

## North West XC – Race 3 – Beacon Park 22 November 2015 – 4.5M

### Mens Results

|    |                     |                     |      |     |                          |                     |      |
|----|---------------------|---------------------|------|-----|--------------------------|---------------------|------|
| 1  | Martin Swensson     | Penny Lane Striders | O40M | 77  | Dave Ralphs              | Newburgh Nomads     | O55M |
| 2  | James Toohey        | Liverpool RC        | U30M | 78  | Nick Wishart             | Delamere Spartans   | O50M |
| 3  | Karl Steinegger     | Spectrum Striders   | U30M | 79  | Rob Beech                | Pensby Runners      | O50M |
| 4  | Mark Clair          | Knowsley Harriers   | U40M | 80  | Jimmy Connolly           | Spectrum Striders   | O55M |
| 5  | Stephen Watkin      | Penny Lane Striders | U40M | 81  | Lewis Houghton           | Kirkby Milers       | U20M |
| 6  | Jonathan Smith      | Lymm Runners        | U30M | 82  | Pete Naylor              | Delamere Spartans   | U30M |
| 7  | David Low           | Mersey Tri          | U40M | 83  | Patrik Corrigan          | Birkenhead          | O50M |
| 8  | John McMaster       | Liverpool RC        | U30M | 84  | Lee Warburton            | Penny Lane Striders | O45M |
| 9  | Kyle Harrison       | Liverpool RC        | U30M | 85  | Phil Macklin             | Penny Lane Striders | O40M |
| 10 | Lawrence Eccles     | Penny Lane Striders | U40M | 86  | Matthew Cartwright-Terry | Mersey Tri          | O40M |
| 11 | Mark Bissell        | Knowsley Harriers   | U30M | 87  | Gary Thompson            | Kirkby Milers       | U40M |
| 12 | Alan Smithson       | Mersey Tri          | U40M | 88  | Joseph Chedgzoy          | Kirkby Milers       | U30M |
| 13 | Anthony Lawlor      | Knowsley Harriers   | O50M | 89  | Paul Williams            | Mersey Tri          | U40M |
| 14 | Terry Mitchell      | Knowsley Harriers   | U40M | 90  | Paul Atherton            | Delamere Spartans   | O40M |
| 15 | Chris Collins       | Delamere Spartans   | U30M | 91  | Tony Craig               | Kirkby Milers       | O45M |
| 16 | Ian Magill          | Liverpool RC        | O45M | 92  | Michael Connor           | Knowsley Harriers   | O50M |
| 17 | Alex Cowin          | Penny Lane Striders | U40M | 93  | Matt Ashford             | Lymm Runners        | O40M |
| 18 | Colin Bishop        | Helsby              | O55M | 94  | Simone Capponi           | Penny Lane Striders | U40M |
| 19 | Neil Bullock        | Penny Lane Striders | U30M | 95  | Paul Kelly               | Spectrum Striders   | O40M |
| 20 | Chris Millington    | Spectrum Striders   | O45M | 96  | Chris Murray             | Helsby              | U30M |
| 21 | Rob Muir            | Spectrum Striders   | U30M | 97  | Tim Grace                | Mersey Tri          | O40M |
| 22 | James Muscart       | Mersey Tri          | U30M | 98  | Robert Givnan            | Liverpool RC        | O40M |
| 23 | Peter Fairclough    | St Helens Striders  | U30M | 99  | Ian Atkinson             | Ellesmere Port RC   | O50M |
| 24 | Kev Charleston      | Pensby Runners      | U40M | 100 | Andy Gaskell             | Spectrum Striders   | O45M |
| 25 | Robert Kelly        | Knowsley Harriers   | U40M | 101 | Andy Whittaker           | Delamere Spartans   | U40M |
| 26 | Craig Hoy           | Liverpool RC        | U30M | 102 | Kevin Logue              | Warrington RC       | U40M |
| 27 | Daniel Peers        | Spectrum Striders   | U30M | 103 | David Daly               | Kirkby Milers       | U40M |
| 28 | Neil Kelly          | Penny Lane Striders | O40M | 104 | Dominic Roberts          | Pensby Runners      | U40M |
| 29 | Ian Palin           | Liverpool RC        | O40M | 105 | Steve Wall               | Liverpool RC        | O40M |
| 30 | Stephen Doyle       | Knowsley Harriers   | O40M | 106 | Steve Davis              | Lymm Runners        | O50M |
| 31 | Andrew Starkey      | Penny Lane Striders | U40M | 107 | Mike Smith               | Lymm Runners        | O50M |
| 32 | Sam Evans           | Penny Lane Striders | U40M | 108 | Nathan Parry             | Knowsley Harriers   | U20M |
| 33 | Max Woollard        | Ellesmere Port RC   | U30M | 109 | Daryl Mullen             | Newburgh Nomads     | O50M |
| 34 | John Preece         | Kirkby Milers       | O40M | 110 | Kevin Smyth              | Liverpool RC        | U30M |
| 35 | Paul Martin         | Mersey Tri          | U40M | 111 | Kenny Forster            | Spectrum Striders   | O55M |
| 36 | Ben Fletcher        | Helsby              | O40M | 112 | Kane Thompson            | Warrington RC       | U30M |
| 37 | Dan Thomas          | Penny Lane Striders | U30M | 113 | Julian Spencer           | Spectrum Striders   | O55M |
| 38 | Alex Rigby          | Liverpool RC        | U30M | 114 | Chris Whelan             | Mersey Tri          | O45M |
| 39 | Dave Douglas        | Delamere Spartans   | O45M | 115 | Thomas Rimmer            | Penny Lane Striders | U30M |
| 40 | Kevin Brennan       | St Helens Striders  | O45M | 116 | Darren O'Connor          | Helsby              | U40M |
| 41 | David Edwards       | Kirkby Milers       | O50M | 117 | Joe Cavanagh             | Delamere Spartans   | O40M |
| 42 | Nigel Cosford       | Warrington RC       | O45M | 118 | Grant Davidson           | Mersey Tri          | O40M |
| 43 | Mike Waring         | Chester Tri         | O45M | 119 | Wally Coppelov           | Newburgh Nomads     | O55M |
| 44 | Tom Eagle           | Delamere Spartans   | U40M | 120 | Stephen Huyton           | Newburgh Nomads     | U40M |
| 45 | Colin Dobbs         | Penny Lane Striders | O40M | 121 | Jon Hawker               | Delamere Spartans   | O50M |
| 46 | Kye Byrne           | Warrington RC       | U40M | 122 | Nigel Foo                | Penny Lane Striders | O45M |
| 47 | Paul Demore         | St Helens Striders  | O45M | 123 | Jono Kirkman             | St Helens Striders  | U40M |
| 48 | Gary Thornton-Allen | Pensby Runners      | U40M | 124 | Alan Brady               | Spectrum Striders   | O60M |
| 49 | Ralph Pawling       | Pensby Runners      | U40M | 125 | Mark Culshaw             | Newburgh Nomads     | O45M |
| 50 | Jamie Pugh          | Knowsley Harriers   | U40M | 126 | Neil Sahgal              | Mersey Tri          | O40M |
| 51 | Richard Seville     | St Helens Striders  | O40M | 127 | Graham Cushion           | Liverpool RC        | O40M |
| 52 | Karl Tuzio          | Newburgh Nomads     | O50M | 128 | David Lee                | Knowsley Harriers   | U40M |
| 53 | Michael Heyes       | Mersey Tri          | U30M | 129 | Ian Hamling              | Helsby              | U40M |
| 54 | Matthew Robinson    | Newburgh Nomads     | U40M | 130 | Richard Shayle           | Pensby Runners      | O45M |
| 55 | Andrew Keeley       | Penny Lane Striders | O50M | 131 | Dave Reynolds            | Newburgh Nomads     | O45M |
| 56 | Tony Jackson        | Newburgh Nomads     | O55M | 132 | Thomas King              | Penny Lane Striders | U30M |
| 57 | Stephen Harrison    | Village Runners     | O40M | 133 | Kenny Shurie-Mackenzie   | Kirkby Milers       | O45M |
| 58 | David Lawton        | Liverpool RC        | U40M | 134 | Daniel Chadwick          | Spectrum Striders   | U40M |
| 59 | Lee Hughes          | Lymm Runners        | O40M | 135 | Steven Nokes             | Warrington RR       | U40M |
| 60 | David Holmes        | Lymm Runners        | O40M | 136 | Craig Rimmer             | Warrington RC       | U40M |
| 61 | James Warburton     | Kirkby Milers       | U40M | 137 | Ian Roche                | Mersey Tri          | O50M |
| 62 | Mike Houghton       | Spectrum Striders   | O45M | 138 | Ian McNeill              | Birkenhead          | O55M |
| 63 | Owen Barden         | Mersey Tri          | O40M | 139 | Michael O'Rourke         | Penny Lane Striders | U40M |
| 64 | Gareth Boyd         | Helsby              | O40M | 140 | Jonathon Fisher          | Liverpool RC        | U40M |
| 65 | Pete Ackerley       | Warrington RR       | O40M | 141 | Ian Edge                 | Warrington RR       | O50M |
| 66 | Jim Dawson          | Lymm Runners        | O50M | 142 | Andy Dawson              | Spectrum Striders   | U40M |
| 67 | Ian Russell         | Penny Lane Striders | O50M | 143 | Richard Harris           | Newburgh Nomads     | O50M |
| 68 | Stephen Abram       | Spectrum Striders   | U40M | 144 | George Pierce            | Liverpool RC        | O45M |
| 69 | David Knowles       | Liverpool RC        | U40M | 145 | Michael Holloway         | Kirkby Milers       | U40M |
| 70 | Kevin Brown         | Knowsley Harriers   | O40M | 146 | Ged Stephens             | Delamere Spartans   | O45M |
| 71 | Sean Britton        | Mersey Tri          | U30M | 147 | Fred Duenbier            | Newburgh Nomads     | O60M |
| 72 | Stuart Atkinson     | Delamere Spartans   | O40M | 148 | Jake Holmes              | Spectrum Striders   | U40M |
| 73 | Jonathan Strange    | Warrington RC       | U30M | 149 | John Suckley             | Pensby Runners      | O55M |
| 74 | James Ashworth      | Knowsley Harriers   | U40M | 150 | Stuart Barnard           | Pensby Runners      | U40M |
| 75 | Carl Murphy         | Liverpool RC        | U40M | 151 | David Feakes             | Helsby              | O50M |
| 76 | Alex Lewis          | Spectrum Striders   | U30M | 152 | William Merritt          | Knowsley Harriers   | O50M |

|     |                    |                     |      |     |                   |                     |      |
|-----|--------------------|---------------------|------|-----|-------------------|---------------------|------|
| 153 | Dan Dunbabin       | Warrington RC       | U40M | 190 | Ben North         | Warrington RC       | U40M |
| 154 | Mark Scott         | Liverpool RC        | O45M | 191 | Andy Bates        | Penny Lane Striders | U30M |
| 155 | Billy McLoughlin   | Liverpool RC        | U40M | 192 | Andy Daiton       | Skem BH             | O50M |
| 156 | Tim Murphy         | Spectrum Striders   | O50M | 193 | Darren Unsworth   | Kirkby Milers       | O40M |
| 157 | Alan Grehan        | Warrington RR       | U40M | 194 | John Kleiser      | Delamere Spartans   | U40M |
| 158 | Andrew Blair       | Ellesmere Port RC   | O50M | 195 | Ian Seabury       | Warrington RR       | O40M |
| 159 | Martin Berry       | Warrington RR       | O40M | 196 | Simon Poole       | St Helens Striders  | O40M |
| 160 | Tommy Burke        | Penny Lane Striders | O60M | 197 | Neil Jenkins      | Chester Tri         | O45M |
| 161 | Aurthur Cross      | Knowsley Harriers   | O55M | 198 | Tony Dickinson    | Kirkby Milers       | O45M |
| 162 | William-John Jones | Knowsley Harriers   | O45M | 199 | Tony Sala         | Lymm Runners        | O55M |
| 163 | Graham Stewart     | Liverpool RC        | O50M | 200 | Mark Lancaster    | Mersey Tri          | O45M |
| 164 | Rob Hardwick       | Penny Lane Striders | O45M | 201 | Colin Lamprey     | Pensby Runners      | O50M |
| 165 | Alex Abbott        | St Helens Striders  | U30M | 202 | Ian Barker        | Spectrum Striders   | U40M |
| 166 | John Walsh         | Warrington RR       | O40M | 203 | James Daly        | Liverpool RC        | U30M |
| 167 | Carl Yu            | Liverpool RC        | O40M | 204 | Neil Rigby        | St Helens Striders  | O45M |
| 168 | Stephen Gorman     | Penny Lane Striders | O40M | 205 | Dave Thompson     | Spectrum Striders   | O55M |
| 169 | Les Abbott         | St Helens Striders  | O55M | 206 | Neville Griffiths | Spectrum Striders   | O60M |
| 170 | Gavin Parry        | Knowsley Harriers   | O45M | 207 | Damian Cowell     | Warrington RC       | O45M |
| 171 | Mark Glaister      | Skem BH             | O50M | 208 | Jose Perez        | Lymm Runners        | O40M |
| 172 | Kevin Gillibrand   | Warrington RR       | O50M | 209 | Richard MacIwaine | Spectrum Striders   | O55M |
| 173 | Dave Roberts       | Ellesmere Port RC   | O50M | 210 | Brian Kennedy     | Newburgh Nomads     | O60M |
| 174 | Tim Lewis          | Spectrum Striders   | O50M | 211 | James Stansfield  | Penny Lane Striders | U30M |
| 175 | Jon Moorhouse      | Delamere Spartans   | O45M | 212 | John Lingard      | St Helens Striders  | O60M |
| 176 | Martin Catterall   | Warrington RR       | O40M | 213 | Jim Little        | Warrington RC       | O45M |
| 177 | Jonathon White     | Delamere Spartans   | O40M | 214 | Rod Jones         | Liverpool RC        | O55M |
| 178 | Brian Hall         | Warrington RC       | O50M | 215 | Andy Walker       | Warrington RC       | O40M |
| 179 | David Webb         | Penny Lane Striders | U40M | 216 | Anil Bose         | Skem BH             | O50M |
| 180 | Steve Saunders     | Birkenhead          | O50M | 217 | Bob Warrior       | Knowsley Harriers   | O45M |
| 181 | Paul Stevenson     | Liverpool RC        | O45M | 218 | Robbie Burke      | Liverpool RC        | O50M |
| 182 | Barry Ryder        | Skem BH             | U30M | 219 | Phil O'Rourke     | Liverpool RC        | O50M |
| 183 | Stephen Bates      | Warrington RC       | U40M | 220 | Phillip Walton    | Warrington RC       | O40M |
| 184 | Gary Birch         | Warrington RC       | U40M | 221 | James Kemp        | Warrington RC       | U30M |
| 185 | Mick Charman       | Spectrum Striders   | O60M | 222 | Adam McGlory      | Penny Lane Striders | U30M |
| 186 | Gordon Scholefield | Pensby Runners      | O60M | 223 | John Hibbetts     | Warrington RC       | U40M |
| 187 | Mike Lisle         | Mersey Tri          | O60M | 224 | Mark Humphreys    | Kirkby Milers       | O45M |
| 188 | Paul Alexander     | Pensby Runners      | O55M | 225 | Bryan Forth       | Warrington RR       | O40M |
| 189 | Jim Maxfield       | Newburgh Nomads     | O60M |     |                   |                     |      |

## Ladies Results

|    |                       |                       |      |    |                    |                       |      |
|----|-----------------------|-----------------------|------|----|--------------------|-----------------------|------|
| 1  | Carol Parsons         | Ellesmere Port RC     | U40F | 26 | Sara Atkinson      | Ellesmere Port RC     | O50F |
| 2  | Catherine Howard      | Knowsley Harriers     | U30F | 27 | Pam Thurtle        | Penny Lane Striders   | U40F |
| 3  | Alex O'Brian          | Liverpool RC          | U35F | 28 | Vanessa Griffiths  | Helsby                | O50F |
| 4  | Claire Andrew         | Spectrum Striders     | U40F | 29 | Helen Johnson      | Ellesmere Port RC     | O40F |
| 5  | Sarah Worley          | Pensby Runners        | U30F | 30 | Tarja Barnes       | Warrington RR         | O40F |
| 6  | Honor Thompson        | Skem BH               | U40F | 31 | Louise Dempster    | Spectrum Striders     | O50F |
| 7  | Jude Peck             | Spectrum Striders     | O40F | 32 | Lucy Michaelson    | Penny Lane Striders   | U35F |
| 8  | Kate MacFarlane       | Penny Lane Striders   | U30F | 33 | Michelle King      | Penny Lane Striders   | U30F |
| 9  | Alison Russell        | Spectrum Striders     | U35F | 34 | Fiona Johnston     | Parbold Pink Panthers | O40F |
| 10 | Sarah Roberts         | Pensby Runners        | U40F | 35 | Jane Lowe          | Spectrum Striders     | O40F |
| 11 | Sharon Samson         | Penny Lane Striders   | U40F | 36 | Oonagh Jaquest     | Penny Lane Striders   | O40F |
| 12 | Maria Cook            | Parbold Pink Panthers | O40F | 37 | Gill Darby         | Penny Lane Striders   | O50F |
| 13 | Lucy Partridge        | Pensby Runners        | U40F | 38 | Shona Moore        | Mersey Tri            | U30F |
| 14 | Bobbie Lomax          | Warrington RC         | O40F | 39 | Abigail Willmitt   | Liverpool RC          | U35F |
| 15 | Stephanie Loach       | Pensby Runners        | U40F | 40 | Janice McDonnell   | Warrington RC         | O40F |
| 16 | Emma Baker            | Ellesmere Port RC     | U40F | 41 | Janet Robertson    | Helsby                | O40F |
| 17 | Natalie Palin         | Liverpool RC          | U40F | 42 | Melanie Roberts    | Activewomenrunning    | U35F |
| 18 | Anne Hulme            | Mersey Tri            | U20F | 43 | Jenny Lamont       | Spectrum Striders     | U30F |
| 19 | Carolyn Stamper-Clark | Delamere Spartans     | O40F | 44 | Sharon Wright      | Kirkby Milers         | O40F |
| 20 | Joanne Lacking        | Helsby                | U40F | 45 | Rachel Arnold      | Helsby                | O50F |
| 21 | Bridget Collier       | Parbold Pink Panthers | O40F | 46 | Ann-Marie Williams | Penny Lane Striders   | O40F |
| 22 | Kylie Maguire         | St Helens Striders    | U30F | 47 | Carla Houghton     | Kirkby Milers         | U30F |
| 23 | Sharon James          | Liverpool RC          | O40F | 48 | Lynsey Coan        | Village Runners       | U35F |
| 24 | Louise Warn           | Penny Lane Striders   | U30F | 49 | Rebecca Skade      | Delamere Spartans     | U35F |
| 25 | Danni Ebrell          | Ellesmere Port RC     | O40F | 50 | Louise Casey       | Warrington RC         | U40F |
|    |                       |                       |      | 51 | Carole Quirk       | Skem BH               | O50F |

|    |                     |                       |      |     |                     |                     |      |
|----|---------------------|-----------------------|------|-----|---------------------|---------------------|------|
| 52 | Debbie Read         | Spectrum Striders     | O50F | 86  | Jane Hallows        | Penny Lane Striders | O40F |
| 53 | Carla Brown         | Delamere Spartans     | O40F | 87  | Michelle Jones      | Delamere Spartans   | U40F |
| 54 | Helen Caldwell      | Spectrum Striders     | O40F | 88  | Anja Dunsch         | Knowsley Harriers   | U30F |
| 55 | Karen Smith         | Liverpool RC          | O50F | 89  | Susan Maire         | Mersey Tri          | O40F |
| 56 | Karen Parry         | Knowsley Harriers     | O40F | 90  | Natalie Gilmore     | Kirkby Milers       | O40F |
| 57 | Linda Statham       | Warrington RR         | O40F | 91  | Amanda Bentley      | Warrington RC       | O40F |
| 58 | Loma Harper         | Mersey Tri            | U30F | 92  | Lisa Lee            | Warrington RC       | U40F |
| 59 | Leah Binns          | Delamere Spartans     | U30F | 93  | Jessica Garrigan    | Liverpool RC        | U40F |
| 60 | Dawn Fairclough     | Liverpool RC          | U40F | 94  | Laura Roach         | Liverpool RC        | U35F |
| 61 | Jennifer Houghton   | Kirkby Milers         | U35F | 95  | Amanda Holman       | Kirkby Milers       | O40F |
| 62 | Suzanne Fletcher    | Helsby                | U40F | 96  | Katherine Robertson | Mersey Tri          | U35F |
| 63 | Gill Collen         | Warrington RR         | O50F | 97  | Elaine Mountford    | Warrington RR       | O50F |
| 64 | Claire Rowlands     | Delamere Spartans     | O40F | 98  | Natalie Cubbins     | Kirkby Milers       | U40F |
| 65 | Lisa Mercer         | Liverpool RC          | U35F | 99  | Jayne Cheetham      | Warrington RC       | O40F |
| 66 | Jennifer O'Sullivan | Kirkby Milers         | U30F | 100 | Helen Cooney        | Mersey Tri          | O50F |
| 67 | Lesley Feakes       | Helsby                | O50F | 101 | Gemma Webster       | St Helens Striders  | U35F |
| 68 | Susan Hamley        | Knowsley Harriers     | U40F | 102 | Linda Greengrass    | Kirkby Milers       | O40F |
| 69 | Hayley Fairclough   | Liverpool RC          | U35F | 103 | Sarah Warrington    | Delamere Spartans   | O40F |
| 70 | Helen Lester        | Ellesmere Port RC     | O40F | 104 | June Case           | Liverpool RC        | U40F |
| 71 | Sue Carter          | Kirkby Milers         | U35F | 105 | Christine Newbury   | Liverpool RC        | U40F |
| 72 | Becky Burke         | Liverpool RC          | U20F | 106 | Sandra Lewis        | Warrington RC       | O50F |
| 73 | Lou Ball            | Parbold Pink Panthers | U40F | 107 | Donna Halsall       | St Helens Striders  | O40F |
| 74 | Sally Adams         | Parbold Pink Panthers | O40F | 108 | Jayne Hardcastle    | Kirkby Milers       | O40F |
| 75 | Julia White         | Warrington RC         | U40F | 109 | Steph Charman       | Spectrum Striders   | O60F |
| 76 | Nicola Hayes        | Skem BH               | U40F | 110 | Clare Evans         | Kirkby Milers       | O40F |
| 77 | Hannah Evans        | Warrington RC         | U40F | 111 | Rachel Craig        | Kirkby Milers       | O40F |
| 78 | Sue Buck            | Spectrum Striders     | O40F | 112 | Julie Dinwoodie     | Kirkby Milers       | O40F |
| 79 | April Wilkinson     | Warrington RR         | U35F | 113 | Lesley Neary        | Kirkby Milers       | O40F |
| 80 | Amena Madden        | Liverpool RC          | O40F | 114 | Katy Davitt         | Kirkby Milers       | U40F |
| 81 | Joyce Griffiths     | Activewomenrunning    | O50F | 115 | Leanne Rimmer       | Liverpool RC        | U40F |
| 82 | Bhavna Mistry       | Kirkby Milers         | O40F | 116 | Donna Mckeown       | Village Runners     | O40F |
| 83 | Sue Burke           | Liverpool RC          | O50F | 117 | Becky Davies        | Pensby Runners      | U30F |
| 84 | Helen Osbourne      | Penny Lane Striders   | U30F | 118 | Anne Hewitt         | Spectrum Striders   | O60F |
| 85 | Hannah Moorhouse    | Delamere Spartans     | O40F |     |                     |                     |      |

## Team Results

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

| Pos | Team                          | Score             | Points |
|-----|-------------------------------|-------------------|--------|
| 1   | Penny Lane Striders 'A'       | 80                | 18     |
| 2   | Liverpool RC 'A'              | 90                | 17     |
| 3   | Knowsley Harriers 'A'         | 97                | 16     |
| 4   | Mersey Tri 'A'                | 192               | 15     |
| 5   | Spectrum Striders 'A'         | 201               | 14     |
| 6   | Helsby, Lymm & Warrington 'A' | 243               | 13     |
| 7   | Delamere Spartans 'A'         | 330               | 12     |
| 8   | Birkenhead & Pensby 'A'       | 387               | 11     |
| 9   | Kirkby Milers 'A'             | 392               | 10     |
| 10  | St Helens Striders 'A'        | 449               | 9      |
| 11  | Newburgh Nomads 'A'           | 467               | 8      |
| 12  | Warrington RC 'A'             | 511               | 7      |
| 13  | Ellesmere Port RC 'A'         | 933 (only 4 Ran)  | 6      |
| 14  | Skem & Parbold 'A'            | 1231 (only 4 Ran) | 5      |
| 15  | Chester Tri 'A'               | 1180 (only 2 Ran) | 4      |
| 16  | Village Runners 'A'           | 1232 (only 1 Ran) | 3      |
| 17  | Widnes Wasps 'A'              | No Team           | -      |
| 18  | Activewomenrunning 'A'        | No Team           | -      |

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

| Pos | Team                          | Score            | Points |
|-----|-------------------------------|------------------|--------|
| 1   | Spectrum Striders 'A'         | 20               | 18     |
| 2   | Birkenhead & Pensby 'A'       | 28               | 17     |
| 3   | Skem & Parbold 'A'            | 39               | 16     |
| 4   | Ellesmere Port RC 'A'         | 42               | 15     |
| 5=  | Penny Lane Striders 'A'       | 43               | 14     |
| 5=  | Liverpool RC 'A'              | 43               | 14     |
| 7   | Helsby, Lymm & Warrington 'A' | 78               | 12     |
| 8   | Warrington RC 'A'             | 104              | 11     |
| 9   | Delamere Spartans 'A'         | 121              | 10     |
| 10  | Knowsley Harriers 'A'         | 126              | 9      |
| 11  | Mersey Tri 'A'                | 145              | 8      |
| 12  | Kirkby Milers 'A'             | 152              | 7      |
| 13  | St Helens Striders 'A'        | 230              | 6      |
| 14  | Activewomenrunning 'A'        | 251 (only 2 Ran) | 5      |
| 15  | Village Runners 'A'           | 292 (only 2 Ran) | 4      |
| 16  | Widnes Wasps 'A'              | No Team          | -      |
| 17  | Chester Tri 'A'               | No Team          | -      |
| 18  | Newburgh Nomads 'A'           | No Team          | -      |

Note rules require a least 2 Vet to count consequently since none of Mersey Tri's first 3 ladies were a vet but their 4<sup>th</sup> counter was, score based on 1, 2 and 4 counter.

## CURRENT POSITIONS

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

| Pos | Team                          | Race 1 | Race 2 | Race 3 | Total |
|-----|-------------------------------|--------|--------|--------|-------|
| 1   | Liverpool RC 'A'              | 17     | 18     | 17     | 52    |
| 2   | Penny Lane Striders 'A'       | 16     | 17     | 18     | 51    |
| 3   | Knowsley Harriers 'A'         | 18     | 16     | 16     | 50    |
| 4   | Spectrum Striders 'A'         | 15     | 14     | 14     | 43    |
| 5   | Mersey Tri 'A'                | 12     | 15     | 15     | 42    |
| 6   | Helsby, Lymm & Warrington 'A' | 14     | 13     | 13     | 40    |
| 7   | Kirkby Milers 'A'             | 13     | 12     | 10     | 35    |
| 8   | Birkenhead & Pensby 'A'       | 11     | 10     | 11     | 32    |
| 9   | Delamere Spartans 'A'         | 8      | 11     | 12     | 31    |
| 10  | St Helens Striders 'A'        | 10     | 9      | 9      | 28    |
| 11  | Warrington RC 'A'             | 9      | 8      | 7      | 24    |
| 12  | Newburgh Nomads 'A'           | 7      | 7      | 8      | 22    |
| 13  | Ellesmere Port RC 'A'         | 6      | 5      | 6      | 17    |
| 14  | Skem & Parbold 'A'            | 5      | 6      | 5      | 16    |
| 15  | Chester Tri 'A'               | 4      | NT     | 4      | 8     |
| 16  | Village Runners 'A'           | NT     | 4      | 3      | 7     |
| 17  | Widnes Wasps 'A'              | NT     | NT     | NT     | 0     |
| 17  | Activewomenrunning 'A'        | NT     | NT     | NT     | 0     |

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

| Pos | Team                          | Race 1 | Race 2 | Race 3 | Total |
|-----|-------------------------------|--------|--------|--------|-------|
| 1   | Spectrum Striders 'A'         | 15     | 17     | 18     | 50    |
| 2   | Liverpool RC 'A'              | 17     | 18     | 14     | 49    |
| 3   | Skem & Parbold 'A'            | 13     | 15     | 16     | 44    |
| 4   | Ellesmere Port RC 'A'         | 16     | 12     | 15     | 43    |
| 5   | Penny Lane Striders 'A'       | 14     | 14     | 14     | 42    |
| 6   | Birkenhead & Pensby 'A'       | 18     | 6      | 17     | 41    |
| 7   | Helsby, Lymm & Warrington 'A' | 11     | 16     | 12     | 39    |
| 8   | Warrington RC 'A'             | 12     | 13     | 11     | 36    |
| 9=  | Kirkby Milers 'A'             | 7      | 11     | 7      | 25    |
| 9=  | Delamere Spartans 'A'         | 6      | 9      | 10     | 25    |
| 11  | Village Runners 'A'           | 10     | 10     | 4      | 24    |
| 12  | Mersey Tri 'A'                | 8      | 7      | 8      | 23    |
| 13  | Knowsley Harriers 'A'         | 4      | 5      | 9      | 18    |
| 14  | Activewomenrunning 'A'        | 9      | 3      | 5      | 17    |
| 15  | Widnes Wasps 'A'              | 5      | 8      | 0      | 13    |
| 16  | St Helens Striders 'A'        | 0      | 4      | 6      | 10    |
| 17  | Chester Tri 'A'               | 3      | NT     | NT     | 3     |
| 18  | Newburgh Nomads 'A'           | NT     | NT     | NT     | 0     |