

## North West XC – Race 1 – Clarke Gardens – 28 Oct 2018 – 4.9M

### Mens Results

1	Ian Lawton	Mersey Tri	U40M	67	Rob Fletcher	Mersey Tri	O45M
2	Chris Stanford	Warrington Tri	U40M	68	Danny Schofield	Warrington RC	U30M
3	Martin Swensson	Penny Lane Striders	O40M	69	Andrew Leslie	Widnes RC	U40M
4	Jonathan Smith	Lymm Runners	U30M	70	John Preece	Kirkby Milers	O40M
5	Mark Clair	Mersey Tri	U40M	71	Steven McKenzie	Kirkby Milers	O40M
6	Chris Pownell	Knowsley Harriers	U30M	72	Kevin Walker	Skem BH	O40M
7	David Wilson	St Helens Striders	U40M	73	Dave Douglas	Delamere Spartans	O45M
8	Karl Steinegger	Spectrum Striders	U30M	74	Daniel Peers	Spectrum Striders	U30M
9	Jamie Rutherford	Liverpool RC	U30M	75	Ian Roche	Mersey Tri	O55M
10	Dan Harbidge	Warrington Tri	U30M	76	Alistair Malpas	Pensby Runners	U40M
11	Ben Lewington	Kirkby Milers	U30M	77	Richard Seville	St Helens Striders	O40M
12	Jay Brittles	Mersey Tri	U40M	78	Mike Hitchmough	Newburgh Nomads	O50M
13	Thomas O'Dowd	Knowsley Harriers	U30M	79	Marty Christian	Kirkby Milers	O45M
14	Paul Martin	Mersey Tri	U40M	80	Lee Turner	Kirkby Milers	U30M
15	Paddy Eaton	Liverpool RC	U30M	81	Matthew Robinson	Newburgh Nomads	O40M
16	Michael Heyes	Mersey Tri	U40M	82	David Edwards	Kirkby Milers	O55M
17	James Toohey	Liverpool RC	U30M	83	Rob Hough	Spectrum Striders	O45M
18	Thomas Marper	Kirkby Milers	U30M	84	Stuart Sharp	Liverpool Running Bugs	O45M
19	Anthony Lawlor	Knowsley Harriers	O55M	85	Matt Collins	Mersey Tri	U40M
20	Chris Fitzpatrick	Helsby	O40M	86	Paul Williams	Mersey Tri	U40M
Guest	Colin Bishop		O55M	87	Chris Whelan	Mersey Tri	O50M
21	Francis Edwards	Delamere Spartans		88	Peter Cushion	Vikings	O45M
22	Liam Brown	Kirkby Milers	U30M	89	Mark Walker	Warrington Tri	O45M
23	Phil Johnson	Mersey Tri	U40M	90	Tom Kennedy	Mersey Tri	U30M
24	Thomas Wilson	Liverpool RC	U30M	91	Andrew Keeley	Penny Lane Striders	O55M
25	Mark Howard	Mersey Tri	O40M	92	Jonathan Kirkman	St Helens Striders	U40M
26	Robert Owens	Knowsley Harriers	U40M	93	Richard Thorpe	Penny Lane Striders	U40M
27	Ian Magill	Liverpool RC	O45M	94	Ian Wilson	Mersey Tri	U40M
28	Alex Rigby	Liverpool RC	U30M	95	Richard Peers	Mersey Tri	U40M
29	Sam Evans	Penny Lane Striders	U40M	96	Karl Bowles	St Helens Striders	O45M
30	Alex Ward	Mersey Tri	U40M	97	Paul Doffman	Northwich RC	U40M
Guest	Robbie Collins	Liverpool Harriers	U40M	98	Leslie Johnson	Northwich RC	O50M
31	David Willshire	Penny Lane Striders	U40M	99	Tom Chadwick	St Helens Striders	U30M
32	Paul Waters	Knowsley Harriers	U40M	100	Ian Rutherford	Helsby	O45M
33	Lawrence Eccles	Penny Lane Striders	U40M	101	James Higgins	Spectrum Striders	O45M
Guest	Daniel Gilbody	Liverpool Pembroke & Sefton	U40M	102	Tim Grace	Mersey Tri	O45M
34	James Ellis	Kirkby Milers	U40M	103	Paul Roberts	Widnes RC	O40M
35	Colin Thompson	Helsby	U40M	104	John Williams	St Helens Striders	O40M
36	Mike Gall	Kirkby Milers	U40M	105	James Morgan	Chester Tri	U40M
37	John McLaren	Knowsley Harriers	U40M	106	Matthew Nicholson	Ellesmere Port RC	U40M
38	Philip Tomkinson	Helsby	U40M	107	Craig Farr	Northwich RC	O40M
39	Stephen Harrison	Birkenhead	O45M	108	Michael O'Rourke	Penny Lane Striders	U40M
40	George Hill	Warrington Tri	U20M	109	Daniel Moran	St Helens Striders	U40M
41	Stuart Atkinson	Delamere Spartans	O40M	110	Chris Usher	Newburgh Nomads	O45M
42	Alan Smithson	Mersey Tri	U40M	111	Nigel Grant	Penny Lane Striders	O55M
43	Karl Budworth	Widnes RC	O40M	112	Mike Aisbitt	Skem BH	O40M
44	Chris Ryan	Mersey Tri	U40M	113	Matthew Parmenter	St Helens Striders	O40M
45	Kevin Smith	Helsby	U40M	114	Jimmy Connolly	Spectrum Striders	O55M
46	Thomas Dempsey	Kirkby Milers	U30M	115	Adam Fitzsimmons	Kirkby Milers	U30M
47	Edwin Drost	Warrington RC	U40M	116	Eric Ranson	St Helens Striders	O45M
48	Andrew Howarth	Chester Tri	O40M	117	Mark Baker	Warrington Tri	O45M
49	Daniel Dunnington	Mersey Tri	U30M	118	Mark Dempsey	Mersey Tri	O40M
50	Robert Beech	Pensby Runners	U40M	119	Lee Warburton	Penny Lane Striders	O45M
51	Luke Harrison	Penny Lane Striders	U40M	120	Joe McCarthy	Mersey Tri	O45M
52	Ian Hewitt	Liverpool Running Bugs	O40M	121	James Williams	Lymm Runners	O40M
53	Phil Riding	Penny Lane Striders	O40M	122	Andrew Keenan	Mersey Tri	O40M
54	Steve Edwards	Ellesmere Port RC	U40M	123	George Oliver	Northwich RC	U30M
55	Mark Dunn	Kirkby Milers	U40M	124	Lewis Briggs	Northwich RC	U30M
56	Stephen Doyle	Knowsley Harriers	O40M	125	Martin Ballard	St Helens Striders	U40M
57	Stuart Johnson	Spectrum Striders	U30M	126	Peter Rodriguez	Helsby	O40M
58	Ralph Pawling	Pensby Runners	U40M	127	Daryl Mullen	Newburgh Nomads	O50M
59	Sean Jones	Penny Lane Striders	U40M	128	Peter Lloyd	Lymm Runners	O55M
60	Duncan Kennedy	Liverpool RC	O40M	129	Jim Dawson	Lymm Runners	O55M
61	Kevin Brennan	St Helens Striders	O50M	130	Joe Weaver	St Helens Striders	U30M
62	Mark Riley	St Helens Striders	U40M	131	David Owens	Penny Lane Striders	O45M
63	Paulo Teixeira_Felix	Skem BH	O40M	132	James Muscart	Mersey Tri	U30M
64	Michael Waring	Chester Tri	U20M	133	Patrick Corrigan	Pensby Runners	O55M
65	Owen Barden	Mersey Tri	O45M	134	Paul Wilson	Liverpool RC	O45M
66	Julien Tour	Penny Lane Striders	U40M	135	Andrew Boulger	Kirkby Milers	O45M

136	Paul Brown	Liverpool RC	U40M	209	Lee Barlow	Northwich RC	O40M
137	Kevin Outten	St Helens Striders	O45M	210	Thomas King	Penny Lane Striders	U40M
138	George Aylward	Penny Lane Striders	U40M	211	Andrew Glen	Liverpool Running Bugs	O55M
139	Michael Flatley	Liverpool RC	U40M	212	Dave Roberts	Ellesmere Port RC	O55M
140	Andrew Lawrenson	St Helens Striders	U30M	213	John Bryan	Warrington RC	U30M
141	Lewis Myatt	Mersey Tri	O30M	214	Marco Giannini	Widnes RC	O40M
142	Matt Clair	Liverpool RC	U40M	215	David Feakes	Helsby	O55M
143	Graham Coupe	Vikings	O45M	216	Adrian Deery	Chester Tri	U30M
144	Michael Parr	Northwich RC	O40M	217	Dan Bruffell	Pensby Runners	O45M
145	Stuart Barnard	Mersey Tri	O40M	218	Stephen Dipple	Penny Lane Striders	O45M
146	Luke Wills	Skem BH	U40M	219	Michael Seddon	Warrington RC	O40M
147	Phillip Lawrenson	St Helens Striders	O45M	220	Matt Helm	Liverpool RC	O55M
148	Mike Smith	Lymm Runners	O50M	221	Paul Turner	Delamere Spartans	O45M
149	Andrew Sale	Mersey Tri	O50M	222	David Webb	Penny Lane Striders	U40M
150	Robert Moore	Knowsley Harriers	O40M	223	Martin Bazley	Widnes RC	U40M
151	Andy Gaskell	Spectrum Striders	O50M	224	Graham Cushion	Liverpool RC	O40M
152	Ben Brookes	Mersey Tri	U40M	225	Ian McNeill	Birkenhead	O60M
153	Barry Williams	Mersey Tri	U40M	226	Jason Mountford	Lymm Runners	U40M
154	Joseph Chedgzoy	Kirkby Milers	U40M	227	Paul Bidwell	Mersey Tri	O45M
155	James Bellis	Liverpool RC	U40M	228	Lucas Pilkington	Northwich RC	U30M
156	Daniel Tetlow	St Helens Striders	U40M	229	Joe Sparkman	Lymm Runners	O40M
157	Steve Thomas	Mersey Tri	O45M	230	Robert Chalmers	Pensby Runners	O40M
158	Ian Russell	Penny Lane Striders	O50M	231	Grant Davidson	Mersey Tri	O45M
159	Gary Parker	Pensby Runners	U40M	232	Frank Kelly	Liverpool RC	O50M
160	Gary Cash	Vikings	O60M	233	William Merritt	Knowsley Harriers	O55M
161	Ian Wright	St Helens Striders	O45M	234	Mike Taylor	Liverpool Running Bugs	U30M
162	Christopher Lee	Liverpool Running Bugs	O45M	235	Antony Dagnall	St Helens Striders	O60M
163	Kevin Gillibrand	Warrington RR	O50M	236	Geoff Hand	Spectrum Striders	O60M
164	Malcolm Fraser	Delamere Spartans	U40M	237	Simone Tondelloni	Lymm Runners	U40M
165	Jason Pierce	Liverpool RC	O45M	238	Ian Summersgill	Warrington Tri	O50M
166	Andy Hind	Northwich RC	O45M	239	Geoff Rudd	Liverpool RC	O55M
167	Steve Spencer	Birkenhead	O45M	240	Mark Hamilton	St Helens Striders	O40M
168	Ian King	Liverpool RC	O60M	241	John Anderson	Northwich RC	O50M
169	Bobby Burke	Liverpool RC	O50M	242	David Glover	Warrington RC	U40M
170	Davyd Michell	Helsby	U40M	243	Lee Shears	Lymm Runners	O40M
171	Nigel Foo	Penny Lane Striders	O50M	244	Rob Lloyd	Widnes RC	O45M
172	Tim Palmer	Helsby	O50M	245	Liam Boardman	Widnes RC	U40M
173	Mark Glaister	Skem BH	O55M	246	Tim Holloway	Delamere Spartans	O50M
174	Dave Connor	Mersey Tri	O45M	247	Jon Reynolds	Liverpool RC	O45M
175	Colin Berry	Ellesmere Port RC	O50M	248	Mark Gledhill	Lymm Runners	O55M
176	Thomas Rimmer	Penny Lane Striders	U40M	249	Daniel Issawi	Knowsley Harriers	U40M
177	Robert Porter	Penny Lane Striders	O40M	250	Stuart Greenhall	Northwich RC	O55M
178	Iain Wood	Chester Tri	O60M	251	Gary Jones	Kirkby Milers	O40M
179	David Wooster	Warrington RC	O40M	252	Thomas Humphries	Warrington RC	U30M
180	Gary English	Liverpool RC	O55M	253	Paul Rust	Mersey Tri	O40M
181	Neil Goulding	Skem BH	O40M	254	Peter Connolly	Vikings	O50M
182	Chris Davies	Pensby Runners	O45M	255	Chris Alexander	Kirkby Milers	U30M
183	Dave Houghton	Mersey Tri	U40M	256	Peter Smith	Widnes RC	-
184	Robert Cooper	Penny Lane Striders	U40M	257	Mervyn Grady	Widnes RC	O60M
185	Chris Spruce	Penny Lane Striders	U30M	258	Andrew Hankinson	Widnes RC	U30M
186	Michael Connor	Penny Lane Striders	O50M	259	Fred Duenbier	Newburgh Nomads	O60M
187	Jim Maxfield	Newburgh Nomads	O60M	260	Peter Heron	Mersey Tri	O55M
188	Ed Hughes	Mersey Tri	U40M	261	John_Paul Dale	Widnes RC	U40M
189	Stephen Riley	Helsby	O50M	262	Steve Pemberton	Penny Lane Striders	O60M
190	James Kidd	Chester Tri	U30M	263	Joshua McGovern	Liverpool Running Bugs	U30M
191	Graham Driver	Spectrum Striders	O50M	264	Tommy Burke	Penny Lane Striders	O60M
192	Paul Cheetham	Skem BH	O45M	265	Matt Dutton	Penny Lane Striders	O40M
193	Carl Yu	Liverpool RC	O40M	266	Al Worrall	Northwich RC	U30M
194	Kevin Main	Northwich RC	U40M	267	Andrew Dowdeswell	Widnes RC	U40M
195	Terence Turner	Liverpool RC	U40M	268	Terry Lynch	Penny Lane Striders	O50M
196	Matthew Carroll	St Helens Striders	U40M	269	Paul Harbidge	Warrington Tri	O55M
197	Kenny Shurie-McKenzie	Kirkby Milers	O50M	270	Peter Mcaleavey	Pensby Runners	O55M
198	Jay Ennis	Mersey Tri	O45M	271	Alistair Raffell	Spectrum Striders	O60M
199	Peter Leadbeater	Kirkby Milers	O50M	272	Phil Dowd	Mersey Tri	O45M
200	Ian Ainscough	Chester Tri	O60M	273	Andrew Skett	Lymm Runners	O60M
201	Paul Alexander	Pensby Runners	O60M	274	Colin Lamprey	Pensby Runners	O55M
202	Matt Sanderson	Warrington RC	O45M	275	Jon Windle	Penny Lane Striders	O45M
203	Nick Morton	Kirkby Milers	U30M	276	Terry Charles	Vikings	O60M
204	Peter Merville	St Helens Striders	O55M	277	Gary McGovern	Liverpool Running Bugs	O55M
205	Colin Rushton	Warrington RC	O45M	278	Martin Darwin	Warrington RC	O50M
Guest	David McAlister	Wallasey AC	O50M	279	Alan McDermott	Penny Lane Striders	O50M
206	Andy Gamett	Spectrum Striders	O60M	280	Shaun Telford	Delamere Spartans	O45M
207	Jason Barrow	Northwich RC	O40M	281	Neil Kavanagh	Warrington RC	O45M
208	Richard Shayle	Pensby Runners	O45M	282	Phil Jolley	Warrington RC	O45M

283	Michael Miller	Kirkby Milers	O50M	313	Mark Lancaster	Mersey Tri	O50M
284	Ged Stephens	Delamere Spartans	O50M	314	Darren Carter	Warrington RC	U40M
285	Tony Fishwick	Kirkby Milers	O45M	315	Mike Perchard	Northwich RC	O60M
286	Andrew Bates	Penny Lane Striders	U40M	316	Stephen Saunders	Pensby Runners	O50M
287	James Hurrell	Lymm Runners	O50M	317	Dave Thompson	Spectrum Striders	O60M
288	James Harvey	Ellesmere Port RC	O40M	318	Dave Brown	Warrington RC	O55M
289	Brad Ehlen	Northwich RC	O45M	319	Dylan Cass	Mersey Tri	O40M
290	David Faulkner	Lymm Runners	O60M	320	James Blundell	Spectrum Striders	U40M
291	Chris Lam	Widnes RC	O45M	321	Harry Pepper	Mersey Tri	O45M
292	Peter Cowan	Mersey Tri	O50M	322	David Mangan	Penny Lane Striders	O60M
293	Steve Collyer	Chester Tri	O45M	323	Steven Maguire	Penny Lane Striders	O40M
294	John Peerless	Pensby Runners	O60M	324	Mal Taylor	Penny Lane Striders	O40M
295	John Fitzgerald	Mersey Tri	O60M	325	James Roberts	Penny Lane Striders	U40M
296	Gordon McLeod	Sunlight Runners	O55M	326	Paul Robertson	Vikings	O55M
297	Andy Dalton	Skem BH	O55M	327	Gary Hilton	Warrington Tri	O45M
298	Nick McCole	Kirkby Milers	O40M	328	Nigel Pratten	Pensby Runners	O60M
299	Darren Wood	Widnes RC	O45M	329	Tommy Gates	Penny Lane Striders	O55M
300	Liam Webb	Widnes RC	U30M	330	William Sergeson	Penny Lane Striders	O50M
301	Tom De-Jong	Helsby	U30M	331	John Croall	Lymm Runners	O55M
302	Paul Carter	Chester Tri	O40M	332	Peter Burton	Lymm Runners	O50M
303	Mark Fillingham	St Helens Striders	O50M	333	Ian Chalmers	Pensby Runners	O60M
304	Chris Morgan	Helsby	O60M	334	John Donaghy	Warrington RC	O50M
305	John Lingard	St Helens Striders	O60M	335	Neville Griffiths	Spectrum Striders	O60M
306	Chris Hewitt	Mersey Tri	O40M	336	Mark Dutton	Northwich RC	O45M
307	Paul Wilson	Widnes RC	O55M	337	James Gilgannon	Warrington RC	O40M
308	Gwyn Thomas	Pensby Runners	O60M	338	Michael Kay	Warrington RC	O45M
309	Simon Howells	Northwich RC	O40M	339	Thomas Sellers	Lymm Runners	O40M
310	Chris Owen	Liverpool Running Bugs	U30M	340	Bryan Forth	Warrington RR	O45M
Guest	Johnny Skyner		O50M	341	Ian Rigby	Widnes RC	O50M
311	Dennis Yarwood	Spectrum Striders	O50M	342	Garry Hawkins	Northwich RC	O45M
312	Glyn Hughes	Penny Lane Striders	O60M	343	Ken Black	Spectrum Striders	O60M

## Ladies Results

Guest	Jenny Evans	Warrington RC	U30F	38	Pamela Thurtle	Penny Lane Striders	O40F
1	Sophie Hunt	Chester Tri	U30F	39	Wendy Davies	St Helens Striders	O40F
2	Kelly Hamilton	St Helens Striders	U35F	40	Michelle Bennett	Mersey Tri	O40F
3	Rachael Fairclough	St Helens Striders	U35F	41	Liz Whitfield	Spectrum Striders	O40F
4	Sarah Roberts	Ellesmere Port RC	U40F	42	Lisa Mercer	Liverpool RC	U35F
5	Bobbie Lomax	Warrington RR	O40F	43	Deborah Short	Northwich RC	O50F
6	Liz Turner	Penny Lane Striders	U40F	44	Anne Gregory	Warrington RR	O40F
7	Honor Thompson	Skem BH	O40F	45	Susann Paetzold	Liverpool Running Bugs	U40F
8	Louise Casey	Widnes RC	U40F	46	Suzy Wild	Spectrum Striders	O40F
9	Hannah Whittaker	St Helens Striders	U35F	47	Karen Jones	Pensby Runners	O40F
10	Nicky Lawrence	Widnes RC	-	48	Tarja Barnes	Warrington RR	O40F
11	Marina Maxwell	Widnes RC	O40F	49	Louise Davison	Penny Lane Striders	U30F
12	Susan Fourie	Chester Tri	O40F	50	Nicola Simmons	Vikings	O40F
13	Beata Suthard	Northwich RC	U40F	51	Helen Kelsall	Kirkby Milers	U40F
14	Alison Russell	Spectrum Striders	U40F	52	Lizzy Parker-Mullen	Chester Tri	U30F
15	Holly Bishton	Penny Lane Striders	U30F	53	Ann Johnson	St Helens Striders	O40F
16	Becky Burke	Liverpool RC	U20F	54	Sarah Blacker	Mersey Tri	U30F
17	Maria Cook	Parbold Pink Panthers	O40F	55	Sue Burke	Penny Lane Striders	O40F
18	Rebecca Sargeant	Penny Lane Striders	U30F	56	Susan Kerfoot	St Helens Striders	U40F
19	Alice Trevail	Mersey Tri	U30F	57	Louise Jackson	Knowsley Harriers	U35F
20	Sharon Samson	Penny Lane Striders	U40F	58	Justine Moore	Knowsley Harriers	O40F
21	Laura Baynham-Hughes	Helsby	O40F	59	Katinka Mitchell	Sunlight Runners	O40F
22	Lucy Partridge	Pensby Runners	U40F	60	Lucy Helsby	Kirkby Milers	U30F
23	Jane Lee	Spectrum Striders	O40F	61	Lynda Searby	Northwich RC	O40F
24	Bridget Glaister	Parbold Pink Panthers	O40F	62	Lisa Lee	Widnes RC	O40F
25	Sarah Treble	Kirkby Milers	U30F	63	Stephanie Humphries	Warrington RC	U30F
26	Rachel Gyte	Liverpool RC	U30F	64	Lynsay Adair	Widnes Wasps	U40F
27	Kylie Maguire	St Helens Striders	U35F	65	Debbie Wilson	Mersey Tri	U40F
28	Janet Owens	Knowsley Harriers	O40F	66	Melanie Bradley	Northwich RC	O40F
29	Christina Roach	Helsby	O60F	67	Alexandra Royden	Pensby Runners	U30F
30	Lisa Cheers	St Helens Striders	U35F	68	Katie Pownell	Knowsley Harriers	U35F
31	Freya Flinders	Village Runners	U30F	69	Hayley MacGugan	Widnes RC	U40F
32	Emma Callery	St Helens Striders	U35F	70	Alison MacDonald	Ellesmere Port RC	O50F
33	Anna Parsons	Northwich RC	O40F	71	Alison Morgan	Warrington RR	O40F
34	Karon Forster	Spectrum Striders	O50F	72	Nicola Hayes	Skem BH	O40F
35	Laura Roach	Liverpool RC	U35F	73	Emma Nunnerley	Lymm Runners	O40F
36	Jade Evans	Northwich RC	U30F	74	Natalie Butler	Liverpool RC	U35F
37	Caroline Barrow	Widnes RC	O40F	75	Lisa Webb	Widnes RC	O40F

76	Sian Maguire	St Helens Striders	U30F	148	Karen Dalby	Mersey Tri	O50F
77	Debbie Read	Helsby	O60F	149	Fiona Hall	Widnes RC	U40F
78	Kathryn Schofield	Warrington Tri	U20F	150	Dawn Hignett	Widnes RC	O40F
79	Anja Pownell	Knowsley Harriers	U35F	151	Nicky Johnson	Parbold Pink Panthers	O40F
80	Sue Heaps	St Helens Striders	O50F	152	Diane Powell	Parbold Pink Panthers	O50F
81	Andrea Bond	Penny Lane Striders	O40F	153	Sandra_Carol McGreavy	Widnes RC	O50F
82	Alex Harrison	Liverpool RC	U30F	154	Lisa Farr	Northwich RC	U40F
83	Amy Cregan	Warrington Tri	U40F	155	Lucie Illingworth	Parbold Pink Panthers	U40F
84	Anna Barker	Warrington RC	U35F	156	Lucy Shayle	Pensby Runners	U20F
85	Abigail Willmitt	Liverpool RC	U35F	157	Christine Grant	Penny Lane Striders	O50F
86	Pat Helsby	Kirkby Milers	O60F	158	Helen Goldsmith	Warrington RC	O40F
87	Rosemary Symms	Chester Tri	O60F	159	Louise Bradbury	Warrington RC	O40F
88	Kate Dwyer	Warrington RC	O40F	160	Amanda Holman	Kirkby Milers	O40F
89	Stacey Clark	Widnes Wasps	U30F	161	Collette O'Halleron	Kirkby Milers	O40F
90	Gaynor Seymour	Lymm Runners	O40F	162	Katie Warburton	Northwich RC	U35F
91	Rebecca Cordery	Northwich RC	U30F	163	Samantha Cordery	Northwich RC	U30F
92	Julia White	Warrington RC	O40F	164	Claire Meadows	Penny Lane Striders	O50F
93	Debbie Rutherford	Ellesmere Port RC	O50F	165	Sarah McGarr	Northwich RC	O40F
94	Keeley Woolrich	Widnes RC	O40F	166	Michelle Wilson	Warrington RC	O40F
95	Helen Caldwell	Spectrum Striders	O50F	167	Kirsty Louise Morley	Warrington RC	O40F
96	Rebecca Pearmaine	Northwich RC	U35F	168	Sandra Bentley	Widnes RC	O50F
97	Jackie Jones	Liverpool RC	O50F	169	Jan Swales	Widnes RC	O50F
98	Shiela-Marie Daet	Liverpool Running Bugs	U40F	170	Kathryn Ellis	Lymm Runners	O40F
99	Hayley Fairclough	Liverpool RC	U40F	171	Charlie Sholl	Warrington Tri	O40F
100	Madie Fowler	Skem BH	U30F	172	Gillian Hayes	Warrington RC	O40F
101	Hazel Brennan	Knowsley Harriers	O40F	173	Gill Collen	Warrington RR	O60F
102	Lou Ball	Parbold Pink Panthers	O40F	174	Sue Ledsom	Ellesmere Port RC	O50F
103	Karen Bain	Northwich RC	O40F	175	Carolyn Smith	Lymm Runners	O50F
104	Debbie Millington	Warrington RC	U40F	176	Jacquie Costello	Liverpool RC	O40F
105	Charlotte Smith	Kirkby Milers	U40F	177	Nicola Spafford	Skem BH	U30F
106	Katherine Robertson	Mersey Tri	U40F	178	Karen Morgan	Liverpool Running Bugs	O40F
107	Yvonne Holburn	Northwich RC	O50F	179	Gaynor Bagnall	Northwich RC	U40F
108	Kate Johnston	Spectrum Striders	O40F	180	Catherine Lyon	Spectrum Striders	U40F
109	Janette Fishwick	Kirkby Milers	O40F	181	Alison Felstead	Lymm Runners	O40F
110	Tanya Foley	Parbold Pink Panthers	O50F	182	Ursula Cheetham	Parbold Pink Panthers	O40F
111	Lesley Feakes	Helsby	O50F	183	Hazel Williams	Warrington RC	O50F
112	Sue Buck	Helsby	O50F	Guest	Laura Owen		U35F
113	Dawn Fairclough	Liverpool RC	U40F	184	Agata Rutkowska	Widnes Wasps	U40F
114	Ruth Hewitt	Liverpool Running Bugs	O40F	185	Carolyn Rigby	Widnes RC	-
115	Carole Morrison	Pensby Runners	O50F	186	Elaine Riley	Widnes RC	O40F
116	Vicky Jones	Kirkby Milers	O40F	187	Nicola Perrins	Chester Tri	U20F
117	Joanne McGillycuddy	Widnes Wasps	O40F	188	Susie Woods	Chester Tri	O50F
118	Sally Napthen	Chester Tri	O50F	189	Sarah Berry	Skem BH	U30F
119	Sarah Rigby	Northwich RC	O40F	190	Alison Lysons	Widnes RC	O50F
120	Leah Binns	Helsby	U30F	191	Gill Worrall	Northwich RC	O40F
121	Joanne Moyers	Widnes Wasps	O40F	192	Sarah Jones	Northwich RC	O40F
122	Donna Adlard	Vikings	O40F	193	Helen Eaton	Kirkby Milers	O40F
123	Susan Smerdon	Widnes RC	O40F	194	Ann-Marie Carberry	Kirkby Milers	O50F
124	Elly Roberts	Spectrum Striders	O50F	195	Cathy McCabe	Newburgh Nomads	O40F
125	Rachel Beddows	Ellesmere Port RC	O40F	196	Jan Hughes	Penny Lane Striders	O60F
126	Jayne Cheetham	Warrington RC	O40F	197	Chrissie Knight	Lymm Runners	O60F
127	Susan Cash	Vikings	O60F	198	Vicky Ferguson	Widnes Wasps	O40F
128	Kay Thompson	Warrington RC	O40F	199	Sarah Rowan	Skem BH	O40F
129	Karen Smith	Chester Tri	O40F	200	Elaine Fraser	Warrington RC	O40F
130	Lindsey Black	Liverpool Running Bugs	O40F	201	Amanda Williams	Northwich RC	O40F
131	Carolyn Knott	Penny Lane Striders	O40F	202	Sharon Tran	Northwich RC	O50F
132	Kerry Riley	St Helens Striders	U40F	203	Megan Thomas	Penny Lane Striders	U20F
133	Stephanie Donald	Kirkby Milers	U35F	204	Katie Dawson	Penny Lane Striders	O40F
134	Tracey Goble	Liverpool Running Bugs	O50F	205	Stacey Gernon	Warrington RC	U30F
135	Joane Cook	Ellesmere Port RC	U40F	Guest	Joanne Skyner		O40F
136	Amy Durr	Widnes RC	U35F	206	Tracy Quinn	Lymm Runners	O40F
137	Joanne Sutherland	Penny Lane Striders	O40F	207	Joanne Edwards	Penny Lane Striders	O40F
138	Diane Whorton	Mersey Tri	U35F	208	Laura Booker	Northwich RC	U40F
139	Sally Adams	Parbold Pink Panthers	O40F	209	Caroline Newton	Warrington RC	U40F
140	Susan Berry	Liverpool RC	O50F	210	Anita King	Warrington RC	O50F
141	Julia Banning	Skem BH	U35F	211	Helen Hind	Warrington RC	O40F
142	Jo Sullivan	Spectrum Striders	O50F	Guest	Helen Leather		O50F
143	Rachel Tickle	St Helens Striders	U35F	212	Steph Charman	Knowsley Harriers	O60F
144	Angela Peerless	Pensby Runners	O60F	213	Charlotte Mills	Northwich RC	O40F
145	Sue Burke	Liverpool RC	O50F	214	Amanda Glover	Warrington RC	U40F
146	Elaine Parry	St Helens Striders	O40F	215	Meg Daintith	Warrington RC	O40F
147	Jessica Messenger	Northwich RC	O40F				

## Team Results

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

Pos	Team	Score	Points
1	Mersey Tri 'A'	73	24
2	Liverpool RC 'A'	120	23
3	Knowsley Harriers 'A'	133	22
4	Kirkby Milers 'A'	191	21
5	Penny Lane Striders 'A'	200	20
6	Helsby 'A'	364	19
7	St Helens Striders 'A'	395	18
8	Spectrum Striders 'A'	437	17
9	Warrington Tri 'A'	496	16
10	Birkenhead & Pensby 'A'	515	15
11	Northwich RC 'A'	693	14
11	Lymm & Warrington RR 'A'	693	14
13	Skem & Parbold 'A'	747	12
14	Delamere Spartans 'A'	766	11
15	Chester Tri 'A'	785	10
16	Newburgh Nomads 'A'	842	9
17	Widnes RC 'A'	896	8
18	Warrington RC 'A'	914	7
19	Liverpool Running Bugs 'A'	1006	6
20	Vikings 'A'	1247	5
21	Ellesmere Port RC 'A' (Only 5 Ran)	1188	4
22	Sunlight Runners 'A' (Only 1 Ran)	2061	3
23	Widnes Wasps 'A'	No Team	0
24	Village Runners 'A'	No Team	0

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

Pos	Team	Score	Points
1	Widnes RC 'A'	29	24
2	Penny Lane Striders 'A'	39	23
3	St Helens Striders 'A'	44	22
4	Skem & Parbold 'A'	48	21
5	Chester Tri 'A'	65	20
6	Spectrum Striders 'A'	71	19
7	Northwich RC 'A'	82	18
8	Lymm & Warrington RR 'A'	97	17
9	Mersey Tri 'A'	113	16
10	Helsby 'A'	127	15
11	Birkenhead & Pensby 'A'	136	14
11	Kirkby Milers 'A'	136	14
13	Liverpool RC 'A'	139	12
14	Knowsley Harriers 'A'	143	11
15	Ellesmere Port RC 'A'	167	10
16	Warrington RC 'A'	235	9
17	Liverpool Running Bugs 'A'	257	8
18	Widnes Wasps 'A'	270	7
19	Vikings 'A'	299	6
20	Warrington Tri 'A'	332	5
21	Village Runners 'A' (Only 1 Ran)	481	4
22	Sunlight Runners 'A' (Only 1 Ran)	509	3
23	Newburgh Nomads 'A' (Only 1 Ran)	645	2
24	Delamere Spartans 'A'	No Team	0