

Manchester Area Cross Country League

at Clayton Vale, Manchester on Saturday 12th February 2011

NOTE: The individual results include only runners who have run at least 4 races

Senior Men — Points after 5 races

1 David Norman	Altrincham	9	(2, 1, 4, 2, 0)	72 Mark Davies	St Helens	422(0,104,108,118, 92)
2 Ian Salisbury	Trafford A	19	(4, 3, 9, 8, 4)	73 Gareth Woodcock	Trafford A	445(120,141, 0,107, 77)
3 Damian Nicholls	Wilmslow R	26	(0, 9, 10, 4, 3)	74 Andrew Farley	V50 E Cheshire	452(0,124,116,133, 79)
4 Gavin Tomlinson	Trafford A	27	(8, 4, 6, 9, 0)	75 Alan McNally	V45 St Helens	456(131,117,100,108, 0)
5 Owen Greene	Trafford A	33	(0, 13, 16, 3, 1)	76 Toby Percival	Altrincham	477(179,152,128,115, 82)
6 John Ashcroft	St Helens	34	(12, 5, 18, 15, 2)	77 Ian Hayburn	V40 St Helens	483(0,154,138,119, 72)
7 Ben Martin	Trafford A	36	(13, 6, 12, 0, 5)	78 Rob King	V40 Mchr tri	484(163,138,111,160, 75)
8 Mark Russell	V40 Salford H&	48	(15, 15, 23, 12, 6)	79 Ian Wilding	Mchr YMCA	485(136,122,131, 0, 96)
9 Malcolm Fowler	V45 Wilmslow R	59	(0, 21, 19, 11, 8)	80 David Keeling	V45 Trafford A	488(0,132,126,121,109)
10 Jan Pichl	Salford H&	72	(25, 26, 14, 0, 7)	81 Roberto Raso	V45 Mchr front	507(176,155,155,103, 94)
11 Tom Bush	Altrincham	86	(31, 25, 0, 16, 14)	82 Chris Green	Abc Runner	510(138,128,106,138, 0)
12 Michael Flatley	V40 Middleton	90	(38, 18, 20, 14, 0)	83 Dominic Byrne	Abc Runner	511(146,136,130,149, 99)
13 Adrian Nutter	Stockport	92	(27, 32, 30, 19, 16)	84 Chris Lomax	V40 Swinton RC	516(154,146,115, 0,101)
14 Rob Downs	V45 Wilmslow R	108	(0, 33, 27, 26, 22)	85 Tim Rainey	V45 Sale H Man	531(172,134,139,134,124)
15 James Noakes	V40 Macclesfid	112	(34, 35, 25, 0, 18)	86 Andy Watts	V60 Wilmslow R	540(167,151,127, 0, 95)
= Jim Pendrill	V40 Wilmslow R	112	(35, 36, 31, 31, 15)	87 John Reilly	V60 Middleton	559(160,170, 0,126,103)
17 Ed Fazakerley	V40 Manchester	114	(45, 37, 42, 25, 10)	88 Dan Bird	Swinton RC	571(164,166,129,112, 0)
= Daniel Ansell	Trafford A	114	(39, 30, 22, 23, 0)	89 Steve Gavin	V40 Sale H Man	585(157,163,123,142, 0)
19 Graham Macneill	V45 Wilmslow R	119	(0, 42, 33, 24, 20)	90 Paul Kay	V55 Abc Runner	590(188,171,134, 0, 97)
20 James Corden	Stockport	132	(47, 43, 36, 34, 19)	= Tony Faulkner	V40 E Cheshire	590(197,178,161,147,104)
21 Tom McGaff	V55 Wilmslow R	138	(0, 48, 38, 29, 23)	92 Anthony Lowe	V50 Middleton	605(171, 0,175,149, 99)
22 Gavin Browne	E Cheshire	153	(55, 31, 37, 30, 0)	= Rick Waring	V40 Swinton RC	605(178,165, 0,146,116)
23 Andy Skitt	Manchester	161	(43, 45, 0, 40, 33)	94 Bryn Machin	Mchr YMCA	606(0,200,163,145, 98)
24 Stuart Parrott	V45 Wilmslow R	169	(37, 63, 0, 43, 26)	95 Mark Chadwick	Mchr front	613(210,182,158,154,111)
25 Phil Scowcroft	Sale H Man	171	(50, 40, 44, 37, 0)	= Michael Slater	V45 Stockport	613(0,180,152,164,117)
26 Liam Bartlett	Manchester	173	(51, 50, 0, 47, 25)	97 Roger Carter	V45 Mchr YMCA	637(203,184, 0,143,107)
27 Elton Davies	Sale H Man	186	(52, 62, 50, 49, 35)	98 David Ashton	V60 Mchr YMCA	651(225,193,174,153,131)
28 Kevan Garner	V40 Stockport	194	(74, 54, 55, 51, 34)	99 Stephen Matkin	V45 Stockport	654(196,194,144, 0,120)
29 Timothy Fletcher	Trafford A	195	(0, 60, 48, 44, 43)	100 Chris Sewart	Manchester	658(189,167,150,152, 0)
30 Carl Price	V50 Swinton RC	198	(75, 44, 40, 39, 0)	101 Paul Norris	V50 Wilmslow R	659(0,195,171,163,130)
= Stan Owen	V55 Salford H&	198	(70, 53, 45, 0, 30)	102 Chris Jones	V40 Salford Me	664(213,192,165,167,140)
32 Dave Safranauskas	V40 Trafford A	208	(77, 56, 0, 46, 29)	103 Robin Beaumont	V45 Trafford A	665(218,188,160,178,139)
33 Joe Skipper	MMU	213	(48, 82, 62, 0, 21)	104 Keith Nutter	Mchr tri	667(185,206,162, 0,114)
34 Phil Burns	Stockport	238	(78, 61, 63, 0, 36)	= Paul Rutherford	V45 Swinton RC	667(205,197,178,171,121)
35 Peter Abraham	Altrincham	242	(89, 68, 57, 0, 28)	106 Kevin Kyte	E Cheshire	672(187,186,149,150, 0)
36 Dick Byers	V45 Trafford A	244	(60, 67, 53, 64, 93)	107 Gavin Mendham	V60 Wilmslow R	673(207,202,183,161,127)
37 Gary Matthews	V50 E Cheshire	249	(90, 64, 60, 35, 0)	108 Jerry Smith	V55 Sale H Man	682(216,196,168,173,145)
38 Steve Doxey	V50 Swinton RC	250	(97, 71, 70, 68, 41)	109 Andy Chalmers	V45 Mchr tri	688(247,204,166,180,138)
39 Stephen Robinson	V45 E Cheshire	252	(84, 88, 66, 53, 49)	110 Jack Carney	V50 Salford Me	718(228,208,177,183,150)
40 Mike Shaw	V45 Stockport	254	(0, 58, 90, 55, 51)	111 Ged McDermott	V40 Salford Me	723(240, 0,193,172,118)
41 Chris Bentley	Macclesfid	257	(73, 77, 61, 0, 46)	112 Derek Frasier	V45 Trafford A	737(226,219,191,186,141)
42 Tim Johns	V40 Mchr tri	260	(67, 0, 72, 63, 58)	113 Michael Cunningham	V65 Manchester	764(244,217,198,190,159)
= Mark Birchall	Swinton RC	260	(83, 80, 58, 57, 65)	114 John Smith	Mchr front	777(233,229,203,197,148)
44 Ian Jackson	V40 Salford H&	271	(86, 81, 56, 48, 0)	115 Mathew Valdey	MMU	780(246,207,185, 0,142)
45 Stephen Taylor	V40 Mchr tri	280	(110, 86, 83, 61, 50)	116 Steve Symons	V40 Mchr YMCA	783(232,213, 0,181,157)
46 David Garner	V45 Mchr YMCA	283	(69, 76, 76, 0, 62)	117 Brian Eyre	V55 Salford Me	785(277,228,214,191,152)
47 Daniel Murphy	Mchr front	299	(57, 98, 74, 0, 70)	118 Jon Paramor	V55 Mchr YMCA	820(267,234,218,202,166)
48 Len Best	V55 Stockport	308	(82, 87, 82, 0, 57)	119 Jan Wong	Mchr tri	826(241,238, 0,198,149)
49 Mike Hutchinson	V45 Trafford A	311	(93, 89, 88, 89, 45)	120 John Pickup	V45 Swinton RC	834(280,251,217,199,167)
50 Paul Nutter	Stockport	312	(99, 99, 73, 67, 73)	121 Alan Webster	V50 Macclesfid	836(260,223,179,174, 0)
51 David Livingstone	V40 Altrincham	330	(115, 92, 69, 54, 0)	122 Frank Rogers	Belle Vue	849(262,230, 0,203,154)
52 Sean Cordell	V40 Salford H&	356	(108, 0, 77, 86, 85)	123 Steve Hart	V50 Swinton RC	868(285,258,226,211,173)
= Rob Marsh	St Helens	356	(103, 79, 84, 90, 0)	124 James Amin	Belle Vue	869(261,222,222, 0,164)
54 Rob Gilbert	V40 Wilmslow R	359	(109,101, 80, 0, 69)	125 Ian Manners	V45 Mchr YMCA	877(286,259,231,212,175)
= Matt Shillabeer	Abc Runner	359	(118,108, 81, 99, 71)	126 Trevor Faulkner	V65 Wilmslow R	896(293,262,234,220,180)
56 Darren Cope	Mchr tri	360	(107, 84,125, 0, 44)	127 Paul Shier	Swinton RC	964(296,261,230, 0,177)
57 Frank Cordingley	V45 Sale H Man	364	(132, 0, 96, 72, 64)	128 Darren Cooper	Mchr tri	1016(297,263,235,221, 0)
58 Duncan Drasdo	V40 Trafford A	372	(143,125, 92, 74, 81)	Trafford AC	5(1, 1, 2, 2, 1)	
59 Paul Connolly	Salford Me	373	(128,105, 95, 65,108)	Sale H Manchester	9(2, 2, 4, 1, 5)	
60 Paul Barrett	Sale H Man	378	(119,107, 71,116, 84)	Wilmslow RC	11(7, 3, 3, 3, 2)	
61 Paul Mannion	V45 Trafford A	384	(130,113, 78, 0, 63)	Salford H&ac	12(3, 5, 1, 6, 3)	
62 Ross Wilson	V40 Macclesfid	397	(147,112, 0, 79, 59)	Stockport H&ac	17(5, 4, 6, 4, 4)	
= Francis Day	V55 E Cheshire	397	(161,114,103, 91, 89)	Altrincham & Distict AC	22(4, 8, 5, 5, 0)	
64 Vinny Booth	V45 Trafford A	398	(96,126, 93,141, 83)	E Cheshire H & Tameside AC	31(10, 10, 7, 7, 7)	
65 Mark Norton	Altrincham	401	(106,129, 97, 69, 0)	Manchester Triathlon	31(6, 9, 10, 10, 6)	
66 Jonathon Guildford	Mchr front	403	(133,127,112, 97, 67)	St Helens Sutton AC	37(9, 7, 12, 9, 0)	
67 Ian Smallwood	V45 Wilmslow R	405	(134,120, 99, 98, 88)	Manchester H&ac	40(13, 11, 0, 8, 8)	
68 Steven Kinsey	E Cheshire	411	(123, 94,107, 0, 87)	Swinton RC	41(12, 12, 9, 11, 9)	
69 Carl Barber	Sale H Man	413	(122,109, 91, 0, 91)	Manchester Frontrunners	49(16, 13, 14, 12, 10)	
70 Andrew Poole	V45 E Cheshire	415	(0,135,104,102, 74)	Manchester Ymca H	54(15, 15, 16, 13, 11)	
71 Robert Taylor	V60 Stockport	420	(139,130,119, 93, 78)	Salford Met AC	59(18, 0, 15, 14, 12)	

Senior Men (Vets) — Points after 5 races

1 Mark Russell	V40 Salford H&	6	(2, 1, 3, 2, 1)	45 Andy Watts	V60 Wilmslow R	249	(76, 68, 56, 0, 49)
2 Malcolm Fowler	V45 Wilmslow R	7	(0, 3, 1, 1, 2)	46 Tim Rainey	V45 Sale H Man	253	(79, 58, 61, 67, 67)
3 Michael Flatley	V40 Middleton	17	(9, 2, 2, 4, 0)	47 John Reilly	V60 Middleton	263	(70, 77, 0, 62, 54)
4 James Noakes	V40 Macclesfid	20	(6, 5, 4, 0, 5)	48 Steve Gavin	V40 Sale H Man	267	(68, 73, 53, 73, 0)
5 Rob Downs	V45 Wilmslow R	23	(0, 4, 5, 7, 7)	49 Paul Kay	V55 Abc Runner	273	(87, 78, 58, 0, 50)
= Jim Pendrill	V40 Wilmslow R	23	(7, 6, 6, 10, 4)	50 Tony Faulkner	V40 E Cheshire	287	(92, 82, 74, 76, 55)
7 Graham Macneill	V45 Wilmslow R	26	(0, 8, 7, 5, 6)	51 Rick Waring	V40 Swinton RC	295	(84, 75, 0, 75, 61)
8 Ed Fazakerley	V40 Manchester	27	(11, 7, 11, 6, 3)	52 Anthony Lowe	V50 Middleton	297	(78, 0, 83, 77, 59)
9 Tom McGaff	V55 Wilmslow R	36	(0, 11, 8, 9, 8)	53 Michael Slater	V45 Stockport	299	(0, 83, 68, 86, 62)
10 Stuart Parrott	V45 Wilmslow R	52	(8, 19, 0, 15, 10)	54 Stephen Matkin	V45 Stockport	313	(91, 94, 64, 0, 64)
11 Carl Price	V50 Swinton RC	56	(24, 9, 10, 13, 0)	= Roger Carter	V45 Mchr YMCA	313	(96, 86, 0, 74, 57)
12 Stan Owen	V55 Salford H&	57	(20, 13, 12, 0, 12)	56 David Ashton	V60 Mchr YMCA	324	(111, 93, 82, 78, 71)
13 Kevan Garner	V40 Stockport	64	(23, 14, 18, 19, 13)	57 Paul Norris	V50 Wilmslow R	330	(0, 95, 80, 85, 70)
14 Dave Safranauskas	V40 Trafford A	68	(26, 15, 0, 16, 11)	58 Chris Jones	V40 Salford Me	332	(103, 92, 75, 89, 76)
15 Dick Byers	V45 Trafford A	78	(14, 22, 16, 26, 47)	59 Robin Beaumont	V45 Trafford A	333	(107, 88, 73, 97, 75)
16 Gary Matthews	V50 E Cheshire	83	(32, 20, 20, 11, 0)	60 Paul Rutherford	V45 Swinton RC	339	(98, 97, 86, 91, 65)
17 Steve Doxey	V50 Swinton RC	89	(37, 23, 25, 27, 14)	61 Gavin Mendham	V60 Wilmslow R	342	(100, 101, 90, 83, 69)
= Stephen Robinson	V45 E Cheshire	89	(30, 31, 22, 20, 17)	62 Jerry Smith	V55 Sale H Man	347	(105, 96, 78, 93, 80)
19 Tim Johns	V40 Mchr tri	93	(18, 0, 26, 25, 24)	63 Andy Chalmers	V45 Mchr tri	351	(123, 103, 76, 98, 74)
20 Mike Shaw	V45 Stockport	94	(0, 17, 36, 22, 19)	64 Ged McDermott	V40 Salford Me	370	(120, 0, 95, 92, 63)
21 Ian Jackson	V40 Salford H&	95	(31, 28, 19, 17, 0)	65 Jack Carney	V50 Salford Me	373	(113, 105, 85, 101, 82)
22 David Garner	V45 Mchr YMCA	99	(19, 26, 27, 0, 27)	66 Derek Frasier	V45 Trafford A	387	(112, 114, 94, 104, 77)
23 Stephen Taylor	V40 Mchr tri	104	(44, 29, 33, 24, 18)	67 Michael Cunningham	V65 Manchester	406	(122, 112, 100, 106, 88)
24 Len Best	V55 Stockport	114	(29, 30, 32, 0, 23)	68 Steve Symons	V40 Mchr YMCA	410	(116, 108, 0, 99, 87)
25 Mike Hutchinson	V45 Trafford A	116	(34, 32, 35, 41, 15)	69 Brian Eyre	V55 Salford Me	417	(146, 117, 109, 107, 84)
26 David Livingstone	V40 Altrincham	127	(48, 34, 24, 21, 0)	70 Alan Webster	V50 Macclesfid	429	(133, 115, 87, 94, 0)
27 Rob Gilbert	V40 Wilmslow R	145	(43, 39, 31, 0, 32)	71 Jon Paramor	V55 Mchr YMCA	442	(138, 120, 113, 115, 94)
28 Sean Cordell	V40 Salford H&	152	(42, 0, 28, 40, 42)	72 John Pickup	V45 Swinton RC	453	(149, 134, 112, 112, 95)
= Frank Cordingley	V45 Sale H Man	152	(55, 0, 39, 29, 29)	73 Steve Hart	V50 Swinton RC	478	(153, 138, 120, 122, 98)
30 Paul Mannion	V45 Trafford A	154	(53, 44, 29, 0, 28)	74 Ian Manners	V45 Mchr YMCA	486	(154, 139, 124, 123, 100)
31 Duncan Drasdo	V40 Trafford A	160	(60, 52, 37, 31, 40)	75 Trevor Faulkner	V65 Wilmslow R	497	(159, 141, 125, 128, 103)
32 Ross Wilson	V40 Macclesfid	165	(62, 43, 0, 35, 25)	Wilmslow RC		4	(2, 1, 1, 1, 1)
33 Vinny Booth	V45 Trafford A	168	(36, 53, 38, 72, 41)	Salford H&ac		7	(1, 2, 2, 3, 2)
34 Francis Day	V55 E Cheshire	175	(71, 45, 43, 42, 45)	Stockport H&ac		15	(4, 3, 5, 5, 3)
35 Ian Smallwood	V45 Wilmslow R	181	(56, 50, 41, 46, 44)	E Cheshire H & Tameside AC		17	(6, 4, 3, 4, 6)
36 Andrew Poole	V45 E Cheshire	185	(0, 59, 44, 48, 34)	Trafford AC		17	(3, 5, 4, 6, 5)
= Robert Taylor	V60 Stockport	185	(57, 54, 51, 43, 37)	Sale H Manchester		24	(5, 13, 10, 2, 7)
38 Alan McNally	V45 St Helens	195	(54, 47, 42, 52, 0)	Manchester Triathlon		26	(8, 10, 7, 7, 4)
39 Andrew Farley	V50 E Cheshire	205	(0, 51, 50, 66, 38)	Swinton RC		31	(7, 8, 8, 10, 8)
40 Rob King	V40 Mchr tri	215	(73, 60, 47, 82, 35)	St Helens Sutton AC		39	(11, 7, 12, 9, 0)
41 Ian Hayburn	V40 St Helens	220	(0, 70, 60, 57, 33)	Manchester Ymca H		42	(9, 11, 13, 12, 10)
42 David Keeling	V45 Trafford A	228	(0, 56, 55, 59, 58)	Manchester H&ac		43	(15, 12, 14, 8, 9)
43 Chris Lomax	V40 Swinton RC	231	(66, 64, 49, 0, 52)	Macclesfield & AC		44	(14, 6, 11, 13, 0)
44 Roberto Raso	V45 Mchr front	239	(82, 71, 71, 49, 48)	Salford Met AC		57	(17, 0, 15, 14, 11)

Senior Men - U20 — Points after 5 races

1 John Ashcroft	St Helens	8	(4, 2, 3, 2, 1)
2 Liam Bartlett	Manchester	22	(9, 7, 0, 4, 2)
3 Steven Kinsey	E Cheshire	27	(10, 9, 5, 0, 3)
4 Dan Bird	Swinton RC	37	(12, 12, 6, 7, 0)
5 Mathew Valdey	MMU	39	(14, 13, 8, 0, 4)

