

# Manchester Area Cross Country League

## at Arrowe Park on Sunday 8th December 2019

**NOTE: The individual results include only runners who have run at least 2 races**

### Under 11 - Boys — Points after 3 races

1 Ben Keeley	SaleHM	1	( 0, 7, 1)
= Isaac Reed	SaleHM	1	( 0, 1, 0)
3 Liam O'Brien	SaleHM	2	( 0, 2, 4)
= Evan Grime	Salford Ha	2	( 0, 0, 2)
5 Dominic Poulston	Wirral Ac	3	( 0, 3, 3)
6 Ben Pold	Wirral Ac	4	( 0, 4, 0)
7 Jake Ireland	Macclesfie	5	( 0, 15, 5)
= Alfie Manser	East Chesh	5	( 0, 5, 12)
9 Jack Davies	LiverpoolH	6	( 0, 6, 7)
= Arthur Wolstenholme	StockportH	6	( 0, 0, 6)
11 Joshua Hatton	Wirral Ac	8	( 0, 0, 8)
= Charlie Rigby	LiverpoolH	8	( 0, 8, 20)
13 Jake Royle	SaleHM	9	( 0, 14, 9)
= Max Taylor	LiverpoolH	9	( 0, 9, 0)
15 Jac Chapman	Wespa Fire	10	( 0, 10, 11)
= Dan Oakes	SaleHM	10	( 0, 12, 10)
17 Malachi Hartly	Wirral Ac	11	( 0, 11, 14)
18 Bobby Tomlinson	Macclesfie	13	( 0, 13, 13)
19 Thomas Rimmer	WestCAC	15	( 0, 0, 15)
20 Alex Fraser	SaleHM	16	( 0, 16, 0)
= Ben Gardner	SaleHM	16	( 0, 19, 16)
22 Ed Spark	SaleHM	17	( 0, 17, 19)
= Michael Phelan	Wirral Ac	17	( 0, 0, 17)
24 Evan Lewis	TraffordAC	18	( 0, 18, 18)
25 Joe Eyre	SaleHM	20	( 0, 20, 21)
26 Conor Hartley	Wespa Fire	21	( 0, 21, 31)
27 Leo Dewsbury	StockportH	22	( 0, 0, 22)
= Spencer Astbury	Warrington	22	( 0, 22, 0)
29 Thomas Wood	Macclesfie	23	( 0, 23, 0)
= Zach Rose	StockportH	23	( 0, 33, 23)
31 Marshall Fleet	East Chesh	24	( 0, 26, 24)
= Will Godwin	ValeRA	24	( 0, 24, 0)
33 Kyran Higginbotham	ValeRA	25	( 0, 0, 25)
= Dylan Hodgson	StockportH	25	( 0, 25, 0)
35 Noah Cronshaw	SalfordMA	26	( 0, 34, 26)
36 Joseph Welsby	Warrington	27	( 0, 0, 27)
= Finley Partington	East Chesh	27	( 0, 27, 32)
38 Thomas Messenger	ValeRA	28	( 0, 28, 37)
= Ben Woods	Warrington	28	( 0, 0, 28)
40 Leon Hardcastle	ValeRA	29	( 0, 0, 29)
= Theo Cotter	StHSA	29	( 0, 29, 34)
42 Joshua Rogers	SaleHM	30	( 0, 30, 30)
43 Marcus Lowrey	Salford Ha	31	( 0, 31, 33)
44 Hugo Blackwell	Macclesfie	32	( 0, 32, 38)
45 Charlie Larkin	Halton&FH	35	( 0, 35, 35)
46 Edward Moore	Wirral Ac	36	( 0, 0, 36)
= Archer Blann	Altrincham	36	( 0, 36, 0)
48 E Figgins-Barrett	East Chesh	37	( 0, 37, 0)
49 Jonty Brown	Buxton AC	38	( 0, 38, 0)
50 Charlie Kerr	Wirral Ac	39	( 0, 0, 39)
= Jack Broadhurst	SalfordMA	39	( 0, 39, 41)
52 Christopher Parikh	Manchester	40	( 0, 0, 40)
= Asa Backhouse	Salford Ha	40	( 0, 40, 0)
54 Harry Griffiths	StHSA	41	( 0, 41, 0)
55 Luke Wilson	StHSA	42	( 0, 42, 0)
= Ben Genner	StHSA	42	( 0, 54, 42)
57 Stan Slater	Macclesfie	43	( 0, 43, 0)
= Thomas Darbyshire	Warrington	43	( 0, 60, 43)
59 Oliver Stewart	Macclesfie	44	( 0, 0, 44)
= Ewan Cole	LiverpoolH	44	( 0, 44, 0)
61 Oliver Walker	East Chesh	45	( 0, 45, 0)
= Jack Blackwell	Salford Ha	45	( 0, 0, 45)
63 Lucas Rhodes	East Chesh	46	( 0, 56, 46)
= Dylan Walker	Salford Ha	46	( 0, 46, 0)
65 Ethan Colley	StHSA	47	( 0, 67, 47)
= Jared Dickinson	Macclesfie	47	( 0, 47, 0)
67 Dylan Gray	Buxton AC	48	( 0, 48, 0)
= Barney Watson	TraffordAC	48	( 0, 0, 48)
69 Joseph Horner	East Chesh	49	( 0, 49, 0)
= Joe Watson	TraffordAC	49	( 0, 0, 49)
71 Pauly Knight	East Chesh	50	( 0, 50, 0)
= Eliagh Colley	StHSA	50	( 0, 63, 50)
73 Samuel Haines	Salford Ha	51	( 0, 0, 51)
= Elliot Singleton	East Chesh	51	( 0, 51, 0)
75 Ravi WoolhouseRead	TraffordAC	52	( 0, 70, 52)
= J Harwood-Brennall	StockportH	52	( 0, 52, 0)
77 Thomas Barrett	Bramhall	53	( 0, 53, 0)
= Aidan Larkin	Halton&FH	53	( 0, 71, 53)
79 Ryley Holden	Salford Ha	54	( 0, 72, 54)
80 Harry Moore	Macclesfie	55	( 0, 55, 0)
81 Dylan Langley	Warrington	57	( 0, 57, 0)
82 Samuel Horner	East Chesh	58	( 0, 58, 0)
83 Aodhan Martin	Knutsford	59	( 0, 59, 0)
84 Adrian White	Manchestes	61	( 0, 61, 0)
85 Hamish Flowerdew	Altrincham	62	( 0, 62, 0)

86 John Wall	Knutsford	64	( 0, 64, 0)
87 Jaycob Leather-Smith	ValeRA	65	( 0, 65, 0)
88 Eliza Doyle	Salford Ha	66	( 0, 66, 0)
89 Harry Stanley	Salford Ha	68	( 0, 68, 0)
90 Max Bowes	Knutsford	69	( 0, 69, 0)
<b>Sale Harriers Manchester</b>	<b>2 ( 0, 1, 1)</b>		
<b>Wirral Ac</b>	<b>4 ( 0, 2, 2)</b>		
<b>Macclesfield Harriers &amp; Ac</b>	<b>8 ( 0, 4, 4)</b>		
<b>Stockport Harriers &amp; Ac</b>	<b>9 ( 0, 6, 3)</b>		
<b>East Cheshire Harriers &amp; Tames</b>		<b>10 ( 0, 5, 5)</b>	
<b>Salford Harriers &amp; AC</b>	<b>14 ( 0, 8, 6)</b>		
<b>Vale Royal Ac</b>	<b>16 ( 0, 9, 7)</b>		
<b>St Helens Sutton Ac</b>	<b>17 ( 0, 7, 10)</b>		
<b>Warrington A C</b>	<b>18 ( 0, 10, 8)</b>		

### Under 11 - Girls — Points after 3 races

1 Molly Carvell	Wespa Fire	1	( 0, 1, 1)
2 Ruby Phillips	WestCAC	2	( 0, 2, 3)
= Holly Cross	Wespa Fire	2	( 0, 5, 2)
4 Leila Vesey	Wirral Ac	3	( 0, 3, 6)
5 Valerie Teare	LiverpoolH	4	( 0, 4, 4)
6 Lexie Ellis	Wespa Fire	5	( 0, 6, 5)
7 Imogen Hill	SaleHM	7	( 0, 7, 0)
= Ellie Dixon	Macclesfie	7	( 0, 0, 7)
9 Bailey Hughes	LiverpoolH	8	( 0, 13, 8)
= Sasha Bartalotta	Salford Ha	8	( 0, 8, 14)
11 Isobel Hall	SaleHM	9	( 0, 9, 0)
= Erin Fay	LiverpoolH	9	( 0, 10, 9)
13 Ruby McIlveen	Wirral Ac	10	( 0, 0, 10)
14 Oonagh McManus	SaleHM	11	( 0, 0, 11)
= Ellie Barker	Warrington	11	( 0, 11, 0)
16 Sienna Jones	SaleHM	12	( 0, 0, 12)
= Isabelle Doran	LiverpoolH	12	( 0, 12, 19)
18 Eleanor Redmond	LiverpoolH	13	( 0, 19, 13)
19 Isla Pastor	Wespa Fire	14	( 0, 14, 21)
20 Ella Cowan	Wirral Ac	15	( 0, 18, 15)
= Ava Bygrave	SaleHM	15	( 0, 15, 22)
22 Elise Fawkes	ValeRA	16	( 0, 0, 16)
= Mia Betts	StockportH	16	( 0, 16, 0)
24 Sophia Nation	Salford Ha	17	( 0, 17, 20)
= Francesca Hewitson	SaleHM	17	( 0, 20, 17)
26 Millie Duff	LiverpoolH	18	( 0, 0, 18)
27 Elizabeth Pendrill	Macclesfie	21	( 0, 21, 0)
28 Sophie Norman	TraffordAC	22	( 0, 22, 0)
29 Hannah Squibbs	SaleHM	23	( 0, 0, 23)
= Cara Gregory	Warrington	23	( 0, 23, 0)
31 Imogen Pattison	Salford Ha	24	( 0, 24, 31)
= Molly Mills	StockportH	24	( 0, 0, 24)
33 Edith Rose	StockportH	25	( 0, 27, 25)
= Emma Hull	Wespa Fire	25	( 0, 25, 32)
35 Ava Royle	East Chesh	26	( 0, 0, 26)
= Sinead Gregory	Warrington	26	( 0, 26, 0)
37 Lilly-Mai Oswald	Wirral Ac	27	( 0, 39, 27)
38 Katie Robertson	SaleHM	28	( 0, 28, 0)
= Nancy Carrington	ValeRA	28	( 0, 0, 28)
40 Holly Webster	Wirral Ac	29	( 0, 0, 29)
= Lexi Webb	LiverpoolH	29	( 0, 29, 42)
42 Anna Rooke	East Chesh	30	( 0, 30, 34)
= Ellie Fraser	Wirral Ac	30	( 0, 50, 30)
44 Amber Webb	SaleHM	31	( 0, 31, 0)
45 Isla Neal	Wirral Ac	32	( 0, 32, 38)
46 Leah Smith	ValeRA	33	( 0, 33, 0)
= Isla Cammish	Salford Ha	33	( 0, 0, 33)
48 Brooke Watson	Warrington	34	( 0, 34, 35)
49 Isabelle Hope	Salford Ha	35	( 0, 35, 39)
50 Evie Johnson	Salford Ha	36	( 0, 36, 0)
= Harriet Byrnes	East Chesh	36	( 0, 61, 36)
52 Eva McCarthy	Bramhall	37	( 0, 38, 37)
= Rachel Bowden	Manchestes	37	( 0, 37, 0)
54 Isla Herring	East Chesh	40	( 0, 40, 0)
= Meadow Wright	East Chesh	40	( 0, 0, 40)
56 Georgie Conroy	SaleHM	41	( 0, 41, 0)
= Corinna Knuckey	Macclesfie	41	( 0, 49, 41)
58 Molly Irwin	SaleHM	42	( 0, 42, 0)
59 Fern Chapman	Wespa Fire	43	( 0, 48, 43)
= Grace Bomba	LiverpoolH	43	( 0, 43, 0)
61 Agnes Reekie	TraffordAC	44	( 0, 44, 44)
62 Tilly Birch	Salford Ha	45	( 0, 45, 0)
= Mia Dickinson	Salford Ha	45	( 0, 47, 45)
64 Holly Adams	StockportH	46	( 0, 46, 0)
= Faye Lalley	LiverpoolH	46	( 0, 0, 46)
66 Nicole Andres	StHSA	47	( 0, 70, 47)
67 Samantha Birch	LiverpoolH	48	( 0, 0, 48)
68 Niamh McKeown	LiverpoolH	49	( 0, 69, 49)
69 Anna O'Mahoney	LiverpoolH	50	( 0, 71, 50)
70 Olivia Kelly	East Chesh	51	( 0, 51, 0)

=	Maisy Devine	Warrington	51	( 0, 73, 51)	6	Sophie Fludger	Wespa Fire	10	( 7, 0, 3)
72	Iris Hurst	Warrington	52	( 0, 52, 0)	7	Jasmine Wright	Salford Ha	12	( 5, 8, 7)
=	Emily Holmes	LiverpoolH	52	( 0, 77, 52)	8	Imogen Wharton	Warrington	15	( 0, 9, 6)
74	Jamila Schofield	SaleHM	53	( 0, 53, 0)	9	Elena Bartalotta	Salford Ha	16	( 10, 6, 11)
=	Natasha Andrews	Warrington	53	( 0, 67, 53)	=	Marissa Caldwell	Salford Ha	16	( 0, 7, 9)
76	Polly Thomason	ValeRA	54	( 0, 54, 0)	11	Aimee Phillips	WestCAC	17	( 12, 14, 5)
=	Lois Grace	ValeRA	54	( 0, 66, 54)	12	Sophie Haslam	WestCAC	19	( 17, 11, 8)
78	Chloe Manley	ValeRA	55	( 0, 0, 55)	13	Isabella Appleby	SaleHM	23	( 11, 12, 0)
=	Eden Pigott	Buxton AC	55	( 0, 55, 0)	14	Ellena Walker	StockportH	30	( 32, 13, 17)
80	Lena Goulding	Buxton AC	56	( 0, 56, 0)	15	Beatrix Cole	LiverpoolH	31	( 22, 17, 14)
81	Hannah Featherstone	SaleHM	57	( 0, 57, 0)	16	Gracie Hunt	StockportH	32	( 0, 16, 16)
82	Florence Brown	Buxton AC	58	( 0, 58, 0)	17	Nia Wharton	Warrington	33	( 0, 18, 15)
83	Daisy Whittington	Knutsford	59	( 0, 59, 0)	18	Bailey-Rae O'Keefe	Salford Ha	35	( 15, 20, 0)
84	Amelia Jones	East Chesh	60	( 0, 60, 0)	19	Evie Smith	Wirral Ac	36	( 23, 0, 13)
85	Sadie McCormack	TraffordAC	62	( 0, 62, 0)	20	Emma Poulston	Wirral Ac	37	( 27, 0, 10)
86	Rachel Cudahy	Buxton AC	63	( 0, 63, 0)	21	Ava Walsh	StockportH	39	( 16, 23, 23)
87	Anna Wilson	SaleHM	64	( 0, 64, 0)	22	Cerys Rowlands	WestCAC	40	( 21, 19, 0)
88	Alyssa Howard	Wirral Ac	65	( 0, 65, 0)	23	Madison Holt	SaleHM	43	( 24, 22, 21)
89	Zara Latham	SaleHM	68	( 0, 68, 0)	24	Aisling Brooks	StockportH	48	( 29, 0, 19)
90	Eva Hopkins	Salford Ha	72	( 0, 72, 0)	25	Ruby Carille	WestCAC	49	( 28, 21, 29)
91	Jessica Snape	Macclesfie	74	( 0, 74, 0)	26	Rosie Swinerton	LiverpoolH	50	( 31, 30, 20)
92	Sophia Gush	East Chesh	75	( 0, 75, 0)	27	Sophia Roiditis	Salford Ha	53	( 26, 27, 0)
93	Evie Prior	ValeRA	76	( 0, 76, 0)	28	Maria Rooke	East Chesh	54	( 35, 26, 28)
94	Daisy Kirk	Macclesfie	78	( 0, 78, 0)	=	Martha McCormack	TraffordAC	54	( 25, 29, 0)
95	Ruby Hartshorne	StockportH	79	( 0, 79, 0)	30	Darcy Slattery	East Chesh	55	( 30, 25, 0)

#### Under 13 - Boys — Points after 3 races

1	Oberon Kearney	Wirral Ac	3	( 2, 0, 1)
2	Luke Carrington	SaleHM	4	( 3, 1, 3)
3	Ben Cronshaw	Wirral Ac	9	( 5, 4, 5)
4	William Bailey	StockportH	10	( 7, 3, 0)
5	Riley Malone	LiverpoolH	12	( 11, 5, 7)
6	James Evans	LiverpoolH	16	( 10, 6, 14)
7	Bobby Burton	East Chesh	17	( 13, 11, 6)
8	James Walton	TraffordAC	19	( 14, 9, 10)
9	Jacob Pryor	Warrington	21	( 0, 8, 13)
10	Ben Williams	Wirral Ac	22	( 15, 7, 0)
11	Jack Cook	Buxton AC	26	( 12, 14, 0)
=	Jack Heap	Wirral Ac	26	( 23, 17, 9)
13	Gabriel Mullen	SthSA	28	( 25, 12, 16)
14	Matthew Gardner	SaleHM	29	( 0, 18, 11)
15	Tom Byrne	LiverpoolH	30	( 0, 13, 17)
16	Finlay Goddard	SaleHM	31	( 21, 10, 0)
17	Bradley Snape	Macclesfie	34	( 27, 15, 19)
18	Josh Watson	TraffordAC	35	( 24, 20, 15)
19	Ben Sturgess	StockportH	37	( 22, 19, 18)
20	Noel Ford	Wespa Fire	39	( 18, 21, 0)
21	Luca Noorpuri	Wespa Fire	43	( 19, 26, 24)
22	Finlay Day	SaleHM	47	( 34, 24, 23)
23	Joseph Cammish	Salford Ha	50	( 20, 30, 35)
24	Sam Elliott	StockportH	51	( 28, 23, 30)
=	Jay Hutchinson	TraffordAC	51	( 29, 22, 0)
26	Jamie Barber	Salford Ha	52	( 0, 27, 25)
=	Finlay Pettie	Macclesfie	52	( 33, 32, 20)
28	Oliver Bentley	East Chesh	53	( 32, 34, 21)
=	Tim Elgar	East Chesh	53	( 26, 29, 27)
30	Owen Reekie	TraffordAC	59	( 31, 28, 40)
31	Bradley Smith	StockportH	61	( 30, 31, 0)
32	Oliver Bailey	Macclesfie	64	( 0, 35, 29)
33	Alfie Bundy	East Chesh	68	( 0, 40, 28)
=	Bobby Burney	LiverpoolH	68	( 36, 0, 32)
35	William Vose	SthSA	70	( 44, 50, 26)
36	Toby Alexander	StockportH	71	( 40, 45, 31)
37	Matthew Walker	Macclesfie	72	( 0, 39, 33)
38	Liam Johnson	SthSA	73	( 35, 38, 38)
39	Fintan Kehoe	Salford Ha	77	( 41, 36, 0)
=	Evan Williams	ValeRA	77	( 43, 43, 34)
=	Cole Wright	East Chesh	77	( 0, 41, 36)
42	Joseph Colley	SthSA	79	( 38, 48, 41)
43	Tom Farrelly	Manchester	81	( 42, 54, 39)
44	Zack Watson	TraffordAC	89	( 52, 55, 37)
45	Oliver Nettle	Macclesfie	90	( 46, 44, 0)
46	Joel Hulley	StockportH	94	( 47, 47, 0)
47	Jj O'Brien	Salford Ha	101	( 50, 51, 0)
48	Dominic Gibson	Altrincham	102	( 60, 70, 42)
49	Charlie Griffiths	SthSA	104	( 61, 73, 43)
50	Joe Harney	East Chesh	106	( 62, 75, 44)
51	Patrick Mannion	East Chesh	109	( 53, 56, 0)
52	Joe Taylor	East Chesh	116	( 56, 60, 0)
53	Tommy Goulding	Buxton AC	120	( 51, 69, 0)
=	Aidan Pagram	Manchestes	120	( 54, 66, 0)
=	Lucas Brundrett	StockportH	120	( 57, 63, 0)
56	Samuel Bailey	Bramhall	125	( 58, 67, 0)
57	Matthew Rolfe	Buxton AC	130	( 59, 71, 0)

#### Under 13 - Girls — Points after 3 races

1	Freya Murdoch	StockportH	2	( 1, 1, 1)
2	Sophie Ellwood	StockportH	4	( 2, 2, 0)
3	Emily Bowker	East Chesh	5	( 3, 4, 2)
4	Jessica Lark	WestCAC	7	( 6, 3, 4)
5	Saffron Meade	StockportH	9	( 4, 5, 12)

6	Sophie Fludger	Wespa Fire	10	( 7, 0, 3)
7	Jasmine Wright	Salford Ha	12	( 5, 8, 7)
8	Imogen Wharton	Warrington	15	( 0, 9, 6)
9	Elena Bartalotta	Salford Ha	16	( 10, 6, 11)
=	Marissa Caldwell	Salford Ha	16	( 0, 7, 9)
11	Aimee Phillips	WestCAC	17	( 12, 14, 5)
12	Sophie Haslam	WestCAC	19	( 17, 11, 8)
13	Isabella Appleby	SaleHM	23	( 11, 12, 0)
14	Ellena Walker	StockportH	30	( 32, 13, 17)
15	Beatrix Cole	LiverpoolH	31	( 22, 17, 14)
16	Gracie Hunt	StockportH	32	( 0, 16, 16)
17	Nia Wharton	Warrington	33	( 0, 18, 15)
18	Bailey-Rae O'Keefe	Salford Ha	35	( 15, 20, 0)
19	Evie Smith	Wirral Ac	36	( 23, 0, 13)
20	Emma Poulston	Wirral Ac	37	( 27, 0, 10)
21	Ava Walsh	StockportH	39	( 16, 23, 23)
22	Cerys Rowlands	WestCAC	40	( 21, 19, 0)
23	Madison Holt	SaleHM	43	( 24, 22, 21)
24	Aisling Brooks	StockportH	48	( 29, 0, 19)
25	Ruby Carille	WestCAC	49	( 28, 21, 29)
26	Rosie Swinerton	LiverpoolH	50	( 31, 30, 20)
27	Sophia Roiditis	Salford Ha	53	( 26, 27, 0)
28	Maria Rooke	East Chesh	54	( 35, 26, 28)
=	Martha McCormack	TraffordAC	54	( 25, 29, 0)
30	Darcy Slattery	East Chesh	55	( 30, 25, 0)
31	Marianne Knuckey	Macclesfie	58	( 0, 31, 27)
=	Holly Nolan	SaleHM	58	( 43, 32, 26)
33	Alice Cunningham	East Chesh	59	( 0, 28, 31)
34	Rosie Philbin	StockportH	62	( 40, 41, 22)
35	Amber Neal	Wirral Ac	63	( 33, 34, 30)
36	Sarah Smith	Wirral Ac	66	( 42, 0, 24)
37	Eve O'Mahoney	LiverpoolH	75	( 37, 38, 0)
=	Kayla Corbett	East Chesh	75	( 41, 45, 34)
=	Lara Waterhouse	StockportH	75	( 38, 47, 37)
40	Francesca Kent	Altrincham	78	( 39, 0, 39)
41	Beth Wootton	Macclesfie	80	( 47, 33, 0)
42	Ruby Carrington	ValeRA	82	( 0, 40, 42)
43	Isabelle Maundrill	ValeRA	83	( 50, 0, 33)
44	Amber Davidson	Salford Ha	86	( 44, 42, 0)
=	Christiana Kelly	LiverpoolH	86	( 46, 50, 40)
46	Delilah Harty	Wirral Ac	89	( 51, 0, 38)
=	DaisyAtkiss	TraffordAC	89	( 34, 55, 0)
48	Erin Lord	East Chesh	92	( 49, 43, 0)
49	Martha Ireland	Macclesfie	93	( 57, 60, 36)
50	Tess Longmate	StockportH	94	( 48, 46, 0)
51	Lily Birkett	SthSA	95	( 0, 54, 41)
52	Fay Lewis	TraffordAC	100	( 56, 59, 44)
53	Cassie McCloy	LiverpoolH	102	( 0, 56, 46)
54	Lydia Garrod	StockportH	104	( 60, 44, 0)
=	Lottie Threadgold	LiverpoolH	104	( 59, 0, 45)
56	Charley Topping	Wespa Fire	105	( 54, 51, 0)
57	Chloe-Leigh Mark	SthSA	108	( 62, 58, 50)
58	Lola Whitlock	Macclesfie	109	( 58, 64, 51)
59	Sally Young-Redmond	ValeRA	110	( 0, 63, 47)
60	Niamh Warring	SthSA	114	( 65, 70, 49)
61	Lydia-Ann Wilson	Wirral Ac	115	( 63, 66, 52)
62	Harriann Fleet	East Chesh	116	( 0, 68, 48)
63	Darcy Durance	TraffordAC	123	( 70, 71, 53)
64	Olivia Howard	LiverpoolH	128	( 61, 67, 0)
65	Niamh Armstrong	Bramhall	133	( 64, 69, 0)
66	Rebecca Cudahy	Buxton AC	139	( 67, 72, 0)

#### Under 15 - Boys — Points after 3 races

1	Tj Jones	Wirral Ac	2	( 1, 1, 1)
2	William Strickley	Wirral Ac	4	( 4, 2, 2)
3	William Sutcliffe	Wirral Ac	5	( 2, 0, 3)
4	Finley Mayoh	StockportH	6	( 3, 3, 5)
5	Jamie Richardson	WestCAC	8	( 0, 4, 4)
6	Ethan Brady-Jones	Wirral Ac	11	( 5, 6, 0)
=	Jack Spark	SaleHM	11	( 6, 5, 7)
8	Philip Goodfellow	Macclesfie	14	( 7, 7, 0)
9	Ben Hamilton-Ryan	Macclesfie	17	( 9, 8, 0)
10	Erik Marshall	Warrington	19	( 10, 9, 0)
11	Jack Strickley	Wirral Ac	21	( 0, 13, 8)
=	Sammy Hollins	WestCAC	21	( 15, 12, 9)
13	Aadi Whitlock	Macclesfie	22	( 12, 10, 0)
=	Jamie Dumbarton	Wirral Ac	22	( 0, 11, 11)
15	Matthew Haslam	Halton&FH	25	( 13, 19, 12)
16	Charlie Tittensor	SaleHM	26	( 20, 16, 10)
17	Michael Dobson	SthSA	27	( 14, 0, 13)
18	Ned Silvey	TraffordAC	33	( 19, 21, 14)
=	Jack Catterall	StockportH	33	( 17, 0, 16)
20	Alex Kelly	LiverpoolH	36	( 0, 18, 18)
21	Lewis Brown	East Chesh	38	( 16, 22, 0)
=	Will Nettle	Macclesfie	38	( 18, 20, 0)
23	Henry Robinson	WestCAC	43	( 24, 24, 19)
24	Charlie Atkiss	TraffordAC	44	( 21, 23, 0)
25	Thomas Lawson	StockportH	48	( 28, 0, 20)
=	Luke Sims	StockportH	48	( 23, 25, 0)
27	Ethan Nation	Salford Ha	52	( 31, 40, 21)
28	Sonny Wilson	TraffordAC	53	( 29, 34, 24)

29	Fraser Mackie	Manchester	54	( 25, 29, 0)	2	William Ashfield	ValeRA	3	( 2, 0, 1)
=	J Colquhoun-Lynn	SaleHM	54	( 0, 31, 23)	3	Charlie Roberts	StHSA	6	( 10, 2, 4)
31	Charlie McMullan	WestCAC	55	( 43, 28, 27)	=	Samuel Soles	Buxton AC	6	( 3, 3, 3)
32	George Noble	SaleHM	57	( 27, 30, 0)	5	Harry Ellwood	StockportH	9	( 5, 4, 5)
33	Patrick Marsden	Salford Ha	58	( 32, 41, 26)	6	Joshua Dutton	Salford Ha	13	( 7, 7, 6)
34	James McGraw	StockportH	61	( 26, 35, 0)	7	Edward Corden	StockportH	15	( 6, 9, 9)
35	Alexander Holroyd	TraffordAC	63	( 30, 33, 0)	=	Joseph Bentall	TraffordAC	15	( 0, 8, 7)
36	Harry Kaye	Wirral Ac	66	( 37, 0, 29)	9	Daniel Hayes	Wirral Ac	19	( 14, 5, 0)
37	Dan Willetts	WestCAC	70	( 33, 37, 0)	=	Archie Dyer	Manchester	19	( 11, 14, 8)
38	Joseph Larkin	Halton&FH	72	( 46, 44, 28)	11	Joseph Mangan	TraffordAC	22	( 9, 13, 0)
=	Joseph Daly	TraffordAC	72	( 34, 38, 0)	12	Charlie Teare	LiverpoolH	23	( 13, 10, 0)
40	Albert Durance	TraffordAC	75	( 45, 46, 30)	13	Jacob Wood-Doyle	StockportH	24	( 12, 0, 12)
41	Frederick Bailey	StockportH	77	( 41, 36, 0)	14	Joseph Farrelly	Manchester	31	( 20, 20, 11)
42	Thomas Sumner	StHSA	78	( 0, 47, 31)	=	Charlie Hobson	SaleHM	31	( 19, 12, 0)
43	Thomas Marsh	Macclesfie	79	( 40, 39, 0)	16	Stuart Diamond	Buxton AC	33	( 15, 18, 0)
44	Jake Purdie	Macclesfie	85	( 42, 43, 0)	=	Seb Patrick	TraffordAC	33	( 16, 25, 17)
45	Joseph Thorogood	Buxton AC	98	( 50, 48, 0)	18	Eddie Mills	Macclesfie	35	( 18, 17, 0)
46	Lucas Prior	Macclesfie	100	( 51, 49, 0)	19	Alexander Bailey	TraffordAC	36	( 17, 19, 0)

#### Under 15 - Girls — Points after 3 races

1	Keira Brady-Jones	Wirral Ac	2	( 1, 1, 0)
2	Orla Gregory	Warrington	4	( 2, 2, 0)
3	Lucy Dixon	SaleHM	5	( 4, 5, 1)
4	Carys Roberts	WestCAC	6	( 3, 3, 0)
5	Rebecca Dilworth	Macclesfie	7	( 5, 6, 2)
6	Isabelle Burke	SaleHM	10	( 6, 4, 0)
7	Jasmine Reed	SaleHM	11	( 13, 7, 4)
8	Ella McMutrie	LiverpoolH	12	( 7, 11, 5)
9	Matilda Byrnes	East Chesh	15	( 12, 15, 3)
=	Grace Tobin	LiverpoolH	15	( 10, 8, 7)
11	Akira Edgson	SaleHM	17	( 8, 9, 0)
12	Sophie Grainger	WestCAC	19	( 9, 10, 0)
13	Elizabeth Hill	SaleHM	21	( 15, 16, 6)
14	Olivia Russell	TraffordAC	23	( 14, 14, 9)
15	Harriet Bain	LiverpoolH	24	( 11, 13, 0)
16	Olivia Brown	SaleHM	27	( 19, 0, 8)
17	Isobel Cammish	Salford Ha	32	( 20, 12, 0)
=	Gabrielle Phelan	Wirral Ac	32	( 17, 0, 15)
19	Eva Ferris	Warrington	35	( 18, 17, 0)
=	May Mannion	East Chesh	35	( 24, 21, 14)
21	Beth Robinson	Altrincham	36	( 23, 23, 13)
22	Lucie Davies	Warrington	41	( 21, 20, 0)
23	Freya Griffiths	TraffordAC	44	( 33, 27, 17)
=	Lila Wainwright	TraffordAC	44	( 37, 26, 18)
25	Isabelle Stutchfield	StockportH	45	( 29, 34, 16)
26	Molly Wormald	Warrington	46	( 22, 24, 30)
27	Maya Mansfield	Salford Ha	47	( 25, 22, 0)
28	Aliasha Smith	East Chesh	48	( 26, 41, 22)
=	Isabel Brundrett	StockportH	48	( 39, 28, 20)
30	Carmen Safranauskas	SaleHM	51	( 32, 19, 0)
31	Olivia Nolan	SaleHM	52	( 27, 25, 0)
32	Ella Heap	Wirral Ac	54	( 31, 0, 23)
33	Mae Lawless	LiverpoolH	55	( 34, 46, 21)
34	Lucy Clitheroe	StHSA	56	( 38, 31, 25)
35	Sienna Phillips	Buxton AC	66	( 30, 36, 0)
=	Anna Fraser	Wirral Ac	66	( 40, 0, 26)
37	Jodi Bemand	WestCAC	67	( 35, 32, 0)
38	Emilia Platt	Oldham&RH&	69	( 36, 33, 0)
=	Marina Guardascione	TraffordAC	69	( 49, 38, 31)
40	Tarlia Higginbotham	ValeRA	71	( 43, 0, 28)
41	Megan McMutrie	LiverpoolH	72	( 48, 48, 24)
42	Imogen Davenport	TraffordAC	74	( 62, 40, 34)
43	Erin Pearson-Mulvey	Salford Ha	78	( 41, 37, 0)
44	Lauren Dewsbury	StockportH	79	( 44, 42, 37)
45	Emily Birchall	Salford Ha	81	( 51, 45, 36)
=	Imogen Gush	East Chesh	81	( 46, 35, 0)
47	Jess Jones	StockportH	82	( 0, 50, 32)
48	Libby Martin	StockportH	83	( 45, 51, 38)
49	Amy Nunn	TraffordAC	84	( 55, 56, 29)
50	Amelia Wilson	Macclesfie	86	( 42, 44, 0)
=	Eloise Babington	ValeRA	86	( 47, 39, 0)
52	Ellen Lees-Hill	East Chesh	89	( 63, 54, 35)
53	Greta Brooks	SaleHM	91	( 58, 0, 33)
54	Ellie Molyneaux	Halton&FH	92	( 53, 0, 39)
55	Taylor Massey	StHSA	93	( 50, 43, 0)
56	Henrietta Duffey	WestCAC	97	( 57, 58, 40)
57	Violet Claxton	Manchester	99	( 52, 47, 0)
58	Ruby Stockdale	Macclesfie	102	( 59, 60, 43)
59	Leigha Manser	East Chesh	105	( 70, 64, 41)
=	Lauren Birchall	Salford Ha	105	( 69, 63, 42)
61	Bethany Glover	Halton&FH	106	( 0, 62, 44)
62	Grace Winters	SalfordMA	109	( 54, 55, 0)
63	Mary Seymour	StockportH	110	( 61, 49, 0)
64	Emelia Smith	LiverpoolH	112	( 60, 52, 0)
65	Macy Singleton	East Chesh	121	( 56, 65, 0)
66	Elicia Gibbons	StockportH	123	( 64, 59, 0)
67	Sian Guy	LiverpoolH	127	( 66, 61, 0)
68	Abbie Hirst	East Chesh	138	( 71, 67, 0)

#### Under 17 - Men — Points after 3 races

1	Finley Proffitt	Macclesfie	2	( 1, 1, 2)
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2	William Ashfield	ValeRA	3	( 2, 0, 1)
3	Charlie Roberts	StHSA	6	( 10, 2, 4)
=	Samuel Soles	Buxton AC	6	( 3, 3, 3)
5	Harry Ellwood	StockportH	9	( 5, 4, 5)
6	Joshua Dutton	Salford Ha	13	( 7, 7, 6)
7	Edward Corden	StockportH	15	( 6, 9, 9)
=	Joseph Bentall	TraffordAC	15	( 0, 8, 7)
9	Daniel Hayes	Wirral Ac	19	( 14, 5, 0)
=	Archie Dyer	Manchester	19	( 11, 14, 8)
11	Joseph Mangan	TraffordAC	22	( 9, 13, 0)
12	Charlie Teare	LiverpoolH	23	( 13, 10, 0)
13	Jacob Wood-Doyle	StockportH	24	( 12, 0, 12)
14	Joseph Farrelly	Manchester	31	( 20, 20, 11)
=	Charlie Hobson	SaleHM	31	( 19, 12, 0)
16	Stuart Diamond	Buxton AC	33	( 15, 18, 0)
=	Seb Patrick	TraffordAC	33	( 16, 25, 17)
18	Eddie Mills	Macclesfie	35	( 18, 17, 0)
19	Alexander Bailey	TraffordAC	36	( 17, 19, 0)
20	Robbie Rigby	SaleHM	40	( 27, 0, 13)
21	Zac Gaillermin	SaleHM	42	( 21, 21, 0)
22	Lewis Royle	TraffordAC	43	( 29, 0, 14)
23	Tobin Rose	StockportH	45	( 22, 23, 0)
24	Jack Farrall	Macclesfie	46	( 35, 28, 18)
25	Laurence Manley	Macclesfie	47	( 23, 24, 0)
26	Edward Diamond	Buxton AC	52	( 26, 26, 0)
27	Aidan Lynch	SaleHM	53	( 31, 22, 0)
28	Oliver Murphy	St Helens	56	( 0, 36, 20)
29	Alex Macfarlane	StockportH	61	( 34, 27, 0)
30	Cameron Murdoch	StockportH	63	( 32, 31, 0)
31	Michael Brussels	StHSA	65	( 36, 29, 0)
=	Ben Dargan	SaleHM	65	( 33, 32, 0)
33	Harry Miller-Reedman	StockportH	71	( 37, 34, 0)
=	William Finnie	Manchester	71	( 38, 33, 0)

#### Under 17 - Ladies — Points after 3 races

1	Ellen Kearney	Wirral Ac	2	( 1, 1, 1)
2	Alice Davies	StockportH	5	( 3, 2, 9)
3	Rachel Theobald	Wirral Ac	8	( 7, 3, 5)
4	Megan Lewis	East Chesh	9	( 5, 6, 4)
5	Amy Whelan	Buxton AC	10	( 6, 4, 7)
6	Georgia Heath	SaleHM	12	( 0, 9, 3)
7	Emily Russell	Salford Ha	14	( 9, 5, 0)
8	C Haywood-Percival	Salford Ha	16	( 8, 0, 8)
9	Esther Hulley	StockportH	20	( 12, 8, 0)
=	Anouska Brooks	SaleHM	20	( 14, 0, 6)
=	Rose Barlow	East Chesh	20	( 11, 10, 10)
12	Rebecca Young	TraffordAC	23	( 10, 13, 0)
13	Anna Potter	Salford Ha	24	( 13, 11, 0)
14	Lucy Armitage	SaleHM	27	( 0, 14, 13)
15	Rosangela Terim	SaleHM	28	( 16, 12, 0)
16	Jessica Birchall	Salford Ha	31	( 15, 16, 0)
17	Josie Driver	StockportH	32	( 25, 20, 12)
18	Lauren Burgess	StockportH	35	( 17, 18, 0)
=	Charlotte Lord	SaleHM	35	( 20, 15, 0)
20	Libby Greeney	Macclesfie	36	( 19, 17, 0)
21	Megan Phillips	StockportH	42	( 21, 21, 0)
22	Fay Humphreys	Warrington	44	( 31, 28, 16)
23	Caitlin Deighton	Marple Run	45	( 30, 0, 15)
24	Lizzie Glover-Jones	Oldham&RH&	46	( 23, 23, 0)
25	Lauren Bartholomew	Oldham&RH&	48	( 26, 22, 0)
26	Megan Bartholomew	Oldham&RH&	51	( 27, 24, 0)
27	Katherine Waters	East Chesh	54	( 28, 26, 0)
28	Astacia Mannings	Oldham&RH&	56	( 29, 27, 0)

# Manchester Area Cross Country League

## at Arroe Park on Sunday 8th December 2019

**NOTE: The individual results include only runners who have run at least 2 races**

### Senior Women - Ladies under 20 — Points after 3 races

1	Ella McNiven	U20	LiverpoolH	2	(0, 1, 1)
2	Alice Stiles	U20	Manchestes	3	(1, 2, 0)
3	L HaywoodPercival	U20	Salford Ha	4	(2, 3, 2)
4	Bethany Garratt	U20	Manchestet	9	(5, 4, 0)
=	Chiara Young	U20	SaleHM	9	(4, 5, 0)
6	Emilia Gajda	U20	StockportH	10	(3, 7, 0)
7	Anja CoxCunningham	U20	Manchestet	12	(7, 0, 5)
=	Mia Gibbons	U20	SaleHM	12	(9, 0, 3)
9	Matilda Green	U20	Man Uni	14	(6, 8, 0)
10	Lauren Robinson	U20	StockportH	17	(8, 9, 0)
=	Kate Stewart	U20	Manchestes	17	(0, 11, 6)

### Senior Women - Ladies aged 20 to 34 — Points after 3 races

1	Emily Bullis	Manchestet	3	(3, 1, 2)
2	Leah Pelpoe	Manchestet	6	(8, 3, 3)
3	Ruth Jones	Salford Ha	8	(9, 4, 4)
=	Hannah Stroud	Man Uni	8	(6, 2, 0)
5	Hayley Simpson	East Chesh	13	(14, 6, 7)
6	Sarah Hudak	TraffordAC	14	(7, 7, 0)
7	Alannah Birtwistle	Macclesfie	16	(0, 11, 5)
8	Siobhan Woods	Chorlton R	17	(10, 8, 9)
=	Heather Hughes	Manchestev	17	(12, 9, 8)
10	Natalie Stonell	Knutsford	24	(11, 13, 0)
11	Hannah Bruce	Manchesteu	29	(17, 12, 0)
12	Rowen Pymm	HorwichRMI	31	(16, 15, 0)
13	Melanie Monks	TraffordAC	36	(19, 17, 0)
14	Daisy Pickles	Macclesfie	37	(0, 16, 21)
=	Lydia Briggs	SaleHM	37	(0, 21, 16)
16	Bethany McManus	East Chesh	40	(22, 18, 0)
=	Emma Tollefson	Chorlton R	40	(0, 25, 15)
18	Jane Thomas	SaleHM	42	(20, 22, 0)
19	Amy-Rose Cauley	TraffordAC	43	(24, 19, 0)
20	Beatrice Cordingley	SaleHM	45	(31, 0, 14)
=	Chloe Elliott	Altrincham	45	(21, 24, 0)
22	Kimberley Chadderton	HorwichRMI	46	(26, 20, 0)
23	Sian Gulliver	Macclesfie	50	(39, 32, 18)
=	Rachel McVittie	Chorlton R	50	(0, 31, 19)
25	Hannah Brierley	Manchestev	52	(25, 27, 0)
26	Imogen Nutter	StockportH	53	(33, 29, 24)
27	Hermione Oakley	SwintonRC	55	(29, 26, 0)
28	Louise Ambler	TraffordAC	56	(0, 36, 20)
29	Louise Geldart	StockportH	58	(35, 0, 23)
30	Faye Lawton	Warrington	62	(0, 37, 25)
31	Sarah Goulden	SaleHM	64	(34, 40, 30)
32	Samantha Hartley	Chorlton R	65	(38, 41, 27)
33	Antonia Marsden	Didsbury R	68	(40, 0, 28)
34	Robin Jones	Manchestev	70	(0, 34, 36)
35	Olivia Morgan	Chorlton R	71	(42, 44, 29)
36	Helen Rennie	Bramhall R	77	(37, 43, 40)
37	Felicity Doe	Didsbury R	80	(47, 0, 33)
38	Nanette Heystek	Manchesteu	82	(51, 52, 31)
39	Ruth Beresford	TraffordAC	84	(50, 46, 38)
40	Caroline Wheeler	SaleHM	85	(56, 51, 34)
41	Chelsea MearsGraham	Marple Run	90	(48, 42, 0)
=	Sarah Hooks	WinstonR	90	(45, 45, 0)
43	Rebecca Livsey	StockportH	97	(60, 54, 43)
=	Jill Hooper	WilmslowRC	97	(0, 56, 41)
45	Louise Rankin	Didsbury R	98	(59, 0, 39)
46	Rachel Sate	SalfordMA	102	(55, 47, 0)
47	Victoria Thompson	Chorlton R	107	(0, 65, 42)
48	Emily Taylor	Wirral Ac	108	(0, 63, 45)
49	Kaylea Haynes	Start2jog	113	(58, 55, 0)
50	Kathryn O'Shea	Manchesteu	114	(54, 60, 0)
51	Lea Taylor	Marple Run	123	(57, 66, 0)
52	Victoria Birrane	WinstonR	138	(66, 72, 0)
53	Jamielee Johnston	Start2jog	142	(68, 74, 0)
54	Lauren Reid	WinstonR	143	(67, 76, 0)
55	Rachel Myers	Marple Run	144	(69, 75, 0)

### Senior Women - Ladies (Vets) aged 35 to 39 — Points after 3 races

1	Ingrid Storm	L35	Chorlton R	3	(2, 3, 1)
2	Alina Stepanchuk	L35	SalfordMA	8	(0, 5, 3)
=	Emma Finney	L35	SaleHM	8	(4, 4, 0)
4	Annie Porter	L35	Manchesteu	10	(0, 6, 4)
5	Sarah Renshaw	L35	Chorlton R	12	(6, 9, 6)
6	Joanna Knapman	L35	Manchesteu	13	(0, 11, 2)
7	Laura Coucill	L35	Salford Ha	15	(5, 10, 0)
8	Sarah Phelan	L35	Wirral Ac	20	(12, 0, 8)
9	Becki Robinson	L35	Salford Ha	21	(10, 12, 11)
10	Rebecca Mills	L35	SwintonRC	23	(16, 18, 7)
11	Harriet Hamilton	L35	SaleHM	24	(0, 14, 10)
12	Deirdre McCarthy	L35	Manchesteu	27	(11, 16, 0)
13	Carolyn Bradshaw	L35	SalfordMA	28	(0, 19, 9)

14	Aleksandra Piekarska	L35	Manchester	33	(20, 0, 13)
15	Laura Fairhurst	L35	WilmslowRC	35	(0, 23, 12)
16	Laura Bell	L35	WinstonR	37	(15, 22, 0)
=	Alison Wainwright	L35	Chorlton R	37	(23, 30, 14)
18	Maria Wylenzek	L35	SwintonRC	39	(13, 26, 0)
=	Jacqui Baines	L35	Manchester	39	(18, 21, 0)
20	Gemma Larkin	L35	Chorlton R	45	(17, 28, 0)
21	Leanne Astbury	L35	Warrington	46	(31, 32, 15)
22	Amelie Latham	L35	SaleHM	47	(29, 36, 18)
23	Saranya Hasler	L35	Macclesfie	50	(34, 35, 16)
24	Rachel Billington	L35	SwintonRC	52	(33, 0, 19)
=	Sarah Clarke	L35	Chorlton R	52	(21, 31, 0)
26	Wendy Woodhead	L35	Manchestes	60	(26, 34, 0)
27	Caroline Bartholomew	L35	Oldham&RH&	61	(28, 33, 0)
28	Janine Jordan	L35	MiddletonH	62	(0, 41, 21)
29	Anna Oxley	L35	Marple Run	73	(35, 38, 0)
30	Charlie Narejko	L35	Buxton AC	79	(37, 42, 0)
31	Charlotte Dean	L35	WinstonR	84	(38, 46, 0)
32	Jill Guthrie	L35	Manchestev	89	(40, 49, 0)

### Senior Women - Ladies (Vets) aged 40 to 44 — Points after 3 races

1	Louise Rudd	L40	StockportH	2	(1, 1, 0)
2	Zoe Gmerek	L40	SaleHM	4	(3, 0, 1)
3	Belinda Brennan	L40	Stockport	6	(2, 4, 0)
4	Sarah Harris	L40	Macclesfie	10	(4, 6, 0)
=	Laura Brown	L40	Didsbury R	10	(5, 0, 5)
6	Alice Welch	L40	Altrincham	12	(0, 9, 3)
7	Bree Sutcliffe	L40	Wirral Ac	16	(10, 0, 6)
8	Claire Thompson	L40	ValeRA	17	(6, 11, 0)
9	Helen Nation	L40	SwintonRC	20	(13, 15, 7)
10	Kate Mills	L40	Knutsford	21	(9, 12, 0)
11	Suzanne Smith	L40	SaleHM	24	(14, 10, 0)
12	Melanie Williamson	L40	Chorlton R	26	(19, 18, 8)
13	Claire Chaffer	L40	TraffordAC	28	(15, 13, 0)
14	Katie Rolfe	L40	Buxton AC	30	(16, 14, 0)
15	Helen Croft	L40	Bramhall R	34	(22, 33, 12)
16	Claire Murphy	L40	St Helens	35	(24, 31, 11)
17	Catherine Voyce	L40	Macclesfie	37	(18, 19, 0)
=	Christine Dewsbury	L40	Stockport	37	(0, 27, 10)
19	Sarah Stutchfield	L40	Marple Run	42	(29, 0, 13)
20	Claudia RoblesMorse	L40	Manchesteu	44	(23, 21, 0)
21	Jennifer Hulley	L40	StockportH	47	(27, 20, 0)
=	Rachel Watson	L40	BelleVR	47	(35, 30, 17)
23	Denise IrvingLang	L40	SwintonRC	48	(32, 0, 16)
24	Nicola Brundrett	L40	Stockport	51	(0, 36, 15)
25	Edyta Burgess	L40	WinstonR	52	(26, 26, 0)
=	Sophie Barnett	L40	Manchesteu	52	(31, 0, 21)
=	Lindsey Farrelly	L40	Manchestes	52	(33, 37, 19)
28	Charlotte Cameron	L40	Chorlton R	53	(30, 0, 23)
29	Elizabeth Sargent	L40	Stockport	57	(0, 35, 22)
30	Sharon Goldrick	L40	MiddletonH	58	(40, 0, 18)
31	Catherine Daley	L40	East Chesh	61	(41, 44, 20)
32	S MawbeyJeffries	L40	Manchesteu	64	(38, 0, 26)
33	Uyai Ikpat	L40	Wirral Ac	65	(0, 41, 24)
34	Claire Gooch	L40	Altrincham	72	(0, 45, 27)
35	Jayne Cordingley	L40	WinstonR	73	(34, 39, 0)
=	Kery Adamsbaum	L40	SwintonRC	73	(44, 51, 29)
37	Jane Dameron	L40	DragonsRC	76	(0, 48, 28)
38	Linette Ruston	L40	GoytVS	79	(37, 42, 0)
39	Rebecca Musgrove	L40	Chorlton R	83	(0, 52, 31)
40	Mel Johnson	L40	Manchester	84	(0, 54, 30)
41	Elizabeth Nocton	L40	Buxton AC	94	(45, 49, 0)
=	Emma Nightingale	L40	SwintonRC	94	(0, 61, 33)
43	Taylor Giacoma	L40	Marple Run	103	(47, 56, 0)

### Senior Women - Ladies (Vets) aged 45 to 49 — Points after 3 races

1	Sarah Kearney	L45	Wirral Ac	2	(1, 1, 1)
2	Anne Chinoy	L45	SaleHM	4	(3, 2, 2)
3	Louisa Harrison	L45	WilmslowRC	8	(5, 3, 0)
=	Michelle Vaughan	L45	East Chesh	8	(0, 5, 3)
=	Jennie Pickard	L45	StockportH	8	(6, 4, 4)
6	Sally Woolhouse	L45	TraffordAC	9	(4, 7, 5)
7	Melanie Mather	L45	StockportH	12	(0, 6, 6)
8	Lauren Marsden	L45	SwintonRC	16	(7, 10, 9)
9	Debbie Hope	L45	Buxton AC	17	(8, 9, 0)
10	Vikki Murphy	L45	Bramhall R	18	(10, 12, 8)
11	Jaine Brocklehurst	L45	SalfordMA	20	(0, 13, 7)
12	Eleanor Robinson	L45	WestCAC	22	(12, 0, 10)
13	Karen Fleming	L45	East Chesh	25	(14, 16, 11)
=	Louise Mangan	L45	TraffordAC	25	(13, 14, 12)
15	Cathy Atkinson	L45	Manchesteu	29	(16, 0, 13)
=	Clare Mallon	L45	WestCAC	29	(0, 15, 14)
17	Lisa Grantham	L45	Wirral Ac	34	(17, 0, 17)
=	Ruth Murdoch	L45	StockportH	34	(18, 18, 16)

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

19	Julia Reynolds	L45	SaleHM	36	( 0, 21, 15)
20	Carla Ousey	L45	SaleHM	40	( 22, 0, 18)
21	Sue Stockdale	L45	Macclesfie	41	( 19, 23, 22)
22	Wendy Trelease	L45	Glossopdal	42	( 20, 22, 0)
23	Anne Rosbottom	L45	Wirral Ac	46	( 15, 31, 0)
24	Amanda Wolstenholme	L45	StockportH	48	( 23, 25, 0)
25	Angela Tegg	L45	WestCAC	50	( 0, 29, 21)
26	Joanne Healy	L45	DragonsRC(	51	( 37, 28, 23)
=	Miranda Clarke	L45	Quays Runn	51	( 0, 32, 19)
28	Rhona Barker	L45	SwintonRC	53	( 27, 26, 0)
29	Joanne Cudahy	L45	Buxton AC	54	( 24, 30, 0)
30	Elise Evans	L45	Marple Run	55	( 31, 36, 24)
31	Elaine Pettie	L45	Macclesfie	58	( 25, 33, 0)
32	Sarah Beattie	L45	Bramhall R	66	( 41, 47, 25)
33	Caroline Canty	L45	Bramhall R	70	( 28, 42, 0)
34	Lyndsey Crombleholme	L45	StockportH	73	( 35, 38, 0)
35	Vicky Anderson	L45	Wilmslow S	74	( 30, 44, 0)
36	Claire Lynch	L45	Marple Run	75	( 46, 0, 29)
37	Marianne Veighey	L45	Manchesteu	77	( 32, 45, 0)
=	Karen Charters	L45	BelleVR	77	( 36, 41, 0)
39	Sarah Larkin	L45	Halton&FH	82	( 0, 56, 26)
40	Chris Forber	L45	St Helens	86	( 0, 59, 27)
41	Alexandra Duffey	L45	WestCAC	89	( 40, 49, 0)
42	Amanada Collinge	L45	Marple Run	90	( 38, 52, 0)
43	Julia Foy	L45	BelleVR	92	( 39, 53, 0)
44	Sarah Mears	L45	Marple Run	95	( 0, 65, 30)
45	Gaynor Williams	L45	WinstonR	99	( 45, 54, 0)
46	Gillian Aspin	L45	Manchesteu	102	( 44, 58, 0)
47	Melissa Whitworth	L45	Manchester	104	( 43, 61, 0)
=	Rachel Dowle	L45	Buxton AC	104	( 47, 57, 0)
49	Jana Julinkova	L45	WinstonR	112	( 48, 64, 0)
50	Lisa Beattie	L45	WinstonR	117	( 51, 66, 0)

**Senior Women - Ladies (Vets) aged 50 to 54 — Points after 3 races**

1	Stephanie Stevens	L50	Chorlton R	2	( 0, 1, 1)
2	Helen Smith	L50	ValeRA	4	( 1, 3, 0)
3	Steph Thompson	L50	Altrincham	5	( 2, 4, 3)
4	Fiona Cosgrove	L50	Altrincham	8	( 4, 0, 4)
=	Janine Ellis	L50	WilmslowRC	8	( 0, 6, 2)
6	Andrea Buckingham	L50	Bramhall R	15	( 7, 8, 8)
7	Carole Harrison	L50	Altrincham	17	( 0, 12, 5)
8	Gillian Doolan	L50	Stockport	18	( 0, 11, 7)
=	Estelle McGuire	L50	StockportH	18	( 9, 9, 0)
10	Breeshey Smith	L50	Bramhall R	19	( 10, 21, 9)
=	Andrea Edwards	L50	East Chesh	19	( 5, 14, 0)
12	Fiona Cooke	L50	StockportH	23	( 8, 15, 0)
13	Heather FryerWinder	L50	Buxton AC	28	( 12, 16, 0)
14	Huma Rahman	L50	WilmslowRC	33	( 15, 18, 0)
15	Stephanie Goodchild	L50	Manchestev	36	( 16, 20, 0)
16	Cathie Murphy	L50	MiddletonH	37	( 0, 25, 12)
=	Sarah Soles	L50	Buxton AC	37	( 20, 34, 17)
18	Catherine Jones	L50	Manchestes	39	( 17, 22, 0)
19	Mairi McCloskey	L50	Knutsford	42	( 18, 24, 0)
20	Michelle Wilder	L50	Manchesteu	44	( 0, 29, 15)
21	Deborah Beresford	L50	Manchestes	45	( 0, 31, 14)
22	Cathryn Melia	L50	Marple Run	47	( 27, 0, 20)
23	Jenny Brown	L50	Marple Run	48	( 25, 39, 23)
24	Mandy Webber	L50	SalfordMA	57	( 21, 36, 0)
25	Linda Cross	L50	Manchestes	59	( 0, 38, 21)
26	Margot Maybury	L50	DragonsRC(	61	( 24, 37, 0)
27	Clare Smith	L50	Marple Run	62	( 0, 40, 22)

**Senior Women - Ladies (Vets) aged 55 to 59 — Points after 3 races**

1	Janet Rashleigh	L55	HorwichRMI	2	( 1, 1, 1)
2	Beverley Jackson	L55	Altrincham	4	( 2, 0, 2)
3	Maureen Wilkins	L55	StockportH	6	( 4, 2, 4)
4	Tania Wilson	L55	Buxton AC	8	( 5, 0, 3)
5	Tracy Bown	L55	WilmslowRC	9	( 6, 3, 0)
6	Kate Ledin	L55	Buxton AC	11	( 7, 4, 0)

**Senior Women - Ladies (Vets) aged 60 to 64 — Points after 3 races**

1	Glennis Richardson	L60	StockportH	3	( 2, 1, 0)
2	Annie Hirsch	L60	BelleVR	5	( 3, 2, 0)
3	Fiona Bolton	L60	MiddletonH	8	( 4, 4, 0)
=	Barbara Murray	L60	Macclesfie	8	( 5, 5, 3)
5	Diana Evans	L60	WinstonR	10	( 7, 6, 4)

**Senior Women - Ladies (Vets) aged 65 to 69 — Points after 3 races**

1	Anne-Marie Jones	L65	Macclesfie	2	( 1, 0, 1)
2	Sue Exon	L65	TraffordAC	3	( 4, 1, 2)
3	Helen Todd	L65	StockportH	5	( 3, 2, 0)
4	Carole Williams	L65	ValeRA	8	( 5, 5, 3)

**Senior Women - Ladies (Vets) aged 70 to 74 — Points after 3 races**

1	Alexis Dinsmor	L70	StockportH	2	( 1, 2, 1)
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**Senior Women - Ladies — Points after 3 races**

1	Emily Bullis		Manchestet	3	( 4, 1, 2)
2	Louise Rudd	L40	StockportH	7	( 3, 4, 0)
=	Leah Peplow		Manchestet	7	( 9, 3, 4)
4	Hannah Stroud		Man Uni	9	( 7, 2, 0)
5	Ella McNiven	U20	LiverpoolH	11	( 0, 8, 3)
=	Ruth Jones		Salford Ha	11	( 10, 6, 5)
7	Hayley Simpson		East Chesh	18	( 17, 9, 9)
8	Sarah Hudak		TraffordAC	19	( 8, 11, 0)
9	Sarah Kearney	L45	Wirral Ac	20	( 13, 15, 7)
10	Alannah Birtwistle		Macclesfie	22	( 0, 16, 6)
11	Heather Hughes		Manchestev	23	( 15, 13, 10)
12	Siobhan Woods		Chorlton R	24	( 12, 12, 17)
13	Ingrid Storm	L35	Chorlton R	33	( 20, 20, 13)
14	L HaywoodPercival	U20	Salford Ha	34	( 27, 23, 11)
15	Natalie Stonell		Knutsford	36	( 14, 22, 0)
16	Janet Rashleigh	L55	HorwichRMI	38	( 26, 28, 12)
17	Alice Stiles	U20	Manchestes	41	( 24, 17, 0)
=	Alina Stepanchuk	L35	SalfordMA	43	( 0, 27, 16)
=	Emma Finney	L35	SaleHM	43	( 22, 21, 0)
20	Anne Chinoy	L45	SaleHM	47	( 28, 35, 19)
=	Stephanie Stevens	L50	Chorlton R	47	( 0, 33, 14)
22	Belinda Brennan	L40	Stockport	48	( 19, 29, 0)
23	Zoe Gmerek	L40	SaleHM	53	( 29, 0, 24)
=	Hannah Bruce		Manchesteu	53	( 35, 18, 0)
25	Rowen Pymm		HorwichRMI	56	( 31, 25, 0)
26	Sarah Renshaw	L35	Chorlton R	60	( 34, 47, 26)
=	Annie Porter	L35	Manchesteu	60	( 0, 40, 20)
28	Sally Woolhouse	L45	TraffordAC	63	( 32, 62, 31)
29	Louisa Harrison	L45	WilmslowRC	69	( 33, 36, 0)
=	Melanie Monks		TraffordAC	69	( 37, 32, 0)
31	Jennie Pickard	L45	StockportH	70	( 44, 42, 28)
32	Laura Coucill	L35	Salford Ha	73	( 25, 48, 0)
33	Joanna Knapman	L35	Manchesteu	74	( 0, 59, 15)
34	Lydia Briggs		SaleHM	75	( 0, 39, 36)
35	Bethany Garratt	U20	Manchestet	80	( 50, 30, 0)
=	Daisy Pickles		Macclesfie	80	( 0, 31, 49)
37	Emilia Gajda	U20	StockportH	81	( 30, 51, 0)
38	Chiara Young	U20	SaleHM	83	( 39, 44, 0)
39	Michelle Vaughan	L45	East Chesh	84	( 0, 57, 27)
40	Bethany McManus		East Chesh	86	( 52, 34, 0)
41	Jane Thomas		SaleHM	87	( 41, 46, 0)
42	Emma Tollefson		Chorlton R	88	( 0, 54, 34)
43	Sarah Harris	L40	Macclesfie	90	( 38, 52, 0)
44	Melanie Mather	L45	StockportH	91	( 0, 58, 33)
45	Amy-Rose Cauley		TraffordAC	93	( 56, 37, 0)
46	Lauren Marsden	L45	SwintonRC	95	( 45, 73, 50)
47	Laura Bown	L40	Didsbury R	96	( 48, 0, 48)
=	Chloe Elliott		Altrincham	96	( 43, 53, 0)
49	Beatrice Cordingley		SaleHM	99	( 69, 0, 30)
=	Kimberley Chadderton		HorwichRMI	99	( 61, 38, 0)
=	Alice Welch	L40	Altrincham	99	( 0, 67, 32)
52	Helen Smith	L50	ValeRA	106	( 40, 66, 0)
53	Beverley Jackson	L55	Altrincham	109	( 67, 0, 42)
54	Becki Robinson	L35	Salford Ha	112	( 57, 65, 55)
=	Sarah Phelan	L35	Wirral Ac	112	( 68, 0, 44)
56	Steph Thompson	L50	Altrincham	117	( 88, 80, 37)
=	Matilda Green	U20	Man Uni	117	( 62, 55, 0)
58	Debbie Hope	L45	Buxton AC	118	( 46, 72, 0)
59	Hannah Brierley		Manchestev	121	( 58, 63, 0)
=	Janine Ellis	L50	WilmslowRC	121	( 0, 86, 35)
=	Vikki Murphy	L45	Bramhall R	121	( 75, 85, 46)
62	Hermione Oakley		SwintonRC	125	( 65, 60, 0)
63	Sian Gulliver		Macclesfie	127	( 111, 87, 40)
64	Harriet Hamilton	L35	SaleHM	128	( 0, 75, 53)
65	Claire Thompson	L40	ValeRA	129	( 53, 76, 0)
=	Imogen Nutter		StockportH	129	( 76, 70, 59)
=	Rachel McVittie		Chorlton R	129	( 0, 84, 45)
68	Rebecca Mills	L35	SwintonRC	133	( 94, 92, 41)
69	Anne-Marie Jones	L65	Macclesfie	138	( 74, 0, 64)
=	Deirdre McCarthy	L35	Manchesteu	138	( 60, 78, 0)
=	Louise Geldart		StockportH	138	( 81, 0, 57)
72	Bree Sutcliffe	L40	Wirral Ac	142	( 79, 0, 63)
=	Jaine Brocklehurst	L45	SalfordMA	142	( 0, 103, 39)
74	Louise Ambler		TraffordAC	145	( 0, 98, 47)
75	Carolyn Bradshaw	L35	SalfordMA	146	( 0, 95, 51)
76	Eleanor Robinson	L45	WestCAC	149	( 97, 0, 52)
=	Helen Nation	L40	SwintonRC	149	( 84, 101, 65)
78	Fiona Cosgrove	L50	Altrincham	152	( 91, 0, 61)
79	Tania Wilson	L55	Buxton AC	153	( 95, 0, 58)
80	Maureen Wilkins	L55	StockportH	154	( 92, 110, 62)
81	Sarah Goulden		SaleHM	157	( 78, 113, 79)
82	Suzanne Smith	L40	SaleHM	159	( 85, 74, 0)
83	Karen Fleming	L45	East Chesh	161	( 105, 117, 56)
=	Kate Mills	L40	Knutsford	161	( 73, 88, 0)
85	Faye Lawton		Warrington	166	( 0, 106, 60)
86	Louise Mangan	L45	TraffordAC	167	( 101, 105, 66)
87	Laura Fairhurst	L35	WilmslowRC	173	( 0, 102, 71)
88	Melanie Williamson	L40	Chorlton R	174	( 104, 120, 70)
89	Claire Chaffer	L40	TraffordAC	177	( 86, 91, 0)
=	Laura Bell	L35	WinstonR	177	( 77, 100, 0)

91	Samantha Hartley		Chorlton R	178	(109,118, 69)	182	Janine Jordan	L35	MiddletonH	404	( 0,255,149)
92	Cathy Atkinson	L45	Manchesteu	184	(116, 0, 68)		= Jane Damerun	L40	DragonsRC	404	( 0,256,148)
93	Antonia Marsden		Didsbury R	186	(113, 0, 73)		= Caroline Canty	L45	Bramhall R	404	(183,221, 0)
	= Maria Wylenzek	L35	SwintonRC	186	( 71,115, 0)		185 Alexis Dinsmor	L70	StockportH	405	(244,296,161)
95	Aleksandra Piekarska	L35	Manchester	189	(117, 0, 72)		186 Linette Ruston	L40	GoytVS	407	(185,222, 0)
	= Clare Mallon	L45	WestCAC	189	( 0,114, 75)		187 Lyndsey Crombleholme	L45	StockportH	410	(214,196, 0)
97	Katie Rolfe	L40	Buxton AC	192	( 99, 93, 0)		188 Stephanie Goodchild	L50	Manchestev	411	(205,206, 0)
98	Lauren Robinson	U20	StockportH	193	(114, 79, 0)		189 Kathryn O'Shea		Manchesteu	414	(180,234, 0)
99	Jacqui Baines	L35	Manchester	197	( 98, 99, 0)		190 Vicky Anderson	L45	Wilmslow S	416	(186,230, 0)
100	Olivia Morgan		Chorlton R	201	(127,137, 74)		= Michelle Wilder	L50	Manchesteu	416	( 0,264,152)
	= Alison Wainwright	L35	Chorlton R	201	(123,132, 78)		192 Sarah Soles	L50	Buxton AC	417	(250,289,167)
102	Ruth Murdoch	L45	StockportH	202	(134,122, 80)		193 Catherine Jones	L50	Manchestes	418	(207,211, 0)
103	Robin Jones		Manchestev	204	( 0, 94,110)		194 Rebecca Musgrove	L40	Chorlton R	423	( 0,267,156)
104	Anja CoxCunningham	U20	Manchestet	211	(106, 0,105)		= Deborah Beresford	L50	Manchestes	423	( 0,272,151)
105	Lisa Grantham	L45	Wirral Ac	212	(128, 0, 84)		= Kaylea Haynes		Start2jog	423	(213,210, 0)
106	Julia Reynolds	L45	SaleHM	215	( 0,139, 76)		197 Marianne Veighey	L45	Manchesteu	425	(189,236, 0)
107	Helen Rennie		Bramhall R	219	(102,131,117)		198 Claire Lynch	L45	Marple Run	427	(258, 0,169)
108	Gemma Larkin	L35	Chorlton R	220	( 96,124, 0)		199 Karen Charters	L45	BelleVR	429	(217,212, 0)
	= Helen Croft	L40	Bramhall R	220	(129,176, 91)		200 Carole Williams	L65	ValeRA	432	(262,313,170)
110	Claire Murphy	L40	St Helens	222	(135,159, 87)		201 Mel Johnson	L40	Manchester	436	( 0,282,154)
111	Glennis Richardson	L60	StockportH	223	(112,111, 0)		202 Mairi McCloskey	L50	Knutsford	437	(210,227, 0)
112	Catherine Voyce	L40	Macclesfie	226	(103,123, 0)		203 Sarah Larkin	L45	Halton&FH	441	( 0,281,160)
113	Andrea Buckingham	L50	Bramhall R	229	(140,136, 93)		204 Cathryn Melia	L50	Marple Run	449	(276, 0,173)
114	Mia Gibbons	U20	SaleHM	230	(148, 0, 82)		= Fiona Bolton	L60	MiddletonH	449	(218,231, 0)
115	Felicity Doe		Didsbury R	234	(144, 0, 90)		206 Jenny Brown	L50	Marple Run	451	(274,333,177)
	= Christine Dewsbury	L40	Stockport	234	( 0,151, 83)		207 Chris Forber	L45	St Helens	461	( 0,299,162)
117	Sue Stockdale	L45	Macclesfie	240	(136,150,104)		208 Anna Oxley	L35	Marple Run	463	(225,238, 0)
118	Carole Harrison	L50	Altrincham	241	( 0,156, 85)		209 Lea Taylor		Marple Run	465	(208,257, 0)
119	Nanette Heystek		Manchesteu	242	(161,200, 81)		210 Emma Nightingale	L40	SwintonRC	466	( 0,303,163)
	= Tracy Bown	L55	WilmslowRC	242	(107,135, 0)		211 Kate Sewart	U20	Manchestes	480	( 0,315,165)
121	Carla Ousey	L45	SaleHM	243	(151, 0, 92)		212 Alexandra Duffey	L45	WestCAC	492	(231,261, 0)
	= Gillian Doolan	L50	Stockport	243	( 0,155, 88)		213 Amanada Collinge	L45	Marple Run	497	(226,271, 0)
123	Sarah Stutchfield	L40	Marple Run	245	(149, 0, 96)		214 Elizabeth Nocton	L40	Buxton AC	498	(239,259, 0)
124	Sarah Clarke	L35	Chorlton R	253	(119,134, 0)		215 Sarah Mears	L45	Marple Run	500	( 0,325,175)
125	Claudia RoblesMorse	L40	Manchesteu	260	(130,130, 0)		216 Julia Foy	L45	BelleVR	501	(228,273, 0)
126	Angela Tegg	L45	WestCAC	264	( 0,166, 98)		217 Linda Cross	L50	Manchestes	502	( 0,328,174)
127	Miranda Clarke	L45	Quays Runn	266	( 0,172, 94)		218 Charlie Narejko	L35	Buxton AC	506	(246,260, 0)
128	Rachel Watson	L40	BelleVR	269	(181,157,112)		219 Clare Smith	L50	Marple Run	510	( 0,334,176)
129	Jennifer Hulley	L40	StockportH	270	(142,128, 0)		220 Gaynor Williams	L45	WinstonR	528	(253,275, 0)
130	Ruth Beresford		TraffordAC	272	(159,160,113)		221 Gillian Aspin	L45	Manchesteu	541	(251,290, 0)
	= Annie Hirsch	L60	BelleVR	272	(124,148, 0)		222 Charlotte Dean	L35	WinstonR	542	(247,295, 0)
	= Leanne Astbury	L35	Warrington	272	(191,175, 97)		223 Taylor Giacomina	L40	Marple Run	544	(256,288, 0)
133	Denise IrvingLang	L40	SwintonRC	273	(171, 0,102)		224 Rachel Dowle	L45	Buxton AC	549	(266,283, 0)
134	Kate Ledin	L55	Buxton AC	274	(125,149, 0)		225 Melissa Whitworth	L45	Manchester	555	(245,310, 0)
	= Joanne Healy	L45	DragonsRC	274	(221,165,109)		226 Jill Guthrie	L35	Manchestev	559	(255,304, 0)
136	Andrea Edwards	L50	East Chesh	279	(115,164, 0)		= Mandy Webber	L50	SalfordMA	559	(252,307, 0)
137	Anne Rosbottom	L45	Wirral Ac	280	(110,170, 0)		228 Victoria Birrane		WinstonR	575	(261,314, 0)
138	Chelsea MearsGraham		Marple Run	282	(155,127, 0)		229 Lauren Reid		WinstonR	585	(265,320, 0)
139	Sophie Barnett	L40	Manchesteu	283	(158, 0,125)		= Jamielee Johnston		Start2jog	585	(267,318, 0)
	= Sarah Hooks		WinstonR	283	(138,145, 0)		231 Margot Maybury	L50	DragonsRC	586	(269,317, 0)
141	Charlotte Cameron	L40	Chorlton R	284	(152, 0,132)		232 Rachel Myers		Marple Run	591	(272,319, 0)
	= Wendy Trelease	L45	Glossopdal	284	(143,141, 0)		= Jana Julinkova	L45	WinstonR	591	(268,323, 0)
143	Edyta Burgess	L40	WinstonR	288	(141,147, 0)		234 Lisa Beattie	L45	WinstonR	618	(280,338, 0)
144	Lindsey Farrelly	L40	Manchestes	292	(172,203,120)						
	= Amelie Latham	L35	SaleHM	292	(170,198,122)						
146	Caroline Wheeler		SaleHM	297	(202,194,103)						
147	Nicola Brundrett	L40	Stockport	301	( 0,201,100)						
148	Saranya Hasler	L35	Macclesfie	303	(211,195,108)						
149	Elise Evans	L45	Marple Run	306	(188,190,118)						
150	Amanda Wolstenholme	L45	StockportH	311	(153,158, 0)						
	= Estelle McGuire	L50	StockportH	311	(168,143, 0)						
152	Sharon Goldrick	L40	MiddletonH	316	(197, 0,119)						
153	Breeshey Smith	L50	Bramhall R	317	(190,207,127)						
154	Elizabeth Sargent	L40	Stockport	322	( 0,193,129)						
155	Fiona Cooke	L50	StockportH	324	(157,167, 0)						
156	Rachel Billington	L35	SwintonRC	329	(203, 0,126)						
157	Louise Rankin		Didsbury R	330	(216, 0,114)						
158	Joanne Cudahy	L45	Buxton AC	331	(162,169, 0)						
159	Sue Exon	L65	TraffordAC	333	(209,215,124)						
160	S MawbeyJeffries	L40	Manchesteu	337	(192, 0,145)						
161	Catherine Daley	L40	East Chesh	340	(219,225,121)						
	= Rhona Barker	L45	SwintonRC	340	(179,161, 0)						
163	Rebecca Livsey		StockportH	342	(222,205,137)						
164	Jill Hooper		WilmslowRC	345	( 0,217,128)						
165	Caroline Bartholomew	L35	Oldham&RH&	346	(169,177, 0)						
166	Wendy Woodhead	L35	Manchestes	349	(163,186, 0)						
167	Rachel Sate		SalfordMA	355	(187,168, 0)						
168	Elaine Pettie	L45	Macclesfie	357	(175,182, 0)						
	= Uyai Ikpatt	L40	Wirral Ac	357	( 0,214,143)						
170	Barbara Murray	L60	Macclesfie	362	(229,254,133)						
171	Cathie Murphy	L50	MiddletonH	364	( 0,228,136)						
172	Heather FryerWinder	L50	Buxton AC	368	(195,173, 0)						
173	Claire Gooch	L40	Altrincham	380	( 0,233,147)						
174	Victoria Thompson		Chorlton R	381	( 0,251,130)						
175	Emily Taylor		Wirral Ac	382	( 0,243,139)						
176	Jayne Cordingley	L40	WinstonR	384	(176,208, 0)						
177	Kerry Adamsbaum	L40	SwintonRC	386	(236,265,150)						
178	Huma Rahman	L50	WilmslowRC	391	(204,187, 0)						
179	Sarah Beattie	L45	Bramhall R	392	(237,246,155)						
180	Helen Todd	L65	StockportH	396	(177,219, 0)						
181	Diana Evans	L60	WinstonR	400	(242,279,158)						

# Manchester Area Cross Country League

## at Arrowe Park on Sunday 8th December 2019

**NOTE:** The individual results include only runners who have run at least 2 races

### Senior Men under 20 — Points after 3 races

1	Arlo Ludewick	U20	Man Uni	3	( 2, 1, 0)
2	Robert Smyk	U20	Salford Ha	5	( 3, 2, 0)
3	Harry Sinclair	U20	TraffordAC	8	( 8, 7, 1)
=	Najib Hassan	U20	SaleHM	8	( 5, 3, 0)
=	Cynog Williams	U20	TraffordAC	8	( 4, 4, 0)
6	Jack Wilkinson	U20	TraffordAC	11	( 9, 10, 2)
7	Benjamin Webb	U20	Warrington	12	( 0, 9, 3)
8	Sam Heyworth	U20	SaleHM	15	( 11, 0, 4)
9	Charlie Thomas	U20	Salford Ha	18	( 14, 13, 5)
=	Peter Goodfellow	U20	Macclesfie	18	( 10, 8, 0)
11	Louis Wardle	U20	Man Uni	24	( 12, 12, 0)
12	Connor Thacker	U20	SalfordMA	26	( 0, 19, 7)
=	Andrew Ndlovu	U20	MiddletonH	26	( 0, 20, 6)
14	Daniel Lewis	U20	Salford Ha	27	( 19, 22, 8)
=	Karl Taylor	U20	StockportH	27	( 13, 14, 0)
16	Callum Brierley	U20	East Chesh	31	( 16, 15, 0)
17	Joseph Foster	U20	Salford Ha	35	( 17, 18, 0)
18	Josiah Isherwood	U20	Start2jog	41	( 18, 23, 0)
19	Arun Dahil	U20	Man Uni	46	( 22, 24, 0)

### Senior Men aged 20 to 39 — Points after 3 races

1	Jay Ferns	TraffordAC	3	( 1, 2, 0)
2	Callum Rowlinson	Salford Ha	6	( 2, 4, 0)
3	James Wignall	SaleHM	9	( 0, 5, 4)
4	Jack Morris	StockportH	10	( 5, 7, 5)
5	Will Onek	SaleHM	12	( 6, 0, 6)
6	James Kevan	HorwichRMI	13	( 3, 10, 0)
7	Nicholas Barry	SaleHM	15	( 8, 9, 7)
8	Will Beauchamp	Salford Ha	20	( 12, 19, 8)
9	Peter Bray	Chorlton R	23	( 0, 13, 10)
10	Phil Marsden	HorwichRMI	24	( 9, 15, 0)
11	Simon O'Meara	TraffordAC	25	( 11, 14, 0)
12	Joe Mercer	HorwichRMI	30	( 10, 20, 0)
13	Gavin Tomlinson	TraffordAC	31	( 19, 21, 12)
14	Joseph Hudak	East Chesh	33	( 15, 18, 0)
15	Kenneth Hunt	SaleHM	36	( 21, 23, 15)
=	Alex Bradford	SaleHM	36	( 14, 22, 0)
=	Adam Gooch	Altrincham	36	( 18, 60, 18)
18	Ben Hobson	Chorlton R	42	( 0, 28, 14)
19	Gavin Browne	East Chesh	45	( 20, 25, 0)
20	Martin Dunn	Manchester	51	( 28, 39, 23)
=	Billy Hicks	Macclesfie	51	( 0, 29, 22)
22	F MacdonaldOulds	Chorlton R	52	( 24, 0, 28)
23	Greg Kelly	TraffordAC	54	( 0, 33, 21)
24	Liam Braby	Chorlton R	58	( 0, 42, 16)
25	Chris Webb	Glossopdal	59	( 0, 40, 19)
26	Nick Hamlin	Altrincham	65	( 0, 45, 20)
=	Arran McCloskey	Knutsford	65	( 29, 36, 56)
28	Matthew Sutton	TraffordAC	68	( 41, 27, 0)
=	Carl Krystek	Stockport	68	( 37, 69, 31)
30	Steven Townley	Didsbury R	69	( 31, 52, 38)
=	Marcus Preedy	Man Uni	69	( 34, 35, 0)
32	Jonathan Lancaster	Chorlton R	72	( 45, 73, 27)
33	Joseph Howe	Man Uni	76	( 32, 44, 0)
34	Michael Heaney	Salford Ha	77	( 51, 64, 26)
35	Michael Mannings	Oldham&RH&	81	( 33, 48, 0)
36	Harry Parker	Man Uni	82	( 35, 47, 0)
=	Laurence Skidmore	Man Uni	82	( 44, 38, 0)
38	Robert Dunn	SaleHM	85	( 0, 61, 24)
=	Ibrahima Diallo	SaleHM	85	( 36, 49, 0)
40	Ben Farrelly	SalfordMA	90	( 0, 58, 32)
=	Paul Bannister	Salford Ha	90	( 49, 41, 0)
42	Robert Chesters	St Helens	91	( 57, 0, 34)
=	Daniel Vasey	Chorlton R	91	( 0, 54, 37)
44	Tom Peers	StockportH	92	( 56, 72, 36)
45	Liam Browne	East Chesh	93	( 0, 63, 30)
=	Nick Bugler	Altrincham	93	( 60, 70, 33)
47	James Wall	TraffordAC	99	( 43, 56, 0)
48	Lee Carrington	ValeRA	101	( 59, 0, 42)
49	James Hartshorne	East Chesh	104	( 38, 113, 66)
50	Ian Cronshaw	SwintonRC	109	( 65, 82, 44)
51	Damien McHugh	Didsbury R	110	( 67, 120, 43)
=	Robert Hasler	Macclesfie	110	( 75, 81, 35)
53	Chris Tait	SaleHM	111	( 54, 57, 0)
54	Jordan Burke	MiddletonH	115	( 62, 92, 53)
55	Nick Jackson	Manchestev	118	( 0, 79, 39)
56	Mike Norbury	Didsbury R	119	( 72, 0, 47)
=	Brendan Kennedy	Manchestev	119	( 0, 74, 45)
58	Oliver Bernstein	Chorlton R	122	( 55, 67, 0)
59	Paul Barrett	SaleHM	124	( 70, 108, 54)
60	Gregory Beck	Manchester	126	( 58, 68, 0)
61	Alec Francis	StockportH	129	( 39, 90, 0)
=	David Fryer-Winder	Buxton AC	129	( 63, 66, 0)
63	John Weaver	MiddletonH	137	( 77, 138, 60)

64	Nathan Ball	SaleHM	143	( 66, 77, 0)
65	Martin Carolan	Didsbury R	145	( 78, 119, 67)
66	James Pattison	Altrincham	146	( 89, 116, 57)
67	Thomas Rogers	BelleVR	150	( 88, 0, 62)
68	Jack Luscombe	Salford Ha	152	( 61, 91, 0)
69	Patrick Goodrich	Chorlton R	153	( 52, 101, 0)
70	Grant GunnAnderson	Salford Ha	154	( 68, 86, 0)
71	Martin Rimmer	Manchestev	156	( 0, 95, 61)
72	Leon Wint	MiddletonH	157	( 0, 109, 48)
73	Jamie Platt	Manchestev	164	( 0, 105, 59)
=	James Bryson	Chorlton R	164	( 0, 106, 58)
75	Stephen Welch	Chorlton R	169	( 99, 141, 70)
=	Simon Latham	SaleHM	169	( 101, 122, 68)
77	Colin Hines	Chorlton R	175	( 85, 0, 90)
=	Chris Gwatkin	Manchestev	175	( 91, 84, 0)
79	Rob Metcalf	Altrincham	176	( 0, 121, 55)
80	Neil Ryan	Manchestev	180	( 104, 0, 76)
81	Stuart Nock	Start2jog	184	( 87, 97, 0)
82	Edmund Woodfield	Manchester	188	( 109, 151, 79)
83	Joseph Hayes	Manchestev	192	( 0, 127, 65)
=	Anthony Everitt	Chorlton R	192	( 80, 112, 0)
85	Mario Santos	SwintonRC	194	( 116, 143, 78)
=	Phil Pennill	Quays Run	194	( 83, 111, 0)
=	Michael Carney	SalfordMA	194	( 111, 0, 83)
88	Alastair Patrick	Chorlton R	197	( 0, 126, 71)
89	Oscar Trevena	Macclesfie	198	( 121, 0, 77)
90	Mike Gregory	St Helens	199	( 107, 156, 92)
91	Andrew Bowler	Manchestev	200	( 0, 125, 75)
92	Mathew Holland	SwintonRC	204	( 102, 102, 0)
93	Peter Williams	Wilmslow S	207	( 84, 123, 0)
94	Ian Crabtree	StockportH	208	( 123, 157, 85)
95	Daniel Sate	SalfordMA	209	( 0, 137, 72)
=	Vally Darren De	Manchester	209	( 120, 161, 89)
97	Blair Paterson	Manchester	216	( 0, 147, 69)
98	Colin Hill	Didsbury R	227	( 92, 135, 0)
99	Martin Forker	Manchestev	228	( 0, 146, 82)
=	Chris March	Manchestev	228	( 97, 131, 0)
101	Chris Garratt	Manchestev	231	( 0, 150, 81)
102	Damian Jones	Bramhall R	233	( 103, 130, 0)
103	Graham Brownhill	DragonsRC	235	( 0, 155, 80)
104	Mike Donigan	SwintonRC	244	( 0, 158, 86)
=	Luke Townsend	SaleHM	244	( 105, 139, 0)
106	Richard Tennant	Manchestev	255	( 115, 140, 0)
=	George Kirk	Chorlton R	255	( 0, 164, 91)
108	Graeme Wilkinson	Manchestev	256	( 0, 163, 93)
109	Graeme Lawton	Marple Run	266	( 0, 172, 94)
110	Neil Duncombe	Knutsford	272	( 118, 154, 0)
111	Yassine Guermoudi	Manchestev	274	( 129, 145, 0)
112	Michael McLaughlin	StyalRC	278	( 126, 152, 0)
113	Lee Marks	SwintonRC	290	( 131, 159, 0)
114	Tom Hampson	Manchestev	292	( 130, 162, 0)
115	Rick Poole	DragonsRC	297	( 132, 165, 0)
116	Callum Alderton	Didsbury R	306	( 139, 167, 0)
117	Robert Maidstone	Start2jog	309	( 134, 175, 0)
118	David Cracknell	Marple Run	314	( 138, 176, 0)
119	Aaron Milne	Start2jog	321	( 143, 178, 0)

### Senior Men (Vets) aged 40 to 44 — Points after 3 races

1	Matthew Shaw	V40	Chorlton R	3	( 0, 1, 2)
=	Richard Burney	V40	LiverpoolH	3	( 2, 0, 1)
=	David Norman	V40	Altrincham	3	( 1, 2, 0)
4	Craig Jones	V40	Manchestev	7	( 7, 3, 4)
5	Richard Coen	V40	WilmslowRC	8	( 0, 5, 3)
6	Peter Speake	V40	WilmslowRC	9	( 5, 4, 0)
7	Nick Leigh	V40	HorwichRMI	10	( 3, 7, 0)
=	Tom Williams	V40	Wirral Ac	10	( 4, 6, 0)
9	J Scott-Buccluech	V40	StockportH	14	( 0, 8, 6)
10	Mark Walker	V40	Macclesfie	15	( 0, 10, 5)
11	Alastair Murray	V40	HorwichRMI	18	( 6, 12, 14)
12	Andrew Haney	V40	Chorlton R	21	( 0, 9, 12)
=	Gary Scott	V40	Chorlton R	21	( 13, 11, 10)
14	David Hudson	V40	Salford Ha	23	( 10, 14, 13)
15	Richard Brook	V40	Salford Ha	24	( 8, 26, 16)
16	Chris Donnelly	V40	SaleHM	26	( 9, 17, 0)
17	Daniel Gilbert	V40	HorwichRMI	27	( 0, 16, 11)
18	Ben McCormack	V40	Chorlton R	30	( 17, 13, 0)
19	Richard Edwards	V40	SaleHM	31	( 12, 19, 21)
20	Alex Wright	V40	Macclesfie	35	( 20, 24, 15)
21	Mathew Dickinson	V40	Salford Ha	37	( 15, 22, 0)
22	Philip Burns	V40	StockportH	38	( 18, 38, 20)
23	Matthew Oldham	V40	SaleHM	39	( 14, 25, 0)
24	Andy Adkin	V40	Manchestev	41	( 22, 41, 19)
=	Darren Smith	V40	East Chesh	41	( 23, 27, 18)
26	Alex Masidlover	V40	Manchestev	44	( 27, 0, 17)
27	David Hulley	V40	StockportH	49	( 21, 28, 0)
28	Kevin Woodward	V40	SwintonRC	52	( 29, 30, 23)

29	Andy Baguley	V40	Chorlton R	56	( 0, 32, 24)	54	Lee Jones	V45	Bramhall R	110	( 59, 0, 51)
30	Jono Guildford	V40	Manchester	58	( 30, 0, 28)	55	Nick Heaton	V45	Bramhall R	115	( 61, 0, 54)
31	Kevin Dunbar	V40	St Helens	59	( 32, 36, 27)	56	Paul Gee	V45	SalfordMA	116	( 53, 63, 0)
32	Mark Davies	V40	WestCAC	60	( 0, 35, 25)	57	Simon Bond	V45	SalfordMA	118	( 63, 83, 55)
	= Lee Robinson	V40	Oldham&RH&	60	( 26, 34, 0)		= Simon Gebbett	V45	Bramhall R	118	( 51, 67, 0)
34	Rob Harper	V40	Manchesteu	61	( 0, 39, 22)	59	James Atkiss	V45	Chorlton R	120	( 54, 66, 0)
35	Vic Walsh	V40	BelleVR	64	( 31, 33, 0)	60	Sean Lord	V45	Chorlton R	121	( 0, 72, 49)
36	Adam Bird	V40	Bramhall R	71	( 40, 51, 31)	61	Justin Coleman	V45	SwintonRC	126	( 68, 89, 58)
37	Paul Bartholomew	V40	Oldham&RH&	76	( 34, 42, 0)	62	Ian Galloway	V45	Marple Run	129	( 67, 0, 62)
	= Matt Farr	V40	Didsbury R	76	( 43, 57, 33)	63	Colin Caisley	V45	WilmslowRC	130	( 0, 78, 52)
39	Patrick Neill	V40	St Helens	78	( 0, 48, 30)	64	Steve Aughton	V45	Bramhall R	135	( 0, 82, 53)
	= Chris Sewart	V40	Manchestes	78	( 41, 60, 37)		= Mike Utting	V45	Bramhall R	135	( 71, 95, 64)
41	Richard Williams	V40	Marple Run	81	( 35, 46, 0)	66	Jeremy Woodham	V45	Marple Run	142	( 0, 85, 57)
42	Stephen Pollard	V40	Manchesteu	82	( 48, 64, 34)	67	Richard Brown	V45	Macclesfie	145	( 64, 81, 0)
	= Pete Woodhead	V40	GoytVS	82	( 33, 49, 0)	68	Michael Wymer	V45	SaleHM	149	( 0, 90, 59)
44	Graham Jordan	V40	MiddletonH	84	( 0, 52, 32)	69	Tim Marsh	V45	Macclesfie	150	( 66, 84, 0)
45	Martyn Jones	V40	Stockport	90	( 47, 68, 43)	70	Scott Armstrong	V45	Stockport	152	( 65, 87, 0)
	= Nick Parrott	V40	Chorlton R	90	( 0, 54, 36)	71	James Scully	V45	Manchester	155	( 0, 94, 61)
47	Stuart Mairs	V40	SalfordMA	93	( 49, 0, 44)						
48	Eduardo Fe	V40	Manchesteu	94	( 0, 59, 35)						
49	Darren Donald	V40	StockportH	99	( 57, 0, 42)						
	= Myles Mason	V40	Bramhall R	99	( 44, 55, 0)						
51	Ani Das	V40	SwintonRC	100	( 0, 62, 38)						
52	John Wilson	V40	St Helens	101	( 55, 0, 46)						
	= James Malone	V40	BelleVR	101	( 0, 61, 40)						
54	Mark Ruston	V40	GoytVS	103	( 45, 58, 0)						
55	Chris Evans	V40	Manchesteu	105	( 0, 66, 39)						
56	Steve McGovern	V40	Bramhall R	106	( 61, 73, 45)						
57	Michael Walton	V40	Macclesfie	111	( 0, 70, 41)						
	= David Hughes	V40	SalfordMA	111	( 46, 65, 0)						
59	Simon Lobas	V40	SwintonRC	113	( 50, 63, 0)						
60	Matthew Gush	V40	East Chesh	121	( 54, 67, 0)						
61	Alex Critcher	V40	Glossopdal	124	( 53, 71, 0)						
62	Duncan Gazeley	V40	DragonsRC	136	( 58, 78, 0)						
63	David Clark	V40	StyalRC	143	( 63, 80, 0)						
64	Matthew EvansSmith	V40	Manchesteu	147	( 65, 82, 0)						

#### Senior Men (Vets) aged 45 to 49 — Points after 3 races

1	David Watson	V45	Warrington	2	( 1, 1, 0)
2	Jeff Prest	V45	TraffordAC	4	( 2, 2, 2)
3	Malcolm Johnson	V45	StockportH	6	( 6, 3, 3)
4	Stephen McCarron	V45	SaleHM	8	( 0, 4, 4)
5	Christopher Leigh	V45	TraffordAC	10	( 5, 5, 0)
6	Tony Taylor	V45	Salford Ha	12	( 0, 7, 5)
7	Christopher Rayner	V45	Chorlton R	13	( 0, 6, 7)
8	Mark Collier	V45	Salford Ha	16	( 10, 10, 6)
9	Robert White	V45	Buxton AC	19	( 7, 12, 0)
	= Andy Pickford	V45	Altrincham	19	( 8, 11, 0)
11	Andrew Lloyd	V45	HorwichRMI	20	( 11, 9, 0)
12	Chris Goodfellow	V45	Macclesfie	23	( 9, 14, 0)
	= Richard Lane	V45	Altrincham	23	( 0, 13, 10)
	= Ged Cudahy	V45	StockportH	23	( 15, 8, 0)
15	Olivier Gaillemin	V45	SaleHM	24	( 16, 15, 9)
	= James Corden	V45	StockportH	24	( 13, 16, 11)
17	Ian Murdoch	V45	StockportH	30	( 18, 17, 13)
18	Lee Midghall	V45	LiverpoolH	31	( 17, 18, 14)
19	Ged McGrath	V45	StockportH	33	( 24, 21, 12)
20	Marcus Taylor	V45	HorwichRMI	34	( 19, 20, 15)
21	Elton Davies	V45	SaleHM	41	( 25, 29, 16)
22	Nick Chick	V45	Stockport	42	( 20, 22, 0)
23	Richard Healy	V45	DragonsRC	43	( 0, 26, 17)
24	Michael Forber	V45	St Helens	44	( 0, 23, 21)
25	Shane Wolstencroft	V45	SalfordMA	50	( 0, 31, 19)
	= Brian Whitlock	V45	Macclesfie	50	( 26, 24, 0)
27	Dan Hill	V45	TraffordAC	51	( 21, 30, 0)
28	Nathan Mayoh	V45	StockportH	52	( 0, 34, 18)
29	Lok Li	V45	Bramhall R	55	( 29, 35, 26)
	= Dennis Thomas	V45	East Chesh	55	( 22, 33, 0)
31	Richard Hayes	V45	WestCAC	59	( 28, 0, 31)
32	David Haines	V45	ValeRA	60	( 36, 36, 24)
33	M Deschoolmeester	V45	Bramhall R	65	( 27, 38, 0)
34	Matt Taylor	V45	WilmslowRC	66	( 0, 41, 25)
35	Ian Sharpe	V45	Chorlton R	67	( 69, 47, 20)
36	Peter Hulme	V45	Manchesteu	68	( 32, 49, 36)
	= Darren Peatfield	V45	Marple Run	68	( 34, 39, 34)
38	S FarringtonNewman	V45	Marple Run	70	( 41, 0, 29)
39	Damian Aspin	V45	Manchesteu	73	( 38, 51, 35)
40	Frank Podd	V45	Bramhall R	75	( 45, 52, 30)
41	Lars Bevanger	V45	Marple Run	78	( 35, 43, 0)
42	Andrew Mainwaring	V45	Stockport	80	( 43, 59, 37)
43	Stephen Humphries	V45	StockportH	86	( 0, 54, 32)
	= Lee Dunn	V45	Quays Runn	86	( 40, 46, 0)
45	Ian Roberts	V45	StHSA	89	( 50, 55, 39)
46	Peter Brown	V45	SalfordMA	92	( 46, 65, 46)
47	Richard Lawson	V45	WilmslowRC	95	( 42, 53, 0)
48	Gary Wolstencroft	V45	TraffordAC	99	( 0, 58, 41)
49	Paul Corner	V45	StockportH	103	( 60, 75, 43)
	= Lee Stinch	V45	St Helens	103	( 56, 0, 47)
51	David Dyer	V45	Manchestes	106	( 44, 62, 0)
52	Matthew Gibbons	V45	SalfordMA	108	( 0, 68, 40)
53	Mark Thorogood	V45	Buxton AC	109	( 48, 61, 0)

#### Senior Men (Vets) aged 50 to 54 — Points after 3 races

1	Philip Leybourne	V50	Salford Ha	2	( 2, 1, 1)
2	Andy Porter	V50	Bramhall R	4	( 0, 2, 2)
3	James Noakes	V50	Macclesfie	6	( 0, 3, 3)
4	Andrew Whittingham	V50	WilmslowRC	10	( 0, 6, 4)
5	Gareth Williams	V50	ValeRA	11	( 4, 7, 0)
6	Tim Shanker	V50	Manchesteu	14	( 6, 8, 0)
7	Ian Fraser	V50	East Chesh	15	( 10, 0, 5)
8	Andrew Clague	V50	WestCAC	17	( 12, 11, 6)
9	Shaun Chambers	V50	Salford Ha	19	( 9, 10, 0)
10	Daniel Newman	V50	Warrington	20	( 13, 15, 7)
	= Paul Birkett	V50	Salford Ha	20	( 7, 13, 0)
12	Richard Murray	V50	ValeRA	21	( 0, 12, 9)
13	Kevan Garner	V50	StockportH	27	( 11, 16, 0)
14	Tim Johns	V50	Manchesteu	28	( 0, 17, 11)
15	Ian Mulligan	V50	StockportH	34	( 22, 23, 12)
16	Simon Fennell	V50	Bramhall R	35	( 17, 18, 0)
	= Jarrod Homer	V50	WilmslowRC	35	( 16, 19, 0)
18	Girish Patel	V50	SalfordMA	36	( 18, 0, 18)
19	Mark Pillerin	V50	ValeRA	37	( 0, 24, 13)
20	Nick Burke	V50	Altrincham	40	( 20, 20, 0)
21	Jeff Fidler	V50	Knutsford	41	( 19, 22, 0)
22	Chris Beard	V50	ValeRA	42	( 26, 29, 16)
23	Justin Hayes	V50	Chorlton R	44	( 29, 31, 15)
24	Glen Gandy	V50	Manchestes	45	( 31, 35, 14)
25	Peter Daly	V50	Glossopdal	49	( 21, 28, 0)
26	Craig Turner	V50	Manchestes	50	( 25, 25, 0)
27	Steve Fairclough	V50	Bramhall R	53	( 32, 0, 21)
	= Richard Hall	V50	Bramhall R	53	( 33, 0, 20)
29	Mark Shuttleworth	V50	SalfordMA	54	( 27, 27, 0)
30	Stephen Roberts	V50	East Chesh	60	( 24, 36, 0)
31	Timothy Rainey	V50	SaleHM	63	( 37, 49, 26)
32	Mark Lynch	V50	Marple Run	65	( 38, 0, 27)
33	Simon Rushton	V50	Marple Run	66	( 0, 43, 23)
34	Stephen Symons	V50	Quays Runn	68	( 39, 0, 29)
	= Andrew Thomas	V50	SalfordMA	68	( 40, 46, 28)
36	Lawrence Pinnell	V50	HorwichRMI	69	( 0, 44, 25)
37	Nigel Tapp	V50	Marple Run	81	( 36, 45, 0)
38	Barrie Powers	V50	StyalRC	82	( 35, 47, 0)
39	Tony Pratt	V50	Marple Run	86	( 0, 54, 32)
40	Paul Cowell	V50	Bramhall R	92	( 44, 48, 0)
41	Edward Taylor	V50	Knutsford	93	( 43, 50, 0)

#### Senior Men (Vets) aged 55 to 59 — Points after 3 races

1	Rob Downs	V55	WilmslowRC	3	( 0, 2, 1)
2	Derek Crewe	V55	Salford Ha	4	( 1, 3, 0)
3	David Garner	V55	Manchesteu	7	( 0, 5, 2)
	= Richard Evans	V55	Altrincham	7	( 4, 6, 3)
5	Trevor Morris	V55	WilmslowRC	9	( 5, 0, 4)
	= Paul Oakley	V55	GoytVS	9	( 2, 7, 0)
7	Dave Soles	V55	Buxton AC	12	( 7, 8, 5)
	= Steven Doxey	V55	SwintonRC	12	( 6, 16, 6)
9	Mike Shaw	V55	StockportH	19	( 8, 11, 0)
10	Graham Harrison	V55	Altrincham	22	( 11, 17, 11)
11	Paul Beckett	V55	StockportH	23	( 10, 13, 0)
	= Roberto Raso	V55	Manchester	23	( 14, 18, 0)
	= Trevor Rayner	V55	Salford Ha	23	( 13, 22, 10)
14	Rob Cawley	V55	StockportH	28	( 9, 19, 0)
15	Gary Tait	V55	StyalRC	29	( 15, 14, 0)
16	Derek Hughes	V55	East Chesh	30	( 17, 21, 13)
17	Simon Phillips	V55	Stockport	32	( 0, 24, 8)
18	Lee Benson	V55	Manchesteu	35	( 0, 20, 15)
19	Mike Hall	V55	Bramhall R	37	( 0, 23, 14)
20	Anthony Harrison	V55	WinstonR	40	( 22, 31, 18)
21	John Temperley	V55	Bramhall R	41	( 25, 0, 16)
22	Paul Adams	V55	Chorlton R	43	( 24, 32, 19)
23	Peter Bailey	V55	Buxton AC	44	( 18, 26, 0)
24	Francis Woolf	V55	Chorlton R	48	( 20, 28, 0)
25	John Pye	V55	Chorlton R	52	( 23, 29, 0)
26	Graham Murray	V55	Marple Run	54	( 21, 33, 0)
27	A ScialpiSullivan	V55	SwintonRC	58	( 0, 38, 20)
28	Peter Sinclair	V55	StockportH	60	( 26, 34, 0)



29	Mark Grundy	V55	Bramhall R	64	( 27, 37, 0)	56	Marcus Preedy		Man Uni	118	( 61, 57, 0)
30	Nick Mort	V55	ValeRA	67	( 28, 39, 0)	=	Christopher Leigh	V45	TraffordAC	118	( 45, 73, 0)
31	Stewart Tennant	V55	Manchesteu	70	( 30, 40, 0)	58	Tony Taylor	V45	Salford Ha	120	( 0, 82, 38)
32	Andrew Lord	V55	Marple Run	73	( 31, 42, 0)	59	Carl Krystek		Stockport	123	( 67,120, 56)
<b>Senior Men (Vets) aged 60 to 64 — Points after 3 races</b>											
1	Steve Shaughnessy	V60	StockportH	2	( 1, 1, 1)	60	Richard Brook	V40	Salford Ha	124	( 57,137, 67)
2	David Barnes	V60	HorwichRMI	6	( 0, 4, 2)	61	Joseph Howe		Man Uni	128	( 58, 70, 0)
=	David Chrystie-Lowe	V60	Glossopdal	6	( 3, 3, 3)	62	Steven Townley		Didsbury R	129	( 56, 88, 73)
4	Pete Stock	V60	WilmslowRC	10	( 4, 6, 0)	63	Andy Porter	V50	Bramhall R	130	( 0, 85, 45)
5	Mike Race	V60	SalfordMA	11	( 6, 5, 0)	=	Jonathan Lancaster		Chorlton R	130	( 80,125, 50)
6	Patrick O'Brien	V60	BelleVR	13	( 10, 8, 5)	65	Daniel Gilbert	V40	HorwichRMI	134	( 0, 90, 44)
7	Marcus Walker	V60	Manchestes	14	( 7, 7, 0)	66	Rob Downs	V55	WilmslowRC	137	( 0, 95, 42)
8	David Colley	V60	Stockport	15	( 0, 9, 6)	67	Christopher Rayner	V45	Chorlton R	138	( 0, 77, 61)
9	Craig Sutherland	V60	MiddletonH	20	( 13, 0, 7)	=	Michael Mannings		Oldham&RH&	138	( 60, 78, 0)
10	John Stephenson	V60	Glossopdal	22	( 11, 11, 0)	69	Harry Parker		Man Uni	139	( 64, 75, 0)
11	Martin Townsend	V60	Marple Run	23	( 15, 0, 8)	=	Michael Heaney		Salford Ha	139	( 90,112, 49)
<b>Senior Men (Vets) aged 65 to 69 — Points after 3 races</b>											
1	Stanley Owen	V65	Salford Ha	2	( 1, 1, 1)	71	Laurence Skidmore		Man Uni	141	( 79, 62, 0)
2	Peter Pickwell	V65	Altrincham	4	( 2, 2, 2)	72	Ibrahima Diallo		SaleHM	144	( 65, 79, 0)
3	Paul Adkins	V65	Stockport	7	( 4, 3, 0)	73	Mark Collier	V45	Salford Ha	145	( 85,100, 60)
4	Alan Garvey	V65	MiddletonH	8	( 6, 5, 3)	74	Paul Bannister		Salford Ha	152	( 86, 66, 0)
5	Frank Fielding	V65	Glossopdal	9	( 5, 4, 0)	75	Robert Dunn		SaleHM	153	( 0,106, 47)
6	Barry Chambers	V65	ValeRA	10	( 0, 6, 4)	76	Chris Donnelly	V40	SaleHM	154	( 62, 92, 0)
7	David Shoesmith	V65	Marple Run	12	( 9, 7, 5)	77	Sam Heyworth	U20	SaleHM	156	( 66, 0, 90)
8	Geoff Kay	V65	SwintonRC	14	( 0, 8, 6)	78	Ben Farrelly		SalfordMA	159	( 0,102, 57)
<b>Senior Men (Vets) aged 70 to 74 — Points after 3 races</b>											
1	Michael Curley	V70	SaleHM	2	( 1, 1, 0)	79	Robert White	V45	Buxton AC	164	( 55,109, 0)
2	Jeff Norman	V70	Altrincham	3	( 3, 2, 1)	=	Robert Chesters		St Helens	164	( 100, 0, 64)
3	Robert Taylor	V70	StockportH	4	( 2, 3, 2)	81	Daniel Vasey		Chorlton R	165	( 0, 93, 72)
4	Michael Cunningham	V70	Manchestes	8	( 4, 4, 0)	82	Liam Browne		East Chesh	166	( 0,111, 55)
5	Roland Bowness	V70	Salford Ha	10	( 5, 5, 0)	83	Tom Peers		StockportH	168	( 99,124, 69)
<b>Senior Men — Points after 3 races</b>											
1	Jay Ferns		TraffordAC	3	( 1, 2, 0)	84	Olivier Gaillemine	V45	SaleHM	171	(106,121, 65)
2	Callum Rowlinson		Salford Ha	6	( 2, 4, 0)	85	James Corden	V45	StockportH	172	( 97,128, 75)
3	James Wignall		SaleHM	10	( 0, 6, 4)	=	Nick Bugler		Altrincham	172	(113,122, 59)
4	Arlo Ludewick	U20	Man Uni	11	( 6, 5, 0)	87	James Wall		TraffordAC	176	( 77, 99, 0)
5	Jack Morris		StockportH	12	( 7, 8, 5)	88	Alex Wright	V40	Macclesfie	177	(115,134, 62)
6	Will Onek		SaleHM	15	( 8, 0, 7)	=	Richard Edwards	V40	SaleHM	177	( 82, 97, 95)
7	James Kevan		HorwichRMI	16	( 4, 12, 0)	=	Andy Pickford	V45	Altrincham	177	( 73,104, 0)
8	Nicholas Barry		SaleHM	19	( 11, 11, 8)	91	Derek Crewe	V55	Salford Ha	178	( 70,108, 0)
9	Robert Smyk	U20	Salford Ha	20	( 10, 10, 0)	92	Louis Wardle	U20	Man Uni	179	( 72,107, 0)
=	Richard Burney	V40	LiverpoolH	20	( 14, 0, 6)	93	Richard Lane	V45	Altrincham	181	( 0,113, 68)
11	Matthew Shaw	V40	Chorlton R	25	( 0, 16, 9)	94	Andrew Lloyd	V45	HorwichRMI	182	( 88, 94, 0)
12	Peter Bray		Chorlton R	27	( 0, 15, 12)	95	James Noakes	V50	Macclesfie	185	( 0,127, 58)
13	Will Beauchamp		Salford Ha	30	( 20, 23, 10)	96	Ben McCormack	V40	Chorlton R	190	(107, 83, 0)
14	Phil Marsden		HorwichRMI	31	( 13, 18, 0)	=	Ged Cudahy	V45	StockportH	190	(104, 86, 0)
15	Simon O'Meara		TraffordAC	35	( 18, 17, 0)	98	Lee Carrington		ValeRA	192	( 109, 0, 83)
16	David Norman	V40	Altrincham	36	( 12, 24, 0)	99	Chris Goodfellow	V45	Macclesfie	193	( 78,115, 0)
17	Najib Hassan	U20	SaleHM	37	( 17, 20, 0)	100	Chris Tait		SaleHM	195	( 94,101, 0)
18	Joe Mercer		HorwichRMI	40	( 15, 25, 0)	101	Lee Midghall	V45	LiverpoolH	196	(110,136, 86)
19	Gavin Tomlinson		TraffordAC	41	( 29, 26, 15)	102	Darren Smith	V40	East Chesh	199	(125,163, 74)
20	Joseph Hudak		East Chesh	46	( 24, 22, 0)	103	Philip Burns	V40	StockportH	201	(112,228, 89)
21	David Watson	V45	Warrington	49	( 21, 28, 0)	104	Andy Adkin	V40	Manchesteu	202	(123,236, 79)
22	Alex Bradford		SaleHM	50	( 23, 27, 0)	=	Ian Murdoch	V45	StockportH	202	(117,132, 85)
23	Kenneth Hunt		SaleHM	51	( 33, 30, 21)	106	James Hartshorne		East Chesh	209	( 69,220, 140)
=	Cynog Williams	U20	TraffordAC	51	( 16, 35, 0)	107	Marcus Taylor	V45	HorwichRMI	213	(119,147, 94)
25	Jeff Prest	V45	TraffordAC	52	( 32, 38, 20)	=	Andrew Whittingham	V50	WilmslowRC	213	( 0,143, 70)
26	Harry Sinclair	U20	TraffordAC	53	( 36, 48, 17)	109	Charlie Thomas	U20	Salford Ha	214	(122,141, 92)
=	Richard Coen	V40	WilmslowRC	53	( 0, 34, 19)	110	Ian Cronshaw		SwintonRC	215	(127,159, 88)
=	Craig Jones	V40	Manchestev	53	( 47, 29, 24)	=	Alex Masidlover	V40	Manchestes	215	(144, 0, 71)
29	Adam Gooch		Altrincham	59	( 28,105, 31)	=	Oliver Bernstein		Chorlton R	215	( 98,117, 0)
=	Ben Hobson		Chorlton R	59	( 0, 41, 18)	113	Damien McHugh		Didsbury R	217	(130,238, 87)
31	Nick Leigh	V40	HorwichRMI	62	( 19, 43, 0)	114	Brendan Kennedy		Manchesteu	221	( 0,130, 91)
32	Gavin Browne		East Chesh	63	( 31, 32, 0)	115	Robert Hasler		Macclesfie	222	(156,157, 66)
33	Tom Williams	V40	Wirral Ac	66	( 27, 39, 0)	116	Gregory Beck		Manchester	223	(105,118, 0)
34	Peter Speake	V40	WilmslowRC	70	( 37, 33, 0)	117	Mathew Dickinson	V40	Salford Ha	225	( 96,129, 0)
35	Malcolm Johnson	V45	StockportH	71	( 50, 49, 22)	=	Jorden Burke		MiddletonH	225	(118,176,107)
36	J Scott-Bucclleuch	V40	StockportH	75	( 0, 46, 29)	119	Matthew Oldham	V40	SaleHM	226	( 91,135, 0)
37	Stephen McCarron	V45	SaleHM	77	( 0, 54, 23)	120	Nick Jackson		Manchestev	227	( 0,151, 76)
38	Billy Hicks		Macclesfie	79	( 0, 42, 37)	121	Ian Fraser	V50	East Chesh	230	(148, 0, 82)
39	Jack Wilkinson	U20	TraffordAC	81	( 51, 65, 30)	122	Ged McGrath	V45	StockportH	231	(163,154, 77)
40	Philip Leybourne	V50	Salford Ha	82	( 54, 59, 28)	123	David Fryer-Winder		Buxton AC	236	(120,116, 0)
41	Mark Walker	V40	Macclesfie	86	( 0, 60, 26)	124	Andrew Clague	V50	WestCAC	238	(154,181, 84)
42	Greg Kelly		TraffordAC	88	( 0, 53, 35)	125	Mike Norbury		Didsbury R	241	(145, 0, 96)
=	Benjamin Webb	U20	Warrington	88	( 0, 55, 33)	126	David Garner	V55	Manchestev	244	( 0,166, 78)
44	Martin Dunn		Manchester	92	( 49, 63, 43)	127	Alec Francis		StockportH	245	( 71,174, 0)
45	Alastair Murray	V40	HorwichRMI	93	( 39, 71, 54)	128	Paul Barrett		SaleHM	251	(138,211,113)
=	F MacdonaldOulds		Chorlton R	93	( 41, 0, 52)	129	Karl Taylor	U20	StockportH	255	(111,144, 0)
=	Liam Braby		Chorlton R	93	( 0, 68, 25)	130	Gareth Williams	V50	ValeRA	256	(108,148, 0)
48	Chris Webb		Glossopdal	96	( 0, 64, 32)	131	Richard Evans	V55	Altrincham	261	(161,173,100)
49	Andrew Haney	V40	Chorlton R	97	( 0, 51, 46)	132	Kevin Woodward	V40	SwintonRC	263	(155,188,108)
50	Nick Hamlin		Altrincham	106	( 0, 72, 34)	133	Daniel Newman	V50	Warrington	264	(162,195,102)
51	Gary Scott	V40	Chorlton R	108	( 89, 67, 41)	134	Elton Davies	V45	SaleHM	266	(165,197,101)
52	Peter Goodfellow	U20	Macclesfie	109	( 59, 50, 0)	135	Nathan Ball		SaleHM	274	(129,145, 0)
53	Arran McCloskey		Knutsford	110	( 52, 58,118)	136	Michael Forber	V45	St Helens	280	( 0,158,122)
54	Matthew Sutton		TraffordAC	112	( 75, 37, 0)	137	Tim Shanker	V50	Manchestev	283	(131,152, 0)
55	David Hudson	V40	Salford Ha	114	( 63, 87, 51)	=	Trevor Morris	V55	WilmslowRC	283	(168, 0,115)
						139	Stanley Owen	V65	Salford Ha	284	(172,216,112)
						140	Callum Brierley	U20	East Chesh	285	(135,150, 0)
						141	David Hulley	V40	StockportH	289	(121,168, 0)
						142	Jack Luscombe		Salford Ha	291	(116,175, 0)
						143	Steve Shaughnessy	V60	StockportH	292	(178,234,114)
						=	Patrick Goodrich		Chorlton R	292	( 92,200, 0)
						145	Richard Healy	V45	DragonsRC	293	( 0,189,104)
						146	John Weaver		MiddletonH	294	(167,296,127)

147 Nick Chick	V45	Stockport	295	(139,156, 0)	238 Pete Woodhead	V40	GoytVS	492	(199,293, 0)
148 Grant GunnAnderson		Salford Ha	299	(134,165, 0)	239 Nick Parrott	V40	Chorlton R	493	( 0,317,176)
149 Richard Murray	V50	ValeRA	307	( 0,190,117)	240 Michael Carney		SalfordMA	495	(281, 0,214)
150 Leon Wint		MiddletonH	309	( 0,212, 97)	241 Oscar Trevena		Macclesfie	501	(314, 0,187)
151 Jono Guildford	V40	Manchester	310	(157, 0,153)	= Nick Burke	V50	Altrincham	501	(231,270, 0)
152 James Pattison		Altrincham	314	(190,226,124)	243 Damian Jones		Bramhall R	502	(237,265, 0)
= Martin Rimmer		Manchestev	314	( 0,182,132)	244 Blair Paterson		Manchester	503	( 0,351,152)
154 Martin Carolan		Didsbury R	315	(169,237,146)	245 Mike Gregory		St Helens	506	(251,383,255)
155 Andy Baguley	V40	Chorlton R	318	( 0,199,119)	= Eduardo Fe	V40	Manchestev	506	( 0,333,173)
156 Shaun Chambers	V50	Salford Ha	320	(142,178, 0)	247 Derek Hughes	V55	East Chesh	507	(295,353,212)
157 Thomas Rogers		BelleVR	321	(188, 0,133)	248 David Barnes	V60	HorwichRMI	514	( 0,335,179)
158 Paul Birkett	V50	Salford Ha	323	(132,191, 0)	= Martyn Jones	V40	Stockport	514	(279,385,235)
159 Shane Wolstencroft	V45	SalfordMA	329	( 0,209,120)	250 Jeff Fidler	V50	Knutsford	515	(225,290, 0)
160 Dave Soles	V55	Buxton AC	330	(202,258,128)	251 Stuart Mairs	V40	SalfordMA	522	(284, 0,238)
161 Brian Whitlock	V45	Macclesfie	332	(170,162, 0)	252 Gary Wolstencroft	V45	TraffordAC	528	( 0,326,202)
162 James Bryson		Chorlton R	333	( 0,208,125)	= Arun Dahil	U20	Man Uni	528	(227,301, 0)
= Jamie Platt		Manchestev	333	( 0,207,126)	254 Paul Beckett	V55	StockportH	529	(222,307, 0)
164 Kevin Dunbar	V40	St Helens	335	(186,223,149)	255 Lee Stinch	V45	St Helens	530	(308, 0,222)
165 Lok Li	V45	Bramhall R	336	(193,242,143)	256 Paul Corner	V45	StockportH	531	(327,406,204)
166 Rob Harper	V40	Manchestev	337	( 0,231,106)	257 Lee Dunn	V45	Quays Runn	532	(248,284, 0)
167 Steven Doxey	V55	SwintonRC	341	(200,324,141)	258 Steve Fairclough	V50	Bramhall R	535	(307, 0,228)
168 Richard Hayes	V45	WestCAC	343	(189, 0,154)	259 Ani Das	V40	SwintonRC	536	( 0,347,189)
169 Mark Davies	V40	WestCAC	345	( 0,222,123)	260 James Malone	V40	BelleVR	540	( 0,340,200)
170 Nathan Mayoh	V45	StockportH	349	( 0,240,109)	261 Vally Darren De		Manchester	542	(313,404,229)
171 Dan Hill	V45	TraffordAC	350	(146,204, 0)	= Ian Crabtree		StockportH	542	(321,384,221)
172 David Haines	V45	ValeRA	354	(216,243,138)	263 Luke Townsend		SaleHM	543	(245,298, 0)
= Lee Robinson	V40	Oldham&RH&	354	(141,213, 0)	264 Richard Hall	V50	Bramhall R	554	(334, 0,220)
174 Andrew Ndlovu	U20	MiddletonH	355	( 0,244,111)	= Michael Curley	V70	SaleHM	554	(239,315, 0)
= Chris Gwatkin		Manchestes	355	(194,161, 0)	= Simon Phillips	V55	Stockport	554	( 0,379,175)
176 Kevan Garner	V50	StockportH	356	(153,203, 0)	267 Lee Jones	V45	Bramhall R	558	(324, 0,234)
177 Rob Metcalf		Altrincham	357	( 0,241,116)	= Alan Garvey	V65	MiddletonH	558	(328,421,230)
178 Paul Oakley	V55	GoytVS	364	(147,217, 0)	269 Martin Forker		Manchestev	563	( 0,350,213)
179 Vic Walsh	V40	BelleVR	372	(166,206, 0)	270 Richard Lawson	V45	WilmslowRC	565	(257,308, 0)
= Stuart Nock		Start2jog	372	(187,185, 0)	= Lee Benson	V55	Manchestev	565	( 0,346,219)
= Darren Peatfield	V45	Marple Run	372	(208,254,164)	272 Darren Donald	V40	StockportH	566	(333, 0,233)
182 Tim Johns	V50	Manchestev	374	( 0,239,135)	= Rob Cawley	V55	StockportH	566	(221,345, 0)
183 Peter Hulme	V45	Manchestev	379	(205,292,174)	274 Myles Mason	V40	Bramhall R	571	(252,319, 0)
184 Simon Latham		SaleHM	380	(233,246,147)	= Chris Garratt		Manchestev	571	( 0,360,211)
185 Daniel Lewis	U20	Salford Ha	385	(192,271,193)	276 Chris Evans	V40	Manchester	572	( 0,377,195)
186 Dennis Thomas	V45	East Chesh	387	(158,229, 0)	277 Jeff Norman	V70	Altrincham	573	(342,432,231)
187 Connor Thacker	U20	SalfordMA	388	( 0,233,155)	= John Wilson	V40	St Helens	573	(326, 0,247)
188 Joseph Foster	U20	Salford Ha	389	(174,215, 0)	279 Graham Brownhill		DragonsRC	575	( 0,378,197)
189 Damian Aspin	V45	Manchestev	390	(223,295,167)	280 Peter Daly	V50	Glossopdal	577	(235,342, 0)
190 Stephen Welch		Chorlton R	391	(230,318,161)	281 Robert Taylor	V70	StockportH	579	(336,447,243)
191 Ian Mulligan	V50	StockportH	392	(242,300,150)	282 Matthew Gibbons	V45	SalfordMA	581	( 0,387,194)
= Anthony Everitt		Chorlton R	392	(173,219, 0)	283 Gary Tait	V55	StyalRC	586	(272,314, 0)
193 Phil Pennill		Quays Runn	395	(177,218, 0)	= Craig Turner	V50	Manchestes	586	(273,313, 0)
194 Adam Bird	V40	Bramhall R	399	(240,309,159)	285 Nick Heaton	V45	Bramhall R	589	(339, 0,250)
= Matt Taylor	V45	WilmslowRC	399	( 0,257,142)	286 Mike Hall	V55	Bramhall R	591	( 0,376,215)
196 Joseph Hayes		Manchestev	400	( 0,261,139)	287 Mark Ruston	V40	GoytVS	597	(265,332, 0)
197 S FarringtonNewman	V45	Marple Run	401	(253, 0,148)	288 Simon Bond	V45	SalfordMA	601	(350,431,251)
198 Ian Sharpe	V45	Chorlton R	407	(392,286,121)	289 Richard Tennant		Manchestev	602	(297,305, 0)
199 Frank Podd	V45	Bramhall R	413	(262,302,151)	290 Anthony Harrison	V55	WinstonR	603	(346,427,257)
200 Neil Ryan		Manchestes	418	(238, 0,180)	291 John Temperley	V55	Bramhall R	604	(355, 0,249)
= Matt Farr	V40	Didsbury R	418	(250,327,168)	292 Patrick O'Brien	V60	BelleVR	606	(365,433,241)
202 Alastair Patrick		Chorlton R	419	( 0,253,166)	293 Steve McGovern	V40	Bramhall R	608	(362,428,246)
203 Colin Hines		Chorlton R	422	(183, 0,239)	294 Mike Donigan		SwintonRC	609	( 0,386,223)
204 Peter Pickwell	V65	Altrincham	425	(243,338,182)	295 Timothy Rainey	V50	SaleHM	612	(359,471,253)
205 Chris Sewart	V40	Manchestes	427	(244,336,183)	296 David Dyer	V45	Manchestes	616	(261,355, 0)
206 Girish Patel	V50	SalfordMA	428	(220, 0,208)	297 Mark Thorogood	V45	Buxton AC	617	(268,349, 0)
207 M Deschoolmeester	V45	Bramhall R	430	(181,249, 0)	298 Paul Adams	V55	Chorlton R	619	(353,434,266)
= Andrew Bowler		Manchestev	430	( 0,252,178)	299 Mark Lynch	V50	Marple Run	623	(361, 0,262)
209 Peter Williams		Wilmslow S	432	(182,250, 0)	300 Michael Walton	V40	Macclesfie	625	( 0,407,218)
210 Andrew Mainwaring	V45	Stockport	435	(258,329,177)	301 Sean Lord	V45	Chorlton R	626	( 0,401,225)
211 Mathew Holland		SwintonRC	437	(236,201, 0)	302 Mark Shuttleworth	V50	SalfordMA	627	(286,341, 0)
212 David Chrystie-Lowe	V60	Glossopdal	438	(254,330,184)	303 Stephen Symons	V50	Quays Runn	636	(368, 0,268)
213 Graham Harrison	V55	Altrincham	442	(241,328,201)	304 Ian Galloway	V45	Marple Run	637	(366, 0,271)
214 Patrick Neill	V40	St Helens	446	( 0,288,158)	305 Andrew Thomas	V50	SalfordMA	638	(371,444,267)
215 Trevor Rayner	V55	Salford Ha	451	(259,363,192)	306 Justin Coleman	V45	SwintonRC	644	(383,466,261)
216 Paul Bartholomew	V40	Oldham&RH&	454	(206,248, 0)	307 Simon Lobas	V40	SwintonRC	645	(291,354, 0)
= Stephen Pollard	V40	Manchestev	454	(283,364,171)	308 Paul Gee	V45	SalfordMA	646	(290,356, 0)
218 Edmund Woodfield		Manchester	456	(260,362,196)	309 David Hughes	V40	SalfordMA	649	(278,371, 0)
219 Jarrod Homer	V50	WilmslowRC	460	(196,264, 0)	310 Stephen Roberts	V50	East Chesh	650	(270,380, 0)
= Daniel Sate		SalfordMA	460	( 0,291,169)	311 Colin Caisley	V45	WilmslowRC	652	( 0,415,237)
221 Ian Roberts	V45	StHSA	461	(275,316,186)	312 Simon Gebbett	V45	Bramhall R	657	(276,381, 0)
222 Roberto Raso	V55	Manchester	462	(271,344,191)	313 Craig Sutherland	V60	MiddletonH	662	(389, 0,273)
223 Simon Fennell	V50	Bramhall R	465	(209,256, 0)	314 David Shoesmith	V65	Marple Run	667	(390,490,277)
224 Stephen Humphries	V45	StockportH	467	( 0,311,156)	315 George Kirk		Chorlton R	669	( 0,424,245)
225 Mark Pilliner	V50	ValeRA	468	( 0,303,165)	316 James Atkiss	V45	Chorlton R	673	(303,370, 0)
226 Graham Jordan	V40	MiddletonH	472	( 0,310,162)	317 Graeme Wilkinson		Manchestev	675	( 0,417,258)
227 Chris Beard	V50	ValeRA	473	(274,343,199)	318 Pete Stock	V60	WilmslowRC	676	(282,394, 0)
228 Peter Brown	V45	SalfordMA	479	(263,366,216)	319 Steve Aughton	V45	Bramhall R	678	( 0,430,248)
229 Josiah Isherwood	U20	Start2jog	482	(185,297, 0)	= Simon Rushton	V50	Marple Run	678	( 0,438,240)
230 Lars Bevanger	V45	Marple Run	483	(210,273, 0)	321 Neil Duncombe		Knutsford	679	(305,374, 0)
231 Colin Hill		Didsbury R	484	(201,283, 0)	322 Mike Race	V60	SalfordMA	681	(309,372, 0)
232 Glen Gandy	V50	Manchestes	485	(300,375,185)	323 Mike Utting	V45	Bramhall R	683	(403,492,280)
= Chris March		Manchestev	485	(218,267, 0)	324 Yassine Guermoudi		Manchestev	691	(343,348, 0)
234 Justin Hayes	V50	Chorlton R	486	(288,361,198)	= Martin Townsend	V60	Marple Run	691	(408, 0,283)
235 Richard Williams	V40	Marple Run	488	(212,276, 0)	326 Michael McLaughlin		StyalRC	692	(325,367, 0)
236 Mario Santos		SwintonRC	489	(301,337,188)	327 Lawrence Pinnell	V50	HorwichRMI	693	( 0,441,252)
237 Mike Shaw	V55	StockportH	491	(211,280, 0)	328 Paul Adkins	V65	Stockport	694	(296,398, 0)

= David Colley	V60	Stockport	694	( 0,450,244)
330 Matthew Gush	V40	East Chesh	701	(319,382, 0)
331 Jeremy Woodham	V45	Marple Run	703	( 0,443,260)
332 Frank Fielding	V65	Glossopdal	706	(298,408, 0)
333 Marcus Walker	V60	Manchestes	709	(310,399, 0)
334 Peter Bailey	V55	Buxton AC	712	(312,400, 0)
335 Alex Critcher	V40	Glossopdal	728	(316,412, 0)
336 Michael Wymmer	V45	SaleHM	731	( 0,467,264)
337 Graeme Lawton		Marple Run	737	( 0,463,274)
338 Francis Wooff	V55	Chorlton R	741	(331,410, 0)
339 Lee Marks		SwintonRC	743	(347,396, 0)
340 Barry Chambers	V65	ValeRA	751	( 0,476,275)
341 James Scully	V45	Manchester	752	( 0,482,270)
342 A ScialpiSullivan	V55	SwintonRC	754	( 0,485,269)
343 Tom Hampson		Manchestev	761	(345,416, 0)
344 John Pye	V55	Chorlton R	770	(351,419, 0)
345 Richard Brown	V45	Macclesfie	781	(352,429, 0)
346 Rick Poole		DragonsRC(	783	(357,426, 0)
= Graham Murray	V55	Marple Run	783	(344,439, 0)
348 Geoff Kay	V65	SwintonRC	784	( 0,502,282)
349 Tony Pratt	V50	Marple Run	787	( 0,503,284)
350 Tim Marsh	V45	Macclesfie	799	(364,435, 0)
351 Barrie Powers	V50	StyalRC	800	(348,452, 0)
= Nigel Tapp	V50	Marple Run	800	(358,442, 0)
= Duncan Gazeley	V40	DragonsRC(	800	(341,459, 0)
354 Scott Armstrong	V45	Stockport	805	(354,451, 0)
355 Callum Alderton		Didsbury R	833	(388,445, 0)
356 Peter Sinclair	V55	StockportH	843	(379,464, 0)
357 Michael Cunningham	V70	Manchestes	846	(376,470, 0)
358 Robert Maidstone		Start2jog	847	(373,474, 0)
359 John Stephenson	V60	Glossopdal	850	(370,480, 0)
360 Paul Cowell	V50	Bramhall R	858	(397,461, 0)
361 David Clark	V40	StyalRC	863	(385,478, 0)
362 Mark Grundy	V55	Bramhall R	865	(381,484, 0)
363 Edward Taylor	V50	Knutsford	868	(396,472, 0)
= Nick Mort	V55	ValeRA	868	(382,486, 0)
365 David Cracknell		Marple Run	870	(387,483, 0)
366 Stewart Tennant	V55	Manchesteu	881	(393,488, 0)
367 Roland Bowness	V70	Salford Ha	894	(400,494, 0)
368 Matthew EvansSmith	V40	Manchesteu	897	(402,495, 0)
369 Andrew Lord	V55	Marple Run	905	(407,498, 0)
370 Aaron Milne		Start2jog	910	(410,500, 0)

