

Birchwood 10k Road Race Sunday 20-Aug-2006 at 10:30am

Organised by Spectrum Striders (www.spectrumstriders.org.uk)

| GunPos | GunTime | Age | Perf% | No | Name | M/F | Cat | Club | ChipPos | ChipTime |
|--------|---------|-----|-------|-----|--------------------|-----|-----|---------------------------|---------|----------|
| 1 | 0:30:14 | | 88.8 | 499 | Adam Sutton | M | | Preston Harriers | 1 | 0:30:14 |
| 2 | 0:30:40 | | 87.6 | 574 | Jason Ward | M | | Altrincham & DAC | 2 | 0:30:40 |
| 3 | 0:32:24 | | 82.9 | 500 | John McCole | M | | Liverpool Harriers | 3 | 0:32:23 |
| 4 | 0:32:33 | | 83.2 | 453 | Pumlani Bangani | M | | Salford Harriers | 4 | 0:32:33 |
| 5 | 0:32:45 | | 82.2 | 766 | Matt Moorhouse | M | | Fulford Harriers | 5 | 0:32:45 |
| 6 | 0:32:48 | | 82.1 | 380 | Michael Halman | M | | Wilmslow RC | 6 | 0:32:47 |
| 7 | 0:33:25 | | 83.1 | 539 | Paul Sankey | M | | Liverpool Running Club | 7 | 0:33:24 |
| 8 | 0:33:30 | | 81.1 | 702 | Steve Hallas | M | | Preston Harriers | 8 | 0:33:31 |
| 9 | 0:33:35 | | 90.3 | 461 | Susan Partridge | F | | City Of Glasgow | 9 | 0:33:34 |
| 10 | 0:33:41 | | 79.9 | 681 | Matthew Livingston | M | | Preston Harriers | 10 | 0:33:41 |
| 11 | 0:33:47 | | 88.0 | 715 | Matt Cullen | M | 45 | Sutton Harriers | 11 | 0:33:44 |
| 12 | 0:33:48 | | 79.6 | 602 | Peter Speake | M | | Bildeston Bounders | 12 | 0:33:47 |
| 13 | 0:34:06 | | 78.7 | 813 | Scott Monk | M | | Blackburn Harriers | 13 | 0:34:06 |
| 14 | 0:34:08 | | 87.1 | 837 | Mark Aspinall | M | 45 | Clayton-le-Moors Harriers | 14 | 0:34:08 |
| 15 | 0:34:17 | | 78.3 | 760 | Peter Benyon | M | | City of Stoke | 15 | 0:34:17 |
| 16 | 0:34:18 | | 84.7 | 720 | Stuart Parrott | M | 40 | Wilmslow RC | 16 | 0:34:18 |
| 17 | 0:34:29 | | 78.1 | 14 | Richard Burch | M | | | 17 | 0:34:28 |
| 18 | 0:34:31 | | 82.3 | 487 | Gary Wilson | M | 40 | Preston Harriers | 18 | 0:34:31 |
| 19 | 0:34:35 | | 88.8 | 471 | Mike Weedal | M | 50 | Wrexham AC | 19 | 0:34:34 |
| 20 | 0:34:38 | | 79.7 | 445 | Jim Pendrill | M | | Wilmslow RC | 20 | 0:34:38 |
| 21 | 0:34:44 | | 83.0 | 728 | Mike Shaw | M | 40 | Stockport Harriers | 21 | 0:34:42 |
| 22 | 0:34:51 | | 79.2 | 67 | Colin Potts | M | | Liverpool Running Club | 22 | 0:34:50 |
| 23 | 0:34:59 | | 80.6 | 217 | Darren Washington | M | | Boalloy RC | 23 | 0:34:56 |
| 24 | 0:35:00 | | 79.4 | 530 | Ian Magill | M | | Liverpool Running Club | 24 | 0:34:58 |
| 25 | 0:35:04 | | 76.9 | 745 | Mark Hulmston | M | | Wirral AC | 25 | 0:35:00 |
| 26 | 0:35:10 | | 76.7 | 635 | Paul Backhouse | M | | East Cheshire Harriers | 26 | 0:35:08 |
| 27 | 0:35:16 | | 76.1 | 89 | David Turnbull | M | | Holmfirth Harriers | 27 | 0:35:13 |
| 28 | 0:35:21 | | 77.2 | 178 | Darren Blazier | M | | Abergele Harriers | 28 | 0:35:18 |
| 29 | 0:35:22 | | 76.0 | 335 | Matthew Harrison | M | | Sale Harriers MCR | 29 | 0:35:21 |
| 30 | 0:35:23 | | 75.9 | 150 | Liam Thompson | M | | Warrington AC | 30 | 0:35:23 |
| 31 | 0:35:30 | | 75.6 | 679 | Stephen Nicholls | M | | Liverpool Harriers | 31 | 0:35:30 |
| 32 | 0:35:33 | | 86.4 | 544 | Dave Carrington | M | 50 | Altrincham & DAC | 32 | 0:35:33 |
| 33 | 0:35:39 | | 75.9 | 828 | Neil Crompton | M | | Warrington AC | 33 | 0:35:37 |
| 34 | 0:35:43 | | 75.2 | 215 | Ben Harrison | M | | Morpeth Harriers | 35 | 0:35:44 |
| 35 | 0:35:45 | | 81.1 | 405 | Daniel Cliffe | M | J | Warrington AC | 34 | 0:35:43 |
| 36 | 0:35:51 | | 89.2 | 816 | Evan Cook | M | 55 | Blackburn Harriers | 36 | 0:35:49 |
| 37 | 0:35:52 | | 85.5 | 315 | Gill Laithwaite | F | 35 | St Helens Sutton AC | 37 | 0:35:50 |
| 38 | 0:36:05 | | 80.6 | 337 | Maurice Collins | M | 40 | Liverpool Running Club | 39 | 0:36:03 |
| 39 | 0:36:06 | | 74.4 | 414 | Mike Hegarty | M | | Morpeth Harriers | 40 | 0:36:04 |
| 40 | 0:36:07 | | 77.5 | 276 | Steve Lomas | M | | Macclesfield Harriers | 38 | 0:36:02 |
| 41 | 0:36:12 | | 74.2 | 40 | Robert Kelly | M | | Liverpool Running Club | 41 | 0:36:11 |
| 42 | 0:36:14 | | 87.7 | 851 | Blue Haywood | F | J | Lincoln Wellington | 42 | 0:36:11 |
| 43 | 0:36:18 | | 77.1 | 301 | Kevin Beattie | M | | Stockport Harriers | 43 | 0:36:15 |
| 44 | 0:36:20 | | 75.5 | 302 | Ian Costello | M | | St Helens Sutton AC | 44 | 0:36:17 |
| 45 | 0:36:23 | | 76.4 | 265 | Mark Almond | M | | Blackburn Harriers | 45 | 0:36:20 |
| 46 | 0:36:28 | | 83.2 | 759 | Suzanne Benyon | F | | City of Glasgow | 46 | 0:36:27 |
| 47 | 0:36:33 | | 84.0 | 545 | John Chaplin | M | 50 | Chorley Harriers | 47 | 0:36:28 |
| 48 | 0:36:43 | | 73.3 | 493 | Andrew Cartwright | M | | Leeds City AC | 48 | 0:36:42 |
| 49 | 0:36:48 | | 82.1 | 462 | Trevor Clough | M | 45 | Leeds City AC | 49 | 0:36:44 |
| 50 | 0:36:50 | | 79.5 | 531 | David Edwards | M | 40 | Liverpool Running Club | 50 | 0:36:49 |
| 51 | 0:36:58 | | 78.6 | 374 | Paul Boileau | M | 40 | Warrington Road Runners | 51 | 0:36:57 |
| 52 | 0:37:08 | | 78.9 | 542 | Tim Stock | M | 40 | Macclesfield Harriers | 52 | 0:37:03 |
| 53 | 0:37:18 | | 73.5 | 506 | Kelvin Dickinson | M | | | 53 | 0:37:07 |
| 54 | 0:37:19 | | 77.3 | 673 | Mark Thornley | M | 40 | Vale Royal AC | 54 | 0:37:16 |
| 55 | 0:37:20 | | 75.0 | 697 | Sean McCaffery | M | | Holmfirth Harriers | 55 | 0:37:20 |
| 56 | 0:37:26 | | 72.9 | 514 | Robert Affleck | M | | Preston Harriers | 56 | 0:37:23 |
| 57 | 0:37:27 | | 81.0 | 328 | Nicky Archer | F | J | Vale Royal AC | 57 | 0:37:24 |
| 58 | 0:37:29 | | 81.2 | 570 | Simon Wright | M | 45 | Wigan Phoenix | 59 | 0:37:27 |
| 59 | 0:37:30 | | 82.5 | 366 | Peter Maher | M | 50 | Vale Royal AC | 58 | 0:37:25 |
| 60 | 0:37:32 | | 71.5 | 489 | Chris Holden | M | | Macclesfield Harriers | 60 | 0:37:27 |
| 61 | 0:37:34 | | 80.4 | 386 | Sean Butler | M | 45 | Altrincham & DAC | 61 | 0:37:32 |
| 62 | 0:37:40 | | 72.4 | 192 | Neil Manwaring | M | | | 62 | 0:37:35 |

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|-----|---------|------|---------------------------|---|-------------------------------|-----|---------|
| 63 | 0:37:40 | 87.1 | 528 Mick Fairs | M | 55 Wilmslow RC | 63 | 0:37:38 |
| 64 | 0:37:42 | 75.9 | 652 Peter Clayton | M | 40 Vale Royal AC | 64 | 0:37:39 |
| 65 | 0:37:53 | 81.0 | 535 Steve Clayton | M | 50 Preston Harriers | 67 | 0:37:51 |
| 66 | 0:37:55 | 80.3 | 754 Robert Boon | M | 45 Boalloy RC | 66 | 0:37:47 |
| 67 | 0:37:58 | 73.7 | 370 Carl King | M | | 65 | 0:37:42 |
| 68 | 0:38:00 | 72.2 | 323 Rob Marsh | M | St Helens Sutton AC | 68 | 0:37:56 |
| 69 | 0:38:01 | 71.8 | 227 Roderick Johnston | M | Warrington Road Runners | 69 | 0:37:57 |
| 70 | 0:38:03 | 72.5 | 431 David Livingston | M | Altrincham & DAC | 70 | 0:38:00 |
| 71 | 0:38:04 | 75.7 | 869 Graham Taylor | M | 40 Wilmslow Running Club | 73 | 0:38:03 |
| 72 | 0:38:05 | 70.5 | 412 Matthew Ashton | M | Abergele Harriers | 71 | 0:38:02 |
| 73 | 0:38:07 | 81.2 | 220 Mervyn Ward | M | 50 Warrington AC | 74 | 0:38:04 |
| 74 | 0:38:09 | 76.8 | 750 Tony Holt | M | 40 Radcliffe AC | 72 | 0:38:03 |
| 75 | 0:38:12 | 81.3 | 581 Yvonne Wyke | F | 35 Wigan Phoenix | 75 | 0:38:07 |
| 76 | 0:38:14 | 71.4 | 830 Ian Palin | M | Liverpool Running Club | 79 | 0:38:14 |
| 77 | 0:38:16 | 80.9 | 572 John Parrott | M | 50 Stockport Harriers | 78 | 0:38:14 |
| 78 | 0:38:18 | 84.9 | 571 Alan Hudson | M | 55 Wesham Road Runners | 81 | 0:38:17 |
| 79 | 0:38:22 | 70.0 | 848 Stuart Hill | M | Sunlight Runners | 76 | 0:38:10 |
| 80 | 0:38:22 | 77.5 | 588 David Child | M | 45 | 80 | 0:38:16 |
| 81 | 0:38:23 | 70.0 | 815 Peter Walsh | M | Liverpool Harriers | 83 | 0:38:22 |
| 82 | 0:38:24 | 71.1 | 329 Michael Harrington | M | Vale Royal AC | 77 | 0:38:11 |
| 83 | 0:38:24 | 70.7 | 737 Brandon Holroyd | M | Holmfirth Harriers | 82 | 0:38:22 |
| 84 | 0:38:28 | 75.0 | 753 Dave Waddington | M | 40 Wigan Phoenix | 84 | 0:38:26 |
| 85 | 0:38:30 | 77.2 | 814 Keith Hatton | M | 45 Liverpool Harriers | 85 | 0:38:30 |
| 86 | 0:38:33 | 79.6 | 668 Tony Parry | M | 50 Wrexham AC | 86 | 0:38:31 |
| 87 | 0:38:36 | 74.1 | 222 Andy Duffield | M | 40 | 88 | 0:38:34 |
| 88 | 0:38:37 | 71.0 | 347 Justin McIlveen | M | Abergele Harriers | 87 | 0:38:33 |
| 89 | 0:38:42 | 80.0 | 491 Michael Jones | M | 50 Altrincham & DAC | 92 | 0:38:42 |
| 90 | 0:38:43 | 73.9 | 596 Andrew Gorman | M | 40 Horwich RMI | 90 | 0:38:40 |
| 91 | 0:38:45 | 79.9 | 636 Martin Platt | M | 50 Macclesfield Harriers | 89 | 0:38:38 |
| 92 | 0:38:47 | 81.8 | 563 David Burke | M | 50 Swinton | 91 | 0:38:40 |
| 93 | 0:38:48 | 85.3 | 516 Tony Hulme | M | 55 Wilmslow RC | 93 | 0:38:47 |
| 94 | 0:38:58 | 72.9 | 160 Paul Glover | M | 40 Warrington Road Runners | 95 | 0:38:48 |
| 95 | 0:38:58 | 70.4 | 464 Simon Eaton | M | Wesham Road Runners | 96 | 0:38:56 |
| 96 | 0:39:00 | 77.5 | 641 Mark Humphreys | M | 45 | 97 | 0:38:57 |
| 97 | 0:39:01 | 68.8 | 419 Gemma Connolly | F | St Helens Sutton AC | 94 | 0:38:48 |
| 98 | 0:39:04 | 86.2 | 654 John Morris | M | 60 Wolverhampton & Bilston | 99 | 0:39:03 |
| 99 | 0:39:05 | 76.7 | 665 Neil Holding | M | 45 West Pennine Runners | 100 | 0:39:04 |
| 100 | 0:39:09 | 69.4 | 428 Adair Peter Broughton | M | Helsby RC | 101 | 0:39:04 |
| 101 | 0:39:11 | 70.0 | 694 Phil Townshend | M | Chester Tri Club | 98 | 0:38:59 |
| 102 | 0:39:12 | 68.5 | 747 Adrian Bryan | M | Wrexham AC | 106 | 0:39:06 |
| 103 | 0:39:13 | 68.5 | 598 Chris Bentley | M | Macclesfield Harriers | 103 | 0:39:05 |
| 104 | 0:39:14 | 77.6 | 289 Paul Ballinger | M | 45 Denbigh Harriers | 102 | 0:39:05 |
| 105 | 0:39:14 | 74.1 | 791 Jonathan Falkner | M | 40 Macclesfield Harriers | 104 | 0:39:06 |
| 106 | 0:39:20 | 72.2 | 93 Frank Heavey Snr | M | 40 | 105 | 0:39:06 |
| 107 | 0:39:21 | 77.1 | 90 Anghard Care | F | Woodford Green & Essex Ladies | 107 | 0:39:11 |
| 108 | 0:39:22 | 81.2 | 812 Ian Carson | M | 55 Wrexham AC | 110 | 0:39:19 |
| 109 | 0:39:23 | 70.1 | 297 Chris Harbron | M | Macclesfield Harriers | 108 | 0:39:14 |
| 110 | 0:39:24 | 77.0 | 325 Claire Leaver | F | Holmfirth Harriers | 109 | 0:39:16 |
| 111 | 0:39:36 | 76.3 | 795 John Battersby | M | 45 Sale Harriers MCR | 113 | 0:39:35 |
| 112 | 0:39:36 | 88.7 | 871 Anne Pugh | F | 50 Altrincham | 112 | 0:39:34 |
| 113 | 0:39:38 | 70.1 | 752 George Nicholls | M | Prestatyn RC | 111 | 0:39:34 |
| 114 | 0:39:41 | 84.9 | 564 Mike Cunningham | M | 60 Manchester Harriers & AC | 114 | 0:39:38 |
| 115 | 0:39:42 | 76.7 | 558 Emma Parry | F | Wrexham AC | 116 | 0:39:40 |
| 116 | 0:39:44 | 72.0 | 805 Robert Burke | M | 40 Liverpool Running Club | 115 | 0:39:38 |
| 117 | 0:39:46 | 71.5 | 126 Mike Hughes | M | 40 Pensby RC | 118 | 0:39:43 |
| 118 | 0:39:50 | 72.4 | 630 Andrew Gray | M | 40 Macclesfield Harriers | 119 | 0:39:45 |
| 119 | 0:39:51 | 76.3 | 714 Sue Hool | F | Glasgow Hoad Hill Harriers | 120 | 0:39:46 |
| 120 | 0:39:52 | 69.6 | 849 Dexter Haywood | M | J Lincoln Wellington | 117 | 0:39:41 |
| 121 | 0:39:52 | 77.5 | 381 Jane Clarke | F | 35 Wilmslow RC | 123 | 0:39:50 |
| 122 | 0:39:53 | 79.9 | 494 Janet Hatton | F | 40 Macclesfield Harriers | 121 | 0:39:49 |
| 123 | 0:39:54 | 69.6 | 17 Michael Jones | M | | 122 | 0:39:49 |
| 124 | 0:39:59 | 70.5 | 609 Chris Nightingale | M | Wigan Phoenix | 124 | 0:39:58 |

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|------|---------|------|------------------------|---|------------------------------|-------------|---------|
| 125 | 0:40:01 | 68.2 | 526 Jeffrey Capper | M | Wilmslow RC | 126 | 0:40:01 |
| 126 | 0:40:08 | 82.5 | 769 Billy Hargreaves | M | 55 Liverpool Harriers | 130 | 0:40:04 |
| 127 | 0:40:13 | 69.1 | 686 Lee Barratt | M | Stockport Harriers | 129 | 0:40:04 |
| 128 | 0:40:15 | 73.3 | 512 John Power | M | 45 | 127 | 0:40:01 |
| 129 | 0:40:16 | 72.7 | 508 David Lord | M | 40 | 135 | 0:40:15 |
| 130 | 0:40:18 | 67.7 | 168 Glenn Wilison | M | Vale Royal AC | 128 | 0:40:03 |
| 131 | 0:40:18 | 77.0 | 351 Linda Clarkson | F | 35 Darwen Dashers | 131 | 0:40:09 |
| 132 | 0:40:22 | 76.1 | 275 Ian Close | M | 50 North Fylde AC | 134 | 0:40:14 |
| 133 | 0:40:23 | 69.8 | 640 Andrew Coates | M | Swinton | 133 | 0:40:12 |
| 134 | 0:40:24 | 80.2 | 722 Kath Charnock | F | 40 Wigan Phoenix | 136 | 0:40:17 |
| 135 | 0:40:26 | 66.4 | 782 Sylvain Husson | M | | 125 | 0:40:00 |
| 136 | 0:40:28 | 84.7 | 801 Ken Burgess | M | 60 Altrincham & DAC | 141 | 0:40:25 |
| 137 | 0:40:29 | 70.2 | 565 Robert Bonson | M | 40 South Cheshire Harriers | 132 | 0:40:11 |
| 138 | 0:40:34 | 77.5 | 66 Eric Payton | M | 50 | 139 | 0:40:20 |
| 139 | 0:40:35 | 71.0 | 667 Mal Balmer | M | 40 Penny Lane Striders | 138 | 0:40:20 |
| 140 | 0:40:36 | 72.7 | 662 Phil Warburton | M | 45 | 142 | 0:40:32 |
| 141 | 0:40:39 | 76.1 | 306 Brian Griffiths | M | 50 Ellesmere Port AC | 140 | 0:40:24 |
| 142 | 0:40:42 | 77.2 | 300 Kerrie Wood | F | 40 Stockport Harriers | 144 | 0:40:36 |
| 143 | 0:40:42 | 79.2 | 397 Chris Morgan | M | 55 Chester Tri Club | 146 | 0:40:39 |
| 144 | 0:40:45 | 69.2 | 296 Roy Upton | M | Lytham St Annes RR | 137 | 0:40:18 |
| 145 | 0:40:48 | 74.6 | 395 Derek Chisnall | M | 45 Astley & Tyldesley | 148 | 0:40:45 |
| 146 | 0:40:50 | 67.2 | 575 Steve Hill | M | Liverpool Running Club | 145 | 0:40:37 |
| 147 | 0:40:51 | 71.2 | 258 Martin Jones | M | 40 | 143 | 0:40:34 |
| 148 | 0:40:52 | 84.9 | 576 Joan Jackson | F | 50 Northern Vets AC | 149 | 0:40:49 |
| 149 | 0:40:53 | 68.0 | 378 Andrew Whittaker | M | Mersey Tri | 150 | 0:40:49 |
| 150 | 0:40:56 | 67.9 | 711 Anthony Jewitt | M | Lancaster & Morecambe | 147 | 0:40:44 |
| 151 | 0:40:57 | 65.6 | 706 Dean Windsor | M | Boalloy RC | 151 | 0:40:49 |
| 152 | 0:40:58 | 79.1 | 278 Alison Vesey | F | 40 Altrincham & DAC | 152 | 0:40:52 |
| 153 | 0:40:59 | 74.3 | 123 Roy Woodland | M | 45 South Cheshire Harriers | 156 | 0:40:58 |
| 154 | 0:41:06 | 70.7 | 459 Arthur Wilson | M | 40 Wallasey AC | 155 | 0:40:58 |
| 155 | 0:41:08 | 70.1 | 371 Damian Utton | M | 40 Altrincham & DAC | 159 | 0:41:01 |
| 156 | 0:41:10 | 73.6 | 523 David McGrath | M | 50 South Cheshire Harriers | 156 | 0:40:58 |
| 157 | 0:41:11 | 78.3 | 646 Terry Webster | M | 55 North Fylde AC | 153 | 0:40:52 |
| 158 | 0:41:27 | 79.0 | 382 Jayne Taylor | F | 45 Wigan Phoenix | 157 | 0:40:59 |
| 159 | 0:41:32 | 70.0 | 250 Ian Edge | M | 40 Warrington Road Runners | 162 | 0:41:26 |
| 160 | 0:41:33 | 66.9 | 705 Neil Thompson | M | Stockport Harriers | 163 | 0:41:26 |
| 161 | 0:41:35 | 73.8 | 743 John Sinclair | M | 50 Retford AC | 160 | 0:41:23 |
| 161A | 0:41:35 | 68.8 | 91 Stephen Goddard | M | 40 | No chip | |
| 162 | 0:41:36 | 65.9 | 651 Martin Bower | M | | 158 | 0:40:59 |
| 163 | 0:41:36 | 71.0 | 424 Patrik Corrigan | M | 45 Birkenhead AC | 165 | 0:41:34 |
| 164 | 0:41:38 | 64.5 | 547 Andy Vaughan | M | | 166 | 0:41:34 |
| 165 | 0:41:40 | 69.8 | 147 Mark Preston | M | 40 Stainland Lions | 164 | 0:41:33 |
| 166 | 0:41:53 | 66.9 | 525 Keith Robbins | M | Chester Tri Club | 176 | 0:41:50 |
| 167 | 0:41:55 | 64.1 | 186 Matthew Foddy | M | | 169 | 0:41:42 |
| 168 | 0:41:56 | 75.6 | 604 John Ladanowski | M | 50 Ford Halewood AC | 168 | 0:41:41 |
| 169 | 0:41:58 | 79.7 | 174 Kate Ayres | F | 45 Wilmslow RC | 177 | 0:41:52 |
| 170 | 0:41:58 | 70.8 | 406 Neil Cliffe | M | 45 Warrington Road Runners | 172 | 0:41:48 |
| 171 | 0:42:02 | 71.9 | 626 Frank Woods | M | 45 | 161 | 0:41:25 |
| 172 | 0:42:02 | 67.1 | 69 Marcus Crompton | M | Vale Royal AC | 171 | 0:41:48 |
| 173 | 0:42:03 | 73.6 | 677 Stephen Hollis | M | 50 Road Runners Club | 178 | 0:41:56 |
| 173A | 0:42:04 | 67.0 | 821 Neil Critchley | M | Burnden Road Runners | Chip on arm | |
| 174 | 0:42:04 | 64.0 | 876 Rob Williams | M | Liverpool Running Club | 175 | 0:41:50 |
| 175 | 0:42:05 | 65.6 | 333 Andrew Thurlow | M | Macclesfield Harriers | 173 | 0:41:49 |
| 176 | 0:42:06 | 64.1 | 669 Nigel Worthington | M | | 167 | 0:41:36 |
| 177 | 0:42:06 | 72.9 | 448 Sean McCann | M | 50 Warrington Road Runners | 180 | 0:41:59 |
| 178 | 0:42:07 | 66.0 | 142 Richard Aldridge | M | | 170 | 0:41:45 |
| 179 | 0:42:07 | 77.0 | 836 Anna Kelly | F | 40 Clayton-le-Moors Harriers | 183 | 0:42:04 |
| 180 | 0:42:11 | 68.9 | 350 Shane Gudgeon | M | 40 Darwen Dashers | 174 | 0:41:50 |
| 181 | 0:42:11 | 69.4 | 877 Mark Ferns | M | 40 Sale Harriers | 179 | 0:41:57 |
| 182 | 0:42:12 | 64.7 | 610 Andrew Nightingale | M | Wigan Phoenix | 181 | 0:42:00 |
| 183 | 0:42:12 | 74.4 | 44 Karen Hutchinson | F | 40 Horwich RMI | 182 | 0:42:00 |
| 184 | 0:42:13 | 65.4 | 348 David Haines | M | Vale Royal AC | 188 | 0:42:12 |
| 185 | 0:42:14 | 63.7 | 71 Peter Summers | M | Skelmersdale & Boundary H | 192 | 0:42:13 |

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|------|---------|------|-----------------------|---|----------------------------|-------------|---------|
| 186 | 0:42:15 | 68.6 | 647 Adam King | M | J | 186 | 0:42:10 |
| 187 | 0:42:17 | 63.5 | 327 Aaron Aspinall | M | Prestatyn RC | 184 | 0:42:04 |
| 188 | 0:42:17 | 63.8 | 521 Darren Horner | M | Stadium Runners | 191 | 0:42:13 |
| 189 | 0:42:19 | 74.2 | 594 Jane Champion | F | 40 Vale Royal AC | 185 | 0:42:05 |
| 190 | 0:42:20 | 64.2 | 257 Leigh Brindle | M | Red Rose Road Runners | 190 | 0:42:12 |
| 191 | 0:42:21 | 78.9 | 385 Karen Butler | F | 45 Sale Harriers MCR | 195 | 0:42:19 |
| 192 | 0:42:23 | 72.1 | 415 Helen Dawkins | F | Warrington Road Runners | 193 | 0:42:15 |
| 193 | 0:42:24 | 63.3 | 251 Jamie Savage | M | | 187 | 0:42:11 |
| 194 | 0:42:25 | 77.3 | 620 Peter Simpson | M | 55 Liverpool Harriers | 196 | 0:42:19 |
| 195 | 0:42:27 | 64.6 | 718 Ian Kerney | M | J | 194 | 0:42:16 |
| 196 | 0:42:30 | 66.4 | 427 Paul Boughey | M | Helsby RC | 200 | 0:42:24 |
| 196A | 0:42:31 | 67.8 | 775 James Downey | M | 42 Wirral AC | Chip on arm | |
| 197 | 0:42:34 | 79.1 | 314 Ray Smith | M | 60 Wigan Phoenix | 198 | 0:42:23 |
| 198 | 0:42:35 | 73.9 | 465 Simon Greene | M | 50 Reebok RC | 204 | 0:42:30 |
| 199 | 0:42:38 | 71.1 | 693 Alison Pye | F | Sale Harriers MCR | 197 | 0:42:23 |
| 200 | 0:42:41 | 63.6 | 171 Andrew Hilton | M | | 201 | 0:42:25 |
| 201 | 0:42:42 | 75.5 | 361 Graham Pomfret | M | 55 Blackburn Harriers | 206 | 0:42:37 |
| 202 | 0:42:43 | 71.1 | 546 Alison Hughes | F | Ellesmere Port AC | 202 | 0:42:28 |
| 203 | 0:42:43 | 66.0 | 675 Clive Booth | M | | 189 | 0:42:12 |
| 204 | 0:42:44 | 68.0 | 845 Philip Butler | M | 40 Red Rose Road Runners | 199 | 0:42:23 |
| 205 | 0:42:45 | 71.0 | 600 Erika Schmid | F | Buckley Runners | 203 | 0:42:29 |
| 206 | 0:42:46 | 75.1 | 824 Catherine Hewitt | F | 40 Wrexham AC | 208 | 0:42:39 |
| 207 | 0:42:47 | 69.5 | 389 Anthony Dickens | M | 45 | 207 | 0:42:38 |
| 208 | 0:42:48 | 65.9 | 611 Michael Court | M | Vale Royal AC | 210 | 0:42:41 |
| 209 | 0:42:49 | 68.4 | 248 Lee Campbell | M | 40 Boalloy RC | 213 | 0:42:42 |
| 210 | 0:42:49 | 66.8 | 312 Guy Aartse-Tuyn | M | 40 Boalloy RC | 212 | 0:42:42 |
| 211 | 0:42:51 | 71.5 | 612 Ruth Sills | F | 35 Vale Royal AC | 215 | 0:42:45 |
| 212 | 0:42:51 | 67.3 | 447 Stephen Dawson | M | 40 South Cheshire Harriers | 205 | 0:42:35 |
| 213 | 0:42:53 | 73.3 | 26 Geoff Shaw | M | 50 Helsby RC | 217 | 0:42:47 |
| 214 | 0:42:53 | 67.8 | 443 Craig Brennan | M | 40 | 214 | 0:42:42 |
| 215 | 0:42:54 | 79.2 | 721 Mike Leary | M | 60 Wigan Phoenix | 216 | 0:42:45 |
| 216 | 0:43:02 | 63.1 | 584 Steve Napier | M | | 209 | 0:42:41 |
| 217 | 0:43:02 | 69.6 | 391 Daniel Rees | M | 45 | 218 | 0:42:48 |
| 218 | 0:43:05 | 64.1 | 9 David Owen | M | | 211 | 0:42:41 |
| 219 | 0:43:07 | 78.1 | 874 James Bradbury | M | 60 Congleton | 221 | 0:43:01 |
| 220 | 0:43:08 | 64.4 | 562 Charlie Rowlands | M | South Cheshire Harriers | 219 | 0:42:52 |
| 221 | 0:43:10 | 64.4 | 105 Gary Mitchell | M | | 220 | 0:42:58 |
| 222 | 0:43:16 | 62.2 | 622 Neil Worden | M | | 222 | 0:43:09 |
| 223 | 0:43:19 | 68.1 | 417 Keith Brown | M | 45 Warrington Road Runners | 225 | 0:43:12 |
| 224 | 0:43:22 | 68.1 | 321 Andy Smith | M | 45 Helsby RC | 226 | 0:43:14 |
| 225 | 0:43:29 | 68.4 | 234 Glyn Fry | M | 45 | 224 | 0:43:12 |
| 226 | 0:43:34 | 69.8 | 152 Sharon Glendon | F | Stockport Harriers | 232 | 0:43:28 |
| 227 | 0:43:36 | 69.3 | 800 Rob Thomson | M | 45 Shrewsbury AC | 229 | 0:43:20 |
| 228 | 0:43:37 | 69.6 | 164 Alison Smith | F | Tattenhall Runners | 223 | 0:43:12 |
| 229 | 0:43:38 | 62.0 | 263 Stephen Mort | M | Preston Harriers | 231 | 0:43:25 |
| 230 | 0:43:39 | 72.1 | 543 Mike Perchard | M | 50 West Cheshire AC | 233 | 0:43:28 |
| 231 | 0:43:40 | 72.6 | 473 Paul Pover | M | 50 Northern Vets AC | 235 | 0:43:32 |
| 232 | 0:43:41 | 62.8 | 247 Adrian Mercer | M | Village Road Runners | 239 | 0:43:33 |
| 233 | 0:43:41 | 63.2 | 68 Jonathan Muir | M | Helsby RC | 236 | 0:43:32 |
| 234 | 0:43:41 | 62.2 | 628 Ryan Procter | M | Trentham RC | 230 | 0:43:24 |
| 235 | 0:43:41 | 63.6 | 862 Alan Webb | M | A&T Road Runners | 241 | 0:43:35 |
| 236 | 0:43:42 | 62.4 | 507 Michael J Tinker | M | | 227 | 0:43:19 |
| 237 | 0:43:44 | 63.5 | 474 Dave Toft | M | Buckley Runners | 244 | 0:43:36 |
| 238 | 0:43:45 | 71.9 | 738 Philip Leaver | M | 50 Wesham Road Runners | 246 | 0:43:38 |
| 239 | 0:43:45 | 62.7 | 6 Simon Woods | M | Wrightington | 238 | 0:43:33 |
| 240 | 0:43:46 | 61.7 | 319 Chris Godfrey | M | Holmfirth Harriers | 243 | 0:43:35 |
| 241 | 0:43:47 | 61.3 | 504 Chris Halstead | M | | 228 | 0:43:19 |
| 242 | 0:43:49 | 67.4 | 793 Stephen McCulloch | M | 45 Liverpool Running Club | 249 | 0:43:42 |
| 243 | 0:43:51 | 76.1 | 330 Ian Ashcroft | M | 60 Wilmslow RC | 251 | 0:43:46 |
| 244 | 0:43:52 | 65.2 | 716 Ray Sutton | M | 40 | 248 | 0:43:41 |
| 245 | 0:43:55 | 66.2 | 861 Peter Mulleady | M | 40 A&T Road Runers | 250 | 0:43:46 |
| 246 | 0:43:57 | 62.1 | 511 Stuart Adamson | M | Horwich RMI | 253 | 0:43:47 |
| 247 | 0:43:58 | 67.1 | 363 Alan Berry | M | 45 | 254 | 0:43:48 |

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| | | | | | | | |
|-----|---------|------|------------------------|---|------------------------------|-----|---------|
| 248 | 0:43:59 | 65.6 | 696 Michael Mason | M | 40 Hyde Village Striders | 247 | 0:43:41 |
| 249 | 0:44:02 | 68.6 | 262 Derek Power | M | 45 | 242 | 0:43:35 |
| 250 | 0:44:04 | 61.1 | 767 Dominic Maguire | M | | 257 | 0:44:00 |
| 251 | 0:44:06 | 64.6 | 498 Richard Green | M | J | 234 | 0:43:31 |
| 252 | 0:44:06 | 73.8 | 208 Ian Wright | M | 55 | 245 | 0:43:38 |
| 253 | 0:44:08 | 69.6 | 96 Eddie Taylor | M | 50 | 259 | 0:44:01 |
| 254 | 0:44:09 | 73.4 | 470 Mary Tavener | F | 40 Vale Royal Ac | 261 | 0:44:03 |
| 255 | 0:44:09 | 66.3 | 879 David Watson | M | 40 | 240 | 0:43:34 |
| 256 | 0:44:13 | 66.8 | 49 Paul Tye | M | 40 | 256 | 0:43:59 |
| 257 | 0:44:14 | 60.9 | 839 Richard Coffey | M | | 265 | 0:44:06 |
| 258 | 0:44:14 | 68.6 | 829 Natalie Cheers | F | Liverpool Running Club | 267 | 0:44:08 |
| 259 | 0:44:15 | 69.3 | 320 Lisa Morley | F | 35 Wrexham AC | 260 | 0:44:02 |
| 260 | 0:44:15 | 74.8 | 550 David Aspin | M | 55 Red Rose Road Runners | 266 | 0:44:07 |
| 261 | 0:44:16 | 68.6 | 840 Laynie Wild | F | Tattenhall Runners | 255 | 0:43:51 |
| 262 | 0:44:20 | 75.4 | 603 Patricia O'Keefe | F | 45 Ford Halewood AC | 264 | 0:44:05 |
| 263 | 0:44:22 | 60.8 | 778 Michael Gubbins | M | Hyde Village Striders | 262 | 0:44:04 |
| 264 | 0:44:23 | 64.5 | 777 James Wilkinson | M | 40 | 252 | 0:43:47 |
| 265 | 0:44:23 | 61.5 | 634 Stuart Sharp | M | | 273 | 0:44:13 |
| 266 | 0:44:24 | 61.2 | 566 Michael Evans | M | | 274 | 0:44:14 |
| 267 | 0:44:25 | 73.7 | 578 Liz Thornton | F | 45 Liverpool Running Club | 269 | 0:44:11 |
| 268 | 0:44:25 | 66.5 | 860 Steve Foster | M | 45 A&T Road Runners | 277 | 0:44:19 |
| 269 | 0:44:25 | 69.7 | 524 Paul Brownbill | M | 50 South Cheshire Harriers | 268 | 0:44:08 |
| 270 | 0:44:28 | 62.1 | 870 Craig Bradbury | M | A&T Road Runners | 271 | 0:44:12 |
| 271 | 0:44:28 | 70.2 | 137 Andy Burnett | M | 50 | 270 | 0:44:11 |
| 272 | 0:44:30 | 79.2 | 773 Richard Lawson | M | 65 Clayton-le-Moors Harriers | 281 | 0:44:26 |
| 273 | 0:44:30 | 62.0 | 664 David Gill | M | Sale Harriers MCR | 258 | 0:44:01 |
| 274 | 0:44:32 | 60.3 | 838 Gary Crowe | M | | 237 | 0:43:33 |
| 275 | 0:44:33 | 68.4 | 117 Louise Worthington | F | | 263 | 0:44:04 |
| 276 | 0:44:34 | 65.7 | 740 David Pinnington | M | 40 | 272 | 0:44:12 |
| 277 | 0:44:39 | 66.6 | 299 Bernard Forster | M | 45 | 275 | 0:44:17 |
| 278 | 0:44:41 | 60.1 | 11 Jonathan Simpson | M | | 287 | 0:44:35 |
| 279 | 0:44:41 | 68.0 | 309 Kirsty Read | F | Fitness First Gorton | 282 | 0:44:29 |
| 280 | 0:44:43 | 60.8 | 733 Richard Fogarty | M | | 280 | 0:44:26 |
| 281 | 0:44:45 | 79.5 | 864 Denise Wakefield | F | 50 Horwich RMI | 289 | 0:44:43 |
| 282 | 0:44:48 | 68.5 | 338 John Malone | M | 50 | 279 | 0:44:22 |
| 283 | 0:44:50 | 59.9 | 583 Lee McCourt | M | Manchester Harriers & AC | 285 | 0:44:34 |
| 284 | 0:44:55 | 65.7 | 252 Philip Mahoney | M | 45 Warrington Road Runners | 286 | 0:44:35 |
| 285 | 0:44:57 | 72.8 | 233 Catherine Hardman | F | 45 | 288 | 0:44:41 |
| 286 | 0:44:58 | 75.6 | 811 John Delaney | M | 60 Stockport Harriers | 290 | 0:44:49 |
| 287 | 0:44:59 | 61.0 | 253 Richard Wagner | M | | 283 | 0:44:32 |
| 288 | 0:45:00 | 61.3 | 518 Stephen Danks | M | | 284 | 0:44:34 |
| 289 | 0:45:00 | 70.3 | 835 Debbie Hampton | F | 40 Widnes Wasps | 295 | 0:44:54 |
| 290 | 0:45:01 | 64.1 | 553 Steven J Scrivens | M | 40 | 294 | 0:44:53 |
| 291 | 0:45:05 | 67.3 | 379 Sally Maddock | F | Wilmslow RC | 296 | 0:44:55 |
| 292 | 0:45:06 | 59.5 | 457 Mike Graney | M | | 278 | 0:44:19 |
| 293 | 0:45:07 | 64.4 | 541 David Hall | M | 40 Middleton Harriers | 292 | 0:44:52 |
| 294 | 0:45:07 | 75.9 | 540 Alison Holmes | F | 45 Middleton Harriers | 293 | 0:44:52 |
| 295 | 0:45:12 | 59.4 | 451 Duncan Northover | M | | 276 | 0:44:18 |
| 296 | 0:45:12 | 66.3 | 850 Russell Haywood | M | 45 Lincoln Wellington | 302 | 0:45:03 |
| 297 | 0:45:12 | 67.4 | 450 David Roberts | M | 45 | 304 | 0:45:10 |
| 298 | 0:45:15 | 60.6 | 719 Clemens Zack | M | J | 303 | 0:45:03 |
| 299 | 0:45:18 | 60.9 | 77 Peter Newstead | M | | 299 | 0:45:00 |
| 300 | 0:45:19 | 61.3 | 863 Mark Danaher | M | | 301 | 0:45:02 |
| 301 | 0:45:20 | 84.2 | 727 Gordon Brown | M | 70 Liverpool Harriers | 305 | 0:45:11 |
| 302 | 0:45:20 | 62.2 | 231 Nigel Hales | M | | 298 | 0:44:59 |
| 303 | 0:45:20 | 61.8 | 865 Mike Murray | M | | 307 | 0:45:11 |
| 304 | 0:45:25 | 67.6 | 763 Geoffrey Beattie | M | 50 Esportas | 310 | 0:45:16 |
| 305 | 0:45:28 | 60.3 | 730 Jon Murphy | M | | 300 | 0:45:01 |
| 306 | 0:45:29 | 68.6 | 104 Michael Hallsworth | M | 50 Helsby RC | 312 | 0:45:24 |
| 307 | 0:45:31 | 59.0 | 699 Patrick Chan | M | Sale Harriers MCR | 308 | 0:45:11 |
| 308 | 0:45:33 | 69.4 | 183 Vicky Barrett | F | 40 Stockport Harriers | 313 | 0:45:24 |
| 309 | 0:45:36 | 59.6 | 458 Tom Carter | M | | 297 | 0:44:58 |
| 310 | 0:45:36 | 71.1 | 256 Kate Sutton | F | 40 Wilmslow RC | 315 | 0:45:25 |

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| | | | | | | | | |
|-----|---------|------|-------------------------|---|----|---------------------------|-----|---------|
| 311 | 0:45:37 | 67.4 | 377 Colette Morgan | F | 35 | | 311 | 0:45:23 |
| 312 | 0:45:39 | 59.5 | 293 Matthew Read | M | | | 291 | 0:44:50 |
| 313 | 0:45:42 | 72.4 | 345 Michael Horton | M | 55 | Boalloy RC | 314 | 0:45:25 |
| 314 | 0:45:47 | 68.1 | 58 Peter O'Hare | M | 50 | Hyde Village Striders | 319 | 0:45:34 |
| 315 | 0:45:50 | 62.0 | 787 Shaun Cleminson | M | 40 | | 309 | 0:45:15 |
| 316 | 0:45:52 | 58.5 | 803 Matthew Orford | M | | Lancashire Constabulary | 306 | 0:45:11 |
| 317 | 0:45:53 | 63.3 | 392 Tommy Dunning | M | 40 | St Helens Sutton AC | 322 | 0:45:46 |
| 318 | 0:45:56 | 62.8 | 820 Bill Staniard | M | 40 | Wilmslow RC | 320 | 0:45:42 |
| 319 | 0:45:57 | 70.8 | 19 Martin Wagner | M | 55 | | 316 | 0:45:32 |
| 320 | 0:45:58 | 58.4 | 353 Kevin Hoctor | M | | | 317 | 0:45:33 |
| 321 | 0:45:58 | 58.9 | 94 Brandon Taylor | M | | Helsby RC | 326 | 0:45:53 |
| 322 | 0:45:58 | 81.5 | 74 Rosemary Rogers | F | 55 | BS Dee Striders | 325 | 0:45:53 |
| 323 | 0:46:08 | 59.8 | 390 Daren Renshaw | M | | | 323 | 0:45:51 |
| 324 | 0:46:08 | 64.0 | 497 Tony Green | M | 45 | | 318 | 0:45:33 |
| 325 | 0:46:14 | 58.8 | 172 Robert Memmott | M | | | 330 | 0:45:58 |
| 326 | 0:46:15 | 86.8 | 580 Derek Howarth | M | 75 | Leigh Harriers | 337 | 0:46:11 |
| 327 | 0:46:16 | 66.9 | 444 Howard Barlow | M | 50 | Blackpool & Fylde AC | 333 | 0:46:05 |
| 328 | 0:46:16 | 58.0 | 834 Andrew Dugdale | M | | Dewsbury RR | 321 | 0:45:46 |
| 329 | 0:46:17 | 68.9 | 875 Janet Booth | F | 40 | | 324 | 0:45:51 |
| 330 | 0:46:18 | 67.9 | 149 Stephen Wilkinson | M | 50 | Wesham Road Runners | 332 | 0:46:02 |
| 331 | 0:46:21 | 58.0 | 176 Matthew McWilliams | M | | Spectrum Striders RC | 328 | 0:45:54 |
| 332 | 0:46:25 | 61.7 | 244 Andrew Baston | M | 40 | | 339 | 0:46:16 |
| 333 | 0:46:26 | 58.8 | 180 Paul Coulter | M | | | 338 | 0:46:13 |
| 334 | 0:46:27 | 57.8 | 425 Andy Scullion | M | | | 336 | 0:46:10 |
| 335 | 0:46:27 | 70.5 | 432 Jo Molyneaux | F | 45 | Vale Royal AC | 342 | 0:46:23 |
| 336 | 0:46:28 | 73.1 | 254 Brian Beattie | M | 60 | West Cheshire AC | 331 | 0:46:01 |
| 337 | 0:46:30 | 77.5 | 56 Mary Doyle | F | 50 | Liverpool Running Club | 343 | 0:46:24 |
| 338 | 0:46:30 | 57.7 | 232 Ian Langton | M | | | 329 | 0:45:55 |
| 339 | 0:46:32 | 58.2 | 30 John Hobson | M | | | 327 | 0:45:54 |
| 340 | 0:46:35 | 74.3 | 661 Peter Watson | M | 60 | Wilmslow RC | 347 | 0:46:29 |
| 341 | 0:46:35 | 71.1 | 537 Dave Clarkson | M | 55 | Penny Lane Striders | 340 | 0:46:17 |
| 342 | 0:46:37 | 59.2 | 466 Gareth Johnson | M | | Vale Royal AC | 352 | 0:46:36 |
| 343 | 0:46:40 | 57.7 | 92 Stuart Marshall | M | | | 334 | 0:46:05 |
| 344 | 0:46:40 | 69.7 | 384 George Flanagan | M | 55 | Wesham Road Runners | 346 | 0:46:29 |
| 345 | 0:46:47 | 58.1 | 154 Chris Venables | M | | | 349 | 0:46:30 |
| 346 | 0:46:50 | 59.3 | 538 Stephen Southart | M | | | 345 | 0:46:26 |
| 347 | 0:46:52 | 65.4 | 331 Rachel Anne Lloyd | F | 35 | Wrexham AC | 354 | 0:46:37 |
| 348 | 0:46:53 | 60.1 | 344 Carl Dunk | M | | Baildon Runners | 335 | 0:46:07 |
| 349 | 0:46:54 | 57.3 | 503 Shane Knott | M | | Penny Lane Striders | 353 | 0:46:36 |
| 350 | 0:46:56 | 72.4 | 402 Robin Wignall | M | 60 | Altrincham & DAC | 341 | 0:46:17 |
| 351 | 0:46:57 | 69.3 | 468 Graham Jackett | M | 55 | Leigh Harriers | 350 | 0:46:34 |
| 352 | 0:46:59 | 66.5 | 475 Lesley Evans | F | 35 | | 358 | 0:46:56 |
| 353 | 0:46:59 | 61.4 | 437 Tim Court | M | 40 | | 355 | 0:46:39 |
| 354 | 0:47:01 | 57.1 | 194 Neil Thomsom | M | | | 344 | 0:46:25 |
| 355 | 0:47:06 | 64.9 | 548 Lesley Mills | F | | Cheshire Police | 357 | 0:46:54 |
| 356 | 0:47:12 | 66.2 | 86 Debra Mccann | F | 35 | Stockport Harriers | 363 | 0:47:04 |
| 357 | 0:47:15 | 61.0 | 748 Finley McCalman | M | 40 | Wesham Road Runners | 361 | 0:47:00 |
| 358 | 0:47:15 | 57.5 | 688 David Lynan | M | | Penny Lane Striders | 348 | 0:46:29 |
| 359 | 0:47:18 | 64.9 | 73 Graham Sutton | M | 50 | | 360 | 0:46:56 |
| 360 | 0:47:20 | 63.3 | 107 Robert Booth | M | 40 | | 351 | 0:46:34 |
| 361 | 0:47:21 | 69.3 | 567 David Wood | M | 55 | North Fylde AC | 366 | 0:47:10 |
| 362 | 0:47:22 | 62.3 | 166 David Jackson | M | 45 | Warrington AC | 356 | 0:46:47 |
| 363 | 0:47:23 | 64.0 | 401 Honor Duffield | F | | Skelmersdale & Boundary H | 368 | 0:47:13 |
| 364 | 0:47:24 | 69.8 | 585 Tommy Burke | M | 55 | Penny Lane Striders | 373 | 0:47:20 |
| 365 | 0:47:25 | 64.7 | 734 Peter James | M | 50 | West Pennine Runners | 359 | 0:46:56 |
| 366 | 0:47:27 | 66.3 | 639 Terence Long | M | 50 | Penny Lane Striders | 371 | 0:47:19 |
| 367 | 0:47:30 | 58.9 | 362 Alan Lacey | M | | UkNetrunner | 362 | 0:47:00 |
| 368 | 0:47:31 | 58.1 | 732 Graham Dowling | M | | | 364 | 0:47:05 |
| 369 | 0:47:31 | 66.2 | 181 Graham Roberts | M | 50 | | 369 | 0:47:15 |
| 370 | 0:47:32 | 73.0 | 423 Catherine Nevin | F | 50 | Penny Lane Striders | 375 | 0:47:23 |
| 371 | 0:47:34 | 63.8 | 179 Leila Jones | F | | | 372 | 0:47:20 |
| 372 | 0:47:34 | 65.6 | 12 Peter Gibson | M | 50 | North Fylde AC | 374 | 0:47:21 |
| 373 | 0:47:40 | 64.3 | 236 Julia Wrigglesworth | F | 35 | Warrington Road Runners | 370 | 0:47:17 |

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| | | | | | | | | |
|-----|---------|------|--------------------------|---|----|---------------------------|-----|---------|
| 374 | 0:47:42 | 73.2 | 629 Ian Hilditch | M | 65 | Helsby RC | 378 | 0:47:32 |
| 375 | 0:47:50 | 64.2 | 213 Simon Gowers | M | 50 | | 367 | 0:47:11 |
| 376 | 0:47:52 | 58.0 | 120 Mark Povey | M | | West Cheshire AC | 381 | 0:47:37 |
| 377 | 0:47:53 | 57.6 | 529 Paul Carter | M | | Wesham Road Runners | 365 | 0:47:08 |
| 378 | 0:47:54 | 67.7 | 38 Helena Mcgoldrick | F | 40 | Northern Vets AC | 380 | 0:47:37 |
| 379 | 0:47:59 | 56.1 | 131 Paul Lockett | M | | | 376 | 0:47:27 |
| 380 | 0:48:01 | 72.1 | 551 Kevin O'Brien | M | 60 | Clayton-le-Moors Harriers | 393 | 0:47:54 |
| 381 | 0:48:03 | 62.4 | 28 Alan Bennett | M | 40 | | 379 | 0:47:34 |
| 382 | 0:48:05 | 72.1 | 764 Carol Beattie | F | 50 | Steel City Striders | 394 | 0:47:55 |
| 383 | 0:48:05 | 63.1 | 209 Lyndsey Whittaker | F | | | 382 | 0:47:38 |
| 384 | 0:48:05 | 63.1 | 505 Louise Nicholson | F | | | 384 | 0:47:39 |
| 385 | 0:48:06 | 58.6 | 817 Andy Pennington | M | | | 385 | 0:47:41 |
| 386 | 0:48:08 | 59.2 | 212 Christian Gowers | M | J | | 377 | 0:47:30 |
| 387 | 0:48:11 | 56.2 | 492 Jason Bostock | M | | | 389 | 0:47:50 |
| 388 | 0:48:12 | 64.7 | 762 Stephen Cook | M | 50 | Winston Runners | 388 | 0:47:49 |
| 389 | 0:48:13 | 57.6 | 644 David Molyneux | M | | | 392 | 0:47:53 |
| 390 | 0:48:17 | 59.7 | 452 Bernard Brown | M | 40 | | 383 | 0:47:38 |
| 391 | 0:48:22 | 57.4 | 477 Dominick Byrne | M | | | 400 | 0:48:18 |
| 392 | 0:48:23 | 59.1 | 145 David Rafferty | M | 40 | | 387 | 0:47:45 |
| 393 | 0:48:23 | 59.6 | 436 Graeme Campbell | M | 40 | | 398 | 0:48:04 |
| 394 | 0:48:24 | 56.4 | 882 Neil Smith | M | | | 397 | 0:48:01 |
| 395 | 0:48:28 | 60.9 | 51 Niall Koating | M | 40 | | 390 | 0:47:52 |
| 396 | 0:48:30 | 60.9 | 211 Ron Kenny | M | 45 | | 386 | 0:47:42 |
| 397 | 0:48:38 | 55.3 | 843 Mark Foster | M | | | 391 | 0:47:53 |
| 398 | 0:48:39 | 55.2 | 336 Paul Ireland | M | | | 395 | 0:47:57 |
| 399 | 0:48:40 | 68.7 | 490 Maggie Jones | F | 45 | Altrincham & DAC | 405 | 0:48:27 |
| 400 | 0:48:42 | 63.0 | 373 Bernie Krawczyk | M | 50 | Wesham Road Runners | 403 | 0:48:22 |
| 401 | 0:48:43 | 63.7 | 678 Fiona Pudge | F | 35 | FRA | 402 | 0:48:22 |
| 402 | 0:48:45 | 75.2 | 637 Peter Edwards | M | 70 | Northern Vets AC | 408 | 0:48:37 |
| 403 | 0:48:51 | 62.1 | 170 Emily Maxfield | F | J | | 404 | 0:48:26 |
| 404 | 0:48:52 | 68.3 | 658 Kevin John Maguire | M | 60 | Winston Runners | 406 | 0:48:31 |
| 405 | 0:48:53 | 55.0 | 274 Spencer Pritchard | M | | | 396 | 0:47:58 |
| 406 | 0:48:54 | 56.8 | 202 Les Blacker | M | | | 399 | 0:48:06 |
| 407 | 0:48:55 | 61.3 | 532 Martin Wood | M | 45 | | 401 | 0:48:20 |
| 408 | 0:48:57 | 64.2 | 367 Colin Walker | M | 50 | | 418 | 0:48:51 |
| 409 | 0:48:57 | 99.3 | 195 Louise Gilchrist | F | 70 | Valley Striders AC | 423 | 0:48:54 |
| 410 | 0:48:58 | 63.8 | 138 Breeshey Wood | F | 35 | | 416 | 0:48:48 |
| 411 | 0:49:02 | 66.9 | 638 Tony Brady | M | 55 | Manchester Harriers & AC | 411 | 0:48:42 |
| 412 | 0:49:04 | 69.8 | 486 Anne Doherty | F | 45 | | 419 | 0:48:53 |
| 413 | 0:49:05 | 62.0 | 313 Adele Cockcroft | F | | Warrington Road Runners | 409 | 0:48:39 |
| 414 | 0:49:07 | 54.7 | 433 Andrew Collins | M | | | 428 | 0:48:58 |
| 415 | 0:49:07 | 61.0 | 334 Melvyn Whiteside | M | 45 | | 407 | 0:48:37 |
| 416 | 0:49:09 | 54.6 | 408 Neal Woods | M | | | 410 | 0:48:41 |
| 417 | 0:49:12 | 61.7 | 175 Jo Kinsella | F | | Spectrum Striders RC | 414 | 0:48:44 |
| 418 | 0:49:16 | 55.4 | 455 Gary Lewis | M | | Lytham St Annes RR | 426 | 0:48:58 |
| 419 | 0:49:18 | 59.0 | 587 Michael Smith | M | 40 | | 425 | 0:48:58 |
| 420 | 0:49:20 | 54.9 | 724 Ian Hughes | M | | | 415 | 0:48:45 |
| 421 | 0:49:20 | 55.1 | 680 Jonathan Preston | M | | | 412 | 0:48:43 |
| 422 | 0:49:21 | 66.5 | 426 Philip Jones | M | 55 | Helsby RC | 435 | 0:49:21 |
| 423 | 0:49:22 | 58.4 | 855 Martin Doid | M | 40 | BRJ Road Runners | 427 | 0:48:58 |
| 424 | 0:49:24 | 68.8 | 794 Malcolm Whitehead | M | 60 | Horwich RMI | 420 | 0:48:53 |
| 425 | 0:49:24 | 54.4 | 340 Andrew Malone | M | | | 421 | 0:48:54 |
| 426 | 0:49:27 | 59.7 | 692 Gordon Adam | M | 45 | | 432 | 0:49:08 |
| 427 | 0:49:32 | 56.5 | 241 Lee Pownall | M | | North Wales RRC | 433 | 0:49:15 |
| 428 | 0:49:33 | 65.4 | 858 Carol Shaw | F | 40 | Helsby | 440 | 0:49:27 |
| 429 | 0:49:34 | 55.7 | 264 Robert Davies | M | | | 422 | 0:48:54 |
| 430 | 0:49:35 | 54.2 | 579 David Unsworth | M | | | 413 | 0:48:44 |
| 431 | 0:49:39 | 66.1 | 659 James Lanham | M | 55 | Manchester Harriers & AC | 431 | 0:49:06 |
| 432 | 0:49:40 | 58.1 | 198 Mark Burgess | M | 40 | | 430 | 0:49:00 |
| 433 | 0:49:40 | 61.3 | 322 Joanne Clisham-Marsh | F | | St Helens Sutton AC | 434 | 0:49:20 |
| 434 | 0:49:44 | 61.0 | 826 Joanne Stocks | F | | Redhill Road Runners | 429 | 0:48:59 |
| 435 | 0:49:45 | 57.3 | 32 James Marsland | M | J | | 424 | 0:48:56 |

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|-----|---------|------|--------------------------|---|----------------------------|-----|---------|
| 436 | 0:49:47 | 60.9 | 199 Fiona McGrath | F | Warrington AC | 442 | 0:49:30 |
| 437 | 0:49:54 | 53.8 | 229 Paul Herbert | M | | 441 | 0:49:28 |
| 438 | 0:49:55 | 59.6 | 225 Mike Croton | M | 45 | 417 | 0:48:50 |
| 439 | 0:49:57 | 63.5 | 597 Ian Thomas | M | 50 Swinton | 439 | 0:49:24 |
| 440 | 0:50:00 | 61.4 | 343 Colin Moston | M | 50 | 436 | 0:49:23 |
| 441 | 0:50:05 | 53.6 | 746 Matthew Hunt | M | | 460 | 0:50:02 |
| 442 | 0:50:05 | 58.5 | 485 Andrew Durant | M | 40 | 448 | 0:49:39 |
| 443 | 0:50:07 | 65.4 | 756 John Ray Latham | M | 55 South Cheshire Harriers | 446 | 0:49:34 |
| 444 | 0:50:11 | 63.2 | 682 John Howorth | M | 50 Wesham Road Runners | 437 | 0:49:23 |
| 445 | 0:50:12 | 60.4 | 736 Angela Platt | F | | 443 | 0:49:32 |
| 446 | 0:50:13 | 62.6 | 159 Heather Glover | F | 40 Warrington Road Runners | 452 | 0:49:47 |
| 447 | 0:50:18 | 60.7 | 799 Barbara Swan | F | Penny Lane Striders | 445 | 0:49:33 |
| 448 | 0:50:19 | 56.5 | 388 Graham Groves | M | 40 | 447 | 0:49:36 |
| 449 | 0:50:20 | 56.0 | 286 Martin Hayes | M | | 450 | 0:49:47 |
| 450 | 0:50:20 | 69.8 | 190 Margaret Williams | F | 50 | 456 | 0:49:59 |
| 451 | 0:50:20 | 64.6 | 191 Nefyn Williams | M | 55 | 457 | 0:50:00 |
| 452 | 0:50:22 | 64.4 | 859 Georgina Watson | F | 40 | 438 | 0:49:24 |
| 453 | 0:50:23 | 60.0 | 707 John Owens | M | 45 | 458 | 0:50:00 |
| 454 | 0:50:24 | 58.6 | 102 Anthony Leach | M | 40 | 444 | 0:49:32 |
| 455 | 0:50:24 | 68.0 | 771 Debbie Read | F | 45 | 455 | 0:49:53 |
| 456 | 0:50:26 | 53.9 | 509 Mark Lester | M | | 454 | 0:49:53 |
| 457 | 0:50:26 | 58.5 | 60 David Roberts | M | 40 Ellesmere Port AC | 449 | 0:49:46 |
| 458 | 0:50:27 | 55.7 | 61 Andrew Roberts | M | J | 451 | 0:49:47 |
| 459 | 0:50:31 | 66.2 | 81 Penny Hinke | F | 40 Wilmslow RC | 464 | 0:50:15 |
| 460 | 0:50:33 | 63.1 | 806 Susan Burke | F | 40 Liverpool Running Club | 466 | 0:50:17 |
| 461 | 0:50:35 | 54.9 | 674 Hans Riebeck | M | | 453 | 0:49:50 |
| 462 | 0:50:38 | 62.6 | 411 Thomas Whiting | M | 50 | 459 | 0:50:01 |
| 463 | 0:50:39 | 66.8 | 214 Sue Brennan | F | 45 | 461 | 0:50:08 |
| 464 | 0:50:41 | 64.0 | 403 Brenda Wane | F | 40 Astley & Tyldesley | 467 | 0:50:26 |
| 465 | 0:50:48 | 61.5 | 240 Jayne Lomax | F | 35 Vale Royal AC | 469 | 0:50:33 |
| 466 | 0:50:59 | 66.4 | 161 Hilary Himsforth | F | 45 | 463 | 0:50:15 |
| 467 | 0:51:00 | 60.7 | 122 Mark Wilson | M | 50 Wesham Road Runners | 462 | 0:50:09 |
| 468 | 0:51:03 | 59.4 | 807 Jessica Riley | F | | 465 | 0:50:16 |
| 469 | 0:51:05 | 52.7 | 560 Alejandro Gonzalez | M | | 470 | 0:50:40 |
| 470 | 0:51:08 | 52.6 | 237 Stephen Wright | M | | 468 | 0:50:29 |
| 471 | 0:51:10 | 59.3 | 341 Victoria Summerfield | F | | 472 | 0:50:43 |
| 472 | 0:51:12 | 61.8 | 695 Elizabeth Mason | F | 40 Hyde Village Striders | 477 | 0:50:53 |
| 473 | 0:51:14 | 55.0 | 1 David Yates | M | | 482 | 0:51:00 |
| 474 | 0:51:15 | 54.2 | 80 Ian Turnbull | M | | 471 | 0:50:41 |
| 475 | 0:51:17 | 59.4 | 127 Louise Moore | F | | 476 | 0:50:53 |
| 476 | 0:51:17 | 68.7 | 691 Howard Henshaw | M | 65 Blackpool & Fylde AC | 485 | 0:51:10 |
| 477 | 0:51:22 | 54.1 | 72 Jeff Broadhurst | M | | 484 | 0:51:08 |
| 478 | 0:51:22 | 53.7 | 623 Andrew Crook | M | | 473 | 0:50:48 |
| 479 | 0:51:22 | 59.7 | 332 Katie Thurlow | F | 35 | 479 | 0:50:55 |
| 480 | 0:51:24 | 60.2 | 627 Edmond Woods | M | 50 | 475 | 0:50:52 |
| 481 | 0:51:25 | 63.0 | 18 Margaret Ludden | F | 40 | 480 | 0:50:57 |
| 482 | 0:51:26 | 59.4 | 513 Amanda Baxendale | F | Road Runners Club | 478 | 0:50:55 |
| 483 | 0:51:27 | 67.4 | 271 Liz O'Keefe | F | 50 Sandbach Striders | 474 | 0:50:52 |
| 484 | 0:51:27 | 59.6 | 786 Amanda Dunbar | F | 35 Winston Runners | 481 | 0:50:59 |
| 485 | 0:51:32 | 59.5 | 255 Catrin Evans | F | 35 Sale Harriers MCR | 483 | 0:51:02 |
| 486 | 0:51:37 | 58.8 | 169 Kelly Paterson | F | | 488 | 0:51:15 |
| 487 | 0:51:38 | 52.8 | 243 Robin Greenwood | M | Warrington Road Runners | 492 | 0:51:23 |
| 488 | 0:51:40 | 59.9 | 488 Joe Delaney | M | 50 Village Road Runners | 486 | 0:51:12 |
| 489 | 0:51:41 | 56.2 | 856 Raymond Howarth | M | 40 | 487 | 0:51:15 |
| 490 | 0:51:52 | 64.4 | 671 Jo Worrall | M | 60 | 491 | 0:51:20 |
| 491 | 0:51:52 | 52.2 | 672 Michael Worrall | M | | 490 | 0:51:20 |
| 492 | 0:51:55 | 61.4 | 383 Sally Howarth | F | 40 Trafford AC | 495 | 0:51:36 |
| 493 | 0:52:07 | 51.5 | 687 James Gresty | M | | 497 | 0:51:42 |
| 494 | 0:52:09 | 58.4 | 632 Sarah Crabtree | F | J | 493 | 0:51:27 |
| 495 | 0:52:10 | 63.5 | 88 Brian Mason | M | 55 Winston Runners | 496 | 0:51:39 |
| 496 | 0:52:12 | 57.0 | 631 Simon Crabtree | M | 45 | 494 | 0:51:29 |
| 497 | 0:52:13 | 51.4 | 136 James Amin | M | | 489 | 0:51:18 |
| 498 | 0:52:18 | 51.4 | 354 Matthew Ruck | M | | 500 | 0:51:53 |

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| | | | | | | | | |
|-----|---------|------|-----------------------|---|----|-------------------------|-----|---------|
| 499 | 0:52:21 | 62.7 | 272 Paul Dix | M | 55 | | 501 | 0:51:53 |
| 500 | 0:52:21 | 60.6 | 582 John McCourt | M | 50 | Manchester Harriers &AC | 503 | 0:51:57 |
| 501 | 0:52:21 | 57.9 | 653 Jenny Clink | F | | Sale Harriers MCR | 507 | 0:52:06 |
| 502 | 0:52:23 | 59.3 | 196 Patricia Mellor | F | 35 | | 506 | 0:52:04 |
| 503 | 0:52:24 | 51.8 | 779 Paul Jackson | M | | | 502 | 0:51:57 |
| 504 | 0:52:26 | 60.8 | 42 Janet Thomas | F | 40 | | 499 | 0:51:52 |
| 505 | 0:52:28 | 51.2 | 496 Will Wheale | M | | | 512 | 0:52:09 |
| 506 | 0:52:34 | 71.6 | 633 Frank Wilson | M | 70 | Roby Runners | 521 | 0:52:31 |
| 507 | 0:52:35 | 60.2 | 495 Jan Fitchie | F | 40 | | 515 | 0:52:16 |
| 508 | 0:52:36 | 57.7 | 416 Helen Adam | F | | Warrington Road Runners | 514 | 0:52:12 |
| 509 | 0:52:37 | 61.8 | 591 Mike Johnson | M | 55 | | 511 | 0:52:08 |
| 510 | 0:52:38 | 56.5 | 55 Jonathan Shaw | M | 40 | Macclesfield Harriers | 498 | 0:51:52 |
| 511 | 0:52:43 | 60.7 | 101 Kenneth Brown | M | 55 | | 508 | 0:52:07 |
| 512 | 0:52:44 | 57.5 | 517 Kate Dean | F | | | 510 | 0:52:08 |
| 513 | 0:52:45 | 63.3 | 140 Neville Kershaw | M | 60 | Northern Vets AC | 505 | 0:52:01 |
| 514 | 0:52:48 | 55.1 | 559 Joseph Hartigan | M | 40 | | 509 | 0:52:07 |
| 515 | 0:52:50 | 55.4 | 31 Chris Marsland | M | 40 | | 504 | 0:52:00 |
| 516 | 0:52:53 | 52.2 | 37 Blair Fotheringham | M | | | 513 | 0:52:11 |
| 517 | 0:52:53 | 64.8 | 792 Wendy Barnes | F | 45 | | 522 | 0:52:33 |
| 518 | 0:52:54 | 66.4 | 625 Christina Woods | F | 50 | | 516 | 0:52:16 |
| 519 | 0:52:55 | 60.7 | 167 Christine Jackson | F | 40 | Warrington AC | 517 | 0:52:19 |
| 520 | 0:52:56 | 57.5 | 46 Kenneth Duffill | M | 40 | | 519 | 0:52:25 |
| 521 | 0:52:59 | 64.7 | 785 Chris Byrom | M | 60 | East Cheshire Harriers | 518 | 0:52:24 |
| 522 | 0:53:00 | 54.8 | 407 Tom Foster | M | 40 | | 520 | 0:52:28 |
| 523 | 0:53:01 | 51.7 | 868 Steven Muskett | M | | | 529 | 0:52:48 |
| 524 | 0:53:02 | 54.8 | 867 Philip Jackson | M | 40 | | 530 | 0:52:49 |
| 525 | 0:53:05 | 56.9 | 476 Sean Folan | M | 45 | | 533 | 0:53:01 |
| 526 | 0:53:06 | 50.6 | 339 Matthew Malone | M | | | 525 | 0:52:40 |
| 527 | 0:53:11 | 53.0 | 65 Mark Williams | M | | | 523 | 0:52:35 |
| 528 | 0:53:15 | 58.3 | 723 Elaine Pardue | F | 35 | | 524 | 0:52:40 |
| 529 | 0:53:19 | 51.2 | 758 Peter Medlicott | M | | Warrington Road Runners | 532 | 0:52:58 |
| 530 | 0:53:21 | 58.0 | 87 Philip Mccann | M | 50 | Stockport Harriers | 538 | 0:53:12 |
| 531 | 0:53:23 | 57.6 | 615 Kerri Alletson | F | 35 | | 527 | 0:52:45 |
| 532 | 0:53:29 | 58.4 | 624 Fiona MacIntosh | F | 35 | | 526 | 0:52:44 |
| 533 | 0:53:33 | 63.2 | 607 Gabrielle Gamwell | F | 45 | | 528 | 0:52:47 |
| 534 | 0:53:35 | 57.4 | 5 Jaki Woods | F | 35 | Wrightington | 541 | 0:53:23 |
| 535 | 0:53:36 | 52.6 | 857 Stuart Bowskill | M | | | 531 | 0:52:55 |
| 536 | 0:53:38 | 65.7 | 790 Norman Bateman | M | 65 | North Fylde AC | 537 | 0:53:11 |
| 537 | 0:53:47 | 51.0 | 768 Daniel RJ Wood | M | | | 542 | 0:53:24 |
| 538 | 0:53:48 | 62.1 | 23 Diane Whitfield | F | 40 | Warrington Road Runners | 543 | 0:53:29 |
| 539 | 0:53:49 | 51.3 | 358 Carl Prince | M | | | 535 | 0:53:05 |
| 540 | 0:53:50 | 58.9 | 833 Alan Jenkins | M | 50 | | 534 | 0:53:05 |
| 541 | 0:53:55 | 50.6 | 880 Matt McKean | M | | | 539 | 0:53:21 |
| 542 | 0:53:57 | 64.3 | 765 Ros Dyde | F | 50 | Winston Runners | 545 | 0:53:34 |
| 543 | 0:54:01 | 50.3 | 259 Philip Westwood | M | | Bildastone Bounders | 536 | 0:53:08 |
| 544 | 0:54:04 | 66.6 | 24 Anne Bevan | F | 50 | Warrington Road Runners | 546 | 0:53:44 |
| 545 | 0:54:10 | 51.3 | 438 Keith Hallam | M | | | 550 | 0:54:00 |
| 546 | 0:54:17 | 55.9 | 62 Meryl Kilshaw | F | | | 540 | 0:53:22 |
| 547 | 0:54:18 | 51.9 | 430 John Foster | M | | | 544 | 0:53:30 |
| 548 | 0:54:20 | 55.6 | 34 Geoffrey Knowles | M | 40 | Bolton United Harriers | 548 | 0:53:51 |
| 549 | 0:54:29 | 63.5 | 796 Terry Robson | M | 60 | Stockport Harriers | 552 | 0:54:12 |
| 550 | 0:54:30 | 59.5 | 13 Carron Lane | F | 40 | Winston Runners | 551 | 0:54:06 |
| 551 | 0:54:31 | 51.0 | 789 William Barber | M | | | 547 | 0:53:44 |
| 552 | 0:54:33 | 55.4 | 439 John Curran | M | 45 | UKNetrunner | 549 | 0:53:53 |
| 553 | 0:54:42 | 52.3 | 311 Chris Page | M | 40 | | 555 | 0:54:18 |
| 554 | 0:54:46 | 59.8 | 103 Jill Peacock | F | 45 | Winston Runners | 554 | 0:54:18 |
| 555 | 0:54:52 | 57.8 | 608 John Morrison | M | 50 | Road Runners Club | 553 | 0:54:12 |
| 556 | 0:54:55 | 49.7 | 404 Christopher Hoyle | M | | | 561 | 0:54:33 |
| 557 | 0:55:00 | 55.5 | 153 Helen Venables | F | | | 567 | 0:54:45 |
| 558 | 0:55:01 | 56.3 | 804 Fred Orford | M | 50 | Lancashire Constabulary | 556 | 0:54:19 |
| 559 | 0:55:05 | 54.4 | 95 Steve Atkinson | M | 40 | | 565 | 0:54:41 |
| 560 | 0:55:13 | 70.8 | 519 Liz Simpson | F | 55 | Village Road Runners | 566 | 0:54:44 |
| 561 | 0:55:18 | 48.6 | 205 Mike Gartside | M | | | 557 | 0:54:29 |

Birchwood 10k Road Race Sunday 20-Aug-2006 at 10:30am

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| | | | | | | | | |
|-----|---------|------|----------------------------|---|----|---------------------------|-----|---------|
| 562 | 0:55:20 | 53.3 | 757 Angus Varley | M | 45 | South Cheshire Harriers | 568 | 0:54:47 |
| 563 | 0:55:22 | 53.3 | 853 Edward Parsons | M | 45 | | 558 | 0:54:31 |
| 564 | 0:55:23 | 53.7 | 852 Stephen Gardner | M | 45 | | 560 | 0:54:33 |
| 565 | 0:55:23 | 64.2 | 223 Ros Thompson | F | 50 | | 563 | 0:54:37 |
| 566 | 0:55:24 | 50.2 | 520 Alan Silcock | M | | | 559 | 0:54:32 |
| 567 | 0:55:25 | 63.0 | 283 Malcolm Towler | M | 65 | Northern Vets AC | 576 | 0:55:16 |
| 568 | 0:55:25 | 50.1 | 282 Andrew Doyle | M | | MPSSA | 562 | 0:54:36 |
| 569 | 0:55:26 | 51.6 | 449 Steven Spencer | M | 40 | | 570 | 0:55:01 |
| 570 | 0:55:26 | 50.5 | 285 Steve Phillips | M | | Greater Manchester Police | 571 | 0:55:02 |
| 571 | 0:55:28 | 56.0 | 268 Sarah Cleavr | F | 35 | | 574 | 0:55:09 |
| 572 | 0:55:37 | 49.6 | 139 Keith Dimelow | M | | | 569 | 0:54:53 |
| 573 | 0:55:40 | 69.2 | 586 Eileen Burke | F | 55 | Penny Lane Striders | 578 | 0:55:21 |
| 574 | 0:55:40 | 65.6 | 536 Ann Clarkson | F | 50 | Penny Lane Striders | 573 | 0:55:06 |
| 575 | 0:55:42 | 53.8 | 515 David Alan Howard | M | 45 | | 564 | 0:54:38 |
| 576 | 0:55:46 | 54.4 | 797 Luisa Giordano | F | | Winston Runners | 575 | 0:55:14 |
| 577 | 0:55:50 | 58.6 | 844 Carol Moir | F | 45 | Holmfirth Harriers | 580 | 0:55:29 |
| 578 | 0:55:50 | 54.5 | 577 George Ingham | M | 45 | Liverpool Running Club | 579 | 0:55:23 |
| 579 | 0:55:52 | 55.1 | 846 caroline Hall | F | 35 | Sunlight Runners | 577 | 0:55:18 |
| 580 | 0:55:54 | 54.9 | 298 Michael Crossland | M | 50 | | 581 | 0:55:32 |
| 581 | 0:55:57 | 51.1 | 242 Ken Neal | M | 40 | | 572 | 0:55:06 |
| 582 | 0:56:12 | 60.9 | 349 Sheila Gudgeon | F | 45 | Darwen Dashers | 582 | 0:55:36 |
| 583 | 0:56:15 | 54.9 | 177 Julie Crawley | F | 35 | Winston Runners | 584 | 0:55:43 |
| 584 | 0:56:16 | 61.6 | 8 Elaine Williams | F | 50 | Northern Vets AC | 586 | 0:55:47 |
| 585 | 0:56:18 | 64.0 | 25 Janet Shaw | F | 50 | Helsby RC | 591 | 0:56:02 |
| 586 | 0:56:21 | 52.0 | 375 Paul Hankey | M | 40 | | 585 | 0:55:45 |
| 587 | 0:56:22 | 55.4 | 712 Angela Murphy | F | 35 | | 593 | 0:56:05 |
| 588 | 0:56:28 | 47.6 | 422 Chris Roberts | M | | | 594 | 0:56:07 |
| 589 | 0:56:34 | 47.5 | 219 Richard Baum | M | | | 587 | 0:55:54 |
| 590 | 0:56:38 | 63.4 | 4 John Noakes | M | 65 | | 601 | 0:56:27 |
| 591 | 0:56:39 | 53.9 | 110 Joanne Peters | F | | | 595 | 0:56:10 |
| 592 | 0:56:44 | 61.1 | 291 Jean McCulloch | F | 50 | | 588 | 0:55:56 |
| 593 | 0:56:45 | 57.8 | 292 Colin Read | M | 55 | Macclesfield Harriers | 589 | 0:55:56 |
| 594 | 0:56:48 | 50.4 | 365 Matt Sharman | M | 40 | | 599 | 0:56:19 |
| 595 | 0:56:49 | 57.3 | 469 John Hodgkin | M | 55 | | 583 | 0:55:43 |
| 596 | 0:56:51 | 65.9 | 467 Linda Jackett | F | 55 | Leigh Harriers | 602 | 0:56:29 |
| 597 | 0:56:58 | 48.2 | 554 Paul Martin | M | | | 590 | 0:56:01 |
| 598 | 0:57:01 | 56.9 | 162 Kay Mysiw | F | 40 | YMCA Harriers | 592 | 0:56:03 |
| 599 | 0:57:04 | 56.8 | 39 Denise Forster | F | 40 | | 606 | 0:56:35 |
| 600 | 0:57:05 | 54.7 | 429 Karen Foster | F | 35 | Hyde Village Striders | 598 | 0:56:17 |
| 601 | 0:57:06 | 53.3 | 472 Fiona Huxtable | F | | Chester Tri Club | 605 | 0:56:35 |
| 602 | 0:57:06 | 52.1 | 642 Gordon Brown | M | 45 | | 608 | 0:56:47 |
| 603 | 0:57:14 | 53.6 | 568 Christopher Higgins | M | 50 | | 596 | 0:56:13 |
| 604 | 0:57:15 | 51.1 | 108 Martin Aspell | M | 40 | | 597 | 0:56:15 |
| 605 | 0:57:15 | 47.0 | 613 Matt Coote | M | | | 609 | 0:56:50 |
| 606 | 0:57:22 | 47.8 | 881 Richard Turner | M | | | 600 | 0:56:19 |
| 607 | 0:57:29 | 59.6 | 409 John Hateley | M | 60 | Stafford Harriers | 604 | 0:56:32 |
| 608 | 0:57:30 | 53.0 | 216 Daniel Kirschen | M | 45 | | 610 | 0:56:56 |
| 609 | 0:57:33 | 53.5 | 569 Fenelle Higgins | F | 35 | | 603 | 0:56:32 |
| 610 | 0:57:35 | 46.7 | 478 Mark Wallwork | M | | | 607 | 0:56:42 |
| 611 | 0:57:39 | 55.3 | 534 Lorraine Nordmann | F | 40 | | 617 | 0:57:21 |
| 612 | 0:57:43 | 48.1 | 400 Karl Perry | M | | | 616 | 0:57:14 |
| 613 | 0:57:49 | 67.6 | 650 Monica Collantine | F | 55 | Fitness First Gorton | 611 | 0:57:03 |
| 614 | 0:57:50 | 64.2 | 460 Geoff Howarth | M | 70 | Northern Vets AC | 614 | 0:57:09 |
| 615 | 0:57:52 | 63.9 | 396 Janet Morgan | F | 55 | Chester Tri Club | 621 | 0:57:32 |
| 616 | 0:57:54 | 60.9 | 165 Kevin O'Brien | M | 65 | Penny Lane Striders | 615 | 0:57:09 |
| 617 | 0:57:54 | 54.6 | 878 Elizabeth Hamer-Davies | F | 40 | Winston Runners | 618 | 0:57:22 |
| 618 | 0:57:58 | 52.3 | 346 Sara Cassidy-McIlveen | F | | Abergele Harriers | 624 | 0:57:35 |
| 619 | 0:57:59 | 46.7 | 479 Andy Greenhalgh | M | | | 612 | 0:57:07 |
| 620 | 0:58:00 | 54.2 | 482 Emma Tilston | F | 40 | | 613 | 0:57:08 |
| 621 | 0:58:03 | 59.1 | 224 Graham Padgett | M | 60 | Sale Harriers MCR | 622 | 0:57:33 |
| 622 | 0:58:07 | 54.1 | 873 Julie Ryan | F | 40 | | 625 | 0:57:37 |

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| | | | | | | | | |
|-----|---------|------|--------------------------|---|----|---------------------------|-----|---------|
| 623 | 0:58:12 | 57.4 | 434 Cindy Morrissette | F | 45 | South Cheshire Harriers | 629 | 0:57:50 |
| 624 | 0:58:15 | 53.3 | 761 Helen Caldwell | F | 35 | | 630 | 0:57:50 |
| 625 | 0:58:15 | 52.1 | 342 Rachel Clarke | F | | | 619 | 0:57:24 |
| 626 | 0:58:15 | 53.9 | 442 Jacqueline Parkinson | F | 40 | | 623 | 0:57:35 |
| 627 | 0:58:20 | 54.2 | 221 Clare Ferrie | F | 40 | | 627 | 0:57:42 |
| 628 | 0:58:25 | 57.2 | 854 June Sinnott | F | 45 | | 620 | 0:57:30 |
| 629 | 0:58:27 | 50.9 | 43 Martin Garlick | M | 40 | | 632 | 0:57:54 |
| 630 | 0:58:28 | 54.5 | 144 Susan Rafferty | F | 40 | | 631 | 0:57:51 |
| 631 | 0:58:33 | 61.3 | 770 Alexander M Cummins | M | 65 | | 642 | 0:58:23 |
| 632 | 0:58:34 | 54.0 | 484 Lorraine Walker | F | 40 | | 636 | 0:58:04 |
| 633 | 0:58:34 | 54.9 | 483 Debbie Fitzsimon | F | 40 | | 637 | 0:58:05 |
| 634 | 0:58:37 | 60.7 | 802 Marian Orford | F | 50 | Lancashire Constabulary | 634 | 0:57:55 |
| 635 | 0:58:39 | 51.7 | 842 Lesley McGoldrick | F | | | 633 | 0:57:54 |
| 636 | 0:58:39 | 51.1 | 317 Martin Cooksey | M | 45 | | 626 | 0:57:39 |
| 637 | 0:58:40 | 52.1 | 741 Joanne Danaher | F | | | 635 | 0:57:59 |
| 638 | 0:58:45 | 63.8 | 163 Ann Burrows | F | 55 | YMCA Harriers | 628 | 0:57:47 |
| 639 | 0:58:52 | 51.5 | 552 Emma Phillips | F | | Penny Lane Striders | 638 | 0:58:08 |
| 640 | 0:58:54 | 51.6 | 29 Roalind Hobson | F | | | 641 | 0:58:17 |
| 641 | 0:58:59 | 46.8 | 441 David Cresswell | M | | | 639 | 0:58:11 |
| 642 | 0:59:06 | 52.3 | 772 Jennifer Green | F | 35 | Winston Runners | 645 | 0:58:43 |
| 643 | 0:59:09 | 51.3 | 135 Ruth Amin | F | | | 640 | 0:58:13 |
| 644 | 0:59:12 | 49.1 | 387 David Winterburn | M | 40 | | 643 | 0:58:29 |
| 645 | 0:59:17 | 52.4 | 616 Charlotte Blakey | F | 35 | | 646 | 0:58:45 |
| 646 | 0:59:20 | 45.8 | 158 Jonathan Fatimilehin | M | | Total Fitness | 652 | 0:59:11 |
| 647 | 0:59:27 | 55.1 | 111 Vivienne Gillanders | F | 45 | | 644 | 0:58:40 |
| 648 | 0:59:30 | 57.6 | 798 Ann Robinson | F | 45 | Winston Runners | 648 | 0:58:57 |
| 649 | 0:59:32 | 57.5 | 592 Pat Adams | F | 45 | Wrekin Road Runners | 647 | 0:58:54 |
| 650 | 0:59:38 | 54.1 | 352 Derek Beesley | M | 55 | Village Road Runners | 651 | 0:59:05 |
| 651 | 0:59:45 | 53.8 | 666 Julie Balmer | F | 40 | Penny Lane Striders | 650 | 0:59:02 |
| 652 | 0:59:56 | 68.0 | 218 Joyce Breadney | F | 60 | YMCA Harriers | 649 | 0:58:58 |
| 653 | 1:00:00 | 51.5 | 143 Nicola Woodyatt | F | 35 | | 655 | 0:59:36 |
| 654 | 1:00:09 | 52.3 | 106 John Coupe | M | 50 | | 658 | 0:59:45 |
| 655 | 1:00:10 | 50.6 | 589 Holly Gregory | F | | | 653 | 0:59:31 |
| 656 | 1:00:11 | 47.2 | 590 Jeff Gregory | M | 40 | | 654 | 0:59:32 |
| 657 | 1:00:20 | 44.5 | 357 Mark Garsden | M | | | 656 | 0:59:37 |
| 658 | 1:00:24 | 50.2 | 735 Katie Benson | F | | Congleton Harriers | 659 | 0:59:47 |
| 659 | 1:00:25 | 58.9 | 290 Joseph Harker | M | 65 | Durham City Harriers | 657 | 0:59:38 |
| 660 | 1:00:47 | 50.0 | 744 Sandra Reynolds | F | | | 660 | 0:59:52 |
| 661 | 1:00:56 | 50.7 | 305 Katinka Smith | F | 35 | | 661 | 1:00:04 |
| 662 | 1:01:00 | 51.5 | 284 Lyn Phillips | F | 40 | | 662 | 1:00:22 |
| 663 | 1:01:13 | 43.9 | 310 Peter Conoulty | M | | | 671 | 1:00:44 |
| 664 | 1:01:16 | 49.6 | 818 Kelly McQueen | F | | | 664 | 1:00:27 |
| 665 | 1:01:16 | 53.1 | 713 Richard Chapman | M | 55 | | 663 | 1:00:24 |
| 666 | 1:01:24 | 49.4 | 304 Linda Dix | F | | | 673 | 1:00:57 |
| 667 | 1:01:26 | 57.4 | 245 William Carlisle | M | 65 | | 666 | 1:00:35 |
| 668 | 1:01:32 | 46.9 | 555 Paul Jarvis | M | 40 | | 665 | 1:00:35 |
| 669 | 1:01:33 | 43.7 | 113 Philip Drury | M | | | 670 | 1:00:38 |
| 670 | 1:01:33 | 49.3 | 116 Sarah Oakley | F | | | 667 | 1:00:37 |
| 671 | 1:01:33 | 48.7 | 115 Syd white | M | 45 | | 669 | 1:00:38 |
| 672 | 1:01:33 | 43.8 | 114 Stephen Ho | M | | | 668 | 1:00:38 |
| 673 | 1:01:41 | 54.9 | 273 Susan Pritchard | F | 45 | | 672 | 1:00:47 |
| 674 | 1:02:05 | 64.7 | 599 Derek Gill | M | 75 | Bingley H&AC | 674 | 1:01:07 |
| 675 | 1:02:09 | 43.2 | 709 David Booth | M | | | 675 | 1:01:28 |
| 676 | 1:02:09 | 48.8 | 708 Sarah Jefferson | F | | | 676 | 1:01:29 |
| 677 | 1:02:17 | 67.4 | 774 Valerie Lawson | F | 60 | Clayton-le-Moors Harriers | 678 | 1:01:38 |
| 678 | 1:02:24 | 60.9 | 279 Elizabeth Southern | F | 55 | Wirral AC | 681 | 1:01:59 |
| 679 | 1:02:24 | 54.0 | 703 Mike Wakem | M | 60 | Spectrum Striders RC | 677 | 1:01:36 |
| 680 | 1:02:31 | 48.6 | 269 Leanne Bastow | F | | Women's Running Network | 679 | 1:01:46 |
| 681 | 1:02:32 | 48.5 | 872 Emma Lawson | F | | | 680 | 1:01:47 |
| 682 | 1:02:40 | 42.8 | 643 Robert O'Connor | M | | | 689 | 1:02:40 |
| 683 | 1:02:44 | 48.9 | 16 Alison Jones | F | 35 | | 683 | 1:02:14 |
| 684 | 1:03:00 | 58.7 | 657 Sandra Maguire | F | 55 | Winston Runners | 685 | 1:02:28 |
| 685 | 1:03:03 | 53.4 | 288 Chris Haggett | M | 60 | | 682 | 1:02:03 |

Birchwood 10k Road Race Sunday 20-Aug-2006 at 10:30am

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| | | | | | | | |
|-----|---------|------|--------------------------|---|---------------------------|-----|---------|
| 686 | 1:03:04 | 42.6 | 435 Louise Robinson | M | Hyde Village Striders | 684 | 1:02:14 |
| 687 | 1:03:05 | 49.1 | 228 Carina Phillips | F | J | 688 | 1:02:38 |
| 688 | 1:03:09 | 48.0 | 200 Ruth McMahon | F | | 686 | 1:02:37 |
| 689 | 1:03:23 | 50.0 | 823 John Holmes | M | 50 Birkenhead AC | 690 | 1:02:42 |
| 690 | 1:03:28 | 52.2 | 549 Peter Gibson | M | 55 Red Rose Road Runners | 687 | 1:02:37 |
| 691 | 1:03:32 | 47.7 | 410 Jenny Armfield | F | | 691 | 1:02:42 |
| 692 | 1:03:33 | 42.3 | 685 Kristian Chippendale | M | | 704 | 1:03:33 |
| 693 | 1:03:33 | 57.4 | 21 Marcia Wagner | F | 50 | 692 | 1:02:50 |
| 694 | 1:03:44 | 48.7 | 207 Joanne Bibby | F | 35 | 693 | 1:02:53 |
| 695 | 1:03:44 | 42.2 | 210 Dean Reynolds | M | | 694 | 1:02:53 |
| 696 | 1:03:48 | 48.9 | 822 Jonathan Welsh | M | 50 Birkenhead AC | 695 | 1:03:07 |
| 697 | 1:03:59 | 55.6 | 660 Margaret Carleton | F | 50 Winston Runners | 702 | 1:03:28 |
| 698 | 1:04:00 | 48.4 | 605 Roger Lyon | M | 50 | 699 | 1:03:17 |
| 699 | 1:04:06 | 49.3 | 556 Julia Simpson | F | 40 | 696 | 1:03:10 |
| 700 | 1:04:09 | 53.0 | 52 Norman Grundy | M | 60 Birkenhead AC | 701 | 1:03:27 |
| 701 | 1:04:12 | 45.6 | 287 Alex Kinsella | M | 40 | 698 | 1:03:16 |
| 702 | 1:04:12 | 43.0 | 698 Jamie Sutton-Wilson | M | | 697 | 1:03:16 |
| 703 | 1:04:12 | 46.0 | 112 David Longworth | M | 45 | 700 | 1:03:17 |
| 704 | 1:04:22 | 47.3 | 238 Sabine Mazeleyrat | F | | 705 | 1:03:41 |
| 705 | 1:04:26 | 51.9 | 188 Christine Rose | F | 45 | 703 | 1:03:30 |
| 706 | 1:04:40 | 52.6 | 573 Barbara Williams | M | 60 Bolton United Harriers | 706 | 1:03:54 |
| 707 | 1:04:48 | 44.2 | 235 Mark Wood | M | 40 | 707 | 1:04:06 |
| 708 | 1:04:50 | 46.8 | 399 Joanne Wilford | F | | 708 | 1:04:13 |
| 709 | 1:04:51 | 46.8 | 421 Emma Mitchell | F | | 711 | 1:04:25 |
| 710 | 1:04:52 | 47.0 | 510 Joanne Benson | F | | 709 | 1:04:19 |
| 711 | 1:05:10 | 51.3 | 355 Elaine Hughes | F | 45 | 713 | 1:04:36 |
| 712 | 1:05:17 | 46.5 | 617 Kirsty Elwick | F | Hartshead Running Club | 710 | 1:04:23 |
| 713 | 1:05:19 | 46.9 | 866 Joanne Gibson | F | 35 | 712 | 1:04:35 |
| 714 | 1:05:20 | 47.0 | 324 Jeffrey Williams | M | 50 | 715 | 1:04:59 |
| 715 | 1:05:34 | 46.3 | 187 Gemma L Andrew | F | | 714 | 1:04:52 |
| 716 | 1:06:06 | 48.2 | 197 Liz Flavell | F | 40 | 719 | 1:05:25 |
| 717 | 1:06:07 | 53.1 | 683 Kristine Cargill | F | 50 Penny Lane Striders | 718 | 1:05:23 |
| 718 | 1:06:08 | 48.4 | 684 Alan Cargill | M | 55 Penny Lane Striders | 717 | 1:05:23 |
| 719 | 1:06:11 | 49.0 | 53 Lisa Weir | F | 40 | 716 | 1:05:19 |
| 720 | 1:06:21 | 46.0 | 83 Heather Memmott | F | | 722 | 1:06:07 |
| 721 | 1:06:38 | 52.7 | 749 Jackie Briscoe | F | 50 | 720 | 1:05:55 |
| 722 | 1:06:44 | 45.5 | 261 Victoria Ord | F | | 723 | 1:06:15 |
| 723 | 1:06:44 | 46.8 | 260 Catherine Ivory | F | 35 | 724 | 1:06:16 |
| 724 | 1:06:53 | 50.6 | 726 Susan Edge | F | 45 | 725 | 1:06:33 |
| 725 | 1:06:53 | 47.0 | 619 Pete Elwick | M | 50 Hartshead Running Club | 721 | 1:06:00 |
| 726 | 1:07:12 | 43.3 | 847 Craigr Jones | M | 40 Sunlight Runners | 726 | 1:06:38 |
| 727 | 1:07:53 | 47.3 | 776 Helen Wilkinson | F | 40 | 727 | 1:06:58 |
| 728 | 1:08:06 | 44.6 | 193 Jean Powell | F | | 732 | 1:07:34 |
| 729 | 1:08:11 | 44.5 | 788 Lucy Freese | F | | 728 | 1:07:12 |
| 730 | 1:08:15 | 45.3 | 99 Mandy Worsely | F | 35 | 730 | 1:07:14 |
| 731 | 1:08:15 | 45.5 | 100 Sarah Marsh | F | 35 | 729 | 1:07:14 |
| 732 | 1:08:32 | 45.9 | 700 Norman Wilcock | M | 50 | 731 | 1:07:32 |
| 733 | 1:08:38 | 44.2 | 129 Rachel Floyd | F | | 735 | 1:08:09 |
| 734 | 1:08:39 | 44.2 | 725 Rebecca Rushton | F | Dragons RC | 733 | 1:07:55 |
| 735 | 1:08:55 | 45.3 | 189 Steven Gordon | M | 50 | 734 | 1:07:59 |
| 736 | 1:09:49 | 43.5 | 206 Evelyne Motaze | F | | 736 | 1:09:30 |
| 737 | 1:10:24 | 56.0 | 819 Cecil Wagstaff | M | 75 East Cheshire Harriers | 738 | 1:10:09 |
| 738 | 1:10:44 | 45.1 | 277 Claire O'Brien | F | 40 | 737 | 1:09:47 |
| 739 | 1:11:12 | 42.6 | 413 Jaime Ashton | F | Abergele Harriers | 741 | 1:10:49 |
| 740 | 1:11:15 | 42.6 | 418 Julia Turnbull | F | | 742 | 1:11:07 |
| 741 | 1:11:27 | 45.8 | 808 Claire Manock | F | 45 | 739 | 1:10:38 |
| 742 | 1:11:27 | 44.6 | 809 Caroline Kay | F | 40 | 740 | 1:10:38 |
| 743 | 1:12:09 | 42.8 | 97 Karin Lanthaler | F | 35 | 743 | 1:11:16 |
| 744 | 1:12:10 | 39.4 | 98 Colin Potter | M | 40 | 744 | 1:11:17 |
| 745 | 1:12:33 | 37.0 | 649 Tony Gavin | M | | 746 | 1:11:43 |
| 746 | 1:12:33 | 41.8 | 648 Rebecca Gavin | F | | 747 | 1:11:43 |
| 747 | 1:12:36 | 52.3 | 501 Maureen Mackay | F | 55 | 745 | 1:11:38 |
| 748 | 1:12:42 | 56.1 | 456 Kathy Ling | F | 60 Wrekin RR | 748 | 1:11:45 |

Birchwood 10k Road Race Sunday 20-Aug-2006 at 10:30am

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| | | | | | | | |
|-----|---------|------|-----------------------|---|-------------------------|-----|---------|
| 749 | 1:12:47 | 50.8 | 63 Linda Kilshaw | F | 55 | 749 | 1:11:52 |
| 750 | 1:12:48 | 43.2 | 64 Ian Ollerton | M | 50 | 750 | 1:11:53 |
| 751 | 1:12:55 | 48.8 | 502 Fiona Kitching | F | 50 | 751 | 1:11:57 |
| 752 | 1:12:57 | 50.0 | 360 Mary Pomfret | F | 50 Blackburn Harriers | 752 | 1:12:10 |
| 753 | 1:13:11 | 45.2 | 141 Claire Kershaw | F | 45 Northern Vets AC | 753 | 1:12:27 |
| 754 | 1:13:29 | 41.7 | 440 Lisa Cresswell | F | 35 | 754 | 1:12:42 |
| 755 | 1:14:28 | 41.2 | 595 Louise Ellison | F | 35 Village Road Runners | 755 | 1:13:46 |
| 756 | 1:14:39 | 40.1 | 128 Phil Lewis | M | 45 | 756 | 1:14:08 |
| 757 | 1:14:46 | 37.7 | 308 Robert Baldwin | M | | 757 | 1:14:08 |
| 758 | 1:14:46 | 42.6 | 307 Elizabeth Baldwin | F | 40 | 758 | 1:14:09 |
| 759 | 1:15:13 | 43.5 | 810 Anne Hignell | F | 45 | 759 | 1:14:23 |
| 760 | 1:17:59 | 38.9 | 130 Karen Behan | F | | 760 | 1:17:28 |
| 761 | 1:18:36 | 38.6 | 480 Louise Greenhalgh | F | | 761 | 1:17:43 |
| 762 | 1:20:21 | 56.5 | 689 Carole Roberts | F | 65 North Fylde AC | 762 | 1:19:36 |

Would anyone who thinks there is an error in the results please contact julian@spectrumstriders.org.uk and we will try to resolve it.

Please note that the timing chips we used will not register if worn above the knee, for example on the wrist. Several of you missed this; instructions about fitting the chip were stated on the information sheet you were sent with your race number.

Julian Spencer
Chairman
Spectrum Striders Running Club