

Manchester Area Cross Country League at Arroe Park on Sunday 8th December 2019

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

Pos	Num	Name	Club	Time	Pos	Num	Name	Club	Time	Pos	Num	Name	Club	Time
1	41	Ben Keeley	Sale Harriers Manchester	8:43	28	72	Ben Woods	Warrington A C	9:53					
2	49	Evan Grime	Salford Harriers & AC	8:49	29	770	Leon Hardcastle	Vale Royal Ac	9:59					
3	77	Dominic Poulston	Wirral Ac	8:53	30	880	Joshua Rogers	Sale Harriers Manchester	9:59					
4	43	Liam O'Brien	Sale Harriers Manchester	8:55	31	74	Conor Hartley	Wespa Fire Athletics	10:05					
5	802	Jake Ireland	Macclesfield Harriers & Ac	8:58	32	20	Finley Partington	East Cheshire Harriers & Tames	10:06					
6	60	Arthur Wolstenholme	Stockport Harriers & Ac	9:01	33	50	Marcus Lowrey	Salford Harriers & AC	10:11					
7	826	Jack Davies	Liverpool Harriers & Ac	9:05	34	784	Theo Cotter	St Helens Sutton Ac	10:13					
8	871	Joshua Hatton	Wirral Ac	9:05	35	24	Charlie Larkin	Halton & Frodsham Harriers	10:17					
9	45	Jake Royle	Sale Harriers Manchester	9:07	36	873	Edward Moore	Wirral Ac	10:18					
10	42	Dan Oakes	Sale Harriers Manchester	9:07	37	774	Thomas Messenger	Vale Royal Ac	10:25					
11	73	Jac Chapman	Wespa Fire Athletics	9:07	38	26	Hugo Blackwell	Macclesfield Harriers & Ac	10:32					
12	18	Alfie Manser	East Cheshire Harriers & Tames	9:08	39	872	Charlie Kerr	Wirral Ac	10:38					
13	33	Bobby Tomlinson	Macclesfield Harriers & Ac	9:10	40	35	Christopher Parikh	Manchester Harriers & Ac	10:49					
14	75	Malachi Harty	Wirral Ac	9:16	41	51	Jack Broadhurst	Salford Metropolitan Ac	10:55					
15	740	Thomas Rimmer	West Cheshire Athletic Club	9:18	42	785	Ben Genner	St Helens Sutton Ac	11:11					
16	40	Ben Gardner	Sale Harriers Manchester	9:20	43	67	Thomas Darbyshire	Warrington A C	11:18					
17	887	Michael Phelan	Wirral Ac	9:24	44	31	Oliver Stewart	Macclesfield Harriers & Ac	11:22					
18	61	Evan Lewis	Trafford Athletic Club	9:28	45	901	Jack Blackwell	Salford Harriers & AC	11:24					
19	47	Ed Spark	Sale Harriers Manchester	9:32	46	21	Lucas Rhodes	East Cheshire Harriers & Tames	11:43					
20	827	Charlie Rigby	Liverpool Harriers & Ac	9:36	47	56	Ethan Colley	St Helens Sutton Ac	11:52					
21	38	Joe Eyre	Sale Harriers Manchester	9:38	48	62	Barney Watson	Trafford Athletic Club	11:55					
22	58	Leo Dewsbury	Stockport Harriers & Ac	9:40	49	63	Joe Watson	Trafford Athletic Club	12:00					
23	753	Zach Rose	Stockport Harriers & Ac	9:43	50	55	Eliagh Colley	St Helens Sutton Ac	12:17					
24	13	Marshall Fleet	East Cheshire Harriers & Tames	9:45	51	806	Samuel Haines	Salford Harriers & AC	12:24					
25	771	Kyran Higginbotham	Vale Royal Ac	9:50	52	64	Ravi Woolhouse	Trafford Athletic Club	13:36					
26	53	Noah Cronshaw	Salford Metropolitan Ac	9:52	53	586	Aidan Larkin	Halton & Frodsham Harriers	13:45					
27	71	Joseph Welsby	Warrington A C	9:52	54	807	Ryley Holden	Salford Harriers & AC	14:31					

Under 11 - Boys — TEAM RESULTS

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

1	Sale Harriers Manchester	14	—	1	Ben Keeley	4	Liam O'Brien	9	Jake Royle
2	Wirral Ac	25	—	3	Dominic Poulston	8	Joshua Hatton	14	Malachi Harty
3	Sale Harriers Manchester 'B'	45	—	10	Dan Oakes	16	Ben Gardner	19	Ed Spark
4	Stockport Harriers & Ac	51	—	6	Arthur Wolstenholme	22	Leo Dewsbury	23	Zach Rose
5	Macclesfield Harriers & Ac	56	—	5	Jake Ireland	13	Bobby Tomlinson	38	Hugo Blackwell
6	East Cheshire Harriers & Tames	68	—	12	Alfie Manser	24	Marshall Fleet	32	Finley Partington
7	Salford Harriers & AC	80	—	2	Evan Grime	33	Marcus Lowrey	45	Jack Blackwell
8	Vale Royal Ac	91	—	25	Kyran Higginbotham	29	Leon Hardcastle	37	Thomas Messenger
9	Wirral Ac 'B'	92	—	17	Michael Phelan	36	Edward Moore	39	Charlie Kerr
10	Warrington A C	98	—	27	Joseph Welsby	28	Ben Woods	43	Thomas Darbyshire
11	Trafford Athletic Club	115	—	18	Evan Lewis	48	Barney Watson	49	Joe Watson
12	St Helens Sutton Ac	123	—	34	Theo Cotter	42	Ben Genner	47	Ethan Colley

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

Pos	Num	Name	Club	Time	Pos	Num	Name	Club	Time	Pos	Num	Name	Club	Time
1	140	Molly Carvell	Wespa Fire Athletics	8:52	29	889	Holly Webster	Wirral Ac	10:58					
2	142	Holly Cross	Wespa Fire Athletics	9:02	30	147	Ellie Fraser	Wirral Ac	11:00					
3	145	Ruby Phillips	West Cheshire Athletic Club	9:12	31	123	Imogen Pattison	Salford Harriers & AC	11:01					
4	825	Valerie Teare	Liverpool Harriers & Ac	9:21	32	144	Emma Hull	Wespa Fire Athletics	11:02					
5	143	Lexie Ellis	Wespa Fire Athletics	9:26	33	119	Isla Cammish	Salford Harriers & AC	11:03					
6	151	Leila Vesey	Wirral Ac	9:31	34	93	Anna Rooke	East Cheshire Harriers & Tames	11:07					
7	99	Ellie Dixon	Macclesfield Harriers & Ac	9:47	35	139	Brooke Watson	Warrington A C	11:13					
8	822	Bailey Hughes	Liverpool Harriers & Ac	9:54	36	88	Harriet Byrnes	East Cheshire Harriers & Tames	11:16					
9	821	Erin Fay	Liverpool Harriers & Ac	10:00	37	844	Eva McCarthy	Bramhall Runners	11:17					
10	888	Ruby McIlveen	Wirral Ac	10:00	38	150	Isla Neal	Wirral Ac	11:20					
11	113	Oonagh McManus	Sale Harriers Manchester	10:01	39	120	Isabelle Hope	Salford Harriers & AC	11:28					
12	111	Sienna Jones	Sale Harriers Manchester	10:02	40	96	Meadow Wright	East Cheshire Harriers & Tames	11:30					
13	824	Eleanor Redmond	Liverpool Harriers & Ac	10:03	41	101	Corinna Knuckey	Macclesfield Harriers & Ac	11:33					
14	118	Sasha Bartalotta	Salford Harriers & AC	10:08	42	97	Lexi Webb	Liverpool Harriers & Ac	11:38					
15	146	Ella Cowan	Wirral Ac	10:09	43	141	Fern Chapman	Wespa Fire Athletics	11:49					
16	865	Elise Fawkes	Vale Royal Ac	10:15	44	132	Agnes Reekie	Trafford Athletic Club	11:58					
17	109	Francesca Hewitson	Sale Harriers Manchester	10:16	45	815	Mia Dickinson	Salford Harriers & AC	12:07					
18	896	Millie Duff	Liverpool Harriers & Ac	10:19	46	898	Faye Lalley	Liverpool Harriers & Ac	12:13					
19	820	Isabelle Doran	Liverpool Harriers & Ac	10:20	47	124	Nicole Andres	St Helens Sutton Ac	12:15					
20	122	Sophia Nation	Salford Harriers & AC	10:22	48	895	Samantha Birch	Liverpool Harriers & Ac	12:20					
21	780	Isla Pastor	Wespa Fire Athletics	10:25	49	823	Niamh McKeown	Liverpool Harriers & Ac	12:26					
22	105	Ava Bygrave	Sale Harriers Manchester	10:28	50	862	Anna O'Mahoney	Liverpool Harriers & Ac	12:28					
23	115	Hannah Squibbs	Sale Harriers Manchester	10:45	51	779	Maisy Devine	Warrington A C	12:31					
24	750	Molly Mills	Stockport Harriers & Ac	10:54	52	877	Emily Holmes	Liverpool Harriers & Ac	12:34					
25	751	Edith Rose	Stockport Harriers & Ac	10:54	53	133	Natasha Andrews	Warrington A C	13:55					
26	94	Ava Royle	East Cheshire Harriers & Tames	10:55	54	761	Lois Grace	Vale Royal Ac	14:08					
27	874	Lilly-Mai Oswald	Wirral Ac	10:56	55	762	Chloe Manley	Vale Royal Ac	15:55					
28	759	Nancy Carrington	Vale Royal Ac	10:57										

Under 11 - Girls — TEAM RESULTS

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

1	Wespa Fire Athletics	8	—	1	Molly Carvell	2	Holly Cross	5	Lexie Ellis
2	Liverpool Harriers & Ac	21	—	4	Valerie Teare	8	Bailey Hughes	9	Erin Fay
3	Wirral Ac	31	—	6	Leila Vesey	10	Ruby McIlveen	15	Ella Cowan
4	Sale Harriers Manchester	40	—	11	Oonagh McManus	12	Sienna Jones	17	Francesca Hewitson
5	Liverpool Harriers & Ac 'B'	50	—	13	Eleanor Redmond	18	Millie Duff	19	Isabelle Doran
6	Salford Harriers & AC	65	—	14	Sasha Bartalotta	20	Sophia Nation	31	Imogen Pattison
7	Wirral Ac 'B'	86	—	27	Lilly-Mai Oswald	29	Holly Webster	30	Ellie Fraser
8	East Cheshire Harriers & Tames	96	—	26	Ava Royle	34	Anna Rooke	36	Harriet Byrnes
9	Wespa Fire Athletics 'B'	96	—	21	Isla Pastor	32	Emma Hull	43	Fern Chapman
10	Vale Royal Ac	98	—	16	Elise Fawkes	28	Nancy Carrington	54	Lois Grace
11	Salford Harriers & AC 'B'	117	—	33	Isla Cammish	39	Isabelle Hope	45	Mia Dickinson
12	Liverpool Harriers & Ac 'C'	136	—	42	Lexi Webb	46	Faye Lalley	48	Samantha Birch
13	Warrington A C	139	—	35	Brooke Watson	51	Maisy Devine	53	Natasha Andrews
14	Liverpool Harriers & Ac 'D'	151	—	49	Niamh McKeown	50	Anna O'Mahoney	52	Emily Holmes

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

Manchester Area Cross Country League at Arrowe Park on Sunday 8th December 2019

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

Pos	Num	Name	Club	Time	Pos	Num	Name	Club	Time
1	263	Oberon Kearney	Wirral Ac	13:46	25	204	Jamie Barber	Salford Harriers & AC	15:50
2	250	Jack Marwood	Warrington A C	14:01	26	219	William Vose	St Helens Sutton Ac	15:52
3	190	Luke Carrington	Sale Harriers Manchester	14:16	27	162	Tim Elgar	East Cheshire Harriers & Tames	15:54
4	875	Louis Hatton	Wirral Ac	14:18	28	159	Alfie Bundy	East Cheshire Harriers & Tames	15:58
5	260	Ben Cronshaw	Wirral Ac	14:23	29	175	Oliver Bailey	Macclesfield Harriers & Ac	16:08
6	160	Bobby Burton	East Cheshire Harriers & Tames	14:32	30	224	Sam Elliott	Stockport Harriers & Ac	16:17
7	173	Riley Malone	Liverpool Harriers & Ac	14:38	31	221	Toby Alexander	Stockport Harriers & Ac	16:21
8	829	Freddie Barden	Liverpool Harriers & Ac	14:45	32	745	Bobby Burney	Liverpool Harriers & Ac	16:25
9	262	Jack Heap	Wirral Ac	14:47	33	185	Matthew Walker	Macclesfield Harriers & Ac	16:28
10	235	James Walton	Trafford Athletic Club	14:50	34	247	Evan Williams	Vale Royal Ac	16:40
11	193	Matthew Gardner	Sale Harriers Manchester	14:50	35	205	Joseph Cammish	Salford Harriers & AC	16:41
12	238	Rhys Bowden	Vale Royal Ac	14:53	36	817	Cole Wright	East Cheshire Harriers & Tames	16:44
13	251	Jacob Pryor	Warrington A C	14:55	37	237	Zack Watson	Trafford Athletic Club	16:54
14	172	James Evans	Liverpool Harriers & Ac	14:58	38	216	Liam Johnson	St Helens Sutton Ac	16:57
15	236	Josh Watson	Trafford Athletic Club	14:59	39	187	Tom Farrelly	Manchester Harriers & Ac	17:09
16	218	Gabriel Mullen	St Helens Sutton Ac	15:00	40	233	Owen Reekie	Trafford Athletic Club	17:22
17	171	Tom Byrne	Liverpool Harriers & Ac	15:07	41	214	Joseph Colley	St Helens Sutton Ac	17:25
18	228	Ben Sturgess	Stockport Harriers & Ac	15:15	42	2520	Jamie Walsh	Unattached	17:57
19	183	Bradley Snape	Macclesfield Harriers & Ac	15:18	43	2521	Michael Walsh	Unattached	19:00
20	181	Finlay Pettie	Macclesfield Harriers & Ac	15:29	44	2519	EKell Butler	Unattached	19:49
21	157	Oliver Bentley	East Cheshire Harriers & Tames	15:34	45	152	Dominic Gibson	Altrincham & District AC	20:24
22	831	Ben Leatherbarrow	Liverpool Harriers & Ac	15:36	46	215	Charlie Griffiths	St Helens Sutton Ac	21:31
23	192	Finlay Day	Sale Harriers Manchester	15:44	47	14	Joe Harney	East Cheshire Harriers & Tames	22:35
24	257	Luca Noorpuri	Wespa Fire Athletics	15:46					

Under 13 - Boys — TEAM RESULTS

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

1	Wirral Ac	10	—	1	Oberon Kearney	4	Louis Hatton	5	Ben Cronshaw
2	Liverpool Harriers & Ac	29	—	7	Riley Malone	8	Freddie Barden	14	James Evans
3	Sale Harriers Manchester	37	—	3	Luke Carrington	11	Matthew Gardner	23	Finlay Day
4	East Cheshire Harriers & Tames	54	—	6	Bobby Burton	21	Oliver Bentley	27	Tim Elgar
5	Trafford Athletic Club	62	—	10	James Walton	15	Josh Watson	37	Zack Watson
6	Macclesfield Harriers & Ac	68	—	19	Bradley Snape	20	Finlay Pettie	29	Oliver Bailey
7	Liverpool Harriers & Ac 'B'	71	—	17	Tom Byrne	22	Ben Leatherbarrow	32	Bobby Burney
8	Stockport Harriers & Ac	79	—	18	Ben Sturgess	30	Sam Elliott	31	Toby Alexander
9	St Helens Sutton Ac	80	—	16	Gabriel Mullen	26	William Vose	38	Liam Johnson
10	East Cheshire Harriers & T 'B'	108	—	28	Alfie Bundy	36	Cole Wright	44	Joe Harney

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

Pos	Num	Name	Club	Time	Pos	Num	Name	Club	Time
1	343	Freya Murdoch	Stockport Harriers & Ac	15:00	28	284	Maria Rooke	East Cheshire Harriers & Tames	17:42
2	278	Emily Bowker	East Cheshire Harriers & Tames	15:13	29	748	Ruby Carlile	West Cheshire Athletic Club	17:44
3	375	Sophie Fludger	Wespa Fire Athletics	15:27	30	383	Amber Neal	Wirral Ac	17:46
4	378	Jessica Lark	West Cheshire Athletic Club	15:38	31	782	Alice Cunningham	East Cheshire Harriers & Tames	17:51
5	379	Aimee Phillips	West Cheshire Athletic Club	15:41	32	736	Isabella Rimmer	West Cheshire Athletic Club	17:52
6	372	Imogen Wharton	Warrington A C	15:48	33	360	Isabelle Maundrill	Vale Royal Ac	17:56
7	326	Jasmine Wright	Salford Harriers & AC	15:55	34	279	Kayla Corbett	East Cheshire Harriers & Tames	17:57
8	735	Sophie Haslam	West Cheshire Athletic Club	16:01	35	354	Lavinia Burke	Vale Royal Ac	17:57
9	322	Marissa Caldwell	Salford Harriers & AC	16:03	36	299	Martha Ireland	Macclesfield Harriers & Ac	18:05
10	384	Emma Poulston	Wirral Ac	16:05	37	347	Lara Waterhouse	Stockport Harriers & Ac	18:06
11	321	Elena Bartalotta	Salford Harriers & AC	16:11	38	381	Delilah Harty	Wirral Ac	18:07
12	342	Saffron Meade	Stockport Harriers & Ac	16:13	39	267	Francesca Kent	Altrincham & District AC	18:11
13	385	Evie Smith	Wirral Ac	16:19	40	496	Christiana Kelly	Liverpool Harriers & Ac	18:12
14	288	Beatrix Cole	Liverpool Harriers & Ac	16:30	41	329	Lily Birkett	St Helens Sutton Ac	18:16
15	373	Nia Wharton	Warrington A C	16:33	42	356	Ruby Carrington	Vale Royal Ac	18:18
16	338	Gracie Hunt	Stockport Harriers & Ac	16:36	43	362	Isabelle Prior	Vale Royal Ac	19:19
17	345	Ellena Walker	Stockport Harriers & Ac	16:39	44	351	Fay Lewis	Trafford Athletic Club	19:25
18	301	Mimi Rankin	Macclesfield Harriers & Ac	16:49	45	295	Lottie Threadgold	Liverpool Harriers & Ac	19:56
19	332	Aisling Brooks	Stockport Harriers & Ac	16:51	46	832	Cassie McCloy	Liverpool Harriers & Ac	20:01
20	294	Rosie Swinnerton	Liverpool Harriers & Ac	17:07	47	870	Sally Young-Redmond	Vale Royal Ac	20:08
21	311	Madison Holt	Sale Harriers Manchester	17:12	48	280	Harriann Fleet	East Cheshire Harriers & Tames	21:06
22	344	Rosie Philbin	Stockport Harriers & Ac	17:15	49	722	Niamh Warring	St Helens Sutton Ac	21:11
23	346	Ava Walsh	Stockport Harriers & Ac	17:17	50	217	Chloe-Leigh Mark	St Helens Sutton Ac	21:59
24	386	Sarah Smith	Wirral Ac	17:26	51	302	Lola Whitlock	Macclesfield Harriers & Ac	22:02
25	890	Sarah Theobald	Wirral Ac	17:29	52	388	Lydia-Ann Wilson	Wirral Ac	22:39
26	314	Holly Nolan	Sale Harriers Manchester	17:37	53	724	Darcy Durance	Trafford Athletic Club	23:46
27	300	Marianne Knuckey	Macclesfield Harriers & Ac	17:38					

Under 13 - Girls — TEAM RESULTS

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

1	West Cheshire Athletic Club	17	—	4	Jessica Lark	5	Aimee Phillips	8	Sophie Haslam
2	Salford Harriers & AC	27	—	7	Jasmine Wright	9	Marissa Caldwell	11	Elena Bartalotta
3	Stockport Harriers & Ac	29	—	1	Freya Murdoch	12	Saffron Meade	16	Gracie Hunt
4	Wirral Ac	47	—	10	Emma Poulston	13	Evie Smith	24	Sarah Smith
5	Stockport Harriers & Ac 'B'	58	—	17	Ellena Walker	19	Aisling Brooks	22	Rosie Philbin
6	East Cheshire Harriers & Tames	61	—	2	Emily Bowker	28	Maria Rooke	31	Alice Cunningham
7	Liverpool Harriers & Ac	74	—	14	Beatrix Cole	20	Rosie Swinnerton	40	Christiana Kelly
8	Macclesfield Harriers & Ac	81	—	18	Mimi Rankin	27	Marianne Knuckey	36	Martha Ireland
9	Wirral Ac 'B'	93	—	25	Sarah Theobald	30	Amber Neal	38	Delilah Harty
10	Vale Royal Ac	110	—	33	Isabelle Maundrill	35	Lavinia Burke	42	Ruby Carrington
11	St Helens Sutton Ac	140	—	41	Lily Birkett	49	Niamh Warring	50	Chloe-Leigh Mark

Manchester Area Cross Country League at Arroe Park on Sunday 8th December 2019

Under 15 - Boys — FINAL RESULTS

Pos	Num	Name	Club	Time	Pos	Num	Name	Club	Time	Pos	Num	Name	Club	Time
1	467	Tj Jones	Wirral Ac	18:29	16	436	Jack Catterall	Stockport Harriers & Ac	20:54					
2	471	William Strickley	Wirral Ac	18:45	17	833	Ben Roach	Liverpool Harriers & Ac	21:13					
3	472	William Sutcliffe	Wirral Ac	18:52	18	397	Alex Kelly	Liverpool Harriers & Ac	21:33					
4	743	Jamie Richardson	West Cheshire Athletic Club	19:01	19	465	Henry Robinson	West Cheshire Athletic Club	21:37					
5	440	Finley Mayoh	Stockport Harriers & Ac	19:31	20	438	Thomas Lawson	Stockport Harriers & Ac	21:39					
6	439	Thomas Manton	Stockport Harriers & Ac	19:32	21	430	Ethan Nation	Salford Harriers & AC	21:44					
7	425	Jack Spark	Sale Harriers Manchester	19:34	22	461	Ben Clayton	Warrington A C	22:12					
8	470	Jack Strickley	Wirral Ac	20:03	23	415	J Colquhoun-Lynn	Sale Harriers Manchester	22:55					
9	464	Sammy Hollins	West Cheshire Athletic Club	20:22	24	457	Sonny Wilson	Trafford Athletic Club	23:02					
10	427	Charlie Tittensor	Sale Harriers Manchester	20:24	25	396	Ethan Isaacs	Horwich R M I Harriers	23:23					
11	876	Jamie Dumbarton	Wirral Ac	20:37	26	429	Patrick Marsden	Salford Harriers & AC	23:42					
12	393	Matthew Haslam	Halton & Frodsham Harriers	20:37	27	742	Charlie McMullan	West Cheshire Athletic Club	23:59					
13	434	Michael Dobson	St Helens Sutton Ac	20:49	28	394	Joseph Larkin	Halton & Frodsham Harriers	24:51					
14	454	Ned Silvey	Trafford Athletic Club	20:50	29	468	Harry Kaye	Wirral Ac	25:07					
15	414	Luke Chinoy	Sale Harriers Manchester	20:51	30	449	Albert Durance	Trafford Athletic Club	25:54					
					31	788	Thomas Sumner	St Helens Sutton Ac	27:19					

Under 15 - Boys — TEAM RESULTS

1	Wirral Ac	6	—	1	Tj Jones	2	William Strickley	3	William Sutcliffe
2	Stockport Harriers & Ac	27	—	5	Finley Mayoh	6	Thomas Manton	16	Jack Catterall
3	Sale Harriers Manchester	32	—	7	Jack Spark	10	Charlie Tittensor	15	Luke Chinoy
4	West Cheshire Athletic Club	32	—	4	Jamie Richardson	9	Sammy Hollins	19	Henry Robinson
5	Wirral Ac	48	—	8	Jack Strickley	11	Jamie Dumbarton	29	Harry Kaye
6	Trafford Athletic Club	68	—	14	Ned Silvey	24	Sonny Wilson	30	Albert Durance

Under 15 - Girls — FINAL RESULTS

Pos	Num	Name	Club	Time	Pos	Num	Name	Club	Time	Pos	Num	Name	Club	Time
1	517	Lucy Dixon	Sale Harriers Manchester	21:50	23	577	Ella Heap	Wirral Ac	26:02					
2	504	Rebecca Dilworth	Macclesfield Harriers & Ac	22:33	24	499	Megan McMutrie	Liverpool Harriers & Ac	26:07					
3	480	Matilda Byrnes	East Cheshire Harriers & Tames	22:40	25	538	Lucy Clitheroe	St Helens Sutton Ac	26:07					
4	524	Jasmine Reed	Sale Harriers Manchester	22:40	26	576	Anna Fraser	Wirral Ac	26:08					
5	498	Ella McMutrie	Liverpool Harriers & Ac	23:09	27	904	Sarah Kefford	West Cheshire Athletic Club	26:13					
6	521	Elizabeth Hill	Sale Harriers Manchester	23:13	28	560	Tarlia Higginbotham	Vale Royal Ac	26:24					
7	502	Grace Tobin	Liverpool Harriers & Ac	23:24	29	556	Amy Nunn	Trafford Athletic Club	26:49					
8	514	Olivia Brown	Sale Harriers Manchester	23:35	30	571	Molly Wormald	Warrington A C	27:12					
9	557	Olivia Russell	Trafford Athletic Club	23:47	31	555	Marina Guardascione	Trafford Athletic Club	27:27					
10	893	Zara White	Wirral Ac	23:50	32	546	Jess Jones	Stockport Harriers & Ac	27:51					
11	891	Emma Fildes	Wirral Ac	24:02	33	513	Greta Brooks	Sale Harriers Manchester	28:15					
12	500	Caitlin O'Brien	Liverpool Harriers & Ac	24:05	34	553	Imogen Davenport	Trafford Athletic Club	28:21					
13	477	Beth Robinson	Altrincham & District AC	24:24	35	483	Ellen Lees-Hill	East Cheshire Harriers & Tames	28:27					
14	484	May Mannion	East Cheshire Harriers & Tames	24:36	36	527	Emily Birchall	Salford Harriers & AC	28:30					
15	578	Gabrielle Phelan	Wirral Ac	24:47	37	543	Lauren Dewsbury	Stockport Harriers & Ac	28:36					
16	549	Isabelle Stutchfield	Stockport Harriers & Ac	24:52	38	547	Libby Martin	Stockport Harriers & Ac	28:43					
17	554	Freya Griffiths	Trafford Athletic Club	25:02	39	723	Ellie Molyneaux	Halton & Frodsham Harriers	28:49					
18	558	Lila Wainwright	Trafford Athletic Club	25:09	40	739	Henrietta Duffey	West Cheshire Athletic Club	29:03					
19	892	Emma Theobald	Wirral Ac	25:41	41	485	Leigha Manser	East Cheshire Harriers & Tames	30:37					
20	542	Isabel Brundrett	Stockport Harriers & Ac	25:49	42	528	Lauren Birchall	Salford Harriers & AC	30:38					
21	497	Mae Lawless	Liverpool Harriers & Ac	25:54	43	505	Ruby Stockdale	Macclesfield Harriers & Ac	30:51					
22	487	Aliesha Smith	East Cheshire Harriers & Tames	26:02	44	488	Bethany Glover	Halton & Frodsham Harriers	33:37					

Under 15 - Girls — TEAM RESULTS

1	Sale Harriers Manchester	11	—	1	Lucy Dixon	4	Jasmine Reed	6	Elizabeth Hill
2	Liverpool Harriers & Ac	24	—	5	Ella McMutrie	7	Grace Tobin	12	Caitlin O'Brien
3	Wirral Ac	36	—	10	Zara White	11	Emma Fildes	15	Gabrielle Phelan
4	East Cheshire Harriers & Tames	39	—	3	Matilda Byrnes	14	May Mannion	22	Aliesha Smith
5	Trafford Athletic Club	44	—	9	Olivia Russell	17	Freya Griffiths	18	Lila Wainwright
6	Wirral Ac	68	—	19	Emma Theobald	23	Ella Heap	26	Anna Fraser
7	Stockport Harriers & Ac	68	—	16	Isabelle Stutchfield	20	Isabel Brundrett	32	Jess Jones
8	Trafford Athletic Club	94	—	29	Amy Nunn	31	Marina Guardascione	34	Imogen Davenport

Under 17 - Men — FINAL RESULTS

Pos	Num	Name	Club	Time	Pos	Num	Name	Club	Time	Pos	Num	Name	Club	Time
1	646	William Ashfield	Vale Royal Ac	25:51	11	600	Joseph Farrelly	Manchester Harriers & Ac	28:01					
2	666	Finley Proffitt	Macclesfield Harriers & Ac	26:00	12	632	Jacob Wood-Doyle	Stockport Harriers & Ac	28:13					
3	585	Samuel Soles	Buxton AC	27:01	13	611	Robbie Rigby	Sale Harriers Manchester	28:14					
4	728	Charlie Roberts	St Helens Sutton Ac	27:23	14	642	Lewis Royle	Trafford Athletic Club	28:15					
5	624	Harry Ellwood	Stockport Harriers & Ac	27:25	15	590	Matthew Brennan	Liverpool Harriers & Ac	28:31					
6	616	Joshua Dutton	Salford Harriers & AC	27:34	16	579	Thomas Egan	Altrincham & District AC	29:51					
7	634	Joseph Bentall	Trafford Athletic Club	27:41	17	641	Seb Patrick	Trafford Athletic Club	30:02					
8	599	Archie Dyer	Manchester Harriers & Ac	27:43	18	595	Jack Farrall	Macclesfield Harriers & Ac	33:34					
9	623	Edward Corden	Stockport Harriers & Ac	27:45	19	905	Ali Qureshi	Wirral Ac	33:43					
10	640	Jack McNicol	Trafford Athletic Club	27:57	20	622	Oliver Murphy	St Helens Tri	36:24					

Under 17 - Men — TEAM RESULTS

1	Stockport Harriers & Ac	26	—	5	Harry Ellwood	9	Edward Corden	12	Jacob Wood-Doyle
2	Trafford Athletic Club	31	—	7	Joseph Bentall	10	Jack McNicol	14	Lewis Royle

Manchester Area Cross Country League at Arrowe Park on Sunday 8th December 2019

Under 17 - Ladies — FINAL RESULTS

Pos	Num	Name	Club	Time	Pos	Num	Name	Club	Time
1	720	Ellen Kearney	Wirral Ac	30:59	9	704	Alice Davies	Stockport Harriers & Ac	34:51
2	664	Sian Heslop	Macclesfield Harriers & Ac	31:15	10	658	Rose Barlow	East Cheshire Harriers & Tames	34:55
3	683	Georgia Heath	Sale Harriers Manchester	32:31	11	711	Sinead O'Driscoll	Trafford Athletic Club	36:50
4	659	Megan Lewis	East Cheshire Harriers & Tames	32:40	12	705	Josie Driver	Stockport Harriers & Ac	37:01
5	721	Rachel Theobald	Wirral Ac	32:51	13	677	Lucy Armitage	Sale Harriers Manchester	37:51
6	678	Anouska Brooks	Sale Harriers Manchester	33:09	14	717	Ellen Turnbull	Warrington A C	43:09
7	655	Amy Whelan	Buxton AC	33:20	15	672	Caitlin Deighton	Marple Runners	44:33
8	699	C Haywood-Percival	Salford Harriers & AC	34:08	16	716	Fay Humphreys	Warrington A C	49:33

Under 17 - Ladies — TEAM RESULTS

1	Sale Harriers Manchester	22	—	3	Georgia Heath	6	Anouska Brooks	13	Lucy Armitage
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Senior Women - Ladies aged 17 to 19

Pos	Num	Name	Cat/Pos	Club	Time
1	794	Ella McNiven	L20	Liverpool Harriers & Ac	37:42
2	476	L HaywoodPercival	L20	Salford Harriers & AC	40:29
3	439	Mia Gibbons	L20	Sale Harriers Manchester	47:44
4	688	Olivia Baker	L20	Warrington A C	49:23
5	285	Anja CoxCunningham	L20	Manchester Metropolitan Uni	49:53
6	796	Kate Sewart	L20	Manchester Harriers & Ac	1:01:38

Senior Women - Ladies aged 17 to 19 — TEAM RESULTS

No complete teams

Senior Women - Ladies aged 20 to 34

Pos	Num	Name	Cat/Pos	Club	Time	Pos	Num	Name	Cat/Pos	Club	Time		
1	579	Mollie Williams	L	1	Stockport Harriers & Ac	36:10	26	787	Faye Lawton	L	26	Warrington A C	44:59
2	284	Emily Bullis	L	2	Manchester Metropolitan Uni	37:27	27	823	Gina Kuippers	L	27	Didsbury Runners	46:24
3	2524	\$Helen Warburton	L	3	Gosforth Harriers AC	37:47	28	107	Samantha Hartley	L	28	Chorlton Runners	46:44
4	289	Leah Peplow	L	4	Manchester Metropolitan Uni	38:37	29	158	Antonia Marsden	L	29	Didsbury Runners	47:03
5	478	Ruth Jones	L	5	Salford Harriers & AC	39:00	30	125	Olivia Morgan	L	30	Chorlton Runners	47:06
6	223	Alannah Birtwistle	L	6	Macclesfield Harriers & Ac	39:32	31	441	Sarah Goulden	L	31	Sale Harriers Manchester	47:28
7	472	Sarah Carroll	L	7	Salford Harriers & AC	40:03	32	306	Nanette Heystek	L	32	Manchester Triathlon Club	47:44
8	178	Hayley Simpson	L	8	East Cheshire Harriers & Tames	40:15	33	784	Elaine MacDonald	L	33	Stockport Harriers & Ac	48:23
9	341	Heather Hughes	L	9	Manchester Ymca Harriers	40:27	34	155	Felicity Doe	L	34	Didsbury Runners	48:29
10	150	Siobhan Woods	L	10	Chorlton Runners	41:24	35	466	Caroline Wheeler	L	35	Sale Harriers Manchester	49:37
11	817	Hannah Bridger	L	11	Macclesfield Harriers & Ac	41:26	36	760	Klara Hunt	L	36	Wirral Ac	50:06
12	827	Rebecca Jackson	L	12	Wilmslow Running Club	41:43	37	342	Robin Jones	L	37	Manchester Ymca Harriers	50:33
13	810	Rebecca Fennell	L	13	Stockport Harriers & Ac	41:47	38	101	Miss Fofana	L	38	Chorlton Runners	50:35
14	672	Hollie Carrington	L	14	Vale Royal Ac	42:48	39	632	Ruth Beresford	L	39	Trafford Athletic Club	50:41
15	428	Beatrice Cordingley	L	15	Sale Harriers Manchester	42:58	40	160	Louise Rankin	L	40	Didsbury Runners	50:44
16	141	Emma Tollefson	L	16	Chorlton Runners	43:12	41	50	Helen Rennie	L	41	Bramhall Runners	50:57
17	421	Lydia Briggs	L	17	Sale Harriers Manchester	43:33	42	705	Jill Hooper	L	42	Wilmslow Running Club	52:44
18	135	Naomi Stones	L	18	Chorlton Runners	43:41	43	139	Victoria Thompson	L	43	Chorlton Runners	53:04
19	229	Sian Gulliver	L	19	Macclesfield Harriers & Ac	43:49	44	559	Rebecca Livsey	L	44	Stockport Harriers & Ac	53:44
20	122	Rachel McVittie	L	20	Chorlton Runners	44:14	45	96	Alice Doherty	L	45	Chorlton Runners	54:04
21	631	Louise Ambler	L	21	Trafford Athletic Club	44:20	46	767	Emily Taylor	L	46	Wirral Ac	54:12
22	241	Daisy Pickles	L	22	Macclesfield Harriers & Ac	44:29	47	324	Natasha Sutherland	L	47	Manchester Triathlon Club	54:25
23	302	Katie Gane	L	23	Manchester Triathlon Club	44:40	48	153	Helen Carron	L	48	Didsbury Runners	54:55
24	553	Louise Geldart	L	24	Stockport Harriers & Ac	44:48	49	89	Hannah Coates	L	49	Chorlton Runners	58:41
25	566	Imogen Nutter	L	25	Stockport Harriers & Ac	44:58							

Senior Women - Ladies (Vets) aged 35 to 39

Pos	Num	Name	Cat/Pos	Club	Time	Pos	Num	Name	Cat/Pos	Club	Time		
1	136	Ingrid Storm	L35	1	Chorlton Runners	40:36	12	699	Laura Fairhurst	L35	12	Wilmslow Running Club	46:55
2	799	Joanna Knapman	L35	2	Manchester Triathlon Club	41:09	13	257	Aleksandra Piekarska	L35	13	Manchester Frontrunners	46:59
3	511	Alina Stepanchuk	L35	3	Salford Metropolitan Ac	41:12	14	143	Alison Wainwright	L35	14	Chorlton Runners	47:22
4	319	Annie Porter	L35	4	Manchester Triathlon Club	41:39	15	687	Leanne Astbury	L35	15	Warrington A C	49:07
5	558	Jenny Knass	L35	5	Stockport Harriers & Ac	41:46	16	232	Saranya Hasler	L35	16	Macclesfield Harriers & Ac	50:09
6	131	Sarah Renshaw	L35	6	Chorlton Runners	42:28	17	256	Claire Naylor	L35	17	Manchester Frontrunners	50:54
7	626	Rebecca Mills	L35	7	Swinton Running Club	43:51	18	447	Amelie Latham	L35	18	Sale Harriers Manchester	52:04
8	764	Sarah Phelan	L35	8	Wirral Ac	44:02	19	609	Rachel Billington	L35	19	Swinton Running Club	52:28
9	491	Carolyn Bradshaw	L35	9	Salford Metropolitan Ac	44:32	20	126	Lorraine Murphy	L35	20	Chorlton Runners	53:32
10	443	Harriet Hamilton	L35	10	Sale Harriers Manchester	44:40	21	407	Janine Jordan	L35	21	Middleton Harriers Ac	55:23
11	484	Becki Robinson	L35	11	Salford Harriers & AC	44:40	22	119	Laura Mackay	L35	22	Chorlton Runners	1:02:05

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Senior Women - Ladies (Vets) aged 40 to 44

Pos	Num	Name	Cat/Pos	Club	Time	Pos	Num	Name	Cat/Pos	Club	Time
1	440	Zoe Gmerek	L40	1 Sale Harriers Manchester	41:48	18	400	Sharon Goldrick	L40	18 Middleton Harriers Ac	51:45
2	417	Helen Armitage	L40	2 Sale Harriers Manchester	42:19	19	267	Lindsey Farrelly	L40	19 Manchester Harriers & Ac	51:56
3	14	Alice Welch	L40	3 Altrincham & District Athletic	43:05	20	175	Catherine Daley	L40	20 East Cheshire Harriers & Tames	52:01
4	395	Joanna Adamson	L40	4 Middleton Harriers Ac	44:02	21	294	Sophie Barnett	L40	21 Manchester Triathlon Club	52:17
5	152	Laura Brown	L40	5 Didsbury Runners	44:24	22	594	Elizabeth Sargent	L40	22 Stockport Tri Club	52:56
6	766	Bree Sutcliffe	L40	6 Wirral Ac	45:29	23	84	Charlotte Cameron	L40	23 Chorlton Runners	53:12
7	627	Helen Nation	L40	7 Swinton Running Club	46:04	24	761	Yjay Ikpat	L40	24 Wirral Ac	54:35
8	148	Melanie Williamson	L40	8 Chorlton Runners	46:53	25	378	Emma Mooney	L40	25 Marple Runners	54:39
9	251	Jane Fletcher	L40	9 Manchester Frontrunners	47:16	26	310	S MawbeyJeffries	L40	26 Manchester Triathlon Club	54:46
10	588	Christine Dewsbury	L40	10 Stockport Tri Club	47:49	27	7	Claire Gooch	L40	27 Altrincham & District Athletic	55:10
11	518	Claire Murphy	L40	11 St Helens Tri	48:18	28	166	Jane Damerun	L40	28 Dragons Running Club (sale)	55:14
12	39	Helen Croft	L40	12 Bramhall Runners	48:33	29	607	Kerry Adamsbaum	L40	29 Swinton Running Club	55:28
13	391	Sarah Stutchfield	L40	13 Marple Runners	49:05	30	253	Mel Johnson	L40	30 Manchester Frontrunners	56:28
14	11	Nicola Leese	L40	14 Altrincham & District Athletic	49:15	31	127	Rebecca Musgrove	L40	31 Chorlton Runners	57:05
15	584	Nicola Brundrett	L40	15 Stockport Tri Club	49:19	32	821	Jemma Dawson	L40	32 Middleton Harriers Ac	57:34
16	619	Denise IrvingLang	L40	16 Swinton Running Club	49:34	33	628	Emma Nightingale	L40	33 Swinton Running Club	1:01:12
17	27	Rachel Watson	L40	17 Belle Vue Racers	50:37						

Senior Women - Ladies (Vets) aged 45 to 49

Pos	Num	Name	Cat/Pos	Club	Time	Pos	Num	Name	Cat/Pos	Club	Time
1	762	Sarah Kearney	L45	1 Wirral Ac	40:01	16	565	Ruth Murdoch	L45	16 Stockport Harriers & Ac	47:30
2	426	Anne Chinoy	L45	2 Sale Harriers Manchester	41:28	17	759	Lisa Grantham	L45	17 Wirral Ac	48:04
3	180	Michelle Vaughan	L45	3 East Cheshire Harriers & Tames	42:35	18	453	Carla Ousey	L45	18 Sale Harriers Manchester	48:40
4	567	Jennie Pickard	L45	4 Stockport Harriers & Ac	42:45	19	414	Miranda Clarke	L45	19 Quays Running Club	48:54
5	650	Sally Woolhouse	L45	5 Trafford Athletic Club	43:00	20	690	Debra Bemand	L45	20 West Cheshire Athletic Club	49:00
6	562	Melanie Mather	L45	6 Stockport Harriers & Ac	43:08	21	807	Angela Tegg	L45	21 West Cheshire Athletic Club	49:09
7	492	Jaine Brocklehurst	L45	7 Salford Metropolitan Ac	43:48	22	2522	Lucy Rusbridge	L45	22 Congleton H & Ac	49:31
8	48	Vikki Murphy	L45	8 Bramhall Runners	44:15	23	244	Sue Stockdale	L45	23 Macclesfield Harriers & Ac	49:51
9	622	Lauren Marsden	L45	9 Swinton Running Club	44:30	24	168	Joanne Healy	L45	24 Dragons Running Club (sale)	50:26
10	691	Eleanor Robinson	L45	10 West Cheshire Athletic Club	44:33	25	362	Elise Evans	L45	25 Marple Runners	51:01
11	770	Karen Fleming	L45	11 East Cheshire Harriers & Tames	44:44	26	30	Sarah Beattie	L45	26 Bramhall Runners	57:02
12	646	Louise Mangan	L45	12 Trafford Athletic Club	46:15	27	199	Sarah Larkin	L45	27 Halton & Frodsham Harriers	59:13
13	293	Cathy Atkinson	L45	13 Manchester Triathlon Club	46:24	28	516	Chris Forber	L45	28 St Helens Tri	1:00:15
14	775	Clare Mallon	L45	14 West Cheshire Athletic Club	47:08	29	172	Cathy McCabe	L45	29 Dragons Running Club (sale)	1:01:34
15	456	Julia Reynolds	L45	15 Sale Harriers Manchester	47:13	30	374	Claire Lynch	L45	30 Marple Runners	1:03:10
						31	375	Sarah Mears	L45	31 Marple Runners	1:10:38

Senior Women - Ladies (Vets) aged 50 to 54

Pos	Num	Name	Cat/Pos	Club	Time	Pos	Num	Name	Cat/Pos	Club	Time
1	134	Stephanie Stevens	L50	1 Chorlton Runners	40:59	12	411	Cathie Murphy	L50	12 Middleton Harriers Ac	53:39
2	697	Janine Ellis	L50	2 Wilmslow Running Club	43:21	13	666	Helen Betteley	L50	13 Vale Royal Ac	54:21
3	12	Steph Thompson	L50	3 Altrincham & District Athletic	43:36	14	264	Deborah Beresford	L50	14 Manchester Harriers & Ac	55:52
4	5	Fiona Cosgrove	L50	4 Altrincham & District Athletic	45:05	15	329	Michelle Wilder	L50	15 Manchester Triathlon Club	55:55
5	8	Carole Harrison	L50	5 Altrincham & District Athletic	48:12	16	587	Christine Copson	L50	16 Stockport Tri Club	56:14
6	645	Joanne Lott	L50	6 Trafford Athletic Club	48:16	17	69	Sarah Soles	L50	17 Buxton AC	1:02:36
7	589	Gillian Doolan	L50	7 Stockport Tri Club	48:21	18	825	Amanda Stanley	L50	18 Salford Metropolitan Ac	1:02:54
8	35	Andrea Buckingham	L50	8 Bramhall Runners	48:46	19	52	Suzanne Wiles	L50	19 Bramhall Runners	1:05:30
9	51	Breeshey Smith	L50	9 Bramhall Runners	52:33	20	377	Cathryn Melia	L50	20 Marple Runners	1:07:44
10	670	Caroline Buckley	L50	10 Vale Royal Ac	53:09	21	266	Linda Cross	L50	21 Manchester Harriers & Ac	1:09:15
11	398	Louise Butterworth	L50	11 Middleton Harriers Ac	53:33	22	387	Clare Smith	L50	22 Marple Runners	1:10:42
						23	356	Jenny Brown	L50	23 Marple Runners	1:16:51

Senior Women - Ladies (Vets) aged 55 to 59

Pos	Num	Name	Cat/Pos	Club	Time
1	203	Janet Rashleigh	L55	1 Horwich R M I Harriers	40:33
2	10	Beverley Jackson	L55	2 Altrincham & District Athletic	43:59
3	70	Tania Wilson	L55	3 Buxton AC	44:49
4	578	Maureen Wilkins	L55	4 Stockport Harriers & Ac	45:11
5	818	Hanny Stockman	L55	5 Macclesfield Harriers & Ac	49:57
6	806	Sandra McGrail	L55	6 Middleton Harriers Ac	54:28

Senior Women - Ladies (Vets) aged 60 to 64

Pos	Num	Name	Cat/Pos	Club	Time
1	353	Anna Ashton	L60	1 Marple Runners	50:48
2	85	Ann Carney	L60	2 Chorlton Runners	52:12
3	238	Barbara Murray	L60	3 Macclesfield Harriers & Ac	53:19
4	745	Diana Evans	L60	4 Winstan Runners	58:20
5	612	Wendy Doxey	L60	5 Swinton Running Club	1:05:49

Senior Women - Ladies (Vets) aged 65 to 69

Pos	Num	Name	Cat/Pos	Club	Time
1	236	Anne-Marie Jones	L65	1 Macclesfield Harriers & Ac	45:35
2	640	Sue Exon	L65	2 Trafford Athletic Club	52:14
3	686	Carole Williams	L65	3 Vale Royal Ac	1:04:06

Senior Women - Ladies (Vets) over 70

Pos	Num	Name	Cat/Pos	Club	Time
1	549	Alexis Dinsmor	L70	1 Stockport Harriers & Ac	59:55

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

Pos	Num	Name	Cat/Pos	Club	Time	Pos	Name	Club	Time	
1	579	Mollie Williams	L	1 Stockport Harriers & Ac	36:10	91	155 Felicity Doe	L	91 Didsbury Runners	48:29
2	284	Emily Bullis	L	2 Manchester Metropolitan Uni	37:27	92	39 Helen Croft	L40	12 Bramhall Runners	48:33
3	794	Ella McNiven	L20	1 Liverpool Harriers & Ac	37:42	93	453 Carla Ousey	L45	18 Sale Harriers Manchester	48:40
4	2524	\$Helen Warburton	L	4 Gosforth Harriers AC	37:47	94	35 Andrea Buckingham	L50	8 Bramhall Runners	48:46
5	289	Leah Peploe	L	5 Manchester Metropolitan Uni	38:37	95	414 Miranda Clarke	L45	19 Quays Running Club	48:54
6	478	Ruth Jones	L	6 Salford Harriers & AC	39:00	96	690 Debra Bemand	L45	20 West Cheshire Athletic Club	49:00
7	223	Alannah Birtwistle	L	7 Macclesfield Harriers & Ac	39:32	97	391 Sarah Stutchfield	L40	13 Marple Runners	49:05
8	762	Sarah Kearney	L45	1 Wirral Ac	40:01	98	687 Leanne Astbury	L35	15 Warrington A C	49:07
9	472	Sarah Carroll	L	9 Salford Harriers & AC	40:03	99	807 Angela Tegg	L45	21 West Cheshire Athletic Club	49:09
10	178	Hayley Simpson	L	10 East Cheshire Harriers & Tames	40:15	100	11 Nicola Leese	L40	14 Altrincham & District Athletic	49:15
11	341	Heather Hughes	L	11 Manchester Ymca Harriers	40:27	101	584 Nicola Brundrett	L40	15 Stockport Tri Club	49:19
12	476	L HaywoodPercival	L20	2 Salford Harriers & AC	40:29	102	688 Olivia Baker	L20	4 Warrington A C	49:23
13	203	Janet Rashleigh	L55	1 Horwich R M I Harriers	40:33	103	2522\$Lucy Rusbridge	L45	22 Congleton H & Ac	49:31
14	136	Ingrid Storm	L35	1 Chorlton Runners	40:36	104	619 Denise IrvingLang	L40	16 Swinton Running Club	49:34
15	134	Stephanie Stevens	L50	1 Chorlton Runners	40:59	105	466 Caroline Wheeler	L	105 Sale Harriers Manchester	49:37
16	799	Joanna Knapman	L35	2 Manchester Triathlon Club	41:09	106	244 Sue Stockdale	L45	23 Macclesfield Harriers & Ac	49:51
17	511	Alina Stepanchuk	L35	3 Salford Metropolitan Ac	41:12	107	285 Anja CoxCunningham	L20	5 Manchester Metropolitan Uni	49:53
18	150	Siobhan Woods	L	18 Chorlton Runners	41:24	108	818 Hanneli Stockman	L55	5 Macclesfield Harriers & Ac	49:57
19	817	Hannah Bridger	L	19 Macclesfield Harriers & Ac	41:26	109	760 Klara Hunt	L	109 Wirral Ac	50:06
20	426	Anne Chinoy	L45	2 Sale Harriers Manchester	41:28	110	232 Saranya Hasler	L35	16 Macclesfield Harriers & Ac	50:09
21	319	Annie Porter	L35	4 Manchester Triathlon Club	41:39	111	168 Joanne Healy	L45	24 Dragons Running Club (sale)	50:26
22	827	Rebecca Jackson	L	22 Wilmslow Running Club	41:43	112	342 Robin Jones	L	112 Manchester Ymca Harriers	50:33
23	558	Jenny Knass	L35	5 Stockport Harriers & Ac	41:46	113	101 Miss Fofana	L	113 Chorlton Runners	50:35
24	810	Rebecca Fennell	L	24 Stockport Harriers & Ac	41:47	114	27 Rachel Watson	L40	17 Belle Vue Racers	50:37
25	440	Zoe Gmerek	L40	1 Sale Harriers Manchester	41:48	115	632 Ruth Beresford	L	115 Trafford Athletic Club	50:41
26	417	Helen Armitage	L40	2 Sale Harriers Manchester	42:19	116	160 Louise Rankin	L	116 Didsbury Runners	50:44
27	131	Sarah Renshaw	L35	6 Chorlton Runners	42:28	117	353 Anna Ashton	L60	1 Marple Runners	50:48
28	180	Michelle Vaughan	L45	3 East Cheshire Harriers & Tames	42:35	118	256 Claire Naylor	L35	17 Manchester Frontrunners	50:54
29	567	Jennie Pickard	L45	4 Stockport Harriers & Ac	42:45	119	50 Helen Rennie	L	119 Bramhall Runners	50:57
30	672	Hollie Carrington	L	30 Vale Royal Ac	42:48	120	362 Elise Evans	L45	25 Marple Runners	51:01
31	428	Beatrice Cordingley	L	31 Sale Harriers Manchester	42:58	121	400 Sharon Goldrick	L40	18 Middleton Harriers Ac	51:45
32	650	Sally Woolhouse	L45	5 Trafford Athletic Club	43:00	122	267 Lindsey Farrelly	L40	19 Manchester Harriers & Ac	51:56
33	14	Alice Welch	L40	3 Altrincham & District Athletic	43:05	123	175 Catherine Daley	L40	20 East Cheshire Harriers & Tames	52:01
34	562	Melanie Mather	L45	6 Stockport Harriers & Ac	43:08	124	447 Amelie Latham	L35	18 Sale Harriers Manchester	52:04
35	141	Emma Tollefson	L	35 Chorlton Runners	43:12	125	85 Ann Carney	L60	2 Chorlton Runners	52:12
36	697	Janine Ellis	L50	2 Wilmslow Running Club	43:21	126	640 Sue Exon	L65	2 Trafford Athletic Club	52:14
37	421	Lydia Briggs	L	37 Sale Harriers Manchester	43:33	127	294 Sophie Barnett	L40	21 Manchester Triathlon Club	52:17
38	12	Steph Thompson	L50	3 Altrincham & District Athletic	43:36	128	609 Rachel Billington	L35	19 Swinton Running Club	52:28
39	135	Naomi Stones	L	39 Chorlton Runners	43:41	129	51 Breeshey Smith	L50	9 Bramhall Runners	52:33
40	492	Jaine Brocklehurst	L45	7 Salford Metropolitan Ac	43:48	130	705 Jill Hooper	L	130 Wilmslow Running Club	52:44
41	229	Sian Gulliver	L	41 Macclesfield Harriers & Ac	43:49	131	594 Elizabeth Sargent	L40	22 Stockport Tri Club	52:56
42	626	Rebecca Mills	L35	7 Swinton Running Club	43:51	132	139 Victoria Thompson	L	132 Chorlton Runners	53:04
43	10	Beverley Jackson	L55	2 Altrincham & District Athletic	43:59	133	670 Caroline Buckley	L50	10 Vale Royal Ac	53:09
44	395	Joanna Adamson	L40	4 Middleton Harriers Ac	44:02	134	84 Charlotte Cameron	L40	23 Chorlton Runners	53:12
45	764	Sarah Phelan	L35	8 Wirral Ac	44:02	135	238 Barbara Murray	L60	3 Macclesfield Harriers & Ac	53:19
46	122	Rachel McVittie	L	46 Chorlton Runners	44:14	136	126 Lorraine Murphy	L35	20 Chorlton Runners	53:32
47	48	Vikki Murphy	L45	8 Bramhall Runners	44:15	137	398 Louise Butterworth	L50	11 Middleton Harriers Ac	53:33
48	631	Louise Ambler	L	48 Trafford Athletic Club	44:20	138	411 Cathie Murphy	L50	12 Middleton Harriers Ac	53:39
49	152	Laura Brown	L40	5 Didsbury Runners	44:24	139	559 Rebecca Livsey	L	139 Stockport Harriers & Ac	53:44
50	241	Daisy Pickles	L	50 Macclesfield Harriers & Ac	44:29	140	96 Alice Doherty	L	140 Chorlton Runners	54:04
51	622	Lauren Marsden	L45	9 Swinton Running Club	44:30	141	767 Emily Taylor	L	141 Wirral Ac	54:12
52	491	Carolyn Bradshaw	L35	9 Salford Metropolitan Ac	44:32	142	666 Helen Betteley	L50	13 Vale Royal Ac	54:21
53	691	Eleanor Robinson	L45	10 West Cheshire Athletic Club	44:33	143	324 Natasha Sutherland	L	143 Manchester Triathlon Club	54:25
54	443	Harriet Hamilton	L35	10 Sale Harriers Manchester	44:40	144	806 Sandra McGrail	L55	6 Middleton Harriers Ac	54:28
55	302	Katie Gane	L	55 Manchester Triathlon Club	44:40	145	761 Uyai Ikpat	L40	24 Wirral Ac	54:35
56	484	Becki Robinson	L35	11 Salford Harriers & AC	44:40	146	378 Emma Mooney	L40	25 Marple Runners	54:39
57	770	Karen Fleming	L45	11 East Cheshire Harriers & Tames	44:44	147	310 S MawbeyJeffries	L40	26 Manchester Triathlon Club	54:46
58	553	Louise Geldart	L	58 Stockport Harriers & Ac	44:48	148	153 Helen Carron	L	148 Didsbury Runners	54:55
59	70	Tania Wilson	L55	3 Buxton AC	44:49	149	7 Claire Gooch	L40	27 Altrincham & District Athletic	55:10
60	566	Imogen Nutter	L	60 Stockport Harriers & Ac	44:58	150	166 Jane Damerun	L40	28 Dragons Running Club (sale)	55:14
61	787	Faye Lawton	L	61 Warrington A C	44:59	151	407 Janine Jordan	L35	21 Middleton Harriers Ac	55:23
62	5	Fiona Cosgrove	L50	4 Altrincham & District Athletic	45:05	152	607 Kerry Adamsbaum	L40	29 Swinton Running Club	55:28
63	578	Maureen Wilkins	L55	4 Stockport Harriers & Ac	45:11	153	264 Deborah Beresford	L50	14 Manchester Harriers & Ac	55:52
64	766	Bree Sutcliffe	L40	6 Wirral Ac	45:29	154	329 Michelle Wilder	L50	15 Manchester Triathlon Club	55:55
65	236	Anne-Marie Jones	L65	1 Macclesfield Harriers & Ac	45:35	155	587 Christine Copson	L50	16 Stockport Tri Club	56:14
66	627	Helen Nation	L40	7 Swinton Running Club	46:04	156	253 Mel Johnson	L40	30 Manchester Frontrunners	56:28
67	646	Louise Mangan	L45	12 Trafford Athletic Club	46:15	157	30 Sarah Beattie	L45	26 Bramhall Runners	57:02
68	823	Gina Kuippers	L	68 Didsbury Runners	46:24	158	127 Rebecca Musgrove	L40	31 Chorlton Runners	57:05
69	293	Cathy Atkinson	L45	13 Manchester Triathlon Club	46:24	159	821 Jemma Dawson	L40	32 Middleton Harriers Ac	57:34
70	107	Samantha Hartley	L	70 Chorlton Runners	46:44	160	745 Diana Evans	L60	4 Winston Runners	58:20
71	148	Melanie Williamson	L40	8 Chorlton Runners	46:53	161	89 Hannah Coates	L	161 Chorlton Runners	58:41
72	699	Laura Fairhurst	L35	12 Wilmslow Running Club	46:55	162	199 Sarah Larkin	L45	27 Halton & Frodsham Harriers	59:13
73	257	Aleksandra Piekarska	L35	13 Manchester Frontrunners	46:59	163	549 Alexis Dinsmor	L70	1 Stockport Harriers & Ac	59:55
74	158	Antonia Marsden	L	74 Didsbury Runners	47:03	164	516 Chris Forber	L45	28 St Helens Tri	1:00:15
75	125	Olivia Morgan	L	75 Chorlton Runners	47:06	165	628 Emma Nightingale	L40	33 Swinton Running Club	1:01:12
76	775	Clare Mallon	L45	14 West Cheshire Athletic Club	47:08	166	172 Cathy McCabe	L45	29 Dragons Running Club (sale)	1:01:34
77	456	Julia Reynolds	L45	15 Sale Harriers Manchester	47:13	167	796 Kate Sewart	L20	6 Manchester Harriers & Ac	1:01:38
78	251	Jane Fletcher	L40	9 Manchester Frontrunners	47:16	168	119 Laura Mackay	L35	22 Chorlton Runners	1:02:05
79	143	Alison Wainwright	L35	14 Chorlton Runners	47:22	169	69 Sarah Soles	L50	17 Buxton AC	1:02:36
80	441	Sarah Goulden	L	80 Sale Harriers Manchester	47:28	170	825 Amanda Stanley	L50	18 Salford Metropolitan Ac	1:02:54
81	565	Ruth Murdoch	L45	16 Stockport Harriers & Ac	47:30	171	374 Claire Lynch	L45	30 Marple Runners	1:03:10
82	306	Nanette Heystek	L	82 Manchester Triathlon Club	47:44	172	686 Carole Williams	L65	3 Vale Royal Ac	1:04:06
83	439	Mia Gibbons	L20	3 Sale Harriers Manchester	47:44	173	52 Suzanne Wiles	L50	19 Bramhall Runners	1:05:30
84	588	Christine Dewsbury	L40	10 Stockport Tri Club	47:49	174	612 Wendy Doxey	L60	5 Swinton Running Club	1:05:49
85	759	Lisa Grantham	L45	17 Wirral Ac	48:04	175	377 Cathryn Melia	L50	20 Marple Runners	1:07:44
86	8	Carole Harrison	L50	5 Altrincham & District Athletic	48:12	176	266 Linda Cross	L50	21 Manchester Harriers & Ac	1:09:15
87	645	Joanne Lott	L50	6 Trafford Athletic Club	48:16	177	375 Sarah Mears	L45	31 Marple Runners	1:10:38
88	518	Claire Murphy	L40	11 St Helens Tri	48:18	178	387 Clare Smith	L50	22 Marple Runners	1:10:42
89	589	Gillian Doolan	L50	7 Stockport Tri Club	48:21	179	356 Jenny Brown	L50	23 Marple Runners	1:16:51
90	784	Elaine MacDonald	L	90 Stockport Harriers & Ac	48:23					

Senior Women - Ladies — TEAMRESULTS

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

1 Chorlton Runners	70	— 13	Ingrid Storm	14 Stephanie Stevens	17 Siobhan Woods	26 Sarah Renshaw
2 Stockport Harriers & Ac	74	— 1	Mollie Williams	22 Jenny Knass	23 Rebecca Fennell	28 Jennie Pickard
3 Salford Harriers & AC	79	— 5	Ruth Jones	8 Sarah Carroll	11 L HaywoodPercival	55 Becki Robinson
4 Sale Harriers Manchester	98	— 19	Anne Chinoy	24 Zoe Gmerek	25 Helen Armitage	30 Beatrice Cordingley
5 Macclesfield Harriers & Ac	113	— 6	Alannah Birtwistle	18 Hannah Bridger	40 Sian Gulliver	49 Daisy Pickles
6 Manchester Triathlon Club	157	— 15	Joanna Knapman	20 Annie Porter	54 Katie Gane	68 Cathy Atkinson
7 Altrincham & District Athletic	172	— 32	Alice Welch	37 Steph Thompson	42 Beverley Jackson	61 Fiona Cosgrove
8 Chorlton Runners 'B'	186	— 34	Emma Tollefson	38 Naomi Stones	45 Rachel McVittie	69 Samantha Hartley
9 Wirral Ac	198	— 7	Sarah Kearney	44 Sarah Phelan	63 Bree Sutcliffe	84 Lisa Grantham
10 Stockport Harriers & Ac 'B'	211	— 33	Melanie Mather	57 Louise Geldart	59 Imogen Nutter	62 Maureen Wilkins
11 East Cheshire Harriers & Tames	213	— 9	Hayley Simpson	27 Michelle Vaughan	56 Karen Fleming	121 Catherine Daley
12 Trafford Athletic Club	230	— 31	Sally Woolhouse	47 Louise Ambler	66 Louise Mangan	86 Joanne Lott
13 Sale Harriers Manchester 'B'	244	— 32	Lydia Briggs	53 Harriet Hamilton	76 Julia Reynolds	79 Sarah Goulden
14 Wilmslow Running Club	255	— 21	Rebecca Jackson	35 Janine Ellis	71 Laura Fairhurst	128 Jill Hooper
15 Swinton Running Club	258	— 41	Rebecca Mills	50 Lauren Marsden	65 Helen Nation	102 Denise IrvingLang
16 Salford Metropolitan Ac	274	— 16	Alina Stepanchuk	39 Jaine Brocklehurst	51 Carolyn Bradshaw	168 Amanda Stanley
17 Didsbury Runners	278	— 48	Laura Brown	67 Gina Kuippers	73 Antonia Marsden	90 Felicity Doe
18 West Cheshire Athletic Club	320	— 52	Eleanor Robinson	75 Clare Mallon	95 Debra Bemand	98 Angela Tegg
19 Chorlton Runners 'C'	333	— 70	Melanie Williamson	74 Olivia Morgan	78 Alison Wainwright	111 Miss Fofana
20 Bramhall Runners	347	— 46	Vikki Murphy	91 Helen Croft	93 Andrea Buckingham	117Helen Rennie
21 Macclesfield Harriers & Ac 'B'	382	— 64	Anne-Marie Jones	104 Sue Stockdale	106 Hanny Stockman	108 Saranya Hasler
22 Sale Harriers Manchester 'C'	399	— 82	Mia Gibbons	92 Carla Ousey	103 Caroline Wheeler	122 Amelie Latham
23 Stockport Tri Club	400	— 83	Christine Dewsbury	88 Gillian Doolan	100 Nicola Brundrett	129 Elizabeth Sargent
24 Manchester Frontrunners	419	— 72	Aleksandra Piekarska	77 Jane Fletcher	116 Claire Naylor	154 Mel Johnson
25 Middleton Harriers Ac	433	— 43	Joanna Adamson	119 Sharon Goldrick	135 Louise Butterworth	136 Cathie Murphy
26 Stockport Harriers & Ac 'C'	467	— 80	Ruth Murdoch	89 Elaine MacDonald	137 Rebecca Livsey	161 Alexis Dinsmor
27 Vale Royal Ac	470	— 29	Hollie Carrington	131 Caroline Buckley	140 Helen Betteley	170 Carole Williams
28 Marple Runners	473	— 96	Sarah Stutchfield	115 Anna Ashton	118 Elise Evans	144 Emma Mooney
29 Manchester Triathlon Club 'B'	492	— 81	Nanette Heystek	125 Sophie Barnett	141 Natasha Sutherland	145S MawbeyJeffries
30 Chorlton Runners 'D'	519	— 123	Ann Carney	130 Victoria Thompson	132 Charlotte Cameron	134 Lorraine Murphy
31 Manchester Harriers & Ac	610	— 120	Lindsey Farrelly	151 Deborah Beresford	165 Kate Sewart	174 Linda Cross
32 Swinton Running Club 'B'	611	— 126	Rachel Billington	150 Kerry Adamsbaum	163 Emma Nightingale	172 Wendy Doxey
33 Chorlton Runners 'E'	619	— 138	Alice Doherty	156 Rebecca Musgrove	159 Hannah Coates	166 Laura Mackay
34 Marple Runners 'B'	693	— 169	Claire Lynch	173 Cathryn Melia	175 Sarah Mears	176 Clare Smith

Senior Women - Ladies (Vets) — TEAMRESULTS

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

1 Chorlton Runners	19	— 3	Ingrid Storm	4 Stephanie Stevens	12 Sarah Renshaw
2 Sale Harriers Manchester	28	— 7	Anne Chinoy	10 Zoe Gmerek	11 Helen Armitage
3 Stockport Harriers & Ac	40	— 9	Jenny Knass	14 Jennie Pickard	17 Melanie Mather
4 Manchester Triathlon Club	53	— 5	Joanna Knapman	8 Annie Porter	40 Cathy Atkinson
5 Salford Metropolitan Ac	54	— 6	Alina Stepanchuk	20 Jaine Brocklehurst	28 Carolyn Bradshaw
6 Altrincham & District Athletic	57	— 16	Alice Welch	19 Steph Thompson	22 Beverley Jackson
7 Wirral Ac	61	— 1	Sarah Kearney	24 Sarah Phelan	36 Bree Sutcliffe
8 Swinton Running Club	86	— 21	Rebecca Mills	27 Lauren Marsden	38 Helen Nation
9 Trafford Athletic Club	106	— 15	Sally Woolhouse	39 Louise Mangan	52 Joanne Lott
10 East Cheshire Harriers & Tames	121	— 13	Michelle Vaughan	32 Karen Fleming	76 Catherine Daley
11 Sale Harriers Manchester 'B'	131	— 30	Harriet Hamilton	45 Julia Reynolds	56 Carla Ousey
12 West Cheshire Athletic Club	132	— 29	Eleanor Robinson	44 Clare Mallon	59 Debra Bemand
13 Bramhall Runners	137	— 25	Vikki Murphy	55 Helen Croft	57 Andrea Buckingham
14 Altrincham & District Athl 'B'	148	— 34	Fiona Cosgrove	51 Carole Harrison	63 Nicola Leese
15 Manchester Frontrunners	161	— 43	Aleksandra Piekarska	46 Jane Fletcher	72 Claire Naylor
16 Chorlton Runners 'B'	166	— 41	Melanie Williamson	47 Alison Wainwright	78 Ann Carney
17 Stockport Tri Club	167	— 49	Christine Dewsbury	54 Gillian Doolan	64 Nicola Brundrett
18 Macclesfield Harriers & Ac	170	— 37	Anne-Marie Jones	66 Sue Stockdale	67 Hanny Stockman
19 Middleton Harriers Ac	185	— 23	Joanna Adamson	74 Sharon Goldrick	88 Louise Butterworth
20 Stockport Harriers & Ac 'B'	191	— 35	Maureen Wilkins	48 Ruth Murdoch	108 Alexis Dinsmor
21 Marple Runners	204	— 60	Sarah Stutchfield	71 Anna Ashton	73 Elise Evans
22 Swinton Running Club 'B'	244	— 65	Denise IrvingLang	81 Rachel Billington	98 Kerry Adamsbaum
23 Manchester Triathlon Club 'B'	274	— 80	Sophie Barnett	94 S MawbeyJeffries	100 Michelle Wilder
24 Chorlton Runners 'C'	276	— 85	Charlotte Cameron	87 Lorraine Murphy	104 Rebecca Musgrove
25 Dragons Running Club (sale)	276	— 69	Joanne Healy	96 Jane Damerun	111 Cathy McCabe
26 Middleton Harriers Ac 'B'	277	— 89	Cathie Murphy	91 Sandra McGrail	97 Janine Jordan
27 Vale Royal Ac	290	— 84	Caroline Buckley	90 Helen Betteley	116 Carole Williams
28 Manchester Harriers & Ac	294	— 75	Lindsey Farrelly	99 Deborah Beresford	120 Linda Cross
29 Bramhall Runners 'B'	302	— 82	Breeshey Smith	103 Sarah Beattie	117 Suzanne Wiles
30 Marple Runners 'B'	327	— 93	Emma Mooney	115 Claire Lynch	119 Cathryn Melia
31 Marple Runners 'C'	366	— 121	Sarah Mears	122 Clare Smith	123 Jenny Brown

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

Pos	Num	Name	Cat/Pos	Club	Time
1	2527	\$Andy Smith		Swinton Running Club	1:05:00

Manchester Area Cross Country League

at Arrowe Park on Sunday 8th December 2019

Senior Men aged 17 to 19

Pos	Num	Name	Cat/Pos	Club	Time
1	968	Harry Sinclair	U20	1 Trafford Athletic Club	43:24
2	974	Jack Wilkinson	U20	2 Trafford Athletic Club	44:17
3	1041	Benjamin Webb	U20	3 Warrington A C	44:31
4	1141	Sam Heyworth	U20	4 Sale Harriers Manchester	48:47
5	737	Charlie Thomas	U20	5 Salford Harriers & AC	48:58
6	1169	Andrew Ndlovu	U20	6 Middleton Harriers Ac	50:08
7	771	Connor Thacker	U20	7 Salford Metropolitan Ac	53:01
8	712	Daniel Lewis	U20	8 Salford Harriers & AC	55:54

Senior Men aged 17 to 19 — TEAM RESULTS

No complete teams

Senior Men aged 20 to 39

Pos	Num	Name	Cat/Pos	Club	Time		Time		Time
1	1249	Daniel Cliffe		Liverpool Harriers & Ac	38:45	49	1121 Simon Dunk	Wirral Ac	49:35
2	651	Nigel Martin		Sale Harriers Manchester	39:18	50	1101 James Speedie	Wilmslow Running Club	49:42
3	660	Philip Robertson		Sale Harriers Manchester	39:31	51	373 Laurie Luscombe	Liverpool Harriers & Ac	49:51
4	674	James Wignall		Sale Harriers Manchester	40:08	52	1226 Paul Sharp	Macclesfield Harriers & Ac	49:57
5	855	Jack Morris		Stockport Harriers & Ac	40:10	53	580 Jordan Burke	Middleton Harriers Ac	50:00
6	1142	Will Onek		Sale Harriers Manchester	40:23	54	610 Paul Barrett	Sale Harriers Manchester	50:21
7	611	Nicholas Barry		Sale Harriers Manchester	41:06	55	34 Rob Metcalf	Altrincham & District Athletic	50:32
8	680	Will Beauchamp		Salford Harriers & AC	41:50	56	1129 Arran McCloskey	Knutsford Tri Club	50:39
9	495	Alex Lawton		Manchester Triathlon Club	41:54	57	43 James Pattison	Altrincham & District Athletic	51:00
10	132	Peter Bray		Chorlton Runners	42:22	58	134 James Bryson	Chorlton Runners	51:03
11	727	Stuart Robinson		Salford Harriers & AC	42:49	59	504 Jamie Platt	Manchester Triathlon Club	51:08
12	970	Gavin Tomlinson		Trafford Athletic Club	42:54	60	593 John Weaver	Middleton Harriers Ac	51:11
13	329	Ian Conroy		Horwich R M I Harriers	43:20	61	534 Martin Rimmer	Manchester Ymca Harriers	51:35
14	168	Ben Hobson		Chorlton Runners	43:28	62	1160 Thomas Rogers	Belle Vue Racers	51:41
15	643	Kenneth Hunt		Sale Harriers Manchester	43:46	63	1237 V Salazar	Wirral Ac	51:43
16	130	Liam Braby		Chorlton Runners	44:03	64	384 Ewan Edmondson	Macclesfield Harriers & Ac	51:48
17	1227	Andrew Hartley		Manchester Harriers & Ac	44:08	65	526 Joseph Hayes	Manchester Ymca Harriers	51:53
18	18	Adam Gooch		Altrincham & District Athletic	44:25	66	271 James Hartshorne	East Cheshire Harriers & Tames	51:55
19	297	Chris Webb		Glossopdale Harriers	44:31	67	230 Martin Carolan	Didsbury Runners	52:20
20	19	Nick Hamlin		Altrincham & District Athletic	44:45	68	649 Simon Latham	Sale Harriers Manchester	52:24
21	956	Greg Kelly		Trafford Athletic Club	44:48	69	437 Blair Paterson	Manchester Frontrunners	52:39
22	389	Billy Hicks		Macclesfield Harriers & Ac	44:57	70	2526 Matthew Wilson	Unattached	53:23
23	421	Martin Dunn		Manchester Frontrunners	45:31	71	226 Stephen Welch	Chorlton Runners	53:35
24	626	Robert Dunn		Sale Harriers Manchester	45:59	72	195 Alastair Patrick	Chorlton Runners	53:46
25	1045	Steven Fernyhough		West Cheshire Athletic Club	46:03	73	768 Daniel Sate	Salford Metropolitan Ac	53:57
26	705	Michael Heaney		Salford Harriers & AC	46:05	74	216 Andrew Tongue	Chorlton Runners	54:00
27	178	Jonathan Lancaster		Chorlton Runners	46:12	75	536 Phil Tomkinson	Manchester Ymca Harriers	54:24
28	183	F MacdonaldOulds		Chorlton Runners	46:18	76	519 Andrew Bowler	Manchester Ymca Harriers	54:40
29	955	Alex Jones		Trafford Athletic Club	46:20	77	463 Neil Ryan	Manchester Harriers & Ac	54:46
30	265	Liam Browne		East Cheshire Harriers & Tames	46:30	78	403 Oscar Trevena	Macclesfield Harriers & Ac	55:23
31	893	Carl Krystek		Stockport Tri Club	46:37	79	939 Mario Santos	Swinton Running Club	55:25
32	750	Ben Farrelly		Salford Metropolitan Ac	46:39	80	446 Edmund Woodfield	Manchester Frontrunners	55:59
33	7	Nick Bugler		Altrincham & District Athletic	46:46	81	244 Graham Brownhill	Dragons Running Club (sale)	56:00
34	786	Robert Chesters		St Helens Tri	47:00	82	482 Chris Garratt	Manchester Triathlon Club	57:14
35	388	Robert Hasler		Macclesfield Harriers & Ac	47:07	83	481 Martin Forker	Manchester Triathlon Club	57:24
36	861	Tom Peers		Stockport Harriers & Ac	47:10	84	746 Michael Carney	Salford Metropolitan Ac	57:57
37	220	Daniel Vasey		Chorlton Runners	47:30	85	1224 Daniel Gill	Macclesfield Harriers & Ac	58:16
38	241	Steven Townley		Didsbury Runners	47:36	86	839 Ian Crabtree	Stockport Harriers & Ac	58:35
39	528	Nick Jackson		Manchester Ymca Harriers	47:47	87	926 Mike Donigan	Swinton Running Club	58:56
40	834	Phil Carpenter		Stockport Harriers & Ac	48:06	88	235 Dan Levin	Didsbury Runners	59:10
41	180	Rob Lee		Chorlton Runners	48:06	89	259 David Swinburne	Dragons Running Club (sale)	59:17
42	995	Lee Carrington		Vale Royal Ac	48:12	90	420 Vally Darren De	Manchester Frontrunners	59:22
43	236	Damien McHugh		Didsbury Runners	48:32	91	167 Colin Hines	Chorlton Runners	1:00:18
44	922	Ian Cronshaw		Swinton Running Club	48:38	92	177 George Kirk	Chorlton Runners	1:00:42
45	492	Brendan Kennedy		Manchester Triathlon Club	48:49	93	797 Mike Gregory	St Helens Tri	1:02:42
46	472	Sam Garratt		Manchester Metropolitan Uni	49:08	94	538 Graeme Wilkinson	Manchester Ymca Harriers	1:03:15
47	237	Mike Norbury		Didsbury Runners	49:17	95	561 Graeme Lawton	Marple Runners	1:06:55
48	595	Leon Wint		Middleton Harriers Ac	49:18	96	554 Simon Hughes	Marple Runners	1:11:35

Manchester Area Cross Country League

at Arrowse Park on Sunday 8th December 2019

Senior Men (Vets) aged 40 to 44

Pos	Num	Name	Cat/Pos	Club	Time					
1	372	Richard Burney	V40 1	Liverpool Harriers & Ac	40:12	25	1144 Mark Davies	V40 25	West Cheshire Athletic Club	50:57
2	209	Matthew Shaw	V40 2	Chorlton Runners	41:33	26	427 Steve Hatton	V40 26	Manchester Frontrunners	51:49
3	1063	Richard Coen	V40 3	Wilmslow Running Club	43:34	27	791 Kevin Dunbar	V40 27	St Helens Tri	52:31
4	529	Craig Jones	V40 4	Manchester Ymca Harriers	44:00	28	426 Jono Guildford	V40 28	Manchester Frontrunners	52:44
5	404	Mark Walker	V40 5	Macclesfield Harriers & Ac	44:06	29	1236 Andy Fraser	V40 29	Wirral Ac	53:13
6	865	J Scott-Buccluech	V40 6	Stockport Harriers & Ac	44:14	30	803 Patrick Neill	V40 30	St Helens Tri	53:20
7	1126	James Mackie	V40 7	Wirral Ac	44:50	31	67 Adam Bird	V40 31	Bramhall Runners	53:25
8	351	James Titmuss	V40 8	Horwich R M I Harriers	45:03	32	586 Graham Jordan	V40 32	Middleton Harriers Ac	53:39
9	1000	Mark Crabtree	V40 9	Vale Royal Ac	45:09	33	231 Matt Farr	V40 33	Didsbury Runners	53:51
10	207	Gary Scott	V40 10	Chorlton Runners	45:10	34	505 Stephen Pollard	V40 34	Manchester Triathlon Club	54:21
11	334	Daniel Gilbert	V40 11	Horwich R M I Harriers	45:37	35	480 Eduardo Fe	V40 35	Manchester Triathlon Club	54:24
12	162	Andrew Haney	V40 12	Chorlton Runners	45:51	36	192 Nick Parrott	V40 36	Chorlton Runners	54:31
13	707	David Hudson	V40 13	Salford Harriers & AC	46:14	37	464 Chris Sewart	V40 37	Manchester Harriers & Ac	55:03
14	344	Alastair Murray	V40 14	Horwich R M I Harriers	46:29	38	924 Ani Das	V40 38	Swinton Running Club	55:26
15	411	Alex Wright	V40 15	Macclesfield Harriers & Ac	46:56	39	477 Chris Evans	V40 39	Manchester Triathlon Club	55:58
16	686	Richard Brook	V40 16	Salford Harriers & AC	47:08	40	1163 James Malone	V40 40	Belle Vue Racers	56:20
17	461	Alex Masidlover	V40 17	Manchester Harriers & Ac	47:26	41	405 Michael Walton	V40 41	Macclesfield Harriers & Ac	58:21
18	278	Darren Smith	V40 18	East Cheshire Harriers & Tames	47:39	42	842 Darren Donald	V40 42	Stockport Harriers & Ac	59:46
19	473	Andy Adkin	V40 19	Manchester Triathlon Club	48:04	43	892 Martyn Jones	V40 43	Stockport Tri Club	59:53
20	830	Philip Burns	V40 20	Stockport Harriers & Ac	48:44	44	759 Stuart Mairs	V40 44	Salford Metropolitan Ac	1:00:10
21	627	Richard Edwards	V40 21	Sale Harriers Manchester	49:12	45	89 Steve McGovern	V40 45	Bramhall Runners	1:00:44
22	485	Rob Harper	V40 22	Manchester Triathlon Club	49:58	46	812 John Wilson	V40 46	St Helens Tri	1:00:52
23	946	Kevin Woodward	V40 23	Swinton Running Club	50:03	47	136 Richard Burton	V40 47	Chorlton Runners	1:03:34
24	126	Andy Baguley	V40 24	Chorlton Runners	50:48	48	783 Gary Birch	V40 48	St Helens Tri	1:04:51

Senior Men (Vets) aged 45 to 49

Pos	Num	Name	Cat/Pos	Club	Time					
1	659	Gareth Raven	V45 1	Sale Harriers Manchester	42:52	33	322 Matthew Larkin	V45 33	Halton & Frodsham Harriers	53:33
2	964	Jeff Prest	V45 2	Trafford Athletic Club	43:43	34	568 Darren Peatfield	V45 34	Marple Runners	53:44
3	849	Malcolm Johnson	V45 3	Stockport Harriers & Ac	43:48	35	1133 Damian Aspin	V45 35	Manchester Triathlon Club	53:48
4	652	Stephen McCarron	V45 4	Sale Harriers Manchester	43:52	36	489 Peter Hulme	V45 36	Manchester Triathlon Club	54:27
5	735	Tony Taylor	V45 5	Salford Harriers & AC	44:58	37	894 Andrew Mainwaring	V45 37	Stockport Tri Club	54:31
6	689	Mark Collier	V45 6	Salford Harriers & AC	46:47	38	813 Ian Wright	V45 38	St Helens Tri	54:52
7	203	Christopher Rayner	V45 7	Chorlton Runners	46:53	39	1157 Ian Roberts	V45 39	St Helens Sutton Ac	55:19
8	1176	Tim Greenald	V45 8	East Cheshire Harriers & Tames	46:57	40	1192 Matthew Gibbons	V45 40	Salford Metropolitan Ac	55:57
9	629	Olivier Gaillemin	V45 9	Sale Harriers Manchester	47:03	41	976 Gary Wolstencroft	V45 41	Trafford Athletic Club	56:31
10	29	Richard Lane	V45 10	Altrincham & District Athletic	47:09	42	869 Mark Smith	V45 42	Stockport Harriers & Ac	56:33
11	837	James Corden	V45 11	Stockport Harriers & Ac	47:42	43	838 Paul Corner	V45 43	Stockport Harriers & Ac	56:34
12	854	Ged McGrath	V45 12	Stockport Harriers & Ac	47:49	44	884 Mike Dewsbury	V45 44	Stockport Tri Club	56:35
13	857	Ian Murdoch	V45 13	Stockport Harriers & Ac	48:23	45	617 Hector Chinoy	V45 45	Sale Harriers Manchester	57:11
14	374	Lee Midghall	V45 14	Liverpool Harriers & Ac	48:25	46	745 Peter Brown	V45 46	Salford Metropolitan Ac	58:13
15	350	Marcus Taylor	V45 15	Horwich R M I Harriers	49:09	47	808 Lee Stinch	V45 47	St Helens Tri	58:48
16	622	Elton Davies	V45 16	Sale Harriers Manchester	49:49	48	424 Nico Gibert	V45 48	Manchester Frontrunners	58:59
17	249	Richard Healy	V45 17	Dragons Running Club (sale)	49:54	49	182 Sean Lord	V45 49	Chorlton Runners	59:06
18	853	Nathan Mayoh	V45 18	Stockport Harriers & Ac	50:03	50	1243 Julian Tegg	V45 50	West Cheshire Athletic Club	59:43
19	777	Shane Wolstencroft	V45 19	Salford Metropolitan Ac	50:51	51	84 Lee Jones	V45 51	Bramhall Runners	59:48
20	208	Ian Sharpe	V45 20	Chorlton Runners	50:53	52	1059 Colin Caisley	V45 52	Wilmslow Running Club	1:00:06
21	793	Michael Forber	V45 21	St Helens Tri	50:55	53	64 Steve Aughton	V45 53	Bramhall Runners	1:00:54
22	1225	Robert Maxwell	V45 22	Macclesfield Harriers & Ac	51:16	54	80 Nick Heaton	V45 54	Bramhall Runners	1:01:14
23	1043	Andrew Carter	V45 23	West Cheshire Athletic Club	51:22	55	744 Simon Bond	V45 55	Salford Metropolitan Ac	1:01:22
24	1005	David Haines	V45 24	Vale Royal Ac	51:51	56	1248 Brian Bigger	V45 56	Manchester Triathlon Club	1:02:39
25	1104	Matt Taylor	V45 25	Wilmslow Running Club	52:00	57	578 Jeremy Woodham	V45 57	Marple Runners	1:03:51
26	87	Lok Li	V45 26	Bramhall Runners	52:00	58	920 Justin Coleman	V45 58	Swinton Running Club	1:03:57
27	665	Matthew Spragg	V45 27	Sale Harriers Manchester	52:11	59	675 Michael Wymer	V45 59	Sale Harriers Manchester	1:04:53
28	1135	John Murray	V45 28	Manchester Triathlon Club	52:16	60	553 Andrew Hodson	V45 60	Marple Runners	1:05:00
29	550	S FarringtonNewman	V45 29	Marple Runners	52:26	61	442 James Scully	V45 61	Manchester Frontrunners	1:05:52
30	92	Frank Podd	V45 30	Bramhall Runners	52:37	62	552 Ian Galloway	V45 62	Marple Runners	1:05:56
31	1046	Richard Hayes	V45 31	West Cheshire Athletic Club	52:59	63	1239 David Broadhurst	V45 63	Salford Metropolitan Ac	1:07:25
32	1184	Stephen Humphries	V45 32	Stockport Harriers & Ac	53:01	64	99 Mike Utting	V45 64	Bramhall Runners	1:13:33

Senior Men (Vets) aged 50 to 54

Pos	Num	Name	Cat/Pos	Club	Time					
1	713	Philip Leybourne	V50 1	Salford Harriers & AC	44:12	18	1234 Richard O'Reilly	V50 18	Horwich R M I Harriers	56:42
2	93	Andy Porter	V50 2	Bramhall Runners	45:38	19	763 Girish Patel	V50 19	Salford Metropolitan Ac	57:01
3	395	James Noakes	V50 3	Macclesfield Harriers & Ac	46:41	20	379 Julian Brown	V50 20	Macclesfield Harriers & Ac	57:06
4	1110	Andrew Whittingham	V50 4	Wilmslow Running Club	47:19	21	78 Richard Hall	V50 21	Bramhall Runners	58:35
5	2525	Bryan Lomas	V50 5	Congleton H & Ac	47:35	22	73 Steve Fairclough	V50 22	Bramhall Runners	59:19
6	269	Ian Fraser	V50 6	East Cheshire Harriers & Tames	48:08	23	560 James Kemp	V50 23	Marple Runners	59:59
7	1044	Andrew Clague	V50 7	West Cheshire Athletic Club	48:20	24	570 Simon Rushton	V50 24	Marple Runners	1:00:20
8	1033	Daniel Newman	V50 8	Warrington A C	49:49	25	1228 Darren Wallis	V50 25	Middleton Harriers Ac	1:00:27
9	954	Michael Hutchinson	V50 9	Trafford Athletic Club	50:07	26	345 Lawrence Pinnell	V50 26	Horwich R M I Harriers	1:01:52
10	1013	Richard Murray	V50 10	Vale Royal Ac	50:34	27	658 Timothy Rainey	V50 27	Sale Harriers Manchester	1:02:24
11	347	Colin Rigby	V50 11	Horwich R M I Harriers	51:32	28	565 Mark Lynch	V50 28	Marple Runners	1:04:35
12	1203	Tim Johns	V50 12	Manchester Triathlon Club	51:47	29	772 Andrew Thomas	V50 29	Salford Metropolitan Ac	1:05:06
13	856	Ian Mulligan	V50 13	Stockport Harriers & Ac	52:35	30	604 Stephen Symons	V50 30	Quays Running Club	1:05:34
14	1015	Mark Pilliner	V50 14	Vale Royal Ac	53:46	31	1245 Christopher Prout	V50 31	Wirral Ac	1:06:05
15	454	Glen Gandy	V50 15	Manchester Harriers & Ac	55:16	32	864 Nick Roberts	V50 32	Stockport Harriers & Ac	1:08:56
16	164	Justin Hayes	V50 16	Chorlton Runners	56:10	33	569 Tony Pratt	V50 33	Marple Runners	1:18:55
17	994	Chris Beard	V50 17	Vale Royal Ac	56:18					

Senior Men (Vets) aged 55 to 59

Pos	Num	Name	Cat/Pos	Club	Time					
1	1066	Rob Downs	V55	1 Wilmslow Running Club	45:30	11	21 Graham Harrison	V55	11 Altrincham & District Athletic	56:27
2	523	David Garner	V55	2 Manchester Ymca Harriers	47:57	12	14 David Entwistle	V55	12 Altrincham & District Athletic	56:39
3	15	Richard Evans	V55	3 Altrincham & District Athletic	49:46	13	274 Derek Hughes	V55	13 East Cheshire Harriers & Tames	57:16
4	1088	Trevor Morris	V55	4 Wilmslow Running Club	50:30	14	77 Mike Hall	V55	14 Bramhall Runners	58:06
5	116	Dave Soles	V55	5 Buxton AC	51:13	15	474 Lee Benson	V55	15 Manchester Triathlon Club	58:28
6	927	Steven Doxey	V55	6 Swinton Running Club	51:58	16	97 John Temperley	V55	16 Bramhall Runners	1:00:58
7	36	Gordon Nicoll	V55	7 Altrincham & District Athletic	53:41	17	785 Andrew Bridge	V55	17 St Helens Tri	1:02:53
8	897	Simon Phillips	V55	8 Stockport Tri Club	54:29	18	1147 Anthony Harrison	V55	18 Winston Runners	1:03:08
9	440	Roberto Raso	V55	9 Manchester Fronrunners	55:46	19	120 Paul Adams	V55	19 Chorlton Runners	1:05:06
10	724	Trevor Rayner	V55	10 Salford Harriers & AC	55:52	20	940 A ScialpiSullivan	V55	20 Swinton Running Club	1:05:39

Senior Men (Vets) aged 60 to 64

Pos	Num	Name	Cat/Pos	Club	Time
1	866	Steve Shaughnessy	V60	1 Stockport Harriers & Ac	50:26
2	323	David Barnes	V60	2 Horwich R M I Harriers	54:44
3	283	David Chrystie-Lowe	V60	3 Glossopdale Harriers	55:05
4	1244	Tony Devoy	V60	4 Wirral Ac	55:29
5	58	Patrick O'Brien	V60	5 Belle Vue Racers	1:00:21
6	882	David Colley	V60	6 Stockport Tri Club	1:00:40
7	591	Craig Sutherland	V60	7 Middleton Harriers Ac	1:06:20
8	574	Martin Townsend	V60	8 Marple Runners	1:18:37

Senior Men (Vets) aged 65 to 69

Pos	Num	Name	Cat/Pos	Club	Time
1	722	Stanley Owen	V65	1 Salford Harriers & AC	50:10
2	46	Peter Pickwell	V65	2 Altrincham & District Athletic	54:55
3	581	Alan Garvey	V65	3 Middleton Harriers Ac	59:25
4	996	Barry Chambers	V65	4 Vale Royal Ac	1:07:04
5	571	David Shoesmith	V65	5 Marple Runners	1:08:21
6	932	Geoff Kay	V65	6 Swinton Running Club	1:18:05

Senior Men (Vets) over 70

Pos	Num	Name	Cat/Pos	Club	Time
1	39	Jeff Norman	V70	1 Altrincham & District Athletic	59:39
2	871	Robert Taylor	V70	2 Stockport Harriers & Ac	1:00:36
3	1172	Alan Jenkinson	V70	3 Styal Running Club	1:15:47

Manchester Area Cross Country League at Arrowse Park on Sunday 8th December 2019

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

Pos	Num	Name	Cat/Pos	Club	Time				
1	1249	Daniel Cliffe		Liverpool Harriers & Ac	38:45	91	1141	Sam Heyworth	U20 4
2	651	Nigel Martin		Sale Harriers Manchester	39:18	92	492	Brendan Kennedy	Manchester Triathlon Club
3	660	Philip Robertson		Sale Harriers Manchester	39:31	93	737	Charlie Thomas	U20 5
4	674	James Wignall		Sale Harriers Manchester	40:08	94	472	Sam Garratt	Salford Harriers & AC
5	855	Jack Morris		Stockport Harriers & Ac	40:10	95	350	Marcus Taylor	Manchester Metropolitan Uni
6	372	Richard Burney	V40 1	Liverpool Harriers & Ac	40:12	96	627	Richard Edwards	V45 15
7	1142	Will Onek		Sale Harriers Manchester	40:23	97	237	Mike Norbury	Horwich R M I Harriers
8	611	Nicholas Barry		Sale Harriers Manchester	41:06	98	595	Leon Wint	V40 21
9	209	Matthew Shaw	V40 2	Chorlton Runners	41:33	99	1121	Simon Dunk	Sale Harriers Manchester
10	680	Will Beauchamp		Salford Harriers & AC	41:50	100	101	James Speedie	Didsbury Runners
11	495	Alex Lawton		Manchester Triathlon Club	41:54	101	15	Richard Evans	Middleton Harriers Ac
12	132	Peter Bray		Chorlton Runners	42:22	102	622	Elton Davies	Wirral Ac
13	727	Stuart Robinson		Salford Harriers & AC	42:49	103	033	Daniel Newman	Wilmslow Running Club
14	659	Gareth Raven	V45 1	Sale Harriers Manchester	42:52	104	373	Laurie Luscombe	V55 3
15	970	Gavin Tomlinson		Trafford Athletic Club	42:54	105	249	Richard Healy	V45 16
16	329	Ian Conroy		Horwich R M I Harriers	43:20	106	1226	Paul Sharp	Sale Harriers Manchester
17	968	Harry Sinclair	U20 1	Trafford Athletic Club	43:24	107	485	Rob Harper	V50 8
18	168	Ben Hobson		Chorlton Runners	43:28	108	580	Jordan Burke	Warrington A C
19	1063	Richard Coen	V40 3	Wilmslow Running Club	43:34	109	946	Kevin Woodward	Liverpool Harriers & Ac
20	964	Jeff Prest	V45 2	Trafford Athletic Club	43:43	110	853	Nathan Mayoh	V45 17
21	643	Kenneth Hunt		Sale Harriers Manchester	43:46	111	954	Michael Hutchinson	Dragons Running Club (sale)
22	849	Malcolm Johnson	V45 3	Stockport Harriers & Ac	43:48	112	1169	Andrew Ndlovu	Macclesfield Harriers & Ac
23	652	Stephen McCarron	V45 4	Sale Harriers Manchester	43:52	113	722	Stanley Owen	V40 22
24	529	Craig Jones	V40 4	Manchester Ymca Harriers	44:00	114	610	Paul Barrett	Middleton Harriers Ac
25	130	Liam Braby		Chorlton Runners	44:03	115	866	Steve Shaughnessy	Swinton Running Club
26	404	Mark Walker	V40 5	Macclesfield Harriers & Ac	44:06	116	1088	Trevor Morris	V45 18
27	1227	Andrew Hartley		Manchester Harriers & Ac	44:08	117	3	Rob Metcalf	Stockport Harriers & Ac
28	713	Philip Leybourne	V50 1	Salford Harriers & AC	44:12	118	1013	Richard Murray	V50 9
29	865	J Scott-Bucclough	V40 6	Stockport Harriers & Ac	44:14	119	1129	Arran McCloskey	Trafford Athletic Club
30	974	Jack Wilkinson	U20 2	Trafford Athletic Club	44:17	120	126	Andy Baguley	V40 23
31	18	Adam Gooch		Altrincham & District Athletic	44:25	121	777	Shane Wolstencroft	V45 19
32	297	Chris Webb		Glossopdale Harriers	44:31	122	208	Ian Sharpe	Salford Metropolitan Ac
33	1041	Benjamin Webb	U20 3	Warrington A C	44:31	123	793	Michael Forber	V45 20
34	19	Nick Hamlin		Altrincham & District Athletic	44:45	124	1144	Mark Davies	Chorlton Runners
35	956	Greg Kelly		Trafford Athletic Club	44:48	125	4	James Pattison	V45 21
36	1126	James Mackie	V40 7	Wirral Ac	44:50	126	134	James Bryson	St Helens Tri
37	389	Billy Hicks		Macclesfield Harriers & Ac	44:57	127	504	Jamie Platt	West Cheshire Athletic Club
38	735	Tony Taylor	V45 5	Salford Harriers & AC	44:58	128	593	John Weaver	Altrincham & District Athletic
39	351	James Titmuss	V40 8	Horwich R M I Harriers	45:03	129	116	Dave Soles	Chorlton Runners
40	1000	Mark Crabtree	V40 9	Vale Royal Ac	45:09	130	1225	Robert Maxwell	V45 22
41	207	Gary Scott	V40 10	Chorlton Runners	45:10	131	1043	Andrew Carter	Macclesfield Harriers & Ac
42	1066	Rob Downs	V55 1	Wilmslow Running Club	45:30	132	347	Colin Rigby	V45 23
43	421	Martin Dunn		Manchester Frontrunners	45:31	133	534	Martin Rimmer	V50 11
44	334	Daniel Gilbert	V40 11	Horwich R M I Harriers	45:37	134	1160	Thomas Rogers	Horwich R M I Harriers
45	93	Andy Porter	V50 2	Bramhall Runners	45:38	135	1237	V Salazar	Belle Vue Racers
46	162	Andrew Haney	V40 12	Chorlton Runners	45:51	136	1203	Tim Johns	Wirral Ac
47	626	Robert Dunn		Sale Harriers Manchester	45:59	137	384	Ewan Edmondson	V50 12
48	1045	Steven Fernyhough		West Cheshire Athletic Club	46:03	138	427	Steve Hutton	Manchester Triathlon Club
49	705	Michael Heaney		Salford Harriers & AC	46:05	139	1005	David Haines	Macclesfield Harriers & Ac
50	178	Jonathan Lancaster		Chorlton Runners	46:12	140	526	Joseph Hayes	Manchester Frontrunners
51	707	David Hudson	V40 13	Salford Harriers & AC	46:14	141	271	James Hartshorne	Vale Royal Ac
52	183	F MacdonaldOulds		Chorlton Runners	46:18	142	927	Steven Doxey	Manchester Ymca Harriers
53	955	Alex Jones		Trafford Athletic Club	46:20	143	1104	Matt Taylor	East Cheshire Harriers & Tames
54	344	Alastair Murray	V40 14	Horwich R M I Harriers	46:29	144	8	Lok Li	Swinton Running Club
55	265	Liam Browne		East Cheshire Harriers & Tames	46:30	145	665	Matthew Spragg	V45 25
56	893	Carl Krystek		Stockport Tri Club	46:37	146	1135	John Murray	V45 26
57	750	Ben Farrelly		Salford Metropolitan Ac	46:39	147	230	Martin Carolan	Bramhall Runners
58	395	James Noakes	V50 3	Macclesfield Harriers & Ac	46:41	148	649	Simon Latham	V45 27
59	7	Nick Bugler		Altrincham & District Athletic	46:46	149	550	S FarringtonNewman	Sale Harriers Manchester
60	689	Mark Collier	V45 6	Salford Harriers & AC	46:47	150	791	Kevin Dunbar	Marple Runners
61	203	Christopher Rayner	V45 7	Chorlton Runners	46:53	151	856	Ian Mulligan	V40 27
62	411	Alex Wright	V40 15	Macclesfield Harriers & Ac	46:56	152	92	Frank Podd	St Helens Tri
63	1176	Tim Greenald	V45 8	East Cheshire Harriers & Tames	46:57	153	437	Blair Paterson	V50 13
64	786	Robert Chesters		St Helens Tri	47:00	154	426	Jono Guildford	Stockport Harriers & Ac
65	629	Olivier Gaillemin	V45 9	Sale Harriers Manchester	47:03	155	1046	Richard Hayes	Bramhall Runners
66	388	Robert Hasler		Macclesfield Harriers & Ac	47:07	156	771	Connor Thacker	Manchester Frontrunners
67	686	Richard Brook	V40 16	Salford Harriers & AC	47:08	157	1184	Stephen Humphries	V40 28
68	29	Richard Lane	V45 10	Altrincham & District Athletic	47:09	158	1236	Andy Fraser	V45 31
69	861	Tom Peers		Stockport Harriers & Ac	47:10	159	803	Patrick Neill	Salford Harriers & AC
70	1110	Andrew Whittingham	V50 4	Wilmslow Running Club	47:19	160	2526	Matthew Wilson	Wirral Ac
71	461	Alex Masidlover	V40 17	Manchester Harriers & Ac	47:26	161	6	Adam Bird	V45 28
72	220	Daniel Vasey		Chorlton Runners	47:30	162	322	Matthew Larkin	St Helens Tri
73	2525	Bryan Lomas	V50 5	Congleton H & Ac	47:35	163	226	Stephen Welch	V50 14
74	241	Steven Townley		Didsbury Runners	47:36	164	586	Graham Jordan	Chorlton Runners
75	278	Darren Smith	V40 18	East Cheshire Harriers & Tames	47:39	165	36	Gordon Nicoll	Middleton Harriers Ac
76	837	James Corden	V45 11	Stockport Harriers & Ac	47:42	166	568	Darren Peatfield	V55 7
77	528	Nick Jackson		Manchester Ymca Harriers	47:47	167	1015	Mark Pilliner	Altrincham & District Athletic
78	854	Ged McGrath	V45 12	Stockport Harriers & Ac	47:49	168	195	Alastair Patrick	Vale Royal Ac
79	523	David Garner	V55 2	Manchester Ymca Harriers	47:57	169	1133	Damian Aspin	Chorlton Runners
80	473	Andy Adkin	V40 19	Manchester Triathlon Club	48:04	170	231	Matt Farr	Manchester Triathlon Club
81	834	Phil Carpenter		Stockport Harriers & Ac	48:06	171	768	Daniel Sate	Didsbury Runners
82	180	Rob Lee		Chorlton Runners	48:06	172	216	Andrew Tongue	Salford Metropolitan Ac
83	269	Ian Fraser	V50 6	East Cheshire Harriers & Tames	48:08	173	505	Stephen Pollard	Chorlton Runners
84	995	Lee Carrington		Vale Royal Ac	48:12	174	536	Phil Tomkinson	Manchester Triathlon Club
85	1044	Andrew Clague	V50 7	West Cheshire Athletic Club	48:20	175	480	Eduardo Fe	Manchester Ymca Harriers
86	857	Ian Murdoch	V45 13	Stockport Harriers & Ac	48:23	176	489	Peter Hulme	Manchester Triathlon Club
87	374	Lee Midghall	V45 14	Liverpool Harriers & Ac	48:25	177	897	Simon Phillips	Manchester Triathlon Club
88	236	Damien McHugh		Didsbury Runners	48:32	178	192	Nick Parrott	Stockport Tri Club
89	922	Ian Cronshaw		Swinton Running Club	48:38	179	894	Andrew Mainwaring	Chorlton Runners
90	830	Philip Burns	V40 20	Stockport Harriers & Ac	48:44	180	519	Andrew Bowler	V45 37
									Stockport Tri Club
									Manchester Ymca Harriers

181 323 David Barnes	V60 2	Horwich R M I Harriers	54:44	2341243 Julian Tegg	V45 50	West Cheshire Athletic Club	59:43
182 463 Neil Ryan		Manchester Harriers & Ac	54:46	235 842 Darren Donald	V40 42	Stockport Harriers & Ac	59:46
183 813 Ian Wright	V45 38	St Helens Tri	54:52	236 84 Lee Jones	V45 51	Bramhall Runners	59:48
184 46 Peter Pickwell	V65 2	Altrincham & District Athletic	54:55	237 892 Martyn Jones	V40 43	Stockport Tri Club	59:53
185 464 Chris Sewart	V40 37	Manchester Harriers & Ac	55:03	238 560 James Kemp	V50 23	Marple Runners	59:59
186 283 David Chrystie-Lowe	V60 3	Glossopdale Harriers	55:05	2391059 Colin Caisley	V45 52	Wilmslow Running Club	1:00:06
187 454 Glen Gandy	V50 15	Manchester Harriers & Ac	55:16	240 759 Stuart Mairs	V40 44	Salford Metropolitan Ac	1:00:10
1881157 Ian Roberts	V45 39	St Helens Sutton Ac	55:19	241 167 Colin Hines		Chorlton Runners	1:00:18
189 403 Oscar Trevena		Macclesfield Harriers & Ac	55:23	242 570 Simon Rushton	V50 24	Marple Runners	1:00:20
190 939 Mario Santos		Swinton Running Club	55:25	243 58 Patrick O'Brien	V60 5	Belle Vue Racers	1:00:21
191 924 Ani Das	V40 38	Swinton Running Club	55:26	2441228 Darren Wallis	V50 25	Middleton Harriers Ac	1:00:27
1921244 Tony Devoy	V60 4	Wirral Ac	55:29	245 871 Robert Taylor	V70 2	Stockport Harriers & Ac	1:00:36
193 440 Roberto Raso	V55 9	Manchester Frontrunners	55:46	246 882 David Colley	V60 6	Stockport Tri Club	1:00:40
194 724 Trevor Rayner	V55 10	Salford Harriers & AC	55:52	247 177 George Kirk		Chorlton Runners	1:00:42
195 712 Daniel Lewis	U20 8	Salford Harriers & AC	55:54	248 89 Steve McGovern	V40 45	Bramhall Runners	1:00:44
1961192 Matthew Gibbons	V45 40	Salford Metropolitan Ac	55:57	249 812 John Wilson	V40 46	St Helens Tri	1:00:52
197 477 Chris Evans	V40 39	Manchester Triathlon Club	55:58	250 64 Steve Aughton	V45 53	Bramhall Runners	1:00:54
198 446 Edmund Woodfield		Manchester Frontrunners	55:59	251 97 John Temperley	V55 16	Bramhall Runners	1:00:58
199 244 Graham Brownhill		Dragons Running Club (sale)	56:00	252 80 Nick Heaton	V45 54	Bramhall Runners	1:01:14
200 164 Justin Hayes	V50 16	Chorlton Runners	56:10	253 744 Simon Bond	V45 55	St Helens Metropolitan Ac	1:01:22
201 994 Chris Beard	V50 17	Vale Royal Ac	56:18	254 345 Lawrence Pinnell	V50 26	Horwich R M I Harriers	1:01:52
2021163 James Malone	V40 40	Belle Vue Racers	56:20	255 658 Timothy Rainey	V50 27	Sale Harriers Manchester	1:02:24
203 21 Graham Harrison	V55 11	Altrincham & District Athletic	56:27	2561248 Brian Bigger	V45 56	Manchester Triathlon Club	1:02:39
204 976 Gary Wolstencroft	V45 41	Trafford Athletic Club	56:31	257 797 Mike Gregory		St Helens Tri	1:02:42
205 869 Mark Smith	V45 42	Stockport Harriers & Ac	56:33	258 785 Andrew Bridge	V55 17	St Helens Tri	1:02:53
206 838 Paul Corner	V45 43	Stockport Harriers & Ac	56:34	2591147 Anthony Harrison	V55 18	Winston Runners	1:03:08
207 884 Mike Dewsbury	V45 44	Stockport Tri Club	56:35	260 538 Graeme Wilkinson		Manchester Ymca Harriers	1:03:15
208 14 David Entwistle	V55 12	Altrincham & District Athletic	56:39	261 136 Richard Burton	V40 47	Chorlton Runners	1:03:34
2091234 Richard O'Reilly	V50 18	Horwich R M I Harriers	56:42	262 578 Jeremy Woodham	V45 57	Marple Runners	1:03:51
210 763 Girish Patel	V50 19	Salford Metropolitan Ac	57:01	263 920 Justin Coleman	V45 58	Swinton Running Club	1:03:57
211 379 Julian Brown	V50 20	Macclesfield Harriers & Ac	57:06	264 565 Mark Lynch	V50 28	Marple Runners	1:04:35
212 617 Hector Chinoy	V45 45	Sale Harriers Manchester	57:11	265 783 Gary Birch	V40 48	St Helens Tri	1:04:51
213 482 Chris Garratt		Manchester Triathlon Club	57:14	266 675 Michael Wymmer	V45 59	Sale Harriers Manchester	1:04:53
214 274 Derek Hughes	V55 13	East Cheshire Harriers & Tames	57:16	267 553 Andrew Hodson	V45 60	Marple Runners	1:05:00
215 481 Martin Forker		Manchester Triathlon Club	57:24	268 120 Paul Adams	V55 19	Chorlton Runners	1:05:06
216 746 Michael Carney		Salford Metropolitan Ac	57:57	269 772 Andrew Thomas	V50 29	Salford Metropolitan Ac	1:05:06
217 77 Mike Hall	V55 14	Bramhall Runners	58:06	270 604 Stephen Symons	V50 30	Quays Running Club	1:05:34
218 745 Peter Brown	V45 46	Salford Metropolitan Ac	58:13	271 940 A Scialpi Sullivan	V55 20	Swinton Running Club	1:05:39
2191224 Daniel Gill		Macclesfield Harriers & Ac	58:16	272 442 James Scully	V45 61	Manchester Frontrunners	1:05:52
220 405 Michael Walton	V40 41	Macclesfield Harriers & Ac	58:21	273 552 Ian Galloway	V45 62	Marple Runners	1:05:56
221 474 Lee Benson	V55 15	Manchester Triathlon Club	58:28	2741245 Christopher Prout	V50 31	Wirral Ac	1:06:05
222 78 Richard Hall	V50 21	Bramhall Runners	58:35	275 591 Craig Sutherland	V60 7	Middleton Harriers Ac	1:06:20
223 839 Ian Crabtree		Stockport Harriers & Ac	58:35	276 561 Graeme Lawton		Marple Runners	1:06:55
224 808 Lee Stinch	V45 47	St Helens Tri	58:48	277 996 Barry Chambers	V65 4	Vale Royal Ac	1:07:04
225 926 Mike Donigan		Swinton Running Club	58:56	2781239 David Broadhurst	V45 63	Salford Metropolitan Ac	1:07:25
226 424 Nico Gibert	V45 48	Manchester Frontrunners	58:59	279 571 David Shoesmith	V65 5	Marple Runners	1:08:21
227 182 Sean Lord	V45 49	Chorlton Runners	59:06	280 864 Nick Roberts	V50 32	Stockport Harriers & Ac	1:08:56
228 235 Dan Levin		Didsbury Runners	59:10	281 554 Simon Hughes		Marple Runners	1:11:35
229 259 David Swinburne		Dragons Running Club (sale)	59:17	282 99 Mike Utting	V45 64	Bramhall Runners	1:13:33
230 73 Steve Fairclough	V50 22	Bramhall Runners	59:19	2831172 Alan Jenkinson	V70 3	Styal Running Club	1:15:47
231 420 Vally Darren De		Manchester Frontrunners	59:22	284 932 Geoff Kay	V65 6	Swinton Running Club	1:18:05
232 581 Alan Garvey	V65 3	Middleton Harriers Ac	59:25	285 574 Martin Townsend	V60 8	Marple Runners	1:18:37
233 39 Jeff Norman	V70 1	Altrincham & District Athletic	59:39	286 569 Tony Pratt	V50 33	Marple Runners	1:18:55

Senior Men — TEAM RESULTS

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

1 Sale Harriers Manchester	38 — 2 Nigel Martin	3 Philip Robertson	4 James Vignall	7 Will Onek	8 Nicholas Barry	14 Gareth Raven
2 Chorlton Runners	151 — 9 Matthew Shaw	12 Peter Bray	18 Ben Hobson	25 Liam Braby	41 Gary Scott	46 Andrew Haney
3 Trafford Athletic Club	170 — 15 Gavin Tomlinson	17 Harry Sinclair	20 Jeff Prest	30 Jack Wilkinson	35 Greg Kelly	53 Alex Jones
4 Salford Harriers & AC	189 — 10 Will Beauchamp	13 Stuart Robinson	28 Philip Leybourne	38 Tony Taylor	49 Michael Heaney	51 David Hudson
5 Stockport Harriers & AC	277 — 5 Jack Morris	22 Malcolm Johnson	29 J Scott-Buccluch	69 Tom Peers	75 James Corden	77 Ged McGrath
6 Sale Harriers Manchester 'B'	341 — 21 Kenneth Hunt	23 Stephen McCarron	47 Robert Dunn	65 Oliver Gaillemin	90 Sam Heyworth	95 Richard Edwards
7 Macclesfield Harriers & AC	354 — 26 Mark Walker	37 Billy Hicks	58 James Noakes	62 Alex Wright	66 Robert Hasler	105 Paul Sharp
8 Horwich RMI Harriers	378 — 16 Ian Conroy	39 James Timmuss	44 Daniel Gilbert	54 Alastair Murray	94 Marcus Taylor	131 Colin Rigby
9 Altrincham & District Athletic	408 — 31 Adam Gooch	34 Nick Hamlin	59 Nick Bugler	68 Richard Lane	100 Richard Evans	116 Rob Metcalf
10 Chorlton Runners 'B'	435 — 50 Jonathan Lancaster	52 F Macdonald Ouids	61 Christopher Rayner	72 Daniel Vasey	81 Rob Lee	119 Andy Baguley
11 Wilmslow Running Club	487 — 19 Richard Coen	42 Rob Downs	70 Andrew Whittingham	99 James Speedie	115 Trevor Morris	142 Matt Taylor
12 Manchester Triathlon Club	548 — 11 Alex Lawton	79 Andy Adkin	91 Brendan Kennedy	106 Rob Harper	126 Jamie Platt	135 Tim Johns
13 Manchester Ymca Harriers	621 — 24 Craig Jones	76 Nick Jackson	78 David Garner	132 Martin Rimmer	139 Joseph Hayes	172 Phil Tomkinson
14 East Cheshire Harriers & Tames	626 — 55 Liam Browne	63 Tim Greenald	74 Darren Smith	82 Ian Fraser	140 James Hatthorne	212 Derek Hughes
15 Stockport Harriers & AC 'B'	627 — 80 Phil Carpenter	85 Ian Murdoch	89 Philip Burns	109 Nathan Mayoh	114 Steve Shaughnessy	150 Ian Mulligan
16 Salford Harriers & AC 'B'	716 — 60 Mark Collier	67 Richard Brook	92 Charlie Thomas	112 Stanley Owen	192 Trevor Rayner	193 Daniel Lewis
17 Vale Royal AC	742 — 40 Mark Crabtree	83 Lee Carrington	117 Richard Murray	138 David Haines	165 Mark Pilliner	199 Chris Beard
18 West Cheshire Athletic Club	771 — 48 Steven Ferryhough	84 Andrew Clague	123 Mark Davies	130 Andrew Carter	154 Richard Hayes	232 Julian Tegg
19 Didsbury Runners	796 — 73 Steven Townley	87 Damien McHugh	96 Mike Nobury	146 Martin Carolan	168 Matt Farr	226 Dan Levin
20 Middleton Harriers AC	834 — 97 Leon Wint	107 Jordan Burke	111 Andrew Ndlovu	127 John Weaver	162 Graham Jordan	230 Alan Garvey
21 Manchester Frontrunners	872 — 43 Martin Dunn	137 Steve Hutton	152 Blair Paterson	153 Jono Guildford	191 Roberto Raso	195 Edmund Woodfield
22 Wirral AC	887 — 36 James Mackie	98 Simon Dunk	134 V Salazar	157 Andy Fraser	190 Tony Devoy	272 Christopher Prout
23 St Helens Tri	896 — 64 Robert Chesters	122 Michael Forber	149 Kevin Dunbar	158 Patrick Neill	181 Ian Wright	222 Lee Stinch
24 Salford Metropolitan AC	903 — 57 Ben Farrelly	120 Shane Wolstencroft	155 Connor Thacker	169 Daniel Sate	194 Matthew Gibbons	238 Girish Patel
25 Chorlton Runners 'C'	919 — 121 Ian Sharpe	125 James Byson	161 Stephen Welch	166 Alastair Patrick	170 Andrew Tongue	176 Nick Parrott
26 Bramhall Runners	933 — 45 Andy Porter	143 Lok Li	151 Frank Podd	159 Adam Bird	215 Mike Hall	220 Richard Hall
27 Swinton Running Club	937 — 88 Ian Cronshaw	108 Kevin Woodward	141 Steven Doney	188 Mario Santos	189 Ani Das	223 Mark Donigan
28 Sale Harriers Manchester 'C'	968 — 101 Elton Davies	113 Paul Barrett	144 Matthew Spragg	147 Simon Latham	210 Hector Chinoy	253 Timothy Rainey
29 Manchester Triathlon Club 'B'	1025 — 145 John Murray	167 Damian Aspin	171 Stephen Pollard	173 Eduardo Fe	174 Peter Hulme	195 Chris Evans
30 Stockport Tri Club	1092 — 56 Carl Kystek	175 Simon Phillips	177 Andrew Mainwaring	205 Mike Dewsbury	235 Martyn Jones	244 David Colley
31 Macclesfield Harriers & AC 'B'	1096 — 129 Robert Maxwell	136 Ewan Edmondson	187 Oscar Trevena	209 Julian Brown	217 Daniel Gill	218 Michael Walton
32 Altrincham & District Athl 'B'	1107 — 124 James Pattison	163 Gordon Nicoll	182 Peter Pickwell	201 Graham Harrison	236 David Entwistle	231 Jeff Norman
33 Stockport Harriers & AC 'C'	1260 — 156 Stephen Humphries	203 Mark Smith	204 Paul Corner	221 Ian Crabtree	233 Darren Donald	243 Robert Taylor
34 Marple Runners	1310 — 148 SFarringtonNewman	164 Darren Peatfield	236 James Kemp	240 Simon Rushton	260 Jeremy Woodham	262 Mark Lynch
35 Chorlton Runners 'D'	1432 — 198 Justin Hayes	225 Sean Lord	239 Colin Hines	245 George Kirk	259 Richard Burton	265 Paul Adams
36 Bramhall Runners 'B'	1455 — 228 Steve Fairclough	234 Lee Jones	246 Steve McGovern	248 Steve Aughton	249 John Temperley	250 Nick Heaton
37 Salford Metropolitan AC 'B'	1462 — 214 Michael Carney	216 Peter Brown	238 Stuart Mairs	251 Simon Bond	257 Andrew Thomas	276 David Broadhurst
38 Marple Runners 'B'	1649 — 265 Andrew Hodson	271 Ian Galloway	274 Graeme Lawton	277 David Shoesmith	279 Simon Hughes	283 Martin Townsend

Senior Men (Vets) — TEAM RESULTS

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

1 Chorlton Runners	63 — 2 Matthew Shaw	16 Gary Scott	20 Andrew Haney	25 Christopher Rayner
2 Salford Harriers & AC	68 — 10 Philip Leybourne	13 Tony Taylor	21 David Hudson	24 Mark Collier
3 Sale Harriers Manchester	82 — 3 Gareth Raven	17 Stephen McCarron	28 Olivier Gaillemin	44 Richard Edwards
4 Stockport Harriers & AC	86 — 6 Malcolm Johnson	11 J Scott-Buccluch	34 James Corden	35 Ged McGrath
5 Horwich RMI Harriers	97 — 14 James Timmuss	18 Daniel Gilbert	22 Alastair Murray	43 Marcus Taylor
6 Wilmslow Running Club	107 — 4 Richard Coen	17 Rob Downs	31 Andrew Whittingham	55 Trevor Morris
7 Macclesfield Harriers & AC	121 — 9 Mark Walker	23 James Noakes	26 Alex Wright	63 Robert Maxwell
8 Stockport Harriers & AC 'B'	187 — 40 Ian Murdoch	42 Philip Burns	51 Nathan Mayoh	54 Steve Shaughnessy
9 East Cheshire Harriers & Tames	221 — 27 Tim Greenald	33 Darren Smith	38 Ian Fraser	123 Derek Hughes
10 Manchester Triathlon Club	225 — 37 Andy Adkin	49 Rob Harper	66 Tim Johns	73 John Murray
11 Vale Royal AC	227 — 15 Mark Crabtree	56 Richard Murray	68 David Haines	88 Mark Pilliner
12 West Cheshire Athletic Club	243 — 39 Andrew Clague	61 Mark Davies	64 Andrew Carter	79 Richard Hayes
13 Bramhall Runners	250 — 19 Andy Porter	71 Lok Li	77 Frank Podd	83 Adam Bird
14 Altrincham & District Athletic	260 — 30 Richard Lane	45 Richard Evans	86 Gordon Nicoll	99 Peter Pickwell
15 St Helens Tri	315 — 60 Michael Forber	75 Kevin Dunbar	82 Patrick Neill	98 Ian Wright
16 Chorlton Runners 'B'	321 — 57 Andy Baguley	59 Ian Sharpe	95 Nick Parrott	110 Justin Hayes
17 Manchester Triathlon Club 'B'	365 — 89 Damian Aspin	91 Stephen Pollard	92 Eduardo Fe	93 Peter Hulme
18 Wirral AC	369 — 12 James Mackie	81 Andy Fraser	105 Tony Devoy	171 Christopher Prout
19 Manchester Frontrunners	381 — 67 Steve Hutton	78 Jono Guildford	106 Roberto Raso	130 Nico Gilbert
20 Swinton Running Club	383 — 50 Kevin Woodward	69 Steven Doney	104 Ani Das	160 Justin Coleman
21 Stockport Harriers & AC 'C'	387 — 76 Ian Mulligan	80 Stephen Humphries	115 Mark Smith	116 Paul Corner
22 Sale Harriers Manchester 'B'	394 — 46 Elton Davies	72 Matthew Spragg	122 Hector Chinoy	154 Timothy Rainey
23 Salford Metropolitan AC	411 — 58 Shane Wolstencroft	108 Matthew Gibbons	120 Girish Patel	125 Peter Brown
24 Horwich RMI Harriers 'B'	434 — 65 Colin Rigby	97 David Barnes	119 Richard O'Reilly	153 Lawrence Pinnell
25 Marple Runners	442 — 74 S FarringtonNewman	87 Darren Peatfield	139 James Kemp	142 Simon Rushton
26 Stockport Tri Club	445 — 94 Simon Phillips	96 Andrew Mainwaring	117 Mike Dewsbury	138 Martyn Jones
27 Bramhall Runners 'B'	521 — 124 Mike Hall	128 Richard Hall	132 Steve Fairclough	137 Lee Jones
28 Middleton Harriers AC	534 — 85 Graham Jordan	133 Alan Garvey	144 Darren Wallis	172 Craig Sutherland
29 St Helens Tri 'B'	595 — 129 Lee Stinch	148 John Wilson	156 Andrew Bridge	162 Gary Birch
30 Bramhall Runners 'C'	597 — 147 Steve McGovern	149 Steve Aughton	150 John Temperley	151 Nick Heaton
31 Salford Metropolitan AC 'B'	633 — 141 Stuart Mairs	152 Simon Bond	166 Andrew Thomas	174 David Broadhurst
32 Marple Runners 'B'	654 — 159 Jeremy Woodham	161 Mark Lynch	164 Andrew Hodson	170 Ian Galloway

