



February 2016

Index of Articles

A click on the index will take you to the relevant article, and at the end a click on [Return!](#) Will bring you back here!

Index of Articles

It's Your Newsletter	2
Editorial	2
The Web	2
Recent web postings	2
Summer Series: Terry Nortley 10 mile Race Report	2
Knype Pool 5 Trail Race	2
Random stat of the week	2
Summer Series: Sweatshop 10 Mile Road Race (Bispham) – selling fast	2
Summer Series 2016 – what you need to know	2
Pace Yourself	3
Richmond Old Deer Park Half Marathon 21 st February 2016	3
Quote of the Month	7
Athletes Corner	7
Race Reports	7
Course Du Soleil	7
Performances of the month	8
Injury Update	9

Spotlight on – Don Bullough	9
Recipe of the Month	12
Healthyish Flapjack	12
Races to Enter	13
Blast from the Past.....	13

It's Your Newsletter

[Editorial](#)

A tremendous conclusion to the Manchester Cross Country League in conditions more suited to growing rice at Wythenshawe Park. The Senior Ladies finishing sixth in Division 1 and staving off relegation was superb. The Lady Vets second in Division 1. The Senior Men a very creditable sixth in Division 1 with the Vets second in Division 1 by only one point. When you look at the quality, size and number of clubs making it harder year on year that is a very satisfactory winter. A reflection on Tony and his team yet again.

Simon Fenton

The Web

[Recent web postings](#)

[Summer Series: Terry Nortley 10 mile Race Report](#)

[Knype Pool 5 Trail Race](#)

[Random stat of the week](#)

[Summer Series: Sweatshop 10 Mile Road Race \(Bispham\) – selling fast](#)

[Summer Series 2016 – what you need to know](#)

[‘Return!’](#)

Pace Yourself

[Richmond Old Deer Park Half Marathon 21st February 2016](#)

The Challenge

The challenge was two- fold; to complete a team building event with work colleagues and to practise running at an agreed pace. Despite many years of advice from experienced run club members, the thought of ‘start steady and run the second half faster’ concept remained elusive to me.

The work colleague challenge

As part of a team build, my fellow directors at Pace Rehabilitation and I thought we’d run a half marathon. I am the only club runner and felt a degree of pressure. This pressure was made more exciting by my colleague Jamie, who runs with a prosthetic blade. He has been a below knee amputee some 20 years, and previously was a Paralympic sprinter. Now aged 42, this race was the kick start to his return to running. A few years ago, he ran Bath Half Marathon in 1 hour 48....

We chose Richmond Old Deer Park half marathon as two of my colleagues live near there (Jamie and Kat) and the other two, Toby and his daughter Emily, were going to be there for the weekend anyway



Jamie and I were there 90 minutes before the start, both a bit jittery. There was the usual long toilet queues, wrapped up cheery marshals and oddly, given a thunderous sky, an uncovered bag drop area. There was the usual enthusiastic motivating announcer too. Due to recent flooding of the park, he announced that the route had changed slightly to a more cross country affair. Jamie’s face dropped, not ideal conditions for blade running.

We met up with the others; Toby is the managing director and his daughter Emily is running Barcelona marathon in 3 weeks. At the last minute Kat pitched up, my physio counterpart in Bucks, who, aged 30, is more used to cycling and rock climbing than running.



Jamie headed to bag drop to put his run leg on and leave his everyday leg to the responsibility of the volunteers. I'm sure the sign said no valuables?

The announcer continued that we must start on time due to the approaching high tide of the Thames that would cut off our route! More pressure, to run ahead of the oncoming flood! The route change included a very narrow bridge to the towpath, so to thin out the 1100 competitors, we started on a convoluted trail around the grassy parkland. It was very cold, very windy and the going was soft and effortful for the first 1.5 miles, Jamie longed for terra firma!

Our goal was to stick together. I was assigned as pace maker! OMG, what a responsibility. Running to my watch is not something I'm good at. Once we'd queued over the bridge (we took a minute or so to get over the rickety wooden bridge in an orderly fashion, mental note to self...), we set off down the towpath. The tide has been high and the path was slippery. Jamie tried not to dwell on this fact! At mile 4 we hit mud, puddles and trail, much like running through Styal Woods. We were all wearing road shoes so grip was tricky. Obviously we couldn't complain, as every step with the blade had the potential of throwing Jamie off his feet. His quads were working overtime.

At mile 6, we were relieved to hit the pavement, bringing a smile to our faces. This was short lived as we were lapped by the winner! We applauded him and continued running as a pack, probably to the annoyance of the people behind trying to get past. We were feeling comfortable. At the next corner, at 7.5 miles, we were dismayed to turn back into the muddy and uneven 2 mile stretch again. This almost stopped Jamie in his tracks, this surface was churned up by the previous runners and became draining for him and his blade. By mile 9.5, we were starting to string out, comradeship was dwindling...

At this point we had been keeping 8.45 minute miles on the muddy bits and 8.30's on the harder surfaces. I had missed my 18 mile marathon training run the day before and felt that I should put some effort into the last 4 mile, to make up for the lack of distance. So, forgetting my team event, I set off for the finish. This is where the second challenge came in.... Could I pick up the minute mile pace?

South Richmond Ward Running

cah1304
South Richmond Ward Running
21/02/2016, 09:02
Like Comment

Lap	Time	Distance	Avg Pace
1	8:46.3	1.00 mi	8:46/mi
2	9:29.2	1.00 mi	9:29/mi
3	8:31.1	1.00 mi	8:31/mi
4	8:42.9	1.00 mi	8:43/mi
5	8:45.5	1.00 mi	8:46/mi
6	8:32.4	1.00 mi	8:32/mi
7	8:26.7	1.00 mi	8:27/mi
8	9:05.6	1.00 mi	9:06/mi
9	8:31.2	1.00 mi	8:31/mi
10	8:10.8	1.00 mi	8:11/mi
11	7:57.8	1.00 mi	7:58/mi
12	8:01.9	1.00 mi	8:02/mi
13	8:09.2	1.00 mi	8:09/mi
14	0:18.4	0.04 mi	7:40/mi
Total	1:51:29.0	13.04 mi	8:33/mi

Pace yourself - the negative split

I fell in behind a guy who was also picking up the pace. The last 4 miles were mostly path with the final 200 metres back on the soft grass of the parkland, uphill to the line.... Well, blow me down, all my run club colleagues were only right! A steady start, meant that I still had something left in the tank and was able to run for home. Given the terrain, I was really happy to finish in 1:51:23.

We all finished within 9 minutes of each other, to be rewarded with a generous array of goodies – chocolate biscuit, water, milk shake, crisps, banana and medal. A bag to put them in at this point wouldn't have gone a miss! We clutched our spoils and headed back to reclaim Jamie's other leg.



Results:

Pos	Chip time	Name	Gender	Age
1	1:10:41	Elliot Robinson	M	M40
30	1:24:48	Rose Penfold	F (1 st)	SW
464	1:51:23	Carolyn Hirons	F	W40
501	1:53:08	Kat Sizer	F	SW
569	1:55:59	Toby Carlsson	M	M50
613	1:57:40	Emily Carlsson	F	SW
690	2:00:49	Jamie Gillespie	M	M40

1115 finishers

Post race analysis

Jamie was happy to finish stump intact and not breaking the blade. He didn't need to stop to adjust the fit and hadn't fallen over. As he was in the last mile, two girls ran passed him saying 'blimey a man with one leg'! It spurred them on to finish ahead of him! I'll reflect on this in my future races, that actually we have very little to worry about during a race. Since this half marathon, Jamie has joined his local running club and entered his next (road) race. Inspired!

Overall, we were chuffed with our efforts, although perhaps less impressed with our ability to stay as a team! Well one challenge success out of two.....

A well deserved leisurely pub lunch in The White Cross aided our recovery..... with an unsurprising soggy ending!

Lessons learned

Pace Yourself!

And stay ahead of the tide!!



Carolyn

Quote of the Month.

"Running should be a lifelong activity. Approach it patiently and intelligently, and it will reward you for a long, long time."

-Michael Sargent

Nicky

['Return!'](#)

Athletes Corner

[Race Reports](#)

[Course Du Soleil](#)

Nice to Monaco Half Marathon 30th January 2016

Our man in St Tropez George (who used to be a member of WRC) suggested this race on the back of doing the St Tropez Classic. Having enjoyed the latter and spurred on by the thought of an escape from the grey January skies of Manchester Parick, Ian and myself, along with our groupie Ann, had a very enjoyable weekend on the Cote d'Azur.

The early start on Friday was worth it as we had two full days to please ourselves before the race. Signing up on Saturday morning was incredibly easy, the race centre was based in a sport's shop about 30 minutes walk from our hotel.

Ian had found us a hotel in the port a stone's throw from the start of the race. We had chip timing but only for the finish. Patrick got quite held up in the crowds in the first kilometer. I weaved my way through until it was the steep hill which dictated my pace rather than other runners.

The course was the most beautiful I have ever run, wending our way along the Cote d'Azur, passing Villefranche, Eze, Beaulieu and Cap D'Ail. The undulating course gave us fantastic views of the coast. There was quite a gruelling ascent to Cap D'Ail but then we were rewarded with a final descent into Monaco. The race used to finish at the stadium but now ends at the beach. La Course du Soleil lived up to its name, we enjoyed a blue sky and balmy temperatures .

Unfortunately Ian had a problem with a racing heart and so had to turn round after 5 k. The rest of us really enjoyed the race . We followed the coast, running on either coastal paths or the main road. The beautiful scenery took our minds off the pain of climbing the hills. I am usually on the look out for other women in my age category in a race. However due to the strange system in France this seemed to include any woman who overtook me or who was directly ahead of me! I wasn't too disappointed not to be on the podium as the trophy wouldn't have fitted in my hand luggage.

After a quick paddle in the sea we caught the bus back to Nice, appreciating the hills we had just run up.



For anyone who would like to do a half marathon without aiming for a PB in a beautiful location and spend the rest of the weekend sightseeing and eating and drinking wonderful food, this is the race for you! A l'annee prochaine!

1 st	William Struyven	1:13:38	
1 st L	Adriana Di Guisto	1:24:47	
350	Nicky Mowat	1:44:03	4 th V2F
404	Patrick Grannan	1:46:14	13 th V3
771	George Livesey	1:58:58	4 th V4

Nicky

[Performances of the month](#)

The Men's and Women's XC Teams for clinching second place overall.

Sharon Johnstone 1st Lady at Nick Beer 10K, 5th Lady at XC Wythly Park, 2nd Lady at Radcliffe. Good month for Sharon.

Peter Speak breaking course record at Wilmslow parkrun.

Andy Whittingham took 30 seconds off his 10K PB finishing 6th in the High Legh 10K (Marathon training paying off)

Damien Nicholls 2nd Stockport Trail Half Marathon

Rob Downs 3rd Stockport Trail Half Marathon.

['Return!'](#)

Injury Update

Gavin Mendham

I have been diagnosed with AF or atrial fibrillation, the electricals in the heart don't work well at times, and the heart tries to beat too fast to fulfil the oxygen need, it doesn't beat smoothly, result, jog or walk!! This pattern doesn't fit well with intense training or trying to keep up with other people running. The paradox is that training, competing and joining in with Wilmslow RC has been brilliant for me for nearly 30 years, but its very likely that this is the cause of AF! Future? Don't know, there is quite a lot of research and info on AF and endurance runners and cyclists! I'm getting out regularly "running" and some other stuff for fitness.

Good wishes to the runners at WRC.

Gavin

Rob Wilson.

After trying to build up steady mileage following his knee injury, Rob has now developed acute Piriformis Syndrome ("a very painful bum cheek") and is currently unable to do any sort of exercise - sated only by heavy duty painkillers until it settles.

Chris Grime.

Chris is still not able to walk pain free.

Simon

['Return!'](#)

Spotlight on – Don Bullough

Which books are by your bedside?

Not many, as I tend not to read in bed. I often work late evening so by the time I eventually climb into bed I'm ready to sleep. Fortunately, I'm out like a light and sleep well albeit maybe only for 5/6 hours most nights.

However, for my recent birthday, I was given a copy of *Mrs Chippy's Last Expedition* by Caroline Alexander - the remarkable journal of a polar-bound cat. Mrs Chippy, accompanied the ship's carpenter and recounts the voyage south on the Endurance with Shackleton from a rather unique perspective.

Although I haven't read it yet I do know that, whereas all the crew famously survived, this poor cat didn't. :(

Another book I have is *Eccentric Wealth* which uncovers the fascinating life of a wealthy Lancashire industrialist and his family, their ownership of the Island of Rum and the building of Kinloch Castle. The

island and the castle was eventually gifted to the then Nature Conservancy Council (now Scottish Natural Heritage) in 1957 - the year I was born! :(

What is your favourite car?

I've never been that interested in cars *per se* but have always enjoyed driving. With so much choice and so many models and options available nowadays it's difficult to pick a clear favourite. I thoroughly enjoyed test driving the Land Rover Evoque one time, so if I had to instantly choose one then I would be quite happy with one.

Looking back at the cars I have had it seems they have always been quite sporty. I didn't choose them specifically because they were sporty, more because they afforded a better driving experience and the companies I worked for were generous enough to allow me to have one. The powerful BMW Compact I have driven for years being the best, a real pleasure to drive. Unfortunately, although still in very good condition, for economic reasons I've recently had to pension this car off.

What has been the most difficult running injury to get over and how did you do it?

I've been lucky and never had a running-related injury. But, being diagnosed with the early onset of osteoarthritis in both knees 4-5 years ago was particularly hard to accept - payback for an injury free life !! Consequently, my form plummeted, so I don't bother about time, just being glad to take part and finish! To date, there is no cure, I just have to stay active and manage the condition. Roads whatever the distance are increasingly hard work, but fortunately I can still manage longer distance off-road which is fine as I've always preferred fell races.

What was your favourite race of last year and why?

Probably, Kinder Downfall, a classic 10-mile fell race. The weather was perfect and I ran well, considering. I try to run this race every year if I can. It's a great route around the edge of Kinder Scout, and very runnable!

If you could run any race in the world, which one and why?

Several, but alas no longer applicable.

Which famous person would you most like to have dinner with and why?

Hmmm, looking back at my previous Spotlight 7yrs ago, I selected someone who is now very much *persona non grata*, is banged up and won't be available anytime soon !! So moving swiftly on. There is no-one I can think of just off-hand, am quite happy with good friends.

Through skiing, I still see Patrick Winterton and Mike Dixon - six times an Olympic biathlete, and infamously BBC's "Hercules"- and considered by many as the ultimate athlete, certainly one of the most focused. Both now work as commentators for Eurosport on the Nordic skiing disciplines, both are still brilliant skiers, both very generous with their time - they work tirelessly in promoting Nordic skiing and encouraging youngsters. They have led very active lives and are the most down to earth guys you could

ever wish to meet, I never tire of their company. PS - Mike and I are still undefeated at table football - though to be honest we haven't played for a while.

What other sports do you enjoy, either spectating or actively?

I have walked and climbed extensively in the UK and abroad all my life, but these days I'm quite content with scrambling - this still makes for an interesting and satisfying way to the top of a mountain.

When I was younger I played badminton and table tennis to a reasonably high standard - I was county junior champion back in the day but my prized Victor Barna and Chester Barnes bats both perished long ago. While I still play competitive league badminton I gave up table tennis because of time - and being tall it's harder to keep the ball on the table! I persevere at tennis, but often try to execute the wrist shots I'm more use to playing.

My other main passion is skiing, particularly Nordic skiing and it's many facets. My dilemma every year is deciding what to do, for I enjoy ski racing, ski touring, and latterly more downhill skiing having learnt to telemark, and preferring to ski off-piste safely away from all the trouble!

Like everything, so much to do and enjoy but little time to indulge!

What is your signature dish?

I like nearly everything so am easily pleased. You can count on one hand what I don't like. Living on my own, no signature dish as such, but given an onion you can pretty well cook anything, especially combined with pasta. I'm not very adventurous when it comes to hot and spicy dishes, and while I quite like a mild curry, it doesn't always like me!

Where would you spend your dream holiday?

This remains largely unchanged from before, North America - USA and Canada. There's so much to see and do, no wonder the Americans are often regarded as being insular and don't travel much outside their own country - they don't need to !! So, any extended trips over the pond would suit me, summer or winter.

Likewise, Europe, particularly Scandinavia, and particularly Norway, is a favourite destination of mine - I've lost count of the number of times I have been. Australia and New Zealand are also high on the list.

What music do you listen to?

Music - the poetry of life. Life would be dull without music and my one regret is not being able to play an instrument competently. Have always wanted to play jazz piano in the style of Joe Sample or Lyle Mays. I have an eclectic taste - I know what I like. It may be only an odd track by a particular artist, but if you can tap your feet along to it, that helps.

However, my preferred listening nowadays is what I loosely call contemporary rhythm jazz. Jazz covers a myriad of musical genres which keeps it varied and interesting, be it jazz-rock, jazz-fusion, jazz-funk, blues-based jazz, even world music. I'm always discovering old and new artists alike. I re-discovered

Weather Report last year, having seen them in concert, circa 1980. I probably didn't fully appreciate what I was seeing at the time - the legendary iconic line-up, if you know who I'm talking about?

Who else? Keith Jarrett, with his European Quartet. Pat Metheny, prolific in output and performing, does very little wrong.

Over the years I have seen a lot of very talented musicians, many not well-known at all, and many of them still very young. My preference is to see them in small venues rather than in some vacuous arena.

Don Bullough

['Return!'](#)

Recipe of the Month

[Healthyish Flapjack](#)

(not so artery clogging as Al's cross country delicacy!)

Occasion: Snack time	
Serves: one numerous times or many once	Preparation: 20 minutes + cooking time
Ingredients	Method
Half cup of ground almond Half cup desiccated coconut 1 beaten egg Quarter cup of any kind of syrup or honey 1 cup chopped dates (or mixed dried fruit) 1 cup of any nuts (mixed chopped nuts or toasted almonds, pecans, walnuts) and pumpkin/ sunflower seeds 1 tsp cinnamon	<ol style="list-style-type: none">1. Line a small tin with baking paper2. Mix everything together in a bowl3. Bake in the oven until golden brown for about 25mins on 180 C
<i>Jan</i>	

['Return!'](#)

Races to Enter

The next race we need to enter (apart from Sunday's race at Cheadle) is Bispham 10 - 13th March.and then the Grand Prix race at Mow Cop on 17th April, followed by Mid Cheshire 5k (Grand Prix) on 28th April.

['Return!'](#)

Blast from the Past

I have nearly gone through all of Dave Read's years of race results and had got as far as the 1998 Birchwood 10K which was of special interest as it is the first result I have of Tom McGaff in a Wilmslow vest. He finished first V40 (behind the lady V40) 36th in 34 54 with Tony 3rd V50 93rd in 37 29. Peter Watson was 304th in 44 25 with Ian Ashcroft three places and 9 seconds behind – this is also the first record I have of Ian running for Wilmslow.

However, the next one up in Dave's records is the 1998 Chester Zoo 10K – which appears to be one of the first races sponsored by Running Bear. This is not a race I ever did though legend has it a thousand runners would converge onto a narrow track shortly after the gun causing some irritation. In the space of two months Tom had gone up to 27th in 34 18, Tony up to 68th in 36 21, Rod Coombs had started to show real improvement with 304th in 42 39 and another Wilmslow debutant Sally Gilliver 320th in 42 57. Ian Ashcroft had slowed a bit from Birchwood, 429th in 45 09. This was the next to the last race before injury curtailed Dave Read's racing, 1003rd in 70 04.

Simon Fenton.



CHESTER ZOO 10K - 25th OCTOBER 1998

RESULTS



Pos	No	Name	Age	Team	Time	Pos	No	Name	Age	Team	Time
1	856	Mike Girvan	M44	Warrington AC	00:31:42	74	64	Andrew Birch	M28	Oswestry Olympians	00:36:39
2	618	Adrian Bailey	M22	Bro Dysynni	00:31:54	75	228	Anthony Metcalfe	M44	South Liverpool	00:36:46
3	155	Graham Hill	M33	Stockport Harriers	00:32:10	76	408	Aled Hughes	M34	North Wales Police	00:36:46
4	401	John Wycherley	M41	Helsby RC	00:32:18	77	784	Allan Reddy	M32	Rivacre Runners	00:36:50
5	241	Maurice Collins	M35	Liverpool RC	00:32:22	78	788	B Morris	M36	St Helens Sutton	00:36:51
6	407	Edward Partridge	M36	Wrexham AC	00:32:40	79	902	Marcus Walker	M41	Helsby RC	00:36:56
7	1002	Andy Starkey	M37	West Cheshire AC	00:32:46	80	237	Les Fleetwood	M39	Rivacre Runners	00:36:57
8	1088	Peter Bate	M33	Vale Royal A C	00:32:52	81	129	Paul Davies	M33		00:37:00
9	901	Mark Hinson	M38	Helsby RC	00:32:53	82	1072	David Tinsley	M42	Wirral AC	00:37:01
10	289	Chris Henry	M41	Liverpool Pembroke	00:32:54	83	713	Sarah Jones	F23	Macclesfield Harr	00:37:02
11	1085	Paul Frodsham	M40	Helsby RC	00:33:03	84	767	I Cooper	M36	Rivacre Runners	00:37:04
12	632	John Kelly	M37	South Liverpool	00:33:17	85	1201	Mike Griffin	M50	Tattenhall Runners	00:37:05
13	1006	Dave Carrington	M43	Sale Harriers	00:33:25	86	261	Peter Gillespie	M35	Rechill R R	00:37:07
14	358	Paul Boileau	M35	Spectrum Strdrs	00:33:29	87	78	Terry Ryan	M40	Rivacre Runners	00:37:10
15	1107	Steven Rigby	M46	Liverpool Harriers	00:33:36	88	44	Steve McQuade	M33	Staffs Moorlands	00:37:10
16	260	David Norman	M38	Helsby RC	00:33:40	89	422	John Chambers	M41		00:37:11
17	357	Gary Bergin	M29	Spectrum Strdrs	00:33:45	90	872	G Stewart	M33		00:37:13
18	299	Des Gibbon	M30	Altrincham AC	00:33:49	91	601	Ian Carson	M47	Wrexham AC	00:37:13
19	388	John Fidler	M50	West Cheshire AC	00:33:58	92	168	Peter Dean	M35	Middleton	00:37:18
20	834	Arwel Lewis	M40	Eryl Harriers	00:34:00	93	927	Dave Smallcross	M54	Wirral AC	00:37:19
21	339	Phil Vesey	M36	Altrincham AC	00:34:02	94	153	Gary Friday	M26	Penny Lane Strds	00:37:22
22	486	Neil Ashcroft	M30	Spectrum Strdrs	00:34:05	95	525	Thomas Burke	M51	Penny Lane Strds	00:37:22
23	1148	Gary Norgrove	M31	Wrexham AC	00:34:06	96	1150	Michael Keenan	M51	Liverpool RC	00:37:24
24	996	Stephen Murphy	M41	Liverpool Pembroke	00:34:07	97	1185	Simon Wray	M18	Oswestry Olympians	00:37:32
25	621	John Peerless	M42	Wirral AC	00:34:15	98	894	Chris Copus	M44	Newtown AC	00:37:32
26	124	Peter Maher	M43	Vale Royal A C	00:34:17	99	149	D Pemberton	M34		00:37:33
27	1092	Tom McGaff	M43	Wilmslow RC	00:34:18	100	475	Niel Clark	M37	Ambleside A C	00:37:35
28	938	Ian Selvey	M45	Wrexham AC	00:34:22	101	121	Billy Merritt	M36	Liverpool RC	00:37:36
29	878	John Kettle	M22	Vale Royal A C	00:34:27	102	1138	Steve Perry	M43	L'caster & M/Combe	00:37:40
30	1087	Greg Callaghan	M36	Liverpool Pembroke	00:34:31	103	920	Belinda Brennan	F21	Sale Harriers	00:37:46
31	143	Anthony Idowu	M35		00:34:36	104	106	John Appleton	M46	St Helens Sutton	00:37:47
32	724	Allan Hodgson	M31	R A F Sealand	00:34:38	105	359	James Tomley	M24	RRC	00:37:48
33	1182	John Sweeney	M49	Stockport Harriers	00:34:39	106	884	Dave Thomas	M33	G P T Harriers	00:37:54
34	75	Mervyn Ward	M43	Spectrum Strdrs	00:34:40	107	708	Billy Brown	M43	Northern Vets	00:37:55
35	562	Paul White	M40	Wrexham AC	00:34:41	108	1102	Gary Murphy	M41	Helsby RC	00:37:55
36	640	Stephen Bellis	M43	Wrexham AC	00:34:42	109	437	Paul McGregor	M35	Penny Lane Strds	00:37:56
37	300	Mark Davies	M29	West Cheshire AC	00:34:44	110	284	David Douglas	M40	Spectrum Strdrs	00:37:58
38	450	Eric Gelsion	M50	South Liverpool	00:34:45	111	323	Mark Cottrill	M30		00:37:58
39	1043	Ian Monaghan	M27	Chesterfield AC	00:34:47	112	1137	Andrew Morris	M31	Shropshire Shuff	00:38:00
40	1080	Andrew Clague	M30	West Cheshire AC	00:34:48	113	319	Steve Dobson	M36	Helsby RC	00:38:01
41	741	Andrew O'Connor	M38	St Helens Sutton	00:35:01	114	328	Neil Lawson	M43	South West R R	00:38:01
42	1086	Roger Wood	M47	Helsby RC	00:35:04	115	394	Gordon Manson	M45	Oswestry Olympians	00:38:01
43	510	Derek Jones	M29	Oswestry Olympians	00:35:08	116	702	David Crawford	M42	West Cheshire AC	00:38:03
44	21	Richard Johnson	M36	Vale Royal A C	00:35:10	117	48	Melvyn Hughes	M46		00:38:05
45	1197	Stuart Ancock	M33	Liverpool Pembroke	00:35:11	118	1117	Andy Rimmer	M34	Liverpool Pembroke	00:38:05
46	903	Gary Munsey	M35	West Cheshire AC	00:35:16	119	910	Rosemary Connolly	F29		00:38:06
47	1071	Ian Tinsley	M17	Liverpool Harriers	00:35:16	120	723	Emma Davies	F35	Deeside AC	00:38:07
48	89	Andrew Brocklehurst	M33		00:35:26	121	565	Barry Acton	M35		00:38:08
49	705	Phil Quibell	M43	North Fylde	00:35:28	122	298	Mark Bennett	M29	Chester Tri	00:38:09
50	1154	Lee Page	M37	Denby & County	00:35:31	123	26	John Morris	M41	Veg Cycling AC	00:38:10
51	718	Richard Gray	M45	Mersey Tri	00:35:37	124	906	Tim Davies	M36	Deestridders	00:38:10
52	765	James Beesley	M54		00:35:40	125	212	Stephen Nicholls	M39	Oswestry Olympians	00:38:12
53	721	Mark Bleasdale	M38	Liverpool Pembroke	00:35:43	126	717	Peter Carney	M30		00:38:15
54	635	Kevin Jones	M40	Prestatyn RC	00:35:44	127	309	Stephen O'Neill	M46		00:38:15
55	1035	Roger Van Egmond	M33		00:35:46	128	1046	Patrick Crilly	M45		00:38:18
56	841	Anwel Hughes	M37	Eryl Harriers	00:35:51	129	325	Chris Morgan	M48	West Cheshire AC	00:38:19
57	39	Michael Stroud	M27	West Cheshire AC	00:35:55	130	308	Rachel Pleeth	F28	Macclesfield Harr	00:38:23
58	1044	Des Rhule	M30		00:35:57	131	804	Andy Jones	M32	Crewe & Nantwich	00:38:27
59	472	Denny Ryan	M38	Pensby R R	00:35:58	132	459	Ian McNeill	M40	Penny Lane Strds	00:38:31
60	1074	Graham MacNeil	M36	Helsby RC	00:36:01	133	400	Tom Lewis	M40	Bro Dysynni	00:38:32
61	568	Lynne Maddison	F31	Prestatyn RC	00:36:03	134	38	Julie Fletcher	F31	West Cheshire AC	00:38:40
62	130	Rory Pritchard	M45	Spectrum Strdrs	00:36:03	135	636	David Jones	M46	Denbigh Harriers	00:38:44
63	104	Nigel Evans	M43	Bro Dysynni	00:36:05	136	885	Mike Smithard	M49	Deeside Orienteer	00:38:48
64	369	Ian Robinson	M39	Wirral AC	00:36:08	137	67	Mike Hughes	M40	West Cheshire AC	00:38:49
65	714	John Kershaw	M49	Macclesfield Harr	00:36:16	138	1034	Tony Lee	M37	Rivacre Runners	00:38:52
66	904	Ken Begley	M35	West Cheshire AC	00:36:17	139	1165	Kevin Hardy	M38		00:38:54
67	888	Dave Bewley	M48		00:36:19	140	371	John Percival	M42	RRC	00:38:54
68	513	Tony Hulme	M51	Wilmslow RC	00:36:21	141	1010	Ian Pudge	M27	Spectrum Strdrs	00:38:59
69	742	James Walker	M50	Penny Lane Strds	00:36:24	142	496	Grahame Shore	M48	Abergele Harriers	00:38:59
70	817	Graham Earlam	M40	West Cheshire AC	00:36:31	143	1000	Julian Clarke	M30	Cheshire Racquets	00:39:00
71	1106	Robert Rowlands	M44	South Cheshire	00:36:32	144	191	Richard Batterham	M48	West Cheshire AC	00:39:03
72	984	James Yearsley	M38	Wilmslow RC	00:36:34	145	1162	Christopher Hatton	M47	Helsby RC	00:39:06
73	1048	John Durand	M38	Wallasey A C	00:36:37	146	1065	Gareth Evans-Hughes	M39	Wrexham AC	00:39:10

Pos	No	Name	Age	Team	Time	Pos	No	Name	Age	Team	Time
147	313	Steven Tuck	M36	Boalloy RC	00:39:12	225	350	Brian Middleton	M48	St Helens Striders	00:40:57
148	161	Keith Humphrey	M43		00:39:13	226	516	Steve Hughes	M35	Stockport Harriers	00:40:57
149	956	N Fowler	M35	Sunlight Runners	00:39:15	227	132	Lesley Greenlees	F41	Stockport Harriers	00:40:59
150	1113	J Morton	M30		00:39:16	228	962	Thomas Grierson	M29		00:41:02
151	159	Andy Heaton	M30	West Cheshire AC	00:39:17	229	342	Mark Pomfret	M38	Ambleside A C	00:41:03
152	974	Alan Bevan	M29	Hfaztrack Harriers	00:39:19	230	9	Wendy Boland	F25		00:41:04
153	1083	Alan Cooper	M49	Littlewood Leggers	00:39:20	231	1042	David Hodgson	M33	Birkenhead AC	00:41:07
154	471	David Barlow	M32		00:39:20	232	1186	Paul Webb	M42		00:41:09
155	433	Jamie Loxam	M21	Stockport Harriers	00:39:23	233	936	Denis Duret	M32		00:41:09
156	1163	Mike Garbutt	M41	Wallasey A C	00:39:24	234	1108	Frank McAllister	M46	St Helens Striders	00:41:10
157	479	Keith Morton	M38	T S B	00:39:26	235	333	Judy McBride	F34	Macclesfield Harr	00:41:12
158	1135	Katherine Harvey	F40	Altrincham AC	00:39:29	236	240	Keith Spencer	M25	Penny Lane Strds	00:41:14
159	150	Curt Anstey	M34	RRC	00:39:31	237	1170	Chris Harbron	M28	Wirral AC	00:41:16
160	232	Richard Brown	M26	Bourne AC	00:39:31	238	693	Vanessa Mulholland	F22	Altrincham AC	00:41:16
161	158	David Jackson	M36	Stockport Harriers	00:39:32	239	978	Leslie Abbott	M38	St Helens Striders	00:41:18
162	432	Nick Alsop	M35	Wirral AC	00:39:32	240	751	Steve Girling	M49	Pensby R R	00:41:19
163	117	Keith Waring	M46	Robertsons	00:39:33	241	189	Brian Glackin	M40	Telford Harriers	00:41:21
164	979	John Roberts	M47	Bro Dysynni	00:39:33	242	141	George Large	M52	Northern Vets	00:41:22
165	531	Graham Howell	M49	Liverpool Harriers	00:39:34	243	1019	Jonathon Reilly	M17		00:41:23
166	524	Pete Moore	M41	Denby Dale	00:39:35	244	1061	Ian Pickavance	M34		00:41:24
167	269	David Voller	M30	Merseyside Fire	00:39:36	245	795	David McArthur	M51	Cheshire Fire	00:41:26
168	1118	David Cox	M37	Rivacre Runners	00:39:36	246	796	Mark Tabor	M36	Cheshire Fire	00:41:26
169	570	W Cunningham	M48	Spectrum Strds	00:39:37	247	533	John Raftery	M46		00:41:31
170	336	Helen Davies	F31	Wrexham AC	00:39:39	248	529	Brian Hastings	M52	West Cheshire AC	00:41:32
171	83	Andy White	M35	West Cheshire AC	00:39:41	249	268	Ken Brabin	M47	Wirral AC	00:41:33
172	71	Jacqueline Thorn	F40	Vale Royal A C	00:39:44	250	213	Ralph Farthing	M34	RRC	00:41:34
173	254	Alan Jenkins	M37	Telford Harriers	00:39:46	251	354	Nicholas Don	M33		00:41:38
174	690	Mark Johns	M26	Liverpool RC	00:39:47	252	379	Chris Rhodes	M40	West Cheshire AC	00:41:38
175	201	Dave Beardsmore	M32	Rivacre Runners	00:39:47	253	368	Brian Beattie	M54	West Cheshire AC	00:41:44
176	719	Fred Roberts	M46	Pensby R R	00:39:47	254	754	Stephen Spall	M33		00:41:45
177	782	Damian Armstrong	M37	G P T Harriers	00:39:49	255	881	Linda Nicholls	F33		00:41:48
178	279	Peter Thompson	M38	Clayton Le Moors	00:39:51	256	488	Neil Ballard	M38		00:41:48
179	580	Stephen Sinnott	M42	Penny Lane Strds	00:39:53	257	983	Diane Lenders	F37	Wilmslow RC	00:41:50
180	952	S Hollis	M43	Newburgh	00:39:53	258	88	Dean Barret	M39		00:41:51
181	139	Jo Cawood	F34		00:39:54	259	511	Angus McGregor	M43	Wallasey A C	00:41:54
182	295	Mac McCoil	M53	Deestridders	00:39:54	260	561	Roy Jarone	M51	Eryl Harriers	00:41:55
183	421	Stephen Jeffery	M49	Abergele Harriers	00:39:57	261	898	Derrick Harris	M33		00:41:56
184	1066	Paul Andrew	M24		00:39:58	262	792	Paul Evans	M28		00:41:56
185	849	Peter Ryan	M35	L/caster & M/Combe	00:39:59	263	684	Brian Gaddas	M37		00:41:58
186	1158	Brian New	M35	Chester Tri	00:40:04	264	183	Bernard Farrell	M48	Manchester Harriers	00:42:00
187	438	Andrew Turner	M30		00:40:06	265	665	Les Hall	M47	Birkenhead AC	00:42:01
188	830	Stephen Price	M39	Liverpool RC	00:40:08	266	174	Kevin Brindle	M33		00:42:01
189	97	Alan Berry	M37		00:40:08	267	896	Michael Elson	M35		00:42:03
190	398	Richard Griffiths	M48	Bro Dysynni	00:40:11	268	1047	John Kennigan	M48		00:42:04
191	523	Mark Leather	M42		00:40:12	269	822	Robert Green	M45	Warrington R R	00:42:06
192	123	Alan Maddock	M36	Vale Royal A C	00:40:15	270	98	Colin Evans	M45	Bro Dysynni	00:42:07
193	628	Steven Tidswell	M40	Buckley Runners	00:40:17	271	1202	Chris Miles	M40	Altrincham AC	00:42:09
194	436	Alan Lambert	M50	Manchester Harriers	00:40:19	272	1142	Peter Roberts	M56	Wrexham Tri	00:42:09
195	551	Jonathon Brown	M19		00:40:20	273	652	Brendan Allen	M39		00:42:10
196	645	Clifford Hughes	M44	Wrexham AC	00:40:24	274	264	Neil Morrison	M40	Newtown AC	00:42:11
197	1134	Nell Goldsmith	M47	Altrincham AC	00:40:24	275	131	Brian Tuohy	M37	Spectrum Strds	00:42:11
198	1155	Paul Doherty	M31		00:40:25	276	1115	Ian Ware	M30	West Cheshire AC	00:42:12
199	18	Tim Stock	M36	Macclesfield Harr	00:40:26	277	248	Gillian Foote	F34	Kidderminster	00:42:12
200	614	Mark Threadgold	M31		00:40:26	278	134	John Carson	M39		00:42:14
201	3	Peter Davis	M45	Wrexham AC	00:40:26	279	852	Mark Connah	M37	Buckley Runners	00:42:15
202	743	Andrew Griffiths	M24		00:40:27	280	170	Terry Powell	M47	Vale Royal A C	00:42:15
203	242	Debbie Myerclough	F35	Cheshire Oaks Harr	00:40:27	281	221	Allan Lees	M35		00:42:16
204	431	Clive Donovan	M36		00:40:28	282	973	Kevin Doogan	M38		00:42:16
205	669	David Miller	M40	Liverpool Harriers	00:40:28	283	831	David Drury	M26	Picton Sport & RC	00:42:17
206	327	Colin Whitaker	M31		00:40:30	284	1199	Douglas King	M45		00:42:18
207	761	W Pownall	M38		00:40:30	285	924	Stephen Cragg	M48	Manchester Harriers	00:42:18
208	1095	P Simpson	M44		00:40:32	286	839	Peter Almond	M39	Liverpool RC	00:42:19
209	549	Martin Greene	M41	Liverpool RC	00:40:33	287	35	John Gordon	M31	S M A C	00:42:20
210	1153	Neil Cliffe	M38	Warrington R R	00:40:34	288	655	Stuart Maddocks	M33		00:42:20
211	447	J McGaw	M30		00:40:35	289	803	S Ryabov	M41	Vale Royal A C	00:42:21
212	805	S Gwilliam	M47	Warrington R R	00:40:36	290	1100	Michael Palmer	M33	Manchester Tri	00:42:21
213	980	Warren Mason	M33	Manchester YMCA	00:40:36	291	1096	Sandra Owen	F50	Tattenhall Runners	00:42:22
214	703	Larry Crawley	M50	Warrington R R	00:40:39	292	1200	S Holbrook	M61	Penny Lane Strds	00:42:29
215	456	Graham Stevens	M35		00:40:42	293	87	Mark Barret	M41		00:42:31
216	469	Dave Whitley	M40	Bro Dysynni	00:40:44	294	960	Christopher Calne	M33		00:42:32
217	811	Ian McWha	M52	Ford Halewood	00:40:46	295	676	Anthony Lear	M35	Macclesfield Harr	00:42:32
218	1132	Louise Cooper	F23	Rosendale Harriers	00:40:49	296	976	Lawrie Woodley	M62	Tattenhall Runners	00:42:33
219	587	Alistair Couper	M47	Spectrum Strds	00:40:50	297	975	Helen Woodley	F24	Tattenhall Runners	00:42:33
220	256	Robert Fallows	M31		00:40:51	298	233	Kevin Bensley	M26		00:42:34
221	893	Philip Aldag	M49	Pensby R R	00:40:55	299	1062	Sharon Caille	F25	Macclesfield Harr	00:42:34
222	1067	Alan Taylor	M45	Abergele Harriers	00:40:56	300	109	Bill Willis	M48	Matlock AC	00:42:35
223	1020	R Biath	M29		00:40:56	301	943	David Brierley	M40	West Cheshire AC	00:42:36
224	445	Howard Winzar	M49	West Cheshire AC	00:40:57	302	944	Jan Moffat	F43	West Cheshire AC	00:42:37

Pos	No	Name	Age	Team	Time	Pos	No	Name	Age	Team	Time
303	629	Steve Suanders	M34	Birkenhead AC	00:42:37	381	1012	Craig Moore	M30	Ford Halewood	00:44:14
304	341	Rod Coombs	M48	Wilmslow	00:42:39	382	818	Lloyd Ithell	M43	Village Runners	00:44:15
305	520	Peter Knight	M24		00:42:39	383	555	Moiz Alibhai	M23		00:44:16
306	725	Graham Fells	M29	R A F Sealand	00:42:40	384	806	Janet Taylor	F38	West Cheshire AC	00:44:17
307	582	Norman Ellis	M40	Warrington R R	00:42:41	385	1124	D Owens	M30		00:44:17
308	778	Mark Royle	M34		00:42:43	386	1052	Jill Hallard	F51	Colwyn Bay AC	00:44:18
309	316	Peter Smith	M43	Hart R R	00:42:44	387	80	Colin Earp	M51	NSRRA	00:44:19
310	468	Jill Jackson	F33	Warrington R R	00:42:46	388	1112	Claire Durston	F23	Liverpool RC	00:44:19
311	90	Karl Ankers	M30		00:42:47	389	348	Andrew Harris	M36		00:44:20
312	386	Jon Endeacott	M31	Chester Tri	00:42:48	390	288	Christine Cutner	F43	Southport Waterloo	00:44:20
313	1196	Phil Blundell	M45	West Cheshire AC	00:42:49	391	179	R Johnson	M35		00:44:22
314	953	Mark Spencer	M33	Liverpool RC	00:42:50	392	443	David Harvey	M42		00:44:25
315	1009	Geoff Wilson	M50	Spectrum Strdrs	00:42:52	393	620	Angela McLoughlin	F46	Birkenhead AC	00:44:27
316	102	Thomas Greenlough	M45	Darwin Dashers	00:42:52	394	148	Guy Jack	M30		00:44:33
317	182	M Goodridge	M34		00:42:55	395	657	Keith Jackson	M32		00:44:34
318	79	Kevin Miner	M29		00:42:56	396	1078	Steven Ho	M42	South Liverpool	00:44:35
319	444	C Walley	M58	Tattenhall Runners	00:42:58	397	335	Ross Winkelstein	M36		00:44:35
320	19	Sally Gilliver	F37	Wilmslow	00:42:57	398	322	Susan Bennett	F49	Wirral AC	00:44:36
321	512	Judith Witterick	F51	Shropshire Shuff	00:42:57	399	4	Debra McCann	F31	Stockport Harriers	00:44:37
322	916	Richard Haggatt	M30		00:42:58	400	646	Ainsley Beck	M48	Quay Runners	00:44:37
323	466	Mahmoud Bendjelloul	M43		00:43:04	401	639	Chris Bliton	M24		00:44:38
324	225	David Brunton	M38		00:43:05	402	659	Steve Pemberton	M43	Penny Lane Strds	00:44:39
325	373	Dr Keith Peek	M39	Chester Tri	00:43:11	403	578	Brennig Evans	M56		00:44:40
326	563	Steven Holt	M26		00:43:12	404	69	Peter Comes	M35	Vale Royal A C	00:44:40
327	837	Chris Wynne	M47	Liverpool RC	00:43:13	405	65	Jonathan Griffiths	M28		00:44:41
328	638	Angela Abbott	F25		00:43:14	406	753	Brian Evans	M59	Eryri Harriers	00:44:41
329	630	Frank Rushton	M36	Village Runners	00:43:14	407	1179	Graham Fairbrother	M46		00:44:41
330	748	Christine Owen	F42	Vale Royal A C	00:43:17	408	1036	Mike Hough	M34	Fire Service SAA	00:44:42
331	833	Walter Hannigan	M39		00:43:20	409	613	Robert Brown	M32		00:44:42
332	199	Phillip Dale	M35	NSRRA	00:43:20	410	545	Alison Ward	F43		00:44:45
333	958	David Bradshaw	M49	St Helens Sutton	00:43:21	411	534	Charles Stanway	M40	Penny Lane Strds	00:44:47
334	402	Jane Nicolls	F39	Oswestry Olympians	00:43:22	412	346	Phillip Ellis	M41		00:44:49
335	163	J Bradshaw	M50		00:43:23	413	312	F Toop	M44		00:44:50
336	460	Neil Middlehurst	M32	East Cheshire	00:43:26	414	41	Nicolas Foot	M33	Rivacre Runners	00:44:51
337	1008	Frances McLaughlin	F34	Penny Lane Strds	00:43:27	415	1171	David Beard	M45	Shropshire Shuff	00:44:55
338	631	Michelle Kelly	F39	South Liverpool	00:43:28	416	930	D Prescott Jnr	M33		00:44:56
339	731	Judith Dyer	F32	Penny Lane Strds	00:43:30	417	1120	S O'Brien	M30		00:44:57
340	685	Linda Worrall	F42	West Cheshire AC	00:43:30	418	712	Kevin Marshall	M35	Manchester Harrs	00:44:57
341	682	Steve Gould	M38		00:43:31	419	389	John Taylor	M51		00:44:58
342	840	Paul Hannigan	M42	G P T Harriers	00:43:31	420	485	Tetsuhiko Kuwahara	M45		00:44:59
343	332	Steve McBride	M41	Macclesfield Harr	00:43:32	421	647	Robert Mason	M41	Quay Runners	00:45:01
344	739	Barrie Jackson	M59	Bro Dysynni	00:43:34	422	484	John Day	M49	Rugeley & Dist	00:45:01
345	959	Tony Coyle	M48		00:43:35	423	370	Glenn Williams	M31		00:45:01
346	1069	Claire Edwards	F26	Village Runners	00:43:35	424	167	Andrew Miner	M35		00:45:05
347	60	Robert Lockwood	M62	RRC	00:43:37	425	535	Carolyn Salzano	F36	Lychet Manor	00:45:05
348	1022	John Crompton	M40		00:43:37	426	1147	Philip Allman	M25		00:45:06
349	1110	Michael Withers	M38	Liverpool RC	00:43:38	427	277	Fred Mottram	M66	Pensby R R	00:45:07
350	859	Joe Park	M61	Cheshire Tally-Ho	00:43:39	428	1131	Lynne Johns	F33	Wigan Phoenix	00:45:07
351	291	A Fairbrother	M37	Penny Lane Strds	00:43:40	429	666	Ian Ashcroft	M52	Wilmslow AC	00:45:09
352	82	Royston Parks	M35		00:43:41	430	162	A Bradshaw	M23		00:45:09
353	314	Barbara Datien	F45	Oswestry Olympians	00:43:43	431	1125	D Owens	M30		00:45:13
354	391	Neil Dainty	M47	Wilmslow AC	00:43:44	432	766	John McCourt	M47		00:45:15
355	779	Wayne Royle	M29		00:43:45	433	526	Gerry Wood	M42	Northern Vets	00:45:15
356	649	Malcolm Parry	M57		00:43:45	434	103	Bernice Greenlough	F42	Darwin Dashers	00:45:16
357	672	Paul Wilson	M37		00:43:46	435	1121	A Spink	M30		00:45:16
358	43	Thomas O'Donoghue	M35	Wimbledon W'miller	00:43:47	436	886	Mike Lamb	M57	West Cheshire AC	00:45:16
359	1189	David Hoiden	M38	Mersey Tri	00:43:50	437	306	David Redpath	M48	Spectrum Strdrs	00:45:17
360	909	Joseph Connolly	M31		00:43:55	438	1031	Ian Weaver	M34		00:45:19
361	599	Brian Chambers	M51		00:43:56	439	1030	Vanessa Griffiths	F33		00:45:19
362	1005	Adrian Neeves	M50		00:43:56	440	642	Eric Powell	M29		00:45:19
363	66	Jayne Hughes	F34	Rivacre Runners	00:43:58	441	986	Martin Smiddy	M45		00:45:20
364	126	Stuart Birch	M56	Rivacre Runners	00:43:59	442	1007	Trevor Wilkinson	M34		00:45:20
365	231	Tom Evans	M63	Telford Harriers	00:43:59	443	203	Philip Don	M36		00:45:21
366	250	Lois Chapman	F38	Newtown AC	00:44:00	444	634	Christine Jones	F37	Prestatyn RC	00:45:21
367	517	Robert Mackey	M50	Buckley Runners	00:44:01	445	882	John Waite	M44	Livingwell	00:45:22
368	707	Helen Sayers	F33	West Cheshire AC	00:44:02	446	940	Tim Wane	M43	One-2-One	00:45:22
369	111	David Chan	M45		00:44:02	447	1098	Craig Whiteley	M19		00:45:23
370	708	Richard Williams	M24		00:44:03	448	243	Peirre Grace	M39		00:45:24
371	683	Paul Roche	M39		00:44:04	449	146	John Merivale	M41		00:45:26
372	575	Alex Radway	M30		00:44:04	450	1122	Avril Merrick	F48		00:45:27
373	353	Kan Chennells	M38		00:44:05	451	701	B Griffiths	M44	Rivacre Runners	00:45:28
374	722	David Hewitson	M35		00:44:06	452	258	Steve Wilson	M36	West Cheshire AC	00:45:30
375	615	John Carlin	M46		00:44:06	453	666	Glenda Davies	F37	Bro Dysynni	00:45:31
376	118	Vivienne Wolfendele	F29	Robertsons	00:44:09	454	51	Peter Santo	M34	RRC	00:45:31
377	380	Michael Norris	M35	Deestridders	00:44:10	455	598	Jerry Williams	M46	Birkenhead AC	00:45:32
378	13	John Williams	M46		00:44:11	456	160	Brian Vigrass	M64	S M A C	00:45:33
379	602	Stuart Plunkett	M38		00:44:12	457	1037	Gwyn Jones	M61	Wrexham AC	00:45:33
380	249	Graham Howst	M34		00:44:13	458	514	Julian Mahy	M43		00:45:33

Pos	No	Name	Age	Team	Time	Pos	No	Name	Age	Team	Time
459	310	Stuart Jones	M36		00:45:34	537	1116	Gary Billington	M33		00:47:10
460	815	Peter Chee	M55	Pensby R R	00:45:34	538	760	David Edmondson	M42	Cheshire Oaks Harr	00:47:12
461	928	K Evans	M30		00:45:35	539	991	Colin Vose	M35		00:47:13
462	651	S Nichols	M35	West Cheshire AC	00:45:37	540	185	John Houghton	M39		00:47:14
463	275	Paul Osborne	M35		00:45:37	541	135	T Stockton	M39		00:47:16
464	452	Hamsin Hadziabdic	M29	Birkenhead AC	00:45:39	542	415	David Butler	M36	Warrington R R	00:47:17
465	315	Arnie Wray	M48	Oswestry Olympians	00:45:40	543	957	Cecelia Fitzsimon	F50	St Helens Sutton	00:47:18
466	981	Angela Leonard	F36	Manchester YMCA	00:45:42	544	1141	James Ash	M55	Skem Boundary Harr	00:47:18
467	583	Alexis Dinsmor	M49	Stockport Harriers	00:45:45	545	1	Susan Coltman	F39	Littlewood Leggers	00:47:19
468	227	Alex Thomas	M51	Spectrum Strdrs	00:45:53	546	239	Paul Barrett	M31		00:47:20
469	320	Liz Dobson	F34	Helsby RC	00:45:53	547	419	Ray Noble	M30		00:47:20
470	265	Anthony Armstrong	M37		00:45:54	548	1090	Anna Lupton	F30		00:47:21
471	360	Robert Harding	M47	Telford Harriers	00:45:56	549	1040	Lynda Roberts	F54	Pensby R R	00:47:22
472	736	Neil Jones	M43		00:45:57	550	883	Errol Ruddork	M34		00:47:22
473	362	Melanie Woodhouse	F24		00:45:57	551	1159	Mike Norden	M37		00:47:24
474	791	T Abbott	M30		00:45:58	552	154	Sam Hardman	M51	Macclesfield Harr	00:47:24
475	762	L Pownall	M32		00:45:59	553	825	Lesley Arrowsmith	F41	Tattenhall Runners	00:47:26
476	664	Sue Greene	F39		00:46:00	554	961	Ken Smart	M60	Wilmslow RC	00:47:27
477	745	Graham Lloyd	M32		00:46:00	555	870	C Devoy	M27	Birkenhead AC	00:47:28
478	863	Joseph Plotrowski	M47		00:46:01	556	92	Lorna Pewtrell	F34		00:47:29
479	589	Alan Spaven	M35		00:46:03	557	463	Clive Weedall	M44		00:47:29
480	57	Anthony Joyce	M35		00:46:04	558	206	Peter Brady	M50		00:47:33
481	133	Shaun Griffiths	M31		00:46:05	559	750	Henry Campbell	M54		00:47:34
482	752	Samantha Brown	F30	Oswestry Olympians	00:46:05	560	929	D Prescott Snr	M64		00:47:35
483	584	Victor Gulliver	M53	Prestatyn RC	00:46:06	561	144	Peter Williams	M37		00:47:37
484	12	Geoff Shaw	M45	Helsby RC	00:46:09	562	349	A Cooper	M25		00:47:38
485	193	Patrick Cousins	M39	Liverpool RC	00:46:09	563	478	Kathleen Preston	F50	Shropshire Shuff	00:47:40
486	420	John Rimmer	M47		00:46:09	564	337	Steve Finnigan	M39		00:47:40
487	965	John Crossland	M53		00:46:10	565	663	John Harris	M38	Fitness First	00:47:40
488	1038	Sian Mead	F36	Matlock AC	00:46:11	566	59	Terence Johnson	M34	Vale Royal A C	00:47:41
489	867	Paul Wadsworth	M38	Y Club	00:46:13	567	1032	John Champion	M31		00:47:42
490	344	D Armstrong	M37	Penny Lane Strds	00:46:19	568	1180	Neil Underwood	M38		00:47:43
491	800	David Wild	M33	Stockport Harriers	00:46:19	569	504	Ian Morris	M52	Manchester Harrs	00:47:44
492	607	Clive Peters	M42		00:46:20	570	140	John Hemmings	M38		00:47:46
493	1024	Simon Hunt	M33		00:46:21	571	1041	John Badger	M46		00:47:47
494	858	Robert Prys-Owen	M47		00:46:21	572	1187	John Clare	M51	St Helens Sutton	00:47:48
495	1139	Christine Perry	F43	L/caster & M/Combe	00:46:21	573	989	Julia Winterton	F35		00:47:49
496	1103	Rick Aspey	M37		00:46:25	574	27	Sarah Hayward	F36	Shropshire Shuff	00:47:49
497	491	Charles Larsson	M31	P M A C	00:46:26	575	829	Graham Blakeley	M58	Shropshire Shuff	00:47:53
498	255	Richard Fallows	M34		00:46:26	576	1123	D Owens	M30		00:47:53
499	53	Samantha Thomas	F25	Stockport Harriers	00:46:27	577	807	A Howley	M47	Wrexham Tri	00:47:55
500	5	Phillip McCann	M43	Stockport Harriers	00:46:28	578	211	David Edge	M27		00:47:56
501	625	Jeanie Cliff	F53	Widnes Wasps	00:46:28	579	585	Neil Rogers	M38		00:47:57
502	619	Mark Riley	M28		00:46:29	580	1126	Geoff McAdam	M45		00:47:57
503	138	David Howard	M36	Liverpool RC	00:46:29	581	875	P Reeve	M30		00:48:00
504	572	Paul Adams	M35		00:46:29	582	794	Pete Earty	M25		00:48:00
505	473	Paul Holsgrove	M37	RRC	00:46:30	583	537	Trevor Mosedale	M37		00:48:01
506	493	Paul Galligher	M37	Risits	00:46:31	584	46	Ian Kay	M42	Blackburn Harriers	00:48:01
507	274	M Astle	M35	British Tri	00:46:33	585	515	Philip Weedon	M32	Village Runners	00:48:01
508	1195	Jeremy Davies	M29	K C R R	00:46:34	586	58	Jeremy Coughlan	M32		00:48:02
509	552	Alan Old	M41	Chester Tri	00:46:35	587	270	Caroline Hemming	F32	Spectrum Strdrs	00:48:04
510	985	Michael Bradley	M43	Spectrum Strdrs	00:46:36	588	169	Ivan Nunn	M35		00:48:06
511	1111	Susan Withers	F38	Liverpool RC	00:46:37	589	823	Roger Pickles	M45		00:48:10
512	500	Robert Baker	M27		00:46:40	590	343	Rob Huntback	M34		00:48:10
513	8	Susan Rivers	F27		00:46:43	591	687	Simon Reeve	M41		00:48:11
514	474	Chris Pye	M42		00:46:43	592	968	Tony Breeze	M49		00:48:12
515	1164	Mike Bielby	M25		00:46:44	593	972	Brian Jones	M56		00:48:12
516	801	Tony Brady	M51	Manchester Harrs	00:46:45	594	171	Jo Fellows	F28	Health Track Harr	00:48:13
517	550	Peter Brown	M58		00:46:47	595	365	Peter Hilton	M34	Sedgley Harriers	00:48:13
518	1053	H Harrison	M45	Bro Dysynni	00:46:48	596	700	Michael Hartshorn	M17	Rivacre Runners	00:48:13
519	814	John Cropper	M31		00:46:50	597	470	Ken McCartney	M63	Wallasey A C	00:48:13
520	567	Meirion Roberts	M51	Denbigh Harriers	00:46:53	598	1055	Brenda Jones	F57	Bro Dysynni	00:48:14
521	1114	Dan Weaver	M39	Cheshire Racquets	00:46:56	599	47	Carole Kay	F45	Blackburn Harriers	00:48:15
522	37	Graham Sutton	M42		00:46:57	600	115	Michael Horton	M51	Boalloy RC	00:48:17
523	808	Eric Rathbone	M56	Middleton Harriers	00:46:58	601	198	David Jones	M45	Manchester Harrs	00:48:19
524	772	Roger Elson	M52		00:47:00	602	1119	John Prebble	M37		00:48:20
525	404	Ken Richards	M52	Wrekin R R	00:47:05	603	1028	Michael Inger	M35	Sunlight Runners	00:48:21
526	845	Emyr Williams	M36		00:47:05	604	461	Jean Hudson	F39	West Cheshire AC	00:48:22
527	219	Matthew Shallcross	M16	Wirral AC	00:47:05	605	54	Dylan Williams	M32		00:48:23
528	165	Tom McCormack	M45	Manchester Harrs	00:47:06	606	797	James Smith	M46		00:48:24
529	214	Brian Busby	M46		00:47:07	607	317	Sheila Smith	F41	Hart R R	00:48:24
530	680	John O'Neil	M39		00:47:08	608	1033	Rolf Westrum	M44	Wallasey A C	00:48:27
531	406	Dave Lindsay	M49		00:47:08	609	1184	Lawrie Brown	M51	Birkenhead AC	00:48:27
532	116	Max Knowles	M40	Red Rose RR	00:47:09	610	848	Jayne Ryan	F35		00:48:29
533	945	David Nixon	M45		00:47:09	611	378	Steve Evans	M39		00:48:30
534	392	Steve Jones	M41	Oswestry Olympians	00:47:09	612	744	John Ansell	M34		00:48:31
535	609	Andy McLean	M29	Royal Navy	00:47:10	613	606	Kenneth Williams	M48		00:48:32
536	409	Peter Finnegan	M30		00:47:10	614	68	Phil Armit	M46		00:48:32

Pos	No	Name	Age	Team	Time	Pos	No	Name	Age	Team	Time
615	592	Stephen Davies	M27	Cheshire Oaks RC	00:48:34	693	799	Graham Allen	M37	Rugeley & Dist	00:50:20
616	591	Lisa Davies	F27	Cheshire Oaks RC	00:48:34	694	900	Lynda Murphy	F44	Village Runners	00:50:21
617	1025	J Telford	M30		00:48:34	695	735	Stephen Tyler	M46	Village Runners	00:50:23
618	226	Phillip Murray	M51	Denby Dale	00:48:36	696	1045	Marc Dean	M37		00:50:24
619	838	Denis Parkinson	M34		00:48:37	697	1177	Patricia Vernazza	F51		00:50:25
620	727	Glen Hamilton	M28	R A F Sealand	00:48:37	698	480	Roy Burden	M64	Newcastle A C	00:50:26
621	1060	Justine Reston	F29	Cheshire Oaks Harr	00:48:38	699	1127	W McDonnell	M43		00:50:26
622	1059	Stuart Reston	M31	Cheshire Oaks Harr	00:48:39	700	661	Brendan Prescott	M28		00:50:28
623	774	T Jones	M51		00:48:40	701	643	Louise Powell	F29		00:50:29
624	430	Keith Baddeley	M50		00:48:40	702	542	Paul Ashmore	M39		00:50:31
625	375	Steve Comde	M37		00:48:41	703	1151	G Pugh	M41	John Moores Univ	00:50:31
626	374	Ian Watkins	M42		00:48:42	704	923	Michael Cachart	M45		00:50:39
627	77	Keith Turner	M38		00:48:42	705	1081	Lesley Clague	F58	Tattenhall Runners	00:50:46
628	1146	T Keenan	M45	Merseyside Fire	00:48:42	706	895	Paul Barnes	M39		00:50:50
629	425	Peter Quayle	M35	Penny Lane Strds	00:48:43	707	868	Nikki Pooke	F28		00:50:51
630	1168	Graham James	M47	Fitness First	00:48:44	708	941	Alan Walker	M52	One-2-One	00:50:57
631	993	Kieran Daly	M42		00:48:44	709	773	David Maddocks	M43		00:50:57
632	695	Jay Threfall	M42		00:48:45	710	128	Paul Henshall	M41		00:51:00
633	1026	John Lamprell	M53		00:48:46	711	462	Peter Rose	M32		00:51:02
634	1175	Mal Ferguson	M30		00:48:47	712	971	Tony Roberts	M40		00:51:05
635	63	Kevin Jolley	M38	Reebok Racing	00:48:48	713	854	Emma Molyneux	F16	Train Station	00:51:09
636	597	Chris Carson	F43	Penny Lane Strds	00:48:48	714	410	Graham Sutherland	M39		00:51:09
637	355	Andy Nicholls	M41		00:48:49	715	1011	Linda Moore	F36	Widnes Wasps	00:51:16
638	246	David Parry	M48	Buckley Runners	00:48:51	716	964	Judith Jones	F37		00:51:16
639	272	Michael Neil	M30	R M R Club	00:48:54	717	363	John Ford	M37		00:51:20
640	677	Paul Barber	M35		00:48:55	718	1183	Graham Boyd	M30		00:51:20
641	653	Jeremy Brown	M16		00:48:57	719	1049	David Grimes	M35		00:51:22
642	528	Allison Talbot	F31	Oswestry Olympians	00:48:57	720	999	Colin Wood	M18		00:51:23
643	302	Lisa Ellis	F32		00:48:58	721	828	Margaret Blakeley	F56	Shropshire Shuff	00:51:23
644	925	Patrick Adamson	M35		00:48:58	722	296	Richard Bennett	M51	Deestridders	00:51:23
645	205	Bill Kelly	M44	North West Water	00:49:00	723	539	Helen Jewell	F23		00:51:29
646	393	Steven Cavanagh	M42		00:49:00	724	204	Ted Maden	M62	Penny Lane Strds	00:51:31
647	711	Sue Cavanagh	F36	West Cheshire AC	00:49:02	725	14	Barbara Williams	F42		00:51:35
648	138	Miriam Porter	F34		00:49:02	726	810	Valerie McWha	F55	Widnes Wasps	00:51:35
649	998	Shaun Lee	M24	Southport Waterloo	00:49:03	727	200	Linda Callis	F39		00:51:40
650	997	Kevin Spofforth	M29	Southport Waterloo	00:49:04	728	918	H Ablett	M53		00:51:42
651	869	Dave Nibbs	M50	Birkenhead AC	00:49:05	729	627	Darren Fisher	M35		00:51:45
652	307	Ruth Redpath	F22	Spectrum Strdrs	00:49:06	730	244	Brian Scholes	M35		00:51:48
653	668	S Johnston	M34		00:49:06	731	1091	Laurence Graham	M55		00:51:49
654	50	Ian Foster	M32		00:49:07	732	658	Margaret Frackleton	F42	St Helens Sutton	00:51:50
655	55	Anthony Lyons	M42	Helsby AC	00:49:10	733	932	Trevor Pruden	M50	Liverpool RC	00:51:54
656	440	Liz Thornton	F38	Liverpool RC	00:49:10	734	832	Eddy Atkinson	M59		00:51:55
657	948	Jane Walsh	F31	Sunlight Runners	00:49:11	735	42	Margaret Astle	F45		00:51:56
658	81	Gael Earp	F36	South Cheshire	00:49:12	736	933	Stanley Taylor	M51	G P T Harriers	00:52:00
659	417	John Morak-Best	M45		00:49:14	737	1174	Iain Harper	M38		00:52:02
660	107	Pam Appleton	F45	St Helens Sutton	00:49:15	738	755	John Gannon	M36		00:52:02
661	196	Dave Hamilton	M41		00:49:18	739	673	Barry Sutcliffe	M58		00:52:04
662	623	Tim Riding	M34		00:49:18	740	771	Ian Robinson	M39		00:52:06
663	366	Caroline Orrels	F41	Newton AC	00:49:21	741	209	Jackie Knight	F52		00:52:11
664	698	Robert Beech	M37		00:49:24	742	234	Kate Forrest	F33		00:52:12
665	145	Sheila Fogg	F40	Darwin Dashers	00:49:24	743	173	Vickie Brindle	F29		00:52:13
666	262	Harry Furr	M60		00:49:26	744	178	David Foster	M36		00:52:13
667	915	John Dickens	M33		00:49:26	745	223	Mary Radford	F52	West Cheshire AC	00:52:15
668	1082	Derek Clague	M58	Tattenhall Runners	00:49:27	746	218	Rachel Shallcross	F23	Wirral AC	00:52:16
669	934	Cliff Wilkinson	M67	North Wales RR	00:49:30	747	387	Maureen Crosby	F46	Wirral AC	00:52:17
670	305	Janet Redpath	F47	Spectrum Strdrs	00:49:32	748	716	Johanna Clements	F28		00:52:17
671	30	Sam Carr	M43		00:49:34	749	992	William Weir	M38		00:52:18
672	29	James Buckley	M50		00:49:35	750	418	Maria Wright	F44	Wirral AC	00:52:18
673	7	Helen Rivers	F24		00:49:35	751	899	James Murphy	M47	Village Runners	00:52:22
674	326	Janet Morgan	F47	West Cheshire AC	00:49:40	752	715	Arif Khan	M31		00:52:25
675	1054	Jane Binyon	F39		00:49:41	753	156	Nigel Deeks	M26		00:52:26
676	816	Jenifer Chee	F51	Pensby R R	00:49:45	754	405	Malcolm Poulson	M44	Penny Lane Strds	00:52:30
677	610	Brian Leigh	M51		00:49:46	755	650	John McCarthy	M34		00:52:31
678	608	J Wildman	M53		00:49:46	756	709	Iain Oglesby	M25	Village Runners	00:52:33
679	1188	Malcolm Worrall	M52	RRC	00:49:47	757	441	Graham Jones	M64	Wrexham AC	00:52:34
680	1079	Ann Scott	F35	Oswestry Olympians	00:49:48	758	1029	P Watson	M45		00:52:35
681	1058	Brian Lawlor	M45		00:49:52	759	91	Andy Pewtrell	M35		00:52:36
682	451	Dave Machin	M54	Birkenhead AC	00:49:53	760	675	Wendy Johnson	F41		00:52:37
683	125	Maggie Davenport	F50	Vale Royal A C	00:49:53	761	564	Noel Cheseldine	M28	Village Runners	00:52:41
684	467	Clare Lovatt	F20	Rugeley & Dist	00:49:54	762	835	Jean Walker	F45	Tattenhall Runners	00:52:48
685	844	Mark Ewing	M30		00:49:56	763	280	Karl Spalding	M28		00:52:48
686	594	P Cutts	M44		00:49:57	764	259	J Littler	M57		00:52:50
687	152	Lee Pritchard	M25	Ellesmere Tri	00:50:08	765	536	Ian Bingham	M37		00:52:51
688	483	Alan O'Connor	M42		00:50:10	766	522	Ivor Johnstone	M31		00:52:54
689	395	Joyce Manson	F44	Oswestry Olympians	00:50:14	767	1169	Caroline Frank	F34	Chester Tri	00:53:00
690	434	Paul Dearden	M38		00:50:17	768	166	David Alexander	M46		00:53:01
691	157	R Hartley	M51	Manchester Harrs	00:50:18	769	1021	Mike Stevens	M45	Bro Dysynni	00:53:03
692	877	Malcolm Towler	M57		00:50:19	770	216	Mary Clyne	F38		00:53:04

Pos	No	Name	Age	Team	Time	Pos	No	Name	Age	Team	Time
771	73	Ann Ingram	F49		00:53:05	849	503	Stewart Conway	M33		00:55:48
772	297	Brian Haslam	M42	Chester Tri	00:53:05	850	509	Leslie Creswell	M50	Wednesfield J/gers	00:55:49
773	747	Helen Greene	F18	Penny Lane Strds	00:53:14	851	911	Elizabeth Loughrey	F68	Penny Lane Strds	00:55:51
774	247	Sheila Jones	F58	Prestatyn RC	00:53:16	852	662	Philippa Curry	F33	Fitness First	00:55:52
775	1027	Kirk Ashcroft	M42		00:53:21	853	1023	Nigel Hawkins	M42		00:56:02
776	541	Sheila Roberts	F81	Shropshire Shuff	00:53:22	854	730	R Jones	M45		00:56:02
777	963	Peter Nelson	M50		00:53:22	855	70	Tracy Cornes	F33	Vale Royal A C	00:56:03
778	697	David Rapinett	M31		00:53:22	856	245	Caroline Fletcher	F52	Shropshire Shuff	00:56:04
779	507	Joy Haszeldine	F35		00:53:23	857	1157	Allison New	F33		00:56:06
780	612	Stephen Bayley	M34	Birkenhead AC	00:53:24	858	372	Edlth Jones	F45	Bro Dysynni	00:56:22
781	1160	Sally Napthen	F36	West Cheshire AC	00:53:24	859	1014	Debra Mudge	F30		00:56:23
782	1097	Paul Hallmark	M37		00:53:25	860	546	Janet Eccleston	F30		00:56:23
783	857	Jane Marsden	F42		00:53:25	861	547	Christine Casey	F30		00:56:24
784	286	Sheila Marshall	F53	Southport Waterloo	00:53:25	862	210	Gareth Thomas	M41		00:56:33
785	679	Elizabeth Davies	F54		00:53:26	863	586	Pat Couper	F41	Spectrum Strdrs	00:56:36
786	856	Malcolm James	M49	Merseyside Police	00:53:26	864	757	Bryan Griffiths	M34		00:56:38
787	855	Carol Molyneux	F36	Train Station	00:53:27	865	617	Michael Maher	M38		00:56:42
788	878	Alan White	M51	Gateacre RR	00:53:33	866	282	Alison Turnbull	F30		00:56:46
789	521	Ffestyng Williams	M53		00:53:37	867	1016	Anne Lunney	F21		00:56:47
790	842	John Rowlands	M50	Telford Harriers	00:53:38	868	783	Nick Coombes	M28		00:56:54
791	418	Chris Fell	M30		00:53:39	869	749	Jean Davies	F38	Llandudno	00:56:59
792	278	Colin Hayward	M38		00:53:39	870	922	Jack Walkey	M41		00:57:01
793	937	Kenneth Barney	M52		00:53:40	871	292	Frank Newsome	M48		00:57:03
794	671	Margaret Delaney	F48	Birkenhead AC	00:53:48	872	605	Janet Holmes	F44	St Helens Sutton	00:57:06
795	879	Owen Mayne	M38	Gateacre RR	00:53:49	873	954	Tony Haskins	M50		00:57:07
796	1015	Tina Porter	F22		00:53:52	874	10	Angela Boland	F28		00:57:07
797	530	Simon Smith	M29		00:53:53	875	1105	Jacqui Burrows	F25		00:57:09
798	851	Elizabeth McKernan	F33		00:53:55	876	1104	Fred Kent	M29		00:57:10
799	871	Alison Fitzgibbon	F41		00:53:55	877	1064	Ann Burrows	F46		00:57:12
800	56	Elizabeth Davies	F28	Penny Lane Strds	00:53:55	878	304	Sue Drew	F37	Pensby R R	00:57:15
801	449	Richard Dodd	M38		00:53:56	879	399	Ann Lewis	F40	Bro Dysynni	00:57:20
802	891	Phillip Sadler	M23		00:54:04	880	86	Viv Gillanders	F37		00:57:22
803	22	Barbara Plested	F43	Village Runners	00:54:08	881	347	Helen Ellis	F34		00:57:23
804	889	Joy Landry	F37	Liverpool RC	00:54:13	882	560	Carol Walton	F35		00:57:23
805	604	Tony McGee	M45		00:54:16	883	559	Julle Bradley	F35		00:57:24
806	1152	Paul Holme	M42		00:54:16	884	202	Joan Armstrong	F37		00:57:26
807	847	Rhys Taylor	M19		00:54:29	885	85	Carole Myddleton	F41		00:57:26
808	411	Jenny Sewell	F26		00:54:32	886	224	Jane Banks	F43		00:57:28
809	122	Janet Williams	F34		00:54:36	887	458	R Tunnah	M35		00:57:35
810	970	Sara Lawrence	F26		00:54:38	888	76	Julie Rose	F33		00:57:35
811	377	Lisa Johnson	F30		00:54:41	889	276	Beryl Mottram	F62	Pensby R R	00:57:38
812	626	Ian Roe	M31		00:54:41	890	251	Catherine Daintree	F27	Penny Lane Strds	00:57:38
813	692	Alan Brown	M38		00:54:45	891	361	Jean Southworth	F43		00:57:42
814	1094	Albert Greenall	M60	Northern Vets	00:54:47	892	622	Barbara Shaw	F26		00:57:42
815	777	Hannah West	F18		00:54:50	893	590	R Thomas	M26		00:57:42
816	759	Monica Brown	F56	Penny Lane Strds	00:54:50	894	917	Larry Goodfellow	M36	NSRRA	00:57:46
817	776	Brian Carratt	M47		00:54:52	895	729	Amanda Perrin	F22	Rugeley & Dist	00:57:49
818	603	Sue Robins	F34		00:54:57	896	728	David Taylor	M29	Rugeley & Dist	00:57:49
819	330	Wendy Wallchope	F37	Shropshire Shuff	00:54:59	897	768	T Cooper	F31	Rivacre Runners	00:57:52
820	448	Sally Dodd	F31		00:54:59	898	793	Helen Hinton	F23		00:57:52
821	499	Roger Lyon	M43	Penny Lane Strds	00:55:02	899	1136	L Pryce	F49		00:57:57
822	696	Rob Threlfall	M53		00:55:03	900	648	Jan Parry	F54		00:58:09
823	888	Jo Robinson	F27		00:55:04	901	446	Sally Fisher	F37		00:58:13
824	495	Chris Sansbury	F27		00:55:05	902	120	Jenny Jones	F37	Shropshire Shuff	00:58:13
825	720	Jane Parker	F26		00:55:06	903	1063	Dawn Parton	F33		00:58:16
826	988	Michael Beech	M51		00:55:08	904	2	June Leadill	F50	Cheshire Oaks RC	00:58:18
827	457	Melanie Stevens	F31		00:55:14	905	557	Anne Marrivan	F41	Stockport Harriers	00:58:21
828	403	Michael Hampton	M59	Wrekin R R	00:55:18	906	556	Claire Wilson	F23		00:58:21
829	897	Alan Davies	M54	St Helens Sutton	00:55:19	907	775	Peter Maddocks	M49		00:58:35
830	691	Catherine McCleary	F30	Village Runners	00:55:20	908	45	Helen Manning	F29	Cheshire Racquets	00:58:37
831	1172	Annie Blayney	F36	Shropshire Shuff	00:55:20	909	1173	Karen Skeaping	F23		00:58:38
832	329	Morag Alton	F32	Shropshire Shuff	00:55:20	910	931	Ann Pruden	F44	Liverpool RC	00:58:38
833	381	Helen Mitchell	F31	Deeside AC	00:55:21	911	1161	Paul Watson	M54	Merseyside Fire	00:58:41
834	1149	N Caldwell	M40		00:55:21	912	1099	David Sant	M57		00:58:42
835	119	Adrian Hughes	M29		00:55:22	913	508	Richard Haszeldine	M40		00:58:44
836	890	Kathleen Osborne	F50		00:55:27	914	1084	Marion Carr	F41	Spectrum Strdrs	00:58:52
837	294	Nik Cooper	M23		00:55:28	915	787	Caroline Kenyon	F39		00:58:56
838	293	Kate Horsley	F23	Widnes Wasps	00:55:28	916	454	Blair Grant	M40		00:58:59
839	734	Bruna Kell	F42	Village Runners	00:55:28	917	101	Tony Ward	M41		00:59:19
840	800	Ken Major	M55	Northern Vets	00:55:33	918	28	Philip Tomalin	M39	Cheshire Constab	00:59:35
841	1039	E Simpson	F51	Village Runners	00:55:33	919	428	Judith Baker	F48	Village Runners	00:59:39
842	506	Elwyn Jones	M41	Buckley Runners	00:55:37	920	428	Joanne Woods	F30		00:59:46
843	427	Sean Lowe	M35	Village Runners	00:55:37	921	836	R Waring	M43		00:59:48
844	733	John Newbury	M61	Liverpool RC	00:55:39	922	558	Janet Jackson	F41		00:59:51
845	187	Peter Howell	M38		00:55:44	923	786	Kevin Thomas	M29		00:59:52
846	1068	Gillian Bedson	F37		00:55:45	924	644	Jane Ellis	F32		00:59:53
847	939	Eddie Bedson	M45	Merseyside Fire	00:55:45	925	756	Jeremy Davies	M36		00:59:53
848	435	T Dundon	F27		00:55:47	926	738	Wayne Ellis	M33		00:59:53

Pos	No	Name	Age	Team	Time	Pos	No	Name	Age	Team	Time
927	151	Jeanette Fox	F34		00:59:59	1005	866	John Kane	M41		01:11:13
928	637	Kenneth Baker	M57	Aldridge R C	01:00:03	1006	862	Margaret Gannon	F55		01:11:19
929	812	Christine Newbury	F29	Liverpool RC	01:00:03	1007	263	Tammy Morrison	F38	Newtown AC	01:14:35
930	423	Mike Singleton	M28		01:00:06	1008	861	Maira Leffler	F46		01:14:35
931	127	Sian Henshall	F40		01:00:08	1009	995	Debbie Weir	F25	Hearts AC	01:15:22
932	61	Alison Watts	F35		01:00:11	1010	190	Christine Hardman	F50	Red Rose RR	01:16:54
933	62	Lesley Woods	F39		01:00:11	1011	33	Frances Walsh	F25		01:17:20
934	84	Janine White	F33	West Cheshire AC	01:00:20	1012	96	Paula Livesey	F22		01:18:10
935	192	Samantha Turner	F31		01:00:20	1013	95	Justin Daubney	M23		01:18:10
936	40	Lynne Partington	F33		01:00:35	1014	482	Christopher Sweeney	M49		01:18:14
937	926	Gill Power	F28		01:00:43						
938	596	Winn Spencer	F43	Liverpool RC	01:00:51						
939	595	Peter Spencer	M45		01:00:51						
940	345	Janette Yeo	F31		01:00:54						
941	194	Michael Cushion	M46	Penny Lane Strds	01:00:55						
942	195	Rosamond Cushion	F44	Penny Lane Strds	01:00:57						
943	197	Ruth Hamilton	F42		01:00:57						
944	442	Irene Harvey	F39		01:01:15						
945	819	Lesley Ithell	F39	Village Runners	01:01:28						
946	429	Helen Blake	F54		01:01:36						
947	383	Anthony Murray	M66	Rockingham A C	01:01:41						
948	1178	Bill Verazza	M51		01:01:42						
949	566	Lindsay Clayton	F36		01:01:43						
950	222	S Lawton	F46		01:01:47						
951	967	Matthew Loftus	M23		01:02:12						
952	914	Brian Storey	M48		01:02:14						
953	172	Christopher Morley	M39		01:02:17						
954	1075	Pauline Jones	F53		01:02:22						
955	1193	Clare Kelly	F34		01:02:25						
956	1192	Eileen Nilblock	F29		01:02:25						
957	230	Mary Evans	F54	Telford Harriers	01:02:30						
958	574	Peter Ollerenshaw	M50		01:02:39						
959	1167	Aileen Williams	F47	Fitness First	01:02:40						
960	220	Carolyn Lees	F34		01:02:41						
961	351	Bev Cummings	F31		01:02:48						
962	1073	Ann Stringer	F48	Helsby RC	01:02:49						
963	32	R Walsh	M25		01:03:03						
964	376	Sara Hudson	F28		01:03:04						
965	969	Susan Breeze	F50		01:03:16						
966	290	George Kerr	M69		01:03:23						
967	397	Eirlys Griffiths	F46	Bro Dysynni	01:03:35						
968	477	Sue Bourne	F46	Shropshire Shuff	01:03:37						
969	947	Alan Duke	M51	Penny Lane Strds	01:03:49						
970	966	Ann Crossland	F45		01:03:49						
971	946	Ray Tant	M41	Penny Lane Strds	01:03:50						
972	538	Muriel Guiral	F28		01:03:58						
973	334	Marcus Jones	M35	Bath A C	01:04:04						
974	188	Wendy Foulkes	F61	Shropshire Shuff	01:04:08						
975	919	P Ablett	F44		01:04:13						
976	396	Helen Williams	F49	Bro Dysynni	01:04:14						
977	15	Emma Williams	F16		01:04:21						
978	16	Scott Devine	M18		01:04:21						
979	476	Bryan Tong	M37	Shropshire Shuff	01:04:24						
980	912	Linda Mitchell	F43	Village Runners	01:04:32						
981	913	Janice Monty	F42	Village Runners	01:04:39						
982	907	Valerie Bryne	F55	Rivacre Runners	01:04:42						
983	908	Irene Fidler	F47		01:04:43						
984	874	Margaret Sutcliffe	F51		01:04:50						
985	137	Dot Jacques	F38	Liverpool RC	01:04:51						
986	824	Grace Pickles	F41		01:05:13						
987	781	Allan Sherborne	M52		01:05:27						
988	865	Lisa Allen	F25		01:05:27						
989	164	Patricia Speed	F41	Liverpool RC	01:05:48						
990	935	Diane Duret	F27		01:06:12						
991	25	G Walsh	M0		01:06:32						
992	498	H Lawton	M59		01:06:40						
993	764	Kathleen Groves	F48		01:06:46						
994	763	Kelvyn Groves	M59		01:06:46						
995	827	Jean Hughes	F38		01:07:09						
996	826	Trevor Baxendale	M48		01:07:09						
997	453	Clare Elkins	F36		01:07:11						
998	949	Janet Downer	F35		01:07:39						
999	950	Sue Carr	F32		01:07:39						
1000	105	Sheila Symonds	F65	Bro Dysynni	01:08:28						
1001	505	Anita Fitzsimons	F46		01:08:47						
1002	367	C Hodgkiss	F43		01:10:01						
1003	710	Dave Read	M57	Wilmslow RC	01:10:04						
1004	798	P Kavanagh	F66		01:11:13						

Individual Results Summary

1	656 Mike	Girvan	M44 Warrington AC	0:31:42
2	618 Adrian	Bailey	M22 Bro Dysynni	0:31:54
3	155 Graham	Hill	M33 Stockport Harriers	0:32:10
4	401 John	Wycherley	M41 Helsby RC	0:32:18
5	241 Maurice	Collins	M35 Liverpool RC	0:32:22
6	407 Edward	Partridge	M36 Wrexham AC	0:32:40
7	1002 Andy	Starkey	M37 West Cheshire AC	0:32:46
8	1088 Peter	Bate	M33 Vale Royal A C	0:32:52
9	901 Mark	Hinson	M38 Helsby RC	0:32:53
10	289 Chris	Henry	M41 Liverpool Pembroke	0:32:54

Ladies Results Summary

1	568 Lynne	Maddison	F31 Prestatyn RC	0:36:03
2	713 Sarah	Jones	F23 Macclesfield Harr	0:37:02
3	920 Belinda	Brennan	F21 Sale Harriers	0:37:46
4	910 Rosemary	Connolly	F29	0:38:06
5	723 Emma	Davies	F35 Deeside AC	0:38:07

Individual Prize Results

Male Vet 40-44

1	656 Mike	Girvan	M44 Warrington AC	0:31:42
2	401 John	Wycherley	M41 Helsby RC	0:32:18

Male Vet 45-49

1	1107 Steven	Rigby	M46 Liverpool Harriers	0:33:36
2	938 Ian	Selvey	M45 Wrexham AC	0:34:22

Male Vet 50-59

1	388 John	Fidler	M50 West Cheshire AC	0:33:58
---	----------	--------	----------------------	---------

Male Vet 60-99

1	1200 S	Holbrook	M61 Penny Lane Strds	0:42:29
---	--------	----------	----------------------	---------

Female Vet 35-39

1	723 Emma	Davies	F35 Deeside AC	0:38:07
---	----------	--------	----------------	---------

Female Vet 40-49

1	1135 Katherine	Harvey	F40 Altrincham AC	0:39:29
---	----------------	--------	-------------------	---------

Female Vet 50-59

1	1096 Sandra	Owen	F50 Tattenhall Runners	0:42:22
---	-------------	------	------------------------	---------

Female Vet 60-99

1	541 Sheila	Roberts	F61 Shropshire Shuff	0:53:22
---	------------	---------	----------------------	---------