

**17th July      Three Mile Cross Trail**

1	Jack	Martin	Stockport Harriers & AC	SEN	M	13.32
2	Jack	Morris	Stockport Harriers & AC	SEN	M	13.39
3	Jack	Nixon	Warrington	SEN	M	14.02
4	Tom	Charles	Trafford Athletic Club	SEN	M	14.44
5	Harvey	Speed	Coventry Godiva Harriers	SEN	M	14.54
6	Michael	Sawrey	Stockport Harriers & Ac	SEN	M	14.56
7	Graeme	Hogg	Trafford Athletic Club	SEN	M	15.08
8	Andy	Nixon	Stockport Harriers & AC	SEN	M	15.23
9	Glenn	Savage	Sale Harriers Manchester	V50	M	15.56
10	Laurie	Luscombe	Liverpool	SEN	M	16.15
11	Laura	Riches	Leigh Harriers & AC	SEN	F	16.31
12	Lucy	Dowsett	Coventry Godiva Harriers	SEN	F	16.44
13	Vicki	Cronin	Trafford Athletic Club	SEN	F	17.17
14	Gareth	Woodcock	Trafford Athletic Club	SEN	M	17.22
15	Jenny	Knass	Stockport Harriers & AC	V35	F	17.35
16	Neil	McGraw	Glossopdale Harriers*	V40	M	17.38
17	Teresa	Kemp	Trafford Athletic Club	V35	F	17.47
18	Robert	Kedian	Manchester YMCA*	SEN	M	17.50
19	Chris	Waith	Chorlton Runners	SEN	M	18.03
20	Bethaney	Donnelly	Trafford Athletic Club	U20	F	18.45
21	Mark	Heslop	Unattached	SEN	M	19.44
22	Angelique	Bueler	Chorlton Runners	V40	F	19.53
23	Franciska	De Vries	Unattached	V35	F	19.54
24	Jamie	Barry	Chorlton Runners	V40	M	20.18
25	Kevin	Button	Chorlton Runners	V40	M	20.27
26	George	Robinson	Unattached	SEN	M	20.34
27	Chris	Jackson	Chorlton Runners	V50	M	20.40
28	Paul	Muldoon	Winston Runners	SEN	M	22.28
29	Katie	Barker	Chorlton Runners	SEN	F	23.09
30	Edyta	Burgess	Winston Runners	SEN	F	23.28
31	Steve	Foster	Unattached*	v40	M	24.17
32	Ian	Hopkinson	Radcliffe AC*	V40	M	24.55
33	Sally	Howarth	Trafford Athletic Club*	V50	F	24.58
34	Ray	Armstrong	Unattached	V50	M	25.19
35	Sammi	Stephenson	Unattached	F35	F	26.19
36	Helen	Stevens	Chorlton Runners	V40	F	30.14
37	Lisa	Hallam	Unattached	V35	F	35.20