

<u>Position</u>	<u>Name</u>	<u>Club</u>	<u>Cat</u>	<u>Time</u>
1	David Marsh	Sale Harriers Manchester	SM	28:49
2	Gareth Raven	Sale Harriers Manchester	M40	29:23
3	Steven Henderson	Sale Harriers Manchester	SM	29:49
4	James Moles	Manchester Frontrunners	M40	30:04
5	Tim Greenald	East Cheshire Harriers & Tameside AC	M45	30:10
6	Mark Collier	Unattached	M40	30:34
7	Justin Cleary	Chorlton Runners	SM	30:43
8	Paul Skuse	Glossopdale Harriers	M40	30:43
9	Darren Smith	East Cheshire Harriers & Tameside AC	M40	30:59
10	Michael Stansfield	East Cheshire Harriers & Tameside AC	M40	31:02
11	Stephen Smith	Chorlton Runners	SM	31:23
12	Jonathon Aust	East Cheshire Harriers & Tameside AC	M40	31:32
13	Josiah Ishmood	Start2Jog	M17	31:33
14	Stu Nock	Start2Jog	SM	31:35
15	Jon Terry	Sale Harriers Manchester	M45	31:36
16	Nick Lord	Unattached	SM	31:40
17	Matthew Spragg	Sale Harriers Manchester	M40	31:51
18	Shaun Chambers	Hyde Village Striders	V50	31:52
19	Andrew Hadfield	Stockport Harriers & AC	M45	32:01
20	Caitlin Rice	Ribble Valley Harriers	SF	32:02
21	Luke Kelly	Unattached	SM	32:05
22	Mish Abushal	Unattached	SM	32:22
23	Sean McCaffery	Holmfirth Harriers	M50	32:26
24	Phil Ramsey	Bramhall Runners	M40	32:42
25	Jenny Evans	Sale Harriers Manchester	SF	32:47
26	Steve Page	Glossopdale Harriers	SM	33:02
27	David Broadbent	Mossley AFC Running Club	M40	33:11
28	Mark Eastman	Unattached	SM	33:15
29	Aidan Raftery	Sale Harriers Manchester	M55	33:23
30	Brian McCarthy	Westbury Harriers	SM	33:28
31	Matthew Deschoolmeester	Bramhall Runners	M45	33:33
32	Darren Peatfield	Marple Runners	M45	33:35
33	Damien Jones	Sale Harriers Manchester	SM	33:47
34	Simon Farrington-Newman	Marple Runners	M40	33:47
35	Robert Murphy	Glossopdale Harriers	M55	33:50
36	Edward Lowe	Unattached	SM	33:50
37	Amy Welch	Chorlton Runners	SF	33:52
38	Keith Usher	East Cheshire Harriers & Tameside AC	M45	33:56
39	Richard White	Glossopdale Harriers	M40	34:05
40	Rick Adams	Bramhall Runners	M40	34:15
41	Robbie Greenslade	Sale Harriers Manchester	M40	34:18
42	Ian Sharpe	Chorlton Runners	M45	34:20
43	Mark Harrison	Marple Runners	SM	34:26
44	Michael Hargreaves	Chorlton Runners	SM	34:28
45	Alan Kennedy	East Cheshire Harriers & Tameside AC	M55	34:29
46	Paul Maskell	Unattached	M45	34:32
47	Martin Lundy	Marple Runners	M55	34:45
48	Zara Blower	Leamington C & AC	SF	34:56
49	John Waiting	Marple Runners	SM	34:56

50 Jo Curry	Chorlton Runners	SF	35:02
51 Simon Gebbett	Bramhall Runners	M45	35:05
52 Paul Ellison	Unattached	M45	35:10
53 Jordan Clarke	Chorlton Runners	SM	35:18
54 James Hartshorne	East Cheshire Harriers & Tameside AC	SM	35:20
55 David Chadderton	Stockport	M70	35:23
56 Angela Oldham	East Cheshire Harriers & Tameside AC	F60*	35:27
57 Rob Sheldon	Glossopdale Harriers	M40	35:32
58 Jeroen Peters	Glossopdale Harriers	M55	35:36
59 Nigel Sedman	Unattached	M50	35:39
60 Jane Thomas	Sale Harriers Manchester	SF	35:53
61 Tom Smith	Mossley AFC Running Club	M55	36:00
62 Mark Smith	Stockport Harriers & AC	M45	36:03
63 Gordon Nicoll	Altrincham & District Ac	M55	36:09
64 Luke Holme	Glossopdale Harriers	SM	36:12
65 Alan Turner	Glossop Tri Club	SM	36:18
66 Tony Wynne	Chorlton Runners	M50	36:22
67 Samantha Millns	Hyde Village Striders	F45	36:27
68 Shaun Brierley	Unattached	M50	36:28
69 David Christie-Lowe	Glossopdale Harriers	SM	36:31
70 Sinead Ferguson	Sale Harriers Manchester	F40	36:36
71 Nick Drinkall	Chorlton Runners	SM	36:42
72 James Kemp	Marple Runners	M45	36:44
73 Sean Lord	Chorlton Runners	M45	36:55
74 Paul Mogridge	Hyde Village Striders	M45	36:55
75 Alex Critcher	Royton Road Runners	M40	36:57
76 Angus Rose	Stockport Harriers & AC	M50	36:59
77 Alison Wainwright	Chorlton Runners	F35	37:13
78 Emma Bowen	Mossley AFC Running Club	F45	37:19
79 Leigh Morris	Unattached	M45	37:27
80 Christian Hook	Wilmslow Running Club	M40	37:34
81 Jeremy Woodham	Marple Runners	M45	37:42
82 Etienne Humphries	Chorlton Runners	SM	37:44
83 Tim Crookes	Unattached	M50	37:45
84 Amy Carr	Manchester Frontrunners	SF	37:52
85 Paul Adkins	Bramhall Runners	M65	37:54
86 Tim Blackwell	Chorlton Runners	M40	37:58
87 Joe Gavin	Glossopdale Harriers	M40	38:05
88 Wendy Terry	Sale Harriers Manchester	F40	38:08
89 Michael Tipper	Stockport Harriers & AC	SM	38:12
90 John Richards	Stockport Harriers & AC	SM	38:14
91 Francis Day	East Cheshire Harriers & Tameside Ac	M65	38:24
92 Danny McCarron	Chorlton Runners	M55	38:32
93 Richard Ousey	Sale Harriers Manchester	M45	38:34
94 Mike Raynor	Unattached	M45	38:36
95 Simon Hughes	Marple Runners	SM	38:41
96 Margaret Bullock	Altrincham & District Ac	F50	38:45
97 Mark Porritt	Unattached	M45	38:49
98 Carl Braddock	Davenport	M55	38:55
99 Deirdre McCarthy	Manchester Triathlon Club	F35	38:56

100	Kerry Wood	Poyle	F50	38:58
101	Emma Rettig	Glossopdale Harriers	F40	38:59
102	Philip Wilcoxon	Belle Vue Racers	M55	39:02
103	Joanne Brack	Glossopdale Harriers	F50	39:04
104	Steven France	Glossopdale Harriers	SM	39:08
105	Nick Ham	Glossopdale Harriers	M50	39:10
106	David Meehan	Unattached	SM	39:11
107	Gary Clarke	Unattached	SM	39:12
108	Ross Giles	Chorlton Runners	SM	39:13
109	Rachel Rongong	Fetch Everyone	F45	39:14
110	Andrew Hodson	Marple Runners	M45	39:31
111	Emma-louise Kerwin	Belle Vue Racers	SF	39:33
112	Gordon Rogan	Marple Runners	M55	39:35
113	Jem Rongong	Unattached	F45	39:45
114	Eddie Hamilton	Unattached	SM	39:54
115	Katrina Stephens	Marple Runners	F35	40:05
116	Alison Duckworth	Stockport Harriers & AC	F40	40:10
117	Mark Lynch	Marple Runners	M45	40:11
118	Paul Dearden	Unattached	SM	40:19
119	James Deighton	Marple Runners	M40	40:22
120	Sandra Smith	Marple Runners	F45	40:28
121	Gary Coxon	East Cheshire Harriers & Tameside Ac	M60*	40:30
122	Andy Wood	Belle Vue Racers	M50	40:33
123	Mike Kelly	Marple Runners	M45	40:34
124	Paul Kain	Chorlton Runners	M45	40:38
125	Andrea Edwards	East Cheshire Harriers & Tameside AC	F50	40:46
126	Helen Croft	Bramhall Runners	F40	40:57
127	Nadhim Bayatti	Bramhall Runners	M40	40:58
128	Andrew Bagshaw	Bramhall Runners	M50	41:03
129	David French	Marple Runners	M45	41:05
130	Gareth Maher	Bramhall Runners	SM	41:13
131	Phillip White	Unattached	M50	41:20
132	John Stephenson	Glossopdale Harriers	M60	41:22
133	David Penny	Start2Jog	SM	41:25
134	Stephen Jones	Unattached	M50	41:34
135	Carla Ousey	Sale Harriers Manchester	F45	41:37
136	Tracy Taylor	Sale Harriers Manchester	F35	41:37
137	Louise Harrison	Stockport Tri Club	F45	41:47
138	Alistair Jordan	Marple Runners	M55	41:51
139	Joseph Connor	Bramhall Runners	SM	41:53
140	Charmayne Brierley	Glossopdale Harriers	F50	41:58
141	Jane Abushal	Unattached	F45	42:00
142	Phil Heaword	Bramhall Runners	SM	42:03
143	Beth Rettig	Unattached	F35	42:16
144	Paul Spence	Unattached	M50	42:16
145	Marie Williamson	Glossopdale Harriers	F40	42:18
146	Nigel Harrison	Stockport Tri Club	M50	42:34
147	Jahzerah Sharman	Unattached	SM	42:38
148	Anna Ashton	Marple Runners	F55	42:47
149	Sue Exon	Trafford Athletic Club	F60	42:51

150	Maddy Turnbull	Marple Runners	F40	42:52
151	Hannah Ahle	Chorlton Runners	SF	42:54
152	Francis Wooff	Chorlton Runners	M55	42:58
153	Emma Chrystie-Lowe	Glossopdale Harriers	SF	43:04
154	Rachael Powell	Marple Runners	F40	43:09
155	Caroline Wheeler	Sale Harriers Manchester	SF	43:41
156	John Costello	Glossop Tri Club	M60	43:50
157	Malcolm Brown	Glossopdale Harriers	M50	43:53
158	Emma Mooney	Marple Runners	F35	43:57
159	Laura Brady	Unattached	SF	44:09
160	Ann Carney	Chorlton Runners	SF	44:16
161	Paul Garside	Unattached	M55	44:34
162	Frankie Yan	Hyde Village Striders	SM	44:36
163	Liam Mellon	Hyde Village Striders	SM	44:36
164	Jade Peacock	Start2Jog	SF	44:40
165	Paul Minton	Unattached	SM	44:40
166	Sherrie Shaw	Unattached	SF	44:54
167	Robert Heeley	Hyde Village Striders	M60	45:22
168	Angela Kerslake	Unattached	F45	45:26
169	Sarah Mills	Unattached	F40	45:29
170	Steve Fairclough	Bramhall Runners	M50	45:33
171	Nick Oldfield	Marple Runners	M40	45:33
172	Julie Fairclough	Bramhall Runners	F50	45:38
173	Ruth Westbrooke	Glossopdale Harriers	SF	45:47
174	John Fitzgerald	Unattached	M55	45:47
175	Joanne Barrow	Unattached	F35	45:49
176	Laura Ahern	Marple Runners	F35	46:23
177	Alice Taylor	Marple Runners	SF	46:59
178	Alison Stephenson	Marple Runners	F45	47:04
179	Claire Bradley	Marple Runners	M40	47:12
180	Rachael Benson	Bramhall Runners	F50	47:15
181	Ian Nash	Unattached	M45	47:32
182	Anne Webster	Belle Vue Racers	F55	47:42
183	Mart Cordes	Bramhall Runners	SM	47:52
184	Dee Hall	Unattached	F55	48:04
185	Simon Barrow	Unattached	M45	48:17
186	Sarah Guselli	Start2Jog	F40	48:20
187	Ruth Shercliff	Unattached	F55	48:39
188	Nicola Potter	Start2Jog	SF	48:41
189	Paul Thompson	Barnsley Athletic Club	M55	49:11
190	Debs Carter	Unattached	F60	49:12
191	Richard Coulby	Stockport Tri Club	M50	49:48
192	Jo Podolanski	Bramhall Runners	F45	49:49
193	Ruth Amin	Belle Vue Racers	F40	49:59
194	Catherine Cooper	Unattached	F50	50:01
195	Paul Adshead	Marple Runners	M55	50:04
196	Sarah Morgan	Marple Runners	SF	50:38
197	Sarah Mears	Marple Runners	F40	50:42
198	Claire Coulby	Bramhall Runners	F45	50:52
199	Jill Patterson	Start2Jog	SF	51:10

200 Sue Martin	Start2Jog	F55	51:15
201 Amy Butler	Glossopdale Harriers	F45	51:38
202 Ian Whittacker	Unattached	M45	51:38
203 Marie Fairclough	Bramhall Runners	F50	51:58
204 Tracy Brereton	Marple Runners	F45	52:06
205 Brenda Chadderton	Marple Runners	F70*	52:06
206 Sally Waxman	Unattached	F50	52:21
207 Rachel Myers	Marple Runners	SF	52:35
208 Lynda Shentall	Belle Vue Racers	F50	53:23
209 Cath Jones	Bramhall Runners	F55	53:36
210 Rebbeca Styles	Bramhall Runners	F45	53:36
211 Christine Adkins	Bramhall Runners	F60	53:39
212 Rebecca Oakes	Flyde Coast Runners	F40	53:42
213 Matthew Short	Unattached	SM	53:42
214 Sian Griffiths	Marple Runners	F55	54:19
215 Morag Morgan	Bramhall Runners	F60	54:36
216 Lyn Todd	Start2Jog	F50	54:51
217 Jamielee Johnston	Start2Jog	SF	54:53
218 Katherine Fisher	Unattached	F40	54:59
219 Calum Burrell	Unattached	M40	54:59
220 Mandy Beames	Glossopdale Harriers	F35	55:17
221 Jonathan Haggart	Glossopdale Harriers	M45	55:32
222 Claire Gell	Unattached	SF	55:57
223 Jennifer Pitts	Start2Jog	F40	56:17
224 Katherine Hollywood	Unattached	F35	56:59
225 Diana Powell	Bramhall Runners	F60	58:35
226 Teresa Raynor	Marple Runners	F55	59:40
227 Charla Torkington	Bramhall Runners	F40	59:42
228 Sue Crookes	Unattached	F50	00:22
229 Liz Kearslake	Unattached	F50	00:22
230 Zoe Gent	Start2Jog	F40	00:22
231 Jenette Mitchel	Start2Jog	F35	01:36
232 Jason Gould	Start2Jog	M40	01:36
233 Alan Smith	Start2Jog	M65	02:07