

North West XC – Race 1 – Clarke Gardens – 29 Oct 2017 – 4.9M

Mens Results

1	Ian Lawton	Mersey Tri	U40M	69	Ian Rutherford	Helsby	O45M
2	Jonathan Smith	Lymm Runners	U30M	70	Kieran O'Brien	Kirkby Milers	U30M
3	Martin Swensson	Penny Lane Striders	O40M	71	Simone Capponi	Penny Lane Striders	O40M
4	Chris Stanford	Warrington Tri	U40M	72	Mark Riley	St Helens Striders	U40M
5	Chris Pownell	Knowsley Harriers	U30M	73	Nathan Parry	Knowsley Harriers	U30M
6	Jonjo Doherty	St Helens Striders	U40M	74	Paul Scully	Warrington RC	O45M
7	Christian Harvey	Knowsley Harriers	U20M	75	Phil Rowen	Lymm Runners	O45M
8	Jamie Rutherford	Liverpool RC	U30M	76	Paul Waters	Knowsley Harriers	U40M
9	Chris Maher	Penny Lane Striders	U40M	77	Chris Usher	Newburgh Nomads	O40M
10	Lawrence Eccles	Penny Lane Striders	U40M	78	Kevin Gillibrand	Warrington RR	O50M
11	Dan Harbidge	Warrington Tri	U30M	79	Stephen Harrison	Village Runners	O45M
12	Chris Collins	Helsby	U30M	80	Andrew Shelbourne	Widnes RC	U40M
13	Stephen Watkin	Penny Lane Striders	U40M	81	Andrew Keeley	Penny Lane Striders	O55M
14	Peter Fairclough	St Helens Striders	U30M	82	Kevin Harrison	Kirkby Milers	O40M
15	Thomas O'Dowd	Knowsley Harriers	U30M	83	Joseph Chedzoy	Kirkby Milers	U40M
16	Colin Thompson	Helsby	U40M	84	Ian Wilson	Mersey Tri	U40M
17	James Toohey	Liverpool RC	U30M	85	James Warburton	Kirkby Milers	U40M
18	Tom Greaves	Warrington RR	U30M	86	Leslie Johnson	Northwich RC	O45M
19	Dean Hanwell	Mersey Tri	U40M	87	Paul Corless	Warrington RC	U40M
20	Chris Millington	Warrington RC	O45M	88	Robert Eagles	Penny Lane Striders	U40M
21	Paul Martin	Mersey Tri	U40M	89	Michael Heyes	Mersey Tri	U40M
22	Jay Brittles	Mersey Tri	U30M	90	Paul Doffman	Northwich RC	U40M
23	James Ashworth	Knowsley Harriers	U40M	91	Mike Waring	Chester Tri	O50M
24	Mark Clair	Mersey Tri	U40M	92	Duncan Kennedy	Liverpool RC	O40M
25	John Manion	Liverpool RC	O60M	93	Xavier Soler	Warrington RR	U40M
26	Peter Talboys	Lymm Runners	U40M	94	Paul Cheetham	Skem BH	O45M
27	Kyle Harrison	Liverpool RC	U30M	95	Andy Dowdeswell	Widnes RC	U40M
28	Jack Antrobus	Warrington RC	U40M	96	Luke Potts	Warrington RR	U40M
29	Lee Hughes	Lymm Runners	O40M	97	Michael O'rourke	Penny Lane Striders	U40M
30	Alan Smithson	Mersey Tri	U40M	98	Paul Roberts	Widnes RC	O40M
31	Josh Keogh	Penny Lane Striders	U30M	99	Eric Ranson	St Helens Striders	O45M
32	Alex Rigby	Liverpool RC	U30M	100	Michael Alexander	Mersey Tri	O40M
33	Chris Fitzpatrick	Helsby	O40M	101	Thomas Rimmer	Penny Lane Striders	U40M
34	Ian Magill	Liverpool RC	O45M	102	Francis Edwards	Delamere Spartans	O60M
35	Will Kozer	Widnes RC	U40M	103	Mike Hitchmough	Newburgh Nomads	O50M
36	Jay Clarke	Penny Lane Striders	U40M	104	Graham Cheers	Warrington RC	O40M
37	Mark Howard	Mersey Tri	O40M	105	Paul Wilson	Liverpool RC	O45M
38	Phil Johnson	Mersey Tri	U40M	106	Andy Gaskell	Spectrum Striders	O45M
39	Jack Pilkington	Lymm Runners	U30M	107	Tony Jackson	Newburgh Nomads	O55M
40	Rob Grantham	Pensby Runners	O40M	108	Michael Connor	Knowsley Harriers	O50M
41	Robert Owens	Knowsley Harriers	U40M	109	Alexander Bentley	Knowsley Harriers	U40M
42	Marty Christian	Kirkby Milers	O45M	110	Mario Giannini	Widnes RC	U40M
43	Phil Riding	Penny Lane Striders	O40M	111	Alan Sanderson	Liverpool RC	U40M
44	David Wilson	St Helens Striders	U40M	112	Ian Chisnall	St Helens Striders	O40M
45	James Thompson	Knowsley Harriers	U40M	113	Jimmy Connolly	Spectrum Striders	O55M
46	Darren Rodmell	Penny Lane Striders	O40M	114	Ian Scouler	Northwich RC	O50M
47	Joe Johnson	Birkenhead	O45M	115	Robert Moore	Knowsley Harriers	O40M
48	Robbie Campbell	Widnes RC	O45M	116	Paul Skipper	Mersey Tri	U40M
49	Alex Ward	Mersey Tri	U40M	117	Nigel Foo	Penny Lane Striders	O45M
50	John Preece	Kirkby Milers	O40M	118	Mike Brady	Spectrum Striders	O50M
51	Lee Moore	Kirkby Milers	U40M	119	Andrew Glen	Knowsley Harriers	O50M
52	Perry Moore	Warrington RR	O40M	120	Jim Dawson	Lymm Runners	O50M
53	James Muscart	Mersey Tri	U30M	121	Peter Rodriguez	Helsby	O40M
54	Craig Hoy	Liverpool RC	U30M	122	Paul Cubbins	Mersey Tri	O40M
55	Kevin Charleston	Pensby Runners	U40M	123	Graham Cushion	Liverpool RC	O40M
56	Stephen Doyle	Knowsley Harriers	O40M	124	Declan O'Connor	Kirkby Milers	U15M
57	Owen Barden	Mersey Tri	O40M	125	Ian Rivers	Kirkby Milers	O45M
58	Rob Garth	Penny Lane Striders	U30M	126	Ian Hamling	Helsby	U40M
59	Mark Dunn	Kirkby Milers	U40M	127	Mark Walker	Warrington Tri	O45M
60	Alistair Malpas	Pensby Runners	U40M	128	Ian Russell	Penny Lane Striders	O50M
61	Jamie Ellis	Kirkby Milers	U40M	129	Liam Wilkinson	Warrington RR	O60M
62	Matt Clair	Liverpool RC	U30M	130	Wally Coppelov	Newburgh Nomads	O55M
63	Gary Wilton	Kirkby Milers	O40M	131	Mike Smith	Lymm Runners	O50M
64	John McLaren	Knowsley Harriers	U40M	132	Tim Palmer	Helsby	O50M
65	Matthew Robinson	Newburgh Nomads	U40M	133	Andrew Leslie	Widnes RC	U40M
66	David Edwards	Kirkby Milers	O55M	134	Dave Higgins	Spectrum Striders	O45M
67	Simon Rogers	Pensby Runners	O55M	135	Paul Brady	Penny Lane Striders	O45M
68	Rob Fletcher	Mersey Tri	O40M	136	Steven Nokes	Warrington RR	O40M

137	Jose Perez	Lymm Runners	O45M	210	James Malone	Penny Lane Striders	O60M
138	Mark O'Callaghan	Kirkby Milers	U40M	211	Barry Williams	Mersey Tri	U40M
139	Dean Wilson	Liverpool RC	O40M	212	Gary Jones	Kirkby Milers	O40M
140	Ian Edge	Warrington RR	O50M	213	Alan Spencer	Knowsley Harriers	O55M
141	Dave Owens	Penny Lane Striders	O60M	214	Colin Thomson	Birkenhead	O40M
142	Michael Williams	Helsby	U40M	215	Mathew Gill	Warrington RC	U40M
143	Andie Gow	Pensby Runners	O60M	216	Joe Mcglynn	Penny Lane Striders	O60M
144	Paul Booth	St Helens Striders	U40M	217	Frank Murphy	Knowsley Harriers	O50M
145	John Bampton	Penny Lane Striders	O45M	218	James Crowder	Penny Lane Striders	U30M
146	Steve Dipple	Penny Lane Striders	O60M	219	Shawn McGrath	Widnes RC	U30M
147	Neil Barber	Kirkby Milers	U40M	220	Ian King	Liverpool RC	O60M
148	Jim Maxfield	Newburgh Nomads	O60M	221	Matt Willcott	Helsby	O40M
149	Mike Womack	Lymm Runners	U40M	222	Paul Harbidge	Warrington Tri	O55M
150	Andrew McGlone	Kirkby Milers	U40M	223	Chris Faur	Widnes RC	O40M
151	Stefano Cossu	Warrington RC	O40M	224	Phil Dowd	Mersey Tri	O45M
152	Terry McKeown	Liverpool RC	O50M	225	Colin Lamprey	Pensby Runners	O55M
153	David Brisco	St Helens Striders	O50M	226	Alex Abbott	St Helens Striders	U40M
154	Richard Shayle	Pensby Runners	O45M	227	Lee Ward	Liverpool RC	O40M
155	David Lawton	Liverpool RC	U40M	228	Tom Thomerson	Warrington RC	O45M
156	Simon Byrne	Widnes RC	U40M	229	Antony Dagnall	St Helens Striders	O60M
157	Lee Turner	Kirkby Milers	U30M	230	Mark Hamilton	St Helens Striders	O40M
158	Andy Garnett	Spectrum Striders	O60M	231	Mark Green	Warrington RC	O45M
159	Michael Parr	Northwich RC	O40M	232	Leslie Abbott	St Helens Striders	O55M
160	Chris Reid	St Helens Striders	O55M	233	Jeff Day	Northwich RC	U40M
161	Paul Brown	St Helens Striders	U40M	234	Fred Duenbier	Newburgh Nomads	O60M
162	Anthony Beyga	Kirkby Milers	O55M	235	Adrian Pridgeon	St Helens Striders	U40M
163	Geoff Hand	Spectrum Striders	O60M	236	Chris Morgan	Helsby	O60M
164	Kevin Dunn	Penny Lane Striders	O45M	237	Daniel Cope	Kirkby Milers	U20M
165	Iain Wood	Chester Tri	O55M	238	Paul Hargate	St Helens Striders	O40M
166	Dave Roberts	Ellesmere Port RC	O55M	239	Tim Lewis	Warrington RC	O50M
167	Dave McAlastair	Pensby Runners	O55M	240	James Roberts	Penny Lane Striders	U40M
168	Carl Yu	Liverpool RC	O40M	241	Peter Mcaleavey	Pensby Runners	O55M
169	Paul Kelly	Warrington RC	O40M	242	Christopher Lee	Knowsley Harriers	O45M
170	Ian McNeill	Birkenhead	O55M	243	Rob Lloyd	Widnes RC	O45M
171	Gary English	Liverpool RC	O50M	244	Michael Sinclair	Warrington RC	O50M
172	Steve Pemberton	Penny Lane Striders	O60M	245	Alistair Raffell	Spectrum Striders	O60M
173	Tim Schofield-Jones	Northwich RC	U40M	246	Peter Cowan	Mersey Tri	O50M
174	Malcolm Frazer	Delamere Spartans	U40M	247	Mark Fillingham	St Helens Striders	O50M
175	Paul McWhirter	Warrington RC	O45M	Guest	Graham Lui	SWAC	O50M
176	Andrew Sale	Mersey Tri	O50M	248	Steve Roden	Penny Lane Striders	O60M
177	Tim Holloway	Delamere Spartans	O50M	249	David Glover	Warrington RC	U40M
178	Matt Helm	Liverpool RC	O55M	250	Steve Stamper	Northwich RC	O55M
179	Jefferson Gard	Penny Lane Striders	O45M	251	Bob Burke	Liverpool RC	O50M
180	Alan Williamson	Knowsley Harriers	O40M	252	Tony Dickinson	Kirkby Milers	O45M
181	Robert Chalmers	Pensby Runners	O40M	253	Neil Egerton	Widnes RC	O50M
182	John Suckley	Pensby Runners	O55M	254	John Bryan	Warrington RC	U30M
183	Kieron Carr	Knowsley Harriers	O45M	255	Stephen Price	Liverpool RC	O60M
184	Lee Shears	Lymm Runners	O40M	256	Paul Wilson	Widnes RC	O55M
185	Paul Alexander	Pensby Runners	O55M	257	Dennis Yarwood	Spectrum Striders	O50M
186	Jeff Adams	Pensby Runners	O60M	258	Graham Deane	Knowsley Harriers	U40M
187	Shane Knott	Penny Lane Striders	O40M	259	Edward Roberts	Helsby	O60M
188	Lee Roger	Mersey Tri	O45M	260	Chris Hatton	Helsby	O60M
189	Colin Rushton	Warrington RC	O45M	261	Michael Kay	Warrington RC	O45M
190	Ian Summersgill	Warrington Tri	O50M	262	John Kleiser	Delamere Spartans	O40M
191	Andy Waring	Birkenhead	O60M	263	Darren Bohanna	Knowsley Harriers	U40M
192	Pete Burgess	Chester Tri	U40M	264	John Bosward	Knowsley Harriers	O45M
193	Joe Sparkman	Lymm Runners	O40M	265	David Webb	Penny Lane Striders	U40M
194	Philip Walton	Warrington RC	O40M	266	Andrew Hankinson	Widnes RC	U30M
195	Marty Hirrell	Penny Lane Striders	O50M	267	Nigel Pratten	Pensby Runners	O60M
196	Roger Seddon	Warrington RC	O50M	268	Peter Burton	Lymm Runners	O50M
197	Peter Merville	St Helens Striders	O55M	269	Tony Fishwick	Kirkby Milers	O45M
198	John Day	Kirkby Milers	O45M	270	Tony Riley	Liverpool RC	O40M
199	Grant Davidson	Mersey Tri	O40M	271	Neil Booth	Warrington RC	U40M
200	Paul Dowdle	St Helens Striders	O45M	272	Phil O'Rourke	Liverpool RC	O55M
201	James Jones	Helsby	O50M	273	Brian Fitzhenry	Kirkby Milers	O45M
202	Alan Brady	Spectrum Striders	O60M	274	Mick O'Brien	Knowsley Harriers	O50M
203	Tommy Burke	Penny Lane Striders	O60M	275	Andrew Bradley	Knowsley Harriers	U40M
204	Andrew Gerrard	Warrington RR	O50M	276	Sean Loughran	Kirkby Milers	O55M
205	Brendan Murphy	Penny Lane Striders	U40M	277	Michael Charman	Knowsley Harriers	O60M
206	David Faulkner	Lymm Runners	O60M	278	Sean Gunnery-Hitchen	Warrington RC	U40M
207	Simone Tondelloni	Lymm Runners	U40M	279	Paul Keegan	Kirkby Milers	O45M
208	Roy Fisher	Pensby Runners	O60M	280	Michael Sharkey	Penny Lane Striders	O60M
209	Tony Peacock	Penny Lane Striders	O60M	281	Christopher Sullivan	Kirkby Milers	O45M

282	Harry Wingate	Kirkby Milers	U15M	291	Ian Chalmers	Pensby Runners	O60M
283	Dave Barrow	Kirkby Milers	O60M	292	Andy McEvoy	Knowsley Harriers	O40M
284	John Donaghy	Warrington RC	O50M	293	?? Commings	Warrington RR	O60M
285	Ian Barker	St Helens Striders	U40M	294	Bryan Forth	Warrington RR	O45M
286	Kit Whitfield	Spectrum Striders	O50M	295	Mark Acton	Northwich RC	O45M
287	Mark Humphreys	Kirkby Milers	O45M	296	Ken Black	Spectrum Striders	O60M
288	Mike Highton	Warrington RC	O55M	297	Phil Robinson	Knowsley Harriers	O50M
289	Nick Bartlett	Knowsley Harriers	O40M	298	James Gilgannon	Warrington RC	U40M
290	Kevin O'Brien	Kirkby Milers	O55M	299	Gareth Finlay	Warrington RC	O40M

Ladies Results

Guest	Sarah Jarvis	Liverpool Harriers	U30F	60	Clare Miller	Kirkby Milers	U35F
1	Lucinda Lamb	Helsby	U35F	61	Emma Nunnerley	Lymm Runners	O40F
2	Hazel MacCormick	Penny Lane Striders	U40F	62	Elly Roberts	Spectrum Striders	O50F
3	Rachael Fairclough	St Helens Striders	U35F	63	Amanda Lee	Kirkby Milers	O40F
4	Lauren Wilson	Penny Lane Striders	U30F	64	Sue Carter	Kirkby Milers	U40F
5	Kelly Hamilton	St Helens Striders	U35F	65	Jennifer O'Sullivan	Kirkby Milers	U35F
6	Sarah Roberts	Pensby Runners	U40F	66	Becky Burke	Liverpool RC	U20F
7	Honor Thompson	Skem BH	U40F	67	Rachael Holden	Helsby	U35F
8	Claire Andrew	Spectrum Striders	U40F	68	Natalie O'Brien	Kirkby Milers	U30F
9	Kate Macfarlane	Penny Lane Striders	U35F	69	Sarah Preece	Warrington RC	U40F
10	Maria Cook	Parbold Pink Panthers	O40F	70	Karen Bain	Northwich RC	O40F
11	Stella Hayden	Penny Lane Striders	U35F	71	Debbie Read	Helsby	O60F
12	Jennifer Houghton	Kirkby Milers	U35F	72	Kathyn Scofield	Warrington Tri	U20F
13	Liz Turner	Penny Lane Striders	U40F	73	Joanne McGillycuddy	Widnes Wasps	O40F
14	Caroline Barrow	Widnes RC	O40F	74	Carla Langley	St Helens Striders	U35F
15	Laura Roach	Liverpool RC	U35F	75	Emma Lawton	Penny Lane Striders	O60F
16	Becky Wadeson	Skem BH	U40F	76	Emily Smith	Helsby	U40F
17	Sharon Samson	Penny Lane Striders	U40F	77	Liz Whitfield	Spectrum Striders	U40F
18	Ali Lewis	Pensby Runners	O40F	78	Rebecca Pearmaine	Northwich RC	U35F
19	Jenny Illidge	Helsby	U30F	79	Jaime Dunn	Penny Lane Striders	U35F
20	Jane Lee	Spectrum Striders	O40F	80	Carol Stynes	Spectrum Striders	O40F
21	Louise Casey	Widnes RC	U40F	81	Lisa Fothergill	Lymm Runners	O40F
22	Lisa Grantham	Pensby Runners	O40F	82	Gill Collen	Warrington RR	O50F
23	Angela Delaney	Kirkby Milers	O50F	83	Janette Fishwick	Kirkby Milers	O40F
24	Janet Owens	Knowsley Harriers	O40F	84	Becky Harrison	Kirkby Milers	U20F
25	Louise Davison	Penny Lane Striders	U30F	85	Amanda Holman	Kirkby Milers	O40F
26	Pamela Thurtle	Penny Lane Striders	O40F	86	Linda Greengrass	Kirkby Milers	O40F
27	Justine Moore	Knowsley Harriers	O40F	87	Helen Cheston	Parbold Pink Panthers	O40F
28	Emma Callery	St Helens Striders	U35F	88	Laura Bohanna	Knowsley Harriers	U35F
29	Kathryn Sharkey	Penny Lane Striders	O40F	89	Kay Smith	Knowsley Harriers	U40F
30	Jane Ashbrook	Helsby	O40F	90	Michelle Jones	Delamere Spartans	U35F
31	Yvonne Wyke	Parbold Pink Panthers	O40F	91	Sue Burke	Liverpool RC	O50F
32	Bridget Glaister	Parbold Pink Panthers	O40F	92	Helen Kelsall	Kirkby Milers	U40F
33	Alice Trevail	Mersey Tri	U30F	93	Claire Meadows	Penny Lane Striders	O40F
34	Suzy Hamley	Knowsley Harriers	O40F	94	Judie Ko	Penny Lane Striders	O50F
35	Tarja Barnes	Warrington RR	O40F	95	Louise Peacock	Warrington RC	U30F
36	Sarah Garside	Warrington RC	U35F	96	Carolyn Knott	Penny Lane Striders	O40F
37	Susann Paetzold	Knowsley Harriers	U40F	97	Helen Measures	Pensby Runners	U40F
38	Alexandra Royden	Pensby Runners	U30F	98	Yvonne Holburn	Northwich RC	O40F
39	Debbie Wilson	Mersey Tri	U40F	99	Julia White	Warrington RC	O40F
40	Clare Firth	Warrington RC	O40F	100	Karen Thomas	Northwich RC	O40F
41	Karon Forster	Spectrum Striders	O50F	101	Jane Woodburn	Skem BH	O50F
42	Crystal Dishman	Kirkby Milers	U30F	102	Lucy Shayle	Pensby Runners	U20F
43	Melanie Bradley	Northwich RC	O40F	103	Katherine Mee	Widnes RC	U40F
44	Lucy Helsby	Kirkby Milers	U30F	104	Sandra Bartley	Widnes RC	O40F
45	Janet Robertson	Helsby	O50F	105	Hannah Coyne-Williams	Liverpool RC	U30F
46	Anne Gregory	Warrington RR	O40F	106	Stacey Clark	Widnes Wasps	U30F
47	Rachel Arnold	Helsby	O50F	107	Yasmin Hussain	Lymm Runners	O40F
48	Anja Dunsch	Knowsley Harriers	U35F	108	Dawn Hignett	Widnes RC	O40F
49	Kate Dwyer	Warrington RC	O40F	109	Karen Dalby	Mersey Tri	O50F
50	Helen Lowe	Northwich RC	O40F	110	Rachel Kuypers	Widnes Wasps	O40F
51	Katie Pownell	Knowsley Harriers	U35F	111	Victoria Ford	Pensby Runners	U30F
52	Louise Plevin	Warrington RC	U35F	112	Paula Sharrocks	Warrington RC	O40F
53	Carla Brown	Delamere Spartans	O40F	113	Lisa Jefferies	Warrington RC	O40F
54	Abigail Willmitt	Liverpool RC	U35F	114	Jo Bruchez-Corbett	Penny Lane Striders	U40F
55	April Wilkinson	Warrington RR	U40F	115	Rebecca Sogbetun	Warrington RC	O40F
56	Anna Watkin	Penny Lane Striders	U40F	116	Carolyn Smith	Lymm Runners	O50F
57	Melissa Giusti	Warrington RC	U35F	117	Rebecca Dagger	Widnes Wasps	U35F
58	Sue Sanderson	Warrington RC	O40F	118	Natalie Cubbins	Kirkby Milers	O40F
59	Tracey Carr	Knowsley Harriers	O50F	119	Vicky Ferguson	Widnes Wasps	O40F

120	Jan Swales	Widnes RC	O50F	152	Gillian Hayes	Warrington RC	O40F
121	Clare Lowery	Warrington RC	O50F	153	Carolyn Rigby	Widnes Wasps	O50F
122	Helen Goldsmith	Warrington RC	O40F	154	Carrie Hall	Widnes RC	U40F
123	Eunice Nopondo	Penny Lane Striders	O50F	155	Megan Gardner	Spectrum Striders	O40F
124	Collette O'Halleron	Kirkby Milers	O40F	156	Angela Brewis	Spectrum Striders	U35F
125	Jayne Cheetham	Warrington RC	O40F	157	Carolyn Jones	Warrington RC	O40F
126	Helen Lacy	Northwich RC	U40F	158	Lisa Lloyd	Warrington RC	O40F
127	Tricia Gill	Warrington RC	U35F	159	Mandy Hughes	Warrington RC	O40F
128	Nicola Schofield	Northwich RC	U35F	160	Pam Hardcastle	Warrington RC	O40F
129	Donna Mannion	Liverpool RC	O40F	161	Carole Hughes	Warrington RC	O40F
130	Joanne Clarke	Warrington RC	O40F	162	Christina Geist	Warrington RC	O40F
131	Robyn English	Liverpool RC	O40F	163	Adella Prescott	Northwich RC	U35F
132	Louise Bradbury	Warrington RC	O40F	164	Julie Dinwoodie	Kirkby Milers	O40F
133	Nikki Hamling	Widnes RC	U40F	165	Leanne Rimmer	Kirkby Milers	U40F
134	Charlotte Houghton	Widnes RC	O40F	166	Lesley Neary	Kirkby Milers	O40F
135	Geraldine Shortland	Warrington RC	O40F	167	Sarah Seddon	Warrington RC	O50F
136	Amanda Williams	Northwich RC	O40F	168	Helen Doroszkiewicz	Northwich RC	O40F
137	Vicki Wilcox	Northwich RC	O40F	169	June Case	Kirkby Milers	U40F
138	Kerry Riley	St Helens Striders	U40F	170	Julie Westray-Baird	Penny Lane Striders	U40F
139	Rachel Tickle	St Helens Striders	U35F	171	Sioux Mcgee	Penny Lane Striders	O50F
140	Agata Rutkowska	Widnes Wasps	U40F	172	Sharron Harrison	Kirkby Milers	O40F
141	Ursula Cheetham	Parbold Pink Panthers	O40F	173	Deborah Mcmillan	Penny Lane Striders	O40F
142	Jane Houghton	Warrington RC	O40F	174	Steph Charman	Spectrum Striders	O60F
143	Alison Wingate	Kirkby Milers	O40F	175	Elaine Hughes	Kirkby Milers	O40F
144	Paula Walker	Warrington RC	O40F	176	Nicola Grace	Northwich RC	U40F
145	Joanne Sutherland	Penny Lane Striders	O40F	177	Patricia Preston	Warrington RC	O40F
146	Joanne Edwards	Penny Lane Striders	O40F	178	Lisa Flaherty	Warrington RC	O40F
147	Inma Ruiz	Penny Lane Striders	O40F	179	Kerry Peters	Warrington RC	O40F
148	Sandra Lewis	Warrington RC	O50F	180	Victoria Dunning	Warrington RC	O40F
149	Rachel Stead	Penny Lane Striders	U40F	181	Charlotte Mills	Northwich RC	U40F
150	Chrissie Knight	Lymm Runners	O60F				
151	Lesley Goodhall	Northwich RC	O60F				

Team Results

Mens 'A' Teams (6 Runners)

Pos	Team	Score	Points
1	Penny Lane Striders 'A'	102	21
2	Mersey Tri 'A'	124	20
3	Liverpool RC 'A'	143	19
4	Knowsley Harriers 'A'	147	18
5	Lymm & Warrington RR 'A'	166	17
6	Kirkby Milers 'A'	326	16
7	St Helens Striders 'A'	347	15
8	Helsby 'A'	377	14
9	Birkenhead & Pensby 'A'	412	13
10	Warrington RC 'A'	464	12
11	Widnes RC 'A'	466	11
12	Newburgh Nomads 'A'	630	10
13	Spectrum Striders 'A'	792	9
14	Northwich RC 'A'	855	8
15	Warrington Tri 'A' (only 5 Ran)	863	7
16	Delamere Spartans 'A' (only 4 ran)	1333	6
17	Chester Tri 'A' (only 3 ran)	1375	5
18	Village Runners 'A' (only 1 ran)	1624	4
19	Skem & Parbold 'A' (only 1 ran)	1639	3
20	Ellesmere Port RC 'A' (only 1 ran)	1711	2
21	Widnes Wasps 'A'	No Team	-

Ladies 'A' Teams (3 Runners)

Pos	Team	Score	Points
1	Penny Lane Striders 'A'	15	21
2	Skem & Parbold 'A'	33	20
3	Birkenhead & Pensby 'A'	46	19
4	Helsby 'A'	50	18
5	Spectrum Striders 'A'	69	19
6	Kirkby Milers 'A'	77	16
7	Knowsley Harriers 'A'	85	15
8	Warrington RC 'A'	125	14
9	Lymm & Warrington RR 'A'	136	13
10	Widnes RC 'A'	138	12
11	St Helens Striders 'A'	146	11
12	Liverpool RC 'A'	160	10
13	Northwich RC 'A'	163	9
14	Mersey Tri 'A'	181	8
15	Widnes Wasps 'A'	289	7
16	Delamere Spartans 'A' (only 2 ran)	334	6
17	Warrington Tri 'A' (only 1 ran)	454	5
18	Ellesmere Port RC 'A'	No Team	-
18	Village Runners 'A'	No Team	-
18	Newburgh Nomads 'A'	No Team	-
18	Chester Tri 'A'	No Team	-