

## North West XC – Race 2 – Beacon Park 19 November 2023 – 4.72M

### Mens Results

1	Oliver Chadwick	Pensby Runners (2 <sup>nd</sup> Claim)	U30M	76	Ross McNair	Cheshire Dragons	U40M
2	Daniel Harbridge	Cheshire Dragons	U40M	77	Colin Walsh	North Endurance	O40M
3	Stephen Watkin	Penny Lane Striders	O40M	78	Tom Armstrong	Cheshire Dragons	O45M
4	Ben Taylor	Pensby Runners	U40M	79	Matthew Parmenter	St Helens Striders	O45M
5	Sean Jones	Penny Lane Striders	U40M	80	Andrew Wright	Kirkby Milers	O50M
6	Liam Brown	Kirkby Milers	U40M	81	Barry Godwin	Mersey Tri	O60M
7	Jamie Rutherford	Liverpool RC	U40M	82	Luke Curtis	Penny Lane Striders	O40M
8	Joshua Kearney	North Endurance	U30M	83	Neil Byrne	Run Sandymoor	-
9	Alex Cowin	Penny Lane Striders	O40M	84	Paul Duke	Burden Road Runners	O45M
10	Lee Stedman	Mersey Tri	U40M	85	Andy Staverley	Burden Road Runners	O60M
11	Elliot Kerins	Penny Lane Striders	U40M	86	Steve Nolan	Burden Road Runners	O60M
12	Ryan Jones	Kirkby Milers	U40M	87	Michael Campbell	Widnes RC	O40M
13	Mark Ward	Cheshire Dragons	O40M	88	Philip Negus	Cheshire Dragons	O45M
14	Jure Cebasek	Penny Lane Striders	U40M	89	Chris Gorman	Lymm Runners	U40M
15	John Myers	Run Sandymoor	O45M	90	Simon Ford	Astley & Tyldesley RR	O45M
16	David Willshire	Penny Lane Striders	O40M	91	Matt Sanderson	Warrington RC	O50M
17	Darren Stewart	Penny Lane Striders	U40M	92	David Edwards	Kirkby Milers	O60M
18	Matthew Haslam	Run Sandymoor	U20M	93	Richard Carmichael	North Endurance	O40M
19	Matt Dewhurst	Burden Road Runners	U40M	94	Shane Duffy	North Endurance	U40M
20	Neil Hennigan	Penny Lane Striders	O45M	95	Will Platts	Pensby Runners	U40M
21	Derri Henderson	Kirkby Milers	U20M	96	Daniel Mckevitt	Kirkby Milers	O40M
22	Johnny Boylan	North Endurance	O40M	97	Stephen Rooney	Liverpool RC	U40M
23	Fabian Devlin	North Endurance	U40M	98	John McLaren	Knowsley Harriers	O40M
24	Jay Hewitt	Billinge RC	U40M	99	Nick Morton	Kirkby Milers	U40M
25	Robbie Campbell	Widnes RC	O50M	100	Tony Hyland	Ellesmere Port RC	O55M
26	Matthew Jenson	Warrington RC	U30M	101	Peter Lee	Liverpool Running Bugs	O50M
27	Dave McDonough	Kirkby Milers	O50M	102	Patrick Corrigan	Pensby Runners	O60M
28	Adam Hampson	Widnes RC	U40M	103	Jim Dyson	Skem BH	O50M
29	Robert Chesters	Penny Lane Striders	U40M	104	James Stanley	Liverpool Running Bugs	O45M
30	Edwin Drost	Warrington RC	U40M	105	Jack Cotton	Penny Lane Striders	U30M
31	Lee Moore	Kirkby Milers	U40M	106	Matthew Scott	Cheshire Dragons	O50M
32	Luke Jones	Knowsley Harriers	U40M	107	Nick Taylor	Billinge RC	U40M
33	Ian Mayhew	Helsby RC	U40M	108	Dan Kidd	Billinge RC	U40M
34	Philip Johnson	Mersey Tri	U40M	109	Ian Hewitt	Liverpool Running Bugs	O45M
35	Christopher Gibbons	Mersey Tri	U40M	110	Steven Thompson	Run Sandymoor	U40M
36	Daniel Owens	North Endurance	U40M	111	Gary Tootle	Run Sandymoor	O45M
37	Luke Parker	Mersey Tri	U40M	112	Matt Dutton	Penny Lane Striders	O45M
38	Stuart Atkinson	Northwich RC	O45M	113	Colin Dobbs	Penny Lane Striders	O45M
39	Mark Hill	Ellesmere Port RC	O40M	114	Michael Scowcroft	Run Sandymoor	O45M
40	Chris Hatton	Lymm Runners	O45M	115	Paul Parker	Cheshire Dragons	O55M
41	Sam Williams	Mersey Tri	U20M	116	Ian Magill	Liverpool RC	O50M
42	Vincent Ly	Penny Lane Striders	U30M	117	Not Recorded	-	-
43	David Stoddern	Skem BH	U40M	118	Kevin Smith	Helsby RC	O45M
44	Louis Johnson	Mersey Tri	U30M	119	Gary Wilton	Kirkby Milers	O45M
45	Rob Tyson	Birkenhead	O40M	120	Mark Ingarfield	Kirkby Milers	O50M
46	Kevin Walker	Skem RC	O45M	121	Steven Hughes	Run Sandymoor	O40M
47	Francis Hourigan	Widnes RC	O45M	122	Chris Jackson	Warrington RR	O40M
48	Kevin Harrison	Kirkby Milers	O45M	123	Alan Lea	Helsby RC	O55M
49	David Fazakerley	Liverpool RC	U40M	124	Joshua Wood	Widnes RC	U30M
50	Paul Bradbury	Warrington RC	O45M	125	Peter Sutton	Southport Strollers	U40M
51	Michael Waring	Chester Tri	O55M	126	Barry Sharples	Billinge RC	O40M
52	Daniel Lightfoot	Cheshire Dragons	U40M	127	Mark Byrne	Warrington RR	O50M
53	Phil Rowen	Lymm Runners	O50M	128	Matty Johnson	Billinge RC	U30M
54	Connor Ohare	Mersey Tri	U30M	129	Philip Wood	Helsby RC	O40M
55	Phil Riding	Penny Lane Striders	O45M	130	Tony Jackson	Newburgh Nomads	O65M
56	David Knowles	Liverpool RC	U40M	131	Mark Riches	Astley & Tyldesley RR	O60M
57	Anthony McLoughlin	North Endurance	U40M	132	David Handley	Widnes RC	O45M
58	Paul Mainwaring	Warrington RR	U30M	133	Jim Dawson	Lymm Runners	O60M
59	Matt Fairhead	Wirral Vikings Trail	U40M	134	Neil Hughes	Astley & Tyldesley RR	O45M
60	Dean Evans	Liverpool Running Bugs	U20M	135	Steve Sherwen	Lymm Runners	O50M
61	Brad Stewart	Liverpool RC	U30M	136	Alan Wheelhouse	Warrington RR	O55M
62	Marko Turner	Skem RC	U40M	137	David Matthews	Kirkby Milers	O45M
63	David Lawton	Liverpool RC	O40M	138	Rigby Brikin	Skem BH	U40M
64	David Rea	Liverpool RC	U40M	139	Lee Rigby	Warrington RR	O45M
65	Sam Stephens	Lymm Runners	O40M	140	Simon Fennell	Northwich RC	-
66	Peter Murphy	Lymm Runners	O45M	141	Dave Lynch	St Helens Striders	O45M
67	Ralph Pawling	Pensby Runners	U40M	142	Mike Forber	St Helens Tri	O50M
68	Chris Ryan	Mersey Tri	O40M	143	Paul Gray	Penny Lane Striders	O55M
69	Bob Corinaldi	Cheshire Dragons	O55M	144	Steve Mather	RRAMS	O55M
70	Joe McCarthy	North Endurance	O50M	145	Keith Dunham	Pensby Runners	O45M
71	Jamie Munro	Newburgh Nomads	O50M	146	Gary English	Kirkby Milers	O60M
72	Adam Fitzsimmons	Kirkby Milers	U40M	147	Neil Jackson	RRAMS	-
73	Paul Riley	Penny Lane Striders	O50M	148	John Bennett	Mersey Tri	O50M
74	Sam Jackson	RRAMS	-	149	Rob Chalmers	Pensby Runners	O45M
75	James Marsh	Billinge RC	O40M	150	Kevin Gillibrand	Warrington RR	O55M

151	Neil Wong	Pensby Runners	O50M	207	Martin Darwin	Warrington RC	O55M
152	Graham Coupe	Wirral Vikings Trail	O50M	208	Richard Gregory	RRAMS	-
153	Jamie Porter	Warrington RR	O40M	209	Aaron Wilson	Liverpool RC	U40M
154	Graham Cushion	Kirkby Milers	O45M	210	Julian Spencer	Spectrum Striders	O60M
155	Michael O'Rourke	Penny Lane Striders	O40M	211	Thomas Humphries	Widnes RC	U40M
156	John Whitehead	Helsby RC	U40M	212	William Merritt	Knowsley Harriers	O60M
157	Nigel Grant	Penny Lane Striders	O60M	213	Sean Loughran	Kirkby Milers	O60M
158	Stewart Dwyer	Warrington RC	O60M	214	Stephen Riley	Helsby RC	O55M
159	Richard Shayle	Pensby Runners	O50M	215	Gary Hilton	Warrington Tri	O50M
160	Peter Lloyd	Lymm Runners	O60M	216	Ryder Barry	Skem BH	U40M
161	Keith Thomas	Burden Road Runners	O65M	217	Ian McNeill	Birkenhead	O65M
162	Gary Parker	Pensby Runners	U40M	218	Richard Millward	Billinge RC	O65M
163	Joel Barlow	Liverpool RC	U40M	219	John Herriott	St Helens Striders	O40M
164	Terry Lynch	Penny Lane Striders	O55M	220	Nathan Ashurst	Warrington RC	O40M
165	Tim Raynor	Liverpool Running Bugs	O60M	221	Lewis Ridley	North Endurance	U30M
166	Ian Davies	Birkenhead	O60M	222	Andy Waring	Birkenhead	O65M
167	Tony Holmes	Liverpool RC	O60M	223	Christopher Boydell	Liverpool Running Bugs	O45M
168	Chris Green	Helsby RC	U40M	224	Mark Scott	Liverpool RC	O55M
169	Paul Reilly	Pensby Runners	O45M	225	Paul Casey	Skem BH	O50M
170	Tom Carey	Helsby RC	O40M	226	Steve Pemberton	Penny Lane Striders	O65M
171	George Pierce	Liverpool RC	O55M	227	Paul Crosby (2 <sup>nd</sup> Claim)	Warrington RC	O60M
172	Paul Robertson	Pensby Runners	O60M	228	Joe McGlynn	Penny Lane Striders	O65M
173	Andrew Garnett	Spectrum Striders	O65M	229	Neil McPhee	Mersey Tri	O65M
174	Andrew Hastwell	Lymm Runners	O45M	230	Andrew Matherson	Billinge RC	U40M
175	Arran Roberts	Knowsley Harriers	U30M	231	Alan Spencer	Knowsley Harriers	O60M
176	Jon Reynolds	Liverpool RC	O50M	232	Paul Harbidge	North Endurance	O60M
177	Tyler Atack	St Helens Tri	U20M	233	Simon Twite	Run Sandymoor	O50M
178	Sean Newberry	Billinge RC	O50M	234	Ian Ainscough	Chester Tri	O65M
179	Robert Ladanowski	Widnes RC	O60M	235	Neil Jenkins	Chester Tri	O55M
180	Arvind Mahendran	Pensby Runners	U40M	236	Tommy Burke	Penny Lane Striders	O75M
181	Lewis Taylor	spectrum striders	U40M	237	Andrew Dowdeswell	Widnes RC	U40M
182	Paul Alexander	Pensby Runners	O65M	238	Joseph Kelly	Helsby RC	U40M
183	Colin Thomson	Birkenhead	O45M	239	Fred Duenbier	Newburgh Nomads	O65M
184	Iain Amison	Pensby Runners	O50M	240	Andrew Evans	Widnes RC	O55M
185	David Feakes	Helsby RC	O60M	241	Keith Hobson	Billinge RC	O65M
186	Neil Goulding	Skem BH	O50M	242	Mike Melia	Southport Strollers	O65M
187	Darren Morris	Northwich RC	O55M	243	Andy Vincent	Southport Strollers	O40M
188	Patrick Walters	Mersey Tri	O55M	244	Ian Trencher	Billinge RC	O45M
189	Steve Owen	Billinge RC	O45M	245	William Staniard	Warrington RC	O55M
190	Ranald Mackay	Spectrum Striders	O55M	246	Paul Roberts	Knowsley Harriers	O40M
191	Rob Lloyd	Widnes RC	O50M	247	Bill Miller	Billinge RC	O65M
192	Stephen McConville	Pensby Runners	O55M	248	Roy Rawlinson	Liverpool Running Bugs	O50M
193	Matt Whitfield	Ellesmere Port RC	O65M	249	Phil Thorpe	Liverpool Running Bugs	O65M
194	Matt Dodd	Southport Strollers	O50M	250	Robert Block	Run Sandymoor	O70M
195	James Vaile	Spectrum Striders	O45M	251	Bob Higham	Liverpool Running Bugs	U20M
196	Phil Dowd	Mersey Tri	O50M	252	Brad Ehlen	Northwich RC	O50M
197	Adam Staines	Skem RC	O55M	253	Mark O'Toole	Southport Strollers	O45M
198	Barry McDonnell	Birkenhead	U40M	254	Max Goodwin	Skem RC	U30M
199	Chris Mitchell	Southport Strollers	O50M	255	Lee Johnston	Southport Strollers	O50M
200	Adrian Pridgeon	Liverpool Running Bugs	O40M	256	Duncan Forsyth	Lymm Runners	O65M
201	Kieron Carr	Liverpool Running Bugs	O50M	257	Andrew Taujanskas	Southport Strollers	O65M
202	Alistair Raffel	Spectrum Striders	O65M	258	Joe Wilde	Run Sandymoor	O45M
203	Simon Clayton	Warrington Tri	O50M	259	David Barrow	Kirkby Milers	O65M
204	John Brown	Penny Lane Striders	O60M	260	Andrew Glen	Liverpool Running Bugs	O60M
205	Malcolm Teale	Southport Strollers	O65M	261	John Nolan	Pensby Runners	O60M
206	Like Davils	RRAMS	-	262	Mark Georgeson	Skem BH	O45M

## NOTE

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

## Ladies Results

1	Megan Ball	Liverpool RC	U30F	63	Madlen Farrar	North Endurance	U35F
2	Eabha Dempsey-Roberts	Penny Lane Striders	-	64	Vanessa Griffiths	Helsby RC	O55F
3	Marie Leahey	RRAMS	O40F	65	Kate Johnson	Spectrum Striders	O50F
4	Rachael Fairclough	St Helens Striders	U40F	66	Rachel Arnold	Helsby RC	O60F
5	Louisa Thompson	Cheshire Dragons	O40F	67	Clare Murphy	St Helens Striders	-
6	Katrina Corinaldi-Knott	Cheshire Dragons	U40F	68	Annmarie Riley	Penny Lane Striders	O50F
7	June Whitehead	Helsby RC	U40F	69	Sharon Galvin	Liverpool RC	O50F
8	Hayley Tyson	Penny Lane Striders	U30F	70	Rachel Hastwell	Lymm Runners	O40F
9	Laura Wright	RRAMS	U40F	71	Sarah Larkin	Helsby RC	O50F
10	Sara Miller	Billinge RC	U35F	72	Melanie Bradley	Northwich RC	O50F
11	Sharon Samson	Penny Lane Striders	O40F	73	Quin Davies	Parbold Pink Panthers	U30F
12	Laura Baynham-Hughes	Helsby RC	O45F	74	Claire Ellison	Spectrum Striders	U40F
13	Rebecca Sutton	North Endurance	U30F	75	Sue Heaps	St Helens Striders	O60F
14	Victoria Gilbody	Skem BH	U35F	76	Emma Holland	Billinge RC	U40F
15	Emily Gray	Penny Lane Striders	U30F	77	Anne Jenkins	Northwich RC	O50F
16	Jo Nemits	Warrington RR	O45F	78	Poppy Ingarfield	Kirkby Milers	U20F
17	Kerrie Greenall	North Endurance	U30F	79	Mel Holden	North Endurance	U35F
18	Rebecca Wadeson	Skem BH	O40F	80	Joanne Edwards	Cheshire Dragons	O60F
19	Jacqueline Jones	Warrington RC	O50F	81	Janet Walker	Skem RC	O45F
20	Hayley Fairclough	Penny Lane Striders	O40F	82	Nasra Deria	North Endurance	O45F
21	Sara Owczarczak-Garstecka	Mersey Tri	U40F	83	Cheryl Pace	Penny Lane Striders	O40F
22	Jennifer Harper	Liverpool Running Bugs	U40F	84	Debbie Read	Helsby RC	O65F
23	Emma Cadoux-Hudson	North Endurance	U30F	85	Eleanor Barlow	Liverpool RC	U40F
24	Hayley Smith	Billinge RC	U35F	86	Lisa Mackay	Spectrum Striders	O55F
25	Sarah Bradley	Penny Lane Striders	O40F	87	Helen Measures	Pensby Runners	O40F
26	Wendy Lee	Pensby Runners	O50F	88	Natasha Pearce	Mersey Tri	U30F
27	Sarah Jackson	Penny Lane Striders	O45F	89	Moyna O'Neil	Mersey Tri	O50F
28	Helen Lonsdale	Cheshire Dragons	O45F	90	Amanda Borthwick	Billinge RC	O50F
29	Emma Collings	St Helens Striders	O45F	91	Emma Cliffe	Lymm Runners	O50F
30	Gillian Verdin	Liverpool RC	U35F	92	Melanie Sayed	RRAMS	O45F
31	Nicolia Holloway	Southport Strollers	O50F	93	Gill Collen	Warrington RR	O65F
32	Emma Fraser	Run Sandymoor	O45F	94	Helen Caldwell	Spectrum Striders	O55F
33	Louise Jones	Run Sandymoor	U35F	95	Andrea Welsh	Skem BH	O45F
34	Gael Tavernier	Lymm Runners	O50F	96	Emma Stokes	Southport Strollers	O55F
35	Laura Owens	Liverpool RC	U40F	97	Lyons Nicola	Parbold Pink Panthers	O45F
36	Kate Richardson	Pensby Runners	O40F	98	Jacqueline Jones	Liverpool RC	O60F
37	Rachel Wilcock	St Helens Striders	U30F	99	Elaine Prescott	Billinge RC	O45F
38	Janet Robertson	Helsby RC	O55F	100	Michelle Donnelly	Southport Strollers	O50F
39	Rachel Smith	RRAMS	O40F	101	Sasha Ludlow	Southport Strollers	O40F
40	Georgia Trimnell	Liverpool Running Bugs	U20F	102	Sue Stewart (2 <sup>nd</sup> Claim)	Southport Strollers	O75F
41	Jennifer Harvey	Skem RC	U35F	103	Ruth Hewitt	Liverpool Running Bugs	O45F
42	Jody Beech	Ellesmere Port RC	U40F	104	Kerry Trimnell	Liverpool Running Bugs	O45F
43	Gemma Kelly	Chester Tri	U40F	105	Ursula Harrison	Spectrum Striders	U40F
44	Alex Royden	Pensby Runners	U35F	106	Nicola Stanley	Southport Strollers	O50F
45	Lisa Webb	Widnes RC	O45F	107	Linda Jones (2 <sup>nd</sup> Claim)	Warrington RC	O55F
46	Gillian Plant	Warrington RC	O60F	108	Pauline Foster	Billinge RC	O60F
47	Lauren Barlow	Billinge RC	U35F	109	Bethany Forber	St Helens Tri	U30F
48	Lisa Meadows	Cheshire Dragons	O50F	110	Wendy Osborne	Penny Lane Striders	O45F
49	Myka Heard	Penny Lane Striders	O55F	111	Hayley Hourigan	Widnes RC	O45F
50	Dawn Fairclough	Penny Lane Striders	O40F	112	Karen Houldsworth	Southport Strollers	O55F
51	Rosemary Symms	Chester Tri	O65F	113	Christine Bonnar	Widnes RC	O70F
52	Laura Owen	Warrington RC	U40F	114	Rita Mistry	Pensby Runners	O50F
53	Kathryn Schofield	Helsby RC	U30F	115	Lou McCall	Parbold Pink Panthers	O55F
54	Tarja Barnes	Warrington RR	O50F	116	Elaine Baker	St Helens Striders	O55F
55	Claudia Pagoulatou	Pensby Runners	O50F	117	Alison Langton	Run Sandymoor	O40F
56	Amanda Craven	Mersey Tri	O50F	118	Adele McNamara	Southport Strollers	O45F
57	Michelle Stephens	St Helens Striders	O55F	119	Laura Halton	Southport Strollers	O40F
58	Suzy Wild	Spectrum Striders	O45F	120	Janet Swain	Southport Strollers	O55F
59	Alison Morgan	Warrington RR	O45F	121	Claire Dumbell	Liverpool Running Bugs	O45F
60	Elaine Laycock	Liverpool RC	O55F	122	Tracey Carr	Liverpool Running Bugs	O55F
61	Clare Firth	St Helens Tri	O45F	123	Catherine Dodd	Run Sandymoor	O45F
62	Lisa Cusack	Penny Lane Striders	O50F				

## Team Results

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

Pos	Team	Score	Points
1	Penny Lane Striders 'A'	58	38
2	Kirkby Milers 'A'	145	37
3	North Endurance 'A'	216	36
4	Mersey Tri 'A'	225	35
5	Cheshire Dragons 'A'	290	34
6	Liverpool RC 'A'	300	33
7	Widnes RC 'A'	443	32
8	Lymm Runners 'A'	446	31
9	Run Sandymoor 'A'	451	30
10=	Warrington RC 'A'	562	29
10=	Pensby Runners 'A'	562	29
12	Billinge RC 'A'	568	27
13	Helsby RC 'A'	727	26
14	Warrington RR 'A'	732	25
15	Liverpool Running Bugs 'A'	739	24
16	Skem BH 'A'	911	23
17	Knowsley Harriers 'A'	994	22
18	Birkenhead 'A'	1031	21
19	Spectrum Striders 'A'	1151	20
20	Southport Strollers 'A'	1208	19
21	Burnden Road Runners 'A'	707 (Only 5 ran)	18
22	RRAMS 'A'	1051 (Only 5 ran)	17
23	Skem RC 'A'	1103 (Only 4 ran)	16
24	Northwich RC 'A'	1161 (Only 4 ran)	15
25	Ellesmere Port RC 'A'	1148 (Only 3 ran)	14
26	Astley & Tyldesley RR 'A'	1171 (Only 3 ran)	13
27	St Helens Striders 'A'	1255 (Only 3 ran)	12
28	Newburgh Nomads 'A'	1256 (Only 3 ran)	11
29	Chester Tri 'A'	1336 (Only 3 ran)	10
30	Wirral Vikings Trail 'A'	1299 (Only 2 ran)	9
31	St Helens Tri 'A'	1407 (Only 2 ran)	8
32	Warrington Tri 'A'	1506 (Only 2 ran)	7
33	UTS RC 'A'	No Team	-
33	Delamere Spartans 'A'	No Team	-
33	Marsh Lane Harriers 'A'	No Team	-
33	Parbold Pink Panthers 'A'	No Team	-
33	Rimrose Valley 'A'	No Team	-
33	Widnes Wasps 'A'	No Team	-

## Ladies 'A' Teams (3 Runners)

Pos	Team	Score	Points
1	Penny Lane Striders 'A'	21	38
2	Cheshire Dragons 'A'	39	37
3	RRAMS 'A'	51	36
4	Helsby RC 'A'	57	35
5	Liverpool RC 'A'	66	34
6	St Helens Striders 'A'	70	33
7	Pensby Runners 'A'	106	32
8	Billinge RC 'A'	110	31
9	North Endurance 'A'	112	30
10	Warrington RC 'A'	117	29
11	Skem BH 'A'	127	28
12	Warrington RR 'A'	129	27
13=	Mersey Tri 'A'	165	26
13=	Liverpool Running Bugs 'A'	165	26
15	Run Sandymoor 'A'	182	24
16	Lymm Runners 'A'	195	23
17	Spectrum Striders 'A'	197	22
18	Southport Strollers 'A'	227	21
19	Widnes RC 'A'	269	20
20	Parbold Pink Panthers 'A'	285	19
21	Chester Tri 'A'	227 (only 2 ran)	18
22	Skem RC 'A'	255 (only 2 ran)	17
23	Northwich RC 'A'	282 (only 2 ran)	16
24	St Helens Tri 'A'	303 (only 2 ran)	15
25	Ellesmere Port RC 'A'	308 (only 1 ran)	14
26	Kirkby Milers 'A'	344 (only 1 ran)	13
27	UTS RC 'A'	No Team	-
28	Knowsley Harriers 'A'	No Team	-
29	Wirral Vikings Trail 'A'	No Team	-
30	Burnden Road Runners 'A'	No Team	-
31	Birkenhead 'A'	No Team	-
32	Newburgh Nomads 'A'	No Team	-
33	Marsh Lane Harriers 'A'	No Team	-
34	Delamere Spartans 'A'	No Team	-
35	Rimrose Valley 'A'	No Team	-
36	Astley & Tyldesley RR 'A'	No Team	-
37	Warrington Tri 'A'	No Team	-
38	Widnes Wasps '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	Penny Lane Striders 'A'	38	38				76
2	Kirkby Milers 'A'	37	37				74
3	Mersey Tri 'A'	36	35				71
4=	Liverpool RC 'A'	35	33				68
4=	North Endurance 'A'	32	36				68
6	Widnes RC 'A'	33	32				65
7=	Cheshire Dragons 'A'	30	34				64
7=	Run Sandymoor 'A'	34	30				64
9	Warrington RC 'A'	31	29				60
10	Lymm Runners 'A'	28	31				59
11	Pensby Runners 'A'	27	29				56
12	Helsby RC 'A'	26	26				52
14=	Billinge RC 'A'	21	27				48
14=	Knowsley Harriers 'A'	25	22				47
14=	Liverpool Running Bugs 'A'	23	24				47
14=	Skem BH 'A'	24	23				47
14=	Warrington RR 'A'	22	25				47
18	St Helens Striders 'A'	29	12				41
19	Southport Strollers 'A'	18	19				37
20=	RRAMS 'A'	19	17				36
20=	Spectrum Striders 'A'	16	20				36
22	Northwich RC 'A'	20	15				35
23	Birkenhead 'A'	12	21				33
24	Burnden Road Runners 'A'	13	18				31
25	Astley & Tyldesley RR 'A'	15	13				28
26	Skem RC 'A'	11	16				27
27	Wirral Vikings Trail 'A'	14	9				23
28=	Ellesmere Port RC 'A'	7	14				21
28=	Newburgh Nomads 'A'	10	11				21
30	Chester Tri 'A'	9	10				19
31	UTS RC 'A'	17	NT				17
32	St Helens Tri 'A'	8	8				16
33	Warrington Tri 'A'	NT	7				7
-	Delamere Spartans 'A'	NT	NT				-
-	Marsh Lane Harriers 'A'	NT	NT				-
-	Parbold Pink Panthers 'A'	NT	NT				-
-	Rimrose Valley 'A'	NT	NT				-
-	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'	38	37				75
1=	Penny Lane Striders 'A'	37	38				75
3=	Liverpool RC 'A'	35	34				69
3=	St Helens Striders 'A'	36	33				69
5=	Pensby Runners 'A'	31	32				63
5=	RRAMS 'A'	27	36				63
7	North Endurance 'A'	32	30				62
8=	Helsby RC 'A'	25	35				60
8=	Mersey Tri 'A'	34	26				60
10	Warrington RC 'A'	29	29				58
11	Lymm Runners 'A'	33	23				56
12	Liverpool Running Bugs 'A'	28	26				54
13	Warrington RR 'A'	22	27				49
14=	Chester Tri 'A'	30	18				48
14=	Run Sandymoor 'A'	24	24				48
16	Widnes RC 'A'	26	20				46
17	Billinge RC 'A'	14	31				45
18	Skem BH 'A'	15	28				43
19	Spectrum Striders 'A'	20	22				42
20=	Skem RC 'A'	21	17				38
20=	Southport Strollers 'A'	17	21				38
22	Northwich RC 'A'	18	16				34
23	Kirkby Milers 'A'	16	13				29
24	St Helens Tri 'A'	11	15				26
25	UTS RC 'A'	23	NT				23
26=	Knowsley Harriers 'A'	19	NT				19
26=	Parbold Pink Panthers 'A'	NT	19				19
28	Ellesmere Port RC 'A'	NT	14				14
29	Wirral Vikings Trail 'A'	13	NT				13
30	Burnden Road Runners 'A'	12	NT				12
-	Astley & Tyldesley RR 'A'	NT	NT				-
-	Birkenhead 'A'	NT	NT				-
-	Delamere Spartans 'A'	NT	NT				-
-	Marsh Lane Harriers 'A'	NT	NT				-
-	Newburgh Nomads 'A'	NT	NT				-
-	Rimrose Valley 'A'	NT	NT				-
-	Warrington Tri 'A'	NT	NT				-

(NT= No Team)