

NORTH WEST CS CROSS COUNTRY
LANCASTER UNIVERSITY
 10th October 2006

Women: 3.5 miles approx

Pos	Name	Team	Cat	Time
1	Caroline Betmead	Fylde	F	23.08
2	Andrea Smith	Fylde	F40	25.52
3	Justine Reston	HSE	F35	26.52
4	Rosanna Cousins	HSE	F45	28.16
5	Lesleyann Wild	HMRC	F35	28.24
6	Sharon Trusch	HMRC	F35	28.44
7	Andrea Mason	Fylde	F	28.47
8	Manuela Godden	HSE	F40	29.25
9	Christine Dempsey	HASSRA NW	F45	29.29
10	Michaela Dempsey	HMRC	F40	30.48
11	Jane Bowles	HMRC	F35	32.40
12	Susan Allen	HASSRA NW	F45	33.01

Teams

Team	Pos	Pos	Pos	Total	Team Pos
Fylde	1	2	7	10	1
HSE	3	4	8	15	2
HMRC	5	6	10	21	3

Men: 5 miles approx

Pos	Name	Team	Cat	Time
1	Steve Hallas	HMRC	M	29.21
2	Mike Weedall	Royal Mail	M50	29.43
3	Mark Williams	HM Court Service	M40	30.35
4	Paul Targett	HASSRA NW	M40	31.20
5	Gary Pennington	HMRC	M	32.07
6	Jeff Lawton	Fylde	M45	32.20
7	Mark Riches	HMRC	M40	34.34
8	Chris Greenall	HMRC	M	34.59
9	Darren Slack	Fylde	M	35.13
10	Patrick Corrigan	Home Office	M45	35.54

11	Willie Richmond	Fylde	M40	36.49
12	Tony Bell	Daresbury Labs	M40	38.09
13	John Hickman	Fylde	M45	38.10
14	Peter Brocklehurst	HMRC	M40	38.16
15	Nigel Simpkin	Fylde	M50	38.29
16	Trevor Bradshaw	HASSRA NW	M40	38.39
17	Dave Williamson	HMRC	M40	38.49
18	Martin Bates	Fylde	M45	38.51
19	Steve Mills	Fylde	M	39.06
20	Alistair Mews	HASSRA NW	M	39.53
21	David Dyson	HMRC	M50	40.26
22	Gordon Stone	Fylde	M50	41.26
23	Andy Barclay	HMRC	M	41.28
24	Michael Macdonald	Daresbury Labs	M45	41.41
25	David Worthington	Fylde	M	41.47
26	John Wiseman	HASSRA NW	M40	42.09
27	Chris Senior	Fylde	M55	51.23
28	Graham Bell	HMRC	M40	53.15

Teams

Team	Pos	Pos	Pos	Pos	Total	Team Pos
HMRC	1	5	7	8	21	1
Fylde	6	9	11	13	39	2
HASSRA NW	4	16	20	26	66	3