



# Trafford 10K

9th March 2014

# Results

| Pos. | Bib | Time  | Name                | Club                           | Gender | Gender Pos | Class | Class Pos | Chip Time | Chip Pos |
|------|-----|-------|---------------------|--------------------------------|--------|------------|-------|-----------|-----------|----------|
| 1    | 2   | 28:56 | Nick McCormick      | Morpeth Harriers               | Male   | 1          | MS    | 1         | 28:56     | 1        |
| 2    | 67  | 29:23 | Ross Millington     | Stockport Harriers             | Male   | 2          | MS    | 2         | 29:23     | 2        |
| 3    | 3   | 29:33 | Richard Weir        | Derby AC                       | Male   | 3          | MS    | 3         | 29:33     | 3        |
| 4    | 7   | 29:38 | Andrew Ward         | Clowne Road Runners            | Male   | 4          | MV40  | 1         | 29:38     | 4        |
| 5    | 9   | 29:47 | Joe Bailey          | Salford Harriers               | Male   | 5          | MS    | 4         | 29:47     | 5        |
| 6    | 71  | 29:54 | Luke Gunn           | Derby AC                       | Male   | 6          | MS    | 5         | 29:54     | 6        |
| 7    | 68  | 30:00 | Antony Ford         | Sale Harriers Manchester       | Male   | 7          | MS    | 6         | 29:59     | 7        |
| 8    | 19  | 30:03 | Andrew Davies       | Maldwyn Harriers               | Male   | 8          | MS    | 7         | 30:02     | 8        |
| 9    | 79  | 30:08 | Stephen Emery       | Coventry Godiva Harriers       | Male   | 9          | MS    | 8         | 30:08     | 9        |
| 10   | 73  | 30:24 | Nick Samuels        | Sale Harriers Manchester       | Male   | 10         | MS    | 9         | 30:23     | 10       |
| 11   | 316 | 30:32 | Paul Lockwood       | Wakefield District H & AC      | Male   | 11         | MS    | 10        | 30:32     | 11       |
| 12   | 50  | 30:34 | Tom Merson          | Bristol & West                 | Male   | 12         | MS    | 11        | 30:32     | 12       |
| 13   | 75  | 30:41 | Carl Hardman        | Salford Harriers               | Male   | 13         | MS    | 12        | 30:41     | 13       |
| 14   | 5   | 30:50 | Tesfaye Debele      | Leeds City                     | Male   | 14         | MJ    | 1         | 30:50     | 14       |
| 15   | 15  | 30:54 | Dave Norman         | Altrincham & District AC       | Male   | 15         | MS    | 13        | 30:53     | 15       |
| 16   | 11  | 30:56 | Alex O'Gorman       | Stockport Harriers             | Male   | 16         | MS    | 14        | 30:56     | 16       |
| 17   | 14  | 31:00 | Liam Lloyd          | Swansea Harriers               | Male   | 17         | MJ    | 2         | 31:00     | 17       |
| 18   | 74  | 31:02 | Nathan Jones        | Eryri Harriers                 | Male   | 18         | MJ    | 3         | 31:01     | 18       |
| 19   | 12  | 31:04 | Josh Bull           | Derby AC                       | Male   | 19         | MS    | 15        | 31:03     | 19       |
| 20   | 40  | 31:08 | Tom Jenkins         | Hallamshire Harriers Sheffield | Male   | 20         | MS    | 16        | 31:06     | 20       |
| 21   | 698 | 31:17 | Kristopher Lecher   | Kingston AC And Poly Harriers  | Male   | 21         | MS    | 17        | 31:17     | 22       |
| 22   | 516 | 31:17 | Josh Ridley         | Witney Road Runners            | Male   | 22         | MS    | 18        | 31:16     | 21       |
| 23   | 33  | 31:20 | Michael Sawrey      | Stockport Harriers             | Male   | 23         | MS    | 19        | 31:19     | 23       |
| 24   | 23  | 31:29 | Karl Billington     | Blackburn Harriers             | Male   | 24         | MS    | 20        | 31:28     | 24       |
| 25   | 777 | 31:31 | Morgan Davies       |                                | Male   | 25         | MJ    | 4         | 31:28     | 25       |
| 26   | 795 | 31:31 | Gareth Lowe         | Clowne Road Runners            | Male   | 26         | MV40  | 2         | 31:29     | 26       |
| 27   | 793 | 31:31 | Kevin Calvert       | Sunderland Harriers & Ac       | Male   | 27         | MS    | 21        | 31:30     | 27       |
| 28   | 504 | 31:33 | James Rodgers       | North Somerset AC              | Male   | 28         | MS    | 22        | 31:33     | 28       |
| 29   | 26  | 31:35 | Chris Perry         | Vale Royal AC                  | Male   | 29         | MS    | 23        | 31:34     | 29       |
| 30   | 78  | 31:35 | Ricky Challinor     | Liverpool Harriers             | Male   | 30         | MS    | 24        | 31:35     | 30       |
| 31   | 69  | 31:36 | Steve Lisgo         | Leeds City                     | Male   | 31         | MS    | 25        | 31:36     | 31       |
| 32   | 45  | 31:41 | Ash Chambers        | Liverpool Harriers             | Male   | 32         | MS    | 26        | 31:39     | 32       |
| 33   | 699 | 31:42 | Peter Brookes       | Holmfirth Harriers             | Male   | 33         | MJ    | 5         | 31:39     | 33       |
| 34   | 49  | 31:52 | Christian Prior     | City Of Chester Triathlon Club | Male   | 34         | MS    | 27        | 31:51     | 34       |
| 35   | 24  | 31:53 | Mitch Burton        | Bedford & County AC            | Male   | 35         | MS    | 28        | 31:52     | 35       |
| 36   | 76  | 31:57 | Josh Tighe          | Salford Harriers               | Male   | 36         | MS    | 29        | 31:57     | 36       |
| 37   | 32  | 32:13 | Luke Betts          | Sale Harriers Manchester       | Male   | 37         | MS    | 30        | 32:13     | 37       |
| 38   | 46  | 32:17 | Philip Hoole        | Rotherham Harriers             | Male   | 38         | MS    | 31        | 32:15     | 38       |
| 39   | 476 | 32:18 | James Savage        | Kent AC                        | Male   | 39         | MS    | 32        | 32:16     | 39       |
| 40   | 872 | 32:22 | Tom Madden          | Coventry Godiva Harriers       | Male   | 40         | MS    | 33        | 32:21     | 40       |
| 41   | 274 | 32:24 | Andy Barron         | Manx Harriers                  | Male   | 41         | MS    | 34        | 32:21     | 41       |
| 42   | 728 | 32:31 | Darren Southcott    | Woodford Green Ac With Essex L | Male   | 42         | MS    | 35        | 32:30     | 42       |
| 43   | 38  | 32:36 | Matthew John        | Otley Ac                       | Male   | 43         | MS    | 36        | 32:35     | 43       |
| 44   | 27  | 32:37 | Gavin Tomlinson     | Trafford Athletic Club         | Male   | 44         | MS    | 37        | 32:36     | 44       |
| 45   | 648 | 32:42 | Aidan Johnson       | Rotherham Harriers             | Male   | 45         | MS    | 38        | 32:40     | 45       |
| 46   | 41  | 32:47 | Chris Carter        | Telford AC                     | Male   | 46         | MS    | 39        | 32:46     | 46       |
| 47   | 242 | 32:47 | Robert Bridges      | Manchester Triathlon Club      | Male   | 47         | MS    | 40        | 32:46     | 47       |
| 48   | 397 | 32:48 | David Lockett       | Salford Harriers               | Male   | 48         | MV45  | 1         | 32:47     | 48       |
| 49   | 52  | 32:49 | Helen Clitheroe     | Preston Harriers               | Female | 1          | FV40  | 1         | 32:48     | 49       |
| 50   | 675 | 32:51 | Glyn Billington     | Salford Harriers               | Male   | 49         | MV40  | 3         | 32:49     | 50       |
| 51   | 458 | 32:52 | Alastair Weymouth   | Border Harriers & Ac           | Male   | 50         | MJ    | 6         | 32:50     | 51       |
| 52   | 351 | 32:54 | Jarratt Perkins     | Notts AC                       | Male   | 51         | MS    | 41        | 32:54     | 53       |
| 53   | 879 | 32:55 | Henry Valentine     | South Cheshire Harriers        | Male   | 52         | MJ    | 7         | 32:55     | 54       |
| 54   | 642 | 32:56 | Derek Simpson       | Rochdale Harriers              | Male   | 53         | MS    | 42        | 32:53     | 52       |
| 55   | 505 | 32:57 | Matthew Lalor       | Blackburn Harriers             | Male   | 54         | MS    | 43        | 32:56     | 55       |
| 56   | 57  | 32:58 | Sonia Samuels       | Wallsend Harriers              | Female | 2          | FS    | 1         | 32:57     | 56       |
| 57   | 86  | 33:00 | Matthew Livingstone | Preston Harriers               | Male   | 55         | MS    | 44        | 32:57     | 57       |
| 58   | 951 | 33:07 | Nick Beer           |                                | Male   | 56         | MS    | 45        | 33:04     | 58       |
| 59   | 665 | 33:11 | Harvey Maguire      |                                | Male   | 57         | MS    | 46        | 33:09     | 59       |
| 60   | 557 | 33:12 | Thomas Richardson   | Basildon AC                    | Male   | 58         | MJ    | 8         | 33:10     | 61       |
| 61   | 172 | 33:12 | Steven Sims         | East Cornwall Harriers         | Male   | 59         | MS    | 47        | 33:09     | 60       |
| 62   | 234 | 33:16 | Alexander Bampton   | Cheltenham and County Harriers | Male   | 60         | MJ    | 9         | 33:14     | 62       |
| 63   | 154 | 33:17 | Julian Hood         | Barlick Fell Runners           | Male   | 61         | MS    | 48        | 33:14     | 63       |
| 64   | 692 | 33:17 | Luke Towers         | St Helens Sutton AC            | Male   | 62         | MJ    | 10        | 33:15     | 64       |
| 65   | 464 | 33:29 | Grant Webb          | Basildon AC                    | Male   | 63         | MS    | 49        | 33:28     | 67       |
| 66   | 623 | 33:29 | Michael Hunt        | Trafford Athletic Club         | Male   | 64         | MV40  | 4         | 33:26     | 65       |
| 67   | 51  | 33:29 | Louise Damen        | Winchester & District AC       | Female | 3          | FS    | 2         | 33:28     | 68       |
| 68   | 493 | 33:30 | Chris Thornton      | Skyrac Athletic Club           | Male   | 65         | MS    | 50        | 33:26     | 66       |
| 69   | 37  | 33:31 | Nathan Kilcourse    | Salford Harriers               | Male   | 66         | MS    | 51        | 33:31     | 72       |
| 70   | 497 | 33:32 | Jeff Prest          | Trafford Athletic Club         | Male   | 67         | MV40  | 5         | 33:29     | 69       |

|     |     |       |                      |                                |        |     |      |    |       |     |
|-----|-----|-------|----------------------|--------------------------------|--------|-----|------|----|-------|-----|
| 71  | 287 | 33:32 | Rob Downs            | Wilmslow Running Club          | Male   | 68  | MV50 | 1  | 33:30 | 71  |
| 72  | 262 | 33:32 | Finn Brodie          | Gosforth Harriers & AC         | Male   | 69  | MS   | 52 | 33:29 | 70  |
| 73  | 55  | 33:34 | Elle Vernon          | Stockport Harriers             | Female | 4   | FS   | 3  | 33:33 | 74  |
| 74  | 312 | 33:34 | Christopher Merchant | Rochdale Harriers              | Male   | 70  | MV40 | 6  | 33:32 | 73  |
| 75  | 790 | 33:35 | Rob Tudor            | Salford Harriers               | Male   | 71  | MV45 | 2  | 33:34 | 75  |
| 76  | 80  | 33:37 | Rebecca Robinson     | Kendal AC                      | Female | 5   | FS   | 4  | 33:36 | 76  |
| 77  | 586 | 33:47 | John Lloyd           | Salford Harriers               | Male   | 72  | MS   | 53 | 33:44 | 77  |
| 78  | 496 | 33:48 | Elliot Smales        | Rotherham Harriers             | Male   | 73  | MJ   | 11 | 33:44 | 78  |
| 79  | 657 | 33:48 | Leon Foster          | Leeds City                     | Male   | 74  | MS   | 54 | 33:45 | 79  |
| 80  | 207 | 33:49 | Andrew Norton        | Notts AC                       | Male   | 75  | MS   | 55 | 33:46 | 80  |
| 81  | 829 | 33:50 | Sam Clegg            | Rotherham Harriers             | Male   | 76  | MS   | 56 | 33:47 | 81  |
| 82  | 649 | 33:51 | Christopher Tully    | Preston Harriers               | Male   | 77  | MS   | 57 | 33:49 | 82  |
| 83  | 58  | 33:55 | Laura Whittle        | Royal Sutton Coldfield         | Female | 6   | FS   | 5  | 33:54 | 83  |
| 84  | 846 | 33:56 | Liam Thompson        | Leigh Harriers                 | Male   | 78  | MS   | 58 | 33:54 | 84  |
| 85  | 806 | 33:59 | Ian Wetherall        | Sale Harriers Manchester       | Male   | 79  | MV45 | 3  | 33:58 | 85  |
| 86  | 741 | 34:02 | Adam Dyson           | Hallamshire Harriers Sheffield | Male   | 80  | MS   | 59 | 34:00 | 86  |
| 87  | 510 | 34:03 | Beau Smith           | Lancaster & Morecambe Ac       | Male   | 81  | MS   | 60 | 34:00 | 87  |
| 88  | 596 | 34:08 | Steffan Sayer        | Menai Track And Field          | Male   | 82  | MS   | 61 | 34:07 | 88  |
| 89  | 977 | 34:10 | Alan Ashton          | Liverpool Harriers             | Male   | 83  | MV40 | 7  | 34:10 | 89  |
| 90  | 87  | 34:14 | Ben McCormack        | Chorlton Runners               | Male   | 84  | MS   | 62 | 34:12 | 90  |
| 91  | 317 | 34:18 | Edward Gumbley       | Manx Harriers                  | Male   | 85  | MS   | 63 | 34:15 | 91  |
| 92  | 25  | 34:23 | Ryan Moore           | Sale Harriers Manchester       | Male   | 86  | MJ   | 12 | 34:23 | 93  |
| 93  | 143 | 34:26 | Simon Goldsworthy    | Manchester Triathlon Club      | Male   | 87  | MJ   | 13 | 34:16 | 92  |
| 94  | 878 | 34:32 | Ben Barwick          | Winchester & District AC       | Male   | 88  | MS   | 64 | 34:23 | 94  |
| 95  | 84  | 34:37 | Huw Llewellyn        |                                | Male   | 89  | MS   | 65 | 34:35 | 95  |
| 96  | 817 | 34:41 | Thomas Powell        | Trafford Athletic Club         | Male   | 90  | MS   | 66 | 34:37 | 96  |
| 97  | 522 | 34:41 | Fraser Rounds        |                                | Male   | 91  | MS   | 67 | 34:37 | 97  |
| 98  | 831 | 34:43 | Phillip Bennett      | Rochdale Harriers              | Male   | 92  | MS   | 68 | 34:37 | 98  |
| 99  | 824 | 34:46 | Ian Roberts          | Rochdale Harriers              | Male   | 93  | MS   | 69 | 34:40 | 99  |
| 100 | 111 | 34:49 | Howard Oldham        | East Cheshire Harriers & Tames | Male   | 94  | MS   | 70 | 34:44 | 100 |
| 101 | 720 | 34:50 | Daniel Ansell        | Trafford Athletic Club         | Male   | 95  | MS   | 71 | 34:47 | 101 |
| 102 | 401 | 34:51 | Finley Thompson      | Lincoln Wellington Athletic Cl | Male   | 96  | MJ   | 14 | 34:48 | 102 |
| 103 | 44  | 34:51 | Ryan Butler          | Leigh Harriers                 | Male   | 97  | MS   | 72 | 34:50 | 103 |
| 104 | 204 | 34:52 | Craig Pearson        | Cannock & Stafford AC          | Male   | 98  | MS   | 73 | 34:51 | 104 |
| 105 | 807 | 34:57 | Graeme Grindrod      | Salford Harriers               | Male   | 99  | MS   | 74 | 34:54 | 105 |
| 106 | 842 | 34:57 | Lee Midghall         | Liverpool Harriers             | Male   | 100 | MS   | 75 | 34:55 | 106 |
| 107 | 59  | 35:02 | Louise Wiker         |                                | Female | 7   | FV35 | 1  | 35:00 | 107 |
| 108 | 697 | 35:04 | Kelly Crickmore      | City Of Chester Triathlon Club | Female | 8   | FV35 | 2  | 35:02 | 110 |
| 109 | 407 | 35:06 | Simon Parker         |                                | Male   | 101 | MS   | 76 | 35:02 | 111 |
| 110 | 712 | 35:06 | Thomas McKee         | City of Hull AC                | Male   | 102 | MS   | 77 | 35:06 | 113 |
| 111 | 66  | 35:06 | Josephine Stone      | Middlesbrough Athletic Club (m | Female | 9   | FS   | 6  | 35:06 | 114 |
| 112 | 884 | 35:07 | Shaun Barnsley       | Tipton Harriers                | Male   | 103 | MS   | 78 | 35:01 | 108 |
| 113 | 240 | 35:08 | Michael Mawby        | Glossopdale Harriers           | Male   | 104 | MS   | 79 | 35:01 | 109 |
| 114 | 329 | 35:09 | Heather Sellars      | Abbey Runners                  | Female | 10  | FS   | 7  | 35:05 | 112 |
| 115 | 600 | 35:11 | Thomas Blaney        | Blackburn Harriers             | Male   | 105 | MS   | 80 | 35:07 | 115 |
| 116 | 986 | 35:14 | Billy McCartney      | Salford Harriers               | Male   | 106 | MS   | 81 | 35:11 | 117 |
| 117 | 738 | 35:16 | Stephen Welling      |                                | Male   | 107 | MV40 | 8  | 35:10 | 116 |
| 118 | 491 | 35:19 | Andrew Campbell      | Wreccsam Tri                   | Male   | 108 | MS   | 82 | 35:18 | 123 |
| 119 | 954 | 35:20 | Paul Fotherby        | Valley Striders                | Male   | 109 | MS   | 83 | 35:17 | 121 |
| 120 | 550 | 35:21 | James Corden         | Stockport Harriers             | Male   | 110 | MV40 | 9  | 35:15 | 118 |
| 121 | 408 | 35:21 | Andrew Mooney        | Sale Harriers Manchester       | Male   | 111 | MS   | 84 | 35:16 | 119 |
| 122 | 202 | 35:22 | Tim Greenald         | East Cheshire Harriers & Tames | Male   | 112 | MV40 | 10 | 35:16 | 120 |
| 123 | 825 | 35:23 | Christopher Davies   | Blackburn Harriers             | Male   | 113 | MS   | 85 | 35:17 | 122 |
| 124 | 279 | 35:23 | Jim Pendrill         | Wilmslow Running Club          | Male   | 114 | MV40 | 11 | 35:21 | 124 |
| 125 | 531 | 35:25 | Gareth Howell        | Liverpool Harriers             | Male   | 115 | MS   | 86 | 35:22 | 125 |
| 126 | 855 | 35:30 | Stephen Eardley      | Colwyn Bay Ac                  | Male   | 116 | MV40 | 12 | 35:29 | 128 |
| 127 | 672 | 35:30 | Laurie Luscombe      | Liverpool Harriers             | Male   | 117 | MS   | 87 | 35:29 | 129 |
| 128 | 757 | 35:32 | Peter Rogers         | Stockport Harriers             | Male   | 118 | MS   | 88 | 35:27 | 126 |
| 129 | 192 | 35:33 | Philip Hewitt        | Holmfirth Harriers             | Male   | 119 | MS   | 89 | 35:27 | 127 |
| 130 | 165 | 35:34 | Paul Davies          |                                | Male   | 120 | MV40 | 13 | 35:30 | 130 |
| 131 | 714 | 35:38 | Lawrence Wade        | Coltishall Jaguars Rc          | Male   | 121 | MV40 | 14 | 35:31 | 131 |
| 132 | 645 | 35:39 | Scott Smith          | Holmfirth Harriers             | Male   | 122 | MS   | 90 | 35:33 | 132 |
| 133 | 187 | 35:41 | Roger Alsop          | Salford Harriers               | Male   | 123 | MV45 | 4  | 35:38 | 133 |
| 134 | 882 | 35:43 | John Connolly        | Penny Lane Striders            | Male   | 124 | MV40 | 15 | 35:40 | 135 |
| 135 | 63  | 35:45 | Dionne Allen         | Leigh Harriers                 | Female | 11  | FS   | 8  | 35:43 | 137 |
| 136 | 912 | 35:45 | Gary Matthews        | East Cheshire Harriers & Tames | Male   | 125 | MV50 | 2  | 35:45 | 138 |
| 137 | 419 | 35:48 | Darren Russell       | Trafford Athletic Club         | Male   | 126 | MS   | 91 | 35:39 | 134 |
| 138 | 540 | 35:48 | Richard Marlton      | Stockport Harriers             | Male   | 127 | MV45 | 5  | 35:42 | 136 |
| 139 | 538 | 35:49 | Mark Fallaize        | City of Sheffield AC           | Male   | 128 | MS   | 92 | 35:45 | 139 |
| 140 | 374 | 35:51 | Chris Walker         | Durham City Harriers & AC      | Male   | 129 | MS   | 93 | 35:49 | 143 |

|     |     |       |                    |                                |        |     |      |     |       |     |
|-----|-----|-------|--------------------|--------------------------------|--------|-----|------|-----|-------|-----|
| 141 | 839 | 35:51 | Mark Rogers        | Wigan & District H & AC        | Male   | 130 | MV45 | 6   | 35:46 | 140 |
| 142 | 236 | 35:53 | Mike Hatch         | Sale Harriers Manchester       | Male   | 131 | MV40 | 16  | 35:46 | 141 |
| 143 | 20  | 35:53 | Ben Riddell        | Salford Harriers               | Male   | 132 | MS   | 94  | 35:53 | 146 |
| 144 | 863 | 35:54 | Lee Barlow         | Wesham Road Runners            | Male   | 133 | MV40 | 17  | 35:52 | 145 |
| 145 | 341 | 35:55 | Mark Offord        | Dragons Running Club           | Male   | 134 | MS   | 95  | 35:50 | 144 |
| 146 | 158 | 35:56 | Simon Denye        | Lytham St Annes Rr Club        | Male   | 135 | MV40 | 18  | 35:53 | 147 |
| 147 | 527 | 35:59 | Stephen Crook      |                                | Male   | 136 | MS   | 96  | 35:48 | 142 |
| 148 | 792 | 36:00 | Mark Kendall       | City of Hull AC                | Male   | 137 | MS   | 97  | 35:59 | 150 |
| 149 | 580 | 36:02 | Lee Buckwell       |                                | Male   | 138 | MS   | 98  | 35:58 | 148 |
| 150 | 30  | 36:03 | James Riley        | Liverpool Harriers             | Male   | 139 | MS   | 99  | 35:58 | 149 |
| 151 | 625 | 36:09 | Trevor Morris      | Wilmslow Running Club          | Male   | 140 | MV50 | 3   | 36:05 | 151 |
| 152 | 708 | 36:12 | Mark Wynne         | Liverpool Pembroke & Sefton H  | Male   | 141 | MS   | 100 | 36:10 | 153 |
| 153 | 647 | 36:16 | Joseph Bedingham   |                                | Male   | 142 | MS   | 101 | 36:09 | 152 |
| 154 | 868 | 36:17 | Helen Singleton    | Wakefield District H & AC      | Female | 12  | FS   | 9   | 36:15 | 155 |
| 155 | 622 | 36:18 | Darren Moran       | Salford Harriers               | Male   | 143 | MV40 | 19  | 36:13 | 154 |
| 156 | 519 | 36:22 | Dan Whittle        | Durham City Harriers & AC      | Male   | 144 | MS   | 102 | 36:17 | 156 |
| 157 | 537 | 36:23 | Emma Crowe         | Wrexham AC                     | Female | 13  | FV40 | 2   | 36:21 | 157 |
| 158 | 614 | 36:28 | Robert Goulsbra    | Stockport Harriers             | Male   | 145 | MS   | 103 | 36:23 | 158 |
| 159 | 767 | 36:28 | Ian Monaghan       | North Derbyshire Running Club  | Male   | 146 | MV40 | 20  | 36:26 | 161 |
| 160 | 561 | 36:30 | Dale Higham        | Penny Lane Striders            | Male   | 147 | MS   | 104 | 36:25 | 160 |
| 161 | 333 | 36:30 | Steven Hayes       | Deestridders R.c.              | Male   | 148 | MS   | 105 | 36:26 | 162 |
| 162 | 241 | 36:30 | John Armstrong     | Wallasey Athletic Club         | Male   | 149 | MV45 | 7   | 36:24 | 159 |
| 163 | 725 | 36:40 | Michael Harrington | Vale Royal AC                  | Male   | 150 | MV40 | 21  | 36:34 | 163 |
| 164 | 371 | 36:41 | Sarah Jarvis       | Liverpool Harriers             | Female | 14  | FS   | 10  | 36:39 | 166 |
| 165 | 763 | 36:42 | Irfon Rowlands     | Cybi Striders                  | Male   | 151 | MV45 | 8   | 36:40 | 168 |
| 166 | 345 | 36:42 | Chris Yorke        | North Wales Road Runners       | Male   | 152 | MV45 | 9   | 36:41 | 169 |
| 167 | 999 | 36:43 | Anthony Lawlor     | Knowsley Harriers              | Male   | 153 | MV50 | 4   | 36:39 | 167 |
| 168 | 437 | 36:44 | Robert Webster     |                                | Male   | 154 | MS   | 106 | 36:37 | 164 |
| 169 | 636 | 36:44 | John Chaplin       | Blackburn Harriers             | Male   | 155 | MV55 | 1   | 36:41 | 170 |
| 170 | 415 | 36:45 | Dennis Cross       | Basildon AC                    | Male   | 156 | MS   | 107 | 36:43 | 171 |
| 171 | 146 | 36:47 | George Bilsby      |                                | Male   | 157 | MS   | 108 | 36:37 | 165 |
| 172 | 653 | 36:51 | Diane Mcvey        | Wilmslow Running Club          | Female | 15  | FV35 | 3   | 36:47 | 172 |
| 173 | 64  | 36:53 | Sarah Hudak        | Trafford Athletic Club         | Female | 16  | FS   | 11  | 36:51 | 176 |
| 174 | 678 | 36:54 | Peter O'Neill      |                                | Male   | 158 | MS   | 109 | 36:48 | 173 |
| 175 | 788 | 36:54 | Nick Maynard       | City of Hull AC                | Male   | 159 | MV40 | 22  | 36:53 | 178 |
| 176 | 988 | 36:56 | Steve Crossman     | Glossopdale Harriers           | Male   | 160 | MV45 | 10  | 36:50 | 174 |
| 177 | 900 | 36:59 | Ian Fraser         | East Cheshire Harriers & Tames | Male   | 161 | MV45 | 11  | 36:50 | 175 |
| 178 | 621 | 37:04 | Chris Quigley      | Trawden AC                     | Male   | 162 | MV40 | 23  | 36:57 | 179 |
| 179 | 574 | 37:05 | Charles Foster     | Salford Harriers               | Male   | 163 | MV40 | 24  | 37:02 | 181 |
| 180 | 216 | 37:06 | Andy Walsh         | Lichfield Running Club         | Male   | 164 | MS   | 110 | 36:51 | 177 |
| 181 | 191 | 37:08 | Andrew Heys        | Blackburn Harriers             | Male   | 165 | MS   | 111 | 36:59 | 180 |
| 182 | 489 | 37:10 | Paul Griffiths     | Chorlton Runners               | Male   | 166 | MV40 | 25  | 37:06 | 182 |
| 183 | 306 | 37:12 | Tim Fletcher       | Sheffield RC                   | Male   | 167 | MS   | 112 | 37:07 | 183 |
| 184 | 627 | 37:16 | Karl Tavini        | Stockport Harriers             | Male   | 168 | MV45 | 12  | 37:07 | 184 |
| 185 | 560 | 37:21 | Luke McCrave       |                                | Male   | 169 | MS   | 113 | 37:09 | 185 |
| 186 | 644 | 37:25 | Sally Ratcliffe    | Stockport Harriers             | Female | 17  | FJ   | 1   | 37:18 | 186 |
| 187 | 843 | 37:28 | Allan McCormick    | Wilmslow Running Club          | Male   | 170 | MS   | 114 | 37:23 | 188 |
| 188 | 402 | 37:29 | Paul Thompson      | Cleethorpes And District Ac    | Male   | 171 | MV45 | 13  | 37:23 | 189 |
| 189 | 457 | 37:29 | Hannah Drewett     |                                | Female | 18  | FS   | 12  | 37:25 | 191 |
| 190 | 856 | 37:31 | Alex Waddelove     | Southport Waterloo AC          | Male   | 172 | MS   | 115 | 37:24 | 190 |
| 191 | 609 | 37:31 | Andrew Marsden     | Oldham & Royton H & AC         | Male   | 173 | MS   | 116 | 37:22 | 187 |
| 192 | 758 | 37:33 | William Hardman    |                                | Male   | 174 | MS   | 117 | 37:30 | 194 |
| 193 | 911 | 37:34 | Brad Thornton      | Sale Harriers Manchester       | Male   | 175 | MJ   | 15  | 37:32 | 197 |
| 194 | 689 | 37:35 | James Penfold      | Altrincham & District AC       | Male   | 176 | MV40 | 26  | 37:26 | 192 |
| 195 | 311 | 37:36 | Chris Grieve       | Swinton Running Club           | Male   | 177 | MS   | 118 | 37:30 | 195 |
| 196 | 110 | 37:37 | Bozhidar Kasabov   |                                | Male   | 178 | MS   | 119 | 37:27 | 193 |
| 197 | 486 | 37:41 | Chris Webb         | Saddleworth Runners Club       | Male   | 179 | MS   | 120 | 37:31 | 196 |
| 198 | 641 | 37:43 | Andy Starkey       |                                | Male   | 180 | MV50 | 5   | 37:35 | 198 |
| 199 | 663 | 37:43 | Steve Mclean       | Southport Waterloo AC          | Male   | 181 | MV50 | 6   | 37:39 | 200 |
| 200 | 170 | 37:46 | Jonathan Sacks     | Salford Harriers               | Male   | 182 | MS   | 121 | 37:38 | 199 |
| 201 | 495 | 37:48 | Craig Fishwick     | Hallamshire Harriers Sheffield | Male   | 183 | MS   | 122 | 37:46 | 204 |
| 202 | 368 | 37:50 | Dan Pettitt        | Horsham Joggers                | Male   | 184 | MJ   | 16  | 37:40 | 201 |
| 203 | 889 | 37:50 | Iain Lewis         | Wolverhampton & Bilston        | Male   | 185 | MS   | 123 | 37:46 | 205 |
| 204 | 381 | 37:51 | Gareth Woodcock    | Trafford Athletic Club         | Male   | 186 | MS   | 124 | 37:44 | 202 |
| 205 | 135 | 37:51 | Phil Jacques       | East Cheshire Harriers & Tames | Male   | 187 | MV45 | 14  | 37:46 | 206 |
| 206 | 899 | 37:54 | Robin Shiels       | Radcliffe Athletics Club       | Male   | 188 | MS   | 125 | 37:49 | 207 |
| 207 | 115 | 37:56 | Nathan Ball        | Manchester Triathlon Club      | Male   | 189 | MS   | 126 | 37:45 | 203 |
| 208 | 297 | 37:57 | Ged Naylor         | Clowne Road Runners            | Male   | 190 | MV50 | 7   | 37:53 | 208 |
| 209 | 508 | 38:00 | Christopher Small  |                                | Male   | 191 | MS   | 127 | 37:56 | 209 |
| 210 | 156 | 38:06 | Matt Dickinson     | East Cheshire Harriers & Tames | Male   | 192 | MS   | 128 | 38:00 | 211 |

|     |     |       |                      |                                |        |     |      |     |       |     |
|-----|-----|-------|----------------------|--------------------------------|--------|-----|------|-----|-------|-----|
| 211 | 39  | 38:07 | Nathaniel Williams   |                                | Male   | 193 | MS   | 129 | 38:06 | 212 |
| 212 | 874 | 38:07 | Paul Booth           |                                | Male   | 194 | MS   | 130 | 37:58 | 210 |
| 213 | 693 | 38:11 | Phillip Quibell      | Salford Harriers               | Male   | 195 | MV55 | 2   | 38:09 | 214 |
| 214 | 628 | 38:14 | Dominic Howell       |                                | Male   | 196 | MV40 | 27  | 38:08 | 213 |
| 215 | 937 | 38:16 | Lucy Nell            |                                | Female | 19  | FS   | 13  | 38:10 | 215 |
| 216 | 97  | 38:17 | Rob Valentine        | South Cheshire Harriers        | Male   | 197 | MV45 | 15  | 38:11 | 216 |
| 217 | 919 | 38:19 | Jocelyn Payne        | Hyde Park Harriers             | Female | 20  | FS   | 14  | 38:12 | 217 |
| 218 | 619 | 38:22 | Graham Marsland      | Stockport Harriers             | Male   | 198 | MV45 | 16  | 38:15 | 218 |
| 219 | 526 | 38:26 | Andrew McEvoy        | Macclesfield Harriers & AC     | Male   | 199 | MS   | 131 | 38:18 | 219 |
| 220 | 799 | 38:27 | Paul Barrett         | Sale Harriers Manchester       | Male   | 200 | MS   | 132 | 38:19 | 220 |
| 221 | 681 | 38:29 | Gary Blackwell       | Deeside Aac                    | Male   | 201 | MV45 | 17  | 38:25 | 224 |
| 222 | 668 | 38:29 | Gavin Browne         | East Cheshire Harriers & Tames | Male   | 202 | MS   | 133 | 38:21 | 221 |
| 223 | 852 | 38:30 | Mike Hill            | Wilmslow Running Club          | Male   | 203 | MV45 | 18  | 38:24 | 223 |
| 224 | 96  | 38:30 | Louise Blizzard      | Belgrave Harriers              | Female | 21  | FV35 | 4   | 38:25 | 225 |
| 225 | 709 | 38:31 | Dan Harris           | City Of Stoke Ac               | Male   | 204 | MS   | 134 | 38:26 | 226 |
| 226 | 293 | 38:31 | Luisa Candioli       | Spectrum Striders              | Female | 22  | FS   | 15  | 38:21 | 222 |
| 227 | 100 | 38:37 | Meshal Abushal       |                                | Male   | 205 | MS   | 135 | 38:31 | 227 |
| 228 | 249 | 38:38 | Sarah Griffiths      | Leigh Harriers                 | Female | 23  | FS   | 16  | 38:35 | 231 |
| 229 | 771 | 38:40 | Brandon Holroyd      | Holmfirth Harriers             | Male   | 206 | MV40 | 28  | 38:34 | 230 |
| 230 | 716 | 38:41 | Darren Jackson       | Wigan & District H & AC        | Male   | 207 | MS   | 136 | 38:31 | 228 |
| 231 | 782 | 38:45 | Brian Gray           | Silson Joggers AC              | Male   | 208 | MV40 | 29  | 38:33 | 229 |
| 232 | 414 | 38:48 | Craig Hunt           | Wilmslow Running Club          | Male   | 209 | MV40 | 30  | 38:43 | 237 |
| 233 | 107 | 38:49 | Neil Trott           |                                | Male   | 210 | MS   | 137 | 38:39 | 234 |
| 234 | 639 | 38:49 | Joseph Waller        | Rossendale Harriers            | Male   | 211 | MS   | 138 | 38:35 | 232 |
| 235 | 490 | 38:50 | Robert Fairbanks     |                                | Male   | 212 | MS   | 139 | 38:41 | 235 |
| 236 | 745 | 38:50 | Dominic Kennerley    | Oldham & Royton H & AC         | Male   | 213 | MS   | 140 | 38:41 | 236 |
| 237 | 152 | 38:51 | Thomas Skelton       | Glossopdale Harriers           | Male   | 214 | MS   | 141 | 38:44 | 238 |
| 238 | 200 | 38:51 | Richard Crisp        |                                | Male   | 215 | MV40 | 31  | 38:36 | 233 |
| 239 | 940 | 38:55 | Helen Roby           | Halifax Harriers               | Female | 24  | FS   | 17  | 38:48 | 241 |
| 240 | 215 | 38:56 | Aidan Rafferty       | Sale Harriers Manchester       | Male   | 216 | MV50 | 8   | 38:46 | 239 |
| 241 | 748 | 38:57 | Michael Raynes       | York Acorn Running Club        | Male   | 217 | MS   | 142 | 38:50 | 242 |
| 242 | 603 | 38:58 | Matthew Moran        | Bramhall Runners               | Male   | 218 | MS   | 143 | 38:53 | 244 |
| 243 | 108 | 38:58 | David Collins        | Wigan Harriers                 | Male   | 219 | MV40 | 32  | 38:47 | 240 |
| 244 | 205 | 39:02 | Claire Leaver        | Holmfirth Harriers             | Female | 25  | FS   | 18  | 38:56 | 246 |
| 245 | 597 | 39:02 | Kerrie Harris        |                                | Female | 26  | FS   | 19  | 38:57 | 247 |
| 246 | 469 | 39:03 | Colin McEvoy         | Wigan & District H & AC        | Male   | 220 | MS   | 144 | 38:52 | 243 |
| 247 | 615 | 39:04 | Sam Mccreadie        | Blackburn Harriers             | Female | 27  | FS   | 20  | 38:58 | 248 |
| 248 | 562 | 39:05 | Nicholas Haworth     | Manchester Triathlon Club      | Male   | 221 | MJ   | 17  | 38:53 | 245 |
| 249 | 153 | 39:05 | Mike Coogan          | East Cheshire Harriers & Tames | Male   | 222 | MV40 | 33  | 39:00 | 249 |
| 250 | 500 | 39:10 | Phil Evans           | Bramhall Runners               | Male   | 223 | MS   | 145 | 39:05 | 251 |
| 251 | 352 | 39:11 | Mark Williams        | Deestriders R.c.               | Male   | 224 | MV45 | 19  | 39:06 | 253 |
| 252 | 726 | 39:12 | Steven Curley        |                                | Male   | 225 | MS   | 146 | 39:05 | 252 |
| 253 | 601 | 39:13 | Evan Cook            | Blackburn Harriers             | Male   | 226 | MV60 | 1   | 39:04 | 250 |
| 254 | 873 | 39:16 | Gary Willcock        | Macclesfield Harriers & AC     | Male   | 227 | MV50 | 9   | 39:09 | 254 |
| 255 | 800 | 39:17 | Bethan Hughes        | City Of Chester Triathlon Club | Female | 28  | FS   | 21  | 39:09 | 255 |
| 256 | 520 | 39:18 | Lok Li               | Bramhall Runners               | Male   | 228 | MV40 | 34  | 39:13 | 256 |
| 257 | 472 | 39:24 | John Williams        | Bramhall Runners               | Male   | 229 | MS   | 147 | 39:20 | 259 |
| 258 | 405 | 39:26 | Roberto Raso         | Manchester Frontrunners        | Male   | 230 | MV50 | 10  | 39:17 | 257 |
| 259 | 245 | 39:27 | Kristy Readman       | Macclesfield Harriers & AC     | Female | 29  | FV35 | 5   | 39:21 | 260 |
| 260 | 905 | 39:29 | Russell White        | North Derbyshire Running Club  | Male   | 231 | MS   | 148 | 39:19 | 258 |
| 261 | 271 | 39:32 | Caitlin Rice         | Glossopdale Harriers           | Female | 30  | FS   | 22  | 39:24 | 262 |
| 262 | 952 | 39:32 | Richard Docker       |                                | Male   | 232 | MV50 | 11  | 39:24 | 263 |
| 263 | 546 | 39:33 | Bob Freeman          | West Cheshire Athletic Club    | Male   | 233 | MV55 | 3   | 39:22 | 261 |
| 264 | 65  | 39:35 | Jonathan Axon        | Salford Metropolitan AC        | Male   | 234 | MS   | 149 | 39:27 | 264 |
| 265 | 976 | 39:38 | Neil McGraw          | Glossopdale Harriers           | Male   | 235 | MV40 | 35  | 39:30 | 265 |
| 266 | 837 | 39:39 | Santosh Rudravajhala | Derby AC                       | Male   | 236 | MS   | 150 | 39:35 | 269 |
| 267 | 582 | 39:40 | Paul Bradford        |                                | Male   | 237 | MS   | 151 | 39:33 | 266 |
| 268 | 656 | 39:40 | Gavin Dodd           | Stainland Lions                | Male   | 238 | MS   | 152 | 39:36 | 270 |
| 269 | 134 | 39:44 | Thomas Dalod         | Chorlton Runners               | Male   | 239 | MS   | 153 | 39:34 | 267 |
| 270 | 827 | 39:51 | Emily Japp           | Blackpool Wyre & Fylde Ac      | Female | 31  | FS   | 23  | 39:41 | 272 |
| 271 | 460 | 39:52 | Richard Brown        | Macclesfield Harriers & AC     | Male   | 240 | MV40 | 36  | 39:39 | 271 |
| 272 | 398 | 39:54 | Janine Ellis         | Wilmslow Running Club          | Female | 32  | FV45 | 1   | 39:49 | 275 |
| 273 | 94  | 39:56 | Seb Bufton           |                                | Male   | 241 | MS   | 154 | 39:34 | 268 |
| 274 | 881 | 39:56 | Damien Healey        |                                | Male   | 242 | MS   | 155 | 39:46 | 274 |
| 275 | 21  | 39:59 | Michael Reason       | Astley & Tydesley              | Male   | 243 | MS   | 156 | 39:45 | 273 |
| 276 | 660 | 40:00 | Tony Muir            | Oldham & Royton H & AC         | Male   | 244 | MS   | 157 | 39:50 | 277 |
| 277 | 686 | 40:00 | Sean Cordell         | Salford Harriers               | Male   | 245 | MV45 | 20  | 39:55 | 280 |
| 278 | 237 | 40:01 | Robbie Greenslade    | Sale Harriers Manchester       | Male   | 246 | MV40 | 37  | 39:54 | 278 |
| 279 | 320 | 40:03 | Pauline Griffin      | Manchester Triathlon Club      | Female | 33  | FS   | 24  | 39:54 | 279 |
| 280 | 707 | 40:06 | Benjamin Langley     | Trafford Athletic Club         | Male   | 247 | MS   | 158 | 40:03 | 283 |

|     |     |       |                    |                                |        |     |      |     |       |     |
|-----|-----|-------|--------------------|--------------------------------|--------|-----|------|-----|-------|-----|
| 281 | 89  | 40:06 | Mike Hodson        | Bramhall Runners               | Male   | 248 | MV40 | 38  | 40:01 | 281 |
| 282 | 113 | 40:09 | Emma Finney        | Sale Harriers Manchester       | Female | 34  | FS   | 25  | 40:02 | 282 |
| 283 | 810 | 40:11 | Lee White          | Burnden RR                     | Male   | 249 | MV40 | 39  | 39:49 | 276 |
| 284 | 729 | 40:11 | Mark J             | Altrincham & District AC       | Male   | 250 | MV55 | 4   | 40:07 | 285 |
| 285 | 694 | 40:15 | Julian Spencer     | Spectrum Striders              | Male   | 251 | MV50 | 12  | 40:06 | 284 |
| 286 | 732 | 40:15 | Mitchell Hawkins   | Penny Lane Striders            | Male   | 252 | MS   | 159 | 40:08 | 286 |
| 287 | 927 | 40:18 | Stan Curran        | Salford Harriers               | Male   | 253 | MV65 | 1   | 40:13 | 288 |
| 288 | 383 | 40:19 | Caroline Mayers    | Manx Harriers                  | Female | 35  | FV40 | 3   | 40:14 | 289 |
| 289 | 957 | 40:21 | Glyn Williams      | Salford Harriers               | Male   | 254 | MV45 | 21  | 40:10 | 287 |
| 290 | 356 | 40:21 | Tony Davenport     | Trafford Athletic Club         | Male   | 255 | MS   | 160 | 40:16 | 291 |
| 291 | 355 | 40:23 | Daniel Boulton     | Sale Harriers Manchester       | Male   | 256 | MS   | 161 | 40:17 | 292 |
| 292 | 109 | 40:26 | Jayne Taylor       | Wigan Harriers                 | Female | 36  | FV50 | 1   | 40:15 | 290 |
| 293 | 367 | 40:32 | Stu Holliday       | Victoria Park Harriers And Tow | Male   | 257 | MS   | 162 | 40:24 | 293 |
| 294 | 258 | 40:35 | Rachel Friend      | Leeds University Ac/cc Club    | Female | 37  | FS   | 26  | 40:28 | 294 |
| 295 | 468 | 40:37 | Francis Day        | East Cheshire Harriers & Tames | Male   | 258 | MV60 | 2   | 40:30 | 295 |
| 296 | 269 | 40:38 | Antony Golding     | Swinton Running Club           | Male   | 259 | MS   | 163 | 40:30 | 296 |
| 297 | 315 | 40:40 | Steveland Surridge |                                | Male   | 260 | MS   | 164 | 40:34 | 299 |
| 298 | 193 | 40:41 | Adam Leebetter     |                                | Male   | 261 | MS   | 165 | 40:30 | 297 |
| 299 | 569 | 40:43 | Matthew Taylor     | Wilmslow Running Club          | Male   | 262 | MS   | 166 | 40:38 | 300 |
| 300 | 171 | 40:48 | Kirsty Johnson     | Glossopdale Harriers           | Female | 38  | FS   | 27  | 40:33 | 298 |
| 301 | 781 | 40:52 | James Hackney      |                                | Male   | 263 | MJ   | 18  | 40:40 | 301 |
| 302 | 392 | 40:53 | Gareth Webb        | Sale Harriers Manchester       | Male   | 264 | MS   | 167 | 40:45 | 302 |
| 303 | 808 | 40:56 | Spencer Lamb       |                                | Male   | 265 | MS   | 168 | 40:51 | 303 |
| 304 | 452 | 41:02 | Sarah Douglas      | Sale Harriers Manchester       | Female | 39  | FS   | 28  | 40:53 | 304 |
| 305 | 664 | 41:06 | William Keeling    | Knutsford Tri Club             | Male   | 266 | MV45 | 22  | 40:55 | 306 |
| 306 | 218 | 41:10 | Stephen Middleton  |                                | Male   | 267 | MV40 | 40  | 40:58 | 307 |
| 307 | 106 | 41:12 | Tony Hart          | Oldham & Royton H & AC         | Male   | 268 | MV45 | 23  | 40:53 | 305 |
| 308 | 943 | 41:14 | Denis Powell       | Sale Harriers Manchester       | Male   | 269 | MJ   | 19  | 41:11 | 312 |
| 309 | 378 | 41:16 | Jude Peck          | Spectrum Striders              | Female | 40  | FV35 | 6   | 41:04 | 309 |
| 310 | 755 | 41:18 | Stasia Bligh       | Blackpool Wyre & Fylde Ac      | Female | 41  | FV35 | 7   | 41:07 | 311 |
| 311 | 228 | 41:19 | Mark Durston       |                                | Male   | 270 | MV40 | 41  | 41:06 | 310 |
| 312 | 342 | 41:20 | Dan Martell        | Altrincham & District AC       | Male   | 271 | MS   | 169 | 41:16 | 315 |
| 313 | 811 | 41:21 | Kirsty Normanton   | Burnden RR                     | Female | 42  | FV40 | 4   | 41:00 | 308 |
| 314 | 138 | 41:23 | Stephen Parry      | Sale Harriers Manchester       | Male   | 272 | MV50 | 13  | 41:13 | 313 |
| 315 | 610 | 41:29 | Laura Hesketh      | Blackburn Harriers             | Female | 43  | FS   | 29  | 41:23 | 317 |
| 316 | 585 | 41:29 | Lauren Wilson      |                                | Female | 44  | FS   | 30  | 41:24 | 318 |
| 317 | 897 | 41:33 | Robert Broadbent   |                                | Male   | 273 | MS   | 170 | 41:24 | 319 |
| 318 | 212 | 41:33 | Michael Slater     | Stockport Harriers             | Male   | 274 | MV45 | 24  | 41:24 | 320 |
| 319 | 864 | 41:35 | Bev Ganose         | Altrincham & District AC       | Female | 45  | FV50 | 2   | 41:30 | 327 |
| 320 | 223 | 41:35 | Peter Williams     | Oldham & Royton H & AC         | Male   | 275 | MV55 | 5   | 41:22 | 316 |
| 321 | 685 | 41:36 | Emma Collins       | Denbigh Harriers               | Female | 46  | FV50 | 3   | 41:29 | 325 |
| 322 | 289 | 41:37 | Timothy Rainey     | Sale Harriers Manchester       | Male   | 276 | MV45 | 25  | 41:25 | 322 |
| 323 | 179 | 41:37 | Sian Rowley        | Sale Harriers Manchester       | Female | 47  | FV35 | 8   | 41:26 | 323 |
| 324 | 930 | 41:38 | Liz McLellan       | Bolton Tri Club                | Female | 48  | FV40 | 5   | 41:29 | 326 |
| 325 | 548 | 41:40 | Paula Nimmo        | Macclesfield Harriers & AC     | Female | 49  | FS   | 31  | 41:27 | 324 |
| 326 | 895 | 41:41 | John Bassinder     | Stainland Lions                | Male   | 277 | MV60 | 3   | 41:24 | 321 |
| 327 | 359 | 41:41 | Paul Norris        | Wilmslow Running Club          | Male   | 278 | MV55 | 6   | 41:34 | 329 |
| 328 | 294 | 41:42 | Graham Millington  | Wigan & District H & AC        | Male   | 279 | MV40 | 42  | 41:30 | 328 |
| 329 | 650 | 41:48 | Jeffrey Norman     | Altrincham & District AC       | Male   | 280 | MV65 | 2   | 41:41 | 330 |
| 330 | 587 | 41:50 | Samantha Wade      | Liverpool Pembroke & Sefton H  | Female | 50  | FS   | 32  | 41:45 | 333 |
| 331 | 427 | 41:51 | David Norbury      |                                | Male   | 281 | MS   | 171 | 41:14 | 314 |
| 332 | 637 | 41:53 | James Osborne      | Accrington Road Runners        | Male   | 282 | MS   | 172 | 41:41 | 331 |
| 333 | 349 | 41:54 | Brad Ehlen         | Spectrum Striders              | Male   | 283 | MV40 | 43  | 41:42 | 332 |
| 334 | 447 | 41:56 | Andy Williams      | Bramhall Runners               | Male   | 284 | MS   | 173 | 41:51 | 338 |
| 335 | 987 | 41:56 | Robert Wain        | Clowne Road Runners            | Male   | 285 | MV50 | 14  | 41:53 | 341 |
| 336 | 129 | 42:00 | Ross Smith         | Stockport Harriers             | Male   | 286 | MV50 | 15  | 41:45 | 334 |
| 337 | 128 | 42:01 | Ray Townhill       |                                | Male   | 287 | MV45 | 26  | 41:50 | 335 |
| 338 | 752 | 42:01 | Russell Eaton      |                                | Male   | 288 | MV45 | 27  | 41:50 | 336 |
| 339 | 214 | 42:02 | Ben McKean         | West Cheshire Athletic Club    | Male   | 289 | MS   | 174 | 41:50 | 337 |
| 340 | 662 | 42:11 | Tracey Peters      | Southport Waterloo AC          | Female | 51  | FS   | 33  | 42:07 | 346 |
| 341 | 762 | 42:12 | Michael Cooke      | Radcliffe Athletics Club       | Male   | 290 | MV40 | 44  | 41:51 | 339 |
| 342 | 605 | 42:15 | Richard Dewhirst   |                                | Male   | 291 | MV45 | 28  | 42:01 | 342 |
| 343 | 830 | 42:15 | Michael Curley     | Sale Harriers Manchester       | Male   | 292 | MV60 | 4   | 42:06 | 345 |
| 344 | 418 | 42:19 | Richard Wilson     |                                | Male   | 293 | MV45 | 29  | 41:51 | 340 |
| 345 | 101 | 42:20 | Mark Tranter       |                                | Male   | 294 | MS   | 175 | 42:04 | 344 |
| 346 | 98  | 42:22 | Alexander Swift    |                                | Male   | 295 | MS   | 176 | 42:11 | 347 |
| 347 | 643 | 42:22 | Hazel Carruthers   | Rochdale Harriers              | Female | 52  | FS   | 34  | 42:02 | 343 |
| 348 | 823 | 42:22 | Kevin Challinor    | Deeside Aac                    | Male   | 296 | MV50 | 16  | 42:13 | 349 |
| 349 | 869 | 42:23 | Emma Dutton        | Rotherham Harriers             | Female | 53  | FJ   | 2   | 42:13 | 350 |
| 350 | 136 | 42:25 | Nick Sime          | Totley AC                      | Male   | 297 | MV45 | 30  | 42:19 | 352 |

|     |     |       |                     |                                |        |     |      |     |       |     |
|-----|-----|-------|---------------------|--------------------------------|--------|-----|------|-----|-------|-----|
| 351 | 761 | 42:25 | Elliot Buss         |                                | Male   | 298 | MJ   | 20  | 42:11 | 348 |
| 352 | 860 | 42:27 | Mark Preston        | Stainland Lions                | Male   | 299 | MV50 | 17  | 42:19 | 353 |
| 353 | 705 | 42:28 | Richard Hanley      | Chorlton Runners               | Male   | 300 | MS   | 177 | 42:13 | 351 |
| 354 | 164 | 42:31 | Paul Stephens       | Salford Harriers               | Male   | 301 | MS   | 178 | 42:19 | 354 |
| 355 | 849 | 42:34 | Laura Gilderdale    | Blackpool Wyre & Fylde Ac      | Female | 54  | FS   | 35  | 42:22 | 355 |
| 356 | 399 | 42:34 | Alan Turner         | Wilmslow Running Club          | Male   | 302 | MV45 | 31  | 42:24 | 357 |
| 357 | 300 | 42:34 | Graham Driver       | Spectrum Striders              | Male   | 303 | MV45 | 32  | 42:25 | 358 |
| 358 | 783 | 42:35 | Jill Tavini         | Stockport Harriers             | Female | 55  | FV40 | 6   | 42:23 | 356 |
| 359 | 141 | 42:38 | Ray O'Keefe         | Macclesfield Harriers & AC     | Male   | 304 | MV45 | 33  | 42:25 | 359 |
| 360 | 421 | 42:40 | Michael Christopher |                                | Male   | 305 | MV40 | 45  | 42:30 | 362 |
| 361 | 558 | 42:41 | Kathy Wellam        |                                | Female | 56  | FS   | 36  | 42:27 | 360 |
| 362 | 973 | 42:41 | John McDonald       | Trawden AC                     | Male   | 306 | MV50 | 18  | 42:33 | 364 |
| 363 | 444 | 42:44 | Dean Atherton       | Wigan & District H & AC        | Male   | 307 | MS   | 179 | 42:32 | 363 |
| 364 | 970 | 42:45 | Dave Bradford       |                                | Male   | 308 | MV50 | 19  | 42:34 | 365 |
| 365 | 844 | 42:50 | Nigel Fielden       | Sale Harriers Manchester       | Male   | 309 | MV60 | 5   | 42:40 | 368 |
| 366 | 532 | 42:52 | Joanne Lowery       |                                | Female | 57  | FS   | 37  | 42:40 | 369 |
| 367 | 972 | 42:53 | Mark Fawcett        | Trawden AC                     | Male   | 310 | MV40 | 46  | 42:34 | 366 |
| 368 | 866 | 42:54 | Rachael Lawrence    | Macclesfield Harriers & AC     | Female | 58  | FV35 | 9   | 42:40 | 370 |
| 369 | 932 | 42:56 | Keith Pailing       | Rothwell Harriers              | Male   | 311 | MV60 | 6   | 42:43 | 371 |
| 370 | 544 | 42:58 | Steve Maule         |                                | Male   | 312 | MS   | 180 | 42:28 | 361 |
| 371 | 159 | 42:59 | Andy Garnett        | Spectrum Striders              | Male   | 313 | MV55 | 7   | 42:54 | 379 |
| 372 | 488 | 42:59 | Philip Woodbridge   |                                | Male   | 314 | MS   | 181 | 42:36 | 367 |
| 373 | 291 | 43:01 | Keith Mulholland    | Macclesfield Harriers & AC     | Male   | 315 | MV45 | 34  | 42:48 | 372 |
| 374 | 404 | 43:02 | Claire Chapman      | Vale Royal AC                  | Female | 59  | FV40 | 7   | 42:50 | 375 |
| 375 | 8   | 43:03 | Myles Heywood       |                                | Male   | 316 | MS   | 182 | 42:50 | 376 |
| 376 | 239 | 43:06 | Roger Rawlinson     |                                | Male   | 317 | MV50 | 20  | 42:57 | 381 |
| 377 | 259 | 43:06 | Daniel Cottam       |                                | Male   | 318 | MS   | 183 | 42:49 | 373 |
| 378 | 528 | 43:07 | Rory Fothergill     |                                | Male   | 319 | MS   | 184 | 42:51 | 377 |
| 379 | 576 | 43:08 | Graham Watson       |                                | Male   | 320 | MS   | 185 | 42:53 | 378 |
| 380 | 501 | 43:09 | Richard Hall        | Bramhall Runners               | Male   | 321 | MV45 | 35  | 42:56 | 380 |
| 381 | 669 | 43:11 | Paul Bryers         | Wigan & District H & AC        | Male   | 322 | MS   | 186 | 43:00 | 383 |
| 382 | 936 | 43:12 | Helen Winskill      | Keswick AAC                    | Female | 60  | FV35 | 10  | 43:01 | 384 |
| 383 | 935 | 43:13 | Phil Winskill       | Keswick AAC                    | Male   | 323 | MS   | 187 | 43:02 | 385 |
| 384 | 916 | 43:15 | Colin Wightman      |                                | Male   | 324 | MV40 | 47  | 43:02 | 386 |
| 385 | 265 | 43:16 | Andrew Tongue       | Chorlton Runners               | Male   | 325 | MS   | 188 | 43:06 | 388 |
| 386 | 190 | 43:17 | Andrew Leslie       | Penny Lane Striders            | Male   | 326 | MS   | 189 | 43:04 | 387 |
| 387 | 539 | 43:17 | Stewart Nunn        |                                | Male   | 327 | MS   | 190 | 42:57 | 382 |
| 388 | 509 | 43:17 | Mick Hill           | Tipton Harriers                | Male   | 328 | MS   | 191 | 43:14 | 391 |
| 389 | 717 | 43:19 | Scott Jarvis        | Altrincham & District AC       | Male   | 329 | MS   | 192 | 42:49 | 374 |
| 390 | 584 | 43:22 | Philip Barnes       | Macclesfield Harriers & AC     | Male   | 330 | MV55 | 8   | 43:08 | 389 |
| 391 | 357 | 43:23 | David Mellor        | Stockport Harriers             | Male   | 331 | MV60 | 7   | 43:11 | 390 |
| 392 | 303 | 43:26 | Naz Zameer          | Chorlton Runners               | Male   | 332 | MV45 | 36  | 43:16 | 392 |
| 393 | 420 | 43:28 | David Chrystie-Lowe | Stockport Harriers             | Male   | 333 | MV55 | 9   | 43:22 | 394 |
| 394 | 611 | 43:31 | Helen Lawrenson     | Wesham Road Runners            | Female | 61  | FV40 | 8   | 43:19 | 393 |
| 395 | 102 | 43:42 | Fiona Cosgrove      | Altrincham & District AC       | Female | 62  | FV45 | 2   | 43:31 | 395 |
| 396 | 507 | 43:45 | Stuart Mairs        | Salford Metropolitan AC        | Male   | 334 | MS   | 193 | 43:33 | 396 |
| 397 | 566 | 43:51 | Cara O'Brien        | Sale Harriers Manchester       | Female | 63  | FS   | 38  | 43:36 | 399 |
| 398 | 567 | 43:51 | Ben O'Brien         |                                | Male   | 335 | MS   | 194 | 43:35 | 398 |
| 399 | 347 | 43:53 | Francis Pyatt       | Macclesfield Harriers & AC     | Male   | 336 | MS   | 195 | 43:38 | 401 |
| 400 | 751 | 43:56 | Adrian Craven       | Selby Striders                 | Male   | 337 | MV40 | 48  | 43:36 | 400 |
| 401 | 123 | 44:00 | Andy Townhill       |                                | Male   | 338 | MV45 | 37  | 43:46 | 403 |
| 402 | 719 | 44:01 | Andrew Cole         | East Cheshire Harriers & Tames | Male   | 339 | MV45 | 38  | 43:44 | 402 |
| 403 | 253 | 44:02 | Nina Moss           | Macclesfield Harriers & AC     | Female | 64  | FS   | 39  | 43:53 | 405 |
| 404 | 137 | 44:05 | Michael Charman     | Spectrum Striders              | Male   | 340 | MV60 | 8   | 43:56 | 406 |
| 405 | 412 | 44:06 | Mark Holt           |                                | Male   | 341 | MV40 | 49  | 43:51 | 404 |
| 406 | 197 | 44:08 | Alan Brady          | Spectrum Striders              | Male   | 342 | MV60 | 9   | 43:58 | 407 |
| 407 | 380 | 44:15 | Simon Lake          | Royton Road Runners            | Male   | 343 | MV55 | 10  | 43:33 | 397 |
| 408 | 145 | 44:16 | Tony Hillier        | East Cheshire Harriers & Tames | Male   | 344 | MV65 | 3   | 44:06 | 409 |
| 409 | 163 | 44:17 | Michelle Vaughan    | East Cheshire Harriers & Tames | Female | 65  | FV40 | 9   | 44:04 | 408 |
| 410 | 769 | 44:25 | Tom Temple          | Salford Harriers               | Male   | 345 | MV60 | 10  | 44:21 | 415 |
| 411 | 103 | 44:25 | Nicholas Dando      |                                | Male   | 346 | MV45 | 39  | 44:15 | 412 |
| 412 | 277 | 44:27 | Jacob Smiles        | Chorlton Runners               | Male   | 347 | MS   | 196 | 44:09 | 410 |
| 413 | 925 | 44:36 | John Temperley      |                                | Male   | 348 | MV50 | 21  | 44:13 | 411 |
| 414 | 478 | 44:37 | Gary Burford        |                                | Male   | 349 | MV50 | 22  | 44:18 | 413 |
| 415 | 841 | 44:38 | Mike Race           | Salford Metropolitan AC        | Male   | 350 | MV50 | 23  | 44:20 | 414 |
| 416 | 521 | 44:45 | Andy Melvin         | Stockport Harriers             | Male   | 351 | MV45 | 40  | 44:25 | 416 |
| 417 | 314 | 44:46 | Nicola Lloyd        | Bramhall Runners               | Female | 66  | FV35 | 11  | 44:33 | 417 |
| 418 | 710 | 44:47 | Kris Gleave         |                                | Male   | 352 | MS   | 197 | 44:39 | 419 |
| 419 | 233 | 44:55 | Ian Oates           | Glossopdale Harriers           | Male   | 353 | MV45 | 41  | 44:40 | 420 |
| 420 | 814 | 44:56 | Colin Smith         | Trawden AC                     | Male   | 354 | MV55 | 11  | 44:42 | 421 |

|     |     |       |                    |                                |        |     |      |     |       |     |
|-----|-----|-------|--------------------|--------------------------------|--------|-----|------|-----|-------|-----|
| 421 | 335 | 44:57 | Sonya Hanson       |                                | Female | 67  | FV35 | 12  | 44:33 | 418 |
| 422 | 453 | 45:00 | Catherine Jones    | Sale Harriers Manchester       | Female | 68  | FV35 | 13  | 44:48 | 423 |
| 423 | 503 | 45:02 | Paul Lockett       | Winston Runners                | Male   | 355 | MS   | 198 | 44:46 | 422 |
| 424 | 432 | 45:05 | Colin Davies       | Altrincham & District AC       | Male   | 356 | MV60 | 11  | 44:58 | 427 |
| 425 | 612 | 45:07 | Andy Burnett       | Glossopdale Harriers           | Male   | 357 | MV45 | 42  | 44:50 | 424 |
| 426 | 440 | 45:08 | Derek Fraser       | Trafford Athletic Club         | Male   | 358 | MV45 | 43  | 45:00 | 430 |
| 427 | 268 | 45:09 | Jean Webster       | Chorlton Runners               | Female | 69  | FV35 | 14  | 44:59 | 429 |
| 428 | 551 | 45:10 | David Jowitt       |                                | Male   | 359 | MS   | 199 | 44:51 | 425 |
| 429 | 948 | 45:11 | Gary Smith         |                                | Male   | 360 | MS   | 200 | 44:54 | 426 |
| 430 | 298 | 45:17 | Louise Morgan      |                                | Female | 70  | FV40 | 10  | 45:09 | 434 |
| 431 | 724 | 45:19 | Ian Sharpe         |                                | Male   | 361 | MV40 | 50  | 44:58 | 428 |
| 432 | 822 | 45:22 | Sam Turner         |                                | Male   | 362 | MV40 | 51  | 45:02 | 431 |
| 433 | 992 | 45:22 | Andrew Hurley      |                                | Male   | 363 | MS   | 201 | 45:02 | 432 |
| 434 | 691 | 45:31 | Des Miles          |                                | Male   | 364 | MV45 | 44  | 45:10 | 435 |
| 435 | 747 | 45:33 | Mauro Rotondi      | Radcliffe Athletics Club       | Male   | 365 | MV40 | 52  | 45:10 | 436 |
| 436 | 848 | 45:36 | Dene Townend       | Halifax Harriers               | Male   | 366 | MV55 | 12  | 45:21 | 440 |
| 437 | 285 | 45:37 | Andrew Smith       |                                | Male   | 367 | MS   | 202 | 45:22 | 442 |
| 438 | 632 | 45:39 | Chris Wray         |                                | Male   | 368 | MS   | 203 | 45:17 | 439 |
| 439 | 735 | 45:42 | Jon Crossley       |                                | Male   | 369 | MV40 | 53  | 45:15 | 437 |
| 440 | 888 | 45:44 | Mark Loveday       |                                | Male   | 370 | MV45 | 45  | 45:22 | 443 |
| 441 | 358 | 45:44 | Helen Howells      | Leamington Cycling And Athleti | Female | 71  | FV50 | 4   | 45:27 | 444 |
| 442 | 861 | 45:46 | Joseph Sharples    |                                | Male   | 371 | MS   | 204 | 45:04 | 433 |
| 443 | 185 | 45:46 | Leila Coulter      |                                | Female | 72  | FV35 | 15  | 45:21 | 441 |
| 444 | 880 | 45:47 | Mark Johns         | Goole Viking Striders          | Male   | 372 | MV45 | 46  | 45:16 | 438 |
| 445 | 382 | 45:49 | Mark Brennan       |                                | Male   | 373 | MV55 | 13  | 45:45 | 452 |
| 446 | 765 | 45:51 | Michael Proctor    | Holmfirth Harriers             | Male   | 374 | MV60 | 12  | 45:42 | 448 |
| 447 | 208 | 45:51 | Ally Briscoe       | Altrincham & District AC       | Female | 73  | FV45 | 3   | 45:37 | 446 |
| 448 | 425 | 45:52 | Sarah Lewis        | Warrington Road Runners        | Female | 74  | FV40 | 11  | 45:34 | 445 |
| 449 | 950 | 45:53 | David Waite        | Stainland Lions                | Male   | 375 | MV45 | 47  | 45:44 | 450 |
| 450 | 923 | 46:02 | Clive Smith        | Glossopdale Harriers           | Male   | 376 | MV45 | 48  | 45:42 | 449 |
| 451 | 322 | 46:03 | Rowen Ratcliffe    | Manchester Triathlon Club      | Female | 75  | FS   | 40  | 45:45 | 453 |
| 452 | 373 | 46:05 | Andrew Bargery     |                                | Male   | 377 | MS   | 205 | 45:37 | 447 |
| 453 | 886 | 46:07 | Pete Hewitson      |                                | Male   | 378 | MV60 | 13  | 45:45 | 454 |
| 454 | 946 | 46:11 | Roger Bilsby       | York Knavesmire Harriers       | Male   | 379 | MV55 | 14  | 45:44 | 451 |
| 455 | 850 | 46:12 | Samantha Toner     |                                | Female | 76  | FS   | 41  | 45:58 | 458 |
| 456 | 424 | 46:14 | Claire Northcote   | Styal Running Club             | Female | 77  | FV50 | 5   | 45:57 | 457 |
| 457 | 173 | 46:15 | Andy Southern      |                                | Male   | 380 | MV50 | 24  | 45:47 | 455 |
| 458 | 836 | 46:17 | Frank Begley       |                                | Male   | 381 | MV60 | 14  | 45:51 | 456 |
| 459 | 524 | 46:19 | Samantha Jane      | Stockport Harriers             | Female | 78  | FV40 | 12  | 46:01 | 459 |
| 460 | 706 | 46:24 | Mark Corcoran      | Bramhall Runners               | Male   | 382 | MV45 | 49  | 46:08 | 460 |
| 461 | 213 | 46:25 | Sarah Aylmer       | Stockport Harriers             | Female | 79  | FV50 | 6   | 46:09 | 461 |
| 462 | 513 | 46:35 | Lee Buckley        | East Cheshire Harriers & Tames | Male   | 383 | MS   | 206 | 46:17 | 462 |
| 463 | 545 | 46:36 | Neil Canham        | Trafford Athletic Club         | Male   | 384 | MV60 | 15  | 46:28 | 469 |
| 464 | 677 | 46:37 | Mark Seers         |                                | Male   | 385 | MV40 | 54  | 46:28 | 470 |
| 465 | 178 | 46:40 | V Chadwick-Dunbar  | Bramhall Runners               | Female | 80  | FV40 | 13  | 46:26 | 467 |
| 466 | 683 | 46:41 | Jonathan Chapman   | Spectrum Striders              | Male   | 386 | MS   | 207 | 46:19 | 463 |
| 467 | 459 | 46:44 | Sheila Bradley     | Buxton & District Ac           | Female | 81  | FV55 | 1   | 46:30 | 472 |
| 468 | 865 | 46:44 | Gail Hill          | Wilmslow Running Club          | Female | 82  | FV40 | 14  | 46:27 | 468 |
| 469 | 789 | 46:45 | Simon McLoughlin   |                                | Male   | 387 | MV45 | 50  | 46:23 | 465 |
| 470 | 449 | 46:46 | Peter Barton       |                                | Male   | 388 | MV40 | 55  | 46:19 | 464 |
| 471 | 953 | 46:47 | Duncan Jones       | Denbigh Harriers               | Male   | 389 | MV50 | 25  | 46:37 | 476 |
| 472 | 547 | 46:48 | Aeronwy Towey      | Bramhall Runners               | Female | 83  | FS   | 42  | 46:34 | 474 |
| 473 | 442 | 46:49 | John Hughes        | Stockport Harriers             | Male   | 390 | MV45 | 51  | 46:33 | 473 |
| 474 | 722 | 46:52 | Maria Keyworth     |                                | Female | 84  | FV45 | 4   | 46:38 | 479 |
| 475 | 416 | 46:53 | Simon Skentelbery  | Dragons Running Club           | Male   | 391 | MS   | 208 | 46:25 | 466 |
| 476 | 99  | 46:55 | Peter Charnock     | East Cheshire Harriers & Tames | Male   | 392 | MV60 | 16  | 46:38 | 480 |
| 477 | 700 | 46:55 | Eamonn McEntee     |                                | Male   | 393 | MV45 | 52  | 46:37 | 477 |
| 478 | 906 | 46:57 | Carol Beattie      | Steel City Striders            | Female | 85  | FV60 | 1   | 46:47 | 482 |
| 479 | 876 | 46:59 | Paul Oconnor       |                                | Male   | 394 | MV50 | 26  | 46:29 | 471 |
| 480 | 892 | 47:01 | Denise McGeachy    |                                | Female | 86  | FV35 | 16  | 46:36 | 475 |
| 481 | 996 | 47:04 | Victoria Whitehead | Denbigh Harriers               | Female | 87  | FV40 | 15  | 46:45 | 481 |
| 482 | 620 | 47:04 | Simon Munday       |                                | Male   | 395 | MV45 | 53  | 46:37 | 478 |
| 483 | 337 | 47:07 | David Hennessy     |                                | Male   | 396 | MV40 | 56  | 46:55 | 483 |
| 484 | 913 | 47:07 | Tony Green         | Liverpool Harriers             | Male   | 397 | MV55 | 15  | 47:01 | 487 |
| 485 | 565 | 47:07 | Richard Hoskins    |                                | Male   | 398 | MV40 | 57  | 46:58 | 485 |
| 486 | 721 | 47:08 | Russ Chew          | Lytham St Annes RR Club        | Male   | 399 | MV50 | 27  | 47:08 | 496 |
| 487 | 966 | 47:11 | Elaine Mackintosh  |                                | Female | 88  | FS   | 43  | 46:57 | 484 |
| 488 | 737 | 47:16 | Sadie Besley       |                                | Female | 89  | FV35 | 17  | 46:58 | 486 |
| 489 | 375 | 47:16 | Claire Stott       | Bramhall Runners               | Female | 90  | FS   | 44  | 47:03 | 489 |
| 490 | 82  | 47:18 | Matthew Wilson     |                                | Male   | 400 | MS   | 209 | 47:03 | 490 |

|     |     |       |                    |                                |        |     |      |     |       |     |
|-----|-----|-------|--------------------|--------------------------------|--------|-----|------|-----|-------|-----|
| 491 | 353 | 47:19 | Liz Turton         | Stockport Harriers             | Female | 91  | FV55 | 2   | 47:11 | 499 |
| 492 | 284 | 47:22 | Rebecca Mills      | Swinton Running Club           | Female | 92  | FS   | 45  | 47:11 | 500 |
| 493 | 229 | 47:22 | Matt Hanson        | Fetch Everyone                 | Male   | 401 | MS   | 210 | 47:06 | 492 |
| 494 | 117 | 47:24 | Margaret Bullock   | Altrincham & District AC       | Female | 93  | FV45 | 5   | 47:06 | 493 |
| 495 | 104 | 47:26 | O'Donoghue Steve   |                                | Male   | 402 | MV45 | 54  | 47:10 | 498 |
| 496 | 949 | 47:27 | Diane Waite        | Stainland Lions                | Female | 94  | FV45 | 6   | 47:18 | 504 |
| 497 | 230 | 47:27 | Kieran Hallinan    |                                | Male   | 403 | MV45 | 55  | 47:11 | 501 |
| 498 | 985 | 47:30 | William Roberts    |                                | Male   | 404 | MV45 | 56  | 47:02 | 488 |
| 499 | 482 | 47:31 | Sheila Jones       | Radcliffe Athletics Club       | Female | 95  | FV55 | 3   | 47:08 | 497 |
| 500 | 553 | 47:31 | Chemane Brier      | Radcliffe Athletics Club       | Female | 96  | FS   | 46  | 47:06 | 494 |
| 501 | 511 | 47:32 | Kieran Hynes       | Bolton United Harriers         | Male   | 405 | MS   | 211 | 47:06 | 495 |
| 502 | 840 | 47:37 | Matt Ashton        | Red Rose Road Runners          | Male   | 406 | MV45 | 57  | 47:13 | 502 |
| 503 | 227 | 47:38 | Dave Thompson      | Spectrum Striders              | Male   | 407 | MV55 | 16  | 47:26 | 508 |
| 504 | 772 | 47:40 | Tony Briffa        |                                | Male   | 408 | MV40 | 58  | 47:03 | 491 |
| 505 | 877 | 47:40 | Rosie Jones        |                                | Female | 97  | FS   | 47  | 47:20 | 505 |
| 506 | 95  | 47:41 | Gareth Evans       |                                | Male   | 409 | MV50 | 28  | 47:17 | 503 |
| 507 | 272 | 47:45 | Brian Devlin       | Chorlton Runners               | Male   | 410 | MS   | 212 | 47:20 | 506 |
| 508 | 133 | 47:46 | Alexa Besnard      | Chorlton Runners               | Female | 98  | FS   | 48  | 47:22 | 507 |
| 509 | 514 | 47:51 | Colin Ardron       | Macclesfield Harriers & AC     | Male   | 411 | MV65 | 4   | 47:27 | 509 |
| 510 | 896 | 47:55 | Jane Blackburn     |                                | Female | 99  | FV40 | 16  | 47:47 | 520 |
| 511 | 406 | 48:00 | Linda Rix          | Manchester Frontrunners        | Female | 100 | FV50 | 7   | 47:29 | 511 |
| 512 | 283 | 48:01 | Richard Riley      |                                | Male   | 412 | MV55 | 17  | 47:35 | 512 |
| 513 | 875 | 48:01 | Drew Savage        | Chorlton Runners               | Male   | 413 | MS   | 213 | 47:38 | 515 |
| 514 | 256 | 48:01 | Sally Grimwood     | Chorlton Runners               | Female | 101 | FV35 | 18  | 47:38 | 516 |
| 515 | 388 | 48:02 | Andy Batterham     |                                | Male   | 414 | MV45 | 58  | 47:43 | 519 |
| 516 | 523 | 48:02 | Robert McCurrie    |                                | Male   | 415 | MV40 | 59  | 47:36 | 513 |
| 517 | 189 | 48:03 | John Thompson      | Helsby Running Club            | Male   | 416 | MV40 | 60  | 47:40 | 517 |
| 518 | 826 | 48:04 | Chris Ball         | Blackburn Road Runners         | Male   | 417 | MV50 | 29  | 47:36 | 514 |
| 519 | 733 | 48:04 | Ged Johnson        | Blackburn Road Runners         | Male   | 418 | MV55 | 18  | 47:41 | 518 |
| 520 | 445 | 48:08 | Mansel Pope        | Altrincham & District AC       | Male   | 419 | MV60 | 17  | 47:56 | 523 |
| 521 | 105 | 48:08 | Angie Hart         | Oldham & Royton H & AC         | Female | 102 | FV40 | 17  | 47:50 | 521 |
| 522 | 891 | 48:19 | Allan Keating      |                                | Male   | 420 | MV45 | 59  | 47:27 | 510 |
| 523 | 533 | 48:19 | Alan Lamb          |                                | Male   | 421 | MV45 | 60  | 47:52 | 522 |
| 524 | 907 | 48:23 | Geoff Beattie      | Sale Harriers Manchester       | Male   | 422 | MV60 | 18  | 48:10 | 527 |
| 525 | 492 | 48:25 | Gareth Sumner      |                                | Male   | 423 | MS   | 214 | 48:12 | 530 |
| 526 | 887 | 48:26 | Amy Barter         | Stockport Harriers             | Female | 103 | FS   | 49  | 48:10 | 528 |
| 527 | 994 | 48:27 | Neil Murphy        | Macclesfield Harriers & AC     | Male   | 424 | MV40 | 61  | 48:08 | 525 |
| 528 | 498 | 48:28 | Janet Wyles        | Wilmslow Running Club          | Female | 104 | FV45 | 7   | 48:12 | 531 |
| 529 | 575 | 48:30 | Alan Bennett       |                                | Male   | 425 | MV55 | 19  | 48:01 | 524 |
| 530 | 434 | 48:30 | Craig Hope         |                                | Male   | 426 | MS   | 215 | 48:08 | 526 |
| 531 | 804 | 48:31 | Katy Evans         |                                | Female | 105 | FS   | 50  | 48:20 | 536 |
| 532 | 151 | 48:32 | Andrew Heaton      | East Cheshire Harriers & Tames | Male   | 427 | MV40 | 62  | 48:11 | 529 |
| 533 | 534 | 48:32 | Alex Rudall        |                                | Male   | 428 | MS   | 216 | 48:18 | 533 |
| 534 | 635 | 48:40 | Dean Moynihan      |                                | Male   | 429 | MV40 | 63  | 48:18 | 534 |
| 535 | 572 | 48:41 | Susan Wolstenholme | Blackburn Road Runners         | Female | 106 | FV35 | 19  | 48:17 | 532 |
| 536 | 92  | 48:42 | Pam Reynolds       |                                | Female | 107 | FS   | 51  | 48:19 | 535 |
| 537 | 853 | 48:52 | Tony Bennett       |                                | Male   | 430 | MV50 | 30  | 48:32 | 540 |
| 538 | 608 | 48:55 | Aiden Spencer      | Chorlton Runners               | Male   | 431 | MS   | 217 | 48:37 | 543 |
| 539 | 542 | 48:58 | Katy Fagan         |                                | Female | 108 | FS   | 52  | 48:29 | 538 |
| 540 | 833 | 48:59 | Sean Vickers       |                                | Male   | 432 | MS   | 218 | 48:31 | 539 |
| 541 | 354 | 48:59 | David Turton       | Stockport Harriers             | Male   | 433 | MV55 | 20  | 48:52 | 552 |
| 542 | 42  | 49:01 | Vince Ashton       | Radcliffe Athletics Club       | Male   | 434 | MV40 | 64  | 48:33 | 541 |
| 543 | 340 | 49:02 | Lisa O'Farrell     |                                | Female | 109 | FV40 | 18  | 48:24 | 537 |
| 544 | 690 | 49:05 | Michael Bradley    | Spectrum Striders              | Male   | 435 | MV55 | 21  | 48:45 | 544 |
| 545 | 114 | 49:09 | Jane Nicholson     | Altrincham & District AC       | Female | 110 | FV45 | 8   | 48:51 | 550 |
| 546 | 917 | 49:10 | Stephen Moore      | Manchester YMCA Harriers       | Male   | 436 | MS   | 219 | 48:49 | 547 |
| 547 | 768 | 49:10 | Suzanne Sharman    | North Derbyshire Running Club  | Female | 111 | FS   | 53  | 48:34 | 542 |
| 548 | 984 | 49:11 | Ian Fleming        |                                | Male   | 437 | MV55 | 22  | 48:48 | 545 |
| 549 | 167 | 49:14 | Steve Lomas        | Macclesfield Harriers & AC     | Male   | 438 | MV45 | 61  | 48:48 | 546 |
| 550 | 552 | 49:15 | Philip Mellor      |                                | Male   | 439 | MV55 | 23  | 48:50 | 549 |
| 551 | 883 | 49:15 | Sue Strang         | Wilmslow Running Club          | Female | 112 | FV50 | 8   | 48:59 | 555 |
| 552 | 395 | 49:16 | Andrew Brooker     |                                | Male   | 440 | MV45 | 62  | 48:58 | 554 |
| 553 | 659 | 49:17 | John Grimshaw      | Bolton United Harriers         | Male   | 441 | MV40 | 65  | 49:02 | 556 |
| 554 | 435 | 49:19 | Christopher Leak   |                                | Male   | 442 | MS   | 220 | 48:51 | 551 |
| 555 | 638 | 49:20 | Louise Dickinson   | Rossendale Harriers            | Female | 113 | FS   | 54  | 48:49 | 548 |
| 556 | 451 | 49:22 | Sara Bott          | Oldham & Royton H & AC         | Female | 114 | FV45 | 9   | 49:12 | 558 |
| 557 | 195 | 49:25 | Andrew Stanway     |                                | Male   | 443 | MS   | 221 | 48:57 | 553 |
| 558 | 926 | 49:34 | Amanda Hey         | Radcliffe Athletics Club       | Female | 115 | FV50 | 9   | 49:08 | 557 |
| 559 | 743 | 49:36 | Andy Stewart       |                                | Male   | 444 | MS   | 222 | 49:13 | 559 |
| 560 | 902 | 49:38 | Ann Carney         | Chorlton Runners               | Female | 116 | FV50 | 10  | 49:19 | 560 |



|     |      |       |                     |                            |        |     |      |     |       |     |
|-----|------|-------|---------------------|----------------------------|--------|-----|------|-----|-------|-----|
| 561 | 909  | 49:43 | Louise Gilchrist    | Valley Striders            | Female | 117 |      | 0   | 49:35 | 568 |
| 562 | 150  | 49:50 | Barry Thompson      | Stockport Harriers         | Male   | 445 | MV55 | 24  | 49:34 | 566 |
| 563 | 993  | 49:50 | Amanda McCartney    | Middleton Harriers         | Female | 118 | FV35 | 20  | 49:22 | 562 |
| 564 | 450  | 49:51 | Dana Bennett        |                            | Female | 119 | FS   | 55  | 49:27 | 564 |
| 565 | 4    | 49:57 | Wayne Marshall      |                            | Male   | 446 | MS   | 223 | 49:19 | 561 |
| 566 | 319  | 49:58 | Helen Callery       | Altrincham & District AC   | Female | 120 | FV45 | 10  | 49:34 | 567 |
| 567 | 904  | 49:59 | Paul Harrop         | Spectrum Striders          | Male   | 447 | MV60 | 19  | 49:39 | 569 |
| 568 | 696  | 50:01 | Sirazul Islam       |                            | Male   | 448 | MS   | 224 | 49:43 | 571 |
| 569 | 956  | 50:01 | Christopher Tower   |                            | Male   | 449 | MV40 | 66  | 49:29 | 565 |
| 570 | 938  | 50:02 | Louise Potts        |                            | Female | 121 | FV45 | 11  | 49:48 | 576 |
| 571 | 372  | 50:06 | Margaret Jarvis     | Okehampton Rc              | Female | 122 | FV55 | 4   | 49:47 | 575 |
| 572 | 484  | 50:06 | Anthony Allman      |                            | Male   | 450 | MS   | 225 | 49:22 | 563 |
| 573 | 411  | 50:08 | Gary Hennessy       |                            | Male   | 451 | MS   | 226 | 49:55 | 578 |
| 574 | 428  | 50:09 | Nicola McMurray     |                            | Female | 123 | FV40 | 19  | 50:01 | 582 |
| 575 | 1000 | 50:12 | Alan Davidson       | Skipton AC                 | Male   | 452 | MV45 | 63  | 49:44 | 573 |
| 576 | 947  | 50:15 | Kate Williams       | Trafford Athletic Club     | Female | 124 | FV35 | 21  | 49:46 | 574 |
| 577 | 370  | 50:16 | Kath Steer          |                            | Female | 125 | FV55 | 5   | 50:01 | 583 |
| 578 | 901  | 50:18 | Tara Carney         | Chorlton Runners           | Female | 126 | FS   | 56  | 49:58 | 579 |
| 579 | 257  | 50:18 | Tony Payne          | Chorlton Runners           | Male   | 453 | MV50 | 31  | 49:59 | 580 |
| 580 | 785  | 50:19 | Julie Lucas         | Wilmslow Running Club      | Female | 127 | FV50 | 11  | 50:03 | 587 |
| 581 | 410  | 50:20 | Lee Ellison         |                            | Male   | 454 | MS   | 227 | 49:43 | 572 |
| 582 | 797  | 50:21 | Denise Hepburn      |                            | Female | 128 | FV35 | 22  | 50:00 | 581 |
| 583 | 290  | 50:21 | David Warne         |                            | Male   | 455 | MV40 | 67  | 49:39 | 570 |
| 584 | 784  | 50:23 | Jamie Barry         | Chorlton Runners           | Male   | 456 | MV45 | 64  | 50:01 | 584 |
| 585 | 535  | 50:25 | Stewart Waudby      | Macclesfield Harriers & AC | Male   | 457 | MS   | 228 | 49:53 | 577 |
| 586 | 225  | 50:33 | Hugh Kilroy         |                            | Male   | 458 | MS   | 229 | 50:02 | 586 |
| 587 | 231  | 50:34 | Paul Craddock       | Trafford Athletic Club     | Male   | 459 | MV40 | 68  | 50:04 | 588 |
| 588 | 671  | 50:37 | Alan Halman         | Styal Running Club         | Male   | 460 | MV70 | 1   | 50:15 | 589 |
| 589 | 862  | 50:43 | John Sharples       |                            | Male   | 461 | MS   | 230 | 50:01 | 585 |
| 590 | 477  | 50:43 | Catherine Mellor    |                            | Female | 129 | FS   | 57  | 50:29 | 591 |
| 591 | 438  | 50:44 | Caroline Fortnum    | Rochdale Harriers          | Female | 130 | FV40 | 20  | 50:27 | 590 |
| 592 | 854  | 50:57 | Angela Bennett      |                            | Female | 131 | FV45 | 12  | 50:38 | 593 |
| 593 | 149  | 51:03 | Suzanne Crampton    | Dragons Running Club       | Female | 132 | FV45 | 13  | 50:34 | 592 |
| 594 | 723  | 51:14 | Andrea Buckingham   | Bramhall Runners           | Female | 133 | FV45 | 14  | 50:58 | 597 |
| 595 | 640  | 51:17 | Eileen Royle        | Radcliffe Athletics Club   | Female | 134 | FV65 | 1   | 50:49 | 594 |
| 596 | 564  | 51:20 | Christopher Saville | Radcliffe Athletics Club   | Male   | 462 | MV40 | 69  | 50:56 | 595 |
| 597 | 219  | 51:21 | Elaine Clements     |                            | Female | 135 | FV40 | 21  | 50:56 | 596 |
| 598 | 183  | 51:34 | Mary Jeal           | Denbigh Harriers           | Female | 136 | FV50 | 12  | 51:21 | 601 |
| 599 | 968  | 51:34 | Jacqueline Ellison  | Manchester Harriers        | Female | 137 | FV35 | 23  | 51:07 | 599 |
| 600 | 695  | 51:40 | Matthew Rhodes      |                            | Male   | 463 | MS   | 231 | 51:05 | 598 |
| 601 | 182  | 51:46 | Nikki Green         | Royton Road Runners        | Female | 138 | FV45 | 15  | 51:07 | 600 |
| 602 | 680  | 51:51 | Robert Harsch       |                            | Male   | 464 | MS   | 232 | 51:34 | 605 |
| 603 | 991  | 51:57 | Chris Walker        |                            | Male   | 465 | MV50 | 32  | 51:26 | 602 |
| 604 | 363  | 51:57 | Maura Welch         |                            | Female | 139 | FV40 | 22  | 51:32 | 603 |
| 605 | 465  | 52:01 | Nina Fisher         | Wigan & District H & AC    | Female | 140 | FS   | 58  | 51:36 | 606 |
| 606 | 91   | 52:04 | Osmaan Khan         |                            | Male   | 466 | MS   | 233 | 51:32 | 604 |
| 607 | 914  | 52:12 | Steven English      |                            | Male   | 467 | MS   | 234 | 52:03 | 610 |
| 608 | 366  | 52:22 | Catriona Marshall   |                            | Female | 141 | FV45 | 16  | 51:47 | 607 |
| 609 | 299  | 52:23 | Louise Thomas       |                            | Female | 142 | FV45 | 17  | 51:57 | 608 |
| 610 | 713  | 52:28 | Chris Scott         |                            | Male   | 468 | MS   | 235 | 52:17 | 613 |
| 611 | 276  | 52:29 | Rebecca Coxon       | Chorlton Runners           | Female | 143 | FS   | 59  | 52:13 | 611 |
| 612 | 730  | 52:39 | Diane Hunter        | Altrincham & District AC   | Female | 144 | FV45 | 18  | 52:21 | 616 |
| 613 | 224  | 52:42 | Sarah Carroll       | Oldham & Royton H & AC     | Female | 145 | FS   | 60  | 52:01 | 609 |
| 614 | 487  | 52:43 | Lisa Deighton       |                            | Female | 146 | FS   | 61  | 52:20 | 614 |
| 615 | 974  | 52:46 | Brian Candeland     |                            | Male   | 469 | MV60 | 20  | 52:20 | 615 |
| 616 | 997  | 52:47 | Jon Whitehead       | Denbigh Harriers           | Male   | 470 | MV40 | 70  | 52:31 | 618 |
| 617 | 446  | 52:53 | Lisa Mirbach        |                            | Female | 147 | FS   | 62  | 52:27 | 617 |
| 618 | 281  | 52:58 | Verity Hodder       |                            | Female | 148 | FV35 | 24  | 52:14 | 612 |
| 619 | 529  | 53:04 | Craig Montgomery    |                            | Male   | 471 | MV40 | 71  | 52:48 | 620 |
| 620 | 474  | 53:04 | Kate Montgomery     |                            | Female | 149 | FV40 | 23  | 52:48 | 621 |
| 621 | 543  | 53:11 | Rosaleen Maule      |                            | Female | 150 | FV35 | 25  | 52:42 | 619 |
| 622 | 903  | 53:16 | Joe Park            | Cheshire Tally Ho          | Male   | 472 | MV75 | 1   | 53:03 | 630 |
| 623 | 255  | 53:18 | Laura Heaney        |                            | Female | 151 | FS   | 63  | 53:00 | 628 |
| 624 | 261  | 53:18 | John Allan          | Vegetarian Cycling & AC    | Male   | 473 | MV45 | 65  | 52:59 | 626 |
| 625 | 549  | 53:24 | Steven Francom      |                            | Male   | 474 | MV40 | 72  | 52:53 | 622 |
| 626 | 292  | 53:25 | Nicky Lidbetter     | Chorlton Runners           | Female | 152 | FS   | 64  | 52:58 | 624 |
| 627 | 93   | 53:25 | Rebecca Ince        |                            | Female | 153 | FS   | 65  | 52:58 | 625 |
| 628 | 282  | 53:25 | David Hancock       | Macclesfield Harriers & AC | Male   | 475 | MV65 | 5   | 52:56 | 623 |
| 629 | 832  | 53:27 | Julie Wright        |                            | Female | 154 | FS   | 66  | 53:01 | 629 |
| 630 | 965  | 53:30 | Jo Owen             | Altrincham & District AC   | Male   | 476 | MV50 | 33  | 53:05 | 631 |

|     |     |       |                      |                                |        |     |      |     |       |     |
|-----|-----|-------|----------------------|--------------------------------|--------|-----|------|-----|-------|-----|
| 631 | 595 | 53:33 | Linda Owen           | Spectrum Striders              | Female | 155 | FV55 | 6   | 53:11 | 632 |
| 632 | 975 | 53:33 | Matthew Jones        |                                | Male   | 477 | MS   | 236 | 52:59 | 627 |
| 633 | 803 | 53:47 | Caroline Jones       | Prestatyn RC                   | Female | 156 | FV45 | 19  | 53:34 | 634 |
| 634 | 667 | 54:02 | Emma Kealey          | Notts AC                       | Female | 157 | FS   | 67  | 53:33 | 633 |
| 635 | 220 | 54:10 | Liz Whitworth        | Oldham & Royton H & AC         | Female | 158 | FV45 | 20  | 53:48 | 640 |
| 636 | 326 | 54:12 | Linda Wilson         | Swinton Running Club           | Female | 159 | FS   | 68  | 53:35 | 635 |
| 637 | 835 | 54:16 | Ela Yuregir          |                                | Female | 160 | FS   | 69  | 53:43 | 638 |
| 638 | 834 | 54:16 | Libby Sprigge        |                                | Female | 161 | FS   | 70  | 53:43 | 639 |
| 639 | 267 | 54:22 | Julia Heap           |                                | Female | 162 | FV40 | 24  | 53:59 | 643 |
| 640 | 147 | 54:23 | Joanne White         |                                | Female | 163 | FV40 | 25  | 53:41 | 636 |
| 641 | 148 | 54:23 | Phillip White        |                                | Male   | 478 | MV45 | 66  | 53:42 | 637 |
| 642 | 773 | 54:24 | Elisabeth Yates      | Spectrum Striders              | Female | 164 | FS   | 71  | 54:03 | 645 |
| 643 | 530 | 54:25 | Jill Audibert        |                                | Female | 165 | FV55 | 7   | 53:58 | 642 |
| 644 | 518 | 54:29 | Duncan Johnson       | Glossopdale Harriers           | Male   | 479 | MV50 | 34  | 53:56 | 641 |
| 645 | 1   | 54:32 | Ron Hill             | Clayton le Moors Harriers      | Male   | 480 | MV70 | 2   | 53:59 | 644 |
| 646 | 344 | 54:32 | Mark Wakelin         |                                | Male   | 481 | MV50 | 35  | 54:03 | 646 |
| 647 | 759 | 54:41 | Margaret Fletcher    |                                | Female | 166 | FV45 | 21  | 54:22 | 649 |
| 648 | 944 | 54:44 | Ann-Marie Fairclough | MDOC                           | Female | 167 | FV50 | 13  | 54:05 | 647 |
| 649 | 56  | 54:50 | John Corcoran        | Chorlton Runners               | Male   | 482 | MS   | 237 | 54:31 | 653 |
| 650 | 928 | 54:57 | Cherrie Crook        |                                | Female | 168 | FV35 | 26  | 54:27 | 652 |
| 651 | 485 | 55:02 | Chris Allman         |                                | Male   | 483 | MS   | 238 | 54:18 | 648 |
| 652 | 934 | 55:03 | Stephen Smyth        |                                | Male   | 484 | MS   | 239 | 54:25 | 650 |
| 653 | 813 | 55:10 | Eileen Ingham        | Royton Road Runners            | Female | 169 | FV60 | 2   | 54:25 | 651 |
| 654 | 180 | 55:17 | Bryan O'Neill        |                                | Male   | 485 | MV40 | 73  | 54:36 | 654 |
| 655 | 870 | 55:17 | Carly Rourke         | Radcliffe Athletics Club       | Female | 170 | FS   | 72  | 54:51 | 655 |
| 656 | 626 | 55:18 | Michael Blackburn    | Stockport Harriers             | Male   | 486 | MS   | 240 | 55:00 | 664 |
| 657 | 942 | 55:18 | Peter Roberts        |                                | Female | 171 | FS   | 73  | 54:58 | 660 |
| 658 | 360 | 55:22 | Dympna Stirrup       |                                | Female | 172 | FV45 | 22  | 55:04 | 665 |
| 659 | 396 | 55:23 | Gillian Brooker      |                                | Female | 173 | FV40 | 26  | 55:04 | 666 |
| 660 | 309 | 55:25 | Carl Howarth         |                                | Male   | 487 | MV50 | 36  | 55:04 | 667 |
| 661 | 816 | 55:25 | Jane Sharpe          | Bramhall Runners               | Female | 174 | FV35 | 27  | 55:04 | 668 |
| 662 | 196 | 55:28 | Catherine Tilby      |                                | Female | 175 | FV60 | 3   | 54:53 | 657 |
| 663 | 288 | 55:31 | Sandra Curties       |                                | Female | 176 | FV45 | 23  | 55:05 | 670 |
| 664 | 308 | 55:31 | Helen Howarth        |                                | Female | 177 | FS   | 74  | 55:11 | 671 |
| 665 | 226 | 55:31 | Stuart Heys          |                                | Male   | 488 | MS   | 241 | 54:52 | 656 |
| 666 | 933 | 55:32 | Joanna Steele        |                                | Female | 178 | FS   | 75  | 54:55 | 658 |
| 667 | 436 | 55:33 | Nicola Leak          | Dragons Running Club           | Female | 179 | FV40 | 27  | 55:04 | 669 |
| 668 | 339 | 55:37 | Sean O'Farrell       |                                | Male   | 489 | MV45 | 67  | 54:59 | 663 |
| 669 | 871 | 55:42 | Tony Moss            |                                | Male   | 490 | MV45 | 68  | 54:57 | 659 |
| 670 | 616 | 55:42 | Rachel Carter        |                                | Female | 180 | FV45 | 24  | 55:11 | 672 |
| 671 | 820 | 55:43 | Mark Ridings         |                                | Male   | 491 | MS   | 242 | 54:58 | 661 |
| 672 | 858 | 55:43 | David Downing        |                                | Male   | 492 | MV40 | 74  | 54:58 | 662 |
| 673 | 144 | 55:44 | Glennis Hillier      | East Cheshire Harriers & Tames | Female | 181 | FV65 | 2   | 55:13 | 674 |
| 674 | 336 | 55:48 | Sian Segar           |                                | Female | 182 | FV45 | 25  | 55:11 | 673 |
| 675 | 847 | 55:53 | Dave Jones           |                                | Male   | 493 | MS   | 243 | 55:23 | 677 |
| 676 | 120 | 55:54 | Tony Clarkin         |                                | Male   | 494 | MV45 | 69  | 55:21 | 675 |
| 677 | 121 | 55:55 | Debbie Hawsworth     |                                | Female | 183 | FV40 | 28  | 55:21 | 676 |
| 678 | 429 | 55:57 | Malc Brown           | Glossopdale Harriers           | Male   | 495 | MV45 | 70  | 55:24 | 678 |
| 679 | 838 | 55:59 | Joanna Dennis        |                                | Female | 184 | FV35 | 28  | 55:42 | 682 |
| 680 | 894 | 55:59 | Katherine Brierley   | Royton Road Runners            | Female | 185 | FV40 | 29  | 55:44 | 685 |
| 681 | 859 | 56:00 | Victoria Wilshaw     |                                | Female | 186 | FS   | 76  | 55:44 | 686 |
| 682 | 417 | 56:01 | Adrienne Hinds       |                                | Female | 187 | FV45 | 26  | 55:31 | 680 |
| 683 | 684 | 56:05 | Louise Butler        |                                | Female | 188 | FS   | 77  | 55:29 | 679 |
| 684 | 377 | 56:13 | Helen Jenkins        |                                | Female | 189 | FV40 | 30  | 55:42 | 683 |
| 685 | 90  | 56:17 | Dan Thompson         |                                | Male   | 496 | MV40 | 75  | 55:36 | 681 |
| 686 | 779 | 56:19 | Ron Cohen            |                                | Male   | 497 | MV55 | 25  | 55:42 | 684 |
| 687 | 802 | 56:21 | Melvyn Burton        |                                | Male   | 498 | MV60 | 21  | 55:53 | 687 |
| 688 | 646 | 56:25 | Pritash Parmar       |                                | Male   | 499 | MS   | 244 | 55:59 | 688 |
| 689 | 594 | 56:36 | Gerard Tucker        | Bolton United Harriers         | Male   | 500 | MV45 | 71  | 56:19 | 690 |
| 690 | 753 | 56:45 | Kevin Steven         |                                | Male   | 501 | MV45 | 72  | 56:01 | 689 |
| 691 | 338 | 57:06 | Steven Gannon        |                                | Male   | 502 | MV55 | 26  | 56:31 | 692 |
| 692 | 243 | 57:07 | Paul Roper           |                                | Male   | 503 | MV50 | 37  | 56:27 | 691 |
| 693 | 188 | 57:09 | Carole Miller        |                                | Female | 190 | FV45 | 27  | 56:40 | 696 |
| 694 | 959 | 57:10 | Nicky Smith          |                                | Female | 191 | FV40 | 31  | 56:35 | 694 |
| 695 | 960 | 57:12 | David Baldwin        |                                | Male   | 504 | MV45 | 73  | 56:34 | 693 |
| 696 | 194 | 57:12 | Eloise Whitmore      |                                | Female | 192 | FV35 | 29  | 56:47 | 699 |
| 697 | 898 | 57:14 | Trevor Faulkner      | Wilmslow Running Club          | Male   | 505 | MV70 | 3   | 56:38 | 695 |
| 698 | 209 | 57:17 | Barbara Shuttleworth |                                | Female | 193 | FV55 | 8   | 56:42 | 697 |
| 699 | 607 | 57:17 | Tom Marler           |                                | Male   | 506 | MS   | 245 | 56:52 | 700 |
| 700 | 222 | 57:23 | Julie Luckman        | Oldham & Royton H & AC         | Female | 194 | FV45 | 28  | 56:42 | 698 |

|     |     |         |                      |                                |        |     |      |     |         |     |
|-----|-----|---------|----------------------|--------------------------------|--------|-----|------|-----|---------|-----|
| 701 | 791 | 57:24   | John Wiseman         | Bramhall Runners               | Male   | 507 | MV50 | 38  | 57:02   | 705 |
| 702 | 140 | 57:26   | Rebecca Lowe         |                                | Female | 195 | FV35 | 30  | 56:52   | 701 |
| 703 | 479 | 57:26   | James Burns          |                                | Male   | 508 | MV45 | 74  | 56:52   | 702 |
| 704 | 131 | 57:26   | Zoe Taylor           |                                | Female | 196 | FS   | 78  | 56:53   | 704 |
| 705 | 701 | 57:28   | Victoria Leam        |                                | Female | 197 | FV35 | 31  | 56:52   | 703 |
| 706 | 682 | 57:33   | Helen Craven         |                                | Female | 198 | FV40 | 32  | 57:03   | 706 |
| 707 | 350 | 57:38   | Louise Vanes         |                                | Female | 199 | FS   | 79  | 57:03   | 707 |
| 708 | 654 | 57:49   | Nicole Deasey        |                                | Female | 200 | FS   | 80  | 57:17   | 708 |
| 709 | 554 | 57:49   | Kate Williams        |                                | Female | 201 | FS   | 81  | 57:25   | 711 |
| 710 | 941 | 57:57   | Helen Maxwell        |                                | Female | 202 | FV40 | 33  | 57:22   | 709 |
| 711 | 818 | 58:07   | Carles Pearson       | Styal Running Club             | Male   | 509 | MV55 | 27  | 57:32   | 714 |
| 712 | 958 | 58:07   | Leah Smith           |                                | Female | 203 | FJ   | 3   | 57:32   | 715 |
| 713 | 998 | 58:08   | Ann Delores          |                                | Female | 204 | FV40 | 34  | 57:23   | 710 |
| 714 | 506 | 58:10   | Richard Saffhill     |                                | Male   | 510 | MS   | 246 | 57:28   | 712 |
| 715 | 169 | 58:17   | Joanne Ready         |                                | Female | 205 | FV40 | 35  | 57:30   | 713 |
| 716 | 828 | 58:23   | Julie Felton         | Royton Road Runners            | Female | 206 | FV45 | 29  | 57:38   | 716 |
| 717 | 122 | 58:26   | Andrew Young         |                                | Male   | 511 | MV45 | 75  | 58:04   | 723 |
| 718 | 403 | 58:27   | Joanne Mallaber      | Chorlton Runners               | Female | 207 | FS   | 82  | 58:02   | 722 |
| 719 | 296 | 58:30   | Craig Garner         |                                | Male   | 512 | MV45 | 76  | 57:54   | 718 |
| 720 | 541 | 58:33   | Susan Bean           | Swinton Running Club           | Female | 208 | FV60 | 4   | 57:57   | 721 |
| 721 | 593 | 58:36   | Sarah C              | Royton Road Runners            | Female | 209 | FV40 | 36  | 57:56   | 719 |
| 722 | 132 | 58:37   | Phil Fleetwood       |                                | Male   | 513 | MV40 | 76  | 57:50   | 717 |
| 723 | 754 | 58:40   | Claire Fannon        |                                | Female | 210 | FV40 | 37  | 57:56   | 720 |
| 724 | 801 | 58:48   | Tony Hunking         | Royton Road Runners            | Male   | 514 | MV60 | 22  | 58:06   | 724 |
| 725 | 734 | 58:50   | Jane Davies          |                                | Female | 211 | FV45 | 30  | 58:08   | 725 |
| 726 | 583 | 58:50   | Sharon Cocker        |                                | Female | 212 | FV40 | 38  | 58:21   | 728 |
| 727 | 589 | 58:52   | Joanne Weir          |                                | Female | 213 | FV45 | 31  | 58:22   | 729 |
| 728 | 568 | 58:52   | Nina Marshall        |                                | Female | 214 | FV35 | 32  | 58:14   | 727 |
| 729 | 578 | 58:55   | Kellie Holden        |                                | Female | 215 | FS   | 83  | 58:08   | 726 |
| 730 | 995 | 58:57   | Beverley Thomas      |                                | Female | 216 | FV35 | 33  | 58:36   | 730 |
| 731 | 433 | 59:19   | Lynne Alford         | East Cheshire Harriers & Tames | Female | 217 | FV40 | 39  | 58:57   | 735 |
| 732 | 687 | 59:19   | Pauline Foster       |                                | Female | 218 | FV50 | 14  | 58:51   | 732 |
| 733 | 688 | 59:20   | Tony Foster          |                                | Male   | 515 | MV50 | 39  | 58:51   | 733 |
| 734 | 323 | 59:24   | Rachael Benson       | Bramhall Runners               | Female | 219 | FV45 | 32  | 59:08   | 739 |
| 735 | 254 | 59:26   | Helen Rees           | Chorlton Runners               | Female | 220 | FS   | 84  | 59:00   | 736 |
| 736 | 157 | 59:30   | Vicki Fleming        | Bramhall Runners               | Female | 221 | FV35 | 34  | 59:06   | 737 |
| 737 | 441 | 59:30   | Donald Bennett       | Bramhall Runners               | Male   | 516 | MV60 | 23  | 59:06   | 738 |
| 738 | 969 | 59:33   | Elizabeth Evens      |                                | Female | 222 | FV40 | 40  | 58:48   | 731 |
| 739 | 376 | 59:39   | Dennis Yarwood       | Spectrum Striders              | Male   | 517 | MV45 | 77  | 58:53   | 734 |
| 740 | 918 | 59:41   | Tim Moore            | Manchester YMCA Harriers       | Male   | 518 | MV65 | 6   | 59:20   | 741 |
| 741 | 168 | 59:49   | Richard Robinson     | Fetch Everyone                 | Male   | 519 | MV65 | 7   | 59:09   | 740 |
| 742 | 651 | 1:00:05 | Michael Hall         |                                | Male   | 520 | MV50 | 40  | 59:34   | 743 |
| 743 | 655 | 1:00:10 | Katie Oldham         |                                | Female | 223 | FS   | 85  | 59:38   | 744 |
| 744 | 964 | 1:00:12 | Carolyn Holland      |                                | Female | 224 | FS   | 86  | 59:57   | 751 |
| 745 | 332 | 1:00:13 | Craig Foley          |                                | Male   | 521 | MV40 | 77  | 59:27   | 742 |
| 746 | 571 | 1:00:16 | Sarah Hoyle          |                                | Female | 225 | FS   | 87  | 59:46   | 747 |
| 747 | 186 | 1:00:18 | Elizabeth Hodgkinson |                                | Female | 226 | FS   | 88  | 59:41   | 745 |
| 748 | 409 | 1:00:19 | James Flett          |                                | Male   | 522 | MS   | 247 | 59:41   | 746 |
| 749 | 270 | 1:00:20 | Sarah-louise Heslop  | Chorlton Runners               | Female | 227 | FV40 | 41  | 59:54   | 749 |
| 750 | 499 | 1:00:23 | Lucia Shaw           |                                | Female | 228 | FV45 | 33  | 59:52   | 748 |
| 751 | 924 | 1:00:25 | Jason Mastin         |                                | Male   | 523 | MV45 | 78  | 59:56   | 750 |
| 752 | 198 | 1:00:31 | Kate McNamara        |                                | Female | 229 | FS   | 89  | 1:00:01 | 752 |
| 753 | 604 | 1:00:33 | Peter Bedford        | Dragons Running Club           | Male   | 524 | MV60 | 24  | 1:00:01 | 753 |
| 754 | 798 | 1:00:33 | Patricia Bowden      |                                | Female | 230 | FV45 | 34  | 1:00:04 | 754 |
| 755 | 910 | 1:00:56 | Tom Kasprowicz       | Road Runners Club              | Male   | 525 | MV50 | 41  | 1:00:15 | 755 |
| 756 | 221 | 1:00:57 | Keith Pleasant       |                                | Male   | 526 | MS   | 248 | 1:00:17 | 756 |
| 757 | 740 | 1:01:00 | Damien Russell       |                                | Male   | 527 | MS   | 249 | 1:00:22 | 757 |
| 758 | 16  | 1:01:07 | Louise Gilchrist     | Valley Striders                | Female | 231 | FV65 | 3   | 1:00:33 | 759 |
| 759 | 559 | 1:01:12 | Rebecca Styles       | Bramhall Runners               | Female | 232 | FV40 | 42  | 1:00:32 | 758 |
| 760 | 760 | 1:01:14 | Kathryn Fletcher     |                                | Female | 233 | FV50 | 15  | 1:00:55 | 766 |
| 761 | 658 | 1:01:22 | Rebecca Hargreaves   |                                | Female | 234 | FV35 | 35  | 1:00:52 | 763 |
| 762 | 251 | 1:01:24 | Lesley Smith         |                                | Female | 235 | FV50 | 16  | 1:00:47 | 761 |
| 763 | 252 | 1:01:24 | Tony Elston          | Dragons Running Club           | Male   | 528 | MV50 | 42  | 1:00:48 | 762 |
| 764 | 581 | 1:01:25 | Emma Kennedy         | Royton Road Runners            | Female | 236 | FS   | 90  | 1:00:43 | 760 |
| 765 | 819 | 1:01:28 | Paula Pearson        | Styal Running Club             | Female | 237 | FV55 | 9   | 1:00:54 | 765 |
| 766 | 893 | 1:01:33 | John Leah            | Bramhall Runners               | Male   | 529 | MV60 | 25  | 1:00:53 | 764 |
| 767 | 978 | 1:01:50 | Iain Harris          | Radcliffe Athletics Club       | Male   | 530 | MV65 | 8   | 1:01:18 | 767 |
| 768 | 175 | 1:01:57 | George Ogden         |                                | Male   | 531 | MV45 | 79  | 1:01:24 | 769 |
| 769 | 466 | 1:02:03 | Cath Jones           | Bramhall Runners               | Female | 238 | FV50 | 17  | 1:01:22 | 768 |
| 770 | 703 | 1:02:05 | Dave Howard          |                                | Male   | 532 | MS   | 250 | 1:01:25 | 770 |

|     |     |         |                   |                                |        |     |      |     |         |     |
|-----|-----|---------|-------------------|--------------------------------|--------|-----|------|-----|---------|-----|
| 771 | 786 | 1:02:08 | Heidi Brown       |                                | Female | 239 | FV40 | 43  | 1:01:40 | 772 |
| 772 | 908 | 1:02:14 | Ann Lawes         |                                | Female | 240 | FV45 | 35  | 1:01:38 | 771 |
| 773 | 718 | 1:02:53 | Alan Prest        | Quakers Running Club           | Male   | 533 | MV65 | 9   | 1:02:22 | 773 |
| 774 | 125 | 1:03:18 | Karena Fleetwood  |                                | Female | 241 | FV35 | 36  | 1:02:31 | 774 |
| 775 | 264 | 1:03:23 | Kath Tyms         | Winston Runners                | Female | 242 | FV35 | 37  | 1:03:03 | 779 |
| 776 | 536 | 1:03:24 | Claudia Flores    | Chorlton Runners               | Female | 243 | FV40 | 44  | 1:02:57 | 776 |
| 777 | 517 | 1:03:24 | Patricia Kelly    | Chorlton Runners               | Female | 244 | FV60 | 5   | 1:02:58 | 777 |
| 778 | 273 | 1:03:26 | Jennifer Turner   | Chorlton Runners               | Female | 245 | FV35 | 38  | 1:03:03 | 780 |
| 779 | 525 | 1:03:28 | Jackie Morris     |                                | Female | 246 | FV40 | 45  | 1:02:58 | 778 |
| 780 | 613 | 1:03:30 | Sally Moston      | Bramhall Runners               | Female | 247 | FV45 | 36  | 1:02:50 | 775 |
| 781 | 780 | 1:04:07 | Steven Phillips   | Chorlton Runners               | Male   | 534 | MV50 | 43  | 1:03:45 | 782 |
| 782 | 591 | 1:04:19 | Karen Stuttard    | Royton Road Runners            | Female | 248 | FV45 | 37  | 1:03:39 | 781 |
| 783 | 439 | 1:04:33 | Katherine Fisher  | Bramhall Runners               | Female | 249 | FV35 | 39  | 1:03:52 | 783 |
| 784 | 890 | 1:04:40 | Kate Webber       |                                | Female | 250 | FS   | 91  | 1:04:00 | 784 |
| 785 | 400 | 1:04:43 | Elizabeth Rudden  | Chorlton Runners               | Female | 251 | FS   | 92  | 1:04:11 | 785 |
| 786 | 857 | 1:04:53 | Joanne Wrench     |                                | Female | 252 | FS   | 93  | 1:04:27 | 787 |
| 787 | 794 | 1:04:57 | Marianne Rintoul  |                                | Female | 253 | FV40 | 46  | 1:04:25 | 786 |
| 788 | 470 | 1:06:02 | Emma Souness      |                                | Female | 254 | FS   | 94  | 1:05:50 | 790 |
| 789 | 246 | 1:06:25 | Jackie Daintith   |                                | Female | 255 | FV45 | 38  | 1:05:48 | 789 |
| 790 | 321 | 1:06:26 | Lynne Webster     | Bramhall Runners               | Female | 256 | FV60 | 6   | 1:05:46 | 788 |
| 791 | 961 | 1:06:36 | Sarah Turner      |                                | Female | 257 | FV40 | 47  | 1:05:53 | 791 |
| 792 | 502 | 1:06:47 | Sarah McEvoy      | Bramhall Runners               | Female | 258 | FS   | 95  | 1:06:07 | 792 |
| 793 | 448 | 1:07:01 | Claire Fannon     |                                | Female | 259 | FV35 | 40  | 1:06:27 | 793 |
| 794 | 939 | 1:07:35 | Diana Powell      | Bramhall Runners               | Female | 260 | FV55 | 10  | 1:06:53 | 794 |
| 795 | 702 | 1:07:36 | Samantha Howard   |                                | Female | 261 | FS   | 96  | 1:06:57 | 795 |
| 796 | 244 | 1:07:43 | Andrea Roper      |                                | Female | 262 | FV45 | 39  | 1:07:05 | 796 |
| 797 | 266 | 1:07:44 | Helen Stevens     | Chorlton Runners               | Female | 263 | FV35 | 41  | 1:07:09 | 797 |
| 798 | 443 | 1:07:56 | Luan Roper        |                                | Female | 264 | FV40 | 48  | 1:07:20 | 798 |
| 799 | 980 | 1:08:08 | Michael Dwyer     |                                | Male   | 535 | MV40 | 78  | 1:07:28 | 799 |
| 800 | 787 | 1:08:09 | Bev Anderton      |                                | Female | 265 | FV45 | 40  | 1:07:37 | 801 |
| 801 | 573 | 1:08:10 | Rick Wilson       |                                | Male   | 536 | MV45 | 80  | 1:07:36 | 800 |
| 802 | 588 | 1:08:14 | Ashley Weir       |                                | Male   | 537 | MV40 | 79  | 1:07:43 | 802 |
| 803 | 199 | 1:08:40 | Beverley O'Neill  |                                | Female | 266 | FV35 | 42  | 1:07:58 | 803 |
| 804 | 275 | 1:08:42 | Catherine Cutts   | Chorlton Runners               | Female | 267 | FS   | 97  | 1:08:21 | 804 |
| 805 | 674 | 1:10:08 | Melessa Hall      | Oldham & Royton H & AC         | Female | 268 | FS   | 98  | 1:09:25 | 805 |
| 806 | 263 | 1:10:19 | Hayley Flanagan   |                                | Female | 269 | FS   | 99  | 1:09:46 | 806 |
| 807 | 673 | 1:12:23 | Judith Ashford    | Oldham & Royton H & AC         | Female | 270 | FV45 | 41  | 1:11:41 | 807 |
| 808 | 736 | 1:12:34 | Louise Murray     |                                | Female | 271 | FV45 | 42  | 1:11:51 | 808 |
| 809 | 324 | 1:12:48 | Suzanne Kesteven  |                                | Female | 272 | FV40 | 49  | 1:12:00 | 809 |
| 810 | 328 | 1:12:49 | Helen Legerton    |                                | Female | 273 | FV40 | 50  | 1:12:02 | 810 |
| 811 | 481 | 1:13:09 | Jo Bennett        | Bramhall Runners               | Female | 274 | FV55 | 11  | 1:12:27 | 811 |
| 812 | 181 | 1:13:10 | Amanda Ogden      |                                | Female | 275 | FV50 | 18  | 1:12:37 | 812 |
| 813 | 592 | 1:13:53 | Nina Barthel      |                                | Female | 276 | FS   | 100 | 1:13:34 | 815 |
| 814 | 775 | 1:13:58 | Paul Woodcock     |                                | Male   | 538 | MS   | 251 | 1:13:29 | 813 |
| 815 | 776 | 1:13:58 | Lisa Humphries    |                                | Female | 277 | FS   | 101 | 1:13:29 | 814 |
| 816 | 774 | 1:14:46 | Geoff Clarke      | East Cheshire Harriers & Tames | Male   | 539 | MV65 | 10  | 1:13:57 | 816 |
| 817 | 348 | 1:16:34 | John Etherson     | Chorlton Runners               | Male   | 540 | MV40 | 80  | 1:16:08 | 817 |
| 818 | 981 | 1:18:38 | Jeanette Dwyer    |                                | Female | 278 | FV50 | 19  | 1:17:57 | 818 |
| 819 | 851 | 1:20:49 | Gemma McDonagh    |                                | Female | 279 | FS   | 102 | 1:20:20 | 819 |
| 820 | 364 | 1:23:26 | Claudia Orrego    | Chorlton Runners               | Female | 280 | FV45 | 43  | 1:22:51 | 820 |
| 821 | 471 | 1:23:37 | Lucy Isabella     | Chorlton Runners               | Female | 281 | FJ   | 4   | 1:23:14 | 821 |
| 822 | 456 | 1:28:46 | Emma Jane         | Lagan Valley AC                | Female | 282 | FJ   | 5   | 1:28:46 | 822 |
| 823 | 318 | 1:29:18 | Jayne Langlands   |                                | Female | 283 | FV35 | 43  | 1:28:55 | 823 |
| 824 | 286 | 1:29:29 | Christine Evanson |                                | Female | 284 | FV50 | 20  | 1:29:09 | 824 |