

Northern Athletics Road Relays at Wythenshawe Park, Manchester on Sunday 21st March 2010

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

Pos	Name	Club	Leg Time				
1	M Buckingham	Holmfirth	21:58	25	Adrian Jones	Keighley A A	24:51
2	Patrick Martin	Sunderland	22:00	26	Gavin Marshall	Scunthorpe	24:55
3	Simon Deakin	Leeds City A	22:11	27	James Pearson	Beverley A	24:59
4	Matt Bond	Sale Harri A	22:27	28	S Ashmoer	Heanor RC	25:20
5	Alex Pilcher	Derby Ac	22:31	29	Tommy Henders	Leigh Harr	25:25
6	T Lancashire	Bolton Uni A	22:52	30	Paul Simons	Salford Ha B	25:27
7	Robert Hodges	Kingston U	22:57	31	Chris Ireland	Sheffield	25:28
8	David Norman	Altrincham A	23:04	32	Tim Kennedy	Sale Harri B	25:41
9	Joseph Bailey	Salford Ha A	23:08	33	Piran White	York Acorn	25:44
10	Peter Street	Preston Ha	23:11	34	P Darbyshire	Wigan Phoe	26:17
11	T Egerton	Trafford A A	23:15	35	R Ashworth	Southport	26:32
12	Peter Huck	Barrow And	23:15	36	Karl Lee	Wesham Roa	26:43
13	Sean Hall	Gateshead A	23:20	37	Gavin Browne	ECH&TA	26:48
14	Michael Morris	MorpethH&A A	23:29	38	Peter McNamara	Wakefield	26:50
15	D Nicholls	Wilmslow	23:32	39	Adam Critchley	Chorley Ha	27:24
16	Josh Tighe	Blackburn A	23:34	40	Karl Ward	Horwich Rm B	27:28
17	Dave Archer	Hallamshir	23:49	41	Peter Abraham	Altrincham B	27:47
18	Gary Priestley	Horwich Rm A	23:52	42	Nigel Brookes	Rotherham	27:58
19	Thomas Adams	Ilkley Har	23:57	43	Justin Hayes	Trafford A C	28:43
20	Luke Minns	Blackpool A	24:09	44	Ray Robinson	Gateshead B	28:51
21	Richard Burney	Liverpool	24:15	45	R McGonigle	Trafford A B	29:51
22	Alexander Davy	Leeds City B	24:38	46	Mark Wilkinson	Keighley A B	30:25
23	Steve Bateson	East Hull	24:45	47	Jerry Smith	Sale Harri C	30:42
24	Xavier Desse	Wirral A C	24:50	48	T Westhead	Blackpool B	31:31

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

Pos	Name	Club	Leg Time	Cum Time	Gain					
1	Carl Smith	Leeds City A	15:02	37:13	+ 2	31	Ben Johnson	Southport	16:33	43:05 + 4
2	Matt Nicholson	MorpethH&A A	14:47	38:16	+ 12	32	Neil Bant	Beverley A	18:18	43:17 - 5
3	David Turnbull	Holmfirth	16:24	38:22	- 2	33	Stuart Heaton	ECH&TA	16:31	43:19 + 4
4	Tom Philips	Derby Ac	15:58	38:29	+ 1	34	Steve Simpson	York Acorn	17:40	43:24 - 1
5	Andrew Heyes	Hallamshir	14:44	38:33	+ 12	35	Chris Wilson	Wigan Phoe	17:09	43:26 - 1
6	Paul Savage	Salford Ha A	15:44	38:52	+ 3	36	J PonsLaplana	Sheffield	18:54	44:22 - 5
7	W Crowther	Altrincham A	15:50	38:54	+ 1	37	C Ward	Wakefield	17:35	44:25 + 1
8	Damien Weston	Sunderland	17:03	39:03	- 6	38	Daniel Brooks	Altrincham B	17:40	45:27 + 3
9	James Davis	Sale Harri A	16:37	39:04	- 5	39	R Mabbett	Wesham Roa	19:07	45:50 - 3
10	James Bleakley	Trafford A A	15:54	39:09	+ 1	40	Tom Belcher	Chorley Ha	18:37	46:01 - 1
11	Matthew Pye	Kingston U	16:29	39:26	- 4	41	Peter Shaw	Rotherham	18:18	46:16 + 1
12	Liam Baister	Gateshead A	16:15	39:35	+ 1	42	James Porteous	Gateshead B	17:52	46:43 + 2
13	Ian Bowles	Bolton Uni A	16:49	39:41	- 7	43	D Safranauskas	Trafford A B	17:35	47:26 + 2
14	Dean Miller	Barrow And	16:30	39:45	- 2	44	Mark Evans	Trafford A C	18:49	47:32 - 1
15	J Bridge	Blackburn A	16:21	39:55	+ 1	45	Peter Ramsdale	Horwich Rm B	20:16	47:44 - 5
16	Jonathan Frost	East Hull	15:29	40:14	+ 7	46	Sam Cann	Keighley A B	19:35	50:00 0
17	Gareth Booth	Horwich Rm A	16:34	40:26	+ 1	47	Carl Barber	Sale Harri C	19:34	50:16 0
18	A Fowler	Preston Ha	17:21	40:32	- 8	48	Philip Burke	Blackpool B	21:16	52:47 0
19	Rob Dewhurst	Liverpool	16:37	40:52	+ 2	Fastest runners over stage 2:				
20	Mark Bale	Wilmslow	17:44	41:16	- 5	1	Andrew Heyes	Hallamshir	14:44	
21	S Williams	Blackpool A	17:33	41:42	- 1	2	Matt Nicholson	MorpethH&A A	14:47	
22	Mike Deegan	Salford Ha B	16:18	41:45	+ 8	3	Carl Smith	Leeds City A	15:02	
23	Mark Iley	Ilkley Har	18:01	41:58	- 4	4	Jonathan Frost	East Hull	15:29	
24	John Wood	Leeds City B	17:24	42:02	- 2	5	Paul Savage	Salford Ha A	15:44	
25	Andrew Blair	Sale Harri B	16:22	42:03	+ 7	6	W Crowther	Altrincham A	15:50	
26	T Sessford	Keighley A A	17:27	42:18	- 1	7	James Bleakley	Trafford A A	15:54	
27	Alastair Hobday	Heanor RC	17:05	42:25	+ 1	8	Tom Philips	Derby Ac	15:58	
28	A Urmston	Leigh Harr	17:02	42:27	+ 1	9	Liam Baister	Gateshead A	16:15	
29	Paul Edgar	Scunthorpe	17:51	42:46	- 3	10	Mike Deegan	Salford Ha B	16:18	
30	W Ferguson	Wirral A C	18:14	43:04	- 6					

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

Pos	Name	Club	Leg Time	Cum Time	Gain					
1	Chris Birchall	Leeds City A	23:26	1:00:39	0	31	Steve Gould	Wigan Phoe	26:09	1:09:35 + 4
2	Andi Jones	Salford Ha A	22:06	1:00:58 +	4	32	Nathan Elliott	Wakefield	25:11	1:09:36 + 5
3	Robert Baker	Hallamshir	23:34	1:02:07 +	2	33	Neil Bradshaw	ECH&TA	26:17	1:09:36 0
4	Ross Floyd	MorpethH&A A	23:55	1:02:11 -	2	34	Stuart Little	Sheffield	25:30	1:09:52 + 2
5	Jake Rowlands	Holmfirth	24:04	1:02:26 -	2	35	Nick Shpylka	Scunthorpe	28:05	1:10:51 - 6
6	Martin Booth	Derby Ac	24:06	1:02:35 -	2	36	Mark Dalton	Beverley A	28:19	1:11:36 - 4
7	Simon Mills	Sale Harri A	23:43	1:02:47 +	2	37	Paul Humphries	Rotherham	25:29	1:11:45 + 4
8	Johnny Mellor	Liverpool	22:24	1:03:16 +	11	38	Mark Dowson	York Acorn	29:10	1:12:34 - 4
9	K Lecher	Kingston U	24:09	1:03:35 +	2	39	Troy Watson	Wesham Roa	28:01	1:13:51 0
10	Matt Nuttall	Blackburn A	23:56	1:03:51 +	5	40	Jason Stobbs	Gateshead B	27:22	1:14:05 + 2
11	Ben Martin	Trafford A A	24:47	1:03:56 -	1	41	Paul Mannion	Trafford A B	27:27	1:14:53 + 2
12	Jonny Pearson	Gateshead A	24:29	1:04:04 0	42	42	Denis Mason	Horwich Rm B	27:13	1:14:57 + 3
13	Garry Dixon	Barrow And	24:38	1:04:23 +	1	43	Dave Telford	Altrincham B	29:36	1:15:03 - 5
14	R Howarth	Horwich Rm A	24:01	1:04:27 +	3	44	Malc Christie	Chorley Ha	32:04	1:18:05 - 4
15	Peter Riley	Leigh Harr	22:03	1:04:30 +	13	45	Jonnie Butler	Keighley A B	31:20	1:21:20 + 1
16	G Pennington	Preston Ha	24:05	1:04:37 +	2	46	Neil Slater	Trafford A C	34:43	1:22:15 - 2
17	Brian Bewick	Sunderland	25:42	1:04:45 -	9	47	Tim Brett	Sale Harri C	32:09	1:22:25 0
18	Martin Crosby	Altrincham A	26:18	1:05:12 -	11	48	Jeffery Wright	Blackpool B	31:54	1:24:41 0
19	Frazer Jardine	Bolton Uni A	25:45	1:05:26 -	6	Fastest runners over stage 3:				
20	Jim Pendrill	Wilmslow	25:19	1:06:35 0	1	1	Peter Riley	Leigh Harr	22:03	
21	Jan Pichl	Salford Ha B	25:36	1:07:21 +	1	2	Andi Jones	Salford Ha A	22:06	
22	Andrew Walling	Sale Harri B	25:37	1:07:40 +	3	3	Johnny Mellor	Liverpool	22:24	
23	Ben Radbourne	HeanorRC	25:16	1:07:41 +	4	4	Chris Birchall	Leeds City A	23:26	
24	Martin Farran	Leeds City B	25:59	1:08:01 0	5	5	Robert Baker	Hallamshir	23:34	
25	David Shaw	Keighley A A	26:08	1:08:26 +	1	6	Simon Mills	Sale Harri A	23:43	
26	Keith Joules	East Hull	28:12	1:08:26 -	10	7	Ross Floyd	MorpethH&A A	23:55	
27	Justin Philips	Ilkley Har	26:44	1:08:42 -	4	8	Matt Nuttall	Blackburn A	23:56	
28	C Cooper	Wirral A C	25:48	1:08:52 +	2	9	R Howarth	Horwich Rm A	24:01	
29	Trevor Uttley	Blackpool A	27:13	1:08:55 -	8	10	Jake Rowlands	Holmfirth	24:04	
30	S Wilkinson	Southport	26:11	1:09:16 +	1					

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

Pos	Name	Club	Leg Time	Cum Time	Gain					
1	Joe Townsend	Leeds City A	15:20	1:15:59	0	31	Phil McCoy	East Hull	18:58	1:27:24 - 5
2	Matt Shaw	Salford Ha A	16:06	1:17:04 0	32	32	Kevin Edwards	Wigan Phoe	18:05	1:27:40 - 1
3	David Sprot	Hallamshir	16:05	1:18:12 0	33	33	David Robson	Blackpool A	19:11	1:28:06 - 4
4	Paul Waterson	MorpethH&A A	16:37	1:18:48 0	34	34	Peter Neal	Rotherham	17:33	1:29:18 + 3
5	G Massingham	Sunderland	14:26	1:19:11 +	12	35	Mike Raynes	York Acorn	17:14	1:29:48 + 3
6	M Kilmartin	Sale Harri A	16:31	1:19:18 +	1	36	Jack Cole	Scunthorpe	19:03	1:29:54 - 1
7	A Young	Trafford A A	15:44	1:19:40 +	4	37	Marc Boardman	Trafford A B	17:18	1:32:11 + 4
8	Ben Brown	Liverpool	16:43	1:19:59 0	38	38	C Glanville	Gateshead B	18:15	1:32:20 + 2
9	David Thornton	Blackburn A	16:08	1:19:59 +	1	39	Tim Simpson	Beverley A	20:46	1:32:22 - 3
10	John Knibb	Derby Ac	17:34	1:20:09 -	4	40	B Peatfield	Wesham Roa	18:58	1:32:49 - 1
11	Joshua Rowe	Kingston U	16:36	1:20:11 -	2	41	Carl Otter	Sheffield	23:05	1:32:57 - 7
12	Richard Smith	Holmfirth	18:08	1:20:34 -	7	42	Jeff Norman	Altrincham B	19:21	1:34:24 + 1
13	Ben Pearson	Gateshead A	16:36	1:20:40 -	1	43	S Jackson	Horwich Rm B	19:50	1:34:47 - 1
14	N Pendlebury	Horwich Rm A	16:14	1:20:41 0	44	44	Ian Crabtree	Chorley Ha	18:54	1:36:59 0
15	Peter Savage	Barrow And	17:07	1:21:30 -	2	45	Andrew Green	Keighley A B	19:54	1:41:14 0
16	Phil Nichol	Altrincham A	16:46	1:21:58 +	2	46	Paul McMahon	Trafford A C	20:40	1:42:55 0
17	Sean Spillane	Leigh Harr	17:32	1:22:02 -	2	47	Terry Lonergan	Sale Harri C	20:40	1:43:05 0
18	Mark Lee	Preston Ha	17:26	1:22:03 -	2	48	N Greenwood	Blackpool B	24:47	1:49:28 0
19	Elliot Cole	Leeds City B	15:37	1:23:38 +	5	Fastest runners over stage 4:				
20	David Hudson	Salford Ha B	16:48	1:24:09 +	1	1	G Massingham	Sunderland	14:26	
21	Bill Heaton	Wilmslow	17:49	1:24:24 -	1	2	Chris Kays	ECH&TA	15:03	
22	Chris Kays	ECH&TA	15:03	1:24:39 +	11	3	Joe Townsend	Leeds City A	15:20	
23	D Grimshaw	Bolton Uni A	19:19	1:24:45 -	4	4	Elliot Cole	Leeds City B	15:37	
24	Elton Davies	Sale Harri B	17:20	1:25:00 -	2	5	A Young	Trafford A A	15:44	
25	Davies-Peerles	Wirral A C	16:36	1:25:28 +	3	6	David Sprot	Hallamshir	16:05	
26	Rob Rainsford	HeanorRC	18:17	1:25:58 -	3	7	Matt Shaw	Salford Ha A	16:06	
27	Matthew Dykes	Keighley A A	17:45	1:26:11 -	2	8	David Thornton	Blackburn A	16:08	
28	Richard Reeve	Ilkley Har	17:30	1:26:12 -	1	9	N Pendlebury	Horwich Rm A	16:14	
29	Thomas Coney	Wakefield	17:07	1:26:43 +	3	10	M Kilmartin	Sale Harri A	16:31	
30	Thomas Peacock	Southport	17:58	1:27:14 0						

Northern Athletics Road Relays at Wythenshawe Park, Manchester on Sunday 21st March 2010

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

Pos	Name	Club	Leg Time	Cum Time	Time Gain						
1	M Burrett	Leeds City A	23:21	1:39:20	0	31	M O'Neill	Wigan Phoe	25:42	1:53:22 +	1
2	M Moorhouse	Salford Ha A	24:01	1:41:05	0	32	John Ward	Bolton Uni A	29:45	1:54:30 -	9
3	Gareth Raven	Sale Harri A	22:17	1:41:35 +	3	33	J Maxfield	Rotherham	25:35	1:54:53 +	1
4	K Forster	MorpethH&A A	23:49	1:42:37	0	34	Stephen McLean	Southport	27:40	1:54:54 -	4
5	Richard Weir	Derby Ac	22:33	1:42:42 +	5	35	Sam O'Neill	Scunthorpe	25:13	1:55:07 +	1
6	R Challinor	Liverpool	23:02	1:43:01 +	2	36	Mark Metcalfe	York Acorn	26:12	1:56:00 -	1
7	T Cornthwaite	Blackburn A	23:08	1:43:07 +	2	37	Jeff Prest	Trafford A B	25:19	1:57:30	0
8	Nasir Hussain	Hallamshir	24:58	1:43:10 -	5	38	J Leskiewicz	BeverleyA	27:40	2:00:02 +	1
9	Ian Salisbury	Trafford A A	23:34	1:43:14 -	2	39	S Myerscough	Wesham Roa	28:01	2:00:50 +	1
10	David Watson	Holmfirth	23:55	1:44:29 +	2	40	Jed Turner	Sheffield	27:59	2:00:56 +	1
11	David Burlton	Gateshead A	24:36	1:45:16 +	2	41	Steven Medd	Gateshead B	29:06	2:01:26 -	3
12	Jason Ward	Altrincham A	23:34	1:45:32 +	4	42	Dominic Raby	Chorley Ha	25:17	2:02:16 +	2
13	G Clarkson	Kingston U	25:22	1:45:33 -	2	43	Ian Hamer	Horwich Rm B	28:12	2:02:59	0
14	Cory Hood	Sunderland	26:57	1:46:08 -	9	44	Michael Berks	Altrincham B	29:23	2:03:47 -	2
15	Rob Jackson	Horwich Rm A	25:40	1:46:21 -	1	45	Adrian Thomas	Keighley A B	28:07	2:09:21	0
16	Philip Waite	Barrow And	24:52	1:46:22 -	1	46	Keith Worrall	Trafford A C	29:18	2:12:13	0
17	Steve Hallas	Preston Ha	24:34	1:46:37 +	1	47	David Dyson	Blackpool B	34:00	2:23:28 +	1
18	Scott Hughes	Leigh Harr	25:38	1:47:40 -	1	Fastest runners over stage 5:					
19	James Smith	Leeds City B	24:35	1:48:13	0	1	Gareth Raven	Sale Harri A	22:17		
20	J Dunkerley	ECH&TA	24:18	1:48:57 +	2	2	Richard Weir	Derby Ac	22:33		
21	D Cookson	Salford Ha B	26:10	1:50:19 -	1	3	R Challinor	Liverpool	23:02		
22	Lee Kaufman	Sale Harri B	25:44	1:50:44 +	2	4	T Cornthwaite	Blackburn A	23:08		
23	C Rainsford	HeanorRC	24:50	1:50:48 +	3	5	M Burrett	Leeds City A	23:21		
24	Trevor Morris	Wilmslow	27:18	1:51:42 -	3	6	Jason Ward	Altrincham A	23:34		
25	G Ratcliffe	Wirral A C	26:48	1:52:16	0	7	Ian Salisbury	Trafford A A	23:34		
26	Malcolm Eadie	Blackpool A	24:34	1:52:40 +	7	8	K Forster	MorpethH&A A	23:49		
27	Sam Bucknall	Wakefield	25:58	1:52:41 +	2	9	David Watson	Holmfirth	23:55		
28	Mathew Hayes	East Hull	25:24	1:52:48 +	3	10	M Moorhouse	Salford Ha A	24:01		
29	J Hutchinson	Ilkley Har	26:37	1:52:49 -	1						
30	L Hellawell	Keighley A A	26:49	1:53:00 -	3						

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

Pos	Name	Club	Leg Time	Cum Time	Time Gain						
1	M Williams	Leeds City A	15:22	1:54:42	0	31	Ian Close	Blackpool A	19:06	2:11:46 -	5
2	Nick McCormick	MorpethH&A A	13:43	1:56:20 +	2	32	Shaun Fores	East Hull	19:01	2:11:49 -	4
3	Robert Hughes	Salford Ha A	15:40	1:56:45 -	1	33	Terry Eastwood	Rotherham	18:05	2:12:58	0
4	James Wignall	Sale Harri A	15:52	1:57:27 -	1	34	Chris Judge	York Acorn	17:45	2:13:45 +	2
5	Harry Harper	Liverpool	15:29	1:58:30 +	1	35	Scott Whittle	Bolton Uni A	19:48	2:14:18 -	3
6	Paul Bradshaw	Blackburn A	15:36	1:58:43 +	1	36	Thomas Powell	Trafford A B	17:28	2:14:58 +	1
7	Joe Gratton	Hallamshir	15:45	1:58:55 +	1	37	Karl McDonagh	Scunthorpe	20:26	2:15:33 -	2
8	Jamie Fletcher	Derby Ac	16:51	1:59:33 -	3	38	James Carson	BeverleyA	19:13	2:19:15	0
9	David Horniman	Trafford A A	16:35	1:59:49	0	39	Nick Duggan	Sheffield	18:55	2:19:51 +	1
10	A Langron	Holmfirth	15:55	2:00:24	0	40	Philp McKeown	Gateshead B	19:29	2:20:55 +	1
11	Andrew Stanton	Gateshead A	15:52	2:01:08	0	41	Graham Vickers	Wesham Roa	20:52	2:21:42 -	2
12	B Rushworth	Sunderland	15:21	2:01:29 +	2	42	Colin Wood	Horwich Rm B	20:04	2:23:03 +	1
13	Nathan Bibby	Preston Ha	15:41	2:02:18 +	4	43	Tom Holmes	Chorley Ha	21:27	2:23:43 -	1
14	A Whittingham	Altrincham A	16:50	2:02:22 -	2	44	Toby Percival	Altrincham B	23:11	2:26:58	0
15	H Thompson	Kingston U	17:16	2:02:49 -	2	45	P McDermott	Keighley A B	19:46	2:29:07	0
16	Steve Nolan	Horwich Rm A	16:30	2:02:51 -	1	46	Mike Meggiato	Trafford A C	21:46	2:33:59	0
17	Jed Bartlett	Barrow And	17:15	2:03:37 -	1	47	Bob Newman	Blackpool B	23:33	2:47:01	0
18	Ben Dyson	Leeds City B	16:47	2:05:00 +	1	Fastest runners over stage 6:					
19	James Cooke	Leigh Harr	17:31	2:05:11 -	1	1	Nick McCormick	MorpethH&A A	13:43		
20	David Barratt	ECH&TA	16:40	2:05:37	0	2	B Rushworth	Sunderland	15:21		
21	Ian Jackson	Salford Ha B	17:20	2:07:39	0	3	M Williams	Leeds City A	15:22		
22	P Scowcroft	Sale Harri B	18:04	2:08:48	0	4	Harry Harper	Liverpool	15:29		
23	Rich Sims	HeanorRC	18:54	2:09:42	0	5	Paul Bradshaw	Blackburn A	15:36		
24	Neil Dutton	Wakefield	17:14	2:09:55 +	3	6	Robert Hughes	Salford Ha A	15:40		
25	Michael Fairs	Wilmslow	18:34	2:10:16 -	1	7	Nathan Bibby	Preston Ha	15:41		
26	Kevin Buxton	Wirral A C	18:18	2:10:34 -	1	8	Joe Gratton	Hallamshir	15:45		
27	H Heavisides	Ilkley Har	17:50	2:10:39 +	2	9	Andrew Stanton	Gateshead A	15:52		
28	S Nicholls	Wigan Phoe	17:19	2:10:41 +	3	10	James Wignall	Sale Harri A	15:52		
29	Liam Spencer	Keighley A A	18:09	2:11:09 +	1						
30	Patrick Vis	Southport	16:36	2:11:30 +	4						

Northern Athletics Road Relays at Wythenshawe Park, Manchester on Sunday 21st March 2010

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

Pos	Name	Club	Leg Time	Cum Time	Gain
1	James Walsh	Leeds City A	22:24	2:17:06	0
2	Michael Dawson	MorpethH&A A	24:11	2:20:31	0
3	Adam Peers	Liverpool	22:24	2:20:54 +	2
4	Phillip Tedd	Sale Harri A	23:44	2:21:11	0
5	James Kovacs	Salford Ha A	24:42	2:21:27 -	2
6	Luke Gunn	Derby Ac	22:10	2:21:43 +	2
7	Andrew Thake	Hallamshir	23:36	2:22:31	0
8	Paul Guinan	Blackburn A	24:55	2:23:38 -	2
9	Michael Hunt	Trafford A A	24:16	2:24:05	0
10	A Carmichael	Gateshead A	23:18	2:24:26 +	1
11	David Rigby	Preston Ha	24:17	2:26:35 +	2
12	Bill Stewart	Holmfirth	26:36	2:27:00 -	2
13	George Marden	Sunderland	25:39	2:27:08 -	1
14	R Maddams	Horwich Rm A	24:20	2:27:11 +	2
15	Dave Gilchrist	Altrincham A	26:19	2:28:41 -	1
16	Ali Mauizbin	Leeds City B	24:08	2:29:08 +	2
17	Andrew Lyons	Kingston U	26:20	2:29:09 -	2
18	David Parker	Barrow And	27:13	2:30:50 -	1
19	Philip Foster	Leigh Harr	25:42	2:30:53	0
20	Gerry O'Neill	Salford Ha B	24:15	2:31:54 +	1
21	Matthew Merson	ECH&TA	26:29	2:32:06 -	1
22	Alan Woods	Wirral A C	24:03	2:34:37 +	4
23	Mike Ashby	Sale Harri B	26:20	2:35:08 -	1
24	Nathan Bolton	Wakefield	25:29	2:35:24	0
25	Darren Ridout	HeanorRC	25:58	2:35:40 -	2
26	Philip Hoole	Rotherham	22:44	2:35:42 +	7
27	James Tartt	Southport	24:34	2:36:04 +	3
28	Malcolm Fowler	Wilmslow	26:01	2:36:17 -	3
29	James Hilton	Wigan Phoe	25:42	2:36:23 -	1
30	S Waterhouse	Blackpool A	25:34	2:37:20 +	1
31	Mark Knowles	Keighley A A	26:54	2:38:03 -	2
32	Andy Hilton	York Acorn	24:41	2:38:26 +	2
33	L Basham	Ilkley Har	27:48	2:38:27 -	6
34	Eddie Rex	East Hull	28:13	2:40:02 -	2
35	Gary Crompton	Scunthorpe	25:25	2:40:58 +	2
36	Vincent Booth	Trafford A B	28:17	2:43:15	0
37	Benoit Yerle	Bolton Uni A	30:15	2:44:33 -	2
38	David Broddle	Sheffield	27:00	2:46:51 +	1
39	Andrew Johnson	Beverley A	28:02	2:47:17 -	1
40	Kevin Connolly	Gateshead B	28:38	2:49:33	0
41	Lee Barlow	Wesham Roa	28:04	2:49:46	0
42	David Jackson	Horwich Rm B	27:13	2:50:16	0
43	Mark Ellithorn	Chorley Ha	27:27	2:51:10	0
44	C Marshall	Keighley A B	31:13	3:00:20 +	1
45	Paul Knowles	Altrincham B	34:22	3:01:20 -	1
46	Derek Fraser	Trafford A C	33:31	3:07:30	0
47	Stuart Johnson	Blackpool B	34:06	3:21:07	0

Fastest runners over stage 7:

1	Luke Gunn	Derby Ac	22:10
2	Adam Peers	Liverpool	22:24
3	James Walsh	Leeds City A	22:24
4	Philip Hoole	Rotherham	22:44
5	A Carmichael	Gateshead A	23:18
6	Andrew Thake	Hallamshir	23:36
7	Phillip Tedd	Sale Harri A	23:44
8	Alan Woods	Wirral A C	24:03
9	Ali Mauizbin	Leeds City B	24:08
10	Michael Dawson	MorpethH&A A	24:11

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

Pos	Name	Club	Leg Time	Cum Time	Gain
1	Oliver Ziff	Leeds City A	15:41	2:32:47	0
2	James Horman	Liverpool	15:44	2:36:38 +	1
3	Mark Davies	MorpethH&A A	16:12	2:36:43 -	1
4	Michael Hatch	Sale Harri A	16:00	2:37:11	0
5	P Leybourne	Salford Ha A	15:51	2:37:18	0
6	Tom Offord	Derby Ac	16:24	2:38:07	0
7	Adam Dyson	Hallamshir	17:18	2:39:49	0
8	Paul Rockliffe	Trafford A A	15:58	2:40:03 +	1
9	Scott Monk	Blackburn A	16:26	2:40:04 -	1
10	Martin Slater	Gateshead A	16:26	2:40:52	0
11	M Thompson	Sunderland	16:17	2:43:25 +	2
12	Paul Muller	Horwich Rm A	16:23	2:43:34 +	2
13	Nigel Moran	Holmfirth	17:11	2:44:11 -	1
14	Richard Kings	Preston Ha	17:38	2:44:13 -	3
15	Ben Craddock	Leeds City B	16:45	2:45:53 +	1
16	Nick Burke	Altrincham A	17:55	2:46:36 -	1
17	John Howarth	Leigh Harr	16:43	2:47:36 +	2
18	Daniel Holiday	Kingston U	18:48	2:47:57 -	1
19	David Hook	Barrow And	17:45	2:48:35 -	1
20	Paul Birkett	Salford Ha B	17:07	2:49:01	0
21	Pal Backhouse	ECH&TA	17:31	2:49:37	0
22	Jon Seymour	Wirral A C	16:17	2:50:54	0
23	Paul Hallas	Wakefield	16:51	2:52:15 +	1
24	David Smith	Rotherham	16:40	2:52:22 +	2
25	Gary Rowlinson	Sale Harri B	17:19	2:52:27 -	2
26	Roderick Hart	Wigan Phoe	17:19	2:53:42 +	3
27	David Gough	Southport	17:55	2:53:59	0
28	Andy Marriott	HeanorRC	18:41	2:54:21 -	3
29	Tony Hulme	Wilmslow	19:25	2:55:42 -	1
30	Peter Broome	Blackpool A	18:57	2:56:17	0
31	Stephen Coy	Ilkley Har	18:00	2:56:27 +	2
32	Martin Kirby	York Acorn	18:06	2:56:32	0
33	Stephen Carter	Keighley A A	19:42	2:57:45 -	2
34	Steve Lonsdale	East Hull	18:00	2:58:02	0
35	David Barker	Trafford A B	17:19	3:00:34 +	1
36	Glyn Sparks	Scunthorpe	19:47	3:00:45 -	1
37	Andrew Doyle	Bolton Uni A	19:13	3:03:46	0
38	P Watkinson	Beverley A	19:29	3:06:46 +	1
39	Malcolm Taylor	Sheffield	20:05	3:06:56 -	1
40	Gary DeBanke	Wesham Roa	18:42	3:08:28 +	1
41	Neil Corbiere	Gateshead B	19:25	3:08:58 -	1
42	Pete Bland	Horwich Rm B	20:50	3:11:06	0
43	Andy Clough	Chorley Ha	20:07	3:11:17	0
44	James Crosby	Altrincham B	19:01	3:20:21 +	1
45	Paul Sessford	Keighley A B	21:56	3:22:16 -	1
46	Peter Gibson	Blackpool B	22:24	3:43:31 +	1

Fastest runners over stage 8:

1	Oliver Ziff	Leeds City A	15:41
2	James Horman	Liverpool	15:44
3	P Leybourne	Salford Ha A	15:51
4	Paul Rockliffe	Trafford A A	15:58
5	Michael Hatch	Sale Harri A	16:00
6	Mark Davies	MorpethH&A A	16:12
7	M Thompson	Sunderland	16:17
8	Jon Seymour	Wirral A C	16:17
9	Paul Muller	Horwich Rm A	16:23
10	Tom Offord	Derby Ac	16:24

Northern Athletics Road Relays at Wythenshawe Park, Manchester on Sunday 21st March 2010

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

Pos	Name	Club	Leg Time	Cum Time	Gain						
1	Paul Marchant	Leeds City A	23:48	2:56:35	0	30	G MacNeill	Wilmslow	26:22	3:22:04	- 1
2	James Bailey	Sale Harri A	22:52	3:00:03	+ 2	31	Luke Berry	Blackpool A	27:11	3:23:28	- 1
3	Mark Keeley	Liverpool	23:40	3:00:18	- 1	32	N Richardson	Ilkley Har	27:17	3:23:44	- 1
4	Ben Harrison	MorpethH&A A	24:14	3:00:57	- 1	33	Robert Brown	Keighley A A	26:16	3:24:01	0
5	John Brown	Salford Ha A	23:39	3:00:57	0	34	Nigel Sissons	East Hull	26:17	3:24:19	0
6	David Westbury	Derby Ac	23:28	3:01:35	0	35	Kevin Brydon	Trafford A B	26:54	3:27:28	0
7	Gavin Keight	Hallamshir	24:03	3:03:52	0	36	Gavin Mann	Scunthorpe	27:43	3:28:28	0
8	Thomas Charles	Trafford A A	24:33	3:04:36	0	37	Nick Howarth	Bolton Uni A	27:40	3:31:26	0
9	Marc Elliott	Gateshead A	23:56	3:04:48	+ 1	38	Nick Swift	Sheffield	25:10	3:32:06	+ 1
10	John Sutton	Blackburn A	27:16	3:07:20	- 1	39	S Peacock	Beverley A	28:00	3:34:46	- 1
11	A Murray	Horwich Rm A	24:22	3:07:56	+ 1	40	G Pendlebury	Wesham Roa	27:23	3:35:51	0
12	M Johnson	Holmfirth	24:56	3:09:07	+ 1	41	Stuart Adamson	Horwich Rm B	28:19	3:39:25	+ 1
13	Stephen Smith	Preston Ha	25:07	3:09:20	+ 1	42	Paul Hindhaugh	Gateshead B	30:42	3:39:40	- 1
14	Steven Duffy	Sunderland	26:19	3:09:44	- 3	43	Gary Platt	Chorley Ha	30:53	3:42:10	0
15	Leon Foster	Leeds City B	25:28	3:11:21	0	44	D Ainsworth	Altrincham B	28:11	3:48:32	0
16	Nick Leigh	Altrincham A	24:51	3:11:27	0	45	K Waddingham	Keighley A B	30:21	3:52:37	0
17	Thomas McKee	Kingston U	25:19	3:13:16	+ 1	46	Steve Minto	Blackpool B	31:23	4:14:54	0
18	Philip West	Salford Ha B	25:51	3:14:52	+ 2	Fastest runners over stage 9:					
19	Simon Grundy	ECH&TA	25:37	3:15:14	+ 2	1	James Bailey	Sale Harri A	22:52		
20	A Goulding	Leigh Harr	27:48	3:15:24	- 3	2	David Westbury	Derby Ac	23:28		
21	Simon Stanway	Barrow And	27:21	3:15:56	- 2	3	John Brown	Salford Ha A	23:39		
22	Mark Hulmston	Wirral A C	26:03	3:16:57	0	4	Mark Keeley	Liverpool	23:40		
23	Simon Mounsey	Rotherham	26:24	3:18:46	+ 1	5	Paul Marchant	Leeds City A	23:48		
24	R Flannery	Sale Harri B	26:31	3:18:58	+ 1	6	Marc Elliott	Gateshead A	23:56		
25	Gaby Saiz	HeanorRC	25:17	3:19:38	+ 3	7	Gavin Keight	Hallamshir	24:03		
26	M Manir-Jolley	Wigan Phoe	26:23	3:20:05	0	8	Ben Harrison	MorpethH&A A	24:14		
27	S Faulkner	Wakefield	28:33	3:20:48	- 4	9	A Murray	Horwich Rm A	24:22		
28	Peter Roome	Southport	26:53	3:20:52	- 1	10	Thomas Bean	York Acorn	24:23		
29	Thomas Bean	York Acorn	24:23	3:20:55	+ 3						

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

Pos	Name	Club	Leg Time	Cum Time	Gain						
1	Michael Salter	Leeds City A	15:26	3:12:01	0	30	Mike Cooper	Wilmslow	18:28	3:40:32	0
2	Carl Hardman	Salford Ha A	14:56	3:15:53	+ 3	31	Paul O'Looney	Ilkley Har	17:48	3:41:32	+ 1
3	James Russell	Liverpool	15:57	3:16:15	0	32	Lukas Lee	Keighley A A	17:50	3:41:51	+ 1
4	Richard Watson	Sale Harri A	16:27	3:16:30	- 2	33	Mike Vinegrad	East Hull	17:33	3:41:52	+ 1
5	D Swinburne	MorpethH&A A	15:35	3:16:32	- 1	34	Graham Davies	Blackpool A	19:04	3:42:32	- 3
6	Richard Wilson	Derby Ac	16:45	3:18:20	0	35	Matt Tang	Trafford A B	20:00	3:47:28	0
7	James Bowness	Trafford A A	15:27	3:20:03	+ 1	36	Arlen Williams	Scunthorpe	19:19	3:47:47	0
8	Rick O'Toole	Hallamshir	16:58	3:20:50	- 1	37	J Cocker	Sheffield	19:01	3:51:07	+ 1
9	N Camilleri	Gateshead A	16:34	3:21:22	0	38	Ian Boardley	Beverley A	17:40	3:52:26	+ 1
10	Martyn Bell	Horwich Rm A	16:12	3:24:08	+ 1	39	C Eckersley	Bolton Uni A	22:04	3:53:30	- 2
11	Danny Maynard	Blackburn A	17:30	3:24:50	- 1	40	F McCalman	Wesham Roa	22:21	3:58:12	0
12	Andrew Norman	Altrincham A	14:58	3:26:25	+ 4	41	Stephen Parr	Gateshead B	18:58	3:58:38	+ 1
13	Matthew Foggin	Sunderland	17:04	3:26:48	+ 1	42	J Simmonite	Horwich Rm B	20:40	4:00:05	- 1
14	James Dewhirst	Holmfirth	17:53	3:27:00	- 2	43	Paul Jackson	Chorley Ha	19:03	4:01:13	0
15	Kevin Hesketh	Preston Ha	17:44	3:27:04	- 2	44	Adam Wareing	Altrincham B	18:26	4:06:58	0
16	James Lavin	Leeds City B	16:00	3:27:21	- 1	45	Brett Weeden	Keighley A B	16:51	4:09:28	0
17	Thomas Smith	Kingston U	15:55	3:29:11	0	46	Tony Croft	Blackpool B	24:05	4:38:59	0
18	Paul Dalton	ECH&TA	16:41	3:31:55	+ 1	Fastest runners over stage 10:					
19	C Dawson	Salford Ha B	17:40	3:32:32	- 1	1	Carl Hardman	Salford Ha A	14:56		
20	D McCarrick	Leigh Harr	19:27	3:34:51	0	2	Andrew Norman	Altrincham A	14:58		
21	Kyle Craib	Rotherham	16:07	3:34:53	+ 2	3	Michael Salter	Leeds City A	15:26		
22	Peter Leviston	Barrow And	19:25	3:35:21	- 1	4	James Bowness	Trafford A A	15:27		
23	Peter Scarrett	Wirral A C	18:29	3:35:26	- 1	5	D Swinburne	MorpethH&A A	15:35		
24	Jon Wainwright	HeanorRC	17:19	3:36:57	+ 1	6	Thomas Smith	Kingston U	15:55		
25	Paul Weall	Wigan Phoe	17:03	3:37:08	+ 1	7	James Russell	Liverpool	15:57		
26	G Bannister	York Acorn	16:46	3:37:41	+ 3	8	James Lavin	Leeds City B	16:00		
27	David Marsh	Sale Harri B	19:04	3:38:02	- 3	9	Kyle Craib	Rotherham	16:07		
28	Richard West	Wakefield	18:42	3:39:30	- 1	10	Martyn Bell	Horwich Rm A	16:12		
29	Ray Handley	Southport	18:46	3:39:38	- 1						

Northern Athletics Road Relays

at Wythenshawe Park, Manchester on Sunday 21st March 2010

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

Pos	Name	Club	Leg Time	Cum Time	Gain	Pos	Name	Club	Leg Time	Cum Time	Gain
1	Darran Bilton	Leeds City A	23:00	3:35:01	0	31	C Loftus	Keighley A A	25:26	4:07:17	+ 1
2	Glen Comish	Sale Harri A	22:52	3:39:22	+ 2	32	Dave Wilby	Ilkley Har	26:21	4:07:53	- 1
3	B Riddell	Salford Ha A	23:57	3:39:50	- 1	33	Roy Lilley	East Hull	26:33	4:08:25	0
4	Peter Newton	MorpethH&A A	23:36	3:40:08	+ 1	34	C Essex-Crosby	Blackpool A	26:58	4:09:30	0
5	Alan Ashton	Liverpool	25:01	3:41:16	- 2	35	David Vickers	Scunthorpe	28:01	4:15:48	+ 1
6	T Lawrence	Derby Ac	25:04	3:43:24	0	36	Daniel Ansell	Trafford A B	28:24	4:15:52	- 1
7	R Stephenson	Gateshead A	23:30	3:44:52	+ 2	37	Mike Levery	Sheffield	29:22	4:20:29	0
8	John Howe	Trafford A A	25:36	3:45:39	- 1	38	Paul Turner	Bolton Uni A	29:26	4:22:56	+ 1
9	Tom Jenkins	Hallamshir	25:04	3:45:54	- 1	39	Alex Rowe	Wesham Roa	26:33	4:24:45	+ 1
10	James Kevan	Horwich Rm A	23:33	3:47:41	0	40	Anthony Cregg	Beverley A	32:26	4:24:52	- 2
11	Tom Bush	Altrincham A	25:01	3:51:26	+ 1	41	Phil Iddon	Chorley Ha	28:42	4:29:55	+ 2
12	John Chaplin	Blackburn A	26:40	3:51:30	- 1	42	Kevin Newall	Horwich Rm B	30:36	4:30:41	0
13	Jonathan Green	Preston Ha	25:08	3:52:12	+ 2	43	Tyrone Murphy	Gateshead B	34:27	4:33:05	- 2
14	Mark Bryant	Leeds City B	25:06	3:52:27	+ 2	44	Andrew Barton	Altrincham B	31:37	4:38:35	0
15	Julian Rose	Holmfirth	26:12	3:53:12	- 1	45	N Whittingham	Keighley A B	30:49	4:40:17	0
16	Alex Ross	Sunderland	27:57	3:54:45	- 3	46	Stephen Browne	Blackpool B	35:30	5:14:29	0
17	Graham Gagg	Kingston U	26:05	3:55:16	0	Fastest runners over stage 11:					
18	P Jacques	ECH&TA	26:01	3:57:56	0	1	Glen Comish	Sale Harri A	22:52		
19	James Williams	Salford Ha B	25:37	3:58:09	0	2	Darran Bilton	Leeds City A	23:00		
20	Gary Claxton	Rotherham	25:29	4:00:22	+ 1	3	R Stephenson	Gateshead A	23:30		
21	Patrick Miller	Barrow And	25:25	4:00:46	+ 1	4	James Kevan	Horwich Rm A	23:33		
22	K Dickinson	Wirral A C	25:26	4:00:52	+ 1	5	Peter Newton	MorpethH&A A	23:36		
23	John Morrissey	Wigan Phoe	25:35	4:02:43	+ 2	6	B Riddell	Salford Ha A	23:57		
24	Andrew Arnold	Leigh Harr	28:47	4:03:38	- 4	7	R Shearer	Southport	24:16		
25	Lee Perkins	HeanorRC	26:51	4:03:48	- 1	8	Tom Bush	Altrincham A	25:01		
26	R Shearer	Southport	24:16	4:03:54	+ 3	9	Alan Ashton	Liverpool	25:01		
27	A Normandale	York Acorn	27:12	4:04:53	- 1	10	T Lawrence	Derby Ac	25:04		
28	Gary Willcock	Sale Harri B	27:46	4:05:48	- 1	11	Tom Jenkins	Hallamshir	25:04		
29	Stuart Parrott	Wilmslow	26:14	4:06:46	+ 1						
30	S Wilkinson	Wakefield	27:21	4:06:51	- 2						

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

Pos	Name	Club	Leg Time	Cum Time	Gain	Pos	Name	Club	Leg Time	Cum Time	Gain
1	Martin Roscoe	Leeds City A	15:16	3:50:17	0	31	Steve Coates	East Hull	17:06	4:25:31	+ 2
2	Chris Bryant	Sale Harri A	15:52	3:55:14	0	32	Richard Hirons	Wilmslow	19:06	4:25:52	- 3
3	Mark Brown	MorpethH&A A	15:17	3:55:25	+ 1	33	David Dawson	Wakefield	19:57	4:26:48	- 3
4	David Lockett	Salford Ha A	15:45	3:55:35	- 1	34	Tony Codling	Blackpool A	19:35	4:29:05	0
5	Adrian Roach	Liverpool	16:34	3:57:50	0	35	M Hutchinson	Trafford A B	17:24	4:33:16	+ 1
6	J Wildrianne	Derby Ac	15:50	3:59:14	0	36	Steve Heslop	Scunthorpe	23:52	4:39:40	- 1
7	Armand Bush	Hallamshir	16:01	4:01:55	+ 2	37	Geoff Peat	Sheffield	19:49	4:40:18	0
8	D DelFresno	Trafford A A	16:21	4:02:00	0	38	Aubrey Morrell	Beverley A	16:33	4:41:25	+ 2
9	C Paton	Gateshead A	18:09	4:03:01	- 2	39	Yoann Kloess	Bolton Uni A	19:47	4:42:43	- 1
10	Colin Rigby	Horwich Rm A	16:27	4:04:08	0	40	Trevor Rayner	Wesham Roa	18:21	4:43:06	- 1
11	Richard Stones	Blackburn A	16:35	4:08:05	+ 1	41	Ian Hepburn	Horwich Rm B	20:13	4:50:54	+ 1
12	D Livingstone	Altrincham A	16:49	4:08:15	- 1	42	Steve Thomas	Chorley Ha	22:35	4:52:30	- 1
13	C Needham	Leeds City B	17:17	4:09:44	+ 1	43	J Stephenson	Gateshead B	22:18	4:55:23	0
14	David Watson	Preston Ha	17:34	4:09:46	- 1	44	Mike Jones	Altrincham B	20:27	4:59:02	0
15	Gary Graham	Holmfirth	17:25	4:10:37	0	45	S Wilkinson	Keighley A B	19:52	5:00:09	0
16	David Ricketts	Kingston U	17:17	4:12:33	+ 1	46	Terry Bradshaw	Blackpool B	22:21	5:36:50	0
17	Glenn Forster	Sunderland	18:13	4:12:58	- 1	Fastest runners over stage 12:					
18	Marcus Gregory	ECH&TA	17:10	4:15:06	0	1	Martin Roscoe	Leeds City A	15:16		
19	Sean Cordell	Salford Ha B	18:01	4:16:10	0	2	Mark Brown	MorpethH&A A	15:17		
20	David Nuttall	Rotherham	18:14	4:18:36	0	3	David Lockett	Salford Ha A	15:45		
21	Peter Willacy	Barrow And	17:54	4:18:40	0	4	J Wildrianne	Derby Ac	15:50		
22	J Worthington	Wigan Phoe	17:24	4:20:07	+ 1	5	Chris Bryant	Sale Harri A	15:52		
23	Gerard Lenehan	Southport	16:23	4:20:17	+ 3	6	Armand Bush	Hallamshir	16:01		
24	Mark Morris	Wirral A C	20:44	4:21:36	- 2	7	D DelFresno	Trafford A A	16:21		
25	T Weatherston	HeanorRC	17:52	4:21:40	0	8	Gerard Lenehan	Southport	16:23		
26	James Palmer	York Acorn	16:56	4:21:49	+ 1	9	Colin Rigby	Horwich Rm A	16:27		
27	Andrew Howarth	Leigh Harr	19:21	4:22:59	- 3	10	Aubrey Morrell	Beverley A	16:33		
28	*Not Declared*	Sale Harri B	19:10	4:24:58	0						
29	David Westhead	Ilkley Har	17:10	4:25:03	+ 3						
30	Darren Horner	Keighley A A	18:11	4:25:28	+ 1						

Northern Athletics Road Relays at Wythenshawe Park, Manchester on Sunday 21st March 2010

Men's 12 Stage — Team Results — Final (nn) is team position after the appropriate stage.

<p>1 Leeds City AC 'A' 3:50:17</p> <p>1 Simon Deakin (3) 22:11 3 Chris Birchall (1) 23:26 5 MBurrett (1) 23:21 7 James Walsh (1) 22:24 9 Paul Marchant (1) 23:48 11 Darran Bilton (1) 23:00</p>	<p>2 Carl Smith (1) 15:02 4 Joe Townsend (1) 15:20 6 M Williams (1) 15:22 8 Oliver Ziff (1) 15:41 10 Michael Salter (1) 15:26 12 Martin Roscoe (1) 15:16</p>	<p>9 Gateshead Harriers & Athletics 'A' 4:03:01</p> <p>1 Sean Hall (13) 23:20 3 Jonny Pearson (12) 24:29 5 David Burton (11) 24:36 7 A Carmichael (10) 23:18 9 Marc Elliott (9) 23:56 11 R Stephenson (7) 23:30</p>	<p>2 Liam Baister (12) 16:15 4 Ben Pearson (13) 16:36 6 Andrew Stanton (11) 15:52 8 Martin Slater (10) 16:26 10 N Camilleri (9) 16:34 12 C Paton (9) 18:09</p>
<p>2 Sale Harriers Manchester 'A' 3:55:14</p> <p>1 Matt Bond (4) 22:27 3 Simon Mills (7) 23:43 5 Gareth Raven (3) 22:17 7 Phillip Tedd (4) 23:44 9 James Bailey (2) 22:52 11 Glen Comish (2) 22:52</p>	<p>2 James Davis (9) 16:37 4 M Kilmartin (6) 16:31 6 James Wignall (4) 15:52 8 Michael Hatch (4) 16:00 10 Richard Watson (4) 16:27 12 Chris Bryant (2) 15:52</p>	<p>10 Horwich Rmi Harriers 'A' 4:04:08</p> <p>1 Gary Priestley (18) 23:52 3 R Howarth (14) 24:01 5 Rob Jackson (15) 25:40 7 R Maddams (14) 24:20 9 A Murray (11) 24:22 11 James Kevan (10) 23:33</p>	<p>2 Gareth Booth (17) 16:34 4 N Pendlebury (14) 16:14 6 Steve Nolan (16) 16:30 8 Paul Muller (12) 16:23 10 Martyn Bell (10) 16:12 12 Colin Rigby (10) 16:27</p>
<p>3 Morpeth Harriers & AC 'A' 3:55:25</p> <p>1 Michael Morris (14) 23:29 3 Ross Floyd (4) 23:55 5 K Forster (4) 23:49 7 Michael Dawson (2) 24:11 9 Ben Harrison (4) 24:14 11 Peter Newton (4) 23:36</p>	<p>2 Matt Nicholson (2) 14:47 4 Paul Waterson (4) 16:37 6 Nick McCormick (2) 13:43 8 Mark Davies (3) 16:12 10 D Swinburne (5) 15:35 12 Mark Brown (3) 15:17</p>	<p>11 Blackburn Harriers 'A' 4:08:05</p> <p>1 Josh Tighe (16) 23:34 3 Matt Nuttall (10) 23:56 5 T Cornthwaite (7) 23:08 7 Paul Guinan (8) 24:55 9 John Sutton (10) 27:16 11 John Chaplin (12) 26:40</p>	<p>2 J Bridge (15) 16:21 4 David Thornton (9) 16:08 6 Paul Bradshaw (6) 15:36 8 Scott Monk (9) 16:26 10 Danny Maynard (11) 17:30 12 Richard Stones (11) 16:35</p>
<p>4 Salford Harriers & AC 'A' 3:55:35</p> <p>1 Joseph Bailey (9) 23:08 3 Andi Jones (2) 22:06 5 M Moorhouse (2) 24:01 7 James Kovacs (5) 24:42 9 John Brown (5) 23:39 11 B Riddell (3) 23:57</p>	<p>2 Paul Savage (6) 15:44 4 Matt Shaw (2) 16:06 6 Robert Hughes (3) 15:40 8 P Leybourne (5) 15:51 10 Carl Hardman (2) 14:56 12 David Lockett (4) 15:45</p>	<p>12 Altrincham 'A' 4:08:15</p> <p>1 David Norman (8) 23:04 3 Martin Crosby (18) 26:18 5 Jason Ward (12) 23:34 7 Dave Gilchrist (15) 26:19 9 Nick Leigh (16) 24:51 11 Tom Bush (11) 25:01</p>	<p>2 W Crowther (7) 15:50 4 Phil Nichol (16) 16:46 6 A Whittingham (14) 16:50 8 Nick Burke (16) 17:55 10 Andrew Norman (12) 14:58 12 D Livingstone (12) 16:49</p>
<p>5 Liverpool Harriers & AC 3:57:50</p> <p>1 Richard Burney (21) 24:15 3 Johnny Mellor (8) 22:24 5 R Challinor (6) 23:02 7 Adam Peers (3) 22:24 9 Mark Keeley (3) 23:40 11 Alan Ashton (5) 25:01</p>	<p>2 Rob Dewhurst (19) 16:37 4 Ben Brown (8) 16:43 6 Harry Harper (5) 15:29 8 James Horman (2) 15:44 10 James Russell (3) 15:57 12 Adrian Roach (5) 16:34</p>	<p>13 Leeds City AC 'B' 4:09:44</p> <p>1 Alexander Davy (22) 24:38 3 Martin Farran (24) 25:59 5 James Smith (19) 24:35 7 Ali Mauzbin (16) 24:08 9 Leon Foster (15) 25:28 11 Mark Bryant (14) 25:06</p>	<p>2 John Wood (24) 17:24 4 Elliot Cole (19) 15:37 6 Ben Dyson (18) 16:47 8 Ben Craddock (15) 16:45 10 James Lavin (16) 16:00 12 C Needham (13) 17:17</p>
<p>6 Derby AC 3:59:14</p> <p>1 Alex Pilcher (5) 22:31 3 Martin Booth (6) 24:06 5 Richard Weir (5) 22:33 7 Luke Gunn (6) 22:10 9 David Westbury (6) 23:28 11 T Lawrence (6) 25:04</p>	<p>2 Tom Phillips (4) 15:58 4 John Knibb (10) 17:34 6 Jamie Fletcher (8) 16:51 8 Tom Offord (6) 16:24 10 Richard Wilson (6) 16:45 12 J Wildriane (6) 15:50</p>	<p>14 Preston Harriers 4:09:46</p> <p>1 Peter Street (10) 23:11 3 G Pennington (16) 24:05 5 Steve Hallas (17) 24:34 7 David Rigby (11) 24:17 9 Stephen Smith (13) 25:07 11 Jonathan Green (13) 25:08</p>	<p>2 A Fowler (18) 17:21 4 Mark Lee (18) 17:26 6 Nathan Bibby (13) 15:41 8 Richard Kings (14) 17:38 10 Kevin Hesketh (15) 17:44 12 David Watson (14) 17:34</p>
<p>7 Hallamshire Harriers Sheffield 4:01:55</p> <p>1 Dave Archer (17) 23:49 3 Robert Baker (3) 23:34 5 Nasir Hussain (8) 24:58 7 Andrew Thake (7) 23:36 9 Gavin Keight (7) 24:03 11 Tom Jenkins (9) 25:04</p>	<p>2 Andrew Heyes (5) 14:44 4 David Sprot (3) 16:05 6 Joe Gratton (7) 15:45 8 Adam Dyson (7) 17:18 10 Rick O'Toole (8) 16:58 12 Armand Bush (7) 16:01</p>	<p>15 Holmfirth Harriers 4:10:37</p> <p>1 M Buckingham (1) 21:58 3 Jake Rowlands (5) 24:04 5 David Watson (10) 23:55 7 Bill Stewart (12) 26:36 9 M Johnson (12) 24:56 11 Julian Rose (15) 26:12</p>	<p>2 David Turnbull (3) 16:24 4 Richard Smith (12) 18:08 6 A Langron (10) 15:55 8 Nigel Moran (13) 17:11 10 James Dewhurst (14) 17:53 12 Gary Graham (15) 17:25</p>
<p>8 Trafford AC 'A' 4:02:00</p> <p>1 T Egerton (11) 23:15 3 Ben Martin (11) 24:47 5 Ian Salisbury (9) 23:34 7 Michael Hunt (9) 24:16 9 Thomas Charles (8) 24:33 11 John Howe (8) 25:36</p>	<p>2 James Bleakley (10) 15:54 4 A Young (7) 15:44 6 David Horniman (9) 16:35 8 Paul Rockliffe (8) 15:58 10 James Bowness (7) 15:27 12 D DelFresno (8) 16:21</p>	<p>16 Kingston Upon Hull AC 4:12:33</p> <p>1 Robert Hodges (7) 22:57 3 K Lecher (9) 24:09 5 G Clarkson (13) 25:22 7 Andrew Lyons (17) 26:20 9 Thomas McKee (17) 25:19 11 Graham Gagg (17) 26:05</p>	<p>2 Matthew Pye (11) 16:29 4 Joshua Rowe (11) 16:36 6 H Thompson (15) 17:16 8 Daniel Holiday (18) 18:48 10 Thomas Smith (17) 15:55 12 David Ricketts (16) 17:17</p>

Northern Athletics Road Relays at Wythenshawe Park, Manchester on Sunday 21st March 2010

<p>17 Sunderland Harriers & AC 4:12:58</p> <p>1 Patrick Martin (2) 22:00 3 Brian Bewick (17) 25:42 5 Cory Hood (14) 26:57 7 George Marden (13) 25:39 9 Steven Duffy (14) 26:19 11 Alex Ross (16) 27:57</p> <p>2 Damien Weston (8) 17:03 4 G Massingham (5) 14:26 6 B Rushworth (12) 15:21 8 M Thompson (11) 16:17 10 Matthew Foggin (13) 17:04 12 Glenn Forster (17) 18:13</p>	<p>26 York Acorn RC 4:21:49</p> <p>1 Piran White (33) 25:44 3 Mark Dowson (38) 29:10 5 Mark Metcalfe (36) 26:12 7 Andy Hilton (32) 24:41 9 Thomas Bean (29) 24:23 11A Normandale (27) 27:12</p> <p>2 Steve Simpson (34) 17:40 4 Mike Raynes (35) 17:14 6 Chris Judge (34) 17:45 8 Martin Kirby (32) 18:06 10 G Bannister (26) 16:46 12 James Palmer (26) 16:56</p>
<p>18 E Cheshire H & Tameside AC 4:15:06</p> <p>1 Gavin Browne (37) 26:48 3 Neil Bradshaw (33) 26:17 5 J Dunkerley (20) 24:18 7 Matthew Merson (21) 26:29 9 Simon Grundy (19) 25:37 11P Jacques (18) 26:01</p> <p>2 Stuart Heaton (33) 16:31 4 Chris Kays (22) 15:03 6 David Barratt (20) 16:40 8 Pal Backhouse (21) 17:31 10 Paul Dalton (18) 16:41 12 Marcus Gregory (18) 17:10</p>	<p>27 Leigh Harriers & AC 4:22:59</p> <p>1 Tommy Henders (29) 25:25 Urmston (28) 17:02 4 Sean Spillane (17) 17:32 6 James Cooke (19) 17:31 8 John Howarth (17) 16:43 10D McCarrick (20) 19:27 12 Andrew Howarth (27) 19:21</p> <p>2 A 3 Peter Riley (15) 22:03 5 Scott Hughes (18) 25:38 7 Philip Foster (19) 25:42 9 A Goulding (20) 27:48 11 Andrew Arnold (24) 28:47</p>
<p>19 Salford Harriers & AC 'B' 4:16:10</p> <p>1 Paul Simons (30) 25:27 3 Jan Pichl (21) 25:36 5 D Cookson (21) 26:10 7 Gerry O'Neill (20) 24:15 9 Philip West (18) 25:51 11 James Williams (19) 25:37</p> <p>2 Mike Deegan (22) 16:18 4 David Hudson (20) 16:48 6 Ian Jackson (21) 17:20 8 Paul Birkett (20) 17:07 10 C Dawson (19) 17:40 12 Sean Cordell (19) 18:01</p>	<p>28 Sale Harriers Manchester 'B' 4:24:58</p> <p>1 Tim Kennedy (32) 25:41 3 Andrew Walling (22) 25:37 5 Lee Kaufman (22) 25:44 7 Mike Ashby (23) 26:20 9 R Flannery (24) 26:31 11 Gary Willcock (28) 27:46</p> <p>2 Andrew Blair (25) 16:22 4 Elton Davies (24) 17:20 6 P Scowcroft (22) 18:04 8 Gary Rowlinson (25) 17:19 10 David Marsh (27) 19:04 12 Undeclared (28) 19:10</p>
<p>20 Rotherham H & AC 4:18:36</p> <p>1 Nigel Brookes (42) 27:58 3 Paul Humphries (37) 25:29 5 J Maxfield (33) 25:35 7 Philip Hoole (26) 22:44 9 Simon Mounsey (23) 26:24 11 Gary Claxton (20) 25:29</p> <p>2 Peter Shaw (41) 18:18 4 Peter Neal (34) 17:33 6 Terry Eastwood (33) 18:05 8 David Smith (24) 16:40 10 Kyle Craib (21) 16:07 12 David Nuttall (20) 18:14</p>	<p>29 Ilkley Harriers 4:25:03</p> <p>1 Thomas Adams (19) 23:57 3 Justin Phillips (27) 26:44 5 J Hutchinson (29) 26:37 7 L Basham (33) 27:48 9 N Richardson (32) 27:17 11 Dave Wilby (32) 26:21</p> <p>2 Marklley (23) 18:01 4 Richard Reeve (28) 17:30 6 H Heavisides (27) 17:50 8 Stephen Coy (31) 18:00 10 Paul O'Looney (31) 17:48 12 David Westhead (29) 17:10</p>
<p>21 Barrow And Furness Striders 4:18:40</p> <p>1 Peter Huck (12) 23:15 3 Gary Dixon (13) 24:38 5 Philip Waite (16) 24:52 7 David Parker (18) 27:13 9 Simon Stanway (21) 27:21 11 Patrick Miller (21) 25:25</p> <p>2 Dean Miller (14) 16:30 4 Peter Savage (15) 17:07 6 Jed Bartlett (17) 17:15 8 David Hook (19) 17:45 10 Peter Leviston (22) 19:25 12 Peter Willacy (21) 17:54</p>	<p>30 Keighley And Craven AC 'A' 4:25:28</p> <p>1 Adrian Jones (25) 24:51 3 Adrian Shaw (25) 26:08 5 L Hellawell (30) 26:49 7 Mark Knowles (31) 26:54 9 Robert Brown (33) 26:16 11C Loftus (31) 25:26</p> <p>2 T Sessford (26) 17:27 4 Matthew Dykes (27) 17:45 6 Liam Spencer (29) 18:09 8 Stephen Carter (33) 19:42 10 Lukas Lee (32) 17:50 12 Darren Horner (30) 18:11</p>
<p>22 Wigan Phoenix 4:20:07</p> <p>1 P Darbyshire (34) 26:17 3 Steve Gould (31) 26:09 5 M O'Neill (31) 25:42 7 James Hilton (29) 25:42 9 M Manir-Jolley (26) 26:23 11 John Morrissey (23) 25:35</p> <p>2 Chris Wilson (35) 17:09 4 Kevin Edwards (32) 18:05 6 S Nicholls (28) 17:19 8 Roderick Hart (26) 17:19 10 Paul Weall (25) 17:03 12 J Worthington (22) 17:24</p>	<p>31 East Hull Harriers & AC 4:25:31</p> <p>1 Steve Bateson (23) 24:45 3 Keith Joules (26) 28:12 5 Mathew Hayes (28) 25:24 7 Eddie Rex (34) 28:13 9 Nigel Sissons (34) 26:17 11 Roy Lilley (33) 26:33</p> <p>2 Jonathan Frost (16) 15:29 4 Phil McCoy (31) 18:58 6 Shaun Fores (32) 19:01 8 Steve Lonsdale (34) 18:00 10 Mike Vinegrad (33) 17:33 12 Steve Coates (31) 17:06</p>
<p>23 Southport Waterloo AC 4:20:17</p> <p>1 R Ashworth (35) 26:32 3 S Wilkinson (30) 26:11 5 Stephen McLean (34) 27:40 7 James Tart (27) 24:34 9 Peter Roome (28) 26:53 11 R Shearer (26) 24:16</p> <p>2 Ben Johnson (31) 16:33 4 Thomas Peacock (30) 17:58 6 Patrick Vis (30) 16:36 8 David Gough (27) 17:55 10 Ray Handley (29) 18:46 12 Gerard Lenehan (23) 16:23</p>	<p>32 Wilmslow 4:25:52</p> <p>1 D Nicholls (15) 23:32 3 Jim Pendrill (20) 25:19 5 Trevor Morris (24) 27:18 7 Malcolm Fowler (28) 26:01 9 G MacNeill (30) 26:22 11 Stuart Parrott (29) 26:14</p> <p>2 Mark Bale (20) 17:44 4 Bill Heaton (21) 17:49 6 Michael Fairs (25) 18:34 8 Tony Hulme (29) 19:25 10 Mike Cooper (30) 18:28 12 Richard Hirons (32) 19:06</p>
<p>24 Wirral A C 4:21:36</p> <p>1 Xavier Desse (24) 24:50 3 C Cooper (28) 25:48 5 G Ratcliffe (25) 26:48 7 Alan Woods (22) 24:03 9 Mark Hulmston (22) 26:03 11 K Dickinson (22) 25:26</p> <p>2 W Ferguson (30) 18:14 4 Davies-Peerles (25) 16:36 6 Kevin Buxton (26) 18:18 8 Jon Seymour (22) 16:17 10 Peter Scarrett (23) 18:29 12 Mark Morris (24) 20:44</p>	<p>33 Wakefield Harriers 4:26:48</p> <p>1 Peter McNamara (38) 26:50 3 Nathan Elliott (32) 25:11 5 Sam Bucknall (27) 25:58 7 Nathan Bolton (24) 25:29 9 S Faulkner (27) 28:33 11 S Wilkinson (30) 27:21</p> <p>2 C Ward (37) 17:35 4 Thomas Coney (29) 17:07 6 Neil Dutton (24) 17:14 8 Paul Hallas (23) 16:51 10 Richard West (28) 18:42 12 David Dawson (33) 19:57</p>
<p>25 Heanor Running Club 4:21:40</p> <p>1 S Ashmoer (28) 25:20 3 Ben Radbourne (23) 25:16 5 C Rainsford (23) 24:50 7 Darren Ridout (25) 25:58 9 Gaby Saiz (25) 25:17 11 Lee Perkins (25) 26:51</p> <p>2 Alastair Hobday (27) 17:05 4 Rob Rainsford (26) 18:17 6 Rich Sims (23) 18:54 8 Andy Marriott (28) 18:41 10 Jon Wainwright (24) 17:19 12 T Weatherston (25) 17:52</p>	<p>34 Blackpool Wyre & Fylde 'A' 4:29:05</p> <p>1 Luke Minns (20) 24:09 3 Trevor Uttley (29) 27:13 5 Malcolm Eadie (26) 24:34 7 S Waterhouse (30) 25:34 9 Luke Berry (31) 27:11 11C Essex-Crosby (34) 26:58</p> <p>2 S Williams (21) 17:33 4 David Robson (33) 19:11 6 Ian Close (31) 19:06 8 Peter Broome (30) 18:57 10 Graham Davies (34) 19:04 12 Tony Codling (34) 19:35</p>

Northern Athletics Road Relays

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35 Trafford AC 1 R McGonigle (45) 29:51 3 Paul Mannion (41) 27:27 5 Jeff Prest (37) 25:19 7 Vincent Booth (36) 28:17 9 Kevin Brydon (35) 26:54 11 Daniel Ansell (36) 28:24	'B' 4:33:16 2 D Safranauskas (43) 17:35 4 Marc Boardman (37) 17:18 6 Thomas Powell (36) 17:28 8 David Barker (35) 17:19 10 Matt Tang (35) 20:00 12 M Hutchinson (35) 17:24	42 Chorley Harriers 4:52:30 1 Adam Critchley (39) 27:24 3 Malc Christie (44) 32:04 5 Dominic Raby (42) 25:17 7 Mark Ellithorn (43) 27:27 9 Gary Platt (43) 30:53 11 Phil Iddon (41) 28:42 2 Tom Belcher (40) 18:37 4 Ian Crabtree (44) 18:54 6 Tom Holmes (43) 21:27 8 Andy Clough (43) 20:07 10 Paul Jackson (43) 19:03 12 Steve Thomas (42) 22:35
36 Scunthorpe & District AC 1 Gavin Marshall (26) 24:55 3 Nick Shpylka (35) 28:05 5 Sam O'Neill (35) 25:13 7 Gary Crompton (35) 25:25 9 Gavin Mann (36) 27:43 11 David Vickers (35) 28:01	4:39:40 2 Paul Edgar (29) 17:51 4 Jack Cole (36) 19:03 6 Karl McDonagh (37) 20:26 8 Glyn Sparks (36) 19:47 10 Arien Williams (36) 19:19 12 Steve Heslop (36) 23:52	43 Gateshead Harriers & Athletics 'B' 4:55:23 1 Ray Robinson (44) 28:51 3 Jason Stobbs (40) 27:22 5 Steven Medd (41) 29:06 7 Kevin Connolly (40) 28:38 9 Paul Hindhaugh (42) 30:42 11 Tyrone Murphy (43) 34:27 2 James Porteous (42) 17:52 4 C Glanville (38) 18:15 6 Philp McKeown (40) 19:29 8 Neil Corbiere (41) 19:25 10 Stephen Parr (41) 18:58 12 J Stephenson (43) 22:18
37 Sheffield Running Club 1 Chris Ireland (31) 25:28 3 Stuart Little (34) 25:30 5 Jed Turner (40) 27:59 7 David Broddle (38) 27:00 9 Nick Swift (38) 25:10 11 Mike Levery (37) 29:22	4:40:18 2 J PonsLaplana (36) 18:54 4 Carl Otter (41) 23:05 6 Nick Duggan (39) 18:55 8 Malcolm Taylor (39) 20:05 10 J Cocker (37) 19:01 12 Geoff Peat (37) 19:49	44 Altrincham 'B' 4:59:02 1 Peter Abraham (41) 27:47 3 Dave Telford (43) 29:36 5 Michael Berks (44) 29:23 7 Paul Knowles (45) 34:22 9 D Ainsworth (44) 28:11 11 Andrew Barton (44) 31:37 2 Daniel Brooks (38) 17:40 4 Jeff Norman (42) 19:21 6 Toby Percival (44) 23:11 8 James Crosby (44) 19:01 10 Adam Wareing (44) 18:26 12 Mike Jones (44) 20:27
38 Beverley AC 1 James Pearson (27) 24:59 3 Mark Dalton (36) 28:19 5 J Leskiewicz (38) 27:40 7 Andrew Johnson (39) 28:02 9 S Peacock (39) 28:00 11 Anthony Cregg (40) 32:26	4:41:25 2 Neil Bant (32) 18:18 4 Tim Simpson (39) 20:46 6 James Carson (38) 19:13 8 P Watkinson (38) 19:29 10 Ian Boardley (38) 17:40 12 Aubrey Morrell (38) 16:33	45 Keighley And Craven AC 'B' 5:00:09 1 Mark Wilkinson (46) 30:25 3 Jonnie Butler (45) 31:20 5 Adrian Thomas (45) 28:07 7 C Marshall (44) 31:13 9 K Waddingham (45) 30:21 11 N Whittingham (45) 30:49 2 Sam Cann (46) 19:35 4 Andrew Green (45) 19:54 6 P McDermott (45) 19:46 8 Paul Sessford (45) 21:56 10 Brett Weeden (45) 16:51 12 S Wilkinson (45) 19:52
39 Bolton United Harriers 1 T Lancashire (6) 22:52 3 Frazer Jardine (19) 25:45 5 John Ward (32) 29:45 7 Benoit Yerle (37) 30:15 9 Nick Howarth (37) 27:40 11 Paul Turner (38) 29:26	'A' 4:42:43 2 Ian Bowles (13) 16:49 4 D Grimshaw (23) 19:19 6 Scott Whittle (35) 19:48 8 Andrew Doyle (37) 19:13 10 C Eckersley (39) 22:04 12 Yoann Kloess (39) 19:47	46 Blackpool Wyre & Fylde 'B' 5:36:50 1 T Westhead (48) 31:31 3 Jeffery Wright (48) 31:54 5 David Dyson (47) 34:00 7 Stuart Johnson (47) 34:06 9 Steve Minto (46) 31:23 11 Stephen Browne (46) 35:30 2 Philip Burke (48) 21:16 4 N Greenwood (48) 24:47 6 Bob Newman (47) 23:33 8 Peter Gibson (46) 22:24 10 Tony Croft (46) 24:05 12 Terry Bradshaw (46) 22:21
40 Wesham Road Runners 1 Karl Lee (36) 26:43 3 Troy Watson (39) 28:01 5 S Myerscough (39) 28:01 7 Lee Barlow (41) 28:04 9 G Pendlebury (40) 27:23 11 Alex Rowe (39) 26:33	4:43:06 2 R Mabbett (39) 19:07 4 B Peatfield (40) 18:58 6 Graham Vickers (41) 20:52 8 Gary DeBanke (40) 18:42 10 F McCalman (40) 22:21 12 Trevor Rayner (40) 18:21	Incomplete Teams: Trafford AC 'C' 1 Justin Hayes (43) 28:43 3 Neil Slater (46) 34:43 5 Keith Worrall (46) 29:18 7 Derek Fraser (46) 33:31 2 Mark Evans (44) 18:49 4 Paul McMahon (46) 20:40 6 Mike Meggiato (46) 21:46
41 Horwich Rmi Harriers 1 Karl Ward (40) 27:28 3 Denis Mason (42) 27:13 5 Ian Hamer (43) 28:12 7 David Jackson (42) 27:13 9 Stuart Adamson (41) 28:19 11 Kevin Newall (42) 30:36	'B' 4:50:54 2 Peter Ramsdale (45) 20:16 4 S Jackson (43) 19:50 6 Colin Wood (42) 20:04 8 Pete Bland (42) 20:50 10 J Simmonite (42) 20:40 12 Ian Hepburn (41) 20:13	Sale Harriers Manchester 'C' 1 Jerry Smith (47) 30:42 3 Tim Brett (47) 32:09 2 Carl Barber (47) 19:34 4 Terry Lonergan (47) 20:40

Northern Athletics Road Relays

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Fastest of all long legs

1	M Buckingham	Holmfirth		21:58	66	Michael Dawson	MorpethH&A	A	24:11
2	Patrick Martin	Sunderland		22:00	67	Ben Harrison	MorpethH&A	A	24:14
3	Peter Riley	Leigh Harr		22:03	68	Gerry O'Neill	Salford Ha	B	24:15
4	Andi Jones	Salford Ha	A	22:06	=	Richard Burney	Liverpool		24:15
5	Luke Gunn	Derby Ac		22:10	70	R Shearer	Southport		24:16
6	Simon Deakin	Leeds City	A	22:11	=	Michael Hunt	Trafford A	A	24:16
7	Gareth Raven	Sale Harri	A	22:17	72	David Rigby	Preston Ha		24:17
8	Adam Peers	Liverpool		22:24	73	J Dunkerley	ECH&TA		24:18
=	James Walsh	Leeds City	A	22:24	74	R Maddams	Horwich Rm	A	24:20
=	Johnny Mellor	Liverpool		22:24	75	A Murray	Horwich Rm	A	24:22
11	Matt Bond	Sale Harri	A	22:27	76	Thomas Bean	York Acorn		24:23
12	Alex Pilcher	Derby Ac		22:31	77	Jonny Pearson	Gateshead	A	24:29
13	Richard Weir	Derby Ac		22:33	78	Thomas Charles	Trafford A	A	24:33
14	Philip Hoole	Rotherham		22:44	79	Malcolm Eadie	Blackpool	A	24:34
15	Glen Comish	Sale Harri	A	22:52	=	Steve Hallas	Preston Ha		24:34
=	T Lancashire	Bolton Uni	A	22:52	=	James Tartt	Southport		24:34
=	James Bailey	Sale Harri	A	22:52	82	James Smith	Leeds City	B	24:35
18	Robert Hodges	Kingston U		22:57	83	David Burlton	Gateshead	A	24:36
19	Darran Bilton	Leeds City	A	23:00	84	Garry Dixon	Barrow And		24:38
20	R Challinor	Liverpool		23:02	=	Alexander Davy	Leeds City	B	24:38
21	David Norman	Altrincham	A	23:04	86	Andy Hilton	York Acorn		24:41
22	T Cornthwaite	Blackburn	A	23:08	87	James Kovacs	Salford Ha	A	24:42
=	Joseph Bailey	Salford Ha	A	23:08	88	Steve Bateson	East Hull		24:45
24	Peter Street	Preston Ha		23:11	89	Ben Martin	Trafford A	A	24:47
25	Peter Huck	Barrow And		23:15	90	C Rainsford	HeanorRC		24:50
=	T Egerton	Trafford A	A	23:15	=	Xavier Desse	Wirral A C		24:50
27	A Carmichael	Gateshead	A	23:18	92	Nick Leigh	Altrincham	A	24:51
28	Sean Hall	Gateshead	A	23:20	=	Adrian Jones	Keighley A	A	24:51
29	M Burrett	Leeds City	A	23:21	94	Philip Waite	Barrow And		24:52
30	Chris Birchall	Leeds City	A	23:26	95	Paul Guinan	Blackburn	A	24:55
31	David Westbury	Derby Ac		23:28	=	Gavin Marshall	Scunthorpe		24:55
32	Michael Morris	MorpethH&A	A	23:29	97	M Johnson	Holmfirth		24:56
33	R Stephenson	Gateshead	A	23:30	98	Nasir Hussain	Hallamshir		24:58
34	D Nicholls	Wilmslow		23:32	99	James Pearson	Beverley A		24:59
35	James Kevan	Horwich Rm	A	23:33	100	Tom Bush	Altrincham	A	25:01
36	Robert Baker	Hallamshir		23:34	=	Alan Ashton	Liverpool		25:01
=	Josh Tighe	Blackburn	A	23:34	102	T Lawrence	Derby Ac		25:04
=	Jason Ward	Altrincham	A	23:34	=	Tom Jenkins	Hallamshir		25:04
=	Ian Salisbury	Trafford A	A	23:34	104	Mark Bryant	Leeds City	B	25:06
40	Peter Newton	MorpethH&A	A	23:36	105	Stephen Smith	Preston Ha		25:07
=	Andrew Thake	Hallamshir		23:36	106	Jonathan Green	Preston Ha		25:08
42	John Brown	Salford Ha	A	23:39	107	Nick Swift	Sheffield		25:10
43	Mark Keeley	Liverpool		23:40	108	Nathan Elliott	Wakefield		25:11
44	Simon Mills	Sale Harri	A	23:43	109	Sam O'Neill	Scunthorpe		25:13
45	Phillip Tedd	Sale Harri	A	23:44	110	Ben Radbourne	HeanorRC		25:16
46	Paul Marchant	Leeds City	A	23:48	111	Gaby Saiz	HeanorRC		25:17
47	Dave Archer	Hallamshir		23:49	=	Dominic Raby	Chorley Ha		25:17
=	K Forster	MorpethH&A	A	23:49	113	Jeff Prest	Trafford A	B	25:19
49	Gary Priestley	Horwich Rm	A	23:52	=	Jim Pendrill	Wilmslow		25:19
50	Ross Floyd	MorpethH&A	A	23:55	=	Thomas McKee	Kingston U		25:19
=	David Watson	Holmfirth		23:55	116	S Ashmoer	HeanorRC		25:20
52	Marc Elliott	Gateshead	A	23:56	117	G Clarkson	Kingston U		25:22
=	Matt Nuttall	Blackburn	A	23:56	118	Mathew Hayes	East Hull		25:24
54	B Riddell	Salford Ha	A	23:57	119	Patrick Miller	Barrow And		25:25
=	Thomas Adams	Ilkley Har		23:57	=	Tommy Henders	Leigh Harr		25:25
56	M Moorhouse	Salford Ha	A	24:01	=	Gary Crompton	Scunthorpe		25:25
=	R Howarth	Horwich Rm	A	24:01	122	K Dickinson	Wirral A C		25:26
58	Gavin Keight	Hallamshir		24:03	=	C Loftus	Keighley A	A	25:26
=	Alan Woods	Wirral A C		24:03	124	Paul Simons	Salford Ha	B	25:27
60	Jake Rowlands	Holmfirth		24:04	125	Leon Foster	Leeds City	B	25:28
61	G Pennington	Preston Ha		24:05	=	Chris Ireland	Sheffield		25:28
62	Martin Booth	Derby Ac		24:06	127	Nathan Bolton	Wakefield		25:29
63	Ali Mauizbin	Leeds City	B	24:08	=	Paul Humphries	Rotherham		25:29
64	K Lecher	Kingston U		24:09	=	Gary Claxton	Rotherham		25:29
=	Luke Minns	Blackpool	A	24:09	130	Stuart Little	Sheffield		25:30

Northern Athletics Road Relays

at Wythenshawe Park, Manchester on Sunday 21st March 2010

131	S Waterhouse	Blackpool	A	25:34	197	Cory Hood	Sunderland		26:57
132	John Morrissey	Wigan Phoe		25:35	198	C Essex-Crosby	Blackpool	A	26:58
	= J Maxfield	Rotherham		25:35	199	David Broddle	Sheffield		27:00
134	Jan Pichl	Salford Ha	B	25:36	200	Luke Berry	Blackpool	A	27:11
	= John Howe	Trafford A	A	25:36	201	A Normandale	York Acorn		27:12
136	Simon Grundy	ECH&TA		25:37	202	Denis Mason	Horwich Rm	B	27:13
	= Andrew Walling	Sale Harri	B	25:37		= David Jackson	Horwich Rm	B	27:13
	= James Williams	Salford Ha	B	25:37		= David Parker	Barrow And		27:13
139	Scott Hughes	Leigh Harr		25:38		= Trevor Uttley	Blackpool	A	27:13
140	George Marden	Sunderland		25:39	206	John Sutton	Blackburn	A	27:16
141	Rob Jackson	Horwich Rm	A	25:40	207	N Richardson	Ilkley Har		27:17
142	Tim Kennedy	Sale Harri	B	25:41	208	Trevor Morris	Wilmslow		27:18
143	James Hilton	Wigan Phoe		25:42	209	S Wilkinson	Wakefield		27:21
	= Brian Bewick	Sunderland		25:42		= Simon Stanway	Barrow And		27:21
	= Philip Foster	Leigh Harr		25:42	211	Jason Stobbs	Gateshead	B	27:22
	= M O'Neill	Wigan Phoe		25:42	212	G Pendlebury	Wesham Roa		27:23
147	Piran White	York Acorn		25:44	213	Adam Critchley	Chorley Ha		27:24
	= Lee Kaufman	Sale Harri	B	25:44	214	Mark Ellithorn	Chorley Ha		27:27
149	Frazer Jardine	Bolton Uni	A	25:45		= Paul Mannion	Trafford A	B	27:27
150	C Cooper	Wirral A C		25:48	216	Karl Ward	Horwich Rm	B	27:28
151	Philip West	Salford Ha	B	25:51	217	J Leskiewicz	Beverley A		27:40
152	Darren Ridout	HeanorRC		25:58		= Stephen McLean	Southport		27:40
	= Sam Bucknall	Wakefield		25:58		= Nick Howarth	Bolton Uni	A	27:40
154	Martin Farran	Leeds City	B	25:59	220	Gavin Mann	Scunthorpe		27:43
155	P Jacques	ECH&TA		26:01	221	Gary Willcock	Sale Harri	B	27:46
	= Malcolm Fowler	Wilmslow		26:01	222	Peter Abraham	Altrincham	B	27:47
157	Mark Hulmston	Wirral A C		26:03	223	A Goulding	Leigh Harr		27:48
158	Graham Gagg	Kingston U		26:05		= L Basham	Ilkley Har		27:48
159	David Shaw	Keighley A	A	26:08	225	Alex Ross	Sunderland		27:57
160	Steve Gould	Wigan Phoe		26:09	226	Nigel Brookes	Rotherham		27:58
161	D Cookson	Salford Ha	B	26:10	227	Jed Turner	Sheffield		27:59
162	S Wilkinson	Southport		26:11	228	S Peacock	Beverley A		28:00
163	Julian Rose	Holmfirth		26:12	229	David Vickers	Scunthorpe		28:01
	= Mark Metcalfe	York Acorn		26:12		= Troy Watson	Wesham Roa		28:01
165	Stuart Parrott	Wilmslow		26:14		= S Myerscough	Wesham Roa		28:01
166	Robert Brown	Keighley A	A	26:16	232	Andrew Johnson	Beverley A		28:02
167	Neil Bradshaw	ECH&TA		26:17	233	Lee Barlow	Wesham Roa		28:04
	= Nigel Sissons	East Hull		26:17	234	Nick Shpylka	Scunthorpe		28:05
	= P Darbyshire	Wigan Phoe		26:17	235	Adrian Thomas	Keighley A	B	28:07
170	Martin Crosby	Altrincham	A	26:18	236	D Ainsworth	Altrincham	B	28:11
171	Steven Duffy	Sunderland		26:19	237	Keith Joules	East Hull		28:12
	= Dave Gilchrist	Altrincham	A	26:19		= Ian Hamer	Horwich Rm	B	28:12
173	Mike Ashby	Sale Harri	B	26:20	239	Eddie Rex	East Hull		28:13
	= Andrew Lyons	Kingston U		26:20	240	Vincent Booth	Trafford A	B	28:17
175	Dave Wilby	Ilkley Har		26:21	241	Stuart Adamson	Horwich Rm	B	28:19
176	G MacNeill	Wilmslow		26:22		= Mark Dalton	Beverley A		28:19
177	M Manir-Jolley	Wigan Phoe		26:23	243	Daniel Ansell	Trafford A	B	28:24
178	Simon Mounsey	Rotherham		26:24	244	S Faulkner	Wakefield		28:33
179	Matthew Merson	ECH&TA		26:29	245	Kevin Connolly	Gateshead	B	28:38
180	R Flannery	Sale Harri	B	26:31	246	Phil Iddon	Chorley Ha		28:42
181	R Ashworth	Southport		26:32	247	Justin Hayes	Trafford A	C	28:43
182	Roy Lilley	East Hull		26:33	248	Andrew Arnold	Leigh Harr		28:47
	= Alex Rowe	Wesham Roa		26:33	249	Ray Robinson	Gateshead	B	28:51
184	Bill Stewart	Holmfirth		26:36	250	Steven Medd	Gateshead	B	29:06
185	J Hutchinson	Ilkley Har		26:37	251	Mark Dowson	York Acorn		29:10
186	John Chaplin	Blackburn	A	26:40	252	Keith Worrall	Trafford A	C	29:18
187	Karl Lee	Wesham Roa		26:43	253	Mike Levery	Sheffield		29:22
188	Justin Philips	Ilkley Har		26:44	254	Michael Berks	Altrincham	B	29:23
189	Gavin Browne	ECH&TA		26:48	255	Paul Turner	Bolton Uni	A	29:26
	= G Ratcliffe	Wirral A C		26:48	256	Dave Telford	Altrincham	B	29:36
191	L Hellawell	Keighley A	A	26:49	257	John Ward	Bolton Uni	A	29:45
192	Peter McNamara	Wakefield		26:50	258	R McGonigle	Trafford A	B	29:51
193	Lee Perkins	HeanorRC		26:51	259	Benoit Yerle	Bolton Uni	A	30:15
194	Peter Roome	Southport		26:53	260	K Waddingham	Keighley A	B	30:21
195	Mark Knowles	Keighley A	A	26:54	261	Mark Wilkinson	Keighley A	B	30:25
	= Kevin Brydon	Trafford A	B	26:54	262	Kevin Newall	Horwich Rm	B	30:36

Northern Athletics Road Relays

at Wythenshawe Park, Manchester on Sunday 21st March 2010

263	Paul Hindhaugh	Gateshead	B	30:42
=	Jerry Smith	Sale Harri	C	30:42
265	N Whittingham	Keighley A	B	30:49
266	Gary Platt	Chorley Ha		30:53
267	C Marshall	Keighley A	B	31:13
268	Jonnie Butler	Keighley A	B	31:20
269	Steve Minto	Blackpool	B	31:23
270	T Westhead	Blackpool	B	31:31
271	Andrew Barton	Altrincham	B	31:37
272	Jeffery Wright	Blackpool	B	31:54
273	Malc Christie	Chorley Ha		32:04
274	Tim Brett	Sale Harri	C	32:09
275	Anthony Cregg	Beverley A		32:26
276	Derek Fraser	Trafford A	C	33:31
277	David Dyson	Blackpool	B	34:00
278	Stuart Johnson	Blackpool	B	34:06
279	Paul Knowles	Altrincham	B	34:22
280	Tyrone Murphy	Gateshead	B	34:27
281	Neil Slater	Trafford A	C	34:43
282	Stephen Browne	Blackpool	B	35:30

Northern Athletics Road Relays

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Fastest of all short legs

1	Nick McCormick	MorpethH&A	A	13:43	=	Colin Rigby	Horwich Rm	A	16:27
2	G Massingham	Sunderland		14:26	66	Matthew Pye	Kingston U		16:29
3	Andrew Heyes	Hallamshir		14:44	67	Steve Nolan	Horwich Rm	A	16:30
4	Matt Nicholson	MorpethH&A	A	14:47	=	Dean Miller	Barrow And		16:30
5	Carl Hardman	Salford Ha	A	14:56	69	Stuart Heaton	ECH&TA		16:31
6	Andrew Norman	Altrincham	A	14:58	=	M Kilmartin	Sale Harri	A	16:31
7	Carl Smith	Leeds City	A	15:02	71	Aubrey Morrell	Beverley A		16:33
8	Chris Kays	ECH&TA		15:03	=	Ben Johnson	Southport		16:33
9	Martin Roscoe	Leeds City	A	15:16	73	Adrian Roach	Liverpool		16:34
10	Mark Brown	MorpethH&A	A	15:17	=	N Camilleri	Gateshead	A	16:34
11	Joe Townsend	Leeds City	A	15:20	=	Gareth Booth	Horwich Rm	A	16:34
12	B Rushworth	Sunderland		15:21	76	David Horniman	Trafford A	A	16:35
13	M Williams	Leeds City	A	15:22	=	Richard Stones	Blackburn	A	16:35
14	Michael Salter	Leeds City	A	15:26	78	Ben Pearson	Gateshead	A	16:36
15	James Bowness	Trafford A	A	15:27	=	Patrick Vis	Southport		16:36
16	Harry Harper	Liverpool		15:29	=	Joshua Rowe	Kingston U		16:36
=	Jonathan Frost	East Hull		15:29	=	Davies-Peerles	Wirral A C		16:36
18	D Swinburne	MorpethH&A	A	15:35	82	James Davis	Sale Harri	A	16:37
19	Paul Bradshaw	Blackburn	A	15:36	=	Rob Dewhurst	Liverpool		16:37
20	Elliot Cole	Leeds City	B	15:37	=	Paul Waterson	MorpethH&A	A	16:37
21	Robert Hughes	Salford Ha	A	15:40	85	David Smith	Rotherham		16:40
22	Oliver Ziff	Leeds City	A	15:41	=	David Barratt	ECH&TA		16:40
=	Nathan Bibby	Preston Ha		15:41	87	Paul Dalton	ECH&TA		16:41
24	Paul Savage	Salford Ha	A	15:44	88	Ben Brown	Liverpool		16:43
=	A Young	Trafford A	A	15:44	=	John Howarth	Leigh Harr		16:43
=	James Horman	Liverpool		15:44	90	Ben Craddock	Leeds City	B	16:45
27	Joe Gratton	Hallamshir		15:45	=	Richard Wilson	Derby Ac		16:45
=	David Lockett	Salford Ha	A	15:45	92	Phil Nichol	Altrincham	A	16:46
29	J Wildrienne	Derby Ac		15:50	=	G Bannister	York Acorn		16:46
=	W Crowther	Altrincham	A	15:50	94	Ben Dyson	Leeds City	B	16:47
31	P Leybourne	Salford Ha	A	15:51	95	David Hudson	Salford Ha	B	16:48
32	Andrew Stanton	Gateshead	A	15:52	96	D Livingstone	Altrincham	A	16:49
=	James Wignall	Sale Harri	A	15:52	=	Ian Bowles	Bolton Uni	A	16:49
=	Chris Bryant	Sale Harri	A	15:52	98	A Whittingham	Altrincham	A	16:50
35	James Bleakley	Trafford A	A	15:54	99	Paul Hallas	Wakefield		16:51
36	A Langron	Holmfirth		15:55	=	Brett Weeden	Keighley A	B	16:51
=	Thomas Smith	Kingston U		15:55	=	Jamie Fletcher	Derby Ac		16:51
38	James Russell	Liverpool		15:57	102	James Palmer	York Acorn		16:56
39	Tom Philips	Derby Ac		15:58	103	Rick O'Toole	Hallamshir		16:58
=	Paul Rockcliffe	Trafford A	A	15:58	104	A Urmston	Leigh Harr		17:02
41	James Lavin	Leeds City	B	16:00	105	Damien Weston	Sunderland		17:03
=	Michael Hatch	Sale Harri	A	16:00	=	Paul Weall	Wigan Phoe		17:03
43	Armand Bush	Hallamshir		16:01	107	Matthew Foggin	Sunderland		17:04
44	David Sprot	Hallamshir		16:05	108	Alastar Hobday	HeanorRC		17:05
45	Matt Shaw	Salford Ha	A	16:06	109	Steve Coates	East Hull		17:06
46	Kyle Craib	Rotherham		16:07	110	Paul Birkett	Salford Ha	B	17:07
47	David Thornton	Blackburn	A	16:08	=	Peter Savage	Barrow And		17:07
48	Mark Davies	MorpethH&A	A	16:12	=	Thomas Coney	Wakefield		17:07
=	Martyn Bell	Horwich Rm	A	16:12	113	Chris Wilson	Wigan Phoe		17:09
50	N Pendlebury	Horwich Rm	A	16:14	114	Marcus Gregory	ECH&TA		17:10
51	Liam Baister	Gateshead	A	16:15	=	David Westhead	Ilkley Har		17:10
52	Jon Seymour	Wirral A C		16:17	116	Nigel Moran	Holmfirth		17:11
=	M Thompson	Sunderland		16:17	117	Mike Raynes	York Acorn		17:14
54	Mike Deegan	Salford Ha	B	16:18	=	Neil Dutton	Wakefield		17:14
55	D DelFresno	Trafford A	A	16:21	119	Jed Bartlett	Barrow And		17:15
=	J Bridge	Blackburn	A	16:21	120	H Thompson	Kingston U		17:16
57	Andrew Blair	Sale Harri	B	16:22	121	C Needham	Leeds City	B	17:17
58	Gerard Lenehan	Southport		16:23	=	David Ricketts	Kingston U		17:17
=	Paul Muller	Horwich Rm	A	16:23	123	Adam Dyson	Hallamshir		17:18
60	Tom Offord	Derby Ac		16:24	=	Marc Boardman	Trafford A	B	17:18
=	David Turnbull	Holmfirth		16:24	125	Roderick Hart	Wigan Phoe		17:19
62	Scott Monk	Blackburn	A	16:26	=	Gary Rowlinson	Sale Harri	B	17:19
=	Martin Slater	Gateshead	A	16:26	=	Jon Wainwright	HeanorRC		17:19
64	Richard Watson	Sale Harri	A	16:27	=	David Barker	Trafford A	B	17:19
					=	S Nicholls	Wigan Phoe		17:19

Northern Athletics Road Relays

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130	Ian Jackson	Salford Ha	B	17:20	196	Mike Cooper	Wilmslow		18:28
=	Elton Davies	Sale Harri	B	17:20	197	Peter Scarrett	Wirral A C		18:29
132	A Fowler	Preston Ha		17:21	198	Michael Fairs	Wilmslow		18:34
133	J Worthington	Wigan Phoe		17:24	199	Tom Belcher	Chorley Ha		18:37
=	John Wood	Leeds City	B	17:24	200	AndyMarriott	HeanorRC		18:41
=	M Hutchinson	Trafford A	B	17:24	201	Gary DeBanke	Wesham Roa		18:42
136	Gary Graham	Holmfirth		17:25	=	Richard West	Wakefield		18:42
137	Mark Lee	Preston Ha		17:26	203	Ray Handley	Southport		18:46
138	T Sessford	Keighley A	A	17:27	204	Daniel Holiday	Kingston U		18:48
139	Thomas Powell	Trafford A	B	17:28	205	Mark Evans	Trafford A	C	18:49
140	Richard Reeve	Ilkley Har		17:30	206	Ian Crabtree	Chorley Ha		18:54
=	Danny Maynard	Blackburn	A	17:30	=	Rich Sims	HeanorRC		18:54
142	James Cooke	Leigh Harr		17:31	=	J PonsLaplana	Sheffield		18:54
=	Pal Backhouse	ECH&TA		17:31	209	Nick Duggan	Sheffield		18:55
144	Sean Spillane	Leigh Harr		17:32	210	Peter Broome	Blackpool	A	18:57
145	Peter Neal	Rotherham		17:33	211	Stephen Parr	Gateshead	B	18:58
=	Mike Vinegrad	East Hull		17:33	=	Phil McCoy	East Hull		18:58
=	S Williams	Blackpool	A	17:33	=	B Peatfield	Wesham Roa		18:58
148	John Knibb	Derby Ac		17:34	214	J Cocker	Sheffield		19:01
=	David Watson	Preston Ha		17:34	=	Shaun Fores	East Hull		19:01
150	C Ward	Wakefield		17:35	=	James Crosby	Altrincham	B	19:01
=	D Safranauskas	Trafford A	B	17:35	217	Paul Jackson	Chorley Ha		19:03
152	Richard Kings	Preston Ha		17:38	=	Jack Cole	Scunthorpe		19:03
153	Ian Boardley	Beverley A		17:40	219	Graham Davies	Blackpool	A	19:04
=	C Dawson	Salford Ha	B	17:40	=	David Marsh	Sale Harri	B	19:04
=	Steve Simpson	York Acorn		17:40	221	Richard Hirons	Wilmslow		19:06
=	Daniel Brooks	Altrincham	B	17:40	=	Ian Close	Blackpool	A	19:06
157	Mark Bale	Wilmslow		17:44	223	R Mabbett	Wesham Roa		19:07
=	Kevin Hesketh	Preston Ha		17:44	224	*Not Declared*			19:10
159	David Hook	Barrow And		17:45	225	David Robson	Blackpool	A	19:11
=	Chris Judge	York Acorn		17:45	226	Andrew Doyle	Bolton Uni	A	19:13
=	Matthew Dykes	Keighley A	A	17:45	=	James Carson	Beverley A		19:13
162	Paul O'Looney	Ilkley Har		17:48	228	D Grimshaw	Bolton Uni	A	19:19
163	Bill Heaton	Wilmslow		17:49	=	Arlen Williams	Scunthorpe		19:19
164	Lukas Lee	Keighley A	A	17:50	230	Andrew Howarth	Leigh Harr		19:21
=	H Heavisides	Ilkley Har		17:50	=	Jeff Norman	Altrincham	B	19:21
166	Paul Edgar	Scunthorpe		17:51	232	Peter Leviston	Barrow And		19:25
167	T Weatherson	HeanorRC		17:52	=	Tony Hulme	Wilmslow		19:25
=	James Porteous	Gateshead	B	17:52	=	Neil Corbiere	Gateshead	B	19:25
169	James Dewhirst	Holmfirth		17:53	235	D McCarrick	Leigh Harr		19:27
170	Peter Willacy	Barrow And		17:54	236	P Watkinson	Beverley A		19:29
171	David Gough	Southport		17:55	=	Philp McKeown	Gateshead	B	19:29
=	Nick Burke	Altrincham	A	17:55	238	Carl Barber	Sale Harri	C	19:34
173	Thomas Peacock	Southport		17:58	239	Sam Cann	Keighley A	B	19:35
174	Stephen Coy	Ilkley Har		18:00	=	Tony Codling	Blackpool	A	19:35
=	Steve Lonsdale	East Hull		18:00	241	Stephen Carter	Keighley A	A	19:42
176	Mark Illey	Ilkley Har		18:01	242	P McDermott	Keighley A	B	19:46
=	Sean Cordell	Salford Ha	B	18:01	243	Yoann Kloess	Bolton Uni	A	19:47
178	P Scowcroft	Sale Harri	B	18:04	=	Glyn Sparks	Scunthorpe		19:47
179	Kevin Edwards	Wigan Phoe		18:05	245	Scott Whittle	Bolton Uni	A	19:48
=	Terry Eastwood	Rotherham		18:05	246	Geoff Peat	Sheffield		19:49
181	Martin Kirby	York Acorn		18:06	247	S Jackson	Horwich Rm	B	19:50
182	Richard Smith	Holmfirth		18:08	248	S Wilkinson	Keighley A	B	19:52
183	C Paton	Gateshead	A	18:09	249	Andrew Green	Keighley A	B	19:54
=	Liam Spencer	Keighley A	A	18:09	250	David Dawson	Wakefield		19:57
185	Darren Horner	Keighley A	A	18:11	251	Matt Tang	Trafford A	B	20:00
186	Glenn Forster	Sunderland		18:13	252	Colin Wood	Horwich Rm	B	20:04
187	David Nuttall	Rotherham		18:14	253	Malcolm Taylor	Sheffield		20:05
=	W Ferguson	Wirral A C		18:14	254	Andy Clough	Chorley Ha		20:07
189	C Glanville	Gateshead	B	18:15	255	Ian Hepburn	Horwich Rm	B	20:13
190	Rob Rainsford	HeanorRC		18:17	256	Peter Ramsdale	Horwich Rm	B	20:16
191	Neil Bant	Beverley A		18:18	257	Karl McDonagh	Scunthorpe		20:26
=	Peter Shaw	Rotherham		18:18	258	Mike Jones	Altrincham	B	20:27
=	Kevin Buxton	Wirral A C		18:18	259	Paul McMahon	Trafford A	C	20:40
194	Trevor Rayner	Wesham Roa		18:21	=	J Simmonite	Horwich Rm	B	20:40
195	Adam Wareing	Altrincham	B	18:26	=	Terry Lonergan	Sale Harri	C	20:40

Northern Athletics Road Relays

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262	Mark Morris	Wirral A C		20:44
263	Tim Simpson	Beverley A		20:46
264	Pete Bland	Horwich Rm	B	20:50
265	Graham Vickers	Wesham Roa		20:52
266	Philip Burke	Blackpool	B	21:16
267	Tom Holmes	Chorley Ha		21:27
268	Mike Meggiato	Trafford A	C	21:46
269	Paul Sessford	Keighley A	B	21:56
270	C Eckersley	Bolton Uni	A	22:04
271	J Stephenson	Gateshead	B	22:18
272	Terry Bradshaw	Blackpool	B	22:21
	= F McCalman	Wesham Roa		22:21
274	Peter Gibson	Blackpool	B	22:24
275	Steve Thomas	Chorley Ha		22:35
276	Carl Otter	Sheffield		23:05
277	Toby Percival	Altrincham	B	23:11
278	Bob Newman	Blackpool	B	23:33
279	Steve Heslop	Scunthorpe		23:52
280	Tony Croft	Blackpool	B	24:05
281	N Greenwood	Blackpool	B	24:47