

The Wilf Richards Cross Country Relays at Heaton Park on Saturday 18th February 2006

Wilf Richards - Men Stage 1 — Final Results

Pos	Name	Club	Leg Time				
1	C Hardman	SalfordH A	15:37	23	Daniel Murphy	BelleVR A	19:54
2	Ian Salisbury	TraffordAC A	16:26	24	S Edwards	SalfordMAC B	19:55
3	Martin Hilton	LeedsCAC	16:29	25	Mike Meggiato	TraffordAC B	19:56
4	Richard Archer	SaleHM B	17:01	26	Saul Gallagher	ECH&TAC C	19:58
5	Rob Flannery	SaleHM A	17:24	27	Andy Gibson	BuryAC	20:05
6	Rob Ingham	Oldham&RH&	17:28	28	J Reilly	MiddletonH A	20:07
7	C Fitzpatrick	Manchester A	17:29	29	Dave Potter	Astley&TRR	20:14
8	Gary Shaw	ClaytonLMH A	17:30	30	Dean Hebden	Rossendale B	20:26
9	M Chippendale	BowlandFR	17:34	31	M Howard	RadcliffeA C	20:27
10	W Martin	SalfordH B	17:49	32	Terry Fowler	Buxton&DAC A	20:52
11	Andy Buttery	Rossendale A	18:03	33	S Symons	Manchestes A	20:59
12	C Jones	SalfordMAC C	18:14	34	K Duckworth	ECH&TAC D	21:13
13	Roger Paris	SwintonRC A	18:18	35	Phil Pearson	ECH&TAC E	21:34
14	S Bruton	RadcliffeA A	18:19	36	M O'Brien	Manchestes C	22:06
15	John Roche	ClaytonLMH B	18:21	37	R Carter	Manchestes B	22:20
16	Liam Browne	ECH&TAC A	18:44	38	I Leach	RochdaleH& B	22:37
17	Stefan Ledin	Buxton&DAC B	18:49	39	D Whitehead	RochdaleH& C	22:39
18	F Cordingley	SaleHM C	18:55	40	S Sacks	SalfordH C	22:46
19	A Connelly	ECH&TAC B	19:17	41	A Sumner	RadcliffeA D	23:05
20	N Kirby	RadcliffeA B	19:27	42	Tony Houghton	BelleVR B	23:21
21	P Holmes	Manchester B	19:41	43	S Lightfoot	SalfordMAC A	24:14
22	I Stainthorpe	RochdaleH& A	19:49				

Wilf Richards - Men Stage 2 — Final Results

Pos	Name	Club	Leg Time	Cum Time	Gain				
1	D Milliken	SalfordH A	17:01	32:38	0	27	James Corrigan	BelleVR A	21:39
2	Mike Sawrey	TraffordAC A	17:02	33:28	0	28	Robin Beaumont	TraffordAC B	22:09
3	Jonatn Stewart	LeedsCAC	17:12	33:41	0	29	Alan Kennedy	ECH&TAC D	21:01
4	Sam Aspinwall	SaleHM A	17:09	34:33	+ 1	30	Eddie Shaw	ECH&TAC C	22:18
5	Mark Aspinall	ClaytonLMH B	16:49	35:10	+ 10	31	S Copley	Manchestes B	20:24
6	Nick Peach	SaleHM B	18:15	35:16	- 2	32	J Young	RadcliffeA C	23:11
7	S Swarbrick	BowlandFR	17:46	35:20	+ 2	33	M Pyle	MiddletonH A	23:56
8	M Mannings	Oldham&RH&	18:29	35:57	- 2	34	J Purdy	RochdaleH& B	21:47
9	D Williams	SalfordH B	18:19	36:08	+ 1	35	Barrie Little	ECH&TAC E	22:58
10	Sean Molloy	Rossendale A	18:10	36:13	+ 1	36	B Towell	SalfordH C	21:55
11	A Fitzpatrick	Manchester A	18:58	36:27	- 4	37	C Lawlor	SalfordMAC A	21:28
12	D Appleby	RadcliffeA A	18:16	36:35	+ 2	38	Frank Watson	BelleVR B	22:38
13	K Mitchell	ClaytonLMH A	19:25	36:55	- 5	39	D Jones	Manchestes C	25:32
14	James Shaw	ECH&TAC A	18:19	37:03	+ 2	40	M Cartwright	RadcliffeA D	24:48
15	Paul Barrett	SaleHM C	18:09	37:04	+ 3	41	M Smith	RochdaleH& C	27:39
16	Chris Brown	SwintonRC A	18:46	37:04	- 3	Fastest runners over stage 2:			
17	Andy Wilton	Buxton&DAC A	16:52	37:44	+ 15	1	Mark Aspinall	ClaytonLMH B	16:49
18	P Williams	RochdaleH& A	17:58	37:47	+ 4	2	Andy Wilton	Buxton&DAC A	16:52
19	A Harris	RadcliffeA B	18:58	38:25	+ 1	3	D Milliken	SalfordH A	17:01
20	John Bowker	ECH&TAC B	19:20	38:37	- 1	4	Mike Sawrey	TraffordAC A	17:02
21	Dave Cole	BuryAC	19:04	39:09	+ 6	5	Sam Aspinwall	SaleHM A	17:09
22	P Marchmant	SalfordMAC B	19:38	39:33	+ 2	6	Jonatn Stewart	LeedsCAC	17:12
23	Dave Nutton	Buxton&DAC B	20:55	39:44	- 6	7	S Swarbrick	BowlandFR	17:46
24	Richard Stott	Rossendale B	19:50	40:16	+ 6	8	P Williams	RochdaleH& A	17:58
25	David Garner	Manchestes A	19:29	40:28	+ 8	9	Paul Barrett	SaleHM C	18:09
26	Mark Riches	Astley&TRR	20:29	40:43	+ 3	10	Sean Molloy	Rossendale A	18:10

at Heaton Park on Saturday 18th February 2006

Wilf Richards - Men Stage 3 — Final Results

Pos	Name	Club	Leg Time	Cum Time	Gain
1	Simon Deakin	LeedsCAC	16:10	49:51	+ 2
2	R Hughes	SalfordH A	17:32	50:10	- 1
3	Chris Leigh	TraffordAC A	16:54	50:22	- 1
4	Paul Green	SaleHM A	16:21	50:54	0
5	George Kirk	SaleHM B	17:34	52:50	+ 1
6	Neil Shepherd	BowlandFR	18:19	53:39	+ 1
7	Shane Russell	Rossendale A	17:54	54:07	+ 3
8	Dave Gregory	ClaytonLMH B	19:08	54:18	- 3
9	Aaron Kelly	Oldham&RH&	18:45	54:42	- 1
10	D Gee	Manchester A	18:20	54:47	+ 1
11	Stuart Heaton	ECH&TAC A	18:20	55:23	+ 3
12	K Robinson	RochdaleH& A	18:14	56:01	+ 6
13	D Shaw	SalfordH B	20:00	56:08	- 4
14	Tony Walker	ClaytonLMH A	19:23	56:18	- 1
15	D Bartlett	RadcliffeA A	20:32	57:07	- 3
16	Chris Lomax	SwintonRC A	20:10	57:14	0
17	Mark Creighton	ECH&TAC B	19:12	57:49	+ 3
18	T Davies	RadcliffeA B	19:57	58:22	+ 1
19	Mark Quince	Buxton&DAC A	20:54	58:38	- 2
20	Bob Archer	BuryAC	19:38	58:47	+ 1
21	Ian Pudge	Buxton&DAC B	19:12	58:56	+ 2
22	Eddy Gilligan	Manchestes A	20:21	1:00:49	+ 3
23	Nigel Gotts	Rossendale B	20:40	1:00:56	+ 1
24	Craig Bradbury	Astley&TRR	21:11	1:01:54	+ 2
25	Derek Hughes	ECH&TAC D	20:01	1:02:15	+ 4
26	Paul Kenny	ECH&TAC C	20:38	1:02:54	+ 4
27	M Hulme	SalfordMAC B	23:53	1:03:26	- 5
28	I Aitchison	RochdaleH& B	19:46	1:04:10	+ 6
29	Marcus Gregory	ECH&TAC E	20:18	1:04:50	+ 6
30	D Hill	SalfordMAC A	19:26	1:05:08	+ 7
31	Ivan LasHeras	BelleVR A	23:37	1:05:10	- 4
32	T Dutton	Manchestes B	22:34	1:05:18	- 1
33	T Daniels	SalfordH C	21:06	1:05:47	+ 3
34	A Garvey	MiddletonH A	22:12	1:06:15	- 1
35	D Dewhurst	RadcliffeA C	24:14	1:07:52	- 3
36	D Smith	Manchestes C	23:23	1:11:01	+ 3
37	R Dalby	RochdaleH& C	21:22	1:11:40	+ 4
38	Stuart Kitchen	BelleVR B	25:53	1:11:52	0
39	V Ashton	RadcliffeA D	24:58	1:12:51	+ 1
40	Tom Malone	SaleHM C	37:35	1:14:39	- 25
Fastest runners over stage 3:					
1	Simon Deakin	LeedsCAC	16:10		
2	Paul Green	SaleHM A	16:21		
3	Chris Leigh	TraffordAC A	16:54		
4	R Hughes	SalfordH A	17:32		
5	George Kirk	SaleHM B	17:34		
6	Shane Russell	Rossendale A	17:54		
7	K Robinson	RochdaleH& A	18:14		
8	Neil Shepherd	BowlandFR	18:19		
9	D Gee	Manchester A	18:20		
10	Stuart Heaton	ECH&TAC A	18:20		

Wilf Richards - Men Stage 4 — Final Results

Pos	Name	Club	Leg Time	Cum Time	Gain
1	Dave Marsh	SaleHM A	16:53	1:07:47	+ 3
2	P Birkett	SalfordH A	17:48	1:07:58	0
3	Paul Wadsworth	LeedsCAC	18:52	1:08:43	- 2
4	Richard Clancy	TraffordAC A	18:29	1:08:51	- 1
5	L Winterbottom	SaleHM B	17:36	1:10:26	0
6	Lee Passco	BowlandFR	17:31	1:11:10	0
7	M Corbishley	Rossendale A	18:03	1:12:10	0
8	Martin Terry	ClaytonLMH B	19:19	1:13:37	0
9	Dennis Matthew	ECH&TAC A	19:05	1:14:28	+ 2
10	M Cunningham	Manchester A	20:20	1:15:07	0
11	B Schofield	Oldham&RH&	20:30	1:15:12	- 2
12	J Leach	RochdaleH& A	19:19	1:15:20	0
13	Neil Worswick	ClaytonLMH A	19:06	1:15:24	+ 1
14	Steve Doxey	SwintonRC A	18:28	1:15:42	+ 2
15	P Budd	SalfordH B	20:09	1:16:17	- 2
16	D Hoolahan	BuryAC	17:37	1:16:24	+ 4
17	Steve Robinson	ECH&TAC B	19:26	1:17:15	0
18	N Critchlow	Buxton&DAC A	19:12	1:17:50	+ 1
19	Anthony Gotts	Buxton&DAC B	19:09	1:18:05	+ 2
20	G Wilson	RadcliffeA B	20:35	1:18:57	- 2
21	R Sheils	RadcliffeA A	22:02	1:19:09	- 6
22	Steve Duxbury	Rossendale B	18:32	1:19:28	+ 1
23	A Oliver	Manchestes A	19:29	1:20:18	- 1
24	Gary Stevens	Astley&TRR	19:54	1:21:48	0
25	J Kovacs	SalfordH C	16:23	1:22:10	+ 8
26	Andy Farley	ECH&TAC C	19:58	1:22:52	0
27	Andy Schofield	ECH&TAC D	22:13	1:24:28	- 2
28	M Moran	RochdaleH& B	20:54	1:25:04	0
29	I Ireland	MiddletonH A	19:07	1:25:22	+ 5
30	Bernie Cook	BelleVR A	20:34	1:25:44	+ 1
31	J Carney	SalfordMAC A	21:27	1:26:35	- 1
32	A Thomas	SalfordMAC B	23:53	1:27:19	- 5
33	Howard Molloy	ECH&TAC E	22:34	1:27:24	- 4
34	J Leary	Manchestes B	23:17	1:28:35	- 2
35	B Booth	RadcliffeA C	23:24	1:31:16	0
36	I Manners	Manchestes C	22:40	1:33:41	0
37	P Roberts	RochdaleH& C	23:56	1:35:36	0
38	J Sutcliffe	RadcliffeA D	23:05	1:35:56	+ 1
39	Kevin Egerton	BelleVR B	24:17	1:36:09	- 1
Fastest runners over stage 4:					
1	J Kovacs	SalfordH C	16:23		
2	Dave Marsh	SaleHM A	16:53		
3	Lee Passco	BowlandFR	17:31		
4	L Winterbottom	SaleHM B	17:36		
5	D Hoolahan	BuryAC	17:37		
6	P Birkett	SalfordH A	17:48		
7	M Corbishley	Rossendale A	18:03		
8	Steve Doxey	SwintonRC A	18:28		
9	Richard Clancy	TraffordAC A	18:29		
10	Steve Duxbury	Rossendale B	18:32		

The Wilf Richards Cross Country Relays at Heaton Park on Saturday 18th February 2006

Wilf Richards — Team Results — Final

(nn) is team position after the appropriate stage.

1 Sale Harriers Manchester 'A' 1:07:47				17 E Cheshire H & Tameside AC 'B' 1:17:15			
1 Rob Flannery (5) 17:24	2 Sam Aspinwall (4) 17:09	17 A Connelly (19) 19:17	2 John Bowker (20) 19:20	3 Paul Green (4) 16:21	4 Dave Marsh (1) 16:53	3 Mark Creighton (17) 19:12	4 Steve Robinson (17) 19:26
2 Salford Harriers 'A' 1:07:58				18 Buxton & District AC 'A' 1:17:50			
1 C Hardman (1) 15:37	2 D Milliken (1) 17:01	1 Terry Fowler (32) 20:52	2 Andy Wilton (17) 16:52	3 R Hughes (2) 17:32	4 P Birkett (2) 17:48	3 Mark Quince (19) 20:54	4 N Critchlow (18) 19:12
3 Leeds City Athletic Club 1:08:43				19 Radcliffe AC 'B' 1:18:57			
1 Martin Hilton (3) 16:29	2 Jonatn Stewart (3) 17:12	1 N Kirby (20) 19:27	2 A Harris (19) 18:58	3 Simon Deakin (1) 16:10	4 Paul Wadsworth (3) 18:52	3 T Davies (18) 19:57	4 G Wilson (20) 20:35
4 Trafford Athletic Club 'A' 1:08:51				20 Radcliffe AC 'A' 1:19:09			
1 Ian Salisbury (2) 16:26	2 Mike Sawrey (2) 17:02	1 S Bruton (14) 18:19	2 D Appleby (12) 18:16	3 Chris Leigh (3) 16:54	4 Richard Clancy (4) 18:29	3 D Bartlett (15) 20:32	4 R Sheils (21) 22:02
5 Sale Harriers Manchester 'B' 1:10:26				21 Rossendale Harriers & AC 'B' 1:19:28			
1 Richard Archer (4) 17:01	2 Nick Peach (6) 18:15	1 Dean Hebden (30) 20:26	2 Richard Stott (24) 19:50	3 George Kirk (5) 17:34	4 L Winterbottom (5) 17:36	3 Nigel Gotts (23) 20:40	4 Steve Duxbury (22) 18:32
6 Bowland Fell Runners 1:11:10				22 Manchester YMCA Harriers 'A' 1:20:18			
1 M Chippendale (9) 17:34	2 S Swarbrick (7) 17:46	1 S Symons (33) 20:59	2 David Garner (25) 19:29	3 Neil Shepherd (6) 18:19	4 Lee Passco (6) 17:31	3 Eddy Gilligan (22) 20:21	4 A Oliver (23) 19:29
7 Rossendale Harriers & AC 'A' 1:12:10				23 Astley & Tyldesley Road Runner 1:21:48			
1 Andy Buttery (11) 18:03	2 Sean Molloy (10) 18:10	1 Dave Potter (29) 20:14	2 Mark Riches (26) 20:29	3 Shane Russell (7) 17:54	4 M Corbishley (7) 18:03	3 Craig Bradbury (24) 21:11	4 Gary Stevens (24) 19:54
8 Clayton Le Moors Harriers 'B' 1:13:37				24 Salford Harriers 'C' 1:22:10			
1 John Roche (15) 18:21	2 Mark Aspinall (5) 16:49	1 S Sacks (40) 22:46	2 B Towell (36) 21:55	3 Dave Gregory (8) 19:08	4 Martin Terry (8) 19:19	3 T Daniels (33) 21:06	4 J Kovacs (25) 16:23
9 E Cheshire H & Tameside AC 'A' 1:14:28				25 E Cheshire H & Tameside AC 'C' 1:22:52			
1 Liam Browne (16) 18:44	2 James Shaw (14) 18:19	1 Saul Gallagher (26) 19:58	2 Eddie Shaw (30) 22:18	3 Stuart Heaton (11) 18:20	4 Dennis Matthew (9) 19:05	3 Paul Kenny (26) 20:38	4 Andy Farley (26) 19:58
10 Manchester Harriers & AC 'A' 1:15:07				26 E Cheshire H & Tameside AC 'D' 1:24:28			
1 C Fitzpatrick (7) 17:29	2 A Fitzpatrick (11) 18:58	1 K Duckworth (34) 21:13	2 Alan Kennedy (29) 21:01	3 D Gee (10) 18:20	4 M Cunningham (10) 20:20	3 Derek Hughes (25) 20:01	4 Andy Schofield (27) 22:13
11 Oldham & Royton H & AC 1:15:12				27 Rochdale Harriers & AC 'B' 1:25:04			
1 Rob Ingham (6) 17:28	2 M Mannings (8) 18:29	1 I Leach (38) 22:37	2 J Purdy (34) 21:47	3 Aaron Kelly (9) 18:45	4 B Schofield (11) 20:30	3 I Aitchison (28) 19:46	4 M Moran (28) 20:54
12 Rochdale Harriers & AC 'A' 1:15:20				28 Middleton Harriers AC 'A' 1:25:22			
1 I Stainthorpe (22) 19:49	2 P Williams (18) 17:58	1 J Reilly (28) 20:07	2 M Pyle (33) 23:56	3 K Robinson (12) 18:14	4 J Leach (12) 19:19	3 A Garvey (34) 22:12	4 I Ireland (29) 19:07
13 Clayton Le Moors Harriers 'A' 1:15:24				29 Belle Vue Racers 'A' 1:25:44			
1 Gary Shaw (8) 17:30	2 K Mitchell (13) 19:25	1 Daniel Murphy (23) 19:54	2 James Corrigan (27) 21:39	3 Tony Walker (14) 19:23	4 Neil Worswick (13) 19:06	3 Ivan Las Heras (31) 23:37	4 Bernie Cook (30) 20:34
14 Swinton Running Club 'A' 1:15:42				30 Salford Metropolitan AC 'A' 1:26:35			
1 Roger Paris (13) 18:18	2 Chris Brown (16) 18:46	1 S Lightfoot (43) 24:14	2 C Lawlor (37) 21:28	3 Chris Lomax (16) 20:10	4 Steve Doxey (14) 18:28	3 D Hill (30) 19:26	4 J Carney (31) 21:27
15 Salford Harriers 'B' 1:16:17				31 Salford Metropolitan AC 'B' 1:27:19			
1 W Martin (10) 17:49	2 D Williams (9) 18:19	1 S Edwards (24) 19:55	2 P Marchmont (22) 19:38	3 D Shaw (13) 20:00	4 P Budd (15) 20:09	3 M Hulme (27) 23:53	4 A Thomas (32) 23:53
16 Bury Athletic Club 1:16:24				32 E Cheshire H & Tameside AC 'E' 1:27:24			
1 Andy Gibson (27) 20:05	2 Dave Cole (21) 19:04	1 Phil Pearson (35) 21:34	2 Barrie Little (35) 22:58	3 Bob Archer (20) 19:38	4 D Hoolahan (16) 17:37	3 Marcus Gregory (29) 20:18	4 Howard Molloy (33) 22:34

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33 Manchester YMCA Harriers 'B' 1:28:35
 1 R Carter (37)22:20 2 S Copley (31)20:24
 3 T Dutton (32)22:34 4 J Leary (34)23:17

34 Radcliffe AC 'C' 1:31:16
 1 M Howard (31)20:27 2 J Young (32)23:11
 3 D Dewhurst (35)24:14 4 B Booth (35)23:24

35 Manchester YMCA Harriers 'C' 1:33:41
 1 M O'Brien (36)22:06 2 D Jones (39)25:32
 3 D Smith (36)23:23 4 I Manners (36)22:40

36 Rochdale Harriers & AC 'C' 1:35:36
 1 D Whitehead (39)22:39 2 M Smith (41)27:39
 3 R Dalby (37)21:22 4 P Roberts (37)23:56

37 Radcliffe AC 'D' 1:35:56
 1 A Sumner (41)23:05 2 M Cartwright (40)24:48
 3 V Ashton (39)24:58 4 J Sutcliffe (38)23:05

38 Belle Vue Racers 'B' 1:36:09
 1 Tony Houghton (42)23:21 2 Frank Watson (38)22:38
 3 Stuart Kitchen (38) 25:53 4 Kevin Egerton (39)24:17

Fastest of all legs

1	C Hardman	SalfordH	A	15:37
2	Simon Deakin	LeedsCAC		16:10
3	Paul Green	SaleHM	A	16:21
4	J Kovacs	SalfordH	C	16:23
5	Ian Salisbury	TraffordAC	A	16:26
6	Martin Hilton	LeedsCAC		16:29
7	Mark Aspinall	ClaytonLMH	B	16:49
8	Andy Wilton	Buxton&DAC	A	16:52
9	Dave Marsh	SaleHM	A	16:53
10	Chris Leigh	TraffordAC	A	16:54

Fastest of all legs (Vets)

1	Mark Aspinall	ClaytonLMH	B	16:49
2	Andy Wilton	Buxton&DAC	A	16:52
3	Richard Archer	SaleHM	B	17:01
4	S Swarbrick	BowlandFR		17:46
5	P Birkett	SalfordH	A	17:48
6	M Corbishley	Rossendale	A	18:03
7	Nick Peach	SaleHM	B	18:15
8	Roger Paris	SwintonRC	A	18:18
9	Neil Shepherd	BowlandFR		18:19
=	D Williams	SalfordH	B	18:19

Non-Counters -

Buxton & District AC 'B' 1:18:05
 1 Stefan Ledin (17)18:49 2 Dave Nutton (23)20:55
 3 Ian Pudge (21)19:12 4 Anthony Gotts (19)19:09

Incomplete Teams:

Sale Harriers Manchester 'C' 1:14:39
 1 F Cordingley (18)18:55 2 Paul Barrett (15)18:09
 3 Tom Malone (40)37:35

Trafford Athletic Club 'B' 42:05
 1 Mike Meggiato (25)19:56 2 Robin Beaumont(28) 22:09

Salford Metropolitan AC 'C' 18:14
 1 C Jones (12)18:14

Manchester Harriers & AC 'B' 19:41
 1 P Holmes (21)19:41

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Wilf Richards - Men (Vets) Stage 1 — Final Results

Pos	Name	Club	Leg Time				
1	John Roche	ClaytonLMH B	18:21	5	M Howard	RadcliffeA C	20:27
2	N Kirby	RadcliffeA B	19:27	6	I Leach	RochdaleH& B	22:37
3	J Reilly	MiddletonH A	20:07	7	Tony Houghton	BelleVR B	23:21
4	Dean Hebden	Rossendale B	20:26	8	S Lightfoot	SalfordMAC A	24:14

Wilf Richards - Men (Vets) Stage 2 — Final Results

Pos	Name	Club	Leg Time	Cum Time	Gain	Fastest runners over stage 2:	
1	Mark Aspinall	ClaytonLMH B	16:49	35:10	0	1 Mark Aspinall	ClaytonLMH B 16:49
2	A Harris	RadcliffeA B	18:58	38:25	0	2 A Harris	RadcliffeA B 18:58
3	Richard Stott	Rossendale B	19:50	40:16	+ 1	3 Richard Stott	Rossendale B 19:50
4	J Young	RadcliffeA C	23:11	43:38	+ 1	4 C Lawlor	SalfordMAC A 21:28
5	M Pyle	MiddletonH A	23:56	44:03	- 2	5 J Purdy	RochdaleH& B 21:47
6	J Purdy	RochdaleH& B	21:47	44:24	0	6 Frank Watson	BelleVR B 22:38
7	C Lawlor	SalfordMAC A	21:28	45:42	+ 1	7 J Young	RadcliffeA C 23:11
8	Frank Watson	BelleVR B	22:38	45:59	- 1	8 M Pyle	MiddletonH A 23:56

Wilf Richards - Men (Vets) Stage 3 — Final Results

Pos	Name	Club	Leg Time	Cum Time	Gain	Fastest runners over stage 3:	
1	Dave Gregory	ClaytonLMH B	19:08	54:18	0	1 Dave Gregory	ClaytonLMH B 19:08
2	T Davies	RadcliffeA B	19:57	58:22	0	2 D Hill	SalfordMAC A 19:26
3	Nigel Gotts	Rossendale B	20:40	1:00:56	0	3 I Aitchison	RochdaleH& B 19:46
4	I Aitchison	RochdaleH& B	19:46	1:04:10	+ 2	4 T Davies	RadcliffeA B 19:57
5	D Hill	SalfordMAC A	19:26	1:05:08	+ 2	5 Nigel Gotts	Rossendale B 20:40
6	A Garvey	MiddletonH A	22:12	1:06:15	- 1	6 A Garvey	MiddletonH A 22:12
7	D Dewhurst	RadcliffeA C	24:14	1:07:52	- 3	7 D Dewhurst	RadcliffeA C 24:14
8	Stuart Kitchen	BelleVR B	25:53	1:11:52	0	8 Stuart Kitchen	BelleVR B 25:53

Wilf Richards - Men (Vets) Stage 4 — Final Results

Pos	Name	Club	Leg Time	Cum Time	Gain	Fastest runners over stage 4:	
1	Martin Terry	ClaytonLMH B	19:19	1:13:37	0	1 Steve Duxbury	Rossendale B 18:32
2	G Wilson	RadcliffeA B	20:35	1:18:57	0	2 I Ireland	MiddletonH A 19:07
3	Steve Duxbury	Rossendale B	18:32	1:19:28	0	3 Martin Terry	ClaytonLMH B 19:19
4	M Moran	RochdaleH& B	20:54	1:25:04	0	4 G Wilson	RadcliffeA B 20:35
5	I Ireland	MiddletonH A	19:07	1:25:22	+ 1	5 M Moran	RochdaleH& B 20:54
6	J Carney	SalfordMAC A	21:27	1:26:35	- 1	6 J Carney	SalfordMAC A 21:27
7	B Booth	RadcliffeA C	23:24	1:31:16	0	7 B Booth	RadcliffeA C 23:24
8	Kevin Egerton	BelleVR B	24:17	1:36:09	0	8 Kevin Egerton	BelleVR B 24:17

Wilf Richards — Team Results — Final

(nn) is team position after the appropriate stage.

1 Clayton Le Moors Harriers				‘B’ 1:13:37				6 Salford Metropolitan AC				‘A’ 1:26:35			
1	John Roche	(1)	18:21	2	Mark Aspinall	(1)	16:49	1	S Lightfoot	(8)	24:14	2	C Lawlor	(7)	21:28
3	Dave Gregory	(1)	19:08	4	Martin Terry	(1)	19:19	3	D Hill	(5)	19:26	4	J Carney	(6)	21:27
2 Radcliffe AC				‘B’ 1:18:57				7 Radcliffe AC				‘C’ 1:31:16			
1	N Kirby	(2)	19:27	2	A Harris	(2)	18:58	1	M Howard	(5)	20:27	2	J Young	(4)	23:11
3	T Davies	(2)	19:57	4	G Wilson	(2)	20:35	3	D Dewhurst	(7)	24:14	4	B Booth	(7)	23:24
3 Rossendale Harriers & AC				‘B’ 1:19:28				8 Belle Vue Racers				‘B’ 1:36:09			
1	Dean Hebden	(4)	20:26	2	Richard Stott	(3)	19:50	1	Tony Houghton	(7)	23:21	2	Frank Watson	(8)	22:38
3	Nigel Gotts	(3)	20:40	4	Steve Duxbury	(3)	18:32	3	Stuart Kitchen	(8)	25:53	4	Kevin Egerton	(8)	24:17
4 Rochdale Harriers & AC				‘B’ 1:25:04				Fastest of all legs							
1	I Leach	(6)	22:37	2	J Purdy	(6)	21:47	1	Mark Aspinall	ClaytonLMH	B	16:49			
3	I Aitchison	(4)	19:46	4	M Moran	(4)	20:54	2	John Roche	ClaytonLMH	B	18:21			
								3	Steve Duxbury	Rossendale	B	18:32			
								4	A Harris	RadcliffeA	B	18:58			
								5	I Ireland	MiddletonH	A	19:07			
								6	Dave Gregory	ClaytonLMH	B	19:08			
								7	Martin Terry	ClaytonLMH	B	19:19			
								8	D Hill	SalfordMAC	A	19:26			
								9	N Kirby	RadcliffeA	B	19:27			
								10	I Aitchison	RochdaleH&	B	19:46			
5 Middleton Harriers AC				‘A’ 1:25:22											
1	J Reilly	(3)	20:07	2	M Pyle	(5)	23:56								
3	A Garvey	(6)	22:12	4	I Ireland	(5)	19:07								

The Wilf Richards Cross Country Relays at Heaton Park on Saturday 18th February 2006

Wilf Richards - Ladies Stage 1 — Final Results

Pos	Name	Club	Leg	Time			
1	Bev Jenkins	SalfordHL	A	18:25			
2	Carly Needham	RochdaleHL	A	19:57			
3	J Fairchild	SalfordML		20:21			
4	Anna Kelly	ClaytonL	A	20:25			
5	Sonya Hanson	SalfordHL	B	20:32			
6	D Cartwright	RadcliffeL	A	21:47			
7	Donna Riley	ClaytonL	B	22:22			
8	Anna Blomfield	RochdaleHL	B	22:31			
9	Jane Murphy	ClaytonL	C	22:42			
10	N Pollard	ECH&T	L	22:53			
11	H Corbishley	Ross'daleL		23:07			
12	Viv Slack	M'chrYMCAL		24:08			
13	D Beresford	Manch'r L	A	24:29			
14	G Dewhurst	RadcliffeL	B	24:43			
15	Annie Hirsch	BelleVL	A	25:11			
16	C Gallagher	RochdaleHL	E	26:10			
17	Chris Deasey	RochdaleHL	C	26:17			
18	Tracey Smith	RochdaleHL	D	26:24			
19	Bev Scholes	BuryL		27:22			
20	Chris Barber	BelleVL	B	28:06			
21	N Cawthorne	SwintonRL		29:56			

Wilf Richards - Ladies Stage 2 — Final Results

Pos	Name	Club	Leg	Time	Cum Time	Gain	
1	Rachel Jones	SalfordHL	A	18:53	37:18	0	
2	Tracy Mitchell	ClaytonL	A	21:37	42:02	+ 2	
3	Anneka Sanders	SalfordHL	B	22:09	42:41	+ 2	
4	V Lupton	RadcliffeL	A	20:59	42:46	+ 2	
5	Ros Dunnington	ECH&T	L	21:20	44:13	+ 5	
6	C Lewtas	SalfordML		24:00	44:21	- 3	
7	Kirsty Johnson	RochdaleHL	A	24:56	44:53	- 5	
8	Cath Brady	ClaytonL	B	22:50	45:12	- 1	
9	Jan Needham	RochdaleHL	B	22:50	45:21	- 1	
10	Irene Roche	ClaytonL	C	24:52	47:34	- 1	
11	P Fitzpatrick	M'chrYMCAL		24:41	48:49	+ 1	
12	P Abernethy	RadcliffeL	B	24:46	49:29	+ 2	
13	Emma Poulter	Manch'r L	A	26:23	50:52	0	
14	C Navan	Ross'daleL		28:39	51:46	- 3	
15	Ade Oboaba	BelleVL	B	24:50	52:56	+ 5	
16	Jane Guy	RochdaleHL	C	26:54	53:11	+ 1	
17	Dee O'Neill	BelleVL	A	28:07	53:18	- 2	
18	N McDonald	BuryL		26:51	54:13	+ 1	
19	B Robinson	RochdaleHL	D	28:52	55:16	- 1	

Fastest runners over stage 2:

1	Rachel Jones	SalfordHL	A	18:53
2	V Lupton	RadcliffeL	A	20:59
3	Ros Dunnington	ECH&T	L	21:20
4	Tracy Mitchell	ClaytonL	A	21:37
5	Anneka Sanders	SalfordHL	B	22:09
6	Cath Brady	ClaytonL	B	22:50
7	Jan Needham	RochdaleHL	B	22:50
8	C Lewtas	SalfordML		24:00
9	P Fitzpatrick	M'chrYMCAL		24:41
10	P Abernethy	RadcliffeL	B	24:46

Wilf Richards - Ladies Stage 3 — Final Results

Pos	Name	Club	Leg	Time	Cum Time	Gain	
1	Julie Cook	SalfordHL	A	19:27	56:45	0	
2	Candice Leah	ClaytonL	A	20:06	1:02:08	0	
3	S Massey	RadcliffeL	A	21:59	1:04:45	+ 1	
4	Stella Boam	ECH&T	L	21:37	1:05:50	+ 1	
5	Josepha Terim	RochdaleHL	A	21:19	1:06:12	+ 2	
6	Jane Bilton	SalfordHL	B	24:00	1:06:41	- 3	
7	Huma Rahman	RochdaleHL	B	21:54	1:07:15	+ 2	
8	E Hall	SalfordML		23:58	1:08:19	- 2	
9	A Wainscott	ClaytonL	B	23:45	1:08:57	- 1	
10	Stef Goodchild	M'chrYMCAL		24:12	1:13:01	+ 1	
11	R Worthington	Manch'r L	A	23:47	1:14:39	+ 2	
12	Sue Allen	ClaytonL	C	27:27	1:15:01	- 2	
13	T Ireland	Ross'daleL		23:19	1:15:05	+ 1	
14	K Davies	RadcliffeL	B	25:46	1:15:15	- 2	
15	Amnda	BelleVL	A	25:59	1:19:17	+ 2	
16	J Hutchinson	RochdaleHL	C	26:10	1:19:21	0	
17	Janine Hope	BuryL		25:19	1:19:32	+ 1	
18	Maxie Grimshae	BelleVL	B	32:08	1:25:04	- 3	
19	Karen Stone	RochdaleHL	D	30:55	1:26:11	0	

Fastest runners over stage 3:

1	Julie Cook	SalfordHL	A	19:27
2	Candice Leah	ClaytonL	A	20:06
3	Josepha Terim	RochdaleHL	A	21:19
4	Stella Boam	ECH&T	L	21:37
5	Huma Rahman	RochdaleHL	B	21:54
6	S Massey	RadcliffeL	A	21:59
7	T Ireland	Ross'daleL		23:19
8	A Wainscott	ClaytonL	B	23:45
9	R Worthington	Manch'r L	A	23:47
10	E Hall	SalfordML		23:58

The Wilf Richards Cross Country Relays

at Heaton Park on Saturday 18th February 2006

Wilf Richards —Ladies Team Results — Final

(nn) is team position after the appropriate stage.

1 Salford Harriers Ladies			'A' 56:45			16 Rochdale Harriers Ladies			'C' 1:19:21		
1	Bev Jenkins	(1) 18:25	2	Rachel Jones	(1) 18:53	1	Chris Deasey	(17)26:17	2	Jane Guy	(16)26:54
3	Julie Cook	(1) 19:27				3	J Hutchinson	(16)26:10			
2 Clayton Ladies			'A' 1:02:08			17 Bury Ladies			1:19:32		
1	Anna Kelly	(4) 20:25	2	Tracy Mitchell	(2) 21:37	1	Bev Scholes	(19)27:22	2	N McDonald	(18)26:51
3	Candice Leah	(2) 20:06				3	Janine Hope	(17)25:19			
3 Radcliffe Ac Ladies			'A' 1:04:45			18 Belle Vue Ladies			'B' 1:25:04		
1	D Cartwright	(6) 21:47	2	V Lupton	(4) 20:59	1	Chris Barber	(20)28:06	2	Ade Oboaba	(15)24:50
3	S Massey	(3) 21:59				3	Maxie Grimshae	(18)32:08			
4 E Cheshire HL Ladies			1:05:50			19 Rochdale Harriers Ladies			'D' 1:26:11		
1	N Pollard	(10)22:53	2	Ros Dunnington	(5) 21:20	1	Tracey Smith	(18)26:24	2	B Robinson	(19)28:52
3	Stella Boam	(4) 21:37				3	Karen Stone	(19)30:55			
5 Rochdale Harriers Ladies			'A' 1:06:12			Incomplete Teams:					
1	Carly Needham	(2) 19:57	2	Kirsty Johnson	(7) 24:56	Rochdale Harriers Ladies			'E' 26:10		
3	Josepha Terim	(5) 21:19				1	C Gallagher	(16)26:10			
6 Salford Harriers Ladies			'B' 1:06:41			Swinton Rc Ladies			29:56		
1	Sonya Hanson	(5) 20:32	2	Anneka Sanders	(3) 22:09	1	N Cawthorne	(21)29:56			
3	Jane Bilton	(6) 24:00				Fastest of all legs					
7 Rochdale Harriers Ladies			'B' 1:07:15			1	Bev Jenkins	SalfordHL	A	18:25	
1	Anna Blomfield	(8) 22:31	2	Jan Needham	(9) 22:50	2	Rachel Jones	SalfordHL	A	18:53	
3	Huma Rahman	(7) 21:54				3	Julie Cook	SalfordHL	A	19:27	
8 Salford Mets Ladies			1:08:19			4	Carly Needham		RochdaleHL	A	
1	J Fairchild	(3) 20:21	2	C Lewtas	(6) 24:00	5	Candice Leah	ClaytonL	A	20:06	
3	E Hall	(8) 23:58				6	J Fairchild	SalfordML		20:21	
9 Clayton Ladies			'B' 1:08:57			7	Anna Kelly	ClaytonL	A	20:25	
1	Donna Riley	(7) 22:22	2	Cath Brady	(8) 22:50	8	Sonya Hanson	SalfordHL	B	20:32	
3	A Wainscott	(9) 23:45				9	V Lupton	RadcliffeL	A	20:59	
10 Manchester Ymca Ladies			1:13:01			10	Josepha Terim		RochdaleHL	A	
1	Viv Slack	(12)24:08	2	P Fitzpatrick	(11)24:41		21:19				
3	Stef Goodchild	(10) 24:12				Fastest of all legs (Vets)					
11 Manchester Harriers Ladies			'A' 1:14:39			1	Bev Jenkins	SalfordHL	A	18:25	
1	D Beresford	(13)24:29	2	Emma Poulter	(13)26:23	2	Rachel Jones	SalfordHL	A	18:53	
3	R Worthington	(11)23:47				3	Julie Cook	SalfordHL	A	19:27	
12 Clayton Ladies			'C' 1:15:01			4	Anna Kelly	ClaytonL	A	20:25	
1	Jane Murphy	(9) 22:42	2	Irene Roche	(10)24:52	5	Ros Dunnington	ECH&T L		21:20	
3	Sue Allen	(12)27:27				6	Stella Boam	ECH&T L		21:37	
13 Rossendale Ladies			1:15:05			7	Huma Rahman		RochdaleHL	B	
1	H Corbishley	(11)23:07	2	C Navan	(14)28:39		21:54				
3	T Ireland	(13)23:19				8	Donna Riley	ClaytonL	B	22:22	
14 Radcliffe Ac Ladies			'B' 1:15:15			9	Anna Blomfield	RochdaleHL	B	22:31	
1	G Dewhurst	(14)24:43	2	P Abernethy	(12)24:46	10	Jane Murphy	ClaytonL	C	22:42	
3	K Davies	(14)25:46									
15 Belle Vue Ladies			'A' 1:19:17								
1	Annie Hirsch	(15)25:11	2	Dee O'Neill	(17)28:07						
3	Amnda	(15)25:59									

The Wilf Richards Cross Country Relays at Heaton Park on Saturday 18th February 2006

Wilf Richards - Ladies (Vets) Stage 1 — Final Results

Pos	Name	Club	Leg Time
1	Bev Jenkins	SalfordHL A	18:25
2	Anna Blomfield	RochdaleHL B	22:31
3	Jane Murphy	ClaytonL C	22:42
4	N Pollard	ECH&T L	22:53
5	G Dewhurst	RadcliffeL B	24:43
6	Tracey Smith	RochdaleHL D	26:24

Wilf Richards - Ladies (Vets) Stage 2 — Final Results

Pos	Name	Club	Leg Time	Cum Time	Gain
1	Rachel Jones	SalfordHL A	18:53	37:18	0
2	Ros Dunnington	ECH&T L	21:20	44:13	+ 2
3	Jan Needham	RochdaleHL B	22:50	45:21	- 1
4	Irene Roche	ClaytonL C	24:52	47:34	- 1
5	P Abernethy	RadcliffeL B	24:46	49:29	0
6	B Robinson	RochdaleHL D	28:52	55:16	0

Fastest runners over stage 2:

1	Rachel Jones	SalfordHL A	18:53
2	Ros Dunnington	ECH&T L	21:20
3	Jan Needham	RochdaleHL B	22:50
4	P Abernethy	RadcliffeL B	24:46
5	Irene Roche	ClaytonL C	24:52
6	B Robinson	RochdaleHL D	28:52

Wilf Richards - Ladies (Vets) Stage 3 — Final Results

Pos	Name	Club	Leg Time	Cum Time	Gain
1	Julie Cook	SalfordHL A	19:27	56:45	0
2	Stella Boam	ECH&T L	21:37	1:05:50	0
3	Huma Rahman	RochdaleHL B	21:54	1:07:15	0
4	Sue Allen	ClaytonL C	27:27	1:15:01	0
5	K Davies	RadcliffeL B	25:46	1:15:15	0
6	Karen Stone	RochdaleHL D	30:55	1:26:11	0

Fastest runners over stage 3:

1	Julie Cook	SalfordHL A	19:27
2	Stella Boam	ECH&T L	21:37
3	Huma Rahman	RochdaleHL B	21:54
4	K Davies	RadcliffeL B	25:46
5	Sue Allen	ClaytonL C	27:27
6	Karen Stone	RochdaleHL D	30:55

Wilf Richards — Team Results — Final

(nn) is team position after the appropriate stage.

1 Salford Harriers Ladies	'A'	56:45	Fastest of all legs
1 Bev Jenkins (1) 18:25	2 Rachel Jones (1) 18:53	1 Bev Jenkins SalfordHL A 18:25	
3 Julie Cook (1) 19:27		2 Rachel Jones SalfordHL A 18:53	
2 E Cheshire HL Ladies	1:05:50	3 Julie Cook SalfordHL A 19:27	
1 N Pollard (4) 22:53	2 Ros Dunnington (2) 21:20	4 Ros Dunnington ECH&T L 21:20	
3 Stella Boam (2) 21:37		5 Stella Boam ECH&T L 21:37	
3 Rochdale Harriers Ladies	'B'	1:07:15	
1 Anna Blomfield (2) 22:31	2 Jan Needham (3) 22:50	6 Huma Rahman RochdaleHL B 21:54	
3 Huma Rahman (3) 21:54		7 Anna Blomfield RochdaleHL B 22:31	
4 Clayton Ladies	'C'	1:15:01	8 Jane Murphy ClaytonL C 22:42
1 Jane Murphy (3) 22:42	2 Irene Roche (4) 24:52	9 Jan Needham RochdaleHL B 22:50	
3 Sue Allen (4) 27:27		10 N Pollard ECH&T L 22:53	
5 Radcliffe Ac Ladies	'B'	1:15:15	
1 G Dewhurst (5) 24:43	2 P Abernethy (5) 24:46		
3 K Davies (5) 25:46			
6 Rochdale Harriers Ladies	'D'	1:26:11	
1 Tracey Smith (6) 26:24	2 B Robinson (6) 28:52		
3 Karen Stone (6) 30:55			

