

North West Road Relays at Delamere, Cheshire on Saturday 10 September 2016

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

<p>1 Liverpool Harriers & Ac 'A' 1:31:21</p> <p>1 John Ashcroft (3) 22:12 2 Richard Burney (2) 22:50 3 James McNally (2) 23:03 4 Thomas Rogerson (1) 23:16</p> <p>2 Trafford Athletic Club 'A' 1:32:16</p> <p>1 Zak Miller (1) 21:42 2 Andile Hlebo (1) 22:14 3 Matthew Sutton (1) 23:40 4 Simon O'meara (2) 24:40</p> <p>3 Preston Harriers 'A' 1:32:35</p> <p>1 Patrick Dever (2) 21:48 2 C Durney (3) 23:25 3 Jake Lonsdale (3) 23:01 4 Andy Benson (3) 24:21</p> <p>4 Rossendale Harriers & Ac 'A' 1:33:08</p> <p>1 Christopher Fell (7) 22:29 2 Robert Webb (5) 23:20 3 Grant Cunliffe (4) 23:43 4 Joseph Johnston (4) 23:36</p> <p>5 Southport Waterloo Ac 'A' 1:33:27</p> <p>1 Ciaran Walsh (25) 24:17 2 Ben Johnson (10) 22:14 3 David Hamilton (8) 24:19 4 David Mulvee (5) 22:37</p> <p>6 Salford Harriers & Ac (Lancs) 1:33:42</p> <p>1 Philip Leybourne (28) 24:39 2 David Rigby (13) 22:24 3 Chris Tully (9) 23:54 4 Josh Tighe (6) 22:45</p> <p>7 Vale Royal Ac 'A' 1:33:58</p> <p>1 Ryan Moore (12) 23:00 2 Jacob John Brown (11) 23:47 3 Oliver Williams (10) 24:23 4 Matthew Sheen (7) 22:48</p> <p>8 Barlick Fell Runners 1:34:24</p> <p>1 Thomas Corrigan (9) 22:50 2 Shaun Chew (6) 23:19 3 Lee Parrington (6) 23:59 4 Daniel Balshaw (8) 24:16</p> <p>9 Vale Royal Ac 'B' 1:35:36</p> <p>1 Cameron Weaver (10) 22:52 2 Stuart Doyle (7) 23:22 3 Matt Rowlinson (7) 24:14 4 Michael Harrington (9) 25:08</p> <p>10 Warrington A C 'A' 1:35:49</p> <p>1 Chris Fance (16) 23:34 2 Jack Green (19) 24:50 3 Nick Jones (12) 23:00 4 Andrew Green (10) 24:25</p> <p>11 Salford Harriers & AC 'A' 1:35:50</p> <p>1 Billy McCartney (23) 24:09 2 Bruno Lima (12) 22:40 3 Tommi Baker (14) 24:57 4 Simon Bruton (11) 24:04</p> <p>12 Leigh Harriers & Ac 'A' 1:36:40</p> <p>1 Callum McCormick (5) 22:22 2 Dave Smith (14) 24:43 3 Thomas Kneller (11) 24:06 4 Liam Moore (12) 25:29</p> <p>13 Blackburn Harriers & Ac 'A' 1:37:02</p> <p>1 Zachary Howe (14) 23:28 2 Jack Hindle (15) 23:39 3 Andrew Buttery (15) 24:57 4 Shaun Livesey (13) 24:58</p> <p>14 Liverpool Harriers & Ac 'B' 1:37:41</p> <p>1 Charla Hassan (18) 23:40 2 Adrian Roach (20) 24:51 3 Ian Moran (18) 24:35 4 Ryan Whiston (14) 24:35</p> <p>15 Penny Lane Striders 'A' 1:38:01</p> <p>1 Martin Swensson (8) 22:43 2 Lawrence Eccles (18) 25:04 3 Alex Cowin (20) 25:55 4 Stephen Watkin (15) 24:19</p> <p>16 Trafford Athletic Club 'B' 1:38:06</p> <p>1 Nathan Townsend (11) 22:56 2 Jeff Prest (8) 23:21 3 Seamus Bradbury (16) 26:22 4 David Maher (16) 25:27</p> <p>17 Sale Harriers Manchester 'C' 1:38:59</p> <p>1 Gareth Raven (6) 22:26 2 Tim Kennedy (9) 24:00 3 Paul Green (5) 23:27 4 Carl Barber (17) 29:06</p>	<p>18 Wilmslow Running Club 'A' 1:39:38</p> <p>1 Peter Speake (21) 23:58 2 Andrew Whittingham (25) 25:33 3 Graham Macneil (25) 26:21 4 Damian Nicholls (18) 23:46</p> <p>19 Liverpool Pembroke & Sefton H 'A' 1:39:40</p> <p>1 Mark Wynne (20) 23:56 2 Jonathon Bride (22) 24:49 3 James Loftus (17) 24:04 4 Harry Doran (19) 26:51</p> <p>20 Altrincham & District Ac 'A' 1:40:02</p> <p>1 Michael Berks (17) 23:37 2 David Norman (17) 23:47 3 Karl Lee (19) 26:09 4 Dan Martell (20) 26:29</p> <p>21 Wirral Ac 1:40:12</p> <p>1 Philip Robertson (13) 23:07 2 Phillip Langan (16) 24:14 3 Alex McBain (13) 24:24 4 Kelvin Dickinson (21) 28:27</p> <p>22 Knowsley Harriers 'A' 1:40:34</p> <p>1 Stephen Doyle (46) 26:29 2 Chris Pownell (30) 24:15 3 Tom Michaelson (24) 25:00 4 Robert Owens (22) 24:50</p> <p>23 Liverpool Running Club 1:40:45</p> <p>1 Lee Ward (39) 25:30 2 Kyle Harrison (23) 23:42 3 James Toohey (23) 25:56 4 Ian Magill (23) 25:37</p> <p>24 Blackburn Harriers & Ac 'B' 1:41:44</p> <p>1 Brian Fogarty (33) 25:16 2 Paul Guinan (34) 25:56 3 Thomas Blaney (26) 25:01 4 Derek Reilly (24) 25:31</p> <p>25 Bury Athletic Club 1:42:01</p> <p>1 Benjamin Coop (22) 24:06 2 James Ardin (21) 24:29 3 Luke Harrelld (21) 25:30 4 Benn Heywood (25) 27:56</p> <p>26 St Helens Sutton Ac 'A' 1:42:29</p> <p>1 Matthew Crehan (19) 23:55 2 Andrew Wilson (26) 25:50 3 Steven Anders (22) 25:17 4 Jamie White (26) 27:27</p> <p>27 Salford Harriers & AC 'C' 1:43:22</p> <p>1 Charles Foster (47) 26:43 2 Steve Snape (28) 23:24 3 Paul Stephens (29) 26:44 4 Michael Grace (27) 26:31</p> <p>28 Liverpool Harriers & Ac 'C' 1:43:43</p> <p>1 Tom Clarke (35) 25:23 2 Mitchell Hawkins (38) 26:47 3 Dale Higham (34) 26:08 4 Colin Potts (28) 25:25</p> <p>29 Southport Waterloo Ac 'B' 1:44:25</p> <p>1 Francois Rafferty (32) 25:11 2 Lewis Rooney (24) 24:06 3 Matthew Goddard (30) 27:36 4 Peter Roome (29) 27:32</p> <p>30 Vale Royal Ac 'C' 1:44:32</p> <p>1 George Thompson (31) 25:08 2 Nathan Williams (33) 25:52 3 Tom Armstrong (35) 27:19 4 Gareth Williams (30) 26:13</p> <p>31 Leigh Harriers & Ac 'B' 1:44:43</p> <p>1 Richard Smith (43) 26:07 2 John Indricks (46) 27:31 3 Martin Conroy (32) 24:13 4 Alexander Urmston (31) 26:52</p> <p>32 Chorlton Runners 'A' 1:44:57</p> <p>1 David Alderson (38) 25:30 2 James Ashford (35) 26:17 3 F Macdonaldoulds (28) 25:04 4 Stephen Welch (32) 28:06</p> <p>33 Preston Harriers 'B' 1:44:59</p> <p>1 Andrew Grimshaw (34) 25:22 2 Richard Smith (27) 24:41 3 Neil McDonald (27) 26:36 4 Lee Foley (33) 28:20</p> <p>34 Lytham St Annes Rr Club 'A' 1:45:22</p> <p>1 C Mccarthy (30) 25:00 2 Ross Mckelvie (32) 25:57 3 Thomas Howarth (31) 26:42 4 Neil Tate (34) 27:43</p>
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North West Road Relays

at Delamere, Cheshire on Saturday 10 September 2016

35 Helsby Running Club	'A' 1:45:42	52 Sale Harriers Manchester	'A' 1:53:12
1 Colin Thompson (24) 24:14	2 Ian Rutherford (36) 27:34	1 Damien Jones (65) 28:16	2 Craig Bradbury (53) 26:56
3 Phil Tomkinson (38) 28:12	4 Neil Finegan (35) 25:42	3 Aidan Raftery (54) 28:32	4 Mike Ashby (52) 29:28
36 Macclesfield Harriers & Ac	'A' 1:46:10	53 St Helens Sutton Ac	'B' 1:53:59
1 James Perry (52) 26:49	2 Francis Pyatt (54) 28:25	1 Ian Costello (60) 27:46	2 Ian Roberts (69) 32:03
3 Ben Greenwood (41) 25:31	4 James Noakes (36) 25:25	3 Barry Graney (62) 27:57	4 Ian Hayburn (53) 26:13
37 Wesham Road Runners & Ac	'A' 1:47:29	54 Lymm Runners	'A' 1:54:25
1 Simon Denye (41) 25:37	2 Lee Barlow (40) 26:48	1 Jonathon Smith (29) 24:49	2 Jim Dawson (50) 29:23
3 Ugis Datavs (37) 26:23	4 Troy Watson (37) 28:41	3 Mark Hamill (57) 31:55	4 Phil Rowen (54) 28:18
38 Wilmslow Running Club	'B' 1:47:32	55 Knowsley Harriers	'B' 1:54:29
1 Allan McCormick (56) 26:57	2 Nick Jackson (48) 26:48	1 William Merritt (53) 26:50	2 Michael Connor (64) 31:43
3 Trevor Morris (39) 26:31	4 Brian Mccoubrey (38) 27:16	3 Terry Mitchell (56) 27:10	4 Peter Hamlett (55) 28:46
39 Liverpool Harriers & Ac	'D' 1:47:34	56 Penny Lane Striders	'C' 1:56:33
1 Jake Goodwin (61) 27:48	2 Curtis Robb (41) 24:43	1 Nigel Grant (71) 30:03	2 John Jensen (67) 29:18
3 Christian Woods (40) 28:13	4 Kristian Quirk (39) 26:50	3 Ian Russell (64) 29:15	4 Andrew Keeley (56) 27:57
40 South Cheshire Harriers	'A' 1:47:57	57 West Cheshire Athletic Club	'A' 1:57:11
1 Matthew Smith (37) 25:28	2 Russell Gibbons (39) 26:54	1 Mark Davies (42) 26:02	2 Andrew Clague (42) 26:53
3 Ivor Twiss (46) 29:51	4 Matthew Taylor (40) 25:44	3 Robert Benson (51) 30:22	4 Peter Smith (57) 33:54
41 Blackburn Harriers & Ac	'C' 1:48:11	58 Macclesfield Harriers & Ac	'B' 1:57:45
1 Conrad Mckee (40) 25:31	2 Karl Billington (29) 25:01	1 Marc Bradford (66) 28:24	2 Neil Hey (59) 28:09
3 Ben Costello (36) 28:07	4 John Cookson (41) 29:32	3 Keith Mulholland (61) 30:56	4 Ray O'keefe (58) 30:16
42 Chester Triathlon Club	'A' 1:48:31	59 Helsby Running Club	'B' 1:58:36
1 Michael Waring (62) 27:51	2 James Morgan (57) 28:18	1 Gary O'connor (68) 28:45	2 Ian Hamling (63) 29:15
3 Stephen Buckle (48) 26:07	4 Jonathan Carter (42) 26:15	3 Roy Gaskill (65) 30:59	4 Christopher Murray (59) 29:37
43 Royton Road Runners	'A' 1:48:42	60 Spectrum Striders	1:58:52
1 Ian Dale (58) 27:20	2 Robert Fairbanks (52) 27:37	1 Karl Steinegger (26) 24:28	2 Mathew Rimmington (49) 29:23
3 Mike Pickering (47) 27:16	4 Shane Reading (43) 26:29	3 Kenny Forster (53) 29:50	4 Andy Garnett (60) 35:11
44 Halton & Frodsham Harriers	1:48:46	61 Penny Lane Striders	'D' 1:59:24
1 Richard Mcgeachie (15) 23:29	2 Matthew Larkin (44) 29:40	1 Simone Capponi (69) 28:49	2 James Malone (66) 30:31
3 Matthew Evans (49) 30:01	4 Benjamin Sutcliffe (44) 25:36	3 Phil Macklin (63) 29:07	4 Steven Maguire (61) 30:57
45 Penny Lane Striders	'B' 1:48:52	62 Royton Road Runners	'C' 1:59:45
1 Colin Dobbs (51) 26:47	2 Ian Crispin (47) 26:58	1 Jason Keast (80) 31:32	2 Rob Marsden (73) 30:11
3 Rob Garth (43) 27:36	4 Christopher Lee (45) 27:31	3 Richard Fiddling (67) 28:51	4 Carl O'callaghan (62) 29:11
46 Altrincham & District Ac	'B' 1:50:24	63 Sale Harriers Manchester	'B' 2:00:12
1 Roger Preece (54) 26:53	2 Adrian Fuller (43) 26:11	1 Elton Davies (45) 26:24	2 Steven Gavin (61) 30:40
3 Graham Harrison (45) 29:07	4 Nick Burke (46) 28:13	3 Frank Cordingley (60) 30:11	4 Timothy Rainey (63) 32:57
47 South Cheshire Harriers	'B' 1:50:45	64 Warrington Road Runners	2:00:14
1 Peter Lloyd (57) 27:19	2 Steven Crowe (55) 28:09	1 Sean Farrelly (82) 32:52	2 Ian Edge (76) 29:16
3 Andrew Twiss (50) 27:48	4 Tony Wardle (47) 27:29	3 Russ Platt (68) 30:32	4 Pete Ackerley (64) 27:34
48 Royton Road Runners	'B' 1:50:58	65 Blackpool Wyre & Fylde Ac	2:01:09
1 David Ellis (67) 28:28	2 Michael Fleming (58) 27:54	1 Darren Tremble (63) 28:01	2 Andrew Simm (60) 28:55
3 Jarrod Gritt (55) 27:23	4 Richard Cummins (48) 27:13	3 Nick Hume (59) 30:17	4 Terence Westhead (65) 33:56
49 Rochdale Harriers & Ac	1:52:03	66 Wesham Road Runners & Ac	'B' 2:03:31
1 Ian Roberts (49) 26:44	2 Nick Barton (62) 30:22	1 Steven Gore (64) 28:05	2 Steve Myerscough (56) 27:34
3 Mark Walker (58) 30:00	4 Richard Stirzaker (49) 24:57	3 Paul Carter (71) 38:50	4 John Collier (66) 29:02
50 Vale Royal Ac	'D' 1:52:10	67 Helsby Running Club	'C' 2:04:33
1 Steven Caldwell (48) 26:44	2 Nick Haywood (51) 27:51	1 Phil Gillard (79) 31:07	2 James David Jones (71) 30:15
3 Richard Murray (52) 28:47	4 Brian Dooley (50) 28:48	3 James Gray (69) 31:44	4 Stephen Riley (67) 31:27
51 St Helens Striders	1:52:56	68 Salford Harriers & AC	'B' 2:05:24
1 Peter Fairclough (44) 26:15	2 Jonjo Doherty (31) 24:41	1 Jeremy Cosway (70) 28:54	2 Sean Cordell (77) 33:50
3 Mark Riley (42) 30:00	4 Paul Hargate (51) 32:00	3 Roland Bowness (74) 33:51	4 Albert Neil Castile (68) 28:49

North West Road Relays

at Delamere, Cheshire on Saturday 10 September 2016

69 Penny Lane Striders

'E' 2:05:55

1 Nigel Foo (77) 30:52	2 Gavin Melia (70) 30:18
3 Richard Stafford (72) 33:32	4 Barry Bright (69) 31:13

70 Lytham St Annes Rr Club

'B' 2:07:35

1 Terry Hellings (72) 30:24	2 Richard Storey (74) 31:29
3 Greg Oulton (76) 36:57	4 Graham Webster (70) 28:45

71 Lymm Runners

'B' 2:08:50

1 Carl Smethurst (76) 30:42	2 Andrew Skett (79) 32:40
3 Jose Perez (75) 34:47	4 Julian Dickinson (71) 30:41

72 Vale Royal Ac

'E' 2:09:33

1 John Moulds (73) 30:26	2 Geoff Fawkes (72) 31:05
3 Steve Collier (70) 32:38	4 Richard Pettitt (72) 35:24

73 Wesham Road Runners & Ac

'C' 2:11:11

1 Ben Wrigley (83) 33:20	2 Simon Young (81) 34:48
3 Alan Taylor (79) 34:56	4 Garry Barnett (73) 28:07

74 Chester Triathlon Club

'B' 2:11:40

1 David Taylor (85) 35:45	2 Kenny Begley (80) 32:11
3 Iain Wood (77) 34:16	4 Ravi Jayaram (74) 29:28

75 Chorlton Runners

'B' 2:12:27

1 Deepak Aggarwal (75) 30:38	2 Jamie Barry (78) 32:36
3 Ross Giles (73) 31:40	4 R Leeming (75) 37:33

76 Royton Road Runners

'D' 2:15:17

1 Garry Bower (81) 32:00	2 Kevin Kennedy (82) 36:22
3 Stephen Rogowskyj(78) 34:06	4 Simon Howard (76) 32:49

Incomplete Teams:

Pendle Athletic Club

1 Matthew Barnes (36) 25:24	2 Thomas Marchant (37) 26:31
3 James Marchant (33) 25:59	

Liverpool Pembroke & Sefton H 'B'

1 Greg Callaghan (55) 26:55	2 John Halson (45) 26:20
3 Daniel Gilbody (44) 28:42	

Rossendale Harriers & Ac

'B'

1 Robert Andrew (74) 30:29	2 Peter Fell (68) 28:55
3 Stephen Radcliffe (66) 30:59	

Sale Harriers Manchester 'D'

1 Nigel Martin (4) 22:17	2 Daniel Kashi (4) 23:17
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Preston Harriers

'C'

1 Stephen Bonsu (59) 27:44	2 Alan Appleby (65) 31:00
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Chorlton Runners

'C'

1 Tony Payne (84) 33:25	2 Ian Jameson (75) 28:37
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Warrington A C

'B'

1 Thomas Mills (27) 24:36

West Cheshire Athletic Club

'B'

1 Andrew Carter (50) 26:45

Manchester Harriers & Ac

'A'

1 Ed Fazakerley (78) 30:56

Fastest of all legs — Final

1 Zak Miller	TraffordAt	A	21:42
2 Patrick Dever	PrestonHar	A	21:48
3 John Ashcroft	LiverpoolH	A	22:12
4 Andile Hlebo	TraffordAt	A	22:14
= Ben Johnson	SouthportW	A	22:14
6 Nigel Martin	SaleHarriD		22:17
7 Callum McCormick	LeighHarri	A	22:22
8 David Rigby	Salford L		22:24
9 Gareth Raven	SaleHarrie	C	22:26
10 Christopher Fell	Rossendale	A	22:29

North West Road Relays at Delamere, Cheshire on Saturday 10 September 2016

Cheshire — Team Results — Final

(nn) is team position after the appropriate stage.

<p>1 Vale Royal Ac 'A' 1:33:58</p> <p>1 Ryan Moore (2) 23:00 2 Jacobjohn Brown (2) 23:47 3 OliverWilliams (2) 24:23 4 Matthew Sheen (1) 22:48</p>	<p>15 West Cheshire Athletic Club 'A' 1:57:11</p> <p>1 Mark Davies (12) 26:02 2 Andrew Clague (8) 26:53 3 Robert Benson (13) 30:22 4 PeterSmith (15) 33:54</p>
<p>2 Vale Royal Ac 'B' 1:35:36</p> <p>1 Cameron Weaver (1) 22:52 2 Stuart Doyle (1) 23:22 3 Matt Rowlinson (1) 24:14 4 Michael Harrington (2) 25:08</p>	<p>16 Macclesfield Harriers & Ac 'B' 1:57:45</p> <p>1 Marc Bradford (19) 28:24 2 NeilHey (17) 28:09 3 Keith Mulholland (17) 30:56 4 Ray O'keefe (16) 30:16</p>
<p>3 Warrington A C 'A' 1:35:49</p> <p>1 Chris Fance (4) 23:34 2 Jack Green (3) 24:50 3 Nick Jones (3) 23:00 4 Andrew Green (3) 24:25</p>	<p>17 Helsby Running Club 'B' 1:58:36</p> <p>1 Gary O'connor (20) 28:45 2 IanHaming (18) 29:15 3 RoyGaskill (18) 30:59 4 Christopher Murray (17) 29:37</p>
<p>4 Wilmslow Running Club 'A' 1:39:38</p> <p>1 Peter Speake (5) 23:58 2 Andrew Whittingham (4) 25:33 3 Graham Macneil (4) 26:21 4 Damian Nicholls (4) 23:46</p>	<p>18 Spectrum Striders 1:58:52</p> <p>1 Karl Steinegger (7) 24:28 2 Mathew Rimmington (11) 29:23 3 Kenny Forster (15) 29:50 4 Andy Garnett (18) 35:11</p>
<p>5 Vale Royal Ac 'C' 1:44:32</p> <p>1 George Thompson (10) 25:08 2 Nathan Williams (5) 25:52 3 Tom Armstrong (5) 27:19 4 Gareth Williams (5) 26:13</p>	<p>19 Warrington Road Runners 2:00:14</p> <p>1 Sean Farrelly (24) 32:52 2 Ian Edge (21) 29:16 3 Russ Platt (19) 30:32 4 Pete Ackerley (19) 27:34</p>
<p>6 Helsby Running Club 'A' 1:45:42</p> <p>1 Colin Thompson (6) 24:14 2 Ian Rutherford (6) 27:34 3 Phil Tomkinson (6) 28:12 4 Neil Finegan (6) 25:42</p>	<p>20 Helsby Running Club 'C' 2:04:33</p> <p>1 Phil Gillard (23) 31:07 2 James David Jones (19) 30:15 3 James Gray (20) 31:44 4 Stephen Riley (20) 31:27</p>
<p>7 Macclesfield Harriers & Ac 'A' 1:46:10</p> <p>1 James Perry (15) 26:49 2 Francis Pyatt (14) 28:25 3 Ben Greenwood (8) 25:31 4 James Noakes (7) 25:25</p>	<p>21 Lymm Runners 'B' 2:08:50</p> <p>1 Carl Smethurst (22) 30:42 2 Andrew Skett (22) 32:40 3 Jose Perez (22) 34:47 4 Julian Dickinson (21) 30:41</p>
<p>8 Wilmslow Running Club 'B' 1:47:32</p> <p>1 Allan McCormick (16) 26:57 2 Nick Jackson (10) 26:48 3 Trevor Morris (7) 26:31 4 Brian McCoubrey (8) 27:16</p>	<p>22 Vale Royal Ac 'E' 2:09:33</p> <p>1 John Moulds (21) 30:26 2 Geoff Fawkes (20) 31:05 3 Steve Collier (21) 32:38 4 Richard Pettitt (22) 35:24</p>
<p>9 South Cheshire Harriers 'A' 1:47:57</p> <p>1 Matthew Smith (11) 25:28 2 Russell Gibbons (7) 26:54 3 Ivor Twiss (9) 29:51 4 Matthew Taylor (9) 25:44</p>	<p>23 Chester Triathlon Club 'B' 2:11:40</p> <p>1 David Taylor (25) 35:45 2 Kenny Begley (23) 32:11 3 Iain Wood (23) 34:16 4 Ravi Jayaram (23) 29:28</p>
<p>10 Chester Triathlon Club 'A' 1:48:31</p> <p>1 Michael Waring (18) 27:51 2 James Morgan (16) 28:18 3 Stephen Buckle (10) 26:07 4 Jonathan Carter (10) 26:15</p>	<p>Incomplete Teams:</p> <p>Warrington A C 'B'</p> <p>1 Thomas Mills (8) 24:36</p> <p>West Cheshire Athletic Club 'B'</p> <p>1 Andrew Carter (14) 26:45</p>
<p>11 Halton & Frodsham Harriers 1:48:46</p> <p>1 Richard Mcgeachie (3) 23:29 2 Matthew Larkin (9) 29:40 3 Matthew Evans (11) 30:01 4 Benjamin Sutcliffe (11) 25:36</p>	<p>Fastest of all legs — Final</p> <p>1 Matthew Sheen ValeRoyalA A 22:48 2 Cameron Weaver ValeRoyalA B 22:52 3 Nick Jones Warrington A 23:00 = Ryan Moore ValeRoyalA A 23:00 5 Stuart Doyle ValeRoyalA B 23:22 6 Richard Mcgeachie Halton&Fro 23:29 7 Chris Fance Warrington A 23:34 8 Damian Nicholls WilmslowRu A 23:46 9 Jacobjohn Brown ValeRoyalA A 23:47 10 Peter Speake WilmslowRu A 23:58</p>
<p>12 South Cheshire Harriers 'B' 1:50:45</p> <p>1 Peter Lloyd (17) 27:19 2 Steven Crowe (15) 28:09 3 Andrew Twiss (12) 27:48 4 Tony Wardle (12) 27:29</p>	
<p>13 Vale Royal Ac 'D' 1:52:10</p> <p>1 Steven Caldwell (13) 26:44 2 Nick Haywood (13) 27:51 3 Richard Murray (14) 28:47 4 Brian Dooley (13) 28:48</p>	
<p>14 Lymm Runners 'A' 1:54:25</p> <p>1 Jonathon Smith (9) 24:49 2 Jim Dawson (12) 29:23 3 Mark Hamill (16) 31:55 4 Phil Rowen (14) 28:18</p>	

North West Road Relays

at Delamere, Cheshire on Saturday 10 September 2016

Gtr Manchester — Team Results — Final
(nn) is team position after the appropriate stage.

<p>1 Trafford Athletic Club 'A' 1:32:16</p> <p>1 Zak Miller (1) 21:42 2 Andile Hlebo (1) 22:14 3 Matthew Sutton (1) 23:40 4 Simon O'meara (1) 24:40</p>	<p>14 Sale Harriers Manchester 'A' 1:53:12</p> <p>1 Damien Jones (15) 28:16 2 Craig Bradbury (13) 26:56 3 Aidan Raftery (12) 28:32 4 Mike Ashby (14) 29:28</p>
<p>2 Salford Harriers & AC 'A' 1:35:50</p> <p>1 Billy McCartney (8) 24:09 2 Bruno Lima (5) 22:40 3 Tommi Baker (4) 24:57 4 Simon Bruton (2) 24:04</p>	<p>15 Royton Road Runners 'C' 1:59:45</p> <p>1 Jason Keast (20) 31:32 2 Rob Marsden (17) 30:11 3 Richard Fiddling (16) 28:51 4 Carl O'callaghan (15) 29:11</p>
<p>3 Leigh Harriers & Ac 'A' 1:36:40</p> <p>1 Callum McCormick (3) 22:22 2 Dave Smith (6) 24:43 3 Thomas Kneller (3) 24:06 4 Liam Moore (3) 25:29</p>	<p>16 Sale Harriers Manchester 'B' 2:00:12</p> <p>1 Elton Davies (11) 26:24 2 Steven Gavin (15) 30:40 3 Frank Cordingley (15) 30:11 4 Timothy Rainey (16) 32:57</p>
<p>4 Trafford Athletic Club 'B' 1:38:06</p> <p>1 Nathan Townsend (5) 22:56 2 Jeff Prest (3) 23:21 3 Seamus Bradbury (5) 26:22 4 David Maher (4) 25:27</p>	<p>17 Salford Harriers & AC 'B' 2:05:24</p> <p>1 Jeremy Cosway (17) 28:54 2 Sean Cordell (19) 33:50 3 Roland Bowness (18) 33:51 4 Albertneil Castile (17) 28:49</p>
<p>5 Sale Harriers Manchester 'C' 1:38:59</p> <p>1 Gareth Raven (4) 22:26 2 Tim Kennedy (4) 24:00 3 Paul Green (2) 23:27 4 Carl Barber (5) 29:06</p>	<p>18 Chorlton Runners 'B' 2:12:27</p> <p>1 Deepak Aggarwal (18) 30:38 2 Jamie Barry (20) 32:36 3 Ross Giles (17) 31:40 4 R Leeming (18) 37:33</p>
<p>6 Altrincham & District Ac 'A' 1:40:02</p> <p>1 Michael Berks (6) 23:37 2 David Norman (7) 23:47 3 Karl Lee (6) 26:09 4 Dan Martell (6) 26:29</p>	<p>19 Royton Road Runners 'D' 2:15:17</p> <p>1 Garry Bower (21) 32:00 2 Kevin Kennedy (21) 36:22 3 Stephen Rogowskyj (19) 34:06 4 Simon Howard (19) 32:49</p>
<p>7 Bury Athletic Club 1:42:01</p> <p>1 Benjamin Coop (7) 24:06 2 James Ardin (8) 24:29 3 Luke Harreld (7) 25:30 4 Benn Heywood (7) 27:56</p>	<p>Incomplete Teams:</p> <p style="padding-left: 20px;">Sale Harriers Manchester 'D'</p> <p>1 Nigel Martin (2) 22:17 2 Daniel Kashi (2) 23:17</p>
<p>8 Leigh Harriers & Ac 'B' 1:44:43</p> <p>1 Richard Smith (10) 26:07 2 John Indricks (11) 27:31 3 Martin Conroy (9) 24:13 4 Alexander Urmston (8) 26:52</p>	<p style="padding-left: 20px;">Chorlton Runners 'C'</p> <p>1 Tony Payne (22) 33:25 2 Ian Jameson (18) 28:37</p>
<p>9 Chorlton Runners 'A' 1:44:57</p> <p>1 David Alderson (9) 25:30 2 James Ashford (9) 26:17 3 F Macdonaldouds (8) 25:04 4 Stephen Welch (9) 28:06</p>	<p style="padding-left: 20px;">Manchester Harriers & Ac 'A'</p> <p>1 Ed Fazakerley (19) 30:56</p>
<p>10 Royton Road Runners 'A' 1:48:42</p> <p>1 Ian Dale (14) 27:20 2 Robert Fairbanks (12) 27:37 3 Mike Pickering (11) 27:16 4 Shane Reading (10) 26:29</p>	<p>Fastest of all legs — Final</p> <p>1 Zak Miller TraffordAt A 21:42 2 Andile Hlebo TraffordAt A 22:14 3 Nigel Martin SaleHarriD 22:17 4 Callum McCormick LeighHarri A 22:22 5 Gareth Raven SaleHarrie C 22:26 6 Bruno Lima SalfordHar A 22:40 7 Nathan Townsend TraffordAt B 22:56 8 Daniel Kashi SaleHarriD 23:17 9 Jeff Prest TraffordAt B 23:21 10 Paul Green SaleHarrie C 23:27</p>
<p>11 Altrincham & District Ac 'B' 1:50:24</p> <p>1 Roger Preece (13) 26:53 2 Adrian Fuller (10) 26:11 3 Graham Harrison (10) 29:07 4 Nick Burke (11) 28:13</p>	
<p>12 Royton Road Runners 'B' 1:50:58</p> <p>1 David Ellis (16) 28:28 2 Michael Fleming (14) 27:54 3 Jarrod Gritt (13) 27:23 4 Richard Cummins (12) 27:13</p>	
<p>13 Rochdale Harriers & Ac 1:52:03</p> <p>1 Ian Roberts (12) 26:44 2 Nick Barton (16) 30:22 3 Mark Walker (14) 30:00 4 Richard Stirzaker (13) 24:57</p>	

North West Road Relays at Delamere, Cheshire on Saturday 10 September 2016

Lancashire — Team Results — Final

(nn) is team position after the appropriate stage.

1 Preston Harriers 'A' 1:32:35
 1 Patrick Dever (1) 21:48 2 C Durney (1) 23:25
 3 Jake Lonsdale (1) 23:01 4 Andy Benson (1) 24:21

2 Rossendale Harriers & Ac 'A' 1:33:08
 1 Christopher Fell (2) 22:29 2 Robert Webb (2) 23:20
 3 Grant Cunliffe (2) 23:43 4 Joseph Johnston (2) 23:36

3 Salford Harriers & Ac (Lancs) 1:33:42
 1 Philip Leybourne (5) 24:39 2 David Rigby (4) 22:24
 3 Chris Tully (4) 23:54 4 Josh Tighe (3) 22:45

4 Barlick Fell Runners 1:34:24
 1 Thomas Corrigan (3) 22:50 2 Shaun Chew (3) 23:19
 3 Lee Parrington (3) 23:59 4 Daniel Balshaw (4) 24:16

5 Blackburn Harriers & Ac 'A' 1:37:02
 1 Zachary Howe (4) 23:28 2 Jack Hindle (5) 23:39
 3 Andrew Buttery (5) 24:57 4 Shaun Livesey (5) 24:58

6 Blackburn Harriers & Ac 'B' 1:41:44
 1 Brian Fogarty (7) 25:16 2 Paul Guinan (9) 25:56
 3 Thomas Blaney (6) 25:01 4 Derek Reilly (6) 25:31

7 Preston Harriers 'B' 1:44:59
 1 Andrew Grimshaw (8) 25:22 2 Richard Smith (6) 24:41
 3 Neil McDonald (7) 26:36 4 Lee Foley (7) 28:20

8 Lytham St Annes Rr Club 'A' 1:45:22
 1 C McCarthy (6) 25:00 2 Ross Mckelvie (8) 25:57
 3 Thomas Howarth (8) 26:42 4 Neil Tate (8) 27:43

9 Wesham Road Runners & Ac 'A' 1:47:29
 1 Simon Denye (11) 25:37 2 Lee Barlow (11) 26:48
 3 Ugis Datavs (11) 26:23 4 Troy Watson (9) 28:41

10 Blackburn Harriers & Ac 'C' 1:48:11
 1 Conrad Mckee (10) 25:31 2 Karl Billington (7) 25:01
 3 Ben Costello (10) 28:07 4 John Cookson (10) 29:32

11 Blackpool Wyre & Fylde Ac 2:01:09
 1 Darren Tremble (13) 28:01 2 Andrew Simm (13) 28:55
 3 Nick Hume (12) 30:17 4 Terence Westhead (11) 33:56

12 Wesham Road Runners & Ac 'B' 2:03:31
 1 Steven Gore (14) 28:05 2 Steve Myerscough (12) 27:34
 3 Paul Carter (14) 38:50 4 John Collier (12) 29:02

13 Lytham St Annes Rr Club 'B' 2:07:35
 1 Terry Hellings (15) 30:24 2 Richard Storey (16) 31:29
 3 Greg Oulton (15) 36:57 4 Graham Webster (13) 28:45

14 Wesham Road Runners & Ac 'C' 2:11:11
 1 Ben Wrigley (17) 33:20 2 Simon Young (17) 34:48
 3 Alan Taylor (16) 34:56 4 Garry Barnett (14) 28:07

Incomplete Teams:

Pendle Athletic Club

1 Matthew Barnes (9) 25:24 2 Thomas Marchant (10) 26:31
 3 James Marchant (9) 25:59

Rossendale Harriers & Ac 'B'

1 Robert Andrew (16) 30:29 2 Peter Fell (15) 28:55
 3 Stephen Radcliffe (13) 30:59

Preston Harriers 'C'

1 Stephen Bonsu (12) 27:44 2 Alan Appleby (14) 31:00

Fastest of all legs — Final

1	Patrick Dever	PrestonHar	A	21:48
2	David Rigby	Salford L		22:24
3	Christopher Fell	Rossendale	A	22:29
4	Josh Tighe	Salford L		22:45
5	Thomas Corrigan	BarlickFel		22:50
6	Jake Lonsdale	PrestonHar	A	23:01
7	Shaun Chew	BarlickFel		23:19
8	Robert Webb	Rossendale	A	23:20
9	C Durney	PrestonHar	A	23:25
10	Zachary Howe	BlackburnH	A	23:28

North West Road Relays at Delamere, Cheshire on Saturday 10 September 2016

Merseyside — Team Results — Final

(nn) is team position after the appropriate stage.

<p>1 Liverpool Harriers & Ac 'A' 1:31:21</p> <p>1 John Ashcroft (1) 22:12 2 Richard Burney (1) 22:50 3 James McNally (1) 23:03 4 Thomas Rogerson (1) 23:16</p>	<p>13 Penny Lane Striders 'B' 1:48:52</p> <p>1 Colin Dobbs (13) 26:47 2 Ian Crispin (15) 26:58 3 Rob Garth (14) 27:36 4 Christopher Lee (13) 27:31</p>
<p>2 Southport Waterloo Ac 'A' 1:33:27</p> <p>1 Ciaran Walsh (7) 24:17 2 Ben Johnson (2) 22:14 3 David Hamilton (2) 24:19 4 David Mulvee (2) 22:37</p>	<p>14 St Helens Striders 1:52:56</p> <p>1 Peter Fairclough (11) 26:15 2 Jonjo Doherty (11) 24:41 3 Mark Riley (13) 30:00 4 Paul Hargate (14) 32:00</p>
<p>3 Liverpool Harriers & Ac 'B' 1:37:41</p> <p>1 Charla Hassan (4) 23:40 2 Adrian Roach (5) 24:51 3 Ian Moran (5) 24:35 4 Ryan Whiston (3) 24:35</p>	<p>15 St Helens Sutton Ac 'B' 1:53:59</p> <p>1 Ian Costello (16) 27:46 2 Ian Roberts (19) 32:03 3 Barry Graney (17) 27:57 4 Ian Hayburn (15) 26:13</p>
<p>4 Penny Lane Striders 'A' 1:38:01</p> <p>1 Martin Swensson (2) 22:43 2 Lawrence Eccles (4) 25:04 3 Alex Cowin (6) 25:55 4 Stephen Watkin (4) 24:19</p>	<p>16 Knowsley Harriers 'B' 1:54:29</p> <p>1 William Merritt (14) 26:50 2 Michael Connor (16) 31:43 3 Terry Mitchell (16) 27:10 4 Peter Hamlett (16) 28:46</p>
<p>5 Liverpool Pembroke & Sefton H 'A' 1:39:40</p> <p>1 Mark Wynne (6) 23:56 2 Jonathon Bride (6) 24:49 3 James Loftus (4) 24:04 4 Harry Doran (5) 26:51</p>	<p>17 Penny Lane Striders 'C' 1:56:33</p> <p>1 Nigel Grant (19) 30:03 2 John Jensen (18) 29:18 3 Ian Russell (19) 29:15 4 Andrew Keeley (17) 27:57</p>
<p>6 Wirral Ac 1:40:12</p> <p>1 Phillip Robertson (3) 23:07 2 Phillip Langan (3) 24:14 3 Alex McBain (3) 24:24 4 Kelvin Dickinson (6) 28:27</p>	<p>18 Penny Lane Striders 'D' 1:59:24</p> <p>1 Simone Capponi (18) 28:49 2 James Malone (17) 30:31 3 Phil Macklin (18) 29:07 4 Steven Maguire (18) 30:57</p>
<p>7 Knowsley Harriers 'A' 1:40:34</p> <p>1 Stephen Doyle (12) 26:29 2 Chris Pownell (10) 24:15 3 Tom Michaelson (9) 25:00 4 Robert Owens (7) 24:50</p>	<p>19 Penny Lane Striders 'E' 2:05:55</p> <p>1 Nigel Foo (20) 30:52 2 Gavin Melia (20) 30:18 3 Richard Stafford (20) 33:32 4 Barry Bright (19) 31:13</p>
<p>8 Liverpool Running Club 1:40:45</p> <p>1 Lee Ward (10) 25:30 2 Kyle Harrison (7) 23:42 3 James Toohey (8) 25:56 4 Ian Magill (8) 25:37</p>	<p>Incomplete Teams:</p> <p style="text-align: center;">Liverpool Pembroke & Sefton H 'B'</p> <p>1 Greg Callaghan (15) 26:55 2 John Halson (14) 26:20 3 Daniel Gilbody (15) 28:42</p>
<p>9 St Helens Sutton Ac 'A' 1:42:29</p> <p>1 Matthew Crehan (5) 23:55 2 Andrew Wilson (9) 25:50 3 Steven Anders (7) 25:17 4 Jamie White (9) 27:27</p>	<p>Fastest of all legs — Final</p> <p>1 John Ashcroft LiverpoolH A 22:12 2 Ben Johnson SouthportW A 22:14 3 David Mulvee SouthportW A 22:37 4 Martin Swensson PennyLaneS A 22:43 5 Richard Burney LiverpoolH A 22:50 6 James McNally LiverpoolH A 23:03 7 Philip Robertson WirralAc 23:07 8 Thomas Rogerson LiverpoolH A 23:16 9 Charla Hassan LiverpoolH B 23:40 10 Kyle Harrison LiverpoolR 23:42</p>
<p>10 Liverpool Harriers & Ac 'C' 1:43:43</p> <p>1 Tom Clarke (9) 25:23 2 Mitchell Hawkins (12) 26:47 3 Dale Higham (11) 26:08 4 Colin Potts (10) 25:25</p>	
<p>11 Southport Waterloo Ac 'B' 1:44:25</p> <p>1 Francois Rafferty (8) 25:11 2 Lewis Rooney (8) 24:06 3 Matthew Goddard (10) 27:36 4 Peter Roome (11) 27:32</p>	
<p>12 Liverpool Harriers & Ac 'D' 1:47:34</p> <p>1 Jake Goodwin (17) 27:48 2 Curtis Robb (13) 24:43 3 Christian Woods (12) 28:13 4 Kristian Quirk (12) 26:50</p>	

Non Scoring — Team Results — Final

(nn) is team position after the appropriate stage.

<p>1 Salford Harriers & AC 'C' 1:43:22</p> <p>1 Charles Foster (1) 26:43 2 Steve Snape (1) 23:24 3 Paul Stephens (1) 26:44 4 Michael Grace (1) 26:31</p>	
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Fastest of all legs — Final

1 Steve Snape	SalfordHar	C 23:24
2 Michael Grace	SalfordHar	C 26:31
3 Charles Foster	SalfordHar	C 26:43
4 Paul Stephens	SalfordHar	C 26:44