

Northern Athletics Cross Country Championships

at Witton Park, Blackburn on Saturday 24th January 2010

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

Pos	Num	Name	Cat/Pos	Club	Time
1	990	S Vernon		Stockport Harriers	39:04
2	853	Andi Jones		Salford Harriers	39:43
3	131	Thomas Lancashire		Bolton United Harriers	40:18
4	497	Peter Riley		Leigh Harriers & Ac	40:28
5	98	Ben Fish		Blackburn Harriers	40:31
6	500	Matt Bowser		Lincoln Wellington AC	40:41
7	450	Alan Buckley		Leeds City Ac	41:08
8	510	Richard Burney		Liverpool Harriers & AC	41:11
9	501	Tom Doe		Lincoln Wellington AC	41:13
10	849	Carl Hardman		Salford Harriers	41:32
11	6	M Barnes		Altrincham & District Ac	41:35
12	718	J Henegan		Pudsey & Bramley	41:37
13	243	J Gilby		Derby AC	41:41
14	447	Darran Bilton		Leeds City Ac	41:45
15	630	C Sampson		Morpeth Harriers & AC	41:48
16	720	R Hope		Pudsey & Bramley	41:53
17	468	Martin Hilton		Leeds City Ac	41:57
18	97	Tom Cornthwaite		Blackburn Harriers	42:05
19	641	Alec Duffield		New Marske Harriers	42:09
20	811	Antony Ford		Sale Harriers Manchester	42:14
21	249	A Pilcher		Derby AC	42:16
22	227	Andrew Ward		Clowne Road Runners	42:17
23	139	Jon Fletcher		Border Harriers	42:18
24	1022	Garry Bristow		Trafford AC	42:25
25	11	I Fisher		Altrincham & District Ac	42:27
26	480	Adam Osborne		Leeds City Ac	42:33
27	801	Matt Bond		Sale Harriers Manchester	42:34
28	914	J Mercer		Skipton AC	42:43
29	451	Mike Burrett		Leeds City Ac	42:45
30	415	G Priestley		Horwich R M I Harriers	42:49
31	84	Matthew Whitfield		Bingley Harriers	42:51
32	14	N Leigh		Altrincham & District Ac	42:53
33	623	R Floyd		Morpeth Harriers & AC	42:54
34	448	Chris Birchall		Leeds City Ac	43:02
35	336	Robert Little		Hallamshire Harriers Sheffield	43:06
36	328	Rob Baker		Hallamshire Harriers Sheffield	43:08
37	194	Tom Bean		City Of York AC	43:12
38	986	A Nixon		Stockport Harriers	43:13
39	799	James Bailey		Sale Harriers Manchester	43:14
40	255	Dan Garbutt		Durham City Harriers	43:19
41	1028	Jonathon Holt		Trafford AC	43:31
42	504	Ian Kimpton		Lincoln Wellington AC	43:36
43	482	Martin Roscoe		Leeds City Ac	43:43
44	794	Philip Hoole		Rotherham Harriers & AC	43:49
45	621	M Dawson		Morpeth Harriers & AC	43:52
46	1036	Ian Salisbury		Trafford AC	43:53
47	843	John Brown		Salford Harriers	43:53
48	305	S Hall		Gateshead Harriers & AC	43:56
49	466	Martin Gostling		Leeds City Ac	43:58
50	858	Ben Riddell		Salford Harriers	44:01
51	668	Paul Lowe		North York Moors AC	44:04
52	709	D Rigby		Preston Harriers & AC	44:05
53	489	Oliver Ziff		Leeds City Ac	44:06

54	327	David Archer	Hallamshire Harriers Sheffield	44:13
55	115	Stuart Robinson	Blackpool Wyre & Fylde	44:14
56	428	Alasdair Russell	Kendal	44:18
57	854	James Kovacs	Salford Harriers	44:22
58	265	J Dunkerley	E Cheshire H & Tameside Ac	44:26
59	520	Mark Keeley	Liverpool Harriers & AC	44:29
60	312	R West	Gateshead Harriers & AC	44:38
61	18	J Reed	Altrincham & District Ac	44:44
62	340	John Rock	Hallamshire Harriers Sheffield	44:48
63	840	Joseph Bailey	Salford Harriers	44:49
64	559	R Brown	Louth AC	44:50
65	64	Lee Athersmith	Bingley Harriers	44:51
66	78	Tim Midgeley	Bingley Harriers	44:53
67	628	A Lawrence	Morpeth Harriers & AC	44:59
68	309	J Pearson	Gateshead Harriers & AC	45:01
69	983	D Matkin	Stockport Harriers	45:03
70	844	Simon Bruton	Salford Harriers	45:04
71	471	Greg Hull	Leeds City Ac	45:07
72	851	Robert Hughes	Salford Harriers	45:08
73	77	Stewart MacDonald	Bingley Harriers	45:13
74	108	Josh Tighe	Blackburn Harriers	45:16
75	102	Matt Nuttall	Blackburn Harriers	45:22
76	335	Tom Jenkins	Hallamshire Harriers Sheffield	45:22
77	433	Tom McKee	Kingston Upon Hull Ac	45:24
78	101	Paul Guinan	Blackburn Harriers	45:28
79	110	Malcolm Eadie	Blackpool Wyre & Fylde	45:30
80	69	John Convery	Bingley Harriers	45:31
81	322	B Crowther	Halifax Harriers & Ac	45:32
82	524	John McCole	Liverpool Harriers & AC	45:33
83	957	Richard Shearer	Southport Waterloo AC	45:34
84	982	J Loxam	Stockport Harriers	45:40
85	857	Jan Pichl	Salford Harriers	45:42
86	133	Marc Tillotson	Bolton United Harriers	45:43
87	856	Dave Locket	Salford Harriers	45:54
88	15	S Marwood	Altrincham & District Ac	45:57
89	1024	Tom Charles	Trafford AC	46:03
90	995	Steven Potts	Sunderland Harriers	46:05
91	457	Alex Davy	Leeds City Ac	46:08
92	345	Carl Thackery	Hallamshire Harriers Sheffield	46:12
93	367	C Rainsford	Heanor Running Club	46:13
94	1116	D Alexander	West Cheshire Athletic Club	46:18
95	674	Michael Mannings	Oldham And Royton Harriers	46:22
96	499	Les Ball	Lincoln Wellington AC	46:23
97	343	Dave Sprot	Hallamshire Harriers Sheffield	46:23
98	476	David MacQuarrie	Leeds City Ac	46:24
99	76	Aidan Johnson	Bingley Harriers	46:24
100	347	Scott Wilson	Hallamshire Harriers Sheffield	46:25
101	256	Graham Hunt	Durham City Harriers	46:35
102	222	Gary Shaw	Clayton Le Moors	46:36
103	1180	Tom Edwards	York Knavesmire Harriers	46:41
104	768	M Proctor	Rochdale Harriers & AC	46:42
105	634	D Swinburne	Morpeth Harriers & AC	46:45
106	173	James Raven	Chester-Le-Street And District	46:52
107	452	Gavin Chatterton	Leeds City Ac	46:53
108	882	Ben Mukherjee	Scarborough Athletic Club	47:00
109	356	Chris Miller	Harrogate Hac	47:01
110	958	Jay Tartt	Southport Waterloo AC	47:04
111	1160	John Hunt	Wirral A C	47:07
112	1048	J Griffiths	Vale Royal AC	47:11
113	239	D Connor	Derby AC	47:12
114	120	John Wright	Blackpool Wyre & Fylde	47:14
115	1027	Graham Hogg	Trafford AC	47:15
116	8	T Bush	Altrincham & District Ac	47:16
117	296	Paul Turner	Elswick Harriers	47:18
118	429	Gregan Clarkson	Kingston Upon Hull Ac	47:19
119	551	Paul Sankey	Liverpool Running Club	47:21

120	959	Steve Wilkinson	Southport Waterloo AC	47:28
121	463	Martin Farran	Leeds City Ac	47:32
122	1031	Ben Martin	Trafford AC	47:35
123	247	T Offord	Derby AC	47:40
124	694	J Green	Preston Harriers & AC	47:41
125	1134	John Morrissey	Wigan Phoenix	47:43
126	210	Mark Aspinall	Clayton Le Moors	47:45
127	1065	Chris Price	Wakefield District H & AC	47:51
128	913	R Barrett	Skipton AC	47:55
129	326	A Thorpe	Halifax Harriers & Ac	47:58
130	492	Tony Battersby	Leigh Harriers & Ac	48:00
131	855	Phil Leybourne	Salford Harriers	48:02
132	716	N Armitage	Pudsey & Bramley	48:06
133	984	G McLean	Stockport Harriers	48:08
134	44	Philip Waite	Barrow & Furness S.a.c	48:08
135	1193	Gary Hetherington	Sedgefield Harriers	48:09
136	493	Philip Foster	Leigh Harriers & Ac	48:15
137	40	A Swift	Barnsley Athletic Club	48:18
138	638	P Waterson	Morpeth Harriers & AC	48:19
139	60	James Pearson	Beverley Athletic Club	48:19
140	861	Phillip West	Salford Harriers	48:22
141	745	Ken Harker	Richmond And Zetland Harriers	48:23
142	1126	Phil Darbyshire	Wigan Phoenix	48:24
143	269	Simon Grundy	E Cheshire H & Tameside Ac	48:25
144	1159	Mark Hulmston	Wirral A C	48:26
145	1140	Mark Rodgers	Wigan Phoenix	48:27
146	560	N Marsh	Louth AC	48:28
147	319	Adam Madge	Grantham Athletic Club	48:32
148	1039	T Annable	Vale Royal AC	48:34
149	464	Leon Foster	Leeds City Ac	48:36
150	514	Robert Dewhurst	Liverpool Harriers & AC	48:39
151	496	John Howarth	Leigh Harriers & Ac	48:42
152	329	Armund Bush	Hallamshire Harriers Sheffield	48:45
153	250	I Stevens	Derby AC	48:46
154	270	Stuart Heaton	E Cheshire H & Tameside Ac	48:53
155	746	Jon Orange	Richmond And Zetland Harriers	48:54
156	80	Martin Peace	Bingley Harriers	48:57
157	529	Colin Potts	Liverpool Harriers & AC	49:02
158	362	S Ashmore	Heanor Running Club	49:03
159	819	Tim Kennedy	Sale Harriers Manchester	49:04
160	344	Mike Sprot	Hallamshire Harriers Sheffield	49:05
161	791	Gary Claxton	Rotherham Harriers & AC	49:06
162	974	S Bennett	Steel City Striders RC	49:14
163	949	David Hamilton	Southport Waterloo AC	49:15
164	781	Bob Wilson	Rolls-Royce Harriers	49:16
165	850	Dave Hudson	Salford Harriers	49:20
166	1075	Gareth Huxley	Wallsend Harriers & AC	49:21
167	1069	Dave Daniels	Wallsend Harriers & AC	49:23
168	586	Andrew Skitt	Manchester Harriers & AC	49:24
169	272	P Jacques	E Cheshire H & Tameside Ac	49:25
170	509	Alan Ashton	Liverpool Harriers & AC	49:26
171	295	Kevin Stephenson	Elswick Harriers	49:27
172	513	Robert Cushion	Liverpool Harriers & AC	49:28
173	918	Michael Hatton	South Cheshire Harriers	49:32
174	1237	Adrian Jones	Keighley & Craven AC	49:46
175	1029	John Howe	Trafford AC	49:50
176	943	Rob Ashworth	Southport Waterloo AC	49:51
177	1117	A Clague	West Cheshire Athletic Club	49:54
178	400	J Sykes	Holmfirth Harriers AC	49:56
179	1110	Alex Rowe	Wesham Road Runners & AC	49:57
180	820	Micheal Kilmartin	Sale Harriers Manchester	50:00
181	589	Steven Worthington	Manchester Triathlon Club	50:02
182	774	P Williams	Rochdale Harriers & AC	50:04
183	1119	J Kettle	West Cheshire Athletic Club	50:05
184	420	K Ward	Horwich R M I Harriers	50:07
185	996	Paul Redman	Sunderland Harriers	50:09

186	1183	Darren Hendley	York Knavesmire Harriers	50:12
187	159	Keith Thomas	Burnden Road Runners	50:13
188	1215	Phil Walton	Wallasey AC	50:15
189	862	James Williams	Salford Harriers	50:16
190	58	Aubrey Morrell	Beverley Athletic Club	50:20
191	261	Gavin Browne	E Cheshire H & Tameside Ac	50:21
192	1062	John Mason	Wakefield District H & AC	50:23
193	981	K Garner	Stockport Harriers	50:25
194	750	Tadeusz Zaranko	Richmond And Zetland Harriers	50:28
195	291	Ian Hardy	Elswick Harriers	50:29
196	422	Dave Wilby	Ilkley Harriers	50:30
197	706	J Parker	Preston Harriers & AC	50:32
198	616	Chris Rumsey	Middlesbrough & Cleveland H	50:33
199	494	Allister Goulding	Leigh Harriers & Ac	50:34
200	1121	N Eccles	Wharfedale Harriers	50:35
201	95	George Bate	Blackburn Harriers	50:36
202	587	Tim Johns	Manchester Triathlon Club	50:36
203	7	N Burke	Altrincham & District Ac	50:37
204	954	Stephen McLean	Southport Waterloo AC	50:37
205	951	Ben Johnson	Southport Waterloo AC	50:38
206	833	Richard Watson	Sale Harriers Manchester	50:43
207	144	Joze Ferreira	Boston & District AC	50:43
208	1228	Colin Martin	Spectrum Striders	50:43
209	1220	Ian Bamber	Spectrum Striders	50:48
210	707	D Parkington	Preston Harriers & AC	50:48
211	234	Simon Rutherford	Darlington Harriers &	50:53
212	1066	Chris Ward	Wakefield District H & AC	50:59
213	585	Ed Fazakerley	Manchester Harriers & AC	51:07
214	203	Mike Raynes	City Of York AC	51:10
215	665	Dez Fielden	North York Moors AC	51:12
216	320	Arthur Short	Grantham Athletic Club	51:15
217	877	Fred Smith	Saltwell Harriers	51:16
218	118	Steve Waterhouse	Blackpool Wyre & Fylde	51:17
219	941	Chris Muir	South Shields H & AC	51:18
220	1061	Martin Green	Wakefield District H & AC	51:19
221	43	Peter Savage	Barrow & Furness S.a.c	51:21
222	658	S Leverton	North Derbyshire RC	51:23
223	219	Dave Motley	Clayton Le Moors	51:24
224	1157	Simon Fox	Wirral A C	51:26
225	934	Michael Jones	South Shields H & AC	51:29
226	953	Gerry Lenahan	Southport Waterloo AC	51:29
227	936	Simon Lee	South Shields H & AC	51:30
228	956	Peter Roome	Southport Waterloo AC	51:30
229	186	Mark Ellithorn	Chorley Harriers	51:36
230	987	M Shaw	Stockport Harriers	51:38
231	622	G Dixon	Morpeth Harriers & AC	51:41
232	478	Chris Needham	Leeds City Ac	51:42
233	211	C Balderson	Clayton Le Moors	51:43
234	311	J Stobbs	Gateshead Harriers & AC	51:46
235	948	Chris Dunn	Southport Waterloo AC	51:47
236	807	Elton Davies	Sale Harriers Manchester	51:48
237	842	Paul Birkett	Salford Harriers	51:49
238	973	D Ansell	Steel City Striders RC	51:50
239	966	Barry Graney	St Helens Sutton AC	51:50
240	542	Mark Salter	Liverpool Pembroke & Sefton H.	51:50
241	223	Colin Shuttleworth	Clayton Le Moors	51:54
242	392	J Ewart	Holmfirth Harriers AC	51:56
243	274	Stephen Robinson	E Cheshire H & Tameside Ac	51:57
244	531	Adrian Roach	Liverpool Harriers & AC	51:57
245	1154	Anthony Devoy	Wirral A C	51:58
246	1063	Pete McNamara	Wakefield District H & AC	52:00
247	1009	Chris Brown	Swinton Running Club	52:04
248	1185	Kevin Langan	York Knavesmire Harriers	52:05
249	491	Andrew Arnold	Leigh Harriers & Ac	52:07
250	617	Brian Seysell	Middlesbrough & Cleveland H	52:11
251	202	Andy Normandale	City Of York AC	52:12

252	697	K Hesketh	Preston Harriers & AC	52:13
253	1135	Steve Nicholls	Wigan Phoenix	52:14
254	1076	Sean Kelly	Wallsend Harriers & AC	52:15
255	938	Keith MacKey	South Shields H & AC	52:20
256	284	Graham Bel	Elswick Harriers	52:22
257	1239	David Shaw	Keighley & Craven AC	52:23
258	188	Phil Iddon	Chorley Harriers	52:24
259	401	D Wilde	Holmfirth Harriers AC	52:34
260	693	D Barker	Preston Harriers & AC	52:35
261	111	Chris Essex-Crosby	Blackpool Wyre & Fylde	52:38
262	691	Gary Thornton-Allen	Pensby Runners	52:42
263	156	John Knowles	Burnden Road Runners	52:44
264	553	D Kennedy	Longwood Harriers AC	52:45
265	800	Paul Barrett	Sale Harriers Manchester	52:47
266	647	Michael Coppelov	Newburgh Nomads	52:50
267	213	Stuart Fogg	Clayton Le Moors	52:51
268	569	Thomas Howarth	Lytham St Annes RRC	52:51
269	357	Stephen Nesbitt	Harrogate Hac	52:54
270	932	Paul Doxford	South Shields H & AC	52:55
271	865	Paul Connolly	Salford Metropolitan AC	53:00
272	162	Paul Drabble	Buxton AC	53:04
273	240	S Dunn	Derby AC	53:05
274	1234	Kit Whitfield	Spectrum Striders	53:06
275	614	Marty Jordan	Middlesbrough & Cleveland H	53:11
276	226	P Johnson	Cleethorpes	53:12
277	339	Tim Robinson	Hallamshire Harriers Sheffield	53:13
278	1202	Tony Barbat	Wallasey AC	53:15
279	579	John Mooney	Macclesfield Harriers	53:16
280	743	Joe Swarbrick	Red Rose Road Runners	53:19
281	1177	Barry Atkinson	York Knavesmire Harriers	53:22
282	793	Howard Darwin	Rotherham Harriers & AC	53:23
283	262	Liam Browne	E Cheshire H & Tameside Ac	53:28
284	907	Dylan Cole-Jones	Skelmersdale Boundary Harriers	53:30
285	911	John Thompson	Skelmersdale Boundary Harriers	53:31
286	960	J Hornby	Spensborough & Dist AC	53:32
287	765	A McDougall	Rochdale Harriers & AC	53:34
288	846	Sean Cordell	Salford Harriers	53:36
289	1128	Kevin Edwards	Wigan Phoenix	53:37
290	1105	Steve Myerscough	Wesham Road Runners & AC	53:38
291	1203	Phil Cuthbert	Wallasey AC	53:40
292	763	P Leary	Rochdale Harriers & AC	53:42
293	391	M Dewhirst	Holmfirth Harriers AC	53:43
294	53	Ian Boardley	Beverley Athletic Club	53:43
295	545	Maurice Collins	Liverpool Running Club	53:44
296	155	Stewart Jones	Burnden Road Runners	53:46
297	264	Francis Day	E Cheshire H & Tameside Ac	53:47
298	806	Frank Cordingley	Sale Harriers Manchester	53:48
299	708	J Rainford	Preston Harriers & AC	53:49
300	1174	Peter Hutchinson	Wolds Veteran Runners Club	53:49
301	940	Chris Mcdonald	South Shields H & AC	53:50
302	254	A Zobel	Derby AC	53:58
303	1201	John Armstrong	Wallasey AC	53:59
304	575	Christopher Bentley	Macclesfield Harriers	54:02
305	498	Alex Urmston	Leigh Harriers & Ac	54:04
306	112	Gary Johnston	Blackpool Wyre & Fylde	54:06
307	870	David Cairns	Saltwell Harriers	54:07
308	879	Jim Thompson	Saltwell Harriers	54:09
309	859	Mark Seed	Salford Harriers	54:13
310	473	Peter Kidd	Leeds City Ac	54:15
311	54	Mark Dalton	Beverley Athletic Club	54:18
312	201	Andrew Nesom	City Of York AC	54:18
313	1150	Mark Baylis	Wirral A C	54:24
314	271	Derek Hughes	E Cheshire H & Tameside Ac	54:26
315	651	S Bennett	North Derbyshire RC	54:26
316	1056	Andrew Thompson	Valley Striders	54:27
317	1238	Mark Knowles	Keighley & Craven AC	54:33

318	1050	P Maher	Vale Royal AC	54:34
319	1156	William Ferguson	Wirral A C	54:34
320	852	Ian Jackson	Salford Harriers	54:37
321	731	Nick Watson	Quakers Running Club	54:40
322	37	D Brooksbank	Barnsley Athletic Club	54:41
323	1151	Karl Bryers	Wirral A C	54:44
324	306	M Hudson	Gateshead Harriers & AC	54:45
325	406	G Chadderton	Horwich R M I Harriers	54:46
326	609	Gordon Baird	Middlesbrough & Cleveland H	54:47
327	352	Ashley Brook	Harrogate Hac	54:47
328	10	C Davies	Altrincham & District Ac	54:48
329	580	Raph Murray	Macclesfield Harriers	54:50
330	13	Michael Jones	Altrincham & District Ac	54:51
331	512	Anthony Clarke	Liverpool Harriers & AC	54:53
332	198	Martin Kirby	City Of York AC	54:56
333	361	Keith Galbraith	Hartlepool Burnroad Harriers	54:58
334	955	Tom Peacock	Southport Waterloo AC	54:59
335	826	Tim Rainey	Sale Harriers Manchester	55:02
336	257	Daniel Bamber	E Cheshire H & Tameside Ac	55:03
337	307	S Medd	Gateshead Harriers & AC	55:06
338	567	Tony Croft	Lytham St Annes RRC	55:08
339	136	Benoit Yerle	Bolton United Harriers	55:10
340	1189	Russell Parkinson	York Knavesmire Harriers	55:12
341	1081	Micky Todd	Wallsend Harriers & AC	55:20
342	729	Steven Snook	Quakers Running Club	55:21
343	1094	Lee Barlow	Wesham Road Runners & AC	55:22
344	699	R Kenny	Preston Harriers & AC	55:24
345	830	Jerry Smith	Sale Harriers Manchester	55:26
346	739	Fred Lynch	Red Rose Road Runners	55:35
347	1068	Micky Baker	Wallsend Harriers & AC	55:37
348	540	Clark Roberts	Liverpool Pembroke & Sefton H.	55:40
349	293	Mark Ketley	Elswick Harriers	55:46
350	216	Dave Horrocks	Clayton Le Moors	55:54
351	1102	Russell Mabbutt	Wesham Road Runners & AC	55:56
352	1162	\$Stephen Laker	Wirral A C	55:59
353	48	Mark Riches	Belper Harriers	56:01
354	971	Ian White	St Helens Sutton AC	56:01
355	664	Barry Young	North Shields Poly	56:02
356	1092	Mervyn Ward	Warrington Athletic Club	56:03
357	964	G Skippings	Spenborough & Dist AC	56:06
358	555	I Mitchell	Longwood Harriers AC	56:07
359	1040	T Archer	Vale Royal AC	56:08
360	117	Trevor Uttley	Blackpool Wyre & Fylde	56:11
361	424	Peter Acland	Kendal	56:14
362	1019	Daniel Ansell	Trafford AC	56:16
363	437	Kevin Longmate	Kirkstall Harriers	56:21
364	147	Dennis Rainbow	Boston & District AC	56:23
365	1082	Steve Volpe	Wallsend Harriers & AC	56:24
366	1232	Julian Spencer	Spectrum Striders	56:24
367	164	Simon Harden	Buxton AC	56:25
368	365	A Marriott	Heanor Running Club	56:25
369	38	M Casey	Barnsley Athletic Club	56:26
370	129	Andrew Doyle	Bolton United Harriers	56:31
371	438	Rob Owen	Kirkstall Harriers	56:37
372	45	Phil Conroy	Belper Harriers	56:42
373	47	Rob Norman	Belper Harriers	56:43
374	649	George Reid	Newton Aycliffe	56:44
375	695	J Griffiths	Preston Harriers & AC	56:48
376	574	Graham Webster	Lytham St Annes RRC	56:52
377	163	Daniel Feely	Buxton AC	56:54
378	965	Mark Davies	St Helens Sutton AC	56:57
379	660	I McMillan	North Derbyshire RC	56:58
380	549	George Pierce	Liverpool Running Club	56:59
381	655	S Cunningham	North Derbyshire RC	56:59
382	1236	Steve Carter	Keighley & Craven AC	57:00
383	648	Wally Coppelov	Newburgh Nomads	57:01

384	90	Karl Oakes	Birtley A C	57:03
385	1222	Andy Garnett	Spectrum Striders	57:09
386	292	David Jardin	Elswick Harriers	57:13
387	407	T Hesketh	Horwich R M I Harriers	57:14
388	869	Shane Wolstencroft	Salford Metropolitan AC	57:16
389	49	Andy Rose	Belper Harriers	57:16
390	735	Philip Butler	Red Rose Road Runners	57:18
391	1136	Andrew Nightingale	Wigan Phoenix	57:21
392	1041	S Baumber	Vale Royal AC	57:23
393	1171	Paul Freeman	Wolds Veteran Runners Club	57:24
394	191	James Matthews	Chorley Harriers	57:26
395	183	Simon Townsend	Chorley AC	57:27
396	185	Paul Wareing	Chorley AC	57:28
397	968	Rob Marsh	St Helens Sutton AC	57:29
398	568	Terry Hellings	Lytham St Annes RRC	57:36
399	963	F Reddington	Spensborough & Dist AC	57:47
400	59	Steve Peacock	Beverley Athletic Club	57:48
401	5	R Apvey	Altrincham & District Ac	57:49
402	235	Hutchinson Steve	Darlington Harriers &	57:51
403	578	Steve Lomas	Macclesfield Harriers	57:55
404	1192	Luke Westwood	York Knavesmire Harriers	57:56
405	944	Phil Bailey	Southport Waterloo AC	58:00
406	1230	Tim Murphy	Spectrum Striders	58:02
407	773	N Walsh	Rochdale Harriers & AC	58:04
408	1209	Richard Parry	Wallasey AC	58:05
409	39	M Hurrell	Barnsley Athletic Club	58:05
410	214	James Hickie	Clayton Le Moors	58:08
411	550	Paul Quine	Liverpool Running Club	58:12
412	785	Rod Graham	Rossendale Harriers	58:13
413	604	S Symons	Manchester Ymca Harriers	58:16
414	1217	Matt Williams	Wallasey AC	58:25
415	355	Brian Miller	Harrogate Hac	58:28
416	1014	Paul Rutherford	Swinton Running Club	58:31
417	71	Fred Gibbs	Bingley Harriers	58:34
418	692	A Appleby	Preston Harriers & AC	58:34
419	1042	S Caldwell	Vale Royal AC	58:40
420	1166	Martin Quinn	Wirral A C	58:43
421	41	A Waters	Barnsley Athletic Club	58:48
422	1067	Poete Young	Wakefield District H & AC	58:58
423	439	Stuart Reardon	Kirkstall Harriers	59:01
424	354	John McNerney	Harrogate Hac	59:05
425	912	Peter Wilkinson	Skelmersdale Boundary Harriers	59:12
426	876	Chris Redfern	Saltwell Harriers	59:13
427	52	Neil Bant	Beverley Athletic Club	59:15
428	738	Geoff Haworth	Red Rose Road Runners	59:19
429	241	G Fallon	Derby AC	59:20
430	755	Mark Tomlinson	Ripley Runningclub	59:24
431	577	Kevin Jackson	Macclesfield Harriers	59:25
432	63	Peter Watkinson	Beverley Athletic Club	59:28
433	880	Richard Townsend	Saltwell Harriers	59:31
434	798	John Spencer	Rotherham Harriers & AC	59:33
435	1145	Dave Wall	Wigan Phoenix	59:34
436	1100	Alan Glasgow	Wesham Road Runners & AC	59:37
437	610	Trevor Baker	Middlesbrough & Cleveland H	59:45
438	446	Steve Perry	Lancaster And Morecambe AC	59:46
439	1186	Patrick Langan	York Knavesmire Harriers	59:51
440	759	M Ccatherall	Rochdale Harriers & AC	59:51
441	868	Bill Prout	Salford Metropolitan AC	59:52
442	554	L Medley	Longwood Harriers AC	59:52
443	576	Christopher Holden	Macclesfield Harriers	59:54
444	988	M Slater	Stockport Harriers	59:57
445	860	Ronnie Warrender	Salford Harriers	59:58
446	686	Richard Green	Pensby Runners	1:00:00
447	294	Peter Sloan	Elswick Harriers	1:00:04
448	920	Andrew Mayers	South Cheshire Harriers	1:00:05
449	543	Robert Burke	Liverpool Running Club	1:00:07

450	803	Paul Calderbank	Sale Harriers Manchester	1:00:09
451	925	Simon Walker	South Cheshire Harriers	1:00:11
452	29	R Skeotch	Aurora Harriers	1:00:15
453	315	Neil McGraw	Glossopdale Harriers	1:00:17
454	1070	Tom Dunn	Wallsend Harriers & AC	1:00:19
455	573	Roy Upton	Lytham St Annes RRC	1:00:23
456	975	A Buck	Steel City Striders RC	1:00:24
457	766	M O'Reilly	Rochdale Harriers & AC	1:00:32
458	751	Jerry Bateman	Ripley Runningclub	1:00:34
459	189	Paul Jackson	Chorley Harriers	1:00:36
460	675	Brian Schofield	Oldham And Royton Harriers	1:00:38
461	544	Steve Clayton	Liverpool Running Club	1:00:45
462	396	J Kaushal	Holmfirth Harriers AC	1:00:48
463	571	Willie Richmond	Lytham St Annes RRC	1:00:50
464	652	R Booth	North Derbyshire RC	1:00:51
465	475	John MacE	Leeds City Ac	1:00:54
466	259	John Bowker	E Cheshire H & Tameside Ac	1:00:56
467	683	Nigel Crompton	Pensby Runners	1:01:01
468	702	M McLoughlin	Preston Harriers & AC	1:01:03
469	182	Dave Taylor	Chorley AC	1:01:05
470	221	Dave Scott	Clayton Le Moors	1:01:06
471	416	P Ramsdale	Horwich R M I Harriers	1:01:08
472	643	Iain Povey	New Marske Harriers	1:01:13
473	394	B Holroyd	Holmfirth Harriers AC	1:01:16
474	1018	M Thompson	Teesdale AC	1:01:20
475	1137	Chris Nightingale	Wigan Phoenix	1:01:21
476	910	Peter Summers	Skelmersdale Boundary Harriers	1:01:27
477	689	Gordon Scholefield	Pensby Runners	1:01:29
478	445	Michael Peat	Lancaster And Morecambe AC	1:01:39
479	978	D Parry	Steel City Striders RC	1:01:40
480	688	John Keyworth	Pensby Runners	1:01:44
481	1055	Malcolm Coles	Valley Striders	1:01:46
482	119	Jeff Wright	Blackpool Wyre & Fylde	1:01:47
483	184	Ian Walker	Chorley AC	1:01:52
484	979	I Stinson	Steel City Striders RC	1:01:53
485	1195	Ean Parsons	Sedgefield Harriers	1:01:54
486	572	Nigel Simpkin	Lytham St Annes RRC	1:01:54
487	1118	D Hough	West Cheshire Athletic Club	1:01:55
488	1178	Duncan Chambers	York Knavesmire Harriers	1:01:56
489	1053	S Ryabov	Vale Royal AC	1:01:59
490	1112	Nigel Shepherd	Wesham Road Runners & AC	1:02:02
491	36	D Bennett	Barnsley Athletic Club	1:02:06
492	177	Rick Cordwell	Chorley AC	1:02:13
493	1224	Geoff Hand	Spectrum Striders	1:02:17
494	157	Don Nichol	Burnden Road Runners	1:02:20
495	342	John Spencer	Hallamshire Harriers Sheffield	1:02:27
496	302	C Boudouin	Gateshead Harriers & AC	1:02:28
497	1207	Pete McArdle	Wallasey AC	1:02:31
498	290	Tom Hanson	Elswick Harriers	1:02:35
499	465	Rob Gatenby	Leeds City Ac	1:02:36
500	1104	Gary Moore	Wesham Road Runners & AC	1:02:40
501	740	Gordon Noblett	Red Rose Road Runners	1:02:43
502	495	Andrew Howarth	Leigh Harriers & Ac	1:02:45
503	1017	S Moss	Teesdale AC	1:02:53
504	1218	Stan Williams	Wallasey AC	1:03:01
505	1020	Robin Beaumont	Trafford AC	1:03:03
506	486	Andrew Whitley	Leeds City Ac	1:03:03
507	737	Philip Dean	Red Rose Road Runners	1:03:10
508	236	Geoff Ward	Darlington Harriers &	1:03:11
509	154	Chris Greenall	Burnden Road Runners	1:03:12
510	599	M O'Brien	Manchester Ymca Harriers	1:03:13
511	1206	Derek McArdle	Wallasey AC	1:03:28
512	546	William Merritt	Liverpool Running Club	1:03:30
513	62	Tim Simpson	Beverley Athletic Club	1:03:31
514	654	N Chaplin	North Derbyshire RC	1:03:33
515	874	Phil James	Saltwell Harriers	1:03:42

516	179	Henry Minorczyk	Chorley AC	1:03:45
517	921	Robert Mayers	South Cheshire Harriers	1:03:53
518	316	Neville McGraw	Glossopdale Harriers	1:03:55
519	584	Mark Wheelton	Macclesfield Harriers	1:03:57
520	557	B Pickersgill	Longwood Harriers AC	1:04:07
521	33	J Wilcock	Aurora Harriers	1:04:17
522	761	R Dalby	Rochdale Harriers & AC	1:04:19
523	967	Peter Johnson	St Helens Sutton AC	1:04:24
524	1176	Mark Salter	Wolds Veteran Runners Club	1:04:24
525	419	G Stone	Horwich R M I Harriers	1:04:49
526	908	William Dalton	Skelmersdale Boundary Harriers	1:04:52
527	726	Andrew Lambe	Quakers Running Club	1:04:54
528	1208	Barry Metcalfe	Wallasey AC	1:04:59
529	220	Ted Orrell	Clayton Le Moors	1:05:03
530	977	R Maxted	Steel City Striders RC	1:05:09
531	1152	David Costello	Wirral A C	1:05:09
532	1111	John Sharples	Wesham Road Runners & AC	1:05:13
533	1052	C Rathbone	Vale Royal AC	1:05:14
534	20	Trevor Jolly	Amber Valley AC	1:05:15
535	199	Alan Lynn	City Of York AC	1:05:16
536	103	John Orrell	Blackburn Harriers	1:05:17
537	779	Bill Southgate	Rolls-Royce Harriers	1:05:25
538	165	Mark Quince	Buxton AC	1:05:31
539	138	James Douglas	Border Harriers	1:05:32
540	909	Ian Doyle	Skelmersdale Boundary Harriers	1:05:42
541	728	Graham Park	Quakers Running Club	1:05:46
542	663	Dave Morris	North Shields Poly	1:05:49
543	175	Barry Chester	Chorley AC	1:05:55
544	353	Alan Couldwell	Harrogate Hac	1:06:01
545	50	Malcolm Weir	Belper Harriers	1:06:02
546	46	Simon Mackett	Belper Harriers	1:06:03
547	266	Andrew Farley	E Cheshire H & Tameside Ac	1:06:04
548	760	M Cox	Rochdale Harriers & AC	1:06:09
549	1223	Neville Griffiths	Spectrum Striders	1:06:16
550	30	A Thompson	Aurora Harriers	1:06:46
551	741	Geoff Orritt	Red Rose Road Runners	1:06:56
552	875	Peter Mullarkey	Saltwell Harriers	1:07:06
553	684	Roy Fisher	Pensby Runners	1:07:09
554	602	J Paramor	Manchester Ymca Harriers	1:07:12
555	324	H Reilly	Halifax Harriers & Ac	1:07:18
556	685	David Green	Pensby Runners	1:07:42
557	1204	Mike Griffiths	Wallasey AC	1:07:47
558	985	M Nance	Stockport Harriers	1:07:56
559	181	Marco Sciacca	Chorley AC	1:08:04
560	248	K Petch	Derby AC	1:08:18
561	1130	Roy Hart	Wigan Phoenix	1:08:22
562	146	Owen Nsimango	Boston & District AC	1:08:30
563	123	Dave Bradley	Blyth Running Club	1:08:35
564	942	Frank Strand	South Shields H & AC	1:08:38
565	61	Brian Richardson	Beverley Athletic Club	1:08:42
566	1158	Peter Fraser	Wirral A C	1:08:53
567	1170	Dave Edwerds	Wolds Veteran Runners Club	1:09:07
568	403	B Allman	Horwich R M I Harriers	1:09:12
569	917	Michael Cutler	South Cheshire Harriers	1:09:13
570	126	Kevin Freeman	Blyth Running Club	1:09:17
571	89	Barry Murray	Birtley A C	1:09:25
572	581	David Shoesmith	Macclesfield Harriers	1:09:28
573	1173	John Hudson	Wolds Veteran Runners Club	1:09:36
574	124	Ralph Dickinson	Blyth Running Club	1:09:39
575	325	B Sage	Halifax Harriers & Ac	1:09:42
576	318	Philip Hall	Grantham Athletic Club	1:09:49
577	1078	Tony Maddocks	Wallsend Harriers & AC	1:10:24
578	552	R Hardcastle	Longwood Harriers AC	1:10:34
579	206	Ian Wilcock	City Of York AC	1:10:42
580	867	Stuart Mairs	Salford Metropolitan AC	1:11:01
581	145	Peter Flint	Boston & District AC	1:11:18

582	662	R Thorpe	North Derbyshire RC	1:11:26
583	687	Les Isaacs	Pensby Runners	1:11:35
584	923	Martin Stirna	South Cheshire Harriers	1:11:38
585	379	A Mulliss	Heaton Harriers & Ac	1:11:47
586	682	Philip Aldag	Pensby Runners	1:11:58
587	88	Tommy Millmore	Birtley A C	1:12:28
588	1231	Alan Peers	Spectrum Striders	1:12:37
589	166	Paul Wells	Buxton AC	1:13:22
590	128	Keith Willshire	Blyth Running Club	1:14:34
591	770	P Roberts	Rochdale Harriers & AC	1:15:19
592	317	Neil Shuttleworth	Glossopdale Harriers	1:15:43
593	208	Ken McCormick	Claremont Road Runners & AC	1:15:59
594	1012	Stephen Hart	Swinton Running Club	1:16:12
595	32	K Weavers	Aurora Harriers	1:16:15
596	598	I Manners	Manchester Ymca Harriers	1:20:14
597	939	Ken McDonald	South Shields H & AC	1:21:02
598	178	Phil McCullagh	Chorley AC	1:21:48
599	1015	Andy Smith	Swinton Running Club	1:22:53
600	24	M Hayden	Aurora Harriers	1:26:24
601	883	M Thompson	Scarborough Athletic Club	1:28:18
602	176	Mike Coppin	Chorley AC	1:33:25

Senior Men -- TEAM RESULTS

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

1	Leeds City Ac	127
		7 Alan Buckley
		14 Darran Bilton
		17 Martin Hilton
		26 Adam Osborne
		29 Mike Burrett
		34 Chris Birchall
2	Salford Harriers	229
		2 Andi Jones
		10 Carl Hardman
		47 John Brown
		50 Ben Riddell
		57 James Kovacs
		63 Joseph Bailey
3	Altrincham & District Ac	333
		11 M Barnes
		25 I Fisher
		32 N Leigh
		61 J Reed
		88 S Marwood
		116 T Bush
4	Hallamshire Harriers Sheffield	355
		35 Robert Little
		36 Rob Baker
		54 David Archer
		62 John Rock
		76 Tom Jenkins
		92 Carl Thackery
5	Morpeth Harriers & AC	403
		15 C Sampson
		33 R Floyd
		45 M Dawson
		67 A Lawrence
		105 D Swinburne
		138 P Waterson
6	Bingley Harriers	414
		31 Matthew Whitfield
		65 Lee Athersmith
		66 Tim Midgeley

	73	Stewart MacDonald
	80	John Convery
	99	Aidan Johnson
7		437
	24	Garry Bristow
	41	Jonathon Holt
	46	Ian Salisbury
	89	Tom Charles
	115	Graham Hogg
	122	Ben Martin
8		451
	5	Ben Fish
	18	Tom Cornthwaite
	74	Josh Tighe
	75	Matt Nuttall
	78	Paul Guinan
	201	George Bate
9		518
	1	S Vernon
	38	A Nixon
	69	D Matkin
	84	J Loxam
	133	G McLean
	193	K Garner
10		626
	8	Richard Burney
	59	Mark Keeley
	82	John McCole
	150	Robert Dewhurst
	157	Colin Potts
	170	Alan Ashton
11		631
	20	Antony Ford
	27	Matt Bond
	39	James Bailey
	159	Tim Kennedy
	180	Micheal Kilmartin
	206	Richard Watson
12		696
	13	J Gilby
	21	A Pilcher
	113	D Connor
	123	T Offord
	153	I Stevens
	273	S Dunn
13		856
	83	Richard Shearer
	110	Jay Tartt
	120	Steve Wilkinson
	163	David Hamilton
	176	Rob Ashworth
	204	Stephen McLean
14		869
	4	Peter Riley
	130	Tony Battersby
	136	Philip Foster
	151	John Howarth
	199	Allister Goulding
	249	Andrew Arnold
15		958
	58	J Dunkerley
	143	Simon Grundy
	154	Stuart Heaton
	169	P Jacques
	191	Gavin Browne
	243	Stephen Robinson

16	Blackpool Wyre & Fylde	1033	
		55	Stuart Robinson
		79	Malcolm Eadie
		114	John Wright
		218	Steve Waterhouse
		261	Chris Essex-Crosby
		306	Gary Johnston
17	Gateshead Harriers & AC	1071	
		48	S Hall
		60	R West
		68	J Pearson
		234	J Stobbs
		324	M Hudson
		337	S Medd
18	Preston Harriers & AC	1095	
		52	D Rigby
		124	J Green
		197	J Parker
		210	D Parkington
		252	K Hesketh
		260	D Barker
19	Clayton Le Moors	1192	
		102	Gary Shaw
		126	Mark Aspinall
		223	Dave Motley
		233	C Balderson
		241	Colin Shuttleworth
		267	Stuart Fogg
20	Wigan Phoenix	1344	
		125	John Morrissey
		142	Phil Darbyshire
		145	Mark Rodgers
		253	Steve Nicholls
		289	Kevin Edwards
		390	Andrew Nightingale
21	Wirral A C	1356	
		111	John Hunt
		144	Mark Hulmston
		224	Simon Fox
		245	Anthony Devoy
		313	Mark Baylis
		319	William Ferguson
22	Wakefield District H & AC	1418	
		127	Chris Price
		192	John Mason
		212	Chris Ward
		220	Martin Green
		246	Pete McNamara
		421	Poete Young
23	Elswick Harriers	1473	
		117	Paul Turner
		171	Kevin Stephenson
		195	Ian Hardy
		256	Graham Bel
		349	Mark Ketley
		385	David Jardin
24	South Shields H & AC	1497	
		219	Chris Muir
		225	Michael Jones
		227	Simon Lee
		255	Keith MacKey
		270	Paul Doxford
		301	Chris Mcdonald
25	York Knavesmire Harriers	1561	
		103	Tom Edwards
		186	Darren Hendley

	248	Kevin Langan
	281	Barry Atkinson
	340	Russell Parkinson
	403	Luke Westwood
26		1639
	166	Gareth Huxley
	167	Dave Daniels
	254	Sean Kelly
	341	Micky Todd
	347	Micky Baker
	364	Steve Volpe
27		1680
	37	Tom Bean
	214	Mike Raynes
	251	Andy Normandale
	312	Andrew Nesom
	332	Martin Kirby
	534	Alan Lynn
28		1710
	104	M Proctor
	182	P Williams
	287	A McDougall
	292	P Leary
	406	N Walsh
	439	M Ccatherall
29		1745
	112	J Griffiths
	148	T Annable
	318	P Maher
	358	T Archer
	391	S Baumber
	418	S Caldwell
30		1759
	139	James Pearson
	190	Aubrey Morrell
	294	Ian Boardley
	311	Mark Dalton
	399	Steve Peacock
	426	Neil Bant
31		1845
	208	Colin Martin
	209	Ian Bamber
	274	Kit Whitfield
	365	Julian Spencer
	384	Andy Garnett
	405	Tim Murphy
32		1880
	188	Phil Walton
	278	Tony Barbat
	291	Phil Cuthbert
	303	John Armstrong
	407	Richard Parry
	413	Matt Williams
33		1905
	178	J Sykes
	242	J Ewart
	259	D Wilde
	293	M Dewhirst
	461	J Kaushal
	472	B Holroyd
34		1919
	30	G Priestley
	184	K Ward
	325	G Chadderton
	386	T Hesketh
	470	P Ramsdale

	524	G Stone
35 Harrogate Hac	2085	
	109	Chris Miller
	269	Stephen Nesbitt
	327	Ashley Brook
	414	Brian Miller
	423	John McNerney
	543	Alan Couldwell
36 Wesham Road Runners & AC	2087	
	179	Alex Rowe
	290	Steve Myerscough
	343	Lee Barlow
	351	Russell Mabbutt
	435	Alan Glasgow
	489	Nigel Shepherd
37 Liverpool Running Club	2111	
	119	Paul Sankey
	295	Maurice Collins
	379	George Pierce
	410	Paul Quine
	448	Robert Burke
	460	Steve Clayton
38 Barnsley Athletic Club	2145	
	137	A Swift
	322	D Brooksbank
	368	M Casey
	408	M Hurrell
	420	A Waters
	490	D Bennett
39 Macclesfield Harriers	2186	
	279	John Mooney
	304	Christopher Bentley
	329	Raph Murray
	402	Steve Lomas
	430	Kevin Jackson
	442	Christopher Holden
40 Saltwell Harriers	2203	
	217	Fred Smith
	307	David Cairns
	308	Jim Thompson
	425	Chris Redfern
	432	Richard Townsend
	514	Phil James
41 North Derbyshire RC	2271	
	222	S Leverton
	315	S Bennett
	378	I McMillan
	380	S Cunningham
	463	R Booth
	513	N Chaplin
42 Lytham St Annes RRC	2294	
	268	Thomas Howarth
	338	Tony Croft
	375	Graham Webster
	397	Terry Hellings
	454	Roy Upton
	462	Willie Richmond
43 Steel City Striders RC	2345	
	162	S Bennett
	238	D Ansell
	455	A Buck
	478	D Parry
	483	I Stinson
	529	R Maxted
44 Red Rose Road Runners	2448	
	280	Joe Swarbrick

	346	Fred Lynch
	389	Philip Butler
	427	Geoff Haworth
	500	Gordon Noblett
	506	Philip Dean
45	Skelmersdale Boundary Harriers	2532
	284	Dylan Cole-Jones
	285	John Thompson
	424	Peter Wilkinson
	475	Peter Summers
	525	William Dalton
	539	Ian Doyle
46	Belper Harriers	2572
	352	Mark Riches
	371	Phil Conroy
	372	Rob Norman
	388	Andy Rose
	544	Malcolm Weir
	545	Simon Mackett
47	Pensby Runners	2680
	262	Gary Thornton-Allen
	445	Richard Green
	466	Nigel Crompton
	476	Gordon Scholefield
	479	John Keyworth
	552	Roy Fisher
48	South Cheshire Harriers	2737
	173	Michael Hatton
	447	Andrew Mayers
	450	Simon Walker
	516	Robert Mayers
	568	Michael Cutler
	583	Martin Stirna
49	Chorley AC	2745
	394	Simon Townsend
	395	Paul Wareing
	468	Dave Taylor
	482	Ian Walker
	491	Rick Cordwell
	515	Henry Minorczyk

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