

Manchester Area Cross Country League

at Sherdley Park, St Helens on Sunday 15th November 2009

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

| Pos | Num | Name | Cat/Pos | Club | Time |
|-----|------|--------------------|---------|-------------------------|-------|
| 1 | 32 | David Norman | | Altrincham&district AC | 32:45 |
| 2 | 305 | Gareth Raven | | Sale H Manchester | 32:49 |
| 3 | 396 | Andrew Nixon | | Stockport H&ac | 34:06 |
| 4 | 1043 | \$Peter Matthews | U20 1 | Blackburn Harriers | 34:23 |
| 5 | 444 | Garry Bristow | | Trafford AC | 34:33 |
| 6 | 1031 | \$David Proctor | | Rochdale Harriers | 34:42 |
| 7 | 552 | Matt Crehan | U20 2 | St Helens Sutton | 34:57 |
| 8 | 241 | James Bailey | | Sale H Manchester | 35:05 |
| 9 | 483 | Stephen Broadhurst | U20 3 | Warrington AC | 35:15 |
| 10 | 335 | Simon Bruton | | Salford H&ac | 35:20 |
| 11 | 78 | Jason Dunkerley | | E Cheshire H & TAC | 35:22 |
| 12 | 307 | Jamie Roden | U20 4 | Sale H Manchester | 35:28 |
| 13 | 490 | Liam Thompson | | Warrington AC | 36:16 |
| 14 | 440 | D Berdejo | | Trafford AC | 36:21 |
| 15 | 456 | Graham Hogg | | Trafford AC | 36:24 |
| 16 | 449 | Tom Charles | | Trafford AC | 36:25 |
| 17 | 236 | Dale Platt | U20 5 | Moston&district H | 36:33 |
| 18 | 461 | Michael Hunt | | Trafford AC | 36:34 |
| 19 | 89 | Chris Kays | U20 6 | E Cheshire H & TAC | 36:48 |
| 20 | 474 | Paul Rockcliffe | | Trafford AC | 36:53 |
| 21 | 516 | Malcolm Fowler | V45 1 | Wilmslow RC | 36:56 |
| 22 | 513 | Rob Downs | V45 2 | Wilmslow RC | 37:09 |
| 23 | 327 | Luke Winterbottom | | Sale H Manchester | 37:19 |
| 24 | 323 | James Wignall | U20 7 | Sale H Manchester | 37:28 |
| 25 | 354 | Jan Pichl | | Salford H&ac | 37:31 |
| 26 | 547 | Tony Smith | | St Helens Sutton | 37:43 |
| 27 | 611 | Ben Martin | | Trafford AC | 37:50 |
| 28 | 86 | Phillip Jacques | V40 1 | E Cheshire H & TAC | 37:57 |
| 29 | 66 | David Barratt | U20 8 | E Cheshire H & TAC | 38:00 |
| 30 | 103 | Matt Bigley | | Macclesfield H&ac | 38:03 |
| 31 | 454 | Clive Fitzpatrick | | Trafford AC | 38:09 |
| 32 | 19 | Dave Gilchrist | V45 3 | Altrincham&district AC | 38:09 |
| 33 | 84 | Simon Grundy | V40 2 | E Cheshire H & TAC | 38:21 |
| 34 | 168 | Edward Farnell | | Manchester Triathlon | 38:23 |
| 35 | 491 | Adrian Timmins | V40 3 | Warrington AC | 38:27 |
| 36 | 381 | James Corden | | Stockport H&ac | 38:30 |
| 37 | 128 | Liam Bartlett | U20 9 | Manchester H&ac | 38:31 |
| 38 | 70 | Gavin Browne | | E Cheshire H & TAC | 38:32 |
| 39 | 521 | Tom McGaff | V50 1 | Wilmslow RC | 38:33 |
| 40 | 82 | Ryan Gould | U20 10 | E Cheshire H & TAC | 38:45 |
| 41 | 133 | Ed Fazakerley | V40 4 | Manchester H&ac | 38:55 |
| 42 | 88 | Kevin Jowett | | E Cheshire H & TAC | 38:56 |
| 43 | 481 | Neil Ashcroft | V40 5 | Warrington AC | 38:58 |
| 44 | 618 | Barry Graney | V40 6 | St Helens Sutton | 38:59 |
| 45 | 75 | Paul Dalton | V45 4 | E Cheshire H & TAC | 39:03 |
| 46 | 147 | Andy Skitt | | Manchester H&ac | 39:08 |
| 47 | 30 | Phil Nichol | V40 7 | Altrincham&district AC | 39:10 |
| 48 | 475 | Dave Safranauskas | V40 8 | Trafford AC | 39:11 |
| 49 | 383 | Kevan Garner | V40 9 | Stockport H&ac | 39:17 |
| 50 | 448 | Dick Byers | V45 5 | Trafford AC | 39:23 |
| 51 | 536 | Steven Worthington | | Manchester Triathlon | 39:32 |
| 52 | 7 | Nick Burke | V40 10 | Altrincham&district AC | 39:34 |
| 53 | 601 | Chris Wilson | V40 11 | ABC Runners | 39:39 |
| 54 | 291 | Stephen McCarron | | Sale H Manchester | 39:42 |
| 55 | 412 | Steve Doxey | V45 6 | Swinton RC | 39:45 |
| 56 | 259 | Elton Davies | | Sale H Manchester | 39:53 |
| 57 | 344 | Dave Hudson | | Salford H&ac | 39:58 |
| 58 | 154 | James Little | | Manchester Met Univ | 40:00 |
| 59 | 244 | Paul Barrett | | Sale H Manchester | 40:01 |
| 60 | 486 | Paul Hicken | | Warrington AC | 40:03 |
| 61 | 472 | Thomas Powell | U20 11 | Trafford AC | 40:07 |
| 62 | 550 | Jake Healy | U20 12 | St Helens Sutton | 40:09 |
| 63 | 617 | Rob Marsh | | St Helens Sutton | 40:12 |
| 64 | 616 | Peter Abraham | | Altrincham&district AC | 40:13 |
| 65 | 224 | Ian Ireland | V45 7 | Middleton H AC | 40:14 |
| 66 | 9 | Dave Carrington | V50 2 | Altrincham&district AC | 40:15 |
| 67 | 572 | David Keeling | V45 8 | Trafford AC | 40:18 |
| 68 | 462 | Mike Hutchinson | V40 12 | Trafford AC | 40:20 |
| 69 | 566 | Steve Haylock | V50 3 | Stockport H&ac | 40:21 |
| 70 | 542 | Ian White | V45 9 | St Helens Sutton | 40:22 |
| 71 | 510 | Lachlan Campbell | | Wilmslow RC | 40:23 |
| 72 | 607 | Adrian Nutter | | Stockport H&ac | 40:24 |
| 73 | 118 | Raph Murray | V55 1 | Macclesfield H&ac | 40:25 |
| 74 | 337 | Sean Cordell | V40 13 | Salford H&ac | 40:26 |
| 75 | 324 | Gary Willcock | V45 10 | Sale H Manchester | 40:31 |
| 76 | 92 | Jake Littlehales | U20 13 | E Cheshire H & TAC | 40:36 |
| 77 | 202 | Eddie Gilligan | V45 11 | Manchester Ymca H | 40:37 |
| 78 | 514 | Ray Eagle | V55 2 | Wilmslow RC | 40:38 |
| 79 | 189 | Dan Sate | | Manchester Triathlon | 40:39 |
| 80 | 451 | Duncan Drasdo | V40 14 | Trafford AC | 40:40 |
| 81 | 559 | Maurice Collins | V45 12 | St Helens Sutton | 40:42 |
| 82 | 173 | Robert Harvey | | Manchester Triathlon | 40:46 |
| 83 | 170 | Rob Harper | | Manchester Triathlon | 40:50 |
| 84 | 76 | Francis Day | V55 3 | E Cheshire H & TAC | 40:51 |
| | | David Southern | V50 4 | Altrincham&district AC | 40:52 |
| | | John Mooney | V50 5 | Macclesfield H&ac | 40:57 |
| | | Richard Bardon | | ABC Runners | 40:59 |
| | | Steven Robinson | V45 13 | E Cheshire H & TAC | 41:03 |
| | | Paul Rowley | | Sale H Manchester | 41:04 |
| | | Daniel Ansell | | Trafford AC | 41:11 |
| | | Stuart Heaton | | E Cheshire H & TAC | 41:16 |
| | | Steve Burtham | V45 14 | Warrington AC | 41:18 |
| | | Andrew Gray | V45 15 | Macclesfield H&ac | 41:19 |
| | | Andy Oliver | | Manchester Ymca H | 41:23 |
| | | James Wheeler | | Wilmslow RC | 41:24 |
| | | Tim Rainey | V40 15 | Sale H Manchester | 41:30 |
| | | [2nd] Denis Duret | V40 16 | West Cheshire AC | 41:33 |
| | | Paul Connolly | | Salford Met AC | 41:34 |
| | | \$Daniel Murphy | | Manchester Frontrunners | 41:42 |
| | | Paul Nutter | | Stockport H&ac | 41:46 |
| | | \$Pete Kidd | | Leeds City AC | 41:47 |
| | | Lee Whitley | | Sale H Manchester | 41:50 |
| | | Paul Speed | | Manchester Triathlon | 41:51 |
| | | Andy Quicke | | Manchester Triathlon | 41:52 |
| | | Paul Mannion | V45 16 | Trafford AC | 41:53 |
| | | Ian Smallwood | V45 17 | Wilmslow RC | 41:54 |
| | | Dave Lovatt | | ABC Runners | 41:55 |
| | | Jerry Smith | V55 4 | Sale H Manchester | 41:56 |
| | | Robert Taylor | V60 1 | Stockport H&ac | 41:57 |
| | | Paul Skipper | | Manchester Triathlon | 41:58 |
| | | Dennis Wharton | V50 6 | St Helens Sutton | 42:04 |
| | | Chris Bentley | | Macclesfield H&ac | 42:06 |
| | | Andrew Farley | V50 7 | E Cheshire H & TAC | 42:13 |
| | | Matt Shillabeer | | ABC Runners | 42:15 |
| | | Derek Hughes | V45 18 | E Cheshire H & TAC | 42:19 |
| | | Barry Blyth | V60 2 | Macclesfield H&ac | 42:20 |
| | | Colin Hammond | V45 19 | Manchester Triathlon | 42:21 |
| | | Tim Hargreaves | V50 8 | Stockport H&ac | 42:22 |
| | | Ian Jones | | Manchester Triathlon | 42:25 |
| | | Andrew Berry | | ABC Runners | 42:44 |
| | | Rick Waring | V40 17 | Swinton RC | 42:46 |
| | | Mark Davies | | St Helens Sutton | 42:54 |
| | | James Corrigan | | Belle Vue Racers | 42:57 |
| | | Ian Jackson | V40 18 | Salford H&ac | 43:11 |
| | | Matt Wade | | Manchester Ymca H | 43:15 |
| | | Paul Collinge | V50 9 | Middleton H AC | 43:33 |
| | | Chris Lomax | V40 19 | Swinton RC | 43:35 |
| | | \$David Smith | V45 20 | Oldham & Royton | 43:39 |
| | | Shane Wolstencroft | | Salford Met AC | 43:46 |
| | | Liam Browne | | E Cheshire H & TAC | 43:49 |
| | | Alan Burton | | Manchester Triathlon | 43:52 |
| | | Richard Healy | | Altrincham&district AC | 43:53 |
| | | Leo Harvey | U20 14 | Altrincham&district AC | 43:54 |
| | | Gareth Trimble | | Wilmslow RC | 43:57 |
| | | Ian Wilding | | Manchester Ymca H | 43:58 |
| | | Ian Costello | | St Helens Sutton | 44:04 |
| | | Ronald Warrender | V50 10 | Salford H&ac | 44:09 |
| | | Daniel Bamber | | E Cheshire H & TAC | 44:17 |
| | | Paul Rutherford | V45 21 | Swinton RC | 44:20 |
| | | Ray Vose | V45 22 | St Helens Sutton | 44:21 |
| | | Samuel Thornborrow | U20 15 | Manchester Met Univ | 44:22 |
| | | Stephen Taylor | | Manchester Triathlon | 44:23 |
| | | Andrew Mothershaw | U20 16 | Macclesfield H&ac | 44:24 |
| | | Peter Johnson | V40 20 | St Helens Sutton | 44:30 |
| | | Peter Nixon | V45 23 | Stockport H&ac | 44:32 |
| | | Andrew Barton | | Altrincham&district AC | 44:33 |
| | | Lee Wood | | Middleton H AC | 44:34 |
| | | Dominic Byrne | | ABC Runners | 44:35 |
| | | Michael Wharton | | Sale H Manchester | 44:41 |
| | | Tim Brett | V40 21 | Sale H Manchester | 44:49 |
| | | Andrew Coates | V40 22 | Swinton RC | 45:00 |
| | | Chris Gorse | V40 23 | Manchester Triathlon | 45:05 |
| | | Paul Kay | V55 5 | ABC Runners | 45:10 |
| | | Gary Coxson | V50 11 | E Cheshire H & TAC | 45:12 |
| | | Steve Dempsey | V45 24 | Wilmslow RC | 45:15 |
| | | Nigel Sedman | V40 24 | Belle Vue Racers | 45:18 |
| | | Chris Holden | | Macclesfield H&ac | 45:22 |
| | | \$Ian Berry | | Unattached | 45:35 |
| | | Steve Lomas | V40 25 | Macclesfield H&ac | 45:40 |
| | | John Bowker | V45 25 | E Cheshire H & TAC | 45:47 |
| | | Andrew Bean | | Sale H Manchester | 45:57 |
| | | Dean Loxam | V50 12 | Stockport H&ac | 46:03 |
| | | John Appleton | V55 6 | St Helens Sutton | 46:12 |
| | | Michael Slater | V45 26 | Stockport H&ac | 46:15 |
| | | [2nd] Chris Cooper | | Manchester H&ac | 46:17 |
| | | Gary Wolstencroft | | Manchester Triathlon | 46:21 |
| | | Roger Thomas | | Manchester Triathlon | 46:25 |
| | | Alan Webster | V45 27 | Macclesfield H&ac | 46:31 |

Results Service by G.J. Fecitt (SportSoft) Tel & Fax 01204 884887, Email: graham@race-results.co.uk
 Internet: <http://www.race-results.co.uk> -- full results will be available for downloading tonight

| | | | | | | | | | | | | | |
|-----|------|---------------------|-----|----|------------------------|-------|-----|------|-----------------|-----|---------------------|------------------------|---------|
| 169 | 160 | Rob Arnold | V45 | 28 | Manchester Triathlon | 46:40 | 196 | 152 | Duncan Harris | | Manchester Met Univ | 50:11 | |
| 170 | 529 | Peter Stock | V50 | 13 | Wilmslow RC | 46:42 | 197 | 587 | Colin Rathbone | V65 | 2 | Vale Royal | 50:18 |
| 171 | 551 | Steven Clague | U20 | 17 | St Helens Sutton | 46:43 | 198 | 93 | Steven Lyons | V40 | 31 | E Cheshire H & TAC | 50:32 |
| 172 | 80 | Tony Faulkner | V40 | 26 | E Cheshire H & TAC | 46:44 | 199 | 1042 | \$PaulHawgood | V40 | 32 | Stockport PCT | 50:39 |
| 173 | 212 | Steve Symons | V40 | 27 | Manchester Ymca H | 46:48 | 200 | 353 | VincentMurphy | V65 | 3 | Salford H&ac | 50:43 |
| 174 | 1060 | \$Brian Schofield | V55 | 7 | Oldham & Royton | 47:00 | 201 | 14 | Colin Davies | V55 | 9 | Altrincham&district AC | 50:45 |
| 175 | 439 | Robin Beaumont | V40 | 28 | Trafford AC | 47:12 | 202 | 535 | Ian Welch | V45 | 34 | Manchester Triathlon | 50:50 |
| 176 | 609 | James Yearsley | V45 | 29 | Wilmslow RC | 47:19 | 203 | 287 | Tony Lythe | V65 | 4 | Sale H Manchester | 50:54 |
| 177 | 372 | Stuart Mairs | | | Salford Met AC | 47:29 | 204 | 573 | Neil Slater | | | Trafford AC | 50:58 |
| 178 | 185 | Michael Ogden | V45 | 30 | Manchester Triathlon | 47:31 | 205 | 546 | John Skinley | V45 | 35 | St Helens Sutton | 51:03 |
| 179 | 1046 | \$Nathan Penkethman | U20 | 18 | Unattached | 47:38 | 206 | 148 | Dave Wood | V45 | 36 | Manchester H&ac | 51:34 |
| 180 | 405 | Tony Ward | V45 | 31 | Stockport H&ac | 47:42 | 207 | 425 | John Pickup | V45 | 37 | Swinton RC | 52:09 |
| 181 | 52 | Philip D'netto | V40 | 29 | Belle Vue Racers | 47:51 | 208 | 120 | David Shoesmith | V55 | 10 | Macclesfield H&ac | 52:26 |
| 182 | 36 | Craig Partridge | V40 | 30 | Altrincham&district AC | 47:56 | 209 | 293 | Shaun McGee | V40 | 33 | Sale H Manchester | 52:37 |
| 183 | 126 | Mark Wheelton | V50 | 14 | Macclesfield H&ac | 47:57 | 210 | 137 | David Gregory | V65 | 5 | Manchester H&ac | 52:55 |
| 184 | 208 | Mike O'Brien | V50 | 15 | Manchester Ymca H | 48:02 | 211 | 55 | Barry Guy | V55 | 11 | Belle Vue Racers | 54:03 |
| 185 | 595 | Chris Green | | | ABC Runners | 48:04 | 212 | 4 | Alan Barlow | V60 | 3 | Altrincham&district AC | 55:24 |
| 186 | 577 | Derek Frasier | V45 | 32 | Trafford AC | 48:06 | 213 | 603 | Ugo Durand | | | Manchester Triathlon | 55:36 |
| 187 | 156 | Edward Preston | | | Manchester Met Univ | 48:11 | 214 | 560 | Mark Mothershaw | V40 | 34 | Macclesfield H&ac | 55:48 |
| 188 | 149 | Samuel Codd | | | Manchester Met Univ | 48:37 | 215 | 368 | Brian Eyre | V50 | 17 | Salford Met AC | 55:59 |
| 189 | 162 | Andy Brigg | | | Manchester Triathlon | 48:43 | 216 | 417 | Steve Hart | V50 | 18 | Swinton RC | 56:28 |
| 190 | 365 | Jack Carney | V50 | 16 | Salford Met AC | 48:51 | 217 | 58 | Brian Roberts | V60 | 4 | Belle Vue Racers | 56:59 |
| 191 | 164 | Andy Chalmers | V45 | 33 | Manchester Triathlon | 49:22 | 218 | 584 | David Gent | V45 | 38 | Manchester H&ac | 58:43 |
| 192 | 211 | Jon Paramor | V55 | 8 | Manchester Ymca H | 49:26 | 219 | 430 | Andy Smith | | | Swinton RC | 58:44 |
| 193 | 612 | Toby Percival | | | Altrincham&district AC | 49:47 | 220 | 53 | Kevin Egerton | V55 | 12 | Belle Vue Racers | 1:02:56 |
| 194 | 266 | Steve Gavin | | | Sale H Manchester | 49:49 | 221 | 378 | Ian Berry | V65 | 6 | Stockport H&ac | 1:04:27 |
| 195 | 614 | James Beesley | V65 | 1 | St Helens Sutton | 49:59 | | | | | | | |

Senior Men — TEAM RESULTS

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

| | | | | | | | | | | | | | | | |
|----|------------------------|------|---|-----|--------------------|-----|--------------------|-----|------------------|-----|--------------------|-----|-----------------|-----|------------------|
| 1 | Trafford AC | 77 | — | 4 | Garry Bristow | 12 | DBerdejo | 13 | Graham Hogg | 14 | Tom Charles | 16 | Michael Hunt | 18 | Paul Rockliffe |
| 2 | Sale H Manchester | 113 | — | 2 | Gareth Raven | 6 | James Bailey | 10 | Jamie Roden | 21 | Luke Winterbottom | 22 | James Wignall | 52 | Stephen McCarron |
| 3 | E Cheshire H & TAC | 146 | — | 9 | Jason Dunkerley | 17 | Chris Kays | 26 | Phillip Jacques | 27 | David Barratt | 31 | Simon Grundy | 36 | Gavin Browne |
| 4 | Warrington AC | 240 | — | 7 | Stephen Broadhurst | 11 | Liam Thompson | 33 | Adrian Timmins | 41 | Neil Ashcroft | 58 | Paul Hicken | 90 | Steve Burthem |
| 5 | Altrincham&district AC | 252 | — | 1 | David Norman | 30 | Dave Gilchrist | 45 | Phil Nichol | 50 | Nick Burke | 62 | Peter Abraham | 64 | Dave Carrington |
| 6 | St Helens Sutton | 260 | — | 5 | Matt Crehan | 24 | Tony Smith | 42 | Barry Graney | 60 | Jake Healy | 61 | Rob Marsh | 68 | Ian White |
| 7 | Trafford AC | 272 | — | 25 | Ben Martin | 29 | Clive Fitzpatrick | 46 | Dave Safranaukas | 48 | Dick Byers | 59 | Thomas Powell | 65 | David Keeling |
| 8 | Wilmslow RC | 314 | — | 19 | Malcolm Fowler | 20 | Rob Downs | 37 | Tom McGaff | 69 | Lachlan Campbell | 76 | Ray Eagle | 93 | James Wheeler |
| 9 | Stockport H&ac | 318 | — | 3 | Andrew Nixon | 34 | James Corden | 47 | Kevan Garner | 67 | Steve Haylock | 70 | Adrian Nutter | 97 | Paul Nutter |
| 10 | E Cheshire H & TAC | 363 | — | 38 | Ryan Gould | 40 | Kevin Jowett | 43 | Paul Dalton | 74 | Jake Littlehales | 82 | Francis Day | 86 | Steven Robinson |
| 11 | Salford H&ac | 410 | — | 8 | Simon Bruton | 23 | Jan Pichl | 55 | Dave Hudson | 72 | Sean Cordell | 120 | Ian Jackson | 132 | Ronald Warrender |
| 12 | Manchester Triathlon | 418 | — | 32 | Edward Farnell | 49 | Steven Worthington | 77 | Dan Sate | 80 | Robert Harvey | 81 | Rob Harper | 99 | Paul Speed |
| 13 | Sale H Manchester | 463 | — | 54 | Elton Davies | 57 | Paul Barrett | 73 | Gary Willcock | 87 | Paul Rowley | 94 | Tim Rainey | 98 | Lee Whitley |
| 14 | Macclesfield H&ac | 494 | — | 28 | Matt Bigley | 71 | Raph Murray | 84 | John Mooney | 91 | Andrew Gray | 108 | Chris Bentley | 112 | Barry Blyth |
| 15 | ABC Runners | 608 | — | 51 | Chris Wilson | 85 | Richard Bardon | 103 | Dave Lovatt | 110 | Matt Shillabeer | 116 | Andrew Berry | 143 | Dominic Byrne |
| 16 | Manchester H&ac | 675 | — | 35 | Liam Bartlett | 39 | Ed Fazakerley | 44 | Andy Skitt | 159 | [2nd] Chris Cooper | 197 | Dave Wood | 201 | David Gregory |
| 17 | Trafford AC | 679 | — | 66 | Mike Hutchinson | 78 | Duncan Drasdo | 88 | Daniel Ansell | 101 | Paul Mannion | 168 | Robin Beaumont | 178 | Derek Frasier |
| 18 | Manchester Triathlon | 697 | — | 100 | Andy Quicke | 106 | Paul Skipper | 113 | Colin Hammond | 115 | Ian Jones | 126 | Alan Burton | 137 | Stephen Taylor |
| 19 | St Helens Sutton | 709 | — | 79 | Maurice Collins | 107 | Dennis Wharton | 118 | Mark Davies | 131 | Ian Costello | 135 | Ray Vose | 139 | Peter Johnson |
| 20 | E Cheshire H & TAC | 716 | — | 89 | Stuart Heaton | 109 | Andrew Farley | 111 | Derek Hughes | 125 | Liam Browne | 133 | Daniel Bamber | 149 | Gary Coxson |
| 21 | Manchester Ymca H | 761 | — | 75 | Eddie Gilligan | 92 | Andy Oliver | 121 | Matt Wade | 130 | Ian Wilding | 167 | Steve Symons | 176 | Mike O'Brien |
| 22 | Swinton RC | 771 | — | 53 | Steve Doxey | 117 | Rick Waring | 123 | Chris Lomax | 134 | Paul Rutherford | 146 | Andrew Coates | 198 | John Pickup |
| 23 | Altrincham&district AC | 838 | — | 83 | David Southern | 127 | Richard Healy | 128 | Leo Harvey | 141 | Andrew Barton | 174 | Craig Partridge | 185 | Toby Percival |
| 24 | Stockport H&ac | 845 | — | 105 | Robert Taylor | 114 | Tim Hargreaves | 140 | Peter Nixon | 156 | Dean Loxam | 158 | Michael Slater | 172 | Tony Ward |
| 25 | Sale H Manchester | 928 | — | 104 | Jerry Smith | 144 | Michael Wharton | 145 | Tim Brett | 155 | Andrew Bean | 186 | Steve Gavin | 194 | Tony Lythe |
| 26 | Macclesfield H&ac | 979 | — | 138 | Andrew Mothershaw | 152 | Chris Holden | 153 | Steve Lomas | 162 | Alan Webster | 175 | Mark Wheelton | 199 | David Shoesmith |
| 27 | Manchester Triathlon | 983 | — | 147 | Chris Gorse | 160 | Gary Wolstencroft | 161 | Roger Thomas | 163 | Rob Arnold | 171 | Michael Ogden | 181 | Andy Brigg |
| 28 | Belle Vue Racers | 1064 | — | 119 | James Corrigan | 151 | Nigel Sedman | 173 | Philip D'netto | 202 | Barry Guy | 208 | Brian Roberts | 211 | Kevin Egerton |

Senior Men - U20 — FINAL RESULTS (\$=non-counter)

| Pos | Num | Name | Cat/Pos | Club | Time | 10 | 82 | | | | | | | | |
|-----|------|--------------------|---------|--------------------|-------|----|------|---------------------|--|--|--|------------------------|--|--|-------|
| 1 | 1043 | \$Peter Matthews | | Blackburn Harriers | 34:23 | 10 | 82 | Ryan Gould | | | | E Cheshire H & TAC | | | 38:45 |
| 2 | 552 | Matt Crehan | | St Helens Sutton | 34:57 | 11 | 472 | Thomas Powell | | | | Trafford AC | | | 40:07 |
| 3 | 483 | Stephen Broadhurst | | Warrington AC | 35:15 | 12 | 550 | Jake Healy | | | | St Helens Sutton | | | 40:09 |
| 4 | 307 | Jamie Roden | | Sale H Manchester | 35:28 | 13 | 92 | Jake Littlehales | | | | E Cheshire H & TAC | | | 40:36 |
| 5 | 236 | Dale Platt | | Moston&district H | 36:33 | 14 | 21 | Leo Harvey | | | | Altrincham&district AC | | | 43:54 |
| 6 | 89 | Chris Kays | | E Cheshire H & TAC | 36:48 | 15 | 158 | Samuel Thornborrow | | | | Manchester Met Univ | | | 44:22 |
| 7 | 323 | James Wignall | | Sale H Manchester | 37:28 | 16 | 115 | Andrew Mothershaw | | | | Macclesfield H&ac | | | 44:24 |
| 8 | 66 | David Barratt | | E Cheshire H & TAC | 38:00 | 17 | 551 | Steven Clague | | | | St Helens Sutton | | | 46:43 |
| 9 | 128 | Liam Bartlett | | Manchester H&ac | 38:31 | 18 | 1046 | \$Nathan Penkethman | | | | Unattached | | | 47:38 |

Senior Men - U20 — TEAM RESULTS

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

| | | | | | | | | | |
|---|--------------------|----|---|---|-------------|----|---------------|----|---------------|
| 1 | E Cheshire H & TAC | 21 | — | 5 | Chris Kays | 7 | David Barratt | 9 | Ryan Gould |
| 2 | St Helens Sutton | 28 | — | 1 | Matt Crehan | 11 | Jake Healy | 16 | Steven Clague |

Manchester Area Cross Country League at Sherdley Park, St Helens on Sunday 15th November 2009

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

| Pos | Num | Name | Cat/Pos | Club | Time | Pos | Name | Cat/Pos | Club | Time | |
|-----|------|-------------------|---------|------------------------|-------|-----|------|-------------------|--------|------------------------|---------|
| 1 | 516 | Malcolm Fowler | V45 1 | Wilmslow RC | 36:56 | 57 | 556 | Ray Vose | V45 22 | St Helens Sutton | 44:21 |
| 2 | 513 | Rob Downs | V45 2 | Wilmslow RC | 37:09 | 58 | 541 | Peter Johnson | V40 20 | St Helens Sutton | 44:30 |
| 3 | 86 | Phillip Jacques | V40 1 | E Cheshire H & TAC | 37:57 | 59 | 397 | Peter Nixon | V45 23 | Stockport H&ac | 44:32 |
| 4 | 19 | Dave Gilchrist | V45 3 | Altrincham&district AC | 38:09 | 60 | 253 | Tim Brett | V40 21 | Sale H Manchester | 44:49 |
| 5 | 84 | Simon Grundy | V40 2 | E Cheshire H & TAC | 38:21 | 61 | 411 | Andrew Coates | V40 22 | Swinton RC | 45:00 |
| 6 | 491 | Adrian Timmins | V40 3 | Warrington AC | 38:27 | 62 | 578 | Chris Gorse | V40 23 | Manchester Triathlon | 45:05 |
| 7 | 521 | Tom McGaff | V50 1 | Wilmslow RC | 38:33 | 63 | 596 | Paul Kay | V55 5 | ABC Runners | 45:10 |
| 8 | 133 | Ed Fazakerley | V40 4 | Manchester H&ac | 38:55 | 64 | 74 | Gary Coxson | V50 11 | E Cheshire H & TAC | 45:12 |
| 9 | 481 | Neil Ashcroft | V40 5 | Warrington AC | 38:58 | 65 | 512 | Steve Dempsey | V45 24 | Wilmslow RC | 45:15 |
| 10 | 618 | Barry Graney | V40 6 | St Helens Sutton | 38:59 | 66 | 61 | Nigel Sedman | V40 24 | Belle Vue Racers | 45:18 |
| 11 | 75 | Paul Dalton | V45 4 | E Cheshire H & TAC | 39:03 | 67 | 111 | Steve Lomas | V40 25 | Macclesfield H&ac | 45:40 |
| 12 | 30 | Phil Nichol | V40 7 | Altrincham&district AC | 39:10 | 68 | 67 | John Bowker | V45 25 | E Cheshire H & TAC | 45:47 |
| 13 | 475 | Dave Safranauskas | V40 8 | Trafford AC | 39:11 | 69 | 389 | Dean Loxam | V50 12 | Stockport H&ac | 46:03 |
| 14 | 383 | Kevan Garner | V40 9 | Stockport H&ac | 39:17 | 70 | 555 | John Appleton | V55 6 | St Helens Sutton | 46:12 |
| 15 | 448 | Dick Byers | V45 5 | Trafford AC | 39:23 | 71 | 608 | Michael Slater | V45 26 | Stockport H&ac | 46:15 |
| 16 | 7 | Nick Burke | V40 10 | Altrincham&district AC | 39:34 | 72 | 125 | Alan Webster | V45 27 | Macclesfield H&ac | 46:31 |
| 17 | 601 | Chris Wilson | V40 11 | ABC Runners | 39:39 | 73 | 160 | Rob Arnold | V45 28 | Manchester Triathlon | 46:40 |
| 18 | 412 | Steve Doxey | V45 6 | Swinton RC | 39:45 | 74 | 529 | Peter Stock | V50 13 | Wilmslow RC | 46:42 |
| 19 | 224 | Ian Ireland | V45 7 | Middleton HAC | 40:14 | 75 | 80 | Tony Faulkner | V40 26 | E Cheshire H & TAC | 46:44 |
| 20 | 9 | Dave Carrington | V50 2 | Altrincham&district AC | 40:15 | 76 | 212 | Steve Symons | V40 27 | Manchester Ymca H | 46:48 |
| 21 | 572 | David Keeling | V45 8 | Trafford AC | 40:18 | 77 | 1060 | \$Brian Schofield | V55 7 | Oldham & Royton | 47:00 |
| 22 | 462 | Mike Hutchinson | V40 12 | Trafford AC | 40:20 | 78 | 439 | Robin Beaumont | V40 28 | Trafford AC | 47:12 |
| 23 | 566 | Steve Haylock | V50 3 | Stockport H&ac | 40:21 | 79 | 609 | James Yearsley | V45 29 | Wilmslow RC | 47:19 |
| 24 | 542 | Ian White | V45 9 | St Helens Sutton | 40:22 | 80 | 185 | Michael Ogden | V45 30 | Manchester Triathlon | 47:31 |
| 25 | 118 | Raph Murray | V55 1 | Macclesfield H&ac | 40:25 | 81 | 405 | Tony Ward | V45 31 | Stockport H&ac | 47:42 |
| 26 | 337 | Sean Cordell | V40 13 | Salford H&ac | 40:26 | 82 | 52 | Philip D'netto | V40 29 | Belle Vue Racers | 47:51 |
| 27 | 324 | Gary Willcock | V45 10 | Sale H Manchester | 40:31 | 83 | 36 | Craig Partridge | V40 30 | Altrincham&district AC | 47:56 |
| 28 | 202 | Eddie Gilligan | V45 11 | Manchester Ymca H | 40:37 | 84 | 126 | Mark Wheelton | V50 14 | Macclesfield H&ac | 47:57 |
| 29 | 514 | Ray Eagle | V55 2 | Wilmslow RC | 40:38 | 85 | 208 | Mike O'Brien | V50 15 | Manchester Ymca H | 48:02 |
| 30 | 451 | Duncan Drasdo | V40 14 | Trafford AC | 40:40 | 86 | 577 | Derek Frasier | V45 32 | Trafford AC | 48:06 |
| 31 | 559 | Maurice Collins | V45 12 | St Helens Sutton | 40:42 | 87 | 365 | Jack Carney | V50 16 | Salford Met AC | 48:51 |
| 32 | 76 | Francis Day | V55 3 | E Cheshire H & TAC | 40:51 | 88 | 164 | Andy Chalmers | V45 33 | Manchester Triathlon | 49:22 |
| 33 | 42 | David Southern | V50 4 | Altrincham&district AC | 40:52 | 89 | 211 | Jon Paramor | V55 8 | Manchester Ymca H | 49:26 |
| 34 | 114 | John Mooney | V50 5 | Macclesfield H&ac | 40:57 | 90 | 614 | James Beesley | V65 1 | St Helens Sutton | 49:59 |
| 35 | 97 | Steven Robinson | V45 13 | E Cheshire H & TAC | 41:03 | 91 | 587 | Colin Rathbone | V65 2 | Vale Royal | 50:18 |
| 36 | 484 | Steve Burthem | V45 14 | Warrington AC | 41:18 | 92 | 93 | Steven Lyons | V40 31 | E Cheshire H & TAC | 50:32 |
| 37 | 610 | Andrew Gray | V45 15 | Macclesfield H&ac | 41:19 | 93 | 1042 | \$Paul Hawgood | V40 32 | Stockport PCT | 50:39 |
| 38 | 304 | Tim Rainey | V40 15 | Sale H Manchester | 41:30 | 94 | 353 | Vincent Murphy | V65 3 | Salford H&ac | 50:43 |
| 39 | 498 | [2nd] Denis Duret | V40 16 | West Cheshire AC | 41:33 | 95 | 14 | Colin Davies | V55 9 | Altrincham&district AC | 50:45 |
| 40 | 467 | Paul Mannion | V45 16 | Trafford AC | 41:53 | 96 | 535 | Ian Welch | V45 34 | Manchester Triathlon | 50:50 |
| 41 | 527 | Ian Smallwood | V45 17 | Wilmslow RC | 41:54 | 97 | 287 | Tony Lythe | V65 4 | Sale H Manchester | 50:54 |
| 42 | 313 | Jerry Smith | V55 4 | Sale H Manchester | 41:56 | 98 | 546 | John Skingley | V45 35 | St Helens Sutton | 51:03 |
| 43 | 402 | Robert Taylor | V60 1 | Stockport H&ac | 41:57 | 99 | 148 | Dave Wood | V45 36 | Manchester H&ac | 51:34 |
| 44 | 548 | Dennis Wharton | V50 6 | St Helens Sutton | 42:04 | 100 | 425 | John Pickup | V45 37 | Swinton RC | 52:09 |
| 45 | 79 | Andrew Farley | V50 7 | E Cheshire H & TAC | 42:13 | 101 | 120 | David Shoesmith | V55 10 | Macclesfield H&ac | 52:26 |
| 46 | 85 | Derek Hughes | V45 18 | E Cheshire H & TAC | 42:19 | 102 | 293 | Shaun McGee | V40 33 | Sale H Manchester | 52:37 |
| 47 | 104 | Barry Blyth | V60 2 | Macclesfield H&ac | 42:20 | 103 | 137 | David Gregory | V65 5 | Manchester H&ac | 52:55 |
| 48 | 169 | Colin Hammond | V45 19 | Manchester Triathlon | 42:21 | 104 | 55 | Barry Guy | V55 11 | Belle Vue Racers | 54:03 |
| 49 | 384 | Tim Hargreaves | V50 8 | Stockport H&ac | 42:22 | 105 | 4 | Alan Barlow | V60 3 | Altrincham&district AC | 55:24 |
| 50 | 434 | Rick Waring | V40 17 | Swinton RC | 42:46 | 106 | 560 | Mark Mothershaw | V40 34 | Macclesfield H&ac | 55:48 |
| 51 | 580 | Ian Jackson | V40 18 | Salford H&ac | 43:11 | 107 | 368 | Brian Eyre | V50 17 | Salford Met AC | 55:59 |
| 52 | 218 | Paul Collinge | V50 9 | Middleton HAC | 43:33 | 108 | 417 | Steve Hart | V50 18 | Swinton RC | 56:28 |
| 53 | 421 | Chris Lomax | V40 19 | Swinton RC | 43:35 | 109 | 58 | Brian Roberts | V60 4 | Belle Vue Racers | 56:59 |
| 54 | 1053 | \$David Smith | V45 20 | Oldham & Royton | 43:39 | 110 | 584 | David Gent | V45 38 | Manchester H&ac | 58:43 |
| 55 | 362 | Ronald Warrender | V50 10 | Salford H&ac | 44:09 | 111 | 53 | Kevin Egerton | V55 12 | Belle Vue Racers | 1:02:56 |
| 56 | 428 | Paul Rutherford | V45 21 | Swinton RC | 44:20 | 112 | 378 | Ian Berry | V65 6 | Stockport H&ac | 1:04:27 |

Senior Men (Vets) — TEAM RESULTS

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

| | | | | | | | | | | | |
|----|------------------------|-----|---|----|-------------------|----|-----------------|-----|------------------|-----|-----------------|
| 1 | Wilmslow RC | 39 | — | 1 | Malcolm Fowler | 2 | Rob Downs | 7 | Tom McGaff | 29 | Ray Eagle |
| 2 | E Cheshire H & TAC | 51 | — | 3 | Phillip Jacques | 5 | Simon Grundy | 11 | Paul Dalton | 32 | Francis Day |
| 3 | Altrincham&district AC | 52 | — | 4 | Dave Gilchrist | 12 | Phil Nichol | 16 | Nick Burke | 20 | Dave Carrington |
| 4 | Trafford AC | 71 | — | 13 | Dave Safranauskas | 15 | Dick Byers | 21 | David Keeling | 22 | Mike Hutchinson |
| 5 | St Helens Sutton | 109 | — | 10 | Barry Graney | 24 | Ian White | 31 | Maurice Collins | 44 | Dennis Wharton |
| 6 | Stockport H&ac | 129 | — | 14 | Kevan Garner | 23 | Steve Haylock | 43 | Robert Taylor | 49 | Tim Hargreaves |
| 7 | Macclesfield H&ac | 143 | — | 25 | Raph Murray | 34 | John Mooney | 37 | Andrew Gray | 47 | Barry Blyth |
| 8 | Sale H Manchester | 166 | — | 27 | Gary Willcock | 38 | Tim Rainey | 42 | Jerry Smith | 59 | Tim Brett |
| 9 | Swinton RC | 176 | — | 18 | Steve Doxey | 50 | Rick Waring | 53 | Chris Lomax | 55 | Paul Rutherford |
| 10 | E Cheshire H & TAC | 189 | — | 35 | Steven Robinson | 45 | Andrew Farley | 46 | Derek Hughes | 63 | Gary Coxson |
| 11 | Salford H&ac | 222 | — | 26 | Sean Cordell | 51 | Ian Jackson | 54 | Ronald Warrender | 91 | Vincent Murphy |
| 12 | Trafford AC | 230 | — | 30 | Duncan Drasdo | 40 | Paul Mannion | 76 | Robin Beaumont | 84 | Derek Frasier |
| 13 | Wilmslow RC | 255 | — | 41 | Ian Smallwood | 64 | Steve Dempsey | 73 | Peter Stock | 77 | James Yearsley |
| 14 | Manchester Triathlon | 259 | — | 48 | Colin Hammond | 61 | Chris Gorse | 72 | Rob Arnold | 78 | Michael Ogden |
| 15 | St Helens Sutton | 270 | — | 56 | Ray Vose | 57 | Peter Johnson | 69 | John Appleton | 88 | James Beesley |
| 16 | Manchester Ymca H | 273 | — | 28 | Eddie Gilligan | 75 | Steve Symons | 83 | Mike O'Brien | 87 | Jon Paramor |
| 17 | Stockport H&ac | 275 | — | 58 | Peter Nixon | 68 | Dean Loxam | 70 | Michael Slater | 79 | Tony Ward |
| 18 | Altrincham&district AC | 308 | — | 33 | David Southern | 81 | Craig Partridge | 92 | Colin Davies | 102 | Ian Barlow |
| 19 | Manchester H&ac | 311 | — | 8 | Ed Fazakerley | 96 | Dave Wood | 100 | David Gregory | 107 | David Gent |
| 20 | Macclesfield H&ac | 317 | — | 66 | Steve Lomas | 71 | Alan Webster | 82 | Mark Wheelton | 98 | David Shoesmith |
| 21 | Belle Vue Racers | 352 | — | 65 | Nigel Sedman | 80 | Philip D'netto | 101 | Barry Guy | 106 | Brian Roberts |