

Manchester Area Cross Country League at Heaton Park, Manchester on Saturday 23rd October 2010

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

Pos	Num	Name	Cat/Pos	Club	Time
1	137	Andrew Norman		Altrincham & Distict AC	33:36
2	138	David Norman		Altrincham & Distict AC	33:56
3	232	Jamie Roden	U20 1	Sale H Manchester	34:01
4	473	Ian Salisbury		Trafford AC	34:56
5	1001	\$Gary Priestsey		Horwich RMI Harriers	35:00
6	268	Jamie Loxam		Stockport H&ac	35:03
7	271	Jack Morris	U20 2	Stockport H&ac	35:15
8	524	Gavin Tomlinson		Trafford AC	35:23
9	214	Charlie Hulson	U20 3	Sale H Manchester	35:29
10	1005	\$Andy Buttery	V40 1	Rossendale	35:37
11	458	Graham Hogg		Trafford AC	35:50
12	418	John Ashcroft	U20 4	St Helens Sutton AC	35:53
13	465	Ben Martin		Trafford AC	35:57
14	452	Tom Charles		Trafford AC	36:07
15	535	Mark Russell	V40 2	Salford H&ac	36:13
16	364	Andrew Lamont		Macclesfield & AC	36:14
17	130	William Crowther	V40 3	Altrincham & Distict AC	36:22
18	49	Paul Savage		Salford H&ac	36:25
19	270	Dean Matkin		Stockport H&ac	36:26
20	505	Tom Jervis	U20 5	Warrington AC	36:28
21	467	Joshua McHugh	U20 6	Trafford AC	36:35
22	241	Ian Wetherall	V40 4	Sale H Manchester	36:40
23	36	Simon Bruton		Salford H&ac	36:41
24	44	Dave Lockett	V40 5	Salford H&ac	36:55
25	48	Jan Pichl		Salford H&ac	36:59
26	2	John Dance		Middleton H AC	37:09
27	274	Adrian Nutter		Stockport H&ac	37:11
28	218	Mike Kilmartin		Sale H Manchester	37:13
29	211	Callum Greenwood	U20 7	Sale H Manchester	37:16
30	463	Chris Leigh		Trafford AC	37:21
31	128	Tom Bush		Altrincham & Distict AC	37:26
32	54	Phil West		Salford H&ac	37:38
33	481	Oliver Park		Warrington AC	37:40
34	372	James Noakes	V40 6	Macclesfield & AC	37:42
35	308	Jim Pendrill	V40 7	Wilmslow RC	37:46
36	169	Howard Mead		Manchester Triathlon	37:50
37	307	Stuart Parrott	V45 1	Wilmslow RC	37:51
38	3	Michael Flatley	V40 8	Middleton H AC	37:55
39	445	Daniel Ansell		Trafford AC	37:58
40	236	Gary Rowinson	V45 2	Sale H Manchester	38:12
41	212	Michael Hatch		Sale H Manchester	38:19
42	470	Thomas Powell	U20 8	Trafford AC	38:26
43	29	Andy Skitt		Manchester H&ac	38:28
44	41	Dave Hudson		Salford H&ac	38:31
45	19	Ed Fazakerley	V40 9	Manchester H&ac	38:36
46	516	Stuart Heaton		Altrincham & Distict AC	38:41
47	263	James Corden		Stockport H&ac	38:45
48	507	Joe Skipper		MMU	38:51
49	477	Craig Wheeler		Trafford AC	38:53
50	238	Phil Scowcroft		Sale H Manchester	38:55
51	16	Liam Bartlett	U20 9	Manchester H&ac	38:59
52	204	Elton Davies		Sale H Manchester	39:00
53	191	Steven Worthington		Manchester Triathlon	39:04
54	388	Lee Dunn	V40 10	Manchester Ymca H	39:07
55	329	Gavin Browne		E Cheshire H & Tameside AC	39:09
56	124	Chris Wilson	V40 11	Abc Runners	39:11
57	99	Daniel Murphy		Manchester Frontrunners	39:14
58	184	Mark Tickle		Manchester Triathlon	39:18
59	453	Richard Clancy		Trafford AC	39:23
60	451	Dick Byers	V45 3	Trafford AC	39:33
61	223	Stephen McCarron		Sale H Manchester	39:35
62	269	Richard Mariton	V40 12	Stockport H&ac	39:38
63	135	Phil Nichol	V40 13	Altrincham & Distict AC	39:43
64	40	Charles Foster		Salford H&ac	39:49
65	428	Tom Griffiths		St Helens Sutton AC	39:54
66	305	Trevor Morris	V45 4	Wilmslow RC	39:55
67	163	Tim Johns	V40 14	Manchester Triathlon	39:56
68	15	Lee Wood		Middleton H AC	39:57
69	389	David Gamer	V45 5	Manchester Ymca H	39:58
70	504	Stan Owen	V55 1	Salford H&ac	39:59
71	489	Andrew Clague	V40 15	West Cheshire AC	40:00
72	50	Mark Seed	V40 16	Salford H&ac	40:03
73	354	Chris Bentley		Macclesfield & AC	40:04
74	264	Kevan Garner	V40 17	Stockport H&ac	40:07
75	72	Carl Price	V50 1	Swinton RC	40:12
76	568	Gary Bergin	V40 18	Warrington AC	40:18
77	472	Dave Safranuskas	V40 19	Trafford AC	40:20
78	262	Phil Burns		Stockport H&ac	40:22
79	459	John Howe		Trafford AC	40:23
80	426	Barry Graney	V40 20	St Helens Sutton AC	40:26
81	25	Michael Hibbert	V45 6	Manchester H&ac	40:28
82	261	Len Best	V55 2	Stockport H&ac	40:33
83	55	Mark Birchall		Swinton RC	40:36
84	349	Stephen Robinson	V45 7	E Cheshire H & Tameside AC	40:38
				Michael Berks	40:36
				Ian Jackson	40:43
			V40 21	Salford H&ac	40:49
				Jason Bowers	40:51
				Anthony Connolly	40:52
				Peter Abraham	40:53
			V50 2	E Cheshire H & Tameside AC	40:54
			V50 3	Warrington AC	40:55
				James Little	41:00
			V45 8	Trafford AC	41:02
			V40 22	Swinton RC	41:07
				Neil Walker	41:11
			V45 9	Trafford AC	41:13
			V50 4	Swinton RC	41:15
			V40 23	E Cheshire H & Tameside AC	41:17
				Paul Nutther	41:18
			V55 3	Wilmslow RC	41:21
			V55 4	Unattached	41:23
			V40 24	Middleton H AC	41:27
				Rob Marsh	41:29
				Stephen Welsh	41:29
				Alan Pitman	41:32
				Mark Norton	41:33
				Darren Cope	41:34
			V40 25	Salford H&ac	41:35
			V40 26	Wilmslow RC	41:36
			V40 27	Manchester Triathlon	41:37
				Albert Steele	41:40
			V50 5	Sale H Manchester	41:41
			V60 1	Stockport H&ac	41:43
			V45 10	Manchester Ymca H	41:45
			V40 28	Altrincham & Distict AC	41:46
			V40 29	Manchester Triathlon	41:48
				Lucas Ranicar	41:52
				Matt Shillabeer	41:53
				Paul Barrett	41:54
				Gareth Woodcock	41:56
				Carl Tipton	41:58
				Carl Barber	42:01
			U20 10	E Cheshire H & Tameside AC	42:01
			V45 11	St Helens Sutton AC	42:05
				Manchester Triathlon	42:06
			U20 11	St Helens Sutton AC	42:07
			V45 12	Macclesfield & AC	42:08
				Paul Connolly	42:10
			V40 30	Abc Runners	42:19
			V45 13	Trafford AC	42:24
			V45 14	St Helens Sutton AC	42:30
			V45 15	Sale H Manchester	42:32
				Manchester Frontrunners	42:37
			V45 16	Wilmslow RC	42:40
				St Helens Sutton AC	42:41
				Manchester Ymca H	42:44
				Swinton RC	42:46
				Abc Runners	42:52
			V60 2	Stockport H&ac	42:58
				Swinton RC	42:59
			V40 31	West Cheshire AC	43:00
			V40 32	E Cheshire H & Tameside AC	43:02
			V40 33	Trafford AC	43:07
			V40 34	Manchester Triathlon	43:08
				Trafford AC	43:09
				Abc Runners	43:11
			V40 35	Macclesfield & AC	43:31
				Salford H&ac	43:32
			V45 17	St Helens Sutton AC	43:35
			V45 18	Wilmslow RC	43:36
				Manchester Frontrunners	43:37
				Manchester Triathlon	43:41
			V45 19	Belle Vue Racers	43:52
			V40 36	Swinton RC	43:54
				Manchester Triathlon	43:54
			V40 37	Abc Runners	43:54
			V40 38	Sale H Manchester	43:56
			V45 20	Salford H&ac	43:57
				Manchester Triathlon	44:01
			V60 3	Middleton H AC	44:02
			V55 5	E Cheshire H & Tameside AC	44:03
			V50 6	Abc Runners	44:04
			V40 39	Manchester Triathlon	44:05
			U20 12	Swinton RC	44:09
			V45 21	Wilmslow RC	44:12
			V45 22	E Cheshire H & Tameside AC	44:18
			V60 4	Wilmslow RC	44:21
				Salford Met AC	44:23

169	39	Russell Derbyshire	V55	6	Salford H&ac	44:26	234	265	Tim Hargreaves	V50	16	Stockport H&ac	48:59
170	1010	\$Matthew Bowness			Unattached	44:28	235	89	Jose Fernandez			Manchester Frontrunners	49:04
171	7	Anthony Lowe	V50	7	Middleton H AC	44:34	236	533	Michael Boland			Salford H&ac	49:12
172	230	Tim Rainey	V45	23	Sale H Manchester	44:35	237	159	Neil Harrison	V45	32	Manchester Triathlon	49:13
173	201	Tim Brett	V40	40	Sale H Manchester	44:37	238	133	Mike Jones	V55	14	Altrincham & Distict AC	49:16
174	415	Samuel Thornborrow			MMU	44:45	239	387	Jonathan Combe			Manchester Ymca H	49:30
175	53	Ronald Warrender	V50	8	Salford H&ac	44:54	240	258	Ged McDermott	V40	49	Salford Met AC	49:32
176	102	Raso Roberto	V45	24	Manchester Frontrunners	45:00	241	190	Jan Wong			Manchester Triathlon	49:33
177	11	Roland Robson	V50	9	Middleton H AC	45:10	242	537	Steve Webb			Belle Vue Racers	49:35
178	79	Rick Waring	V40	41	Swinton RC	45:18	243	27	Richard O'Regan	V45	33	Manchester H&ac	49:41
179	523	Toby Percival			Altrincham & Distict AC	45:20	244	18	Michael Cunningham	V65	2	Manchester H&ac	49:43
180	104	Ian Roberts			Manchester Frontrunners	45:21	245	391	Mark Griffiths			Manchester Ymca H	49:48
181	156	Colin Hammond	V45	25	Manchester Triathlon	45:25	246	506	Mathew Vallday	U20	14	MMU	49:49
182	1	Paul Collinge	V55	7	Middleton H AC	45:27	247	147	Andy Chalmers	V45	34	Manchester Triathlon	49:51
183	100	Stephen Pottage			Manchester Frontrunners	45:28	248	152	Tom Dixon	U20	15	Manchester Triathlon	49:55
184	1012	\$Pawan Khosla			Unattached	45:29	249	196	John Battersby	V50	17	Sale H Manchester	50:00
185	172	Keith Nutter			Manchester Triathlon	45:30	250	188	Ian Welch	V45	35	Manchester Triathlon	50:02
186	197	Andrew Bean			Sale H Manchester	45:31	251	131	Colin Davies	V60	9	Altrincham & Distict AC	50:07
187	495	Kevin Kyte			E Cheshire H & Tameside AC	45:32	252	35	Roland Bowness	V60	10	Salford H&ac	50:15
188	117	Paul Kay	V55	8	Abc Runners	45:32	253	1008	\$Ged Reynolds	V40	50	Unattached	50:18
189	28	Chris Sewart			Manchester H&ac	45:39	254	1011	\$David Roberts			Unattached	50:20
190	1006	\$Kevin Fingleton	V55	9	Unattached	45:41	255	365	Steve Lomas	V40	51	Macclesfield & AC	50:24
191	413	Edward Preston			MMU	45:49	256	515	John Anderson	V45	36	Macclesfield & AC	50:25
192	87	Chris Cooper			Manchester Frontrunners	45:53	257	281	John Davies	V65	3	Vale Royal AC	50:27
193	522	Jack Kershaw	V60	5	Middleton H AC	46:00	258	527	Keith Parker	V50	18	E Cheshire H & Tameside AC	50:30
194	353	Philip Barnes	V50	10	Macclesfield & AC	46:01	259	257	Stuart Mairs			Salford Met AC	50:39
195	405	Liam Boardman			MMU	46:03	260	380	Alan Webster	V50	19	Macclesfield & AC	50:59
196	518	Stephen Matkin	V45	26	Stockport H&ac	46:04	261	316	James Amin			Belle Vue Racers	51:01
197	338	Tony Faulkner	V40	42	E Cheshire H & Tameside AC	46:15	262	323	Frank Rogers			Belle Vue Racers	51:04
198	1003	\$John Joddrell	V50	11	Pennine	46:16	263	45	Dennis Moran	V60	11	Salford H&ac	51:06
199	408	Duncan Harris			MMU	46:19	264	438	Philip Robinson	V40	52	St Helens Sutton AC	51:35
200	242	Michael Wharton			Sale H Manchester	46:20	265	517	Alan Williams	V50	20	Altrincham & Distict AC	51:43
201	319	Philip D'netto	V40	43	Belle Vue Racers	46:26	266	47	Gary O'Neill	V45	37	Salford H&ac	51:46
202	512	Peter Nixon	V50	12	Stockport H&ac	46:28	267	397	Jon Paramor	V55	15	Manchester Ymca H	51:52
203	386	Roger Carter	V45	27	Manchester Ymca H	46:35	268	1004	\$John Purdy	V45	38	Rochdale	51:57
204	509	Geoff Gilbert	V55	10	Wilmslow RC	46:37	269	1009	\$Matt Rothwell			Unattached	52:34
205	74	Paul Rutherford	V45	28	Swinton RC	46:38	270	322	Barry Guy	V55	16	Belle Vue Racers	52:41
206	417	John Appleton	V55	11	St Helens Sutton AC	46:39	271	534	Adrian Moylan			Abc Runners	52:50
207	304	Gavin Mendham	V60	6	Wilmslow RC	46:45	272	511	Geoff Cotterill	V50	21	Manchester Ymca H	52:57
208	155	Neil Grundy	V40	44	Manchester Triathlon	46:54	273	31	Dave Wood	V45	39	Manchester H&ac	53:07
209	62	Antony Golding			Swinton RC	46:55	274	525	Hugh McKenna	V60	12	Altrincham & Distict AC	53:15
210	86	Mark Chadwick			Manchester Frontrunners	46:57	275	187	Martin Webb	V40	53	Manchester Triathlon	53:26
211	344	Tony Hillier	V60	7	E Cheshire H & Tameside AC	47:02	276	26	Steve McCall	V50	22	Manchester H&ac	53:30
212	342	Andrew Hartshorne	U20	13	E Cheshire H & Tameside AC	47:09	277	253	Brian Eyre	V55	17	Salford Met AC	53:58
213	256	Chris Jones	V40	45	Salford Met AC	47:10	278	373	David Shoesmith	V55	18	Macclesfield & AC	54:13
214	110	Luke Wookey			Manchester Frontrunners	47:16	279	519	John Brooks	V55	19	Middleton H AC	54:25
215	289	Don Bullough	V50	13	Wilmslow RC	47:19	280	71	John Pickup	V45	40	Swinton RC	54:33
216	239	Jerry Smith	V55	12	Sale H Manchester	47:22	281	181	Lee Skinnion	V40	54	Manchester Triathlon	54:38
217	51	Tom Temple	V55	13	Salford H&ac	47:28	282	199	Brian Bradshaw	V50	23	Sale H Manchester	55:26
218	446	Robin Beaumont	V45	29	Trafford AC	47:33	283	370	Mark Mothershaw	V45	41	Macclesfield & AC	55:40
219	101	J Ramos-Gallego			Manchester Frontrunners	47:51	284	529	Ali Alsaadi			Belle Vue Racers	56:14
220	162	Richard Hyder			Manchester Triathlon	48:00	285	63	Steve Hart	V50	24	Swinton RC	56:22
221	318	James Corrigan			Belle Vue Racers	48:09	286	395	Ian Manners	V45	42	Manchester Ymca H	56:31
222	538	Steve Lyons	V40	46	E Cheshire H & Tameside AC	48:19	287	30	William Staniard	V45	43	Manchester H&ac	56:36
223	84	Graham Bateson	V40	47	Manchester Frontrunners	48:21	288	514	Alan Barlow	V60	13	Altrincham & Distict AC	56:49
224	144	Rob Arnold	V50	14	Manchester Triathlon	48:25	289	385	Anthony Brennon			Manchester Ymca H	57:00
225	384	David Ashton	V60	8	Manchester Ymca H	48:33	290	153	Michael Farmer			Manchester Triathlon	57:01
226	457	Derek Frasier	V45	30	Trafford AC	48:35	291	21	David Gregory	V65	4	Manchester H&ac	57:50
227	286	Owen Ashcroft			Wilmslow RC	48:38	292	233	Alan Romagnolo	V45	44	Sale H Manchester	58:31
228	250	Jack Camey	V50	15	Salford Met AC	48:42	293	295	Trevor Faulkner	V65	5	Wilmslow RC	59:47
229	174	Michael Ogden	V45	31	Manchester Triathlon	48:46	294	320	Kevin Egerton	V55	20	Belle Vue Racers	1:00:03
230	173	Neil O'Brien			Manchester Triathlon	48:47	295	510	Colin Timpson	V60	14	E Cheshire H & Tameside AC	1:00:17
231	46	Vincent Murphy	V65	1	Salford H&ac	48:50	296	75	Paul Shier			Swinton RC	1:00:28
232	400	Steve Symons	V40	48	Manchester Ymca H	48:53	297	149	Darren Cooper			Manchester Triathlon	1:02:21
233	106	John Smith			Manchester Frontrunners	48:57							

Senior Men — TEAM RESULTS

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

1	Trafford AC	62	—	4	Ian Salisbury	7	Gavin Tomlinson	9	Graham Hogg	11	Ben Martin	12	Tom Charles	19	Joshua McHugh
2	Sale H Manchester	122	—	3	Jamie Roden	8	Charlie Hulson	20	Ian Wetherall	26	Mike Kilmartin	27	Callum Greenwood	38	Gary Rowlinson
3	Salford H&ac	125	—	13	Mark Russell	16	Paul Savage	21	Simon Bruton	22	Dave Lockett	23	Jan Pichl	30	Phil West
4	Altrincham & Distict AC	152	—	1	Andrew Norman	2	David Norman	15	William Crowther	29	Tom Bush	44	Stuart Heaton	61	Phil Nichol
5	Stockport H&ac	158	—	5	Jamie Loxam	6	Jack Morris	17	Dean Matkin	25	Adrian Nutter	45	James Corden	60	Richard Marltton
6	Trafford AC	267	—	28	Chris Leigh	37	Daniel Ansell	40	Thomas Powell	47	Craig Wheeler	57	Richard Clancy	58	Dick Byers
7	Sale H Manchester	383	—	39	Michael Hatch	48	Phil Scowcroft	50	Elton Davies	59	Stephen McCarron	85	Jason Bowers	102	Alan Pitman
8	Manchester Triathlon	417	—	34	Howard Mead	51	Steven Worthington	56	Mark Tickle	65	Tim Johns	104	Darren Cope	107	Stephen Taylor
9	Salford H&ac	431	—	42	Dave Hudson	62	Charles Foster	68	Stan Owen	70	Mark Seed	84	Ian Jackson	105	Sean Cordell
10	Wilmslow RC	467	—	33	Jim Pendrill	35	Stuart Parrott	64	Trevor Morris	98	Ray Eagle	106	Rob Gilbert	131	Ian Smallwood
11	Middleton H AC	490	—	24	John Dance	36	Michael Flatley	66	Lee Wood	99	James O'Connor	108	Albert Steele	157	John Reilly
12	St Helens Sutton AC	495	—	10	John Ashcroft	63	Tom Griffiths	78	Barry Graney	100	Rob Marsh	121	Mark Liptrot	123	Steven Clague
13	E Cheshire H & Tameside AC	525	—	53	Gavin Browne	82	Stephen Robinson	86	Anthony Connally	88	Gary Matthews	96	Saul Gallagher	120	Steven Kinsey
14	Stockport H&ac	571	—	72	Kevan Garner	76	Phil Burns	80	Len Best	97	Paul Nutter	110	Frank Reilly	136	Robert Taylor
15	Trafford AC	572	—	75	Dave Safranauskas	77	John Howe	91	Mike Hutchinson	94	Vinny Booth	117	Gareth Woodcock	118	Carl Tipton
16	Macclesfield & AC	573	—	14	Andrew Lamont	32	James Noakes	71	Chris Bentley	124	Warren Mason	144	Ross Wilson	188	Philip Barnes
17	Swinton RC	612	—	73	Carl Price	81	Mark Birchall	92	Tony Flanagan	95	Steve Doxey	134	Jason Wilson	137	Darren Russell
18	Manchester H&ac	632	—	41	Andy Skitt	43	Ed Fazakerley	49	Liam Bartlett	79	Michael Hibbert	184	Chris Sewart	236	Richard O'Regan
19	Altrincham & Distict AC	653	—	83	Michael Berks	87	Ed Abraham	93	Neil Walker	103	Mark Norton	112	David Livingstone	175	Toby Percival
20	Abc Runners	726	—	54	Chris Wilson	115	Matt Shillabeer	126	Mark Livingston	135	Chris Green	143	Dominic Byrne	153	Andrew Berry
21	Manchester Ymca H	777	—	52	Lee Dunn	67	David Garner	111	Eddie Gilligan	133	Ian Wilding	196	Roger Carter	218	David Ashton
22	Manchester Frontrunners	782	—	55	Daniel Murphy	101	Stephen Welsh	130	Jonathon Guildford	148	Tom Arnold	172	Raso Roberto	176	Ian Roberts
23	Manchester Triathlon	791	—	113	Paul Schofield	114	Lucas Ranicar	122	Andy Adkin	141	Simon Lewis	149	Llyr Hughes	152	Mark Hanna
24	Sale H Manchester	795	—	109	Andy Yates	116	Paul Barrett	119	Carl Barber	129	Frank Cordingley	154	Steve Gavin	168	Tim Rainey
25	MMU	872	—	46	Joe Skipper	90	James Little	170	Samuel Thornborrow	185	Edward Preston	189	Liam Boardman	192	Duncan Harris
26	E Cheshire H & Tameside AC	1037	—	139	Mark Bradley	158	Francis Day	163	Derek Hughes	182	Kevin Kyte	191	Tony Faulkner	204	Tony Hillier
27	Salford H&ac	1071	—	145	Tom Hall	155	Dave Shaw	166	Russell Derbyshire	171	Ronald Warrender	210	Tom Temple	224	Vincent Murphy
28	Wilmslow RC	1078	—	147	Mike Cooper	162	Steve Smith	164	Andy Watts	197	Geoff Gilbert	200	Gavin Mendham	208	Don Bullough
29	Manchester Triathlon	1087	—	156	Alan Burton	160	Rob King	177	Colin Hammond	180	Keith Nutter	201	Neil Grundy	213	Richard Hyder
30	Swinton RC	1155	—	151	Chris Lomax	161	Dan Bird	174	Rick Waring	198	Paul Rutherford	202	Antony Golding	269	John Pickup
31	Salford Met AC	1200	—	125	Paul Connolly	165	Shane Wolstencroft	206	Chris Jones	221	Jack Carney	233	Ged McDermott	250	Stuart Mairs
32	Manchester Frontrunners	1203	—	179	Stephen Pottage	186	Chris Cooper	203	Mark Chadwick	207	Luke Wookey	212	J Ramos-Gallego	216	Graham Bateson
33	Sale H Manchester	1265	—	169	Tim Brett	181	Andrew Bean	193	Michael Wharton	209	Jerry Smith	242	John Battersby	271	Brian Bradshaw
34	Belle Vue Racers	1298	—	150	Nigel Sedman	194	Philip D'netto	214	James Corrigan	235	Steve Webb	252	James Amin	253	Frank Rogers
35	Manchester Triathlon	1366	—	217	Rob Arnold	222	Michael Ogden	223	Neil O'Brien	230	Neil Harrison	234	Jan Wong	240	Andy Chalmers
36	Manchester Ymca H	1489	—	225	Steve Symons	232	Jonathan Combe	238	Mark Griffiths	258	Jon Paramor	261	Geoff Cotterill	275	Ian Manners
37	Manchester Triathlon	1583	—	241	Tom Dixon	243	Ian Welch	264	Martin Webb	270	Lee Skinnion	279	Michael Farmer	286	Darren Cooper

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

Pos	Num	Name	Cat/Pos	Club	Time
1	232	Jamie Roden		Sale H Manchester	34:01
2	271	Jack Morris		Stockport H&ac	35:15
3	214	Charlie Hulson		Sale H Manchester	35:29
4	418	John Ashcroft		St Helens Sutton AC	35:53
5	505	Tom Jervis		Warrington AC	36:28
6	467	Joshua McHugh		Trafford AC	36:35
7	211	Callum Greenwood		Sale H Manchester	37:16
8	470	Thomas Powell		Trafford AC	38:26
9	16	Liam Bartlett		Manchester H&ac	38:59
10	494	Steven Kinsey		E Cheshire H & Tameside AC	42:01
11	420	Steven Clague		St Helens Sutton AC	42:07
12	56	Dan Bird		Swinton RC	44:09
13	342	Andrew Hartshorne		E Cheshire H & Tameside AC	47:09
14	506	Mathew Valldey		MMU	49:49
15	152	Tom Dixon		Manchester Triathlon	49:55

Senior Men - U20 — TEAM RESULTS

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

1 Sale H Manchester	11 — 1 Jamie Roden	3 Charlie Hulson	7 Callum Greenwood
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Manchester Area Cross Country League at Heaton Park, Manchester on Saturday 23rd October 2010

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

Pos	Num	Name	Cat/Pos	Club	Time						
1	1005	\$Andy Buttery	V40	1 Rossendale	35:37	82	102	Raso Roberto	V45	24 Manchester Frontrunners	45:00
2	535	Mark Russell	V40	2 Salford H&ac	36:13	83	11	Roland Robson	V50	9 Middleton H AC	45:10
3	130	William Crowther	V40	3 Altrincham & Distict AC	36:22	84	79	Rick Waring	V40	41 Swinton RC	45:18
4	241	Ian Wetherall	V40	4 Sale H Manchester	36:40	85	156	Colin Hammond	V45	25 Manchester Triathlon	45:25
5	44	Dave Lockett	V40	5 Salford H&ac	36:55	86	1	Paul Collinge	V55	7 Middleton H AC	45:27
6	372	James Noakes	V40	6 Macclesfield & AC	37:42	87	117	PaulKay	V55	8 Abc Runners	45:32
7	308	Jim Pendrill	V40	7 Wilmslow RC	37:46	88	1006	\$Kevin Fingleton	V55	9 Unattached	45:41
8	307	Stuart Parrott	V45	1 Wilmslow RC	37:51	89	522	Jack Kershaw	V60	5 Middleton H AC	46:00
9	3	Michael Flatley	V40	8 Middleton H AC	37:55	90	353	Philip Barnes	V50	7 Macclesfield & AC	46:01
10	236	Gary Rowinson	V45	2 Sale H Manchester	38:12	91	518	Stephen Matkin	V45	26 Stockport H&ac	46:04
11	19	Ed Fazakerley	V40	9 Manchester H&ac	38:36	92	338	Tony Faulkner	V40	42 E Cheshire H & Tameside AC	46:15
12	388	Lee Dunn	V40	10 Manchester Ymca H	39:07	93	1003	\$John Joddrell	V50	11 Pennine	46:16
13	124	Chris Wilson	V40	11 Abc Runners	39:11	94	319	Philip D'netto	V40	43 Belle Vue Racers	46:26
14	451	Dick Byers	V45	3 Trafford AC	39:33	95	512	Peter Nixon	V50	12 Stockport H&ac	46:28
15	269	Richard Marlon	V40	12 Stockport H&ac	39:38	96	386	Roger Carter	V45	27 Manchester Ymca H	46:35
16	135	Phil Nichol	V40	13 Altrincham & Distict AC	39:43	97	509	Geoff Gilbert	V55	10 Wilmslow RC	46:37
17	305	Trevor Morris	V45	4 Wilmslow RC	39:55	98	74	Paul Rutherford	V45	28 Swinton RC	46:38
18	163	Tim Johns	V40	14 Manchester Triathlon	39:56	99	417	John Appleton	V55	11 St Helens Sutton AC	46:39
19	389	David Garner	V45	5 Manchester Ymca H	39:58	100	304	Gavin Mndham	V60	6 Wilmslow RC	46:45
20	504	Stan Owen	V55	1 Salford H&ac	39:59	101	155	Neil Grundy	V40	44 Manchester Triathlon	46:54
21	489	Andrew Clague	V40	15 West Cheshire AC	40:00	102	344	Tony Hillier	V60	7 E Cheshire H & Tameside AC	47:02
22	50	Mark Seed	V40	16 Salford H&ac	40:03	103	256	Chris Jones	V40	45 Salford Met AC	47:10
23	264	Kevan Garner	V40	17 Stockport H&ac	40:07	104	289	Don Bullough	V50	13 Wilmslow RC	47:19
24	72	Carl Price	V50	1 Swinton RC	40:12	105	239	Jerry Smith	V55	12 Sale H Manchester	47:22
25	568	Garry Bergin	V40	18 Warrington AC	40:18	106	51	Tom Temple	V55	13 Salford H&ac	47:28
26	472	Dave Safranuskas	V40	19 Trafford AC	40:20	107	446	Robin Beaumont	V45	29 Trafford AC	47:33
27	426	Barry Graney	V40	20 St Helens Sutton AC	40:26	108	538	Steve Lyons	V40	46 E Cheshire H & Tameside AC	48:19
28	25	Michael Hibbert	V45	6 Manchester H&ac	40:28	109	84	Graham Bateson	V40	47 Manchester Frontrunners	48:21
29	261	Len Best	V55	2 Stockport H&ac	40:33	110	144	Rob Arnold	V50	14 Manchester Triathlon	48:25
30	349	Stephen Robinson	V45	7 E Cheshire H & Tameside AC	40:38	111	384	David Ashton	V60	8 Manchester Ymca H	48:33
31	43	Ian Jackson	V40	21 Salford H&ac	40:49	112	457	Derek Frasier	V45	30 Trafford AC	48:35
32	497	Gary Matthews	V50	2 E Cheshire H & Tameside AC	40:54	113	250	Jack Camey	V50	15 Salford Met AC	48:42
33	479	Steve Burthem	V50	3 Warrington AC	40:55	114	174	Michael Ogden	V45	31 Manchester Triathlon	48:46
34	461	Mike Hutchinson	V45	8 Trafford AC	41:02	115	46	Vincent Murphy	V65	1 Salford H&ac	48:50
35	61	Tony Flanagan	V40	22 Swinton RC	41:07	116	400	Steve Symons	V40	48 Manchester Ymca H	48:53
36	448	Vinny Booth	V45	9 Trafford AC	41:13	117	265	Tim Hargreaves	V50	16 Stockport H&ac	48:59
37	60	Steve Dooxey	V50	4 Swinton RC	41:15	118	159	Neil Harrison	V45	32 Manchester Triathlon	49:13
38	339	Saul Gallagher	V40	23 E Cheshire H & Tameside AC	41:17	119	133	Mike Jones	V55	14 Altrincham & Distict AC	49:16
39	293	Ray Eagle	V55	3 Wilmslow RC	41:21	120	258	Ged McDermott	V40	49 Salford Met AC	49:32
40	1007	\$Dennis Matthews	V55	4 Unattached	41:23	121	27	Richard O'Regan	V45	33 Manchester H&ac	49:41
41	8	James O'Connor	V40	24 Middleton H AC	41:27	122	18	Michael Cunningham	V65	2 Manchester H&ac	49:43
42	37	Sean Cordell	V40	25 Salford H&ac	41:35	123	147	Andy Chalmers	V45	34 Manchester Triathlon	49:51
43	298	Rob Gilbert	V40	26 Wilmslow RC	41:36	124	196	John Battersby	V50	17 Sale H Manchester	50:00
44	182	Stephen Taylor	V40	27 Manchester Triathlon	41:37	125	188	Ian Welch	V45	35 Manchester Triathlon	50:02
45	249	Andy Yates	V50	5 Sale H Manchester	41:41	126	131	Colin Davies	V60	9 Altrincham & Distict AC	50:07
46	508	Frank Reilly	V60	1 Stockport H&ac	41:43	127	35	Roland Bowness	V60	10 Salford H&ac	50:15
47	390	Eddie Gilligan	V45	10 Manchester Ymca H	41:45	128	1008	\$Ged Reynolds	V40	50 Unattached	50:18
48	134	David Livingstone	V40	28 Altrincham & Distict AC	41:46	129	365	Steve Lomas	V40	51 Macclesfield & AC	50:24
49	178	Paul Schofield	V40	29 Manchester Triathlon	41:48	130	515	John Anderson	V45	36 Macclesfield & AC	50:25
50	434	Mark Liprot	V45	11 St Helens Sutton AC	42:05	131	281	John Davies	V65	3 Vale Royal AC	50:27
51	366	Warren Mason	V45	12 Macclesfield & AC	42:08	132	527	Keith Parker	V50	18 E Cheshire H & Tameside AC	50:30
52	528	Mark Livingston	V40	30 Abc Runners	42:19	133	380	Alan Webster	V50	19 Macclesfield & AC	50:59
53	464	Paul Mannion	V45	13 Trafford AC	42:24	134	45	Dennis Moran	V60	11 Salford H&ac	51:06
54	436	Alan McNally	V45	14 St Helens Sutton AC	42:30	135	438	Philip Robinson	V40	52 St Helens Sutton AC	51:35
55	203	Frank Cordingley	V45	15 Sale H Manchester	42:32	136	517	Alan Williams	V50	20 Altrincham & Distict AC	51:43
56	310	Ian Smallwood	V45	16 Wilmslow RC	42:40	137	47	Gary O'Neill	V45	37 Salford H&ac	51:46
57	279	Robert Taylor	V60	2 Stockport H&ac	42:58	138	397	Jon Paramor	V55	15 Manchester Ymca H	51:52
58	530	Max Woods	V40	31 West Cheshire AC	43:00	139	1004	\$John Purdy	V45	38 Rochdale	51:57
59	328	Mark Bradley	V40	32 E Cheshire H & Tameside AC	43:02	140	322	Barry Guy	V55	16 Belle Vue Racers	52:41
60	454	Duncan Drasdo	V40	33 Trafford AC	43:07	141	511	Geoff Cotterill	V50	21 Manchester Ymca H	52:57
61	501	Simon Lewis	V40	34 Manchester Triathlon	43:08	142	31	Dave Wood	V45	39 Manchester H&ac	53:07
62	383	Ross Wilson	V40	35 Macclesfield & AC	43:31	143	525	Hugh McKenna	V60	12 Altrincham & Distict AC	53:15
63	440	Steve Tate	V45	17 St Helens Sutton AC	43:35	144	187	Martin Webb	V40	53 Manchester Triathlon	53:26
64	290	Mike Cooper	V45	18 Wilmslow RC	43:36	145	26	Steve McCall	V50	22 Manchester H&ac	53:30
65	324	Nigel Sedman	V45	19 Belle Vue Racers	43:52	146	253	Brian Eyre	V55	17 Salford Met AC	53:58
66	68	Chris Lomax	V40	36 Swinton RC	43:54	147	373	David Shoesmith	V55	18 Macclesfield & AC	54:13
67	111	Andrew Berry	V40	37 Abc Runners	43:54	148	519	John Brooks	V55	19 Middleton H AC	54:25
68	209	Steve Gavin	V40	38 Sale H Manchester	43:56	149	71	John Pickup	V45	40 Swinton RC	54:33
69	532	Dave Shaw	V45	20 Salford H&ac	43:57	150	181	Lee Skinnion	V40	54 Manchester Triathlon	54:38
70	10	John Reilly	V60	3 Middleton H AC	44:02	151	199	Brian Bradshaw	V50	23 Sale H Manchester	55:26
71	334	Francis Day	V55	5 E Cheshire H & Tameside AC	44:03	152	370	Mark Mothershaw	V45	41 Macclesfield & AC	55:40
72	119	Dave Lovatt	V50	6 Abc Runners	44:04	153	63	Steve Hart	V50	24 Swinton RC	56:22
73	165	Rob King	V40	39 Manchester Triathlon	44:05	154	395	Ian Manners	V45	42 Manchester Ymca H	56:31
74	311	Steve Smith	V45	21 Wilmslow RC	44:12	155	30	William Staniard	V45	43 Manchester H&ac	56:36
75	346	Derek Hughes	V45	22 E Cheshire H & Tameside AC	44:18	156	514	Alan Barlow	V60	13 Altrincham & Distict AC	56:49
76	314	Andy Watts	V60	4 Wilmslow RC	44:21	157	21	David Gregory	V65	4 Manchester H&ac	57:50
77	39	Russell Derbyshire	V55	6 Salford H&ac	44:26	158	233	Alan Romagnolo	V45	44 Sale H Manchester	58:31
78	7	Anthony Lowe	V50	7 Middleton H AC	44:34	159	295	Trevor Faulkner	V65	5 Wilmslow RC	59:47
79	230	Tim Rainey	V45	23 Sale H Manchester	44:35	160	320	Kevin Egerton	V55	20 Belle Vue Racers	1:00:03
80	201	Tim Brett	V40	40 Sale H Manchester	44:37	161	510	Colin Timpson	V60	14 E Cheshire H & Tameside AC	1:00:17
81	53	Ronald Warrender	V50	8 Salford H&ac	44:54						

Senior Men (Vets) — TEAM RESULTS

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

1 Salford H&ac	45	—	1 Mark Russell	4 Dave Lockett	19 Stan Owen	21 Mark Seed
2 Wilmslow RC	67	—	6 JimPendrill	7 Stuart Parrott	16 Trevor Morris	38 Ray Eagle
3 Trafford AC	106	—	13 Dick Byers	25 Dave Safranauskas	33 Mike Hutchinson	35 Vinny Booth
4 Stockport H&ac	108	—	14 Richard Marlon	22 Kevan Garner	28 Len Best	44 Frank Reilly
5 Sale H Manchester	108	—	3 Ian Wetherall	9 Gary Rowlinson	43 Andy Yates	53 Frank Cordingley
6 E Cheshire H & Tameside AC	154	—	29 Stephen Robinson	31 Gary Matthews	37 Saul Gallagher	57 Mark Bradley
7 Swinton RC	157	—	23 Carl Price	34 Tony Flanagan	36 Steve Doxey	64 Chris Lomax
8 Manchester Triathlon	165	—	17 Tim Johns	42 Stephen Taylor	47 Paul Schofield	59 Simon Lewis
9 Manchester Ymca H	166	—	11 Lee Dunn	18 David Garner	45 Eddie Gilligan	92 Roger Carter
10 Altrincham & Distict AC	178	—	2 William Crowther	15 Phil Nichol	46 David Livingstone	115 Mike Jones
11 St Helens Sutton AC	187	—	26 Barry Graney	48 Mark Liptrot	52 Alan McNally	61 Steve Tate
12 Middleton H AC	191	—	8 Michael Flatley	39 James O'Connor	68 John Reilly	76 Anthony Lowe
13 Abc Runners	197	—	12 Chris Wilson	50 Mark Livingston	65 Andrew Berry	70 Dave Lovatt
14 Macclesfield & AC	201	—	5 James Noakes	49 Warren Mason	60 Ross Wilson	87 Philip Barnes
15 Salford H&ac 'B'	212	—	30 Ian Jackson	40 Sean Cordell	67 Dave Shaw	75 Russell Derbyshire
16 Wilmslow RC 'B'	229	—	41 Rob Gilbert	54 Ian Smallwood	62 Mike Cooper	72 Steve Smith
17 Manchester H&ac	272	—	10 Ed Fazakerley	27 Michael Hibbert	117 Richard O'Regan	118 Michael Cunningham
18 Trafford AC 'B'	320	—	51 Paul Mannion	58 Duncan Drasdo	103 Robin Beaumont	108 Derek Frasier
19 Sale H Manchester 'B'	322	—	66 Steve Gavin	77 Tim Rainey	78 Tim Brett	101 Jerry Smith
20 E Cheshire H & Tameside AC 'B'	329	—	69 Francis Day	73 Derek Hughes	89 Tony Faulkner	98 Tony Hillier
21 Stockport H&ac 'B'	347	—	55 Robert Taylor	88 Stephen Matkin	91 Peter Nixon	113 Tim Hargreaves
22 Manchester Triathlon 'B'	357	—	71 Rob King	83 Colin Hammond	97 Neil Grundy	106 Rob Arnold
23 Wilmslow RC 'C'	363	—	74 Andy Watts	93 Geoff Gilbert	96 Gavin Mendham	100 Don Bullough
24 Middleton H AC 'B'	393	—	81 Roland Robson	84 Paul Collinge	86 Jack Kershaw	142 John Brooks
25 Salford H&ac 'C'	415	—	79 Ronald Warrender	102 Tom Temple	111 Vincent Murphy	123 Roland Bowness
26 Belle Vue Racers	441	—	63 Nigel Sedman	90 Philip D'netto	134 Barry Guy	154 Kevin Egerton
27 Manchester Triathlon 'C'	464	—	110 Michael Ogden	114 Neil Harrison	119 Andy Chalmers	121 Ian Welch
28 Salford Met AC	464	—	99 Chris Jones	109 Jack Carney	116 Ged McDermott	140 Brian Eyre
29 Swinton RC 'B'	466	—	82 Rick Waring	94 Paul Rutherford	143 John Pickup	147 Steve Hart
30 Manchester Ymca H 'B'	487	—	107 David Ashton	112 Steve Symons	133 Jon Paramor	135 Geoff Cotterill
31 Macclesfield & AC 'B'	518	—	124 Steve Lomas	125 John Anderson	128 Alan Webster	141 David Shoesmith
32 Altrincham & Distict AC 'B'	540	—	122 Colin Davies	131 Alan Williams	137 Hugh McKenna	150 Alan Barlow
33 Manchester H&ac 'B'	575	—	136 Dave Wood	139 Steve McCall	149 William Staniard	151 David Gregory

