

Manchester Area Cross Country League

at Heaton Park, Manchester on Saturday 25th October 2008

Senior Men — FINAL RESULTS (\$=non-counter)

Pos	Name	Cat/Pos	Club	Time					
1	Steve Vernon		Stockport Harriers & Ac	32:57	85	Trevor Morris	V45 10	Wilmslow Running Club	41:29
2	Matthew Barnes		Altrincham & District Ac	33:35	86	Jason Bowers		Sale Harriers Manchester	41:32
3	Alex O'Gorman		Trafford Athletic Club	33:40	87	James Corden		Stockport Harriers & Ac	41:38
4	Tom Minshull		Trafford Athletic Club	34:29	88	Steve Dempsey	V45 11	Wilmslow Running Club	41:41
5	Garry Bristow		Trafford Athletic Club	34:33	89	Jim Crehan	V50 5	St Helens Sutton Ac	41:44
6	Steffan North		Sale Harriers Manchester	34:57	90	David Livingstone		Altrincham & District Ac	41:45
7	James Kovacs		Salford Harriers	35:10	91	Adam Gooch	Jun 12	Manchester University	41:47
8	Nick Leigh		Altrincham & District Ac	35:17	92	Tom Priestley		Manchester University	41:48
9	Ian Salisbury		Trafford Athletic Club	35:40	93	Simon Grundy	V40 17	E Cheshire H & Tameside Ac	41:51
10	Andrew Nixon		Stockport Harriers & Ac	35:50	94	Andy Fitzpatrick	V50 6	Manchester Harriers & Ac	41:53
11	Jamie Loxam		Stockport Harriers & Ac	36:01	95	Peter Johnson	V40 18	St Helens Sutton Ac	41:57
12	\$Dave Milliken	V40 1	Horwich R M I Harriers	36:18	96	Roger Parris	V50 7	Swinton Running Club	41:58
13	Michael Cooke	Jun 1	Stockport Harriers & Ac	36:23	97	Rick Smith	V55 2	E Cheshire H & Tameside Ac	42:03
14	James Bailey		Sale Harriers Manchester	36:30	98	Louis Humphries	Jun 13	West Cheshire Athletic Club	42:07
15	Malcolm Fowler	V45 1	Wilmslow Running Club	36:40	99	Mark Evans	V45 12	Trafford Athletic Club	42:08
16	William Crowther	V40 2	Altrincham & District Ac	36:45	100	Steven Worthington		Mantriathlon	42:09
17	Rob Hughes		Salford Harriers	36:51	101	Dave Telford	V60 1	Altrincham & District Ac	42:10
18	Rob Nichol	Jun 2	Altrincham & District Ac	37:02	102	Kevin Garner	V40 19	Stockport Harriers & Ac	42:14
19	Michael Hunt		Trafford Athletic Club	37:06	103	Eddie Gilligan	V45 13	Manchester Ymca Harriers	42:15
20	Alec Beaney	Jun 3	West Cheshire Athletic Club	37:07	104	Paul Connolly		Salford Metropolitan Ac	42:16
21	\$Ken Chapman		Unattached	37:08	105	\$Tom Partington	Jun 14	Unattached	42:17
22	Jim Pendrill		Wilmslow Running Club	37:09	106	Michael Kilmartin		Sale Harriers Manchester	42:18
23	Alex Young	Jun 4	Trafford Athletic Club	37:11	107	Paul Knowles	V45 14	Altrincham & District Ac	42:19
24	Nigel Malkin	Jun 5	Sale Harriers Manchester	37:14	108	Steve Tate	V45 15	St Helens Sutton Ac	42:23
25	Andrew Lamont		Macclesfield Harriers & Ac	37:20	109	Dominic Scott	Jun 15	Altrincham & District Ac	42:24
26	Gareth Turner		Manchester University	37:23	110	Chris Bentley		Macclesfield Harriers & Ac	42:25
27	Dave Lockett	V40 3	Salford Harriers	37:37	111	Steve Doxey	V45 16	Swinton Running Club	42:26
28	Rob Downs	V40 4	Wilmslow Running Club	37:58	112	Mike Holden	Jun 16	Manchester University	42:27
29	Joe Bailey		Salford Harriers	38:19	113	Raph Murray	V50 8	Macclesfield Harriers & Ac	42:28
30	Anthony Connally		E Cheshire H & Tameside Ac	38:27	114	Alan Carroll	V60 2	E Cheshire H & Tameside Ac	42:29
31	Andrew Whittingham		Altrincham & District Ac	38:29	115	David Ainsworth	V45 17	Altrincham & District Ac	42:30
32	Rob Lewtas		Manchester Ymca Harriers	38:32	116	Dave Keeling	V45 18	Trafford Athletic Club	42:31
33	Tom McGaff	V50 1	Wilmslow Running Club	38:34	117	Paul Rowley		Sale Harriers Manchester	42:32
34	Graham Hogg	Jun 6	Trafford Athletic Club	38:38	118	Philip Holmes	V50 9	Manchester Harriers & Ac	42:36
35	Richard Watson		Sale Harriers Manchester	38:44	119	Paul Carrier		St Helens Sutton Ac	42:37
36	Alun Sayce		Manchester University	38:51	120	???		???	42:38
37	Tom Annable	V40 5	Vale Royal Ac	38:52	121	???		???	42:41
38	Tommy Sheldrick		Manchester University	38:57	122	James Corrigan		Belle Vue Racers	42:42
39	Gavin Browne		E Cheshire H & Tameside Ac	38:58	123	Mike Cooper	V45 19	Wilmslow Running Club	42:43
40	Mark Roberts		Mantriathlon	39:01	124	Philip Garside	V55 3	Swinton Running Club	42:44
41	Richard Byers	V40 6	Trafford Athletic Club	39:08	125	Francis Day	V55 4	E Cheshire H & Tameside Ac	42:49
42	Jonathon Walsh		Stockport Harriers & Ac	39:11	126	Paul Dalton	V40 20	E Cheshire H & Tameside Ac	42:53
43	Phil Pennall		Manchester Ymca Harriers	39:14	127	Duncan Drasdo	V40 21	Trafford Athletic Club	42:54
44	Niall Gould	Jun 7	E Cheshire H & Tameside Ac	39:18	128	Tony Flanagan	V40 22	Swinton Running Club	43:00
45	Andrew Clague	V40 7	West Cheshire Athletic Club	39:22	129	Sean Whewell	V40 23	Stockport Harriers & Ac	43:02
46	Robert Whittaker		Sale Harriers Manchester	39:42	130	Barry Blyth	V60 3	Macclesfield Harriers & Ac	43:03
47	Tom Grundy	Jun 8	Macclesfield Harriers & Ac	39:45	131	D Kukulowicz Booth	V40 24	Trafford Athletic Club	43:05
48	Bradley Murphy		Mantriathlon	39:46	132	Mark Bale		Wilmslow Running Club	43:13
49	Liam Bartlett	Jun 9	Manchester Harriers & Ac	39:50	133	Gary Willcock	V45 20	Manchester Ymca Harriers	43:19
50	Paul Birkett	V40 8	Salford Harriers	39:52	134	Sam Scott		Manchester University	43:27
51	Ross Wilson		Macclesfield Harriers & Ac	39:56	135	Kevin Bryden		Trafford Athletic Club	43:32
52	Richard Marlon	V40 9	Stockport Harriers & Ac	39:57	136	Michael Hibbert	V40 25	Manchester Harriers & Ac	43:33
53	Daniel McParland		Mantriathlon	40:00	137	David Jury		Trafford Athletic Club	43:38
54	Tim Johns	V40 10	Mantriathlon	40:02	138	Robert Wilson	V40 26	Mantriathlon	43:38
55	Nick Burke	V40 11	Altrincham & District Ac	40:03	139	Andrew Mooney		Sale Harriers Manchester	43:40
56	Len Best	V55 1	Stockport Harriers & Ac	40:04	140	Tim Hargreaves	V50 10	Stockport Harriers & Ac	43:41
57	Graham Miles	V40 12	Vale Royal Ac	40:06	141	Pat Byrne	V45 21	Middleton Harriers Ac	43:47
58	Dave Garner	V40 13	Manchester Ymca Harriers	40:10	142	Graham Bell		Manchester University	43:49
59	Dean Makin	Jun 10	Stockport Harriers & Ac	40:11	143	Matthew Wade		Manchester Ymca Harriers	43:51
60	Jonathan Dabbs		Mantriathlon	40:12	144	Phil Stanley		Manchester Ymca Harriers	43:53
61	Peter Wood	V50 2	Middleton Harriers Ac	40:13	145	Derek Hughes	V45 22	E Cheshire H & Tameside Ac	43:55
62	Marcus Gregory		E Cheshire H & Tameside Ac	40:18	146	Bill Fox	V50 11	Sale Harriers Manchester	43:59
63	Daniel Ansell		Trafford Athletic Club	40:23	147	Rob Harper		Mantriathlon	44:00
64	Ian White	V45 2	St Helens Sutton Ac	40:25	148	John Bowker	V40 27	E Cheshire H & Tameside Ac	44:02
65	Dominic Partridge	Jun 11	Stockport Harriers & Ac	40:30	149	Dougie Miller		Trafford Athletic Club	44:03
66	Vinny Booth	V45 3	Trafford Athletic Club	40:31	150	Ian Ireland	V40 28	Middleton Harriers Ac	44:13
67	Andy Skitt		Manchester Harriers & Ac	40:32	151	Elton Davies		Sale Harriers Manchester	44:15
68	David Henshaw		Manchester Harriers & Ac	40:39	152	Denis Wharton	V50 12	St Helens Sutton Ac	44:21
69	Gary Matthews	V45 4	E Cheshire H & Tameside Ac	40:48	153	Graham Harrison	V45 23	Altrincham & District Ac	44:22
70	Adrian Nutter		Stockport Harriers & Ac	40:50	154	John Reilly	V55 5	Middleton Harriers Ac	44:24
71	Ray Eagle	V50 3	Wilmslow Running Club	40:51	155	Gareth Woodcock		Trafford Athletic Club	44:25
72	Simon Ellis	V40 14	West Cheshire Athletic Club	40:58	156	Graham Marsland	V40 29	Stockport Harriers & Ac	44:26
73	Dave Rudd	V45 5	Altrincham & District Ac	40:59	157	Chris Lomax	V40 30	Swinton Running Club	44:30
74	Rob Sloane		Manchester University	41:02	158	Lee Woods		Sale Harriers Manchester	44:31
75	Steven Robinson	V45 6	E Cheshire H & Tameside Ac	41:03	159	Lee Whitley	Jun 17	Sale Harriers Manchester	44:37
76	Dennis Duret	V40 15	West Cheshire Athletic Club	41:06	160	Paul Kenny	V45 24	E Cheshire H & Tameside Ac	44:39
77	Andrew Kay		Salford Harriers	41:09	161	Patrick Flynn		Mantriathlon	44:43
78	Andy Yates	V50 4	Sale Harriers Manchester	41:11	162	Dave Haines		Vale Royal Ac	44:49
79	Rob Marsh		St Helens Sutton Ac	41:13	163	Frank Cordingley	V45 25	Sale Harriers Manchester	44:54
80	Mark Norton		Altrincham & District Ac	41:14	164	Richard Thomas	V45 26	Macclesfield Harriers & Ac	44:55
81	Mike Hutchinson	V40 16	Trafford Athletic Club	41:15	165	Tim Edwards	V40 31	Stockport Harriers & Ac	44:59
82	Maurice Collins	V45 7	St Helens Sutton Ac	41:25	166	Gareth Trimble		Wilmslow Running Club	45:03
83	Dave Gough	V45 8	Vale Royal Ac	41:26	167	Sean Cordell	V40 32	Salford Harriers	45:05
84	John Mooney	V45 9	Macclesfield Harriers & Ac	41:27	168	Peter Nixon	V45 27	Stockport Harriers & Ac	45:06
					169	Mike Nolan	V50 13	Manchester Harriers & Ac	45:07

170	Gavin Mendham	V55 6	Wilmslow Running Club	45:12	218	Fechin McCormick	V55 9	Sale Harriers Manchester	49:40
171	Richard Pavey	V40 33	Altrincham & District Ac	45:19	219	Neil Murphy	V45 35	Macclesfield Harriers & Ac	49:46
172	Dave Carrington	V50 14	Altrincham & District Ac	45:23	220	\$Daren Riley	V45 36	Unattached	49:50
173	Ian Hayburn	V40 34	St Helens Sutton Ac	45:25	221	Daniel Bamber		E Cheshire H & Tameside Ac	49:57
174	Rob Jowett	Jun 18	Sale Harriers Manchester	45:29	222	Jack Carney	V50 19	Salford Metropolitan Ac	50:05
175	Andy Watts	V55 7	Wilmslow Running Club	45:30	223	David Okopochini	V40 43	Belle Vue Racers	50:22
176	Jonathan Sacks		Salford Harriers	45:33	224	Andy Chalmers	V45 37	Mantriathlon	50:23
177	Shane Wolstencroft		Salford Metropolitan Ac	45:35	225	Ged Carney	V45 38	Belle Vue Racers	50:35
178	Andrew Cole	V40 35	E Cheshire H & Tameside Ac	45:37	226	Chris Jones	V40 44	Salford Metropolitan Ac	50:42
179	Matt Merson		E Cheshire H & Tameside Ac	45:38	227	Anthony Ward	V45 39	Stockport Harriers & Ac	50:58
180	Jeff Norman	V60 4	Altrincham & District Ac	45:39	228	Miran Aprahamian	V55 10	Sale Harriers Manchester	51:06
181	Mike Jones	V50 15	Altrincham & District Ac	45:42	229	Alan Garvey	V50 20	Middleton Harriers Ac	51:13
182	Timothy Rainey	V40 36	Sale Harriers Manchester	45:48	230	Brian Armstrong	V40 45	Salford Metropolitan Ac	51:18
183	Andrew Hartshome	Jun 19	E Cheshire H & Tameside Ac	45:50	231	Andrew Evans	V45 40	Salford Metropolitan Ac	51:26
184	Rob Bell		Mantriathlon	45:50	232	Alan Webster	V45 41	Macclesfield Harriers & Ac	51:35
185	Liam Browne		E Cheshire H & Tameside Ac	45:57	233	Jon Paramor	V55 11	Manchester Ymca Harriers	51:57
186	Michael Symons	V40 37	Manchester Ymca Harriers	46:00	234	Ian Ashcroft	V60 5	Wilmslow Running Club	52:05
187	Chris Levy		St Helens Sutton Ac	46:05	235	Roland Bowness	V60 6	Salford Harriers	52:10
188	Steve Matkin	V45 28	Stockport Harriers & Ac	46:06	236	Brian Eyre	V50 21	Salford Metropolitan Ac	52:20
189	Andy Quicke		Mantriathlon	46:30	237	Martin McGann	V60 7	E Cheshire H & Tameside Ac	52:25
190	Paul Skipper		Mantriathlon	46:35	238	Howard Bamber	V50 22	E Cheshire H & Tameside Ac	52:46
191	Paul Collinge	V50 16	Middleton Harriers Ac	46:48	239	Tom Dutton	V65 1	Manchester Ymca Harriers	52:58
192	Richard Waring	V40 38	Swinton Running Club	46:55	240	Barry Guy	V55 12	Belle Vue Racers	53:05
193	Paul Rutherford	V40 39	Swinton Running Club	47:00	241	Bob Towell	V65 2	Salford Harriers	53:21
194	Matt Tang		Mantriathlon	47:00	242	Dave Wood	V45 42	Manchester Harriers & Ac	53:32
195	Ed Grover		Manchester University	47:10	243	David Shoesmith	V55 13	Macclesfield Harriers & Ac	53:36
196	Bobby Jones		Belle Vue Racers	47:15	244	Mark Hulme	V50 23	Salford Metropolitan Ac	53:41
197	John Battersby	V50 17	Sale Harriers Manchester	47:29	245	Bob Horrocks	V60 8	Middleton Harriers Ac	54:05
198	Tony Cheung		Manchester University	47:31	246	Bryan Gane	V70 1	Sale Harriers Manchester	54:15
199	Ben Sumner		Trafford Athletic Club	47:34	247	Barry Gould	V60 9	E Cheshire H & Tameside Ac	54:46
200	Alan Kennedy	V45 29	E Cheshire H & Tameside Ac	47:36	248	John Pickup	V45 43	Swinton Running Club	55:00
201	Joe Smith	Jun 20	Salford Metropolitan Ac	47:39	249	Alan Williams	V45 44	Altrincham & District Ac	55:28
202	Mark Wallwork	V45 30	Salford Metropolitan Ac	47:46	250	Shaun McGee	V40 46	Sale Harriers Manchester	55:33
203	Gary Coxson	V50 18	E Cheshire H & Tameside Ac	47:47	251	Daniel Harle		Macclesfield Harriers & Ac	55:55
204	Robin Beaumont	V40 40	Trafford Athletic Club	47:48	252	Colin Timpson	V60 10	E Cheshire H & Tameside Ac	56:14
205	Hugh Morris	V45 31	Stockport Harriers & Ac	47:52	253	Steve Russell Ingram	V50 24	West Cheshire Athletic Club	56:59
206	Chris Holden		Macclesfield Harriers & Ac	47:53	254	Adrian Bocock	V45 45	Middleton Harriers Ac	57:09
207	Alan Littler	Jun 21	West Cheshire Athletic Club	47:54	255	James Lambe	V45 46	Sale Harriers Manchester	57:13
208	Phil Jacques	V40 41	E Cheshire H & Tameside Ac	47:57	256	Michael Buck	V60 11	Middleton Harriers Ac	57:16
209	Geoff Gilbert	V55 8	Wilmslow Running Club	48:05	257	Paul Jordon	V40 47	Middleton Harriers Ac	58:39
210	Nigel Oldham		Manchester Ymca Harriers	48:48	258	Trevor Faulkner	V65 3	Wilmslow Running Club	58:45
211	Tony Faulkner		E Cheshire H & Tameside Ac	48:49	259	Ian Manners	V40 48	Manchester Ymca Harriers	1:00:37
212	Roger Carter	V45 32	Manchester Ymca Harriers	48:53	260	Robert Taylor	V55 14	Stockport Harriers & Ac	1:02:48
213	Mark Wheelton	V45 33	Macclesfield Harriers & Ac	48:58	261	Andy Smith		Swinton Running Club	1:05:40
214	Ian Welsh	V45 34	Mantriathlon	49:09	262	\$Richard Scarsbrook	V45 47	FRA	1:06:02
215	Philip D'netto	V40 42	Belle Vue Racers	49:13	263	Michael Appleyard		Sale Harriers Manchester	1:06:06
216	Tony Samo		Manchester University	49:15	264	Warren Bowden	V40 49	Sale Harriers Manchester	1:06:06
217	Stuart Mairs		Salford Metropolitan Ac	49:16					

Senior Men — TEAM RESULTS

NOTE: Unattached and non-counters are DELETED before teams are calculated

1	Trafford Athletic Club	60	—	3	Alex O'Gorman	4	Tom Minshull	5	Gary Bristow	9	Ian Salisbury	18	Michael Hulst	21	Alex Young
2	Stockport Harriers & Ac	124	—	1	Steve Vemon	10	Andrew Nixon	11	Jamie Loxam	12	Michael Cooke	40	Jonathan Walsh	50	Richard Marnton
3	Altrincham & District Ac	124	—	2	Matthew Barnes	8	Nick Leigh	15	William Crowther	17	Rob Nichol	29	Andrew Whittingham	53	Nick Burke
4	Sale Harriers Manchester	194	—	6	Steffan North	13	James Bailey	22	Nigel Malkin	33	Richard Watson	44	Robert Whittaker	76	Andy Yates
5	Salford Harriers	198	—	7	James Kovacs	16	Rob Hughes	25	Dave Lockett	27	Joe Bailey	48	Paul Birkett	75	Andrew Kay
6	Wilmslow Running Club	243	—	14	Malcolm Fowler	20	Jim Pendrill	26	Rob Downs	31	Tom McGaff	69	Ray Eagle	83	Trevor Morris
7	E Cheshire H & Tameside Ac	307	—	28	Anthony Connolly	37	Gavin Browne	42	Niall Gould	60	Marcus Gregory	67	Gary Matthews	73	Steven Robinson
8	Mantriathlon	343	—	38	Mark Roberts	46	Bradley Murphy	51	Daniel McParland	52	Tim Johns	58	Jonathan Dabbs	98	Steven Worthington
9	Manchester University	345	—	24	Gareth Turner	34	Alun Sayce	36	Tommy Sheldrick	72	Rob Sloane	89	Adam Gooch	90	Tom Priestley
10	Trafford Athletic Club 'B'	372	—	32	Graham Hogg	39	Richard Byers	61	Daniel Ansell	64	Vinny Booth	79	Mike Hutchinson	97	Mark Evans
11	Macclesfield Harriers & Ac	416	—	23	Andrew Lamont	45	Tom Grundy	49	Ross Wilson	82	John Mooney	107	Chris Bentley	110	Raph Murray
12	Stockport Harriers & Ac 'B'	427	—	54	Len Best	57	Dean Makin	63	Dominic Partridge	68	Adrian Nutter	85	James Corden	100	Kevin Gamer
13	Manchester Ymca Harriers	494	—	30	Rob Lewtas	41	Phil Pennall	56	Dave Garner	101	Eddie Gilligan	128	Gary Willcock	138	Matthew Wade
14	St Helens Sutton Ac	504	—	62	Ian White	77	Rob Marsh	80	Maurice Collins	87	Jim Crehan	93	Peter Johnson	105	Steve Tate
15	West Cheshire Athletic Club	504	—	19	Alec Beaney	43	Andrew Clague	70	Simon Ellis	74	Dennis Duret	96	Louis Humphries	202	Alan Littler
16	Manchester Harriers & Ac	516	—	47	Liam Bartlett	65	Andy Skitt	66	David Henshaw	92	Andy Fitzpatrick	115	Philip Holmes	131	Michael Hibbert
17	Altrincham & District Ac 'B'	546	—	71	Dave Rudd	78	Mark Norton	88	David Livingstone	99	Dave Telford	104	Paul Knowles	106	Dominic Scott
18	E Cheshire H & Tameside Ac 'B'	678	—	91	Simon Grundy	95	Rick Smith	111	Alan Carroll	120	Francis Day	121	Paul Dalton	140	Derek Hughes
19	Sale Harriers Manchester 'B'	722	—	84	Jason Bowers	103	Michael Kilmartin	114	Paul Rowley	134	Andrew Mooney	141	Bill Fox	146	Elton Davies
20	Swinton Running Club	783	—	94	Roger Parris	108	Steve Doxey	119	Philip Garside	123	Tony Flanagan	152	Chris Lomax	187	Richard Waring
21	Wilmslow Running Club 'B'	827	—	86	Steve Dempsey	118	Mike Cooper	127	Mark Bale	161	Gareth Trimble	165	Gavin Mendham	170	Andy Watts
22	Middleton Harriers Ac	898	—	59	Peter Wood	136	Pat Byrne	145	Ian Ireland	149	John Reilly	186	Paul Collinge	223	Alan Garvey
23	Manchester University 'B'	969	—	109	Mike Holden	129	Sam Scott	137	Graham Bell	190	Ed Grover	193	Tony Cheung	211	Tony Samo
24	Mantriathlon 'B'	979	—	133	Robert Wilson	142	Rob Harper	156	Patrick Flynn	179	Rob Bell	184	Andy Quicke	185	Paul Skipper
25	Salford Metropolitan Ac	1095	—	102	Paul Connolly	172	Shane Wolstencroft	196	Joe Smith	197	Mark Wallwork	212	Stuart Mairs	216	Jack Carney
26	Macclesfield Harriers & Ac 'B'	1133	—	125	Barry Blyth	159	Richard Thomas	201	Chris Holden	208	Mark Wheelton	214	Neil Murphy	226	Alan Webster
27	Belle Vue Racers	1188	—	117	James Corrigan	191	Bobby Jones	210	Philip D'netto	217	David Okopochini	219	Ged Carney	234	Barry Guy
28	Manchester Ymca Harriers 'B'	1192	—	139	Phil Stanley	181	Michael Symons	205	Nigel Oldham	207	Roger Carter	227	Jon Paramor	233	Tom Dutton

Manchester Area Cross Country League

at Heaton Park, Manchester on Saturday 25th October 2008

Senior Men (Vets) — FINAL RESULTS (\$=non-counter)

Pos	Name	Cat/Pos	Club	Time
1	SDave Milliken	V40 1	Horwich R M I Harriers	36:18
2	Malcolm Fowler	V45 1	Wilmslow Running Club	36:40
3	William Crowther	V40 2	Altrincham & District Ac	36:45
4	Dave Lockett	V40 3	Salford Harriers	37:37
5	Rob Downs	V40 4	Wilmslow Running Club	37:58
6	Tom McGaff	V50 1	Wilmslow Running Club	38:34
7	Tom Annable	V40 5	Vale Royal Ac	38:52
8	Richard Byers	V40 6	Trafford Athletic Club	39:08
9	Andrew Clague	V40 7	West Cheshire Athletic Club	39:22
10	Paul Birkett	V40 8	Salford Harriers	39:52
11	Richard Marlon	V40 9	Stockport Harriers & Ac	39:57
12	Tim Johns	V40 10	Mantriathlon	40:02
13	Nick Burke	V40 11	Altrincham & District Ac	40:03
14	Len Best	V55 1	Stockport Harriers & Ac	40:04
15	Graham Miles	V40 12	Vale Royal Ac	40:06
16	Dave Garner	V40 13	Manchester Ymca Harriers	40:10
17	Peter Wood	V50 2	Middleton Harriers Ac	40:13
18	Ian White	V45 2	St Helens Sutton Ac	40:25
19	Vinny Booth	V45 3	Trafford Athletic Club	40:31
20	Gary Matthews	V45 4	E Cheshire H & Tameside Ac	40:48
21	Ray Eagle	V50 3	Wilmslow Running Club	40:51
22	Simon Ellis	V40 14	West Cheshire Athletic Club	40:58
23	Dave Rudd	V45 5	Altrincham & District Ac	40:59
24	Steven Robinson	V45 6	E Cheshire H & Tameside Ac	41:03
25	Dennis Duret	V40 15	West Cheshire Athletic Club	41:06
26	Andy Yates	V50 4	Sale Harriers Manchester	41:11
27	Mike Hutchinson	V40 16	Trafford Athletic Club	41:15
28	Maurice Collins	V45 7	St Helens Sutton Ac	41:25
29	Dave Gough	V45 8	Vale Royal Ac	41:26
30	John Mooney	V45 9	Macclesfield Harriers & Ac	41:27
31	Trevor Morris	V45 10	Wilmslow Running Club	41:29
32	Steve Dempsey	V45 11	Wilmslow Running Club	41:41
33	Jim Crehan	V50 5	St Helens Sutton Ac	41:44
34	Simon Grundy	V40 17	E Cheshire H & Tameside Ac	41:51
35	Andy Fitzpatrick	V50 6	Manchester Harriers & Ac	41:53
36	Peter Johnson	V40 18	St Helens Sutton Ac	41:57
37	Roger Parris	V50 7	Swinton Running Club	41:58
38	Rick Smith	V55 2	E Cheshire H & Tameside Ac	42:03
39	Mark Evans	V45 12	Trafford Athletic Club	42:08
40	Dave Telford	V60 1	Altrincham & District Ac	42:10
41	Kevin Garner	V40 19	Stockport Harriers & Ac	42:14
42	Eddie Gilligan	V45 13	Manchester Ymca Harriers	42:15
43	Paul Knowles	V45 14	Altrincham & District Ac	42:19
44	Steve Tate	V45 15	St Helens Sutton Ac	42:23
45	Steve Doxey	V45 16	Swinton Running Club	42:26
46	Raph Murray	V50 8	Macclesfield Harriers & Ac	42:28
47	Alan Carroll	V60 2	E Cheshire H & Tameside Ac	42:29
48	David Ainsworth	V45 17	Altrincham & District Ac	42:30
49	Dave Keeling	V45 18	Trafford Athletic Club	42:31
50	Philip Holmes	V50 9	Manchester Harriers & Ac	42:36
51	???	???	???	42:38
52	???	???	???	42:41
53	Mike Cooper	V45 19	Wilmslow Running Club	42:43
54	Philip Garside	V55 3	Swinton Running Club	42:44
55	Francis Day	V55 4	E Cheshire H & Tameside Ac	42:49
56	Paul Dalton	V40 20	E Cheshire H & Tameside Ac	42:53
57	Duncan Drasdo	V40 21	Trafford Athletic Club	42:54
58	Tony Flanagan	V40 22	Swinton Running Club	43:00
59	Sean Whewell	V40 23	Stockport Harriers & Ac	43:02
60	Barry Blyth	V60 3	Macclesfield Harriers & Ac	43:03
61	D Kukulowicz Booth	V40 24	Trafford Athletic Club	43:05
62	Gary Willcock	V45 20	Manchester Ymca Harriers	43:19
63	Michael Hibbert	V40 25	Manchester Harriers & Ac	43:33
64	Robert Wilson	V40 26	Mantriathlon	43:38
65	Tim Hargreaves	V50 10	Stockport Harriers & Ac	43:41
66	Pat Byrne	V45 21	Middleton Harriers Ac	43:47
67	Derek Hughes	V45 22	E Cheshire H & Tameside Ac	43:55
68	Bill Fox	V50 11	Sale Harriers Manchester	43:59
69	John Bowker	V40 27	E Cheshire H & Tameside Ac	44:02
70	Ian Ireland	V40 28	Middleton Harriers Ac	44:13
71	Denis Wharton	V50 12	St Helens Sutton Ac	44:21
72	Graham Harrison	V45 23	Altrincham & District Ac	44:22
73	John Reilly	V55 5	Middleton Harriers Ac	44:24
74	Graham Marsland	V40 29	Stockport Harriers & Ac	44:26
75	Chris Lomax	V40 30	Swinton Running Club	44:30
76	Paul Kenny	V45 24	E Cheshire H & Tameside Ac	44:39
77	Frank Cordingley	V45 25	Sale Harriers Manchester	44:54
78	Richard Thomas	V45 26	Macclesfield Harriers & Ac	44:55
79	Tim Edwards	V40 31	Stockport Harriers & Ac	44:59
80	Sean Cordell	V40 32	Salford Harriers	45:05
81	Peter Nixon	V45 27	Stockport Harriers & Ac	45:06
82	Mike Nolan	V50 13	Manchester Harriers & Ac	45:07
83	Gavin Mendham	V55 6	Wilmslow Running Club	45:12
84	Richard Pavey	V40 33	Altrincham & District Ac	45:19
85	Dave Carrington	V50 14	Altrincham & District Ac	45:23
86	Ian Hayburn	V40 34	St Helens Sutton Ac	45:25
87	Andy Watts	V55 7	Wilmslow Running Club	45:30
88	Andrew Cole	V40 35	E Cheshire H & Tameside Ac	45:37
89	Jeff Norman	V60 4	Altrincham & District Ac	45:39
90	Mike Jones	V50 15	Altrincham & District Ac	45:42
91	Timothy Rainey	V40 36	Sale Harriers Manchester	45:48
92	Michael Symons	V40 37	Manchester Ymca Harriers	46:00
93	Steve Maikin	V45 28	Stockport Harriers & Ac	46:06
94	Paul Collinge	V50 16	Middleton Harriers Ac	46:48
95	Richard Waring	V40 38	Swinton Running Club	46:55
96	Paul Rutherford	V40 39	Swinton Running Club	47:00
97	John Battersby	V50 17	Sale Harriers Manchester	47:29
98	Alan Kennedy	V45 29	E Cheshire H & Tameside Ac	47:36
99	Mark Wallwork	V45 30	Salford Metropolitan Ac	47:46
100	Gary Coxson	V50 18	E Cheshire H & Tameside Ac	47:47
101	Robin Beaumont	V40 40	Trafford Athletic Club	47:48
102	Hugh Morris	V45 31	Stockport Harriers & Ac	47:52
103	Phil Jacques	V40 41	E Cheshire H & Tameside Ac	47:57
104	Geoff Gilbert	V55 8	Wilmslow Running Club	48:05
105	Roger Carter	V45 32	Manchester Ymca Harriers	48:53
106	Mark Wheelton	V45 33	Macclesfield Harriers & Ac	48:58
107	Ian Welsh	V45 34	Mantriathlon	49:09
108	Philip D'netto	V40 42	Belle Vue Racers	49:13
109	Fechin McCormick	V55 9	Sale Harriers Manchester	49:40
110	Neil Murphy	V45 35	Macclesfield Harriers & Ac	49:46
111	SDaren Riley	V45 36	Unattached	49:50
112	Jack Carney	V50 19	Salford Metropolitan Ac	50:05
113	David Okopochini	V40 43	Belle Vue Racers	50:22
114	Andy Chalmers	V45 37	Mantriathlon	50:23
115	Ged Carney	V45 38	Belle Vue Racers	50:35
116	Chris Jones	V40 44	Salford Metropolitan Ac	50:42
117	Anthony Ward	V45 39	Stockport Harriers & Ac	50:58
118	Miran Arahamian	V55 10	Sale Harriers Manchester	51:06
119	Alan Garvey	V50 20	Middleton Harriers Ac	51:13
120	Brian Armstrong	V40 45	Salford Metropolitan Ac	51:18
121	Andrew Evans	V45 40	Salford Metropolitan Ac	51:26
122	Ian Webster	V45 41	Macclesfield Harriers & Ac	51:35
123	Jon Paramor	V55 11	Manchester Ymca Harriers	51:57
124	Ian Ashcroft	V60 5	Wilmslow Running Club	52:05
125	Roland Bowness	V60 6	Salford Harriers	52:16
126	Brian Eyre	V50 21	Salford Metropolitan Ac	52:20
127	Martin McGann	V60 7	E Cheshire H & Tameside Ac	52:25
128	Howard Bamber	V50 22	E Cheshire H & Tameside Ac	52:46
129	Tom Dutton	V65 1	Manchester Ymca Harriers	52:58
130	Barry Guy	V55 12	Belle Vue Racers	53:05
131	Bob Towell	V65 2	Salford Harriers	53:21
132	Dave Wood	V45 42	Manchester Harriers & Ac	53:32
133	David Shoesmith	V55 13	Macclesfield Harriers & Ac	53:36
134	Mark Hulme	V50 23	Salford Metropolitan Ac	53:41
135	Bob Horrocks	V60 8	Middleton Harriers Ac	54:05
136	Bryan Gane	V70 1	Sale Harriers Manchester	54:15
137	Barry Gould	V60 9	E Cheshire H & Tameside Ac	54:46
138	John Pickup	V45 43	Swinton Running Club	55:00
139	Alan Williams	V45 44	Altrincham & District Ac	55:28
140	Shaun McGee	V40 46	Sale Harriers Manchester	55:33
141	Colin Timpson	V60 10	E Cheshire H & Tameside Ac	56:14
142	Steve Russell Ingram	V50 24	West Cheshire Athletic Club	56:59
143	Adrian Bocock	V45 45	Middleton Harriers Ac	57:09
144	James Lambe	V45 46	Sale Harriers Manchester	57:13
145	Michael Buck	V60 11	Middleton Harriers Ac	57:16
146	Paul Jordon	V40 47	Middleton Harriers Ac	58:39
147	Trevor Faulkner	V65 3	Wilmslow Running Club	58:45
148	Ian Manners	V40 48	Manchester Ymca Harriers	1:00:37
149	Robert Taylor	V55 14	Stockport Harriers & Ac	1:02:48
150	Richard Scarsbrook	V45 47	FRA	1:06:02
151	Warren Bowden	V40 49	Sale Harriers Manchester	1:06:06

Senior Men (Vets) — TEAM RESULTS

NOTE: Unattached and non-counters are DELETED before teams are calculated

1 Wilmslow Running Club	30	—	1 Malcolm Fowler	4 Rob Downs	5 Tom McGaff	20 Ray Eagle
2 Altrincham & District Ac	75	—	2 William Crowther	12 Nick Burke	22 Dave Rudd	39 Dave Telford
3 Trafford Athletic Club	89	—	7 Richard Byers	18 Vinny Booth	26 Mike Hutchinson	38 Mark Evans
4 St Helens Sutton Ac	111	—	17 Ian White	27 Maurice Collins	32 Jim Crehan	35 Peter Johnson
5 E Cheshire H & Tameside Ac	112	—	19 Gary Matthews	23 Steven Robinson	33 Simon Grundy	37 Rick Smith
6 Stockport Harriers & Ac	119	—	10 Richard Marlton	13 Len Best	40 Kevin Garner	56 Sean Whewell
7 Swinton Running Club	186	—	36 Roger Parris	44 Steve Doxey	51 Philip Garside	55 Tony Flanagan
8 Wilmslow Running Club 'B'	191	—	30 Trevor Morris	31 Steve Dempsey	50 Mike Cooper	80 Gavin Mendham
9 West Cheshire Athletic Club	191	—	8 Andrew Clague	21 Simon Ellis	24 Dennis Duret	138 Steve Russell Ingram
10 Manchester Ymca Harriers	204	—	15 Dave Garner	41 Eddie Gilligan	59 Gary Willcock	89 Michael Symons
11 Macclesfield Harriers & Ac	206	—	29 John Mooney	45 Raph Murray	57 Barry Blyth	75 Richard Thomas
12 Salford Harriers	210	—	3 Dave Lockett	9 Paul Birkett	77 Sean Cordell	121 Roland Bowness
13 E Cheshire H & Tameside Ac 'B'	215	—	46 Alan Carroll	52 Francis Day	53 Paul Dalton	64 Derek Hughes
14 Middleton Harriers Ac	216	—	16 Peter Wood	63 Pat Byrne	67 Ian Ireland	70 John Reilly
15 Manchester Harriers & Ac	222	—	34 Andy Fitzpatrick	49 Philip Holmes	60 Michael Hibbert	79 Mike Nolan
16 Altrincham & District Ac 'B'	239	—	42 Paul Knowles	47 David Ainsworth	69 Graham Harrison	81 Richard Pavey
17 Sale Harriers Manchester	252	—	25 Andy Yates	65 Bill Fox	74 Frank Cordingley	88 Timothy Rainey
18 Trafford Athletic Club 'B'	258	—	48 Dave Keeling	54 Duncan Drasdo	58 D Kukulowicz Booth	98 Robin Beaumont
19 Mantriathlon	286	—	11 Tim Johns	61 Robert Wilson	104 Ian Welsh	110 Andy Chalmers
20 Stockport Harriers & Ac 'B'	287	—	62 Tim Hargreaves	71 Graham Marsland	76 Tim Edwards	78 Peter Nixon
21 Swinton Running Club 'B'	391	—	72 Chris Lomax	92 Richard Waring	93 Paul Rutherford	134 John Pickup
22 Salford Metropolitan Ac	432	—	96 Mark Wallwork	108 Jack Camey	112 Chris Jones	116 Brian Armstrong
23 Sale Harriers Manchester 'B'	446	—	94 John Battersby	106 Fechin McCormick	114 Miran Aprahamian	132 Bryan Gane
24 Belle Vue Racers	451	—	105 Philip D'netto	109 David Okopochini	111 Ged Camey	126 Barry Guy
25 Macclesfield Harriers & Ac 'B'	457	—	103 Mark Wheelton	107 Neil Murphy	118 Alan Webster	129 David Shoemith
26 Middleton Harriers Ac 'B'	476	—	91 Paul Collinge	115 Alan Garvey	131 Bob Horrocks	139 Adrian Bocock

Senior Men - Junior — FINAL RESULTS (\$=non-counter)

Pos	Name	Cat/Pos	Club	Time				
1	Michael Cooke		Stockport Harriers & Ac	36:23	12	Adam Gooch	Manchester University	41:47
2	Rob Nichol		Altrincham & District Ac	37:02	13	Louis Humphries	West Cheshire Athletic Club	42:07
3	Alec Beaney		West Cheshire Athletic Club	37:07	14	\$Tom Partington	Unattached	42:17
4	Alex Young		Trafford Athletic Club	37:11	15	Dominic Scott	Altrincham & District Ac	42:24
5	Nigel Malkin		Sale Harriers Manchester	37:14	16	Mike Holden	Manchester University	42:27
6	Graham Hogg		Trafford Athletic Club	38:38	17	Lee Whitley	Sale Harriers Manchester	44:37
7	Niall Gould		E Cheshire H & Tameside Ac	39:18	18	Rob Jowett	Sale Harriers Manchester	45:29
8	Tom Grundy		Macclesfield Harriers & Ac	39:45	19	Andrew Hartshorne	E Cheshire H & Tameside Ac	45:50
9	Liam Bartlett		Manchester Harriers & Ac	39:50	20	Joe Smith	Salford Metropolitan Ac	47:39
10	Dean Makin		Stockport Harriers & Ac	40:11	21	Alan Littler	West Cheshire Athletic Club	47:54
11	Dominic Partridge		Stockport Harriers & Ac	40:30				

Senior Men - Junior — TEAM RESULTS

NOTE: Unattached and non-counters are DELETED before teams are calculated

1 Stockport Harriers & Ac	22	—	1 Michael Cooke	10 Dean Makin	11 Dominic Partridge
2 West Cheshire Athletic Club	36	—	3 Alec Beaney	13 Louis Humphries	20 Alan Littler
3 Sale Harriers Manchester	38	—	5 Nigel Malkin	16 Lee Whitley	17 Rob Jowett