

Northern Athletics Road Relay Championships at Stockport on Sunday 6th April 2009

Northern Athletics Road Relays - Men's 12 Stage Stage 1 — Final Results

| Pos | Name | Club | Leg Time | | | | |
|-----|----------------|---------------|----------|----|----------------|---------------|-------|
| 1 | Adam Grice | Leeds City A | 20:32 | 30 | R Shearer | Southport | 23:03 |
| 2 | M Pierson | Holmfirth | 20:34 | 31 | R Howarth | Wigan Phoe A | 23:06 |
| 3 | Carl Hardman | Salford Ha A | 20:38 | 32 | Gary Shaw | Clayton Le | 23:21 |
| 4 | Jonathon Gilby | Derby Ac | 20:52 | 33 | Gary Matthews | E Cheshire | 23:27 |
| 5 | Patrick Martin | Sunderland | 20:56 | 34 | Xavier Desse | Wirral A C | 23:29 |
| 6 | Richard Burney | Liverpool | 21:08 | 35 | Guy Heyes | Horwich Rm | 23:43 |
| 7 | Andy Thake | Hallamshir | 21:20 | 36 | MattyPye | Kingston U | 23:49 |
| 8 | David Norman | Altrincham A | 21:20 | 37 | A Normandale | York Acorn | 23:51 |
| 9 | A Valentine | Bolton Uni A | 21:38 | 38 | Andrew Kay | Salford Ha B | 23:52 |
| 10 | Willy Smith | Keighley & | 21:43 | 39 | Alexander Rowe | Wesham Roa | 23:53 |
| 11 | Garry Bristow | Trafford A A | 21:49 | 40 | C Fitzpatrick | Trafford A B | 23:58 |
| 12 | D Nicholls | Wilmslow | 21:57 | 41 | Jason Bowers | Sale Harri B | 23:59 |
| 13 | A Carmichael | Gateshead | 21:58 | 42 | Simon Mounsey | Rotherham | 24:02 |
| 14 | S Worthington | Lancaster | 21:59 | 43 | John Knibb | Derby Ac B | 24:06 |
| 15 | Tom Cunningham | Blackpool A | 22:00 | 44 | Steve Rennie | City Of Hu | 24:23 |
| 16 | Nick Swift | Sheffield | 22:01 | 45 | Paul Carrier | St Helens | 24:28 |
| 17 | Matt Nuttall | Blackburn A | 22:03 | 46 | Adam Chritchly | Chorley Ha | 24:35 |
| 18 | James Bailey | Sale Harri A | 22:17 | 47 | Neil Walker | Altrincham B | 24:48 |
| 19 | Terry Wall | Morpeth H A | 22:19 | 48 | StevenDoxey | Swinton Ru | 25:02 |
| 20 | Aidan Johnson | (Bingley Ha) | 22:23 | 49 | AndyStaveley | Burnden Ro | 25:06 |
| 21 | Jamie Loxam | Stockport | 22:28 | 50 | Andy Eccles | Wigan Phoe B | 25:11 |
| 22 | Ben Radbourne | Heanor Rc | 22:31 | 51 | Gary Pearse | Blackburn B | 25:37 |
| 23 | Oliver Ziff | Leeds City B | 22:35 | 52 | Ray Robinson | GatesheadB | 26:07 |
| 24 | Peter Huck | Barrow & F | 22:38 | 53 | Gary Wilcock | (ManchrYMCA) | 26:11 |
| 25 | N Pendlebury | Leigh H & | 22:39 | 54 | R Fairhurst | Keighley B | 26:18 |
| 26 | D Williams | BeverleyA | 22:41 | 55 | John Connolly | Penny Lane | 26:20 |
| 27 | Jon Ferguson | Rossendale | 22:44 | 56 | Jim Bradley | BuxtonAc | 26:23 |
| 28 | Greg Hull | Leeds City C | 22:46 | 57 | Bill Fox | Sale Harri C | 27:04 |
| 29 | Matthew Cox | Otley A. C | 22:48 | 58 | Dougie Miller | Trafford A C | 27:20 |

Northern Athletics Road Relays - Men's 12 Stage Stage 2 — Final Results

| Pos | Name | Club | Leg Time | Cum Time | Gain | | | | | |
|-----|----------------|---------------|----------|----------|------|--------------------------------------|----------------|---------------|-------|------------|
| 1 | Chris Birchall | Leeds City A | 12:09 | 32:41 | 0 | 37 | Marcus Smedley | Derby Ac B | 13:47 | 37:53 + 6 |
| 2 | M Johnson | Holmfirth | 12:47 | 33:21 | 0 | 38 | Dave Hudson | Salford Ha B | 14:04 | 37:56 0 |
| 3 | Chris Davison | Derby Ac | 12:38 | 33:30 + | 1 | 39 | Mick Jeffrey | Otley A. C | 15:57 | 38:45 - 10 |
| 4 | Dave Locket | Salford Ha A | 12:59 | 33:37 - | 1 | 40 | David Bowers | Trafford A B | 14:49 | 38:47 0 |
| 5 | Graham Powell | Liverpool | 12:35 | 33:43 + | 1 | 41 | Chris Alder | York Acorn | 15:06 | 38:57 - 4 |
| 6 | Damien Weston | Sunderland | 13:07 | 34:03 - | 1 | 42 | Paul Cain | Southport | 16:05 | 39:08 - 12 |
| 7 | Gavin Keight | Hallamshir | 12:49 | 34:09 | 0 | 43 | John Aitken | City Of Hu | 14:56 | 39:19 + 1 |
| 8 | Ian Fisher | Altrincham A | 13:02 | 34:22 | 0 | 44 | Alan Glasgow | Wesham Roa | 15:45 | 39:38 - 5 |
| 9 | Niall Brooks | Sale Harri A | 12:08 | 34:25 + | 9 | 45 | Peter Johnson | St Helens | 15:21 | 39:49 0 |
| 10 | M Nicholson | Morpeth H A | 12:10 | 34:29 + | 9 | 46 | Martin Andrews | Wigan Phoe B | 14:46 | 39:57 + 4 |
| 11 | David Horniman | Trafford A A | 12:47 | 34:36 | 0 | 47 | B McCoubrey | Swinton Ru | 14:55 | 39:57 + 1 |
| 12 | Nick Hooker | Leeds City B | 12:16 | 34:51 + | 11 | 48 | G Harrison | Altrincham B | 15:11 | 39:59 - 1 |
| 13 | Shaun Harrison | Keighley & | 13:13 | 34:56 - | 3 | 49 | Liam Barton | Blackburn B | 15:25 | 41:02 + 2 |
| 14 | Paul Bradshaw | Blackburn A | 12:55 | 34:58 + | 3 | 50 | Simon Marland | Burnden Ro | 15:59 | 41:05 - 1 |
| 15 | David Shaw | Bolton Uni A | 13:27 | 35:05 - | 6 | 51 | Andy Brett | Keighley B | 15:13 | 41:31 + 3 |
| 16 | Jonny Pearson | Gateshead | 13:19 | 35:17 - | 3 | 52 | Ian Crabtree | Chorley Ha | 17:04 | 41:39 - 6 |
| 17 | Michael Cooke | Stockport | 12:54 | 35:22 + | 4 | 53 | S Vaccarini | BuxtonAc | 15:23 | 41:46 + 3 |
| 18 | NyererePlastow | Leeds City C | 12:42 | 35:28 + | 10 | 54 | Stephen Jones | Sale Harri C | 14:47 | 41:51 + 3 |
| 19 | Tommy Henders | Leigh H & | 12:52 | 35:31 + | 6 | 55 | Steve Parr | GatesheadB | 16:04 | 42:11 - 3 |
| 20 | Tim Midgely | (Bingley Ha) | 13:09 | 35:32 | 0 | 56 | S McNicholas | Penny Lane | 15:55 | 42:15 - 1 |
| 21 | P Worthington | Lancaster | 13:36 | 35:35 - | 7 | 57 | Nigel Oldham | (ManchrYMCA) | 16:57 | 43:08 - 4 |
| 22 | Dill Heaton | Wilmslow | 13:53 | 35:50 - | 10 | 58 | Paul McMahan | Trafford A C | 16:07 | 43:27 0 |
| 23 | Kieran Davis | Heanor Rc | 13:20 | 35:51 - | 1 | Fastest runners over stage 2: | | | | |
| 24 | Peter Savage | Barrow & F | 13:56 | 36:34 | 0 | 1 | Niall Brooks | Sale Harri A | 12:08 | |
| 25 | Rod Hart | Wigan Phoe A | 13:29 | 36:35 + | 6 | 2 | Chris Birchall | Leeds City A | 12:09 | |
| 26 | James McGivern | Beverley A | 14:17 | 36:58 | 0 | 3 | M Nicholson | Morpeth H A | 12:10 | |
| 27 | Philip Knapton | Sheffield | 14:58 | 36:59 - | 11 | 4 | Nick Hooker | Leeds City B | 12:16 | |
| 28 | Roy Flanagan | Rossendale | 14:16 | 37:00 - | 1 | 5 | Graham Powell | Liverpool | 12:35 | |
| 29 | Graham Davies | Blackpool A | 15:02 | 37:02 - | 14 | 6 | Chris Davison | Derby Ac | 12:38 | |
| 30 | Stuart Heaton | E Cheshire | 13:36 | 37:03 + | 3 | 7 | NyererePlastow | Leeds City C | 12:42 | |
| 31 | Ian Wetherall | Sale Harri B | 13:08 | 37:07 + | 10 | 8 | David Horniman | Trafford A A | 12:47 | |
| 32 | Stuart Fogg | Clayton Le | 13:59 | 37:20 | 0 | 9 | M Johnson | Holmfirth | 12:47 | |
| 33 | Kevin Buxton | Wirral A C | 13:52 | 37:21 + | 1 | 10 | Gavin Keight | Hallamshir | 12:49 | |
| 34 | B Bolland | Horwich Rm | 13:46 | 37:29 + | 1 | | | | | |
| 35 | Nigel Brookes | Rotherham | 13:42 | 37:44 + | 7 | | | | | |
| 36 | Jack Robinson | Kingston U | 14:02 | 37:51 | 0 | | | | | |

Northern Athletics Road Relay Championships at Stockport on Sunday 6th April 2009

Northern Athletics Road Relays - Men's 12 Stage Stage 3 — Final Results

| Pos | Name | Club | Leg Time | Cum Time | Time Gain | | | | | |
|-----|----------------|---------------|----------|-------------|-----------|--------------------------------------|----------------|---------------|-------|-------------|
| 1 | James Smith | Leeds City A | 21:17 | 53:58 | 0 | 36 | Paul Humphries | Rotherham | 23:55 | 1:01:39 - 1 |
| 2 | J Mellor | Liverpool | 20:22 | 54:05 + 3 | | 37 | S Carmichael | City Of Hu | 22:46 | 1:02:05 + 6 |
| 3 | Andi Jones | Salford Ha A | 20:36 | 54:13 + 1 | | 38 | Ian Stevens | Derby Ac B | 24:27 | 1:02:20 - 1 |
| 4 | Richard Weir | Derby Ac | 21:22 | 54:52 - 1 | | 39 | James Williams | Salford Ha B | 24:29 | 1:02:25 - 1 |
| 5 | Dave Watson | Holmfirth | 22:03 | 55:24 - 3 | | 40 | Mark Metcalfe | York Acorn | 23:30 | 1:02:27 + 1 |
| 6 | Simon Mills | Sale Harri A | 21:07 | 55:32 + 3 | | 41 | Anthony Bourne | Otley A. C | 24:15 | 1:03:00 - 2 |
| 7 | Jason Ward | Altrincham A | 21:20 | 55:42 + 1 | | 42 | David Barker | Trafford A B | 24:45 | 1:03:32 - 2 |
| 8 | B Rushworth | Sunderland | 21:52 | 55:55 - 2 | | 43 | Barry Graney | St Helens | 23:54 | 1:03:43 + 2 |
| 9 | Robert Baker | Hallamshir | 21:52 | 56:01 - 2 | | 44 | Rob McGrath | Southport | 24:37 | 1:03:45 - 2 |
| 10 | Nathan Shrubbs | Morpeth H A | 22:16 | 56:45 0 | | 45 | Dave Gilchrist | Altrincham B | 25:00 | 1:04:59 + 3 |
| 11 | Tim Egerton | Trafford A A | 22:27 | 57:03 0 | | 46 | Dominic Raby | Chorley Ha | 23:23 | 1:05:02 + 6 |
| 12 | Andrew Nixon | Stockport | 21:48 | 57:10 + 5 | | 47 | G Cunliffe | Wesham Roa | 26:40 | 1:06:18 - 3 |
| 13 | Chris Loftus | Keighley & | 22:51 | 57:47 0 | | 48 | Paul Seddon | Wigan Phoe B | 26:43 | 1:06:40 - 2 |
| 14 | Anthony Ford | Blackpool A | 20:49 | 57:51 + 15 | | 49 | John Knowles | Burnden Ro | 25:53 | 1:06:58 + 1 |
| 15 | Mark Bryant | Leeds City B | 23:01 | 57:52 - 3 | | 50 | Andrew Coates | Swinton Ru | 27:30 | 1:07:27 - 3 |
| 16 | Richard Harris | (Bingley Ha) | 22:29 | 58:01 + 4 | | 51 | Rob White | Buxton Ac | 25:49 | 1:07:35 + 2 |
| 17 | Marc Elliott | Gateshead | 22:51 | 58:08 - 1 | | 52 | F Cordingley | Sale Harri C | 26:10 | 1:08:01 + 2 |
| 18 | David Thornton | Blackburn A | 23:30 | 58:28 - 4 | | 53 | Steve Curtis | Keighley B | 27:06 | 1:08:37 - 2 |
| 19 | Leon Foster | Leeds City C | 23:08 | 58:36 - 1 | | 54 | Richard Taylor | Blackburn B | 27:36 | 1:08:38 - 5 |
| 20 | Fraser Jardine | Bolton Uni A | 23:50 | 58:55 - 5 | | 55 | Eddie Gilligan | (ManchrYMCA) | 26:09 | 1:09:17 + 2 |
| 21 | Andy Ward | Wigan Phoe A | 22:36 | 59:11 + 4 | | 56 | Simone Capponi | Penny Lane | 27:16 | 1:09:31 0 |
| 22 | Gabriel Saiz | Heanor Rc | 23:24 | 59:15 + 1 | | 57 | Carl Tipton | Trafford A C | 29:01 | 1:12:28 + 1 |
| 23 | Garry Dixon | Barrow & F | 22:52 | 59:26 + 1 | | Fastest runners over stage 3: | | | | |
| 24 | P Backhouse | E Cheshire | 22:41 | 59:44 + 6 | | 1 | J Mellor | Liverpool | 20:22 | |
| 25 | R Parrington | Lancaster | 24:10 | 59:45 - 4 | | 2 | Andi Jones | Salford Ha A | 20:36 | |
| 26 | A Urmston | Leigh H & | 24:26 | 59:57 - 7 | | 3 | Anthony Ford | Blackpool A | 20:49 | |
| 27 | Brendon Taylor | Rossendale | 23:19 | 1:00:19 + 1 | | 4 | Simon Mills | Sale Harri A | 21:07 | |
| 28 | Stuart Parrott | Wilmslow | 24:37 | 1:00:27 - 6 | | 5 | James Smith | Leeds City A | 21:17 | |
| 29 | Paul Thompson | Clayton Le | 23:22 | 1:00:42 + 3 | | 6 | Jason Ward | Altrincham A | 21:20 | |
| 30 | Rob Jackson | Horwich Rm | 23:20 | 1:00:49 + 4 | | 7 | Richard Weir | Derby Ac | 21:22 | |
| 31 | Ross Armstrong | Beverley A | 23:56 | 1:00:54 - 5 | | 8 | Andrew Nixon | Stockport | 21:48 | |
| 32 | Colin Gell | Sale Harri B | 23:52 | 1:00:59 - 1 | | 9 | Robert Baker | Hallamshir | 21:52 | |
| 33 | Stuart Little | Sheffield | 24:10 | 1:01:09 - 6 | | 10 | B Rushworth | Sunderland | 21:52 | |
| 34 | J Perkins | Kingston U | 23:26 | 1:01:17 + 2 | | | | | | |
| 35 | Mark Hulmston | Wirral A C | 24:06 | 1:01:27 - 2 | | | | | | |

Northern Athletics Road Relays - Men's 12 Stage Stage 4 — Final Results

| Pos | Name | Club | Leg Time | Cum Time | Time Gain | | | | | |
|-----|----------------|---------------|----------|-------------|-----------|--------------------------------------|----------------|---------------|-------|-------------|
| 1 | Mike Burrett | Leeds City A | 12:18 | 1:06:16 | 0 | 36 | Ian Husband | Beverley A | 15:23 | 1:16:17 - 5 |
| 2 | L Luscombe | Liverpool | 12:56 | 1:07:01 0 | | 37 | Graham Gagg | Kingston U | 15:22 | 1:16:39 - 3 |
| 3 | Paul Savage | Salford Ha A | 12:50 | 1:07:03 0 | | 38 | Tommy Daniels | Salford Ha B | 14:25 | 1:16:50 + 1 |
| 4 | G Massingham | Sunderland | 11:39 | 1:07:34 + 4 | | 39 | Mike Raynes | York Acorn | 14:26 | 1:16:53 + 1 |
| 5 | Tom Offord | Derby Ac | 13:13 | 1:08:05 - 1 | | 40 | Liam Dunne | Otley A. C | 13:57 | 1:16:57 + 1 |
| 6 | Jake Harmon | Holmfirth | 12:53 | 1:08:17 - 1 | | 41 | Jay Tartt | Southport | 13:23 | 1:17:08 + 3 |
| 7 | Robert Nichol | Altrincham A | 12:48 | 1:08:30 0 | | 42 | Joaquim Martin | City Of Hu | 15:10 | 1:17:15 - 5 |
| 8 | Rob Jowett | Sale Harri A | 13:04 | 1:08:36 - 2 | | 43 | Steve Clague | St Helens | 14:09 | 1:17:52 0 |
| 9 | Dave Sprot | Hallamshir | 12:59 | 1:09:00 0 | | 44 | Andrew Steele | Trafford A B | 14:44 | 1:18:16 - 2 |
| 10 | Ross Floyd | Morpeth H A | 13:05 | 1:09:50 0 | | 45 | Dominic Scott | Altrincham B | 14:18 | 1:19:17 0 |
| 11 | John Howe | Trafford A A | 13:13 | 1:10:16 0 | | 46 | Andrew Clough | Chorley Ha | 16:26 | 1:21:28 0 |
| 12 | Michael Salter | Leeds City B | 12:28 | 1:10:20 + 3 | | 47 | J Bertenshaw | Wesham Roa | 15:11 | 1:21:29 0 |
| 13 | Jon Cordingley | (Bingley Ha) | 12:46 | 1:10:47 + 3 | | 48 | Paul Christie | Burnden Ro | 15:27 | 1:22:25 + 1 |
| 14 | Gary Bailey | Keighley & | 13:17 | 1:11:04 - 1 | | 49 | V Robinson | Wigan Phoe B | 15:56 | 1:22:36 - 1 |
| 15 | Stuart Cameon | Stockport | 14:03 | 1:11:13 - 3 | | 50 | Don Obrien | Buxton Ac | 15:28 | 1:23:03 + 1 |
| 16 | Martin Slater | Gateshead | 13:32 | 1:11:40 + 1 | | 51 | Peter Shaw | Swinton Ru | 16:06 | 1:23:33 - 1 |
| 17 | Jim Unsworth | Blackpool A | 13:56 | 1:11:47 - 3 | | 52 | Evan Cook | Blackburn B | 15:06 | 1:23:44 + 2 |
| 18 | Matthew Wood | Blackburn A | 13:32 | 1:12:00 0 | | 53 | N Whittingham | Keighley B | 15:41 | 1:24:18 0 |
| 19 | Eddie Simpson | Barrow & F | 12:38 | 1:12:04 + 4 | | 54 | Richard Wilson | Sale Harri C | 16:23 | 1:24:24 - 2 |
| 20 | Eddy Mason | Leeds City C | 13:59 | 1:12:35 - 1 | | 55 | Shane Moore | Penny Lane | 15:10 | 1:24:41 + 1 |
| 21 | Chris Wilson | Wigan Phoe A | 13:44 | 1:12:55 0 | | 56 | Stephen Symons | (ManchrYMCA) | 16:10 | 1:25:27 - 1 |
| 22 | A Hobday | Heanor Rc | 13:56 | 1:13:11 0 | | 57 | David Jury | Trafford A C | 15:58 | 1:28:26 0 |
| 23 | Allan Gordon | Lancaster | 13:56 | 1:13:41 + 2 | | Fastest runners over stage 4: | | | | |
| 24 | Sam Gough | Bolton Uni A | 14:59 | 1:13:54 - 4 | | 1 | G Massingham | Sunderland | 11:39 | |
| 25 | James Wheeler | Wilmslow | 13:56 | 1:14:23 + 3 | | 2 | Mike Burrett | Leeds City A | 12:18 | |
| 26 | Darren Smith | Leigh H & | 14:29 | 1:14:26 0 | | 3 | Michael Salter | Leeds City B | 12:28 | |
| 27 | Sam Aspinwall | Sale Harri B | 13:41 | 1:14:40 + 5 | | 4 | Eddie Simpson | Barrow & F | 12:38 | |
| 28 | Karl Ward | Horwich Rm | 14:02 | 1:14:51 + 2 | | 5 | Jon Cordingley | (Bingley Ha) | 12:46 | |
| 29 | Liam Browne | E Cheshire | 15:21 | 1:15:05 - 5 | | 6 | Robert Nichol | Altrincham A | 12:48 | |
| 30 | Matin Booth | Derby Ac B | 12:50 | 1:15:10 + 8 | | 7 | Paul Savage | Salford Ha A | 12:50 | |
| 31 | G Ratcliffe | Wirral A C | 13:49 | 1:15:16 + 4 | | 8 | Matin Booth | Derby Ac B | 12:50 | |
| 32 | M O'Donnell | Clayton Le | 14:36 | 1:15:18 - 3 | | 9 | Jake Harmon | Holmfirth | 12:53 | |
| 33 | David Tune | Rotherham | 13:45 | 1:15:24 + 3 | | 10 | L Luscombe | Liverpool | 12:56 | |
| 34 | Martin Lee | Rossendale | 15:22 | 1:15:41 - 7 | | | | | | |
| 35 | Jed Turner | Sheffield | 14:42 | 1:15:51 - 2 | | | | | | |

Northern Athletics Road Relay Championships at Stockport on Sunday 6th April 2009

Northern Athletics Road Relays - Men's 12 Stage Stage 5 — Final Results

| Pos | Name | Club | Leg Time | Cum Time | Time Gain |
|-----|----------------|---------------|----------|-----------|-----------|
| 1 | James Walsh | Leeds City A | 21:45 | 1:28:01 | 0 |
| 2 | John McCole | Liverpool | 21:03 | 1:28:04 | 0 |
| 3 | Mark Hood | Sunderland | 21:09 | 1:28:43 + | 1 |
| 4 | Gareth Raven | Sale Harri A | 20:36 | 1:29:12 + | 4 |
| 5 | Colin Hawkins | Derby Ac | 21:25 | 1:29:30 | 0 |
| 6 | Andy Norman | Altrincham A | 21:10 | 1:29:40 + | 1 |
| 7 | Simon Bruton | Salford Ha A | 22:52 | 1:29:55 - | 4 |
| 8 | David Turnbull | Holmfirth | 22:21 | 1:30:38 - | 2 |
| 9 | Chris Sampson | Morpeth H A | 21:35 | 1:31:25 + | 1 |
| 10 | Tom Minshull | Trafford A A | 21:14 | 1:31:30 + | 1 |
| 11 | David Archer | Hallamshir | 22:47 | 1:31:47 - | 2 |
| 12 | Martin Sanders | Leeds City B | 22:31 | 1:32:51 | 0 |
| 13 | Andy Peace | (Bingley Ha) | 22:19 | 1:33:06 | 0 |
| 14 | Ross Murray | Gateshead | 22:04 | 1:33:44 + | 2 |
| 15 | Luke Minns | Blackpool A | 22:17 | 1:34:04 + | 2 |
| 16 | Dean Matkin | Stockport | 23:43 | 1:34:56 - | 1 |
| 17 | Paul Guinan | Blackburn A | 23:10 | 1:35:10 + | 1 |
| 18 | Adam McLean | Keighley & | 24:08 | 1:35:12 - | 4 |
| 19 | Phillip Waite | Barrow & F | 24:00 | 1:36:04 | 0 |
| 20 | Darren Ridout | Heanor Rc | 23:20 | 1:36:31 + | 2 |
| 21 | Rob Downs | Wilmslow | 22:41 | 1:37:04 + | 4 |
| 22 | Arthur Cooke | Leeds City C | 24:58 | 1:37:33 - | 2 |
| 23 | J Worthington | Wigan Phoe A | 25:00 | 1:37:55 - | 2 |
| 24 | Andy Hilton | York Acorn | 21:41 | 1:38:34 + | 15 |
| 25 | Davies-Peerles | Wirral A C | 23:36 | 1:38:52 + | 6 |
| 26 | J Maxfield | Rotherham | 23:41 | 1:39:05 + | 7 |
| 27 | Andrew Neary | Horwich Rm | 24:16 | 1:39:07 + | 1 |
| 28 | Barry Brock | Clayton Le | 24:21 | 1:39:39 + | 4 |
| 29 | Stuart Dunn | Derby Ac B | 24:37 | 1:39:47 + | 1 |
| 30 | Lee Woods | Sale Harri B | 25:17 | 1:39:57 - | 3 |
| 31 | Tom McKee | Kingston U | 23:27 | 1:40:06 + | 6 |
| 32 | Zack Whitehead | Otley A. C | 23:13 | 1:40:10 + | 8 |
| 33 | Simon Grundy | E Cheshire | 25:06 | 1:40:11 - | 4 |
| 34 | Andy Preedy | Rossendale | 24:57 | 1:40:38 | 0 |
| 35 | David Broddle | Sheffield | 25:07 | 1:40:58 | 0 |
| 36 | Rory McMahon | Lancaster | 27:28 | 1:41:09 - | 13 |
| 37 | James Cooke | Leigh H & | 27:01 | 1:41:27 - | 11 |
| 38 | Nick Howarth | Bolton Uni A | 27:38 | 1:41:32 - | 14 |
| 39 | Ian Boardley | Beverley A | 25:23 | 1:41:40 - | 3 |
| 40 | Rob Ashworth | Southport | 24:38 | 1:41:46 + | 1 |
| 41 | Greg Williams | St Helens | 24:02 | 1:41:54 + | 2 |
| 42 | Colin Langley | City Of Hu | 25:48 | 1:43:03 | 0 |
| 43 | R Derbyshire | Salford Ha B | 26:35 | 1:43:25 - | 5 |
| 44 | Daniel Ansell | Trafford A B | 25:32 | 1:43:48 | 0 |
| 45 | Jeff Norman | Altrincham B | 27:52 | 1:47:09 | 0 |
| 46 | Alan Hudson | Wesham Roa | 26:07 | 1:47:36 + | 1 |
| 47 | C Lane | Chorley Ha | 26:14 | 1:47:42 - | 1 |
| 48 | Dave Collins | Wigan Phoe B | 25:20 | 1:47:56 + | 1 |
| 49 | Martyn Pollitt | Burden Ro | 27:23 | 1:49:48 - | 1 |
| 50 | Ben Simnett | Buxton Ac | 27:45 | 1:50:48 | 0 |
| 51 | Richard Waring | Swinton Ru | 28:08 | 1:51:41 | 0 |
| 52 | Tim Rainey | Sale Harri C | 27:24 | 1:51:48 + | 2 |
| 53 | Michael Nolan | Blackburn B | 28:59 | 1:52:43 - | 1 |
| 54 | C Marshall | Keighley B | 28:42 | 1:53:00 - | 1 |
| 55 | Syd Omar | Penny Lane | 28:40 | 1:53:21 | 0 |
| 56 | Ian Wilding | (ManchrYMCA) | 28:06 | 1:53:33 | 0 |
| 57 | Duncan Drasdo | Trafford A C | 28:16 | 1:56:42 | 0 |

Fastest runners over stage 5:

| | | | |
|----|---------------|--------------|-------|
| 1 | Gareth Raven | Sale Harri A | 20:36 |
| 2 | John McCole | Liverpool | 21:03 |
| 3 | Mark Hood | Sunderland | 21:09 |
| 4 | Andy Norman | Altrincham A | 21:10 |
| 5 | Tom Minshull | Trafford A A | 21:14 |
| 6 | Colin Hawkins | Derby Ac | 21:25 |
| 7 | Chris Sampson | Morpeth H A | 21:35 |
| 8 | Andy Hilton | York Acorn | 21:41 |
| 9 | James Walsh | Leeds City A | 21:45 |
| 10 | Ross Murray | Gateshead | 22:04 |

Northern Athletics Road Relays - Men's 12 Stage Stage 6 — Final Results

| Pos | Name | Club | Leg Time | Cum Time | Time Gain |
|-----|----------------|---------------|----------|-----------|-----------|
| 1 | Simon Deakin | Leeds City A | 11:56 | 1:39:57 | 0 |
| 2 | R Challinor | Liverpool | 12:42 | 1:40:46 | 0 |
| 3 | Ian Lowthian | Sale Harri A | 12:21 | 1:41:33 + | 1 |
| 4 | George Harden | Sunderland | 13:31 | 1:42:14 - | 1 |
| 5 | Tom Lawrence | Derby Ac | 12:56 | 1:42:26 | 0 |
| 6 | John Brown | Salford Ha A | 12:44 | 1:42:39 + | 1 |
| 7 | Adrian Fuller | Altrincham A | 13:59 | 1:43:39 - | 1 |
| 8 | Graham Hogg | Trafford A A | 12:21 | 1:43:51 + | 2 |
| 9 | Jonny Young | Morpeth H A | 12:46 | 1:44:11 | 0 |
| 10 | James Dewhurst | Holmfirth | 14:25 | 1:45:03 - | 2 |
| 11 | Nasser Hussain | Hallamshir | 13:20 | 1:45:07 | 0 |
| 12 | Joe Townsend | Leeds City B | 12:41 | 1:45:32 | 0 |
| 13 | Sean Hall | Gateshead | 12:37 | 1:46:21 + | 1 |
| 14 | Steven Vernon | Stockport | 11:35 | 1:46:31 + | 2 |
| 15 | S Williams | Blackpool A | 15:05 | 1:49:09 | 0 |
| 16 | Mark Almond | Blackburn A | 14:13 | 1:49:23 + | 1 |
| 17 | Mark Knowles | Keighley & | 14:18 | 1:49:30 + | 1 |
| 18 | Jed Bartlett | Barrow & F | 13:55 | 1:49:59 + | 1 |
| 19 | James Lavin | Leeds City C | 12:56 | 1:50:29 + | 3 |
| 20 | Lee Perkins | Heanor Rc | 14:02 | 1:50:33 | 0 |
| 21 | Mike Ashurst | Wigan Phoe A | 12:44 | 1:50:39 + | 2 |
| 22 | S MacDonald | (Bingley Ha) | 18:06 | 1:51:12 - | 9 |
| 23 | Mark Bale | Wilmslow | 14:14 | 1:51:18 - | 2 |
| 24 | Gary Claxton | Rotherham | 13:32 | 1:52:37 + | 2 |
| 25 | Gareth Booth | Horwich Rm | 13:42 | 1:52:49 + | 2 |
| 26 | Mark Dowson | York Acorn | 14:42 | 1:53:16 - | 2 |
| 27 | Anthony Devoy | Wirral A C | 14:44 | 1:53:36 - | 2 |
| 28 | Ben Dyson | Derby Ac B | 13:55 | 1:53:42 + | 1 |
| 29 | David Barratt | E Cheshire | 13:48 | 1:53:59 + | 4 |
| 30 | K Mitchell | Clayton Le | 14:29 | 1:54:08 - | 2 |
| 31 | Lee Whitley | Sale Harri B | 14:26 | 1:54:23 - | 1 |
| 32 | Lloyd Best | Otley A. C | 14:40 | 1:54:50 | 0 |
| 33 | Angus Murray | Lancaster | 13:58 | 1:55:07 + | 3 |
| 34 | M Nettleton | Kingston U | 15:06 | 1:55:12 - | 3 |
| 35 | Richard Stott | Rossendale | 14:49 | 1:55:27 - | 1 |
| 36 | K Middleman | Southport | 14:27 | 1:56:13 + | 4 |
| 37 | Gary Podmore | Sheffield | 15:29 | 1:56:27 - | 2 |
| 38 | James Carson | Beverley A | 15:07 | 1:56:47 + | 1 |
| 39 | Ken Fowler | Bolton Uni A | 15:35 | 1:57:07 - | 1 |
| 40 | James Bleakley | Trafford A B | 13:25 | 1:57:13 + | 4 |
| 41 | Dennis Wharton | St Helens | 15:20 | 1:57:14 | 0 |
| 42 | Peter Clegg | Leigh H & | 15:48 | 1:57:15 - | 5 |
| 43 | William Martin | Salford Ha B | 14:57 | 1:58:22 | 0 |
| 44 | Danny Aldus | City Of Hu | 15:28 | 1:58:31 - | 2 |
| 45 | Nick Burke | Altrincham B | 14:12 | 2:01:21 | 0 |
| 46 | Martin Bates | Wesham Roa | 16:04 | 2:03:40 | 0 |
| 47 | A Nightingale | Wigan Phoe B | 16:20 | 2:04:16 + | 1 |
| 48 | Thomas Steven | Chorley Ha | 17:09 | 2:04:51 - | 1 |
| 49 | Elton Davies | Sale Harri C | 14:29 | 2:06:17 + | 3 |
| 50 | Liam Spencer | Keighley B | 14:34 | 2:07:34 + | 4 |
| 51 | S Moorhouse | Buxton Ac | 17:08 | 2:07:56 - | 1 |
| 52 | Mark Emmett | Blackburn B | 15:23 | 2:08:06 + | 1 |
| 53 | Neil Kelly | Penny Lane | 14:51 | 2:08:12 + | 2 |
| 54 | Barry Richards | Swinton Ru | 17:05 | 2:08:46 - | 3 |
| 55 | Dave Hitchen | Burden Ro | 19:01 | 2:08:49 - | 6 |
| 56 | Roger Carter | (ManchrYMCA) | 16:54 | 2:10:27 | 0 |
| 57 | M Hutchinson | Trafford A C | 14:30 | 2:11:12 | 0 |

Fastest runners over stage 6:

| | | | |
|----|---------------|--------------|-------|
| 1 | Steven Vernon | Stockport | 11:35 |
| 2 | Simon Deakin | Leeds City A | 11:56 |
| 3 | Graham Hogg | Trafford A A | 12:21 |
| 4 | Ian Lowthian | Sale Harri A | 12:21 |
| 5 | Sean Hall | Gateshead | 12:37 |
| 6 | Joe Townsend | Leeds City B | 12:41 |
| 7 | R Challinor | Liverpool | 12:42 |
| 8 | Mike Ashurst | Wigan Phoe A | 12:44 |
| 9 | John Brown | Salford Ha A | 12:44 |
| 10 | Jonny Young | Morpeth H A | 12:46 |

Northern Athletics Road Relay Championships at Stockport on Sunday 6th April 2009

Northern Athletics Road Relays - Men's 12 Stage Stage 7 — Final Results

| Pos | Name | Club | Leg Time | Cum Time | Time Gain |
|-----|----------------|---------------|----------|----------|-----------|
| 1 | Martin Hilton | Leeds City A | 21:26 | 2:01:23 | 0 |
| 2 | C Gundersen | Liverpool | 21:34 | 2:02:20 | 0 |
| 3 | Adam Elliott | Sale Harri A | 22:44 | 2:04:17 | 0 |
| 4 | Joseph Bailey | Salford Ha A | 22:01 | 2:04:40+ | 2 |
| 5 | Mark Brown | Morpeth H A | 21:24 | 2:05:35+ | 4 |
| 6 | Darren Talbot | Trafford A A | 21:46 | 2:05:37+ | 2 |
| 7 | Simon Marwood | Altrincham A | 22:09 | 2:05:48 | 0 |
| 8 | R Jefferies | Derby Ac | 23:29 | 2:05:55- | 3 |
| 9 | Paul Redman | Sunderland | 24:11 | 2:06:25- | 5 |
| 10 | Adam Dyson | Hallamshir | 22:41 | 2:07:48+ | 1 |
| 11 | Aidan Adams | Leeds City B | 22:32 | 2:08:04+ | 1 |
| 12 | Richard Smith | Holmfirth | 23:51 | 2:08:54- | 2 |
| 13 | Chris Paton | Gateshead | 23:34 | 2:09:55 | 0 |
| 14 | Malcom Johnson | Stockport | 23:44 | 2:10:15 | 0 |
| 15 | J Brownlee | (Bingley Ha) | 21:08 | 2:12:20+ | 7 |
| 16 | John Wright | Blackpool A | 23:30 | 2:12:39- | 1 |
| 17 | R Atkinson | Barrow & F | 22:51 | 2:12:50+ | 1 |
| 18 | L Hellawell | Keighley & | 23:35 | 2:13:05- | 1 |
| 19 | Philip Hoole | Rotherham | 21:39 | 2:14:16+ | 5 |
| 20 | S Ashmore | Heanor Rc | 23:45 | 2:14:18 | 0 |
| 21 | P Darbyshire | Wigan Phoe A | 23:41 | 2:14:20 | 0 |
| 22 | Mike Halman | Wilmslow | 23:22 | 2:14:40+ | 1 |
| 23 | Chris Needham | Leeds City C | 24:22 | 2:14:51- | 4 |
| 24 | John Chaplin | Blackburn A | 25:40 | 2:15:03- | 8 |
| 25 | Dave Milliken | Horwich Rm | 22:46 | 2:15:35 | 0 |
| 26 | Tom Bean | York Acorn | 22:51 | 2:16:07 | 0 |
| 27 | Ian Fisher | Otley A.C | 21:31 | 2:16:21+ | 5 |
| 28 | Alan Woods | Wirral A C | 23:16 | 2:16:52- | 1 |
| 29 | Rob Flannery | Sale Harri B | 23:07 | 2:17:30+ | 2 |
| 30 | Russell Parkin | Derby Ac B | 24:40 | 2:18:22- | 2 |
| 31 | James Johnson | Kingston U | 23:18 | 2:18:30+ | 3 |
| 32 | Sean Bolland | Lancaster | 23:36 | 2:18:43+ | 1 |
| 33 | Paul Dalton | E Cheshire | 24:53 | 2:18:52- | 4 |
| 34 | S Wilkinson | Southport | 23:30 | 2:19:43+ | 2 |
| 35 | Neil Worswick | Clayton Le | 25:59 | 2:20:07- | 5 |
| 36 | Josh Rowe | Beverley A | 23:23 | 2:20:10+ | 2 |
| 37 | Steve Clawson | Rossendale | 25:37 | 2:21:04- | 2 |
| 38 | Sean McMyler | Bolton Uni A | 24:34 | 2:21:41+ | 1 |
| 39 | Chris Maddocks | Sheffield | 25:24 | 2:21:51- | 2 |
| 40 | John Howarth | Leigh H & | 24:40 | 2:21:55+ | 2 |
| 41 | Andrew Lister | Trafford A B | 25:06 | 2:22:19- | 1 |
| 42 | Paul Birkett | Salford Ha B | 24:47 | 2:23:09+ | 1 |
| 43 | Peter Baker | City Of Hu | 25:23 | 2:23:54+ | 1 |
| 44 | Ray Vose | St Helens | 27:19 | 2:24:33- | 3 |
| 45 | Dave Rudd | Altrincham B | 25:27 | 2:26:48 | 0 |
| 46 | Karl Lee | Wesham Roa | 25:09 | 2:28:49 | 0 |
| 47 | Paul Jackson | Chorley Ha | 26:18 | 2:31:09+ | 1 |
| 48 | Howard Waite | Wigan Phoe B | 27:20 | 2:31:36- | 1 |
| 49 | David Nutton | Buxton Ac | 25:13 | 2:33:09+ | 2 |
| 50 | Anton Krige | Blackburn B | 26:01 | 2:34:07+ | 2 |
| 51 | P McDermott | Keighley B | 27:22 | 2:34:56- | 1 |
| 52 | Andy Duffy | Burnden Ro | 26:45 | 2:35:34+ | 3 |
| 53 | Martin Hirrell | Penny Lane | 28:08 | 2:36:20 | 0 |
| 54 | Rob Lewtas | (ManchrYMCA) | 28:53 | 2:39:20+ | 2 |
| 55 | Keith Worrall | Trafford A C | 30:12 | 2:41:24+ | 2 |
| 56 | P Rutherford | Swinton Ru | 33:34 | 2:42:20- | 2 |

Fastest runners over stage 7:

| | | | |
|----|---------------|---------------|-------|
| 1 | J Brownlee | (Bingley Ha) | 21:08 |
| 2 | Mark Brown | Morpeth H A | 21:24 |
| 3 | Martin Hilton | Leeds City A | 21:26 |
| 4 | Ian Fisher | Otley A.C | 21:31 |
| 5 | C Gundersen | Liverpool | 21:34 |
| 6 | Philip Hoole | Rotherham | 21:39 |
| 7 | Darren Talbot | Trafford A A | 21:46 |
| 8 | Joseph Bailey | Salford Ha A | 22:01 |
| 9 | Simon Marwood | Altrincham A | 22:09 |
| 10 | Aidan Adams | Leeds City B | 22:32 |

Northern Athletics Road Relays - Men's 12 Stage Stage 8 — Final Results

| Pos | Name | Club | Leg Time | Cum Time | Time Gain |
|-----|----------------|---------------|----------|----------|-----------|
| 1 | J Wilkinson | Leeds City A | 12:00 | 2:13:23 | 0 |
| 2 | Alan Ashton | Liverpool | 13:02 | 2:15:22 | 0 |
| 3 | Richard Watson | Sale Harri A | 13:06 | 2:17:23 | 0 |
| 4 | Jeremy Gilmour | Trafford A A | 12:03 | 2:17:40+ | 2 |
| 5 | Darren Moran | Salford Ha A | 13:15 | 2:17:55- | 1 |
| 6 | Neil Wilkinson | Morpeth H A | 12:31 | 2:18:06- | 1 |
| 7 | J Wildrienne | Derby Ac | 13:05 | 2:19:00+ | 1 |
| 8 | Andy Ford | Altrincham A | 13:42 | 2:19:30- | 1 |
| 9 | Andrew Macrae | Sunderland | 13:49 | 2:20:14 | 0 |
| 10 | Geoff Belcher | Leeds City B | 12:40 | 2:20:44+ | 1 |
| 11 | Rick O'Toole | Hallamshir | 13:04 | 2:20:52- | 1 |
| 12 | Andrew Teate | Gateshead | 12:36 | 2:22:31+ | 1 |
| 13 | Julian Rose | Holmfirth | 14:23 | 2:23:17- | 1 |
| 14 | Michael Shaw | Stockport | 13:33 | 2:23:48 | 0 |
| 15 | Tom Crowley | (Bingley Ha) | 12:31 | 2:24:51 | 0 |
| 16 | Damien Scholes | Keighley & | 13:30 | 2:26:35+ | 2 |
| 17 | Dean Miller | Barrow & F | 14:51 | 2:27:41 | 0 |
| 18 | Mark Ward | Rotherham | 13:36 | 2:27:52+ | 1 |
| 19 | Gary Johnston | Blackpool A | 15:20 | 2:27:59- | 3 |
| 20 | Pete Ivens | Heanor Rc | 14:32 | 2:28:50 | 0 |
| 21 | Peter Kidd | Leeds City C | 14:37 | 2:29:28+ | 2 |
| 22 | John McMyler | Wigan Phoe A | 15:08 | 2:29:28- | 1 |
| 23 | Martin Jones | Horwich Rm | 13:56 | 2:29:31+ | 2 |
| 24 | Scott Monk | Blackburn A | 14:34 | 2:29:37 | 0 |
| 25 | Tony Hulme | Wilmslow | 15:28 | 2:30:08- | 3 |
| 26 | Rogan Ashton | Otley A.C | 14:02 | 2:30:23+ | 1 |
| 27 | Mark Harney | York Acorn | 14:29 | 2:30:36- | 1 |
| 28 | K Dickinson | Wirral A C | 14:11 | 2:31:03 | 0 |
| 29 | Tom Partington | Sale Harri B | 14:10 | 2:31:40 | 0 |
| 30 | Paul Smith | Lancaster | 14:03 | 2:32:46+ | 2 |
| 31 | Daniel Holiday | Kingston U | 14:48 | 2:33:18 | 0 |
| 32 | A Hartshorne | E Cheshire | 14:36 | 2:33:28+ | 1 |
| 33 | Joe Kelly | Rossendale | 12:54 | 2:33:58+ | 4 |
| 34 | Gary Fallon | Derby Ac B | 15:45 | 2:34:07- | 4 |
| 35 | Jason Harbour | Clayton Le | 14:03 | 2:34:10 | 0 |
| 36 | M Cunningham | Southport | 16:07 | 2:35:50- | 2 |
| 37 | Jake Hammond | Beverley A | 15:52 | 2:36:02- | 1 |
| 38 | John Indricks | Leigh H & | 14:48 | 2:36:43+ | 2 |
| 39 | Adam Crosland | Trafford A B | 14:48 | 2:37:07+ | 2 |
| 40 | Dave Shaw | Salford Ha B | 14:10 | 2:37:19+ | 2 |
| 41 | Malcolm Taylor | Sheffield | 15:59 | 2:37:50- | 2 |
| 42 | Daryl Bentley | Bolton Uni A | 16:10 | 2:37:51- | 4 |
| 43 | Stephen Voase | City Of Hu | 15:37 | 2:39:31 | 0 |
| 44 | Bill Mousdale | St Helens | 15:43 | 2:40:16 | 0 |
| 45 | Bill Egan | Altrincham B | 15:18 | 2:42:06 | 0 |
| 46 | Mark Midgley | Wesham Roa | 15:56 | 2:44:45 | 0 |
| 47 | M Christie | Chorley Ha | 15:16 | 2:46:25 | 0 |
| 48 | C Nightingale | Wigan Phoe B | 15:36 | 2:47:12 | 0 |
| 49 | Ian Francis | Buxton Ac | 16:43 | 2:49:52 | 0 |
| 50 | John Aldridge | Blackburn B | 16:39 | 2:50:46 | 0 |
| 51 | Derek Ashcroft | Penny Lane | 15:06 | 2:51:26+ | 2 |
| 52 | Paul Sessford | Keighley B | 17:19 | 2:52:15- | 1 |
| 53 | Don Nichol | Burnden Ro | 17:22 | 2:52:56- | 1 |
| 54 | Daniel Barry | Trafford A C | 14:44 | 2:56:08+ | 1 |
| 55 | Michael Symons | (ManchrYMCA) | 20:04 | 2:59:24- | 1 |
| 56 | John Pickup | Swinton Ru | 19:40 | 3:02:00 | 0 |

Fastest runners over stage 8:

| | | | |
|----|----------------|---------------|-------|
| 1 | J Wilkinson | Leeds City A | 12:00 |
| 2 | Jeremy Gilmour | Trafford A A | 12:03 |
| 3 | Neil Wilkinson | Morpeth H A | 12:31 |
| 4 | Tom Crowley | (Bingley Ha) | 12:31 |
| 5 | Andrew Teate | Gateshead | 12:36 |
| 6 | Geoff Belcher | Leeds City B | 12:40 |
| 7 | Joe Kelly | Rossendale | 12:54 |
| 8 | Alan Ashton | Liverpool | 13:02 |
| 9 | Rick O'Toole | Hallamshir | 13:04 |
| 10 | J Wildrienne | Derby Ac | 13:05 |

Northern Athletics Road Relay Championships at Stockport on Sunday 6th April 2009

Northern Athletics Road Relays - Men's 12 Stage Stage 9 — Final Results

| Pos | Name | Club | Leg Time | Cum Time | Time Gain | | | | | | |
|-----|----------------|---------------|----------|----------|-----------|--------------------------------------|----------------|---------------|-------|---------|-----|
| 1 | Alan Buckley | Leeds City A | 20:53 | 2:34:16 | 0 | 35 | Andrew Arnold | Leigh H & | 23:13 | 2:59:56 | + 3 |
| 2 | Luke Reddy | Liverpool | 22:42 | 2:38:04 | 0 | 36 | Roger Tomlin | Beverley A | 24:35 | 3:00:37 | + 1 |
| 3 | J Philipson | Sale Harri A | 21:12 | 2:38:35 | 0 | 37 | J Sprackland | Southport | 25:54 | 3:01:44 | - 1 |
| 4 | A Holliday | Trafford A A | 21:00 | 2:38:40 | 0 | 38 | Chris Ireland | Sheffield | 23:57 | 3:01:47 | + 3 |
| 5 | Craig McBurney | Morpeth H A | 22:12 | 2:40:18 | + 1 | 39 | Mark Smith | Derby Ac B | 27:57 | 3:02:04 | - 5 |
| 6 | Phil Leybourne | Salford Ha A | 22:24 | 2:40:19 | - 1 | 40 | Kevin Brydon | Trafford A B | 25:29 | 3:02:36 | - 1 |
| 7 | Alex Pilcher | Derby Ac | 21:42 | 2:40:42 | 0 | 41 | Mark Seed | Salford Ha B | 25:44 | 3:03:03 | - 1 |
| 8 | Robert Little | Hallamshir | 22:08 | 2:43:00 | + 3 | 42 | Paul Turner | Bolton Uni A | 26:33 | 3:04:24 | 0 |
| 9 | Tom Bush | Altrincham A | 23:34 | 2:43:04 | - 1 | 43 | Stuart Buchan | City Of Hu | 25:39 | 3:05:10 | 0 |
| 10 | M Thompson | Sunderland | 23:29 | 2:43:43 | - 1 | 44 | Ian White | St Helens | 24:57 | 3:05:13 | 0 |
| 11 | G Chatterton | Leeds City B | 23:12 | 2:43:56 | - 1 | 45 | A Defanis | Altrincham B | 24:51 | 3:06:57 | 0 |
| 12 | Chris Carriss | (Bingley Ha) | 20:15 | 2:45:06 | + 3 | 46 | Trevor Rayner | Wesham Roa | 25:55 | 3:10:40 | 0 |
| 13 | John Broom | Holmfirth | 23:19 | 2:46:36 | 0 | 47 | Phillip Iddon | Chorley Ha | 25:20 | 3:11:45 | 0 |
| 14 | John Gibson | Gateshead | 24:55 | 2:47:26 | - 2 | 48 | Kevin Edwards | Wigan Phoe B | 26:52 | 3:14:04 | 0 |
| 15 | Steven McLean | Stockport | 23:41 | 2:47:29 | - 1 | 49 | C Greenough | Blackburn B | 27:39 | 3:18:25 | + 1 |
| 16 | Richard Walker | Barrow & F | 22:16 | 2:49:57 | + 1 | 50 | Balmer Mal | Penny Lane | 27:24 | 3:18:50 | + 1 |
| 17 | Adrian Jones | Keighley & | 23:38 | 2:50:13 | - 1 | 51 | Mark Quince | Buxton Ac | 30:25 | 3:20:17 | - 2 |
| 18 | Jono Prowse | Blackpool A | 22:24 | 2:50:23 | + 1 | 52 | Steve Carter | Keighley B | 28:03 | 3:20:18 | 0 |
| 19 | M Ruddleston | Rotherham | 23:29 | 2:51:21 | - 1 | 53 | Pete Kearsley | Burnden Ro | 28:08 | 3:21:04 | 0 |
| 20 | Gary Priestley | Horwich Rm | 22:33 | 2:52:04 | + 3 | 54 | Phil Pennall | (ManchrYMCA) | 25:44 | 3:25:08 | + 1 |
| 21 | Pete Webster | Leeds City C | 22:53 | 2:52:21 | 0 | 55 | P Garside | Swinton Ru | 27:07 | 3:29:07 | + 1 |
| 22 | M Manir-Jolley | Wigan Phoe A | 23:46 | 2:53:14 | 0 | Fastest runners over stage 9: | | | | | |
| 23 | T Weatherson | Heanor Rc | 24:50 | 2:53:40 | - 3 | 1 | Chris Carriss | (Bingley Ha) | 20:15 | | |
| 24 | Jim Pendrice | Wilmslow | 23:39 | 2:53:47 | + 1 | 2 | Alan Buckley | Leeds City A | 20:53 | | |
| 25 | J Donnelly | Wirral A C | 22:51 | 2:53:54 | + 3 | 3 | A Holliday | Trafford A A | 21:00 | | |
| 26 | Lee Passco | Blackburn A | 24:19 | 2:53:56 | - 2 | 4 | J Philipson | Sale Harri A | 21:12 | | |
| 27 | Piran White | York Acorn | 23:48 | 2:54:24 | 0 | 5 | Alex Pilcher | Derby Ac | 21:42 | | |
| 28 | Edward Davies | Otley A. C | 24:18 | 2:54:41 | - 2 | 6 | Robert Little | Hallamshir | 22:08 | | |
| 29 | K Rowlands | Lancaster | 23:08 | 2:55:54 | + 1 | 7 | Craig McBurney | Morpeth H A | 22:12 | | |
| 30 | Kris Lecher | Kingston U | 22:52 | 2:56:10 | + 1 | 8 | Richard Walker | Barrow & F | 22:16 | | |
| 31 | Paul Barrett | Sale Harri B | 25:13 | 2:56:53 | - 2 | 9 | Jono Prowse | Blackpool A | 22:24 | | |
| 32 | Ashley Holt | Rossendale | 23:39 | 2:57:37 | + 1 | 10 | Phil Leybourne | Salford Ha A | 22:24 | | |
| 33 | Joe Dooley | E Cheshire | 25:40 | 2:59:08 | - 1 | | | | | | |
| 34 | Paul Target | Clayton Le | 25:08 | 2:59:18 | + 1 | | | | | | |

Northern Athletics Road Relays - Men's 12 Stage Stage 10 — Final Results

| Pos | Name | Club | Leg Time | Cum Time | Time Gain | | | | | | |
|-----|-----------------|---------------|----------|----------|-----------|---------------------------------------|-----------------|--------------|-------|---------|-----|
| 1 | Adam Osborne | Leeds City A | 12:21 | 2:46:37 | 0 | 35 | D McCarrick | Leigh H & | 16:07 | 3:16:03 | 0 |
| 2 | Michael Hunt | Trafford A A | 12:21 | 2:51:01 | + 2 | 36 | Adam Kneeshaw | Beverley A | 16:05 | 3:16:42 | 0 |
| 3 | Simon McKeivitt | Liverpool | 13:05 | 2:51:09 | - 1 | 37 | Chris Dunn | Southport | 15:06 | 3:16:50 | 0 |
| 4 | Dave Howlett | Sale Harri A | 12:54 | 2:51:29 | - 1 | 38 | J Cocker | Sheffield | 15:32 | 3:17:19 | 0 |
| 5 | Phil Walker | Morpeth H A | 13:00 | 2:53:18 | 0 | 39 | Alex Young | Trafford A B | 15:12 | 3:17:48 | + 1 |
| 6 | Richard Wilson | Derby Ac | 13:13 | 2:53:55 | + 1 | 40 | Sean Cordell | Salford Ha B | 15:04 | 3:18:07 | + 1 |
| 7 | Phil West | Salford Ha A | 13:57 | 2:54:16 | - 1 | 41 | Andrew Doyle | Bolton Uni A | 16:04 | 3:20:28 | + 1 |
| 8 | Joe Gratton | Hallamshir | 12:35 | 2:55:35 | 0 | 42 | Mark Davis | St Helens | 15:28 | 3:20:41 | + 2 |
| 9 | Ian Howarth | Altrincham A | 13:14 | 2:56:18 | 0 | 43 | Stuart Rhodes | City Of Hu | 15:34 | 3:20:44 | 0 |
| 10 | Ben Craddock | Leeds City B | 12:45 | 2:56:41 | + 1 | 44 | Banno-Thornton | Altrincham B | 14:35 | 3:21:32 | + 1 |
| 11 | Brian Bewick | Sunderland | 13:21 | 2:57:04 | - 1 | 45 | Gary Moore | Wesham Roa | 15:13 | 3:25:53 | + 1 |
| 12 | Simon Johnson | (Bingley Ha) | 13:24 | 2:58:30 | 0 | 46 | Liam Boardman | Chorley Ha | 15:37 | 3:27:22 | + 1 |
| 13 | Andrew Pavey | Stockport | 12:44 | 3:00:13 | + 2 | 47 | Dave Wall | Wigan Phoe B | 16:01 | 3:30:05 | + 1 |
| 14 | Mark Dewhirst | Holmfirth | 13:56 | 3:00:32 | - 1 | 48 | Doran Peter | Penny Lane | 15:20 | 3:34:10 | + 2 |
| 15 | Chris Burrows | Gateshead | 14:11 | 3:01:37 | - 1 | 49 | Anthony Wood | Blackburn B | 17:05 | 3:35:30 | 0 |
| 16 | Dave Shaw | Keighley & | 14:08 | 3:04:21 | + 1 | 50 | Daniel Feely | Buxton Ac | 16:07 | 3:36:24 | + 1 |
| 17 | David Smith | Rotherham | 13:24 | 3:04:45 | + 2 | 51 | Ian Smith | Keighley B | 17:14 | 3:37:32 | + 1 |
| 18 | Ian Wilkinson | Barrow & F | 14:49 | 3:04:46 | - 2 | 52 | Neil Critchley | Burnden Ro | 17:43 | 3:38:47 | + 1 |
| 19 | Matthew Hawe | Blackpool A | 15:10 | 3:05:33 | - 1 | 53 | Ian Thomas | Swinton Ru | 18:43 | 3:47:50 | + 2 |
| 20 | Denis Mason | Horwich Rm | 13:40 | 3:05:44 | 0 | 54 | Bryn MacHin | DISQUALIFIED | 24:22 | 3:49:30 | 0 |
| 21 | Steve Nicholls | Wigan Phoe A | 13:22 | 3:06:36 | + 1 | Fastest runners over stage 10: | | | | | |
| 22 | Andrew Whitley | Leeds City C | 14:40 | 3:07:01 | - 1 | 1 | Michael Hunt | Trafford A A | 12:21 | | |
| 23 | Martin Hoey | Blackburn A | 14:32 | 3:08:28 | + 3 | 2 | Adam Osborne | Leeds City A | 12:21 | | |
| 24 | Mick Fairs | Wilmslow | 14:48 | 3:08:35 | 0 | 3 | Joe Gratton | Hallamshir | 12:35 | | |
| 25 | Steve Simpson | York Acorn | 14:20 | 3:08:44 | + 2 | 4 | Andrew Pavey | Stockport | 12:44 | | |
| 26 | Michael Stone | Wirral A C | 15:13 | 3:09:07 | - 1 | 5 | Ben Craddock | Leeds City B | 12:45 | | |
| 27 | Pete Edwards | Heanor Rc | 15:29 | 3:09:09 | - 4 | 6 | Dave Howlett | Sale Harri A | 12:54 | | |
| 28 | Mark Hammond | Lancaster | 13:26 | 3:09:20 | + 1 | 7 | Phil Walker | Morpeth H A | 13:00 | | |
| 29 | Howard Jeffrey | Otley A. C | 15:57 | 3:10:38 | - 1 | 8 | Simon McKeivitt | Liverpool | 13:05 | | |
| 30 | S Alexander | Kingston U | 14:36 | 3:10:46 | 0 | 9 | Richard Wilson | Derby Ac | 13:13 | | |
| 31 | Nick Peach | Sale Harri B | 14:21 | 3:11:14 | 0 | 10 | Ian Howarth | Altrincham A | 13:14 | | |
| 32 | Kevin Jowett | E Cheshire | 13:29 | 3:12:37 | + 1 | | | | | | |
| 33 | Dave Edmonson | Clayton Le | 14:16 | 3:13:34 | + 1 | | | | | | |
| 34 | D Schofield | Rossendale | 16:19 | 3:13:56 | - 2 | | | | | | |

Northern Athletics Road Relay Championships at Stockport on Sunday 6th April 2009

Northern Athletics Road Relays - Men's 12 Stage Stage 11 — Final Results

| Pos | Name | Club | Leg Time | Cum Time | Time Gain | | | | | | |
|-----|----------------|---------------|----------|-----------|-----------|---------------------------------------|----------------|--------------|-------|-----------|---|
| 1 | Darran Bilton | Leeds City A | 20:51 | 3:07:28 | 0 | 35 | J Leskiewicz | Beverley A | 24:08 | 3:40:50+ | 1 |
| 2 | Ian Salisbury | Trafford A A | 22:01 | 3:13:02 | 0 | 36 | Scott Hughes | Leigh H & | 25:07 | 3:41:10 - | 1 |
| 3 | Steffan North | Sale Harri A | 21:56 | 3:13:25+ | 1 | 37 | Peter Roome | Southport | 25:04 | 3:41:54 | 0 |
| 4 | James Meldrum | Liverpool | 22:34 | 3:13:43 - | 1 | 38 | Mike Levery | Sheffield | 25:24 | 3:42:43 | 0 |
| 5 | D Swinburne | Morpeth H A | 22:30 | 3:15:48 | 0 | 39 | Dave Townsend | Salford Ha B | 25:59 | 3:44:06+ | 1 |
| 6 | Chris Peach | Derby Ac | 22:37 | 3:16:32 | 0 | 40 | Paul Mannion | Trafford A B | 26:31 | 3:44:19 - | 1 |
| 7 | P Bangani | Salford Ha A | 22:53 | 3:17:09 | 0 | 41 | Adam Fozzard | City Of Hu | 24:03 | 3:44:47+ | 2 |
| 8 | Alex Smith | Hallamshir | 22:15 | 3:17:50 | 0 | 42 | Ian Selby | Bolton Uni A | 24:21 | 3:44:49 - | 1 |
| 9 | Josh Whitehead | Leeds City B | 22:31 | 3:19:12+ | 1 | 43 | Ian Costello | St Helens | 25:46 | 3:46:27 - | 1 |
| 10 | W Crowther | Altrincham A | 23:03 | 3:19:21 - | 1 | 44 | D Carrington | Altrincham B | 25:52 | 3:47:24 | 0 |
| 11 | Paul Merrison | Sunderland | 23:39 | 3:20:43 | 0 | 45 | Barry Norman | Wesham Roa | 24:23 | 3:50:16 | 0 |
| 12 | John Convery | (Bingley Ha) | 23:08 | 3:21:38 | 0 | 46 | Kieth Johnston | Chorley Ha | 23:26 | 3:50:48 | 0 |
| 13 | A Langron | Holmfirth | 23:26 | 3:23:58+ | 1 | 47 | Ben McMullen | Wigan Phoe B | 27:09 | 3:57:14 | 0 |
| 14 | Adrian Nutter | Stockport | 24:59 | 3:25:12 - | 1 | 48 | Riley Paul | Penny Lane | 27:35 | 4:01:45 | 0 |
| 15 | Luke Field | Rotherham | 23:08 | 3:27:53+ | 2 | 49 | N Critchlow | Buxton Ac | 25:27 | 4:01:51+ | 1 |
| 16 | S Robinson | Blackpool A | 22:24 | 3:27:57+ | 3 | 50 | Mick Blackburn | Blackburn B | 26:47 | 4:02:17 - | 1 |
| 17 | Steven Medd | Gateshead | 26:21 | 3:27:58 - | 2 | 51 | V Procter | Keighley B | 25:13 | 4:02:45 | 0 |
| 18 | Nigel Bedell | Keighley & | 23:54 | 3:28:15 - | 2 | 52 | Chris Greenall | Burnden Ro | 28:06 | 4:06:53 | 0 |
| 19 | David Hook | Barrow & F | 23:49 | 3:28:35 - | 1 | 53 | Stuart Tucker | Swinton Ru | 34:15 | 4:22:05 | 0 |
| 20 | Colin Rigby | Horwich Rm | 22:58 | 3:28:42 | 0 | Fastest runners over stage 11: | | | | | |
| 21 | Dave Townsend | Wigan Phoe A | 23:54 | 3:30:30 | 0 | 1 | Darran Bilton | Leeds City A | 20:51 | | |
| 22 | Trevor Wilks | Leeds City C | 24:59 | 3:32:00 | 0 | 2 | Steffan North | Sale Harri A | 21:56 | | |
| 23 | John Sutton | Blackburn A | 24:18 | 3:32:46 | 0 | 3 | Ian Salisbury | Trafford A A | 22:01 | | |
| 24 | Peter Scarrett | Wirral A C | 23:52 | 3:32:59+ | 2 | 4 | Alex Smith | Hallamshir | 22:15 | | |
| 25 | Paul Goble | York Acorn | 24:31 | 3:33:15 | 0 | 5 | S Robinson | Blackpool A | 22:24 | | |
| 26 | Trevor Morris | Wilmslow | 24:45 | 3:33:20 - | 2 | 6 | D Swinburne | Morpeth H A | 22:30 | | |
| 27 | Jon Wainwright | Heanor Rc | 24:48 | 3:33:57 | 0 | 7 | Josh Whitehead | Leeds City B | 22:31 | | |
| 28 | Dan Lambert | Otley A.C | 23:58 | 3:34:36+ | 1 | 8 | James Meldrum | Liverpool | 22:34 | | |
| 29 | Mike Hatch | Sale Harri B | 23:42 | 3:34:56+ | 2 | 9 | Chris Peach | Derby Ac | 22:37 | | |
| 30 | David Ricketts | Kingston U | 25:09 | 3:35:55 | 0 | 10 | P Bangani | Salford Ha A | 22:53 | | |
| 31 | Eryl Husband | Lancaster | 27:04 | 3:36:24 - | 3 | | | | | | |
| 32 | Philip Bolton | Rossendale | 23:05 | 3:37:01+ | 2 | | | | | | |
| 33 | Marcus Gregory | E Cheshire | 24:36 | 3:37:13 - | 1 | | | | | | |
| 34 | Paul Archer | Clayton Le | 25:15 | 3:38:49 - | 1 | | | | | | |

Northern Athletics Road Relays - Men's 12 Stage Stage 12 — Final Results

| Pos | Name | Club | Leg Time | Cum Time | Time Gain | | | | | | |
|-----|----------------|---------------|----------|-----------|-----------|---------------------------------------|----------------|--------------|-------|-----------|---|
| 1 | M Gostling | Leeds City A | 11:54 | 3:19:22 | 0 | 36 | Sean Spillane | Leigh H & | 14:37 | 3:55:47 | 0 |
| 2 | Glen Comish | Sale Harri A | 11:51 | 3:25:16+ | 1 | 37 | Neil Bant | Beverley A | 16:05 | 3:56:55 - | 2 |
| 3 | Paul Rockliffe | Trafford A A | 12:37 | 3:25:39 - | 1 | 38 | Mark Evans | Trafford A B | 12:40 | 3:56:59+ | 2 |
| 4 | Ian Lawton | Liverpool | 12:58 | 3:26:41 | 0 | 39 | R Nicholas | Sheffield | 15:20 | 3:58:03 - | 1 |
| 5 | Dave Westbury | Derby Ac | 12:06 | 3:28:38+ | 1 | 40 | Bob Towell | Salford Ha B | 15:36 | 3:59:42 - | 1 |
| 6 | Ben Harrison | Morpeth H A | 13:00 | 3:28:48 - | 1 | 41 | Paul Brumby | City Of Hu | 15:07 | 3:59:54 | 0 |
| 7 | James Jackson | Salford Ha A | 13:07 | 3:30:16 | 0 | 42 | John Ward | Bolton Uni A | 15:17 | 4:00:06 | 0 |
| 8 | Armand Bush | Hallamshir | 12:46 | 3:30:36 | 0 | 43 | Jim Crehan | St Helens | 14:47 | 4:01:14 | 0 |
| 9 | Alistair Davy | Leeds City B | 12:50 | 3:32:02 | 0 | 44 | Dan Brooks | Altrincham B | 14:50 | 4:02:14 | 0 |
| 10 | D Livingstone | Altrincham A | 13:43 | 3:33:04 | 0 | 45 | Chris Whitlock | Wesham Roa | 15:12 | 4:05:28 | 0 |
| 11 | Martin Peace | (Bingley Ha) | 13:13 | 3:34:51+ | 1 | 46 | G Schofield | Chorley Ha | 16:56 | 4:07:44 | 0 |
| 12 | F Judson | Sunderland | 15:53 | 3:36:36 - | 1 | 47 | P Derbyshire | Wigan Phoe B | 16:10 | 4:13:24 | 0 |
| 13 | M Dewhurst | Holmfirth | 14:54 | 3:38:52 | 0 | 48 | Andy Green | Keighley B | 13:30 | 4:16:15+ | 3 |
| 14 | Jon Walch | Stockport | 13:41 | 3:38:53 | 0 | 49 | Francis Martin | Penny Lane | 14:58 | 4:16:43 - | 1 |
| 15 | Chris Lloyd | Blackpool A | 14:14 | 3:42:11+ | 1 | 50 | G Woodburn | Blackburn B | 16:37 | 4:18:54 | 0 |
| 16 | Howard Darwin | Rotherham | 14:26 | 3:42:19 - | 1 | 51 | Matt Barlow | Buxton Ac | 17:09 | 4:19:00 - | 2 |
| 17 | Richard Hall | Gateshead | 14:28 | 3:42:26 | 0 | 52 | David Coop | Burnden Ro | 16:06 | 4:22:59 | 0 |
| 18 | Steve Nolan | Horwich Rm | 13:55 | 3:42:37+ | 2 | 53 | Peter Gaskill | Swinton Ru | 18:24 | 4:40:29 | 0 |
| 19 | Simon Stanway | Barrow & F | 14:03 | 3:42:38 | 0 | Fastest runners over stage 12: | | | | | |
| 20 | Lenny Buxton | Keighley & | 14:48 | 3:43:03 - | 2 | 1 | Glen Comish | Sale Harri A | 11:51 | | |
| 21 | Paul Weall | Wigan Phoe A | 13:42 | 3:44:12 | 0 | 2 | M Gostling | Leeds City A | 11:54 | | |
| 22 | Martin Horbury | Leeds City C | 14:37 | 3:46:37 | 0 | 3 | Dave Westbury | Derby Ac | 12:06 | | |
| 23 | Martin Kirby | York Acorn | 13:50 | 3:47:05+ | 2 | 4 | Paul Rockliffe | Trafford A A | 12:37 | | |
| 24 | Dave Carter | Blackburn A | 14:25 | 3:47:11 - | 1 | 5 | Mark Evans | Trafford A B | 12:40 | | |
| 25 | C Rainsford | Heanor Rc | 13:37 | 3:47:34+ | 2 | 6 | Armand Bush | Hallamshir | 12:46 | | |
| 26 | Gareth Trimble | Wilmslow | 15:15 | 3:48:35 | 0 | 7 | Alistair Davy | Leeds City B | 12:50 | | |
| 27 | David Norman | Wirral A C | 16:01 | 3:49:00 - | 3 | 8 | Ian Lawton | Liverpool | 12:58 | | |
| 28 | Chris Carver | Otley A.C | 14:39 | 3:49:15 | 0 | 9 | Ben Harrison | Morpeth H A | 13:00 | | |
| 29 | Paul Rowley | Sale Harri B | 14:59 | 3:49:55 | 0 | 10 | James Jackson | Salford Ha A | 13:07 | | |
| 30 | Mark Gardner | Lancaster | 13:58 | 3:50:22+ | 1 | | | | | | |
| 31 | A Connally | E Cheshire | 13:56 | 3:51:09+ | 2 | | | | | | |
| 32 | Owen Williams | Kingston U | 16:54 | 3:52:49 - | 2 | | | | | | |
| 33 | Tony Walker | Clayton Le | 14:21 | 3:53:10+ | 1 | | | | | | |
| 34 | John Lavelle | Rossendale | 16:54 | 3:53:55 - | 2 | | | | | | |
| 35 | Gerry Lenehan | Southport | 13:32 | 3:55:26+ | 2 | | | | | | |

Northern Athletics Road Relay Championships at Stockport on Sunday 6th April 2009

Men's 12 Stage — Team Results — Final

(nn) is team position after the appropriate stage.

| | | | | | | | |
|-----------------------------------|------------------------------|---------------------------------------|-----------------------------|---------------------------------------|-----------------------------|-----------------------------|-----------------------------|
| 1 Leeds City AC | | 'A' 3:19:22 | | 9 Leeds City AC | | 'B' 3:32:02 | |
| 1 Adam Grice (1) 20:32 | 2 Chris Birchall (1) 12:09 | 1 Oliver Ziff (23) 22:35 | 2 Nick Hooker (12) 12:16 | 3 James Smith (1) 21:17 | 4 Mike Burrett (1) 12:18 | 3 Mark Bryant (15) 23:01 | 4 Michael Salter (12) 12:28 |
| 5 James Walsh (1) 21:45 | 6 Simon Deakin (1) 11:56 | 5 Martin Sanders (12) 22:31 | 6 Joe Townsend (12) 12:41 | 7 Martin Hilton (1) 21:26 | 8 J Wilkinson (1) 12:00 | 7 Aidan Adams (11) 22:32 | 8 Geoff Belcher (10) 12:40 |
| 9 Alan Buckley (1) 20:53 | 10 Adam Osborne (1) 12:21 | 9 G Chatterton (11) 23:12 | 10 Ben Craddock (10) 12:45 | 11 Darran Bilton (1) 20:51 | 12 M Gostling (1) 11:54 | 11 Josh Whitehead (9) 22:31 | 12 Alistair Davy (9) 12:50 |
| 2 Sale Harriers Manchester | | 'A' 3:25:16 | | 10 Altrincham | | 'A' 3:33:04 | |
| 1 James Bailey (18) 22:17 | 2 Niall Brooks (9) 12:08 | 1 David Norman (8) 21:20 | 2 Ian Fisher (8) 13:02 | 3 Simon Mills (6) 21:07 | 4 Rob Jowett (8) 13:04 | 3 Jason Ward (7) 21:20 | 4 Robert Nichol (7) 12:48 |
| 5 Gareth Raven (4) 20:36 | 6 Ian Lowthian (3) 12:21 | 5 Andy Norman (6) 21:10 | 6 Adrian Fuller (7) 13:59 | 7 Adam Elliott (3) 22:44 | 8 Richard Watson (3) 13:06 | 7 Simon Marwood (7) 22:09 | 8 Andy Ford (8) 13:42 |
| 9 J Philipson (3) 21:12 | 10 Dave Howlett (4) 12:54 | 9 Tom Bush (9) 23:34 | 10 Ian Howarth (9) 13:14 | 11 Steffan North (3) 21:56 | 12 Glen Comish (2) 11:51 | 11 W Crowther (10) 23:03 | 12 D Livingstone (10) 13:43 |
| 3 Trafford A.C. | | 'A' 3:25:39 | | 11 Sunderland H & AC | | 3:36:36 | |
| 1 Garry Bristow (11) 21:49 | 2 David Horniman (11) 12:47 | 1 Patrick Martin (5) 20:56 | 2 Damien Weston (6) 13:07 | 3 Tim Egerton (11) 22:27 | 4 John Howe (11) 13:13 | 3 B Rushworth (8) 21:52 | 4 G Massingham (4) 11:39 |
| 5 Tom Minshull (10) 21:14 | 6 Graham Hogg (8) 12:21 | 5 Mark Hood (3) 21:09 | 6 George Harden (4) 13:31 | 7 Darren Talbot (6) 21:46 | 8 Jeremy Gilmour (4) 12:03 | 7 Paul Redman (9) 24:11 | 8 Andrew Macrae (9) 13:49 |
| 9 A Holliday (4) 21:00 | 10 Michael Hunt (2) 12:21 | 9 M Thompson (10) 23:29 | 10 Brian Bewick (11) 13:21 | 11 Ian Salisbury (2) 22:01 | 12 Paul Rockliffe (3) 12:37 | 11 Paul Merrison (11) 23:39 | 12 F Judson (12) 15:53 |
| 4 Liverpool H & AC | | 3:26:41 | | 12 Holmfirth Harriers | | 3:38:52 | |
| 1 Richard Burney (6) 21:08 | 2 Graham Powell (5) 12:35 | 1 M Pierson (2) 20:34 | 2 M Johnson (2) 12:47 | 3 J Mellor (2) 20:22 | 4 L Luscombe (2) 12:56 | 3 Dave Watson (5) 22:03 | 4 Jake Harmon (6) 12:53 |
| 5 John McCole (2) 21:03 | 6 R Challinor (2) 12:42 | 5 David Turnbull (8) 22:21 | 6 James Dewhurst (10) 14:25 | 7 C Gundersen (2) 21:34 | 8 Alan Ashton (2) 13:02 | 7 Richard Smith (12) 23:51 | 8 Julian Rose (13) 14:23 |
| 9 Luke Reddy (2) 22:42 | 10 Simon McKeivitt (3) 13:05 | 9 John Broom (13) 23:19 | 10 Mark Dewhurst (14) 13:56 | 11 James Meldrum (4) 22:34 | 12 Ian Lawton (4) 12:58 | 11 A Langron (13) 23:26 | 12 M Dewhurst (13) 14:54 |
| 5 Derby AC | | 3:28:38 | | 13 Stockport H & AC | | 3:38:53 | |
| 1 Jonathon Gilby (4) 20:52 | 2 Chris Davison (3) 12:38 | 1 Jamie Loxam (21) 22:28 | 2 Michael Cooke (17) 12:54 | 3 Richard Weir (4) 21:22 | 4 Tom Offord (5) 13:13 | 3 Andrew Nixon (12) 21:48 | 4 Stuart Cameon (15) 14:03 |
| 5 Colin Hawkins (5) 21:25 | 6 Tom Lawrence (5) 12:56 | 5 Dean Matkin (16) 23:43 | 6 Steven Vernon (14) 11:35 | 7 R Jefferies (8) 23:29 | 8 J Wildriane (7) 13:05 | 7 Malcom Johnson (14) 23:44 | 8 Michael Shaw (14) 13:33 |
| 9 Alex Pilcher (7) 21:42 | 10 Richard Wilson (6) 13:13 | 9 Steven McLean (15) 23:41 | 10 Andrew Pavey (13) 12:44 | 11 Chris Peach (6) 22:37 | 12 Dave Westbury (5) 12:06 | 11 Adrian Nutter (14) 24:59 | 12 Jon Walch (14) 13:41 |
| 6 Morpeth H & AC | | 'A' 3:28:48 | | 14 Blackpool Wyre And Fylde AC | | 'A' 3:42:11 | |
| 1 Terry Wall (19) 22:19 | 2 M Nicholson (10) 12:10 | 1 Tom Cunningham (15) 22:00 | 2 Graham Davies (29) 15:02 | 3 Nathan Shrubbs (10) 22:16 | 4 Ross Floyd (10) 13:05 | 3 Anthony Ford (14) 20:49 | 4 Luke Minns (15) 22:17 |
| 5 Chris Sampson (9) 21:35 | 6 Jonny Young (9) 12:46 | 4 Jim Unsworth (17) 13:56 | 5 Luke Minns (15) 22:17 | 7 Mark Brown (5) 21:24 | 8 Neil Wilkinson (6) 12:31 | 6 S Williams (15) 15:05 | 7 John Wright (16) 23:30 |
| 9 Craig McBurney (5) 22:12 | 10 Phil Walker (5) 13:00 | 8 Gary Johnston (19) 15:20 | 9 Jono Prowse (18) 22:24 | 11 D Swinburne (5) 22:30 | 12 Ben Harrison (6) 13:00 | 10 Matthew Hawe (19) 15:10 | 11 S Robinson (16) 22:24 |
| 12 Chris Lloyd (15) 14:14 | | 12 Chris Lloyd (15) 14:14 | | 7 Salford Harriers & AC | | 'A' 3:30:16 | |
| | | 15 Rotherham Harriers & AC | | 3:42:19 | | | |
| 1 Carl Hardman (3) 20:38 | 2 Dave Locket (4) 12:59 | 1 Simon Mounsey (42) 24:02 | 2 Nigel Brookes (35) 13:42 | 3 Andi Jones (3) 20:36 | 4 Paul Savage (4) 12:50 | 3 Paul Humphries (36) 23:55 | 4 David Tune (33) 13:45 |
| 5 Simon Bruton (7) 22:52 | 6 John Brown (6) 12:44 | 5 J Maxfield (26) 23:41 | 6 Gary Claxton (24) 13:32 | 7 Joseph Bailey (4) 22:01 | 8 Darren Moran (5) 13:15 | 5 J Maxfield (26) 23:41 | 6 Gary Claxton (24) 13:32 |
| 9 Phil Leybourne (6) 22:24 | 10 Phil West (7) 13:57 | 7 Philip Hoole (19) 21:39 | 8 Mark Ward (18) 13:36 | 11 P Bangani (7) 22:53 | 12 James Jackson (7) 13:07 | 9 M Ruddleston (19) 23:29 | 10 David Smith (17) 13:24 |
| | | 11 Luke Field (15) 23:08 | 12 Howard Darwin (16) 14:26 | 8 Hallamshire Harriers | | 3:30:36 | |
| 1 Andy Thake (7) 21:20 | 2 Gavin Keight (7) 12:49 | 16 Gateshead H & AC | | 3:42:26 | | | |
| 3 Robert Baker (9) 21:52 | 4 Dave Sprout (9) 12:59 | 1 A Carmichael (13) 21:58 | 2 Jonny Pearson (16) 13:19 | 5 David Archer (11) 22:47 | 6 Nasser Hussain (11) 13:20 | 3 Marc Elliott (17) 22:51 | 4 Martin Slater (16) 13:32 |
| 7 Adam Dyson (10) 22:41 | 8 Rick O'Toole (11) 13:04 | 5 Ross Murray (14) 22:04 | 6 Sean Hall (13) 12:37 | 9 Robert Little (8) 22:08 | 10 Joe Graton (8) 12:35 | 7 Chris Paton (13) 23:34 | 8 Andrew Teate (12) 12:36 |
| 11 Alex Smith (8) 22:15 | 12 Armand Bush (8) 12:46 | 9 John Gibson (14) 24:55 | 10 Chris Burrows (15) 14:11 | | | 11 Steven Medd (17) 26:21 | 12 Richard Hall (17) 14:28 |

Northern Athletics Road Relay Championships at Stockport on Sunday 6th April 2009

| | | | |
|--|------------------------------|--|------------------------------|
| 17 Horwich Rmi Harriers | 3:42:37 | 26 Wirral AC | 3:49:00 |
| 1 Guy Heyes (35) 23:43 | 2 B Bolland (34) 13:46 | 1 Xavier Desse (34) 23:29 | 2 Kevin Buxton (33) 13:52 |
| 3 Rob Jackson (30) 23:20 | 4 Karl Ward (28) 14:02 | 3 Mark Hulmston (35) 24:06 | 4 G Ratcliffe (31) 13:49 |
| 5 Andrew Neary (27) 24:16 | 6 Gareth Booth (25) 13:42 | 5 Davies-Peerles (25) 23:36 | 6 Anthony Devoy (27) 14:44 |
| 7 Dave Milliken (25) 22:46 | 8 Martin Jones (23) 13:56 | 7 Alan Woods (28) 23:16 | 8 K Dickinson (28) 14:11 |
| 9 Gary Priestley (20) 22:33 | 10 Denis Mason (20) 13:40 | 9 J Donnelly (25) 22:51 | 10 Michael Stone (26) 15:13 |
| 11 Colin Rigby (20) 22:58 | 12 Steve Nolan (18) 13:55 | 11 Peter Scarrett (24) 23:52 | 12 David Norman (27) 16:01 |
| 18 Barrow & Furness Striders AC | 3:42:38 | 27 Otley A. C. | 3:49:15 |
| 1 Peter Huck (24) 22:38 | 2 Peter Savage (24) 13:56 | 1 Matthew Cox (29) 22:48 | 2 Mick Jeffrey (39) 15:57 |
| 3 Garry Dixon (23) 22:52 | 4 Eddie Simpson (19) 12:38 | 3 Anthony Bourne (41) 24:15 | 4 Liam Dunne (40) 13:57 |
| 5 Phillip Waite (19) 24:00 | 6 Jed Bartlett (18) 13:55 | 5 Zack Whitehead (32) 23:13 | 6 Lloyd Best (32) 14:40 |
| 7 R Atkinson (17) 22:51 | 8 Dean Miller (17) 14:51 | 7 Ian Fisher (27) 21:31 | 8 Rogan Ashton (26) 14:02 |
| 9 Richard Walker (16) 22:16 | 10 Ian Wilkinson (18) 14:49 | 9 Edward Davies (28) 24:18 | 10 Howard Jeffrey (29) 15:57 |
| 11 David Hook (19) 23:49 | 12 Simon Stanway (19) 14:03 | 11 Dan Lambert (28) 23:58 | 12 Chris Carver (28) 14:39 |
| 19 Keighley & Craven AC | 3:43:03 | 28 Sale Harriers Manchester | 'B' 3:49:55 |
| 1 Willy Smith (10) 21:43 | 2 Shaun Harrison (13) 13:13 | 1 Jason Bowers (41) 23:59 | 2 Ian Wetherall (31) 13:08 |
| 3 Chris Loftus (13) 22:51 | 4 Gary Bailey (14) 13:17 | 3 Colin Gell (32) 23:52 | 4 Sam Aspinwall (27) 13:41 |
| 5 Adam McLean (18) 24:08 | 6 Mark Knowles (17) 14:18 | 5 Lee Woods (30) 25:17 | 6 Lee Whitley (31) 14:26 |
| 7 L Hellawell (18) 23:35 | 8 Damien Scholes (16) 13:30 | 7 Rob Flannery (29) 23:07 | 8 Tom Partington (29) 14:10 |
| 9 Adrian Jones (17) 23:38 | 10 Dave Shaw (16) 14:08 | 9 Paul Barrett (31) 25:13 | 10 Nick Peach (31) 14:21 |
| 11 Nigel Bedell (18) 23:54 | 12 Lenny Buxton (20) 14:48 | 11 Mike Hatch (29) 23:42 | 12 Paul Rowley (29) 14:59 |
| 20 Wigan Phoenix | 'A' 3:44:12 | 29 Lancaster And Morecambe AC | 3:50:22 |
| 1 R Howarth (31) 23:06 | 2 Rod Hart (25) 13:29 | 1 S Worthington (14) 21:59 | 2 P Worthington (21) 13:36 |
| 3 Andy Ward (21) 22:36 | 4 Chris Wilson (21) 13:44 | 3 R Parrington (25) 24:10 | 4 Allan Gordon (23) 13:56 |
| 5 J Worthington (23) 25:00 | 6 Mike Ashurst (21) 12:44 | 5 Rory McMahon (36) 27:28 | 6 Angus Murray (33) 13:58 |
| 7 P Darbyshire (21) 23:41 | 8 John McMyler (22) 15:08 | 7 Sean Bolland (32) 23:36 | 8 Paul Smith (30) 14:03 |
| 9 M Manir-Jolley (22) 23:46 | 10 Steve Nicholls (21) 13:22 | 9 K Rowlands (29) 23:08 | 10 Mark Hammond (28) 13:26 |
| 11 Dave Townsend (21) 23:54 | 12 Paul Weall (21) 13:42 | 11 Eryl Husband (31) 27:04 | 12 Mark Gardner (30) 13:58 |
| 21 Leeds City AC | 'C' 3:46:37 | 30 E Cheshire H & Tameside AC | 3:51:09 |
| 1 Greg Hull (28) 22:46 | 2 Nyerere Plastow (18) 12:42 | 1 Gary Matthews (33) 23:27 | 2 Stuart Heaton (30) 13:36 |
| 3 Leon Foster (19) 23:08 | 4 Eddy Mason (20) 13:59 | 3 P Backhouse (24) 22:41 | 4 Liam Browne (29) 15:21 |
| 5 Arthur Cooke (22) 24:58 | 6 James Lavin (19) 12:56 | 5 Simon Grundy (33) 25:06 | 6 David Barratt (29) 13:48 |
| 7 Chris Needham (23) 24:22 | 8 Peter Kidd (21) 14:37 | 7 Paul Dalton (33) 24:53 | 8 A Hartshome (32) 14:36 |
| 9 Pete Webster (21) 22:53 | 10 Andrew Whitley (22) 14:40 | 9 Joe Dooley (33) 25:40 | 10 Kevin Jowett (32) 13:29 |
| 11 Trevor Wilks (22) 24:59 | 12 Martin Horbury (22) 14:37 | 11 Marcus Gregory (33) 24:36 | 12 A Connally (31) 13:56 |
| 22 York Acorn RC | 3:47:05 | 31 Kingston Upon Hull AC | 3:52:49 |
| 1 A Normandale (37) 23:51 | 2 Chris Alder (41) 15:06 | 1 Matty Pye (36) 23:49 | 2 Jack Robinson (36) 14:02 |
| 3 Mark Metcalfe (40) 23:30 | 4 Mike Raynes (39) 14:26 | 3 J Perkins (34) 23:26 | 4 Graham Gagg (37) 15:22 |
| 5 Andy Hilton (24) 21:41 | 6 Mark Dowson (26) 14:42 | 5 Tom McKee (31) 23:27 | 6 M Nettleton (34) 15:06 |
| 7 Tom Bean (26) 22:51 | 8 Mark Harney (27) 14:29 | 7 James Johnson (31) 23:18 | 8 Daniel Holiday (31) 14:48 |
| 9 Piran White (27) 23:48 | 10 Steve Simpson (25) 14:20 | 9 Kris Lecher (30) 22:52 | 10 S Alexander (30) 14:36 |
| 11 Paul Goble (25) 24:31 | 12 Martin Kirby (23) 13:50 | 11 David Ricketts (30) 25:09 | 12 Owen Williams (32) 16:54 |
| 23 Blackburn Harriers | 'A' 3:47:11 | 32 Clayton Le Moors | 3:53:10 |
| 1 Matt Nuttall (17) 22:03 | 2 Paul Bradshaw (14) 12:55 | 1 Gary Shaw (32) 23:21 | 2 Stuart Fogg (32) 13:59 |
| 3 David Thornton (18) 23:30 | 4 Matthew Wood (18) 13:32 | 3 Paul Thompson (29) 23:22 | 4 M O'Donnell (32) 14:36 |
| 5 Paul Guinan (17) 23:10 | 6 Mark Almond (16) 14:13 | 5 Barry Brock (28) 24:21 | 6 K Mitchell (30) 14:29 |
| 7 John Chaplin (24) 25:40 | 8 Scott Monk (24) 14:34 | 7 Neil Worswick (35) 25:59 | 8 Jason Harbour (35) 14:03 |
| 9 Lee Passco (26) 24:19 | 10 Martin Hoey (23) 14:32 | 9 Paul Target (34) 25:08 | 10 Dave Edmonson (33) 14:16 |
| 11 John Sutton (23) 24:18 | 12 Dave Carter (24) 14:25 | 11 Paul Archer (34) 25:15 | 12 Tony Walker (33) 14:21 |
| 24 Heanor RC | 3:47:34 | 33 Rossendale Harriers | 3:53:55 |
| 1 Ben Radbourne (22) 22:31 | 2 Kieran Davis (23) 13:20 | 1 Jon Ferguson (27) 22:44 | 2 Roy Flanagan (28) 14:16 |
| 3 Gabriel Saiz (22) 23:24 | 4 A Hobday (22) 13:56 | 3 Brendon Taylor (27) 23:19 | 4 Martin Lee (34) 15:22 |
| 5 Darren Ridout (20) 23:20 | 6 Lee Perkins (20) 14:02 | 5 Andy Preedy (34) 24:57 | 6 Richard Stott (35) 14:49 |
| 7 S Ashmore (20) 23:45 | 8 Pete Ivens (20) 14:32 | 7 Steve Clawson (37) 25:37 | 8 Joe Kelly (33) 12:54 |
| 9 T Weathererson (23) 24:50 | 10 Pete Edwards (27) 15:29 | 9 Ashley Holt (32) 23:39 | 10 D Schofield (34) 16:19 |
| 11 Jon Wainwright (27) 24:48 | 12 C Rainsford (25) 13:37 | 11 Philip Bolton (32) 23:05 | 12 John Lavelle (34) 16:54 |
| 25 Wilmslow | 3:48:35 | 34 Southport Waterloo AC | 3:55:26 |
| 1 D Nicholls (12) 21:57 | 2 Dill Heaton (22) 13:53 | 1 R Shearer (30) 23:03 | 2 Paul Cain (42) 16:05 |
| 3 Stuart Parrott (28) 24:37 | 4 James Wheeler (25) 13:56 | 3 Rob McGrath (44) 24:37 | 4 Jay Tartt (41) 13:23 |
| 5 Rob Downs (21) 22:41 | 6 Mark Bale (23) 14:14 | 5 Rob Ashworth (40) 24:38 | 6 K Middleman (36) 14:27 |
| 7 Mike Halman (22) 23:22 | 8 Tony Hulme (25) 15:28 | 7 S Wilkinson (34) 23:30 | 8 M Cunningham (36) 16:07 |
| 9 Jim Pendrice (24) 23:39 | 10 Mick Fairs (24) 14:48 | 9 J Sprackland (37) 25:54 | 10 Chris Dunn (37) 15:06 |
| 11 Trevor Morris (26) 24:45 | 12 Gareth Trimble (26) 15:15 | 11 Peter Roome (37) 25:04 | 12 Gerry Lenehan (35) 13:32 |

Northern Athletics Road Relay Championships at Stockport on Sunday 6th April 2009

35 Leigh H & AC

| |
|----------------------------|
| 1 N Pendlebury (25) 22:39 |
| 3 A Urmston (26) 24:26 |
| 5 James Cooke (37) 27:01 |
| 7 John Howarth (40) 24:40 |
| 9 Andrew Arnold (35) 23:13 |
| 11 Scott Hughes (36) 25:07 |

3:55:47

| |
|-----------------------------|
| 2 Tommy Henders (19) 12:52 |
| 4 Darren Smith (26) 14:29 |
| 6 Peter Clegg (42) 15:48 |
| 8 John Indricks (38) 14:48 |
| 10 D McCarrick (35) 16:07 |
| 12 Sean Spillane (36) 14:37 |

44 Wesham Road Runners

| |
|-----------------------------|
| 1 Alexander Rowe (39) 23:53 |
| 3 G Cunliffe (47) 26:40 |
| 5 Alan Hudson (46) 26:07 |
| 7 Karl Lee (46) 25:09 |
| 9 Trevor Rayner (46) 25:55 |
| 11 Barry Norman (45) 24:23 |

4:05:28

| |
|------------------------------|
| 2 Alan Glasgow (44) 15:45 |
| 4 J Bertenshaw (47) 15:11 |
| 6 Martin Bates (46) 16:04 |
| 8 Mark Midgley (46) 15:56 |
| 10 Gary Moore (45) 15:13 |
| 12 Chris Whitlock (45) 15:12 |

36 Beverley AC

| |
|-----------------------------|
| 1 D Williams (26) 22:41 |
| 3 Ross Armstrong (31) 23:56 |
| 5 Ian Boardley (39) 25:23 |
| 7 Josh Rowe (36) 23:23 |
| 9 Roger Tomlin (36) 24:35 |
| 11 J Leskiewicz (35) 24:08 |

3:56:55

| |
|-----------------------------|
| 2 James McGivern (26) 14:17 |
| 4 Ian Husband (36) 15:23 |
| 6 James Carson (38) 15:07 |
| 8 Jake Hammond (37) 15:52 |
| 10 Adam Kneeshaw (36) 16:05 |
| 12 Neil Bant (37) 16:05 |

45 Chorley Harriers

| |
|------------------------------|
| 1 Adam Chritchly (46) 24:35 |
| 3 Dominic Raby (46) 23:23 |
| 5 C Lane (47) 26:14 |
| 7 Paul Jackson (47) 26:18 |
| 9 Phillip Iddon (47) 25:20 |
| 11 Kieth Johnston (46) 23:26 |

4:07:44

| |
|-----------------------------|
| 2 Ian Crabtree (52) 17:04 |
| 4 Andrew Clough (46) 16:26 |
| 6 Thomas Steven (48) 17:09 |
| 8 M Christie (47) 15:16 |
| 10 Liam Boardman (46) 15:37 |
| 12 G Schofield (46) 16:56 |

37 Trafford A.C.

| |
|----------------------------|
| 1 C Fitzpatrick (40) 23:58 |
| 3 David Barker (42) 24:45 |
| 5 Daniel Ansell (44) 25:32 |
| 7 Andrew Lister (41) 25:06 |
| 9 Kevin Brydon (40) 25:29 |
| 11 Paul Mannion (40) 26:31 |

'B' 3:56:59

| |
|-----------------------------|
| 2 David Bowers (40) 14:49 |
| 4 Andrew Steele (44) 14:44 |
| 6 James Bleakley (40) 13:25 |
| 8 Adam Crosland (39) 14:48 |
| 10 Alex Young (39) 15:12 |
| 12 Mark Evans (38) 12:40 |

46 Wigan Phoenix

| |
|----------------------------|
| 1 Andy Eccles (50) 25:11 |
| 3 Paul Seddon (48) 26:43 |
| 5 Dave Collins (48) 25:20 |
| 7 Howard Waite (48) 27:20 |
| 9 Kevin Edwards (48) 26:52 |
| 11 Ben McMullen (47) 27:09 |

'B' 4:13:24

| |
|-----------------------------|
| 2 Martin Andrews (46) 14:46 |
| 4 V Robinson (49) 15:56 |
| 6 A Nightingale (47) 16:20 |
| 8 C Nightingale (48) 15:36 |
| 10 Dave Wall (47) 16:01 |
| 12 P Derbyshire (47) 16:10 |

38 Sheffield Running Club

| |
|-----------------------------|
| 1 Nick Swift (16) 22:01 |
| 3 Stuart Little (33) 24:10 |
| 5 David Broddle (35) 25:07 |
| 7 Chris Maddocks (39) 25:24 |
| 9 Chris Ireland (38) 23:57 |
| 11 Mike Levery (38) 25:24 |

3:58:03

| |
|-----------------------------|
| 2 Philip Knapton (27) 14:58 |
| 4 Jed Turner (35) 14:42 |
| 6 Gary Podmore (37) 15:29 |
| 8 Malcolm Taylor (41) 15:59 |
| 10 J Cocker (38) 15:32 |
| 12 R Nicholas (39) 15:20 |

47 Keighley & Craven Ac

| |
|---------------------------|
| 1 R Fairhurst (54) 26:18 |
| 3 Steve Curtis (53) 27:06 |
| 5 C Marshall (54) 28:42 |
| 7 P McDermott (51) 27:22 |
| 9 Steve Carter (52) 28:03 |
| 11 V Procter (51) 25:13 |

'B' 4:16:15

| |
|----------------------------|
| 2 Andy Brett (51) 15:13 |
| 4 N Whittingham (53) 15:41 |
| 6 Liam Spencer (50) 14:34 |
| 8 Paul Sessford (52) 17:19 |
| 10 Ian Smith (51) 17:14 |
| 12 Andy Green (48) 13:30 |

39 Salford Harriers & AC

| |
|-----------------------------|
| 1 Andrew Kay (38) 23:52 |
| 3 James Williams (39) 24:29 |
| 5 R Derbyshire (43) 26:35 |
| 7 Paul Birkett (42) 24:47 |
| 9 Mark Seed (41) 25:44 |
| 11 Dave Townsend (39) 25:59 |

'B' 3:59:42

| |
|-----------------------------|
| 2 Dave Hudson (38) 14:04 |
| 4 Tommy Daniels (38) 14:25 |
| 6 William Martin (43) 14:57 |
| 8 Dave Shaw (40) 14:10 |
| 10 Sean Cordell (40) 15:04 |
| 12 Bob Towell (40) 15:36 |

48 Penny Lane Striders

| |
|-----------------------------|
| 1 John Connolly (55) 26:20 |
| 3 Simone Capponi (56) 27:16 |
| 5 Syd Omar (55) 28:40 |
| 7 Martin Hirrell (53) 28:08 |
| 9 Balmer Mal (50) 27:24 |
| 11 Riley Paul (48) 27:35 |

4:16:43

| |
|------------------------------|
| 2 S McNicholas (56) 15:55 |
| 4 Shane Moore (55) 15:10 |
| 6 Neil Kelly (53) 14:51 |
| 8 Derek Ashcroft (51) 15:06 |
| 10 Doran Peter (48) 15:20 |
| 12 Francis Martin (49) 14:58 |

40 City Of Hull AC

| |
|----------------------------|
| 1 Steve Rennie (44) 24:23 |
| 3 S Carmichael (37) 22:46 |
| 5 Colin Langley (42) 25:48 |
| 7 Peter Baker (43) 25:23 |
| 9 Stuart Buchan (43) 25:39 |
| 11 Adam Fozzard (41) 24:03 |

3:59:54

| |
|-----------------------------|
| 2 John Aitken (43) 14:56 |
| 4 Joaquim Martin (42) 15:10 |
| 6 Danny Aldus (44) 15:28 |
| 8 Stephen Voase (43) 15:37 |
| 10 Stuart Rhodes (43) 15:34 |
| 12 Paul Brumby (41) 15:07 |

49 Blackburn Harriers

| |
|------------------------------|
| 1 Gary Pearse (51) 25:37 |
| 3 Richard Taylor (54) 27:36 |
| 5 Michael Nolan (53) 28:59 |
| 7 Anton Krige (50) 26:01 |
| 9 C Greenough (49) 27:39 |
| 11 Mick Blackburn (50) 26:47 |

'B' 4:18:54

| |
|----------------------------|
| 2 Liam Barton (49) 15:25 |
| 4 Evan Cook (52) 15:06 |
| 6 Mark Emmett (52) 15:23 |
| 8 John Aldridge (50) 16:39 |
| 10 Anthony Wood (49) 17:05 |
| 12 G Woodburn (50) 16:37 |

41 Bolton United Harriers

| |
|-----------------------------|
| 1 A Valentine (9) 21:38 |
| 3 Fraser Jardine (20) 23:50 |
| 5 Nick Howarth (38) 27:38 |
| 7 Sean McMyler (38) 24:34 |
| 9 Paul Turner (42) 26:33 |
| 11 Ian Selby (42) 24:21 |

'A' 4:00:06

| |
|----------------------------|
| 2 David Shaw (15) 13:27 |
| 4 Sam Gough (24) 14:59 |
| 6 Ken Fowler (39) 15:35 |
| 8 Daryl Bentley (42) 16:10 |
| 10 Andrew Doyle (41) 16:04 |
| 12 John Ward (42) 15:17 |

50 Buxton AC

| |
|---------------------------|
| 1 Jim Bradley (56) 26:23 |
| 3 Rob White (51) 25:49 |
| 5 Ben Simnett (50) 27:45 |
| 7 David Nutton (49) 25:13 |
| 9 Mark Quince (51) 30:25 |
| 11 N Critchlow (49) 25:27 |

4:19:00

| |
|----------------------------|
| 2 S Vaccarini (53) 15:23 |
| 4 Don O'Brien (50) 15:28 |
| 6 S Moorhouse (51) 17:08 |
| 8 Ian Francis (49) 16:43 |
| 10 Daniel Feely (50) 16:07 |
| 12 Matt Barlow (51) 17:09 |

42 St Helens Sutton AC

| |
|----------------------------|
| 1 Paul Carrier (45) 24:28 |
| 3 Barry Graney (43) 23:54 |
| 5 Greg Williams (41) 24:02 |
| 7 Ray Vose (44) 27:19 |
| 9 Ian White (44) 24:57 |
| 11 Ian Costello (43) 25:46 |

4:01:14

| |
|-----------------------------|
| 2 Peter Johnson (45) 15:21 |
| 4 Steve Clague (43) 14:09 |
| 6 Dennis Wharton (41) 15:20 |
| 8 Bill Mousdale (44) 15:43 |
| 10 Mark Davis (42) 15:28 |
| 12 Jim Crehan (43) 14:47 |

51 Burnden Road Runners

| |
|------------------------------|
| 1 Andy Staveley (49) 25:06 |
| 3 John Knowles (49) 25:53 |
| 5 Martyn Pollitt (49) 27:23 |
| 7 Andy Duffy (52) 26:45 |
| 9 Pete Kearsley (53) 28:08 |
| 11 Chris Greenall (52) 28:06 |

4:22:59

| |
|------------------------------|
| 2 Simon Marland (50) 15:59 |
| 4 Paul Christie (48) 15:27 |
| 6 Dave Hitchen (55) 19:01 |
| 8 Don Nichol (53) 17:22 |
| 10 Neil Critchley (52) 17:43 |
| 12 David Coop (52) 16:06 |

43 Altrincham

| |
|-----------------------------|
| 1 Neil Walker (47) 24:48 |
| 3 Dave Gilchrist (45) 25:00 |
| 5 Jeff Norman (45) 27:52 |
| 7 Dave Rudd (45) 25:27 |
| 9 A Defanis (45) 24:51 |
| 11 D Carrington (44) 25:52 |

'B' 4:02:14

| |
|------------------------------|
| 2 G Harrison (48) 15:11 |
| 4 Dominic Scott (45) 14:18 |
| 6 Nick Burke (45) 14:12 |
| 8 Bill Egan (45) 15:18 |
| 10 Banno-Thornton (44) 14:35 |
| 12 Dan Brooks (44) 14:50 |

52 Swinton Running Club

| |
|-----------------------------|
| 1 Steven Doxey (48) 25:02 |
| 3 Andrew Coates (50) 27:30 |
| 5 Richard Waring (51) 28:08 |
| 7 P Rutherford (56) 33:34 |
| 9 P Garside (55) 27:07 |
| 11 Stuart Tucker (53) 34:15 |

4:40:29

| |
|-----------------------------|
| 2 B McCoubrey (47) 14:55 |
| 4 Peter Shaw (51) 16:06 |
| 6 Barry Richards (54) 17:05 |
| 8 John Pickup (56) 19:40 |
| 10 Ian Thomas (53) 18:43 |
| 12 Peter Gaskill (53) 18:24 |

Northern Athletics Road Relay Championships at Stockport on Sunday 6th April 2009

Disqualified -

| Bingley Harriers | | 3:34:51 | |
|-----------------------------|-----------------------------|----------------|--|
| 1 Aidan Johnson (20) 22:23 | 2 Tim Midgely (20) 13:09 | | |
| 3 Richard Harris (16) 22:29 | 4 Jon Cordingley (13) 12:46 | | |
| 5 Andy Peace (13) 22:19 | 6 S MacDonald (22) 18:06 | | |
| 7 J Brownlee (15) 21:08 | 8 Tom Crowley (15) 12:31 | | |
| 9 Chris Carriss (12) 20:15 | 10 Simon Johnson (12) 13:24 | | |
| 11 John Convery (12) 23:08 | 12 Martin Peace (11) 13:13 | | |

Incomplete Teams:

| Manchester Ymca Harriers | | 3:49:30 | |
|---------------------------------|-----------------------------|----------------|--|
| 1 Gary Wilcock (53) 26:11 | 2 Nigel Oldham (57) 16:57 | | |
| 3 Eddie Gilligan (55) 26:09 | 4 Stephen Symons (56) 16:10 | | |
| 5 Ian Wilding (56) 28:06 | 6 Roger Carter (56) 16:54 | | |
| 7 Rob Lewtas (54) 28:53 | 8 Michael Symons (55) 20:04 | | |
| 9 Phil Pennall (54) 25:44 | 10 DISQUALIFIED (54) 24:22 | | |

| Derby Ac 'B' | | 3:02:04 | |
|-----------------------------|-----------------------------|----------------|--|
| 1 John Knibb (43) 24:06 | 2 Marcus Smedley (37) 13:47 | | |
| 3 Ian Stevens (38) 24:27 | 4 Matin Booth (30) 12:50 | | |
| 5 Stuart Dunn (29) 24:37 | 6 Ben Dyson (28) 13:55 | | |
| 7 Russell Parkin (30) 24:40 | 8 Gary Fallon (34) 15:45 | | |
| 9 Mark Smith (39) 27:57 | | | |

| Trafford A.C. 'C' | | 2:56:08 | |
|----------------------------|---------------------------|----------------|--|
| 1 Dougie Miller (58) 27:20 | 2 Paul McMahon (58) 16:07 | | |
| 3 Carl Tipton (57) 29:01 | 4 David Jury (57) 15:58 | | |
| 5 Duncan Drasdo (57) 28:16 | 6 M Hutchinson (57) 14:30 | | |
| 7 Keith Worrall (55) 30:12 | 8 Daniel Barry (54) 14:44 | | |

| Sale Harriers Manchester 'C' | | 2:06:17 | |
|-------------------------------------|-----------------------------|----------------|--|
| 1 Bill Fox (57) 27:04 | 2 Stephen Jones (54) 14:47 | | |
| 3 F Cordingley (52) 26:10 | 4 Richard Wilson (54) 16:23 | | |
| 5 Tim Rainey (52) 27:24 | 6 Elton Davies (49) 14:29 | | |

| Gateshead H & Ac 'B' | | 42:11 | |
|---------------------------------|-------------------------|--------------|--|
| 1 Ray Robinson (52) 26:07 | 2 Steve Parr (55) 16:04 | | |

Fastest of all long legs

| | | |
|-------------------|------------|---------|
| 1 Chris Carriss | Bingley Ha | 20:15 |
| 2 J Mellor | Liverpool | 20:22 |
| 3 Adam Grice | Leeds City | A 20:32 |
| 4 M Pierson | Holmfirth | 20:34 |
| 5 Andi Jones | Salford Ha | A 20:36 |
| = Gareth Raven | Sale Harri | A 20:36 |
| 7 Carl Hardman | Salford Ha | A 20:38 |
| 8 Anthony Ford | Blackpool | A 20:49 |
| 9 Darran Bilton | Leeds City | A 20:51 |
| 10 Jonathon Gilby | Derby Ac | 20:52 |

Fastest of all short legs

| | | |
|-------------------|------------|---------|
| 1 Steven Vernon | Stockport | 11:35 |
| 2 G Massingham | Sunderland | 11:39 |
| 3 Glen Comish | Sale Harri | A 11:51 |
| 4 M Gostling | Leeds City | A 11:54 |
| 5 Simon Deakin | Leeds City | A 11:56 |
| 6 J Wilkinson | Leeds City | A 12:00 |
| 7 Jeremy Gilmour | Trafford A | A 12:03 |
| 8 Dave Westbury | Derby Ac | 12:06 |
| 9 Niall Brooks | Sale Harri | A 12:08 |
| 10 Chris Birchall | Leeds City | A 12:09 |