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| 373 | 91 | Mike Howe | V75 3 Sale Harriers Manchester | 29:15 |
| 374 | 420 | John Leah | V60 12 Bramhall Runners | 29:19 |
| 375 | 136 | Beverley O'Neill | L35 19 Middleton Harriers Ac | 29:30 |
| 376 | 325 | Gaynor Clarke | L 121 Swinton Running Club | 29:31 |
| 377 | 344 | Laura Heaney | L35 20 Chorlton Runners | 29:37 |
| 378 | 553 | Kevin Johnson | Unattached | 29:45 |
| 379 | 383 | Pip Southern | L40 23 Unattached | 29:52 |
| 380 | 63 | Martin Eaves | Spectrum Striders | 30:05 |
| 381 | 257 | Ron Carter | V55 26 Unattached | 30:10 |
| 382 | 176 | Helen Stevens | L35 21 Chorlton Runners | 30:20 |
| 383 | 132 | Dave Murray | Chorlton Runners | 30:26 |
| 384 | 249 | Mike Roberts | U20 5 Unattached | 30:32 |
| 385 | 217 | Glyn Hathaway | Unattached | 30:50 |
| 386 | 439 | Eleri Murphy | U20 3 Unattached | 31:09 |
| 387 | 131 | Eamonn Murphy | V40 42 Hyde Village Striders Rc | 31:14 |
| 388 | 520 | Katherine Fisher | L 126 Bramhall Runners | 31:55 |
| 389 | 167 | David Sinnott | V65 7 Saddleworth Runners Club | 32:06 |
| 390 | 504 | Natalie Knebel | L 127 Hyde Village Striders Rc | 32:12 |
| 391 | 141 | Shelley Pascoe | L 128 Hyde Village Striders Rc | 32:24 |
| 392 | 254 | Catherine Cutts | L 129 Chorlton Runners | 32:47 |
| 393 | 200 | Derek Walton | V70 7 Altrincham & District Ac | 33:00 |
| 394 | 244 | Trisha Courtney | L45 19 Hyde Village Striders Rc | 33:35 |
| 395 | 149 | Diana Powell | L60 4 Bramhall Runners | 33:42 |
| 396 | 169 | Jean Skitt | L70 2 Manchester Harriers & Ac | 34:28 |
| 397 | 266 | Ria Bright | L45 20 West Cheshire Athletic Club | 40:50 |
| 398 | 245 | Paul Blackburn | V40 43 Hyde Village Striders Rc | 44:24 |