



179	521 Ian Williams	V50 20 South Cheshire Harriers	20:22	276	32 Nikki Chamberlain	L45 5 Knutsford Tri Club	22:09
180	479 Joseph O'Connor	V45 23 Bolton United Harriers & Ac	20:23	277	591 Toni Brackstone	L40 7 Middleton Harriers Ac	22:11
181	440 Matt Page	Unattached	20:24	278	576 Tristan Pocock	V40 32 Dragons Running Club (sale)	22:13
182	555 Ian Hardie	V45 24 Unattached	20:25	279	574 Lauren Murray	L35 9 Unattached	22:16
183	242 John Battersby	V55 9 Sale Harriers Manchester	20:25	280	541 Gareth Fitzjohn	Unattached	22:18
184	580 Tim Billington	V55 10 Wilmslow Running Club	20:26	281	152 Geoff Read	V60 10 Spectrum Striders	22:20
185	116 Joanne Lott	L45 2 Trafford Athletic Club	20:27	282	50 Colin Davies	V65 7 Altrincham & District Ac	22:22
186	506 Paul Rutherford	V50 21 Swinton Running Club	20:28	283	365 Dee Beckett	L35 10 Bramhall Runners	22:27
187	347 Jeff McCarthy	V45 25 Rochdale Harriers & Ac	20:30	284	582 David Caswell	V40 33 Unattached	22:27
188	373 Stephen Brown	V45 26 Stockport Harriers & Ac	20:32	285	477 Barry Chambers	V60 11 Vale Royal Ac	22:28
189	449 D VanAlderwegen	V40 21 Sale Harriers Manchester	20:34	286	485 Paul Briggs	Stockport Harriers & Ac	22:29
190	552 Peter Adams	V40 22 Chorlton Runners	20:37	287	480 Adam Jones	Unattached	22:29
191	64 Brad Ehlen	V40 23 Spectrum Striders	20:37	288	475 Luke Pollitt	U20 5 Unattached	22:30
192	42 J Cordingley	L55 1 Sale Harriers Manchester	20:38	289	28 Anthony Bull	U17 1 Dragons Running Club (sale)	22:31
193	159 Doug Ross	V40 24 Unattached	20:39	290	90 Stacey Holt	L35 11 Hyde Village Striders Rc	22:31
194	85 Phil Heaword	L 25 Manchester Frontrunners	20:40	291	121 Daniel McDermott	V40 34 Hyde Village Striders Rc	22:32
195	488 Jayne Lawton	L45 3 Stockport Harriers & Ac	20:41	292	578 Barry Heap	V45 36 Unattached	22:33
196	118 Andrew Marson	V45 27 Unattached	20:42	293	23 Mark Brett	V45 37 Unattached	22:34
197	219 Jenny Fox	L35 4 Sale Harriers Manchester	20:43	294	240 Amy Barter	L 47 Stockport Harriers & Ac	22:35
198	469 William Prout	V55 11 Salford Metropolitan Ac	20:44	295	340 Adrian Denham	V50 29 Unattached	22:36
199	507 Colin Carter	V45 28 Middleton Harriers Ac	20:45	296	415 Mike Winstanley	V65 8 Rochdale Harriers & Ac	22:37
200	585 Anthony Logan	Unattached	20:45	297	357 Stephen Senior	V60 12 Middleton Harriers Ac	22:41
201	332 Adam Ash	V40 25 Unattached	20:45	298	237 Loraine Lucas	L55 2 Unattached	22:45
202	104 Martin Kaine	V45 29 Stoke F.i.t	20:45	299	211 Sarah Wood	L40 8 Stockport Harriers & Ac	22:46
203	375 Lucy Etchells	L 25 Manchester Frontrunners	20:46	300	54 Andrew Dooley	V55 15 Styl Running Club	22:48
204	168 Simon Skentelbery	V40 26 Dragons Running Club (sale)	20:48	301	362 Rachael Turner	L35 12 Unattached	22:50
205	236 Kieran Lomas	Unattached	20:49	302	280 Anthony Harrison	V50 30 Winston Runners	22:52
206	183 Edward Taylor	V45 30 Knutsford Tri Club	20:51	303	185 Aidan Thomas	V50 31 Styl Running Club	22:54
207	117 Stuart Mairs	Salford Metropolitan Ac	20:53	304	509 Helen Hall	L 51 Bramhall Runners	22:57
208	359 Mark Smith	V40 27 Stockport Harriers & Ac	20:55	305	38 Joseph Connor	Bramhall Runners	22:58
209	8 Amie Bagnall	L 26 Salford Harriers	20:57	306	25 Richard Broster	V40 35 Unattached	22:59
210	271 Carole Harrison	L50 1 Altrincham & District Ac	21:00	307	378 Mark Garrod	V55 16 Unattached	23:00
211	301 Tracey Jones	L 28 Dragons Running Club (sale)	21:01	308	99 Alan Jenkinson	V65 9 Styl Running Club	23:01
212	525 Michael Cronin	V40 28 Manchester Harriers & Ac	21:02	309	12 Geoff Beattie	V60 13 Sale Harriers Manchester	23:02
213	158 Cheryl Rock	L 29 Stockport Harriers & Ac	21:04	310	559 Martin Jackson	V45 38 Unattached	23:04
214	187 Michael Thompstone	Winston Runners	21:05	311	148 Steph Potts	L 52 Unattached	23:06
215	303 Craig Partridge	V45 31 Altrincham & District Ac	21:07	312	540 Carla Ousey	L40 9 Sale Harriers Manchester	23:08
216	439 Ellie Robinson	L40 5 West Cheshire Athletic Club	21:08	313	353 Elizabeth Nocton	L35 13 Buxton & District Ac	23:09
217	418 Ian Taylor	V50 22 Salford Metropolitan Ac	21:10	314	154 Linda Rix	L50 2 Manchester Frontrunners	23:11
218	356 James Pratt	Stockport Harriers & Ac	21:10	315	512 Catherine Jones	L35 14 Sale Harriers Manchester	23:15
219	382 Craig Horsfield	V40 29 Unattached	21:11	316	395 Richard Leeming	V45 39 Chorlton Runners	23:20
220	47 Matt Crompton	Glossopdale Harriers	21:12	317	67 Sinead Ferguson	L40 10 Sale Harriers Manchester	23:21
221	173 Jerry Smith	V60 3 Sale Harriers Manchester	21:12	318	371 Ian Ashcroft	V65 10 Wilmslow Running Club	23:22
222	17 Alexa Besnard	L 31 Chorlton Runners	21:13	319	106 Denis Kelly	V45 40 Manchester Harriers & Ac	23:24
223	239 Michael Dunne	V65 3 Sale Harriers Manchester	21:14	320	277 Jenny McClelland	L45 6 Lymm Runners	23:28
224	238 Mike Race	V55 12 Salford Metropolitan Ac	21:15	321	404 Richard Unwin	V40 36 Middleton Harriers Ac	23:33
225	417 Gareth Maher	Bramhall Runners	21:16	322	381 Michelle Harvie	L45 7 Unattached	23:34
226	586 Andrew Snowden	Unattached	21:17	323	352 Neil Murphy	V50 32 Macclesfield Harriers & Ac	23:35
227	21 Jamie Bradbury	Lymm Runners	21:18	324	419 Roger Nelson	V60 14 Unattached	23:36
228	270 Crispin Miller	V40 30 Sale Harriers Manchester	21:19	325	204 Samantha Wheeler	L 60 Sale Harriers Manchester	23:37
229	93 Steve Hughes	V50 23 Bramhall Runners	21:19	326	527 Philip Hall	V45 41 Hyde Village Striders Rc	23:38
230	11 Paul Basnett	V45 32 Astley & Tyldesley Road Runner	21:20	327	60 Barbara Dunn	L55 3 Unattached	23:39
231	203 Geoff Wells	V50 24 Cirencester AC	21:21	328	481 Jill Butterworth	L40 11 Rochdale Harriers & Ac	23:40
232	403 Gilbertgeoffd	V60 4 Wilmslow Running Club	21:22	329	579 Chris Mason	V40 37 Unattached	23:42
233	441 Paul Lockett	Winston Runners	21:23	330	162 Robert Sargant	Chorlton Runners	23:43
234	493 Jon Holmes	Stockport Harriers & Ac	21:24	331	30 Edyta Burgess	L40 12 Winston Runners	23:44
235	497 Rebecca Mills	L 32 Swinton Running Club	21:25	332	504 Michael Howarth	V45 42 Unattached	23:45
236	473 Tony Hulme	V65 4 Wilmslow Running Club	21:27	333	330 Miranda Taylor	L45 8 Knutsford Tri Club	23:46
237	348 Catherine Mellor	L35 5 Unattached	21:28	334	310 Emma Nunnerley	L35 15 Lymm Runners	23:47
238	142 Nick Pendleton	V40 31 Unattached	21:29	335	446 Lisa Costello	L35 16 Lymm Runners	23:48
239	41 Frank Cordingley	V50 25 Sale Harriers Manchester	21:29	336	589 Mark Coulthard	V55 17 Lymm Runners	23:50
240	374 Angelique Bueler	L35 6 Chorlton Runners	21:30	337	500 Hugh McKenna	V65 11 Altrincham & District Ac	23:51
241	426 Keith Boardman	V55 13 Northern Veterans Ac	21:31	338	205 Mark Whitfield	V40 38 Altrincham & District Ac	23:53
242	315 Steven Welch	Chorlton Runners	21:31	339	213 Michael Wymer	V40 39 Sale Harriers Manchester	23:55
243	592 Suzanne Smith	L35 7 Sale Harriers Manchester	21:32	340	108 Angela Kerslake	L45 9 Stockport Harriers & Ac	23:56
244	48 Gareth Crook	Unattached	21:33	341	424 Holly RaboneKent	L 68 Stockport Harriers & Ac	23:58
245	379 Richard Goff	Buxton & District Ac	21:34	342	561 Michelle Newall	L40 13 Unattached	24:00
246	453 Michael Roy	Lancaster & Morecambe Ac	21:35	343	398 Denise Wakefield	L60 1 Salford Harriers	24:01
247	438 Phil Barnes	V60 5 Unattached	21:37	344	209 Andrew Wilson	V50 33 Unattached	24:02
248	414 AnnMarie McGilvray	L45 4 Rochdale Harriers & Ac	21:38	345	22 Marinda Breddy	L45 10 Sale Harriers Manchester	24:03
249	545 Danny McCarron	V50 26 Unattached	21:39	346	62 Michael Eakin	V55 18 Unattached	24:04
250	196 Georgina Walker	L40 6 Lymm Runners	21:40	347	598 Emma Farrelly	L 72 Unattached	24:05
251	225 Thomas Temple	V60 6 Salford Harriers	21:41	348	29 Martin Bull	V55 19 Dragons Running Club (sale)	24:05
252	508 James Hall	Bramhall Runners	21:43	349	1 Sarmid Al-Kamil	V45 43 Bramhall Runners	24:06
253	577 Jamie Barry	V45 33 Chorlton Runners	21:45	350	537 Esther Dixon	L 73 Stockport Harriers & Ac	24:07
254	89 Tony Hillier	V65 5 E Cheshire H & Tameside Ac	21:47	351	224 Chris Williams	V40 40 Unattached	24:07
255	461 A PreeceTowey	L 38 Bramhall Runners	21:49	352	5 Jonathan Attwood	Salford Harriers	24:08
256	583 Lauren Jackson	L 39 Unattached	21:49	353	296 Mary Burton	L50 3 Lymm Runners	24:09
257	536 Jim Fox	V50 27 Manchester Harriers & Ac	21:50	354	281 Michael Kane	V40 41 Unattached	24:12
258	197 Mel Walker	V70 1 Burnden Road Runners	21:51	355	344 Kieran Maguire	V50 34 Styl Running Club	24:15
259	226 Jacob Smiles	Chorlton Runners	21:52	356	562 Mike Owen	V45 44 Trafford Athletic Club	24:18
260	528 Matthew Jones	Rochdale Harriers & Ac	21:53	357	328 Kathryn Rogers	L50 4 Bramhall Runners	24:20
261	489 Michael Connaughton	Unattached	21:53	358	46 Lisa Crompton	L35 17 Dragons Running Club (sale)	24:22
262	405 Roland Bowness	V65 6 Salford Harriers	21:54	359	526 Malcolm Smith	V45 45 Unattached	24:24
263	306 Emma Tollefson	L 40 Chorlton Runners	21:54	360	252 John Delany	V70 2 Stockport Harriers & Ac	24:27
264	132 Dave Murray	Chorlton Runners	21:55	361	388 Liz Tetley	L45 11 Lymm Runners	24:30
265	171 Martin Smedley	V60 7 Sale Harriers Manchester	21:55	362	516 Julia Reynolds	L 78 Unattached	24:33
266	304 Glenn Staunton	Unattached	21:56	363	6 Caroline Baba	L35 18 Manchester Harriers & Ac	24:35
267	111 Alan Lamb	V45 34 Dragons Running Club (sale)	21:57	364	76 Louis Granelli	V50 35 Unattached	24:38
268	15 Alan Bennett	V55 14 Unattached	21:57	365	547 Alice Smedley	L 80 Sale Harriers Manchester	24:41
269	234 Clive Smith	V45 35 Glossopdale Harriers	21:58	366	437 Rebecca Payne	L40 14 Stockport Harriers & Ac	24:43
270	229 Ray Dalby	V60 8 Rochdale Harriers & Ac	21:59	367	232 Bruce Green	V60 15 Sale Harriers Manchester	24:46
271	7 Ozkan Baba	Manchester Harriers & Ac	22:00	368	518 Sharon Duffy	L45 12 Hyde Village Striders Rc	24:49
272	364 Ian Wood	V50 28 Dragons Running Club (sale)	22:01	369	459 Celia Birchby	L60 2 Sale Harriers Manchester	24:52
273	193 Alison Wainwright	L35 8 Chorlton Runners	22:03	370	584 Hardeep Kang	L 84 Dragons Running Club (sale)	24:55
274	474 John Archer	V60 9 Winston Runners	22:05	371	350 Julia Moore	L50 5 Rochdale Harriers & Ac	24:58
275	544 Damon NelsonHall	Unattached	22:07	372	221 Mark Grundy	V55 20 Bramhall Runners	25:01

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

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SportSoft

373	600	A Downs	V45	46	Unattached	25:05	421	462	Trevor Faulkner	Wilmslow Running Club	28:23
374	129	Dorothy Muldoon	L45	13	Winston Runners	25:09	422	326	Katy O'Connor	L50 12 Lymm Runners	28:27
375	391	JonPaul Kearns	V40	42	Stockport Harriers & Ac	25:13	423	421	Julie Bould	L 117 Unattached	28:32
376	447	Fiona Eaton	L45	14	Lymm Runners	25:17	424	69	Dawn Gallen	L40 18 Manchester Harriers & Ac	28:37
377	227	Paul Taylor	V60	16	Oldham & Royton H & Ac	25:21	425	341	Kathryn Denham	L45 19 Unattached	28:42
378	337	Suzanne Crampton	L50	6	Dragons Running Club (sale)	25:23	426	539	Jack Puller	Unattached	28:43
379	556	Rebecca Ford	L	89	Unattached	25:26	427	400	Glennis Hillier	L65 2 Hyde Village Striders Rc	28:44
380	2	Russ Arrowsmith	V55	21	Unattached	25:28	428	81	Mary Hadley	L45 20 Hyde Village Striders Rc	28:45
381	465	Alexis Dinsmor	L65	1	Stockport Harriers & Ac	25:30	429	420	Amanda Morgan	L 122 Unattached	28:47
382	396	David Cummings	V65	12	Leigh Harriers & Ac	25:33	430	156	Brenda Robinson	L70 1 Rochdale Harriers & Ac	29:03
383	160	Maria Royal	L55	4	Manchester Harriers & Ac	25:37	431	581	Claire Rayner	L 124 Bramhall Runners	29:19
384	261	Lucinda Summers	L45	15	Sale Harriers Manchester	25:39	432	428	Jasmine Duffy	L 125 Hyde Village Striders Rc	29:21
385	212	S Worthington	L	93	Unattached	25:42	433	128	Margaret Morris	L55 7 Unattached	29:25
386	241	Mark Ferns	V50	36	Sale Harriers Manchester	25:57	434	245	Paul Blackburn	V40 43 Hyde Village Striders Rc	29:29
387	222	Diane Frost	L50	7	Manchester Harriers & Ac	25:58	435	329	Philippa Southern	L40 19 Bramhall Runners	29:34
388	66	Marie Fairclough	L50	8	Bramhall Runners	25:59	436	460	Paula Pearson	L55 8 Styal Running Club	29:40
389	593	Paul Smith			Unattached	26:01	437	372	Peter Bedford	V60 20 Dragons Running Club (sale)	29:43
390	594	Katie Roberts	L	96	Bramhall Runners	26:05	438	257	Ron Carter	V55 23 Unattached	29:46
391	130	C Murphy	V45	47	Styal Running Club	26:10	439	595	A Walker	L 129 Unattached	30:04
392	222	Steve Bassam	V60	17	Middleton Harriers Ac	26:14	440	91	Mike Howe	V75 3 Sale Harriers Manchester	30:15
393	368	Julia Norris	L35	19	Dragons Running Club (sale)	26:19	441	471	Robert McLean	Rochdale Harriers & Ac	30:29
394	4	D Attwell	V75	1	Altrincham & District Ac	26:22	442	249	Mike Roberts	U20 6 Unattached	30:32
395	256	Sue Porter	L50	9	Unattached	26:25	443	422	Leann Finch	L 130 Unattached	30:35
396	190	Wendy Torevell	L55	5	Bramhall Runners	26:28	444	436	Susan Lynne	L60 3 Unattached	30:46
397	103	Sarah Jones	L40	15	Dragons Running Club (sale)	26:37	445	244	Trisha Courtney	L45 21 Hyde Village Striders Rc	31:26
398	305	Susan Steindorff	L40	16	Dragons Running Club (sale)	26:45	446	189	Sharon Toolin	L40 20 Hyde Village Striders Rc	31:30
399	259	Alicia Custis	L45	16	Unattached	26:48	447	283	Andrea Murray	L40 21 Unattached	31:31
400	534	Paul Hudson	V60	18	Vale Royal Ac	26:51	448	141	Shelley Pascoe	L 135 Hyde Village Striders Rc	31:32
401	138	Joe Park	V75	2	Cheshire Tally Ho. H & H	26:54	449	432	Charlene Ginty	L 136 Unattached	31:40
402	575	Bethan Murray	L35	20	Unattached	26:58	450	294	Eleri Murphy	U20 3 Unattached	31:48
403	572	Carolyn Jones	L	104	Unattached	27:00	451	131	Eamonn Murphy	V40 44 Hyde Village Striders Rc	31:58
404	596	J HowsonTaylor	L	105	Bramhall Runners	27:03	452	200	Derek Walton	V70 3 Altrincham & District Ac	32:02
405	107	Carol Kershaw	L45	17	Unattached	27:05	453	167	David Sinnott	V65 13 Saddleworth Runners Club	32:13
406	393	Simon Pearson			Unattached	27:08	454	517	Chris Horricks	Dragons Running Club (sale)	32:27
407	392	Stuart Rainsbury			Unattached	27:10	455	444	Paul Fletcher	V40 45 Unattached	32:29
408	9	Sid Bailey	V55	22	Deestriders R.c.	27:13	456	149	Diana Powell	L60 4 Bramhall Runners	32:57
409	321	Jane Damerum	L35	21	Dragons Running Club (sale)	27:19	457	169	Jean Skitt	L70 2 Manchester Harriers & Ac	34:18
410	590	Hannah Snowden	L	108	Unattached	27:24	458	549	Lynn Roberts	L 140 Unattached	35:00
411	178	Adam Stirling			Royton Road Runners	27:29	459	442	Emma Walker	L40 22 Unattached	35:43
412	235	Vincent Townley	V60	19	Unattached	27:30	460	546	Kerry Hanson	L 142 Unattached	36:14
413	231	Barbara Shuttleworth	L55	6	Unattached	27:31	461	431	Samantha Wright	L 143 Unattached	36:45
414	161	Chris Sagar	V45	48	Hyde Village Striders Rc	27:34	462	16	Debbie Beresford	L50 13 Manchester Harriers & Ac	38:24
415	599	Lisa Warsap	L	110	Unattached	27:38	463	276	Ivan Macintyre	V55 24 Unattached	40:04
416	435	Katie Hodgson	L40	17	Unattached	27:42	464	551	Laura Thompson	L 145 Unattached	41:03
417	511	Holly Devine	L	112	Unattached	27:46	465	443	Vicky Fletcher	L35 22 Unattached	41:13
418	146	Jo Podolanski	L45	18	Bramhall Runners	28:03	466	548	Tracy Walsh	L45 22 Unattached	41:24
419	101	Cath Jones	L50	10	Bramhall Runners	28:12	467	266	Ria Bright	L45 23 West Cheshire Athletic Club	42:04
420	455	Kathryn Fletcher	L50	11	Sale Harriers Manchester	28:21	468	433	Olivia Craker	L 149 Unattached	45:39