 Unattached	28:59
250	419 Mary Taverner	L50 4 Vale Royal Ac	22:30	354	346 Christine Townley	L55 8 Unattached	29:02
251	302 Alan Jones	V4529 Prestatyn RC	22:35	355	58 Glyn Hathaway	Unattached	29:07
252	84 Denis Kelly	V4530 Manchester Harriers & Ac	22:36	356	396 Linda Turner	L40 19 Unattached	29:11
253	250 Linda Rix	L50 5 Mfr	22:37	357	408 Julie Fairclough	L45 10 Bramhall Runners	29:18
254	165 Amy Barter	L 52 Stockport Harriers & Ac	22:39	358	377 Gemma Holland	L 105 Unattached	29:23
255	18 Lockie Campbell	V5023 Altrincham & District AC	22:41	359	395 Terrie Blammon	L40 20 Winston Runners	29:24
256	460 (No. 460)	Unattached	22:42	360	442 Elaine Taylor	L35 18 Unattached	29:25
257	429 John Williams	Unattached	22:44	361	90 Kerry Lomas	L 108 Unattached	29:27
258	289 Barry Chambers	V60 9 Vale Royal Ac	22:45	362	422 Beverley Denby	L45 11 Bramhall Runners	29:37
259	416 Catherine Jons	L35 10 Sale Harriers Manchester	22:47	363	155 Derek Walton	V70 4 Altrincham & District AC	29:47
260	6 Paul Basnett	V4531 Astley & Tyldesley Road Runner	22:48	364	387 Jana Betarova	L35 19 Unattached	29:56
261	435 Wayne Earlam	Unattached	22:50	365	68 Michael Howe	V75 2 Northern Veterans Ac	29:57
262	20 V Chadwick-Dunbar	L40 8 Bramhall Runners	22:51	366	242 Patricia Clarke	L 111 Bramhall Runners	30:00
263	381 Jenny Clinic	L35 11 Sale Harriers Manchester	22:52	367	196 Liz Hutchinson	L45 12 Unattached	30:09
264	426 Julie Hamilton	L35 12 Swinton Running Club	22:53	368	148 Sharon Toolin	L40 21 Hyde Village Striders Rc	30:12
265	410 Geoff Beattie	V60 10 Sale Harriers Manchester	22:54	369	245 Julia Norris	L35 20 Dragons Running Club (sale)	30:21
266	226 Brenda Lewis	L50 6 Styal Running Club	22:55	370	390 Jane Ford	L55 9 Unattached	30:27
267	206 Anthony Hilton	Lymm Runners	23:04	371	450 Carmen Donaghy	L40 22 Winston Runners	30:40
268	147 Helen Todd	L60 2 Stockport Harriers & Ac	23:05	372	107 Emma Moss	L35 21 Unattached	30:45
269	258 Harriet Windebank	L 59 Sale Harriers Manchester	23:09	373	108 Sally Moston	L45 13 Bramhall Runners	30:45
270	207 Steve Holmes	Razzers Runners	23:10	374	418 Cath Jones	L50 11 Bramhall Runners	30:45
271	405 Bill Fox	V60 11 Sale Harriers Manchester	23:12	375	141 Clare Taylor	L40 23 Unattached	31:01
272	93 Loraine Lucas	L55 3 Unattached	23:13	376	66 Chris Horricks	Dragons Running Club (sale)	31:25
273	372 Carla Ousey	L40 9 Sale Harriers Manchester	23:14	377	38 Stephen Dunn	V55 17 Unattached	31:28
274	145 John Thompson	V4031 Helsby (bicc) Running Club	23:20	378	316 Chris Sagar	V45 34 Hyde Village Striders Rc	31:52
275	231 Lesley Peters	L45 5 Unattached	23:21	379	136 Susan Steindorff	L40 24 Dragons Running Club (sale)	32:00
276	49 Stephen Granville	V55 14 Middleton Harriers Ac	23:22	380	118 Diana Powell	L55 10 Bramhall Runners	32:11
277	356 Lauren Davies	L 63 Sale Harriers Manchester	23:24	381	453 Emma Turner	L35 22 Hyde Village Striders Rc	32:15
278	360 Adam Jones	Unattached	23:26	382	281 Alison Wright	L 124 Unattached	32:19
279	40 Helen Fraser	L50 7 Stockport Harriers & Ac	23:28	383	446 Stacey Coleman	L35 23 Unattached	32:47
280	76 Alan Jenkinson	V65 2 Styal Running Club	23:30	384	177 Joanne Deadman	L 126 Dragons Running Club (sale)	33:25
281	39 Dave Farmer	V65 3 Sale Harriers Manchester	23:31	385	86 Graham Kitchen	V5026 Dragons Running Club (sale)	33:25
282	14 Andy Brown	V60 12 Stockport Harriers & Ac	23:32	386	67 Geoff Howarth	V75 3 Unattached	33:53
283	299 Paul Shier	Swinton Running Club	23:34	387	448 Annette Fairclough	L55 11 Winston Runners	34:19
284	116 John Pickup	V50 24 Swinton Running Club	23:35	388	159 Martin Wheeldon	V6019 Wilmslow Running Club	34:19
285	31 Joshua Darby	Unattached	23:36	389	350 Catherine Cutts	L 128 Chorlton Runners	34:56
286	81 E Kavanagh-Dixon	L 65 Stockport Harriers & Ac	23:39	390	171 Helen Shan	L 129 Unattached	35:15
287	327 Nicola Pickford	L35 13 Bramhall Runners	23:40	391	99 Rebecca Martin	L35 24 Unattached	35:17
288	156 Sue Waring	L50 8 Stockport Harriers & Ac	23:50	392	233 Jean Skitt	L65 1 Manchester Harriers & Ac	35:20
289	139 Claire Stoff	L 68 Bramhall Runners	23:58	393	421 Dennis Volley	V60 20 Unattached	35:23
290	383 Katie Reece	L 69 Sale Harriers Manchester	23:59	394	366 Deborah Kell	L45 14 Unattached	35:47
291	338 Martin Haddfield	Unattached	24:01	395	96 Ivan Macintyre	V55 18 Dragons Running Club (sale)	37:06
292	186 Adele Siddall	L40 10 Dragons Running Club (sale)	24:02	396	297 Ria Bright	L45 15 Winston Runners	39:42