

390	255 Helen Shan	L 91 Unattached	27:35	418	141 Clare Taylor	L40 19 Unattached	31:17
391	275 Peter Doherty	V6024 Northern Veterans Ac	27:36	419	382 Lisa Warsap	L 112 Unattached	31:22
392	100 Robert McLean	Rochdale Harriers & Ac	27:41	420	279 Helen Stevens	L35 21 Chorlton Runners	31:29
393	492 Vincent Townley	V6025 Unattached	27:47	421	328 Lynne Smith	L45 15 Unattached	31:32
394	90 Kerry Lomas	L 92 Unattached	27:52	422	376 Frances Shipley	L 115 Unattached	31:36
395	404 Robert Miller	V6026 Stockport Harriers & Ac	27:55	423	889 Cella Macdonald	L50 7 Unattached	31:37
396	876 Carolyn Watts	L35 18 Unattached	28:07	424	38 Stephen Dunn	V5522 Unattached	31:38
397	849 Nichola Johnson	L40 13 Unattached	28:10	425	854 Danielle Fillingham	U20 2 Unattached	32:02
398	229 Liz Hutchinson	L45 11 Unattached	28:17	426	317 Darren Cunliffe	Unattached	32:27
399	372 Melanie Rainey	L40 14 Unattached	28:24	427	336 Lauren Ashworth	L 118 Unattached	32:53
400	365 Ofodile Obidike	Unattached	28:49	428	338 Terrie Blammon	L 119 Winston Runners	32:53
401	66 Chris Horricks	Dragons Running Club (sale)	29:02	429	845 Tony Fillingham	V4040 Unattached	33:18
402	170 Julia Norris	L35 19 Dragons Running Club (sale)	29:38	430	366 Raleke Obidike	L 120 Unattached	33:33
403	329 Phil Smith	V5032 Unattached	29:45	431	362 Amanda Morgan	L 121 Unattached	33:37
404	359 Jessica Maguire	L 98 Unattached	29:50	432	347 Leann Finch	L 122 Unattached	33:58
405	882 Stacey Coleman	L 99 Unattached	29:52	433	118 Diana Powell	L55 11 Bramhall Runners	34:07
406	148 Sharon Toolin	L40 15 Hyde Village Striders Rc	29:52	434	381 Kelly Threlfall	L 124 Unattached	34:30
407	867 Zoe Emerek	L35 20 Sale Harriers Manchester	29:52	435	379 Elizabeth Threlfall	L 125 Unattached	34:32
408	884 Gillian Mandy	L40 16 Unattached	29:53	436	99 Rebecca Martin	L35 22 Unattached	34:39
409	352 Pete Hill	V5033 Pudsey & Bramley Ac	29:53	437	67 Geoff Howarth	V75 2 Unattached	34:52
410	879 Hilary Rogerson	L45 12 Unattached	29:54	438	360 Maisie Maguire	L 127 Unattached	35:06
411	335 Fiona Ashworth	L40 17 Winston Runners	30:03	439	192 Catherine Cutts	L 128 Chorlton Runners	36:28
412	345 Carmen Donaghy	L45 13 Winston Runners	30:13	440	96 Ivan Macintyre	V5523 Dragons Running Club (sale)	37:34
413	386 Joanna Cassells	L55 10 Stowmarket Striders	30:28	441	348 Deborah Friggens	L 129 Unattached	42:29
414	237 Kath Jones	L50 6 Bramhall Runners	30:41	442	349 Jessica Friggens	L 130 Unattached	42:29
415	880 Rebecca Styles	L40 18 Bramhall Runners	30:41	443	493 Mark Syddall	V5034 Unattached	44:00
416	133 Clare Smith	L45 14 Bramhall Runners	30:53	444	108 Sally Moston	L45 16 Bramhall Runners	44:00
417	361 Nadine Metcalfe	L 110 Unattached	30:56				