

## North West XC – Race 4 – Town Park – 13 January 2019 – 4.8M

### Mens Results

1	Ian Lawton	Mersey Tri	U40M	76	Andrew Keeley	Penny Lane Striders	O55M
2	Chris Stanford	Warrington Tri	U40M	77	Will Kozer	Widnes RC	U40M
3	Martin Swensson	Penny Lane Striders	O40M	78	Dave Douglas	Delamere Spartans	O50M
4	Rob Grantham	Pensby Runners	O45M	79	Owen Barden	Mersey Tri	O45M
5	Jamie Rutherford	Liverpool RC	U30M	80	Michael O'Rourke	Penny Lane Striders	U40M
6	David Wilson	St Helens Striders	U40M	81	Craig Farr	Northwich RC	O40M
7	Dan Harbidge	Warrington Tri	U30M	82	Tom Chadwick	St Helens Striders	U30M
8	Jay Brittles	Mersey Tri	U40M	83	James Higgins	Helsby	U40M
9	Robert Owens	Knowsley Harriers	U40M	84	Paul Gray	Penny Lane Striders	O50M
10	Chris Hazeldine	St Helens Striders	U40M	85	Tadie Abeki	Knowsley Harriers	O40M
11	Mark Clair	Mersey Tri	U40M	86	Leslie Johnson	Northwich RC	O50M
12	Chris Pownell	Knowsley Harriers	U30M	87	Mark Dunn	Kirkby Milers	U40M
13	Karl Steinegger	Spectrum Striders	U30M	88	James Williams	Lymm Runners	O40M
14	Thomas Dempsey	Kirkby Milers	U30M	89	Matthew Parmenter	St Helens Striders	O40M
15	James Toohy	Liverpool RC	U30M	90	Gary Wilton	Kirkby Milers	O40M
16	George Hill	Warrington Tri	U20M	91	Jon Cole	Ellesmere Port RC	O40M
17	Lawrence Eccles	Penny Lane Striders	U40M	92	Carl Barnes	Widnes RC	U40M
18	Paul Martin	Mersey Tri	U40M	93	Ian Russell	Penny Lane Striders	O50M
19	Alex Cowin	Penny Lane Striders	U40M	94	Ian Atkinson	Chester Tri	O55M
20	Chris Fitzpatrick	Helsby	O40M	95	Lee Turner	Kirkby Milers	U30M
21	Ian Magill	Liverpool RC	O45M	96	Adam Fitzsimmons	Kirkby Milers	U30M
22	Ben Lewington	Kirkby Milers	U30M	97	Ian Wright	St Helens Striders	O45M
23	Stephen Harrison	Birkenhead	O45M	98	Jonathan Toft	Penny Lane Striders	U40M
24	David Willshire	Penny Lane Striders	U40M	99	Peter Cushion	Vikings	O45M
Guest	Robert Chesters			100	Mike Aisbitt	Skem BH	O45M
25	Mark Howard	Mersey Tri	O40M	101	Paul Wilson	Liverpool RC	O45M
26	Phil Johnson	Mersey Tri	U40M	102	Anthony Ellis	St Helens Striders	U40M
27	Danny Schofield	Warrington RC	U30M	103	Mark Dempsey	Mersey Tri	O40M
28	Alex Rigby	Liverpool RC	U30M	104	Nick Wishart	Delamere Spartans	O50M
29	Graham Douglas	Penny Lane Striders	U40M	105	Lewis Houghton	Kirkby Milers	U30M
30	Thomas Wilson	Liverpool RC	U30M	106	Ben Brookes	Mersey Tri	U40M
31	Edwin Drost	Warrington RC	U40M	107	Richard Peers	Mersey Tri	U40M
32	Chris Gorman	Northwich RC	U40M	108	Ian Wilson	Mersey Tri	U40M
33	Marty Christian	Kirkby Milers	O45M	109	Jon Hawker	Delamere Spartans	O55M
34	Matt Clair	Liverpool RC	U40M	110	Steve Williams	Warrington Tri	U40M
35	Patrick Boyle	Liverpool RC	O40M	111	Andrew McGlone	Kirkby Milers	U40M
36	Lee Dunham	Mersey Tri	U40M	112	Andrew Biddle	Penny Lane Striders	O40M
37	Andrew Gibbons	Warrington RR	U40M	113	Jim Dawson	Lymm Runners	O55M
38	Rob McBain	Northwich RC	U40M	114	Joe McCarthy	Mersey Tri	O45M
39	Mark Hadland	Spectrum Striders	O40M	115	Christopher Murray	Helsby	U40M
40	Stuart Atkinson	Delamere Spartans	O40M	116	Patrick Corrigan	Pensby Runners	O55M
41	Rob Kelly	Liverpool RC	U40M	117	Darren Eckersley	St Helens Striders	O45M
42	Paul Waters	Knowsley Harriers	U40M	118	Ian Rutherford	Helsby	O45M
43	Mark Riley	St Helens Striders	U40M	119	Matt Helm	Liverpool RC	O55M
44	Adam Simpkin	Liverpool RC	U40M	120	Andy Gaskell	Spectrum Striders	O50M
45	Jay Williams	Kirkby Milers	U40M	121	Mike Womack	Lymm Runners	O40M
46	Robert Beech	Pensby Runners	U40M	122	Paul Robertson	Vikings	O55M
47	Stuart Berry	Lymm Runners	U40M	123	Bobby Burke	Liverpool RC	O50M
48	Alex Mason	Delamere Spartans	O40M	124	Mike Smith	Lymm Runners	O50M
49	John Preece	Kirkby Milers	O40M	125	Paul Cheetham	Skem BH	O45M
50	Anthony McLoughlin	Mersey Tri	U30M	126	Richard Shayle	Pensby Runners	O45M
51	Daniel Cheetham	St Helens Striders	U40M	127	Andy Mitchell	Sunlight Runners	O45M
52	Daniel Dunnington	Mersey Tri	U30M	128	Ian Hamling	Helsby	O40M
53	Rob Fletcher	Mersey Tri	O45M	129	Nigel Grant	Penny Lane Striders	O55M
54	Kevin Walker	Skem BH	O40M	130	Mark Atherton	Widnes RC	O40M
55	John McLaren	Knowsley Harriers	U40M	131	Graham Coupe	Vikings	O45M
56	Kevin Harrison	Kirkby Milers	O40M	132	Ian Rivers	Kirkby Milers	O50M
57	Kevin Smith	Helsby	O40M	133	Luke Wills	Skem BH	U40M
58	Chris Ryan	Mersey Tri	U40M	134	George Oliver	Northwich RC	U30M
59	David Edwards	Kirkby Milers	O55M	135	Matthew Whalley	Kirkby Milers	U20M
60	Michael Waring	Chester Tri	O50M	136	Stan Ogden	Spectrum Striders	O60M
61	Phil Riding	Penny Lane Striders	O40M	137	Chris Reid	St Helens Striders	O55M
62	Gary English	Liverpool RC	O55M	138	Alan McDermott	Penny Lane Striders	O50M
63	Carl Murphy	Liverpool RC	U40M	139	Keith Wilson	Widnes RC	O40M
64	Mike Gall	Kirkby Milers	U40M	140	Eric Ranson	St Helens Striders	O45M
65	Matthew Robinson	Newburgh Nomads	O40M	141	Davyd Michell	Helsby	O40M
66	Francis Hourigan	Widnes RC	O40M	142	Chris Davies	Pensby Runners	O45M
67	Joe Weaver	St Helens Striders	U30M	143	Grant Davidson	Mersey Tri	O45M
68	Rob Hough	Spectrum Striders	O45M	144	Iain Wood	Chester Tri	O60M
69	Lee Warburton	Penny Lane Striders	O45M	145	Andy Garnett	Spectrum Striders	O60M
70	Kevin Brennan	St Helens Striders	O50M	146	Wally Coppelov	Newburgh Nomads	O60M
71	Tim Grace	Mersey Tri	O45M	147	Graham Driver	Spectrum Striders	O50M
72	Phil Rowen	Lymm Runners	O45M	148	Geoff Hand	Spectrum Striders	O60M
73	Dan Peers	Spectrum Striders	U30M	149	Daniel Chadwick	Spectrum Striders	O40M
74	Rob Bruford	Northwich RC	O40M	150	Robert Chalmers	Pensby Runners	O40M
75	Mark Walker	Warrington Tri	O45M	151	Mike Smith	St Helens Striders	U40M

152	Mike Douglas	Warrington Tri	U40M	204	Martin Darwin	Warrington RC	O50M
153	Harry Dutton	Liverpool Running Bugs	U20M	205	Christopher Ashley	Chester Tri	O60M
154	Sean Simmons	Chester Tri	O45M	206	Alistair Raffell	Spectrum Striders	O60M
155	Graham Cushion	Liverpool RC	O40M	207	Mark Cowan	Vikings	U40M
156	James Jones	Helsby	O50M	208	Jake Hendrick	Liverpool RC	U20M
157	Roger Seddon	Warrington RC	O50M	209	Mark Scott	Liverpool RC	O50M
158	Graham Cheers	Warrington RC	O40M	210	Jeff Day	Northwich RC	U40M
159	David Feakes	Helsby	O55M	211	Andy Dalton	Skem BH	O55M
160	Mark Glaister	Skem BH	O55M	212	David Faulkner	Lymm Runners	O60M
161	Christopher Lee	Liverpool Running Bugs	O50M	213	Peter Mylett	Vikings	O40M
162	Daniel Tetlow	St Helens Striders	U40M	214	Terry Lynch	Penny Lane Striders	O50M
163	Lucas Pilkington	Northwich RC	U30M	215	Brad Ehlen	Northwich RC	O45M
164	Barry Williams	Mersey Tri	U40M	216	Stuart Greenhall	Northwich RC	O55M
165	Rob McHarry	Spectrum Striders	O55M	217	Daniel Issawi	Knowsley Harriers	U40M
166	Dan Bruffell	Pensby Runners	O45M	218	Andrew Hankinson	Widnes RC	O30M
167	Robert Porter	Penny Lane Striders	O40M	219	Shaun Telford	Delamere Spartans	O45M
168	Richard Costain	Penny Lane Striders	U30M	220	Tony Green	Penny Lane Striders	O60M
169	Stephen Riley	Helsby	O50M	221	Chris Morgan	Helsby	O60M
170	Neil Jenkins	Chester Tri	O50M	222	James Roberts	Penny Lane Striders	U40M
171	Julian Spencer	Spectrum Striders	O55M	223	Gary Hinds	Liverpool Running Bugs	U40M
172	Ian McNeill	Birkenhead	O60M	224	Dave Barrow	Kirkby Milers	O60M
173	Nikolaos Giotakis	Pensby Runners	O45M	225	Neil Kavanagh	Warrington RC	O45M
174	Dave Roberts	Ellesmere Port RC	O55M	226	Mark Fillingham	St Helens Striders	O50M
175	Antony Dagnall	St Helens Striders	O60M	227	Colin Wightman	Mersey Tri	O45M
176	Jay Ennis	Mersey Tri	O45M	228	Paul Wilson	Widnes RC	O55M
177	Thomas Humphries	Warrington RC	U30M	229	Neil Webster	Liverpool Running Bugs	U40M
178	Alan Spencer	Knowsley Harriers	O55M	230	David Connor	Mersey Tri	O45M
179	Simone Tondelloni	Lymm Runners	U40M	231	Glyn Hughes	Penny Lane Striders	O60M
180	Mark Hamilton	St Helens Striders	O40M	232	Andrew Dowdeswell	Widnes RC	U40M
181	Ian Davies	Birkenhead	O55M	233	Darren Wood	Widnes RC	O45M
182	Peter Smith	Widnes RC	-	234	James Battersby	Liverpool RC	O45M
183	Stephen Mconville	Pensby Runners	O50M	235	Anil Bose	Skem BH	O55M
184	David Glover	Warrington RC	U40M	236	Adam Staines	Skem BH	O50M
185	Chris Wills	Knowsley Harriers	O40M	237	Roy Fisher	Pensby Runners	O60M
186	Steve Pemberton	Penny Lane Striders	O60M	238	Dennis Yarwood	Spectrum Striders	O50M
187	Paul Harbidge	Warrington Tri	O55M	239	Tony Dickinson	Kirkby Milers	O45M
188	James Hurrell	Lymm Runners	O50M	240	Nigel Pratten	Pensby Runners	O60M
189	Daniel Hall	Widnes RC	U30M	241	Dave Thompson	Spectrum Striders	O60M
190	Terry Charles	Vikings	O60M	242	John Machan	Liverpool Running Bugs	U30M
191	Michael Parr	Northwich RC	O40M	243	Mal Taylor	Penny Lane Striders	O40M
192	Jason Barrow	Northwich RC	O40M	244	Kedar Dhopate	Liverpool Running Bugs	O40M
193	Kieron Carr	Liverpool Running Bugs	O45M	245	David Mangan	Penny Lane Striders	O60M
194	Alan Wilcox	Northwich RC	O50M	246	James Blundell	Spectrum Striders	U40M
195	Tim Holloway	Delamere Spartans	O50M	247	Mark Dutton	Northwich RC	O45M
196	Kenny Forster	Spectrum Striders	O55M	248	John Croall	Lymm Runners	O60M
197	Adam Hall	Liverpool Running Bugs	U40M	249	Neville Griffiths	Spectrum Striders	O60M
198	Peter Connolly	Vikings	O50M	250	William Sergeson	Penny Lane Striders	O50M
199	Fred Duenbier	Newburgh Nomads	O60M	251	John Donaghy	Warrington RC	O50M
200	Rob Lloyd	Widnes RC	O45M	252	Ian Dutton	Liverpool Running Bugs	O45M
201	Steve Collyer	Chester Tri	O45M	253	Edward Roberts	Helsby	O60M
202	Phil Jolley	Warrington RC	O45M	254	Stephen Wiggins	Helsby	U30M
203	Andy Waring	Birkenhead	O60M	255	Bryan Forth	Warrington RR	O45M

## Ladies Results

1	Hannah Cowley	Helsby	U30F	63	Sarah Jackson	Penny Lane Striders	O40F
Guest	Jenny Evans	Warrington RC	U30F	64	Sue Heaps	St Helens Striders	O50F
Guest	Emily Gray	Liverpool Harriers	U20F	65	Gaynor Seymour	Lymm Runners	O40F
2	Kelly Hamilton	St Helens Striders	U35F	66	Rebecca Pearmaine	Northwich RC	U35F
3	Kate Stutheridge	Village Runners	U30F	67	Lesley Feakes	Helsby	O50F
4	Liz Turner	Penny Lane Striders	U40F	68	Katherine Robertson	Mersey Tri	U40F
5	Susan Fourie	Chester Tri	O40F	69	Carole Morrison	Pensby Runners	O50F
6	Maria Cook	Parbold Pink Panthers	O40F	70	Helen Measures	Pensby Runners	U40F
7	Alison Russell	Spectrum Striders	U40F	71	Jackie Keasley	Helsby	O60F
8	Louise Casey	Widnes RC	U40F	72	Amy Durr	Widnes RC	U35F
9	Holly Bishton	Penny Lane Striders	U30F	73	Kerry Riley	St Helens Striders	U40F
10	Marina Maxwell	Widnes RC	O40F	74	Elaine Parry	St Helens Striders	O40F
11	Becky Burke	Liverpool RC	U20F	75	Katie Lloyd	Liverpool Running Bugs	U30F
12	Bobbie Lomax	Warrington RR	O40F	76	Sally Napthen	Chester Tri	O50F
13	Jenny Illidge	Helsby	U30F	77	Susan Berry	Liverpool RC	O50F
14	Amy Holland	Mersey Tri	U35F	78	Jayne Cheetham	Warrington RC	O50F
15	Sarah Treble	Kirkby Milers	U30F	79	Susan Cash	Vikings	O60F
16	Beata Suthard	Northwich RC	U40F	80	Laura Porter	Penny Lane Striders	U40F
17	Janet Owens	Knowsley Harriers	O40F	81	Helen Goldsmith	Warrington RC	O40F
18	Laura Baynham-Hughes	Helsby	O40F	82	Jenny Edmondson	Skem BH	O40F
19	Bridget Glaister	Parbold Pink Panthers	O40F	83	Jean Mitchell	Skem BH	O60F
20	Kylie Barlow	St Helens Striders	U35F	84	Amanda Holman	Kirkby Milers	O40F
21	Sharon Samson	Penny Lane Striders	U40F	85	Jackie Jones	Liverpool RC	O50F
22	Liz Whitfield	Spectrum Striders	O40F	86	Kathryn Schofield	Warrington Tri	U20F
23	Lucy Partridge	Pensby Runners	U40F	87	Charlie Sholl	Warrington Tri	O40F
24	Tiffany Moorcroft	Northwich RC	O40F	88	Noreen Martin	Skem BH	O50F
25	Danni Ebbrell	Vikings	O40F	89	Claire Meadows	Penny Lane Striders	O50F
26	Rachel Gyte	Liverpool RC	U30F	90	Leah Binns	Helsby	U30F
27	Helen Johnson	Vikings	O40F	91	Nicola Spafford	Skem BH	U30F
28	Jess Cook	Skem BH	U30F	92	Jane Woodburn	Skem BH	O50F
29	Christina Roach	Helsby	O60F	93	Lisa Farr	Northwich RC	U40F
30	Susan Kerfoot	St Helens Striders	U40F	94	Mary Burton	Lymm Runners	O50F
31	Hayley Fairclough	Liverpool RC	U40F	95	Kathryn Ellis	Lymm Runners	O40F
32	Becky Wadeson	Skem BH	U40F	96	Collette O'Halleron	Kirkby Milers	O40F
33	Jade Evans	Northwich RC	U30F	97	Karen Morgan	Liverpool Running Bugs	O40F
34	Janet Robertson	Helsby	O50F	98	Dawn Hignett	Widnes RC	O40F
35	Stephanie Humphries	Warrington RC	U30F	99	Jayne Land	Skem BH	O40F
36	Sue Burke	Penny Lane Striders	O40F	100	Katie Warburton	Northwich RC	U35F
37	Lynda Searby	Northwich RC	O40F	101	Alison Felstead	Lymm Runners	O40F
38	Hayley MacGugan	Widnes RC	U40F	102	Louise Bradbury	Warrington RC	O40F
39	Caroline Barrow	Widnes RC	O40F	103	Sian Lewis	Northwich RC	U35F
40	Charlotte Rawcliffe	Penny Lane Striders	U40F	104	Rachel Finch	Warrington RC	U30F
41	Rachael Holden	Helsby	U35F	105	Hayley Hourigan	Widnes RC	O40F
42	Vanessa Griffiths	Helsby	O50F	106	Christine Grant	Penny Lane Striders	O50F
43	Jill Carlin	Warrington Tri	O50F	107	Zoe Fillingham	St Helens Striders	O50F
44	Anna Barker	Warrington RC	U35F	108	Ursula Cheetham	Parbold Pink Panthers	O40F
45	Melanie Bradley	Northwich RC	O40F	109	Sarah Jones	Northwich RC	O40F
46	Alison Morgan	Warrington RR	O40F	110	Agata Rutkowska	Widnes Wasps	U40F
47	Susie Woodward-Moor	Helsby	O50F	111	Elaine Riley	Widnes RC	O40F
48	Debbie Wilson	Mersey Tri	U40F	112	Heather McBride	Northwich RC	U30F
49	Rosemary Symms	Chester Tri	O60F	113	Nicola Perrins	Chester Tri	O40F
50	Anja Pownell	Knowsley Harriers	U35F	114	Jan Hughes	Penny Lane Striders	O60F
51	Kelly Marrin	Knowsley Harriers	O40F	115	Paula Need	Liverpool Running Bugs	O50F
52	Sarah Blacker	Mersey Tri	U30F	116	Chrissie Knight	Lymm Runners	O60F
53	Carola Robinson	Mersey Tri	O40F	117	Jennifer Chedgzoy	Kirkby Milers	U35F
54	Rebecca Bancroft	Liverpool Running Bugs	O40F	118	Carole Hughes	Warrington RC	O50F
55	Lynsay Adair	Widnes Wasps	U40F	119	Lisa Lloyd	Warrington RC	O50F
56	Janet Walker	Skem BH	O40F	120	Emma_Jane Webster	Liverpool Running Bugs	U30F
57	Debbie Read	Helsby	O60F	121	Sarah Seddon	Warrington RC	O50F
58	Emma Nunnerley	Lymm Runners	O40F	122	Helen Marsh	Lymm Runners	U40F
59	Katie Pownell	Knowsley Harriers	U35F	123	Tracy Quinn	Lymm Runners	O40F
60	Stacey Clark	Widnes Wasps	U30F	124	Stephanie Charman	Knowsley Harriers	O60F
61	Claudia Pagoulatou	Pensby Runners	O40F	125	Sarah Rowan	Skem BH	O40F
62	Kate Johnston	Spectrum Striders	O40F	126	Jo Moody	Liverpool RC	U40F

## Team Results

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

Pos	Team	Score	Points
1	Mersey Tri 'A'	89	24
2	Liverpool RC 'A'	133	23
3	Penny Lane Striders 'A'	153	22
4	Kirkby Milers 'A'	219	21
5	St Helens Striders 'A'	247	20
6	Warrington Tri 'A'	362	19
7	Knowsley Harriers 'A'	381	18
8	Northwich RC 'A'	445	17
9	Spectrum Striders 'A'	449	16
10	Birkenhead & Pensby 'A'	457	15
11	Lymm & Warrington RR 'A'	478	14
12	Helsby 'A'	521	13
13	Delamere Spartans 'A'	574	12
14	Widnes RC 'A'	686	11
15	Warrington RC 'A'	734	10
16	Skem & Parbold 'A'	783	9
17	Chester Tri 'A'	823	8
18	Vikings 'A'	947	7
19	Liverpool Running Bugs 'A'	1156	6
20	Newburgh Nomads 'A'	1205 (only 3 ran)	5
21	Ellesmere Port RC 'A'	1325 (only 2 ran)	4
22	Sunlight Runners 'A'	1452 (only 1 ran)	3
23	Widnes Wasps 'A'	No Team	0
23	Village Runners 'A'	No Team	0

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

Pos	Team	Score	Points
1	Helsby 'A'	32	24
2	Penny Lane Striders 'A'	34	23
3	St Helens Striders 'A'	52	22
4	Skem & Parbold 'A'	53	21
5	Widnes RC 'A'	56	20
6	Liverpool RC 'A'	68	19
7	Northwich RC 'A'	73	18
8	Spectrum Striders 'A'	91	17
9	Mersey Tri 'A'	114	16
10	Lymm & Warrington RR 'A'	116	15
11	Knowsley Harriers 'A'	118	14
12	Chester Tri 'A'	130	13
13	Vikings 'A'	131	12
14	Birkenhead & Pensby 'A'	153	11
15	Warrington RC 'A'	157	10
16	Kirkby Milers 'A'	195	9
17	Warrington Tri 'A'	216	8
18	Widnes Wasps 'A'	225	7
19	Liverpool Running Bugs 'A'	226	6
20	Village Runners 'A'	275 (only 1 ran)	5
21	Delamere Spartans 'A'	No Team	0
21	Ellesmere Port RC 'A'	No Team	0
21	Newburgh Nomads 'A'	No Team	0
21	Sunlight Runners 'A'	No Team	0

## CURRENT POSITIONS

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

Pos	Team	Race 1	Race 2	Race 3	Race 4	Total
1	Liverpool RC 'A'	23	24	24	23	94
2	Mersey Tri 'A'	24	23	22	24	93
3	Penny Lane Striders 'A'	20	22	23	22	87
4	Kirkby Milers 'A'	21	20	21	21	83
5	Knowsley Harriers 'A'	22	21	18	18	79
6	St Helens Striders 'A'	18	17	19	20	74
7	Birkenhead & Pensby 'A'	15	19	20	15	69
8	Lymm & Warrington RR 'A'	14	18	17	14	63
9	Warrington Tri 'A'	16	12	15	19	62
10	Northwich RC 'A'	14	15	13	17	59
11	Spectrum Striders 'A'	17	14	9	16	56
12	Helsby 'A'	19	9	8	13	49
13	Warrington RC 'A'	7	13	16	10	46
14	Delamere Spartans 'A'	11	16	6	12	45
15	Chester Tri 'A'	10	11	14	8	43
16	Skem & Parbold 'A'	12	4	11	9	36
16	Widnes RC 'A'	8	10	7	11	36
18	Vikings 'A'	5	8	12	7	32
19	Liverpool Running Bugs 'A'	6	7	10	6	29
20	Newburgh Nomads 'A'	9	6	5	5	25
21	Ellesmere Port RC 'A'	4	6	4	4	18
22	Sunlight Runners 'A'	3	4	NT	3	10
23	Village Runners 'A'	NT	NT	NT	NT	-
24	Widnes Wasps 'A'	NT	NT	NT	NT	-

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

Pos	Team	Race 1	Race 2	Race 3	Race 4	Total
1	Penny Lane Striders 'A'	23	24	24	23	94
2=	Skem & Parbold 'A'	21	23	23	21	88
2=	St Helens Striders 'A'	22	22	22	22	88
4	Widnes RC 'A'	24	21	21	20	86
5	Northwich RC 'A'	18	20	19	18	75
6	Liverpool RC 'A'	12	19	20	19	70
7	Helsby 'A'	15	12	16	24	67
8=	Lymm & Warrington RR 'A'	17	16	15	15	63
8=	Spectrum Striders 'A'	19	17	10	17	63
10	Mersey Tri 'A'	16	18	12	16	62
11	Birkenhead & Pensby 'A'	14	14	18	11	57
12	Chester Tri 'A'	20	16	6	13	55
13	Knowsley Harriers 'A'	11	11	11	14	47
14	Warrington RC 'A'	9	13	13	10	45
15	Vikings 'A'	6	10	14	12	42
16	Kirkby Milers 'A'	14	8	9	9	40
17	Ellesmere Port RC 'A'	10	5	17	NT	32
18	Warrington Tri 'A'	5	9	7	8	29
19	Liverpool Running Bugs 'A'	8	6	8	6	28
20	Widnes Wasps 'A'	7	7	NT	7	21
21	Village Runners 'A'	4	5	NT	5	14
22	Delamere Spartans 'A'	NT	5	NT	NT	5
23=	Sunlight Runners 'A'	4	NT	NT	NT	4
23=	Newburgh Nomads 'A'	4	NT	NT	NT	4

(NT= No Team)