

Manchester Area Cross Country League at Heaton Park, Manchester on Saturday 16th January 2016

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

Pos	Num	Name	Club	Time
1	91	Louie McCormack	Trafford AC	11:01
2	343	Alex Poulston	Wirral AC	11:32
3	17	Arron Leach	St Helens Sutton AC	11:51
4	511	Patrick Griffith	Vale Royal AC	11:56
5	1	Dylan Carney	Vale Royal AC	11:57
6	194	Jack Spark	Sale H Manchester	11:59
7	2059	Tom Manton	Saddleworth Runners Club	12:01
8	527	Freddy Austin	Trafford AC	12:03
9	546	Matthew Russell	Salford Met AC	12:20
10	193	Will Parker	Sale H Manchester	12:27
11	604	William Sutcliffe	Wirral AC	12:32
12	557	Rhys Hopkins	Warrington AC	12:34
13	577	Charlie Tittensor	Sale H Manchester	12:36
14	92	Max Rarity	Trafford AC	12:40
15	639	Reece Connell	Warrington AC	12:43
16	320	Sam Gray	Knutsford Tri Club	12:46
17	119	Finley Mayoh	Stockport H&ac	12:47
18	543	Keiran Brindle	Salford Met AC	12:49
19	188	Tom Boyd	Sale H Manchester	12:55
20	561	Torin Lindsey	Sale H Manchester	12:59
21	419	Hayden Blunn	Macclesfield H&ac	13:07
22	510	Will Clark	Vale Royal AC	13:13
23	420	Oliver Bradley	Macclesfield H&ac	13:18
24	427	Aadi Whitlock	Macclesfield H&ac	13:19
25	545	Ethan Nation	Salford Met AC	13:22
26	529	Owen Morgan	Trafford AC	13:23
27	544	Nathan Fryer	Salford Met AC	13:56
28	630	Zach Roberts	Salford Met AC	14:03
29	638	Finlay Smith	Warrington AC	14:26
30	596	Patrick Marsden	Salford Met AC	14:32
31	328	L Storey-Grimshaw	E Cheshire H&tameside AC	14:33
32	548	Joseph Larkin	Halton&frodsham H	14:34
33	528	Nathaniel Morgan	Trafford AC	14:44
34	636	Benjamin Thorn	Vale Royal AC	14:46
35	632	Max Young	St Helens Sutton AC	14:50
36	635	Haydon Jensen	Vale Royal AC	14:52
37	403	Maverick McCrum	Manchester Triathlon	15:06
38	404	Murdoch McCrum	Manchester Triathlon	15:43
39	629	James Roberts	Salford Met AC	15:48
40	633	Charlie Young	St Helens Sutton AC	15:52

Under 11 - Boys — TEAM RESULTS

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

1	Trafford AC	21	—	1	Louie McCormack	7	Freddy Austin	13	Max Rarity
2	Sale H Manchester	27	—	6	Jack Spark	9	Will Parker	12	Charlie Tittensor
3	Vale Royal AC	30	—	4	Patrick Griffith	5	Dylan Carney	21	Will Clark
4	Salford Met AC	49	—	8	Matthew Russell	17	Keiran Brindle	24	Ethan Nation
5	Warrington AC	53	—	11	Rhys Hopkins	14	Reece Connell	28	Finlay Smith
6	Macclesfield H&ac	65	—	20	Hayden Blunn	22	Oliver Bradley	23	Aadi Whitlock
7	St Helens Sutton AC	76	—	3	Arron Leach	34	Max Young	39	Charlie Young
8	Salford Met AC	82	—	26	Nathan Fryer	27	Zach Roberts	29	Patrick Marsden

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

Pos	Num	Name	Club	Time
1	180	Isabelle Burke	Sale H Manchester	11:44
2	509	Holly Weedall	Vale Royal AC	12:01
3	508	Grace Roberts	Vale Royal AC	12:15
4	182	Taylor Edwards	Sale H Manchester	12:16
5	283	Nicola Mason	Salford H&ac	12:50
6	565	Hattie Bain	Liverpool H & AC	12:56
7	50	Molly Wormald	Warrington AC	13:06
8	183	Libby Hill	Sale H Manchester	13:16
9	186	Dids Parish	Sale H Manchester	13:26
10	52	Evelyn Barber	Manchester H&ac	13:29
11	282	Isobel Cammish	Salford H&ac	13:32
12	566	Jenny Grant	Liverpool H & AC	13:37
13	48	Eva Ferris	Warrington AC	13:37
14	46	Maisie Bell	Warrington AC	13:43
15	401	Marina Guardascione	Manchester Triathlon	13:44
16	610	Hannah Gregg	Altrincham&district AC	13:50
17	642	Ella Gillespie	Sale H Manchester	13:59
18	181	Erin Donnolly	Sale H Manchester	14:00
19	412	Rebecca Dilworth	Macclesfield H&ac	14:07
20	530	Scarlett Stapleton	Vale Royal AC	14:10
21	411	Lily Davies	Macclesfield H&ac	14:13
22	555	Millie Bayman	Salford H&ac	14:13
23	595	Thea Smith	Vale Royal AC	14:17
24	628	Tarlia Higginbotham	Vale Royal AC	14:19
25	514	S Fane-De-Salis	Liverpool H & AC	14:21
26	415	Charlotte Moran	Macclesfield H&ac	14:22
27	612	Aisling McHale	Altrincham&district AC	14:24
28	2057	Verity Charnley	Handforth Wilmslow Alderley	14:28
29	15	Lucy Bridge	St Helens Sutton AC	14:31
30	399	Cleo Bentall	Manchester Triathlon	14:34
31	613	Beth Robinson	Altrincham&district AC	14:35
32	581	Sophia Bratt	Salford Met AC	14:37
33	47	Lucie Davies	Warrington AC	14:48
34	87	Sadie Mannion	Trafford AC	15:05
35	556	Lily Briscoe	Warrington AC	15:08
36	624	Grace Tonge	Sale H Manchester	15:10
37	569	Rebecca Johnson	Liverpool H & AC	15:14
38	184	Louise Hobson	Sale H Manchester	15:16
39	616	Millie Glancy	Halton&frodsham H	15:22
40	53	Violet Claxton	Manchester H&ac	15:25
41	617	Ellie Molyneaux	Halton&frodsham H	15:28
42	608	Daisy Ainsworth	Altrincham&district AC	15:38
43	611	Kate Harrison	Altrincham&district AC	15:44
44	582	Imogen Gush	E Cheshire H&tameside AC	15:59
45	603	Shauna Clarke	Warrington AC	16:23
46	540	Isabella Kershaw	Salford Met AC	16:27
47	55	Molly McCormack	Manchester H&ac	17:12
48	571	Maisie Nichols	Liverpool H & AC	17:19

Under 11 - Girls — TEAM RESULTS

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

1	Sale H Manchester	13	—	1	Isabelle Burke	4	Taylor Edwards	8	Libby Hill
2	Vale Royal AC	25	—	2	Holly Weedall	3	Grace Roberts	20	Scarlett Stapleton
3	Warrington AC	34	—	7	Molly Wormald	13	Eva Ferris	14	Maisie Bell
4	Salford H&ac	38	—	5	Nicola Mason	11	Isobel Cammish	22	Millie Bayman
5	Liverpool H & AC	43	—	6	Hattie Bain	12	Jenny Grant	25	S Fane-De-Salis
6	Sale H Manchester	44	—	9	Dids Parish	17	Ella Gillespie	18	Erin Donnolly
7	Macclesfield H&ac	66	—	19	Rebecca Dilworth	21	Lily Davies	26	Charlotte Moran
8	Altrincham&district AC	73	—	16	Hannah Gregg	27	Aisling McHale	30	Beth Robinson
9	Manchester H&ac	95	—	10	Evelyn Barber	39	Violet Claxton	46	Molly McCormack
10	Warrington AC	110	—	32	Lucie Davies	34	Lily Briscoe	44	Shauna Clarke

Manchester Area Cross Country League at Heaton Park, Manchester on Saturday 16th January 2016

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

Pos	Num	Name	Club	Time
1	299	Sam Hopkins	Salford H&ac	12:15
2	99	Joe Bentall	Trafford AC	12:17
3	302	Lewis Royle	Salford H&ac	12:26
4	643	Greg Dari	E Cheshire H&tameside AC	12:34
5	436	Finley Profitt	Macclesfield H&ac	12:40
6	435	James Doorbar	Macclesfield H&ac	12:48
7	644	Alex Finney	Stockport H&ac	12:56
8	296	Samuel Bryan	Salford H&ac	13:00
9	131	Edward Corden	Stockport H&ac	13:03
10	137	Jacob WoodDoyle	Stockport H&ac	13:06
11	474	Cameron Murdoch	Stockport H&ac	13:12
12	101	Oliver Choi	Trafford AC	13:14
13	100	Tom Bentall	Trafford AC	13:18
14	98	Alex Bailey	Trafford AC	13:19
15	133	Fares Ibrahim	Stockport H&ac	13:30
16	467	Joe Browne	Macclesfield H&ac	13:31
17	640	Lucas Milliken	Horwich R M I Harriers	13:32
18	300	Charlie Mansfield	Salford H&ac	13:33
19	26	Charlie Roberts	St Helens Sutton AC	13:36
20	298	Oliver Cook	Salford H&ac	14:10
21	23	Michael Brussels	St Helens Sutton AC	14:17
22	135	Harry MillerReedman	Stockport H&ac	14:55
23	531	Nathan Stapleton	Vale Royal AC	15:07
24	572	Zac Gaillemin	Sale H Manchester	15:09
25	513	James Griffith	Vale Royal AC	15:14
26	602	Alex Ruddock	Sale H Manchester	15:22
27	44	Joe Byrne	Bramhall Runners	15:38
28	620	William Kirkham	Manchester H&ac	15:45
29	331	Ryan O'Neill	E Cheshire H&tameside AC	17:29

Under 13 - Boys — TEAM RESULTS

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

1	Salford H&ac	12	—	1	SamHopkins	3	Lewis Royle	8	Samuel Bryan	
2	Stockport H&ac	26	—	7	Alex Finney	9	Edward Corden	10	Jacob WoodDoyle	
3	Trafford AC	27	—	2	JoeBentall	12	Oliver Choi	13	TomBentall	
4	Macclesfield H&ac	27	—	5	Finley Profitt	6	James Doorbar	16	Joe Browne	
5	Stockport H&ac	'B'	48	—	11	Cameron Murdoch	15	FaresIbrahim	22	HarryMillerReedman

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

Pos	Num	Name	Club	Time
1	471	Lara Crawford	Sale H Manchester	12:42
2	431	Sian Heslop	Macclesfield H&ac	12:52
3	330	Megan Lewis	E Cheshire H&tameside AC	13:38
4	127	Chloe Rogers	Stockport H&ac	13:44
5	196	Ruby Bell	Sale H Manchester	13:46
6	286	Amelia Bratt	Salford H&ac	13:48
7	287	Evie Collier	Salford H&ac	13:51
8	197	Anouska Brooks	Sale H Manchester	13:55
9	292	Anna Potter	Salford H&ac	13:58
10	288	Maya Croasdaile	Salford H&ac	14:00
11	290	C Haywood-Percival	Salford H&ac	14:07
12	63	Katie Moss	Manchester H&ac	14:09
13	125	Daisy Keigher	Stockport H&ac	14:11
14	295	Sophie Smith	Salford H&ac	14:15
15	462	Christie Allen	E Cheshire H&tameside AC	14:19
16	202	Laura Hole	Sale H Manchester	14:21
17	293	Emily Russell	Salford H&ac	14:22
18	329	Freya Handley	E Cheshire H&tameside AC	14:34
19	289	Erin Grime	Salford H&ac	14:36
20	291	Samantha Mason	Salford H&ac	14:48
21	124	Esther Hulley	Stockport H&ac	15:02
22	62	Alice Jones	Manchester H&ac	15:26
23	20	Amber Escoffery	St Helens Sutton AC	15:41
24	631	Caitlin Doohan	Sale H Manchester	15:42
25	433	Eme Noakes	Macclesfield H&ac	15:43
26	641	Annie Gavin	Sale H Manchester	15:46
27	294	Natalia Russell	Salford H&ac	15:53
28	96	Lauren Howley	Trafford AC	16:07
29	129	Ella Taylor	Stockport H&ac	16:13
30	594	E ColquhounLynn	Sale H Manchester	16:29
31	122	Lauren Burgess	Stockport H&ac	16:32
32	97	Emily Wolstencroft	Trafford AC	16:46
33	60	Emma Davies	Manchester H&ac	16:46
34	473	Kyra Brindle	Salford Met AC	16:53
35	18	Alyx Bridge	St Helens Sutton AC	17:09
36	2058	Grace Charnley	Handforth Wilmslow Alderley	18:29
37	618	Hazel Shaw	Manchester H&ac	18:57

Under 13 - Girls — TEAM RESULTS

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

1	Sale H Manchester	14	—	1	Lara Crawford	5	Ruby Bell	8	Anouska Brooks	
2	Salford H&ac	22	—	6	Amelia Bratt	7	Evie Collier	9	Anna Potter	
3	Salford H&ac	'B'	35	—	10	Maya Croasdaile	11	C Haywood-Percival	14	Sophie Smith
4	E Cheshire H&tameside AC	36	—	3	Megan Lewis	15	Christie Allen	18	Freya Handley	
5	Stockport H&ac	38	—	4	Chloe Rogers	13	Daisy Keigher	21	Esther Hulley	
6	Salford H&ac	'C'	56	—	17	Emily Russell	19	Erin Grime	20	Samantha Mason
7	Sale H Manchester	'B'	66	—	16	Laura Hole	24	Caitlin Doohan	26	Annie Gavin
8	Manchester H&ac	67	—	12	Katie Moss	22	Alice Jones	33	Emma Davies	

Manchester Area Cross Country League at Heaton Park, Manchester on Saturday 16th January 2016

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

Pos	Num	Name	Club	Time	Pos	Num	Name	Club	Time
1	493	Keenan Owen	E Cheshire H&tameside AC	18:12	11	327	James Dagnall	Salford Met AC	20:50
2	308	Paddy Cusack	Salford H&ac	18:56	12	398	Harry Sinclair	Altrincham&district AC	20:57
3	247	Kian Lindsay	Sale H Manchester	18:59	13	309	Charlie Thomas	Salford H&ac	21:52
4	145	Ben Batho	Stockport H&ac	19:26	14	539	Adam Curtis	Salford H&ac	22:05
5	152	Flynn Walsh	Stockport H&ac	20:09	15	336	Jake Smith	E Cheshire H&tameside AC	22:12
6	245	Sam Heyworth	Sale H Manchester	20:22	16	251	Jack Williamson	Sale H Manchester	22:19
7	362	Jonathon Head	Wirral AC	20:30	17	151	Joseph Philbin	Stockport H&ac	22:25
8	244	John Gilbert	Sale H Manchester	20:33	18	150	Sam Johnson	Stockport H&ac	22:49
9	310	Jacob Yates	Salford H&ac	20:35	19	637	Harry Hayes	Ribble Valley AC	22:56
10	504	Andrew Grant	Liverpool H & AC	20:41					

Under 15 - Boys — TEAM RESULTS

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

1 Sale H Manchester	17	—	3 Kian Lindsay	6 Sam Heyworth	8 John Gilbert
2 Salford H&ac	24	—	2 Paddy Cusack	9 Jacob Yates	13 Charlie Thomas
3 Stockport H&ac	26	—	4 Ben Batho	5 Flynn Walsh	17 Joseph Philbin

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

Pos	Num	Name	Club	Time	Pos	Num	Name	Club	Time
1	499	Ella McNiven	Liverpool H & AC	19:48	18	235	Elizabeth Twite	Sale H Manchester	23:08
2	382	Jess Cook	Liverpool H & AC	20:11	19	140	Mollie Cooke	Stockport H&ac	23:23
3	383	Emma Gordon	Liverpool H & AC	20:27	20	225	Josie Canham	Sale H Manchester	23:32
4	74	Alice Stiles	Manchester H&ac	20:35	21	73	Beth Smyth	Manchester H&ac	23:38
5	354	Krystina Martindale	Wirral AC	20:35	22	351	Erin Davies	Wirral AC	23:40
6	226	Aine Gibbons	Sale H Manchester	21:28	23	236	Jemma Vickers	Sale H Manchester	23:42
7	304	Catherine Hooper	Salford H&ac	21:39	24	67	Chloe Davies	Manchester H&ac	23:49
8	457	Georgia Tansey	Ribble Valley AC	21:41	25	472	Jade Bailey	Salford Met AC	24:08
9	391	Millie Raine	Liverpool H & AC	22:00	26	104	Anna Baker	Trafford AC	24:15
10	489	Natasha Moore	Stockport H&ac	22:08	27	333	Molly Healey	E Cheshire H&tameside AC	24:18
11	335	Abby O'Neill	E Cheshire H&tameside AC	22:16	28	389	Jade Morgan	Liverpool H & AC	24:18
12	70	Eleanor Kenny	Manchester H&ac	22:29	29	2060	Daisy Shepherdson	Saddleworth Runners Club	24:25
13	2062	Molly Philbin	Bolton United Harriers & AC	22:36	30	352	Ella Head	Wirral AC	24:27
14	334	Holly Jackson	E Cheshire H&tameside AC	22:36	31	386	Emily Lucass	Liverpool H & AC	24:39
15	229	Georgia Haworth	Sale H Manchester	22:48	32	307	Rebecca Royle	Salford H&ac	24:44
16	222	Tia-Rae Barton	Sale H Manchester	22:50	33	105	Marnie Mannion	Trafford AC	24:49
17	623	Alice Tonge	Sale H Manchester	23:00	34	227	Mia Gibbons	Sale H Manchester	26:55

Under 15 - Girls — TEAM RESULTS

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

1 Liverpool H & AC	6	—	1 Ella McNiven	2 Jess Cook	3 Emma Gordon
2 Sale H Manchester	35	—	6 Aine Gibbons	14 Georgia Haworth	15 Tia-Rae Barton
3 Manchester H&ac	36	—	4 Alice Stiles	12 Eleanor Kenny	20 Beth Smyth
4 E Cheshire H&tameside AC	50	—	11 Abby O'Neill	13 Holly Jackson	26 Molly Healey
5 Sale H Manchester 'B'	52	—	16 Alice Tonge	17 Elizabeth Twite	19 Josie Canham
6 Wirral AC	54	—	5 Krystina Martindale	21 Erin Davies	28 Ella Head
7 Liverpool H & AC 'B'	65	—	9 Millie Raine	27 Jade Morgan	29 Emily Lucass

Under 17 - Men — FINAL RESULTS

Pos	Num	Name	Cat/Pos	Club	Time	Pos	Num	Name	Club	Time
1	519	Joseph Ford		Liverpool H & AC	21:38	9	447	Allen Bunyan	Macclesfield H&ac	24:22
2	178	Chris Larkin		Halton&frodsham H	22:07	10	268	Charlie Brett	Sale H Manchester	24:27
3	86	Sam Tarry		Manchester H&ac	22:22	11	166	George Cooke	Stockport H&ac	24:32
4	340	George Lewis		E Cheshire H&tameside AC	22:37	12	339	Paolo Guarnieri	E Cheshire H&tameside AC	26:13
5	85	Ben Skertchly		Manchester H&ac	23:21	13	167	James Coulson	Stockport H&ac	26:44
6	465	Nathan Barlow		E Cheshire H&tameside AC	23:45	14	625	James Critchley	Salford H&ac	26:57
7	599	Luke Doleman		Manchester H&ac	24:11	15	607	Bradley Freeman	Stockport H&ac	28:19
8	588	Michael Whitham		Sale H Manchester	24:16					

Under 17 - Men — TEAM RESULTS

1 Manchester H&ac	15	—	3 Sam Tarry	5 Ben Skertchly	7 Luke Doleman
2 E Cheshire H&tameside AC	22	—	4 George Lewis	6 Nathan Barlow	12 Paolo Guarnieri
3 Stockport H&ac	39	—	11 George Cooke	13 James Coulson	15 Bradley Freeman

Under 17 - Ladies — FINAL RESULTS

Pos	Num	Name	Cat/Pos	Club	Time	Pos	Num	Name	Club	Time
1	164	Katy Whiteoak	L	1 Stockport H&ac	25:09	10	253	Alice Bruce	L 10 Sale H Manchester	28:27
2	459	Eleanor Bolton	L	2 Ribble Valley AC	25:33	11	260	Franki Reid	L 11 Sale H Manchester	29:31
3	158	Rebecca Jones	L	3 Stockport H&ac	26:07	12	312	Sophie Harrison	L 12 Salford H&ac	29:57
4	445	Louisa Whittingham	L	4 Macclesfield H&ac	26:12	13	311	Caitlin Dunphy	L 13 Salford H&ac	30:42
5	160	Hannah Richardson	L	5 Stockport H&ac	26:17	14	255	Nicole Grainger	L 14 Sale H Manchester	30:53
6	155	Heather Corden	L	6 Stockport H&ac	26:33	15	396	Emily Rowe	L 15 Liverpool H & AC	31:05
7	314	Rebecca Mason	L	7 Salford H&ac	27:10	16	81	Katie Cooper	L 16 Manchester H&ac	32:11
8	157	Emilia Gajda	L	8 Stockport H&ac	27:59	17	315	Molly Pike	L 17 Salford H&ac	32:42
9	470	Sarah Stockman	L	9 Macclesfield H&ac	28:09					

Under 17 - Ladies — TEAM RESULTS

1 Stockport H&ac	9	—	1 Katy Whiteoak	3 Rebecca Jones	5 Hannah Richardson
2 Salford H&ac	32	—	7 Rebecca Mason	12 Sophie Harrison	13 Caitlin Dunphy
3 Sale H Manchester	35	—	10 Alice Bruce	11 Franki Reid	14 Nicole Grainger

Manchester Area Cross Country League at Heaton Park, Manchester on Saturday 16th January 2016

Senior Women aged 17 to 19

Pos	Num	Name	Cat/Pos	Club	Time
1	511	Anne Kenchington	L20	1 University Of Manchester	34:52
2	513	C Sanchez-Toribio	L20	2 University Of Manchester	35:49
3	376	Hayley Simpson	L20	3 E Cheshire H&tameside AC	36:30
4	481	Georgia Baynes	L20	4 University Of Manchester	37:39
5	272	Amber Towns	L20	5 Sale H Manchester	42:46

Senior Women aged 20 to 34

Pos	Num	Name	Cat/Pos	Club	Time
1	2064	Sarah Tunstall		Kendal Amateur Athletic Club	32:41
2	167	Vicki Cronin		Trafford AC	35:24
3	407	Caitlin Rice		Glossopdale Harriers	35:35
4	164	Emily Beedham		Trafford AC	35:52
5	242	Luisa Candioli		Sale H Manchester	36:50
6	522	Alice Sharpe		Mmu H	37:05
7	476	Freya Burgess		Mmu H	37:10
8	480	Bethany Ansell		University Of Manchester	37:11
9	248	Sarah Douglas		Sale H Manchester	37:24
10	425	Rachel Hall		Manchester Triathlon	37:28
11	370	Bethany Hirst		E Cheshire H&tameside AC	37:30
12	557	Samantha Jones		Stockport H&ac	37:50
13	279	Katie White		Sale H Manchester	38:13
14	566	Emma Finney		Sale H Manchester	38:15
15	37	Ingrid Storm		Chorlton Runners	38:39
16	165	Cauley Amy Rose		Trafford AC	38:52
17	341	Lucy Etchells		Manchester Frontrunners	38:55
18	176	Melanie Monks		Trafford AC	38:57
19	469	Daisy Pickles		Macclesfield H&ac	39:04
20	271	Jane Thomas		Sale H Manchester	39:11
21	189	Louise Geldart		Stockport H&ac	39:17
22	216	Marie Leahy		St Helens Tri	39:38
23	133	Sarah Renshaw		Chorlton Runners	39:40
24	143	Naomi Wright		Chorlton Runners	39:46
25	468	Paula Nimmo		Macclesfield H&ac	39:48
26	113	Elena Adorni		Chorlton Runners	40:03
27	571	Amie Hughes		Stockport H&ac	41:15
28	257	Deirdre McCarthy		Sale H Manchester	41:22
29	136	Charlotte Tollefson		Chorlton Runners	41:24
30	15	Jude Bek		Chorlton Runners	42:05
31	137	Emma Tollefson		Chorlton Runners	42:07
32	162	Tracey Jones		Dragons Rc Sale	42:30
33	504	Amy Ashton		Sale H Manchester	42:33
34	362	Carolyn Lewtas		Salford Met AC	42:48
35	536	Helen Rennie		Bramhall Runners	43:04
36	318	Rebecca Mills		Swinton RC	43:18
37	14	Leona Beaumont		Chorlton Runners	43:24
38	33	Lorraine Pang		Chorlton Runners	43:33
39	138	Rosalyn Webster		Chorlton Runners	43:46
40	353	Sarah Crandon		Manchester Ymca H	43:53
41	487	Martha Hamilton		University Of Manchester	44:11
42	196	Imogen Nutter		Stockport H&ac	45:13
43	357	C Hammond-Price		Manchester Ymca H	45:19
44	243	Helen Carter		Sale H Manchester	45:25
45	197	Cheryl Rock		Stockport H&ac	45:33
46	285	Leanne Carey		Salford H&ac	45:39
47	455	Alannah Birtwistle		Macclesfield H&ac	46:07
48	22	Rebecca Deeran		Chorlton Runners	46:47
49	435	Claire Nelson		Manchester Triathlon	47:02
50	580	Naomi Sykes		Swinton RC	47:07
51	439	Sarah Roberts		Manchester Triathlon	47:08
52	546	Laura Rodgers		Mmu H	47:09
53	225	Leah Evans		Belle Vue Racers	47:53
54	428	Helen Jaques		Manchester Triathlon	48:16
55	29	Susannah Larminie		Chorlton Runners	48:34
56	306	Joanna Borecka		Swinton RC	49:45
57	555	Angela Potter		Salford Met AC	51:24
58	348	Emma Reilly		Manchester Frontrunners	51:37
59	581	Katie Barker		Chorlton Runners	52:33
60	578	Natalie Matthews		Wirral AC	52:46
61	255	Amelie Latham		Sale H Manchester	53:04
62	443	Susan Warden		Manchester Triathlon	53:09
63	266	Jennifer Simmons		Sale H Manchester	53:44
64	346	Claire Naylor		Manchester Frontrunners	53:57
65	159	Heather Cunliffe		Dragons Rc Sale	53:59
66	122	Suzette Crane		Chorlton Runners	55:27
67	421	Ella Fields		Manchester Triathlon	56:01
68	356	Jill Guthrie		Manchester Ymca H	56:06
69	121	Hannah Coates		Chorlton Runners	57:34
70	132	Samantha Redhead		Chorlton Runners	1:06:49
71	354	Jennifer Delaney		Manchester Ymca H	1:21:42

Senior Women (Vets) aged 35 to 39

Pos	Num	Name	Cat/Pos	Club	Time
1	237	Hayley Ashby	L35	1 Sale H Manchester	38:16
2	245	Jenny Clink	L35	2 Sale H Manchester	39:43
3	342	Jane Fletcher	L35	3 Manchester Frontrunners	41:06
4	416	Rebecca Brand	L35	4 Manchester Triathlon	41:43
5	81	Nicola Lloyd	L35	5 Bramhall Runners	42:06
6	145	Melanie Barber	L35	6 Manchester H&ac	42:42
7	319	Helen Nation	L35	7 Swinton RC	43:32
8	182	Amy Barter	L35	8 Stockport H&ac	43:51
9	358	Emma Rettig	L35	9 Manchester Ymca H	44:04
10	582	Sarah Gray	L35	10 Chorlton Runners	44:07
11	168	Nicole Davenport	L35	11 Trafford AC	44:16
12	275	Sarah Waldron	L35	12 Sale H Manchester	44:29
13	274	Janneke VanBeijnum	L35	13 Sale H Manchester	45:15
14	562	Ruth Lindsey	L35	14 Sale H Manchester	46:17
15	312	Julie Hamilton	L35	15 Swinton RC	46:37
16	331	Claire Hebblethwaite	L35	16 Knutsford Tri Club	46:48
17	414	Sophie Barnett	L35	17 Manchester Triathlon	47:01
18	507	Dawn Brindle	L35	18 Salford Met AC	47:13
19	141	Melanie Williamson	L35	19 Chorlton Runners	47:37
20	39	Alison Wainwright	L35	20 Chorlton Runners	47:37
21	109	Isabell Richter	L35	21 Middleton H AC	47:57
22	2053	Pamela Hitchin	L35	22 Bury Athletic Club	49:03
23	558	Beata Knychala	L35	23 Winston Runners	52:56
24	110	Vicky Stainthorpe	L35	24 Middleton H AC	52:59
25	229	Tina Hicks	L35	25 Belle Vue Racers	54:20
26	584	Jenny Castle	L35	26 Swinton RC	54:59
27	377	Kelly Smith	L35	27 E Cheshire H&tameside AC	56:11
28	105	Beverley O'Neill	L35	28 Middleton H AC	59:07
29	347	Emily Rawlins	L35	29 Manchester Frontrunners	59:24
30	415	Joanne Battersby	L35	30 Manchester Triathlon	1:00:13
31	38	Jennifer Turner	L35	31 Chorlton Runners	1:20:24

Senior Women (Vets) aged 40 to 44

Pos	Num	Name	Cat/Pos	Club	Time
1	385	Sarah Kearney	L40	1 Wirral AC	37:42
2	244	Anne Chinoy	L40	2 Sale H Manchester	37:52
3	47	Katy Green	L40	3 Wilmslow RC	38:06
4	2065	Jacqui Khoueiry	L40	4 Holmfirth Harriers Ac	38:29
5	316	Lauren Marsden	L40	5 Swinton RC	38:53
6	48	Louisa Harrison	L40	6 Wilmslow RC	38:58
7	203	Samantha Thomas	L40	7 Stockport H&ac	39:50
8	525	Anne Rosbottom	L40	8 Wirral AC	40:22
9	161	Madeleine Hill	L40	9 Dragons Rc Sale	41:03
10	263	Joanna Robbins	L40	10 Sale H Manchester	41:10
11	256	Clare McCarron	L40	11 Sale H Manchester	41:12
12	83	Jennie Pickard	L40	12 Bramhall Runners	41:48
13	86	Emma Young	L40	13 Bramhall Runners	42:11
14	217	Claire Murphy	L40	14 St Helens Tri	42:28
15	529	Gail Hebson	L40	15 Manchester H&ac	43:08
16	313	Julie Holden	L40	16 Swinton RC	43:19
17	261	Carla Ousey	L40	17 Sale H Manchester	43:50
18	193	Jen Hulley	L40	18 Stockport H&ac	44:58
19	563	Ruth Murdoch	L40	19 Stockport H&ac	45:32
20	351	Emma Bedford	L40	20 Manchester Ymca H	45:41
21	531	Sally Meats	L40	21 Stockport H&ac	46:05
22	537	Adele Siddall	L40	22 Dragons Rc Sale	46:31
23	322	Viv Samuelson	L40	23 Swinton RC	46:52
24	147	Jackie Ellison	L40	24 Manchester H&ac	47:00
25	575	Rachel Watson	L40	25 Belle Vue Racers	47:12
26	528	Amanda McCartney	L40	26 Middleton H AC	47:53
27	576	Laura Mercer	L40	27 Salford Met AC	48:10
28	231	Kath Horwill	L40	28 Belle Vue Racers	48:29
29	224	Lisa Donnelly	L40	29 Belle Vue Racers	49:52
30	374	Nicola Richards	L40	30 E Cheshire H&tameside AC	50:21
31	549	Jennifer Miller	L40	31 St Helens Tri	50:24
32	412	Gillian Aspin	L40	32 Manchester Triathlon	51:18
33	108	Susan Redfern	L40	33 Middleton H AC	52:11
34	310	Anna Goodwin	L40	34 Swinton RC	54:12
35	134	Helen Sanderson	L40	35 Chorlton Runners	56:37
36	213	Adele Fisher	L40	36 St Helens Tri	57:17
37	117	Jodie Bennett	L40	37 Chorlton Runners	1:05:06
38	298	Fiona Ashworth	L40	38 Winston Runners	1:06:25
39	123	Jane Davies	L40	39 Chorlton Runners	1:20:13

Manchester Area Cross Country League at Heaton Park, Manchester on Saturday 16th January 2016

Senior Women (Vets) aged 45 to 49

Pos	Num	Name	Cat/Pos	Club	Time
1	97	Michelle Hushion	L45	1 Middleton H AC	39:51
2	44	Janine Ellis	L45	2 Wilmslow RC	40:57
3	179	Anna Verges-Bausili	L45	3 Trafford AC	42:06
4	413	Cathy Atkinson	L45	4 Manchester Triathlon	43:43
5	187	Gillian Doolan	L45	5 Stockport H&ac	44:05
6	390	Fiona Cosgrove	L45	6 Altrincham&district AC	44:08
7	400	Joanne Brack	L45	7 Glossopdale Harriers	44:10
8	218	Cristina Puccini	L45	8 St Helens Tri	44:13
9	363	Theresa Shaw	L45	9 Salford Met AC	44:18
10	262	Helen Reagan	L45	10 Sale H Manchester	45:56
11	426	Andrea Edwards	L45	11 E Cheshire H&tameside AC	45:57
12	426	Sonia Harris	L45	12 Manchester Triathlon	46:56
13	355	Steph Goodchild	L45	13 Manchester Ymca H	48:13
14	419	Claire Deane	L45	14 Manchester Triathlon	48:18
15	401	Vicki Hamilton	L45	15 Glossopdale Harriers	48:23
16	241	Marinda Breddy	L45	16 Sale H Manchester	48:42
17	585	Andrea Harrison	L45	17 Swinton RC	50:12
18	530	C ColquhounLynn	L45	18 Sale H Manchester	50:49
19	393	Diane Hunter	L45	19 Altrincham&district AC	51:01
20	226	Julia Foy	L45	20 Belle Vue Racers	51:42
21	444	Michelle Wilder	L45	21 Manchester Triathlon	52:48
22	212	Helen Broderick	L45	22 St Helens Tri	55:04
23	577	Yolla McCoy	L45	23 Wirral AC	56:18
24	85	Alison Sheedy	L45	24 Bramhall Runners	56:41
25	551	Diane Taktak	L45	25 St Helens Tri	57:08
26	496	Erika Frame	L45	26 Bramhall Runners	58:03
27	305	Mandy Beard	L45	27 Swinton RC	58:15
28	583	Amanda Raffo	L45	28 Manchester Frontrunners	58:26
29	119	Helen Cain	L45	29 Chorlton Runners	59:06
30	139	Andrea Williams	L45	30 Chorlton Runners	1:03:47
31	78	Justine Jackson	L45	31 Bramhall Runners	1:05:22
32	80	Melanie Li	L45	32 Bramhall Runners	1:05:43

Senior Women (Vets) aged 50 to 54

Pos	Num	Name	Cat/Pos	Club	Time
1	392	Carole Harrison	L50	1 Altrincham&district AC	41:18
2	375	Janine Ridgard	L50	2 E Cheshire H&tameside AC	41:23
3	46	Sally Gilliver	L50	3 Wilmslow RC	41:26
4	398	Alison Vesey	L50	4 Altrincham&district AC	42:18
5	534	Lynda Rowlinson	L50	5 Sale H Manchester	43:31
6	381	Caroline Brophy	L50	6 Wirral AC	44:20
7	208	Maureen Wilkins	L50	7 Stockport H&ac	46:03
8	472	Hanny Stockman	L50	8 Macclesfield H&ac	46:18
9	349	Linda Rix	L50	9 Manchester Frontrunners	47:30
10	151	Ann McLaughlin	L50	10 Manchester H&ac	48:00
11	564	Jane Stiles	L50	11 Manchester H&ac	49:19
12	269	Lucinda Summers	L50	12 Sale H Manchester	49:22
13	550	Shirley Fox	L50	13 St Helens Tri	51:26
14	445	Christine Copson	L50	14 Hyde Village Striders	52:00
15	424	Bethan Habron-James	L50	15 Manchester Triathlon	52:13
16	84	Sian Segar	L50	16 Bramhall Runners	53:10
17	146	Debbie Beresford	L50	17 Manchester H&ac	53:25
18	570	Seymourfiona	L50	18 Belle Vue Racers	54:42
19	359	Olivia Scates	L50	19 Manchester Ymca H	56:55
20	142	Stephanie Wise	L50	20 Chorlton Runners	1:06:48

Senior Women (Vets) aged 55 to 59

Pos	Num	Name	Cat/Pos	Club	Time
1	246	Jackie Cordingley	L55	1 Sale H Manchester	43:02
2	230	Annie Hirsch	L55	2 Belle Vue Racers	45:03
3	467	Barbara Murray	L55	3 Macclesfield H&ac	47:10
4	100	Julie Jones	L55	4 Middleton H AC	52:31
5	120	Ann Carney	L55	5 Chorlton Runners	52:42

Senior Women (Vets) aged 60 to 64

Pos	Num	Name	Cat/Pos	Club	Time
1	394	Ann-Marie Jones	L60	1 Altrincham&district AC	39:35
2	372	Angela Oldham	L60	2 E Cheshire H&tameside AC	41:15
3	561	Joan Howe	L60	3 Trafford AC	46:11
4	204	Helen Todd	L60	4 Stockport H&ac	47:43
5	379	Gillian Wolstenholme	L60	5 E Cheshire H&tameside AC	48:46
6	171	Sue Exon	L60	6 Trafford AC	49:12
7	96	Teresa Hollins	L60	7 Middleton H AC	49:40
8	13	Carole Williams	L60	8 Vale Royal AC	56:26
9	95	Ruth Hare	L60	9 Middleton H AC	57:02

Senior Women (Vets) aged 65 to 69

Pos	Num	Name	Cat/Pos	Club	Time
1	186	Alexis Dinsmor	L65	1 Stockport H&ac	50:08
2	273	Margaret Trickey	L65	2 Sale H Manchester	52:32
3	93	Christine Eckersley	L65	3 Middleton H AC	55:20

Senior Women (Vets) over 70

Pos	Num	Name	Cat/Pos	Club	Time
1	221	Liz Spensley	L70	1 St Helens Tri	1:01:02

Manchester Area Cross Country League at Heaton Park, Manchester on Saturday 16th January 2016

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

Pos	Num	Name	Cat/Pos	Club	Time					
1	2064	Sarah Tunstall		Kendal Amateur Athletic Club	32:41	85	582 Sarah Gray	L35 10	Chorlton Runners	44:07
2	511	Anne Kenchington	L20 1	University Of Manchester	34:52	86	390 Fiona Cosgrove	L45 6	Altrincham&district AC	44:08
3	167	Vicki Cronin		Trafford AC	35:24	87	400 Joanne Brack	L45 7	Glossopdale Harriers	44:10
4	407	Caitlin Rice		Glossopdale Harriers	35:35	88	487 Martha Hamilton		University Of Manchester	44:11
5	513	C Sanchez-Toribio	L20 2	University Of Manchester	35:49	89	218 Cristina Puccini	L45 8	St Helens Tri	44:13
6	164	Emily Beedham		Trafford AC	35:52	90	168 Nicole Davenport	L35 11	Trafford AC	44:16
7	376	Hayley Simpson	L20 3	E Cheshire H&tameside AC	36:30	91	363 Theresa Shaw	L45 9	Salford Met AC	44:18
8	242	Luisa Candioli		Sale H Manchester	36:50	92	381 Caroline Brophy	L50 6	Wirral AC	44:20
9	522	Alice Sharpe		Mmu H	37:05	93	275 Sarah Waldron	L35 12	Sale H Manchester	44:29
10	476	Freya Burgess		Mmu H	37:10	94	193 Jen Hulley	L40 18	Stockport H&ac	44:58
11	480	Bethany Ansell		University Of Manchester	37:11	95	230 Annie Hirsch	L55 2	Belle Vue Racers	45:03
12	248	Sarah Douglas		Sale H Manchester	37:24	96	196 Imogen Nutter		Stockport H&ac	45:13
13	425	Rachel Hall		Manchester Triathlon	37:28	97	274 Janneke VanBeijnum	L35 13	Sale H Manchester	45:15
14	370	Bethany Hirst		E Cheshire H&tameside AC	37:30	98	357 C Hammond-Price		Manchester Ymca H	45:19
15	481	Georgia Baynes	L20 4	University Of Manchester	37:39	99	243 Helen Carter		Sale H Manchester	45:25
16	385	Sarah Kearney	L40 1	Wirral AC	37:42	100	563 Ruth Murdoch	L40 19	Stockport H&ac	45:32
17	557	Samantha Jones		Stockport H&ac	37:50	101	197 Cheryl Rock		Stockport H&ac	45:33
18	244	Anne Chinoy	L40 2	Sale H Manchester	37:52	102	285 Leanne Carey		Salford H&ac	45:39
19	47	Katy Green	L40 3	Wilmslow RC	38:06	103	351 Emma Bedford	L40 20	Manchester Ymca H	45:41
20	279	Katie White		Sale H Manchester	38:13	104	262 Helen Reagan	L45 10	Sale H Manchester	45:56
21	566	Emma Finney		Sale H Manchester	38:15	105	368 Andrea Edwards	L45 11	E Cheshire H&tameside AC	45:57
22	237	Hayley Ashby	L35 1	Sale H Manchester	38:16	106	208 Maureen Wilkins	L50 7	Stockport H&ac	46:03
23	2065	Jacqui Khoueiry	L40 4	Holmfirth Harriers Ac	38:29	107	531 Sally Meats	L40 21	Stockport H&ac	46:05
24	37	Ingrid Storm		Chorlton Runners	38:39	108	455 Alannah Birtwistle		Macclesfield H&ac	46:07
25	165	Cauley Amy Rose		Trafford AC	38:52	109	561 Joan Howe	L60 3	Trafford AC	46:11
26	316	Lauren Marsden	L40 5	Swinton RC	38:53	110	562 Ruth Lindsey	L35 14	Sale H Manchester	46:17
27	341	Lucy Etchells		Manchester Fronrunners	38:55	111	472 Hanny Stockman	L50 8	Macclesfield H&ac	46:18
28	176	Melanie Monks		Trafford AC	38:57	112	537 Adele Siddall	L40 22	Dragons Rc Sale	46:31
29	48	Louisa Harrison	L40 6	Wilmslow RC	38:58	113	312 Julie Hamilton	L35 15	Swinton RC	46:37
30	469	Daisy Pickles		Macclesfield H&ac	39:04	114	22 Rebecca Deeran		Chorlton Runners	46:47
31	271	Jane Thomas		Sale H Manchester	39:11	115	331 Claire Hebblethwaite	L35 16	Knutsford Tri Club	46:48
32	189	Louise Geldart		Stockport H&ac	39:17	116	322 Viv Samuelson	L40 23	Swinton RC	46:52
33	394	Ann-Marie Jones	L60 1	Altrincham&district AC	39:35	117	426 Sonia Harris	L45 12	Manchester Triathlon	46:56
34	216	Marie Leahy		St Helens Tri	39:38	118	147 Jackie Ellison	L40 24	Manchester H&ac	47:00
35	133	Sarah Renshaw		Chorlton Runners	39:40	119	414 Sophie Barnett	L35 17	Manchester Triathlon	47:01
36	245	Jenny Clink	L35 2	Sale H Manchester	39:43	120	435 Claire Nelson		Manchester Triathlon	47:02
37	143	Naomi Wright		Chorlton Runners	39:46	121	580 Naomi Sykes		Swinton RC	47:07
38	468	Paula Nimmo		Macclesfield H&ac	39:48	122	439 Sarah Roberts		Manchester Triathlon	47:08
39	203	Samantha Thomas	L40 7	Stockport H&ac	39:50	123	546 Laura Rodgers		Mmu H	47:09
40	97	Michelle Hushion	L45 1	Middleton H AC	39:51	124	467 Barbara Murray	L55 3	Macclesfield H&ac	47:10
41	113	Elena Adorni		Chorlton Runners	40:03	125	575 Rachel Watson	L40 25	Belle Vue Racers	47:12
42	525	Anne Rosbottom	L40 8	Wirral AC	40:22	126	507 Dawn Brindle	L35 18	Salford Met AC	47:13
43	44	Janine Ellis	L45 2	Wilmslow RC	40:57	127	349 Linda Rix	L50 9	Manchester Fronrunners	47:30
44	161	Madeleine Hill	L40 9	Dragons Rc Sale	41:03	128	141 Melanie Williamson	L35 19	Chorlton Runners	47:37
45	342	Jane Fletcher	L35 3	Manchester Fronrunners	41:06	129	39 Alison Wainwright	L35 20	Chorlton Runners	47:37
46	263	Joanna Robbins	L40 10	Sale H Manchester	41:10	130	204 Helen Todd	L60 4	Stockport H&ac	47:43
47	256	Clare McCarron	L40 11	Sale H Manchester	41:12	131	225 Leah Evans		Belle Vue Racers	47:53
48	571	Amie Hughes		Stockport H&ac	41:15	132	528 Amanda McCartney	L40 26	Middleton H AC	47:53
49	372	Angela Oldham	L60 2	E Cheshire H&tameside AC	41:15	133	109 Isabell Richter	L35 21	Middleton H AC	47:57
50	392	Carole Harrison	L50 1	Altrincham&district AC	41:18	134	151 Ann McLaughlin	L50 10	Manchester H&ac	48:00
51	257	Deirdre McCarthy		Sale H Manchester	41:22	135	576 Laura Mercer	L40 27	Salford Met AC	48:10
52	375	Janine Ridgard	L50 2	E Cheshire H&tameside AC	41:23	136	355 Steph Goodchild	L45 13	Manchester Ymca H	48:13
53	136	Charlotte Tollefson		Chorlton Runners	41:24	137	428 Helen Jaques		Manchester Triathlon	48:16
54	46	Sally Gilliver	L50 3	Wilmslow RC	41:26	138	419 Claire Deane	L45 14	Manchester Triathlon	48:18
55	416	Rebecca Brand	L35 4	Manchester Triathlon	41:43	139	401 Vicki Hamilton	L45 15	Glossopdale Harriers	48:23
56	83	Jennie Pickard	L40 12	Bramhall Runners	41:48	140	231 Kath Horwill	L40 28	Belle Vue Racers	48:29
57	15	Jude Bek		Chorlton Runners	42:05	141	29 Susannah Larminie		Chorlton Runners	48:34
58	179	Anna Verges-Bausili	L45 3	Trafford AC	42:06	142	241 Marinda Reddy	L45 16	Sale H Manchester	48:42
59	81	Nicola Lloyd	L35 5	Bramhall Runners	42:06	143	379 Gillian Wolstenholme	L60 5	E Cheshire H&tameside AC	48:46
60	137	Emma Tollefson		Chorlton Runners	42:07	144	20533 Pamela Hitchin	L35 22	Bury Athletic Club	49:03
61	86	Emma Young	L40 13	Bramhall Runners	42:11	145	171 Sue Exon	L60 6	Trafford AC	49:12
62	398	Alison Vesey	L50 4	Altrincham&district AC	42:18	146	564 Jane Stiles	L50 11	Manchester H&ac	49:19
63	217	Claire Murphy	L40 14	St Helens Tri	42:28	147	269 Lucinda Summers	L50 12	Sale H Manchester	49:22
64	162	Tracey Jones		Dragons Rc Sale	42:30	148	96 Teresa Hollins	L60 7	Middleton H AC	49:40
65	504	Amy Ashton		Sale H Manchester	42:33	149	306 Joanna Borecka		Swinton RC	49:45
66	145	Melanie Barber	L35 6	Manchester H&ac	42:42	150	224 Lisa Donnelly	L40 29	Belle Vue Racers	49:52
67	272	Amber Towns	L20 5	Sale H Manchester	42:46	151	186 Alexis Dinsmor	L65 1	Stockport H&ac	50:08
68	362	Carolyn Lewtas		Salford Met AC	42:48	152	585 Andrea Harrison	L45 17	Swinton RC	50:12
69	246	Jackie Cordingley	L55 1	Sale H Manchester	43:02	153	374 Nicola Richards	L40 30	E Cheshire H&tameside AC	50:21
70	536	Helen Rennie		Bramhall Runners	43:04	154	549 Jennifer Miller	L40 31	St Helens Tri	50:24
71	529	Gail Hebson	L40 15	Manchester H&ac	43:08	155	530 C ColquhounLynn	L45 18	Sale H Manchester	50:49
72	318	Rebecca Mills		Swinton RC	43:18	156	393 Diane Hunter	L45 19	Altrincham&district AC	51:01
73	313	Julie Holden	L40 16	Swinton RC	43:19	157	412 Gillian Aspin	L40 32	Manchester Triathlon	51:18
74	14	Leona Beaumont		Chorlton Runners	43:24	158	555 Angela Potter		Salford Met AC	51:24
75	534	Lynda Rowlinson	L50 5	Sale H Manchester	43:31	159	550 Shirley Fox	L50 13	St Helens Tri	51:26
76	319	Helen Nation	L35 7	Swinton RC	43:32	160	348 Emma Reilly		Manchester Fronrunners	51:37
77	33	Lorraine Pang		Chorlton Runners	43:33	161	226 Julia Foy	L45 20	Belle Vue Racers	51:42
78	413	Cathy Atkinson	L45 4	Manchester Triathlon	43:43	162	445 Christine Copson	L50 14	Hyde Village Striders	52:00
79	138	Rosalyn Webster		Chorlton Runners	43:46	163	108 Susan Redfern	L40 33	Middleton H AC	52:11
80	261	Carla Ousey	L40 17	Sale H Manchester	43:50	164	424 Bethan Habron-James	L50 15	Manchester Triathlon	52:13
81	182	Amy Barter	L35 8	Stockport H&ac	43:51	165	100 Julie Jones	L55 4	Middleton H AC	52:31
82	353	Sarah Crandon		Manchester Ymca H	43:53	166	273 Margaret Trickey	L65 2	Sale H Manchester	52:32
83	358	Emma Rettig	L35 9	Manchester Ymca H	44:04	167	581 Katie Barker		Chorlton Runners	52:33
84	187	Gillian Doolan	L45 5	Stockport H&ac	44:05	168	120 Ann Carney	L55 5	Chorlton Runners	52:42

169	578	Natalie Matthews		Wirral AC	52:46	193	85	Alison Sheedy	L45	24	Bramhall Runners	56:41	
170	444	Michelle Wilder	L45	21	Manchester Triathlon	52:48	194	359	Olivia Scates	L50	19	Manchester Ymca H	56:55
171	558	Beata Knychala	L35	23	Winston Runners	52:56	195	95	Ruth Hare	L60	9	Middleton H AC	57:02
172	110	Vicky Stainthorpe	L35	24	Middleton H AC	52:59	196	551	Diane Taktak	L45	25	St Helens Tri	57:08
173	255	Amelie Latham			Sale H Manchester	53:04	197	213	Adele Fisher	L40	36	St Helens Tri	57:17
174	443	Susan Warden			Manchester Triathlon	53:09	198	121	Hannah Coates			Chorlton Runners	57:34
175	84	Sian Segar	L50	16	Bramhall Runners	53:10	199	496	Erika Frame	L45	26	Bramhall Runners	58:03
176	146	Debbie Beresford	L50	17	Manchester H&ac	53:25	200	305	Mandy Beard	L45	27	Swinton RC	58:15
177	266	Jennifer Simmons			Sale H Manchester	53:44	201	583	Amanda Raffo	L45	28	Manchester Frontrunners	58:26
178	346	Claire Naylor			Manchester Frontrunners	53:57	202	119	Helen Cain	L45	29	Chorlton Runners	59:06
179	159	Heather Cunliffe			Dragons Rc Sale	53:59	203	105	Beverley O'Neill	L35	28	Middleton H AC	59:07
180	310	Anna Goodwin	L40	34	Swinton RC	54:12	204	347	Emily Rawlins	L35	29	Manchester Frontrunners	59:24
181	229	Tina Hicks	L35	25	Belle Vue Racers	54:20	205	415	Joanne Battersby	L35	30	Manchester Triathlon	1:00:13
182	570	Seymourfiona	L50	18	Belle Vue Racers	54:42	206	221	Liz Spensley	L70	1	St Helens Tri	1:01:02
183	584	Jenny Castle	L35	26	Swinton RC	54:59	207	139	Andrea Williams	L45	30	Chorlton Runners	1:03:47
184	212	Helen Broderick	L45	22	St Helens Tri	55:04	208	117	Jodie Bennett	L40	37	Chorlton Runners	1:05:06
185	93	Christine Eckersley	L65	3	Middleton H AC	55:20	209	78	Justine Jackson	L45	31	Bramhall Runners	1:05:22
186	122	Suzette Crane			Chorlton Runners	55:27	210	80	Melanie Li	L45	32	Bramhall Runners	1:05:43
187	421	Ella Fields			Manchester Triathlon	56:01	211	298	Fiona Ashworth	L40	38	Winston Runners	1:06:25
188	356	Jill Guthrie			Manchester Ymca H	56:06	212	142	Stephanie Wise	L50	20	Chorlton Runners	1:06:48
189	377	Kelly Smith	L35	27	E Cheshire H&tameside AC	56:11	213	132	Samantha Redhead			Chorlton Runners	1:06:49
190	577	Yolla McCoy	L45	23	Wirral AC	56:18	214	123	Jane Davies	L40	39	Chorlton Runners	1:20:13
191	13	Carole Williams	L60	8	Vale Royal AC	56:26	215	38	Jennifer Turner	L35	31	Chorlton Runners	1:20:24
192	134	Helen Sanderson	L40	35	Chorlton Runners	56:37	216	354	Jennifer Delaney			Manchester Ymca H	1:21:42

Senior Women — TEAM RESULTS

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

1	University Of Manchester	29	—	1	Anne Kenchington	4	C Sanchez-Toribio	10	Bethany Ansell	14	Georgia Baynes
2	Sale H Manchester	54	—	7	Luisa Candioli	11	Sarah Douglas	17	Anne Chinoy	19	Katie White
3	Trafford AC	56	—	2	Vicki Cronin	5	Emily Beedham	23	Cauley Amy Rose	26	Melanie Monks
4	Sale H Manchester 'B'	104	—	20	Emma Finney	21	Hayley Ashby	29	Jane Thomas	34	Jenny Clink
5	E Cheshire H&tameside AC	116	—	6	Hayley Simpson	13	Bethany Hirst	47	Angela Oldham	50	Janine Ridgard
6	Chorlton Runners	129	—	22	Ingrid Storm	33	Sarah Renshaw	35	Naomi Wright	39	Elena Adorni
7	Stockport H&ac	129	—	16	Samantha Jones	30	Louise Geldart	37	Samantha Thomas	46	Amy Hughes
8	Wilmslow RC	138	—	18	Katy Green	27	Louisa Harrison	41	Janine Ellis	52	Sally Gilliver
9	Sale H Manchester 'C'	201	—	44	Joanna Robbins	45	Clare McCarron	49	Deirdre McCarthy	63	Amy Ashton
10	Altrincham&district AC	223	—	31	Ann-Marie Jones	48	Carole Harrison	60	Alison Vesey	84	Fiona Cosgrove
11	Chorlton Runners 'B'	236	—	51	Charlotte Tollefson	55	Jude Bek	58	Emma Tollefson	72	Leona Beaumont
12	Bramhall Runners	238	—	54	Jennie Pickard	57	Nicola Lloyd	59	Emma Young	68	Helen Rennie
13	Swinton RC	239	—	24	Lauren Marsden	70	Rebecca Mills	71	Julie Holden	74	Helen Nation
14	Manchester Triathlon	256	—	12	Rachel Hall	53	Rebecca Brand	76	Cathy Atkinson	115	Sonia Harris
15	Macclesfield H&ac	279	—	28	Daisy Pickles	36	Paula Nimmo	106	Alannah Birtwistle	109	Hanny Stockman
16	Sale H Manchester 'D'	283	—	65	Amber Towns	67	Jackie Cordingley	73	Lynda Rowlinson	78	Carla Ousey
17	Wirral AC	311	—	15	Sarah Kearney	40	Anne Rosbottom	90	Caroline Brophy	166	Natalie Matthews
18	St Helens Tri	331	—	32	Marie Leahy	61	Claire Murphy	87	Cristina Puccini	151	Jennifer Miller
19	Stockport H&ac 'B'	347	—	79	Amy Barber	82	Gillian Doolan	92	Jen Hulley	94	Imogen Nutter
20	Chorlton Runners 'C'	347	—	75	Lorraine Pang	77	Rosalyn Webster	83	Sarah Gray	112	Rebecca Deeran
21	Manchester Frontrunners	350	—	25	Lucy Etchells	43	Jane Fletcher	125	Linda Rix	157	Emma Reilly
22	Manchester Ymca H	358	—	80	Sarah Crandon	81	Emma Rettig	96	CHammond-Price	101	Emma Bedford
23	Manchester H&ac	381	—	64	Melanie Barber	69	Gail Hebson	116	Jackie Ellison	132	Ann McLaughlin
24	Sale H Manchester 'E'	385	—	91	Sarah Waldron	95	Janneke VanBeijnum	97	Helen Carter	102	Helen Reagan
25	Dragons Rc Sale	390	—	42	Madeleine Hill	62	Tracey Jones	110	Adele Siddall	176	Heather Cunliffe
26	Trafford AC 'B'	393	—	56	Anna Verges-Bauslii	88	Nicole Davenport	107	Joan Howe	142	Sue Exon
27	Stockport H&ac 'C'	406	—	98	Ruth Murdoch	99	Cheryl Rock	104	Maureen Wilkins	105	Sally Meats
28	Salford Met AC	412	—	66	Carolyn Lewtas	89	Theresa Shaw	124	Dawn Brindle	133	Laura Mercer
29	Middleton H AC	444	—	38	Michelle Hushion	130	Amanda McCartney	131	Isabell Richter	145	Teresa Hollins
30	Belle Vue Racers	483	—	93	Annie Hirsch	123	Rachel Watson	129	Leah Evans	138	Kath Horwill
31	Manchester Triathlon 'B'	490	—	117	Sophie Barnett	118	Claire Nelson	120	Sarah Roberts	135	Helen Jaques
32	Swinton RC 'B'	490	—	111	Julie Hamilton	114	Viv Samuelson	119	Naomi Sykes	146	Joanna Borecka
33	Sale H Manchester 'F'	544	—	108	Ruth Lindsey	140	Marinda Breddy	144	Lucinda Summers	152	C ColquhounLynn
34	Chorlton Runners 'D'	556	—	126	Melanie Williamson	127	Alison Wainwright	139	Susannah Larmine	164	Katie Barker
35	E Cheshire H&tameside AC 'B'	580	—	103	Andrea Edwards	141	Gillian Wolstenholme	150	Nicola Richards	186	Kelly Smith
36	Manchester Triathlon 'C'	618	—	136	Claire Deane	154	Gillian Aspin	161	Bethan Habron-James	167	Michelle Wilder
37	Belle Vue Racers 'B'	662	—	147	Lisa Donnelly	158	Julia Foy	178	Tina Hicks	179	Seymourfiona
38	Middleton H AC 'B'	673	—	160	Susan Redfern	162	Julie Jones	169	Vicky Stainthorpe	182	Christine Eckersley
39	Swinton RC 'C'	703	—	149	Andrea Harrison	177	Anna Goodwin	180	Jenny Castle	197	Mandy Beard
40	Manchester Ymca H 'B'	723	—	134	Steph Goodchild	185	Jill Guthrie	191	Olivia Scates	213	Jennifer Delaney
41	St Helens Tri 'B'	724	—	156	Shirley Fox	181	Helen Broderick	193	Diane Taktak	194	Adele Fisher
42	Chorlton Runners 'E'	732	—	165	Ann Carney	183	Suzette Crane	189	Helen Sanderson	195	Hannah Coates
43	Bramhall Runners 'B'	764	—	172	Sian Segar	190	Alison Sheedy	196	Erika Frame	206	Justine Jackson
44	Chorlton Runners 'F'	817	—	199	Helen Cain	204	Andrea Williams	205	Jodie Bennett	209	Stephanie Wise

Senior Women aged 17 to 19 — TEAM RESULTS

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

1	University Of Manchester	7	—	1	Anne Kenchington	2	C Sanchez-Toribio	4	Georgia Baynes
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Senior Women (Vets) — TEAM RESULTS

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

1 Sale H Manchester	14	—	2 Anne Chinoy	4 Hayley Ashby	8 JennyClink
2 Wilmslow RC	21	—	3 Katy Green	6 Louisa Harrison	12 JanineEllis
3 Altrincham&district AC	51	—	7 Ann-Marie Jones	18 Carole Harrison	26 Alison Vesey
4 Wirral AC	57	—	1 Sarah Kearney	11 Anne Rosbottom	45 Caroline Brophy
5 Sale H Manchester 'B'	60	—	15 Joanna Robbins	16 Clare McCarron	29 Jackie Cordingley
6 Swinton RC	69	—	5 Lauren Marsden	31 JulieHolden	33 Helen Nation
7 Bramhall Runners	71	—	22 Jennie Pickard	24 Nicola Lloyd	25 Emma Young
8 Stockport H&ac	83	—	9 Samantha Thomas	36 Amy Barter	38 GillianDoolan
9 E Cheshire H&tameside AC	89	—	17 Angela Oldham	19 Janine Ridgard	53 Andrea Edwards
10 Sale H Manchester 'C'	113	—	32 Lynda Rowlinson	35 Carla Ousey	46 Sarah Waldron
11 Manchester Triathlon	118	—	21 Rebecca Brand	34 Cathy Atkinson	63 Sonia Harris
12 Trafford AC	122	—	23 Anna Verges-Bausili	43 Nicole Davenport	56 Joan Howe
13 Manchester H&ac	122	—	28 Melanie Barber	30 Gail Hebson	64 Jackie Ellison
14 Stockport H&ac 'B'	151	—	47 Jen Hulley	50 Ruth Murdoch	54 Maureen Wilkins
15 Middleton H AC	157	—	10 Michelle Hushion	73 Amanda McCartney	74 Isabell Richter
16 Sale H Manchester 'D'	158	—	49 Janneke VanBeijnum	52 Helen Reagan	57 Ruth Lindsey
17 St Helens Tri	160	—	27 Claire Murphy	42 Cristina Puccini	91 Jennifer Miller
18 Manchester Ymca H	165	—	37 Emma Rettig	51 Emma Bedford	77 Steph Goodchild
19 Chorlton Runners	180	—	39 Sarah Gray	70 Melanie Williamson	71 Alison Wainwright
20 Salford Met AC	188	—	44 Theresa Shaw	68 Dawn Brindle	76 Laura Mercer
21 Belle Vue Racers	195	—	48 Annie Hirsch	67 Rachel Watson	80 Kath Horwill
22 Manchester Frontrunners	208	—	14 Jane Fletcher	69 Linda Rix	125 Amanda Raffo
23 Swinton RC 'B'	211	—	60 Julie Hamilton	62 Viv Samuelson	89 Andrea Harrison
24 Stockport H&ac 'C'	215	—	55 Sally Meats	72 Helen Todd	88 Alexis Dinsmor
25 Manchester Triathlon 'B'	237	—	65 Sophie Barnett	78 Claire Deane	94 Gillian Aspin
26 Sale H Manchester 'E'	258	—	81 Marinda Breddy	85 Lucinda Summers	92 C ColquhounLynn
27 Manchester H&ac 'B'	266	—	75 Ann McLaughlin	84 Jane Stiles	107 Debbie Beresford
28 Middleton H AC 'B'	284	—	86 Teresa Hollins	98 Susan Redfern	100 Julie Jones
29 E Cheshire H&tameside AC 'B'	286	—	82 Gillian Wolstenholme	90 Nicola Richards	114 KellySmith
30 Belle Vue Racers 'B'	292	—	87 Lisa Donnelly	96 Julia Foy	109 Tina Hicks
31 St Helens Tri 'B'	328	—	95 Shirley Fox	112 Helen Broderick	121 Diane Taktak
32 Manchester Triathlon 'C'	331	—	99 Bethan Habron-James	103 Michelle Wilder	129 Joanne Battersby
33 Middleton H AC 'C'	338	—	105 Vicky Stainthorpe	113 Christine Eckersley	120 Ruth Hare
34 Swinton RC 'C'	343	—	108 Anna Goodwin	111 Jenny Castle	124 Mandy Beard
35 Chorlton Runners 'B'	345	—	102 Ann Carney	117 Helen Sanderson	126 Helen Cain
36 Bramhall Runners 'B'	347	—	106 Sian Segar	118 Alison Sheedy	123 ErikaFrame
37 Chorlton Runners 'C'	399	—	131 Andrea Williams	132 Jodie Bennett	136 Stephanie Wise

Manchester Area Cross Country League

at Heaton Park, Manchester on Saturday 16th January 2016

Senior Men aged 17 to 19

Pos	Num	Name	Cat/Pos	Club	Time
1	627	Tom McGuinness	U20	1 E Cheshire H & Tameside AC	34:07
2	815	Joseph Howe	U20	2 University Of Manchester	36:58
3	631	Luke Piper	U20	3 E Cheshire H & Tameside AC	37:52
4	894	Robert Vallance	U20	4 University Of Manchester	38:02
5	826	Nathan Williams	U20	5 Vale Royal AC	40:13
6	279	Alex McFarlane	U20	6 Stockport H&ac	49:23

Senior Men aged 20 to 39

Pos	Num	Name	Cat/Pos	Club	Time	Club	Time
1	280	Jack Morris		Stockport H&ac	33:09	Sale H Manchester	42:06
2	658	David Norman		Altrincham&district AC	33:59	Salford Met AC	42:09
3	247	Gavin Tomlinson		Trafford AC	34:05	Manchester Triathlon	42:23
4	933	Niall Brooks		Sale H Manchester	34:13	Chorlton Runners	42:26
5	920	Ben Riddall		Salford H&ac	34:23	Manchester Frontrunners	42:30
6	439	Matthew Shaw		Salford H&ac	34:38	Manchester Triathlon	42:41
7	238	Simon O'Meara		Trafford AC	34:42	Sale H Manchester	42:51
8	918	Will Beauchamp		Salford H&ac	34:54	Trafford AC	42:52
9	427	Bruno Lima		Salford H&ac	34:56	Sale H Manchester	42:55
10	521	Joe Mercer		Horwich Rmi	35:04	Bramhall Runners	43:00
11	386	Callum Rowlinson		Sale H Manchester	35:24	Wilmslow RC	43:03
12	222	Tom Charles		Trafford AC	35:29	Chorlton Runners	43:04
13	790	James Savage		Chorlton Runners	35:47	Salford Met AC	43:09
14	695	Robert Bridges		Manchester Triathlon	36:11	Warrington Tri Club	43:16
15	859	Joseph Hudak		E Cheshire H & Tameside AC	36:22	Manchester Triathlon	43:19
16	806	Callum Greenwood		Sale H Manchester	36:29	Bramhall Runners	43:24
17	223	Richard Clancy		Trafford AC	36:44	Bury Athletic Club	43:28
18	725	Paul Savage		Manchester Triathlon	36:48	Belle Vue Racers	43:30
19	372	David Marsh		Sale H Manchester	36:51	Trafford AC	43:31
20	642	Michael Berks		Altrincham&district AC	36:54	Knutsford Tri Club	43:34
21	352	Chris Donnelly		Sale H Manchester	37:06	Manchester Frontrunners	43:42
22	2049	David Cullen		Bury Athletic Club	37:08	Macclesfield H&ac	43:47
23	626	Scott Matthews		E Cheshire H & Tameside AC	37:14	Manchester H&ac	43:58
24	218	Peter Bains		Trafford AC	37:22	Manchester Frontrunners	44:11
25	350	Andrew Carlin		Sale H Manchester	37:29	Sale H Manchester	44:19
26	585	Richard Brierley		Manchester Ymca H	37:44	St Helens Tri	44:20
27	470	Dan Bird		Swinton RC	37:47	Chorlton Runners	44:27
28	782	Dan Pettitt		University Of Manchester	37:53	Knutsford Tri Club	44:46
29	750	Robert Hasler		Macclesfield H&ac	38:00	Chorlton Runners	44:48
30	594	Craig Jones		Manchester Ymca H	38:33	Manchester Frontrunners	44:50
31	404	Tommi Baker		Salford H&ac	38:43	Salford H&ac	44:56
32	389	Phil Scowcroft		Sale H Manchester	38:54	Glossopdale Harriers	45:08
33	835	Dowan Kwon		University Of Manchester	38:58	Mmu H	45:29
34	542	Matthew Wackett		Knutsford Tri Club	39:02	Sale H Manchester	46:10
35	257	Phil Burns		Stockport H&ac	39:04	Manchester H&ac	46:12
36	767	Scott Wilson		Macclesfield H&ac	39:09	Stockport H&ac	46:25
37	362	Steve Henderson		Sale H Manchester	39:14	Manchester H&ac	46:42
38	677	Chris Jackson		Glossopdale Harriers	39:16	Swinton RC	46:48
39	854	Gregory Williams		St Helens Sutton AC	39:19	Bramhall Runners	46:58
40	590	Mark Griffiths		Manchester Ymca H	39:20	Belle Vue Racers	47:08
41	226	Timothy Fletcher		Trafford AC	39:22	Chorlton Runners	47:20
42	565	Jono Guildford		Manchester Frontrunners	39:27	Manchester Frontrunners	47:35
43	834	Ross Huskisson		University Of Manchester	39:39	Trafford AC	47:55
44	45	F Macdonald-Oulds		Chorlton Runners	39:42	Salford Met AC	48:10
45	7	Zack Bamber		Vale Royal AC	39:43	Unattached	48:14
46	866	Jonathan Powell		Altrincham&district AC	39:49	Swinton RC	48:22
47	714	Brendan Kennedy		Manchester Triathlon	39:54	Glossopdale Harriers	48:24
48	416	Chris Dawson		Salford H&ac	39:55	Chorlton Runners	48:28
49	545	Tom Bardwell		Manchester Frontrunners	40:03	Bramhall Runners	48:47
50	655	Daniel Martell		Altrincham&district AC	40:15	Manchester Frontrunners	48:58
51	771	James Hackney		Mmu H	40:23	Manchester Triathlon	49:08
52	353	Richard Edwards		Sale H Manchester	40:25	Manchester Frontrunners	49:21
53	164	James Ashford		Chorlton Runners	40:27	Manchester Ymca H	49:37
54	513	Andy Ford		Horwich Rmi	40:28	Winston Runners	51:48
55	666	Neil Walker		Altrincham&district AC	40:47	Manchester Triathlon	52:51
56	726	Aaron Saxton		Manchester Triathlon	40:49	E Cheshire H & Tameside AC	53:33
57	340	Mike Ashby		Sale H Manchester	40:50	Middleton H AC	54:16
58	333	Nick Tynan		Belle Vue Racers	40:57	Belle Vue Racers	54:49
59	676	Jamie Helmer		Glossopdale Harriers	41:00	Winston Runners	54:52
60	745	Chris Bentley		Macclesfield H&ac	41:07	Chorlton Runners	55:13
61	833	Matthew Hamer		University Of Manchester	41:17	Winston Runners	55:56
62	596	Chris March		Manchester Ymca H	41:29	Manchester Frontrunners	56:30
63	376	Ben McIntyre		Sale H Manchester	41:34	Chorlton Runners	1:00:25

Manchester Area Cross Country League at Heaton Park, Manchester on Saturday 16th January 2016

Senior Men (Vets) aged 40 to 44

Pos	Num	Name	Cat/Pos	Club	Time					
1	234	Chris Leigh	V40	1 Trafford AC	35:35	31	250 Gary Wolstencroft	V40	31 Trafford AC	42:47
2	425	James Kovacs	V40	2 Salford H&ac	35:57	32	756 Steven Millar	V40	32 Macclesfield H&ac	43:42
3	505	Gareth Booth	V40	3 Horwich Rmi	36:25	33	195 James Hinde	V40	33 Manchester H&ac	44:08
4	47	Ben McCormack	V40	4 Chorlton Runners	36:39	34	827 Adam Neale	V40	34 Wilmslow RC	44:11
5	810	Clive Fitzpatrick	V40	5 Trafford AC	37:10	35	914 Bradley Johnson	V40	35 Altrincham&district AC	44:25
6	468	Simon Atkin	V40	6 Swinton RC	37:20	36	115 Simon Gebbett	V40	36 Bramhall Runners	45:26
7	242	Jeff Prest	V40	7 Trafford AC	37:34	37	318 Ali Alsaadi	V40	37 Belle Vue Racers	46:09
8	60	Barry Archbold	V40	8 Wilmslow RC	37:41	38	129 John Williams	V40	38 Bramhall Runners	46:17
9	374	Stephen McCarron	V40	9 Sale H Manchester	37:46	39	315 Matt Shillabeer	V40	39 St Helens Tri	46:45
10	355	Tom Fordyce	V40	10 Sale H Manchester	37:50	40	634 Dennis Thomas	V40	40 E Cheshire H & Tameside AC	47:15
11	263	James Corden	V40	11 Stockport H&ac	38:45	41	2066 \$Marwan Khoueiry	V40	41 Holmfirth Harriers Ac	47:24
12	358	Olivier Gaillemin	V40	12 Sale H Manchester	39:00	42	267 David Dyer	V40	42 Stockport H&ac	47:37
13	408	Richard Brook	V40	13 Salford H&ac	39:12	43	533 Andrew Gray	V40	43 Knutsford Tri Club	47:41
14	255	Paul Brooks	V40	14 Stockport H&ac	39:13	44	755 Tim Marsh	V40	44 Macclesfield H&ac	47:52
15	285	Paul Nutter	V40	15 Stockport H&ac	39:31	45	537 Andrew Orme	V40	45 Knutsford Tri Club	48:03
16	284	Adrian Nutter	V40	16 Stockport H&ac	39:33	46	287 Paul Plummer	V40	46 Stockport H&ac	48:07
17	274	David Hulley	V40	17 Stockport H&ac	40:08	47	562 Nico Gibert	V40	47 Manchester Frontrunners	48:32
18	499	Mark Whittington	V40	18 Swinton RC	40:30	48	797 Daniel Oldham	V40	48 Glossopdale Harriers	48:40
19	235	Dave Maher	V40	19 Trafford AC	40:32	49	486 Jon Mellor	V40	49 Swinton RC	48:45
20	939	Duncan Hill	V40	20 Sale H Manchester	40:44	50	212 Simon Skeltenberry	V40	50 Wragton Rc Sale	48:48
21	909	Iain Murdoch	V40	21 Stockport H&ac	40:53	51	2063 \$Lee Jones	V40	51 Unattached	49:01
22	453	Mark Hadland	V40	22 Warrington Tri Club	41:27	52	401 Michael Wymer	V40	52 Sale H Manchester	49:20
23	645	Adrian Fuller	V40	23 Altrincham&district AC	41:32	53	174 Sean Lord	V40	53 Chorlton Runners	49:40
24	348	Craig Bradbury	V40	24 Sale H Manchester	41:35	54	938 David Walton	V40	54 Altrincham&district AC	49:55
25	910	Nathan Mayoh	V40	25 Stockport H&ac	41:38	55	932 Gareth Roberts	V40	55 Knutsford Tri Club	49:58
26	700	Darren Cope	V40	26 Manchester Triathlon	41:46	56	928 Stephen Moran	V40	56 Manchester Frontrunners	50:48
27	543	Shane Wolstencroft	V40	27 Knutsford Tri Club	42:26	57	156 Bryan O'Neill	V40	57 Middleton H AC	51:31
28	91	Matt Taylor	V40	28 Wilmslow RC	42:28	58	558 Jose Fernandez	V40	58 Manchester Frontrunners	54:00
29	731	Roger Thomas	V40	29 Manchester Triathlon	42:37	59	698 Mark Coley	V40	59 Manchester Triathlon	55:05
30	172	Ian Jameson	V40	30 Chorlton Runners	42:42					

Senior Men (Vets) aged 45 to 49

Pos	Num	Name	Cat/Pos	Club	Time					
1	868	Ian Grime	V45	1 Salford H&ac	36:00	26	433 James O'Connor	V45	26 Salford H&ac	44:35
2	2070	\$Andy Buttery	V45	2 Blackburn Harriers & Ac	36:27	27	924 Jarrod Homer	V45	27 Wilmslow RC	45:00
3	190	Ed Fazakerley	V45	3 Manchester H&ac	37:12	28	643 Nick Burke	V45	28 Altrincham&district AC	45:09
4	93	Andy Whittingham	V45	4 Wilmslow RC	38:26	29	117 Richard Hall	V45	29 Bramhall Runners	45:23
5	503	Martyn Bell	V45	5 Horwich Rmi	38:31	30	264 Paul Corner	V45	30 Stockport H&ac	45:36
6	515	David Jackson	V45	6 Horwich Rmi	38:36	31	411 Sean Cordell	V45	31 Salford H&ac	46:05
7	522	Dave Milliken	V45	7 Horwich Rmi	38:38	32	937 Mark Clewarth	V45	32 Salford H&ac	46:12
8	664	Steve Renny	V45	8 Altrincham&district AC	39:10	33	192 Glen Gandy	V45	33 Manchester H&ac	46:21
9	269	Kevan Garner	V45	9 Stockport H&ac	39:18	34	309 Andrew Gaskell	V45	34 St Helens Tri	46:37
10	87	Jim Pendrill	V45	10 Wilmslow RC	39:46	35	497 Ric Waring	V45	35 Swinton RC	46:51
11	254	Charlie Batho	V45	11 Stockport H&ac	40:12	36	316 Lee Stinch	V45	36 St Helens Tri	47:02
12	825	Gareth Williams	V45	12 Vale Royal AC	40:33	37	276 Graham Marsland	V45	37 Stockport H&ac	48:57
13	633	Chris Swire	V45	13 E Cheshire H & Tameside AC	40:48	38	527 Mark Swindell	V45	38 Horwich Rmi	49:00
14	931	Richard Johnson	V45	14 Altrincham&district AC	41:16	39	842 Girish Patel	V45	39 Salford Met AC	50:00
15	712	Tim Johns	V45	15 Manchester Triathlon	41:33	40	624 Martin Lewis	V45	40 E Cheshire H & Tameside AC	50:02
16	654	David Livingstone	V45	16 Altrincham&district AC	41:58	41	535 William Keeling	V45	41 Knutsford Tri Club	51:10
17	122	Ian Keeling	V45	17 Bramhall Runners	42:21	42	2074 \$Steve Lyons	V45	42 Unattached	51:54
18	126	Frank Podd	V45	18 Bramhall Runners	42:36	43	693 Ronan Brennan	V45	43 Manchester Triathlon	52:05
19	2075	\$Giles Bennett	V45	19 Bury Athletic Club	43:18	44	738 Chris Watson	V45	44 Manchester Triathlon	52:39
20	359	Steve Gavin	V45	20 Sale H Manchester	43:19	45	599 Steve Symons	V45	45 Manchester Ymca H	53:25
21	124	Li Lok	V45	21 Bramhall Runners	43:22	46	908 Lawrence Pinnell	V45	46 Horwich Rmi	53:38
22	727	Paul Schofield	V45	22 Manchester Triathlon	43:33	47	463 Anthony Jones	V45	47 Winston Runners	54:37
23	528	Simon Atkins	V45	23 Knutsford Tri Club	43:34	48	2073 \$Anthony Gummertsall	V45	48	Unattached
24	6	Scott Bamber	V45	24 Vale Royal AC	43:50		55:16			
25	281	Ian Mulligan	V45	25 Stockport H&ac	44:06	49	921 Eddie Edwards	V45	49 Trafford AC	57:37

Senior Men (Vets) aged 50 to 54

Pos	Num	Name	Cat/Pos	Club	Time					
1	68	Rob Downs	V50	1 Wilmslow RC	37:03	20	744 Dominic Sexton	V50	20 Hyde Village Striders	46:34
2	387	Gary Rowlinson	V50	2 Sale H Manchester	38:29	21	39 Justin Hayes	V50	21 Chorlton Runners	47:03
3	79	Graham Macneill	V50	3 Wilmslow RC	39:14	22	644 Lockie Campbell	V50	22 Altrincham&district AC	47:10
4	619	Barry Hirst	V50	4 E Cheshire H & Tameside AC	39:26	23	351 Frank Cordingley	V50	23 Sale H Manchester	47:33
5	221	Dick Byers	V50	5 Trafford AC	39:45	24	734 Richard Wallace	V50	24 Manchester Triathlon	47:56
6	406	Paul Birkett	V50	6 Salford H&ac	39:57	25	383 Tim Rainey	V50	25 Sale H Manchester	48:06
7	236	Paul Mannion	V50	7 Trafford AC	40:54	26	113 Steve Fairclough	V50	26 Bramhall Runners	49:23
8	662	Roger Preece	V50	8 Altrincham&district AC	41:37	27	336 Andy Wood	V50	27 Belle Vue Racers	49:46
9	490	Gary Richardson	V50	9 Swinton RC	42:26	28	107 Ian White	V50	28 St Helens Sutton AC	49:51
10	381	Steve Parry	V50	10 Sale H Manchester	42:49	29	364 Noel Irwin	V50	29 Sale H Manchester	51:14
11	608	Paul Stevenson	V50	11 Salford Met AC	43:34	30	673 Andrew Burnett	V50	30 Glossopdale Harriers	51:56
12	2061	\$David Smith	V50	12 Oldham & Royton H & Ac	43:40	31	469 Dave Batty	V50	31 Swinton RC	51:59
13	867	David Hughes	V50	13 Altrincham&district AC	43:41	32	120 Steve Hughes	V50	32 Bramhall Runners	54:17
14	508	Gary Chadderton	V50	14 Horwich Rmi	43:56	33	837 David Rowe	V50	33 Liverpool Harriers & Ac	55:36
15	621	Derek Hughes	V50	15 E Cheshire H & Tameside AC	44:32	34	462 Anthony Harrison	V50	34 Winston Runners	56:08
16	294	Mike Shaw	V50	16 Stockport H&ac	44:59	35	2069 \$Lee Walker	V50	35 Leicester	56:23
17	399	Nick Webb	V50	17 Sale H Manchester	45:15	36	137 Adian Bowcock	V50	36 Middleton H AC	1:00:15
18	589	Eddie Gilligan	V50	18 Manchester Ymca H	45:38	37	328 Colin Seymour	V50	37 Belle Vue Racers	1:03:45
19	286	Simon Phillips	V50	19 Stockport H&ac	45:47	38	324 Themis Kokolakis	V50	38 Belle Vue Racers	1:10:36

Senior Men (Vets) aged 55 to 59

Pos	Num	Name	Cat/Pos	Club	Time
1	625	Gary Matthews	V55 1	E Cheshire H & Tameside AC	40:39
2	293	Steve Shaughnessy	V55 2	Stockport H&ac	41:20
3	382	Aidan Raftery	V55 3	Sale H Manchester	41:48
4	475	Steve Doxey	V55 4	Swinton RC	42:38
5	649	Mark Hunter	V55 5	Altrincham&district AC	43:21
6	757	John Mooney	V55 6	Macclesfield H&ac	43:25
7	512	Douglas Fleming	V55 7	Horwich Rmi	44:18
8	647	Graham Harrison	V55 8	Altrincham&district AC	45:02
9	262	David Chrystie-Lowe	V55 9	Stockport H&ac	47:04
10	105	Andrew O'Connor	V55 10	St Helens Sutton AC	48:06
11	607	Mike Race	V55 11	Salford Met AC	48:36
12	2052	Marcus Walker	V55 12	Unattached	49:43

Senior Men (Vets) aged 60 to 64

Pos	Num	Name	Cat/Pos	Club	Time
1	83	Tom McGaff	V60 1	Wilmslow RC	39:35
2	434	Stanley Owen	V60 2	Salford H&ac	40:45
3	437	Philip Quibell	V60 3	Salford H&ac	43:57
4	661	Peter Pickwell	V60 4	Altrincham&district AC	44:54
5	2071	Kevin Fingleton	V60 5	Unattached	45:56
6	3	Tony Archer	V60 6	Vale Royal AC	46:31
7	836	John Archer	V60 7	Winston Runners	48:16
8	935	Fred Wardle	V60 8	Macclesfield H&ac	49:11
9	143	Alan Garvey	V60 9	Middleton H AC	49:18

Senior Men (Vets) aged 65 to 69

Pos	Num	Name	Cat/Pos	Club	Time
1	295	Robert Taylor	V65 1	Stockport H&ac	42:40
2	930	Tony Hulme	V65 2	Wilmslow RC	48:52
3	665	David Telford	V65 3	Altrincham&district AC	49:35
4	582	David Ashton	V65 4	Manchester Ymca H	50:07
5	148	Bob Horrocks	V65 5	Middleton H AC	1:04:57

Senior Men (Vets) over 70

Pos	Num	Name	Cat/Pos	Club	Time
1	659	Jeff Norman	V70 1	Altrincham&district AC	49:39
2	189	Michael Cunningham	V70 2	Manchester H&ac	53:09
3	256	Chris Bryans	V75 1	Stockport H&ac	1:14:18

Manchester Area Cross Country League at Heaton Park, Manchester on Saturday 16th January 2016

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

Pos	Num	Name	Cat/Pos	Club	Time							
1	280	Jack Morris		Stockport H&ac	33:09	85	406 Paul Birkett	V50	6	Salford H&ac	39:57	
2	658	David Norman		Altrincham&district AC	33:59	86	545 Tom Bardwell			Manchester Frontrunners	40:03	
3	247	Gavin Tomlinson		Trafford AC	34:05	87	274 David Hulley	V40	17	Stockport H&ac	40:08	
4	627	Tom McGuinness	U20	1 E Cheshire H & Tameside AC	34:07	88	254 Charlie Batho	V45	11	Stockport H&ac	40:12	
5	933	Niall Brooks		Sale H Manchester	34:13	89	826 Nathan Williams	U20	5	Vale Royal AC	40:13	
6	920	Ben Riddall		Salford H&ac	34:23	90	655 Daniel Martell			Altrincham&district AC	40:15	
7	439	Matthew Shaw		Salford H&ac	34:38	91	771 James Hackney			Mmu H	40:23	
8	238	Simon O'Meara		Trafford AC	34:42	92	353 Richard Edwards			Sale H Manchester	40:25	
9	918	Will Beauchamp		Salford H&ac	34:54	93	164 James Ashford			Chorlton Runners	40:27	
10	427	Bruno Lima		Salford H&ac	34:56	94	513 Andy Ford			Horwich Rmi	40:28	
11	521	Joe Mercer		Horwich Rmi	35:04	95	499 Mark Whittington	V40	18	Swinton RC	40:30	
12	386	Callum Rowlinson		Sale H Manchester	35:24	96	235 Dave Maher	V40	19	Trafford AC	40:32	
13	222	Tom Charles		Trafford AC	35:29	97	825 Gareth Williams	V45	12	Vale Royal AC	40:33	
14	234	Chris Leigh	V40	1	Trafford AC	35:35	98	625 Gary Matthews	V55	1	E Cheshire H & Tameside AC	40:39
15	790	James Savage		Chorlton Runners	35:47	99	939 Duncan Hill	V40	20	Sale H Manchester	40:44	
16	425	James Kovacs	V40	2	Salford H&ac	35:57	100	434 Stanley Owen	V60	2	Salford H&ac	40:45
17	868	Ian Grime	V45	1	Salford H&ac	36:00	101	666 Neil Walker			Altrincham&district AC	40:47
18	695	Robert Bridges		Manchester Triathlon	36:11	102	633 Chris Swire	V45	13	E Cheshire H & Tameside AC	40:48	
19	859	Joseph Hudak		E Cheshire H & Tameside AC	36:22	103	726 Aaron Saxton			Manchester Triathlon	40:49	
20	505	Gareth Booth	V40	3	Horwich Rmi	36:25	104	340 Mike Ashby			Sale H Manchester	40:50
21	2070	\$Andy Buttery	V45	2	Blackburn Harriers & Ac	36:27	105	909 Iain Murdoch	V40	21	Stockport H&ac	40:53
22	806	Callum Greenwood		Sale H Manchester	36:29	106	236 Paul Mannion	V50	7	Trafford AC	40:54	
23	47	Ben McCormack	V40	4	Chorlton Runners	36:39	107	333 Nick Tynan			Belle Vue Racers	40:57
24	223	Richard Clancy		Trafford AC	36:44	108	676 Jamie Helmer			Glossopdale Harriers	41:00	
25	725	Paul Savage		Manchester Triathlon	36:48	109	745 Chris Bentley			Macclesfield H&ac	41:07	
26	372	David Marsh		Sale H Manchester	36:51	110	931 Richard Johnson	V45	14	Altrincham&district AC	41:16	
27	642	Michael Berks		Altrincham&district AC	36:54	111	833 Matthew Hamer			University Of Manchester	41:17	
28	815	Joseph Howe	U20	2	University Of Manchester	36:58	112	293 Steve Shaughnessy	V55	2	Stockport H&ac	41:20
29	68	Rob Downs	V50	1	Wilmslow RC	37:03	113	453 Mark Hadland	V40	22	Warrington Tri Club	41:27
30	352	Chris Donnelly		Sale H Manchester	37:06	114	596 Chris March			Manchester Ymca H	41:29	
31	2049	\$David Cullen		Bury Athletic Club	37:08	115	645 Adrian Fuller	V40	23	Altrincham&district AC	41:32	
32	810	\$Clive Fitzpatrick	V40	5	Trafford AC	37:10	116	712 Tim Johns	V45	15	Manchester Triathlon	41:33
33	190	Ed Fazakerley	V45	3	Manchester H&ac	37:12	117	376 Ben McIntyre			Sale H Manchester	41:34
34	626	Scott Matthews		E Cheshire H & Tameside AC	37:14	118	348 Craig Bradbury	V40	24	Sale H Manchester	41:35	
35	468	Simon Atkin	V40	6	Swinton RC	37:20	119	662 Roger Preece	V50	8	Altrincham&district AC	41:37
36	218	Peter Bains		Trafford AC	37:22	120	910 Nathan Mayoh	V40	25	Stockport H&ac	41:38	
37	350	Andrew Carlin		Sale H Manchester	37:29	121	700 Darren Cope	V40	26	Manchester Triathlon	41:46	
38	242	Jeff Prest	V40	7	Trafford AC	37:34	122	382 Aidan Rafferty	V55	3	Sale H Manchester	41:48
39	60	Barry Archbold	V40	8	Wilmslow RC	37:41	123	654 David Livingstone	V45	16	Altrincham&district AC	41:58
40	585	Richard Brierley		Manchester Ymca H	37:44	124	357 Mark Fox			Sale H Manchester	42:06	
41	374	Stephen McCarron	V40	9	Sale H Manchester	37:46	125	604 Paul Connolly			Salford Met AC	42:09
42	470	Dan Bird		Swinton RC	37:47	126	122 Ian Keeling	V45	17	Bramhall Runners	42:21	
43	355	Tom Fordyce	V40	10	Sale H Manchester	37:50	127	686 Andy Adkin			Manchester Triathlon	42:23
44	631	Luke Piper	U20	3	E Cheshire H & Tameside AC	37:52	128	490 Gary Richardson	V50	9	Swinton RC	42:26
45	782	Dan Pettitt		University Of Manchester	37:53	129	56 Neal Wainwright			Chorlton Runners	42:26	
46	750	Robert Hasler		Macclesfield H&ac	38:00	130	543 Shane Wolstencroft	V40	27	Knutsford Tri Club	42:26	
47	894	Robert Vallance	U20	4	University Of Manchester	38:02	131	91 Matt Taylor	V40	28	Wilmslow RC	42:28
48	93	Andy Whittingham	V45	4	Wilmslow RC	38:26	132	548 Thomas Blackburn			Manchester Frontrunners	42:30
49	387	Gary Rowlinson	V50	2	Sale H Manchester	38:29	133	126 Frank Podd	V45	18	Bramhall Runners	42:36
50	503	Martyn Bell	V45	5	Horwich Rmi	38:31	134	731 Roger Thomas	V40	29	Manchester Triathlon	42:37
51	594	Craig Jones		Manchester Ymca H	38:33	135	475 Steve Doxey	V55	4	Swinton RC	42:38	
52	515	David Jackson	V45	6	Horwich Rmi	38:36	136	295 Robert Taylor	V65	1	Stockport H&ac	42:40
53	522	Dave Milliken	V45	7	Horwich Rmi	38:38	137	708 Nicholas Howarth			Manchester Triathlon	42:41
54	404	Tommi Baker		Salford H&ac	38:43	138	172 Ian Jameson	V40	30	Chorlton Runners	42:42	
55	263	James Corden	V40	11	Stockport H&ac	38:45	139	250 Gary Wolstencroft	V40	31	Trafford AC	42:47
56	389	Phil Scowcroft		Sale H Manchester	38:54	140	381 Steve Parry	V50	10	Sale H Manchester	42:49	
57	835	Dowan Kwon		University Of Manchester	38:58	141	342 Paul Barrett			Sale H Manchester	42:51	
58	358	Olivier Gaillemin	V40	12	Sale H Manchester	39:00	142	811 Greg Marcroft			Trafford AC	42:52
59	542	Matthew Wackett		Knutsford Tri Club	39:02	143	384 Matt Ray			Sale H Manchester	42:55	
60	257	Phil Burns		Stockport H&ac	39:04	144	130 John Williams			Bramhall Runners	43:00	
61	767	Scott Wilson		Macclesfield H&ac	39:09	145	82 Allan McCormick			Wilmslow RC	43:03	
62	664	Steve Renny	V45	8	Altrincham&district AC	39:10	146	41 Stuart Holliday			Chorlton Runners	43:04
63	408	Richard Brook	V40	13	Salford H&ac	39:12	147	605 Ben Farrelly			Salford Met AC	43:09
64	255	Paul Brooks	V40	14	Stockport H&ac	39:13	148	450 Nathan Cameron			Warrington Tri Club	43:16
65	79	Graham Macneill	V50	3	Wilmslow RC	39:14	149	2075\$Giles Bennett	V45	19	Bury Athletic Club	43:18
66	362	Steve Henderson		Sale H Manchester	39:14	150	696 James Bruce			Manchester Triathlon	43:19	
67	677	Chris Jackson		Glossopdale Harriers	39:16	151	359 Steve Gavin	V45	20	Sale H Manchester	43:19	
68	269	Kevan Garner	V45	9	Stockport H&ac	39:18	152	649 Mark Hunter	V55	5	Altrincham&district AC	43:21
69	854	Gregory Williams		St Helens Sutton AC	39:19	153	124 Li Lok	V45	21	Bramhall Runners	43:22	
70	590	Mark Griffiths		Manchester Ymca H	39:20	154	792 Richard Adams			Bramhall Runners	43:24	
71	226	Timothy Fletcher		Trafford AC	39:22	155	757 John Mooney	V55	6	Macclesfield H&ac	43:25	
72	619	Barry Hirst	V50	4	E Cheshire H & Tameside AC	39:26	156	2051\$Mathew Grice			Bury Athletic Club	43:28
73	565	Jono Guildford		Manchester Frontrunners	39:27	157	334 Victor Walsh			Belle Vue Racers	43:30	
74	285	Paul Nutter	V40	15	Stockport H&ac	39:31	158	251 Gareth Woodcock			Trafford AC	43:31
75	284	Adrian Nutter	V40	16	Stockport H&ac	39:33	159	727 Paul Schofield	V45	22	Manchester Triathlon	43:33
76	83	Tom McGaff	V60	1	Wilmslow RC	39:35	160	608 Paul Stevenson	V50	11	Salford Met AC	43:34
77	834	Ross Huskisson		University Of Manchester	39:39	161	532 John Goggins			Knutsford Tri Club	43:34	
78	45	F Macdonald-Oulds		Chorlton Runners	39:42	162	528 Simon Atkins	V45	23	Knutsford Tri Club	43:34	
79	7	Zack Bamber		Vale Royal AC	39:43	163	2061\$David Smith	V50	12	Oldham & Royton H & Ac	43:40	
80	221	Dick Byers	V50	5	Trafford AC	39:45	164	867 David Hughes	V50	13	Altrincham&district AC	43:41
81	87	Jim Pendrill	V45	10	Wilmslow RC	39:46	165	550 David Chambers			Manchester Frontrunners	43:42
82	866	Jonathan Powell		Altrincham&district AC	39:49	166	756 Steven Millar	V40	32	Macclesfield H&ac	43:42	
83	714	Brendan Kennedy		Manchester Triathlon	39:54	167	800 Francis Pyatt			Macclesfield H&ac	43:47	
84	416	Chris Dawson		Salford H&ac	39:55	168	6 Scott Bamber	V45	24	Vale Royal AC	43:50	

169	508	Gary Chadderton	V50 14	Horwich Rmi	43:56	250 573	Jordan Millar	Manchester Frontrunners	48:58	
170	437	Philip Quibell	V60 3	Salford H&ac	43:57	251 527	Mark Swindell	V45 38	Horwich Rmi	49:00
171	901	Andrew Parsonage		Manchester H&ac	43:58	2522063	Lee Jones	V40 51	Unattached	49:01
172	281	Ian Mulligan	V45 25	Stockport H&ac	44:06	253 737	Rob Smith		Manchester Triathlon	49:08
173	195	James Hinde	V40 33	Manchester H&ac	44:08	254 935	Fred Wardle	V60 8	Macclesfield H&ac	49:11
174	827	Adam Neale	V40 34	Wilmslow RC	44:11	255 143	Alan Garvey	V60 9	Middleton H AC	49:18
175	553	Amir Dar		Manchester Frontrunners	44:11	256 401	Michael Wymer	V40 52	Sale H Manchester	49:20
176	512	Douglas Fleming	V55 7	Horwich Rmi	44:18	257 560	Greig Frankland		Manchester Frontrunners	49:21
177	881	David Connelly		Sale H Manchester	44:19	258 113	Steve Fairclough	V50 26	Bramhall Runners	49:23
178	314	Patrick Neill		St Helens Tri	44:20	259 279	Alex McFarlane	U20 6	Stockport H&ac	49:23
179	914	Bradley Johnson	V40 35	Altrincham&district AC	44:25	260 665	David Telford	V65 3	Altrincham&district AC	49:35
180	49	Ross Murdoch		Chorlton Runners	44:27	261 591	James Gu		Manchester Ymca H	49:37
181	621	Derek Hughes	V50 15	E Cheshire H & Tameside AC	44:32	262 659	Jeff Norman	V70 1	Altrincham&district AC	49:39
182	433	James O'Connor	V45 26	Salford H&ac	44:35	263 174	Sean Lord	V40 53	Chorlton Runners	49:40
183	539	Mike Stockton		Knutsford Tri Club	44:46	2642052	Marcus Walker	V55 12	Unattached	49:43
184	55	Andrew Tongue		Chorlton Runners	44:48	265 336	Andy Wood	V50 27	Belle Vue Racers	49:46
185	549	Joe Carne		Manchester Frontrunners	44:50	266 107	Ian White	V50 28	St Helens Sutton AC	49:51
186	661	Peter Pickwell	V60 4	Altrincham&district AC	44:54	267 938	David Walton	V40 54	Altrincham&district AC	49:55
187	442	Paul Stephens		Salford H&ac	44:56	268 10	John Clarke	V60 10	Vale Royal AC	49:56
188	294	Mike Shaw	V50 16	Stockport H&ac	44:59	269 932	Gareth Roberts	V40 55	Knutsford Tri Club	49:58
189	924	Jarrold Homer	V45 27	Wilmslow RC	45:00	270 842	Girish Patel	V45 39	Salford Met AC	50:00
190	647	Graham Harrison	V55 8	Altrincham&district AC	45:02	271 624	Martin Lewis	V45 40	E Cheshire H & Tameside AC	50:02
191	670	David Bouny		Glossopdale Harriers	45:08	272 582	David Ashton	V65 4	Manchester Ymca H	50:07
192	643	Nick Burke	V45 28	Altrincham&district AC	45:09	273 648	Pete Hill	V55 13	Altrincham&district AC	50:09
193	399	Nick Webb	V50 17	Sale H Manchester	45:15	274 903	Robert Aashton	V55 14	Middleton H AC	50:27
194	117	Richard Hall	V45 29	Bramhall Runners	45:23	275 928	Stephen Moran	V40 56	Manchester Frontrunners	50:48
195	115	Simon Gebbett	V40 36	Bramhall Runners	45:26	276 535	William Keeling	V45 41	Knutsford Tri Club	51:10
196	770	Jack Benham		Mmu H	45:29	277 364	Noel Irwin	V50 29	Sale H Manchester	51:14
197	264	Paul Corner	V45 30	Stockport H&ac	45:36	278 391	Martin Smedley	V60 11	Sale H Manchester	51:29
198	589	Eddie Gilligan	V50 18	Manchester Ymca H	45:38	279 156	Bryan O'Neill	V40 57	Middleton H AC	51:31
199	286	Simon Phillips	V50 19	Stockport H&ac	45:47	280 905	Mark Ackerley		Winston Runners	51:48
200	2071	Kevin Fingleton	V60 5	Unattached	45:56	2812074	Steve Lyons	V45 42	Unattached	51:54
201	411	Sean Cordell	V45 31	Salford H&ac	46:05	282 673	Andrew Burnett	V50 30	Glossopdale Harriers	51:56
202	318	Ali Alsaadi	V40 37	Belle Vue Racers	46:09	283 469	Dave Batty	V50 31	Swinton RC	51:59
203	398	Gareth Webb		Sale H Manchester	46:10	284 685	John Stephenson	V55 15	Glossopdale Harriers	51:59
204	857	Darren Cooper		Manchester H&ac	46:12	285 693	Ronan Brennan	V45 43	Manchester Triathlon	52:05
205	937	Mark Clewarth	V45 32	Salford H&ac	46:12	286 926	Jack Carney	V55 16	Salford Met AC	52:10
206	129	John Williams	V40 38	Bramhall Runners	46:17	287 587	Geoff Cotterill	V55 17	Manchester Ymca H	52:27
207	192	Glen Gandy	V45 33	Manchester H&ac	46:21	288 52	Tony Payne	V55 18	Chorlton Runners	52:36
208	289	James Pratt		Stockport H&ac	46:25	289 738	Chris Watson	V45 44	Manchester Triathlon	52:39
209	3	Tony Archer	V60 6	Vale Royal AC	46:31	290 721	Malcolm Orrell		Manchester Triathlon	52:51
210	744	Dominic Sexton	V50 20	Hyde Village Striders	46:34	291 896	James Atkin	V55 19	Wirral AC	53:05
211	309	Andrew Gaskell	V45 34	St Helens Tri	46:37	292 392	Jerry Smith	V60 12	Sale H Manchester	53:07
212	200	Richard Skitt		Manchester H&ac	46:42	293 189	Michael Cunningham	V70 2	Manchester H&ac	
213	315	Matt Shillabeer	V40 39	St Helens Tri	46:45	53:09				
214	485	Rob McGibbon		Swinton RC	46:48	294 694	Mike Bridges	V55 20	Manchester Triathlon	53:19
215	497	Ric Waring	V45 35	Swinton RC	46:51	295 526	Gordon Stone	V60 13	Horwich Rmi	53:23
216	110	Adam Bird		Bramhall Runners	46:58	296 599	Steve Symons	V45 45	Manchester Ymca H	53:25
217	316	Lee Stinch	V45 36	St Helens Tri	47:02	297 856	Osmaan Khan		E Cheshire H & Tameside AC	53:33
218	39	Justin Hayes	V50 21	Chorlton Runners	47:03	298 908	Lawrence Pinnell	V45 46	Horwich Rmi	53:38
219	262	David Chrystie-Lowe	V55 9	Stockport H&ac	47:04	299 558	Jose Fernandez	V40 58	Manchester Frontrunners	54:00
220	331	Meng Tang		Belle Vue Racers	47:08	300 141	Jason Cunningham		Middleton H AC	54:16
221	644	Lockie Campbell	V50 22	Altrincham&district AC	47:10	301 120	Steve Hughes	V50 32	Bramhall Runners	54:17
222	634	Dennis Thomas	V40 40	E Cheshire H & Tameside AC	47:15	302 925	Barry Chambers	V60 14	Vale Royal AC	54:27
223	42	Nick Jones		Chorlton Runners	47:20	303 463	Anthony Jones	V45 47	Winston Runners	54:37
224	2066	Marwan Khoueiry	V40 41	Holmfirth Harriers Ac	47:24	304 321	James Corrigan		Belle Vue Racers	54:49
225	351	Frank Cordingley	V50 23	Sale H Manchester	47:33	305 464	Paul Lockett		Winston Runners	54:52
226	559	James Fox		Manchester Frontrunners	47:35	306 698	Mark Coley	V40 59	Manchester Triathlon	55:05
227	267	David Dyer	V40 42	Stockport H&ac	47:37	307 598	Jon Paramor	V60 15	Manchester Ymca H	55:11
228	533	Andrew Gray	V40 43	Knutsford Tri Club	47:41	308 789	Don Jones		Chorlton Runners	55:13
229	755	Tim Marsh	V40 44	Macclesfield H&ac	47:52	3092073	Anthony Gummersall	V45 48	Unattached	
230	891	Chris Riley		Trafford AC	47:55	55:16				
231	734	Richard Wallace	V50 24	Manchester Triathlon	47:56	3102072	Ilan Rothwell	V55 21	Unattached	55:17
232	537	Andrew Orme	V40 45	Knutsford Tri Club	48:03	311 765	Mark Wheelton	V55 22	Macclesfield H&ac	55:22
233	105	Andrew O'Connor	V55 10	St Helens Sutton AC	48:06	312 837	David Rowe	V50 33	Liverpool Harriers & Ac	55:36
234	383	Tim Rainey	V50 25	Sale H Manchester	48:06	313 465	Paul Muldoon		Winston Runners	55:56
235	287	Paul Plummer	V40 46	Stockport H&ac	48:07	314 462	Anthony Harrison	V50 34	Winston Runners	56:08
236	606	Stuart Mairs		Salford Met AC	48:10	315 651	Mike Jones	V60 16	Altrincham&district AC	56:18
237	2067	Lee Quibell		Unattached	48:14	3162069	Lee Walker	V50 35	Leicester	56:23
238	836	John Archer	V60 7	Winston Runners	48:16	317 567	Craig Isherwood		Manchester Frontrunners	56:30
239	808	Martin O'Dwyer		Swinton RC	48:22	318 936	Peter Charnock	V60 17	E Cheshire H & Tameside AC	56:49
240	674	Matthew Crompton		Glossopdale Harriers	48:24	319 394	Mike Starkey	V55 23	Sale H Manchester	57:00
241	34	Brian Devlin		Chorlton Runners	48:28	320 921	Eddie Edwards	V45 49	Trafford AC	57:37
242	562	Nico Gibert	V40 47	Manchester Frontrunners	48:32	321 145	Stephen Granville	V55 24	Middleton H AC	58:11
243	607	Mike Race	V55 11	Salford Met AC	48:36	322 137	Adian Bowcock	V50 36	Middleton H AC	1:00:15
244	797	Daniel Oldham	V40 48	Glossopdale Harriers	48:40	323 176	Andrew Paterson		Chorlton Runners	1:00:25
245	486	Jon Mellor	V40 49	Swinton RC	48:45	3242068	Vincent Townley	V60 18	Unattached	1:01:55
246	116	James Hall		Bramhall Runners	48:47	325 328	Colin Seymour	V50 37	Belle Vue Racers	1:03:45
247	212	Simon Skeltenberry	V40 50	Dragons Rc Sale	48:48	326 148	Bob Horrocks	V65 5	Middleton H AC	1:04:57
248	930	Tony Hulme	V65 2	Wilmslow RC	48:52	327 324	Themis Kokolakis	V50 38	Belle Vue Racers	1:10:36
249	276	Graham Marsland	V45 37	Stockport H&ac	48:57	328 256	Chris Bryans	V75 1	Stockport H&ac	1:14:18

Manchester Area Cross Country League

at Heaton Park, Manchester on Saturday 16th January 2016

Senior Men — TEAM RESULTS

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

1 Salford H&ac	65 — 6 Ben Riddall	7 Matthew Shaw	9 Will Beauchamp	10 Bruno Lima	16 James Kovacs	17 Ian Grime
2 Trafford AC	94 — 3 Gavin Tomlinson	8 Simon O'Meara	13 Tom Charles	14 Chris Leigh	23 Richard Clancy	33 Peter Bains
3 Sale H Manchester	126 — 5 Niall Brooks	12 Callum Rowlinson	21 Callum Greenwood	25 David Marsh	29 Chris Donnelly	34 Andrew Carlin
4 E Cheshire H & Tameside AC	259 — 4 Tom McGuinness	19 Joseph Hudak	31 Scott Matthews	41 Luke Piper	69 Barry Hirst	95 Gary Matthews
5 Horwich Rmi	268 — 11 Joe Mercer	20 Gareth Booth	47 Martyn Bell	49 David Jackson	50 Dave Milliken	91 Andy Ford
6 Sale H Manchester 'B'	295 — 38 Stephen McCarron	40 Tom Fordyce	46 Gary Rowlinson	53 Phil Scowcroft	55 Olivier Gailllemin	63 Steve Henderson
7 Stockport H&ac	307 — 1 Jack Morris	52 James Corden	57 Phil Burns	61 Paul Brooks	66 Kevan Garner	71 Paul Nutter
8 Wilmslow RC	322 — 28 Rob Downs	36 Barry Archbold	45 Andy Whittingham	62 Graham Macneill	73 Tom McGaff	78 Jim Pendrill
9 University Of Manchester	349 — 27 Joseph Howe	42 Dan Pettit	44 Robert Vallance	54 Downan Kwon	74 Ross Huskisson	108 Mathew Harner
10 Altrincham & district AC	351 — 2 David Norman	26 Michael Berks	59 Steve Renny	79 Jonathan Powell	87 Daniel Martell	98 Neil Walker
11 Manchester Triathlon	453 — 18 Robert Bridges	24 Paul Savage	80 Brendan Kennedy	100 Aaron Saxton	113 Tim Johns	118 Darren Cope
12 Chorlton Runners	463 — 15 James Savage	22 Ben McCormack	75 F Macdonald Oulds	90 James Ashford	126 Neal Wainwright	136 Ian Jameson
13 Trafford AC 'B'	512 — 36 Jeff Prest	68 Timothy Fletcher	77 Dick Byers	93 Paul Maher	103 Paul Mannion	135 Gary Wolstencroft
14 Salford H&ac 'B'	535 — 51 Tommi Baker	60 Richard Brook	81 Chris Dawson	82 Paul Birkett	97 Stanley Owen	164 Philip Quibell
15 Stockport H&ac 'B'	569 — 72 Adrian Nutter	84 David Hulley	85 Charlie Batho	102 Iain Murdoch	109 Steve Shaughnessy	117 Nathan Mayoh
16 Swinton RC	627 — 32 Simon Atkin	39 Dan Bird	92 Mark Whittington	125 Gary Richardson	132 Steve Doxey	207 Rob McGibbon
17 Sale H Manchester 'C'	634 — 89 Richard Edwards	96 Duncan Hill	101 Mike Ashby	114 Ben McIntyre	115 Craig Bradbury	119 Aidan Raftery
18 Macclesfield H&ac	679 — 43 Robert Hester	58 Scott Wilson	106 Chris Bentley	151 John Mooney	160 Steven Millar	161 Francis Pyatt
19 Manchester Ymca H	706 — 37 Richard Brierley	48 Craig Jones	67 Mark Griffiths	111 Chris March	192 Eddie Gilligan	251 James Gu
20 Altrincham & district AC 'B'	761 — 107 Richard Johnson	112 Adrian Fuller	116 Roger Preece	120 David Livingstone	148 Mark Hunter	158 David Hughes
21 Manchester Frontrunners	789 — 70 Jono Guildford	83 Tom Bardwell	129 Thomas Blackburn	159 David Chambers	169 Amir Dar	179 Joe Carne
22 Sale H Manchester 'D'	854 — 121 Mark Fox	137 Steve Parry	138 Paul Barrett	140 Matt Ray	147 Steve Gavin	171 David Connelly
23 Vale Royal AC	877 — 76 Zack Bamber	86 Nathan Williams	94 Gareth Williams	162 Scott Bamber	202 Tony Archer	257 John Clarke
24 Bramhall Runners	881 — 123 Ian Keeling	130 Frank Podd	141 John Williams	149 Li Lok	150 Richard Adams	188 Richard Hall
25 Knutsford Tri Club	893 — 56 Matthew Wackett	127 Shane Wolstencroft	156 John Goggins	157 Simon Atkins	177 Mike Stockton	220 Andrew Gray
26 Manchester Triathlon 'B'	912 — 124 Andy Adkin	131 Roger Thomas	134 Nicholas Howarth	146 James Bruce	154 Paul Schofield	223 Richard Wallace
27 Manchester H&ac	964 — 30 Ed Fazakerley	165 Andrew Parsonage	167 James Hinde	197 Darren Cooper	200 Glen Gandy	205 Richard Skitt
28 Stockport H&ac 'C'	1066 — 133 Robert Taylor	166 Ian Mulligan	182 Mike Shaw	191 Paul Comer	193 Simon Phillips	201 James Pratt
29 Glossopdale Harriers	1090 — 64 Chris Jackson	105 Jamie Helmer	185 David Bounding	231 Matthew Crompton	235 Daniel Oldham	270 Andrew Burnett
30 Salford Met AC	1142 — 122 Paul Connolly	144 Ben Farrelly	155 Paul Stevenson	236 Stuart Vairs	234 Mike Race	239 Girish Patel
31 Chorlton Runners 'B'	1154 — 143 Stuart Holliday	174 Ross Murdoch	178 Andrew Tongue	211 Justin Hayes	216 Nick Jones	232 Brian Devlin
32 Altrincham & district AC 'C'	1187 — 173 Bradley Johnson	180 Peter Pickwell	184 Graham Harrison	186 Nick Burke	214 Lockie Campbell	250 David Telford
33 Belle Vue Racers	1210 — 104 Nick Tyrn	152 Victor Walsh	195 Ali Alsaadi	213 Meng Tang	254 Andy Wood	292 James Corrigan
34 E Cheshire H & Tameside AC 'B'	1337 — 99 Chris Swire	175 Derek Hughes	215 Dennis Thomas	230 Martin Lewis	265 Osama Khan	303 Peter Charnock
35 Sale H Manchester 'E'	1338 — 187 Nick Webb	196 Gareth Webb	217 Frank Cordingley	226 Tim Rainey	246 Michael Wymer	266 Noell Irwin
36 Bramhall Runners 'B'	1371 — 189 Simon Gebbett	199 John Williams	209 Adam Bird	237 James Hall	248 Steve Fairclough	289 Steve Hughes
37 Stockport H&ac 'D'	1459 — 212 David Chyistie-Lowe	219 David Dyer	227 Paul Plummer	240 Graham Marsland	249 Alex McFarlane	312 Chris Bryans
38 Manchester Frontrunners 'B'	1490 — 218 James Fox	233 Nico Gibert	241 Jordan Millar	247 Greig Frankland	264 Stephen Moran	387 Jose Fernandez
39 Manchester Triathlon 'C'	1647 — 243 Rob Smith	273 Ronan Brennan	277 Chris Watson	278 Malcolm Orrell	282 Mike Bridges	294 Mark Coley
40 Middleton HAC	1677 — 245 Alan Garvey	263 Robert Ashton	268 Bryan O'Neill	288 Jason Cunningham	306 Stephen Granville	307 Adan Bowcock
41 Winston Runners	1681 — 229 John Archer	269 Mark Ackerley	291 Anthony Jones	293 Paul Lockett	299 Paul Muldoon	300 Anthony Harrison

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 Horwich Rmi	52 — 4 Gareth Booth	15 Martyn Bell	16 David Jackson	17 Dave Milliken
2 Wilmslow RC	52 — 6 Rob Downs	10 Barry Archbold	13 Andy Whittingham	23 Graham Macneill
3 Sale H Manchester	56 — 11 Stephen McCarron	12 Tom Fordyce	14 Gary Rowlinson	19 Olivier Gailllemin
4 Salford H&ac	57 — 2 James Kovacs	3 Ian Grime	21 Richard Brook	31 Paul Birkett
5 Trafford AC	74 — 1 Chris Leigh	9 Jeff Prest	29 Dick Byers	35 Dave Maher
6 Stockport H&ac	90 — 18 James Corden	22 Paul Brooks	24 Kevan Garner	26 Paul Nutter
7 Stockport H&ac 'B'	133 — 27 Adrian Nutter	32 David Hulley	33 Charlie Batho	41 Iain Murdoch
8 Swinton RC	157 — 8 Simon Atkin	34 Mark Whittington	55 Gary Richardson	60 Steve Doxey
9 Altrincham & district AC	158 — 20 Steve Renny	43 Richard Johnson	46 Adrian Fuller	49 Roger Preece
10 E Cheshire H & Tameside AC	184 — 25 Barry Hirst	37 Gary Matthews	40 Chris Swire	82 Derek Hughes
11 Wilmslow RC 'B'	194 — 28 Tom McGaff	30 Jim Pendrill	57 Matt Taylor	79 Adam Neale
12 Sale H Manchester 'B'	202 — 38 Duncan Hill	48 Craig Bradbury	52 Aidan Raftery	64 Steve Parry
13 Manchester Triathlon	226 — 47 Tim Johns	51 Darren Cope	59 Roger Thomas	69 Paul Schofield
14 Stockport H&ac 'C'	232 — 44 Steve Shaughnessy	50 Nathan Mayoh	61 Robert Taylor	77 Ian Mulligan
15 Bramhall Runners	269 — 54 Ian Keeling	58 Frank Podd	67 Li Lok	90 Richard Hall
16 Altrincham & district AC 'B'	272 — 53 David Livingstone	66 Mark Hunter	72 David Hughes	81 Bradley Johnson
17 Salford H&ac 'B'	293 — 39 Stanley Owen	76 Philip Quibell	83 James O'Connor	95 Sean Cordell
18 Chorlton Runners	307 — 5 Ben McCormack	62 Ian Jameson	106 Justin Hayes	134 Sean Lord
19 Manchester H&ac	344 — 7 Ed Fazakerley	78 James Hinde	99 Glen Gandy	160 Michael Cunningham
20 Vale Royal AC	348 — 36 Gareth Williams	74 Scott Bamber	100 Tony Archer	138 John Clarke
21 Knutsford Tri Club	354 — 56 Shane Wolstencroft	71 Simon Atkins	112 Andrew Gray	115 Andrew Orme
22 Altrincham & district AC 'C'	367 — 84 Peter Pickwell	87 Graham Harrison	88 Nick Burke	108 Lockie Campbell
23 Stockport H&ac 'D'	378 — 85 Mike Shaw	92 Paul Comer	94 Simon Phillips	107 David Chyistie-Lowe
24 Sale H Manchester 'C'	381 — 65 Steve Gavin	89 Nick Webb	110 Frank Cordingley	117 Tim Rainey
25 Macclesfield H&ac	382 — 68 John Mooney	73 Steven Millar	113 Tim Marsh	128 Fred Wardle
26 Horwich Rmi 'B'	444 — 75 Gary Chadderton	80 Douglas Fleming	127 Mark Swindell	162 Gordon Stone
27 Salford Met AC	485 — 70 Paul Stevenson	121 Mike Race	140 Girish Patel	154 Jack Carney
28 Bramhall Runners 'B'	486 — 91 Simon Gebbett	98 John Williams	131 Steve Fairclough	166 Steve Hughes
29 Stockport H&ac 'E'	538 — 111 David Dyer	118 Paul Plummer	126 Graham Marsland	183 Chris Bryans
30 Altrincham & district AC 'D'	545 — 132 David Telford	133 Jeff Norman	137 David Walton	143 Pete Hill
31 Manchester Ymca H	553 — 93 Eddie Gilligan	142 David Ashton	155 Geoff Cottenill	163 Steve Symons
32 Sale H Manchester 'D'	584 — 130 Michael Wymer	147 Noel Irwin	148 Martin Smedley	159 Jerry Smith
33 Manchester Triathlon 'B'	585 — 114 Richard Wallace	153 Ronan Brennan	157 Chris Watson	161 Mike Bridges
34 Belle Vue Racers	593 — 96 Ali Alsaadi	135 Andy Wood	180 Colin Seymour	182 Themis Kokolakis
35 Middleton HAC	600 — 129 Alan Garvey	144 Robert Ashton	149 Bryan O'Neill	178 Stephen Granville