



**UNDER 13 GIRLS**

Posn	Bib	Athlete	Club	Time	Posn	Bib	Athlete	Club	Time
1	29	Ruby Bell	Sale H Man	14.00	33	15	Freya Whittle	Horwich RMI	16.20
2	30	Isabelle Burke	Sale H Man	14.20	34	58	Katherine Waters	Rossendale H&AC	16.25
3	51	Daisy Keigher	Stockport AC	14.32	35	22	Lizzie Glover-Jones	Old & Roy AC	16.34
4	47	Emily Russell	Salford H	14.44	36	48	Millie Bayman	Salford H	16.55
5	41	Amelia Bratt	Salford H	14.52	37	6	Verity Charnley	Altrincham DAC	17.02
6	45	Nicola Mason	Salford H	14.52	38	21	Evelyn Barber	Manchester H	17.09
7	12	Isabella Merritt	Horwich RMI	14.54	39	5	Hannah Gregg	Altrincham DAC	17.15
8	53	Jasmine Reed	Stockport AC	14.54	40	11	Katherine Waters	ECH & TAC	17.19
9	14	Eva Baldwin	Horwich RMI	14.54	41	19	Grace Craddock	Leigh H	17.21
10	10	Rose Barlow	ECH & TAC	15.00	42	49	Jess ones	Stockport AC	17.26
11	39	Georgia Elizabeth Heath	Sale H Man	15.08	43	24	Lauren Bartholomew	Old & Roy AC	17.27
12	46	Anna Potter	Salford H	15.11	44	28	Nieve Barton	Sale H Man	17.31
13	17	Melissa Ince	Leigh H	15.21	45	25	Megan Bartholomew	Old & Roy AC	17.34
14	36	Akira Edgson	Sale H Man	15.23	46	56	Lauren Howley	Trafford AC	17.59
15	33	Katie Stringer	Sale H Man	15.23	47	55	Ella Taylor	Stockport AC	18.07
16	34	Ava Taylor	Sale H Man	15.28	48	23	Astacia Mannings	Old & Roy AC	18.12
17	44	Erin Grime	Salford H	15.34	49	31	Erin Donnelly	Sale H Man	18.20
18	40	Luch Alpin	Salford H	15.35					
19	37	Rose Sinclair	Sale H Man	15.35					
20	52	Esther Hulley	Stockport AC	15.43	1		Sale H Man "A"		14
21	42	Isobel Cammish	Salford H	15.44	2		Salford H "A"		15
22	16	Milly Lever	Horwich RMI	15.45	3		Stockport AC "A"		31
23	35	Elizabeth Hill	Sale H Man	15.47	4		Horwich RMI "A"		38
24	18	Megan Short	Leigh H	15.53	5		Sale H Man "B"		45
25	1	Tessa Pearce	Altrincham DAC	15.56	6		Salford H "B"		47
26	2	Aisling McHale	Altrincham DAC	15.58	7		Sale H Man "C"		69
27	38	Olivia Brown	Sale H Man	16.01	8		Leigh H "A"		78
28	54	Josie Driver	Stockport AC	16.01	9		Altrincham DAC "A"		81
29	27	Lucy Armitage	Sale H Man	16.40	10		Altrincham DAC "B"		107
30	3	Esme Pearson	Altrincham DAC	16.08	11		Stockport AC "B"		117
31	4	Grace Adams	Altrincham DAC	16.09	12		Sale H Man "D"		122
32	7	Erin Kenyon	Bury AC	16.12	13		Old & Roy AC "A"		123

**TEAMS**

**UNDER 15 BOYS**

Posn	Bib	Athlete	Club	Time	Posn	Bib	Athlete	Club	Time
1	320	Joseph Bentall	Trafford AC	16.55	23	317	Joe Philbin	Stockport AC	19.00
2	305	Joseph Blakemore	Sale H Man	17.02	24	289	Jake Smith	ECH & TAC	19.05
3	314	Ben Batho	Stockport AC	17.06	25	283	Ben Pickford	Bolton UH	19.14
4	287	Brandon Quinton	Bury AC	17.17	26	288	Oliver Donnelly	Bury AC	19.23
5	291	Lewis Wilkes	Horwich RMI	17.25	27	301	John Gilbert	Sale H Man	19.30
6	326	Cynog Williams	Trafford AC	17.35	28	295	Nathan Myers	Leigh H	19.59
7	315	Flynn Walsh	Stockport AC	17.41	29	312	Harry Miller Riedman	Stockport AC	20.34
8	327	Benjamin Forrest	Rossendale H&AC	17.44	30	293	Joel Denton	Leigh H	21.01
9	282	Harry Sinclair	Altrincham DAC	17.45	31	313	William Culmer	Stockport AC	21.17
10	298	Harry Collier	Old & Roy AC	18.02	32	284	Jacob Stevens	Bury AC	21.47
11	292	Robert Seddon	Horwich RMI	18.03	33	296	Owen Reason	Leigh H	22.19
12	319	Alex Bailey	Trafford AC	18.04	34	300	Jacob Corrie	Sale H Man	22.25
13	290	Luke Brindle	Horwich RMI	18.05	35	297	Lucas White	Leigh H	25.23
14	286	Stefan Kalambouka	Bury AC	18.16			<b><u>TEAMS</u></b>		
15	328	Thomas Roberts	Chorley A&TC	18.21	1		Trafford AC "A"		19
16	311	Lewis Royle	Salford H	18.31	2		Horwich RMI "A"		29
17	310	Jacob Yates	Salford H	18.39	3		Stockport AC "A"		33
18	322	Seb Partick	Trafford AC	18.48	4		Bury AC "A"		44
19	321	Joseph Mangan	Trafford AC	18.54	5		Salford H "A"		54
20	324	Theodore Symons Treacher	Trafford AC	18.55	6		Trafford AC "B"		57
21	309	Charlie Thomas	Salford H	18.56	7		Sale H Man "A"		63
22	308	Oliver Cook	Salford H	18.57	8		Leigh H "A"		91

**UNDER 15 GIRLS**

Posn	Bib	Athlete	Club	Time	Posn	Bib	Athlete	Club	Time
1	73	Keely Hodgkinson	Leigh H	18.42	28	70	Katie Morley	Leigh H	21.39
2	90	Jessica Spilsbury	Sale H Man	19.07	29	89	Lauren Hole	Sale H Man	21.43
3	87	Aine Gibbons	Sale H Man	19.18	30	63	Charlotte Farworth	Bury AC	21.46
4	109	Charlotte Edwards	Wigan & DAC	19.28	31	82	Rosangela Terim	Rochdale H	21.53
5	66	Megan Lewis	ECH & TAC	19.35	32	74	Olivia Anderson	Leigh H	21.56
6	95	Hannah Witchalls	Sale H Man	19.42	33	71	Rebecca Pollitt	Leigh H	22.05
7	101	Samantha Mason	Salford H	19.45	34	103	Jade Bailey	Salford Met AC	22.10
8	93	Briony Ward	Sale H Man	19.55	35	98	Jessica Birchall	Salford H	22.01
9	65	Holly Jackson	ECH & TAC	20.00	36	79	Alice Jones	Manchester H	22.24
10	110	Lauryn Gregg	Rossendale H&AC	20.06	37	108	Lara Coulter	Stockport AC	22.39
0	91	Bethany Thornton	Sale H Man	20.09	38	72	Joanna Smith	Leigh H	23.07
12	100	Evie Collier	Salford H	20.12	39	69	Emma McIntyre	Leigh H	23.25
13	67	Abby O'Neill	ECH & TAC	20.17	40	64	Heledd Rimmer	Bury AC	23.29
14	102	Charlotte Haywood-Percival	Salford H	20.18	41	62	Charlotte Smith	Bury AC	25.09
15	77	Georgia Fazakerley	Manchester H	20.22	42	99	Freya Coggins	Salford H	25.21
16	88	Emily Kate hall	Sale H Man	20.34	43	111	Annabel Stewart	Chorley A&TC	26.43
17	104	Natasha Moore	Stockport AC	20.39			<b><u>TEAMS</u></b>		
18	75	Alice Stiles	Manchester H	20.53	1		Sale H Man "A"		11
19	59	Millie Peare	Altrincham DAC	21.02	2		ECH & TAC "A"		27
20	106	Chloe Rogers	Stockport AC	21.02	3		Salford H "A"		33
21	84	Tia Rae Barton	Sale H Man	21.03	4		Sale H Man "B"		35
22	81	Sophie Andrew	Old & Roy AC	21.04	5		Manchester H "A"		56
23	80	Beth Smyth	Manchester H	21.14	6		Leigh H "A"		61
24	78	Katie Moss	Manchester H	21.23	7		Stockport AC "A"		64
25	61	Madeleine Erzan-Essiej	Bolton UH	21.34	8		Sale H Man "C"		76
26	83	Molly Anderton	Sale H Man	21.37	9		Leigh H "B"		110
27	107	Lauren Burgess	Stockport AC	21.38	10		Bury AC "A"		111

**UNDER 17 MEN**

Posn	Bib	Athlete	Club	Time	Posn	Bib	Athlete	Club	Time
1	334	Keenan Owen	ECH & TAC	19.51	11	355	Mikey Kingston	Trafford AC	21.54
2	358	Xavier O'Hare	Trafford AC	20.23	12	357	James Norton	Trafford AC	21.58
3	330	Oliver Makinson	Bury AC	20.29	13	343	Luke Chesters	Sale H Man	22.30
4	331	Marcus Dey	Bury AC	20.32	14	344	Kian Lindsey	Sale H Man	22.50
5	336	Kristian Wade	Leigh H	20.59	15	342	Ethan Glasgow-Lattibeadie	Old & Roy AC	22.57
6	329	Dan Racle	Altrincham DAC	21.09	16	338	Luke Doleman	Manchester H	23.33
7	360	Jack Wilkinson	Trafford AC	21.11	17	350	Patrick Cusack	Salford H	23.55
8	340	Ben Skertchly	Manchester H	21.25	18	341	Robert Smyk	Old & Roy AC	25.14
9	354	Connor Fazakerley	Trafford AC	21.42			<b>TEAMS</b>		
10	351	Fileman Teklehaimanot	Salford H	21.52	1		Trafford AC "A"		18

**UNDER 17 WOMEN**

Posn	Bib	Athlete	Club	Time	Posn	Bib	Athlete	Club	Time
1	119	Francesca Brint	Sale H Man	23.15	12	137	Anna Baker	Trafford AC	28.43
2	122	Olivia Green	Sale H Man	24.07	13	126	Sophie Harrison	Salford H	28.53
3	130	Beth Barlow	Salford H	24.33	14	133	Sofia Tauini	Stockport AC	29.32
4	120	Claudia Cowan	Sale H Man	24.40	15	123	Georgina Haworth	Sale H Man	29.51
5	128	Rebecca Mason	Salford H	25.36	16	114	Klaudia Lekki	Leigh H	30.01
6	135	Hannah Richardson	Stockport AC	26.02	17	118	Katie Cooper	Manchester H	31.27
7	112	Maya Erzan-Essien	Bolton UH	26.35			<b>TEAMS</b>		
8	127	Catherinf Hooper	Salford H	26.43	1		Sale H Man "A"		7
9	115	Eve Willimas	Leigh H	26.51	2		Salford H "A"		16
10	134	Emilia Gajda	Stockport AC	27.56	3		Stockport AC "A"		30
11	113	Lucy Alcock	Bury AC	28.33					

**UNDER 20 WOMEN**

Posn	Bib	Athlete	Club	Time	Posn	Bib	Athlete	Club	Time
1	149	Katy Whiteoak	Stockport AC	22.20	8	146	Alice Bruce	Sale H Man	27.21
2	148	Ruth Sinclair	Stockport AC	23.25	9	138	Olivia Kearney	Bolton UH	27.30
3	142	Sophie Whittaker	Bury AC	23.57	10	221	Alice Hughes	Stockport AC	27.42
4	145	Olivia Stones	Leigh H	24.18	11	139	Mercedes Mercer	Bolton UH	28.13
5	147	Juliet Downs	Sale H Man	25.06	12	144	Eleanor Bond	Leigh H	29.03
6	143	Lily McGuinness	ECH & TAC	26.20.			<b>TEAMS</b>		
7	141	Lauren Booth	Bury AC	27.15	1		Stockport AC "A"		13.0

**UNDER 20 MEN**

Posn	Bib	Athlete	Club	Time	Posn	Bib	Athlete	Club	Time
1	366	Euan Gilchrist	Sale H Man	30.57	7	374	Daniel Shaw	Trafford AC	34.43
2	375	Matthew Sutton	Trafford AC	32.00	8	362	George Lewis	ECH & TAC	34.53
3	367	Jake Spilsbury	Sale H Man	32.15	9	361	Iestyn Rimmer	Bury AC	42.15
4	373	Mac O'Malley	Trafford AC	32.30					
5	372	Seamus Bradley	Trafford AC	33.20					
6	371	George Cook	Stockport AC	34.31					
							<b>TEAMS</b>		
					1		Trafford AC "A"		11

**SENIOR WOMEN**

Posn	Bib	Athlete	Club	Time	Posn	Bib	Athlete	Club	Time
1	165	Laura Riches	Leigh H	35.30	38	232	Rachel Peers	Wilmslow RC	46.08
2	228	Vicki Cronin	Trafford AC	36.00	39	229	Sally Woolhouse	Trafford AC	46.17
3	219	Elizabeth Aspley	Stockport AC	37.21	40	167	Rachel Hodgkinson	Leigh H	46.42
4	164	Kirsty Johnson	Glossopdale H	37.35	41	186	Toni Brackston	Middleton H	46.55
5	154	Nicola Cartridge	Bolton UH	38.26	42	216	Helen Todd	Stockport AC	47.15
6	163	Hayley Simpson	ECH & TAC	38.40	43	196	Helen Carter	Sale H Man	48.43
7	202	Helen Armitage	Sale H Man	38.48	44	192	Jill Butterworth	Rochdale H	49.02
8	152	Lora Blann	Altrincham DAC	39.04	45	187	Isabell Richter	Middleton H	49.11
9	176	Lucy Etchells	Man Frontrunner	39.16	46	183	Steph Goodchild	Man YMCA H	49.20
10	212	Sarah Carroll	Salford H	39.58	47	175	Kate Brennan	Man Frontrunner	49.39
11	195	Rowen Ratcliffe	Saddleworth R	40.01	48	226	Sue Exon	Trafford AC	49.52
12	199	Kathy Wellam	Sale H Man	40.02	49	178	Paula Medley	Man Frontrunner	50.34
13	230	Katy Green	Wilmslow RC	40.05	50	160	Alison Dale ***	Bury n/s	50.49
14	158	Katie Geelan	Bury AC	40.44	51	181	Linda Rix	Man Frontrunner	51.28
15	174	Cecilia Cole	Manchester H	40.56	52	168	Brenda Wane	Leigh H	52.48
16	193	Anna Blomfield	Rochdale H	41.01	53	191	Cathie Murphy	Middleton H	52.55
17	210	Cara O'Brien	Sale H Man	41.10	54	189	Vicky Stainthorpe	Middleton H	53.15
18	213	Becki Robinson	Salford H	41.14	55	156	Pamela Hitchin	Bury AC	53.21
19	222	Rebecca Mills	Swinton RC	41.20	56	217	Alexis Dinsmoor	Stockport AC	54.24
20	162	Bethany Hirst	ECH & TAC	41.44	57	172	Lindsey Farrelly	Manchester H	54.56
21	177	Jane Fletcher	Man Frontrunner	41.54	58	188	Bev O'Neill	Middleton H	55.25
22	231	Janine Ellis	Wilmslow RC	42.22	59	173	Debbie Beresford	Manchester H	55.32
23	157	Christie Cook	Bury AC	42.45			<b>TEAMS</b>		
24	214	Ambi Swindells	Salford H	42.51	1		Sale H Man "A"		36
25	209	Jackie Cordingly	Sale H Man	42.51	2		Salford H "A"		52

26	180	Paula Payne	Man Fronrunner	42.59	3	Man Fronrunners "A"	56
27	185	Jo Adamson	Middleton H	43.05	4	Trafford AC "A"	62
28	184	Emma Ball	Middleton H	43.41	5	Wilmslow RC "A"	73
29	223	Jo Lott	Trafford AC	43.45	6	Altrincham DAC "A"	74
30	215	Carly Appleby	Salford Mets AC	43.51	7	Bury AC "A"	92
31	224	Louise Mangan	Trafford AC	44.06	8	Leigh H "A"	93
32	150	Alison Vesey	Altrincham DAC	44.15	9	Middleton H "A"	96
33	182	Hannah Brierley	Man YMCA H	44.44	10	Sale H Man "B"	98
34	151	Carole Harrison	Altrincham DAC	45.05	11	Stockport AC "A"	101
35	170	Emma Toland	Manchester H	45.12	12	Manchester H "A"	107
36	203	Tracy Taylor	Sale H Man	45.47	13	Man Fronrunners "B"	147
37	204	Helen Reagan	Sale H Man	46.04	14	Middleton H "B"	152

### SENIOR MEN

Posn	Bib	Athlete	Club	Time	Posn	Bib	Athlete	Club	Time
1	502	Carl Hardman	Salford H	34.41	71	539	Rob Jackson	Wilmslow RC	45.59
2	406	Joe Steward	ECH & TAC	34.43	72	398	Giles Bennett	Bury AC	46.11
3	467	Matt Bond	Sale H Man	35.10	73	517	Paul Connolly	Salford Mets AC	46.34
4	414	Michael Layton	Horwich RMI	36.19	74	446	Rob Mills	Middleton H	46.42
5	540	Scott Evans	Kingston Poly H	37.06	75	468	Paul Barrett	Sale H Man	47.06
6	541	Danny Lawton	Trafford AC	37.12	76	537	Adam Neale	Wilmslow RC	47.19
7	384	Karl Darcy	Bolton UH	37.21	77	519	Paul Stevenson	Salford Mets AC	48.15
8	405	Tom McGuinness	ECH & TAC	37.24	78	511	Ben Rix	Salford H	48.46
9	496	Will Beachamp	Salford H	37.32	79	403	Derdk Hughes	ECH & TAC	48.57
10	411	Nick Leigh	Horwich RMI	37.50	80	525	Kevin Woodward	Swinton RC	49.01
11	490	Bruno Lima	Salford H	37.58	81	435	Roberto Raso	Man Fronrunner	49.15
12	530	Andile Hlebd	Trafford AC	38.02	82	380	Graham Harrison	Altrincham DAC	49.19
13	376	David Norman	Altrincham DAC	38.10	83	474	Kevin Foster	Sale H Man	49.33
14	477	Nathan Harrison	Sale H Man	38.15	84	455	Nathan Hilditch	Old & Roy AC	50.02
15	469	Nicholas Barry	Sale H Man	38.27	85	424	Andy Parsonage	Manchester H	50.04
16	395	Ben Coop	Bury AC	38.41	86	421	Jason Brogan	Manchester H	50.09
17	485	David Rich	Sale H Man	38.53	87	423	Chris Stewart	Manchester H	50.23
18	419	Joe Mercer	Horwich RMI	39.04	88	428	Richard Skitt	Manchester H	50.24
19	410	Derek Whittle	Horwich RMI	39.07	89	394	Andrew Worthington	Bury AC	50.27
20	390	Declan Toomey	Bolton UH	39.30	90	493	Andrew Martin	Salford H	50.30
21	534	Rob Downs	Wilmslow RC	39.37	91	422	Darren Cooper	Manchester H	50.36
22	420	Ed Fazakerley	Manchester H	39.43	92	526	Steve Doxey	Swinton RC	50.44

23	500 Glyn Billington	Salford H	39.46	93	483 Tim Rainey	Sale H Man	51.13
24	429 Donnacha Maguire	Manchester H	39.48	94	436 Kieran Welsh	Man Frontrunner	51.18
25	416 Ali Murray	Horwich RMI	39.57	95	510 Mohammed Butt	Salford H	51.32
26	418 Simon Pymm	Horwich RMI	40.03	96	518 Girish Patel	Salford Mets AC	51.37
27	494 Billy McCartney	Salford H	40.17	97	509 Paul Creighton	Salford H	52.16
28	478 Tim Kennedy	Sale H Man	40.21	98	451 Alan Garvey	Middleton H	52.52
29	402 Joe Hudak	ECH & TAC	40.23	99	515 Stuart Mairs	Salford Mets AC	52.58
30	386 John Knowles	Bolton UH	40.29	100	504 Paul Sale	Salford H	53.21
31	383 Frazer Jardine	Bolton UH	40.47	101	379 David Vaughan	Altrincham DAC	53.25
32	453 Micheal Mannings	Old & Roy AC	40.59	102	520 Mike Race	Salford Mets AC	53.31
33	472 Sam Aspinall	Sale H Man	41.05	103	464 Kristian Robinson	Rochdale H	54.16
34	470 Alex Bradford	Sale H Man	41.07	104	513 Gary Thomason	Salford H	54.56
35	432 Martin Dunn	Man Frontrunner	41.12	105	447 Bryan O'Neill	Middleton H	55.24
36	385 Tommy Harrison	Bolton UH	41.17	106	536 Craig Hunt	Wilmslow RC	56.17
37	535 Barry Archibold	Wilmslow RC	41.22	107	514 William Prout	Salford Mets AC	56.36
38	466 Sale H Man	Sale H Man	41.27	108	460 Kevin McGilvray	Rochdale H	57.05
39	381 Paul Smith	Altrincham DAC	41.35	109	404 Martin Lewis	ECH & TAC	57.26
40	487 Tom Stephenson	Sale H Man	41.35	110	523 David Batty	Swinton RC	57.58
41	465 Chris Webb	Saddleworth R	41.42	111	437 Steve Symons	Man YMCA H	58.55
42	475 Olivier Gaillemin	Sale H Man	41.57	112	462 Matthew Jones	Rochdale H	59.32
43	441 Craig Jones	Man YMCA H	42.01	113	438 Mike O'Brien	Man YMCA H	59.47
44	415 Chris Essex Crosby	Horwich RMI	42.11	114	396 Nigel Brady	Bury AC	59.52
45	443 Ryan Lindsey	Middleton H	42.19	115	492 Roe Bowness	Salford H	60.04
46	408 Dave Milliken	Horwich RMI	42.30	116	440 Geoff Cottrill	Man YMCA H	60.28
47	529 Simon O'Meara	Trafford AC	42.40	117	442 Jon Paramor	Man YMCA H	61.03
48	480 David Marsh	Sale H Man	42.46	118	527 Andy Smith	Swinton RC	89.22
49	461 Richard Stirzaker	Rochdale H	42.52		<b><u>TEAMS</u></b>		
50	479 Rob Jowett	Sale H Man	43.05	1	Salford H "A"		44
51	482 Ben McIntyre	Sale H Man	43.14	2	Sale H Man "A"		49
52	431 Tom Bradwell	Man Frontrunner	43.14	3	Horwich RMI "A"		51
53	434 James Moles	Man Frontrunner	43.25	4	Bolton UH "A"		88
54	445 Jorden Burke	Middleton H	43.28	5	ECH & TAC "A"		118
55	401 Fraser MacDonald Oulds	Chorlton Runners	43.40	6	Trafford AC "A"		122
56	382 Richard Johnson	Altrincham DAC	43.43	7	Sale H Man "B"		133
57	533 David Maher	Trafford AC	43.51	8	Horwich RMI "B"		141
58	489 Richard Edwards	Sale H Man	43.58	9	Altrincham DAC "A"		178
59	508 Daniel McManus	Salford H	44.07	10	Sale H Man "C"		180



60	473 Craig Bradbury	Sale H Man	44.13	11	Wilmslow RC "A"	205
61	389 Rhys Franks	Bolton UH	44.30	12	Man Frontrunners "A"	205
62	522 David Hulley	Stockport AC	44.36	13	Manchester H "A"	217
63	476 Steve Gavin	Sale H Man	44.51	14	Bury AC "A"	224
64	495 Matthew Holt	Salford H	44.58	15	Salford H "B"	228
65	433 Jono Guidford	Man Frontrunner:	45.07	16	Sale H Man "D"	232
66	516 Dan Appley	Salford Mets AC	45.22	17	Middleton H "A"	271
67	397 Pierre-Louis Statsenko	Bury AC	45.29	18	Salford Mets AC "A"	312
68	439 Mark Griffiths	Man YMCA H	45.40	19	Man YMCA H "A"	335
69	399 Chris MacKay	Bury AC	45.50	20	Rochdale H "A"	372
70	377 David Hughes	Altrincham DAC	45.55	21	Salford H "C"	382