

Male						
Position	Name	Club	7k	10k	OHM	Overall
1	Rob James	Royton Road Runners	0:24:53	0:34:28	01:17:35	02:16:56
2	Michael Mannings	Oldham & Royton Harriers	0:25:38	0:37:24	01:23:24	02:26:26
3	Chris Lowe	Royton Road Runners	0:27:05	0:38:41	01:24:28	02:30:14
4	Tony Muir	Oldham & Royton Harriers	0:25:55	0:37:49	01:29:36	02:33:20
5	Shane Reading	Royton Road Runners	0:27:13	0:38:19	01:28:54	02:34:26
6	Shaun Armstrong	Royton Road Runners	0:27:21	0:40:11	01:29:33	02:37:05
7	Jarrold Gritt	Royton Road Runners	0:30:10	0:43:26	01:25:34	02:39:10
8	Nick Cuff	Royton Road Runners	0:26:37	0:39:02	01:33:32	02:39:11
9	Michael Fleming	Royton Road Runners	0:27:56	0:40:34	01:31:39	02:40:09
10	Bernard Goodwin	Royton Road Runners	0:28:06	0:40:29	01:33:39	02:42:14
11	Mike Pickering		0:30:17	0:41:21	01:32:55	02:44:33
12	Ian Dale	Royton Road Runners	0:28:31	0:41:31	01:34:58	02:45:00
13	Carl Cross		0:28:02	0:41:37	01:35:32	02:45:11
14	Dave Peart	Royton Road Runners	0:31:56	0:40:05	01:34:18	02:46:19
15	Dave Hall	Royton Road Runners	0:29:28	0:41:41	01:35:47	02:46:56
16	Paul Anderson	Oldham & Royton Harriers	0:28:50	0:40:25	01:39:20	02:48:35
17	Carl O'Callaghan	Royton Road Runners	0:30:42	0:43:32	01:35:26	02:49:40
18	Adrian Priestley		0:31:34	0:44:28	01:39:34	02:55:36
19	Joseph Tolson		0:30:13	0:44:42	01:40:42	02:55:37
20	Michael Wildbore	Royton Road Runners	0:33:37	0:43:58	01:38:10	02:55:45
21	Matthew Kilburn	Royton Road Runners	0:30:48	0:43:24	01:41:41	02:55:53
22	Jack Blake		0:30:02	0:42:27	01:49:53	03:02:22
23	Darren Mannings	Oldham & Royton Harriers	0:33:02	0:45:55	01:43:42	03:02:39
24	Ronnie Garrod	Royton Road Runners	0:32:55	0:46:52	01:43:37	03:03:24
25	Nigel Harrison		0:32:06	0:45:12	01:47:10	03:04:28
26	Carl Chambers	Saddleworth Runners	0:32:21	0:46:45	01:49:48	03:08:54
27	Jason Keast	Royton Road Runners	0:30:06	0:44:20	01:54:29	03:08:55
28	Derek Atherton	Oldham & Royton Harriers	0:32:59	0:47:50	01:48:14	03:09:03
29	Garry Bower	Royton Road Runners	0:32:26	0:46:21	01:55:10	03:13:57
30	Phil Craven		0:34:39	0:48:15	01:51:06	03:14:00
31	Paul Cooke	Royton Road Runners	0:33:19	0:48:03	01:53:10	03:14:32
32	Nick Mallon	Royton Road Runners	0:35:53	0:48:21	01:51:20	03:15:34
33	Ray Williams	Royton Road Runners	0:34:49	0:48:57	01:53:22	03:17:08
34	Neil Brock	Royton Road Runners	0:28:34	0:39:55	02:10:02	03:18:31
35	Dominic Edwards	Saddleworth Runners	0:34:41	0:48:56	01:56:37	03:20:14
36	Robin Wright		0:35:54	0:51:01	01:53:40	03:20:35
37	John Charles Heathcote	Saddleworth Runners	0:35:59	0:50:13	01:54:28	03:20:40
38	David Phillips	Royton Road Runners	0:34:53	0:49:36	01:57:05	03:21:34
39	Matthew Smith		0:36:08	0:48:29	01:57:57	03:22:34
40	Lee Higginbottom	Royton Road Runners	0:29:46	0:43:57	02:10:02	03:23:45
41	Stephen Rogowskyj	Royton Road Runners	0:35:20	0:48:36	02:00:09	03:24:05
42	David Nixon		0:38:30	0:51:30	01:56:15	03:26:15
43	Mark Bebbington	Rochdale Triathlon Club	0:34:19	0:48:45	02:04:08	03:27:12
44	Chris Hawley	Saddleworth Runners	0:35:12	0:48:37	02:04:23	03:28:12
45	Robert Nixon		0:39:56	0:52:43	01:56:43	03:29:22
46	Mike Mudd		0:37:25	0:52:09	02:04:27	03:34:01
47	John Fay		0:35:41	0:51:39	02:08:27	03:35:47
48	Martin Jones	Royton Road Runners	0:37:39	0:52:17	02:12:32	03:42:28
49	Stephen Jones	Royton Road Runners	0:37:07	0:54:12	02:19:38	03:50:57
50	Rex Shepherdson	Saddleworth Runners	0:40:01	0:57:53	02:13:23	03:51:17

51	Ben Coombs	Rochdale Triathlon Club	0:39:56	0:55:26	02:18:25	03:53:47
52	Michael Lightfoot		0:40:21	0:58:27	02:15:08	03:53:56
53	Tony Greene	Saddleworth Runners	0:42:46	1:00:36	02:14:13	03:57:35
54	Adrian Bowcock	Middleton Harriers AC	0:44:43	0:59:29	02:14:05	03:58:17
55	Colin Fox	Rochdale Triathlon Club	0:41:00	0:57:25	02:23:23	04:01:48
56	Chris Whiteman	Royton Road Runners	0:39:44	1:00:11	02:27:54	04:07:49
57	Andrew Hunter-Rossall	Vegan Runners	0:46:45	0:57:45	02:34:00	04:18:30

**Female**

Position	Name	Club	7k	10k	OHM	Overall
1	Jennifer Bloor	Royton Road Runners	0:28:08	0:40:35	01:33:03	02:41:46
2	Kirsty White	Royton Road Runners	0:30:52	0:42:14	01:37:56	02:51:02
3	Deborah Shaw	Royton Road Runners	0:31:05	0:44:17	01:45:12	03:00:34
4	Janet Jobey	Royton Road Runners	0:32:16	0:44:30	01:45:33	03:02:19
5	Valerie Kilburn	Royton Road Runners	0:32:32	0:47:13	01:47:58	03:07:43
6	Shirley Tuersley	Saddleworth Runners	0:32:52	0:48:33	01:47:49	03:09:14
7	Natalie Williams	OCL	0:34:02	0:47:58	01:54:18	03:16:18
8	Selina McLean	Royton Road Runners	0:33:53	0:48:47	01:58:32	03:21:12
9	Rebecca Mercer	Royton Road Runners	0:34:02	0:48:40	02:03:48	03:26:30
10	Sharon Livesey	Rochdale Triathlon Club	0:35:09	0:53:00	01:59:37	03:27:46
11	Rachael Shuttleworth	Royton Road Runners	0:39:46	0:56:56	01:52:59	03:29:41
12	Sam Taylor		0:38:32	0:52:23	01:59:48	03:30:43
13	Teresa Hollins	Middleton Harriers	0:37:13	0:55:40	02:00:15	03:33:08
14	Katharine Harrison	OCL	0:38:23	0:51:42	02:03:22	03:33:27
15	Jenny Choudhury	OCL	0:38:23	0:54:53	02:04:43	03:37:59
16	Rose Rowson	Rochdale Triathlon Club	0:39:47	0:53:58	02:08:48	03:42:33
17	Eleanor Worrall		0:36:40	0:54:04	02:12:34	03:43:18
18	Em Scott	OCL	0:39:04	0:55:58	02:08:20	03:43:22
19	Lisa Cummins	Royton Road Runners	0:41:14	0:55:24	02:07:07	03:43:45
20	Lisa Howarth	Royton Road Runners	0:36:03	0:51:10	02:20:35	03:47:48
21	Sarah Manton	Saddleworth Runners	0:40:00	0:58:06	02:13:23	03:51:29
22	Chloe Clegg	Royton Road Runners	0:37:52	0:53:57	02:20:34	03:52:23
23	Nikki Mills	Oldham & Royton Harriers	0:42:31	0:58:36	02:15:23	03:56:30
24	Elaine Whitehead		0:42:04	0:58:13	02:18:38	03:58:55
25	Tricia North	OCL	0:42:04	1:00:05	02:23:48	04:05:57
26	Jillian Heywood	Royton Road Runners	0:53:08	0:57:30	02:15:52	04:06:30
27	Trudy Horoszczyk		0:38:35	0:57:29	02:31:10	04:07:14
28	Sara Smith	OCL	0:44:43	1:03:08	02:20:31	04:08:22
29	Anne Jones	Royton Road Runners	0:42:35	1:02:41	02:28:20	04:13:36
30	Bernadette Ball	Royton Road Runners	0:44:33	1:03:26	02:28:09	04:16:08
31	Maria Craven		0:42:59	1:00:08	02:36:37	04:19:44
32	Tahra Amir	OCL	0:49:43	1:03:08	02:31:48	04:24:39
33	Angela Rogowskyj	Royton Road Runners	0:53:08	1:18:55	02:50:37	05:02:40