

Manchester Area Cross Country League

at Heaton Park on Saturday 8th February 2020

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

| Pos | Num | Name | Club | Time | Pos | Num | Name | Club | Time |
|-----|-----|-----------------|--------------------------------|-------|-----|-----|-------------------|--------------------------------|-------|
| 1 | 41 | Ben Keeley | Sale Harriers Manchester | 10:49 | 26 | 26 | Hugo Blackwell | Macclesfield Harriers & Ac | 12:50 |
| 2 | 43 | Liam O'Brien | Sale Harriers Manchester | 10:51 | 27 | 929 | Conor Hartley | Wirral Ac | 12:51 |
| 3 | 49 | Evan Grime | Salford Harriers & AC | 10:52 | 28 | 774 | Thomas Messenger | Vale Royal Ac | 12:53 |
| 4 | 76 | Ben Pold | Wirral Ac | 10:54 | 29 | 48 | Asa Backhouse | Salford Harriers & AC | 13:00 |
| 5 | 42 | Dan Oakes | Sale Harriers Manchester | 11:03 | 30 | 68 | Dylan Langley | Warrington A C | 13:01 |
| 6 | 887 | Michael Phelan | Wirral Ac | 11:08 | 31 | 873 | Edward Moore | Wirral Ac | 13:09 |
| 7 | 18 | Alfie Manser | East Cheshire Harriers & Tames | 11:09 | 32 | 12 | E Figgins-Barrett | East Cheshire Harriers & Tames | 13:10 |
| 8 | 802 | Jake Ireland | Macclesfield Harriers & Ac | 11:13 | 33 | 51 | Jack Broadhurst | Salford Metropolitan Ac | 13:16 |
| 9 | 75 | Malachi Harty | Wirral Ac | 11:13 | 34 | 24 | Charlie Larkin | Halton & Frodsham Harriers | 13:21 |
| 10 | 45 | Jake Royle | Sale Harriers Manchester | 11:26 | 35 | 36 | Adrian White | Manchester Triathlon Club | 13:31 |
| 11 | 827 | Charlie Rigby | Liverpool Harriers & Ac | 11:36 | 36 | 9 | Dylan Gray | Buxton AC | 13:38 |
| 12 | 39 | Alex Fraser | Sale Harriers Manchester | 11:40 | 37 | 57 | Luke Wilson | St Helens Sutton Ac | 13:39 |
| 13 | 61 | Evan Lewis | Trafford Athletic Club | 11:40 | 38 | 846 | Aodhan Martin | Knutsford Tri | 13:42 |
| 14 | 38 | Joe Eyre | Sale Harriers Manchester | 11:55 | 39 | 783 | Harry Griffiths | St Helens Sutton Ac | 13:42 |
| 15 | 65 | Spencer Astbury | Warrington A C | 11:58 | 40 | 909 | Jonah Ashworth | Knutsford Harriers & Athletics | 13:43 |
| 16 | 47 | Ed Spark | Sale Harriers Manchester | 12:07 | 41 | 16 | Samuel Horner | East Cheshire Harriers & Tames | 13:51 |
| 17 | 7 | Jonty Brown | Buxton AC | 12:13 | 42 | 776 | Noah Simpson | Vale Royal Ac | 13:51 |
| 18 | 53 | Noah Cronshaw | Salford Metropolitan Ac | 12:14 | 43 | 785 | Ben Genner | St Helens Sutton Ac | 13:56 |
| 19 | 753 | Zach Rose | Stockport Harriers & Ac | 12:16 | 44 | 15 | Joseph Horner | East Cheshire Harriers & Tames | 13:57 |
| 20 | 34 | Thomas Wood | Macclesfield Harriers & Ac | 12:19 | 45 | 5 | Eoin McHale | Altrincham & District AC | 14:06 |
| 21 | 28 | Jared Dickinson | Macclesfield Harriers & Ac | 12:32 | 46 | 11 | Ryan O'Boye | East Cheshire Harriers & Tames | 14:35 |
| 22 | 25 | Ewan Cole | Liverpool Harriers & Ac | 12:33 | 47 | 845 | Max Bowes | Knutsford Tri | 14:39 |
| 23 | 809 | Gabriel Oakley | Salford Harriers & AC | 12:38 | 48 | 62 | Barney Watson | Trafford Athletic Club | 14:55 |
| 24 | 13 | Marshall Fleet | East Cheshire Harriers & Tames | 12:38 | 49 | 63 | Joe Watson | Trafford Athletic Club | 14:58 |
| 25 | 912 | Oliver Almond | St Helens Sutton Ac | 12:43 | 50 | 586 | Aidan Larkin | Halton & Frodsham Harriers | 18:57 |

Under 11 - Boys — TEAM RESULTS

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

| | | | | | | | | | |
|---|--------------------------------|-----|---|----|---------------|----|----------------|----|-------------------|
| 1 | Sale Harriers Manchester | 8 | — | 1 | Ben Keeley | 2 | Liam O'Brien | 5 | Dan Oakes |
| 2 | Wirral Ac | 19 | — | 4 | Ben Pold | 6 | Michael Phelan | 9 | Malachi Harty |
| 3 | Sale Harriers Manchester 'B' | 36 | — | 10 | Jake Royle | 12 | Alex Fraser | 14 | Joe Eyre |
| 4 | Macclesfield Harriers & Ac | 49 | — | 8 | Jake Ireland | 20 | Thomas Wood | 21 | Jared Dickinson |
| 5 | Salford Harriers & AC | 55 | — | 3 | Evan Grime | 23 | Gabriel Oakley | 29 | Asa Backhouse |
| 6 | East Cheshire Harriers & Tames | 63 | — | 7 | Alfie Manser | 24 | Marshall Fleet | 32 | E Figgins-Barrett |
| 7 | St Helens Sutton Ac | 101 | — | 25 | Oliver Almond | 37 | Luke Wilson | 39 | Harry Griffiths |
| 8 | Trafford Athletic Club | 110 | — | 13 | Evan Lewis | 48 | Barney Watson | 49 | Joe Watson |
| 9 | East Cheshire Harriers & T 'B' | 131 | — | 41 | Samuel Horner | 44 | Joseph Horner | 46 | Ryan O'Boye |

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

| Pos | Num | Name | Club | Time | Pos | Num | Name | Club | Time |
|-----|-----|------------------|--------------------------------|-------|-----|-----|--------------------|--------------------------------|-------|
| 1 | 143 | Lexie Ellis | Wespa Fire Athletics | 11:20 | 29 | 135 | Cara Gregory | Warrington A C | 13:37 |
| 2 | 142 | Holly Cross | Wespa Fire Athletics | 11:31 | 30 | 94 | Ava Royle | East Cheshire Harriers & Tames | 13:40 |
| 3 | 151 | Leila Vesey | Wirral Ac | 11:37 | 31 | 144 | Emma Hull | Wespa Fire Athletics | 13:40 |
| 4 | 822 | Bailey Hughes | Liverpool Harriers & Ac | 11:59 | 32 | 91 | Isla Herring | East Cheshire Harriers & Tames | 13:45 |
| 5 | 108 | Isobel Hall | Sale Harriers Manchester | 12:01 | 33 | 764 | Leah Smith | Vale Royal Ac | 13:51 |
| 6 | 134 | Ellie Barker | Warrington A C | 12:04 | 34 | 844 | Eva McCarthy | Bramhall Runners | 13:51 |
| 7 | 145 | Ruby Phillips | West Cheshire Athletic Club | 12:12 | 35 | 98 | Rose Cassidy | Macclesfield Harriers & Ac | 13:51 |
| 8 | 118 | Sasha Bartalotta | Salford Harriers & AC | 12:15 | 36 | 800 | Amelia Jones | East Cheshire Harriers & Tames | 13:55 |
| 9 | 113 | Oonagh McManus | Sale Harriers Manchester | 12:20 | 37 | 97 | Lexi Webb | Liverpool Harriers & Ac | 13:58 |
| 10 | 780 | Isla Pastor | Wespa Fire Athletics | 12:21 | 38 | 805 | Elizabeth Pendrill | Macclesfield Harriers & Ac | 14:00 |
| 11 | 821 | Erin Fay | Liverpool Harriers & Ac | 12:24 | 39 | 120 | Isabelle Hope | Salford Harriers & AC | 14:02 |
| 12 | 820 | Isabelle Doran | Liverpool Harriers & Ac | 12:34 | 40 | 815 | Mia Dickinson | Salford Harriers & AC | 14:07 |
| 13 | 122 | Sophia Nation | Salford Harriers & AC | 12:40 | 41 | 139 | Brooke Watson | Warrington A C | 14:11 |
| 14 | 146 | Ella Cowan | Wirral Ac | 12:44 | 42 | 85 | Lena Goulding | Buxton AC | 14:11 |
| 15 | 136 | Sinead Gregory | Warrington A C | 12:49 | 43 | 765 | Polly Thomason | Vale Royal Ac | 14:28 |
| 16 | 93 | Anna Rooke | East Cheshire Harriers & Tames | 12:52 | 44 | 150 | Isla Neal | Wirral Ac | 14:32 |
| 17 | 896 | Millie Duff | Liverpool Harriers & Ac | 12:55 | 45 | 125 | Grace Hirst | St Helens Tri | 14:43 |
| 18 | 88 | Harriet Byrnes | East Cheshire Harriers & Tames | 13:06 | 46 | 83 | Rachel Cudahy | Buxton AC | 15:02 |
| 19 | 889 | Holly Webster | Wirral Ac | 13:11 | 47 | 823 | Niamh McKeown | Liverpool Harriers & Ac | 15:02 |
| 20 | 147 | Ellie Fraser | Wirral Ac | 13:12 | 48 | 811 | Eliza Doyle | Salford Harriers & AC | 15:04 |
| 21 | 92 | Olivia Kelly | East Cheshire Harriers & Tames | 13:20 | 49 | 897 | Ruby Jones | Liverpool Harriers & Ac | 15:05 |
| 22 | 138 | Iris Hurst | Warrington A C | 13:21 | 50 | 923 | Kate Joseph | Altrincham & District AC | 15:18 |
| 23 | 922 | Ursula Baillet | Trafford Athletic Club | 13:25 | 51 | 124 | Nicole Andres | St Helens Sutton Ac | 15:21 |
| 24 | 874 | Lilly-Mai Oswald | Wirral Ac | 13:26 | 52 | 761 | Lois Grace | Vale Royal Ac | 15:32 |
| 25 | 96 | Meadow Wright | East Cheshire Harriers & Tames | 13:27 | 53 | 898 | Faye Lalley | Liverpool Harriers & Ac | 15:37 |
| 26 | 131 | Sophie Norman | Trafford Athletic Club | 13:28 | 54 | 90 | Sophia Gush | East Cheshire Harriers & Tames | 15:58 |
| 27 | 914 | Sophie Davies | Salford Metropolitan Ac | 13:29 | 55 | 877 | Emily Holmes | Liverpool Harriers & Ac | 16:04 |
| 28 | 841 | Rachel Bowden | Manchester Triathlon Club | 13:36 | | | | | |

Under 11 - Girls — TEAM RESULTS

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

| | | | | | | | | | |
|----|--------------------------------|-----|---|----|------------------|----|------------------|----|----------------|
| 1 | Wespa Fire Athletics | 13 | — | 1 | Lexie Ellis | 2 | Holly Cross | 10 | Isla Pastor |
| 2 | Liverpool Harriers & Ac | 27 | — | 4 | Bailey Hughes | 11 | Erin Fay | 12 | Isabelle Doran |
| 3 | Wirral Ac | 36 | — | 3 | Leila Vesey | 14 | Ella Cowan | 19 | Holly Webster |
| 4 | Warrington A C | 43 | — | 6 | Ellie Barker | 15 | Sinead Gregory | 22 | Iris Hurst |
| 5 | East Cheshire Harriers & Tames | 55 | — | 16 | Anna Rooke | 18 | Harriet Byrnes | 21 | Olivia Kelly |
| 6 | Salford Harriers & AC | 60 | — | 8 | Sasha Bartalotta | 13 | Sophia Nation | 39 | Isabelle Hope |
| 7 | East Cheshire Harriers & T 'B' | 87 | — | 25 | Meadow Wright | 30 | Ava Royle | 32 | Isla Herring |
| 8 | Wirral Ac 'B' | 88 | — | 20 | Ellie Fraser | 24 | Lilly-Mai Oswald | 44 | Isla Neal |
| 9 | Liverpool Harriers & Ac 'B' | 101 | — | 17 | Millie Duff | 37 | Lexi Webb | 47 | Niamh McKeown |
| 10 | Vale Royal Ac | 128 | — | 33 | Leah Smith | 43 | Polly Thomason | 52 | Lois Grace |
| 11 | Liverpool Harriers & Ac 'C' | 157 | — | 49 | Ruby Jones | 53 | Faye Lalley | 55 | Emily Holmes |

Manchester Area Cross Country League at Heaton Park on Saturday 8th February 2020

Under 13 - Boys — FINAL RESULTS

| Pos | Num | Name | Club | Time | Pos | Num | Name | Club | Time |
|-----|-----|-----------------|--------------------------------|-------|-----|-----|-------------------|--------------------------------|-------|
| 1 | 190 | Luke Carrington | Sale Harriers Manchester | 12:16 | 29 | 219 | William Vose | St Helens Sutton Ac | 14:13 |
| 2 | 200 | Oscar Schofield | Sale Harriers Manchester | 12:27 | 30 | 204 | Jamie Barber | Salford Harriers & AC | 14:18 |
| 3 | 222 | William Bailey | Stockport Harriers & Ac | 12:35 | 31 | 170 | Samuel Pearce | Knutsford Harriers & Athletics | 14:23 |
| 4 | 178 | Dylan McGrath | Macclesfield Harriers & Ac | 12:40 | 32 | 203 | Lewis Bacon | Salford Harriers & AC | 14:25 |
| 5 | 263 | Oberon Kearney | Wirral Ac | 12:46 | 33 | 240 | Will Davies | Vale Royal Ac | 14:33 |
| 6 | 260 | Ben Cronshaw | Wirral Ac | 12:55 | 34 | 233 | Owen Reekie | Trafford Athletic Club | 14:37 |
| 7 | 193 | Matthew Gardner | Sale Harriers Manchester | 12:57 | 35 | 242 | Alfie Murray | Vale Royal Ac | 14:38 |
| 8 | 160 | Bobby Burton | East Cheshire Harriers & Tames | 12:59 | 36 | 186 | Michael Wood | Macclesfield Harriers & Ac | 14:40 |
| 9 | 153 | Jack Cook | Buxton AC | 12:59 | 37 | 216 | Liam Johnson | St Helens Sutton Ac | 14:48 |
| 10 | 262 | Jack Heap | Wirral Ac | 13:02 | 38 | 213 | Bailey Watt | Salford Metropolitan Ac | 14:52 |
| 11 | 265 | Ben Williams | Wirral Ac | 13:06 | 39 | 224 | Sam Elliott | Stockport Harriers & Ac | 15:00 |
| 12 | 231 | Jay Hutchinson | Trafford Athletic Club | 13:07 | 40 | 237 | Zack Watson | Trafford Athletic Club | 15:12 |
| 13 | 218 | Gabriel Mullen | St Helens Sutton Ac | 13:08 | 41 | 165 | Patrick Mannion | East Cheshire Harriers & Tames | 15:26 |
| 14 | 235 | James Walton | Trafford Athletic Club | 13:13 | 42 | 726 | Joseph Ward | Bramhall Runners | 15:40 |
| 15 | 236 | Josh Watson | Trafford Athletic Club | 13:24 | 43 | 902 | Harry Bayman | Salford Harriers & AC | 15:41 |
| 16 | 249 | Rory Gregory | Warrington A C | 13:28 | 44 | 790 | T Langton-Clarke | Sale Harriers Manchester | 15:44 |
| 17 | 259 | Reece Munro | West Cheshire Athletic Club | 13:31 | 45 | 746 | Samuel Bailey | Bramhall Runners | 15:46 |
| 18 | 202 | Joseph Spark | Sale Harriers Manchester | 13:33 | 46 | 207 | Jj O'Brien | Salford Harriers & AC | 15:58 |
| 19 | 192 | Finlay Day | Sale Harriers Manchester | 13:35 | 47 | 188 | Aidan Pagram | Manchester Triathlon Club | 16:00 |
| 20 | 251 | Jacob Pryor | Warrington A C | 13:44 | 48 | 154 | Tommy Goulding | Buxton AC | 16:07 |
| 21 | 906 | Hugh Noden | Bramhall Runners | 13:48 | 49 | 223 | Lucas Brundrett | Stockport Harriers & Ac | 16:18 |
| 22 | 162 | Tim Elgar | East Cheshire Harriers & Tames | 13:49 | 50 | 867 | Jacob Hough | Vale Royal Ac | 16:30 |
| 23 | 175 | Oliver Bailey | Macclesfield Harriers & Ac | 13:51 | 51 | 926 | A PriceSiddiqui | Vale Royal Ac | 16:35 |
| 24 | 228 | Ben Sturgess | Stockport Harriers & Ac | 13:51 | 52 | 215 | Charlie Griffiths | St Helens Sutton Ac | 17:14 |
| 25 | 921 | Sam Barlow | Salford Harriers & AC | 13:52 | 53 | 156 | Matthew Rolfe | Buxton AC | 17:39 |
| 26 | 159 | Alfie Bundy | East Cheshire Harriers & Tames | 13:55 | 54 | 152 | Dominic Gibson | Altrincham & District AC | 17:58 |
| 27 | 185 | Matthew Walker | Macclesfield Harriers & Ac | 14:06 | 55 | 227 | Bradley Smith | Stockport Harriers & Ac | 21:15 |
| 28 | 206 | Fintan Kehoe | Salford Harriers & AC | 14:06 | 56 | 158 | Callum Beswick | East Cheshire Harriers & Tames | |

Under 13 - Boys — TEAM RESULTS

| | | | | | | | | | |
|----|--------------------------------|-----|---|----|-----------------|----|-----------------|----|------------------|
| 1 | Sale Harriers Manchester | 10 | — | 1 | Luke Carrington | 2 | Oscar Schofield | 7 | Matthew Gardner |
| 2 | Wirral Ac | 21 | — | 5 | Oberon Kearney | 6 | Ben Cronshaw | 10 | Jack Heap |
| 3 | Trafford Athletic Club | 41 | — | 12 | Jay Hutchinson | 14 | James Walton | 15 | Josh Watson |
| 4 | Macclesfield Harriers & Ac | 54 | — | 4 | Dylan McGrath | 23 | Oliver Bailey | 27 | Matthew Walker |
| 5 | East Cheshire Harriers & Tames | 56 | — | 8 | Bobby Burton | 22 | Tim Elgar | 26 | Alfie Bundy |
| 6 | Stockport Harriers & Ac | 66 | — | 3 | William Bailey | 24 | Ben Sturgess | 39 | Sam Elliott |
| 7 | St Helens Sutton Ac | 79 | — | 13 | Gabriel Mullen | 29 | William Vose | 37 | Liam Johnson |
| 8 | Sale Harriers Manchester 'B' | 81 | — | 18 | Joseph Spark | 19 | Finlay Day | 44 | T Langton-Clarke |
| 9 | Salford Harriers & AC | 83 | — | 25 | Sam Barlow | 28 | Fintan Kehoe | 30 | Jamie Barber |
| 10 | Bramhall Runners | 108 | — | 21 | Hugh Noden | 42 | Joseph Ward | 45 | Samuel Bailey |
| 11 | Buxton AC | 110 | — | 9 | Jack Cook | 48 | Tommy Goulding | 53 | Matthew Rolfe |
| 12 | Vale Royal Ac | 118 | — | 33 | Will Davies | 35 | Alfie Murray | 50 | Jacob Hough |
| 13 | Salford Harriers & AC 'B' | 121 | — | 32 | Lewis Bacon | 43 | Harry Bayman | 46 | Jj O'Brien |

Manchester Area Cross Country League at Heaton Park on Saturday 8th February 2020

Under 13 - Girls — FINAL RESULTS

| Pos | Num | Name | Club | Time | Pos | Num | Name | Club | Time |
|-----|-----|----------------------|--------------------------------|-------|-----|-----|---------------------|--------------------------------|-------|
| 1 | 343 | Freya Murdoch | Stockport Harriers & Ac | 13:00 | 34 | 298 | Amelie Harris | Macclesfield Harriers & Ac | 15:12 |
| 2 | 334 | Sophie Ellwood | Stockport Harriers & Ac | 13:15 | 35 | 266 | S Hercog-Millington | Altrincham & District AC | 15:12 |
| 3 | 307 | Ava Clough | Sale Harriers Manchester | 13:29 | 36 | 386 | Sarah Smith | Wirral Ac | 15:12 |
| 4 | 341 | Niamh Mackintosh | Stockport Harriers & Ac | 13:31 | 37 | 271 | Eleanor Nicholson | Altrincham & District AC | 15:22 |
| 5 | 333 | Ella Buckley | Stockport Harriers & Ac | 13:39 | 38 | 294 | Rosie Swinnerton | Liverpool Harriers & Ac | 15:35 |
| 6 | 372 | Imogen Wharton | Warrington A C | 13:47 | 39 | 782 | Alice Cunningham | East Cheshire Harriers & Tames | 15:42 |
| 7 | 342 | Saffron Meade | Stockport Harriers & Ac | 13:50 | 40 | 296 | Lucy Dykins | Macclesfield Harriers & Ac | 15:44 |
| 8 | 375 | Sophie Fludger | Wespa Fire Athletics | 13:54 | 41 | 387 | Holly Sutcliffe | Wirral Ac | 15:46 |
| 9 | 305 | Isabella Appleby | Sale Harriers Manchester | 13:59 | 42 | 297 | Lauren Ford | Macclesfield Harriers & Ac | 15:48 |
| 10 | 326 | Jasmine Wright | Salford Harriers & AC | 14:01 | 43 | 496 | Christiana Kelly | Liverpool Harriers & Ac | 15:49 |
| 11 | 735 | Sophie Haslam | West Cheshire Athletic Club | 14:07 | 44 | 339 | Tess Longmate | Stockport Harriers & Ac | 15:56 |
| 12 | 378 | Jessica Lark | West Cheshire Athletic Club | 14:10 | 45 | 279 | Kayla Corbett | East Cheshire Harriers & Tames | 15:59 |
| 13 | 369 | Alice Nicholson | Warrington A C | 14:12 | 46 | 352 | Martha McCormack | Trafford Athletic Club | 16:02 |
| 14 | 288 | Beatrix Cole | Liverpool Harriers & Ac | 14:19 | 47 | 283 | Erin Lord | East Cheshire Harriers & Tames | 16:05 |
| 15 | 322 | Marissa Caldwell | Salford Harriers & AC | 14:22 | 48 | 347 | Lara Waterhouse | Stockport Harriers & Ac | 16:09 |
| 16 | 737 | Cerys Rowlands | West Cheshire Athletic Club | 14:30 | 49 | 331 | Holly Hirst | St Helens Tri | 16:13 |
| 17 | 359 | Eabha Lee | Vale Royal Ac | 14:35 | 50 | 856 | Ash Gilmore | Sale Harriers Manchester | 16:19 |
| 18 | 332 | Aisling Brooks | Stockport Harriers & Ac | 14:36 | 51 | 362 | Isabelle Prior | Vale Royal Ac | 16:20 |
| 19 | 273 | Charlotte Stansfield | Altrincham & District AC | 14:39 | 52 | 853 | Daria Dwyer-Ross | Sale Harriers Manchester | 16:22 |
| 20 | 349 | Daisy Atkiss | Trafford Athletic Club | 14:41 | 53 | 370 | Evie Owen | Warrington A C | 16:26 |
| 21 | 385 | Evie Smith | Wirral Ac | 14:41 | 54 | 381 | Delilah Harty | Wirral Ac | 16:39 |
| 22 | 277 | Grace Longden | Buxton AC | 14:50 | 55 | 293 | Hannah Suckling | Liverpool Harriers & Ac | 16:53 |
| 23 | 325 | Sophia Roiditis | Salford Harriers & AC | 14:51 | 56 | 302 | Lola Whitlock | Macclesfield Harriers & Ac | 17:03 |
| 24 | 309 | Ellie Gildart | Sale Harriers Manchester | 14:53 | 57 | 351 | Fay Lewis | Trafford Athletic Club | 17:03 |
| 25 | 373 | Nia Wharton | Warrington A C | 14:54 | 58 | 832 | Cassie McCloy | Liverpool Harriers & Ac | 17:07 |
| 26 | 344 | Rosie Philbin | Stockport Harriers & Ac | 14:55 | 59 | 328 | Charlotte Gee | Salford Metropolitan Ac | 17:24 |
| 27 | 379 | Aimee Phillips | West Cheshire Athletic Club | 14:58 | 60 | 306 | Sophie Armitage | Sale Harriers Manchester | 17:29 |
| 28 | 345 | Ellena Walker | Stockport Harriers & Ac | 14:59 | 61 | 299 | Martha Ireland | Macclesfield Harriers & Ac | 17:31 |
| 29 | 311 | Madison Holt | Sale Harriers Manchester | 15:00 | 62 | 217 | Chloe-Leigh Mark | St Helens Sutton Ac | 17:50 |
| 30 | 324 | Bailey-Rae O'Keefe | Salford Harriers & AC | 15:06 | 63 | 276 | Rebecca Cudahy | Buxton AC | 17:59 |
| 31 | 284 | Maria Rooke | East Cheshire Harriers & Tames | 15:07 | 64 | 295 | Lottie Threadgold | Liverpool Harriers & Ac | 18:21 |
| 32 | 314 | Holly Nolan | Sale Harriers Manchester | 15:07 | 65 | 724 | Darcy Durance | Trafford Athletic Club | 21:01 |
| 33 | 383 | Amber Neal | Wirral Ac | 15:11 | | | | | |

Under 13 - Girls — TEAM RESULTS

| | | | | | | | | |
|----|--------------------------------|-----|------|----------------------|----|---------------------|----|-------------------|
| 1 | Stockport Harriers & Ac | 7 | — 1 | Freya Murdoch | 2 | Sophie Ellwood | 4 | Niamh Mackintosh |
| 2 | Stockport Harriers & Ac 'B' | 30 | — 5 | Ella Buckley | 7 | Saffron Meade | 18 | Aisling Brooks |
| 3 | Sale Harriers Manchester | 36 | — 3 | Ava Clough | 9 | Isabella Appleby | 24 | Ellie Gildart |
| 4 | West Cheshire Athletic Club | 39 | — 11 | Sophie Haslam | 12 | Jessica Lark | 16 | Cerys Rowlands |
| 5 | Warrington A C | 44 | — 6 | Imogen Wharton | 13 | Alice Nicholson | 25 | Nia Wharton |
| 6 | Salford Harriers & AC | 48 | — 10 | Jasmine Wright | 15 | Marissa Caldwell | 23 | Sophia Roiditis |
| 7 | Wirral Ac | 90 | — 21 | Evie Smith | 33 | Amber Neal | 36 | Sarah Smith |
| 8 | Altrincham & District AC | 91 | — 19 | Charlotte Stansfield | 35 | S Hercog-Millington | 37 | Eleanor Nicholson |
| 9 | Liverpool Harriers & Ac | 95 | — 14 | Beatrix Cole | 38 | Rosie Swinnerton | 43 | Christiana Kelly |
| 10 | Stockport Harriers & Ac 'C' | 98 | — 26 | Rosie Philbin | 28 | Ellena Walker | 44 | Tess Longmate |
| 11 | Sale Harriers Manchester 'B' | 111 | — 29 | Madison Holt | 32 | Holly Nolan | 50 | Ash Gilmore |
| 12 | East Cheshire Harriers & Tames | 115 | — 31 | Maria Rooke | 39 | Alice Cunningham | 45 | Kayla Corbett |
| 13 | Macclesfield Harriers & Ac | 116 | — 34 | Amelie Harris | 40 | Lucy Dykins | 42 | Lauren Ford |
| 14 | Trafford Athletic Club | 123 | — 20 | Daisy Atkiss | 46 | Martha McCormack | 57 | Fay Lewis |
| 15 | Liverpool Harriers & Ac 'B' | 177 | — 55 | Hannah Suckling | 58 | Cassie McCloy | 64 | Lottie Threadgold |

Manchester Area Cross Country League at Heaton Park on Saturday 8th February 2020

Under 15- Boys — FINAL RESULTS

| Pos | Num | Name | Club | Time |
|-----|-----|-------------------|--------------------------------|-------|
| 1 | 471 | William Strickley | Wirral Ac | 17:20 |
| 2 | 467 | Tj Jones | Wirral Ac | 17:25 |
| 3 | 466 | Ethan Brady-Jones | Wirral Ac | 17:31 |
| 4 | 472 | William Sutcliffe | Wirral Ac | 17:46 |
| 5 | 440 | Finley Mayoh | Stockport Harriers & Ac | 18:04 |
| 6 | 425 | Jack Spark | Sale Harriers Manchester | 18:06 |
| 7 | 427 | Charlie Tittensor | Sale Harriers Manchester | 18:12 |
| 8 | 402 | Ben Hamilton-Ryan | Macclesfield Harriers & Ac | 18:22 |
| 9 | 469 | Alex Poulston | Wirral Ac | 18:33 |
| 10 | 409 | Aadi Whitlock | Macclesfield Harriers & Ac | 18:42 |
| 11 | 464 | Sammy Hollins | West Cheshire Athletic Club | 18:48 |
| 12 | 444 | Henry Pickard | Stockport Harriers & Ac | 19:03 |
| 13 | 436 | Jack Catterall | Stockport Harriers & Ac | 19:11 |
| 14 | 434 | Michael Dobson | St Helens Sutton Ac | 19:16 |
| 15 | 454 | Ned Silvey | Trafford Athletic Club | 19:17 |
| 16 | 422 | George Noble | Sale Harriers Manchester | 19:18 |
| 17 | 411 | Fraser Mackie | Manchester Harriers & Ac | 19:19 |
| 18 | 447 | Charlie Atkiss | Trafford Athletic Club | 19:25 |
| 19 | 438 | Thomas Lawson | Stockport Harriers & Ac | 19:30 |
| 20 | 465 | Henry Robinson | West Cheshire Athletic Club | 19:42 |
| 21 | 395 | Ewan McNab | Halton & Frodsham Harriers | 19:50 |
| 22 | 838 | Rohan Jensen | Macclesfield Harriers & Ac | 19:52 |
| 23 | 391 | Lewis Brown | East Cheshire Harriers & Tames | 19:54 |
| 24 | 789 | Ben Edwards | Sale Harriers Manchester | 20:12 |
| 25 | 393 | Matthew Haslam | Halton & Frodsham Harriers | 20:28 |
| 26 | 415 | J Colquhoun-Lynn | Sale Harriers Manchester | 20:37 |
| 27 | 744 | Dan Willetts | West Cheshire Athletic Club | 20:38 |
| 28 | 433 | Benjamin Knight | Salford Metropolitan Ac | 20:38 |
| 29 | 457 | Sonny Wilson | Trafford Athletic Club | 20:46 |
| 30 | 470 | Jack Strickley | Wirral Ac | 20:51 |
| 31 | 429 | Patrick Marsden | Salford Harriers & AC | 20:53 |
| 32 | 448 | Joseph Daly | Trafford Athletic Club | 20:55 |
| 33 | 925 | Rory Noden | Bramhall Runners | 21:12 |
| 34 | 394 | Joseph Larkin | Halton & Frodsham Harriers | 21:24 |
| 35 | 928 | Cameron Green | East Cheshire Harriers & Tames | 21:25 |
| 36 | 435 | Frederick Bailey | Stockport Harriers & Ac | 21:48 |
| 37 | 431 | Freddie Oldfield | Salford Harriers & AC | 21:50 |
| 38 | 413 | Toby Webb | Oldham & Royton H & Ac | 22:45 |
| 39 | 885 | Zeno Mackay | Trafford Athletic Club | 22:51 |
| 40 | 406 | Jake Purdie | Macclesfield Harriers & Ac | 23:02 |
| 41 | 468 | Harry Kaye | Wirral Ac | 23:13 |
| 42 | 781 | Jeremy Cofie | Altrincham & District AC | 23:28 |
| 43 | 725 | Daniel Ward | Bramhall Runners | 26:39 |
| 44 | 405 | Lucas Prior | Macclesfield Harriers & Ac | 29:20 |

Under 15- Boys — TEAM RESULTS

| | | | | | | | | | |
|---|-----------------------------|----|---|----|-------------------|----|-------------------|----|-------------------|
| 1 | Wirral Ac | 6 | — | 1 | William Strickley | 2 | Tj Jones | 3 | Ethan Brady-Jones |
| 2 | Sale Harriers Manchester | 29 | — | 6 | Jack Spark | 7 | Charlie Tittensor | 16 | George Noble |
| 3 | Stockport Harriers & Ac | 30 | — | 5 | Finley Mayoh | 12 | Henry Pickard | 13 | Jack Catterall |
| 4 | Macclesfield Harriers & Ac | 40 | — | 8 | Ben Hamilton-Ryan | 10 | Aadi Whitlock | 22 | Rohan Jensen |
| 5 | Wirral Ac | 43 | — | 4 | William Sutcliffe | 9 | Alex Poulston | 30 | Jack Strickley |
| 6 | West Cheshire Athletic Club | 58 | — | 11 | Sammy Hollins | 20 | Henry Robinson | 27 | Dan Willetts |
| 7 | Trafford Athletic Club | 62 | — | 15 | Ned Silvey | 18 | Charlie Atkiss | 29 | Sonny Wilson |
| 8 | Halton & Frodsham Harriers | 80 | — | 21 | Ewan McNab | 25 | Matthew Haslam | 34 | Joseph Larkin |

Under 15- Girls — FINAL RESULTS

| Pos | Num | Name | Club | Time |
|-----|-----|----------------------|--------------------------------|-------|
| 1 | 575 | Keira Brady-Jones | Wirral Ac | 18:34 |
| 2 | 567 | Orla Gregory | Warrington A C | 19:19 |
| 3 | 574 | Carys Roberts | West Cheshire Athletic Club | 20:00 |
| 4 | 515 | Isabelle Burke | Sale Harriers Manchester | 20:19 |
| 5 | 480 | Matilda Byrnes | East Cheshire Harriers & Tames | 20:49 |
| 6 | 524 | Jasmine Reed | Sale Harriers Manchester | 20:56 |
| 7 | 557 | Olivia Russell | Trafford Athletic Club | 20:59 |
| 8 | 525 | Carmen Safranauskas | Sale Harriers Manchester | 21:07 |
| 9 | 564 | Lucie Davies | Warrington A C | 21:16 |
| 10 | 510 | Emilia Platt | Oldham & Royton H & Ac | 21:33 |
| 11 | 521 | Elizabeth Hill | Sale Harriers Manchester | 21:39 |
| 12 | 502 | Grace Tobin | Liverpool Harriers & Ac | 21:41 |
| 13 | 891 | Emma Fildes | Wirral Ac | 21:45 |
| 14 | 493 | Emma Gittens | Liverpool Harriers & Ac | 21:54 |
| 15 | 554 | Freya Griffiths | Trafford Athletic Club | 21:55 |
| 16 | 578 | Gabrielle Phelan | Wirral Ac | 21:57 |
| 17 | 476 | Esme Pearson | Altrincham & District AC | 22:10 |
| 18 | 532 | Maya Mansfield | Salford Harriers & AC | 22:17 |
| 19 | 558 | Lila Wainwright | Trafford Athletic Club | 22:19 |
| 20 | 484 | May Mannion | East Cheshire Harriers & Tames | 22:31 |
| 21 | 477 | Beth Robinson | Altrincham & District AC | 22:41 |
| 22 | 549 | Isabelle Stutchfield | Stockport Harriers & Ac | 22:44 |
| 23 | 531 | Isobel Cammish | Salford Harriers & AC | 22:58 |
| 24 | 475 | Aisling McHale | Altrincham & District AC | 23:09 |
| 25 | 487 | Aliesha Smith | East Cheshire Harriers & Tames | 23:15 |
| 26 | 523 | Olivia Nolan | Sale Harriers Manchester | 23:15 |
| 27 | 572 | Jodi Bemand | West Cheshire Athletic Club | 23:31 |
| 28 | 911 | Laura Keay | Macclesfield Harriers & Ac | 23:37 |
| 29 | 571 | Molly Wormald | Warrington A C | 23:42 |
| 30 | 577 | Ella Heap | Wirral Ac | 23:45 |
| 31 | 481 | Imogen Gush | East Cheshire Harriers & Tames | 23:54 |
| 32 | 559 | Eloise Babington | Vale Royal Ac | 24:00 |
| 33 | 738 | Georgina Duffey | West Cheshire Athletic Club | 24:16 |
| 34 | 556 | Amy Nunn | Trafford Athletic Club | 24:22 |
| 35 | 539 | Taylor Massey | St Helens Sutton Ac | 24:44 |
| 36 | 576 | Anna Fraser | Wirral Ac | 24:59 |
| 37 | 479 | Sienna Phillips | Buxton AC | 25:08 |
| 38 | 497 | Mae Lawless | Liverpool Harriers & Ac | 25:12 |
| 39 | 536 | Grace Winters | Salford Metropolitan Ac | 25:27 |
| 40 | 483 | Ellen Lees-Hill | East Cheshire Harriers & Tames | 25:53 |
| 41 | 507 | Violet Claxton | Manchester Harriers & Ac | 25:58 |
| 42 | 739 | Henrietta Duffey | West Cheshire Athletic Club | 26:03 |
| 43 | 547 | Libby Martin | Stockport Harriers & Ac | 26:26 |
| 44 | 485 | Leigha Manser | East Cheshire Harriers & Tames | 26:27 |
| 45 | 511 | Lila Robinson | Oldham & Royton H & Ac | 26:47 |
| 46 | 544 | Elicia Gibbons | Stockport Harriers & Ac | 27:50 |
| 47 | 537 | Jessica Bairstow | St Helens Sutton Ac | 30:07 |

Under 15- Girls — TEAM RESULTS

| | | | | | | | | | |
|----|--------------------------------|-----|---|----|----------------------|----|-----------------|----|---------------------|
| 1 | Sale Harriers Manchester | 18 | — | 4 | Isabelle Burke | 6 | Jasmine Reed | 8 | Carmen Safranauskas |
| 2 | Wirral Ac | 30 | — | 1 | Keira Brady-Jones | 13 | Emma Fildes | 16 | Gabrielle Phelan |
| 3 | Warrington A C | 40 | — | 2 | Orla Gregory | 9 | Lucie Davies | 29 | Molly Wormald |
| 4 | Trafford Athletic Club | 41 | — | 7 | Olivia Russell | 15 | Freya Griffiths | 19 | Lila Wainwright |
| 5 | East Cheshire Harriers & Tames | 50 | — | 5 | Matilda Byrnes | 20 | May Mannion | 25 | Aliesha Smith |
| 6 | Altrincham & District AC | 62 | — | 17 | Esme Pearson | 21 | Beth Robinson | 24 | Aisling McHale |
| 7 | West Cheshire Athletic Club | 63 | — | 3 | Carys Roberts | 27 | Jodi Bemand | 33 | Georgina Duffey |
| 8 | Liverpool Harriers & Ac | 64 | — | 12 | Grace Tobin | 14 | Emma Gittens | 38 | Mae Lawless |
| 9 | Stockport Harriers & Ac | 111 | — | 22 | Isabelle Stutchfield | 43 | Libby Martin | 46 | Elicia Gibbons |
| 10 | East Cheshire Harriers & T 'B' | 115 | — | 31 | Imogen Gush | 40 | Ellen Lees-Hill | 44 | Leigha Manser |

Manchester Area Cross Country League at Heaton Park on Saturday 8th February 2020

Under 17 - Men — FINAL RESULTS

| Pos | Num | Name | Club | Time | Pos | Num | Name | Club | Time |
|-----|-----|-----------------|----------------------------|-------|-----|-----|------------------|----------------------------|-------|
| 1 | 584 | William Longden | Buxton AC | 21:14 | 12 | 608 | Alex James | Sale Harriers Manchester | 23:06 |
| 2 | 666 | Finley Proffitt | Macclesfield Harriers & Ac | 21:26 | 13 | 582 | Stuart Diamond | Buxton AC | 23:12 |
| 3 | 585 | Samuel Soles | Buxton AC | 21:39 | 14 | 624 | Harry Ellwood | Stockport Harriers & Ac | 23:17 |
| 4 | 589 | Robert Seddon | Horwich R M I Harriers | 21:53 | 15 | 606 | Zac Gaillemin | Sale Harriers Manchester | 23:22 |
| 5 | 607 | Charlie Hobson | Sale Harriers Manchester | 22:08 | 16 | 611 | Robbie Rigby | Sale Harriers Manchester | 23:26 |
| 6 | 728 | Charlie Roberts | St Helens Sutton Ac | 22:13 | 17 | 634 | Joseph Bentall | Trafford Athletic Club | 23:41 |
| 7 | 640 | Jack McNicol | Trafford Athletic Club | 22:15 | 18 | 631 | Tobin Rose | Stockport Harriers & Ac | 23:49 |
| 8 | 616 | Joshua Dutton | Salford Harriers & AC | 22:18 | 19 | 610 | Aidan Lynch | Sale Harriers Manchester | 24:13 |
| 9 | 652 | Daniel Hayes | Wirral Ac | 22:21 | 20 | 596 | Laurence Manley | Macclesfield Harriers & Ac | 24:16 |
| 10 | 623 | Edward Corden | Stockport Harriers & Ac | 22:22 | 21 | 621 | Michael Brussels | St Helens Sutton Ac | 24:35 |
| 11 | 581 | Edward Diamond | Buxton AC | 22:45 | 22 | 622 | Oliver Murphy | St Helens Tri | 29:01 |

Under 17 - Men — TEAM RESULTS

| | | | |
|----------------------------|------------------------|------------------|-------------------|
| 1 Buxton AC | 15 — 1 William Longden | 3 Samuel Soles | 11 Edward Diamond |
| 2 Sale Harriers Manchester | 32 — 5 Charlie Hobson | 12 Alex James | 15 Zac Gaillemin |
| 3 Stockport Harriers & Ac | 42 — 10 Edward Corden | 14 Harry Ellwood | 18 Tobin Rose |

Under 17 - Ladies — FINAL RESULTS

| Pos | Num | Name | Club | Time | Pos | Num | Name | Club | Time |
|-----|-----|-----------------|--------------------------------|-------|-----|-----|--------------------|--------------------------|-------|
| 1 | 720 | Ellen Kearney | Wirral Ac | 24:37 | 10 | 692 | Rosangela Terim | Sale Harriers Manchester | 28:20 |
| 2 | 659 | Megan Lewis | East Cheshire Harriers & Tames | 24:50 | 11 | 703 | Lauren Burgess | Stockport Harriers & Ac | 29:25 |
| 3 | 664 | Sian Heslop | Macclesfield Harriers & Ac | 26:04 | 12 | 677 | Lucy Armitage | Sale Harriers Manchester | 30:06 |
| 4 | 704 | Alice Davies | Stockport Harriers & Ac | 26:21 | 13 | 707 | Megan Phillips | Stockport Harriers & Ac | 30:15 |
| 5 | 721 | Rachel Theobald | Wirral Ac | 26:46 | 14 | 673 | Lauren Bartholomew | Oldham & Royton H & Ac | 32:37 |
| 6 | 706 | Esther Hulley | Stockport Harriers & Ac | 27:31 | 15 | 672 | Caitlin Deighton | Marple Runners | 33:08 |
| 7 | 655 | Amy Whelan | Buxton AC | 27:38 | 16 | 674 | Megan Bartholomew | Oldham & Royton H & Ac | 34:41 |
| 8 | 683 | Georgia Heath | Sale Harriers Manchester | 27:54 | 17 | 716 | Fay Humphreys | Warrington A C | 37:11 |
| 9 | 713 | Rebecca Young | Trafford Athletic Club | 27:57 | | | | | |

Under 17 - Ladies — TEAM RESULTS

| | | | |
|----------------------------|----------------------|--------------------|-------------------|
| 1 Stockport Harriers & Ac | 21 — 4 Alice Davies | 6 Esther Hulley | 11 Lauren Burgess |
| 2 Sale Harriers Manchester | 30 — 8 Georgia Heath | 10 Rosangela Terim | 12 Lucy Armitage |

Senior Women - Ladies aged 17 to 19

| Pos | Num | Name | Cat/Pos | Club | Time |
|-----|-----|------------------|---------|----------------------------|-------|
| 1 | 280 | Alice Stiles | L20 | 1 Manchester Harriers & Ac | 37:33 |
| 2 | 842 | Rachel McQuillan | L20 | 2 Warrington A C | 37:56 |
| 3 | 545 | Mollie Cooke | L20 | 3 Stockport Harriers & Ac | 38:44 |
| 4 | 552 | Emilia Gajda | L20 | 4 Stockport Harriers & Ac | 39:46 |

Senior Women - Ladies aged 17 to 19 — TEAM RESULTS No complete teams

Senior Men aged 17 to 19

| Pos | Num | Name | Cat/Pos | Club | Time |
|-----|------|------------------|---------|----------------------------|-------|
| 1 | 968 | Harry Sinclair | U20 | 1 Trafford Athletic Club | 36:41 |
| 2 | 1171 | Flynn Walsh | U20 | 2 Stockport Harriers & Ac | 37:01 |
| 3 | 760 | Dougal McDermott | U20 | 3 Salford Metropolitan Ac | 39:03 |
| 4 | 743 | Jacob Yates | U20 | 4 Salford Harriers & AC | 40:43 |
| 5 | 978 | Harry Brown | U20 | 5 University Of Manchester | 41:34 |
| 6 | 737 | Charlie Thomas | U20 | 6 Salford Harriers & AC | 42:15 |
| 7 | 1169 | Andrew Ndlovu | U20 | 7 Middleton Harriers Ac | 42:34 |
| 8 | 701 | Joseph Foster | U20 | 8 Salford Harriers & AC | 42:51 |
| 9 | 712 | Daniel Lewis | U20 | 9 Salford Harriers & AC | 44:14 |

Senior Men aged 17 to 19 — TEAM RESULTS

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

| | | | |
|-------------------------|--------------------|------------------|-----------------|
| 1 Salford Harriers & AC | 18 — 4 Jacob Yates | 6 Charlie Thomas | 8 Joseph Foster |
|-------------------------|--------------------|------------------|-----------------|

Manchester Area Cross Country League at Heaton Park on Saturday 8th February 2020

Senior Women - Ladies aged 20 to 34

| Pos | Num | Name | Cat/Pos | Club | Time |
|-----|------|--------------------|---------|----------------------------------|---------|
| 1 | 468 | Sophie Wood | L | 1 Sale Harriers Manchester | 33:38 |
| 2 | 635 | Vicki Cronin | L | 2 Trafford Athletic Club | 33:48 |
| 3 | 478 | Ruth Jones | L | 3 Salford Harriers & AC | 33:55 |
| 4 | 846 | Emma Tilley | L | 4 Sale Harriers Manchester | 34:21 |
| 5 | 284 | Emily Bullis | L | 5 Manchester Metropolitan Uni | 34:38 |
| 6 | 216 | Natalie Stonell | L | 6 Knutsford Tri Club | 36:02 |
| 7 | 348 | Rebecca Whalley | L | 7 Manchester Ymca Harriers | 36:03 |
| 8 | 472 | Sarah Carroll | L | 8 Salford Harriers & AC | 36:04 |
| 9 | 178 | Hayley Simpson | L | 9 East Cheshire Harriers & Tames | 36:23 |
| 10 | 145 | Amy Weyers | L | 10 Chorlton Runners | 37:18 |
| 11 | 150 | Siobhan Woods | L | 11 Chorlton Runners | 37:29 |
| 12 | 648 | Melanie Monks | L | 12 Trafford Athletic Club | 37:34 |
| 13 | 137 | Alice Swift | L | 13 Chorlton Runners | 37:37 |
| 14 | 2539 | Georgia Baynes | L | 14 Horsforth Harriers | 37:40 |
| 15 | 117 | Frances Liddell | L | 15 Chorlton Runners | 37:43 |
| 16 | 223 | Alannah Birtwistle | L | 16 Macclesfield Harriers & Ac | 37:50 |
| 17 | 827 | Rebecca Jackson | L | 17 Wilmslow Running Club | 38:02 |
| 18 | 421 | Lydia Briggs | L | 18 Sale Harriers Manchester | 38:17 |
| 19 | 509 | Bethany Saunders | L | 19 Salford Metropolitan Ac | 38:19 |
| 20 | 55 | Amy Clark | L | 20 Buxton AC | 38:35 |
| 21 | 295 | Fiona Blagg | L | 21 Manchester Triathlon Club | 38:45 |
| 22 | 241 | Daisy Pickles | L | 22 Macclesfield Harriers & Ac | 39:08 |
| 23 | 462 | Jane Thomas | L | 23 Sale Harriers Manchester | 39:14 |
| 24 | 77 | Rosemary Barker | L | 24 Chorlton Runners | 39:54 |
| 25 | 496 | Deakin Francesca | L | 25 Salford Metropolitan Ac | 40:06 |
| 26 | 633 | Amy-Rose Cauley | L | 26 Trafford Athletic Club | 40:10 |
| 27 | 566 | Imogen Nutter | L | 27 Stockport Harriers & Ac | 40:29 |
| 28 | 631 | Louise Ambler | L | 28 Trafford Athletic Club | 40:48 |
| 29 | 441 | Sarah Goulden | L | 29 Sale Harriers Manchester | 41:12 |
| 30 | 342 | Robin Jones | L | 30 Manchester Ymca Harriers | 41:26 |
| 31 | 787 | Faye Lawton | L | 31 Warrington A C | 41:31 |
| 32 | 122 | Rachel McVittie | L | 32 Chorlton Runners | 42:08 |
| 33 | 800 | Rebecca Northeast | L | 33 Manchester Triathlon Club | 42:20 |
| 34 | 158 | Antonia Marsden | L | 34 Didsbury Runners | 42:23 |
| 35 | 344 | Elle Mecrow | L | 35 Manchester Ymca Harriers | 42:46 |
| 36 | 144 | Rosalyn Webster | L | 36 Chorlton Runners | 43:00 |
| 37 | 632 | Ruth Beresford | L | 37 Trafford Athletic Club | 43:32 |
| 38 | 508 | Rachel Sate | L | 38 Salford Metropolitan Ac | 44:59 |
| 39 | 409 | Jo Lynch | L | 39 Middleton Harriers Ac | 45:27 |
| 40 | 128 | Samantha Penn | L | 40 Chorlton Runners | 45:34 |
| 41 | 553 | Louise Geldart | L | 41 Stockport Harriers & Ac | 45:53 |
| 42 | 95 | Nicky Dobra | L | 42 Chorlton Runners | 46:18 |
| 43 | 466 | Caroline Wheeler | L | 43 Sale Harriers Manchester | 46:52 |
| 44 | 767 | Emily Taylor | L | 44 Wirral Ac | 47:13 |
| 45 | 71 | Hannah Ahle | L | 45 Chorlton Runners | 47:49 |
| 46 | 833 | Jessica Mohan | L | 46 Start2jog | 48:26 |
| 47 | 312 | Emma Medus | L | 47 Manchester Triathlon Club | 48:32 |
| 48 | 107 | Samantha Hartley | L | 48 Chorlton Runners | 48:44 |
| 49 | 537 | Jade Peacock | L | 49 Start2jog | 48:49 |
| 50 | 529 | Kaylea Haynes | L | 50 Start2jog | 48:50 |
| 51 | 596 | Sam Caterelli | L | 51 Styal Running Club | 49:49 |
| 52 | 330 | Lauren Williamson | L | 52 Manchester Triathlon Club | 50:33 |
| 53 | 96 | Alice Doherty | L | 53 Chorlton Runners | 50:36 |
| 54 | 784 | Elaine MacDonald | L | 54 Stockport Harriers & Ac | 50:39 |
| 55 | 621 | Hannah Lee | L | 55 Swinton Running Club | 51:07 |
| 56 | 848 | Marie Horner | L | 56 Start2jog | 51:53 |
| 57 | 89 | Hannah Coates | L | 57 Chorlton Runners | 52:17 |
| 58 | 121 | Katie McInnes | L | 58 Chorlton Runners | 52:52 |
| 59 | 139 | Victoria Thompson | L | 59 Chorlton Runners | 53:42 |
| 60 | 559 | Rebecca Livsey | L | 60 Stockport Harriers & Ac | 54:34 |
| 61 | 530 | Jamielee Johnston | L | 61 Start2jog | 57:40 |
| 62 | 79 | Hannah Bayley | L | 62 Chorlton Runners | 59:21 |
| 63 | 382 | Rachel Myers | L | 63 Marple Runners | 59:22 |
| 64 | 363 | Louise Ewbank | L | 64 Marple Runners | 1:00:50 |
| 65 | 335 | Jennifer Delaney | L | 65 Manchester Ymca Harriers | 1:15:18 |

Senior Women - Ladies (Vets) aged 35 to 39

| Pos | Num | Name | Cat/Pos | Club | Time |
|-----|-----|-------------------|---------|--------------------------------|---------|
| 1 | 230 | Rachel Hall | L35 | 1 Macclesfield Harriers & Ac | 35:49 |
| 2 | 556 | Samantha Jones | L35 | 2 Stockport Harriers & Ac | 36:41 |
| 3 | 637 | Joanne Dawes | L35 | 3 Trafford Athletic Club | 37:11 |
| 4 | 319 | Annie Porter | L35 | 4 Manchester Triathlon Club | 37:35 |
| 5 | 136 | Ingrid Storm | L35 | 5 Chorlton Runners | 37:35 |
| 6 | 438 | Emma Finney | L35 | 6 Sale Harriers Manchester | 37:49 |
| 7 | 499 | Rebecca Lovegrove | L35 | 7 Salford Metropolitan Ac | 39:32 |
| 8 | 131 | Sarah Renshaw | L35 | 8 Chorlton Runners | 39:34 |
| 9 | 764 | Sarah Phelan | L35 | 9 Wirral Ac | 39:56 |
| 10 | 443 | Harriet Hamilton | L35 | 10 Sale Harriers Manchester | 40:07 |
| 11 | 511 | Alina Stepanchuk | L35 | 11 Salford Metropolitan Ac | 40:10 |
| 12 | 626 | Rebecca Mills | L35 | 12 Swinton Running Club | 40:15 |
| 13 | 737 | Laura Bell | L35 | 13 Winston Runners | 40:32 |
| 14 | 248 | Jacqui Baines | L35 | 14 Manchester Frontrunners | 41:07 |
| 15 | 675 | Melanie Johnson | L35 | 15 Vale Royal Ac | 41:19 |
| 16 | 254 | Rachel Kenyon | L35 | 16 Manchester Frontrunners | 41:23 |
| 17 | 776 | Anest Muller | L35 | 17 West Cheshire Athletic Club | 42:31 |
| 18 | 473 | Laura Coucill | L35 | 18 Salford Harriers & AC | 42:32 |
| 19 | 318 | Jenny Outhwaite | L35 | 19 Manchester Triathlon Club | 43:04 |
| 20 | 143 | Alison Wainwright | L35 | 20 Chorlton Runners | 44:07 |
| 21 | 215 | Helen Murray | L35 | 21 Knutsford Tri Club | 44:47 |
| 22 | 232 | Saranya Hasler | L35 | 22 Macclesfield Harriers & Ac | 45:03 |
| 23 | 256 | Claire Naylor | L35 | 23 Manchester Frontrunners | 46:51 |
| 24 | 838 | Annabelle Mottram | L35 | 24 Buxton AC | 47:03 |
| 25 | 609 | Rachel Billington | L35 | 25 Swinton Running Club | 47:45 |
| 26 | 283 | Wendy Woodhead | L35 | 26 Manchester Harriers & Ac | 48:01 |
| 27 | 119 | Laura Mackay | L35 | 27 Chorlton Runners | 51:57 |
| 28 | 533 | Michelle Massey | L35 | 28 Start2jog | 55:13 |
| 29 | 602 | Persheng Rad | L35 | 29 Styal Running Club | 55:55 |
| 30 | 111 | Claire Howarth | L35 | 30 Chorlton Runners | 1:00:07 |

Senior Women - Ladies (Vets) aged 40 to 44

| Pos | Num | Name | Cat/Pos | Club | Time |
|-----|-----|---------------------|---------|-----------------------------------|---------|
| 1 | 713 | Diane McVey | L40 | 1 Wilmslow Running Club | 35:06 |
| 2 | 227 | Anne Farmer | L40 | 2 Macclesfield Harriers & Ac | 37:13 |
| 3 | 583 | Belinda Brennan | L40 | 3 Stockport Tri Club | 38:33 |
| 4 | 440 | Zoe Gmerek | L40 | 4 Sale Harriers Manchester | 38:46 |
| 5 | 14 | Alice Welch | L40 | 5 Altrincham & District Athletic | 39:06 |
| 6 | 395 | Joanna Adamson | L40 | 6 Middleton Harriers Ac | 39:09 |
| 7 | 417 | Helen Armitage | L40 | 7 Sale Harriers Manchester | 39:27 |
| 8 | 231 | Sarah Harris | L40 | 8 Macclesfield Harriers & Ac | 39:39 |
| 9 | 840 | Samantha Willis | L40 | 9 Buxton AC | 39:58 |
| 10 | 214 | Kate Mills | L40 | 10 Knutsford Tri Club | 41:20 |
| 11 | 68 | Katie Rolfe | L40 | 11 Buxton AC | 41:51 |
| 12 | 251 | Jane Fletcher | L40 | 12 Manchester Frontrunners | 41:53 |
| 13 | 490 | Samantha Blackwell | L40 | 13 Salford Metropolitan Ac | 42:04 |
| 14 | 627 | Helen Nation | L40 | 14 Swinton Running Club | 42:06 |
| 15 | 542 | Rebecca Brimage | L40 | 15 Stockport Harriers & Ac | 42:06 |
| 16 | 766 | Bree Sutcliffe | L40 | 16 Wirral Ac | 42:30 |
| 17 | 245 | Catherine Voyce | L40 | 17 Macclesfield Harriers & Ac | 42:43 |
| 18 | 308 | Helen Hyder | L40 | 18 Manchester Triathlon Club | 42:59 |
| 19 | 416 | Carly Appleby | L40 | 19 Sale Harriers Manchester | 43:30 |
| 20 | 487 | Jaymie Shenton | L40 | 20 Salford Harriers & AC | 44:00 |
| 21 | 582 | Charlotte Black | L40 | 21 Stockport Tri Club | 44:14 |
| 22 | 323 | Claudia RoblesMorse | L40 | 22 Manchester Triathlon Club | 44:23 |
| 23 | 619 | Denise IrvingLang | L40 | 23 Swinton Running Club | 44:31 |
| 24 | 588 | Christine Dewsbury | L40 | 24 Stockport Tri Club | 44:54 |
| 25 | 59 | Ruth Gowers | L40 | 25 Buxton AC | 45:21 |
| 26 | 27 | Rachel Watson | L40 | 26 Belle Vue Racers | 45:27 |
| 27 | 518 | Claire Murphy | L40 | 27 St Helens Tri | 45:57 |
| 28 | 26 | Sarah Walsh | L40 | 28 Belle Vue Racers | 46:12 |
| 29 | 769 | Karen Wileman | L40 | 29 Bramhall Runners | 46:31 |
| 30 | 294 | Sophie Barnett | L40 | 30 Manchester Triathlon Club | 46:47 |
| 31 | 445 | Catherine Jones | L40 | 31 Sale Harriers Manchester | 46:51 |
| 32 | 156 | Miranda Hall | L40 | 32 Didsbury Runners | 47:17 |
| 33 | 742 | Jayne Cordingley | L40 | 33 Winston Runners | 47:27 |
| 34 | 594 | Elizabeth Sargent | L40 | 34 Stockport Tri Club | 47:28 |
| 35 | 305 | Karen Heggs | L40 | 35 Manchester Triathlon Club | 47:50 |
| 36 | 138 | Katie Syrett | L40 | 36 Chorlton Runners | 48:06 |
| 37 | 175 | Catherine Daley | L40 | 37 East Cheshire Harriers & Tames | 48:33 |
| 38 | 262 | Caroline Baba | L40 | 38 Manchester Harriers & Ac | 48:34 |
| 39 | 761 | Uyai Ikpat | L40 | 39 Wirral Ac | 49:56 |
| 40 | 267 | Lindsay Farrelly | L40 | 40 Manchester Harriers & Ac | 50:52 |
| 41 | 166 | Jane Damerun | L40 | 41 Dragons Running Club (sale) | 50:55 |
| 42 | 607 | Kerry Adamsbaum | L40 | 42 Swinton Running Club | 51:27 |
| 43 | 76 | Alison Barbuti | L40 | 43 Chorlton Runners | 51:33 |
| 44 | 132 | Fiona Roberts | L40 | 44 Chorlton Runners | 54:01 |
| 45 | 815 | Chapala Dey | L40 | 45 Didsbury Runners | 54:08 |
| 46 | 505 | Michelle Payne | L40 | 46 Salford Metropolitan Ac | 54:47 |
| 47 | 15 | Ruth Amin | L40 | 47 Belle Vue Racers | 55:03 |
| 48 | 628 | Emma Nightingale | L40 | 48 Swinton Running Club | 55:41 |
| 49 | 610 | Carmel Campbell | L40 | 49 Swinton Running Club | 56:23 |
| 50 | 753 | Kath Tyms | L40 | 50 Winston Runners | 57:47 |
| 51 | 64 | Jennie Light | L40 | 51 Buxton AC | 59:04 |
| 52 | 415 | Claire Rowley | L40 | 52 Quays Running Club | 1:03:31 |
| 53 | 99 | Jodie Etherson | L40 | 53 Chorlton Runners | 1:03:46 |

Senior Women - Ladies (Vets) aged 45 to 49

| Pos | Num | Name | Cat/Pos | Club | Time |
|-------|-----|----------------------|---------|--------------------------------|---------|
| 1 | 762 | Sarah Kearney | L45 1 | Wirral Ac | 36:14 |
| 2 | 704 | Louisa Harrison | L45 2 | Wilmslow Running Club | 37:54 |
| 3 | 488 | Beverley Simons | L45 3 | Salford Harriers & AC | 38:06 |
| 4 | 426 | Anne Chinoy | L45 4 | Sale Harriers Manchester | 38:24 |
| 5 | 708 | Sharon Johnstone | L45 5 | Wilmslow Running Club | 38:37 |
| 6 | 180 | Michelle Vaughan | L45 6 | East Cheshire Harriers & Tames | 39:08 |
| 7 | 562 | Melanie Mather | L45 7 | Stockport Harriers & Ac | 40:03 |
| 8 | 492 | Jaine Brocklehurst | L45 8 | Salford Metropolitan Ac | 40:30 |
| 9 | 328 | Jude Wall | L45 9 | Manchester Triathlon Club | 40:36 |
| 10 | 48 | Vikki Murphy | L45 10 | Bramhall Runners | 42:28 |
| 11 | 244 | Sue Stockdale | L45 11 | Macclesfield Harriers & Ac | 42:46 |
| 12 | 646 | Louise Mangan | L45 12 | Trafford Athletic Club | 42:54 |
| 13 | 293 | Cathy Atkinson | L45 13 | Manchester Triathlon Club | 43:21 |
| 14 | 565 | Ruth Murdoch | L45 14 | Stockport Harriers & Ac | 43:24 |
| 15 | 770 | Karen Fleming | L45 15 | East Cheshire Harriers & Tames | 43:33 |
| 16 | 483 | Ruth Ollerenshaw | L45 16 | Salford Harriers & AC | 43:37 |
| 17 | 168 | Joanne Healy | L45 17 | Dragons Running Club (sale) | 44:26 |
| 18 | 414 | Miranda Clarke | L45 18 | Quays Running Club | 46:00 |
| 19 | 528 | Tracey Griffin | L45 19 | Start2jog | 46:09 |
| 20 | 765 | Anne Rosbottom | L45 20 | Wirral Ac | 46:23 |
| 21 | 608 | Rhona Barker | L45 21 | Swinton Running Club | 46:31 |
| 22 | 327 | Marianne Veighey | L45 22 | Manchester Triathlon Club | 46:58 |
| 23 | 548 | Lyndsey Crombleholme | L45 23 | Stockport Harriers & Ac | 46:58 |
| 47:02 | | | | | |
| 24 | 500 | Laura Mercer | L45 24 | Salford Metropolitan Ac | 47:23 |
| 25 | 816 | Isabelle Qamar | L45 25 | Didsbury Runners | 47:35 |
| 26 | 690 | Debra Bemand | L45 26 | West Cheshire Athletic Club | 47:50 |
| 27 | 303 | Sonia Harris | L45 27 | Manchester Triathlon Club | 47:59 |
| 28 | 260 | Ruth Travis | L45 28 | Manchester Frontrunners | 48:23 |
| 29 | 362 | Elise Evans | L45 29 | Marple Runners | 48:29 |
| 30 | 601 | Eirini Ohandjanian | L45 30 | Styal Running Club | 48:46 |
| 31 | 17 | Karen Charters | L45 31 | Belle Vue Racers | 48:54 |
| 32 | 525 | Debbie Barker | L45 32 | Start2jog | 49:04 |
| 33 | 773 | Alexandra Duffey | L45 33 | West Cheshire Athletic Club | 49:27 |
| 34 | 573 | Sophie Seingier | L45 34 | Stockport Harriers & Ac | 50:26 |
| 35 | 19 | Julia Foy | L45 35 | Belle Vue Racers | 51:12 |
| 36 | 357 | Amanada Collinge | L45 36 | Marple Runners | 51:46 |
| 37 | 754 | Gaynor Williams | L45 37 | Winston Runners | 51:48 |
| 38 | 820 | Karen Molloy | L45 38 | Marple Runners | 52:21 |
| 39 | 516 | Chris Forber | L45 39 | St Helens Tri | 53:27 |
| 40 | 109 | Joanne Hill | L45 40 | Chorlton Runners | 53:50 |
| 41 | 199 | Sarah Larkin | L45 41 | Halton & Frodsham Harriers | 54:24 |
| 42 | 292 | Gillian Aspin | L45 42 | Manchester Triathlon Club | 54:57 |
| 43 | 57 | Rachel Dowle | L45 43 | Buxton AC | 56:32 |
| 44 | 172 | Cathy McCabe | L45 44 | Dragons Running Club (sale) | 56:42 |
| 45 | 298 | Judith Coker | L45 45 | Manchester Triathlon Club | 56:55 |
| 46 | 527 | Karon Edmunds | L45 46 | Start2jog | 59:16 |
| 47 | 747 | Jana Julinkova | L45 47 | Winston Runners | 1:00:55 |

Senior Women - Ladies (Vets) aged 50 to 54

| Pos | Num | Name | Cat/Pos | Club | Time |
|-------|-----|---------------------|---------|--------------------------------|---------|
| 1 | 134 | Stephanie Stevens | L50 1 | Chorlton Runners | 38:14 |
| 2 | 638 | Alison Drasdo | L50 2 | Trafford Athletic Club | 40:30 |
| 3 | 758 | Margaret Cooper | L50 3 | Wirral Ac | 40:32 |
| 4 | 697 | Janine Ellis | L50 4 | Wilmslow Running Club | 41:07 |
| 5 | 304 | Mel Hayes | L50 5 | Manchester Triathlon Club | 41:36 |
| 6 | 645 | Joanne Lott | L50 6 | Trafford Athletic Club | 43:43 |
| 7 | 35 | Andrea Buckingham | L50 7 | Bramhall Runners | 45:26 |
| 8 | 589 | Gillian Doolan | L50 8 | Stockport Tri Club | 45:33 |
| 9 | 8 | Carole Harrison | L50 9 | Altrincham & District Athletic | 46:21 |
| 10 | 58 | Heather FryerWinder | L50 10 | Buxton AC | 46:46 |
| 11 | 338 | Stephanie Goodchild | L50 11 | Manchester Ymca Harriers | 46:46 |
| 47:10 | | | | | |
| 12 | 756 | Caroline Brophy | L50 12 | Wirral Ac | 48:11 |
| 13 | 271 | Catherine Jones | L50 13 | Manchester Harriers & Ac | 49:35 |
| 14 | 51 | Breeshey Smith | L50 14 | Bramhall Runners | 50:21 |
| 15 | 536 | Jo Mohan | L50 15 | Start2jog | 50:59 |
| 16 | 532 | Clare Leith | L50 16 | Start2jog | 51:04 |
| 17 | 217 | Miranda Taylor | L50 17 | Knutsford Tri Club | 51:37 |
| 18 | 329 | Michelle Wilder | L50 18 | Manchester Triathlon Club | 52:10 |
| 19 | 778 | Helen Callery | L50 19 | Winston Runners | 52:42 |
| 20 | 325 | Jacky Taylor | L50 20 | Manchester Triathlon Club | 53:55 |
| 21 | 264 | Deborah Beresford | L50 21 | Manchester Harriers & Ac | 57:25 |
| 22 | 69 | Sarah Soles | L50 22 | Buxton AC | 58:28 |
| 23 | 825 | Amanda Stanley | L50 23 | Salford Metropolitan Ac | 59:04 |
| 24 | 41 | Beverley Denby | L50 24 | Bramhall Runners | 1:00:11 |
| 25 | 46 | Melanie Li | L50 25 | Bramhall Runners | 1:01:48 |
| 26 | 266 | Linda Cross | L50 26 | Manchester Harriers & Ac | 1:06:01 |

Senior Women - Ladies (Vets) aged 55 to 59

| Pos | Num | Name | Cat/Pos | Club | Time |
|-----|-----|------------------|---------|--------------------------------|---------|
| 1 | 203 | Janet Rashleigh | L55 1 | Horwich R M I Harriers | 37:59 |
| 2 | 258 | Linda Rix | L55 2 | Manchester Frontrunners | 41:13 |
| 3 | 70 | Tania Wilson | L55 3 | Buxton AC | 41:32 |
| 4 | 10 | Beverley Jackson | L55 4 | Altrincham & District Athletic | 41:47 |
| 5 | 578 | Maureen Wilkins | L55 5 | Stockport Harriers & Ac | 42:53 |
| 6 | 63 | Kate Ledin | L55 6 | Buxton AC | 43:47 |
| 7 | 574 | Lesley Sinclair | L55 7 | Stockport Harriers & Ac | 44:20 |
| 8 | 4 | Margaret Bullock | L55 8 | Altrincham & District Athletic | 48:00 |
| 9 | 818 | Hanny Stockman | L55 9 | Macclesfield Harriers & Ac | 48:01 |
| 10 | 806 | Sandra McGrail | L55 10 | Middleton Harriers Ac | 49:26 |
| 11 | 173 | Sue Strickland | L55 11 | Dragons Running Club (sale) | 50:04 |
| 12 | 44 | Cath Jones | L55 12 | Bramhall Runners | 1:00:11 |

Senior Women - Ladies (Vets) aged 60 to 64

| Pos | Num | Name | Cat/Pos | Club | Time |
|-----|-----|--------------------|---------|--------------------------|-------|
| 1 | 429 | J Cordingley | L60 1 | Sale Harriers Manchester | 41:02 |
| 2 | 568 | Glennis Richardson | L60 2 | Stockport Harriers & Ac | 42:04 |
| 3 | 20 | Annie Hirsch | L60 3 | Belle Vue Racers | 44:18 |
| 4 | 54 | Sheila Bradley | L60 4 | Buxton AC | 44:23 |
| 5 | 85 | Ann Carney | L60 5 | Chorlton Runners | 48:27 |
| 6 | 745 | Diana Evans | L60 6 | Winston Runners | 52:11 |

Senior Women - Ladies (Vets) aged 65 to 69

| Pos | Num | Name | Cat/Pos | Club | Time |
|-----|-----|--------------|---------|-------------------------|---------|
| 1 | 577 | Helen Todd | L65 1 | Stockport Harriers & Ac | 47:43 |
| 2 | 640 | Sue Exon | L65 2 | Trafford Athletic Club | 49:05 |
| 3 | 797 | Ruth Abbott | L65 3 | Chorlton Runners | 56:13 |
| 4 | 403 | Ruth Hare | L65 4 | Middleton Harriers Ac | 58:17 |
| 5 | 47 | Morag Morgan | L65 5 | Bramhall Runners | 1:01:03 |
| 6 | 843 | Edna Sate | L65 6 | Salford Metropolitan Ac | 1:01:10 |

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

| Pos | Num | Name | Cat/Pos | Club | Time |
|-----|------|--------------|---------|----------------------|---------|
| 1 | 2541 | \$Andy Smith | | Swinton Running Club | 1:01:44 |

Manchester Area Cross Country League at Heaton Park on Saturday 8th February 2020

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

| Pos | Num | Name | Cat/Pos | Club | Time | | | | | |
|-----|------|--------------------|---------|-----------------------------------|-------|-----|--------------------------|-----|-----------------------------------|-------|
| 1 | 468 | Sophie Wood | L | 1 Sale Harriers Manchester | 33:38 | 91 | 766 Bree Sutcliffe | L40 | 16 Wirral Ac | 42:30 |
| 2 | 635 | Vicki Cronin | L | 2 Trafford Athletic Club | 33:48 | 92 | 776 Anest Muller | L35 | 17 West Cheshire Athletic Club | 42:31 |
| 3 | 478 | Ruth Jones | L | 3 Salford Harriers & AC | 33:55 | 93 | 473 Laura Coucill | L35 | 18 Salford Harriers & AC | 42:32 |
| 4 | 846 | Emma Tilley | L | 4 Sale Harriers Manchester | 34:21 | 94 | 245 Catherine Voyce | L40 | 17 Macclesfield Harriers & Ac | 42:43 |
| 5 | 284 | Emily Bullis | L | 5 Manchester Metropolitan Uni | 34:38 | 95 | 244 Sue Stockdale | L45 | 11 Macclesfield Harriers & Ac | 42:46 |
| 6 | 713 | Diane McVey | L40 | 1 Wilmslow Running Club | 35:06 | 96 | 344 Elle McCrow | L | 96 Manchester Ymca Harriers | 42:46 |
| 7 | 230 | Rachel Hall | L35 | 1 Macclesfield Harriers & Ac | 35:49 | 97 | 578 Maureen Wilkins | L55 | 5 Stockport Harriers & Ac | 42:53 |
| 8 | 216 | Natalie Stonell | L | 8 Knutsford Tri Club | 36:02 | 98 | 646 Louise Mangan | L45 | 12 Trafford Athletic Club | 42:54 |
| 9 | 348 | Rebecca Whalley | L | 9 Manchester Ymca Harriers | 36:03 | 99 | 308 Helen Hyder | L40 | 18 Manchester Triathlon Club | 42:59 |
| 10 | 472 | Sarah Carroll | L | 10 Salford Harriers & AC | 36:04 | 100 | 144 Rosalyn Webster | L | 100 Chorlton Runners | 43:00 |
| 11 | 762 | Sarah Kearney | L45 | 1 Wirral Ac | 36:14 | 101 | 318 Jenny Outhwaite | L35 | 19 Manchester Triathlon Club | 43:04 |
| 12 | 178 | Hayley Simpson | L | 12 East Cheshire Harriers & Tames | 36:23 | 102 | 293 Cathy Atkinson | L45 | 13 Manchester Triathlon Club | 43:21 |
| 13 | 556 | Samantha Jones | L35 | 2 Stockport Harriers & Ac | 36:41 | 103 | 565 Ruth Murdoch | L45 | 14 Stockport Harriers & Ac | 43:24 |
| 14 | 637 | Joanne Dawes | L35 | 3 Trafford Athletic Club | 37:11 | 104 | 416 Carly Appleby | L40 | 19 Sale Harriers Manchester | 43:30 |
| 15 | 227 | Anne Farmer | L40 | 2 Macclesfield Harriers & Ac | 37:13 | 105 | 632 Ruth Beresford | L | 105 Trafford Athletic Club | 43:32 |
| 16 | 145 | Amy Weyers | L | 16 Chorlton Runners | 37:18 | 106 | 770 Karen Fleming | L45 | 15 East Cheshire Harriers & Tames | 43:33 |
| 17 | 150 | Siobhan Woods | L | 17 Chorlton Runners | 37:29 | 107 | 483 Ruth Ollerenshaw | L45 | 16 Salford Harriers & AC | 43:37 |
| 18 | 280 | Alice Stiles | L20 | 1 Manchester Harriers & Ac | 37:33 | 108 | 645 Joanne Lott | L50 | 6 Trafford Athletic Club | 43:43 |
| 19 | 648 | Melanie Monks | L | 19 Trafford Athletic Club | 37:34 | 109 | 63 Kate Ledin | L55 | 6 Buxton AC | 43:47 |
| 20 | 319 | Annie Porter | L35 | 4 Manchester Triathlon Club | 37:35 | 110 | 487 Jaymie Shenton | L40 | 20 Salford Harriers & AC | 44:00 |
| 21 | 136 | Ingrid Storm | L35 | 5 Chorlton Runners | 37:35 | 111 | 143 Alison Wainwright | L35 | 20 Chorlton Runners | 44:07 |
| 22 | 137 | Alice Swift | L | 2 Chorlton Runners | 37:37 | 112 | 582 Charlotte Black | L40 | 21 Stockport Tri Club | 44:14 |
| 23 | 2539 | Georgia Baynes | L | 23 Horsforth Harriers | 37:40 | 113 | 20 Annie Hirsch | L60 | 3 Belle Vue Racers | 44:18 |
| 24 | 117 | Frances Liddell | L | 24 Chorlton Runners | 37:43 | 114 | 574 Lesley Sinclair | L55 | 7 Stockport Harriers & Ac | 44:20 |
| 25 | 438 | Emma Finney | L35 | 6 Sale Harriers Manchester | 37:49 | 115 | 54 Sheila Bradley | L60 | 4 Buxton AC | 44:23 |
| 26 | 223 | Alannah Birtwistle | L | 26 Macclesfield Harriers & Ac | 37:50 | 116 | 323 Claudia RoblesMorse | L40 | 22 Manchester Triathlon Club | 44:23 |
| 27 | 704 | Louisa Harrison | L45 | 2 Wilmslow Running Club | 37:54 | 117 | 168 Joanne Healy | L45 | 17 Dragons Running Club (sale) | 44:26 |
| 28 | 842 | Rachel McQuillan | L20 | 2 Warrington A C | 37:56 | 118 | 619 Denise IrvingLang | L40 | 23 Swinton Running Club | 44:31 |
| 29 | 203 | Janet Rashleigh | L55 | 1 Horwich R M I Harriers | 37:59 | 119 | 215 Helen Murray | L35 | 21 Knutsford Tri Club | 44:47 |
| 30 | 827 | Rebecca Jackson | L | 30 Wilmslow Running Club | 38:02 | 120 | 588 Christine Dewsbury | L40 | 24 Stockport Tri Club | 44:54 |
| 31 | 488 | Beverley Simons | L45 | 3 Salford Harriers & AC | 38:06 | 121 | 508 Rachel Sate | L | 121 Salford Metropolitan Ac | 44:59 |
| 32 | 134 | Stephanie Stevens | L50 | 1 Chorlton Runners | 38:14 | 122 | 232 Saranya Hasler | L35 | 22 Macclesfield Harriers & Ac | 45:03 |
| 33 | 421 | Lydia Briggs | L | 33 Sale Harriers Manchester | 38:17 | 123 | 59 Ruth Gowers | L40 | 25 Buxton AC | 45:21 |
| 34 | 509 | Bethany Saunders | L | 34 Salford Metropolitan Ac | 38:19 | 124 | 35 Andrea Buckingham | L50 | 7 Bramhall Runners | 45:26 |
| 35 | 426 | Anne Chinoy | L45 | 4 Sale Harriers Manchester | 38:24 | 125 | 27 Rachel Watson | L40 | 26 Belle Vue Racers | 45:27 |
| 36 | 583 | Belinda Brennan | L40 | 3 Stockport Tri Club | 38:33 | 126 | 409 Jo Lynch | L | 126 Middleton Harriers Ac | 45:27 |
| 37 | 55 | Amy Clark | L | 37 Buxton AC | 38:35 | 127 | 589 Gillian Doolan | L50 | 8 Stockport Tri Club | 45:33 |
| 38 | 708 | Sharon Johnstone | L45 | 5 Wilmslow Running Club | 38:37 | 128 | 128 Samantha Penn | L | 128 Chorlton Runners | 45:34 |
| 39 | 545 | Mollie Cooke | L20 | 3 Stockport Harriers & Ac | 38:44 | 129 | 553 Louise Geldart | L | 129 Stockport Harriers & Ac | 45:53 |
| 40 | 295 | Fiona Blagg | L | 40 Manchester Triathlon Club | 38:45 | 130 | 518 Claire Murphy | L40 | 27 St Helens Tri | 45:57 |
| 41 | 440 | Zoe Gmerek | L40 | 4 Sale Harriers Manchester | 38:46 | 131 | 414 Miranda Clarke | L45 | 18 Quays Running Club | 46:00 |
| 42 | 14 | Alice Welch | L40 | 5 Altrincham & District Athletic | 39:06 | 132 | 528 Tracey Griffin | L45 | 19 Start2jog | 46:09 |
| 43 | 180 | Michelle Vaughan | L45 | 6 East Cheshire Harriers & Tames | 39:08 | 133 | 26 Sarah Walsh | L40 | 28 Belle Vue Racers | 46:12 |
| 44 | 241 | Daisy Pickles | L | 44 Macclesfield Harriers & Ac | 39:08 | 134 | 95 Nicky Dobra | L | 134 Chorlton Runners | 46:18 |
| 45 | 395 | Joanna Adamson | L40 | 6 Middleton Harriers Ac | 39:09 | 135 | 8 Carole Harrison | L50 | 9 Altrincham & District Athletic | 46:21 |
| 46 | 462 | Jane Thomas | L | 46 Sale Harriers Manchester | 39:14 | 136 | 765 Anne Rosbottom | L45 | 20 Wirral Ac | 46:23 |
| 47 | 417 | Helen Armitage | L40 | 7 Sale Harriers Manchester | 39:27 | 137 | 769 Karen Wileman | L40 | 29 Bramhall Runners | 46:31 |
| 48 | 499 | Rebecca Lovegrove | L35 | 7 Salford Metropolitan Ac | 39:32 | 138 | 608 Rhona Barker | L45 | 21 Swinton Running Club | 46:31 |
| 49 | 131 | Sarah Renshaw | L35 | 8 Chorlton Runners | 39:34 | 139 | 58 Heather FryerWinder | L50 | 10 Buxton AC | 46:46 |
| 50 | 231 | Sarah Harris | L40 | 8 Macclesfield Harriers & Ac | 39:39 | 140 | 294 Sophie Barnett | L40 | 30 Manchester Triathlon Club | 46:47 |
| 51 | 552 | Emilia Gajda | L20 | 4 Stockport Harriers & Ac | 39:46 | 141 | 256 Claire Naylor | L35 | 23 Manchester Frontrunners | 46:51 |
| 52 | 77 | Rosemary Barker | L | 52 Chorlton Runners | 39:54 | 142 | 445 Catherine Jones | L40 | 31 Sale Harriers Manchester | 46:51 |
| 53 | 764 | Sarah Phelan | L35 | 9 Wirral Ac | 39:56 | 143 | 466 Caroline Wheeler | L | 143 Sale Harriers Manchester | 46:52 |
| 54 | 840 | Samantha Willis | L40 | 9 Buxton AC | 39:58 | 144 | 327 Marianne Veighey | L45 | 22 Manchester Triathlon Club | 46:58 |
| 55 | 562 | Melanie Mather | L45 | 7 Stockport Harriers & Ac | 40:03 | 145 | 548 Lyndsey Crombleholme | L45 | 23 Stockport Harriers & Ac | 47:02 |
| 56 | 496 | Deakin Francesca | L | 56 Salford Metropolitan Ac | 40:06 | 146 | 838 Annabelle Mottram | L35 | 24 Buxton AC | 47:03 |
| 57 | 443 | Harriet Hamilton | L35 | 10 Sale Harriers Manchester | 40:07 | 147 | 338 Stephanie Goodchild | L50 | 11 Manchester Ymca Harriers | 47:10 |
| 58 | 633 | Amy-Rose Cauley | L | 58 Trafford Athletic Club | 40:10 | 148 | 767 Emily Taylor | L | 148 Wirral Ac | 47:13 |
| 59 | 511 | Alina Stepanchuk | L35 | 11 Salford Metropolitan Ac | 40:10 | 149 | 156 Miranda Hall | L40 | 32 Didsbury Runners | 47:17 |
| 60 | 626 | Rebecca Mills | L35 | 12 Swinton Running Club | 40:15 | 150 | 500 Laura Mercer | L45 | 24 Salford Metropolitan Ac | 47:23 |
| 61 | 566 | Imogen Nutter | L | 61 Stockport Harriers & Ac | 40:29 | 151 | 742 Jayne Cordingley | L40 | 33 Swinton Runners | 47:27 |
| 62 | 638 | Alison Drasdo | L50 | 2 Trafford Athletic Club | 40:30 | 152 | 594 Elizabeth Sargent | L40 | 34 Stockport Tri Club | 47:28 |
| 63 | 492 | Jaine Brocklehurst | L45 | 8 Salford Metropolitan Ac | 40:30 | 153 | 816 Isabelle Qamar | L45 | 25 Didsbury Runners | 47:35 |
| 64 | 737 | Laura Bell | L35 | 13 Winstan Runners | 40:32 | 154 | 577 Helen Todd | L65 | 1 Stockport Harriers & Ac | 47:43 |
| 65 | 758 | Margaret Cooper | L50 | 3 Wirral Ac | 40:32 | 155 | 609 Rachel Billington | L35 | 25 Swinton Running Club | 47:45 |
| 66 | 328 | Jude Wall | L45 | 9 Manchester Triathlon Club | 40:36 | 156 | 71 Hannah Ahle | L | 156 Chorlton Runners | 47:49 |
| 67 | 631 | Louise Ambler | L | 67 Trafford Athletic Club | 40:48 | 157 | 305 Karen Heggs | L40 | 35 Manchester Triathlon Club | 47:50 |
| 68 | 429 | J Cordingley | L60 | 1 Sale Harriers Manchester | 41:02 | 158 | 690 Debra Bemand | L45 | 26 West Cheshire Athletic Club | 47:50 |
| 69 | 697 | Janine Ellis | L50 | 4 Wilmslow Running Club | 41:07 | 159 | 303 Sonia Harris | L45 | 27 Manchester Triathlon Club | 47:59 |
| 70 | 248 | Jacqui Baines | L35 | 14 Manchester Frontrunners | 41:07 | 160 | 4 Margaret Bullock | L55 | 8 Altrincham & District Athletic | 48:00 |
| 71 | 441 | Sarah Goulden | L | 71 Sale Harriers Manchester | 41:12 | 161 | 283 Wendy Woodhead | L35 | 26 Manchester Harriers & Ac | 48:01 |
| 72 | 258 | Linda Rix | L55 | 2 Manchester Frontrunners | 41:13 | 162 | 818 Hanny Stockman | L55 | 9 Macclesfield Harriers & Ac | 48:01 |
| 73 | 675 | Melanie Johnson | L35 | 15 Vale Royal Ac | 41:19 | 163 | 138 Katie Syrett | L40 | 36 Chorlton Runners | 48:06 |
| 74 | 214 | Kate Mills | L40 | 10 Knutsford Tri Club | 41:20 | 164 | 756 Caroline Brophy | L50 | 12 Wirral Ac | 48:11 |
| 75 | 254 | Rachel Kenyon | L35 | 16 Manchester Frontrunners | 41:23 | 165 | 260 Ruth Travis | L45 | 28 Manchester Frontrunners | 48:23 |
| 76 | 342 | Robin Jones | L | 76 Manchester Ymca Harriers | 41:26 | 166 | 833 Jessica Mohan | L | 166 Start2jog | 48:26 |
| 77 | 787 | Faye Lawton | L | 77 Warrington A C | 41:31 | 167 | 85 Ann Carney | L60 | 5 Chorlton Runners | 48:27 |
| 78 | 70 | Tania Wilson | L55 | 3 Buxton AC | 41:32 | 168 | 362 Elise Evans | L45 | 29 Marple Runners | 48:29 |
| 79 | 304 | Mel Hayes | L50 | 5 Manchester Triathlon Club | 41:36 | 169 | 312 Emma Medus | L | 169 Manchester Triathlon Club | 48:32 |
| 80 | 10 | Beverley Jackson | L55 | 4 Altrincham & District Athletic | 41:47 | 170 | 175 Catherine Daley | L40 | 37 East Cheshire Harriers & Tames | 48:33 |
| 81 | 68 | Katie Rolfe | L40 | 11 Buxton AC | 41:51 | 171 | 262 Caroline Baba | L40 | 38 Manchester Harriers & Ac | 48:34 |
| 82 | 251 | Jane Fletcher | L40 | 12 Manchester Frontrunners | 41:53 | 172 | 107 Samantha Hartley | L | 172 Chorlton Runners | 48:44 |
| 83 | 568 | Glennis Richardson | L60 | 2 Stockport Harriers & Ac | 42:04 | 173 | 601 Eirini Ohandjanian | L45 | 30 Styal Running Club | 48:46 |
| 84 | 490 | Samantha Blackwell | L40 | 13 Salford Metropolitan Ac | 42:04 | 174 | 537 Jade Peacock | L | 174 Start2jog | 48:49 |
| 85 | 627 | Helen Nation | L40 | 14 Swinton Running Club | 42:06 | 175 | 529 Kaylea Haynes | L | 175 Start2jog | 48:50 |
| 86 | 542 | Rebecca Brimage | L40 | 15 Stockport Harriers & Ac | 42:06 | 176 | 17 Karen Charters | L45 | 31 Belle Vue Racers | 48:54 |
| 87 | 122 | Rachel McVittie | L | 87 Chorlton Runners | 42:08 | 177 | 525 Debbie Barker | L45 | 32 Start2jog | 49:04 |
| 88 | 800 | Rebecca Northeast | L | 88 Manchester Triathlon Club | 42:20 | 178 | 640 Sue Exon | L65 | 2 Trafford Athletic Club | 49:05 |
| 89 | 158 | Antonia Marsden | L | 89 Didsbury Runners | 42:23 | 179 | 806 Sandra McGrail | L55 | 10 Middleton Harriers Ac | 49:26 |
| 90 | 48 | Vikki Murphy | L45 | 10 Bramhall Runners | 42:28 | 180 | 773 Alexandra Duffey | L45 | 33 West Cheshire Athletic Club | 49:27 |

| | | | | | | | | |
|-----|-----------------------|--------|-----------------------------|-------|---------------------------|--------|-----------------------------|---------|
| 181 | 271 Catherine Jones | L50 13 | Manchester Harriers & Ac | 49:35 | 216 559 Rebecca Livsey | L 216 | Stockport Harriers & Ac | 54:34 |
| 182 | 596 Sam Caterelli | L 182 | Styal Running Club | 49:49 | 217 505 Michelle Payne | L40 46 | Salford Metropolitan Ac | 54:47 |
| 183 | 761 Uyai Ikpat | L40 39 | Wirral Ac | 49:56 | 218 292 Gillian Aspin | L45 42 | Manchester Triathlon Club | 54:57 |
| 184 | 173 Sue Strickland | L55 11 | Dragons Running Club (sale) | 50:04 | 219 15 Ruth Amin | L40 47 | Belle Vue Racers | 55:03 |
| 185 | 51 Breeshey Smith | L50 14 | Bramhall Runners | 50:21 | 220 533 Michelle Massey | L35 28 | Start2jog | 55:13 |
| 186 | 573 Sophie Seingier | L45 34 | Stockport Harriers & Ac | 50:26 | 221 628 Emma Nightingale | L40 48 | Swinton Running Club | 55:41 |
| 187 | 330 Lauren Williamson | L 187 | Manchester Triathlon Club | 50:33 | 222 602 Persheng Rad | L35 29 | Styal Running Club | 55:55 |
| 188 | 96 Alice Doherty | L 188 | Chorlton Runners | 50:36 | 223 797 Ruth Abbott | L65 3 | Chorlton Runners | 56:13 |
| 189 | 784 Elaine MacDonald | L 189 | Stockport Harriers & Ac | 50:39 | 224 610 Carmel Campbell | L40 49 | Swinton Running Club | 56:23 |
| 190 | 267 Lindsey Farrelly | L40 40 | Manchester Harriers & Ac | 50:52 | 225 57 Rachel Dowle | L45 43 | Buxton AC | 56:32 |
| 191 | 166 Jane Damerun | L40 41 | Dragons Running Club (sale) | 50:55 | 226 172 Cathy McCabe | L45 44 | Dragons Running Club (sale) | 56:42 |
| 192 | 536 Jo Mohan | L50 15 | Start2jog | 50:59 | 227 298 Judith Coker | L45 5 | Manchester Triathlon Club | 56:55 |
| 193 | 532 Clare Leith | L50 16 | Start2jog | 51:04 | 228 264 Deborah Beresford | L50 21 | Manchester Harriers & Ac | 57:25 |
| 194 | 621 Hannah Lee | L 194 | Swinton Running Club | 51:07 | 229 530 Jamielee Johnston | L 229 | Start2jog | 57:40 |
| 195 | 19 Julia Foy | L45 35 | Belle Vue Racers | 51:12 | 230 753 Kath Tyms | L40 50 | Winston Runners | 57:47 |
| 196 | 607 Kerry Adamsbaum | L40 42 | Swinton Running Club | 51:27 | 231 403 Ruth Hare | L65 4 | Middleton Harriers Ac | 58:17 |
| 197 | 76 Alison Barbuti | L40 43 | Chorlton Runners | 51:33 | 232 69 Sarah Soles | L50 22 | Buxton AC | 58:28 |
| 198 | 217 Miranda Taylor | L50 17 | Knutsford Tri Club | 51:37 | 233 64 Jennie Light | L40 51 | Buxton AC | 59:04 |
| 199 | 357 Amanada Collinge | L45 36 | Marple Runners | 51:46 | 234 825 Amanda Stanley | L50 23 | Salford Metropolitan Ac | 59:04 |
| 200 | 754 Gaynor Williams | L45 37 | Winston Runners | 51:48 | 235 527 Karon Edmunds | L45 46 | Start2jog | 59:16 |
| 201 | 848 Marie Horner | L 201 | Start2jog | 51:53 | 236 79 Hannah Bayley | L 236 | Chorlton Runners | 59:21 |
| 202 | 119 Laura Mackay | L35 27 | Chorlton Runners | 51:57 | 237 382 Rachel Myers | L 237 | Marple Runners | 59:22 |
| 203 | 329 Michelle Wilder | L50 18 | Manchester Triathlon Club | 52:10 | 238 111 Claire Howarth | L35 30 | Chorlton Runners | 1:00:07 |
| 204 | 745 Diana Evans | L60 6 | Winston Runners | 52:11 | 239 41 Beverley Denby | L50 24 | Bramhall Runners | 1:00:11 |
| 205 | 89 Hannah Coates | L 205 | Chorlton Runners | 52:17 | 240 44 Cath Jones | L55 12 | Bramhall Runners | 1:00:11 |
| 206 | 820 Karen Molloy | L45 38 | Marple Runners | 52:21 | 241 363 Louise Ewbank | L 241 | Marple Runners | 1:00:50 |
| 207 | 778 Helen Callery | L50 19 | Winston Runners | 52:42 | 242 747 Jana Julinkova | L45 47 | Winston Runners | 1:00:55 |
| 208 | 121 Katie McInnes | L 208 | Chorlton Runners | 52:52 | 243 47 Morag Morgan | L65 5 | Bramhall Runners | 1:01:03 |
| 209 | 516 Chris Forber | L45 39 | St Helens Tri | 53:27 | 244 843 Edna Sate | L65 6 | Salford Metropolitan Ac | 1:01:10 |
| 210 | 139 Victoria Thompson | L 210 | Chorlton Runners | 53:42 | 245 46 Melanie Li | L50 25 | Bramhall Runners | 1:01:48 |
| 211 | 109 Joanne Hill | L45 40 | Chorlton Runners | 53:50 | 246 415 Claire Rowley | L40 52 | Quays Running Club | 1:03:31 |
| 212 | 325 Jacky Taylor | L50 20 | Manchester Triathlon Club | 53:55 | 247 99 Jodie Etherson | L40 53 | Chorlton Runners | 1:03:46 |
| 213 | 132 Fiona Roberts | L40 44 | Chorlton Runners | 54:01 | 248 266 Linda Cross | L50 26 | Manchester Harriers & Ac | 1:06:01 |
| 214 | 815 Chapala Dey | L40 45 | Didsbury Runners | 54:08 | 249 335 Jennifer Delaney | L 249 | Manchester Ymca Harriers | 1:15:18 |
| 215 | 199 Sarah Larkin | L45 41 | Halton & Frodsham Harriers | 54:24 | | | | |

Senior Women - Ladies — TEAM RESULTS

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

| | | | | | | | | | |
|----|--------------------------------|-----|---------------------------|-----|--------------------|-----|--------------------|-----|----------------------|
| 1 | Sale Harriers Manchester | 61 | — 1 Sophie Wood | 4 | Emma Tilley | 24 | Emma Finney | 32 | Lydia Briggs |
| 2 | Chorlton Runners | 76 | — 16 Amy Weyers | 17 | Siobhan Woods | 21 | Ingrid Storm | 22 | Alice Swift |
| 3 | Macclesfield Harriers & Ac | 90 | — 7 Rachel Hall | 15 | Anne Farmer | 25 | Alannah Birtwistle | 43 | Daisy Pickles |
| 4 | Trafford Athletic Club | 92 | — 2 Vicki Cronin | 14 | Joanne Dawes | 19 | Melanie Monks | 57 | Amy-Rose Cauley |
| 5 | Wilmslow Running Club | 98 | — 6 Diane McVey | 26 | Louisa Harrison | 29 | Rebecca Jackson | 37 | Sharon Johnstone |
| 6 | Salford Harriers & AC | 135 | — 3 Ruth Jones | 10 | Sarah Carroll | 30 | Beverley Simons | 92 | Laura Coucill |
| 7 | Chorlton Runners 'B' | 153 | — 23 Frances Liddell | 31 | Stephanie Stevens | 48 | Sarah Renshaw | 51 | Rosemary Barker |
| 8 | Stockport Harriers & Ac | 155 | — 13 Samantha Jones | 38 | Mollie Cooke | 50 | Emilia Gajda | 54 | Melanie Mather |
| 9 | Sale Harriers Manchester 'B' | 165 | — 34 Anne Chinoy | 40 | Zoe Gmerek | 45 | Jane Thomas | 46 | Helen Armitage |
| 10 | Salford Metropolitan Ac | 193 | — 33 Bethany Saunders | 47 | Rebecca Lovegrove | 55 | Deakin Francesca | 58 | Alina Stepanchuk |
| 11 | Manchester Triathlon Club | 202 | — 20 Annie Porter | 39 | Fiona Blagg | 65 | Jude Wall | 78 | Mel Hayes |
| 12 | Wirral Ac | 217 | — 11 Sarah Kearney | 52 | Sarah Phelan | 64 | Margaret Cooper | 90 | Bree Sutcliffe |
| 13 | Buxton AC | 246 | — 36 Amy Clark | 53 | Samantha Willis | 77 | Tania Wilson | 80 | Katie Rolfe |
| 14 | Manchester Fronrunners | 295 | — 69 Jacqui Baines | 71 | Linda Rix | 74 | Rachel Kenyon | 81 | Jane Fletcher |
| 15 | Sale Harriers Manchester 'C' | 296 | — 56 Harriet Hamilton | 67 | J Cordingley | 70 | Sarah Goulden | 103 | Carly Appleby |
| 16 | Stockport Harriers & Ac 'B' | 323 | — 60 Imogen Nutter | 82 | Glennis Richardson | 85 | Rebecca Brimage | 96 | Maureen Wilkins |
| 17 | Manchester Ymca Harriers | 325 | — 9 Rebecca Whalley | 75 | Robin Jones | 95 | Elle Mecrow | 146 | Stephanie Goodchild |
| 18 | Trafford Athletic Club 'B' | 328 | — 61 Alison Drasdo | 66 | Louise Ambler | 97 | Louise Mangan | 104 | Ruth Beresford |
| 19 | East Cheshire Harriers & Tames | 328 | — 12 Hayley Simpson | 42 | Michelle Vaughan | 105 | Karen Fleming | 169 | Catherine Daley |
| 20 | Macclesfield Harriers & Ac 'B' | 357 | — 49 Sarah Harris | 93 | Catherine Voyce | 94 | Sue Stockdale | 121 | Saranya Hasler |
| 21 | Manchester Triathlon Club 'B' | 386 | — 87 Rebecca Northeast | 98 | Helen Hyder | 100 | Jenny Outhwaite | 101 | Cathy Atkinson |
| 22 | Stockport Tri Club | 391 | — 35 Belinda Brennan | 111 | Charlotte Black | 119 | Christine Dewsbury | 126 | Gillian Doolan |
| 23 | Knutsford Tri Club | 396 | — 8 Natalie Stonell | 73 | Kate Mills | 118 | Helen Murray | 197 | Miranda Taylor |
| 24 | Swinton Running Club | 397 | — 59 Rebecca Mills | 84 | Helen Nation | 117 | Denise IrvingLang | 137 | Rhona Barker |
| 25 | Altrincham & District Athletic | 413 | — 41 Alice Welch | 79 | Beverly Jackson | 134 | Carole Harrison | 159 | Margaret Bullock |
| 26 | Salford Metropolitan Ac 'B' | 414 | — 62 Jaine Brocklehurst | 83 | Samantha Blackwell | 120 | Rachel Sate | 149 | Laura Mercer |
| 27 | Chorlton Runners 'C' | 422 | — 86 Rachel McVittie | 99 | Rosalyn Webster | 110 | Alison Wainwright | 127 | Samantha Penn |
| 28 | Buxton AC 'B' | 482 | — 108 Kate Ledin | 114 | Sheila Bradley | 122 | Ruth Gowers | 138 | Heather FryerWinder |
| 29 | Stockport Harriers & Ac 'C' | 487 | — 102 Ruth Murdoch | 113 | Lesley Sinclair | 128 | Louise Geldart | 144 | Lyndsey Crombleholme |
| 30 | Manchester Harriers & Ac | 528 | — 18 Alice Stiles | 160 | Wendy Woodhead | 170 | Caroline Baba | 180 | Catherine Jones |
| 31 | Bramhall Runners | 532 | — 89 Vikki Murphy | 123 | Andrea Buckingham | 136 | Karen Wileman | 184 | Breeshey Smith |
| 32 | Belle Vue Racers | 543 | — 112 Annie Hirsch | 124 | Rachel Watson | 132 | Sarah Walsh | 175 | Karen Charters |
| 33 | Manchester Triathlon Club 'C' | 553 | — 115 Claudia RoblesMorse | 39 | Sophie Barnett | 143 | Marianne Veighy | 156 | Karen Heggs |
| 34 | Middleton Harriers Ac | 577 | — 44 Joanna Adamson | 125 | Jo Lynch | 178 | Sandra McGrail | 230 | Ruth Hare |
| 35 | Didsbury Runners | 601 | — 88 Antonia Marsden | 148 | Miranda Hall | 152 | Isabelle Qamar | 213 | Chapala Dey |
| 36 | Winston Runners | 615 | — 63 Laura Bell | 150 | Jayne Cordingley | 199 | Gaynor Williams | 203 | Diana Evans |
| 37 | Chorlton Runners 'D' | 616 | — 133 Nicky Dobra | 155 | Hannah Ahle | 162 | Katie Syrett | 166 | Ann Carney |
| 38 | Wirral Ac 'B' | 627 | — 135 Anne Rosbottom | 147 | Emily Taylor | 163 | Caroline Brophy | 182 | Uyai Ikpat |
| 39 | Start2jog | 643 | — 131 Tracey Griffin | 165 | Jessica Mohan | 173 | Jade Peacock | 174 | Kaylea Haynes |
| 40 | Manchester Triathlon Club 'D' | 714 | — 158 Sonia Harris | 168 | Emma Medus | 186 | Lauren Williamson | 202 | Michelle Wilder |
| 41 | Dragons Running Club (sale) | 714 | — 116 Joanne Healy | 183 | Sue Strickland | 190 | Jane Damerun | 225 | Cathy McCabe |
| 42 | Stockport Harriers & Ac 'D' | 741 | — 153 Helen Todd | 185 | Sophie Seingier | 188 | Elaine MacDonald | 215 | Rebecca Livsey |
| 43 | Chorlton Runners 'E' | 755 | — 171 Samantha Hartley | 187 | Alice Doherty | 196 | Alison Barbuti | 201 | Laura Mackay |
| 44 | Start2jog 'B' | 759 | — 176 Debbie Barker | 191 | Jo Mohan | 192 | Clare Leith | 200 | Maria Horner |
| 45 | Swinton Running Club 'B' | 762 | — 154 Rachel Billington | 193 | Hannah Lee | 195 | Kerry Adamsbaum | 220 | Emma Nightingale |
| 46 | Marple Runners | 806 | — 167 Elise Evans | 198 | Amanada Collinge | 205 | Karen Molloy | 236 | Rachel Myers |
| 47 | Chorlton Runners 'F' | 830 | — 204 Hannah Coates | 207 | Katie McInnes | 209 | Victoria Thompson | 210 | Joanne Hill |
| 48 | Buxton AC 'C' | 832 | — 145 Annabelle Mottram | 224 | Rachel Dowle | 231 | Sarah Soles | 232 | Jennie Light |
| 49 | Chorlton Runners 'G' | 906 | — 212 Fiona Roberts | 222 | Ruth Abbott | 235 | Hannah Bayley | 237 | Claire Howarth |
| 50 | Bramhall Runners 'B' | 963 | — 238 Beverley Denby | 239 | Cath Jones | 242 | Morag Morgan | 244 | Melanie Li |

Senior Women - Ladies (Vets) — TEAM RESULTS

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

| | | | | | | | | | |
|----|--------------------------------|-----|---|-----|---------------------|-----|----------------------|-----|--------------------|
| 1 | Wilmslow Running Club | 27 | — | 1 | Diane McVey | 10 | Louisa Harrison | 16 | Sharon Johnstone |
| 2 | Macclesfield Harriers & Ac | 32 | — | 2 | Rachel Hall | 6 | Anne Farmer | 24 | Sarah Harris |
| 3 | Sale Harriers Manchester | 40 | — | 9 | Emma Finney | 14 | Anne Chinoy | 17 | Zoe Gmerek |
| 4 | Chorlton Runners | 44 | — | 8 | Ingrid Storm | 13 | Stephanie Stevens | 23 | Sarah Renshaw |
| 5 | Wirral Ac | 62 | — | 3 | Sarah Kearney | 25 | Sarah Phelan | 34 | Margaret Cooper |
| 6 | Stockport Harriers & Ac | 79 | — | 4 | Samantha Jones | 27 | Melanie Mather | 48 | Glennis Richardson |
| 7 | Salford Metropolitan Ac | 83 | — | 22 | Rebecca Lovegrove | 29 | Alina Stepanchuk | 32 | Jaine Brocklehurst |
| 8 | Sale Harriers Manchester 'B' | 85 | — | 21 | Helen Armitage | 28 | Harriet Hamilton | 36 | J Cordingley |
| 9 | Manchester Triathlon Club | 86 | — | 7 | Annie Porter | 35 | Jude Wall | 44 | Mel Hayes |
| 10 | Trafford Athletic Club | 95 | — | 5 | Joanne Dawes | 31 | Alison Drasdo | 59 | Louise Mangan |
| 11 | Buxton AC | 115 | — | 26 | Samantha Willis | 43 | Tania Wilson | 46 | Katie Rolfe |
| 12 | Manchester Frontrunners | 119 | — | 38 | Jacqui Baines | 39 | Linda Rix | 42 | Rachel Kenyon |
| 13 | Salford Harriers & AC | 133 | — | 12 | Beverley Simons | 55 | Laura Coucill | 66 | Ruth Ollerenshaw |
| 14 | Altrincham & District Athletic | 152 | — | 18 | Alice Welch | 45 | Beverley Jackson | 89 | Carole Harrison |
| 15 | Swinton Running Club | 157 | — | 30 | Rebecca Mills | 50 | Helen Nation | 77 | Denise IrvingLang |
| 16 | Stockport Tri Club | 165 | — | 15 | Belinda Brennan | 71 | Charlotte Black | 79 | Christine Dewsbury |
| 17 | Stockport Harriers & Ac 'B' | 172 | — | 51 | Rebecca Brimage | 58 | Maureen Wilkins | 63 | Ruth Murdoch |
| 18 | Manchester Triathlon Club 'B' | 183 | — | 60 | Helen Hyder | 61 | Jenny Outhwaite | 62 | Cathy Atkinson |
| 19 | Macclesfield Harriers & Ac 'B' | 193 | — | 56 | Catherine Voyce | 57 | Sue Stockdale | 80 | Saranya Hasler |
| 20 | East Cheshire Harriers & Tames | 203 | — | 19 | Michelle Vaughan | 65 | Karen Fleming | 119 | Catherine Daley |
| 21 | Buxton AC 'B' | 223 | — | 68 | Kate Ledin | 74 | Sheila Bradley | 81 | Ruth Gowers |
| 22 | Bramhall Runners | 225 | — | 52 | Vikki Murphy | 82 | Andrea Buckingham | 91 | Karen Wileman |
| 23 | Belle Vue Racers | 243 | — | 72 | Annie Hirsch | 83 | Rachel Watson | 88 | Sarah Walsh |
| 24 | Wirral Ac 'B' | 258 | — | 53 | Alice Sutcliffe | 90 | Anne Rosbottom | 115 | Caroline Brophy |
| 25 | Manchester Frontrunners 'B' | 258 | — | 47 | Jane Fletcher | 95 | Claire Naylor | 116 | Ruth Travis |
| 26 | Knutsford Tri Club | 258 | — | 41 | Kate Mills | 78 | Helen Murray | 139 | Miranda Taylor |
| 27 | Manchester Triathlon Club 'C' | 266 | — | 75 | Claudia RoblesMorse | 94 | Sophie Barnett | 97 | Marianne Veighey |
| 28 | Stockport Harriers & Ac 'C' | 277 | — | 73 | Lesley Sinclair | 98 | Lyndsey Crombleholme | 106 | Helen Todd |
| 29 | Winston Runners | 277 | — | 33 | Laura Bell | 103 | Jayne Cordingley | 141 | Gaynor Williams |
| 30 | West Cheshire Athletic Club | 289 | — | 54 | Anest Muller | 109 | Debra Bemand | 126 | Alexandra Duffey |
| 31 | Chorlton Runners 'B' | 301 | — | 70 | Alison Wainwright | 114 | Katie Syrett | 117 | Ann Carney |
| 32 | Salford Metropolitan Ac 'B' | 304 | — | 49 | Samantha Blackwell | 102 | Laura Mercer | 153 | Michelle Payne |
| 33 | Middleton Harriers Ac | 311 | — | 20 | Joanna Adamson | 125 | Sandra McGrail | 166 | Ruth Hare |
| 34 | Swinton Running Club 'B' | 336 | — | 92 | Rhona Barker | 107 | Rachel Billington | 137 | Kerry Adamsbaum |
| 35 | Dragons Running Club (sale) | 338 | — | 76 | Joanne Healy | 129 | Sue Strickland | 133 | Jane Damerun |
| 36 | Start2jog | 344 | — | 87 | Tracey Griffin | 123 | Debbie Barker | 134 | Jo Mohan |
| 37 | Buxton AC 'C' | 353 | — | 93 | Heather FryerWinder | 99 | Annabelle Mottram | 161 | Rachel Dowle |
| 38 | Didsbury Runners | 357 | — | 101 | Miranda Hall | 105 | Isabelle Qamar | 151 | Chapala Dey |
| 39 | Manchester Harriers & Ac | 359 | — | 112 | Wendy Woodhead | 120 | Caroline Baba | 127 | Catherine Jones |
| 40 | Manchester Triathlon Club 'D' | 361 | — | 108 | Karen Heggis | 110 | Sonia Harris | 143 | Michelle Wilder |
| 41 | Marple Runners | 403 | — | 118 | Elise Evans | 140 | Amanada Collinge | 145 | Karen Molloy |
| 42 | Belle Vue Racers 'B' | 413 | — | 122 | Karen Charters | 136 | Julia Foy | 155 | Ruth Amin |
| 43 | Chorlton Runners 'C' | 428 | — | 138 | Alison Barbuti | 142 | Laura Mackay | 148 | Joanne Hill |
| 44 | Winston Runners 'B' | 455 | — | 144 | Diana Evans | 146 | Helen Callery | 165 | Kath Tyms |
| 45 | Start2jog 'B' | 461 | — | 135 | Clare Leith | 156 | Michelle Massey | 170 | Karon Edmunds |
| 46 | Manchester Triathlon Club 'E' | 466 | — | 149 | Jacky Taylor | 154 | Gillian Aspin | 163 | Judith Coker |
| 47 | Bramhall Runners 'B' | 475 | — | 130 | Breeshey Smith | 172 | Beverley Denby | 173 | Cath Jones |
| 48 | Manchester Harriers & Ac 'B' | 476 | — | 132 | Lindsey Farrelly | 164 | Deborah Beresford | 180 | Linda Cross |
| 49 | Chorlton Runners 'D' | 480 | — | 150 | Fiona Roberts | 159 | Ruth Abbott | 171 | Claire Howarth |

Manchester Area Cross Country League at Heaton Park on Saturday 8th February 2020

Senior Men aged 20 to 39

| Pos | Num | Name | Cat/Pos | Club | Time | | | | | |
|-----|------|----------------------|---------|--------------------------------|-------|-----|------|----------------------|--------------------------------|---------|
| 1 | 715 | Chris Livesey | | Salford Harriers & AC | 33:32 | 72 | 595 | Leon Wint | Middleton Harriers Ac | 40:58 |
| 2 | 611 | Nicholas Barry | | Sale Harriers Manchester | 33:39 | 73 | 668 | Chris Tait | Sale Harriers Manchester | 41:01 |
| 3 | 704 | Carl Hardman | | Salford Harriers & AC | 33:48 | 74 | 236 | Damien McHugh | Didsbury Runners | 41:04 |
| 4 | 951 | Jay Ferns | | Trafford Athletic Club | 33:53 | 75 | 1130 | Chris Gwatkin | Manchester Harriers & Ac | 41:05 |
| 5 | 723 | Elliot Palmer | | Salford Harriers & AC | 33:56 | 76 | 1180 | Daniel Timperley | Oldham & Royton H & Ac | 41:12 |
| 6 | 495 | Alex Lawton | | Manchester Triathlon Club | 34:07 | 77 | 180 | Rob Lee | Chorlton Runners | 41:19 |
| 7 | 962 | Simon O'Meara | | Trafford Athletic Club | 34:09 | 78 | 703 | Grant GunnAnderson | Salford Harriers & AC | 41:22 |
| 8 | 132 | Peter Bray | | Chorlton Runners | 34:20 | 79 | 1250 | Adam Cooper | Belle Vue Racers | 41:23 |
| 9 | 728 | Callum Rowlinson | | Salford Harriers & AC | 34:23 | 80 | 822 | Stuart Nock | Start2jog | 41:28 |
| 10 | 343 | Joe Mercer | | Horwich R M I Harriers | 34:31 | 81 | 109 | Daniel Latham | Buxton AC | 41:33 |
| 11 | 273 | Joseph Hudak | | East Cheshire Harriers & Tames | 34:34 | 82 | 580 | Jordan Burke | Middleton Harriers Ac | 41:38 |
| 12 | 992 | Alex Sutton | | University Of Manchester | 34:57 | 83 | 237 | Mike Norbury | Didsbury Runners | 41:47 |
| 13 | 970 | Gavin Tomlinson | | Trafford Athletic Club | 35:17 | 84 | 754 | Matthew Hill | Salford Metropolitan Ac | 41:51 |
| 14 | 348 | J ScottFarrington | | Horwich R M I Harriers | 35:29 | 85 | 610 | Paul Barrett | Sale Harriers Manchester | 41:54 |
| 15 | 614 | Alex Bradford | | Sale Harriers Manchester | 35:37 | 86 | 7 | Nick Bugler | Altrincham & District Athletic | 42:00 |
| 16 | 206 | James Savage | | Chorlton Runners | 35:45 | 87 | 983 | Edvard Holden | University Of Manchester | 42:00 |
| 17 | 168 | Ben Hobson | | Chorlton Runners | 35:51 | 88 | 438 | Matt Perry | Manchester Frontrunners | 42:07 |
| 18 | 130 | Liam Braby | | Chorlton Runners | 35:58 | 89 | 603 | Phil Pennill | Quays Running Club | 42:12 |
| 19 | 607 | Sam Aspinwall | | Sale Harriers Manchester | 36:09 | 90 | 483 | Shaun Gilmour | Manchester Triathlon Club | 42:12 |
| 20 | 727 | Stuart Robinson | | Salford Harriers & AC | 36:13 | 91 | 593 | John Weaver | Middleton Harriers Ac | 42:12 |
| 21 | 1271 | Ryan Worland | | Sale Harriers Manchester | 36:15 | 92 | 1237 | V Salazar | Wirral Ac | 42:20 |
| 22 | 228 | David Wyeth | | Chorlton Runners | 36:21 | 93 | 56 | John Haines | Belle Vue Racers | 42:21 |
| 23 | 643 | Kenneth Hunt | | Sale Harriers Manchester | 36:29 | 94 | 708 | Carl Jones | Salford Harriers & AC | 42:29 |
| 24 | 185 | Sam Mason | | Chorlton Runners | 36:31 | 95 | 43 | James Pattison | Altrincham & District Athletic | 42:32 |
| 25 | 389 | Billy Hicks | | Macclesfield Harriers & Ac | 36:46 | 96 | 1273 | John Townsend | Salford Metropolitan Ac | 42:38 |
| 26 | 183 | F MacdonaldOulds | | Chorlton Runners | 36:50 | 97 | 23 | Adam Hindmarch | Altrincham & District Athletic | 42:42 |
| 27 | 990 | Marcus Preedy | | University Of Manchester | 37:00 | 98 | 134 | James Bryson | Chorlton Runners | 42:59 |
| 28 | 373 | Laurie Luscombe | | Liverpool Harriers & Ac | 37:05 | 99 | 355 | Luke Ainsworth | Knutsford Tri Club | 43:08 |
| 29 | 956 | Greg Kelly | | Trafford Athletic Club | 37:09 | 100 | 519 | Andrew Bowler | Manchester Ymca Harriers | 43:14 |
| 30 | 1227 | Andrew Hartley | | Manchester Harriers & Ac | 37:10 | 101 | 670 | Luke Townsend | Sale Harriers Manchester | 43:24 |
| 31 | 151 | Matthew Devlin | | Chorlton Runners | 37:11 | 102 | 83 | Damian Jones | Bramhall Runners | 43:36 |
| 32 | 19 | Nick Hamlin | | Altrincham & District Athletic | 37:15 | 103 | 432 | Nick Markley | Manchester Frontrunners | 43:52 |
| 33 | 105 | Jason Brunnock | | Buxton AC | 37:24 | 104 | 163 | David Hargreaves | Chorlton Runners | 44:07 |
| 34 | 991 | Laurence Skidmore | | University Of Manchester | 37:30 | 105 | 216 | Andrew Tongue | Chorlton Runners | 44:12 |
| 35 | 17 | Matt Gawne | | Altrincham & District Athletic | 37:38 | 106 | 508 | Pete Smallwood | Manchester Triathlon Club | 44:34 |
| 36 | 989 | Harry Parker | | University Of Manchester | 37:39 | 107 | 271 | James Hartshorne | East Cheshire Harriers & Tames | 44:39 |
| 37 | 616 | Andrew Carlin | | Sale Harriers Manchester | 37:53 | 108 | 1270 | Jonathan MilesStokes | Middleton Harriers Ac | 44:44 |
| 38 | 893 | Carl Krystek | | Stockport Tri Club | 38:12 | 109 | 1650 | Owen Haywood | Manchester Metropolitan Uni | 45:08 |
| 39 | 1129 | Arran McCloskey | | Knutsford Tri Club | 38:15 | 110 | 889 | Rob Heathcote | Stockport Tri Club | 45:19 |
| 40 | 166 | Tom Hindmarch | | Chorlton Runners | 38:17 | 111 | 530 | Chris March | Manchester Ymca Harriers | 45:20 |
| 41 | 1262 | Christopher Ellis | | Chorlton Runners | 38:19 | 112 | 446 | Edmund Woodfield | Manchester Frontrunners | 45:22 |
| 42 | 626 | Robert Dunn | | Sale Harriers Manchester | 38:23 | 113 | 463 | Neil Ryan | Manchester Harriers & Ac | 45:52 |
| 43 | 667 | Tom Stephenson | | Sale Harriers Manchester | 38:25 | 114 | 926 | Mike Donigan | Swinton Running Club | 46:05 |
| 44 | 919 | Daniel Bird | | Swinton Running Club | 38:41 | 115 | 244 | Graham Brownhill | Dragons Running Club (sale) | 46:19 |
| 45 | 1267 | Ben Light | | Buxton AC | 38:50 | 116 | 515 | Harry Vaneris | Manchester Triathlon Club | 46:21 |
| 46 | 705 | Michael Heaney | | Salford Harriers & AC | 38:50 | 117 | 512 | Richard Tennant | Manchester Triathlon Club | 46:49 |
| 47 | 506 | Aaron Saxton | | Manchester Triathlon Club | 38:53 | 118 | 481 | Martin Forker | Manchester Triathlon Club | 47:01 |
| 48 | 661 | Paul Rowley | | Sale Harriers Manchester | 39:06 | 119 | 939 | Mario Santos | Swinton Running Club | 47:25 |
| 49 | 960 | Greg Marcroft | | Trafford Athletic Club | 39:08 | 120 | 259 | David Swinburne | Dragons Running Club (sale) | 47:38 |
| 50 | 241 | Steven Townley | | Didsbury Runners | 39:11 | 121 | 1266 | Richard Bouglas | Buxton AC | 47:39 |
| 51 | 413 | Gregory Beck | | Manchester Frontrunners | 39:14 | 122 | 936 | Lee Marks | Swinton Running Club | 47:41 |
| 52 | 861 | Tom Peers | | Stockport Harriers & Ac | 39:14 | 123 | 1207 | Anoop Selvin | Quays Running Club | 47:46 |
| 53 | 834 | Phil Carpenter | | Stockport Harriers & Ac | 39:22 | 124 | 798 | Chris Hayes | St Helens Tri | 48:11 |
| 54 | 178 | Jonathan Lancaster | | Chorlton Runners | 39:32 | 125 | 746 | Michael Carney | Salford Metropolitan Ac | 48:18 |
| 55 | 685 | Matthew Brocklehurst | | Salford Harriers & AC | 39:35 | 126 | 171 | Etienne Humphries | Chorlton Runners | 48:21 |
| 56 | 388 | Robert Hasler | | Macclesfield Harriers & Ac | 39:36 | 127 | 189 | Ross Murdoch | Chorlton Runners | 48:27 |
| 57 | 750 | Ben Farrelly | | Salford Metropolitan Ac | 39:42 | 128 | 107 | Richard Goff | Buxton AC | 48:46 |
| 58 | 201 | Russell Price | | Chorlton Runners | 39:43 | 129 | 441 | Edward Roberts | Manchester Frontrunners | 49:11 |
| 59 | 90 | Matthew Moran | | Bramhall Runners | 39:58 | 130 | 420 | Vally Darren De | Manchester Frontrunners | 49:11 |
| 60 | 504 | Jamie Platt | | Manchester Triathlon Club | 39:59 | 131 | 839 | Ian Crabtree | Stockport Harriers & Ac | 49:26 |
| 61 | 931 | Mathew Holland | | Swinton Running Club | 40:11 | 132 | 538 | Graeme Wilkinson | Manchester Ymca Harriers | 49:57 |
| 62 | 371 | Matthew Wackett | | Knutsford Tri Club | 40:14 | 133 | 235 | Dan Levin | Didsbury Runners | 50:13 |
| 63 | 1189 | Luke Burgess | | Manchester Ymca Harriers | 40:17 | 134 | 818 | Nick Grayson | Start2jog | 50:44 |
| 64 | 137 | Luke Carter | | Chorlton Runners | 40:18 | 135 | 222 | Charlie Walker | Chorlton Runners | 50:57 |
| 65 | 922 | Ian Cronshaw | | Swinton Running Club | 40:22 | 136 | 784 | Paul Booth | St Helens Tri | 51:45 |
| 66 | 139 | Chris Clarke | | Chorlton Runners | 40:24 | 137 | 229 | Callum Alderton | Didsbury Runners | 52:10 |
| 67 | 786 | Robert Chesters | | St Helens Tri | 40:33 | 138 | 820 | Robert Maidstone | Start2jog | 53:17 |
| 68 | 1220 | Chris Rushworth | | Buxton AC | 40:39 | 139 | 415 | Dominic Berry | Manchester Frontrunners | 53:55 |
| 69 | 314 | Nathan Porter | | Goyt Valley Striders | 40:41 | 140 | 825 | Barry Sherwood | Start2jog | 57:44 |
| 70 | 100 | John Williams | | Bramhall Runners | 40:50 | 141 | 542 | John Bailey | Marple Runners | 1:08:45 |
| 71 | 220 | Daniel Vasey | | Chorlton Runners | 40:51 | | | | | |

Senior Men (Vets) aged 40 to 44

| Pos | Num | Name | Cat/Pos | Club | Time | | Time | | | |
|-----|------|------------------|---------|--------------------------------|-------|----|-------------------------|--------|----------------------------|---------|
| 1 | 209 | Matthew Shaw | V40 1 | Chorlton Runners | 34:15 | 32 | 1236 Andy Fraser | V40 32 | Wirral Ac | 43:18 |
| 2 | 1100 | Peter Speake | V40 2 | Wilmslow Running Club | 36:00 | 33 | 480 Eduardo Fe | V40 33 | Manchester Triathlon Club | 44:24 |
| 3 | 38 | David Norman | V40 3 | Altrincham & District Athletic | 36:08 | 34 | 331 C Essex | V40 34 | Horwich R M I Harriers | 44:32 |
| 4 | 1063 | Richard Coen | V40 4 | Wilmslow Running Club | 36:11 | 35 | 586 Graham Jordan | V40 35 | Middleton Harriers Ac | 44:34 |
| 5 | 865 | J Scott-Bucceuch | V40 5 | Stockport Harriers & Ac | 36:26 | 36 | 300 Alistair Fitzgerald | V40 36 | Goyt Valley Striders | 44:37 |
| 6 | 404 | Mark Walker | V40 6 | Macclesfield Harriers & Ac | 36:37 | 37 | 758 Richard Knight | V40 37 | Salford Metropolitan Ac | 44:48 |
| 7 | 207 | Gary Scott | V40 7 | Chorlton Runners | 36:57 | 38 | 490 Richard Hyder | V40 38 | Manchester Triathlon Club | 45:17 |
| 8 | 186 | Ben McCormack | V40 8 | Chorlton Runners | 37:04 | 39 | 582 Michael Griffin | V40 39 | Middleton Harriers Ac | 45:26 |
| 9 | 344 | Alastair Murray | V40 9 | Horwich R M I Harriers | 37:28 | 40 | 755 David Hughes | V40 40 | Salford Metropolitan Ac | 45:36 |
| 10 | 1000 | Mark Crabtree | V40 10 | Vale Royal Ac | 37:55 | 41 | 67 Adam Bird | V40 41 | Bramhall Runners | 45:38 |
| 11 | 707 | David Hudson | V40 11 | Salford Harriers & AC | 38:05 | 42 | 596 Paul Bartholomew | V40 42 | Oldham & Royton H & Ac | 45:54 |
| 12 | 272 | Robin Horner | V40 12 | East Cheshire Harriers & Tames | 38:30 | 43 | 477 Chris Evans | V40 43 | Manchester Triathlon Club | 46:09 |
| 13 | 686 | Richard Brook | V40 13 | Salford Harriers & AC | 38:36 | 44 | 231 Matt Farr | V40 44 | Didsbury Runners | 46:22 |
| 14 | 334 | Daniel Gilbert | V40 14 | Horwich R M I Harriers | 38:43 | 45 | 464 Chris Sewart | V40 45 | Manchester Harriers & Ac | 46:46 |
| 15 | 828 | Paul Brooks | V40 15 | Stockport Harriers & Ac | 38:45 | 46 | 1276 Aghogho Odudu | V40 46 | Trafford Athletic Club | 46:52 |
| 16 | 600 | Lee Robinson | V40 16 | Oldham & Royton H & Ac | 40:20 | 47 | 588 Stephen Lowe | V40 47 | Middleton Harriers Ac | 46:54 |
| 17 | 461 | Alex Masidlover | V40 17 | Manchester Harriers & Ac | 40:32 | 48 | 892 Martyn Jones | V40 48 | Stockport Tri Club | 47:25 |
| 18 | 830 | Philip Burns | V40 18 | Stockport Harriers & Ac | 40:38 | 49 | 842 Darren Donald | V40 49 | Stockport Harriers & Ac | 47:45 |
| 19 | 1259 | Tony Davenport | V40 19 | Trafford Athletic Club | 40:41 | 50 | 192 Nick Parrott | V40 50 | Chorlton Runners | 48:10 |
| 20 | 427 | Steve Hatton | V40 20 | Manchester Frontrunners | 40:43 | 51 | 934 Simon Lobas | V40 51 | Swinton Running Club | 48:26 |
| 21 | 799 | Eddie Hirst | V40 21 | St Helens Tri | 41:26 | 52 | 405 Michael Walton | V40 52 | Macclesfield Harriers & Ac | 48:51 |
| 22 | 946 | Kevin Woodward | V40 22 | Swinton Running Club | 41:30 | 53 | 759 Stuart Mairs | V40 53 | Salford Metropolitan Ac | 49:21 |
| 23 | 944 | Stuart Tucker | V40 23 | Swinton Running Club | 41:31 | 54 | 730 Paul Sale | V40 54 | Salford Harriers & AC | 50:12 |
| 24 | 62 | Vic Walsh | V40 24 | Belle Vue Racers | 41:35 | 55 | 812 John Wilson | V40 55 | St Helens Tri | 50:49 |
| 25 | 426 | Jono Guildford | V40 25 | Manchester Frontrunners | 41:51 | 56 | 419 Paul Crowe | V40 56 | Manchester Frontrunners | 51:06 |
| 26 | 315 | James Rees | V40 26 | Goyt Valley Striders | 42:17 | 57 | 1209 Matthew Bell | V40 57 | Sale Harriers Manchester | 53:51 |
| 27 | 791 | Kevin Dunbar | V40 27 | St Helens Tri | 42:23 | 58 | 356 Richard Brown | V40 58 | Knutsford Tri Club | 54:02 |
| 28 | 606 | Mike Ashby | V40 28 | Sale Harriers Manchester | 42:37 | 59 | 903 David Clark | V40 59 | Styal Running Club | 56:40 |
| 29 | 103 | Rick Aldred | V40 29 | Buxton AC | 42:40 | 60 | 479 Matthew EvansSmith | V40 60 | Manchester Triathlon Club | 58:25 |
| 30 | 214 | Nick Syrett | V40 30 | Chorlton Runners | 42:55 | 61 | 817 Jason Gould | V40 61 | Start2jog | 1:13:25 |
| 31 | 302 | Aidan Grant | V40 31 | Goyt Valley Striders | 43:16 | | | | | |

Senior Men (Vets) aged 45 to 49

| Pos | Num | Name | Cat/Pos | Club | Time | | Time | | | |
|-----|------|--------------------|---------|--------------------------------|-------|----|------------------------|--------|-----------------------------|-------|
| 1 | 1002 | Stuart Doyle | V45 1 | Vale Royal Ac | 36:31 | 35 | 953 Graham Holbrook | V45 35 | Trafford Athletic Club | 43:38 |
| 2 | 849 | Malcolm Johnson | V45 2 | Stockport Harriers & Ac | 36:55 | 36 | 108 Matt Hawtin | V45 36 | Buxton AC | 43:46 |
| 3 | 1040 | David Watson | V45 3 | Warrington A C | 36:56 | 37 | 777 Shane Wolstencroft | V45 37 | Salford Metropolitan Ac | 43:56 |
| 4 | 964 | Jeff Prest | V45 4 | Trafford Athletic Club | 37:08 | 38 | 568 Darren Peatfield | V45 38 | Marple Runners | 43:58 |
| 5 | 689 | Mark Collier | V45 5 | Salford Harriers & AC | 37:08 | 39 | 92 Frank Podd | V45 39 | Bramhall Runners | 44:14 |
| 6 | 118 | Robert White | V45 6 | Buxton AC | 37:29 | 40 | 869 Mark Smith | V45 40 | Stockport Harriers & Ac | 45:03 |
| 7 | 709 | James Kovacs | V45 7 | Salford Harriers & AC | 37:35 | 41 | 543 Chris Barber | V45 41 | Marple Runners | 45:10 |
| 8 | 1049 | Barry Archbold | V45 8 | Wilmslow Running Club | 38:00 | 42 | 887 Paul Graveney | V45 42 | Stockport Tri Club | 45:34 |
| 9 | 1176 | Tim Greenald | V45 9 | East Cheshire Harriers & Tames | 38:20 | 43 | 567 Pete Ogle | V45 43 | Marple Runners | 45:36 |
| 10 | 203 | Christopher Rayner | V45 10 | Chorlton Runners | 38:23 | 44 | 1157 Ian Roberts | V45 44 | St Helens Sutton Ac | 45:43 |
| 11 | 324 | Gareth Booth | V45 11 | Horwich R M I Harriers | 38:35 | 45 | 894 Andrew Mainwaring | V45 45 | Stockport Tri Club | 46:00 |
| 12 | 629 | Olivier Gaillemin | V45 12 | Sale Harriers Manchester | 38:57 | 46 | 1192 Matthew Gibbons | V45 46 | Salford Metropolitan Ac | 46:42 |
| 13 | 1123 | John Heap | V45 13 | Wirral Ac | 39:34 | 47 | 617 Hector Chinoy | V45 47 | Sale Harriers Manchester | 46:44 |
| 14 | 854 | Ged McGrath | V45 14 | Stockport Harriers & Ac | 39:39 | 48 | 752 Paul Gee | V45 48 | Salford Metropolitan Ac | 46:50 |
| 15 | 881 | Nick Chick | V45 15 | Stockport Tri Club | 39:50 | 49 | 601 Lee Dunn | V45 49 | Quays Running Club | 46:54 |
| 16 | 29 | Richard Lane | V45 16 | Altrincham & District Athletic | 39:56 | 50 | 84 Lee Jones | V45 50 | Bramhall Runners | 47:06 |
| 17 | 851 | David Maher | V45 17 | Stockport Harriers & Ac | 40:04 | 51 | 117 Mark Thorogood | V45 51 | Buxton AC | 47:14 |
| 18 | 665 | Matthew Spragg | V45 18 | Sale Harriers Manchester | 40:07 | 52 | 1085 Richard Lawson | V45 52 | Wilmslow Running Club | 47:23 |
| 19 | 161 | Paul Griffiths | V45 19 | Chorlton Runners | 40:09 | 53 | 255 Tristan Pocock | V45 53 | Dragons Running Club (sale) | 48:00 |
| 20 | 837 | James Corden | V45 20 | Stockport Harriers & Ac | 40:53 | 54 | 125 James Atkiss | V45 54 | Chorlton Runners | 48:23 |
| 21 | 514 | Roger Thomas | V45 21 | Manchester Triathlon Club | 40:57 | 55 | 1059 Colin Caisley | V45 55 | Wilmslow Running Club | 49:34 |
| 22 | 335 | David Jackson | V45 22 | Horwich R M I Harriers | 41:02 | 56 | 578 Jeremy Woodham | V45 56 | Marple Runners | 49:36 |
| 23 | 280 | Dennis Thomas | V45 23 | East Cheshire Harriers & Tames | 41:03 | 57 | 64 Steve Aughton | V45 57 | Bramhall Runners | 49:38 |
| 24 | 853 | Nathan Mayoh | V45 24 | Stockport Harriers & Ac | 41:07 | 58 | 208 Ian Sharpe | V45 58 | Chorlton Runners | 49:45 |
| 25 | 249 | Richard Healy | V45 25 | Dragons Running Club (sale) | 41:28 | 59 | 182 Sean Lord | V45 59 | Chorlton Runners | 49:45 |
| 26 | 407 | Brian Whitlock | V45 26 | Macclesfield Harriers & Ac | 41:32 | 60 | 1164 Tim Blackwell | V45 60 | Chorlton Runners | 50:19 |
| 27 | 793 | Michael Forber | V45 27 | St Helens Tri | 42:02 | 61 | 121 Peter Adams | V45 61 | Chorlton Runners | 50:55 |
| 28 | 862 | Simon Pickard | V45 28 | Stockport Harriers & Ac | 42:10 | 62 | 80 Nick Heaton | V45 62 | Bramhall Runners | 51:46 |
| 29 | 1256 | Paul Noble | V45 29 | Sale Harriers Manchester | 42:12 | 63 | 546 Thomas Callaghan | V45 63 | Marple Runners | 52:02 |
| 30 | 915 | Craig Ansell | V45 30 | Swinton Running Club | 42:30 | 64 | 418 John Clark | V45 64 | Manchester Frontrunners | 52:45 |
| 31 | 370 | James Upton | V45 31 | Knutsford Tri Club | 43:01 | 65 | 549 James Deighton | V45 65 | Marple Runners | 53:24 |
| 32 | 322 | Matthew Larkin | V45 32 | Halton & Frodsham Harriers | 43:03 | 66 | 367 Andrew Orme | V45 66 | Knutsford Tri Club | 54:46 |
| 33 | 87 | Lok Li | V45 33 | Bramhall Runners | 43:05 | 67 | 900 Michael Walton | V45 67 | Stockport Tri Club | 56:16 |
| 34 | 72 | M Deschoolmeester | V45 34 | Bramhall Runners | 43:20 | | | | | |

Senior Men (Vets) aged 50 to 54

| Pos | Num | Name | Cat/Pos | Club | Time | | Time | | | |
|-----|------|--------------------|---------|--------------------------------|-------|----|-----------------------|--------|--------------------------------|---------|
| 1 | 713 | Philip Leybourne | V50 1 | Salford Harriers & AC | 38:21 | 23 | 454 Glen Gandy | V50 23 | Manchester Harriers & Ac | 46:32 |
| 2 | 1252 | Matthew Lynas | V50 2 | Macclesfield Harriers & Ac | 38:45 | 24 | 1234 Richard O'Reilly | V50 24 | Horwich R M I Harriers | 47:35 |
| 3 | 2540 | Bryan Lomas | V50 3 | Congleton H & Ac | 39:53 | 25 | 1228 Darren Wallis | V50 25 | Middleton Harriers Ac | 47:38 |
| 4 | 395 | James Noakes | V50 4 | Macclesfield Harriers & Ac | 39:53 | 26 | 78 Richard Hall | V50 26 | Bramhall Runners | 47:52 |
| 5 | 535 | Tim Shanker | V50 5 | Manchester Ymca Harriers | 40:01 | 27 | 1146 James Golden | V50 27 | Winston Runners | 47:58 |
| 6 | 929 | Tony Flanagan | V50 6 | Swinton Running Club | 40:05 | 28 | 763 Girish Patel | V50 28 | Salford Metropolitan Ac | 48:02 |
| 7 | 1042 | Dave Alexander | V50 7 | West Cheshire Athletic Club | 40:37 | 29 | 288 Peter Daly | V50 29 | Glossopdale Harriers | 48:17 |
| 8 | 1110 | Andrew Whittingham | V50 8 | Wilmslow Running Club | 40:55 | 30 | 802 Chris Murphy | V50 30 | St Helens Tri | 48:37 |
| 9 | 1023 | Gareth Williams | V50 9 | Vale Royal Ac | 41:04 | 31 | 11 Duncan Dickinson | V50 31 | Altrincham & District Athletic | 49:00 |
| 10 | 1044 | Andrew Clague | V50 10 | West Cheshire Athletic Club | 41:44 | 32 | 1134 Ronan Brennan | V50 32 | Manchester Triathlon Club | 49:13 |
| 11 | 1033 | Daniel Newman | V50 11 | Warrington A C | 41:47 | 33 | 901 Gordon Wilson | V50 33 | Stockport Tri Club | 49:18 |
| 12 | 1258 | Craig Leith | V50 12 | Start2jog | 41:49 | 34 | 196 Chris Peachey | V50 34 | Chorlton Runners | 51:28 |
| 13 | 49 | Steven Renny | V50 13 | Altrincham & District Athletic | 42:10 | 35 | 295 Simon Toole | V50 35 | Glossopdale Harriers | 51:36 |
| 14 | 846 | Kevan Garner | V50 14 | Stockport Harriers & Ac | 42:25 | 36 | 774 Chris Trenchard | V50 36 | Salford Metropolitan Ac | 52:05 |
| 15 | 1013 | Richard Murray | V50 15 | Vale Royal Ac | 42:27 | 37 | 1268 Paul Markall | V50 37 | Buxton AC | 52:52 |
| 16 | 954 | Michael Hutchinson | V50 16 | Trafford Athletic Club | 42:44 | 38 | 70 Paul Cowell | V50 38 | Bramhall Runners | 53:16 |
| 17 | 1203 | Tim Johns | V50 17 | Manchester Triathlon Club | 42:53 | 39 | 772 Andrew Thomas | V50 39 | Salford Metropolitan Ac | 53:34 |
| 18 | 1098 | Graham Screawn | V50 18 | Wilmslow Running Club | 43:08 | 40 | 604 Stephen Symons | V50 40 | Quays Running Club | 54:28 |
| 19 | 856 | Ian Mulligan | V50 19 | Stockport Harriers & Ac | 44:39 | 41 | 810 Azzam Taktak | V50 41 | St Helens Tri | 54:54 |
| 20 | 769 | Mark Shuttleworth | V50 20 | Salford Metropolitan Ac | 46:10 | 42 | 369 Edward Taylor | V50 42 | Knutsford Tri Club | 55:41 |
| 21 | 164 | Justin Hayes | V50 21 | Chorlton Runners | 46:17 | 43 | 576 Mark Warner | V50 43 | Marple Runners | 57:23 |
| 22 | 1015 | Mark Pilliner | V50 22 | Vale Royal Ac | 46:27 | 44 | 569 Tony Pratt | V50 44 | Marple Runners | 1:08:45 |

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

Senior Men (Vets) aged 55 to 59

| Pos | Num | Name | Cat/Pos | Club | Time | |
|-----|------|-----------------|---------|-----------------------------------|---------------------------------------|---------|
| 1 | 1066 | Rob Downs | V55 | 1 Wilmslow Running Club | 38:46 | |
| 2 | 15 | Richard Evans | V55 | 2 Altrincham & District Athletic | 40:47 | |
| 3 | 313 | Paul Oakley | V55 | 3 Goyt Valley Striders | 41:40 | |
| 4 | 1272 | Dave Walmsley | V55 | 4 Manchester Harriers & Ac | 42:18 | |
| 5 | 1088 | Trevor Morris | V55 | 5 Wilmslow Running Club | 42:47 | |
| 6 | 927 | Steven Doxey | V55 | 6 Swinton Running Club | 44:00 | |
| 7 | 440 | Roberto Raso | V55 | 7 Manchester Frontrunners | 44:26 | |
| 8 | 949 | Richard Byers | V55 | 8 Trafford Athletic Club | 44:57 | |
| 9 | 327 | Gary Chadderton | V55 | 9 Horwich R M I Harriers | 46:25 | |
| 10 | 274 | Derek Hughes | V55 | 10 East Cheshire Harriers & Tames | 46:35 | |
| 11 | 474 | Lee Benson | V55 | 11 Manchester Triathlon Club | 47:19 | |
| 12 | 1177 | Matt Biglin | V55 | 12 Goyt Valley Striders | 48:02 | |
| | | | | 13 724 Trevor Rayner | V55 13 Salford Harriers & AC | 48:53 |
| | | | | 14 1147 Anthony Harrison | V55 14 Winston Runners | 49:27 |
| | | | | 15 104 Peter Bailey | V55 15 Buxton AC | 49:29 |
| | | | | 16 21 Graham Harrison | V55 16 Altrincham & District Athletic | 49:50 |
| | | | | 17 77 Mike Hall | V55 17 Bramhall Runners | 50:23 |
| | | | | 18 97 John Temperley | V55 18 Bramhall Runners | 50:26 |
| | | | | 19 1201 Timothy Criddle | V55 19 Manchester Triathlon Club | 51:40 |
| | | | | 20 1275 Mark Evans | V55 20 Trafford Athletic Club | 51:57 |
| | | | | 21 1108 Colin Walton | V55 21 Wilmslow Running Club | 52:24 |
| | | | | 22 306 Paul Hunt | V55 22 Goyt Valley Striders | 53:59 |
| | | | | 23 120 Paul Adams | V55 23 Chorlton Runners | 55:57 |
| | | | | 24 227 Francis Wooff | V55 24 Chorlton Runners | 58:10 |
| | | | | 25 76 Mark Grundy | V55 25 Bramhall Runners | 1:00:44 |
| | | | | 26 1253 John Norris | V55 26 Marple Runners | 1:01:29 |
| | | | | 27 1277 Phil Gray | V55 27 Start2jog | 1:03:59 |

Senior Men (Vets) aged 60 to 64

| Pos | Num | Name | Cat/Pos | Club | Time |
|-----|-----|---------------------|---------|-----------------------------------|-------|
| 1 | 9 | Sean Butler | V60 | 1 Altrincham & District Athletic | 42:58 |
| 2 | 866 | Steve Shaughnessy | V60 | 2 Stockport Harriers & Ac | 43:29 |
| 3 | 283 | David Chrystie-Lowe | V60 | 3 Glossopdale Harriers | 46:38 |
| 4 | 323 | David Barnes | V60 | 4 Horwich R M I Harriers | 47:16 |
| 5 | 58 | Patrick O'Brien | V60 | 5 Belle Vue Racers | 50:15 |
| 6 | 305 | Mike Hudson | V60 | 6 Goyt Valley Striders | 50:34 |
| 7 | 882 | David Colley | V60 | 7 Stockport Tri Club | 50:54 |
| 8 | 234 | Mike Kelly | V60 | 8 Didsbury Runners | 51:26 |
| 9 | 63 | Phil Wilcoxon | V60 | 9 Belle Vue Racers | 53:10 |
| 10 | 12 | Mike Duncombe | V60 | 10 Altrincham & District Athletic | 54:24 |

Senior Men (Vets) aged 65 to 69

| Pos | Num | Name | Cat/Pos | Club | Time |
|-----|-----|--------------|---------|-------------------------|-------|
| 1 | 722 | Stanley Owen | V65 | 1 Salford Harriers & AC | 42:02 |
| 2 | 875 | Paul Adkins | V65 | 2 Stockport Tri Club | 48:59 |
| 3 | 581 | Alan Garvey | V65 | 3 Middleton Harriers Ac | 49:30 |
| 4 | 997 | John Clarke | V65 | 4 Vale Royal Ac | 50:05 |

Senior Men (Vets) over 70

| Pos | Num | Name | Cat/Pos | Club | Time |
|-----|------|----------------|---------|----------------------------------|---------|
| 1 | 620 | Michael Curley | V70 | 1 Sale Harriers Manchester | 48:48 |
| 2 | 871 | Robert Taylor | V70 | 2 Stockport Harriers & Ac | 49:40 |
| 3 | 33 | Hugh McKenna | V70 | 3 Altrincham & District Athletic | 58:45 |
| 4 | 583 | John Hall | V70 | 4 Middleton Harriers Ac | 59:04 |
| 5 | 683 | Roland Bowness | V70 | 5 Salford Harriers & AC | 59:55 |
| 6 | 1172 | Alan Jenkinson | V70 | 6 Styal Running Club | 1:03:25 |

Manchester Area Cross Country League at Heaton Park on Saturday 8th February 2020

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

| Pos | Num | Name | Cat/Pos | Club | Time | | | | |
|-----|------|----------------------|---------|--------------------------------|-------|-----|------------------------|---------------------------------------|-------|
| 1 | 715 | Chris Livesey | | Salford Harriers & AC | 33:32 | 92 | 750 Ben Farrelly | Salford Metropolitan Ac | 39:42 |
| 2 | 611 | Nicholas Barry | | Sale Harriers Manchester | 33:39 | 93 | 201 Russell Price | Chorlton Runners | 39:43 |
| 3 | 704 | Carl Hardman | | Salford Harriers & AC | 33:48 | 94 | 881 Nick Chick | V45 15 Stockport Tri Club | 39:50 |
| 4 | 951 | Jay Ferns | | Trafford Athletic Club | 33:53 | 95 | 2540 \$Bryan Lomas | V50 3 Congleton H & Ac | 39:53 |
| 5 | 723 | Elliot Palmer | | Salford Harriers & AC | 33:56 | 96 | 395 James Noakes | V50 4 Macclesfield Harriers & Ac | 39:53 |
| 6 | 495 | Alex Lawton | | Manchester Triathlon Club | 34:07 | 97 | 29 Richard Lane | V45 16 Altrincham & District Athletic | 39:56 |
| 7 | 962 | Simon O'Meara | | Trafford Athletic Club | 34:09 | 98 | 90 Matthew Moran | Bramhall Runners | 39:58 |
| 8 | 209 | Matthew Shaw | V40 1 | Chorlton Runners | 34:15 | 99 | 504 Jamie Platt | Manchester Triathlon Club | 39:59 |
| 9 | 132 | Peter Bray | | Chorlton Runners | 34:20 | 100 | 535 Tim Shanker | V50 5 Manchester Ymca Harriers | 40:01 |
| 10 | 728 | Callum Rowlinson | | Salford Harriers & AC | 34:23 | 101 | 851 David Maher | V45 17 Stockport Harriers & Ac | 40:04 |
| 11 | 343 | Joe Mercer | | Horwich R M I Harriers | 34:31 | 102 | 929 Tony Flanagan | V50 6 Swinton Running Club | 40:05 |
| 12 | 273 | Joseph Hudak | | East Cheshire Harriers & Tames | 34:34 | 103 | 665 Matthew Spragg | V45 18 Sale Harriers Manchester | 40:07 |
| 13 | 992 | Alex Sutton | | University Of Manchester | 34:57 | 104 | 161 Paul Griffiths | V45 19 Chorlton Runners | 40:09 |
| 14 | 970 | Gavin Tomlinson | | Trafford Athletic Club | 35:17 | 105 | 931 Mathew Holland | Swinton Running Club | 40:11 |
| 15 | 348 | J ScottFarrington | | Horwich R M I Harriers | 35:29 | 106 | 371 Matthew Wackett | Knutsford Tri Club | 40:14 |
| 16 | 614 | Alex Bradford | | Sale Harriers Manchester | 35:37 | 107 | 1189 Luke Burgess | Manchester Ymca Harriers | 40:17 |
| 17 | 206 | James Savage | | Chorlton Runners | 35:45 | 108 | 137 Luke Carter | Chorlton Runners | 40:18 |
| 18 | 168 | Ben Hobson | | Chorlton Runners | 35:51 | 109 | 600 Lee Robinson | V40 16 Oldham & Royton H & Ac | 40:20 |
| 19 | 130 | Liam Braby | | Chorlton Runners | 35:58 | 110 | 922 Ian Cronshaw | Swinton Running Club | 40:22 |
| 20 | 1100 | Peter Speake | V40 2 | Wilmslow Running Club | 36:00 | 111 | 139 Chris Clarke | Chorlton Runners | 40:24 |
| 21 | 38 | David Norman | V40 3 | Altrincham & District Athletic | 36:08 | 112 | 461 Alex Masidlover | V40 17 Manchester Harriers & Ac | 40:32 |
| 22 | 607 | Sam Aspinwall | | Sale Harriers Manchester | 36:09 | 113 | 786 Robert Chesters | St Helens Tri | 40:33 |
| 23 | 1063 | Richard Coen | V40 4 | Wilmslow Running Club | 36:11 | 114 | 1042 Dave Alexander | V50 7 West Cheshire Athletic Club | 40:37 |
| 24 | 727 | Stuart Robinson | | Salford Harriers & AC | 36:13 | 115 | 830 Philip Burns | V40 18 Stockport Harriers & Ac | 40:38 |
| 25 | 1271 | Ryan Wortland | | Sale Harriers Manchester | 36:15 | 116 | 220 Chris Rushworth | Buxton AC | 40:39 |
| 26 | 228 | David Wyeth | | Chorlton Runners | 36:21 | 117 | 314 Nathan Porter | Goyt Valley Striders | 40:41 |
| 27 | 865 | J Scott-Buccleuch | V40 5 | Stockport Harriers & Ac | 36:26 | 118 | 259 Tony Davenport | V40 19 Trafford Athletic Club | 40:41 |
| 28 | 643 | Kenneth Hunt | | Sale Harriers Manchester | 36:29 | 119 | 743 Jacob Yates | U20 4 Salford Harriers & AC | 40:43 |
| 29 | 185 | Sam Mason | | Chorlton Runners | 36:31 | 120 | 427 Steve Hatton | V40 20 Manchester Fronrunners | 40:43 |
| 30 | 1002 | Stuart Doyle | V45 1 | Vale Royal Ac | 36:31 | 121 | 15 Richard Evans | V55 2 Altrincham & District Athletic | 40:47 |
| 31 | 404 | Mark Walker | V40 6 | Macclesfield Harriers & Ac | 36:37 | 122 | 100 John Williams | Bramhall Runners | 40:50 |
| 32 | 968 | Harry Sinclair | U20 1 | Trafford Athletic Club | 36:41 | 123 | 220 Daniel Vasey | Chorlton Runners | 40:51 |
| 33 | 389 | Billy Hicks | | Macclesfield Harriers & Ac | 36:46 | 124 | 837 James Corden | V45 20 Stockport Harriers & Ac | 40:53 |
| 34 | 183 | F MacdonaldOulds | | Chorlton Runners | 36:50 | 125 | 110 Andrew Whittingham | V50 8 Wilmslow Running Club | 40:55 |
| 35 | 849 | Malcolm Johnson | V45 2 | Stockport Harriers & Ac | 36:55 | 126 | 514 Roger Thomas | V45 21 Manchester Triathlon Club | 40:57 |
| 36 | 1040 | David Watson | V45 3 | Warrington A C | 36:56 | 127 | 595 Leon Wint | Middleton Harriers Ac | 40:58 |
| 37 | 207 | Gary Scott | V40 7 | Chorlton Runners | 36:57 | 128 | 668 Chris Tait | Sale Harriers Manchester | 41:01 |
| 38 | 990 | Marcus Preedy | | University Of Manchester | 37:00 | 129 | 335 David Jackson | V45 22 Horwich R M I Harriers | 41:02 |
| 39 | 1171 | Flynn Walsh | U20 2 | Stockport Harriers & Ac | 37:01 | 130 | 280 Dennis Thomas | V45 23 East Cheshire Harriers & Tames | 41:03 |
| 40 | 186 | Ben McCormack | V40 8 | Chorlton Runners | 37:04 | 131 | 236 Damien McHugh | Didsbury Runners | 41:04 |
| 41 | 373 | Laurie Luscombe | | Liverpool Harriers & Ac | 37:05 | 132 | 1023 Gareth Williams | V50 9 Vale Royal Ac | 41:04 |
| 42 | 964 | Jeff Prest | V45 4 | Trafford Athletic Club | 37:08 | 133 | 1130 Chris Gwatkin | Manchester Harriers & Ac | 41:05 |
| 43 | 689 | Mark Collier | V45 5 | Salford Harriers & AC | 37:08 | 134 | 853 Nathan Mayoh | V45 24 Stockport Harriers & Ac | 41:07 |
| 44 | 956 | Greg Kelly | | Trafford Athletic Club | 37:09 | 135 | 1180 Daniel Timperley | Oldham & Royton H & Ac | 41:12 |
| 45 | 1227 | Andrew Hartley | | Manchester Harriers & Ac | 37:10 | 136 | 180 Rob Lee | Chorlton Runners | 41:19 |
| 46 | 151 | Matthew Devlin | | Chorlton Runners | 37:11 | 137 | 703 Grant GunnAnderson | Salford Harriers & AC | 41:22 |
| 47 | 19 | Nick Hamlin | | Altrincham & District Athletic | 37:15 | 138 | 250 Adam Cooper | Belle Vue Racers | 41:23 |
| 48 | 105 | Jason Brunnock | | Buxton AC | 37:24 | 139 | 799 Eddie Hirst | V40 21 St Helens Tri | 41:26 |
| 49 | 344 | Alastair Murray | V40 9 | Horwich R M I Harriers | 37:28 | 140 | 249 Richard Healy | V45 25 Dragons Running Club (sale) | 41:28 |
| 50 | 118 | Robert White | V45 6 | Buxton AC | 37:29 | 141 | 822 Stuart Nock | Start2jog | 41:28 |
| 51 | 991 | Laurence Skidmore | | University Of Manchester | 37:30 | 142 | 946 Kevin Woodward | V40 22 Swinton Running Club | 41:30 |
| 52 | 709 | James Kovacs | V45 7 | Salford Harriers & AC | 37:35 | 143 | 944 Stuart Tucker | V40 23 Swinton Running Club | 41:31 |
| 53 | 17 | Matt Gawne | | Altrincham & District Athletic | 37:38 | 144 | 407 Brian Whitlock | V45 26 Macclesfield Harriers & Ac | 41:32 |
| 54 | 989 | Harry Parker | | University Of Manchester | 37:39 | 145 | 109 Daniel Latham | Buxton AC | 41:33 |
| 55 | 616 | Andrew Carlin | | Sale Harriers Manchester | 37:53 | 146 | 978 Harry Brown | U20 5 University Of Manchester | 41:34 |
| 56 | 1000 | Mark Crabtree | V40 10 | Vale Royal Ac | 37:55 | 147 | 62 Vic Walsh | V40 24 Belle Vue Racers | 41:35 |
| 57 | 1049 | Barry Archbold | V45 8 | Wilmslow Running Club | 38:00 | 148 | 580 Jordan Burke | Middleton Harriers Ac | 41:38 |
| 58 | 707 | David Hudson | V40 11 | Salford Harriers & AC | 38:05 | 149 | 313 Paul Oakley | V55 3 Goyt Valley Striders | 41:40 |
| 59 | 893 | Carl Krystek | | Stockport Tri Club | 38:12 | 150 | 1044 Andrew Clague | V50 10 West Cheshire Athletic Club | 41:44 |
| 60 | 1129 | Arran McCloskey | | Knutsford Tri Club | 38:15 | 151 | 1033 Daniel Newman | V50 11 Warrington A C | 41:47 |
| 61 | 166 | Tom Hindmarch | | Chorlton Runners | 38:17 | 152 | 237 Mike Norbury | Didsbury Runners | 41:47 |
| 62 | 1262 | Christopher Ellis | | Chorlton Runners | 38:19 | 153 | 258 Craig Leith | V50 12 Start2jog | 41:49 |
| 63 | 1176 | Tim Greenald | V45 9 | East Cheshire Harriers & Tames | 38:20 | 154 | 754 Matthew Hill | Salford Metropolitan Ac | 41:51 |
| 64 | 713 | Philip Leybourne | V50 1 | Salford Harriers & AC | 38:21 | 155 | 426 Jono Guildford | V40 25 Manchester Fronrunners | 41:51 |
| 65 | 626 | Robert Dunn | | Sale Harriers Manchester | 38:23 | 156 | 610 Paul Barrett | Sale Harriers Manchester | 41:54 |
| 66 | 203 | Christopher Rayner | V45 10 | Chorlton Runners | 38:23 | 157 | 7 Nick Bugler | Altrincham & District Athletic | 42:00 |
| 67 | 667 | Tom Stephenson | | Sale Harriers Manchester | 38:25 | 158 | 983 Edvard Holden | University Of Manchester | 42:00 |
| 68 | 272 | Robin Horner | V40 12 | East Cheshire Harriers & Tames | 38:30 | 159 | 793 Michael Forber | V45 27 St Helens Tri | 42:02 |
| 69 | 324 | Gareth Booth | V45 11 | Horwich R M I Harriers | 38:35 | 160 | 722 Stanley Owen | V65 1 Salford Harriers & AC | 42:02 |
| 70 | 686 | Richard Brook | V40 13 | Salford Harriers & AC | 38:36 | 161 | 438 Matt Perry | Manchester Fronrunners | 42:07 |
| 71 | 919 | Daniel Bird | | Swinton Running Club | 38:41 | 162 | 862 Simon Pickard | V45 28 Stockport Harriers & Ac | 42:10 |
| 72 | 334 | Daniel Gilbert | V40 14 | Horwich R M I Harriers | 38:43 | 163 | 49 Steven Renny | V50 13 Altrincham & District Athletic | 42:10 |
| 73 | 1252 | Matthew Lynas | V50 2 | Macclesfield Harriers & Ac | 38:45 | 164 | 603 Phil Pennill | Quays Running Club | 42:12 |
| 74 | 828 | Paul Brooks | V40 15 | Stockport Harriers & Ac | 38:45 | 165 | 483 Shaun Gilmour | Manchester Triathlon Club | 42:12 |
| 75 | 1066 | Rob Downs | V55 1 | Wilmslow Running Club | 38:46 | 166 | 256 Paul Noble | V45 29 Sale Harriers Manchester | 42:12 |
| 76 | 1267 | Ben Light | | Buxton AC | 38:50 | 167 | 593 John Weaver | Middleton Harriers Ac | 42:12 |
| 77 | 705 | Michael Heaney | | Salford Harriers & AC | 38:50 | 168 | 737 Charlie Thomas | U20 6 Salford Harriers & AC | 42:15 |
| 78 | 506 | Aaron Saxton | | Manchester Triathlon Club | 38:53 | 169 | 315 James Rees | V40 26 Goyt Valley Striders | 42:17 |
| 79 | 629 | Olivier Gaillemain | V45 12 | Sale Harriers Manchester | 38:57 | 170 | 272 Dave Walmsley | V55 4 Manchester Harriers & Ac | 42:18 |
| 80 | 760 | Dougal McDermott | U20 3 | Salford Metropolitan Ac | 39:03 | 171 | 237 V Salazar | Wirral Ac | 42:20 |
| 81 | 661 | Paul Rowley | | Sale Harriers Manchester | 39:06 | 172 | 56 John Haines | Belle Vue Racers | 42:21 |
| 82 | 960 | Greg Marcroft | | Trafford Athletic Club | 39:08 | 173 | 791 Kevin Dunbar | V40 27 St Helens Tri | 42:23 |
| 83 | 241 | Steven Townley | | Didsbury Runners | 39:11 | 174 | 846 Kevan Garner | V50 14 Stockport Harriers & Ac | 42:25 |
| 84 | 413 | Gregory Beck | | Manchester Fronrunners | 39:14 | 175 | 1013 Richard Murray | V50 15 Vale Royal Ac | 42:27 |
| 85 | 861 | Tom Peers | | Stockport Harriers & Ac | 39:14 | 176 | 708 Carl Jones | Salford Harriers & AC | 42:29 |
| 86 | 834 | Phil Carpenter | | Stockport Harriers & Ac | 39:22 | 177 | 915 Craig Ansell | V45 30 Swinton Running Club | 42:30 |
| 87 | 178 | Jonathan Lancaster | | Chorlton Runners | 39:32 | 178 | 43 James Pattison | Altrincham & District Athletic | 42:32 |
| 88 | 1123 | John Heap | V45 13 | Wirral Ac | 39:34 | 179 | 169 Andrew Ndlovu | U20 7 Middleton Harriers Ac | 42:34 |
| 89 | 685 | Matthew Brocklehurst | | Salford Harriers & AC | 39:35 | 180 | 606 Mike Ashby | V40 28 Sale Harriers Manchester | 42:37 |
| 90 | 388 | Robert Hasler | | Macclesfield Harriers & Ac | 39:36 | 181 | 1273 John Townsend | Salford Metropolitan Ac | 42:38 |
| 91 | 854 | Ged McGrath | V45 14 | Stockport Harriers & Ac | 39:39 | 182 | 103 Rick Aldred | V40 29 Buxton AC | 42:40 |

| | | | | | | | | | | | |
|-----|------|----------------------|--------|--------------------------------|-------|-----|------|--------------------|--------|--------------------------------|---------|
| 183 | 23 | Adam Hindmarch | | Altrincham & District Athletic | 42:42 | 277 | 255 | Tristan Pocock | V45 53 | Dragons Running Club (sale) | 48:00 |
| 184 | 954 | Michael Hutchinson | V50 16 | Trafford Athletic Club | 42:44 | 278 | 763 | Girish Patel | V50 28 | Salford Metropolitan Ac | 48:02 |
| 185 | 1088 | Trevor Morris | V55 5 | Wilmslow Running Club | 42:47 | 279 | 1177 | Matt Biglin | V55 12 | Goyt Valley Striders | 48:02 |
| 186 | 701 | Joseph Foster | U20 8 | Salford Harriers & AC | 42:51 | 280 | 192 | Nick Parrott | V40 50 | Chorlton Runners | 48:10 |
| 187 | 1203 | Tim Johns | V50 17 | Manchester Triathlon Club | 42:53 | 281 | 798 | Chris Hayes | | St Helens Tri | 48:11 |
| 188 | 214 | Nick Syrett | V40 30 | Chorlton Runners | 42:55 | 282 | 288 | Peter Daly | V50 29 | Glossopdale Harriers | 48:17 |
| 189 | 9 | Sean Butler | V60 1 | Altrincham & District Athletic | 42:58 | 283 | 746 | Michael Carney | | Salford Metropolitan Ac | 48:18 |
| 190 | 134 | James Bryson | | Chorlton Runners | 42:59 | 284 | 171 | Etienne Humphries | | Chorlton Runners | 48:21 |
| 191 | 370 | James Upton | V45 31 | Knutsford Tri Club | 43:01 | 285 | 125 | James Atkiss | V45 54 | Chorlton Runners | 48:23 |
| 192 | 322 | Matthew Larkin | V45 32 | Halton & Frodsham Harriers | 43:03 | 286 | 934 | Simon Lobas | V40 51 | Swinton Running Club | 48:26 |
| 193 | 87 | Lok Li | V45 33 | Bramhall Runners | 43:05 | 287 | 189 | Ross Murdoch | | Chorlton Runners | 48:27 |
| 194 | 355 | Luke Ainsworth | | Knutsford Tri Club | 43:08 | 288 | 802 | Chris Murphy | V50 30 | St Helens Tri | 48:37 |
| 195 | 1098 | Graham Screawn | V50 18 | Wilmslow Running Club | 43:08 | 289 | 107 | Richard Goff | | Buxton AC | 48:46 |
| 196 | 519 | Andrew Bowler | | Manchester Ymca Harriers | 43:14 | 290 | 620 | Michael Curley | V70 1 | Sale Harriers Manchester | 48:48 |
| 197 | 302 | Aidan Grant | V40 31 | Goyt Valley Striders | 43:16 | 291 | 405 | Michael Walton | V40 52 | Macclesfield Harriers & Ac | 48:51 |
| 198 | 1236 | Andy Fraser | V40 32 | Wirral Ac | 43:18 | 292 | 724 | Trevor Rayner | V55 13 | Salford Harriers & AC | 48:53 |
| 199 | 72 | M Deschoolmeester | V45 34 | Bramhall Runners | 43:20 | 293 | 875 | Paul Adkins | V65 2 | Stockport Tri Club | 48:59 |
| 200 | 670 | Luke Townsend | | Sale Harriers Manchester | 43:24 | 294 | 11 | Duncan Dickinson | V50 31 | Altrincham & District Athletic | 49:00 |
| 201 | 866 | Steve Shaughnessy | V60 2 | Stockport Harriers & Ac | 43:29 | 295 | 441 | Edward Roberts | | Manchester Frontrunners | 49:11 |
| 202 | 83 | Damian Jones | | Bramhall Runners | 43:36 | 296 | 420 | Vally Darren De | | Manchester Frontrunners | 49:11 |
| 203 | 953 | Graham Holbrook | V45 35 | Trafford Athletic Club | 43:38 | 297 | 1134 | Ronan Brennan | V50 32 | Manchester Triathlon Club | 49:13 |
| 204 | 108 | Matt Hawtin | V45 36 | Buxton AC | 43:46 | 298 | 901 | Gordon Wilson | V50 33 | Stockport Tri Club | 49:18 |
| 205 | 432 | Nick Markley | | Manchester Frontrunners | 43:52 | 299 | 759 | Stuart Mairs | V40 53 | Salford Metropolitan Ac | 49:21 |
| 206 | 777 | Shane Wolstencroft | V45 37 | Salford Metropolitan Ac | 43:56 | 300 | 839 | Ian Crabtree | | Stockport Harriers & Ac | 49:26 |
| 207 | 568 | Darren Peatfield | V45 38 | Marple Runners | 43:58 | 301 | 1147 | Anthony Harrison | V55 14 | Winston Runners | 49:27 |
| 208 | 927 | Steven Doxey | V55 6 | Swinton Running Club | 44:00 | 302 | 104 | Peter Bailey | V55 15 | Buxton AC | 49:29 |
| 209 | 163 | David Hargreaves | | Chorlton Runners | 44:07 | 303 | 581 | Alan Garvey | V65 3 | Middleton Harriers Ac | 49:30 |
| 210 | 216 | Andrew Tongue | | Chorlton Runners | 44:12 | 304 | 1059 | Colin Caisley | V45 55 | Wilmslow Running Club | 49:34 |
| 211 | 712 | Daniel Lewis | U20 9 | Salford Harriers & AC | 44:14 | 305 | 578 | Jeremy Woodham | V45 56 | Marple Runners | 49:36 |
| 212 | 92 | Frank Podd | V45 39 | Bramhall Runners | 44:14 | 306 | 64 | Steve Aughton | V45 57 | Bramhall Runners | 49:38 |
| 213 | 480 | Eduardo Fe | V40 33 | Manchester Triathlon Club | 44:24 | 307 | 871 | Robert Taylor | V70 2 | Stockport Harriers & Ac | 49:40 |
| 214 | 440 | Roberto Raso | V55 7 | Manchester Frontrunners | 44:26 | 308 | 208 | Ian Sharpe | V45 58 | Chorlton Runners | 49:45 |
| 215 | 331 | C EssexCrosby | V40 34 | Horwich R M I Harriers | 44:32 | 309 | 182 | Sean Lord | V45 59 | Chorlton Runners | 49:45 |
| 216 | 508 | Pete Smallwood | | Manchester Triathlon Club | 44:34 | 310 | 21 | Graham Harrison | V55 16 | Altrincham & District Athletic | 49:50 |
| 217 | 586 | Graham Jordan | V40 35 | Middleton Harriers Ac | 44:34 | 311 | 538 | Graeme Wilkinson | | Manchester Ymca Harriers | 49:57 |
| 218 | 300 | Alistair Fitzgerald | V40 36 | Goyt Valley Striders | 44:37 | 312 | 997 | John Clarke | V65 4 | Vale Royal Ac | 50:05 |
| 219 | 856 | Ian Mulligan | V50 19 | Stockport Harriers & Ac | 44:39 | 313 | 730 | Paul Sale | V40 54 | Salford Harriers & AC | 50:12 |
| 220 | 271 | James Hartshorne | | East Cheshire Harriers & Tames | 44:39 | 314 | 235 | Dan Levin | | Didsbury Runners | 50:13 |
| 221 | 1270 | Jonathan MilesStokes | | Middleton Harriers Ac | 44:44 | 315 | 58 | Patrick O'Brien | V60 5 | Belle Vue Racers | 50:15 |
| 222 | 758 | Richard Knight | V40 37 | Salford Metropolitan Ac | 44:48 | 316 | 1164 | Tim Blackwell | V45 60 | Chorlton Runners | 50:19 |
| 223 | 949 | Richard Byers | V55 8 | Trafford Athletic Club | 44:57 | 317 | 77 | Mike Hall | V55 17 | Bramhall Runners | 50:23 |
| 224 | 869 | Mark Smith | V45 40 | Stockport Harriers & Ac | 45:03 | 318 | 97 | John Temperley | V55 18 | Bramhall Runners | 50:26 |
| 225 | 1165 | Owen Haywood | | Manchester Metropolitan Uni | 45:08 | 319 | 305 | Mike Hudson | V60 6 | Goyt Valley Striders | 50:34 |
| 226 | 543 | Chris Barber | V45 41 | Marple Runners | 45:10 | 320 | 818 | Nick Grayson | | Start2jog | 50:44 |
| 227 | 490 | Richard Hyder | V40 38 | Manchester Triathlon Club | 45:17 | 321 | 812 | John Wilson | V40 55 | St Helens Tri | 50:49 |
| 228 | 889 | Rob Heathcote | | Stockport Tri Club | 45:19 | 322 | 882 | David Colley | V60 7 | Stockport Tri Club | 50:54 |
| 229 | 530 | Chris March | | Manchester Ymca Harriers | 45:20 | 323 | 121 | Peter Adams | V45 61 | Chorlton Runners | 50:55 |
| 230 | 446 | Edmund Woodfield | | Manchester Frontrunners | 45:22 | 324 | 222 | Charlie Walker | | Chorlton Runners | 50:57 |
| 231 | 582 | Michael Griffin | V40 39 | Middleton Harriers Ac | 45:26 | 325 | 419 | Paul Crowe | V40 56 | Manchester Frontrunners | 51:06 |
| 232 | 887 | Paul Graveney | V45 42 | Stockport Tri Club | 45:34 | 326 | 234 | Mike Kelly | V60 8 | Didsbury Runners | 51:26 |
| 233 | 567 | Pete Ogley | V45 43 | Marple Runners | 45:36 | 327 | 196 | Chris Peachey | V50 34 | Chorlton Runners | 51:28 |
| 234 | 755 | David Hughes | V40 40 | Salford Metropolitan Ac | 45:36 | 328 | 295 | Simon Toole | V50 35 | Glossopdale Harriers | 51:36 |
| 235 | 67 | Adam Bird | V40 41 | Bramhall Runners | 45:38 | 329 | 2101 | Timothy Criddle | V55 19 | Manchester Triathlon Club | 51:40 |
| 236 | 1157 | Ian Roberts | V45 44 | St Helens Sutton Ac | 45:43 | 330 | 784 | Paul Booth | | St Helens Tri | 51:45 |
| 237 | 463 | Neil Ryan | | Manchester Harriers & Ac | 45:52 | 331 | 80 | Nick Heaton | V45 62 | Bramhall Runners | 51:46 |
| 238 | 596 | Paul Bartholomew | V40 42 | Oldham & Royton H & Ac | 45:54 | 332 | 1275 | Mark Evans | V55 20 | Trafford Athletic Club | 51:57 |
| 239 | 894 | Andrew Mainwaring | V45 45 | Stockport Tri Club | 46:00 | 333 | 546 | Thomas Callaghan | V45 63 | Marple Runners | 52:02 |
| 240 | 926 | Mike Donigan | | Swinton Running Club | 46:05 | 334 | 774 | Chris Trenchard | V50 36 | Salford Metropolitan Ac | 52:05 |
| 241 | 477 | Chris Evans | V40 43 | Manchester Triathlon Club | 46:09 | 335 | 229 | Callum Alderton | | Didsbury Runners | 52:10 |
| 242 | 769 | Mark Shuttleworth | V50 20 | Salford Metropolitan Ac | 46:10 | 336 | 1108 | Colin Walton | V55 21 | Wilmslow Running Club | 52:24 |
| 243 | 164 | Justin Hayes | V50 21 | Chorlton Runners | 46:17 | 337 | 418 | John Clark | V45 64 | Manchester Frontrunners | 52:45 |
| 244 | 244 | Graham Brownhill | | Dragons Running Club (sale) | 46:19 | 338 | 1268 | Paul Markall | V50 37 | Buxton AC | 52:52 |
| 245 | 515 | Harry Vaneris | | Manchester Triathlon Club | 46:21 | 339 | 63 | Phil Wilcoxon | V60 9 | Belle Vue Racers | 53:10 |
| 246 | 231 | Matt Farr | V40 44 | Didsbury Runners | 46:22 | 340 | 70 | Paul Cowell | V50 38 | Bramhall Runners | 53:16 |
| 247 | 327 | Gary Chadderton | V55 9 | Horwich R M I Harriers | 46:25 | 341 | 820 | Robert Maidstone | | Start2jog | 53:17 |
| 248 | 1015 | Mark Pilliner | V50 22 | Vale Royal Ac | 46:27 | 342 | 549 | James Deighton | V45 65 | Marple Runners | 53:24 |
| 249 | 454 | Glen Gandy | V50 23 | Manchester Harriers & Ac | 46:32 | 343 | 772 | Andrew Thomas | V50 39 | Salford Metropolitan Ac | 53:34 |
| 250 | 274 | Derek Hughes | V55 10 | East Cheshire Harriers & Tames | 46:35 | 344 | 2109 | Matthew Bell | V40 57 | Sale Harriers Manchester | 53:51 |
| 251 | 283 | David Christyie-Lowe | V60 3 | Glossopdale Harriers | 46:38 | 345 | 415 | Dominic Berry | | Manchester Frontrunners | 53:55 |
| 252 | 1192 | Matthew Gibbons | V45 46 | Salford Metropolitan Ac | 46:42 | 346 | 306 | Paul Hunt | V55 22 | Goyt Valley Striders | 53:59 |
| 253 | 617 | Hector Chinoy | V45 47 | Sale Harriers Manchester | 46:44 | 347 | 356 | Richard Brown | V40 58 | Knutsford Tri Club | 54:02 |
| 254 | 464 | Chris Sewart | V40 45 | Manchester Harriers & Ac | 46:46 | 348 | 12 | Mike Duncombe | V60 10 | Altrincham & District Athletic | 54:24 |
| 255 | 512 | Richard Tennant | | Manchester Triathlon Club | 46:49 | 349 | 604 | Stephen Symons | V50 40 | Quays Running Club | 54:28 |
| 256 | 752 | Paul Gee | V45 48 | Salford Metropolitan Ac | 46:50 | 350 | 367 | Andrew Orme | V45 66 | Knutsford Tri Club | 54:46 |
| 257 | 1276 | Aghogho Odudu | V40 46 | Trafford Athletic Club | 46:52 | 351 | 810 | Azzam Taktak | V50 41 | St Helens Tri | 54:54 |
| 258 | 588 | Stephen Lowe | V40 47 | Middleton Harriers Ac | 46:54 | 352 | 369 | Edward Taylor | V50 42 | Knutsford Tri Club | 55:41 |
| 259 | 601 | Lee Dunn | V45 49 | Quays Running Club | 46:54 | 353 | 120 | Paul Adams | V55 23 | Chorlton Runners | 55:57 |
| 260 | 481 | Martin Forker | | Manchester Triathlon Club | 47:01 | 354 | 900 | Michael Walton | V45 67 | Stockport Tri Club | 56:16 |
| 261 | 84 | Lee Jones | V45 50 | Bramhall Runners | 47:06 | 355 | 903 | David Clark | V40 59 | Styal Running Club | 56:40 |
| 262 | 117 | Mark Thorogood | V45 51 | Buxton AC | 47:14 | 356 | 576 | Mark Warner | V50 43 | Marple Runners | 57:23 |
| 263 | 323 | David Barnes | V60 4 | Horwich R M I Harriers | 47:16 | 357 | 825 | Barry Sherwood | | Start2jog | 57:44 |
| 264 | 474 | Lee Benson | V55 11 | Manchester Triathlon Club | 47:19 | 358 | 227 | Francis Wooff | V55 24 | Chorlton Runners | 58:10 |
| 265 | 1085 | Richard Lawson | V45 52 | Wilmslow Running Club | 47:23 | 359 | 479 | Matthew EvansSmith | V40 60 | Manchester Triathlon Club | 58:25 |
| 266 | 939 | Mario Santos | | Swinton Running Club | 47:25 | 360 | 33 | Hugh McKenna | V70 3 | Altrincham & District Athletic | 58:45 |
| 267 | 892 | Martyn Jones | V40 48 | Stockport Tri Club | 47:25 | 361 | 583 | John Hall | V70 4 | Middleton Harriers Ac | 59:04 |
| 268 | 1234 | Richard O'Reilly | V50 24 | Horwich R M I Harriers | 47:35 | 362 | 683 | Roland Bowness | V70 5 | Salford Harriers & AC | 59:55 |
| 269 | 1228 | Darren Wallis | V50 25 | Middleton Harriers Ac | 47:38 | 363 | 76 | Mark Grundy | V55 25 | Bramhall Runners | 1:00:44 |
| 270 | 259 | David Swinburne | | Dragons Running Club (sale) | 47:38 | 364 | 1253 | John Norris | V55 26 | Marple Runners | 1:01:29 |
| 271 | 1266 | Richard Bouglas | | Buxton AC | 47:39 | 365 | 1172 | Alan Jenkinson | V70 6 | Styal Running Club | 1:03:25 |
| 272 | 936 | Lee Marks | | Swinton Running Club | 47:41 | 366 | 1277 | Phil Gray | V55 27 | Start2jog | 1:03:59 |
| 273 | 842 | Darren Donald | V40 49 | Stockport Harriers & Ac | 47:45 | 367 | 542 | John Bailey | | Marple Runners | 1:08:45 |
| 274 | 1207 | Anoop Selvin | | Quays Running Club | 47:46 | 368 | 569 | Tony Pratt | V50 44 | Marple Runners | 1:08:45 |
| 275 | 78 | Richard Hall | V50 26 | Bramhall Runners | 47:52 | 369 | 817 | Jason Gould | V40 61 | Start2jog | 1:13:25 |
| 276 | 1146 | James Golden | V50 27 | Winston Runners | 47:58 | | | | | | |

Senior Men — TEAM RESULTS

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

| | | | | | | |
|-----------------------------------|-----------------------------|-------------------------|------------------------|-----------------------|-------------------------|---------------------------|
| 1 Salford Harriers & AC | 86 — 1 Chris Livesey | 3 Cait Hardman | 5 Elliot Palmer | 10 Callum Rowlinson | 24 Stuart Robinson | 43 Mark Collier |
| 2 Chorlton Runners | 97 — 8 Matthew Shaw | 9 Peter Bray | 17 James Savage | 18 Ben Hobson | 19 Liam Braby | 26 David Wyeth |
| 3 Trafford Athletic Club | 143 — 4 Jay Ferns | 7 Simon O'Meara | 14 Gavin Tomlinson | 32 Harry Sinclair | 42 Jeff Prest | 44 Greg Kelly |
| 4 Sale Harriers Manchester | 148 — 2 Nicholas Barry | 16 Alex Bradford | 22 Sam Aspinwall | 25 Ryan Worland | 28 Kenneth Hunt | 55 Andrew Carlin |
| 5 Chorlton Runners 'B' | 247 — 29 Sam Mason | 34 FM Aodonal Ouds | 37 Gary Scott | 40 Ben McCormack | 46 Matthew Devlin | 61 Tom Hindmarch |
| 6 Horwich RMI Harriers | 344 — 11 Joe Mercer | 15 J Scott Farington | 49 Alastair Murray | 69 Gareth Booth | 72 Daniel Gilbert | 128 David Jackson |
| 7 Stockport Harriers & Ac | 346 — 27 J Scott Buccleuch | 35 Malcolm Johnson | 39 Flynn Walsh | 74 Paul Brooks | 85 Tom Pears | 86 Phil Carpenter |
| 8 Salford Harriers & AC 'B' | 410 — 52 James Kovacs | 58 David Hudson | 64 Philip Leybourne | 70 Richard Brook | 77 Michael Heaney | 89 Matthew Brookhust |
| 9 University Of Manchester | 458 — 13 Alex Sutton | 38 Marvus Preedy | 51 Laurence Skidmore | 54 Harry Parker | 145 Harry Brown | 157 Edward Holden |
| 10 Macclesfield Harriers & Ac | 465 — 31 Mark Walker | 33 Billy Hicks | 73 Matthew Lynas | 90 Robert Hasler | 95 James Noakes | 143 Brian Whitlock |
| 11 Wilmslow Running Club | 483 — 20 Peter Speake | 23 Richard Coen | 57 Barry Archbold | 75 Rob Downs | 124 Andrew Whittingham | 184 Trevor Morris |
| 12 Altrincham & District Athletic | 493 — 21 David Norman | 47 Nick Hamlin | 53 Matt Gawne | 96 Richard Lane | 120 Richard Evans | 156 Nick Bugler |
| 13 Chorlton Runners 'C' | 518 — 62 Christopher Ellis | 66 Christopher Rayner | 87 Jonathan Lancaster | 93 Russell Price | 103 Paul Griffiths | 107 Luke Carter |
| 14 Sale Harriers Manchester 'B' | 521 — 65 Robert Dunn | 67 Tom Stephenson | 79 Olivier Gailemin | 81 Paul Rowley | 102 Matthew Spragg | 127 Chris Tait |
| 15 Buxton AC | 614 — 48 Jason Brumock | 50 Robert White | 76 Ben Light | 115 Chris Rushworth | 144 Daniel Latham | 181 Rick Aldred |
| 16 Manchester Triathlon Club | 657 — 6 Alex Lawton | 78 Aaron Saxton | 98 Jamie Platt | 125 Roger Thomas | 164 Shaun Gilmore | 186 Tim Johns |
| 17 Swinton Running Club | 668 — 71 Daniel Bird | 101 Tony Flanagan | 104 Mathew Holland | 109 Ian Cronshaw | 141 Ian Woodward | 142 Stuart Tucker |
| 18 Stockport Harriers & Ac 'B' | 722 — 91 Ged McGrath | 100 David Maher | 114 Philip Burns | 123 James Corden | 133 Nathan Mayoh | 161 Simon Pickard |
| 19 East Cheshire Harriers & Tames | 740 — 12 Joseph Hudak | 63 Tim Greenald | 68 Robin Homer | 129 Dennis Thomas | 219 James Harshome | 249 Derek Hughes |
| 20 Salford Metropolitan Ac | 931 — 80 Dougal McDermott | 92 Ben Fareilly | 153 Matthew Hill | 160 John Townsend | 205 Shane Wolstencroft | 221 Richard Knight |
| 21 Manchester Frontrunners | 934 — 84 Gregory Beck | 119 Steve Hatton | 154 Jon Guildford | 160 Matt Perry | 204 Nick Makley | 213 Roberto Raso |
| 22 Salford Harriers & AC 'C' | 940 — 118 Jacob Yates | 136 Grant Gunn Anderson | 159 Stanley Owen | 167 Charlie Thomas | 175 Carl Jones | 185 Joseph Foster |
| 23 Manchester Harriers & Ac | 941 — 45 Andrew Hatley | 111 Alex Masidlover | 132 Chris Walkin | 169 Dave Walmsley | 236 Neil Ryan | 248 Glen Gandy |
| 24 Vale Royal Ac | 949 — 30 Stuart Doyle | 56 Mark Crabtree | 131 Gareth Williams | 174 Richard Murray | 237 Mark Pilliner | 311 John Clarke |
| 25 Chorlton Runners 'D' | 951 — 110 Chris Clarke | 122 Daniel Vasey | 135 Rob Lee | 187 Nick Syrett | 189 James Byson | 208 David Hargreaves |
| 26 Bramhall Runners | 1020 — 97 Matthew Moran | 121 John Williams | 192 Lok Li | 198 M Deschoolmeester | 201 Damien Jones | 211 Frank Podd |
| 27 Middleton Harriers Ac | 1053 — 126 Leon Wint | 147 John Burke | 166 John Weaver | 178 Andrew Ndlovu | 216 Graham Jordan | 220 Jonathan Miles Stokes |
| 28 Trafford Athletic Club 'B' | 1062 — 82 Greg Marroft | 117 Tony Davenport | 183 Michael Hutchinson | 202 Graham Holbrook | 222 Richard Byers | 256 Aghogh Odudu |
| 29 Stockport Tri Club | 1115 — 59 Cait Kystek | 94 Nick Chick | 227 Rob Heatcote | 231 Paul Graveney | 238 Andrew Mainwaring | 266 Martyn Jones |
| 30 Goyt Valley Striders | 1123 — 116 Nathan Porter | 148 Paul Oakley | 168 James Rees | 196 Aidan Grant | 217 Alistair Fitzgerald | 278 Matt Biglin |
| 31 St Helens Tri | 1147 — 112 Robert Chesters | 138 Eddie Hirst | 158 Michael Forber | 172 Kevin Dunbar | 280 Chris Hayes | 287 Chris Murphy |
| 32 Sale Harriers Manchester 'C' | 1239 — 155 Paul Barrett | 165 Paul Noble | 179 Mike Ashby | 199 Luke Townsend | 252 Hector Chinoy | 289 Michael Curley |
| 33 Knutsford Tri Club | 1243 — 60 Aran McCoskey | 105 Matthew Wackett | 190 James Upton | 193 Luke Ainsworth | 346 Richard Brown | 349 Andrew Orme |
| 34 Disbury Runners | 1247 — 83 Steven Townley | 130 Damien McHugh | 151 Mike Norbury | 195 Matt Farr | 313 Ben Levin | 325 Mike Kelly |
| 35 Altrincham & District Athl 'B' | 1311 — 162 Steven Renny | 177 James Patison | 182 Adam Hindmarch | 188 Sean Butler | 298 Duncan Dickinson | 309 Graham Harrison |
| 36 Stockport Harriers & AC 'C' | 1385 — 173 Kevan Garner | 200 Steve Shaughnessy | 218 Ian Mulligan | 223 Mark Smith | 272 Darren Donald | 299 Ian Crabtree |
| 37 Manchester Triathlon Club 'B' | 1391 — 212 Eduardo Fe | 215 Pete Smallwood | 226 Richard Hyder | 240 Chris Evans | 244 Harry Vanais | 254 Richard Tennant |
| 38 Swinton Running Club 'B' | 1443 — 176 Craig Ansell | 207 Steven Dovey | 239 Mike Donigan | 265 Mario Santos | 271 Lee Marks | 285 Simon Lobas |
| 39 Salford Metropolitan Ac 'B' | 1539 — 233 David Hughes | 241 Mark Shuttleworth | 251 Matthew Gibbons | 265 Paul Gee | 277 Girish Patel | 282 Michael Carney |
| 40 Chorlton Runners 'E' | 1583 — 209 Andrew Tongue | 242 Justin Hayes | 279 Nick Parrott | 283 Eienne Humphries | 284 James Alkis | 286 Ross Murdoch |
| 41 Marple Runners | 1640 — 206 Darren Peatfield | 225 Chris Barber | 232 Pete Ogley | 304 Jeremy Woodham | 332 Thomas Callaghan | 341 James Deighton |
| 42 Buxton AC 'B' | 1660 — 203 Matt Hawtin | 261 Mark Thorogood | 270 Richard Bouglas | 288 Richard Goff | 301 Peter Bailey | 337 Paul Markall |
| 43 Start 2 Jog | 1672 — 140 Stuart Nock | 152 Craig Leith | 319 Nick Gayson | 340 Robert Maidstone | 366 Barry Sherwood | 365 Phil Gray |
| 44 Bramhall Runners 'B' | 1706 — 234 Adam Bird | 260 Lee Jones | 274 Richard Hall | 305 Steve Aughton | 316 Mike Hall | 317 John Temperley |
| 45 Manchester Frontrunners 'B' | 1822 — 229 Edmund Woodfield | 294 Edward Roberts | 235 Vally Darren De | 324 Paul Crowe | 336 John Clark | 344 Dominic Berry |
| 46 Chorlton Runners 'F' | 1901 — 307 Ian Sharpe | 308 Sean Lord | 315 Tim Blackwell | 322 Peter Adams | 323 Charlie Walker | 326 Chris Peachey |

Senior Men (Vets) — TEAM RESULTS

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

| | | | | |
|-----------------------------------|-----------------------------|----------------------|-----------------------|-------------------------|
| 1 Chorlton Runners | 44 — 1 Matthew Shaw | 10 Gary Scott | 11 Ben McCormack | 22 Christopher Rayner |
| 2 Wilmslow Running Club | 53 — 2 Peter Speake | 4 Richard Coen | 18 Barry Archbold | 29 Rob Downs |
| 3 Salford Harriers & AC | 69 — 13 Mark Collier | 16 James Kovacs | 19 David Hudson | 21 Philip Leybourne |
| 4 Stockport Harriers & Ac | 73 — 5 J Scott-Buccleuch | 8 Malcolm Johnson | 28 Paul Brooks | 32 Ged McGrath |
| 5 Horwich RMI Harriers | 115 — 14 Alastair Murray | 24 Gareth Booth | 26 Daniel Gilbert | 51 David Jackson |
| 6 Macclesfield Harriers & Ac | 127 — 7 Mark Walker | 27 Matthew Lynas | 34 James Noakes | 59 Brian Whitlock |
| 7 Vale Royal Ac | 151 — 6 Stuart Doyle | 17 Mark Crabtree | 53 Gareth Williams | 75 Richard Murray |
| 8 Altrincham & District Athletic | 154 — 3 David Norman | 35 Richard Lane | 47 Richard Evans | 69 Steven Renny |
| 9 Stockport Harriers & Ac 'B' | 183 — 37 David Maher | 44 Philip Burns | 48 James Corden | 54 Nathan Mayoh |
| 10 Sale Harriers Manchester | 216 — 30 Olivier Gailemin | 39 Matthew Spragg | 70 Paul Noble | 77 Mike Ashby |
| 11 East Cheshire Harriers & Tames | 219 — 20 Tim Greenald | 23 Robin Homer | 52 Dennis Thomas | 124 Derek Hughes |
| 12 Trafford Athletic Club | 228 — 12 Jeff Prest | 45 Tony Davenport | 79 Michael Hutchinson | 92 Graham Holbrook |
| 13 Swinton Running Club | 229 — 38 Tony Flanagan | 57 Kevin Woodward | 58 Stuart Tucker | 76 Craig Ansell |
| 14 Buxton AC | 320 — 15 Robert White | 78 Rick Aldred | 93 Matt Hawtin | 134 Mark Thorogood |
| 15 Goyt Valley Striders | 322 — 61 Paul Oakley | 71 James Rees | 88 Aidan Grant | 102 Alistair Fitzgerald |
| 16 Stockport Harriers & Ac 'C' | 336 — 68 Simon Pickard | 74 Kevan Garner | 91 Steve Shaughnessy | 103 Ian Mulligan |
| 17 Manchester Triathlon Club | 337 — 50 Roger Thomas | 81 Tim Johns | 98 Eduardo Fe | 108 Richard Hyder |
| 18 St Helens Tri | 345 — 55 Eddie Hirst | 66 Michael Forber | 73 Kevin Dunbar | 151 Chris Murphy |
| 19 Wilmslow Running Club 'B' | 353 — 49 Andrew Whittingham | 80 Trevor Morris | 87 Graham Screawn | 137 Richard Lawson |
| 20 Manchester Harriers & Ac | 365 — 42 Alex Masidlover | 72 Dave Walmsley | 123 Glen Gandy | 128 Chris Sewart |
| 21 Bramhall Runners | 386 — 86 Lok Li | 90 M Deschoolmeester | 97 Frank Podd | 113 Adam Bird |
| 22 Chorlton Runners 'B' | 388 — 40 Paul Griffiths | 82 Nick Syrett | 119 Justin Hayes | 147 Nick Parrott |
| 23 Manchester Frontrunners | 390 — 46 Steve Hatton | 65 Jon Guildford | 99 Roberto Raso | 180 Paul Crowe |
| 24 Stockport Tri Club | 397 — 33 Nick Chick | 110 Paul Graveney | 116 Andrew Mainwaring | 138 Martyn Jones |
| 25 Salford Harriers & AC 'B' | 417 — 25 Richard Brook | 67 Stanley Owen | 154 Trevor Rayner | 171 Paul Sale |
| 26 Salford Metropolitan Ac | 428 — 94 Shane Wolstencroft | 104 Richard Knight | 112 David Hughes | 118 Mark Shuttleworth |
| 27 Marple Runners | 477 — 95 Darren Peatfield | 107 Chris Barber | 111 Pete Ogley | 164 Jeremy Woodham |
| 28 Middleton Harriers Ac | 481 — 101 Graham Jordan | 109 Michael Griffin | 131 Stephen Lowe | 140 Darren Wallis |
| 29 Horwich RMI Harriers 'B' | 495 — 100 C Essex Crosby | 121 Gary Chadderton | 135 David Barnes | 139 Richard O'Reilly |
| 30 Salford Metropolitan Ac 'B' | 559 — 126 Matthew Gibbons | 129 Paul Gee | 145 Girish Patel | 159 Stuart Mairs |
| 31 Manchester Triathlon Club 'B' | 594 — 117 Chris Evans | 136 Lee Benson | 157 Ronan Brennan | 184 Timothy Criddle |
| 32 Altrincham & District Athl 'B' | 607 — 83 Sean Butler | 156 Duncan Dickinson | 169 Graham Harrison | 199 Mike Duncombe |
| 33 Bramhall Runners 'B' | 614 — 133 Lee Jones | 142 Richard Hall | 165 Steve Aughton | 174 Mike Hall |
| 34 Chorlton Runners 'C' | 657 — 149 James Atkiss | 167 Ian Sharpe | 168 Sean Lord | 173 Tim Blackwell |
| 35 Knutsford Tri Club | 686 — 84 James Upton | 198 Richard Brown | 201 Andrew Orme | 203 Edward Taylor |
| 36 Stockport Tri Club 'B' | 696 — 155 Paul Adkins | 158 Gordon Wilson | 178 David Colley | 205 Michael Walton |
| 37 Bramhall Runners 'C' | 766 — 175 John Temperley | 185 Nick Heaton | 193 Paul Cowell | 213 Mark Grundy |
| 38 Chorlton Runners 'D' | 773 — 179 Peter Adams | 182 Chris Peachey | 204 Paul Adams | 208 Francis Woolf |
| 39 Marple Runners 'B' | 802 — 187 Thomas Callaghan | 194 James Deighton | 207 Mark Warner | 214 John Norris |

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