The Manchester Mile Track Meeting

held at Sportcity, Manchester
on 20 June 2018 - Results

Event held in Memory of David Coleman

Winners

Fastest Man & Winner of The Manchester Mile Trophy
Thomas Griffiths Snr – St Helens Sutton AC – 4:19.28

Fastest Woman & Winner of The Rose Bowl
& Fastest Woman Vet
Louise Rudd V40 – Stockport H & AC – 5:07.82

Fastest Male Vet – Ian Grime V45 – Salford H & AC – 4:42.10

Fastest Senior Woman – Amy-Rose Cauley – Trafford AC – 5:13.14

Fastest U17 Boy – Harry Sinclair – Altrincham & District AC – 4:48.35

Best performance by a Manchester Harrier & Winner of
The Flat Mile Trophy – Rocco Zaman-Browne U20 – 4:33.47

Manchester Harriers & A.C.
# THE MANCHESTER MILE TRACK MEETING

## THE MILE – RACE 1

<table>
<thead>
<tr>
<th>Race Psn</th>
<th>No.</th>
<th>Last Name</th>
<th>First Name</th>
<th>Category</th>
<th>Cat.Psn</th>
<th>Club</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>139</td>
<td>Matthews</td>
<td>Sarah</td>
<td>FV35</td>
<td>4</td>
<td>Widnes RC</td>
<td>6:49.53</td>
</tr>
<tr>
<td>2</td>
<td>144</td>
<td>Thompson</td>
<td>Jamie</td>
<td>MV40</td>
<td>15</td>
<td>Chorlton Runners</td>
<td>7:17.17</td>
</tr>
<tr>
<td>3</td>
<td>134</td>
<td>Farrelly</td>
<td>Lindsey</td>
<td>FV40</td>
<td>4</td>
<td>Manchester H &amp; AC</td>
<td>7:18.33</td>
</tr>
<tr>
<td>4</td>
<td>120</td>
<td>McInnes</td>
<td>Katie</td>
<td>FSNR</td>
<td>10</td>
<td>Chorlton Runners</td>
<td>7:44.28</td>
</tr>
<tr>
<td>5</td>
<td>129</td>
<td>Beresford</td>
<td>Debbie</td>
<td>FV50</td>
<td>2</td>
<td>Manchester H &amp; AC</td>
<td>8:06.42</td>
</tr>
<tr>
<td>6</td>
<td>130</td>
<td>Black</td>
<td>Kenneth</td>
<td>MV70</td>
<td>3</td>
<td>Spectrum Striders</td>
<td>8:44.03</td>
</tr>
<tr>
<td>7</td>
<td>133</td>
<td>Doxey</td>
<td>Wendy</td>
<td>FV55</td>
<td>2</td>
<td>Swinton RC</td>
<td>9:08.49</td>
</tr>
<tr>
<td>8</td>
<td>128</td>
<td>Bean</td>
<td>Susan</td>
<td>FV65</td>
<td>2</td>
<td>Chorlton Runners</td>
<td>9:29.64</td>
</tr>
<tr>
<td>9</td>
<td>132</td>
<td>Davies</td>
<td>Jane</td>
<td>FV45</td>
<td>2</td>
<td>Chorlton Runners</td>
<td>9:38.88</td>
</tr>
<tr>
<td>10</td>
<td>141</td>
<td>O’Brien</td>
<td>John</td>
<td>MV60</td>
<td>3</td>
<td>Manchester H &amp; AC</td>
<td>11:35.57</td>
</tr>
</tbody>
</table>

## THE MILE – RACE 2

<table>
<thead>
<tr>
<th>Race Psn</th>
<th>No.</th>
<th>Last Name</th>
<th>First Name</th>
<th>Category</th>
<th>Cat.Psn</th>
<th>Club</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>117</td>
<td>Das</td>
<td>Anirban</td>
<td>MSNR</td>
<td>44</td>
<td>Swinton RC</td>
<td>6:09.27</td>
</tr>
<tr>
<td>2</td>
<td>122</td>
<td>Payne</td>
<td>Tony</td>
<td>MV55</td>
<td>3</td>
<td>Chorlton Runners</td>
<td>6:28.32</td>
</tr>
<tr>
<td>3</td>
<td>113</td>
<td>Burgess</td>
<td>Edyta</td>
<td>FV40</td>
<td>3</td>
<td>Winston Runners</td>
<td>6:29.31</td>
</tr>
<tr>
<td>4</td>
<td>126</td>
<td>Wainwright</td>
<td>Alison</td>
<td>FV35</td>
<td>3</td>
<td>Chorlton Runners</td>
<td>6:30.86</td>
</tr>
<tr>
<td>5</td>
<td>119</td>
<td>Marsden</td>
<td>Antonia</td>
<td>FSNR</td>
<td>6</td>
<td>Unattached</td>
<td>6:32.21</td>
</tr>
<tr>
<td>6</td>
<td>116</td>
<td>Cunningham</td>
<td>Mike</td>
<td>MV70</td>
<td>1</td>
<td>Manchester H &amp; AC</td>
<td>6:48.40</td>
</tr>
<tr>
<td>7</td>
<td>121</td>
<td>Paterson</td>
<td>Andrew</td>
<td>MV40</td>
<td>14</td>
<td>Chorlton Runners</td>
<td>7:00.24</td>
</tr>
<tr>
<td>8</td>
<td>112</td>
<td>Baba</td>
<td>Caroline</td>
<td>FV35</td>
<td>5</td>
<td>Manchester H &amp; AC</td>
<td>7:10.25</td>
</tr>
<tr>
<td>9</td>
<td>124</td>
<td>Qamar</td>
<td>Isabelle</td>
<td>FV45</td>
<td>1</td>
<td>Unattached</td>
<td>7:12.63</td>
</tr>
<tr>
<td>10</td>
<td>123</td>
<td>Plant</td>
<td>Malcolm</td>
<td>MV60</td>
<td>2</td>
<td>Manchester H &amp; AC</td>
<td>7:25.65</td>
</tr>
<tr>
<td>11</td>
<td>114</td>
<td>Cleary</td>
<td>Gemma</td>
<td>FSNR</td>
<td>9</td>
<td>Chorlton Runners</td>
<td>7:26.22</td>
</tr>
<tr>
<td>12</td>
<td>125</td>
<td>Sinnott</td>
<td>June</td>
<td>FV55</td>
<td>11</td>
<td>Northern Masters AC</td>
<td>7:44.42</td>
</tr>
<tr>
<td>13</td>
<td>115</td>
<td>Collins</td>
<td>Hollie</td>
<td>FSNR</td>
<td>11</td>
<td>Unattached</td>
<td>7:51.98</td>
</tr>
<tr>
<td>14</td>
<td>150</td>
<td>Mitchell</td>
<td>Heather</td>
<td>FV65</td>
<td>1</td>
<td>Dewsbury RR</td>
<td>7:55.67</td>
</tr>
</tbody>
</table>

## THE MILE – RACE 3

<table>
<thead>
<tr>
<th>Race Psn</th>
<th>No.</th>
<th>Last Name</th>
<th>First Name</th>
<th>Category</th>
<th>Cat.Psn</th>
<th>Club</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>107</td>
<td>Long</td>
<td>Mike</td>
<td>MV50</td>
<td>8</td>
<td>Manchester H &amp; AC</td>
<td>5:55.11</td>
</tr>
<tr>
<td>2</td>
<td>106</td>
<td>Lewis</td>
<td>Joseph</td>
<td>MSNR</td>
<td>41</td>
<td>Unattached</td>
<td>5:59.70</td>
</tr>
<tr>
<td>3</td>
<td>105</td>
<td>Knowles</td>
<td>Daniel</td>
<td>MSNR</td>
<td>43</td>
<td>Manchester Frontrunners</td>
<td>6:07.01</td>
</tr>
<tr>
<td>4</td>
<td>108</td>
<td>Lord</td>
<td>Sean</td>
<td>MV45</td>
<td>7</td>
<td>Chorlton Runners</td>
<td>6:12.65</td>
</tr>
<tr>
<td>5</td>
<td>109</td>
<td>Peachey</td>
<td>Christopher</td>
<td>MV50</td>
<td>11</td>
<td>Chorlton Runners</td>
<td>6:17.89</td>
</tr>
<tr>
<td>6</td>
<td>110</td>
<td>Perrot</td>
<td>Jacqueline</td>
<td>FV40</td>
<td>2</td>
<td>Chorlton Runners</td>
<td>6:28.41</td>
</tr>
<tr>
<td>7</td>
<td>111</td>
<td>Rix</td>
<td>Linda</td>
<td>FV50</td>
<td>1</td>
<td>Manchester Frontrunners</td>
<td>6:29.46</td>
</tr>
<tr>
<td>8</td>
<td>149</td>
<td>Sate</td>
<td>Rachel</td>
<td>FSNR</td>
<td>7</td>
<td>Salford Metropolitan AC</td>
<td>6:40.52</td>
</tr>
<tr>
<td>9</td>
<td>102</td>
<td>Connor</td>
<td>Joseph</td>
<td>MV70</td>
<td>16</td>
<td>Bramhall Runners</td>
<td>6:50.70</td>
</tr>
<tr>
<td>10</td>
<td>100</td>
<td>Bradshaw</td>
<td>Arnold</td>
<td>MV65</td>
<td>1</td>
<td>Sale H Manchester AC</td>
<td>6:58.99</td>
</tr>
<tr>
<td>11</td>
<td>99</td>
<td>Beattie</td>
<td>Geoff</td>
<td>FSNR</td>
<td>8</td>
<td>Chorlton Runners</td>
<td>7:03.46</td>
</tr>
<tr>
<td>12</td>
<td>118</td>
<td>MacKay</td>
<td>Laura</td>
<td>FSNR</td>
<td>8</td>
<td>Chorlton Runners</td>
<td>7:22.43</td>
</tr>
</tbody>
</table>
### The Manchester Mile Track Meeting

#### The Mile – Race 4

<table>
<thead>
<tr>
<th>Race Psn</th>
<th>No.</th>
<th>Last Name</th>
<th>First Name</th>
<th>Category</th>
<th>Cat.Psn</th>
<th>Club</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>96</td>
<td>Taylor</td>
<td>Nick</td>
<td>MSNR</td>
<td>39</td>
<td>Unattached</td>
<td>5:43.27</td>
</tr>
<tr>
<td>2</td>
<td>101</td>
<td>Burgess</td>
<td>John</td>
<td>MV50</td>
<td>5</td>
<td>Chorlon Runners</td>
<td>5:46.53</td>
</tr>
<tr>
<td>3</td>
<td>94</td>
<td>Pendleton</td>
<td>Nick</td>
<td>MV40</td>
<td>9</td>
<td>Unattached</td>
<td>5:47.11</td>
</tr>
<tr>
<td>4</td>
<td>93</td>
<td>Murray</td>
<td>Dave</td>
<td>MSNR</td>
<td>40</td>
<td>Chorlon Runners</td>
<td>5:57.25</td>
</tr>
<tr>
<td>5</td>
<td>90</td>
<td>Loudon</td>
<td>Paul</td>
<td>MV40</td>
<td>12</td>
<td>Chorlon Runners</td>
<td>5:59.11</td>
</tr>
<tr>
<td>6</td>
<td>97</td>
<td>Valentine</td>
<td>Mark</td>
<td>MSNR</td>
<td>42</td>
<td>Chorlon Runners</td>
<td>6:02.79</td>
</tr>
<tr>
<td>7</td>
<td>86</td>
<td>Brown</td>
<td>Laura</td>
<td>FV35</td>
<td>1</td>
<td>Unattached</td>
<td>6:03.39</td>
</tr>
<tr>
<td>8</td>
<td>85</td>
<td>Blackwell</td>
<td>Tim</td>
<td>MV40</td>
<td>13</td>
<td>Chorlon Runners</td>
<td>6:15.26</td>
</tr>
<tr>
<td>9</td>
<td>91</td>
<td>McCourt</td>
<td>Lee</td>
<td>MSNR</td>
<td>45</td>
<td>Manchester H &amp; AC</td>
<td>6:17.56</td>
</tr>
<tr>
<td>10</td>
<td>92</td>
<td>Mills</td>
<td>Rebecca</td>
<td>FV35</td>
<td>2</td>
<td>Swinton RC</td>
<td>6:17.79</td>
</tr>
<tr>
<td>11</td>
<td>87</td>
<td>Dale</td>
<td>Alison</td>
<td>MV45</td>
<td>8</td>
<td>Bury AC</td>
<td>6:41.96</td>
</tr>
<tr>
<td>12</td>
<td>89</td>
<td>Kelly</td>
<td>Denis</td>
<td>MV50</td>
<td>12</td>
<td>Manchester H &amp; AC</td>
<td>6:45.90</td>
</tr>
</tbody>
</table>

#### The Mile – Race 5

<table>
<thead>
<tr>
<th>Race Psn</th>
<th>No.</th>
<th>Last Name</th>
<th>First Name</th>
<th>Category</th>
<th>Cat.Psn</th>
<th>Club</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>74</td>
<td>Kelly</td>
<td>Luke</td>
<td>MSNR</td>
<td>29</td>
<td>Unattached</td>
<td>5:23.15</td>
</tr>
<tr>
<td>2</td>
<td>80</td>
<td>Stuart</td>
<td>James</td>
<td>MSNR</td>
<td>34</td>
<td>Unattached</td>
<td>5:27.71</td>
</tr>
<tr>
<td>3</td>
<td>84</td>
<td>Wainwright</td>
<td>Neil</td>
<td>MSNR</td>
<td>36</td>
<td>Chorlon Runners</td>
<td>5:31.49</td>
</tr>
<tr>
<td>4</td>
<td>76</td>
<td>Raso</td>
<td>Roberto</td>
<td>MV50</td>
<td>4</td>
<td>Manchester Frontrunners</td>
<td>5:32.56</td>
</tr>
<tr>
<td>5</td>
<td>77</td>
<td>Ryan</td>
<td>Neil</td>
<td>MSNR</td>
<td>38</td>
<td>Manchester H &amp; AC</td>
<td>5:39.71</td>
</tr>
<tr>
<td>6</td>
<td>98</td>
<td>Welch</td>
<td>Amy</td>
<td>FSNR</td>
<td>3</td>
<td>Chorlon Runners</td>
<td>5:46.51</td>
</tr>
<tr>
<td>7</td>
<td>147</td>
<td>Patel</td>
<td>Girish</td>
<td>MV50</td>
<td>6</td>
<td>Salford Metropolitan AC</td>
<td>5:49.35</td>
</tr>
<tr>
<td>8</td>
<td>78</td>
<td>Sewart</td>
<td>Chris</td>
<td>MV40</td>
<td>10</td>
<td>Manchester H &amp; AC</td>
<td>5:49.96</td>
</tr>
<tr>
<td>9</td>
<td>79</td>
<td>Stainthorpe</td>
<td>Ian</td>
<td>MV55</td>
<td>2</td>
<td>Rochdale H &amp; AC</td>
<td>5:52.71</td>
</tr>
<tr>
<td>10</td>
<td>75</td>
<td>Parrott</td>
<td>Nick</td>
<td>MV40</td>
<td>11</td>
<td>Chorlon Runners</td>
<td>5:54.15</td>
</tr>
<tr>
<td>11</td>
<td>70</td>
<td>Beaumont</td>
<td>Leona</td>
<td>FSNR</td>
<td>4</td>
<td>Chorlon Runners</td>
<td>5:55.23</td>
</tr>
<tr>
<td>12</td>
<td>72</td>
<td>Gill</td>
<td>Niamh</td>
<td>FSNR</td>
<td>5</td>
<td>Chorlon Runners</td>
<td>6:06.85</td>
</tr>
<tr>
<td>13</td>
<td>83</td>
<td>Turner</td>
<td>Craig</td>
<td>MV50</td>
<td>9</td>
<td>Manchester H &amp; AC</td>
<td>6:07.60</td>
</tr>
<tr>
<td>14</td>
<td>71</td>
<td>Cole</td>
<td>Andrew</td>
<td>MV50</td>
<td>10</td>
<td>East Cheshire H &amp; Tameside AC</td>
<td>6:15.91</td>
</tr>
</tbody>
</table>

#### The Mile – Race 6

<table>
<thead>
<tr>
<th>Race Psn</th>
<th>No.</th>
<th>Last Name</th>
<th>First Name</th>
<th>Category</th>
<th>Cat.Psn</th>
<th>Club</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>59</td>
<td>Gittins</td>
<td>Matt</td>
<td>MSNR</td>
<td>21</td>
<td>Unattached</td>
<td>5:11.63</td>
</tr>
<tr>
<td>2</td>
<td>68</td>
<td>Stewart</td>
<td>Jamie</td>
<td>MSNR</td>
<td>23</td>
<td>Chorlon Runners</td>
<td>5:19.16</td>
</tr>
<tr>
<td>3</td>
<td>56</td>
<td>Eskander</td>
<td>Miras</td>
<td>MSNR</td>
<td>26</td>
<td>Northern Masters AC</td>
<td>5:22.92</td>
</tr>
<tr>
<td>4</td>
<td>65</td>
<td>Muir</td>
<td>Adam</td>
<td>MSNR</td>
<td>28</td>
<td>Chorlon Runners</td>
<td>5:22.75</td>
</tr>
<tr>
<td>5</td>
<td>55</td>
<td>Edwards</td>
<td>Steven</td>
<td>MSNR</td>
<td>30</td>
<td>Ellesmere Port RC</td>
<td>5:23.43</td>
</tr>
<tr>
<td>6</td>
<td>61</td>
<td>Hargreaves</td>
<td>Michael</td>
<td>MSNR</td>
<td>32</td>
<td>Chorlon Runners</td>
<td>5:25.65</td>
</tr>
<tr>
<td>7</td>
<td>146</td>
<td>Leong</td>
<td>Meng Chong</td>
<td>MSNR</td>
<td>33</td>
<td>Unattached</td>
<td>5:25.90</td>
</tr>
<tr>
<td>8</td>
<td>58</td>
<td>Gill</td>
<td>David</td>
<td>MV60</td>
<td>1</td>
<td>Warrington AC</td>
<td>5:32.25</td>
</tr>
<tr>
<td>9</td>
<td>62</td>
<td>Harrison</td>
<td>John</td>
<td>MSNR</td>
<td>37</td>
<td>Ellesmere Port RC</td>
<td>5:35.05</td>
</tr>
<tr>
<td>10</td>
<td>67</td>
<td>Sharpe</td>
<td>Ian</td>
<td>MV45</td>
<td>6</td>
<td>Chorlon Runners</td>
<td>5:37.74</td>
</tr>
<tr>
<td>11</td>
<td>64</td>
<td>Monks</td>
<td>Melanie</td>
<td>FSNR</td>
<td>2</td>
<td>Trafford AC</td>
<td>5:41.66</td>
</tr>
<tr>
<td>12</td>
<td>63</td>
<td>Kerrigan</td>
<td>David</td>
<td>MV40</td>
<td>8</td>
<td>Swinton RC</td>
<td>5:44.18</td>
</tr>
<tr>
<td>13</td>
<td>57</td>
<td>Gallagher</td>
<td>Saul</td>
<td>MV50</td>
<td>7</td>
<td>East Cheshire H &amp; Tameside AC</td>
<td>5:54.37</td>
</tr>
</tbody>
</table>
### THE MILE – RACE 7

<table>
<thead>
<tr>
<th>Race Psn</th>
<th>No.</th>
<th>Last Name</th>
<th>First Name</th>
<th>Category</th>
<th>Cat.Psn</th>
<th>Club</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>53</td>
<td>Weston</td>
<td>Robert</td>
<td>MSNR</td>
<td>8</td>
<td>Manchester H &amp; AC</td>
<td>4:55.24</td>
</tr>
<tr>
<td>2</td>
<td>48</td>
<td>Sirett</td>
<td>Tom</td>
<td>MSNR</td>
<td>16</td>
<td>Ellesmere Port RC</td>
<td>5:08.22</td>
</tr>
<tr>
<td>3</td>
<td>51</td>
<td>Vasey</td>
<td>Daniel</td>
<td>MSNR</td>
<td>17</td>
<td>Chorlton Runners</td>
<td>5:08.37</td>
</tr>
<tr>
<td>4</td>
<td>41</td>
<td>Bagan</td>
<td>Paul</td>
<td>MV40</td>
<td>6</td>
<td>Warrington AC</td>
<td>5:09.11</td>
</tr>
<tr>
<td>5</td>
<td>43</td>
<td>Cleary</td>
<td>Justin</td>
<td>MSNR</td>
<td>20</td>
<td>Chorlton Runners</td>
<td>5:10.86</td>
</tr>
<tr>
<td>6</td>
<td>40</td>
<td>Atkinson</td>
<td>Matt</td>
<td>MSNR</td>
<td>22</td>
<td>Manchester H &amp; AC</td>
<td>5:19.12</td>
</tr>
<tr>
<td>7</td>
<td>54</td>
<td>Wilson</td>
<td>Ed</td>
<td>MSNR</td>
<td>24</td>
<td>City of Stoke AC</td>
<td>5:19.75</td>
</tr>
<tr>
<td>8</td>
<td>50</td>
<td>Turner</td>
<td>Richard</td>
<td>MV50</td>
<td>3</td>
<td>Trafford AC</td>
<td>5:20.56</td>
</tr>
<tr>
<td>9</td>
<td>47</td>
<td>Hargreaves</td>
<td>David</td>
<td>MSNR</td>
<td>25</td>
<td>Chorlton Runners</td>
<td>5:22.02</td>
</tr>
<tr>
<td>11</td>
<td>52</td>
<td>Welch</td>
<td>Steven</td>
<td>MSNR</td>
<td>31</td>
<td>Chorlton Runners</td>
<td>5:23.98</td>
</tr>
<tr>
<td>12</td>
<td>49</td>
<td>Tongue</td>
<td>Andrew</td>
<td>MSNR</td>
<td>35</td>
<td>Chorlton Runners</td>
<td>5:27.92</td>
</tr>
<tr>
<td>13</td>
<td>44</td>
<td>Deschoolmeester</td>
<td>Matthew</td>
<td>MV45</td>
<td>5</td>
<td>Bramhall Runners</td>
<td>5:28.44</td>
</tr>
<tr>
<td>14</td>
<td>45</td>
<td>Doxey</td>
<td>Steven</td>
<td>MV55</td>
<td>1</td>
<td>Swinton RC</td>
<td>5:31.46</td>
</tr>
</tbody>
</table>

### THE MILE – RACE 8

<table>
<thead>
<tr>
<th>Race Psn</th>
<th>No.</th>
<th>Last Name</th>
<th>First Name</th>
<th>Category</th>
<th>Cat.Psn</th>
<th>Club</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>37</td>
<td>Van Velzen</td>
<td>Victor</td>
<td>MV40</td>
<td>5</td>
<td>Manchester H &amp; AC</td>
<td>5:03.94</td>
</tr>
<tr>
<td>2</td>
<td>36</td>
<td>Smith</td>
<td>Stephen</td>
<td>MSNR</td>
<td>13</td>
<td>Chorlton Runners</td>
<td>5:04.35</td>
</tr>
<tr>
<td>3</td>
<td>32</td>
<td>Mohammed</td>
<td>Fahmi</td>
<td>MSNR</td>
<td>14</td>
<td>Blackley &amp; North Manchester AC</td>
<td>5:04.89</td>
</tr>
<tr>
<td>4</td>
<td>29</td>
<td>Costello</td>
<td>Ian</td>
<td>MV45</td>
<td>3</td>
<td>St Helens Sutton AC</td>
<td>5:05.40</td>
</tr>
<tr>
<td>5</td>
<td>34</td>
<td>Porter</td>
<td>Andy</td>
<td>MV50</td>
<td>2</td>
<td>Bramhall Runners</td>
<td>5:05.70</td>
</tr>
<tr>
<td>6</td>
<td>35</td>
<td>Rowley</td>
<td>William</td>
<td>MSNR</td>
<td>15</td>
<td>Swinton RC</td>
<td>5:06.25</td>
</tr>
<tr>
<td>7</td>
<td>2</td>
<td>Rudd</td>
<td>Louise</td>
<td>FV40</td>
<td>1</td>
<td>Stockport H &amp; AC</td>
<td>5:07.82</td>
</tr>
<tr>
<td>8</td>
<td>31</td>
<td>Kenny</td>
<td>Craig</td>
<td>MSNR</td>
<td>18</td>
<td>Bolton Utd H &amp; AC</td>
<td>5:08.96</td>
</tr>
<tr>
<td>9</td>
<td>39</td>
<td>Woodcock</td>
<td>Gareth</td>
<td>MSNR</td>
<td>19</td>
<td>Trafford AC</td>
<td>5:09.85</td>
</tr>
<tr>
<td>10</td>
<td>33</td>
<td>Pickford</td>
<td>Chris</td>
<td>MV40</td>
<td>7</td>
<td>Bolton Utd H &amp; AC</td>
<td>5:12.49</td>
</tr>
<tr>
<td>11</td>
<td>28</td>
<td>Cauley</td>
<td>Amy-Rose</td>
<td>FSNR</td>
<td>1</td>
<td>Trafford AC</td>
<td>5:13.14</td>
</tr>
<tr>
<td>12</td>
<td>38</td>
<td>Wardle</td>
<td>Tony</td>
<td>MV45</td>
<td>4</td>
<td>South Cheshire H</td>
<td>5:16.47</td>
</tr>
</tbody>
</table>

### THE MILE – RACE 9

<table>
<thead>
<tr>
<th>Race Psn</th>
<th>No.</th>
<th>Last Name</th>
<th>First Name</th>
<th>Category</th>
<th>Cat.Psn</th>
<th>Club</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>25</td>
<td>Sinclair</td>
<td>Harry</td>
<td>MU17</td>
<td>1</td>
<td>Altrincham &amp; District AC</td>
<td>4:48.35</td>
</tr>
<tr>
<td>2</td>
<td>24</td>
<td>Shaw</td>
<td>Daniel</td>
<td>MSNR</td>
<td>3</td>
<td>Bolton Utd H &amp; AC</td>
<td>4:48.37</td>
</tr>
<tr>
<td>3</td>
<td>27</td>
<td>Stirzaker</td>
<td>Richard</td>
<td>MSNR</td>
<td>4</td>
<td>Rochdale H &amp; AC</td>
<td>4:50.00</td>
</tr>
<tr>
<td>4</td>
<td>17</td>
<td>Dearnley-Lane</td>
<td>Jon</td>
<td>MSNR</td>
<td>5</td>
<td>Rochdale H &amp; AC</td>
<td>4:52.44</td>
</tr>
<tr>
<td>5</td>
<td>21</td>
<td>Maccrose</td>
<td>Greg</td>
<td>MSNR</td>
<td>6</td>
<td>Trafford AC</td>
<td>4:54.51</td>
</tr>
<tr>
<td>6</td>
<td>19</td>
<td>Hayes</td>
<td>Richard</td>
<td>MSNR</td>
<td>9</td>
<td>Manchester H &amp; AC</td>
<td>4:55.73</td>
</tr>
<tr>
<td>7</td>
<td>23</td>
<td>Russell</td>
<td>Mark</td>
<td>MV50</td>
<td>1</td>
<td>Salford H &amp; AC</td>
<td>4:56.35</td>
</tr>
<tr>
<td>8</td>
<td>22</td>
<td>Price</td>
<td>Russell</td>
<td>MSNR</td>
<td>10</td>
<td>Chorlton Runners</td>
<td>4:58.67</td>
</tr>
<tr>
<td>9</td>
<td>26</td>
<td>Stephenson</td>
<td>Tom</td>
<td>MSNR</td>
<td>11</td>
<td>Sale H Manchester AC</td>
<td>4:59.60</td>
</tr>
<tr>
<td>10</td>
<td>20</td>
<td>Jones</td>
<td>Ben</td>
<td>MSNR</td>
<td>12</td>
<td>Bury AC</td>
<td>5:03.43</td>
</tr>
</tbody>
</table>

Queries: Brenda Bradshaw, 0161-796 6310, email c/o: arnoldbradshaw@btinternet.com
## THE MANCHESTER MILE TRACK MEETING

### THE MILE – RACE 10

<table>
<thead>
<tr>
<th>Race Psn</th>
<th>No.</th>
<th>Last Name</th>
<th>First Name</th>
<th>Category</th>
<th>Cat.Psn</th>
<th>Club</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>8</td>
<td>Griffiths</td>
<td>Thomas</td>
<td>MSNR</td>
<td>1</td>
<td>St Helens Sutton AC</td>
<td>4:19.28</td>
</tr>
<tr>
<td>2</td>
<td>15</td>
<td>Zaman-Browne</td>
<td>Rocco</td>
<td>MU20</td>
<td>1</td>
<td>Manchester H &amp; AC</td>
<td>4:33.47</td>
</tr>
<tr>
<td>3</td>
<td>11</td>
<td>Lewis</td>
<td>George</td>
<td>MSNR</td>
<td>2</td>
<td>East Cheshire H &amp; Tameside AC</td>
<td>4:40.29</td>
</tr>
<tr>
<td>4</td>
<td>18</td>
<td>Grime</td>
<td>Ian</td>
<td>MV45</td>
<td>1</td>
<td>Salford H &amp; AC</td>
<td>4:42.10</td>
</tr>
<tr>
<td>5</td>
<td>4</td>
<td>Cartwright</td>
<td>Andrew</td>
<td>MV40</td>
<td>1</td>
<td>Wakefield District H &amp; AC</td>
<td>4:42.40</td>
</tr>
<tr>
<td>6</td>
<td>13</td>
<td>Russell</td>
<td>Darren</td>
<td>MV40</td>
<td>2</td>
<td>Trafford AC</td>
<td>4:44.56</td>
</tr>
<tr>
<td>7</td>
<td>145</td>
<td>White</td>
<td>Robert</td>
<td>MV40</td>
<td>3</td>
<td>Buxton AC</td>
<td>4:47.14</td>
</tr>
<tr>
<td>8</td>
<td>14</td>
<td>Tetler</td>
<td>Ben</td>
<td>MV40</td>
<td>4</td>
<td>Glossopdale Harriers</td>
<td>4:51.05</td>
</tr>
<tr>
<td>9</td>
<td>6</td>
<td>Fazakerley</td>
<td>Ed</td>
<td>MV45</td>
<td>2</td>
<td>Manchester H &amp; AC</td>
<td>4:53.08</td>
</tr>
<tr>
<td>10</td>
<td>9</td>
<td>Healy</td>
<td>Jake</td>
<td>MSNR</td>
<td>7</td>
<td>St Helens Sutton AC</td>
<td>4:54.76</td>
</tr>
</tbody>
</table>

### POSITIONS BY CATEGORY – WOMEN

<table>
<thead>
<tr>
<th>Category</th>
<th>Cat.Psn</th>
<th>No.</th>
<th>Race</th>
<th>Last Name</th>
<th>First Name</th>
<th>Club</th>
<th>Race Psn</th>
<th>Overall Psn</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>FSNR</td>
<td>1</td>
<td>28</td>
<td>08</td>
<td>Cauley</td>
<td>Amy-Rose</td>
<td>Trafford AC</td>
<td>11</td>
<td>37</td>
<td>5:13.14</td>
</tr>
<tr>
<td>FSNR</td>
<td>2</td>
<td>64</td>
<td>06</td>
<td>Monks</td>
<td>Melanie</td>
<td>Trafford AC</td>
<td>11</td>
<td>62</td>
<td>5:41.66</td>
</tr>
<tr>
<td>FSNR</td>
<td>3</td>
<td>98</td>
<td>05</td>
<td>Welch</td>
<td>Amy</td>
<td>Chorlton Runners</td>
<td>6</td>
<td>65</td>
<td>5:46.51</td>
</tr>
<tr>
<td>FSNR</td>
<td>4</td>
<td>70</td>
<td>05</td>
<td>Beaumont</td>
<td>Leona</td>
<td>Chorlton Runners</td>
<td>11</td>
<td>74</td>
<td>5:55.23</td>
</tr>
<tr>
<td>FSNR</td>
<td>5</td>
<td>72</td>
<td>05</td>
<td>Gill</td>
<td>Niamh</td>
<td>Chorlton Runners</td>
<td>12</td>
<td>80</td>
<td>6:06.85</td>
</tr>
<tr>
<td>FSNR</td>
<td>6</td>
<td>119</td>
<td>02</td>
<td>Marsden</td>
<td>Antonia</td>
<td>Unattached</td>
<td>5</td>
<td>95</td>
<td>6:32.21</td>
</tr>
<tr>
<td>FSNR</td>
<td>7</td>
<td>149</td>
<td>03</td>
<td>Sate</td>
<td>Rachel</td>
<td>Salford Metropolitan AC</td>
<td>8</td>
<td>96</td>
<td>6:40.52</td>
</tr>
<tr>
<td>FSNR</td>
<td>8</td>
<td>118</td>
<td>03</td>
<td>MacKay</td>
<td>Laura</td>
<td>Chorlton Runners</td>
<td>12</td>
<td>109</td>
<td>7:22.43</td>
</tr>
<tr>
<td>FSNR</td>
<td>9</td>
<td>114</td>
<td>02</td>
<td>Cleary</td>
<td>Gemma</td>
<td>Chorlton Runners</td>
<td>11</td>
<td>111</td>
<td>7:26.22</td>
</tr>
<tr>
<td>FSNR</td>
<td>10</td>
<td>120</td>
<td>01</td>
<td>McInnes</td>
<td>Katie</td>
<td>Chorlton Runners</td>
<td>4</td>
<td>112</td>
<td>7:44.28</td>
</tr>
<tr>
<td>FSNR</td>
<td>11</td>
<td>115</td>
<td>02</td>
<td>Collins</td>
<td>Hollie</td>
<td>Unattached</td>
<td>13</td>
<td>114</td>
<td>7:51.98</td>
</tr>
<tr>
<td>FV35</td>
<td>1</td>
<td>86</td>
<td>04</td>
<td>Brown</td>
<td>Laura</td>
<td>Unattached</td>
<td>7</td>
<td>79</td>
<td>6:03.39</td>
</tr>
<tr>
<td>FV35</td>
<td>2</td>
<td>92</td>
<td>04</td>
<td>Mills</td>
<td>Rebecca</td>
<td>Swinton RC</td>
<td>10</td>
<td>88</td>
<td>6:17.79</td>
</tr>
<tr>
<td>FV35</td>
<td>3</td>
<td>126</td>
<td>02</td>
<td>Wainwright</td>
<td>Alison</td>
<td>Chorlton Runners</td>
<td>4</td>
<td>94</td>
<td>6:30.86</td>
</tr>
<tr>
<td>FV35</td>
<td>4</td>
<td>139</td>
<td>01</td>
<td>Matthews</td>
<td>Sarah</td>
<td>Widnes RC</td>
<td>1</td>
<td>100</td>
<td>6:49.53</td>
</tr>
<tr>
<td>FV35</td>
<td>5</td>
<td>112</td>
<td>02</td>
<td>Baba</td>
<td>Caroline</td>
<td>Manchester H &amp; AC</td>
<td>8</td>
<td>105</td>
<td>7:10.25</td>
</tr>
<tr>
<td>FV40</td>
<td>1</td>
<td>2</td>
<td>08</td>
<td>Rudd</td>
<td>Louise</td>
<td>Stockport H &amp; AC</td>
<td>7</td>
<td>28</td>
<td>5:07.82</td>
</tr>
<tr>
<td>FV40</td>
<td>2</td>
<td>110</td>
<td>03</td>
<td>Perrot</td>
<td>Jacqueline</td>
<td>Chorlton Runners</td>
<td>6</td>
<td>91</td>
<td>6:28.41</td>
</tr>
<tr>
<td>FV40</td>
<td>3</td>
<td>113</td>
<td>02</td>
<td>Burgess</td>
<td>Edyta</td>
<td>Winston Runners</td>
<td>3</td>
<td>92</td>
<td>6:29.31</td>
</tr>
<tr>
<td>FV40</td>
<td>4</td>
<td>134</td>
<td>01</td>
<td>Farrelly</td>
<td>Lindsey</td>
<td>Manchester H &amp; AC</td>
<td>3</td>
<td>108</td>
<td>7:18.33</td>
</tr>
<tr>
<td>FV45</td>
<td>1</td>
<td>124</td>
<td>02</td>
<td>Qamar</td>
<td>Isabelle</td>
<td>Unattached</td>
<td>9</td>
<td>106</td>
<td>7:12.63</td>
</tr>
<tr>
<td>FV45</td>
<td>2</td>
<td>132</td>
<td>01</td>
<td>Davies</td>
<td>Jane</td>
<td>Chorlton Runners</td>
<td>9</td>
<td>120</td>
<td>9:38.88</td>
</tr>
</tbody>
</table>
## THE MANCHESTER MILE TRACK MEETING

### POSITIONS BY CATEGORY - WOMEN - continued

<table>
<thead>
<tr>
<th>Category</th>
<th>Cat.Psn</th>
<th>No.</th>
<th>Race</th>
<th>Last Name</th>
<th>First Name</th>
<th>Club</th>
<th>Race Psn</th>
<th>Overall Psn</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>FV50</td>
<td>1</td>
<td>111</td>
<td>03</td>
<td>Rix</td>
<td>Linda</td>
<td>Manchester Frontrunners</td>
<td>7</td>
<td>93</td>
<td>6:29.46</td>
</tr>
<tr>
<td></td>
<td>2</td>
<td>129</td>
<td>01</td>
<td>Beresford</td>
<td>Debbie</td>
<td>Manchester H &amp; AC</td>
<td>5</td>
<td>116</td>
<td>8:06.42</td>
</tr>
<tr>
<td>FV55</td>
<td>1</td>
<td>125</td>
<td>02</td>
<td>Sinnott</td>
<td>June</td>
<td>Northern Masters AC</td>
<td>12</td>
<td>113</td>
<td>7:44.42</td>
</tr>
<tr>
<td></td>
<td>2</td>
<td>133</td>
<td>01</td>
<td>Doxey</td>
<td>Wendy</td>
<td>Swinton RC</td>
<td>7</td>
<td>118</td>
<td>9:08.49</td>
</tr>
<tr>
<td>FV65</td>
<td>1</td>
<td>150</td>
<td>02</td>
<td>Mitchell</td>
<td>Heather</td>
<td>Dewsbury RR</td>
<td>14</td>
<td>115</td>
<td>7:55.67</td>
</tr>
<tr>
<td></td>
<td>2</td>
<td>128</td>
<td>01</td>
<td>Bean</td>
<td>Susan</td>
<td>Chorlton Runners</td>
<td>8</td>
<td>119</td>
<td>9:29.64</td>
</tr>
</tbody>
</table>

### POSITIONS BY CATEGORY - MEN

<table>
<thead>
<tr>
<th>Category</th>
<th>Cat.Psn</th>
<th>No.</th>
<th>Race</th>
<th>Last Name</th>
<th>First Name</th>
<th>Club</th>
<th>Race Psn</th>
<th>Overall Psn</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>MSNR</td>
<td>1</td>
<td>8</td>
<td>10</td>
<td>Griffiths</td>
<td>Thomas</td>
<td>St Helens Sutton AC</td>
<td>1</td>
<td>1</td>
<td>4:19.28</td>
</tr>
<tr>
<td></td>
<td>2</td>
<td>11</td>
<td>10</td>
<td>Lewis</td>
<td>George</td>
<td>East Cheshire H &amp; Tameside</td>
<td>3</td>
<td>3</td>
<td>4:40.29</td>
</tr>
<tr>
<td>MSNR</td>
<td>3</td>
<td>24</td>
<td>09</td>
<td>Shaw</td>
<td>Daniel</td>
<td>Bolton Utd H &amp; AC</td>
<td>2</td>
<td>9</td>
<td>4:48.37</td>
</tr>
<tr>
<td>MSNR</td>
<td>4</td>
<td>27</td>
<td>09</td>
<td>Stirzaker</td>
<td>Richard</td>
<td>Rochdale H &amp; AC</td>
<td>10</td>
<td>10</td>
<td>4:50.00</td>
</tr>
<tr>
<td>MSNR</td>
<td>5</td>
<td>17</td>
<td>09</td>
<td>Dearnley-Lane</td>
<td>Jon</td>
<td>Rochdale H &amp; AC</td>
<td>12</td>
<td>12</td>
<td>4:52.44</td>
</tr>
<tr>
<td>MSNR</td>
<td>6</td>
<td>21</td>
<td>09</td>
<td>Marcroft</td>
<td>Greg</td>
<td>Trafford AC</td>
<td>14</td>
<td>14</td>
<td>4:54.51</td>
</tr>
<tr>
<td>MSNR</td>
<td>7</td>
<td>9</td>
<td>10</td>
<td>Healy</td>
<td>Jake</td>
<td>St Helens Sutton AC</td>
<td>15</td>
<td>15</td>
<td>4:54.76</td>
</tr>
<tr>
<td>MSNR</td>
<td>8</td>
<td>53</td>
<td>07</td>
<td>Weston</td>
<td>Robert</td>
<td>Manchester H &amp; AC</td>
<td>16</td>
<td>16</td>
<td>4:55.24</td>
</tr>
<tr>
<td>MSNR</td>
<td>9</td>
<td>19</td>
<td>09</td>
<td>Hayes</td>
<td>Richard</td>
<td>Manchester H &amp; AC</td>
<td>17</td>
<td>17</td>
<td>4:55.73</td>
</tr>
<tr>
<td>MSNR</td>
<td>10</td>
<td>22</td>
<td>09</td>
<td>Price</td>
<td>Russell</td>
<td>Chorlton Runners</td>
<td>19</td>
<td>19</td>
<td>4:58.67</td>
</tr>
<tr>
<td>MSNR</td>
<td>11</td>
<td>26</td>
<td>09</td>
<td>Stephenson</td>
<td>Tom</td>
<td>Sale H Manchester AC</td>
<td>20</td>
<td>20</td>
<td>4:59.60</td>
</tr>
<tr>
<td>MSNR</td>
<td>12</td>
<td>20</td>
<td>09</td>
<td>Jones</td>
<td>Ben</td>
<td>Bury AC</td>
<td>21</td>
<td>21</td>
<td>5:03.43</td>
</tr>
<tr>
<td>MSNR</td>
<td>13</td>
<td>36</td>
<td>08</td>
<td>Smith</td>
<td>Stephen</td>
<td>Chorlton Runners</td>
<td>23</td>
<td>23</td>
<td>5:04.35</td>
</tr>
<tr>
<td>MSNR</td>
<td>14</td>
<td>32</td>
<td>08</td>
<td>Mohammed</td>
<td>Fahmi</td>
<td>Blackley &amp; North Manchester</td>
<td>24</td>
<td>24</td>
<td>5:04.89</td>
</tr>
<tr>
<td>MSNR</td>
<td>15</td>
<td>35</td>
<td>08</td>
<td>Rowley</td>
<td>William</td>
<td>Swinton RC</td>
<td>27</td>
<td>27</td>
<td>5:06.25</td>
</tr>
<tr>
<td>MSNR</td>
<td>16</td>
<td>48</td>
<td>07</td>
<td>Sirett</td>
<td>Tom</td>
<td>Ellesmere Port RC</td>
<td>29</td>
<td>29</td>
<td>5:08.22</td>
</tr>
<tr>
<td>MSNR</td>
<td>17</td>
<td>51</td>
<td>07</td>
<td>Vasey</td>
<td>Daniel</td>
<td>Chorlton Runners</td>
<td>30</td>
<td>30</td>
<td>5:08.37</td>
</tr>
<tr>
<td>MSNR</td>
<td>18</td>
<td>31</td>
<td>08</td>
<td>Kenny</td>
<td>Craig</td>
<td>Bolton Utd H &amp; AC</td>
<td>31</td>
<td>31</td>
<td>5:08.96</td>
</tr>
<tr>
<td>MSNR</td>
<td>19</td>
<td>39</td>
<td>08</td>
<td>Woodcock</td>
<td>Gareth</td>
<td>Trafford AC</td>
<td>33</td>
<td>33</td>
<td>5:09.85</td>
</tr>
<tr>
<td>MSNR</td>
<td>20</td>
<td>43</td>
<td>07</td>
<td>Cleary</td>
<td>Justin</td>
<td>Chorlton Runners</td>
<td>34</td>
<td>34</td>
<td>5:10.86</td>
</tr>
<tr>
<td>MSNR</td>
<td>21</td>
<td>59</td>
<td>06</td>
<td>Gittins</td>
<td>Matt</td>
<td>Unattached</td>
<td>35</td>
<td>35</td>
<td>5:11.63</td>
</tr>
<tr>
<td>MSNR</td>
<td>22</td>
<td>40</td>
<td>07</td>
<td>Atkinson</td>
<td>Matt</td>
<td>Manchester H &amp; AC</td>
<td>39</td>
<td>39</td>
<td>5:19.12</td>
</tr>
<tr>
<td>MSNR</td>
<td>23</td>
<td>68</td>
<td>06</td>
<td>Stewart</td>
<td>Jamie</td>
<td>Chorlton Runners</td>
<td>2</td>
<td>40</td>
<td>5:19.16</td>
</tr>
<tr>
<td>MSNR</td>
<td>24</td>
<td>54</td>
<td>07</td>
<td>Wilson</td>
<td>Ed</td>
<td>City of Stoke AC</td>
<td>41</td>
<td>41</td>
<td>5:19.75</td>
</tr>
<tr>
<td>MSNR</td>
<td>25</td>
<td>47</td>
<td>07</td>
<td>Hargreaves</td>
<td>David</td>
<td>Chorlton Runners</td>
<td>43</td>
<td>43</td>
<td>5:22.02</td>
</tr>
<tr>
<td>MSNR</td>
<td>26</td>
<td>56</td>
<td>06</td>
<td>Eskander</td>
<td>Miras</td>
<td>Northern Masters AC</td>
<td>44</td>
<td>44</td>
<td>5:22.29</td>
</tr>
<tr>
<td>MSNR</td>
<td>27</td>
<td>42</td>
<td>07</td>
<td>Carter-Brzezinski</td>
<td>Luke</td>
<td>Chorlton Runners</td>
<td>45</td>
<td>45</td>
<td>5:22.58</td>
</tr>
<tr>
<td>MSNR</td>
<td>28</td>
<td>65</td>
<td>06</td>
<td>Muir</td>
<td>Adam</td>
<td>Chorlton Runners</td>
<td>46</td>
<td>46</td>
<td>5:22.75</td>
</tr>
<tr>
<td>MSNR</td>
<td>29</td>
<td>74</td>
<td>05</td>
<td>Kelly</td>
<td>Luke</td>
<td>Unattached</td>
<td>47</td>
<td>47</td>
<td>5:23.15</td>
</tr>
</tbody>
</table>

 Queries: Brenda Bradshaw, 0161-796 6310, email c/o: arnoldbradshaw@btinternet.com

bb: 21/6/2018 - p.6 of 12
POSITIONS BY CATEGORY – MEN – continued……

<table>
<thead>
<tr>
<th>Category</th>
<th>Cat.Psn</th>
<th>No.</th>
<th>Race</th>
<th>Last Name</th>
<th>First Name</th>
<th>Club</th>
<th>Race Psn</th>
<th>Overall Psn</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>MSNR</td>
<td>30</td>
<td>55</td>
<td>06</td>
<td>Edwards</td>
<td>Steven</td>
<td>Ellesmere Port RC</td>
<td>5</td>
<td>48</td>
<td>5:23.43</td>
</tr>
<tr>
<td>MSNR</td>
<td>31</td>
<td>52</td>
<td>07</td>
<td>Welch</td>
<td>Steven</td>
<td>Chorlton Runners</td>
<td>11</td>
<td>49</td>
<td>5:23.98</td>
</tr>
<tr>
<td>MSNR</td>
<td>32</td>
<td>61</td>
<td>06</td>
<td>Hargreaves</td>
<td>Michael</td>
<td>Chorlton Runners</td>
<td>6</td>
<td>50</td>
<td>5:25.65</td>
</tr>
<tr>
<td>MSNR</td>
<td>33</td>
<td>146</td>
<td>06</td>
<td>Leong</td>
<td>Meng Chong</td>
<td>Unattached</td>
<td>7</td>
<td>51</td>
<td>5:25.90</td>
</tr>
<tr>
<td>MSNR</td>
<td>34</td>
<td>80</td>
<td>05</td>
<td>Stuart</td>
<td>James</td>
<td>Unattached</td>
<td>2</td>
<td>52</td>
<td>5:27.71</td>
</tr>
<tr>
<td>MSNR</td>
<td>35</td>
<td>49</td>
<td>07</td>
<td>Tongue</td>
<td>Andrew</td>
<td>Chorlton Runners</td>
<td>12</td>
<td>53</td>
<td>5:27.92</td>
</tr>
<tr>
<td>MSNR</td>
<td>36</td>
<td>84</td>
<td>05</td>
<td>Wainwright</td>
<td>Neal</td>
<td>Chorlton Runners</td>
<td>3</td>
<td>56</td>
<td>5:31.49</td>
</tr>
<tr>
<td>MSNR</td>
<td>37</td>
<td>62</td>
<td>06</td>
<td>Harrison</td>
<td>John</td>
<td>Ellesmere Port RC</td>
<td>9</td>
<td>59</td>
<td>5:35.05</td>
</tr>
<tr>
<td>MSNR</td>
<td>38</td>
<td>77</td>
<td>05</td>
<td>Ryan</td>
<td>Neil</td>
<td>Manchester H &amp; AC</td>
<td>5</td>
<td>61</td>
<td>5:39.71</td>
</tr>
<tr>
<td>MSNR</td>
<td>39</td>
<td>96</td>
<td>04</td>
<td>Taylor</td>
<td>Nick</td>
<td>Unattached</td>
<td>1</td>
<td>63</td>
<td>5:43.27</td>
</tr>
<tr>
<td>MSNR</td>
<td>40</td>
<td>93</td>
<td>04</td>
<td>Murray</td>
<td>Dave</td>
<td>Chorlton Runners</td>
<td>4</td>
<td>75</td>
<td>5:57.25</td>
</tr>
<tr>
<td>MSNR</td>
<td>41</td>
<td>106</td>
<td>03</td>
<td>Lewis</td>
<td>Joseph</td>
<td>Unattached</td>
<td>2</td>
<td>77</td>
<td>5:59.70</td>
</tr>
<tr>
<td>MSNR</td>
<td>42</td>
<td>97</td>
<td>04</td>
<td>Valentine</td>
<td>Mark</td>
<td>Chorlton Runners</td>
<td>6</td>
<td>78</td>
<td>6:02.79</td>
</tr>
<tr>
<td>MSNR</td>
<td>43</td>
<td>105</td>
<td>03</td>
<td>Knowles</td>
<td>Daniel</td>
<td>Manchester Frontrunners</td>
<td>3</td>
<td>81</td>
<td>6:07.01</td>
</tr>
<tr>
<td>MSNR</td>
<td>44</td>
<td>117</td>
<td>02</td>
<td>Das</td>
<td>Anirban</td>
<td>Swinton RC</td>
<td>1</td>
<td>83</td>
<td>6:09.27</td>
</tr>
<tr>
<td>MSNR</td>
<td>45</td>
<td>91</td>
<td>04</td>
<td>McCourt</td>
<td>Lee</td>
<td>Manchester H &amp; AC</td>
<td>9</td>
<td>87</td>
<td>6:17.56</td>
</tr>
<tr>
<td>MSNR</td>
<td>46</td>
<td>102</td>
<td>03</td>
<td>Murray</td>
<td>Dave</td>
<td>Bramhall Runners</td>
<td>9</td>
<td>101</td>
<td>6:50.70</td>
</tr>
<tr>
<td>MU17</td>
<td>1</td>
<td>25</td>
<td>09</td>
<td>Sinclair</td>
<td>Harry</td>
<td>Altrincham &amp; District AC</td>
<td>1</td>
<td>8</td>
<td>4:48.35</td>
</tr>
<tr>
<td>MU20</td>
<td>1</td>
<td>15</td>
<td>10</td>
<td>Zaman-Browne</td>
<td>Rocco</td>
<td>Manchester H &amp; AC</td>
<td>2</td>
<td>2</td>
<td>4:33.47</td>
</tr>
<tr>
<td>MV40</td>
<td>1</td>
<td>4</td>
<td>10</td>
<td>Cartwright</td>
<td>Andrew</td>
<td>Wakefield District H &amp; AC</td>
<td>5</td>
<td>5</td>
<td>4:42.40</td>
</tr>
<tr>
<td>MV40</td>
<td>2</td>
<td>13</td>
<td>10</td>
<td>Russell</td>
<td>Darren</td>
<td>Trafford AC</td>
<td>6</td>
<td>6</td>
<td>4:44.56</td>
</tr>
<tr>
<td>MV40</td>
<td>3</td>
<td>145</td>
<td>10</td>
<td>White</td>
<td>Robert</td>
<td>Buxton AC</td>
<td>7</td>
<td>7</td>
<td>4:47.14</td>
</tr>
<tr>
<td>MV40</td>
<td>4</td>
<td>14</td>
<td>10</td>
<td>Tetler</td>
<td>Ben</td>
<td>Glossopdale Harriers</td>
<td>8</td>
<td>11</td>
<td>4:51.05</td>
</tr>
<tr>
<td>MV40</td>
<td>5</td>
<td>37</td>
<td>08</td>
<td>Van Velzen</td>
<td>Victor</td>
<td>Manchester H &amp; AC</td>
<td>1</td>
<td>22</td>
<td>5:03.94</td>
</tr>
<tr>
<td>MV40</td>
<td>6</td>
<td>41</td>
<td>07</td>
<td>Bagan</td>
<td>Paul</td>
<td>Warrington AC</td>
<td>4</td>
<td>32</td>
<td>5:09.11</td>
</tr>
<tr>
<td>MV40</td>
<td>7</td>
<td>33</td>
<td>08</td>
<td>Pickford</td>
<td>Chris</td>
<td>Bolton Utd H &amp; AC</td>
<td>10</td>
<td>36</td>
<td>5:12.49</td>
</tr>
<tr>
<td>MV40</td>
<td>8</td>
<td>63</td>
<td>06</td>
<td>Kerrigan</td>
<td>David</td>
<td>Swinton RC</td>
<td>12</td>
<td>64</td>
<td>5:44.18</td>
</tr>
<tr>
<td>MV40</td>
<td>9</td>
<td>94</td>
<td>04</td>
<td>Pendleton</td>
<td>Nick</td>
<td>Unattached</td>
<td>3</td>
<td>67</td>
<td>5:47.11</td>
</tr>
<tr>
<td>MV40</td>
<td>10</td>
<td>78</td>
<td>05</td>
<td>Sewart</td>
<td>Chris</td>
<td>Manchester H &amp; AC</td>
<td>8</td>
<td>69</td>
<td>5:49.96</td>
</tr>
<tr>
<td>MV40</td>
<td>11</td>
<td>75</td>
<td>05</td>
<td>Parrott</td>
<td>Nick</td>
<td>Chorlton Runners</td>
<td>10</td>
<td>71</td>
<td>5:54.15</td>
</tr>
<tr>
<td>MV40</td>
<td>12</td>
<td>90</td>
<td>04</td>
<td>Loudon</td>
<td>Paul</td>
<td>Chorlton Runners</td>
<td>5</td>
<td>76</td>
<td>5:59.11</td>
</tr>
<tr>
<td>MV40</td>
<td>13</td>
<td>85</td>
<td>04</td>
<td>Blackwell</td>
<td>Tim</td>
<td>Chorlton Runners</td>
<td>8</td>
<td>85</td>
<td>6:15.26</td>
</tr>
<tr>
<td>MV40</td>
<td>14</td>
<td>121</td>
<td>02</td>
<td>Paterson</td>
<td>Andrew</td>
<td>Chorlton Runners</td>
<td>7</td>
<td>103</td>
<td>7:00.24</td>
</tr>
<tr>
<td>MV40</td>
<td>15</td>
<td>144</td>
<td>01</td>
<td>Thompson</td>
<td>Jamie</td>
<td>Chorlton Runners</td>
<td>2</td>
<td>107</td>
<td>7:17.17</td>
</tr>
<tr>
<td>MV45</td>
<td>1</td>
<td>18</td>
<td>10</td>
<td>Grime</td>
<td>Ian</td>
<td>Salford H &amp; AC</td>
<td>4</td>
<td>4</td>
<td>4:42.10</td>
</tr>
<tr>
<td>MV45</td>
<td>2</td>
<td>6</td>
<td>10</td>
<td>Fazakerley</td>
<td>Ed</td>
<td>Manchester H &amp; AC</td>
<td>9</td>
<td>13</td>
<td>4:53.08</td>
</tr>
<tr>
<td>MV45</td>
<td>3</td>
<td>29</td>
<td>08</td>
<td>Costello</td>
<td>Ian</td>
<td>St Helens Sutton AC</td>
<td>4</td>
<td>25</td>
<td>5:05.40</td>
</tr>
</tbody>
</table>
## THE MANCHESTER MILE TRACK MEETING

**POSITIONS BY CATEGORY – MEN – continued…**

<table>
<thead>
<tr>
<th>Category</th>
<th>Cat.Psn</th>
<th>No.</th>
<th>Race</th>
<th>Last Name</th>
<th>First Name</th>
<th>Club</th>
<th>Race Psn</th>
<th>Overall Psn</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>MV45</td>
<td>4</td>
<td>38</td>
<td>08</td>
<td>Wardle</td>
<td>Tony</td>
<td>South Cheshire H</td>
<td>12</td>
<td>38</td>
<td>5:16.47</td>
</tr>
<tr>
<td>MV45</td>
<td>5</td>
<td>44</td>
<td>07</td>
<td>Deschoolmeester</td>
<td>Matthew</td>
<td>Bramhall Runners</td>
<td>13</td>
<td>54</td>
<td>5:28.44</td>
</tr>
<tr>
<td>MV45</td>
<td>6</td>
<td>67</td>
<td>06</td>
<td>Sharpe</td>
<td>Ian</td>
<td>Chorlton Runners</td>
<td>10</td>
<td>60</td>
<td>5:37.74</td>
</tr>
<tr>
<td>MV45</td>
<td>7</td>
<td>108</td>
<td>03</td>
<td>Lord</td>
<td>Sean</td>
<td>Chorlton Runners</td>
<td>4</td>
<td>84</td>
<td>6:12.65</td>
</tr>
<tr>
<td>MV45</td>
<td>8</td>
<td>87</td>
<td>04</td>
<td>Dale</td>
<td>Alison</td>
<td>Bury AC</td>
<td>11</td>
<td>97</td>
<td>6:41.96</td>
</tr>
</tbody>
</table>

| MV50     | 1       | 23   | 09   | Russell   | Mark       | Salford H & AC    | 7        | 18          | 4:56.35  |
| MV50     | 2       | 34   | 08   | Porter    | Andy       | Bramhall Runners  | 5        | 26          | 5:05.70  |
| MV50     | 3       | 50   | 07   | Turner    | Richard    | Trafford AC       | 8        | 42          | 5:20.56  |
| MV50     | 4       | 76   | 05   | Raso      | Roberto    | Manchester R frontrunners  | 4        | 58          | 5:32.56  |
| MV50     | 5       | 101  | 04   | Burgess   | John       | Chorlton Runners  | 2        | 66          | 5:46.53  |
| MV50     | 6       | 147  | 05   | Patel     | Girish     | Salford Metropolitan AC | 7        | 68          | 5:49.35  |
| MV50     | 7       | 57   | 06   | Gallagher | Saul       | East Cheshire H & Tameside | 13       | 72          | 5:54.37  |
| MV50     | 8       | 107  | 03   | Long      | Mike       | Manchester H & AC  | 1        | 73          | 5:55.11  |
| MV50     | 9       | 83   | 05   | Turner    | Craig      | Manchester H & AC  | 13       | 82          | 6:07.60  |
| MV50     | 10      | 71   | 05   | Cole      | Andrew     | East Cheshire H & Tameside | 14       | 86          | 6:15.91  |
| MV50     | 11      | 109  | 03   | Peachey   | Christopher | Chorlton Runners  | 5        | 89          | 6:17.89  |
| MV50     | 12      | 89   | 04   | Kelly     | Denis      | Manchester H & AC  | 12       | 98          | 6:45.90  |
| MV55     | 1       | 45   | 07   | Doxey     | Steven     | Swinton RC        | 14       | 55          | 5:31.46  |
| MV55     | 2       | 79   | 05   | Stainthorpe | Ian       | Rochdale H & AC   | 9        | 70          | 5:52.71  |
| MV55     | 3       | 122  | 02   | Payne     | Tony       | Chorlton Runners  | 2        | 90          | 6:28.32  |
| MV60     | 1       | 58   | 06   | Gill      | David      | Warrington AC     | 8        | 57          | 5:32.25  |
| MV60     | 2       | 123  | 02   | Plant     | Malcolm    | Manchester H & AC  | 10       | 110         | 7:25.65  |
| MV60     | 3       | 141  | 01   | O'Brien   | John       | Manchester H & AC  | 10       | 121         | 11:35.57 |
| MV65     | 1       | 99   | 03   | Beattie   | Geoff      | Sale H Manchester AC | 11       | 104         | 7:03.46  |
| MV70     | 1       | 116  | 02   | Cunningham | Mike       | Manchester H & AC  | 6        | 99          | 6:48.40  |
| MV70     | 2       | 100  | 03   | Bradshaw  | Arnold     | Manchester H & AC  | 10       | 102         | 6:58.99  |
| MV70     | 3       | 130  | 01   | Black     | Kenneth    | Spectrum Striders  | 6        | 117         | 8:44.03  |

Queries: Brenda Bradshaw, 0161-796 6310, email c/o: arnoldbradshaw@btinternet.com
## THE MANCHESTER MILE TRACK MEETING

### POSITIONS FOR ALL COMPETITORS BASED ON TIME:

<table>
<thead>
<tr>
<th>Overall Psn</th>
<th>Race Psn</th>
<th>Race No.</th>
<th>Last Name</th>
<th>First Name</th>
<th>Category</th>
<th>Cat. Psn</th>
<th>Club</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>10</td>
<td>8</td>
<td>Griffiths</td>
<td>Thomas</td>
<td>MSNR</td>
<td>1</td>
<td>St Helens Sutton AC</td>
<td>4:19.28</td>
</tr>
<tr>
<td>2</td>
<td>10</td>
<td>15</td>
<td>Zaman-Browne</td>
<td>Rocco</td>
<td>MU20</td>
<td>1</td>
<td>Manchester H &amp; AC</td>
<td>4:33.47</td>
</tr>
<tr>
<td>2</td>
<td>10</td>
<td>11</td>
<td>Lewis</td>
<td>George</td>
<td>MSNR</td>
<td>2</td>
<td>East Cheshire H &amp; Tameside AC</td>
<td>4:40.29</td>
</tr>
<tr>
<td>3</td>
<td>10</td>
<td>18</td>
<td>Grime</td>
<td>Ian</td>
<td>MV45</td>
<td>1</td>
<td>Salford H &amp; AC</td>
<td>4:42.10</td>
</tr>
<tr>
<td>4</td>
<td>10</td>
<td>4</td>
<td>Cartwright</td>
<td>Andrew</td>
<td>MV40</td>
<td>1</td>
<td>Wakefield District H &amp; AC</td>
<td>4:42.40</td>
</tr>
<tr>
<td>5</td>
<td>10</td>
<td>13</td>
<td>Russell</td>
<td>Darren</td>
<td>MV40</td>
<td>2</td>
<td>Trafford AC</td>
<td>4:44.56</td>
</tr>
<tr>
<td>6</td>
<td>10</td>
<td>145</td>
<td>White</td>
<td>Robert</td>
<td>MV40</td>
<td>3</td>
<td>Buxton AC</td>
<td>4:47.14</td>
</tr>
<tr>
<td>7</td>
<td>8</td>
<td>10</td>
<td>Sinclair</td>
<td>Harry</td>
<td>MU17</td>
<td>1</td>
<td>Altrincham &amp; District AC</td>
<td>4:48.35</td>
</tr>
<tr>
<td>8</td>
<td>9</td>
<td>24</td>
<td>Shaw</td>
<td>Daniel</td>
<td>MSNR</td>
<td>3</td>
<td>Bolton Utd H &amp; AC</td>
<td>4:48.37</td>
</tr>
<tr>
<td>9</td>
<td>9</td>
<td>27</td>
<td>Stirzaker</td>
<td>Richard</td>
<td>MSNR</td>
<td>4</td>
<td>Rochdale H &amp; AC</td>
<td>4:50.00</td>
</tr>
<tr>
<td>10</td>
<td>10</td>
<td>14</td>
<td>Tetler</td>
<td>Ben</td>
<td>MV40</td>
<td>4</td>
<td>Glossopdale Harriers</td>
<td>4:51.05</td>
</tr>
<tr>
<td>11</td>
<td>17</td>
<td>19</td>
<td>Dearnley-Lane</td>
<td>Jon</td>
<td>MSNR</td>
<td>5</td>
<td>Rochdale H &amp; AC</td>
<td>4:52.44</td>
</tr>
<tr>
<td>12</td>
<td>9</td>
<td>6</td>
<td>Fazakerley</td>
<td>Ed</td>
<td>MV45</td>
<td>2</td>
<td>Manchester H &amp; AC</td>
<td>4:53.08</td>
</tr>
<tr>
<td>13</td>
<td>9</td>
<td>21</td>
<td>Marcroft</td>
<td>Greg</td>
<td>MSNR</td>
<td>6</td>
<td>Trafford AC</td>
<td>4:54.51</td>
</tr>
<tr>
<td>14</td>
<td>10</td>
<td>9</td>
<td>Healy</td>
<td>Jake</td>
<td>MSNR</td>
<td>7</td>
<td>St Helens Sutton AC</td>
<td>4:54.76</td>
</tr>
<tr>
<td>15</td>
<td>5</td>
<td>53</td>
<td>Weston</td>
<td>Robert</td>
<td>MSNR</td>
<td>8</td>
<td>Manchester H &amp; AC</td>
<td>4:55.24</td>
</tr>
<tr>
<td>16</td>
<td>6</td>
<td>19</td>
<td>Hayes</td>
<td>Richard</td>
<td>MSNR</td>
<td>9</td>
<td>Manchester H &amp; AC</td>
<td>4:55.73</td>
</tr>
<tr>
<td>17</td>
<td>7</td>
<td>23</td>
<td>Russell</td>
<td>Mark</td>
<td>MV50</td>
<td>1</td>
<td>Salford H &amp; AC</td>
<td>4:56.35</td>
</tr>
<tr>
<td>18</td>
<td>8</td>
<td>22</td>
<td>Price</td>
<td>Russell</td>
<td>MSNR</td>
<td>10</td>
<td>Chorlton Runners</td>
<td>4:58.67</td>
</tr>
<tr>
<td>19</td>
<td>9</td>
<td>26</td>
<td>Stephenson</td>
<td>Tom</td>
<td>MSNR</td>
<td>11</td>
<td>Sale H Manchester AC</td>
<td>4:59.60</td>
</tr>
<tr>
<td>20</td>
<td>10</td>
<td>20</td>
<td>Jones</td>
<td>Ben</td>
<td>MSNR</td>
<td>12</td>
<td>Bury AC</td>
<td>5:03.43</td>
</tr>
<tr>
<td>21</td>
<td>1</td>
<td>37</td>
<td>Van Velzen</td>
<td>Victor</td>
<td>MV40</td>
<td>5</td>
<td>Manchester H &amp; AC</td>
<td>5:03.94</td>
</tr>
<tr>
<td>22</td>
<td>2</td>
<td>36</td>
<td>Smith</td>
<td>Stephen</td>
<td>MSNR</td>
<td>13</td>
<td>Chorlton Runners</td>
<td>5:04.35</td>
</tr>
<tr>
<td>23</td>
<td>3</td>
<td>32</td>
<td>Mohammed</td>
<td>Fahmi</td>
<td>MSNR</td>
<td>14</td>
<td>Blackley &amp; North Manchester</td>
<td>5:04.89</td>
</tr>
<tr>
<td>24</td>
<td>4</td>
<td>29</td>
<td>Costello</td>
<td>Ian</td>
<td>MV45</td>
<td>3</td>
<td>St Helens Sutton AC</td>
<td>5:05.40</td>
</tr>
<tr>
<td>25</td>
<td>5</td>
<td>34</td>
<td>Porter</td>
<td>Andy</td>
<td>MV50</td>
<td>2</td>
<td>Bramhall Runners</td>
<td>5:05.70</td>
</tr>
<tr>
<td>26</td>
<td>6</td>
<td>35</td>
<td>Rowley</td>
<td>William</td>
<td>MSNR</td>
<td>15</td>
<td>Swinton RC</td>
<td>5:06.25</td>
</tr>
<tr>
<td>27</td>
<td>7</td>
<td>2</td>
<td>Rudd</td>
<td>Louise</td>
<td>FV40</td>
<td>1</td>
<td>Stockport H &amp; AC</td>
<td>5:07.82</td>
</tr>
<tr>
<td>28</td>
<td>2</td>
<td>48</td>
<td>Sirett</td>
<td>Tom</td>
<td>MSNR</td>
<td>16</td>
<td>Ellesmere Port RC</td>
<td>5:08.22</td>
</tr>
<tr>
<td>29</td>
<td>3</td>
<td>51</td>
<td>Vasey</td>
<td>Daniel</td>
<td>MSNR</td>
<td>17</td>
<td>Chorlton Runners</td>
<td>5:08.37</td>
</tr>
<tr>
<td>30</td>
<td>8</td>
<td>31</td>
<td>Kenny</td>
<td>Craig</td>
<td>MSNR</td>
<td>18</td>
<td>Bolton Utd H &amp; AC</td>
<td>5:08.96</td>
</tr>
<tr>
<td>31</td>
<td>4</td>
<td>41</td>
<td>Bagan</td>
<td>Paul</td>
<td>MV40</td>
<td>6</td>
<td>Warrington AC</td>
<td>5:09.11</td>
</tr>
<tr>
<td>32</td>
<td>9</td>
<td>39</td>
<td>Woodcock</td>
<td>Gareth</td>
<td>MSNR</td>
<td>19</td>
<td>Trafford AC</td>
<td>5:09.85</td>
</tr>
<tr>
<td>33</td>
<td>5</td>
<td>43</td>
<td>Cleary</td>
<td>Justin</td>
<td>MSNR</td>
<td>20</td>
<td>Chorlton Runners</td>
<td>5:10.86</td>
</tr>
<tr>
<td>34</td>
<td>1</td>
<td>59</td>
<td>Gittins</td>
<td>Matt</td>
<td>MSNR</td>
<td>21</td>
<td>Unattached</td>
<td>5:11.63</td>
</tr>
<tr>
<td>35</td>
<td>10</td>
<td>33</td>
<td>Pickford</td>
<td>Chris</td>
<td>MV40</td>
<td>7</td>
<td>Bolton Utd H &amp; AC</td>
<td>5:12.49</td>
</tr>
<tr>
<td>36</td>
<td>11</td>
<td>28</td>
<td>Cauley</td>
<td>Amy-Rose</td>
<td>FSNR</td>
<td>1</td>
<td>Trafford AC</td>
<td>5:13.14</td>
</tr>
<tr>
<td>37</td>
<td>12</td>
<td>38</td>
<td>Wardle</td>
<td>Tony</td>
<td>MV45</td>
<td>4</td>
<td>South Cheshire H</td>
<td>5:16.47</td>
</tr>
<tr>
<td>38</td>
<td>6</td>
<td>40</td>
<td>Atkinson</td>
<td>Matt</td>
<td>MSNR</td>
<td>22</td>
<td>Manchester H &amp; AC</td>
<td>5:19.12</td>
</tr>
<tr>
<td>39</td>
<td>2</td>
<td>68</td>
<td>Stewart</td>
<td>Jamie</td>
<td>MSNR</td>
<td>23</td>
<td>Chorlton Runners</td>
<td>5:19.16</td>
</tr>
<tr>
<td>40</td>
<td>7</td>
<td>54</td>
<td>Wilson</td>
<td>Ed</td>
<td>MSNR</td>
<td>24</td>
<td>City of Stoke AC</td>
<td>5:19.75</td>
</tr>
</tbody>
</table>

Queries: Brenda Bradshaw, 0161-796 6310, email c/o arnoldbradshaw@btinternet.com
## Positions for All Competitors Based on Time - continued

<table>
<thead>
<tr>
<th>Overall Psn</th>
<th>Race Psn</th>
<th>Race No.</th>
<th>Last Name</th>
<th>First Name</th>
<th>Category</th>
<th>Cat. Psn</th>
<th>Club</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>42</td>
<td>8</td>
<td>07</td>
<td>Turner</td>
<td>Richard</td>
<td>MV50</td>
<td>3</td>
<td>Trafford AC</td>
<td>5:20.56</td>
</tr>
<tr>
<td>43</td>
<td>9</td>
<td>07</td>
<td>Hargreaves</td>
<td>David</td>
<td>MSNR</td>
<td>25</td>
<td>Chorlton Runners</td>
<td>5:22.02</td>
</tr>
<tr>
<td>44</td>
<td>3</td>
<td>06</td>
<td>Eskander</td>
<td>Miras</td>
<td>MSNR</td>
<td>26</td>
<td>Northern Masters AC</td>
<td>5:22.29</td>
</tr>
<tr>
<td>46</td>
<td>4</td>
<td>06</td>
<td>Muir</td>
<td>Adam</td>
<td>MSNR</td>
<td>28</td>
<td>Chorlton Runners</td>
<td>5:22.75</td>
</tr>
<tr>
<td>47</td>
<td>1</td>
<td>05</td>
<td>Kelly</td>
<td>Luke</td>
<td>MSNR</td>
<td>29</td>
<td>Unattached</td>
<td>5:23.15</td>
</tr>
<tr>
<td>48</td>
<td>5</td>
<td>06</td>
<td>Edwards</td>
<td>Steven</td>
<td>MSNR</td>
<td>30</td>
<td>Ellesmere Port RC</td>
<td>5:23.43</td>
</tr>
<tr>
<td>49</td>
<td>11</td>
<td>07</td>
<td>Welch</td>
<td>Steven</td>
<td>MSNR</td>
<td>31</td>
<td>Chorlton Runners</td>
<td>5:23.98</td>
</tr>
<tr>
<td>50</td>
<td>6</td>
<td>06</td>
<td>Hargreaves</td>
<td>Michael</td>
<td>MSNR</td>
<td>32</td>
<td>Chorlton Runners</td>
<td>5:25.65</td>
</tr>
<tr>
<td>51</td>
<td>7</td>
<td>06</td>
<td>Leong</td>
<td>Meng Chong</td>
<td>MSNR</td>
<td>33</td>
<td>Unattached</td>
<td>5:25.90</td>
</tr>
<tr>
<td>52</td>
<td>2</td>
<td>05</td>
<td>Stuart</td>
<td>James</td>
<td>MSNR</td>
<td>34</td>
<td>Chorlton Runners</td>
<td>5:27.71</td>
</tr>
<tr>
<td>53</td>
<td>12</td>
<td>07</td>
<td>Tongue</td>
<td>Andrew</td>
<td>MSNR</td>
<td>35</td>
<td>Chorlton Runners</td>
<td>5:27.92</td>
</tr>
<tr>
<td>54</td>
<td>13</td>
<td>07</td>
<td>Deschoolmeester</td>
<td>Matthew</td>
<td>MV45</td>
<td>5</td>
<td>Bramhall Runners</td>
<td>5:28.44</td>
</tr>
<tr>
<td>55</td>
<td>14</td>
<td>07</td>
<td>Doxey</td>
<td>Steven</td>
<td>MV55</td>
<td>1</td>
<td>Swinton RC</td>
<td>5:31.46</td>
</tr>
<tr>
<td>56</td>
<td>3</td>
<td>05</td>
<td>Wainwright</td>
<td>Neal</td>
<td>MSNR</td>
<td>36</td>
<td>Chorlton Runners</td>
<td>5:31.49</td>
</tr>
<tr>
<td>57</td>
<td>8</td>
<td>06</td>
<td>Gill</td>
<td>David</td>
<td>MV60</td>
<td>1</td>
<td>Warrington AC</td>
<td>5:32.25</td>
</tr>
<tr>
<td>58</td>
<td>4</td>
<td>05</td>
<td>Raso</td>
<td>Roberto</td>
<td>MV50</td>
<td>4</td>
<td>Manchester Frontrunners</td>
<td>5:32.56</td>
</tr>
<tr>
<td>59</td>
<td>9</td>
<td>06</td>
<td>Harrison</td>
<td>John</td>
<td>MSNR</td>
<td>37</td>
<td>Ellesmere Port RC</td>
<td>5:35.05</td>
</tr>
<tr>
<td>60</td>
<td>10</td>
<td>06</td>
<td>Sharpe</td>
<td>Ian</td>
<td>MV45</td>
<td>6</td>
<td>Chorlton Runners</td>
<td>5:37.74</td>
</tr>
<tr>
<td>61</td>
<td>5</td>
<td>05</td>
<td>Ryan</td>
<td>Neil</td>
<td>MSNR</td>
<td>38</td>
<td>Manchester H &amp; AC</td>
<td>5:39.71</td>
</tr>
<tr>
<td>62</td>
<td>11</td>
<td>06</td>
<td>Monks</td>
<td>Melanie</td>
<td>FSNR</td>
<td>2</td>
<td>Trafford AC</td>
<td>5:41.66</td>
</tr>
<tr>
<td>63</td>
<td>1</td>
<td>04</td>
<td>Taylor</td>
<td>Nick</td>
<td>FSNR</td>
<td>39</td>
<td>Unattached</td>
<td>5:43.27</td>
</tr>
<tr>
<td>64</td>
<td>12</td>
<td>06</td>
<td>Kerrigan</td>
<td>David</td>
<td>MV40</td>
<td>8</td>
<td>Swinton RC</td>
<td>5:44.18</td>
</tr>
<tr>
<td>65</td>
<td>6</td>
<td>05</td>
<td>Welch</td>
<td>Amy</td>
<td>FSNR</td>
<td>3</td>
<td>Chorlton Runners</td>
<td>5:46.51</td>
</tr>
<tr>
<td>66</td>
<td>2</td>
<td>04</td>
<td>Burgess</td>
<td>John</td>
<td>MV50</td>
<td>5</td>
<td>Chorlton Runners</td>
<td>5:46.53</td>
</tr>
<tr>
<td>67</td>
<td>3</td>
<td>04</td>
<td>Pendleton</td>
<td>Nick</td>
<td>MV40</td>
<td>9</td>
<td>Unattached</td>
<td>5:47.11</td>
</tr>
<tr>
<td>68</td>
<td>7</td>
<td>05</td>
<td>Patel</td>
<td>Girish</td>
<td>MV50</td>
<td>6</td>
<td>Salford Metropolitan AC</td>
<td>5:49.35</td>
</tr>
<tr>
<td>69</td>
<td>8</td>
<td>05</td>
<td>Sewart</td>
<td>Chris</td>
<td>MV40</td>
<td>10</td>
<td>Manchester H &amp; AC</td>
<td>5:49.96</td>
</tr>
<tr>
<td>70</td>
<td>9</td>
<td>05</td>
<td>Stainthorpe</td>
<td>Ian</td>
<td>MV55</td>
<td>2</td>
<td>Rochdale H &amp; AC</td>
<td>5:52.71</td>
</tr>
<tr>
<td>71</td>
<td>10</td>
<td>05</td>
<td>Parrott</td>
<td>Nick</td>
<td>MV40</td>
<td>11</td>
<td>Chorlton Runners</td>
<td>5:54.15</td>
</tr>
<tr>
<td>72</td>
<td>13</td>
<td>06</td>
<td>Gallagher</td>
<td>Saul</td>
<td>MV50</td>
<td>7</td>
<td>East Cheshire H &amp; Tameside AC</td>
<td>5:54.37</td>
</tr>
<tr>
<td>73</td>
<td>1</td>
<td>03</td>
<td>Long</td>
<td>Mike</td>
<td>MV50</td>
<td>8</td>
<td>Manchester H &amp; AC</td>
<td>5:55.11</td>
</tr>
<tr>
<td>74</td>
<td>11</td>
<td>05</td>
<td>Beaumont</td>
<td>Leona</td>
<td>FSNR</td>
<td>4</td>
<td>Chorlton Runners</td>
<td>5:55.23</td>
</tr>
<tr>
<td>75</td>
<td>4</td>
<td>04</td>
<td>Murray</td>
<td>Dave</td>
<td>MSNR</td>
<td>40</td>
<td>Chorlton Runners</td>
<td>5:57.25</td>
</tr>
<tr>
<td>76</td>
<td>5</td>
<td>04</td>
<td>Loudon</td>
<td>Paul</td>
<td>MV40</td>
<td>12</td>
<td>Chorlton Runners</td>
<td>5:59.11</td>
</tr>
<tr>
<td>77</td>
<td>2</td>
<td>03</td>
<td>Lewis</td>
<td>Joseph</td>
<td>MSNR</td>
<td>41</td>
<td>Unattached</td>
<td>5:59.70</td>
</tr>
<tr>
<td>78</td>
<td>6</td>
<td>04</td>
<td>Valentine</td>
<td>Mark</td>
<td>MSNR</td>
<td>42</td>
<td>Chorlton Runners</td>
<td>6:02.79</td>
</tr>
<tr>
<td>79</td>
<td>7</td>
<td>04</td>
<td>Brown</td>
<td>Laura</td>
<td>FV35</td>
<td>1</td>
<td>Unattached</td>
<td>6:03.39</td>
</tr>
<tr>
<td>80</td>
<td>8</td>
<td>05</td>
<td>Gill</td>
<td>Niamh</td>
<td>FSNR</td>
<td>5</td>
<td>Chorlton Runners</td>
<td>6:06.85</td>
</tr>
<tr>
<td>81</td>
<td>3</td>
<td>03</td>
<td>Knowles</td>
<td>Daniel</td>
<td>MSNR</td>
<td>43</td>
<td>Manchester Frontrunners</td>
<td>6:07.01</td>
</tr>
<tr>
<td>82</td>
<td>13</td>
<td>05</td>
<td>Turner</td>
<td>Craig</td>
<td>MV50</td>
<td>9</td>
<td>Manchester H &amp; AC</td>
<td>6:07.60</td>
</tr>
</tbody>
</table>

Queries: Brenda Bradshaw, 0161-796 6310, email c/o: arnoldbradshaw@btinternet.com
## THE MANCHESTER MILE TRACK MEETING

### POSITIONS FOR ALL COMPETITORS BASED ON TIME - continued

<table>
<thead>
<tr>
<th>Overall Psn</th>
<th>Race Psn</th>
<th>Race No.</th>
<th>Last Name</th>
<th>First Name</th>
<th>Category</th>
<th>Cat. Psn</th>
<th>Club</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>83</td>
<td>1</td>
<td>02</td>
<td>Das</td>
<td>Anirban</td>
<td>MSNR</td>
<td>44</td>
<td>Swinton RC</td>
<td>6:09.27</td>
</tr>
<tr>
<td>84</td>
<td>4</td>
<td>03</td>
<td>Lord</td>
<td>Sean</td>
<td>MV45</td>
<td>7</td>
<td>Chorlton Runners</td>
<td>6:12.65</td>
</tr>
<tr>
<td>85</td>
<td>8</td>
<td>04</td>
<td>Blackwell</td>
<td>Tim</td>
<td>MV40</td>
<td>13</td>
<td>Chorlton Runners</td>
<td>6:15.26</td>
</tr>
<tr>
<td>86</td>
<td>14</td>
<td>05</td>
<td>Cole</td>
<td>Andrew</td>
<td>MV50</td>
<td>10</td>
<td>East Cheshire H &amp; Tameside AC</td>
<td>6:15.91</td>
</tr>
<tr>
<td>87</td>
<td>9</td>
<td>04</td>
<td>McCourt</td>
<td>Lee</td>
<td>MSNR</td>
<td>45</td>
<td>Manchester H &amp; AC</td>
<td>6:17.56</td>
</tr>
<tr>
<td>88</td>
<td>10</td>
<td>04</td>
<td>Mills</td>
<td>Rebecca</td>
<td>FV35</td>
<td>2</td>
<td>Swinton RC</td>
<td>6:17.79</td>
</tr>
<tr>
<td>89</td>
<td>5</td>
<td>03</td>
<td>Peachey</td>
<td>Christopher</td>
<td>MV50</td>
<td>11</td>
<td>Chorlton Runners</td>
<td>6:17.89</td>
</tr>
<tr>
<td>90</td>
<td>2</td>
<td>02</td>
<td>Payne</td>
<td>Tony</td>
<td>MV55</td>
<td>3</td>
<td>Chorlton Runners</td>
<td>6:28.32</td>
</tr>
<tr>
<td>91</td>
<td>6</td>
<td>03</td>
<td>Parrot</td>
<td>Jacqueline</td>
<td>FV40</td>
<td>2</td>
<td>Chorlton Runners</td>
<td>6:28.41</td>
</tr>
<tr>
<td>92</td>
<td>3</td>
<td>02</td>
<td>Burgess</td>
<td>Edyta</td>
<td>FV40</td>
<td>3</td>
<td>Winston Runners</td>
<td>6:29.31</td>
</tr>
<tr>
<td>93</td>
<td>7</td>
<td>03</td>
<td>Rix</td>
<td>Linda</td>
<td>FV50</td>
<td>1</td>
<td>Manchester Frontrunners</td>
<td>6:29.46</td>
</tr>
<tr>
<td>94</td>
<td>4</td>
<td>02</td>
<td>Wainwright</td>
<td>Alison</td>
<td>FV35</td>
<td>3</td>
<td>Chorlton Runners</td>
<td>6:30.86</td>
</tr>
<tr>
<td>95</td>
<td>5</td>
<td>02</td>
<td>Marsden</td>
<td>Antonia</td>
<td>FSNR</td>
<td>6</td>
<td>Unattached</td>
<td>6:32.21</td>
</tr>
<tr>
<td>96</td>
<td>8</td>
<td>03</td>
<td>Sate</td>
<td>Rachel</td>
<td>FSNR</td>
<td>7</td>
<td>Salford Metropolitan AC</td>
<td>6:40.52</td>
</tr>
<tr>
<td>97</td>
<td>11</td>
<td>04</td>
<td>Dale</td>
<td>Alison</td>
<td>MV45</td>
<td>8</td>
<td>Bury AC</td>
<td>6:41.96</td>
</tr>
<tr>
<td>98</td>
<td>12</td>
<td>04</td>
<td>Kelly</td>
<td>Denis</td>
<td>MV50</td>
<td>12</td>
<td>Manchester H &amp; AC</td>
<td>6:45.90</td>
</tr>
<tr>
<td>99</td>
<td>6</td>
<td>02</td>
<td>Cunningham</td>
<td>Mike</td>
<td>MV70</td>
<td>1</td>
<td>Manchester H &amp; AC</td>
<td>6:48.40</td>
</tr>
<tr>
<td>100</td>
<td>1</td>
<td>01</td>
<td>Matthews</td>
<td>Sarah</td>
<td>FV35</td>
<td>4</td>
<td>Widnes RC</td>
<td>6:49.53</td>
</tr>
<tr>
<td>101</td>
<td>9</td>
<td>03</td>
<td>Connor</td>
<td>Joseph</td>
<td>MSNR</td>
<td>46</td>
<td>Bramhall Runners</td>
<td>6:50.70</td>
</tr>
<tr>
<td>102</td>
<td>10</td>
<td>03</td>
<td>Bradshaw</td>
<td>Arnold</td>
<td>MV70</td>
<td>2</td>
<td>Manchester H &amp; AC</td>
<td>6:58.99</td>
</tr>
<tr>
<td>103</td>
<td>7</td>
<td>02</td>
<td>Paterson</td>
<td>Andrew</td>
<td>MV40</td>
<td>14</td>
<td>Chorlton Runners</td>
<td>7:00.24</td>
</tr>
<tr>
<td>104</td>
<td>11</td>
<td>03</td>
<td>Beattie</td>
<td>Geoff</td>
<td>MV65</td>
<td>1</td>
<td>Sale H Manchester AC</td>
<td>7:03.46</td>
</tr>
<tr>
<td>105</td>
<td>8</td>
<td>02</td>
<td>Baba</td>
<td>Caroline</td>
<td>FV35</td>
<td>5</td>
<td>Manchester H &amp; AC</td>
<td>7:10.25</td>
</tr>
<tr>
<td>106</td>
<td>9</td>
<td>02</td>
<td>Qamar</td>
<td>Isabelle</td>
<td>FV45</td>
<td>1</td>
<td>Unattached</td>
<td>7:12.63</td>
</tr>
<tr>
<td>107</td>
<td>2</td>
<td>01</td>
<td>Thompson</td>
<td>Jamie</td>
<td>MV40</td>
<td>15</td>
<td>Chorlton Runners</td>
<td>7:17.17</td>
</tr>
<tr>
<td>108</td>
<td>3</td>
<td>01</td>
<td>Farrelly</td>
<td>Lindsey</td>
<td>FV40</td>
<td>4</td>
<td>Manchester H &amp; AC</td>
<td>7:18.33</td>
</tr>
<tr>
<td>109</td>
<td>12</td>
<td>03</td>
<td>MacKay</td>
<td>Laura</td>
<td>FSNR</td>
<td>8</td>
<td>Chorlton Runners</td>
<td>7:22.43</td>
</tr>
<tr>
<td>110</td>
<td>10</td>
<td>02</td>
<td>Plant</td>
<td>Malcolm</td>
<td>MV60</td>
<td>2</td>
<td>Manchester H &amp; AC</td>
<td>7:25.65</td>
</tr>
<tr>
<td>111</td>
<td>11</td>
<td>02</td>
<td>Cleary</td>
<td>Gemma</td>
<td>FSNR</td>
<td>9</td>
<td>Chorlton Runners</td>
<td>7:26.22</td>
</tr>
<tr>
<td>112</td>
<td>4</td>
<td>01</td>
<td>McIntosh</td>
<td>Katie</td>
<td>FSNR</td>
<td>10</td>
<td>Chorlton Runners</td>
<td>7:44.28</td>
</tr>
<tr>
<td>113</td>
<td>12</td>
<td>02</td>
<td>Sinnott</td>
<td>June</td>
<td>FV55</td>
<td>1</td>
<td>Northern Masters AC</td>
<td>7:44.42</td>
</tr>
<tr>
<td>114</td>
<td>13</td>
<td>02</td>
<td>Collins</td>
<td>Hollie</td>
<td>FSNR</td>
<td>11</td>
<td>Unattached</td>
<td>7:51.98</td>
</tr>
<tr>
<td>115</td>
<td>14</td>
<td>02</td>
<td>Mitchell</td>
<td>Heather</td>
<td>FV65</td>
<td>1</td>
<td>Dewsbury RR</td>
<td>7:55.67</td>
</tr>
<tr>
<td>116</td>
<td>5</td>
<td>01</td>
<td>Beresford</td>
<td>Debbie</td>
<td>FV50</td>
<td>2</td>
<td>Manchester H &amp; AC</td>
<td>8:06.42</td>
</tr>
<tr>
<td>117</td>
<td>6</td>
<td>01</td>
<td>Black</td>
<td>Kenneth</td>
<td>MV70</td>
<td>3</td>
<td>Spectrum Striders</td>
<td>8:44.03</td>
</tr>
<tr>
<td>118</td>
<td>7</td>
<td>01</td>
<td>Oxley</td>
<td>Wendy</td>
<td>FV55</td>
<td>2</td>
<td>Swinton RC</td>
<td>9:08.49</td>
</tr>
<tr>
<td>119</td>
<td>8</td>
<td>01</td>
<td>Bean</td>
<td>Susan</td>
<td>FV55</td>
<td>2</td>
<td>Chorlton Runners</td>
<td>9:29.64</td>
</tr>
<tr>
<td>120</td>
<td>9</td>
<td>01</td>
<td>Davies</td>
<td>Jane</td>
<td>FV45</td>
<td>2</td>
<td>Chorlton Runners</td>
<td>9:38.88</td>
</tr>
<tr>
<td>121</td>
<td>10</td>
<td>01</td>
<td>O'Brien</td>
<td>John</td>
<td>MV60</td>
<td>3</td>
<td>Manchester H &amp; AC</td>
<td>11:35.57</td>
</tr>
</tbody>
</table>

Queries: Brenda Bradshaw, 0161-796 6310, email c/o: arnoldbradshaw@btinternet.com
Manchester Harriers & A.C. thank the Officials and all who helped ....

Referee: Carol Brown  
Starter: David Brown  
Marksman: Dave Flitcroft  
Judges: Arnold Bradshaw, Rachel Cooper, Elaine Crosdale, Jennifer Crowther, Cathy Flitcroft  
Timekeepers: George Lawson, Mike Welford, Mike Wolfendale  
Groundstaff: courtesy of Sportcity  
Photo Finish: Derek Nicholson, Emilie Cooper, Tess Ptonka  
Announcer: Steve Yates  
First Aid: Debbie Beresford, Kes Salmon  
Registration: Peter Ferguson, Beverley O’Donnell  
Registration Assistants: Debbie Beresford, Dave Wood  
Liaison: Kevin Dillon, David Gregory  
Hospitality: Mavis Gregory  
Entries & Administration: Brenda Bradshaw

Presentations made by sub-four minute miler Malcolm Plant

……. and a big thank you to all the competitors for supporting this event. We do hope you will come back next year.

Results will be sent to the Power of Ten & Athletics Weekly

Queries:

Please contact Manchester Harriers & AC  
by telephone (Brenda): 0161-796 6310  
or by email (Brenda): arnoldbradshaw@btinternet.com