

## North West XC – Race 2 – Beacon Park 18 November 2018 – 4.8M

### Mens Results

1	Jonathan Smith	Lymm Runners	U30M	76	Lee Turner	Kirkby Milers	U30M
2	Chris Stanford	Warrington Tri	U40M	77	Scott Robertson	St Helens Striders	O40M
3	Jamie Rutherford	Liverpool RC	U30M	78	Adam Fitzsimmons	Kirkby Milers	U30M
4	Rob Grantham	Pensby Runners	O45M	79	Mark Atherton	Widnes RC	O40M
5	Martin Swensson	Penny Lane Striders	O40M	80	Tom Chadwick	St Helens Striders	U30M
6	James Toohey	Liverpool RC	U30M	81	Matthew Robinson	Newburgh Nomads	O40M
7	Jay Brittles	Mersey Tri	U40M	82	Mark Walker	Warrington Tri	O45M
8	Dan Harbidge	Warrington Tri	U30M	83	Lee Warburton	Penny Lane Striders	O45M
9	Mark Clair	Mersey Tri	U40M	84	Kevin Gillibrand	Warrington RR	O50M
10	Chris Pownell	Knowsley Harriers	U30M	85	Ian Roche	Mersey Tri	O55M
11	Paddy Eaton	Liverpool RC	U30M	86	Andrew Keeley	Penny Lane Striders	O55M
12	Neil Finegan	Helsby	O40M	87	Michael O'Rourke	Penny Lane Striders	U40M
13	Thomas O'Dowd	Knowsley Harriers	U30M	88	Leslie Johnson	Northwich RC	O50M
14	Robert Owens	Knowsley Harriers	U40M	89	Paul Williams	Mersey Tri	U40M
15	Karl Steinegger	Spectrum Striders	U30M	90	Matthew Nicholson	Ellesmere Port RC	U40M
16	Thomas Wilson	Liverpool RC	U30M	91	Mark Dempsey	Mersey Tri	O40M
17	Chris Hazeldine	St Helens Striders	U40M	92	Antony Cheers	St Helens Striders	U40M
18	Stephen Campbell	Knowsley Harriers	U40M	93	Matthew Parmenter	St Helens Striders	O40M
19	Michael Heyes	Mersey Tri	U40M	94	Dean Wilson	Liverpool RC	O40M
20	Paul Martin	Mersey Tri	U40M	95	James Williams	Warrington RR	U30M
21	Francis Edwards	Delamere Spartans	U40M	96	Joe McCarthy	Mersey Tri	O45M
22	Alex Rigby	Liverpool RC	U30M	97	Jim Dawson	Lymm Runners	O55M
23	Alex Cowin	Penny Lane Striders	U40M	98	Andrew McGlone	Kirkby Milers	U40M
24	Mark Howard	Mersey Tri	O40M	99	Nick Wishart	Delamere Spartans	O50M
25	Stuart Atkinson	Delamere Spartans	O40M	100	Patrick Corrigan	Pensby Runners	O55M
26	James Thompson	Knowsley Harriers	U40M	101	Ian Wright	St Helens Striders	O45M
27	Phil Johnson	Mersey Tri	U40M	102	John Jensen	Penny Lane Striders	O40M
28	James Ellis	Kirkby Milers	U40M	103	Jim Kennett	Delamere Spartans	O50M
29	Ian Magill	Liverpool RC	O45M	104	Martin Ballard	St Helens Striders	U40M
30	Paul Doffman	Northwich RC	U40M	105	George Oliver	Northwich RC	U30M
31	Alex Mason	Delamere Spartans	O40M	106	Andrew Boulger	Kirkby Milers	O45M
32	Paul Waters	Knowsley Harriers	U40M	107	Eric Ranson	St Helens Striders	O45M
33	Tony Pfaff	Warrington RR	U40M	108	Anthony Ellis	St Helens Striders	U40M
34	Danny Schofield	Warrington RC	U30M	109	Paul Booth	St Helens Striders	U40M
35	Graham Douglas	Penny Lane Striders	U40M	110	Chris Whelan	Mersey Tri	O50M
36	Rob McBain	Northwich RC	U40M	111	Anthony Brennan	Chester Tri	U40M
37	Stephen Harrison	Birkenhead	O45M	112	Chris Enwright	Mersey Tri	U40M
38	Marty Christian	Kirkby Milers	O45M	113	Andrew Leslie	Widnes RC	U40M
39	Stuart Berry	Lymm Runners	U40M	114	Ian Wilson	Mersey Tri	U40M
40	Robbie Collins	Mersey Tri	U40M	115	Tim Grace	Mersey Tri	O45M
41	Thom Atkinson	Mersey Tri	U30M	116	Graham Coupe	Vikings	O45M
42	Lawrence Eccles	Penny Lane Striders	U40M	117	David Lynan	Penny Lane Striders	O45M
43	Daniel Cheetham	St Helens Striders	U40M	118	Stuart Barnard	Mersey Tri	O40M
44	Robert Beech	Pensby Runners	U40M	119	Ben Brookes	Mersey Tri	U40M
45	Mike Gall	Kirkby Milers	U40M	120	Chris Usher	Newburgh Nomads	O45M
46	John Preece	Kirkby Milers	O40M	121	Jason Barrow	Northwich RC	O40M
47	Edwin Drost	Warrington RC	U40M	122	John Williams	St Helens Striders	O40M
48	Kye Byrne	Warrington RC	U40M	123	Dave Houghton	Mersey Tri	U40M
49	Colin Dobbs	Penny Lane Striders	O40M	124	Jason Dodd	Warrington RC	U30M
50	Phil Riding	Penny Lane Striders	O40M	125	Stephen Entwistle	Vikings	O55M
51	Mark Hadland	Spectrum Striders	O40M	126	Paul Brown	St Helens Striders	U40M
52	Michael Waring	Chester Tri	U20M	127	Andy Gaskell	Spectrum Striders	O50M
53	Chris Ryan	Mersey Tri	U40M	128	Barry Williams	Mersey Tri	U40M
54	Mark Riley	St Helens Striders	U40M	129	Steve Spencer	Birkenhead	O45M
Guest	Robert Chesters		U40M	130	Gary Parker	Pensby Runners	U40M
55	Alex Gifford	Ellesmere Port RC	O40M	131	Craig Whittaker	St Helens Striders	U40M
56	John McLaren	Knowsley Harriers	U40M	132	Alan McDermott	Penny Lane Striders	O50M
57	Ralph Pawling	Pensby Runners	U40M	133	Adrian Deery	Chester Tri	U30M
58	Rob Fletcher	Mersey Tri	O45M	134	Andy Hind	Northwich RC	O45M
59	David Lawton	Liverpool RC	U40M	135	Mike Douglas	Warrington Tri	U40M
60	Kevin Harrison	Kirkby Milers	O40M	136	Christopher Lee	Liverpool Running Bugs	O45M
61	James Ashworth	Knowsley Harriers	U40M	137	Chris Reid	St Helens Striders	O55M
62	Carl Murphy	Liverpool RC	U40M	138	Ian Scouler	Northwich RC	O50M
63	Phil Rowen	Lymm Runners	O45M	139	Steve Thomas	Mersey Tri	O45M
64	Lewis Myatt	Mersey Tri	U30M	140	Andy Mitchell	Sunlight Runners	O45M
65	Stuart Johnson	Spectrum Striders	U30M	141	Andy Garnett	Spectrum Striders	O60M
66	Alistair Malpas	Pensby Runners	U40M	142	Nathan Parry	Knowsley Harriers	U30M
67	David Edwards	Kirkby Milers	O55M	143	Bobby Burke	Liverpool RC	O50M
68	Joe Weaver	St Helens Striders	U30M	144	Richard Shayle	Pensby Runners	O45M
69	Alan Smithson	Mersey Tri	U40M	145	Ian Ainscough	Chester Tri	O60M
70	Craig Farr	Northwich RC	O40M	146	Martin Willis	Delamere Spartans	U40M
71	Jonathan Kirkman	St Helens Striders	U40M	147	Graham Cushion	Liverpool RC	O40M
72	Kevin Outten	St Helens Striders	O45M	148	Michael Parr	Northwich RC	O40M
73	Nick Rose	Warrington RC	O45M	149	Paul Bidwell	Mersey Tri	O45M
74	Jonathan Toft	Penny Lane Striders	U40M	150	Daniel Tetlow	St Helens Striders	U40M
75	Daniel Peers	Spectrum Striders	U30M	151	Colin Rushton	Warrington RC	O45M

152	Stephen Riley	Helsby	O50M	211	John Fitzgerald	Mersey Tri	O60M
153	Robert Chalmers	Pensby Runners	O40M	212	Leslie Abbott	St Helens Striders	O55M
154	Matt Sanderson	Warrington RC	O45M	213	Shaun Telford	Delamere Spartans	O45M
155	Thomas Rimmer	Penny Lane Striders	U40M	214	Adam Hall	Liverpool Running Bugs	U40M
156	Tom Loughran	Kirkby Milers	-	215	Rob Lloyd	Widnes RC	O45M
157	Graham Driver	Spectrum Striders	O50M	216	Fred Duenbier	Newburgh Nomads	O60M
158	Matt Whitfield	Ellesmere Port RC	O60M	217	Fergal Harkin	Warrington Tri	O55M
159	Lucas Pilkington	Northwich RC	U30M	218	Andrew Skett	Lymm Runners	O60M
160	Lee Barlow	Northwich RC	O40M	219	Terry Lynch	Penny Lane Striders	O50M
161	Jake Lane	Delamere Spartans	U40M	220	Neil Kavanagh	Warrington RC	O45M
162	Alex Abbott	St Helens Striders	U40M	221	Gary Hilton	Warrington Tri	O45M
163	Andrew Glen	Liverpool Running Bugs	O55M	222	Peter Mylett	Vikings	O40M
164	David Feakes	Helsby	O55M	223	Stuart Greenhall	Northwich RC	O55M
165	William Merritt	Knowsley Harriers	O55M	224	Roy Fisher	Pensby Runners	O60M
166	Philip Marsden	Widnes RC	U40M	225	John Lingard	St Helens Striders	O60M
167	Frank Kelly	Liverpool RC	O50M	226	Richard Rayner	Warrington RC	O45M
168	Neil Jenkins	Chester Tri	O50M	227	Jake Hendrick	Liverpool RC	U20M
169	Martin Bazley	Widnes RC	U40M	228	Darren Wood	Widnes RC	O45M
170	David Glover	Warrington RC	U40M	229	Mark Fillingham	St Helens Striders	O50M
171	Kevin Main	Northwich RC	U40M	230	Darren Eccles	St Helens Striders	O40M
172	Ian Davies	Birkenhead	O55M	231	Peter Burton	Lymm Runners	O50M
173	Ian McNeill	Birkenhead	O60M	232	Mark Lancaster	Mersey Tri	O50M
174	George Pierce	Liverpool RC	O50M	233	John Skyner	Warrington RC	O50M
175	Peter Heron	Mersey Tri	O55M	234	Brad Ehlen	Northwich RC	O45M
176	Kenny Shurie-McKenzie	Kirkby Milers	O50M	235	Tony Dickinson	Kirkby Milers	O45M
177	Terry Noon	Kirkby Milers	-	236	Richard MacIlwaine	Spectrum Striders	O60M
178	Gary Johnstone	Pensby Runners	O55M	237	Tom De-Jong	Helsby	U30M
179	Tim Palmer	Helsby	O50M	238	Paul Neill	Warrington RC	O45M
180	Paul Harbidge	Warrington Tri	O55M	239	Mike Perchard	Northwich RC	O60M
181	Marco Giannini	Widnes RC	O40M	240	Chris Morgan	Helsby	O60M
182	Antony Dagnall	St Helens Striders	O60M	241	Joe Allen	Kirkby Milers	-
183	Thomas Humphries	Warrington RC	U30M	242	Dennis Yarwood	Spectrum Striders	O50M
184	Tony Holmes	Liverpool RC	O55M	243	Dave Thompson	Spectrum Striders	O60M
185	Paul Wilson	Liverpool RC	O45M	244	Dave Barrow	Kirkby Milers	O60M
186	Geoff Douglass	Warrington RC	U40M	245	Liam Webb	Widnes RC	U30M
187	Steve Pemberton	Penny Lane Striders	O60M	246	Michael Devereux	Penny Lane Striders	O60M
188	Andrew Hankinson	Widnes RC	U30M	247	James Blundell	Spectrum Striders	U40M
189	Wally Coppelov	Newburgh Nomads	O60M	248	John Peerless	Pensby Runners	O60M
190	Mike Lisle	Mersey Tri	O60M	249	James Roberts	Penny Lane Striders	U40M
191	Martin Berry	Warrington RR	O40M	250	Nigel Pratten	Pensby Runners	O60M
192	Tim Holloway	Delamere Spartans	O50M	251	Andrew Dowdeswell	Widnes RC	U40M
193	Al Worrall	Northwich RC	U30M	252	Chris Hewitt	Mersey Tri	O40M
194	Martin Darwin	Warrington RC	O50M	253	Harry Pepper	Mersey Tri	O45M
195	Jon Reynolds	Liverpool RC	O45M	254	Robert Shanahan	Vikings	O50M
196	Colin Lamprey	Pensby Runners	O55M	255	David Mangan	Penny Lane Striders	O60M
197	Mark Scott	Liverpool RC	O50M	256	Tommy Gates	Penny Lane Striders	O55M
198	Kenny Forster	Spectrum Striders	O55M	257	Neville Griffiths	Spectrum Striders	O60M
199	Paul Land	Skem BH	O45M	258	Lee Birkett	Liverpool Running Bugs	O40M
200	Paul Rust	Mersey Tri	O40M	259	Ian Chalmers	Pensby Runners	O60M
201	Steve Collyer	Chester Tri	O45M	260	Kedar Dhopate	Liverpool Running Bugs	O40M
202	Ray Tran	Chester Tri	O50M	261	John Donaghy	Warrington RC	O50M
203	John Clarke	Kirkby Milers	O50M	262	Ken Black	Spectrum Striders	O60M
204	Andy Waring	Birkenhead	O60M	263	Dave Wilford	Liverpool RC	U40M
205	Alistair Raffell	Spectrum Striders	O60M	264	Ian Rigby	Widnes RC	O50M
206	Brad Critchley	Ellesmere Port RC	U40M	265	Dean Thackray	Liverpool Running Bugs	U30M
207	Ged Stephens	Delamere Spartans	O50M	266	Billy Beach	Kirkby Milers	-
208	Stephen Bennett	Mersey Tri	U30M	267	James Gilgannon	Warrington RC	O40M
209	Peter Connolly	Vikings	O50M	268	Russ Owens	Knowsley Harriers	O55M
210	Mark Cowan	Vikings	U40M				

## Ladies Results

Guest	Debbie Campbell	Liverpool Pembroke Sefton	U40F	67	Helen Caldwell	Spectrum Striders	O50F
1	Kelly Hamilton	St Helens Striders	U35F	68	Alison Morgan	Warrington RR	O40F
2	Rachael Fairclough	St Helens Striders	U35F	69	Julia White	Warrington RC	O40F
3	Honor Thompson	Skem BH	O40F	70	Katie Pownell	Knowsley Harriers	U35F
4	Liz Turner	Penny Lane Striders	U40F	71	Laura Ashford	Chester Tri	U35F
5	Bobbie Lomax	Warrington RR	O40F	72	Rebecca Pearmaine	Northwich RC	U35F
6	Stella Hayden	Penny Lane Striders	U35F	73	Sarah Rigby	Northwich RC	O40F
7	Hannah Whittaker	St Helens Striders	U35F	74	Joanne McGillycuddy	Widnes Wasps	O40F
8	Alison Russell	Spectrum Striders	U40F	75	Donna Adlard	Vikings	O40F
9	Marina Maxwell	Widnes RC	O40F	76	Susan Smerdon	Widnes RC	O40F
10	Beata Suthard	Northwich RC	U40F	77	Karen Dalby	Mersey Tri	O50F
11	Kate Stutheridge	Village Runners	U30F	78	Jackie Jones	Liverpool RC	O50F
12	Maria Cook	Parbold Pink Panthers	O40F	79	Lucie Illingworth	Parbold Pink Panthers	U40F
13	Rachel Gyte	Liverpool RC	U30F	80	Helen Goldsmith	Warrington RC	O40F
14	Becky Wadeson	Skem BH	U40F	81	Claudia Pagoulatou	Pensby Runners	O40F
15	Yvonne Ryan	Mersey Tri	U40F	82	Susan Cash	Vikings	O60F
16	Kathryn Bradley	Penny Lane Striders	U30F	83	Kerry Riley	St Helens Striders	U40F
17	Nicky Lawrence	Widnes RC	-	84	Angela Peerless	Pensby Runners	O60F
18	Holly Bishton	Penny Lane Striders	U30F	85	Sally Napthen	Chester Tri	O50F
19	Becky Burke	Liverpool RC	U20F	86	Charlie Sholl	Warrington Tri	O40F
20	Danielle Scott	Knowsley Harriers	U35F	87	Jennifer Reeve	Warrington RC	U40F
21	Gemma Kelly	Chester Tri	U35F	88	Elaine Parry	St Helens Striders	O40F
22	Sarah Treble	Kirkby Milers	U30F	89	Pat Kelly	Liverpool RC	O50F
23	Anna Parsons	Northwich RC	O40F	90	Tracey Goble	Liverpool Running Bugs	O50F
24	Tiffany Moorcroft	Northwich RC	O40F	91	Amanda Holman	Kirkby Milers	O40F
25	Lucy Partridge	Pensby Runners	U40F	92	Jo Sullivan	Spectrum Striders	O50F
26	Rebecca Sargeant	Penny Lane Striders	U30F	93	Vicki Banks	Warrington RC	O40F
27	Kylie Maguire	St Helens Striders	U35F	94	Collette O'Halleron	Kirkby Milers	O40F
28	Karon Forster	Spectrum Striders	O50F	95	Jan Swales	Widnes RC	O50F
29	Caroline Barrow	Widnes RC	O40F	96	Alison Felstead	Lymm Runners	O40F
30	Felicity Wolohan	Penny Lane Striders	U35F	97	Agata Rutkowska	Widnes Wasps	O40F
31	Deborah Short	Northwich RC	O50F	98	Louise Bradbury	Warrington RC	O40F
32	Bridget Glaister	Parbold Pink Panthers	O40F	99	Kate Wakefield	Warrington RR	O50F
33	Helen Johnson	Vikings	O40F	100	Mini Moss	Liverpool RC	U35F
34	Wendy Davies	St Helens Striders	O40F	101	Sarah McGarr	Northwich RC	O40F
35	Michelle Bennett	Mersey Tri	O40F	102	Jean Mitchell	Skem BH	O60F
36	Lizzy Parker-Mullen	Chester Tri	U30F	103	Noreen Martin	Skem BH	O50F
37	Pamela Thurtle	Penny Lane Striders	O40F	104	Lisa Farr	Northwich RC	U40F
38	Louise Jackson	Knowsley Harriers	U35F	105	Zoe Fillingham	St Helens Striders	O50F
39	Debbie Wilson	Mersey Tri	U40F	106	Joanne Edwards	Penny Lane Striders	O40F
40	Lisa Mercer	Liverpool RC	U35F	107	Ursula Cheetham	Parbold Pink Panthers	O40F
41	Oonagh Jaquest	Penny Lane Striders	O40F	108	Carolyn Rigby	Widnes RC	-
42	Anne Gregory	Warrington RR	O40F	109	Katie Warburton	Northwich RC	U35F
43	Lynda Searby	Northwich RC	O40F	110	Nikki Hamling	Widnes RC	U40F
44	Stephanie Humphries	Warrington RC	U30F	111	Karen Morgan	Liverpool Running Bugs	O40F
45	Anna Barker	Warrington RC	U35F	112	Suzanne Hall	Liverpool Running Bugs	U35F
46	Melanie Bradley	Northwich RC	O40F	113	Nicola Perrins	Chester Tri	U20F
47	Alexandra Royden	Pensby Runners	U30F	114	Sarah Rowan	Skem BH	O40F
48	Vanessa Griffiths	Helsby	O50F	115	Jayne Land	Skem BH	O40F
49	Rosemary Symms	Chester Tri	O60F	116	Sarah Jones	Northwich RC	O40F
50	Claire Wyn-Jones	Ellesmere Port RC	U30F	117	Sharon Tran	Northwich RC	O50F
51	Susan Kerfoot	St Helens Striders	U40F	118	Becky Harrison	Kirkby Milers	U20F
52	Anja Pownell	Knowsley Harriers	U35F	119	Elizabeth Phillipson	St Helens Striders	U40F
53	Danielle Edwards	Delamere Spartans	U40F	120	Rachel Tickle	St Helens Striders	U35F
54	Jill Carlin	Warrington Tri	O50F	121	Donna Mannion	Liverpool RC	O50F
55	Nicola Hayes	Skem BH	O40F	122	Lyndsey Davis	Liverpool RC	U40F
56	Hayley Fairclough	Liverpool RC	U40F	123	Alison Wingate	Kirkby Milers	O40F
57	Rachael Holden	Helsby	U35F	124	Joanne Skyner	Warrington RC	O40F
58	Sian Maguire	St Helens Striders	U30F	125	Natalie Calder	Liverpool RC	U35F
59	Gaynor Seymour	Lymm Runners	O40F	126	Deborah George	Warrington RC	O40F
60	Hayley MacGugan	Widnes RC	U40F	127	Helen Hind	Warrington RC	O40F
61	Abigail Willmitt	Liverpool RC	U40F	128	Helen Marsh	Lymm Runners	U40F
62	Amy Cregan	Warrington Tri	U40F	129	Charlotte Willshire	Liverpool RC	U40F
63	Kate Johnston	Spectrum Striders	O40F	130	Stephanie Charman	Knowsley Harriers	O60F
64	Stacey Clark	Widnes Wasps	U30F	131	Jane Kraska	Lymm Runners	O40F
65	Debbie Read	Helsby	O60F	132	Sarah Lee	Warrington RC	U35F
66	Cheryl Pace	Penny Lane Striders	U40F	133	Jane Woodburn	Skem BH	O50

## Team Results

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

Pos	Team	Score	Points
1	Liverpool RC 'A'	87	24
2	Mersey Tri 'A'	106	23
3	Penny Lane Striders 'A'	204	22
4	Knowsley Harriers 'A'	246	21
5	Kirkby Milers 'A'	284	20
6	Birkenhead & Pensby 'A'	308	19
7	Lymm & Warrington RR 'A'	315	18
8	St Helens Striders 'A'	325	17
9	Delamere Spartans 'A'	425	16
10	Northwich RC 'A'	450	15
11	Spectrum Striders 'A'	474	14
12	Warrington RC 'A'	477	13
13	Warrington Tri 'A'	624	12
14	Chester Tri 'A'	810	11
15	Widnes RC 'A'	896	10
16	Helsby 'A'	984	9
17	Vikings 'A'	1136	8
18	Liverpool Running Bugs 'A'	1296	7
19	Ellesmere Port RC 'A'	1065 (Only 4 Ran)	6
19=	Newburgh Nomads 'A'	1162 (Only 4 Ran)	6
21=	Sunlight Runners 'A'	1530 (Only 1 Ran)	4
21=	Skem & Parbold 'A'	1589 (Only 1 Ran)	4
23=	Village Runners 'A'	No Team	-
23=	Widnes Wasps 'A'	No Team	-

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

Pos	Team	Score	Points
1	Penny Lane Striders 'A'	26	24
2	Skem & Parbold 'A'	29	23
3	St Helens Striders 'A'	37	22
4	Widnes RC 'A'	55	21
5	Northwich RC 'A'	57	20
6	Liverpool RC 'A'	88	19
7	Mersey Tri 'A'	89	18
8	Spectrum Striders 'A'	99	17
9=	Chester Tri 'A'	106	16
9=	Lymm & Warrington RR 'A'	106	16
11	Birkenhead & Pensby 'A'	153	14
12	Warrington RC 'A'	158	13
13	Helsby 'A'	170	12
14	Knowsley Harriers 'A'	188	11
15	Vikings 'A'	190	10
16	Warrington Tri 'A'	202	9
17	Kirkby Milers 'A'	207	8
18	Widnes Wasps 'A'	235	7
19	Liverpool Running Bugs 'A'	313	6
20=	Village Runners 'A'	297 (Only 1 Ran)	5
20=	Ellesmere Port RC 'A'	336 (Only 1 Ran)	5
20=	Delamere Spartans 'A'	339 (Only 1 Ran)	5
23=	Newburgh Nomads 'A'	No Team	-
23=	Sunlight Runners 'A'	No Team	-

## CURRENT POSITIONS

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

Pos	Team	Race 1	Race 2	Total
1=	Mersey Tri 'A'	24	23	47
1=	Liverpool RC 'A'	23	24	47
3	Knowsley Harriers 'A'	22	21	43
4	Penny Lane Striders 'A'	20	22	42
5	Kirkby Milers 'A'	21	20	41
6	St Helens Striders 'A'	18	17	35
7	Birkenhead & Pensby 'A'	15	19	34
8	Lymm & Warrington RR 'A'	14	18	32
9	Spectrum Striders 'A'	17	14	31
10	Northwich RC 'A'	14	15	29
11=	Helsby 'A'	19	9	28
11=	Warrington Tri 'A'	16	12	28
13	Delamere Spartans 'A'	11	16	27
14	Chester Tri 'A'	10	11	21
15	Warrington RC 'A'	7	13	20
16	Widnes RC 'A'	8	10	18
17	Skem & Parbold 'A'	12	4	16
18	Newburgh Nomads 'A'	9	6	15
19=	Liverpool Running Bugs 'A'	6	7	13
19=	Vikings 'A'	5	8	13
21	Ellesmere Port RC 'A'	4	6	10
22	Sunlight Runners 'A'	3	4	7
23=	Village Runners 'A'	NT	NT	-
23=	Widnes Wasps 'A'	NT	NT	-

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

Pos	Team	Race 1	Race 2	Total
1	Penny Lane Striders 'A'	23	24	47
2	Widnes RC 'A'	24	21	45
3=	St Helens Striders 'A'	22	22	44
3=	Skem & Parbold 'A'	21	23	44
5	Northwich RC 'A'	18	20	38
6	Chester Tri 'A'	20	16	36
7	Spectrum Striders 'A'	19	17	36
8	Mersey Tri 'A'	16	18	34
9	Lymm & Warrington RR 'A'	17	16	33
10	Liverpool RC 'A'	12	19	31
11	Birkenhead & Pensby 'A'	14	14	28
12	Helsby 'A'	15	12	27
13=	Warrington RC 'A'	9	13	22
13=	Kirkby Milers 'A'	14	8	22
15	Knowsley Harriers 'A'	11	11	22
16	Vikings 'A'	6	10	16
17	Ellesmere Port RC 'A'	10	5	15
18=	Liverpool Running Bugs 'A'	8	6	14
18=	Widnes Wasps 'A'	7	7	14
18=	Warrington Tri 'A'	5	9	14
21	Village Runners 'A'	4	5	9
22	Delamere Spartans 'A'	0	5	5
23=	Sunlight Runners 'A'	4	0	4
23=	Newburgh Nomads 'A'	4	0	4