

Heat A						
Pos	Race no.	Name	Gender	Cat	Club	Time
1	186	HARRY WAKEFIELD	M	MV35	SALFORD HARRIERS & AC	00:14:15
2	158	THOMAS HODGSON	M	MV35	SALFORD HARRIERS & AC	00:15:05
3	167	JOSEPH MOORES	M	MSEN	SALFORD HARRIERS & AC	00:15:09
4	165	MICHAEL MANNINGS	M	MV35	OLDHAM & ROYTON H & AC	00:15:22
5	182	MATTHEW RUSSELL	M	MU20	SALFORD HARRIERS & AC	00:15:34
6	147	MATTHEW COOPER	M	MSEN	SALFORD HARRIERS & AC	00:15:36
7	141	BEN BRUNSWICK	M	MSEN	SALE HARRIERS MANCHESTER	00:15:44
8	164	BRUNO LIMA	M	MV40	SALFORD HARRIERS & AC	00:15:47
9	138	JAMIE BARBER	M	MU20	SALFORD HARRIERS & AC	00:15:52
10	178	GARY PRIESTLEY	M	MV35	SALFORD HARRIERS & AC	00:15:59
11	140	JAMES BRETHERTON	M	MV45	BLACKBURN HARRIERS & AC	00:16:09
12	166	MARK MATTHEWS	M	MV40	EAST CHESHIRE HARRIERS & TAMESIDE AC	00:16:12
13	193	ELLIOTT WILLIAMS	M	MSEN	SALFORD HARRIERS & AC	00:16:13
14	179	PHIL RICHARDSON	M	MV35	SALE HARRIERS MANCHESTER	00:16:15
15	190	SEAN WARBURTON	M	MV45	SALFORD HARRIERS & AC	00:16:17
16	154	PATRICK HENDERSON	M	MSEN	SALFORD HARRIERS & AC	00:16:19
17	161	MATTHEW LATHAM	M	MV35	SALFORD HARRIERS & AC	00:16:25
18	191	KEVIN WATERHOUSE	M	MV40	SALFORD HARRIERS & AC	00:16:29
19	143	ROBERT CLARKE	M	MSEN	SALFORD HARRIERS & AC	00:16:31
20	174	ALISTER PEARSON	M	MSEN	CHORLTON RUNNERS	00:16:33
21	175	JONATHAN PICKUP	M	MSEN		00:16:39
22	159	JORDAN JAMES HUGHES	M	MV35	MIDDLETON HARRIERS AC	00:16:39
23	177	JEFF PREST	M	MV50	TRAFFORD ATHLETIC CLUB	00:16:41
24	183	ANDY SMITH	M	MV45	MIDDLETON HARRIERS AC	00:16:44
25	163	LUKE LAWSON-HEALEY	M	MSEN	ROYTON ROAD RUNNERS	00:16:45
26	155	LEWIS HINCHCLIFFE	M	MSEN	SADDLEWORTH RUNNERS CLUB	00:16:48
27	139	MATTHEW BEACOCK	M	MSEN	ALTRINCHAM & DISTRICT ATHLETIC CLUB LIMITED	00:16:49
28	185	JOSEPH TWIGG	M	MSEN	SALFORD HARRIERS & AC	00:16:49
29	176	ANDY PORTER	M	MV55	BRAMHALL RUNNERS	00:16:49
30	145	MARK COLLIER	M	MV50	SALFORD HARRIERS & AC	00:16:52
31	187	OLIVER WALKER	M	MU20	EAST CHESHIRE HARRIERS & TAMESIDE AC	00:16:57
32	146	MARTIN CONNOLLY	M	MSEN	CLAYTON-LE-MOORS HARRIERS	00:16:58
33	151	LEE FERGUSON	M	MV35		00:16:59
34	171	TROY NUTTALL	M	MSEN	ROSSENDALE HARRIERS & AC	00:17:00
35	156	PHILIP HINCHCLIFFE	M	MSEN	HOLMFIRTH HARRIERS AC	00:17:02
36	150	LIAM FAHERTY	M	MV40	EAST CHESHIRE HARRIERS & TAMESIDE AC	00:17:11
37	144	JOE CLEVERLEY	M	MV35	HYDE VILLAGE STRIDERS	00:17:24
38	180	ALAN ROBERTSON	M	MV45		00:17:27
39	189	ABIGAIL WARBURTON	F	FSEN	BURY ATHLETIC CLUB	00:17:39
40	181	SOPHIA ROIDITIS	F	FU20	SALFORD HARRIERS & AC	00:17:46

Heat B						
Pos	Race no.	Name	Gender	Cat	Club	Time
1	222	CALLUM FRICKER	M	MSEN	EAST CHESHIRE HARRIERS & TAMESIDE AC	00:16:56
2	153	FRANK HAMILTON	M	MV45	GLOSSOPDALE HARRIERS	00:17:36
3	259	ROB WHITTAKER	M	MV35	SALFORD METROPOLITAN AC	00:17:49
4	252	MURRAY TAYLOR	M	MV35	MANCHESTER TRIATHLON CLUB	00:17:53
5	208	TONY CAMPBELL	M	MV45	MIDDLETON HARRIERS AC	00:17:55
6	260	LEON WINT	M	MV35	MIDDLETON HARRIERS AC	00:17:57
7	216	DAYLE DWYER	M	MV35	SALFORD METROPOLITAN AC	00:17:59
8	236	SHANE READING	M	MV50	ROYTON ROAD RUNNERS	00:18:01
9	255	VIC WALSH	M	MV45	BELLE VUE RACERS	00:18:02
10	228	JAMES HARTSHORNE	M	MV40	EAST CHESHIRE HARRIERS & TAMESIDE AC	00:18:03
11	261	LUKE WORDSWORTH	M	MV35	SALFORD HARRIERS & AC	00:18:04
12	200	ADAM BATTERSBY	M	MV40	MOSSLEY RUNNING CLUB	00:18:05
13	251	CHRISTOPHER TAYLOR	M	MV35		00:18:06
14	239	EMILY RUSSELL	F	FSEN	SALFORD HARRIERS & AC	00:18:14
15	211	STEVE CROSSMAN	M	MV55	GLOSSOPDALE HARRIERS	00:18:18
16	198	JONATHAN AUST	M	MV45	EAST CHESHIRE HARRIERS & TAMESIDE AC	00:18:20
17	205	LEWIS BROWN	M	MSEN	SALFORD HARRIERS & AC	00:18:22

18	238	RACHAEL ROZHDESTVENS KAYA	F	FV35	SALE HARRIERS MANCHESTER	00:18:22
19	224	WARREN GOLDIE	M	MV35		00:18:22
20	232	JOE MIDDLEHURST	M	MSEN	HYDE VILLAGE STRIDERS	00:18:23
21	215	BETHANEY DONNELLY	F	FSEN	SALFORD HARRIERS & AC	00:18:38
22	241	MARTIN SAMPSON	M	MV45	MIDDLETON HARRIERS AC	00:18:39
23	250	CHRIS TATTERSALL	M	MV40	ROYTON ROAD RUNNERS	00:18:44
24	254	MAISIE WAINWRIGHT	F	FSEN	ROYTON ROAD RUNNERS	00:18:47
25	257	LUCY WASINSKI	F	FV40	GLOSSOPDALE HARRIERS	00:18:47
26	207	PAUL CAIN	M	MV40	MIDDLETON HARRIERS AC	00:18:55
27	221	OSIAN FLOWERS	M	MV35	LONELY GOAT RC	00:18:57
28	226	TIM GREENALD	M	MV50	ALTRINCHAM & DISTRICT ATHLETIC CLUB LIMITED	00:19:04
29	206	LEO CAIN	M	MV45	MIDDLETON HARRIERS AC	00:19:06
30	223	JOHN GAFFNEY	M	MV45	GLOSSOPDALE HARRIERS	00:19:11
31	229	PHIL LOCKETT	M	MV40	ROCHDALE HARRIERS & AC	00:19:18
32	278	LEWIS FEARON	M	MSEN	EAST CHESHIRE HARRIERS & TAMESIDE AC	00:19:21
33	249	ANDY SYKES	M	MV40	EAST CHESHIRE HARRIERS & TAMESIDE AC	00:19:27
34	209	FRANCOIS CLAVAUD	M	MSEN	ROYTON ROAD RUNNERS	00:19:31
35	214	LUCY DENT	F	FU20	BURY ATHLETIC CLUB	00:19:31
36	242	DOMINIC SEXTON	M	MV60	NORTHERN MASTERS AC	00:19:41
37	243	ROB SHELTON	M	MV45	GLOSSOPDALE HARRIERS	00:19:46
38	246	MATTHEW SMITH	M	MSEN		00:19:50
39	204	ADRIAN BROWN	M	MV40	ROYTON ROAD RUNNERS	00:19:54
40	234	DAVID NORMAN	M	MV60	WARRINGTON A C	00:19:58
41	203	ROSIE BRADSHAW	F	FU20	STOCKPORT HARRIERS & AC	00:19:59
42	213	JACK DAWSON	M	MSEN	MIDDLETON HARRIERS AC	00:19:59
43	230	DYLAN MACKIE	M	MSEN	HYDE VILLAGE STRIDERS	00:19:59
44	256	STEVEN WARD	M	MV40		00:19:59
45	231	KAIRAN MALLET	M	MU20	HYDE VILLAGE STRIDERS	00:20:00
46	237	PAUL ROGERS	M	MV40	HYDE VILLAGE STRIDERS	00:20:01
47	233	JAMES MOULTON	M	MSEN	ROYTON ROAD RUNNERS	00:20:01
48	225	BERNARD GOODWIN	M	MV55	ROYTON ROAD RUNNERS	00:20:03
49	227	GRANT GUNN-ANDERSON	M	MV35	SALFORD HARRIERS & AC	00:20:08
50	199	MATTHEW BAILEY	M	MU20	EAST CHESHIRE HARRIERS & TAMESIDE AC	00:20:16
51	201	ASHLEY BEDWARD	M	MSEN	RAMSBOTTOM RUNNING CLUB	00:20:20
52	245	JULIET SMITH	F	FV50	ROCHDALE HARRIERS & AC	00:20:21
53	244	DARREN SMITH	M	MV45	HYDE VILLAGE STRIDERS	00:20:35
54	253	SARAH TOMASSI	F	FV40	ROYTON ROAD RUNNERS	00:20:35
55	240	KEVIN RYAN	M	MV35	GLOSSOPDALE HARRIERS	00:21:16
56	220	EMMA FINNEY	F	FV40		00:22:33

#### Heat C

Pos	Race no.	Name	Gender	Cat	Club	Time
1	291	DANIEL KAVANAGH	M	MV35	EAST CHESHIRE HARRIERS & TAMESIDE AC	00:19:11
2	265	SARAH BEEVER	F	FSEN	HYDE VILLAGE STRIDERS	00:19:22
3	388	BRETT SPIVEY	M	MV40	ROYTON ROAD RUNNERS	00:19:28
4	283	EDWARD GRIMLEY	M	MV35	ROYTON ROAD RUNNERS	00:19:47
5	269	JOHN BROOM	M	MV50	PENISTONE FOOTPATH RUNNERS & ATHLETIC CLUB	00:19:51
6	312	ELLIOT STONE	M	MV50	ROYTON ROAD RUNNERS	00:20:00
7	305	JAMES ROOK	M	MU20	EAST CHESHIRE HARRIERS & TAMESIDE AC	00:20:04
8	285	JACOB HALL-BROWN	M	MSEN		00:20:09
9	280	RYAN FROST	M	MSEN	ROYTON ROAD RUNNERS	00:20:18
10	303	YUNUS RAWAT	M	MSEN	TEAM BICEPS	00:20:19
11	286	CAROL HIGGS	F	FV60	TRENTHAM RUNNING CLUB	00:20:20
12	298	MALCOLM ORRELL	M	MV35	SALFORD METROPOLITAN AC	00:20:22
13	263	BILL ALLWOOD	M	MV55		00:20:22
14	301	OLIVER POZEGIC	M	MSEN	ROYTON ROAD RUNNERS	00:20:28
15	266	RUTH BERESFORD	F	FV35	TRAFFORD ATHLETIC CLUB	00:20:29
16	281	BARRY PETER GREAVES	M	MV65	ROYTON ROAD RUNNERS	00:20:31
17	302	MIKE RACE	M	MV65	SALFORD METROPOLITAN AC	00:20:36
18	322	WESLEY O'TOOLE	M	MV35	SALFORD METROPOLITAN AC	00:20:47
19	307	EDWIN RUNAGLE	M	MSEN	GLOSSOPDALE HARRIERS	00:20:47
20	284	ANDY HALL	M	MV50	ROYTON ROAD RUNNERS	00:20:51

21	219	JOHN FAY	M	MV40		00:20:57
22	310	JOHN SORRIENTO	M	MV45		00:21:01
23	274	BEN DALE	M	MU20	EAST CHESHIRE HARRIERS & TAMESIDE AC	00:21:05
24	306	DMITRY ROZHDESTVENSKIY	M	MV40	SALE HARRIERS MANCHESTER	00:21:06
25	287	SAMUEL HORNER	M	MU20	EAST CHESHIRE HARRIERS & TAMESIDE AC	00:21:07
26	321	NEIL TIERNEY	M	MV40	SALFORD METROPOLITAN AC	00:21:15
27	290	ANDREW INGHAM	M	MV35	ROYTON ROAD RUNNERS	00:21:16
28	282	TIM GREENWOOD	M	MV50	QUEENSBURY RUNNING CLUB	00:21:21
29	320	DEMI BAXTER	F	FU20	EAST CHESHIRE HARRIERS & TAMESIDE AC	00:21:26
30	267	STEVEN BIBBY	M	MV50	MIDDLETON HARRIERS AC	00:21:27
31	297	KATRINA ODDY	F	FV55	HALIFAX HARRIERS & AC	00:21:41
32	268	DAWN BROOM	F	FV60	PENISTONE FOOTPATH RUNNERS & ATHLETIC CLUB	00:21:57
33	295	STEPHANIE MALLETT	F	FV40	HYDE VILLAGE STRIDERS	00:22:51
34	270	BERNI CAIN	F	FV40	MIDDLETON HARRIERS AC	00:22:55
35	308	WARREN SIDDALL	M	MV55		00:23:05
36	299	DAVE PEART	M	MV55	ROYTON ROAD RUNNERS	00:23:12
37	271	TRISH CALLAN	F	FV35	ROYTON ROAD RUNNERS	00:23:12
38	304	ROCHELLE READING	F	FV50	ROYTON ROAD RUNNERS	00:23:13
39	294	MICHAEL MALLETT	M	MV40		00:23:17
40	300	MISHKA PILLAY	M	MV35	MIDDLETON HARRIERS AC	00:23:23
41	293	KATE KINDER	F	FSEN	HYDE VILLAGE STRIDERS	00:23:35
42	276	JOHN DENT	M	MV50		00:24:08
43	288	ANDREW HORROCKS	M	MV55	HYDE VILLAGE STRIDERS	00:24:23
44	277	AMY DRANSFIELD	F	FSEN		00:24:40
45	398	BECCA MENZLER	F	FSEN		00:24:53
46	289	RUTH HUTCHISON	F	FV45	SADDLEWORTH RUNNERS CLUB	00:24:59
47	264	FAYE AYDIN	F	FV45	MIDDLETON HARRIERS AC	00:25:00
48	309	HAYLEY SIMPSON	F	FSEN	EAST CHESHIRE HARRIERS & TAMESIDE AC	00:25:06
49	275	SUZANNE DARKE	F	FV50	ROYTON ROAD RUNNERS	00:25:12
50	273	RAY DALBY	M	MV70	ROCHDALE HARRIERS & AC	00:26:51

#### Heat D

Pos	Race no.	Name	Gender	Cat	Club	Time
1	374	CIARAN MOLLOY	M	MV40		00:23:06
2	393	DANIELLE THOMPSON	F	FSEN	CLAYTON-LE-MOORS HARRIERS	00:24:25
3	343	BELINDA BRENNAN	F	FV45	BRAMHALL RUNNERS	00:25:06
4	390	CARMEN SWEENEY-BRENNAN	F	FU20	BRAMHALL RUNNERS	00:25:06
5	348	BERNARD CASSIDY	M	MV65	ROYTON ROAD RUNNERS	00:25:38
6	385	LUCY SCHINDLER	F	FSEN	ROYTON ROAD RUNNERS	00:25:48
7	361	JILLIAN HICKSON	F	FV45	ROYTON ROAD RUNNERS	00:25:55
8	382	ANDY RILEY	M	MV45	LONELY GOAT RC	00:26:01
9	387	GARY SMITH	M	MV60	ROYTON ROAD RUNNERS	00:26:18
10	311	ADAM SPILLER	M	MV40	MIDDLETON HARRIERS AC	00:26:27
11	384	STEPHEN ROGOWSKYJ	M	MV60	ROYTON ROAD RUNNERS	00:26:34
12	370	CAROL KERSHAW	F	FV55	HYDE VILLAGE STRIDERS	00:26:40
13	353	CLAIRE LOUISE DAVIES	F	FV40		00:26:55
14	340	FIONA BOLTON	F	FV65	MIDDLETON HARRIERS AC	00:27:01
15	333	LAURA BAILEY	F	FSEN	CONGLETON HARRIERS	00:27:03
16	386	NICOLA SHORE	F	FV45	MOSSLEY RUNNING CLUB	00:27:10
17	331	DAWN ANDERSON	F	FV55	MIDDLETON HARRIERS AC	00:27:48
18	373	BERNIE MATTISON	F	FV50	MOSSLEY RUNNING CLUB	00:28:21
19	381	AMANDA RICHARDSON	F	FV55	ROYTON ROAD RUNNERS	00:28:32
20	377	MARTINA NAISMITH	F	FV50	ROYTON ROAD RUNNERS	00:28:38
21	359	KATIE FORREST	F	FV40		00:28:39
22	392	GARY TAYLOR	M	MV50	MOSSLEY RUNNING CLUB	00:28:53
23	342	SARAH BOWMAN	F	FV50	HYDE VILLAGE STRIDERS	00:29:02
24	389	CRAIG SUTHERLAND	M	MV65	MIDDLETON HARRIERS AC	00:29:04
25	364	RACHAEL HORROCKS	F	FV50	HYDE VILLAGE STRIDERS	00:29:05
26	363	TERESA HOLLINS	F	FV70		00:29:21
27	336	DAVE BARDSLEY	M	MV45	ROYTON ROAD RUNNERS	00:29:51
28	345	LOUISE BUTTERWORTH	F	FV55	MIDDLETON HARRIERS AC	00:29:56
29	360	NICKY HALL	F	FV50	ROYTON ROAD RUNNERS	00:30:03
30	344	NATALI BROWN	F	FV40	ROYTON ROAD RUNNERS	00:30:27
31	395	LISA WILSON	F	FV35	ROYTON ROAD RUNNERS	00:30:35

32	341	MARK BOUSIE	M	MV45	STOCKPORT HARRIERS & AC	00:30:38
33	355	TONY ELKIN	M	MV55		00:30:45
34	380	RONNIE QUINN	M	MV70	ROYTON ROAD RUNNERS	00:30:47
35	396	LINDA ZRADA	F	FV65	MOSSLEY RUNNING CLUB	00:31:02
36	383	ANGELA ROGOWSKYJ	F	FV55	ROYTON ROAD RUNNERS	00:31:12
37	394	EMMA WHITEHOUSE	F	FU20		00:31:18
38	371	JENNIFER LAPTEW	F	FV40	MIDDLETON HARRIERS AC	00:31:29
39	362	KAREN HIGGINS	F	FV40		00:31:34
40	366	KAREN JONES	F	FV45	ROYTON ROAD RUNNERS	00:32:30
41	368	JOHN KENNEDY	M	MV55		00:32:44
42	337	LOUISE BEACOCK	F	FV60		00:33:28
43	369	JULIE KENNEDY-WOOD	F	FV60		00:33:51
44	372	BECKI LEIGH	F	FV45		00:33:53
45	356	TRACEY ELKIN	F	FV55		00:33:58
46	391	SAM TATTERSALL	F	FV35	ROYTON ROAD RUNNERS	00:34:25
47	334	BERNADETTE BALL	F	FV70	ROYTON ROAD RUNNERS	00:34:56
48	332	ZEYNEL AYDIN	M	MV75	MIDDLETON HARRIERS AC	00:35:04
49	367	STEPHEN JONES	M	MV65		00:35:21
50	397	KERRY SMITH	F	FV40		00:35:46
51	358	AMY FINNIGAN	F	FSEN	VEGAN RUNNERS UK	00:36:51
52	330	JUNE ALLINGAN	F	FV80	ROYTON ROAD RUNNERS	00:37:35
53	347	STACEY CARR	F	FV40	ROYTON ROAD RUNNERS	00:37:35
54	365	RAANA JAVED	F	FSEN		00:37:36