



Swinton Running Club

Cross Country Championship 2019/2020

<i>Cross Country Championship Calendar 2019/2020</i>		
12th October 2019	Wythenshawe Park	
9th November 2019	Kenworthy Park	
8th December 2019	Arrowe Park	
11th January 2020	Tatton Park	
8th February 2020	Heaton Park	

Swinton Running Club - Ladies XC Championship 2019/2020

Pos	Name	Wythenshawe	Kenworthy Park	Arrowe Park	Tatton Park	Heaton Park	No Raced	Best 4 of 5	Total
1	Rebecca Mills	5	3	1	1	1	5	6	11
2	Helen Nation	4	4	3	3	2	5	12	16
3	Denise IrvingLang	6		4	4	3	4	17	17
4	Rhona Barker	7	6		5	4	4	22	22
5	Rachel Billington	8		5	7	5	4	25	25
6	Kerry Adamsbaum	9	8	6	8	7	5	29	38
7	Emma Nightingale		9	7	10	8	4	34	34
8	Lauren Marsden	1	2	2			3		5
9	Maria Wylenzek	3	5		2		3		10
10	Hermione Oakley	2	1				2		3
11	Wendy Doxey			8	6		2		14
12	Steph Kay		7			9	2		16
13	Carmel Campbell	10			9		2		19
14	Hannah Lee					6	1		6
15	Sian McNeill		10				1		10
16	Cheryl Honeybourne	11					1		11
17							0		0
18							0		0
19							0		0
20							0		0
21							0		0
22							0		0
23							0		0
24							0		0
25							0		0

Swinton Running Club - Men's XC Championship 2019/2020

Pos	Name	Wythenshawe	Kenworthy Park	Arrowe Park	Tatton Park	Heaton Park	No Raced	Best 4 of 5	Total
1	Ian Cronshaw	2	1	1	3	4	5	7	11
2	Kevin Woodward	3	3	2	5	5	5	13	18
3	Mathew Holland	5	6		6	3	4	20	20
4	Steven Doxey	4	8	3	7	8	5	22	30
5	Mario Santos	7	9	4		10	4	30	30
6	Simon Lobas	6	11		8	12	4	37	37
7	Mike Donigan		12	6	10	9	4	37	37
8	Lee Marks	8	13		11	11	4	43	43
9	Justin Coleman	9	17	7	14		4	47	47
10	Daniel Bird	1			1	1	3		3
11	Stuart Tucker		5		4	6	3		15
12	Ani Das		10	5	13		3		28
13	Geoff Kay		19	9	16		3		44
14	Tony Flanagan				2	2	2		4
15	Craig Ansell		7			7	2		14
16	Andrew - Scialpi		18	8			2		26
17	Chris Edwards		15		12		2		27
18	Barry Deakin		14		15		2		29
19	Dan Sutton		2				1		2
20	Mike Burke				9		1		9
21	David Batty		16				1		16
22	Ian Cummings		20				1		20
23							0		0
24							0		0
25							0		0
26							0		0

Race 2 - Kenworthy Park

Senior Ladies							
Pos	Num	Name	Cat	Pos	Club	Time	Pts
63	629	Hermione Oakley	L	63	Swinton Running Club	30:41:00	1
76	622	Lauren Marsden	L45	10	Swinton Running Club	31:23:00	2
95	626	Rebecca Mills	L35	18	Swinton Running Club	32:08:00	3
104	627	Helen Nation	L40	15	Swinton Running Club	32:46:00	4
118	630	Maria Wylenzek	L35	26	Swinton Running Club	33:08:00	5
164	608	Rhona Barker	L45	26	Swinton Running Club	35:03:00	6
253	620	Steph Kay	L	253	Swinton Running Club	39:20:00	7
269	607	Kerry Adamsbaum	L40	51	Swinton Running Club	40:33:00	8
307	628	Emma Nightingale	L40	61	Swinton Running Club	43:30:00	9
309	624	Sian McNeill	L40	62	Swinton Running Club	43:49:00	10

Senior Men							
Pos	Num	Name	Cat	Pos	Club	Time	Pts
160	922	Ian Cronshaw			Swinton Running Club	39:42:00	1
168	943	Dan Sutton			Swinton Running Club	39:52:00	2
189	946	Kevin Woodward	V40	30	Swinton Running Club	40:15:00	3
194	929	Tony Flanagan	V50	15	Swinton Running Club	40:20:00	4
195	944	Stuart Tucker	V40	31	Swinton Running Club	40:22:00	5
202	931	Mathew Holland			Swinton Running Club	40:44:00	6
229	915	Craig Ansell	V45	32	Swinton Running Club	41:36:00	7
328	927	Steven Doxey	V55	16	Swinton Running Club	44:40:00	8
341	939	Mario Santos			Swinton Running Club	45:03:00	9
351	924	Ani Das	V40	63	Swinton Running Club	45:31:00	10
358	934	Simon Lobas	V40	64	Swinton Running Club	45:48:00	11
390	926	Mike Donigan			Swinton Running Club	47:07:00	12
400	936	Lee Marks			Swinton Running Club	47:25:00	13
406	925	Barry Deakin	V45	73	Swinton Running Club	47:38:00	14
407	928	Chris Edwards	V45	74	Swinton Running Club	47:41:00	15
426	918	David Batty	V55	30	Swinton Running Club	49:02:00	16
471	920	Justin Coleman	V45	89	Swinton Running Club	52:18:00	17
490	940	Andrew - Scialpi	V55	38	Swinton Running Club	55:42:00	18
507	932	Geoff Kay	V65	8	Swinton Running Club	01:03:26:00	19
509	923	Ian Cummings	V45	97	Swinton Running Club	01:03:50:00	20

Winners	Raced	Points
Rebecca Mills	5	6
Ian Cronshaw	5	7

Ran 4 out of 5 Races

Helen Nation	5	12
Denise IrvingLang	4	17
Rhona Barker	4	22
Rachel Billington	4	25
Kerry Adamsbaum	5	29
Emma Nightingale	4	34

Kevin Woodward	5	13
Mathew Holland	4	20
Steven Doxey	5	22
Mario Santos	4	30
Simon Lobas	4	37
Mike Donigan	4	37
Lee Marks	4	43
Justin Coleman	4	47