

## Hollins Green 5k Road Race Saturday 2-Jun-2007 at 4:30pm

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

| Pos | Time    | Name                   | Club                        | Category      | mins/k  | Race no |
|-----|---------|------------------------|-----------------------------|---------------|---------|---------|
| 1   | 0:15:31 | ELLY, Tarus            | Salford Harriers            | Senior Men    | 03:06.2 | 1038    |
| 2   | 0:15:40 | OWEN, Gwyn             | Eryri Harriers              | Senior Men    | 03:08.0 | 950     |
| 3   | 0:16:05 | CULLEN, Matt           | Sutton Harriers             | Senior Men    | 03:13.0 | 991     |
| 4   | 0:16:15 | HATCH, Mike            | Sale Harriers Mcr           | Senior Men    | 03:15.0 | 971     |
| 5   | 0:16:21 | HUGHES, Rob            | Salford Harriers            | Senior Men    | 03:16.2 | 977     |
| 6   | 0:16:39 | THOMPSON, Liam         | Warrington AC               | Senior Men    | 03:19.8 | 967     |
| 7   | 0:16:52 | BUSH, Tom              | Altrincham & District AC    | Senior Men    | 03:22.4 | 2121    |
| 8   | 0:16:55 | WILLIAMS, Stephen      | Wigan Phoenix               | Male Vet 50   | 03:23.0 | 1004    |
| 9   | 0:16:57 | BROCK, Barry           | Clayton-le-moors            | Male Vet 40   | 03:23.4 | 960     |
| 10  | 0:17:00 | FREEMAN, Stephen       | Liverpool Harriers          | Senior Men    | 03:24.0 | 988     |
| 11  | 0:17:09 | SELBY, Ian             | Horwich RMI Harriers        | Male Vet 40   | 03:25.8 | 973     |
| 12  | 0:17:12 | HOUGHTON, Graham       | Spectrum Striders           | Senior Men    | 03:26.4 | 2065    |
| 13  | 0:17:13 | EDWARDS, Robert        | Salford Met                 | Junior Man    | 03:26.6 | 974     |
| 14  | 0:17:13 | FULLER, Adrian         | Altrincham & District AC    | Senior Men    | 03:26.6 | 959     |
| 15  | 0:17:18 | WALWYN, Olivia         | City of Norwich AC          | Senior Ladies | 03:27.6 | 2122    |
| 16  | 0:17:19 | STORES, Michael        | Manchester Harriers         | Male Vet 45   | 03:27.8 | 901     |
| 17  | 0:17:26 | DOXEY, Steven          | Swinton R.C                 | Male Vet 45   | 03:29.2 | 1031    |
| 18  | 0:17:30 | BURTHEM, Stephen       | Warrington AC               | Male Vet 45   | 03:30.0 | 2097    |
| 19  | 0:17:36 | GRANT, Nigel           | Penny Lane Striders         | Male Vet 40   | 03:31.2 | 989     |
| 20  | 0:17:39 | CHAPLIN, John          | Chorley Harriers            | Male Vet 50   | 03:31.8 | 976     |
| 21  | 0:17:47 | HOUGHTON, Mike         | Spectrum Striders           | Senior Men    | 03:33.4 | 2069    |
| 22  | 0:17:48 | MARTIN, Colin          | Spectrum Striders           | Male Vet 45   | 03:33.6 | 2105    |
| 23  | 0:17:49 | JOHNSON, Mark          | East Cheshire Harriers      | Senior Men    | 03:33.8 | 2115    |
| 24  | 0:17:51 | MURRAY, Raphael        | Macclesfield Harriers       | Male Vet 50   | 03:34.2 | 1010    |
| 25  | 0:17:55 | BUTLER, Sean           | Altrincham & District AC    | Male Vet 45   | 03:35.0 | 992     |
| 26  | 0:17:56 | BEST, Len              | Stockport Harriers          | Male Vet 55   | 03:35.2 | 954     |
| 27  | 0:17:58 | BOOTH, Gareth          | Horwich RMI Harriers        | Senior Men    | 03:35.6 | 997     |
| 28  | 0:18:09 | GOUGH, David           | Vale Royal AC               | Male Vet 40   | 03:37.8 | 961     |
| 29  | 0:18:20 | MCCARTHY, Tony         | Warrington AC               | Male Vet 45   | 03:40.0 | 955     |
| 30  | 0:18:22 | FRODSHAM, Paul         | West Cheshire AC            | Male Vet 45   | 03:40.4 | 996     |
| 31  | 0:18:27 | MAHER, Peter           | Vale Royal AC               | Male Vet 50   | 03:41.4 | 957     |
| 32  | 0:18:30 | CROMPTON, Neil         | Spectrum Striders           | Senior Men    | 03:42.0 | 1026    |
| 33  | 0:18:30 | WADDINGTON, Dave       | Wigan Phoenix               | Male Vet 40   | 03:42.0 | 982     |
| 34  | 0:18:33 | TELFORD, David         | Altrincham & District AC    | Male Vet 55   | 03:42.6 | 999     |
| 35  | 0:18:35 | SATTAR, Javid          | Spectrum Striders           | Senior Men    | 03:43.0 | 932     |
| 36  | 0:18:37 | CARROLL, Kevin         | Liverpool Pembroke & Sefton | Male Vet 50   | 03:43.4 | 1007    |
| 37  | 0:18:43 | REILLY, John           | Middleton Harriers          | Male Vet 55   | 03:44.6 | 1011    |
| 38  | 0:18:45 | HATTON, Keith          | Liverpool Harriers          | Male Vet 45   | 03:45.0 | 1021    |
| 39  | 0:18:50 | BROUGHTON, Adair Peter | Helsby RC                   | Senior Men    | 03:46.0 | 956     |
| 40  | 0:18:56 | MELLING, Arnold        | Lostock AC                  | Male Vet 55   | 03:47.2 | 1006    |
| 41  | 0:18:57 | GIBSON, Sharleen       | Cheadle Running Club        | Lady Vet 35   | 03:47.4 | 906     |
| 42  | 0:19:00 | HARRINGTON, Michael    | Vale Royal AC               | Senior Men    | 03:48.0 | 944     |
| 43  | 0:19:01 | WATMOUGH, Steve        | Spectrum Striders           | Male Vet 40   | 03:48.2 | 1028    |
| 44  | 0:19:05 | WELSBY, Mike           | Spectrum Striders           | Senior Men    | 03:49.0 | 2085    |
| 45  | 0:19:07 | HAGGETT, Richard       |                             | Senior Men    | 03:49.4 | 947     |
| 46  | 0:19:12 | MCGALL, Rob            | Altrincham & District AC    | Male Vet 55   | 03:50.4 | 2109    |
| 47  | 0:19:15 | EHLAN, Brad            | Spectrum Striders           | Senior Men    | 03:51.0 | 995     |
| 48  | 0:19:18 | PARROTT, John          | Stockport Harriers          | Male Vet 50   | 03:51.6 | 2078    |
| 49  | 0:19:21 | ANDREW, Stuart         | Spectrum Striders           | Senior Men    | 03:52.2 | 958     |
| 50  | 0:19:26 | KELLY, John            | Penny Lane Striders         | Male Vet 45   | 03:53.2 | 2057    |
| 51  | 0:19:28 | MURPHY, Tim            | Spectrum Striders           | Male Vet 40   | 03:53.6 | 917     |
| 52  | 0:19:31 | ARCHER, Tony           | Vale Royal AC               | Male Vet 50   | 03:54.2 | 969     |
| 53  | 0:19:32 | SMITH, Michael         | Bingley Harriers            | Male Vet 60   | 03:54.4 | 993     |
| 54  | 0:19:33 | ADAIR, Neil            |                             | Senior Men    | 03:54.6 | 1015    |
| 55  | 0:19:38 | FARHALL, Liz           | Spectrum Striders           | Senior Ladies | 03:55.6 | 2086    |

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|     |         |                    |                          |               |         |      |
|-----|---------|--------------------|--------------------------|---------------|---------|------|
| 56  | 0:19:42 | HEALY, Richard     | Altrincham & District AC | Senior Men    | 03:56.4 | 1036 |
| 57  | 0:19:48 | CLARKE, John       | Vale Royal AC            | Male Vet 50   | 03:57.6 | 2071 |
| 58  | 0:19:49 | MARTIN, Stephen    | Spectrum Striders        | Male Vet 45   | 03:57.8 | 2093 |
| 59  | 0:19:50 | BURGESS, Ken       | Altrincham & District AC | Male Vet 60   | 03:58.0 | 2083 |
| 60  | 0:19:54 | LIMBERT, Russell   | Midland Vets             | Male Vet 40   | 03:58.8 | 925  |
| 61  | 0:20:00 | JONES, Damian      |                          | Senior Men    | 04:00.0 | 2114 |
| 62  | 0:20:08 | MCKINNON, Vicky    | Manchester Harriers      | Senior Ladies | 04:01.6 | 2104 |
| 63  | 0:20:13 | FOULDS, John       | Horwich RMI Harriers     | Male Vet 45   | 04:02.6 | 1014 |
| 64  | 0:20:15 | WEATHERHEAD, Peter | Wirral AC                | Male Vet 55   | 04:03.0 | 998  |
| 65  | 0:20:20 | WALTON, Derek      | Altrincham & District AC | Male Vet 60   | 04:04.0 | 2095 |
| 66  | 0:20:22 | SALMON, Michael    | Spectrum Striders        | Male Vet 40   | 04:04.4 | 933  |
| 67  | 0:20:26 | GUBBINS, Michael   | Hyde Village Striders    | Senior Men    | 04:05.2 | 2081 |
| 68  | 0:20:27 | DUGDALE, Andrew    | Dewsbury Road Runners    | Senior Men    | 04:05.4 | 930  |
| 69  | 0:20:28 | ALI, Marina        | Liverpool Harriers       | Senior Ladies | 04:05.6 | 986  |
| 70  | 0:20:29 | MAIRS, Stuart      | Salford Met              | Senior Men    | 04:05.8 | 916  |
| 71  | 0:20:30 | BRIERLEY, Chris    | Northern Vets AC         | Male Vet 45   | 04:06.0 | 928  |
| 72  | 0:20:32 | MCHARRY, Rob       | Spectrum Striders        | Male Vet 40   | 04:06.4 | 963  |
| 73  | 0:20:33 | HEMMING, Caroline  | Spectrum Striders        | Lady Vet 40   | 04:06.6 | 912  |
| 74  | 0:20:34 | GALLIMORE, David   | Warrington Road Runners  | Senior Men    | 04:06.8 | 942  |
| 75  | 0:20:50 | PUGH, Anne         | Altrincham & District AC | Lady Vet 50   | 04:10.0 | 990  |
| 76  | 0:20:52 | BROWN, Keith       | Warrington Road Runners  | Male Vet 45   | 04:10.4 | 2082 |
| 77  | 0:20:56 | BOWDEN, Trevor     | BAE Woodford             | Male Vet 40   | 04:11.2 | 2119 |
| 78  | 0:21:00 | KESSLER, Justin    |                          | Senior Men    | 04:12.0 | 939  |
| 79  | 0:21:03 | CARNEY, Jack       | Salford Met              | Male Vet 50   | 04:12.6 | 966  |
| 80  | 0:21:06 | MASON, Michael     | Hyde Village Striders    | Male Vet 40   | 04:13.2 | 2113 |
| 81  | 0:21:07 | COLLIER, Anthony   | Style                    | Male Vet 50   | 04:13.4 | 2111 |
| 82  | 0:21:09 | MCDERMOTT, Martin  |                          | Senior Men    | 04:13.8 | 1027 |
| 83  | 0:21:10 | SALIHI, Nabilah    | Spectrum Striders        | Senior Ladies | 04:14.0 | 941  |
| 84  | 0:21:12 | PEERS, Alan        | Spectrum Striders        | Male Vet 60   | 04:14.4 | 2112 |
| 85  | 0:21:14 | COLES, Terence     | Spectrum Striders        | Male Vet 60   | 04:14.8 | 2079 |
| 86  | 0:21:15 | CREHAN, Susan      | Sale Harriers Mcr        | Lady Vet 50   | 04:15.0 | 2120 |
| 87  | 0:21:15 | ROGERS, Gerry      | Styal RC                 | Male Vet 50   | 04:15.0 | 1019 |
| 88  | 0:21:31 | MCCORMICK, Fechin  | Sale Harriers Mcr        | Male Vet 55   | 04:18.2 | 2102 |
| 89  | 0:21:38 | GILL, David        | Sale Harriers Mcr        | Senior Men    | 04:19.6 | 945  |
| 90  | 0:21:40 | MOLYNEAUX, Jo      | Vale Royal AC            | Lady Vet 45   | 04:20.0 | 2068 |
| 91  | 0:21:44 | TAYLOR, Mark       | Spectrum Striders        | Male Vet 50   | 04:20.8 | 931  |
| 92  | 0:21:44 | DOOLEY, John P     | Spectrum Striders        | Male Vet 55   | 04:20.8 | 2091 |
| 93  | 0:21:45 | ELLIS, James       |                          | Senior Men    | 04:21.0 | 948  |
| 94  | 0:21:50 | WILLIAMS, Kath     | Wigan Phoenix            | Lady Vet 50   | 04:22.0 | 1003 |
| 95  | 0:21:53 | AINSCOW, Barrie    | Dragon's Sale            | Male Vet 40   | 04:22.6 | 1024 |
| 96  | 0:21:53 | HEALY, Joanne      | Dragon's Sale            | Senior Ladies | 04:22.6 | 1037 |
| 97  | 0:21:55 | TAVERNER, Mary     | Vale Royal AC            | Lady Vet 45   | 04:23.0 | 2067 |
| 98  | 0:22:02 | HAWKES, Clare      | Wirral AC                | Lady Vet 45   | 04:24.4 | 2051 |
| 99  | 0:22:03 | CALLANDER, Donald  | Altrincham & District AC | Male Vet 60   | 04:24.6 | 965  |
| 100 | 0:22:04 | THOMAS, Chris      | Spectrum Striders        | Male Vet 40   | 04:24.8 | 2118 |
| 101 | 0:22:10 | HARGREAVES, Billy  | Liverpool Harriers       | Male Vet 60   | 04:26.0 | 987  |
| 102 | 0:22:14 | BILTON, Jane       | Salford Harriers         | Senior Ladies | 04:26.8 | 978  |
| 103 | 0:22:16 | WELSBY, Pauline    | Spectrum Striders        | Senior Ladies | 04:27.2 | 2084 |
| 104 | 0:22:17 | STYNES, Carol      | Spectrum Striders        | Lady Vet 35   | 04:27.4 | 915  |
| 105 | 0:22:24 | JACKSON, David     | Warrington AC            | Male Vet 45   | 04:28.8 | 920  |
| 106 | 0:22:26 | BUNYAN, David      | Hyde Village Striders    | Senior Men    | 04:29.2 | 980  |
| 107 | 0:22:26 | SHAW, Carol        | Helsby RC                | Lady Vet 45   | 04:29.2 | 2064 |
| 108 | 0:22:29 | NICHOLSON, Ian     | Warrington AC            | Senior Men    | 04:29.8 | 923  |
| 109 | 0:22:30 | COX, Matthew       |                          | Male Vet 45   | 04:30.0 | 968  |
| 110 | 0:22:31 | STREET, Joanne     | Sale Harriers Mcr        | Senior Ladies | 04:30.2 | 972  |
| 111 | 0:22:33 | CRAWLEY, Larry     | Warrington Road Runners  | Male Vet 55   | 04:30.6 | 943  |
| 112 | 0:22:48 | CUTLER, Mike       | South Cheshire Harriers  | Male Vet 50   | 04:33.6 | 1020 |
| 113 | 0:22:52 | WHITFIELD, Kit     | Spectrum Striders        | Male Vet 40   | 04:34.4 | 2087 |

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|     |         |                     |                          |               |         |      |
|-----|---------|---------------------|--------------------------|---------------|---------|------|
| 114 | 0:22:53 | HULME, Mark         | Salford Met              | Male Vet 45   | 04:34.6 | 1035 |
| 115 | 0:22:55 | HARDING, Luke       |                          | Junior Man    | 04:35.0 | 1039 |
| 116 | 0:22:56 | CLARKE, Jonathan    | Styal RC                 | Senior Men    | 04:35.2 | 1022 |
| 117 | 0:22:58 | HALSALL, Helen      | Altrincham & District AC | Lady Vet 40   | 04:35.6 | 2066 |
| 118 | 0:23:00 | JENKINSON, Alan     | Style                    | Male Vet 55   | 04:36.0 | 2116 |
| 119 | 0:23:04 | CHARMAN, Michael    | Helsby RC                | Male Vet 55   | 04:36.8 | 937  |
| 120 | 0:23:08 | MARSHALL, Graham    |                          | Male Vet 40   | 04:37.6 | 1000 |
| 121 | 0:23:10 | CLOWES, Louise      | Stafford tri             | Senior Ladies | 04:38.0 | 913  |
| 122 | 0:23:10 | ASBREY, James       | Wigan Phoenix            | Male Vet 55   | 04:38.0 | 1009 |
| 123 | 0:23:17 | CARROLL, Donna      | Spectrum Striders        | Lady Vet 40   | 04:39.4 | 964  |
| 124 | 0:23:19 | OSBORNE, Andrew     |                          | Male Vet 45   | 04:39.8 | 908  |
| 125 | 0:23:19 | BROWN, Gordon       | Liverpool Harriers       | Male Vet 60   | 04:39.8 | 1016 |
| 126 | 0:23:30 | BRADLEY, Michael    | Spectrum Striders        | Male Vet 50   | 04:42.0 | 970  |
| 127 | 0:23:31 | KELLY, Michelle     | Penny Lane Striders      | Lady Vet 45   | 04:42.2 | 2056 |
| 128 | 0:23:36 | WINCH, Paul         | Spectrum Striders        | Senior Men    | 04:43.2 | 2108 |
| 129 | 0:23:39 | REDPATH, David      | Spectrum Striders        | Male Vet 55   | 04:43.8 | 2106 |
| 130 | 0:23:41 | GEORGE, David       | Northern Vets AC         | Male Vet 55   | 04:44.2 | 2076 |
| 131 | 0:23:57 | THOMPSON, Dave      | Spectrum Striders        | Male Vet 50   | 04:47.4 | 1033 |
| 132 | 0:23:58 | FORTUNE, Iain       | Spectrum Striders        | Male Vet 60   | 04:47.6 | 952  |
| 133 | 0:24:06 | MUMFORD, Kenneth    | Middleton Harriers       | Male Vet 50   | 04:49.2 | 1012 |
| 134 | 0:24:09 | JENKINS, Alan       | Spectrum Striders        | Male Vet 55   | 04:49.8 | 2074 |
| 135 | 0:24:13 | WALSH, Shelley      | Spectrum Striders        | Lady Vet 50   | 04:50.6 | 938  |
| 136 | 0:24:14 | JONES, Alan         | Buckley Runners          | Senior Men    | 04:50.8 | 935  |
| 137 | 0:24:15 | RUDDOCK, Les        | Cheshire Tally Ho        | Male Vet 55   | 04:51.0 | 1041 |
| 138 | 0:24:20 | CLINK, Jenny        | Sale Harriers Mcr        | Senior Ladies | 04:52.0 | 2092 |
| 139 | 0:24:24 | REDPATH, Janet      | Spectrum Striders        | Lady Vet 55   | 04:52.8 | 2107 |
| 140 | 0:24:27 | FITZSIMON, Deborah  |                          | Lady Vet 40   | 04:53.4 | 949  |
| 141 | 0:24:44 | CHARMAN, Stephanie  | Helsby RC                | Lady Vet 55   | 04:56.8 | 2077 |
| 142 | 0:24:52 | ANDERSON, Mark      | Dragon's Sale            | Senior Men    | 04:58.4 | 1023 |
| 143 | 0:25:01 | MISTRY, Jayesh      | Hyde Village Striders    | Senior Men    | 05:00.2 | 946  |
| 144 | 0:25:04 | CONNOLLY, Neville   |                          | Male Vet 50   | 05:00.8 | 962  |
| 145 | 0:25:14 | MCARTHUR, David     |                          | Junior Man    | 05:02.8 | 1040 |
| 146 | 0:25:18 | MASON, Elizabeth    | Hyde Village Striders    | Lady Vet 40   | 05:03.6 | 1013 |
| 147 | 0:25:18 | PERCIVAL, Kelly-Ann | Hyde Village Striders    | Senior Ladies | 05:03.6 | 2099 |
| 148 | 0:25:18 | FORTUNE, Anne       | Spectrum Striders        | Lady Vet 50   | 05:03.6 | 951  |
| 149 | 0:25:37 | BELL, Mark          |                          | Senior Men    | 05:07.4 | 903  |
| 150 | 0:25:45 | WILSON, Geoff       | Spectrum Striders        | Male Vet 55   | 05:09.0 | 2101 |
| 151 | 0:25:45 | NICHOLSON, Georgina | Warrington AC            | Lady Vet 35   | 05:09.0 | 924  |
| 152 | 0:25:51 | WALKER, Lorraine    |                          | NDB           | 05:10.2 | 953  |
| 153 | 0:25:57 | LAW, Fiona          |                          | Lady Vet 40   | 05:11.4 | 2117 |
| 154 | 0:26:07 | RIDINGS, Richard    | Spectrum Striders        | Male Vet 55   | 05:13.4 | 1030 |
| 155 | 0:26:18 | BEDFORD, Peter      | Dragon's Sale            | Male Vet 55   | 05:15.6 | 1025 |
| 156 | 0:26:19 | BLAY, Helen         |                          | Senior Ladies | 05:15.8 | 1001 |
| 157 | 0:26:33 | MOUNTFORD, Natalie  | Stafford Harriers        | Senior Ladies | 05:18.6 | 2103 |
| 158 | 0:26:43 | DURKIN, Chris       |                          | Senior Men    | 05:20.6 | 918  |
| 159 | 0:27:21 | SHAW, David M       |                          | Male Vet 45   | 05:28.2 | 1002 |
| 160 | 0:27:21 | DEWSBURY, Claire    |                          | Lady Vet 35   | 05:28.2 | 1005 |
| 161 | 0:27:23 | CRESSWELL, David    |                          | Senior Men    | 05:28.6 | 2061 |
| 162 | 0:27:24 | BROWNSSELL, Karen   |                          | Lady Vet 35   | 05:28.8 | 929  |
| 163 | 0:27:36 | JACKSON, Christine  | Warrington AC            | Lady Vet 40   | 05:31.2 | 921  |
| 164 | 0:27:42 | CARROLL, Jeanette   |                          | Lady Vet 45   | 05:32.4 | 1008 |
| 165 | 0:27:44 | ANDREWS, Vicky      |                          | Lady Vet 35   | 05:32.8 | 1018 |
| 166 | 0:27:51 | BILLINGTON, Ray     | Wrexham AC               | Male Vet 60   | 05:34.2 | 902  |
| 167 | 0:28:09 | WALSHAM, Arthur     | Salford Harriers         | Male Vet 60   | 05:37.8 | 2053 |
| 168 | 0:28:47 | ROSSER, Barbara     |                          | Lady Vet 45   | 05:45.4 | 1034 |
| 169 | 0:29:05 | STRINGER, Paul      |                          | Male Vet 55   | 05:49.0 | 981  |
| 170 | 0:29:13 | BUNYAN, Janet       | Hyde Village Striders    | Lady Vet 40   | 05:50.6 | 979  |

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|     |         |                     |                          |               |         |      |
|-----|---------|---------------------|--------------------------|---------------|---------|------|
| 171 | 0:30:04 | HADCROFT, Louise    |                          | Senior Ladies | 06:00.8 | 985  |
| 172 | 0:30:37 | GEORGE, Angela      | Northern Vets AC         | Lady Vet 35   | 06:07.4 | 2075 |
| 173 | 0:31:11 | SMITH, Mark Andrew  |                          | Senior Men    | 06:14.2 | 1032 |
| 174 | 0:31:34 | GRYLLS, Sara        |                          | Lady Vet 40   | 06:18.8 | 907  |
| 175 | 0:31:38 | SMITH, Pauline Mary | Bingley Harriers         | Lady Vet 55   | 06:19.6 | 994  |
| 176 | 0:31:42 | HEWITT, Les         | Spectrum Striders        | Male Vet 55   | 06:20.4 | 936  |
| 177 | 0:32:25 | MOUNTFIELD, Carol   |                          | Lady Vet 40   | 06:29.0 | 926  |
| 178 | 0:32:25 | JAMIESON, Steph     |                          | Lady Vet 35   | 06:29.0 | 927  |
| 179 | 0:32:41 | HENRYS, Sian        |                          | Lady Vet 40   | 06:32.2 | 1017 |
| 180 | 0:34:37 | BROWN, Anthony      | Spectrum Striders        | Senior Men    | 06:55.4 | 2059 |
| 181 | 0:34:42 | CRESSWELL, Lisa     |                          | Lady Vet 35   | 06:56.4 | 2060 |
| 182 | 0:35:28 | PERCIVAL, Elaine    | Hyde Village Striders    | Lady Vet 55   | 07:05.6 | 2098 |
| 183 | 0:35:28 | BATEMAN, May        |                          | Lady Vet 50   | 07:05.6 | 904  |
| 184 | 0:36:02 | GUBBINS, Sally      | Hyde Village Striders    | Senior Ladies | 07:12.4 | 2080 |
| 185 | 0:36:38 | O'BRIEN, John       | Manchester Harriers      | Male Vet 50   | 07:19.6 | 2058 |
| 186 | 0:36:59 | WOODS, Jo           | Spectrum Striders        | Lady Vet 40   | 07:23.8 | 1029 |
| 187 | 0:38:27 | SCARSBROOK, Lynn    |                          | Senior Ladies | 07:41.4 | 984  |
| 188 | 0:39:10 | DOYLE, Alison       | Northern Vets AC         | Lady Vet 55   | 07:50.0 | 2100 |
| 189 | 0:39:10 | ATTWELL, Dave       | Altrincham & District AC | Male Vet 60   | 07:50.0 | 2048 |