



187	71 Steve Hughes	V5016 Bramhall Runners	21:04	288	132 Martin Smedley	V6012 Sale Harriers Manchester	23:07
188	168 Gareth Maher	Bramhall Runners	21:05	289	806 Ruth Ollernshaw	L40 8 Salford Harriers	23:08
189	224 Krzysztof Zacharski	Unattached	21:06	290	93 Loraine Lucas	L55 5 Unattached	23:10
190	212 Tracey Jones	L 21 Dragons Running Club (sale)	21:07	291	419 Tom Daniels	V6013 Salford Harriers	23:11
191	221 Helen Smith	L45 3 Vale Royal Ac	21:08	292	405 Denise Wakefield	L60 2 Salford Harriers	23:12
192	320 Mike Race	V55 8 Salford Metropolitan Ac	21:09	293	493 Hugh McKenna	V6014 Manchester Triathlon	23:13
193	462 David Telford	V65 1 Altrincham & District AC	21:10	294	163 Sarah Wood	L40 9 Stockport Harriers & Ac	23:14
194	203 John Battersby	V55 9 Sale Harriers Manchester	21:11	295	6 Paul Basnett	V4536 Astley & Tyldesley Road Runner	23:15
195	303 Adam Barker	V4525 Unattached	21:13	296	116 John Pickup	V5025 Swinton Running Club	23:16
196	480 Janet Grint	L35 6 E Cheshire H & Tameside Ac	21:14	297	374 Kieron George	U20 2 Unattached	23:18
197	22 Anthony Collier	V5510 Styal Running Club	21:15	298	40 Helen Fraser	L50 7 Stockport Harriers & Ac	23:21
198	474 Timothy Norman	V5511 Cheshire Tally Ho. H & H	21:16	299	119 Timothy Rainey	V4537 Sale Harriers Manchester	23:23
199	308 Daniel Brawn	Unattached	21:17	300	76 Alan Jenkinson	V65 3 Styal Running Club	23:25
200	355 Nigel Harrison	V5017 Stockport Harriers & Ac	21:18	301	423 Angela McCarthy	L50 8 Wilmslow Running Club	23:28
201	389 Tony Clarkin	V4526 Unattached	21:20	302	147 Helen Todd	L60 3 Stockport Harriers & Ac	23:29
202	302 Garry Baines	V5512 Astley & Tyldesley Road Runner	21:22	303	339 Nicola Pickford	L35 9 Bramhall Runners	23:30
203	395 James Smith	V4028 Swinton Running Club	21:22	304	269 Sara Taylor	L40 10 Stockport Harriers & Ac	23:31
204	144 Samantha Thomas	L40 3 Stockport Harriers & Ac	21:22	305	378 Samantha Jones	L 61 Stockport Harriers & Ac	23:32
205	57 Nick Ham	V5018 Stockport Harriers & Ac	21:23	306	375 Carrie Bradshaw	L 62 Unattached	23:34
206	115 Daisy Pickles	L 25 Macclesfield Harriers & Ac	21:23	307	49 Stephen Granville	V5520 Middleton Harriers Ac	23:36
207	279 John Morris	Unattached	21:23	308	39 Dave Farmer	V65 4 Sale Harriers Manchester	23:38
208	125 Graham Saunders	Manchester Harriers & Ac	21:24	309	201 Julie Hamilton	L35 10 Swinton Running Club	23:41
209	342 Yasmin Lockett	U20 3 Stockport Harriers & Ac	21:25	310	332 Andy Worsley	V4040 Newcastle (Staffs)	23:44
210	151 Michelle Vaughan	L40 4 E Cheshire H & Tameside Ac	21:26	311	809 Wayne Earlam	Unattached	23:46
211	214 Janice Needham	L60 1 Rochdale Harriers & Ac	21:27	312	387 Carla Ousey	L40 11 Sale Harriers Manchester	23:48
212	357 Graham Millington	V4029 Wigan & District H & Ac	21:28	313	14 Andy Brown	V6015 Stockport Harriers & Ac	23:50
213	430 Geoff Gilbert	V60 6 Wilmslow Running Club	21:30	314	300 Paul Allum	V4041 Unattached	23:51
214	460 Steve Fairclough	V4527 Bramhall Runners	21:31	315	81 E Kavanagh-Dixon	L 65 Stockport Harriers & Ac	23:53
215	382 Jane Mulryan	L55 2 Unattached	21:33	316	77 Huw Jones	V5026 Lymm Runners	23:55
216	26 Jackie Cordingley	L55 3 Sale Harriers Manchester	21:35	317	213 Ann McLaughlin	L50 9 Manchester Harriers & Ac	23:59
217	117 Tristan Pocock	V4030 Dragons Running Club (sale)	21:37	318	315 Katie McPartland	L35 11 Unattached	24:01
218	63 Tony Hillier	V65 2 E Cheshire H & Tameside Ac	21:38	319	266 Mark Donnelly	Chorlton Runners	24:03
219	205 Mark Ferns	V5019 Sale Harriers Manchester	21:39	320	499 Ozkan Baba	Unattached	24:05
220	383 Craig Sykes	V4031 Rochdale Harriers & Ac	21:40	321	463 Paul McErlean	Unattached	24:08
221	485 Madeleine Hill	L40 5 Dragons Running Club (sale)	21:41	322	450 Kath Ward	L50 10 Stockport Harriers & Ac	24:11
222	328 Sarah Young	L 32 Unattached	21:42	323	309 Calum Burrell	Unattached	24:13
223	306 Bill Boynton	V70 1 Congleton H & Ac	21:44	324	183 Harriet Windebank	L 69 Sale Harriers Manchester	24:16
224	370 Lauren Murray	L 33 Unattached	21:45	325	156 Sue Waring	L50 11 Stockport Harriers & Ac	24:18
225	810 Andrew Bourne	V4032 Unattached	21:47	326	465 Mel Smith	V6016 Unattached	24:20
226	452 Tim Hargreaves	V5513 Stockport Harriers & Ac	21:48	327	812 Angela Bamford	L50 12 Altrincham & District AC	24:23
227	150 David Turton	V5514 Stockport Harriers & Ac	21:49	328	297 Jo Sullivan	L45 6 Spectrum Striders	24:30
228	211 Gillian Doolan	L45 4 Stockport Harriers & Ac	21:51	329	448 Linda Edmondson	L50 13 Wrekin RR	24:35
229	18 Lockie Campbell	V5020 Altrincham & District AC	21:52	330	101 Jean Mellor	L40 12 Swinton Running Club	24:37
230	149 Amanda Trivett	L35 7 Stockport Harriers & Ac	21:53	331	394 Malcolm Smith	V4538 Unattached	24:39
231	805 Justin Appleby	V5021 Sale Harriers Manchester	21:55	332	385 Dennis Moran	V6017 Salford Harriers	24:40
232	154 Kieron Walsh	V5515 Unattached	21:55	333	86 Graham Kitchen	V5027 Dragons Running Club (sale)	24:42
233	473 Alan Williams	V5022 Altrincham & District AC	21:56	334	461 Hannah Saunders	L 75 Unattached	24:47
234	60 Andrew Heaton	V4033 E Cheshire H & Tameside Ac	21:56	335	376 Ian Bradshaw	Unattached	24:53
235	123 John Richards	Stockport Harriers & Ac	21:57	336	160 Chris Williams	V4042 Unattached	24:54
236	33 Colin Davies	V60 7 Altrincham & District AC	21:58	337	381 Martin Mulryan	V5521 Unattached	24:56
237	197 Mark Brady	Swinton Running Club	22:01	338	142 Paul Taylor	V4043 Bramhall Runners	24:58
238	340 Martin Blackman	V5023 Stockport Harriers & Ac	22:05	339	48 Louis Granelli	V4539 Unattached	25:08
239	471 Tim Walshaw	V4034 Unattached	22:06	340	416 Alexis Dinsmor	L65 1 Stockport Harriers & Ac	25:10
240	410 Roland Bowness	V60 8 Salford Harriers	22:08	341	109 Dorothy Muldoon	L45 7 Winston Runners	25:18
241	428 Charles Butcher	Unattached	22:09	342	491 Lisa Crompton	L35 12 Dragons Running Club (sale)	25:19
242	234 Elaine Macdonald	L 36 Stockport Harriers & Ac	22:10	343	265 Jane Brown	L45 8 Stockport Harriers & Ac	25:21
243	365 Clive Smith	V4528 Glossopdale Harriers	22:11	344	176 Maria Royal	L55 6 Manchester Harriers & Ac	25:23
244	274 Nick Pendleton	V4035 Unattached	22:13	345	479 Kirsty Lyons	L 81 Unattached	25:24
245	804 Gerry Rogers	V5516 Styal Running Club	22:14	346	372 Sarah Dale	L35 13 Unattached	25:26
246	91 Kieran Lomas	Unattached	22:15	347	207 Edyta Burgess	L35 14 Unattached	25:28
247	384 Michael Lomas	Unattached	22:18	348	397 Tracey Cliffe	L 84 Unattached	25:36
248	64 Jon Holmes	V4036 Stockport Harriers & Ac	22:21	349	400 Michael Ford	Unattached	25:38
249	3 Amie Bagnall	L 37 Prestatyn RC	22:22	350	185 Susan Crehan	L55 7 Sale Harriers Manchester	25:41
250	435 Matt Cordes	Bramhall Runners	22:23	351	801 Alan Ford	V6018 Unattached	25:43
251	425 Craig Sutherland	V5517 Middleton Harriers Ac	22:24	352	85 Angela Kerslake	L40 13 Stockport Harriers & Ac	25:44
252	414 Barry Chamber	V60 9 Vale Royal Ac	22:26	353	59 Jill Hatton	L35 15 Dragons Running Club (sale)	25:46
253	356 Louise Harrison	L40 6 Stockport Harriers & Ac	22:27	354	189 Paul Taylor	V5522 Oldham & Royton H & Ac	25:48
254	153 Georgina Walker	L35 8 Lymm Runners	22:28	355	815 Michael Ennis	V4044 Unattached	25:50
255	17 Annette Campbell	L50 1 Altrincham & District AC	22:29	356	4 Sid Bailey	V6019 Deestridders R.c.	25:54
256	20 V Chadwick-Dunbar	L40 7 Bramhall Runners	22:30	357	162 Andrew Wilson	V5028 Unattached	25:56
257	10 Alan Bennett	V5518 Unattached	22:31	358	11 Stephanie Bennett	L 88 Unattached	25:58
258	317 Vincent Murphy	V70 2 Salford Harriers	22:32	359	72 Diane Hunter	L45 9 Altrincham & District AC	26:03
259	468 Bev Ganose	L50 2 Altrincham & District AC	22:33	360	417 Stewart Darlington	V6020 Salford Harriers	26:08
260	360 Nicholas Roberts	V4529 Stockport Harriers & Ac	22:34	361	396 Lucinda Summers	L45 10 Sale Harriers Manchester	26:11
261	351 Maureen Wilkins	L50 3 Stockport Harriers & Ac	22:36	362	82 Jon-Paul Kearns	V4045 Stockport Harriers & Ac	26:14
262	145 John Thompson	V4037 Helsby (bicc) Running Club	22:38	363	111 Joe Park	V75 1 Cheshire Tally Ho. H & H	26:19
263	333 Nick Fogarty	V4530 Unattached	22:41	364	2 Caroline Baba	L35 16 Manchester Harriers & Ac	26:21
264	267 Andrew Dooley	V5519 Styal Running Club	22:42	365	344 Rachael Wildgoose	L35 17 Unattached	26:23
265	8 Dee Beckett	L 44 Bramhall Runners	22:43	366	202 Tom Marler	Chorlton Runners	26:25
266	814 Richard Stringer	Unattached	22:44	367	12 Deborah Beresford	L45 11 Unattached	26:27
267	84 Denis Kelly	V4531 Manchester Harriers & Ac	22:45	368	182 Susannah Williams	L 94 Unattached	26:31
268	290 Brenda Lewis	L50 4 Styal Running Club	22:46	369	484 Denise Gregory	L45 12 Bramhall Runners	26:36
269	198 Geoff Beattie	V6010 Sale Harriers Manchester	22:46	370	24 Joseph Connor	Bramhall Runners	26:41
270	158 Darren Whalen	Unattached	22:47	371	478 Elizabeth Bosworth	L35 18 Unattached	26:51
271	31 Joshua Darby	Unattached	22:47	372	498 Hannah Lees	L40 14 Unattached	26:53
272	354 Mary Taverner	L50 5 Vale Royal Ac	22:48	373	362 Vincent Townley	V6021 Unattached	26:57
273	323 Alan Turner	V4532 Wilmslow Running Club	22:48	374	380 Alan Fitchet	V4540 Unattached	27:01
274	807 Fergus Green	V4038 Unattached	22:49	375	304 Mandy Beard	L45 13 Swinton Running Club	27:05
275	343 John Hughes	V4533 Stockport Harriers & Ac	22:50	376	226 Jeanette Chesterton	L50 14 Manchester Harriers & Ac	27:11
276	458 Michael Dunne	V6011 Sale Harriers Manchester	22:51	377	811 Carolyn Watts	L35 19 Unattached	27:12
277	124 Michael Rogers	Dragons Running Club (sale)	22:53	378	129 Barbara Shuttleworth	L55 8 Unattached	27:14
278	310 Helen Caldwell	L45 5 Spectrum Striders	22:55	379	112 Shelley Parkinson	L55 9 Chorley Ac & Tri	27:16
279	13 Mark Brett	V4534 Unattached	22:55	380	94 Jennifer Lutton	L 103 Manchester Triathlon Club	27:26
280	287 Sophie Flanagan	L 48 Manchester Harriers & Ac	22:56	381	455 Claire Wolfendale	L35 20 Swinton Running Club	27:27
281	408 Darren Burns	V5024 Unattached	22:57	382	459 Julie Fairclough	L45 14 Bramhall Runners	27:55
282	177 Martin Simpson	Manchester Triathlon Club	22:58	383	216 Jillian Probert	L40 15 Unattached	27:59
283	363 Andy Dodd	V4039 Wilmslow Running Club	22:59	384	218 Kath Sellers	L35 21 Unattached	28:15
284	326 Hilary West	L55 4 Stockport Harriers & Ac	23:01	385	311 Tom Inglis	Unattached	28:15
285	138 Laura Stevenson	L 50 Dragons Running Club (sale)	23:03	386	253 Niki Stockton	L45 15 Unattached	28:29
286	175 Linda Rix	L50 6 Manchester Frontrunners	23:05	387	90 Kerry Lomas	L 109 Unattached	28:34
287	273 Richard O'Regan	V4535 Manchester Harriers & Ac	23:06	388	78 Sarah Jones	L40 16 Dragons Running Club (sale)	28:37

Results Service by G.J. Fecitt (SportSoft) Tel & Fax 01204 884887, Email: [graham@race-results.co.uk](mailto:graham@race-results.co.uk)

Internet: <http://www.race-results.co.uk> -- full results will be available for downloading tonight

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389	7 Susan Bean	L60 4 Swinton Running Club	28:39
390	441 Robert Miller	V6022 Stockport Harriers & Ac	28:49
391	187 Alfred Fishburn	V6023 Uk Athletics Limited	28:55
392	45 Michael Gilbert	V70 3 Liverpool Harriers & Ac	28:56
393	280 Michelle Wilder	L45 16 Manchester Triathlon	28:58
394	477 Kathleen Cooper	L35 22 Unattached	28:59
395	170 Julia Norris	L35 23 Dragons Running Club (sale)	29:01
396	291 Karen Mairs	L 115 Unattached	29:13
397	483 Graham Crawforth	V6024 Unattached	29:25
398	108 Sally Moston	L45 17 Bramhall Runners	29:38
399	178 Sally Stevens	L 117 Unattached	29:41
400	148 Sharon Toolin	L40 17 Hyde Village Striders Rc	29:42
401	66 Chris Horricks	Dragons Running Club (sale)	29:54
402	229 Liz Hutchinson	L45 18 Unattached	29:57
403	312 Nichola Johnson	L40 18 Unattached	30:06
404	813 Stacey Coleman	L 121 Unattached	30:06
405	58 Glyn Hathaway	Unattached	30:15
406	489 Carmen Donaghy	L40 19 Winston Runners	30:25
407	100 Robert McLean	Rochdale Harriers & Ac	30:29
408	497 J Hamilton	U20 4 Unattached	30:29
409	816 Patricia Clarke	L 124 Bramhall Runners	30:30
410	492 Terrie Blamman	L40 20 Winston Runners	30:31
411	155 Derek Walton	V70 4 Altrincham & District AC	30:32
412	802 Jane Ford	L55 10 Unattached	30:38
413	398 Eve Salter	L40 21 Unattached	30:45
414	107 Emma Moss	L35 24 Unattached	30:46
415	68 Michael Howe	V75 2 Northern Veterans Ac	30:49
416	38 Stephen Dunn	V5523 Unattached	30:53
417	386 Kirstie Williamson	U20 5 E Cheshire H & Tameside Ac	31:10
418	190 Chris Sagar	V4541 Hyde Village Striders Rc	31:13
419	359 Bill Yale	V6025 Unattached	31:21
420	388 Michael Abrahams	V4046 Goyt Valley Striders	31:24
421	476 Helen Stevens	L35 25 Chorlton Runners	31:27
422	367 Kath Jones	L50 15 Bramhall Runners	31:29
423	141 Clare Taylor	L40 22 Unattached	31:33
424	276 David Skeels	V5029 Unattached	31:36
425	275 Caroline Skeels	L45 19 Unattached	31:38
426	377 Katherine Fisher	L40 23 Bramhall Runners	31:40
427	210 Joanne Deadman	L 135 Dragons Running Club (sale)	31:43
428	133 Clare Smith	L45 20 Bramhall Runners	32:05
429	136 Susan Steindorff	L40 24 Dragons Running Club (sale)	32:30
430	118 Diana Powell	L55 11 Bramhall Runners	33:18
431	295 Louise Spruce	L 139 Helsby (bicc) Running Club	34:38
432	67 Geoff Howarth	V75 3 Unattached	34:48
433	282 Michelle Cully	L35 26 Helsby (bicc) Running Club	34:56
434	99 Rebecca Martin	L35 27 Unattached	35:14
435	192 Catherine Cutts	L 142 Chorlton Runners	35:23
436	249 Ria Bright	L45 21 Winston Runners	36:33
437	96 Ivan Macintyre	V5524 Dragons Running Club (sale)	37:08
438	0 ???	???	39:19