

Cheshire Cross Country Championships Knights Grange, Winsford - Sat-4-Jan-2020

Senior/Veteran Men

Pos.	No.	Name	Club	Category	MV Pos.	Cat pos	Time
1	41	Daniel Cliffe	Liverpool Harriers & Ac	M		1	35:52
2	86	Nigel Martin	Sale Harriers Manchester	M		2	36:58
3	88	James Wignall	Sale Harriers Manchester	M		3	37:33
4	140	Harry Dexter	Vale Royal AC	M		4	38:28
5	80	Matthew Barnes	Sale Harriers Manchester	V40	1	1	38:38
6	26	Christopher Larkin	Halton & Frodsham Harriers	M		5	38:50
7	126	Simon O'Meara	Trafford Athletic Club	M		6	39:24
8	141	Arun Dight	Vale Royal AC	M		7	39:32
9	142	Stuart Doyle	Vale Royal AC	V45	2	1	39:39
10	134	Josh Betteley	Vale Royal AC	M		8	39:55
11	39	David Watson	Holmfirth Harriers AC	V45	3	2	40:03
12	194	Peter Speake	Wilmslow Running Club	V40	4	2	40:16
13	187	Richard Coen	Wilmslow Running Club	V40	5	3	40:23
14	157	Nathan Williams	Vale Royal AC	M		9	40:47
15	68	Mark Walker	Macclesfield Harriers & AC	V40	6	4	40:59
16	65	Calum Murray	Macclesfield Harriers & AC	M		10	41:12
17	138	Mark Crabtree	Vale Royal AC	V40	7	5	41:13
18	106	Matthew Taylor	South Cheshire Harriers	M		11	41:35
19	62	Billy Hicks	Macclesfield Harriers & AC	M		12	41:44
20	168	Daniel Derek Schofield	Warrington Running Club	M		13	41:59
21	101	Chris Pattinson	South Cheshire Harriers	M		14	42:02
22	128	Daniel Fox	Warrington A C	M		15	42:16
23	97	Gaz Carless	South Cheshire Harriers	V40	8	6	42:17
24	125	Charlie Weaver	Tattenhall Runners	M		16	42:18
25	16	Anthony Allan	Congleton Harriers	V40	9	7	42:18
26	118	Craig Connor	Tattenhall Runners	M		17	42:29
27	148	Matt McCormack	Vale Royal AC	M		18	42:37
28	185	Aiden Heap	West Cheshire Athletic Club	M		19	42:49
29	193	Damian Nicholls	Wilmslow Running Club	M		20	42:50
30	95	Lewis Greaves	Serpentine RC	M		21	42:50
31	58	John Carr	Macclesfield Harriers & AC	V45	10	3	43:03
32	147	Duncan Harris	Vale Royal AC	V50	11	1	43:10
33	177	Neil Finegan	West Cheshire Athletic Club	V45	12	4	43:18
34	61	Robert Hasler	Macclesfield Harriers & AC	M		22	43:43
35	87	Paul Rowley	Sale Harriers Manchester	M		23	43:45
36	170	Dave Alexander	West Cheshire Athletic Club	V50	13	2	43:49
37	131	Stephen Watmough	Warrington A C	V55	14	1	44:14
38	7	Simon Oliver	Chester Triathlon Club	V45	15	5	44:21
39	176	Steven Fernyhough	West Cheshire Athletic Club	M		24	44:24
40	110	Robert Hough	Spectrum Striders	V45	16	6	44:28
41	9	Laurence Slann	Chester Triathlon Club	M		25	44:36
42	82	Tom Fordyce	Sale Harriers Manchester	V45	17	7	44:46
43	119	Simon Duckett	Tattenhall Runners	V40	18	8	44:57
44	197	Andrew Whittingham	Wilmslow Running Club	V50	19	3	44:59
45	84	Duncan Hill	Sale Harriers Manchester	V50	20	4	45:01
46	18	Bryan Lomas	Congleton Harriers	V50	21	5	45:17
47	164	Edwin Drost	Warrington Running Club	M		26	45:28

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48	116 Rob Arden	Tattenhall Runners	V40	22	9	45:33
49	173 Andrew Clague	West Cheshire Athletic Club	V50	23	6	46:00
50	29 Benjamin Crossley	Helsby Running Club	M		27	46:07
51	104 Matthew Smith	South Cheshire Harriers	V45	24	8	46:08
52	25 Alex Gifford	Ellesmere Port RC	V40	25	10	46:11
53	135 Lee Carrington	Vale Royal AC	M		28	46:13
54	117 Robert Chambers	Tattenhall Runners	V40	26	11	46:14
55	159 Andy Gibbons	Warrington Road Runners	M		29	46:16
56	124 Iain Wedge	Tattenhall Runners	V50	27	7	46:18
57	100 Peter Mallison	South Cheshire Harriers	V45	28	9	46:19
58	91 Billy Parkinson	Sandbach Striders	M		30	46:21
59	199 Rick Murray	Vale Royal AC	V50	29	8	46:25
60	89 Mick Hutchins	Sandbach Striders	V40	30	12	46:29
61	24 Jonathan Cole	Ellesmere Port RC	V40	31	13	46:33
62	30 Chris Fitzpatrick	Helsby Running Club	V40	32	14	46:36
63	122 James Jenkin	Tattenhall Runners	V60	33	1	46:37
64	195 James Speedie	Wilmslow Running Club	M		31	46:59
65	54 Chris Goodfellow	Macclesfield Harriers & AC	V45	34	10	47:01
66	103 Jonathan Slaney	South Cheshire Harriers	V45	35	11	47:04
67	79 Mike Ashby	Sale Harriers Manchester	V40	36	15	47:06
68	129 Jonny Leatherbarrow	Warrington A C	M		32	47:11
69	186 Tim Billington	Wilmslow Running Club	V55	37	2	47:17
70	192 Trevor Morris	Wilmslow Running Club	V55	38	3	47:22
71	31 Derek Morris	Helsby Running Club	V45	39	12	47:24
72	180 Neil Hershaw	West Cheshire Athletic Club	V55	40	4	47:26
73	52 Phil Rowen	Lymm Runners	V45	41	13	47:31
74	32 Christopher Murray	Helsby Running Club	M		33	47:38
75	12 Michael Waring	Chester Triathlon Club	V50	42	9	47:40
76	93 Andy Thomas	Sandbach Striders	V55	43	5	47:40
77	115 Steve Shaughnessy	Stockport Harriers & AC	V60	44	2	48:05
78	123 Paul Shannon	Tattenhall Runners	V60	45	3	48:27
79	196 Matthew Taylor	Wilmslow Running Club	V45	46	14	48:41
80	81 Nathan Cameron	Sale Harriers Manchester	V40	47	16	48:45
81	71 David Wilson	Macclesfield Harriers & AC	V50	48	10	48:49
82	49 Jonathan Cocroft	Lymm Runners	M		34	48:51
83	21 Stuart Rider	Congleton Harriers	M		35	48:52
84	102 James Simpson	South Cheshire Harriers	V45	49	15	49:01
85	6 Andrew Howarth	Chester Triathlon Club	V40	50	17	49:06
86	127 Stephen Burthem	Warrington A C	V55	51	6	49:12
87	160 Kevin Gillibrand	Warrington Road Runners	V50	52	11	49:16
88	162 Paul Ravenscroft	Warrington Road Runners	V45	53	16	49:16
89	172 Andrew Carter	West Cheshire Athletic Club	V50	54	12	49:29
90	36 Kevin Smith	Helsby Running Club	V40	55	18	49:36
91	139 Bob Corinaldi	Vale Royal AC	V50	56	13	49:38
92	191 Tom McGaff	Wilmslow Running Club	V65	57	1	49:40
93	145 David Haines	Vale Royal AC	V50	58	14	50:08
94	178 Richard Hayes	West Cheshire Athletic Club	V45	59	17	50:40
95	174 Mark Davies	West Cheshire Athletic Club	V40	60	19	50:51
96	73 Giles Cobleby	Northwich Running Club	M		36	51:02

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97	113	Jason Sage	Spectrum Striders	V40	61	20	51:22
98	23	Neil Fowler	Crewe and Nantwich AC	V50	62	15	51:30
99	15	Iain Wood	Chester Triathlon Club	V60	63	4	51:33
100	182	Jon Park	West Cheshire Athletic Club	M		37	51:33
101	10	Stephen Spall	Chester Triathlon Club	V55	64	7	51:49
102	57	Julian Brown	Macclesfield Harriers & AC	V50	65	16	51:51
103	74	Michael Parr	Northwich Running Club	V45	66	18	51:53
104	190	Richard Lawson	Wilmslow Running Club	V45	67	19	52:05
105	50	Jim Dawson	Lymm Runners	V55	68	8	52:12
106	3	Andrew Dawe	Chester Triathlon Club	V50	69	17	52:18
107	14	Tim Williams	Chester Triathlon Club	V45	70	20	52:39
108	38	John Whitehead	Helsby Running Club	M		38	52:50
109	94	Gavin P Walters	Sandbach Striders	M		39	53:01
110	67	Oscar Trevena	Macclesfield Harriers & AC	M		40	53:03
111	20	Adam Powell	Congleton Harriers	M		41	53:23
112	158	Stephen Bowden	Warrington Road Runners	V60	71	5	53:37
113	90	Tom Mayell	Sandbach Striders	V40	72	21	53:42
114	60	Daniel Gill	Macclesfield Harriers & AC	M		42	54:07
115	163	Stephen Tracey	Warrington Road Runners	M		43	54:09
116	37	Benjamin Tumilty	Helsby Running Club	M		44	54:15
117	13	Nigel Waterhouse	Chester Triathlon Club	V55	73	9	54:23
118	183	Julian Tegg	West Cheshire Athletic Club	V45	74	21	54:29
119	109	Andy Garnett	Spectrum Striders	V65	75	2	54:44
120	53	Michael Smith	Lymm Runners	V55	76	10	54:55
121	76	Paul Alexander	Pensby Runners	V60	77	6	54:57
122	17	Nick Budd	Congleton Harriers	V55	78	11	54:59
123	69	Michael Walton	Macclesfield Harriers & AC	V40	79	22	55:00
124	108	Graham Driver	Spectrum Striders	V50	80	18	55:05
125	34	Stephen Riley	Helsby Running Club	V55	81	12	55:13
126	5	Simon Greenwood	Chester Triathlon Club	V50	82	19	55:52
127	4	Andrew Finlay	Chester Triathlon Club	V50	83	20	56:07
128	151	Andrew Pope	Vale Royal AC	M		45	56:21
129	51	Anthony Hilton	Lymm Runners	V45	84	22	56:28
130	63	David Larkin	Macclesfield Harriers & AC	V40	85	23	57:11
131	33	Tim Palmer	Helsby Running Club	V55	86	13	57:24
132	120	Charles Eldred	Tattenhall Runners	V50	87	21	58:38
133	132	Alex Ashcroft	Vale Royal AC	V45	88	23	58:52
134	59	Simon Frith	Macclesfield Harriers & AC	V45	89	24	59:28
135	2	Steve Collyer	Chester Triathlon Club	V45	90	25	59:35
136	137	Steve Collier	Vale Royal AC	V60	91	7	1:00:15
137	143	Anthony Dutton	Vale Royal AC	V45	92	26	1:00:44
138	181	Jon Moorhouse	West Cheshire Athletic Club	V50	93	22	1:01:08
139	11	David Taylor	Chester Triathlon Club	V65	94	3	1:01:55
140	35	Andrew Smith	Helsby Running Club	V55	95	14	1:02:23
141	77	Nigel Pratten	Pensby Runners	V75	96	1	1:04:26
142	136	Barry Chambers	Vale Royal AC	V65	97	4	1:05:20
143	166	David Glover	Warrington Running Club	M		46	1:06:15
144	169	Tom Thomson	Warrington Running Club	V45	98	27	1:06:15
145	149	Nick Mort	Vale Royal AC	V55	99	15	1:07:51

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146	55 Rob Bailey	Macclesfield Harriers & AC	V50	100	23	1:08:55
147	8 David Press	Chester Triathlon Club	V65	101	5	1:15:15
148	107 Kenny Black	Spectrum Striders	V75	102	2	1:16:51

<u>Men</u>	<u>Club</u>	<u>Athletes</u>	<u>Time</u>
1st	Vale Royal AC 62 points (4,8,9,10,14,17)	140.Harry Dexter 141.Arun Dight 142.Stuart Doyle (V45) 134.Josh Betteley 157.Nathan Williams 138.Mark Crabtree (V40)	38:28 39:32 39:39 39:55 40:47 41:13
2nd	Sale Harriers Manchester 132 points (2,3,5,35,42,45)	86.Nigel Martin 88.James Wignall 80.Matthew Barnes (V40) 87.Paul Rowley 82.Tom Fordyce (V45) 84.Duncan Hill (V50)	36:58 37:33 38:38 43:45 44:46 45:01
3rd	Macclesfield Harriers & AC 180 points (15,16,19,31,34,65)	68.Mark Walker (V40) 65.Calum Murray 62.Billy Hicks 58.John Carr (V45) 61.Robert Hasler 54.Chris Goodfellow (V45)	40:59 41:12 41:44 43:03 43:43 47:01
4.	Wilmslow Running Club-231pts	5.South Cheshire Harriers-236pts	
6.	Tattenhall Runners-251pts	7.West Cheshire Athletic Club-257pts	
8.	Vale Royal AC "B"-355pts	9.Chester Triathlon Club-439pts	
10.	Helsby Running Club-455pts	11.West Cheshire Athletic Club "B"-634pts	
12.	Macclesfield Harriers & AC "B"-660pts	13.Chester Triathlon Club "B"-718pts	
14.	Vale Royal AC "C"-821pts		

<u>Vets</u>	<u>Club</u>	<u>Athletes</u>	<u>Time</u>
1st	Vale Royal AC 49 points (2,7,11,29)	142.Stuart Doyle (45) 138.Mark Crabtree (40) 147.Duncan Harris (50) 199.Rick Murray (50)	39:39 41:13 43:10 46:25
2nd	Wilmslow Running Club 65 points (4,5,19,37)	194.Peter Speake (40) 187.Richard Coen (40) 197.Andrew Whittingham (50) 186.Tim Billington (55)	40:16 40:23 44:59 47:17
3rd	Sale Harriers Manchester 74 points (1,17,20,36)	80.Matthew Barnes (40) 82.Tom Fordyce (45) 84.Duncan Hill (50) 79.Mike Ashby (40)	38:38 44:46 45:01 47:06
4.	West Cheshire Athletic Club-88pts	5.Tattenhall Runners-93pts	
6.	South Cheshire Harriers-95pts	7.Macclesfield Harriers & AC-98pts	
8.	Chester Triathlon Club-170pts	9.Helsby Running Club-207pts	
10.	Wilmslow Running Club "B"-208pts	11.Spectrum Striders-232pts	
12.	West Cheshire Athletic Club "B"-247pts	13.Lymm Runners-269pts	
14.	Chester Triathlon Club "B"-276pts	15.Vale Royal AC "B"-293pts	
16.	Macclesfield Harriers & AC "B"-318pts	17.Chester Triathlon Club "C"-349pts	

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Senior/Veteran Women

Pos.	No.	Name	Club	Category	LV Pos.	Cat pos	Time
1	636	Vicki Cronin	Trafford Athletic Club	L		1	32:20
2	582	Joanna Marsden	Ellesmere Port RC	V40	1	1	32:28
3	647	Sarah Murphy	Vale Royal AC	V40	2	2	33:08
4	671	Claire Clancy	Wilmslow Running Club	L		2	33:20
5	672	Diane McVey	Wilmslow Running Club	V40	3	3	33:23
6	589	Hannah Cowley	Helsby Running Club	L		3	33:39
7	571	Donna Sherwin	City of Stoke AC	V40	4	4	33:44
8	607	Louisa Whittingham	Macclesfield Harriers & AC	L		4	34:15
9	623	Katie Latham	South Cheshire Harriers	L		5	35:03
10	560	Sarah Hunter	Ackworth Road Runners	L		6	35:08
11	638	Katie Brough	Vale Royal AC	V35	5	1	35:21
12	600	Alannah Birtwistle	Macclesfield Harriers & AC	L		7	36:01
13	673	Nicola Reece	Wilmslow Running Club	V35	6	2	36:38
14	653	Helen Smith	Vale Royal AC	V50	7	1	37:03
15	615	Hayley Ashby	Sale Harriers Manchester	V35	8	3	37:06
16	652	Dominique Searle	Vale Royal AC	V40	9	5	37:35
17	654	Claire Thompson	Vale Royal AC	V40	10	6	37:39
18	604	Daisy Pickles	Macclesfield Harriers & AC	L		8	37:42
19	639	Holly Carrington	Vale Royal AC	L		9	37:45
20	581	Sara Avery	Ellesmere Port RC	V50	11	2	38:02
21	621	Amy Grace	South Cheshire Harriers	L		10	38:06
22	572	Carol Bird	Congleton Harriers	V55	12	1	38:14
23	577	Michelle Stevens	Congleton Harriers	V40	13	7	38:18
24	649	Clara Pettitt	Vale Royal AC	L		11	38:39
25	664	Claire Harris	West Cheshire Athletic Club	L		12	38:43
26	612	Anna Parsons	Northwich Running Club	V45	14	1	38:57
27	574	Joanne Moss	Congleton Harriers	V45	15	2	39:00
28	566	Kirsty Seddon	Chester Triathlon Club	V35	16	4	39:11
29	601	Sian Gulliver	Macclesfield Harriers & AC	L		13	39:18
30	670	Diane Bygrave	Wilmslow Running Club	V45	17	3	39:32
31	610	Helen Lonsdale	Northwich Running Club	V40	18	8	40:00
32	562	Rachel Hollins	Chester Triathlon Club	V40	19	9	40:03
33	592	Kate Mills	Knutsford Tri Club	V40	20	10	40:07
34	668	Eleanor Robinson	West Cheshire Athletic Club	V45	21	4	40:10
35	570	Anna Woolgar	Chester Triathlon Club	V45	22	5	40:41
36	567	Traci Shipley	Chester Triathlon Club	V55	23	2	40:44
37	642	Melanie Johnon	Vale Royal AC	V35	24	5	40:49
38	563	Gemma Kelly	Chester Triathlon Club	L		14	40:52
39	657	Faye Lawton	Warrington A C	L		15	40:56
40	634	Rebecca Massey	Tattenhall Runners	V45	25	6	41:09
41	580	Rachel Kesteven	Crewe and Nantwich AC	V45	26	7	41:15
42	665	Clare Mallon	West Cheshire Athletic Club	V45	27	8	41:21
43	585	Laura Baynham-Hughes	Helsby Running Club	V40	28	11	41:22
44	650	Jeanette Pope	Vale Royal AC	V40	29	12	41:24
45	587	Christina Roach	Helsby Running Club	V60	30	1	41:29
46	618	Sian Rowley	Sale Harriers Manchester	V40	31	13	41:52
47	669	Angela Tegg	West Cheshire Athletic Club	V45	32	9	41:57

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48	660 Alison Morgan	Warrington Road Runners	V40	33	14	42:10
49	593 Germaine Holmes	Lymm Runners	V45	34	10	42:11
50	605 Sue Stockdale	Macclesfield Harriers & AC	V45	35	11	42:17
51	635 Deborah Stanaway	Tattenhall Runners	V50	36	3	42:18
52	568 Rosemary Symms	Chester Triathlon Club	V65	37	1	42:20
53	584 Rachel Arnold	Helsby Running Club	V55	38	3	32:55
54	626 Susan Poole	South Cheshire Harriers	V50	39	4	32:58
55	609 Olive Bigmore	Northwich Running Club	V40	40	15	33:59
56	666 Ellen McMahon	West Cheshire Athletic Club	L		16	43:09
57	617 Sarah Goulden	Sale Harriers Manchester	L		17	43:09
58	565 Jan Rogers	Chester Triathlon Club	V50	41	5	43:10
59	602 Saranya Hasler	Macclesfield Harriers & AC	V35	42	6	43:32
60	599 Rebecca Alvarez	Macclesfield Harriers & AC	V45	43	12	34:44
61	575 Sarah Proudmore	Congleton Harriers	V45	44	13	44:00
62	622 Claire Kivlin	South Cheshire Harriers	V40	45	16	44:06
63	573 Polly Kennerley	Congleton Harriers	V50	46	6	44:11
64	656 Leanne Astbury	Warrington A C	V35	47	7	44:21
65	643 Jayne Lomax	Vale Royal AC	V50	48	7	44:38
66	606 Hanny Stockman	Macclesfield Harriers & AC	V55	49	4	44:42
67	598 Georgina Walker	Lymm Runners	V40	50	17	45:23
68	641 Liz Gale	Vale Royal AC	V40	51	18	45:37
69	595 Emma Nunnerley	Lymm Runners	V40	52	19	45:47
70	659 Lauren Hayes	Warrington Road Runners	L		18	46:02
71	630 Suzanne Dale	South Cheshire Harriers	V35	53	8	46:21
72	640 Jo Edwards	Vale Royal AC	V55	54	5	46:31
73	631 Mel Barker	Tattenhall Runners	V40	55	20	46:38
74	645 Debbie Moreton	Vale Royal AC	V50	56	8	46:42
75	663 Alex Duffey	West Cheshire Athletic Club	V45	57	14	47:23
76	603 Barbara Murray	Macclesfield Harriers & AC	V60	58	2	47:37
77	586 Sue Buck	Helsby Running Club	V50	59	9	47:59
78	661 Linda Statham	Warrington Road Runners	V45	60	15	48:56
79	625 Kerry Podmore	South Cheshire Harriers	V45	61	16	49:19
80	644 Paula Manley	Vale Royal AC	V40	62	21	50:22
81	620 Jaynie Turner	Sandbach Striders	L		19	50:28
82	632 Jennifer Chambers	Tattenhall Runners	V40	63	22	51:37
83	624 Cheryl Percival	South Cheshire Harriers	L		20	51:51
84	561 Claire Irons	Blackpool Wyre & Fylde AC	V35	64	9	52:23
85	583 Sarah Larkin	Halton & Frodsham Harriers	V45	65	17	52:49
86	651 Debbie Richardson	Vale Royal AC	V50	66	10	54:08
87	667 Hannah Moorhouse	West Cheshire Athletic Club	V45	67	18	54:12
88	594 Chrissie Knight	Lymm Runners	V65	68	2	55:02
89	564 Christine Paramor	Chester Triathlon Club	V55	69	6	55:32
90	569 Susie Woods	Chester Triathlon Club	V50	70	11	55:32
91	655 Carole Williams	Vale Royal AC	V65	71	3	55:54

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<u>Ladies</u>	<u>Club</u>	<u>Athletes</u>	<u>Time</u>
1st	Wilmslow Running Club 22 points (4,5,13)	671.Claire Clancy 672.Diane McVey (V40) 673.Nicola Reece (V35)	33:20 33:23 36:38
2nd	Vale Royal AC 28 points (3,11,14)	647.Sarah Murphy (V40) 638.Katie Brough (V35) 653.Helen Smith (V50)	33:08 35:21 37:03
3rd	Macclesfield Harriers & AC 38 points (8,12,18)	607.Louisa Whittingham 600.Alannah Birtwistle 604.Daisy Pickles	34:15 36:01 37:42
4.	Vale Royal AC "B"-52pts	5.Congleton Harriers-72pts	
6.	South Cheshire Harriers-84pts	7.Helsby Running Club-94pts	
8.	Chester Triathlon Club-95pts	9.West Cheshire Athletic Club-101pts	
10.	Vale Royal AC "C"-105pts	11.Northwich Running Club-112pts	
12.	Sale Harriers Manchester-118pts	13.Chester Triathlon Club "B"-126pts	
14.	Macclesfield Harriers & AC "B"-138pts	15.Tattenhall Runners-164pts	
16.	West Cheshire Athletic Club "B"-178pts	17.Lymm Runners-185pts	
18.	Warrington Road Runners-196pts	19.Macclesfield Harriers & AC "C"-202pts	
20.	Vale Royal AC "D"-205pts	21.South Cheshire Harriers "B"-212pts	
22.	Chester Triathlon Club "C"-237pts		

<u>Vets</u>	<u>Club</u>	<u>Athletes</u>	<u>Time</u>
1st	Vale Royal AC 14 points (2,5,7)	647.Sarah Murphy (40) 638.Katie Brough (35) 653.Helen Smith (50)	33:08 35:21 37:03
2nd	Wilmslow Running Club 26 points (3,6,17)	672.Diane McVey (40) 673.Nicola Reece (35) 670.Diane Bygrave (45)	33:23 36:38 39:32
3rd	Congleton Harriers 40 points (12,13,15)	572.Carol Bird (55) 577.Michelle Stevens (40) 574.Joanne Moss (45)	38:14 38:18 39:00
4.	Vale Royal AC "B"-43pts	5.Chester Triathlon Club-57pts	
6.	Northwich Running Club-72pts	7.West Cheshire Athletic Club-80pts	
8.	Helsby Running Club-96pts	9.Chester Triathlon Club "B"-101pts	
10.	Tattenhall Runners-116pts	11.Macclesfield Harriers & AC-120pts	
12.	Vale Royal AC "C"-128pts	13.Lymm Runners-136pts	
14.	South Cheshire Harriers-137pts	15.Vale Royal AC "D"-172pts	

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U20 Men

Pos.	No.	Name	Club	Time
1	255	Joseph Buckley	Warrington A C	28:02
2	254	Alex Doyle	Vale Royal AC	28:38
3	253	Aaron Doyle	Vale Royal AC	29:50
4	261	Sion Roberts	West Cheshire Athletic Club	30:11
5	252	Peter Goodfellow	Macclesfield Harriers & AC	30:45
6	258	Ben Webb	Warrington A C	31:40
7	257	Jack Wadsworth	Warrington A C	31:47
8	250	William Kesteven	Crewe and Nantwich AC	32:17
9	251	Daniel Lloyd	Crewe and Nantwich AC	32:37
10	259	Jac Goodall	West Cheshire Athletic Club	33:01
11	260	Paul Morrison	West Cheshire Athletic Club	33:36
12	262	Curtis Rodway	West Cheshire Athletic Club	35:13
13	256	Charlie Turnbull	Warrington A C	36:10
14	263	Rory Willson	West Cheshire Athletic Club	41:02

<u>U20M</u>	<u>Club</u>	<u>Athletes</u>	<u>Time</u>
1st	Warrington A C	255.Joseph Buckley	28:02
	14 points (1,6,7)	258.Ben Webb	31:40
		257.Jack Wadsworth	31:47
2nd	West Cheshire Athletic Club	261.Sion Roberts	30:11
	25 points (4,10,11)	259.Jac Goodall	33:01
		260.Paul Morrison	33:36

U20 Women

Pos.	No.	Name	Club	Time
1	384	Holly Smith	Vale Royal AC	22:00
2	381	Megan Finn	Sale Harriers Manchester	23:05
3	380	Chloe Leather	Crewe and Nantwich AC	23:17
4	386	Lauren Ferris	Warrington A C	23:48
5	382	Lauren Robinson	Stockport Harriers & AC	24:57
6	387	Rachel McQuillan	Warrington A C	25:23
7	383	Ellie Grinnell	Vale Royal AC	25:39
8	388	Lily Moorhouse	West Cheshire Athletic Club	26:38

U17 Boys

Pos.	No.	Name	Club	Time
1	277	Raif Serif	Vale Royal AC	18:41
2	275	Will Ashfield	Vale Royal AC	18:59
3	276	Edward Pettitt	Vale Royal AC	19:01
4	279	Brandon Quinton	Warrington A C	19:20
5	273	Finley Proffitt	Macclesfield Harriers & Ac	19:42
6	278	Sam Stephens	Vale Royal AC	20:48
7	283	Matthew Douglass	West Cheshire Athletic Club	21:18
8	282	William Wright	West Cheshire Athletic Club	21:19
9	280	Joe Roberts	Warrington A C	21:42
10	271	Laurence Manley	Macclesfield Harriers & AC	21:53
11	281	Isaac Tait	West Cheshire Athletic Club	22:07
12	272	Eddie Mills	Macclesfield Harriers & AC	22:20

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<u>U17B</u>	<u>Club</u>	<u>Athletes</u>	<u>Time</u>
1st	Vale Royal AC 6 points (1,2,3)	277.Raif Serif 275.Will Ashfield 276.Edward Pettitt	18:41 18:59 19:01
2nd	West Cheshire Athletic Club 26 points (7,8,11)	283.Matthew Douglass 282.William Wright 281.Isaac Tait	21:18 21:19 22:07
3rd	Macclesfield Harriers & AC 27 points (5,10,12)	273.Finley Proffitt 271.Laurence Manley 272.Eddie Mills	19:42 21:53 22:20

U17 Girls

Pos.	No.	Name	Club	Time
1	544	Lara Crawford	Sale Harriers Manchester	21:04
2	541	Sian Heslop	Macclesfield Harriers & AC	23:59
3	552	Jess Connolly	Warrington A C	24:50
4	545	Anouska Brooks	Sale Harriers Manchester	25:02
5	542	Rebecca Main	Macclesfield Harriers & AC	26:10
6	554	Lucia Pyne	West Cheshire Athletic Club	26:29
7	540	Libby Greeney	Macclesfield Harriers & AC	26:47
8	551	Siobhan Gregory	Warrington A C	28:29
9	547	Anna Harris	Vale Royal AC	29:55
10	546	Kiera Booth	Vale Royal AC	30:30
11	553	Ellen Turnbull	Warrington A C	30:48

<u>U17G</u>	<u>Club</u>	<u>Athletes</u>	<u>Time</u>
1st	Macclesfield Harriers & AC 14 points (2,5,7)	541.Sian Heslop 542.Rebecca Main 540.Libby Greeney	23:59 26:10 26:47
2nd	Warrington A C 22 points (3,8,11)	552.Jess Connolly 551.Siobhan Gregory 553.Ellen Turnbull	24:50 28:29 30:48

U15 Boys

Pos.	No.	Name	Club	Time
1	479	William Sutcliffe	Wirral AC	14:09
2	471	Jake Wilson	Vale Royal AC	14:14
3	477	Jamie Richardson	West Cheshire Athletic Club	14:19
4	469	Patrick Griffith	Vale Royal AC	14:38
5	466	Dylan Carney	Vale Royal AC	14:40
6	465	Charlie Tittensor	Sale Harriers Manchester	15:16
7	456	Philip Goodfellow	Macclesfield Harriers & AC	15:20
8	475	Sammy Hollins	West Cheshire Athletic Club	15:21
9	454	Matthew Haslam	Halton & Frodsham Harriers	15:38
10	460	Will Nettle	Macclesfield Harriers & AC	15:47
11	457	Ben Hamilton-Ryan	Macclesfield Harriers & AC	16:02
12	463	Aadi Whitlock	Macclesfield Harriers & AC	16:22
13	472	Josh Williamson	Vale Royal AC	16:32
14	458	Rohan Jensen	Macclesfield Harriers & AC	16:43
15	478	Henry Robinson	West Cheshire Athletic Club	16:52
16	451	Elliot Davies-Hayes	Crewe and Nantwich AC	16:55
17	473	Ben Clayton	Warrington A C	16:56

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18	468 Harry Godwin	Vale Royal AC	17:08
19	476 Charlie McMullan	West Cheshire Athletic Club	17:09
20	450 Rory Noden	Bramhall Runners	17:19
21	470 Zachary Locke	Vale Royal AC	17:21
22	455 Joseph Larkin	Halton & Frodsham Harriers	17:46
23	453 Isaac Leydon	Crewe And Nantwich Ac	18:07
24	467 James Dixon	Vale Royal AC	18:19
25	452 Oliver Ibbotson	Crewe and Nantwich AC	19:43
26	461 Lucas Prior	Macclesfield Harriers & AC	24:46

<u>U15B</u>	<u>Club</u>	<u>Athletes</u>	<u>Time</u>
1st	Vale Royal AC 11 points (2,4,5)	471.Jake Wilson 469.Patrick Griffith 466.Dylan Carney	14:14 14:38 14:40
2nd	West Cheshire Athletic Club 26 points (3,8,15)	477.Jamie Richardson 475.Sammy Hollins 478.Henry Robinson	14:19 15:21 16:52
3rd	Macclesfield Harriers & AC 28 points (7,10,11)	456.Philip Goodfellow 460.Will Nettle 457.Ben Hamilton-Ryan	15:20 15:47 16:02
	4.Vale Royal AC "B"-52pts 6.Crewe and Nantwich AC-64pts	5.Macclesfield Harriers & AC "B"-52pts	

U15 Girls

Pos.	No.	Name	Club	Time
1	516	Grace Roberts	Vale Royal AC	15:03
2	520	Holly Weedall	Vale Royal AC	15:31
3	518	Hope Smith	Vale Royal AC	15:43
4	525	Orla Gregory	Warrington A C	16:09
5	530	Carys Roberts	West Cheshire Athletic Club	16:13
6	509	Isobel Ashcroft	Vale Royal AC	16:15
7	512	Alice Gale	Vale Royal AC	16:44
8	511	Ellie Bushill	Vale Royal AC	16:58
9	522	Eva Ferris	Warrington A C	17:05
10	503	Rebecca Dilworth	Macclesfield Harriers & AC	17:13
11	515	Ellie Hudson	Vale Royal AC	17:25
12	501	Hannah Camden	Horwich R M I Harriers	17:55
13	521	Lucie Davies	Warrington A C	18:02
14	508	Florence Cooke	Vale Royal AC	18:11
15	500	Clarissa Rigby	Boalloy Running Club	18:23
16	519	Thea Smith	Vale Royal AC	18:36
17	524	Jasmine Jones	Warrington A C	18:39
18	523	Molly Wormald	Warrington A C	20:01
19	510	Eloise Babbington	Vale Royal AC	20:20
20	517	Molly Roberts	Vale Royal AC	20:35
21	528	Sarah Kefford	West Cheshire Athletic Club	20:45
22	527	Henrietta Duffey	West Cheshire Athletic Club	20:54
23	513	Tilly Gibbs	Vale Royal AC	21:11
24	526	Georgina Duffey	West Cheshire Athletic Club	22:19

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<u>U15G</u>	<u>Club</u>	<u>Athletes</u>	<u>Time</u>
1st	Vale Royal AC 6 points (1,2,3)	516.Grace Roberts 520.Holly Weedall 518.Hope Smith	15:03 15:31 15:43
2nd	Vale Royal AC "B" 21 points (6,7,8)	509.Isobel Ashcroft 512.Alice Gale 511.Ellie Bushill	16:15 16:44 16:58
3rd	Warrington A C 26 points (4,9,13)	525.Orla Gregory 522.Eva Ferris 521.Lucie Davies	16:09 17:05 18:02
	4.Vale Royal AC "C"-41pts	5.West Cheshire Athletic Club-48pts	
	6.Vale Royal AC "D"-62pts		

U13 Boys

Pos.	No.	Name	Club	Time
1	422	Robbie Price	Vale Royal AC	11:39
2	438	Luke Parker	West Cheshire Athletic Club	11:46
3	433	Jack Marwood	Warrington A C	11:52
4	410	Dylan McGrath	Macclesfield Harriers & AC	12:03
5	403	Harry Parker McLain	Crewe and Nantwich AC	12:21
6	432	Rory Gregory	Warrington A C	12:23
7	430	Rhys Croasdale	Warrington A C	12:26
8	415	James O'Brien	Sale Harriers Manchester	12:28
9	428	Theo Wassall	Vale Royal AC	12:31
10	416	Rhys Bowden	Vale Royal AC	12:36
11	414	Jamie McCabe	Sale Harriers Manchester	12:46
12	417	Tom Corwood	Vale Royal AC	12:50
13	434	Jacob Pryor	Warrington A C	12:56
14	437	Reece Munro	West Cheshire Athletic Club	13:02
15	412	Finlay Pettie	Macclesfield Harriers & AC	13:04
16	429	Evan Williams	Vale Royal AC	13:30
17	435	Thomas Welsby	Warrington A C	13:34
18	404	Samuel Pickering	Crewe and Nantwich AC	13:36
19	418	Will Davies	Vale Royal AC	13:36
20	413	Bradley Snape	Macclesfield Harriers & AC	13:37
21	402	Will Cole	Crewe and Nantwich AC	13:39
22	401	Hugh Noden	Bramhall Runners	13:40
23	400	Adam Mayell	Boalloy Running Club	13:42
24	408	Matthew Walker	Macclesfield Harriers & AC	13:43
25	421	Alfie Murray	Vale Royal AC	13:47
26	426	Rossi Stanners	Vale Royal AC	13:56
27	407	Michael Wood	Macclesfield Harriers & AC	13:57
28	405	Charlie Larkin	Halton & Frodsham Harriers	14:01
29	431	Sam Geary	Warrington A C	14:06
30	411	Oli Nettle	Macclesfield Harriers & AC	14:10
31	423	Jack Searle	Vale Royal AC	14:17
32	424	Oliver Shaw	Vale Royal AC	14:53
33	420	Aaron Leather- Smith	Vale Royal AC	15:22
34	436	Oliver Mallon	West Cheshire Athletic Club	17:34
35	425	Edward Smith	Vale Royal AC	20:10

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<u>U13B</u>	<u>Club</u>	<u>Athletes</u>	<u>Time</u>
1st	Warrington A C	433.Jack Marwood	11:52
	16 points (3,6,7)	432.Rory Gregory	12:23
		430.Rhys Croasdale	12:26
2nd	Vale Royal AC	422.Robbie Price	11:39
	20 points (1,9,10)	428.Theo Wassall	12:31
		416.Rhys Bowden	12:36
3rd	Macclesfield Harriers & AC	410.Dylan McGrath	12:03
	39 points (4,15,20)	412.Finlay Pettie	13:04
		413.Bradley Snape	13:37
	4.Crewe and Nantwich AC-44pts	5.Vale Royal AC "B"-47pts	
	6.West Cheshire Athletic Club-50pts	7.Warrington A C "B"-59pts	
	8.Macclesfield Harriers & AC "B"-81pts	9.Vale Royal AC "C"-82pts	
	10.Vale Royal AC "D"-100pts		

U13 Girls

Pos.	No.	Name	Club	Time
1	365	Jessica Lark	West Cheshire Athletic Club	12:46
2	363	Alice Nicholson	Warrington A C	12:51
3	350	Sophie Harding	Vale Royal AC	13:06
4	347	Lana Booth	Vale Royal AC	13:15
5	360	Imogen Wharton	Warrington A C	13:24
6	341	Marianne Knuckey	Macclesfield Harriers & AC	13:29
7	361	Nia Wharton	Warrington A C	13:31
8	352	Eva Jha	Vale Royal AC	13:40
9	351	Darcie Hudson	Vale Royal AC	13:44
10	344	Elizabeth Sinclair	Sale Harriers Manchester	13:50
11	342	Eva Karalius	Sale Harriers Manchester	13:51
12	359	Esme Heavey	Warrington A C	13:57
13	368	Cerys Rowlands	West Cheshire Athletic Club	14:01
14	349	Eabha Lee	Vale Royal AC	14:06
15	358	Lavinia Burke	Vale Royal AC	14:17
16	345	Zoe Broughton	Vale Royal AC	14:33
17	346	Erin Carney	Vale Royal AC	14:33
18	366	Aimee Phillips	West Cheshire Athletic Club	14:35
19	356	Anna Smith	Vale Royal AC	14:43
20	367	Isabella Rimmer	West Cheshire Athletic Club	15:07
21	364	Evie Owen	Warrington A C	15:31
22	353	Isabelle Maundrill	Vale Royal AC	15:35
23	348	Ruby Carrington	Vale Royal AC	16:02
24	355	Alex Sayers	Vale Royal AC	16:21
25	369	Cosette Wearden	West Cheshire Athletic Club	16:46
26	357	Sally Richmond-Young	Vale Royal AC	17:18

<u>U13G</u>	<u>Club</u>	<u>Athletes</u>	<u>Time</u>
1st	Warrington A C	363.Alice Nicholson	12:51
	14 points (2,5,7)	360.Imogen Wharton	13:24
		361.Nia Wharton	13:31
2nd	Vale Royal AC	350.Sophie Harding	13:06
	15 points (3,4,8)	347.Lana Booth	13:15
		352.Eva Jha	13:40

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3rd	West Cheshire Athletic Club	365.Jessica Lark	12:46
	32 points (1,13,18)	368.Cerys Rowlands	14:01
		366.Aimee Phillips	14:35
	4.Vale Royal AC "B"-38pts	5.Vale Royal AC "C"-52pts	
	6.Vale Royal AC "D"-69pts		

U11 Boys

Pos.	No.	Name	Club	Time
1	210	Ben Keeley	Sale Harriers Manchester	6:16
2	211	Liam O'Brien	Sale Harriers Manchester	6:20
3	209	Bobby Tomlinson	Macclesfield Harriers & AC	6:26
4	226	Tyreece Swinton	Warrington A C	6:29
5	240	Ben Pold	Wirral AC	6:31
6	229	Archie Marwood	Warrington A C	6:41
7	202	Arthur Elliott	Crewe and Nantwich AC	6:41
8	237	Thomas Rimmer	West Cheshire Athletic Club	6:43
9	218	Will Godwin	Vale Royal AC	6:48
10	238	Daniel Walker	West Cheshire Athletic Club	6:50
11	214	Ben Lowe	Vale Royal AC	6:53
12	212	Daniel Oakes	Sale Harriers Manchester	7:04
13	216	James Pope	Vale Royal AC	7:05
14	228	Benjamin Woods	Warrington A C	7:06
15	200	Benji Cole	Crewe and Nantwich AC	7:07
16	206	Thomas Wood	Macclesfield Harriers & AC	7:08
17	215	Thomas Messenger	Vale Royal AC	7:09
18	227	Joseph Welsby	Warrington A C	7:10
19	203	Isaac Pickering	Crewe and Nantwich AC	7:11
20	224	Edward Heavey	Warrington A C	7:12
21	205	Gabriel McGrath	Macclesfield Harriers & AC	7:14
22	207	Jared Dickinson	Macclesfield Harriers & AC	7:18
23	201	Harrison Edwards	Crewe and Nantwich AC	7:22
24	213	Jaycob Leather- Smith	Vale Royal AC	7:29
25	234	Hugo McLintock	West Cheshire Athletic Club	7:30
26	230	Leo Anstey	West Cheshire Athletic Club	7:31
27	217	Leon Hardcastle	Vale Royal AC	7:35
28	219	Harry Williamson	Vale Royal AC	7:43
29	231	Dylan Gledhill	West Cheshire Athletic Club	7:46
30	233	William Mallon	West Cheshire Athletic Club	7:51
31	239	Noah Woolgar	West Cheshire Athletic Club	7:56
32	223	Thomas Darbyshire	Warrington A C	8:14
33	232	Archie Jackson	West Cheshire Athletic Club	8:17
34	235	Llias Moufakkir	West Cheshire Athletic Club	8:46
35	204	Aidan Larkin	Halton & Frodsham Harriers	8:48
36	222	Spencer Astbury	Warrington A C	9:27

U11B	Club	Athletes	Time
1st	Sale Harriers Manchester	210.Ben Keeley	6:16
	15 points (1,2,12)	211.Liam O'Brien	6:20
		212.Daniel Oakes	7:04
2nd	Warrington A C	226.Tyreece Swinton	6:29
	24 points (4,6,14)	229.Archie Marwood	6:41

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		228.Benjamin Woods	7:06
3rd	Vale Royal AC	218.Will Godwin	6:48
	33 points (9,11,13)	214.Ben Lowe	6:53
		216.James Pope	7:05
4.	Macclesfield Harriers & AC-40pts	5.Crewe and Nantwich AC-41pts	
6.	West Cheshire Athletic Club-43pts	7.Vale Royal AC "B"-68pts	
8.	Warrington A C "B"-70pts	9.West Cheshire Athletic Club "B"-85pts	
10.	West Cheshire Athletic Club "C"-98pts		

U11 Girls

Pos.	No.	Name	Club	Time
1	329	Ruby Phillips	West Cheshire Athletic Club	6:30
2	316	Elise Fawkes	Vale Royal AC	6:43
3	302	Gabriella Taylor	Leigh Harriers & AC	6:52
4	306	Ava Bygrave	Sale Harriers Manchester	6:55
5	320	Ellie Barker	Warrington A C	7:02
6	303	Ellie Dixon	Macclesfield Harriers & AC	7:07
7	327	Holly Coates	West Cheshire Athletic Club	7:19
8	305	Lalli Brown	Sale Harriers Manchester	7:32
9	331	Iris Hurst	Warrington A C	7:37
10	328	Grace Henderson	West Cheshire Athletic Club	7:42
11	314	Nancy Carrington	Vale Royal AC	7:58
12	304	Corinna Knuckey	Macclesfield Harriers & AC	8:02
13	326	Brooke Watson	Warrington A C	8:06
14	301	Sophia Wheeler	Derby Triathlon Club	8:11
15	310	Leah Smith	Vale Royal AC	8:14
16	324	Anna Prescott	Warrington A C	8:19
17	313	Martha Bright	Vale Royal AC	8:23
18	307	Polly Thomason	Vale Royal AC	8:25
19	318	Rose Jha	Vale Royal AC	8:27
20	311	Evie Prior	Vale Royal AC	8:38
21	323	Grace Nicholson	Warrington A C	8:46
22	300	Emma Ladley	Crewe and Nantwich AC	8:50
23	319	Maisy Devine	Warrington A C	9:03
24	330	Eleanor Wheeler	West Cheshire Athletic Club	9:19
25	315	Isla Harrington	Vale Royal AC	10:30
26	317	Emily Dixon	Vale Royal AC	11:03
27	312	Chloe Manley	Vale Royal AC	11:06

<u>U11G</u>	<u>Club</u>	<u>Athletes</u>	<u>Time</u>
1st	West Cheshire Athletic Club	329.Ruby Phillips	6:30
	18 points (1,7,10)	327.Holly Coates	7:19
		328.Grace Henderson	7:42
2nd	Warrington A C	320.Ellie Barker	7:02
	27 points (5,9,13)	331.Iris Hurst	7:37
		326.Brooke Watson	8:06
3rd	Vale Royal AC	316.Elise Fawkes	6:43
	28 points (2,11,15)	314.Nancy Carrington	7:58
		310.Leah Smith	8:14
4.	Vale Royal AC "B"-54pts	5.Warrington A C "B"-60pts	
6.	Vale Royal AC "C"-71pts		