

The PSUK National Cross Country Championships at Woodbank Park, Stockport on Wednesday 17th February 2016

Women — FINAL RESULTS

Pos	Num	Name	Cat/Pos	Club	Time						
1	65	Dianne Lauder	L35	1 Scotland	29:35	36	70 Rachel Walsh	L35	7 South Wales		40:50
2	50	Natalie Farrow		Lincolnshire	30:06	37	91 Sally Youden	L35	8 Northumbria		40:56
3	51	Helen Leigh		Ministry Of Defence Police	30:28	38	88 Marj Macallum	L50	4 Wiltshire		41:13
4	80	Sarah Rose	L40	1 West Midlands	31:08	39	15 Sara Crane	L45	6 Devon & Cornwall		41:28
5	3	Sarah Griffiths		Cheshire	31:50	40	29 Deborah Evans	L55	1 Gwent		41:32
6	64	Laura Bickerstaff		PSNI	31:55	41	48 Robina Osbourne		Lancashire		41:42
7	83	Nicola Brown	L40	2 West Yorkshire	32:15	42	4 Rooyen Patricia Van	L40	10 Cheshire		41:48
8	68	Avril Pearson	L40	3 Scotland	33:57	43	63 Janice White	L40	11 PSNI		41:55
9	62	Tara Malone	L35	2 PSNI	34:01	44	76 Mary Winks	L50	5 Thames Valley		42:08
10	8	Sheli Gordon	L35	3 Cleveland	34:13	45	74 Claire Lowe	L40	12 Surrey		42:16
11	47	Janine Fallon	L40	4 Lancashire	34:25	46	36 Clare Halfpenny	L40	13 Hertfordshire		42:26
12	18	Jo Fletcher	L40	5 Gloucestershire	34:28	47	13 Dominique Oliver		Devon & Cornwall		42:39
13	77	Abi Gooch	L35	4 Thames Valley	35:00	48	46 Nicole Croft		Lancashire		42:48
14	41	Caroline McCarty	L45	1 Kent	35:26	49	39 Angie Holmes		Kent		42:55
15	69	Kelly Morgan	L35	5 South Wales	36:03	50	35 Ron Lawley	L55	2 Hertfordshire		42:58
16	72	Nia Nokes		Staffordshire	36:13	51	59 Madeleine Moutrie	L50	6 Northamptonshire		43:00
17	52	Kat Kruse		Metropolitan Police	36:16	52	23 Marion Dixon	L45	7 Gt Manchester Police Ac		43:30
18	66	Rachel Drummond	L35	6 Scotland	36:51	53	55 Jacqui Reid	L45	8 Metropolitan Police		43:38
19	6	Ali Guihan		City Of London	37:05	54	34 Helen Hayes	L40	14 Hertfordshire		45:13
20	5	Lindsay Chamberlain	L40	6 Cheshire	37:28	55	42 Julie Martin	L40	15 Kent		45:20
21	24	Cheryl Hughes	L40	7 Gt Manchester Police Ac	37:49	56	38 Karen Hall	L45	9 Kent		47:31
22	60	Olwyn Sharp		Nottinghamshire	38:01	57	84 Heather Mitchell	L60	1 West Yorkshire		47:35
23	67	Kirsty Baird	L40	8 Scotland	38:05	58	27 Susan Redfern	L40	16 Gt Manchester Police Ac		47:55
24	78	Lisa Sammons		Thames Valley	38:07	59	73 Maria Peruzza		Staffordshire		48:02
25	44	Laura Lawler	L45	2 Lancashire	38:32	60	86 Gina Dilworth	L35	9 Wiltshire		48:32
26	1	Kate Armstrong	L50	1 Cambridgeshire	38:35	61	31 Pushpa Sunwar		Hampshire		48:34
27	16	Jo Church	L50	2 Devon & Cornwall	38:41	62	21 Catherine James	L35	10 Gloucestershire		49:15
28	40	Essen Larsen		Kent	38:47	63	33 Sarah Hern	L35	11 Hertfordshire		49:26
29	53	Victoria Emsley		Metropolitan Police	38:52	64	89 Mamata Rai		Wiltshire		51:18
30	2	Caroline Brophy	L50	3 Cheshire	38:59	65	17 Shirley Newnham	L50	7 Devon & Cornwall		53:39
31	85	Nicki Davey	L45	3 Wiltshire	39:32	66	7 Kate Langtry		City Of London		56:51
32	22	Katrina Hughes	L45	4 Gt Manchester Police Ac	39:38	67	92 Sue Harrison	L60	2 Lancashire		59:17
33	28	Rochelle Evans	L40	9 Gt Manchester Police Ac	40:06	68	37 Wendy Gilham	L50	8 Kent		1:02:53
34	25	Laura Walters		Gt Manchester Police Ac	40:23	69	14 Jane Bickley	L40	17 Devon & Cornwall		1:29:10
35	57	Lucy Campbell	L45	5 Norfolk	40:44						

Women — TEAM RESULTS

1 Scotland	27	—	1 Dianne Lauder	8 Avril Pearson	18 Rachel Drummond
2 Cheshire	55	—	5 Sarah Griffiths	20 Lindsay Chamberlain	30 Caroline Brophy
3 PSNI	58	—	6 Laura Bickerstaff	9 Tara Malone	43 Janice White
4 Lancashire	77	—	11 Janine Fallon	25 Laura Lawler	41 Robina Osbourne
5 Thames Valley	81	—	13 Abi Gooch	24 Lisa Sammons	44 Mary Winks
6 Gt Manchester Police Ac	86	—	21 Cheryl Hughes	32 Katrina Hughes	33 Rochelle Evans
7 Kent	91	—	14 Caroline McCarty	28 Essen Larsen	49 Angie Holmes
8 Metropolitan Police	99	—	17 Kat Kruse	29 Victoria Emsley	53 Jacqui Reid
9 Devon & Cornwall	113	—	27 Jo Church	39 Sara Crane	47 Dominique Oliver
10 Wiltshire	129	—	31 Nicki Davey	38 Marj Macallum	60 Gina Dilworth
11 Hertfordshire	150	—	46 Clare Halfpenny	50 Ron Lawley	54 Helen Hayes

Women (Vets) — TEAM RESULTS

1 Scotland	27	—	1 Dianne Lauder	8 Avril Pearson	18 Rachel Drummond
2 Gt Manchester Police Ac	86	—	21 Cheryl Hughes	32 Katrina Hughes	33 Rochelle Evans
3 Cheshire	92	—	20 Lindsay Chamberlain	30 Caroline Brophy	42 Rooyen Patricia Van
4 Lancashire	103	—	11 Janine Fallon	25 Laura Lawler	67 Sue Harrison
5 Kent	125	—	14 Caroline McCarty	55 Julie Martin	56 Karen Hall
6 Wiltshire	129	—	31 Nicki Davey	38 Marj Macallum	60 Gina Dilworth
7 Devon & Cornwall	131	—	27 Jo Church	39 Sara Crane	65 Shirley Newnham
8 Hertfordshire	150	—	46 Clare Halfpenny	50 Ron Lawley	54 Helen Hayes

Women - Minor Forces — TEAM RESULTS

1 Wiltshire	129	—	31 Nicki Davey	38 Marj Macallum	60 Gina Dilworth
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The PSUK National Cross Country Championships at Woodbank Park, Stockport on Wednesday 17th February 2016

Men — FINAL RESULTS

Pos	Num	Name	Cat/Pos	Club	Time
1	177	Joe Rainford		Derbyshire	37:55
2	276	Rob Jackaman		Metropolitan Police	38:11
3	178	Ian Phillips		Derbyshire	38:14
4	233	Paul Cardy		Hampshire	38:52
5	366	Ben Brewster		Wiltshire	38:57
6	275	Jim Cooper	V40 1	Metropolitan Police	39:04
7	163	Harry Paton		City Of London	39:10
8	190	Anthony Murray	V40 2	Durham	39:34
9	260	James Willoughby		Leicestershire	40:22
10	151	Chris Balmer		Cambridgeshire	40:26
11	306	Steve Cairns	V45 1	Scotland	40:36
12	348	Nick Dale	V40 3	West Midlands	40:42
13	308	Andrew McGhee		Scotland	41:16
14	379	James Whitehead		Cambridgeshire	41:44
15	378	Simon Fricke		North Yorkshire	41:51
16	346	Nigel Gaskin		West Midlands	41:55
17	172	Chris Newman		Cumbria	42:01
18	216	Nicholas Schofield	V50 1	Gt Manchester Police Ac	42:02
19	184	Alex Daniels	V40 4	Devon & Cornwall	42:04
20	288	Ian Ritchie		Northumbria	42:06
21	152	Andy Gardiner		Cambridgeshire	42:07
22	256	Kieran Rowlands		Lancashire	42:15
23	217	Matt Oldham		Gt Manchester Police Ac	42:18
24	182	Clive Ramsden	V40 5	Devon & Cornwall	42:27
25	158	Malcolm Fowler	V50 2	Cheshire	42:38
26	340	Russ McFarlane		Thames Valley	42:49
27	312	Johnathan Peebles		Scotland	42:51
28	191	David Wallace		Durham	43:03
29	369	Lee Kuklinski		Wiltshire	43:04
30	291	Tim Miley	V50 3	Northumbria	43:06
31	356	Darren Riley	V50 4	West Midlands	43:08
32	343	David Hall	V40 6	West Mercia	43:12
33	310	Cameron Wilson		Scotland	43:26
34	363	Simon Newton		West Yorkshire	43:28
35	169	Tony Oliver	V45 2	Cleveland	43:45
36	210	Richard Lloyd	V45 3	Gt Manchester Police Ac	43:48
37	315	Ross McNaught		Scotland	43:56
38	176	Shaun Bott		Derbyshire	44:05
39	307	Darren Cavaroli	V40 7	Scotland	44:09
40	338	Colin Wood	V40 8	Thames Valley	44:27
41	377	Mike Ramselarr		Wiltshire	44:30
42	265	Ian Parker	V45 4	Leicestershire	44:31
43	380	Scott Lloyd		Cambridgeshire	44:46
44	205	Darren Jones	V45 5	Gloucestershire	44:47
45	323	Glyn Pattinson	V45 6	Staffordshire	44:50
46	314	Robert Urquart		Scotland	44:59
47	224	Daniel Appleby		Gt Manchester Police Ac	45:05
48	238	Paul Allen	V50 5	Hertfordshire	45:13
49	159	Iain Wedge	V45 7	Cheshire	45:20
50	357	Paul Swan	V50 6	West Midlands	45:27
51	189	Ian Blakemore	V40 9	Durham	45:42
52	269	Nigel Rowe	V50 7	Metropolitan Police	45:54
53	353	Neil Ogden	V40 10	West Midlands	46:02
54	174	Andy Beaty	V55 1	Cumbria	46:06
55	181	James Johnston		Devon & Cornwall	46:14
56	292	Graham Whitt		Nottinghamshire	46:20
57	349	Chris Harris	V40 11	West Midlands	46:22
58	258	Will Nelson		Lancashire	46:29
59	230	Andy Proctor	V40 12	Hampshire	46:33
60	329	Chris Meir	V45 8	Staffordshire	46:41
61	255	Graham Brownsmith	V40 13	Lancashire	46:58
62	204	Rich Pegler	V40 14	Gloucestershire	46:59
63	318	John Hill		South Wales	47:16
64	160	Darren Varley		Cheshire	47:20
65	180	Peter Orme	V55 2	Derbyshire	47:22
66	367	Stuart Dinwoodie	V50 8	Wiltshire	47:33
67	232	Tony Rickman	V40 15	Hampshire	47:38
68	336	Peter Crisp		Thames Valley	47:42
69	192	Neil Robinson	V45 9	Durham	47:50
70	368	Geoff Goodway	V40 16	Wiltshire	48:16
71	278	Ian Mawdesley		Metropolitan Police	48:26
72	221	Matthew Hawtin	V40 17	Gt Manchester Police Ac	48:32
73	326	Karl Tyson	V50 9	Staffordshire	48:56
74	303	Andrew Leatham	V45 10	PSNI	49:04
75	170	Richard Mavin	V50 10	Cumbria	49:08
76	209	David Fulton	V50 11	Gt Manchester Police Ac	49:16
77	200	Dave Wood	V50 12	Gloucestershire	49:17
78	164	Michael Monkton		City Of London	49:25
79	166	Trevor Holden	V50 13	City Of London	49:26
80	257	Dennis Nelson	V50 14	Lancashire	49:33
81	335	Mikey Taylor	V45 11	Surrey	49:43
82	372	Matt Thomson		Wiltshire	49:57
83	185	Andy Dudley	V45 12	Devon & Cornwall	49:58
84	157	Jack Pilkington		Cheshire	50:06
85	218	Bryan Lawton	V50 15	Gt Manchester Police Ac	50:09
86	268	Liam Phair		Metropolitan Police	50:18
87	341	Steve Fleck	V55 3	Thames Valley	50:18
88	236	Des Michael	V65 1	Hertfordshire	50:29
89	183	Joe Chalk	V40 18	Devon & Cornwall	50:32
90	316	John Diffey	V50 16	South Wales	50:51
91	304	David McGaffin	V45 13	PSNI	50:53
92	324	Andy Maxfield	V45 14	Staffordshire	50:55
93	220	Ronald Neilson		Gt Manchester Police Ac	50:57
94	219	Michael Smith	V50 17	Gt Manchester Police Ac	50:59
95	167	James Curtis		City Of London	51:06
96	213	Nick Howarth	V50 18	Gt Manchester Police Ac	51:08
97	248	Scott Lynch	V45 15	Kent	51:10
98	259	Graham Hobbs	V50 19	Leicestershire	51:12
99	277	Kevin Concannon	V55 4	Metropolitan Police	51:13
100	175	Brian Horn	V60 1	Cumbria	51:18
101	227	Paul Jackson	V50 20	Gwent	51:28
102	211	Richard Sample		Gt Manchester Police Ac	51:40
103	309	Stevie Laurie	V40 19	Scotland	51:48
104	266	Brian Geeson	V50 21	Leicestershire	52:09
105	262	Rod Smart	V45 16	Leicestershire	52:10
106	208	Gary Coms		Gt Manchester Police Ac	52:12
107	187	Barry Frost	V55 5	Devon & Cornwall	52:18
108	207	Pete Wand	V55 6	Gloucestershire	52:20
109	328	Phil Fortun	V40 20	Staffordshire	52:30
110	215	Matt Hill		Gt Manchester Police Ac	52:34
111	254	Stuart Kane		Lancashire	52:40
112	305	Paul Floyd		PSNI	52:43
113	274	Richard Wilson	V55 7	Metropolitan Police	53:06
114	273	Trevor Normoyle		Metropolitan Police	53:18
115	173	Mark Pannone	V45 17	Cumbria	53:29
116	287	Ken Willis	V60 2	Northamptonshire	53:43
117	245	Carl Barnaby		Humberside	53:51
118	188	David Coxon	V45 18	Durham	53:53
119	373	Stuart Welch		Wiltshire	53:57
120	231	Aaron Sutton		Hampshire	54:05
121	311	Willie Hamilton	V60 3	Scotland	54:10
122	282	Peter Laddiman	V55 8	Norfolk	54:14
123	345	Mark Hawkins	V40 21	West Mercia	54:30
124	313	Dougie Paton	V45 19	Scotland	54:44
125	358	Tony Price	V50 22	West Midlands	54:51
126	202	Ali McCrimmon		Gloucestershire	54:52
127	270	Paul Hope	V55 9	Metropolitan Police	55:16
128	168	Adrian Martin	V50 23	Cleveland	55:41
129	212	Craig Chapman		Gt Manchester Police Ac	55:43
130	286	Kevin Clark	V45 20	North Wales	55:51
131	331	Jon Edwards	V45 21	Surrey	56:07
132	361	Rob Mills	V55 10	West Midlands	56:16
133	194	Jason Wintin		Essex	56:25
134	201	Steve Norris	V40 22	Gloucestershire	56:33
135	364	Graham Dyson	V45 22	West Yorkshire	56:35
136	374	Pete Bowerbank	V55 11	Wiltshire	56:56
137	196	John Jackson	V50 24	Essex	56:59
138	297	Drew Fenn		Nottinghamshire	57:04
139	294	Alex Harvie	V40 23	Nottinghamshire	57:20
140	342	Graham Horton	V45 23	Thames Valley	57:25
141	337	Matt Allen		Thames Valley	57:30
142	198	John Mackenzie	V60 4	Essex	57:48
143	239	Frank Parsons	V60 5	Hertfordshire	57:50
144	186	Kev Richards	V50 25	Devon & Cornwall	57:52
145	332	Rick Miller	V50 26	Surrey	58:07
146	376	Clive Barker	V45 24	Wiltshire	58:48
147	350	Chris Hanson	V40 24	West Midlands	58:58
148	199	Marc Flannery	V55 12	Gloucestershire	59:16
149	263	Christopher Thornton		Leicestershire	59:34
150	267	Rod Hockin	V50 27	Leicestershire	59:47
151	339	Granville Williams	V45 25	Thames Valley	1:00:04
152	264	Steve Plumb	V50 28	Leicestershire	1:00:17
153	252	Mark Mulryan		Lancashire	1:00:36
154	243	Mick Wise	V60 6	Hertfordshire	1:00:49
155	244	Carl Horth		Humberside	1:00:51
156	365	Kevin Chippendale	V55 13	West Yorkshire	1:00:59
157	298	Pete Boddy	V45 26	Nottinghamshire	1:01:16
158	153	Owen Neeson		Cambridgeshire	1:01:39
159	214	Jim Bentley	V55 14	Gt Manchester Police Ac	1:01:57
160	162	Neil Murphy	V55 15	Cheshire	1:02:05
161	235	Andy Amos	V50 29	Hertfordshire	1:02:37
162	195	Charles Quae	V45 27	Essex	1:02:43
163	247	John Cooper	V50 30	Kent	1:02:48
164	253	David Wilkinson	V55 16	Lancashire	1:02:59
165	371	Patch Swindle	V50 31	Wiltshire	1:04:02
166	321	David Needham	V65 2	South Yorkshire	1:04:31
167	261	Richard Watson	V45 28	Leicestershire	1:05:00
168	223	Ben Coombs		Gt Manchester Police Ac	1:05:19

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

169	251	Mark Porter	V50 32	Lancashire	1:05:49
170	240	Bill Rayner	V60 7	Hertfordshire	1:06:20
171	351	Matt Barnsley	V40 25	West Midlands	1:06:33
172	225	Tyrone Broome	V50 33	Gwent	1:06:43
173	302	Peter Grimes	V45 29	PSNI	1:06:55
174	228	Craig Ellis		Gwent	1:07:10
175	271	Talat Mahmood	V45 30	Metropolitan Police	1:07:10
176	250	Steven Broadbent	V55 17	Lancashire	1:09:26
177	226	Steve New	V50 34	Gwent	1:10:56
178	354	Jenson Bloomer	V45 31	West Midlands	1:11:38
179	249	Mel Moore	V50 35	Kent	1:20:28
180	319	Carwyn Evans	V45 32	South Wales	1:26:35

Men — TEAM RESULTS

1	Scotland	160 — 11	Steve Cairns	13	Andrew McGhee	27	Johnathan Peebles	33	Cameron Wilson	37	Ross McNaught	39	Darren Cavaroli
2	West Midlands	219 — 12	Nick Dale	16	Nigel Gaskin	31	Darren Riley	50	Paul Swan	53	Neil Ogden	57	Chris Harris
3	Gt Manchester Police Ac	272 — 18	Nicholas Schofield	23	Matt Oldham	36	Richard Lloyd	47	Daniel Appleby	72	Matthew Hawtin	76	David Fulton
4	Wiltshire	293 — 5	Ben Brewster	29	Lee Kuklinski	41	Mike Ramselarr	66	Stuart Dinwoodie	70	Geoff Goodway	82	Matt Thomson
5	Metropolitan Police	316 — 2	Rob Jackaman	6	Jim Cooper	52	Nigel Rowe	71	Ian Mawdesley	86	Liam Phair	99	Kevin Concannon
6	Devon & Cornwall	377 — 19	Alex Daniels	24	Clive Ramsden	55	James Johnston	83	Andy Dudley	89	Joe Chalk	107	Barry Frost
7	Lancashire	485 — 22	Kieran Rowlands	58	Will Nelson	61	Graham Brownsmith	80	Dennis Nelson	111	Stuart Kane	153	Mark Mulryan
8	Thames Valley	502 — 26	Russ McFarlane	40	Colin Wood	68	Peter Crisp	87	Steve Fleck	140	Graham Horton	141	Matt Allen
9	Leicestershire	507 — 9	James Willoughby	42	Ian Parker	98	Graham Hobbs	104	Brian Geeson	105	Rod Smart	149	Christopher Thornton
10	Gloucestershire	551 — 44	Darren Jones	62	Rich Pegler	77	Dave Wood	108	Pete Wand	126	Ali McCrimmon	134	Steve Norris
11	Hertfordshire	764 — 48	Paul Allen	88	Des Michael	143	Frank Parsons	154	Mick Wise	161	Andy Amos	170	Bill Rayner

Men (Vets) — TEAM RESULTS

1	West Midlands	93 — 12	Nick Dale	31	Darren Riley	50	Paul Swan
2	Gt Manchester Police Ac	126 — 18	Nicholas Schofield	36	Richard Lloyd	72	Matthew Hawtin
3	Devon & Cornwall	126 — 19	Alex Daniels	24	Clive Ramsden	83	Andy Dudley
4	Durham	128 — 8	Anthony Murray	51	Ian Blakemore	69	Neil Robinson
5	Scotland	153 — 11	Steve Cairns	39	Darren Cavaroli	103	Stevie Laurie
6	Metropolitan Police	157 — 6	Jim Cooper	52	Nigel Rowe	99	Kevin Concannon
7	Staffordshire	178 — 45	Glyn Pattinson	60	Chris Meir	73	Karl Tyson
8	Gloucestershire	183 — 44	Darren Jones	62	Rich Pegler	77	Dave Wood
9	Cumbria	229 — 54	Andy Beaty	75	Richard Mavin	100	Brian Horn
10	Cheshire	234 — 25	Malcolm Fowler	49	Iain Wedge	160	Neil Murphy
11	Leicestershire	244 — 42	Ian Parker	98	Graham Hobbs	104	Brian Geeson
12	Thames Valley	267 — 40	Colin Wood	87	Steve Fleck	140	Graham Horton
13	Wiltshire	272 — 66	Stuart Dinwoodie	70	Geoff Goodway	136	Pete Bowerbank
14	Hertfordshire	279 — 48	Paul Allen	88	Des Michael	143	Frank Parsons
15	Lancashire	305 — 61	Graham Brownsmith	80	Dennis Nelson	164	David Wilkinson
16	PSNI	338 — 74	Andrew Leatham	91	David McGaffin	173	Peter Grimes
17	Surrey	357 — 81	Mikey Taylor	131	Jon Edwards	145	Rick Miller
18	Kent	439 — 97	Scott Lynch	163	John Cooper	179	Mel Moore
19	Essex	441 — 137	John Jackson	142	John Mackenzie	162	Charles Quaey
20	Gwent	450 — 101	Paul Jackson	172	Tyrone Broome	177	Steve New

Men - Minor Forces — TEAM RESULTS

1	Cambridgeshire	88 — 10	Chris Balmer	14	James Whitehead	21	Andy Gardiner	43	Scott Lloyd
2	Wiltshire	141 — 5	Ben Brewster	29	Lee Kuklinski	41	Mike Ramselarr	66	Stuart Dinwoodie
3	Durham	156 — 8	Anthony Murray	28	David Wallace	51	Ian Blakemore	69	Neil Robinson
4	Cumbria	246 — 17	Chris Newman	54	Andy Beaty	75	Richard Mavin	100	Brian Horn
5	City Of London	259 — 7	Harry Paton	78	Michael Monkton	79	Trevor Holden	95	James Curtis
6	Gloucestershire	291 — 44	Darren Jones	62	Rich Pegler	77	Dave Wood	108	Pete Wand
7	Gwent	624 — 101	Paul Jackson	172	Tyrone Broome	174	Craig Ellis	177	Steve New