

North West XC – Race 1 – Clarke Gardens – 26 Oct 2025 – 4.32M

Mens Results

1	Sean Jones	Penny Lane Striders	O40M	69	Steven Henshall	Billinge RC	O55M
2	Thomas Chadwick	St Helens Striders	U40M	70	Ian Hewitt	Liverpool Running Bugs	O45M
3	Alex MacInnee	Liverpool RC	U30M	71	Peter Traynor	Warrington RR	U40M
4	Steven Thompson	Run Sandymoor	O40M	72	Stephen Rothwell	Liverpool RC	U40M
5	Kevin Polhill	Kirkby Milers	U40M	Guest	Dan Gilbody	Vale Royal AC	O40M
6	Liam Brown	Kirkby Milers	U40M	73	Michael Waring	Chester Tri	O55M
7	Joshua Kearney	North Endurance	U40M	74	Joe McCarthy	North Endurance	O55M
8	Elliot Kerins	Penny Lane Striders	U40M	75	Michael Burns	Liverpool RC	-
9	Jamie Rutherford	Liverpool RC	U40M	76	Jonathan Hock	Lymm Runners	O45M
10	Simon Oliver	Chester Tri	O50M	77	Julien Tour	Penny Lane Striders	O40M
11	Mark Bebbington	Cheshire Dragons	O40M	78	Tom Armstrong	Cheshire Dragons	O45M
12	Fabian Devlin	North Endurance	U40M	79	Tom Newberry	Billinge RC	U30M
13	Lewis Field	St Helens Striders	-	80	Paul Martin	Penny Lane Striders	O40M
14	Ian Mayhew	Helsby RC	O40M	81	Mark Strickland	Warrington RC	U30M
15	Jure Cebasek	Penny Lane Striders	O40M	82	Richard Heaton	Warrington RC	O40M
16	John Myers	Helsby RC	O50M	83	Liam Watson	Warrington RC	U40M
17	Paul Martin	North Endurance	O40M	84	Matt Sanderson	Warrington RC	O50M
18	Daniel Owens	North Endurance	U40M	85	Ralph Pawling	Pensby Runners	O40M
19	Daniel Kewley	Kirkby Milers	U20M	86	Peter Sutton	Southport Strollers	U40M
20	David Willshire	Penny Lane Striders	O40M	87	George Aylward	Penny Lane Striders	U40M
21	David Fazakerley	Liverpool RC	U40M	88	John McLaren	Knowsley Harriers	O40M
22	Stephen Tomlinson	Knowsley Harriers	U40M	89	Jon Cole	Ellesmere Port RC	O45M
23	Patrick Cullen	North Endurance	U30M	90	Owen Hines	Liverpool RC	U30M
24	Alex Rigby	Liverpool RC	U40M	91	Matt McDermott	Run Sandymoor	U30M
25	Matthew Lawless	Spectrum Striders	O40M	92	Adam Fitzsimmons	Kirkby Milers	U40M
26	Mark Amphlett	Helsby RC	O40M	93	Ed Randall	Mersey Tri	U30M
27	Nick Peterson	Penny Lane Striders	O40M	94	Sam Yates	Mersey Tri	U40M
28	Derri Henderson	Kirkby Milers	U20M	95	Philip Wood	Helsby RC	O40M
29	Neil Hennigan	Penny Lane Striders	O50M	96	David Rogers	Lymm Runners	O40M
30	Leslie Dash	Helsby RC	O40M	97	Rob Fernyhough	Helsby RC	O45M
31	Kevin Harrison	Kirkby Milers	O45M	98	Chris Needham	North Endurance	U40M
32	Robert Eagles	Penny Lane Striders	O40M	99	Connor Shurie-MacKenzie	Kirkby Milers	U20M
33	Edwin Drost	Warrington RC	U40M	100	Liam Donohoe	Liverpool Running Bugs	U40M
34	Lee Moore	Kirkby Milers	U40M	101	Paul Johnstone	Mersey Tri	O50M
35	Mark Hill	Ellesmere Port RC	O40M	102	Gary Avison	Burnden Road Runners	U40M
36	Scott Waugh	Liverpool RC	O50M	103	Tom Millward	Mersey Tri	U40M
37	Joe Grundy	Kirkby Milers	U40M	104	David Matthews	Kirkby Milers	O45M
38	Daniel Garner	Widnes RC	O45M	105	Ian Shorrocks	Pensby Runners	O50M
39	Brad Stewart	Liverpool RC	U30M	106	Lee Rigby	Warrington RR	O45M
40	Michael Hopkins	North Endurance	U30M	107	James Marsh	Billinge RC	O40M
41	Andy Ashworth	Billinge RC	U40M	108	Steve Nolan	Burnden Road Runners	O65M
42	William Holt	Liverpool RC	U40M	109	Christopher McFadden	Widnes RC	U40M
43	Alex Cowin	Penny Lane Striders	O45M	110	Darren Cottier	Cheshire Dragons	O55M
44	Peter Ledson	Mersey Tri	U30M	111	Matt Johnston	Billinge RC	U40M
45	Phil Riding	Penny Lane Striders	O50M	112	Paul Duke	Burnden Road Runners	O50M
46	Liam McDonald	St Helens Striders	U30M	113	Richard Carmichael	North Endurance	O40M
47	Neil Marsh	Spectrum Striders	U40M	114	Christopher Jackson	Warrington RR	O45M
48	Peter Cordiner	St Helens Striders	U40M	115	David Edwards	Kirkby Milers	O60M
49	Harvey Fortis	North Endurance	U30M	116	Dan Hughes	Birkenhead	O45M
50	Craig Weatherill	Run Sandymoor	O40M	117	Mark Hovell	Mersey Tri	O45M
51	Jay Williams	Kirkby Milers	O40M	118	Paul Gardner	St Helens Striders	O40M
52	Gerard McLeigh	Liverpool RC	U40M	119	Ed Ventre	North Endurance	U40M
53	James Ashworth	Skem BH	O40M	120	Steve Harrison	Birkenhead	O50M
54	James Meldrum	Mersey Tri	O45M	121	Sheldon Johnson	North Endurance	U30M
55	James Atkinson	Billinge RC	U20M	122	Kevin Brennan	St Helens Striders	O55M
56	Matthew Gibbs	Ellesmere Port RC	O45M	123	Peter Lee	Liverpool Running Bugs	O50M
57	Christopher Gibbons	Mersey Tri	U40M	124	Chris Millar	North Endurance	U40M
58	Daniel Waller	Mersey Tri	U40M	125	Matthew Larkin	Helsby RC	O50M
59	David Lawton	Liverpool RC	O45M	126	Colin Walsh	North Endurance	O40M
60	Ben Sweeney	North Endurance	O40M	127	Joshua Wood	Widnes RC	U40M
61	Kevin Walker	Skem RC	O50M	128	Jim Dyson	Skem BH	O50M
62	Ian Magill	Liverpool RC	O55M	129	Jamie Porter	Warrington RR	O40M
63	Tom Lefebure	Kirkby Milers	U30M	130	Colin Dobbs	Penny Lane Striders	O50M
64	Gary Whealan	Liverpool RC	U40M	131	Gary Patterson	Warrington RR	O50M
65	Ian Collings	St Helens Striders	O45M	132	Jake Quinn	Burnden Road Runners	U40M
66	Paul Bradbury	Warrington RC	O50M	133	Stephen Hayes	Kirkby Milers	O50M
67	Michael Harrington	Cheshire Dragons	O50M	134	Andrew Mowatt	Skem BH	O45M
68	Michael Kermod	Burnden Road Runners	U40M	135	Gareth Davies	St Helens Striders	O40M

136	Andrew Wright	Kirkby Milers	O50M	211	Neil O'Hagan	Birkenhead	O55M
137	Steve Matkin	RRAMS	O55M	212	Daniel Shannon	Run Sandymoor	U40M
138	Dan Thomas	Mersey Tri	U40M	213	Paul Robertson	Pensby Runners	O60M
139	Mike Sherwin	Run Sandymoor	O55M	214	Richard Lister	Billinge RC	O50M
140	Michael Aisbitt	Skem BH	O50M	215	John Suckley	Pensby Runners	O65M
141	Steven Hughes	Run Sandymoor	O45M	216	Gary Parker	Pensby Runners	U40M
142	David Carroll	North Endurance	U40M	217	Ranald Mackay	Spectrum Striders	O55M
143	Ian Atkinson	Chester Tri	O60M	218	Craig Clones	Liverpool RC	O55M
144	Nick Wilson	Pensby Runners	O50M	219	Mark Payton	Run Sandymoor	U40M
145	Chris Davies	Pensby Runners	O50M	220	Steve Thomas	Mersey Tri	O50M
146	Arran Roberts	Knowsley Harriers	U30M	221	Stuart Cameron	Kirkby Milers	O45M
147	Andy Ross	Helsby RC	U40M	222	Ian Ainscough	Chester Tri	O65M
148	Ste Horsman	Burnden Road Runners	O60M	223	Matthew Van_Miert	Pensby Runners	O65M
149	Charlie Watton	Chester Tri	U20M	224	Nick Wild	Spectrum Striders	O50M
150	Nick Morton	Kirkby Milers	U40M	225	Rick Savoury	Knowsley Harriers	-
151	Luke Wills	Skem RC	O40M	226	Matt Dodd	Southport Strollers	O50M
152	Robert Miller	Billinge RC	U40M	227	Peter Heron	Mersey Tri	O60M
153	Paul Kayley	Penny Lane Striders	O55M	228	Joe Davies	Billinge RC	U40M
154	Pavel Subert	Spectrum Striders	O50M	229	Neil Hughes	Astley & Tyldesley RR	O45M
155	Kris Farrell	Billinge RC	O50M	230	Tony Holmes	Liverpool RC	O60M
156	Michael Smith	St Helens Striders	O40M	231	Jon Reynolds	Liverpool RC	O50M
157	Dave Lynch	St Helens Striders	O45M	232	Gary Carlisle-Collett	Southport Strollers	O60M
158	Stephen Dipple	Penny Lane Striders	O50M	233	Gary Birch	Warrington RC	O45M
159	Chris Ball	Mersey Tri	O55M	234	Steve Almond	Pensby Runners	O60M
160	Paul Casey	Skem BH	O55M	235	Darren Morris	Northwich RC	O60M
161	Ian Davies	Birkenhead	O65M	236	Adrian Gilleard	North Endurance	O55M
162	Colin Thomson	Birkenhead	O50M	237	Iain Arnison	Pensby Runners	O50M
163	Richard Latten	UTS RC	O45M	238	Ben Chane	Skem BH	U20M
164	Tadie Abeki	Knowsley Harriers	-	239	Peter Merville	St Helens Striders	O65M
165	Mark Byrne	Warrington RR	O55M	240	Peter Speakman	Widnes RC	O45M
166	Steve Mather	St Helens Striders	-	241	Andy McShane	Pensby Runners	O60M
167	Carl Yu	Liverpool RC	O50M	242	Nick Paul	Skem BH	O60M
168	Graham Driver	Spectrum Striders	O55M	243	Paul Wilson	Widnes RC	O60M
169	Lyall Mew	Burnden Road Runners	U40M	244	Kieron Carr	Liverpool Running Bugs	O55M
170	Mike Gittins	St Helens Striders	U40M	245	Kevin Richardson	RRAMS	O50M
171	Darren Gartside	Northwich RC	O50M	246	Terry Lynch	Penny Lane Striders	O55M
172	Colin Clarke	St Helens Striders	O45M	247	Stephen Owen	Billinge RC	O45M
173	Stephen Marr	Pensby Runners	U40M	248	Chris Bennett	Astley & Tyldesley RR	O45M
174	Paul Atkinson	Billinge RC	O50M	249	Neil McPhee	Mersey Tri	O65M
175	Nigel Grant	Penny Lane Striders	O60M	250	Glyn Howes	Chester Tri	O60M
176	Chris Wills	Southport Strollers	O45M	251	Stephen McConville	Pensby Runners	O60M
177	Kev Owens	North Endurance	O45M	252	David Dalgleish	Penny Lane Striders	O50M
178	Damian Jones	Ellesmere Port RC	O40M	253	Andy Bates	Mersey Tri	U40M
179	Barry McDonnell	Birkenhead	U40M	254	Nathan Hughes	Liverpool RC	U40M
180	Jack Buckton	Penny Lane Striders	U40M	255	Paul Alexander	Pensby Runners	O65M
181	Andrew Keeley	Penny Lane Striders	O60M	256	Paul McLean	Warrington RC	O55M
182	Richard Shayle	Pensby Runners	O55M	257	Ian Thompson	Skem BH	O55M
183	Gareth Leonard	St Helens Striders	U40M	258	Neil Jenkins	Chester Tri	O55M
184	Kevin Gillibrand	Warrington RR	O60M	259	Jason Mather	St Helens Striders	O55M
185	Paul Cheetham	Skem BH	O50M	260	Jamie Plevin	Mersey Tri	O55M
186	Shaun Geoghan	Liverpool Running Bugs	O55M	261	John Herriott	St Helens Striders	O40M
187	Andrew Chow	Warrington RR	O55M	262	Steve Pemberton	Penny Lane Striders	O70M
188	Stewart Haggerty	Billinge RC	O40M	263	Stephen Riley	Helsby RC	O60M
189	Scott Henderson	Spectrum Striders	O45M	264	George Howells	Mersey Tri	O50M
190	Robert Ladanowski	Widnes RC	O60M	265	Charlie Robinson	Billinge RC	U30M
191	Kenichi Okamoto	Mersey Tri	O45M	266	Mark Scott	Liverpool RC	O55M
192	Gareth Lowe	Burnden Road Runners	O40M	267	Roy Rawlinson	Widnes RC	O50M
193	Andrew Melling	Billinge RC	U40M	268	Vern Wignall	Liverpool RC	O60M
194	Graham Dowling	Skem BH	O55M	269	Francis Mellett	Knowsley Harriers	O60M
195	Clive Conway	Run Sandymoor	O60M	270	Paul Greenwood	Southport Strollers	O50M
196	Martin Prichard-Howarth	Mersey Tri	O55M	271	Andy Warburton	Burnden Road Runners	O60M
197	Nick Pownall	St Helens Striders	U40M	272	Dennis Yarwood	Spectrum Striders	O55M
198	Marc Slade	Knowsley Harriers	-	273	John Brown	Penny Lane Striders	O65M
199	Jake Thomson	Pensby Runners	O50M	274	Chris Cheetham	Skem RC	O40M
200	Carl Stewart	Run Sandymoor	O50M	275	Adrian Goulding	Skem BH	O45M
201	Anthony Rattigan	Liverpool Running Bugs	U40M	276	Richard Macilwaine	Spectrum Striders	O65M
202	Giuseppe Serra	Ellesmere Port RC	O55M	277	John Waterson	Knowsley Harriers	O55M
203	Chris Reynolds	Warrington RC	-	278	Jason Ennis	Mersey Tri	O55M
204	Sean Coughlin	North Endurance	O40M	279	Les Edwards	Knowsley Harriers	-
205	Paul Price	Ellesmere Port RC	O65M	280	Dave Langton	Run Sandymoor	O45M
206	Paul Crosby	Warrington RC	O60M	281	Allan Gibbs-Monaghan	Liverpool RC	O50M
207	Jonathan Whitby	Helsby RC	U40M	282	Duncan Forsyth	Lymm Runners	O70M
208	Terry Bolland	Southport Strollers	O60M	283	Steve Holt	Burnden Road Runners	O60M
209	Martin Landells	Chester Tri	O60M	284	Billy Skinner	Liverpool Running Bugs	O60M
210	Dave Roberts	Ellesmere Port RC	O60M	285	Colin Kimmins	North Endurance	O40M

286	Joe McGlynn	Penny Lane Striders	O65M	293	Andrew Glen	Liverpool Running Bugs	O60M
287	Dominic Ellis	Warrington RR	U30M	294	Colin Ewing	Run Sandymoor	U40M
288	Ben Cross	Kirkby Milers	O40M	295	Geoff Hand	Spectrum Striders	O65M
289	Stan Cottier	Liverpool RC	O75M	296	Denis Machan	Knowsley Harriers	O60M
290	John Houghton	Widnes RC	O65M	297	Anthony Fullop	Burnden Road Runners	O65M
291	Mark O'Toole	Southport Strollers	O50M	298	Tony Man	Penny Lane Striders	O55M
292	Ian Burt	St Helens Striders	O55M				

Ladies Results

1	Lois Lee	Penny Lane Striders	U30F	62	Sarah Larkin	Helsby RC	O50F
2	Rachel Mason	Knowsley Harriers	U30F	63	Lauren Barlow	Billinge RC	U40F
3	Hannah Cowley	Cheshire Dragons	U35F	64	Laura Aspey	North Endurance	U40F
4	Eabha Dempsey-Roberts	Penny Lane Striders	U30F	65	Sarah Jackson	Penny Lane Striders	O45F
5	Hayley Tyson	Penny Lane Striders	U30F	66	Chris Barlow	Mersey Tri	O55F
6	Hayley Fairclough	Penny Lane Striders	O40F	67	Vanessa Griffiths	Helsby RC	O60F
7	Liz Turner	Penny Lane Striders	O45F	68	Anna Williams	Skem BH	O45F
8	Bronwyn Dawson	Helsby RC	U35F	69	Laura Moran	Birkenhead	U40F
9	Lenka Vidamour	Penny Lane Striders	O45F	70	Usha Lad	Warrington RR	O55F
10	Courtney Burrell	North Endurance	U30F	71	Lucy Mills	Helsby RC	U40F
11	Georgia Armitage	Penny Lane Striders	U30F	72	Sarah Collins	St Helens Striders	O45F
12	Katie Dickinson	Cheshire Dragons	O40F	73	Rosemary Symms	Chester Tri	O70F
13	Gemma Millar	North Endurance	U35F	74	Ruth Hewitt	Liverpool Running Bugs	O45F
14	Kath Lawrence	Cheshire Dragons	O45F	75	Lucy Helsby	Kirkby Milers	U40F
15	Rebecca Sutton	North Endurance	U30F	76	Claire Skea	Widnes RC	U35F
16	Lucy Farrell	Warrington RR	U40F	77	Bernice Blundell	Skem BH	O60F
17	Katie Sparkes	Liverpool Running Bugs	U40F	78	Becky Davidson	Liverpool Running Bugs	U35F
18	Jennifer Houghton	Kirkby Milers	O40F	79	Janet Robertson	Helsby RC	O55F
19	Charlie Weatherstone	Penny Lane Striders	-	80	Teleri Jones	Run Sandymoor	O45F
20	Alison Russell	Spectrum Striders	O40F	81	Deborah Hepple	Southport Strollers	O55F
21	Helen Harrington	Cheshire Dragons	O45F	82	Lee Davies	Southport Strollers	O45F
22	Amy Felley	Mersey Tri	O40F	83	Marie Parkinson	Burnden Road Runners	O60F
23	Joanne Nemits	Warrington RR	O50F	84	Rosie Djurovic	Pensby Runners	U35F
24	Katie Davidson	Run Sandymoor	O40F	85	Rachel Arnold	Helsby RC	O60F
25	Carla Houghton	Kirkby Milers	U40F	86	Nicola Roberts	Knowsley Harriers	O40F
26	Kathryn Bradley	Penny Lane Striders	U40F	87	Eleanor Barlow	Liverpool RC	U40F
Guest	Vicky Unsworth	Liverpool Harriers		88	Karolina Faithfull	Skem BH	O45F
27	Holly Brown	Penny Lane Striders	U35F	89	Janet Walker	Skem RC	O45F
28	Alina Phantsulaia	Skem BH	U40F	90	Christine Loynes	Run Sandymoor	O40F
29	Charlotte Hancox	Penny Lane Striders	U30F	91	Jenni Partington	Burnden Road Runners	O45F
30	Laura Baynham-Hughes	Helsby RC	O45F	92	Joanne Edwards	Cheshire Dragons	O60F
31	Sonya Monaghan	RRAMS	O55F	93	Rachel Murray	Liverpool RC	O45F
32	Jen Barrett	North Endurance	U30F	94	Sharron Burt	St Helens Striders	O55F
33	Georgia Neary	Warrington RR	U30F	95	Sue Heaps	St Helens Striders	O60F
34	Marina Maxwell	Widnes RC	O50F	96	Jacqueline Jones	Liverpool RC	O60F
35	Emma Fraser	Helsby RC	O45F	97	Sally Adams	Skem BH	O55F
36	Kat Sams	Warrington RC	-	98	Lisa Mackay	Spectrum Striders	O55F
37	Suzy Wild	Spectrum Striders	O50F	99	Lucy Bates	Cheshire Dragons	U35F
38	Robyn Grant	Warrington RR	U30F	100	Catherine Realing	St Helens Striders	-
39	Sarah Taylor	Liverpool Running Bugs	U35F	101	Kirstie McCaffrey	St Helens Striders	U40F
40	Lisa Cusack	Penny Lane Striders	O50F	102	Lynda Bayley	Pensby Runners	O55F
41	Claire Nolan	Cheshire Dragons	O40F	103	Janette Kelly	RRAMS	U40F
42	Jacqueline Jones	Warrington RC	O50F	104	Amy Corfield	RRAMS	U35F
43	Alison Morgan	Warrington RR	O45F	105	Anna Parry	Skem BH	U30F
44	Annie Hamilton	Liverpool RC	U30F	106	Sasha Ludlow	Southport Strollers	O40F
45	Gemma Ireland	St Helens Striders	O40F	107	Jo Herriott	St Helens Striders	O45F
46	Jenny Barker	Ellesmere Port RC	O40F	108	Jayne Russell	Kirkby Milers	O45F
47	Louise Johnson	RRAMS	O50F	109	Sarah Robson	Mersey Tri	O50F
48	Collette Lancaster	Mersey Tri	O50F	110	Sophie Dunnett	Skem RC	U30F
49	Kelly Marrin	Southport Strollers	O50F	111	Gaynor Twite	Run Sandymoor	O45F
50	Elaine Laycock	Liverpool RC	O55F	112	Cathy Brownlow	St Helens Striders	O45F
51	Poppy Ingarfield	Kirkby Milers	U20F	113	Nia Bell	Burnden Road Runners	O65F
52	Amanda Craven	Mersey Tri	O55F	114	Ceri Porter	Warrington RR	U40F
53	Claire Ellison	Spectrum Striders	U40F	115	Louise Ashton	Liverpool RC	O45F
54	Kathryn Schofield	Helsby RC	U30F	116	Christine Bonnar	Widnes RC	O70F
55	Sally Phung	RRAMS	U40F	117	Rita Mistry	Pensby Runners	O50F
56	Tracey Carr	Liverpool Running Bugs	O60F	118	Kay Nelson	Liverpool RC	O40F
57	Olive Bigmore	Cheshire Dragons	O45F	119	Gill Collen	Warrington RR	O65F
58	Jemma Taylor	Skem BH	U40F	120	Helen Longworth	St Helens Striders	O40F
59	Vicky Stewart	Mersey Tri	O40F	121	Nadene Harrison	Skem BH	U35F
60	Elizabeth Hughes	Skem BH	O45F	122	Ann O'Byrne	Liverpool RC	O55F
61	Shoban Pickles	Liverpool RC	O40F	123	Elizabeth Braithwaite	Warrington RC	O60F

124	Lynn Graham	Knowsley Harriers	O60F	131	Katrina Miller	Mersey Tri	U35F
125	Alison Langton	Run Sandymoor	O40F	132	Gillian McGowan	Burden Road Runners	O60F
126	Kate Shannon	Run Sandymoor	U40F	133	Barbara Waterson	Knowsley Harriers	O50F
127	Sarah Pye	Liverpool Running Bugs	O40F	134	Suzanne Rooney	Knowsley Harriers	O55F
128	Alison Boag-Munroe	Knowsley Harriers	O40F	135	Nicola Hastings	Skem RC	O50F
129	Vivien Hanson	Skem BH	O45F	136	Aliysha McGovern	Skem RC	-
130	Andrea Young	Warrington RR	O60F	137	Joanna Cheetham	Skem RC	U35F

Team Results

Mens 'A' Teams (6 Runners)

Pos	Team	Score	Points
1	Penny Lane Striders 'A'	100	33
2	North Endurance 'A'	117	32
3	Kirkby Milers 'A'	123	31
4	Liverpool RC 'A'	132	30
5	Helsby RC 'A'	278	29
6	St Helens Striders 'A'	292	28
7	Mersey Tri 'A'	400	27
8	Warrington RC 'A'	429	26
9	Billinge RC 'A'	462	25
10	Run Sandymoor 'A'	620	24
11	Burden Road Runners 'A'	670	23
12	Warrington RR 'A'	716	22
13	Ellesmere Port RC 'A'	765	21
14=	Skem BH 'A'	800	20
14=	Spectrum Striders 'A'	800	20
16	Pensby Runners 'A'	834	18
17	Knowsley Harriers 'A'	843	17
18	Chester Tri 'A'	847	16
19	Liverpool Running Bugs 'A'	924	15
20	Widnes RC 'A'	947	14
21	Birkenhead 'A'	949	13
22	Southport Strollers 'A'	1198	12
23	Cheshire Dragons 'A'	882 (only 4 ran)	11
24	Lymm Runners 'A'	1378 (only 3 ran)	10
25	Skem RC 'A'	1410 (only 3 ran)	9
26	RRAMS 'A'	1614 (only 2 ran)	8
27	Northwich RC 'A'	1638 (only 2 ran)	7
28	Astley & Tyldesley RR 'A'	1709 (only 2 ran)	6
29	UTS RC 'A'	1703 (only 1 ran)	5
30	Marsh Lane Harriers 'A'	NT	0
31	Warrington Tri 'A'	NT	0
31	St Helens Tri 'A'	NT	0
31	Widnes Wasps 'A'	NT	0

Ladies 'A' Teams (3 Runners)

Pos	Team	Score	Points
1	Penny Lane Striders 'A'	11	33
2	Cheshire Dragons 'A'	29	32
3	Warrington RR 'A'	72	31
4	Helsby RC 'A'	73	30
5	North Endurance 'A'	87	29
6	Kirkby Milers 'A'	94	28
7	Spectrum Striders 'A'	110	27
8	Liverpool Running Bugs 'A'	112	26
9	Mersey Tri 'A'	122	25
10	RRAMS 'A'	133	24
11	Skem BH 'A'	146	23
12	Liverpool RC 'A'	155	22
13	Run Sandymoor 'A'	194	21
14	Warrington RC 'A'	201	20
15	St Helens Striders 'A'	211	19
16=	Knowsley Harriers 'A'	212	18
16=	Southport Strollers 'A'	212	18
18	Widnes RC 'A'	226	16
19	Burnden Road Runners 'A'	287	15
20	Pensby Runners 'A'	303	14
21	Skem RC 'A'	334	13
22	Ellesmere Port RC 'A'	340 (only 1 ran)	12
23	Billinge RC 'A'	357 (only 1 ran)	11
24	Birkenhead 'A'	363 (only 1 ran)	10
25	Chester Tri 'A'	367(only 1 ran)	9
26=	Warrington Tri 'A'	NT	0
26=	Lymm Runners 'A'	NT	0
26=	Marsh Lane Harriers 'A'	NT	0
26=	Northwich RC 'A'	NT	0
26=	Astley & Tyldesley RR 'A'	NT	0
26=	UTS RC 'A'	NT	0
26=	St Helens Tri 'A'	NT	0
26=	Widnes Wasps 'A'	NT	0

Many thanks for Penny Lane Striders for putting on the first race of the season. Next Race is at Beacon Park on the 16 November 2025 starting at 10:00 am.

After 30+ years and 25+ years respectively, John and I have decided it is time for us to step aside and let someone else take over the coordination of the North West Sunday XC league. This season will therefore be our last at the helm.

Both of us have really enjoyed coordinating this friendly but competitive league which has seen the numbers quadruple in the last 25 years. It would be a shame if this did not carry on, so if anyone is interested in taking over from us we will gladly advise on what this entails.

Please don't leave this until the start of next season as we are unlikely to be available.

Regards

Steve & John