



Month Year

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It's Your Newsletter

[Editorial.](#)

Rather than list here the achievements of the club this month, just turn to the Performances of the Month section. For a club with so few members it is an incredible set of performances.

The news that Damian took Natalie off to Dubai so he could successfully propose will allow mothers in Macclesfield and beyond to sleep sounder in their beds in future.

Simon,

Nicky, Tom.

The Web

[Recent web postings](#)

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Quote of the Month.

"Keep varying the program. Your body will tell you what to do."

- [Joan Benoit Samuelson](#)

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Athletes Corner

[Race Reports](#)

[Hatters Half](#)

This race is one of the few that I've done lately that satisfies my rule that race time should exceed travel time. Within 15 minutes of leaving the house I was collecting my number inside the iconic Edgeley Park stadium. I'd told Damian about the race the day before and now here he was, entering on the day rather than facing the long drive over to Llyn Brenig (a good decision as that race had actually taken place the day before). I also bumped into Elspeth and Gareth who was looking forward to his usual "just a steady run today".

We lined up for the start on the road outside in nice sunny, cool conditions and set off quickly through the park. Too quickly for the marshals perhaps. Fortunately we'd recce'd the next 800m otherwise I think that the

whole field would have missed the first right turn. The main road crossings were well organised and soon we were joining the Mersey path near the Co-op Pyramid.

The route took us along the tow path to Didsbury then over the river for a loop around Northenden before a return to Stockport on the same trail. The trail surface varied from tarmac to bumpy grass with muddy puddles. Damian and I ran together for the first 3 or 4 miles or short distance behind a guy in long socks and a cap. He had all the gear but surely he couldn't prevail over Wilmslow Group 1-ish? But then again he was gradually leaving us behind. Damian decided that enough was enough and surged past him. I followed but was unable to keep up with Damian's effort. It later turned out that long-socked cap man was a triathlete who was on day 2 of a 10 days of 10k races challenge.

Damian got further ahead but I could usually see him as we ran around the curves of the Mersey and across the bridge near Fletcher Moss Park. After a short loop we were back on the river heading home. There was a nice section where runners were streaming down both sides of the river and shouting support across the water. The bumpy grass of the river bank seemed harder now and the going was sometimes slow as we dodged around walkers and runners still on the outward section.

I was prepared for the stiff climb back up into Stockport but got no closer to Damian who has clearly benefitted from our long Sunday hill runs. The finish in the park was well supported and finished off a very friendly event. The multi-terrain course was quite testing over 13 miles and this would make an interesting summer series race.



Betws 1: GB Trials Race

I was in Betws-y-coed with my daughters for the trials races to be held over the world championship course. Ellen was hoping to gain selection for the England U20 team. Juliet was probably already selected for the England U17 team but looking for a good result to seal her place. The senior team trials was entry on the day so "why not?". I entered.

I imagined that as it was an open race over the world championship course there would be a few runners joining in from local clubs. By the time I'd warmed up and joined the worryingly small crowd on the start line it was clear that this was not the case. I shuffled towards the back row with the half dozen other runners who weren't sporting national kit. But they looked pretty handy too. To my left Martin Cox, to my right Lloyd Taggart both legends of fell running. Martin: "Hmmm stacked field". Lloyd: "This isn't a good idea". Me: "Well I was just here and ..".

Within 200m we were off the road and climbing an unfeasibly steep forest track. I was securely last but I reasoned it had been a fast start and I settled into the grinding climb. The gradient increased as we left the track for a zig zag footpath leading us over rocks and roots up, up, up through the trees. I was on my own as I finally reached the summit plateau. Turning by the lake I could see runners ahead of me and focused on catching them. Except I wasn't running fast enough. As we started the descent they were again out of sight. Descent meant all the way back down to the town. And this was only the first lap. The leaders were already skipping past on their way back up the hill. There was a turnaround loop that enabled my support team to see me twice and offer encouragement. Ellen (laughing): "Go dad! You're last!".

I manned up and faced the hill again. Second lap suffering. I reeled in one runner going up and two more on the way down. I was flying as I hit the turn. Me: "Ha! Not last anymore. I've overtaken three". Ellen: "But they've all dropped out. Go dad! You're last!".

I was experiencing the pain that Trevor suffers in the cross country.

Right then, final time up the mountain. C'mon! I dug in and gradually worked my way past two Irish vests. The descent took me safely clear and I finished 43rd out of 45.

Betws 2: World Masters Mountain Running Championships

I was looking forward to the return to the Betws hill and a chance to race against my own category. After the trials race I realised I needed a level playing field.

There was literally a level playing field for the start / finish straight with flags and gantries. The park was full of runners of all nationalities and despite the drizzle there was real excitement as Simon Bailey led out the V35s for the first race of the day.

Mike arrived and Tony. We were all sporting our new GB Masters vests, feeling part of a great occasion and enjoying the atmosphere.

Having seen the start list I was expecting a strong M50 field from the UK together with the unknown element of the visiting internationals. The course climbed the same hill that I'd faced in the trials but by a more scenic

route. The rain continued and the trees dripped like a rainforest. At the top suddenly the sun came out as we enjoyed a nice undulating circuit of the lake. The terrain was slippery, tricky in places but this was to my advantage as I clawed past runners representing GB, Spain and Ireland.

As we started the descent Bashir Hussain was shouting at me "two more places and you're top 10". I quickly caught an American who was struggling on the slippery grass. By the bottom I was also finding it hard going over partially hidden loose rocks. Then we turned back up the mountain by a steep, slippery, series of zig zags. I got another couple of places but lost the US guy who bounded out ahead. I tried to give it everything on the final descent and by the road was level with my US friend. He glanced across before sprinting powerfully away from me in the finish straight. I later learned that he'd won various US masters titles and was known for his training regime that involved only doing long runs with a maximum 9 minute mile pace. So how on earth could he climb and sprint like that?

I was only 9th M50 but had managed to beat a couple of the GB M50 runners who had placed ahead of me in last year's XC Home International. As we larked about for the photos and the warm down it felt really good to have been part of such an international festival of running.

Tony was next up and I cheered him off from the start.





[Betws 3: World Mountain Running Championships](#)

Another weekend and once more the long road to Betws. This time I was just a spectator as my daughters ran in the Home International and we stayed on to watch the senior World Championships. There were some great performances particularly from the Ugandan, Italian and GB teams. The sun was shining up on the mountain and it was incredibly exciting as the athletes zipped past us.





Rob

Performances of the Month: SEPTEMBER

And in Pete's case possibly the year.

Sutton 10k

Peter Watson 1st MV75 and Club record .

Llyn Brenig Trail Race

Jim Pendrill 1st

Sharon Johnstone 1st Lady

World Masters Mountain Race

Rob Downs 9th V50

Tony Hulme 12th V65

Mike Hill 27th V45

Andy Watts **1st** Open short course (Saturday)

North of England Road Relay Team

Damien Nicholls

Paul Hawkins

Andrew Whittingham

Jon Cheshire

Nick Jackson

Jim Pendrill

Sutton 10k

Sharon Johnstone 1st VF40

Janine Ellis 1st VF45

Mick Fairs 1st VM65

Nicky Mowat 1st VF55

Angie McCarthy 1st VF50

Pete Watson 1st VM 75

Sharon Jones, coming back from injury with a great time in the Macc Half Marathon . 3rd FV45 .

Christian Hook, 27th Sept, River Loch Ness Monster 10K PB 41.05 . 103 out of a field of well over 2000 runners.

Chris Cannon

Form Guide

The form guide averages* your performances at those recent races in which 20 or more of us have run. To be included you need to have completed at least three of Sutton, Llyn Brenig, Pie & Peas, Bollington, Buxton, Wizard, Roaches, Ellesmere Port, Passing Clouds, Bowdon, Lyme Park and South Manchester/Congleton.

If you have run three of these races and are not included, or your feel your position does not gel with where you finished in these races, then please let me know and I will check the numbers.

113	Rob Downs		138	Ian Smallwood		154	Angela McCarthy
114	Barry Archbold		140	Andy Watts		155	Christopher Grime
116	Andrew Whittingham			Gareth Trimble			Ian Ashcroft
	Jim Pendrill			Tony Hulme		156	Alan Turner
119	Tom McGaff		143	Geoff Gilbert			Gavin Mendham
120	Diane McVey			Sally Gilliver		158	Sharon Jones
	Mike Hill		144	Zoe Eyre		159	Rachel Peers
123	Allan McCormick		145	Bernard McCarron		163	Sue Strang
124	Sharon Johnstone			Nicky Mowat		164	Catriona Marshall
125	Graham Screawn		147	Huma Rahman		165	Carolyn Hirons
128	Matt Taylor			Patrick Grannan			Nina Birch
129	Jarrold Homer		148	Jonathan Harper		166	Simon Fenton
	Steve Bunker			Sally Price		167	Leanne Byrne
130	Richard Lawson			Kate Sutton		168	Julie Lucas
	Aron Myers		149	Andrew Dodd			Janet Wyles
132	Mick Fairs		150	Jamie Smith		173	Sarah Miles
133	Paul Norris		151	Chris Cannon		180	Elsbeth Gibson
134	Louisa Harrison			John Porteous		181	Don Bullough
	Diane Bygrave			Gail Hill		185	Trevor Faulkner
135	Tim Billington		152	James Gowin		186	Belinda Carp
	Janine Ellis			Clare Hawkes			

* I have used the median rather than the mean so one, or even two, disasters do not disproportionately affect your score.

What does your score mean? For example Zoe with a score of 144, would take 72 minutes to complete a race that Diane, with a score of 120, would complete in an hour.

Ian

['Return!'](#)

Injury Update

Trevor Morris.

After months out following a back operation, one park run and one Tuesday night session, Trevor continued the spate of recent bicycle mishaps. Bad luck has certainly followed him about as a car pulled out of a side road and knocked him off his bike shattering his kneecap in too many places to operate. He is now in a brace and can't bend his knee for a month and facing his second long recovery.

Diane McVey.

Di professes that while she misses the sexist, non p c comments of group 1 and bullying Damian, it is nothing to how much she is missing her running. She admits she trained on too long with an I T band injury so she is now seeing a physio and has an appointment set up with a specialist in a few week's time. Competing is out for a while but she will be cheering on "her lovely ladies" at the cross country next week.

Pete Speake

Pete has been suffering from low back pain since the Wizard 5 and has recently had a scan that demonstrated a stress fracture of his Sacrum. He has recently been able to restart cycling and hopefully be able to commence running again the next month.

Simon

['Return!'](#)

Spotlight – On Matt Taylor

Which books are by your bedside?

A pile of running mags, medical journals and a few autobiographies. I am struggling to read much at the moment as absolutely shattered by the time I fall into bed.

Tragically I was an Only Twin – The Complete Peter Cook

Strange Places, Questionable People – John Simpson

What is your favourite car?

1938 Talbot-Lago T150. Stunning looking car.

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

I've not had any serious running injuries to date. Although Ive had plenty of footballing injuries prior to my running days. Torn ankle ligaments and dislocated shoulders to name a few. Got over them by having surgery and physio.

What was your favourite race of last year and why?

Cloud 9. Hilly and under 10 miles suits me fine.

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

The Two Oceans Marathon – Around the Cape Peninsula (South Africa). Claims to be "the world's most beautiful marathon" and having spent time along that stretch of coastline I wouldn't argue with the claim. Its 56km so I really need to complete a marathon before contemplating this one.

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

Father Christmas(my children helped me with this one!!). As I'd like to know what I'm getting for Christmas. Or if he is too busy perhaps Rachel Riley. For conversation and a quick game of Countdown. Ben Kingsley, David Attenborough, Robert Winston, Steve Coogan and Shaun Ryder would be on the reserve list.

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

Football has always been my real passion and the sport I have spent most time participating. As a spectator I will watch most sports much to my wife's frustration. Enthusiastic about football, tennis, athletics, golf and boxing.

What is your signature dish?

Poached eggs on a toasted bagel

Where would you spend your dream holiday?

Wine tasting around the entire coastline of South Africa. I just need to see if the other partners will agree for me to take a 12 month sabbatical.

What music do you listen to?

I have an eclectic collection of CDs. Currently listening to Disclosure. They have recently collaborated with Sam Smith.

Matt

['Return!'](#)

Recipe of the Month

Apple dessert cake

Occasion: As a dessert with ice cream or as a snack

Preparation Time: 15 minutes

Cooking Time: 1 hour (or less in an aga)

Serves: depends how big you cut the slices!

Ingredients....

8 oz self raising flour
2 eggs
8 oz caster sugar
½ teaspoon almond extract
5 oz butter
12 oz apples (doesn't matter if they're cooking or eating apples)
1 teaspoon baking powder
1 oz flaked almonds

Method

1. Peel and slice the apples
 2. Mix all the ingredients together
 3. Put half mixture in a greased tin
 4. Pile sliced apples on top of mixture
 5. Spread the remaining mixture over the top. Sprinkle with flaked almonds.
- Cook in oven gas mark 3 /140

Nicky

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Over the Hill and far away races

[Hill and Fell Races](#)

HAIRY DOG SIX FELL RACE Monday 31 August 2015 9.3km 227m ascent 14°C

This was a nice, fairly new, event from a pub just outside New Mills. It was run in drizzle, which was good, with no steep slopes either up or down. We ran past a TV mast and then made a final turn near Big Stone, recognised from several Hayfield races. The last part was mainly down a long tarmac descent, when a couple of runners came by.

93 Trevor Faulkner 1.07.40 1st MV70

103 finishers

PADFIELD PLUM FAIR SCAMPER Sunday 13 September 2015 5.5 miles 1050' ascent 14°C

This is a well-established up-and-down event, but run by us for the first time on a lovely sunny day. I passed a rival and then Sarah on the way up, but Sarah soon came by on the descent. Despite the race being well marked, I followed my rival off route lower down, but we probably covered an equivalent distance before joining the track down to the finish. They provided a box of chocs for being the only one in my category.

80 Sarah Miles 1.03.07

85 Trevor Faulkner 1.05.03 1st MV70

87 finishers

LANTERN PIKE FELL RACE Saturday 19 September 2015 5 miles 1050' ascent 19°C

With the Sutton 6 next day, other Wilmslow runners stayed away this year. I pushed hard all the way. No one passed me after the first hill, not even on the descent from the summit. It was almost bone dry, with the highest-ever temperature, so that most people's times were a bit slow, and it was my first finish well outside an hour. Not having done enough races this year, I also missed completing the Hayfield Championship.

133 Trevor Faulkner 1.01.32 2nd MV70
148 finishers

Trevor

['Return!'](#)

Club Calendar

[Races to enter \(or put in your diary\) NOW!](#)

[Club Summer Series Races](#)

There are only 2 Summer Series races left, apart from the Parkruns!

20. Sunday October 4 [Congleton Half Marathon](#). R. Probably full.

21. And finally....

Saturday November 7 [Langley 7](#). R. Still accepting entries!

[Club Christmas Handicap](#)

- Sunday December 27th, Rugby Club at 10 am.

[Cross Country](#)

A whole new season awaits us! Let Nick know if you expect to run some or all of the events.

[Manchester Area League](#) (web site [here](#))

- Saturday 10th October 2015 Woodbank Park
- Saturday 7th November 2015 Sherdley Park
- Saturday 5th December 2015 Boggart Hole Clough
- Saturday 16th January 2016 Heaton Park
- Saturday 13th February 2016 Wythenshawe Park

[Cheshire Championships](#)

- Saturday 9th January 2016 Reaseheath

[Greater Manchester Championships](#)

- Saturday 9th January 2016 Leverhulme Park

National Championships

- Saturday 27th February Donington Park

Andy Watts

Get the full version [on the web-site](#) (Members' Area)

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Blast From The Past.

The Kingsway School 10K – 23rd May 1993.

I was running with Chris Cannon a couple of weeks back and he told me he had run several Cheadle area races between 1989 and 1993. I have combed Dave Read's results but unfortunately without success.

This is a race Chris listed. It was created by Gill Bremner prior to her move to teach at St James - where she set up another 10K race - and then on to be head at Wilmslow High.

Paul Sanders was 23rd with Gavin Mendham in 25th and Rob Dunkley in 26th. This is the second race I have for Steve Russell in a Wilmslow vest finishing in 73rd with Simon Fenton in YMCA 80th, Roy Pownall in Stockport 115th and then Pete Watson 125th and Trevor Faulkner a place behind. Trevor could move a bit in those days but severely damaged his hamstring doing the Everest Marathon about ten years later and was never the same runner afterwards. Dave Read was by this time carrying too many long term injuries and was 168th. The rugby club's groundsman and half marathon chief of staff Maurice Minns was 195th.

The Kingsway School - 10km Race, 23 May 1993

Full Results

POS	NAME	M/F	NUM	CAT	TIME	CLUB
1	BASHIR HUSSAIN	M	387	Opn	00:31:40	STOCKPORT HARRIERS
2	DAVID GEE	M	370	40+	00:32:14	MANCHESTER HARRIERS
3	TALIB REHMAN	M	428	Opn	00:32:32	STOCKPORT HARRIERS
4	WILLIAM CROWTHER	M	265	Opn	00:32:47	
5	IAN WALKER	M	323	Opn	00:33:25	OLDHAM & ROYTON
6	L. BEST	M	437	40+	00:33:59	
7	STEVE EDMUNDS	M	304	45+	00:34:04	SALE HARRIERS
8	WITHERS	M	422	Opn	00:34:08	WILMSLOW
9	JEFF NORMAN	M	334	45+	00:34:35	ALTRINCHAM & DIST AC
10	ANTHONY MCDONALD	M	351	Opn	00:34:38	MANCHESTER HARRIERS
11	STEPHEN BRADLEY	M	359	Opn	00:34:45	BELL VUE RACERS
12	JOHN SWEENEY	M	410	40+	00:35:21	STOCKPORT HARRIERS
13	STEVE PENNINGTON	M	366	Opn	00:35:25	MANCHESTER HARRIERS
14	MICHAEL CUNNINGHAM	M	280	45+	00:35:35	MANCHESTER HARRIERS
15	PAUL STELFOX	M	426	Opn	00:35:45	SALE HARRIERS
16	GEOFF QUINN	M	331	Opn	00:35:49	WILMSLOW
17	DENNIS MATTHEWS	M	317	Opn	00:36:15	EAST CHESHIRE
18	MIKE WARBURTON	M	419	Opn	00:36:23	STOCKPORT HARRIERS
19	STEVE JOHNSON	M	397	Opn	00:36:31	STOCKPORT HARRIERS
20	ERIC OWEN	M	318	40+	00:36:37	NORTHERN VETS
21	STEVE HENNESSEY	M	352	Opn	00:36:42	GOYT VALLEY STRIDERS
22	BRIAN GORE	M	403	45+	00:36:42	WIGAN PHOENIX
23	P. SANDERS	M	312	40+	00:36:44	WILMSLOW
24	F. BRADLEY	M	371	40+	00:36:57	MANCHESTER HARRIERS
25	GAVIN MENDHAM	M	414	40+	00:37:07	WILMSLOW R.C.
26	R.T. DUNKLEY	M	311	40+	00:37:23	WILMSLOW
27	MIKE GREEN	M	368	45+	00:37:26	SDTOCKPORT HARRIERS
28	ALEC DUNN	M	445	50+	00:37:30	STOCKPORT HARRIERS
29	COLIN DAVIES	M	282	40+	00:37:33	ALTRINCHAM
30	BARRY SWINDELLS	M	307	50+	00:37:36	STOCKPORT HARRIERS
31	DAVID JACKSON	M	286	Opn	00:37:43	MANCHESTER TRI CLUB
32	DAVID GOWRIE	M	392	Opn	00:37:50	WYTHENSHAW
33	R. HUNT	M	447	Opn	00:37:56	
34	TOM MCNALLY	M	427	Opn	00:38:14	
35	K. BRIDGE	M	341	45+	00:38:22	GLOSSOPDALE
36	M. NIXON	M	405	Opn	00:38:25	STOCKPORT HARRIERS
37	TONY SPENCER	M	440	Opn	00:38:29	
38	RICHARD WOODROW	M	354	45+	00:38:31	WILMSLOW RC
39	CHRIS WINSTANLEY	M	332	Opn	00:38:35	STOCKPORT HARRIERS
40	EDWARD GEE	M	340	50+	00:38:40	EAST CHESHIRE
41	L. SHUTTLEWORTH	M	391	40+	00:38:45	WYTHENSHAW HARRIERS
42	STEPHEN WHITTLE	M	272	Opn	00:38:47	SWINTON JOG FIT CLUB
43	GEORGE LAWSON	M	423	50+	00:38:54	MANCHESTER HARRIERS
44	A. JONES	M	381	45+	00:38:58	GOYT VALLEY
45	ANDREW QUEKE	M	438	Opn	00:39:01	
46	ALAN HARRISON	M	398	40+	00:39:08	
47	ANDREW GAGE	M	409	45+	00:39:11	WILMSLOW
48	JOHN DAWSON	M	266	50+	00:39:12	SALFORD HARRIERS
49	PETER GARRITY	M	294	Opn	00:39:14	RED ROSE ROAD RUNNERS
50	S. MAYCOCK	M	355	40+	00:39:18	SALE HARRIERS
51	PAUL A. WATSON	M	383	Opn	00:39:19	

52	BILL SCOTT	M	302	45+	00:39:26	
53	ANDREW SMITH	M	339	0pn	00:39:28	STOCKPORT HARRIERS
54	CHRIS NELSON	M	372	0pn	00:39:29	GOYT VALLEY
55	IAN MULLIGAN	M	429	0pn	00:39:34	STOCKPORT HARRIERS
56	ARABELLA WOODROW	F	353	35+	00:39:42	WILMSLOW RC
57	PAUL ADAMS	M	322	0pn	00:39:49	EAST CHESHIRE HARRIERS
58	JAMES SMITH	M	384	45+	00:39:56	WILMSLOW
59	ERIC NORMANSELL	M	290	50+	00:39:57	STOCKPORT HARRIERS
60	DON CAPSTIK	M	379	40+	00:40:01	
61	BERNARD FARRELL	M	421	0pn	00:40:02	MANCHESTER HARRIERS
62	JACK CHURCHILL	M	314	40+	00:40:05	MANCHESTER HARRIERS
63	LYNN WILKINSON	F	344	0pn	00:40:10	SALE HARRIERS
64	PAUL POVER	M	320	40+	00:40:11	
65	BARRY WILKINSON	M	345	50+	00:40:12	SALE
66	DAVID GREGORY	M	336	45+	00:40:14	MANCHESTER HARRIERS
67	ROY LYON	M	251	45+	00:40:18	
68	STEVEN WHEAT	M	281	0pn	00:40:26	BORDER HARRIERS
69	ROBERT HOLMES	M	319	0pn	00:40:29	MANCHESTER YMCA
70	R. LONGDEN	M	378	45+	00:40:36	GOYT VALLEY
71	S. CRAGG	M	412	0pn	00:40:39	MANCHESTER HARRIERS
72	SUE STAFFORD	F	273	45+	00:40:40	GOYT VALLEY
73	STEVE RUSSELL	M	420	0pn	00:40:43	WILMSLOW
74	KEN DUCATEL	M	283	0pn	00:40:45	STOCKPORT HARRIERS
75	JOAN DALY	M	308	35+	00:40:47	STOCKPORT HARRIERS
76	CHRIS BRYANS	M	400	50+	00:40:48	STOCKPORT HARRIERS
77	LISA GORE	F	402	0pn	00:40:51	WIGAN PHOENIX
78	L. BUTTERWORTH	M	357	0pn	00:40:54	
79	ROY PAGE	M	435	0pn	00:40:59	
80	SIMON FENTON	M	424	50+	00:41:04	MANCHESTER YMCA
81	PETER KIRWIN	M	394	0pn	00:41:13	
82	CRICHTON-GOLD	M	365	0pn	00:41:18	WILMSLOW
83	JIM GREENLEES	M	367	0pn	00:41:31	
84	DUNCAN WILSON	M	364	0pn	00:42:14	MANCHESTER HARRIERS
85	EDDIE BRADBURY	M	270	40+	00:42:16	
86	JAMES HERRON	M	404	40+	00:42:17	STOCKPORT HARRIERS
87	PAUL TOOLE	M	275	0pn	00:42:22	STOCKPORT HARRIERS
88	H. JONES	M	407	0pn	00:42:23	
89	P. TOOLIS	M	408	0pn	00:42:24	EAST CHESHIRE
90	DAVID WILD	M	329	0pn	00:42:25	
91	J. HOWARD	M	360	40+	00:42:27	GLOSSOPDALE HARRIERS
92	LINDA GORE	F	401	40+	00:42:29	WIGAN PHOENIX
93	ALAN IRWIN	M	369	0pn	00:42:33	BURNHAM
94	TONY WILSON	M	363	50+	00:42:35	WILMSLOW RUNNING CLUB
95	GILL BREMNER	F	305	35+	00:42:37	STOCKPORT HARRIERS
96	LOU LOMAS	M	377	40+	00:42:50	GOYT VALLEY
97	JON MARTIN	M	306	0pn	00:42:59	
98	R. REED	M	415	50+	00:42:76	WILMSLOW
99	IAN BERRY	M	442	45+	00:43:02	STOCKPORT HARRIERS
100	MARTIN ELLIS	M	362	0pn	00:43:05	GOYT VALLEY STRIDERS
101	STEVE YATES	M	330	45+	00:43:08	MANCHESTER
102	BARRIE BROOKES	M	313	50+	00:43:12	EAST CHESHIRE
103	DAVID MELVIN	M	376	45+	00:43:20	SADDLEWORTH RUNNERS
104	BRUCE THWAITE	M	258	45+	00:43:26	
105	K.G. ASHBERRY	M	411	45+	00:43:27	STOCKPORT HARRIERS
106	A TEMPLETON	F	264	F35	00:43:35	GOYT VALLEY STRIDERS
107	PETER KENNEDY	M	315	0pn	00:43:38	
108	PETER FORD	M	349	40+	00:43:39	
109	NEIL DAINTY	M	382	40+	00:43:45	WILMSLOW
110	GEORGE MASSEY	M	260	40+	00:43:50	SALFORD HARRIERS

111	VANESSA CHAPPELL	F	396	Opn	00:43:51	
112	BILL STEPHENSON	M	434	50+	00:43:57	STOCKPORT HARRIERS
113	N.A.JONES	M	441	Opn	00:44:06	
114	MICHAEL BOARDMAN	M	418	40+	00:44:14	STOCKPORT HARRIERS
115	ROY POWNALL	M	406	40+	00:44:17	STOCKPORT HARRIERS
116	DIANE LENDELS	F	444	Opn	00:44:24	WILMSLOW
117	DEREK HUDSON	M	395	40+	00:44:35	
118	G.LLOYD	M	335	40+	00:44:38	
119	CHRIS DAWSON	M	267	U14	00:44:43	MANCHESTER HARRIERS
120	IAN BROWN	M	342	45+	00:44:44	STOCKPORT HARRIERS
121	PETER FARRELL	M	321	45+	00:44:48	
122	PETER LEEDHAM	M	388	45+	00:44:57	STOCKPORT HARRIERS
123	MARK ANTHONY BROCK	M	297	Opn	00:45:02	EAST CHESHIRE HARRIERS
124	JOHN BROAD	M	325	45+	00:45:06	MANCHESTER HARRIERS
125	PETER WATSON	M	309	45+	00:45:07	WILMSLOW R.C.
126	TREVOR FAULKNER	M	316	50+	00:45:16	WILMSLOW
127	RAYMOND O'SULLIVAN	M	293	Opn	00:45:20	
128	MARTIN PERCOX	M	295	40+	00:45:34	CIVIL SERVICE ATHLETIC ASSOC.
129	ALEXIS DINSMOR	F	399	40+	00:45:48	STOCKPORT HARRIERS
130	GRAHAM AXON	M	385	45+	00:45:58	STOCKPORT HARRIERS
131	RALPH FARTHING	M	347	Opn	00:46:08	
132	BARRY SULLIVAN	M	348	Opn	00:46:14	
133	TIM MALBON	M	431	40+	00:46:28	
134	M. BOYLIN	M	430	Opn	00:46:36	
135	JEREMY SPRATT	M	432	40+	00:46:36	
136	KEN SMART	M	285	50+	00:46:37	WILMSLOW
137	PAUL WADSWORTH	M	333	Opn	00:46:38	DENTON JOGGERS
138	E. J. HEIJNS	M	269	50+	00:46:39	
139	PAULINE STUBBS	F	375	F35	00:46:46	STOCKPORT HARRIERS
140	S.W.HESTON	M	443	40+	00:46:47	
141	PATRICIA DUFTON	F	259	F35	00:46:53	STOCKPORT HARRIERS
142	P. POWELL	M	338	45+	00:46:58	STOCKPORT HARRIERS
143	KIT STONE	M	300	40+	00:47:02	
144	STUARD FORD	M	350	Opn	00:47:07	MANCHESTER HARRIERS
145	PETER ATKINSON	M	255	45+	00:47:08	
146	STEVEN WHITAKER	M	271	Opn	00:47:17	MANCHESTER HARRIERS
147	HELEN TODD	F	389	F35	00:47:32	STOCKPORT HARRIERS
148	S.J.HARTLEY	F	326	Opn	00:48:05	MANCHESTER HARRIERS
149	DAVID JONES	M	303	40+	00:48:06	MANCHESTER HARRIERS
150	GARETH DAVIES	M	287	Opn	00:48:09	
151	JOHN BRADLEY	M	256	Opn	00:48:24	STOCKPORT HARRIERS
152	STEPHEN FOSTER	M	386	40+	00:48:26	WILMSLOW
153	C. STOREY	M	277	Opn	00:48:32	
154	J., ALLARDYCE	M	436	45+	00:48:40	
155	BERYL NORMANSELL	F	289	50+	00:48:53	STOCKPORT HARRIERS
156	C.E.M.WOMERSLEY	M	346	Opn	00:49:04	WILMSLOW
157	CLARE FOWLER	F	380	Opn	00:49:05	
158	CHRISTINE JACKSON	F	276	40+	00:49:24	STOCKPORT HARRIERS
159	R.D.HARTLEY	M	327	45+	00:49:38	MANCHESTER HARRIERS
160	CARL LARKIN	M	324	Opn	00:49:46	
161	IAN PRICE	M	425	Opn	00:49:50	
162	JEAN JONES	F	413	F35	00:49:57	ALTRINCHAM & DISTRICT
163	CARL BAVISTER	M	361	Opn	00:50:02	
164	ANTHEA STONE	F	301	Opn	00:50:03	
165	LORNA MARSLAND	F	433	40+	00:50:40	
166	BARBARA HARRIES	F	291	45+	00:50:52	STOCKPORT HARRIERS
167	P. HIRSEH	M	446	45+	00:50:53	
168	DAVE READ	M	328	50+	00:51:25	WILMSLOW
169	PETER EDGE	M	416	Opn	00:51:27	

170	S.E.RUFFLEY	M	417	Opn	00:51:28	
171	F. TOMAN	M	374	50+	00:51:35	NORTHERN VETS.
172	GILL GUY	F	390	Opn	00:51:49	STOCKPORT HARRIERS
173	DEREK HALL	M	284	45+	00:52:50	
174	YVONNE BROWN	F	274	Opn	00:53:11	WILMSLOW
175	ALAN WEBSTER	M	373	50+	00:53:16	STOCKPORT
176	ANN DOHERTY	F	292	40+	00:53:31	STOCKPORT HARRIERS
177	BRENDA RICHARDSON	F	299	40+	00:53:31	
178	M. BAILEY	M	298	Opn	00:53:34	
179	RAY WARBURTON	M	263	45+	00:54:44	
180	ROD TYSON	M	261	45+	00:55:10	
181	GARY HASKEW	M	337	Opn	00:55:15	CLAYTON HARRIERS
182	JOANNA NICHOLSON	F	393	40+	00:55:22	
183	CAROLE SAXON	F	257	Opn	00:55:59	STOCKPORT
184	THOMAS O'KORO	M	310	50+	00:56:59	N.V. A/C
185	M. LAMB	F	439	F35	00:57:13	
186	ROS MANN	F	288	F35	00:59:53	STOCKPORT HARRIERS
187	BARRY SCHILLING	M	278	45+	01:01:56	
188	ALAN BURNS	M	279	45+	01:01:56	
189	KEVIN KELLEY	M	252	Opn	01:02:00	WILMSLOW
190	LIAM MORRIN	M	253	Opn	01:02:00	
191	DAVID LUPTON	M	254	Opn	01:02:00	
192	CATHERINE L PALMER	F	262	Opn	01:02:00	WILMSLOW
193	BELINDA SKINNER	F	268	F35	01:02:00	
194	ANDY LEE	M	296	Opn	01:02:00	
195	M. MINNS	M	343	45+	01:02:00	WILMSLOW
196	A.N.OTHER		356		01:02:00	
197	S. MAGEE	M	358	45+	01:02:00	MANCHESTER YMCA