



169	53	Kevin Egerton	V55	11	Belle Vue Racers	55:06
170	309	Alan Romagnolo	V40	30	Sale H Manchester	55:45
171	515	Trevor Faulkner	V65	2	Wilmslow RC	58:17
172	638	Chris Bryans[70]	V65	3	Stockport H&ac	1:02:12
173	378	Ian Bery	V65	4	Stockport H&ac	1:03:44

### Senior Men — TEAM RESULTS

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

1	Wilmslow RC	112	—	6	Damian Nicholls	14	Malcolm Fowler	15	Rob Downs	23	Tom McGaff	24	Jim Pendrill	30	Stuart Parrott	
2	Altrincham&district AC	136	—	1	David Norman	10	William Crowther	25	Dave Gilchrist	28	Phil Nichol	32	Neil Walker	40	David Livingstone	
3	Trafford AC	169	—	3	Ian Salisbury	7	Tom Charles	20	Michael Hunt	42	Dick Byers	47	Daniel Ansell	50	Thomas Powell	
4	Sale H Manchester	183	—	9	Ryan Worland	22	Colin Gell	26	Tim Kennedy	39	Paul Rowley	41	Elton Davies	46	Paul Barrett	
5	E Cheshire H & TAC	221	—	5	Jason Dunkerley	18	Gavin Browne	21	Phillip Jacques	54	Kevin Jowett	56	Steven Robinson	67	Simon Grundy	
6	Stockport H&ac	286	—	29	James Corden	35	Kevan Garner	43	Adrian Nutter	48	Len Best	65	Paul Nutter	66	Robert Taylor	
7	Manchester Triathlon	345	—	33	Howard Mead	36	Rob Harper	63	Brian Mullan	64	Dan Sate	73	Ian Jones	76	Tony Jolly	
8	Macclesfield H&ac	474	—	69	Barry Blyth	75	Chris Bentley	77	Richard Storey	79	Andrew Gray	80	John Mooney	94	Raph Murray	
9	Manchester H&ac	501	—	27	Andy Skitt	31	Liam Bartlett	51	Ed Fazakerley	106	[2nd] Chris Cooper	128	Chris Sewart	158		
10	Sale H Manchester	'B'	518	—	58	David Gregory	Stephen McCarron	71	Gary Willcock	90	Tim Rainey	92	Frank Cordingley	98	Jerry Smith	109
11	ABC Runners	537	—	38	Chris Wilson	85	Ian Wilson	86	Andrew Berry	102	Paul Kay	104	Dominic Byrne	122	Dave Lovatt	
12	Wilmslow RC	'B'	551	—	45	Trevor Morris	89	Mark Bale	93	Ian Smallwood	96	Steve Smith	111	Tony Hulme	117	Nick Bishop
13	E Cheshire H & TAC	'B'	559	—	78	Daniel Bamber	82	Liam Browne	87	Francis Day	95	Derek Hughes	99	Andrew Farley	118	John Bowker
14	Swinton RC	560	—	52	Mark Birchall	74	Steve Doxey	83	Chris Lomax	97	Rick Waring	113	Paul Rutherford	141	Ian Harvey	
15	Macclesfield H&ac	'B'	747	—	100	Julian Brown	107	Steve Lomas	120	Chris Holden	134	Mark Wheelton	136	Alan Webster	150	Daniel Harle
16	Salford Met AC	766	—	61	Paul Connolly	131	Jack Carney	133	Chris Jones	146	Stuart Mairs	147	Andrew Evans	148	Brian Eyre	
17	Stockport H&ac	'B'	797	—	68	Tim Hargreaves	115	Michael Slater	132	Phil Nixon	156	Martin Nance	161	Jim Herron	165	Chris Bryans[70]
18	Belle Vue Racers	837	—	116	Steve Webb	127	Andy Roberts	137	Nigel Sedman	144	James Amin	151	Barry Guy	162	Kevin Egerton	

### Senior Men - U20 — FINAL RESULTS (\$=non-counter)

Pos	Num	Name	Cat/Pos	Club	Time
1	640	Daniel Cliffe		Warrington AC	31:40
2	552	Matt Crehan		St Helens Sutton	32:19
3	329	Ryan Worland		Sale H Manchester	33:19
4	236	Dale Platt		Moston & District	34:04
5	128	Liam Bartlett		Manchester H&ac	36:31
6	472	Thomas Powell		Trafford AC	37:43
7	550	Jake Healy		St Helens Sutton	39:25
8	633	Phil Nixon		Stockport H&ac	45:24

### Senior Men - U20 — TEAM RESULTS

No complete teams

# Manchester Area Cross Country League at Woodbank Park, Stockport on Sunday 3rd January 2010

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

Pos	Num	Name	Cat/Pos	Club	Time
1	13	William Crowther	V40	1 Altrincham&district AC	33:26
2	516	Malcolm Fowler	V45	1 Wilmslow RC	34:14
3	513	Rob Downs	V45	2 Wilmslow RC	34:29
4	494	Dave Alexander	V40	2 West Cheshire AC	35:04
5	86	Phillip Jacques	V40	3 E Cheshire H & TAC	35:11
6	521	Tom McGaff	V50	1 Wilmslow RC	35:29
7	19	Dave Gilchrist	V45	3 Altrincham&district AC	35:43
8	30	Phil Nichol	V40	4 Altrincham&district AC	36:24
9	525	Stuart Parrott	V45	4 Wilmslow RC	36:29
10	481	Neil Ashcroft	V40	5 Warrington AC	36:49
11	383	Kevan Garner	V40	6 Stockport H&ac	36:55
12	586	Graham Miles	V40	7 Vale Royal	37:00
13	601	Chris Wilson	V40	8 ABC Runners	37:02
14	448	Dick Byers	V45	5 Trafford AC	37:17
15	497	Andrew Clague	V40	9 West Cheshire AC	37:25
16	523	Trevor Morris	V45	6 Wilmslow RC	37:33
17	379	Len Best	V55	1 Stockport H&ac	37:40
18	7	Nick Burke	V40	10 Altrincham&district AC	37:41
19	133	Ed Fazakerley	V40	11 Manchester H&ac	37:47
20	442	Vinny Booth	V45	7 Trafford AC	37:58
21	462	Mike Hutchinson	V40	12 Trafford AC	38:02
22	97	Steven Robinson	V45	8 E Cheshire H & TAC	38:11
23	337	Sean Cordell	V40	13 Salford H&ac	38:18
24	467	Paul Mannion	V45	9 Trafford AC	38:25
25	580	Ian Jackson	V40	14 Salford H&ac	38:33
26	402	Robert Taylor	V60	1 Stockport H&ac	39:02
27	84	Simon Grundy	V40	15 E Cheshire H & TAC	39:06
28	384	Tim Hargreaves	V50	2 Stockport H&ac	39:11
29	104	Barry Blyth	V60	2 Macclesfield H&ac	39:19
30	229	James O'Connor	V40	16 Middleton Harriers	39:22
31	324	Gary Willcock	V45	10 Sale H Manchester	39:24
32	412	Steve Doxey	V45	11 Swinton RC	39:31
33	610	Andrew Gray	V45	12 Macclesfield H&ac	39:43
34	114	John Mooney	V50	3 Macclesfield H&ac	39:45
35	224	Ian Ireland	V45	13 Middleton Harriers	39:48
36	421	Chris Lomax	V40	17 Swinton RC	39:51
37	451	Duncan Drasdo	V40	18 Trafford AC	39:52
38	76	Francis Day	V55	2 E Cheshire H & TAC	39:57
39	202	Eddie Gilligan	V45	14 Manchester Ymca H	39:59
40	304	Tim Rainey	V40	19 Sale H Manchester	40:07
41	258	Frank Cordingley	V45	15 Sale H Manchester	40:18
42	527	Ian Smallwood	V45	16 Wilmslow RC	40:19
43	118	Raph Murray	V55	3 Macclesfield H&ac	40:28
44	85	Derek Hughes	V45	17 E Cheshire H & TAC	40:33
45	528	Steve Smith	V45	18 Wilmslow RC	40:35
46	434	Rick Waring	V40	20 Swinton RC	40:37
47	313	Jerry Smith	V55	4 Sale H Manchester	40:44
48	79	Andrew Farley	V50	4 E Cheshire H & TAC	40:49
49	637	Julian Brown	V40	21 Macclesfield H&ac	40:54
					50 230 John Reilly
					51 596 Paul Kay
					52 639 Peter Maher
					53 218 Paul Collinge
					54 111 Steve Lomas
					55 193 Shaun Walsh
					56 635 Tony Hulme
					57 539 Alan McNally
					58 428 Paul Rutherford
					59 253 Tim Brett
					60 608 Michael Slater
					61 508 Nick Bishop
					62 67 John Bowker
					63 80 Tony Faulkner
					64 509 Don Bullough
					65 1068 \$Brian Schofield
					66 212 Steve Symons
					67 59 Andy Roberts
					68 529 Peter Stock
					69 365 Jack Carney
					70 371 Chris Jones
					71 126 Mark Wheelton
					72 23 Mike Jones
					73 125 Alan Webster
					74 61 Nigel Sedman
					75 164 Andy Chalmers
					76 208 Mike O'Brien
					77 577 Derek Frasier
					78 535 Ian Welch
					79 367 Andrew Evans
					80 368 Brian Eyre
					81 185 Michael Ogden
					82 55 Barry Guy
					83 1073 \$Neil Allen
					84 87 Chris Johnson
					85 1067 \$Paul Hawgood
					86 425 John Pickup
					87 120 David Shoesmith
					88 370 Mark Hulme
					89 632 Martin Nance
					90 636 Roy Pownall
					91 137 David Gregory
					92 417 Steve Hart
					93 211 Jon Paramor
					94 634 Jim Herron
					95 53 Kevin Egerton
					96 309 Alan Romagnolo
					97 515 Trevor Faulkner
					98 638 Chris Bryans[70]
					99 378 Ian Berry
					V55 5 Middleton Harriers
					V55 6 ABC Runners
					V50 5 Vale Royal
					V50 6 Middleton Harriers
					V40 22 Macclesfield H&ac
					V40 23 Manchester Triathlon
					V60 3 Wilmslow RC
					V45 19 St Helens Sutton
					V45 20 Swinton RC
					V40 24 Sale H Manchester
					V45 21 Stockport H&ac
					V50 7 Wilmslow RC
					V45 22 E Cheshire H & TAC
					V40 25 E Cheshire H & TAC
					V50 8 Wilmslow RC
					V55 7 Oldham & Royton
					V40 26 Manchester Ymca H
					V45 23 Belle Vue Racers
					V50 9 Wilmslow RC
					V50 10 Salford Met AC
					V40 27 Salford Met AC
					V50 11 Macclesfield H&ac
					V50 12 Altrincham&district AC
					V45 24 Macclesfield H&ac
					V40 28 Belle Vue Racers
					V45 25 Manchester Triathlon
					V50 13 Manchester Ymca H
					V45 26 Trafford AC
					V45 27 Manchester Triathlon
					V45 28 Salford Met AC
					V50 14 Salford Met AC
					V45 29 Manchester Triathlon
					V55 8 Belle Vue Racers
					V45 30 Preston Harriers
					V60 5 E Cheshire H & TAC
					V40 29 Stockport PCT
					V45 31 Swinton RC
					V55 9 Macclesfield H&ac
					V50 15 Salford Met AC
					V50 16 Stockport H&ac
					V60 5 Wilmslow RC
					V65 1 Manchester H&ac
					V50 17 Swinton RC
					V55 10 Manchester Ymca H
					V60 6 Stockport H&ac
					V55 11 Belle Vue Racers
					V40 30 Sale H Manchester
					V65 2 Wilmslow RC
					V65 3 Stockport H&ac
					V65 4 Stockport H&ac
					1:02:12
					1:03:44

## Senior Men (Vets) — TEAM RESULTS

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

1 Wilmslow RC	20 —	2 Malcolm Fowler	3 Rob Downs	6 Tom McGaff	9 Stuart Parrott
2 Altrincham&district AC	34 —	1 William Crowther	7 Dave Gilchrist	8 Phil Nichol	18 Nick Burke
3 Trafford AC	79 —	14 Dick Byers	20 Vinny Booth	21 Mike Hutchinson	24 Paul Mannion
4 Stockport H&ac	82 —	11 Kevan Garner	17 Len Best	26 Robert Taylor	28 Tim Hargreaves
5 E Cheshire H & TAC	92 —	5 Phillip Jacques	22 Steven Robinson	27 Simon Grundy	38 Francis Day
6 Macclesfield H&ac	139 —	29 Barry Blyth	33 Andrew Gray	34 John Mooney	43 Raph Murray
7 Sale H Manchester	159 —	31 Gary Willcock	40 Tim Rainey	41 Frank Cordingley	47 Jerry Smith
8 Wilmslow RC	159 —	16 Trevor Morris	42 Ian Smallwood	45 Steve Smith	56 Tony Hulme
9 Middleton Harriers	168 —	30 James O'Connor	35 Ian Ireland	50 John Reilly	53 Paul Collinge
10 Swinton RC	172 —	32 Steve Doxey	36 Chris Lomax	46 Rick Waring	58 Paul Rutherford
11 E Cheshire H & TAC	217 —	44 Derek Hughes	48 Andrew Farley	62 John Bowker	63 Tony Faulkner
12 Macclesfield H&ac	245 —	49 Julian Brown	54 Steve Lomas	70 Mark Wheelton	72 Alan Webster
13 Manchester Ymca H	269 —	39 Eddie Gilligan	65 Steve Symons	75 Mike O'Brien	90 Jon Paramor
14 Wilmslow RC	279 —	61 Nick Bishop	64 Don Bullough	67 Peter Stock	87 Roy Pownall
15 Manchester Triathlon	286 —	55 Shaun Walsh	74 Andy Chalmers	77 Ian Welch	80 Michael Ogden
16 Salford Met AC	294 —	68 Jack Carney	69 Chris Jones	78 Andrew Evans	79 Brian Eyre
17 Belle Vue Racers	312 —	66 Andy Roberts	73 Nigel Sedman	81 Barry Guy	92 Kevin Egerton
18 Stockport H&ac	332 —	60 Michael Slater	86 Martin Nance	91 Jim Herron	95 Chris Bryans[70]