

Manchester Area Cross Country League

at Boggart Hole Clough on Sunday 13th January 2013

NOTE: The individual results include only runners who have run at least 3 races

Under 11 Girls — Points after 4 races

1	Katie Miller	Liverpool	4	(0, 4, 3, 1)
2	Grace De-Campos	Manchester	5	(0, 2, 4, 3)
=	Bethany Thornton	Sale H Man	5	(0, 3, 2, 5)
4	Elizabeth Twite	Sale H Man	6	(0, 1, 5, 7)
5	Alice Stiles	Manchester	7	(0, 6, 1, 8)
6	Ella McNiven	Liverpool	10	(0, 8, 9, 2)
7	Tess McHugh	Sale H Man	11	(0, 7, 8, 4)
=	Chantelle Johnson	Moston&dis	11	(0, 5, 6, 14)
9	Beth Smyth	Manchester	16	(0, 0, 7, 9)
=	Alex Townsend	Liverpool	16	(0, 10, 10, 6)
11	Lucia Meloni	Warrington	23	(0, 12, 12, 11)
=	Neve Maddock	Vale Royal	23	(0, 9, 14, 20)
13	Lauren Smith	Sale H Man	24	(0, 11, 0, 13)
14	Sammy Mason	Salford Me	26	(0, 0, 11, 15)
=	Olivia Kenyon	Liverpool	26	(0, 13, 13, 0)
16	Georgia Fazakerley	Manchester	30	(0, 14, 16, 17)
17	Eve Cobey	Macclesfie	31	(0, 21, 24, 10)
18	Isobel Murphy	Liverpool	35	(0, 17, 18, 22)
=	Annabel Pennington	Liverpool	35	(0, 23, 19, 16)
20	Megan Lewis	E Cheshire	38	(0, 15, 23, 24)
=	C HaywoodPercival	Salford Me	38	(0, 0, 20, 18)
22	TiaRae Barton	Sale H Man	47	(0, 0, 26, 21)
=	Amelia Newbould	Macclesfie	47	(0, 19, 29, 28)
24	Ellie Young	Liverpool	48	(0, 0, 25, 23)
=	Molly Atherton	Sale H Man	48	(0, 0, 22, 26)
26	Emma Gordon	Liverpool	49	(0, 0, 17, 32)
27	Lucy Griffiths	Macclesfie	53	(0, 0, 28, 25)
28	Sophie Kerr	Liverpool	54	(0, 24, 30, 34)
29	Ella Head	Wirral AC	57	(0, 0, 21, 36)
30	Clara Parker	Sale H Man	58	(0, 25, 33, 40)
31	Beth Doubtfire	Liverpool	61	(0, 22, 0, 39)
=	Natasha Wood	Liverpool	61	(0, 30, 31, 37)
33	Holly Leadbetter	Liverpool	64	(0, 32, 32, 53)
=	Freya Handley	E Cheshire	64	(0, 33, 0, 31)
35	Lauren Ward	Liverpool	68	(0, 29, 39, 0)
36	Isla Law	Vale Royal	69	(0, 34, 35, 0)
37	Charlotte Stokes	Warrington	73	(0, 37, 36, 51)
38	Faith Crossley	Liverpool	76	(0, 38, 38, 0)
=	India Hayes	Warrington	76	(0, 31, 0, 45)
40	Rachael Anderson	Sale H Man	77	(0, 0, 34, 43)
41	Isla Bellamy	Halton&fro	80	(0, 39, 41, 48)
42	Holly Murphy	Liverpool	81	(0, 43, 0, 38)
43	Elizabeth Pederson	Liverpool	82	(0, 41, 46, 41)
44	Lillie Walker	Liverpool	84	(0, 44, 40, 46)
45	Alex Tasker	Liverpool	87	(0, 40, 47, 57)
46	Nadia Alsamarraie	Liverpool	90	(0, 46, 44, 49)
47	Tess Newbould	Macclesfie	93	(0, 45, 48, 0)
48	Milli Smith	Liverpool	97	(0, 0, 42, 55)
=	Florence Thomson	Macclesfie	97	(0, 48, 49, 0)
50	Gemma Grierson	Liverpool	105	(0, 49, 0, 56)
=	Jess Murphy	Liverpool	105	(0, 47, 0, 58)
52	Holly Downey	Liverpool	109	(0, 50, 0, 59)

Race 2 - Under 11 Boys — Points after 4 races

1	Sam Evans	Warrington	2	(0, 1, 1, 1)
2	Fabio Carosi	Stockport	5	(0, 3, 2, 3)
=	Ben Batho	Stockport	5	(0, 2, 3, 4)
4	Lucas Parker	Stockport	7	(0, 5, 5, 2)
5	Ben Harrison	Warrington	10	(0, 8, 4, 6)
6	Peter Goodfellow	Macclesfie	17	(0, 9, 10, 8)
7	Rory Thompson	Vale Royal	18	(0, 7, 11, 13)
8	Joe Houghton	St Helens	20	(0, 0, 8, 12)
9	Charlie Fawkes	Vale Royal	22	(0, 15, 13, 9)
10	Will Horton	Vale Royal	24	(0, 12, 12, 18)
11	Bailey Hulse	Sale H Man	25	(0, 0, 15, 10)
12	Joe Williams	Warrington	28	(0, 11, 17, 0)
13	Oliver Clark	Sale H Man	29	(0, 0, 18, 11)
14	Elliot Livingston	ABC Runnes	30	(0, 14, 16, 0)
15	Jamie Ford	St Helens	32	(0, 13, 19, 20)
16	Brodie Dunn	Trafford A	34	(0, 18, 0, 16)
17	Morgan Frith	Macclesfie	39	(0, 17, 22, 24)
18	Lewis Rowlinson	Sale H Man	40	(0, 20, 20, 25)
19	Jay Cushen	Vale Royal	46	(0, 23, 23, 0)
20	William Lord	Sale H Man	47	(0, 0, 25, 22)
21	Lewis Danher	St Helens	50	(0, 24, 26, 0)
22	Ethan Sephton	Vale Royal	52	(0, 25, 27, 0)
23	W Carroll-Nichols	Moston&dis	57	(0, 28, 0, 29)
=	Xander Storey	St Helens	57	(0, 27, 0, 30)
=	Joseph Dennett	ABC Runnes	57	(0, 26, 0, 31)

Race 2 - Under 13 Girls — Points after 4 races

1	Aine Cunningham	Sale H Man	3	(1, 1, 1, 1)
2	Olivia Green	Sale H Man	6	(2, 0, 2, 2)
3	Danielle Stringer	Manchester	8	(3, 2, 3, 6)
4	Ellie Twite	Sale H Man	11	(6, 4, 4, 3)
5	Eleanor Kenny	Manchester	13	(5, 3, 5, 10)
6	F Hacker-Davies	Sale H Man	16	(8, 6, 6, 4)
7	Lucy Miller	Liverpool	17	(4, 5, 8, 0)
8	Niamh Nugent	Sale H Man	23	(9, 7, 9, 7)
9	Rebecca Jones	Stockport	28	(13, 0, 10, 5)
10	Megan Taylor	Manchester	35	(12, 12, 12, 11)
11	Susan Shirling	St Helens	37	(11, 14, 13, 13)
12	Tia Blissett	Sale H Man	39	(0, 9, 14, 16)
13	Claudia Cowan	Sale H Man	41	(7, 25, 0, 9)
14	Georgia Bourke	Stockport	42	(16, 11, 19, 15)
15	Emily Barker	Salford Me	44	(22, 15, 15, 14)
16	Natasha Harrison	Stockport	47	(20, 10, 18, 19)
17	Jemma Vickers	Sale H Man	50	(21, 16, 17, 17)
18	Emma Flynn	Stockport	60	(18, 20, 25, 22)
19	L Haywood-Percival	Salford Me	67	(29, 0, 20, 18)
=	Jessica Cook	Liverpool	67	(25, 17, 28, 25)
=	Emily Hughes	Manchester	67	(27, 26, 21, 20)
=	Naomi Sinclair	Stockport	67	(17, 0, 22, 28)
23	Molly Wilson	Salford Me	75	(0, 21, 27, 27)
24	Megan Barnsley	ABC Runnes	84	(31, 27, 26, 0)
=	Jasmine Thompson	Vale Royal	84	(0, 23, 30, 31)
=	Chloe Taylor	Sale H Man	84	(35, 19, 36, 30)
27	Heather Corden	Stockport	88	(23, 28, 37, 0)
28	Alexandra Barnsley	ABC Runnes	91	(45, 22, 24, 0)
29	Georgia Haworth	Sale H Man	93	(33, 0, 31, 29)
30	Grace Garner	Stockport	95	(40, 41, 29, 26)
31	Emily Lucas	Liverpool	106	(41, 35, 38, 33)
32	Mia Alsamarraie	Liverpool	110	(0, 34, 35, 41)
33	Isabella Hulme	Sale H Man	111	(0, 36, 39, 36)
34	Chiara Young	Sale H Man	115	(48, 38, 40, 37)
35	Abbie Roberts	St Helens	116	(43, 39, 34, 43)
36	Abigail McNulty	Salford Me	120	(38, 0, 43, 39)
37	Sophie Harrison	Salford Me	135	(50, 42, 46, 47)
=	Lucy McMullen	Salford Me	135	(46, 40, 0, 49)
39	B Lennon-Butler	Sale H Man	140	(0, 44, 52, 44)
40	Jasmine Gorman	Liverpool	143	(0, 47, 50, 46)
41	Freya Roberts	St Helens	152	(55, 49, 0, 48)
42	Ellie Mawdsley	St Helens	156	(0, 48, 56, 52)

Race 3 - Under 13 Boys — Points after 4 races

1	Connor Fazakerley	Manchester	11	(4, 11, 5, 2)
2	Ben Skertchly	Manchester	13	(15, 4, 4, 5)
=	Colin Daly	Trafford A	13	(7, 3, 3, 0)
4	Joe Ford	St Helens	15	(3, 5, 7, 7)
5	Matty Fox	Manchester	22	(5, 9, 12, 8)
6	Chris Larkin	Halton&fro	23	(10, 7, 6, 14)
7	John Humphries	Vale Royal	27	(17, 10, 11, 6)
=	Max Brame	Liverpool	27	(11, 8, 8, 0)
9	Louie Haynes	E Cheshire	35	(19, 15, 16, 4)
10	Sam Cross	Wirral AC	39	(13, 13, 21, 13)
11	Robert Finnis	Macclesfie	44	(16, 14, 14, 21)
12	Jacob Brophy	Wirral AC	50	(18, 16, 0, 16)
13	Harry Boyd	Sale H Man	52	(32, 17, 20, 15)
14	Mikey Kingston	Trafford A	59	(12, 18, 29, 0)
=	Jonathon Head	Wirral AC	59	(14, 23, 23, 22)
16	Sam Tempest	Wirral AC	60	(22, 21, 25, 17)
17	Byren Cookson	Moston&dis	67	(0, 26, 31, 10)
18	Jack Thomas	E Cheshire	71	(24, 28, 30, 19)
19	Andrew Toner	Sale H Man	72	(25, 29, 18, 0)
20	Benjamin Livingston	ABC Runnes	73	(0, 27, 26, 20)
21	Joshua Lowe	Liverpool	74	(23, 24, 27, 0)
22	Robert Peal	Macclesfie	78	(33, 30, 15, 0)
23	Reece Butterworth	Sale H Man	95	(30, 31, 34, 0)
24	Sammy Warne	Manchester	96	(34, 35, 33, 29)
25	Cameron Buchan	Sale H Man	100	(0, 37, 35, 28)
=	Dillon Walker	Sale H Man	100	(27, 36, 37, 0)
27	Daniel Wallace	Wirral AC	122	(39, 44, 39, 0)

Race 3 - Under 15 Girls — Points after 4 races

1	Katy Whiteoak	Stockport	3	(4, 1, 1, 1)
2	Katie Lowery	Macclesfie	8	(0, 2, 3, 3)
3	Amber Towns	Sale H Man	17	(7, 5, 10, 5)
4	Dannielle Webb	Liverpool	18	(6, 7, 5, 0)
=	Sophie Hill	Moston&dis	18	(0, 4, 7, 7)
6	Bethany Foster	Wirral AC	23	(8, 6, 9, 0)
7	Juliet Downs	Stockport	24	(10, 8, 11, 6)
8	Lucy Snelson	Macclesfie	26	(0, 10, 8, 8)
9	Chloe Lockett	Stockport	32	(9, 11, 12, 0)
10	Flora Whyte	Sale H Man	33	(11, 9, 13, 0)
11	Kieia Grady	Halton&fro	38	(15, 14, 14, 10)
12	Molly Bogin	Manchester	43	(16, 16, 16, 11)
13	Aileen Kearney	Wirral AC	44	(14, 21, 0, 9)
14	Franki Reid	Sale H Man	47	(19, 15, 0, 13)
15	Lucy Griffiths	St Helens	53	(18, 18, 17, 20)
16	Melanie Cattell	Liverpool	58	(23, 0, 19, 16)
17	Shannon Partington	St Helens	63	(22, 19, 22, 0)
18	Charley Reid	Sale H Man	64	(21, 22, 0, 21)
19	Nicola Harris	Wirral AC	69	(25, 24, 20, 0)
=	A Brockley-Langford	E Cheshire	69	(29, 17, 0, 23)
21	Giovanna Brady	Moston&dis	71	(0, 26, 23, 22)
22	Lucy Cattell	Liverpool	76	(24, 0, 24, 28)
23	Savannah Morgan	ABC Runnes	83	(30, 28, 25, 32)
24	Emily Rowe	Liverpool	85	(31, 0, 21, 33)
25	Alex Glynn	St Helens	95	(37, 35, 26, 34)
26	Emily Roberts	St Helens	108	(38, 34, 0, 36)

Race 4 - Under 15 Boys — Points after 4 races

1	Thomas Taylor	Manchester	5	(2, 5, 1, 2)
=	Donnacha Maguire	Manchester	5	(1, 1, 3, 4)
3	Euan Gilchrist	Sale H Man	10	(8, 3, 4, 3)
4	Luke Piper	E Cheshire	17	(7, 4, 9, 6)
5	Shay Ward	Stockport	19	(9, 7, 7, 5)
6	George Lewis	E Cheshire	21	(0, 8, 6, 7)
7	Sam Tarry	Manchester	35	(12, 12, 16, 11)
8	Jay Hornby	Stockport	42	(10, 0, 22, 10)
9	Saeed Absiyeh	Sale H Man	51	(17, 21, 25, 13)
10	Dylan Stanway	Sale H Man	58	(14, 18, 26, 0)
11	Kyle Anderson	Moston&dis	63	(0, 20, 27, 16)
12	Dillon Cooper	E Cheshire	64	(19, 0, 28, 17)
13	Grant Anderson	Stockport	69	(20, 28, 0, 21)
14	Jordan Bezzina	Sale H Man	71	(18, 23, 30, 0)
15	Bill Karuga	Moston&dis	79	(0, 27, 29, 23)
16	Lewis Thurgoland	Stockport	85	(23, 29, 33, 0)
17	Nathan Haigh	Macclesfie	87	(22, 30, 35, 0)
18	Anthony Kelly	Moston&dis	88	(0, 31, 37, 20)
19	George Stott	Moston&dis	95	(0, 34, 39, 22)

Race 4 - Under 17 Women — Points after 4 races

1	Elizabeth Apsley	Stockport	6	(3, 3, 2, 1)
2	Emily Kearney	Wirral AC	7	(5, 2, 3, 2)
3	Ellen Downs	Stockport	13	(6, 5, 5, 3)
4	Rosa Chrystie-Lowe	Stockport	20	(7, 6, 7, 7)
5	Lucy Scott	Vale Royal	21	(9, 8, 8, 5)
6	Sophie Williams	Stockport	34	(10, 12, 12, 14)
=	Rachel McGoldrick	St Helens	34	(0, 14, 10, 10)
8	Hannah Christy	Sale H Man	35	(0, 17, 9, 9)
9	Roisin Clegg	Stockport	37	(12, 0, 13, 12)
=	Fiona Nuttall	Wirral AC	37	(16, 13, 0, 8)
=	Rachel Hibberd	Sale H Man	37	(13, 11, 0, 13)
12	Maria McGoldrick	St Helens	45	(0, 16, 14, 15)
=	Lauren Brett	Wirral AC	45	(11, 18, 20, 16)
14	Hayley Simpson	E Cheshire	50	(14, 0, 18, 18)
15	Danielle Dignan	E Cheshire	51	(17, 19, 17, 17)
16	Clare Dignan	E Cheshire	62	(18, 23, 21, 0)

Under 17 Men — Points after 4 races

1	Matthew Shirling	Liverpool	3	(1, 1, 1, 0)
2	Daniel Jarvis	Liverpool	7	(3, 2, 2, 0)
3	Kevin Acton	Stockport	15	(7, 4, 0, 4)
4	Abdulqani Sharif	Liverpool	17	(8, 5, 4, 0)
5	Matthew Metcalf	Sale H Man	19	(12, 8, 5, 6)
6	Jonathon Stewart	Manchester	20	(10, 9, 6, 5)
7	Robert Powell	Trafford A	30	(18, 15, 8, 7)
8	Kieran Morgan	Wirral AC	36	(11, 14, 11, 0)
9	Robert McDougall	Moston&dis	39	(0, 12, 17, 10)
10	Khalid Absiyeh	Sale H Man	40	(16, 16, 10, 14)
11	Simon Chadwick	Stockport	42	(0, 22, 12, 8)
12	Robert Poole	South Ches	44	(21, 18, 14, 12)
13	Alex Hill	Moston&dis	51	(0, 23, 13, 15)
14	Josh Walton	Stockport	65	(0, 28, 21, 16)
=	Richard McGeachie	Halton&fro	65	(22, 24, 19, 0)
16	Dan Giffillan	Macclesfie	66	(23, 25, 18, 0)
17	Tom Dent	Stockport	78	(24, 30, 24, 0)
18	David Gerrard	Warrington	84	(26, 33, 25, 0)

Senior Women under 20 — Points after 4 races

1	Kate Moulds	U20	Vale Royal	4	(1, 2, 1, 0)
2	Olivia Perez	U20	Liverpool	9	(2, 6, 0, 1)
3	Misha Nayak-Oliver	U20	Sale H Man	11	(6, 7, 3, 2)
4	Katie BowersFolan	U20	St Helens	17	(5, 8, 4, 0)
=	Imogen Nutter	U20	Stockport	17	(0, 9, 5, 3)
6	Olivia McDermott	U20	Salford Me	20	(0, 10, 6, 4)
7	Laura Rogers	U20	MMUH	27	(9, 11, 7, 0)

Senior Women aged 20 to 34 — Points after 4 races

1	Gemma Connolly	St Helens	11	(5, 3, 3, 5)
2	Victoria O'Donnell	Trafford A	14	(6, 0, 5, 3)
3	Hannah Griffiths	Trafford A	20	(8, 6, 6, 0)
4	Sarah Rhodes	Manchestet	22	(11, 9, 9, 4)
5	Pauline Griffin	Manchestet	23	(9, 0, 12, 2)
6	Tania Hernandez	Salford H&	27	(12, 8, 7, 0)
7	Amber Magee	MMUH	33	(14, 11, 0, 8)
8	Liz Austen	Trafford A	39	(0, 13, 16, 10)
9	Cara O'Brien	Sale H Man	41	(16, 16, 0, 9)
10	Laura Nash	Salford H&	47	(23, 12, 0, 12)
11	Joanne Street	Sale H Man	56	(0, 20, 22, 14)
12	Emily Newton	Manchestet	60	(30, 14, 17, 29)
13	Lauren Davies	Sale H Man	67	(34, 22, 29, 16)
14	Carolyn Lewtas	Salford Me	70	(0, 25, 23, 22)
15	Julie Hamilton	Swinton RC	73	(29, 21, 25, 27)
=	Jill Bailey	Stockport	73	(35, 0, 21, 17)
17	Nicola Lloyd	Bramhall R	79	(32, 26, 44, 21)
18	Rebecca Mills	Swinton RC	80	(38, 33, 28, 19)
19	Belinda Hammond	Sale H Man	83	(40, 19, 24, 0)
=	Sophie Barnett	Manchestet	83	(36, 24, 27, 32)
21	Ruth Beresford	Trafford A	93	(49, 39, 39, 15)
22	Wendy Woodhead	Manchester	95	(43, 34, 37, 24)
23	Carmel Salvidge	Belle Vue	106	(55, 37, 38, 31)
24	Emma Flynn	Swinton RC	107	(46, 41, 36, 30)
25	Ruth Todd	Belle Vue	109	(48, 36, 0, 25)
=	Emma Parkin	Manchestet	109	(0, 42, 34, 33)
27	Stacey Benson	Manchestet	111	(47, 38, 0, 26)
28	Heather Clarkson	Manchestet	114	(41, 45, 0, 28)
29	Becky Walton	Manchestet	128	(50, 43, 0, 35)
30	Caroline Baba	Manchestet	133	(51, 0, 45, 37)
31	Nina Dixon	MMUH	141	(56, 46, 0, 39)
32	Jennifer Johnson	Manchestet	145	(0, 52, 49, 44)
33	Lara Mason	Belle Vue	151	(58, 47, 46, 0)
=	Nicola Fox	Manchestet	151	(54, 49, 48, 0)
35	Emma Aldred	Bramhall R	155	(57, 53, 0, 45)

Senior Women (Vets) aged 35 to 39 — Points after 4 races

1	Sarah Kearney	L35	Wirral AC	5	(2, 1, 2, 0)
2	Diane McVey	L35	Wilmslow R	7	(3, 2, 3, 2)
3	Sandra Lewis	L35	Altrincham	9	(4, 0, 4, 1)
4	Claire Stevinson	L35	Wilmslow R	11	(7, 3, 5, 3)
5	Sharon Johnstone	L35	Wilmslow R	14	(0, 4, 6, 4)
6	Claire O'Connor	L35	Salford H&	17	(5, 5, 7, 7)
7	Vicky McKinnon	L35	Wilmslow R	21	(8, 7, 8, 6)
8	Kristy Readman	L35	Macclesfie	26	(0, 8, 13, 5)
=	Sally Woolhouse	L35	Trafford A	26	(10, 6, 10, 0)
10	Katy Green	L35	Wilmslow R	29	(12, 10, 11, 8)
11	Helen Armitage	L35	Sale H Man	38	(18, 11, 0, 9)
12	Zoe Gmerek	L35	Sale H Man	39	(14, 0, 15, 10)
13	Claire Chaffer	L35	Trafford A	42	(16, 13, 16, 13)
14	Louise Robbins	L35	Sale H Man	44	(15, 12, 17, 0)
15	Linda Nuamah	L35	Manchester	63	(25, 21, 25, 17)
=	Emma Bedford	L35	Manchestet	63	(24, 20, 0, 19)
17	Sally Cooper	L35	Manchestet	64	(22, 18, 24, 0)
18	Julie Wood	L35	West Chesh	68	(23, 19, 26, 0)
19	Gillian Aspin	L35	Manchestet	73	(28, 0, 27, 18)
20	Lisa Ottiwell	L35	Swinton RC	75	(27, 0, 28, 20)
21	Sharen Roberts	L35	Swinton RC	77	(30, 24, 30, 23)

Senior Women (Vets) aged 40 to 44 — Points after 4 races

1	Beverley Jenkins	L40	Salford H&	3	(1, 1, 0, 1)
2	Jan Nichols	L40	Sale H Man	5	(2, 2, 1, 2)
3	Jayne Lawton	L40	Stockport	9	(3, 4, 3, 3)
4	Jude Wall	L40	Manchestet	12	(4, 5, 4, 4)
5	Lauren Marsden	L40	Swinton RC	18	(5, 8, 0, 5)
6	Emma McQueen	L40	E Cheshire	23	(9, 9, 5, 0)
7	Gillian Doolan	L40	Stockport	28	(10, 11, 0, 7)
8	Louise Harrison	L40	Stockport	38	(16, 16, 10, 12)
9	V Chadwick-Dunbar	L40	Bramhall R	41	(15, 15, 11, 0)
10	Claire Deane	L40	Manchestet	44	(18, 0, 13, 13)
11	Sonia Harris	L40	Manchestet	45	(17, 17, 0, 11)
12	Kath Livingston	L40	ABC Runnes	52	(23, 19, 16, 17)
13	Emma Shillabeer	L40	ABC Runnes	53	(0, 20, 15, 18)
14	Julia Foy	L40	Belle Vue	55	(22, 0, 17, 16)
15	Alison Sheedy	L40	Bramhall R	64	(25, 21, 18, 0)

Senior Women (Vets) aged 45 to 49 — Points after 4 races

1	Helen Walch	L45	Stockport	3	(1, 1, 1, 1)
2	Kerrie Wood-Doyle	L45	Stockport	6	(2, 2, 0, 2)
3	Andrea Frost	L45	Macclesfie	8	(3, 3, 2, 4)
4	Janine Ridgard	L45	E Cheshire	11	(0, 5, 3, 3)
5	Bev Ganose	L45	Altrincham	15	(5, 0, 4, 6)
=	Joanne Lott	L45	Trafford A	15	(4, 6, 7, 5)
7	Lesley Sinclair	L45	Stockport	20	(7, 0, 5, 8)
8	Catherine Shelley	L45	Manchestes	21	(0, 4, 8, 9)
9	Carole Harrison	L45	Altrincham	25	(8, 8, 9, 11)
10	April Morgan	L45	ABC Runnes	28	(9, 9, 10, 12)
11	Hanny Stockman	L45	Macclesfie	31	(0, 10, 11, 10)
12	Michelle Wilder	L45	Manchestet	44	(17, 15, 15, 14)
13	Catherine Murphy	L45	Middleton	48	(16, 16, 16, 0)
14	Alyson Adams	L45	Manchester	52	(0, 19, 18, 15)
15	Kathryn Holmes	L45	Manchester	55	(0, 20, 19, 16)
16	Justine Stevens	L45	Manchesteu	63	(23, 0, 23, 17)

Senior Women (Vets) aged 50 to 54 — Points after 4 races

1	Jacky Thom	L50	Vale Royal	5	(2, 1, 2, 2)
2	Kate Sutton	L50	Wilmslow R	6	(1, 2, 4, 3)
3	Jackie Cordingley	L50	Sale H Man	9	(3, 3, 3, 7)
4	Nicky Mowat	L50	Wilmslow R	12	(4, 4, 5, 4)
5	Mary Tavener	L50	Vale Royal	19	(7, 6, 8, 6)
6	Lynda Rowlinson	L50	Sale H Man	24	(6, 8, 0, 10)
7	Helen Fraser	L50	Stockport	26	(8, 9, 12, 9)
8	Cecilia Boodhoo	L50	Belle Vue	33	(9, 10, 14, 0)
9	Maggie Jones	L50	Altrincham	34	(11, 11, 13, 12)
10	Fiona Lamb	L50	Middleton	46	(13, 0, 19, 14)

Senior Women (Vets) aged 55 to 59 — Points after 4 races

1	Ann-Marie Jones	L55	Altrincham	3	(1, 1, 1, 0)
2	Annie Hirsch	L55	Belle Vue	7	(3, 2, 2, 0)
3	Sue Exon	L55	Trafford A	12	(6, 0, 4, 2)
4	Gillian Wolstenholme	L55	E Cheshire	14	(8, 3, 0, 3)
5	Hilary West	L55	Stockport	16	(7, 4, 5, 0)
6	Alyson Lamb	L55	Middleton	26	(14, 0, 8, 4)

Senior Women (Vets) aged 60 to 64 — Points after 4 races

1	Angela Oldham	L60	E Cheshire	3	(1, 1, 0, 1)
2	Alexis Dinsmoor	L60	Stockport	5	(2, 0, 1, 2)
3	Ruth Hare	L60	Middleton	9	(3, 0, 3, 3)
4	Carole Williams	L60	Vale Royal	10	(4, 2, 4, 4)

Senior Women (Vets) aged 65 to 69 — Points after 4 races

1	Pauline Lynch	L65	Macclesfie	5	(2, 2, 2, 1)
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Senior Women — Points after 4 races

1	Gemma Connolly		St Helens	13	(6, 3, 4, 10)
2	Sarah Kearney	L35	Wirral AC	19	(8, 5, 6, 0)
=	Beverley Jenkins	L40	Salford H&	19	(7, 7, 0, 5)
4	Diane McVey	L35	Wilmslow R	20	(9, 9, 7, 4)
5	Sandra Lewis	L35	Altrincham	22	(11, 0, 9, 2)
6	Victoria O'Donnell		Trafford A	24	(10, 0, 8, 6)
7	Claire Stevinson	L35	Wilmslow R	34	(18, 12, 14, 8)
8	Hannah Griffiths		Trafford A	35	(14, 11, 10, 0)
9	Sharon Johnstone	L35	Wilmslow R	38	(0, 14, 15, 9)
10	Kate Moulds	U20	Vale Royal	41	(19, 10, 12, 0)
11	Pauline Griffin		Manchestet	45	(17, 0, 25, 3)
12	Jan Nichols	L40	Sale H Man	46	(15, 15, 20, 16)
13	Claire O'Connor	L35	Salford H&	48	(13, 16, 21, 19)
14	Helen Walch	L45	Stockport	49	(20, 18, 17, 14)
15	Sarah Rhodes		Manchestet	50	(25, 27, 18, 7)
16	Tania Hernandez		Salford H&	58	(26, 21, 11, 0)
17	Vicky McKinnon	L35	Wilmslow R	59	(23, 22, 22, 15)
18	Kerrie Wood-Doyle	L45	Stockport	69	(24, 23, 0, 22)
19	Kristy Readman	L35	Macclesfie	70	(0, 24, 35, 11)
20	Sally Woolhouse	L35	Trafford A	76	(30, 20, 26, 0)
21	Olivia Perez	U20	Liverpool	78	(29, 32, 0, 17)
22	Jayne Lawton	L40	Stockport	81	(31, 34, 30, 20)
23	Katy Green	L35	Wilmslow R	82	(34, 30, 29, 23)
24	Amber Magee		MMUH	87	(36, 33, 0, 18)
25	Liz Austen		Trafford A	98	(0, 38, 34, 26)
26	Jude Wall	L40	Manchestet	100	(41, 36, 37, 27)
=	Ann-Marie Jones	L55	Altrincham	100	(22, 31, 47, 0)
28	Andrea Frost	L45	Macclesfie	103	(38, 35, 36, 32)
29	Cara O'Brien		Sale H Man	108	(43, 44, 0, 21)
30	Misha Nayak-Oliver	U20	Sale H Man	111	(67, 47, 39, 25)
31	Jacky Thom	L50	Vale Royal	116	(49, 39, 43, 34)
32	Zoe Gmerek	L35	Sale H Man	120	(37, 0, 50, 33)
33	Kate Sutton	L50	Wilmslow R	122	(42, 45, 52, 35)
=	Janine Ridgard	L45	E Cheshire	122	(0, 50, 41, 31)
35	Laura Nash		Salford H&	132	(65, 37, 0, 30)
36	Joanne Lott	L45	Trafford A	134	(47, 51, 58, 36)
37	Lauren Marsden	L40	Swinton RC	135	(44, 53, 0, 38)
=	Helen Armitage	L35	Sale H Man	135	(64, 43, 0, 28)
39	Bev Ganose	L45	Altrincham	137	(54, 0, 46, 37)
40	Imogen Nutter	U20	Stockport	142	(0, 54, 48, 40)
41	Jackie Cordingley	L50	Sale H Man	154	(62, 55, 49, 50)
42	Nicky Mowat	L50	Wilmslow R	158	(63, 57, 59, 42)
43	Katie BowersFolan	U20	St Helens	160	(66, 52, 42, 0)
=	Claire Chaffer	L35	Trafford A	160	(58, 62, 53, 49)
45	Emily Newton		Manchestet	163	(84, 41, 38, 84)
46	Catherine Shelley	L45	Manchestes	165	(0, 49, 64, 52)

=	Louise Robbins	L35	Sale H Man	165	(50, 61, 54, 0)
48	Angela Oldham	L60	E Cheshire	167	(53, 60, 0, 54)
49	Lesley Sinclair	L45	Stockport	170	(71, 0, 51, 48)
50	Emma McQueen	L40	E Cheshire	184	(61, 63, 60, 0)
51	Joanne Street		Sale H Man	189	(0, 71, 65, 53)
=	Mary Tavener	L50	Vale Royal	189	(96, 72, 70, 47)
53	Gillian Doolan	L40	Stockport	191	(73, 67, 0, 51)
54	Carole Harrison	L45	Altrincham	195	(77, 59, 69, 67)
55	Olivia McDermott	U20	Salford Me	201	(0, 66, 77, 58)
56	April Morgan	L45	ABC Runnes	209	(78, 68, 72, 69)
57	Jill Bailey		Stockport	218	(93, 0, 62, 63)
=	Lauren Davies		Sale H Man	218	(92, 75, 81, 62)
59	Carolyn Lewtas		Salford Me	221	(0, 82, 66, 73)
60	Hanny Stockman	L45	Macclesfie	225	(0, 81, 84, 60)
61	Julie Hamilton		Swinton RC	228	(81, 73, 74, 81)
62	Rebecca Mills		Swinton RC	240	(100, 95, 80, 65)
63	Nicola Lloyd		Bramhall R	241	(86, 83, 116, 72)
64	Belinda Hammond		Sale H Man	246	(106, 69, 71, 0)
65	Sophie Barnett		Manchestet	249	(95, 80, 79, 90)
66	Annie Hirsch	L55	Belle Vue	261	(90, 78, 93, 0)
67	Lynda Rowlinson	L50	Sale H Man	267	(79, 99, 0, 89)
68	Ruth Beresford		Trafford A	270	(131, 111, 104, 55)
69	Wendy Woodhead		Manchestet	274	(110, 96, 101, 77)
70	Louise Harrison	L40	Stockport	288	(104, 103, 103, 82)
71	Sonia Harris	L40	Manchestet	290	(113, 106, 0, 71)
72	Carmel Salvidge		Belle Vue	297	(148, 107, 102, 88)
73	Emma Flynn		Swinton RC	299	(119, 113, 100, 86)
74	Helen Fraser	L50	Stockport	302	(124, 109, 106, 87)
75	Emma Parkin		Manchesteu	307	(0, 117, 97, 93)
76	V Chadwick-Dunbar	L40	Bramhall R	309	(102, 102, 105, 0)
77	Ruth Todd		Belle Vue	311	(128, 104, 0, 79)
78	Heather Clarkson		Manchestes	312	(107, 122, 0, 83)
79	Stacey Benson		Manchester	313	(125, 108, 0, 80)
80	Claire Deane	L40	Manchestet	323	(116, 0, 115, 92)
=	Sally Cooper	L35	Manchestet	323	(117, 98, 108, 0)
82	Sue Exon	L55	Trafford A	325	(121, 0, 119, 85)
83	Linda Nuamah	L35	Manchestet	331	(130, 120, 117, 94)
84	Alexis Dinsmoor	L60	Stockport	332	(129, 0, 112, 91)
85	Michelle Wilder	L45	Manchestet	336	(136, 116, 125, 95)
86	Emma Bedford	L35	Manchesteu	342	(127, 114, 0, 101)
87	Gillian Wolstenholme	L55	E Cheshire	349	(138, 115, 0, 96)
88	Becky Walton		Manchestet	351	(134, 119, 0, 98)
89	Julie Wood	L35	West Chesh	358	(122, 110, 126, 0)
90	Caroline Baba		Manchestet	360	(135, 0, 120, 105)
91	Alyson Adams	L45	Manchester	370	(0, 132, 134, 104)
92	Catherine Murphy	L45	Middleton	378	(126, 125, 127, 0)
93	Gillian Aspin	L35	Manchestet	381	(147, 0, 135, 99)
94	Hilary West	L55	Stockport	382	(132, 128, 122, 0)
95	Maggie Jones	L50	Altrincham	384	(154, 137, 139, 108)
96	Lisa Ottiwell	L35	Swinton RC	385	(142, 0, 140, 103)
97	Kathryn Holmes	L45	Manchester	387	(0, 139, 138, 110)
98	Nina Dixon		MMUH	389	(150, 127, 0, 112)
99	Kath Livingston	L40	ABC Runnes	401	(160, 138, 144, 119)
100	Cecilia Boodhoo	L50	Belle Vue	403	(140, 134, 129, 0)
101	Sharen Roberts	L35	Swinton RC	405	(161, 142, 143, 120)
102	Emma Shillabeer	L40	ABC Runnes	406	(0, 144, 141, 121)
103	Julia Foy	L40	Belle Vue	416	(153, 0, 145, 118)
104	Jennifer Johnson		Manchestet	422	(0, 143, 150, 129)
105	Pauline Lynch	L65	Macclesfie	423	(168, 150, 148, 125)
106	Lara Mason		Belle Vue	424	(173, 130, 121, 0)
107	Nicola Fox		Manchestet	425	(146, 133, 146, 0)
108	Carole Williams	L60	Vale Royal	426	(167, 148, 155, 123)
109	Ruth Hare	L60	Middleton	432	(159, 0, 151, 122)
110	Emma Aldred		Bramhall R	442	(165, 147, 0, 130)
111	Fiona Lamb	L50	Middleton	453	(171, 0, 156, 126)
112	Alison Sheedy	L40	Bramhall R	466	(166, 146, 154, 0)
113	Laura Rogers	U20	MMUH	472	(175, 145, 152, 0)
=	Justine Stevens	L45	Manchesteu	472	(179, 0, 166, 127)

Manchester Area Cross Country League

at Boggart Hole Clough on Sunday 13th January 2013

NOTE: The individual results include only runners who have run at least 3 races

Senior Men under 20 — Points after 4 races

1	Richard Powell	U20	Trafford A	9	(6, 0, 2, 1)
2	Callum Rowlinson	U20	Sale H Man	10	(0, 4, 4, 2)
3	Jack Nixon	U20	Stockport	13	(10, 2, 1, 0)
4	Henry Valentine	U20	South Ches	15	(7, 5, 0, 3)
5	Tom Hindmarch	U20	MMUH	22	(13, 8, 8, 6)
6	Nicholas Howarth	U20	M'chr tri	29	(20, 13, 11, 5)
7	Kyle Conway	U20	Sale H Man	30	(14, 10, 6, 0)
8	Ben Fox	U20	Sale H Man	34	(19, 14, 12, 8)
9	Luke McCrave	U20	MMUH	37	(21, 15, 13, 9)

Senior Men aged 20 to 39 — Points after 4 races

1	Alex Lawton		M'chr tri	12	(6, 2, 10, 4)
2	Damian Nicholls		Wilmslow R	16	(0, 6, 7, 3)
3	Patrick Gardiner		E Cheshire	17	(9, 3, 5, 0)
4	Tom Charles		Trafford A	28	(12, 0, 9, 7)
=	Robert Hughes		Salford H&	28	(25, 12, 11, 5)
6	Anthony Taylor		Salford H&	30	(21, 10, 12, 8)
7	Matthew Clark		Swinton RC	34	(17, 8, 14, 12)
8	Rob Flannery		Sale H Man	45	(0, 15, 19, 11)
9	Howard Mead		Salford H&	48	(0, 18, 21, 9)
10	James Moles		M'chrFront	65	(0, 22, 24, 19)
11	John Sloan		E Cheshire	66	(0, 23, 25, 18)
12	Andrew Whittingham		Altrincham	70	(23, 14, 0, 33)
13	David Marsh		Sale H Man	71	(46, 25, 30, 16)
14	Steven Townley		Sale H Man	89	(29, 35, 37, 25)
15	Kevin Jowett		E Cheshire	94	(30, 0, 29, 35)
=	Mark Whittington		Swinton RC	94	(41, 28, 36, 30)
17	Phil Burns		Stockport	104	(36, 26, 42, 49)
18	Robert Hasler		Macclesfie	112	(37, 36, 0, 39)
19	David Stephan		M'chrFront	116	(45, 29, 45, 42)
20	Chris Bentley		Macclesfie	118	(40, 0, 41, 37)
21	Rob Harper		M'chr tri	119	(51, 30, 38, 0)
22	Andy Quicke		M'chr tri	141	(49, 42, 52, 53)
23	Jono Guildford		M'chrFront	143	(49, 42, 52, 53)
24	Rob Halfpenny		M'chr tri	145	(0, 50, 54, 41)
25	Mark Simpson		M'chr tri	152	(59, 45, 48, 0)
=	Roger Thomas		M'chr tri	152	(0, 49, 57, 46)
27	Paul Barrett		Sale H Man	167	(66, 46, 55, 0)
28	Jonathan Reeh		Manchester	175	(60, 47, 68, 0)
29	Christopher Heys		Sale H Man	183	(62, 67, 89, 54)
30	Dave Townley		Stockport	185	(0, 51, 77, 57)
31	Mike Neal		M'chr tri	190	(63, 52, 75, 0)
32	Chris Sewart		Manchester	194	(71, 64, 73, 59)
33	Tim Condon		M'chr tri	197	(61, 97, 71, 65)
34	Mark Griffiths		M'chr YMCA	207	(81, 70, 87, 56)
35	Lucas Nightingale		M'chrFront	209	(73, 74, 96, 62)
36	Kevin Mahon		Sale H Man	212	(72, 58, 82, 0)
37	Simon Harlow		Bramhall R	213	(75, 69, 69, 0)
38	Kevin Cornwall		M'chr tri	214	(76, 72, 0, 66)
39	Liam Wilkinson		Swinton RC	230	(83, 87, 0, 60)
40	John Goggins		KnutsfordT	231	(0, 77, 90, 64)
41	Simon Bond		Sale H Man	240	(85, 71, 84, 0)
42	John Pegington		M'chr tri	245	(101, 81, 101, 63)
43	Stephen Webb		Belle Vue	258	(79, 79, 100, 0)
44	Gary Birch		ABC Runner	260	(106, 84, 105, 71)
45	Giles Chesher		M'chr tri	275	(89, 83, 103, 0)
46	Alastair Rainsbury		M'chr tri	276	(107, 94, 0, 75)
47	Lewis Green		Sale H Man	281	(109, 98, 117, 74)
48	Stuart Mairs		Salford Me	283	(0, 95, 111, 77)
49	James Gu		M'chr YMCA	288	(122, 96, 113, 79)
50	Ali Alsaadi		Belle Vue	290	(94, 88, 108, 0)
51	Ross Kennedy		Bramhall R	291	(119, 100, 115, 76)
52	James Corrigan		Belle Vue	297	(115, 103, 114, 80)
53	Jeremy Woodham		Stockport	305	(123, 107, 120, 78)
54	Rob Kedian		M'chr YMCA	316	(102, 104, 110, 0)
55	Andy Smith		Swinton RC	318	(127, 109, 126, 83)
56	Christopher Jones		M'chr tri	319	(117, 93, 109, 0)
57	Mike Horton		Swinton RC	351	(124, 105, 122, 0)

Senior Men (Vets) aged 40 to 44 — Points after 4 races

1	Ed Fazakerley	V40	Manchester	8	(5, 2, 4, 2)
2	Adrian Nutter	V40	Stockport	11	(4, 3, 5, 4)
3	Jim Pendrill	V40	Wilmslow R	15	(0, 6, 6, 3)
4	Andy Whittingham	V40	Wilmslow R	18	(6, 7, 7, 5)
5	James Corden	V40	Stockport	19	(8, 5, 10, 6)
6	Peter Abraham	V40	Altrincham	21	(9, 4, 8, 0)
7	Carl Barber	V40	Sale H Man	28	(10, 9, 9, 0)
8	Mark Livingston	V40	ABC Runner	32	(13, 12, 0, 7)
9	Lee Dunn	V40	M'chr YMCA	39	(15, 16, 0, 8)
10	Shane Wolstencroft	V40	Salford Me	47	(21, 0, 16, 10)
11	Shaun Jackson	V40	Altrincham	51	(0, 22, 20, 9)
12	David Livingstone	V40	Altrincham	52	(20, 13, 19, 0)
13	Marcus Gregory	V40	E Cheshire	59	(26, 18, 15, 0)
14	Sean Cordell	V40	Salford H&	62	(27, 0, 23, 12)
15	Adam Neale	V40	Wilmslow R	63	(25, 0, 25, 13)

16	John Murray	V40	M'chr tri	71	(0, 36, 24, 11)
17	David Betteley	V40	South Ches	73	(17, 29, 27, 0)
18	Tim Walton	V40	Macclesfie	74	(36, 32, 26, 16)
19	James O'Connor	V40	Safford H&	79	(31, 26, 22, 0)
=	Tony Faulkner	V40	E Cheshire	79	(29, 21, 29, 0)
21	Chris Lomax	V40	Swinton RC	82	(35, 34, 33, 15)
22	Tony Morgan	V40	ABC Runner	83	(32, 33, 31, 20)
23	Chris Cook	V40	Sale H Man	90	(0, 42, 34, 14)
24	Mark Norton	V40	Altrincham	94	(33, 31, 30, 0)
25	Steve Lomas	V40	Macclesfie	95	(40, 38, 38, 19)
26	Darren Hales	V40	Stockport	103	(42, 39, 0, 22)
27	Lloyd Barlow	V40	Manchester	105	(0, 45, 36, 24)
28	Peter Johnson	V40	St Helens	107	(43, 41, 40, 26)
29	Simon Granger	V40	M'chr tri	119	(50, 0, 44, 25)
30	Jason Brogan	V40	Manchester	121	(0, 52, 42, 27)
31	Paul Nutter	V40	Stockport	124	(44, 43, 37, 0)

Senior Men (Vets) aged 45 to 49 — Points after 4 races

1	Rob Downs	V45	Wilmslow R	3	(1, 1, 1, 1)
2	Roger Alsop	V45	Salford H&	10	(5, 0, 3, 2)
3	James Noakes	V45	Macclesfie	15	(6, 3, 0, 6)
4	Phil Huntington	V45	M'chr tri	22	(9, 4, 9, 11)
5	Dick Byers	V45	Trafford A	23	(8, 8, 7, 8)
6	Kevan Garner	V45	Stockport	25	(11, 7, 14, 7)
7	Simon Grundy	V45	E Cheshire	26	(12, 5, 20, 9)
8	Stephen Thompson	V45	Vale Royal	32	(0, 14, 13, 5)
9	John Greenall	V45	St Helens	35	(14, 10, 11, 0)
10	Rob Wilson	V45	Wilmslow R	45	(0, 15, 18, 12)
11	Paul Schofield	V45	M'chr tri	46	(18, 13, 15, 24)
12	Tom Annable	V45	Vale Royal	47	(0, 21, 16, 10)
13	Graham Marsland	V45	Stockport	52	(0, 12, 21, 19)
14	Paul Mannion	V45	Trafford A	55	(19, 23, 22, 14)
15	Graham Taylor	V45	Wilmslow R	57	(0, 17, 23, 17)
=	Graham Screawin	V45	Wilmslow R	57	(16, 0, 25, 16)
17	Paul Beckett	V45	Bramhall R	59	(22, 0, 24, 13)
18	Mark Seed	V45	Salford H&	62	(20, 16, 26, 29)
19	Matt Whitehead	V45	Manchester	63	(26, 19, 0, 18)
20	Tim Johns	V45	M'chr tri	64	(23, 20, 0, 21)
21	Roberto Raso	V45	M'chrFront	80	(28, 27, 28, 25)
22	Ian Smallwood	V45	Wilmslow R	83	(0, 24, 36, 23)
23	Clive Greatorex	V45	Altrincham	86	(30, 25, 31, 0)
24	Paul Rutherford	V45	Swinton RC	91	(41, 28, 32, 31)
25	Michael Slater	V45	Stockport	94	(35, 30, 34, 30)
26	Simon Stead	V45	Belle Vue	96	(38, 33, 37, 26)
27	Shaun Walsh	V45	M'chr tri	98	(39, 29, 30, 0)
28	Nigel Sedman	V45	Belle Vue	102	(32, 32, 0, 38)
29	Tim Rainey	V45	Sale H Man	105	(40, 31, 43, 34)
30	Rick Waring	V45	Swinton RC	108	(59, 35, 41, 32)
31	Robin Beaumont	V45	Trafford A	111	(43, 36, 35, 40)
32	Simon Wildman	V45	M'chr tri	114	(44, 34, 0, 36)
33	David Bibby	V45	Stockport	118	(0, 41, 40, 37)
34	Mark Barker	V45	M'chr tri	126	(47, 0, 44, 35)
35	Steve Fairclough	V45	Bramhall R	132	(52, 43, 46, 43)
=	Neil Cooper	V45	M'chr tri	132	(45, 38, 52, 49)
37	Iain Buchan	V45	M'chrFront	136	(46, 40, 50, 0)
38	Damian Utton	V45	Altrincham	137	(53, 0, 42, 42)
39	Allan Turner	V45	Wilmslow R	139	(48, 44, 47, 0)
=	James Jones	V45	West Chesh	139	(57, 45, 53, 41)
=	Andy Wood	V45	Belle Vue	139	(51, 0, 49, 39)
42	Chris Jones	V45	Salford Me	144	(61, 48, 48, 48)
43	Nigel Harrison	V45	Stockport	147	(58, 47, 54, 46)
44	Nick Roberts	V45	Stockport	154	(60, 46, 57, 51)
45	Andy Chalmers	V45	M'chr tri	157	(63, 51, 56, 50)

Senior Men (Vets) aged 50 to 54 — Points after 4 races

1	Graham Macneill	V50	Wilmslow R	3	(2, 1, 1, 1)
2	Dave Clamp	V50	KnutsfordT	9	(0, 2, 4, 3)
3	Gary Matthews	V50	E Cheshire	10	(0, 3, 5, 2)
4	David Keeling	V50	Trafford A	14	(5, 4, 0, 5)
5	Steve Doxey	V50	Swinton RC	15	(6, 6, 3, 0)
=	Stephen Robinson	V50	E Cheshire	15	(7, 5, 6, 4)
7	John Mooney	V50	Macclesfie	23	(9, 8, 0, 6)
8	Derek Hughes	V50	E Cheshire	28	(0, 11, 9, 8)
9	Anthony Lowe	V50	Middleton	33	(11, 0, 15, 7)
10	Pete Hill	V50	Altrincham	35	(12, 15, 13, 10)
11	Graham Harrison	V50	Altrincham	38	(14, 12, 14, 12)
12	Alan McNally	V50	St Helens	44	(18, 14, 12, 0)
13	Andrew O'Connor	V50	St Helens	45	(16, 17, 16, 13)
14	Paul Garnett	V50	Wilmslow R	50	(17, 16, 17, 0)
15	Paul Stubbs-Jeffries	V50	KnutsfordT	56	(0, 20, 19, 17)
16	Roger Coleman	V50	Stockport	60	(22, 0, 20, 18)
17	Alan Webster	V50	Macclesfie	61	(25, 0, 21, 15)
18	Mark Wheelton	V50	Macclesfie	62	(24, 21, 22, 19)
19	Rob Cator	V50	Stockport	63	(26, 19, 18, 0)
20	Tom Lavin	V50	Altrincham	68	(27, 24, 23, 21)
21	Steve Hart	V50	Swinton RC	73	(31, 26, 25, 22)
22	John Pickup	V50	Swinton RC	87	(30, 29, 28, 0)

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Sport
Soft

Senior Men (Vets) aged 55 to 59 — Points after 4 races

1	Tom McGaff	V55	Wilmslow R	3	(1, 1, 1, 1)
2	Steve Shaughnessy	V55	Stockport	10	(3, 3, 4, 0)
3	Tony Archer	V55	Vale Royal	11	(4, 4, 5, 3)
4	Marcus Walker	V55	Unattached	17	(6, 5, 6, 0)
5	Jerry Smith	V55	Sale H Man	20	(9, 7, 8, 5)
6	David Chrystie-Lowe	V55	Stockport	27	(14, 9, 11, 7)
7	Tim Hargreaves	V55	Stockport	28	(11, 8, 16, 9)
8	James Atkin	V55	Wirral AC	29	(7, 10, 12, 0)
9	John Clarke	V55	Vale Royal	34	(0, 12, 14, 8)
10	Paul Collinge	V55	Middleton	35	(12, 0, 13, 10)
11	Craig Sutherland	V55	Middleton	44	(20, 15, 18, 11)
12	Miran Aprahamian	V55	Sale H Man	45	(17, 11, 17, 0)
13	Michael Gibbons	V55	Bramhall R	57	(0, 21, 23, 13)
14	Mike Jones	V55	Altrincham	60	(24, 0, 24, 12)
15	Don Bennett	V55	Bramhall R	65	(23, 20, 22, 0)

Senior Men (Vets) aged 60 to 64 — Points after 4 races

1	Robert Taylor	V60	Stockport	3	(2, 1, 1, 1)
2	Len Best	V60	Stockport	5	(1, 2, 2, 2)
3	Francis Day	V60	E Cheshire	9	(3, 3, 3, 0)
4	Andy Watts	V60	Wilmslow R	11	(4, 4, 4, 3)
5	Patrick Grannan	V60	Wilmslow R	18	(8, 6, 6, 6)
6	Jon Paramor	V60	M'chr YMCA	20	(7, 5, 8, 10)
7	Barry Guy	V60	Belle Vue	26	(10, 9, 0, 7)
8	David Hancock	V60	Macclesfie	29	(13, 11, 9, 9)
=	Paul Hudson	V60	Vale Royal	29	(11, 12, 10, 8)
10	Hugh McKenna	V60	Altrincham	33	(12, 10, 0, 11)
11	Alan Thomas	V60	Salford Me	39	(16, 14, 13, 12)
12	John Leah	V60	Bramhall R	40	(0, 13, 14, 13)

Senior Men (Vets) aged 65 to 69 — Points after 4 races

1	Tony Hulme	V65	Wilmslow R	5	(2, 2, 1, 2)
2	Colin Rathbone	V65	Vale Royal	10	(4, 3, 4, 3)

Senior Men (Vets) aged 70 to 74 — Points after 4 races

1	Trevor Faulkner	V70	Wilmslow R	3	(1, 1, 1, 1)
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Senior Men — Points after 4 races

1	Alex Lawton		M'chr tri	17	(10, 3, 13, 4)
2	Damian Nicholls		Wilmslow R	19	(0, 8, 8, 3)
3	Patrick Gardiner		E Cheshire	25	(14, 5, 6, 0)
4	Rob Downs	V45	Wilmslow R	35	(23, 12, 14, 9)
5	Tom Charles		Trafford A	36	(17, 0, 11, 8)
6	Robert Hughes		Salford H&	37	(41, 17, 15, 5)
7	Anthony Taylor		Salford H&	42	(32, 15, 17, 10)
8	Matthew Clark		Swinton RC	50	(25, 11, 21, 18)
9	Ed Fazakerley	V40	Manchester	58	(38, 20, 23, 15)
10	Richard Powell	U20	Trafford A	65	(40, 0, 19, 6)
11	Jack Nixon	U20	Stockport	69	(51, 9, 9, 0)
12	Callum Rowlinson	U20	Sale H Man	70	(0, 28, 28, 14)
13	Rob Flannery		Sale H Man	72	(0, 21, 34, 17)
14	Howard Mead		Salford H&	74	(0, 25, 38, 11)
15	Adrian Nutter	V40	Stockport	77	(35, 26, 27, 24)
16	Graham Macneill	V50	Wilmslow R	84	(50, 33, 35, 16)
17	Henry Valentine	U20	South Ches	90	(42, 29, 0, 19)
18	Jim Pendlrill	V40	Wilmslow R	92	(0, 36, 33, 23)
19	Roger Alsop	V45	Salford H&	95	(39, 0, 29, 27)
20	Andy Whittingham	V40	Wilmslow R	102	(55, 37, 39, 26)
21	Andrew Whittingham		Altrincham	108	(34, 19, 0, 55)
22	James Moles		M'chrFront	112	(0, 35, 46, 31)
23	John Sloan		E Cheshire	118	(0, 39, 49, 30)
24	David Marsh		Sale H Man	125	(94, 43, 57, 25)
25	James Noakes	V45	Macclesfie	126	(44, 40, 0, 42)
26	Peter Abraham	V40	Altrincham	130	(59, 31, 40, 0)
27	James Corden	V40	Stockport	132	(58, 34, 48, 50)
28	Dave Clamp	V50	KnutsfordT	149	(0, 47, 59, 43)
29	Carl Barber	V40	Sale H Man	157	(60, 50, 47, 0)
30	Gary Matthews	V50	E Cheshire	162	(0, 51, 74, 37)
31	Steven Townley		Sale H Man	163	(53, 75, 69, 41)
=	Dick Byers	V45	Trafford A	163	(66, 52, 51, 60)
33	Kevin Jowett		E Cheshire	166	(54, 0, 55, 57)
34	Tom McGaff	V55	Wilmslow R	167	(87, 61, 58, 48)
35	Kevan Garner	V45	Stockport	172	(77, 49, 84, 46)
36	Mark Whittington		Swinton RC	175	(86, 57, 67, 51)
37	Phil Huntington	V45	M'chr tri	177	(72, 44, 65, 68)
38	Kyle Conway	U20	Sale H Man	195	(79, 71, 45, 0)
39	Phil Burns		Stockport	204	(71, 54, 79, 84)
=	Simon Grundy	V45	E Cheshire	204	(93, 45, 103, 66)
41	Tom Hindmarch	U20	MMUH	205	(73, 53, 86, 79)
42	Stephen Thompson	V45	Vale Royal	206	(0, 86, 82, 38)
43	Mark Livingston	V40	ABC Runner	208	(76, 67, 0, 65)
44	Steve Doxey	V50	Swinton RC	215	(85, 74, 56, 0)
=	David Keeling	V50	Trafford A	215	(80, 65, 0, 70)
46	Stephen Robinson	V50	E Cheshire	217	(101, 72, 83, 62)
=	Robert Hasler		Macclesfie	217	(78, 76, 0, 63)
48	Chris Bentley		Macclesfie	219	(84, 0, 76, 59)
49	David Stephan		M'chrFront	220	(92, 58, 91, 71)
50	John Greenall	V45	St Helens	240	(98, 64, 78, 0)
51	Rob Harper		M'chr tri	249	(116, 62, 71, 0)
52	Robert Taylor	V60	Stockport	262	(144, 93, 92, 77)

53	Tom Annable	V45	Vale Royal	263	(0, 103, 93, 67)
54	Rob Wilson	V45	Wilmslow R	271	(0, 90, 100, 81)
55	Lee Dunn	V40	M'chr YMCA	276	(103, 88, 0, 85)
56	Graham Marsland	V45	Stockport	279	(0, 77, 106, 96)
=	Paul Schofield	V45	M'chr tri	279	(108, 83, 88, 110)
58	Andy Quicke		M'chr tri	293	(124, 91, 107, 95)
59	Graham Taylor	V45	Wilmslow R	296	(0, 94, 109, 93)
60	Nicholas Howarth	U20	M'chr tri	298	(145, 96, 130, 72)
61	Jono Guildford		M'chrFront	301	(104, 99, 114, 98)
62	Paul Mannion	V45	Trafford A	303	(109, 110, 108, 86)
63	Graham Screawn	V45	Wilmslow R	311	(106, 0, 116, 89)
=	David Livingstone	V40	Altrincham	311	(123, 78, 110, 0)
=	Rob Halfpenny		M'chr tri	311	(0, 125, 117, 69)
66	Paul Beckett	V45	Bramhall R	314	(119, 0, 112, 83)
67	John Mooney	V50	Macclesfie	318	(122, 120, 0, 76)
=	Roger Thomas		M'chr tri	318	(0, 118, 122, 78)
69	Len Best	V60	Stockport	320	(115, 113, 124, 92)
70	Shane Wolstencroft	V40	Salford Me	321	(127, 0, 95, 99)
71	Shawn Jackson	V40	Altrincham	328	(0, 119, 118, 91)
72	Matt Whitehead	V45	Manchester	330	(139, 97, 0, 94)
73	Mark Seed	V45	Salford H&	331	(112, 92, 127, 135)
74	Tim Johns	V45	M'chr tri	332	(129, 102, 0, 101)
75	Marcus Gregory	V40	E Cheshire	350	(149, 107, 94, 0)
=	Mark Simpson		M'chr tri	350	(146, 105, 99, 0)
77	Tony Archer	V55	Vale Royal	367	(152, 124, 136, 107)
78	Steve Shaughnessy	V55	Stockport	380	(140, 111, 129, 0)
79	Ben Fox	U20	Sale H Man	385	(143, 129, 133, 123)
80	Derek Hughes	V50	E Cheshire	391	(0, 138, 140, 113)
81	Paul Barrett		Sale H Man	393	(166, 108, 119, 0)
82	Dave Townley		Stockport	397	(0, 126, 162, 109)
83	Jonathan Reeh		Manchester	407	(147, 114, 146, 0)
84	Adam Neale	V40	Wilmslow R	409	(142, 0, 153, 114)
85	Sean Cordell	V40	Salford H&	413	(150, 0, 151, 112)
86	David Betteley	V40	South Ches	420	(111, 142, 167, 0)
=	John Murray	V40	M'chr tri	420	(0, 164, 152, 104)
88	Christopher Heys		Sale H Man	421	(151, 170, 195, 100)
89	Francis Day	V60	E Cheshire	429	(159, 123, 147, 0)
90	James O'Connor	V40	Salford H&	433	(157, 131, 145, 0)
=	Tim Walton	V40	Macclesfie	433	(181, 149, 165, 119)
92	Pete Hill	V50	Altrincham	439	(162, 157, 177, 120)
93	Tony Faulkner	V40	E Cheshire	442	(155, 116, 171, 0)
94	Mike Neal		M'chr tri	443	(154, 130, 159, 0)
95	Luke McCrave	U20	MMUH H	444	(171, 173, 149, 124)
96	Chris Sewart		Manchester	445	(191, 158, 156, 131)
97	Ian Smallwood	V45	Wilmslow R	448	(0, 139, 201, 108)
98	Anthony Lowe	V50	Middleton	452	(158, 0, 189, 105)
99	Roberto Raso	V45	M'chrFront	454	(164, 169, 173, 121)
=	Graham Harrison	V50	Altrincham	454	(169, 147, 183, 138)
101	Tim Condon		M'chr tri	458	(148, 258, 154, 156)
102	Chris Lomax	V40	Swinton RC	459	(180, 161, 182, 118)
=	Andy Watts	V60	Wilmslow R	459	(183, 168, 158, 133)
104	Tony Morgan	V40	ABC Runner	467	(170, 160, 175, 137)
105	Mark Griffiths		M'chr YMCA	471	(220, 178, 190, 103)
106	Mark Norton	V40	Altrincham	493	(176, 145, 172, 0)
107	Andrew O'Connor	V50	St Helens	498	(189, 167, 192, 42)
108	Michael Slater	V45	Stockport	502	(187, 179, 198, 136)
109	Paul Rutherford	V45	Swinton RC	506	(214, 176, 191, 139)
=	Kevin Mahon		Sale H Man	506	(192, 144, 170, 0)
111	Chris Cook	V40	Sale H Man	508	(0, 205, 188, 115)
112	Clive Greatorex	V45	Altrincham	509	(172, 151, 186, 0)
113	Simon Stead	V45	Belle Vue	510	(198, 186, 207, 126)
114	Simon Harlow		Bramhall R	519	(199, 172, 148, 0)
115	Nigel Sedman	V45	Belle Vue	521	(177, 183, 0, 161)
116	Steve Lomas	V40	Macclesfie	529	(206, 189, 217, 134)
117	Lucas Nightingale		M'chrFront	531	(195, 188, 216, 148)
=	Marcus Walker	V55	Unattached	531	(196, 148, 187, 0)
119	Tim Rainey	V45	Sale H Man	533	(207, 180, 229, 146)
120	Kevin Cornwall		M'chr tri	542	(201, 182, 0, 159)
121	Alan McNally	V50	St Helens	544	(212, 156, 176, 0)
122	Paul Garnett	V50	Wilmslow R	549	(190, 166, 193, 0)
=	Jerry Smith	V55	Sale H Man	549	(209, 187, 215, 153)
124	John Goggins		KnutsfordT	550	(0, 199, 196, 155)
125	Rick Waring	V45	Swinton RC	553	(281, 192, 220, 141)
126	Shaun Walsh	V45	M'chr tri	562	(200, 177, 185, 0)
127	Darren Hales	V40	Stockport	565	(222, 194, 0, 149)
128	Robin Beaumont	V45	Trafford A	567	(217, 198, 200, 169)
129	Tony Hulme	V65	Wilmslow R	571	(248, 208, 205, 158)
130	Simon Wildman	V45	M'chr tri	572	(230, 191, 0, 151)
131	Lloyd Barlow	V40	Manchester	584	(0, 216, 206, 162)
132	Simon Bond		Sale H Man	587	(227, 181, 179, 0)
133	Liam Wilkinson		Swinton RC	589	(223, 226, 0, 140)
134	David Bibby	V45	Stockport	590	(0, 222, 214, 154)
135	John Pegington		M'chr tri	592	(277, 210, 232, 150)
=	Tim Hargreaves	V55	Stockport	592	(226, 190, 256, 176)
137	David Chrystie-Lowe	V55	Stockport	599	(235, 202, 223, 174)
138	Peter Johnson	V40	St Helens	621	(229, 204, 235, 188)
139	Mark Barker	V45	M'chr tri	627	(247, 0, 233, 147)
140	James Atkin	V55	Wirral AC	635	(204, 206, 225, 0)
141	Paul Collinge	V55	Middleton	641	(233, 0, 228, 180)
142	Steve Fairclough	V45	Bramhall R	648	(261, 227, 239, 182)
143	Stephen Webb		Belle Vue	649	(218, 201, 230, 0)

144 Paul Nutter	V40	Stockport	652 (231,211,210, 0)	Senior Men (Vets) — Points after 4 races	Wilmslow RC	3 (1, 1, 1, 1)
145 Neil Cooper	V45	M'chr tri	656 (243,209,254,204)		Stockport H & AC	7 (4, 2, 3, 2)
146 John Clarke	V55	Vale Royal	658 (0,245,238,175)		Salford H & AC	11 (2, 10, 2, 7)
= Gary Birch		ABC Runner	658 (292,215,259,184)		Altrincham & Dist AC	13 (5, 3, 5, 11)
148 Paul Stubbs/Jeffries	V50	Knutsford T	661 (0,251,237,173)		E Cheshire H & Tameside AC	14 (7, 4, 6, 4)
149 Damian Utton	V45	Altrincham	668 (262, 0,227,179)		Trafford AC	16 (6, 8, 7, 3)
150 James Jones	V45	West Chesh	669 (275,236,255,178)		Sale H Manchester	20 (3, 13, 4, 13)
151 Roger Coleman	V50	Stockport	670 (241, 0,244,185)		Vale Royal AC	21 (18, 5, 10, 6)
152 Patrick Grannan	V60	Wilmslow R	674 (280,249,242,183)		Manchester Triathlon	23 (8, 7, 8, 8)
153 Andy Wood	V45	Belle Vue	675 (260, 0,247,168)		Macclesfield H & AC	27 (10, 12, 12, 5)
154 Chris Jones	V45	Salford Me	691 (296,244,245,202)		Swinton RC	30 (15, 9, 9, 12)
155 Giles Cheshier		M'chr tri	698 (238,214,246, 0)		Manchester H & AC	30 (9, 14, 11, 10)
= Jason Brogan	V40	Manchester	698 (0,252,257,189)		St Helens Sutton AC	33 (14, 6, 13, 0)
= Alan Webster	V50	Macclesfie	698 (286, 0,248,164)		Middleton H AC	35 (12, 0, 14, 9)
158 Nigel Harrison	V45	Stockport	706 (279,243,263,200)		Manchester Ymca H	46 (0, 17, 15, 14)
159 Mark Wheelton	V50	Macclesfie	711 (283,253,260,198)		Belle Vue Racers	49 (17, 16, 0, 16)
160 Stuart Mairs		Salford Me	712 (0,247,269,196)		Bramhall Runners	52 (0, 18, 17, 17)
161 Iain Buchan	V45	M'chrFront	714 (244,220,250, 0)		Salford Met AC	54 (19, 19, 16, 0)
162 Simon Granger	V40	M'chr tri	722 (273, 0,272,177)			
163 Alastair Rainsbury		M'chr tri	723 (293,239, 0,191)			
164 Allan Turner	V45	Wilmslow R	726 (250,235,241, 0)			
165 Nick Roberts	V45	Stockport	729 (282,241,280,208)			
166 Colin Rathbone	V65	Vale Royal	730 (311,260,275,195)			
167 Jon Paramor	V60	M'chr YMCA	733 (276,240,288,217)			
168 James Gu		M'chr YMCA	744 (323,255,283,206)			
= Lewis Green		Sale H Man	744 (295,264,290,190)			
170 Ross Kennedy		Bramhall R	745 (319,268,285,192)			
171 Andy Chalmers	V45	M'chr tri	746 (300,262,277,207)			
172 Ali Alsaadi		Belle Vue	749 (256,228,265, 0)			
173 Tom Lavin	V50	Altrincham	751 (306,263,279,209)			
174 Craig Sutherland	V55	Middleton	758 (316,272,274,212)			
175 James Corrigan		Belle Vue	770 (308,273,284,213)			
176 Rob Cator	V50	Stockport	777 (305,238,234, 0)			
177 Jeremy Woodham		Stockport	788 (330,286,297,205)			
178 Miran Aprahamian	V55	Sale H Man	800 (290,242,268, 0)			
= David Hancock	V60	Macclesfie	800 (338,290,295,215)			
180 Barry Guy	V60	Belle Vue	803 (324,276, 0,203)			
181 Paul Hudson	V60	Vale Royal	808 (336,294,304,210)			
182 Steve Hart	V50	Swinton RC	810 (339,292,298,220)			
183 Christopher Jones		M'chr tri	814 (314,234,266, 0)			
184 Michael Gibbons	V55	Bramhall R	825 (0,291,309,225)			
185 Rob Kedian		M'chr YMCA	828 (278,283,267, 0)			
186 Alan Thomas	V60	Salford Me	843 (351,301,316,226)			
187 Andy Smith		Swinton RC	846 (345,297,318,231)			
188 Hugh McKenna	V60	Altrincham	847 (337,289, 0,221)			
189 John Leah	V60	Bramhall R	849 (0,300,321,228)			
190 Trevor Faulkner	V70	Wilmslow R	854 (349,302,322,230)			
191 Mike Jones	V55	Altrincham	869 (334, 0,313,222)			
192 Mike Horton		Swinton RC	918 (333,284,301, 0)			
193 Don Bennett	V55	Bramhall R	926 (332,288,306, 0)			
194 John Pickup	V50	Swinton RC	939 (331,298,310, 0)			
Sale H Manchester			5 (1, 4, 1, 3)			
Salford H & AC			5 (3, 1, 2, 2)			
Wilmslow RC			7 (6, 2, 4, 1)			
Stockport H & AC			8 (2, 3, 3, 7)			
Trafford AC			14 (4, 7, 6, 4)			
Altrincham & Dist AC			16 (7, 5, 5, 6)			
E Cheshire H & Tameside AC			18 (8, 6, 7, 5)			
Manchester Triathlon			26 (9, 9, 9, 8)			
Swinton RC			26 (10, 8, 8, 10)			
Macclesfield H & AC			30 (11, 10, 11, 9)			
Manchester Frontrunners			35 (14, 14, 10, 11)			
Manchester H & AC			37 (12, 15, 12, 13)			
ABC Runners			39 (13, 13, 13, 0)			
Vale Royal AC			41 (0, 12, 15, 14)			
Middleton H AC			42 (16, 0, 14, 12)			
Knutsford Tri Club			48 (0, 16, 17, 15)			
Manchester Ymca H			51 (17, 18, 19, 16)			
Belle Vue Racers			53 (19, 17, 20, 17)			
Bramhall Runners			55 (18, 19, 18, 0)			