

The Sale Sizzlers - Race 1

at Sale on Thursday 3rd July 2014

Sizzler — FINAL RESULTS

Pos	Num	Name	Cat/Pos	Club	Time	Pos	Name	Club	Time
1	374	Mohammed Abakezeq		Altrincham & District AC	14:35	95	225 Mark Leggett	V50 6 Denby Dale Travellers	18:53
2	401	Matt Barnes		Altrincham & District AC	15:05	96	135 Ian Stainthorpe	V50 7 Rochdale Harriers & Ac	18:55
3	320	Ben Riddell		Salford Harriers	15:21	97	216 Oliver Barber	Unattached	18:58
4	328	Damian Nicholls		Wilmslow Running Club	15:27	98	110 Stewart Nunn	Unattached	18:59
5	261	Ian Mitchell		Tipton Harriers	15:28	99	294 Maurice Oldham	V60 2 Manchester Harriers & Ac	19:00
6	343	Stuart Robinson		Salford Harriers	15:31	100	164 Dan Yarwood	Royton Road Runners	19:01
7	306	?Tom Jenkins		Hallamshire Harriers Sheffield	15:33	101	345 Amber Magee	L 9 Charnwood AC	19:02
8	335	Joe Johnston		Rossendale Harriers & Ac	15:35	102	314 Kevin Edwards	V4511 Wigan & District H & Ac	19:04
9	365	Robert Webb		Rossendale Harriers & Ac	15:36	103	362 Denis Powell	U20 3 Sale Harriers Manchester	19:05
10	347	Nathan Kilcourse		Salford Harriers	15:39	104	47 Antony Golding	V4012 Swinton Running Club	19:06
11	291	Simon Bruton		Salford Harriers	15:39	105	275 Ian Keeling	V4013 Bramhall Runners	19:07
12	52	Graham Green	V45 1	Warrington Athletic Club	15:59	106	88 Lok Li	V4014 Bramhall Runners	19:08
13	344	Bruna Lima		Salford Harriers	16:08	107	274 Mike Harris	V4015 Wigan & District H & Ac	19:10
14	304	David Marsh		Sale Harriers Manchester	16:08	108	98 Dan Martell	Altrincham & District AC	19:12
15	166	Ben Beattie		Hallamshire Harriers Sheffield	16:09	109	404 Ben Fox	U20 4 Sale Harriers Manchester	19:13
16	28	Jessica Couslon	L 1	Stockport Harriers & Ac	16:11	110	334 Andy Dines	V50 8 Knutsford Tri Club	19:14
17	407	Anthony Dalton		Rossendale Harriers & Ac	16:24	111	336 David Townley	Stockport Harriers & Ac	19:16
18	310	David Lockett	V45 2	Salford Harriers	16:28	112	172 Faye Waterhouse	L 10 Stockport Harriers & Ac	19:17
19	349	Leon Foster		Leeds City Athletic Club	16:30	113	318 Helen Armitage	L35 1 Sale Harriers Manchester	19:18
20	298	Daniel Kashi		Eryri Harriers	16:32	114	439 Matt Whitehead	V50 9 Manchester Harriers & Ac	19:21
21	348	Michael Berks		Altrincham & District AC	16:39	115	436 Alex Coward	Unattached	19:22
22	406	Michael Kilmartin		Sale Harriers Manchester	16:44	116	173 Giles Bennett	V4512 Bury Athletic Club	19:23
23	208	Andrew Lamont		Macclesfield Harriers & Ac	16:47	117	41 Paul Garnett	V5010 Wilmslow Running Club	19:25
24	228	Christopher Merchant	V40 1	Rochdale Harriers & Ac	16:50	118	36 Sarah Douglas	L 12 Sale Harriers Manchester	19:26
25	307	Paul S,ith		Unattached	16:53	119	340 Simon Hilton	V4016 Stockport Harriers & Ac	19:27
26	287	Matthew Kelly		Altrincham & District AC	16:56	120	46 John Goggins	Knutsford Tri Club	19:28
27	313	Rob Hughes		Uk Athletics Limited	16:58	121	241 Jason Brogan	V4017 Manchester Harriers & Ac	19:29
28	192	Simon Atkin		Swinton Running Club	17:00	122	113 Stephen Parry	V5011 Sale Harriers Manchester	19:30
29	103	Jonathan Metcalfe		Unattached	17:03	123	222 Andy Land	V5012 Swinton Running Club	19:31
30	357	Ashley Hoyt		Rossendale Harriers & Ac	17:06	124	306 ?Tom Jenkins	Hallamshire Harriers Sheffield	19:32
31	260	John Lloyd		Salford Harriers	17:06	125	385 Joseph Aaital	Unattached	19:34
32	61	Nicholas Hicketts		Bramhall Runners	17:07	126	127 Chris Sewart	Manchester Harriers & Ac	19:34
33	330	James Corden	V40 2	Stockport Harriers & Ac	17:08	127	240 David Boundy	Unattached	19:35
34	29	Derek Crewe	V50 1	Salford Harriers	17:10	128	266 Wesley Barnett	Unattached	19:36
35	379	Carl Barber	V40 3	Sale Harriers Manchester	17:12	129	277 Simon Phillips	V5013 Stockport Harriers & Ac	19:37
36	212	Peter Rogers	V45 3	Stockport Harriers & Ac	17:18	130	122 Gareth Redston	Trafford Athletic Club	19:39
37	333	Alex Bradford		Sale Harriers Manchester	17:25	131	248 Roberto Raso	V5014 Mfr	19:40
38	441	J. Scott Farrington	U20 1	Tri Team Wigan	17:28	132	15 Steve Bunker	V4513 Wilmslow Running Club	19:41
39	30	Stephen Crook		Stockport Harriers & Ac	17:28	133	431 Rob Heggs	Sale Harriers Manchester	19:44
40	411	Dean Matkin		Stockport Harriers & Ac	17:29	134	69 David Howell	V4018 Stockport Harriers & Ac	19:46
41	414	Phil Marsden		Bolton United Harriers & Ac	17:30	135	424 Emma Finney	L 13 Sale Harriers Manchester	19:48
42	247	Andy Pickford	V40 4	Altrincham & District AC	17:33	136	73 Mark Hunter	V55 1 Altrincham & District AC	19:50
43	255	James Walsh		Unattached	17:36	137	339 Zara Blower	L 14 Leamington	19:51
44	16	Phil Burns		Stockport Harriers & Ac	17:37	138	337 Robin Beaumont	V4514 Trafford Athletic Club	19:52
45	364	William Hardman		Unattached	17:38	139	130 Duncan Shuttleworth	V55 2 Unattached	19:53
46	263	Peter O'Neill		Sale Harriers Manchester	17:39	140	428 Kerrie Doyle	L45 1 Stockport Harriers & Ac	19:54
47	402	Rob Olliver		Vale Royal Ac	17:41	141	254 Steveland Surridge	Sale Harriers Manchester	19:54
48	208	Andrew Carlin		Sale Harriers Manchester	17:42	142	434 Nicholas Bone	Unattached	19:55
49	388	Charles Foster	V40 5	Salford Harriers	17:43	143	392 Hannah Traynor	L 16 Liverpool Harriers & Ac	19:55
50	204	Charlie Batho	V45 4	Stockport Harriers & Ac	17:48	144	21 Anne Chinoy	L40 2 Sale Harriers Manchester	19:56
51	384	Kevin Foster		Sale Harriers Manchester	17:49	145	397 Billy Stott	Unattached	19:57
52	128	Mike Shaw	V50 2	Stockport Harriers & Ac	17:51	146	198 Paul Norris	V55 3 Wilmslow Running Club	20:03
53	319	Paul Brooks		Unattached	17:55	147	354 Geoff Cumber	V60 3 Halifax Harriers & Ac	20:05
54	95	Gary Lyons		Sale Harriers Manchester	17:56	148	279 Kathy Wellam	L 18 Sale Harriers Manchester	20:08
55	197	Jenny Knass	L 2	Stockport Harriers & Ac	17:57	149	79 Tim Jorgensson	V4515 Unattached	20:09
56	43	Davis Gee	V60 1	Manchester Harriers & Ac	17:59	150	262 Scot Nield	Unattached	20:11
57	54	Paul Griffiths	V40 6	Chorlton Runners	18:00	151	134 Jerry Smith	V55 4 Sale Harriers Manchester	20:12
58	393	Matthew Hughes		Liverpool Harriers & Ac	18:01	152	326 Michael Dolan	V4516 Unattached	20:14
59	5	Paul Barrett		Sale Harriers Manchester	18:02	153	51 Chris Green	Longwood Harriers Ac	20:18
60	283	Lyndsay Clarke	L 3	Stockport Harriers & Ac	18:03	154	317 Richard McHugh	Sale Harriers Manchester	20:19
61	199	Christopher Swire	V45 5	E Cheshire H & Tameside Ac	18:05	155	224 Lesley Leggett	L55 1 Denby Dale Travellers	20:21
62	55	Nicholas Hackett		South Cheshire Harriers	18:07	156	382 Lee Grint	V4019 Unattached	20:24
63	201	Jon Harrison		Unattached	18:10	157	378 William Keeling	V4517 Knutsford Tri Club	20:28
64	184	Glenn Savage	V50 3	Sale Harriers Manchester	18:11	158	191 Krzysztof Zacharski	Unattached	20:28
65	35	Mike Dixon		Stockport Harriers & Ac	18:12	159	276 Andrew Penney	V4020 Unattached	20:29
66	363	Peter Abraham	V40 7	Altrincham & District AC	18:14	160	288 Rachael Blight	L35 2 Stockport Harriers & Ac	20:30
67	331	Nick Blanchard		Unattached	18:16	161	423 Kate Kelly	L35 3 Hyde Village Striders Rc	20:31
68	324	Gavin Astin	V50 4	Stockport Harriers & Ac	18:18	162	359 Lesley Sinclair	L50 1 Stockport Harriers & Ac	20:32
69	321	Karl Woolfenden	V45 6	Knutsford Tri Club	18:21	163	25 Andy Cordes	V4518 Bramhall Runners	20:33
70	417	Tony Pots		Stockport Harriers & Ac	18:21	164	293 Nigel Fielden	V60 4 Sale Harriers Manchester	20:35
71	105	Gareth Miller		Sale Harriers Manchester	18:22	165	353 Bev Ganose	L50 2 Altrincham & District AC	20:36
72	137	Paul Stephens		Salford Harriers	18:23	166	205 Francis Day	V60 5 Unattached	20:37
73	189	Katie White	L 4	Sale Harriers Manchester	18:24	167	373 Karen Hill	L40 3 Trafford Athletic Club	20:39
74	249	Steve Renny	V45 7	Altrincham & District AC	18:25	168	154 Kieron Walsh	V55 5 Unattached	20:40
75	143	Max Thickett	V45 8	Stockport Harriers & Ac	18:26	169	202 Matthew Jackson	V4519 Uk Athletics Limited	20:41
76	190	Roger Whitehead	V45 9	Bramhall Runners	18:27	170	259 Michael Wymer	V4021 Sale Harriers Manchester	20:43
77	355	Sarah Cumber	L40 1	Halifax Harriers & Ac	18:28	171	211 Girish Patel	V4520 Unattached	20:46
78	239	Mollie Williams	L17 1	Stockport Harriers & Ac	18:29	172	176 David Christy-Lowe	V55 6 Stockport Harriers & Ac	20:47
79	303	Sally Ratcliffe	L 7	Stockport Harriers & Ac	18:30	173	361 Trace Peters	L 25 Uk Athletics Limited	20:48
80	425	Steve McLean	V50 5	Southport Waterloo Ac	18:30	174	409 Tim Byrne	V4521 Bramhall Runners	20:49
81	312	Chris Burgess		Wigan & District H & Ac	18:31	175	309 Yasmin Lockett	U20 1 Stockport Harriers & Ac	20:50
82	315	Brad Thornton	U20 2	Unattached	18:32	176	170 Tony Park	V5015 Stockport Harriers & Ac	20:50
83	106	Matt Moran		Bramhall Runners	18:33	177	114 Craig Partridge	V4522 Altrincham & District AC	20:51
84	209	David Livingstone	V40 8	Altrincham & District AC	18:35	178	286 Graham Tracey	V4022 Vegetarian C & AC	20:52
85	295	Mick Hill		Tipton Harriers	18:37	179	269 Alan Cole	V55 7 Unattached	20:52
86	278	Chris Trask	V40 9	Bramhall Runners	18:40	180	115 Daisy Pickles	L 27 Macclesfield Harriers & Ac	20:53
87	386	Hayley Ashby	L 8	Sale Harriers Manchester	18:41	181	369 Brad Emlen	V4023 Spectrum Striders	20:54
88	126	Mark Seed	V4510	Salford Harriers	18:43	182	375 Nicola Lloyd	L35 4 Bramhall Runners	20:55
89	32	Tony Davenport		Trafford Athletic Club	18:45	183	97 Stuart Mairs	Salford Metropolitan Ac	20:56
90	280	John Williams		Bramhall Runners	18:47	184	301 Lauren Morley	L 29 Oswestry Olympians	20:59
91	323	Gavin Browne		E Cheshire H & Tameside Ac	18:48	185	351 Jacob Smiles	Chorlton Runners	21:00
92	452	Mark Taylor	V4010	Royton Road Runners	18:49	186	89 Paul Lockett	Winston Runners	21:01
93	75	Shaun Jackson	V4011	Altrincham & District AC	18:51	187	430 Simon Shaw	V4024 Bramhall Runners	21:02
94	290	Andrew Given		Unattached	18:52	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	L3514 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	L4012 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	L3515 Dragons Running Club (sale)	25:59
217	438 Timothy Norman	V5511	Cheshire Tally Ho. H & H	21:39	321	174 Edyta Burgess	L3516 Unattached	26:00
218	123 John Richards		Stockport Harriers & Ac	21:40	322	445 Michael Ennis	V4035 Unattached	26:02
219	213 Phil Rowen	V4029	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	L3517 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	L4014 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	L5010 Manchester Harriers & Ac	27:15
232	238 Alan Williams	V5019	Altrincham & District AC	21:57	336	136? Susan Steindorff	L4015 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	L4016 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	Unattached	28:05
240	432 Rebecca Howarth	L40	7 Unattached	22:13	344	232 Luke Shepherd	Unattached	28:11
241	80 Martin Joyce	V5021	Manchester Harriers & Ac	22:14	345	219 Dave Houlding	V65 4 Liverpool Harriers & Ac	28:11
242	214 Adrian Thomas	V4528	Stockport Harriers & Ac	22:15	346	45 Michael Gilbert	L60 4 Swinton Running Club	28:30
243	244 Rebecca Mills	L 46	Swinton Running Club	22:16	347	7 Susan Bean	Rochdale Harriers & Ac	28:41
244	282 Elaine Macdonald	L 47	Stockport Harriers & Ac	22:17	348	100 Robert McLean	L 98 Unattached	28:48
245	454 Mark Ferus	V5022	Sale Harriers Manchester	22:18	349	253 Sally Stevens	L 99 Unattached	28:53
246	153 Georgina Walker	L35	9 Lymm Runners	22:19	350	218 Christine Houlding	V6018 Uk Athletics Limited	28:55
247	91 Kieran Lomas		Unattached	22:23	351	300 Alfred Fishburn	L4017 Unattached	28:57
248	17 Annette Campbell	L50	3 Altrincham & District AC	22:26	352	220 Helen Houlding	L4018 Unattached	28:59
249	10 Alan Bennett	V5513	Unattached	22:27	353	183 Jillian Probert	L55 8 Unattached	29:02
250	419 Mary Taverner	L50	4 Vale Royal Ac	22:30	354	346 Christine Townley	Unattached	29:07
251	302 Alan Jones	V4529	Prestatyn RC	22:35	355	58 Glyn Hathaway	L4019 Unattached	29:11
252	84 Denis Kelly	V4530	Manchester Harriers & Ac	22:36	356	396 Linda Turner	L4510 Bramhall Runners	29:18
253	250 Linda Rix	L50	5 Mfr	22:37	357	408 Julie Fairclough	L 105 Unattached	29:23
254	165 Amy Barter	L 52	Stockport Harriers & Ac	22:39	358	377 Gemma Holland	L4020 Winston Runners	29:24
255	18 Lockie Campbell	V5023	Altrincham & District AC	22:41	359	395 Terrie Blammon	L3518 Unattached	29:25
256	460 (No. 460)		Unattached	22:42	360	442 Elaine Taylor	L 108 Unattached	29:27
257	429 John Williams		Unattached	22:44	361	90 Kerry Lomas	L4511 Bramhall Runners	29:37
258	289 Barry Chambers	V60	9 Vale Royal Ac	22:45	362	422 Beverley Denby	V70 4 Altrincham & District AC	29:47
259	416 Catherine Jons	L3510	Sale Harriers Manchester	22:47	363	155 Derek Walton	L3519 Unattached	29:56
260	6 Paul Basnett	V4531	Astley & Tyldesley Road Runner	22:48	364	387 Jana Betarova	V75 2 Northern Veterans Ac	29:57
261	435 Wayne Earlam		Unattached	22:50	365	68 Michael Howe	L 111 Bramhall Runners	30:00
262	20 V Chadwick-Dunbar	L40	8 Bramhall Runners	22:51	366	242 Patricia Clarke	L4512 Unattached	30:09
263	381 Jenny Clinic	L3511	Sale Harriers Manchester	22:52	367	196 Liz Hutchinson	L4021 Hyde Village Striders Rc	30:12
264	426 Julie Hamilton	L3512	Swinton Running Club	22:53	368	148 Sharon Toolin	L3520 Dragons Running Club (sale)	30:21
265	410 Geoff Beattie	V6010	Sale Harriers Manchester	22:54	369	245 Julia Norris	L55 9 Unattached	30:27
266	226 Brenda Lewis	L50	6 Styal Running Club	22:55	370	390 Jane Ford	L4022 Winston Runners	30:40
267	206 Anthony Hilton		Lymm Runners	23:04	371	450 Carmen Donaghy	L3521 Unattached	30:45
268	147 Helen Todd	L60	2 Stockport Harriers & Ac	23:05	372	107 Emma Moss	L4513 Bramhall Runners	30:45
269	258 Harriet Windebank	L 59	Sale Harriers Manchester	23:09	373	108 Sally Moston	L5011 Bramhall Runners	30:45
270	207 Steve Holmes		Razzers Runners	23:10	374	418 Cath Jones	L4023 Unattached	31:01
271	405 Bill Fox	V6011	Sale Harriers Manchester	23:12	375	141 Clare Taylor	Dragons Running Club (sale)	31:25
272	93 Loraine Lucas	L55	3 Unattached	23:13	376	66 Chris Horricks	V5517 Unattached	31:28
273	372 Carla Ousey	L40	9 Sale Harriers Manchester	23:14	377	38 Stephen Dunn	V4534 Hyde Village Striders Rc	31:52
274	145 John Thompson	V4031	Helsby (bicc) Running Club	23:20	378	316 Chris Sagar	L4024 Dragons Running Club (sale)	32:00
275	231 Lesley Peters	L45	5 Unattached	23:21	379	136 Susan Steindorff	L5510 Bramhall Runners	32:11
276	49 Stephen Granville	V5514	Middleton Harriers Ac	23:22	380	118 Diana Powell	L3522 Hyde Village Striders Rc	32:15
277	356 Lauren Davies	L 63	Sale Harriers Manchester	23:24	381	453 Emma Turner	L 124 Unattached	32:19
278	360 Adam Jones		Unattached	23:26	382	281 Alison Wright	L3523 Unattached	32:47
279	40 Helen Fraser	L50	7 Stockport Harriers & Ac	23:28	383	446 Stacey Coleman	L 126 Dragons Running Club (sale)	33:25
280	76 Alan Jenkinson	V65	2 Styal Running Club	23:30	384	177 Joanne Deadman	V5026 Dragons Running Club (sale)	33:53
281	39 Dave Farmer	V65	3 Sale Harriers Manchester	23:31	385	86 Graham Kitchen	V75 3 Unattached	34:19
282	14 Andy Brown	V6012	Stockport Harriers & Ac	23:32	386	67 Geoff Howarth	L5511 Winston Runners	34:19
283	299 Paul Shier		Swinton Running Club	23:34	387	448 Annette Fairclough	V6019 Wilmslow Running Club	34:56
284	116 John Pickup	V5024	Swinton Running Club	23:35	388	159 Martin Wheeldon	L 128 Chorlton Runners	35:15
285	31 Joshua Darby		Unattached	23:36	389	350 Catherine Cutts	L 129 Unattached	35:17
286	81 E Kavanagh-Dixon	L 65	Stockport Harriers & Ac	23:39	390	171 Helen Shan	L3524 Unattached	35:20
287	327 Nicola Pickford	L3513	Bramhall Runners	23:40	391	99 Rebecca Martin	L65 1 Manchester Harriers & Ac	35:23
288	156 Sue Waring	L50	8 Stockport Harriers & Ac	23:50	392	233 Jean Skitt	V6020 Unattached	35:47
289	139 Claire Stoff	L 68	Bramhall Runners	23:58	393	421 Dennis Volley	V5518 Dragons Running Club (sale)	37:06
290	383 Katie Reece	L 69	Sale Harriers Manchester	23:59	394	366 Deborah Kell	L4515 Winston Runners	39:42
291	338 Martin Haddfield		Unattached	24:01	395	96 Ivan Macintyre		
292	186 Adele Siddall	L4010	Dragons Running Club (sale)	24:02	396	297 Ria Bright		