

| Position | Time | Name | Club | Category | Category Posn |
|----------|-------|------------------|--|----------|---------------|
| 1 | 58.31 | Carl Moulton | Boalloy RC | M SEN | 1 / 40 |
| 2 | 59.46 | Jason Burgess | Trentham RC | M 40 | 1 / 25 |
| 3 | 60.48 | Jack Ross | Staffordshire Moorlands AC | M SEN | 2 / 40 |
| 4 | 61.26 | Jason Brunnock | Buxton ac | M SEN | 3 / 40 |
| 5 | 62.5 | Julian Goodwin | Boalloy RC | M 45 | 1 / 32 |
| 6 | 63.32 | Matthew Basnett | Mow Cop Runners | M SEN | 4 / 40 |
| 7 | 65.38 | Alex Mason | Delamere Spartans | M 40 | 2 / 25 |
| 8 | 66.23 | Jim Pendrill | Wilmslow RC | M 45 | 2 / 32 |
| 9 | 66.34 | Chris Goodfellow | Macclesfield Harriers AC | M 45 | 3 / 32 |
| 10 | 66.46 | Stuart Atkinson | Delamere Spartans | M 40 | 3 / 25 |
| 11 | 66.56 | Edward James | Belper Harriers | M SEN | 5 / 40 |
| 12 | 67.05 | Kevin Mccloskey | Knutsford tri club | M 50 | 1 / 31 |
| 13 | 67.08 | Roger Taylor | Stone Master Marathoners | M SEN | 6 / 40 |
| 14 | 67.16 | Scott Zikmanis | Trentham RC | M 40 | 4 / 25 |
| 15 | 67.37 | Allan McCormick | Wilmslow RC | M SEN | 7 / 40 |
| 16 | 67.46 | Jimmy Sheldon | Macclesfield Harriers AC | M SEN | 8 / 40 |
| 17 | 67.50 | Tim Lovatt | Unattached | M SEN | 9 / 40 |
| 18 | 67.55 | Neil Pettie | Macclesfield Harriers AC | M 45 | 4 / 32 |
| 19 | 68.17 | Andrew Robinson | Unattached | M 45 | 5 / 32 |
| 20 | 68.40 | Neil Walker | Altrincham and District AC | M SEN | 10 / 40 |
| 21 | 68.58 | Gavin Brookes | South Cheshire Harriers | M 45 | 6 / 32 |
| 22 | 69.20 | Kevan Hinett | Cheshire Police | M 50 | 2 / 31 |
| 23 | 69.30 | Rob Mcbain | Northwich Running Club | M SEN | 11 / 40 |
| 24 | 69.34 | David Brockbank | Macclesfield Harriers AC | M 45 | 7 / 32 |
| 25 | 69.49 | Neil Adair | Spectrum Striders | M 40 | 5 / 25 |
| 26 | 69.55 | Rob Whitby | Macclesfield Harriers AC | M SEN | 12 / 40 |
| 27 | 70.06 | Tobias Miller | Boalloy RC | M SEN | 13 / 40 |
| 28 | 70.23 | Ian Fraser | East Cheshire harriers and Tameside AC | M 50 | 3 / 31 |
| 29 | 70.28 | Peter Nield | Macclesfield Harriers AC | M 40 | 6 / 25 |
| 30 | 70.35 | Arran Mccloskey | Knutsford tri club | M SEN | 14 / 40 |
| 31 | 70.41 | Seamus White | Staffordshire Moorlands AC | M 40 | 7 / 25 |
| 32 | 70.43 | David Ratcliffe | Boalloy RC | M 40 | 8 / 25 |
| 33 | 70.46 | Chris Gorman | Northwich Running Club | M SEN | 15 / 40 |
| 34 | 71.00 | Shaun Wilde | Macclesfield Harriers AC | M 50 | 4 / 31 |
| 35 | 71.19 | Matthew Lewis | Macclesfield Harriers AC | M 50 | 5 / 31 |
| 36 | 71.28 | Steven Crowe | South Cheshire Harriers | M SEN | 16 / 40 |
| 37 | 71.36 | Lee Carrington | Vale Royal AC | M SEN | 17 / 40 |
| 38 | 71.54 | David Betteley | South Cheshire Harriers | M 45 | 8 / 32 |
| 39 | 72.16 | James Wood | Staffordshire Moorlands AC | M 40 | 9 / 25 |
| 40 | 72.28 | Harry Porter | Boalloy RC | M 45 | 9 / 32 |
| 41 | 72.34 | Robert Kaul | Unattached | M 45 | 10 / 32 |
| 42 | 72.51 | Mike Hill | Wilmslow RC | M 50 | 6 / 31 |
| 43 | 72.56 | Lee Wilkinson | South Cheshire Harriers | M 40 | 10 / 25 |
| 44 | 73.09 | Tony Little | Bowland Fell Runners | M 40 | 11 / 25 |
| 45 | 73.18 | Daniel Gill | South Cheshire Harriers | M SEN | 18 / 40 |
| 46 | 73.23 | Daniel Latham | Buxton AC | M SEN | 19 / 40 |
| 47 | 73.28 | Gary English | Liverpool Running Club | M 55 | 1 / 14 |
| 48 | 73.31 | James Mcurtry | Ashbourne RC | M 50 | 7 / 31 |
| 49 | 73.43 | Spencer Holland | Stafford Harriers | M 45 | 11 / 32 |
| 50 | 73.48 | Nick Wishart | Delamere Spartans | M 50 | 8 / 31 |
| 51 | 74.08 | Harriet Pickup | Boalloy RC | F SEN | 1 / 7 |
| 52 | 74.53 | Nigel Jeff | Buxton AC | M 50 | 9 / 31 |
| 53 | 74.56 | Andrew Maxfield | Mow Cop Runners | M 50 | 10 / 31 |
| 54 | 74.58 | Marc Sinclair | Macclesfield Harriers AC | M SEN | 20 / 40 |
| 55 | 75.10 | Amy Grace | South Cheshire Harriers | F SEN | 2 / 7 |
| 56 | 75.21 | John Halson | Liverpool Pembroke & Sefton Harriers | M 55 | 2 / 14 |
| 57 | 75.36 | Jarrold Homer | Wilmslow RC | M 50 | 11 / 31 |

| Position | Time | Name | Club | Category | Category Posn |
|----------|-------|-----------------------|-------------------------------|----------|---------------|
| 58 | 75.44 | Mark Baron | Unattached | M 50 | 12 / 31 |
| 59 | 75.48 | Tyrell Basson | Dark Peak Fell Runners | M 40 | 12 / 25 |
| 60 | 76.05 | Kathleen O'Donnell | Macclesfield Harriers AC | F 40 | 1 / 22 |
| 61 | 76.06 | Peter Pollitt | BOLTON | M 50 | 13 / 31 |
| 62 | 76.25 | David Nimmo | South Cheshire Harriers | M SEN | 21 / 40 |
| 63 | 77.03 | Michael Connor | Knowsley Harriers AC | M 50 | 14 / 31 |
| 64 | 77.06 | Andrew Barlow | Boalloy RC | M 45 | 12 / 32 |
| 65 | 77.10 | Nigel Garfield | Unattached | M 40 | 13 / 25 |
| 66 | 77.26 | John White | Unattached | M SEN | 22 / 40 |
| 67 | 77.40 | Steven Millar | Macclesfield Harriers AC | M 40 | 14 / 25 |
| 68 | 77.52 | Mark Dunn | Kirkby Milers AC | M SEN | 23 / 40 |
| 69 | 78.17 | James Speedie | Unattached | M SEN | 24 / 40 |
| 70 | 78.20 | Richard Lawson | Wilmslow RC | M 45 | 13 / 32 |
| 71 | 78.41 | William Booth | Wilmslow RC | M SEN | 25 / 40 |
| 72 | 78.43 | Darren Cottier | Vale Royal AC | M 45 | 14 / 32 |
| 73 | 78.46 | Michael Burns | ellesmere port running club | M 50 | 15 / 31 |
| 74 | 78.49 | Ian Hodkinson | Stafford Harriers | M 45 | 15 / 32 |
| 75 | 78.58 | Geoff Pettengell | Mow Cop Runners | M 55 | 3 / 14 |
| 76 | 79.05 | Chris Beard | Vale Royal AC | M 45 | 16 / 32 |
| 77 | 79.07 | Carolyn Stamper-Clark | Unattached | F 40 | 2 / 22 |
| 78 | 79.26 | Matthew Strawbridge | Unattached | M SEN | 26 / 40 |
| 79 | 79.36 | Alan Bocking | Cheshire Hill Racers | M 60 | 1 / 4 |
| 80 | 79.41 | Andy Gaskell | Spectrum Striders | M 50 | 16 / 31 |
| 81 | 79.43 | Rachael Lawrance | Macclesfield Harriers AC | F 40 | 3 / 22 |
| 82 | 79.48 | Philip Abram | Tattenhall Runners | M 45 | 17 / 32 |
| 83 | 79.49 | Ellie Robinson | West Cheshire AC | F 45 | 1 / 14 |
| 84 | 80.12 | Tracey Brown | South Cheshire Harriers | F 50 | 1 / 8 |
| 85 | 80.12 | Krzysztof Wawrzenczak | Unattached | M SEN | 27 / 40 |
| 86 | 80.17 | John Haddon | Stone Master Marathoners | M SEN | 28 / 40 |
| 87 | 80.17 | Joanne Stanfield | Trentham RC | F 45 | 2 / 14 |
| 88 | 80.30 | Stephen Wright | Unattached | M SEN | 29 / 40 |
| 89 | 81.11 | Matt Burns | Unattached | M 45 | 18 / 32 |
| 90 | 81.16 | Matt White | Boalloy RC | M SEN | 30 / 40 |
| 91 | 81.28 | John Gorman | North Derbyshire Running Club | M 65 | 1 / 5 |
| 92 | 81.32 | Jason Sage | Victoria Park Running Club | M SEN | 31 / 40 |
| 93 | 81.55 | Cathryn Lightfoot | Tattenhall Runners | F 45 | 3 / 14 |
| 94 | 82.11 | Simon Bromley | Stafford Harriers | M 40 | 15 / 25 |
| 95 | 82.27 | Barry Blyth | Macclesfield Harriers AC | M 70 | 1 / 4 |
| 96 | 82.37 | Gordon Hutchins | Sandbach striders | M 55 | 4 / 14 |
| 97 | 82.50 | Gail Stuthridge | Village Road Runners | F 45 | 4 / 14 |
| 98 | 82.53 | Tom Russell | Boalloy RC | M 45 | 19 / 32 |
| 99 | 82.57 | Jay Dale | Mow Cop Runners | M SEN | 32 / 40 |
| 100 | 83.01 | Chris Bailey | Staffordshire Moorlands AC | M SEN | 33 / 40 |
| 101 | 83.07 | Dave Jones | Newcastle(Staffs) AC | M 50 | 17 / 31 |
| 102 | 83.20 | David Harvey | Unattached | M 40 | 16 / 25 |
| 103 | 83.26 | Tim Charmley | Tattenhall Runners | M 50 | 18 / 31 |
| 104 | 83.53 | Alan Griffin | Stafford Harriers | M 45 | 20 / 32 |
| 105 | 84.01 | David Wood | Unattached | M SEN | 34 / 40 |
| 106 | 84.06 | Simon Jankowski | Unattached | M 40 | 17 / 25 |
| 107 | 84.09 | Andrew Green | Unattached | M 50 | 19 / 31 |
| 108 | 84.12 | Ann-Marie Jones | Macclesfield Harriers AC | F 60 | 1 / 2 |
| 109 | 84.16 | Andy Bennett | Sandbach Striders | M 50 | 20 / 31 |
| 110 | 84.22 | Barrie Thomason | Macclesfield Harriers AC | M 50 | 21 / 31 |
| 111 | 84.23 | Iona Harle | Macclesfield Harriers AC | F 35 | 1 / 10 |
| 112 | 84.32 | Jeff Day | Northwich Running Club | M SEN | 35 / 40 |
| 113 | 84.42 | Emily Sanders | Ashbourne RC | F 50 | 2 / 8 |
| 114 | 84.46 | Janine Ellis | Wilmslow RC | F 45 | 5 / 14 |

| Position | Time | Name | Club | Category | Category Posn |
|----------|-------|------------------------|------------------------------|----------|---------------|
| 115 | 84.52 | Andy Gray | Knutsford tri club | M 40 | 18 / 25 |
| 116 | 84.59 | Bev Jackson | Altrincham and District AC | F 50 | 3 / 8 |
| 117 | 85.05 | Andrew Podmore | NSRRA | M SEN | 36 / 40 |
| 118 | 85.08 | Alan Stanley | Unattached | M 50 | 22 / 31 |
| 119 | 85.16 | Ian Rivers | Kirkby Milers AC | M 45 | 21 / 32 |
| 120 | 85.16 | Kenny Shurie-Mackenzie | Merseyside | M 50 | 23 / 31 |
| 121 | 85.20 | Anne Moore | Boalloy RC | F 40 | 4 / 22 |
| 122 | 85.29 | Ran Mackay | Spectrum Striders | M 45 | 22 / 32 |
| 123 | 85.39 | Guy Maddox | Cardiac Athletes | M 40 | 19 / 25 |
| 124 | 85.48 | Reuben Barrett | Unattached | M 45 | 23 / 32 |
| 125 | 85.49 | Anthony Derbyshire | Boalloy RC | M 45 | 24 / 32 |
| 126 | 85.55 | Alex Bentley | Knowsley Harriers AC | M SEN | 37 / 40 |
| 127 | 86.01 | Simon Stockman | Warrington Road Runners | M 50 | 24 / 31 |
| 128 | 86.22 | Steve Briggs | Unattached | M 55 | 5 / 14 |
| 129 | 86.26 | William Merritt | Knowsley Harriers AC | M 55 | 6 / 14 |
| 130 | 86.32 | Stewart Waudby | Macclesfield Harriers AC | M 40 | 20 / 25 |
| 131 | 86.39 | George Mccann | Liverpool Running Club | M 45 | 25 / 32 |
| 132 | 86.43 | Noel Irwin | Sale Harriers Manchester | M 50 | 25 / 31 |
| 133 | 86.45 | Kathryn Mckee | Unattached | F 40 | 5 / 22 |
| 134 | 87.04 | Paul Wright | Unattached | M 55 | 7 / 14 |
| 135 | 87.09 | Matt Helme | Liverpool Running Club | M 55 | 8 / 14 |
| 136 | 87.11 | Emma Heath | South Cheshire Harriers | F 40 | 6 / 22 |
| 137 | 87.19 | Sarah Proudmore | Boalloy RC | F 45 | 6 / 14 |
| 138 | 87.34 | James Gowin | Macclesfield Harriers AC | M 40 | 21 / 25 |
| 139 | 87.52 | Peter Bailey | Buxton AC | M 55 | 9 / 14 |
| 140 | 87.57 | Gillian White | Boalloy RC | F 35 | 2 / 10 |
| 141 | 88.06 | Mike Barry | Bramhall Runners | M 45 | 26 / 32 |
| 142 | 88.08 | Egidija Pope | Stone Master Marathoners | F 35 | 3 / 10 |
| 143 | 88.16 | Jeffrey Norman | Altrincham and District AC | M 70 | 2 / 4 |
| 144 | 88.18 | Melanie Bermingham | Chase Harriers | F 55 | 1 / 4 |
| 145 | 88.21 | Jenny West | Village Road Runners | F 40 | 7 / 22 |
| 146 | 88.51 | Kieron Carr | Liverpool Running Bugs | M 45 | 27 / 32 |
| 147 | 88.53 | Charles Rowlands | South Cheshire Harriers | M 45 | 28 / 32 |
| 148 | 89.01 | Matt Gibson | Steel City Striders | M 40 | 22 / 25 |
| 149 | 89.16 | Alison Macdonald | ellesmere port running club | F 50 | 4 / 8 |
| 150 | 89.47 | Alannah Birtwistle | Macclesfield Harriers AC | F SEN | 3 / 7 |
| 151 | 90.02 | Bernard McCarron | Macclesfield Harriers AC | M 50 | 26 / 31 |
| 152 | 90.03 | Stephen Hughes | Unattached | M 40 | 23 / 25 |
| 153 | 90.24 | Andrew Glen | Knowsley Harriers AC | M 50 | 27 / 31 |
| 154 | 90.42 | Steve Stuthridge | Village Road Runners | M 45 | 29 / 32 |
| 155 | 90.45 | Penny Graham | Biddulph Running Club | F 45 | 7 / 14 |
| 156 | 90.49 | Abbie Dutton | Chorlton Runners | F SEN | 4 / 7 |
| 157 | 90.50 | Katie Trace | Cheshire | F 40 | 8 / 22 |
| 158 | 91.07 | Elaine Pettie | Unattached | F 40 | 9 / 22 |
| 159 | 91.13 | Phil Cliff | South Cheshire Harriers | M 50 | 28 / 31 |
| 160 | 91.24 | Jon Horne | Biddulph Running Club | M 60 | 2 / 4 |
| 161 | 92.06 | Lynda Cook | Macclesfield Harriers AC | F 50 | 5 / 8 |
| 162 | 93.10 | Steve Turner | Stafford Harriers | M 55 | 10 / 14 |
| 163 | 93.59 | Peter Williams | Stafford Harriers | M 65 | 2 / 5 |
| 164 | 94.08 | Debbie Mcdermott | Stafford Harriers | F 45 | 8 / 14 |
| 165 | 94.10 | Alan Wilcox | Northwich Running Club | M 50 | 29 / 31 |
| 166 | 94.39 | Gordon Mcleod | Cheshire | M 55 | 11 / 14 |
| 167 | 94.52 | David Taylor | Cheshire Hash House Harriers | M 55 | 12 / 14 |
| 168 | 94.59 | Julie Taylor | Ivanhoe Runners | F 35 | 4 / 10 |
| 169 | 95.02 | Sarah Thorne | Stoke FIT | F 40 | 10 / 22 |
| 170 | 95.03 | Eddie Smith | stafford harriers | M 65 | 3 / 5 |
| 171 | 95.08 | Andrew Deaville | South Cheshire Harriers | M 40 | 24 / 25 |

| Position | Time | Name | Club | Category | Category Posn |
|----------|--------|--------------------------|--------------------------------------|----------|---------------|
| 172 | 95.09 | Lucinda Stone | Staffordshire Moorlands AC | F 40 | 11 / 22 |
| 173 | 95.12 | Carole Morrison | Pensby Runners | F 55 | 2 / 4 |
| 174 | 95.14 | Rachel Jones | South Cheshire Harriers | F 35 | 5 / 10 |
| 175 | 95.20 | Ian Ankers | Staffordshire Moorlands AC | M 65 | 4 / 5 |
| 176 | 95.28 | Lisa Mackay | Spectrum Striders | F 45 | 9 / 14 |
| 177 | 95.48 | Rebecca Tate | Unattached | F 40 | 12 / 22 |
| 178 | 96.02 | Stephen Plant | Staffordshire Moorlands AC | M 60 | 3 / 4 |
| 179 | 96.11 | Tony Griffiths | Macclesfield Harriers AC | M 45 | 30 / 32 |
| 180 | 97.16 | Helen James | Belper Harriers | F SEN | 5 / 7 |
| 181 | 97.19 | Sam Ankers | Unattached | M SEN | 38 / 40 |
| 182 | 97.23 | Lea Gregson | Unattached | F 40 | 13 / 22 |
| 183 | 97.33 | Ruth Gamwell | Macclesfield wheelers | F 40 | 14 / 22 |
| 184 | 97.37 | Tonia Vernon | Trentham RC | F 40 | 15 / 22 |
| 185 | 97.38 | Gail Hill | Macclesfield Harriers AC | F 45 | 10 / 14 |
| 186 | 97.43 | Lisa Barlow | Boalloy RC | F 40 | 16 / 22 |
| 187 | 97.53 | Josie Galbraith | Boalloy RC | F 45 | 11 / 14 |
| 188 | 98.09 | Andy Baines-Davies | Staffordshire Moorlands AC | M 45 | 31 / 32 |
| 189 | 98.29 | Philippa Tyson | South Cheshire Harriers | F 50 | 6 / 8 |
| 190 | 98.57 | Nicola Brown | Unattached | F 40 | 17 / 22 |
| 191 | 98.59 | Helen Kelsall | Kirkby Milers AC | F 35 | 6 / 10 |
| 192 | 99.06 | Michael John Unwin | Stoke fit | M 65 | 5 / 5 |
| 193 | 99.13 | Mairi Mccloskey | Knutsford tri club | F 50 | 7 / 8 |
| 194 | 99.55 | Ray Humphreys | Cheshire Hash House Harriers | M 55 | 13 / 14 |
| 195 | 100.38 | Roy Williamson | Mow Cop Runners | M 55 | 14 / 14 |
| 196 | 100.41 | Nicky Owen | Cheshire Hash House Harriers | F 60 | 2 / 2 |
| 197 | 101.03 | Nicola Jennings | Trentham RC | F 40 | 18 / 22 |
| 198 | 101.21 | Nicola Cantrell | Macclesfield Harriers AC | F 40 | 19 / 22 |
| 199 | 101.35 | David Brookes | Unattached | M 50 | 30 / 31 |
| 200 | 101.57 | John Dobie | Liverpool Pembroke & Sefton Harriers | M 70 | 3 / 4 |
| 201 | 102.44 | Katy Parker | Cheshire Hash House Harriers | F 55 | 3 / 4 |
| 202 | 103.20 | Paul Stevenson | Unattached | M SEN | 39 / 40 |
| 203 | 103.36 | Julie Smith | Macclesfield Harriers AC | F 50 | 8 / 8 |
| 204 | 104.38 | Sophie Howard | Rossendale Harriers | F SEN | 6 / 7 |
| 205 | 105.21 | Beth Ambler | Unattached | F 35 | 7 / 10 |
| 206 | 105.36 | Darren Jenkinson | Unattached | M45 | 1 / 1 |
| 207 | 106.06 | Jacqueline Crowther | Hyde Village Striders | F 55 | 4 / 4 |
| 208 | 107.17 | Blaithin Hadjisohocleous | Chorlton Runners | F SEN | 7 / 7 |
| 209 | 107.44 | Beverley Golden | Buxton AC | F 40 | 20 / 22 |
| 210 | 107.44 | Rachel Dowle | Buxton AC | F 45 | 12 / 14 |
| 211 | 109.05 | Lynsey Astles | Sandbach Striders | F 40 | 21 / 22 |
| 212 | 109.08 | Mick Hutchins | Sandbach Striders | M 40 | 25 / 25 |
| 213 | 111.38 | Greg Stuart | Unattached | M SEN | 40 / 40 |
| 214 | 112.46 | Nigel Lee | Newcastle(Staffs) AC | M 60 | 4 / 4 |
| 215 | 115.12 | Sandra Riley | Village Road Runners | F 45 | 13 / 14 |
| 216 | 115.37 | Mark Humphreys | Kirkby Milers AC | M 45 | 32 / 32 |
| 217 | 116.34 | Louise Banks | Sandbach Striders | F 40 | 22 / 22 |
| 218 | 117.35 | Linda Greengrass | Kirkby Milers AC | F 45 | 14 / 14 |
| 219 | 120.47 | Karen Wright | Sandbach Striders | F 35 | 8 / 10 |
| 220 | 121.03 | Michael Coleman | Unattached | M 50 | 31 / 31 |
| 221 | 122.05 | Kathryn Taylor | Stone Master Marathoners | F 35 | 9 / 10 |
| 222 | DNF | Dick Scroop | Mercia Fellrunners | M 70 | 4 / 4 |
| 223 | DNF | Rebecca Williams | South Cheshire Harriers | F 35 | 10 / 10 |