

Northern Athletics Road Relay Championships at Birkenhead Park on Sunday 24th March 2019

- Mens 12 Stage Stage 1 — Final Results

Pos	Name	Club	Leg Time				
1	Mark Buckingham	HolmfirthH	23:03	38	William Barr	UtsRC	26:15
2	Ossama Meslek	LeedsCityA A	23:06	39	Steven Sims	RotherhamH B	26:17
3	Lewis Moses	Darlington	23:06	40	Tom Greaves	Warrington	26:27
4	James Gormley	CityOfShef	23:13	41	Paul Brindle	BlackburnH B	26:28
5	Aduaqani Sharif	LiverpoolH	23:26	42	Matthew Nowell	SaltaireSt A	26:33
6	Chris Perry	ValeRoyalA	23:27	43	Steven McMahon	Sunderland	26:44
7	Tim Raynes	BlackburnH A	23:47	44	Thomas Halloway	SteelCityS A	26:46
8	Geoffrey Chapman	EdenRunner B	23:52	45	Michael Chadderton	(HorwichRMI)	26:50
9	Andy Benson	PrestonHar A	23:53	46	Thomas Booth	WestCheshi	26:51
10	George Lowry	MorpethHar	23:55	47	Matt Holt	SalfordHar B	26:54
11	James Douglas	BorderHarr	24:01	48	John Knowles	BoltonUnit	26:55
12	James Haberghan	HalifaxHar	24:02	49	Ryan Bradshaw	Clayton-le	27:03
13	Finn Affleckbrodie	TyneBridge A	24:03	50	Ryan Jones	KirkbyMile A	27:19
14	C Richards	SalfordHar A	24:04	51	Thomas King	SteelCityS B	27:26
15	Philip Robertson	SaleHarrie	24:06	52	Charlie Skipper	PenistoneF	27:33
16	Mark Lamb	KeswickAc	24:10	53	Ryan Everett	LevenValle	27:40
17	Jonathan Dry	KendalAmat	24:11	54	David Poole	BarlickFel	27:59
18	Thomas Griffiths	StHelensSu	24:16	55	Mathew Dickinson	SalfordHar C	28:01
19	Conrad Franks	GatesheadH	24:18	56	Lee Foley	PrestonHar B	28:15
20	Joseph Boden	WallaseyAC	24:25	57	Mark Hulmston	WirralAc B	28:16
21	William Rawson	LeighHarri	24:26	58	Simon Wilde	ChesterTri	28:21
22	Benjamin Coop	BuryAC	24:50	59	Greg Callaghan	LiverpoolP B	28:39
23	James Savage	ChorltonRu	24:57	60	Glynn Ellwood	YorkKnaves B	28:43
24	Luke Cotter	RotherhamH A	25:00	61	Phil Cooper	EdenRunner A	28:44
25	Jordan Bell	BlackhillB	25:06	62	Michael Caine	BurndenRoa A	28:47
26	Simon O'meara	TraffordAC A	25:06	63	James Mcleod	Accrington	28:48
27	Akkeal Chambers	Altrincham	25:08	64	Simon Denye	WeshamRoad A	28:56
28	Ciaran Forde	LeedsCityA B	25:14	65	Richard Turner	TraffordAC B	30:02
29	Mark Wynne	LiverpoolP A	25:17	66	Simon Ellis	LeedsCityA C	30:08
30	James Mckenzie	HeatonHarr	25:28	67	Pete Lloyd	Keighley&C	30:15
31	Jonjo Doherty	StHelensSt	25:34	68	Nigel Grant	PennyLaneS A	30:20
32	Stuart Grange	YorkKnaves A	25:41	69	Neil Gregson	WeshamRoad B	31:12
33	Harley Henshaw	WirralAc A	25:51	70	Colin Dobbs	PennyLaneS B	32:06
34	Matthew Hallam	ValleyStri	25:52	71	Graham Terry	SaltaireSt B	32:25
35	Thomas Wilson	LiverpoolR A	25:54	72	Mark Hudson	LiverpoolP C	33:48
36	Nick Baker	NorthDerby A	25:54	73	Adrian Ashburn	(BurndenRoa B)	34:34
37	Tom McGuinness	EastCheshi	26:06	74	Tim Waldron	(LiverpoolR B)	34:45
				75	Paul Clark	NorthDerby B	40:41

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- Mens 12 Stage Stage 2 — Final Results

Pos	Name	Club	Leg Time	Cum Time	Gain
1	Wondiye Indelbu	LeedsCityA A	11:33	34:39	+ 1
2	Alfie Manthorpe	CityOfShef	11:29	34:42	+ 2
3	Daniel Preston	LiverpoolH	11:27	34:53	+ 2
4	Luke White	HolmfirthH	12:13	35:16	- 3
5	Benjamin Lee	ValeRoyalA	11:56	35:23	+ 1
6	Kian Davis	PrestonHar A	11:43	35:36	+ 3
7	Marc Hartley	BlackburnH A	11:54	35:41	0
8	Joe Armstrong	MorpethHar	11:52	35:47	+ 2
9	Marc Fenwick	TyneBridge A	11:56	35:59	+ 4
10	Shaun Marshall	Darlington	13:17	36:23	- 7
11	Josh Tighe	SalfordHar A	12:22	36:26	+ 3
12	Matthew Linsley	GatesheadH	12:17	36:35	+ 7
13	Jake Spilsbury	SaleHarrie	12:30	36:36	+ 2
14	Reuben Copley	KendalAmat	12:40	36:51	+ 3
15	S Hebblethwaite	KeswickAc	12:44	36:54	+ 1
16	Joseph Massingham	RotherhamH A	11:56	36:56	+ 8
17	Mick Hill	LeedsCityA B	12:05	37:19	+ 11
18	Luke Edwards	LiverpoolP A	12:26	37:43	+ 11
19	Jack Wilkinson	TraffordAC A	12:39	37:45	+ 7
20	Greg Jones	WallaseyAC	13:23	37:48	0
21	Andrew Haney	ChorltonRu	12:57	37:54	+ 2
22	Ian Whitehouse	HalifaxHar	13:58	38:00	- 10
23	Ian Robinson	HeatonHarr	12:39	38:07	+ 7
24	Jonothan Kay	BoltonUnit	11:17	38:12	+ 24
25	Tom Spence	WirralAc A	12:24	38:15	+ 8
26	Gary Crowshaw	BuryAC	13:26	38:16	- 4
27	Alexander Urmston	LeighHarri	13:53	38:19	- 6
28	Jonathan Pinder	YorkKnives A	12:49	38:30	+ 4
29	Michael Berks	Altrincham	13:26	38:34	- 2
30	Kane Green	StHelensSt	13:16	38:50	+ 1
31	Rav Panesar	ValleyStri	13:01	38:53	+ 3
32	Robert Kelly	LiverpoolR A	13:16	39:10	+ 3
33	David Humble	BlackhillB	14:14	39:20	- 8
34	Jack Stokes	RotherhamH B	13:11	39:28	+ 5
35	Ian Grime	SalfordHar B	12:34	39:28	+ 12
36	Steve Canning	SteelCityS A	12:43	39:29	+ 8
37	Mario Castelluccio	NorthDerby A	13:39	39:33	- 1
38	Sean Mackie	Sunderland	12:52	39:36	+ 5
39	Ian Roberts	StHelensSu	15:26	39:42	- 21
40	Alastair Murray	(HorwichRMI)	13:05	39:55	+ 5
41	Jack Wadsworth	Warrington	13:33	40:00	- 1
42	Tom Harper	KirkbyMile A	12:50	40:09	+ 8
43	Michael Stansfield	EastCheshi	14:05	40:11	- 6
44	Daniel Maynard	BlackburnH B	13:54	40:22	- 3
45	John Hammond	UtsRC	14:35	40:50	- 7
46	Roy Bottomley	EdenRunner B	17:07	40:59	- 38
47	Chris Guy	SteelCityS B	13:40	41:06	+ 4
48	Simon Robinson	PrestonHar B	13:04	41:19	+ 8
49	Jacob Brophy	WirralAc B	13:05	41:21	+ 8
50	Lee Storey	PenistoneF	13:49	41:22	+ 2
51	Stewart Spink	SaltaireSt A	15:05	41:38	- 9
52	Andrew Clague	WestCheshi	14:53	41:44	- 6
53	Shaun Chew	BarlickFel	13:59	41:58	+ 1
54	Craig Nicholls	Clayton-le	15:05	42:08	- 5
55	Robert Ward	YorkKnives B	13:27	42:10	+ 5
56	Paul Hancock	ChesterTri	14:01	42:22	+ 2
57	David Parker	LevenValle	14:49	42:29	- 4
58	Craig Bottomley	EdenRunner A	13:57	42:41	+ 3
59	Daniel Gilbody	LiverpoolP B	14:09	42:48	0
60	Mark Egerton	SalfordHar C	14:53	42:54	- 5
61	Ryan Watmough	Keighley&C	12:50	43:05	+ 6
62	Steven Gore	WeshamRoad A	14:18	43:14	+ 2
63	Chris Worthington	BurndenRoa A	14:41	43:28	- 1
64	Josh Keogh	PennyLaneS A	13:46	44:06	+ 4
65	Graham Hargreaves	Accrington	15:21	44:09	- 2
66	Liam O'brien	LeedsCityA C	14:32	44:40	0
67	Craig Wheeler	TraffordAC B	15:22	45:24	- 2
68	E Costello	WeshamRoad B	15:40	46:52	+ 1
69	Andrew Biddle	PennyLaneS B	15:02	47:08	+ 1
70	Shaun Lea	LiverpoolP C	15:25	49:13	+ 2
71	Dean Wilson	(LiverpoolR B)	15:01	49:46	+ 3
72	Marcus Hamer	(BurndenRoa B)	16:57	51:31	+ 1
73	Adam Camp	SaltaireSt B	19:09	51:34	- 2
74	Gary Bates	NorthDerby B	16:54	57:35	+ 1

Fastest runners over stage 2:

1	Jonothan Kay	BoltonUnit	11:17
2	Daniel Preston	LiverpoolH	11:27
3	Alfie Manthorpe	CityOfShef	11:29
4	Wondiye Indelbu	LeedsCityA A	11:33
5	Kian Davis	PrestonHar A	11:43
6	Joe Armstrong	MorpethHar	11:52
7	Marc Hartley	BlackburnH A	11:54
8	Joseph Massingham	RotherhamH A	11:56
9	Marc Fenwick	TyneBridge A	11:56
10	Benjamin Lee	ValeRoyalA	11:56

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- Mens 12 Stage Stage 3 — Final Results

Pos	Name	Club	Leg Time	Cum Time	Time Gain
1	Gordon Benson	LeedsCityA A	23:17	57:56	0
2	Jonathan Shields	CityOfShef	23:54	58:36	0
3	David Devine	LiverpoolH	23:57	58:50	0
4	Jacob Brown	ValeRoyalA	23:56	59:19	+ 1
5	Nathan Dunn	PrestonHar A	23:49	59:25	+ 1
6	Robert Warner	BlackburnH A	23:58	59:39	+ 1
7	Aaron Kettlewell	HolmfirthH	24:34	59:50	- 3
8	Andrew Lawrence	MorpethHar	24:48	1:00:35	0
9	Terry Scott	TyneBridge A	24:37	1:00:36	0
10	Tom Cornthwaite	SalfordHar A	24:49	1:01:15	+ 1
11	Daniel Kashi	SaleHarrie	24:40	1:01:16	+ 2
12	James Cripwell	GatesheadH	24:59	1:01:34	0
13	John Battrick	KeswickAc	24:49	1:01:43	+ 2
14	Lee Milburn	RotherhamH A	24:53	1:01:49	+ 2
15	Chris Smith	LeedsCityA B	24:56	1:02:15	+ 2
16	John Clifford	Darlington	25:53	1:02:16	- 6
17	Joe Wigfield	WirralAc A	24:23	1:02:38	+ 8
18	Daniel Slater	LiverpoolP A	25:21	1:03:04	0
19	David Wyeth	ChorltonRu	25:43	1:03:37	+ 2
20	James Meader	HeatonHarr	25:31	1:03:38	+ 3
21	David Norman	Altrincham	25:11	1:03:45	+ 8
22	Matthew Doey	KendalAmat	26:56	1:03:47	- 8
23	Ben Crowther	HalifaxHar	25:54	1:03:54	- 1
24	Byron Edwards	BuryAC	25:43	1:03:59	+ 2
25	Matthew Sutton	TraffordAC A	26:21	1:04:06	- 6
26	Gary Wallace	BlackhillB	25:36	1:04:56	+ 7
27	David Herdsman	ValleyStri	26:17	1:05:10	+ 4
28	Connor Mcardle	WallaseyAC	27:42	1:05:30	- 8
29	Jamie Rutherford	LiverpoolR A	26:21	1:05:31	+ 3
30	Gareth Green	YorkKnives A	27:04	1:05:34	- 2
31	Thomas Henders	LeighHarri	27:28	1:05:47	- 4
32	James Kovacs	SalfordHar B	26:30	1:05:58	+ 3
33	Richard Howarth	(HorwichRMI)	26:18	1:06:13	+ 7
34	Chris Povey	BoltonUnit	28:14	1:06:26	- 10
35	Stuart Carrack	SteelCityS A	27:03	1:06:32	+ 1
36	Thomas Dempsey	KirkbyMile A	26:30	1:06:39	+ 6
37	Daniel Cheetham	StHelensSt	28:06	1:06:56	- 7
38	Paul Bagan	Warrington	26:57	1:06:57	+ 3
39	Steve Rankin	Sunderland	27:43	1:07:19	- 1
40	Joseph Howe	BlackburnH B	27:01	1:07:23	+ 4
41	Jonathan Cox	EdenRunner A	25:01	1:07:42	+ 17
42	Steven Anders	StHelensSu	28:10	1:07:52	- 3
43	Tim Clayton	NorthDerby A	28:30	1:08:03	- 6
44	Timothy Greenald	EastCheshi	28:01	1:08:12	- 1
45	Jonathan Cleaver	BarlickFel	26:16	1:08:14	+ 8
46	Paul Wilson	DISQUALIFIED	18:49	1:08:35	+ 25
47	Paul Bradford	UtsRC	28:31	1:09:21	- 2
48	Tony Woodiwiss	DISQUALIFIED	17:58	1:09:29	+ 24
49	Conor O'boyle	SteelCityS B	28:32	1:09:38	- 2
50	Shaun Dimelow	PenistoneF	28:20	1:09:42	0
51	Andy Brown	SaltaireSt A	28:07	1:09:45	0
52	Kelvin Dickinson	WirralAc B	28:49	1:10:10	- 3
53	Luke Osborn	YorkKnives B	28:11	1:10:21	+ 2
54	Matthew Duckworth	Clayton-le	28:14	1:10:22	0
55	Andrew Carter	WestCheshi	29:18	1:11:02	- 3
56	Benjamin Read	PrestonHar B	29:48	1:11:07	- 8
57	Dave McNally	LevenValle	28:48	1:11:17	0
58	Paul Milburn	LiverpoolP B	28:38	1:11:26	+ 1
59	Lee Barlow	WeshamRoad A	28:56	1:12:10	+ 3
60	Gareth Chew	SalfordHar C	29:21	1:12:15	0
61	James Gallacher	RotherhamH B	33:08	1:12:36	- 27
62	Neil Hennigan	PennyLaneS A	28:35	1:12:41	+ 2
63	Steve Nolan	BurndenRoa A	29:14	1:12:42	0
64	Chris Halstead	Accrington	28:45	1:12:54	+ 1
65	John Conroy	Keighley&C	32:04	1:15:09	- 4
66	Blake Ellis	TraffordAC B	30:12	1:15:36	+ 1
67	Stephen Spall	ChesterTri	33:36	1:15:58	- 11
68	Andrew Walker	EdenRunner B	36:11	1:17:10	- 22
69	Rob Wallace	WeshamRoad B	33:54	1:20:46	- 1
70	John Halson	LiverpoolP C	31:57	1:21:10	0
71	Tommy Burke	PennyLaneS B	36:57	1:24:05	- 2
72	John Singh	SaltaireSt B	33:01	1:24:35	+ 1
73	Richard Corker	NorthDerby B	31:54	1:29:29	+ 1

Fastest runners over stage 3:

1	Tony Woodiwiss	DISQUALIFIED	17:58
2	Paul Wilson	DISQUALIFIED	18:49
3	Gordon Benson	LeedsCityA A	23:17
4	Nathan Dunn	PrestonHar A	23:49
5	Jonathan Shields	CityOfShef	23:54
6	Jacob Brown	ValeRoyalA	23:56
7	David Devine	LiverpoolH	23:57
8	Robert Warner	BlackburnH A	23:58
9	Joe Wigfield	WirralAc A	24:23
10	Aaron Kettlewell	HolmfirthH	24:34

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- Mens 12 Stage Stage 4 — Final Results

Pos	Name	Club	Leg Time	Cum Time	Gain							
1	Ben Douglas	LeedsCityA A	12:00	1:09:56	0	39	Chris Murphy	KirkbyMile A	14:01	1:20:40	-	3
2	Max Brame	LiverpoolH	12:07	1:10:57	+ 1	40	Martyn Bell	(HorwichRMI)	14:52	1:21:05	-	7
3	Ryan Griffiths	CityOfShef	12:29	1:11:05	- 1	41	John Appleton	StHelensSu	13:37	1:21:29	+	1
4	John Humphries	ValeRoyalA	12:28	1:11:47	0	42	Andrew Collins	BarlickFel	13:35	1:21:49	+	3
5	Joshua Holgate	BlackburnH A	12:09	1:11:48	+ 1	43	Darren Smith	EastCheshi	14:21	1:22:33	+	1
6	Daniel Neal	PrestonHar A	12:28	1:11:53	- 1	44	Dean Mclaughlin	NorthDerby A	14:45	1:22:48	-	1
7	James Young	MorpethHar	11:38	1:12:13	+ 1	45	Matt Rimmer	SteelCityS B	13:34	1:23:12	+	4
8	Peter Laing	HolmfirthH	12:40	1:12:30	- 1	46	Nick Zissler	YorkKnaves B	13:35	1:23:56	+	7
9	Kieran Raey	TyneBridge A	12:15	1:12:51	0	47	Mark Hamilton	StHelensSt	17:03	1:23:59	-	10
10	William Onek	SaleHarrie	11:39	1:12:55	+ 1	48	Richard Bargh	WirralAc B	14:08	1:24:18	+	4
11	William Beauchamp	SalfordHar A	11:53	1:13:08	- 1	49	Matthew Wall	LevenValle	13:07	1:24:24	+	8
12	Jonathan Johnson	RotherhamH A	12:10	1:13:59	+ 2	50	Robert Lees	PenistoneF	14:46	1:24:28	0	
13	Steven Asquith	GatesheadH	12:30	1:14:04	- 1	51	Chris Jones	SaltaireSt A	15:00	1:24:45	0	
14	Daniel Mills	KeswickAc	13:09	1:14:52	- 1	52	Neil Hershaw	WestCheshi	13:47	1:24:49	+	3
15	Jack Allison	LeedsCityA B	12:43	1:14:58	0	53	Iain Wilkinson	Clayton-le	14:35	1:24:57	+	1
16	John Heap	WirralAc A	13:05	1:15:43	+ 1	54	Roger Graham	UtsRC	15:37	1:24:58	-	7
17	Adam Jones	LiverpoolP A	12:55	1:15:59	+ 1	55	Jay Clarke	PennyLaneS A	12:53	1:25:34	+	7
18	Barry Talman	Darlington	14:01	1:16:17	- 2	56	Adam Curtis	SalfordHar C	13:54	1:26:09	+	4
19	Christopher Rayner	ChorltonRu	13:20	1:16:57	0	57	Sean Kirkbride	LiverpoolP B	14:51	1:26:17	+	1
20	Alex Jones	TraffordAC A	12:55	1:17:01	+ 5	58	C Hastwell	WeshamRoad A	14:17	1:26:27	+	1
21	Karl Lee	Altrincham	13:35	1:17:20	0	59	Jonathan Sangster	BurndenRoa A	14:08	1:26:50	+	4
22	Andy Burden	HeatonHarr	13:52	1:17:30	- 2	60	Ged Turner	(BurndenRoa B)	17:23	1:26:52	-	12
23	Paul Johnston	BuryAC	13:39	1:17:38	+ 1	61	Tom Barrett	Keighley&C	12:40	1:27:49	+	4
24	Carl Hanaghan	KendalAmat	13:55	1:17:42	- 2	62	Matt Helme	(LiverpoolR B)	19:57	1:28:32	-	16
25	Joseph Wane	LeighHarri	12:24	1:18:11	+ 6	63	Ian Patterson	PrestonHar B	17:52	1:28:59	-	7
26	James Toohey	LiverpoolR A	12:42	1:18:13	+ 3	64	Damian Fletcher	Accrington	16:23	1:29:17	0	
27	Tom Venning	ValleyStri	13:12	1:18:22	0	65	Steve Holliman	ChesterTri	17:21	1:33:19	+	2
28	Tom Gillbanks	WallaseyAC	13:14	1:18:44	0	66	Paul Saager	EdenRunner B	18:15	1:35:25	+	2
29	Stewart Creasey	YorkKnaves A	13:13	1:18:47	+ 1	67	Ben Wrigley	WeshamRoad B	16:47	1:37:33	+	2
30	Declan Toomey	BoltonUnit	12:28	1:18:54	+ 4	68	J Labercraig	PennyLaneS B	16:22	1:40:27	+	3
31	Andrew Wiggins	HalifaxHar	15:05	1:18:59	- 8	69	John Dobie	LiverpoolP C	19:24	1:40:34	+	1
32	Liam Reed	BlackhillB	14:05	1:19:01	- 6	70	Jack Verity	SaltaireSt B	16:50	1:41:25	+	2
33	Adam Slodowicz	SalfordHar B	13:18	1:19:16	- 1	71	Michael May	NorthDerby B	17:40	1:47:09	+	2
34	Nathan Reed	Sunderland	12:19	1:19:38	+ 5							
35	Stephen Schubeler	SteelCityS A	13:12	1:19:44	0							
36	Joe Gebbie	BlackburnH B	12:45	1:20:08	+ 4							
37	Joshua Liddle	EdenRunner A	12:28	1:20:10	+ 4							
38	Leighton Sharman	Warrington	13:14	1:20:11	0							

Fastest runners over stage 4:

1	James Young	MorpethHar	11:38
2	William Onek	SaleHarrie	11:39
3	William Beauchamp	SalfordHar A	11:53
4	Ben Douglas	LeedsCityA A	12:00
5	Max Brame	LiverpoolH	12:07
6	Joshua Holgate	BlackburnH A	12:09
7	Jonathan Johnson	RotherhamH A	12:10
8	Kieran Raey	TyneBridge A	12:15
9	Nathan Reed	Sunderland	12:19
10	Joseph Wane	LeighHarri	12:24

Northern Athletics Road Relay Championships at Birkenhead Park on Sunday 24th March 2019

- Mens 12 Stage Stage 5 — Final Results

Pos	Name	Club	Leg Time	Cum Time	Gain
1	Emile Caires	LeedsCityA A	22:46	1:32:42	0
2	Tommy Horton	CityOfShef	23:53	1:34:58	+ 1
3	Carl Avery	MorpethHar	23:11	1:35:24	+ 4
4	C Durney	PrestonHar A	24:26	1:36:19	+ 2
5	Daniel Cliffe	LiverpoolH	25:23	1:36:20	- 3
6	Jack Hindle	BlackburnH A	24:53	1:36:41	- 1
7	Carl Hardman	SalfordHar A	24:15	1:37:23	+ 4
8	Andrew Miles	ValeRoyalA	25:38	1:37:25	- 4
9	Daniel Kestrel	RotherhamH A	24:18	1:38:17	+ 3
10	Michael Hedley	TyneBridge A	25:42	1:38:33	- 1
11	Kai Sunman	HolmfirthH	26:23	1:38:53	- 3
12	Alex Bradford	SaleHarrie	26:40	1:39:35	- 2
13	Ross Christie	GatesheadH	26:17	1:40:21	0
14	Adam Stacey	LeedsCityA B	25:31	1:40:29	+ 1
15	Chris Maher	LiverpoolP A	24:46	1:40:45	+ 2
16	Sam Stead	KeswickAc	26:17	1:41:09	- 2
17	Robert Deller	WirralAc A	26:34	1:42:17	- 1
18	Matt Devlin	ChorltonRu	25:47	1:42:44	+ 1
19	Jeff Prest	TraffordAC A	25:47	1:42:48	+ 1
20	Drew Inglis	Darlington	26:38	1:42:55	- 2
21	Josh Birmingham	BuryAC	26:10	1:43:48	+ 2
22	Richard Wilson	KendalAmat	26:33	1:44:15	+ 2
23	John Hobbs	ValleyStri	26:05	1:44:27	+ 4
24	Kris Matuszcak	Altrincham	27:17	1:44:37	- 3
25	Rob Pearse	WallaseyAC	26:06	1:44:50	+ 3
26	Andrew Powell	Sunderland	25:15	1:44:53	+ 8
27	David Coe	HeatonHarr	27:25	1:44:55	- 5
28	Paul Bannister	SalfordHar B	26:12	1:45:28	+ 5
29	Peter Clegg	HalifaxHar	26:51	1:45:50	+ 2
30	Nick Jones	Warrington	25:45	1:45:56	+ 8
31	Adam Simkin	LiverpoolR A	27:52	1:46:05	- 5
32	Richard Purser	YorkKnaves A	27:21	1:46:08	- 3
33	J Sweetnampowell	SteelCityS A	26:36	1:46:20	+ 2
34	Phillip Williams	LeighHarri	28:33	1:46:44	- 9
35	Patrick Duffy	BlackhillB	28:22	1:47:23	- 3
36	Danny Jones	EdenRunner A	27:33	1:47:43	+ 1
37	Chris Pickford	BoltonUnit	28:53	1:47:47	- 7
38	Calum Holmes	BlackburnH B	27:41	1:47:49	- 2
39	David Twigg	StHelensSu	26:23	1:47:52	+ 2
40	James Jordan	(HorwichRMI)	26:57	1:48:02	0
41	James Ellis	KirkbyMile A	28:22	1:49:02	- 2
42	Ian Beresford	BarlickFel	27:19	1:49:08	0
43	Harry Craven	EastCheshi	28:35	1:51:08	0
44	Ronan Charlton	SteelCityS B	28:34	1:51:46	+ 1
45	Martin Fillingham	SaltaireSt A	27:06	1:51:51	+ 6
46	Matthew Goodwin	UtsRC	27:28	1:52:26	+ 8
47	Ian Monaghan	NorthDerby A	29:40	1:52:28	- 3
48	Peter Fairclough	StHelensSt	28:34	1:52:33	- 1
49	Daniel Fleming	Clayton-le	27:43	1:52:40	+ 4
50	Matthew Robinson	PenistoneF	28:43	1:53:11	0
51	Steven Fernyhough	WestCheshi	28:30	1:53:19	+ 1
52	Graham Douglas	PennyLaneS A	27:51	1:53:25	+ 3
53	Josh Murphy	LevenValle	29:15	1:53:39	- 4
54	Rory Henderson	YorkKnaves B	30:17	1:54:13	- 8
55	Dave Gain	WirralAc B	30:12	1:54:30	- 7
56	Andrew Foster	LiverpoolP B	28:50	1:55:07	+ 1
57	David Taylor	WeshamRoad A	28:41	1:55:08	+ 1
58	Luke Wordsworth	SalfordHar C	29:19	1:55:28	- 2
59	Edmund Ashton	BurndenRoa A	31:17	1:58:07	0
60	Dougie Potter	PrestonHar B	30:00	1:58:59	+ 3
61	Neil Williamson	Accrington	30:12	1:59:29	+ 3
62	Christophe Menand	(BurndenRoa B)	34:00	2:00:52	- 2
63	Sam Overend	Keighley&C	33:18	2:01:07	- 2
64	Graham Cushion	(LiverpoolR B)	35:06	2:03:38	- 2
65	Simon Greenwood	ChesterTri	32:24	2:05:43	0
66	Graham Corbett	SaltaireSt B	30:25	2:11:50	+ 4
67	John Dickinson	LiverpoolP C	32:09	2:12:43	+ 2
68	David Peacock	EdenRunner B	39:10	2:14:35	- 2
69	Ryan Azzopardi	WeshamRoad B	37:24	2:14:57	- 2
70	Matt Dutton	PennyLaneS B	37:13	2:17:40	- 2
71	Wayne Church	NorthDerby B	32:26	2:19:35	0

Fastest runners over stage 5:

1	Emile Caires	LeedsCityA A	22:46
2	Carl Avery	MorpethHar	23:11
3	Tommy Horton	CityOfShef	23:53
4	Carl Hardman	SalfordHar A	24:15
5	Daniel Kestrel	RotherhamH A	24:18
6	C Durney	PrestonHar A	24:26
7	Chris Maher	LiverpoolP A	24:46
8	Jack Hindle	BlackburnH A	24:53
9	Andrew Powell	Sunderland	25:15
10	Daniel Cliffe	LiverpoolH	25:23

Northern Athletics Road Relay Championships at Birkenhead Park on Sunday 24th March 2019

- Mens 12 Stage Stage 6 — Final Results

Pos	Name	Club	Leg Time	Cum Time	Gain
1	Joe Townsend	LeedsCityA A	11:56	1:44:38	0
2	Julian Slater	CityOfShef	12:19	1:47:17	0
3	Phillip Winkler	MorpethHar	12:00	1:47:24	0
4	Ricky Challinor	LiverpoolH	11:52	1:48:12	+ 1
5	Tiarnan Crocken	PrestonHar A	12:23	1:48:42	- 1
6	Chris Livesey	SalfordHar A	11:42	1:49:05	+ 1
7	Ben Costello	BlackburnH A	12:36	1:49:17	- 1
8	Matt Rowlinson	ValeRoyalA	12:44	1:50:09	0
9	Aidan Johnson	RotherhamH A	12:23	1:50:40	0
10	Kevin Richardson	TyneBridge A	12:36	1:51:09	0
11	Nathan Harrison	SaleHarrie	12:03	1:51:38	+ 1
12	Philip Hewitt	HolmfirthH	13:25	1:52:18	- 1
13	Daniel Johnson	GatesheadH	12:39	1:53:00	0
14	Leon Foster	LeedsCityA B	12:33	1:53:02	0
15	Daniel Jones	LiverpoolP A	12:39	1:53:24	0
16	Tom Williams	WirralAc A	12:39	1:54:56	+ 1
17	Steven Halsall	KeswickAc	13:49	1:54:58	- 1
18	David Horniman	TraffordAC A	12:15	1:55:03	+ 1
19	David Jackson	DISQUALIFIED	7:34	1:55:36	+ 21
20	Gary Scott	ChorltonRu	12:59	1:55:43	- 2
21	Wesley Tarn	Darlington	13:42	1:56:37	- 1
22	Rick Solman	BuryAC	13:49	1:57:37	- 1
23	Ross Bibby	ValleyStri	13:22	1:57:49	0
24	Christopher Bell	Sunderland	12:58	1:57:51	+ 2
25	Richard Lane	Altrincham	13:21	1:57:58	- 1
26	Gamar Adam	SalfordHar B	12:34	1:58:02	+ 2
27	Daniel Fox	Warrington	12:35	1:58:31	+ 3
28	Ian Norman	HeatonHarr	13:55	1:58:50	- 1
29	Matt Gillbanks	WallaseyAC	14:22	1:59:12	- 4
30	Liam Turner	SteelCityS A	12:54	1:59:14	+ 3
31	Ewan Sewell	YorkKnaves A	13:23	1:59:31	+ 1
32	Matthew Clair	LiverpoolR A	13:40	1:59:45	- 1
33	Ryan Barker	HalifaxHar	14:31	2:00:21	- 4
34	Daniel Shaw	BoltonUnit	13:15	2:01:02	+ 3
35	Kristian Wade	LeighHarri	15:34	2:02:18	- 1
36	Barry Graney	StHelensSu	14:53	2:02:45	+ 3
37	John Cookson	BlackburnH B	15:35	2:03:24	+ 1
38	James Austin	BarlickFel	14:24	2:03:32	+ 4
39	Lewis Houghton	KirkbyMile A	14:55	2:03:57	+ 2
40	Conner Mcgurk	KendalAmat	20:02	2:04:17	- 18
41	Ken Baker	EdenRunner A	17:20	2:05:03	- 5
42	Aidan Hughes	BlackhillB	17:48	2:05:11	- 7
43	Liam Browne	EastCheshi	14:04	2:05:12	0
44	Tim Holt	SteelCityS B	13:41	2:05:27	0
45	James Goodall	SaltaireSt A	14:15	2:06:06	0
46	Patrick Boyle	PennyLaneS A	14:03	2:07:28	+ 6
47	Jason Pier	Clayton-le	14:50	2:07:30	+ 2
48	Adam Darnell	NorthDerby A	15:05	2:07:33	- 1
49	Ian GloynePhillips	WestCheshi	14:16	2:07:35	+ 2
50	Bryan Stevenson	UtsRC	15:25	2:07:51	- 4
51	James Bailey	LevenValle	14:26	2:08:05	+ 2
52	Peter Knight	PenistoneF	15:46	2:08:57	- 2
53	Phil Macdonald	LiverpoolP B	14:00	2:09:07	+ 3
54	Stephen Clarke	YorkKnaves B	15:06	2:09:19	0
55	Charles Foster	SalfordHar C	13:53	2:09:21	+ 3
56	Nick Wilson	WirralAc B	15:22	2:09:52	- 1
57	Mark Fillingham	StHelensSt	18:18	2:10:51	- 9
58	Martin Bates	WeshamRoad A	16:54	2:12:02	- 1
59	Gareth Doherty	BurndenRoa A	15:04	2:13:11	0
60	Neil Thompson	Accrington	15:31	2:15:00	+ 1
61	Andy Lea	PrestonHar B	16:36	2:15:35	- 1
62	Scott Bairstow	Keighley&C	14:32	2:15:39	+ 1
63	Mel Walker	(BurndenRoa B)	19:53	2:20:45	- 1
64	Ian Jelley	ChesterTri	16:56	2:22:39	+ 1
65	Rob Armes	(LiverpoolR B)	21:07	2:24:45	- 1
66	S Hetherington	SaltaireSt B	16:09	2:27:59	0
67	David Lyman	PennyLaneS B	15:08	2:32:48	+ 3
68	Paul Renwick	EdenRunner B	19:55	2:34:30	0
69	Peter Bartlett	WeshamRoad B	21:24	2:36:21	0
70	Shaun Johnson	NorthDerby B	18:16	2:37:51	+ 1

Fastest runners over stage 6:

1	David Jackson	DISQUALIFIED	7:34
2	Chris Livesey	SalfordHar A	11:42
3	Ricky Challinor	LiverpoolH	11:52
4	Joe Townsend	LeedsCityA A	11:56
5	Phillip Winkler	MorpethHar	12:00
6	Nathan Harrison	SaleHarrie	12:03
7	David Horniman	TraffordAC A	12:15
8	Julian Slater	CityOfShef	12:19
9	Tiarnan Crocken	PrestonHar A	12:23
10	Aidan Johnson	RotherhamH A	12:23

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- Mens 12 Stage Stage 7 — Final Results

Pos	Name	Club	Leg Time	Cum Time	Gain						
1	Linton Taylor	LeedsCityA A	23:58	2:08:36	0	42	David Best	BlackhillB	28:13	2:33:24	0
2	Iraitz Arrospide	CityOfShef	23:27	2:10:44	0	43	Will Kerr	SaltaireSt A	27:34	2:33:40	+ 2
3	A Rutherford	LiverpoolH	23:33	2:11:45	+ 1	44	Hal Roberts	SteelCityS B	28:41	2:34:08	0
4	Adrian Whitwam	MorpethHar	25:20	2:12:44	- 1	45	Jonathan Aust	EastCheshi	29:17	2:34:29	- 2
5	Karl Darcy	SalfordHar A	23:53	2:12:58	+ 1	46	James Dunderdale	Clayton-le	28:17	2:35:47	+ 1
6	Ben Fish	BlackburnH A	23:44	2:13:01	+ 1	47	Ashley Crow	NorthDerby A	28:41	2:36:14	+ 1
7	Jack Deeingham	PrestonHar A	26:00	2:14:42	- 2	48	Mark Davies	WestCheshi	28:57	2:36:32	+ 1
8	Elliott Smales	RotherhamH A	24:10	2:14:50	+ 1	49	Matthew Cook	PennyLaneS A	30:16	2:37:44	- 3
9	Ryan Holt	TyneBridge A	25:14	2:16:23	+ 1	50	Richard Farrar	WirralAc B	28:29	2:38:21	+ 6
10	Stuart Doyle	ValeRoyalA	26:21	2:16:30	- 2	51	Paul Birkett	SalfordHar C	29:03	2:38:24	+ 4
11	Alexander Bellew	LeedsCityA B	25:03	2:18:05	+ 3	52	Robin Clough	PenistoneF	30:12	2:39:09	0
12	Steve Green	HolmfirthH	26:00	2:18:18	0	53	Darren Noyland	YorkKnives B	30:22	2:39:41	+ 1
13	Ben McIntyre	SaleHarrie	26:43	2:18:21	- 2	54	Richard Burrows	UtsRC	31:52	2:39:43	- 4
14	Daniel Alexander	GatesheadH	25:25	2:18:25	- 1	55	Chris Durkin	LevenValle	33:08	2:41:13	- 4
15	Ross Harrison	LiverpoolP A	25:42	2:19:06	0	56	Chris Pedder	LiverpoolP B	32:12	2:41:19	- 3
16	J Scottfarrington	(HorwichRMI)	24:26	2:20:02	+ 3	57	Kieran Allen	StHelensSt	30:52	2:41:43	0
17	David Brockway	WirralAc A	25:42	2:20:38	- 1	58	Thomas Crabtree	WeshamRoad A	31:01	2:43:03	0
18	Steven Curley	ChorltonRu	25:55	2:21:38	+ 2	59	Lee White	BurndenRoa A	30:02	2:43:13	0
19	Darren Russell	TraffordAC A	26:44	2:21:47	- 1	60	Josh Woodstock	Accrington	29:31	2:44:31	0
20	Tristan Windley	KeswickAc	27:19	2:22:17	- 3	61	Neil Mcdonald	PrestonHar B	30:23	2:45:58	0
21	Paul Allan	Darlington	26:04	2:22:41	0	62	Alan Kirton	Keighley&C	31:20	2:46:59	0
22	Tom Thomas	ValleyStri	26:06	2:23:55	+ 1	63	Michael Waring	ChesterTri	30:20	2:52:59	+ 1
23	Robert Walker	Sunderland	26:08	2:23:59	+ 1	64	Andy Duffy	(BurndenRoa B)	33:13	2:53:58	- 1
24	Luke Gamble	Warrington	25:47	2:24:18	+ 3	65	Philip O'rourke	(LiverpoolR B)	33:12	2:57:57	0
25	Patrick Babb	BuryAC	26:48	2:24:25	- 3	66	Darren Parker	SaltaireSt B	35:33	3:03:32	0
26	Tony Taylor	SalfordHar B	26:35	2:24:37	0	67	Stephen Moss	NorthDerby B	31:38	3:09:29	+ 3
27	Matt Gawne	Altrincham	28:16	2:26:14	- 2	68	Tony Green	PennyLaneS B	37:05	3:09:53	- 1
28	Jack Poland	WallaseyAC	27:15	2:26:27	+ 1	69	Mark Osborne	EdenRunner B	37:10	3:11:40	- 1
29	B Jones	SteelCityS A	27:15	2:26:29	+ 1	70	Peter Rooney	WeshamRoad B	37:45	3:14:06	- 1
30	Simon Fricke	YorkKnives A	27:28	2:26:59	+ 1	Fastest runners over stage 7:					
31	Phillip Jamieson	HeatonHarr	28:19	2:27:09	- 3	1	Iraitz Arrospide	CityOfShef	23:27		
32	Carl Murphy	LiverpoolR A	28:19	2:28:04	0	2	A Rutherford	LiverpoolH	23:33		
33	Michael Gaughan	HalifaxHar	28:32	2:28:53	0	3	Ben Fish	BlackburnH A	23:44		
34	Ian Livesey	BarlickFel	25:50	2:29:22	+ 4	4	Karl Darcy	SalfordHar A	23:53		
35	Stephen Bonney	BoltonUnit	29:01	2:30:03	- 1	5	Linton Taylor	LeedsCityA A	23:58		
36	Jake Healy	StHelensSu	28:40	2:31:25	0	6	Elliott Smales	RotherhamH A	24:10		
37	Paul Guinan	BlackburnH B	28:16	2:31:40	0	7	J Scottfarrington	(HorwichRMI)	24:26		
38	Matthew Wilson	KendalAmat	27:31	2:31:48	+ 2	8	Alexander Bellew	LeedsCityA B	25:03		
39	Lee Moore	KirkbyMile A	28:21	2:32:18	0	9	Ryan Holt	TyneBridge A	25:14		
40	Allister Goulding	LeighHarri	30:08	2:32:26	- 5	10	Adrian Whitwam	MorpethHar	25:20		
41	Michael Parkin	EdenRunner A	27:27	2:32:30	0						

Northern Athletics Road Relay Championships at Birkenhead Park on Sunday 24th March 2019

- Mens 12 Stage Stage 8 — Final Results

Pos	Name	Club	Leg Time	Cum Time	Gain
1	J Woodcockshaw	LeedsCityA A	11:50	2:20:26	0
2	Thomas Rogerson	LiverpoolH	11:48	2:23:33	+ 1
3	Johnbailey Rice	CityOfShef	13:30	2:24:14	- 1
4	Marc Brown	SalfordHar A	11:41	2:24:39	+ 1
5	Taylor Glover	MorpethHar	12:34	2:25:18	- 1
6	Thomas Blaney	BlackburnH A	12:32	2:25:33	0
7	Arron Larkin	RotherhamH A	12:03	2:26:53	+ 1
8	Ian Aguilar	PrestonHar A	12:47	2:27:29	- 1
9	Alexander Doyle	ValeRoyalA	12:30	2:29:00	+ 1
10	David Wright	TyneBridge A	13:00	2:29:23	- 1
11	Michael Salter	LeedsCityA B	11:50	2:29:55	0
12	James Wignall	SaleHarrie	12:20	2:30:41	+ 1
13	Alex Robinson	HolmfirthH	12:37	2:30:55	- 1
14	Tony Obrien	LiverpoolP A	12:39	2:31:45	+ 1
15	David Old	GatesheadH	13:22	2:31:47	- 1
16	Andrew Lloyd	(HorwichRMI)	13:32	2:33:34	0
17	Stephen Spence	WirralAc A	13:47	2:34:25	0
18	Lee Roe	KeswickAc	12:12	2:34:29	+ 2
19	Jonathon Harris	ChorltonRu	13:17	2:34:55	- 1
20	Darren Thompson	Darlington	13:25	2:36:06	+ 1
21	Greg Marcroft	TrafordAC A	14:21	2:36:08	- 2
22	Paul Blakey	Sunderland	12:55	2:36:54	+ 1
23	Gary Mann	ValleyStri	13:28	2:37:23	- 1
24	Mark Russell	SalfordHar B	13:02	2:37:39	+ 2
25	J Leatherbarrow	Warrington	14:00	2:38:18	- 1
26	Giles Bennett	BuryAC	14:25	2:38:50	- 1
27	Andrew Norton	SteelCityS A	12:59	2:39:28	+ 2
28	Dan Martell	Altrincham	13:38	2:39:52	- 1
29	Toby Hone	YorkKnives A	13:32	2:40:31	+ 1
30	Kevin Hall	WallaseyAC	14:58	2:41:25	- 2
31	Philip Green	HeatonHarr	15:05	2:42:14	0
32	John Mannion	LiverpoolR A	14:13	2:42:17	0
33	Niall Smith	HalifaxHar	13:50	2:42:43	0
34	Mark Wolstencroft	BoltonUnit	14:11	2:44:14	+ 1
35	Derek Walkden	BarlickFel	15:11	2:44:33	- 1
36	Jamie Pugh	KirkbyMile A	12:55	2:45:13	+ 3
37	Leon Hill	StHelensSu	14:04	2:45:29	- 1
38	Mark Almond	BlackburnH B	14:03	2:45:43	- 1
39	Will Sisson	KendalAmat	14:04	2:45:52	- 1
40	Mark Fish	BlackhillB	12:56	2:46:20	+ 2
41	Martin Conroy	LeighHarri	14:45	2:47:11	- 1
42	Alex Mitchell	EdenRunner A	15:04	2:47:34	- 1
43	Stuart Dunbar	SaltaireSt A	14:12	2:47:52	0
44	Alasdair Menmuir	SteelCityS B	13:48	2:47:56	0
45	Bradley Spurdens	WestCheshi	12:52	2:49:24	+ 3
46	Andy Tarry	NorthDerby A	13:22	2:49:36	+ 1
47	Stephen Roberts	EastCheshi	17:04	2:51:33	- 2
48	Gary Moore	Clayton-le	16:41	2:52:28	- 2
49	D Brocklehurst	SalfordHar C	14:10	2:52:34	+ 2
50	Richard Davies	WirralAc B	14:32	2:52:53	0
51	Nigel Foo	PennyLaneS A	16:00	2:53:44	- 2
52	Oliverson Pike	PenistoneF	14:41	2:53:50	0
53	Steve Ellis	UtsRC	14:55	2:54:38	+ 1
54	Pete Downes	YorkKnives B	15:47	2:55:28	- 1
55	Stephen Leadbetter	LevenValle	15:33	2:56:46	0
56	John Williams	StHelensSt	15:04	2:56:47	+ 1
57	Andrew Conway	LiverpoolP B	15:40	2:56:59	- 1
58	Mark Renshall	WeshamRoad A	14:41	2:57:44	0
59	Richard Pollitt	BurndenRoa A	15:14	2:58:27	0
60	Liam Moden	Accrington	16:23	3:00:54	0
61	Ian Maher	Keighley&C	15:19	3:02:18	+ 1
62	Daniel Higgins	PrestonHar B	17:11	3:03:09	- 1
63	Ian Atkinson	ChesterTri	15:19	3:08:18	0
64	John Edge	(BurndenRoa B)	18:47	3:12:45	0
65	Jonathan Fisher	(LiverpoolR B)	15:04	3:13:01	0
66	Robert Boughen	SaltaireSt B	17:00	3:20:32	0
67	Steve Bennett	NorthDerby B	16:44	3:26:13	0
68	Gary Cook	PennyLaneS B	18:26	3:28:19	0
69	Colin Munro	EdenRunner B	17:08	3:28:48	0
70	Simon Young	WeshamRoad B	19:44	3:33:50	0

Fastest runners over stage 8:

1	Marc Brown	SalfordHar A	11:41
2	Thomas Rogerson	LiverpoolH	11:48
3	Michael Salter	LeedsCityA B	11:50
4	J Woodcockshaw	LeedsCityA A	11:50
5	Arron Larkin	RotherhamH A	12:03
6	Lee Roe	KeswickAc	12:12
7	James Wignall	SaleHarrie	12:20
8	Alexander Doyle	ValeRoyalA	12:30
9	Thomas Blaney	BlackburnH A	12:32
10	Taylor Glover	MorpethHar	12:34

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- Mens 12 Stage Stage 9 — Final Results

Pos	Name	Club	Leg Time	Cum Time	Time Gain
1	Adrian Holliday	LeedsCityA A	11:54	2:32:20	0
2	James Wootton	LiverpoolH	12:11	2:35:44	0
3	James Gray	CityOfShef	12:30	2:36:44	0
4	Robert Smyk	SalfordHar A	12:23	2:37:02	0
5	Adam Pratt	MorpethHar	12:06	2:37:24	0
6	Thomas Marchant	BlackburnH A	12:29	2:38:02	0
7	Gareth Sampson	RotherhamH A	12:15	2:39:08	0
8	Wesley Wilkinson	PrestonHar A	12:52	2:40:21	0
9	Chris Williams	ValeRoyalA	12:28	2:41:28	0
10	Paul Turnbull	TyneBridge A	12:50	2:42:13	0
11	Patrick Vis	LeedsCityA B	12:57	2:42:52	0
12	Clark Hind	HolmfirthH	13:08	2:44:03	+ 1
13	Jonathon Bride	LiverpoolP A	12:42	2:44:27	+ 1
14	Steven Medd	GatesheadH	12:52	2:44:39	+ 1
15	David Marsh	SaleHarrie	14:19	2:45:00	- 3
16	Andrew Crickmore	(HorwichRML)	13:42	2:47:16	0
17	Jonathan Lancaster	ChorltonRu	13:00	2:47:55	+ 2
18	Martin Hurst	WirralAc A	13:33	2:47:58	- 1
19	James Haworth	KeswickAc	13:57	2:48:26	- 1
20	Rushwan Lewis	TraffordAC A	13:31	2:49:39	+ 1
21	Peter Armstrong	Darlington	14:20	2:50:26	- 1
22	Kris Cantle	Sunderland	13:39	2:50:33	0
23	Glyn Billington	SalfordHar B	13:27	2:51:06	+ 1
24	Daniel Fisher	ValleyStri	13:51	2:51:14	- 1
25	Colin Bishop	Warrington	13:16	2:51:34	0
26	Samuel Brown	SteelCityS A	13:17	2:52:45	+ 1
27	Jack Griffiths	BuryAC	14:08	2:52:58	- 1
28	Steven Renny	Altrincham	13:59	2:53:51	0
29	Mike Crosby	YorkKnaves A	13:29	2:54:00	0
30	Matt Wilson	WallaseyAC	14:05	2:55:30	0
31	Les Smith	HeatonHarr	13:58	2:56:12	0
32	Simon Johnson	HalifaxHar	13:30	2:56:13	+ 1
33	Marc Jacques	LiverpoolR A	14:34	2:56:51	- 1
34	Dominic Gavin	BoltonUnit	14:17	2:58:31	0
35	Jay Williams	KirkbyMile A	13:33	2:58:46	+ 1
36	Andrew Carson	BarlickFel	14:26	2:58:59	- 1
37	Matt Blake	StHelensSu	14:31	3:00:00	0
38	Luc Mockridge	KendalAmat	14:26	3:00:18	+ 1
39	Paul Jeffries	BlackburnH B	15:01	3:00:44	- 1
40	Ethan Ackroyd	WestCheshi	12:18	3:01:42	+ 5
41	Steven Fowler	SaltaireSt A	13:56	3:01:48	+ 2
42	Trevor Jones	BlackhillB	15:46	3:02:06	- 2
43	Malcolm Baggaley	SteelCityS B	14:14	3:02:10	+ 1
44	Liam Moore	LeighHarri	15:01	3:02:12	- 3
45	Nick Stamper	EdenRunner A	14:58	3:02:32	- 3
46	Henry Kay	NorthDerby A	13:50	3:03:26	0
47	Andrew Foster	Clayton-le	15:21	3:07:49	+ 1
48	Peter Fraser	WirralAc B	15:10	3:08:03	+ 2
49	Martin Stout	EastCheshi	17:07	3:08:40	- 2
50	James O'connor	SalfordHar C	17:03	3:09:37	- 1
51	Roy Hughes	PennyLaneS A	16:17	3:10:01	0
52	Paul Fryers	PenistoneF	16:13	3:10:03	0
53	Richard Weeks	LiverpoolP B	14:22	3:11:21	+ 4
54	John Nodder	YorkKnaves B	17:24	3:12:52	0
55	Nathan Harris	LevenValle	16:09	3:12:55	0
56	Phillip Stanley	UtsRC	18:25	3:13:03	- 3
57	Michael Edge	WeshamRoad A	16:47	3:14:31	+ 1
58	Tony Wall	BurndenRoa A	16:10	3:14:37	+ 1
59	Stephen Pickavance	StHelensSt	18:22	3:15:09	- 3
60	Richard Grice	Accrington	15:31	3:16:25	0
61	Steve Boardman	PrestonHar B	14:38	3:17:47	+ 1
62	Craig Whale	Keighley&C	16:02	3:18:20	- 1
63	Michael Kane	ChesterTri	15:52	3:24:10	0
64	Mark Butler	(BurndenRoa B)	17:37	3:30:22	0
65	Kenny Worrall	(LiverpoolR B)	22:03	3:35:04	0
66	Tim Mosedale	SaltaireSt B	16:27	3:36:59	0
67	Martin Hirrell	PennyLaneS B	16:43	3:45:02	+ 1
68	Paul Kerry	NorthDerby B	19:21	3:45:34	- 1
69	Dennis Cartwright	EdenRunner B	20:46	3:49:34	0
70	Graham Cunliffe	WeshamRoad B	19:37	3:53:27	0

Fastest runners over stage 9:

1	Adrian Holliday	LeedsCityA A	11:54
2	Adam Pratt	MorpethHar	12:06
3	James Wootton	LiverpoolH	12:11
4	Gareth Sampson	RotherhamH A	12:15
5	Ethan Ackroyd	WestCheshi	12:18
6	Robert Smyk	SalfordHar A	12:23
7	Chris Williams	ValeRoyalA	12:28
8	Thomas Marchant	BlackburnH A	12:29
9	James Gray	CityOfShef	12:30
10	Jonathon Bride	LiverpoolP A	12:42

Northern Athletics Road Relay Championships at Birkenhead Park on Sunday 24th March 2019

- Mens 12 Stage Stage 10 — Final Results

Pos	Name	Club	Leg Time	Cum Time	Gain	Pos	Name	Club	Leg Time	Cum Time	Gain
1	John Ashcroft	LeedsCityA A	11:22	2:43:42	0	30	Mark Carruthers	WallaseyAC	14:10	3:09:40	0
2	Cameron Cass	CityOfShef	11:54	2:48:38	+ 1	31	Charlie Townsend	HeatonHarr	13:53	3:10:05	0
3	Alan Ashton	LiverpoolH	13:00	2:48:44	- 1	32	Kyle Harrison	LiverpoolR A	14:41	3:11:32	+ 1
4	Gary Priestley	SalfordHar A	11:52	2:48:54	0	33	Liam Brown	KirkbyMile A	14:11	3:12:57	+ 2
5	Alex Brown	MorpethHar	11:49	2:49:13	0	34	David Chrystal	BoltonUnit	14:31	3:13:02	0
6	Jacob Watson	BlackburnH A	12:13	2:50:15	0	35	Mark Gaughan	HalifaxHar	16:56	3:13:09	- 3
7	Philip Hoole	RotherhamH A	13:04	2:52:12	0	36	Christopher Smale	BarlickFel	14:38	3:13:37	0
8	Byron Sowerby	PrestonHar A	12:43	2:53:04	0	37	Joseph Morrison	WestCheshi	12:34	3:14:16	+ 3
9	Ryan Moore	ValeRoyalA	12:07	2:53:35	0	38	Chris Taylor	StHelensSu	14:28	3:14:28	- 1
10	Tom Charlton	TyneBridge A	12:31	2:54:44	0	39	Tim Baldwin	SaltaireSt A	12:41	3:14:29	+ 2
11	Mohamed Abshir	LeedsCityA B	12:15	2:55:07	0	40	John Chaplin	BlackburnH B	14:46	3:15:30	- 1
12	Kevin Connolly	GatesheadH	12:52	2:57:31	+ 2	41	Matthew Dunn	KendalAmat	16:08	3:16:26	- 3
13	Lavell Pierre	HolmfirthH	13:48	2:57:51	- 1	42	John Williams	EdenRunner A	14:25	3:16:57	+ 3
14	David Rich	SaleHarrie	12:59	2:57:59	+ 1	43	Tom Cudmore	SteelCityS B	14:56	3:17:06	0
15	Kevin Usher	LiverpoolP A	13:44	2:58:11	- 2	44	Mark Gornall	LeighHarri	15:36	3:17:48	0
16	Jonathan Bruton	(HorwichRMI)	13:03	3:00:19	0	45	Andrew Todd	NorthDerby A	14:35	3:18:01	+ 1
17	Will Fossard	ChorltonRu	12:51	3:00:46	0	46	James Newton	BlackhillB	16:04	3:18:10	- 4
18	Ian Wallace	WirralAc A	13:11	3:01:09	0	47	Jacob Taylor	EastCheshi	14:14	3:22:54	+ 2
19	Daniel Hayes	TraffordAC A	13:25	3:03:04	+ 1	48	Matthew Rutherford	WirralAc B	15:03	3:23:06	0
20	Stuart Edgington	KeswickAc	14:41	3:03:07	- 1	49	Dominic Clayton	Clayton-le	15:30	3:23:19	- 2
21	Jason Waite	Sunderland	13:47	3:04:20	+ 1	50	Grant Gunnanderson	SalfordHar C	14:39	3:24:16	0
22	Matt Chadwick	ValleyStri	13:17	3:04:31	+ 2	51	Lee Warburton	PennyLaneS A	14:45	3:24:46	0
23	Karl Hume	Darlington	14:14	3:04:40	- 2	52	Ryan Blackwell	LiverpoolP B	14:41	3:26:02	+ 1
24	Derek Crewe	SalfordHar B	13:35	3:04:41	- 1	53	Richard Docker	PenistoneF	16:01	3:26:04	- 1
25	Daniel Newman	Warrington	14:20	3:05:54	0	54	Tom Sinclair	YorkKnaves B	14:38	3:27:30	0
26	James Fulcher	SteelCityS A	13:46	3:06:31	0	55	Paul Corkill	LevenValle	15:25	3:28:20	0
27	Simon Collins	YorkKnaves A	13:28	3:07:28	+ 2	56	Marcus Chester	BurndenRoa A	14:46	3:29:23	+ 2
28	Anthony Hallahan	BuryAC	14:50	3:07:48	- 1	57	Andrew Cotgrave	UtsRC	16:54	3:29:57	- 1
29	Richard Evans	Altrincham	14:26	3:08:17	- 1	58	Craig Whittaker	StHelensSt	15:16	3:30:25	+ 1
						59	Glen Goodwin	Accrington	14:15	3:30:40	+ 1
						60	John Collier	WeshamRoad A	17:18	3:31:49	- 3
						61	Niall Higham	PrestonHar B	15:33	3:33:20	0
						62	Michael Griffiths	Keighley&C	16:29	3:34:49	0
						63	Paul Carter	ChesterTri	20:04	3:44:14	0
						64	Andrew Warburton	(BurndenRoa B)	18:31	3:48:53	0
						65	Tony Holmes	(LiverpoolR B)	15:34	3:50:38	0
						66	Craig Elliot	SaltaireSt B	18:48	3:55:47	0
						67	Sam Passingham	NorthDerby B	14:40	4:00:14	+ 1
						68	James Roberts	PennyLaneS B	16:47	4:01:49	- 1
						69	Dave Evans	EdenRunner B	17:03	4:06:37	0
						70	Stephen Twist	WeshamRoad B	20:10	4:13:37	0

Fastest runners over stage 10:

1	John Ashcroft	LeedsCityA A	11:22
2	Alex Brown	MorpethHar	11:49
3	Gary Priestley	SalfordHar A	11:52
4	Cameron Cass	CityOfShef	11:54
5	Ryan Moore	ValeRoyalA	12:07
6	Jacob Watson	BlackburnH A	12:13
7	Mohamed Abshir	LeedsCityA B	12:15
8	Tom Charlton	TyneBridge A	12:31
9	Joseph Morrison	WestCheshi	12:34
10	Tim Baldwin	SaltaireSt A	12:41

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- Mens 12 Stage Stage 11 — Final Results

Pos	Name	Club	Leg Time	Cum Time	Gain						
1	Philip Sesemann	LeedsCityA A	10:54	2:54:36	0	61	Colin Smy	WeshamRoad A	18:48	3:50:37	- 1
2	Matthew Fuller	CityOfShef	12:06	3:00:44	0	62	Matt House	Keighley&C	16:49	3:51:38	0
3	David Rigby	SalfordHar A	11:53	3:00:47	+ 1	63	Sean Simmons	ChesterTri	15:51	4:00:05	0
4	Andy Salmon	LiverpoolH	12:17	3:01:01	- 1	64	Chris Greenall	(BurndenRoa B)	17:23	4:06:16	0
5	Tom Innes	MorpethHar	12:42	3:01:55	0	65	Kevin Shannon	(LiverpoolR B)	17:34	4:08:12	0
6	C Davies	BlackburnH A	12:33	3:02:48	0	66	Frank Beecroft	SaltaireSt B	15:04	4:10:51	0
7	Richard Harris	RotherhamH A	12:48	3:05:00	0	67	Tom Topham	NorthDerby B	15:31	4:15:45	0
8	Matias Grixti	PrestonHar A	12:34	3:05:38	0	68	Barry Bright	PennyLaneS B	16:26	4:18:15	0
9	James Dunce	TyneBridge A	12:20	3:07:04	+ 1	69	Nigel Hierons	EdenRunner B	18:04	4:24:41	0
10	Alan Buckley	LeedsCityA B	12:22	3:07:29	+ 1	70	James Birchall	WeshamRoad B	17:14	4:30:51	0
11	Gary Richardson	ValeRoyalA	14:12	3:07:47	- 2	Fastest runners over stage 11:					
12	Jonathan Malley	GatesheadH	13:22	3:10:53	0	1	Philip Sesemann	LeedsCityA A	10:54		
13	Steven Henderson	SaleHarrie	13:08	3:11:07	+ 1	2	David Rigby	SalfordHar A	11:53		
14	Jacob Harman	HolmfirthH	13:37	3:11:28	- 1	3	Matthew Fuller	CityOfShef	12:06		
15	Michael Gall	LiverpoolP A	13:23	3:11:34	0	4	Andy Salmon	LiverpoolH	12:17		
16	Julian Goudge	(HorwichRMI)	13:04	3:13:23	0	5	James Dunce	TyneBridge A	12:20		
17	Arran Kearney	WirralAc A	12:41	3:13:50	+ 1	6	Alan Buckley	LeedsCityA B	12:22		
18	Daniel Vasey	ChortonRu	13:40	3:14:26	- 1	7	C Davies	BlackburnH A	12:33		
19	Steve Jones	KeswickAc	14:29	3:17:36	+ 1	8	Matias Grixti	PrestonHar A	12:34		
20	Gareth Woodcock	TraffordAC A	14:39	3:17:43	- 1	9	Kristoff Boynton	SteelCityS A	12:39		
21	Benjamin Rix	SalfordHar B	13:23	3:18:04	+ 3	10	Arran Kearney	WirralAc A	12:41		
22	Gwilym Thomas	ValleyStri	13:35	3:18:06	0						
23	Tom Addison	Darlington	14:26	3:19:06	0						
24	Kristoff Boynton	SteelCityS A	12:39	3:19:10	+ 2						
25	Jack Stubbings	Warrington	13:41	3:19:35	0						
26	C Davison	Sunderland	15:43	3:20:03	- 5						
27	Peter Walker	YorkKnaves A	13:39	3:21:07	0						
28	Ryan Ganose	Altrincham	13:31	3:21:48	+ 1						
29	Michael Green	WallaseyAC	13:58	3:23:38	+ 1						
30	Andrew Worthington	BuryAC	15:53	3:23:41	- 2						
31	Calum Mills	HeatonHarr	13:59	3:24:04	0						
32	David Lawton	LiverpoolR A	14:34	3:26:06	0						
33	Alan Healy	KirkbyMile A	13:53	3:26:50	0						
34	Scott McCreddie	BarlickFel	13:50	3:27:27	+ 2						
35	Jac Goodall	WestCheshi	13:11	3:27:27	+ 2						
36	Jack Heggie	BoltonUnit	14:29	3:27:31	- 2						
37	Liam Spencer	HalifaxHar	14:43	3:27:52	- 2						
38	Matthew Richardson	SaltaireSt A	13:24	3:27:53	+ 1						
39	Gregory Williams	StHelensSu	14:27	3:28:55	- 1						
40	Matthew Poole	BlackburnH B	14:42	3:30:12	0						
41	James Hogg	SteelCityS B	14:02	3:31:08	+ 2						
42	Duncan Copley	KendalAmat	14:44	3:31:10	- 1						
43	James Grinbergs	EdenRunner A	14:57	3:31:54	- 1						
44	Daniel Teasel	NorthDerby A	14:32	3:32:33	+ 1						
45	John Howarth	LeighHarri	15:27	3:33:15	- 1						
46	Jon Dodds	BlackhillB	15:57	3:34:07	0						
47	Gareth Langford	WirralAc B	15:25	3:38:31	+ 1						
48	Richard Briscoe	Clayton-le	15:15	3:38:34	+ 1						
49	James Hartshorne	EastCheshi	16:04	3:38:58	- 2						
50	Richard Costain	PennyLaneS A	15:12	3:39:58	+ 1						
51	Graham Cairns	LiverpoolP B	15:17	3:41:19	+ 1						
52	Andrew Lowson	YorkKnaves B	15:11	3:42:41	+ 2						
53	Roland Bowness	SalfordHar C	18:44	3:43:00	- 3						
54	Jake Cooper	LevenValle	15:19	3:43:39	+ 1						
55	Andy Dunleavy	BurndenRoa A	15:28	3:44:51	+ 1						
56	Steve Dommett	PenistoneF	18:54	3:44:58	- 3						
57	Eric Ranson	StHelensSt	14:42	3:45:07	+ 1						
58	David Savage	Accrington	15:19	3:45:59	+ 1						
59	Paul Holmes	UtsRC	16:36	3:46:33	- 2						
60	Alex Venables	PrestonHar B	13:58	3:47:18	+ 1						

Northern Athletics Road Relay Championships at Birkenhead Park on Sunday 24th March 2019

- Mens 12 Stage Stage 12 — Final Results

Pos	Name	Club	Leg Time	Cum Time	Gain
1	Michael Burrett	LeedsCityA A	12:07	3:06:43	0
2	Ahmed Farah	CityOfShef	11:32	3:12:16	0
3	Bruno Lima	SalfordHar A	12:11	3:12:58	0
4	Richard Burney	LiverpoolH	13:32	3:14:33	0
5	Jordan Scott	MorpethHar	12:38	3:14:33	0
6	Karl Billington	BlackburnH A	12:52	3:15:40	0
7	Daniel Bebbington	PrestonHar A	11:21	3:16:59	+ 1
8	Sam Clegg	RotherhamH A	12:32	3:17:32	- 1
9	Jason Cherriman	LeedsCityA B	12:03	3:19:32	+ 1
10	Alasdair Blain	TyneBridge A	13:59	3:21:03	- 1
11	Gareth Williams	ValeRoyalA	13:40	3:21:27	0
12	Alan White	SaleHarrie	12:37	3:23:44	+ 1
13	Peter Grimoldby	GatesheadH	14:09	3:25:02	- 1
14	Sam Carr	LiverpoolP A	13:49	3:25:23	+ 1
15	Ben Hobson	ChorltonRu	12:41	3:27:07	+ 3
16	Simon Dunk	WirralAc A	13:26	3:27:16	+ 1
17	Craig Sheard	HolmfirthH	15:51	3:27:19	- 3
18	Marcus Taylor	(HorwichRMI)	14:17	3:27:40	- 2
19	David Hudson	SalfordHar B	13:02	3:31:06	+ 2
20	David Song	ValleyStri	13:06	3:31:12	+ 2
21	Chris Brewer	KeswickAc	14:01	3:31:37	- 2
22	Jacob Fletcher	TraffordAC A	14:45	3:32:28	- 2
23	Robert Bishop	SteelCityS A	13:36	3:32:46	+ 1
24	Charlie Turnbull	Warrington	13:18	3:32:53	+ 1
25	Russell Bowry	YorkKnaves A	13:44	3:34:51	+ 2
26	Jeff Miller	Darlington	16:23	3:35:29	- 3
27	Nick Bugler	Altrincham	14:15	3:36:03	+ 1
28	James Johnson	Sunderland	16:33	3:36:36	- 2
29	Alex Norton	WallaseyAC	13:35	3:37:13	0
30	Jordon Cairns	HeatonHarr	13:30	3:37:34	+ 1
31	Alex Rigby	LiverpoolR A	13:33	3:39:39	+ 1
32	Colin Smith	BuryAC	16:58	3:40:39	- 2
33	Will Smith	HalifaxHar	13:11	3:41:03	+ 4
34	Craig Beza	SaltaireSt A	13:32	3:41:25	+ 4
35	Ian Cocks	BarlickFel	14:02	3:41:29	- 1
36	Rory Willson	WestCheshi	14:18	3:41:45	- 1
37	Craig Kenny	BoltonUnit	14:40	3:42:11	- 1
38	Gary Wilton	KirkbyMile A	15:59	3:42:49	- 5
39	John Foster	BlackburnH B	14:21	3:44:33	+ 1
40	Ian Costello	StHelensSu	15:47	3:44:42	- 1
41	Michael Greer	SteelCityS B	14:38	3:45:46	0
42	John Bridge	EdenRunner A	15:37	3:47:31	+ 1
43	Stuart Mcgurk	KendalAmat	16:36	3:47:46	- 1
44	John Indricks	LeighHarri	14:34	3:47:49	+ 1
45	Gary Elkington	NorthDerby A	15:38	3:48:11	- 1
46	David Goodfellow	BlackhillB	16:34	3:50:41	0
47	Andrew Webster	Clayton-le	14:58	3:53:32	+ 1
48	Gary Matthews	EastCheshi	15:45	3:54:43	+ 1
49	Christopher Ball	WirralAc B	16:21	3:54:52	- 2
50	Andrew Troy	PennyLaneS A	16:53	3:56:51	0
51	Robbie Wood	LiverpoolP B	16:02	3:57:21	0
52	Paul Stephens	SalfordHar C	14:44	3:57:44	+ 1
53	Ben Gill	LevenValle	15:12	3:58:51	+ 1
54	Graham Morris	Accrington	14:07	4:00:06	+ 4
55	John Broom	PenistoneF	15:08	4:00:06	+ 1
56	Matthew Parmenter	StHelensSt	15:24	4:00:31	+ 1
57	Steve Hallas	PrestonHar B	13:52	4:01:10	+ 3
58	Nicholas Stone	UtsRC	15:17	4:01:50	+ 1
59	Steven Bate	BurndenRoa A	17:02	4:01:53	- 4
60	Jason Parkinson	WeshamRoad A	15:52	4:06:29	+ 1
61	Gary Ward	Keighley&C	15:56	4:07:34	+ 1
62	Jonathan Davies	ChesterTri	16:48	4:16:53	+ 1
63	Mark Cannon	(BurndenRoa B)	15:30	4:21:46	+ 1
64	Paul Brown	(LiverpoolR B)	17:30	4:25:42	+ 1
65	Steven Penney	NorthDerby B	14:51	4:30:36	+ 2
66	Noel Fitzpatrick	SaltaireSt B	22:26	4:33:17	0
67	Mark Foudy	EdenRunner B	19:04	4:43:45	+ 2
68	S Topping	WeshamRoad B	16:31	4:47:22	+ 2

Fastest runners over stage 12:

1	Daniel Bebbington	PrestonHar A	11:21
2	Ahmed Farah	CityOfShef	11:32
3	Jason Cherriman	LeedsCityA B	12:03
4	Michael Burrett	LeedsCityA A	12:07
5	Bruno Lima	SalfordHar A	12:11
6	Sam Clegg	RotherhamH A	12:32
7	Alan White	SaleHarrie	12:37
8	Jordan Scott	MorpethHar	12:38
9	Ben Hobson	ChorltonRu	12:41
10	Karl Billington	BlackburnH A	12:52

Northern Athletics Road Relay Championships at Birkenhead Park on Sunday 24th March 2019

Mens 12 Stage — Team Results — Final (nn) is team position after the appropriate stage.

1 Leeds City AC			'A' 3:06:43			9 Leeds City AC			'B' 3:19:32		
1	Ossama Meslek	(2) 23:06	2	Wondiyel Indelbu	(1) 11:33	1	Ciaran Forde	(28) 25:14	2	Mick Hill	(17) 12:05
3	Gordon Benson	(1) 23:17	4	Ben Douglas	(1) 12:00	3	Chris Smith	(15) 24:56	4	Jack Allison	(15) 12:43
5	Emile Caires	(1) 22:46	6	Joe Townsend	(1) 11:56	5	Adam Stacey	(14) 25:31	6	Leon Foster	(14) 12:33
7	Linton Taylor	(1) 23:58	8	J Woodcockshaw	(1) 11:50	7	Alexander Bellew	(11) 25:03	8	Michael Salter	(11) 11:50
9	Adrian Holliday	(1) 11:54	10	John Ashcroft	(1) 11:22	9	Patrick Vis	(11) 12:57	10	Mohamed Abshir	(11) 12:15
11	Philip Sesemann	(1) 10:54	12	Michael Burrett	(1) 12:07	11	Alan Buckley	(10) 12:22	12	Jason Cherriman	(9) 12:03
2 City Of Sheffield & Dearne AC			3:12:16			10 Tyne Bridge Harriers			'A' 3:21:03		
1	James Gormley	(4) 23:13	2	Alfie Manthorpe	(2) 11:29	1	Finn Affleckbrodie	(13) 24:03	2	Marc Fenwick	(9) 11:56
3	Jonathan Shields	(2) 23:54	4	Ryan Griffiths	(3) 12:29	3	Terry Scott	(9) 24:37	4	Kieran Raey	(9) 12:15
5	Tommy Horton	(2) 23:53	6	Julian Slater	(2) 12:19	5	Michael Hedley	(10) 25:42	6	Kevin Richardson	(10) 12:36
7	Iraitz Arrospide	(2) 23:27	8	John Bailey Rice	(3) 13:30	7	Ryan Holt	(9) 25:14	8	David Wright	(10) 13:00
9	James Gray	(3) 12:30	10	Cameron Cass	(2) 11:54	9	Paul Turnbull	(10) 12:50	10	Tom Charlton	(10) 12:31
11	Matthew Fuller	(2) 12:06	12	Ahmed Farah	(2) 11:32	11	James Dunce	(9) 12:20	12	Alasdair Blain	(10) 13:59
3 Salford Harriers & AC			'A' 3:12:58			11 Vale Royal AC			3:21:27		
1	C Richards	(14) 24:04	2	Josh Tighe	(11) 12:22	1	Chris Perry	(6) 23:27	2	Benjamin Lee	(5) 11:56
3	Tom Cornthwaite	(10) 24:49	4	William Beauchamp	(11) 11:53	3	Jacob Brown	(4) 23:56	4	John Humphries	(4) 12:28
5	Carl Hardman	(7) 24:15	6	Chris Livesey	(6) 11:42	5	Andrew Miles	(8) 25:38	6	Matt Rowlinson	(8) 12:44
7	Karl Darcy	(5) 23:53	8	Marc Brown	(4) 11:41	7	Stuart Doyle	(10) 26:21	8	Alexander Doyle	(9) 12:30
9	Robert Smyk	(4) 12:23	10	Gary Priestley	(4) 11:52	9	Chris Williams	(9) 12:28	10	Ryan Moore	(9) 12:07
11	David Rigby	(3) 11:53	12	Bruno Lima	(3) 12:11	11	Gary Richardson	(11) 14:12	12	Gareth Williams	(11) 13:40
4 Liverpool Harriers & AC			3:14:33			12 Sale Harriers Manchester			3:23:44		
1	Adu Alqani Sharif	(5) 23:26	2	Daniel Preston	(3) 11:27	1	Philip Robertson	(15) 24:06	2	Jake Spilsbury	(13) 12:30
3	David Devine	(3) 23:57	4	Max Brame	(2) 12:07	3	Daniel Kashi	(11) 24:40	4	William Onek	(10) 11:39
5	Daniel Cliffe	(5) 25:23	6	Ricky Challinor	(4) 11:52	5	Alex Bradford	(12) 26:40	6	Nathan Harrison	(11) 12:03
7	A Rutherford	(3) 23:33	8	Thomas Rogerson	(2) 11:48	7	Ben McIntyre	(13) 26:43	8	James Wignall	(12) 12:20
9	James Wootton	(2) 12:11	10	Alan Ashton	(3) 13:00	9	David Marsh	(15) 14:19	10	David Rich	(14) 12:59
11	Andy Salmon	(4) 12:17	12	Richard Burney	(4) 13:32	11	Steven Henderson	(13) 13:08	12	Alan White	(12) 12:37
5 Morpeth Harriers & AC			3:14:33			13 Gateshead Harriers & AC			3:25:02		
1	George Lowry	(10) 23:55	2	Joe Armstrong	(8) 11:52	1	Conrad Franks	(19) 24:18	2	Matthew Linsley	(12) 12:17
3	Andrew Lawrence	(8) 24:48	4	James Young	(7) 11:38	3	James Cripwell	(12) 24:59	4	Steven Asquith	(13) 12:30
5	Carl Avery	(3) 23:11	6	Phillip Winkler	(3) 12:00	5	Ross Christie	(13) 26:17	6	Daniel Johnson	(13) 12:39
7	Adrian Whitwam	(4) 25:20	8	Taylor Glover	(5) 12:34	7	Daniel Alexander	(14) 25:25	8	David Old	(15) 13:22
9	Adam Pratt	(5) 12:06	10	Alex Brown	(5) 11:49	9	Steven Medd	(14) 12:52	10	Kevin Connolly	(12) 12:52
11	Tom Innes	(5) 12:42	12	Jordan Scott	(5) 12:38	11	Jonathan Malley	(12) 13:22	12	Peter Grimoldby	(13) 14:09
6 Blackburn Harriers & AC			'A' 3:15:40			14 Liverpool Pembroke & Sefton H			'A' 3:25:23		
1	Tim Raynes	(7) 23:47	2	Marc Hartley	(7) 11:54	1	Mark Wynne	(29) 25:17	2	Luke Edwards	(18) 12:26
3	Robert Warner	(6) 23:58	4	Joshua Holgate	(5) 12:09	3	Daniel Slater	(18) 25:21	4	Adam Jones	(17) 12:55
5	Jack Hindle	(6) 24:53	6	Ben Costello	(7) 12:36	5	Chris Maher	(15) 24:46	6	Daniel Jones	(15) 12:39
7	Ben Fish	(6) 23:44	8	Thomas Blaney	(6) 12:32	7	Ross Harrison	(15) 25:42	8	Tony O'Brien	(14) 12:39
9	Thomas Marchant	(6) 12:29	10	Jacob Watson	(6) 12:13	9	Jonathon Bride	(13) 12:42	10	Kevin Usher	(15) 13:44
11	C Davies	(6) 12:33	12	Karl Billington	(6) 12:52	11	Michael Gall	(15) 13:23	12	Sam Carr	(14) 13:49
7 Preston Harriers			'A' 3:16:59			15 Chorlton Runners			3:27:07		
1	Andy Benson	(9) 23:53	2	Kian Davis	(6) 11:43	1	James Savage	(23) 24:57	2	Andrew Haney	(21) 12:57
3	Nathan Dunn	(5) 23:49	4	Daniel Neal	(6) 12:28	3	David Wyeth	(19) 25:43	4	Christopher Rayner	(19) 13:20
5	C Durney	(4) 24:26	6	Tiarnan Crorcken	(5) 12:23	5	Matt Devlin	(18) 25:47	6	Gary Scott	(20) 12:59
7	Jack Deeningham	(7) 26:00	8	Ian Aguilar	(8) 12:47	7	Steven Curley	(18) 25:55	8	Jonathon Harris	(19) 13:17
9	Wesley Wilkinson	(8) 12:52	10	Byron Sowerby	(8) 12:43	9	Jonathan Lancaster	(17) 13:00	10	Will Fossard	(17) 12:51
11	Matias Grixti	(8) 12:34	12	Daniel Bebbington	(7) 11:21	11	Daniel Vasey	(18) 13:40	12	Ben Hobson	(15) 12:41
8 Rotherham Harriers & AC			'A' 3:17:32			16 Wirral AC			'A' 3:27:16		
1	Luke Cotter	(24) 25:00	2	Joseph Massingham	(16) 11:56	1	Harley Henshaw	(33) 25:51	2	Tom Spence	(25) 12:24
3	Lee Milburn	(14) 24:53	4	Jonathan Johnson	(12) 12:10	3	Joe Wigfield	(17) 24:23	4	John Heap	(16) 13:05
5	Daniel Kestrel	(9) 24:18	6	Aidan Johnson	(9) 12:23	5	Robert Deller	(17) 26:34	6	Tom Williams	(16) 12:39
7	Elliott Smales	(8) 24:10	8	Arron Larkin	(7) 12:03	7	David Brockway	(17) 25:42	8	Stephen Spence	(17) 13:47
9	Gareth Sampson	(7) 12:15	10	Philip Hoole	(7) 13:04	9	Martin Hurst	(18) 13:33	10	Ian Wallace	(18) 13:11
11	Richard Harris	(7) 12:48	12	Sam Clegg	(8) 12:32	11	Arran Kearney	(17) 12:41	12	Simon Dunk	(16) 13:26

Northern Athletics Road Relay Championships at Birkenhead Park on Sunday 24th March 2019

17 Holmfirth Harriers AC

1 Mark Buckingham (1) 23:03	2 Luke White (4) 12:13
3 Aaron Kettlewell (7) 24:34	4 Peter Laing (8) 12:40
5 Kai Sunman (11) 26:23	6 Philip Hewitt (12) 13:25
7 Steve Green (12) 26:00	8 Alex Robinson (13) 12:37
9 Clark Hind (12) 13:08	10 Lavell Pierre (13) 13:48
11 Jacob Harman (14) 13:37	12 Craig Sheard (17) 15:51

3:27:19

25 Darlington H & AC

1 Lewis Moses (3) 23:06	2 Shaun Marshall (10) 13:17
3 John Clifford (16) 25:53	4 Barry Talman (18) 14:01
5 Drew Inglis (20) 26:38	6 Wesley Tam (21) 13:42
7 Paul Allan (21) 26:04	8 Darren Thompson (20) 13:25
9 Peter Armstrong (21) 14:20	10 Karl Hume (23) 14:14
11 Tom Addison (23) 14:26	12 Jeff Miller (26) 16:23

3:35:29

18 Salford Harriers & AC

1 Matt Holt (47) 26:54	2 Ian Grime (35) 12:34
3 James Kovacs (32) 26:30	4 Adam Slodowicz (33) 13:18
5 Paul Bannister (28) 26:12	6 Gamar Adam (26) 12:34
7 Tony Taylor (26) 26:35	8 Mark Russell (24) 13:02
9 Glyn Billington (23) 13:27	10 Derek Crewe (24) 13:35
11 Benjamin Rix (21) 13:23	12 David Hudson (19) 13:02

'B' 3:31:06

26 Altrincham & District AC

1 Akkeal Chambers (27) 25:08	2 Michael Berks (29) 13:26
3 David Norman (21) 25:11	4 Karl Lee (21) 13:35
5 Kris Matuszczak (24) 27:17	6 Richard Lane (25) 13:21
7 Matt Gawne (27) 28:16	8 Dan Martell (28) 13:38
9 Steven Renny (28) 13:59	10 Richard Evans (29) 14:26
11 Ryan Ganose (28) 13:31	12 Nick Bugler (27) 14:15

3:36:03

19 Valley Striders AC

1 Matthew Hallam (34) 25:52	2 Rav Panesar (31) 13:01
3 David Herdsman (27) 26:17	4 Tom Venning (27) 13:12
5 John Hobbs (23) 26:05	6 Ross Bibby (23) 13:22
7 Tom Thomas (22) 26:06	8 Gary Mann (23) 13:28
9 Daniel Fisher (24) 13:51	10 Matt Chadwick (22) 13:17
11 Gwilym Thomas (22) 13:35	12 David Song (20) 13:06

3:31:12

27 Sunderland Harriers & AC

1 Steven McMahon (43) 26:44	2 Sean Mackie (38) 12:52
3 Steve Rankin (39) 27:43	4 Nathan Reed (34) 12:19
5 Andrew Powell (26) 25:15	6 Christopher Bell (24) 12:58
7 Robert Walker (23) 26:08	8 Paul Blakey (22) 12:55
9 Kris Cantle (22) 13:39	10 Jason Waite (21) 13:47
11 C Davison (26) 15:43	12 James Johnson (28) 16:33

3:36:36

20 Keswick AC

1 Mark Lamb (16) 24:10	2 S Hebblethwaite (15) 12:44
3 John Battrick (13) 24:49	4 Daniel Mills (14) 13:09
5 Sam Stead (16) 26:17	6 Steven Halsall (17) 13:49
7 Tristan Windley (20) 27:19	8 Lee Roe (18) 12:12
9 James Haworth (19) 13:57	10 Stuart Edgington (20) 14:41
11 Steve Jones (19) 14:29	12 Chris Brewer (21) 14:01

3:31:37

28 Wallasey AC

1 Joseph Boden (20) 24:25	2 Greg Jones (20) 13:23
3 Connor Mcardle (28) 27:42	4 Tom Gillbanks (28) 13:14
5 Rob Pearse (25) 26:06	6 Matt Gillbanks (29) 14:22
7 Jack Poland (28) 27:15	8 Kevin Hall (30) 14:58
9 Matt Wilson (30) 14:05	10 Mark Carruthers (30) 14:10
11 Michael Green (29) 13:58	12 Alex Norton (29) 13:35

3:37:13

21 Trafford AC

1 Simon O'meara (26) 25:06	2 Jack Wilkinson (19) 12:39
3 Matthew Sutton (25) 26:21	4 Alex Jones (20) 12:55
5 Jeff Prest (19) 25:47	6 David Horniman (18) 12:15
7 Darren Russell (19) 26:44	8 Greg Marcroft (21) 14:21
9 Rushwan Lewis (20) 13:31	10 Daniel Hayes (19) 13:25
11 Gareth Woodcock (20) 14:39	12 Jacob Fletcher (22) 14:45

'A' 3:32:28

29 Heaton Harriers & AC

1 James McKenzie (30) 25:28	2 Ian Robinson (23) 12:39
3 James Meader (20) 25:31	4 Andy Burden (22) 13:52
5 David Coe (27) 27:25	6 Ian Norman (28) 13:55
7 Phillip Jamieson (31) 28:19	8 Philip Green (31) 15:05
9 Les Smith (31) 13:58	10 Charlie Townsend (31) 13:53
11 Calum Mills (31) 13:59	12 Jordon Cairns (30) 13:30

3:37:34

22 Steel City Striders RC

1 Thomas Holloway (44) 26:46	2 Steve Canning (36) 12:43
3 Stuart Carrack (35) 27:03	4 Stephen Schubeler (35) 13:12
5 J Sweetnampowell (33) 26:36	6 Liam Turner (30) 12:54
7 B Jones (29) 27:15	8 Andrew Norton (27) 12:59
9 Samuel Brown (26) 13:17	10 James Fulcher (26) 13:46
11 Kristoff Boynton (24) 12:39	12 Robert Bishop (23) 13:36

'A' 3:32:46

30 Liverpool RC

1 Thomas Wilson (35) 25:54	2 Robert Kelly (32) 13:16
3 Jamie Rutherford (29) 26:21	4 James Toohey (26) 12:42
5 Adam Simkin (31) 27:52	6 Matthew Clair (32) 13:40
7 Carl Murphy (32) 28:19	8 John Mannion (32) 14:13
9 Marc Jacques (33) 14:34	10 Kyle Harrison (32) 14:41
11 David Lawton (32) 14:34	12 Alex Rigby (31) 13:33

'A' 3:39:39

23 Warrington A C

1 Tom Greaves (40) 26:27	2 Jack Wadsworth (41) 13:33
3 Paul Bagan (38) 26:57	4 Leighton Sharman (38) 13:14
5 Nick Jones (30) 25:45	6 Daniel Fox (27) 12:35
7 Luke Gamble (24) 25:47	8 J Leatherbarrow (25) 14:00
9 Colin Bishop (25) 13:16	10 Daniel Newman (25) 14:20
11 Jack Stubbings (25) 13:41	12 Charlie Turnbull (24) 13:18

3:32:53

31 Bury AC

1 Benjamin Coop (22) 24:50	2 Gary Crowshaw (26) 13:26
3 Byron Edwards (24) 25:43	4 Paul Johnston (23) 13:39
5 Josh Birmingham (21) 26:10	6 Rick Solman (22) 13:49
7 Patrick Babb (25) 26:48	8 Giles Bennett (26) 14:25
9 Jack Griffiths (27) 14:08	10 Anthony Hallahan (28) 14:50
11 Andrew Worthington (30) 15:53	12 Colin Smith (32) 16:58

3:40:39

24 York Knavesmire Harriers

1 Stuart Grange (32) 25:41	2 Jonathan Pinder (28) 12:49
3 Gareth Green (30) 27:04	4 Stewart Creasey (29) 13:13
5 Richard Purser (32) 27:21	6 Ewan Sewell (31) 13:23
7 Simon Fricke (30) 27:28	8 Toby Hone (29) 13:32
9 Mike Crosby (29) 13:29	10 Simon Collins (27) 13:28
11 Peter Walker (27) 13:39	12 Russell Bowry (25) 13:44

'A' 3:34:51

32 Halifax Harriers & AC

1 James Habberghan (12) 24:02	2 Ian Whitehouse (22) 13:58
3 Ben Crowther (23) 25:54	4 Andrew Wiggins (31) 15:05
5 Peter Clegg (29) 26:51	6 Ryan Barker (33) 14:31
7 Michael Gaughan (33) 28:32	8 Niall Smith (33) 13:50
9 Simon Johnson (32) 13:30	10 Mark Gaughan (35) 16:56
11 Liam Spencer (37) 14:43	12 Will Smith (33) 13:11

3:41:03

Northern Athletics Road Relay Championships at Birkenhead Park on Sunday 24th March 2019

33 Saltaire Striders

1	Matthew Nowell	(42)	26:33
3	Andy Brown	(51)	28:07
5	Martin Fillingham	(45)	27:06
7	Will Kerr	(43)	27:34
9	Steven Fowler	(41)	13:56
11	Matthew Richardson	(38)	13:24

'A' 3:41:25

2	Stewart Spink	(51)	15:05
4	Chris Jones	(51)	15:00
6	James Goodall	(45)	14:15
8	Stuart Dunbar	(43)	14:12
10	Tim Baldwin	(39)	12:41
12	Craig Beza	(34)	13:32

41 Eden Runners

1	Phil Cooper	(61)	28:44
3	Jonathan Cox	(41)	25:01
5	Danny Jones	(36)	27:33
7	Michael Parkin	(41)	27:27
9	Nick Stamper	(45)	14:58
11	James Grinbergs	(43)	14:57

'A' 3:47:31

2	Craig Bottomley	(58)	13:57
4	Joshua Liddle	(37)	12:28
6	Ken Baker	(41)	17:20
8	Alex Mitchell	(42)	15:04
10	John Williams	(42)	14:25
12	John Bridge	(42)	15:37

34 Barlick Fell Runners

1	David Poole	(54)	27:59
3	Jonathan Cleaver	(45)	26:16
5	Ian Beresford	(42)	27:19
7	Ian Livesey	(34)	25:50
9	Andrew Carson	(36)	14:26
11	Scott Mccredie	(34)	13:50

3:41:29

2	Shaun Chew	(53)	13:59
4	Andrew Collins	(42)	13:35
6	James Austin	(38)	14:24
8	Derek Walkden	(35)	15:11
10	Christopher Smale	(36)	14:38
12	Ian Cocks	(35)	14:02

42 Kendal Amateur AC

1	Jonathan Dry	(17)	24:11
3	Matthew Doey	(22)	26:56
5	Richard Wilson	(22)	26:33
7	Matthew Wilson	(38)	27:31
9	Luc Mockridge	(38)	14:26
11	Duncan Copley	(42)	14:44

3:47:46

2	Reuben Copley	(14)	12:40
4	Carl Hanaghan	(24)	13:55
6	Conner Mcgurk	(40)	20:02
8	Will Sisson	(39)	14:04
10	Matthew Dunn	(41)	16:08
12	Stuart Mcgurk	(43)	16:36

35 West Cheshire AC

1	Thomas Booth	(46)	26:51
3	Andrew Carter	(55)	29:18
5	Steven Fernyhough	(51)	28:30
7	Mark Davies	(48)	28:57
9	Ethan Ackroyd	(40)	12:18
11	Jac Goodall	(35)	13:11

3:41:45

2	Andrew Clague	(52)	14:53
4	Neil Hershaw	(52)	13:47
6	Ian Gloyne Phillips	(49)	14:16
8	Bradley Spurdens	(45)	12:52
10	Joseph Morrison	(37)	12:34
12	Rory Willson	(36)	14:18

43 Leigh Harriers & AC

1	William Rawson	(21)	24:26
3	Thomas Henders	(31)	27:28
5	Phillip Williams	(34)	28:33
7	Allister Goulding	(40)	30:08
9	Liam Moore	(44)	15:01
11	John Howarth	(45)	15:27

3:47:49

2	Alexander Urmston	(27)	13:53
4	Joseph Wane	(25)	12:24
6	Kristian Wade	(35)	15:34
8	Martin Conroy	(41)	14:45
10	Mark Gornall	(44)	15:36
12	John Indricks	(44)	14:34

36 Bolton United Harriers & AC

1	John Knowles	(48)	26:55
3	Chris Povey	(34)	28:14
5	Chris Pickford	(37)	28:53
7	Stephen Bonney	(35)	29:01
9	Dominic Gavin	(34)	14:17
11	Jack Heggie	(36)	14:29

3:42:11

2	Jonathan Kay	(24)	11:17
4	Declan Toomey	(30)	12:28
6	Daniel Shaw	(34)	13:15
8	Mark Wolstencroft	(34)	14:11
10	David Chrystal	(34)	14:31
12	Craig Kenny	(37)	14:40

44 North Derbyshire RC

1	Nick Baker	(36)	25:54
3	Tim Clayton	(43)	28:30
5	Ian Monaghan	(47)	29:40
7	Ashley Crow	(47)	28:41
9	Henry Kay	(46)	13:50
11	Daniel Teasel	(44)	14:32

'A' 3:48:11

2	Mario Castelluccio	(37)	13:39
4	Dean Mclaughlin	(44)	14:45
6	Adam Darnell	(48)	15:05
8	Andy Tarry	(46)	13:22
10	Andrew Todd	(45)	14:35
12	Gary Elkington	(45)	15:38

37 Kirkby Milers AC

1	Ryan Jones	(50)	27:19
3	Thomas Dempsey	(36)	26:30
5	James Ellis	(41)	28:22
7	Lee Moore	(39)	28:21
9	Jay Williams	(35)	13:33
11	Alan Healy	(33)	13:53

'A' 3:42:49

2	Tom Marper	(42)	12:50
4	Chris Murphy	(39)	14:01
6	Lewis Houghton	(39)	14:55
8	Jamie Pugh	(36)	12:55
10	Liam Brown	(33)	14:11
12	Gary Wilton	(38)	15:59

45 Blackhill Bounders

1	Jordan Bell	(25)	25:06
3	Gary Wallace	(26)	25:36
5	Patrick Duffy	(35)	28:22
7	David Best	(42)	28:13
9	Trevor Jones	(42)	15:46
11	Jon Dodds	(46)	15:57

3:50:41

2	David Humble	(33)	14:14
4	Liam Reed	(32)	14:05
6	Aidan Hughes	(42)	17:48
8	Mark Fish	(40)	12:56
10	James Newton	(46)	16:04
12	David Goodfellow	(46)	16:34

38 Blackburn Harriers & AC

1	Paul Brindle	(41)	26:28
3	Joseph Howe	(40)	27:01
5	Calum Holmes	(38)	27:41
7	Paul Guinan	(37)	28:16
9	Paul Jeffries	(39)	15:01
11	Matthew Poole	(40)	14:42

'B' 3:44:33

2	Daniel Maynard	(44)	13:54
4	Joe Gebbie	(36)	12:45
6	John Cookson	(37)	15:35
8	Mark Almond	(38)	14:03
10	John Chaplin	(40)	14:46
12	John Foster	(39)	14:21

46 Clayton-Le-Moors Harriers

1	Ryan Bradshaw	(49)	27:03
3	Matthew Duckworth	(54)	28:14
5	Daniel Fleming	(49)	27:43
7	James Dunderdale	(46)	28:17
9	Andrew Foster	(47)	15:21
11	Richard Briscoe	(48)	15:15

3:53:32

2	Craig Nicholls	(54)	15:05
4	Iain Wilkinson	(53)	14:35
6	Jason Pier	(47)	14:50
8	Gary Moore	(48)	16:41
10	Dominic Clayton	(49)	15:30
12	Andrew Webster	(47)	14:58

39 St Helens Sutton AC

1	Thomas Griffiths	(18)	24:16
3	Steven Anders	(42)	28:10
5	David Twigg	(39)	26:23
7	Jake Healy	(36)	28:40
9	Matt Blake	(37)	14:31
11	Gregory Williams	(39)	14:27

3:44:42

2	Ian Roberts	(39)	15:26
4	John Appleton	(41)	13:37
6	Barry Graney	(36)	14:53
8	Leon Hill	(37)	14:04
10	Chris Taylor	(38)	14:28
12	Ian Costello	(40)	15:47

47 East Cheshire Harriers & Tames

1	Tom Mcguinness	(37)	26:06
3	Timothy Greenald	(44)	28:01
5	Harry Craven	(43)	28:35
7	Jonathan Aust	(45)	29:17
9	Martin Stout	(49)	17:07
11	James Hartshome	(49)	16:04

3:54:43

2	Michael Stansfield	(43)	14:05
4	Darren Smith	(43)	14:21
6	Liam Browne	(43)	14:04
8	Stephen Roberts	(47)	17:04
10	Jacob Taylor	(47)	14:14
12	Gary Matthews	(48)	15:45

40 Steel City Striders RC

1	Thomas King	(51)	27:26
3	Conor O'boyle	(49)	28:32
5	Ronan Charlton	(44)	28:34
7	Hal Roberts	(44)	28:41
9	Malcolm Baggaley	(43)	14:14
11	James Hogg	(41)	14:02

'B' 3:45:46

2	Chris Guy	(47)	13:40
4	Matt Rimmer	(45)	13:34
6	Tim Holt	(44)	13:41
8	Alasdair Menmuir	(44)	13:48
10	Tom Cudmore	(43)	14:56
12	Michael Greer	(41)	14:38

48 Wirral AC

1	Mark Hulmston	(57)	28:16
3	Kelvin Dickinson	(52)	28:49
5	Dave Gain	(55)	30:12
7	Richard Farrar	(50)	28:29
9	Peter Fraser	(48)	15:10
11	Gareth Langford	(47)	15:25

'B' 3:54:52

2	Jacob Brophy	(49)	13:05
4	Richard Bargh	(48)	14:08
6	Nick Wilson	(56)	15:22
8	Richard Davies	(50)	14:32
10	Matthew Rutherford	(48)	15:03
12	Christopher Ball	(49)	16:21

Northern Athletics Road Relay Championships at Birkenhead Park on Sunday 24th March 2019

49 Penny Lane Striders

1 Nigel Grant (68) 30:20	2 Josh Keogh (64) 13:46
3 Neil Hennigan (62) 28:35	4 Jay Clarke (55) 12:53
5 Graham Douglas (52) 27:51	6 Patrick Boyle (46) 14:03
7 Matthew Cook (49) 30:16	8 Nigel Foo (51) 16:00
9 Roy Hughes (51) 16:17	10 Lee Warburton (51) 14:45
11 Richard Costain (50) 15:12	12 Andrew Troy (50) 16:53

50 Liverpool Pembroke & Sefton H 'B' 3:57:21

1 Greg Callaghan (59) 28:39	2 Daniel Gilbody (59) 14:09
3 Paul Milburn (58) 28:38	4 Sean Kirkbride (57) 14:51
5 Andrew Foster (56) 28:50	6 Phil Macdonald (53) 14:00
7 Chris Pedder (56) 32:12	8 Andrew Conway (57) 15:40
9 Richard Weeks (53) 14:22	10 Ryan Blackwell (52) 14:41
11 Graham Cairns (51) 15:17	12 Robbie Wood (51) 16:02

51 Salford Harriers & AC

1 Mathew Dickinson (55) 28:01	2 Mark Egerton (60) 14:53
3 Gareth Chew (60) 29:21	4 Adam Curtis (56) 13:54
5 Luke Wordsworth (58) 29:19	6 Charles Foster (55) 13:53
7 Paul Birkett (51) 29:03	8 D Brocklehurst (49) 14:10
9 James O'connor (50) 17:03	10 Grant Gunnanderson (50) 14:39
11 Roland Bowness (53) 18:44	12 Paul Stephens (52) 14:44

52 Leven Valley AC

1 Ryan Everett (53) 27:40	2 David Parker (57) 14:49
3 Dave McNally (57) 28:48	4 Matthew Wall (49) 13:07
5 Josh Murphy (53) 29:15	6 James Bailey (51) 14:26
7 Chris Durkin (55) 33:08	8 Stephen Leadbetter (55) 15:33
9 Nathan Harris (55) 16:09	10 Paul Corkill (55) 15:25
11 Jake Cooper (54) 15:19	12 Ben Gill (53) 15:12

53 Accrington Road Runners

1 James Mcleod (63) 28:48	2 Graham Hargreaves (65) 15:21
3 Chris Halstead (64) 28:45	4 Damian Fletcher (64) 16:23
5 Neil Williamson (61) 30:12	6 Neil Thompson (60) 15:31
7 Josh Woodstock (60) 29:31	8 Liam Moden (60) 16:23
9 Richard Grice (60) 15:31	10 Glen Goodwin (59) 14:15
11 David Savage (58) 15:19	12 Graham Morris (54) 14:07

54 Penistone Footpath Runners & A

1 Charlie Skipper (52) 27:33	2 Lee Storey (50) 13:49
3 Shaun Dimelow (50) 28:20	4 Robert Lees (50) 14:46
5 Matthew Robinson (50) 28:43	6 Peter Knight (52) 15:46
7 Robin Clough (52) 30:12	8 Oliversimon Pike (52) 14:41
9 Paul Fryers (52) 16:13	10 Richard Docker (53) 16:01
11 Steve Dommert (56) 18:54	12 John Broom (55) 15:08

55 St Helens Striders

1 Jonjo Doherty (31) 25:34	2 Kane Green (30) 13:16
3 Daniel Cheetham (37) 28:06	4 Mark Hamilton (47) 17:03
5 Peter Fairclough (48) 28:34	6 Mark Fillingham (57) 18:18
7 Kieran Allen (57) 30:52	8 John Williams (56) 15:04
9 Stephen Pickavance (59) 18:22	10 Craig Whittaker (58) 15:16
11 Eric Ranson (57) 14:42	12 Matthew Parmenter (56) 15:24

56 Preston Harriers

1 Lee Foley (56) 28:15	2 Simon Robinson (48) 13:04
3 Benjamin Read (56) 29:48	4 Ian Patterson (63) 17:52
5 Dougie Potter (60) 30:00	6 Andy Lea (61) 16:36
7 Neil McDonald (61) 30:23	8 Daniel Higgins (62) 17:11
9 Steve Boardman (61) 14:38	10 Niall Higham (61) 15:33
11 Alex Venables (60) 13:58	12 Steve Hallas (57) 13:52

57 UtsRC

1 William Barr (38) 26:15	2 John Hammond (45) 14:35
3 Paul Bradford (47) 28:31	4 Roger Graham (54) 15:37
5 Matthew Goodwin (46) 27:28	6 Bryan Stevenson (50) 15:25
7 Richard Burrows (54) 31:52	8 Steve Ellis (53) 14:55
9 Phillip Stanley (56) 18:25	10 Andrew Cotgrave (57) 16:54
11 Paul Holmes (59) 16:36	12 Nicholas Stone (58) 15:17

4:01:50

58 Burnden Road Runners

1 Michael Caine (62) 28:47	2 Chris Worthington (63) 14:41
3 Steve Nolan (63) 29:14	4 Jonathan Sangster (59) 14:08
5 Edmund Ashton (59) 31:17	6 Gareth Doherty (59) 15:04
7 Lee White (59) 30:02	8 Richard Pollitt (59) 15:14
9 Tony Wall (58) 16:10	10 Marcus Chester (56) 14:46
11 Andy Dunleavy (55) 15:28	12 Steven Bate (59) 17:02

'A' 4:01:53

59 Wesham Road Runners & AC

1 Simon Denye (64) 28:56	2 Steven Gore (62) 14:18
3 Lee Barlow (59) 28:56	4 C Hastwell (58) 14:17
5 David Taylor (57) 28:41	6 Martin Bates (58) 16:54
7 Thomas Crabtree (58) 31:01	8 Mark Renshall (58) 14:41
9 Michael Edge (57) 16:47	10 John Collier (60) 17:18
11 Colin Smy (61) 18:48	12 Jason Parkinson (60) 15:52

'A' 4:06:29

60 Keighley & Craven AC

1 Pete Lloyd (67) 30:15	2 Ryan Watmough (61) 12:50
3 John Conroy (65) 32:04	4 Tom Barrett (61) 12:40
5 Sam Overend (63) 33:18	6 Scott Birstow (62) 14:32
7 Alan Kirton (62) 31:20	8 Ian Maher (61) 15:19
9 Craig Whale (62) 16:02	10 Michael Griffiths (62) 16:29
11 Matt House (62) 16:49	12 Gary Ward (61) 15:56

4:07:34

61 Chester Triathlon Club

1 Simon Wilde (58) 28:21	2 Paul Hancock (56) 14:01
3 Stephen Spall (67) 33:36	4 Steve Holliman (65) 17:21
5 Simon Greenwood (65) 32:24	6 Ian Jelley (64) 16:56
7 Michael Waring (63) 30:20	8 Ian Atkinson (63) 15:19
9 Michael Kane (63) 15:52	10 Paul Carter (63) 20:04
11 Sean Simmons (63) 15:51	12 Jonathan Davies (62) 16:48

4:16:53

62 North Derbyshire RC

1 Paul Clark (75) 40:41	2 Gary Bates (74) 16:54
3 Richard Corker (73) 31:54	4 Michael May (71) 17:40
5 Wayne Church (71) 32:26	6 Shaun Johnson (70) 18:16
7 Stephen Moss (67) 31:38	8 Steve Bennett (67) 16:44
9 Paul Kerry (68) 19:21	10 Sam Passingham (67) 14:40
11 Tom Topham (67) 15:31	12 Steven Penney (65) 14:51

'B' 4:30:36

63 Saltaire Striders

1 Graham Terry (71) 32:25	2 Adam Camp (73) 19:09
3 John Singh (72) 33:01	4 Jack Verity (70) 16:50
5 Graham Corbett (66) 30:25	6 S Hetherington (66) 16:09
7 Darren Parker (66) 35:33	8 Robert Boughen (66) 17:00
9 Tim Mosedale (66) 16:27	10 Craig Elliot (66) 18:48
11 Frank Beecroft (66) 15:04	12 Noel Fitzpatrick (66) 22:26

'B' 4:33:17

64 Eden Runners

1 Geoffrey Chapman (8) 23:52	2 Roy Bottomley (46) 17:07
3 Andrew Walker (68) 36:11	4 Paul Saager (66) 18:15
5 David Peacock (68) 39:10	6 Paul Renwick (68) 19:55
7 Mark Osborne (69) 37:10	8 Colin Munro (69) 17:08
9 Dennis Cartwright (69) 20:46	10 Dave Evans (69) 17:03
11 Nigel Hierons (69) 18:04	12 Mark Foudy (67) 19:04

'B' 4:43:45

Northern Athletics Road Relay Championships at Birkenhead Park on Sunday 24th March 2019

65 Wesham Road Runners & AC 'B' 4:47:22

1 Neil Gregson (69) 31:12	2 E Costello (68) 15:40
3 Rob Wallace (69) 33:54	4 Ben Wrigley (67) 16:47
5 Ryan Azzopardi (69) 37:24	6 Peter Bartlett (69) 21:24
7 Peter Rooney (70) 37:45	8 Simon Young (70) 19:44
9 Graham Cunliffe (70) 19:37	10 Stephen Twist (70) 20:10
11 James Birchall (70) 17:14	12 S Topping (68) 16:31

Fastest of all long legs

1 Emile Caires	LeedsCityA	A	22:46	(5)
2 Mark Buckingham	HolmfirthH		23:03	(1)
3 Ossama Meslek	LeedsCityA	A	23:06	(1)
= Lewis Moses	Darlington		23:06	(1)
5 Carl Avery	MorpethHar		23:11	(5)
6 James Gormley	CityOfShef		23:13	(1)
7 Gordon Benson	LeedsCityA	A	23:17	(3)
8 Aduaqani Sharif	LiverpoolH		23:26	(1)
9 Chris Perry	ValeRoyalA		23:27	(1)
= Iraitz Arrospe	CityOfShef		23:27	(7)

Disqualified -

Horwich R M I Harriers 3:27:40

1 Michael Chadderton (45) 26:50	2 Alastair Murray (40) 13:05
3 Richard Howarth (33) 26:18	4 Martyn Bell (40) 14:52
5 James Jordan (40) 26:57	6 DISQUALIFIED (19) 7:34
7 J Scottfarrington (16) 24:26	8 Andrew Lloyd (16) 13:32
9 Andrew Crickmore (16) 13:42	10 Jonathan Bruton (16) 13:03
11 Julian Goudge (16) 13:04	12 Marcus Taylor (18) 14:17

Fastest of all short legs

1 Philip Sesemann	LeedsCityA	A	10:54	(11)
2 Jonothan Kay	BoltonUnit		11:17	(2)
3 Daniel Bebbington	PrestonHar	A	11:21	(12)
4 John Ashcroft	LeedsCityA	A	11:22	(10)
5 Daniel Preston	LiverpoolH		11:27	(2)
6 Alfie Manthorpe	CityOfShef		11:29	(2)
7 Ahmed Farah	CityOfShef		11:32	(12)
8 Wondiye Indelbu	LeedsCityA	A	11:33	(2)
9 James Young	MorpethHar		11:38	(4)
10 William Onek	SaleHarrie		11:39	(4)

Burnden Road Runners 'B' 4:21:46

1 Adrian Ashburn (73) 34:34	2 Marcus Hamer (72) 16:57
3 DISQUALIFIED (48) 17:58	4 Ged Turner (60) 17:23
5 Christophe Menand (62) 34:00	6 Mel Walker (63) 19:53
7 Andy Duffy (64) 33:13	8 John Edge (64) 18:47
9 Mark Butler (64) 17:37	10 Andrew Warburton (64) 18:31
11 Chris Greenall (64) 17:23	12 Mark Cannon (63) 15:30

Liverpool RC 'B' 4:25:42

1 Tim Waldron (74) 34:45	2 Dean Wilson (71) 15:01
3 DISQUALIFIED (46) 18:49	4 Matt Helme (62) 19:57
5 Graham Cushion (64) 35:06	6 Rob Armes (65) 21:07
7 Philip O'rouke (65) 33:12	8 Jonathan Fisher (65) 15:04
9 Kenny Worrall (65) 22:03	10 Tony Holmes (65) 15:34
11 Kevin Shannon (65) 17:34	12 Paul Brown (64) 17:30

Incomplete Teams:

York Knavesmire Harriers 'B'

1 Glynn Ellwood (60) 28:43	2 Robert Ward (55) 13:27
3 Luke Osborn (53) 28:11	4 Nick Zissler (46) 13:35
5 Rory Henderson (54) 30:17	6 Stephen Clarke (54) 15:06
7 Darren Noyland (53) 30:22	8 Pete Downes (54) 15:47
9 John Nodder (54) 17:24	10 Tom Sinclair (54) 14:38
11 Andrew Lowson (52) 15:11	

Penny Lane Striders 'B'

1 Colin Dobbs (70) 32:06	2 Andrew Biddle (69) 15:02
3 Tommy Burke (71) 36:57	4 J Labercraig (68) 16:22
5 Matt Dutton (70) 37:13	6 David Lynan (67) 15:08
7 Tony Green (68) 37:05	8 Gary Cook (68) 18:26
9 Martin Hirrell (67) 16:43	10 James Roberts (68) 16:47
11 Barry Bright (68) 16:26	

Liverpool Pembroke & Sefton H 'C'

1 Mark Hudson (72) 33:48	2 Shaun Lea (70) 15:25
3 John Halson (70) 31:57	4 John Dobie (69) 19:24
5 John Dickinson (67) 32:09	

Rotherham Harriers & AC 'B'

1 Steven Sims (39) 26:17	2 Jack Stokes (34) 13:11
3 James Gallacher (61) 33:08	

Trafford AC 'B'

1 Richard Turner (65) 30:02	2 Craig Wheeler (67) 15:22
3 Blake Ellis (66) 30:12	

Leeds City AC 'C'

1 Simon Ellis (66) 30:08	2 Liam O'brien (66) 14:32
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Border Harriers & AC

1 James Douglas (11) 24:01
