

The Trafford 10k Road Race

at Partington on Sunday 4th March 2007

Trafford 10k — FINAL RESULTS

Pos	Name	Cat/Pos	Club	Time					
1	Peter Riley		Leigh Harriers	29:33	86	Sarah Lomas	L 8	Stockport Harriers & AC	39:37
2	Mark Miles		Belgrave Harriers	29:40	87	Roberto Raso	V40 13	Unattached	39:39
3	Jonny Mellor		Liverpool Harriers	29:48	88	Alan Pitchford	V55 2	David Lloyd	39:44
4	Jason Ward		Altrincham & District AC	29:52	89	Simon Fox	V40 14	Wirral AC	39:46
5	Andi Jones		Salford Harriers	30:00	90	Siobhan Smith	L35 2	Sale Harriers Manchester	39:53
6	Ben Fish		Blackburn Harriers	30:35	91	Aaron Kelly	JM 5	Rossendale Harriers	39:54
7	Simon Mills		Sale Harriers Manchester	31:29	92	Linda Clarkson	L35 3	Darwen Dashers	39:56
8	Richard Hayman		Sale Harriers Manchester	31:31	93	Andrew Farley	V45 13	East Cheshire Harriers	39:59
9	Matthew Clough	JM 1	Leeds City AC	31:40	94	Paul Kenny	V45 14	East Cheshire Harriers	40:05
10	Luke Cragg		Mansfield Harriers	32:10	95	Jeremy Sheedy		Unattached	40:11
11	Richard Mace		City Of Sheffield AC	32:31	96	(No. 457)		Unattached	40:12
12	Paul Green		City Of Sheffield AC	32:46	97	Helen Whitby	L 11	Vale Royal AC	40:13
13	Colin Rigby		Horwich R M I Harriers	32:49	98	John Lavelle	V45 15	Rossendale Harriers	40:15
14	Steven Crowe		EllesmerePortRC	33:19	99	Jane Campion	L40 1	Vale Royal AC	40:16
15	James Metcalfe		Unattached	33:51	100	Dave Gough	V40 15	Unattached	40:17
16	Mike Shaw	V40 1	Stockport Harriers & AC	33:52	101	Paul Tindall		Unattached	40:24
17	Paul Backhouse		East Cheshire Harriers	33:54	102	Philip Leigh		Unattached	40:27
18	Liam Thompson		Warrington AC	34:02	103	David Quinn	V45 16	Wilmslow Running Club	40:34
19	Brendan Bolland		Sale Harriers Manchester	34:07	104	Chris Hibbert		Manchester Harriers & ac	40:38
20	Darren Talbot		Trafford AC	34:31	105	Robin Haggart		Unattached	40:43
21	Chris Heys		Sale Harriers Manchester	34:34	106	Sean Whewell	V40 16	Stockport Harriers & AC	41:07
22	John Earlston	V45 1	Abergele Harriers	34:39	107	Mark Lysyca	V45 17	Horwich Rmi Harriers	41:22
23	Jonathan Ferguson		A.C. Corte	34:51	108	John McCabe		Unattached	41:25
24	Stuart Parrott	V40 2	Wilmslow Running Club	34:52	109	Andrew Coates		Swinton Running Club	41:31
25	Philip Westwood		Bildestone Bounders	34:53	110	Paul Kay	V50 4	Spectrum Striders	41:33
26	Gary Matthews	V45 2	East Cheshire Harriers	35:04	111	Stephen Jachim	V50 5	Unattached	41:39
27	Andrew Cartwright		Leeds City AC	35:06	112	Steve Foster	V45 18	Astley & Tyldesley RR	41:39
28	Simon Jeffs		EllesmerePortRC	35:39	113	Mark Fowler		Unattached	41:40
29	Gill Laithwaite	L35 1	St Helens Sutton AC	35:40	114	Ben Beattie		Esporta	41:43
30	Anthony Connally	JM 2	East Cheshire Harriers	35:44	115	Pete Laud		Unattached	41:52
31	Sean McCormack	V40 3	Abergele Harriers	35:48	116	Paul Nichols		Wilmslow Running Club	41:57
32	Kirsteen Young	L 2	Leeds City AC	35:57	117	Jerry Smith	V50 6	Chorlton Runners	42:05
33	Steven McCormack	JM 3	Abergele Harriers	36:01	118	John Perez		Unattached	42:15
34	Andrew Cottier		Dewsbury Road Runners	36:08	119	David Haines		Vale Royal AC	42:17
35	Mark Dodd		EllesmerePortRC	36:29	120	Robert Halstead	V40 17	Royal Air Force	42:21
36	Steinar Lien	V40 4	Norway	36:33	121	Steve Matkin	V45 19	Stockport Harriers & AC	42:25
37	Lee Woods		Sale Harriers Manchester	36:34	122	Matthew Daniels		Unattached	42:27
38	Dewi Roberts	V40 5	Abergele Harriers	36:35	123	Tim Pocock	V45 20	Harrogate Harriers	42:30
39	Marcus Gregory		East Cheshire Harriers	36:43	124	Gary Mitchell	V45 21	Darwen Dashers	42:31
40	Mark Joynton		East Cheshire Harriers	36:44	125	Neville McGraw	V60 1	Glossopdale Harriers	42:33
41	Joe Waugh		Unattached	36:49	126	Anthony Dickens	V45 22	Unattached	42:34
42	Darren Blazier		Abergele Harriers	36:54	127	Stephen Brook	V55 3	Queensbury RC	42:36
43	Peter Clayton	V40 6	Vale Royal AC	36:54	128	Paul Hooper	V45 23	Preston Harriers	42:40
44	Colin Martin	V45 3	Spectrum Striders	36:57	129	Dee Murray		Unattached	42:44
45	Gemma Murphy	L 3	Sale Harriers Manchester	36:57	130	Daniel Abela		Unattached	42:46
46	Kevan Garner	V40 7	Belle Vue Racers	36:58	131	Jackie Cordingley	L45 1	Sale Harriers Manchester	42:48
47	James Corden		Stockport Harriers & AC	36:58	132	Jeremy Austin		Unattached	43:00
48	Konrad Steinert		Manchester Triathlon Club	37:00	133	Alan Riding	V40 18	Blackburn Road Runners	43:01
49	Gareth Roberts	V40 8	Abergele Harriers	37:04	134	Julia Eccleston	L 14	St Helens Sutton AC	43:01
50	Barry Shackleton	V50 1	Darwen Dashers	37:15	135	Amber Whewell	L18 1	Stockport Harriers & AC	43:06
51	Dale Chadwick		Belle Vue Racers	37:18	136	Alan Snagg		Unattached	43:18
52	Stephen Robinson	V45 4	East Cheshire Harriers	37:27	137	Richard Plunkett	V40 19	Halifax Harriers	43:20
53	Claire Davies	L 4	Spectrum Striders	37:33	138	Mark Beresford		Lostock AC	43:24
54	???		???	37:34	139	Graham Jones	V40 20	Unattached	43:26
55	Frank Cordingley	V45 5	Sale Harriers Manchester	37:34	140	Joanne Healy	L 16	Dragons Running Club	43:26
56	Shaun Moran	V45 6	Astley & Tyldesley RR	37:34	141	Neil McGraw		Unattached	43:33
57	Michael Hibbert	V40 9	Manchester Harriers & ac	37:35	142	Jeanette Fox	L40 2	Wirral AC	43:36
58	Emma Parry	L 5	Wrexham AAC	37:37	143	Lucy Hickey	L45 2	Northern Veterans AC	43:41
59	Stephen Beardsell	V55 1	Holmfirth Harriers	37:37	144	Miran Aprehemian	V50 7	Sale Harriers Manchester	43:47
60	Mike Houghton		Spectrum Striders	37:42	145	Larry Wilson	V45 24	Manchester Harriers & ac	43:54
61	Tony McCarthy	V45 7	Warrington AC	37:49	146	Matthew Malone		Unattached	43:57
62	Mervyn Ward	V50 2	Warrington AC	37:51	147	Anthony Collier	V50 8	Styal Running Club	43:57
63	Jenny Knass	L 6	Stockport Harriers & AC	37:52	148	Dominic Walsh		Unattached	44:08
64	Gary Stevens		Astley & Tyldesley RR	37:53	149	Regina Kearney	L 19	Unattached	44:10
65	Adrian Arbour		Stockport Harriers & AC	37:57	150	Sally Howarth	L40 3	Trafford AC	44:11
66	Chris Floyd		Unattached	38:08	151	Barrie Ainscow	V40 21	Dragons Running Club	44:19
67	Sean Brady		Lancaster & Morecambe AC	38:09	152	Stephen Cook	V50 9	Winston Runners	44:24
68	Mark Riches	V45 8	Astley & Tyldesley RR	38:15	153	Brenda Wane	L45 3	Astley & Tyldesley RR	44:27
69	Simon Wright	V50 3	Wigan Phoenix	38:17	154	John Malone	V50 10	Winston Runners	44:28
70	Eamonn Gibbons	V45 9	Sale Harriers Manchester	38:19	155	Scott Jarvis		Unattached	44:34
71	Phil McGenity	V40 10	Holmfirth Harriers	38:22	156	Bill Gibson		Unattached	44:39
72	Gwyn Jones	V40 11	David Lloyd	38:26	157	John Delany	V60 2	Stockport Harriers & AC	44:40
73	John Lee	V40 12	Astley & Tyldesley RR	38:28	158	Tim Dowling	V40 22	Unattached	44:53
74	Gary Willcock	V45 10	Manchester Ymca Harriers	38:31	159	Lauren Marsden	L 22	Swinton Running Club	45:17
75	Gemma Connolly	L 7	St Helens Sutton AC	38:31	160	Geoffrey Beattie	V50 11	Esporta	45:23
76	Russ Corsini	V45 11	Darwen Dashers	38:31	161	Diane Waite	L40 4	Stainland Lions	45:28
77	Neil Thompson		Stockport Harriers & AC	38:32	162	Linda Rix	L40 5	Unattached	45:29
78	John Harvey		Stockport Harriers & AC	38:43	163	Sharon Jones	L40 6	David Lloyd	45:35
79	Morten Gammelsaeter		Wirral AC	38:49	164	Des Miles	V40 23	Unattached	45:41
80	Craig Bradbury		Astley & Tyldesley RR	38:50	165	Isaline Hughes	L40 7	Skelmersdale Boundary Harriers	45:42
81	Michal Vincenc		Unattached	39:12	166	Michael Coulthard		Unattached	45:53
82	Dean Matkin	JM 4	Unattached	39:13	167	David Waite	V40 24	Stainland Lions	45:53
83	Stuart Andrew		Spectrum Striders	39:18	168	Dion Leonard		Unattached	45:55
84	Brad Ehlen		Spectrum Striders	39:21	169	Alexander Cox	JM 6	Unattached	46:05
85	Steve Coleman	V45 12	Astley & Tyldesley RR	39:35	170	Simon Cox	V50 12	Unattached	46:11

Results Service by G.J. Fecitt (SportSoft) Tel & Fax 01204 884887, Email: graham@race-results.co.uk
 Internet: <http://www.race-results.co.uk> -- full results will be available for downloading tonight

171	Bryn Weale		Unattached	46:12	262	Philip Sexton	V45 38	Unattached	53:15
172	Tony Walmsley	V40 25	Horsforth Harriers Leeds	46:12	263	Eloise Whitmore	L 55	Unattached	53:16
173	Alan Burton		Unattached	46:15	264	Moyna O'Neill	L35 9	Unattached	53:20
174	David O'Connell	V40 26	Unattached	46:15	265	Eva Tuer	L 57	Astley & Tyldesley RR	53:22
175	Melissa Drath	L40 8	Unattached	46:16	266	Jessica Wretham	L 58	Unattached	53:27
176	Sarah Roberts	L35 4	Darwen Dashers	46:18	267	Marie Makin	L35 10	Unattached	53:28
177	MLino	V45 25	Unattached	46:19	268	Keith Fletcher	V60 7	Altrincham & District AC	53:28
178	Rachael Nevins	L35 5	Unattached	46:19	269	Rob Smith		Unattached	53:35
179	Richard Cocker		Unattached	46:38	270	John Browne	V50 21	Winston Runners	53:38
180	Helen Reagan	L35 6	Sale Harriers Manchester	46:40	271	Michael Kearney	V70 3	Unattached	53:42
181	Conal Kearney	L 31	Unattached	46:52	272	Carron Lane	L45 9	Winston Runners	53:42
182	Victoria Buckley	L40 9	Stockport Harriers & AC	47:03	273	Jill Peacock	L45 10	Winston Runners	53:42
183	Alan Taylor		Unattached	47:04	274	Carl Graham		Southport Waterloo AC	53:48
184	Helen Todd	L50 1	Stockport Harriers & AC	47:05	275	E Hamer-Davies	L40 12	Winston Runners	53:53
185	Andrew Charlton	V45 26	Styal Running Club	47:07	276	Michael Moore		Unattached	53:58
186	Chris Bryans	V70 1	Stockport Harriers & AC	47:07	277	Clare Worden	L40 13	Darwen Dashers	53:58
187	Mark Robinson		Dragons Running Club	47:17	278	Sheila Gudgeon	L50 4	Darwen Dashers	54:01
188	Bob Thompson	V50 13	Manchester Harriers & ac	47:20	279	Julie Crawley	L35 11	Winston Runners	54:01
189	Steve Swain	V45 27	Unattached	47:22	280	Jean Paton	L 66	Unattached	54:08
190	David Newsham		Unattached	47:22	281	?Dawn Green	L45 11	Unattached	54:14
191	Robin Macintosh	V40 27	Unattached	47:37	282	Jane Abbott	L40 14	Unattached	54:32
192	Michael Macintosh	V50 14	Unattached	47:37	283	Andy Wilson	JM 8	Unattached	54:38
193	Jason Bowers		Unattached	47:37	284	Mark Ainsworth	V45 39	Unattached	54:40
194	Liona Riding	L40 10	Blackburn Road Runners	47:40	285	Phillip White	V45 40	Unattached	54:43
195	Mark Tyldesley		Sale Harriers Manchester	47:44	286	Joanne White	L35 12	Unattached	54:43
196	Carol Beattie	L50 2	Steel City Striders	47:45	287	Karen Johnson	L40 15	Unattached	54:47
197	Victoria Cordingley	L 36	Sale Harriers Manchester	47:50	288	Jane Yianni	L40 16	Belle Vue Racers	54:51
198	Calum Fiddes		Unattached	47:59	289	Lesley Woods	L40 17	Unattached	54:54
199	Karen Jarvis	L45 4	St Helens Sutton AC	48:00	290	Janette Lavan	L40 18	Unattached	55:04
200	Steven Johnson	V45 28	Stockport Harriers & AC	48:00	291	Christine Yates	L40 19	Unattached	55:04
201	Andrew Malone		Unattached	48:01	292	Angela Delaney	L 75	Unattached	55:08
202	???	???	???	48:04	293	Daniel Harkin		Unattached	55:18
203	Nick Dowling		Unattached	48:07	294	Paul Goddard	V50 22	Chorlton Runners	55:18
204	Chris Yianni	V40 28	Belle Vue Racers	48:13	295	Jeanne Jones	L55 1	Unattached	55:24
205	Raymond Taylor	V50 15	Astley & Tyldesley RR	48:19	296	?Dawn Green	L45 12	Unattached	55:49
206	Melvyn Whiteside	V45 29	Unattached	48:19	297	Steven Ludlam	V40 29	Unattached	55:51
207	Sam Holden	U18 1	Unattached	48:20	298	Chris Whitehead		Unattached	55:54
208	Elizabeth Glennon	L 38	Unattached	48:22	299	Joe Holden	JM 9	Unattached	55:56
209	Dave Cocker		Unattached	48:33	300	Don George	V65 2	Sale Harriers Manchester	55:57
210	Denise Penney	L45 5	Darwen Dashers	48:35	301	Cathy Thompson	L40 20	Stockport Harriers & AC	56:11
211	Jonathan Dada	V45 30	Unattached	48:39	302	Ian Shaw	V45 41	Unattached	56:17
212	Pete Farmer		Unattached	48:44	303	Jane Hughes	L40 21	Scarab	56:21
213	Bill Parkinson	V65 1	Darwen Dashers	48:59	304	Chris Povey		Unattached	56:22
214	Victoria Summerfield	L 40	Unattached	49:00	305	Charles Pratley	V45 42	Unattached	56:35
215	Paul Ivory		Unattached	49:01	306	Judith Moss	L 80	Unattached	56:40
216	Brian Tull	V60 3	Darwen Dashers	49:14	307	Frank Tonge	V60 8	Sale Harriers Manchester	56:52
217	Paul Horrocks		Unattached	49:15	308	Stuart Heys		Unattached	56:54
218	Phillip Cook		Unattached	49:37	309	David Goode	V50 23	Unattached	57:03
219	Christine Dickinson	L45 6	St Helens Sutton AC	49:37	310	Sue Goddard	L45 13	Chorlton Runners	57:03
220	Graham Oakes	V50 16	Penny Lane Striders	49:42	311	Alan Leonard		Unattached	57:08
221	Iain Fortune	V60 4	Spectrum Striders	49:43	312	Sharon Campbell	L 82	Unattached	57:08
222	Laura Sykes	L 42	Unattached	49:43	313	Andy Elliott		Unattached	57:09
223	Lucja Leonard	L 43	Unattached	49:51	314	Ruth Rimmer	L 83	Unattached	57:25
224	Anne Fortune	L50 3	Spectrum Striders	49:55	315	Carol Moir	L45 14	Holmfirth Harriers	57:29
225	Ian McDonald		Greater Manchester Police	50:03	316	Vanessa Worsley	L 85	Unattached	57:39
226	Paul Robinson	V45 31	Unattached	50:17	317	Ann Robinson	L45 15	Winston Runners	57:50
227	Tony Bray	V55 4	Unattached	50:32	318	Karen Lee	L50 5	Unattached	58:10
228	Jodie Wagstaff	L 45	Astley & Tyldesley RR	50:33	319	Ingrid Dewhurst	L40 22	East Cheshire Harriers	58:22
229	Ruth Ellicott		Astley & Tyldesley RR	50:35	320	Alison Coulson	L45 16	Stockport Harriers & AC	58:23
230	John Gallagher	V45 32	Unattached	50:40	321	Kieran Hynes		Unattached	58:24
231	Stephen Ryder		Unattached	50:41	322	Patrick Connolly		Unattached	58:55
232	Richard Johnson	V50 17	Unattached	50:52	323	Adrian Harding	V40 30	Unattached	59:06
233	Bridget Hunt	L 46	Sale Harriers Manchester	50:53	324	Don Bramwell	V70 4	Northern Veterans AC	59:08
234	D Van	L40 11	Dragons Running Club	51:01	325	Alex Hunter		Unattached	59:10
235	Tony Elston	V45 33	Unattached	51:02	326	Alison Aston	L40 23	Winston Runners	59:14
236	Tim Norman	V45 34	Unattached	51:04	327	John Shipley	V65 3	Cheshire Tally Ho	59:24
237	Simon Munday		Unattached	51:05	328	Ranjit Bennett		Sale Harriers Manchester	59:31
238	Geoffrey Knowles	V45 35	Bolton United Harriers	51:06	329	Paula Pearson	L50 6	Unattached	59:35
239	Brian Whitworth	V60 5	Cheshire Tally Ho	51:09	330	Aj Turner		Unattached	59:38
240	Karen Simpson	L45 7	Unattached	51:10	331	Jenny Miles	L55 2	Chorlton Runners	59:40
241	Bernard Thompstone	V60 6	Winston Runners	51:11	332	Sharon Black	L 93	Unattached	59:44
242	Nigel Hamilton		Unattached	51:12	333	Kate Offord	L 94	Unattached	59:50
243	Ashok Kallumpram	V45 36	Sale Harriers Manchester	51:22	334	Doug Moir	V40 31	Unattached	1:00:09
244	Frank Wilson	V70 2	Roby Runners	51:23	335	Gina Harlin	L40 24	Unattached	1:00:30
245	Nicola Greenhalgh	L35 7	Parbold Pink Panthers	51:27	336	Geoff Walley	V60 9	Cheshire Tally Ho	1:00:57
246	John Smith	V50 18	Sale Harriers Manchester	51:32	337	Wilma Manfredi	L50 7	Unattached	1:01:02
247	Joanna Lee	L 50	Unattached	51:52	338	Kathryn Roberts	L45 17	Unattached	1:01:16
248	James Lanham	V55 5	Manchester Harriers & ac	51:58	339	Linda Black	L55 3	Unattached	1:01:30
249	Martin Occleston	JM 7	Unattached	52:10	340	Richard Smith	V65 4	Sale Harriers Manchester	1:02:15
250	Matthew Murray		Unattached	52:12	341	Dennis Yarwood	V40 32	Unattached	1:02:16
251	Richard Elliott	V45 37	Unattached	52:15	342	Margaret Carleton	L50 8	Winston Runners	1:02:34
252	Gillian Moss	L 51	Unattached	52:15	343	Adam Broadbent		Unattached	1:03:16
253	Helen Wilkinson	L 52	Unattached	52:25	344	Gillian Winters	L40 25	Unattached	1:03:37
254	Alun Davies	V50 19	Darwen Dashers	52:26	345	Fran Cox	L55 4	Unattached	1:03:44
255	Jamie Grover		Unattached	52:32	346	Elaine Buckett	L60 1	Unattached	1:03:44
256	Theresa Shaw	L35 8	Unattached	52:37	347	Rebecca Brock	L 103	Unattached	1:03:57
257	Phil McCann	V50 20	Stockport Harriers & AC	52:58	348	Cindy Norgrove	L55 5	East Cheshire Harriers	1:05:05
258	Pamela Collier	L45 8	Styal Running Club	52:59	349	Bec Worthington	L 105	Unattached	1:05:46
259	Richard Sealby		Unattached	52:59	350	Dominic Hyndman		Unattached	1:05:46
260	Stuart Almond		Unattached	53:00	351	Carol Hart	L45 18	Unattached	1:05:54
261	Stephen Makin		Unattached	53:06	352	Maureen Lomax	L40 26	Unattached	1:06:00

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353 Michael Clark	V40 33 Unattached	1:06:00	359 Louise Troyano	L 112 Unattached	1:07:43
354 Marion Lester	L50 9 Unattached	1:06:49	360 Diane Reynolds	L35 13 Dragons Running Club	1:08:04
355 Lesley Orchard	L50 10 Unattached	1:06:49	361 Graham Alexander	Dragons Running Club	1:08:11
356 Tessa Tracy	L40 27 Darwen Dashers	1:07:21	362 Jean Powell	L45 19 Winston Runners	1:08:18
357 Lynda Ahmed	L50 11 Darwen Dashers	1:07:23			
358 Rebecca Rushton	Dragons Running Club	1:07:39			

Trafford 10k - Men — TEAM RESULTS

NOTE: Unattached and non-counters are DELETED before teams are calculated

1 Sale Harriers Manchester	33 — 7 Simon Mills	8 Richard Hayman	18 Brendan Bolland
2 East Cheshire Harriers	69 — 16 Paul Backhouse	25 Gary Matthews	28 Anthony Connally
3 Ellesmere Port RC	73 — 14 Steven Crowe	27 Simon Jeffs	32 Mark Dodd
4 Abergele Harriers	80 — 21 John Earlstun	29 Sean McCormack	30 Steven McCormack
5 Stockport Harriers & AC	113 — 15 Mike Shaw	42 James Corden	56 Adrian Arbour
6 Warrington AC	124 — 17 Liam Thompson	53 Tony McCarthy	54 Mervyn Ward
7 Astley & Tyldesley RR	162 — 49 Shaun Moran	55 Gary Stevens	58 Mark Riches
8 Spectrum Striders	162 — 40 Colin Martin	52 Mike Houghton	70 Stuart Andrew
9 Wilmslow Running Club	189 — 23 Stuart Parrott	79 David Quinn	87 Paul Nichols
10 Darwen Dashers	203 — 45 Barry Shackleton	65 Russ Corsini	93 Gary Mitchell
11 Belle Vue Racers	203 — 41 Kevan Garner	46 Dale Chadwick	116 Chris Yianni
12 Manchester Harriers & ac	231 — 50 Michael Hibbert	80 Chris Hibbert	101 Larry Wilson
13 Winston Runners	335 — 104 Stephen Cook	105 John Malone	126 Bernard Thompstone
14 Dragons Running Club	359 — 103 Barrie Ainscow	112 Mark Robinson	144 Rebecca Rushton
15 Cheshire Tally Ho	407 — 125 Brian Whitworth	140 John Shipley	142 Geoff Walley

Trafford 10k - Ladies — TEAM RESULTS

NOTE: Unattached and non-counters are DELETED before teams are calculated

1 St Helens Sutton AC	22 — 1 Gill Laithwaite	7 Gemma Connolly	14 Julia Eccleston
2 Sale Harriers Manchester	25 — 3 Gemma Murphy	9 Siobhan Smith	13 Jackie Cordingley
3 Stockport Harriers & AC	29 — 6 Jenny Knass	8 Sarah Lomas	15 Amber Whewell
4 Darwen Dashers	68 — 10 Linda Clarkson	25 Sarah Roberts	33 Denise Penney
5 Astley & Tyldesley RR	97 — 20 Brenda Wane	36 Jodie Wagstaff	41 Eva Tuer
6 Dragons Running Club	116 — 16 Joanne Healy	38 D Van	62 Diane Reynolds
7 Winston Runners	129 — 42 Carron Lane	43 Jill Peacock	44 E Hamer-Davies