

Sheet1

Position	Name	Club	Cat	Time
1	Ben Riddell	Salford Harriers	M	0:30:16
2	Gavin Hill	East Cheshire Harriers	M	0:31:45
3	Kev Lilley	Sheffield RC	V45	0:32:06
4	Andy Kay	Salford Harriers	M	0:32:09
5	Paul Simons	Salford Harriers	V45	0:32:36
6	Simon Grundy	East Cheshire Harriers	V45	0:32:40
7	Paul Dalton	East Cheshire Harriers	V45	0:32:57
8	Stuart Parrott	Wilmslow RC	V45	0:33:33
9	Ben Beattie	Steel City Harriers	M	0:34:02
10	Elton Davies	Sale Harriers Manchester	M	0:34:15
113	Donna Jones	Sale Harriers Manchester	L	0:34:16
12	Dean Longley	Prestatyn Running Club	M	0:34:30
13	John Doyle	Pennine	V45	0:34:38
14	Rob Jones	Meltham AC	M	0:35:11
15	Mark Seed	Salford Harriers	V40	0:35:19
16	Ian Jackson	Salford Harriers	V40	0:35:23
17	Charles Foster	Salford Harriers	M	0:35:40
18	Andrew Chalkley	Kingstone Runners Barnsley	V40	0:37:04
19	Ryan Ganose	Altrincham AC	U18	0:37:15
20	Sean Cordell	Salford Harriers	V40	0:37:18
21	David Shepherd	Holmfirth Harriers	V50	0:37:34
22	Marcus Gregory	East Cheshire Harriers	V40	0:37:39
23	Timothy Lonsdale	Kingstone Road Runners	M	0:37:44
24	Des Davies	Prestatyn Running Club	V50	0:37:47
25	Bill Fox	Sale Harriers Manchester	V55	0:37:56
26	Peter Butterworth	Clayton le Moors	V55	0:37:57
27	Russ Hawkins	East Cheshire Harriers	V50	0:37:58
28	Chris Jackson	Glossopdale H	M	0:38:07
29	David Shaw	Salford Harriers	V45	0:38:23
30	Timm Allen	Unattached	V45	0:38:24
31	Gary Coxon	East Cheshire Harriers	V50	0:38:26
32	Mike Slater	Stockport Harriers & Ac	V45	0:38:30
33	Alison Drasdo	Trafford AC	LV40	0:38:31
34	Sarah Aylmer	Stockport Harriers & Ac	LV45	0:38:55
35	Robert Kellett	Royton Road Runners	V40	0:38:57
36	Martin Quinn	Chorley Harriers	M	0:39:01
37	Bernard Wayner	Belle Vue Racers	M	0:39:04
38	Stan Curran	Salford Harriers	V60	0:39:08
39	Paul Smith	Unattached	V40	0:39:08
40	Steve Bunyan	Belle Vue Racers	M	0:39:09
41	Kevin Kyte	East Cheshire Harriers	M	0:39:14
42	Daren Butterworth	Unattached	V45	0:39:17
43	Andrew Brankin	Kingstone Road Runners	V45	0:39:25
44	Bernie Miller	Unattached	V40	0:39:31
45	Kevin Rowland	Altrincham AC	M	0:39:36
46	Michael Tinker	Unattached	M	0:39:37
47	Arwel Jones	Prestatyn Running Club	V50	0:39:39
48	Kerrie Wood Doyle	Stockport Harriers & Ac	LV40	0:39:41
49	Jon Bradford Ehlen	Spectrum Striders	M	0:39:50
50	David Hutchings	Stainland Lions	V40	0:39:57
51	Chris Hibbert	Manchester Harriers	V40	0:40:19
52	Anthony Bates	Unattached	M	0:40:26

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53	Dean Johnson	Unattached	M	0:40:32
54	David Pilbury	Unattached	M	0:40:41
55	Ian Micklethwaite	Kingstone Road Runners	M	0:40:43
56	Vaughn McKay	Glossopdale H	V55	0:40:44
57	Sikobe Litaba	Manchester Triathlon Club	V45	0:40:47
58	Michael Jones	Altrincham AC	V55	0:40:50
59	Tom Temple	Salford Harriers	V55	0:40:53
60	Paul Bradrick	Prestatyn Running Club	V50	0:40:58
61	Paul Patrick	Stainland Lions	V45	0:41:02
62	Ellis Clarne	Unattached	V40	0:41:12
63	Andy Bardsley	Glossopdale H	V45	0:41:16
64	Bev Ganose	Altrincham AC	LV45	0:41:17
65	John Hughes-Roberts	Prestatyn Running Club	V50	0:41:20
66	Tony Hillier	East Cheshire Harriers	V60	0:41:30
67	Jacqui Khoueiry	Holmfirth Harriers	LV35	0:41:34
68	Peter Toole	Unattached	M	0:41:35
69	Tony Woods	Unattached	V45	0:41:43
70	Mark Pearson	Unattached	M	0:41:55
71	Joanne Wright	Steel City Harriers	L	0:42:02
72	Aileen Baldwin	Stainland Lions	LV55	0:42:08
73	Steve McVey	Kestrel Super Flyers	V50	0:42:14
74	Carl Hughes	New World Road Runners	V40	0:42:16
75	Vin Murphy	Salford Harriers	V65	0:42:17
76	Maria Harron	Stainland Lions	LV35	0:42:23
77	Liz Turton	Stockport Harriers & Ac	LV50	0:42:30
78	David Alan Jones	Prestatyn Running Club	V55	0:42:32
79	Des Miles	Unattached	V45	0:42:33
80	Glenda Davies	Prestatyn Running Club	LV45	0:42:36
81	Martin French	Unattached	V50	0:42:43
82	Ken Chapman	Kimberworth Striders RC	V65	0:42:47
83	Ben Bishop	Unattached	V40	0:42:51
84	Jonathon Clarke	Glossopdale H	V40	0:43:03
85	Annella Sanders	Salford Harriers	L	0:43:07
86	Caroline Bradley	Unattached	LV35	0:43:07
87	Gareth Hughes	Prestatyn Running Club	V60	0:43:10
88	Mark Preston	Stainland Lions Running Club	V45	0:43:11
89	Geoff Beattie	Sale Harriers Manchester	V55	0:43:19
90	David Woodward	Unattached	LU18	0:43:22
91	Simon Greene	Unattached	V55	0:43:29
92	Roy Marsden	Unattached	V50	0:43:34
93	Mike O'Brien	Manchester YMCA	V50	0:43:43
94	Brenda Tiedtke	Prestatyn Running Club	LV45	0:43:43
95	Helen Todd	Stockport Harriers & Ac	LV55	0:43:48
96	Mark Ferns	Sale Harriers Manchester	V45	0:43:51
97	Lynn Ward	RRC	LV40	0:43:59
98	Roland Bowness	Salford Harriers	V60	0:44:01
99	Jacky Smith	Sheffield RC	LV55	0:44:08
100	John Hirst	Stainland Lions	V40	0:44:11
101	Matthew Rose	Holmfirth Harriers	M	0:44:20
102	Chris Hayes	Prestatyn Running Club	M	0:44:27
103	Paul Costello	Stainland Lions	V50	0:44:28
104	Daniel McDermott	Unattached	M	0:44:31
105	Billy Watkinson	Unattached	M	0:44:32

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106	Julie Fairclough	Stockport Harriers & Ac	LV45	0:44:34
107	Helen Hudson	Stainland Lions	LV40	0:44:43
108	John Spencer	Hallamshire Harriers	V55	0:44:45
109	Gerard Reynolds	Unattached	V40	0:44:45
110	Dominic Coupes	Unattached	V40	0:44:47
111	Richard Wlodarczyk	East Cheshire Harriers	V55	0:44:47
112	Steve Fairclough	Stockport Harriers & Ac	V40	0:45:00
113	Carole Milnes	East Cheshire Harriers	LV50	0:45:04
114	Scott Grundy	Unattached	M	0:45:26
115	Michael Ramsden	Kingstone Road Runners	V40	0:45:35
116	Carole Beattie	Steel City Harriers	LV55	0:45:37
117	James Small	Unattached	M	0:45:38
118	Steve Hallam	Stainland Lions	V50	0:45:42
119	Alan Jenkinson	Styal RC	V60	0:45:43
120	William Cook	Unattached	V55	0:45:45
121	Jonathon Taylor	Stainland Lions	M	0:45:47
122	David Hargreaves	Chorley Harriers	V55	0:45:54
123	Caroline Broderick	Unattached	L	0:46:07
124	Alastair Rainsbury	Stockport Harriers & Ac	M	0:46:14
125	Graham Peak	Glossopdale H	V60	0:46:19
126	Matthew Wilde	Unattached	M	0:46:23
127	Jon Pridgeon	Stainland Lions	M	0:46:24
128	Phillip Jones	Prestatyn Running Club	V65	0:46:25
129	Darren Lee Higginbottom	Stockport Harriers & Ac	V40	0:46:26
130	Colin Morrison	Unattached	V40	0:46:34
131	Gareth Redston	Unattached	M	0:46:36
132	Tim Wade	Kingstone Road Runners	V55	0:46:37
133	Amie Bagnall	Prestatyn Running Club	LU18	0:46:38
134	James Dean	Unattached	LU18	0:46:53
135	Jane O'Hara	Stockport Harriers & Ac	LV40	0:47:07
136	Robert McCurrie	Unattached	LU18	0:47:30
137	Mark Kelly	Unattached	M	0:47:35
138	Brian Higgins	Styal RC	V55	0:47:36
139	Nigel Harrison	Unattached	V45	0:47:42
140	Iain Scott	Unattached	V50	0:47:46
141	Jackie Crowther	East Cheshire Harriers	LV45	0:48:10
142	Graham Lawler	East Cheshire Harriers	V60	0:48:10
143	Lee Skinnion	Manchester Triathlon Club	V40	0:48:11
144	Susan Brooks	Manchester Triathlon Club	LV45	0:48:26
145	Louise Harrison	Unattached	LV35	0:48:45
146	Paul Sullivan	Unattached	M	0:48:49
147	Helen Thornhill	Unattached	LV35	0:48:52
148	Shelly Ward	Prestatyn Running Club	LV40	0:49:20
149	Steve Hart	Swinton Running Club	V50	0:49:39
150	David Willis	Unattached	V50	0:49:45
151	Peter Hully	Unattached	V45	0:49:47
152	John Kerr	Unattached	V45	0:50:29
153	Sharon Hullett	Prestatyn Running Club	LV40	0:50:29
154	Reg Czupek	Unattached	V55	0:50:30
155	Ron Hill	Clayton le Moors	V70	0:50:42
156	Helen Madden	Unattached	LV40	0:50:46
157	Stephen Forrester	Unattached	M	0:50:57
158	Paul Mayers	Unattached	V50	0:50:58

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159	Sarah Leah	Unattached	LV35	0:51:01
160	Helen Ashworth	Prestatyn Running Club	L	0:51:10
161	Eleri Jones	Prestatyn Running Club	LV35	0:51:12
162	Micheal Hughes	New World Road Runners	M	0:51:16
163	Helen Baxandall	Prestatyn Running Club	LV45	0:51:25
164	Lesley Henderson	Stainland Lions	Iv60	0:51:30
165	Mary Jeal	Denbigh Harriers	LV45	0:51:51
166	Genevieve Thompson	Stainland Lions	LV40	0:51:52
167	Lawrence Fennelly	Unattached	V45	0:51:53
168	William Metcalf	Basilden AC	V65	0:52:00
169	Daniel Davidson	Unattached	M	0:52:32
170	Mike Doolan	Prestatyn Running Club	V65	0:52:56
171	Sonia Gadsby	Atherton Running Club	LV45	0:53:07
172	Wayne Hancock	Meltham AC	U18	0:53:47
173	Mladenka Hooper	Prestatyn Running Club	L	0:53:54
174	Linda Williamson	Stainland Lions	LV55	0:54:03
175	Alison Marsden	Kingstone Road Runners	LV40	0:54:05
176	Clare Dalton	Unattached	LV35	0:54:08
177	Rachel McCurrie	Unattached	L	0:54:17
178	Mark Rathburn	Unattached	V45	0:54:25
179	Asif Dari	Unattached	M	0:54:44
180	Mike McDonald	Bowland Fell Runners	V65	0:54:46
181	Duncan Longley	Prestatyn Running Club	M	0:54:48
182	Jonathon Blackledge	Unattached	M	0:55:08
183	Sally Harland	Unattached	L	0:55:22
184	Hayley Cryer	Unattached	L	0:55:25
185	Kathryn Smith	Unattached	LV40	0:55:48
186	Chris Byrom	East Cheshire Harriers	V65	0:56:00
187	Judith Greenwood	Stainland Lions	Iv60	0:56:14
188	Jane Brankin	Kingstone Road Runners	LV40	0:56:51
189	Denise Pozorski	Penistone FR	LV45	0:57:58
190	Julie Wardle	Unattached	LV35	0:57:58
191	Margaret Nixon	Unattached	LV45	0:58:05
192	Sandra Mayers	Prestatyn Running Club	LV45	0:58:19
193	Gillian Brandrick	Prestatyn Running Club	LV50	0:58:19
194	Frank Hughes	New World Road Runners	V65	0:58:54
195	Richard Brear	Stainland Lions	V45	0:59:06
196	Linda Williams	Prestatyn Running Club	LV45	0:59:12
197	Rhian Williams	Prestatyn Running Club	LV55	0:59:12
198	Jackie Barker	Stainland Lions	LV55	1:01:20
199	Rachel Whiteley	Stainland Lions	L	1:03:26
200	Chris Clode	East Cheshire Harriers	V55	1:06:24