

Pos	Name	Club	Cat	Time
1	Nigel Martin	Sale Harriers Manchester	M	00:27:19
2	Callum Rowlinson	Sale Harriers Manchester	M	00:27:49
3	Luke Piper	East Cheshire Harriers & Tameside AC	MJ	00:28:36
4	Rob Flannery	Sale Harriers Manchester	M	00:29:02
5	Steve McCarron	Sale Harriers Manchester	MV40	00:29:04
6	James Walsh	Sale Harriers Manchester	M	00:29:06
7	Stephen Crook	Stockport Harriers & AC	M	00:29:06
8	Gary Rowlinson	Sale Harriers Manchester	MV50	00:29:11
9	Chris Donnelly	Sale Harriers Manchester	M	00:29:12
10	Andrew Carlin	Sale Harriers Manchester	M	00:29:19
11	Paul Brooks	Stockport Harriers & AC	MV40	00:29:33
12	Phil Burns	Stockport Harriers & AC	M	00:29:47
13	Jonathon Chapman	Unattached	M	00:29:51
14	Joseph Hudak	East Cheshire Harriers & Tameside AC	M	00:30:03
15	James Corden	Stockport Harriers & AC	MV40	00:30:04
16	James Lewis	Unattached	M	00:30:10
17	Richard Edwards	Sale Harriers Manchester	M	00:30:15
18	John Mosley	Sale Harriers Manchester	M	00:30:18
19	Barry Hirst	East Cheshire Harriers & Tameside AC	MV50	00:30:19
20	Glenn Savage	Sale Harriers Manchester	MV50	00:30:27
21	Tony Potts	Unattached	MV40	00:30:30
22	Martin Lucass	Chorlton Runners	M	00:30:40
23	Peter O'Neill	Sale Harriers Manchester	M	00:30:41
24	Matt Dickinson	Hyde Village Striders	M	00:30:45
25	Sarah Hudak	Trafford Athletic Club	L	00:30:49
26	Gary Matthews	East Cheshire Harriers & Tameside AC	M	00:30:52
27	Mish Abushal	Unattached	M	00:30:53
28	Christopher Swire	East Cheshire Harriers & Tameside AC	MV45	00:30:56
29	Oliver Gaillemin	Sale Harriers Manchester	M	00:31:10
30	Steve Crossman	Glossopdale Harriers	MV45	00:31:13
31	Ruth Sinclair	Stockport Harriers & AC	LJ	00:31:20
32	Jonathon Aust	East Cheshire Harriers & Tameside AC	M	00:31:24
33	Andy Poole	Saddleworth Runners	MV50	00:31:33
34	Daniel Shaw	Unattached	MJ	00:31:36
35	Katie White	Sale Harriers Manchester	L	00:31:41
36	Andy Ford	Horwich R M I Harriers	M	00:31:58
37	Aidan Raftery	Sale Harriers Manchester	MV55	00:32:01
38	Lee Barratt	Stockport Harriers & AC	MV45	00:32:03
39	Alex Elsworth	Goyt Valley Striders	MV40	00:32:05
40	Paul Oakley	Goyt Valley Striders	MV50	00:32:05
41	John Williams	Bramhall Runners	M	00:32:07
42	Sean McCafferey	Holmfirth	MV45	00:32:19
43	Paul Wetton	Unattached	MV50	00:32:20
44	Matthew Harrison	Sale Harriers Manchester	M	00:32:23
45	Neil McGraw	Glossopdale Harriers	MV40	00:32:29
46	Mark Millns	Hyde Village Striders	M	00:32:30
47	Adam Thompson	Stockport Harriers & AC	M	00:32:32
48	Lok Li	Bramhall Runners	MV45	00:32:33
49	Daniel Murphy	Manchester Frontrunners	M	00:32:35

50	Tim Nudds	Glossopdale Harriers	M	00:32:37
51	James Reece	Goyt Valley Striders	M	00:32:38
52	Ben McIntyre	Unattached	M	00:32:41
53	Glenn Piper	East Cheshire Harriers & Tameside AC	MV50	00:32:43
54	Chris Trask	Bramhall Runners	MV40	00:32:46
55	Elizabeth Apsley	Stockport Harriers & AC	L	00:32:47
56	Mac Shaw	Stockport Harriers & AC	MV50	00:32:48
57	Gareth Simpson	East Cheshire Harriers & Tameside AC	MV45	00:32:49
58	David Boundy	Glossopdale Harriers	M	00:32:50
59	Mikko Kuronen	Unattached	MV55	00:32:51
60	Mark Ross	Belle Vue Racers	MV45	00:32:53
61	Meng Tang	Belle Vue Racers	M	00:32:56
62	Rob Cawley	Stockport Harriers & AC	MV50	00:33:03
63	Callum Parkinson	Hyde Village Striders	M	00:33:05
64	Michael Hayes	unattached	MV50	00:33:07
65	Alistair Docherty	Saddleworth Runners	M	00:33:08
66	Ian Mulligan	Stockport Harriers & AC	MV45	00:33:12
67	Ali Kell	Sale Harriers Manchester	MV45	00:33:13
68	Steven Gavin	Sale Harriers Manchester	MV40	00:33:14
69	Thomas Dalod	Chorlton Runners	M	00:33:16
70	Peter Shipley	Sale Harriers Manchester	M	00:33:19
71	Stephen Parry	Sale Harriers Manchester	MV50	00:33:24
72	Neal Wainwright	Chorlton Runners	M	00:33:29
73	John Doyle	Pennine Fell Runners	MV50	00:33:34
74	Emma Finney	Sale Harriers Manchester	L	00:33:36
75	Sarah Douglas	Sale Harriers Manchester	L	00:33:44
76	Sikobe Litaba	Glossopdale Harriers	MV50	00:33:46
77	Paul Corner	Stockport Harriers & AC	MV45	00:33:50
78	Nigel Sedman	Belle Vue Racers	MV50	00:33:53
79	David Apsley	Unattached	MV50	00:33:55
80	Anne Chinoy	Sale Harriers Manchester	LV40	00:33:57
81	Damian O'Rourke	Stockport Harriers & AC	MV45	00:34:03
82	William Lowe	Unattached	M	00:34:05
83	Edward Lowe	Unattached	M	00:34:14
84	Richard McHugh	Sale Harriers Manchester	M	00:34:18
85	Phillip Whittle	Unattached	M	00:34:23
86	Craig Bradbury	Sale Harriers Manchester	M	00:34:25
87	Vicky Wright	Hyde Village Striders	LV35	00:34:28
88	Helen Armitage	Sale Harriers Manchester	LV40	00:34:29
89	Andy Fowler	Stockport Harriers & AC	MV45	00:34:29
90	Peter Coble	Saddleworth Runners	MV40	00:34:36
91	Andrew Mainwaring	Stockport Harriers & AC	MV40	00:34:40
92	Mike Hodson	Bramhall Runners	MV40	00:34:40
93	David Chadderton	Stockport Harriers & AC	MV65	00:34:45
94	David Chambers	Manchester Frontrunners	M	00:34:48
95	Tim Hargreaves	Stockport Harriers & AC	MV55	00:34:50
96	Paul Booth	Stockport Harriers & AC	M	00:34:56
97	Trevor Hindle	Goyt Valley Striders	MV50	00:34:57
98	John Bowker	East Cheshire Harriers & Tameside AC	MV50	00:34:59
99	Francis Day	East Cheshire Harriers & Tameside AC	MV60	00:35:06

100	Steveland Surridge	Sale Harriers Manchester	M	00:35:10
101	Daniel McDermott	Hyde Village Striders	MV40	00:35:13
102	Joe Travis	Unattached	M	00:35:15
103	Anthony Rogers	Goyt Valley Striders	MV55	00:35:16
104	Sam Haworth	Unattached	MV50	00:35:17
105	Mike Pigram	Unattached	MV40	00:35:18
106	Shaun Brierly	Unattached	MV45	00:35:21
107	Paul Rodgers	Unattached	M	00:35:23
108	Richard Hall	Bramhall Runners	MV45	00:35:26
109	Andrew Taylor	Belle Vue Racers	M	00:35:27
110	Gareth Swift	Stockport Harriers & AC	M	00:35:28
111	Louise Barrett	John Lewis	LV35	00:35:31
112	Tim Byrne	Bramhall Runners	MV45	00:35:35
113	Simeon Farrington-Newman	Unattached	MV40	00:35:35
114	Simon Fennell	Bramhall Runners	MV45	00:35:38
115	Matthew Given	Stockport Harriers & AC	M	00:35:42
116	Raj Maharjan	Goyt Valley Striders	MV45	00:35:48
117	Andy Melvin	Stockport Harriers & AC	MV45	00:35:49
118	Edward Swinden	Unattached	MV40	00:35:50
119	Tim Blackwell	Chorlton Runners	MV40	00:35:51
120	Andrew Haworth	Bramhall Runners	MV40	00:35:52
121	Jeroen Peters	Glossopdale Harriers	MV50	00:35:54
122	Jacqueline Cordingley	Sale Harriers Manchester	LV55	00:35:55
123	Aidan Grant	Goyt Valley Striders	M	00:35:56
124	David Chrystie-Lowe	Stockport Harriers & AC	MV55	00:35:59
125	Rachael Blight	Stockport Harriers & AC	LV35	00:36:02
126	Lesley Sinclair	Stockport Harriers & AC	LV50	00:36:05
127	Andy Cordes	Bramhall Runners	MV45	00:36:09
128	Kevin Day	Goyt Valley Striders	MV50	00:36:11
129	Andy Burnett	Glossopdale Harriers	MV45	00:36:16
130	Mark Gadie	East Hull Harriers & AC	M	00:36:29
131	Adrian Priestley	Unattached	MV40	00:36:32
132	Peter Adams	Chorlton Runners	MV40	00:36:34
133	Chris Heys	Sale Harriers Manchester	M	00:36:36
134	Stephen Brown	Stockport Harriers & AC	MV45	00:36:37
135	Timothy Rainey	Sale Harriers Manchester	MV50	00:36:38
136	Jayne Lowton	Stockport Harriers & AC	LV45	00:36:40
137	Russell Crowley	Unattached	M	00:36:41
138	Rob O'Hara	Unattached	MV50	00:36:42
139	Chris Currie	Chorlton Runners	M	00:36:44
140	Steve Fairclough	Bramhall Runners	MV45	00:36:46
141	Janine Ridgard	East Cheshire Harriers & Tameside AC	LV50	00:36:49
142	Robert Hamilton	Unattached	MV45	00:36:50
143	John Archer	Winston Runners	MV60	00:36:54
144	Paul Ellison	Unattached	MV40	00:36:54
145	Drew Savage	Chorlton Runners	MV40	00:36:58
146	Jerry Smith	Sale Harriers Manchester	MV60	00:36:59
147	Janet Grint	East Cheshire Harriers & Tameside AC	LV35	00:37:05
148	Alexa Besnard	Chorlton Runners	L	00:37:12
149	George Lewis	East Cheshire Harriers & Tameside AC	MJ	00:37:17

150	Tony Hillier	East Cheshire Harriers & Tameside AC	MV65	00:37:25
151	Claire MacNeill	Stockport Harriers & AC	LV35	00:37:29
152	Brian Holland	Goyt Valley Striders	MV55	00:37:29
153	Des Mitchell	Glossopdale Harriers	MV40	00:37:34
154	Andy Wood	Belle Vue Racers	MV50	00:37:39
155	Keith Halligan	Hyde Village Striders	MV50	00:37:46
156	Jude Bek	Chorlton Runners	L	00:37:55
157	Simon Shaw	Bramhall Runners	MV40	00:38:02
158	Lee Buckley	East Cheshire Harriers & Tameside AC	M	00:38:04
159	Jeremy Woodham	Stockport Harriers & AC	MV40	00:38:05
160	Emma Young	Bramhall Runners	LV40	00:38:12
161	Steve Hughes	Bramhall Runners	MV50	00:38:17
162	Gareth Maher	Bramhall Runners	M	00:38:21
163	Clive Smith	Glossopdale Harriers	M	00:38:22
164	Antony Rodrigues	Unattached	M	00:38:23
165	Ian Booth	Unattached	MV40	00:38:23
166	Jacob Smiles	Chorlton Runners	M	00:38:24
167	Thomas Screen	Unattached	MV40	00:38:28
168	Belinda Hammond	Sale Harriers Manchester	L	00:38:32
169	Colin Hill	Sale Harriers Manchester	MV45	00:38:35
170	Martin Lewis	East Cheshire Harriers & Tameside AC	MV45	00:38:38
171	Des Miles	Unattached	MV50	00:38:41
172	Leona Beaumont	Chorlton Runners	L	00:38:42
173	Nigel Harrison	Stockport Harriers & AC	MV50	00:38:48
174	Rob Cator	Stockport Harriers & AC	M	00:38:52
175	Annie Hirsch	Belle Vue Racers	MV55	00:38:53
176	James Fairclough	Bramhall Runners	M	00:38:54
177	Darren Barrett	Unattached	MV40	00:39:00
178	Amelia Hunt	Goyt Valley Striders	L	00:39:06
179	Alison Wainwright	Chorlton Runners	LV35	00:39:11
180	Katherine Barker	Sale Harriers Manchester	L	00:39:13
181	Nicholas Roberts	Stockport Harriers & AC	MV45	00:39:16
182	Kirsty Read	Hyde Village Striders	LV40	00:39:27
183	Rebecca Glen	Goyt Valley Striders	LV35	00:39:33
184	Martin Smedley	Sale Harriers Manchester	MV60	00:39:37
185	Simon Moorhouse	Buxton AC	MV50	00:39:42
186	David Perry	Unattached	M	00:39:48
187	Peter Sinclair	Stockport Harriers & AC	MV55	00:39:52
188	Paul Baxendale	Unattached	MV45	00:39:53
189	Wendy Terry	Sale Harriers Manchester	MV40	00:39:56
190	Paul Taylor	Saddleworth Runners	MV45	00:39:57
191	James Corrigan	Belle Vue Racers	M	00:39:58
192	Robert Jones	Unattached	M	00:40:00
193	Hazel Jones	Unattached	L	00:40:04
194	Sophie Cunningham	Chorlton Runners	L	00:40:06
195	Anna Aspinall	Goyt Valley Striders	L	00:40:07
196	Sally Grimwood	Chorlton Runners	LV35	00:40:08
197	Philippa Heys	Sale Harriers Manchester	L	00:40:08
198	Helen Fraser	Stockport Harriers & AC	LV50	00:40:14
199	Eddie Hamilton	Unattached	M	00:40:16

200	Helen Carter	Sale Harriers Manchester	L	00:40:16
201	Judith Apsley	Unattached	LV50	00:40:16
202	Sarah Whitelegge	Chorlton Runners	L	00:40:17
203	Jane Blackburn	Unattached	LV45	00:40:23
204	Joanne Brack	Unattached	LV45	00:40:27
205	Paul Hunt	Goyt Valley Striders	MV50	00:40:28
206	Rosie Jones	Pennine Fell Runners	LV35	00:40:32
207	Helen Todd	Stockport Harriers & AC	LV60	00:40:35
208	Ruth Morris	Chorlton Runners	L	00:40:37
209	Carla Ousey	Sale Harriers Manchester	LV40	00:40:38
210	Heather Clarkson	Manchester Frontrunners	LV35	00:40:42
211	Louise Harrison	Stockport Harriers & AC	LV40	00:40:50
212	Julie Virgin	Manchester Frontrunners	LV45	00:41:04
213	Victoria Chadwick-Dunbar	Bramhall Runners	LV40	00:41:14
214	Jason Bowers	Sale Harriers Manchester	MV40	00:41:16
215	Victoria Healey	Goyt Valley Striders	LV35	00:41:17
216	Emma Constantine	Unattached	L	00:41:20
217	Sue Waring	Stockport Harriers & AC	LV50	00:41:33
218	Steven Berry	Goyt Valley Striders	MV50	00:41:40
219	Robert Anderson	Unattached	MV50	00:41:42
220	Amy Spragg	Chorlton Runners	LV35	00:41:44
221	Mary Jeal	Glossopdale Harriers	LV50	00:41:48
222	Maureen Wilkins	Stockport Harriers & AC	LV50	00:41:54
223	Emma Flint	Chorlton Runners	LV40	00:41:59
224	Debbie Smith	Hyde Village Striders	LV45	00:42:03
225	Caroline Whittle	Goyt Valley Striders	LV40	00:42:05
226	Samantha Hartley	Hyde Village Striders	L	00:42:07
227	Catherine Mckenna	Belle Vue Racers	LV40	00:42:22
228	Moiria Hunt	Goyt Valley Striders	LV55	00:42:29
229	David Turton	Stockport Harriers & AC	MV60	00:42:39
230	Paul Robison	Fire Service	MV45	00:42:39
231	Malcolm Brown	Glossopdale Harriers	MV50	00:42:43
232	Andrea Edwards	East Cheshire Harriers & Tameside AC	LV45	00:42:43
233	Helen Madden	Unattached	LV40	00:42:46
234	Anne Webster	Belle Vue Racers	LV55	00:42:50
235	Roger Nelson	Unattached	MV60	00:42:52
236	Bruce Green	Sale Harriers Manchester	MV60	00:42:56
237	Mary Jones	Goyt Valley Striders	LV40	00:42:57
238	Celia Birchby	Sale Harriers Manchester	LV60	00:43:11
239	Mike Reader	Unattached	MV60	00:43:12
240	Sue Exon	Trafford Athletic Club	LV60	00:43:23
241	Roy Marsden	Unattached	MV55	00:43:27
242	Richard Wlodarczyk	East Cheshire Harriers & Tameside AC	MV60	00:43:29
243	Esther Kavanagh-Dixon	Stockport Harriers & AC	L	00:43:39
244	Tom Marler	Chorlton Runners	M	00:43:42
245	Andrew Lord	Pennine Fell Runners	MV50	00:43:47
246	Joseph Connor	Bramhall Runners	M	00:44:10
247	Rob Heeley	Hyde Village Striders	MV60	00:44:12
248	Claire Elsworth	Goyt Valley Striders	LV40	00:44:13
249	Charmaine Brierley	Unattached	LV45	00:44:13

250	John Fitzgerald	Unattached	MV50	00:44:15
251	Emma Loveridge	Unattached	L	00:44:19
252	Lisa Donnelly	Belle Vue Racers	LV40	00:44:23
253	Peter Hesketh	Unattached	MV65	00:44:26
254	Lesley Sutton	Goyt Valley Striders	MV55	00:44:42
255	Helen Gray	Goyt Valley Striders	LV50	00:45:04
256	Laura Hindle	Unattached	LJ	00:45:09
257	Julia Foy	Belle Vue Racers	LV45	00:45:11
258	Dave Salmon	East Cheshire Harriers & Tameside AC	MV65	00:45:17
259	Alexis Dinsmoor	Stockport Harriers & AC	LV60	00:45:39
260	Tracey Wakefield	Unattached	LV35	00:45:39
261	Paul Thompson	Barnsley Athletic Club	MV50	00:45:58
262	Sarah Upton	Unattached	LV45	00:46:02
263	Rachel Higginbottom	Unattached	LV40	00:46:03
264	John Wiseman	Bramhall Runners	MV50	00:46:09
265	Marie Fairclough	Bramhall Runners	LV50	00:46:19
266	Debbie Woodcock	Bramhall Runners	LV45	00:46:24
267	Clare Nicholas	Unattached	L	00:46:29
268	Emma Peters	Glossopdale Harriers	L	00:47:06
269	Hannah Sellars	Hyde Village Striders	L	00:47:08
270	Themis Kokakakis	Belle Vue Racers	MV50	00:47:10
271	Iain Scott	Unattached	MV55	00:47:59
272	Robin Sandiford	Unattached	M	00:48:00
273	Heather Jones	Unattached	L	00:48:02
274	Stefan Schumacher	Sale Harriers Manchester	MV55	00:48:04
275	Sarah Stephenson	Chorlton Runners	L	00:48:37
276	Alice Hamilton	Unattached	L	00:48:50
277	Hannah Coates	Chorlton Runners	L	00:48:58
278	Lauren Hatch	Unattached	L	00:49:09
279	Scott Larkin	Unattached	MV40	00:49:12
280	Chris Sagar	Hyde Village Striders	MV45	00:49:15
281	Claire Bradley	Unattached	LV35	00:49:16
282	Karen Andrew	Unattached	LV50	00:49:21
283	Alia Pike	CIRF	LV35	00:49:22
284	Charlotte Goodwin	Belle Vue Racers	L	00:49:44
285	Katie Roberts	Bramhall Runners	L	00:49:52
286	Samantha Cook	Stockport Harriers & AC	LV45	00:50:13
287	Jo Podalanski	Bramhall Runners	LV45	00:50:26
288	Lucy Meakin	Unattached	L	00:50:34
289	Iain Faulkner	Unattached	M	00:50:41
290	Ruth Amin	Belle Vue Racers	LV35	00:50:58
291	Lorraine	Unattached	LV40	00:51:00
292	Lauren Berger	Chorlton Runners	LV35	00:52:00
293	Rachel Gillespie	Unattached	L	00:52:38
294	Paul Dearden	Unattached	M	00:52:57
295	Sue Hudak	East Cheshire Harriers & Tameside AC	LV55	00:53:02
296	Else Guthrie	Unattached	LV55	00:53:07
297	Suzanne McKeever	Bramhall Runners	LV55	00:55:18
298	Dave Rodgers	Sale Harriers Manchester	MV60	00:56:23
299	Helen Stevens	Chorlton Runners	LV35	00:58:30

300	Peter Ellison	Unattached	MV50	00:58:31
301	Katherine Fisher	Bramhall Runners	MV40	00:58:45
302	Catherine Cutts	Chorlton Runners	L	01:03:32
303	Andrea Seddon	Unattached	LV40	01:03:33
304	Lynne Riddiough Boylan	Unattached	LV35	01:03:40
305	Ria Bright	Manchester Frontrunners	LV50	01:15:18

Mens Teams

1	Nigel Martin	Sale Harriers Manchester	1
	Callum Rowlinson		2
	Rob Flannery		4
2	Stephen Crook	Stockport Harriers & AC	7
	Paul Brooks		11
	Phil Burns		12
3	Luke Piper	East Cheshire Harriers & Tameside AC	3
	Joseph Hudak		14
	Barry Hirst		19

Ladies Teams

1	Katie White	Sale Harriers Manchester	3
	Emma Finney		6
	Sarah Douglas		7
2	Ruth Sinclair	Stockport Harriers & AC	2
	Elizabeth Apsley		4
	Rachael Blight		13
3	Alexa Besnard	Chorlton Runners	18
	Jude Bek		20
	Leona Beaumont		23