

1976

SENIORS.

No	TEAMS	LAP1	Time	LAP2	Time	LAP3	Time	LAP4	Time	LAP5	Time	LAP6	Time
A	ALTRINCHAM DIST 'A'	3	15.30	1	30.07	1	44.50	1	60.18	1	75.10	2	90.58
B	" " 'B'	4	15.36	7	32.02	9	49.20	9	66.58	9	85.04	9	104.17
C	CREWE & NANT 'A'	1	15.08	3	30.41	6	47.28 47.28	6	63.31	5	79.08	5	94.07
D	" " 'B'	14	19.38	12	36.58	12	55.55	11	73.43	10	91.17	10	109.25
L	FRODSHAM AC	13	18.18	13	38.14	13	56.00	12	74.48	11	93.46	11	112.06
ABSENT	MACCLESFIELD AC												
H	MANCHESTER AC	5	15.42	2	30.22	2	45.15	2	60.34	2	75.30	1	90.28
J	WALLASEY AC	10	16.06	do									
Q	WARRINGTON AC 'A'	7	15.53	9	32.42	5	47.21	7	62.57	7	78.01	7	93.22
R	" " 'B'	11	16.41	10	34.23	10	52.29	10	70.25				

1976 YOUTHS RACE 4 x 2 1/2

No	TEAM	LAP 1	Time	LAP 2	Time	LAP 3	Time	LAP 4	Time
A	ALTRINCHAM + DIST	3	12.16	4	26.29	4	34.08	4	55.09
ABSENT	CREWE + NANT								
ABSENT	MANCHESTER AC								
D	MIDDLEFIELD AC	7	13.28	/	/	/	/	/	/
K	MARPLE HALL G.S	5	12.03	2	25.13	1	37.57	2	50.32
B	CHESTER AC	1	11.55 ²						
F	WALLASEY 'A'	4	12.27	3	25.21	3	38.52	3	52.11
S	" B	9	14.00	6	28.31	5	42.40	5	57.23
M	WARRINGTON A	6	12.54	1	25.04	2	38.30	1	50.09
N	" B	8	14.13	5	28.02				
H	WIRRAL A	2	12.03 ²						

1976 BOYS RACE

4 x 2 miles

No	Team	LAP 1 Time	LAP 2 Time	LAP 3 Time	LAP 4 Time
1	MULTIPLA WALKING DIST	10:44	20:30	31:30	43:15
2	CHALMERS WALKING AC	10:46	21:16	31:44	42:44
3	PACIFIC WALKING AC 'A'	11:04	21:33	31:44	45:28
4	WALKING AC 'B'	11:24	22:46	33:21	47:36
5	WALKING AC 'A'	9:56	(9:19)		38:58
6	WALKING AC 'B'	10:26	20:20	30:25	40:28
7	WALKING AC 'C'				
8	WALKING AC 'D'				
M	MULTIPLA WALKING	2:00	3:00	4:00	5:00
1	WALKING AC	10:56	20:50	31:02	41:11
2	WALKING AC 'A'	11:00	20:44	30:42	40:50
3	WALKING AC 'B'	11:06	20:38	30:44	40:50
4	WALKING AC 'C'	11:04	20:38	30:44	40:50
5	WALKING AC 'D'	11:04	20:38	30:44	40:50
6	WALKING AC 'A'	11:04	20:38	30:44	40:50
7	WALKING AC 'B'	11:04	20:38	30:44	40:50

1976 COLTS RACE 4 x 1/2 miles

No	TEAM	Lap 1 Time	Lap 2 Time	Lap 3 Time	Lap 4 Time
X	MULTI INC. + BOST AC	-	-	-	-
B	'A' COENE + WINDFORD AC	8:04	15:43	23:24	31:04
3	FROSTMAN	2	8:45	16:31	24:17
X	BRUCE S. FIELDS AC 'A'	-	-	-	-
X	'B'	-	-	-	-
E	THOMAS MASTER AC 'A'	1	8:21	16:06	23:51
F	'B'	6	9:02	17:01	24:51
N	GRABLE HALL SCH	3	8:45	16:34	24:25
G	WALLACE + AC	9	9:48	18:08	26:03
P	WARRINGTON AC 'A'	7	9:00	17:04	24:51
Q	'B'	-	-	-	-
R	'C'	12	9:36	18:16	26:50
S	'D'	11	9:33	18:13	26:26
-	'E'	-	-	-	-
H	WINDFORD AC 'A'	8	9:13	17:51	25:34
T	'B'	13	9:52	19:36	27:42
V	WINDFORD AC 'A'	4	8:36	16:24	24:12
U	'B'	7	9:09	17:17	25:18
V	'C'	10	9:01	17:03	25:09
W	'B'	15	10:15	21:30	28:46
Z	CAHILL + WINDFORD 'B'	14	10:27	21:41	29:01