

Manchester Area Cross Country League

at Woodbank Park, Stockport on Sunday 4th January 2009

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

Pos	Name	Cat/Pos	Club	Time				
1	\$Ian Grime		Newham & Essex Beagles	32:11	86	Ian Jones	Mantriathlon	39:16
2	Ian Salisbury		Trafford Athletic Club	32:46	87	Paul Calderbank	V45 18 Sale Harriers Manchester	39:17
3	Malcolm Fowler	V45 1	Wilmslow Running Club	32:52	88	Barry Blyth	V60 1 Macclesfield Harriers & Ac	39:18
4	David Howlett		Sale Harriers Manchester	33:00	89	Gary Willcock	V45 19 Manchester Ymca Harriers	39:20
5	William Crowther	V40 1	Altrincham & District Ac	33:12	90	Derek Hughes	V45 20 E Cheshire H & Tameside Ac	39:21
6	Mike Halman		Wilmslow Running Club	33:17	91	Ian Smallwood	V45 21 Wilmslow Running Club	39:32
7	\$Danny Hope		Pudsey & Bramley Ac	33:29	92	Mick Fairs	V60 2 Wilmslow Running Club	39:40
8	Rob Nichol	Jun 1	Altrincham & District Ac	33:37	93	James Corrigan	Belle Vue Racers	39:46
9	Jim Pendrill		Wilmslow Running Club	33:40	94	Mark Messenger	V40 17 Macclesfield Harriers & Ac	39:48
10	James Bleakley		Trafford Athletic Club	33:42	95	Tony Jolly	Mantriathlon	39:52
11	Dave Lockett	V40 2	Salford Harriers	33:44	96	\$Stan Ogden	V50 8 Unattached	39:57
12	Colin Gell		Sale Harriers Manchester	33:59	97	Rob Gilbert	V40 18 Wilmslow Running Club	40:00
13	Joe Bailey		Salford Harriers	34:01	98	Peter Johnson	V40 19 St Helens Sutton Ac	40:05
14	Jason Dunkerley		E Cheshire H & Tameside Ac	34:03	99	Adrian Fuller	Altrincham & District Ac	40:06
15	Michael Hunt		Trafford Athletic Club	34:08	100	Dean Loxam	V45 22 Stockport Harriers & Ac	40:07
16	Rob Downs	V40 3	Wilmslow Running Club	34:16	101	James O'Connor	Middleton Harriers Ac	40:08
17	Chris Leigh		Trafford Athletic Club	34:24	102	Carl Price	V50 9 Swinton Running Club	40:09
18	Declan Murray	Jun 2	Macclesfield Harriers & Ac	34:30	103	Chris Lomax	V40 20 Swinton Running Club	40:13
19	Andrew Lister		Trafford Athletic Club	34:46	104	Shane Wolstencroft	Salford Metropolitan Ac	40:18
20	Gavin Browne		E Cheshire H & Tameside Ac	34:58	105	Andrew Gray	V45 23 Macclesfield Harriers & Ac	40:20
21	Tom McGaff	V50 1	Wilmslow Running Club	35:01	106	Andrew Mooney	Sale Harriers Manchester	40:29
22	Dave Gilchrist	V40 4	Altrincham & District Ac	35:06	107	Dave Shaw	V40 21 Salford Harriers	40:36
23	Richard Watson		Sale Harriers Manchester	35:08	108	Nigel Sedman	V40 22 Belle Vue Racers	40:46
24	Michael Flatley		Middleton Harriers Ac	35:12	109	Gary Wolstencroft	Mantriathlon	40:55
25	Gary Matthews	V45 2	E Cheshire H & Tameside Ac	35:23	110	Jeff Norman	V60 3 Altrincham & District Ac	41:00
26	Ben Styles		Stockport Harriers & Ac	35:34	111	Dominic Partridge	Jun 7 Stockport Harriers & Ac	41:01
27	Kevin Garner	V40 5	Stockport Harriers & Ac	35:46	112	Julian Brown	V40 23 Macclesfield Harriers & Ac	41:02
28	James Corden		Stockport Harriers & Ac	35:48	113	Brian Holland	V50 10 Stockport Harriers & Ac	41:04
29	Richard Marlton	V40 6	Stockport Harriers & Ac	35:53	114	Tim Edwards	V40 24 Stockport Harriers & Ac	41:05
30	Jonathan Powell		Mantriathlon	35:56	115	Don Bullough	V50 11 Wilmslow Running Club	41:06
31	Adrian Nutter		Stockport Harriers & Ac	35:58	116	Denis Wharton	V50 12 St Helens Sutton Ac	41:07
32	Trevor Morris	V45 3	Wilmslow Running Club	36:00	117	Paul Stepto	V45 24 Stockport Harriers & Ac	41:10
33	Andy Skitt		Manchester Harriers & Ac	36:08	118	Anthony Lowe	V45 25 Middleton Harriers Ac	41:18
34	Peter Wood	V50 2	Middleton Harriers Ac	36:10	119	David Burke	V55 5 Swinton Running Club	41:27
35	Michael Hatch		Sale Harriers Manchester	36:28	120	Lee Whitley	Jun 8 Sale Harriers Manchester	41:29
36	Neil Walker		Altrincham & District Ac	36:32	121	Gareth Trimble	Wilmslow Running Club	41:35
37	Vinny Booth	V45 4	Trafford Athletic Club	36:35	122	Chris Hibbert	V40 25 Manchester Harriers & Ac	41:38
38	Alec Beaney	Jun 3	West Cheshire Athletic Club	36:42	123	Phil Jacques	V40 26 E Cheshire H & Tameside Ac	41:44
39	Ian White	V45 5	St Helens Sutton Ac	36:44	124	Philip Holmes	V50 13 Manchester Harriers & Ac	41:46
40	Mark Norton		Altrincham & District Ac	36:46	125	Timothy Rainey	V40 27 Sale Harriers Manchester	41:52
41	David Gee	V55 1	Manchester Harriers & Ac	36:51	126	Ian Mulligan	V40 28 Stockport Harriers & Ac	41:57
42	Ross Wilson		Macclesfield Harriers & Ac	36:59	127	Michael Symons	V40 29 Manchester Ymca Harriers	41:58
43	Richard Byers	V40 7	Trafford Athletic Club	37:01	128	Geoff Gilbert	V55 6 Wilmslow Running Club	41:59
44	Mike Hutchinson	V40 8	Trafford Athletic Club	37:03	129	Mike Noble	V60 4 Stockport Harriers & Ac	42:03
45	Len Best	V55 2	Stockport Harriers & Ac	37:05	130	Andrew Cole	V40 30 E Cheshire H & Tameside Ac	42:09
46	Paul Barrett		Sale Harriers Manchester	37:07	131	Jerry Smith	V50 14 Sale Harriers Manchester	42:14
47	Greg Williams		St Helens Sutton Ac	37:08	132	Philip D'netto	V40 31 Belle Vue Racers	42:34
48	Maurice Collins	V45 6	St Helens Sutton Ac	37:13	133	Robert Taylor	V55 7 Stockport Harriers & Ac	42:48
49	Jason Bowers		Sale Harriers Manchester	37:18	134	Richard Hyder	Mantriathlon	43:03
50	Mark Evans	V45 7	Trafford Athletic Club	37:23	135	Paul Collinge	V50 15 Middleton Harriers Ac	43:07
51	James Jackson	V45 8	Salford Harriers	37:25	136	Richard Waring	V40 32 Swinton Running Club	43:08
52	Steven Robinson	V45 9	E Cheshire H & Tameside Ac	37:26	137	Richard Pavey	V40 33 Altrincham & District Ac	43:19
53	Dave Garner	V40 9	Manchester Ymca Harriers	37:30	138	Tony Faulkner	E Cheshire H & Tameside Ac	43:30
54	Dave Rudd	V45 10	Altrincham & District Ac	37:33	139	Steve Carey	V50 16 Middleton Harriers Ac	43:42
55	John Mooney	V45 11	Macclesfield Harriers & Ac	37:35	140	Andy Fowler	V40 34 Stockport Harriers & Ac	43:43
56	Rick Smith	V55 3	E Cheshire H & Tameside Ac	37:56	141	Robin Beaumont	V40 35 Trafford Athletic Club	44:09
57	Louis Humphries	Jun 4	West Cheshire Athletic Club	37:59	142	Steve Webb	Belle Vue Racers	44:14
58	Ian Ireland	V40 10	Middleton Harriers Ac	38:01	143	Steve Symons	V40 36 Manchester Ymca Harriers	44:16
59	Eddie Gilligan	V45 12	Manchester Ymca Harriers	38:09	144	John Battersby	V50 17 Sale Harriers Manchester	44:26
60	Chris Bentley		Macclesfield Harriers & Ac	38:11	145	Chris Holden	Macclesfield Harriers & Ac	44:26
61	Andy Yates	V50 3	Sale Harriers Manchester	38:13	146	Gavin Mendham	V55 8 Wilmslow Running Club	44:32
62	Mike Cooper	V45 13	Wilmslow Running Club	38:15	147	Andy Chalmers	V45 26 Mantriathlon	44:38
63	Rob Harper		Mantriathlon	38:20	148	Neil Murphy	V45 27 Macclesfield Harriers & Ac	44:45
64	Tony Flanagan	V40 11	Swinton Running Club	38:26	149	Jack Carney	V50 18 Salford Metropolitan Ac	44:46
65	Tom Partington	Jun 5	Sale Harriers Manchester	38:30	150	Michael Blackburn	Stockport Harriers & Ac	44:47
66	Phil Smith		Wilmslow Running Club	38:31	151	Anthony Ward	V45 28 Stockport Harriers & Ac	44:53
67	Frank Cordingley	V45 14	Sale Harriers Manchester	38:32	152	Ian Welsh	V45 29 Mantriathlon	44:55
68	Steve Doxey	V45 15	Swinton Running Club	38:32	153	Andy Roberts	V40 37 Belle Vue Racers	45:02
69	Dominic Scott	Jun 6	Altrincham & District Ac	38:39	154	Mark Wheelton	V45 30 Macclesfield Harriers & Ac	45:04
70	Duncan Drasdo	V40 12	Trafford Athletic Club	38:40	155	Alan Webster	V45 31 Macclesfield Harriers & Ac	45:14
71	Raph Murray	V50 4	Macclesfield Harriers & Ac	38:47	156	Andrew Evans	V45 32 Salford Metropolitan Ac	45:17
72	Russell Kirk	V45 16	West Cheshire Athletic Club	38:48	157	Daniel Bamber	E Cheshire H & Tameside Ac	45:23
73	Richard Thomas	V45 17	Macclesfield Harriers & Ac	38:49	158	Michael Cunningham	V60 5 Manchester Harriers & Ac	45:29
74	David Southern	V50 5	Altrincham & District Ac	38:50	159	Brian Eyre	V50 19 Salford Metropolitan Ac	45:45
75	Graham Marsland	V40 13	Stockport Harriers & Ac	38:51	160	Alan Litter	Jun 9 West Cheshire Athletic Club	46:02
76	Francis Day	V55 4	E Cheshire H & Tameside Ac	38:53	161	Miran Arahamian	V55 9 Sale Harriers Manchester	46:17
77	Michael Hibbert	V40 14	Manchester Harriers & Ac	38:54	162	John Skinley	V45 33 St Helens Sutton Ac	46:18
78	Mike Nelson	V40 15	Macclesfield Harriers & Ac	38:57	163	Bob Towell	V65 1 Salford Harriers	46:30
79	Dave Carrington	V50 6	Altrincham & District Ac	39:00	164	Stuart Mairs	Salford Metropolitan Ac	46:52
80	David Jury		Trafford Athletic Club	39:02	165	Howard Bamber	V50 20 E Cheshire H & Tameside Ac	47:09
81	Paul Rowley		Sale Harriers Manchester	39:06	166	Paddy Farrelly	V50 21 Salford Metropolitan Ac	47:22
82	Jim Crehan	V50 7	St Helens Sutton Ac	39:09	167	Roger Carter	V45 34 Manchester Ymca Harriers	47:29
83	Joe Chambers		Stockport Harriers & Ac	39:11	168	John Pickup	V45 35 Swinton Running Club	48:00
84	Sean Cordell	V40 16	Salford Harriers	39:13	169	Tony Houghton	V45 36 Belle Vue Racers	48:01
85	Kevin Sear		Stockport Harriers & Ac	39:13	170	Steve McCall	V45 37 Manchester Harriers & Ac	48:11

171	Mark Wallwork	V45 38	Salford Metropolitan Ac	48:25	183	Chris Bryans	V70 1	Stockport Harriers & Ac	49:58
172	Alan Williams	V45 39	Altrincham & District Ac	48:28	184	David Furey		Belle Vue Racers	50:05
173	Daniel Harle		Macclesfield Harriers & Ac	48:30	185	Wade Cooper	V65 2	E Cheshire H & Tameside Ac	50:12
174	Jon Paramor	V55 10	Manchester Ymca Harriers	48:47	186	Colin Timpson	V60 10	E Cheshire H & Tameside Ac	50:26
175	Alan Barlow	V60 6	Altrincham & District Ac	49:02	187	Kevin Egerton	V55 11	Belle Vue Racers	51:03
176	Mike Wharton		Sale Harriers Manchester	49:10	188	Andy Brigg		Mantriathlon	51:41
177	Adrian Bocock	V45 40	Middleton Harriers Ac	49:17	189	Steve RussellIngram	V50 23	West Cheshire Athletic Club	52:26
178	\$Paul Hawgood		Stockport Primary Care Trust R	49:30	190	Trevor Faulkner	V65 3	Wilmslow Running Club	53:17
179	Dennis Moran	V60 7	Salford Harriers	49:33	191	Andy Smith		Swinton Running Club	56:49
180	Chris Johnson	V60 8	E Cheshire H & Tameside Ac	49:41	192	Ian Manners	V40 38	Manchester Ymca Harriers	56:56
181	Roy Pownall	V60 9	Wilmslow Running Club	49:45	193	Ian Berry	V60 11	Stockport Harriers & Ac	58:29
182	Mark Hulme	V50 22	Salford Metropolitan Ac	49:53	194	Mike Owen	V40 39	Trafford Athletic Club	1:02:11

Senior Men — TEAM RESULTS

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

1	Wilmslow Running Club	77	—	2	Malcolm Fowler	5	Mike Halman	7	Jim Pendrill	14	Rob Downs	19	Tom McGaff	30	Trevor Morris
2	Trafford Athletic Club	89	—	1	Ian Salisbury	8	James Bleakley	13	Michael Hunt	15	Chris Leigh	17	Andrew Lister	35	Vinny Booth
3	Altrincham & District Ac	154	—	4	William Crowther	6	Rob Nichol	20	Dave Gilchrist	34	Neil Walker	38	Mark Norton	52	Dave Rudd
4	Sale Harriers Manchester	158	—	3	David Howlett	10	Colin Gell	21	Richard Watson	33	Michael Hatch	44	Paul Barrett	47	Jason Bowers
5	Stockport Harriers & Ac	174	—	24	Ben Styles	25	Kevin Garner	26	James Corden	27	Richard Marlon	29	Adrian Nutter	43	Len Best
6	E Cheshire H & Tameside Ac	231	—	12	Jason Dunkerley	18	Gavin Browne	23	Gary Matthews	50	Steven Robinson	54	Rick Smith	74	Francis Day
7	Macclesfield Harriers & Ac	307	—	16	Declan Murray	40	Ross Wilson	53	John Mooney	58	Chris Bentley	69	Raph Murray	71	Richard Thomas
8	Trafford Athletic Club 'B'	415	—	41	Richard Byers	42	Mike Hutchinson	48	Mark Evans	68	Duncan Drasdo	78	David Jury	138	Robin Beaumont
9	Salford Harriers	415	—	9	Dave Lockett	11	Joe Bailey	49	James Jackson	82	Sean Cordell	104	Dave Shaw	160	Bob Towell
10	St Helens Sutton Ac	416	—	37	Ian White	45	Greg Williams	46	Maurice Collins	80	Jim Crehan	95	Peter Johnson	113	Denis Wharton
11	Sale Harriers Manchester 'B'	454	—	59	Andy Yates	63	Tom Partington	65	Frank Cordingley	79	Paul Rowley	85	Paul Calderbank	103	Andrew Mooney
12	Middleton Harriers Ac	455	—	22	Michael Flatley	32	Peter Wood	56	Ian Ireland	98	James O'Connor	115	Anthony Lowe	132	Paul Collinge
13	Mantriathlon	503	—	28	Jonathan Powell	61	Rob Harper	84	Ian Jones	93	Tony Jolly	106	Gary Wolstencroft	131	Richard Hyder
14	Wilmslow Running Club 'B'	509	—	60	Mike Cooper	64	Phil Smith	89	Ian Smallwood	90	Mick Fairs	94	Rob Gilbert	112	Don Bullough
15	Manchester Harriers & Ac	540	—	31	Andy Skitt	39	David Gee	75	Michael Hibbert	119	Chris Hibbert	121	Philip Holmes	155	Michael Cunningham
16	Stockport Harriers & Ac 'B'	552	—	73	Graham Marsland	81	Joe Chambers	83	Kevin Sear	97	Dean Loxam	108	Dominic Partridge	110	Brian Holland
17	Altrincham & District Ac 'B'	553	—	67	Dominic Scott	72	David Southern	77	Dave Carrington	96	Adrian Fuller	107	Jeff Norman	134	Richard Pavey
18	Swinton Running Club	576	—	62	Tony Flanagan	66	Steve Doxey	99	Carl Price	100	Chris Lomax	116	David Burke	133	Richard Waring
19	Macclesfield Harriers & Ac 'B'	607	—	76	Mike Nelson	86	Barry Blyth	92	Mark Messenger	102	Andrew Gray	109	Julian Brown	142	Chris Holden
20	Manchester Ymca Harriers	623	—	51	Dave Garner	57	Eddie Gilligan	87	Gary Willcock	124	Michael Symons	140	Steve Symons	164	Roger Carter
21	Belle Vue Racers	780	—	91	James Corrigan	105	Nigel Sedman	129	Philip D'netto	139	Steve Webb	150	Andy Roberts	166	Tony Houghton
22	E Cheshire H & Tameside Ac 'B'	786	—	88	Derek Hughes	120	Phil Jacques	127	Andrew Cole	135	Tony Faulkner	154	Daniel Bamber	162	Howard Bamber
23	Salford Metropolitan Ac	880	—	101	Shane Wolstencroft	146	Jack Carney	153	Andrew Evans	156	Brian Eyre	161	Stuart Mairs	163	Paddy Farrelly

Manchester Area Cross Country League

at Woodbank Park, Stockport on Sunday 4th January 2009

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

Pos	Name	Cat/Pos	Club	Time	Pos	Name	Cat/Pos	Club	Time
1	Malcolm Fowler	V45 1	Wilmslow Running Club	32:52	65	Don Bullough	V50 11	Wilmslow Running Club	41:06
2	William Crowther	V40 1	Altrincham & District Ac	33:12	66	Denis Wharton	V50 12	St Helens Sutton Ac	41:07
3	Dave Lockett	V40 2	Salford Harriers	33:44	67	Paul Stepto	V45 24	Stockport Harriers & Ac	41:10
4	Rob Downs	V40 3	Wilmslow Running Club	34:16	68	Anthony Lowe	V45 25	Middleton Harriers Ac	41:18
5	Tom McGaff	V50 1	Wilmslow Running Club	35:01	69	David Burke	V55 5	Swinton Running Club	41:27
6	Dave Gilchrist	V40 4	Altrincham & District Ac	35:06	70	Chris Hibbert	V40 25	Manchester Harriers & Ac	41:38
7	Gary Matthews	V45 2	E Cheshire H & Tameside Ac	35:23	71	Phil Jacques	V40 26	E Cheshire H & Tameside Ac	41:44
8	Kevin Garner	V40 5	Stockport Harriers & Ac	35:46	72	Philip Holmes	V50 13	Manchester Harriers & Ac	41:46
9	Richard Marlton	V40 6	Stockport Harriers & Ac	35:53	73	Timothy Rainey	V40 27	Sale Harriers Manchester	41:52
10	Trevor Morris	V45 3	Wilmslow Running Club	36:00	74	Ian Mulligan	V40 28	Stockport Harriers & Ac	41:57
11	Peter Wood	V50 2	Middleton Harriers Ac	36:10	75	Michael Symons	V40 29	Manchester Ymca Harriers	41:58
12	Vinny Booth	V45 4	Trafford Athletic Club	36:35	76	Geoff Gilbert	V55 6	Wilmslow Running Club	41:59
13	Ian White	V45 5	St Helens Sutton Ac	36:44	77	Mike Noble	V60 4	Stockport Harriers & Ac	42:03
14	David Gee	V55 1	Manchester Harriers & Ac	36:51	78	Andrew Cole	V40 30	E Cheshire H & Tameside Ac	42:09
15	Richard Byers	V40 7	Trafford Athletic Club	37:01	79	Jerry Smith	V50 14	Sale Harriers Manchester	42:14
16	Mike Hutchinson	V40 8	Trafford Athletic Club	37:03	80	Philip D'netto	V40 31	Belle Vue Racers	42:34
17	Len Best	V55 2	Stockport Harriers & Ac	37:05	81	Robert Taylor	V55 7	Stockport Harriers & Ac	42:48
18	Maurice Collins	V45 6	St Helens Sutton Ac	37:13	82	Paul Collinge	V50 15	Middleton Harriers Ac	43:07
19	Mark Evans	V45 7	Trafford Athletic Club	37:23	83	Richard Waring	V40 32	Swinton Running Club	43:08
20	James Jackson	V45 8	Salford Harriers	37:25	84	Richard Pavey	V40 33	Altrincham & District Ac	43:19
21	Steven Robinson	V45 9	E Cheshire H & Tameside Ac	37:26	85	Steve Carey	V50 16	Middleton Harriers Ac	43:42
22	Dave Garner	V40 9	Manchester Ymca Harriers	37:30	86	Andy Fowler	V40 34	Stockport Harriers & Ac	43:43
23	Dave Rudd	V45 10	Altrincham & District Ac	37:33	87	Robin Beaumont	V40 35	Trafford Athletic Club	44:09
24	John Mooney	V45 11	Macclesfield Harriers & Ac	37:35	88	Steve Symons	V40 36	Manchester Ymca Harriers	44:16
25	Rick Smith	V55 3	E Cheshire H & Tameside Ac	37:56	89	John Battersby	V50 17	Sale Harriers Manchester	44:26
26	Ian Ireland	V40 10	Middleton Harriers Ac	38:01	90	Gavin Mendham	V55 8	Wilmslow Running Club	44:32
27	Eddie Gilligan	V45 12	Manchester Ymca Harriers	38:09	91	Andy Chalmers	V45 26	Mantriathlon	44:38
28	Andy Yates	V50 3	Sale Harriers Manchester	38:13	92	Neil Murphy	V45 27	Macclesfield Harriers & Ac	44:45
29	Mike Cooper	V45 13	Wilmslow Running Club	38:15	93	Jack Carney	V50 18	Salford Metropolitan Ac	44:46
30	Tony Flanagan	V40 11	Swinton Running Club	38:26	94	Anthony Ward	V45 28	Stockport Harriers & Ac	44:53
31	Frank Cordingley	V45 14	Sale Harriers Manchester	38:32	95	Ian Welsh	V45 29	Mantriathlon	44:55
32	Steve Doxey	V45 15	Swinton Running Club	38:32	96	Andy Roberts	V40 37	Belle Vue Racers	45:02
33	Duncan Drasdo	V40 12	Trafford Athletic Club	38:40	97	Mark Wheelton	V45 30	Macclesfield Harriers & Ac	45:04
34	Raph Murray	V50 4	Macclesfield Harriers & Ac	38:47	98	Alan Webster	V45 31	Macclesfield Harriers & Ac	45:14
35	Russell Kirk	V45 16	West Cheshire Athletic Club	38:48	99	Andrew Evans	V45 32	Salford Metropolitan Ac	45:17
36	Richard Thomas	V45 17	Macclesfield Harriers & Ac	38:49	100	Michael Cunningham	V60 5	Manchester Harriers & Ac	45:29
37	David Southern	V50 5	Altrincham & District Ac	38:50	101	Brian Eyre	V50 19	Salford Metropolitan Ac	45:45
38	Graham Marsland	V40 13	Stockport Harriers & Ac	38:51	102	Miran Arahamian	V55 9	Sale Harriers Manchester	46:17
39	Francis Day	V55 4	E Cheshire H & Tameside Ac	38:53	103	John Skinley	V45 33	St Helens Sutton Ac	46:18
40	Michael Hibbert	V40 14	Manchester Harriers & Ac	38:54	104	Bob Towell	V65 1	Salford Harriers	46:30
41	Mike Nelson	V40 15	Macclesfield Harriers & Ac	38:57	105	Howard Bamber	V50 20	E Cheshire H & Tameside Ac	47:09
42	Dave Carrington	V50 6	Altrincham & District Ac	39:00	106	Paddy Farrelly	V50 21	Salford Metropolitan Ac	47:22
43	Jim Crehan	V50 7	St Helens Sutton Ac	39:09	107	Roger Carter	V45 34	Manchester Ymca Harriers	47:29
44	Sean Cordell	V40 16	Salford Harriers	39:13	108	John Pickup	V45 35	Swinton Running Club	48:00
45	Paul Calderbank	V45 18	Sale Harriers Manchester	39:17	109	Tony Houghton	V45 36	Belle Vue Racers	48:01
46	Barry Blyth	V60 1	Macclesfield Harriers & Ac	39:18	110	Steve McCall	V45 37	Manchester Harriers & Ac	48:11
47	Gary Willcock	V45 19	Manchester Ymca Harriers	39:20	111	Mark Wallwork	V45 38	Salford Metropolitan Ac	48:25
48	Derek Hughes	V45 20	E Cheshire H & Tameside Ac	39:21	112	Alan Williams	V45 39	Altrincham & District Ac	48:28
49	Ian Smallwood	V45 21	Wilmslow Running Club	39:32	113	Jon Paramor	V55 10	Manchester Ymca Harriers	48:47
50	Mick Fairs	V60 2	Wilmslow Running Club	39:40	114	Alan Barlow	V60 6	Altrincham & District Ac	49:02
51	Mark Messenger	V40 17	Macclesfield Harriers & Ac	39:48	115	Adrian Bocock	V45 40	Middleton Harriers Ac	49:17
52	\$Stan Ogden	V50 8	Unattached	39:57	116	Dennis Moran	V60 7	Salford Harriers	49:33
53	Rob Gilbert	V40 18	Wilmslow Running Club	40:00	117	Chris Johnson	V60 8	E Cheshire H & Tameside Ac	49:41
54	Peter Johnson	V40 19	St Helens Sutton Ac	40:05	118	Roy Pownall	V60 9	Wilmslow Running Club	49:45
55	Dean Loxam	V45 22	Stockport Harriers & Ac	40:07	119	Mark Hulme	V50 22	Salford Metropolitan Ac	49:53
56	Carl Price	V50 9	Swinton Running Club	40:09	120	Chris Bryans	V70 1	Stockport Harriers & Ac	49:58
57	Chris Lomax	V40 20	Swinton Running Club	40:13	121	Wade Cooper	V65 2	E Cheshire H & Tameside Ac	50:12
58	Andrew Gray	V45 23	Macclesfield Harriers & Ac	40:20	122	Colin Timpson	V60 10	E Cheshire H & Tameside Ac	50:26
59	Dave Shaw	V40 21	Salford Harriers	40:36	123	Kevin Egerton	V55 11	Belle Vue Racers	51:03
60	Nigel Sedman	V40 22	Belle Vue Racers	40:46	124	Steve Russell Ingram	V50 23	West Cheshire Athletic Club	52:26
61	Jeff Norman	V60 3	Altrincham & District Ac	41:00	125	Trevor Faulkner	V65 3	Wilmslow Running Club	53:17
62	Julian Brown	V40 23	Macclesfield Harriers & Ac	41:02	126	Ian Manners	V40 38	Manchester Ymca Harriers	56:56
63	Brian Holland	V50 10	Stockport Harriers & Ac	41:04	127	Ian Berry	V60 11	Stockport Harriers & Ac	58:29
64	Tim Edwards	V40 24	Stockport Harriers & Ac	41:05	128	Mike Owen	V40 39	Trafford Athletic Club	1:02:11

Senior Men (Vets) — TEAM RESULTS

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

1 Wilmslow Running Club	20 — 1 Malcolm Fowler	4 Rob Downs	5 Tom McGaff	10 Trevor Morris
2 Trafford Athletic Club	62 — 12 Vinny Booth	15 Richard Byers	16 Mike Hutchinson	19 Mark Evans
3 Altrincham & District Ac	68 — 2 William Crowther	6 Dave Gilchrist	23 Dave Rudd	37 David Southern
4 Stockport Harriers & Ac	72 — 8 Kevin Garner	9 Richard Marlton	17 Len Best	38 Graham Marsland
5 E Cheshire H & Tameside Ac	92 — 7 Gary Matthews	21 Steven Robinson	25 Rick Smith	39 Francis Day
6 Salford Harriers	125 — 3 Dave Lockett	20 James Jackson	44 Sean Cordell	58 Dave Shaw
7 St Helens Sutton Ac	127 — 13 Ian White	18 Maurice Collins	43 Jim Crehan	53 Peter Johnson
8 Macclesfield Harriers & Ac	135 — 24 John Mooney	34 Raph Murray	36 Richard Thomas	41 Mike Nelson
9 Manchester Ymca Harriers	170 — 22 Dave Garner	27 Eddie Gilligan	47 Gary Willcock	74 Michael Symons
10 Swinton Running Club	173 — 30 Tony Flanagan	32 Steve Doxey	55 Carl Price	56 Chris Lomax
11 Sale Harriers Manchester	176 — 28 Andy Yates	31 Frank Cordingley	45 Paul Calderbank	72 Timothy Rainey
12 Wilmslow Running Club 'B'	180 — 29 Mike Cooper	49 Ian Smallwood	50 Mick Fairs	52 Rob Gilbert
13 Middleton Harriers Ac	185 — 11 Peter Wood	26 Ian Ireland	67 Anthony Lowe	81 Paul Collinge
14 Manchester Harriers & Ac	194 — 14 David Gee	40 Michael Hibbert	69 Chris Hibbert	71 Philip Holmes
15 Macclesfield Harriers & Ac 'B'	215 — 46 Barry Blyth	51 Mark Messenger	57 Andrew Gray	61 Julian Brown
16 Stockport Harriers & Ac 'B'	245 — 54 Dean Loxam	62 Brian Holland	63 Tim Edwards	66 Paul Stepto
17 Altrincham & District Ac 'B'	296 — 42 Dave Carrington	60 Jeff Norman	83 Richard Pavey	111 Alan Williams
18 E Cheshire H & Tameside Ac 'B'	299 — 48 Derek Hughes	70 Phil Jacques	77 Andrew Cole	104 Howard Bamber
19 Belle Vue Racers	341 — 59 Nigel Sedman	79 Philip D'netto	95 Andy Roberts	108 Tony Houghton
20 Salford Metropolitan Ac	395 — 92 Jack Carney	98 Andrew Evans	100 Brian Eyre	105 Paddy Farrelly
21 Manchester Ymca Harriers 'B'	430 — 87 Steve Symons	106 Roger Carter	112 Jon Paramor	125 Ian Manners

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

Pos	Name	Cat/Pos	Club	Time
1	Rob Nichol		Altrincham & District Ac	33:37
2	Declan Murray		Macclesfield Harriers & Ac	34:30
3	Alec Beaney		West Cheshire Athletic Club	36:42
4	Louis Humphries		West Cheshire Athletic Club	37:59
5	Tom Partington		Sale Harriers Manchester	38:30
6	Dominic Scott		Altrincham & District Ac	38:39
7	Dominic Partridge		Stockport Harriers & Ac	41:01
8	Lee Whitley		Sale Harriers Manchester	41:29
9	Alan Littler		West Cheshire Athletic Club	46:02

Senior Men - Junior — TEAM RESULTS

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

1 West Cheshire Athletic Club	16 — 3 Alec Beaney	4 Louis Humphries	9 Alan Littler
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