

| position | name | time | club | category |
|-----------------|-------------------|-------------|-----------------------------|-----------------|
| 1 | Jake Shelley | 16.12 | Shaftesbury Barnet Harriers | SM (20 - 40) |
| 2 | Robert Kelly | 17.01 | Knowsley Harriers | SM (20 - 40) |
| 3 | Mark Hulmston | 17.27 | Wirral AC | SM (20 - 40) |
| 4 | Stephen Kenny | 17.47 | Strictly Running AC | M45 |
| 5 | Matt Guildler | 18.34 | Wirral AC | SM (20-40) |
| 6 | Steven Leslie | 18.39 | Village Road Runners | SM (20 - 40) |
| 7 | Simon Rogers | 19.02 | Pensby Runners | M50 |
| 8 | Lee Kennedy | 19.31 | Birkenhead AC | M40 |
| 9 | Neil Burdett | 19.36 | U/A | M40 |
| 10 | Jeffrey Bynon | 19.39 | U/A | M40 |
| 11 | Paul Price | 19.53 | Ellesmere Port | M55 |
| 12 | Peter Lomas | 20.01 | U/A | SM (20 - 40) |
| 13 | Sarah Roberts | 20.10 | Pensby Runners | SW (20 - 35) |
| 14 | Rob Jones | 20.29 | Chester Tri | SM (20 - 40) |
| 15 | Jez Lamb | 20.34 | U/A | SM (20 - 40) |
| 16 | Joe McGrath | 20.37 | U/A | M55 |
| 17 | John Leaver | 20.38 | Pensby Runners | M45 |
| 18 | Chris Slavin | 20.50 | Northern Vets | W65 |
| 19 | Juris Jansons | 20.54 | Picton Running Club | M55 |
| 20 | Wojciech Zabawa | 20.57 | U/A | SM (20 - 40) |
| 21 | Francis Slavin | 21.02 | Northern Vets | M60 |
| 22 | Lee Lloyd | 21.09 | U/A | M40 |
| 23 | Mark Roberts | 21.14 | Pensby Runners | M60 |
| 24 | Adrian Mercer | 21.21 | Pensby Runners | M40 |
| 25 | Brian Seal | 21.39 | Village Road Runners | SM (20 - 40) |
| 26 | Graeme Murray | 22.02 | U/A | SM (20 - 40) |
| 27 | Andrew Keenan | 22.04 | U/A | SM (20 - 40) |
| 28 | Neil Gibbons | 22.07 | Wirral AC | M55 |
| 29 | Ian Blythyn | 22.10 | U/A | M50 |
| 30 | Jim Melling | 22.17 | U/A | M40 |
| 31 | Darrell Freeman | 22.23 | West Cheshire AC | SM (20 - 40) |
| 32 | Tony Clixby | 22.28 | Village Road Runners | M60 |
| 33 | Mike Salisbury | 22.41 | U/A | SM (20 - 40) |
| 34 | Gareth Burroughes | 22.44 | U/A | SM (20 - 40) |
| 35 | Chris English | 22.57 | U/A | M40 |
| 36 | Mike Greer | 23.01 | Village Road Runners | M40 |
| 37 | Dean Pinnington | 23.05 | U/A | SM (20 - 40) |
| 38 | Stephen Frazer | 23.10 | U/A | M45 |
| 39 | Jonathan Clewett | 23.11 | Pensby Runners | U16 |
| 40 | Steven Edwards | 23.14 | U/A | M55 |
| 41 | Polly Firth | 23.23 | Knowsley Harriers | SW (20 - 35) |
| 42 | Ian Gratrix | 23.29 | Pensby Runners | SM (20 - 40) |
| 43 | Colin Lamprey | 23.32 | Pensby Runners | M50 |
| 44 | Alan Jones | 23.35 | Deestriders RC | M40 |
| 45 | Elaine Opara | 23.39 | Village Road Runners | SW (20 - 35) |

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| 46 | Jim Edwards | 23.49 | Birkenhead AC | M60 |
| 47 | Peter Hardy | 23.52 | U/A | M55 |
| 48 | Ian Pinnington | 24.14 | U/A | M45 |
| 49 | Leanne Foster | 24.16 | Lincoln & District Runners | SW (20 - 35) |
| 50 | Sandra Connell | 24.24 | Picton Running Club | W55 |
| 51 | Andrea Thom | 24.28 | U/A | W40 |
| 52 | Nicci Davies | 24.43 | Wallasey AC | W55 |
| 53 | Leslie Pritchard | 24.46 | U/A | M40 |
| 54 | Rob Chalmers | 25.02 | U/A | SM (20 - 40) |
| 55 | Paula Smith | 25.06 | Wirral AC | W40 |
| 56 | Barbara Gregory | 25.32 | Run England | W65 |
| 57 | Jeanette Pinnington | 25.40 | Picton Running Club | W45 |
| 58 | Anne Morrison | 25.45 | U/A | W45 |
| 59 | Cassandra Edgar | 25.51 | U/A | SW (20 - 35) |
| 60 | Nick Shaw | 25.56 | U/A | SM (20 - 40) |
| 61 | Rachel Keenan | 25.59 | Village Road Runners | W35 |
| 62 | Harry Greenwood | 26.04 | Picton Running Club | M65 |
| 63 | Rolf Westrum | 26.14 | Wallasey AC | M55 |
| 64 | Abir Ali | 26.27 | U/A | SM (20 - 40) |
| 65 | Jane Willett | 26.32 | U/A | W40 |
| 66 | Rebecca Hardy | 26.36 | U/A | W35 |
| 67 | Lucy Burdett | 26.40 | U/A | U16 |
| 68 | Maureen Osborne | 26.45 | Village Road Runners | W40 |
| 69 | Ian Chalmers | 27.00 | Pensby Runners | M65 |
| 70 | Jeanette Grimes | 27.18 | Picton Running Club | W50 |
| 71 | Jane Hickey | 27.36 | U/A | W55 |
| 72 | Kate Lewis | 27.40 | Picton Running Club | W50 |
| 73 | Marie Motley | 27.45 | Mossley Hill AC | W50 |
| 74 | Dorothy Fairhurst | 28.06 | St Helens Sutton AC | W70 |
| 75 | Joanne Cook | 28.18 | Pensby Runners | W35 |
| 76 | Yolla McCoy | 28.27 | U/A | W45 |
| 77 | Margaret Miller | 28.28 | U/A | W40 |
| 78 | Jacqueline Edwards | 29.21 | U/A | W55 |
| 79 | Ian Gallantry | 29.33 | U/A | SM (20 - 40) |
| 80 | Jenny Peel | 29.35 | Picton Running Club | W65 |
| 81 | Ron Cooper | 29.37 | U/A | M45 |
| 82 | Sue Boyle | 29.55 | Run England | W45 |
| 83 | Lesley-Ann Cucksey | 30.34 | U/A | W50 |
| 84 | Andrew Jones | 30.34 | U/A | M50 |
| 85 | Noah Samrodia | 33.35 | U/A | U16 |
| 86 | Geraldine Luxton | 33.57 | U/A | W55 |
| 87 | Gabriella Samrodia | 34.43 | U/A | U16 |
| 88 | Ellie Allen | 43.50 | U/A | U16 |