

North West XC – Race 1 – Clarke Gardens – 28 Oct 2018 – 4.9M

Mens Results

1	Ian Lawton	Mersey Tri	U40M	67	Rob Fletcher	Mersey Tri	O45M
2	Chris Stanford	Warrington Tri	U40M	68	Danny Schofield	Warrington RC	U30M
3	Martin Swensson	Penny Lane Striders	O40M	69	Andrew Leslie	Widnes RC	U40M
4	Jonathan Smith	Lymm Runners	U30M	70	John Preece	Kirkby Milers	O40M
5	Mark Clair	Mersey Tri	U40M	71	Steven McKenzie	Kirkby Milers	O40M
6	Chris Pownell	Knowsley Harriers	U30M	72	Kevin Walker	Skem BH	O40M
7	David Wilson	St Helens Striders	U40M	73	Dave Douglas	Delamere Spartans	O45M
8	Karl Steinegger	Spectrum Striders	U30M	74	Daniel Peers	Spectrum Striders	U30M
9	Jamie Rutherford	Liverpool RC	U30M	75	Ian Roche	Mersey Tri	O55M
10	Dan Harbidge	Warrington Tri	U30M	76	Alistair Malpas	Pensby Runners	U40M
11	Ben Lewington	Kirkby Milers	U30M	77	Richard Seville	St Helens Striders	O40M
12	Jay Brittles	Mersey Tri	U40M	78	Mike Hitchmough	Newburgh Nomads	O50M
13	Thomas O'Dowd	Knowsley Harriers	U30M	79	Marty Christian	Kirkby Milers	O45M
14	Paul Martin	Mersey Tri	U40M	80	Lee Turner	Kirkby Milers	U30M
15	Paddy Eaton	Liverpool RC	U30M	81	Matthew Robinson	Newburgh Nomads	O40M
16	Michael Heyes	Mersey Tri	U40M	82	David Edwards	Kirkby Milers	O55M
17	James Toohey	Liverpool RC	U30M	83	Rob Hough	Spectrum Striders	O45M
18	Thomas Marper	Kirkby Milers	U30M	84	Stuart Sharp	Liverpool Running Bugs	O45M
19	Anthony Lawlor	Knowsley Harriers	O55M	85	Matt Collins	Mersey Tri	U40M
20	Chris Fitzpatrick	Helsby	O40M	86	Paul Williams	Mersey Tri	U40M
Guest	Colin Bishop		O55M	87	Chris Whelan	Mersey Tri	O50M
21	Francis Edwards	Delamere Spartans		88	Peter Cushion	Vikings	O45M
22	Liam Brown	Kirkby Milers	U30M	89	Mark Walker	Warrington Tri	O45M
23	Phil Johnson	Mersey Tri	U40M	90	Tom Kennedy	Mersey Tri	U30M
24	Thomas Wilson	Liverpool RC	U30M	91	Andrew Keeley	Penny Lane Striders	O55M
25	Mark Howard	Mersey Tri	O40M	92	Jonathan Kirkman	St Helens Striders	U40M
26	Robert Owens	Knowsley Harriers	U40M	93	Richard Thorpe	Penny Lane Striders	U40M
27	Ian Magill	Liverpool RC	O45M	94	Ian Wilson	Mersey Tri	U40M
28	Alex Rigby	Liverpool RC	U30M	95	Richard Peers	Mersey Tri	U40M
29	Sam Evans	Penny Lane Striders	U40M	96	Karl Bowles	St Helens Striders	O45M
30	Alex Ward	Mersey Tri	U40M	97	Paul Doffman	Northwich RC	U40M
Guest	Robbie Collins	Liverpool Harriers	U40M	98	Leslie Johnson	Northwich RC	O50M
31	David Willshire	Penny Lane Striders	U40M	99	Tom Chadwick	St Helens Striders	U30M
32	Paul Waters	Knowsley Harriers	U40M	100	Ian Rutherford	Helsby	O45M
33	Lawrence Eccles	Penny Lane Striders	U40M	101	James Higgins	Spectrum Striders	O45M
Guest	Daniel Gilbody	Liverpool Pembroke & Sefton	U40M	102	Tim Grace	Mersey Tri	O45M
34	James Ellis	Kirkby Milers	U40M	103	Paul Roberts	Widnes RC	O40M
35	Colin Thompson	Helsby	U40M	104	John Williams	St Helens Striders	O40M
36	Mike Gall	Kirkby Milers	U40M	105	James Morgan	Chester Tri	U40M
37	John McLaren	Knowsley Harriers	U40M	106	Matthew Nicholson	Ellesmere Port RC	U40M
38	Philip Tomkinson	Helsby	U40M	107	Craig Farr	Northwich RC	O40M
39	Stephen Harrison	Birkenhead	O45M	108	Michael O'Rourke	Penny Lane Striders	U40M
40	George Hill	Warrington Tri	U20M	109	Daniel Moran	St Helens Striders	U40M
41	Stuart Atkinson	Delamere Spartans	O40M	110	Chris Usher	Newburgh Nomads	O45M
42	Alan Smithson	Mersey Tri	U40M	111	Nigel Grant	Penny Lane Striders	O55M
43	Karl Budworth	Widnes RC	O40M	112	Mike Aisbitt	Skem BH	O40M
44	Chris Ryan	Mersey Tri	U40M	113	Matthew Parmenter	St Helens Striders	O40M
45	Kevin Smith	Helsby	U40M	114	Jimmy Connolly	Spectrum Striders	O55M
46	Thomas Dempsey	Kirkby Milers	U30M	115	Adam Fitzsimmons	Kirkby Milers	U30M
47	Edwin Drost	Warrington RC	U40M	116	Eric Ranson	St Helens Striders	O45M
48	Andrew Howarth	Chester Tri	O40M	117	Mark Baker	Warrington Tri	O45M
49	Daniel Dunnington	Mersey Tri	U30M	118	Mark Dempsey	Mersey Tri	O40M
50	Robert Beech	Pensby Runners	U40M	119	Lee Warburton	Penny Lane Striders	O45M
51	Luke Harrison	Penny Lane Striders	U40M	120	Joe McCarthy	Mersey Tri	O45M
52	Ian Hewitt	Liverpool Running Bugs	O40M	121	James Williams	Lymm Runners	O40M
53	Phil Riding	Penny Lane Striders	O40M	122	Andrew Keenan	Mersey Tri	O40M
54	Steve Edwards	Ellesmere Port RC	U40M	123	George Oliver	Northwich RC	U30M
55	Mark Dunn	Kirkby Milers	U40M	124	Lewis Briggs	Northwich RC	U30M
56	Stephen Doyle	Knowsley Harriers	O40M	125	Martin Ballard	St Helens Striders	U40M
57	Stuart Johnson	Spectrum Striders	U30M	126	Peter Rodriguez	Helsby	O40M
58	Ralph Pawling	Pensby Runners	U40M	127	Daryl Mullen	Newburgh Nomads	O50M
59	Sean Jones	Penny Lane Striders	U40M	128	Peter Lloyd	Lymm Runners	O55M
60	Duncan Kennedy	Liverpool RC	O40M	129	Jim Dawson	Lymm Runners	O55M
61	Kevin Brennan	St Helens Striders	O50M	130	Joe Weaver	St Helens Striders	U30M
62	Mark Riley	St Helens Striders	U40M	131	David Owens	Penny Lane Striders	O45M
63	Paulo Teixeira_Felix	Skem BH	O40M	132	James Muscart	Mersey Tri	U30M
64	Michael Waring	Chester Tri	U20M	133	Patrick Corrigan	Pensby Runners	O55M
65	Owen Barden	Mersey Tri	O45M	134	Paul Wilson	Liverpool RC	O45M
66	Julien Tour	Penny Lane Striders	U40M	135	Andrew Boulger	Kirkby Milers	O45M

136	Paul Brown	Liverpool RC	U40M	209	Lee Barlow	Northwich RC	O40M
137	Kevin Outten	St Helens Striders	O45M	210	Thomas King	Penny Lane Striders	U40M
138	George Aylward	Penny Lane Striders	U40M	211	Andrew Glen	Liverpool Running Bugs	O55M
139	Michael Flatley	Liverpool RC	U40M	212	Dave Roberts	Ellesmere Port RC	O55M
140	Andrew Lawrenson	St Helens Striders	U30M	213	John Bryan	Warrington RC	U30M
141	Lewis Myatt	Mersey Tri	O30M	214	Marco Giannini	Widnes RC	O40M
142	Matt Clair	Liverpool RC	U40M	215	David Feakes	Helsby	O55M
143	Graham Coupe	Vikings	O45M	216	Adrian Deery	Chester Tri	U30M
144	Michael Parr	Northwich RC	O40M	217	Dan Bruffell	Pensby Runners	O45M
145	Stuart Barnard	Mersey Tri	O40M	218	Stephen Dipple	Penny Lane Striders	O45M
146	Luke Wills	Skem BH	U40M	219	Michael Seddon	Warrington RC	O40M
147	Phillip Lawrenson	St Helens Striders	O45M	220	Matt Helm	Liverpool RC	O55M
148	Mike Smith	Lymm Runners	O50M	221	Paul Turner	Delamere Spartans	O45M
149	Andrew Sale	Mersey Tri	O50M	222	David Webb	Penny Lane Striders	U40M
150	Robert Moore	Knowsley Harriers	O40M	223	Martin Bazley	Widnes RC	U40M
151	Andy Gaskell	Spectrum Striders	O50M	224	Graham Cushion	Liverpool RC	O40M
152	Ben Brookes	Mersey Tri	U40M	225	Ian McNeill	Birkenhead	O60M
153	Barry Williams	Mersey Tri	U40M	226	Jason Mountford	Lymm Runners	U40M
154	Joseph Chedgzoy	Kirkby Milers	U40M	227	Paul Bidwell	Mersey Tri	O45M
155	James Bellis	Liverpool RC	U40M	228	Lucas Pilkington	Northwich RC	U30M
156	Daniel Tetlow	St Helens Striders	U40M	229	Joe Sparkman	Lymm Runners	O40M
157	Steve Thomas	Mersey Tri	O45M	230	Robert Chalmers	Pensby Runners	O40M
158	Ian Russell	Penny Lane Striders	O50M	231	Grant Davidson	Mersey Tri	O45M
159	Gary Parker	Pensby Runners	U40M	232	Frank Kelly	Liverpool RC	O50M
160	Gary Cash	Vikings	O60M	233	William Merritt	Knowsley Harriers	O55M
161	Ian Wright	St Helens Striders	O45M	234	Mike Taylor	Liverpool Running Bugs	U30M
162	Christopher Lee	Liverpool Running Bugs	O45M	235	Antony Dagnall	St Helens Striders	O60M
163	Kevin Gillibrand	Warrington RR	O50M	236	Geoff Hand	Spectrum Striders	O60M
164	Malcolm Fraser	Delamere Spartans	U40M	237	Simone Tondelloni	Lymm Runners	U40M
165	Jason Pierce	Liverpool RC	O45M	238	Ian Summersgill	Warrington Tri	O50M
166	Andy Hind	Northwich RC	O45M	239	Geoff Rudd	Liverpool RC	O55M
167	Steve Spencer	Birkenhead	O45M	240	Mark Hamilton	St Helens Striders	O40M
168	Ian King	Liverpool RC	O60M	241	John Anderson	Northwich RC	O50M
169	Bobby Burke	Liverpool RC	O50M	242	David Glover	Warrington RC	U40M
170	Davyd Michell	Helsby	U40M	243	Lee Shears	Lymm Runners	O40M
171	Nigel Foo	Penny Lane Striders	O50M	244	Rob Lloyd	Widnes RC	O45M
172	Tim Palmer	Helsby	O50M	245	Liam Boardman	Widnes RC	U40M
173	Mark Glaister	Skem BH	O55M	246	Tim Holloway	Delamere Spartans	O50M
174	Dave Connor	Mersey Tri	O45M	247	Jon Reynolds	Liverpool RC	O45M
175	Colin Berry	Ellesmere Port RC	O50M	248	Mark Gledhill	Lymm Runners	O55M
176	Thomas Rimmer	Penny Lane Striders	U40M	249	Daniel Issawi	Knowsley Harriers	U40M
177	Robert Porter	Penny Lane Striders	O40M	250	Stuart Greenhall	Northwich RC	O55M
178	Iain Wood	Chester Tri	O60M	251	Gary Jones	Kirkby Milers	O40M
179	David Wooster	Warrington RC	O40M	252	Thomas Humphries	Warrington RC	U30M
180	Gary English	Liverpool RC	O55M	253	Paul Rust	Mersey Tri	O40M
181	Neil Goulding	Skem BH	O40M	254	Peter Connolly	Vikings	O50M
182	Chris Davies	Pensby Runners	O45M	255	Chris Alexander	Kirkby Milers	U30M
183	Dave Houghton	Mersey Tri	U40M	256	Peter Smith	Widnes RC	-
184	Robert Cooper	Penny Lane Striders	U40M	257	Mervyn Grady	Widnes RC	O60M
185	Chris Spruce	Penny Lane Striders	U30M	258	Andrew Hankinson	Widnes RC	U30M
186	Michael Connor	Penny Lane Striders	O50M	259	Fred Duenbier	Newburgh Nomads	O60M
187	Jim Maxfield	Newburgh Nomads	O60M	260	Peter Heron	Mersey Tri	O55M
188	Ed Hughes	Mersey Tri	U40M	261	John_Paul Dale	Widnes RC	U40M
189	Stephen Riley	Helsby	O50M	262	Steve Pemberton	Penny Lane Striders	O60M
190	James Kidd	Chester Tri	U30M	263	Joshua McGovern	Liverpool Running Bugs	U30M
191	Graham Driver	Spectrum Striders	O50M	264	Tommy Burke	Penny Lane Striders	O60M
192	Paul Cheetham	Skem BH	O45M	265	Matt Dutton	Penny Lane Striders	O40M
193	Carl Yu	Liverpool RC	O40M	266	Al Worrall	Northwich RC	U30M
194	Kevin Main	Northwich RC	U40M	267	Andrew Dowdeswell	Widnes RC	U40M
195	Terence Turner	Liverpool RC	U40M	268	Terry Lynch	Penny Lane Striders	O50M
196	Matthew Carroll	St Helens Striders	U40M	269	Paul Harbidge	Warrington Tri	O55M
197	Kenny Shurie-McKenzie	Kirkby Milers	O50M	270	Peter Mcaleavey	Pensby Runners	O55M
198	Jay Ennis	Mersey Tri	O45M	271	Alistair Raffell	Spectrum Striders	O60M
199	Peter Leadbeater	Kirkby Milers	O50M	272	Phil Dowd	Mersey Tri	O45M
200	Ian Ainscough	Chester Tri	O60M	273	Andrew Skett	Lymm Runners	O60M
201	Paul Alexander	Pensby Runners	O60M	274	Colin Lamprey	Pensby Runners	O55M
202	Matt Sanderson	Warrington RC	O45M	275	Jon Windle	Penny Lane Striders	O45M
203	Nick Morton	Kirkby Milers	U30M	276	Terry Charles	Vikings	O60M
204	Peter Merville	St Helens Striders	O55M	277	Gary McGovern	Liverpool Running Bugs	O55M
205	Colin Rushton	Warrington RC	O45M	278	Martin Darwin	Warrington RC	O50M
Guest	David McAlister	Wallasey AC	O50M	279	Alan McDermott	Penny Lane Striders	O50M
206	Andy Gamett	Spectrum Striders	O60M	280	Shaun Telford	Delamere Spartans	O45M
207	Jason Barrow	Northwich RC	O40M	281	Neil Kavanagh	Warrington RC	O45M
208	Richard Shayle	Pensby Runners	O45M	282	Phil Jolley	Warrington RC	O45M

283	Michael Miller	Kirkby Milers	O50M	313	Mark Lancaster	Mersey Tri	O50M
284	Ged Stephens	Delamere Spartans	O50M	314	Darren Carter	Warrington RC	U40M
285	Tony Fishwick	Kirkby Milers	O45M	315	Mike Perchard	Northwich RC	O60M
286	Andrew Bates	Penny Lane Striders	U40M	316	Stephen Saunders	Pensby Runners	O50M
287	James Hurrell	Lymm Runners	O50M	317	Dave Thompson	Spectrum Striders	O60M
288	James Harvey	Ellesmere Port RC	O40M	318	Dave Brown	Warrington RC	O55M
289	Brad Ehlen	Northwich RC	O45M	319	Dylan Cass	Mersey Tri	O40M
290	David Faulkner	Lymm Runners	O60M	320	James Blundell	Spectrum Striders	U40M
291	Chris Lam	Widnes RC	O45M	321	Harry Pepper	Mersey Tri	O45M
292	Peter Cowan	Mersey Tri	O50M	322	David Mangan	Penny Lane Striders	O60M
293	Steve Collyer	Chester Tri	O45M	323	Steven Maguire	Penny Lane Striders	O40M
294	John Peerless	Pensby Runners	O60M	324	Mal Taylor	Penny Lane Striders	O40M
295	John Fitzgerald	Mersey Tri	O60M	325	James Roberts	Penny Lane Striders	U40M
296	Gordon McLeod	Sunlight Runners	O55M	326	Paul Robertson	Vikings	O55M
297	Andy Dalton	Skem BH	O55M	327	Gary Hilton	Warrington Tri	O45M
298	Nick McCole	Kirkby Milers	O40M	328	Nigel Pratten	Pensby Runners	O60M
299	Darren Wood	Widnes RC	O45M	329	Tommy Gates	Penny Lane Striders	O55M
300	Liam Webb	Widnes RC	U30M	330	William Sergeson	Penny Lane Striders	O50M
301	Tom De-Jong	Helsby	U30M	331	John Croall	Lymm Runners	O55M
302	Paul Carter	Chester Tri	O40M	332	Peter Burton	Lymm Runners	O50M
303	Mark Fillingham	St Helens Striders	O50M	333	Ian Chalmers	Pensby Runners	O60M
304	Chris Morgan	Helsby	O60M	334	John Donaghy	Warrington RC	O50M
305	John Lingard	St Helens Striders	O60M	335	Neville Griffiths	Spectrum Striders	O60M
306	Chris Hewitt	Mersey Tri	O40M	336	Mark Dutton	Northwich RC	O45M
307	Paul Wilson	Widnes RC	O55M	337	James Gilgannon	Warrington RC	O40M
308	Gwyn Thomas	Pensby Runners	O60M	338	Michael Kay	Warrington RC	O45M
309	Simon Howells	Northwich RC	O40M	339	Thomas Sellers	Lymm Runners	O40M
310	Chris Owen	Liverpool Running Bugs	U30M	340	Bryan Forth	Warrington RR	O45M
Guest	Johnny Skyner		O50M	341	Ian Rigby	Widnes RC	O50M
311	Dennis Yarwood	Spectrum Striders	O50M	342	Garry Hawkins	Northwich RC	O45M
312	Glyn Hughes	Penny Lane Striders	O60M	343	Ken Black	Spectrum Striders	O60M

Ladies Results

1	Jenny Evans	Warrington RC	U30F	39	Pamela Thurtle	Penny Lane Striders	O40F
2	Sophie Hunt	Chester Tri	U30F	40	Wendy Davies	St Helens Striders	O40F
3	Kelly Hamilton	St Helens Striders	U35F	41	Michelle Bennett	Mersey Tri	O40F
4	Rachael Fairclough	St Helens Striders	U35F	42	Liz Whitfield	Spectrum Striders	O40F
5	Sarah Roberts	Ellesmere Port RC	U40F	43	Lisa Mercer	Liverpool RC	U35F
6	Bobbie Lomax	Warrington RR	O40F	44	Deborah Short	Northwich RC	O50F
7	Liz Turner	Penny Lane Striders	U40F	45	Anne Gregory	Warrington RR	O40F
8	Honor Thompson	Skem BH	O40F	46	Susann Paetzold	Liverpool Running Bugs	U40F
9	Louise Casey	Widnes RC	U40F	47	Suzy Wild	Spectrum Striders	O40F
10	Hannah Whittaker	St Helens Striders	U35F	48	Karen Jones	Pensby Runners	O40F
11	Nicky Lawrence	Widnes RC	-	49	Tarja Barnes	Warrington RR	O40F
12	Marina Maxwell	Widnes RC	O40F	50	Louise Davison	Penny Lane Striders	U30F
13	Susan Fourie	Chester Tri	O40F	51	Nicola Simmons	Vikings	O40F
14	Beata Suthard	Northwich RC	U40F	52	Helen Kelsall	Kirkby Milers	U40F
15	Alison Russell	Spectrum Striders	U40F	53	Lizzy Parker-Mullen	Chester Tri	U30F
16	Holly Bishton	Penny Lane Striders	U30F	54	Ann Johnson	St Helens Striders	O40F
17	Becky Burke	Liverpool RC	U20F	55	Sarah Blacker	Mersey Tri	U30F
18	Maria Cook	Parbold Pink Panthers	O40F	56	Sue Burke	Penny Lane Striders	O40F
19	Rebecca Sargeant	Penny Lane Striders	U30F	57	Susan Kerfoot	St Helens Striders	U40F
20	Alice Trevail	Mersey Tri	U30F	58	Louise Jackson	Knowsley Harriers	U35F
21	Sharon Samson	Penny Lane Striders	U40F	59	Justine Moore	Knowsley Harriers	O40F
22	Laura Baynham-Hughes	Helsby	O40F	60	Katinka Mitchell	Sunlight Runners	O40F
23	Lucy Partridge	Pensby Runners	U40F	61	Lucy Helsby	Kirkby Milers	U30F
24	Jane Lee	Spectrum Striders	O40F	62	Lynda Searby	Northwich RC	O40F
25	Bridget Glaister	Parbold Pink Panthers	O40F	63	Lisa Lee	Widnes RC	O40F
26	Sarah Treble	Kirkby Milers	U30F	64	Stephanie Humphries	Warrington RC	U30F
27	Rachel Gyte	Liverpool RC	U30F	65	Lynsay Adair	Widnes Wasps	U40F
28	Kylie Maguire	St Helens Striders	U35F	66	Debbie Wilson	Mersey Tri	U40F
29	Janet Owens	Knowsley Harriers	O40F	67	Melanie Bradley	Northwich RC	O40F
30	Christina Roach	Helsby	O60F	68	Alexandra Royden	Pensby Runners	U30F
31	Lisa Cheers	St Helens Striders	U35F	69	Katie Pownell	Knowsley Harriers	U35F
32	Freya Flinders	Village Runners	U30F	70	Hayley MacGugan	Widnes RC	U40F
33	Emma Callery	St Helens Striders	U35F	71	Alison MacDonald	Ellesmere Port RC	O50F
34	Anna Parsons	Northwich RC	O40F	72	Alison Morgan	Warrington RR	O40F
35	Karon Forster	Spectrum Striders	O50F	73	Nicola Hayes	Skem BH	O40F
36	Laura Roach	Liverpool RC	U35F	74	Emma Nunnerley	Lymm Runners	O40F
37	Jade Evans	Northwich RC	U30F	75	Natalie Butler	Liverpool RC	U35F
38	Caroline Barrow	Widnes RC	O40F	76	Lisa Webb	Widnes RC	O40F

77	Sian Maguire	St Helens Striders	U30F	149	Karen Dalby	Mersey Tri	O50F
78	Debbie Read	Helsby	O60F	150	Fiona Hall	Widnes RC	U40F
79	Kathryn Schofield	Warrington Tri	U20F	151	Dawn Hignett	Widnes RC	O40F
80	Anja Pownell	Knowsley Harriers	U35F	152	Nicky Johnson	Parbold Pink Panthers	O40F
81	Sue Heaps	St Helens Striders	O50F	153	Diane Powell	Parbold Pink Panthers	O50F
82	Andrea Bond	Penny Lane Striders	O40F	154	Sandra_Carol McGreavy	Widnes RC	O50F
83	Alex Harrison	Liverpool RC	U30F	155	Lisa Farr	Northwich RC	U40F
84	Amy Cregan	Warrington Tri	U40F	156	Lucie Illingworth	Parbold Pink Panthers	U40F
85	Anna Barker	Warrington RC	U35F	157	Lucy Shayle	Pensby Runners	U20F
86	Abigail Willmitt	Liverpool RC	U35F	158	Christine Grant	Penny Lane Striders	O50F
87	Pat Helsby	Kirkby Milers	O60F	159	Helen Goldsmith	Warrington RC	O40F
88	Rosemary Symms	Chester Tri	O60F	160	Louise Bradbury	Warrington RC	O40F
89	Kate Dwyer	Warrington RC	O40F	161	Amanda Holman	Kirkby Milers	O40F
90	Stacey Clark	Widnes Wasps	U30F	162	Collette O'Halleron	Kirkby Milers	O40F
91	Gaynor Seymour	Lymm Runners	O40F	163	Katie Warburton	Northwich RC	U35F
92	Rebecca Cordery	Northwich RC	U30F	164	Samantha Cordery	Northwich RC	U30F
93	Julia White	Warrington RC	O40F	165	Claire Meadows	Penny Lane Striders	O50F
94	Debbie Rutherford	Ellesmere Port RC	O50F	166	Sarah McGarr	Northwich RC	O40F
95	Keeley Woolrich	Widnes RC	O40F	167	Michelle Wilson	Warrington RC	O40F
96	Helen Caldwell	Spectrum Striders	O50F	168	Kirsty Louise Morley	Warrington RC	O40F
97	Rebecca Pearmaine	Northwich RC	U35F	169	Sandra Bentley	Widnes RC	O50F
98	Jackie Jones	Liverpool RC	O50F	170	Jan Swales	Widnes RC	O50F
99	Shiela-Marie Daet	Liverpool Running Bugs	U40F	171	Kathryn Ellis	Lymm Runners	O40F
100	Hayley Fairclough	Liverpool RC	U40F	172	Charlie Sholl	Warrington Tri	O40F
101	Madie Fowler	Skem BH	U30F	173	Gillian Hayes	Warrington RC	O40F
102	Hazel Brennan	Knowsley Harriers	O40F	174	Gill Collen	Warrington RR	O60F
103	Lou Ball	Parbold Pink Panthers	O40F	175	Sue Ledsom	Ellesmere Port RC	O50F
104	Karen Bain	Northwich RC	O40F	176	Carolyn Smith	Lymm Runners	O50F
105	Debbie Millington	Warrington RC	U40F	177	Jacquie Costello	Liverpool RC	O40F
106	Charlotte Smith	Kirkby Milers	U40F	178	Nicola Spafford	Skem BH	U30F
107	Katherine Robertson	Mersey Tri	U40F	179	Karen Morgan	Liverpool Running Bugs	O40F
108	Yvonne Holburn	Northwich RC	O50F	180	Gaynor Bagnall	Northwich RC	U40F
109	Kate Johnston	Spectrum Striders	O40F	181	Catherine Lyon	Spectrum Striders	U40F
110	Janette Fishwick	Kirkby Milers	O40F	182	Alison Felstead	Lymm Runners	O40F
111	Tanya Foley	Parbold Pink Panthers	O50F	183	Ursula Cheetham	Parbold Pink Panthers	O40F
112	Lesley Feakes	Helsby	O50F	184	Hazel Williams	Warrington RC	O50F
113	Sue Buck	Helsby	O50F	Guest	Laura Owen		U35F
114	Dawn Fairclough	Liverpool RC	U40F	185	Agata Rutkowska	Widnes Wasps	U40F
115	Ruth Hewitt	Liverpool Running Bugs	O40F	186	Carolyn Rigby	Widnes RC	-
116	Carole Morrison	Pensby Runners	O50F	187	Elaine Riley	Widnes RC	O40F
117	Vicky Jones	Kirkby Milers	O40F	188	Nicola Perrins	Chester Tri	U20F
118	Joanne McGillycuddy	Widnes Wasps	O40F	189	Susie Woods	Chester Tri	O50F
119	Sally Napthen	Chester Tri	O50F	190	Sarah Berry	Skem BH	U30F
120	Sarah Rigby	Northwich RC	O40F	191	Alison Lysons	Widnes RC	O50F
121	Leah Binns	Helsby	U30F	192	Gill Worrall	Northwich RC	O40F
122	Joanne Moyers	Widnes Wasps	O40F	193	Sarah Jones	Northwich RC	O40F
123	Donna Adlard	Vikings	O40F	194	Helen Eaton	Kirkby Milers	O40F
124	Susan Smerdon	Widnes RC	O40F	195	Ann-Marie Carberry	Kirkby Milers	O50F
125	Elly Roberts	Spectrum Striders	O50F	196	Cathy McCabe	Newburgh Nomads	O40F
126	Rachel Beddows	Ellesmere Port RC	O40F	197	Jan Hughes	Penny Lane Striders	O60F
127	Jayne Cheetham	Warrington RC	O40F	198	Chrissie Knight	Lymm Runners	O60F
128	Susan Cash	Vikings	O60F	199	Vicky Ferguson	Widnes Wasps	O40F
129	Kay Thompson	Warrington RC	O40F	200	Sarah Rowan	Skem BH	O40F
130	Karen Smith	Chester Tri	O40F	201	Elaine Fraser	Warrington RC	O40F
131	Lindsey Black	Liverpool Running Bugs	O40F	202	Amanda Williams	Northwich RC	O40F
132	Carolyn Knott	Penny Lane Striders	O40F	203	Sharon Tran	Northwich RC	O50F
133	Kerry Riley	St Helens Striders	U40F	204	Megan Thomas	Penny Lane Striders	U20F
134	Stephanie Donald	Kirkby Milers	U35F	205	Katie Dawson	Penny Lane Striders	O40F
135	Tracey Goble	Liverpool Running Bugs	O50F	206	Stacey Gernon	Warrington RC	U30F
136	Joane Cook	Ellesmere Port RC	U40F	Guest	Joanne Skyner		O40F
137	Amy Durr	Widnes RC	U35F	207	Tracy Quinn	Lymm Runners	O40F
138	Joanne Sutherland	Penny Lane Striders	O40F	208	Joanne Edwards	Penny Lane Striders	O40F
139	Diane Whorton	Mersey Tri	U35F	209	Laura Booker	Northwich RC	U40F
140	Sally Adams	Parbold Pink Panthers	O40F	210	Caroline Newton	Warrington RC	U40F
141	Susan Berry	Liverpool RC	O50F	211	Anita King	Warrington RC	O50F
142	Julia Banning	Skem BH	U35F	212	Helen Hind	Warrington RC	O40F
143	Jo Sullivan	Spectrum Striders	O50F	Guest	Helen Leather		O50F
144	Rachel Tickle	St Helens Striders	U35F	213	Steph Charman	Knowsley Harriers	O60F
145	Angela Peerless	Pensby Runners	O60F	214	Charlotte Mills	Northwich RC	O40F
146	Sue Burke	Liverpool RC	O50F	215	Amanda Glover	Warrington RC	U40F
147	Elaine Parry	St Helens Striders	O40F	216	Meg Daintith	Warrington RC	O40F
148	Jessica Messenger	Northwich RC	O40F				

Team Results

Mens 'A' Teams (6 Runners)

Pos	Team	Score	Points
1	Mersey Tri 'A'	73	24
2	Liverpool RC 'A'	120	23
3	Knowsley Harriers 'A'	133	22
4	Kirkby Milers 'A'	191	21
5	Penny Lane Striders 'A'	200	20
6	Helsby 'A'	364	19
7	St Helens Striders 'A'	395	18
8	Spectrum Striders 'A'	437	17
9	Warrington Tri 'A'	496	16
10	Birkenhead & Pensby 'A'	515	15
11	Northwich RC 'A'	693	14
11	Lymm & Warrington RR 'A'	693	14
13	Skem & Parbold 'A'	747	12
14	Delamere Spartans 'A'	766	11
15	Chester Tri 'A'	785	10
16	Newburgh Nomads 'A'	842	9
17	Widnes RC 'A'	896	8
18	Warrington RC 'A'	914	7
19	Liverpool Running Bugs 'A'	1006	6
20	Vikings 'A'	1247	5
21	Ellesmere Port RC 'A' (Only 5 Ran)	1188	4
22	Sunlight Runners 'A' (Only 1 Ran)	2061	3
23	Widnes Wasps 'A'	No Team	0
24	Village Runners 'A'	No Team	0

Ladies 'A' Teams (3 Runners)

Pos	Team	Score	Points
1	Widnes RC 'A'	32	24
2	Penny Lane Striders 'A'	42	23
3	St Helens Striders 'A'	47	22
4	Skem & Parbold 'A'	51	21
5	Chester Tri 'A'	68	20
6	Spectrum Striders 'A'	74	19
7	Northwich RC 'A'	85	18
8	Lymm & Warrington RR 'A'	100	17
9	Mersey Tri 'A'	116	16
10	Helsby 'A'	130	15
11	Birkenhead & Pensby 'A'	139	14
11	Kirkby Milers 'A'	139	14
13	Liverpool RC 'A'	142	12
14	Knowsley Harriers 'A'	146	11
15	Warrington RC 'A'	154	10
16	Ellesmere Port RC 'A'	170	9
17	Liverpool Running Bugs 'A'	260	8
18	Widnes Wasps 'A'	273	7
19	Vikings 'A'	302	6
20	Warrington Tri 'A'	335	5
21	Village Runners 'A' (Only 1 Ran)	484	4
22	Sunlight Runners 'A' (Only 1 Ran)	512	3
23	Newburgh Nomads 'A' (Only 1 Ran)	648	2
24	Delamere Spartans 'A'	No Team	0