

Manchester Area Cross Country League at Heaton Park, Manchester on Saturday 10th January 2015

Under 11 Girls — FINAL RESULTS (\$=non-counter)

Pos	Num	Name	Club	Time	Pos	Num	Name	Club	Time
1	494	Ashley Nemits	Warrington AC	12:36	21	548	Sadie Mannion	Trafford AC	14:14
2	612	Isabelle Burke	Sale H Manchester	12:43	22	647	Emily Wolstencroft	Trafford AC	14:19
3	141	Nicola Mason	Salford H&ac	12:46	23	142	Lilly Matthews	Salford H&ac	14:19
4	36	Daisy Keigher	Stockport H&ac	12:55	24	479	Ruby Spencer	Macclesfield H&ac	14:29
5	122	Grace Kelly	Ribble Valley AC	13:00	25	585	Rebecca Seymour	Stockport H&ac	14:30
6	493	Maya Evans	Warrington AC	13:03	26	613	Jenny Grant	Liverpool H & AC	14:33
7	384	Ellenmary Kearney	Wirral AC	13:13	27	352	Amber Escoffery	St Helens Sutton AC	14:34
8	137	Amelia Bratt	Salford H&ac	13:17	28	2053	Lily Philbin	Bolton United Harriers & Ac	14:35
9	227	Libby Hill	Sale H Manchester	13:19	29	2057	Ella Taylor	Unattached	14:44
10	554	Sophie Smith	Salford H&ac	13:24	30	663	Hermione Mason	Sale H Manchester	14:51
11	609	Jasmine Jones	Warrington AC	13:30	31	651	Lucy Bridge	St Helens Sutton AC	15:00
12	598	Isobel Leadbetter	Liverpool H & AC	13:33	32	2056	Sofia Livesey	Unattached	15:00
13	664	Olivia Herron	Sale H Manchester	13:41	33	34	Amy Battle	Stockport H&ac	15:20
14	35	Ester Hulley	Stockport H&ac	13:48	34	507	Daisy Ainsworth	Altrincham & Dist AC	15:34
15	140	Erin Grime	Salford H&ac	13:50	35	607	Hollie Brussels	St Helens Sutton AC	15:38
16	3	Louisa Stiles	Manchester H&ac	13:56	36	2	Emma Davies	Manchester H&ac	15:42
17	143	Anna Potter	Salford H&ac	13:58	37	234	Ciara Raftery	Sale H Manchester	15:55
18	1	Evelyn Barber	Manchester H&ac	13:59	38	2050	Grace Tonge	Bolton United Harriers & Ac	15:59
19	478	Erne Noakes	Macclesfield H&ac	14:02	39	625	Grace Hall	Sale H Manchester	18:03
20	629	Nieve Barton	Sale H Manchester	14:04					

Under 11 Girls — TEAM RESULTS

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

1	Warrington AC	18	—	1	Ashley Nemits	6	Maya Evans	11	Jasmine Jones
2	Salford H&ac	21	—	3	Nicola Mason	8	Amelia Bratt	10	Sophie Smith
3	Sale H Manchester	24	—	2	Isabelle Burke	9	Libby Hill	13	Olivia Herron
4	Stockport H&ac	43	—	4	Daisy Keigher	14	Ester Hulley	25	Rebecca Seymour
5	Salford H&ac	55	—	15	Erin Grime	17	Anna Potter	23	Lilly Matthews
6	Manchester H&ac	67	—	16	Louisa Stiles	18	Evelyn Barber	33	Emma Davies
7	Sale H Manchester	82	—	20	Nieve Barton	28	Hermione Mason	34	Ciara Raftery
8	St Helens Sutton AC	88	—	27	Amber Escoffery	29	Lucy Bridge	32	Hollie Brussels

Race 2 - Under 11 Boys — FINAL RESULTS (\$=non-counter)

Pos	Num	Name	Club	Time	Pos	Num	Name	Club	Time
1	146	Sam Hopkins	Salford H&ac	11:41	15	145	Joe Coggins	Salford H&ac	13:03
2	642	Samuel Bryan	Salford H&ac	11:53	16	628	Joseph Herbert	Sale H Manchester	13:14
3	385	Joseph Fountain	Wirral AC	12:01	17	356	Ben Toole	St Helens Sutton AC	13:28
4	560	Oliver Choi	Trafford AC	12:04	18	655	Zak Gardner	Trafford AC	13:44
5	481	James Doorbar	Macclesfield H&ac	12:11	19	512	Pendrill	Macclesfield H&ac	13:57
6	485	Thomas Roberts	Macclesfield H&ac	12:14	20	568	Ivan Karpusheff	Vale Royal AC	14:16
7	650	Arron Leach	St Helens Sutton AC	12:15	21	113	Oliver Murphy	Abc Runners	14:24
8	621	Tom Boyd	Sale H Manchester	12:16	22	660	Dino Roiditis	Salford H&ac	14:27
9	39	Alec McLachlan	Stockport H&ac	12:23	23	638	Will Kershaw	Salford Metropolitan Ac	14:35
10	569	James Lanni	Vale Royal AC	12:28	24	606	Matthew Dodd	St Helens Sutton AC	15:21
11	386	Harvey Robinson	Wirral AC	12:43	25	627	Patrick Marsden	Salford Metropolitan Ac	15:44
12	643	Charlie Mansfield	Salford H&ac	12:45	26	191	Ryan O'Neill	E Cheshire H & Tameside AC	16:05
13	552	Cameron Murdoch	Bramhall Runners	12:52	27	557	Lee Robertson	Trafford AC	16:40
14	239	Zachary Gaillemin	Sale H Manchester	12:58					

Race 2 - Under 11 Boys — TEAM RESULTS

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

1	Salford H&ac	15	—	1	Sam Hopkins	2	Samuel Bryan	12	Charlie Mansfield
2	Macclesfield H&ac	30	—	5	James Doorbar	6	Thomas Roberts	19	Pendrill
3	Sale H Manchester	38	—	8	Tom Boyd	14	Zachary Gaillemin	16	Joseph Herbert
4	St Helens Sutton AC	48	—	7	Arron Leach	17	Ben Toole	24	Matthew Dodd
5	Trafford AC	49	—	4	Oliver Choi	18	Zak Gardner	27	Lee Robertson

Manchester Area Cross Country League at Heaton Park, Manchester on Saturday 10th January 2015

Race 2 - Under 13 Girls — FINAL RESULTS (\$=non-counter)

Pos	Num	Name	Cat/Pos	Club	Time	Pos	Num	Name	Club	Time
1	435	Ella McNiven		Liverpool H & AC	11:27	24	260	Tess McHugh	Sale H Manchester	12:57
2	7	Grace Decampos		Manchester H&ac	11:42	25	167	Marnie Mannion	Trafford AC	12:58
3	13	Alice Stiles		Manchester H&ac	11:44	26	661	Hannah Witchalls	Sale H Manchester	12:59
4	666	Emma Gordon		Liverpool H & AC	11:45	27	150	C HaywoodPercival	Salford H&ac	13:04
5	45	Chloe Rogers		Stockport H&ac	11:57	28	640	Jade Bailey	Salford Metropolitan Ac	13:05
6	9	Georgia Fazakerley		Manchester H&ac	11:59	29	151	Samantha Mason	Salford H&ac	13:07
7	209	Sian Heslop		Macclesfield H&ac	12:12	30	194	Abby O'Neill	E Cheshire H & Tameside AC	13:08
8	443	Alex Townsend		Liverpool H & AC	12:12	31	271	Lucie Wolfenden	Sale H Manchester	13:20
9	42	Mollie Cooke		Stockport H&ac	12:13	32	524	Freya Handley	E Cheshire H & Tameside AC	13:23
10	2046	Alice Tonge		Bolton United Harriers & Ac	12:16	33	624	Emily Hall	Sale H Manchester	13:25
11	611	Holly Jackson		E Cheshire H & Tameside AC	12:17	34	269	Scarlett Whittaker	Sale H Manchester	13:26
12	211	Stephanie Moss		Macclesfield H&ac	12:24	35	261	Amelia Newbould	Sale H Manchester	13:28
13	251	Alice Dale		Sale H Manchester	12:25	36	253	Mia Gibbons	Sale H Manchester	13:31
14	214	Shona Williams		Macclesfield H&ac	12:26	37	659	Maisie Wiseman	Sale H Manchester	13:35
15	193	Megan Lewis		E Cheshire H & Tameside AC	12:27	38	10	Alice Jones	Manchester H&ac	13:38
16	267	Elizabeth Twite		Sale H Manchester	12:29	39	498	Lauren Burgess	Stockport H&ac	13:48
17	192	Alyssia Davey		E Cheshire H & Tameside AC	12:32	40	152	Rebecca Royle	Salford H&ac	13:55
18	266	Penny Townsend		Sale H Manchester	12:33	41	360	Ashley Sprott	St Helens Sutton AC	13:59
19	212	Lauren Robinson		Macclesfield H&ac	12:35	42	605	Blythe Carter	St Helens Sutton AC	14:08
20	247	Tiaara Barton		Sale H Manchester	12:37	43	359	Lucy Price	St Helens Sutton AC	14:10
21	2054	EllieJo Ramsden		Bolton United Harriers & Ac	12:51	44	665	Isobel Johnson	Salford Metropolitan Ac	14:14
22	2052	Molly Philbin		Bolton United Harriers & Ac	12:55	45	168	Katherine McMinn	Trafford AC	15:14
23	258	Laura Hole		Sale H Manchester	12:55					

Race 2 - Under 13 Girls — TEAM RESULTS

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

1	Manchester H&ac	11	—	2	Grace Decampos	3	Alice Stiles	6	Georgia Fazakerley
2	Liverpool H & AC	13	—	1	Ella McNiven	4	Emma Gordon	8	Alex Townsend
3	Macclesfield H&ac	31	—	7	Sian Heslop	11	Stephanie Moss	13	Shona Williams
4	E Cheshire H & Tameside AC	40	—	10	Holly Jackson	14	Megan Lewis	16	Alyssia Davey
5	Sale H Manchester	44	—	12	Alice Dale	15	Elizabeth Twite	17	Penny Townsend
6	Stockport H&ac	50	—	5	Chloe Rogers	9	Mollie Cooke	36	Lauren Burgess
7	Sale H Manchester	60	—	19	Tiaara Barton	20	Laura Hole	21	Tess McHugh
8	Sale H Manchester	81	—	23	Hannah Witchalls	28	Lucie Wolfenden	30	Emily Hall
9	Salford H&ac	87	—	24	C HaywoodPercival	26	Samantha Mason	37	Rebecca Royle
10	Sale H Manchester	96	—	31	Scarlett Whittaker	32	Amelia Newbould	33	Mia Gibbons
11	St Helens Sutton AC	117	—	38	Ashley Sprott	39	Blythe Carter	40	Lucy Price

Race 3 - Under 13 Boys — FINAL RESULTS (\$=non-counter)

Pos	Num	Name	Club	Time	Pos	Num	Name	Club	Time
1	631	Jordan Jones	Warrington AC	13:06	20	510	Daniel Edmundson	Altrincham & Dist AC	14:57
2	216	Lucas Parker	Macclesfield H&ac	13:13	21	155	Charlie Thomas	Salford H&ac	14:58
3	60	Flynn Walsh	Stockport H&ac	13:19	22	172	Cynog Williams	Trafford AC	15:08
4	48	Ben Batho	Stockport H&ac	13:23	23	57	Joseph Philbin	Stockport H&ac	15:09
5	50	Fabio Carosi	Stockport H&ac	13:36	24	533	Joe Bentall	Trafford AC	15:10
6	489	Zenon Caine	Sale H Manchester	13:53	25	363	Charlie Roberts	St Helens Sutton AC	15:10
7	51	Edward Corden	Stockport H&ac	13:59	26	361	Michael Brussels	St Helens Sutton AC	15:11
8	217	Finley Proffitt	Macclesfield H&ac	14:04	27	125	Sam Fox	Ribble Valley AC	15:17
9	61	Jacob Wooddoyle	Stockport H&ac	14:22	28	364	Matthew Slevin	St Helens Sutton AC	15:21
10	49	Dylan Bourke	Stockport H&ac	14:27	29	662	Sean Cusack	Salford H&ac	15:29
11	156	Jacob Yates	Salford H&ac	14:30	30	195	Jake Smith	E Cheshire H & Tameside AC	15:30
12	170	Alex Bailey	Trafford AC	14:36	31	284	George Safranauskas	Sale H Manchester	15:42
13	2060	Harry Collier	Oldham & Royton H & Ac	14:37	32	362	Liam Houghton	St Helens Sutton AC	15:49
14	509	Harry Sinclair	Altrincham & Dist AC	14:39	33	526	Will Culmer	Stockport H&ac	15:52
15	171	Seb Patrick	Trafford AC	14:42	34	52	Dominic Crossland	Stockport H&ac	16:50
16	2059	Callum Atkinson	Oldham & Royton H & Ac	14:44	35	274	Jacob Corrie	Sale H Manchester	16:54
17	153	Oliver Cook	Salford H&ac	14:50	36	448	Jamie Ford	Liverpool H & AC	17:53
18	610	Edward Smiles	Vale Royal AC	14:52	37	644	Alex Park	Salford H&ac	19:02
19	280	Bailey Hulse	Sale H Manchester	14:53					

Race 3 - Under 13 Boys — TEAM RESULTS

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

1	Stockport H&ac	12	—	3	Flynn Walsh	4	Ben Batho	5	Fabio Carosi
2	Stockport H&ac	26	—	7	Edward Corden	9	Jacob Wooddoyle	10	Dylan Bourke
3	Salford H&ac	45	—	11	Jacob Yates	15	Oliver Cook	19	Charlie Thomas
4	Trafford AC	46	—	12	Alex Bailey	14	Seb Patrick	20	Cynog Williams
5	Sale H Manchester	52	—	6	Zenon Caine	17	Bailey Hulse	29	George Safranauskas
6	St Helens Sutton AC	73	—	23	Charlie Roberts	24	Michael Brussels	26	Matthew Slevin
7	Stockport H&ac	84	—	21	Joseph Philbin	31	Will Culmer	32	Dominic Crossland

Manchester Area Cross Country League at Heaton Park, Manchester on Saturday 10th January 2015

Race 3 - Under 15 Girls — FINAL RESULTS (\$=non-counter)

Pos	Num	Name	Club	Time	Pos	Num	Name	Club	Time
1	17	Beth Barlow	Manchester H&ac	13:34	20	453	Emily Lucas	Liverpool H & AC	15:36
2	68	Rebecca Jones	Stockport H&ac	13:46	21	312	Chiara Young	Sale H Manchester	15:37
3	22	Eleanor Kenny	Manchester H&ac	13:48	22	657	Emilia Gajda	E Cheshire H & Tameside AC	15:40
4	450	Jessica Cook	Liverpool H & AC	13:54	23	310	Jemma Vickers	Sale H Manchester	15:44
5	62	Georgia Bourke	Stockport H&ac	13:54	24	501	L HaywoodPrecival	Salford H&ac	15:54
6	71	Naomi Sinclair	Stockport H&ac	13:58	25	308	Chloe Taylor	Sale H Manchester	15:57
7	21	Emily Hughes	Manchester H&ac	14:02	26	158	Lucy McMullen	Salford H&ac	15:58
8	302	Niamh Nugent	Sale H Manchester	14:34	27	174	Danielle McMinn	Trafford AC	16:05
9	502	Rebecca Mason	Salford H&ac	14:43	28	19	Katie Cooper	Manchester H&ac	16:19
10	297	Nicole Grainger	Sale H Manchester	15:02	29	645	Caitlin Dunphy	Salford H&ac	16:23
11	299	Georgia Haworth	Sale H Manchester	15:02	30	2051	\$Leah Rushworth	Bolton United Harriers & Ac	16:33
12	66	Heather Corden	Stockport H&ac	15:03	31	449	Mia Alsamraie	Liverpool H & AC	16:39
13	455	Millie Raine	Liverpool H & AC	15:09	32	500	Sophie Harrison	Salford H&ac	16:39
14	520	Molly Healey	E Cheshire H & Tameside AC	15:18	33	159	Holly Peltier	Salford H&ac	16:41
15	69	Hannah Richardson	Stockport H&ac	15:20	34	646	Molly Pike	Salford H&ac	17:05
16	368	Samantha Price	St Helens Sutton AC	15:25	35	306	Anna Stewartbrown	Sale H Manchester	17:29
17	20	Chloe Davies	Manchester H&ac	15:25	36	383	Kathryn Schofield	Warrington Tri Club	17:52
18	73	Abbie Wooddoyle	Stockport H&ac	15:32	37	667	Francesca Hyder	Sale H Manchester	18:10
19	157	Catherine Hooper	Salford H&ac	15:34	38	515	Abby Shaw	Salford Metropolitan Ac	19:46

Race 3 - Under 15 Girls — TEAM RESULTS

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

1	Manchester H&ac	11	—	1	Beth Barlow	3	Eleanor Kenny	7	Emily Hughes	
2	Stockport H&ac	13	—	2	Rebecca Jones	5	Georgia Bourke	6	Naomi Sinclair	
3	Sale H Manchester	29	—	8	Niamh Nugent	10	Nicole Grainger	11	Georgia Haworth	
4	Liverpool H & AC	37	—	4	Jessica Cook	13	Millie Raine	20	Emily Lucas	
5	Stockport H&ac	'B'	45	—	12	Heather Corden	15	Hannah Richardson	18	Abbie Wooddoyle
6	Salford H&ac	'B'	52	—	9	Rebecca Mason	19	Catherine Hooper	24	L. HaywoodPrecival
7	Sale H Manchester	'B'	69	—	21	Chiara Young	23	Jemma Vickers	25	Chloe Taylor
8	Salford H&ac	'B'	86	—	26	Lucy McMullen	29	Caitlin Dunphy	31	Sophie Harrison

Race 4 - Under 15 Boys — FINAL RESULTS (\$=non-counter)

Pos	Num	Name	Club	Time	Pos	Num	Name	Club	Time
1	460	Joseph Ford	Liverpool H & AC	17:57	11	76	Josh Seymour	Stockport H&ac	20:53
2	530	Louie Haynes	E Cheshire H & Tameside AC	18:56	12	461	Andrew Grant	Liverpool H & AC	21:12
3	538	Jack Stubbings	Warrington AC	18:59	13	604	Ben Oldham	St Helens Sutton AC	21:13
4	164	Chris Larkin	Halton & Frodsham	19:18	14	416	Tom Rogers	Wirral AC	21:27
5	28	Ben Skertchly	Manchester H&ac	19:27	15	419	Sam Tempest	Wirral AC	22:02
6	26	Matty Fox	Manchester H&ac	20:15	16	545	Robert Finnis	Macclesfield H&ac	22:22
7	25	Connor Fazakerley	Manchester H&ac	20:31	17	503	Paddy Cusac	Salford H&ac	22:48
8	186	Jac Goodall	West Cheshire AC	20:35	18	499	Matthew Connors	Stockport H&ac	23:27
9	197	Nathan Barlow	E Cheshire H & Tameside AC	20:36	19	314	Harry Boyd	Sale H Manchester	23:45
10	412	Jonathon Head	Wirral AC	20:41	20	188	Rory Willson	West Cheshire AC	27:20

Race 4 - Under 15 Boys — TEAM RESULTS

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

1	Manchester H&ac	18	—	5	Ben Skertchly	6	Matty Fox	7	Connor Fazakerley
2	Wirral AC	39	—	10	Jonathon Head	14	Tom Rogers	15	Sam Tempest

Race 4 - Under 17 Women — FINAL RESULTS (\$=non-counter)

Pos	Num	Name	Club	Time	Pos	Num	Name	Club	Time
1	2058	\$Sophie Whittaker	Bury Athletic Club	21:36	8	202	Alannah Newell	E Cheshire H & Tameside AC	23:46
2	2061	\$Sophie Hill	Moston & District H & Ac	21:56	9	326	Eve Gibson	Sale H Manchester	23:54
3	134	Eleanor Bolton	Ribble Valley AC	22:18	10	135	Georgina Smith	Ribble Valley AC	24:10
4	324	Alice Bruce	Sale H Manchester	23:04	11	327	Madeleine Hole	Sale H Manchester	24:12
5	487	Louisa Whittingham	Macclesfield H&ac	23:14	12	2055	\$Katie Oakley	Bolton United Harriers & Ac	25:09
6	333	Franki Reid	Sale H Manchester	23:22	13	525	Niamh Hartshorne	E Cheshire H & Tameside AC	26:00
7	335	Amber Towns	Sale H Manchester	23:34					

Race 4 - Under 17 Women — TEAM RESULTS

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

1	Sale H Manchester	11	—	2	Alice Bruce	4	Franki Reid	5	Amber Towns
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Race 4 - Under 17 Men — FINAL RESULTS (\$=non-counter)

Pos	Num	Name	Club	Time	Pos	Num	Name	Club	Time
1	32	Sam Tarry	Manchester H&ac	18:28	6	90	Michael Quin	Stockport H&ac	20:39
2	205	Luke Piper	E Cheshire H & Tameside AC	18:43	7	376	Jonathan Causer	St Helens Sutton AC	20:52
3	184	Matthew Sutton	Trafford AC	18:50	8	136	George Nightingale	Ribble Valley AC	21:35
4	84	Grant Anderson	Stockport H&ac	19:22	9	547	Alex McFarlane	Stockport H&ac	23:09
5	85	George Cooke	Stockport H&ac	20:38	10	522	Lochlain Fisher	St Helens Sutton AC	24:13

Race 4 - Under 17 Men — TEAM RESULTS

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

1	Stockport H&ac	15	—	4	Grant Anderson	5	George Cooke	6	Michael Quin
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Manchester Area Cross Country League

at Heaton Park, Manchester on Saturday 10th January 2015

Senior Women aged 17 to 19

Pos	Num	Name	Cat/Pos	Club	Time						
1	23	Elizabeth Apsley	U20	1 Stockport H&ac	36:12	5	359 Rachel McGoldrick	U20	5	St Helens Sutton AC	40:01
2	51	Mollie Williams	U20	2 Stockport H&ac	36:41	6	64 Clara Pettit	U20	6	Vale Royal AC	41:09
3	30	Ellen Downs	U20	3 Stockport H&ac	38:05	7	358 Maria McGoldrick	U20	7	St Helens Sutton AC	42:32
4	24	Megan Ashelby	U20	4 Stockport H&ac	38:08	8	300 Hayley Simpson	U20	8	E Cheshire H&tameside AC	44:24

Senior Women aged 20 to 34

Pos	Num	Name	Cat/Pos	Club	Time						
1	27	Lyndsay Clarke		Stockport H&ac	35:51	35	100 Carolyn Lewtas			Salford Met AC	44:39
2	524	Maria Barrett		Liverpool H & AC	36:06	36	94 Rachel Peers			Wilmslow RC	44:44
3	350	Katie White		Sale H Manchester	37:07	37	40 Cheryl Rook			Stockport H&ac	44:48
4	528	Sarah Hudak		Trafford AC	37:22	38	520 Maisie Eakin			Sale H Manchester	44:49
5	329	Sarah Douglas		Sale H Manchester	37:39	39	7 Sophie Flanagan			Manchester H&ac	45:08
6	355	Gemma Connolly		St Helens Sutton AC	37:40	40	418 Alison Wainwright			Chorlton Runners	45:14
7	266	Vicki Cronin		Trafford AC	37:49	41	311 Nina Moss			Macclesfield H&ac	45:35
8	212	Pauline Griffin		Manchester Triathlon	37:53	42	371 Rebecca Mills			Swinton RC	45:59
9	230	Sarah Saxton		Manchester Triathlon	38:19	43	346 Alice Smedley			Sale H Manchester	46:02
10	349	Kathy Wellam		Sale H Manchester	38:25	44	328 Lauren Davies			Sale H Manchester	46:14
11	473	Holly Teague		E Cheshire H&tameside AC	39:02	45	469 Amy Barter			Stockport H&ac	46:14
12	20	Emma Tolond		Manchester H&ac	39:39	46	216 Lara Hills			Manchester Triathlon	46:19
13	465	Emma Finney		Sale H Manchester	39:40	47	504 Sadia Haq			Chorlton Runners	46:34
14	158	Marieanne Bigotsazy		Salford H&ac	39:46	48	173 Laura Bostock			Altrincham & District	47:44
15	336	Cara O'Brien		Sale H Manchester	39:50	49	409 Susannah Larmine			Chorlton Runners	48:02
16	416	Ingrid Storm		Chorlton Runners	39:52	50	117 Leah Evans			Belle Vue Racers	48:16
17	478	Lora Blann		Altrincham & District	39:55	51	193 Philippa Bather			Manchester Frontrunners	48:43
18	313	Paula Nimmo		Macclesfield H&ac	40:47	52	407 Helen Hall			Chorlton Runners	49:47
19	263	Liz Austen		Trafford AC	41:02	53	111 Sarah Hodgkinson			Abc Runners	50:21
20	536	Laura Finucane		Wilmslow RC	41:06	54	153 Claudia Hammondprice			Manchester Ymca H	50:25
21	290	Bethany Hirst		E Cheshire H&tameside AC	41:38	55	503 Sophie Cunningham			Chorlton Runners	50:31
22	352	Jennifer Yates		Sale H Manchester	41:46	56	186 Laura Stevenson			Dragons Rc (sale)	51:30
23	472	Sally Teague		E Cheshire H&tameside AC	42:19	57	218 Helen Jaques			Manchester Triathlon	51:32
24	149	Hannah Brierley		Manchester Ymca H	42:25	58	477 April Wilkinson			Swinton RC	52:03
25	507	Katy Newton		Chorlton Runners	42:28	59	427 Sinead Hayes			Radcliffe AC	52:17
26	522	Heather Roberts		Trafford AC	42:36	60	229 Ceri Russell			Manchester Triathlon	52:33
27	396	\$Amie Bagnall		Salford H&ac	42:38	61	2044 \$Rebecca Ince			Unattached	54:21
28	207	Rachel Crossley		Manchester Triathlon	43:00	62	224 Jennifer Lutton			Manchester Triathlon	55:08
29	442	Jude Bek		Chorlton Runners	43:02	63	410 Gemma Lovegrove			Chorlton Runners	55:41
30	297	Pamela Read		E Cheshire H&tameside AC	43:04	64	233 Susan Warden			Manchester Triathlon	56:35
31	101	Olivia McDermott		Salford Met AC	43:38	65	458 Elizabeth Malone			Warrington Tri Club	56:48
32	125	Carmel Salvidge		Belle Vue Racers	44:05	66	241 Laura Cunningham			Middleton H AC	1:00:39
33	402	Leona Beaumont		Chorlton Runners	44:29	67	413 Elizabeth Rudden			Chorlton Runners	1:02:41
34	129	Emma Hill		Bramhall Runners	44:36	68	192 Nina Barthel			Manchester Frontrunners	1:07:09

Senior Women (Vets) aged 35 to 39

Pos	Num	Name	Cat/Pos	Club	Time						
1	309	Angela Markley	L35	1 Macclesfield H&ac	37:42	17	47 Amanda Trivett	L35	17	Stockport H&ac	46:51
2	448	Anne Farmer	L35	2 Macclesfield H&ac	38:15	18	203 Sophie Barnett	L35	18	Manchester Triathlon	48:38
3	306	Sarah Harris	L35	3 Macclesfield H&ac	38:32	19	475 Viv Samuelson	L35	19	Swinton RC	49:11
4	315	Kristy Gill	L35	4 Macclesfield H&ac	38:52	20	116 Lisa Donnelly	L35	20	Belle Vue Racers	49:40
5	317	Helen Armitage	L35	5 Sale H Manchester	39:42	21	225 Sarah Mawbeyjeffries	L35	21	Manchester Triathlon	49:55
6	307	Rachael Lawrance	L35	6 Macclesfield H&ac	40:22	22	373 Helen Nation	L35	22	Swinton RC	50:34
7	236	Joanna Adamson	L35	7 Middleton H AC	41:16	23	196 Paula Medley	L35	23	Manchester Frontrunners	50:55
8	277	Julie Price	L35	8 Trafford AC	41:28	24	435 Edyta Burgess	L35	24	Winston Runners	51:31
9	440	Claire Murphy	L35	9 St Helens Striders	41:49	25	436 Beata Knychala	L35	25	Winston Runners	52:11
10	467	Angelique Bueler	L35	10 Chorlton Runners	42:39	26	195 Mel Johnson	L35	26	Manchester Frontrunners	55:06
11	66	Sophia Rees	L35	11 Vale Royal AC	42:47	27	108 Charlotte Ward	L35	27	St Helens Striders	55:26
12	133	Nicola Lloyd	L35	12 Bramhall Runners	43:14	28	255 Anne Lowe	L35	28	Middleton H AC	56:52
13	121	Kath Horwill	L35	13 Belle Vue Racers	43:58	29	113 Ruth Amin	L35	29	Belle Vue Racers	1:00:09
14	265	Claire Chaffer	L35	14 Trafford AC	44:18	30	537 Tina Hicks	L35	30	Belle Vue Racers	1:01:42
15	154	Emma Rettig	L35	15 Manchester Ymca H	44:42	31	533 Helen Stevens	L35	31	Chorlton Runners	1:04:09
16	217	Helen Hyder	L35	16 Manchester Triathlon	45:13						

Senior Women (Vets) aged 40 to 44

Pos	Num	Name	Cat/Pos	Club	Time						
1	165	Beverley Simons	L40	1 Salford H&ac	36:56	17	148 Emma Bedford	L40	17	Manchester Ymca H	46:16
2	80	Katy Green	L40	2 Wilmslow RC	37:30	18	199 Ruth Travis	L40	18	Manchester Frontrunners	46:22
3	2069	\$Jacqui Khoueiry	L40	3 Holmfirth Harriers Ac	39:54	19	5 Jackie Ellison	L40	19	Manchester H&ac	46:54
4	430	Fiona Lynch	L40	4 Radcliffe AC	40:00	20	15 Catherine Poole	L40	20	Manchester H&ac	47:29
5	232	Jude Wall	L40	5 Manchester Triathlon	40:09	21	406 Emma Flint	L40	21	Chorlton Runners	47:31
6	81	Louisa Harrison	L40	6 Wilmslow RC	40:14	22	146 Sham Waites	L40	22	Glossopdale Harriers	48:05
7	45	Samantha Thomas	L40	7 Stockport H&ac	41:04	23	162 Ruth Ollerenshaw	L40	23	Salford H&ac	48:26
8	74	Diane Bygrave	L40	8 Wilmslow RC	41:36	24	123 Catherine McKenna	L40	24	Belle Vue Racers	48:50
9	368	Lauren Marsden	L40	9 Swinton RC	42:05	25	298 \$Nicola Richards	L40	25	E Cheshire H&tameside AC	50:39
10	184	Madeleine Hill	L40	10 Dragons Rc (sale)	43:38	26	375 Sharen Roberts	L40	26	Swinton RC	51:15
11	356	Julia Eccleston	L40	11 St Helens Sutton AC	44:12	27	424 Susanne Andrew	L40	27	Radcliffe AC	52:32
12	41	Sophie Seingier	L40	12 Stockport H&ac	44:25	28	490 Sharon Toolin	L40	28	Hyde Village Striders	56:03
13	393	Sarah Kearney	L40	13 Wirral AC	44:54	29	118 Julia Foy	L40	29	Belle Vue Racers	56:29
14	139	Emma Young	L40	14 Bramhall Runners	45:10	30	169 Fiona Ashworth	L40	30	Winston Runners	57:21
15	321	Sarah Bowman	L40	15 Sale H Manchester	45:44	31	105 Victoria Kehoe	L40	31	St Helens Striders	1:01:26
16	291	Melanie Kay	L40	16 E Cheshire H&tameside AC	46:05	32	521 Valerie Mouldon	L40	32	Winston Runners	1:08:57

Senior Women (Vets) aged 45 to 49

Pos	Num	Name	Cat/Pos	Club	Time
1	269	Alison Drasdo	L45 1	Trafford AC	40:19
2	35	Jayne Lawton	L45 2	Stockport H&ac	40:44
3	274	Joanne Lott	L45 3	Trafford AC	40:59
4	77	Janine Ellis	L45 4	Wilmslow RC	41:56
5	95	Huma Rahman	L45 5	Wilmslow RC	43:12
6	226	Gail O'Hare	L45 6	Manchester Triathlon	43:36
7	293	Emma McQueen	L45 7	E Cheshire H&tameside AC	44:45
8	391	Caroline Brophy	L45 8	Wirral AC	44:59
9	175	Carole Harrison	L45 9	Altrincham & District	45:41
10	144	Lindsay Palmer	L45 10	Glossopdale Harriers	46:00
11	450	Theresa Shaw	L45 11	Salford Met AC	47:12
12	142	Vicki Hamilton	L45 12	Glossopdale Harriers	49:54
13	4	Debbie Beresford	L45 13	Manchester H&ac	51:49
14	466	Christine Copson	L45 14	Hyde Village Striders	52:41
15	531	Julie Smith	L45 15	Macclesfield H&ac	52:51
16	137	Alison Sheedy	L45 16	Bramhall Runners	54:28
17	361	Mandy Beard	L45 17	Swinton RC	54:47
18	484	Susan Mee	L45 18	Winston Runners	57:21
19	170	Ria Bright	L45 19	Winston Runners	1:27:32

Senior Women (Vets) aged 50 to 54

Pos	Num	Name	Cat/Pos	Club	Time
1	79	Sally Gilliver	L50 1	Wilmslow RC	42:08
2	532	Diane Clark	L50 2	Hyde Village Striders	45:10
3	98	Kate Sutton	L50 3	Wilmslow RC	45:16
4	310	Jo Miles	L50 4	Macclesfield H&ac	45:24
5	50	Maureen Wilkins	L50 5	Stockport H&ac	46:46
6	342	Lynda Rowlinson	L50 6	Sale H Manchester	47:08
7	426	Kath Davies	L50 7	Radcliffe AC	47:54
8	198	Linda Rix	L50 8	Manchester Frontrunners	47:56
9	530	Alison Gunn	L50 9	Macclesfield H&ac	51:59
10	534	Jacqueline Crowther	L50 10	Hyde Village Striders	56:03
11	131	Cath Jones	L50 11	Bramhall Runners	1:00:14
12	512	Kate MacDonald	L50 12	Chorlton Runners	1:01:48

Senior Women (Vets) aged 55 to 59

Pos	Num	Name	Cat/Pos	Club	Time
1	327	Jackie Cordingley	L55 1	Sale H Manchester	42:13
2	93	Nicky Mowat	L55 2	Wilmslow RC	44:38
3	353	Lynne Yates	L55 3	Sale H Manchester	45:14
4	120	Annie Hirsch	L55 4	Belle Vue Racers	45:52
5	312	Barbara Murray	L55 5	Macclesfield H&ac	47:00
6	301	Gillian Wolstenholme	L55 6	E Cheshire H&tameside AC	48:27
7	471	Fiona Bolton	L55 7	Middleton H AC	52:07
8	251	Julie Jones	L55 8	Middleton H AC	52:35
9	178	Maggie Jones	L55 9	Altrincham & District	54:34
10	494	Ros Dyde	L55 10	Winston Runners	58:15
11	258	Jenny Poole	L55 11	Middleton H AC	58:29
12	235	Shelagh Ackers	L55 12	Middleton H AC	1:00:46
13	259	Janice Pugh	L55 13	Middleton H AC	1:01:36
14	253	Alyson Lamb	L55 14	Middleton H AC	1:10:34

Senior Women (Vets) aged 60 to 64

Pos	Num	Name	Cat/Pos	Club	Time
1	177	Annmarie Jones	L60 1	Altrincham & District	41:33
2	270	Sue Exon	L60 2	Trafford AC	48:13
3	462	Eileen Sharman	L60 3	Radcliffe AC	51:13
4	72	Carole Williams	L60 4	Vale Royal AC	55:50
5	246	Ruth Hare	L60 5	Middleton H AC	56:44

Senior Women (Vets) aged 65 to 69

Pos	Num	Name	Cat/Pos	Club	Time
1	28	Alexis Dinsmor	L65 1	Stockport H&ac	50:06
2	243	Christine Eckersley	L65 2	Middleton H AC	54:11
3	282	Frances Mudway	L65 3	West Cheshire AC	57:33
4	488	Liz Spensley	L65 4	Abc	1:00:54

Manchester Area Cross Country League

at Heaton Park, Manchester on Saturday 10th January 2015

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

Pos	Num	Name	Cat/Pos	Club	Time	Pos	Name	Cat/Pos	Club	Time
1	27	Lyndsay Clarke		Stockport H&ac	35:51	85	393 Sarah Kearney	L40 13	Wirral AC	44:54
2	524	Maria Barrett		Liverpool H & AC	36:06	86	391 Caroline Brophy	L45 8	Wirral AC	44:59
3	23	Elizabeth Apsley	U20 1	Stockport H&ac	36:12	87	7 Sophie Flanagan		Manchester H&ac	45:08
4	51	Mollie Williams	U20 2	Stockport H&ac	36:41	88	139 Emma Young	L40 14	Bramhall Runners	45:10
5	165	Beverley Simons	L40 1	Salford H&ac	36:56	89	532 Diane Clark	L50 2	Hyde Village Striders	45:10
6	350	Katie White		Sale H Manchester	37:07	90	217 Helen Hyder	L35 16	Manchester Triathlon	45:13
7	528	Sarah Hudak		Trafford AC	37:22	91	353 Lynne Yates	L55 3	Sale H Manchester	45:14
8	80	Katy Green	L40 2	Wilmslow RC	37:30	92	418 Alison Wainwright		Chorlton Runners	45:14
9	329	Sarah Douglas		Sale H Manchester	37:39	93	98 Kate Sutton	L50 3	Wilmslow RC	45:16
10	355	Gemma Connolly		St Helens Sutton AC	37:40	94	310 Jo Miles	L50 4	Macclesfield H&ac	45:24
11	309	Angela Markley	L35 1	Macclesfield H&ac	37:42	95	311 Nina Moss		Macclesfield H&ac	45:35
12	266	Vicki Cronin		Trafford AC	37:49	96	175 Carole Harrison	L45 9	Altrincham & District	45:41
13	212	Pauline Griffin		Manchester Triathlon	37:53	97	321 Sarah Bowman	L40 15	Sale H Manchester	45:44
14	30	Ellen Downs	U20 3	Stockport H&ac	38:05	98	120 Annie Hirsch	L55 4	Belle Vue Racers	45:52
15	24	Megan Ashelby	U20 4	Stockport H&ac	38:08	99	371 Rebecca Mills		Swinton RC	45:59
16	448	Anne Farmer	L35 2	Macclesfield H&ac	38:15	100	144 Lindsay Palmer	L45 10	Glossopdale Harriers	46:00
17	230	Sarah Saxton		Manchester Triathlon	38:19	101	346 Alice Smedley		Sale H Manchester	46:02
18	349	Kathy Wellam		Sale H Manchester	38:25	102	291 Melanie Kay	L40 16	E Cheshire H&tameside AC	46:05
19	306	Sarah Harris	L35 3	Macclesfield H&ac	38:32	103	328 Lauren Davies		Sale H Manchester	46:14
20	315	Kristy Gill	L35 4	Macclesfield H&ac	38:52	104	469 Amy Barter		Stockport H&ac	46:14
21	473	Holly Teague		E Cheshire H&tameside AC	39:02	105	148 Emma Bedford	L40 17	Manchester Ymca H	46:16
22	20	Emma Tolond		Manchester H&ac	39:39	106	216 Lara Hills		Manchester Triathlon	46:19
23	465	Emma Finney		Sale H Manchester	39:40	107	199 Ruth Travis	L40 18	Manchester Frontrunners	46:22
24	317	Helen Armitage	L35 5	Sale H Manchester	39:42	108	504 Sadia Haq		Chorlton Runners	46:34
25	158	Marieanne Bigotsazy		Salford H&ac	39:46	109	50 Maureen Wilkins	L50 5	Stockport H&ac	46:46
26	336	Cara O'Brien		Sale H Manchester	39:50	110	47 Amanda Trivett	L35 17	Stockport H&ac	46:51
27	416	Ingrid Storm		Chorlton Runners	39:52	111	5 Jackie Ellison	L40 19	Manchester H&ac	46:54
28	2069	Jacqui Khoueiry	L40 3	Holmfirth Harriers Ac	39:54	112	312 Barbara Murray	L55 5	Macclesfield H&ac	47:00
29	478	Lora Blann		Altrincham & District	39:55	113	342 Lynda Rowlinson	L50 6	Sale H Manchester	47:08
30	430	Fiona Lynch	L40 4	Radcliffe AC	40:00	114	450 Theresa Shaw	L45 11	Salford Met AC	47:12
31	359	Rachel McGoldrick	U20 5	St Helens Sutton AC	40:01	115	15 Catherine Poole	L40 20	Manchester H&ac	47:29
32	232	Jude Wall	L40 5	Manchester Triathlon	40:09	116	406 Emma Flint	L40 21	Chorlton Runners	47:31
33	81	Louisa Harrison	L40 6	Wilmslow RC	40:14	117	173 Laura Bostock		Altrincham & District	47:44
34	269	Alison Drasdo	L45 1	Trafford AC	40:19	118	426 Kath Davies	L50 7	Radcliffe AC	47:54
35	307	Rachael Lawrance	L35 6	Macclesfield H&ac	40:22	119	198 Linda Rix	L50 8	Manchester Frontrunners	47:56
36	35	Jayne Lawton	L45 2	Stockport H&ac	40:44	120	409 Susannah Larminie		Chorlton Runners	48:02
37	313	Paula Nimmo		Macclesfield H&ac	40:47	121	146 Sharn Waites	L40 22	Glossopdale Harriers	48:05
38	274	Joanne Lott	L45 3	Trafford AC	40:59	122	270 Sue Exon	L60 2	Trafford AC	48:13
39	263	Liz Austen		Trafford AC	41:02	123	117 Leah Evans		Belle Vue Racers	48:16
40	45	Samantha Thomas	L40 7	Stockport H&ac	41:04	124	162 Ruth Ollerenshaw	L40 23	Salford H&ac	48:26
41	536	Laura Finucane		Wilmslow RC	41:06	125	301 Gillian Wolstenholme	L55 6	E Cheshire H&tameside AC	48:27
42	64	Clara Pettit	U20 6	Vale Royal AC	41:09	126	203 Sophie Barnett	L35 18	Manchester Triathlon	48:38
43	236	Joanna Adamson	L35 7	Middleton H AC	41:16	127	193 Philippa Bathar		Manchester Frontrunners	48:43
44	277	Julie Price	L35 8	Trafford AC	41:28	128	123 Catherine McKenna	L40 24	Belle Vue Racers	48:50
45	177	Annamarie Jones	L60 1	Altrincham & District	41:33	129	475 Viv Samuelson	L35 19	Swinton RC	49:11
46	74	Diane Bygrave	L40 8	Wilmslow RC	41:36	130	116 Lisa Donnelly	L35 20	Belle Vue Racers	49:40
47	290	Bethany Hirst		E Cheshire H&tameside AC	41:38	131	407 Helen Hall		Chorlton Runners	49:47
48	352	Jennifer Yates		Sale H Manchester	41:46	132	142 Vicki Hamilton	L45 12	Glossopdale Harriers	49:54
49	440	Claire Murphy	L35 9	St Helens Striders	41:49	133	225 Sarah Mawbeyjeffries	L35 21	Manchester Triathlon	49:55
50	77	Janine Ellis	L45 4	Wilmslow RC	41:56	134	28 Alexis Dinsmor	L65 1	Stockport H&ac	50:06
51	368	Lauren Marsden	L40 9	Swinton RC	42:05	135	111 Sarah Hodgkinson		Abc Runners	50:21
52	79	Sally Gilliver	L50 1	Wilmslow RC	42:08	136	153 Claudia Hammondprice		Manchester Ymca H	50:25
53	327	Jackie Cordingley	L55 1	Sale H Manchester	42:13	137	503 Sophie Cunningham		Chorlton Runners	50:31
54	472	Sally Teague		E Cheshire H&tameside AC	42:19	138	373 Helen Nation	L35 22	Swinton RC	50:34
55	149	Hannah Brierley		Manchester Ymca H	42:25	139	298 Nicola Richards	L40 25	E Cheshire H&tameside AC	50:39
56	507	Katy Newton		Chorlton Runners	42:28	140	196 Paula Medley	L35 23	Manchester Frontrunners	50:55
57	358	Maria McGoldrick	U20 7	St Helens Sutton AC	42:32	141	462 Eileen Sharman	L60 3	Radcliffe AC	51:13
58	522	Heather Roberts		Trafford AC	42:36	142	375 Sharen Roberts	L40 26	Swinton RC	51:15
59	396	Amie Bagnall		Salford H&ac	42:38	143	186 Laura Stevenson		Dragons Rc (sale)	51:30
60	467	Angelique Bueler	L35 10	Chorlton Runners	42:39	144	435 Edyta Burgess	L35 24	Winston Runners	51:31
61	66	Sophia Rees	L35 11	Vale Royal AC	42:47	145	218 Helen Jaques		Manchester Triathlon	51:32
62	207	Rachel Crossley		Manchester Triathlon	43:00	146	4 Debbie Beresford	L45 13	Manchester H&ac	51:49
63	442	Jude Bek		Chorlton Runners	43:02	147	530 Alison Gunn	L50 9	Macclesfield H&ac	51:59
64	297	Pamela Read		E Cheshire H&tameside AC	43:04	148	477 April Wilkinson		Swinton RC	52:03
65	95	Huma Rahman	L45 5	Wilmslow RC	43:12	149	471 Fiona Bolton	L55 7	Middleton H AC	52:07
66	133	Nicola Lloyd	L35 12	Bramhall Runners	43:14	150	436 Beata Knyschala	L35 25	Winston Runners	52:11
67	226	Gail O'Hare	L45 6	Manchester Triathlon	43:36	151	427 Sinead Hayes		Radcliffe AC	52:17
68	101	Olivia McDermott		Salford Met AC	43:38	152	424 Susanne Andrew	L40 27	Radcliffe AC	52:32
69	184	Madeleine Hill	L40 10	Dragons Rc (sale)	43:38	153	229 Ceri Russell		Manchester Triathlon	52:33
70	121	Kath Horwill	L35 13	Belle Vue Racers	43:58	154	251 Julie Jones	L55 8	Middleton H AC	52:35
71	125	Carmel Salvidge		Belle Vue Racers	44:05	155	466 Christine Copson	L45 14	Hyde Village Striders	52:41
72	356	Julia Eccleston	L40 11	St Helens Sutton AC	44:12	156	531 Julie Smith	L45 15	Macclesfield H&ac	52:51
73	265	Claire Chaffer	L35 14	Trafford AC	44:18	157	243 Christine Eckersley	L65 2	Middleton H AC	54:11
74	300	Hayley Simpson	U20 8	E Cheshire H&tameside AC	44:24	158	2044 Rebecca Ince		Unattached	54:21
75	41	Sophie Seingier	L40 12	Stockport H&ac	44:25	159	137 Alison Sheedy	L45 16	Bramhall Runners	54:28
76	402	Leona Beaumont		Chorlton Runners	44:29	160	178 Maggie Jones	L55 9	Altrincham & District	54:34
77	129	Emma Hill		Bramhall Runners	44:36	161	361 Mandy Beard	L45 17	Swinton RC	54:47
78	93	Nicky Mowat	L55 2	Wilmslow RC	44:38	162	195 Mel Johnson	L35 26	Manchester Frontrunners	55:06
79	100	Carolyn Lewtas		Salford Met AC	44:39	163	224 Jennifer Lutton		Manchester Triathlon	55:08
80	154	Emma Rettig	L35 15	Manchester Ymca H	44:42	164	108 Charlotte Ward	L35 27	St Helens Striders	55:26
81	94	Rachel Peers		Wilmslow RC	44:44	165	410 Gemma Lovegrove		Chorlton Runners	55:41
82	293	Emma McQueen	L45 7	E Cheshire H&tameside AC	44:45	166	72 Carole Williams	L60 4	Vale Royal AC	55:50
83	40	Cheryl Rock		Stockport H&ac	44:48	167	490 Sharon Toolin	L40 28	Hyde Village Striders	56:03
84	520	Maisie Eakin		Sale H Manchester	44:49	168	534 Jacqueline Crowther	L50 10	Hyde Village Striders	56:03

Results Service by G.J. Fecitt (SportSoft) Tel & Fax 01204 884887, Email: graham@race-results.co.uk
 Internet: <http://www.race-results.co.uk> -- full results will be available for downloading tonight

169 118 Julia Foy	L40 29 Belle Vue Racers	56:29	182 235 Shelagh Ackers	L55 12 Middleton H AC	1:00:46
170 233 Susan Warden	Manchester Triathlon	56:35	183 488 Liz Spensley	L65 4 Abc	1:00:54
171 246 Ruth Hare	L60 5 Middleton H AC	56:44	184 105 Victoria Kehoe	L40 31 St Helens Striders	1:01:26
172 458 Elizabeth Malone	Warrington Tri Club	56:48	185 259 Janice Pugh	L55 13 Middleton H AC	1:01:36
173 255 Anne Lowe	L35 28 Middleton H AC	56:52	186 537 Tina Hicks	L35 30 Belle Vue Racers	1:01:42
174 484 Susan Mee	L40 18 Winston Runners	57:21	187 512 Kate MacDonald	L50 12 Chorlton Runners	1:01:48
175 169 Fiona Ashworth	L45 30 Winston Runners	57:21	188 413 Elizabeth Rudden	Chorlton Runners	1:02:41
176 282 Frances Mudway	L65 3 West Cheshire AC	57:33	189 533 Helen Stevens	L35 31 Chorlton Runners	1:04:09
177 494 Ros Dyde	L55 10 Winston Runners	58:15	190 192 Nina Barthel	Manchester Frontrunners	1:07:09
178 258 Jenny Poole	L55 11 Middleton H AC	58:29	191 521 Valerie Mouldon	L40 32 Winston Runners	1:08:57
179 113 Ruth Amin	L35 29 Belle Vue Racers	1:00:09	192 253 Alyson Lamb	L55 14 Middleton H AC	1:10:34
180 131 Cath Jones	L50 11 Bramhall Runners	1:00:14	193 170 Ria Bright	L45 19 Winston Runners	1:27:32
181 241 Laura Cunningham	Middleton H AC	1:00:39			

Senior Women — TEAM RESULTS

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

1 Stockport H&ac	22 — 1 Lyndsay Clarke	3 Elizabeth Apsley	4 Mollie Williams	14 Ellen Downs
2 Sale H Manchester	56 — 6 Katie White	9 Sarah Douglas	18 Kathy Wellam	20 Emma Finney
3 Macclesfield H&ac	66 — 11 Angela Markley	16 Anne Farmer	19 Sarah Harris	23 Kristy Gill
4 Trafford AC	89 — 7 Sarah Hudak	12 Vicki Cronin	33 Alison Drasdo	37 Joanne Lott
5 Manchester Triathlon	121 — 13 Pauline Griffin	17 Sarah Saxton	31 Jude Wall	60 Rachel Crossley
6 Wilmslow RC	125 — 8 Katy Green	32 Louisa Harrison	40 Laura Finucane	45 Diane Bygrave
7 Sale H Manchester 'B'	149 — 24 Helen Armitage	26 Cara O'Brien	47 Jennifer Yates	52 Jackie Cordingley
8 Stockport H&ac 'B'	162 — 15 Megan Ashley	35 Jayne Lawton	39 Samantha Thomas	73 Sophie Seingier
9 St Helens Sutton AC	166 — 10 Gemma Connolly	30 Rachel McGoldrick	56 Maria McGoldrick	70 Julia Eccleston
10 E Cheshire H&tameside AC	182 — 21 Holly Teague	46 Bethany Hirst	53 Sally Teague	62 Pamela Read
11 Chorlton Runners	201 — 27 Ingrid Storm	55 Katy Newton	58 Angelique Bueler	61 Jude Bek
12 Trafford AC 'B'	209 — 38 Liz Austen	43 Julie Price	57 Heather Roberts	71 Claire Chaffer
13 Wilmslow RC 'B'	239 — 49 Janine Ellis	51 Sally Gilliver	63 Huma Rahman	76 Nicky Mowat
14 Macclesfield H&ac 'B'	255 — 34 Rachael Lawrance	36 Paula Nimmo	92 Jo Miles	93 Nina Moss
15 Altrincham & District	281 — 28 Lora Blann	44 Annmarie Jones	94 Carole Harrison	115 Laura Bostock
16 Manchester H&ac	329 — 22 Emma Tolond	85 Sophie Flanagan	109 Jackie Ellison	113 Catherine Poole
17 Belle Vue Racers	354 — 68 Kath Horwill	69 Carmel Salvidge	96 Annie Hirsch	121 Leah Evans
18 Sale H Manchester 'C'	365 — 82 Maisie Eakin	89 Lynne Yates	95 Sarah Bowman	99 Alice Smedley
19 Manchester Ymca H	369 — 54 Hannah Brierley	78 Emma Rettig	103 Emma Bedford	134 Claudia Hammond Price
20 E Cheshire H&tameside AC 'B'	375 — 72 Hayley Simpson	80 Emma McQueen	100 Melanie Kay	123 Gillian Wolstenholme
21 Bramhall Runners	380 — 64 Nicola Lloyd	75 Emma Hill	86 Emma Young	155 Alison Sheedy
22 Manchester Triathlon 'B'	381 — 65 Gail O'Hare	88 Helen Hyder	104 Lara Hills	124 Sophie Barnett
23 Chorlton Runners 'B'	384 — 74 Leona Beaumont	90 Alison Wainwright	106 Sadia Haq	114 Emma Flint
24 Stockport H&ac 'C'	398 — 81 Cheryl Rock	102 Amy Barter	107 Maureen Wilkins	108 Amanda Trivett
25 Swinton RC	410 — 50 Lauren Marsden	97 Rebecca Mills	127 Viv Samuelson	136 Helen Nation
26 Radcliffe AC	431 — 29 Fiona Lynch	116 Kath Davies	138 Eileen Sharman	148 Sinead Hayes
27 Manchester Frontrunners	484 — 105 Ruth Travis	117 Linda Rix	125 Philippa Bath	137 Paula Medley
28 Middleton H AC	493 — 42 Joanna Adamson	146 Fiona Bolton	151 Julie Jones	154 Christine Eckersley
29 Chorlton Runners 'C'	543 — 118 Susannah Larmine	129 Helen Hall	135 Sophie Cunningham	161 Gemma Lovegrove
30 Hyde Village Striders	566 — 87 Diane Clark	152 Christine Copson	163 Sharon Toolin	164 Jacqueline Crowther
31 Manchester Triathlon 'C'	582 — 131 Sarah Mawbey Jeffries	142 Helen Jaques	150 Ceri Russell	159 Jennifer Lutton
32 Belle Vue Racers 'B'	594 — 126 Catherine McKenna	128 Lisa Donnelly	165 Julia Foy	175 Ruth Amin
33 Winston Runners	629 — 141 Edtuya Burgess	147 Beata Knychala	170 Susan Mee	171 Fiona Ashworth
34 Middleton H AC 'B'	687 — 167 Ruth Hare	169 Anne Lowe	174 Jenny Poole	177 Laura Cunningham

Senior Women aged 17 to 19 — TEAM RESULTS

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

1 Stockport H&ac	6 — 1 Elizabeth Apsley	2 Mollie Williams	3 Ellen Downs
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Senior Women (Vets) — TEAM RESULTS

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

1 Macclesfield H&ac	12 — 3 Angela Markley	4 Anne Farmer	5 Sarah Harris
2 Wilmslow RC	31 — 2 Katy Green	10 Louisa Harrison	19 Diane Bygrave
3 Trafford AC	42 — 11 Alison Drasdo	14 Joanne Lott	17 Julie Price
4 Stockport H&ac	62 — 13 Jayne Lawton	15 Samantha Thomas	34 Sophie Seingier
5 Macclesfield H&ac 'B'	63 — 6 Kristy Gill	12 Rachael Lawrance	45 Jo Miles
6 Wilmslow RC 'B'	71 — 21 Janine Ellis	23 Sally Gilliver	27 Huma Rahman
7 Sale H Manchester	74 — 7 Helen Armitage	24 Jackie Cordingley	43 Lynne Yates
8 Manchester Triathlon	80 — 9 Jude Wall	29 Gail O'Hare	42 Helen Hyder
9 Radcliffe AC	145 — 8 Fiona Lynch	61 Kath Davies	76 Eileen Sharman
10 Belle Vue Racers	147 — 31 Kath Horwill	48 Annie Hirsch	68 Catherine McKenna
11 E Cheshire H&tameside AC	153 — 37 Emma McQueen	50 Melanie Kay	66 Gillian Wolstenholme
12 Altrincham & District	153 — 18 Annmarie Jones	46 Carole Harrison	89 Maggie Jones
13 Bramhall Runners	156 — 28 Nicola Lloyd	40 Emma Young	88 Alison Sheedy
14 Swinton RC	165 — 22 Lauren Marsden	69 Viv Samuelson	74 Helen Nation
15 Stockport H&ac 'B'	180 — 53 Maureen Wilkins	54 Amanda Trivett	73 Alexis Dinsmor
16 Middleton H AC	181 — 16 Joanna Adamson	81 Fiona Bolton	84 Julie Jones
17 Glossopdale Harriers	183 — 49 Lindsay Palmer	63 Sham Waites	71 Vicki Hamilton
18 Manchester Frontrunners	189 — 52 Ruth Travis	62 Linda Rix	75 Paula Medley
19 Manchester H&ac	193 — 55 Jackie Ellison	59 Catherine Poole	79 Debbie Beresford
20 Chorlton Runners	196 — 25 Angelique Bueler	60 Emma Flint	111 Kate MacDonald
21 Hyde Village Striders	220 — 41 Diane Clark	85 Christine Copson	94 Sharon Toolin
22 St Helens Striders	220 — 20 Claire Murphy	92 Charlotte Ward	108 Victoria Kehoe
23 Macclesfield H&ac 'C'	222 — 56 Barbara Murray	80 Alison Gunn	86 Julie Smith
24 Winston Runners	259 — 78 Edtuya Burgess	82 Beata Knychala	99 Susan Mee
25 Belle Vue Racers 'B'	270 — 70 Lisa Donnelly	96 Julia Foy	104 Ruth Amin
26 Middleton H AC 'B'	282 — 87 Christine Eckersley	97 Ruth Hare	98 Anne Lowe
27 Winston Runners 'B'	315 — 100 Fiona Ashworth	102 Ros Dyde	113 Valerie Mouldon
28 Middleton H AC 'C'	318 — 103 Jenny Poole	106 Shelagh Ackers	109 Janice Pugh

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 Internet: <http://www.race-results.co.uk> -- full results will be available for downloading tonight

Manchester Area Cross Country League

at Heaton Park, Manchester on Saturday 10th January 2015

Senior Men aged 17 to 19

Pos	Num	Name	Cat/Pos	Club	Time					
1	873	Luke Towers	U20	1 St Helens Sutton AC	38:08	5	914 Zack Bamber	U20	5 Vale Royal AC	40:41
2	332	Richard McGeachie	U20	2 Halton & Frodsham	38:50	6	406 Nicholas Howarth	U20	6 Manchester Triathlon	42:28
3	521	Tom McGuinness	U20	3 E Cheshire H & Tameside AC	38:57	7	231 Daniel Bolton	U20	7 Ribble Valley AC	43:52
4	937	Alex Bradford	U20	4 Sale H Manchester	40:00	8	909 William Booth	U20	8 Wilmslow RC	44:59

Senior Men aged 20 to 39

Pos	Num	Name	Cat/Pos	Club	Time					
1	775	Matthew Barnes		Sale H Manchester	34:16	66	926 Mark Millns		Hyde Village Striders	43:49
2	309	David Norman		Altrincham & Dist AC	34:29	67	734 Guy Weaver		Chorlton Runners	43:59
3	308	Andrew Norman		Altrincham & Dist AC	35:18	68	716 Damien Jones		Chorlton Runners	44:06
4	510	Patrick Gardiner		E Cheshire H & Tameside AC	36:05	69	547 Mike Ashby		Sale H Manchester	44:24
5	134	Damian Nicholls		Wilmslow RC	36:08	70	127 Phil Matthews		Wilmslow RC	44:30
6	586	David Marsh		Sale H Manchester	36:11	71	359 David Chambers		Manchester Frontrunners	44:32
7	587	Nigel Martin		Sale H Manchester	36:18	72	198 Matthew Moran		Bramhall Runners	44:34
8	416	Alex Lawton		Manchester Triathlon	36:46	73	396 Dean Evans		Manchester Triathlon	44:35
9	256	Bruno Lima		Salford H&ac	37:15	74	200 Phil Ramsey		Bramhall Runners	44:36
10	471	Tom Charles		Trafford AC	37:22	75	724 Ross Murdoch		Chorlton Runners	44:41
11	917	Clive Fitzpatrick		Stockport H&ac	37:29	76	2064 \$Matt Lang		Bolton United Harriers & Ac	44:45
12	61	James Scottbuccleuch		Stockport H&ac	37:32	77	217 Richard Brailsford		Manchester Ymca H	44:49
13	139	Peter Speake		Wilmslow RC	37:33	78	227 Chris March		Manchester Ymca H	44:53
14	243	Jon Dance		Salford H&ac	37:39	79	38 Robert Goulsbra		Stockport H&ac	44:53
15	602	Callum Rowlinson		Sale H Manchester	37:45	80	581 Ian Jones		Sale H Manchester	44:58
16	630	Tom Griffiths		St Helens Sutton AC	37:50	81	2067 \$Andrew Oliver		Unattached	45:09
17	903	Paul Hawkins		Wilmslow RC	37:56	82	932 Adam Barber		Belle Vue Racers	45:15
18	910	Laurie Luscombe		Liverpool H&ac	37:58	83	365 Jono Guildford		Manchester Frontrunners	45:36
19	648	Matthew Clark		Swinton RC	38:21	84	590 Richard McHugh		Sale H Manchester	45:47
20	641	Simon Atkin		Swinton RC	38:29	85	733 Chris Waith		Chorlton Runners	45:48
21	696	Pujol Xavier Manella		Liverpool H&ac	38:38	86	252 Chris Jones		Salford H&ac	45:52
22	606	Phil Scowcroft		Sale H Manchester	38:42	87	338 John Giggins		Knutsford Tri Club	46:07
23	472	Richard Clancy		Trafford AC	38:54	88	709 Brian Devlin		Chorlton Runners	46:24
24	492	Darren Russell		Trafford AC	39:00	89	732 Neal Wainwright		Chorlton Runners	46:26
25	658	Andrew Morley		Swinton RC	39:12	90	685 Mike Douglas		Warrington Tri Club	46:37
26	325	Mark Offord		Dragons Rc (sale)	39:24	91	186 Adam Bird		Bramhall Runners	47:03
27	712	Jonathon Harris		Chorlton Runners	39:26	92	14 Chris Sewart		Manchester H&ac	47:26
28	233	Tommi Baker		Salford H&ac	39:27	93	181 Andrew Taylor		Belle Vue Racers	47:29
29	47	Dean Matkin		Stockport H&ac	39:36	94	180 Meng Tang		Belle Vue Racers	47:34
30	287	Michael Berks		Altrincham & Dist AC	39:45	95	618 Michael Wharton		Sale H Manchester	47:37
31	720	F MacDonaldOulds		Chorlton Runners	39:47	96	2048 \$Ray Jessal		Unattached	47:50
32	583	Tim Kennedy		Sale H Manchester	39:50	97	672 James Barringer		University Of Manchester Ccc	48:07
33	714	Ben Hobson		Chorlton Runners	40:00	98	2071 \$Danny Parr		Rochdale Tri Club	48:44
34	924	Jake Shackelford		Sale H Manchester	40:08	99	929 Callum Parkinson		Hyde Village Striders	48:46
35	477	Timothy Fletcher		Trafford AC	40:13	100	655 Christian Lyth		Swinton RC	48:48
36	218	Richard Brierley		Manchester Ymca H	40:13	101	708 Simon Clarke		Chorlton Runners	48:51
37	559	Andrew Carlin		Sale H Manchester	40:25	102	906 Paul Stephens		Salford H&ac	49:15
38	23	Paul Brooks		Stockport H&ac	40:27	103	191 James Hall		Bramhall Runners	49:17
39	351	Matthew Wackett		Knutsford Tri Club	40:30	104	358 Joe Carne		Manchester Frontrunners	49:20
40	644	Dan Bird		Swinton RC	40:44	105	936 Philip Carter		Manchester Triathlon	49:26
41	418	Stewart Moore		Manchester Triathlon	40:46	106	414 Christopher Jones		Manchester Triathlon	50:15
42	465	Daniel Ansell		Trafford AC	41:06	107	748 Kris Lee		Radcliffe AC	50:31
43	706	Jonathon Bell		Chorlton Runners	41:08	108	834 Ed Hickling		Trafford AC	50:33
44	89	Rob Olliver		Vale Royal AC	41:11	109	158 Gary Birch		Abc Runners	50:34
45	495	Chris Small		Trafford AC	41:23	110	223 James Gu		Manchester Ymca H	51:03
46	701	Tom Hindmarch		Mmu H	41:26	111	380 Andy Adkin		Manchester Triathlon	51:08
47	319	Neil Walker		Altrincham & Dist AC	41:29	112	361 Amir Dar		Manchester Frontrunners	51:24
48	237	Richard Brook		Salford H&ac	41:35	113	707 Gavin Cameron		Chorlton Runners	51:28
49	568	Kevin Foster		Sale H Manchester	41:40	114	835 Gareth Fitzjohn		Manchester H&ac	51:38
50	527	Chris Bentley		Macclesfield H&ac	41:47	115	615 Gareth Webb		Sale H Manchester	51:40
51	838	Dan Harbridge		Warrington Tri Club	42:04	116	378 Stephen Weigh		Manchester Frontrunners	51:43
52	164	Michael Hodgkinson		Abc Runners	42:16	117	764 Krzysztof Zacharski		Winston Runners	51:57
53	520	Scott Matthews		E Cheshire H & Tameside AC	42:20	118	323 Andrew Kinder		Dragons Rc (sale)	52:00
54	550	Paul Barrett		Sale H Manchester	42:24	119	445 Jason Cunningham		Middleton H AC	52:12
55	427	Aaron Saxton		Manchester Triathlon	42:45	120	933 Robert Russell		Mmu H	52:14
56	207	Jamie Helmer		Glossopdale Harriers	42:52	121	710 Mark Donnelly		Chorlton Runners	53:04
57	723	Jason McMinn		Chorlton Runners	43:04	122	171 Ali Alsaadi		Belle Vue Racers	53:07
58	32	Steven Crook		Stockport H&ac	43:05	123	279 Paul Lockett		Winston Runners	55:57
59	570	Mark Fox		Sale H Manchester	43:09	124	730 Jacob Smiles		Chorlton Runners	56:15
60	222	Mark Griffiths		Manchester Ymca H	43:17	125	363 James Fox		Manchester Frontrunners	56:30
61	306	Daniel Martell		Altrincham & Dist AC	43:19	126	391 Tim Condon		Manchester Triathlon	57:19
62	530	Carl Hanaghan		Macclesfield H&ac	43:20	127	360 Timothy Crump		Manchester Frontrunners	58:22
63	431	Murray Taylor		Manchester Triathlon	43:24	128	676 Robert Farrington		University Of Manchester Ccc	1:00:37
64	407	Llyr Hughes		Manchester Triathlon	43:34	129	802 Osman Khan		E Cheshire H & Tameside AC	1:00:37
65	673	George Bilsby		University Of Manchester Ccc	43:40	130	927 Chris Horricks		Dragons Rc (sale)	1:18:02

Senior Men (Vets) aged 40 to 44

Pos	Num	Name	Cat/Pos	Club	Time					
1	781	Gareth Raven	V40 1	Sale H Manchester	35:36	29	133 Adam Neale	V40 29	Wilmslow RC	45:40
2	574	Paul Green	V40 2	Sale H Manchester	36:26	30	34 David Dyer	V40 30	Stockport H&ac	46:09
3	484	Chris Leigh	V40 3	Trafford AC	37:10	31	846 Andy Schofield	V40 31	Hyde Village Striders	46:15
4	254	James Kovacs	V40 4	Salford H&ac	37:52	32	2049 \$Steff Chandler	V40 32	Unattached	46:18
5	285	Colin Bannothonrton	V40 5	Altrincham & Dist AC	38:04	33	2068 \$Marwan Khoueir	V40 33	Holmfirth Harriers Ac	46:22
6	102	Barry Archbold	V40 6	Wilmslow RC	39:42	34	555 Simon Bond	V40 34	Sale H Manchester	46:36
7	481	Michael Hunt	V40 7	Trafford AC	39:57	35	197 Li Lok	V40 35	Bramhall Runners	46:37
8	571	Olivier Gaillemine	V40 8	Sale H Manchester	40:12	36	2077 \$Gary Ford	V40 36	Rochdale Tri Club	47:08
9	137	Jim Pendrill	V40 9	Wilmslow RC	40:17	37	31 Paul Corner	V40 37	Stockport H&ac	47:15
10	511	Tim Greenald	V40 10	E Cheshire H & Tameside AC	40:22	38	671 Paul Wilson	V40 38	Swinton RC	47:28
11	562	Elton Davies	V40 11	Sale H Manchester	41:15	39	194 Mike Hodson	V40 39	Bramhall Runners	47:32
12	668	Mark Whittington	V40 12	Swinton RC	41:19	40	535 Steven Millar	V40 40	Macclesfield H&ac	48:18
13	934	Adrian Fuller	V40 13	Altrincham & Dist AC	42:17	41	657 Jon Mellor	V40 41	Swinton RC	49:25
14	108	Jeremy Bygrave	V40 14	Wilmslow RC	42:22	42	179 Jason Stott	V40 42	Belle Vue Racers	49:26
15	305	David Livingstone	V40 15	Altrincham & Dist AC	42:23	43	2065 \$Peter Hulme	V40 43	Unattached	49:47
16	687	Mark Hadland	V40 16	Warrington Tri Club	42:26	44	169 Lee Stinch	V40 44	Abc Runners	49:55
17	491	Jeff Prest	V40 17	Trafford AC	42:30	45	592 Crispin Miller	V40 45	Sale H Manchester	50:03
18	53	Paul Nutter	V40 18	Stockport H&ac	42:32	46	740 John Andrew	V40 46	Radcliffe AC	50:08
19	68	Mike Toal	V40 19	Stockport H&ac	42:33	47	183 Stephen Webb	V40 47	Belle Vue Racers	50:15
20	354	Shane Wolstencroft	V40 20	Knutsford Tri Club	43:03	48	704 Peter Adams	V40 48	Chorlton Runners	50:18
21	711	Paul Griffiths	V40 21	Chorlton Runners	43:42	49	383 Chris Barber	V40 49	Manchester Triathlon	50:24
22	282	Paul Abraham	V40 22	Altrincham & Dist AC	43:47	50	801 Dennis Thomas	V40 50	E Cheshire H & Tameside AC	50:33
23	2072	\$Nick Lees	V40 23	Rochdale Tri Club	44:48	51	766 Gary Spriggs	V40 51	St Helens Striders	51:14
24	3	Jason Brogan	V40 24	Manchester H&ac	44:57	52	73 Jeremy Woodham	V40 52	Stockport H&ac	52:21
25	140	Matt Taylor	V40 25	Wilmslow RC	45:01	53	167 Kevin Richardson	V40 53	Abc Runners	53:15
26	433	Roger Thomas	V40 26	Manchester Triathlon	45:04	54	379 Dan Whittaker	V40 54	Manchester Frontrunners	53:46
27	552	Gaurav Batra	V40 27	Sale H Manchester	45:06	55	770 Simon Finch	V40 55	Swinton RC	54:57
28	299	Shaun Jackson	V40 28	Altrincham & Dist AC	45:26	56	845 Mike Cronin	V40 56	Manchester H&ac	56:13

Senior Men (Vets) aged 45 to 49

Pos	Num	Name	Cat/Pos	Club	Time					
1	617	Ian Wetherall	V45 1	Sale H Manchester	36:54	27	178 Simon Stead	V45 27	Belle Vue Racers	47:10
2	661	Mark Russell	V45 2	Swinton RC	38:13	28	1 Lloyd Barlow	V45 28	Manchester H&ac	47:13
3	499	David Alexander	V45 3	West Cheshire AC	39:17	29	177 Nigel Sedman	V45 29	Belle Vue Racers	47:39
4	2070	\$Mat Stephenson	V45 4	Unattached	40:10	30	51 Ian Mulligan	V45 30	Stockport H&ac	47:43
5	143	Andy Whittingham	V45 5	Wilmslow RC	40:29	31	467 Robin Beaumont	V45 31	Trafford AC	48:02
6	60	Peter Rogers	V45 6	Stockport H&ac	40:52	32	192 Richard Hall	V45 32	Bramhall Runners	48:36
7	537	James Noakes	V45 7	Macclesfield H&ac	41:03	33	713 Justin Hayes	V45 33	Chorlton Runners	48:39
8	509	Ian Fraser	V45 8	E Cheshire H & Tameside AC	41:03	34	148 Paul Demore	V45 34	St Helens Striders	48:53
9	36	Kevan Garner	V45 9	Stockport H&ac	41:25	35	632 Peter Johnson	V45 35	St Helens Sutton AC	48:56
10	121	Mike Hill	V45 10	Wilmslow RC	41:45	36	688 Steve Howard	V45 36	Warrington Tri Club	49:08
11	482	Mike Hutchinson	V45 11	Trafford AC	42:11	37	772 Ray O'Keefe	V45 37	Macclesfield H&ac	49:10
12	453	Paul Jibson	V45 12	Middleton H AC	42:19	38	667 Ric Waring	V45 38	Swinton RC	49:34
13	525	Chris Swire	V45 13	E Cheshire H & Tameside AC	42:29	39	350 Edward Taylor	V45 39	Knutsford Tri Club	49:46
14	235	Paul Birkett	V45 14	Salford H&ac	42:47	40	310 Craig Partridge	V45 40	Altrincham & Dist AC	49:50
15	529	Julian Brown	V45 15	Macclesfield H&ac	42:54	41	190 Steve Fairclough	V45 41	Bramhall Runners	49:54
16	316	Steve Renny	V45 16	Altrincham & Dist AC	42:58	42	153 John Smee	V45 42	St Helens Striders	50:19
17	628	Barry Graney	V45 17	St Helens Sutton AC	43:29	43	665 Jon Sides	V45 43	Swinton RC	50:49
18	345	Alan Moser	V45 18	Knutsford Tri Club	43:38	44	386 Ronan Brennan	V45 44	Manchester Triathlon	50:56
19	420	John Murray	V45 19	Manchester Triathlon	43:44	45	826 James Fairfield	V45 45	E Cheshire H & Tameside AC	50:58
20	428	Paul Schofield	V45 20	Manchester Triathlon	43:48	46	151 Kevin Monaghan	V45 46	St Helens Striders	52:22
21	333	Simon Atkins	V45 21	Knutsford Tri Club	44:11	47	920 Glen Gandy	V45 47	Manchester H&ac	52:23
22	46	Graham Marsland	V45 22	Stockport H&ac	44:48	48	518 Martin Lewis	V45 48	E Cheshire H & Tameside AC	53:11
23	501	James Jones	V45 23	West Cheshire AC	45:35	49	758 Mark Wolfenden	V45 49	Radcliffe AC	53:49
24	879	Naz Zameer	V45 24	Chorlton Runners	46:27	50	230 Steve Symons	V45 50	Manchester Ymca H	54:03
25	264	James O'Connor	V45 25	Salford H&ac	46:36	51	670 David Williamson	V45 51	Swinton RC	1:01:28
26	582	Alastair Kell	V45 26	Sale H Manchester	46:39	52	847 Chris Sagar	V45 52	Hyde Village Striders	1:11:12

Senior Men (Vets) aged 50 to 54

Pos	Num	Name	Cat/Pos	Club	Time					
1	111	Rob Downs	V50 1	Wilmslow RC	38:24	25	2076 \$Dave Bradford	V50 25	Unattached	47:55
2	113	Malcolm Fowler	V50 2	Wilmslow RC	39:14	26	435 Richard Wallace	V50 26	Manchester Triathlon	48:14
3	313	Roger Preece	V50 3	Altrincham & Dist AC	40:15	27	662 Paul Rutherford	V50 27	Swinton RC	48:20
4	470	Dick Byers	V50 4	Trafford AC	40:43	28	375 Roberto Raso	V50 28	Manchester Frontrunners	48:55
5	514	Barry Hirst	V50 5	E Cheshire H & Tameside AC	40:59	29	636 Andrew O'Connor	V50 29	St Helens Sutton AC	49:05
6	629	John Greenall	V50 6	St Helens Sutton AC	41:01	30	505 John Bowker	V50 30	E Cheshire H & Tameside AC	49:22
7	603	Gary Rowlinson	V50 7	Sale H Manchester	41:42	31	831 Paul Harbridge	V50 31	Warrington Tri Club	49:37
8	486	Paul Mannion	V50 8	Trafford AC	42:09	32	756 Ian West	V50 32	Radcliffe AC	49:42
9	841	Tom Annable	V50 9	Vale Royal AC	42:29	33	455 Steve Lewis	V50 33	Middleton H AC	49:53
10	519	Gary Matthews	V50 10	E Cheshire H & Tameside AC	43:11	34	296 Pete Hill	V50 34	Altrincham & Dist AC	50:13
11	55	Simon Phillips	V50 11	Stockport H&ac	44:39	35	930 Jim Fox	V50 35	Manchester H&ac	50:32
12	649	Steve Doxey	V50 12	Swinton RC	44:45	36	761 Paul Clifford	V50 36	Winston Runners	51:05
13	297	David Hughes	V50 13	Altrincham & Dist AC	45:01	37	25 Rob Cator	V50 37	Stockport H&ac	51:22
14	487	Bruce Penhale	V50 14	Trafford AC	45:02	38	320 Alan Williams	V50 38	Altrincham & Dist AC	52:02
15	2062	\$David Smith	V50 15	Oldham & Royton H & Ac	45:11	39	889 \$Ian Taylor	V50 39	Salford Met AC	52:08
16	26	Robert Cawley	V50 16	Stockport H&ac	45:16	40	2075 \$Martin Stephen	V50 40	Rochdale Tri Club	52:36
17	543	Gary Willcock	V50 17	Macclesfield H&ac	45:18	41	463 Tony Walsh	V50 41	Middleton H AC	53:09
18	881	Paul Stevenson	V50 18	Salford Met AC	45:37	42	184 Andy Wood	V50 42	Belle Vue Racers	53:13
19	315	Tim Raffle	V50 19	Altrincham & Dist AC	45:50	43	48 Steve Matkin	V50 43	Stockport H&ac	53:42
20	832	Peter Openshaw	V50 20	Knutsford Tri Club	45:56	44	935 Roger Carter	V50 44	Manchester Ymca H	54:19
21	597	Steve Parry	V50 21	Sale H Manchester	46:34	45	642 Dave Batty	V50 45	Swinton RC	54:46
22	2073	\$Nick Howarth	V50 22	Bolton United Harriers & Ac	46:44	46	90 Richard Pettitt	V50 46	Vale Royal AC	57:46
23	291	Lockie Campbell	V50 23	Altrincham & Dist AC	47:46	47	798 Anthony Doyle	V50 47	St Helens Sutton AC	59:35
24	616	Nick Webb	V50 24	Sale H Manchester	47:48					

Senior Men (Vets) aged 55 to 59

Pos	Num	Name	Cat/Pos	Club	Time
1	129	Tom McGaff	V55	1 Wilmslow RC	41:56
2	600	Aiden Raftery	V55	2 Sale H Manchester	42:38
3	62	Steve Shaughnessy	V55	3 Stockport H&ac	43:39
4	923	Dave Clamp	V55	4 Knutsford Tri Club	43:58
5	2074	\$Alan Brocklehurst	V55	5 Rochdale Tri Club	44:21
6	82	James Edwards	V55	6 Vale Royal AC	44:43
7	536	John Mooney	V55	7 Macclesfield H&ac	46:02
8	458	Anthony Lowe	V55	8 Middleton H AC	46:22
9	284	Dave Ainsworth	V55	9 Altrincham & Dist AC	46:33
10	298	Mark Hunter	V55	10 Altrincham & Dist AC	47:21
11	28	David Chrystielowe	V55	11 Stockport H&ac	48:52
12	39	Tim Hargreaves	V55	12 Stockport H&ac	49:35
13	803	Mike Race	V55	13 Salford Met AC	50:14
14	786	William Prout	V55	14 Salford Met AC	51:49
15	281	Peter Walters	V55	15 Winston Runners	52:11
16	542	Mark Wheelton	V55	16 Macclesfield H&ac	53:22
17	225	Steve Ingham	V55	17 Manchester Ymca H	57:27

Senior Men (Vets) aged 60 to 64

Pos	Num	Name	Cat/Pos	Club	Time
1	265	Stanley Owen	V60	1 Salford H&ac	41:55
2	75	Tony Archer	V60	2 Vale Royal AC	44:16
3	565	Nigel Fielden	V60	3 Sale H Manchester	49:54
4	608	Jerry Smith	V60	4 Sale H Manchester	50:08
5	80	John Clarke	V60	5 Vale Royal AC	52:41
6	277	John Archer	V60	6 Winston Runners	52:43
7	115	Geoff Gilbert	V60	7 Wilmslow RC	53:14
8	448	Alan Garvey	V60	8 Middleton H AC	53:20
9	546	Miran Aprahamian	V60	9 Sale H Manchester	53:30
10	118	Patrick Grannan	V60	10 Wilmslow RC	55:23
11	229	Jon Paramor	V60	11 Manchester Ymca H	56:05
12	607	Martin Smedley	V60	12 Sale H Manchester	56:47
13	176	Barry Guy	V60	13 Belle Vue Racers	57:57
14	2066	\$Vincent Townley	V60	14 Unattached	1:07:10

Senior Men (Vets) aged 65 to 69

Pos	Num	Name	Cat/Pos	Club	Time
1	66	Robert Taylor	V65	1 Stockport H&ac	46:47
2	216	David Ashton	V65	2 Manchester Ymca H	51:46
3	921	Jeff Norman	V65	3 Altrincham & Dist AC	54:11
4	211	Neville McGraw	V65	4 Glossopdale Harriers	54:42
5	236	Roland Bowness	V65	5 Salford H&ac	55:10
6	446	Barry Fairbrother	V65	6 Middleton H AC	55:47
7	531	David Hancock	V65	7 Macclesfield H&ac	58:25

Senior Men (Vets) over 70

Pos	Num	Name	Cat/Pos	Club	Time
1	91	Colin Rathbone	V70	1 Vale Royal AC	57:11
2	112	Trevor Faulkner	V70	2 Wilmslow RC	1:05:18

Manchester Area Cross Country League at Heaton Park, Manchester on Saturday 10th January 2015

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

Pos	Num	Name	Cat/Pos	Club	Time	Pos	Name	Club	Time
1	775	Matthew Barnes		Sale H Manchester	34:16	85	265 Stanley Owen	V60 1 Salford H&ac	41:55
2	309	David Norman		Altrincham & Dist AC	34:29	86	129 Tom McGaff	V55 1 Wilmslow RC	41:56
3	308	Andrew Norman		Altrincham & Dist AC	35:18	87	838 Dan Harbridge	Warrington Tri Club	42:04
4	781	Gareth Raven	V40 1	Sale H Manchester	35:36	88	486 Paul Mannion	V50 8 Trafford AC	42:09
5	510	Patrick Gardiner		E Cheshire H & Tameside AC	36:05	89	482 Mike Hutchinson	V45 11 Trafford AC	42:11
6	134	Damian Nicholls		Wilmslow RC	36:08	90	164 Michael Hodgkinson	Abc Runners	42:16
7	586	David Marsh		Sale H Manchester	36:11	91	934 Adrian Fuller	V40 13 Altrincham & Dist AC	42:17
8	587	Nigel Martin		Sale H Manchester	36:18	92	453 Paul Jibson	V45 12 Middleton H AC	42:19
9	574	Paul Green	V40 2	Sale H Manchester	36:26	93	520 Scott Matthews	E Cheshire H & Tameside AC	42:20
10	416	Alex Lawton		Manchester Triathlon	36:46	94	108 Jeremy Bygrave	V40 14 Wilmslow RC	42:22
11	617	Ian Wetherall	V45 1	Sale H Manchester	36:54	95	305 David Livingstone	V40 15 Altrincham & Dist AC	42:23
12	484	Chris Leigh	V40 3	Trafford AC	37:10	96	550 Paul Barrett	Sale H Manchester	42:24
13	256	Bruno Lima		Salford H&ac	37:15	97	687 Mark Hadland	V40 16 Warrington Tri Club	42:26
14	471	Tom Charles		Trafford AC	37:22	98	406 Nicholas Howarth	U20 6 Manchester Triathlon	42:28
15	917	Clive Fitzpatrick		Stockport H&ac	37:29	99	841 Tom Annable	V50 9 Vale Royal AC	42:29
16	61	James Scottbuccluech		Stockport H&ac	37:32	100	525 Chris Swire	V45 13 E Cheshire H & Tameside AC	42:29
17	139	Peter Speake		Wilmslow RC	37:33	101	491 Jeff Prest	V40 17 Trafford AC	42:30
18	243	Jon Dance		Salford H&ac	37:39	102	53 Paul Nutter	V40 18 Stockport H&ac	42:32
19	602	Callum Rowlinson		Sale H Manchester	37:45	103	68 Mike Toal	V40 19 Stockport H&ac	42:33
20	630	Tom Griffiths		St Helens Sutton AC	37:50	104	600 Aiden Raftery	V55 2 Sale H Manchester	42:38
21	254	James Kovacs	V40 4	Salford H&ac	37:52	105	427 Aaron Saxton	Manchester Triathlon	42:45
22	903	Paul Hawkins		Wilmslow RC	37:56	106	235 Paul Birkett	V45 14 Salford H&ac	42:47
23	910	Laurie Luscombe		Liverpool H&ac	37:58	107	207 Jamie Helmer	Glossopdale Harriers	42:52
24	285	Colin Bannothonorton	V40 5	Altrincham & Dist AC	38:04	108	529 Julian Brown	V45 15 Macclesfield H&ac	42:54
25	873	Luke Towers	U20 1	St Helens Sutton AC	38:08	109	316 Steve Renny	V45 16 Altrincham & Dist AC	42:58
26	661	Mark Russell	V45 2	Swinton RC	38:13	110	354 Shane Wolstencroft	V40 20 Knutsford Tri Club	43:03
27	648	Matthew Clark		Swinton RC	38:21	111	723 Jason McMinn	Chorlton Runners	43:04
28	111	Rob Downs	V50 1	Wilmslow RC	38:24	112	32 Steven Crook	Stockport H&ac	43:05
29	641	Simon Atkin		Swinton RC	38:29	113	570 Mark Fox	Sale H Manchester	43:09
30	696	Pujol Xavier Manella		Liverpool H&ac	38:38	114	519 Gary Matthews	V50 10 E Cheshire H & Tameside AC	43:11
31	606	Phil Scowcroft		Sale H Manchester	38:42	115	222 Mark Griffiths	Manchester Ymca H	43:17
32	332	Richard McGeachie	U20 2	Halton & Frodsham	38:50	116	306 Daniel Martell	Altrincham & Dist AC	43:19
33	472	Richard Clancy		Trafford AC	38:54	117	530 Carl Hanaghan	Macclesfield H&ac	43:20
34	521	Tom McGuinness	U20 3	E Cheshire H & Tameside AC	38:57	118	431 Murray Taylor	Manchester Triathlon	43:24
35	492	Darren Russell		Trafford AC	39:00	119	628 Barry Graney	V45 17 St Helens Sutton AC	43:29
36	658	Andrew Morley		Swinton RC	39:12	120	407 Llyr Hughes	Manchester Triathlon	43:34
37	113	Malcolm Fowler	V50 2	Wilmslow RC	39:14	121	345 Alan Moser	V45 18 Knutsford Tri Club	43:38
38	499	David Alexander	V45 3	West Cheshire AC	39:17	122	62 Steve Shaughnessy	V55 3 Stockport H&ac	43:39
39	325	Mark Offord		Dragons Rc (sale)	39:24	123	673 George Bilsby	University Of Manchester Ccc	43:40
40	712	Jonathon Harris		Chorlton Runners	39:26	124	711 Paul Griffiths	V40 21 Chorlton Runners	43:42
41	233	Tommi Baker		Salford H&ac	39:27	125	420 John Murray	V45 19 Manchester Triathlon	43:44
42	47	Dean Matkin		Stockport H&ac	39:36	126	282 Paul Abraham	V40 22 Altrincham & Dist AC	43:47
43	102	Barry Archbold	V40 6	Wilmslow RC	39:42	127	428 Paul Schofield	V45 20 Manchester Triathlon	43:48
44	287	Michael Berks		Altrincham & Dist AC	39:45	128	926 Mark Millns	Hyde Village Striders	43:49
45	720	F MacDonaldOulds		Chorlton Runners	39:47	129	231 Daniel Bolton	U20 7 Ribble Valley AC	43:52
46	583	Tim Kennedy		Sale H Manchester	39:50	130	923 Dave Clamp	V55 4 Knutsford Tri Club	43:58
47	481	Michael Hunt	V40 7	Trafford AC	39:57	131	734 Guy Weaver	Chorlton Runners	43:59
48	937	Alex Bradford	U20 4	Sale H Manchester	40:00	132	716 Damien Jones	Chorlton Runners	44:06
49	714	Ben Hobson		Chorlton Runners	40:00	133	333 Simon Atkins	V45 21 Knutsford Tri Club	44:11
50	924	Jake Shackelford		Sale H Manchester	40:08	134	75 Tony Archer	V60 2 Vale Royal AC	44:16
51	2070	Mat Stephenson	V45 4	Unattached	40:10	135	2074 Alan Brocklehurst	V55 5 Rochdale Tri Club	44:21
52	571	Olivier Gaillemin	V40 8	Sale H Manchester	40:12	136	547 Mike Ashby	Sale H Manchester	44:24
53	477	Timothy Fletcher		Trafford AC	40:13	137	127 Phil Matthews	Wilmslow RC	44:30
54	218	Richard Brierley		Manchester Ymca H	40:13	138	359 David Chambers	Manchester Frontrunners	44:32
55	313	Roger Preece	V50 3	Altrincham & Dist AC	40:15	139	198 Matthew Moran	Bramhall Runners	44:34
56	137	Jim Pendrill	V40 9	Wilmslow RC	40:17	140	396 Dean Evans	Manchester Triathlon	44:35
57	511	Tim Greenald	V40 10	E Cheshire H & Tameside AC	40:22	141	200 Phil Ramsey	Bramhall Runners	44:36
58	559	Andrew Carlin		Sale H Manchester	40:25	142	55 Simon Phillips	V50 11 Stockport H&ac	44:39
59	23	Paul Brooks		Stockport H&ac	40:27	143	724 Ross Murdoch	Chorlton Runners	44:41
60	143	Andy Whittingham	V45 5	Wilmslow RC	40:29	144	82 James Edwards	V55 6 Vale Royal AC	44:43
61	351	Matthew Wackett		Knutsford Tri Club	40:30	145	2064 Matt Lang	Bolton United Harriers & Ac	44:45
62	914	Zack Bamber	U20 5	Vale Royal AC	40:41	146	649 Steve Doxey	V50 12 Swinton RC	44:45
63	470	Dick Byers	V50 4	Trafford AC	40:43	147	46 Graham Marsland	V45 22 Stockport H&ac	44:48
64	644	Dan Bird		Swinton RC	40:44	148	2072 Nick Lees	V40 23 Rochdale Tri Club	44:48
65	418	Stewart Moore		Manchester Triathlon	40:46	149	217 Richard Brailsford	Manchester Ymca H	44:49
66	60	Peter Rogers	V45 6	Stockport H&ac	40:52	150	227 Chris March	Manchester Ymca H	44:53
67	514	Barry Hirst	V50 5	E Cheshire H & Tameside AC	40:59	151	38 Robert Goulsbra	Stockport H&ac	44:53
68	629	John Greenall	V50 6	St Helens Sutton AC	41:01	152	3 Jason Brogan	V40 24 Manchester H&ac	44:57
69	537	James Noakes	V45 7	Macclesfield H&ac	41:03	153	581 Ian Jones	Sale H Manchester	44:58
70	509	Ian Fraser	V45 8	E Cheshire H & Tameside AC	41:03	154	909 William Booth	U20 8 Wilmslow RC	44:59
71	465	Daniel Ansell		Trafford AC	41:06	155	140 Matt Taylor	V40 25 Wilmslow RC	45:01
72	706	Jonathon Bell		Chorlton Runners	41:08	156	297 David Hughes	V50 13 Altrincham & Dist AC	45:01
73	89	Rob Olliver		Vale Royal AC	41:11	157	487 Bruce Penhale	V50 14 Trafford AC	45:02
74	562	Elton Davies	V40 11	Sale H Manchester	41:15	158	433 Roger Thomas	V40 26 Manchester Triathlon	45:04
75	668	Mark Whittington	V40 12	Swinton RC	41:19	159	552 Gaurav Batra	V40 27 Sale H Manchester	45:06
76	495	Chris Small		Trafford AC	41:23	160	2067 Andrew Oliver	Unattached	45:09
77	36	Kevan Garner	V45 9	Stockport H&ac	41:25	161	2062 David Smith	V50 15 Oldham & Royton H & Ac	45:11
78	701	Tom Hindmarch		Mmu H	41:26	162	932 Adam Barber	Belle Vue Racers	45:15
79	319	Neil Walker		Altrincham & Dist AC	41:29	163	26 Robert Cawley	V50 16 Stockport H&ac	45:16
80	237	Richard Brook		Salford H&ac	41:35	164	543 Gary Willcock	V50 17 Macclesfield H&ac	45:18
81	568	Kevin Foster		Sale H Manchester	41:40	165	299 Shaun Jackson	V40 28 Altrincham & Dist AC	45:26
82	603	Gary Rowlinson	V50 7	Sale H Manchester	41:42	166	501 James Jones	V45 23 West Cheshire AC	45:35
83	121	Mike Hill	V45 10	Wilmslow RC	41:45	167	365 Jono Guildford	Manchester Frontrunners	45:36
84	527	Chris Bentley		Macclesfield H&ac	41:47	168	881 Paul Stevenson	V50 18 Salford Met AC	45:37

169 133 Adam Neale	V40 29	Wilmslow RC	45:40	252 803 Mike Race	V55 13	Salford Met AC	50:14
170 590 Richard McHugh		Sale H Manchester	45:47	253 414 Christopher Jones		Manchester Triathlon	50:15
171 733 Chris Waith		Chorlton Runners	45:48	254 183 Stephen Webb	V40 47	Belle Vue Racers	50:15
172 315 Tim Raffle	V50 19	Altrincham & Dist AC	45:50	255 704 Peter Adams	V40 48	Chorlton Runners	50:18
173 252 Chris Jones		Salford H&ac	45:52	256 153 John Smee	V45 42	St Helens Striders	50:19
174 832 Peter Openshaw	V50 20	Knutsford Tri Club	45:56	257 383 Chris Barber	V40 49	Manchester Triathlon	50:24
175 536 John Mooney	V55 7	Macclesfield H&ac	46:02	258 748 Kris Lee		Radcliffe AC	50:31
176 338 John Goggins		Knutsford Tri Club	46:07	259 930 Jim Fox	V50 35	Manchester H&ac	50:32
177 34 David Dyer	V40 30	Stockport H&ac	46:09	260 801 Dennis Thomas	V40 50	E Cheshire H & Tameside AC	50:33
178 846 Andy Schofield	V40 31	Hyde Village Striders	46:15	261 834 Ed Hickling		Trafford AC	50:33
1792049\$Steff Chandler	V40 32	Unattached	46:18	262 158 Gary Birch		Abc Runners	50:34
180 458 Anthony Lowe	V55 8	Middleton H AC	46:22	263 665 Jon Sides	V45 43	Swinton RC	50:49
1812068\$Marwan Khoueir	V40 33	Holmfirth Harriers Ac	46:22	264 386 Ronan Brennan	V45 44	Manchester Triathlon	50:56
182 709 Brian Devlin		Chorlton Runners	46:24	265 826 James Fairfield	V45 45	E Cheshire H & Tameside AC	50:58
183 732 Neal Wainwright		Chorlton Runners	46:26	266 223 James Gu		Manchester Ymca H	51:03
184 879 Naz Zameer	V45 24	Chorlton Runners	46:27	267 761 Paul Clifford	V50 36	Winston Runners	51:05
185 284 Dave Ainsworth	V55 9	Altrincham & Dist AC	46:33	268 380 Andy Adkin		Manchester Triathlon	51:08
186 597 Steve Parry	V50 21	Sale H Manchester	46:34	269 766 Gary Spriggs	V40 51	St Helens Striders	51:14
187 555 Simon Bond	V40 34	Sale H Manchester	46:36	270 25 Rob Cator	V50 37	Stockport H&ac	51:22
188 264 James O'Connor	V45 25	Salford H&ac	46:36	271 361 Amir Dar		Manchester Frontrunners	51:24
189 685 Mike Douglas		Warrington Tri Club	46:37	272 707 Gavin Cameron		Chorlton Runners	51:28
190 197 Li Lok	V40 35	Bramhall Runners	46:37	273 835 Gareth Fitzjohn		Manchester H&ac	51:38
191 582 Alastair Kell	V45 26	Sale H Manchester	46:39	274 615 Gareth Webb		Sale H Manchester	51:40
1922073\$Nick Howarth	V50 22	Bolton United Harriers & Ac	46:44	275 378 Stephen Weigh		Manchester Frontrunners	51:43
193 66 Robert Taylor	V65 1	Stockport H&ac	46:47	276 216 David Ashton	V65 2	Manchester Ymca H	51:46
194 186 Adam Bird		Bramhall Runners	47:03	277 786 William Prout	V55 14	Salford Met AC	51:49
1952077\$Gary Ford	V40 36	Rochdale Tri Club	47:08	278 764 Krzysztof Zacharski		Winston Runners	51:57
196 178 Simon Stead	V45 27	Belle Vue Racers	47:10	279 323 Andrew Kinder		Dragons Rc (sale)	52:00
197 1 Lloyd Barlow	V45 28	Manchester H&ac	47:13	280 320 Alan Williams	V50 38	Altrincham & Dist AC	52:02
198 31 Paul Corner	V40 37	Stockport H&ac	47:15	281 889\$lan Taylor	V50 39	Salford Met AC	52:08
199 298 Mark Hunter	V55 10	Altrincham & Dist AC	47:21	282 281 Peter Walters	V55 15	Winston Runners	52:11
200 14 Chris Sewart		Manchester H&ac	47:26	283 445 Jason Cunningham		Middleton H AC	52:12
201 671 Paul Wilson	V40 38	Swinton RC	47:28	284 933 Robert Russell		Mmu H	52:14
202 181 Andrew Taylor		Belle Vue Racers	47:29	285 73 Jeremy Woodham	V40 52	Stockport H&ac	52:21
203 194 Mike Hodson	V40 39	Bramhall Runners	47:32	286 151 Kevin Monaghan	V45 46	St Helens Striders	52:22
204 180 Meng Tang		Belle Vue Racers	47:34	287 920 Glen Gandy	V45 47	Manchester H&ac	52:23
205 618 Michael Wharton		Sale H Manchester	47:37	2882075\$Martin Stephen	V50 40	Rochdale Tri Club	52:36
206 177 Nigel Sedman	V45 29	Belle Vue Racers	47:39	289 80 John Clarke	V60 5	Vale Royal AC	52:41
207 51 Ian Mulligan	V45 30	Stockport H&ac	47:43	290 277 John Archer	V60 6	Winston Runners	52:43
208 291 Lockie Campbell	V50 23	Altrincham & Dist AC	47:46	291 710 Mark Donnelly		Chorlton Runners	53:04
209 616 Nick Webb	V50 24	Sale H Manchester	47:48	292 171 Ali Alsaadi		Belle Vue Racers	53:07
2102048\$Ray Jessal		Unattached	47:50	293 463 Tony Walsh	V50 41	Middleton H AC	53:09
2112076\$Dave Bradford	V50 25	Unattached	47:55	294 518 Martin Lewis	V45 48	E Cheshire H & Tameside AC	53:11
212 467 Robin Beaumont	V45 31	Trafford AC	48:02	295 184 Andy Wood	V50 42	Belle Vue Racers	53:13
213 672 James Barringer		University Of Manchester Ccc	48:07	296 115 Geoff Gilbert	V60 7	Wilmslow RC	53:14
214 435 Richard Wallace	V50 26	Manchester Triathlon	48:14	297 167 Kevin Richardson	V40 53	Abc Runners	53:15
215 535 Steven Millar	V40 40	Macclesfield H&ac	48:18	298 448 Alan Garvey	V60 8	Middleton H AC	53:20
216 662 Paul Rutherford	V50 27	Swinton RC	48:20	299 542 Mark Wheelton	V55 16	Macclesfield H&ac	53:22
217 192 Richard Hall	V45 32	Bramhall Runners	48:36	300 546 Miran Aprahamian	V60 9	Sale H Manchester	53:30
218 713 Justin Hayes	V45 33	Chorlton Runners	48:39	301 48 Steve Matkin	V50 43	Stockport H&ac	53:42
2192071\$Danny Parr		Rochdale Tri Club	48:44	302 379 Dan Whittaker	V40 54	Manchester Frontrunners	53:46
220 929 Callum Parkinson		Hyde Village Striders	48:46	303 758 Mark Wolfenden	V45 49	Radcliffe AC	53:49
221 655 Christian Lyth		Swinton RC	48:48	304 230 Steve Symons	V45 50	Manchester Ymca H	54:03
222 708 Simon Clarke		Chorlton Runners	48:51	305 921 Jeff Norman	V65 3	Altrincham & Dist AC	54:11
223 28 David Chrystielowe	V55 11	Stockport H&ac	48:52	306 935 Roger Carter	V50 44	Manchester Ymca H	54:19
224 148 Paul Demore	V45 34	St Helens Striders	48:53	307 211 Neville McGraw	V65 4	Glossopdale Harriers	54:42
225 375 Roberto Raso	V50 28	Manchester Frontrunners	48:55	308 642 Dave Batty	V50 45	Swinton RC	54:46
226 632 Peter Johnson	V45 35	St Helens Sutton AC	48:56	309 770 Simon Finch	V40 55	Swinton RC	54:57
227 636 Andrew O'Connor	V50 29	St Helens Sutton AC	49:05	310 236 Roland Bowness	V65 5	Salford H&ac	55:10
228 688 Steve Howard	V45 36	Warrington Tri Club	49:08	311 118 Patrick Grannan	V60 10	Wilmslow RC	55:23
229 772 Ray O'Keefe	V45 37	Macclesfield H&ac	49:10	312 446 Barry Fairbrother	V65 6	Middleton H AC	55:47
230 906 Paul Stephens		Salford H&ac	49:15	313 279 Paul Lockett		Winston Runners	55:57
231 191 James Hall		Bramhall Runners	49:17	314 229 Jon Paramor	V60 11	Manchester Ymca H	56:05
232 358 Joe Carne		Manchester Frontrunners	49:20	315 845 Mike Cronin	V40 56	Manchester H&ac	56:13
233 505 John Bowker	V50 30	E Cheshire H & Tameside AC	49:22	316 730 Jacob Smiles		Chorlton Runners	56:15
234 657 Jon Mellor	V40 41	Swinton RC	49:25	317 363 James Fox		Manchester Frontrunners	56:30
235 936 Philip Carter		Manchester Triathlon	49:26	318 607 Martin Smedley	V60 12	Sale H Manchester	56:47
236 179 Jason Stott	V40 42	Belle Vue Racers	49:26	319 91 Colin Rathbone	V70 1	Vale Royal AC	57:11
237 667 Ric Waring	V45 38	Swinton RC	49:34	320 391 Tim Condon		Manchester Triathlon	57:19
238 39 Tim Hargreaves	V55 12	Stockport H&ac	49:35	321 225 Steve Ingham	V55 17	Manchester Ymca H	57:27
239 831 Paul Harbridge	V50 31	Warrington Tri Club	49:37	322 90 Richard Pettitt	V50 46	Vale Royal AC	57:46
240 756 Ian West	V50 32	Radcliffe AC	49:42	323 176 Barry Guy	V60 13	Belle Vue Racers	57:57
241 350 Edward Taylor	V45 39	Knutsford Tri Club	49:46	324 360 Timothy Crump		Manchester Frontrunners	58:22
2422065\$Peter Hulme	V40 43	Unattached	49:47	325 531 David Hancock	V65 7	Macclesfield H&ac	58:25
243 310 Craig Partridge	V45 40	Altrincham & Dist AC	49:50	326 798 Anthony Doyle	V50 47	St Helens Sutton AC	59:35
244 455 Steve Lewis	V50 33	Middleton H AC	49:53	327 676 Robert Farrington		University Of Manchester Ccc	1:00:37
245 565 Nigel Fielden	V60 3	Sale H Manchester	49:54	328 802 Osman Khan		E Cheshire H & Tameside AC	1:00:37
246 190 Steve Fairclough	V45 41	Bramhall Runners	49:54	329 670 David Williamson	V45 51	Swinton RC	1:01:28
247 169 Lee Stinch	V40 44	Abc Runners	49:55	330 112 Trevor Faulkner	V70 2	Wilmslow RC	1:05:18
248 592 Crispin Miller	V40 45	Sale H Manchester	50:03	3312066\$Vincent Townley	V60 14	Unattached	1:07:10
249 740 John Andrew	V40 46	Radcliffe AC	50:08	332 847 Chris Sagar	V45 52	Hyde Village Striders	1:11:12
250 608 Jerry Smith	V60 4	Sale H Manchester	50:08	333 927 Chris Horricks		Dragons Rc (sale)	1:18:02
251 296 Pete Hill	V50 34	Altrincham & Dist AC	50:13				

Senior Men — TEAM RESULTS

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

1 SaleHManchester	40 — 1	MatthewBarnes	4	GarethRaven	7	DavidMarsh	8	NigelMartin	9	PaulGreen	11	IanWetherall
2 WilmslowRC	153 — 6	DarrianNichols	17	PeterSpeake	22	PaulHawkins	28	RobDowns	37	MalcolmFowler	43	BarryArchbold
3 TraffordAC	193 — 12	ChrisLeigh	14	TomCharles	33	RichardClancy	35	DarrenRussell	47	MichaelHunt	52	TimothyFletcher
4 Altrincham & Dist AC	205 — 2	DavidNorman	3	AndrewNorman	24	ColinBannothornton	44	MichaelBerkis	54	RogerPreece	78	NailWalker
5 Sale H Manchester 'B'	245 — 19	CallumRowlinson	31	PhilSowcroft	46	TimKennedy	48	AlexBradford	50	JakeShackelford	51	OlivierGaillemin
6 SwintonRC	255 — 26	MarkRussell	27	MatthewClark	29	SimonAtkin	36	AndrewMorley	63	DanBird	74	MarkWhittington
7 SalfordH&ac	256 — 13	BrunoLima	18	JonDance	21	JamesKovacs	41	TommiBaker	79	RichardBrook	84	StanleyOwen
8 StockportH&ac	272 — 15	CiveFitzpatrick	16	JamesScottbuodeuch	42	DeanWatkin	58	PaulBrooks	65	PeterRogers	76	KevanGarner
9 E Cheshire H & Tameside AC	322 — 5	PatrickGardiner	34	TomMcGuinness	56	TimGreenald	66	BarryHirst	69	IanFraser	92	ScottMatthews
10 ChorltonRunners	438 — 40	JonathonHarris	45	FMacDonaldOuds	49	BenHobson	71	JonathonBell	110	JasonMcMinn	123	PaulGriffiths
11 Trafford AC 'B'	482 — 62	DickByers	70	DanielAnsell	75	ChrisSmall	87	PaulMannion	88	MikeHutchinson	100	JeffPrest
12 SaleHManchester 'C'	489 — 57	AndrewCarlin	73	EltonDavies	80	KevinFoster	81	GayRowlinson	95	PaulBarrett	103	AidenRafferty
13 Wilmslow RC 'B'	509 — 55	JimPendill	59	AndyWhittingham	82	MikeHill	85	TomMcGaff	93	JeremyBygrave	135	PhilMatthews
14 Manchester Triathlon	511 — 10	AlexLawton	64	StewartMoore	97	NicholasHowarth	104	AaronSaxton	117	MurrayTaylor	119	LyrHughes
15 St Helens Sutton AC	657 — 20	TomGriffiths	25	LukeTowers	67	JohnGreenall	118	BaryGraney	213	PeterJohnson	214	AndrewO'Connor
16 Altrincham & Dist AC 'B'	684 — 90	AdrianFuller	94	DavidLivingstone	108	SteveRenny	108	DanielMartell	125	PaulAbraham	152	DavidHughes
17 MacclesfieldH&ac	701 — 68	JamesNoakes	83	ChrisBentley	107	JulianBrown	116	CarlHanaghan	158	GayWillcock	169	JohnMooney
18 Knutsford Tri Club	718 — 60	MatthewWackett	109	ShaneWolstencroft	120	AlanMoser	129	DaveClamp	132	SimonAtkins	168	PeterOpenshaw
19 StockportH&ac 'B'	719 — 101	PaulNutter	102	MikeToal	111	StevenCrock	121	SteveShaughnessy	140	SimonPhillips	144	GrahamMarstrand
20 Vale Royal AC	779 — 61	ZackBamber	72	RobOliver	98	TomAnnable	133	TonyArcher	142	JamesEdwards	273	JohnClarke
21 SaleHManchester 'D'	892 — 112	MarkFox	134	MikeAshby	149	IanJones	155	GauravBatra	164	RichardMcHugh	178	SteveParry
22 Chorlton Runners 'B'	916 — 130	GuyWeaver	131	DamienJones	141	RossMurdoch	165	ChrisWaith	174	BrianDevlin	175	NealWainwright
23 Manchester Triathlon 'B'	966 — 124	JohnMurray	126	PaulSchofield	138	DeanEvans	154	RogerThomas	202	RichardWallace	222	PhilipCarter
24 Manchester YmcaH	972 — 53	RichardBrierley	114	MarkGriffiths	145	RichardBraisford	146	ChrisMarch	252	JamesGu	262	DavidAshton
25 BramhallRunners	1041 — 137	MatthewMoran	139	PhilRamsey	182	LiLok	185	AdamBird	193	MikeHodson	205	RichardHall
26 StockportH&ac 'C'	1044 — 147	RobertGoulsbra	157	RobertCawley	171	DavidDyer	184	RobertTaylor	188	PaulComer	197	IanMulligan
27 Altrincham & Dist AC 'C'	1118 — 159	ShaunJackson	166	TimRaffle	177	DaveAinsworth	189	MarkHunter	198	LockieCampbell	229	CraigPartridge
28 BelleVueRacers	1147 — 156	AdamBarber	186	SimonStead	192	AndrewTaylor	194	MengTang	196	NigelSedman	223	JasonStott
29 Swinton RC 'B'	1191 — 143	SteveDoxey	191	PaulWilson	204	PaulRutherford	208	ChristianLyth	221	JonMellor	224	RicWaring
30 E Cheshire H & Tameside AC 'B'	1207 — 99	ChrisSwire	113	GayMatthews	220	JohnBowker	246	DennisThomas	251	JamesFairfield	278	MartinLewis
31 Sale H Manchester 'E'	1221 — 179	SimonBond	183	AlastairKell	195	MichaelWharton	199	NickWebb	231	NigelFielden	234	CrispinMiller
32 Manchester Frontrunners	1246 — 136	DavidChambers	161	JonoGuldford	212	RobertoRaso	219	JoeCame	257	AmirDar	261	StephenWeigh
33 ManchesterH&ac	1301 — 148	JasonBrogan	187	LloydBarlow	190	ChrisSewart	245	JimFox	259	GarethFitzjohn	272	GlenGandy
34 MiddletonHAC	1321 — 91	PaulJibson	173	AnthonyLowe	230	SteveLewis	258	JasonCunningham	277	TonyWash	282	AlanGarvey
35 Wilmslow RC 'C'	1353 — 150	WilliamBooth	151	MattTaylor	163	AdamNeale	280	GeoffGilbert	285	PatrickGraman	314	TrevorFaulker
36 Chorlton Runners 'C'	1365 — 176	NazZameer	206	JustinHayes	209	SimonClarke	241	PeterAdams	288	GavinCameron	275	MarkDonnelly

Senior Men aged 17 to 19 — TEAM RESULTS

No complete teams

Senior Men (Vets) — TEAM RESULTS

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

1 Sale H Manchester	19 — 1	Gareth Raven	2	Paul Green	3	Ian Wetherall	13	Olivier Gaillemin
2 Wilmslow RC	43 — 8	Rob Downs	9	Malcolm Fowler	11	Barry Archbold	15	Jim Pendrill
3 Trafford AC	65 — 4	Chris Leigh	12	Michael Hunt	18	Dick Byers	31	Paul Mannion
4 Altrincham & Dist AC	89 — 6	Colin Bannothornton	14	Roger Preece	33	Adrian Fuller	36	David Livingstone
5 E Cheshire H & Tameside AC	98 — 16	Tim Greenald	20	Gary Hirst	23	Ian Fraser	39	Chris Swire
6 Wilmslow RC 'B'	110 — 17	Andy Whittingham	28	Mike Hill	30	Tom McGaff	35	Jeremy Bygrave
7 Stockport H&ac	128 — 19	Peter Rogers	26	Kevan Garner	41	Paul Nutter	42	Mike Toal
8 Sale H Manchester 'B'	162 — 24	Elton Davies	27	Gary Rowlinson	43	Aiden Rafferty	68	Gaurav Batra
9 Salford H&ac	163 — 5	James Kovacs	29	Stanley Owen	44	Paul Birkett	85	James O'Connor
10 Swinton RC	186 — 7	Mark Russell	25	Mark Whittington	61	Steve Doxey	93	Paul Wilson
11 Knutsford Tri Club	210 — 47	Shane Wolstencroft	50	Alan Moser	56	Dave Clamp	57	Simon Atkins
12 Macclesfield H&ac	214 — 22	James Noakes	45	Julian Brown	70	Gary Willcock	77	John Mooney
13 Altrincham & Dist AC 'B'	236 — 46	Steve Renny	54	Paul Abraham	65	David Hughes	71	Shaun Jackson
14 Trafford AC 'B'	237 — 32	Mike Hutchinson	40	Jeff Prest	66	Bruce Penhale	99	Robin Beaumont
15 Stockport H&ac 'B'	241 — 51	Steve Shaughnessy	59	Simon Phillips	62	Graham Marstrand	69	Robert Cawley
16 Manchester Triathlon	275 — 53	John Murray	55	Paul Schofield	67	Roger Thomas	100	Richard Wallace
17 St Helens Sutton AC	287 — 21	John Greenall	49	Barry Graney	108	Peter Johnson	109	Andrew O'Connor
18 Vale Royal AC	305 — 38	Tom Annable	58	Tony Archer	60	James Edwards	149	John Clarke
19 Altrincham & Dist AC 'C'	346 — 75	Tim Raffle	82	Dave Ainsworth	92	Mark Hunter	97	Lockie Campbell
20 Sale H Manchester 'C'	352 — 83	Steve Parry	84	Simon Bond	87	Alastair Kell	98	Nick Webb
21 Stockport H&ac 'C'	353 — 78	David Dyer	88	Robert Taylor	91	Paul Comer	96	Ian Mulligan
22 Chorlton Runners	368 — 52	Paul Griffiths	81	Naz Zameer	104	Justin Hayes	131	Peter Adams
23 Middleton H AC	386 — 34	Paul Jibson	80	Anthony Lowe	121	Steve Lewis	151	Tony Walsh
24 Bramhall Runners	406 — 86	Li Lok	94	Mike Hodson	103	Richard Hall	123	Steve Fairclough
25 Belle Vue Racers	428 — 89	Simon Stead	95	Nigel Sedman	114	Jason Stott	130	Stephen Webb
26 E Cheshire H & Tameside AC 'B'	433 — 48	Gary Matthews	112	John Bowker	135	Dennis Thomas	138	James Fairfield
27 Manchester H&ac	435 — 63	Jason Brogan	90	Lloyd Barlow	134	Jim Fox	148	Glen Gandy
28 Wilmslow RC 'C'	461 — 64	Matt Taylor	74	Adam Neale	154	Geoff Gilbert	169	Patrick Grannan
29 Swinton RC 'B'	466 — 102	Paul Rutherford	113	Jon Mellor	115	Ric Waring	136	Jon Sides
30 Stockport H&ac 'D'	508 — 105	David Chrystielowe	116	Tim Hargreaves	141	Rob Cator	146	Jeremy Woodham
31 St Helens Striders	525 — 106	Paul Demore	132	John Smee	140	Gary Spriggs	147	Kevin Monaghan
32 Sale H Manchester 'D'	532 — 122	Nigel Fielden	125	Chris Miller	127	Jerry Smith	158	Miran Arahamian
33 Macclesfield H&ac 'B'	547 — 101	Steven Millar	111	Ray O'Keefe	157	Mark Wheelton	178	David Hancock
34 Altrincham & Dist AC 'D'	555 — 120	Craig Partridge	128	Pete Hill	144	Alan Williams	163	Jeff Norman
35 Manchester Ymca H	639 — 142	David Ashton	162	Steve Symons	164	Roger Carter	171	Jon Paramor