

Manchester Area Cross Country League at Sherdley Park, St Helens on Saturday 7th December 2013

Under 11 Girls — FINAL RESULTS

Pos	Num	Name	Club	Time	Pos	Num	Name	Club	Time
1	403	Georgia Fazakerley	Manchester H & AC	8:59	26	422	Evie Collier	Salford H & AC	10:15
2	414	Lara Crawford	Sale H Manchester	9:03	27	434	Grace Kelly	Ribble Valley AC	10:19
3	87	Chloe Rogers	Stockport H & AC	9:04	28	20	Elizabeth Pederson	Liverpool H & AC	10:25
4	419	Lauren Smith	Sale H Manchester	9:11	29	409	Ellie Doyle	St Helens Sutton AC	10:27
5	415	Alice Dale	Sale H Manchester	9:14	30	401	Emma Davies	Manchester H & AC	10:28
6	378	Ty Brockley-Langford	E Cheshire H & Tameside AC	9:21	31	566	Isabel Leadbetter	Liverpool H & AC	10:30
7	429	Tamsin O'Keefe	West Cheshire AC	9:28	32	430	Lucy Hignet	Wirral AC	10:31
8	427	Lucia Meloni	Warrington AC	9:31	33	531	Lydia Blair	Warrington AC	10:34
9	562	Ruby Bell	Sale H Manchester	9:32	34	550	Charlotte Stokes	Warrington AC	10:45
10	425	Samantha Mason	Salford H & AC	9:33	35	600	Abigail McHugh	St Helens Sutton AC	10:50
11	423	Maya Croasdaile	Salford H & AC	9:36	36	410	Amber Escoffery	St Helens Sutton AC	10:52
12	524	Evie Wild	Stockport H & AC	9:39	37	608	Lois Milne	Liverpool H & AC	10:56
13	534	Ashley Nemits	Warrington AC	9:48	38	384	Holly Leadbetter	Liverpool H & AC	10:57
14	380	Megan Lewis	E Cheshire H & Tameside AC	9:48	39	538	Jodie Poole Price	Stockport H & AC	10:58
15	556	Erin Sword Gargan	Liverpool H & AC	9:51	40	376	Harriet King	ABC Runners	11:07
16	388	Annabel Pennington	Liverpool H & AC	9:54	41	431	Isabel Hodder	Wirral AC	11:17
17	571	Leah Wilkinson	Sale H Manchester	9:55	42	537	Abbie Poole Price	Stockport H & AC	11:26
18	424	C Haywood-Percival	Salford H & AC	9:56	43	411	Elizabeth Greenall	St Helens Sutton AC	11:36
19	389	Ellie Young	Liverpool H & AC	9:57	44	412	Lauren Park	St Helens Sutton AC	11:57
20	421	Scarlett Whittaker	Sale H Manchester	9:58	45	433	Elizabeth Nuttall	Wirral AC	12:34
21	379	Freya Handley	E Cheshire H & Tameside AC	10:02	46	387	Jess Murphy	Liverpool H & AC	12:39
22	432	Ellen-Mary Kearney	Wirral AC	10:03	47	607	Libby Reeves	Liverpool H & AC	12:41
23	584	Caitlin Robinson	Liverpool H & AC	10:05	48	606	Mia Farley	Liverpool H & AC	12:41
24	533	Maya Evans	Warrington AC	10:06	49	605	Yasmin Murphy	Manchester H & AC	13:34
25	413	Molly Atherton	Sale H Manchester	10:15					

Under 11 Girls — TEAM RESULTS

1 Sale H Manchester	11	2 Lara Crawford	4 Lauren Smith	5 Alice Dale
2 Salford H & AC	39	10 Samantha Mason	11 Maya Croasdaile	18 C Haywood-Percival
3 E Cheshire H & Tameside AC	41	6 Ty Brockley-Langford	14 Megan Lewis	21 Freya Handley
4 Warrington AC	45	8 Lucia Meloni	13 Ashley Nemits	24 Maya Evans
5 Sale H Manchester 'B'	46	9 Ruby Bell	17 Leah Wilkinson	20 Scarlett Whittaker
6 Liverpool H & AC	50	15 Erin Sword Gargan	16 Annabel Pennington	19 Ellie Young
7 Stockport H & AC	54	3 Chloe Rogers	12 Evie Wild	39 Jodie Poole Price
8 Manchester H & AC	80	1 Georgia Fazakerley	30 Emma Davies	49 Yasmin Murphy
9 Liverpool H & AC 'B'	82	23 Caitlin Robinson	28 Elizabeth Pederson	31 Isabel Leadbetter
10 Wirral AC	95	22 Ellen-Mary Kearney	32 Lucy Hignet	41 Isabel Hodder
11 St Helens Sutton AC	100	29 Ellie Doyle	35 Abigail McHugh	36 Amber Escoffery
12 Liverpool H & AC 'C'	121	37 Lois Milne	38 Holly Leadbetter	46 Jess Murphy

Race 2 - Under 11 Boys — FINAL RESULTS

Pos	Num	Name	Club	Time	Pos	Num	Name	Club	Time
1	460	Joel Stringer	Sale H Manchester	8:33	19	467	Jacob Wood-Doyle	Stockport H & AC	9:56
2	543	Finley Proffitt	Macclesfield H & AC	8:41	20	441	Scott Camp	Macclesfield H & AC	10:04
3	469	Edward Pettitt	Vale Royal AC	8:43	21	544	Thomas Roberts	Macclesfield H & AC	10:04
4	463	Sam Hopkins	Salford H & AC	8:46	22	428	Adam Howe	West Cheshire AC	10:11
5	609	Alec McLachlan	Stockport H & AC	8:47	23	569	Ethan O'Gorman	Trafford AC	10:12
6	464	Lewis Royle	Salford H & AC	8:53	24	471	Joe Spence	Wirral AC	10:21
7	455	Charlie Roberts	St Helens Sutton AC	8:54	25	617	Alex Kelly	Sale H Manchester	10:26
8	462	Samuel Bryan	Salford H & AC	8:58	26	444	Morgan Frith	Macclesfield H & AC	10:26
9	625	Drew Baker	Trafford AC	9:05	27	446	Eddie Mills	Macclesfield H & AC	10:52
10	539	Lewis Poole Price	Stockport H & AC	9:08	28	451	Michael Brussels	St Helens Sutton AC	10:53
11	466	Fares Ibrahim	Stockport H & AC	9:11	29	615	Jasper Wormack Smith	Ribble Valley AC	10:54
12	603	Josh Fountain	Wirral AC	9:12	30	449	James Skertchly	Manchester H & AC	10:54
13	442	William Davies	Macclesfield H & AC	9:15	31	616	Zak Stiller	Sale H Manchester	10:55
14	601	Alex Bailey	Trafford AC	9:19	32	435	Joseph Dennett	ABC Runners	11:06
15	472	Harry Wood	Ribble Valley AC	9:35	33	623	Patrick McGuinness	E Cheshire H & Tameside AC	11:11
16	576	Seb Patrick	Trafford AC	9:38	34	452	Jamie Ford	St Helens Sutton AC	11:16
17	443	James Doorbar	Macclesfield H & AC	9:38	35	436	Oliver Murphy	ABC Runners	11:18
18	547	Leo Thomas	Macclesfield H & AC	9:45	36	453	Joseph Matthews	St Helens Sutton AC	11:36
					37	568	Liam O'Gorman	Trafford AC	11:48

Race 2 - Under 11 Boys — TEAM RESULTS

1 Salford H & AC	18	4 Sam Hopkins	6 Lewis Royle	8 Samuel Bryan
2 Stockport H & AC	26	5 Alec McLachlan	10 Lewis Poole Price	11 Fares Ibrahim
3 Macclesfield H & AC	32	2 Finley Proffitt	13 William Davies	17 James Doorbar
4 Trafford AC	39	9 Drew Baker	14 Alex Bailey	16 Seb Patrick
5 Sale H Manchester	57	1 Joel Stringer	25 Alex Kelly	31 Zak Stiller
6 Macclesfield H & AC 'B'	59	18 Leo Thomas	20 Scott Camp	21 Thomas Roberts
7 St Helens Sutton AC	69	7 Charlie Roberts	28 Michael Brussels	34 Jamie Ford

Manchester Area Cross Country League at Sherdley Park, St Helens on Saturday 7th December 2013

Race 2 - Under 13 Girls — FINAL RESULTS

Pos	Num	Name	Cat/Pos	Club	Time					
1	19	Lucy Miller		Liverpool H & AC	8:27	30	57	Tia-Rae Barton	Sale H Manchester	10:04
2	18	Katie Miller		Liverpool H & AC	8:38	31	89	Danielle McMinn	Trafford AC	10:04
3	70	Bethany Thornton		Sale H Manchester	8:40	32	558	Aimee Pierce	Liverpool H & AC	10:10
4	17	Ella McNiven		Liverpool H & AC	8:46	33	488	Mamie Mannion	Trafford AC	10:15
5	92	Caitlin Dimmick		Vale Royal AC	8:48	34	84	Natasha Harrison	Stockport H & AC	10:15
6	41	Eleanor Kenny		Manchester H & AC	8:50	35	62	Georgia Haworth	Sale H Manchester	10:15
7	39	Grace De-Campos		Manchester H & AC	8:54	36	74	Lucy McMullen	Salford H & AC	10:20
8	43	Alice Stiles		Manchester H & AC	8:59	37	78	Bethany Wright	Salford Met AC	10:33
9	11	Jessica Cook		Liverpool H & AC	9:02	38	105	Melita Griffin	Ribble Valley AC	10:37
10	31	Emily Lowery		Macclesfield H & AC	9:13	39	37	Lydia Butt	Manchester H & AC	10:43
11	7	Mia Alsamarraie		Liverpool H & AC	9:16	40	63	Isabella Hulme	Sale H Manchester	10:45
12	6	Abby O'Neill		E Cheshire H & Tameside AC	9:17	41	59	Tia Blissett	Sale H Manchester	10:52
13	81	Mollie Cooke		Stockport H & AC	9:19	42	5	Alyssia Davey	E Cheshire H & Tameside AC	10:52
14	34	Shona Williams		Macclesfield H & AC	9:21	43	106	Laura Hanson	Ribble Valley AC	10:53
15	60	Josie Canham		Sale H Manchester	9:26	44	38	Chloe Davies	Manchester H & AC	10:54
16	40	Emily Hughes		Manchester H & AC	9:29	45	485	Verity Games	Sale H Manchester	10:55
17	71	Elizabeth Twite		Sale H Manchester	9:30	46	582	Lucie Wolfenden	Sale H Manchester	10:56
18	16	Emily Lucas		Liverpool H & AC	9:35	47	64	B Lennon-Butler	Sale H Manchester	10:56
19	21	Millie Raine		Liverpool H & AC	9:35	48	55	Rachael Anderson	Sale H Manchester	10:56
20	56	Hattie Barrington		Sale H Manchester	9:35	49	33	Lauren Robinson	Macclesfield H & AC	10:57
21	72	Jemma Vickers		Sale H Manchester	9:39	50	4	Katie Haynes	Bramhall Runners	10:57
22	481	Isabelle Trevithick		Warrington AC	9:46	51	48	Kanyarat Avison	St Helens Sutton AC	10:58
23	610	Morganne Alford		Stockport H & AC	9:50	52	52	Imogen King	St Helens Sutton AC	11:00
24	75	Holly Peltier		Salford H & AC	9:51	53	53	Lucy Price	St Helens Sutton AC	11:12
25	487	Siobhan Conway		Trafford AC	9:56	54	51	Bethany Haughey	St Helens Sutton AC	11:29
26	2	Megan Barnsley		ABC Runners	9:56	55	49	Rosie Dyer	St Helens Sutton AC	11:44
27	1	Alexandra Barnsley		ABC Runners	9:57	56	54	Natalie Tate	St Helens Sutton AC	11:54
28	29	Eve Cobey		Macclesfield H & AC	9:57					
29	80	Jessica Connors		Stockport H & AC	9:57					

Race 2 - Under 13 Girls — TEAM RESULTS

1	Liverpool H & AC	7	—	1	Lucy Miller	2	Katie Miller	4	Ella McNiven
2	Manchester H & AC	21	—	6	Eleanor Kenny	7	Grace De-Campos	8	Alice Stiles
3	Sale H Manchester	35	—	3	Bethany Thornton	15	Josie Canham	17	Elizabeth Twite
4	Liverpool H & AC	38	—	9	Jessica Cook	11	Mia Alsamarraie	18	Emily Lucas
5	Macclesfield H & AC	52	—	10	Emily Lowery	14	Shona Williams	28	Eve Cobey
6	Stockport H & AC	65	—	13	Mollie Cooke	23	Morganne Alford	29	Jessica Connors
7	Sale H Manchester	71	—	20	Hattie Barrington	21	Jemma Vickers	30	Tia-Rae Barton
8	Trafford AC	89	—	25	Siobhan Conway	31	Danielle McMinn	33	Mamie Mannion
9	Manchester H & AC	99	—	16	Emily Hughes	39	Lydia Butt	44	Chloe Davies
10	Sale H Manchester	116	—	35	Georgia Haworth	40	Isabella Hulme	41	Tia Blissett
11	Sale H Manchester	138	—	45	Verity Games	46	Lucie Wolfenden	47	B Lennon-Butler
12	St Helens Sutton AC	156	—	51	Kanyarat Avison	52	Imogen King	53	Lucy Price
13	St Helens Sutton AC	165	—	54	Bethany Haughey	55	Rosie Dyer	56	Natalie Tate

Race 3 - Under 13 Boys — FINAL RESULTS

Pos	Num	Name	Club	Time					
1	158	Sam Evans	Warrington AC	11:46	20	134	Bailey Hulse	Sale H Manchester	13:45
2	113	Jacob Birtles	Halton & Frodsham H	11:57	21	476	Connor Keyes	Stockport H & AC	13:47
3	119	Connor Fazakerley	Manchester H & AC	12:11	22	138	Jacob Yates	Salford H & AC	13:48
4	114	Max Brame	Liverpool H & AC	12:20	23	137	Charlie Thomas	Salford H & AC	13:59
5	139	Ben Batho	Stockport H & AC	12:29	24	507	Kyle Nield	Sale H Manchester	14:15
6	131	Luke Chesters	Sale H Manchester	12:38	25	111	Elliot Livingston	ABC Runners	14:16
7	164	Sam Cross	Wirral AC	12:41	26	613	Sam Fox	Ribble Valley AC	14:18
8	474	Jac Goodall	West Cheshire AC	12:50	27	530	Aren Whittington	Salford Met AC	14:20
9	159	Ben Harrison	Warrington AC	12:51	28	483	Ethan Willmott	Vale Royal AC	14:32
10	165	Jonathon Head	Wirral AC	12:54	29	132	Sam Heyworth	Sale H Manchester	14:32
11	141	Fabio Carosi	Stockport H & AC	12:58	30	157	Ethan Sephton	Vale Royal AC	14:35
12	168	Sam Tempest	Wirral AC	13:06	31	508	Matthew Heathcote	Sale H Manchester	14:36
13	117	Peter Goodfellow	Macclesfield H & AC	13:09	32	126	Matthew Slevin	St Helens Sutton AC	14:37
14	167	Tom Spence	Wirral AC	13:10	33	142	Drew Evans	Stockport H & AC	14:38
15	162	Jacob Brophy	Wirral AC	13:13	34	475	Rory Wilson	West Cheshire AC	14:44
16	598	Joshua Lowe	Liverpool H & AC	13:14	35	624	Thomas Warwike	Macclesfield H & AC	14:46
17	129	Tom Barratt	Sale H Manchester	13:26	36	618	John Gilbert	Sale H Manchester	14:52
18	125	Joe Houghton	St Helens Sutton AC	13:28	37	116	Harry Cookson	Macclesfield H & AC	14:59
19	622	Oliver Dean	Sale H Manchester	13:31	38	506	Colin Avison	Sale H Manchester	15:43

Race 3 - Under 13 Boys — TEAM RESULTS

1	Wirral AC	29	—	7	Sam Cross	10	Jonathon Head	12	Sam Tempest
2	Stockport H & AC	37	—	5	Ben Batho	11	Fabio Carosi	21	Connor Keyes
3	Sale H Manchester	42	—	6	Luke Chesters	17	Tom Barratt	19	Oliver Dean
4	Sale H Manchester	73	—	20	Bailey Hulse	24	Kyle Nield	29	Sam Heyworth
5	Macclesfield H & AC	85	—	13	Peter Goodfellow	35	Thomas Warwike	37	Harry Cookson
6	Sale H Manchester	105	—	31	Matthew Heathcote	36	John Gilbert	38	Colin Avison

Manchester Area Cross Country League

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Senior Women aged 17 to 19

Pos	Num	Name	Cat/Pos	Club	Time
1	368	Emily Kearney	U20	1 Wirral AC	24:56
2	212	Megan Davies	U20	2 Sale H Manchester	25:23
3	65	Olivia Perez	U20	3 Liverpool H & AC	27:18
4	224	Imani Modahl	U20	4 Sale H Manchester	27:39

Senior Women aged 20 to 34

Pos	Num	Name	Cat/Pos	Club	Time
1	375	Lucy O'Gorman		Sale H Manchester	23:43
2	18	Olivia Walwyn		Altrincham&district AC	24:27
3	251	Tessa Walker		Salford H&ac	25:04
4	408	Katie White		Sale H Manchester	25:34
5	199	Gemma Connolly		St Helens Sutton AC	25:34
6	1044	\$Amy Talbot		Unattached	25:58
7	389	Kate Titlow		Vale Royal AC	26:10
8	262	Lyndsay Clarke		Stockport H&ac	26:18
9	386	Amber Magee		MMU Harriers	27:04
10	79	Paula Nimmo		Macclesfield H&ac	28:35
11	132	Rachel Hall		Manchester Triathlon	28:44
12	74	Angela Markley		Macclesfield H&ac	28:49
13	56	Holly Teague		E Cheshire H&tameside AC	28:52
14	379	Fiona Neill		Trafford AC	29:12
15	80	Daisy Pickles		Macclesfield H&ac	29:14
16	61	Helen Murray		Knutsford Tri Club	29:38
17	185	Rachael Fishwick		St Helens Striders	29:42
18	255	Olivia McDermott		Salford Met AC	29:47
19	247	Laura Nash		Salford H&ac	29:54
20	156	Hannah Brierley		Manchester Ymca H	30:01

Senior Women (Vets) aged 35 to 39

Pos	Num	Name	Cat/Pos	Club	Time
1	355	Diane McVey	L35	1 Wilmslow RC	24:58
2	369	Sarah Kearney	L35	2 Wirral AC	26:03
3	81	Kristy Readman	L35	3 Macclesfield H&ac	26:41
4	120	Rebecca Brand	L35	4 Manchester Triathlon	28:13
5	193	Claire Murphy	L35	5 St Helens Striders	28:26
6	339	Diane Bygrave	L35	6 Wilmslow RC	29:35
7	332	Sophia Rees	L35	7 Vale Royal AC	29:50
8	410	Kate Mills	L35	8 Knutsford Tri Club	29:54
9	302	Claire Chaffer	L35	9 Trafford AC	30:20
10	119	Sophie Barnett	L35	10 Manchester Triathlon	30:36
11	279	Amanda Trivett	L35	11 Stockport H&ac	31:49

Senior Women (Vets) aged 40 to 44

Pos	Num	Name	Cat/Pos	Club	Time
1	350	Sharon Johnstone	L40	1 Wilmslow RC	26:25
2	342	Janine Ellis	L40	2 Wilmslow RC	28:18
3	294	Lauren Marsden	L40	3 Swinton RC	28:29
4	44	Emma Young	L40	4 Bramhall Runners	30:25
5	359	Huma Rahman	L40	5 Wilmslow RC	30:31
6	40	Vikki Murphy	L40	6 Bramhall Runners	30:34
7	374	Julia Eccleston	L40	7 St Helens Sutton AC	31:07
8	202	Sonya Monaghan	L40	8 St Helens Sutton AC	31:32
9	165	Emma Ball	L40	9 Middleton H&ac	31:59
10	170	Michelle Fuller	L40	10 Middleton H&ac	32:34
11	413	Louise Hogg	L40	11 St Helens Sutton AC	32:42
12	115	Ruth Travis	L40	12 Manchester Frontrunners	32:53
13	293	Yvette Jeal	L40	13 Swinton RC	33:12

Senior Women (Vets) aged 45 to 49

Pos	Num	Name	Cat/Pos	Club	Time
1	304	Alison Drasdo	L45	1 Trafford AC	28:42
2	309	Joanne Lott	L45	2 Trafford AC	28:59
3	54	Janine Ridgard	L45	3 E Cheshire H&tameside AC	29:51
4	192	April Morgan	L45	4 St Helens Striders	30:27
5	195	Julie Pennington	L45	5 St Helens Striders	30:39
6	366	Caroline Brophy	L45	6 Wirral AC	31:09
7	82	Hanny Stockman	L45	7 Macclesfield H&ac	31:27
8	126	Claire Deane	L45	8 Manchester Triathlon	31:34
9	1045	\$Diane Mellor	L45	9 Pennine Fell Runners	32:05
10	33	Alison Cardwell	L45	10 Bramhall Runners	32:22
11	351	Sharon Jones	L45	11 Wilmslow RC	32:36

Senior Women (Vets) aged 50 to 54

Pos	Num	Name	Cat/Pos	Club	Time
1	344	Sally Gilliver	L50	1 Wilmslow RC	29:29
2	335	Mary Tavener	L50	2 Vale Royal AC	31:24
3	416	Catherine Hurst	L50	3 Trafford AC	32:13
4	235	Karen Sheen	L50	4 Sale H Manchester	33:59
5	99	Ann McLaughlin	L50	5 Manchester H&ac	34:08
6	352	Julie Lucas	L50	6 Wilmslow RC	34:25
7	20	Cecilia Boodhoo	L50	7 Belle Vue Racers	36:17
8	91	Diane Frost	L50	8 Manchester H&ac	36:27
9	11	Maggie Jones	L50	9 Altrincham&district AC	38:14
10	174	Fiona Lamb	L50	10 Middleton HAC	39:36

Senior Women (Vets) aged 55 to 59

Pos	Num	Name	Cat/Pos	Club	Time
1	357	Nicky Mowat	L55	1 Wilmslow RC	31:11
2	24	Annie Hirsch	L55	2 Belle Vue Racers	32:21
3	167	Christine Comerford	L55	3 Middleton HAC	33:48
4	283	Hilary West	L55	4 Stockport H&ac	35:03
5	173	Alyson Lamb	L55	5 Middleton HAC	47:57

Senior Women — PROVISIONAL RESULTS (\$=non-counter)

Pos	Num	Name	Cat/Pos	Club	Time
1	375	Lucy O'Gorman		Sale H Manchester	23:43
2	18	Olivia Walwyn		Altrincham&district AC	24:27
3	368	Emily Kearney	U20	1 Wirral AC	24:56
4	355	Diane McVey	L35	1 Wilmslow RC	24:58
5	251	Tessa Walker		Salford H&ac	25:04
6	212	Megan Davies	U20	2 Sale H Manchester	25:23
7	408	Katie White		Sale H Manchester	25:34
8	199	Gemma Connolly		St Helens Sutton AC	25:34
9	1044	\$Amy Talbot		Unattached	25:58
10	369	Sarah Kearney	L35	2 Wirral AC	26:03
11	389	Kate Titlow		Vale Royal AC	26:10
12	262	Lyndsay Clarke		Stockport H&ac	26:18
13	350	Sharon Johnstone	L40	1 Wilmslow RC	26:25
14	81	Kristy Readman	L35	3 Macclesfield H&ac	26:41
15	386	Amber Magee		MMU Harriers	27:04
16	65	Olivia Perez	U20	3 Liverpool H & AC	27:18
17	224	Imani Modahl	U20	4 Sale H Manchester	27:39
18	331	Emma Pyatt	U20	5 Vale Royal AC	27:47
19	120	Rebecca Brand	L35	4 Manchester Triathlon	28:13
20	342	Janine Ellis	L40	2 Wilmslow RC	28:18
21	193	Claire Murphy	L35	5 St Helens Striders	28:26
22	294	Lauren Marsden	L40	3 Swinton RC	28:29
23	10	Ann-Marie Jones	L60	1 Altrincham&district AC	28:33
24	79	Paula Nimmo		Macclesfield H&ac	28:35
25	404	Jade Evans	U20	6 Vale Royal AC	28:40
26	304	Alison Drasdo	L45	1 Trafford AC	28:42
27	132	Rachel Hall		Manchester Triathlon	28:44
28	74	Angela Markley		Macclesfield H&ac	28:49
29	56	Holly Teague		E Cheshire H&tameside AC	28:52
30	309	Joanne Lott	L45	2 Trafford AC	28:59
31	379	Fiona Neill		Trafford AC	29:12
32	80	Daisy Pickles		Macclesfield H&ac	29:14
33	344	Sally Gilliver	L50	1 Wilmslow RC	29:29
34	339	Diane Bygrave	L35	6 Wilmslow RC	29:35
35	61	Helen Murray		Knutsford Tri Club	29:38
36	185	Rachael Fishwick		St Helens Striders	29:42
37	255	Olivia McDermott		Salford Met AC	29:47
38	332	Sophia Rees	L35	7 Vale Royal AC	29:50
39	54	Janine Ridgard	L45	3 E Cheshire H&tameside AC	29:51
40	410	Kate Mills	L35	8 Knutsford Tri Club	29:54
41	247	Laura Nash		Salford H&ac	29:54
42	156	Hannah Brierley		Manchester Ymca H	30:01
43	142	Emily Newton		Manchester Triathlon	30:12
44	302	Claire Chaffer	L35	9 Trafford AC	30:20
45	236	Jennifer Simmons		Sale H Manchester	30:24
46	44	Emma Young	L40	4 Bramhall Runners	30:25
47	0	???		???	30:27
48	192	April Morgan	L45	4 St Helens Striders	30:27
49	359	Huma Rahman	L40	5 Wilmslow RC	30:31
50	40	Vikki Murphy	L40	6 Bramhall Runners	30:34
51	119	Sophie Barnett	L35	10 Manchester Triathlon	30:36
52	418	Liz Austen		Trafford AC	30:37
53	195	Julie Pennington	L45	5 St Helens Striders	30:39
54	112	Emma Radcliffe		Manchester Frontrunners	30:47
55	376	Ruth Beresford		Trafford AC	31:03
56	374	Julia Eccleston	L40	7 St Helens Sutton AC	31:07
57	366	Caroline Brophy	L45	6 Wirral AC	31:09
58	357	Nicky Mowat	L55	1 Wilmslow RC	31:11
59	335	Mary Tavener	L50	2 Vale Royal AC	31:24
60	82	Hanny Stockman	L45	7 Macclesfield H&ac	31:27
61	417	Sally Teague		E Cheshire H&tameside AC	31:31
62	202	Sonya Monaghan	L40	8 St Helens Sutton AC	31:32
63	272	Cheryl Rock		Stockport H&ac	31:32
64	126	Claire Deane	L45	8 Manchester Triathlon	31:34
65	279	Amanda Trivett	L35	11 Stockport H&ac	31:49
66	28	Carmel Salvidge		Belle Vue Racers	31:54
67	117	Chloe Ashcroft		Manchester Triathlon	31:55
68	291	Julie Hamilton	L35	12 Swinton RC	31:57
69	165	Emma Ball	L40	9 Middleton HAC	31:59

Senior Women (Vets) aged 60 to 64

Pos	Num	Name	Cat/Pos	Club	Time
1	10	Ann-Marie Jones	L60	1 Altrincham&district AC	28:33
2	305	Sue Exon	L60	2 Trafford AC	34:00
3	198	Pam Appleton	L60	3 St Helens Sutton AC	36:14
4	337	Carole Williams	L60	4 Vale Royal AC	38:13
5	171	Ruth Hare	L60	5 Middleton HAC	39:37

Senior Women (Vets) aged 65 to 69

Pos	Num	Name	Cat/Pos	Club	Time
1	169	Christine Eckersley	L65	1 Middleton HAC	36:44
2	372	Frances Mudway	L65	2 West Cheshire Athletic Club	37:39

Manchester Area Cross Country League at Sherdley Park, St Helens on Saturday 7th December 2013

Senior Women — TEAM RESULTS

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

1 Sale H Manchester	30	—	1 Lucy O'Gorman	6 Megan Davies	7 Katie White	16 ImaniModahl
2 Wilmslow RC	67	—	4 Diane McVey	12 Sharon Johnstone	19 JanineEllis	32 Sally Gilliver
3 Vale Royal AC	88	—	10 Kate Titlow	17 EmmaPyatt	24 Jade Evans	37 Sophia Rees
4 Macclesfield H&ac	94	—	13 Kristy Readman	23 Paula Nimmo	27 Angela Markley	31 Daisy Pickles
5 Trafford AC	127	—	25 Alison Drasdo	29 Joanne Lott	30 Fiona Neill	43 Claire Chaffer
6 Manchester Triathlon	135	—	18 Rebecca Brand	26 Rachel Hall	42 Emily Newton	49 Sophie Barnett
7 St Helens Striders	152	—	20 Claire Murphy	35 Rachael Fishwick	46 April Morgan	51 Julie Pennington
8 Wirral AC	156	—	3 Emily Kearney	9 Sarah Kearney	55 Caroline Brophy	89 Rachel Bainbridge
9 St Helens Sutton AC	197	—	8 Gemma Connolly	54 Julia Eccleston	60 Sonya Monaghan	75 Louise Hogg
10 Wilmslow RC 'B'	209	—	33 Diane Bygrave	47 Huma Rahman	56 Nicky Mowat	73 Sharon Jones
11 E Cheshire H&tameside AC	217	—	28 Holly Teague	38 Janine Ridgard	59 Sally Teague	92 Clare Dignan
12 Stockport H&ac	234	—	11 Lyndsay Clarke	61 Cheryl Rock	63 Amanda Trivett	99 Hilary West
13 Bramhall Runners	238	—	45 Emma Young	48 Vikki Murphy	71 Alison Cardwell	74 Claire Stott
14 Trafford AC 'B'	258	—	50 Liz Austen	53 Ruth Beresford	69 Catherine Hurst	86 Sue Exon
15 Swinton RC	264	—	21 Lauren Marsden	66 Julie Hamilton	80 Yvette Jeal	97 Lisa Ottiwell
16 Manchester Triathlon 'B'	299	—	62 Claire Deane	65 Chloe Ashcroft	78 Alexa Good	94 Sarka Jeremic
17 Middleton H AC	312	—	67 Emma Ball	72 Michelle Fuller	82 Christine Comerford	91 Karen Hallett
18 Manchester Frontrunners	318	—	52 Emma Radcliffe	76 Ruth Travis	83 Linda Rix	107 Emma Reilly
19 Belle Vue Racers	357	—	64 Carmel Salvidge	70 Annie Hirsch	106 Cecilia Boodhoo	117 Julia Foy
20 Manchester H&ac	400	—	87 Catherine Barlow	88 Ann McLaughlin	109 Diane Frost	116 Debbie Beresford
21 St Helens Striders 'B'	414	—	100 Jo Jackson	101 Kate Taggart	103 Louise Jeffrey-Reid	110 Rebecca McKenna
22 Manchester Triathlon 'C'	420	—	96 Gillian Aspin	98 Helen Jaques	108 Bethan Habron-James	118
			Michelle Wilder			
23 Middleton H AC 'B'	440	—	102 Catherine Murphy	104 Elaine Blades-Jordan	111 Christine Eckersley	123 Fiona Lamb

Senior Women aged 17 to 19 — TEAM RESULTS

No complete teams

Senior Women (Vets) — TEAM RESULTS

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

1 Wilmslow RC	10	—	1 Diane McVey	3 Sharon Johnstone	6 Janine Ellis
2 Trafford AC	38	—	10 Alison Drasdo	11 Joanne Lott	17 Claire Chaffer
3 Wilmslow RC 'B'	45	—	12 Sally Gilliver	13 Diane Bygrave	20 Huma Rahman
4 St Helens Striders	49	—	7 Claire Murphy	19 April Morgan	23 Julie Pennington
5 Manchester Triathlon	57	—	5 Rebecca Brand	22 Sophie Barnett	30 Claire Deane
6 Bramhall Runners	76	—	18 Emma Young	21 Vikki Murphy	37 Alison Cardwell
7 Wirral AC	80	—	2 Sarah Kearney	25 Caroline Brophy	53 Rachel Bainbridge
8 Swinton RC	84	—	8 Lauren Marsden	32 Julie Hamilton	44 Yvette Jeal
9 St Helens Sutton AC	93	—	24 Julia Eccleston	29 Sonya Monaghan	40 Louise Hogg
10 Wilmslow RC 'C'	108	—	26 Nicky Mowat	39 Sharon Jones	43 Carolyn Hirons
11 Middleton H AC	117	—	33 Emma Ball	38 Michelle Fuller	46 Christine Comerford
12 Vale Royal AC	118	—	14 Sophia Rees	27 Mary Tavener	77 Carole Williams
13 Manchester H&ac	170	—	51 Catherine Barlow	52 Ann McLaughlin	67 Diane Frost
14 Belle Vue Racers	176	—	36 Annie Hirsch	65 Cecilia Boodhoo	75 Julia Foy
15 Middleton H AC 'B'	180	—	55 Karen Hallett	62 Catherine Murphy	63 Elaine Blades-Jordan
16 Manchester Triathlon 'B'	181	—	57 Sarka Jeremic	58 Gillian Aspin	66 Bethan Habron-James
17 Bramhall Runners 'B'	195	—	42 Nicola Pickford	73 Sara Hall	80 Alison Sheedy
18 St Helens Striders 'B'	201	—	61 Jo Jackson	68 Rebecca McKenna	72 Charlotte Ward
19 Swinton RC 'B'	217	—	59 Lisa Ottiwell	70 Sharen Roberts	88 Mandy Clarkson
20 ABC Runners	218	—	56 Bev Abbey	79 Kath Livingston	83 Adele Fisher
21 Middleton H AC 'C'	232	—	69 Christine Eckersley	81 Fiona Lamb	82 Ruth Hare

Manchester Area Cross Country League

at Sherdley Park, St Helens on Saturday 7th December 2013

Senior Men aged 17 to 19

Pos	Num	Name	Cat/Pos	Club	Time
1	799	Michael Vennard	U20	1 Vale Royal AC	32:45
2	1046	\$Laurie Probert	U20	2 Tonbridge	32:49
3	526	Jack Nixon	U20	3 Stockport H&ac	33:17
4	774	Matt Hulse	U20	4 Vale Royal AC	35:03
5	806	MattHolmes	U20	5 Sale H Manchester	36:13
6	158	Nzimah Akpan	U20	6 Liverpool H&ac	36:23
7	737	Aaron Schofield	U20	7 MMUHarriers	36:57
8	773	Patrick Stradling	U20	8 Vale Royal AC	37:49
9	425	Matthew Metcalf	U20	9 Sale H Manchester	38:49
10	729	Kyle Conway	U20	10 Sale H Manchester	38:49
11	647	Nathan Tipping	U20	11 Vale Royal AC	39:36
12	501	Simon Chadwick	U20	12 Stockport H&ac	40:49
13	278	Nicholas Howarth	U20	13 Manchester Triathlon	40:55
14	55	George Raffle	U20	14 Altrincham&district AC	57:37

Senior Men aged 20 to 39

Pos	Num	Name	Cat/Pos	Club	Time
1	547	Steve Vernon		Stockport H&ac	31:02
2	1040	\$Charlie Maclean		Bristol & West	31:10
3	459	Joe Bailey		Salford H&ac	31:35
4	436	Jamie Roden		Sale H Manchester	31:55
5	524	Jack Morris		Stockport H&ac	32:11
6	413	Gavin Hill		Sale H Manchester	32:21
7	50	David Norman		Altrincham&district AC	32:32
8	481	Stuart Robinson		Salford H&ac	32:37
9	809	Steven Boyton		Sale H Manchester	32:51
10	587	Tom Charles		Trafford AC	32:56
11	480	Ben Riddell		Salford H&ac	33:37
12	514	Jake Littlehales		Stockport H&ac	33:54
13	686	Damian Nicholls		Wilmslow RC	34:02
14	807	James Wgnall		Sale H Manchester	34:03
15	596	Graham Hogg		Trafford AC	34:05
16	557	Matthew Clark		Swinton RC	34:33
17	613	Gavin Tomlinson		Trafford AC	34:51
18	420	David Marsh		Sale H Manchester	35:11
19	769	Bruno Lima		Salford H&ac	35:13
20	692	Peter Speake		Wilmslow RC	35:21
21	166	Matt Bigley		Macclesfield H&ac	36:19
22	594	Timothy Fletcher		Trafford AC	36:23
23	641	Rob Olliver		Vale Royal AC	36:28
24	30	Tom Bush		Altrincham&district AC	36:30
25	84	Nicholas Hicketts		Bramhall Runners	36:43
26	552	Simon Atkin		Swinton RC	36:46
27	583	Daniel Ansell		Trafford AC	36:55
28	570	Andrew Morley		Swinton RC	37:27
29	475	Billy McCartney		Salford H&ac	37:30
30	281	Richard Hyder		Manchester Triathlon	37:32
31	788	Josh Oguntayo		Sale H Manchester	37:43
32	579	Mark Whittington		Swinton RC	37:51
33	165	Chris Bentley		Macclesfield H&ac	37:59
34	588	Richard Clancy		Trafford AC	38:03
35	490	James Wyatt		Salford H&ac	38:06
36	679	Allan McCormick		Wilmslow RC	38:07
37	601	Dave Maher		Trafford AC	38:09
38	369	Tom Griffiths		St Helens Sutton AC	38:34
39	814	Jon Powell		Altrincham&district AC	38:39
40	719	Paul Heron		Manchester H&ac	38:42
41	742	Luke McCrave		MMUHarriers	38:50
42	272	Patrick Hannah		Manchester Triathlon	38:53
43	404	Kevin Foster		Sale H Manchester	39:02
44	318	Mark Griffiths		Manchester Ymca H	39:03
45	59	Neil Walker		Altrincham&district AC	39:38
46	292	Stewart Moore		Manchester Triathlon	39:50
47	144	Richard Kellett		Knutsford Tri Club	40:12
48	791	Gareth Miller		Sale H Manchester	40:16
49	441	Phil Scowcroft		Sale H Manchester	40:17
50	1	Mark Ashton		ABC Runners	40:27
51	228	Jono Guildford		Manchester Frontrunners	40:45
52	793	Paul Connolly		Salford Met AC	41:07
53	219	David Chambers		Manchester Frontrunners	41:44
54	79	Phil Evans		Bramhall Runners	41:54
55	93	John Williams		Bramhall Runners	42:03
56	204	JamesHinde		Manchester H&ac	42:25
57	5	Dominic Byrne		ABC Runners	42:26
58	139	John Goggins		Knutsford Tri Club	42:27
59	811	Jonathan Axon		Salford Met AC	42:31
60	444	Karl Southworth		Sale H Manchester	42:34
61	130	Dennis Thomas		E Cheshire H&tameside AC	42:43
62	597	John Howe		Trafford AC	42:53
63	229	Steve Hatton		Manchester Frontrunners	43:11
64	209	Chris Sewart		Manchester H&ac	43:25
65	580	Liam Wilkinson		Swinton RC	43:29
66	244	Stephen Weigh		Manchester Frontrunners	43:37
67	678	Phil Matthews		Wilmslow RC	43:40
68	140	Ewan Holton		Knutsford Tri Club	43:41
69	74	Adam Bird		Bramhall Runners	43:43
70	695	Matt Taylor		Wilmslow RC	43:54
71	100	Daniel Bamber		E Cheshire H&tameside AC	43:56
72	261	Kevin Cornwall		Manchester Triathlon	44:05
73	322	Rob Kedian		Manchester Ymca H	44:26
74	354	Chris Falls		St Helens Striders	44:55
75	492	Stuart Mairs		Salford Met AC	45:07
76	186	Francis Pyatt		Macclesfield H&ac	45:49
77	247	Damian Aspin		Manchester Triathlon	46:04
78	319	James Gu		Manchester Ymca H	46:31
79	282	Tim Jacobomb		Manchester Triathlon	47:11
80	732	Christian Lyth		Swinton RC	47:18
81	27	Chris Bostock		Altrincham&district AC	47:48
82	243	Adrian Vickers		Manchester Frontrunners	48:01
83	1041	\$Jamie Seddon		Unattached	49:30
84	284	Christopher Jones		Manchester Triathlon	49:35
85	88	Ross Kennedy		Bramhall Runners	50:12
86	236	James Piper		Manchester Frontrunners	52:19
87	575	Andy Smith		Swinton RC	55:15

Senior Men (Vets) aged 40 to 44

Pos	Num	Name	Cat/Pos	Club	Time
1	600	Chris Leigh	V40	1 Trafford AC	34:44
2	611	Ian Salisbury	V40	2 Trafford AC	35:28
3	202	Ed Fazakerley	V40	3 Manchester H&ac	35:35
4	505	James Corden	V40	4 Stockport H&ac	36:53
5	808	Tim Greenald	V40	5 E Cheshire H&tameside AC	36:59
6	386	Carl Barber	V40	6 Sale H Manchester	37:00
7	609	Jeff Prest	V40	7 Trafford AC	37:00
8	714	Glynn Billington	V40	8 Salford H&ac	37:14
9	698	Andy Whittingham	V40	9 Wilmslow RC	37:16
10	117	Kevin Jowett	V40	10 E Cheshire H&tameside AC	37:18
11	650	Bary Archbold	V40	11 Wilmslow RC	37:20
12	306	Stephen Taylor	V40	12 Manchester Triathlon	37:34
13	18	Peter Abraham	V40	13 Altrincham&district AC	38:05
14	689	JimPendril	V40	14 Wilmslow RC	38:29
15	400	Elton Davies	V40	15 Sale H Manchester	38:35
16	380	Andrew Wilson	V40	16 St Helens Sutton AC	38:50
17	478	James O'Connor	V40	17 Salford H&ac	38:56
18	87	Ian Keeling	V40	18 Bramhall Runners	38:59
19	701	John Cross	V40	19 Wirral AC	39:19
20	316	Lee Dunn	V40	20 Manchester Ymca H	39:28
21	91	Frank Podd	V40	21 Bramhall Runners	40:39
22	644	Craig Sephton	V40	22 Vale Royal AC	40:44
23	181	Steven Millar	V40	23 Macclesfield H&ac	41:08
24	43	Shaun Jackson	V40	24 Altrincham&district AC	41:29
25	372	Chris Levy	V40	25 St Helens Sutton AC	41:37
26	685	Adam Neale	V40	26 Wilmslow RC	41:43
27	90	Li Lok	V40	27 Bramhall Runners	42:02
28	14	Matt Shillabeer	V40	28 ABC Runners	42:06
29	85	Mike Hodson	V40	29 Bramhall Runners	42:30
30	562	Stuart Ellis	V40	30 Swinton RC	43:21
31	704	Ronan Kearney	V40	31 Wirral AC	43:34
32	723	Ian Roberts	V40	32 St Helens Sutton AC	44:13
33	280	Steve Hughes	V40	33 Manchester Triathlon	44:23
34	801	Jonathon Ford	V40	34 St Helens Sutton AC	45:28
35	15	Lee Stinch	V40	35 ABC Runners	45:56
36	456	Michael Wymer	V40	36 Sale H Manchester	47:32
37	800	Gary Oldham	V40	37 St Helens Sutton AC	48:11
38	360	Simon Poole	V40	38 St Helens Striders	49:00
39	796	Mark Derbyshire	V40	39 ABC Runners	53:05

Manchester Area Cross Country League

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Senior Men (Vets) aged 45 to 49

Pos	Num	Name	Cat/Pos	Club	Time	
1	662	Rob Downs	V45 1	Wilmslow RC	35:04	
2	474	Dave Lockett	V45 2	Salford H&ac	35:30	
3	460	Paul Birkett	V45 3	Salford H&ac	37:25	
4	598	Mike Hutchinson	V45 4	Trafford AC	38:10	
5	534	Peter Rogers	V45 5	Stockport H&ac	38:10	
6	184	James Noakes	V45 6	Macclesfield H&ac	38:22	
7	317	David Garner	V45 7	Manchester Ymca H	38:51	
8	9	Mark Livingston	V45 8	ABC Runners	39:09	
9	699	Rob Wilson	V45 9	Wilmslow RC	39:12	
10	350	Kevin Brennan	V45 10	St Helens Striders	39:13	
11	518	Graham Marsland	V45 11	Stockport H&ac	39:16	
12	39	Dave Gilchrist	V45 12	Altrincham&district AC	39:18	
13	368	Barry Graney	V45 13	St Helens Sutton AC	39:21	
14	671	Mike Hill	V45 14	Wilmslow RC	39:56	
15	370	Ian Hayburn	V45 15	St Helens Sutton AC	39:58	
16	72	Paul Beckett	V45 16	Bramhall Runners	40:20	
17	283	Tim Johns	V45 17	Manchester Triathlon	40:24	
18	482	Mark Seed	V45 18	Salford H&ac	40:42	
19	13	Simon Plumtree	V45 19	ABC Runners	41:13	
20	803	Paul Gray	V45 20	Liverpool H&ac	41:15	
21	293	John Murray	V45 21	Manchester Triathlon	41:48	
22	672	Richard Hirons	V45 22	Wilmslow RC	41:50	
23	155	Paul Wain	V45 23	Knutsford Tri Club	41:53	
					47 327 Steve Symons	
					48 1047 \$Gary Roberts	
				V45 24	St Helens Striders	41:55
				V45 25	Manchester Triathlon	42:18
				V45 26	Manchester Frontrunners	42:35
				V45 27	St Helens Striders	43:41
				V45 28	Bramhall Runners	44:29
				V45 29	E Cheshire H&tameside AC	44:37
				V45 30	Salford Met AC	44:46
				V45 31	Bramhall Runners	44:48
				V45 32	Wilmslow RC	45:30
				V45 33	Manchester Ymca H	45:55
				V45 34	ABC Runners	46:04
				V45 35	Middleton HAC	46:09
				V45 36	Trafford AC	46:20
				V45 37	John Smee	46:29
				V45 38	Salford Met AC	46:29
				V45 39	Sale H Manchester	46:34
				V45 40	St Helens Sutton AC	46:42
				V45 41	Manchester Triathlon	46:55
				V45 42	Wilmslow RC	47:02
				V45 43	St Helens Striders	47:26
				V45 44	Macclesfield H&ac	48:41
				V45 45	Liverpool H&ac	50:15
				V45 46	Vale Royal AC	50:58
				V45 47	Manchester Ymca H	51:45
				V45 48	Unattached	54:59

Senior Men (Vets) aged 50 to 54

Pos	Num	Name	Cat/Pos	Club	Time	
1	463	Derek Crewe	V50 1	Salford H&ac	36:48	
2	677	Graham Macneill	V50 2	Wilmslow RC	37:08	
3	120	Gary Matthews	V50 3	E Cheshire H&tameside AC	37:23	
4	802	John Greenall	V50 4	St Helens Sutton AC	37:56	
5	682	Trevor Morris	V50 5	Wilmslow RC	38:32	
6	126	Stephen Robinson	V50 6	E Cheshire H&tameside AC	39:23	
7	561	Steve Doxey	V50 7	Swinton RC	40:04	
8	433	Aiden Raftery	V50 8	Sale H Manchester	40:33	
9	56	Tim Raffle	V50 9	Altrincham&district AC	40:35	
10	431	Steve Parry	V50 10	Sale H Manchester	41:21	
11	114	Derek Hughes	V50 11	E Cheshire H&tameside AC	41:32	
12	193	Gary Willcock	V50 12	Macclesfield H&ac	41:47	
13	376	Andrew O'Connor	V50 13	St Helens Sutton AC	42:01	
14	250	Lee Benson	V50 14	Manchester Triathlon	42:34	
15	585	Vinny Booth	V50 15	Trafford AC	42:44	
				V50 16	Wilmslow RC	43:01
				V50 17	Wilmslow RC	44:01
				V50 18	St Helens Sutton AC	44:10
				V50 19	Salford Met AC	45:47
				V50 20	Manchester Triathlon	46:15
				V50 21	St Helens Sutton AC	46:16
				V50 22	Macclesfield H&ac	47:45
				V50 23	Bramhall Runners	47:49
				V50 24	Macclesfield H&ac	48:29
				V50 25	Middleton HAC	51:40
				V50 26	Altrincham&district AC	52:06
				V50 27	Manchester H&ac	53:45
				V50 28	Middleton HAC	57:04
				V50 29	Vale Royal AC	59:48
				V50 9	Sale H Manchester	47:42
				V50 10	E Cheshire H&tameside AC	49:52
				V55 11	Manchester Ymca H	50:20
				V55 12	Altrincham&district AC	51:05
				V55 13	Manchester Ymca H	52:04
				V55 14	Altrincham&district AC	52:15
				V55 15	Wilmslow RC	56:47

Senior Men (Vets) aged 55 to 59

Pos	Num	Name	Cat/Pos	Club	Time	
1	680	Tom McGaff	V55 1	Wilmslow RC	37:57	
2	538	Steve Shaughnessy	V55 2	Stockport H&ac	40:52	
3	746	Roland Robson	V55 3	Middleton HAC	44:15	
4	634	John Clarke	V55 4	Vale Royal AC	44:32	
5	503	David Chrystie-Lowe	V55 5	Stockport H&ac	45:55	
6	487	Gary Thomason	V55 6	Salford H&ac	46:07	
7	510	Tim Hargreaves	V55 7	Stockport H&ac	46:45	
8	344	Craig Sutherland	V55 8	Middleton HAC	47:37	
				9 382	Miran Aprahamian	47:42
				10 101	Howard Bamber	49:52
				11 315	Geoff Cotterill	50:20
				12 46	Tom Lavin	51:05
				13 324	Mike O'Brien	52:04
				14 44	Mike Jones	52:15
				15 656	Don Bullough	56:47

Senior Men (Vets) aged 60 to 64

Pos	Num	Name	Cat/Pos	Club	Time	
1	804	Stanley Owen	V60 1	Salford H&ac	37:37	
2	496	Len Best	V60 2	Stockport H&ac	40:13	
3	105	Francis Day	V60 3	E Cheshire H&tameside AC	41:50	
4	542	Robert Taylor	V60 4	Stockport H&ac	43:07	
5	730	John Appleton	V60 5	St Helens Sutton AC	44:45	
6	357	Brian Middleton	V60 6	St Helens Striders	45:18	
7	666	Geoff Gilbert	V60 7	Wilmslow RC	46:01	
				8 486	Thomas Temple	47:58
				9 681	Gavin Mendham	49:13
				10 325	Jon Paramor	50:05
				11 442	Martin Smedley	52:03
				12 89	John Leah	57:32
				13 493	Alan Thomas	1:00:33

Senior Men (Vets) aged 65 to 69

Pos	Num	Name	Cat/Pos	Club	Time
1	201	Michael Cunningham	V65 1	Manchester H&ac	46:43
2	332	Barry Fairbrother	V65 2	Middleton HAC	50:37
3	465	Tom Daniels	V65 3	Salford H&ac	51:11

Senior Men (Vets) over 70

Pos	Num	Name	Cat/Pos	Club	Time
1	477	Vincent Murphy	V70 1	Salford H&ac	48:52
2	663	Trevor Faulkner	V70 2	Wilmslow RC	1:00:58

Manchester Area Cross Country League

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

Pos	Num	Name	Cat/Pos	Club	Time	85	404	Kevin Foster	Sale H Manchester	39:02
1	547	Steve Vernon		Stockport H&ac	31:02	85	404	Kevin Foster	Sale H Manchester	39:02
2	1040	\$Charlie Maclean		Bristol & West	31:10	86	318	Mark Griffiths	Manchester Ymca H	39:03
3	459	Joe Bailey		Salford H&ac	31:35	87	9	Mark Livingston	V45 8 ABC Runners	39:09
4	436	Jamie Roden		Sale H Manchester	31:55	88	699	Rob Wilson	V45 9 Wilmslow RC	39:12
5	524	Jack Morris		Stockport H&ac	32:11	89	350	Kevin Brennan	V45 10 St Helens Striders	39:13
6	413	Gavin Hill		Sale H Manchester	32:21	90	518	Graham Marsland	V45 11 Stockport H&ac	39:16
7	50	David Norman		Altrincham&district AC	32:32	91	39	Dave Gilchrist	V45 12 Altrincham&district AC	39:18
8	481	Stuart Robinson		Salford H&ac	32:37	92	701	John Cross	V40 19 Wirral AC	39:19
9	799	Michael Vennard	U20 1	Vale Royal AC	32:45	93	368	Barry Graney	V45 13 St Helens Sutton AC	39:21
10	1046	\$Laurie Probert	U20 2	Tonbridge	32:49	94	126	Stephen Robinson	V50 6 E Cheshire H&tameside AC	39:23
11	809	Steven Boyton		Sale H Manchester	32:51	95	316	Lee Dunn	V40 20 Manchester Ymca H	39:28
12	587	Tom Charles		Trafford AC	32:56	96	647	Nathan Tipping	U20 11 Vale Royal AC	39:36
13	526	Jack Nixon	U20 3	Stockport H&ac	33:17	97	59	Neil Walker	Altrincham&district AC	39:38
14	480	Ben Riddell		Salford H&ac	33:37	98	292	Stewart Moore	Manchester Triathlon	39:50
15	514	Jake Littlehales		Stockport H&ac	33:54	99	671	Mike Hill	V45 14 Wilmslow RC	39:56
16	686	Damian Nicholls		Wilmslow RC	34:02	100	370	Ian Hayburn	V45 15 St Helens Sutton AC	39:58
17	807	James Wgnall		Sale H Manchester	34:03	101	561	Steve Doney	V50 7 Swinton RC	40:04
18	596	Graham Hogg		Trafford AC	34:05	102	144	Richard Kellett	Knutsford Tri Club	40:12
19	557	Matthew Clark		Swinton RC	34:33	103	496	Len Best	V60 2 Stockport H&ac	40:13
20	600	Chris Leigh	V40 1	Trafford AC	34:44	104	791	Gareth Miller	Sale H Manchester	40:16
21	613	Gavin Tomlinson		Trafford AC	34:51	105	441	Phil Scowcroft	Sale H Manchester	40:17
22	774	Matt Hulse	U20 4	Vale Royal AC	35:03	106	72	Paul Beckett	V45 16 Bramhall Runners	40:20
23	662	Rob Downs	V45 1	Wilmslow RC	35:04	107	283	Tim Johns	V45 17 Manchester Triathlon	40:24
24	420	David Marsh		Sale H Manchester	35:11	108	1	Mark Ashton	ABC Runners	40:27
25	769	Bruno Lima		Salford H&ac	35:13	109	433	Aiden Rafferty	V50 8 Sale H Manchester	40:33
26	692	Peter Speake		Wilmslow RC	35:21	110	56	Tim Raffle	V50 9 Altrincham&district AC	40:35
27	611	Ian Salisbury	V40 2	Trafford AC	35:28	111	91	Frank Podd	V40 21 Bramhall Runners	40:39
28	474	Dave Lockett	V45 2	Salford H&ac	35:30	112	482	Mark Seed	V45 18 Salford H&ac	40:42
29	202	Ed Fazakerley	V40 3	Manchester H&ac	35:35	113	644	Craig Sephton	V40 22 Vale Royal AC	40:44
30	806	Matt Holmes	U20 5	Sale H Manchester	36:13	114	228	Jono Guildford	Manchester Frontrunners	40:45
31	166	Matt Bigley		Macclesfield H&ac	36:19	115	501	Simon Chadwick	U20 12 Stockport H&ac	40:49
32	158	Nzimah Akpan	U20 6	Liverpool H&ac	36:23	116	538	Steve Shaughnessy	V55 2 Stockport H&ac	40:52
33	594	Timothy Fletcher		Trafford AC	36:23	117	278	Nicholas Howarth	U20 13 Manchester Triathlon	40:55
34	641	Rob Olliver		Vale Royal AC	36:28	118	793	Paul Connolly	Salford Met AC	41:07
35	30	Tom Bush		Altrincham&district AC	36:30	119	181	Steven Miller	V40 23 Macclesfield H&ac	41:08
36	84	Nicholas Hicketts		Bramhall Runners	36:43	120	13	Simon Plumtree	V45 19 ABC Runners	41:13
37	552	Simon Atkin		Swinton RC	36:46	121	803	Paul Gray	V45 20 Liverpool H&ac	41:15
38	463	Derek Crewe	V50 1	Salford H&ac	36:48	122	431	Steve Parry	V50 10 Sale H Manchester	41:21
39	505	James Corden	V40 4	Stockport H&ac	36:53	123	43	Shaun Jackson	V40 24 Altrincham&district AC	41:29
40	583	Daniel Ansell		Trafford AC	36:55	124	114	Derek Hughes	V50 11 E Cheshire H&tameside AC	41:32
41	737	Aaron Schofield	U20 7	MMU Harriers	36:57	125	372	Chris Levy	V40 25 St Helens Sutton AC	41:37
42	808	Tim Greenald	V40 5	E Cheshire H&tameside AC	36:59	126	685	Adam Neale	V40 26 Wilmslow RC	41:43
43	386	Carl Barber	V40 6	Sale H Manchester	37:00	127	219	David Chambers	Manchester Frontrunners	41:44
44	609	Jeff Prest	V40 7	Trafford AC	37:00	128	193	Gary Willcock	V50 12 Macclesfield H&ac	41:47
45	677	Graham Macneill	V50 2	Wilmslow RC	37:08	129	293	John Murray	V45 21 Manchester Triathlon	41:48
46	714	Glynn Billington	V40 8	Salford H&ac	37:14	130	105	Francis Day	V60 3 E Cheshire H&tameside AC	41:50
47	698	Andy Whittingham	V40 9	Wilmslow RC	37:16	131	672	Richard Hiron	V45 22 Wilmslow RC	41:50
48	117	Kevin Jowett	V40 10	E Cheshire H&tameside AC	37:18	132	155	Paul Wain	V45 23 Knutsford Tri Club	41:53
49	650	Barry Archbold	V40 11	Wilmslow RC	37:20	133	79	Phil Evans	Bramhall Runners	41:54
50	120	Gary Matthews	V50 3	E Cheshire H&tameside AC	37:23	134	353	Paul Demore	V45 24 St Helens Striders	41:55
51	460	Paul Birkett	V45 3	Salford H&ac	37:25	135	376	Andrew O'Connor	V50 13 St Helens Sutton AC	42:01
52	570	Andrew Morley		Swinton RC	37:27	136	90	Li Lok	V40 27 Bramhall Runners	42:02
53	475	Billy McCartney		Salford H&ac	37:30	137	93	John Williams	Bramhall Runners	42:03
54	281	Richard Hyder		Manchester Triathlon	37:32	138	14	Matt Shillabeer	V40 28 ABC Runners	42:06
55	306	Stephen Taylor	V40 12	Manchester Triathlon	37:34	139	301	Paul Schofield	V45 25 Manchester Triathlon	42:18
56	804	Stanley Owen	V60 1	Salford H&ac	37:37	140	204	James Hinde	Manchester H&ac	42:25
57	788	Josh Oguntayo		Sale H Manchester	37:43	141	5	Dominic Byrne	ABC Runners	42:26
58	773	Patrick Stradling	U20 8	Vale Royal AC	37:49	142	139	John Goggins	Knutsford Tri Club	42:27
59	579	Mark Whittington		Swinton RC	37:51	143	85	Mike Hodson	V40 29 Bramhall Runners	42:30
60	802	John Greenall	V50 4	St Helens Sutton AC	37:56	144	811	Jonathan Axon	Salford Met AC	42:31
61	680	Tom McGaff	V55 1	Wilmslow RC	37:57	145	250	Lee Benson	V50 14 Manchester Triathlon	42:34
62	165	Chris Bentley		Macclesfield H&ac	37:59	146	444	Karl Southworth	Sale H Manchester	42:34
63	588	Richard Clancy		Trafford AC	38:03	147	239	Roberto Raso	V45 26 Manchester Frontrunners	42:35
64	18	Peter Abraham	V40 13	Altrincham&district AC	38:05	148	130	Dennis Thomas	E Cheshire H&tameside AC	42:43
65	490	James Wyatt		Salford H&ac	38:06	149	585	Vinny Booth	V50 15 Trafford AC	42:44
66	679	Allan McCormick		Wilmslow RC	38:07	150	597	John Howe	Trafford AC	42:53
67	601	Dave Maher		Trafford AC	38:09	151	652	Jon Bale	V50 16 Wilmslow RC	43:01
68	598	Mike Hutchinson	V45 4	Trafford AC	38:10	152	542	Robert Taylor	V60 4 Stockport H&ac	43:07
69	534	Peter Rogers	V45 5	Stockport H&ac	38:10	153	229	Steve Hatton	Manchester Frontrunners	43:11
70	184	James Noakes	V45 6	Macclesfield H&ac	38:22	154	562	Stuart Ellis	V40 30 Swinton RC	43:21
71	689	Jim Pendrill	V40 14	Wilmslow RC	38:29	155	209	Chris Sewart	Manchester H&ac	43:25
72	682	Trevor Morris	V50 5	Wilmslow RC	38:32	156	580	Liam Wilkinson	Swinton RC	43:29
73	369	Tom Griffiths		St Helens Sutton AC	38:34	157	704	Ronan Kearney	V40 31 Wirral AC	43:34
74	400	Elton Davies	V40 15	Sale H Manchester	38:35	158	244	Stephen Weigh	Manchester Frontrunners	43:37
75	814	Jon Powell		Altrincham&district AC	38:39	159	678	Phil Matthews	Wilmslow RC	43:40
76	719	Paul Heron		Manchester H&ac	38:42	160	358	Kevin Monaghan	V45 27 St Helens Striders	43:41
77	425	Matthew Metcalf	U20 9	Sale H Manchester	38:49	161	140	Ewan Holton	Knutsford Tri Club	43:41
78	729	Kyle Conway	U20 10	Sale H Manchester	38:49	162	74	Adam Bird	Bramhall Runners	43:43
79	742	Luke McCrave		MMU Harriers	38:50	163	695	Matt Taylor	Wilmslow RC	43:54
80	380	Andrew Wilson	V40 16	St Helens Sutton AC	38:50	164	100	Daniel Bamber	E Cheshire H&tameside AC	43:56
81	317	David Garner	V45 7	Manchester Ymca H	38:51	165	797	Steve Dempsey	V50 17 Wilmslow RC	44:01
82	272	Patrick Hannah		Manchester Triathlon	38:53	166	261	Kevin Cornwell	Manchester Triathlon	44:05
83	478	James O'Connor	V40 17	Salford H&ac	38:56	167	373	Mark Liptrot	V50 18 St Helens Sutton AC	44:10
84	87	Ian Keeling	V40 18	Bramhall Runners	38:59	168	723	Ian Roberts	V40 32 St Helens Sutton AC	44:13

169 746	Roland Robson	V55 3	Middleton H&C	44:15	211 191	Alan Webster	V50 22	Macclesfield H&ac	47:45
170 280	Steve Hughes	V40 33	Manchester Triathlon	44:23	212 27	Chris Bostock		Altrincham&district AC	47:48
171 322	Rob Kedian		Manchester Ymca H	44:26	213 86	Steve Hughes	V50 23	Bramhall Runners	47:49
172 82	Richard Hall	V45 28	Bramhall Runners	44:29	214 486	Thomas Temple	V60 8	Salford H&ac	47:58
173 634	John Clarke	V55 4	Vale Royal AC	44:32	215 243	Adrian Vickers		Manchester Frontrunners	48:01
174 102	John Bowker	V45 29	E Cheshire H&tameside AC	44:37	216 800	Gary Oldham	V40 37	St Helens Sutton AC	48:11
175 730	John Appleton	V60 5	St Helens Sutton AC	44:45	217 192	Mark Wheelton	V50 24	Macclesfield H&ac	48:29
176 491	Chris Jones	V45 30	Salford Met AC	44:46	218 178	Steve Lomas	V45 44	Macclesfield H&ac	48:41
177 80	Steve Fairclough	V45 31	Bramhall Runners	44:48	219 477	Vincent Murphy	V70 1	Salford H&ac	48:52
178 354	Chris Falls		St Helens Striders	44:55	220 360	Simon Poole	V40 38	St Helens Striders	49:00
179 492	Stuart Mairs		Salford Met AC	45:07	221 681	Gavin Mendham	V60 9	Wilmslow RC	49:13
180 357	Brian Middleton	V60 6	St Helens Striders	45:18	222 1041	\$Jamie Seddon		Unattached	49:30
181 801	Jonathon Ford	V40 34	St Helens Sutton AC	45:28	223 284	Christopher Jones		Manchester Triathlon	49:35
182 805	Steve Bunker	V45 32	Wilmslow RC	45:30	224 101	Howard Bamber	V55 10	E Cheshire H&tameside AC	49:52
183 780	Nigel Burke	V50 19	Salford Met AC	45:47	225 325	Jon Paramor	V60 10	Manchester Ymca H	50:05
184 186	Francis Pyatt		Macclesfield H&ac	45:49	226 88	Ross Kennedy		Bramhall Runners	50:12
185 503	David Chrystie-Lowe	V55 5	Stockport H&ac	45:55	227 775	Ian Wood	V45 45	Liverpool H&ac	50:15
186 314	Paul Cooper	V45 33	Manchester Ymca H	45:55	228 315	Geoff Cotterill	V55 11	Manchester Ymca H	50:20
187 15	Lee Stinch	V40 35	ABC Runners	45:56	229 332	Barry Fairbrother	V65 2	Middleton H&C	50:37
188 666	Geoff Gilbert	V60 7	Wilmslow RC	46:01	230 648	Robert Tipping	V45 46	Vale Royal AC	50:58
189 16	Paul Stupples	V45 34	ABC Runners	46:04	231 46	Tom Lavin	V55 12	Altrincham&district AC	51:05
190 247	Damian Aspin		Manchester Triathlon	46:04	232 465	Tom Daniels	V65 3	Salford H&ac	51:11
191 487	Gary Thomason	V55 6	Salford H&ac	46:07	233 340	Steve Lewis	V50 25	Middleton H&C	51:40
192 812	Paul Taylot	V45 35	Middleton H&C	46:09	234 327	Steve Symons	V45 47	Manchester Ymca H	51:45
193 308	Richard Wallace	V50 20	Manchester Triathlon	46:15	235 442	Martin Smedley	V60 11	Sale H Manchester	52:03
194 375	Alan McNally	V50 21	St Helens Sutton AC	46:16	236 324	Mike O'Brien	V55 13	Manchester Ymca H	52:04
195 787	Derek Fraser	V45 36	Trafford AC	46:20	237 813	Alan Williams	V50 26	Altrincham&district AC	52:06
196 362	John Smee	V45 37	St Helens Striders	46:29	238 44	Mike Jones	V55 14	Altrincham&district AC	52:15
197 810	Mark Shuttleworth	V45 38	Salford Met AC	46:29	239 236	James Piper		Manchester Frontrunners	52:19
198 319	James Gu		Manchester Ymca H	46:31	240 796	Mark Derbyshire	V40 39	ABC Runners	53:05
199 434	Tim Rainey	V45 39	Sale H Manchester	46:34	241 214	Dave Wood	V50 27	Manchester H&ac	53:45
200 371	Peter Johnson	V45 40	St Helens Sutton AC	46:42	242 1047	\$Gary Roberts	V45 48	Unattached	54:59
201 201	Michael Cunningham	V65 1	Manchester H&ac	46:43	243 575	Andy Smith		Swinton RC	55:15
202 510	Tim Hargreaves	V55 7	Stockport H&ac	46:45	244 656	Don Bullough	V55 15	Wilmslow RC	56:47
203 259	Neil Cooper	V45 41	Manchester Triathlon	46:55	245 328	Adian Bowcock	V50 28	Middleton H&C	57:04
204 696	Allan Turner	V45 42	Wilmslow RC	47:02	246 89	John Leah	V60 12	Bramhall Runners	57:32
205 282	Tim Jacomb		Manchester Triathlon	47:11	247 55	George Raffle	U20 14	Altrincham&district AC	57:37
206 732	Christian Lyth		Swinton RC	47:18	248 642	Richard Pettitt	V50 29	Vale Royal AC	59:48
207 356	Tony Horsfall	V45 43	St Helens Striders	47:26	249 493	Alan Thomas	V60 13	Salford Met AC	1:00:33
208 456	Michael Wymmer	V40 36	Sale H Manchester	47:32	250 663	Trevor Faulkner	V70 2	Wilmslow RC	1:00:58
209 344	Craig Sutherland	V55 8	Middleton H&C	47:37					
210 382	Miran Aprahamian	V55 9	Sale H Manchester	47:42					

Senior Men — TEAM RESULTS

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

1 Sale H Manchester	82 — 3	Jamie Roden	5 Gavin Hill	9 Steven Boylton	15 James Wgnal	22 David Marsh	28 Matt Holmes
2 Salford H&ac	106 — 2	Joe Bailey	7 Stuart Robinson	12 Ben Riddell	23 Bruno Lima	26 Dave Lockett	36 Derek Crewe
3 Trafford AC	119 — 10	Tom Charles	16 Graham Hogg	18 Chris Leigh	19 Gavin Tomlinson	25 Ian Salisbury	31 Timothy Fletcher
4 Stockport H&ac	133 — 1	Steve Vernon	4 Jack Morris	11 Jack Nixon	13 Jake Littlehales	37 James Corden	67 Peter Rogers
5 Wilmslow RC	194 — 14	Damian Nichols	21 Rob Downs	24 Peter Speake	43 Graham Macneil	45 Andy Whittingham	47 Barry Archbold
6 Vale Royal AC	321 — 8	Michael Vernard	20 Matt Hulse	32 Rob Oliver	56 Patrick Stradling	94 Nathan Tipping	111 Craig Sephton
7 Salford H&ac 'B'	342 — 44	Glyn Billington	49 Paul Birkett	51 Billy McCartney	54 Stanley Owen	63 James Wyatt	81 James O'Connor
8 Altrincham&district AC	358 — 6	David Norman	33 Tom Bush	62 Peter Abraham	73 Jon Powell	89 Dave Gilchrist	95 Neil Walker
9 Sale H Manchester 'B'	402 — 41	Carl Barber	55 Josh Oguntayo	72 Elton Davies	75 Matthew Metcalf	76 Kyle Conway	83 Kevin Foster
10 Swinton RC	410 — 17	Matthew Clark	35 Simon Alkin	57 Andrew Morley	67 Mark Whittington	99 Steve Doney	152 Stuart Ellis
11 Trafford AC 'B'	419 — 38	Daniel Ansell	42 Jeff Prest	61 Richard Clancy	65 Dave Maher	66 Mike Hutchinson	147 Vinny Booth
12 Wilmslow RC 'B'	445 — 59	Tom McGaff	64 Alan McCormick	69 Jim Pendrill	70 Trevor Morris	86 Rob Wilson	97 Mike Hill
13 E Cheshire H&tameside AC	476 — 40	Tim Greenald	46 Kevin Jowett	48 Gay Matthews	92 Stephen Robinson	122 Derek Hughes	128 Francis Day
14 Manchester Triathlon	501 — 52	Richard Hyder	53 Stephen Taylor	80 Patrick Hannah	96 Stewart Moore	105 Tim Johns	115 Nicholas Howarth
15 St Helens Sutton AC	519 — 58	John Greenall	71 Tom Griffiths	78 Andrew Wilson	91 Barry Graney	98 Ian Hayburn	123 Chris Levy
16 Macclesfield H&ac	582 — 29	Matt Bigley	60 Chris Bentley	68 James Nokes	117 Steven Millar	126 Gary Wilcock	162 Francis Pyatt
17 Bramhall Runners	594 — 34	Nicholas Hicketts	82 Ian Keeling	104 Paul Beckett	109 Frank Podd	131 Phil Evans	134 Lil Lok
18 Stockport H&ac 'B'	749 — 88	Graham Marsland	101 Len Best	113 Simon Chadwick	114 Steve Shaughnessy	150 Robert Taylor	183 David Chrystie-Lowe
19 ABC Runners	769 — 85	Mark Livingston	106 Mark Ashton	118 Simon Plumtree	136 Matt Shillabeer	139 Dominic Byrne	185 Lee Stinch
20 Sale H Manchester 'C'	773 — 102	Gareth Miller	103 Phil Scowcroft	107 Aiden Rafferty	120 Steve Parry	144 Karl Southworth	197 Tim Rainey
21 Manchester Ymca H	805 — 79	David Garner	84 Mark Griffiths	93 Lee Dunn	169 Rob Kedian	184 Paul Cooper	196 James Gu
22 Manchester H&ac	829 — 27	Ed Fazakerley	74 Paul Heron	138 James Hinde	153 Chris Sewart	199 Michael Cunningham	238 Dave Wood
23 Wilmslow RC 'C'	883 — 124	Adam Neale	129 Richard Hiron	149 Jon Bale	157 Phil Matthews	161 Matt Taylor	163 Steve Dempsey
24 Manchester Frontrunners	902 — 112	Jono Guildford	125 David Chambers	145 Roberto Raso	151 Steve Hatton	156 Stephen Weigh	213 Adrian Vickers
25 St Helens Striders	925 — 87	Kevin Brennan	132 Paul Demore	158 Kevin Monaghan	176 Chris Falls	178 Brian Middleton	194 John Smee
26 Manchester Triathlon 'B'	927 — 127	John Murray	137 Paul Schofield	143 Lee Benson	164 Kevin Cornwell	168 Steve Hughes	188 Damian Aspin
27 Salford Met AC	985 — 116	Paul Connolly	142 Jonathan Axon	174 Chris Jones	177 Stuart Mairs	181 Nigel Burke	195 Mark Shuttleworth
28 Bramhall Runners 'B'	992 — 135	John Williams	141 Mike Hodson	160 Adam Bird	170 Richard Hall	175 Steve Fairclough	211 Steve Hughes
29 St Helens Sutton AC 'B'	1008 — 133	Andrew O'Connor	165 Mark Liprot	166 Ian Roberts	173 John Appleton	179 Jonathon Ford	192 Alan McNally
30 Altrincham&district AC 'B'	1136 — 108	Tim Raffle	121 Shaun Jackson	210 Chris Bostock	228 Tom Lavin	234 Alan Williams	235 Mike Jones
31 Middleton H&C	1261 — 167	Roland Robson	190 Paul Taylot	207 Craig Sutherland	226 Barry Fairbrother	230 Steve Lewis	241 Adian Bowcock
32 Wilmslow RC 'D'	1273 — 180	Steve Bunker	186 Geoff Gilbert	212 Allan Turner	219 Gavin Mendham	240 Don Bullough	246 Trevor Faulkner

Senior Men aged 17 to 19 — TEAM RESULTS

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

1 Vale Royal AC	11 — 1 Michael Vennard	3 Matt Hulse	7 Patrick Stradling
2 Sale H Manchester	21 — 4 Matt Holmes	8 Matthew Metcalf	9 Kyle Conway

Senior Men (Vets) — TEAM RESULTS

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

1 Trafford AC	37 — 1 Chris Leigh	3 Ian Salisbury	10 Jeff Prest	23 Mike Hutchinson
2 Salford H&ac	39 — 4 Dave Lockett	6 Derek Crewe	12 Glynn Billington	17 Paul Birkett
3 Wilmslow RC	41 — 2 Rob Downs	11 Graham Macneill	13 Andy Whittingham	15 Barry Archbold
4 E Cheshire H&tameside AC	78 — 8 Tim Greenald	14 Kevin Jowett	16 Gary Matthews	40 Stephen Robinson
5 Wilmslow RC 'B'	108 — 21 Tom McGaff	26 Jim Pendrill	27 Trevor Morris	34 Rob Wilson
6 Stockport H&ac	112 — 7 James Corden	24 Peter Rogers	36 Graham Marsland	45 Len Best
7 St Helens Sutton AC	131 — 20 John Greenall	29 Andrew Wilson	39 Barry Graney	43 Ian Hayburn
8 Sale H Manchester	142 — 9 Carl Barber	28 Elton Davies	48 Aiden Raftery	57 Steve Parry
9 Altrincham&district AC	166 — 22 Peter Abraham	37 Dave Gilchrist	49 Tim Raffle	58 Shaun Jackson
10 Bramhall Runners	197 — 32 Ian Keeling	46 Paul Beckett	50 Frank Podd	69 Li Lok
11 Manchester Triathlon	199 — 18 Stephen Taylor	47 Tim Johns	63 John Murray	71 Paul Schofield
12 Salford H&ac 'B'	202 — 19 Stanley Owen	31 James O'Connor	51 Mark Seed	101 Gary Thomason
13 Wilmslow RC 'C'	244 — 42 Mike Hill	61 Adam Neale	65 Richard Hiron	76 Jon Bale
14 ABC Runners	256 — 33 Mark Livingston	55 Simon Plumtree	70 Matt Shillabeer	98 Lee Stinch
15 Macclesfield H&ac	259 — 25 James Noakes	54 Steven Millar	62 Gary Willcock	118 Alan Webster
16 St Helens Striders	274 — 35 Kevin Brennan	67 Paul Demore	80 Kevin Monaghan	92 Brian Middleton
17 St Helens Sutton AC 'B'	293 — 60 Chris Levy	68 Andrew O'Connor	82 Mark Liptrot	83 Ian Roberts
18 Manchester Ymca H	296 — 30 David Garner	41 Lee Dunn	97 Paul Cooper	128 Jon Paramor
19 Stockport H&ac 'B'	337 — 53 Steve Shaughnessy	77 Robert Taylor	96 David Chrystie-Lowe	111 Tim Hargreaves
20 E Cheshire H&tameside AC 'B'	338 — 59 Derek Hughes	64 Francis Day	88 John Bowker	127 Howard Bamber
21 Bramhall Runners 'B'	368 — 72 Mike Hodson	86 Richard Hall	91 Steve Fairclough	119 Steve Hughes
22 Manchester Triathlon 'B'	373 — 73 Lee Benson	85 Steve Hughes	103 Richard Wallace	112 Neil Cooper
23 Wilmslow RC 'D'	387 — 81 Steve Dempsey	94 Steve Bunker	99 Geoff Gilbert	113 Allan Turner
24 St Helens Sutton AC 'C'	395 — 89 John Appleton	93 Jonathon Ford	104 Alan McNally	109 Peter Johnson
25 Vale Royal AC	417 — 52 Craig Sephton	87 John Clarke	132 Robert Tipping	146 Richard Pettitt
26 Middleton H AC	433 — 84 Roland Robson	102 Paul Taylot	116 Craig Sutherland	131 Barry Fairbrother
27 Salford Met AC	439 — 90 Chris Jones	95 Nigel Burke	107 Mark Shuttleworth	147 Alan Thomas
28 Sale H Manchester 'B'	477 — 108 Tim Rainey	115 Michael Wymer	117 Miran Aprahamian	137 Martin Smedley