

Manchester Area Cross Country League

at Sherdley Park, St Helens on Saturday 13th December 2008

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

Pos	Name	Cat/Pos	Club	Time
1	Steffan North		Sale Harriers Manchester	37:14
2	\$Ian Grime		Newham & Essex Beagles	37:36
3	James Bailey		Sale Harriers Manchester	37:41
4	Jonny Holt		Trafford Athletic Club	37:48
5	Ian Salisbury		Trafford Athletic Club	38:11
6	Stephen Broadhurst	Jun 1	Warrington Athletic Club	38:13
7	Malcolm Fowler	V45 1	Wilmslow Running Club	38:25
8	David Howlett		Sale Harriers Manchester	38:42
9	Niall Brooks	Jun 2	Sale Harriers Manchester	38:43
10	Chris Perry	Jun 3	Vale Royal Ac	39:09
11	Tim Bedford		Warrington Athletic Club	39:10
12	Tom Bush		Altrincham & District Ac	39:11
13	Chris Leigh		Trafford Athletic Club	39:29
14	Liam Thompson		Warrington Athletic Club	39:30
15	Ian Lowthian		Sale Harriers Manchester	39:32
16	Ross Wilson		Macclesfield Harriers & Ac	39:36
17	Jim Pendrill		Wilmslow Running Club	39:44
18	Rob Downs	V40 1	Wilmslow Running Club	39:45
19	Marc Laitwhaite		St Helens Sutton Ac	39:49
20	Joe Bailey		Salford Harriers	39:53
21	Andrew Blair		Sale Harriers Manchester	40:02
22	Tom McGaff	V50 1	Wilmslow Running Club	40:12
23	Graham Hogg	Jun 4	Trafford Athletic Club	40:21
24	Zach Cross	Jun 5	Vale Royal Ac	40:31
25	Colin Gell		Sale Harriers Manchester	40:37
26	Gary Matthews	V45 2	E Cheshire H & Tameside Ac	40:43
27	Jonathon Walsh		Stockport Harriers & Ac	40:44
28	Liam Bartlett	Jun 6	Manchester Harriers & Ac	40:54
29	James Bleakley		Trafford Athletic Club	41:04
30	Dave Lockett	V40 2	Salford Harriers	41:10
31	Declan Murray	Jun 7	Macclesfield Harriers & Ac	41:11
32	Dean Makin	Jun 8	Stockport Harriers & Ac	41:12
33	Tony Smith		St Helens Sutton Ac	41:20
34	Gavin Browne		E Cheshire H & Tameside Ac	41:26
35	Nick Burke	V40 3	Altrincham & District Ac	41:27
36	Paul Hicken		Warrington Athletic Club	41:33
37	Michael Flatley		Middleton Harriers Ac	41:35
38	Kevin Garner	V40 4	Stockport Harriers & Ac	41:46
39	Richard Byers	V40 5	Trafford Athletic Club	41:48
40	Peter Wood	V50 2	Middleton Harriers Ac	41:52
41	Rob Marsh		St Helens Sutton Ac	42:04
42	John Howe		Trafford Athletic Club	42:05
43	Richard Marlon	V40 6	Stockport Harriers & Ac	42:07
44	Len Best	V55 1	Stockport Harriers & Ac	42:09
45	Neil Ashcroft	V40 7	Warrington Athletic Club	42:23
46	Paul Barrett		Sale Harriers Manchester	42:26
47	Mike Shaw	V40 8	Stockport Harriers & Ac	42:28
48	Barry Graney	V40 9	St Helens Sutton Ac	42:30
49	Matt Bigley		Macclesfield Harriers & Ac	42:34
50	Anthony Connally		E Cheshire H & Tameside Ac	42:44
51	Jim Crehan	V50 3	St Helens Sutton Ac	42:46
52	Graham Marsland	V40 10	Stockport Harriers & Ac	42:50
53	Adrian Nutter		Stockport Harriers & Ac	43:00
54	Marcus Gregory		E Cheshire H & Tameside Ac	43:03
55	Rob Harper		Mantriathlon	43:04
56	Jonathan Dabbs		Mantriathlon	43:08
57	Paul Mannion	V40 11	Trafford Athletic Club	43:11
58	Steve Dempsey	V45 3	Wilmslow Running Club	43:13
59	James O'Connor		Middleton Harriers Ac	43:14
60	Louis Humphries	Jun 9	West Cheshire Athletic Club	43:15
61	Andy Skitt		Manchester Harriers & Ac	43:21
62	Steven Robinson	V45 4	E Cheshire H & Tameside Ac	43:23
63	Simon Grundy	V40 12	E Cheshire H & Tameside Ac	43:26
64	Robert Wilson	V40 13	Mantriathlon	43:39
65	John Mooney	V45 5	Macclesfield Harriers & Ac	43:40
66	Francis Day	V55 2	E Cheshire H & Tameside Ac	43:43
67	Raph Murray	V50 4	Macclesfield Harriers & Ac	43:47
68	Vinny Booth	V45 6	Trafford Athletic Club	43:52
69	Mike Hutchinson	V40 14	Trafford Athletic Club	44:03
70	Steven Worthington		Mantriathlon	44:08
71	Peter Johnson	V40 15	St Helens Sutton Ac	44:10
72	David Livingstone		Altrincham & District Ac	44:12
73	Jonathan Sacks		Salford Harriers	44:16
74	Duncan Drasdo	V40 16	Trafford Athletic Club	44:18
75	Oliver Park	Jun 10	Warrington Athletic Club	44:25
76	Andrew Mooney		Sale Harriers Manchester	44:26
77	Mike Cooper	V45 7	Wilmslow Running Club	44:28
78	Michael Kilmartin		Sale Harriers Manchester	44:32
79	Rob Jowett	Jun 11	Sale Harriers Manchester	44:38
80	Elton Davies		Sale Harriers Manchester	44:49
81	Chris Bentley		Macclesfield Harriers & Ac	44:55
82	Ian White	V45 8	St Helens Sutton Ac	45:00
83	Frank Cordingley	V45 9	Sale Harriers Manchester	45:06
84	Tom Partington	Jun 12	Sale Harriers Manchester	45:12
85	Gary Willcock	V45 10	Manchester Ymca Harriers	45:13
86	Bill Fox	V50 5	Sale Harriers Manchester	45:17
87	Tim Hargreaves	V50 6	Stockport Harriers & Ac	45:18
88	James Corrigan		Belle Vue Racers	45:19
89	Ian Jones		Mantriathlon	45:21
90	Michael Hibbert	V40 17	Manchester Harriers & Ac	45:23
91	Ian Smallwood	V45 11	Wilmslow Running Club	45:31
92	Derek Hughes	V45 12	E Cheshire H & Tameside Ac	45:36
93	Warren Mason	V40 18	Macclesfield Harriers & Ac	45:37
94	Dominic Scott	Jun 13	Altrincham & District Ac	45:42
95	Dale Daniels	Jun 14	Salford Harriers	45:46
96	Dave Carrington	V50 7	Altrincham & District Ac	46:13
97	Pat Byrne	V45 13	Middleton Harriers Ac	46:36
98	Frank Riley	V60 1	Stockport Harriers & Ac	46:55
99	Andrew Cole	V40 19	E Cheshire H & Tameside Ac	46:57
100	Tim Edwards	V40 20	Stockport Harriers & Ac	47:38
101	Michael Symons	V40 21	Manchester Ymca Harriers	47:48
102	\$Brian Schofield	V55 3	Oldham & Royton H & Ac	48:03
103	Lee Whitley	Jun 15	Sale Harriers Manchester	48:08
104	Gary Wolstencroft		Mantriathlon	48:21
105	Nigel Sedman	V40 22	Belle Vue Racers	48:33
106	Chris Bratt	V40 23	Sale Harriers Manchester	48:38
107	Richard Waring	V40 24	Swinton Running Club	48:49
108	Richard Hyder		Mantriathlon	48:51
109	Steve Matkin	V45 14	Stockport Harriers & Ac	48:59
110	Timothy Rainey	V40 25	Sale Harriers Manchester	49:03
111	Chris Holden		Macclesfield Harriers & Ac	49:07
112	Billy Mousdale	V45 15	St Helens Sutton Ac	49:16
113	Paul Rutherford	V40 26	Swinton Running Club	49:21
114	Paul Collinge	V50 8	Middleton Harriers Ac	49:29
115	Tony Faulkner		E Cheshire H & Tameside Ac	49:30
116	Steve Webb		Belle Vue Racers	49:44
117	Ged Carney	V45 16	Belle Vue Racers	49:47
118	Geoff Gilbert	V55 4	Wilmslow Running Club	49:57
119	Alan Littler	Jun 16	West Cheshire Athletic Club	50:08
120	Daniel Bamber		E Cheshire H & Tameside Ac	50:29
121	Chris Jones	V40 27	Salford Metropolitan Ac	50:55
122	Jack Carney	V50 9	Salford Metropolitan Ac	50:57
123	Robin Beaumont	V40 28	Trafford Athletic Club	51:02
124	Stuart Mairs		Salford Metropolitan Ac	51:08
125	Nigel Oldham		Manchester Ymca Harriers	51:33
126	Steve Symons	V40 29	Manchester Ymca Harriers	51:37
127	Miran Arahamian	V55 5	Sale Harriers Manchester	51:41
128	Robert Taylor	V55 6	Stockport Harriers & Ac	52:06
129	Steve Minshull	V40 30	Trafford Athletic Club	52:24
130	Alan Webster	V45 17	Macclesfield Harriers & Ac	52:34
131	John Skinley	V45 18	St Helens Sutton Ac	52:38
132	Anthony Ward	V45 19	Stockport Harriers & Ac	52:47
133	Tommy Daniels	V60 2	Salford Harriers	52:58
134	Steve McCall	V45 20	Manchester Harriers & Ac	53:09
135	Dave Wood	V45 21	Manchester Harriers & Ac	53:29
136	Paddy Farrelly	V50 10	Salford Metropolitan Ac	53:34
137	Neil Murphy	V45 22	Macclesfield Harriers & Ac	53:36
138	Steve Ingham	V50 11	Manchester Ymca Harriers	53:44
139	Ian Welsh	V45 23	Mantriathlon	53:45
140	Steve Lomas	V40 31	Macclesfield Harriers & Ac	53:48
141	Bryn Machin		Manchester Ymca Harriers	54:10
142	Martin McGann	V60 3	E Cheshire H & Tameside Ac	54:22
143	Tom Dutton	V65 1	Manchester Ymca Harriers	54:52
144	Andy Drillingcourt		St Helens Sutton Ac	55:23
145	Howard Bamber	V50 12	E Cheshire H & Tameside Ac	55:29
146	Brian Eyre	V50 13	Salford Metropolitan Ac	55:33
147	John Pickup	V45 24	Swinton Running Club	55:38
148	Robert Harvey		Mantriathlon	56:00
149	Colin Timpson	V60 4	E Cheshire H & Tameside Ac	56:26
150	David Shoesmith	V55 7	Macclesfield Harriers & Ac	56:35
151	Jon Paramor	V55 8	Manchester Ymca Harriers	56:45
152	Alan Romagnolo	V40 32	Sale Harriers Manchester	57:11
153	Mark Hulme	V50 14	Salford Metropolitan Ac	58:38
154	Trevor Faulkner	V65 2	Wilmslow Running Club	59:08
155	Kevin Egerton	V55 9	Belle Vue Racers	59:09
156	Carl Barber		Sale Harriers Manchester	1:00:44

Senior Men — TEAM RESULTS

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

1 Sale Harriers Manchester	52	—	1 Steffan North	2	James Bailey	7	David Howlett	8	Niall Brooks	14	Ian Lowthian	20	Andrew Blair
2 Trafford Athletic Club	107	—	3 Jonny Holt	4	Ian Salisbury	12	Chris Leigh	22	Graham Hogg	28	James Bleakley	38	Richard Byers
3 Warrington Athletic Club	181	—	5 Stephen Broadhurst	10	Tim Bedford	13	Liam Thompson	35	Paul Hicken	44	Neil Ashcroft	74	Oliver Park
4 Wilmslow Running Club	193	—	6 Malcolm Fowler	16	Jim Pendrill	17	Rob Downs	21	Tom McGaff	57	Steve Dempsey	76	Mike Cooper
5 Stockport Harriers & Ac	225	—	26 Jonathon Walsh	31	Dean Makin	37	Kevin Garner	42	Richard Marilton	43	Len Best	46	Mike Shaw
6 St Helens Sutton Ac	257	—	18 Marc Laithwaite	32	Tony Smith	40	Rob Marsh	47	Barry Graney	50	Jim Crehan	70	Peter Johnson
7 E Cheshire H & Tameside Ac	283	—	25 Gary Matthews	33	Gavin Browne	49	Anthony Connally	53	Marcus Gregory	61	Steven Robinson	62	Simon Grundy
8 Macclesfield Harriers & Ac	303	—	15 Ross Wilson	30	Declan Murray	48	Matt Bigley	64	John Mooney	66	Raph Murray	80	Chris Bentley
9 Sale Harriers Manchester 'B'	378	—	24 Colin Gell	45	Paul Barrett	75	Andrew Mooney	77	Michael Kilmartin	78	Rob Jowett	79	Elton Davies
10 Trafford Athletic Club 'B'	426	—	41 John Howe	56	Paul Mannion	67	Vinny Booth	68	Mike Hutchinson	73	Duncan Drasdo	121	Robin Beaumont
11 Mantriathlon	431	—	54 Rob Harper	55	Jonathan Dabbs	63	Robert Wilson	69	Steven Worthington	88	Ian Jones	102	Gary Wolstencroft
12 Stockport Harriers & Ac 'B'	492	—	51 Graham Marsland	52	Adrian Nutter	86	Tim Hargreaves	97	Frank Riley	99	Tim Edwards	107	Steve Matkin
13 E Cheshire H & Tameside Ac 'B'	625	—	65 Francis Day	91	Derek Hughes	98	Andrew Cole	113	Tony Faulkner	118	Daniel Bamber	140	Martin McGann
14 Manchester Ymca Harriers	706	—	84 Gary Willcock	100	Michael Symons	123	Nigel Oldham	124	Steve Symons	136	Steve Ingham	139	Bryn Machin
15 Macclesfield Harriers & Ac 'B'	750	—	92 Warren Mason	109	Chris Holden	128	Alan Webster	135	Neil Murphy	138	Steve Lomas	148	David Shoesmith
16 Salford Metropolitan Ac	790	—	119 Chris Jones	120	Jack Carney	122	Stuart Mairs	134	Paddy Farrelly	144	Brian Eyre	151	Mark Hulme

Manchester Area Cross Country League

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

Pos	Name	Cat/Pos	Club	Time
1	Malcolm Fowler	V45 1	Wilmslow Running Club	38:25
2	Rob Downs	V40 1	Wilmslow Running Club	39:45
3	Tom McGaff	V50 1	Wilmslow Running Club	40:12
4	Gary Matthews	V45 2	E Cheshire H & Tameside Ac	40:43
5	Dave Lockett	V40 2	Salford Harriers	41:10
6	Nick Burke	V40 3	Altrincham & District Ac	41:27
7	Kevin Garner	V40 4	Stockport Harriers & Ac	41:46
8	Richard Byers	V40 5	Trafford Athletic Club	41:48
9	Peter Wood	V50 2	Middleton Harriers Ac	41:52
10	Richard Marilton	V40 6	Stockport Harriers & Ac	42:07
11	Len Best	V55 1	Stockport Harriers & Ac	42:09
12	Neil Ashcroft	V40 7	Warrington Athletic Club	42:23
13	Mike Shaw	V40 8	Stockport Harriers & Ac	42:28
14	Barry Graney	V40 9	St Helens Sutton Ac	42:30
15	Jim Crehan	V50 3	St Helens Sutton Ac	42:46
16	Graham Marsland	V40 10	Stockport Harriers & Ac	42:50
17	Paul Mannion	V40 11	Trafford Athletic Club	43:11
18	Steve Dempsey	V45 3	Wilmslow Running Club	43:13
19	Steven Robinson	V45 4	E Cheshire H & Tameside Ac	43:23
20	Simon Grundy	V40 12	E Cheshire H & Tameside Ac	43:26
21	Robert Wilson	V40 13	Mantriathlon	43:39
22	John Mooney	V45 5	Macclesfield Harriers & Ac	43:40
23	Francis Day	V55 2	E Cheshire H & Tameside Ac	43:43
24	Raph Murray	V50 4	Macclesfield Harriers & Ac	43:47
25	Vinny Booth	V45 6	Trafford Athletic Club	43:52
26	Mike Hutchinson	V40 14	Trafford Athletic Club	44:03
27	Peter Johnson	V40 15	St Helens Sutton Ac	44:10
28	Duncan Drasdo	V40 16	Trafford Athletic Club	44:18
29	Mike Cooper	V45 7	Wilmslow Running Club	44:28
30	Ian White	V45 8	St Helens Sutton Ac	45:00
31	Frank Cordingley	V45 9	Sale Harriers Manchester	45:06
32	Gary Willcock	V45 10	Manchester Ymca Harriers	45:13
33	Bill Fox	V50 5	Sale Harriers Manchester	45:17
34	Tim Hargreaves	V50 6	Stockport Harriers & Ac	45:18
35	Michael Hibbert	V40 17	Manchester Harriers & Ac	45:23
36	Ian Smallwood	V45 11	Wilmslow Running Club	45:31
37	Derek Hughes	V45 12	E Cheshire H & Tameside Ac	45:36
38	Warren Mason	V40 18	Macclesfield Harriers & Ac	45:37
39	Dave Carrington	V50 7	Altrincham & District Ac	46:13
40	Pat Byrne	V45 13	Middleton Harriers Ac	46:36
41	Frank Riley	V60 1	Stockport Harriers & Ac	46:55
42	Andrew Cole	V40 19	E Cheshire H & Tameside Ac	46:57
43	Tim Edwards	V40 20	Stockport Harriers & Ac	47:38
44	Michael Symons	V40 21	Manchester Ymca Harriers	47:48
45	\$Brian Schofield	V55 3	Oldham & Royton H & Ac	48:03
46	Nigel Sedman	V40 22	Belle Vue Racers	48:33
47	Chris Bratt	V40 23	Sale Harriers Manchester	48:38
48	Richard Waring	V40 24	Swinton Running Club	48:49
49	Steve Matkin	V45 14	Stockport Harriers & Ac	48:59
50	Timothy Rainey	V40 25	Sale Harriers Manchester	49:03
51	Billy Mousdale	V45 15	St Helens Sutton Ac	49:16
52	Paul Rutherford	V40 26	Swinton Running Club	49:21
53	Paul Collinge	V50 8	Middleton Harriers Ac	49:29
54	Ged Carney	V45 16	Belle Vue Racers	49:47
55	Geoff Gilbert	V55 4	Wilmslow Running Club	49:57
56	Chris Jones	V40 27	Salford Metropolitan Ac	50:55
57	Jack Carney	V50 9	Salford Metropolitan Ac	50:57
58	Robin Beaumont	V40 28	Trafford Athletic Club	51:02
59	Steve Symons	V40 29	Manchester Ymca Harriers	51:37
60	Miran Arahamian	V55 5	Sale Harriers Manchester	51:41
61	Robert Taylor	V55 6	Stockport Harriers & Ac	52:06
62	Steve Minshull	V40 30	Trafford Athletic Club	52:24
63	Alan Webster	V45 17	Macclesfield Harriers & Ac	52:34
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66	Tommy Daniels	V60 2	Salford Harriers	52:58
67	Steve McCall	V45 20	Manchester Harriers & Ac	53:09
68	Dave Wood	V45 21	Manchester Harriers & Ac	53:29
69	Paddy Farrelly	V50 10	Salford Metropolitan Ac	53:34
70	Neil Murphy	V45 22	Macclesfield Harriers & Ac	53:36
71	Steve Ingham	V50 11	Manchester Ymca Harriers	53:44
72	Ian Welsh	V45 23	Mantriathlon	53:45
73	Steve Lomas	V40 31	Macclesfield Harriers & Ac	53:48
74	Martin McGann	V60 3	E Cheshire H & Tameside Ac	54:22
75	Tom Dutton	V65 1	Manchester Ymca Harriers	54:52
76	Howard Bamber	V50 12	E Cheshire H & Tameside Ac	55:29
77	Brian Eyre	V50 13	Salford Metropolitan Ac	55:33
78	John Pickup	V45 24	Swinton Running Club	55:38
79	Colin Timpson	V60 4	E Cheshire H & Tameside Ac	56:26
80	David Shoesmith	V55 7	Macclesfield Harriers & Ac	56:35
81	Jon Paramor	V55 8	Manchester Ymca Harriers	56:45
82	Alan Romagnolo	V40 32	Sale Harriers Manchester	57:11
83	Mark Hulme	V50 14	Salford Metropolitan Ac	58:38
84	Trevor Faulkner	V65 2	Wilmslow Running Club	59:08
85	Kevin Egerton	V55 9	Belle Vue Racers	59:09

Senior Men (Vets) — TEAM RESULTS

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

1 Wilmslow Running Club	24	—	1 Malcolm Fowler	2	Rob Downs	3	Tom McGaff	18	Steve Dempsey
2 Stockport Harriers & Ac	41	—	7 Kevin Garner	10	Richard Marilton	11	Len Best	13	Mike Shaw
3 E Cheshire H & Tameside Ac	66	—	4 Gary Matthews	19	Steven Robinson	20	Simon Grundy	23	Francis Day
4 Trafford Athletic Club	76	—	8 Richard Byers	17	Paul Mannion	25	Vinny Booth	26	Mike Hutchinson
5 St Helens Sutton Ac	86	—	14 Barry Graney	15	Jim Crehan	27	Peter Johnson	30	Ian White
6 Stockport Harriers & Ac 'B'	134	—	16 Graham Marsland	34	Tim Hargreaves	41	Frank Riley	43	Tim Edwards
7 Macclesfield Harriers & Ac	146	—	22 John Mooney	24	Raph Murray	38	Warren Mason	62	Alan Webster
8 Sale Harriers Manchester	159	—	31 Frank Cordingley	33	Bill Fox	46	Chris Bratt	49	Timothy Rainey
9 Wilmslow Running Club 'B'	202	—	29 Mike Cooper	36	Ian Smallwood	54	Geoff Gilbert	83	Trevor Faulkner
10 Manchester Ymca Harriers	204	—	32 Gary Willcock	44	Michael Symons	58	Steve Symons	70	Steve Ingham
11 E Cheshire H & Tameside Ac 'B'	227	—	37 Derek Hughes	42	Andrew Cole	73	Martin McGann	75	Howard Bamber
12 Salford Metropolitan Ac	255	—	55 Chris Jones	56	Jack Carney	68	Paddy Farrelly	76	Brian Eyre

at Sherdley Park, St Helens on Saturday 13th December 2008

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

Pos	Name	Cat/Pos	Club	Time
1	Stephen Broadhurst		Warrington Athletic Club	38:13
2	Niall Brooks		Sale Harriers Manchester	38:43
3	Chris Perry		Vale Royal Ac	39:09
4	Graham Hogg		Trafford Athletic Club	40:21
5	Zach Cross		Vale Royal Ac	40:31
6	Liam Bartlett		Manchester Harriers & Ac	40:54
7	Declan Murray		Macclesfield Harriers & Ac	41:11
8	Dean Makin		Stockport Harriers & Ac	41:12
9	Louis Humphries		West Cheshire Athletic Club	43:15
10	Oliver Park		Warrington Athletic Club	44:25
11	Rob Jowett		Sale Harriers Manchester	44:38
12	Tom Partington		Sale Harriers Manchester	45:12
13	Dominic Scott		Altrincham & District Ac	45:42
14	Dale Daniels		Salford Harriers	45:46
15	Lee Whitley		Sale Harriers Manchester	48:08
16	Alan Littler		West Cheshire Athletic Club	50:08

Senior Men - Junior — TEAM RESULTS

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

1 Sale Harriers Manchester 25 — 2 Niall Brooks 11 Rob Jowett 12 Tom Partington