

# Birchwood 10k Road Race Sunday 19-Aug-2007 at 10:30am

Organised by Spectrum Striders Running Club ([www.spectrumstriders.org.uk](http://www.spectrumstriders.org.uk))

A big thank you to our race sponsors!



Birchwood Town Council



Gun Pos	Gun Time	Race No	Name	M/F	Cat	Age Perf %	Club	Chip Pos	Chip Time
1	00:31:40	566	Ian Fisher	M		87.2	Otley AC	1	00:31:38
2	00:31:52	593	Gwyn Owen	M		84.7	Eryri	2	00:31:52
3	00:32:00	790	Andy Norman	M		83.9	Altrincham & Dist AC	3	00:32:00
4	00:32:13	517	Andrew Aked	M	40	88.8	Rotherham Harriers & AC	4	00:32:13
5	00:32:27	408	Philip Hoole	M		82.7	Rotherham Harriers & AC	5	00:32:26
6	00:32:59	416	Hayley Haining	F	35	92.9	Kilbarchan AAC	6	00:32:58
7	00:32:59	334	Paul Sankey	M		84.9	Liverpool Running Club	7	00:33:00
8	00:33:16	370	Michael Halman	M		81.1	Wilmslow RC	8	00:33:16
9	00:33:21	759	David Proctor	M		80.8	Rochdale Harriers	9	00:33:21
10	00:33:26	871	Paul Rowland	M		81.3	Notts AC	10	00:33:27
11	00:33:28	772	Dave Mansbridge	M	40	86.9	Telford AC	11	00:33:28
12	00:33:35	533	David Turnbull	M		80.0	Holmfirth Harriers	12	00:33:34
13	00:33:40	798	Michelle Ross-Cope	F	35	91.0	Stoke AC	13	00:33:41
14	00:33:45	564	James Metcalfe	M		79.6	York Acorn	14	00:33:44
15	00:33:51	612	James Meldrum	M		79.3	Liverpool Harriers	15	00:33:50
16	00:34:09	29	Liam Thompson	M		78.7	Warrington AC	16	00:34:08
17	00:34:16	522	Colin Potts	M		81.1	Liverpool Running Club	17	00:34:16
18	00:34:21	410	Stuart Robinson	M		78.2	Blackpool Wyre & Fylde AC	18	00:34:21
19	00:34:23	149	Darren Washington	M	40	82.6	Boalloy RC	19	00:34:21
20	00:34:53	849	Bradley Murphy	M			Manchester Tri Club	20	00:34:53
21	00:34:56	801	Gary Norgrove	M	40	81.3	Wrexham AC	21	00:34:56
22	00:35:07	371	Andrew Lamont	M		77.1	Macclesfield Harriers	22	00:35:05
23	00:35:10	897	Mark Hulmston	M		77.0	Wirral AC	23	00:35:08
24	00:35:17	146	Michael Weedall	M	50	87.7	Wrexham AC	24	00:35:14
25	00:35:18	872	Lee Barlow	M		77.7	Wesham RR	25	00:35:16
26	00:35:20	780	Katie Ingram	F		85.8	Horwich RMI Harriers	27	00:35:21
27	00:35:22	886	Ian Magill	M		79.2	Liverpool Running Club	26	00:35:19
28	00:35:25	30	Graham Houghton	M		76.7	Spectrum Striders	28	00:35:24
29	00:35:26	883	Alan Ashton	M		78.4	Liverpool Harriers	29	00:35:25
30	00:35:28	478	Richard Howarth	M		76.6	Wigan Phoenix	30	00:35:27
31	00:35:29	115	Sara Winter	F		85.5		31	00:35:29
32	00:35:39	444	Ian Costello	M		77.4	St Helens Sutton AC	32	00:35:31
33	00:35:44	857	Craig Keedy	M		77.2	St Therasas	33	00:35:44
34	00:35:51	793	James O'Connor	M		78.1	Middleton Harriers	34	00:35:44
35	00:35:54	656	Rachel Jones	F	35	86.1	Salford Harriers	35	00:35:52
36	00:35:58	629	Leon Foster	M		74.7	Wirral AC	37	00:35:56
37	00:36:07	771	Mikko Kuronen	M	45	83.7	East Cheshire Harriers	38	00:36:03
38	00:36:08	256	John Wright	M	40	79.8	Blackpool Wyre & Fylde AC	36	00:35:56

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39	00:36:10	520	Mark Byrne	M		74.3	Wrexham AC	39	00:36:08
40	00:36:11	108	Trevor Morris	M	45	81.6	Wilmslow RC	40	00:36:10
41	00:36:19	45	Lee Woods	M		76.5	Sale Harriers	41	00:36:16
42	00:36:23	379	Kelly Crickmore	F		83.4	Chester Tri	42	00:36:22
43	00:36:25	587	Robert Affleck	M		75.3	Preston Harriers	43	00:36:23
44	00:36:34	597	Tim Cahill	M	45	80.7	Abergele Harriers	45	00:36:32
45	00:36:34	565	Andrew Whittingham	M		73.4	Altrincham & Dist AC	44	00:36:26
46	00:36:36	541	James Lewis	M		73.5	Sale Harriers	46	00:36:32
47	00:36:41	152	Dewi Roberts	M	40	77.5	Abergele Harriers	49	00:36:40
48	00:36:43	422	David Nolan	M		76.3	North Wales Road Runners	47	00:36:37
49	00:36:46	61	Steve Lomas	M		76.7	Macclesfield Harriers	48	00:36:39
50	00:36:50	222	Sean McMyler	M	45	80.1	Salford Harriers	51	00:36:49
51	00:36:51	596	David Edwards	M	45	80.1	Liverpool Running Club	50	00:36:48
52	00:36:59	282	Maurice Collins	M	40	79.2	Liverpool Running Club	52	00:36:55
53	00:37:00	616	Evan Cook	M	55	87.2	Blackburn Harriers	53	00:36:58
54	00:37:10	530	Tom Annable	M	40	77.6	Vale Royal AC	55	00:37:07
55	00:37:12	139	Nigel Grant	M	40	78.7	Penny Lane Striders	56	00:37:09
56	00:37:14	647	Chris Bentley	M		72.1	Macclesfield Harriers	54	00:37:06
57	00:37:19	856	Sean McCaffrey	M		75.6	Holmfirth Harriers	57	00:37:16
58	00:37:24	560	Darrell Soden	M	55	86.2	Liverpool Harriers	58	00:37:22
59	00:37:26	415	Leslie Endkan	M	50	82.7	Blackpool Wyre & Fylde AC	59	00:37:24
60	00:37:29	151	Gareth Roberts	M	40	75.8	Abergele Harriers	60	00:37:27
61	00:37:32	436	Daniel Weston	M		71.5	Wrexham AC	61	00:37:31
62	00:37:37	576	Mark Thornley	M	40	77.3	Vale Royal AC	62	00:37:34
63	00:37:38	854	Adrian Fuller	M		72.2	Altrincham & Dist AC	63	00:37:38
64	00:37:46	884	Guy Roberts	M		71.1	Mossley Hill AC	65	00:37:42
65	00:37:48	851	David Watson	M		74.6	Preston Harriers	66	00:37:47
66	00:37:49	186	Tim Stock	M	45	78.1	Macclesfield Harriers	64	00:37:41
67	00:37:50	807	Rebecca Harrison	F		80.2	Cheadle RC	67	00:37:48
68	00:37:51	173	Stephen Beardsell	M	55	85.2	Holmfirth Harriers	68	00:37:48
69	00:38:00	261	Simon Barker	M		71.4		71	00:37:56
70	00:38:01	174	William Wheale	M		70.7		69	00:37:55
71	00:38:03	91	Matt Shillabeer	M		71.4	St Helens Sutton AC	70	00:37:55
72	00:38:04	144	Russ Corsini	M	45	80.0	Darwen Dashers RC	72	00:38:00
73	00:38:10	788	John Todd	M	45	77.9	Vale Royal AC	73	00:38:06
74	00:38:10	760	Matthew Proctor	M		72.8	Rochdale Harriers	74	00:38:09
75	00:38:12	41	Adair Peter Broughton	M		71.4	Helsby RC	75	00:38:09
76	00:38:13	401	Matthew Sweeting	M		70.8	Vale Royal AC	76	00:38:11
77	00:38:14	329	Barry Shackleton	M	50	80.3	Darwen Dashers RC	77	00:38:11
78	00:38:17	767	Stanley Curran	M	55	86.5	Salford Harriers	80	00:38:15
79	00:38:18	72	Ian Mcilwee	M		72.1		81	00:38:17
80	00:38:19	496	Alan Hudson	M	55	85.6	Wesham RR	79	00:38:14
81	00:38:24	531	Caroline Betmead	F	35	79.8	Blackpool Wyre & Fylde AC	83	00:38:24
82	00:38:25	906	Mark Hargreaves	M		71.4	Liverpool Harriers	82	00:38:19
83	00:38:28	407	Gary Willcock	M	45	76.7	Manchester YMCA Harriers	84	00:38:27
84	00:38:30	464	Gary Fellow	M		72.7		78	00:38:13
85	00:38:31	20	Tony McCarthy	M	45	78.5	Warrington AC	86	00:38:29
86	00:38:34	269	Malcolm Hazle	M	45	77.7		85	00:38:28
87	00:38:41	728	Missing Namedetails	M		69.7		87	00:38:30
88	00:38:43	62	Kerry Blinston	M		70.2	North Wales Road Runners	88	00:38:40
89	00:38:44	853	Runner 853	M				89	00:38:42
90	00:38:48	779	George Nicholls	M	35	72.2	Prestatyn RC	91	00:38:47

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91	00:38:52	892	Steve Dempsey	M	40	75.3	Wilmslow RC	90	00:38:45
92	00:38:54	274	Simon Wright	M	50	78.9	Wigan Phoenix	93	00:38:51
93	00:38:56	450	Neil Thompson	M		71.9	Stockport Harriers	92	00:38:48
94	00:38:56	357	Claire Leaver	F		77.9	Holmfirth Harriers	94	00:38:53
95	00:38:58	302	Tony Parry	M	50	79.4	Wrexham AC	97	00:38:55
96	00:38:59	919	Martyn Groonendaal	M		69.0	Spectrum Striders	98	00:38:56
97	00:39:00	639	Dean Windsor	M		68.9	Boalloy RC	96	00:38:55
98	00:39:03	815	David Shaw	M	40	73.8	Salford Harriers	99	00:38:59
99	00:39:04	221	Maria Lowe	F		77.6	Salford Harriers	101	00:39:03
100	00:39:08	385	Pete Waywell	M	40	72.6	Wesham RR	102	00:39:05
101	00:39:11	579	Jason George	M		70.0	Didsbury Tri	100	00:39:00
102	00:39:14	93	Roy Woodland	M	50	78.2		103	00:39:09
103	00:39:18	475	Tammy Lewis-Jones	F	35	78.6	North Wales Road Runners	104	00:39:16
104	00:39:20	814	Gary Taylor	M	45	75.0	Darwen Dashers RC	105	00:39:16
105	00:39:21	691	Michael Williams	M		72.4	Warrington AC	95	00:38:54
106	00:39:26	747	Colin Laidlaw	M	50	79.1	Lytham St Annes RR	106	00:39:19
107	00:39:26	290	Rachael Lawrance	F		76.9	Macclesfield Harriers	108	00:39:22
108	00:39:29	757	Steve Broadfoot	M	45	74.8	Northern Vets AC	109	00:39:24
109	00:39:32	287	Robert Burke	M	40	72.9	Liverpool Running Club	112	00:39:28
110	00:39:34	211	Ian Close	M	50	78.2	Blackpool Wyre & Fylde AC	110	00:39:26
111	00:39:35	731	Faye Banks	F		76.6	Ackworth RR & AC	116	00:39:34
112	00:39:37	810	Paul Williams	M		68.9	Oswestry Olympians	107	00:39:21
113	00:39:37	617	Christopher Slavin	M	60	85.8	Liverpool Running Club	114	00:39:32
114	00:39:38	673	Pete Laud	M		68.5		113	00:39:29
115	00:39:41	175	Glenn Wilson	M		69.1	Vale Royal AC	118	00:39:39
116	00:39:41	787	Joanna Goorney	F	35	78.2	Wesham RR	117	00:39:37
117	00:39:42	877	Ian Palin	M		69.5	Liverpool Running Club	115	00:39:33
118	00:39:43	502	Clem Clement	M	45	76.1	Penarth & Dinas Runners	111	00:39:28
119	00:39:45	717	Ken Burgess	M	60	87.0	Altrincham & Dist AC	119	00:39:40
120	00:39:51	208	Doug Brammer	M		67.4	Macclesfield Harriers	122	00:39:48
121	00:39:52	910	John Battersby	M	45	76.4	Sale Harriers	124	00:39:49
122	00:39:53	301	Sarah Lomas	F		76.1	Stockport Harriers	123	00:39:49
123	00:39:54	71	Martin Hugh Green	M		67.8	North Wales Road Runners	120	00:39:46
124	00:39:58	918	Mark Booth	M		71.3	Wycombe Phoenix	127	00:39:55
125	00:40:01	800	David Livingstone	M		69.0	Altrincham & Dist AC	128	00:39:56
126	00:40:02	388	Clive Booth	M	40	71.0		121	00:39:47
127	00:40:03	98	David Shepherd	M	40	71.5		126	00:39:55
128	00:40:03	153	Marcus Crompton	M	40	71.0	Vale Royal AC	125	00:39:52
129	00:40:04	480	John Costello	M	40	73.1		130	00:39:59
130	00:40:05	726	Chris Nightingale	M	40	70.9	Wigan Phoenix	132	00:40:04
131	00:40:06	751	Sue Cooper	F	50	91.0	Southport Waterloo AC	131	00:39:59
132	00:40:11	573	John Parrott	M	50	77.6	Stockport Harriers	133	00:40:05
133	00:40:12	184	Roy Upton	M	40	70.7	Lytham St Annes RR	129	00:39:57
134	00:40:14	196	Andrew Campbell	M		67.3	Wrecsam Tri	136	00:40:10
135	00:40:15	333	Patrick Gardiner	M		66.7		135	00:40:09
136	00:40:16	273	Helen Whitby	F		75.3	Vale Royal AC	137	00:40:13
137	00:40:18	470	Ellie Debenham	F		75.3	Chester Tri	138	00:40:13
138	00:40:24	592	Robert Hough	M		68.3		141	00:40:21
139	00:40:25	132	Anne Farmer	F		75.1	Macclesfield Harriers	140	00:40:21
140	00:40:25	361	Stephen Dawson	M	40	71.9	South Cheshire Harriers	134	00:40:05
141	00:40:30	14	Eric Payton	M	50	78.3		142	00:40:22
142	00:40:32	90	Paul Burgess	M	45	74.5	St Helens Sutton AC	144	00:40:26

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143	00:40:32	307	Robert Aldcroft	M	55	80.3	Village Road Runners	139	00:40:20
144	00:40:36	677	Ronnie Woods	M	40	70.5		145	00:40:31
145	00:40:36	915	George Pierce	M		69.0	Liverpool Running Club	147	00:40:33
146	00:40:39	818	Paul Capey	M		67.1	Sale Harriers	150	00:40:35
147	00:40:44	737	Kristy Readman	F		74.7		149	00:40:33
148	00:40:45	559	Ann Eggington	F	40	79.6	Southport Waterloo AC	146	00:40:32
149	00:40:46	328	Gareth Atkinson	M		68.2		148	00:40:33
150	00:40:47	882	David Lee Hunter	M	3	66.9		143	00:40:24
151	00:40:48	867	Chris Lloyd	M		65.8	Blackpool Wyre & Fylde AC	151	00:40:40
152	00:40:52	621	Frank Heavey Jnr	M	40	70.0		152	00:40:42
153	00:40:55	707	Michael Jones	M	50	76.3	Altrincham & Dist AC	159	00:40:54
154	00:40:56	246	Jayne Taylor	F	45	80.8	Wigan Phoenix	160	00:40:55
155	00:40:58	9	Linda Clarkson	F	35	76.2	Darwen Dashers RC	157	00:40:53
156	00:40:58	540	Steve Coleman	M	45	72.1	Astley & Tyldsley Road Runners	154	00:40:47
157	00:40:59	732	Liz Farhall	F		74.0	Spectrum Striders	156	00:40:50
158	00:41:00	69	David Nalder	M	50	76.7	Ellesmere Port RC	155	00:40:47
159	00:41:02	840	Emma Calderbank	F		73.9	Serpentine RC	161	00:40:58
160	00:41:07	830	Charles Hutton	M	40	70.7	Liverpool Running Club	164	00:41:04
161	00:41:08	437	Damian Utton	M	40	70.7	Altrincham & Dist AC	163	00:41:03
162	00:41:09	135	Richard Stead	M		66.3		162	00:41:02
163	00:41:13	686	Gary Carney	M		67.4	St Helen's Striders	165	00:41:07
164	00:41:13	335	Kerrie Woods	F	40	76.2	Stockport Harriers	166	00:41:09
165	00:41:13	552	Ian Edge	M	40	71.0	Warrington Road Runners	158	00:40:54
166	00:41:16	276	Stephen Danks	M		67.3		153	00:40:44
167	00:41:19	550	Caroline Jones	F		73.9	Spectrum Striders	168	00:41:14
168	00:41:21	727	Andrew Nightingale	M		66.3	Wigan Phoenix	173	00:41:18
169	00:41:22	537	Chris Fielding	M		67.2	Darwen Dashers RC	170	00:41:16
170	00:41:24	235	Peter Weatherhead	M	55	77.9	Wirral AC	169	00:41:15
171	00:41:27	498	Gary Mitchell	M	45	71.2	Darwen Dashers RC	171	00:41:16
172	00:41:29	465	Elizabeth Crawshaw	F		73.1	Wirral AC	167	00:41:13
173	00:41:30	485	Keith Brown	M	45	71.6	Warrington Road Runners	172	00:41:18
174	00:41:32	134	Michael J Tinker	M		66.1		174	00:41:19
175	00:41:34	346	Julia Johnson	F	40	78.0	Holmfirth Harriers	177	00:41:29
176	00:41:35	513	Paul Andrew Forster	M	50	74.4	Merseyside Police	175	00:41:23
177	00:41:36	116	Linda Harris	F	45	81.3	Ackworth RR & AC	178	00:41:29
178	00:41:38	688	Carmel Sullivan	F	40	76.0	Wesham RR	179	00:41:30
179	00:41:40	37	Peter Gibson	M	60	80.1	Red Rose Road Runners	176	00:41:27
180	00:41:41	392	Ian Doyle	M		65.2	Skelmersdale Boundary	184	00:41:40
181	00:41:42	402	Mark Messenger	M	40	68.1	Macclesfield Harriers	180	00:41:33
182	00:41:45	248	Stephen Brook	M	60	80.0	Queensbury RC	182	00:41:37
183	00:41:46	43	Mark Baker	M		66.5	Sunlight Runners	183	00:41:37
184	00:41:49	492	Alison Hartopp	F	40	75.6	Macclesfield Harriers	186	00:41:42
185	00:41:53	628	Chris Morgan	M	55	77.7	Chester Tri	188	00:41:48
186	00:42:00	451	Andrew Blair	M	40	69.7	Tattenhall Runners	181	00:41:36
187	00:42:01	369	Sally Maddock	F		72.2	Wilmslow RC	191	00:41:52
188	00:42:02	890	Billy Hargreaves	M	60	79.4	Liverpool Harriers	189	00:41:49
189	00:42:03	601	John McAndrew	M		63.9		187	00:41:42
190	00:42:04	270	Daniel Paul Fegan	M	40	68.0	St Helen's Striders	190	00:41:50
191	00:42:06	674	Andrea Frost	F	40	74.6	Macclesfield Harriers	195	00:41:59
192	00:42:06	166	Catherine Brown	F		72.2	Macclesfield Harriers	193	00:41:54
193	00:42:07	48	Stephen Beech	M	45	70.1	Village Road Runners	194	00:41:55
194	00:42:07	844	Rob Holmes	M	40	67.5		197	00:41:59

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195	00:42:08	862	Paul Nichols	M	65.9	Wilmslow RC	196	00:41:59	
196	00:42:10	575	David Quinn	M	45	71.1	Wilmslow RC	198	00:42:01
197	00:42:12	789	Gemma Todd	F		71.9		202	00:42:08
198	00:42:15	21	James Downey	M	40	68.8	Wirral AC	201	00:42:06
199	00:42:17	423	Kevin Higgins	M	45	70.3	North Wales Road Runners	203	00:42:08
200	00:42:17	734	Marian Martin	F	45	80.0	Spectrum Striders	204	00:42:11
201	00:42:20	131	Peter Summers	M	45	71.9	Skelmersdale Boundary	209	00:42:19
202	00:42:22	646	Anthony Jewitt	M		66.1	Lancaster & Morecambe AC	185	00:41:40
203	00:42:23	832	Keith Andrews	M	40	68.6	Liverpool Running Club	206	00:42:15
204	00:42:23	706	Carl Heron	M	45	69.6	Queensbury RC	200	00:42:04
205	00:42:25	199	Christine McCarthy	F	45	78.8	Ackworth RR & AC	207	00:42:18
206	00:42:27	143	Susan Corsini	F	40	75.1	Darwen Dashers RC	205	00:42:13
207	00:42:28	539	Sean McCann	M	50	72.9	Warrington Road Runners	192	00:41:53
208	00:42:29	762	Damian Wilde	M		63.7	Holmfirth Harriers	212	00:42:25
209	00:42:32	234	Andrea Smith	F	40	74.4	Blackpool Wyre & Fylde AC	211	00:42:25
210	00:42:34	460	Bernard Forrester	M	45	71.0		199	00:42:03
211	00:42:36	758	John Lavelle	M	45	70.9	Rosendale Harriers	208	00:42:19
212	00:42:38	671	Steve Foster	M	45	69.7	Astley & Tyldsley Road Runners	213	00:42:25
213	00:42:42	94	William Richmond	M	40	68.6	Lytham St Annes RR	215	00:42:28
214	00:42:46	805	Alexander Marks	M		64.1	Village Road Runners	220	00:42:37
215	00:42:48	275	Jamie Savage	M		62.7		221	00:42:38
216	00:42:48	786	Anne Pugh	F	50	83.1	Altrincham & Dist AC	222	00:42:44
217	00:42:50	899	Andy Smith	M	45	69.4	Helsby RC	210	00:42:24
218	00:42:52	489	Charlie Rowlands	M		65.3	South Cheshire Harriers	214	00:42:28
219	00:42:55	755	John Matson	M	40	67.2		226	00:42:48
220	00:42:55	218	Kate Sutton	F	45	76.3	Wilmslow RC	224	00:42:47
221	00:42:57	192	Matthew Malone	M		62.5	Winston Runners	219	00:42:37
222	00:43:00	657	Rachel Pleeth	F	35	71.6	Macclesfield Harriers	232	00:42:54
223	00:43:02	723	David McGrath	M	50	72.5	South Cheshire Harriers	216	00:42:31
224	00:43:03	703	Stephen Norbury	M		62.7		229	00:42:51
225	00:43:03	549	Peter Morgan	M	50	72.5	Pinetops RC	233	00:42:54
226	00:43:03	104	Alison Smith	F		70.7	Tattenhall Runners	225	00:42:48
227	00:43:03	735	Simon Marsh	M		62.4		237	00:42:57
228	00:43:07	438	Peter Clarkson	M	40	66.4		231	00:42:53
229	00:43:08	240	Damian Jones	M		63.0		218	00:42:35
230	00:43:08	312	Konrad Roberts	M	40	66.3	North Wales Road Runners	240	00:43:00
231	00:43:09	765	David Large	M		65.4		228	00:42:51
232	00:43:10	300	Alan Jones	M		62.2	Peel Road Runners	239	00:42:59
233	00:43:11	364	Martin Kelly	M		63.2		230	00:42:53
234	00:43:12	5	Geoff Shaw	M	50	73.4	Helsby RC	223	00:42:45
235	00:43:12	813	Peter Simpson	M	55	76.6	Liverpool Harriers	235	00:42:56
236	00:43:13	395	Marian Hesketh	F	50	83.4	Preston Harriers	241	00:43:02
237	00:43:13	768	Chris McCarthy	M		62.2		227	00:42:51
238	00:43:15	195	Lisa Morley	F	35	71.1	Wrexham AC	245	00:43:09
239	00:43:16	812	Sheila McVeigh	F	50	82.2	Cumberland AC	247	00:43:12
240	00:43:16	403	Andrew Collins	M		62.2	Warrington Road Runners	234	00:42:56
241	00:43:18	602	Gareth Edwards	M		62.0		236	00:42:56
242	00:43:19	572	Simon McGrath	M		62.2	Sale Harriers	242	00:43:07
243	00:43:20	544	Ian Taylor	M	40	65.6	North Wales Road Runners	244	00:43:09
244	00:43:22	181	Derek Power	M	45	70.2		238	00:42:58
245	00:43:25	283	Vicky Barrett	F	40	73.4	Stockport Harriers	248	00:43:13
246	00:43:29	38	Stephen McCullough	M	45	68.4	Liverpool Running Club	254	00:43:22

# Birchwood 10k Road Race Sunday 19-Aug-2007 at 10:30am

Organised by Spectrum Striders Running Club ([www.spectrumstriders.org.uk](http://www.spectrumstriders.org.uk))

247	00:43:31	528	Paul Thomson	M	55	74.1	Sale Harriers	217	00:42:34
248	00:43:31	911	Mike Cottrill	M		61.7		256	00:43:27
249	00:43:32	147	Mary Tavener	F	45	75.2	Vale Royal AC	251	00:43:19
250	00:43:33	693	Sarah Russ	F		69.7	Salford Harriers	258	00:43:30
251	00:43:34	678	Robert Cunliffe	M	40	66.7		253	00:43:20
252	00:43:40	694	Martin Howard	M	40	65.5	St Helen's Striders	260	00:43:35
253	00:43:43	873	Karl Allendeg	M		61.6		262	00:43:38
254	00:43:43	672	Allan Webb	M		64.0	Astley & Tyldsley Road Runners	257	00:43:29
255	00:43:45	631	Alec Gass	M		61.4		246	00:43:11
256	00:43:46	216	Keith Anderson	M		63.1		243	00:43:08
257	00:43:47	469	Ruth Gills	F	35	70.3	Vale Royal AC	250	00:43:16
258	00:43:47	75	John Hobson	M		62.0		255	00:43:27
259	00:43:48	133	Richard Beresford	M	40	65.8		261	00:43:36
260	00:43:49	512	Nabilah Salihi	F		69.2	Spectrum Striders	264	00:43:42
261	00:43:49	679	Peter Harding	M		61.6		263	00:43:40
262	00:43:50	340	Matthew Orford	M		61.3	Lancashire Constabulary	252	00:43:19
263	00:43:59	811	Melvyn Cole	M	55	72.7	South Cheshire Harriers	259	00:43:32
264	00:44:01	876	Natalie Palin	F		68.9	Liverpool Running Club	269	00:43:51
265	00:44:02	309	David Hudd	M		62.0		271	00:43:54
266	00:44:02	73	Peter Newstead	M		62.7		265	00:43:44
267	00:44:03	26	Tommy Burke	M	60	75.8	Penny Lane Striders	274	00:43:56
268	00:44:03	834	Steven Yates	M				276	00:44:00
269	00:44:05	109	Kevin Hocter	M		60.9		268	00:43:51
270	00:44:07	67	Tanya Ashworth	F	35	69.7	Altrincham & Dist AC	270	00:43:53
271	00:44:09	191	John Malone	M	50	70.1	Winston Runners	267	00:43:48
272	00:44:14	595	Eddie Taylor	M	50	70.0		281	00:44:04
273	00:44:15	888	Kelvin Dickinson	M		62.4	Wirral AC	249	00:43:15
274	00:44:15	791	Phil Brown	M		61.2	Chester Tri	273	00:43:55
275	00:44:16	279	Brendan Murden	M	55	74.1		272	00:43:55
276	00:44:17	644	Stuart Sharp	M		61.9		277	00:44:00
277	00:44:18	613	Michael James Evans	M		61.6		278	00:44:00
278	00:44:24	63	Richard Plunkett	M	45	66.5	Halifax Harriers	266	00:43:47
279	00:44:25	904	Mark Ferns	M	45	66.9	Sale Harriers	291	00:44:23
280	00:44:26	543	Graham Paul Jones	M	45	66.4	North Wales Road Runners	285	00:44:15
281	00:44:27	96	Michael Horton	M	60	75.1	Boalloy RC	282	00:44:06
282	00:44:28	183	Tony Lythe	M	60	77.8	Sale Harriers	284	00:44:10
283	00:44:29	733	Kemmel Graham Atkinson	M	45	67.9	Warrington Road Runners	280	00:44:03
284	00:44:29	589	Peter Cooper	M		60.4	South Cheshire Harriers	275	00:43:58
285	00:44:30	486	Sally Price	F		68.2	Wilmslow RC	288	00:44:18
286	00:44:31	145	Paul Leech	M	40	64.8		279	00:44:02
287	00:44:33	782	Stuart Johnson	M		61.2		283	00:44:08
288	00:44:34	448	Stephen Young	M		61.0	Preston Harriers	287	00:44:17
289	00:44:38	353	Ged Johnson	M	50	69.3	Darwen Dashers RC	293	00:44:28
290	00:44:39	39	Mary Doyle	F	50	81.7	Liverpool Running Club	296	00:44:32
291	00:44:41	816	Brenda Wane	F	45	73.3	Astley & Tyldsley Road Runners	294	00:44:28
292	00:44:42	794	Oliver Park	M		62.1		289	00:44:19
293	00:44:47	618	Kevin Elwick	M		60.0	Hartshead RC	292	00:44:24
294	00:44:50	536	Darren Tyldesley	M	40	63.8		295	00:44:28
295	00:44:51	462	Thomas Molby	M		59.9		290	00:44:20
296	00:44:52	317	Ronnie Jones	M	70	81.8	Wirral AC	299	00:44:40
297	00:44:52	477	Simon Greene	M	50	70.1	Reebok RC	300	00:44:41
298	00:44:54	824	david Barber	M	65	78.5	Bingley Harriers	309	00:44:49

# Birchwood 10k Road Race Sunday 19-Aug-2007 at 10:30am

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299	00:44:57	804	Keith Mahon	M	45	65.7		302	00:44:43
300	00:44:58	622	Ken Chapman	M	65	77.7	Kimberworth SRC	305	00:44:47
301	00:44:59	189	David Alan Jones	M	55	71.1	Denbigh Harriers	304	00:44:46
302	00:45:00	868	Pete Lambert	M		61.0		286	00:44:17
303	00:45:01	736	Phil Daintith	M		62.2		310	00:44:50
304	00:45:03	220	Phil O'Rourke	M	45	65.5	Liverpool Running Club	314	00:44:55
305	00:45:03	194	Victoria Summerfield	F		67.3	Winston Runners	301	00:44:43
306	00:45:04	172	Chris Jones	M	40	63.1	Salford Metropolitan	297	00:44:35
307	00:45:04	836	Kelvin Morgan-Davies	M		60.9		298	00:44:38
308	00:45:05	658	Tim Warn	M	55	72.8	United Utilities Harriers	306	00:44:48
309	00:45:08	858	Jonathan Mellor	M		60.5	Swinton RC	308	00:44:49
310	00:45:09	600	John Patrick Dooley	M	55	73.3	Spectrum Striders	312	00:44:50
311	00:45:10	917	Garry Jones	M		61.1		313	00:44:52
312	00:45:10	655	Mike Schofield	M		62.4		303	00:44:44
313	00:45:11	820	David Taylor	M		62.4	Northern Vets AC	315	00:44:56
314	00:45:12	213	Alan Berry	M	45	65.8		317	00:44:58
315	00:45:18	230	Simon Eaton	M		60.9	Wesham RR	320	00:45:08
316	00:45:19	253	Liz Thornton	F	45	73.0	Liverpool Running Club	318	00:45:02
317	00:45:22	171	David Owen	M		61.2		307	00:44:48
318	00:45:23	764	Scott Jarvis	M		59.2		311	00:44:50
319	00:45:26	463	Paul Mason	M	40	63.5		321	00:45:09
320	00:45:26	488	Nigel Shepherd	M	45	67.0	Wesham RR	319	00:45:06
321	00:45:30	675	John Carroll	M	45	65.3	Vale Royal AC	323	00:45:16
322	00:45:32	409	Barry Chambers	M	55	70.2	Vale Royal AC	322	00:45:12
323	00:45:35	922	Andy Gaskell	M		61.9	St Helens Sutton AC	316	00:44:57
324	00:45:36	245	Sally Howarth	F	40	70.5	Trafford Athletics	327	00:45:35
325	00:45:39	85	Lesley Evans	F	40	68.8		328	00:45:35
326	00:45:40	605	Brett Mahar	M		58.8		324	00:45:17
327	00:45:46	427	Robert Mayers	M	40	64.0	South Cheshire Harriers	325	00:45:27
328	00:45:49	284	Alan Bewley	M	60	75.5		337	00:45:44
329	00:45:50	831	David Shorrocks	M	55	71.6	Darwen Dashers RC	329	00:45:36
330	00:45:53	203	Stephen Wilkinson	M	50	69.1	Wesham RR	326	00:45:33
331	00:45:56	506	Bill McCaffrey	M	40	62.8	Valley Striders AC	336	00:45:44
332	00:45:56	97	Katie Taylor	F		66.0		334	00:45:37
333	00:45:58	419	Craig Critchley	M		59.1		333	00:45:37
334	00:45:59	390	Brian Beattie	M	60	74.6	West Cheshire	330	00:45:36
335	00:46:02	60	Chris Higgins	M	50	67.2		344	00:45:54
336	00:46:05	24	Dion Leonard	M		58.7		343	00:45:54
337	00:46:05	215	Alan Redford	M		59.0		351	00:46:03
338	00:46:06	799	David Gill	M		60.3	Sale Harriers	339	00:45:48
339	00:46:07	777	Liz Turton	F	50	75.2	Stockport Harriers	347	00:45:58
340	00:46:08	555	David Wood	M	55	71.7	Blackpool Wyre & Fylde AC	345	00:45:55
341	00:46:11	822	Jack Thomas	M	65	75.6	Buckley Runners	346	00:45:55
342	00:46:14	562	Richard Lawson	M	65	76.9	Clayton Harriers	350	00:46:03
343	00:46:15	588	Sandie Hayes	F	35	67.5		341	00:45:51
344	00:46:16	377	Mark Henderson	M	45	63.8	Liverpool Running Club	331	00:45:37
345	00:46:17	356	Amanda Davies	F		65.5	Tattenhall Runners	342	00:45:53
346	00:46:17	859	Frank Blakeley	M		59.6		335	00:45:39
347	00:46:19	551	Mike Cutler	M	50	66.3	South Cheshire Harriers	332	00:45:37
348	00:46:23	242	Lauren Marsden	F	35	66.1	Swinton RC	349	00:46:01
349	00:46:28	869	Billy Hargreaves	M	60	71.8	Liverpool Harriers	348	00:46:00
350	00:46:35	391	Geoffrey Griffith	M	40	62.9	Liverpool Running Club	338	00:45:46

# Birchwood 10k Road Race Sunday 19-Aug-2007 at 10:30am

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351	00:46:36	187	Simon Eldon	M	60.1		340	00:45:50	
352	00:46:39	624	Larry Crawley	M	55	71.0	Warrington Road Runners	357	00:46:21
353	00:46:44	700	Robert Massey	M	60	71.4	Blackpool Wyre & Fylde AC	358	00:46:22
354	00:46:44	850	Thomas Whiting	M	55	68.4		354	00:46:15
355	00:46:45	2	Stephen Whittle	F	50	77.1	Red Herring Road Runners	361	00:46:26
356	00:46:47	523	Martin Stirna	M	50	67.8	South Cheshire Harriers	352	00:46:13
357	00:46:48	239	Alasdair Dyde	M	40	62.6	South Cheshire Harriers	355	00:46:16
358	00:46:48	387	Janet Booth	F	40	68.7		364	00:46:33
359	00:46:51	445	Michael Howard	M	40	62.5	Spennborough AC	363	00:46:30
360	00:46:53	802	Kim Norgrove	F	40	67.5	Wreccsam Tri	359	00:46:23
361	00:46:54	272	Joanne Aves	F		64.7	Wilmslow RC	368	00:46:43
362	00:46:55	745	Paul Maybury	M		60.1		362	00:46:30
363	00:46:57	709	Alison Titterington	F	50	73.9	Blackpool Wyre & Fylde AC	367	00:46:41
364	00:46:58	313	James Slavin	M	55	70.5	Northern Vets AC	360	00:46:24
365	00:47:01	330	Catherine Nevin	F	50	74.7	Penny Lane Striders	374	00:46:50
366	00:47:02	310	Kevin Dixon	M		57.1		365	00:46:40
367	00:47:02	885	Gerard Hodgkin	M	50	66.9		371	00:46:47
368	00:47:04	296	Howard Barlow	M	50	66.3	Blackpool Wyre & Fylde AC	369	00:46:45
369	00:47:05	863	Norman Gibson	M	50	65.7		353	00:46:14
370	00:47:09	479	Michael Long	M	55	70.2	Bingley Harriers	373	00:46:50
371	00:47:10	101	Anthony Veale	M		58.5		356	00:46:21
372	00:47:10	142	Andrew Baston	M	40	61.1		366	00:46:41
373	00:47:11	404	Julie Roberts	F	45	69.4		381	00:47:01
374	00:47:11	692	Robert Buckley	M	55	67.8		375	00:46:51
375	00:47:12	487	Sarah Haythornthwaite	F		64.7	Penny Lane Striders	370	00:46:45
376	00:47:16	518	Martin O'Brien	M	45	63.4		376	00:46:51
377	00:47:19	323	Matthew Pitt	M		57.7		382	00:47:01
378	00:47:21	350	Anthony Buxton	M	45	63.3		383	00:47:03
379	00:47:22	320	Andy Gildon	M	50	66.4	Macclesfield Harriers	380	00:46:59
380	00:47:23	909	Ian Hamilton	M			Astley & Tyldsley Road Runners	385	00:47:07
381	00:47:25	3	Gemma Connolly	F		64.0	St Helens Sutton AC	377	00:46:57
382	00:47:25	457	Julia Eccleston	F		64.4	St Helens Sutton AC	378	00:46:57
383	00:47:31	795	Andrew Hilton	M		57.4		379	00:46:58
384	00:47:35	378	Robin Wignall	M	60	72.0	Altrincham & Dist AC	372	00:46:47
385	00:47:40	519	Jacqueline France	F	45	68.7	Holmfirth Harriers	399	00:47:37
386	00:47:41	193	Andrew Malone	M		56.3	Winston Runners	389	00:47:17
387	00:47:44	111	Robert Clark	M		56.7	Sale Harriers	391	00:47:18
388	00:47:44	878	David Wooster	M		56.4		387	00:47:13
389	00:47:47	359	Gary Burgess	M		56.2		393	00:47:26
390	00:47:49	337	Stephen Church	M	50	65.8		395	00:47:32
391	00:47:54	326	John Owens	M	45	63.6		396	00:47:32
392	00:47:56	740	Gen Williams	F	50	76.1	Penny Lane Striders	408	00:47:47
393	00:47:58	495	Reg Chapman	M	55	69.0	Wesham RR	394	00:47:30
394	00:48:00	558	Paul Whitehead	M	40	60.1	Blackpool Wyre & Fylde AC	400	00:47:37
395	00:48:01	206	John Skinley	M	45	61.9		406	00:47:42
396	00:48:01	931	Dean Robertson	M		57.1		384	00:47:06
397	00:48:01	776	Martyn Price	M	35	57.9		414	00:47:55
398	00:48:02	471	Michael Evans	M	40	59.6	Chester Tri	390	00:47:17
399	00:48:02	81	Grace Hart	F	35	64.3	Tattenhall Runners	392	00:47:20
400	00:48:03	826	Paul Watterson	M	45	61.4		386	00:47:09
401	00:48:04	66	Kirsty Read	F		63.3	Fitness First Gorton	397	00:47:33
402	00:48:05	288	Susan Burke	F	40	66.8	Liverpool Running Club	418	00:47:58



# Birchwood 10k Road Race Sunday 19-Aug-2007 at 10:30am

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403	00:48:06	491	Clive Hope	M	50	64.3		398	00:47:35
404	00:48:06	217	Jane Woodhead	F	35	64.0	Wirral AC	410	00:47:49
405	00:48:07	42	Michael Hallsworth	M	50	65.4	Helsby RC	404	00:47:41
406	00:48:08	637	Amanda Baxendale	F	35	63.7	Astley & Tyldsley Road Runners	412	00:47:54
407	00:48:08	505	Paul Cattan	M		57.0		388	00:47:15
408	00:48:10	690	John Adams	M	45	62.2		401	00:47:41
409	00:48:11	36	Rosemary Rogers	F	55	78.9	Dee Striders	417	00:47:57
410	00:48:12	756	George Thompson	M	55	67.5	Clayton-Le-Moors	421	00:48:05
411	00:48:14	584	Tracey Brown	F	40	66.6	South Cheshire Harriers	405	00:47:42
412	00:48:19	784	Charlie Seddon	M	50	63.5	Macclesfield Harriers	420	00:48:03
413	00:48:20	70	Lee Pownall	M		58.3	North Wales Road Runners	426	00:48:10
414	00:48:21	632	Mark Molloy	M	40	58.8	Warrington Road Runners	409	00:47:48
415	00:48:23	257	Margaret Williams	F	50	73.5		415	00:47:56
416	00:48:23	258	Nefyn Williams	M	55	67.8		416	00:47:56
417	00:48:24	231	Mark Povey	M		57.9	West Cheshire	413	00:47:54
418	00:48:27	164	Mike Hurst	M	40	59.1		402	00:47:41
419	00:48:31	102	Les Blacker	M		57.7		403	00:47:41
420	00:48:32	648	Martin Hall	M		55.3		407	00:47:43
421	00:48:33	86	Beverley Watson	F	35	64.3		436	00:48:28
422	00:48:36	891	Rob Stiffin	M	40	60.3	St Helens Sutton AC	431	00:48:19
423	00:48:37	865	Alan Graham	M	50	63.7		429	00:48:15
424	00:48:37	741	Patrick Henley	M	60	68.7	Liverpool Harriers	432	00:48:21
425	00:48:38	875	Becky Cheers	F		62.4	Liverpool Running Club	438	00:48:30
426	00:48:38	362	Bernard Brown	M	40	59.8		411	00:47:51
427	00:48:39	913	Hugh McKenna	M	55	67.4	Manchester Tri Club	434	00:48:21
428	00:48:42	49	Tommy Dunning	M	40	60.1	St Helens Sutton AC	433	00:48:21
429	00:48:43	607	Stephen Booth	M	45	61.5	Macclesfield Harriers	419	00:48:00
430	00:48:45	634	Edwin Paul Van-Calster	M	45	60.5	Swinton RC	422	00:48:06
431	00:48:46	13	Colin Moston	M	50	63.5		425	00:48:10
432	00:48:49	148	Richard Raynor	M	50	63.9		423	00:48:10
433	00:48:50	113	Jon Winser	M		55.0		430	00:48:19
434	00:48:52	360	Samantha Roberts	F		62.1		439	00:48:33
435	00:48:56	783	Chris Evans	M	35	56.4		440	00:48:33
436	00:48:57	843	Trevor Willoughby	M	50	64.2	Lytham St Annes RR	428	00:48:12
437	00:48:59	386	John Howorth	M	55	65.3	Wesham RR	435	00:48:26
438	00:49:00	177	George Flanagan	M	55	66.9	Wesham RR	427	00:48:11
439	00:49:02	797	Lee Walker	M		57.5	Mossley Hill AC	441	00:48:36
440	00:49:03	413	Ruth Calderbank	F	55	75.4	Blackpool Wyre & Fylde AC	444	00:48:47
441	00:49:05	724	Damian Hill	M		55.6		445	00:48:49
442	00:49:06	773	Alice Spooner	F		62.1	Penny Lane Striders	442	00:48:39
443	00:49:09	534	Kevin O'Brien	M	65	71.0	Clayton-Le-Moors	448	00:48:52
444	00:49:12	708	James Gresty	M		54.6		451	00:48:57
445	00:49:14	842	Rae Willoughby	M	55	66.6	Lytham St Annes RR	437	00:48:29
446	00:49:21	214	Graham Sutton	M	50	62.7	Deeside Orienteering Club	450	00:48:55
447	00:49:24	570	John Pennington	M		57.1		454	00:49:00
448	00:49:25	241	Alan Bennett	M	45	61.1		452	00:48:57
449	00:49:25	56	Michael MacDonald	M	45	60.6		443	00:48:41
450	00:49:27	40	Peter Richard Gibson	M	50	63.6	Blackpool Wyre & Fylde AC	455	00:49:00
451	00:49:28	455	Chris Haggett	M	60	68.7		447	00:48:52
452	00:49:29	630	Mhairi Gass	F		61.3	Warrington Road Runners	449	00:48:55
453	00:49:30	651	Lawrie Woodley	M	70	74.1	Tattenhall Runners	446	00:48:51
454	00:49:35	725	Mark Watts	M	40	57.3		462	00:49:20

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455	00:49:36	526	Margaret Ludden	F	45	66.0	Buckley Runners	458	00:49:07
456	00:49:39	293	Sid Bailey	M	50	61.8	Dee Striders	469	00:49:33
457	00:49:42	696	Neil Bamber	M		54.9		456	00:49:06
458	00:49:45	89	Helen Woods	F		61.0		465	00:49:29
459	00:49:49	122	John Riley	M	65	71.4	Northern Vets AC	463	00:49:20
460	00:49:53	729	Paul Ireland	M		53.8		453	00:48:58
461	00:49:54	83	Jacqueline Crowther	F	45	66.3	East Cheshire Harriers	467	00:49:29
462	00:49:57	880	Anthony Williams	M				466	00:49:29
463	00:49:57	829	Andrew Smith	M		54.2	Swinton RC	461	00:49:17
464	00:49:58	349	Matthew Keogh	M	40	57.7		470	00:49:39
465	00:49:58	817	Kevin Curtis	M	50	61.4		460	00:49:14
466	00:50:02	896	Stephen Hewett	M	50	61.4		459	00:49:11
467	00:50:06	660	Mike Walsh	M	70	78.7	Blackpool Wyre & Fylde AC	457	00:49:06
468	00:50:07	825	James Barnes	M	45	59.8	UK Net Runners	477	00:49:58
469	00:50:09	642	Paul Brownbill	M	50	62.2	South Cheshire Harriers	464	00:49:27
470	00:50:10	119	Brian Tull	M	60	67.1	Darwen Dashers RC	476	00:49:56
471	00:50:11	719	Mark Fitzsimons	M		55.0		468	00:49:29
472	00:50:11	546	Robert Chambers	M		53.6		474	00:49:48
473	00:50:13	304	Kevin Hall	M	45	60.2		472	00:49:44
474	00:50:24	907	Donald Beaver	M	55	64.6		471	00:49:42
475	00:50:26	429	Naomi Stone	F		60.1	Sale Harriers	479	00:50:04
476	00:50:27	556	Laura Pilley	F		60.1	Dragons Running Club	480	00:50:07
477	00:50:28	380	Phil Jones	M	55	65.6	Helsby RC	475	00:49:50
478	00:50:32	925	Norman Greenwood	M			Blackpool Wyre & Fylde AC	493	00:50:27
479	00:50:35	128	Karen Elleray	F		60.0		483	00:50:11
480	00:50:35	567	Peter O'Hare	M	50	62.2	Hyde Village Striders RC	484	00:50:11
481	00:50:38	100	Graham Lawler	M	55	64.3	East Cheshire Harriers	489	00:50:17
482	00:50:47	268	Hilary Himsworth	F	45	67.4		487	00:50:12
483	00:50:47	827	Steven Lambert	M		52.9		473	00:49:46
484	00:50:51	698	Steven Kenyon	M		52.8		485	00:50:11
485	00:50:52	467	David Raftery	M	40	56.7		486	00:50:12
486	00:50:53	339	Fred Orford	M	50	61.3	Lancashire Constabulary	488	00:50:16
487	00:50:53	399	Michael Connell	M	45	59.8		478	00:50:02
488	00:50:54	314	Peter Slavin	M		53.4		490	00:50:21
489	00:50:55	201	Stephen Hewitt	M		53.6		481	00:50:10
490	00:50:55	347	David Clements	M		55.0		500	00:50:38
491	00:50:57	243	John Pickup	M	45	58.4	Swinton RC	497	00:50:35
492	00:51:03	718	William O'Brien	M	50	61.6		491	00:50:23
493	00:51:04	507	David Molyneux	M		54.8		505	00:50:47
494	00:51:04	95	Geoffrey Knowles	M	45	59.6	Bolton United Harriers	496	00:50:34
495	00:51:05	683	Ian Cullen	M	55	62.6	Northern Vets AC	495	00:50:31
496	00:51:06	481	Louise Gilchrist	F	70	96.8	Valley Striders AC	511	00:51:02
497	00:51:09	806	Chris Marsland	M	45	57.7		482	00:50:10
498	00:51:11	305	Dave Reid	M	45	58.1	Chester Tri	492	00:50:25
499	00:51:12	689	Stephen Edward Littlemore	M		52.4		506	00:50:50
500	00:51:13	514	Kellie Hansen	F		59.2		504	00:50:46
501	00:51:14	916	Shaun Turner	M	40	55.5	Wesham RR	514	00:51:08
502	00:51:17	866	Christina Carson	F	50	69.4	Penny Lane Striders	512	00:51:03
503	00:51:18	887	Runner 887	M				501	00:50:42
504	00:51:19	676	Claire Williams	F		59.3		507	00:50:50
505	00:51:27	397	Lynn Moseley	F	45	63.6		498	00:50:36
506	00:51:28	571	Bernard McGrath	M	45	58.7		499	00:50:38

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507	00:51:29	316	Keith Wilson	M		52.4		494	00:50:30
508	00:51:31	894	Malcolm Whitehead	M	60	66.5	Horwich RMI Harriers	508	00:50:59
509	00:51:32	619	Howard Henshaw	M	65	69.0	Blackpool Wyre & Fylde AC	527	00:51:27
510	00:51:38	303	Richard Ellis	M		53.1		516	00:51:09
511	00:51:38	331	Clare Gardiner	F		58.7		525	00:51:25
512	00:51:39	251	Martin Hayes	M	40	55.0		510	00:51:01
513	00:51:40	510	J Richard Magnall	M	40	55.4		509	00:51:00
514	00:51:41	476	Stuart Murphy	M		52.2		503	00:50:46
515	00:51:41	900	Emma Wright	F		59.3	Cheshire Harriers	515	00:51:08
516	00:51:43	449	Sarah Van Nierop	F	35	59.3		520	00:51:14
517	00:51:48	342	Sarah Roberts	F	35	60.3	Darwen Dashers RC	523	00:51:19
518	00:51:48	524	Denise Penney	F	45	64.5	Darwen Dashers RC	522	00:51:18
519	00:51:49	1	Graham Robert Heatley	M		52.1	Ford Athletic	519	00:51:14
520	00:51:51	586	Ian Thomas	M	55	61.7	Swinton RC	528	00:51:28
521	00:51:54	525	Frank Wilson	M	70	73.6	Roby Runners	535	00:51:49
522	00:51:54	901	Simon Wright	M	50	60.1	Cheshire Harriers	524	00:51:22
523	00:51:59	803	Nigel Burin	M	50	61.0	Manchester Harriers	533	00:51:47
524	00:51:59	431	Alison Hornby	F		58.4		526	00:51:27
525	00:52:01	763	John Harrison	M	55	61.5		502	00:50:43
526	00:52:03	649	Thomas Doran	M		51.6		521	00:51:14
527	00:52:06	260	Nick Lown	M		51.5		513	00:51:06
528	00:52:07	458	Briony Taby	F	35	59.6	Mossley Hill AC	517	00:51:13
529	00:52:07	484	Sharon Farmer	F		58.2	Mossley Hill AC	518	00:51:13
530	00:52:07	838	Trevor faulkner	M	65	67.0	Wilmslow RC	540	00:51:57
531	00:52:13	611	Stephen Southart	M		53.6		544	00:52:08
532	00:52:16	774	Nigel Williams	M		51.4		538	00:51:53
533	00:52:18	670	Jock Plommer	M	60	64.4		534	00:51:47
534	00:52:27	527	Tom Kasprovicz	M	40	55.4	Road Runners Club	539	00:51:53
535	00:52:28	754	Phil Hyde	M	40	54.5		532	00:51:43
536	00:52:29	662	Kerry Macfarlane	M	55	62.0		531	00:51:40
537	00:52:31	271	Barry Roberts	M	45	57.5		543	00:52:03
538	00:52:32	212	Paul Ferguson	M	40	55.3		529	00:51:32
539	00:52:33	720	Marie Riley	F		57.9	Swinton RC	554	00:52:25
540	00:52:36	535	Kate Fowles	F	35	59.4		537	00:51:52
541	00:52:37	828	Peter Hoxley	M		51.2		541	00:51:58
542	00:52:38	547	John Sumner	M	50	60.3		530	00:51:37
543	00:52:44	881	Grant Morton	M		50.9		546	00:52:12
544	00:52:47	292	Liz Simpson	F	60	75.1	Village Road Runners	550	00:52:17
545	00:52:47	548	John Morrison	M	55	60.6	Road Runners Club	536	00:51:51
546	00:52:49	237	Sean Greatbanks	M		50.8		552	00:52:23
547	00:52:49	454	Craig Blundell	M		50.8		553	00:52:25
548	00:52:49	80	Rory Stiles	M		51.7		542	00:52:00
549	00:52:51	6	William Marsh	M	55	61.0	Ford Athletic	549	00:52:17
550	00:53:00	244	Wynne Roberts	M	45	57.5		547	00:52:13
551	00:53:03	705	Jonathan Schofield	M	45	56.0		545	00:52:12
552	00:53:05	442	Stephen Scully	M	40	54.8	Warrington Road Runners	558	00:52:28
553	00:53:06	684	David Lockett	M	65	67.0	Northern Vets AC	559	00:52:31
554	00:53:08	57	Maggie Holt	F	45	63.7	East Cheshire Harriers	562	00:52:44
555	00:53:10	501	Janice Clement	F	45	64.4	Penarth & Dinas Runners	548	00:52:16
556	00:53:11	420	Andrew Kilmartin	M	45	56.8		557	00:52:28
557	00:53:12	418	Tahir Ahmed	M	45	57.2		568	00:53:02
558	00:53:16	879	Gary Crisp	M		51.0		564	00:52:50

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559	00:53:18	714	Julie Murphy	F	40	59.8	Wesham RR	560	00:52:33
560	00:53:20	209	Peter Hully	M	40	54.5		551	00:52:19
561	00:53:21	545	Jennifer Chambers	F		56.9	Tattenhall Runners	566	00:52:58
562	00:53:23	504	Jeff Gregory	M	40	53.6		555	00:52:26
563	00:53:23	190	Alison Guillemin	F	40	59.3	Abergele Harriers	563	00:52:45
564	00:53:25	47	Stephen Crotty	M		50.3		556	00:52:28
565	00:53:30	792	Dan Stagg	M		51.9		565	00:52:50
566	00:53:30	398	Ian Gornall	M	40	53.1		561	00:52:38
567	00:53:31	667	Fiona McGrath	F		56.7	Warrington AC	567	00:53:00
568	00:53:34	432	Paul Dix	M	55	61.8		573	00:53:10
569	00:53:41	366	Dave Bottoms	M	45	56.7	Chester Tri	581	00:53:22
570	00:53:47	752	Barry Pierce	M		51.7		569	00:53:04
571	00:53:49	695	Andy Greenhalgh	M		50.5		572	00:53:09
572	00:53:49	645	Emma Tilston	F	40	58.8		571	00:53:09
573	00:53:54	375	Patricia Meller	F	35	57.9		570	00:53:08
574	00:53:55	903	Mark Murphy	M		51.2		583	00:53:25
575	00:53:56	665	Paul Clay	M		52.3		576	00:53:15
576	00:54:03	405	Dave Roberts	M	40	54.2		599	00:53:53
577	00:54:05	352	Steven Buxton	M		50.7		596	00:53:46
578	00:54:05	610	Alan Lacey	M		52.1	UK Net Runners	578	00:53:17
579	00:54:07	908	John Longden	M	50	57.7		574	00:53:13
580	00:54:09	609	Keith Hallam	M		51.7		593	00:53:39
581	00:54:10	84	Michael Bayliss	M	55	60.6		591	00:53:38
582	00:54:11	912	Lisa Bayliss	F		56.0		592	00:53:39
583	00:54:13	381	Bryan Tucker	M	45	54.8		575	00:53:15
584	00:54:15	750	Edward Barlow	M		50.3		582	00:53:23
585	00:54:15	746	John Roy Latham	M	55	61.0	South Cheshire Harriers	587	00:53:32
586	00:54:16	557	Andy Whalley	M		50.3		577	00:53:16
587	00:54:17	874	James Bolton	M		50.3		602	00:53:54
588	00:54:19	680	Kasim Sader	M		49.4		580	00:53:21
589	00:54:20	889	caroline Hall	F	35	56.9	Sunlight Runners	579	00:53:20
590	00:54:20	126	Neville Kershaw	M	60	62.0	Northern Vets AC	584	00:53:28
591	00:54:21	473	Deborah Fitzsimon	F	40	59.6		586	00:53:29
592	00:54:23	697	Paulo Rodrigues	M		49.6		594	00:53:43
593	00:54:24	202	Anne Bevan	F	50	67.1		588	00:53:36
594	00:54:24	53	Alan Percival	M	40	52.6	Road Runners Club	589	00:53:36
595	00:54:28	77	Geoff Griffiths	M	40	52.5		600	00:53:54
596	00:54:29	823	Audrey Gresty	F	45	62.9	Sale Harriers	606	00:54:05
597	00:54:30	468	Mark Stanton	M		50.3		585	00:53:28
598	00:54:30	554	Philip Taylor	M	40	52.1		609	00:54:20
599	00:54:37	620	Matt McKean	M		50.2		601	00:53:54
600	00:54:38	898	Steven Leniham	M		49.3		590	00:53:37
601	00:54:39	483	Christopher Cash	M	50	56.2	Darwen Dashers RC	598	00:53:53
602	00:54:42	914	Bernadette Rudmnan	F	50	65.9		595	00:53:46
603	00:54:42	861	Sarah McMutrie	F	35	56.0		605	00:54:03
604	00:54:44	785	Shaun Claffey	M	45	54.3		617	00:54:35
605	00:54:45	927	David Carnelley	M		50.4	Tattenhall Runners	612	00:54:29
606	00:54:45	623	Richard Bibby	M		50.1		597	00:53:52
607	00:54:46	847	Linda Porter	F		55.4		604	00:54:02
608	00:54:53	930	Colin Robertson	M		49.3		603	00:53:58
609	00:54:57	516	Sarah Garner	F	40	57.6		607	00:54:05
610	00:55:01	110	David Beck	M		50.2		626	00:54:48

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611	00:55:03	263	Andrew Baguley	M	40	52.8		611	00:54:28
612	00:55:04	223	Stephen Chapman	M	50	56.7		608	00:54:11
613	00:55:05	568	Lisa Davies	F		55.1	Wreake Runners	625	00:54:45
614	00:55:05	569	Graham Roberts	M	50	57.6		624	00:54:45
615	00:55:09	204	Sheila Gudgeon	F	50	62.9	Darwen Dashers RC	628	00:54:50
616	00:55:12	236	Philip McCann	M	50	56.5	Stockport Harriers	634	00:55:00
617	00:55:16	935	Paul Dutton	M		51.0		610	00:54:21
618	00:55:17	338	Marian Orford	F	50	65.2	Lancashire Constabulary	621	00:54:39
619	00:55:17	761	Yvonne McGlinchey	F	45	59.2		637	00:55:11
620	00:55:19	207	Jenny Brammer	F	50	63.5	Macclesfield Harriers	615	00:54:32
621	00:55:21	266	Kevin O'Brien	M	65	64.3	Penny Lane Striders	616	00:54:34
622	00:55:21	11	Chris Byrom	M	60	62.5	East Cheshire Harriers	613	00:54:31
623	00:55:23	210	Ros Thompson	F	50	65.1		623	00:54:44
624	00:55:23	179	Wendy Reddington	F	35	56.4		619	00:54:38
625	00:55:24	406	Daniel Cookland	M		49.0		620	00:54:38
626	00:55:27	769	Bernie Krawczyk	M	50	55.8	Wesham RR	614	00:54:32
627	00:55:31	924	Pat Hanley	F	55	68.4	East Cheshire Harriers	635	00:55:07
628	00:55:31	247	Tony Hails	M	45	53.6		632	00:54:53
629	00:55:31	74	Rosalind Hobson	F		54.9		630	00:54:51
630	00:55:33	599	Lorraine Nordmann	F	40	57.8		633	00:54:58
631	00:55:34	200	Paul Hitchcox	M		49.4		618	00:54:36
632	00:55:35	474	Lorraine Walker	F	40	57.8		622	00:54:43
633	00:55:39	103	Mike Gartside	M		48.2		627	00:54:49
634	00:55:44	299	Jason Ord	M		49.0		636	00:55:07
635	00:55:45	928	Elizabeth Hamer-Davies	F	40	57.2	Winston Runners	642	00:55:20
636	00:55:49	668	Neil Taylor	M	40	50.9		639	00:55:13
637	00:55:52	704	Alexander Cummins	M	65	64.9		641	00:55:18
638	00:55:55	227	Lynda Fairhurst	F	55	66.1		629	00:54:51
639	00:55:56	228	Karen Thew	F	45	58.5		631	00:54:51
640	00:55:59	508	Gordon Brown	M	45	53.5		647	00:55:43
641	00:56:03	633	Gill Nowell	F		54.4		644	00:55:33
642	00:56:07	681	Pam Kay	F	45	59.0	Spectrum Striders	643	00:55:31
643	00:56:08	809	Ross Johnson	M		47.9	Merseyside Police	645	00:55:40
644	00:56:10	841	Dean Patrick	M		48.8		638	00:55:11
645	00:56:16	553	Graham Benton	M	50	55.0	Maltby RC	640	00:55:18
646	00:56:20	837	Jan Cooper	F	60	71.3		653	00:56:07
647	00:56:29	580	Jackie Knight	F	60	71.1		651	00:56:00
648	00:56:30	582	Vickie Brindle	F	35	55.0		652	00:56:02
649	00:56:33	238	Sarah Dyde	F	40	55.6	South Cheshire Harriers	650	00:55:57
650	00:56:35	490	Anne Docherty	F	50	61.3	Wesham RR	648	00:55:49
651	00:56:42	778	Claire Dewsbury	F	35	54.5		646	00:55:43
652	00:56:45	4	Janet Shaw	F	50	64.3	Helsby RC	656	00:56:14
653	00:56:45	563	Tony Schenck	M	50	55.0		649	00:55:51
654	00:56:57	137	Lisa Crompton	F		53.3		660	00:56:21
655	00:57:01	664	Chris Roberts	M		47.1		659	00:56:20
656	00:57:06	923	Carl Kays	M		47.3		655	00:56:10
657	00:57:07	482	Natalie England	F		53.1	Stockport Harriers	664	00:56:35
658	00:57:08	252	Nik Everatt	M		48.0		654	00:56:08
659	00:57:10	743	Andy Pennington	M	40	49.7		424	00:48:10
660	00:57:10	722	Meryl Kilshaw	F		53.1		657	00:56:18
661	00:57:11	796	Clare Bamber	F		53.0	Mossley Hill AC	666	00:56:44
662	00:57:11	669	Elizabeth Haynes	F		53.0		662	00:56:27

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663	00:57:14	821	Steve Conway	M	50	54.1	Liverpool Running Club	658	00:56:19
664	00:57:21	440	Dominick Byrne	M		48.8		679	00:57:16
665	00:57:25	591	David Shaw	M	45	51.8		661	00:56:23
666	00:57:26	154	Joanne Hayter	F	40	54.7		663	00:56:32
667	00:57:27	365	Sue Walsh	F	45	59.6	Chester Tri	676	00:57:08
668	00:57:32	577	Pete Elwick	M	50	55.1	Hartshead RC	668	00:56:45
669	00:57:35	808	Stuart Ryder	M		46.9		665	00:56:40
670	00:57:43	428	David Heaton	M	50	53.2	Blackpool Wyre & Fylde AC	667	00:56:44
671	00:57:48	509	John Smith	M		46.5		674	00:57:07
672	00:57:49	574	Andrew Lake	M	45	51.1		675	00:57:07
673	00:57:50	781	Sally Shaw	F		52.8		684	00:57:26
674	00:57:52	581	Joanne Knight	F	35	53.2		682	00:57:23
675	00:57:52	604	Anne Goodwin	F	35	53.0		688	00:57:36
676	00:57:52	603	Sarah Mahar	F		52.4		685	00:57:30
677	00:57:53	325	Maleeha Sharkey	F		52.6	Preston Harriers	670	00:56:58
678	00:57:54	393	James Amin	M		46.4		669	00:56:51
679	00:57:55	295	Stephen Hamer	M		47.4		671	00:57:03
680	00:57:57	638	Martin Costello	M	40	49.0	Merseyside Fire Brigade	677	00:57:09
681	00:57:59	845	Linda Edmondson	F	45	56.5	Wrekin RR	672	00:57:05
682	00:58:03	819	Tommy Broderick	M	65	60.7	Middleton Harriers	681	00:57:21
683	00:58:07	382	Lesley Joyner	F	40	54.1	Stourbridge	683	00:57:23
684	00:58:08	738	James Daley	M	70	63.9	Penny Lane Striders	680	00:57:21
685	00:58:08	654	Liam Chase	M		49.9		673	00:57:06
686	00:58:12	594	Cathy Spencer	F	40	54.8	Picton RC	678	00:57:12
687	00:58:21	608	Caroline Booth	F	40	55.1		689	00:57:37
688	00:58:25	159	Carol Moir	F	45	56.6	Holmfirth Harriers	693	00:57:51
689	00:58:25	744	Rachel Hidrns	F		51.9		687	00:57:32
690	00:58:26	51	Jason Everson	M		46.7		686	00:57:30
691	00:58:30	435	John Hateley	M	60	59.1	Stafford Harriers	690	00:57:39
692	00:58:31	542	Philip Murray	M	65	61.4	Penny Lane Striders	691	00:57:48
693	00:58:32	16	Janette Woods	F	45	57.8		702	00:58:17
694	00:58:32	99	Caroline Partner	F		51.8	Congleton Harriers	694	00:57:52
695	00:58:35	753	Katie Hyde	F	35	52.5		692	00:57:49
696	00:58:40	33	John Noakes	M	65	61.8		697	00:58:08
697	00:58:48	929	Martin Robertson	M		45.7		695	00:57:53
698	00:58:52	351	Kristy Borg	F		51.7		705	00:58:33
699	00:58:53	65	Jeremy Burgess	M		46.3		696	00:58:02
700	00:59:00	358	Paul Donegan	M	40	49.6		701	00:58:16
701	00:59:03	160	Doug Moir	M	40	49.2	Holmfirth Harriers	704	00:58:29
702	00:59:05	52	Paula Shaw	F		51.7		700	00:58:14
703	00:59:05	55	Dean Shaw	M		46.4		699	00:58:14
704	00:59:06	472	James Fox	M		45.8		703	00:58:25
705	00:59:11	614	Julian Buchanan	M	50	51.9		698	00:58:13
706	00:59:22	710	Joyce Gent	F	60	70.7	Northern Vets AC	711	00:58:43
707	00:59:22	497	Diane Mitchell	F	40	53.7	Darwen Dashers RC	708	00:58:36
708	00:59:23	870	Abigail Archer	M		45.2		713	00:58:53
709	00:59:23	112	Abigail Archer	F		51.1		712	00:58:52
710	00:59:29	107	Carol Fell	F	55	64.8	Warrington Road Runners	714	00:58:55
711	00:59:30	839	Dorothy Fairhurst	F	65	71.7	St Helens Sutton AC	723	00:59:24
712	00:59:31	324	Kerry Stevens	F		51.2	Preston Harriers	709	00:58:37
713	00:59:32	267	Antony Johnson	M	40	48.8		715	00:58:57
714	00:59:35	770	Anne Hewitt	F	60	66.5	Rosendale Harriers	710	00:58:39

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715	00:59:42	653	David Goodall	M	50	53.1	Village Road Runners	707	00:58:35
716	00:59:42	652	Susan Hadley	F	40	53.8	Village Road Runners	706	00:58:34
717	00:59:54	583	Kevin Brindle	M	40	47.8		728	00:59:41
718	00:59:56	864	Sarah Gibson	F		50.6		717	00:59:03
719	00:59:57	176	Andrew Flanagan	M		44.8		718	00:59:07
720	01:00:01	934	Pat Adams	F	50	57.8	Wrekin RR	720	00:59:16
721	01:00:01	730	Nigel Best	M	45	49.5		716	00:59:02
722	01:00:06	446	June Sinnott	F	45	56.3	Northern Vets AC	725	00:59:33
723	01:00:09	327	Linda Drayton	F	45	56.9		719	00:59:12
724	01:00:12	32	David Cresswell	M		46.2		724	00:59:27
725	01:00:14	232	Peter Povey	M	70	61.6	West Cheshire	726	00:59:37
726	01:00:17	306	Clare Ferrie	F	40	52.9		729	00:59:58
727	01:00:21	105	Caroline Taylor	F		52.0		722	00:59:17
728	01:00:22	106	Richard Taylor	M	40	48.5		721	00:59:17
729	01:00:24	315	Allan Bird	M	45	49.6		727	00:59:39
730	01:00:43	396	Arthur Walsham	M	70	67.4	Salford Harriers	730	01:00:05
731	01:01:07	921	Jackie Ryan	F			Macclesfield Harriers	734	01:00:40
732	01:01:10	848	Munsoor Negyal	M		46.1		732	01:00:26
733	01:01:11	233	Vivienne Gillanders	F	45	54.1		731	01:00:19
734	01:01:22	332	Sue Gardiner	F	60	65.5		738	01:01:07
735	01:01:27	661	Jo Kelly	F	45	53.3		733	01:00:38
736	01:01:35	926	Leonie Williams	F		49.6		740	01:01:12
737	01:01:43	902	Karen Davies	F	40	50.9	Manchester YMCA Harriers	739	01:01:08
738	01:01:45	715	Lisa Jackson	F		49.1		735	01:00:49
739	01:01:46	716	Dave Jackson	M	45	48.1		736	01:00:49
740	01:01:46	643	Shona Morrissey	F		49.1	Penny Lane Striders	744	01:01:20
741	01:01:51	185	Jenny Edwards	F	40	52.0	Chester Tri	737	01:01:00
742	01:01:53	598	Allan Tweedle	M		43.6	Mossley Hill AC	741	01:01:14
743	01:01:59	895	Michelle Carrington	F		49.2	Wirral AC	748	01:01:41
744	01:02:13	538	Wayne Billance	M	45	48.2		742	01:01:14
745	01:02:19	343	Nicola Woodyatt	F	35	49.8		745	01:01:23
746	01:02:19	394	Julie Cassie	F	35	49.8		746	01:01:32
747	01:02:22	158	Deborah Rimmer-Cannon	F	45	54.2		743	01:01:19
748	01:02:23	515	Andrea Evans	F	35	49.3		751	01:01:56
749	01:02:30	627	Janet Morgan	F	55	60.0	Chester Tri	747	01:01:39
750	01:02:37	685	Herbert Holland	M	70	61.9	Northern Vets AC	755	01:02:22
751	01:02:41	121	Andrew Atkinson	M	40	46.7		754	01:01:59
752	01:02:44	12	Susan Ann Manuel	M	40	45.3	Warrington Road Runners	752	01:01:56
753	01:02:51	503	Holly Gregory	F		48.5		750	01:01:54
754	01:02:53	265	Vicki Gaskell	F	60	63.0		753	01:01:56
755	01:02:54	250	Judith Checkley	F	45	54.5		749	01:01:53
756	01:03:11	578	Jaynie Phillips	F		48.0	Manchester Tri Club	758	01:03:00
757	01:03:17	687	June Kinsella	F	40	50.8		756	01:02:40
758	01:03:23	262	Helen Tyson	F		47.9		757	01:02:48
759	01:03:31	363	John P Coupe	M	50	49.9		762	01:03:21
760	01:03:35	46	Anne Hornby	F	50	57.4		759	01:03:02
761	01:03:43	291	Eve Salter Evans	F		47.7		760	01:03:09
762	01:04:08	846	Julie Jones	F	40	50.5	Abergele Harriers	764	01:03:31
763	01:04:11	443	Clare Smith	F	40	49.7		761	01:03:17
764	01:04:24	430	Elizabeth Southern	F	55	59.8	Wirral AC	765	01:03:55
765	01:04:25	15	John Wolstenholme	M	65	55.2	Dragons Running Club	763	01:03:24
766	01:04:37	138	June Gladman	F	35	47.8		766	01:03:56

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767	01:04:52	64	Julie Brown	F	35	48.2		767	01:04:01
768	01:04:55	372	Charlotte Blakey	F	35	48.1	Edgeworth RC	768	01:04:02
769	01:05:05	384	Elizabeth Bowman	F		46.6		770	01:04:18
770	01:05:05	383	Helen Beresford	F		46.6		769	01:04:18
771	01:05:07	120	Martin Crossley	M		43.3		771	01:04:25
772	01:05:09	699	Joanne Lee	F		46.6		774	01:04:33
773	01:05:16	561	Valerie Lawson	F	65	65.3	Clayton Harriers	772	01:04:28
774	01:05:27	855	Jonathan Welsh	M	50	48.1		775	01:05:01
775	01:05:32	447	Hannah Midlen	F		46.3	Womens Running Network	773	01:04:31
776	01:05:47	226	Ian Whitham	M	40	44.2		777	01:05:18
777	01:05:47	225	Sarah Whitham	F	40	48.5		778	01:05:19
778	01:06:00	141	Maria Lindley	F	50	53.2	Chester Tri	776	01:05:10
779	01:06:25	713	Susan Holden	F	55	55.7		784	01:05:54
780	01:06:27	920	Carol Howe	F		45.8		779	01:05:32
781	01:06:31	50	Louise Everson	F		45.6		780	01:05:35
782	01:06:32	835	Rebecca Owen	F		45.9		783	01:05:45
783	01:06:45	373	Yvonne Forrestill	F		45.4		782	01:05:41
784	01:06:45	374	Peter Forrestill	M	50	46.4		781	01:05:41
785	01:06:55	650	Bill Carlisle	M	65	53.2		785	01:05:59
786	01:07:43	833	Catherine Gaskell	F	45	48.3		786	01:06:55
787	01:09:23	453	Felicia Rusher	F		43.8		788	01:08:44
788	01:09:29	170	Donna Oiller	F		43.7	Running4Women	787	01:08:31
789	01:09:33	635	Heather Chadburn	F	40	46.6		789	01:08:58
790	01:09:55	893	Teresa Elks	F		38.7		790	01:09:15
791	01:10:52	615	Ted Williams	M	50	43.3		791	01:09:54
792	01:11:17	354	Lucy Barber	F		42.6		792	01:10:19
793	01:11:18	355	William Barber	M		39.3		793	01:10:20
794	01:11:23	78	Christopher Monks	M		37.6		795	01:10:47
795	01:11:23	76	Nicola Griffiths	F		42.5		794	01:10:47
796	01:11:36	411	Katrina Mullane	F	35	43.2		796	01:10:54
797	01:11:39	439	George Barrett	M	65	48.7		798	01:10:57
798	01:11:39	412	John Barrett	M		38.5		799	01:10:58
799	01:11:49	721	Linda Kilshaw	F	55	52.2		797	01:10:57
800	01:11:55	150	Mary Pomfret	F	55	51.4	Blackburn Harriers	800	01:11:07
801	01:13:15	852	Annwen Begles	F				801	01:12:37
802	01:14:29	294	Jacqueline Davies	F	50	49.0	Stockport Primary Care Trust R	803	01:13:51
803	01:14:29	31	Lisa Cresswell	F	35	41.3		802	01:13:45
804	01:14:54	932	Clare Mulvey	F		40.5		804	01:14:05
805	01:14:54	933	Kay McArthur	F		40.6		805	01:14:06
806	01:15:20	434	Terry Meddings	M	50	42.1		806	01:14:31
807	01:16:10	400	Brian McEvilly	M		35.4		807	01:15:05
808	01:16:32	389	Kathy Ling	F	60	54.1	Wrekin RR	808	01:15:26
809	01:16:35	169	Dave Attwell	M	65	46.4	Altrincham & Dist AC	809	01:15:29
810	01:16:43	298	Karen Ord	F	35	40.1		810	01:16:05
811	01:16:47	297	Victoria Ord	F		39.5	Stockport Primary Care Trust R	811	01:16:10
812	01:19:14	511	Clair Brindle	F		38.3		812	01:18:34
813	01:20:58	87	Alison Doyle	F	55	46.9	Northern Vets AC	813	01:19:59

### Birchwood 10k Road Race – Junior Finishers

Pos	Time	No	Name	M/F	Cat	Club
69	00:38:00	261	Simon Barker	M	J	



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74	00:38:10	760 Matthew Proctor	M	J	Rochdale Harriers
105	00:39:21	691 Michael Williams	M	J	Warrington AC
124	00:39:58	918 Mark Booth	M	J	Wycombe Phoenix
214	00:42:46	805 Alexander Marks	M	J	Village Road Runners
292	00:44:42	794 Oliver Park	M	J	
515	00:51:41	900 Emma Wright	F	J	Cheshire Harriers
577	00:54:05	352 Steven Buxton	M	J	
685	00:58:08	654 Liam Chase	M	J	
698	00:58:52	351 Kristy Borg	F	J	
718	00:59:56	864 Sarah Gibson	F	J	
727	01:00:21	105 Caroline Taylor	F	J	

# Birchwood 10k Road Race Sunday 19-Aug-2007 at 10:30am

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## Birchwood 10k Road Race Prize Winners

PrizeCat	Pos	Cat	Name	Club	Time
<b>Male</b>					
	1		Ian Fisher	Otley AC	00:31:40
	2		Gwyn Owen	Eryri	00:31:52
	3		Andy Norman	Altrincham & Dist AC	00:32:00
	4		Philip Hoole	Rotherham Harriers & AC	00:32:27
	5		Paul Sankey	Liverpool Running Club	00:32:59
	6		Michael Halman	Wilmslow RC	00:33:16
40	1	40	Andrew Aked	Rotherham Harriers & AC	00:32:13
40	2	40	Dave Mansbridge	Telford AC	00:33:28
40	3	40	Darren Washington	Boalloy RC	00:34:23
40	4	40	Gary Norgrove	Wrexham AC	00:34:56
45	1	50	Michael Weedall	Wrexham AC	00:35:17
45	2	45	Mikko Kuronen	East Cheshire Harriers	00:36:07
45	3	45	Trevor Morris	Wilmslow RC	00:36:11
50	1	55	Evan Cook	Blackburn Harriers	00:37:00
50	2	55	Darrell Soden	Liverpool Harriers	00:37:24
55	1	55	Stephen Beardsell	Holmfirth Harriers	00:37:51
55	2	55	Stanley Curran	Salford Harriers	00:38:17
60	1	60	Christopher Slavin	Liverpool Running Club	00:39:37
60	2	60	Ken Burgess	Altrincham & Dist AC	00:39:45
65	1	70	Ronnie Jones	Wirral AC	00:44:52
70	1	70	Lawrie Woodley	Tattenhall Runners	00:49:30
<b>Female</b>					
	1	35	Hayley Haining	Kilbarchan AAC	00:32:59
	2	35	Michelle Ross-Cope	Stoke AC	00:33:40
	3		Katie Ingram	Horwich RMI Harriers	00:35:20
	4		Sara Winter		00:35:29
35	1	35	Rachel Jones	Salford Harriers	00:35:54
35	2	35	Caroline Betmead	Blackpool Wyre & Fylde AC	00:38:24
35	3	35	Tammy Lewis-Jones	North Wales Road Runners	00:39:18
40	1	50	Sue Cooper	Southport Waterloo AC	00:40:06
40	2	40	Ann Eggington	Southport Waterloo AC	00:40:45
45	1	45	Jayne Taylor	Wigan Phoenix	00:40:56
45	2	45	Linda Harris	Ackworth RR & AC	00:41:36
50	1	50	Anne Pugh	Altrincham & Dist AC	00:42:48
55	1	55	Rosemary Rogers	Dee Striders	00:48:11
60	1	70	Louise Gilchrist	Valley Striders AC	00:51:06
65	1	65	Dorothy Fairhurst	St Helens Sutton	00:59:30

# Birchwood 10k Road Race Sunday 19-Aug-2007 at 10:30am

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## Ladies Team Results

Pos	Club	Points	Pos	No.	Time	Name
1	Macclesfield Harriers	97	12	290	00:39:26	Rachael Lawrance
			19	132	00:40:25	Anne Farmer
			32	492	00:41:49	Alison Hartopp
			34	674	00:42:06	Andrea Frost
2	Spectrum Striders	140	24	732	00:40:59	Liz Farhall
			27	550	00:41:19	Caroline Jones
			37	734	00:42:17	Marian Martin
			52	512	00:43:49	Nabilah Salihi
3	Stockport Harriers	152	15	301	00:39:53	Sarah Lomas
			26	335	00:41:13	Kerrie Woods
			48	283	00:43:25	Vicky Barrett
			63	777	00:46:07	Liz Turton
4	Wilmslow RC	200	33	369	00:42:01	Sally Maddock
			42	218	00:42:55	Kate Sutton
			55	486	00:44:30	Sally Price
			70	272	00:46:54	Joanne Aves
5	Blackpool Wyre & Fylde AC	209	8	531	00:38:24	Caroline Betmead
			40	234	00:42:32	Andrea Smith
			71	709	00:46:57	Alison Titterington
			90	413	00:49:03	Ruth Calderbank
6	Liverpool Running Club	249	53	876	00:44:01	Natalie Palin
			56	39	00:44:39	Mary Doyle
			59	253	00:45:19	Liz Thornton
			81	288	00:48:05	Susan Burke
7	Darwen Dashers RC	279	23	9	00:40:58	Linda Clarkson
			39	143	00:42:27	Susan Corsini
			108	342	00:51:48	Sarah Roberts
			109	524	00:51:48	Denise Penney
8	Holmfirth Harriers	287	9	357	00:38:56	Claire Leaver
			29	346	00:41:34	Julia Johnson
			77	519	00:47:40	Jacqueline France
			172	159	00:58:25	Carol Moir
9	Tattenhall Runners	307				

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	Pos	No.	Time	Name
	44	104	00:43:03	Alison Smith
	65	356	00:46:17	Amanda Davies
	79	81	00:48:02	Grace Hart
	119	545	00:53:21	Jennifer Chambers
10 Penny Lane Striders	315			
	Pos	No.	Time	Name
	72	330	00:47:01	Catherine Nevin
	74	487	00:47:12	Sarah Haythornthwaite
	78	740	00:47:56	Gen Williams
	91	773	00:49:06	Alice Spooner
11 Wesham RR	316			
	Pos	No.	Time	Name
	14	787	00:39:41	Joanna Goorney
	31	688	00:41:38	Carmel Sullivan
	118	714	00:53:18	Julie Murphy
	153	490	00:56:35	Anne Docherty
12 Chester Tri	387			
	Pos	No.	Time	Name
	6	379	00:36:23	Kelly Crickmore
	18	470	00:40:18	Ellie Debenham
	162	365	00:57:27	Sue Walsh
	201	185	01:01:51	Jenny Edwards
13 Macclesfield Harriers	408			
	Pos	No.	Time	Name
	35	166	00:42:06	Catherine Brown
	43	657	00:43:00	Rachel Pleeth
	137	207	00:55:19	Jenny Brammer
	193	921	01:01:07	Jackie Ryan
14 Wirral AC	530			
	Pos	No.	Time	Name
	28	465	00:41:29	Elizabeth Crawshaw
	82	217	00:48:06	Jane Woodhead
	202	895	01:01:59	Michelle Carrington
	218	430	01:04:24	Elizabeth Southern

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## Mens Team Results

Pos	Club	Points	Pos	No.	Time	Name
1	Liverpool Running Club	102	7	334	00:32:59	Paul Sankey
			17	522	00:34:16	Colin Potts
			27	886	00:35:22	Ian Magill
			51	596	00:36:51	David Edwards
2	Wrexham AC	145	21	801	00:34:56	Gary Norgrove
			24	146	00:35:17	Michael Weedall
			39	520	00:36:10	Mark Byrne
			61	436	00:37:32	Daniel Weston
3	Liverpool Harriers	184	15	612	00:33:51	James Meldrum
			29	883	00:35:26	Alan Ashton
			58	560	00:37:24	Darrell Soden
			82	906	00:38:25	Mark Hargreaves
4	Macclesfield Harriers	193	22	371	00:35:07	Andrew Lamont
			49	61	00:36:46	Steve Lomas
			56	647	00:37:14	Chris Bentley
			66	186	00:37:49	Tim Stock
5	Blackpool Wyre & Fylde AC	225	18	410	00:34:21	Stuart Robinson
			38	256	00:36:08	John Wright
			59	415	00:37:26	Leslie Endkan
			110	211	00:39:34	Ian Close
6	Altrincham & Dist AC	230	3	790	00:32:00	Andy Norman
			45	565	00:36:34	Andrew Whittingham
			63	854	00:37:38	Adrian Fuller
			119	717	00:39:45	Ken Burgess
7	Vale Royal AC	265	54	530	00:37:10	Tom Annable
			62	576	00:37:37	Mark Thornley
			73	788	00:38:10	John Todd
			76	401	00:38:13	Matthew Sweeting
8	Wilmslow RC	334	8	370	00:33:16	Michael Halman
			40	108	00:36:11	Trevor Morris
			91	892	00:38:52	Steve Dempsey
			195	862	00:42:08	Paul Nichols
9	Holmfirth Harriers	345				

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	Pos	No.	Time	Name
		12	00:33:35	David Turnbull
		57	00:37:19	Sean McCaffrey
		68	00:37:51	Stephen Beardsell
		208	00:42:29	Damian Wilde
10 Sale Harriers	354			
		41	00:36:19	Lee Woods
		46	00:36:36	James Lewis
		121	00:39:52	John Battersby
		146	00:40:39	Paul Capey
11 Liverpool Running Club	391			
		52	00:36:59	Maurice Collins
		109	00:39:32	Robert Burke
		113	00:39:37	Christopher Slavin
		117	00:39:42	Ian Palin
12 Wigan Phoenix	420			
		30	00:35:28	Richard Howarth
		92	00:38:54	Simon Wright
		130	00:40:05	Chris Nightingale
		168	00:41:21	Andrew Nightingale
13 Darwen Dashers RC	422			
		72	00:38:04	Russ Corsini
		77	00:38:14	Barry Shackleton
		104	00:39:20	Gary Taylor
		169	00:41:22	Chris Fielding
14 Wirral AC	427			
		23	00:35:10	Mark Hulmston
		36	00:35:58	Leon Foster
		170	00:41:24	Peter Weatherhead
		198	00:42:15	James Downey
15 North Wales Road Runners	458			
		48	00:36:43	David Nolan
		88	00:38:43	Kerry Blinston
		123	00:39:54	Martin Hugh Green
		199	00:42:17	Kevin Higgins
16 Wesham RR	520			
		25	00:35:18	Lee Barlow
		80	00:38:19	Alan Hudson
		100	00:39:08	Pete Waywell
		315	00:45:18	Simon Eaton
17 St Helens Sutton AC	568			
		32	00:35:39	Ian Costello
		71	00:38:03	Matt Shillabeer
		142	00:40:32	Paul Burgess
		323	00:45:35	Andy Gaskell

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18	Liverpool Running Club	754			
			Pos	No.	Time Name
			145	915	00:40:36 George Pierce
			160	830	00:41:07 Charles Hutton
			203	832	00:42:23 Keith Andrews
			246	38	00:43:29 Stephen McCullough
19	Warrington Road Runners	785			
			Pos	No.	Time Name
			165	552	00:41:13 Ian Edge
			173	485	00:41:30 Keith Brown
			207	539	00:42:28 Sean McCann
			240	403	00:43:16 Andrew Collins
20	Altrincham & Dist AC	823			
			Pos	No.	Time Name
			125	800	00:40:01 David Livingstone
			153	707	00:40:55 Michael Jones
			161	437	00:41:08 Damian Utton
			384	378	00:47:35 Robin Wignall
21	South Cheshire Harriers	844			
			Pos	No.	Time Name
			140	361	00:40:25 Stephen Dawson
			218	489	00:42:52 Charlie Rowlands
			223	723	00:43:02 David McGrath
			263	811	00:43:59 Melvyn Cole
22	Vale Royal AC	886			
			Pos	No.	Time Name
			115	175	00:39:41 Glenn Wilson
			128	153	00:40:03 Marcus Crompton
			321	675	00:45:30 John Carroll
			322	409	00:45:32 Barry Chambers
23	Lytham St Annes RR	888			
			Pos	No.	Time Name
			106	747	00:39:26 Colin Laidlaw
			133	184	00:40:12 Roy Upton
			213	94	00:42:42 William Richmond
			436	843	00:48:57 Trevor Willoughby
24	Helsby RC	931			
			Pos	No.	Time Name
			75	41	00:38:12 Adair Peter Broughton
			217	899	00:42:50 Andy Smith
			234	5	00:43:12 Geoff Shaw
			405	42	00:48:07 Michael Hallsworth
25	Salford Harriers	956			
			Pos	No.	Time Name
			50	222	00:36:50 Sean McMyler
			78	767	00:38:17 Stanley Curran
			98	815	00:39:03 David Shaw
			730	396	01:00:43 Arthur Walsham
26	Astley & Tyldsley Road Runners	1002			
			Pos	No.	Time Name
			156	540	00:40:58 Steve Coleman
			212	671	00:42:38 Steve Foster
			254	672	00:43:43 Allan Webb

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27	Sale Harriers	1050	380	909	00:47:23	Ian Hamilton
			Pos	No.	Time	Name
			242	572	00:43:19	Simon McGrath
			247	528	00:43:31	Paul Thomson
			279	904	00:44:25	Mark Ferns
			282	183	00:44:28	Tony Lythe
28	Macclesfield Harriers	1092	Pos	No.	Time	Name
			120	208	00:39:51	Doug Brammer
			181	402	00:41:42	Mark Messenger
			379	320	00:47:22	Andy Gildon
			412	784	00:48:19	Charlie Seddon
29	North Wales Road Runners	1166	Pos	No.	Time	Name
			230	312	00:43:08	Konrad Roberts
			243	544	00:43:20	Ian Taylor
			280	543	00:44:26	Graham Paul Jones
			413	70	00:48:20	Lee Pownall
30	Liverpool Harriers	1196	Pos	No.	Time	Name
			188	890	00:42:02	Billy Hargreaves
			235	813	00:43:12	Peter Simpson
			349	869	00:46:28	Billy Hargreaves
			424	741	00:48:37	Patrick Henley
31	Blackpool Wyre & Fylde AC	1212	Pos	No.	Time	Name
			151	867	00:40:48	Chris Lloyd
			340	555	00:46:08	David Wood
			353	700	00:46:44	Robert Massey
			368	296	00:47:04	Howard Barlow
32	Northern Vets AC	1244	Pos	No.	Time	Name
			108	757	00:39:29	Steve Broadfoot
			313	820	00:45:11	David Taylor
			364	313	00:46:58	James Slavin
			459	122	00:49:49	John Riley
33	Darwen Dashers RC	1259	Pos	No.	Time	Name
			171	498	00:41:27	Gary Mitchell
			289	353	00:44:38	Ged Johnson
			329	831	00:45:50	David Shorrocks
			470	119	00:50:10	Brian Tull
34	Village Road Runners	1265	Pos	No.	Time	Name
			143	307	00:40:32	Robert Aldcroft
			193	48	00:42:07	Stephen Beech
			214	805	00:42:46	Alexander Marks
			715	653	00:59:42	David Goodall
35	South Cheshire Harriers	1314	Pos	No.	Time	Name
			284	589	00:44:29	Peter Cooper
			327	427	00:45:46	Robert Mayers



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		347	551	00:46:19	Mike Cutler
		356	523	00:46:47	Martin Stirna
36	Chester Tri	1355			
		Pos	No.	Time	Name
		185	628	00:41:53	Chris Morgan
		274	791	00:44:15	Phil Brown
		398	471	00:48:02	Michael Evans
		498	305	00:51:11	Dave Reid
37	Wesham RR	1480			
		Pos	No.	Time	Name
		320	488	00:45:26	Nigel Shepherd
		330	203	00:45:53	Stephen Wilkinson
		393	495	00:47:58	Reg Chapman
		437	386	00:48:59	John Howorth
38	Warrington Road Runners	1601			
		Pos	No.	Time	Name
		283	733	00:44:29	Kemmel Graham Atkinson
		352	624	00:46:39	Larry Crawley
		414	632	00:48:21	Mark Molloy
		552	442	00:53:05	Stephen Scully
39	Penny Lane Striders	1627			
		Pos	No.	Time	Name
		55	139	00:37:12	Nigel Grant
		267	26	00:44:03	Tommy Burke
		621	266	00:55:21	Kevin O'Brien
		684	738	00:58:08	James Daley
40	Liverpool Running Club	1661			
		Pos	No.	Time	Name
		304	220	00:45:03	Phil O'Rourke
		344	377	00:46:16	Mark Henderson
		350	391	00:46:35	Geoffrey Griffith
		663	821	00:57:14	Steve Conway
41	Swinton RC	1693			
		Pos	No.	Time	Name
		309	858	00:45:08	Jonathan Mellor
		430	634	00:48:45	Edwin Paul Van-Calster
		463	829	00:49:57	Andrew Smith
		491	243	00:50:57	John Pickup
42	Blackpool Wyre & Fylde AC	1789			
		Pos	No.	Time	Name
		394	558	00:48:00	Paul Whitehead
		450	40	00:49:27	Peter Richard Gibson
		467	660	00:50:06	Mike Walsh
		478	925	00:50:32	Norman Greenwood
43	Northern Vets AC	2388			
		Pos	No.	Time	Name
		495	683	00:51:05	Ian Cullen
		553	684	00:53:06	David Lockett
		590	126	00:54:20	Neville Kershaw
		750	685	01:02:37	Herbert Holland

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## Corporate Challenge Results

Pos	Team	Time			
1	Airbus Flyers	2:59:18			Large company
		Pos	No.	Time	Name
		144	677	00:40:36	Ronnie Woods
		251	678	00:43:34	Robert Cunliffe
		261	679	00:43:49	Peter Harding
		504	676	00:51:19	Claire Williams
2	Matthew Malone Podiatry	2:59:50			Friends & family
		Pos	No.	Time	Name
		221	192	00:42:57	Matthew Malone
		271	191	00:44:09	John Malone
		305	194	00:45:03	Victoria Summerfield
		386	193	00:47:41	Andrew Malone
3	Team MWH	3:21:05			Large company
		Pos	No.	Time	Name
		189	601	00:42:03	John McAndrew
		241	602	00:43:18	Gareth Edwards
		675	604	00:57:52	Anne Goodwin
		676	603	00:57:52	Sarah Mahar
4	Frontline 1	3:52:00			Small company
		Pos	No.	Time	Name
		487	399	00:50:53	Michael Connell
		505	397	00:51:27	Lynn Moseley
		566	398	00:53:30	Ian Gornall
		807	400	01:16:10	Brian McEvelly
5	Morris and Spottiswood	3:52:31			Small company
		Pos	No.	Time	Name
		260	512	00:43:49	Nabilah Salihi
		513	510	00:51:40	J Richard Magnall
		671	509	00:57:48	John Smith
		812	511	01:19:14	Clair Brindle