

Event	Race	Pos	First Name	Surname	Club	Cat	Time/Dist	Entry
Mile		10	1 Isaac	Henderson	Cheltenham and County Harriers	U20M	04:19.58	2
Mile		10	2 Chester	Gately	Halifax Harriers & AC	U17M	04:22.48	3
Mile		10	3 Harry	Sinclair	Trafford Athletic Club	U23M	04:24.50	1
Mile		10	4 George	Wallace	City Of Sheffield And Dearne Ac	U20M	04:26.00	7
Mile		10	5 Kai	Sunman	Holmfirth Harriers AC	SM	04:26.27	6
Mile		10	6 Bruno	Lima	Salford Harriers & Ac	M40	04:27.38	5
Mile		10	7 Luke	Harreld	Bury Athletic Club	SM	04:29.65	14
Mile		10	8 Phil	Richardson	Sale Harriers Manchester	SM	04:32.77	8
Mile		10	9 Chris	Stanford	Warrington A C	M40	04:33.79	9
Mile		10	10 Richard	Coen	Wilmslow Running Club	M45	04:37.05	10
Mile		9	11 James	Bannister	Sale Harriers Manchester	SM	04:41.04	16
Mile		9	12 Christopher	Parikh	Manchester Harriers & AC	U17M	04:41.40	19
Mile		10	13 Luke	Turner	Glaxo Hoad Hill Harriers	SM	04:43.02	11
Mile		9	14 Michael	Mannings	Oldham & Royton H & AC	SM	04:44.02	15
Mile		9	15 Evan	Shkul	Hallamshire Harriers Sheffield	U17M	04:44.81	28
Mile		9	16 Ian	Mayhew	Helsby Running Club	M40	04:45.21	22
Mile		10	17 Greg	Barnard-MacKenzie	Barrow & Furness Striders AC	U20M	04:46.52	12
Mile		10	18 Joseph	Farrelly	Manchester Harriers & AC	U23M	04:47.04	13
Mile		9	19 Alister	Pearson	Chorlton Runners	SM	04:48.13	26
Mile		9	20 Kieran	Cann	Unattached	SM	04:49.15	27
Mile		8	21 Sam	Perkins	Didsbury Runners	SM	04:49.98	43
Mile		9	22 Connor	Walsh	Oldham & Royton H & AC	U23M	04:50.47	18
Mile		8	23 Brent	Gardner	Trawden Athletic Club	SM	04:55.24	38
Mile		8	24 Ruby	Sykes	Holmfirth Harriers Ac	SW	04:55.65	34
Mile		8	25 Tom	Sirett	Ellesmere Port RC	SM	04:56.24	33
Mile		8	26 Damien	McHugh	Didsbury Runners	SM	04:56.51	37
Mile		8	27 Dan	Scotson	Didsbury Runners	SM	04:57.70	42
Mile		9	28 James	Scott-Bucleuch	Stockport Harriers & AC	M45	04:57.95	24
Mile		8	29 Philip	Tomkinson	Manchester YMCA Harriers	SM	04:58.38	44
Mile		9	30 Nathan	James	Chester Road Runners	SM	05:02.12	30
Mile		9	31 Isaac	McKenna	West Cheshire Athletic Club	SM	05:02.99	29
Mile		8	32 Joseph	Twigg	Salford Harriers & AC	SM	05:03.68	31
Mile		8	33 Daniel	Bennett	Rochdale Harriers & AC	M55	05:04.49	17
Mile		7	34 Tom	Farrelly	Manchester Harriers & AC	U20M	05:08.84	51
Mile		7	35 Andrew	Parsonage	Manchester Harriers & AC	SM	05:11.04	50
Mile		7	36 David	Kearney	Manchester YMCA Harriers	SM	05:11.50	56
Mile		8	37 Dean	Evans	Liverpool Running Bugs	U20M	05:12.00	40
Mile		7	38 Robert	Walsh	Chorley Athletic And Triathlon Club	M50	05:13.61	159
Mile		7	39 Matthew	Burn	Lonely Goat RC	SM	05:14.26	46
Mile		7	40 Daniel	Martin	Swinton Running Club	SM	05:20.35	48
Mile		7	41 Kate	Meeson	Trafford Athletic Club	SW	05:20.46	60
Mile		7	42 Alice	Stiles	Manchester Harriers & AC	U23W	05:21.28	55
Mile		8	43 Matt	Atkinson	Prestwich AC	SM	05:21.63	45
Mile		7	44 Rob	McMurdo	Stockport Harriers & AC	SM	05:23.58	49
Mile		7	45 James	Williams	Lymm Runners	M45	05:25.40	57
Mile		7	46 Amelia	Pagett	Sale Harriers Manchester	SW	05:26.36	61
Mile		7	47 Ed	Fazakerley	Manchester Harriers & AC	M55	05:26.53	53
Mile		7	48 Matt	Crimes	Manchester Harriers & AC	M45	05:28.66	161
Mile		6	49 Tom	Watson	Boalloy Running Club	SM	05:29.33	69
Mile		6	50 Giles	Bennett	Bury Athletic Club	M55	05:30.19	74
Mile		6	51 Tim	Shanker	Manchester YMCA Harriers	M55	05:30.68	62
Mile		7	52 Chris	Essex	Didsbury Runners	SM	05:31.48	58
Mile		6	53 Danielle	Jepson	Fylde Coast Runners	F50	05:35.31	70
Mile		5	54 Oliver	Ley	Unattached	SM	05:36.61	78
Mile		6	55 Eddie	Campbell	Didsbury Runners	SM	05:37.31	73
Mile		6	56 Matt	Farr	Didsbury Runners	M45	05:38.07	67
Mile		6	57 Mike	Donigan	Swinton Running Club	M40	05:38.59	66
Mile		5	58 Daniel	Turner	Unattached	U20M	05:38.93	82
Mile		6	58 Aileen	Loftus	Chorlton Runners	SW	05:38.93	76
Mile		5	60 Andy	Leathley	Didsbury Runners	SM	05:41.64	88
Mile		4	61 Liam	Ward	Manchester YMCA Harriers	SM	05:42.64	106
Mile		7	62 Georgia	Fazakerley	Manchester Harriers & AC	U23W	05:44.10	54
Mile		8	63 Eva	Smith	City of Sheffield and Dearne AC	U17W	05:45.71	41
Mile		5	64 Matthew	Parmenter	St Helens Striders	M50	05:47.70	92
Mile		6	65 Alina	Stepanchuk	Salford Metropolitan AC	F40	05:48.09	63
Mile		5	66 Faye Jasmine	Waterhouse	Stockport Harriers & Ac	SW	05:48.16	93
Mile		6	67 Cherisse	Walley	Swinton Running Club	SW	05:49.07	77
Mile		5	68 Malcolm	Orrell	Salford Metropolitan AC	SM	05:49.67	89
Mile		6	69 Dominic	Gibson	Altrincham & District Athletic Club Limited	U20M	05:51.30	65
Mile		6	70 Matt	Herbert	Didsbury Runners	M45	05:51.78	64

Mile	5	71 Barry	Fenton	Manchester Harriers & AC	M50	05:53.30	84
Mile	5	72 Laura	Brown	Didsbury Runners	F40	05:55.87	80
Mile	5	73 Ben	Stredder	Didsbury Runners	M45	05:57.87	81
Mile	5	74 Steven	Doxey	Swinton Running Club	M60	06:02.53	83
Mile	4	75 Paul	Collins	Swinton Running Club	M55	06:04.91	94
Mile	2	76 Douglas	Holligan	Unattached	SM	06:10.53	132
Mile	6	77 Rebekah	Livsey	Stockport Harriers & AC	SW	06:11.91	68
Mile	4	78 Matt	Hanson	Manchester Harriers & AC	M45	06:11.99	97
Mile	4	79 Jim	Anthony	Running Bear	M40	06:13.05	102
Mile	4	80 Eloise	Billington	Chorlton Runners	SW	06:14.82	99
Mile	5	81 Neil	Ryan	Manchester Harriers & AC	M40	06:15.73	90
Mile	4	82 Rebecca	Mills	Swinton Running Club	F40	06:18.12	96
Mile	3	83 Stuart	Carvel	Didsbury Runners	SM	06:20.84	116
Mile	2	84 Hollie	Steed	Didsbury Runners	F35	06:21.83	126
Mile	3	85 Edward	Baldwin	Manchester Harriers & AC	M55	06:21.90	118
Mile	4	86 Paul	Turner	Unattached	M45	06:23.04	101
Mile	4	87 Alan	Beaumont	Manchester YMCA Harriers	SM	06:24.78	103
Mile	3	88 Mark	Bousie	Stockport Harriers & AC	M45	06:26.24	115
Mile	4	89 Caroline	Baba	Manchester Harriers & AC	F45	06:28.01	109
Mile	3	90 Irfan	Qureshi	Bury Athletic Club	M55	06:30.41	111
Mile	4	91 Vanessa	Lobb	Ramsbottom Running Club	F35	06:31.64	108
Mile	3	92 Ian	Aitchison	Rochdale Harriers & AC	M65	06:32.15	110
Mile	4	93 Dave	Bradford	Didsbury Runners	M60	06:32.68	104
Mile	4	94 David	Dyer	Manchester Harriers & AC	M50	06:34.23	107
Mile	2	95 Paul	Rutherford	Swinton Running Club	M60	06:36.72	128
Mile	4	96 Paisley	Williams	Swinton Running Club	SW	06:37.07	100
Mile	3	97 David	Thomas	Unattached	M45	06:37.26	121
Mile	4	98 Catherine	Kilbane	Manchester Road Runners	F35	06:39.01	98
Mile	3	99 Ross	D'Souza	Didsbury Runners	M55	06:48.71	122
Mile	3	100 Thomas	Knight	Didsbury Runners	SM	06:54.51	113
Mile	2	101 Adam	Connell	Swinton Running Club	SM	06:57.19	140
Mile	6	102 Jake	Moore	Blackley North Manchester AC	U17M	07:00.59	75
Mile	2	103 Garry	Rhodes	Unattached	M45	07:07.58	134
Mile	2	104 Andy	Fowler	Unattached	M55	07:14.79	131
Mile	3	105 Isabelle	Qamar	Didsbury Runners	F50	07:14.97	119
Mile	3	106 Suzanne	Lockwood	Unattached	F35	07:15.14	112
Mile	1	107 Hannah	Blackwell	Manchester Harriers & AC	SW	07:21.76	144
Mile	2	108 Lindsey	Farrelly	Manchester Harriers & AC	F45	07:24.27	120
Mile	2	109 Afroditi	Kalambouka	Bury Athletic Club	F55	07:25.11	136
Mile	3	110 Graeme	Wilkinson	Manchester YMCA Harriers	M40	07:25.41	117
Mile	2	111 Ray	Dalby	Rochdale Harriers & AC	M65	07:25.45	137
Mile	2	112 Jacqui	Evans	Unattached	F40	07:27.09	141
Mile	2	113 David	Geary	Unattached	M50	07:29.05	139
Mile	2	114 Tehira	Choudhry-Din	Unattached	F50	07:33.89	142
Mile	1	115 Craig	Turner	Manchester Harriers & AC	M55	07:34.12	149
Mile	3	116 Brenda	McCabe	Unattached	F50	07:35.59	125
Mile	1	117 Alison	Dale	Manchester Fronrunners	M55	07:39.12	143
Mile	2	118 Geoffrey	Beattie	Sale Harriers Manchester	M70	07:40.09	127
Mile	2	119 Angela	Turner	Unattached	F45	07:41.29	129
Mile	1	120 Joanna	Livesey	Manchester Harriers & AC	U23W	07:41.89	146
Mile	2	121 John	Waterton	Didsbury Runners	M70	07:47.09	135
Mile	2	122 Dave	Trowse	Unattached	M60	07:54.96	138
Mile	1	123 Mike	Cunningham	Manchester Harriers & AC	M75	07:56.74	145
Mile	2	124 Rod	Scholes	Barnsley Athletic Club	M75	07:59.00	133
Mile	1	125 Michelle	Toovey	Swinton Running Club	F45	07:59.21	151
Mile	2	126 Hollie	Collins	Didsbury Runners	F35	08:15.13	130
Mile	1	127 Natasha	Bradford	Didsbury Runners	SW	08:22.31	147
Mile	1	128 Tracy	Livesey	Manchester Harriers & AC	F55	08:29.50	156
Mile	1	129 Katherine	Jackson	Swinton Running Club	F40	08:45.00	150
Mile	1	130 Ann	McLaughlin	Manchester Harriers & AC	F60	08:52.43	148
Mile	1	131 Cheryl	Honeybourne	Swinton Running Club	F45	09:02.19	152
Mile	1	132 Wendy	Doxey	Swinton Running Club	F60	09:23.82	155
Mile	1	133 Jill	Fairbairn	Unattached	F70	09:25.66	157
Mile	1	134 Alison	Cheetham	Unattached	F55	09:31.98	154
Mile	1	135 David	Edwards	Unattached	M55	09:32.14	153
Mile	1	136 Debbie	Boardman	Stockport Harriers & AC	F50	09:55.56	158
Mile	1 -	John	O'Brien	Manchester Harriers & AC	M65	00:00.00	160
Mile	3 -	Amy	Astill	Didsbury Runners	SW	00:00.00	114
Mile	3 -	Catriona	Marshall	Wilmslow Running Club	F55	00:00.00	123
Mile	3 -	Ken	Connor	Widnes Running Club	M60	00:00.00	124
Mile	4 -	Matthew	MacCann	Didsbury Runners	M55	00:00.00	95

Mile	4 -	Josie	Clough	Manchester YMCA Harriers	SW	00:00.00	105
Mile	5 -	Jane	Halloran	Skyrac Athletic Club	F50	00:00.00	79
Mile	5 -	Zoe	Storr	Holmfirth Harriers AC	F35	00:00.00	85
Mile	5 -	Luke	Totty	Unattached	M40	00:00.00	86
Mile	5 -	Matthew	Doheny	Swinton Running Club	M50	00:00.00	87
Mile	5 -	Catraoine	McDonnell	Sale Harriers Manchester	SW	00:00.00	91
Mile	6 -	Richard	Jackson	Swinton Running Club	M40	00:00.00	71
Mile	6 -	Rob	Fernyhough	Helsby Running Club	M40	00:00.00	72
Mile	7 -	Lee	Hulme	Manchester Triathlon Club	M40	00:00.00	47
Mile	7 -	Caitlyn	Johnston	Bury Athletic Club	U23W	00:00.00	52
Mile	7 -	Phill	Edwards	Dragons Running Club (Sale)	M40	00:00.00	59
Mile	8 -	Sam	Caddick	Didsbury Runners	SM	00:00.00	32
Mile	8 -	Phil	Ryan	Northern Masters AC	M55	00:00.00	35
Mile	8 -	Fahmi	Mohammed	Belle Vue Racers	M40	00:00.00	36
Mile	8 -	Callum	Dinsdale	Hyde Village Striders	SM	00:00.00	39
Mile	9 -	Torrin	Blazeby	Sale Harriers Manchester	SM	00:00.00	20
Mile	9 -	Ben	Rees	Sale Harriers Manchester	SM	00:00.00	21
Mile	9 -	Tom	Stephenson	Sale Harriers Manchester	M40	00:00.00	23
Mile	9 -	Joseph	Byrne	St Helens Sutton AC	U23M	00:00.00	25
Mile	10 -	Thomas	MacAskill	Teviotdale Harriers	U23M	00:00.00	4