

MANCHESTER AREA CROSS COUNTRY LEAGUE
2006/2007 TO 2018/2019 - ROLL OF HONOUR

*Manchester Area
Cross Country League*

Roll of Honour

13 Seasons

2006/2007 - 2018/2019

**MANCHESTER AREA CROSS COUNTRY LEAGUE
2006/2007 TO 2018/2019 - ROLL OF HONOUR**

SENIOR TEAMS - MEN

2018/2019	<i>SENIOR MEN – DIV 1</i>	SALE HARRIERS MANCHESTER AC
2017/2018		SALE HARRIERS MANCHESTER AC
2016/2017		SALE HARRIERS MANCHESTER AC
2015/2016		SALE HARRIERS MANCHESTER AC
2014/2015		SALE HARRIERS MANCHESTER AC
2013/2014		SALFORD HARRIERS & AC
2012/2013		SALE HARRIERS MANCHESTER AC
2011/2012		SALE HARRIERS MANCHESTER AC
2010/2011		TRAFFORD AC
2009/2010		TRAFFORD AC
2008/2009	<i>no divisions</i>	TRAFFORD AC
2007/2008	<i>no divisions</i>	TRAFFORD AC
2006/2007	<i>no divisions</i>	SALE HARRIERS MANCHESTER AC

2018/2019	<i>SENIOR MEN – DIV 2</i>	ALTRINCHAM & DISTRICT AC
2017/2018		EAST CHESHIRE H & TAMESIDE AC
2016/2017		MANCHESTER TRIATHLON
2015/2016		EAST CHESHIRE H & TAMESIDE AC
2014/2015		SALE HARRIERS MANCHESTER AC
2013/2014		EAST CHESHIRE H & TAMESIDE AC
2012/2013		SWINTON RC
2011/2012		EAST CHESHIRE H & TAMESIDE AC
2010/2011		SALFORD HARRIERS & AC
2009/2010		TRAFFORD AC - B

2018/2019	<i>SENIOR MEN – DIV 3</i>	SALFORD METROPOLITAN AC
2017/2018		SWINTON RC
2016/2017		ST HELENS TRI
2015/2016		HORWICH RMI

2018/2019	<i>SENIOR MEN – B</i>	SALE HARRIERS MANCHESTER AC
2017/2018		SALE HARRIERS MANCHESTER AC
2016/2017		SALE HARRIERS MANCHESTER AC
2015/2016		SALE HARRIERS MANCHESTER AC

2018/2019	<i>SENIOR MEN – C+</i>	SALE HARRIERS MANCHESTER AC
2017/2018		SALE HARRIERS MANCHESTER AC
2016/2017		SALE HARRIERS MANCHESTER AC
2015/2016		SALE HARRIERS MANCHESTER AC

**MANCHESTER AREA CROSS COUNTRY LEAGUE
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SENIOR TEAMS - WOMEN

2018/2019	SENIOR WOMEN - DIV 1	UNIVERSITY OF MANCHESTER A & CCC
2017/2018		UNIVERSITY OF MANCHESTER A & CCC
2016/2017		SALE HARRIERS MANCHESTER AC
2015/2016		SALE HARRIERS MANCHESTER AC
2014/2015		SALE HARRIERS MANCHESTER AC
2013/2014		WILMSLOW RC
2012/2013		WILMSLOW RC
2011/2012		TRAFFORD AC
2010/2011		WILMSLOW RC
2009/2010		TRAFFORD AC
2008/2009	<i>no divisions</i>	TRAFFORD AC
2007/2008	<i>no divisions</i>	MACCLESFIELD HARRIERS & AC
2006/2007	<i>no divisions</i>	MACCLESFIELD HARRIERS & AC

2018/2019	SENIOR WOMEN - DIV 2	CHORLTON RUNNERS
2017/2018		WIRRAL AC
2016/2017		SALFORD H & AC
2015/2016		UNIVERSITY OF MANCHESTER A & CCC
2014/2015		SALFORD HARRIERS & AC
2013/2014		WIRRAL AC
2012/2013		WILMSLOW RC - B
2011/2012		MANCHESTER TRIATHLON
2010/2011		SALE HARRIERS MANCHESTER AC] <i>joint</i> WILMSLOW RC - B] <i>winners</i>
2009/2010		TRAFFORD AC - B

2018/2019	SENIOR WOMEN - DIV 3	STOCKPORT TRI CLUB
2017/2018		SALFORD METROPOLITAN AC
2016/2017		GOYT VALLEY STRIDERS
2015/2016		WIRRAL AC

2018/2019	SENIOR WOMEN - B	SALE HARRIERS MANCHESTER AC
2017/2018		TRAFFORD AC
2016/2017		SALE HARRIERS MANCHESTER AC
2015/2016		SALE HARRIERS MANCHESTER AC

2018/2019	SENIOR WOMEN - C+	SALE HARRIERS MANCHESTER AC
2017/2018		CHORLTON RUNNERS
2016/2017		SALE HARRIERS MANCHESTER AC
2015/2016		SALE HARRIERS MANCHESTER AC

**MANCHESTER AREA CROSS COUNTRY LEAGUE
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VETERAN TEAMS – MEN

2018/2019	<i>VETERAN MEN – DIV 1</i>	SALFORD HARRIERS & AC
2017/2018		SALFORD HARRIERS & AC
2016/2017		WILMSLOW RC
2015/2016		TRAFFORD AC
2014/2015		SALE HARRIERS MANCHESTER AC
2013/2014		WILMSLOW RC
2012/2013		WILMSLOW RC
2011/2012		WILMSLOW RC
2010/2011		WILMSLOW RC
2009/2010		WILMSLOW RC
2008/2009	<i>no divisions</i>	WILMSLOW RC
2007/2008	<i>no divisions</i>	WILMSLOW RC
2006/2007	<i>no divisions</i>	WILMSLOW RC

2018/2019	<i>VETERAN MEN – DIV 2</i>	HORWICH RMI HARRIERS
2017/2018		SWINTON RC
2016/2017		HORWICH RMI
2015/2016		MANCHESTER TRI
2014/2015		ALTRINCHAM & DISTRICT AC
2013/2014		ST HELENS SUTTON AC
2012/2013		ALTRINCHAM & DISTRICT AC
2011/2012		MACCLESFIELD HARRIERS & AC
2010/2011		SALFORD HARRIERS & AC
2009/2010		WILMSLOW RC - B

2018/2019	<i>VETERAN MEN – DIV 3</i>	MANCHESTER HARRIERS & AC
2017/2018		ST HELENS TRI
2016/2017		MARPLE RUNNERS
2015/2016		HORWICH RMI

2018/2019	<i>VETERAN MEN – B</i>	SALFORD HARRIERS & AC
2017/2018		SALFORD HARRIERS & AC
2016/2017		SALE H MANCHESTER AC
2015/2016		STOCKPORT HARRIERS & AC

2018/2019	<i>VETERAN MEN – C+</i>	SALE HARRIERS MANCHESTER AC
2017/2018		SALE HARRIERS MANCHESTER AC
2016/2017		SALE HARRIERS MANCHESTER AC
2015/2016		STOCKPORT HARRIERS & AC

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VETERAN TEAMS – WOMEN

2018/2019	<i>VETERAN WOMEN – DIV 1</i>	SALE HARRIERS MANCHESTER AC
2017/2018		WILMSLOW RC
2016/2017		SALE HARRIERS MANCHESTER AC
2015/2016		SALE HARRIERS MANCHESTER AC
2014/2015		WILMSLOW RC
2013/2014		WILMSLOW RC
2012/2013		WILMSLOW RC
2011/2012		WILMSLOW RC
2010/2011		WILMSLOW RC
2009/2010		STOCKPORT HARRIERS & AC
2008/2009	<i>no divisions</i>	STOCKPORT HARRIERS & AC
2007/2008	<i>no divisions</i>	MACCLESFIELD HARRIERS & AC
2006/2007	<i>no divisions</i>	MACCLESFIELD HARRIERS & AC

2018/2019	<i>VETERAN WOMEN – DIV 2</i>	STOCKPORT HARRIERS & AC
2017/2018		MANCHESTER FRONTRUNNERS
2016/2017		WIRRAL AC
2015/2016		ALTRINCHAM & DISTRICT AC
2014/2015		STOCKPORT HARRIERS & AC
2013/2014		WIRRAL AC
2012/2013		VALE ROYAL AC
2011/2012		MACCLESFIELD HARRIERS & AC
2010/2011		WILMSLOW RC – B
2009/2010		STOCKPORT HARRIERS & AC - B

2018/2019	<i>VETERAN WOMEN – DIV 3</i>	EAST CHESHIRE H & TAMESIDE AC
2017/2018		MANCHESTER YMCA HARRIERS
2016/2017		VALE ROYAL AC
2015/2016		WIRRAL AC

2018/2019	<i>VETERAN WOMEN – B</i>	SALE HARRIERS MANCHESTER AC
2017/2018		ALTRINCHAM & DISTRICT AC
2016/2017		SALE HARRIERS MANCHESTER AC
2015/2016		SALE HARRIERS MANCHESTER AC

2018/2019	<i>VETERAN WOMEN – C+</i>	SALE HARRIERS MANCHESTER AC
2017/2018		MANCHESTER TRIATHLON
2016/2017		SALE HARRIERS MANCHESTER AC
2015/2016		SALE HARRIERS MANCHESTER AC

**MANCHESTER AREA CROSS COUNTRY LEAGUE
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UNDER 20 TEAMS

2018/2019	UNDER 20 MEN	STOCKPORT HARRIERS & AC
2013/2014- 2017/2018		<i>no qualifying teams</i>
2012/2013		SALE HARRIERS MANCHESTER AC
2009-2012		<i>no qualifying teams</i>
2008/2009		WEST CHESHIRE AC
2007/2008		<i>no qualifying teams</i>
2006/2007		SALE HARRIERS MANCHESTER AC

2016/2017- 2018/2019	UNDER 20 WOMEN	<i>no qualifying teams</i>
2015/2016		UNIVERSITY OF MANCHESTER A & CCC
2007-2015		<i>no qualifying teams</i>

JUNIOR TEAMS

2018/2019	UNDER 17 BOYS	TRAFFORD AC
2017/2018		WARRINGTON AC
2016/2017		MANCHESTER HARRIERS & AC
2015/2016		EAST CHESHIRE H & TAMESIDE AC
2014/2015		STOCKPORT HARRIERS & AC
2013/2014		SALE HARRIERS MANCHESTER AC
2012/2013		LIVERPOOL HARRIERS & AC
2011/2012		SALE HARRIERS MANCHESTER AC
2010/2011		SALE HARRIERS MANCHESTER AC
2009/2010		ST HELENS SUTTON AC
2008/2009		SALE HARRIERS MANCHESTER AC
2007/2008		SALE HARRIERS MANCHESTER AC
2006/2007		STOCKPORT HARRIERS & AC

2018/2019	UNDER 17 GIRLS	SALFORD HARRIERS & AC
2017/2018		LIVERPOOL HARRIERS & AC
2016/2017		STOCKPORT HARRIERS & AC
2015/2016		STOCKPORT HARRIERS & AC
2014/2015		SALE HARRIERS MANCHESTER AC
2013/2014		RIBBLE VALLEY AC
2012/2013		STOCKPORT HARRIERS & AC
2011/2012		WIRRAL AC
2010/2011		STOCKPORT HARRIERS & AC
2009/2010		SALE HARRIERS MANCHESTER AC
2008/2009		ST HELENS SUTTON AC
2007/2008		<i>no qualifying teams</i>
2006/2007		SALE HARRIERS MANCHESTER AC

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JUNIOR TEAMS - *continued*

2018/2019	<i>UNDER 15 BOYS</i>	WIRRAL AC
2017/2018		TRAFFORD AC
2016/2017		WARRINGTON AC
2015/2016		SALE HARRIERS MANCHESTER AC
2014/2015		MANCHESTER HARRIERS & AC
2013/2014		LIVERPOOL HARRIERS & AC
2012/2013		MANCHESTER HARRIERS & AC
2011/2012		SALE HARRIERS MANCHESTER AC
2010/2011		EAST CHESHIRE H & TAMESIDE AC
2009/2010		SALE HARRIERS MANCHESTER AC
2008/2009		WARRINGTON AC
2007/2008		ST HELENS SUTTON AC
2006/2007		SALE HARRIERS MANCHESTER AC

2018/2019	<i>UNDER 15 GIRLS</i>	SALE HARRIERS MANCHESTER AC
2017/2018		STOCKPORT HARRIERS & AC
2016/2017		MACCLESFIELD HARRIERS & AC
2015/2016		LIVERPOOL HARRIERS & AC
2014/2015		STOCKPORT HARRIERS & AC
2013/2014		STOCKPORT HARRIERS & AC
2012/2013		STOCKPORT HARRIERS & AC
2011/2012		SALE HARRIERS MANCHESTER AC
2010/2011		STOCKPORT HARRIERS & AC
2009/2010		STOCKPORT HARRIERS & AC
2008/2009		ALTRINCHAM & DISTRICT AC
2007/2008		ALTRINCHAM & DISTRICT AC
2006/2007		SALE HARRIERS MANCHESTER AC

2018/2019	<i>UNDER 13 BOYS</i>	SALE HARRIERS MANCHESTER AC
2017/2018		STOCKPORT HARRIERS & AC
2016/2017		SALFORD HARRIERS & AC
2015/2016		SALFORD HARRIERS & AC
2014/2015		STOCKPORT HARRIERS & AC
2013/2014		WIRRAL AC
2012/2013		MANCHESTER HARRIERS & AC
2011/2012		SALE HARRIERS MANCHESTER AC
2010/2011		SALE HARRIERS MANCHESTER AC
2009/2010		STOCKPORT HARRIERS & AC
2008/2009		EAST CHESHIRE H & TAMESIDE AC
2007/2008		WARRINGTON AC
2006/2007		STOCKPORT HARRIERS & AC

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JUNIOR TEAMS - *continued*

2018/2019	<i>UNDER 13 GIRLS</i>	SALE HARRIERS MANCHESTER AC
2017/2018		SALE HARRIERS MANCHESTER AC
2016/2017		SALE HARRIERS MANCHESTER AC
2015/2016		SALE HARRIERS MANCHESTER AC
2014/2015		SALE HARRIERS MANCHESTER AC
2013/2014		LIVERPOOL HARRIERS & AC
2012/2013		SALE HARRIERS MANCHESTER AC
2011/2012		SALE HARRIERS MANCHESTER AC
2010/2011		STOCKPORT HARRIERS & AC
2009/2010		EAST CHESHIRE H & TAMESIDE AC
2008/2009		STOCKPORT HARRIERS & AC
2007/2008		STOCKPORT HARRIERS & AC
2006/2007		SALE HARRIERS MANCHESTER AC

2018/2019	<i>UNDER 11 BOYS</i>	WIRRAL AC
2017/2018		STOCKPORT HARRIERS & AC
2016/2017		SALFORD HARRIERS & AC
2015/2016		SALE HARRIERS MANCHESTER AC
2014/2015		SALFORD HARRIERS & AC
2013/2014		SALFORD HARRIERS & AC
2012/2013		STOCKPORT HARRIERS & AC
2011/2012		WIRRAL AC
2010/2011		WIRRAL AC
2009/2010		SALE HARRIERS MANCHESTER AC
2008/2009		SALE HARRIERS MANCHESTER AC
2007/2008		MACCLESFIELD HARRIERS & AC
2006/2007		STOCKPORT HARRIERS & AC

2018/2019	<i>UNDER 11 GIRLS</i>	STOCKPORT HARRIERS & AC
2017/2018		STOCKPORT HARRIERS & AC
2016/2017		SALE HARRIERS MANCHESTER AC
2015/2016		SALE HARRIERS MANCHESTER AC
2014/2015		SALFORD HARRIERS & AC
2013/2014		SALE HARRIERS MANCHESTER AC
2012/2013		LIVERPOOL HARRIERS & AC
2011/2012		MANCHESTER HARRIERS & AC
2010/2011		SALE HARRIERS MANCHESTER AC
2009/2010		STOCKPORT HARRIERS & AC
2008/2009		WARRINGTON AC
2007/2008		MANCHESTER HARRIERS & AC
2006/2007		STOCKPORT HARRIERS & AC

**MANCHESTER AREA CROSS COUNTRY LEAGUE
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INDIVIDUAL WINNERS - MALES

2018/2019	<i>OVERALL CHAMPION</i>	JAMES KEVAN – HORWICH RMI HARRIERS
2017/2018		ANDY NORMAN – ALTRINCHAM & DISTRICT
2016/2017		JACK MORRIS – STOCKPORT H & AC
2015/2016		DAVE NORMAN – ALTRINCHAM & DISTRICT AC
2014/2015		DAVE NORMAN – ALTRINCHAM & DISTRICT AC
2013/2014		JACK MORRIS – STOCKPORT HARRERS & AC
2012/2013		ALEX LAWTON – MANCHESTER TRIATHLON
2011/2012		DAVE NORMAN – ALTRINCHAM & DISTRICT AC
2010/2011		DAVE NORMAN – ALTRINCHAM & DISTRICT AC
2009/2010		DAVE NORMAN – ALTRINCHAM & DISTRICT AC
2008/2009		IAN SALISBURY – TRAFFORD AC
2007/2008		IAN SALISBURY – TRAFFORD AC
2006/2007		CARL HARDMAN – SALFORD H & AC

2018/2019	<i>SENIOR CHAMPION</i>	JAMES KEVAN – HORWICH RMI HARRIERS
2017/2018		ANDY NORMAN – ALTRINCHAM & DISTRICT
2016/2017		JACK MORRIS – STOCKPORT H & AC
2015/2016		DAVE NORMAN – ALTRINCHAM & DISTRICT AC
2014/2015		DAVE NORMAN – ALTRINCHAM & DISTRICT AC
2013/2014		JACK MORRIS – STOCKPORT HARRIERS & AC
2012/2013		ALEX LAWTON – MANCHESTER TRIATHLON
2011/2012		DAVE NORMAN – ALTRINCHAM & DISTRICT AC
2010/2011		DAVE NORMAN – ALTRINCHAM & DISTRICT AC
2009/2010		DAVE NORMAN – ALTRINCHAM & DISTRICT AC
2008/2009		IAN SALISBURY – TRAFFORD AC
2007/2008		IAN SALISBURY – TRAFFORD AC
2006/2007		CARL HARDMAN – SALFORD H & AC

2018/2019	<i>VETERAN CHAMPION</i>	MATT BARNES – SALE H MANCHESTER AC
2017/2018		ROB DOWNS – WILMSLOW RC
2016/2017		PAUL GREEN – SALE H MANCHESTER AC
2015/2016		CHRIS LEIGH – TRAFFORD AC
2014/2015		PAUL GREEN – SALE H MANCHESTER AC
2013/2014		ROB DOWNS – WILMSLOW RC
2012/2013		ROB DOWNS – WILMSLOW RC
2011/2012		ROB DOWNS – WILMSLOW RC
2010/2011		MARK RUSSELL – SALFORD H & AC
2009/2010		WILLIAM CROWTHER – ALTRINCHAM&DISTRICT
2008/2009		MALCOLM FOWLER – WILMSLOW RC
2007/2008		MALCOLM FOWLER – WILMSLOW RC
2006/2007		MALCOLM FOWLER – WILMSLOW RC

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INDIVIDUAL MALES - continued

2018/2019	<i>UNDER 20</i>	SHAUN GEE - SALE H MANCHESTER AC
2017/2018		DANIEL RACLE - ALTRINCHAM & DISTRICT AC
2016/2017		DONNACHA MAGUIRE - MANCHESTER H&AC
2015/2016		TOM McGUINNESS - E CHESHIRE H&TAMESIDE
2014/2015		RICHARD McGEACHIE - HALTON&FRODSHAM
2013/2014		JACK NIXON - STOCKPORT HARRIERS & AC
2012/2013		RICHARD POWELL - TRAFFORD AC
2011/2012		JACK MORRIS - STOCKPORT H & AC
2010/2011		JOHN ASHCROFT - ST HELENS SUTTON AC
2009/2010		RYAN WORLAND - SALE H MANCHESTER AC
2008/2009		ALEC BEANEY WEST CHESHIRE AC
2007/2008		DANIEL BROCKLEHURST - TRAFFORD AC
2006/2007		DAVID MARSH - SALE H MANCHESTER AC

2018/2019	<i>VETERAN 40</i>	MATT BARNES - SALE H MANCHESTER AC
2017/2018		JEFF PREST - TRAFFORD AC
2016/2017		PAUL GREEN - SALE H MANCHESTER AC
2015/2016		CHRIS LEIGH - TRAFFORD AC
2014/2015		PAUL GREEN - SALE H MANCHESTER AC
2013/2014		IAN SALISBURY - TRAFFORD AC
2012/2013		ED FAZAKERLEY - MANCHESTER H & AC
2011/2012		CHRIS LEIGH - TRAFFORD AC
2010/2011		MARK RUSSELL - SALFORD H & AC
2009/2010		WILLIAM CROWTHER - ALTRINCHAM&DISTRICT
2008/2009		ROB DOWNS - WILMSLOW RC
2007/2008		MALCOLM FOWLER - WILMSLOW RC
2006/2007		MALCOLM FOWLER - WILMSLOW RC

2018/2019	<i>VETERAN 45</i>	JEFF PREST - TRAFFORD AC
2017/2018		MARK RUSSELL - SALFORD HARRIERS & AC
2016/2017		DAVID JACKSON - HORWICH RMI
2015/2016		IAN GRIME - SALFORD HARRIERS & AC
2014/2015		IAN WETHERALL - SALE H MANCHESTER AC
2013/2014		ROB DOWNS - WILMSLOW RC
2012/2013		ROB DOWNS - WILMSLOW RC
2011/2012		ROB DOWNS - WILMSLOW RC
2010/2011		MALCOLM FOWLER - WILMSLOW RC
2009/2010		MALCOLM FOWLER - WILMSLOW RC
2008/2009		MALCOLM FOWLER - WILMSLOW RC
2007/2008		GARY MATTHEWS - EAST CHESHIRE&TAMESIDE
2006/2007		STEVE HAYLOCK - STOCKPORT H & AC

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INDIVIDUAL MALES - *continued*

2018/2019	VETERAN 50	MARK RUSSELL – SALFORD HARRIERS & AC
2017/2018		ROB DOWNS – WILMSLOW RC
2016/2017		RICHARD JOHNSON – ALTRINCHAM & DISTRICT
2015/2016		ROB DOWNS – WILMSLOW RC
2014/2015		ROB DOWNS – WILMSLOW RC
2013/2014		DEREK CREWE – SALFORD HARRIERS & AC
2012/2013		GRAHAM MacNEILL – WILMSLOW RC
2011/2012		STEPHEN ROBINSON – EAST CHESHIRE&TAMESIDE
2010/2011		CARL PRICE – SWINTON RC
2009/2010		TOM McGAFF – WILMSLOW RC
2008/2009		TOM McGAFF – WILMSLOW RC
2007/2008		TOM McGAFF – WILMSLOW RC
2006/2007		DAVE GEE – MANCHESTER H & AC

2018/2019	VETERAN 55	DEREK CREWE – SALFORD HARRIERS & AC
2017/2018		GRAHAM MACNEILL – WILMSLOW RC
2016/2017		TREVOR MORRIS – WILMSLOW RC
2015/2016		GARY MATTHEWS – EAST CHESHIRE H&TAMESIDE
2014/2015		TOM McGAFF – WILMSLOW RC
2013/2014		TOM McGAFF – WILMSLOW RC
2012/2013		TOM McGAFF – WILMSLOW RC
2011/2012		TOM McGAFF – WILMSLOW RC
2010/2011		TOM McGAFF – WILMSLOW RC
2009/2010		LEN BEST – STOCKPORT H & AC
2008/2009		LEN BEST – STOCKPORT H & AC
2007/2008		LEN BEST – STOCKPORT H & AC
2006/2007		GAVIN MENDHAM – WILMSLOW RC

2018/2019	VETERAN 60	SEAN BUTLER – ALTRINCHAM & DISTRICT AC
2017/2018		STANLEY OWEN – SALFORD H & AC
2016/2017		STANLEY OWEN – SALFORD H & AC
2015/2016		TOM McGAFF – WILMSLOW RC
2014/2015		STANLEY OWEN – SALFORD H & AC
2013/2014		ROB TAYLOR – STOCKPORT H & AC
2012/2013		ROB TAYLOR – STOCKPORT H & AC
2011/2012		ROB TAYLOR – STOCKPORT H & AC
2010/2011		ROB TAYLOR – STOCKPORT H & AC
2009/2010		ROB TAYLOR – STOCKPORT H & AC
2008/2009		BARRY BLYTH – MACCLESFIELD H & AC
2007/2008		BARRY BLYTH – MACCLESFIELD H & AC
2006/2007		MICHAEL CUNNINGHAM – MANCHESTER H&AC

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INDIVIDUAL MALES - continued

2018/2019	VETERAN 65	STANLEY OWEN – SALFORD H & AC
2017/2018		PETER PICKWELL – ALTRINCHAM&DISTRICT AC
2016/2017		MIKE CURLEY – SALE H MANCHESTER AC
2015/2016		ROB TAYLOR – STOCKPORT H & AC
2014/2015		ROB TAYLOR – STOCKPORT H & AC
2013/2014		MICHAEL CUNNINGHAM – MANCHESTER H&AC
2012/2013		TONY HULME – WILMSLOW RC
2011/2012		MICHAEL CUNNINGHAM – MANCHESTER H&AC
2010/2011		MICHAEL CUNNINGHAM – MANCHESTER H&AC
2009/2010		DAVID GREGORY – MANCHESTER H & AC
2008/2009		TREVOR FAULKNER – WILMSLOW RC
2007/2008		TREVOR FAULKNER – WILMSLOW RC

2018/2019	VETERAN 70	JOHN WRIGHT – CHORLTON RUNNERS
2017/2018		COLIN RATHBONE – VALE ROYAL AC
2016/2017		MICHAEL CUNNINGHAM – MANCHESTER H&AC
2015/2016		JEFF NORMAN – ALTRINCHAM & DISTRICT AC
2014/2015		COLIN RATHBONE – VALE ROYAL AC
2013/2014		VINCENT MURPHY – SALFORD HARRIERS & AC
2012/2013		TREVOR FAULKNER – WILMSLOW RC
2011/2012		CHRIS BRYANS – STOCKPORT H & AC

2018/2019	VETERAN 75	<i>no qualifier</i>
2017/2018		TREVOR FAULKNER – WILMSLOW RC
2016/2017		<i>no qualifier</i>
2015/2016		CHRIS BRYANS – STOCKPORT H & AC

INDIVIDUAL WINNERS – JUNIOR BOYS

2018/2019	UNDER 17 BOYS	JOSEPH BUCKLEY – WARRINGTON AC
2017/2018		JOSEPH BUCKLEY – WARRINGTON AC
2016/2017		KEENAN OWEN – EAST CHESHIRE H & TAMESIDE AC
2015/2016		CHRIS LARKIN – HALTON & FRODSHAM AC
2014/2015		LUKE PIPER – EAST CHESHIRE H & TAMESIDE AC
2013/2014		TOM McGUINNESS – EAST CHESHIRE H&TAMESIDE AC
2012/2013		DANIEL JARVIS – LIVERPOOL H & AC
2011/2012		HENRY BUTTRESS – WARRINGTON AC
2010/2011		JAMES BUNDRED – TRAFFORD AC
2009/2010		JOHN ASHCROFT – ST HELENS SUTTON AC
2008/2009		RYAN WORLAND – SALE H MANCHESTER AC
2007/2008		NIALL BROOKE – SALE H MANCHESTER AC
2006/2007		MATTHEW JACKSON – WARRINGTON AC

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JUNIOR BOYS - continued

2018/2019	<i>UNDER 15 BOYS</i>	JACK McNICOL - TRAFFORD AC
2017/2018		FINLEY PROFFITT - MACCLESFIELD H & AC
2016/2017		LUCAS PARKER - MACCLESFIELD H & AC
2015/2016		KEENAN OWEN - EAST CHESHIRE H & TAMESIDE
2014/2015		JOSEPH FORD - LIVERPOOL HARRIERS & AC
2013/2014		JOSEPH FORD - LIVERPOOL HARRIERS & AC
2012/2013		DONNACHA MAGUIRE - MANCHESTER H&AC
2011/2012		SAM MAYON - SALE H MANCHESTER AC
2010/2011		MAT'T SHIRLING - ST HELENS SUTTON AC
2009/2010		LEON GREGORY - EAST CHESHIRE H & TAMESIDE
2008/2009		LIAM RENTON - WEST CHESHIRE AC
2007/2008		JACK MORRIS - STOCKPORT H & AC
2006/2007		MICHAEL LOGUE - STOCKPORT H & AC

2018/2019	<i>UNDER 13 BOYS</i>	JACK SPARK - SALE H MANCHESTER AC
2017/2018		FINLEY MAYOH - STOCKPORT H & AC
2016/2017		ALEX JAMES - SALE H MANCHESTER AC
2015/2016		SAM HOPKINS - SALFORD HARRIERS & AC
2014/2015		JORDAN JONES - WARRINGTON AC
2013/2014		SAM EVANS - WARRINGTON AC
2012/2013		CONNOR FAZAKERLEY - MANCHESTER H&AC
2011/2012		GEORGE LEWIS - EAST CHESHIRE & TAMESIDE
2010/2011		CHRISTOPHER WILSON - MOSTON&DISTRICT
2009/2010		CHRISTY O'BRIEN - SALE H MANCHESTER AC
2008/2009		JOE STEWARD - EAST CHESHIRE & TAMESIDE
2007/2008		ADAM SIXSMITH - TRAFFORD AC
2006/2007		BRADLEY EDWARDS - WEST CHESHIRE AC

2018/2019	<i>UNDER 11 BOYS</i>	OBERON KEARNEY - WIRRAL AC
2017/2018		LUKE CARRINGTON - EAST CHESHIRE H&TAMESIDE
2016/2017		ALEX POULSTON - WIRRAL AC
2015/2016		LOUIE McCORMACK - TRAFFORD AC
2014/2015		SAM HOPKINS - SALFORD HARRIERS & AC
2013/2014		SAM HOPKINS - SALFORD HARRIERS & AC
2012/2013		SAM EVANS - WARRINGTON AC
2011/2012		SAM EVANS - WARRINGTON AC
2010/2011		JOSH HINCHLY - WEST CHESHIRE AC
2009/2010		MICHAEL QUINN - SALE H MANCHESTER AC
2008/2009		CHRISTY O'BRIEN - SALE H MANCHESTER AC
2007/2008		DANIEL LAWTON - STOCKPORT H & AC
2006/2007		LIAM BURTHEM - WARRINGTON AC

**MANCHESTER AREA CROSS COUNTRY LEAGUE
2006/2007 TO 2018/2019 - ROLL OF HONOUR**

INDIVIDUAL WINNERS - WOMEN

2018/2019	<i>OVERALL CHAMPION</i>	HANNAH STROUD – UNIVERSITY OF M/CR
2017/2018		GEMMA CONNOLLY – ST HELENS SUTTON AC
2016/2017		RUTH JONES – SALFORD H & AC
2015/2016		ANN KENCHINGTON – UNIVERSITY OF M/CR
2014/2015		ELIZABETH APSLEY – STOCKPORT H & AC
2013/2014		DIANE McVEY – WILMSLOW RC
2012/2013		BEV JENKINS – SALFORD H & AC
2011/2012		GEMMA CONNOLLY – ST HELENS SUTTON AC
2010/2011		OLIVIA WALWYN – ALTRINCHAM&DISTRICT AC
2009/2010		SAMANTHA BRIGGS – SALFORD H & AC
2008/2009		CLAIRE STEVINSON – WILMSLOW RC
2007/2008		ANNE FARMER – MACCLESFIELD H & AC
2006/2007		BRIGIT COOKE – SALE H MANCHESTER AC

2018/2019	<i>SENIOR CHAMPION</i>	HANNAH STROUD – UNIVERSITY OF M/CR
2017/2018		SINEAD BENT – SALFORD H & AC
2016/2017		RUTH JONES – SALFORD H & AC
2015/2016		CAITLIN RICE – GLOSSOPDALE HARRIERS
2014/2015		GEMMA CONNOLLY – ST HELENS SUTTON AC
2013/2014		GEMMA CONNOLLY – ST HELENS SUTTON AC
2012/2013		BEV JENKINS – SALFORD H & AC
2011/2012		GEMMA CONNOLLY – ST HELENS SUTTON AC
2010/2011		OLIVIA WALWYN – ALTRINCHAM&DISTRICT AC
2009/2010		SAMANTHA BRIGGS – SALFORD H & AC
2008/2009		CLAIRE STEVINSON – WILMSLOW RC
2007/2008		ANNE FARMER – MACCLESFIELD H & AC
2006/2007		BRIGIT COOKE – SALE H MANCHESTER AC

2018/2019	<i>VETERAN CHAMPION</i>	RACHEL HALL – MACCLESFIELD H & AC
2017/2018		GEMMA CONNOLLY – ST HELENS SUTTON AC
2016/2017		DIANE McVEY – WILMSLOW RC
2015/2016		SARAH KEARNEY – WIRRAL AC
2014/2015		BEV SIMONS – SALFORD H & AC
2013/2014		DIANE McVEY – WILMSLOW RC
2012/2013		BEV JENKINS – SALFORD H & AC
2011/2012		CLAIRE STEVINSON – WILMSLOW RC
2010/2011		SARAH KEARNEY – WIRRAL AC
2009/2010		ALISON DRASDO – TRAFFORD AC
2008/2009		ALISON DRASDO – TRAFFORD AC
2007/2008		RACHEL CHATWIN – STOCKPORT H & AC
2006/2007		ANNA VERGES – TRAFFORD AC

**MANCHESTER AREA CROSS COUNTRY LEAGUE
2006/2007 TO 2018/2019 - ROLL OF HONOUR**

INDIVIDUALS - WOMEN - continued

2018/2019	<i>UNDER 20</i>	MILLIE RAINE – LIVERPOOL HARRIERS & AC
2017/2018		ELEANOR ROBINSON – MANCHESTR METRO UNIV
2016/2017		LOUISE WHITTINGHAM – MACCLESFIELD H&AC
2015/2016		ANN KENCHINGTON – UNIVERSITY OF M/CR
2014/2015		ELIZABETH APSLEY – STOCKPORT H & AC
2013/2014		EMILY KEARNEY – WIRRAL AC
2012/2013		KATE MOULDS – VALE ROYAL AC
2011/2012		OLIVIA McDERMOTT – SALFORD MET AC
2010/2011		OLIVIA McDERMOTT – SALFORD MET AC
2009/2010		RUTH JENYON – STOCKPORT H & AC
2008/2009		AMY TALBOT – WARRINGTON AC
2007/2008		<i>no qualifiers</i>
2006/2007		CARLA STANSFIELD – STOCKPORT H & AC

2018/2019	<i>VETERAN 35</i>	RACHEL HALL – MACCLESFIELD H & AC
2017/2018		GEMMA CONNOLLY – ST HELENS SUTTON AC
2016/2017		DIANE McVEY – WILMSLOW RC
2015/2016		KATHY WELLAM – SALE H MANCHESTER AC
2014/2015		KRISTY GILL – MACCLESFIELD H & AC
2013/2014		DIANE McVEY – WILMSLOW RC
2012/2013		SARAH KEARNEY – WIRRAL AC
2011/2012		CLAIRE STEVINSON – WILMSLOW RC
2010/2011		SARAH KEARNEY – WIRRAL AC
2009/2010		ANNA VERGES – TRAFFORD AC
2008/2009		CATH CARNEY – BELLE VUE RACERS
2007/2008		RACHEL CHATWIN – STOCKPORT H & AC
2006/2007		ANNA VERGES – TRAFFORD AC

2018/2019	<i>VETERAN 40</i>	SARAH KEARNEY – WIRRAL AC
2017/2018		DIANE McVEY – WILMSLOW RC
2016/2017		HELEN ARMITAGE – SALE H MANCHESTER AC
2015/2016		SARAH KEARNEY – WIRRAL AC
2014/2015		BEV SIMONS – SALFORD H & AC
2013/2014		SHARON JOHNSTONE – WILMSLOW RC
2012/2013		BEV JENKINS – SALFORD H & AC
2011/2012		ALISON DRASDO – TRAFFORD AC
2010/2011		ALISON DRASDO – TRAFFORD AC
2009/2010		ALISON DRASDO – TRAFFORD AC
2008/2009		ALISON DRASDO – TRAFFORD AC
2007/2008		ALISON HARTOPP – MACCLESFIELD H & AC
2006/2007		JANET HATTON – MACCLESFIELD H & AC

**MANCHESTER AREA CROSS COUNTRY LEAGUE
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INDIVIDUALS - WOMEN - continued

2018/2019	VETERAN 45	SHARON JOHNSTONE - WILMSLOW RC
2017/2018		ALISON DRASDO - TRAFFORD AC
2016/2017		HELEN SMITH - VALE ROYAL AC
2015/2016		MICHELLE HUSHION - MIDDLETON H AC
2014/2015		ALISON DRASDO - TRAFFORD AC
2013/2014		ALISON DRASDO - TRAFFORD AC
2012/2013		HELEN WALCH - STOCKPORT H & AC
2011/2012		KERRIE WOOD-DOYLE - STOCKPORT H & AC
2010/2011		HELEN WALCH - STOCKPORT H & AC
2009/2010		HELEN WALCH - STOCKPORT H & AC
2008/2009		ALISON VESEY - ALTRINCHAM & DISTRICT AC
2007/2008		ALISON VESEY - ALTRINCHAM & DISTRICT AC
2006/2007		KATHERINE HARVEY - ALTRINCHAM&DISTRICT

2018/2019	VETERAN 50	MARGARET COOPER - WIRRAL AC
2017/2018		BEV JACKSON - ALTRINCHAM & DISTRICT AC
2016/2017		LESLEY SINCLAIR - STOCKPORT H & AC
2015/2016		BEV GANOSE - ALTRINCHAM & DISTRICT AC
2014/2015		JANINE RIDGARD - EAST CHESHIRE H&TAMESIDE AC
2013/2014		ALISON VESEY - ALTRINCHAM & DISTRICT AC
2012/2013		JACKY THORN - VALE ROYAL AC
2011/2012		JACKIE CORDINGLEY - SALE H MANCHESTER
2010/2011		KATHERINE HARVEY - ALTRINCHAM&DISTRICT
2009/2010		KATHERINE HARVEY - ALTRINCHAM&DISTRICT
2008/2009		JACKIE CORDINGLEY - SALE H MANCHESTER
2007/2008		JOAN HOWE - TRAFFORD AC
2006/2007		ANNIE HIRSCH - BELLE VUE RACERS

2018/2019	VETERAN 55	SALLY GILLIVER - WILMSLOW RC
2017/2018		ALISON VESEY - ALTRINCHAM & DISTRICT AC
2016/2017		JACKIE CORDINGLEY - SALE H MANCHESTER AC
2015/2016		ANNIE HIRSCH - BELLE VUE RACERS
2014/2015		JACKIE CORDINGLEY - SALE H MANCHESTER AC
2013/2014		NICKY MOWAT - WILMSLOW RC
2012/2013		ANN-MARIE JONES - ALTRINCHAM & DISTRICT
2011/2012		ANNIE HIRSCH - BELLE VUE RACERS
2010/2011		PAULINE DAVIES - VALE ROYAL AC
2009/2010		SUE EXON - TRAFFORD AC
2008/2009		ALEXIS DINSMOR - STOCKPORT H & AC
2007/2008		ALEXIS DINSMOR - STOCKPORT H & AC
2006/2007		LYNDA CHEETHAM - BELLE VUE RACERS

**MANCHESTER AREA CROSS COUNTRY LEAGUE
2006/2007 TO 2018/2019 - ROLL OF HONOUR**

INDIVIDUALS - WOMEN - continued

2018/2019	VETERAN 60	ANNIE HIRSCH - BELLE VUE RACERS
2017/2018		ANNIE HIRSCH - BELLE VUE RACERS
2016/2017		ANN-MARIE JONES - ALTRINCHAM&DISTRICT AC
2015/2016		ANN-MARIE JONES - ALTRINCHAM&DISTRICT AC
2014/2015		ANN-MARIE JONES - ALTRINCHAM&DISTRICT AC
2013/2014		ANN-MARIE JONES - ALTRINCHAM&DISTRICT AC
2012/2013		ANGELA OLDHAM - E.CHESHIRE H & TAMESIDE
2011/2012		ALEXIS DINSMOR - STOCKPORT H & AC
2010/2011		ALEXIS DINSMOR - STOCKPORT H & AC
2009/2010		ALEXIS DINSMOR - STOCKPORT H & AC
2008/2009		JEAN SKITT - MANCHESTER H & AC
2007/2008		JEAN SKITT - MANCHESTER H & AC

2018/2019	VETERAN 65	ANGELA OLDHAM - E.CHESHIRE H & TAMESIDE
2017/2018		ANGELA OLDHAM - E.CHESHIRE H & TAMESIDE
2016/2017		ALEXIS DINSMOR - STOCKPORT H & AC
2015/2016		ALEXIS DINSMOR - STOCKPORT H & AC
2014/2015		ALEXIS DINSMOR - STOCKPORT H & AC
2013/2014		CHRISTINE ECKERSLEY - MIDDLETON H AC
2012/2013		PAULINE LYNCH - MACCLESFIELD H & AC
2011/2012		MAVIS GREGORY - MANCHESTER H & AC
2010/2011		PAULINE LYNCH - MACCLESFIELD H & AC
2009/2010		JEAN SKITT - MANCHESTER H & AC

2018/2019	VETERAN 70	LIZ SPENSLEY - ST HELENS TRI
2017/2018		CHRISTINE ECKERSLEY - MIDDLETON H AC
2016/2017		LIZ SPENSLEY - ST HELENS TRI
2015/2016		LIZ SPENSLEY - ST HELENS TRI

INDIVIDUALS - JUNIOR GIRLS

2018/2019	UNDER 17 GIRLS	ELEANOR WILSON - BUXTON AC
2017/2018		JESS COOK - LIVERPOOL H & AC
2016/2017		LAUREN FERRIS - WARRINGTON AC
2015/2016		KATY WHITEOAK - STOCKPORT H & AC
2014/2015		ALICE BRUCE - SALE H MANCHESTER AC
2013/2014		ELLEN DOWNS - STOCKPORT H & AC
2012/2013		ELIZABETH APSLEY - STOCKPORT H & AC
2011/2012		DANIELLE WALLIS - MACCLESFIELD H & AC
2010/2011		DANIELLE WALLIS - MACCLESFIELD H & AC
2009/2010		LUCY SMITH - ALTRINCHAM & DISTRICT AC
2008/2009		SARAH GRIFFITHS - WARRINGTON AC
2007/2008		LEAH KAY - STOCKPORT H & AC
2006/2007		LEAH KAY - STOCKPORT H & AC

**MANCHESTER AREA CROSS COUNTRY LEAGUE
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JUNIOR GIRLS - continued

2018/2019	<i>UNDER 15 GIRLS</i>	ORLA GREGORY – WARRINGTON AC
2017/2018		AMY WEST – STOCKPORT H & AC
2016/2017		SIAN HESLOP – MACCLESFIELD H & AC
2015/2016		ELLA McNIVEN – LIVERPOOL H & AC
2014/2015		JESSICA COOK – LIVERPOOL H & AC
2013/2014		KATIE LOWERY – MACCLESFIELD H & AC
2012/2013		KATIE WHITEOAK – STOCKPORT H & AC
2011/2012		MEGAN ASHELBY – EAST CHESHIRE&TAMESIDE
2010/2011		MOLLIE WILLIAMS – STOCKPORT H & AC
2009/2010		DANIELLE WALLIS – MACCLESFIELD H & AC
2008/2009		DANIELLE WALLIS – MACCLESFIELD H & AC
2007/2008		LUCY SMITH – ALTRINCHAM & DISTRICT AC
2006/2007		HANNAH PETHO – MACCLESFIELD H & AC

2018/2019	<i>UNDER 13 GIRLS</i>	FREYA MURDOCH – STOCKPORT H & AC
2017/2018		ORLA GREGORY – WARRINGTON AC
2016/2017		ISABELLE BURKE – SALE H MANCHESTER AC
2015/2016		LARA CRAWFORD – SALE H MANCHESTER AC
2014/2015		ELLA McNIVEN – LIVERPOOL H & AC
2013/2014		LUCY MILLER – LIVERPOOL H & AC
2012/2013		AINE CUNNINGHAM – SALE H MANCHESTER
2011/2012		DANIELLE STRINGER – MANCHESTER H&AC
2010/2011		BETH DONNELLY – EAST CHESHIRE&TAMESIDE
2009/2010		BETH DONNELLY – EAST CHESHIRE&TAMESIDE
2008/2009		CHELSEA JARVIS – ST HELENS SUTTON AC
2007/2008		DANIELLE WALLIS – MACCLESFIELD H & AC
2006/2007		LUCY SMITH – ALTRINCHAM & DISTRICT AC

2018/2019	<i>UNDER 11 GIRLS</i>	EMILY BOWKER - EAST CHESHIRE&TAMESIDE
2017/2018		FREYA MURDOCH – STOCKPORT H & AC
2016/2017		JASMINE REED – STOCKPORT H & AC
2015/2016		HOLLY WEEDALL – VALE ROYAL AC
2014/2015		ASHLEY NEMITS – WARRINGTON AC
2013/2014		CHLOE ROGERS – STOCKPORT H & AC
2012/2013		KATIE MILLER – LIVERPOOL H & AC
2011/2012		ELEANOR KENNY – MANCHESTER H & AC
2010/2011		ELLIE TWITE – SALE H MANCHESTER AC
2009/2010		LUCY DONAGHY – STOCKPORT H & AC
2008/2009		LUCY DONAGHY – MANCHESTER H & AC
2007/2008		MOLLIE WILLIAMS – MANCHESTER H & AC
2006/2007		CHELSEA JARVIS – ST HELENS SUTTON AC

**MANCHESTER AREA CROSS COUNTRY LEAGUE
2006/2007 TO 2018/2019 - ROLL OF HONOUR**

SPECIAL MERIT AWARD

2018/2019	DAVE RODGERS	SALE HARRIERS MANCHESTER AC
2017/2018	SONIA HARRIS	MANCHESTER TRIATHLON CLUB
2016/2017	LYNDA GUY	BELLE VUE RACERS
2015/2016	DEBBIE BERESFORD	MANCHESTER HARRIERS & AC
2014/2015	BOB TOWELL	SALFORD HARRIERS & AC
2013/2014	JONO GUILDFORD	MANCHESTER FRONTRUNNERS

**MANCHESTER AREA CROSS COUNTRY LEAGUE
2006/2007 TO 2018/2019 - ROLL OF HONOUR**

*Manchester Area
Cross Country League*

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