

Position	Bib	Name	Club	Category	Category Position	Time
1	119	Rob Jowett	Unaffiliated	M-Senior	1	29:26.7
2	177	Russell Price	Chorlton Runners	M-Senior	2	30:56.3
3	91	Steven Henderson	Sale Harriers	M-Senior	3	32:19.1
4	217	Katherine Wood	Sale Harriers	F-Senior	1	32:52.6
5	59	Sarah Douglas	Sale Harriers	F-Senior	2	32:57.4
6	85	Andrew Hadfield	Stockport Harriers	M-45-49	1	33:17.9
7	202	Chris Topping	Sale Harriers	M-35-39	1	33:41.5
8	169	Matt Page	Unaffiliated	M-40-44	1	35:04.0
9	151	Gareth Miller	Unaffiliated	M-35-39	2	35:13.3
10	86	Stephen Hampson	Infiniti Mud Runners	M-Senior	4	35:37.0
11	212	Keith Holman	Chorlton Runners	M-35-39	3	35:39.0
12	77	Duane Gaunt	Sale Harriers	M-Senior	5	35:53.6
13	117	mark jones	Unaffiliated	M-35-39	4	35:58.1
14	209	Ian Volland	Unaffiliated	M-40-44	2	36:00.2
15	79	Zoe Gmerek	Chorlton Runners	F-40-44	1	36:04.1
16	89	Michael Hargreaves	Chorlton Runners	M-Senior	6	36:15.1
17	138	Rob Marsden	Sale Harriers	M-35-39	5	36:21.9
18	20	Brian W Birkmyre	Chorlton Runners	M-Senior	7	36:32.2
19	76	Glen Gandy	Manchester Harriers & AC	M-50-54	1	36:39.7
20	146	Liam Mellon	Hyde village striders	M-Senior	8	36:44.0
21	174	Tristan Pocock	Dragons Running Club (Sale)	M-45-49	2	37:16.6
22	195	Greg Spanner	Unaffiliated	M-35-39	6	37:20.2
23	25	Paul Brackley	Unaffiliated	M-Senior	9	37:25.0
24	193	Matt Foster	Unaffiliated	M-Senior	10	37:38.5
25	149	Andy Mellor	Unaffiliated	M-40-44	3	37:45.9
26	87	Jason Hanford	Unaffiliated	M-50-54	2	37:57.5
27	189	Chris Sewart	Manchester Harriers & AC	M-40-44	4	37:59.2
28	176	Jared Potter	Unaffiliated	M-Senior	11	38:01.3

29	33	Peter Buckles	Infiniti Mud Runners	M-40-44	5	38:13.2
30	46	Frank Cordingley	Sale Harriers	M-55-59	1	38:14.2
31	78	Duncan Gazeley	Altrincham & District AC	M-35-39	7	38:38.1
32	139	Graeme Mccaig	Unaffiliated	M-40-44	6	38:53.2
33	61	Daniel Dowdall	Unaffiliated	M-35-39	8	38:57.2
34	107	Steve Hughes	Unaffiliated	M-40-44	7	39:13.1
35	207	Michael Unsworth	Unaffiliated	M-45-49	3	39:28.1
36	5	Bram Appleton	Mile Shy Club	M-Senior	12	39:39.8
37	110	Noel Irwin	Sale Harriers	M-50-54	3	39:56.9
38	71	Nick Fogarty	Lymm Runners	M-45-49	4	40:05.1
39	8	Jacqui Baines	Manchester Frontrunners	F-35-39	1	40:05.9
40	93	Laura Higgins	Unaffiliated	F-40-44	2	40:07.6
41	22	Tim Blackwell	Chorlton Runners	M-40-44	8	40:09.0
42	52	Chris Darlaston	Unaffiliated	M-45-49	5	40:29.3
43	184	Amy Rogers	Unaffiliated	F-35-39	2	40:36.8
44	23	Paul Blades	Infiniti Mud Runners	M-50-54	4	40:40.3
45	111	Phil Jackson	Unaffiliated	M-40-44	9	40:44.8
46	96	Craig Hinchcliffe	Unaffiliated	M-40-44	10	41:26.7
47	145	Paula Medley	Manchester Frontrunners	F-35-39	3	41:28.1
48	127	Nathan Langley	Chorlton Runners	M-Senior	13	41:28.9
49	205	Mark Turner	Chorlton Runners	M-50-54	5	41:32.9
50	129	Sean Lawrence	Unaffiliated	M-40-44	11	41:34.3
51	173	Chris Peachey	Chorlton Runners	M-50-54	6	41:35.6
52	97	Tim Hinsley	Unaffiliated	M-45-49	6	41:43.4
53	218	Paul Wood	Unaffiliated	M-60-64	1	41:51.1
54	34	Martin Bull	Dragons Running Club (Sale)	M-60-64	2	41:53.2
55	124	Emma Kerwin	Belle Vue Racers	F-Senior	3	42:12.9
56	125	Stephane Laffly	Unaffiliated	M-40-44	12	42:18.6
57	157	Mark Morgan	Unaffiliated	M-Senior	14	42:19.8
58	82	Anthony Paul Gorman	Unaffiliated	M-40-44	13	42:21.8

59	183	Matthew Roberts	Unaffiliated	M-45-49	7	42:24.8
60	213	Britta Werner	Vegan Runners	F-40-44	3	42:43.3
61	101	Trevor Holliday	Unaffiliated	M-35-39	9	42:44.6
62	220	Dennis Yarwood	Spectrum Striders	M-50-54	7	42:45.5
63	40	John Cleworth	Unaffiliated	M-40-44	14	43:00.5
64	90	Joanne Healy	Dragons Running Club (Sale)	F-40-44	4	43:04.3
65	163	John Neate	Achille Ratti Climbing Club	M-60-64	3	43:11.6
66	44	Joseph Connor	Bramhall Runners	M-35-39	10	43:19.5
67	32	Brendan Broderick	Dragons Running Club (Sale)	M-45-49	8	43:20.7
68	47	Brian Bradshaw	Unaffiliated	M-55-59	2	43:33.2
69	191	Jen Sherstone	Unaffiliated	F-40-44	5	44:01.8
70	130	Martin Ledson	Unaffiliated	M-35-39	11	44:09.4
71	155	Paul Moreton	Infiniti Mud Runners	M-35-39	12	44:30.6
72	152	Paul Minton	Start2Jog	M-Senior	15	44:58.4
73	55	Anna Dick	Unaffiliated	F-40-44	6	45:01.5
74	133	Barry Locketti	Swinton RC	M-45-49	9	45:11.4
75	211	Emma Wells	Unaffiliated	F-40-44	7	45:34.0
76	66	Sharon Eccles	Infiniti Mud Runners	F-45-49	1	45:34.7
77	113	Karen Johnson	Unaffiliated	F-50-54	1	45:35.6
78	142	Natalie McGuire	Unaffiliated	F-Senior	4	45:37.9
79	57	Andrew Dolan	Unaffiliated	M-35-39	13	45:38.7
80	12	Alison Barbuti	Chorlton Runners	F-40-44	8	45:54.4
81	48	James Cottrill	Unaffiliated	M-35-39	14	46:14.5
82	39	Jon Clare	Davenport Runners	M-40-44	15	46:20.7
83	104	Ben Horsefield	Unaffiliated	M-40-44	16	46:26.8
84	170	Geoff Paley	Dragons Running Club (Sale)	M-40-44	17	46:41.6
85	164	Steve Bruce	Unaffiliated	M-50-54	8	47:03.4
86	115	Mark Jolly	Mile Shy Club	M-Senior	16	47:06.4
87	31	Eva Brock	Unaffiliated	F-Senior	5	47:08.7
88	73	Joanne Foster	Unaffiliated	F-35-39	4	47:12.5

89	1	Samina Ahmad	Mile Shy Club	F-45-49	2	47:18.4
90	30	Jennifer Broadley	Unaffiliated	F-35-39	5	47:24.4
91	10	Emma Banister	Chorlton Runners	F-45-49	3	47:45.4
92	187	Andrew Scialpi Sullivan	Swinton RC	M-55-59	3	47:50.3
93	199	Jamie Thompson	Chorlton Runners	M-40-44	18	47:51.5
94	166	Stuart Oram	Unaffiliated	M-40-44	19	47:54.0
95	19	Hannah Bickerstaff	Unaffiliated	F-35-39	6	47:58.0
96	83	Jane Gornell	Unaffiliated	F-50-54	2	48:06.5
97	123	Claire Kershaw	Unaffiliated	F-40-44	9	48:19.9
98	197	Paul Steane	Unaffiliated	M-60-64	4	48:25.8
99	49	Andrew Cunningham	Unaffiliated	M-35-39	15	48:26.4
100	215	Jane WilbyPalmer	Mile Shy Club	F-35-39	7	48:27.0
101	172	James Patteson	Unaffiliated	M-40-44	20	49:25.8
102	214	Jo Wetton	Chorlton Runners	F-40-44	10	49:38.3
103	15	Tony Beck	Unaffiliated	M-45-49	10	49:39.4
104	37	Claire Gwyer	Unaffiliated	F-40-44	11	49:45.2
105	2	Sarmid Alkamil	Bramhall Runners	M-50-54	9	50:05.6
106	196	Helen Spanner	Unaffiliated	F-35-39	8	50:21.6
107	118	Ness Jones	Unaffiliated	F-40-44	12	50:30.2
108	188	Kath Sellers	Infiniti Mud Runners	F-40-44	13	50:44.4
109	102	Craig Holt	Unaffiliated	M-35-39	16	50:47.9
110	208	Nicole van den Wittenboer	Buckley RC	F-50-54	3	50:53.8
111	150	Mark Ferns	Unaffiliated	M-55-59	4	50:56.1
112	148	Rachel Mellor	Dragons Running Club (Sale)	F-35-39	9	51:15.4
113	24	Janette Boynton	Unaffiliated	F-45-49	4	51:22.4
114	45	Paul Cookson	Unaffiliated	M-35-39	17	51:34.3
115	131	Heather Littlemore	Unaffiliated	F-Senior	6	51:49.2
116	67	Sarah Eccles	Unaffiliated	F-Senior	7	51:49.8
117	206	Alison Turner	Unaffiliated	F-40-44	14	51:51.3
118	68	Beth Evens	Unaffiliated	F-45-49	5	52:03.1

119	141	Lucy McGill	Dragons Running Club (Sale)	F-35-39	10	52:05.6
120	94	David Hiley	Unaffiliated	M-40-44	21	52:06.9
121	143	Katie McInnes	Chorlton Runners	F-Senior	8	52:29.2
122	135	Caroline Mack	Mile Shy Club	F-45-49	6	52:38.3
123	81	Lisa Gordon	Unaffiliated	F-45-49	7	52:39.2
124	180	Gavin Reynolds	Unaffiliated	M-Senior	17	52:39.9
125	120	Jana Julinkova	Winston runners	F-45-49	8	52:41.3
126	70	Kath Flynn	Mile Shy Club	F-50-54	4	53:09.7
127	122	Karl Kerman	Unaffiliated	M-40-44	22	53:17.7
128	35	Steve Burgess	Winston runners	M-55-59	5	53:19.0
129	178	Jillian Probert	Unaffiliated	F-45-49	9	53:44.0
130	4	Louise Ambler	Unaffiliated	F-Senior	9	53:45.7
131	100	Olivia Holland	Unaffiliated	F-Senior	10	53:50.6
132	50	Jane Damerum	Dragons Running Club (Sale)	F-40-44	15	53:51.7
133	18	Sheila Bhati	Unaffiliated	F-40-44	16	53:54.1
134	132	Alison Lord	Unaffiliated	F-40-44	17	54:11.7
135	7	Jane Ash	Gatley Runners	F-40-44	18	54:12.5
136	182	Emily Ritson	Unaffiliated	F-Senior	11	54:13.1
137	58	Matthew Dolan	Gatley Runners	M-35-39	18	54:13.8
138	171	Emma Patchwood	Unaffiliated	F-35-39	11	54:18.9
139	204	Chris Toyne	Vegetarian Cycling and Athletic Club	M-50-54	10	54:36.4
140	203	Helen Toyne	Vegan Runners	F-40-44	19	54:43.1
141	42	Linda Clifford	Winston runners	F-50-54	5	54:47.7
142	161	Simon Murray	Infiniti Mud Runners	M-50-54	11	54:48.6
143	69	Helen Firth	Unaffiliated	F-35-39	12	55:06.3
144	21	Lindsey Black	Unaffiliated	F-40-44	20	55:08.3
145	27	Sarah Bradbury	Dragons Running Club (Sale)	F-40-44	21	55:20.8
146	54	Charlotte Dean	Winston runners	F-Senior	12	55:21.9
147	105	Claire Howarth	Unaffiliated	F-35-39	13	55:22.6
148	194	Tracy Smith	Unaffiliated	F-35-39	14	55:23.1

149	200	Dawn Thornton	Infiniti Mud Runners	F-50-54	6	55:36.4
150	75	Howard Friend	Unaffiliated	M-50-54	12	55:54.5
151	153	Paul Mitchell	Gatley Runners	M-35-39	19	55:57.5
152	140	Victoria McCarthy	Mile Shy Club	F-35-39	15	56:12.0
153	26	Helen Brackley	Unaffiliated	F-35-39	16	56:13.0
154	62	Damian Duncan	Unaffiliated	M-Senior	18	56:22.9
155	186	Sasha Rudd	Mile Shy Club	F-45-49	10	56:37.7
156	106	Jill Hudson	Mile Shy Club	F-55-59	1	56:41.8
157	136	Beth Maguire	Infiniti Mud Runners	F-Senior	13	56:43.2
158	192	Gemma Smith	Infiniti Mud Runners	F-Senior	14	56:44.2
159	179	Elizabeth Rawlinson	Infiniti Mud Runners	F-35-39	17	56:45.0
160	216	David Williamson	Swinton RC	M-50-54	13	56:59.6
161	6	Rachel Archer	Swinton RC	F-45-49	11	57:00.8
162	154	Jan Molyneux	Swinton RC	F-50-54	7	57:01.6
163	98	Laura Hirst	Unaffiliated	F-35-39	18	57:02.4
164	14	Susan Bean	Chorlton Runners	F-65-69	1	57:03.3
165	88	Kevin Hardman	Swinton RC	M-60-64	5	57:11.9
166	175	Joanne Podolanski	Bramhall Runners	F-45-49	12	57:15.2
167	116	Cath Jones	Bramhall Runners	F-55-59	2	57:25.5
168	144	Helen Mckay	Unaffiliated	F-45-49	13	57:27.6
169	114	Nan Johnson	Unaffiliated	F-45-49	14	57:46.6
170	159	Andy Mottershead	Mile Shy Club	M-55-59	6	58:34.2
171	56	Michelle Dobson	Dragons Running Club (Sale)	F-Senior	15	58:36.2
172	109	Ashley Hughes	Unaffiliated	M-Senior	19	59:03.2
173	158	Stephanie Morton	Infiniti Mud Runners	F-Senior	16	1:00:16
174	13	Rosie Bastow	Unaffiliated	F-35-39	19	1:00:17
175	121	Angie Kenney	Unaffiliated	F-40-44	22	1:00:38
176	137	Lisa Marriott	Unaffiliated	F-Senior	17	1:00:39
177	95	Holly Hill	Altrincham & District AC	F-40-44	23	1:00:46
178	92	Christopher Higgins	Unaffiliated	M-55-59	7	1:01:24

179	156	Trish Morgan	Mile Shy Club	F-45-49	15	1:01:25
180	185	Ali Roskell	Chorlton Runners	F-40-44	24	1:01:52
181	134	Jennifer Lutton	Winston runners	F-35-39	20	1:03:16
182	201	Sue Thurrold	Vegan Runners	F-55-59	3	1:03:18
183	99	Helena Hodgson	Gatley Runners	F-45-49	16	1:03:26
185	168	Colin Owen	Gatley Runners	M-50-54	14	1:04:10
186	51	Alison Daniel	Infiniti Mud Runners	F-45-49	17	1:04:40
187	65	Andrew Earl	Mile Shy Club	M-35-39	20	1:05:07
188	28	Rosie Breen	Unaffiliated	F-50-54	8	1:05:47
189	29	Roisin Breen	Unaffiliated	F-Senior	18	1:07:28
190	128	Emma Law	Mile Shy Club	F-40-44	25	1:07:29
191	60	Bronagh Dowdall	Unaffiliated	F-40-44	26	1:07:30
192	80	Natalie Golden	Mile Shy Club	F-45-49	18	1:07:30
193	63	Helen Dwyer	Unaffiliated	F-35-39	21	1:07:50
194	3	Hannah Allan	Unaffiliated	F-40-44	27	1:24:32
195	64	Ria Bright	Goyt Valley Striders	F-50-54	9	1:24:33
DNS	9	Iram Banday	Mile Shy Club	F-Senior	N/A	N/A
DNS	11	Melanie Barber	Manchester Harriers & AC	F-40-44	N/A	N/A
DNS	16	Amanda Bennett	Unaffiliated	F-35-39	N/A	N/A
DNS	17	Lindsey Beveridge	Unaffiliated	F-50-54	N/A	N/A
DNS	36	Zach Butcher	Unaffiliated	M-35-39	N/A	N/A
DNS	38	Martin Ciderspiller	Vegan Runners	M-35-39	N/A	N/A
DNS	41	Paul Clifford	Winston runners	M-55-59	N/A	N/A
DNS	43	Shaun Cole	Unaffiliated	M-Senior	N/A	N/A
DNS	53	Helen Darlaston	Unaffiliated	F-45-49	N/A	N/A
DNS	72	Samantha Follows	Winston runners	F-45-49	N/A	N/A
DNS	74	James Fox	Manchester Frontrunners	M-35-39	N/A	N/A
DNS	84	Shaun Chambers	Hyde village striders	M-50-54	N/A	N/A
DNS	103	Asher Horsefield	Unaffiliated	F-35-39	N/A	N/A
DNS	108	Gill Hughes	Unaffiliated	F-50-54	N/A	N/A

DNS	112	Tim Jenkins	Unaffiliated	M-45-49	N/A	N/A
DNS	126	Alan Lamb	Dragons Running Club (Sale)	M-45-49	N/A	N/A
DNS	147	Liam Mellon	Hyde village striders	M-Senior	N/A	N/A
DNS	160	Paul Muldoon	Winston runners	M-Senior	N/A	N/A
DNS	162	Tabassim Nawaz	MRTT Abu Dhabi	F-35-39	N/A	N/A
DNS	165	Jonathan Oldbury	Mile Shy Club	M-Senior	N/A	N/A
DNS	167	Sarah Oram	Chorlton Runners	F-45-49	N/A	N/A
DNS	181	Julia Reynolds	Sale Harriers	F-45-49	N/A	N/A
DNS	190	Liz Shaw	Unaffiliated	F-45-49	N/A	N/A
DNS	198	Ian Stenton	Unaffiliated	M-40-44	N/A	N/A
DNS	210	Kieron Walsh	Unaffiliated	M-55-59	N/A	N/A
DNS	219	Frankie Yan	Hyde village striders	M-35-39	N/A	N/A