

2006 Countryside Tour of Horwich & Rivington.

Battle Commences For 2006 Tour Titles.

The start of the Fourth OnThe Run Countryside Tour of Horwich & Rivington was greeted by a rather damp but warm evening. The first race, in the five event Tour, was the testing 6K Trail Race, the Science In sport Lever Park Run, that runs on the trails through the picturesque countryside on the slopes below Rivington Pike. Conditions were tricky with a slippery descent and subsequently times were a little slower than last year. Last year's overall Tour winner Michael Aspinall (Lancaster & Morecambe AC) was not competing, as he is targeting the Sunday AAA of England 5K Championship race at the Horwich Carnival Races. However, his absence did not detract from the battle to take the lead to gain this year's men's title. There was a terrific contest to come out on top in this first race, with local athlete Mark Russell (Bolton Tri) finishing fourteen seconds ahead of Horwich's Chris Heys. Chris was pleased to have improved on his seventh place from last year's equivalent race, and his performance was commendable having just recently suffered a nasty fall in a fell race. James Williams of Salford was third, fourteen seconds behind Chris. Alan Ashton (Liverpool Harriers) was first over 35 in fifth place. In the ladies race Lynn Jolley (Wigan Phoenix) was a convincing winner, some forty seconds ahead of team mate Yvonne Wyke who was first lady over 35. Gemma Unsworth (Blackpool & Fylde) was a further twenty-seven seconds behind Yvonne as she finished third lady. Horwich came out on top in the men's team category, with Heys, G.Kay, Nolan and Boardman completing the winning team. In the ladies' team category Wigan Phoenix finished just ahead of Liverpool Harriers. Mary White (L55), Steve Nolan (M45), Tony Hesketh (M55) and Derek Kay (M60) were all victorious in their age categories.

Science In Sport Lever Park Run (13/06/06).

1	M Russell (Bolton Tri)	M	23.52
2	C Heys*	M	24.06
4	G Kay*	M	24.25
7	S Nolan*	1 st M45	24.45
15	P Boardman*	2 nd M40	26.12
20	A Sunter*	M45	26.32
24	D Mason*	M	27.03
26	M Kay	M	27.21
38	T Hesketh*	1 st M55	28.15
42	J Foulds*	M45	28.54
49	D Kay	1 st M60	29.44
51	C Snape	M45	30.02
64	B Allman*	M50	30.56
67	I Smith	M50	31.05
80	S Baines*	M40	32.27

82	M White*	1 st L55	32.37
85	L Pinnell*	M35	32.54
108	E Mellor*	M	35.15
110	A Blinkhorn*	M55	35.48
124	E Lorimer	M	41.12
	Finishers 131		
	Ladies' Teams (3)		
1	Wigan Phoenix	23	
2	Liverpool Harriers	27	
	Men's Teams (4)		
1	Horwich RMI	28	
2	Liverpool Harriers	47	
	Men's B Teams (4)		
1	Horwich RMI	99	
	Men's Vets Teams (4)		
1	Horwich RMI	37	

* denotes Tour competitor

Tour Leaders Extend Their Leads.

A pleasant but cloudy summer's evening and a tremendous atmosphere was the fair for last night's second race in the On The Run Countryside Tour of Horwich and Rivington. The 5 mile Jubilee Road Race, staged on roads in the beautiful countryside around Rivington, saw Tour leaders Mark Russell (Bolton Tri) and Lynn Jolley (Wigan Phoenix) battle hard to try to extend their overall Tour leads. Tour Leader Mark extended his Tour lead by an impressive 54 seconds ahead of second placed Tour man Salford's James Williams, who himself moved up from being third after race 1. Mark now has an overall Tour lead of 1 minute and 8 seconds going into the third Tour race tonight's 5.25 miles Walsh Two Lads Fell Race. Winner of the race on the night was Neil Tattersall (Pendle AC) in a time of 25.25.

The Tour's leading lady Lynn Jolley (Wigan Phoenix) had another fine run to finish first Tour lady on the night and extend her Tour lead by 28 seconds over second Tour lady Yvonne Wyke (L35, Wigan Phoenix). Lynn had to settle for second place lady in the race itself behind fellow Wigan Phoenix athlete Rachael Moore. Second placed Tour lady Yvonne extended her advantage over third placed Tour lady Gemma Unsworth (Blackpool & Fylde) by 19 seconds and now has a lead of 46 seconds.

In the race itself Horwich's Paul Muller was first over 45 and an impressive ninth place overall, Mike Selby finished a terrific first over 60 and Sue Lever ran well to win the over 45 ladies' category. Horwich RMI Harriers won the men's team award on the night (P.Massey, P.Muller, S.Duckworth, G.Kay) but had to settle for second place in the ladies' team category behind local rivals Wigan Phoenix. The race had a terrific 231 finishers, with a tremendous 31 Horwich RMI Harriers competing.

Horwich RMI Harriers Jubilee Road Race (14/06/06)

1	N Tattersall (Pendle AC)	M	25.25
7	P Massey	2 nd M35	27.09
8	M Russell (Bolton Tri)*	3 rd M35	27.12
9	P Muller	1 st M45	27.30
13	S Duckworth	2 nd M45	27.59
16	G Kay*	M	28.05
17	S Nolan*	3 rd M45	28.06
24	S Barlow	M45	28.57
28	C Heys*	M	29.13
29	S Diaz	M	29.14
56	C Anthony	3 rd L	30.28
57	P Boardman*	M40	30.33
71	A Sunter*	M45	31.17
75	R Green	M40	31.26
82	S Lever	1 st L45	31.41
94	J Foulds*	M45	32.15
95	M Crook	2 nd M55	32.21
99	R Baker	M	32.40
101	D Fleming	M45	32.57
106	T Hesketh*	3 rd M55	33.11
107	C Leigh	M	33.21
116	M Selby	1 st M60	33.53
118	T Varley*	M55	33.55
119	G Higson	2 nd L35	33.58
136	B Allman*	M50	35.11
142	A Thompson	M50	35.27
177	L Pinnell*	M35	38.15
182	M White*	2 nd L55	38.39
196	E Swift	M55	39.52
198	G Stone	M50	40.07
199	C Sweatman	L50	40.12
215	E Mellor*	M	42.39
223	J Thompson	L45	44.55

Finishers 231

Ladies' Teams (3)

1	Wigan P	14
2	Horwich RMI	19

Men's Teams (4)

1	Horwich RMI	45
2	Wigan P	47

Men's Vets Teams (4)

1	Horwich RMI	25
2	Chorley H	74

* denotes Tour competitor

Mark and Jane Retain Their Tour Leader Vests.

The Walsh Two Lads Fell Race (5.25 miles, 900' ascent), the third race in the On The Run Countryside Tour of Horwich & Rivington, was greeted by a brilliant summer's evening with clear blue skies. In the race you run out of the historic town to the edges of the West Pennine Moors, with stunning views over the Cheshire and Fylde plains. The race saw the overall Tour leader, Mark Russell (Bolton Tri Club) retain the coveted yellow Tour leader vest. In a thrilling race, Mark's overall lead of 54 seconds was to be extended by an impressive one minutes and 24 seconds to two minutes and 18 seconds over second placed Tour man James Williams (Salford Harriers). Third placed Tour man Stephen Nicholls (Liverpool Harriers) finished just behind James in the race to hold on to his third place overall. The race was won by Horwich RMI Harrier Darren Kay who had a great run to finish in a time of 31.53. Horwich's Junior Man James Kevan finished runner up in the race in 32.26. Horwich's Tour runners Tony Hesketh and Mary White ran really well to win their respective over 55 categories to retain their tour leads. Horwich runners Dave Massey (Over 45), Steve Jackson (Over 50) and Derek Kay (Over 60) were all category winners on the night.

Overall in the ladies Tour standings Lynn Jolley (Wigan Phoenix) retained the yellow tour leader vest and extended her lead over team mate and second placed tour runner Yvonne Wyke by one minute 32 seconds to extend her overall advantage to two minutes and 40 seconds. Lynn was the outright ladies' winner on the night in a time of 38.31, whilst Yvonne was first Over 35. Gemma Unsworth (Blackpool & Fylde) ran well to retain third place in the tour. The race had a terrific 180 finishers, which was a tremendous number considering the clash with England's World Cup game the same evening.

The Tour has its climax at the spectacular annual ASDA Horwich Carnival Races, a day of cycling and running for all the family. There are two 5K races open to enter on the day (1.00pm and 2.55pm) and a 1 mile Fun Run (3.25pm).

Walsh Two Lads Fell Race (15/06/06).

1	D Kay	1 st M35	31.53
2	J Kevan	1 st JM	32.26
3	P Roby	M	32.53
4	R Maddams	M	33.02
8	D Massey	1 st M45	34.39
10	S Diaz	M	35.13
11	G Kay*	M	35.15
15	S Nolan*	M45	35.33
16	C Heys*	M	35.38
18	P Howarth	2 nd JM	35.50
24	P Boardman*	3 rd M40	37.07
25	R Green	M40	37.18

26	A Sunter*	M45	37.42
27	D Mason*	M	37.52
34	T Hesketh*	1 st M55	38.45
49	D Fleming	M45	40.11
56	K Smout	3 rd L	40.40
57	J Foulds*	M45	40.54
66	D Kay	1 st M60	41.51
71	T Varley	3 rd M55	42.10
81	B Allman*	M50	43.14
85	R Longlands	M	43.54
86	I Smith	M50	43.55
88	P Heneghan	2 nd M60	43.59
100	C McKenna	L	45.04
118	M White*	1 st L55	46.53
122	L Pinnell*	M35	47.13
132	E Swift	M55	48.44
144	A Blinkhorn*	M55	50.20
146	M Huyton	3 rd L55	51.01
147	J Derbyshire	3 rd L45	51.08
	Finishers 180		
	Men's Teams (4)		
1	Horwich RMI	10	
2	Horwich RMI B	44	
	Men's Vets Teams (4)		
1	Horwich RMI	20	
	Ladies' Teams (3)		
1	Horwich RMI	28	
2	Wigan P	29	

*denotes Tour competitor

Mark and Lynn Retain Countryside Tour of Horwich & Rivington Lead.
 Friday is the 4.5 mile **Joseph Holt Brewery Cross-Country**, an event that runs in the splendid setting of Ridgmont Park high on the slopes above the town. The Tour continued its run of great weather from the previous evening as a warm and pleasant atmosphere greeted the runners. Tour leader Mark Russell (Bolton Tri) had a convincing victory in the race with a winning margin of 39 seconds over Horwich's Glyn Kay. Glyn's performance was so good he moved up from fourth in the overall Tour standings to third. Liverpool Harrier Stephen Nicholls finished fourth on the night and moved up from third to second overall. In the ladies event Tour leader Lynn Jolley was in a class of her own winning the race, in a new record time for the senior ladies category of 27.40 beating the previous record by one minute and 30 seconds. Fellow Wigan Phoenix athlete Yvonne Wyke, second in the overall Tour, was another impressive performer finishing second lady (first over 35). Salford's Russ Derbyshire improved the over 50 course record by a terrific 37 seconds. On the night there was a tremendous category win for Horwich RMI Harrier Mary White (first over 55) who broke the

over 55 record by a breathtaking three minutes and 54 seconds, maintaining her seventh place overall in the Tour standings. In the 1.2 mile Junior Whites Cross Country Fun Run there were 51 runners with Chorley Harrier Joshua Skinner winning in a record time of 7.09, beating the previous best by a staggering one minute and thirty four seconds. Joshua now led the Junior Fun Run Tour by 36 seconds going into the final run on the Sunday. Horwich's April Stephenson won the girls' race ahead of team mate Bethan Faulkner and as a result had an overall Tour lead of sixty two seconds.

The Tour then moved to its climax on the Sunday at the ASDA Horwich Carnival Races with the Tour runners competing in the Georgia Pacific Horwich Carnival 5K Road Race.

Joseph Holt Brewery Cross Country (16/06/06).

1	M Russell (Bolton Tri)*	1 st M35	24.54
2	G Kay*	M	25.15
7	S Nolan*	2 nd M45	25.49
12	C Heys*	M	27.19
13	D Mason*	M	27.25
15	L Jolley (Wigan P)*	1 st L	27.40 New Record
16	A Sunter*	M45	27.44
20	P Boardman*	3 rd M40	27.57
21	G Chadderton	M40	28.12
34	J Foulds*	M45	29.34
48	T Varley*	2 nd M55	31.02
55	B Allman*	M50	31.40
71	M White*	1 st L50 & L55	34.15
75	L Pinnell*	M35	34.50
	Finishers 103		
	Men's Teams (4)		
1	Horwich RMI	31	
2	Liverpool H	47	
	Men's B Teams (4)		
1	Horwich RMI	67	
	Men's Vets Teams (4)		
	Ladies' Teams (3)		
1	Wigan P	18	

*denotes Tour competitor

2006 ASDA Horwich Carnival Races – Climax of the Countryside Tour of Horwich & Rivington.

Final Race Sees Mark and Lynn Take Tour Titles.

The final race in the 2006 Countryside Tour of Horwich & Rivington the Georgia Pacific 5K, part of the ASDA Horwich Carnival Races, saw Mark Russell (Bolton Tri) have a great run to finish in third place in 16.33, behind fellow Tour runner

Keith Johnston (Chorley Harriers, 16.23)) in second and race winner Henryk Piotrowski (Tipton Harriers, 16.05). Mark secured the Tour title after a great week's racing and finished 4 minutes and 35 seconds ahead of the second tour runner Stephen Nicholls (Liverpool Harriers) in the overall standings. Stephen was 23 seconds ahead of third place Tour runner Horwich RMI Harrier Glyn Kay, who also recorded a terrific week of performances. Second in the race was local athlete Keith Johnston (Chorley Harriers) who was to finish fourth in the Tour. Horwich's Steve Nolan finished a terrific first over 45 in the race in seventh place and also finished the Tour in seventh place overall.

Local club Wigan Phoenix were to celebrate in the ladies race and overall Tour, as Lynn Jolley won the race in 18.10, to take the overall Ladies' Tour title, ahead of team mate Yvonne Wyke who was second and also runner up in the Tour.

Wigan Phoenix ladies also won the ladies' team prize in the overall Tour. There was to be Tour success for the organising club Horwich RMI Harriers as Mary White (over 55) was a winner of her category, and both the men's and veteran men's teams won their respective team awards for the week.

The Horwich Carnival Fun Run (approximately 1 mile) was the final running event of the day and was enjoyed by over 120 runners, some of whom were completing their third run in the Under 17's Fun Run Tour. Winner of the Fun Run was Chorley Harrier Joshua Skinner in a time of 4.56, who also won the Fun Run Tour. First Under 17 female to finish was April Stevenson (Horwich RMI Harriers) in third place in a time of 5.07, who was also first female in the Tour. Team mate Bethan Faulkner finished runner up in the Fun Run Tour. Many runners ran in fancy dress and added to the Carnival atmosphere.

In all there were nearly 600 runners who completed the running events.

The Countryside Tour of Horwich & Rivington goes from strength to strength and continues to grow. The countless battles within each race and overall make the week so exciting. Memories are countless and joy and heartache are a plenty. The emotions of the week are there for all to see. As organiser perhaps one of the most abiding memories is someone saying "I'll definitely be back".

Thank you to all of the Horwich RMI Harriers and all the other helpers who made the week possible and who were all brilliant. Counting all the names it came to well over a hundred! To all who said "yes count me in" we are extremely grateful. What a team.

Thanks also to Horwich Leisure Centre for the use of their facilities, Bolton Council, United Utilities and local farmers for permission to route the different events in the week, Lancashire and GM Contabularies, and both the St. John Ambulance Brigade (Chorley and GM) and Bolton Mountain Rescue Team for providing essential medical cover.

Thanks to the main Tour sponsors On the Run and to all our other race sponsors (SIS, Walsh, Joseph Holt Brewery, Puma, Warburtons and Georgia Pacific) and all our other Tour contributors. Without their generous support the event would not take place. A special mention must go to Bolton MBC for their support for the week.

2006's Tour was a great success. Roll on 2007.

Georgia Pacific Horwich Carnival 5K (18/06/06).

1	H Piotrowski (Tipton Harriers)	1 st M35	16.05
2	K Johnston (Chorley Harriers)*	M	16.23
3	Mark Russell (Bolton Tri)*	2 nd M35	16.33
6	G Kay*	M	16.48
7	S Nolan*	1 st M45	16.49
11	C Heys*	M	17.10
16	K Ward	M	17.27
17	D Mason*	M	17.56
21	P Boardman*	2 nd M40	18.04
31	G Chadderton	M40	18.43
35	J Foulds*	M45	19.12
37	A Sunter*	M45	19.20
53	B Allman*	M50	20.24
57	G Litchin	M	20.42
58	T Varley*	3 rd M55	20.42
80	M White*	1 st L55	22.29
83	L Pinnell*	M35	22.52
93	S Smallbone	L	23.21

Finishers 118

Men's Teams (4)

1	Horwich RMI	40
2	Liverpool Harriers	74
Men's B teams (4)		
1	Horwich RMI	95
Men's Vets Teams (4)		
1	Horwich RMI	50
2	Lostock	108
Ladies' Teams (3)		
1	Liverpool Harriers	21
2	Wigan Phoenix	22

Overall Tour Standings.

Men

1	M Russell (Bolton Tri)	1 st M35	2.05.50
2	S Nicholls (Liverpool Harriers)	M	2.09.25
3	G Kay	M	2.09.48
7	S Nolan	2 nd M45	2.11.02
8	C Heys	M	2.13.15
11	P Boardman	2 nd M40	2.19.46
13	D Mason	M	2.20.49
18	A Sunter	M45	2.22.35

27	J Foulds	M45	2.30.49
36	B Allman	M50	2.41.25
45	L Pinnell	M35	2.56.04

Finishers 61

Men's Teams

1	Horwich RMI	5
2	Horwich RMI B	16
3	Liverpool Harriers	18

Ladies

1	L Jolley (Wigan Phoenix)	L	2.21.01
2	Y Wyke (Wigan Phoenix)	1 st L35	2.24.57
3	G Unsworth (Blackpool & Fylde)	L	2.27.04
7	M White	1 st L55	2.54.53

Finishers 18

Ladies' Teams

1	Wigan Phoenix	7
2	Liverpool Harriers	12
3	Chorley Harriers	19

Horwich Carnival Fun Run.

1	J Skinner (Chorley Harriers)*	MU17	4.56
2	J Bretherton (Chorley Harriers)*	MU13	5.06
3	A Stephenson (Horwich RMI)*	1 st LU15	5.07
5	B Faulkner*	2 nd LU15	5.33
11	Z Howe	MU13	5.56
16	R Atkinson	2 nd LU13	6.06
25	S Boardman	3 rd MU11	6.34
36	H Spragg*	MU13	7.01
40	I Faulkner*	LU9	7.05
42	E Faulkner*	LU11	7.08
53	J Roberts	MU11	7.31
55	J Howe	MU11	7.31
64	M Howe	M35	7.40
65	P Howe	LU9	7.41

Finishers 122

Overall U17's Fun Run Tour.

Males

Age

1	J Skinner (Chorley Harriers)	15	18.32
2	J Bretherton (Chorley Harriers)	12	19.18

	Harriers)		
3	R Powell (Leigh Harriers)	11	20.04
	Finishers 12		
	Females		
1	A Stephenson	14	19.43
2	B Faulkner	14	21.11
3	N Jackson (Preston Harriers)	13	22.01
	Finishers 12		

* denotes Tour runners

ASDA Horwich Carnival Races Another Great Success.

World and UK Bests In The Sporting Extravaganza.

Horwich RMI Harriers' and Horwich Cycling Club's annual ASDA Horwich Carnival Races saw some top class UK and World performances recorded on the town centre circuit. Despite not being blessed with the best of weather, nevertheless a truly excellent day's racing was enjoyed by all. Despite the rain, the enthusiasm of the Carnival day crowds was not dampened as they were thrilled by the top class running events. They started at 11.30 with the On The Run / Puma British Masters 5K Road Running Championships in which Over 40 David Taylor (Blackheath and Bromley Harriers) won in 14.38, this year's fastest time run by a UK man Over 40, comprehensively beating last year's Men's Over 40 course record of 15.09 and the best 2006 M40 time of 14.53 before the race. The first lady to finish in the Masters 5K was Falkirk Victoria Harrier Fiona Matheson (Lady Over 45) who went into second place in this year's UK rankings for a Lady Over 45, finishing in a time of 17.46. **In all the five year age group categories for the men and ladies there were no fewer than seven UK best times run this year. A performance that really stood out in the Masters race was that of Over 60 Carol Wolstenholme (Hallamshire Harriers) who finished in a time of 20.05, a World All Time Best for 5K on the road for the Over 60 ladies' category.**

There was success for Horwich RMI Harrier Angela Allen who ran a superb race in the British Masters 5K Road running Championships. She finished a tremendous third lady overall and second Over 35 Lady, taking twenty seconds off her time from last year. Her superb individual silver medal in the Over 35 category was to be topped by the Horwich ladies team. Angela led the way for a club team victory in the championships, with Sue Lever and Denise Wakefield giving strong support to land this prestigious national title.

The ASDA Horwich Carnival 5K (incorporating the AAA of England and the Warburtons North of England AA Championships) that followed was to see a race of quite breath taking quality. The men's race was thrilling from start to finish and built up to an incredible push for glory. Birchfield Harriers Tewodros Shiferaw and Patrick Makau, together with Telford's Chris Davies and Leigh Harrier Peter Riley formed the leading group from about the 2 Kilometre mark. Eventually Peter was dropped to leave the other three to battle it out for the podium places. In the final sprint the first three were to be split by a mere two seconds as Tewodros finished first in 13.54 and Patrick snatched second by a whisker from

Chris, with both athletes recording the same time of 13.56. Chris was the worthy winner of the AAA title. Peter Riley was to finish fourth and first man in the North of England Championships in a time of 14.01. Sale Harriers narrowly took the team honours in the North of England (Rick Hayman, Steffan North, Matt Bond) ahead of Leeds City AC (David Webb, Chris Birchall, Mike Burrett) whilst Belgrave won the AAA men's team title (Mark Miles, Simon Jones, Richard Ward). The winning men's time equalled last year's course record and was easily this year's UK fastest time, previously 14.15.

In the ladies race it was Bristol & West's Kate Reed who led from start to finish. Her winning time of 15.45 shattered the previous course record of 16.05 and puts her at the top of the UK rankings this year, easily beating the previous best 2006 time of 16.13. Kate was crowned AAA champion, whilst fourth placed Jenny Blizzard (Rotherham) took the Northern title in a time of 16.25. Second placed Lady in the race was Birchfield's Cathy Mutwa and third was Over 35 Kate Ramsey (Charnwood AC), who not only finished third on the podium but who also beat the 2006 UK's previous best time for a Lady Over 35 by a tremendous 26 seconds. Chester-Le-Street won the ladies North of England team title (Alyson Dixon, Diane Heneghan, Stephanie Robson), whilst Telford (Claire Martin, Sian Dixon, Kim Green) were elevated from second team overall to first place, thus winning the AAA team title, after one of Charnwood AC's athletes was disqualified for not wearing her club vest. **The race again produced superb times, showing the quality of the fields assembled. The first five men are now currently at the top of this year's UK rankings for 5K and the top class ladies race had seven athletes finishing with times placing them in the top ten of this year's UK rankings.**

The third running race was the Georgia Pacific 5K, also Race 5 and the climax to the On The Run Countryside Tour of Horwich & Rivington.

Tour leader Mark Russell (Bolton Tri Club) was to end his week in style by finishing an excellent third in the race (16.33) to take the coveted overall men's Tour title (2.05.50). Winner of the race itself was Henryk Piotrowski (Tipton Harriers). Second in the race was local athlete Keith Johnston (Chorley Harriers) who was to finish fourth in the Tour. Local club Wigan Phoenix were to celebrate in the ladies race and overall Tour, as Lynn Jolley won the race in 18.10, to take the overall Ladies' Tour title, ahead of team mate Yvonne Wyke who was second and also runner up in the Tour. Wigan Phoenix ladies also won the ladies' team prize in the overall Tour. There was to be Tour success for the organising club Horwich RMI Harriers as Mary White (over 55) was a winner of her category, and both the men's and veteran men's teams won their respective team awards for the week.

The Horwich Carnival Fun Run (approximately 1 mile) was the final running event of the day and was enjoyed by over 120 runners, some of whom were completing their third run in the Under 17's Fun Run Tour. Winner of the Fun Run was Chorley Harrier Joshua Skinner in a time of 4.56, who also won the Fun Run Tour. First Under 17 female to finish was April Stevenson (Horwich RMI Harriers) in third place in a time of 5.07, who was also first female in the Tour. Many runners ran in fancy dress and added to the Carnival atmosphere.

In all there were nearly 600 runners who completed the running events.

ASDA Horwich Carnival 5K (AAA and NoEAA 5K Championships).

1	T Shiferaw (Birchfield Harriers)	M	13.54 Equal Course Record
2	P Makau (Birchfield Harriers)	M	13.56
3	C Davies (Telford AC)	M	13.56 AAA Champion
4	P Riley (Leigh Harriers)	M	14.01 North Of England Champion
47	K Reed (Bristol & West)	1 st L	15.45 Course Record AAA Champion
52	C Mutwa (Birchfield Harriers)	2 nd L	16.02
56	K Ramsey (Charnwood AC)	1 st L35	16.14 Age Group Course Record
55	C Rigby	3 rd M35	16.14
58	A Murray	M	16.17
60	J Kevan	2 nd JM	16.21
87	T Rowlands	M35	17.21
107	K Smout	L	19.32

Finishers 116

AAA & NoEAA Teams

Men's Teams (3)

1	Belgrave Harriers Mark Miles, Simon Jones, Richard Ward)		44.01 AAA Champions
2	Oadby & Wigston Legionnaires		44.47
3	Leeds City AC David Webb, Chris Birchall, Mike Burrett	33 points	44.58
4	Sale Harriers Rick Hayman, Steffan North, Matt Bond	30 points	45.14 North of England Champions
8	Horwich RMI		48.52
	Ladies' teams (3)		
1	Telford AC Claire Martin, Sian Davies, Kim Green		51.34 AAA Champions
2	Chester-Le-Street Alyson Dixon, Dianne Henaghan, Stephanie Robson	24 points	52.17 North of England Champions

ON THE RUN / PUMA British Masters 5K Road Championships.

Men

1	D Taylor (Blackheath &	M40	14.38 Age Group
---	------------------------	-----	-----------------

	Bromley)		Course Record
2	D Bilton (Leeds City AC)	M40	14.55
3	P Freary (Belgrave Harriers)	M35	15.05 New Age Group Course Record
116	P Bland	M55	19.37
131	T Varley	M55	20.39
	159 Finishers		
	Men's Teams (4)		
1	Herne Hill Harriers	97	
	Roger Alsop, Keith Newton, Mike Boyle, Geoff Jerwood		
2	Sunderland Harriers	104	
3	Rotherham Harriers	121	
	Ladies		
1	Fiona Matheson (Falkirk Victoria Harriers)	L45	17.46 Age Group Course Record
2	A Oddie (Ilkley Harriers)	1 st L35	17.47
3	A Allen	2 nd L35	17.57
10	S Lever	L45	19.05
34	D Wakefield	L50	21.32
59	L Smal	2 nd L70	30.41
	Finishers 59		
	Ladies' Teams (3)		
1	Horwich RMI Harriers	47	
	Angela Allen, Susan Lever, Denise Wakefield		
2	Hallamshire Harriers	48	
	Georgia Pacific Horwich Carnival 5K (18/06/06).		
1	H Piotrowski (Tipton Harriers)	1 st M35	16.05
2	K Johnston (Chorley Harriers)*	M	16.23
3	Mark Russell (Bolton Tri)*	2 nd M35	16.33
6	G Kay*	M	16.48
7	S Nolan*	1 st M45	16.49
11	C Heys*	M	17.10
16	K Ward	M	17.27
17	D Mason*	M	17.56
21	P Boardman*	2 nd M40	18.04
31	G Chadderton	M40	18.43
35	J Foulds*	M45	19.12
37	A Sunter*	M45	19.20
53	B Allman*	M50	20.24
57	G Litchin	M	20.42

58	T Varley*	3 rd M55	20.42
80	M White*	1 st L55	22.29
83	L Pinnell*	M35	22.52
93	S Smallbone	L	23.21
	Finishers 118		
	Men's Teams (4)		
1	Horwich RMI	40	
2	Liverpool Harriers	74	
	Men's B teams (4)		
1	Horwich RMI	95	
	Men's Vets Teams (4)		
1	Horwich RMI	50	
2	Lostock	108	
	Ladies' Teams (3)		
1	Liverpool Harriers	21	
2	Wigan Phoenix	22	

Overall Tour Standings.

	Men		
1	M Russell (Bolton Tri)	1 st M35	2.05.50
2	S Nicholls (Liverpool Harriers)	M	2.09.25
3	G Kay	M	2.09.48
7	S Nolan	2 nd M45	2.11.02
8	C Heys	M	2.13.15
11	P Boardman	2 nd M40	2.19.46
13	D Mason	M	2.20.49
18	A Sunter	M45	2.22.35
27	J Foulds	M45	2.30.49
36	B Allman	M50	2.41.25
45	L Pinnell	M35	2.56.04
	Finishers 61		
	Men's Teams		
1	Horwich RMI	5	
2	Horwich RMI B	16	
3	Liverpool Harriers	18	
	Ladies		
1	L Jolley (Wigan Phoenix)	L	2.21.01
2	Y Wyke (Wigan Phoenix)	1 st L35	2.24.57
3	G Unsworth (Blackpool & Fylde)	L	2.27.04
7	M White	1 st L55	2.54.53
	Finishers 18		
	Ladies' Teams		
1	Wigan Phoenix	7	
2	Liverpool Harriers	12	

3 Chorley Harriers 19

Horwich Carnival Fun Run.

1	J Skinner (Chorley Harriers)*	MU17	4.56
2	J Bretherton (Chorley Harriers)*	MU13	5.06
3	A Stephenson (Horwich RMI)*	1 st LU15	5.07
5	B Faulkner*	2 nd LU15	5.33
11	Z Howe	MU13	5.56
16	R Atkinson	2 nd LU13	6.06
25	S Boardman	3 rd MU11	6.34
36	H Spragg*	MU13	7.01
40	I Faulkner	LU9	7.05
42	E Faulkner	LU11	7.08
53	J Roberts	MU11	7.31
55	J Howe	MU11	7.31
64	M Howe	M35	7.40
65	P Howe	LU9	7.41
	Finishers 122		

Overall U17's Fun Run Tour.

	Males	Age	
1	J Skinner (Chorley Harriers)	15	18.32
2	J Bretherton (Chorley Harriers)	12	19.18
3	R Powell (Leigh Harriers)	11	20.04
	Finishers 12		
	Females		
1	A Stephenson (Horwich RMI Harriers)	14	19.43
2	B Faulkner (Horwich RMI Harriers)	14	21.11
3	N Jackson (Preston Harriers)	13	22.01
	Finishers 12		

*denotes Tour runner

Gareth.