

1987	7.26 Miles	1988	7.26 Miles	1989	7.26 Miles	1990	7.15 Miles
39.02	G Helme	40.02	K Jacques	40.42	G Helme	39.46	G Helme
41.08	M Thompson	40.21	K Usher	41.02	P Cadwallader	40.19	K Taylor
41.11	K Jacques	40.57	R Berry	41.25	R Berry	40.36	R Seddon
41.19	C Hughes	41.53	C Hughes	41.52	C Hughes	41.12	R Watkinson
41.22	S Anders	42.07	S James	42.24	S James	41.36	C Hughes
42.59	S James	42.23	M Hughes	42.24	N Hoyle	41.50	C Ireland
43.40	D Soden	42.49	A Willocks	42.31	R Watkinson	42.04	S James
44.05	I Corrin	43.12	B Murphy	42.34	M Hughes	42.22	D Soden
44.18	C Wolfarth	43.32	K Wood	42.57	C Lyon	43.36	B Woodhall
44.25	G Kenny	43.32	K Wood	43.10	E MGuire	43.59	M Ashby
44.30	R Berry	44.16	T Bolland	44.27	L Cadwallader	44.00	P Jackson
44.56	P Bowden	45.10	G Kenny	44.30	G Finch	44.00	T Bolland
45.20	S Davenport	45.29	P Freeman	44.58	ABowker	44.07	G Finch
45.25	G Caton	45.32	P Bowden	44.59	P Freeman	44.19	M Phillips
45.51	S Russell	45.37	T Marshall	45.22	P Jackson	44.36	A Puddicombe
45.58	I Knight	45.50	D Snell	45.29	T Marshall	45.16	R Cobb
46.21	T Marshall	45.54	R Johnson	45.44	C Wolfarth	45.20	A Bowker
47.03	D Grady	46.53	N Sinclair	46.12	B Johnston	45.42	G Caton
47.33	A Willocks	47.00	A Bowker	46.21	G Caton	46.03	J Burke
47.55	A Berry	47.34	M Ashby	46.28	J Singleton	46.53	E Davies
48.05	M Ashby	48.37	K Corcoran	46.52	I Knight	47.12	A Quicfall
48.24	K Corcoran	48.59	G Caton	47.36	A Quickfall	47.32	I Knight
48.53	D Parkin	49.11	B Davies	47.50	M Ashby	47.46	D Gill
48.54	J Singleton	49.25	B Johnston	48.17	J Wright	47.52	N Thompson
49.09	N Anderson	49.47	D Owens	48.21	M Walker	48.00	J Singleton
49.14	D Vernon	50.25	M Peacock	48.36	A Cadwallader	48.26	K Wallbank
49.28	K Wallbank	50.29	J Wright	48.38	M Phillips	48.39	B Kennedy
49.29	M Peacock	50.31	J Singleton	49.09	P Bowden	48.48	J Sharrock
49.33	R Clayton	50.43	D Grady	49.26	D Owens	49.00	J Crompton
49.54	J Critchley	51.01	S Marshall	49.45	M Allan	49.30	A Meadow
50.03	J Bleasdale	51.13	D Eley	50.33	J Bleasdale	49.49	D Owens
50.04	D Owens	51.15	J Bleasdale	50.35	B Kelly	50.22	M Naylor
50.08	D Forrest	52.36	A Clark	50.51	S Bonney	51.45	K Harrison
50.10	K Morris	52.53	D Vernon	51.05	D Vernon	52.04	C Magin
50.55	S Marshall	53.32	R Clayton	51.17	V Lalley	52.05	V Lalley
51.09	N Thompson	53.48	J Evans	51.33	J Taylor	52.09	S Bonney
51.26	J Evans	54.46	B Flanagan	51.55	D Hood	52.17	A Willocks
51.55	A Mason	55.05	S Bonney	52.10	A Clarke	52.55	F Walsh
52.59	P Gibb	55.15	A Sides	52.48	A Meadow	53.39	M Peacock
53.16	J Wright(FJ)	55.23	D Forrest	53.30	N Marshall	54.01	M Berry
53.24	B Hastings	55.23	M Draper	53.30	A Brookfield	54.03	S Rimmer
53.48	P Chambers	55.39	M Broderick	53.33	M Berry	54.21	D Vernon
53.50	B Grice	55.40	M Naylor	53.58	S Rimmer	54.23	P Jones
54.03	D Eley	56.21	J Wright(FJ)	54.33	D Evans	54.29	J Francis
54.56	C Symes	56.28	B Grice	54.57	M Draper	54.34	P Rigby
54.56	R Byrne	56.51	N Thompson	54.78	M Peacock	55.07	D Evans
55.12	K Anderson	57.48	A Slater	56.38	W McRae	55.08	J Taylor
55.25	P Davenport	57.54	P Rigby	57.08	D Ashby	55.17	R Hudson
55.41	L Hyland	57.59	P Smith	57.20	E Manning	55.43	A Wilson
56.14	K McFadden	57.59	N Marshall	57.28	L Hyland	55.47	T Clarke
56.21	D Evans	58.34	H Higginson	57.39	J Hepburn	55.54	B McWilliam
56.21	D Evans	58.59	J Riley	57.40	R Brunditt	57.12	R Baker
57.18	J Pendleton	59.16	L Ferguson	58.12	D Lipsey	57.33	C Cutner
57.46	D Matthews	59.43	S Marshall	58.16	J Pendleton	57.48	D Martin
58.10	N Marshall	59.50	D Ashby	58.21	C Rothwell	58.07	B Grice
58.45	P Miller	59.53	E Manning	59.24	R Forrest	58.27	C Rothwell
59.23	E Manning	60.04	R Forrest	59.43	S Marshall	58.50	R Forrest
59.31	J Stout	60.54	A Niker	60.10	B Grice	58.50	A Niker
59.49	R Forrest	64.10	B Wilson	62.51	A Niker	62.56	S Marshall
59.94	B Kernigan			64.11	L Marshall	64.02	A Bell
60.14	M Critchley			64.40	C Fell	66.32	G Cox
61.01	C Rothwell			66.22	J Bradshaw	66.33	J Bradshaw
61.15	M Wilkinson			66.43		68.12	
62.23	Stan Cooper						
62.50	D Hughes						
63.01	G Eaton						
63.32	A Niker						
65.22	R Henderson						
65.30							