

Manchester Area Cross Country League at Heaton Park, Manchester on Saturday 19th October 2013

Race 2 - Under 13 Girls — FINAL RESULTS

Pos	Num	Name	Cat/Pos	Club	Time	Pos	Name	Club	Time	
1	19	Lucy Miller		Liverpool H & AC	10:42	35	2	Megan Barnsley	ABC Runners	12:43
2	518	Faye Ireland		Liverpool H & AC	10:53	36	73	Cathrine Hooper	Salford H & AC	12:45
3	102	Krystina Martindale		Wirral AC	10:55	37	481	Isabelle Trevithick	Warrington AC	12:48
4	18	Katie Miller		Liverpool H & AC	11:05	38	32	Amelia Newbould	Macclesfield H & AC	12:49
5	46	Chantelle Johnson		Moston & District AC	11:22	39	30	Lucy Griffiths	Macclesfield H & AC	12:52
6	39	Grace De-Campos		Manchester H & AC	11:28	40	78	Bethany Wright	Salford Met AC	12:58
7	17	Ella McNiven		Liverpool H & AC	11:37	41	487	Siobhan Conway	Trafford AC	13:00
8	31	Emily Lowery		Macclesfield H & AC	11:40	42	106	Laura Hanson	Ribble Valley AC	13:05
9	41	Eleanor Kenny		Manchester H & AC	11:45	43	59	Tia Blissett	Sale H Manchester	13:06
10	25	Alex Townsend		Liverpool H & AC	11:46	44	61	Mia Gibbons	Sale H Manchester	13:07
11	109	Georgia Tansey		Ribble Valley AC	11:48	45	97	Lily Atkins	Wirral AC	13:09
12	11	Jessica Cook		Liverpool H & AC	11:49	46	105	Melita Griffin	Ribble Valley AC	13:12
13	66	Tess McHugh		Sale H Manchester	11:50	47	23	Isobel St.john	Liverpool H & AC	13:13
14	40	Emily Hughes		Manchester H & AC	11:53	48	28	Chantelle Carroll	Macclesfield H & AC	13:14
15	67	Niamh Nugent		Sale H Manchester	11:55	49	488	Mamie Mannion	Trafford AC	13:18
16	479	Niamh Donnelly		Liverpool H & AC	12:01	50	74	Lucy McMullen	Salford H & AC	13:20
17	45	Megan Taylor		Manchester H & AC	12:04	51	33	Lauren Robinson	Macclesfield H & AC	13:21
18	71	Elizabeth Twite		Sale H Manchester	12:07	52	47	Anya Read	Moston & District AC	13:37
19	98	Phoebe Croft		Wirral AC	12:09	53	85	Katie Hudson	Stockport H & AC	13:55
20	21	Millie Raine		Liverpool H & AC	12:10	54	48	Kanyarat Avison	St Helens Sutton AC	14:09
21	103	Cathrine Spencer		Wirral AC	12:11	55	27	Natasha Wood	Liverpool H & AC	14:10
22	7	Mia Alsamarraie		Liverpool H & AC	12:12	56	4	Katie Haynes	Bramhall Runners	14:11
23	14	Olivia Kenyon		Liverpool H & AC	12:13	57	76	Rebecca Royle	Salford H & AC	14:12
24	16	Emily Lucas		Liverpool H & AC	12:17	58	44	Beth Taylor	Manchester H & AC	14:14
25	104	Katie Thompson		Wirral AC	12:22	59	22	Milli Smith	Liverpool H & AC	14:15
26	84	Natasha Harrison		Stockport H & AC	12:22	60	485	Verity Garnes	Sale H Manchester	14:16
27	62	Georgia Haworth		Sale H Manchester	12:28	61	38	Chloe Davies	Manchester H & AC	14:17
28	72	Jemma Vickers		Sale H Manchester	12:30	62	53	Lucy Price	St Helens Sutton AC	14:38
29	100	Ella Head		Wirral AC	12:34	63	489	Ellie Deane	Trafford AC	14:51
30	60	Josie Canham		Sale H Manchester	12:36	64	88	Victoria Utting	Stockport H & AC	15:34
31	9	Maddy Broad		Liverpool H & AC	12:38	65	79	Anna Briggs	Stockport H & AC	15:49
32	1	Alexandra Barnsley		ABC Runners	12:39	66	50	Sian Glynn	St Helens Sutton AC	16:07
33	75	Holly Peltier		Salford H & AC	12:40	67	54	Natalie Tate	St Helens Sutton AC	16:07
34	57	Tia-Rae Barton		Sale H Manchester	12:41					

Race 2 - Under 13 Girls — TEAM RESULTS

1	Liverpool H & AC	7	—	1	Lucy Miller	2	Faye Ireland	4	Katie Miller	
2	Liverpool H & AC	'B'	29	—	7	Ella McNiven	10	Alex Townsend	12	Jessica Cook
3	Manchester H & AC		29	—	6	Grace De-Campos	9	Eleanor Kenny	14	Emily Hughes
4	Wirral AC		43	—	3	Krystina Martindale	19	Phoebe Croft	21	Cathrine Spencer
5	Sale H Manchester		46	—	13	Tess McHugh	15	Niamh Nugent	18	Elizabeth Twite
6	Liverpool H & AC	'C'	58	—	16	Niamh Donnelly	20	Millie Raine	22	Mia Alsamarraie
7	Liverpool H & AC	'D'	78	—	23	Olivia Kenyon	24	Emily Lucas	31	Maddy Broad
8	Sale H Manchester	'B'	85	—	27	Georgia Haworth	28	Jemma Vickers	30	Josie Canham
9	Macclesfield H & AC		85	—	8	Emily Lowery	38	Amelia Newbould	39	Lucy Griffiths
10	Wirral AC	'B'	99	—	25	Katie Thompson	29	Ella Head	45	Lily Atkins
11	Ribble Valley AC		99	—	11	Georgia Tansey	42	Laura Hanson	46	Melita Griffin
12	Salford H & AC		119	—	33	Holly Peltier	36	Cathrine Hooper	50	Lucy McMullen
13	Sale H Manchester	'C'	121	—	34	Tia-Rae Barton	43	Tia Blissett	44	Mia Gibbons
14	Manchester H & AC	'B'	136	—	17	Megan Taylor	58	Beth Taylor	61	Chloe Davies
15	Stockport H & AC		143	—	26	Natasha Harrison	53	Katie Hudson	64	Victoria Utting
16	Trafford AC		153	—	41	Siobhan Conway	49	Mamie Mannion	63	Ellie Deane
17	Liverpool H & AC	'E'	161	—	47	Isobel St.john	55	Natasha Wood	59	Milli Smith
18	St Helens Sutton AC		182	—	54	Kanyarat Avison	62	Lucy Price	66	Sian Glynn

Manchester Area Cross Country League

at Heaton Park, Manchester on Saturday 19th October 2013

Race 3 - Under 13 Boys — FINAL RESULTS (\$=non-counter)

Pos	Num	Name	Club	Time
1	158	Sam Evans	Warrington AC	12:01
2	139	Ben Batho	Stockport H & AC	12:26
3	473	Jack Chapman	West Cheshire AC	12:29
4	114	Max Brame	Liverpool H & AC	12:30
5	131	Luke Chesters	Sale H Manchester	12:32
6	166	Arran Kearney	Wirral AC	12:44
7	119	Connor Fazakerley	Manchester H & AC	12:52
8	164	Sam Cross	Wirral AC	12:56
9	162	Jacob Brophy	Wirral AC	13:02
10	141	Fabio Carosi	Stockport H & AC	13:05
11	159	Ben Harrison	Warrington AC	13:07
12	165	Jonathon Head	Wirral AC	13:08
13	122	Byren Cookson	Moston & District AC	13:21
14	168	Sam Tempest	Wirral AC	13:23
15	112	Jack Thomas	E Cheshire H & Tameside AC	33 49
				35 48
16	474	Jac Goodall	West Cheshire AC	13:31
17	476	Connor Keyes	Stockport H & AC	13:32
18	163	Tom Clark	Wirral AC	13:33
19	167	Tom Spence	Wirral AC	13:35
				20 125
				21 118
				22 117
				23 160
				24 116
				25 169
				26 509
				27 506
				28 138
				29 140
				30 475
				31 137
				32 149
				33 124
				34 499
				35 483
				36 508
				37 157
				38 142
				39 507
				Joe Houghton
				Jacob Winfield
				Peter Goodfellow
				Jordan Jones
				Harry Cookson
				Daniel Wallace
				James Hallworth
				Colin Avison
				\$Jacob Yates
				Dylan Bourke
				Rory Willson
				\$Charlie Thomas
				Will Hopton
				Reece Ellis
				Dominic Crossland
				Ethan Willmott
				Matthew Heathcote
				Ethan Sephton
				Drew Evans
				Kyle Nield
				St Helens Sutton AC
				Macclesfield H & AC
				Macclesfield H & AC
				Warrington AC
				Macclesfield H & AC
				Wirral AC
				Stockport H & AC
				Sale H Manchester
				Wirral AC
				Stockport H & AC
				West Cheshire AC
				Salford H & AC
				Stockport H & AC
				West Cheshire AC
				Salford H & AC
				Vale Royal AC
				St Helens Sutton AC
				Stockport H & AC
				Vale Royal AC
				Sale H Manchester
				Vale Royal AC
				Stockport H & AC
				Stockport H & AC
				Sale H Manchester
				Wirral AC
				Sale H Manchester

Race 3 - Under 13 Boys — TEAM RESULTS

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

1	Wirral AC	23 — 6	Arran Kearney	8	Sam Cross	9	Jacob Brophy
2	Stockport H & AC	29 — 2	Ben Batho	10	Fabio Carosi	17	Connor Keyes
3	Warrington AC	35 — 1	Sam Evans	11	Ben Harrison	23	Jordan Jones
4	Wirral AC	44 — 12	Jonathon Head	14	Sam Tempest	18	Tom Clark
5	West Cheshire AC	48 — 3	Jack Chapman	16	Jac Goodall	29	Rory Willson
6	Sale H Manchester	66 — 5	Luke Chesters	27	Colin Avison	34	Matthew Heathcote
7	Macclesfield H & AC	67 — 21	Jacob Winfield	22	Peter Goodfellow	24	Harry Cookson
8	Stockport H & AC	86 — 26	James Hallworth	28	Dylan Bourke	32	Dominic Crossland
9	Vale Royal AC	98 — 30	Will Hopton	33	Ethan Willmott	35	Ethan Sephton

Race 3 - Under 15 Girls — FINAL RESULTS (\$=non-counter)

Pos	Num	Name	Club	Time
1	230	Katy Whiteoak	Stockport H & AC	12:03
2	182	Katie Lowery	Macclesfield H & AC	12:19
3	183	Beth Barlow	Manchester H & AC	12:36
4	223	Juliet Downs	Stockport H & AC	12:57
5	196	Claudia Cowan	Sale H Manchester	13:06
6	208	Danielle Stringer	Sale H Manchester	13:19
7	219	Georgia Bourke	Stockport H & AC	13:26
8	477	Rebecca Jones	Stockport H & AC	13:28
9	198	Olivia Green	Sale H Manchester	13:29
10	201	Alexa McTiffin	Sale H Manchester	13:36
11	200	Ciara Lydon	Sale H Manchester	13:37
12	211	Ellie Twite	Sale H Manchester	13:40
13	228	Hannah Richardson	Stockport H & AC	13:45
14	496	Abbie Oliver	Liverpool H & AC	13:48
15	222	Heather Corden	Stockport H & AC	13:56
16	205	Franki Reid	Sale H Manchester	14:03
17	213	Chiara Young	Sale H Manchester	14:06
18	235	Lucy Lafauve	Wirral AC	14:08
19	229	Naomi Sinclair	Stockport H & AC	14:15
20	197	Frankie Davies	Sale H Manchester	14:22
21	490	Alannah Newell	E Cheshire H & Tameside AC	40 239
				41 216
				42 187
				43 240
				44 195
22	217	Emily Barker	Salford Met AC	14:41
				45 188
				46 191
				23 220
				24 177
				25 215
				26 194
				27 236
				28 231
				29 209
				30 176
				31 221
				15:17
				32 206
				33 207
				15:32
				34 192
				35 214
				36 494
				37 493
				38 482
				39 218
				40 239
				41 216
				42 187
				43 240
				44 195
				45 188
				46 191
				Francesca Carosi
				Emily Rowe
				L Haywood-Percival
				Alice Bruce
				Frances O'Leary
				Abbie Wood-Doyle
				Chloe Taylor
				Paige Misund
				Emma Chrystie-Lowe
				Stockport H & AC
				Beth Sedley
				Anna Stewart-Brown
				Sale H Manchester
				Sale H Manchester
				Samantha Price
				\$Sophie Harrison
				Tenisha Maher
				Daisy Watson
				Sofia Tavini
				Emma Wright
				Charlotte Moxham
				Rebecca Mason
				Emily Ashton
				Charlotte Wood
				Sophie Burgess
				St Helens Sutton AC
				St Helens Sutton AC
				St Helens Sutton AC
				Stockport H & AC
				Liverpool H & AC
				Salford H & AC
				Sale H Manchester
				Wirral AC
				Stockport H & AC
				Salford Met AC
				Ribble Valley AC
				Salford H & AC
				St Helens Sutton AC
				Ribble Valley AC
				Sale H Manchester
				St Helens Sutton AC
				St Helens Sutton AC

Race 3 - Under 15 Girls — TEAM RESULTS

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

1	Stockport H & AC	12 — 1	Katy Whiteoak	4	Juliet Downs	7	Georgia Bourke
2	Sale H Manchester	20 — 5	Claudia Cowan	6	Danielle Stringer	9	Olivia Green
3	Sale H Manchester	33 — 10	Alexa McTiffin	11	Ciara Lydon	12	Ellie Twite
4	Stockport H & AC	36 — 8	Rebecca Jones	13	Hannah Richardson	15	Heather Corden
5	Sale H Manchester	53 — 16	Franki Reid	17	Chiara Young	20	Frankie Davies
6	Liverpool H & AC	68 — 14	Abbie Oliver	24	Emily Rowe	30	Paige Misund
7	Stockport H & AC	70 — 19	Naomi Sinclair	23	Francesca Carosi	28	Abbie Wood-Doyle
8	Sale H Manchester	87 — 26	Alice Bruce	29	Chloe Taylor	32	Beth Sedley
9	St Helens Sutton AC	119 — 34	Samantha Price	41	Emily Ashton	44	Alex Glynn

Manchester Area Cross Country League at Heaton Park, Manchester on Saturday 19th October 2013

Race 4 - Under 15 Boys — FINAL RESULTS (\$=non-counter)

Pos	Num	Name	Club	Time						
1	1004	\$Josh Betteley	Crewe & Nantwich	13:47	20	257	Kyle Anderson	Moston & District AC	15:34	
2	256	Sam Tarry	Manchester H & AC	13:57	21	279	Kyle Hornby	Stockport H & AC	15:42	
3	498	Joseph Ford	Liverpool H & AC	14:02	22	255	Ben Skertchly	Manchester H & AC	15:52	
4	281	Patrick Magner	Stockport H & AC	14:19	23	504	Dylan Battick	Sale H Manchester	15:56	
5	511	Tom Rogerson	Liverpool H & AC	14:26	24	250	Allen Bunyan	Macclesfield H & AC	15:58	
6	280	Alex Jackson	Stockport H & AC	14:28	25	484	Tom Rogers	Wirral AC	15:59	
7	245	Louie Haynes	E Cheshire H & Tameside	14:30	26	254	Ethan Hartley	Manchester H & AC	16:02	
8	512	Ryan Doubtfire	Liverpool H & AC	14:39	27	492	Michael Quin	Stockport H & AC	16:06	
9	292	Joe Wigfield	Wirral AC	14:52	28	514	Josh Seymour	Stockport H & AC	16:19	
10	249	Callum Ahern	Macclesfield H & AC	14:54	29	510	George Cooke	Stockport H & AC	16:37	
11	246	George Lewis	E Cheshire H & Tameside	14:54	30	259	Anthony Kelly	Moston & District AC	16:45	
12	288	Jack Stubbings	Warrington AC	14:59	31	261	George Stott	Moston & District AC	17:07	
13	291	Ieuan Kearney	Wirral AC	15:08	32	294	Jakada Sandiford	Ribble Valley AC	17:24	
14	286	Luke Gamble	Warrington AC	15:16	33	267	Connor Whalley	St Helens Sutton AC	17:30	
15	285	Daniel Fox	Warrington AC	15:19	34	260	Joe Steele	Moston & District AC	17:39	
16	248	Chris Larkin	Halton & Frodsham H	15:22	35	491	James Coulson	Stockport H & AC	17:53	
17	272	Dillon Burchill	Sale H Manchester	15:23	36	268	Joseph Woods	St Helens Sutton AC	19:02	
18	516	Dillon Cooper	E Cheshire H & Tameside	15:27	37	243	Louis Cavill	Bramhall Runners	19:59	
19	517	Ben Walton	Macclesfield H & AC	15:33						

Race 4 - Under 15 Boys — TEAM RESULTS

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

1	Liverpool H & AC	13	—	2	Joseph Ford	4	Tom Rogerson	7	Ryan Doubtfire	
2	Stockport H & AC	28	—	3	Patrick Magner	5	Alex Jackson	20	Kyle Hornby	
3	E Cheshire H & Tameside AC	33	—	6	Louie Haynes	10	George Lewis	17	Dillon Cooper	
4	Warrington AC	38	—	11	Jack Stubbings	13	Luke Gamble	14	Daniel Fox	
5	Wirral AC	44	—	8	Joe Wigfield	12	Ieuan Kearney	24	Tom Rogers	
6	Manchester H & AC	47	—	1	Sam Tarry	21	Ben Skertchly	25	Ethan Hartley	
7	Macclesfield H & AC	50	—	9	Callum Ahern	18	Ben Walton	23	Allen Bunyan	
8	Moston & District AC	78	—	19	Kyle Anderson	29	Anthony Kelly	30	George Stott	
9	Stockport H & AC	'B'	81	—	26	Michael Quin	27	Josh Seymour	28	George Cooke

Race 4 - Under 17 Women — FINAL RESULTS (\$=non-counter)

Pos	Num	Name	Club	Time						
1	329	Mollie Williams	Stockport H & AC	15:31	17	337	Aileen Kearney	Wirral AC	17:52	
2	326	Ellen Downs	Stockport H & AC	15:56	18	331	Chloe Broad	Vale Royal AC	17:56	
3	306	Sophie Hill	Moston & District AC	16:08	19	319	Hannah Simeen	Sale H Manchester	18:04	
4	324	Elizabeth Apsley	Stockport H & AC	16:18	20	515	Ellie Donohoe	Sale H Manchester	18:07	
5	343	Amelia Wood	Ribble Valley AC	16:20	21	322	Tilly Yates	Sale H Manchester	18:08	
6	303	Lucy Snelson	Macclesfield H & AC	16:24	22	315	Madeleine Hole	Sale H Manchester	18:10	
7	328	Ruth Sinclair	Stockport H & AC	16:29	23	338	Heather Nuttall	Wirral AC	18:17	
8	480	Beth Donnelly	Trafford AC	16:49	24	304	Molly Bogin	Manchester H & AC	18:27	
9	341	Lucy Lennon	Ribble Valley AC	17:00	25	339	Millie Powell	Wirral AC	18:30	
10	342	Georgina Smith	Ribble Valley AC	17:08	26	298	Melanie Cattell	Liverpool H & AC	18:34	
11	321	Flora Whyte	Sale H Manchester	17:09	27	312	Hannah Christy	Sale H Manchester	18:39	
12	323	Sinead Bent	Salford H & AC	17:14	28	309	Maria McGoldrick	St Helens Sutton AC	19:08	
13	314	Rachel Hibberd	Sale H Manchester	17:21	29	297	Lucy Cattell	Liverpool H & AC	19:34	
14	310	Rachel McGoldrick	St Helens Sutton AC	17:31	30	497	Wrae VentreLong	Liverpool H & AC	19:54	
15	320	Amber Towns	Sale H Manchester	17:48	31	307	Megan Logan	Moston & District AC	20:05	
16	327	Alice Hughes	Stockport H & AC	17:51	32	330	Sophie Williams	Stockport H & AC	20:21	

Race 4 - Under 17 Women — TEAM RESULTS

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

1	Stockport H & AC	7	—	1	Mollie Williams	2	Ellen Downs	4	Elizabeth Apsley	
2	Ribble Valley AC	24	—	5	Amelia Wood	9	Lucy Lennon	10	Georgina Smith	
3	Sale H Manchester	39	—	11	Flora Whyte	13	Rachel Hibberd	15	Amber Towns	
4	Stockport H & AC	'B'	55	—	7	Ruth Sinclair	16	Alice Hughes	32	Sophie Williams
5	Sale H Manchester	'B'	60	—	19	Hannah Simeen	20	Ellie Donohoe	21	Tilly Yates
6	Wirral AC		65	—	17	Aileen Kearney	23	Heather Nuttall	25	Millie Powell
7	Liverpool H & AC		85	—	26	Melanie Cattell	29	Lucy Cattell	30	Wrae VentreLong

Under 17 Men — FINAL RESULTS (\$=non-counter)

Pos	Num	Name	Club	Time						
1	1009	\$Jack Crabtree	Aldershot Farnham & District	21:47	11	348	Tom Clarke	Liverpool H & AC	24:57	
2	478	Daniel Lawton	Trafford AC	22:17	12	374	George Nightingale	Ribble Valley AC	25:03	
3	500	Liam Burthem	Warrington AC	23:37	13	361	Lewis Singleton	Sale H Manchester	25:04	
4	503	Shay Ward	Stockport H & AC	24:14	14	365	Jay Hornby	Stockport H & AC	25:16	
5	502	Leighton Sharman	Warrington AC	24:16	15	501	Robert Dykes	Warrington AC	26:32	
6	346	Tom McGuinness	E Cheshire H & Tameside	24:29	16	354	Matthew Sutton	Manchester Triathlon	27:08	
7	513	Elliot Colman	Liverpool H & AC	24:32	17	505	Grant Anderson	Stockport H & AC	27:21	
8	357	Euan Gilchrist	Sale H Manchester	24:38	18	359	Denis Powell	Sale H Manchester	27:56	
9	599	Daniel Gillfillan	Macclesfield H & AC	24:43	19	345	Luke Parkins	Bramhall Runners	27:57	
10	373	Albert Lawrenson	Ribble Valley AC	24:44	20	371	Daniel Bolton	Ribble Valley AC	29:25	

Under 17 Men — TEAM RESULTS

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

1	Warrington AC	20	—	2	Liam Burthem	4	Leighton Sharman	14	Robert Dykes
2	Stockport H & AC	32	—	3	Shay Ward	13	Jay Hornby	16	Grant Anderson
3	Sale H Manchester	36	—	7	Euan Gilchrist	12	Lewis Singleton	17	Denis Powell
4	Ribble Valley AC	39	—	9	Albert Lawrenson	11	George Nightingale	19	Daniel Bolton

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

Manchester Area Cross Country League

at Heaton Park, Manchester on Saturday 19th October 2013

Senior Women aged 17 to 19

Pos	Num	Name	Cat/Pos	Club	Time
1	317	Hannah Brown	U20	Univ. Manchester CCC	32:28
2	212	Megan Davies	U20	Sale H Manchester	32:34
3	368	Emily Kearney	U20	Wirral AC	32:58
4	1008	\$Zoe Kerins	U20	Wakefield District H & Ac	38:24
5	365	Lauren Brett	U20	Wirral AC	39:00
6	261	Rosa Chrystie-Lowe	U20	Stockport H&ac	39:09

Senior Women aged 20 to 34

Pos	Num	Name	Cat/Pos	Club	Time
1	383	Katie Brough		Vale Royal AC	29:23
2	306	Jackie Fairchild		Trafford AC	29:25
3	375	Lucy O'Gorman		Sale H Manchester	30:23
4	1011	\$Sarah Tunstall		Kendal AAC	30:43
5	389	Kate Titlow		Vale Royal AC	32:20
6	199	Gemma Connolly		St Helens Sutton AC	32:51
7	262	Lyndsay Clarke		Stockport H&ac	33:29
8	386	Amber Magee		MMU Harriers	33:57
9	371	Shauna Murphy		Salford H&ac	34:11
10	147	Sarah Rhodes		Manchester Triathlon	34:15
11	129	Pauline Griffin		Manchester Triathlon	34:20
12	1027	\$Vicki Cronin		Trafford AC	34:56
13	245	Tania Hernandez		Salford H&ac	35:26
14	141	Deirdre McCarthy		Manchester Triathlon	35:39
15	322	Faye Waterhouse		Univ. Manchester CCC	35:42
16	46	Lucy Wasse		Dragons Rc (sale)	35:45
17	74	Angela Markley		Macclesfield H&ac	36:09
18	379	Fiona Neill		Trafford AC	36:37
19	79	Paula Nimmo		Macclesfield H&ac	37:02
20	255	Olivia McDermott		Salford Met AC	37:18
21	125	Rachel Crossley		Manchester Triathlon	37:24
22	80	Daisy Pickles		Macclesfield H&ac	37:49
23	286	Carly Appleby		Swinton RC	37:59
24	142	Emily Newton		Manchester Triathlon	38:08
25	316	Katie Booth		Univ. Manchester CCC	38:18
26	112	Emma Radcliffe		Manchester Frontrunners	38:54
27	156	Hannah Brierley		Manchester Ymca H	39:18
28	247	Laura Nash		Salford H&ac	39:22
29	254	Carolyn Lewtas		Salford Met AC	39:23
30	236	Jennifer Simmons		Sale H Manchester	39:29
31	380	Siobhan Lillie		Dragons Rc (sale)	39:47
32	219	Belinda Hammond		Sale H Manchester	40:08
33	29	Vicky Smith		Belle Vue Racers	40:16
34	211	Lauren Davies		Sale H Manchester	40:22

Senior Women (Vets) aged 35 to 39

Pos	Num	Name	Cat/Pos	Club	Time
1	355	Diane McVey	L35	1 Wilmslow RC	31:03
2	81	Kristy Readman	L35	2 Macclesfield H&ac	32:47
3	369	Sarah Kearney	L35	3 Wirral AC	32:49
4	71	Sarah Harris	L35	4 Macclesfield H&ac	32:50
5	354	Vicky McKinnon	L35	5 Wilmslow RC	34:31
6	248	Claire O'Connor	L35	6 Salford H&ac	34:35
7	229	Julie Price	L35	7 Sale H Manchester	34:43
8	120	Rebecca Brand	L35	8 Manchester Triathlon	35:24
9	204	Helen Armitage	L35	9 Sale H Manchester	35:49
10	388	Nicola Pugh	L35	10 Trafford AC	36:22
11	149	Viv Slack	L35	11 Manchester Triathlon	36:38
12	193	Claire Murphy	L35	12 St Helens Striders	37:07
13	119	Sophie Barnett	L35	13 Manchester Triathlon	39:10
14	222	Catherine Jones	L35	14 Sale H Manchester	39:36
15	253	Hayley Winder	L35	15 Salford H&ac	40:02
16	279	Amanda Trivett	L35	16 Stockport H&ac	40:41
17	161	Emma Rettig	L35	17 Manchester Ymca H	40:43
18	135	Helen Hyder	L35	18 Manchester Triathlon	40:47

Senior Women (Vets) aged 40 to 44

Pos	Num	Name	Cat/Pos	Club	Time
1	246	Beverley Jenkins	L40	1 Salford H&ac	32:24
2	350	Sharon Johnstone	L40	2 Wilmslow RC	33:35
3	342	Janine Ellis	L40	3 Wilmslow RC	35:06
4	294	Lauren Marsden	L40	4 Swinton RC	35:19
5	345	Katy Green	L40	5 Wilmslow RC	36:19
6	313	Sally Woolhouse	L40	6 Trafford AC	37:18
7	208	Anne Chinoy	L40	7 Sale H Manchester	37:43
8	382	Michelle Vaughan	L40	8 E Cheshire H&tameside AC	39:33
9	378	Samantha Thomas	L40	9 Stockport H&ac	39:37
10	228	Carla Ousey	L40	10 Sale H Manchester	40:10
11	366	Caroline Brophy	L40	11 Wirral AC	40:17
12	40	Vikki Murphy	L40	12 Bramhall Runners	40:19
13	275	Sophie Seingier	L40	13 Stockport H&ac	40:20
14	170	Michelle Fuller	L40	14 Middleton HAC	40:29
15	374	Julia Eccleston	L40	15 St Helens Sutton AC	41:11
16	293	Yvette Jeal	L40	16 Swinton RC	41:39
17	165	Emma Ball	L40	17 Middleton HAC	41:54
18	265	Louise Harrison	L40	18 Stockport H&ac	42:00

Manchester Area Cross Country League

at Heaton Park, Manchester on Saturday 19th October 2013

Senior Women (Vets) aged 45 to 49

Pos	Num	Name	Cat/Pos	Club	Time
1	304	Alison Drasdo	L45	1 Trafford AC	36:02
2	309	Joanne Lott	L45	2 Trafford AC	37:54
3	54	Janine Ridgard	L45	3 E Cheshire H&tameside AC	38:27
4	192	April Morgan	L45	4 St Helens Striders	38:44
5	8	Carole Harrison	L45	5 Altrincham&district AC	39:50
6	33	Alison Cardwell	L45	6 Bramhall Runners	40:13
7	6	Ally Briscoe	L45	7 Altrincham&district AC	40:25
8	1036	\$Alison Lockett	L45	8 Unattached	40:32
9	52	Emma McQueen	L45	9 E Cheshire H&tameside AC	40:40
10	143	Gail O'Hare	L45	10 Manchester Triathlon	40:48
11	82	Hanny Stockman	L45	11 Macclesfield H&ac	40:55
23	288	Mandy Clarkson	L45	23 Swinton RC	54:48

12	104	Sarah Taylor	L45	12 Manchester H&ac	41:07
13	126	Claire Deane	L45	13 Manchester Triathlon	41:16
14	114	Linda Rix	L45	14 Manchester Frontrunners	42:17
15	172	Kyrinda Hurst-Moore	L45	15 Middleton H&ac	42:58
16	157	Steph Goodchild	L45	16 Manchester Ymca H	43:50
17	177	Catherine Murphy	L45	17 Middleton H&ac	44:53
18	85	Alyson Adams	L45	18 Manchester H&ac	46:25
19	221	Karen Hyder	L45	19 Sale H Manchester	46:59
20	131	Bethan Habron-James	L45	20 Manchester Triathlon	
21	95	Kathryn Holmes	L45	21 Manchester H&ac	47:57
22	103	Jane Stiles	L45	22 Manchester H&ac	54:27

Senior Women (Vets) aged 50 to 54

Pos	Num	Name	Cat/Pos	Club	Time
1	276	Lesley Sinclair	L50	1 Stockport H&ac	37:28
2	17	Alison Vesey	L50	2 Altrincham&district AC	37:35
3	210	Jackie Cordingley	L50	3 Sale H Manchester	38:21
4	234	Lynda Rowlinson	L50	4 Sale H Manchester	39:41
5	373	Wendy Magner	L50	5 Stockport H&ac	40:34
6	335	Mary Tavener	L50	6 Vale Royal AC	41:24
7	362	Kate Sutton	L50	7 Wilmslow RC	41:48
8	76	Jo Miles	L50	8 Macclesfield H&ac	41:52

9	69	Hales Sally Ann	L50	9 Macclesfield H&ac	42:34
10	99	Ann McLaughlin	L50	10 Manchester H&ac	42:54
11	235	Karen Sheen	L50	11 Sale H Manchester	43:52
12	352	Julie Lucas	L50	12 Wilmslow RC	44:02
13	384	Alison Blackshaw	L50	13 E Cheshire H&tameside AC	45:10
14	91	Diane Frost	L50	14 Manchester H&ac	48:21
15	11	Maggie Jones	L50	15 Altrincham&district AC	49:04
16	200	Christine Dempsey	L50	16 St Helens Sutton AC	52:07
17	1016	\$Gill Thompson	L50	17 Unattached	56:12

Senior Women (Vets) aged 55 to 59

Pos	Num	Name	Cat/Pos	Club	Time
1	336	Jacky Thom	L55	1 Vale Royal AC	38:35
2	24	Annie Hirsch	L55	2 Belle Vue Racers	39:42
3	242	Lynne Yates	L55	3 Sale H Manchester	39:43
4	357	Nicky Mowat	L55	4 Wilmslow RC	39:59
5	278	Helen Todd	L55	5 Stockport H&ac	41:03
6	250	Denise Wakefield	L55	6 Salford H&ac	43:10

7	167	Christine Comerford	L55	7 Middleton H&ac	43:22
8	283	Hilary West	L55	8 Stockport H&ac	43:52
9	38	Ann Luckcock	L55	9 Bramhall Runners	46:25
10	58	Gillian Wolstenholme	L55	10 E Cheshire H&tameside AC	46:52
11	163	Shelagh Ackers	L55	11 Middleton H&ac	52:37

12 179 Janice Pugh L55 12 Middleton H&ac 53:25

Senior Women (Vets) aged 60 to 64

Pos	Num	Name	Cat/Pos	Club	Time
1	10	Ann-Marie Jones	L60	1 Altrincham&district AC	37:11
2	53	Angela Oldham	L60	2 E Cheshire H&tameside AC	40:15
3	305	Sue Exon	L60	3 Trafford AC	44:12

4	198	Pam Appleton	L60	4 St Helens Sutton AC	46:41
5	171	Ruth Hare	L60	5 Middleton H&ac	48:57
6	337	Carole Williams	L60	6 Vale Royal AC	48:59
7	223	Jenny Miles	L60	7 Sale H Manchester	50:04

Senior Women (Vets) aged 65 to 69

Pos	Num	Name	Cat/Pos	Club	Time
1	73	Pauline Lynch	L65	1 Macclesfield H&ac	48:08
2	372	Frances Mudway	L65	2 West Cheshire Athletic Club	49:19

Manchester Area Cross Country League at Heaton Park, Manchester on Saturday 19th October 2013

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

Pos	Num	Name	Cat/Pos	Club	Time
1	383	Katie Brough		Vale Royal AC	29:23
2	306	Jackie Fairchild		Trafford AC	29:25
3	375	Lucy O'Gorman		Sale H Manchester	30:23
4	1011	\$Sarah Tunstall		Kendal AAC	30:43
5	355	Diane McVey	L35 1	Wilmslow RC	31:03
6	389	Kate Titlow		Vale Royal AC	32:20
7	246	Beverley Jenkins	L40 1	Salford H&ac	32:24
8	317	Hannah Brown	U20 1	Univ. Manchester CCC	32:28
9	212	Megan Davies	U20 2	Sale H Manchester	32:34
10	81	Kristy Readman	L35 2	Macclesfield H&ac	32:47
11	369	Sarah Kearney	L35 3	Wirral AC	32:49
12	71	Sarah Harris	L35 4	Macclesfield H&ac	32:50
13	199	Gemma Connolly		St Helens Sutton AC	32:51
14	368	Emily Kearney	U20 3	Wirral AC	32:58
15	262	Lyndsay Clarke		Stockport H&ac	33:29
16	350	Sharon Johnstone	L40 2	Wilmslow RC	33:35
17	386	Amber Magee		MMU Harriers	33:57
18	371	Shauna Murphy		Salford H&ac	34:11
19	147	Sarah Rhodes		Manchester Triathlon	34:15
20	129	Pauline Griffin		Manchester Triathlon	34:20
21	354	Vicky McKinnon	L35 5	Wilmslow RC	34:31
22	248	Claire O'Connor	L35 6	Salford H&ac	34:35
23	229	Julie Price	L35 7	Sale H Manchester	34:43
24	1027	\$Vicki Cronin		Trafford AC	34:56
25	342	Janine Ellis	L40 3	Wilmslow RC	35:06
26	294	Lauren Marsden	L40 4	Swinton RC	35:19
27	120	Rebecca Brand	L35 8	Manchester Triathlon	35:24
28	245	Tania Hernandez		Salford H&ac	35:26
29	141	Deirdre McCarthy		Manchester Triathlon	35:39
30	322	Faye Waterhouse		Univ. Manchester CCC	35:42
31	46	Lucy Wasse		Dragons Rc (sale)	35:45
32	204	Helen Armitage	L35 9	Sale H Manchester	35:49
33	304	Alison Drasdo	L45 1	Trafford AC	36:02
34	74	Angela Markley		Macclesfield H&ac	36:09
35	345	Katy Green	L40 5	Wilmslow RC	36:19
36	388	Nicola Pugh	L35 10	Trafford AC	36:22
37	379	Fiona Neill		Trafford AC	36:37
38	149	Viv Slack	L35 11	Manchester Triathlon	36:38
39	79	Paula Nimmo		Macclesfield H&ac	37:02
40	193	Claire Murphy	L35 12	St Helens Striders	37:07
41	10	Ann-Marie Jones	L60 1	Altrincham&district AC	37:11
42	313	Sally Woolhouse	L40 6	Trafford AC	37:18
43	255	Olivia McDermott		Salford Met AC	37:18
44	125	Rachel Crossley		Manchester Triathlon	37:24
45	276	Lesley Sinclair	L50 1	Stockport H&ac	37:28
46	17	Alison Vesey	L50 2	Altrincham&district AC	37:35
47	208	Anne Chinoy	L40 7	Sale H Manchester	37:43
48	80	Daisy Pickles		Macclesfield H&ac	37:49
49	309	Joanne Lott	L45 2	Trafford AC	37:54
50	286	Carly Appleby		Swinton RC	37:59
51	142	Emily Newton		Manchester Triathlon	38:08
52	316	Katie Booth		Univ. Manchester CCC	38:18
53	210	Jackie Cordingley	L50 3	Sale H Manchester	38:21
54	1008	\$Zoe Kerins	U20 4	Wakefield District H & Ac	38:24
55	54	Janine Ridgard	L45 3	E Cheshire H&tameside AC	38:27
56	336	Jacky Thom	L55 1	Vale Royal AC	38:35
57	192	April Morgan	L45 4	St Helens Striders	38:44
58	112	Emma Radcliffe		Manchester Frontrunners	38:54
59	365	Lauren Brett	U20 5	Wirral AC	39:00
60	261	Rosa Chrystie-Lowe	U20 6	Stockport H&ac	39:09
61	119	Sophie Barnett	L35 13	Manchester Triathlon	39:10
62	319	Lizzie Goldie-Scott	U20 7	Univ. Manchester CCC	39:18
63	156	Hannah Brierley		Manchester Ymca H	39:18
64	247	Laura Nash		Salford H&ac	39:22
65	254	Carolyn Lewtas		Salford Met AC	39:23
66	236	Jennifer Simmons		Sale H Manchester	39:29
67	382	Michelle Vaughan	L40 8	E Cheshire H&tameside AC	39:33
68	222	Catherine Jones	L35 14	Sale H Manchester	39:36
69	378	Samantha Thomas	L40 9	Stockport H&ac	39:37
70	234	Lynda Rowlinson	L50 4	Sale H Manchester	39:41
71	24	Annie Hirsch	L55 2	Belle Vue Racers	39:42
72	242	Lynne Yates	L55 3	Sale H Manchester	39:43
73	380	Siobhan Lillie		Dragons Rc (sale)	39:47
74	8	Carole Harrison	L45 5	Altrincham&district AC	39:50
75	357	Nicky Mowat	L55 4	Wilmslow RC	39:59
76	253	Hayley Winder	L35 15	Salford H&ac	40:02
77	55	Hayley Simpson	U20 8	E Cheshire H&tameside AC	40:05
78	219	Belinda Hammond		Sale H Manchester	40:08
79	228	Carla Ousey	L40 10	Sale H Manchester	40:10
80	33	Alison Cardwell	L45 6	Bramhall Runners	40:13
81	318	Cecilia Cole	U20 9	Univ. Manchester CCC	40:14
82	53	Angela Oldham	L60 2	E Cheshire H&tameside AC	40:15
83	29	Vicky Smith		Belle Vue Racers	40:16
84	366	Caroline Brophy	L40 11	Wirral AC	40:17
85	40	Vikki Murphy	L40 12	Bramhall Runners	40:19
86	275	Sophie Seingier	L40 13	Stockport H&ac	40:20
87	211	Lauren Davies		Sale H Manchester	40:22
88	6	Ally Briscoe	L45 7	Altrincham&district AC	40:25
89	170	Michelle Fuller	L40 14	Middleton H AC	40:29
90	1036	\$Alison Lockett	L45 8	Unattached	40:32
91	373	Wendy Magner	L50 5	Stockport H&ac	40:34
92	36	Rebecca Harper		Bramhall Runners	40:35
93	52	Emma McQueen	L45 9	E Cheshire H&tameside AC	40:40
94	279	Amanda Trivett	L35 16	Stockport H&ac	40:41
95	161	Emma Rettig	L35 17	Manchester Ymca H	40:43
96	241	Jennifer Yates		Sale H Manchester	40:43
97	28	Carmel Salvidge		Belle Vue Racers	40:46
98	296	Rebecca Mills		Swinton RC	40:47
99	135	Helen Hyder	L35 18	Manchester Triathlon	40:47
100	143	Gail O'Hare	L45 10	Manchester Triathlon	40:48
101	82	Hanny Stockman	L45 11	Macclesfield H&ac	40:55
102	278	Helen Todd	L55 5	Stockport H&ac	41:03
103	146	Rowen Ratcliffe		Manchester Triathlon	41:05
104	104	Sarah Taylor	L45 12	Manchester H&ac	41:07
105	374	Julia Eccleston	L40 15	St Helens Sutton AC	41:11
106	183	Niamh Kenny	U20 10	Moston&district H	41:13
107	126	Claire Deane	L45 13	Manchester Triathlon	41:16
108	291	Julie Hamilton	L35 19	Swinton RC	41:17
109	206	Katherine Barker		Sale H Manchester	41:20
110	335	Mary Tavenor	L50 6	Vale Royal AC	41:24
111	117	Chloe Ashcroft		Manchester Triathlon	41:29
112	289	Emma Flynn		Swinton RC	41:39
113	293	Yvette Jeal	L40 16	Swinton RC	41:39
114	30	Ruth Todd		Belle Vue Racers	41:47
115	362	Kate Sutton	L50 7	Wilmslow RC	41:48
116	76	Jo Miles	L50 8	Macclesfield H&ac	41:52
117	165	Emma Ball	L40 17	Middleton H AC	41:54
118	265	Louise Harrison	L40 18	Stockport H&ac	42:00
119	94	Sarah Harrison		Manchester H&ac	42:05
120	114	Linda Rix	L45 14	Manchester Frontrunners	42:17
121	69	Hales Sally Ann	L50 9	Macclesfield H&ac	42:34
122	321	Grace Pike		Univ. Manchester CCC	42:45
123	107	Philippa Bather		Manchester Frontrunners	42:49
124	106	Wendy Woodhead		Manchester H&ac	42:50
125	99	Ann McLaughlin	L50 10	Manchester H&ac	42:54
126	172	Kyrinda Hurst-Moore	L45 15	Middleton H AC	42:58
127	34	V Chadwick-Dunbar	L40 19	Bramhall Runners	43:05
128	250	Denise Wakefield	L55 6	Salford H&ac	43:10
129	155	Emma Bedford	L40 20	Manchester Ymca H	43:16
130	167	Christine Comerford	L55 7	Middleton H AC	43:22
131	41	Nicola Pickford	L35 20	Bramhall Runners	43:29
132	43	Claire Stott		Bramhall Runners	43:32
133	48	Clare Dignan	U20 11	E Cheshire H&tameside AC	43:37
134	277	Sara Taylor	L35 21	Stockport H&ac	43:38
135	45	Joanne Healy	L40 21	Dragons Rc (sale)	43:42
136	108	Heather Clarkson		Manchester Frontrunners	43:45
137	157	Steph Goodchild	L45 16	Manchester Ymca H	43:50
138	235	Karen Sheen	L50 11	Sale H Manchester	43:52
139	283	Hilary West	L55 8	Stockport H&ac	43:52
140	196	Elaine Porter	L35 22	St Helens Striders	43:54
141	269	Sarah Leah	L40 22	Stockport H&ac	43:57
142	387	Kirsty Donkersley		Sale H Manchester	43:59
143	352	Julie Lucas	L50 12	Wilmslow RC	44:02
144	290	Anna Goodwin	L40 23	Swinton RC	44:04
145	305	Sue Exon	L60 3	Trafford AC	44:12
146	25	Kath Horwill	L35 23	Belle Vue Racers	44:17
147	122	Sally Cooper	L35 24	Manchester Triathlon	44:21
148	26	Debbie Maskell	L40 24	Belle Vue Racers	44:22
149	19	Amy Barber		Belle Vue Racers	44:23
150	385	Karen Hallett	L40 25	Middleton H AC	44:34
151	14	Amanda Navin		Altrincham&district AC	44:42
152	136	Sarka Jeremic	L40 26	Manchester Triathlon	44:48
153	299	April Wilkinson		Swinton RC	44:49
154	177	Catherine Murphy	L45 17	Middleton H AC	44:53
155	21	Lisa Donnelly	L35 25	Belle Vue Racers	44:54
156	384	Alison Blackshaw	L50 13	E Cheshire H&tameside AC	45:10
157	364	Rachel Bainbridge	L40 27	Wirral AC	45:15
158	97	Kirsty Lyons		Manchester H&ac	45:19
159	68	Lynne Graves	L40 28	Macclesfield H&ac	45:29
160	190	Louise Jeffrey-Reid		St Helens Striders	45:37
161	323	Hannah Wilson		Univ. Manchester CCC	45:47
162	194	Cheryl Orrick	L40 29	St Helens Striders	45:51
163	166	Elaine Blades-Jordan	L35 26	Middleton H AC	45:59
164	27	Catherine McKenna	L40 30	Belle Vue Racers	46:05
165	191	Rebecca McKenna	L35 27	St Helens Striders	46:07
166	237	Alice Smedley		Sale H Manchester	46:20
167	38	Ann Luckock	L55 9	Bramhall Runners	46:25
168	85	Alyson Adams	L45 18	Manchester H&ac	46:25
169	86	Caroline Baba	L35 28	Manchester H&ac	46:32
170	1029	\$Joanne Halpin		Unattached	46:38

171 198	Pam Appleton	L60 4	St Helens Sutton AC	46:41	191 337	Carole Williams	L60 6	Vale Royal AC	48:59
172 57	Kirsty Williamson	U20 12	E Cheshire H&tameside AC	46:47	192 11	Maggie Jones	L50 15	Altrincham&district AC	49:04
173 58	Gillian Wolstenholme	L55 10	E Cheshire H&tameside AC	46:52	193 372	Frances Mudway	L65 2	West Cheshire Athletic Club	49:19
174 110	Susan Guy	L35 29	Manchester Frontrunners	46:52	194 223	Jenny Miles	L60 7	Sale H Manchester	50:04
175 221	Karen Hyder	L45 19	Sale H Manchester	46:59	195 35	Sara Hall	L40 32	Bramhall Runners	50:38
176 131	Bethan Habron-James	L45 20	Manchester Triathlon		196 42	Alison Sheedy	L40 33	Bramhall Runners	50:39
177 158	Jill Guthrie		Manchester Ymca H	47:31	197 390	Erica Weaver		Middleton HAC	50:40
178 118	Gillian Aspin	L35 30	Manchester Triathlon	47:45	198 111	Mel Johnson	L35 35	Manchester Frontrunners	50:59
179 300	Liz Yongo		Swinton RC	47:49	199 200	Christine Dempsey	L50 16	St Helens Sutton AC	52:07
180 145	\$Ana Quintana	L35 31	Manchester Triathlon	47:55	200 2	Adele Fisher	L40 34	ABC Runners	52:23
181 95	Kathryn Holmes	L45 21	Manchester H&ac	47:57	201 163	Shelagh Ackers	L55 11	Middleton HAC	52:37
182 124	Grace Crawford		Manchester Triathlon	47:58	202 179	Janice Pugh	L55 12	Middleton HAC	53:25
183 105	Andrea Williams	L35 32	Manchester H&ac	48:01	203 1013	\$Claire Irons		Blackpool Wyre & Fylde Ac	53:42
184 312	Kate Williams	L35 33	Trafford AC	48:04	204 103	Jane Stiles	L45 22	Manchester H&ac	54:27
185 73	Pauline Lynch	L65 1	Macclesfield H&ac	48:08	205 92	Dawn Gallen	L40 35	Manchester H&ac	54:30
186 5	Emma Shillabeer	L40 31	ABC Runners	48:15	206 288	Mandy Clarkson	L45 23	Swinton RC	54:48
187 139	Jennifer Lutton		Manchester Triathlon	48:19	207 127	Ella Dunn		Manchester Triathlon	54:59
188 91	Diane Frost	L50 14	Manchester H&ac	48:21	208 175	Anne Lowe	L35 36	Middleton HAC	55:56
189 89	Lynsey Charles	L35 34	Manchester H&ac	48:51	209 1016	\$Gill Thompson	L50 17	Unattached	56:12
190 171	Ruth Hare	L60 5	Middleton HAC	48:57	210 168	Laura Cunningham		Middleton HAC	57:09
					211 188	Nic Howarth	L40 36	St Helens Striders	58:50
					212 381	Jennifer Delaney		Manchester Ymca H	1:04:43

Senior Women — TEAM RESULTS

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

1 Wilmslow RC	62 — 4 Diane McVey	15 Sharon Johnstone	20 Vicky McKinnon	23 Janine Ellis
2 Sale H Manchester	63 — 3 Lucy O'Gorman	8 Megan Davies	22 Julie Price	30 Helen Armitage
3 Salford H&ac	70 — 6 Beverley Jenkins	17 Shauna Murphy	21 Claire O'Connor	26 Tania Hernandez
4 Manchester Triathlon	89 — 18 Sarah Rhodes	19 Pauline Griffin	25 Rebecca Brand	27 Deirdre McCarthy
5 Macclesfield H&ac	89 — 9 Kristy Readman	11 Sarah Harris	32 Angela Markley	37 Paula Nimmo
6 Trafford AC	102 — 2 Jackie Fairchild	31 Alison Drasdo	34 Nicola Pugh	35 Fiona Neill
7 Univ. Manchester CCC	144 — 7 Hannah Brown	28 Fay Waterhouse	50 Katie Booth	59 Lizzie Goldie-Scott
8 Wirral AC	160 — 10 Sarah Kearney	13 Emily Kearney	56 Lauren Brett	81 Caroline Brophy
9 Vale Royal AC	165 — 1 Katie Brough	5 Kate Titlow	53 Jacky Thom	106 Mary Tavener
10 Stockport H&ac	180 — 14 Lyndsay Clarke	43 Lesley Sinclair	57 Rosa Chrystie-Lowe	66 Samantha Thomas
11 Manchester Triathlon 'B'	185 — 36 Viv Slack	42 Rachel Crossley	49 Emily Newton	58 Sophie Barnett
12 Sale H Manchester 'B'	224 — 45 Anne Chinoy	51 Jackie Cordingley	63 Jennifer Simmons	65 Catherine Jones
13 Altrincham&district AC	239 — 39 Ann-Marie Jones	44 Alison Vesey	71 Carole Harrison	85 Ally Briscoe
14 E Cheshire H&tameside AC	269 — 52 Janine Ridgard	64 Michelle Vaughan	74 Hayley Simpson	79 Angela Oldham
15 Swinton RC	270 — 24 Lauren Marsden	48 Carly Appleby	94 Rebecca Mills	104 Julie Hamilton
16 Sale H Manchester 'C'	287 — 67 Lynda Rowlinson	69 Lynne Yates	75 Belinda Hammond	76 Carla Ousey
17 Belle Vue Racers	351 — 68 Annie Hirsch	80 Vicky Smith	93 Carmel Salvidge	110 Ruth Todd
18 Wilmslow RC 'B'	355 — 33 Katy Green	72 Nicky Mowat	111 Kate Sutton	139 Julie Lucas
19 Stockport H&ac 'B'	358 — 83 Sophie Seingier	87 Wendy Magner	90 Amanda Trivett	98 Helen Todd
20 Bramhall Runners	370 — 77 Alison Cardwell	82 Vikki Murphy	88 Rebecca Harper	123 V Chadwick-Dunbar
21 Macclesfield H&ac 'B'	372 — 46 Daisy Pickles	97 Hanny Stockman	112 Jo Miles	117 Hales Sally Ann
22 St Helens Striders	384 — 38 Claire Murphy	54 April Morgan	136 Elaine Porter	156 Louise Jeffrey-Reid
23 Manchester Triathlon 'C'	393 — 95 Helen Hyder	96 Gail O'Hare	99 Rowen Ratcliffe	103 Claire Deane
24 Trafford AC 'B'	406 — 40 Sally Woolhouse	47 Joanne Lott	141 Sue Exon	178 Kate Williams
25 Manchester Ymca H	409 — 60 Hannah Brierley	91 Emma Rettig	125 Emma Bedford	133 Steph Goodchild
26 Sale H Manchester 'D'	415 — 84 Lauren Davies	92 Jennifer Yates	105 Katherine Barker	134 Karen Sheen
27 Manchester Frontrunners	422 — 55 Emma Radcliffe	116 Linda Rix	119 Philippa Bather	132 Heather Clarkson
28 Middleton H AC	447 — 86 Michelle Fuller	113 Emma Ball	122 Kyrima Hurst-Moore	126 Christine Comerford
29 Manchester H&ac	456 — 100 Sarah Taylor	115 Sarah Harrison	120 Wendy Woodhead	121 Ann McLaughlin
30 St Helens Sutton AC	472 — 12 Gemma Connolly	101 Julia Eccleston	166 Pam Appleton	193 Christine Dempsey
31 Swinton RC 'B'	506 — 108 Emma Flynn	109 Yvette Jeal	140 Anna Goodwin	149 April Wilkinson
32 Stockport H&ac 'C'	516 — 114 Louise Harrison	130 Sara Taylor	135 Hilary West	137 Sarah Leah
33 E Cheshire H&tameside AC 'B'	537 — 89 Emma McQueen	129 Clare Dignan	152 Alison Blackshaw	167 Kirsty Williamson
34 Manchester Triathlon 'D'	569 — 107 Chloe Ashcroft	143 Sally Cooper	148 Sarka Jeremic	171 Bethan Habron-James
35 Belle Vue Racers 'B'	582 — 142 Kath Horwill	144 Debbie Maskell	145 Amy Barber	151 Lisa Donnelly
36 Bramhall Runners 'B'	607 — 127 Nicola Pickford	128 Claire Stott	163 Ann Luckock	189 Sara Hall
37 Middleton H AC 'B'	639 — 146 Karen Hallett	150 Catherine Murphy	159 Elaine Blades-Jordan	184 Ruth Hare
38 Manchester H&ac 'B'	658 — 154 Kirsty Lyons	164 Alyson Adams	165 Caroline Baba	175 Kathryn Holmes
39 Sale H Manchester 'E'	658 — 138 Kirsty Donkersley	162 Alice Smedley	170 Karen Hyder	188 Jenny Miles
40 Manchester Triathlon 'E'	730 — 173 Gillian Aspin	176 Grace Crawford	181 Jennifer Lutton	200 Ella Dunn
41 Manchester H&ac 'C'	739 — 177 Andrea Williams	182 Diane Frost	183 Lynsey Charles	197 Jane Stiles
42 Middleton H AC 'C'	783 — 191 Erica Weaver	195 Shelagh Ackers	196 Janice Pugh	201 Anne Lowe

Senior Women aged 17 to 19 — TEAM RESULTS

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

1 Univ. Manchester CCC	15 — 1 Hannah Brown	6 Lizzie Goldie-Scott	8 Cecilia Cole
2 E Cheshire H&tameside AC	28 — 7 Hayley Simpson	10 Clare Dignan	11 Kirsty Williamson

Senior Women (Vets) — TEAM RESULTS

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

1 Wilmslow RC	14 — 1 Diane McVey	6 Sharon Johnstone	7 Vicky McKinnon
2 Sale H Manchester	45 — 9 Julie Price	13 Helen Armitage	23 Anne Chinoy
3 Salford H&ac	48 — 2 Beverley Jenkins	8 Claire O'Connor	38 Hayley Winder
4 Trafford AC	50 — 14 Alison Drasdo	16 Nicola Pugh	20 Sally Woolhouse
5 Manchester Triathlon	58 — 12 Rebecca Brand	17 Viv Slack	29 Sophie Barnett
6 Macclesfield H&ac	61 — 3 Kristy Readman	5 Sarah Harris	53 Hanny Stockman
7 Wilmslow RC 'B'	62 — 10 Janine Ellis	15 Katy Green	37 Nicky Mowat
8 Altrincham&district AC	77 — 19 Ann-Marie Jones	22 Alison Veseley	36 Carole Harrison
9 Sale H Manchester 'B'	89 — 25 Jackie Cordingley	31 Catherine Jones	33 Lynda Rowlinson
10 E Cheshire H&tameside AC	97 — 26 Janine Ridgard	30 Michelle Vaughan	41 Angela Oldham
11 Stockport H&ac	97 — 21 Lesley Sinclair	32 Samantha Thomas	44 Sophie Seingier
12 St Helens Striders	125 — 18 Claire Murphy	28 April Morgan	79 Elaine Porter
13 Swinton RC	129 — 11 Lauren Marsden	58 Julie Hamilton	60 Yvette Jeal
14 Wirral AC	138 — 4 Sarah Kearney	42 Caroline Brophy	92 Rachel Bainbridge
15 Stockport H&ac 'B'	150 — 47 Wendy Magner	49 Amanda Trivett	54 Helen Todd
16 Sale H Manchester 'C'	151 — 35 Lynne Yates	39 Carla Ousey	77 Karen Sheen
17 Bramhall Runners	152 — 40 Alison Cardwell	43 Vikki Murphy	69 V Chadwick-Dunbar
18 Manchester Triathlon 'B'	160 — 51 Helen Hyder	52 Gail O'Hare	57 Claire Deane
19 Middleton H AC	177 — 46 Michelle Fuller	63 Emma Ball	68 Kyrinda Hurst-Moore
20 Manchester Ymca H	197 — 50 Emma Rettig	71 Emma Bedford	76 Steph Goodchild
21 Vale Royal AC	201 — 27 Jacky Thom	59 Mary Tavener	115 Carole Williams
22 Belle Vue Racers	204 — 34 Annie Hirsch	84 Kath Horwill	86 Debbie Maskell
23 Stockport H&ac 'C'	216 — 64 Louise Harrison	74 Sara Taylor	78 Hilary West
24 Trafford AC 'B'	216 — 24 Joanne Lott	83 Sue Exon	109 Kate Williams
25 Macclesfield H&ac 'B'	221 — 62 Jo Miles	66 Hales Sally Ann	93 Lynne Graves
26 Manchester H&ac	221 — 55 Sarah Taylor	67 Ann McLaughlin	99 Alyson Adams
27 E Cheshire H&tameside AC 'B'	241 — 48 Emma McQueen	91 Alison Blackshaw	102 Gillian Wolstenholme
28 Middleton H AC 'B'	248 — 72 Christine Comerford	87 Karen Hallett	89 Catherine Murphy
29 Manchester Triathlon 'C'	278 — 85 Sally Cooper	88 Sarka Jeremic	105 Bethan Habron-James
30 St Helens Sutton AC	279 — 56 Julia Eccleston	101 Pam Appleton	122 Christine Dempsey
31 Manchester Frontrunners	289 — 65 Linda Rix	103 Susan Guy	121 Mel Johnson
32 Bramhall Runners 'B'	290 — 73 Nicola Pickford	98 Ann Luckcock	119 Sara Hall
33 Manchester H&ac 'B'	315 — 100 Caroline Baba	107 Kathryn Holmes	108 Andrea Williams
34 St Helens Striders 'B'	321 — 94 Cheryl Orrick	97 Rebecca McKenna	130 Nic Howarth
35 Middleton H AC 'C'	333 — 95 Elaine Blades-Jordan	114 Ruth Hare	124 Shelagh Ackers
36 Manchester H&ac 'C'	351 — 112 Diane Frost	113 Lynsey Charles	126 Jane Stiles

Manchester Area Cross Country League

at Heaton Park, Manchester on Saturday 19th October 2013

Senior Men aged 17 to 19

Pos	Num	Name	Cat/Pos	Club	Time					
1	606	Richard Powell	U20	1 Trafford AC	34:02	13	737	Aaron Schofield	U20 13 MMU Harriers	40:14
2	428	Ryan Moore	U20	2 Sale H Manchester	34:22	14	713	Harry Paige	U20 14 Ribble Valley AC	40:17
3	526	Jack Nixon	U20	3 Stockport H&ac	34:30	15	278	Nicholas Howarth	U20 15 Manchester Triathlon	41:49
4	626	Harry Poole	U20	4 Univ. Manchester CCC	36:26	16	607	Robert Powell	U20 16 Trafford AC	42:08
5	733	Cameron Field	U20	5 Warrington Athletic Club	36:58	17	625	Dan Pettitt	U20 17 Univ. Manchester CCC	42:21
6	748	David Rich	U20	6 Sale H Manchester	37:44	18	624	Dowan Kwon	U20 18 Univ. Manchester CCC	43:15
7	494	Kevin Acton	U20	7 Stockport H&ac	38:20	19	549	Robert Ward	U20 19 Stockport H&ac	43:32
8	212	Jonathon Stewart	U20	8 Manchester H&ac	38:43	20	501	Simon Chadwick	U20 20 Stockport H&ac	43:36
9	265	Simon Goldsworthy	U20	9 Manchester Triathlon	38:48	21	620	Will Brown	U20 21 Univ. Manchester CCC	47:58
10	623	Oliver Ivens	U20	10 Univ. Manchester CCC	38:58	22	740	James Hackney	U20 22 MMU Harriers	48:01
11	621	Martin Campbell	U20	11 Univ. Manchester CCC	39:04	23	718	Paul Gledhill	U20 23 Univ. Manchester CCC	50:04
12	705	Kieran Morgan	U20	12 Wirral AC	39:50	24	727	Daniel Graves	U20 24 Macclesfield H&ac	50:34

Senior Men aged 20 to 39

Pos	Num	Name	Cat/Pos	Club	Time					
1	415	Charlie Hulson		Sale H Manchester	32:19	67	260	Darren Cope	Manchester Triathlon	42:22
2	459	Joe Bailey		Salford H&ac	32:41	68	544	Dave Townley	Stockport H&ac	42:30
3	50	David Norman		Altrincham&district AC	33:24	69	627	Iwan Smith	Univ. Manchester CCC	42:33
4	455	Ryan Wortland		Sale H Manchester	33:27	70	235	Daniel Murphy	Manchester Frontrunners	42:48
5	735	Niall Brooks		Sale H Manchester	33:49	71	717	Chris Mullen	Salford H&ac	42:59
6	385	James Bailey		Sale H Manchester	34:14	72	451	Michael Wharton	Sale H Manchester	43:27
7	109	Patrick Gardiner		E Cheshire H&tameside AC	34:31	73	337	Chris Humble	Middleton H AC	43:46
8	613	Gavin Tomlinson		Trafford AC	34:53	74	92	Phil Ramsey	Bramhall Runners	43:53
9	628	Joe Vis		Univ. Manchester CCC	35:14	75	617	Gareth Woodcock	Trafford AC	43:55
10	470	Robert Hughes		Salford H&ac	35:24	76	238	J Ramos-Gallego	Manchester Frontrunners	43:57
11	557	Matthew Clark		Swinton RC	35:28	77	269	Martin Greenwood	Manchester Triathlon	43:58
12	686	Damian Nicholls		Wilmslow RC	35:32	78	323	Chris March	Manchester Ymca H	44:00
13	252	Robert Bridges		Manchester Triathlon	35:36	79	1014	\$Andrew Hockenhill	Unattached	44:02
14	299	Paul Savage		Manchester Triathlon	36:18	80	393	Daniel Boulton	Sale H Manchester	44:06
15	603	Ben Martin		Trafford AC	37:04	81	618	James Barringer	Univ. Manchester CCC	44:10
16	536	J Scott-Bucceleuch		Stockport H&ac	37:13	82	659	Daniel Cronquist	Wilmslow RC	44:14
17	448	Steven Townley		Sale H Manchester	37:23	83	240	Ian Roberts	Manchester Frontrunners	44:32
18	421	Nigel Martin		Sale H Manchester	37:40	84	130	Dennis Thomas	E Cheshire H&tameside AC	44:40
19	25	Michael Berks		Altrincham&district AC	37:42	85	412	Christopher Heys	Sale H Manchester	44:41
20	594	Timothy Fletcher		Trafford AC	37:52	86	731	Richard Brailsford	Manchester Ymca H	44:45
21	166	Matt Bigley		Macclesfield H&ac	37:57	87	1017	\$Mick Hill	Tipton Harriers	44:46
22	583	Daniel Ansell		Trafford AC	38:00	88	757	Thomas Skelton	Belle Vue Racers	44:47
23	84	Nicholas Hicketts		Bramhall Runners	38:13	89	619	George Bilsby	Univ. Manchester CCC	44:48
24	30	Tom Bush		Altrincham&district AC	38:34	90	139	John Goggins	Knutsford Tri Club	44:57
25	95	Mark Offord		Dragons Rc (sale)	38:36	91	204	James Hinde	Manchester H&ac	45:00
26	194	Scott Wilson		Macclesfield H&ac	38:41	92	302	Mark Simpson	Manchester Triathlon	45:03
27	641	Rob Olliver		Vale Royal AC	38:51	93	5	Dominic Byrne	ABC Runners	45:07
28	189	Mark Walker		Macclesfield H&ac	39:07	94	100	Daniel Bamber	E Cheshire H&tameside AC	45:19
29	579	Mark Whittington		Swinton RC	39:08	95	754	Paul Johnston	Altrincham&district AC	45:20
30	633	Steven Caldwell		Vale Royal AC	39:09	96	322	Rob Kedian	Manchester Ymca H	46:10
31	427	Andrew Mooney		Sale H Manchester	39:16	97	281	Richard Hyder	Manchester Triathlon	46:11
32	234	James Moles		Manchester Frontrunners	39:22	98	741	John Fulton	MMU Harriers	46:39
33	7	Chris Green		ABC Runners	39:38	99	209	Chris Sewart	Manchester H&ac	46:40
34	37	Adrian Fuller		Altrincham&district AC	39:43	100	246	Andy Adkin	Manchester Triathlon	46:41
35	290	XManel-La-Pujol		Manchester Triathlon	39:49	101	70	Andrew Taylor	Belle Vue Racers	47:09
36	432	Alan Pitman		Sale H Manchester	39:55	102	83	Simon Harlow	Bramhall Runners	47:14
37	6	Phil Ellison		ABC Runners	40:05	103	140	Ewan Holton	Knutsford Tri Club	47:19
38	555	Dan Bird		Swinton RC	40:12	104	424	Richard McHugh	Sale H Manchester	47:34
39	183	Lachie Murray		Macclesfield H&ac	40:19	105	62	Ali Alsaadi	Belle Vue Racers	47:38
40	742	Luke McCrave		MMU Harriers	40:29	106	732	Christian Lyth	Swinton RC	47:56
41	156	Neil Wilks		Knutsford Tri Club	40:31	107	760	Stephen Webb	Belle Vue Racers	48:18
42	300	Aaron Saxton		Manchester Triathlon	40:40	108	99	Mike Yarwood	Dragons Rc (sale)	48:21
43	292	Stewart Moore		Manchester Triathlon	40:55	109	4	Gary Birch	ABC Runners	48:48
44	274	Rob Harper		Manchester Triathlon	40:57	110	517	Andrew Mainwaring	Stockport H&ac	48:50
45	679	Allan McCormick		Wilmslow RC	40:59	111	244	Stephen Weigh	Manchester Frontrunners	48:54
46	298	Daniel Rimmer		Manchester Triathlon	41:01	112	580	Liam Wilkinson	Swinton RC	48:55
47	61	Duncan Wilson		Altrincham&district AC	41:03	113	49	Daniel Martell	Altrincham&district AC	49:11
48	430	Peter O'Neil		Sale H Manchester	41:08	114	74	Adam Bird	Bramhall Runners	49:16
49	1007	\$Ben Hobson		University Of Central Lancs	41:13	115	81	James Hall	Bramhall Runners	49:20
50	719	Paul Heron		Manchester H&ac	41:14	116	319	James Gu	Manchester Ymca H	50:41
51	248	Nathan Ball		Manchester Triathlon	41:18	117	1005	\$Jamie Sesson	Unattached	50:53
52	404	Kevin Foster		Sale H Manchester	41:21	118	243	Adrian Vickers	Manchester Frontrunners	50:55
53	228	Jono Guildford		Manchester Frontrunners	41:31	119	738	Joe Carlon	MMU Harriers	51:41
54	551	Daniel Appleby		Swinton RC	41:34	120	66	James Corrigan	Belle Vue Racers	51:58
55	175	Robert Hasler		Macclesfield H&ac	41:38	121	492	Stuart Mairs	Salford Met AC	52:12
56	441	Phil Scowcroft		Sale H Manchester	41:53	122	227	Matt Goddard	Manchester Frontrunners	52:22
57	318	Mark Griffiths		Manchester Ymca H	41:59	123	177	David Larkin	Macclesfield H&ac	53:35
58	416	Ian Jones		Sale H Manchester	42:00	124	258	Darren Cooper	Manchester Triathlon	53:43
59	1003	\$Steven Green		Unattached	42:01	125	745	Christian Eagle	Stockport H&ac	53:52
60	749	Tony Potts		Stockport H&ac	42:02	126	739	Craig Gilmore	MMU Harriers	56:11
61	750	John Appleton		St Helens Sutton AC	42:03	127	364	Gary Ward	St Helens Striders	56:31
62	419	Rupert Liddington		Sale H Manchester	42:07	128	256	Mark Coley	Manchester Triathlon	57:07
63	272	Patrick Hannah		Manchester Triathlon	42:09	129	94	Chris Horricks	Dragons Rc (sale)	59:13
64	747	Neil Stephenson		Manchester Ymca H	42:09	130	275	Kevin Harrison	Manchester Triathlon	1:16:34
65	8	Michael Hodgkinson		ABC Runners	42:12					
66	200	Matthew Crimes		Manchester H&ac	42:18					

Senior Men (Vets) aged 40 to 44

Pos	Num	Name	Cat/Pos	Club	Time						
1	409	Paul Green	V40 1	Sale H Manchester	34:29	27	685	Adam Neale	V40 27	Wilmslow RC	44:08
2	611	Ian Salisbury	V40 2	Trafford AC	36:07	28	181	Steven Millar	V40 28	Macclesfield H&ac	44:19
3	609	Jeff Prest	V40 3	Trafford AC	36:48	29	90	Li Lok	V40 29	Bramhall Runners	44:22
4	467	Mike Grace	V40 4	Salford H&ac	36:59	30	14	Matt Shillabeer	V40 30	ABC Runners	44:25
5	34	John Davenport	V40 5	Altrincham&district AC	38:14	31	367	Ian Costello	V40 31	St Helens Sutton AC	44:31
6	698	Andy Whittingham	V40 6	Wilmslow RC	38:17	32	582	Paul Wilson	V40 32	Swinton RC	44:35
7	128	John Sloan	V40 7	E Cheshire H&tameside AC	38:45	33	562	Stuart Ellis	V40 33	Swinton RC	44:51
8	689	Jim Pendrill	V40 8	Wilmslow RC	38:46	34	312	Gary Wolstencroft	V40 34	Manchester Triathlon	44:55
9	650	Barry Archbold	V40 9	Wilmslow RC	39:13	35	195	Lloyd Barlow	V40 35	Manchester H&ac	45:02
10	505	James Corden	V40 10	Stockport H&ac	39:29	36	48	David Livingstone	V40 36	Altrincham&district AC	45:06
11	386	Carl Barber	V40 11	Sale H Manchester	39:30	37	363	Gary Spriggs	V40 37	St Helens Striders	45:30
12	488	Phil West	V40 12	Salford H&ac	39:57	38	389	Gaurav Batra	V40 38	Sale H Manchester	45:36
13	406	Olivier Gaillemain	V40 13	Sale H Manchester	40:09	39	69	Jason Stott	V40 39	Belle Vue Racers	45:53
14	306	Stephen Taylor	V40 14	Manchester Triathlon	40:13	40	417	Alastair Kell	V40 40	Sale H Manchester	45:57
15	478	James O'Connor	V40 15	Salford H&ac	40:18	41	506	Paul Corner	V40 41	Stockport H&ac	47:06
16	704	Ronan Kearney	V40 16	Wirral AC	41:05	42	280	Steve Hughes	V40 42	Manchester Triathlon	47:21
17	87	Ian Keeling	V40 17	Bramhall Runners	41:10	43	199	Jason Brogan	V40 43	Manchester H&ac	48:13
18	91	Frank Podd	V40 18	Bramhall Runners	42:03	44	286	Andrew Kirkland	V40 44	Manchester Triathlon	48:37
19	529	Paul Nutter	V40 19	Stockport H&ac	42:20	45	723	Ian Roberts	V40 45	St Helens Sutton AC	49:50
20	407	Steve Gavin	V40 20	Sale H Manchester	42:24	46	456	Michael Wymer	V40 46	Sale H Manchester	49:53
21	644	Craig Sephton	V40 21	Vale Royal AC	42:29	47	232	Duncan Maclean	V40 47	Manchester Frontrunners	49:58
22	725	Lee Barratt	V40 22	Stockport H&ac	42:32	48	245	Dan Whittaker	V40 48	Manchester Frontrunners	51:11
23	85	Mike Hodson	V40 23	Bramhall Runners	42:54	49	15	Lee Stinch	V40 49	ABC Runners	51:35
24	392	Simon Bond	V40 24	Sale H Manchester	42:57	50	360	Simon Poole	V40 50	St Helens Striders	52:52
25	3	Andrew Berry	V40 25	ABC Runners	43:19	51	550	Jeremy Woodham	V40 51	Stockport H&ac	53:11
26	310	John Webb	V40 26	Manchester Triathlon	43:54						

Senior Men (Vets) aged 45 to 49

Pos	Num	Name	Cat/Pos	Club	Time						
1	662	Rob Downs	V45 1	Wilmslow RC	36:09	29	726	Max Thickett	V45 29	Stockport H&ac	45:38
2	474	Dave Lockett	V45 2	Salford H&ac	36:32	30	355	Danny Fegan	V45 30	St Helens Striders	46:15
3	716	Phil Leybourne	V45 3	Salford H&ac	37:30	31	76	Tim Byrne	V45 31	Bramhall Runners	46:16
4	586	Dick Byers	V45 4	Trafford AC	39:10	32	329	Colin Carter	V45 32	Middleton H AC	46:30
5	460	Paul Birkett	V45 5	Salford H&ac	39:12	33	143	William Keeling	V45 33	Knutsford Tri Club	46:44
6	598	Mike Hutchinson	V45 6	Trafford AC	39:51	34	77	Nick Cavill	V45 34	Bramhall Runners	46:47
7	110	Simon Grundy	V45 7	E Cheshire H&tameside AC	39:58	35	491	Chris Jones	V45 35	Salford Met AC	47:24
8	541	Karl Tavini	V45 8	Stockport H&ac	40:46	36	249	Mark Barker	V45 36	Manchester Triathlon	47:36
9	370	Ian Hayburn	V45 9	St Helens Sutton AC	41:13	37	71	Andy Wood	V45 37	Belle Vue Racers	47:42
10	671	Mike Hill	V45 10	Wilmslow RC	41:30	38	67	Philip D'netto	V45 38	Belle Vue Racers	47:52
11	301	Paul Schofield	V45 11	Manchester Triathlon	41:37	39	78	Andy Cordes	V45 39	Bramhall Runners	47:55
12	1018	\$lan Fraser	V45 12	Unattached	42:02	40	102	John Bowker	V45 40	E Cheshire H&tameside AC	48:08
13	72	Paul Beckett	V45 13	Bramhall Runners	42:35	41	178	Steve Lomas	V45 41	Macclesfield H&ac	48:23
14	353	Paul Demore	V45 14	St Helens Striders	43:00	42	80	Steve Fairclough	V45 42	Bramhall Runners	48:32
15	135	Simon Atkins	V45 15	Knutsford Tri Club	43:11	43	356	Tony Horsfall	V45 43	St Helens Striders	48:42
16	736	Chris Hibbert	V45 16	Manchester H&ac	43:19	44	511	Nigel Harrison	V45 44	Stockport H&ac	49:31
17	518	Graham Marsland	V45 17	Stockport H&ac	43:22	45	434	Tim Rainey	V45 45	Sale H Manchester	49:41
18	283	Tim Johns	V45 18	Manchester Triathlon	43:43	46	696	Allan Turner	V45 46	Wilmslow RC	49:43
19	213	Matt Whitehead	V45 19	Manchester H&ac	43:51	47	215	Graham Bateson	V45 47	Manchester Frontrunners	50:45
20	155	Paul Wain	V45 20	Knutsford Tri Club	44:54	48	16	Paul Stupples	V45 48	ABC Runners	51:25
21	573	Paul Rutherford	V45 21	Swinton RC	45:01	49	512	John Hughes	V45 49	Stockport H&ac	52:02
22	584	Robin Beaumont	V45 22	Trafford AC	45:11	50	314	Paul Cooper	V45 50	Manchester Ymca H	52:24
23	540	Michael Slater	V45 23	Stockport H&ac	45:15	51	113	Ian Howarth	V45 51	E Cheshire H&tameside AC	53:36
24	462	Sean Cordell	V45 24	Salford H&ac	45:16	52	728	Lee Pearson	V45 52	Stockport H&ac	55:12
25	568	Andy Land	V45 25	Swinton RC	45:18	53	205	Denis Kelly	V45 53	Manchester H&ac	57:25
26	168	Julian Brown	V45 26	Macclesfield H&ac	45:23	54	758	Steve Lyons	V45 54	E Cheshire H&tameside AC	58:06
27	239	Roberto Raso	V45 27	Manchester Frontrunners	45:26	55	581	David Williamson	V45 55	Swinton RC	1:01:12
28	358	Kevin Monaghan	V45 28	St Helens Striders	45:29						

Senior Men (Vets) aged 50 to 54

Pos	Num	Name	Cat/Pos	Club	Time						
1	463	Derek Crewe	V50 1	Salford H&ac	37:36	20	311	Simon Wildman	V50 20	Manchester Triathlon	46:51
2	677	Graham Macneill	V50 2	Wilmslow RC	38:07	21	585	Vinny Booth	V50 21	Trafford AC	47:16
3	744	Gavin Astin	V50 3	Stockport H&ac	40:20	22	308	Richard Wallace	V50 22	Manchester Triathlon	47:32
4	112	Barry Hirst	V50 4	E Cheshire H&tameside AC	41:13	23	348	Les Abbott	V50 23	St Helens Striders	48:22
5	694	Graham Taylor	V50 5	Wilmslow RC	41:28	24	28	Clive Briscoe	V50 24	Altrincham&district AC	48:46
6	126	Stephen Robinson	V50 6	E Cheshire H&tameside AC	41:41	25	86	Steve Hughes	V50 25	Bramhall Runners	49:57
7	1019	\$Andy Poole	V50 7	Unattached	42:09	26	378	Ray Vose	V50 26	St Helens Sutton AC	50:23
8	182	John Mooney	V50 8	Macclesfield H&ac	42:19	27	398	Frank Cordingley	V50 27	Sale H Manchester	50:47
9	114	Derek Hughes	V50 9	E Cheshire H&tameside AC	42:53	28	500	Rob Cator	V50 28	Stockport H&ac	50:50
10	759	Stuart Parrott	V50 10	Wilmslow RC	43:41	29	191	Alan Webster	V50 29	Macclesfield H&ac	51:06
11	341	Anthony Lowe	V50 11	Middleton H AC	43:55	30	1020	\$lan Rothwell	V50 30	Unattached	51:38
12	431	Steve Parry	V50 12	Sale H Manchester	43:56	31	359	John Murphy	V50 31	St Helens Striders	51:42
13	250	Lee Benson	V50 13	Manchester Triathlon	44:34	32	162	David Rowe	V50 32	Liverpool H&ac	52:51
14	665	Paul Garnett	V50 14	Wilmslow RC	44:38	33	340	Steve Lewis	V50 33	Middleton H AC	53:01
15	193	Gary Willcock	V50 15	Macclesfield H&ac	44:53	34	395	Brian Bradshaw	V50 34	Sale H Manchester	53:13
16	376	Andrew O'Connor	V50 16	St Helens Sutton AC	44:59	35	214	Dave Wood	V50 35	Manchester H&ac	55:49
17	119	Paul Kenny	V50 17	E Cheshire H&tameside AC	45:04	36	752	Tony Doyle	V50 36	St Helens Sutton AC	56:16
18	652	Jon Bale	V50 18	Wilmslow RC	45:17	37	328	Adian Bowcock	V50 37	Middleton H AC	1:00:27
19	41	Graham Harrison	V50 19	Altrincham&district AC	45:43						

Senior Men (Vets) aged 55 to 59

Pos	Num	Name	Cat/Pos	Club	Time						
1	680	Tom McGaff	V55	1 Wilmslow RC	40:21	13	487	Gary Thomason	V55	13 Salford H&ac	47:54
2	457	Andy Yates	V55	2 Sale H Manchester	40:48	14	634	John Clarke	V55	14 Vale Royal AC	48:53
3	538	Steve Shaughnessy	V55	3 Stockport H&ac	40:51	15	382	Miran Aprahamian	V55	15 Sale H Manchester	50:09
4	479	Philip Quibell	V55	4 Salford H&ac	41:26	16	344	Craig Sutherland	V55	16 Middleton H AC	50:54
5	630	Tony Archer	V55	5 Vale Royal AC	43:18	17	101	Howard Bamber	V55	17 E Cheshire H&tameside AC	51:32
6	743	Russ Derbyshire	V55	6 Salford H&ac	43:45	18	334	Alan Garvey	V55	18 Middleton H AC	51:40
7	721	James Edwards	V55	7 Vale Royal AC	44:21	19	734	Chris Blackshaw	V55	19 E Cheshire H&tameside AC	52:41
8	1039	Kevin Fingleton	V55	8 Unattached	46:17	20	755	Jack Carney	V55	20 Salford Met AC	53:00
9	242	Peter Symonds	V55	9 Manchester Frontrunners	46:35	21	510	Tim Hargreaves	V55	21 Stockport H&ac	53:19
10	746	Roland Robson	V55	10 Middleton H AC	47:22	22	504	Roger Coleman	V55	22 Stockport H&ac	53:23
11	503	David Chrystie-Lowe	V55	11 Stockport H&ac	47:44	23	566	Steve Hart	V55	23 Swinton RC	54:44
12	443	Jerry Smith	V55	12 Sale H Manchester	47:51	24	44	Mike Jones	V55	24 Altrincham&district AC	54:54
						25	315	Geoff Cotterill	V55	25 Manchester Ymca H	57:17

Senior Men (Vets) aged 60 to 64

Pos	Num	Name	Cat/Pos	Club	Time						
1	542	Robert Taylor	V60	1 Stockport H&ac	43:09	7	681	Gavin Mendham	V60	7 Wilmslow RC	48:05
2	697	Andy Watts	V60	2 Wilmslow RC	44:18	8	486	Thomas Temple	V60	8 Salford H&ac	48:36
3	105	Francis Day	V60	3 E Cheshire H&tameside AC	44:30	9	291	David Moon	V60	9 Manchester Triathlon	50:21
4	710	Peter Weatherhead	V60	4 Wirral AC	46:38	10	442	Martin Smedley	V60	10 Sale H Manchester	54:31
5	730	John Appleton	V60	5 St Helens Sutton AC	47:01	11	636	Paul Hudson	V60	11 Vale Royal AC	55:31
6	666	Geoff Gilbert	V60	6 Wilmslow RC	47:20	12	325	Jon Paramor	V60	12 Manchester Ymca H	57:53

Senior Men (Vets) aged 65 to 69

Pos	Num	Name	Cat/Pos	Club	Time
1	201	Michael Cunningham	V65	1 Manchester H&ac	49:21
2	332	Barry Fairbrother	V65	2 Middleton H AC	51:47
3	461	Roland Bowness	V65	3 Salford H&ac	52:42
4	643	Colin Rathbone	V65	4 Vale Royal AC	56:06
5	116	Christopher Johnson	V65	5 E Cheshire H&tameside AC	56:22
6	173	David Hancock	V65	6 Macclesfield H&ac	58:11
7	336	Bob Horrocks	V65	7 Middleton H AC	58:49

Senior Men (Vets) over 70

Pos	Num	Name	Cat/Pos	Club	Time
1	477	Vincent Murphy	V70	1 Salford H&ac	51:07
2	663	Trevor Faulkner	V70	2 Wilmslow RC	1:08:03

Manchester Area Cross Country League

at Heaton Park, Manchester on Saturday 19th October 2013

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

Pos	Num	Name	Cat/Pos	Club	Time	
1	415	Charlie Hulson		Sale H Manchester	32:19	
2	459	Joe Bailey		Salford H&ac	32:41	
3	50	David Norman		Altrincham&district AC	33:24	
4	455	Ryan Worland		Sale H Manchester	33:27	
5	735	Niall Brooks		Sale H Manchester	33:49	
6	606	Richard Powell	U20 1	Trafford AC	34:02	
7	385	James Bailey		Sale H Manchester	34:14	
8	428	Ryan Moore	U20 2	Sale H Manchester	34:22	
9	409	Paul Green	V40 1	Sale H Manchester	34:29	
10	526	Jack Nixon	U20 3	Stockport H&ac	34:30	
11	109	Patrick Gardiner		E Cheshire H&tameside AC	34:31	
12	613	Gavin Tomlinson		Trafford AC	34:53	
13	628	Joe Vis		Univ. Manchester CCC	35:14	
14	470	Robert Hughes		Salford H&ac	35:24	
15	557	Matthew Clark		Swinton RC	35:28	
16	686	Damian Nicholls		Wilmslow RC	35:32	
17	252	Robert Bridges		Manchester Triathlon	35:36	
18	611	Ian Salisbury	V40 2	Trafford AC	36:07	
19	662	Rob Downs	V45 1	Wilmslow RC	36:09	
20	299	Paul Savage		Manchester Triathlon	36:18	
21	626	Harry Poole	U20 4	Univ. Manchester CCC	36:26	
22	474	Dave Lockett	V45 2	Salford H&ac	36:32	
23	609	Jeff Prest	V40 3	Trafford AC	36:48	
24	733	Cameron Field	U20 5	Warrington Athletic Club	36:58	
25	467	Mike Grace	V40 4	Salford H&ac	36:59	
26	603	Ben Martin		Trafford AC	37:04	
27	536	J Scott-Bucleuch		Stockport H&ac	37:13	
28	448	Steven Townley		Sale H Manchester	37:23	
29	716	Phil Leybourne	V45 3	Salford H&ac	37:30	
30	463	Derek Crewe	V50 1	Salford H&ac	37:36	
31	421	Nigel Martin		Sale H Manchester	37:40	
32	25	Michael Berks		Altrincham&district AC	37:42	
33	748	David Rich	U20 6	Sale H Manchester	37:44	
34	594	Timothy Fletcher		Trafford AC	37:52	
35	166	Matt Bingley		Macclesfield H&ac	37:57	
36	583	Daniel Ansell		Trafford AC	38:00	
37	677	Graham Macneill	V50 2	Wilmslow RC	38:07	
38	84	Nicholas Hicketts		Bramhall Runners	38:13	
39	34	John Davenport	V40 5	Altrincham&district AC	38:14	
40	698	Andy Whittingham	V40 6	Wilmslow RC	38:17	
41	494	Kevin Acton	U20 7	Stockport H&ac	38:20	
42	30	Tom Bush		Altrincham&district AC	38:34	
43	95	Mark Offord		Dragons Rc (sale)	38:36	
44	194	Scott Wilson		Macclesfield H&ac	38:41	
45	212	Jonathon Stewart	U20 8	Manchester H&ac	38:43	
46	128	John Sloan	V40 7	E Cheshire H&tameside AC	38:45	
47	689	Jim Pendrill	V40 8	Wilmslow RC	38:46	
48	265	Simon Goldsworthy	U20 9	Manchester Triathlon	38:48	
49	641	Rob Olliver		Vale Royal AC	38:51	
50	623	Oliver Ivens	U20 10	Univ. Manchester CCC	38:58	
51	621	Martin Campbell	U20 11	Univ. Manchester CCC	39:04	
52	189	Mark Walker		Macclesfield H&ac	39:07	
53	579	Mark Whittington		Swinton RC	39:08	
54	633	Steven Caldwell		Vale Royal AC	39:09	
55	586	Dick Byers	V45 4	Trafford AC	39:10	
56	460	Paul Birkett	V45 5	Salford H&ac	39:12	
57	650	Barry Archbold	V40 9	Wilmslow RC	39:13	
58	427	Andrew Mooney		Sale H Manchester	39:16	
59	234	James Moles		Manchester Frontrunners	39:22	
60	505	James Corden	V40 10	Stockport H&ac	39:29	
61	386	Carl Barber	V40 11	Sale H Manchester	39:30	
62	7	Chris Green		ABC Runners	39:38	
63	37	Adrian Fuller		Altrincham&district AC	39:43	
64	290	XManel-La-Pujol		Manchester Triathlon	39:49	
65	705	Kieran Morgan	U20 12	Wirral AC	39:50	
66	598	Mike Hutchinson	V45 6	Trafford AC	39:51	
67	432	Alan Pitman		Sale H Manchester	39:55	
68	488	Phil West	V40 12	Salford H&ac	39:57	
69	110	Simon Grundy	V45 7	E Cheshire H&tameside AC	39:58	
70	6	Phil Ellison		ABC Runners	40:05	
71	406	Olivier Gaillemin	V40 13	Sale H Manchester	40:09	
72	555	Dan Bird		Swinton RC	40:12	
73	306	Stephen Taylor	V40 14	Manchester Triathlon	40:13	
74	737	Aaron Schofield	U20 13	MMU Harriers	40:14	
75	713	Harry Paige	U20 14	Ribble Valley AC	40:17	
76	478	James O'Connor	V40 15	Salford H&ac	40:18	
77	183	Lachie Murray		Macclesfield H&ac	40:19	
78	744	Gavin Astin	V50 3	Stockport H&ac	40:20	
79	680	Tom McGaff	V55 1	Wilmslow RC	40:21	
80	742	Luke McCrave		MMU Harriers	40:29	
81	156	Neil Wilks		Knutsford Tri Club	40:31	
82	300	Aaron Saxton		Manchester Triathlon	40:40	
83	541	Karl Tavini	V45 8	Stockport H&ac	40:46	
84	457	Andy Yates	V55 2	Sale H Manchester	40:48	
				85 538 Steve Shaughnessy V55 3	Stockport H&ac	40:51
				86 292 Stewart Moore	Manchester Triathlon	40:55
				87 274 Rob Harper	Manchester Triathlon	40:57
				88 679 Allan McCormick	Wilmslow RC	40:59
				89 298 Daniel Rimmer	Manchester Triathlon	41:01
				90 61 Duncan Wilson	Altrincham&district AC	41:03
				91 704 Ronan Kearney V40 16	Wirral AC	41:05
				92 430 Peter O'Neil	Sale H Manchester	41:08
				93 87 Ian Keeling V40 17	Bramhall Runners	41:10
				94 1007 \$Ben Hobson	University Of Central Lancs	41:13
				95 370 Ian Hayburn	St Helens Sutton AC	41:13
				96 112 Barry Hirst V50 4	E Cheshire H&tameside AC	41:13
				97 719 Paul Heron	Manchester H&ac	41:14
				98 248 Nathan Ball	Manchester Triathlon	41:18
				99 404 Kevin Foster	Sale H Manchester	41:21
				100 479 Philip Quibell V55 4	Salford H&ac	41:26
				101 694 Graham Taylor	Wilmslow RC	41:28
				102 671 Mike Hill V45 10	Wilmslow RC	41:30
				103 228 Jono Guildford	Manchester Frontrunners	41:31
				104 551 Daniel Appleby	Swinton RC	41:34
				105 301 Paul Schofield V45 11	Manchester Triathlon	41:37
				106 175 Robert Hasler	Macclesfield H&ac	41:38
				107 126 Stephen Robinson V50 6	E Cheshire H&tameside AC	41:41
				108 278 Nicholas Howarth U20 15	Manchester Triathlon	41:49
				109 441 Phil Scowcroft	Sale H Manchester	41:53
				110 318 Mark Griffiths	Manchester Ymca H	41:59
				111 416 Ian Jones	Sale H Manchester	42:00
				112 1003 \$Steven Green	Unattached	42:01
				113 749 Tony Potts	Stockport H&ac	42:02
				114 1018 \$Ian Fraser V45 12	Unattached	42:02
				115 750 John Appleton	St Helens Sutton AC	42:03
				116 91 Frank Podd V40 18	Bramhall Runners	42:03
				117 419 Rupert Liddington	Sale H Manchester	42:07
				118 607 Robert Powell U20 16	Trafford AC	42:08
				119 272 Patrick Hannah	Manchester Triathlon	42:09
				120 747 Neil Stephenson	Manchester Ymca H	42:09
				121 1019 \$Andy Poole V50 7	Unattached	42:09
				122 8 Michael Hodgkinson	ABC Runners	42:12
				123 200 Matthew Crimes	Manchester H&ac	42:18
				124 182 John Mooney V50 8	Macclesfield H&ac	42:19
				125 529 Paul Nutter V40 19	Stockport H&ac	42:20
				126 625 Dan Pettitt U20 17	Univ. Manchester CCC	42:21
				127 260 Darren Cope	Manchester Triathlon	42:22
				128 407 Steve Gavin V40 20	Sale H Manchester	42:24
				129 644 Craig Sephton V40 21	Vale Royal AC	42:29
				130 544 Dave Townley	Stockport H&ac	42:30
				131 725 Lee Barratt V40 22	Stockport H&ac	42:32
				132 627 Iwan Smith	Univ. Manchester CCC	42:33
				133 72 Paul Beckett V45 13	Bramhall Runners	42:35
				134 235 Daniel Murphy	Manchester Frontrunners	42:48
				135 114 Derek Hughes V50 9	E Cheshire H&tameside AC	42:53
				136 85 Mike Hodson V40 23	Bramhall Runners	42:54
				137 392 Simon Bond V40 24	Sale H Manchester	42:57
				138 717 Chris Mullen	Salford H&ac	42:59
				139 353 Paul Demore V45 14	St Helens Striders	43:00
				140 542 Robert Taylor V60 1	Stockport H&ac	43:09
				141 135 Simon Atkins V45 15	Knutsford Tri Club	43:11
				142 624 Dowan Kwon U20 18	Univ. Manchester CCC	43:15
				143 630 Tony Archer V55 5	Vale Royal AC	43:18
				144 736 Chris Hibbert V45 16	Manchester H&ac	43:19
				145 3 Andrew Berry V40 25	ABC Runners	43:19
				146 518 Graham Marsland V45 17	Stockport H&ac	43:22
				147 451 Michael Wharton	Sale H Manchester	43:27
				148 549 Robert Ward U20 19	Stockport H&ac	43:32
				149 501 Simon Chadwick U20 20	Stockport H&ac	43:36
				150 759 Stuart Parrott V50 10	Wilmslow RC	43:41
				151 283 Tim Johns V45 18	Manchester Triathlon	43:43
				152 743 Russ Derbyshire V55 6	Salford H&ac	43:45
				153 337 Chris Humble	Middleton HAC	43:46
				154 213 Matt Whitehead V45 19	Manchester H&ac	43:51
				155 92 Phil Ramsey	Bramhall Runners	43:53
				156 310 John Webb V40 26	Manchester Triathlon	43:54
				157 617 Gareth Woodcock	Trafford AC	43:55
				158 341 Anthony Lowe V50 11	Middleton HAC	43:55
				159 431 Steve Parry V50 12	Sale H Manchester	43:56
				160 238 J Ramos-Gallego	Manchester Frontrunners	43:57
				161 269 Martin Greenwood	Manchester Triathlon	43:58
				162 323 Chris March	Manchester Ymca H	44:00
				163 1014 \$Andrew Hockenhull	Unattached	44:02
				164 393 Daniel Boulton	Sale H Manchester	44:06
				165 685 Adam Neale V40 27	Wilmslow RC	44:08
				166 618 James Barringer	Univ. Manchester CCC	44:10
				167 659 Daniel Cronquist	Wilmslow RC	44:14
				168 697 Andy Watts V60 2	Wilmslow RC	44:18

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



169 181	Steven Millar	V40 28	Macclesfield H&ac	44:19	257 178	Steve Lomas	V45 41	Macclesfield H&ac	48:23
170 721	James Edwards	V55 7	Vale Royal AC	44:21	258 80	Steve Fairclough	V45 42	Bramhall Runners	48:32
171 90	Li Lok	V40 29	Bramhall Runners	44:22	259 486	Thomas Temple	V60 8	Salford H&ac	48:36
172 14	Matt Shillabeer	V40 30	ABC Runners	44:25	260 286	Andrew Kirkland	V40 44	Manchester Triathlon	48:37
173 105	Francis Day	V60 3	E Cheshire H&tameside AC	44:30	261 356	Tony Horsfall	V45 43	St Helens Striders	48:42
174 367	Ian Costello	V40 31	St Helens Sutton AC	44:31	262 28	Clive Briscoe	V50 24	Altrincham&district AC	48:46
175 240	Ian Roberts		Manchester Frontrunners	44:32	263 4	Gary Birch		ABC Runners	48:48
176 250	Lee Benson	V50 13	Manchester Triathlon	44:34	264 517	Andrew Mainwaring		Stockport H&ac	48:50
177 582	Paul Wilson	V40 32	Swinton RC	44:35	265 634	John Clarke	V55 14	Vale Royal AC	48:53
178 665	Paul Garnett	V50 14	Wilmslow RC	44:38	266 244	Stephen Weigh		Manchester Frontrunners	48:54
179 130	Dennis Thomas		E Cheshire H&tameside AC	44:40	267 580	Liam Wilkinson		Swinton RC	48:55
180 412	Christopher Heys		Sale H Manchester	44:41	268 49	Daniel Martell		Altrincham&district AC	49:11
181 731	Richard Brailsford		Manchester Ymca H	44:45	269 74	Adam Bird		Bramhall Runners	49:16
182 1017	SMickHill		Tipton Harriers	44:46	270 81	James Hall		Bramhall Runners	49:20
183 757	Thomas Skelton		Belle Vue Racers	44:47	271 201	Michael Cunningham	V65 1	Manchester H&ac	49:21
184 619	George Ellisby		Univ. Manchester CCC	44:48	272 511	Nigel Harrison	V45 44	Stockport H&ac	49:31
185 562	Stuart Ellis	V40 33	Swinton RC	44:51	273 434	Tim Rainey	V45 45	Sale H Manchester	49:41
186 193	Gary Willcock	V50 15	Macclesfield H&ac	44:53	274 696	Allan Turner	V45 46	Wilmslow RC	49:43
187 155	Paul Wain	V45 20	Knutsford Tri Club	44:54	275 723	Ian Roberts	V40 45	St Helens Sutton AC	49:50
188 312	Gary Wolstencroft	V40 34	Manchester Triathlon	44:55	276 456	Michael Wymer	V40 46	Sale H Manchester	49:53
189 139	John Goggins		Knutsford Tri Club	44:57	277 86	Steve Hughes	V50 25	Bramhall Runners	49:57
190 376	Andrew O'Connor	V50 16	St Helens Sutton AC	44:59	278 232	Dunkan Maclean	V40 47	Manchester Frontrunners	49:58
191 204	James Hinde		Manchester H&ac	45:00	279 718	Paul Gledhill	U20 23	Univ. Manchester CCC	50:04
192 573	Paul Rutherford	V45 21	Swinton RC	45:01	280 382	Miran Aprahamian	V55 15	Sale H Manchester	50:09
193 195	Lloyd Barlow	V40 35	Manchester H&ac	45:02	281 291	David Moon	V60 9	Manchester Triathlon	50:21
194 302	Mark Simpson		Manchester Triathlon	45:03	282 378	Ray Vose	V50 26	St Helens Sutton AC	50:23
195 119	Paul Kenny	V50 17	E Cheshire H&tameside AC	45:04	283 727	Daniel Graves	U20 24	Macclesfield H&ac	50:34
196 48	David Livingstone	V40 36	Altrincham&district AC	45:06	284 319	James Gu		Manchester Ymca H	50:41
197 5	Dominic Byrne		ABC Runners	45:07	285 215	Graham Bateson	V45 47	Manchester Frontrunners	50:45
198 584	Robin Beaumont	V45 22	Trafford AC	45:11	286 398	Frank Cordingley	V50 27	Sale H Manchester	50:47
199 540	Michael Slater	V45 23	Stockport H&ac	45:15	287 500	Rob Cator	V50 28	Stockport H&ac	50:50
200 462	Sean Cordell	V45 24	Salford H&ac	45:16	288 1005	Jamie Sesson		Unattached	50:53
201 652	Jon Bale	V50 18	Wilmslow RC	45:17	289 344	Craig Sutherland	V55 16	Middleton HAC	50:54
202 568	Andy Land	V45 25	Swinton RC	45:18	290 243	Adrian Vickers		Manchester Frontrunners	50:55
203 100	Daniel Bamber		E Cheshire H&tameside AC	45:19	291 191	Alan Webster	V50 29	Macclesfield H&ac	51:06
204 754	Paul Johnston		Altrincham&district AC	45:20	292 477	Vincent Murphy	V70 1	Salford H&ac	51:07
205 168	Julian Brown	V45 26	Macclesfield H&ac	45:23	293 245	Dan Whittaker	V40 48	Manchester Frontrunners	51:11
206 239	Roberto Raso	V45 27	Manchester Frontrunners	45:26	294 16	Paul Stupples	V45 48	ABC Runners	51:25
207 358	Kevin Monaghan	V45 28	St Helens Striders	45:29	295 101	Howard Bamber	V55 17	E Cheshire H&tameside AC	51:32
208 363	Gary Spriggs	V40 37	St Helens Striders	45:30	296 15	Lee Stinch	V40 49	ABC Runners	51:35
209 389	Gaurav Batra	V40 38	Sale H Manchester	45:36	297 1020	Shan Rothwell	V50 30	Unattached	51:38
210 726	Max Thickett	V45 29	Stockport H&ac	45:38	298 334	Alan Garvey	V55 18	Middleton HAC	51:40
211 41	Graham Harrison	V50 19	Altrincham&district AC	45:43	299 738	Joe Carlon		MMU Harriers	51:41
212 69	Jason Stott	V40 39	Belle Vue Racers	45:53	300 359	John Murphy	V50 31	St Helens Striders	51:42
213 417	Alastair Kell	V40 40	Sale H Manchester	45:57	301 332	Barry Fairbrother	V65 2	Middleton HAC	51:47
214 322	Rob Kedian		Manchester Ymca H	46:10	302 66	James Corrigan		Belle Vue Racers	51:58
215 281	Richard Hyder		Manchester Triathlon	46:11	303 512	John Hughes	V45 49	Stockport H&ac	52:02
216 355	Danny Fegan	V45 30	St Helens Striders	46:15	304 492	Stuart Mairs		Salford Met AC	52:12
217 76	Tim Byrne	V45 31	Bramhall Runners	46:16	305 227	Matt Goddard		Manchester Frontrunners	52:22
218 1039	Kevin Fingleton	V55 8	Unattached	46:17	306 314	Paul Cooper	V45 50	Manchester Ymca H	52:24
219 329	Colin Carter	V45 32	Middleton HAC	46:30	307 734	Chris Blackshaw	V55 19	E Cheshire H&tameside AC	52:41
220 242	Peter Symonds	V55 9	Manchester Frontrunners	46:35	308 461	Roland Bowness	V65 3	Salford H&ac	52:42
221 710	Peter Weatherhead	V60 4	Wirral AC	46:38	309 162	David Rowe	V50 32	Liverpool H&ac	52:51
222 741	John Fulton		MMU Harriers	46:39	310 360	Simon Poole	V40 50	St Helens Striders	52:52
223 209	Chris Stewart		Manchester H&ac	46:40	311 755	Jack Carney	V55 20	Salford Met AC	53:00
224 246	Andy Adkin		Manchester Triathlon	46:41	312 340	Steve Lewis	V50 33	Middleton HAC	53:01
225 143	William Keeling	V45 33	Knutsford Tri Club	46:44	313 550	Jeremy Woodham	V40 51	Stockport H&ac	53:11
226 77	Nick Cavill	V45 34	Bramhall Runners	46:47	314 395	Brian Bradshaw	V50 34	Sale H Manchester	53:13
227 311	Simon Wildman	V50 20	Manchester Triathlon	46:51	315 510	Tim Hargreaves	V55 21	Stockport H&ac	53:19
228 730	John Appleton	V60 5	St Helens Sutton AC	47:01	316 504	Roger Coleman	V55 22	Stockport H&ac	53:23
229 506	Paul Corner	V40 41	Stockport H&ac	47:06	317 177	David Larkin		Macclesfield H&ac	53:35
230 70	Andrew Taylor		Belle Vue Racers	47:09	318 113	Ian Howarth	V45 51	E Cheshire H&tameside AC	53:36
231 83	Simon Harlow		Bramhall Runners	47:14	319 258	Darren Cooper		Manchester Triathlon	53:43
232 585	Vinny Booth	V50 21	Trafford AC	47:16	320 745	Christian Eagle		Stockport H&ac	53:52
233 140	Ewan Holton		Knutsford Tri Club	47:19	321 442	Martin Smedley	V60 10	Sale H Manchester	54:31
234 666	Geoff Gilbert	V60 6	Wilmslow RC	47:20	322 566	Steve Hart	V55 23	Swinton RC	54:44
235 280	Steve Hughes	V40 42	Manchester Triathlon	47:21	323 44	Mike Jones	V55 24	Altrincham&district AC	54:54
236 746	Roland Robson	V55 10	Middleton HAC	47:22	324 728	Lee Pearson	V45 52	Stockport H&ac	55:12
237 491	Chris Jones	V45 35	Salford Met AC	47:24	325 636	Paul Hudson	V60 11	Vale Royal AC	55:31
238 308	Richard Wallace	V50 22	Manchester Triathlon	47:32	326 214	Dave Wood	V50 35	Manchester H&ac	55:49
239 424	Richard McHugh		Sale H Manchester	47:34	327 643	Colin Rathbone	V65 4	Vale Royal AC	56:06
240 249	Mark Barker	V45 36	Manchester Triathlon	47:36	328 739	Craig Gilmore		MMU Harriers	56:11
241 62	Ali Alsaadi		Belle Vue Racers	47:38	329 752	Tony Doyle	V50 36	St Helens Sutton AC	56:16
242 71	Andy Wood	V45 37	Belle Vue Racers	47:42	330 116	Christopher Johnson	V65 5	E Cheshire H&tameside AC	56:22
243 503	David Chrystie-Lowe	V55 11	Stockport H&ac	47:44	331 364	Gary Ward		St Helens Striders	56:31
244 443	Jerry Smith	V55 12	Sale H Manchester	47:51	332 256	Mark Coley		Manchester Triathlon	57:07
245 67	Philip D'netto	V45 38	Belle Vue Racers	47:52	333 315	Geoff Cotterill	V55 25	Manchester Ymca H	57:17
246 487	Gary Thomason	V55 13	Salford H&ac	47:54	334 205	Denis Kelly	V45 53	Manchester H&ac	57:25
247 78	Andy Cordes	V45 39	Bramhall Runners	47:55	335 325	Jon Paramor	V60 12	Manchester Ymca H	57:53
248 732	Christian Lyth		Swinton RC	47:56	336 758	Steve Lyons	V45 54	E Cheshire H&tameside AC	58:06
249 620	Will Brown	U20 21	Univ. Manchester CCC	47:58	337 173	David Hancock	V65 6	Macclesfield H&ac	58:11
250 740	James Hackney	U20 22	MMU Harriers	48:01	338 336	Bob Horrocks	V65 7	Middleton HAC	58:49
251 681	Gavin Mendham	V60 7	Wilmslow RC	48:05	339 94	Chris Horricks		Dragons Rc (sale)	59:13
252 102	John Bowker	V45 40	E Cheshire H&tameside AC	48:08	340 328	Adian Bowcock	V50 37	Middleton HAC	1:00:27
253 199	Jason Brogan	V40 43	Manchester H&ac	48:13	341 581	David Williamson	V45 55	Swinton RC	1:01:12
254 760	Stephen Webb		Belle Vue Racers	48:18	342 663	Trevor Faulkner	V70 2	Wilmslow RC	1:08:03
255 99	Mike Yarwood		Dragons Rc (sale)	48:21	343 275	Kevin Harrison		Manchester Triathlon	1:16:34
256 348	Les Abbott	V50 23	St Helens Striders	48:22					

Senior Men — TEAM RESULTS

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

1 Sale H Manchester	34 — 1 Charlie Hulson	4 Ryan Worland	5 Niall Brooks	7 James Bailey	8 Ryan Moore	9 Paul Green
2 Trafford AC	119 — 6 Richard Powell	12 Gavin Tomlinson	18 Ian Salisbury	23 Jeff Prest	26 Ben Martin	34 Timothy Fletcher
3 Salford H&ac	122 — 2 Joe Bailey	14 Robert Hughes	22 Dave Lockett	25 Mike Grace	29 Phil Leybourne	30 Derek Crewe
4 Wilmslow RC	216 — 16 Damian Nicholls	19 Rob Downs	37 Graham Macneill	40 Andy Whittingham	47 Jim Pendrill	57 Barry Archbold
5 Altrincham&district AC	269 — 3 David Norman	32 Michael Berks	39 John Davenport	42 Tom Bush	63 Adrian Fuller	90 Duncan Wilson
6 Sale H Manchester 'B'	278 — 28 Steven Townley	31 Nigel Martin	33 David Rich	58 Andrew Mooney	61 Carl Barber	67 Alan Pitman
7 Stockport H&ac	299 — 10 Jack Nixon	27 J Scott-Bucoleuch	41 Kevin Acton	60 James Corden	78 Gavin Astin	83 Karl Tavini
8 Manchester Triathlon	304 — 17 Robert Bridges	20 Paul Savage	48 Simon Goldsworthy	64 X Manel-La-Pujol	73 Stephen Taylor	82 Aaron Saxton
9 Univ. Manchester CCC	385 — 13 Joe Vis	21 Harry Poole	50 Oliver Ivens	51 Martin Campbell	122 Dan Pettitt	128 Iwan Smith
10 Macclesfield H&ac	433 — 35 Matt Bigley	44 Scott Wilson	52 Mark Walker	77 Lachie Murray	106 Robert Hasler	120 John Mooney
11 E Cheshire H&tameside AC	458 — 11 Patrick Gardiner	46 John Sloan	69 Simon Grundy	95 Barry Hirst	106 Stephen Robinson	131 Derek Hughes
12 Sale H Manchester 'C'	563 — 71 Olivier Gaillemin	84 Andy Yates	92 Peter O'Neil	98 Kevin Foster	108 Phil Scowcroft	110 Ian Jones
13 Manchester Triathlon 'B'	570 — 86 Stewart Moore	87 Rob Harper	89 Daniel Rimmer	97 Nathan Ball	104 Paul Schofield	107 Nicholas Howarth
14 Salford H&ac 'B'	581 — 56 Paul Birkett	68 Phil West	76 James O'Connor	99 Philip Quibell	134 Chris Mullen	148 Russ Derbyshire
15 Swinton RC	594 — 15 Matthew Clark	53 Mark Whittington	72 Dan Bird	103 Daniel Appleby	172 Paul Wilson	179 Stuart Ellis
16 Trafford AC 'B'	617 — 36 Daniel Ansell	55 Dick Byers	66 Mike Hutchinson	115 Robert Powell	153 Gareth Woodcock	192 Robin Beaumont
17 Bramhall Runners	656 — 38 Nicholas Hicketts	93 Ian Keeling	113 Frank Podd	129 Paul Beckett	132 Mike Hodson	151 Phil Ramsey
18 Wilmslow RC 'B'	674 — 79 Tom McGaff	88 Allan McCormick	100 Graham Taylor	101 Mike Hill	146 Stuart Parrott	160 Adam Neale
19 Stockport H&ac 'B'	706 — 85 Steve Shaughnessy	111 Tony Potts	121 Paul Nutter	126 Dave Townley	127 Lee Barratt	136 Robert Taylor
20 Manchester H&ac	735 — 45 Jonathon Stewart	96 Paul Heron	119 Matthew Crimes	140 Chris Hibbert	150 Matt Whitehead	185 James Hinde
21 ABC Runners	749 — 62 Chris Green	70 Phil Ellison	118 Michael Hodgkinson	141 Andrew Berry	167 Matt Shillabeer	191 Dominic Byrne
22 Vale Royal AC	790 — 49 Rob Oliver	54 Steven Caldwell	125 Craig Septon	139 Tony Archer	165 James Edwards	258 John Clarke
23 Manchester Frontrunners	817 — 59 James Moles	102 Jono Guildford	130 Daniel Murphy	156 J Ramos-Gallego	170 Ian Roberts	200 Roberto Raso
24 Sale H Manchester 'D'	828 — 114 Rupert Liddington	124 Steve Gavin	133 Simon Bond	143 Michael Wharton	155 Steve Parry	169 Daniel Boulton
25 Manchester Triathlon 'C'	866 — 116 Patrick Hannah	123 Darren Cope	147 Tim Johns	152 John Webb	157 Martin Greenwood	171 Lee Benson
26 Knutsford Tri Club	1026 — 81 Neil Wilks	137 Simon Atkins	181 Paul Wain	183 John Goggins	218 William Keeling	226 Ewan Holton
27 Manchester Ymca H	1045 — 109 Mark Griffiths	117 Neil Stephenson	158 Chris March	176 Richard Brailsford	208 Rob Kedian	277 James Gu
28 St Helens Sutton AC	1048 — 94 Ian Hayburn	112 John Appleton	169 Ian Costello	184 Andrew O'Connor	221 John Appleton	268 Ian Roberts
29 Stockport H&ac 'C'	1050 — 142 Graham Marsland	144 Robert Ward	145 Simon Chadwick	193 Michael Slater	204 Max Thickett	222 Paul Comer
30 Wilmslow RC 'C'	1164 — 162 Daniel Cronquist	163 Andy Watts	173 Paul Gamett	195 Jon Bale	227 Geoff Gilbert	244 Gavin Mendham
31 MMU Harriers	1221 — 74 Aaron Schofield	80 Luke McCrave	215 John Fulton	243 James Hackney	230 Joe Carlton	319 Craig Gilmore
32 Manchester Triathlon 'D'	1244 — 182 Gary Wolstenroft	188 Mark Simpson	209 Richard Hyder	217 Andy Adkin	220 Simon Wildman	228 Steve Hughes
33 St Helens Striders	1251 — 135 Paul Demore	201 Kevin Monaghan	202 Gary Spriggs	210 Danny Fegan	249 Les Abbott	254 Tony Horsfall
34 E Cheshire H&tameside AC 'B'	1260 — 168 Francis Day	174 Dennis Thomas	189 Paul Kenny	197 Daniel Bamber	245 John Bowker	287 Howard Bamber
35 Bramhall Runners 'B'	1311 — 166 Li Lok	211 Tim Byrne	219 Nick Cavill	224 Simon Harlow	240 Andy Cordes	251 Steve Fairbough
36 Belle Vue Racers	1313 — 177 Thomas Skelton	206 Jason Stott	223 Andrew Taylor	235 Ali Alsaadi	235 Andy Wood	238 Philip D'netto
37 Middleton HAC	1314 — 149 Chris Humble	154 Anthony Lowe	212 Colin Carter	229 Roland Robson	281 Craig Sutherland	289 Alan Garvey
38 Sale H Manchester 'E'	1320 — 175 Christopher Heys	203 Gaurav Batra	207 Alastair Kell	232 Richard McHugh	237 Jerry Smith	266 Tim Rainey
39 Macclesfield H&ac 'B'	1352 — 164 Steven Millar	180 Gary Wilcock	199 Julian Brown	250 Steve Lomas	276 Daniel Graves	283 Alan Webster
40 Altrincham&district AC 'B'	1423 — 190 David Livingstone	198 Paul Johnston	205 Graham Harrison	255 Clive Briscoe	261 Daniel Martell	314 Mike Jones
41 Swinton RC 'B'	1528 — 186 Paul Rutherford	196 Andy Land	241 Christian Lyth	260 Liam Wilkinson	313 Steve Hart	332 David Williamson
42 Manchester H&ac 'B'	1555 — 187 Lloyd Barlow	216 Chris Sewart	246 Jason Brogan	264 Michael Cunningham	317 Dave Wood	325 Denis Kelly
43 Manchester Frontrunners 'B'	1588 — 213 Peter Symonds	259 Stephen Weigh	271 Duncan Madean	278 Graham Bateson	282 Adrian Vickers	285 Dan Whittaker
44 Manchester Triathlon 'E'	1624 — 231 Richard Wallace	233 Mark Barker	253 Andrew Kirkland	274 David Moon	310 Darren Cooper	323 Mark Coley
45 Stockport H&ac 'D'	1636 — 236 David Chrystie-Lowe	257 Andrew Mainwaring	265 Nigel Harrison	280 Rob Cator	294 John Hughes	304 Jeremy Woodham

Senior Men aged 17 to 19 — TEAM RESULTS

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

1 Univ. Manchester CCC	25 — 4 Harry Poole	10 Oliver Ivens	11 Martin Campbell
2 Stockport H&ac	29 — 3 Jack Nixon	7 Kevin Acton	19 Robert Ward
3 Univ. Manchester CCC 'B'	56 — 17 Dan Pettitt	18 Dowan Kwon	21 Will Brown

Senior Men (Vets) — TEAM RESULTS

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

1 Salford H&ac	25 — 4 Dave Lockett	6 Mike Grace	7 Phil Leybourne	8 Derek Crewe
2 Wilmslow RC	36 — 3 Rob Downs	9 Graham Macneill	11 Andy Whittingham	13 Jim Pendrill
3 Trafford AC	40 — 2 Ian Salisbury	5 Jeff Prest	14 Dick Byers	19 Mike Hutchinson
4 Sale H Manchester	69 — 1 Paul Green	18 Carl Barber	22 Olivier Gaillemin	28 Andy Yates
5 Salford H&ac 'B'	93 — 15 Paul Birkett	20 Phil West	24 James O'Connor	34 Philip Quibell
6 Stockport H&ac	98 — 17 James Corden	25 Gavin Astin	27 Karl Tavini	29 Steve Shaughnessy
7 E Cheshire H&tameside AC	104 — 12 John Sloan	21 Simon Grundy	33 Barry Hirst	38 Stephen Robinson
8 Wilmslow RC 'B'	113 — 16 Barry Archbold	26 Tom McGaff	35 Graham Taylor	36 Mike Hill
9 Bramhall Runners	162 — 31 Ian Keeling	39 Frank Podd	45 Paul Beckett	47 Mike Hodson
10 Manchester Triathlon	177 — 23 Stephen Taylor	37 Paul Schofield	57 Tim Johns	60 John Webb
11 Stockport H&ac 'B'	190 — 41 Paul Nutter	44 Lee Barratt	50 Robert Taylor	55 Graham Marsland
12 Sale H Manchester 'B'	244 — 42 Steve Gavin	48 Simon Bond	62 Steve Parry	92 Gaurav Batra
13 Wilmslow RC 'C'	256 — 56 Stuart Parrott	63 Adam Neale	64 Andy Watts	73 Paul Garnett
14 Macclesfield H&ac	268 — 40 John Mooney	65 Steven Millar	75 Gary Willcock	88 Julian Brown
15 St Helens Sutton AC	285 — 32 Ian Hayburn	70 Ian Costello	78 Andrew O'Connor	105 John Appleton
16 Vale Royal AC	291 — 43 Craig Sephton	52 Tony Archer	66 James Edwards	130 John Clarke
17 Swinton RC	312 — 72 Paul Wilson	74 Stuart Ellis	79 Paul Rutherford	87 Andy Land
18 Manchester H&ac	314 — 53 Chris Hibbert	59 Matt Whitehead	80 Lloyd Barlow	122 Jason Brogan
19 Altrincham&district AC	315 — 10 John Davenport	82 David Livingstone	94 Graham Harrison	129 Clive Briscoe
20 E Cheshire H&tameside AC 'B'	317 — 46 Derek Hughes	69 Francis Day	81 Paul Kenny	121 John Bowker
21 St Helens Striders	327 — 49 Paul Demore	90 Kevin Monaghan	91 Gary Spriggs	97 Danny Fegan
22 Manchester Triathlon 'B'	361 — 71 Lee Benson	77 Gary Wolstencroft	104 Simon Wildman	109 Steve Hughes
23 Bramhall Runners 'B'	387 — 67 Li Lok	98 Tim Byrne	103 Nick Cavill	119 Andy Cordes
24 Salford H&ac 'C'	387 — 58 Russ Derbyshire	85 Sean Cordell	118 Gary Thomason	126 Thomas Temple
25 Stockport H&ac 'C'	398 — 84 Michael Slater	93 Max Thickett	106 Paul Corner	115 David Chrystie-Lowe
26 Middleton H AC	415 — 61 Anthony Lowe	99 Colin Carter	110 Roland Robson	145 Craig Sutherland
27 ABC Runners	422 — 54 Andrew Berry	68 Matt Shillabeer	149 Paul Stupples	151 Lee Stinch
28 Wilmslow RC 'D'	448 — 86 Jon Bale	108 Geoff Gilbert	120 Gavin Mendham	134 Allan Turner
29 Manchester Frontrunners	469 — 89 Roberto Raso	100 Peter Symonds	138 Dunkan Maclean	142 Graham Bateson
30 Sale H Manchester 'C'	481 — 96 Alastair Kell	116 Jerry Smith	133 Tim Rainey	136 Michael Wymer
31 Manchester Triathlon 'C'	492 — 112 Richard Wallace	113 Mark Barker	127 Andrew Kirkland	140 David Moon
32 St Helens Striders 'B'	564 — 123 Les Abbott	128 Tony Horsfall	153 John Murphy	160 Simon Poole
33 Stockport H&ac 'D'	594 — 132 Nigel Harrison	144 Rob Cator	155 John Hughes	163 Jeremy Woodham
34 Sale H Manchester 'D'	614 — 139 Miran Arahamian	143 Frank Cordingley	164 Brian Bradshaw	168 Martin Smedley
35 E Cheshire H&tameside AC 'C'	650 — 150 Howard Bamber	157 Chris Blackshaw	167 Ian Howarth	176 Christopher Johnson
36 Middleton H AC 'B'	650 — 152 Alan Garvey	154 Barry Fairbrother	162 Steve Lewis	182 Bob Horrocks