

## North West XC – Race 2 – Beacon Park 20 November 2022 – 4.8M

### Mens Results

1	Ian Lawton	Mersey Tri	O40M	76	Matthew Parmenter	St Helens Striders	O45M
2	Dan Harbidge	North Endurance	U30M	77	Jonathan Strange	Warrington RC	U40M
3	Darren Stewart	Penny Lane Striders	U40M	78	Patrick Corrigan	Pensby Runners	O60M
4	Sean Jones	Penny Lane Striders	U40M	79	Rob Dean	Lymm Runners	O40M
5	Liam Brown	Kirkby Milers	U40M	80	John Williams	St Helens Striders	O45M
6	Paul Martin	North Endurance	U40M	81	Barry Sharples	Billinge RC	O40M
7	John Myers	Run Sandymoor	O45M	82	Robert Burke	Liverpool RC	O55M
8	Andrew Brookshaw	Helsby RC	O40M	83	Will Platts	Pensby Runners	U40M
9	David Willshire	Penny Lane Striders	O40M	84	Mark Collins	Astley & Tyldesley RR	O45M
10	Daniel Miller	Billinge RC	U40M	85	Gareth Lowe	Burden Road Runners	O40M
11	Jamie Rutherford	Liverpool RC	U40M	86	Karl Tuzio	Newburgh Nomads	O55M
12	Alex Cowin	Penny Lane Striders	O40M	87	Dean Wilson	Liverpool RC	O45M
13	Stuart Berry	Lymm Runners	U40M	88	Gary Tootle	Run Sandymoor	O45M
14	Mark Clair	Mersey Tri	O40M	89	Matthew Robinson	Newburgh Nomads	O40M
15	Carl Barnes	Widnes RC	U40M	90	Alistair Patrick	Mersey Tri	O40M
16	Mike Fryer	Helsby RC	U40M	91	Michael Scowcroft	Run Sandymoor	O40M
17	Ben Lewington	Kirkby Milers	-	92	Steve Sherwen	Lymm Runners	O45M
18	Tim Campbell	Astley & Tyldesley RR	O45M	93	Peter Carney	Skem BH	O40M
19	Elliot Kerins	Penny Lane Striders	U40M	94	Paul Roberts	Widnes RC	O45M
20	Witold Laszcz	Spectrum Striders	O40M	95	Peter Atkin	Liverpool RC	U40M
21	Sam Oliver	Chester Tri	U20M	96	Andrew Mowatt	Skem BH	O40M
22	Alex Rigby	Liverpool RC	U40M	97	Gareth Davies	St Helens Striders	O40M
23	Fabian Devlin	North Endurance	U40M	98	Nick Morton	Kirkby Milers	U40M
24	David Knowles	Liverpool RC	U40M	99	Kenichi Okamoto	Mersey Tri	O45M
25	Christopher Gibbons	Mersey Tri	U40M	100	John Hammond	UTS RC	O45M
26	Phil Rowen	Lymm Runners	O50M	101	Paul Johnstone	Mersey Tri	O45M
27	David Fazakerley	Liverpool RC	U40M	102	Gary Birch	Warrington RC	O45M
28	Phillip Derry	Skem BH	O40M	103	Paul Reilly	Pensby Runners	O40M
29	Daniel Owens	North Endurance	U40M	104	Patrick Neil	Lymm Runners	O40M
30	Louis Johnson	Mersey Tri	U30M	105	Ian Atkinson	Chester Tri	O55M
31	Daniel Griffiths	Marsh Lane Harriers	O40M	106	Andrew Gaskell	St Helens Striders	O55M
32	Matthew Collins	North Endurance	O40M	107	Ian Pudge	Burden Road Runners	O50M
33	Peter Roome	Mersey Tri	O55M	108	Neil Hughes	Astley & Tyldesley RR	O45M
34	Matthew Jenson	Warrington RC	U30M	109	Peter Sutton	Southport Strollers	U40M
35	Connor Ohare	Mersey Tri	U30M	110	Graham Cushion	Kirkby Milers	O45M
36	Robert Eagles	Penny Lane Striders	U40M	111	Mark Salter	RRAMS	O55M
37	Paul Duke	Burden Road Runners	O45M	112	John Bennett	Mersey Tri	O50M
38	David Lawton	Liverpool RC	O40M	113	Luke Potts	Warrington RR	O40M
39	Francis Hourigan	Widnes RC	O45M	114	Alan Wheelhouse	Warrington RR	O50M
40	Scott Hambleton	Penny Lane Striders	O40M	115	Ashley Stillwell	Liverpool Running Bugs	U40M
41	Edwin Drost	Warrington RC	U40M	116	Ian Lowery	Southport Strollers	O45M
42	Ian Chisnall	St Helens Striders	O45M	117	John_Paul Kane	Liverpool Running Bugs	O40M
43	Gary Wilton	Kirkby Milers	O45M	118	Kevin Dudley	St Helens Striders	U40M
44	Thomas O'Dowd	Knowsley Harriers	U40M	119	Graham Driver	Spectrum Striders	O55M
45	Jack Kenwright	Run Sandymoor	U40M	120	Kenny Shurie-MacKenzie	Kirkby Milers	O50M
46	John Simpson	Pensby Runners	O55M	121	Chris Smith	St Helens Striders	O45M
47	Simon Oliver	Chester Tri	O45M	122	Neil Copeland	Lymm Runners	O50M
48	Phil Riding	Penny Lane Striders	O45M	123	Richard Shayle	Pensby Runners	O50M
49	David Stoddern	Skem BH	U40M	124	Matt Cartwright-Terry	Mersey Tri	O45M
50	Jay Williams	Kirkby Milers	O40M	125	Lee Walmsley	Kirkby Milers	O50M
51	David Lea	Cheshire Dragons	O45M	126	Neil Goulding	Skem BH	O45M
52	Luke Wills	Skem BH	U40M	127	Tom Newberry	Billinge RC	U30M
53	Ian Hewitt	Liverpool Running Bugs	O45M	128	Michael Harrington	Cheshire Dragons	O50M
54	Andy Staverley	Burden Road Runners	O60M	129	Lee Riley	Cheshire Dragons	O40M
55	Steve Nolan	Burden Road Runners	O60M	130	Liam Wilkinson	Warrington RR	O40M
56	Bob Corinaldi	Cheshire Dragons	O50M	131	Romano Cameletto	Mersey Tri	O40M
57	Paul Riley	Penny Lane Striders	O50M	132	Chris Weeks	Mersey Tri	O45M
58	Joe McCarthy	North Endurance	O50M	133	Adam Gillett	Southport Strollers	-
59	Nick Taylor	Skem BH	U40M	134	Andrew Garnett	Spectrum Striders	O65M
60	Nick Beare	Mersey Tri	O50M	135	Anthony Campbell	Astley & Tyldesley RR	U40M
61	James Hendry	Liverpool RC	U40M	136	Steve Mather	RRAMS	O55M
62	Paul Gray	Penny Lane Striders	O50M	137	Robert Ladanowski	Widnes RC	O60M
63	David Rea	Liverpool RC	U40M	138	Rob Chalmers	Pensby Runners	O45M
64	Craig Weatherill	Run Sandymoor	O40M	139	Gary Fisher	Kirkby Milers	U40M
65	Benjamin Tumilty	Helsby RC	U40M	140	Kieron Carr	Liverpool Running Bugs	O50M
66	Lewis Sanders	Chester Tri	U30M	141	Sean Newberry	Billinge RC	O50M
67	Gerard McLeigh	Liverpool RC	U40M	142	Nigel Grant	Penny Lane Striders	O60M
68	Cameron Cox	Marsh Lane Harriers	U40M	143	Graham Tench	North Endurance	U40M
69	Owen Barden	Mersey Tri	O45M	144	Mark Botterill	Southport Strollers	O50M
70	Tom Armstrong	Cheshire Dragons	O45M	145	Anthony Hepple	Southport Strollers	O50M
71	Michael Waring	Chester Tri	O55M	146	David Ralphs	Newburgh Nomads	O60M
72	Ian Dermott	Billinge RC	O50M	147	Chris Murphy	RRAMS	O50M
73	Kevin Brennan	St Helens Striders	O50M	148	Steve Owen	Billinge RC	O40M
74	Dean Evans	Liverpool Running Bugs	U20M	149	Ranald Mackay	Spectrum Striders	O50M
75	David Edwards	Kirkby Milers	O60M	150	Ian Davies	Birkenhead	O60M

151	George Pierce	Liverpool RC	O50M	185	Rob Lloyd	Widnes RC	O50M
152	Barry Farrington	Southport Strollers	O40M	186	Phil Dabner	Mersey Tri	O55M
153	Richard Gregory	Skem BH	O55M	187	Robert Johnson	Mersey Tri	O55M
154	Darren Morris	Northwich RC	O55M	188	Matt Whitfield	Ellesmere Port RC	O65M
155	Simon Ford	Astley & Tyldesley RR	O45M	189	John Barr	St Helens Striders	O70M
156	Stephen McConville	Pensby Runners	O55M	190	Alex Walton	Southport Strollers	O40M
157	Dave Lynch	St Helens Striders	O45M	191	Alistair Raffel	Spectrum Striders	O65M
158	Tim Raynor	Liverpool Running Bugs	O60M	192	Chris Mitchell	Southport Strollers	O50M
159	Darran Wilson	Run Sandymoor	O50M	193	Paul Harbridge	Warrington Tri	O60M
160	Steven Moss	Widnes RC	O40M	194	William Weeks	Mersey Tri	U30M
161	Iain Wright	Southport Strollers	O55M	195	Tom Hanna	Liverpool Running Bugs	O50M
162	Jim Jones	Helsby RC	O55M	196	Malcolm Teale	Southport Strollers	O60M
163	Julian Spencer	Spectrum Striders	O60M	197	Steve Pemberton	Penny Lane Striders	O65M
164	Gary Hilton	Warrington Tri	O50M	198	Ian Ainscough	Chester Tri	O65M
165	Jon Reynolds	Liverpool RC	O50M	199	Mark Liptrot	RRAMS	-
166	Andrew Dowdeswell	Widnes RC	U40M	200	Robert Block	Run Sandymoor	O65M
167	Jason Ennis	Mersey Tri	O50M	201	John Clarke	Kirkby Milers	O55M
168	Terry Bolland	Southport Strollers	O55M	202	Rick Bowker	Southport Strollers	O60M
169	Richard Harris	Newburgh Nomads	O60M	203	Tony Woodcock	Billinge RC	O45M
170	Chris Rhodes	Chester Tri	O60M	204	David Glover	Warrington RC	O40M
171	Neil Macfie	Mersey Tri	O65M	205	Gary Spriggs	St Helens Striders	O50M
172	Grant Davidson	Mersey Tri	O45M	206	Ian Trencher	Billinge RC	O45M
173	Colin Rushton	Warrington RC	O50M	207	Richard Macilwaine	Spectrum Striders	-
174	Paul Rust	Mersey Tri	O45M	208	Jarred Bibby	Southport Strollers	-
175	Ian Mcneill	Birkenhead	O60M	209	James Kemp	Warrington RC	U40M
176	Paul McLean	Warrington RC	O55M	210	Steve Stamper	Northwich RC	O50M
177	Andrew Trimnell	Liverpool Running Bugs	O45M	211	Brad Ehlan	Northwich RC	O50M
178	Nick Paul	Skem BH	O60M	212	Michael Cassidy	Marsh Lane Harriers	O50M
179	Adrian Pridgeon	Liverpool Running Bugs	O40M	213	Tony Green	Penny Lane Striders	O65M
180	Stephen Riley	Helsby RC	O55M	214	Lee Johnston	Southport Strollers	O50M
181	Peter Heron	Mersey Tri	O60M	215	Lee Bibby	Southport Strollers	O40M
182	Barry McDonnell	Birkenhead	U40M	216	Carl Irlam	Run Sandymoor	O60M
183	Mark Georgeson	Skem BH	O45M	217	Ken Black	Spectrum Striders	O75M
184	Simon Stockman	Warrington RR	O55M	218	Anthon Fullop	Burden Road Runners	O60M

## NOTE

Many thanks to Skemersdale Boundary Harriers for putting on Race 2 of this year's series.

**Two runners failed to take their finishing tokens so some runners will find they finished one or two places further down than they originally thought.**

**Whilst I have honoured their finishing position this time going forward NO TOKEN NO RESULT. It is the runners responsibility to ensure that they take a finishing token. This is no reflection on anyone it just causing confusion and headache for me doing the results.**

**See you all at Arrowe Park on the 11 December 22**

## Ladies Results

1	Hannah Cowley	Cheshire Dragons	U30F	58	Emma Holland	Billinge RC	U40F
2	Amie Bagnall	Cheshire Dragons	U30F	59	Melanie Sayed	RRAMS	O45F
3	Marie Leahey	RRAMS	O40F	60	Carole Morrison	Pensby Runners	O60F
4	Maria Cook	Skem BH	O45F	61	Sarah Robson	Mersey Tri	O50F
5	Helen Harrington	Cheshire Dragons	O40F	62	Ruth Hewitt	Liverpool Running Bugs	O45F
6	Mel Morgan	Warrington RC	-	63	Louise Jones	Run Sandymoor	U35F
7	Bridget Glaister	Skem BH	O50F	64	Tara Brook	Run Sandymoor	U30F
8	Emily Gray	Penny Lane Striders	U30F	65	Helen Measures	Pensby Runners	O40F
9	Sue McMaster	Skem BH	O55F	66	Menna Goodwin	Warrington RC	O50F
10	Nicola Laurence	Widnes RC	O40F	67	Sue Heaps	St Helens Striders	O55F
11	Crystal Dishman	UTS RC	U35F	68	Faye Lowery	Southport Strollers	O45F
12	Stephanie Poole	Skem BH	O40F	69	Jennina O'Niell	Mersey Tri	O45F
13	Ruth Isaacs	Pensby Runners	O60F	70	Jenny McIntyre	Warrington RR	O60F
14	Hayley Fairclough	Penny Lane Striders	O40F	71	Fiona Hall	Widnes RC	O40F
15	Emma Cadoux-Hudson	North Endurance	U30F	72	Lisa Mackay	Spectrum Striders	O50F
16	Kerry Veschueren	Ellesmere Port RC	U40F	73	Ali Cross	Southport Strollers	O40F
17	Sara Owczarczak-Garstecka	Mersey Tri	U35F	74	Nicola Stanley	Southport Strollers	O50F
18	Paiwan Dodd	St Helens Striders	U40F	75	Katherine Robertson	Mersey Tri	O40F
19	Jenny Barker	Ellesmere Port RC	O40F	76	Eleanor Barlow	Liverpool RC	U40F
20	Kelly-Marie Staunton	Billinge RC	U30F	77	Gill Collen	Warrington RR	O60F
21	Gemma Kelly	Chester Tri	U40F	78	Michelle Donnelly	Southport Strollers	O50F
22	Hayley Smith	Skem BH	U35F	79	Melanie Johnson	Cheshire Dragons	O40F
23	Emma Fraser	Run Sandymoor	O45F	80	Susan Burke	RRAMS	O55F
24	Tarja Barnes	Warrington RR	O50F	81	Laura Aspey	North Endurance	U35F
25	Dawn Fairclough	Liverpool RC	O40F	82	Ellen Feria	Liverpool Running Bugs	O40F
26	Catherine Reilly	UTS RC	O40F	83	Ursula Harrison	Spectrum Striders	U40F
27	Vanessa Griffiths	Helsby RC	O55F	84	Jessica Messenger	Northwich RC	O40F
28	Charlie Weatherstone	Mersey Tri	U40F	85	Tamsyn Duffy	Warrington RC	O40F
29	Debbie Huston	Warrington RC	O55F	86	Kerry Trimnell	Liverpool Running Bugs	O40F
30	Claire Murphy	RRAMS	O45F	87	Sasha Ludlow	Southport Strollers	O40F
31	Caroline Barrow	Widnes RC	O45F	88	Jane Houghton	Warrington RC	O50F
32	Wendy Lee	Pensby Runners	O50F	89	Kay Nelson	Liverpool RC	O40F
33	Lucy St John	North Endurance	U35F	90	Katharine Perry	Southport Strollers	O45F
34	Chloe Holman	Run Sandymoor	-	91	Monika Aldelime	Southport Strollers	O45F
35	Katie Poole	Skem BH	U20F	92	Lynsey Harrison	Kirkby Milers	O45F
36	Jody Beech	Ellesmere Port RC	U40F	93	Heather McBride	Northwich RC	U35F
37	Alison Morgan	Warrington RR	O45F	94	Maddie Winrow	Southport Strollers	U35F
38	Janet Robertson	Helsby RC	O55F	95	Hayley Hourigan	Widnes RC	O45F
39	Rachel Smith	RRAMS	O40F	96	Joanne Edwards	Penny Lane Striders	O50F
40	Gillian Plant	Warrington RC	O55F	97	Moyna O'Neil	Mersey Tri	O50F
41	Rosemary Symms	Chester Tri	O65F	98	Lea Brandes	Liverpool Running Bugs	U35F
42	Lisa Webb	Widnes RC	O45F	99	Jules McSloy	Southport Strollers	O55F
43	Alex Royden	Pensby Runners	U35F	100	Katie Storey	Liverpool Running Bugs	O40F
44	Karen Doyle	North Endurance	O40F	101	Leanne Rimmer	Kirkby Milers	O40F
45	Claudia Pagoulatou	Pensby Runners	O45F	102	Tracey Carr	Liverpool Running Bugs	O55F
46	Kim Ellison	Marsh Lane Harriers	U40F	103	Elizabeth Braithwaite	Warrington RC	O55F
47	Kathryn Schofield	Helsby RC	U30F	104	Rachael Flynn	Warrington RC	O40F
48	Karon Forster	Spectrum Striders	O60F	105	Becky Smith	Southport Strollers	O45F
49	Mel Holden	North Endurance	U35F	106	Helen Walker	Southport Strollers	O55F
50	Anne Martin	Southport Strollers	O45F	107	Alison Langton	Run Sandymoor	O40F
51	Melanie Bradley	Northwich RC	O50F	108	Kate Shannon	Run Sandymoor	U40F
52	Annmarie Riley	Penny Lane Striders	O50F	109	Emma Kavanagh	Southport Strollers	O45F
53	Kate Richardson	Pensby Runners	O40F	110	Not Recorded		
54	Lauren Lett	Mersey Tri	U35F	111	Anne Hewitt	Spectrum Striders	O75F
55	Sarah Falcons	St Helens Striders	O40F	112	Diane Peck	Knowsley Harriers	O45F
56	Suzy Wild	Spectrum Striders	O45F	113	Nicola Spafford	Skem BH	U35F
57	Emily Derrane	Marsh Lane Harriers	U35F				

## Team Results

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

Pos	Team	Score	Points
1	Penny Lane Striders 'A'	83	33
2	Mersey Tri 'A'	138	32
3	North Endurance 'A'	150	31
4	Liverpool RC 'A'	183	30
5	Kirkby Milers 'A'	288	29
6	Skem & Parbold 'A'	377	28
7	Lymm & Warrington RR 'A'	427	27
8	Run Sandymoor 'A'	454	26
9	St Helens Striders 'A'	474	25
10	Chester Tri & Ellesmere Port RC 'A'	480	24
11	Burnden Road Runners 'A'	556	23
12	Pensby Runners 'A'	571	22
13	Billinge RC 'A'	579	21
14	Warrington RC 'A'	603	20
15	Widnes RC 'A'	611	19
16	Liverpool Running Bugs 'A'	657	18
17	Spectrum Striders 'A'	776	17
18	Southport Strollers 'A'	799	16
19	Helsby RC 'A'	659 (only 5 ran)	15
20	Cheshire Dragons 'A'	662 (only 5 ran)	14
21	Astley & Tyldesley RR 'A'	728 (only 5 ran)	13
22	Newburgh Nomads 'A'	946 (only 4 ran)	12
23	RRAMS 'A'	1049 (only 4 ran)	11
24	Marsh Lane Harriers 'A'	995 (only 3 ran)	10
25	Birkenhead 'A'	1191 (only 3 ran)	9
26	Northwich RC 'A'	1259 (only 3 ran)	8
27	Warrington Tri 'A'	1269 (only 2 ran)	7
28	Knowsley Harriers 'A'	1184 (only 1 ran)	6
29	UTS RC 'A'	1240 (only 1 ran)	5
-	Rimrose Valley 'A'	No Team	-
-	Sandbach Striders 'A'	No Team	-
-	Delamere Spartans 'A'	No Team	-
-	Widnes Wasps 'A'	No Team	-

## Ladies 'A' Teams (3 Runners)

Pos	Team	Score	Points
1	Cheshire Dragons 'A'	8	33
2	Skem & Parbold 'A'	20	32
3	Chester Tri & Ellesmere Port RC 'A'	56	31
4	RRAMS 'A'	72	30
4	Penny Lane Striders 'A'	74	29
6	Warrington RC 'A'	75	28
7	Widnes RC 'A'	83	27
8	Pensby Runners 'A'	88	26
9	North Endurance 'A'	92	25
10	Mersey Tri 'A'	99	24
11	Helsby RC 'A'	112	23
12	Run Sandymoor 'A'	120	22
13	Lymm & Warrington RR 'A'	131	21
14	St Helens Striders 'A'	140	20
15	Spectrum Striders 'A'	176	19
16	Liverpool RC 'A'	181	18
17	Southport Strollers 'A'	191	17
18	Northwich RC 'A'	228	16
19	Liverpool Running Bugs 'A'	230	15
20	UTS RC 'A'	160 (only 2 ran)	14
21	Billinge RC 'A'	201 (only 2 ran)	13
22	Marsh Lane Harriers 'A'	226 (only 2 ran)	12
23	Kirkby Milers 'A'	316 (only 2 ran)	11
24	Knowsley Harriers 'A'	358 (only 1 ran)	10
-	Rimrose Valley 'A'	No Team	-
-	Warrington Tri 'A'	No Team	-
-	Widnes Wasps 'A'	No Team	-
-	Burnden Road Runners 'A'	No Team	-
-	Delamere Spartans 'A'	No Team	-
-	Birkenhead 'A'	No Team	-
-	Newburgh Nomads 'A'	No Team	-
-	Sandbach Striders 'A'	No Team	-
-	Astley & Tyldesley RR 'A'	No Team	-

## CURRENT POSITIONS

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

Pos	Team	Race 1	Race 2	Race 3	Race 4	Race 5	Total (Best 5)
1	Mersey Tri 'A'	33	32				65
2	Penny Lane Striders 'A'	32	33				65
3	North Endurance 'A'	31	31				62
4	Kirkby Milers 'A'	29	29				58
5	Liverpool RC 'A'	27	30				57
6	Run Sandymoor 'A'	30	26				56
7	Lymm & Warrington RR 'A'	26	27				53
8	Skem & Parbold 'A'	24	28				52
9	Chester Tri & Ellesmere Port RC 'A'	25	24				49
10	Widnes RC 'A'	28	19				47
11	Pensby Runners 'A'	23	22				45
12	Liverpool Running Bugs 'A'	21	18				39
13	Helsby RC 'A'	22	15				37
14	Southport Strollers 'A'	19	16				35
15	Spectrum Striders 'A'	18	17				35
16	Billinge RC 'A'	14	21				35
17	Warrington RC 'A'	11	20				31
18	Warrington Tri 'A'	20	7				27
19	Newburgh Nomads 'A'	15	12				27
20	Astley & Tyldesley RR 'A'	13	13				26
21	St Helens Striders 'A'	NT	25				25
22	Northwich RC 'A'	17	8				25
23	Burnden Road Runners 'A'	NT	23				23
24	Cheshire Dragons 'A'	9	14				23
25	Knowsley Harriers 'A'	16	6				22
26	Birkenhead 'A'	12	9				21
27	RRAMS 'A'	8	11				19
28	Marsh Lane Harriers 'A'	NT	10				10
29	Rimrose Valley 'A'	10	NT				10
30	UTS RC 'A'	NT	5				5
31	Sandbach Striders 'A'	NT	NT				-
32	Delamere Spartans 'A'	NT	NT				-
33	Widnes Wasps 'A'	NT	NT				-

(NT= No Team)

## Ladies 'A' Teams (3 Runners)

Pos	Team	Race 1	Race 2	Race 3	Race 4	Race 5	Total (Best 5)
1	Cheshire Dragons 'A'	33	33				66
2	Skem & Parbold 'A'	32	32				64
3	Chester Tri & Ellesmere Port RC 'A'	30	31				61
4	Penny Lane Striders 'A'	31	29				60
5	RRAMS 'A'	29	30				59
6	North Endurance 'A'	28	25				53
7	Pensby Runners 'A'	25	26				51
8=	Lymm & Warrington RR 'A'	27	21				48
8=	Run Sandymoor 'A'	26	22				48
8=	Mersey Tri 'A'	24	24				48
11	Widnes RC 'A'	20	27				47
12	Helsby RC 'A'	21	23				44
13	Warrington RC 'A'	14	28				42
14	Northwich RC 'A'	22	16				38
15	Spectrum Striders 'A'	18	19				37
16	Liverpool RC 'A'	17	18				35
17	Liverpool Running Bugs 'A'	19	15				34
18	Knowsley Harriers 'A'	23	10				33
19=	Southport Strollers 'A'	15	17				32
19=	St Helens Striders 'A'	12	20				32
21	Kirkby Milers 'A'	16	11				27
22	UTS RC 'A'	NT	14				14
23=	Billinge RC 'A'	NT	13				13
23=	Rimrose Valley 'A'	13	NT				13
25	Marsh Lane Harriers 'A'	NT	12				12
26	Warrington Tri 'A'	NT	NT				-
27	Widnes Wasps 'A'	NT	NT				-
28	Burnden Road Runners 'A'	NT	NT				-
29	Delamere Spartans 'A'	NT	NT				-
30	Birkenhead 'A'	NT	NT				-
31	Newburgh Nomads 'A'	NT	NT				-
32	Sandbach Striders 'A'	NT	NT				-
33	Astley & Tyldesley RR 'A'	NT	NT				-

(NT= No Team)