



BIRCHWOOD 10km ROAD RACE

Incorporating the Cheshire 10km Championship Sunday 20th August 1995

Note: Age-graded performances are shown as a % of the WAVA standard time



| Pos | Name | Cat | % | Club | Time | Pos | Name | Cat | % | Club | Time |
|-----|-------------------|-----|-------|-----------------|---------|-----|-------------------|-----|-------|------------------|---------|
| 241 | Ronald Shearer | M55 | 70.1% | Wilmslow | 45.28 C | 301 | Michael Sharratt | M55 | 65.4% | Northern Vets | 49.38 |
| 242 | Ronald Reed | 80+ | 78.2% | Wilmslow | 45.31 | 302 | Carol Thompson | F35 | 61.3% | U/A | 49.42 |
| 243 | Neville Jones | M55 | 70.5% | Warrington AC | 45.35 C | 303 | M Cunningham | | 54.2% | Crosby Baths | 49.45 |
| 244 | Arthur Walsham | 80+ | 75.3% | Salford AC | 45.43 C | 304 | David Jackson | | 54.2% | U/A | 49.46 |
| 245 | Jack Weaver | M50 | 67.3% | Atrincham DAC | 45.46 | 305 | Thomas Banks | | 54.1% | U/A | 49.49 |
| 246 | Eric Jones | M55 | 69.0% | U/A | 45.48 | 306 | Geoff Shaw | M40 | 56.6% | U/A | 49.59 |
| 247 | Bill Shaw | M40 | 60.8% | Middleton H | 45.51 C | 307 | Rolf Westrum | M40 | 56.1% | U/A | 50.01 |
| 248 | Ken Hughes | M45 | 64.5% | Warrington RR | 45.52 | 308 | Tom Towey | M45 | 57.6% | StHelens Strider | 50.10 |
| 249 | Andy Pritchard | | 58.8% | U/A | 45.52 | 309 | Martin Costello | | 53.8% | Mersesyside FB | 50.10 |
| 250 | Tony Swarbrick | M50 | 66.0% | GMP AAA | 45.53 | 310 | Cath. Broadbent | F | 59.6% | Manchester YMCA | 50.12 |
| 251 | Eileen Leary | F45 | 73.4% | Wigan Phoenix | 45.57 | 311 | John Lee | M50 | 61.8% | Ford Halewood | 50.15 |
| 252 | Matthew Whitfield | | 80.2% | Rivacre R&J | 45.58 C | 312 | Mike Gandy | | 53.8% | U/A | 50.15 |
| 253 | Stephen Booth | M40 | 61.0% | Middleton H | 45.59 | 313 | Ian Brown | M50 | 60.1% | Stockport H | 50.22 |
| 254 | Gerry Wood | | 80.2% | U/A | 46.00 | 314 | Stan Finkill | 80+ | 68.3% | Northern Vets | 50.26 |
| 255 | David Litter | | 58.4% | U/A | 46.09 | 315 | ROger Horn | M50 | 60.5% | U/A | 50.30 |
| 256 | Stephen Rawlings | M40 | 61.7% | U/A | 46.09 | 316 | Christina Woods | F40 | 61.7% | U/A | 50.33 |
| 257 | Bill Mansley | M55 | 69.0% | RRC | 46.11 | 317 | Mark Burtonwood | | 53.1% | U/A | 50.45 |
| 258 | ? Butler | | 58.4% | U/A | 46.12 | 318 | PAul Roberts | M40 | 54.8% | Goborne Trot | 50.50 |
| 259 | Philip Dixon | | 59.4% | Warrington AC | 46.15 | 319 | Morhaf Jandali | | 52.9% | U/A | 50.57 |
| 260 | Daniel Haverley | | 58.3% | Littlewoods Leg | 46.18 | 320 | Bernard Sharp | M55 | 63.6% | Sale H Manch | 51.01 |
| 261 | John Jordan | M45 | 62.4% | U/A | 46.19 | 321 | Harry Letman | M40 | 55.7% | U/A | 51.09 |
| 262 | Glen Warham | | 58.2% | Red Rose RR | 46.20 | 322 | Michael Fisher | | 53.7% | GMP AAA | 51.12 |
| 263 | Julie Riccio | F | 64.5% | South Liverpool | 46.25 | 323 | Eileen Geraghty | F | 58.3% | U/A | 51.17 C |
| 264 | Roy Traynor | | 58.0% | Rivacre R&J | 46.28 | 324 | Mark Kelly | | 52.8% | U/A | 51.17 |
| 265 | Gary Meeds | | 58.0% | Atrincham DAC | 46.30 | 325 | Paul Holme | | 53.9% | Cockermouth ASA | 51.21 |
| 266 | Johnny Viggers | M40 | 60.3% | Reebok RC | 46.34 | 326 | Stephen Higginson | | 52.5% | North West Water | 51.22 |
| 267 | Barry Stuart-Cole | M45 | 63.5% | OldhamRoyton | 46.35 | 327 | Jackie Keasley | F35 | 58.8% | Helsby RC | 51.28 |
| 268 | Janet Taylor | F35 | 64.3% | CEPAC | 46.37 C | 328 | David Foddy | M45 | 57.5% | U/A | 51.28 |
| 269 | John Davies | | 57.7% | U/A | 46.47 | 329 | Trina Brennan | F35 | 58.7% | Sale H Manch | 51.29 |
| 270 | Peter Povey | M55 | 69.3% | CEPAC | 46.48 | 330 | Nell Thompson | | 52.3% | Crosby Baths | 51.38 |
| 271 | Richard Lavin | | 57.6% | U/A | 46.52 | 331 | Fiona Pudge | F | 57.9% | Stornaway R | 51.41 |
| 272 | Lucy Hickey | F35 | 63.8% | Atrincham DAC | 47.03 C | 332 | Eva Moore | F | 57.7% | Atrincham DAC | 51.51 |
| 273 | Trevor Faulkner | M50 | 65.3% | Wilmslow | 47.09 | 333 | Austin Snelson | | 53.0% | U/A | 51.52 |
| 274 | David Melvin | M45 | 63.1% | Saddleworth | 47.13 | 334 | Jeff Charlton | M40 | 54.0% | U/A | 51.56 |
| 275 | Frances Mudway | F45 | 69.5% | CEPAC | 47.18 C | 335 | John Coupe | M40 | 54.4% | U/A | 51.57 |
| 276 | Jeff Scholes | | 56.9% | U/A | 47.28 | 336 | Stanley Taylor | M45 | 56.7% | GPT Harriers | 52.11 |
| 277 | Michael Peel | MJ | 57.6% | U/A | 47.28 | 337 | David Dougherty | | 53.0% | Rivacre R&J | 52.12 |
| 278 | Bill Farrow | M55 | 68.2% | Northern Vets | 47.33 | 338 | David Thomas | | 51.7% | GPT Harriers | 52.12 |
| 279 | John Robinson | M40 | 59.4% | Bridgend AC | 47.36 | 339 | Julie Leary | F | 57.3% | U/A | 52.12 |
| 280 | Mark Weedon | | 56.6% | New World RC | 47.38 | 340 | Peter Houton | | 52.9% | U/A | 52.17 |
| 281 | Michael Regan | M55 | 65.5% | Warrington RR | 47.46 | 341 | Lesley Clague | F50 | 67.5% | Tattenhall R | 52.22 |
| 282 | Lee McCoyrt | MJ | 58.3% | Sale H Manch | 47.46 | 342 | John Leslie | | 51.3% | U/A | 52.34 |
| 283 | Mark Lingard | | 56.3% | U/A | 47.54 | 343 | David Redpath | M45 | 54.9% | U/A | 52.41 |
| 284 | John Glennon | M40 | 58.1% | U/A | 47.58 | 344 | Ian Cameron | M40 | 53.2% | U/A | 52.48 |
| 285 | Ian Campbell | M50 | 63.5% | U/A | 48.05 | 345 | David Bradley | | 51.1% | U/A | 52.49 |
| 286 | ? Balfour | | 58.1% | U/A | 48.08 | 346 | Alan Talbot | M45 | 55.5% | U/A | 52.53 |
| 287 | Anthony Lomax | | 58.0% | Prestwich | 48.08 | 347 | Kim Giddis | F | 56.4% | CEPAC | 53.02 |
| 288 | Brian Stuart-Cole | M45 | 61.4% | OldhamRoyton | 48.11 | 348 | Andrew Quayle | | 50.8% | Boalloy | 53.07 |
| 289 | Mark Povey | | 55.8% | CEPAC | 48.19 | 349 | Alan Fearnley | 80+ | 69.4% | Bolton | 53.10 |
| 290 | Jacqueline Bailey | F35 | 62.0% | Brighton Hove | 48.23 | 350 | Brendas Wane | | 50.3% | U/A | 53.38 |
| 291 | John Morrison | M40 | 58.8% | U/A | 48.24 | 351 | Peter Domaine | | 50.2% | Darwen Dash | 53.44 |
| 292 | John Cogan | M40 | 58.3% | U/A | 48.51 | 352 | David Carter | | 50.2% | Meltham Zero | 53.58 |
| 293 | Derek Clague | M55 | 64.1% | Tattenhall R | 48.52 | 353 | Barry Pierce | M45 | 53.2% | Cheshire Const | 54.17 |
| 294 | Gillian Stephens | F | 61.2% | Warrington AC | 48.55 C | 354 | Brian Iddon | M55 | 59.7% | Bolton | 54.20 |
| 295 | Rachel Stephens | F | 61.1% | U/A | 48.57 C | 355 | Bill Carlisle | M55 | 57.6% | U/A | 54.22 |
| 296 | Danel Eastham | M50 | 61.3% | U/A | 48.59 | 356 | Andrew Renshaw | M45 | 52.7% | U/A | 54.53 |
| 297 | Maurice Minns | M45 | 60.1% | Wilmslow | 49.11 C | 357 | Derek Smith | M50 | 56.5% | Manchester YMCA | 54.56 |
| 298 | Colin Hirst | M50 | 62.0% | Warrington RR | 49.14 | 358 | Bryan Hobday | M45 | 54.0% | Rivacre R&J | 55.11 |
| 299 | Andrew Heague | MJ | 58.3% | U/A | 49.30 | 359 | Janet Hobday | F45 | 56.5% | Rivacre R&J | 55.12 |
| 300 | Christine Owen | F35 | 61.0% | Vale Road | 49.32 C | | | | | | |



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| Pos | Name | Cat | % | Club | Time | Pos | Name | Cat | % | Club | Time |
|-----|------------------|-----|-------|-----------------|---------|-----|--------------------|-----|-------|-----------------|-------|
| 361 | Harry Campbell | M50 | 54.6% | U/A | 55.30 | 390 | Gary Barker | M50 | 51.2% | Crosby Baths | 59.09 |
| 362 | Liz Kemp | F | 53.9% | U/A | 55.33 C | 391 | Ian Pleavin | | 45.5% | Warrington RR | 59.18 |
| 363 | Sarah Carter | F | 53.9% | U/A | 55.33 C | 392 | Bill Dutton | M50 | 50.3% | Northern Vets | 59.41 |
| 364 | Pamela Golder | F45 | 59.1% | Sale H Manch | 55.38 | 393 | Barry Johnson | M55 | 53.8% | Northern Vets | 59.46 |
| 365 | KAren Jenkinson | F | 53.7% | U/A | 55.41 | 394 | Patricia Hanley | F45 | 54.4% | U/A | 59.51 |
| 366 | Patricia King | F45 | 58.3% | Manchester YMCA | 55.52 | 395 | Ann Burrows | F45 | 54.4% | Manchester YMCA | 59.51 |
| 367 | Janine White | F | 53.4% | U/A | 55.59 C | 396 | Robert Whittaker | M55 | 53.4% | U/A | 60.15 |
| 368 | David Weekes | | 48.2% | U/A | 56.13 | 397 | Michelle Parmenter | F | 49.6% | U/A | 60.20 |
| 369 | Stephen Hunter | | 48.0% | Middleton H | 56.15 | 398 | John Smith | M45 | 48.2% | U/A | 60.22 |
| 370 | Clive Smith | | 47.9% | U/A | 56.21 | 399 | Grace Goh | F | 49.5% | Village People | 60.26 |
| 371 | June Bell | F40 | 56.2% | Rivacre R&J | 56.28 | 400 | Christine Taylor | F | 49.5% | U/A | 60.29 |
| 372 | V Knight | F | 52.9% | U/A | 56.36 | 401 | Janet Redpath | F40 | 52.0% | U/A | 61.35 |
| 373 | D Atkinson | M55 | 56.2% | Ford Halewood | 56.44 | 402 | Neil Wright | M40 | 46.1% | Crosby Baths | 61.43 |
| 374 | George Rathbone | M50 | 54.2% | U/A | 56.48 | 403 | Janet Kelsey | F | 48.2% | Buckley R | 62.07 |
| 375 | Alan Hale | M50 | 54.1% | U/A | 56.56 | 404 | Rose Threadgold | F45 | 53.3% | Buckley R | 62.07 |
| 376 | PPhillip Daniels | | 48.3% | U/A | 56.57 | 405 | Ann Hughes | F50 | 54.8% | Warrington RR | 62.09 |
| 377 | John Hateley | M50 | 53.6% | Stafford H | 57.01 | 406 | Margaret Watkin | F40 | 51.2% | Manchester YMCA | 62.58 |
| 378 | Kathleen Lawless | F | 52.3% | U/A | 57.13 | 407 | Val Lawson | F50 | 53.7% | ClaytonleM | 65.14 |
| 379 | Susan Casey | F35 | 52.0% | Rossendale AC | 57.38 | 408 | Yuk-Shing Chan | | 41.4% | U/A | 66.18 |
| 380 | Nigel Gotts | M40 | 48.3% | Rossendale AC | 57.39 | 409 | Ann Strang | F45 | 47.9% | Helsby RC | 67.55 |
| 381 | Jane Hayman | F35 | 51.9% | Manchester YMCA | 57.48 | 410 | Helen Donnellon | F | 44.0% | Manchester YMCA | 67.57 |
| 382 | Lynn Griffiths | F35 | 52.4% | Warrington RR | 58.08 | 411 | Caroline Bowsher | F | 43.8% | U/A | 68.38 |
| 383 | Jill Jackson | F | 51.5% | Warrington RR | 58.08 | 412 | Nora Talbot | F50 | 49.1% | U/A | 69.22 |
| 384 | John Ansell | | 46.4% | U/A | 58.10 | 413 | Wilf Talbot | M50 | 43.6% | U/A | 69.23 |
| 385 | Andrew Talbot | | 46.1% | U/A | 58.29 | 414 | Jacqui Knight | F | 41.7% | U/A | 71.45 |
| 386 | Dave Read | M50 | 52.8% | Wilmslow | 58.45 | 415 | Adrian Britt | | 37.6% | U/A | 71.47 |
| 387 | Mark Dean | | 45.8% | U/A | 58.50 | 416 | Sheila McDonald | F45 | 45.6% | U/A | 72.42 |
| 388 | David Burton | M50 | 51.7% | U/A | 59.01 | 417 | Julie Schofield | F | 38.6% | U/A | 77.31 |
| 389 | Julie Birch | F | 50.7% | U/A | 59.02 | 418 | Shaun Dean | M50 | 38.7% | U/A | 77.32 |

Birchwood 10K - WINNING TEAM MEMBERS: - MEN.

| 1st TEAM | PTS | 2nd TEAM | PTS | 3rd TEAM | PTS |
|---------------|-----|---------------|-----|---------------|-----|
| Warrington AC | 19 | CEPAC | 51 | Stockport H | 51 |
| Mike Girvan | 3 | John Fidler | 10 | Steve Haylock | 11 |
| John Wynn | 4 | Charles Booth | 18 | Tony McDonald | 13 |
| Wayne Thorpe | 12 | Gary Roberts | 25 | Graham Hill | 27 |

Birchwood 10K - WINNING TEAM MEMBERS: - WOMEN.

| 1st TEAM | PTS | 2nd TEAM | PTS | 3rd TEAM | PTS |
|---------------|-----|------------------|-----|----------------|-----|
| Atrincham DAC | 28 | Sale H Manch | 50 | CEPAC | 73 |
| Susan Pavey | 2 | Denise Wakefield | 5 | Janet Taylor | 18 |
| Kathy McMahon | 7 | Lynda Rowlinson | 15 | Frances Mudway | 20 |
| Lucy Hickey | 19 | Trina Brennan | 30 | Kim Giddis | 35 |



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Womens Race Result

| Pos | Name | Cat | % | Club | Time | Pos | Name | Cat | % | Club | Time |
|-----|-------------------|-----|-------|------------------|---------|-----|--------------------|-----|-------|-----------------|---------|
| 1 | Lynne Maddison | F | 81.9% | Colwyn Bay AC | 36.32 | 35 | Kim Giddis | F | 56.4% | CEPAC | 53.02 |
| 2 | Susan Pavay | F | 78.5% | Altrincham DAC | 39.07 | 36 | Janet Hobday | F45 | 59.5% | Rivacre R&J | 55.12 |
| 3 | Vicki Perry | F35 | 77.2% | Altrincham ns | 39.27 C | 37 | Liz Kemp | F | 53.9% | U/A | 55.33 C |
| 4 | Ruth Clayton | F | 75.7% | Ford Halewood | 39.30 C | 38 | Sarah Carter | F | 53.9% | U/A | 55.33 C |
| 5 | Denise Wakefield | F40 | 77.6% | Sale H Manch | 40.32 | 39 | Pamela Golder | F45 | 59.1% | Sale H Manch | 55.38 |
| 6 | Denise Newton | F40 | 78.0% | Wilmslow | 41.01 C | 40 | Karen Jenkinson | F | 53.7% | U/A | 55.41 |
| 7 | Kathy McMahon | F | 72.9% | Altrincham DAC | 41.03 | 41 | Patricia King | F45 | 58.3% | Manchester YMCA | 55.52 |
| 8 | Gillian Glynn | F | 72.3% | U/A | 41.21 | 42 | Janine White | F | 53.4% | U/A | 55.59 C |
| 9 | Louise Moss | F35 | 73.1% | South Cheshire H | 41.42 | 43 | June Bell | F40 | 56.2% | Rivacre R&J | 56.28 |
| 10 | Helen Pedley | F | 70.8% | Eryri H, | 42.14 | 44 | Victoria Knight | F | 52.9% | U/A | 56.38 |
| 11 | Clare Galvin | F | 68.9% | StHelens Strider | 43.28 | 45 | Kathleen Lawless | F | 52.3% | U/A | 57.13 |
| 12 | Linda Owen | F40 | 72.3% | Belle Vue Racers | 43.55 | 46 | Susan Casey | F35 | 52.0% | Rossendale AC | 58 |
| 13 | Jill Hallard | F45 | 75.8% | Colwyn Bay AC | 44.14 | 47 | Jane Hayman | F35 | 51.9% | Manchester YMCA | 58.48 |
| 14 | Steph. Charman | F45 | 72.9% | South Liverpool | 44.38 C | 48 | Lynn Griffiths | F35 | 52.4% | Warrington RR | 58.08 |
| 15 | Lynda Rowlinson | F | 66.2% | Sale H Manch | 45.11 | 49 | Jill Jackson | F | 51.5% | Warrington RR | 58.08 |
| 16 | Eileen Leary | F45 | 73.4% | Wigan Phoenix | 45.57 | 50 | Julie Birch | F | 50.7% | U/A | 59.02 |
| 17 | Julie Riccio | F | 64.5% | South Liverpool | 46.25 | 51 | Patricia Hanley | F45 | 54.4% | U/A | 59.51 |
| 18 | Janet Taylor | F35 | 64.3% | CEPAC | 46.37 C | 52 | Ann Burrows | F45 | 54.4% | Manchester YMCA | 59.51 |
| 19 | Lucy Hickey | F35 | 63.8% | Altrincham DAC | 47.03 C | 53 | Michelle Parmenter | F | 49.6% | U/A | 60.20 |
| 20 | Frances Mudway | F45 | 69.5% | CEPAC | 47.16 C | 54 | Grace Goh | F | 49.5% | Village People | 60.28 |
| 21 | Jacqueline Bailey | F35 | 62.0% | Brighton Hove | 48.23 | 55 | Christine Taylor | F | 49.5% | U/A | 60.29 |
| 22 | Gillian Stephens | F | 61.2% | Warrington AC | 48.55 C | 56 | Janet Redpath | F40 | 52.0% | U/A | 61.35 |
| 23 | Rachel Stephens | F | 61.1% | U/A | 48.57 C | 57 | Janet Kelsey | F | 48.2% | Buckley R | 62.07 |
| 24 | Christine Owen | F35 | 61.9% | Vale Royal | 49.35 C | 58 | Rose Threadgold | F45 | 53.3% | Buckley R | 62.07 |
| 25 | Carol Thompson | F35 | 61.3% | U/A | 49.42 | 59 | Ann Hughes | F50 | 54.8% | Warrington RR | 62.09 |
| 26 | Cath. Broadbent | F | 59.6% | Manchester YMCA | 50.12 | 60 | Margaret Watkin | F40 | 51.2% | Manchester YMCA | 62.58 |
| 27 | Christina Woods | F40 | 61.7% | U/A | 50.33 | 61 | Val Lawson | F50 | 53.7% | ClaytonleM | 65.14 |
| 28 | Eileen Geraghty | F | 58.3% | U/A | 51.17 C | 62 | Ann Strang | F45 | 47.9% | Helsby RC | 67.55 |
| 29 | Jackie Keasley | F35 | 58.8% | Helsby RC | 51.28 | 63 | Helen Donnellon | F | 44.0% | Manchester YMCA | 67.57 |
| 30 | Tina Brennan | F35 | 58.7% | Sale H Manch | 51.29 | 64 | Caroline Bowsher | F | 43.6% | U/A | 68.38 |
| 31 | Fiona Pudge | F | 57.9% | Stomaway R | 51.41 | 65 | Nora Talbot | F50 | 49.1% | U/A | 69.22 |
| 32 | Eva Moore | F | 57.7% | Altrincham DAC | 51.51 | 66 | Jacqui Knight | F | 41.7% | U/A | 71.45 |
| 33 | Julie Leary | F | 57.3% | U/A | 52.14 | 67 | Sheila McDonald | F45 | 45.6% | U/A | 72.42 |
| 34 | Lesley Clague | F50 | 67.5% | Tattenhall R | 52.22 | 68 | Julie Schofield | F | 38.6% | U/A | 77.31 |

Age factored winners - Men

| Pos | Name | Cat | % | Club | Time | Age |
|-----|--------------|-----|-------|-----------------|-------|------|
| 3 | Mike Glrvan | M40 | 88.2% | Warrington AC | 31.50 | 41 |
| 10 | John Fidler | M45 | 88.2% | CEPAC | 33.02 | C 48 |
| 24 | Ron Elliott | M50 | 87.9% | North Wales RRC | 34.28 | 51 |
| 5 | Alan Buckley | M40 | 88.6% | U/A | 32.24 | C 41 |
| 29 | Frank Davies | M50 | 85.9% | Liverpool H | 34.57 | 50 |
| 1 | Kevin Smith | | 85.6% | Sale H Manch | 31.30 | 28 |

Age factored winners - Women

| Pos | Name | Cat | % | Club | Time | Age |
|-----|------------------|-----|-------|----------------|-------|------|
| 53 | Lynne Maddison | F | 81.9% | Colwyn Bay AC | 36.32 | 28 |
| 143 | Denise Newton | F40 | 78.0% | Wilmslow | 41.01 | C 43 |
| 131 | Denise Wakefield | F40 | 77.6% | Sale H Manch | 40.32 | 41 |
| 112 | Vicki Perry | F35 | 77.2% | Altrincham ns | 39.27 | C 37 |
| 98 | Susan Pavay | F | 78.5% | Altrincham DAC | 39.07 | 28 |
| 114 | Ruth Clayton | F | 75.7% | Ford Halewood | 39.30 | C 25 |

Cheshire 10k Championship Result - Men

| Pos | Name | Cat | % | Club | Time | Pos | Name | Cat | % | Club | Time |
|-----|-----------------|-----|-------|------------------|-------|-----|--------------------|-----|-------|------------------|-------|
| 1 | Nick Jones | | 85.2% | Vale Royal | 31.40 | 20 | David Hough | M45 | 73.9% | CEPAC | 39.24 |
| 2 | Alan Buckley | M40 | 86.6% | U/A | 32.24 | 21 | Maurice McGrath | M50 | 78.0% | Vale Royal | 40.10 |
| 3 | Mark Hinson | | 82.7% | Helsby RC | 32.37 | 22 | Colin Grime | M50 | 73.6% | Rowntrees AC | 40.50 |
| 4 | John Fidler | M45 | 88.2% | CEPAC | 33.02 | 23 | Mike Urmston | M50 | 71.8% | Rivacre R&J | 42.31 |
| 5 | John Pratt | | 80.1% | Macclesfield | 33.51 | 24 | Peter Watson | M50 | 71.1% | Wilmslow | 42.38 |
| 6 | Richard O'Keefe | M45 | 84.8% | South Cheshire H | 34.21 | 25 | Brian Forster | 60+ | 77.5% | Wrexham AC | 43.06 |
| 7 | David Norman | | 77.6% | Helsby RC | 34.45 | 26 | Trevor Pearson | M45 | 68.4% | Belle Vue Racers | 43.13 |
| 8 | Graham Hill | | 77.4% | Stockport H | 34.51 | 27 | Brian Aldred | M45 | 65.9% | Northern Vets | 43.53 |
| 9 | Peter Maher | M40 | 79.5% | Vale Royal | 35.03 | 28 | Bryan Sullivan | M50 | 69.0% | Altrincham DAC | 43.54 |
| 10 | Tim Oakes | M40 | 78.4% | Warrington AC | 35.32 | 29 | Mark Hindley | | 61.6% | Belle Vue Racers | 43.58 |
| 11 | Janie Loxam | MJ | 76.9% | Stockport H | 35.35 | 30 | Melvyn Peddie | M45 | 67.2% | U/A | 44.22 |
| 12 | Steve Stephens | | 74.8% | Warrington AC | 36.05 | 31 | Jon Paramor | M40 | 63.1% | Manchester YMCA | 45.07 |
| 13 | Steve Tomkins | M45 | 81.1% | Warrington AC | 36.28 | 32 | Michael Lamb | M50 | 68.8% | CEPAC | 45.09 |
| 14 | Paul Toole | | 72.7% | Stockport H | 37.07 | 33 | Ronald Shearer | M55 | 70.1% | Wilmslow | 45.28 |
| 15 | Alex Mackay | M45 | 78.0% | U/A | 37.21 | 34 | Neville Jones | M55 | 70.5% | Warrington AC | 45.35 |
| 16 | Tony Smith | M40 | 73.1% | Rivacre R&J | 38.39 | 35 | Arthur Walsam | 60+ | 75.3% | Salford AC | 45.43 |
| 17 | John Keane | | 69.1% | Warrington AC | 39.02 | 36 | Bill Shaw | M40 | 60.8% | Middleton H | 45.51 |
| 18 | Colin Reed | M45 | 75.0% | Macclesfield | 39.08 | 37 | Matthew Whitefield | | 60.2% | Rivacre R&J | 45.58 |
| 19 | Kevin Kelley | M40 | 70.9% | Wilmslow | 39.17 | 38 | Maurice Minns | M45 | 60.1% | Wilmslow | 49.11 |

Cheshire 10k Championship Result - Women

| Pos | Name | Cat | % | Club | Time | Pos | Name | Cat | % | Club | Time |
|-----|----------------|-----|-------|-----------------|-------|-----|------------------|-----|-------|---------------|-------|
| 1 | Vicki Perry | F35 | 77.2% | Altrincham ns | 39.27 | 8 | Gillian Stephens | F | 61.2% | Warrington AC | 48.55 |
| 2 | Ruth Clayton | F | 75.7% | Ford Halewood | 39.30 | 9 | Rachel Stephens | F | 61.1% | U/A | 48.57 |
| 3 | Denise Newton | F40 | 78.0% | Wilmslow | 41.01 | 10 | Christine Owen | F35 | 61.9% | Vale Royal | 49.35 |
| 4 | Steph. Charman | F45 | 72.9% | South Liverpool | 44.38 | 11 | Eileen Geraghty | F | 58.3% | U/A | 51.17 |
| 5 | Janet Taylor | F35 | 64.3% | CEPAC | 46.37 | 12 | Liz Kemp | F | 53.9% | U/A | 55.33 |
| 6 | Lucy Hickey | F35 | 63.8% | Altrincham DAC | 47.03 | 13 | Sarah Carter | F | 53.9% | U/A | 55.33 |
| 7 | Frances Mudway | F45 | 69.5% | CEPAC | 47.16 | 14 | Janine White | F | 53.4% | U/A | 55.59 |

WOULD YOU LIKE TO JOIN US?

Are you an unattached runner?

Have you thought about joining a club?

If you would like any more information about Spectrum Striders Running Club or if you might be interested in joining us, why not come along to one of our club nights and find out more about us. We welcome runners of all ages and abilities and you are welcome to come along and chat or run with us before deciding whether to join.

We meet at Birchwood High School on Tuesdays and Thursdays at about 6.45pm for a 7pm start.