

Cheshire Cross Country Championships Birchwood Forest Park - Sat-5-Jan-2019

Cheshire Cross Country Championships Birchwood Forest Park - Sat-5-Jan-2019

Senior/Veteran Men

Pos.	No.	Name	Club	Category	MV Pos.	Cat pos	Time
1	199	Ed Shepherd	Woodford Green AC with Essex Ladies	M		1	34:08
2	91	Nigel Martin	Sale Harriers Manchester	M		2	34:28
3	47	Daniel Cliffe	Liverpool Harriers & AC	M		3	34:52
4	139	Jacob Brown	Vale Royal AC	M		4	35:12
5	48	Matt Jackson	Liverpool Harriers & AC	M		5	36:17
6	189	Jonathan Cheshire	Wilmslow Running Club	M		6	36:44
7	93	James Wignall	Sale Harriers Manchester	M		7	36:56
8	135	Simon O'Meara	Trafford AC	M		8	37:12
9	58	Jonathon Smith	Lymm Runners	M		9	37:19
10	190	Richard Coen	Wilmslow Running Club	V40	1	1	37:43
11	197	Peter Speake	Wilmslow Running Club	V40	2	2	38:04
12	84	Rob Grantham	Pensby Runners	V45	3	1	38:12
13	45	Ben Ratcliffe	Keele University Athletics & Cross Country	M		10	38:24
14	123	Karl Steinegger	Spectrum Striders	M		11	38:41
15	142	Mark Crabtree	Vale Royal AC	V40	4	3	38:45
16	72	Mark Walker	Macclesfield Harriers & AC	V40	5	4	38:48
17	196	Damian Nicholls	Wilmslow Running Club	M		12	38:57
18	174	Dave Alexander	West Cheshire Athletic Club	V50	6	1	39:02
19	30	Christopher Larkin	Halton & Frodsham Harriers	M		13	39:24
20	90	George Frost	Sale Harriers Manchester	M		14	39:25
21	188	Daniel Bundred	Wilmslow Running Club	M		15	39:34
22							
23	67	Billy Hicks	Macclesfield Harriers & AC	M		16	39:49
24	163	Tom Greaves	Warrington A C	M		17	39:50
25	115	Matthew Taylor	South Cheshire Harriers	M		18	39:55
26	66	Robert Hasler	Macclesfield Harriers & AC	M		19	40:08
27	18	Anthony Allan	Congleton Harriers	M		20	40:19
28	165	Stephen Watmough	Warrington A C	V55	7	1	40:31
29	35	Chris Fitzpatrick	Helsby Running Club	V40	8	5	40:43
30	177	Mark Davies	West Cheshire Athletic Club	V40	9	6	40:59
31	92	Paul Rowley	Sale Harriers Manchester	M		21	41:10
32	112	Bradley Smith	South Cheshire Harriers	M		22	41:11
33	104	Alex Cann	South Cheshire Harriers	M		23	41:15
34	64	Ewan Edmondson	Macclesfield Harriers & AC	M		24	41:28
35	126	Craig Connor	Tattenhall Runners	M		25	41:33
36	13	Laurence Slann	Chester Triathlon Club	M		26	41:38
37	198	Andrew Whittingham	Wilmslow Running Club	V45	10	2	41:45
38	3	Adrian Bellwood	Chester Triathlon Club	M		27	41:50
39	159	David Norman	Warrington A C	V55	11	2	41:55
40	173	Daniel Derek Schofield	Warrington Running Club	M		28	41:58
41	106	Nicholas Hackett	South Cheshire Harriers	M		29	42:05
42	172	Edwin Drost	Warrington Running Club	M		30	42:07
43	77	Alex Wright	Macclesfield Harriers & AC	V40	12	7	42:07
44	105	Steven Crowe	South Cheshire Harriers	M		31	42:17
45	178	Richard Hayes	West Cheshire Athletic Club	V45	13	3	42:19
46	65	Chris Goodfellow	Macclesfield Harriers & AC	V45	14	4	42:20
47	146	James Griffiths	Vale Royal AC	M		32	42:23
48	5	Simon Ellis	Chester Triathlon Club	V50	15	2	42:23

Cheshire Cross Country Championships Birchwood Forest Park - Sat-5-Jan-2019

49	99 Billy Parkinson	Sandbach Striders	M		33	42:26
50	137 Tom Armstrong	Vale Royal AC	V40	16	8	42:33
51	176 Andrew Clague	West Cheshire Athletic Club	V50	17	3	42:39
52	167 Andy Gibbons	Warrington Road Runners	M		34	42:42
53	152 Gary Richardson	Vale Royal AC	V45	18	5	42:43
54	86 Mike Ashby	Sale Harriers Manchester	M		35	42:47
55	124 Rob Arden	Tattenhall Runners	M		36	42:54
56	21 Bryan Lomas	Congleton Harriers	V45	19	6	42:56
57	200 James Speedy	Wilmslow Running Club	M		37	43:00
58	195 Trevor Morris	Wilmslow Running Club	V55	20	3	43:03
59	140 Lee Carrington	Vale Royal AC	M		38	43:03
60	179 Neil Hershaw	West Cheshire Athletic Club	V50	21	4	43:13
61	28 Tom Sirett	Ellesmere Port RC	M		39	43:25
62	88 Nathan Cameron	Sale Harriers Manchester	V40	22	9	43:25
63	186 Philip Woodley	West Cheshire Athletic Club	M		40	43:28
64	141 Darren Cottier	Vale Royal AC	V45	23	7	43:30
65	154 Matthew Scott	Vale Royal AC	V45	24	8	43:33
66	44 Kevin Smith	Helsby Running Club	V40	25	10	43:34
67	54 Peter Murphy	Lymm Runners	V40	26	11	43:46
68	193 Allan McCormick	Wilmslow Running Club	M		41	43:52
69	149 Rick Murray	Vale Royal AC	V50	27	5	44:01
70	121 Robert Hough	Spectrum Striders	V45	28	9	44:08
71	100 Tony Taylor	Sandbach Striders	V50	29	6	44:16
72	14 Michael Waring	Chester Triathlon Club	V50	30	7	44:19
73	175 Andrew Carter	West Cheshire Athletic Club	V45	31	10	44:32
74	164 Daniel Newman	Warrington A C	V50	32	8	44:33
75	157 Craig Todhunter	Vale Royal AC	V45	33	11	44:38
76	158 Chris Weedall	Vale Royal AC	V40	34	12	44:40
77	22 Chris Moss	Congleton Harriers	V45	35	12	44:44
78	160 Stephen Burthem	Warrington A C	V55	36	4	44:46
79	74 Brian Whitlock	Macclesfield Harriers & AC	V45	37	13	44:47
80	153 Robert Roe	Vale Royal AC	V40	38	13	44:49
81	191 Robin Hall	Wilmslow Running Club	V40	39	14	44:54
82	75 Shaun Wilde	Macclesfield Harriers & AC	V50	40	9	45:01
83	23 Stuart Rider	Congleton Harriers	V45	41	14	45:06
84	194 Tom McGaff	Wilmslow Running Club	V60	42	1	45:08
85	56 Phil Rowen	Lymm Runners	V45	43	15	45:10
86	162 David Gill	Warrington A C	V60	44	2	45:11
87	101 Andy Thomas	Sandbach Striders	V55	45	5	45:25
88	182 John Parlevliet	West Cheshire Athletic Club	V40	46	15	45:28
89	170 Paul Ravenscroft	Warrington Road Runners	V45	47	16	45:31
90	122 Daniel Peers	Spectrum Striders	M		42	45:35
91	79 Leslie Johnson	Northwich Running Club	V50	48	10	45:39
92	131 Paul Shannon	Tattenhall Runners	V60	49	3	45:55
93	96 Mick Hutchins	Sandbach Striders	V40	50	16	46:01
94	27 Brad Critchley	Ellesmere Port RC	M		43	46:07
95	138 Chris Beard	Vale Royal AC	V50	51	11	46:10
96	192 Mike Hill	Wilmslow Running Club	V50	52	12	46:15
97	156 John Thompson	Vale Royal AC	V50	53	13	46:18
98	130 James Jenkin	Tattenhall Runners	V55	54	6	46:24
99	171 Xavier Soler	Warrington Road Runners	V40	55	17	46:42

Cheshire Cross Country Championships Birchwood Forest Park - Sat-5-Jan-2019

100	147 David Haines	Vale Royal AC	V45	56	17	46:49
101	116 Jimmy Connolly	Spectrum Striders	V55	57	7	46:55
102	7 Simon Greenwood	Chester Triathlon Club	V50	58	14	47:04
103	168 Kevin Gillibrand	Warrington Road Runners	V50	59	15	47:06
104	120 Dave Higgins	Spectrum Striders	V45	60	18	47:09
105	109 David Nimmo	South Cheshire Harriers	M		44	47:15
106	151 Mark Pilliner	Vale Royal AC	V50	61	16	47:21
107	95 Francis Gilchrist	Sandbach Striders	V40	62	18	47:46
108	1 Peter Pickwell	Altrincham & District Athletic Club Limited	V65	63	1	47:48
109	97 Tom Mayell	Sandbach Striders	V40	64	19	47:50
110	43 Ian Rutherford	Helsby Running Club	V45	65	19	47:55
111	25 Neil Fowler	Crewe and Nantwich AC	V50	66	17	47:59
112	169 Colin Kennedy	Warrington Road Runners	V50	67	18	47:59
113	6 Ian Fitzpatrick	Chester Triathlon Club	V55	68	8	48:06
114	145 Geoff Fawkes	Vale Royal AC	V45	69	20	48:09
115	50 Jim Dawson	Lymm Runners	V55	70	9	48:18
116	8 Stephen Spall	Chester Triathlon Club	V50	71	19	48:21
117	117 Andrew Dawson	Spectrum Striders	V40	72	20	48:29
118	60 Mike Womack	Lymm Runners	V40	73	21	48:41
119	59 Michael Smith	Lymm Runners	V50	74	20	49:53
120	102 Darren Varley	Sandbach Striders	V40	75	22	49:57
121	62 Richard Brown	Macclesfield Harriers & AC	V45	76	21	50:05
122	166 Stephen Bowden	Warrington Road Runners	V60	77	4	50:07
123	119 Andy Garnett	Spectrum Striders	V60	78	5	50:08
124	57 Steve Sherwen	Lymm Runners	V45	79	22	50:25
125	2 Ian Ainscough	Chester Triathlon Club	V60	80	6	50:28
126	16 Iain Wood	Chester Triathlon Club	V60	81	7	50:29
127	38 Jake Holmes	Helsby Running Club	V45	82	23	50:30
128	78 Marcus Walker	Manchester Harriers & AC	V60	83	8	50:32
129	83 Paul Alexander	Pensby Runners	V60	84	9	50:37
130	15 Nigel Waterhouse	Chester Triathlon Club	V55	85	10	50:42
131	69 Tim Marsh	Macclesfield Harriers & AC	V45	86	24	50:43
132	71 Barrie Thomason	Macclesfield Harriers & AC	V50	87	21	50:49
133	42 Stephen Riley	Helsby Running Club	V50	88	22	50:59
134	127 Martin Durrant	Tattenhall Runners	V60	89	10	51:11
135	19 Nick Budd	Congleton Harriers	V55	90	11	51:12
136	10 Neil Jenkins	Chester Triathlon Club	V50	91	23	51:32
137	82 Lucas Pilkington	Northwich Running Club	M		45	51:32
138	33 David Feakes	Helsby Running Club	V55	92	12	51:51
139	24 Jack Sargeant	Congleton Harriers	M		46	52:09
140	108 David Kivlin	South Cheshire Harriers	V40	93	23	52:49
141	12 Sean Simmons	Chester Triathlon Club	V45	94	25	52:52
142	144 Anthony Dutton	Vale Royal AC	V45	95	26	53:08
143	128 Charles Eldred	Tattenhall Runners	V50	96	24	53:25
144	118 Graham Driver	Spectrum Striders	V50	97	25	53:46
145	80 Kevin Main	Northwich Running Club	M		47	54:12
146	4 Steve Collyer	Chester Triathlon Club	V45	98	27	54:19
147	68 David Larkin	Macclesfield Harriers & AC	V40	99	24	54:26
148	20 Paul Crean	Congleton Harriers	V60	100	11	54:41
149	46 Edward Taylor	Knutsford Tri Club	V50	101	26	55:30
150	73 Mark Wheelton	Macclesfield Harriers & AC	V55	102	13	55:44

Cheshire Cross Country Championships Birchwood Forest Park - Sat-5-Jan-2019

151	61 Barry Blyth	Macclesfield Harriers & AC	V70	103	1	56:52
152	185 Barry Thomas	West Cheshire Athletic Club	V50	104	27	59:12
153	134 Brent Wilson	Tattenhall Runners	V55	105	14	1:00:20
154	150 Richard Pettitt	Vale Royal AC	V55	106	15	1:01:23
155	98 John P Morris	Sandbach Striders	M		48	1:02:48
156	85 Nigel Pratten	Pensby Runners	V75	107	1	1:06:01
157	125 Roger Carter	Tattenhall Runners	V55	108	16	1:08:38

<u>Men</u>	<u>Club</u>	<u>Athletes</u>	<u>Time</u>
1st	Wilmslow Running Club 102 points (6,10,11,17,21,37)	189.Jonathan Cheshire 190.Richard Coen (V40) 197.Peter Speake (V40) 196.Damian Nicholls 188.Daniel Bundred 198.Andrew Whittingham (V45)	36:44 37:43 38:04 38:57 39:34 41:45
2nd	Sale Harriers Manchester 176 points (2,7,20,31,54,62)	91.Nigel Martin 93.James Wignall 90.George Frost 92.Paul Rowley 86.Mike Ashby 88.Nathan Cameron (V40)	34:28 36:56 39:25 41:10 42:47 43:25
3rd	Macclesfield Harriers & AC 188 points (16,23,26,34,43,46)	72.Mark Walker (V40) 67.Billy Hicks 66.Robert Hasler 64.Ewan Edmondson 77.Alex Wright (V40) 65.Chris Goodfellow (V45)	38:48 39:49 40:08 41:28 42:07 42:20
	4.Vale Royal AC-228pts	5.West Cheshire Athletic Club-267pts	
	6.South Cheshire Harriers-280pts	7.Warrington A C-329pts	
	8.Chester Triathlon Club-409pts	9.Vale Royal AC "B"-429pts	
	10.Wilmslow Running Club "B"-444pts	11.Spectrum Striders-496pts	
	12.Lymm Runners-513pts	13.Sandbach Striders-516pts	
	14.Congleton Harriers-517pts	#N/A	
	#N/A	#N/A	
	#N/A	#N/A	
	#N/A	#N/A	

<u>Vets</u>	<u>Club</u>	<u>Athletes</u>	<u>Time</u>
1st	Wilmslow Running Club 33 points (1,2,10,20)	190.Richard Coen (40) 197.Peter Speake (40) 198.Andrew Whittingham (45) 195.Trevor Morris (55)	37:43 38:04 41:45 43:03
2nd	West Cheshire Athletic Club 45 points (6,9,13,17)	174.Dave Alexander (50) 177.Mark Davies (40) 178.Richard Hayes (45) 176.Andrew Clague (50)	39:02 40:59 42:19 42:39
3rd	Vale Royal AC 61 points (4,16,18,23)	142.Mark Crabtree (40) 137.Tom Armstrong (40) 152.Gary Richardson (45) 141.Darren Cottier (45)	38:45 42:33 42:43 43:30
	4.Macclesfield Harriers & AC-68pts	5.Warrington A C-86pts	
	6.Vale Royal AC "B"-118pts	7.Chester Triathlon Club-171pts	

Cheshire Cross Country Championships Birchwood Forest Park - Sat-5-Jan-2019

8.Helsby Running Club-180pts	9.Congleton Harriers-185pts
10.Sandbach Striders-186pts	11.Vale Royal AC "C"-198pts
12.West Cheshire Athletic Club "B"-202pts	13.Lymm Runners-212pts
14.Spectrum Striders-217pts	15.Warrington Road Runners-228pts
16.Tattenhall Runners-288pts	17.Macclesfield Harriers & AC "B"-289pts
18.Chester Triathlon Club "B"-317pts	19.Vale Royal AC "D"-331pts

Senior/Veteran Women

Pos.	No.	Name	Club	Category	LV Pos.	Cat pos	Time
1	323	Hannah Cowley	Helsby Running Club	L		1	32:25
2	383	Sarah Murphy	Vale Royal AC	V40	1	1	32:31
3	387	Liz Renondeau	Vale Royal AC	V35	2	1	32:41
4	375	Vicki Cronin	Trafford AC	L		2	32:46
5	313	Carol Parsons	Ellesmere Port RC	V40	3	2	32:54
6	325	Rachel Friend	Leeds City Athletic Club	L		3	33:24
7	409	Claire Clancy	Wilmslow Running Club	L		4	33:55
8	369	Gemma Connolly	St Helens Sutton AC	V35	4	2	34:24
9	353	Jenny Evans	Sale Harriers Manchester	L		5	34:33
10	376	Chloe Broad	Vale Royal AC	L		6	34:40
11	347	Louisa Whittingham	Macclesfield Harriers & AC	L		7	35:01
12	338	Alannah Birtwistle	Macclesfield Harriers & AC	L		8	35:21
13	352	Hayley Ashby	Sale Harriers Manchester	V35	5	3	35:25
14	378	Chloe Dooley	Vale Royal AC	L		9	35:46
15	309	Emma Taylor	Congleton Harriers	L		10	36:18
16	345	Daisy Pickles	Macclesfield Harriers & AC	L		11	36:27
17	384	Clara Pettitt	Vale Royal AC	L		12	36:39
18	310	Emma Weston	Congleton Harriers	V45	6	1	36:54
19	389	Sophie Smith	Vale Royal AC	L		13	37:09
20	388	Helen Smith	Vale Royal AC	V45	7	2	37:11
21	361	Amy Grace	South Cheshire Harriers	L		14	37:29
22	364	Katie Latham	South Cheshire Harriers	L		15	37:49
23	393	Tracy Entwistle	Warrington Road Runners	V45	8	3	37:51
24	395	Bobbie Lomax	Warrington Road Runners	V40	9	3	38:01
25	307	Joanne Moss	Congleton Harriers	V45	10	4	38:04
26	305	Carol Bird	Congleton Harriers	V55	11	1	38:06
27	392	Claire Thompson	Vale Royal AC	V40	12	4	38:18
28	405	Eleanor Robinson	West Cheshire Athletic Club	V45	13	5	38:32
29	399	Claire Harris	West Cheshire Athletic Club	L		16	38:40
30	377	Holly Carrington	Vale Royal AC	L		17	39:05
31	316	Jane Ashbrook	Helsby Running Club	V40	14	5	39:17
32	340	Sian Gulliver	Macclesfield Harriers & AC	L		18	39:19
33	398	Anna Begbie	Warrington Running Club	V35	15	4	39:21
34	410	Sally Gilliver	Wilmslow Running Club	V55	16	2	39:24
35	344	Kathleen O'Donnell	Macclesfield Harriers & AC	V40	17	6	39:32
36	343	Ann-marie Jones	Macclesfield Harriers & AC	V65	18	1	39:48
37	355	Sian Rowley	Sale Harriers Manchester	V40	19	7	39:58
38	381	Melanie Johnson	Vale Royal AC	V35	20	5	40:06
39	407	Claire Williams	West Cheshire Athletic Club	V45	21	6	40:12
40	303	Traci Shipley	Chester Triathlon Club	V50	22	1	40:15
41	322	Christina Roach	Helsby Running Club	V60	23	1	40:17
42	350	Beata Suthard	Northwich Running Club	V35	24	6	40:26
43	311	Melanie Worthington	Congleton Harriers	V45	25	7	40:34

Cheshire Cross Country Championships Birchwood Forest Park - Sat-5-Jan-2019

44	354 Sarah Goulden	Sale Harriers Manchester	L		19	40:48
45	386 Jeanette Pope	Vale Royal AC	V40	26	8	40:50
46	368 Suzanna Wild	Spectrum Striders	V40	27	9	40:58
47	365 Ruth Pryce	South Cheshire Harriers	V45	28	8	41:16
48	367 Karon Forster	Spectrum Striders	V55	29	3	41:24
49	366 Susan Poole	South Cheshire Harriers	V50	30	2	41:30
50	312 Rachel Kesteven	Crewe and Nantwich AC	V45	31	9	42:10
51	314 Claire Wyn-Jones	Ellesmere Port RC	L		20	42:21
52	359 Rebecca Loton	Sandbach Striders	L		21	42:23
53	306 Paula Kennerley	Congleton Harriers	V45	32	10	42:36
54	413 Sally Price	Wilmslow Running Club	V40	33	10	42:41
55	304 Rosemary Symms	Chester Triathlon Club	V60	34	2	42:43
56	401 Clare Mallon	West Cheshire Athletic Club	V45	35	11	42:53
57	374 Deborah Stanaway	Tattenhall Runners	V45	36	12	43:01
58	342 Saranya Hasler	Macclesfield Harriers & AC	V35	37	7	43:13
59	380 Liz Gale	Vale Royal AC	V40	38	11	43:22
60	402 Ellen McMahon	West Cheshire Athletic Club	L		22	43:24
61	315 Rachel Arnold	Helsby Running Club	V55	39	4	43:25
62	348 Olive Bigmore	Northwich Running Club	V40	40	12	43:27
63	330 Germaine Holmes	Lymm Runners	V45	41	13	43:33
64	396 Alison Morgan	Warrington Road Runners	V40	42	13	43:35
65	337 Georgina Walker	Lymm Runners	V40	43	14	43:45
66	321 Debbie Read	Helsby Running Club	V60	44	3	44:06
67	406 Angela Tegg	West Cheshire Athletic Club	V45	45	14	44:13
68	382 Jayne Lomax	Vale Royal AC	V50	46	3	44:16
69	379 Jo Edwards	Vale Royal AC	V55	47	5	44:26
70	318 Vanessa Griffiths	Helsby Running Club	V50	48	4	44:31
71	363 Claire Kivlin	South Cheshire Harriers	V40	49	15	44:34
72	333 Emma Nunnerley	Lymm Runners	V40	50	16	44:53
73	372 Grace Hart	Tattenhall Runners	V45	51	15	45:20
74	317 Lesley Feakes	Helsby Running Club	V50	52	5	45:37
75	362 Rachel Jones	South Cheshire Harriers	V35	53	8	46:34
76	324 Miranda Taylor	Knutsford Tri Club	V50	54	6	46:58
77	302 Laura Ashford	Chester Triathlon Club	L		23	47:25
78	403 Hannah Moorhouse	West Cheshire Athletic Club	V45	55	16	48:20
79	320 Jackie Kearsley	Helsby Running Club	V60	56	4	48:52
80	397 Linda Statham	Warrington Road Runners	V45	57	17	50:02
81	411 Julie Lucas	Wilmslow Running Club	V55	58	6	50:11
82	336 Carolyn Smith	Lymm Runners	V50	59	7	50:28
83	326 Mary Burton	Lymm Runners	V50	60	8	51:23
84	385 Debbie Richardson	Vale Royal AC	V50	61	9	51:53
85	328 Kathryn Ellis	Lymm Runners	V40	62	17	52:25
86	349 Jessica Messenger	Northwich Running Club	V40	63	18	52:55
87	329 Alison Felstead	Lymm Runners	V45	64	18	53:12
88	301 Claire Irons	Blackpool Wyre & Fylde AC	V35	65	9	55:50
89	331 Chrissie Knight	Lymm Runners	V45	66	19	57:57
90	360 Karen Wright	Sandbach Striders	V35	67	10	1:00:18

Ladies Club

1st Vale Royal AC
15 points (2,3,10)

Athletes

383.Sarah Murphy (V40) 32:31
387.Liz Renondeau (V35) 32:41
376.Chloe Broad 34:40

Cheshire Cross Country Championships Birchwood Forest Park - Sat-5-Jan-2019

2nd	Macclesfield Harriers & AC 39 points (11,12,16)	347.Louisa Whittingham 338.Alannah Birtwistle 345.Daisy Pickles	35:01 35:21 36:27
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3rd	Vale Royal AC "B" 50 points (14,17,19)	378.Chloe Dooley 384.Clara Pettitt 389.Sophie Smith	35:46 36:39 37:09
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4.Congleton Harriers-58pts	5.Sale Harriers Manchester-59pts
6.Helsby Running Club-73pts	7.Vale Royal AC "C"-77pts
8.South Cheshire Harriers-90pts	9.Wilmslow Running Club-95pts
10.West Cheshire Athletic Club-96pts	11.Macclesfield Harriers & AC "B"-103pts
12.Warrington Road Runners-111pts	13.Congleton Harriers "B"-122pts
14.Vale Royal AC "D"-142pts	15.Chester Triathlon Club-172pts
16.West Cheshire Athletic Club "B"-183pts	17.Northwich Running Club-190pts
18.South Cheshire Harriers "B"-195pts	19.Helsby Running Club "B"-197pts
20.Lymm Runners-200pts	21.Lymm Runners "B"-250pts

<u>Vets</u>	<u>Club</u>	<u>Athletes</u>	<u>Time</u>
1st	Vale Royal AC 10 points (1,2,7)	383.Sarah Murphy (40) 387.Liz Renondeau (35) 388.Helen Smith (45)	32:31 32:41 37:11

2nd	Congleton Harriers 27 points (6,10,11)	310.Emma Weston (45) 307.Joanne Moss (45) 305.Carol Bird (55)	36:54 38:04 38:06
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3rd	Vale Royal AC "B" 58 points (12,20,26)	392.Claire Thompson (40) 381.Melanie Johnson (35) 386.Jeanette Pope (40)	38:18 40:06 40:50
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4.Warrington Road Runners-59pts	5.West Cheshire Athletic Club-69pts
6.Macclesfield Harriers & AC-72pts	7.Helsby Running Club-76pts
8.South Cheshire Harriers-107pts	9.Wilmslow Running Club-107pts
10.Northwich Running Club-127pts	11.Vale Royal AC "C"-131pts
12.Lymm Runners-134pts	13.Helsby Running Club "B"-144pts
14.Lymm Runners "B"-181pts	

Cheshire Cross Country Championships Birchwood Forest Park - Sat-5-Jan-2019

Cheshire Cross Country Championships Birchwood Forest Park - Sat-5-Jan-2019

U20 Men

Pos.	No.	Name	Club	Time
1	420	John Humphries	Vale Royal AC	29:17
2	417	Josh Betteley	Vale Royal AC	29:58
3	414	Matthew McCormack	Crewe and Nantwich AC	30:44
4	424	David Dentith	West Cheshire Athletic Club	30:45
5	415	Matthew Browne	Macclesfield Harriers & AC	31:33
6	413	William Kesteven	Crewe and Nantwich AC	32:04
7	422	Charlie Turnbull	Warrington A C	32:05
8	427	Rory Willson	West Cheshire Athletic Club	33:58
9	426	Curtis Rodway	West Cheshire Athletic Club	34:53
		<u>U20M Club</u>	<u>Athletes</u>	<u>Time</u>
	1st	West Cheshire Athletic Club	424.David Dentith	30:45
		21 points (4,8,9)	427.Rory Willson	33:58
			426.Curtis Rodway	34:53

U20 Women

Pos.	No.	Name	Club	Time
1	189	Katie Lowery	Warrington A C	20:15
2	185	Emily Lowery	Vale Royal AC	20:25
3	191	Issy Clarke	West Cheshire Athletic Club	21:25
4	188	Lauren Joanne Ferris	Warrington A C	21:49
5	190	Rachael McQuillan	Warrington A C	23:33
6	192	Elizabeth McMahon	West Cheshire Athletic Club	24:09
		<u>U20W Club</u>	<u>Athletes</u>	<u>Time</u>
	1st	Warrington A C	189.Katie Lowery	20:15
		10 points (1,4,5)	188.Lauren Joanne Ferris	21:49
			190.Rachael McQuillan	23:33

U17 Boys

Pos.	No.	Name	Club	Time
1	627	Joseph Buckley	Warrington A C	16:49
2	628	Jordan Jones	Warrington A C	17:03
3	633	Sion Roberts	West Cheshire Athletic Club	17:23
4	616	Finley Proffitt	Macclesfield Harriers & AC	17:31
5	612	Raif Serif	Crewe and Nantwich AC	17:41
6	614	Peter Goodfellow	Macclesfield Harriers & AC	17:57
7	630	Ben Webb	Warrington A C	18:08
8	622	Edward Pettitt	Vale Royal AC	18:13
9	629	Joe Roberts	Warrington A C	18:30
10	623	Sam Stephens	Vale Royal AC	18:40
11	626	Isaaq Ataullah	Warrington A C	18:40
12	621	William McKay	Vale Royal AC	19:09
13	632	Paul Morrison	West Cheshire Athletic Club	19:18
14	634	Harvey Tegg	West Cheshire Athletic Club	19:26
15	610	Ben Laxton	Crewe and Nantwich AC	19:52
16	631	Matthew Douglass	West Cheshire Athletic Club	20:09
17	620	Aaron Doyle	Vale Royal AC	20:52
18	615	Jack Farrall	Macclesfield Harriers & AC	21:10
19	625	Sam Washington	Vale Royal AC	21:37
20	611	Corey Matravers	Crewe and Nantwich AC	22:31

Cheshire Cross Country Championships Birchwood Forest Park - Sat-5-Jan-2019

<u>U17B</u>	<u>Club</u>	<u>Athletes</u>	<u>Time</u>
1st	Warrington A C 10 points (1,2,7)	627.Joseph Buckley 628.Jordan Jones 630.Ben Webb	16:49 17:03 18:08
2nd	Macclesfield Harriers & AC 28 points (4,6,18)	616.Finley Proffitt 614.Peter Goodfellow 615.Jack Farrall	17:31 17:57 21:10
3rd	Vale Royal AC 30 points (8,10,12)	622.Edward Pettitt 623.Sam Stephens 621.William McKay	18:13 18:40 19:09
	4.West Cheshire Athletic Club-30pts	5.Crewe and Nantwich AC-40pts	

U17 Girls

Pos.	No.	Name	Club	Time
1	773	Lara Crawford	Sale Harriers Manchester	19:23
2	778	Holly Smith	Vale Royal AC	19:43
3	775	Ellie Grinnell	Vale Royal AC	21:17
4	771	Chloe Leather	Crewe and Nantwich AC	22:46
5	781	Siobhan Gregory	Warrington A C	24:29
6	780	Madeleine Anderson	Warrington A C	24:38
7	782	Lily Moorhouse	West Cheshire Athletic Club	25:22

U15 Boys

Pos.	No.	Name	Club	Time
1	273	Jake Wlison	Vale Royal AC	14:35
2	278	William Sutcliffe	Wirral AC	14:43
3	272	Patrick Griffith	Vale Royal AC	14:44
4	277	Jamie Richardson	West Cheshire Athletic Club	14:50
5	263	Ben Hamilton Ryan	Macclesfield Harriers & AC	14:57
6	271	Dylan Carney	Vale Royal AC	15:07
7	265	Thomas Roberts	Macclesfield Harriers & AC	15:09
8	262	James Doorbar	Macclesfield Harriers & AC	15:35
9	266	James Kelly	Sale Harriers Manchester	15:40
10	261	Ewan MacNab	Halton & Frodsham Harriers	15:45
11	260	Matthew Haslam	Halton & Frodsham Harriers	15:46
12	267	James Knockton	Sale Harriers Manchester	15:52
13	264	Laurence Manley	Macclesfield Harriers & AC	15:58
14	269	Charlie Tittensor	Sale Harriers Manchester	16:01
15	275	Sammy Hollins	West Cheshire Athletic Club	16:03
16	276	Isaac Tait	West Cheshire Athletic Club	16:22
17	274	Joseph Hancock	West Cheshire Athletic Club	16:56
18	258	Elliot Davies-Hayes	Crewe and Nantwich AC	17:27

<u>U15B</u>	<u>Club</u>	<u>Athletes</u>	<u>Time</u>
1st	Vale Royal AC 10 points (1,3,6)	273.Jake Wlison 272.Patrick Griffith 271.Dylan Carney	14:35 14:44 15:07
2nd	Macclesfield Harriers & AC 20 points (5,7,8)	263.Ben Hamilton Ryan 265.Thomas Roberts 262.James Doorbar	14:57 15:09 15:35
3rd	Sale Harriers Manchester 35 points (9,12,14)	266.James Kelly 267.James Knockton 269.Charlie Tittensor	15:40 15:52 16:01
	4.West Cheshire Athletic Club-35pts		

Cheshire Cross Country Championships Birchwood Forest Park - Sat-5-Jan-2019

U15 Girls

Pos.	No.	Name	Club	Time
1	385	Holly Weedall	Vale Royal AC	15:05
2	347	Grace Roberts	Vale Royal AC	16:09
3	388	Orla Gregory	Warrington A C	16:25
4	389	Connoly Jessica	Warrington A C	17:00
5	346	Ellie Hudson	Vale Royal AC	17:01
6	339	Niamh Boyd	Sale Harriers Manchester	17:02
7	392	Sophie Grainger	West Cheshire Athletic Club	17:02
8	341	Ellie Bushill	Vale Royal AC	17:14
9	342	Isobel Ashcroft	Vale Royal AC	17:35
10	384	Thea Smith	Vale Royal AC	17:40
11	387	Eva Victoria Ferris	Warrington A C	17:41
12	334	Clarissa Rigby	Boalloy Running Club	17:47
13	393	Lucia Pyne	West Cheshire Athletic Club	18:00
14	344	Faye Conboy	Vale Royal AC	18:41
15	340	Rose Sinclair	Sale Harriers Manchester	19:02
16	336	Libby Greeney	Macclesfield Harriers & AC	19:15
17	343	Emily Bevan	Vale Royal AC	20:27
18	391	Abigail Cartwright	West Cheshire Athletic Club	20:40
19	337	Ellie Stockdale	Macclesfield Harriers & AC	20:44

U15G Club

	Club	Athletes	Time
1st	Vale Royal AC	385.Holly Weedall	15:05
	8 points (1,2,5)	347.Grace Roberts	16:09
		346.Ellie Hudson	17:01
2nd	Warrington A C	388.Orla Gregory	16:25
	18 points (3,4,11)	389.Connoly Jessica	17:00
		387.Eva Victoria Ferris	17:41
3rd	Vale Royal AC "B"	341.Ellie Bushill	17:14
	27 points (8,9,10)	342.Isobel Ashcroft	17:35
		384.Thea Smith	17:40

4.West Cheshire Athletic Club-38pts

U13 Boys

Pos.	No.	Name	Club	Time
1	612	Philip Goodfellow	Macclesfield Harriers & AC	12:30
2	636	Erik Marshall	Warrington A C	12:41
3	616	Aadi Whitlock	Macclesfield Harriers & AC	12:47
4	601	Harry Parker McLain	Crewe and Nantwich AC	13:21
5	633	Josh Williamson	Vale Royal AC	13:24
6	613	Dylan McGrath	Macclesfield Harriers & AC	13:38
7	623	Harry Godwin	Vale Royal AC	13:46
8	640	Luke Parker	West Cheshire Athletic Club	13:51
9	644	Ben Grantham	Wirral AC	13:59
10	627	Robbie Price	Vale Royal AC	14:03
11	635	Rory Gregory	Warrington A C	14:06
12	643	Dan Willetts	West Cheshire Athletic Club	14:07
13	617	Luke Kelly	Sale Harriers Manchester	14:20
14	637	Ben Pucill	Warrington A C	14:25
15	611	Finlay Pettie	Macclesfield Harriers & AC	14:29
16	625	Aaron Leather- Smith	Vale Royal AC	14:33
17	622	Ben Fisher	Vale Royal AC	14:39

Cheshire Cross Country Championships Birchwood Forest Park - Sat-5-Jan-2019

18	632 Oli Washington	Vale Royal AC	14:41
19	603 Isaac Leydon	Crewe and Nantwich AC	14:49
20	614 Bradley Snape	Macclesfield Harriers & AC	14:55
21	604 Kacper Mikulski	Crewe and Nantwich AC	14:59
22	629 Oliver Simpson	Vale Royal AC	15:01
23	607 Jacob Hughes	Knutsford Harriers & Athletics Club	15:03
24	608 William Trubshaw	Knutsford Harriers & Athletics Club	15:03
25	634 Zak Chamun	Warrington A C	15:15
26	639 Reece Munro	West Cheshire Athletic Club	15:15
27	621 James Dixon	Vale Royal AC	15:19
28	638 Max Ryder	Warrington A C	15:30
29	609 William Roberts	Macclesfield Harriers & AC	15:42
30	641 Louis Tegg	West Cheshire Athletic Club	15:54
31	620 Will Davies	Vale Royal AC	15:56
32	605 Archie Varley	Crewe and Nantwich AC	16:04
33	626 Joe Bland McKenzie	Vale Royal AC	16:12
34	600 Adam Mayell	Boalloy Running Club	16:31
35	631 Tom Taylor	Vale Royal AC	16:35
36	615 Isaac Stockdale	Macclesfield Harriers & AC	17:19
37	624 Oliver Johnson	Vale Royal AC	18:40

<u>U13B</u>	<u>Club</u>	<u>Athletes</u>	<u>Time</u>
1st	Macclesfield Harriers & AC 10 points (1,3,6)	612.Philip Goodfellow 616.Aadi Whitlock 613.Dylan McGrath	12:30 12:47 13:38
2nd	Vale Royal AC 22 points (5,7,10)	633.Josh Williamson 623.Harry Godwin 627.Robbie Price	13:24 13:46 14:03
3rd	Warrington A C 27 points (2,11,14)	636.Erik Marshall 635.Rory Gregory 637.Ben Pucill	12:41 14:06 14:25
	4.Crewe and Nantwich AC-44pts	5.West Cheshire Athletic Club-46pts	
	6.Vale Royal AC "B"-51pts	7.Macclesfield Harriers & AC "B"-64pts	
	8.Vale Royal AC "C"-80pts	9.Vale Royal AC "D"-105pts	

U13 Girls

Pos.	No.	Name	Club	Time
1	555	Carys Roberts	West Cheshire Athletic Club	13:26
2	535	Alice Gale	Vale Royal AC	13:32
3	529	Florence Cooke	Macclesfield Harriers & AC	13:40
4	527	Rebecca Dilworth	Macclesfield Harriers & AC	13:54
5	548	Emily Entwistle	Warrington A C	14:22
6	544	Lucie Davies	Warrington A C	14:38
7	542	Hope Smith	Vale Royal AC	14:40
8	523	Sophie Harding	Crewe and Nantwich AC	14:45
9	551	Molly Wormald	Warrington A C	15:03
10	545	Alice Nicholson	Warrington A C	15:05
11	553	Jessica Lark	West Cheshire Athletic Club	15:16
12	536	Tarlia Higginbotham	Vale Royal AC	15:18
13	533	Eloise Babbington	Vale Royal AC	15:31
14	537	Darcie Hudson	Vale Royal AC	15:45
15	543	Harriet Bell	Warrington A C	15:58
16	557	Martha Willetts	West Cheshire Athletic Club	16:03

Cheshire Cross Country Championships Birchwood Forest Park - Sat-5-Jan-2019

17	525 Charlotte Glover	Halton & Frodsham Harriers	16:06
18	554 Aimee Phillips	West Cheshire Athletic Club	16:14
19	534 Lana Booth	Vale Royal AC	16:23
20	552 Ruby Carlile	West Cheshire Athletic Club	16:23
21	528 Amelia Wilson	Macclesfield Harriers & AC	16:41
22	547 Amelia Smithers	Warrington A C	16:48
23	546 Evie Owen	Warrington A C	16:50
24	524 Bethany Glover	Halton & Frodsham Harriers	16:51
25	540 Molly Roberts	Vale Royal AC	16:54
26	526 Ellie Molyneaux	Halton & Frodsham Harriers	16:55
27	549 Corin Smith	Warrington A C	16:59
28	541 Anna Smith	Vale Royal AC	17:22
29	550 Rhiannon Wilkes	Warrington A C	17:42
30	538 Isabelle Maundrill	Vale Royal AC	17:57
31	556 Megan White	West Cheshire Athletic Club	18:53

U13G Club

1st	Warrington A C 20 points (5,6,9)
2nd	Vale Royal AC 21 points (2,7,12)
3rd	West Cheshire Athletic Club 28 points (1,11,16)

Athletes

548.Emily Entwistle	14:22
544.Lucie Davies	14:38
551.Molly Wormald	15:03
535.Alice Gale	13:32
542.Hope Smith	14:40
536.Tarlia Higginbotham	15:18
555.Carys Roberts	13:26
553.Jessica Lark	15:16
557.Martha Willetts	16:03
5.Vale Royal AC "B"-46pts	
7.Halton & Frodsham Harriers-67pts	
9.Warrington A C "C"-79pts	

4.Macclesfield Harriers & AC-28pts
6.Warrington A C "B"-47pts
8.West Cheshire Athletic Club "B"-69pts

U11 Boys

Pos.	No.	Name	Club	Time
1	438	Jack Marwood	Warrington A C	8:13
2	439	Jacob Pryor	Warrington A C	8:27
3	434	Theo Wassall	Vale Royal AC	8:34
4	441	Tyreece Swinton	Warrington A C	8:44
5	419	Gabriel McGrath	Macclesfield Harriers & AC	8:47
6	415	Alex MacNab	Halton & Frodsham Harriers	8:48
7	446	Ben Pold	Wirral AC	8:49
8	409	Arthur Elliott	Crewe and Nantwich AC	8:59
9	427	Alfie Murray	Vale Royal AC	9:04
10	421	Fraser Sinclair	Sale Harriers Manchester	9:06
11	411	Samuel Pickering	Crewe and Nantwich AC	9:07
12	416	Thomas Trubshaw	Knutsford Harriers & Athletics Club	9:08
13	437	Spencer Astbury	Warrington A C	9:10
14	412	Frankie Simpson	Crewe and Nantwich AC	9:12
15	442	Benjamin Woods	Warrington A C	9:15
16	425	Ben Lowe	Vale Royal AC	9:23
17	440	Matthew Seddon	Warrington A C	9:24
18	414	Charlie Larkin	Halton & Frodsham Harriers	9:45
19	410	Isaac Pickering	Crewe and Nantwich AC	9:45
20	426	Thomas Messenger	Vale Royal AC	9:45
21	420	Stanley Slater	Macclesfield Harriers & AC	9:45

Cheshire Cross Country Championships Birchwood Forest Park - Sat-5-Jan-2019

22	431 Oliver Shaw	Vale Royal AC	9:50
23	417 Matthew Walker	Macclesfield Harriers & AC	9:53
24	435 Evan Williams	Vale Royal AC	9:56
25	413 Charlie Ashbrook	Halton & Frodsham Harriers	9:59
26	429 Daniel Richardson	Vale Royal AC	10:01
27	444 Joshua Oates	West Cheshire Athletic Club	10:02
28	422 Max Anderson	Vale Royal AC	10:04
29	428 James Pope	Vale Royal AC	10:09
30	418 Michael Wood	Macclesfield Harriers & AC	10:19
31	443 Oliver Mallon	West Cheshire Athletic Club	10:50
32	445 Bryn Thomas	West Cheshire Athletic Club	10:54
33	432 Edward Smith	Vale Royal AC	11:31
34	423 Jaycob Leather- Smith	Vale Royal AC	11:37
35	613 Aidan Larkin	Halton & Frodsham Harriers	12:39

U11B Club

	<u>Club</u>	<u>Athletes</u>	<u>Time</u>
1st	Warrington A C	438.Jack Marwood	8:13
	7 points (1,2,4)	439.Jacob Pryor	8:27
		441.Tyreece Swinton	8:44
2nd	Vale Royal AC	434.Theo Wassall	8:34
	28 points (3,9,16)	427.Alfie Murray	9:04
		425.Ben Lowe	9:23
3rd	Crewe and Nantwich AC	409.Arthur Elliott	8:59
	33 points (8,11,14)	411.Samuel Pickering	9:07
		412.Frankie Simpson	9:12
	4.Warrington A C "B"-45pts	5.Macclesfield Harriers & AC-49pts	
	6.Halton & Frodsham Harriers-49pts	7.Vale Royal AC "B"-66pts	
	8.Vale Royal AC "C"-83pts	9.West Cheshire Athletic Club-90pts	

U11 Girls

Pos.	No.	Name	Club	Time
1	532	Elise Fawkes	Vale Royal AC	8:57
2	549	Ruby Phillips	West Cheshire Athletic Club	9:05
3	550	Cerys Rowlands	West Cheshire Athletic Club	9:07
4	546	Nia Wharton	Warrington A C	9:12
5	528	Isobel Hall	Sale Harriers Manchester	9:18
6	544	Eva Jha	Warrington A C	9:20
7	547	Imogen Wharton	Warrington A C	9:21
8	514	Susanna Thompson	Altrincham & District Athletic Club Limited	9:22
9	516	Gabriella Taylor	Leigh Harriers & AC	9:23
10	518	Ellie Dixon	Macclesfield Harriers & AC	9:23
11	524	Ava Bygrave	Sale Harriers Manchester	9:28
12	526	Elizabeth Sinclair	Sale Harriers Manchester	9:30
13	527	Bethany Tittensor	Sale Harriers Manchester	9:30
14	530	Erin Carney	Vale Royal AC	9:31
15	522	Charlotte Bischof	Sale Harriers Manchester	9:35
16	552	Eleanor Williams	West Cheshire Athletic Club	9:37
17	521	Steffi Berndt Delao	Sale Harriers Manchester	9:45
18	543	Cara Gregory	Warrington A C	9:57
19	515	Eloise Perritt	Knutsford Harriers & Athletics Club	10:00
20	529	Zoe Broughton	Vale Royal AC	10:08
21	545	Sinead Gregory	Warrington A C	10:11
22	523	Lali Brown	Sale Harriers Manchester	10:16

Cheshire Cross Country Championships Birchwood Forest Park - Sat-5-Jan-2019

23	548 Lottie Blake	West Cheshire Athletic Club	10:26	
24	542 Ellie Barker	Warrington A C	10:26	
25	535 Caitlyn McKendrick	Vale Royal AC	10:41	
26	525 Eva Karalius	Sale Harriers Manchester	10:45	
27	519 Lola Whitlock	Macclesfield Harriers & AC	10:59	
28	537 Isabelle Pope	Vale Royal AC	11:03	
29	540 Lauren Weedall	Vale Royal AC	11:05	
30	536 Fleur Parsons	Vale Royal AC	11:07	
31	551 Ingrid Tait	West Cheshire Athletic Club	11:16	
32	539 Polly Thomason	Vale Royal AC	11:24	
33	553 Emma Grantham	Wirral AC	11:37	
34	533 Zara Gibbs	Vale Royal AC	11:50	
	<u>U11G</u>	<u>Club</u>	<u>Athletes</u>	<u>Time</u>
	1st	Warrington A C	546.Nia Wharton	9:12
		17 points (4,6,7)	544.Eva Jha	9:20
			547.Imogen Wharton	9:21
	2nd	West Cheshire Athletic Club	549.Ruby Phillips	9:05
		21 points (2,3,16)	550.Cerys Rowlands	9:07
			552.Eleanor Williams	9:37
	3rd	Sale Harriers Manchester	528.Isobel Hall	9:18
		28 points (5,11,12)	524.Ava Bygrave	9:28
			526.Elizabeth Sinclair	9:30
	4.	Vale Royal AC-35pts	5.Sale Harriers Manchester "B"-45pts	
	6.	Warrington A C "B"-63pts	7.Vale Royal AC "B"-82pts	
	8.	Vale Royal AC "C"-96pts		