

# The Sale 5k Sizzlers at Wythenshawe Park on Thursday 6th August 2015

## Sale Sizzler — FINAL RESULTS

Pos	Num	Name	Cat/Pos	Club	Time					
1	506	Andrew Heyes		Hallamshire Harriers Sheffield	14:15	91	567 Steve Williams	V60	2 Northern Veterans Ac	18:29
2	482	Joe Bailey		Salford Harriers	14:49	92	105 Ali Kell	V45	5 Sale Harriers Manchester	18:29
3	336	Dominic Easter		Leeds City Athletic Club	15:05	93	579 Kristian Spreckley		Unattached	18:31
4	426	David Rigby		Preston Harriers	15:06	94	457 Georgina Leck	L	7 Leigh Harriers & Ac	18:32
5	413	Dave Norman		Altrincham & District AC	15:09	95	139 Callum Parkinson		Hyde Village Striders Rc	18:33
6	274	Nigel Martin		Sale Harriers Manchester	15:28	96	571 Mike Hill	V45	6 Wilmslow Running Club	18:34
7	405	Robert Danson		Wesham Road Runners & Ac	15:29	97	569 Simon Merrick	V45	7 Unattached	18:35
8	404	Robert Affleck	V40	1 Preston Harriers	15:34	98	386 Paul Whiteman		Middleton Harriers Ac	18:36
9	524	Nathan Kilcourse		Salford Harriers	15:39	99	266 Matt Moran		Bramhall Runners	18:37
10	441	Josh Ridley		Sale Harriers Manchester	15:52	100	598 Gary Fielding		Royton Road Runners	18:38
11	587	Simon O'Meara		University Of Manchester	15:53	101	324 Jennifer Bloor	L	8 Royton Road Runners	18:39
12	267	Gavin Tomlinson		Trafford Athletic Club	15:56	102	469 Robin Chan		Wigan & District H & Ac	18:40
13	428	Simon Bruton		Salford Harriers	15:56	103	419 Samuel Butler		Unattached	18:41
14	361	Laurie Luscombe		Liverpool Harriers & Ac	15:56	104	323 Paul Beckett	V50	7 Bramhall Runners	18:41
15	210	Ben Wolfarth		Salford Harriers	16:12	105	223 Terry Wall	V45	8 Trentham RC	18:42
16	377	Darren Potter	V40	2 Midland Masters AC	16:14	106	368 Matteo Mercadini	V40	11 Unattached	18:43
17	134	Mark Offord		Dragons Running Club (sale)	16:18	107	540 Joe Richards		Dragons Running Club (sale)	18:44
18	423	Tim Raynes		Blackburn Harriers & Ac	16:19	108	383 Steven Welch		Chorlton Runners	18:44
19	416	Jonathan Harris		Chorlton Runners	16:20	109	262 Mark Fox		Unattached	18:45
20	400	Steven Snape		Unattached	16:25	110	347 David Holmes	V40	12 Lymm Runners	18:45
21	505	Lauren Howarth	L	1 Leigh Harriers & Ac	16:33	111	100 Mark Johnson		Unattached	18:46
22	431	Zak Mellard		Hallamshire Harriers Sheffield	16:34	112	523 Rick Adams		Bramhall Runners	18:47
23	399	Michael Kilmartin		Sale Harriers Manchester	16:36	113	555 Matthew Rabone		Stockport Harriers & Ac	18:47
24	144	Andy Pickford	V40	3 Altrincham & District AC	16:38	114	439 Ben Fox		Sale Harriers Manchester	18:49
25	261	Rob Flannery		Unattached	16:46	115	370 Graham Miles	V45	9 Vale Royal Ac	18:49
26	496	David Alderson	V40	4 Altrincham & District AC	16:49	116	123 Neil McGraw	V40	13 Glossopdale Harriers	18:50
27	438	Dave Clark		Unattached	16:54	117	529 Francis Sweeney	V50	8 Sale Harriers Manchester	18:50
28	479	Tim Kennedy		Sale Harriers Manchester	17:02	118	397 Matt Newton	V40	14 Kinross RR	18:51
29	357	Ben Light		Buxton & District Ac	17:03	119	514 James Kelly		Cheadle RC	18:52
30	198	James Walsh		Sale Harriers Manchester	17:05	120	208 Mollie Williams	U20	1 Stockport Harriers & Ac	18:53
31	452	Gry Rowlinson	V50	1 Sale Harriers Manchester	17:07	121	175 Paul Stephens		Salford Harriers	18:55
32	334	Chris Donnelly		Sale Harriers Manchester	17:07	122	407 George Coulson		Unattached	18:56
33	92	Lyr Hughes		Manchester Triathlon Club	17:07	123	96 Mark Hunter	V55	2 Altrincham & District AC	18:56
34	475	Ben Hobson		Chorlton Runners	17:14	124	435 Nick Webb	V50	9 Sale Harriers Manchester	18:57
35	206	Andrew Whittingham	V45	1 Wilmslow Running Club	17:15	125	513 Amanda Davies	L40	2 Cheadle RC	18:57
36	442	Oliver Wallace		Chorlton Runners	17:17	126	150 Roberto Raso	V50	10 Manchester Frontrunners	18:59
37	472	James Garner		Stockport Harriers & Ac	17:18	127	140 Stephen Parry	V50	11 Sale Harriers Manchester	19:01
38	298	Neil Wilks		Knutsford Tri Club	17:19	128	343 Jon Harrison		Unattached	19:01
39	393	Ashley Crawford		Unattached	17:20	129	371 Sarah Douglas	L	11 Sale Harriers Manchester	19:02
40	379	Julian Rose	V50	2 Holmfirth Harriers Ac	17:21	130	26 Paul Brown		Chorlton Runners	19:03
41	286	Steven Curley		Chorlton Runners	17:21	131	415 Helen Murray	L	12 Knutsford Tri Club	19:04
42	246	Peter O'Neill		Sale Harriers Manchester	17:23	132	135 Maurice Oldham	V60	3 Manchester Harriers & Ac	19:04
43	583	Tony Livesey		Preston Harriers	17:23	133	398 Dave Ainsworth	V55	3 Altrincham & District AC	19:05
44	602	Tom Hayward	U20	1 Sutton & District	17:23	134	20 Craig Bradbury		Sale Harriers Manchester	19:05
45	487	Derek Crewe	V50	3 Salford Harriers	17:26	135	381 Stephen Tod	V40	15 Liverpool Harriers & Ac	19:06
46	425	James Ainsworth	V40	5 Vale Royal Ac	17:28	136	300 Mike Hodson	V40	16 Bramhall Runners	19:06
47	151	Matthew Ray		Sale Harriers Manchester	17:30	137	560 Rayford Beaumont		Unattached	19:08
48	584	William Hardman		Unattached	17:30	138	577 Iain Owens		Unattached	19:08
49	464	Tony Potts	V40	6 Stockport Harriers & Ac	17:33	139	339 Nicholas Hackett		South Cheshire Harriers	19:08
50	164	Glenn Savage	V50	4 Sale Harriers Manchester	17:33	140	388 Paul Johnston		Altrincham & District AC	19:09
51	126	Gary Milligan	V40	7 Unattached	17:37	141	422 Ian Fitzpatrick	V50	12 Southport Waterloo Ac	19:10
52	278	Mish Avushal		Unattached	17:38	142	110 Mikko Kuronen	V55	4 Unattached	19:10
53	345	Steven Henderson		Sale Harriers Manchester	17:38	143	518 Adam Dunne		Unattached	19:12
54	359	Kirsty Longley	L35	1 Mps	17:40	144	403 Louisa Whittingham	U20	2 Macclesfield Harriers & Ac	19:14
55	411	Andrew Marsden		Oldham & Royton H & Ac	17:42	145	403 Andrew Tongue		Chorlton Runners	19:15
56	433	Mathew Townley	V40	8 Stockport Harriers & Ac	17:43	146	570 Jason Brogan	V45	10 Manchester Harriers & Ac	19:18
57	181	Christopher Swire	V45	2 E Cheshire H & Tameside Ac	17:45	147	325 Matthew Brown		Unattached	19:20
58	70	David Gee	V60	1 Manchester Harriers & Ac	17:45	148	473 Paul Stevenson	V50	13 Salford Metropolitan Ac	19:20
59	503	Andy Mead		Knutsford Tri Club	17:49	149	43 Paul Corner	V45	11 Stockport Harriers & Ac	19:22
60	112	Jon DearnleyLane		Rochdale Harriers & Ac	17:50	150	590 Joe Carne		Manchester Frontrunners	19:23
61	548	Ian Keeling	V45	3 Bramhall Runners	17:50	151	353 Jean-Paul Lebon		Unattached	19:24
62	331	Kelly Crickmore	L35	2 Stockport Harriers & Ac	17:50	152	565 Mike Irvine		Unattached	19:25
63	489	Nicholas Bugler		Altrincham & District AC	17:56	153	424 Steve Shaughnessy	V55	5 Stockport Harriers & Ac	19:26
64	310	Christopher Dawson		Salford Harriers & AC	17:58	154	250 David Boundy		Glossopdale Harriers	19:27
65	340	Nick Hamlin		Unattached	17:59	155	391 Carl Cummings		Leigh Harriers & Ac	19:28
66	311	Mike Dixon		Stockport Harriers & Ac	17:59	156	143 Andrew Penney	V40	17 Styal Running Club	19:29
67	522	Kye Byrne		Warrington Road Runners	18:00	157	52 Michael Dolan	V50	14 Unattached	19:30
68	186	Adam Thompson		Stockport Harriers & Ac	18:00	158	57 Paul Draper		Unattached	19:30
69	446	James Lewis		Unattached	18:00	159	3 Simon Atkins	V45	12 Knutsford Tri Club	19:36
70	456	Hannah Griffiths	L	4 Trafford Athletic Club	18:00	160	508 Zoe Gmerek	L40	3 Sale Harriers Manchester	19:39
71	401	Robert Little		West Cheshire Athletic Club	18:01	161	0 ???		???	19:42
72	525	Jahan Hunter		Altrincham & District AC	18:02	162	184 Paul Taylor		Trafford Athletic Club	19:43
73	271	Dan Martell		Altrincham & District AC	18:06	163	215 Michael Yarwood		Dragons Running Club (sale)	19:44
74	268	John Williams		Bramhall Runners	18:07	164	408 Phil Rowen	V40	18 Lymm Runners	19:44
75	285	Paul Bagan		Lymm Runners	18:08	165	551 Sean Cordell	V45	13 Salford Harriers	19:45
76	553	Shane Wolstencroft	V40	9 Knutsford Tri Club	18:10	166	374 Joseph O'Connor	V45	14 Bolton United Harriers & Ac	19:45
77	599	Frank Podd		Bramhall Runners	18:11	167	34 Anne Chinoy	L40	4 Sale Harriers Manchester	19:46
78	355	Mick Leigh	V45	4 Blackburn Harriers & Ac	18:12	168	121 Daniel McDermott	V40	19 Hyde Village Striders Rc	19:48
79	510	Gordon McIntyre		Ronhill Cambuslang H	18:13	169	564 Darren Cooper		Manchester Harriers & Ac	19:48
80	552	Matthew Crimes		Manchester Harriers & Ac	18:14	170	527 Joe Hughes		Chorlton Runners	19:49
81	49	Tony Davenport		Trafford Athletic Club	18:14	171	94 Thomas Hughes		Unattached	19:49
82	166	Mike Shaw	V50	5 Stockport Harriers & Ac	18:15	172	509 Rob Garner		Club Not Declared	19:50
83	348	David Hudd	V40	10 Spectrum Striders	18:17	173	429 Tom Feehally		Unattached	19:50
84	389	Sarah Griffiths	L35	3 Leigh Harriers & Ac	18:19	174	24 Chloe Broad	L17	1 Vale Royal Ac	19:51
85	536	Matthew Latham		Hyde Village Striders Rc	18:19	175	216 Krzysztof Zacharski		Winston Runners	19:53
86	326	Mohammed Butt		Royton Road Runners	18:20	176	170 Richard Skitt		Manchester Harriers & Ac	19:54
87	545	Mandy Vernon	L40	1 Club Not Declared	18:22	177	490 Michael Curley	V65	1 Sale Harriers Manchester	19:55
88	155	Michael Robbins	V50	6 Wrexham AC	18:25	178	544 James Alan		Stockport Harriers & Ac	19:56
89	124	Ben McIntyre		Sale Harriers Manchester	18:28	179	549 Brian Devlin		Chorlton Runners	19:57
90	494	David Clamp	V55	1 Knutsford Tri Club	18:28	180	302 Stephen Norbury		Unattached	19:58

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181	14 Robin Beaumont	V50 15	Trafford Athletic Club	19:59	278 504 Rebecca Mills	L 35	Swinton Running Club	21:40
182	460 Kristian Robinson	V45 15	Rochdale Harriers & Ac	20:00	279 477 Tim Norman	V55 16	Styal Running Club	21:41
183	284 Dom Clarke		Bolton United Harriers & Ac	20:01	280 197 Mel Walker	V70 1	Burnden Road Runners	21:41
184	541 Michelle Hushion	L 17	Middleton Harriers Ac	20:02	281 485 Andrew Crockett		Manchester Triathlon Club	21:42
185	576 Ian Hardie	V45 16	Unattached	20:02	282 142 Nick Pendleton	V40 29	Unattached	21:43
186	35 Simon Clarke		Chorlton Runners	20:03	283 196 Georgina Walker	L40 9	Lymm Runners	21:44
187	342 Graham Harrison	V50 16	Altrincham & District AC	20:03	284 11 Paul Basnett	V45 30	Astley & Tyldesley Road Runner	21:47
188	516 Chris Swift		Unattached	20:04	285 114 David Lee		Horwich R M I Harriers	21:47
189	115 Ashley Lindsey	V45 17	Unattached	20:04	286 89 Tony Hillier	V65 3	E Cheshire H & Tameside Ac	21:48
190	593 Kirsty White	L40 5	Royton Road Runners	20:07	287 158 Cheryl Rock	L 37	Stockport Harriers & Ac	21:48
191	521 Stephen Burthorn	V55 6	Warrington Athletic Club	20:09	288 436 Helen Caldwell	L45 4	Spectrum Striders	21:49
192	530 Andrew Mainwaring		Stockport Harriers & Ac	20:10	289 478 Jon Holnes	V40 30	Stockport Harriers & Ac	21:51
193	573 Samantha Jones	L 19	Stockport Harriers & Ac	20:11	290 453 Rachel McDonnell	L40 10	Trafford Athletic Club	21:53
194	230 Duncan Shuttleworth	V55 7	Unattached	20:13	291 402 Kirsty Read	L40 11	Hyde Village Striders Rc	21:54
195	36 Alan Cole	V55 8	Unattached	20:14	292 171 Martin Smedley	V60 11	Sale Harriers Manchester	21:55
196	455 Steve Surridge		Sale Harriers Manchester	20:16	293 40 Steve Fairclough	V45 31	Bramhall Runners	21:56
197	236 Kieran Lomas		Unattached	20:18	294 193 Alison Wainwright	L35 5	Chorlton Runners	21:58
198	88 Madeleine Hill	L40 6	Dragons Running Club (sale)	20:20	295 194 Neal Wainwright		Chorlton Runners	22:00
199	116 Joanne Lott	L45 1	Trafford Athletic Club	20:22	296 316 Paul Briggs		Stockport Harriers & Ac	22:00
200	247 Stephen Sharrocks	V50 17	Stockport Harriers & Ac	20:23	297 440 Ian Prime	V50 26	Congleton H & Ac	22:01
201	159 Doug Ross	V40 20	Unattached	20:24	298 387 Ian Wood	V50 27	Dragons Running Club (sale)	22:02
202	199 Kieron Walsh	V55 9	Unattached	20:25	299 83 Joanne Healy	L40 12	Dragons Running Club (sale)	22:03
203	259 Helen Smith	L45 2	Vale Royal Ac	20:28	300 432 Stuart Mellard	V55 17	Kimberworth Striders	22:04
204	531 Greig Frankland		Manchester Frontrunners	20:29	301 291 Glenn Staunton		Unattached	22:05
205	242 John Battersby	V55 10	Sale Harriers Manchester	20:31	302 493 Michael Cronin	V40 31	Manchester Harriers & Ac	22:06
206	118 Andrew Marson	V45 18	Unattached	20:32	303 234 Clive Smith	V45 32	Glossopdale Harriers	22:07
207	372 Peter Nesbitt		Styal Running Club	20:34	304 321 Jamie Barry	V45 33	Chorlton Runners	22:08
208	8 Amie Bagnall	L 23	Salford Harriers	20:34	305 360 Sean Lord	V40 32	Chorlton Runners	22:09
209	378 James Pratt		Stockport Harriers & Ac	20:34	306 32 Nikki Chamberlain	L45 5	Knutsford Tri Club	22:10
210	127 John Morris		Unattached	20:34	307 414 Roland Bowness	V65 4	Salford Harriers	22:11
211	418 Stephen Glover	V40 21	Unattached	20:34	308 309 Dee Beckett	L35 6	Bramhall Runners	22:13
212	168 Simon Skentelbery	V40 22	Dragons Running Club (sale)	20:35	309 225 Thomas Temple	V60 12	Salford Harriers	22:15
213	31 Lockie Campbell	V50 18	Altrincham & District AC	20:35	310 465 James Hall		Bramhall Runners	22:17
214	288 Tracey Jones	L 24	Dragons Running Club (sale)	20:35	311 48 Gareth Crook		Unattached	22:17
215	256 Barrie Powers	V45 19	Styal Running Club	20:36	312 15 Alan Bennett	V55 18	Unattached	22:18
216	273 Emma Farrington	L 25	Styal Running Club	20:42	313 132 Dave Murray		Chorlton Runners	22:19
217	187 Michael Thompstone		Winston Runners	20:43	314 572 Barry Heap	V45 34	Bramhall Runners	22:21
218	64 Brad Ehlen	V40 23	Spectrum Striders	20:44	315 332 Adrian Denham	V50 28	Unattached	22:23
219	547 Michelle Vaughan	L40 7	E Cheshire H & Tameside Ac	20:44	316 277 Jane Blackburn	L45 6	Unattached	22:25
220	367 Andy Melvin	V45 20	Stockport Harriers & Ac	20:46	317 72 Michael Gibbons	V55 19	Bramhall Runners	22:27
221	239 Michael Dunne	V65 2	Sale Harriers Manchester	20:46	318 180 Craig Sutherland	V55 20	Middleton Harriers Ac	22:29
222	520 Tim Byrne	V45 21	Bramhall Runners	20:50	319 53 Mark Donnelly		Chorlton Runners	22:32
223	232 Bruce Green	V60 4	Sale Harriers Manchester	20:50	320 85 Phil Heaward		Bramhall Runners	22:34
224	600 Simon Pack		Swinton Running Club	20:51	321 561 Charlie Barlow	V55 21	Sandbach Striders & Strollers	22:36
225	42 J Cordingley	L55 1	Sale Harriers Manchester	20:51	322 240 Amy Barter	L 46	Stockport Harriers & Ac	22:39
226	305 Mark Roberts	V60 5	Pensby Runners	20:52	323 585 Karen Richardson	L40 13	Knutsford Tri Club	22:41
227	466 Jayne Lowton	L45 3	Stockport Harriers & Ac	20:52	324 563 Murraylauren	L35 7	Unattached	22:44
228	351 Matthew Jackson	V45 22	Styal Running Club	20:52	325 23 Mark Brett	V45 35	Unattached	22:45
229	568 Ian Collings		Leigh Harriers & Ac	20:56	326 0 ???		???	22:46
230	213 Michael Wymer	V40 24	Sale Harriers Manchester	20:57	327 154 Linda Rix	L50 2	Manchester Frontrunners	22:48
231	117 Stuart Mairs		Salford Metropolitan Ac	20:59	328 410 John Archer	V60 13	Winston Runners	22:51
232	226 Jacob Smiles		Chorlton Runners	21:01	329 237 Loraine Lucas	L55 2	Unattached	22:55
233	546 Leo Cain		Middleton Harriers Ac	21:01	330 38 Joseph Connor		Bramhall Runners	22:59
234	362 Gareth Maher		Bramhall Runners	21:02	331 539 Peter Dunne	V55 22	Unattached	23:02
235	589 Peter Adams		Chorlton Runners	21:02	332 480 A PreeceTower	L 51	Bramhall Runners	23:02
236	468 Brian Ellinson	V60 6	Unattached	21:03	333 556 Rob Armstrong	V45 36	Unattached	23:04
237	47 Matt Crompton		Glossopdale Harriers	21:03	334 501 Andy Harrison		Unattached	23:04
238	434 Peter Lloyd	V55 11	Lymm Runners	21:04	335 211 Sarah Wood	L40 14	Stockport Harriers & Ac	23:08
239	183 Edward Taylor	V45 23	Knutsford Tri Club	21:04	336 448 Louise Harrison	L40 15	Stockport Harriers & Ac	23:10
240	93 Steve Hughes	V50 19	Bramhall Runners	21:05	337 148 Steph Potts	L 54	Unattached	23:11
241	507 Lucy Etchells	L 29	Manchester Frontrunners	21:05	338 0 ???		???	23:12
242	163 Graham Saunders		Manchester Harriers & Ac	21:06	339 275 Mark Brown	V60 14	Stockport Harriers & Ac	23:16
243	582 Ian Endleman	V40 25	Unattached	21:06	340 229 Ray Dalby	V60 15	Rochdale Harriers & Ac	23:18
244	586 Tim Blackwell	V40 26	Chorlton Runners	21:07	341 12 Geoff Beattie	V60 16	Sale Harriers Manchester	23:18
245	41 Frank Cordingley	V50 20	Sale Harriers Manchester	21:07	342 161 Chris Sagar	V45 37	Hyde Village Striders Rc	23:19
246	492 Dominic Sexton	V50 21	Hyde Village Striders Rc	21:07	343 463 Mark Coulthard	V55 23	Lymm Runners	23:21
247	512 Peter Shipley		Sale Harriers Manchester	21:08	344 106 Denis Kelly	V45 38	Manchester Harriers & Ac	23:21
248	511 Jon Clarke		Unattached	21:08	345 137 Bryan O'Neill	V40 33	Middleton Harriers Ac	23:21
249	427 Stephen Brown	V45 24	Stockport Harriers & Ac	21:09	346 467 Helen Fraser	L50 3	Stockport Harriers & Ac	23:23
250	542 Bev Ganose	L50 1	Altrincham & District AC	21:09	347 90 Stacey Holt	L35 8	Hyde Village Striders Rc	23:24
251	500 Malcolm Bostock	V50 22	Middleton Harriers Ac	21:10	348 502 Rob Yates	V50 29	Unattached	23:26
252	437 Jennie Pickard	L40 8	Bramhall Runners	21:11	349 406 Andy Worsey	V40 34	Newcastle (Staffs) AC	23:31
253	68 Nick Fogarty	V45 25	Lymm Runners	21:12	350 344 Samantha Hartley	L 57	Hyde Village Striders Rc	23:37
254	203 Geoff Wells	V50 23	Cirencester AC	21:14	351 29 Martin Bull	V55 24	Dragons Running Club (sale)	23:37
255	255 David Chrystie-Lowe	V55 12	Stockport Harriers & Ac	21:16	352 46 Lisa Crompton	L35 9	Dragons Running Club (sale)	23:37
256	369 Alan Miles	V60 7	Unattached	21:17	353 484 Amanda McCartney	L35 10	Middleton Harriers Ac	23:43
257	328 Andrew Cole	V45 26	E Cheshire H & Tameside Ac	21:18	354 54 Andrew Dooley	V55 25	Styal Running Club	23:43
258	574 Nick Jones		Chorlton Runners	21:19	355 558 Rachel Dennison	L 60	Club Not Declared	23:46
259	238 Mike Race	V55 13	Salford Metropolitan Ac	21:20	356 60 Barbara Dunn	L55 3	Unattached	23:46
260	557 Rhiannon Davies	L 32	Unattached	21:20	357 248 Nick Roberts	V45 39	Stockport Harriers & Ac	23:49
261	538 William Prout	V55 14	Salford Metropolitan Ac	21:20	358 5 Jonathan Attwood		Salford Harriers	23:50
262	290 Craig Partridge	V45 27	Altrincham & District AC	21:21	359 528 Paul Steane	V55 26	Unattached	23:52
263	104 Martin Kaine	V45 28	Stoke F.i.t	21:21	360 188 Helen Todd	L60 1	Stockport Harriers & Ac	23:53
264	394 Steven Lewis	V50 24	Middleton Harriers Ac	21:22	361 474 Stephen Granville	V55 27	Middleton Harriers Ac	23:54
265	28 Anthony Bull	U17 1	Dragons Running Club (sale)	21:24	362 62 Michael Eakin	V55 28	Unattached	24:00
266	173 Jerry Smith	V60 8	Sale Harriers Manchester	21:26	363 205 Mark Whitfield	V40 35	Altrincham & District AC	24:04
267	350 Etienne Humphries		Chorlton Runners	21:28	364 317 ?Chris Mason	V40 36	Unattached	24:04
268	447 Nigel Harrison	V50 25	Stockport Harriers & Ac	21:31	365 578 Alice Smedley	L 63	Sale Harriers Manchester	24:05
269	486 Phil Barnes	V60 9	Waimea Harriers (NZ)	21:36	366 533 K CarterMoore	L50 4	Middleton Harriers Ac	24:05
270	17 Alexa Besnard	L 33	Chorlton Runners	21:36	367 1 Sarmid Al-Kamil	V45 40	Bramhall Runners	24:06
271	21 Jamie Bradbury		Lymm Runners	21:36	368 204 Samantha Wheeler	L 65	Sale Harriers Manchester	24:06
272	491 Richard Brown	V40 27	Knutsford Tri Club	21:37	369 22 Marinda Breddy	L45 7	Sale Harriers Manchester	24:07
273	519 Geoff Gilbert	V60 10	Wilmslow Running Club	21:37	370 417 Denise Wakefield	L60 2	Salford Harriers	24:08
274	207 Mike Williams	V45 29	Stockport Harriers & Ac	21:37	371 280 Wendy Woodhead	L 68	Manchester Harriers & Ac	24:09
275	445 Janet Grint	L35 4	E Cheshire H & Tameside Ac	21:38	372 515 Esther Dixon	L 69	Stockport Harriers & Ac	24:10
276	263 Crispin Miller	V40 28	Sale Harriers Manchester	21:38	373 147 Don Bennett	V60 17	Bramhall Runners	24:11
277	559 Gary Coxon	V55 15	E Cheshire H & Tameside Ac	21:39	374 82 Richard Hall	V45 41	Bramhall Runners	24:12

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375	252	John Delany	V70	2	Stockport Harriers & Ac	24:14	437	293	Emma Tollefson	L	102	Chorlton Runners	27:00
376	499	Susan Crehan	L55	4	Sale Harriers Manchester	24:15	438	51	Beverley Denby	L45	12	Bramhall Runners	27:02
377	108	Angela Kerlake	L45	8	Stockport Harriers & Ac	24:16	439	588	Lauren Berger	L	104	Chorlton Runners	27:02
378	76	Louis Granelli	V50	30	Unattached	24:18	440	352	Jane Lamont	L35	16	Unattached	27:07
379	483	Jon Clare	V40	37	Bramhall Runners	24:19	441	107	Carol Kershaw	L45	13	Unattached	27:17
380	396	Paul Shier			Swinton Running Club	24:20	442	581	Ginny Miitchell	L35	17	Dragons Running Club (sale)	27:22
381	596	Malcolm Smith	V45	42	Unattached	24:21	443	231	Barbara Shuttleworth	L55	8	Unattached	27:24
382	454	Bary Thompson	V55	29	Stockport Harriers & Ac	24:22	444	257	Karen Mairs	L	109	Unattached	27:29
383	594	Michael Ford			Unattached	24:23	445	461	Emma White	L35	18	Rochdale Harriers & Ac	27:32
384	294	Hardeep Kang	L	72	Dragons Running Club (sale)	24:24	446	365	Amy Mellor	L35	19	Unattached	27:33
385	319	JonPaul Kearns	V40	38	Stockport Harriers & Ac	24:26	447	314	Paula Pearson	L55	9	Styal Running Club	27:36
386	224	Chris Williams	V40	39	Unattached	24:27	448	488	Tracey Collier	L55	10	Styal Running Club	27:37
387	373	Emma Nunnerley	L35	11	Lymm Runners	24:28	449	333	Kathryn Denham	L45	14	Unattached	27:50
388	195	Chris Walker	V50	31	Unattached	24:35	450	153	Helen Rees	L	115	Chorlton Runners	27:53
389	554	Holly RaboneKent	L	74	Unattached	24:35	451	69	Dawn Gallen	L40	20	Manchester Harriers & Ac	27:58
390	209	Andrew Wilson	V50	32	Unattached	24:36	452	495	Hannah Sellars	L	117	Hyde Village Striders Rc	28:02
391	306	Kathryn Rogers	L50	5	Bramhall Runners	24:37	453	592	Lisa Fletcher	L55	11	Sale Harriers Manchester	28:04
392	125	Ann McLaughlin	L50	6	Manchester Harriers & Ac	24:45	454	346	Jo Hill	L40	21	Unattached	28:13
393	597	Alan Ford	V60	18	Unattached	24:47	455	497	Amanda Morgan	L35	20	Wythenshawe Community	28:15
394	476	Richard Pettitt	V55	30	Vale Royal Ac	24:50	456	535	Jasmine Duffy	L	121	Hyde Village Striders Rc	28:18
395	601	Mike Owen	V45	43	Trafford Athletic Club	24:54	457	304	Katy O'Connor	L50	12	Lymm Runners	28:28
396	162	Robert Sargant			Chorlton Runners	24:57	458	146	Jo Podolanski	L45	15	Bramhall Runners	28:30
397	160	Maria Royal	L55	5	Manchester Harriers & Ac	25:04	459	409	Kathryn Fletcher	L50	13	Sale Harriers Manchester	28:41
398	129	Dorothy Muldoon	L45	9	Winston Runners	25:10	460	580	C Quill	V65	6	Unattached	28:46
399	67	Julie Rondall	L40	16	Goyt Valley Striders	25:11	461	562	Claire Rayner	L	125	Bramhall Runners	28:49
400	471	Paul Whitney	V40	40	Stockport Harriers & Ac	25:16	462	235	Vincent Townley	V60	21	Unattached	28:51
401	330	Suzanne Crampton	L50	7	Dragons Running Club (sale)	25:18	463	296	Simon Howles	V45	45	Unattached	28:51
402	380	Lorna Seal	L45	10	Styal Running Club	25:24	464	395	Rosa Elliott	L50	14	Sale Harriers Manchester	28:55
403	335	Andy Duckworth	V40	41	Styal Running Club	25:25	465	101	Cath Jones	L50	15	Bramhall Runners	28:56
404	537	Sharron Duffy	L40	17	Hyde Village Striders Rc	25:27	466	136	Beverley O'Neill	L35	21	Middleton Harriers Ac	29:07
405	227	Paul Taylor	V60	19	Oldham & Royton H & Ac	25:28	467	420	Rachel Carter	L45	16	Hyde Village Striders Rc	29:20
406	532	Fiona Bolton	L60	3	Middleton Harriers Ac	25:29	468	421	Glennis Hillier	L65	3	Hyde Village Striders Rc	29:20
407	6	Caroline Baba	L35	12	Manchester Harriers & Ac	25:31	469	81	Mary Hadley	L45	17	Hyde Village Striders Rc	29:20
408	189	Sharon Toolin	L40	18	Hyde Village Striders Rc	25:33	470	595	Jane Ford	L60	5	Unattached	29:28
409	390	David Cummings	V70	3	Leigh Harriers & Ac	25:39	471	156	Brenda Robinson	L70	1	Rochdale Harriers & Ac	29:37
410	95	Diane Hunter	L45	11	Altrincham & District AC	25:40	472	575	Victoria Powell	L35	22	Unattached	29:38
411	449	Christine Eckersley	L65	1	Middleton Harriers Ac	25:48	473	128	Margaret Morris	L55	12	Unattached	29:43
412	241	Mark Ferns	V50	33	Sale Harriers Manchester	25:49	474	307	Philippa Southern	L40	22	Bramhall Runners	29:53
413	221	Mark Grundy	V55	31	Bramhall Runners	25:51	475	218	Andy Redford	V40	43	Dragons Running Club (sale)	30:34
414	450	Charlie Podolanski	U20	2	Unattached	25:59	476	498	Leann Finch	L	137	Wythenshawe Community	30:44
415	412	Alexis Dinsmor	L65	2	Stockport Harriers & Ac	26:02	477	249	Mike Roberts	U20	3	Unattached	30:52
416	543	Carolyn Jones	L	89	Unattached	26:04	478	327	Ron Carter	V55	34	Dragons Running Club (sale)	31:30
417	317	?Chris Mason	V40	42	Unattached	26:05	479	176	Helen Stevens	L35	23	Chorlton Runners	31:48
418	71	Christine Gibbons	L55	6	Bramhall Runners	26:05	480	141	Shelley Pascoe	L	139	Hyde Village Striders Rc	32:07
419	2	Russ Arrowsmith	V55	32	Unattached	26:05	481	200	Derek Walton	V70	4	Altrincham & District AC	32:27
420	312	Julia Norris	L35	13	Dragons Running Club (sale)	26:08	482	149	Diana Powell	L60	6	Bramhall Runners	32:57
421	451	Vicky Stainthorpe	L35	14	Unattached	26:11	483	292	Susan Steindorff	L40	23	Dragons Running Club (sale)	33:04
422	66	Marie Fairclough	L50	8	Bramhall Runners	26:12	484	526	Katherine Fraser	L40	24	Bramhall Runners	33:11
423	4	D Attwell	V75	1	Altrincham & District AC	26:13	485	443	Martin Burke	V60	22	Wadhurst Runners	33:19
424	282	Angela Bamford	L50	9	Altrincham & District AC	26:14	486	481	Michala Morton	L40	25	Unattached	33:37
425	103	Sarah Jones	L40	19	Dragons Running Club (sale)	26:15	487	169	Jean Skitt	L70	2	Manchester Harriers & Ac	34:18
426	534	Teresa Hollins	L60	4	Middleton Harriers Ac	26:16	488	462	Christine Mills	L50	16	Manchester Harriers & Ac	34:31
427	458	Jackie Hall	L	97	Hyde Village Striders Rc	26:18	489	120	Rebecca Martin	L35	24	Burnden Road Runners	34:41
428	459	Elizabeth Mason	L50	10	Hyde Village Striders Rc	26:19	490	550	Helen Shan	L35	25	Burnden Road Runners	34:41
429	190	Wendy Torevell	L55	7	Bramhall Runners	26:19	491	254	Catherine Cutts	L	148	Chorlton Runners	35:30
430	299	Jane Damerum	L35	15	Dragons Running Club (sale)	26:20	492	566	Samantha Wright	L	149	Unattached	35:58
431	349	Paul Hudson	V60	20	Vale Royal Ac	26:22	493	16	Debbie Beresford	L50	17	Manchester Harriers & Ac	35:58
432	9	Sid Bailey	V55	33	Deestriders R.c.	26:24	494	61	Jane Durkin	L50	18	Chorlton Runners	36:54
433	470	Alfred Fishburn	V65	5	Road Runners Club	26:24	495	245	Paul Blackburn	V40	44	Hyde Village Striders Rc	37:42
434	444	Catherine Burke	L50	11	Wadhurst Runners	26:45	496	244	Trisha Courtney	L45	18	Hyde Village Striders Rc	37:44
435	130	C Murphy	V45	44	Styal Running Club	26:53	497	392	Ria Bright	L45	19	West Cheshire Athletic Club	39:22
436	138	Joe Park	V75	2	Cheshire Tally Ho. H & H	26:55							