

THE MANCHESTER MILE TRACK MEETING

*held at Sportcity, Manchester
on 20 June 2018 - Results*



Event held in Memory of David Coleman

Winners

*Fastest Man & Winner of The Manchester Mile Trophy
Thomas Griffiths Snr – St Helens Sutton AC - 4:19.28*

*Fastest Woman & Winner of The Rose Bowl
& Fastest Woman Vet
Louise Rudd V40 – Stockport H & AC – 5:07.82*

Fastest Male Vet – Ian Grime V45 – Salford H & AC – 4:42.10

Fastest Senior Woman – Amy-Rose Cauley – Trafford AC – 5:13.14

Fastest U17 Boy – Harry Sinclair – Altrincham & District AC – 4:48.35

*Best performance by a Manchester Harrier & Winner of
The Flat Mile Trophy – Rocco Zaman-Browne U20 – 4:33.47*

Manchester Harriers & A.C.

THE MANCHESTER MILE TRACK MEETING

THE MILE – RACE 1

<i>Race Psn</i>	<i>No.</i>	<i>Last Name</i>	<i>First Name</i>	<i>Category</i>	<i>Cat.Psn</i>	<i>Club</i>	<i>Time</i>
1	139	Matthews	Sarah	FV35	4	Widnes RC	6:49.53
2	144	Thompson	Jamie	MV40	15	Chorlton Runners	7:17.17
3	134	Farrelly	Lindsey	FV40	4	Manchester H & AC	7:18.33
4	120	McInnes	Katie	FSNR	10	Chorlton Runners	7:44.28
5	129	Beresford	Debbie	FV50	2	Manchester H & AC	8:06.42
6	130	Black	Kenneth	MV70	3	Spectrum Striders	8:44.03
7	133	Doxey	Wendy	FV55	2	Swinton RC	9:08.49
8	128	Bean	Susan	FV65	2	Chorlton Runners	9:29.64
9	132	Davies	Jane	FV45	2	Chorlton Runners	9:38.88
10	141	O'Brien	John	MV60	3	Manchester H & AC	11:35.57

THE MILE – RACE 2

<i>Race Psn</i>	<i>No.</i>	<i>Last Name</i>	<i>First Name</i>	<i>Category</i>	<i>Cat.Psn</i>	<i>Club</i>	<i>Time</i>
1	117	Das	Anirban	MSNR	44	Swinton RC	6:09.27
2	122	Payne	Tony	MV55	3	Chorlton Runners	6:28.32
3	113	Burgess	Edyta	FV40	3	Winston Runners	6:29.31
4	126	Wainwright	Alison	FV35	3	Chorlton Runners	6:30.86
5	119	Marsden	Antonia	FSNR	6	Unattached	6:32.21
6	116	Cunningham	Mike	MV70	1	Manchester H & AC	6:48.40
7	121	Paterson	Andrew	MV40	14	Chorlton Runners	7:00.24
8	112	Baba	Caroline	FV35	5	Manchester H & AC	7:10.25
9	124	Qamar	Isabelle	FV45	1	Unattached	7:12.63
10	123	Plant	Malcolm	MV60	2	Manchester H & AC	7:25.65
11	114	Cleary	Gemma	FSNR	9	Chorlton Runners	7:26.22
12	125	Sinnott	June	FV55	1	Northern Masters AC	7:44.42
13	115	Collins	Hollie	FSNR	11	Unattached	7:51.98
14	150	Mitchell	Heather	FV65	1	Dewsbury RR	7:55.67

THE MILE – RACE 3

<i>Race Psn</i>	<i>No.</i>	<i>Last Name</i>	<i>First Name</i>	<i>Category</i>	<i>Cat.Psn</i>	<i>Club</i>	<i>Time</i>
1	107	Long	Mike	MV50	8	Manchester H & AC	5:55.11
2	106	Lewis	Joseph	MSNR	41	Unattached	5:59.70
3	105	Knowles	Daniel	MSNR	43	Manchester Frontrunners	6:07.01
4	108	Lord	Sean	MV45	7	Chorlton Runners	6:12.65
5	109	Peachey	Christopher	MV50	11	Chorlton Runners	6:17.89
6	110	Perrot	Jacqueline	FV40	2	Chorlton Runners	6:28.41
7	111	Rix	Linda	FV50	1	Manchester Frontrunners	6:29.46
8	149	Sate	Rachel	FSNR	7	Salford Metropolitan AC	6:40.52
9	102	Connor	Joseph	MSNR	46	Bramhall Runners	6:50.70
10	100	Bradshaw	Arnold	MV70	2	Manchester H & AC	6:58.99
11	99	Beattie	Geoff	MV65	1	Sale H Manchester AC	7:03.46
12	118	MacKay	Laura	FSNR	8	Chorlton Runners	7:22.43

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THE MILE – RACE 4

Race Psn	No.	Last Name	First Name	Category	Cat.Psn	Club	Time
1	96	Taylor	Nick	MSNR	39	Unattached	5:43.27
2	101	Burgess	John	MV50	5	Chorlton Runners	5:46.53
3	94	Pendleton	Nick	MV40	9	Unattached	5:47.11
4	93	Murray	Dave	MSNR	40	Chorlton Runners	5:57.25
5	90	Loudon	Paul	MV40	12	Chorlton Runners	5:59.11
6	97	Valentine	Mark	MSNR	42	Chorlton Runners	6:02.79
7	86	Brown	Laura	FV35	1	Unattached	6:03.39
8	85	Blackwell	Tim	MV40	13	Chorlton Runners	6:15.26
9	91	McCourt	Lee	MSNR	45	Manchester H & AC	6:17.56
10	92	Mills	Rebecca	FV35	2	Swinton RC	6:17.79
11	87	Dale	Alison	MV45	8	Bury AC	6:41.96
12	89	Kelly	Denis	MV50	12	Manchester H & AC	6:45.90

THE MILE – RACE 5

Race Psn	No.	Last Name	First Name	Category	Cat.Psn	Club	Time
1	74	Kelly	Luke	MSNR	29	Unattached	5:23.15
2	80	Stuart	James	MSNR	34	Unattached	5:27.71
3	84	Wainwright	Neal	MSNR	36	Chorlton Runners	5:31.49
4	76	Raso	Roberto	MV50	4	Manchester Frontrunners	5:32.56
5	77	Ryan	Neil	MSNR	38	Manchester H & AC	5:39.71
6	98	Welch	Amy	FSNR	3	Chorlton Runners	5:46.51
7	147	Patel	Girish	MV50	6	Salford Metropolitan AC	5:49.35
8	78	Sewart	Chris	MV40	10	Manchester H & AC	5:49.96
9	79	Stainthorpe	Ian	MV55	2	Rochdale H & AC	5:52.71
10	75	Parrott	Nick	MV40	11	Chorlton Runners	5:54.15
11	70	Beaumont	Leona	FSNR	4	Chorlton Runners	5:55.23
12	72	Gill	Niamh	FSNR	5	Chorlton Runners	6:06.85
13	83	Turner	Craig	MV50	9	Manchester H & AC	6:07.60
14	71	Cole	Andrew	MV50	10	East Cheshire H & Tameside AC	6:15.91

THE MILE – RACE 6

Race Psn	No.	Last Name	First Name	Category	Cat.Psn	Club	Time
1	59	Gittins	Matt	MSNR	21	Unattached	5:11.63
2	68	Stewart	Jamie	MSNR	23	Chorlton Runners	5:19.16
3	56	Eskander	Miras	MSNR	26	Northern Masters AC	5:22.29
4	65	Muir	Adam	MSNR	28	Chorlton Runners	5:22.75
5	55	Edwards	Steven	MSNR	30	Ellesmere Port RC	5:23.43
6	61	Hargreaves	Michael	MSNR	32	Chorlton Runners	5:25.65
7	146	Leong	Meng Chong	MSNR	33	Unattached	5:25.90
8	58	Gill	David	MV60	1	Warrington AC	5:32.25
9	62	Harrison	John	MSNR	37	Ellesmere Port RC	5:35.05
10	67	Sharpe	Ian	MV45	6	Chorlton Runners	5:37.74
11	64	Monks	Melanie	FSNR	2	Trafford AC	5:41.66
12	63	Kerrigan	David	MV40	8	Swinton RC	5:44.18
13	57	Gallagher	Saul	MV50	7	East Cheshire H & Tameside AC	5:54.37

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THE MILE – RACE 7

Race Psn	No.	Last Name	First Name	Category	Cat.Psn	Club	Time
1	53	Weston	Robert	MSNR	8	Manchester H & AC	4:55.24
2	48	Sirett	Tom	MSNR	16	Ellesmere Port RC	5:08.22
3	51	Vasey	Daniel	MSNR	17	Chorlton Runners	5:08.37
4	41	Bagan	Paul	MV40	6	Warrington AC	5:09.11
5	43	Cleary	Justin	MSNR	20	Chorlton Runners	5:10.86
6	40	Atkinson	Matt	MSNR	22	Manchester H & AC	5:19.12
7	54	Wilson	Ed	MSNR	24	City of Stoke AC	5:19.75
8	50	Turner	Richard	MV50	3	Trafford AC	5:20.56
9	47	Hargreaves	David	MSNR	25	Chorlton Runners	5:22.02
10	42	Carter-Brzezinski	Luke	MSNR	27	Chorlton Runners	5:22.58
11	52	Welch	Steven	MSNR	31	Chorlton Runners	5:23.98
12	49	Tongue	Andrew	MSNR	35	Chorlton Runners	5:27.92
13	44	Deschoolmeester	Matthew	MV45	5	Bramhall Runners	5:28.44
14	45	Doxey	Steven	MV55	1	Swinton RC	5:31.46

THE MILE – RACE 8

Race Psn	No.	Last Name	First Name	Category	Cat.Psn	Club	Time
1	37	Van Velzen	Victor	MV40	5	Manchester H & AC	5:03.94
2	36	Smith	Stephen	MSNR	13	Chorlton Runners	5:04.35
3	32	Mohammed	Fahmi	MSNR	14	Blackley & North Manchester AC	5:04.89
4	29	Costello	Ian	MV45	3	St Helens Sutton AC	5:05.40
5	34	Porter	Andy	MV50	2	Bramhall Runners	5:05.70
6	35	Rowley	William	MSNR	15	Swinton RC	5:06.25
7	2	Rudd	Louise	FV40	1	Stockport H & AC	5:07.82
8	31	Kenny	Craig	MSNR	18	Bolton Utd H & AC	5:08.96
9	39	Woodcock	Gareth	MSNR	19	Trafford AC	5:09.85
10	33	Pickford	Chris	MV40	7	Bolton Utd H & AC	5:12.49
11	28	Cauley	Amy-Rose	FSNR	1	Trafford AC	5:13.14
12	38	Wardle	Tony	MV45	4	South Cheshire H	5:16.47

THE MILE – RACE 9

Race Psn	No.	Last Name	First Name	Category	Cat.Psn	Club	Time
1	25	Sinclair	Harry	MU17	1	Altrincham & District AC	4:48.35
2	24	Shaw	Daniel	MSNR	3	Bolton Utd H & AC	4:48.37
3	27	Stirzaker	Richard	MSNR	4	Rochdale H & AC	4:50.00
4	17	Dearnley-Lane	Jon	MSNR	5	Rochdale H & AC	4:52.44
5	21	Marcroft	Greg	MSNR	6	Trafford AC	4:54.51
6	19	Hayes	Richard	MSNR	9	Manchester H & AC	4:55.73
7	23	Russell	Mark	MV50	1	Salford H & AC	4:56.35
8	22	Price	Russell	MSNR	10	Chorlton Runners	4:58.67
9	26	Stephenson	Tom	MSNR	11	Sale H Manchester AC	4:59.60
10	20	Jones	Ben	MSNR	12	Bury AC	5:03.43

THE MANCHESTER MILE TRACK MEETING

THE MILE – RACE 10

Race Psn	No.	Last Name	First Name	Category	Cat.Psn	Club	Time
1	8	Griffiths	Thomas	MSNR	1	St Helens Sutton AC	4:19.28
2	15	Zaman-Browne	Rocco	MU20	1	Manchester H & AC	4:33.47
3	11	Lewis	George	MSNR	2	East Cheshire H & Tameside AC	4:40.29
4	18	Grime	Ian	MV45	1	Salford H & AC	4:42.10
5	4	Cartwright	Andrew	MV40	1	Wakefield District H & AC	4:42.40
6	13	Russell	Darren	MV40	2	Trafford AC	4:44.56
7	145	White	Robert	MV40	3	Buxton AC	4:47.14
8	14	Tetler	Ben	MV40	4	Glossopdale Harriers	4:51.05
9	6	Fazakerley	Ed	MV45	2	Manchester H & AC	4:53.08
10	9	Healy	Jake	MSNR	7	St Helens Sutton AC	4:54.76

POSITIONS BY CATEGORY – WOMEN

Category	Cat.Psn	No.	Race	Last Name	First Name	Club	Race Psn	Overall Psn	Time
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FSNR	1	28	08	Cauley	Amy-Rose	Trafford AC	11	37	5:13.14
FSNR	2	64	06	Monks	Melanie	Trafford AC	11	62	5:41.66
FSNR	3	98	05	Welch	Amy	Chorlton Runners	6	65	5:46.51
FSNR	4	70	05	Beaumont	Leona	Chorlton Runners	11	74	5:55.23
FSNR	5	72	05	Gill	Niamh	Chorlton Runners	12	80	6:06.85
FSNR	6	119	02	Marsden	Antonia	Unattached	5	95	6:32.21
FSNR	7	149	03	Sate	Rachel	Salford Metropolitan AC	8	96	6:40.52
FSNR	8	118	03	MacKay	Laura	Chorlton Runners	12	109	7:22.43
FSNR	9	114	02	Cleary	Gemma	Chorlton Runners	11	111	7:26.22
FSNR	10	120	01	McInnes	Katie	Chorlton Runners	4	112	7:44.28
FSNR	11	115	02	Collins	Hollie	Unattached	13	114	7:51.98

FV35	1	86	04	Brown	Laura	Unattached	7	79	6:03.39
FV35	2	92	04	Mills	Rebecca	Swinton RC	10	88	6:17.79
FV35	3	126	02	Wainwright	Alison	Chorlton Runners	4	94	6:30.86
FV35	4	139	01	Matthews	Sarah	Widnes RC	1	100	6:49.53
FV35	5	112	02	Baba	Caroline	Manchester H & AC	8	105	7:10.25

FV40	1	2	08	Rudd	Louise	Stockport H & AC	7	28	5:07.82
FV40	2	110	03	Perrot	Jacqueline	Chorlton Runners	6	91	6:28.41
FV40	3	113	02	Burgess	Edyta	Winston Runners	3	92	6:29.31
FV40	4	134	01	Farrelly	Lindsey	Manchester H & AC	3	108	7:18.33

FV45	1	124	02	Qamar	Isabelle	Unattached	9	106	7:12.63
FV45	2	132	01	Davies	Jane	Chorlton Runners	9	120	9:38.88

THE MANCHESTER MILE TRACK MEETING

POSITIONS BY CATEGORY - WOMEN - continued

Category	Cat.Psn	No.	Race	Last Name	First Name	Club	Race Psn	Overall Psn	Time
FV50	1	111	03	Rix	Linda	Manchester Fronrunners	7	93	6:29.46
FV50	2	129	01	Beresford	Debbie	Manchester H & AC	5	116	8:06.42
FV55	1	125	02	Sinnott	June	Northern Masters AC	12	113	7:44.42
FV55	2	133	01	Doxey	Wendy	Swinton RC	7	118	9:08.49
FV65	1	150	02	Mitchell	Heather	Dewsbury RR	14	115	7:55.67
FV65	2	128	01	Bean	Susan	Chorlton Runners	8	119	9:29.64

POSITIONS BY CATEGORY - MEN

Category	Cat.Psn	No.	Race	Last Name	First Name	Club	Race Psn	Overall Psn	Time
MSNR	1	8	10	Griffiths	Thomas	St Helens Sutton AC	1	1	4:19.28
MSNR	2	11	10	Lewis	George	East Cheshire H & Tameside	3	3	4:40.29
MSNR	3	24	09	Shaw	Daniel	Bolton Utd H & AC	2	9	4:48.37
MSNR	4	27	09	Stirzaker	Richard	Rochdale H & AC	3	10	4:50.00
MSNR	5	17	09	Dearnley-Lane	Jon	Rochdale H & AC	4	12	4:52.44
MSNR	6	21	09	Marcroft	Greg	Trafford AC	5	14	4:54.51
MSNR	7	9	10	Healy	Jake	St Helens Sutton AC	10	15	4:54.76
MSNR	8	53	07	Weston	Robert	Manchester H & AC	1	16	4:55.24
MSNR	9	19	09	Hayes	Richard	Manchester H & AC	6	17	4:55.73
MSNR	10	22	09	Price	Russell	Chorlton Runners	8	19	4:58.67
MSNR	11	26	09	Stephenson	Tom	Sale H Manchester AC	9	20	4:59.60
MSNR	12	20	09	Jones	Ben	Bury AC	10	21	5:03.43
MSNR	13	36	08	Smith	Stephen	Chorlton Runners	2	23	5:04.35
MSNR	14	32	08	Mohammed	Fahmi	Blackley & North Manchester	3	24	5:04.89
MSNR	15	35	08	Rowley	William	Swinton RC	6	27	5:06.25
MSNR	16	48	07	Sirett	Tom	Ellesmere Port RC	2	29	5:08.22
MSNR	17	51	07	Vasey	Daniel	Chorlton Runners	3	30	5:08.37
MSNR	18	31	08	Kenny	Craig	Bolton Utd H & AC	8	31	5:08.96
MSNR	19	39	08	Woodcock	Gareth	Trafford AC	9	33	5:09.85
MSNR	20	43	07	Cleary	Justin	Chorlton Runners	5	34	5:10.86
MSNR	21	59	06	Gittins	Matt	Unattached	1	35	5:11.63
MSNR	22	40	07	Atkinson	Matt	Manchester H & AC	6	39	5:19.12
MSNR	23	68	06	Stewart	Jamie	Chorlton Runners	2	40	5:19.16
MSNR	24	54	07	Wilson	Ed	City of Stoke AC	7	41	5:19.75
MSNR	25	47	07	Hargreaves	David	Chorlton Runners	9	43	5:22.02
MSNR	26	56	06	Eskander	Miras	Northern Masters AC	3	44	5:22.29
MSNR	27	42	07	Carter-Brzezinski	Luke	Chorlton Runners	10	45	5:22.58
MSNR	28	65	06	Muir	Adam	Chorlton Runners	4	46	5:22.75
MSNR	29	74	05	Kelly	Luke	Unattached	1	47	5:23.15

THE MANCHESTER MILE TRACK MEETING

POSITIONS BY CATEGORY – MEN – *continued....*

Category	Cat.Psn	No.	Race	Last Name	First Name	Club	Race Psn	Overall Psn	Time
MSNR	30	55	06	Edwards	Steven	Ellesmere Port RC	5	48	5:23.43
MSNR	31	52	07	Welch	Steven	Chorlton Runners	11	49	5:23.98
MSNR	32	61	06	Hargreaves	Michael	Chorlton Runners	6	50	5:25.65
MSNR	33	146	06	Leong	Meng Chong	Unattached	7	51	5:25.90
MSNR	34	80	05	Stuart	James	Unattached	2	52	5:27.71
MSNR	35	49	07	Tongue	Andrew	Chorlton Runners	12	53	5:27.92
MSNR	36	84	05	Wainwright	Neal	Chorlton Runners	3	56	5:31.49
MSNR	37	62	06	Harrison	John	Ellesmere Port RC	9	59	5:35.05
MSNR	38	77	05	Ryan	Neil	Manchester H & AC	5	61	5:39.71
MSNR	39	96	04	Taylor	Nick	Unattached	1	63	5:43.27
MSNR	40	93	04	Murray	Dave	Chorlton Runners	4	75	5:57.25
MSNR	41	106	03	Lewis	Joseph	Unattached	2	77	5:59.70
MSNR	42	97	04	Valentine	Mark	Chorlton Runners	6	78	6:02.79
MSNR	43	105	03	Knowles	Daniel	Manchester Fronrunners	3	81	6:07.01
MSNR	44	117	02	Das	Anirban	Swinton RC	1	83	6:09.27
MSNR	45	91	04	McCourt	Lee	Manchester H & AC	9	87	6:17.56
MSNR	46	102	03	Connor	Joseph	Bramhall Runners	9	101	6:50.70

MU17	1	25	09	Sinclair	Harry	Altrincham & District AC	1	8	4:48.35
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MU20	1	15	10	Zaman-Browne	Rocco	Manchester H & AC	2	2	4:33.47
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MV40	1	4	10	Cartwright	Andrew	Wakefield District H & AC	5	5	4:42.40
MV40	2	13	10	Russell	Darren	Trafford AC	6	6	4:44.56
MV40	3	145	10	White	Robert	Buxton AC	7	7	4:47.14
MV40	4	14	10	Tetler	Ben	Glossopdale Harriers	8	11	4:51.05
MV40	5	37	08	Van Velzen	Victor	Manchester H & AC	1	22	5:03.94
MV40	6	41	07	Bagan	Paul	Warrington AC	4	32	5:09.11
MV40	7	33	08	Pickford	Chris	Bolton Utd H & AC	10	36	5:12.49
MV40	8	63	06	Kerrigan	David	Swinton RC	12	64	5:44.18
MV40	9	94	04	Pendleton	Nick	Unattached	3	67	5:47.11
MV40	10	78	05	Sewart	Chris	Manchester H & AC	8	69	5:49.96
MV40	11	75	05	Parrott	Nick	Chorlton Runners	10	71	5:54.15
MV40	12	90	04	Loudon	Paul	Chorlton Runners	5	76	5:59.11
MV40	13	85	04	Blackwell	Tim	Chorlton Runners	8	85	6:15.26
MV40	14	121	02	Paterson	Andrew	Chorlton Runners	7	103	7:00.24
MV40	15	144	01	Thompson	Jamie	Chorlton Runners	2	107	7:17.17

MV45	1	18	10	Grime	Ian	Salford H & AC	4	4	4:42.10
MV45	2	6	10	Fazakerley	Ed	Manchester H & AC	9	13	4:53.08
MV45	3	29	08	Costello	Ian	St Helens Sutton AC	4	25	5:05.40

THE MANCHESTER MILE TRACK MEETING

POSITIONS BY CATEGORY – MEN – *continued...*

Category	Cat.Psn	No.	Race	Last Name	First Name	Club	Race Psn	Overall Psn	Time
MV45	4	38	08	Wardle	Tony	South Cheshire H	12	38	5:16.47
MV45	5	44	07	Deschoolmeester	Matthew	Bramhall Runners	13	54	5:28.44
MV45	6	67	06	Sharpe	Ian	Chorlton Runners	10	60	5:37.74
MV45	7	108	03	Lord	Sean	Chorlton Runners	4	84	6:12.65
MV45	8	87	04	Dale	Alison	Bury AC	11	97	6:41.96

MV50	1	23	09	Russell	Mark	Salford H & AC	7	18	4:56.35
MV50	2	34	08	Porter	Andy	Bramhall Runners	5	26	5:05.70
MV50	3	50	07	Turner	Richard	Trafford AC	8	42	5:20.56
MV50	4	76	05	Raso	Roberto	Manchester Frontrunners	4	58	5:32.56
MV50	5	101	04	Burgess	John	Chorlton Runners	2	66	5:46.53
MV50	6	147	05	Patel	Girish	Salford Metropolitan AC	7	68	5:49.35
MV50	7	57	06	Gallagher	Saul	East Cheshire H & Tameside	13	72	5:54.37
MV50	8	107	03	Long	Mike	Manchester H & AC	1	73	5:55.11
MV50	9	83	05	Turner	Craig	Manchester H & AC	13	82	6:07.60
MV50	10	71	05	Cole	Andrew	East Cheshire H & Tameside	14	86	6:15.91
MV50	11	109	03	Peachey	Christopher	Chorlton Runners	5	89	6:17.89
MV50	12	89	04	Kelly	Denis	Manchester H & AC	12	98	6:45.90

MV55	1	45	07	Doxey	Steven	Swinton RC	14	55	5:31.46
MV55	2	79	05	Stainthorpe	Ian	Rochdale H & AC	9	70	5:52.71
MV55	3	122	02	Payne	Tony	Chorlton Runners	2	90	6:28.32

MV60	1	58	06	Gill	David	Warrington AC	8	57	5:32.25
MV60	2	123	02	Plant	Malcolm	Manchester H & AC	10	110	7:25.65
MV60	3	141	01	O'Brien	John	Manchester H & AC	10	121	11:35.57

MV65	1	99	03	Beattie	Geoff	Sale H Manchester AC	11	104	7:03.46
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MV70	1	116	02	Cunningham	Mike	Manchester H & AC	6	99	6:48.40
MV70	2	100	03	Bradshaw	Arnold	Manchester H & AC	10	102	6:58.99
MV70	3	130	01	Black	Kenneth	Spectrum Striders	6	117	8:44.03

THE MANCHESTER MILE TRACK MEETING

POSITIONS FOR ALL COMPETITORS BASED ON TIME:

Overall Psn	Race Psn	Race	No.	Last Name	First Name	Category	Cat. Psn	Club	Time
1	1	10	8	Griffiths	Thomas	MSNR	1	St Helens Sutton AC	4:19.28
2	2	10	15	Zaman-Browne	Rocco	MU20	1	Manchester H & AC	4:33.47
3	3	10	11	Lewis	George	MSNR	2	East Cheshire H & Tameside AC	4:40.29
4	4	10	18	Grime	Ian	MV45	1	Salford H & AC	4:42.10
5	5	10	4	Cartwright	Andrew	MV40	1	Wakefield District H & AC	4:42.40
6	6	10	13	Russell	Darren	MV40	2	Trafford AC	4:44.56
7	7	10	145	White	Robert	MV40	3	Buxton AC	4:47.14
8	1	09	25	Sinclair	Harry	MU17	1	Altrincham & District AC	4:48.35
9	2	09	24	Shaw	Daniel	MSNR	3	Bolton Utd H & AC	4:48.37
10	3	09	27	Stirzaker	Richard	MSNR	4	Rochdale H & AC	4:50.00
11	8	10	14	Tetler	Ben	MV40	4	Glossopdale Harriers	4:51.05
12	4	09	17	Dearnley-Lane	Jon	MSNR	5	Rochdale H & AC	4:52.44
13	9	10	6	Fazakerley	Ed	MV45	2	Manchester H & AC	4:53.08
14	5	09	21	Marcroft	Greg	MSNR	6	Trafford AC	4:54.51
15	10	10	9	Healy	Jake	MSNR	7	St Helens Sutton AC	4:54.76
16	1	07	53	Weston	Robert	MSNR	8	Manchester H & AC	4:55.24
17	6	09	19	Hayes	Richard	MSNR	9	Manchester H & AC	4:55.73
18	7	09	23	Russell	Mark	MV50	1	Salford H & AC	4:56.35
19	8	09	22	Price	Russell	MSNR	10	Chorlton Runners	4:58.67
20	9	09	26	Stephenson	Tom	MSNR	11	Sale H Manchester AC	4:59.60
21	10	09	20	Jones	Ben	MSNR	12	Bury AC	5:03.43
22	1	08	37	Van Velzen	Victor	MV40	5	Manchester H & AC	5:03.94
23	2	08	36	Smith	Stephen	MSNR	13	Chorlton Runners	5:04.35
24	3	08	32	Mohammed	Fahmi	MSNR	14	Blackley & North Manchester	5:04.89
25	4	08	29	Costello	Ian	MV45	3	St Helens Sutton AC	5:05.40
26	5	08	34	Porter	Andy	MV50	2	Bramhall Runners	5:05.70
27	6	08	35	Rowley	William	MSNR	15	Swinton RC	5:06.25
28	7	08	2	Rudd	Louise	FV40	1	Stockport H & AC	5:07.82
29	2	07	48	Sirett	Tom	MSNR	16	Ellesmere Port RC	5:08.22
30	3	07	51	Vasey	Daniel	MSNR	17	Chorlton Runners	5:08.37
31	8	08	31	Kenny	Craig	MSNR	18	Bolton Utd H & AC	5:08.96
32	4	07	41	Bagan	Paul	MV40	6	Warrington AC	5:09.11
33	9	08	39	Woodcock	Gareth	MSNR	19	Trafford AC	5:09.85
34	5	07	43	Cleary	Justin	MSNR	20	Chorlton Runners	5:10.86
35	1	06	59	Gittins	Matt	MSNR	21	Unattached	5:11.63
36	10	08	33	Pickford	Chris	MV40	7	Bolton Utd H & AC	5:12.49
37	11	08	28	Cauley	Amy-Rose	FSNR	1	Trafford AC	5:13.14
38	12	08	38	Wardle	Tony	MV45	4	South Cheshire H	5:16.47
39	6	07	40	Atkinson	Matt	MSNR	22	Manchester H & AC	5:19.12
40	2	06	68	Stewart	Jamie	MSNR	23	Chorlton Runners	5:19.16
41	7	07	54	Wilson	Ed	MSNR	24	City of Stoke AC	5:19.75

THE MANCHESTER MILE TRACK MEETING

POSITIONS FOR ALL COMPETITORS BASED ON TIME - *continued*

Overall Psn	Race Psn	Race	No.	Last Name	First Name	Category	Cat. Psn	Club	Time
42	8	07	50	Turner	Richard	<i>MV50</i>	3	Trafford AC	5:20.56
43	9	07	47	Hargreaves	David	<i>MSNR</i>	25	Chorlton Runners	5:22.02
44	3	06	56	Eskander	Miras	<i>MSNR</i>	26	Northern Masters AC	5:22.29
45	10	07	42	Carter-Brzezinski	Luke	<i>MSNR</i>	27	Chorlton Runners	5:22.58
46	4	06	65	Muir	Adam	<i>MSNR</i>	28	Chorlton Runners	5:22.75
47	1	05	74	Kelly	Luke	<i>MSNR</i>	29	Unattached	5:23.15
48	5	06	55	Edwards	Steven	<i>MSNR</i>	30	Ellesmere Port RC	5:23.43
49	11	07	52	Welch	Steven	<i>MSNR</i>	31	Chorlton Runners	5:23.98
50	6	06	61	Hargreaves	Michael	<i>MSNR</i>	32	Chorlton Runners	5:25.65
51	7	06	146	Leong	Meng Chong	<i>MSNR</i>	33	Unattached	5:25.90
52	2	05	80	Stuart	James	<i>MSNR</i>	34	Unattached	5:27.71
53	12	07	49	Tongue	Andrew	<i>MSNR</i>	35	Chorlton Runners	5:27.92
54	13	07	44	Deschoolmeester	Matthew	<i>MV45</i>	5	Bramhall Runners	5:28.44
55	14	07	45	Doxey	Steven	<i>MV55</i>	1	Swinton RC	5:31.46
56	3	05	84	Wainwright	Neal	<i>MSNR</i>	36	Chorlton Runners	5:31.49
57	8	06	58	Gill	David	<i>MV60</i>	1	Warrington AC	5:32.25
58	4	05	76	Raso	Roberto	<i>MV50</i>	4	Manchester Frontrunners	5:32.56
59	9	06	62	Harrison	John	<i>MSNR</i>	37	Ellesmere Port RC	5:35.05
60	10	06	67	Sharpe	Ian	<i>MV45</i>	6	Chorlton Runners	5:37.74
61	5	05	77	Ryan	Neil	<i>MSNR</i>	38	Manchester H & AC	5:39.71
62	11	06	64	Monks	Melanie	<i>FSNR</i>	2	Trafford AC	5:41.66
63	1	04	96	Taylor	Nick	<i>MSNR</i>	39	Unattached	5:43.27
64	12	06	63	Kerrigan	David	<i>MV40</i>	8	Swinton RC	5:44.18
65	6	05	98	Welch	Amy	<i>FSNR</i>	3	Chorlton Runners	5:46.51
66	2	04	101	Burgess	John	<i>MV50</i>	5	Chorlton Runners	5:46.53
67	3	04	94	Pendleton	Nick	<i>MV40</i>	9	Unattached	5:47.11
68	7	05	147	Patel	Girish	<i>MV50</i>	6	Salford Metropolitan AC	5:49.35
69	8	05	78	Sewart	Chris	<i>MV40</i>	10	Manchester H & AC	5:49.96
70	9	05	79	Stainthorpe	Ian	<i>MV55</i>	2	Rochdale H & AC	5:52.71
71	10	05	75	Parrott	Nick	<i>MV40</i>	11	Chorlton Runners	5:54.15
72	13	06	57	Gallagher	Saul	<i>MV50</i>	7	East Cheshire H & Tameside AC	5:54.37
73	1	03	107	Long	Mike	<i>MV50</i>	8	Manchester H & AC	5:55.11
74	11	05	70	Beaumont	Leona	<i>FSNR</i>	4	Chorlton Runners	5:55.23
75	4	04	93	Murray	Dave	<i>MSNR</i>	40	Chorlton Runners	5:57.25
76	5	04	90	Loudon	Paul	<i>MV40</i>	12	Chorlton Runners	5:59.11
77	2	03	106	Lewis	Joseph	<i>MSNR</i>	41	Unattached	5:59.70
78	6	04	97	Valentine	Mark	<i>MSNR</i>	42	Chorlton Runners	6:02.79
79	7	04	86	Brown	Laura	<i>FV35</i>	1	Unattached	6:03.39
80	12	05	72	Gill	Niamh	<i>FSNR</i>	5	Chorlton Runners	6:06.85
81	3	03	105	Knowles	Daniel	<i>MSNR</i>	43	Manchester Frontrunners	6:07.01
82	13	05	83	Turner	Craig	<i>MV50</i>	9	Manchester H & AC	6:07.60

THE MANCHESTER MILE TRACK MEETING

POSITIONS FOR ALL COMPETITORS BASED ON TIME - *continued*

Overall Psn	Race Psn	Race	No.	Last Name	First Name	Category	Cat. Psn	Club	Time
83	1	02	117	Das	Anirban	MSNR	44	Swinton RC	6:09.27
84	4	03	108	Lord	Sean	MV45	7	Chorlton Runners	6:12.65
85	8	04	85	Blackwell	Tim	MV40	13	Chorlton Runners	6:15.26
86	14	05	71	Cole	Andrew	MV50	10	East Cheshire H & Tameside AC	6:15.91
87	9	04	91	McCourt	Lee	MSNR	45	Manchester H & AC	6:17.56
88	10	04	92	Mills	Rebecca	FV35	2	Swinton RC	6:17.79
89	5	03	109	Peachey	Christopher	MV50	11	Chorlton Runners	6:17.89
90	2	02	122	Payne	Tony	MV55	3	Chorlton Runners	6:28.32
91	6	03	110	Perrot	Jacqueline	FV40	2	Chorlton Runners	6:28.41
92	3	02	113	Burgess	Edyta	FV40	3	Winston Runners	6:29.31
93	7	03	111	Rix	Linda	FV50	1	Manchester Frontrunners	6:29.46
94	4	02	126	Wainwright	Alison	FV35	3	Chorlton Runners	6:30.86
95	5	02	119	Marsden	Antonia	FSNR	6	Unattached	6:32.21
96	8	03	149	Sate	Rachel	FSNR	7	Salford Metropolitan AC	6:40.52
97	11	04	87	Dale	Alison	MV45	8	Bury AC	6:41.96
98	12	04	89	Kelly	Denis	MV50	12	Manchester H & AC	6:45.90
99	6	02	116	Cunningham	Mike	MV70	1	Manchester H & AC	6:48.40
100	1	01	139	Matthews	Sarah	FV35	4	Widnes RC	6:49.53
101	9	03	102	Connor	Joseph	MSNR	46	Bramhall Runners	6:50.70
102	10	03	100	Bradshaw	Arnold	MV70	2	Manchester H & AC	6:58.99
103	7	02	121	Paterson	Andrew	MV40	14	Chorlton Runners	7:00.24
104	11	03	99	Beattie	Geoff	MV65	1	Sale H Manchester AC	7:03.46
105	8	02	112	Baba	Caroline	FV35	5	Manchester H & AC	7:10.25
106	9	02	124	Qamar	Isabelle	FV45	1	Unattached	7:12.63
107	2	01	144	Thompson	Jamie	MV40	15	Chorlton Runners	7:17.17
108	3	01	134	Farrelly	Lindsey	FV40	4	Manchester H & AC	7:18.33
109	12	03	118	MacKay	Laura	FSNR	8	Chorlton Runners	7:22.43
110	10	02	123	Plant	Malcolm	MV60	2	Manchester H & AC	7:25.65
111	11	02	114	Cleary	Gemma	FSNR	9	Chorlton Runners	7:26.22
112	4	01	120	McInnes	Katie	FSNR	10	Chorlton Runners	7:44.28
113	12	02	125	Sinnott	June	FV55	1	Northern Masters AC	7:44.42
114	13	02	115	Collins	Hollie	FSNR	11	Unattached	7:51.98
115	14	02	150	Mitchell	Heather	FV65	1	Dewsbury RR	7:55.67
116	5	01	129	Beresford	Debbie	FV50	2	Manchester H & AC	8:06.42
117	6	01	130	Black	Kenneth	MV70	3	Spectrum Striders	8:44.03
118	7	01	133	Doxey	Wendy	FV55	2	Swinton RC	9:08.49
119	8	01	128	Bean	Susan	FV65	2	Chorlton Runners	9:29.64
120	9	01	132	Davies	Jane	FV45	2	Chorlton Runners	9:38.88
121	10	01	141	O'Brien	John	MV60	3	Manchester H & AC	11:35.57

THE MANCHESTER MILE TRACK MEETING

*Manchester Harriers & A.C. thank the
Officials and all who helped*

Referee: Carol Brown

Starter: David Brown

Marksman: Dave Flitcroft

Judges: Arnold Bradshaw, Rachel Cooper,

Elaine Crosdale, Jennifer Crowther, Cathy Flitcroft

Timekeepers: George Lawson, Mike Welford, Mike Wolfendale

Groundstaff: courtesy of Sportcity

Photo Finish: Derek Nicholson,

Emilie Cooper, Tess Ptonka

Announcer: Steve Yates

First Aid: Debbie Beresford, Kes Salmon

Registration: Peter Ferguson, Beverley O'Donnell

Registration Assistants: Debbie Beresford, Dave Wood

Liaison: Kevin Dillon, David Gregory

Hospitality: Mavis Gregory

Entries & Administration: Brenda Bradshaw

Presentations made by sub-four minute miler Malcolm Plant

*..... and a big thank you to all the
competitors for supporting this event.
We do hope you will come back next year.*

Results will be sent to the Power of Ten & Athletics Weekly

Queries:

Please contact Manchester Harriers & AC

by telephone (Brenda): 0161-796 6310

or by email (Brenda): arnoldbradshaw@btinternet.com