

North West XC – Race 4 – Arrowse Park – 18 December 2016 – 4.85M

Mens Results

| | | | | | | | |
|-------|-------------------|---------------------|------|-------|--------------------------|---------------------|------|
| 1 | Martin Swensson | Penny Lane Striders | O40M | 73 | Ian Chisnall | St Helens Striders | O40M |
| 2 | Ian Lawton | Mersey Tri | U40M | 74 | Kenneth Day | Kirkby Milers | U40M |
| 3 | Karl Steinegger | Spectrum Striders | U30M | 75 | Gareth Boyd | Helsby | O40M |
| 4 | Stephen Watkin | Penny Lane Striders | U40M | 76 | Nigel Grant | Penny Lane Striders | O50M |
| 5 | Jonathan Smith | Lymm Runners | U30M | 77 | Carl Murphy | Liverpool RC | U40M |
| Guest | Paul Sankey | Liverpool Harriers | O45M | 78 | Mark Riley | St Helens Striders | U40M |
| 6 | Rob Grantham | Pensby Runners | O40M | 79 | Paul Corless | Warrington RC | U40M |
| 7 | Lawrence Eccles | Penny Lane Striders | U40M | 80 | Simone Capponi | Penny Lane Striders | O40M |
| 8 | Mark Clair | Knowsley Harriers | U40M | 81 | Phil Dabner | Mersey Tri | O45M |
| 9 | Colin Bishop | Helsby | O55M | 82 | Paul Skipper | Mersey Tri | U40M |
| 10 | Chris Pownell | Knowsley Harriers | U30M | 83 | Phil Lomas | Warrington RC | O40M |
| 11 | Jack Atkins | Liverpool RC | U30M | 84 | David Ralphs | Newburgh Nomads | O55M |
| 12 | Jon-Jo Doherty | St Helens Striders | U40M | 85 | Jim Savage | Kirkby Milers | O40M |
| 13 | Tom Greaves | Warrington RR | U30M | 86 | Robert Eagles | Penny Lane Striders | U40M |
| 14 | Neil Bullock | Penny Lane Striders | U30M | 87 | John Sheldon | Lymm Runners | O40M |
| 15 | Chris Collins | Delamere Spartans | U30M | 88 | Ian Russell | Penny Lane Striders | O50M |
| 16 | Mark Howard | Mersey Tri | O40M | 89 | Thomas Rimmer | Penny Lane Striders | U40M |
| 17 | Mark Heavey | Warrington RR | O45M | 90 | Jono Kirkman | St Helens Striders | U40M |
| Guest | Andy McQue | Liverpool Harriers | U40M | 91 | Joe O'Keefe | St Helens Striders | U30M |
| 18 | Neil Finegan | Helsby | O40M | 92 | Steve Spencer | Birkenhead | O40M |
| 19 | Alex Cowin | Penny Lane Striders | U40M | 93 | Paul Roberts | Widnes RC | U40M |
| Guest | Harley Henshaw | Wirral AC | U30M | 94 | Paul Wilson | Liverpool RC | O45M |
| 20 | Andrew Shelbourne | Widnes RC | U30M | 95 | John Jensen | Penny Lane Striders | U40M |
| 21 | Patrick Boyle | Liverpool RC | O40M | 96 | Tim Grace | Mersey Tri | O45M |
| 22 | Matt Goodwin | Pensby Runners | U40M | Guest | Bob Freeman | West Cheshire AC | O60M |
| 23 | Sam Evans | Penny Lane Striders | U40M | 97 | Jerome Doyle | Penny Lane Striders | O40M |
| 24 | Chris Millington | Spectrum Striders | O45M | 98 | Jim Dawson | Lymm Runners | O50M |
| 25 | Ian Magill | Liverpool RC | O45M | 99 | James Daly | Liverpool RC | U30M |
| 26 | Jack Antrobus | Spectrum Striders | U40M | 100 | Ian Atkinson | Ellesmere Port RC | O50M |
| 27 | Paul Doffman | Northwich RC | U40M | 101 | Bob Burke | Liverpool RC | O50M |
| 28 | Robbie Campbell | Widnes RC | O45M | 102 | Andrew Glen | Knowsley Harriers | O50M |
| Guest | Steve Watmough | Warrington AC | O50M | 103 | Robert Moore | Knowsley Harriers | O40M |
| 29 | Stephen Harrison | Village Runners | O40M | 104 | Ian Rivers | Kirkby Milers | O45M |
| 30 | Alex Mason | Delamere Spartans | O40M | 105 | Steve Martin | Spectrum Striders | O55M |
| 31 | Phil Riding | Penny Lane Striders | O40M | 106 | Mark Culshaw | Newburgh Nomads | O45M |
| 32 | Daniel Peers | Spectrum Striders | U30M | 107 | James Jones | Helsby | O50M |
| 33 | Steve Thompson | Warrington RR | U40M | 108 | Graham Cushion | Liverpool RC | O40M |
| 34 | Alex Rigby | Liverpool RC | U30M | 109 | Martin Pritchard-Howarth | Mersey Tri | O45M |
| 35 | Lewis Houghton | Kirkby Milers | U20M | 110 | Matt Whitfield | Ellesmere Port RC | O60M |
| 36 | Jerry Coll | Warrington RR | O40M | 111 | Julian Spencer | Spectrum Striders | O55M |
| 37 | Dean Howlett | Liverpool RC | U40M | 112 | Mike Smith | Lymm Runners | O50M |
| 38 | David Knowles | Liverpool RC | O60M | 113 | Paul Frodsham | Helsby | O55M |
| 39 | Matthew Robinson | Newburgh Nomads | U40M | 114 | Michael O'rourke | Penny Lane Striders | U40M |
| 40 | Alistair Malpas | Pensby Runners | U40M | 115 | Ian Scouler | Northwich RC | O50M |
| 41 | Jonathan Carter | Chester Tri | U30M | 116 | Stephen Dipple | Penny Lane Striders | O40M |
| 42 | Darren Rodmell | Penny Lane Striders | O40M | 117 | Dominic Roberts | Pensby Runners | U40M |
| 43 | Kyle Harrison | Liverpool RC | U30M | 118 | Stuart Atherton | Knowsley Harriers | U40M |
| 44 | Steve Leslie | Village Runners | U40M | 119 | Russ Platt | Warrington RR | O50M |
| 45 | David Edwards | Kirkby Milers | O50M | 120 | Kevin Gillibrand | Warrington RR | O50M |
| 46 | Gary English | Liverpool RC | O50M | 121 | Jim Maxfield | Newburgh Nomads | O60M |
| 47 | Jay Clarke | Penny Lane Striders | U40M | 122 | Paul Atherton | Delamere Spartans | O40M |
| 48 | David Lawton | Liverpool RC | U40M | 123 | Paul Turner | Delamere Spartans | O40M |
| 49 | Steven Kelly | Liverpool RC | U40M | 124 | Kenny Forster | Spectrum Striders | O55M |
| 50 | Kevin Brennan | St Helens Striders | O45M | 125 | Paul Cheetham | Skem BH | O45M |
| 51 | Rob McBain | Northwich RC | U40M | 126 | Jonathan Fisher | Liverpool RC | U40M |
| 52 | Rob Garth | Penny Lane Striders | U30M | 127 | Grant Davidson | Mersey Tri | O40M |
| 53 | Ralph Pawling | Pensby Runners | U40M | 128 | Malcom Fraser | Delamere Spartans | U40M |
| 54 | Owen Barden | Mersey Tri | O40M | 129 | Dave Roberts | Ellesmere Port RC | O55M |
| 55 | Andrew Keeley | Penny Lane Striders | O50M | 130 | Philip Walton | Warrington RC | O40M |
| 56 | Mike Waring | Chester Tri | O45M | 131 | Mark Hamill | Lymm Runners | O50M |
| 57 | Nigel Taylor | Warrington RC | U40M | 132 | Neil Dixon | St Helens Striders | O40M |
| 58 | Stuart Atkinson | Delamere Spartans | O40M | 133 | Richard Shayle | Pensby Runners | O45M |
| 59 | Chris Usher | Newburgh Nomads | O40M | 134 | Ian McNeill | Birkenhead | O55M |
| 60 | Kevin Walker | Skem BH | O40M | 135 | Mike Devereux | Penny Lane Striders | O60M |
| 61 | Richard Seville | St Helens Striders | O40M | 136 | Lee Southern | Northwich RC | U40M |
| 62 | James Morgan | Chester Tri | U40M | 137 | Brad Ehlen | Northwich RC | O45M |
| 63 | David Daly | Kirkby Milers | U40M | 138 | Stephen Riley | Helsby | O50M |
| 64 | Gary Wilton | Kirkby Milers | U40M | 139 | Ian Wright | St Helens Striders | O45M |
| 65 | Colin Dobbs | Penny Lane Striders | O40M | 140 | Alex Abbott | St Helens Striders | U30M |
| 66 | Dean Wilson | Liverpool RC | O40M | 141 | Tony Peacock | Penny Lane Striders | O60M |
| 67 | Chris Gorman | Northwich RC | U40M | 142 | Alan Wilcox | Northwich RC | O50M |
| 68 | Patrick Corrigan | Pensby Runners | O55M | 143 | Roger Seddon | Warrington RC | O50M |
| 69 | Kye Byrne | Warrington RC | U40M | 144 | Tommy Burke | Penny Lane Striders | O60M |
| 70 | Michael Lee | Chester Tri | U40M | 145 | Mark Glaister | Skem BH | O50M |
| 71 | Andy Dowdeswell | Widnes RC | U40M | 146 | Tony Holmes | Liverpool RC | O55M |
| 72 | Joseph Chedgzoy | Kirkby Milers | U30M | 147 | George McCann | Liverpool RC | O45M |

| | | | | | | | |
|-------|------------------|----------------------|------|-----|--------------------------------|--------------------|------|
| 148 | Pete Moville | St Helens Striders | O55M | 181 | Eric Gibson | Pensby Runners | O50M |
| 149 | Phil Jolley | Warrington RC | O45M | 182 | Stuart Greenhall | Northwich RC | O55M |
| 150 | Joe Mcglynn | Penny Lane Striders | O55M | 183 | Colin Lamprey | Pensby Runners | O55M |
| 151 | Jeff Day | Northwich RC | U40M | 184 | Andy Waring | Birkenhead | O60M |
| 152 | Ian Seabury | Warrington RR | O40M | 185 | Martin Bazley | Widnes RC | U40M |
| 153 | Mark Radcliffe | Widnes RC | O45M | 186 | Nigel Howard | Pensby Runners | O50M |
| 154 | Fred Duenbier | Newburgh Nomads | O60M | 187 | Kevin Harrison | Kirkby Milers | U40M |
| 155 | Les Abbott | St Helens Striders | O55M | 188 | Mark Fillingham | St Helens Striders | O45M |
| 156 | Robert Chalmers | Pensby Runners | U40M | 189 | Ian Sneddon | Birkenhead | O60M |
| Guest | David Bames | Horwich RMI Harriers | O55M | 190 | Brian Kennedy | Newburgh Nomads | O60M |
| 157 | Andrew Bates | Penny Lane Striders | U40M | 191 | Tony Dickinson | Kirkby Milers | O45M |
| 158 | Paul Kelly | Spectrum Striders | O40M | 192 | Ray Chung | Liverpool RC | O50M |
| 159 | Neil Goulding | Skem BH | O40M | 193 | Tony Clixby | Village Runners | O60M |
| 160 | Huw Kinsman | Spectrum Striders | U30M | 194 | Anil Bose | Skem BH | O55M |
| 161 | Jamie Bradbury | Lymm Runners | O40M | 195 | John Clarke | Kirkby Milers | O50M |
| 162 | Roy Fisher | Pensby Runners | O60M | 196 | Dave Thompson | Spectrum Striders | O60M |
| 163 | Ben Darby | Pensby Runners | U40M | 197 | Nigel Pratten | Pensby Runners | O60M |
| 164 | Jeff Adams | Pensby Runners | O60M | 198 | Christopher Sullivan | Kirkby Milers | O40M |
| 165 | Tony Dagnell | St Helens Striders | O60M | 199 | Gareth Finlay | Warrington RC | U40M |
| 166 | Andrew Swain | Widnes RC | O40M | 200 | Andy Mitchell | Village Runners | O40M |
| 167 | Gary Jones | Kirkby Milers | O40M | | (Including Lucy in her Pram !) | | |
| 168 | Steve Pemberton | Penny Lane Striders | O60M | 201 | Davie Thompson | Liverpool RC | U40M |
| 169 | Tony Green | Penny Lane Striders | O60M | 202 | Brian Fitzhenry | Kirkby Milers | O45M |
| 170 | Alan Lowry | Kirkby Milers | O50M | 203 | Stephen Wiggins | Helsby | U30M |
| 171 | Neil Jenkins | Chester Tri | O45M | 204 | Steve Stamper | Northwich RC | O55M |
| 172 | Mark Green | Warrington RC | O45M | 205 | Phil O'Rourke | Liverpool RC | O50M |
| 173 | Craig Dennen | Widnes RC | O45M | 206 | Tony Tarpey | Pensby Runners | O55M |
| 174 | Jose Perez | Lymm Runners | O45M | 207 | Neil Rigby | St Helens Striders | O45M |
| 175 | Mark Scott | Liverpool RC | O50M | 208 | Ian Chalmers | Pensby Runners | O60M |
| 176 | Andy Dalton | Skem BH | O50M | 209 | Bryan Forth | Warrington RR | O45M |
| 177 | Tony Fishwick | Kirkby Milers | O45M | 210 | Kit Whitfield | Spectrum Striders | O50M |
| 178 | Steve Stuthridge | Village Runners | O40M | 211 | John Keyworth | Pensby Runners | O60M |
| 179 | Branwell Spencer | Mersey Tri | O45M | | | | |
| 180 | James Roberts | Penny Lane Striders | U40M | | | | |

Ladies Results

| | | | | | | | |
|-------|-----------------------|-----------------------|------|-----|-------------------|---------------------|------|
| 1 | Carol Parsons | Ellesmere Port RC | U40F | 59 | Claire Wright | Liverpool RC | O40F |
| Guest | Sarah Howard | Liverpool Harriers | U30F | 60 | Sue Heaps | St Helens Striders | O50F |
| 2 | Alex O'Brien | Liverpool RC | U40F | 61 | Linda Statham | Warrington RR | O40F |
| 3 | Lucinda Lamb | Delamere Spartans | U35F | 62 | Suzanne Fletcher | Helsby | U40F |
| 4 | Hazel MacCormick | Penny Lane Striders | U40F | 63 | Elly Roberts | Spectrum Striders | O50F |
| 5 | Nicola Whitfield-Bird | Ellesmere Port RC | U40F | 64 | Gill Collen | Warrington RR | O50F |
| 6 | Elizabeth Renondeau | Ellesmere Port RC | U40F | 65 | Emma Nunnerley | Lymm Runners | O40F |
| 7 | Melissa Ronan | Liverpool RC | U30F | 66 | Carole Morrison | Pensby Runners | O50F |
| 8 | Siobahn Woods | Liverpool RC | U30F | 67 | Gemma Lenagh | Widnes RC | U35F |
| 9 | Claire Andrew | Spectrum Striders | U40F | 68 | Becky Burke | Liverpool RC | U20F |
| 10 | Lauren Wilson | Penny Lane Striders | U40F | 69 | Abigail Willmitt | Liverpool RC | U35F |
| 11 | Lisa Grantham | Pensby Runners | O40F | 70 | Susan Buck | Helsby | O50F |
| 12 | Bobbie Lomax | Warrington RC | O40F | 71 | Katherine Taggart | St Helens Striders | U40F |
| 13 | Marina Maxwell | Widnes RC | O40F | 72 | Leah Binns | Delamere Spartans | U30F |
| 14 | Honor Thompson | Skem BH | O40F | 73 | Rebecca Skade | Delamere Spartans | U35F |
| 15 | Liz Whitfield | Spectrum Striders | U40F | 74 | Melanie Bradley | Northwich RC | O40F |
| 16 | Maria Cook | Parbold Pink Panthers | O40F | 75 | Sue Burke | Liverpool RC | O50F |
| 17 | Becky Wadeson | Parbold Pink Panthers | U40F | 76 | Jackie Keasley | Helsby | O50F |
| 18 | Carolyn Stamper-Clark | Delamere Spartans | O40F | 77 | Jane Woodburn | Skem BH | O40F |
| 19 | Kelly-Marie Hamilton | St Helens Striders | U35F | 78 | Jade Booth | St Helens Striders | U30F |
| 20 | Louise Warn | Penny Lane Striders | U30F | 79 | Debbie Millington | Warrington RC | U40F |
| 21 | Lisa Mercer | Liverpool RC | U35F | 80 | Vicky Jones | Kirkby Milers | O40F |
| 22 | Lucy Partridge | Pensby Runners | U40F | 81 | Louise Renner | Newburgh Nomads | U40F |
| 23 | Sharon James | Liverpool RC | O40F | 82 | Lucy Helsby | Kirkby Milers | U30F |
| 24 | Sharon Samson | Penny Lane Striders | U40F | 83 | Kathryn Howard | Lymm Runners | U35F |
| 25 | Caroline Barrow | Widnes RC | O40F | 84 | Amanda Holman | Kirkby Milers | O40F |
| 26 | Gail Stuthridge | Village Runners | O40F | 85 | Joanne Clarke | Warrington RC | O40F |
| 27 | Jane Lowe | Spectrum Striders | O40F | 86 | Louise Plevin | Warrington RC | U35F |
| 28 | Alexandra Royden | Pensby Runners | U30F | 87 | Helen Kelsall | Kirkby Milers | U40F |
| 29 | Christine Roach | Helsby | O50F | 88 | Christine Carter | Kirkby Milers | U40F |
| 30 | Charlotte Rawcliffe | Penny Lane Striders | U40F | 89 | Rebecca McKenna | St Helens Striders | O40F |
| 31 | Bridget Glaister | Parbold Pink Panthers | O40F | 90 | Donna McKeown | Village Runners | O40F |
| 32 | Kirsty Seddon | Chester Tri | U35F | 91 | Claire Meadows | Penny Lane Striders | O40F |
| 33 | Kylie Maguire | St Helens Striders | U30F | 92 | Sarah McGarr | Delamere Spartans | O40F |
| 34 | Louise Nicholson | Liverpool RC | O40F | 93 | Karen Kelly | Kirkby Milers | U40F |
| 35 | Kayleigh Ralphs | Newburgh Nomads | U35F | 94 | Carolyn Smith | Lymm Runners | O50F |
| 36 | Jennifer Houghton | Kirkby Milers | U35F | 95 | Natalie Cubbins | Kirkby Milers | O40F |
| 37 | Sue Burke | Penny Lane Striders | O40F | 96 | Jessica Messenger | Northwich RC | U40F |
| 38 | Tarja Barnes | Warrington RR | O40F | 97 | Karen Sherbourne | Warrington RC | O40F |
| 39 | Katinka Mitchell | Village Runners | O40F | 98 | Sandra Bentley | Widnes Wasps | O40F |
| 40 | Lynsey Coan | Village Runners | U35F | 99 | Rachel Burke | Liverpool RC | U30F |
| 41 | Lara Williams | Northwich RC | U30F | 100 | Shirley Chung | Liverpool RC | U40F |
| 42 | Karon Forster | Spectrum Striders | O50F | 101 | Rachel Stead | Penny Lane Striders | U40F |
| 43 | Louise Casey | Warrington RC | U40F | 102 | Eunice Nopondo | Penny Lane Striders | O50F |
| 44 | Debbie Read | Helsby | O50F | 103 | Rebecca Heyes | Penny Lane Striders | U35F |
| 45 | Rachel Arnold | Helsby | O50F | 104 | Alison Lysons | Warrington RR | O50F |
| 46 | Jennifer O'Sullivan | Kirkby Milers | U30F | 105 | Helen Martin | Newburgh Nomads | U40F |
| 47 | Janette Fishwick | Kirkby Milers | O40F | 106 | Dawn Fairclough | Liverpool RC | U40F |
| 48 | Angela Walker | Lymm Runners | U40F | 107 | Becky Harrison | Kirkby Milers | U20F |
| 49 | Helen MacVicker | Delamere Spartans | O40F | 108 | Karen Sherbourne | Warrington RC | O40F |
| 50 | Justine Moore | Knowsley Harriers | O40F | 109 | Sarah Seddon | Warrington RC | O50F |
| 51 | Wendy Davies | St Helens Striders | O40F | 110 | Joanna Jones | Widnes RC | O40F |
| 52 | Helen Lonsdale | Northwich RC | U40F | 111 | Rebecca Davies | Pensby Runners | U30F |
| 53 | Rebecca Johnstone | Penny Lane Striders | U35F | 112 | Cathy McCabe | Newburgh Nomads | O40F |
| 54 | Hayley Fairclough | Liverpool RC | U35F | 113 | Marie_Ann Winders | Newburgh Nomads | O40F |
| 55 | Carla Brown | Delamere Spartans | O40F | 114 | Amanda Williams | Northwich RC | O40F |
| 56 | Louise Waywell | Pensby Runners | O50F | 115 | Steph Charman | Spectrum Striders | O60F |
| 57 | Dawn Fairclough | Liverpool RC | U40F | 116 | Sharron Harrison | Kirkby Milers | O40F |
| 58 | Jenny Martin | St Helens Striders | U40F | | | | |

Team Results

Mens 'A' Teams (6 Runners)

| Pos | Team | Score | Points |
|-----|--------------------------|-------------------|--------|
| 1 | Penny Lane Striders 'A' | 68 | 22 |
| 2 | Liverpool RC 'A' | 166 | 21 |
| 3 | Lymm & Warrington RR 'A' | 191 | 20 |
| 4 | Birkenhead & Pensby 'A' | 281 | 19 |
| 5 | Spectrum Striders 'A' | 301 | 18 |
| 6 | Mersey Tri 'A' | 331 | 17 |
| 7 | Kirkby Milers 'A' | 353 | 16 |
| 8 | St Helens Striders 'A' | 364 | 15 |
| 9 | Helsby 'A' | 460 | 14 |
| 10 | Delamere Spartans 'A' | 476 | 13 |
| 11 | Widnes RC 'A' | 531 | 12 |
| 12 | Northwich RC 'A' | 533 | 11 |
| 13 | Warrington RC 'A' | 561 | 10 |
| 14 | Newburgh Nomads 'A' | 563 | 9 |
| 15 | Skem & Parbold 'A' | 859 | 8 |
| 16 | Knowsley Harriers 'A' | 562 (Only 5 Ran) | 7 |
| 17 | Chester Tri 'A' | 621 (Only 5 Ran) | 6 |
| 18 | Village Runners 'A' | 865 (Only 5 Ran) | 5 |
| 19 | Ellesmere Port RC 'A' | 1002 (Only 3 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 | Ellesmere Port RC 'A' | 12 | 22 |
| 2 | Liverpool RC 'A' | 17 | 21 |
| 3 | Penny Lane Striders 'A' | 34 | 20 |
| 4 | Skem & Parbold 'A' | 47 | 19 |
| 5 | Spectrum Striders 'A' | 51 | 18 |
| 6 | Birkenhead & Pensby 'A' | 61 | 17 |
| 7 | Delamere Spartans 'A' | 70 | 16 |
| 8 | St Helens Striders 'A' | 103 | 15 |
| 9= | Village Runners 'A' | 105 | 14 |
| 9= | Widnes RC 'A' | 105 | 14 |
| 11 | Helsby 'A' | 118 | 12 |
| 12 | Kirkby Milers 'A' | 129 | 11 |
| 13 | Warrington RC 'A' | 134 | 10 |
| 14 | Lymm & Warrington RR 'A' | 147 | 9 |
| 15 | Northwich RC 'A' | 167 | 8 |
| 16 | Newburgh Nomads 'A' | 221 | 7 |
| 17 | Chester Tri 'A' | 284 (Only 1 Ran) | 6 |
| 18 | Knowsley Harriers 'A' | 302 (Only 1 Ran) | 5 |
| 19 | Widnes Wasps 'A' | 350 (Only 1 Ran) | 4 |
| 20 | Activewomenrunning 'A' | No Team | - |
| 21 | Mersey Tri 'A' | No Team | - |
| 22 | Weaver Warriors 'A' | No Team | - |

CURRENT POSITIONS

Mens 'A' Teams (6 Runners)

| Pos | Team | Race 1 | Race 2 | Race 3 | Race 4 | Total |
|-----|--------------------------|--------|--------|--------|--------|-------|
| 1 | Penny Lane Striders 'A' | 22 | 22 | 22 | 22 | 88 |
| 2 | Liverpool RC 'A' | 21 | 21 | 21 | 21 | 84 |
| 3 | Spectrum Striders 'A' | 20 | 20 | 19 | 18 | 77 |
| 4 | Lymm & Warrington RR 'A' | 19 | 17 | 20 | 20 | 76 |
| 5 | Mersey Tri 'A' | 16 | 18 | 17 | 17 | 68 |
| 6= | Helsby 'A' | 17 | 19 | 12 | 14 | 62 |
| 6= | Kirkby Milers 'A' | 15 | 16 | 15 | 16 | 62 |
| 8 | Knowsley Harriers 'A' | 18 | 15 | 16 | 7 | 56 |
| 9 | Delamere Spartans 'A' | 14 | 14 | 13 | 13 | 54 |
| 10 | St Helens Striders 'A' | 13 | 12 | 11 | 15 | 51 |
| 11 | Birkenhead & Pensby 'A' | 9 | 13 | 9 | 19 | 50 |
| 12 | Widnes RC 'A' | 10 | 9 | 18 | 12 | 49 |
| 13= | Newburgh Nomads 'A' | 7 | 11 | 14 | 9 | 41 |
| 13= | Warrington RC 'A' | 11 | 10 | 10 | 10 | 41 |
| 15 | Northwich RC 'A' | 8 | 7 | 8 | 11 | 34 |
| 16 | Skem & Parbold 'A' | 6 | 8 | 7 | 8 | 29 |
| 17 | Chester Tri 'A' | 12 | 6 | NT | 6 | 24 |
| 18 | Village Runners 'A' | 5 | 5 | 6 | 5 | 21 |
| 19 | Ellesmere Port RC 'A' | 4 | 4 | NT | 4 | 12 |
| 20 | Activewomenrunning 'A' | NT | NT | NT | NT | - |
| 20 | Widnes Wasps 'A' | NT | NT | NT | NT | - |
| 20 | Weaver Warriors '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' | 21 | 22 | 21 | 20 | 84 |
| 2 | Liverpool RC 'A' | 22 | 18 | 22 | 21 | 83 |
| 3 | Skem & Parbold 'A' | 20 | 21 | 20 | 19 | 80 |
| 4 | Spectrum Striders 'A' | 19 | 20 | 19 | 18 | 76 |
| 5= | St Helens Striders 'A' | 18 | 13 | 18 | 15 | 64 |
| 5= | Birkenhead & Pensby 'A' | 13 | 17 | 17 | 17 | 64 |
| 7 | Ellesmere Port RC 'A' | 14 | 16 | 6 | 22 | 58 |
| 8= | Helsby 'A' | 16 | 19 | 8 | 12 | 55 |
| 8= | Delamere Spartans 'A' | 17 | 10 | 12 | 16 | 55 |
| 10= | Lymm & Warrington RR 'A' | 9 | 14 | 14 | 9 | 46 |
| 10= | Warrington RC 'A' | 11 | 9 | 16 | 10 | 46 |
| 10= | Kirkby Milers 'A' | 12 | 8 | 15 | 11 | 46 |
| 13 | Village Runners 'A' | 16 | 15 | NT | 14 | 45 |
| 14 | Widnes RC 'A' | 8 | 12 | 9 | 14 | 43 |
| 15 | Northwich RC 'A' | 7 | 7 | 13 | 8 | 35 |
| 16 | Knowsley Harriers 'A' | 10 | 11 | 5 | 5 | 31 |
| 17 | Newburgh Nomads 'A' | 6 | 6 | 11 | 7 | 30 |
| 18 | Widnes Wasps 'A' | 5 | 3 | 10 | 4 | 22 |
| 19 | Chester Tri 'A' | 4 | 5 | NT | 6 | 15 |
| 20 | Mersey Tri 'A' | 3 | 4 | 7 | NT | 14 |
| 21 | Activewomenrunning 'A' | NT | NT | NT | NT | - |
| 21 | Weaver Warriors 'A' | NT | NT | NT | NT | - |