

The Mizuno Uphill Races at Rivington on Wednesday 15th August 2007

Men — FINAL RESULTS

| Pos | Name | Club | Time |
|-----|-----------------|-----------------------------|------|
| 1 | Matt Barnes | Altrincham & District AC | 4:53 |
| 2 | Stuart Stokes | Sale Harriers Manchester | 4:55 |
| 3 | Nick Goodliffe | Holmfirth Harriers Ac | 4:58 |
| 4 | Mark Buckingham | Holmfirth Harriers Ac | 5:08 |
| 5 | Tom Doe | Lincoln Wellington Ac | 5:09 |
| 6 | Adam Grice | Leeds City Athletic Club | 5:12 |
| 7 | James Kevan | Horwich R M I Harriers | 5:15 |
| 8 | Nick Leigh | Altrincham & District AC | 5:17 |
| 9 | Tom Cornthwaite | Blackburn Harriers & Ac | 5:26 |
| 10 | AbdulRahaman | Birchfield Harriers | 5:29 |
| 11 | Paul Freary | Belgrave | 5:30 |
| 12 | Bashir Hussain | Stockport Harriers & Ac | 5:30 |
| 13 | Chris Heys | Sale Harriers Manchester | 5:35 |
| 14 | Mohammed Yacuub | Birchfield Harriers | 5:36 |
| 15 | David Alexander | West Cheshire Athletic Club | 5:42 |
| 16 | Gary Priestley | JM 1 Horwich R M I Harriers | 5:45 |
| 17 | Brendan Bolland | Horwich R M I Harriers | 5:50 |
| 18 | David Massey | Horwich R M I Harriers | 6:09 |

Women — FINAL RESULTS

| Pos | Name | Cat/Pos | Club | Time |
|-----|-----------------|---------|--------------------------|------|
| 1 | Katie Ingram | | Horwich R M I Harriers | 5:56 |
| 2 | Olivia Welwyn | | Altrincham & District AC | 6:03 |
| 3 | Danni Nimmock | LJ 1 | Norwich | 6:10 |
| 4 | Rosie Edwards | LJ 2 | Rotherham Harriers & Ac | 6:14 |
| 5 | Jenny Blizzard | | Rotherham Harriers & Ac | 6:15 |
| 6 | Jessica Crate | | United States Of America | 6:27 |
| 7 | Robyn Lanceley | | Rotherham Harriers & Ac | 6:37 |
| 8 | Dionne Allen | LJ 3 | Horwich R M I Harriers | 6:38 |
| 9 | Abbey Vernon | LJ 4 | Rotherham Harriers & Ac | 6:53 |
| 10 | Lisa Hayes | | Horwich R M I Harriers | 6:54 |
| 11 | Laura Spence | LJ 5 | Rotherham Harriers & Ac | 7:00 |
| 12 | Jessica Fawcett | LJ 6 | Rotherham Harriers & Ac | 7:05 |