

1983	7.26 miles	1984	7.26 miles	1985	7.26 miles	1986	7.26 miles
42.52	R Atkins	40.20	C Hughes	38.08	G Helme	38.32	G Helme
43.04	N Usher	41.24	S James	39.37	C Hughes	40.49	M Thompson
43.56	F Jackson	41.40	K Usher	41.36	M Derrane	40.50	M Derrane
44.04	S James	43.09	N Usher	41.37	S James	41.20	S James
44.43	K Usher	43.39	P Whalley	41.45	K Usher	41.32	S Loker
45.33	J Wright	43.53	R Atkins	42.14	S Loker	43.06	R Berry
46.27	M Kerr	44.00	T Bolland	43.37	S Faris	43.33	K Mullineux
46.41	N Warburton	45.25	K Corcoran	43.55	G Sandiford	43.41	M Hughes
47.00	R Bennett	45.26	I Knight	44.10	G Rogan	43.46	C Wolfarth
47.31	N Thompson	45.58	N Thompson	44.40	A Windsor	44.39	R Johnson
47.40	K Wood	46.00	J Singleton	44.45	PMcCullagh	44.43	R Taylor
47.51	R Belsher	46.50	D Bricknell	45.20	N Thompson	44.57	A Blake
48.12	G Caton	47.05	T Marshall	45.31	M Jones	45.10	A Berry
48.22	C Simmonds	47.08	J Wright	45.34	K Corcoran	45.13	T Marshall
48.52	B Hastings	47.18	P Yarwood	45.58	T Marshall	45.26	I Knight
49.01	K Morris	47.19	B Hastings	46.12	N Usher	45.44	C Green
49.30	L Hyland	47.30	A Willocks	46.18	R Johnson	45.46	K Wood
49.15	C Wolfarth	47.55	R Johnson	46.18	S McLean	45.57	K Corcoran
49.31	C Symes	48.20	G Caton	46.25	R Griffin	46.00	T Bolland
49.55	M Peacock	49.01	N Stpforth	46.28	J Singleton	46.01	G Dobson
50.28	M Usher	49.07	I Alcock	46.29	A Berry	46.09	A Smith
50.29	D Freeman	49.14	L Hyland	46.50	K Wood	46.17	C Lyon
50.37	R Clayton	49.43	B Grice	47.12	D Vernon	46.32	D Grady
51.00	J Pendleton	50.02	P Bamber	47.21	R Berry	46.40	B Beachell
51.15	J Henniker	50.10	A Sides	47.22	J Wright	47.05	G Caton
51.32	R Kitt	50.30	M Peacock	47.42	S McGing	47.09	P Bowden
51.39	A Sides	50.33	C Symes	48.01	A Cooper	47.16	A Foey
53.15	A Reardon	50.45	W Payne	48.06	T Alcock	47.19	J Bleasdale
53.26	K Rowley	51.22	M Ridsdale	48.12	D Aspinall	47.21	E Davis
54.07	F McKenna	51.39	A Smith	48.14	D Bricknell	47.28	S Hull
54.29	A McDougall	51.40	R Berry	48.48	V Lalley	47.29	S Faris
54.44	B Grice	51.49	K Morris	48.50	D Cropper	47.39	K Walbank
56.24	P Marshall	52.55	S Bonney	49.19	N Anderson	47.39	A Tyrer
56.35	Stan Cooper	53.10	S Readman	49.52	B Hastings	47.50	J Wright
56.57	T Moores	53.20	K Rowley	50.04	P Yarwood	48.02	N Sinclair
58.49	J Stout	53.36	J Hepburn	50.33	S Bonney	48.08	B Kennedy
61.31	J Salt	53.51	F Weavers	50.44	B Grice	48.50	J Singleton
62.28	S Marshall	54.40	P Rigby	50.51	N Sinclair	49.10	V Lalley
63.28	L Marshall	55.00	M Allen	50.51	N Ridsdale	49.17	W McCartney
63.51	N Marshall	55.24	Stan Cooper	51.22	S Carmen	49.31	J Sanders
65.36	N Murren	55.28	J Holt	51.33	P Bamber	49.50	W Stamper
67.28	J Murphy	55.29	P Hutchins	52.20	J Hepburn	50.16	D Eley
		55.37	E Manning	52.22	J Wright (FJ)	50.30	B Grice
		56.19	L Marshall	53.03	K McCluskey	50.30	C Hagin
		57.05	M Thompson	53.09	J Holt	50.45	J Henniker
		57.08	N Marshall	53.22	P Rigby	51.05	J Booth
		57.13	P Marshall	53.45	J Stout	51.09	J Critchley
		57.57	D Roach	53.55	S Marshall	51.10	S Marshall
		58.54	A Lea	54.09	G Carter	51.30	B Kelly
		60.19	L McAllister	54.46	M Thompson	51.37	C Symes
		61.40	C Liddle	55.16	J Martin	52.10	J Stout
		64.10	T Jenkins	55.46	K Rowley	52.47	A Clarke
		66.10	B Oakley	56.45	T Derrane	53.16	W McRae
		69.23	C Duthwaite	56.53	N Marshall	53.29	P Bamber
		70.35	S Marshall	57.00	Stan Cooper	53.32	J Pendleton
		70.40	L Cailles	57.26	A Tilbrooke	53.42	P Rigby
		73.24	J Allen	57.38	D Lount	54.02	S Bonney
		74.59	S Lindsay	57.46	D Griffin	54.12	J Hepburn
				58.31	A McDonald	54.56	H Higginson
				59.03	J Booth	55.38	N Marshall
				59.34	P Marshall	55.47	B Gaskell
				59.50	P Ashton	57.14	Stan Cooper
				60.12	D Roche	57.43	K Rowley
				60.12	D McDonald	57.55	E Manning
				60.13	D Lipsey	58.53	G Silcock
				60.24	S Marshall	61.19	P Marshall
				64.05	J Allen	61.35	S Marshall
				65.28	C Liddle	62.51	T Critchley
				65.55	L Cailles	63.23	A Bailiff
				68.21	P Tilbrooke	63.36	L Cailles
				69.56	J Lucas	64.27	J Salt
				72.55	L Peacock		