

## North West XC – Race 1 – Clarke Gardens – 23 Oct 2016 – 4.9M

### Mens Results

1	Martin Swensson	Penny Lane Striders	O40M	Guest	Daniel Gilbody	Liverpool, Pembroke, & Sefton	U40M
2	James Toohey	Liverpool RC	U30M	69	Stuart Atkinson	Delamere Spartans	O40M
3	Graham Houghton	Spectrum Striders	O40M	70	Stephen Harrison	Village Runners	O40M
4	Stephen Watkin	Penny Lane Striders	U40M	71	Jerome Doyle	Penny Lane Striders	O40M
5	Ian Lawton	Mersey Tri	U40M	72	Gareth Boyd	Helsby	O40M
6	Jonathan Smith	Lymm Runners	U30M	73	Richard Seville	St Helens Striders	O40M
7	Karl Steinegger	Spectrum Striders	U30M	74	Mark Gittins	Helsby	U40M
8	Robert Owens	Knowsley Harriers	U30M	75	Rob Hough	Spectrum Striders	O45M
9	Lawrence Eccles	Penny Lane Striders	U40M	76	Rob McBain	Northwich RC	U40M
10	Jon-Jo Doherty	St Helens Striders	U40M	77	James Morgan	Chester Tri	U40M
11	Colin Bishop	Helsby	O55M	78	Chris Murray	Helsby	U30M
12	Peter Fairclough	St Helens Striders	U30M	79	Jim Savage	Kirkby Milers	O40M
13	Colin Thompson	Helsby	U40M	80	Stephen Roberts	Delamere Spartans	U30M
14	Chris Pownell	Knowsley Harriers	U30M	81	Owen Barden	Mersey Tri	O40M
15	Mark Heavey	Warrington RR	O45M	82	Robert Moore	Knowsley Harriers	O40M
16	Paul Hughes	Penny Lane Striders	U30M	83	Phil Macklin	Penny Lane Striders	O40M
17	David Low	Mersey Tri	U40M	84	Philip Tomkinson	Helsby	U30M
18	Mark Clair	Knowsley Harriers	U40M	85	Dean Wilson	Liverpool RC	O40M
19	Kyle Harrison	Liverpool RC	U30M	86	Daniel McKeivitt	Kirkby Milers	U40M
20	Chris Collins	Delamere Spartans	U30M	87	David Knowles	Liverpool RC	O60M
21	Michael Heyes	Mersey Tri	U40M	88	Nick Rose	Warrington RC	O40M
22	Neil Bullock	Penny Lane Striders	U30M	89	Phil Johnson	Mersey Tri	U40M
23	Alex Cowin	Penny Lane Striders	U40M	90	Marc Goudie	Penny Lane Striders	U40M
24	Patrick Boyle	Liverpool RC	O40M	91	Michael Holloway	Kirkby Milers	U40M
25	Alex Mason	Delamere Spartans	O40M	92	Richard Thorpe	Penny Lane Striders	U40M
26	Ian Magill	Liverpool RC	O45M	93	Steve Spence	Birkenhead	O40M
27	Chris Fitzpatrick	Helsby	U40M	94	Kevin Walker	Skem BH	O40M
28	Alex Rigby	Liverpool RC	U30M	95	Mike Aisbitt	Skem BH	O40M
29	Phil Riding	Penny Lane Striders	O40M	96	Phil Lomas	Warrington RC	U40M
30	Chris Millington	Spectrum Striders	O45M	97	Alistair Malpas	Pensby Runners	U40M
31	Andrew Shelbourne	Widnes RC	U30M	98	Ian Russell	Penny Lane Striders	O50M
32	John Manion	Liverpool RC	O60M	99	Chris Price	Mersey Tri	O50M
33	Steve Thompson	Warrington RR	U40M	100	Andy Gaskell	Spectrum Striders	O45M
34	Marty Christian	Kirkby Milers	O45M	101	David Daly	Kirkby Milers	U40M
35	Paul Hancock	Chester Tri	O40M	102	Patrick Corrigan	Pensby Runners	O55M
36	Michael Lee	Chester Tri	U40M	103	Mark Riley	St Helens Striders	U40M
37	Darren Rodmell	Penny Lane Striders	O40M	104	Lee Size	Skem BH	O45M
38	Alexander Lewis	Warrington RC	U30M	105	Mark O'Callaghan	Kirkby Milers	U40M
39	David Lawton	Liverpool RC	U30M	106	Nigel Taylor	Warrington RC	U40M
40	Jerry Coll	Warrington RR	O40M	107	Ian Edge	Warrington RR	O50M
41	Ian Rutherford	Helsby	O40M	108	Peter Naylor	Delamere Spartans	U40M
42	Daniel Peers	Spectrum Striders	U30M	109	Julien Tour	Penny Lane Striders	U40M
43	David Edwards	Kirkby Milers	O50M	110	John Sheldon	Lymm Runners	O40M
44	Mark Jacques	Liverpool RC	O60M	111	David Ralphs	Newburgh Nomads	O55M
45	Matthew Robinson	Newburgh Nomads	U40M	112	Stephen McNicholas	Penny Lane Striders	O50M
46	Nathan Parry	Knowsley Harriers	U20M	113	Dan Dunbabin	Warrington RC	O40M
47	Christian Harvey	Knowsley Harriers	U20M	114	Kevin Outten	St Helens Striders	O40M
48	Jack Antrobus	Spectrum Striders	U40M	115	Daniel Green	Warrington RR	O40M
49	Steven Kelly	Liverpool RC	U40M	116	Ian Rivers	Kirkby Milers	O45M
50	Craig Hoy	Liverpool RC	U30M	117	Andrew Biddle	Penny Lane Striders	O40M
51	Rob Garth	Penny Lane Striders	U30M	118	Kevin Enright	Liverpool RC	U40M
52	Karl Budworth	Widnes RC	O40M	119	Lee Warburton	Penny Lane Striders	O45M
53	Jay Clarke	Penny Lane Striders	U40M	120	Russ Platt	Warrington RR	O50M
54	Paul Doffman	Northwich RC	U40M	121	Jim Dawson	Lymm Runners	O50M
55	Chris Ryan	Mersey Tri	U40M	122	Robert Bruchez-Corbett	Penny Lane Striders	U40M
56	Matt Ashford	Lymm Runners	O40M	123	Andrew Glen	Knowsley Harriers	O50M
57	Gary English	Liverpool RC	O50M	124	Jonathon Fisher	Liverpool RC	U40M
58	Ralph Pawling	Pensby Runners	U40M	125	James Haddock	Warrington RR	O40M
59	Andy Dowdeswell	Widnes RC	U40M	126	Mike Smith	Lymm Runners	O50M
60	Perry Moore	Warrington RR	O40M	127	Alan Sanderson	Liverpool RC	U40M
61	Mike Waring	Chester Tri	O45M	128	Trevor Cording	Northwich RC	O45M
62	Robbie Collins	Liverpool RC	U40M	129	Paul Cheetham	Skem BH	O45M
63	Rob Fletcher	Mersey Tri	O40M	130	Stuart Brotherton	Northwich RC	U40M
64	Chris Usher	Newburgh Nomads	O40M	131	Philip Rose	Warrington RC	O50M
65	Jonathan Toft	Penny Lane Striders	U30M	132	Dominic Roberts	Pensby Runners	U40M
66	Matthew Mclay	Penny Lane Striders	U40M	133	Matt Rimmington	Spectrum Striders	U40M
67	Joseph Chedgoy	Kirkby Milers	U30M	134	Stephen Dipple	Penny Lane Striders	O40M
68	Pete Ackerley	Warrington RR	O40M	135	Ian Hamling	Helsby	U40M

136	Andrew Leslie	Widnes RC	U40M	209	Neil Jenkins	Chester Tri	O45M
137	Ste Hayes	Kirkby Milers	O40M	210	Ian Seabury	Warrington RR	O40M
138	Steven Nokes	Warrington RR	U40M	211	Nathan Ashurst	Warrington RC	U40M
139	Paul Kelly	Spectrum Striders	O40M	212	Alan Spencer	Knowsley Harriers	O55M
140	Graham Cushion	Liverpool RC	O40M	213	Martin Berry	Warrington RR	O40M
141	Steven Miller	Liverpool RC	U40M	214	David Glover	Warrington RC	U40M
142	James Daly	Liverpool RC	U30M	215	Alan Lowry	Kirkby Milers	O50M
143	Michael Flatley	Liverpool RC	U30M	216	Paul Gardner	Kirkby Milers	U40M
144	Luke Potts	Warrington RR	U40M	217	Andy Waring	Birkenhead	O60M
145	Iain Wood	Chester Tri	O55M	218	James Roberts	Penny Lane Striders	U40M
146	Jon Hawker	Delamere Spartans	O50M	219	Joe Mcglynn	Penny Lane Striders	O55M
147	Tim Grace	Mersey Tri	O45M	220	Paul Foster	Helsby	O40M
148	Steve Davis	Lymm Runners	O40M	221	Frank Murphy	Knowsley Harriers	O50M
149	George Daval	Mersey Tri	U30M	222	John-Paul Dale	Widnes RC	U40M
150	Mike Brady	Spectrum Striders	O50M	223	Nathan Capstick	Penny Lane Striders	U40M
151	Julian Spencer	Spectrum Striders	O55M	224	Dave Williams	Village Runners	O40M
152	George McCann	Liverpool RC	O45M	225	Eric Gibson	Pensby Runners	O50M
153	Simone Capponi	Penny Lane Striders	O40M	226	Malcom Fraser	Delamere Spartans	U40M
154	Ian Scouler	Northwich RC	O50M	227	Bob Burke	Liverpool RC	O50M
155	Lee Southern	Northwich RC	U40M	228	Tony Green	Penny Lane Striders	O55M
156	Dave Reynolds	Newburgh Nomads	O50M	229	Gary Spriggs	St Helens Striders	O45M
157	James Warburton	Kirkby Milers	U40M	230	Stephen Price	Liverpool RC	O60M
158	Nigel Foo	Penny Lane Striders	O45M	231	Grant Wilcox	Delamere Spartans	O40M
159	Roy Gaskill	Helsby	O45M	232	Fred Duenbier	Newburgh Nomads	O60M
160	Craig Rimmer	Warrington RC	U40M	233	Mark Scott	Liverpool RC	O50M
161	Andrew McKnight	Widnes RC	U40M	234	Sean Simmons	Chester Tri	O45M
162	John Suckley	Pensby Runners	O55M	235	James Kemp	Warrington RC	U30M
163	Gary Birch	Warrington RC	U40M	236	Gary McGovern	Widnes RC	O50M
164	Anthony Beyga	Kirkby Milers	O55M	237	Neil Sahgal	Mersey Tri	O40M
165	Steve Martin	Spectrum Striders	O55M	238	Duncan Kennedy	Liverpool RC	U40M
166	George Pierce	Liverpool RC	O45M	239	Paul Jackson	Warrington RC	U40M
167	Dave Roberts	Ellesmere Port RC	O55M	240	Stephen Saunders	Pensby Runners	O50M
168	Stuart Atherton	Knowsley Harriers	U40M	241	Francis Martin	Penny Lane Striders	O55M
169	Jim Maxfield	Newburgh Nomads	O60M	242	Steve Stuthridge	Village Runners	O40M
170	Paul McWhirter	Warrington RC	O45M	243	Gary Smallman	Kirkby Milers	O40M
171	Darren Roberts	Warrington RC	O45M	244	Arthur Cross	Knowsley Harriers	O55M
172	Ste Maguire	Penny Lane Striders	O40M	245	Ian Sneddon	Birkenhead	O60M
173	Richard Shayle	Pensby Runners	O45M	246	Jeff Day	Northwich RC	U40M
174	Graham Stewart	Liverpool RC	O50M	247	Andy Dalton	Skem BH	O50M
175	Paul Wilson	Liverpool RC	O45M	248	Simon Jardine	Warrington RC	U40M
176	Ian McNeill	Birkenhead	O55M	249	Stuart Greenhall	Northwich RC	O55M
177	Michael Frawley	Liverpool RC	U40M	250	Brian Kennedy	Newburgh Nomads	O60M
178	Andrew Bates	Penny Lane Striders	U30M	251	Jon Windle	Penny Lane Striders	O40M
179	Kevin Gillibrand	Warrington RR	O50M	252	Tony Dickinson	Kirkby Milers	O45M
180	Paul Cope	Kirkby Milers	U40M	253	Brian Fitzhenry	Kirkby Milers	O45M
181	Paul Demore	St Helens Striders	O45M	254	John Dobie	Knowsley Harriers	O60M
182	Steven Hesp	Liverpool RC	U40M	255	Steve Pemberton	Penny Lane Striders	O60M
183	Davyd Michell	Helsby	U40M	256	Alan Grehan	Warrington RR	U40M
184	Brian Middleton	St Helens Striders	O60M	257	Colin Lamprey	Pensby Runners	O55M
185	Mark Radcliffe	Widnes RC	O45M	258	Paul Gilbertson	Liverpool RC	O40M
186	Tim Murphy	Spectrum Striders	O50M	259	Paul Rust	Mersey Tri	U40M
187	Wally Coppelov	Newburgh Nomads	O55M	260	James Stansfield	Penny Lane Striders	U30M
188	Ian Davies	Birkenhead	O55M	261	Daniel Cope	Kirkby Milers	U20M
189	Stephen Bowden	Warrington RR	O60M	262	Tom Dejong	Helsby	U30M
190	Adrian Chewter	Mersey Tri	U40M	263	Alistair Raffell	Spectrum Striders	O60M
191	Phil Jolley	Warrington RC	O45M	264	Steve Roden	Penny Lane Striders	O45M
192	Steve Halliman	Chester Tri	O40M	265	Dave Thompson	Spectrum Striders	O55M
193	Michael O'Rourke	Penny Lane Striders	U40M	266	Rob Lloyd	Widnes RC	O45M
194	Billy McLoughlin	Liverpool RC	U40M	267	Mike Jennings	Northwich RC	O50M
195	Michael Williams	Helsby	U40M	268	Tony Fishwick	Kirkby Milers	O45M
196	Lee Moore	Kirkby Milers	U40M	269	Anil Bose	Skem BH	O55M
197	Mark Claister	Skem BH	O50M	270	Phil O'Rourke	Liverpool RC	O50M
198	Alan Wilcox	Northwich RC	O50M	271	James Downey	Birkenhead	O50M
199	Paul Hargate	St Helens Striders	O40M	272	Christopher Sullivan	Kirkby Milers	O40M
200	Mark Green	Warrington RC	O45M	273	Gareth Finlay	Warrington RC	U40M
201	Tony Holmes	Liverpool RC	O55M	274	Nigel Pratten	Pensby Runners	O60M
202	Roger Seddon	Warrington RC	O50M	275	Neil Rigby	St Helens Striders	O45M
203	Tony Peacock	Penny Lane Striders	O60M	276	Nick O'Brien	Knowsley Harriers	O45M
204	Andrew Skett	Lymm Runners	O60M	277	Chris Pickford	Lymm Runners	O55M
205	John Kleiser	Delamere Spartans	U40M	278	Owen Gallagher	Kirkby Milers	O45M
206	Ged Stephens	Delamere Spartans	O45M	279	Tony Tarpey	Pensby Runners	O55M
207	Brad Ehlen	Northwich RC	O45M	280	Michael Sharkey	Penny Lane Striders	O60M
208	Sean Farreley	Warrington RR	O50M	281	Mike Tarpey	Liverpool RC	O45M

282	Sean Gunnery-Hitchen	Warrington RC	U30M	286	Andy McEvoy	Knowsley Harriers	O40M
283	Steve Springall	Spectrum Striders	O50M	287	Tony Riley	Liverpool RC	U40M
284	Steve Stamper	Northwich RC	O55M	288	Bryan Forth	Warrington RR	O45M
285	Darrin Percy	Ellesmere Port RC	O50M	289	Kit Whitfield	Spectrum Striders	O50M

## Ladies Results

1	Carol Parsons	Ellesmere Port RC	U40F	65	Rebecca Johnstone	Penny Lane Striders	U35F
2	Alex O'Brien	Liverpool RC	U40F	66	Carla Houghton	Kirkby Milers	U35F
3	Rachael Fairclough	St Helens Striders	U35F	67	Julia White	Warrington RC	O40F
4	Melissa Ronan	Liverpool RC	U30F	68	Katie O'Sullivan	Penny Lane Striders	U40F
5	Lucinda Lamb	Delamere Spartans	U35F	69	Hayley Fairclough	Liverpool RC	U35F
6	Hazel MacCormick	Penny Lane Striders	U40F	70	Rachael Holden	Helsby	U35F
7	Claire Andrew	Spectrum Striders	U40F	71	Dawn Fairclough	Liverpool RC	U40F
8	Kate Macfarlane	Penny Lane Striders	O60F	72	Gemma Lenagh	Widnes RC	U35F
9	Siobahn Woods	Liverpool RC	U30F	73	Emma Nunnerley	Lymm Runners	O40F
10	Nicola Whitfield-Bird	Ellesmere Port RC	U40F	74	Sally Napthen	Chester Tri	O50F
11	Bobbie Lomax	Warrington RC	O40F	75	Janette Fishwick	Kirkby Milers	O40F
12	Honor Thompson	Skem BH	U40F	76	Bhavna Mistry	Kirkby Milers	O40F
13	Yvonne Wyke	Parbold Pink Panthers	O40F	77	Claire Hinchcliffe	Newburgh Nomads	U40F
14	Yvonne Ryan	Village Runners	U40F	78	Claire Rowlands	Delamere Spartans	O40F
15	Liz Whitfield	Spectrum Striders	U40F	79	Laura Roach	Liverpool RC	U35F
16	Becky Wadeson	Parbold Pink Panthers	U40F	80	Lisa Fothergill	Lymm Runners	U40F
17	Katie Johnson	Penny Lane Striders	U40F	81	Jane Eardley	Penny Lane Striders	U40F
18	Gillian Verdin	Liverpool RC	U30F	82	Janet Walker	Skem BH	O40F
19	Debbie Barrett-Walsh	St Helens Striders	O40F	83	Jay Smith	Liverpool RC	U40F
20	Stephanie Loach	Pensby Runners	U40F	84	Louise Waywell	Pensby Runners	O50F
21	Louise Warn	Penny Lane Striders	U30F	85	Gill Collen	Warrington RR	O50F
22	Sharon James	Liverpool RC	O40F	86	Rachel Murray	Kirkby Milers	U40F
23	Jenny Illidge	Helsby	U30F	87	Katherine Taggart	St Helens Striders	U40F
24	Carolyn Stamper-Clark	Delamere Spartans	O40F	88	Nicola Hayes	Skem BH	U40F
25	Pamela Thurtle	Penny Lane Striders	O40F	89	Jackie Keasley	Helsby	O50F
26	Joanne Lacking	Helsby	U40F	90	Susan Buck	Helsby	O50F
27	Jane Lowe	Spectrum Striders	O40F	91	Melanie Bradley	Northwich RC	O40F
28	Lucy Partridge	Pensby Runners	U40F	92	Jade Booth	St Helens Striders	U30F
29	Louise Nicholson	Liverpool RC	O40F	93	Vicki Collins	Liverpool RC	U35F
30	Lynsey Unsworth	Liverpool RC	U35F	94	Rebecca McKenna	St Helens Striders	O40F
31	Emma Baker	Ellesmere Port RC	U40F	95	Jane Woodburn	Skem BH	O40F
32	Lisa Mercer	Liverpool RC	U35F	96	Debbie Millington	Warrington RC	U40F
33	Caroline Barrow	Widnes RC	O40F	97	Jo Sullivan	Spectrum Striders	O40F
34	Maria Cook	Parbold Pink Panthers	O40F	98	Rachel Beddows	Ellesmere Port RC	O40F
35	Lauren Wilson	Penny Lane Striders	U30F	99	Leah Binns	Delamere Spartans	U30F
36	Jennie Langston	Village Runners	U35F	100	Rebecca Skade	Delamere Spartans	U35F
37	Gail Stuthridge	Village Runners	O40F	101	Abigail Willmitt	Liverpool RC	U35F
38	Janet Robertson	Helsby	O50F	102	Amena Madden	Liverpool RC	O40F
39	Samantha McNally	Penny Lane Striders	U35F	103	Sue Burke	Liverpool RC	O50F
40	Oonagh Jaquest	Penny Lane Striders	O40F	104	Katie Cunliffe	Knowsley Harriers	U30F
41	Justine Moore	Knowsley Harriers	O40F	105	Lyn Ebrell	Birkenhead	O50F
42	Jennifer Houghton	Kirkby Milers	U35F	106	Karen Dalby	Mersey Tri	O50F
43	Emma Callery	St Helens Striders	U30F	107	Sue Ledsom	Ellesmere Port RC	O40F
44	Sarah Richards	Penny Lane Striders	U40F	108	Donna McKeown	Village Runners	O40F
45	Lara Williams	Northwich RC	U30F	109	Sandra Bentley	Widnes Wasps	O40F
46	Jane Ashbrook	Helsby	O40F	110	Hayley McGugan	Widnes Wasps	U40F
47	Kayleigh Ralphs	Newburgh Nomads	U35F	111	Clare Evans	Kirkby Milers	O40F
Guest	Michelle Murphy	Liverpool Harriers	O50F	112	Kathryn Sharkey	Penny Lane Striders	O40F
48	Lynsey Coan	Village Runners	U35F	113	Rachel Burke	Liverpool RC	U30F
49	Katinka Mitchell	Village Runners	O40F	114	Helen Kelsall	Kirkby Milers	U40F
50	Christine Roach	Helsby	O50F	115	Alison Brown	Warrington RR	O40F
51	Helen Caldwell	Spectrum Striders	O40F	116	Amanda Holman	Kirkby Milers	O40F
52	Kelly-Marie Hamilton	St Helens Striders	O60F	117	Claire Meadows	Penny Lane Striders	O40F
53	Charlotte Sanderson-Rigby	Penny Lane Striders	U30F	118	Helen Livesley	Kirkby Milers	O40F
54	Debbie Read	Helsby	O50F	119	Emma Williams	Kirkby Milers	U30F
55	Karen Smith	Liverpool RC	O50F	120	Karen Kelly	Kirkby Milers	U40F
56	Becky Burke	Liverpool RC	U20F	121	Linda Greengrass	Kirkby Milers	O40F
57	Carla Brown	Delamere Spartans	O40F	122	Katy Davitt	Kirkby Milers	O40F
58	Linda Statham	Warrington RR	O40F	123	Carolyn Smith	Lymm Runners	O50F
59	Susan Hamley	Knowsley Harriers	O40F	124	Carolyn Thomas	Lymm Runners	O60F
60	Sarah Jackson	Penny Lane Striders	U40F	125	Kerry Lynch	Knowsley Harriers	U30F
61	Vanessa Griffiths	Helsby	O50F	126	Michelle Jones	Delamere Spartans	U35F
62	Jennifer O'Sullivan	Kirkby Milers	U30F	127	Emma Barnes	Helsby	O40F
63	Suzanne Fletcher	Helsby	U40F	128	Rachel Cartwright	Warrington RC	U40F
64	Amanda Lee	Kirkby Milers	O40F	129	Rachael Ince	Spectrum Striders	U40F

130	Maria Parker	Liverpool RC	U35F	144	Vicki Wilcox	Northwich RC	U40F
131	Dawn Hignett	Widnes RC	O40F	145	Sarah Jones	Northwich RC	O40F
132	Lucy McEllin	Warrington RC	U30F	146	Nadia Alnakami	Penny Lane Striders	U40F
133	Gail Fairclough	Liverpool RC	O60F	147	Cathy McCabe	Newburgh Nomads	O40F
134	Jessica Messenger	Northwich RC	U40F	148	Sarah Matthews	Warrington RR	U40F
135	June Case	Kirkby Milers	U40F	149	Sandra Lewis	Guest	
136	Rebecca Heyes	Penny Lane Striders	U35F	150	Jayne Hardcastle	Kirkby Milers	O40F
137	Not Recorded			151	Ursula Cheetham	Skem BH	O40F
138	Rachel Stead	Penny Lane Striders	U40F	152	Rebecca Davies	Pensby Runners	U30F
139	Julie Gregson	Warrington RC	O40F	153	Hannah King	Knowsley Harriers	U20F
140	Alison Lysons	Warrington RR	O50F	154	Steph Charman	Spectrum Striders	O60F
141	Jenny Palmer	Helsby	O40F	155	Jules Lucock	Warrington RC	U35F
142	Debbie Hill	St Helens Striders	O40F	156	Ann Green	Kirkby Milers	O50F
143	Natalie Grobbelaar	Northwich RC	U40F				

## Team Results

### Mens 'A' Teams (6 Runners)

Pos	Team	Score	Points
1	Penny Lane Striders 'A'	75	22
2	Liverpool RC 'A'	131	21
3	Spectrum Striders 'A'	205	20
4	Lymm & Warrington RR 'A'	210	19
5	Knowsley Harriers 'A'	215	18
6	Helsby 'A'	238	17
7	Mersey Tri 'A'	242	16
8	Kirkby Milers 'A'	400	15
9	Delamere Spartans 'A'	448	14
10	St Helens Striders 'A'	493	13
11	Chester Tri 'A'	546	12
12	Warrington RC 'A'	572	11
13	Widnes RC 'A'	624	10
14	Birkenhead & Pensby 'A'	644	9
15	Northwich RC 'A'	697	8
16	Newburgh Nomads 'A'	732	7
17	Skem & Parbold 'A'	866	6
18	Village Runners 'A'	1433 (only 3 Ran)	5
19	Ellesmere Port RC 'A'	1648 (Only 2 Ran)	4
20	Activewomenrunning 'A'	No Team	-
21	Widnes Wasps 'A'	No Team	-
22	Weaver Warriors 'A'	No Team	-

### Ladies 'A' Teams (3 Runners)

Pos	Team	Score	Points
1	Liverpool RC 'A'	15	22
2	Penny Lane Striders 'A'	31	21
3	Skem & Parbold 'A'	41	20
4	Ellesmere Port RC 'A'	42	14
5	Spectrum Striders 'A'	49	19
6	St Helens Striders 'A'	65	18
7	Delamere Spartans 'A'	86	17
8=	Helsby 'A'	87	16
8=	Village Runners 'A'	87	16
10	Birkenhead & Pensby 'A'	132	13
11	Kirkby Milers 'A'	168	12
12	Warrington RC 'A'	174	11
13	Knowsley Harriers 'A'	204	10
14	Lymm & Warrington RR 'A'	211	9
15	Widnes RC 'A'	236	8
16	Northwich RC 'A'	270	7
17	Newburgh Nomads 'A'	271	6
18	Widnes Wasps 'A'	385 (only 2 Ran)	5
19	Chester Tri 'A'	406 (Only 1 Ran)	4
20	Mersey Tri 'A'	438 (Only 1 Ran)	3
21	Activewomenrunning 'A'	No Team	-
22	Weaver Warriors 'A'	No Team	-