

Pos	Name	Club	Cat	Time
1	Nigel Martin	Sale Harriers Manchester	M	00:26:41
2	Ben Wolfarth	Glossopdale Harriers	M	00:27:42
3	David Marsh	Sale Harriers Manchester	M	00:28:16
4	Luke Piper	East Cheshire Harriers & Tameside Ac	M	00:28:28
5	Chris Donnelly	Sale Harriers Manchester	M	00:28:54
6	Matt Stephenson	Marple Runners	MV45	00:29:02
7	Matthew Latham	Hyde Village Striders	M	00:29:27
8	Glenn Savage	Sale Harriers Manchester	MV50	00:29:30
9	Paul Brooks	Stockport Harriers & AC	MV40	00:29:32
10	Steven Henderson	Sale Harriers Manchester	M	00:29:54
11	James Walsh	Sale Harriers Manchester	M	00:29:58
12	Steven Knowles	Pennine Fell Runners	MV40	00:30:04
13	Gary Matthews	East Cheshire Harriers & Tameside AC	MV55	00:30:24
14	Adam Thompson	Stockport Harriers & Ac	M	00:30:26
15	Mike Dixon	Stockport Harriers & Ac	M	00:30:29
16	Richard Edwards	Sale Harriers Manchester	M	00:30:39
17	James Corden	Stockport Harriers & Ac	MV40	00:30:43
18	Barry Hirst	East Cheshire Harriers & Tameside AC	MV50	00:30:45
19	Kerian Garner	Stockport Harriers & AC	MV50	00:30:49
20	Neil McGraw	Glossopdale Harriers	MV40	00:30:52
21	Mark Fox	Sale Harriers Manchester	M	00:30:58
22	Matt Berry	Trafford AC	M	00:30:59
23	Philip Pearce	Glossopdale Harriers	M	00:31:03
24	Olivier Gaillemin	Sale Harriers Manchester	MV40	00:31:06
25	Chris Bramwell	Unattached	M	00:31:21
26	Steve Jones	Unattached	M	00:31:27
27	Steve Shaughnessy	Stockport Harriers & AC	MV60	00:31:31
28	Steve Crossman	Glossopdale Harriers	MV45	00:31:37
29	Chris Barnes	Ribble Valley	M	00:31:43
30	Emma Finney	Sale Harriers Manchester	L	00:31:59
31	Damien Jones	Sale Harriers Manchester	M	00:32:01
32	Ryan Townrow	Saddleworth Runners Club	M	00:32:13
33	Stewart Nunn	Unattached	M	00:32:19
34	Craig Bradbury	Sale Harriers Manchester	MV40	00:32:24
35	Lee Barratt	Stockport Harriers & AC	MV45	00:32:32
36	Vic Walsh	Belle Vue Racers	M	00:32:34
37	Caitlin Rice	Glossopdale Harriers	L	00:32:41
38	Robert Murphy	Glossopdale Harriers	MV50	00:32:42
39	Anna MacKenzie	Stockport Harriers & AC	L	00:32:42
40	Paul Scofield	Manchester Triathlon Club	MV45	00:32:47
41	Nick Webb	Sale Harriers Manchester	MV50	00:32:48
42	Sheridan McWilliam	Lincoln Wellington Athletic Club	L	00:32:48
43	Adrian Sell	Saddleworth Runners Club	M	00:32:50
44	Ian Keeling	Bramhall Runners	MV45	00:32:55
45	Ian Mulligan	Stockport Harriers & Ac	MV45	00:32:57
46	Helen Armitage	Sale Harriers Manchester	LV40	00:33:14
47	Rob Cawley	Stockport Harriers & Ac	MV50	00:33:16
48	Anne Chinoy	Sale Harriers Manchester	LV40	00:33:16
49	Zoe Gmerek	Sale Harriers Manchester	LV40	00:33:17

50	Ali Kell	Sale Harriers Manchester	MV45	00:33:19
51	Glenn Piper	East Cheshire Harriers & Tameside Ac	MV50	00:33:26
52	Dinesh Seneviratne	Sheffield Running Club	M	00:33:27
53	Andrew Tongue	Chorlton Runners	M	00:33:29
54	Lok Li	Bramhall Runners	MV45	00:33:33
55	Ben Snell	Stockport Harriers & Ac	M	00:33:35
56	Gareth Hurfurt	Hyde Village Striders	MV45	00:33:42
57	Joanne Winterbottom	Stockport Harriers & AC	L	00:33:44
58	David Ainsworth	Altrincham & District AC	MV55	00:33:59
59	Jayne Lawton	Stockport Harriers & Ac	LV45	00:34:29
60	Daniel McDermott	Hyde Village Striders	MV40	00:34:41
61	Heather Corden	Stockport Harriers & Ac	LJ	00:34:43
62	Keith Usher	East Cheshire Harriers & Tameside AC	MV45	00:34:48
63	Tom Smith	East Cheshire Harriers & Tameside Ac	MV55	00:34:50
64	James Constatine	Unattached	M	00:34:51
65	Richard Hall	Bramhall Runners	MV45	00:34:57
66	Zara Blowor	Leamington C & AC	L	00:34:58
67	Alison Wainwright	Chorlton Runners	LV35	00:34:59
68	Marcus Marsden	Unattached	M	00:34:59
69	Shaun Brierley	Unattached	MV50	00:35:01
70	David Chadderton	Stockport Harriers & Ac	MV65	00:35:06
71	Matt Crompton	Glossopdale Harriers	M	00:35:09
72	Bethany Hirst	East Cheshire Harriers & Tameside AC	L	00:35:18
73	George Lewis	East Cheshire Harriers & Tameside Ac	MJ	00:35:21
74	Frank Fielding	Pennine Fell Runners	MV60	00:35:21
75	Paul Peters	Glossopdale Harriers	M	00:35:22
76	Lee Grint	Hyde Village Striders	MV45	00:35:25
77	Kevin Day	Goyt Valley Striders	MV50	00:35:28
78	Hayley Simpson	East Cheshire Harriers & Tameside Ac	L	00:35:30
79	Matthew Given	Stockport Harriers & AC	M	00:35:34
80	Pete Ogley	Marple Runners	MV40	00:35:36
81	David Chrystie-Lowe	Stockport Harriers & Ac	MV55	00:35:39
82	John Morris	Sale Harriers Manchester	M	00:35:46
83	Andy Melvin	Stockport Harriers & AC	MV45	00:35:52
84	Joe Travis	Glossopdale Harriers	M	00:35:54
85	Edward Swinden	Chorlton Runners	MV40	00:35:55
86	Jeroen Peters	Glossopdale Harriers	MV55	00:36:00
87	Fiona Johnson	Stockport Harriers & AC	LV35	00:36:02
88	Jenny Fox	Sale Harriers Manchester	LV35	00:36:02
89	Simon Haworth	Glossopdale Harriers	MV55	00:36:10
90	Harsharn Gill	Manchester Triathlon Club	MV40	00:36:14
91	Stephen Brown	Stockport Harriers & Ac	MV45	00:36:18
92	Christian Hook	Wilmslow Running Club	MV40	00:36:21
93	Lesley Sinclair	Stockport Harriers & AC	LV50	00:36:22
94	Stephen Barlow	Unattached	MV45	00:36:28
95	Chris Barber	Manchester Triathlon Club	MV45	00:36:31
96	Frank Cordingley	Sale Harriers Manchester	MV55	00:36:33
97	Bernard McLaren	Unattached	MV40	00:36:45
98	Max Thickett	Stockport Harriers & Ac	MV45	00:36:47
99	Mike Pigram	Unattached	MV40	00:36:48

100	Richard Vink	East Cheshire Harriers & Tameside Ac	MV50	00:36:49
101	Jamie Briggs	Hyde Village Striders	M	00:36:50
102	Guy Riddell	Vegetarian Cycling & AC	MV40	00:36:58
103	Janine Ridgard	East Cheshire Harriers & Tameside AC	LV50	00:36:59
104	Leona Beaumont	Chorlton Runners	L	00:37:05
105	David Ahearn	Unattached	M	00:37:14
106	Ian Oates	Glossopdale Harriers	MV45	00:37:17
107	Angela Oldham	East Cheshire Harriers & Tameside Ac	LV60	00:37:20
108	Jude Bek	Chorlton Runners	LV35	00:37:21
109	David Perry	Unattached	MV40	00:37:23
110	Jeremy Woodham	Stockport Harriers & AC	MV40	00:37:24
111	Deirdre McCarthy	Sale Harriers Manchester	LV35	00:37:25
112	Simon Fennell	Bramhall Runners	MV45	00:37:34
113	Paul Wright	Unattached	M	00:37:35
114	Jennie Pickhard	Bramhall Runners	LV40	00:37:39
115	John Felton	Oldham & Royton H & AC	MV45	00:37:40
116	Lawrence Fennelly	Glossopdale Harriers	MV55	00:37:41
117	Jill Tavini	Stockport Harriers & Ac	LV45	00:37:44
118	Phil Heaword	Bramhall Runners	M	00:37:56
119	Helen Reagan	Sale Harriers Manchester	LV45	00:37:58
120	Barry Chadwick	Stockport Harriers & Ac	MV50	00:38:02
121	Alan Williams	Altrincham & District AC	MV55	00:38:02
122	Darren Clarke	Glossopdale Harriers	MV45	00:38:06
123	Paul Kain	Chorlton Runners	MV40	00:38:09
124	Jacqueline Cordingley	Sale Harriers Manchester	LV55	00:38:15
125	Helen Rennie	Bramhall Runners	L	00:38:24
126	Timothy Rainey	Sale Harriers Manchester	MV50	00:38:25
127	Steven Pepper	Glossopdale Harriers	M	00:38:26
128	Anna Reeves	Unattached	L	00:38:28
129	Gary Coxon	East Cheshire Harriers & Tameside AC	MV55	00:38:34
130	Hanifa Greenwood	Sale Harriers Manchester	L	00:38:35
131	James Deighton	Marple Runners	MV40	00:38:39
132	Tony Hillier	East Cheshire Harriers & Tameside AC	MV65	00:38:43
133	Samantha Hartley	Hyde Village Striders	L	00:38:44
134	Pete Wallroth	Unattached	M	00:38:47
135	Gordon Nicoll	Altrincham & District Ac	MV50	00:39:13
136	Claire MacNeill	Stockport Harriers & AC	LV40	00:39:22
137	Nick Ham	Stockport Harriers & Ac	MV50	00:39:30
138	Helen Carter	Sale Harriers Manchester	L	00:39:33
139	Alice Taylor	Marple Runners	L	00:39:34
140	Steve Fairclough	Bramhall Runners	MV50	00:39:34
141	Hazel Jones	Unattached	L	00:39:35
142	Rachel Fawcett	East Cheshire Harriers & Tameside AC	L	00:39:36
143	Clive Smith	Glossopdale Harriers	MV45	00:39:39
144	Louise Robbins	Sale Harriers Manchester	LV40	00:39:40
145	Noel Irwin	Sale Harriers Manchester	MV50	00:39:40
146	Janneke Van Beijnum	Sale Harriers Manchester	LV35	00:39:42
147	Jenny Rouse	Glossopdale Harriers	L	00:39:46
148	Francis Wooff	Chorlton Runners	MV50	00:39:49
149	Neville McGraw	Glossopdale Harriers	MV70	00:39:56

150	Kirsty Read	Hyde Village Striders	LV40	00:40:05
151	Martin Shepherd	Rochdale Tri Club	MV50	00:40:07
152	Catherine Tombs	Marple Runners	LV45	00:40:11
153	James Critcher	Unattached	M	00:40:13
154	Robert Heeley	Hyde Village Striders	MV60	00:40:20
155	John Waiting	Unattached	M	00:40:28
156	Martin Lewis	East Cheshire Harriers & Tameside Ac	MV45	00:40:30
157	Rachel Rongong	Fetch Everyone	LV45	00:40:32
158	Rachel Watson	Belle Vue Racers	LV40	00:40:33
159	Rosalyn Webster	Chorlton Runners	L	00:40:38
160	Thomas Webster	Unattached	M	00:40:48
161	Thomas Livingston	Unattached	M	00:40:50
162	Melanie Williamson	Chorlton Runners	LV35	00:41:03
163	Julie Ryan	Unattached	LV50	00:41:15
164	Peter Sinclair	Stockport Harriers & AC	MV55	00:41:20
165	Paul Mogridge	Hyde Village Striders	MV45	00:41:21
166	Louise Harrison	Stockport Harriers & Ac	LV40	00:41:24
167	Nigel Harrison	Stockport Harriers & AC	MV50	00:41:26
168	Yana Anderton	Belle Vue Racers	LV35	00:41:29
169	Alistair Jordan	Marple Runners	MV50	00:41:29
170	Andrew Bagshaw	Bramhall Runners	MV45	00:41:30
171	Simon Rushton	Marple Runners	MV50	00:41:30
172	Wendy Terry	Sale Harriers Manchester	LV40	00:41:33
173	Carla Ousey	Sale Harriers Manchester	LV40	00:41:37
174	Alison Wainwright	Chorlton Runners	LV35	00:41:40
175	Victoria Chadwick-Dunbar	Bramhall Runners	LV45	00:41:40
176	Vijay Aggarwal	Unattached	MV40	00:41:42
177	Vicki Hamilton	Glossopdale Harriers	LV45	00:41:42
178	Elizabeth Sargent	Stockport Tri Club	LV35	00:41:45
179	Charlie Podolanski	Stockport Tri Club	MJ	00:41:47
180	Robert Anderson	Unattached	MV50	00:41:52
181	Janet Shepherd	Belle Vue Racers	LV45	00:41:59
182	David Turton	Stockport Harriers & AC	MV60	00:42:02
183	Keith Owens	East Cheshire Harriers & Tameside AC	MV65	00:42:03
184	Gary Cook	Unattached	MV55	00:42:09
185	Jane Maher	Bramhall Runners	LV55	00:42:16
186	Sinead Ferguson	Sale Harriers Manchester	LV40	00:42:21
187	Rob Heywood	Marple Runners	MV50	00:42:26
188	David Turton	Stockport Harriers & AC	MV60	00:42:42
189	Helen Jaques	Manchester Triathlon Club	L	00:42:46
190	Joseph Connor	Bramhall Runners	M	00:42:47
191	Emma Peters	Glossopdale Harriers	L	00:42:50
192	Elizabeth Dowd	Glossopdale Harriers	L	00:42:58
193	Jasmine Duffy	Hyde Village Striders	L	00:43:04
194	Carolyn Jones	Unattached	L	00:43:05
195	Hilary West	Stockport Harriers & Ac	LV55	00:43:14
196	Andy Lord	Marple Runners	MV50	00:43:26
197	Matt Norton	Unattached	MV45	00:43:28
198	Mary Jeal	Glossopdale Harriers	LV55	00:43:35
199	Wendy Trelease	Unattached	LV40	00:43:42

200 Gareth Jones	Unattached	MV40	00:43:52
201 Kath Horwill	Belle Vue Racers	LV40	00:43:54
202 Vikki Murphy	Bramhall Runners	LV45	00:44:00
203 Esther Kavanagh Dixon	Stockport Harriers & Ac	LV35	00:44:01
204 Andrew Hall	Unattached	MV40	00:44:03
205 Stephen Cross	Marple Runners	MV50	00:44:08
206 Ruth Warin	Sheffield Running Club	LV35	00:44:18
207 John Fitzgerald	Unattached	MV50	00:44:21
208 Paul Deareden	Unattached	M	00:44:21
209 Alyson Adams	Bramhall Runners	LV50	00:44:26
210 Stacey Holt	Hyde Village Striders	LV35	00:44:29
211 Peter Hesketh	Unattached	MV65	00:44:31
212 Donna Gardner	Oldham & Royton H & AC	L	00:44:32
213 Carole Barnes	Stockport Harriers & AC	LV45	00:44:42
214 Charmayne Brierley	Unattached	LV45	00:44:42
215 Mark Pope	unattached	MV40	00:44:52
216 Peter Bridge	Unattached	MV50	00:44:53
217 Julie Shepley	Unattached	LV40	00:44:56
218 Robin Sandiford	Unattached	M	00:45:04
219 Emma Loveridge	Marple Runners	LV35	00:45:07
220 Sarmid Al-Kamil	Bramhall Runners	MV50	00:45:13
221 Toby Smith	Marple Runners	MV40	00:45:15
222 Stacy Williams	Unattached	L	00:45:25
223 Cindy Davies	Unattached	LV35	00:45:29
224 Sam Blacow	Stockport Harriers & Ac	L	00:45:34
225 John Fox	Unattached	MV65	00:45:35
226 Rachel Walton	Glossopdale Harriers	LV40	00:45:36
227 Claire Bradley	Marple Runners	LV40	00:45:37
228 Sharon Toolin	Hyde Village Striders	LV40	00:45:59
229 Carol Brough	Chorlton Runners	L	00:46:04
230 Sian Segar	Bramhall Runners	LV50	00:46:06
231 Shona Smith	Chorlton Runners	L	00:46:15
232 Claire Conway	Unattached	L	00:46:23
233 Andy Turner	Bramhall Runners	MV45	00:46:32
234 Denise Gregory	Bramhall Runners	LV50	00:46:36
235 Stefan Schumacher	Sale Harriers Manchester	MV55	00:46:45
236 Carol Kershaw	Hyde Village Striders	LV45	00:46:56
237 Eamon Roche	Unattached	M	00:47:02
238 Lauren Berger	Chorlton Runners	LV35	00:47:02
239 Paul Thompson	Barnsley Athletic Club	MV50	00:47:08
240 Marie Fairclough	Bramhall Runners	LV50	00:47:13
241 Gemma Lloyd	Unattached	L	00:47:15
242 Malcolm Brown	Glossopdale Harriers	MV50	00:47:27
243 Sid Bailey	Deestridders R.c.	MV55	00:47:29
244 Marie Williamson	Glossopdale Harriers	LV40	00:47:30
245 Wendy Torevell	Bramhall Runners	LV60	00:47:32
246 Stephanie Bird	Chorlton Runners	LV35	00:47:39
247 Jane O'Hara	Stockport Harriers & AC	LV45	00:47:40
248 Hannah Coates	Chorlton Runners	L	00:47:42
249 Hannah Sellars	East Cheshire Harriers & Tameside AC	L	00:47:43

250 Dan Ellingworth	Glossopdale Harriers	MV45	00:47:44
251 John Norris	Bramhall Runners	MV50	00:48:26
252 Anna Lunn	Unattached	L	00:48:26
253 Alison Deycin	Marple Runners	LV45	00:48:57
254 Melanie Riddell	Unattached	LV40	00:49:00
255 Maria Rushton	Marple Runners	LV50	00:49:10
256 John Bailey	Marple Runners	M	00:49:26
257 Lucy Meakin	Unattached	L	00:49:33
258 Denise Gregory	Bramhall Runners	LV50	00:49:40
259 Karen Andrew	Marple Runners	LV50	00:49:59
260 Ruth Amin	Belle Vue Racers	LV35	00:50:17
261 Chris Sagar	Hyde Village Striders	MV45	00:50:26
262 Jo Podolanski	Bramhall Runners	LV45	00:50:26
263 Iain Faulkner	Unattached	M	00:50:26
264 Sarah Owen	Unattached	LV35	00:50:27
265 Matthew Wilde	Unattached	M	00:51:09
266 Ruth Warin	Sheffield Running Club	LV35	00:51:36
267 Samantha Cook	Unattached	LV45	00:52:22
268 Maria Apruzzese	Hyde Village Striders	LV40	00:53:17
269 Rhona Johnstone	Bramhall Runners	LV55	00:53:34
270 Suzanne McKeever	Unattached	LV55	00:54:05
271 Helen Rees	Chorlton Runners	L	00:54:24
272 Connie Clode	Unattached	L	00:54:24
273 Charla Torkington	Bramhall Runners	LV35	00:54:34
274 Barry James Locketti	Swinton Running Club	MV40	00:54:34
275 Fay Sidebottom	Unattached	L	00:55:46
276 Liz Nugent	Unattached	L	00:55:51
277 Gill Wolstenhone	East Cheshire Harriers & Tameside Ac	LV60	00:55:51
278 Helen Stevens	Chorlton Runners	LV40	00:55:54
279 Melanie Li	Bramhall Runners	LV45	00:56:18
280 Claire Rayner	Bramhall Runners	L	00:56:45
281 Karen Cooke	Bramhall Runners	LV45	00:56:49
282 Katherine Fisher	Bramhall Runners	LV40	00:57:59
283 Christine Adkins	Bramhall Runners	LV60	00:58:04
284 Ailish Carr	Unattached	LV55	00:58:25
285 Clare Smith	Marple Runners	LV50	00:59:08
286 Mandy Beames	Unattached	LV35	00:59:20
287 Trish Kelly	Chorlton Runners	LV60	01:00:11
288 Zoe Beswitherick	Manchester Frontrunners	LV35	01:00:12
289 Nina Barthel	Manchester Frontrunners	LV35	01:00:50
290 Lynne Fox	Unattached	LV60	01:00:54
291 Jenny Miles	Winston Runners	LV65*	01:03:12
292 Lucy Roise	Unattached	LV35	01:03:50
293 Jane Durkin	Chorlton Runners	LV55	01:04:12
294 Ria Bright	Denby Dale Travellers	LV45	01:04:35
295 Nikki Knappett	Bramhall Runners	LV45	01:04:58
296 Chris Clode	Unattached	MV60	01:05:12