

# Northern Athletics Cross Country Relays at Graves Park, Sheffield on Saturday 22nd October 2016

## Senior Men Stage 1 — Final Results

Pos	Name	Club	Leg	Time	Pos	Name	Club	Leg	Time
1	Joe Steward	EastCheshi	A	9:49	36	Zak Hodgkinson	MatlockAC	B	11:26
2	Alex Pilcher	DerbyAC	A	9:57	37	Simon Wright	DoncasterA	A	11:27
3	Joe Wilkinson	LincolnWel	A	9:59	38	C Brown	TraffordAC	C	11:29
4	Jamie Roden	SaleHarrie	A	10:01	39	Joe Law	HolmfirthH	C	11:31
5	Zak Miller	TraffordAC	A	10:04	40	Richard Smith	PrestonHar		11:35
6	J Woodcockshaw	LeedsCityA		10:07	41	Nicholas Hicketts	StockportH		11:37
7	Ben Marriott	BingleyHar	A	10:13	42	E Godridge	BarnsleyAC		11:38
8	Joshua Schofield	CityOfYork		10:17	43	Andrew Cartwright	WakefieldD		11:42
9	Connor Milnes	Hallamshir	A	10:26	44	Owen Lee	LiverpoolH	B	11:51
10	Paul Tobin	University		10:29	45	Ian Whyman	RotherhamH	D	11:54
11	Cameron Weaver	ValeRoyalA	A	10:33	46	Niall O'connell	HolmfirthH	B	12:01
12	David Westbury	DerbyAC	B	10:34	47	Paul Faulkner	Hallamshir	C	12:05
13	Elliott Smales	RotherhamH	A	10:35	48	Robin Clough	PenistoneF	B	12:23
14	Ricky Challinor	LiverpoolH	A	10:36	49	Alasdair Menmuir	SteelCityS	B	12:31
15	Cameron Bell	Hallamshir	B	10:37	50	Jack Lee	ElvetStrid	A	12:35
16	Adrian Bailes	BirtleyAc	A	10:38	51	John Broom	PenistoneF	C	12:38
17	Cameron Cass	CityOfShef		10:39	52	Jed Turner	SheffieldR	C	12:41
18	Lewis Byram	HolmfirthH	A	10:40	53	Kevin Doyle	Kimberwort	A	12:44
19	Alexander Brown	HoughtonHa		10:41	54	Chris Moss	SheffieldR	B	12:53
20	Jacobjohn Brown	ValeRoyalA	B	10:43	55	Kevin Garlick	BingleyHar	C	12:54
21	James Straw	LincolnWel	B	10:44	56	Tom Hooper	BingleyHar	B	12:56
22	Philip Robertson	WirralAc	A	10:50	57	Andrew Shelbourne	HolmfirthH	D	12:59
23	Joshua Taylorbrown	KingstonUp	B	10:53	58	Simon Croft	MatlockAC	A	13:01
24	Richard Harris	RotherhamH	B	10:55	59	Brian Dooley	ValeRoyalA	C	13:04
25	Matthew Craig	SheffieldR	A	10:56	60	Scott Gillespie	EastCheshi	B	13:11
26	Phil Whitehead	DoncasterA	B	10:58	61	*Not Declared*	DoncasterA	C	13:19
27	Andrew Swift	PenistoneF	A	11:00	62	Kelvin Dickinson	WirralAc	B	13:23
28	Oliver Newton	KingstonUp	A	11:01	63	James Gallacher	RotherhamH	E	13:28
29	Craig Shearer	Keighley&C	A	11:02	64	Nick Burns	SteelCityS	D	13:38
30	Adam Roden	SaleHarrie	B	11:03	65	Martin Hunt	Kimberwort	B	13:45
31	Jonathan Wilkinson	DurhamCity	A	11:04	66	Mike Hughes	ElvetStrid	B	14:10
32	Phil Skelton	SteelCityS	A	11:13	67	Anfdrew Woffindin	SteelCityF		14:42
33	Jeff Prest	TraffordAC	B	11:16	68	Philip Howson	SteelCityS	C	14:56
34	Philip Hoole	RotherhamH	C	11:23	69	Keith Jackson	SteelCityS	E	14:57
35	Ryan Everett	Barrow&Fur		11:24	70	Geoff Watson	DurhamCity	B	15:10

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## Senior Men Stage 2 — Final Results

Pos	Name	Club	Leg Time	Cum Time	Gain
1	Tom Straw	LincolnWel A	10:20	20:19	+ 2
2	Daniel Lawton	TraffordAC A	10:26	20:30	+ 3
3	Sam Johnson	DerbyAC A	10:37	20:34	- 1
4	Jonathan Tobin	University	10:14	20:43	+ 6
5	Daniel Kashi	SaleHarrie A	10:50	20:51	- 1
6	Joseph Massingham	RotherhamH A	10:29	21:04	+ 7
7	Josh Betteley	ValeRoyalA A	10:32	21:05	+ 4
8	Joseph Hudak	EastCheshi A	11:20	21:09	- 7
9	Tyler Hutchinson	CityOfYork	11:02	21:19	- 1
10	Thomas Edwards	LeedsCityA	11:15	21:22	- 4
11	Aaron Kettlewell	HolmfirthH A	10:46	21:26	+ 7
12	Thomas Rogerson	LiverpoolH A	10:55	21:31	+ 2
13	Ryan Page	LincolnWel B	10:48	21:32	+ 8
14	Gavin Keight	Hallamshir A	11:10	21:36	- 5
15	Kieran Reay	BirtleyAc A	11:05	21:43	+ 1
16	Aidan Johnson	RotherhamH B	10:49	21:44	+ 8
17	Shaun Smith	KingstonUp A	10:47	21:48	+ 11
18	Andrew Siddle	BingleyHar A	11:38	21:51	- 11
19	David Brockway	WirralAc A	11:03	21:53	+ 3
20	Joshua Walton	Hallamshir B	11:21	21:58	- 5
21	Alan White	SaleHarrie B	11:00	22:03	+ 9
22	Scott Hinchcliffe	PenistoneF A	11:04	22:04	+ 5
23	David Dempsey	CityOfShef	11:31	22:10	- 6
24	Jack Brothwell	KingstonUp B	11:22	22:15	- 1
25	Lee Dover	HoughtonHa	11:36	22:17	- 6
26	Fraser Symon	Barrow&Fur	10:57	22:21	+ 9
27	David Gibbons	DoncasterA B	11:24	22:22	- 1
28	Devon Stead	RotherhamH C	11:05	22:28	+ 6
29	Matt Rowlinson	ValeRoyalA B	11:46	22:29	- 9
30	Darren Middleton	BarnsleyAC	11:01	22:39	+ 12
31	Seamus Bradbury	TraffordAC B	11:25	22:41	+ 2
32	David Addenbrooke	SheffieldR A	11:49	22:45	- 7
33	Richard Wilson	DerbyAC B	12:20	22:54	- 21
34	C Wilkinson	DurhamCity A	11:55	22:59	- 3
35	Colin Davenport	MatlockAC B	11:39	23:05	+ 1
36	Scott Bairstow	Keighley&C A	12:04	23:06	- 7
37	Christopher Ward	WakefieldD	11:34	23:16	+ 6
38	Richard Clancy	TraffordAC C	11:54	23:23	0
39	Doug Banks	SteelCityS A	12:15	23:28	- 7
40	Steven Marshall	RotherhamH D	11:59	23:53	+ 5
41	Seth Waterman	HolmfirthH B	11:54	23:55	+ 5
42	Matthew Hughes	LiverpoolH B	12:07	23:58	+ 2
43	Philip Cooper	Hallamshir C	12:01	24:06	+ 4
44	Alan Durney	PrestonHar	12:49	24:24	- 4
45	Christopher Moran	DoncasterA A	13:14	24:41	- 8
46	Matthew Rabone	StockportH	13:12	24:49	- 5
47	Andrew Davies	SteelCityS B	12:24	24:55	+ 2
48	Wayne Byram	HolmfirthH C	13:27	24:58	- 9
49	George Lewis	EastCheshi B	11:50	25:01	+ 11
50	Richard Mackie	PenistoneF B	12:45	25:08	- 2
51	Tim Tett	SheffieldR C	12:45	25:26	+ 1
52	Damien Briscoe	PenistoneF C	13:02	25:40	- 1
53	C Johnson	SheffieldR B	12:51	25:44	+ 1
54	Tom Gomersall	BingleyHar B	12:50	25:46	+ 2
55	Colin Earl	Kimberwort A	13:09	25:53	- 2
56	Jon Ayres	ElvetStrid A	13:38	26:13	- 6
57	Chris Hallas	MatlockAC A	13:28	26:29	+ 1
58	*Not Declared*	DoncasterA C	13:41	27:00	+ 3
59	Geoff Fawkes	ValeRoyalA C	14:05	27:09	0
60	Nigel Brookes	RotherhamH E	13:46	27:14	+ 3
61	Geoff Davis	ElvetStrid B	14:02	28:12	+ 5
62	Stuart Carrack	SteelCityS D	14:41	28:19	+ 2
63	Mark Bagley	SteelCityS C	13:32	28:28	+ 5
64	Stuart Jones	SteelCityF	14:46	29:28	+ 3
65	Neil Robson	BingleyHar C	16:59	29:53	- 10
66	Richardadrian Pegg	SteelCityS E	15:01	29:58	+ 3
67	Stuart Frith	Kimberwort B	16:43	30:28	- 2
68	Robert Hewitson	DurhamCity B	15:31	30:41	+ 2

### Fastest runners over stage 2:

1	Jonathan Tobin	University	10:14
2	Tom Straw	LincolnWel A	10:20
3	Daniel Lawton	TraffordAC A	10:26
4	Joseph Massingham	RotherhamH A	10:29
5	Josh Betteley	ValeRoyalA A	10:32
6	Sam Johnson	DerbyAC A	10:37
7	Aaron Kettlewell	HolmfirthH A	10:46
8	Shaun Smith	KingstonUp A	10:47
9	Ryan Page	LincolnWel B	10:48
10	Aidan Johnson	RotherhamH B	10:49

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## Senior Men Stage 3 — Final Results

Pos	Name	Club	Leg Time	Cum Time	Gain	Pos	Name	Club	Leg Time	Cum Time	Gain
1	Ronny Wilson	LincolnWel A	10:25	30:44	0	40	Wayne Martison	DoncasterA A	12:20	37:01	+ 5
2	Hedley Hardcastle	DerbyAC A	10:38	31:12	+ 1	41	Howard Darwin	RotherhamH D	13:10	37:03	- 1
3	Will Mycroft	University	10:34	31:17	+ 1	42	Chris Wales	PrestonHar	12:41	37:05	+ 2
4	Nathan Townsend	TraffordAC A	10:56	31:26	- 2	43	Mike Raynes	CityOfYork	16:09	37:28	- 34
5	Jake Spilsbury	SaleHarrie A	10:44	31:35	0	44	Kevin Sibley	SteelCityS B	12:39	37:34	+ 3
6	Oliver Williams	ValeRoyalA A	10:40	31:45	+ 1	45	Martin Ball	PenistoneF B	12:37	37:45	+ 5
7	Bertie Houghton	Hallamshir A	10:23	31:59	+ 7	46	Jonathon Sykes	HolmfirthH C	12:52	37:50	+ 2
8	Ben Russell	LiverpoolH A	10:28	31:59	+ 4	47	Steve Shaughnessy	StockportH	13:13	38:02	- 1
9	Sam Clegg	RotherhamH A	11:02	32:06	- 3	48	Mark Millns	EastCheshi B	13:13	38:14	+ 1
10	Harry Powell	KingstonUp A	10:34	32:22	+ 7	49	Daniel Benjamin	WakefieldD	15:00	38:16	- 12
11	Arron Larkin	RotherhamH B	10:47	32:31	+ 5	50	Clive Smith	BingleyHar B	12:44	38:30	+ 4
12	Timothy Davies	LeedsCityA	11:15	32:37	- 2	51	Gary Brooks	SheffieldR C	13:28	38:54	0
13	Stuart Sharp	HolmfirthH A	11:15	32:41	- 2	52	Dave Gibson	ElvetStrid A	13:04	39:17	+ 4
14	Gavin Browne	EastCheshi A	11:43	32:52	- 6	53	Rob Jones	SheffieldR B	13:44	39:28	0
15	Andrew Thake	Hallamshir B	11:00	32:58	+ 5	54	John Tomlinson	PenistoneF C	14:10	39:50	- 2
16	Marc Thorp	LincolnWel B	11:36	33:08	- 3	55	Paul Greenwood	Kimberwort A	14:01	39:54	0
17	Will Woodcock	WirralAc A	11:19	33:12	+ 2	56	*Not Declared*	DoncasterA C	13:40	40:40	+ 2
18	Ross Campbell	Barrow&Fur	10:52	33:13	+ 8	57	Chris Griffiths	RotherhamH E	13:27	40:41	+ 3
19	David Rich	SaleHarrie B	11:25	33:28	+ 2	58	James Thorneycroft	MatlockAC A	14:15	40:44	- 1
20	Graham Askew	BingleyHar A	11:39	33:30	- 2	59	David Humphreys	ValeRoyalA C	13:45	40:54	0
21	Martin Hookway	DoncasterA B	11:17	33:39	+ 6	60	Matt Rimmer	SteelCityS C	12:32	41:00	+ 3
22	Rhian Haste	RotherhamH C	11:43	34:11	+ 6	61	Andy Buck	SteelCityS D	13:31	41:50	+ 1
23	Michael Harrington	ValeRoyalA B	11:50	34:19	+ 6	62	Dave Beech	SteelCityS E	15:55	45:53	+ 4
24	David Horniman	TraffordAC B	11:40	34:21	+ 7	63	Earl Lever	Kimberwort B	16:00	46:28	+ 4
25	Rory Graham	HoughtonHa	12:07	34:24	0	64	Sim Horsfield	DurhamCity B	16:16	46:57	+ 4
26	Daren Nockels	PenistoneF A	12:32	34:36	- 4	65	Terry Armstrong	SteelCityF	17:40	47:08	- 1
27	Stuart Wilson	BarnsleyAC	12:08	34:47	+ 3	<b>Fastest runners over stage 3:</b>					
28	Benjamin Mahoney	SheffieldR A	12:13	34:58	+ 4	1	Bertie Houghton	Hallamshir A	10:23		
29	Nicholas Newby	BirtleyAc A	13:17	35:00	- 14	2	Ronny Wilson	LincolnWel A	10:25		
30	Lukas Lee	Keighley&C A	11:56	35:02	+ 6	3	Ben Russell	LiverpoolH A	10:28		
31	Simon Downs	KingstonUp B	12:53	35:08	- 7	4	Will Mycroft	University	10:34		
32	Simon Reid	CityOfShef	13:01	35:11	- 9	5	Harry Powell	KingstonUp A	10:34		
33	Christopher Walker	DurhamCity A	12:18	35:17	+ 1	6	Hedley Hardcastle	DerbyAC A	10:38		
34	Andrew Sheldon	MatlockAC B	12:13	35:18	+ 1	7	Oliver Williams	ValeRoyalA A	10:40		
35	Jorge Bronze	SteelCityS A	11:58	35:26	+ 4	8	Jake Spilsbury	SaleHarrie A	10:44		
36	Ryan Whiston	LiverpoolH B	11:37	35:35	+ 6	9	Arron Larkin	RotherhamH B	10:47		
37	Philip Hewitt	HolmfirthH B	11:43	35:38	+ 4	10	Ross Campbell	Barrow&Fur	10:52		
38	Adam Dyson	Hallamshir C	11:47	35:53	+ 5						
39	Blake Ellis	TraffordAC C	12:35	35:58	- 1						

# Northern Athletics Cross Country Relays at Graves Park, Sheffield on Saturday 22nd October 2016

## Senior Men Stage 4 — Final Results

Pos	Name	Club	Leg Time	Cum Time	Gain						
1	Matthew Bowser	LincolnWel A	10:09	40:53	0	39	Mark Cage	CityOfYork	12:02	49:30	+ 4
2	Hugo Milner	DerbyAC A	10:13	41:25	0	40	Alex Waddelove	PrestonHar	13:02	50:07	+ 2
3	Matthew Sheen	ValeRoyalA A	10:18	42:03	+ 3	41	Simon Holt	RotherhamH D	13:09	50:12	0
4	Nathan Lawson	University	10:52	42:09	- 1	42	Adamjames Thompson	StockportH	12:19	50:21	+ 5
5	Andile Hlebo	TraffordAC A	10:43	42:09	- 1	43	Benjamin Langley	TraffordAC C	14:35	50:33	- 4
6	Tommy Horton	Hallamshir A	10:11	42:10	+ 1	44	Dan Cook	SteelCityS B	13:07	50:41	0
7	James Wignall	SaleHarrie A	10:51	42:26	- 2	45	Oliversimon Pike	PenistoneF B	13:24	51:09	0
8	Kyle Craib	RotherhamH A	10:29	42:35	+ 1	46	Chris Ireland	SheffieldR C	12:22	51:16	+ 5
9	James Mcnally	LiverpoolH A	10:45	42:44	- 1	47	Daniel Smithurst	BingleyHar B	12:48	51:18	+ 3
10	Baldvin Magnusson	KingstonUp A	11:05	43:27	0	48	Gary Matthews	EastCheshi B	13:09	51:23	0
11	Philip Waite	Barrow&Fur	10:21	43:34	+ 7	49	Jason Harding	ElvetStrid A	12:16	51:33	+ 3
12	Alex Robinson	HolmfirthH A	11:08	43:49	+ 1	50	Jason Haigh	HolmfirthH C	14:24	52:14	- 4
13	Gareth Sampson	RotherhamH B	11:27	43:58	- 2	51	David Brooke	WakefieldD	14:02	52:18	- 2
14	Zak Mellard	Hallamshir B	11:11	44:09	+ 1	52	*Not Declared*	DoncasterA C	11:50	52:30	+ 4
15	Mohamed Abshir	LeedsCityA	11:40	44:17	- 3	53	Richard Watts	SheffieldR B	13:54	53:22	0
16	Phillip Langan	WirralAc A	11:19	44:31	+ 1	54	Gary Dean	PenistoneF C	13:55	53:45	0
17	Barry Hirst	EastCheshi A	12:18	45:10	- 3	55	Karl Webster	MatlockAC A	13:08	53:52	+ 3
18	Stephen Bailey	BingleyHar A	11:53	45:23	+ 2	56	Martyn Whyman	RotherhamH E	13:26	54:07	+ 1
19	Joseph Vis	SaleHarrie B	12:07	45:35	0	57	Keith Hague	SteelCityS C	13:19	54:19	+ 3
20	Shaun Dimelow	PenistoneF A	11:23	45:59	+ 6	58	Michael Thomas	Kimberwort A	15:53	55:47	- 3
21	Damian Worsdall	RotherhamH C	11:50	46:01	+ 1	59	Jamespaul Norton	SteelCityS D	14:43	56:33	+ 2
22	Gareth Williams	ValeRoyalA B	12:13	46:32	+ 1	60	Richard Pettitt	ValeRoyalA C	16:12	57:06	- 1
23	Ben Everson	TraffordAC B	12:12	46:33	+ 1	61	Graham Hague	SteelCityS E	15:07	1:01:00	+ 1
24	Billy Cartwright	MatlockAC B	11:17	46:35	+ 10	62	Anthony Bell	SteelCityF	17:15	1:04:23	+ 3
25	Laurie Luscombe	LiverpoolH B	11:17	46:52	+ 11	<b>Fastest runners over stage 4:</b>					
26	Steven Johnson	HoughtonHa	12:37	47:01	- 1	1	Matthew Bowser	LincolnWel A	10:09		
27	David Watts	DoncasterA B	13:29	47:08	- 6	2	Tommy Horton	Hallamshir A	10:11		
28	Simon Machin	LincolnWel B	14:03	47:11	- 12	3	Hugo Milner	DerbyAC A	10:13		
29	Melvin Wallace	BarnsleyAC	12:27	47:14	- 2	4	Matthew Sheen	ValeRoyalA A	10:18		
30	John Kilcoyne	SteelCityS A	11:51	47:17	+ 5	5	Philip Waite	Barrow&Fur	10:21		
31	Steve Green	HolmfirthH B	11:47	47:25	+ 6	6	Kyle Craib	RotherhamH A	10:29		
32	John Doherty	SheffieldR A	12:35	47:33	- 4	7	Andile Hlebo	TraffordAC A	10:43		
33	John Conroy	Keighley&C A	12:43	47:45	- 3	8	James Mcnally	LiverpoolH A	10:45		
34	Glenn Hardy	CityOfShef	12:51	48:02	- 2	9	James Wignall	SaleHarrie A	10:51		
35	Dean Furniss	Hallamshir C	12:27	48:20	+ 3	10	Nathan Lawson	University	10:52		
36	Jason Catteral	DurhamCity A	13:33	48:50	- 3						
37	David Francis	BirtleyAc A	13:59	48:59	- 8						
38	Darren Wood	DoncasterA A	12:22	49:23	+ 2						

# Northern Athletics Cross Country Relays at Graves Park, Sheffield on Saturday 22nd October 2016

## Senior Men — Team Results — Final (nn) is team position after the appropriate stage.

<p><b>1 Lincoln Wellington AC 'A' 40:53</b>            1 Joe Wilkinson (3) 9:59 2 Tom Straw (1) 10:20            3 Ronny Wilson (1) 10:25 4 Matthew Bowser (1) 10:09</p> <p><b>2 Derby AC 'A' 41:25</b>            1 Alex Pilcher (2) 9:57 2 Sam Johnson (3) 10:37            3 Hedley Hardcastle (2) 10:38 4 Hugo Milner (2) 10:13</p> <p><b>3 Vale Royal AC 'A' 42:03</b>            1 Cameron Weaver (11) 10:33 2 Josh Betteley (7) 10:32            3 Oliver Williams (6) 10:40 4 Matthew Sheen (3) 10:18</p> <p><b>4 University Of Sheffield Union 42:09</b>            1 Paul Tobin (10) 10:29 2 Jonathan Tobin (4) 10:14            3 Will Mycroft (3) 10:34 4 Nathan Lawson (4) 10:52</p> <p><b>5 Trafford AC 'A' 42:09</b>            1 Zak Miller (5) 10:04 2 Daniel Lawton (2) 10:26            3 Nathan Townsend (4) 10:56 4 Andile Hlebo (5) 10:43</p> <p><b>6 Hallamshire Harriers Sheffield 'A' 42:10</b>            1 Connor Milnes (9) 10:26 2 Gavin Keight (14) 11:10            3 Bertie Houghton (7) 10:23 4 Tommy Horton (6) 10:11</p> <p><b>7 Sale Harriers Manchester 'A' 42:26</b>            1 Jamie Roden (4) 10:01 2 Daniel Kashi (5) 10:50            3 Jake Spilsbury (5) 10:44 4 James Wignall (7) 10:51</p> <p><b>8 Rotherham Harriers &amp; AC 'A' 42:35</b>            1 Elliott Smales (13) 10:35 2 Joseph Massingham (6) 10:29            3 Sam Clegg (9) 11:02 4 Kyle Craib (8) 10:29</p> <p><b>9 Liverpool Harriers &amp; AC 'A' 42:44</b>            1 Ricky Challinor (14) 10:36 2 Thomas Rogerson (12) 10:55            3 Ben Russell (8) 10:28 4 James McNally (9) 10:45</p> <p><b>10 Kingston Upon Hull AC 'A' 43:27</b>            1 Oliver Newton (28) 11:01 2 Shaun Smith (17) 10:47            3 Harry Powell (10) 10:34 4 Baldwin Magnusson (10) 11:05</p> <p><b>11 Barrow &amp; Furness Striders AC 43:34</b>            1 Ryan Everett (35) 11:24 2 Fraser Symon (26) 10:57            3 Ross Campbell (18) 10:52 4 Philip Waite (11) 10:21</p> <p><b>12 Holmfirth Harriers AC 'A' 43:49</b>            1 Lewis Byram (18) 10:40 2 Aaron Kettlewell (11) 10:46            3 Stuart Sharp (13) 11:15 4 Alex Robinson (12) 11:08</p> <p><b>13 Rotherham Harriers &amp; AC 'B' 43:58</b>            1 Richard Harris (24) 10:55 2 Aidan Johnson (16) 10:49            3 Arron Larkin (11) 10:47 4 Gareth Sampson (13) 11:27</p> <p><b>14 Hallamshire Harriers Sheffield 'B' 44:09</b>            1 Cameron Bell (15) 10:37 2 Joshua Walton (20) 11:21            3 Andrew Thake (15) 11:00 4 Zak Mellard (14) 11:11</p> <p><b>15 Leeds City AC 44:17</b>            1 J Woodcockshaw (6) 10:07 2 Thomas Edwards (10) 11:15            3 Timothy Davies (12) 11:15 4 Mohamed Abshir (15) 11:40</p> <p><b>16 Wirral AC 'A' 44:31</b>            1 Philip Robertson (22) 10:50 2 David Brockway (19) 11:03            3 Will Woodcock (17) 11:19 4 Phillip Langan (16) 11:19</p> <p><b>17 East Cheshire Harriers &amp; Tames 'A' 45:10</b>            1 Joe Steward (1) 9:49 2 Joseph Hudak (8) 11:20            3 Gavin Browne (14) 11:43 4 Barry Hirst (17) 12:18</p>	<p><b>18 Bingley Harriers &amp; AC 'A' 45:23</b>            1 Ben Marriott (7) 10:13 2 Andrew Siddle (18) 11:38            3 Graham Askew (20) 11:39 4 Stephen Bailey (18) 11:53</p> <p><b>19 Sale Harriers Manchester 'B' 45:35</b>            1 Adam Roden (30) 11:03 2 Alan White (21) 11:00            3 David Rich (19) 11:25 4 Joseph Vis (19) 12:07</p> <p><b>20 Penistone Footpath Runners &amp; A 'A' 45:59</b>            1 Andrew Swift (27) 11:00 2 Scott Hinchcliffe (22) 11:04            3 Daren Nockels (26) 12:32 4 Shaun Dimelow (20) 11:23</p> <p><b>21 Rotherham Harriers &amp; AC 'C' 46:01</b>            1 Philip Hoole (34) 11:23 2 Devon Stead (28) 11:05            3 Rhian Hasteley (22) 11:43 4 Damian Worsdall (21) 11:50</p> <p><b>22 Vale Royal AC 'B' 46:32</b>            1 Jacob John Brown (20) 10:43 2 Matt Rowlinson (29) 11:46            3 Michael Harrington (23) 11:50 4 Gareth Williams (22) 12:13</p> <p><b>23 Trafford AC 'B' 46:33</b>            1 Jeff Prest (33) 11:16 2 Seamus Bradbury (31) 11:25            3 David Homiman (24) 11:40 4 Ben Everson (23) 12:12</p> <p><b>24 Matlock AC 'B' 46:35</b>            1 Zak Hodgkinson (36) 11:26 2 Colin Davenport (35) 11:39            3 Andrew Sheldon (34) 12:13 4 Billy Cartwright (24) 11:17</p> <p><b>25 Liverpool Harriers &amp; AC 'B' 46:52</b>            1 Owen Lee (44) 11:51 2 Matthew Hughes (42) 12:07            3 Ryan Whiston (36) 11:37 4 Laurie Luscombe (25) 11:17</p> <p><b>26 Houghton Harriers &amp; AC 47:01</b>            1 Alexander Brown (19) 10:41 2 Lee Dover (25) 11:36            3 Rory Graham (25) 12:07 4 Steven Johnson (26) 12:37</p> <p><b>27 Doncaster AC 'B' 47:08</b>            1 Phil Whitehead (26) 10:58 2 David Gibbons (27) 11:24            3 Martin Hookway (21) 11:17 4 David Watts (27) 13:29</p> <p><b>28 Lincoln Wellington AC 'B' 47:11</b>            1 James Straw (21) 10:44 2 Ryan Page (13) 10:48            3 Marc Thorp (16) 11:36 4 Simon Machin (28) 14:03</p> <p><b>29 Barnsley AC 47:14</b>            1 E Godridge (42) 11:38 2 Darren Middleton (30) 11:01            3 Stuart Wilson (27) 12:08 4 Melvin Wallace (29) 12:27</p> <p><b>30 Steel City Striders RC 'A' 47:17</b>            1 Phil Skelton (32) 11:13 2 Doug Banks (39) 12:15            3 Jorge Bronze (35) 11:58 4 John Kilcoyne (30) 11:51</p> <p><b>31 Holmfirth Harriers AC 'B' 47:25</b>            1 Niall O'connell (46) 12:01 2 Seth Waterman (41) 11:54            3 Philip Hewitt (37) 11:43 4 Steve Green (31) 11:47</p> <p><b>32 Sheffield RC 'A' 47:33</b>            1 Matthew Craig (25) 10:56 2 David Addenbrooke (32) 11:49            3 Benjamin Mahoney (28) 12:13 4 John Doherty (32) 12:35</p> <p><b>33 Keighley &amp; Craven AC 'A' 47:45</b>            1 Craig Shearer (29) 11:02 2 Scott Bairstow (36) 12:04            3 Lukas Lee (30) 11:56 4 John Conroy (33) 12:43</p>
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# Northern Athletics Cross Country Relays at Graves Park, Sheffield on Saturday 22nd October 2016

## 34 City Of Sheffield & Dearne AC 48:02

1 Cameron Cass (17) 10:39 2 David Dempsey (23) 11:31  
3 Simon Reid (32) 13:01 4 Glenn Hardy (34) 12:51

## 35 Hallamshire Harriers Sheffield 'C' 48:20

1 Paul Faulkner (47) 12:05 2 Philip Cooper (43) 12:01  
3 Adam Dyson (38) 11:47 4 Dean Furniss (35) 12:27

## 36 Durham City Harriers & AC 'A' 48:50

1 Jonathan Wilkinson (31) 11:04 2 C Wilkinson (34) 11:55  
3 Christopher Walker (33) 12:18 4 Jason Catteral (36) 13:33

## 37 Birtley AC 'A' 48:59

1 Adrian Bailes (16) 10:38 2 Kieran Reay (15) 11:05  
3 Nicholas Newby (29) 13:17 4 David Francis (37) 13:59

## 38 Doncaster AC 'A' 49:23

1 Simon Wright (37) 11:27 2 Christopher Moran (45) 13:14  
3 Wayne Martison (40) 12:20 4 Darren Wood (38) 12:22

## 39 City Of York AC 49:30

1 Joshua Schofield (8) 10:17 2 Tyler Hutchinson (9) 11:02  
3 Mike Raynes (43) 16:09 4 Mark Cage (39) 12:02

## 40 Preston Harriers 50:07

1 Richard Smith (40) 11:35 2 Alan Durney (44) 12:49  
3 Chris Wales (42) 12:41 4 Alex Waddelove (40) 13:02

## 41 Rotherham Harriers & AC 'D' 50:12

1 Ian Whyman (45) 11:54 2 Steven Marshall (40) 11:59  
3 Howard Darwin (41) 13:10 4 Simon Holt (41) 13:09

## 42 Stockport Harriers & AC 50:21

1 Nicholas Hicketts (41) 11:37 2 Matthew Rabone (46) 13:12  
3 Steve Shaughnessy (47) 13:13 4 Adam James Thompson (42) 12:19

## 43 Trafford AC 'C' 50:33

1 C Brown (38) 11:29 2 Richard Clancy (38) 11:54  
3 Blake Ellis (39) 12:35 4 Benjamin Langley (43) 14:35

## 44 Steel City Striders RC 'B' 50:41

1 Alasdair Menmuir (49) 12:31 2 Andrew Davies (47) 12:24  
3 Kevin Sibley (44) 12:39 4 Dan Cook (44) 13:07

## 45 Penistone Footpath Runners & A 'B' 51:09

1 Robin Clough (48) 12:23 2 Richard Mackie (50) 12:45  
3 Martin Ball (45) 12:37 4 Oliver Simon Pike (45) 13:24

## 46 Sheffield RC 'C' 51:16

1 Jed Turner (52) 12:41 2 Tim Tett (51) 12:45  
3 Gary Brooks (51) 13:28 4 Chris Ireland (46) 12:22

## 47 Bingley Harriers & AC 'B' 51:18

1 Tom Hooper (56) 12:56 2 Tom Gomersall (54) 12:50  
3 Clive Smith (50) 12:44 4 Daniel Smithurst (47) 12:48

## 48 East Cheshire Harriers & Tames 'B' 51:23

1 Scott Gillespie (60) 13:11 2 George Lewis (49) 11:50  
3 Mark Millns (48) 13:13 4 Gary Matthews (48) 13:09

## 49 Elvet Striders 'A' 51:33

1 Jack Lee (50) 12:35 2 Jon Ayres (56) 13:38  
3 Dave Gibson (52) 13:04 4 Jason Harding (49) 12:16

## 50 Holmfirth Harriers AC 'C' 52:14

1 Joe Law (39) 11:31 2 Wayne Byram (48) 13:27  
3 Jonathon Sykes (46) 12:52 4 Jason Haigh (50) 14:24

## 51 Wakefield District H & AC 52:18

1 Andrew Cartwright (43) 11:42 2 Christopher Ward (37) 11:34  
3 Daniel Benjamin (49) 15:00 4 David Brooke (51) 14:02

## 52 Doncaster AC 'C' 52:30

1 Undeclared (61) 13:19 2 Undeclared (58) 13:41  
3 Undeclared (56) 13:40 4 Undeclared (52) 11:50

## 53 Sheffield RC 'B' 53:22

1 Chris Moss (54) 12:53 2 C Johnson (53) 12:51  
3 Rob Jones (53) 13:44 4 Richard Watts (53) 13:54

## 54 Penistone Footpath Runners & A 'C' 53:45

1 John Broom (51) 12:38 2 Damien Briscoe (52) 13:02  
3 John Tomlinson (54) 14:10 4 Gary Dean (54) 13:55

## 55 Matlock AC 'A' 53:52

1 Simon Croft (58) 13:01 2 Chris Hallas (57) 13:28  
3 James Thomeycroft (58) 14:15 4 Karl Webster (55) 13:08

## 56 Rotherham Harriers & AC 'E' 54:07

1 James Gallacher (63) 13:28 2 Nigel Brookes (60) 13:46  
3 Chris Griffiths (57) 13:27 4 Martyn Whyman (56) 13:26

## 57 Steel City Striders RC 'C' 54:19

1 Philip Howson (68) 14:56 2 Mark Bagley (63) 13:32  
3 Matt Rimmer (60) 12:32 4 Keith Hague (57) 13:19

## 58 Kimberworth Striders 'A' 55:47

1 Kevin Doyle (53) 12:44 2 Colin Earl (55) 13:09  
3 Paul Greenwood (55) 14:01 4 Michael Thomas (58) 15:53

## 59 Steel City Striders RC 'D' 56:33

1 Nick Burns (64) 13:38 2 Stuart Carrack (62) 14:41  
3 Andy Buck (61) 13:31 4 James Paul Norton (59) 14:43

## 60 Vale Royal AC 'C' 57:06

1 Brian Dooley (59) 13:04 2 Geoff Fawkes (59) 14:05  
3 David Humphreys (59) 13:45 4 Richard Pettitt (60) 16:12

## 61 Steel City Striders RC 'E' 1:01:00

1 Keith Jackson (69) 14:57 2 Richard Adrian Pegg (66) 15:01  
3 Dave Beech (62) 15:55 4 Graham Hague (61) 15:07

## 62 Steel City Striders RC 'F' 1:04:23

1 Andrew Woffindin (67) 14:42 2 Stuart Jones (64) 14:46  
3 Terry Armstrong (65) 17:40 4 Anthony Bell (62) 17:15

### Incomplete Teams:

#### Kingston Upon Hull AC 'B'

1 Joshua Taylor Brown (23) 10:53 2 Jack Brothwell (24) 11:22  
3 Simon Downs (31) 12:53

#### Kimberworth Striders 'B'

1 Martin Hunt (65) 13:45 2 Stuart Frith (67) 16:43  
3 Earl Lever (63) 16:00

#### Durham City Harriers & AC 'B'

1 Geoff Watson (70) 15:10 2 Robert Hewitson (68) 15:31  
3 Sim Horsfield (64) 16:16

#### Derby AC 'B'

1 David Westbury (12) 10:34 2 Richard Wilson (33) 12:20

#### Elvet Striders 'B'

1 Mike Hughes (66) 14:10 2 Geoff Davis (61) 14:02

# Northern Athletics Cross Country Relays at Graves Park, Sheffield on Saturday 22nd October 2016

## Bingley Harriers & AC

'C'

1 Kevin Garlick (55) 12:54 2 Neil Robson (65) 16:59

## Holmfirth Harriers AC

'D'

1 Andrew Shelbourne(57) 12:59

## Wirral AC

'B'

1 Kelvin Dickinson (62) 13:23

### Fastest of all legs

1	Joe Steward	EastCheshi	A	9:49
2	Alex Pilcher	DerbyAC	A	9:57
3	Joe Wilkinson	LincolnWel	A	9:59
4	Jamie Roden	SaleHarrie	A	10:01
5	Zak Miller	TraffordAC	A	10:04
6	J Woodcockshaw	LeedsCityA		10:07
7	Matthew Bowser	LincolnWel	A	10:09
8	Tommy Horton	Hallamshir	A	10:11
9	Hugo Milner	DerbyAC	A	10:13
=	Ben Marriott	BingleyHar	A	10:13