

400H**Track 1**

| Pos | Perf | Name | AG | Club |
|------------|-------------|------------------|-----------|-------------|
| 1 | 67.0 | John Linaker | M50 | Burnley AC |
| 2 | 67.8 | Michael Williams | M35 | Burnley AC |

300H**Track 2**

| Pos | Perf | Name | AG | Club |
|------------|-------------|---------------|-----------|--------------------------|
| 1 | 61.9 | David Gill | M60 | Warrington AC |
| 2 | 01:51.3 | Barry Chapman | M70 | Altringham & District AC |

800**Track 3 Heat 1**

| Pos | Perf | Name | AG | Club |
|------------|-------------|------------------|-----------|-----------------------------|
| 1 | 02.15.3 | Ed Fazakerley | M50 | Manchester Harriers |
| 2 | 02.18.0 | Giles Bennett | M50 | Bury AC |
| 3 | 02.19.4 | Ian Fitzpatrick | M55 | Southport & Waterloo |
| 4 | 02.21.6 | Richard Wallace | M55 | Trafford AC |
| 5 | 02.22.5 | Neil Pendlebury | M45 | Altrincham |
| 6 | 02.23.1 | Paul Barlow | M45 | Gloucester AC |
| 7 | 02.29.6 | Quentin Emery | M50 | NMAC |
| 8 | 02.29.9 | Miras Eskander | M40 | NMAC |
| 9 | 02.32.7 | Richard Harrison | M50 | Selby Striders |
| 10 | 02.33.0 | Steve Head | M45 | Rothwell Harriers |
| 11 | 02.35.2 | Steven Doxey | M55 | Swinton Running Club |
| 12 | 02.37.8 | Paul Lemmon | M55 | Bingley Harriers |
| 13 | 03.10.6 | Paul Rudkin | M45 | Liverpool Pembroke & Sefton |

Track 3 Heat 2

| | | | | |
|----|---------|------------------|-----|-------------------|
| 1 | 02.24.2 | Alina Stepanchuk | F35 | Salford Mets |
| 2 | 02.28.1 | Sally Woolhouse | F45 | Trafford AC |
| 3 | 02.28.6 | Steve Taylor | M60 | Trafford AC |
| 4 | 02.30.5 | Peter Mountain | M60 | SWVAC |
| 5 | 02.43.0 | Becky Palmer | F40 | Wolves & Bilston |
| 6 | 02.47.7 | Cathy Flitcroft | F55 | Bolton Harriers |
| 7 | 02.50.9 | Stephanie Robson | F45 | Bingley Harriers |
| 8 | 02.51.3 | Ray Thomson | M60 | NMAC |
| 9 | 02.53.6 | Ray Dalby | M60 | Rochdale Harriers |
| 10 | 03.01.2 | Alison Dale | M50 | Bury AC |
| 11 | 03.27.1 | Karen Head | F45 | Rothwell Harriers |

Track 3 Heat 3

| | | | | |
|---|---------|-----------------|-----|---------------------|
| 1 | 2.34.9 | Dave Allen | M65 | NMAC |
| 2 | 2.39.3 | Chris Corcoran | M65 | Leeds City AC |
| 3 | 02.53.4 | Mick Casey | M70 | Barnsley AC |
| 4 | 02.54.7 | Rod Scholes | M70 | Barnsley AC |
| 5 | 02.57.3 | Vic Shirley | M75 | NMAC |
| 6 | 02.58.5 | Geoff Pearson | M65 | NMAC |
| 7 | 03.08.9 | Geoff Beattie | M65 | Sale Harriers |
| 8 | 03.09.4 | Arnold Bradshaw | M70 | Manchester Harriers |

200**Track 4 Heat 1**

| Pos | Perf | Name | AG | Club |
|------------|-------------|-----------------|-----------|------------------|
| 1 | 26.9 | Naana Adusei | F40 | NMAC |
| 2 | 27.6 | Tracey Millward | F40 | NMAC |
| 3 | 29.9 | Sophie Cocker | F40 | Wirral AC |
| 4 | 30.1 | Carol Holt | F40 | Preston Harriers |
| 5 | 31.0 | Claire Forshaw | F40 | West Cheshire |

Track 4 Heat 2

| | | | | |
|---|------|-----------------|-----|-------------------|
| 1 | 27.9 | Anita Saunders | F45 | Pendle AC |
| 2 | 30.2 | Melanie Garland | F55 | Worcester AC |
| 3 | 32.5 | Deb Casson | F50 | Longwood Harriers |
| 4 | 33.7 | Caroline Marler | F65 | Otley AC |
| 5 | 35.3 | Linda Dykes | F50 | Warrington AC |

Track 4 Heat 3

| | | | | |
|---|------|-----------------------|-----|--------------------|
| 1 | 23.4 | Adam Bellis | M40 | SCVAC |
| 2 | 25.2 | Richard Higson-Blythe | M40 | Wakefield Harriers |
| 3 | 26.5 | Steve Goodwill | M40 | Burnley AC |

Track 4 Heat 4

| | | | | |
|---|------|-----------------|-----|--------------------|
| 1 | 25.5 | Stephen Thorpe | M45 | Wakefield Harriers |
| 2 | 25.8 | Andrew Halliday | M45 | Harrogate Harriers |
| 3 | 29.7 | Joshy Varkey | M45 | Bolton Harriers |

Track 4 Heat 5

| | | | | |
|---|------|-----------------|-----|------------------|
| 1 | 25.5 | Malcolm McPhail | M50 | NMAC |
| 2 | 26.4 | Leroy Golding | M50 | Pendle AC |
| 3 | 26.7 | John Linaker | M50 | Burnley AC |
| 4 | 28.0 | Gavin Reeder | M50 | Crewe & Nantwich |

Track 4 Heat 6

| | | | | |
|---|------|--------------|-----|----------------|
| 1 | 26.8 | Peter Hickey | M60 | Leigh Harriers |
| 2 | 28.3 | Ian Scholes | M65 | Trafford AC |
| 3 | 31.0 | David Gill | M60 | Warrington AC |
| 4 | 32.2 | Ray Thomson | M60 | NMAC |

Track 4 Heat 7

| | | | | |
|---|------|----------------|-----|----------------------------|
| 1 | 32.6 | Ian Jakeway | M70 | Bolton Harriers |
| 2 | 36.5 | Kenneth Gibson | M70 | Barrow-in-Furness Striders |
| 3 | 37.2 | Allan Kenny | M70 | NMAC |

3000**Track 5 Heat 1**

| Pos | Perf | Name | AG | Club |
|------------|-------------|------------------|-----------|------------------------------|
| 1 | 9.47.7 | Ed Fazakerley | M50 | Manchester Harriers |
| 2 | 9.53.9 | Fahmi Mohammed | M35 | Blackley North Manchester AC |
| 3 | 10.21.7 | Paul Barlow | M45 | Gloucester AC |
| 4 | 10.30.5 | Garry Palmer | M45 | Wolves & Bilston |
| 5 | 10.39.8 | Miras Eskander | M40 | NMAC |
| 6 | 10.43.6 | Rob Jackson | M50 | Horwich Harriers |
| 7 | 10.46.8 | Steve Head | M45 | Rothwell Harriers |
| 8 | 11.09.3 | Richard Harrison | M50 | Selby Striders |
| 9 | 11.25.1 | Steven Doxey | M55 | Swinton Running Club |
| 10 | 12.30.4 | Craig Turner | M50 | Manchester Harriers |
| 11 | 12.44.0 | Andrew Cole | M50 | East Cheshire Harriers |
| 12 | 14.01.7 | Paul Rudkin | M45 | Liverpool Pembroke & Sefton |

Track 5 Heat 2

| | | | | |
|----|---------|------------------|-----|-----------------------------|
| 1 | 11.04.8 | Debra Campbell | F35 | Liverpool Pembroke & Sefton |
| 2 | 11.22.7 | Steve Taylor | M60 | Trafford AC |
| 3 | 11.46.5 | Stephanie Robson | F45 | Bingley Harriers |
| 4 | 12.12.4 | Chris Corcoran | M65 | Leeds City AC |
| 5 | 12.13.5 | Natasha Geere | F50 | Spensborough & District |
| 6 | 12.17.8 | Rebecca Mills | F35 | Swinton AC |
| 7 | 13.14.5 | John Archer | M65 | Winston Harriers |
| 8 | 13.22.3 | Ray Dalby | M60 | Rochdale Harriers |
| 9 | 13.50.1 | Francis Day | M65 | East Cheshire Harriers |
| 10 | 15.05.2 | David Tomlinson | M75 | Bolton Harriers |
| 11 | 17.11.3 | Kevin Dillion | M65 | Manchester Harriers |

| 80H | | Track 6 | | |
|------------|-------------|----------------|-----------|-----------------------|
| Pos | Perf | Name | AG | Club |
| 1 | 15.3 | John Charlton | M70 | Sheffield & Dearne AC |
| 2 | 16.3 | Tony Bowman | M80 | NMAC |
| 3 | 18.9 | David Gill | M60 | Warrington AC |
| 4 | 21.2 | Allan Kenny | M70 | NMAC |

| 100H | | Track 7 | | |
|-------------|-------------|----------------|-----------|-----------------------|
| Pos | Perf | Name | AG | Club |
| 1 | 20.5 | Tony Shenton | M55 | Macclesfield Harriers |

| 100m | | Track 8 Heat 1 | | |
|-------------|-------------|-----------------------|-----------|------------------|
| Pos | Perf | Name | AG | Club |
| 1 | 13.0 | Naana Adusei | F40 | NMAC |
| 2 | 13.4 | Tracey Millward | F40 | NMAC |
| 3 | 14.4 | Claire Forshaw | F40 | West Cheshire |
| 4 | 15.4 | Carol Holt | F40 | Preston Harriers |
| 5 | 18.1 | Sophie Cocker | F40 | Wirral AC |

| | | Track 8 Heat 2 | | |
|---|------|-----------------------|-----|-------------------|
| 1 | 13.3 | Anita Saunders | F45 | Pendle AC |
| 2 | 14.1 | Melanie Garland | F55 | Worcester AC |
| 3 | 14.9 | Helen Goodwill | F45 | Burnley AC |
| 4 | 15.1 | Deb Casson | F50 | Longwood Harriers |
| 5 | 16.3 | Linda Dykes | F50 | Warrington AC |

| | | Track 8 Heat 3 | | |
|---|------|-----------------------|-----|-----------------------|
| 1 | 15.3 | Ilse Hemmings | F60 | Bolton Harriers |
| 2 | 15.6 | Angela Kelly | F55 | Giffnock North |
| 3 | 16 | Hilary West | F60 | Macclesfield Harriers |
| 4 | 16.3 | Caroline Marler | F65 | Otley AC |
| 5 | 24.5 | Mary Parker | F70 | NMAC |

| | | Track 8 Heat 4 | | |
|---|------|-----------------------|-----|--------------------|
| 1 | 11.7 | Richard Higson-Blythe | M40 | Wakefield Harriers |
| 2 | 11.9 | Chris Burgess | M40 | |
| 3 | 12.1 | Stephen Thorpe | M45 | Wakefield Harriers |
| 4 | 12.5 | Andrew Hodgkinson | M45 | U/A |

| | | Track 8 Heat 5 | | |
|---|------|-----------------------|-----|-----------|
| 1 | 12.9 | Leroy Golding | M50 | Pendle AC |
| 2 | 13.4 | Giles Bennett | M50 | Bury AC |
| 3 | 26.0 | Malcolm McPhail | M50 | NMAC |

Track 8 Heat 6

| | | | | |
|---|------|---------------|-----|-----------------------------|
| 1 | 13.2 | Mark Line | M55 | Liverpool Pembroke & Sefton |
| 2 | 14.6 | Ian Ratcliffe | M55 | Macclesfield Harriers |
| 3 | 14.9 | Tony Shenton | M55 | Macclesfield Harriers |

Track 8 Heat 7

| | | | | |
|---|------|-------------|-----|---------------|
| 1 | 13.7 | Ian Scholes | M65 | Trafford AC |
| 2 | 14.7 | David Gill | M60 | Warrington AC |
| 3 | 15.0 | Ray Thomson | M60 | NMAC |
| 4 | 16.9 | Jon Clarke | M60 | West Cheshire |

Track 8 Heat 8

| | | | | |
|---|------|-------------------|-----|----------------------------|
| 1 | 15.6 | John Charlton | M70 | Sheffield & Dearne AC |
| 2 | 16.4 | Tony Bowman | M80 | NMAC |
| 3 | 16.6 | Kenneth Gibson | M70 | Barrow-in-Furness Striders |
| 4 | 16.8 | Allan Kenny | M70 | NMAC |
| 5 | 17.2 | Stephen Entwistle | M70 | Bolton Harriers |
| 6 | 20.1 | George Glover | M80 | Warrington AC |

1500**Track 9 Heat 1**

| Pos | Perf | Name | AG | Club |
|------------|-------------|------------------|-----------|----------------------|
| 1 | 4.42.0 | Ed Fazakerley | M50 | Manchester Harriers |
| 2 | 4.49.0 | Luke Dixon | M40 | NMAC |
| 3 | 4.52.5 | Michael Williams | M35 | Burnley AC |
| 4 | 4.55.2 | Paul Barlow | M45 | Gloucester AC |
| 5 | 5.01.2 | Neil Pendlebury | M45 | Altrincham |
| 6 | 5.05.6 | Miras Eskander | M40 | NMAC |
| 7 | 5.09.6 | Rob Jackson | M50 | Horwich Harriers |
| 8 | 5.14.1 | Steve Head | M45 | Rothwell Harriers |
| 9 | 5.18.2 | Steven Doxey | M55 | Swinton Running Club |
| 10 | 5.20.7 | Richard Harrison | M50 | Selby Striders |
| 11 | 5.25.8 | Paul Lemmon | M55 | Bingley Harriers |
| 12 | 5.54.6 | Alina Stepanchuk | F35 | Salford Mets |
| 13 | 5.55.0 | Rebecca Mills | F35 | Swinton AC |

Track 9 Heat 2

| | | | | |
|----|--------|-----------------|-----|---------------------|
| 1 | 5.09.8 | Peter Mountain | M60 | SWVAC |
| 2 | 5.10.8 | Sally Woolhouse | F45 | Trafford AC |
| 3 | 5.12.0 | Steve Taylor | M60 | Trafford AC |
| 4 | 5.31.9 | Dave Allen | M65 | NMAC |
| 5 | 5.38.7 | Katrina Oddy | F50 | Halifax AC |
| 6 | 5.46.8 | Mick Casey | M70 | Barnsley AC |
| 7 | 5.48.7 | Cathy Flitcroft | F55 | Bolton Harriers |
| 8 | 6.00.7 | Vic Shirley | M75 | NMAC |
| 9 | 6.14.3 | John Archer | M65 | Winston Runners |
| 10 | 6.19.9 | Ray Thomson | M60 | NMAC |
| 11 | 6.28.4 | Rod Scholes | M70 | Barnsley AC |
| 12 | 6.33.6 | Arnold Bradshaw | M70 | Manchester Harriers |
| 13 | 7.00.3 | Karen Head | F45 | Rothwell Harriers |

400**Track 10 Heat 1**

| Pos | Perf | Name | AG | Club |
|------------|-------------|------------------|-----------|-----------------------|
| 1 | 64.0 | Naana Adusei | F40 | NMAC |
| 2 | 64.9 | Alina Stepanchuk | F35 | Salford Mets |
| 3 | 65.5 | Sally Woolhouse | F45 | Trafford AC |
| 4 | 68.4 | Anita Saunders | F45 | Pendle AC |
| 5 | 76.0 | Hilary West | F60 | Macclesfield Harriers |
| 6 | 79.9 | Caroline Marler | F65 | Otley AC |

Track 10 Heat 2

| | | | | |
|---|------|-----------------|-----|--------------------|
| 1 | 52.9 | Adam Bellis | M40 | SCVAC |
| 2 | 60.4 | Andrew Halliday | M45 | Harrogate Harriers |
| 3 | 61.4 | Steve Goodwill | M40 | Burnley AC |

Track 10 Heat 3

| | | | | |
|---|------|---------------|-----|------------------|
| 1 | 59.6 | Leroy Golding | M50 | Pendle AC |
| 2 | 60.4 | John Linaker | M50 | Burnley AC |
| 3 | 61.1 | Giles Bennett | M50 | Bury AC |
| 4 | 64.8 | Gavin Reeder | M50 | Crewe & Nantwich |

Track 10 Heat 4

| | | | | |
|---|------|-----------------|-----|----------------------|
| 1 | 60.8 | Ian Fitzpatrick | M55 | Southport & Waterloo |
| 2 | 64.1 | Richard Wallace | M55 | Trafford AC |
| 3 | 74.1 | David Gill | M60 | Warrington AC |
| 4 | 78.7 | Ray Thomson | M60 | NMAC |

Track 10 Heat 5

| | | | | |
|---|------|----------------|-----|---------------|
| 1 | 70.6 | Dave Allen | M65 | NMAC |
| 2 | 75.4 | Chris Corcoran | M65 | Leeds City AC |
| 3 | 81.1 | Geoff Beattie | M65 | Sale Harriers |
| 4 | DNF | Geoff Pearson | M65 | NMAC |

Track 10 Heat 6

| | | | | |
|---|------|-------------|-----|-------------|
| 1 | 74.8 | Rod Scholes | M70 | Barnsley AC |
| 2 | 79.6 | Vic Shirley | M75 | NMAC |
| 3 | 82.5 | Mick Casey | M70 | Barnsley AC |