

## North West XC – Race 3 – Arrowe Park – 17 December 2023 – 4.85M

### Mens Results

1	Oliver Chadwick	Pensby Runners (2 <sup>nd</sup> Claim)	U30M	78	Daniel Cheatham	St Helens Striders	O40M
2	Stephen Watkin	Penny Lane Striders	O40M	79	Alfie Crockett	Spectrum Striders	U40M
3	Nick Peterson	Penny Lane Striders	U40M	80	Robert Hough	Spectrum Striders	O50M
4	Lee Stedman	Mersey Tri	U40M	81	Owen Barden	Mersey Tri	O50M
5	Jamie Rutherford	Liverpool RC	U40M	82	Luke Curtis	Penny Lane Striders	O40M
6	Liam Brown	Kirkby Milers	U40M	83	Chris Gorman	Lymm Runners	U40M
7	Ben Taylor	Pensby Runners	U40M	84	Andrew Mowatt	Skem BH	O45M
8	Alex Cowin	Penny Lane Striders	O40M	85	Matt Dutton	Penny Lane Striders	O45M
9	Mark Ward	Cheshire Dragons	O40M	86	Jake Owens	UTS RC	U30M
10	John Myers	Run Sandymoor	O45M	87	Gary Tootle	Run Sandymoor	O45M
11	Paul Martin	North Endurance	U40M	88	Chris Jackson	Warrington RR	O40M
12	Elliot Kerins	Penny Lane Striders	U40M	89	Eddie Austin	Chester Tri	O60M
13	Mike Fryer	Helsby RC	U40M	90	Neil Beckett	UTS RC	O45M
14	David Willshire	Penny Lane Striders	O40M	91	Matthew Scott	Cheshire Dragons	O50M
15	Louis Johnson	Mersey Tri	U30M	92	Eddie Roche	Pensby Runners	O45M
16	Ian Mayhew	Helsby RC	U40M	93	John McLaren	Knowsley Harriers	O40M
17	David Fazakerley	Liverpool RC	U40M	94	Xander Heaton	Kirkby Milers	U20M
18	Jure Cebasek	Penny Lane Striders	U40M	95	Thomas Wright	Kirkby Milers	U40M
19	Robert Eagles	Penny Lane Striders	U40M	96	Tony Hyland	Ellesmere Port RC	O55M
20	Lawrence Eccles	Penny Lane Striders	O40M	97	Michael Scowcroft	Run Sandymoor	O45M
21	Finlay McCance	Mersey Tri	U30M	98	Paul Johnstone	Mersey Tri (2 <sup>nd</sup> Claim)	O45M
22	Alex Rigby	Liverpool RC	U40M	99	Patrick Corrigan	Pensby Runners	O60M
23	Edwin Drost	Warrington RC	U40M	100	Kevin Smallwood	Helsby RC	O50M
24	Robert Chesters	Penny Lane Striders	U40M	101	Dave Lynch	St Helens Striders	O45M
25	Luke Jones	Knowsley Harriers	U40M	102	Mark Ingarfield	Kirkby Milers	O50M
26	Dave McDonough	Kirkby Milers	O50M	103	James Stanley	Liverpool Running Bugs	O45M
27	Mark Hill	Ellesmere Port RC	O40M	104	Jim Dawson	Lymm Runners	O60M
28	David Knowles	Liverpool RC	U40M	105	Alan Lea	Helsby RC	O55M
29	Chris Hatton	Lymm Runners	O45M	106	Joshua Wood	Widnes RC	U30M
30	Mark Smith	Pensby Runners	O50M	107	Jay Johnson	Kirkby Milers	U40M
31	Phil Rowen	Lymm Runners	O50M	108	Mike Forber	St Helens Tri	O50M
32	Phil Riding	Penny Lane Striders	O45M	109	Steven Hughes	Run Sandymoor	O40M
33	Luca Dunning	Mersey Tri	U40M	110	Jonathon Knowles	Astley & Tyldesley RR	O50M
34	Fabian Devlin	North Endurance	U40M	111	Graham Coupe	Wirral Vikings Trail	O50M
35	Jon Wells	UTS RC	O45M	112	Jamie Porter	Warrington RR	O40M
36	Jonathan Hock	Lymm Runners	O45M	113	Alistair Patrick	Mersey Tri	O40M
37	David Hinde	Chester Tri	O45M	114	Philip Wood	Helsby RC	O40M
38	Michael Waring	Chester Tri	O55M	115	Gary English	Kirkby Milers	O60M
39	Connor Ohare	Mersey Tri	U30M	116	Kenichi Okamoto	Mersey Tri	O45M
40	Richard Pickering	Pensby Runners	O40M	117	Steve Mather	RRAMS	O55M
41	David Lawton	Liverpool RC	O40M	118	Keith Dunham	Pensby Runners	O45M
42	Thomas Store	Lymm Runners	O50M	119	Neil Wong	Pensby Runners	O50M
43	Vincent Ly	Penny Lane Striders	U30M	120	Neil Gooding	Pensby Runners	O50M
44	Jack Kenwright	Run Sandymoor	U40M	121	Peter Sutton	Southport Strollers	U40M
45	Phillip Derry	Skem BH	O45M	122	Andrew Trimmell	Liverpool Running Bugs	O45M
46	Rob Tyson	Birkenhead	O40M	123	Jose Birch	Warrington RC	O45M
47	John Gilbert	Knowsley Harriers	U40M	124	Jose Perez	Lymm Runners	O50M
48	Tom Armstrong	Cheshire Dragons	O45M	125	Derek Gibbon	Chester Tri	O55M
49	Scott Hambleton	Penny Lane Striders	O45M	126	Andrew Mcglone	Kirkby Milers	U40M
50	Philip Negus	Cheshire Dragons	O45M	127	Richard Latten	UTS RC	O45M
51	David Rea	Liverpool RC	U40M	128	John Bennett	Mersey Tri	O50M
52	Barry Godwin	Mersey Tri	O60M	129	Alan Wheelhouse	Warrington RR	O55M
53	Stephen Tomlinson	Knowsley Harriers	U40M	130	Paul Cheatham	Skem BH	O50M
54	Michael O'Rourke	Penny Lane Striders	O40M	131	Ian Atkinson	Chester Tri	O60M
55	James Hendry	Liverpool RC	U40M	132	Graham Cushion	Kirkby Milers	O45M
56	Ian Hewitt	Liverpool Running Bugs	O45M	133	Matt Routledge	UTS RC	O50M
57	Daniel Waller	Mersey Tri	U40M	134	Lee Rigby	Warrington RR	O45M
58	George Clarke	Cheshire Dragons	U40M	135	Colin Gill	Lymm Runners	O50M
59	Steven Thompson	Run Sandymoor	U40M	136	Simon Wilson	UTS RC	O40M
60	Michael Campbell	Widnes RC	O40M	137	Chris Green	Helsby RC	U40M
61	Peter Murphy	Lymm Runners	O45M	138	Chris Davies	Pensby Runners	O50M
62	Paul Riley	Penny Lane Striders	O50M	139	Gary Parker	Pensby Runners	U40M
63	Matthew Jenson	Warrington RC	U30M	140	Terry Lynch	Penny Lane Striders	O55M
64	Ralph Pawling	Pensby Runners	U40M	141	Steve Entwistle	Wirral Vikings Trail	O60M
65	Gary Wilton	Kirkby Milers	O45M	142	Rob Chalmers	Pensby Runners	O45M
66	Warren McNally	Pensby Runners	O45M	143	David Handley	Widnes RC	O45M
67	Joe McCarthy	North Endurance	O50M	144	Neil Hughes	Astley & Tyldesley RR	O45M
68	Jon Cole	Ellesmere Port RC	O45M	145	Tony Holmes	Liverpool RC	O60M
69	George Aylward	Penny Lane Striders	U40M	146	Mark Baker	Warrington Tri	O50M
70	Julien Tour	Penny Lane Striders	O40M	147	Paul Busow	Widnes RC	O50M
71	Philip Taylor	Knowsley Harriers	U40M	148	Robert Ladanowski	Widnes RC	O60M
72	David Edwards	Kirkby Milers	O60M	149	Carl Yu	Liverpool RC	O45M
73	Kevin Dunbar	St Helens Tri	O45M	150	Jon Reynolds	Liverpool RC	O50M
74	Matt Sanderson	Warrington RC	O50M	151	Arvind Mahendran	Pensby Runners	U40M
75	David Green	Pensby Runners	O40M	152	Kevin Gillibrand	Warrington RR	O55M
76	Matthew Parmenter	St Helens Striders	O45M	153	Richard Heaton	Warrington RC	O40M
77	Will Platts	Pensby Runners	U40M	154	Jake Thomson	Pensby Runners	O45M

155	Joe Dempsey	spectrum striders	U40M	192	Malcolm Teale	Southport Strollers	O65M
156	Colin Thomson	Birkenhead	O45M	193	Chris Mitchell	Southport Strollers	O50M
157	Ian Davies	Birkenhead	O60M	194	Andrew Dowdeswell	Widnes RC	U40M
158	Jeff Adams	Pensby Runners	O65M	195	Ian McNeill	Birkenhead	O65M
159	Graham Driver	Spectrum Striders	O55M	196	Darren Morris	Northwich RC	O55M
160	Pete Cushion	Wirral Vikings Trail	O50M	197	Philip Stanley	UTS RC	O60M
161	Andrew Hastwell	Lymm Runners	O45M	198	Joseph Muscat	Warrington RR	O45M
162	Michael Connor	Penny Lane Striders	O55M	199	Gary Johnstone	Pensby Runners	O60M
163	Andrew Garnett	Spectrum Striders	O65M	200	Andy Waring	Birkenhead	O65M
164	Paul Alexander	Pensby Runners	O65M	201	Julian Spencer	Spectrum Striders	O60M
165	Charlie Singleton	Run Sandymoor	O45M	202	Sean Loughran	Kirkby Milers	O60M
166	Tom Patton	Liverpool Running Bugs	U30M	203	Steve Pemberton	Penny Lane Striders	O65M
167	Joshua Hughes	Knowsley Harriers	U30M	204	George Howells	Mersey Tri	O50M
168	Barry McDonnell	Birkenhead	U40M	205	Thomas Humphries	Widnes RC	U40M
169	Tom Carey	Helsby RC	O40M	206	John Houghton	Run Sandymoor	O60M
170	John Suckley	Pensby Runners	O65M	207	Stephen McConville	Pensby Runners	O55M
171	Iain Amison	Pensby Runners	O50M	208	Paul Clarke	North Endurance	O50M
172	George Pierce	Liverpool RC	O55M	209	Martin Wright	Warrington Tri	O50M
173	Martin Catterall	Warrington RR	O45M	210	Colin Lamprey	Pensby Runners	O60M
174	Matthew Van_Miert	Pensby Runners	O60M	211	Brad Ehlen	Northwich RC	O50M
175	Geoff Hand	Spectrum Striders	O65M	212	Chris Morgan	Helsby RC	O70M
176	Nick Paul	Skem BH	O60M	213	Paul Wilson	Widnes RC	O60M
177	Adrian Goulding	Skem BH	O45M	214	Greg Stephens	Widnes RC	O45M
178	Shaun Geoghan	Liverpool Running Bugs	O55M	215	Duncan Forsyth	Lymm Runners	O65M
179	Michael Smith	Lymm Runners	O55M	216	Andrew Glen	Liverpool Running Bugs	O60M
180	Ian Fitzpatrick	Chester Tri	O60M	217	Michael Devereux	Penny Lane Striders	O70M
181	Simon Stockman	Warrington RR	O55M	218	Chris Edson	Lymm Runners	O50M
182	Michael Pink	UTS RC	O60M	219	Lee Johnston	Southport Strollers	O50M
183	Gary Hilton	Warrington Tri	O50M	220	Martin Hirrell	Penny Lane Striders	O55M
184	Trevor Fisher	Pensby Runners	U40M	221	David McGowan	Spectrum Striders	O55M
185	Rob Lloyd	Widnes RC	O50M	222	Martyn Hughes	Liverpool RC	O50M
186	Aaron Wilson	Liverpool RC	U40M	223	John Nolan	Pensby Runners	O60M
187	Matt Dodd	Southport Strollers	O50M	224	Joe Wilde	Run Sandymoor	O45M
188	Alistair Raffel	Spectrum Striders	O65M	225	Andrew Taujanskas	Southport Strollers	O65M
189	Peter Movable	St Helens Striders	O60M	226	Peter Stokes	Southport Strollers	O60M
190	John Brown	Penny Lane Striders	O60M	227	Ian Chalmers	Pensby Runners	O75M
191	Andrew Loftus	UTS RC	U40M	228	Andrew Dobson	Warrington RC (2 <sup>nd</sup> Claim)	O60M

## Ladies Results

1	Joanna Marsden	Cheshire Dragons	O40F	33	Emma Fraser	Run Sandymoor	O45F
2	Megan Ball	Liverpool RC	U30F	34	Kathryn Bradley	Penny Lane Striders	U35F
3	Eabha Dempsey-Roberts	Penny Lane Striders	U30F	35	Jordan Foster	UTS RC	U35F
4	Amie Bagnall	Cheshire Dragons	U30F	36	Gael Tavernier	Lymm Runners	O50F
5	Louise Whittaker	Cheshire Dragons	O40F	37	Helen Lonsdale	Cheshire Dragons	O45F
6	Marie Leahey	RRAMS	O40F	38	Alex Royden	Pensby Runners	U35F
7	Maria Cook	Skem BH	O45F	39	Kate Richardson	Pensby Runners	O40F
8	Helen Smith	Chester Tri (2 <sup>nd</sup> Claim)	O50F	40	Emily Mills	UTS RC	U40F
9	Rachael Fairclough	St Helens Striders	U40F	41	Sarah Jackson	Penny Lane Striders	O45F
10	Evie Smith	Pensby Runners (2 <sup>nd</sup> Claim)	U20F	42	Ali Lewis	Pensby Runners	O50F
11	Sarah Smith	Pensby Runners (2 <sup>nd</sup> Claim)	U20F	43	Elaine Laycock	Liverpool RC	O55F
12	Katrina Corinaldi-Knott	Cheshire Dragons	U40F	44	Anna Parsons	Cheshire Dragons	O50F
13	Sharon Samson	Penny Lane Striders	O40F	45	Tracy Dover	Cheshire Dragons	O60F
14	Kylie Barlow	St Helens Striders	U40F	46	Louise Jones	Run Sandymoor	U35F
15	Laura Baynham-Hughes	Helsby RC	O45F	47	Jody Beech	Ellesmere Port RC	U40F
16	Eleanor Perkins	Chester Tri	U35F	48	Lisa Webb	Widnes RC	O45F
17	Liz Turner	Penny Lane Striders	O45F	49	Louisa Mogg	Run Sandymoor	U35F
18	Sara Avery	Cheshire Dragons	O55F	50	Emma Collings	St Helens Striders	O45F
19	Jo Nemits	Warrington RR	O45F	51	Tarja Barnes	Warrington RR	O50F
20	Victoria Gilbody	Skem BH	U35F	52	Vanessa Griffiths	Helsby RC	O55F
21	Rebecca Burke	Liverpool RC	U30F	53	Myka Heard	Penny Lane Striders	O55F
22	Courtney Burrell	North Endurance	U30F	54	Gillian Plant	Warrington RC	O60F
23	Lenka Vidamour	Penny Lane Striders	O40F	55	Clare Firth	St Helens Tri	O45F
24	Jacqueline Jones	Warrington RC	O50F	56	Claudia Pagoulatou	Pensby Runners	O50F
25	Hayley Fairclough	Penny Lane Striders	O40F	57	Claire Skea	Liverpool Running Bugs	U35F
26	Jennifer Harper	Liverpool Running Bugs	U40F	58	Sarah Robson	Mersey Tri	O50F
27	Kirsty Seddon	Chester Tri	O40F	59	Katherine Rigby	Chester Tri	U30F
28	Jenny Barker	Ellesmere Port RC	O40F	60	Alison Morgan	Warrington RR	O45F
29	Germaine Holmes	Lymm Runners	O50F	61	Kirstie McCaffrey	St Helens Striders	U40F
30	Georgia Trimmell	Liverpool Running Bugs	U20F	62	Charlotte Dobson	Warrington RC (2 <sup>nd</sup> Claim)	U30F
31	Wendy Lee	Pensby Runners	O50F	63	Rosemary Symms	Chester Tri	O65F
32	Sara Owczarczak-Garstecka	Mersey Tri	U40F	64	Poppy Ingarfield	Kirkby Milers	U20F

65	Sarah Larkin	Helsby RC	O50F	93	Helen Caldwell	Spectrum Striders	O55F
66	Laura Owen	Warrington RC	U40F	94	Sue Ennis	Mersey Tri	O55F
67	Lisa Cusack	Penny Lane Striders	O50F	95	Ursula Harrison	Spectrum Striders	U40F
68	Alison Macdonald	UTS RC	O55F	96	Susan Maire	Pensby Runners	O55F
69	Annmarie Riley	Penny Lane Striders	O50F	97	Bethany Forber	St Helens Tri	U30F
70	Suzy Wild	Spectrum Striders	O45F	98	Emma Stokes	Southport Strollers	O55F
71	Joanne Edwards	Cheshire Dragons	O60F	99	Carole Morrison	Pensby Runners	O60F
72	Susie Woodward-Moor	Helsby RC	O55F	100	Carolyn Smith	Lymm Runners	O55F
73	Rachel Arnold	Helsby RC	O60F	101	Lyn Ebbrell	Birkenhead	O60F
74	Ruth Hewitt	Liverpool Running Bugs	O45F	102	Wendy Osborne	Penny Lane Striders	O45F
75	Faith Roberts	Warrington RC (2 <sup>nd</sup> Claim)	U30F	103	Jacqueline Jones	Liverpool RC	O60F
76	Sharon Galvin	Liverpool RC	O50F	104	Sasha Ludlow	Southport Strollers	O40F
77	Sue Heaps	St Helens Striders	O60F	105	Sue Stewart	Southport Strollers (2 <sup>nd</sup> Claim)	O75F
78	Deborah Hepple	Southport Strollers	O55F	106	Nicola Stanley	Southport Strollers	O50F
79	Helen Measures	Pensby Runners	O40F	107	Susan Davies	Pensby Runners	O60F
80	Anne Jenkins	Northwich RC	O50F	108	Usha Lad	Warrington RR	O55F
81	Moyna O'Neil	Mersey Tri	O50F	109	Hayley Hourigan	Widnes RC	O45F
82	Eleanor Barlow	Liverpool RC	U40F	110	Jessica Messenger	Northwich RC	O45F
83	Debbie Read	Helsby RC	O65F	111	Ria Wilton	Kirkby Milers	U30F
84	Kate Johnson	Spectrum Striders	O50F	112	Joanne Edwards	Penny Lane Striders	O50F
85	Michele Hardwick	Helsby RC	O45F	113	Elaine Baker	St Helens Striders	O55F
86	Menna Goodwin	Warrington RC	O50F	114	Gail Fairclough	Liverpool RC	O65F
87	Polly Safarova	Pensby Runners	U30F	115	Janet Swain	Southport Strollers	O55F
88	Melanie Sayed	RRAMS	O45F	116	Helen Walker	Southport Strollers	O60F
89	Kate Grimoldby	spectrum striders	U40F	117	Catherine Dodd	Run Sandymoor	O45F
90	Alison Williams	Helsby RC	O50F	118	Olive Hall	Run Sandymoor	O55F
91	Michelle Donnelly	Southport Strollers	O50F				
92	Karen Bannon	Run Sandymoor	O45F				

## Team Results

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

Pos	Team	Score	Points
1	<b>Penny Lane Striders 'A'</b>	57	38
2=	<b>Mersey Tri 'A'</b>	164	37
2=	<b>Liverpool RC 'A'</b>	164	37
4=	<b>Lymm Runners 'A'</b>	282	35
4=	<b>Pensby Runners 'A'</b>	282	35
6	<b>Kirkby Milers 'A'</b>	358	33
7	<b>Run Sandymoor 'A'</b>	406	32
8	<b>Knowsley Harriers 'A'</b>	456	31
9	<b>Helsby RC 'A'</b>	485	30
10	<b>Chester Tri 'A'</b>	600	29
11	<b>UTS RC 'A'</b>	607	28
12	<b>Warrington RR 'A'</b>	788	27
13	<b>Widnes RC 'A'</b>	789	26
14	<b>Spectrum Striders 'A'</b>	811	25
15	<b>Liverpool Running Bugs 'A'</b>	841	24
16	<b>Birkenhead 'A'</b>	922	23
17	<b>Southport Strollers 'A'</b>	1137	22
18	<b>Cheshire Dragons 'A'</b>	494 (only 5 ran)	21
19	<b>Warrington RC 'A'</b>	674 (only 5 ran)	20
20	<b>Skem BH 'A'</b>	850 (only 5 ran)	19
21	<b>North Endurance 'A'</b>	796 (only 4 ran)	18
22	<b>St Helens Striders 'A'</b>	920 (only 4 ran)	17
23	<b>Ellesmere Port RC 'A'</b>	905 (only 3 ran)	16
24	<b>Wirral Vikings Trail 'A'</b>	1126 (only 3 ran)	15
25	<b>Warrington Tri 'A'</b>	1252 (only 3 ran)	14
26	<b>St Helens Tri 'A'</b>	1133 (only 2 ran)	13
27	<b>Astley &amp; Tyldesley RR 'A'</b>	1206 (only 2 ran)	12
28	<b>Northwich RC 'A'</b>	1359 (only 2 ran)	11
29	<b>RRAMS 'A'</b>	1307 (only 1 ran)	10
-	<b>Billinge RC 'A'</b>	No Team	-
-	<b>Burnden Road Runners 'A'</b>	No Team	-
-	<b>Skem RC 'A'</b>	No Team	-
-	<b>Newburgh Nomads 'A'</b>	No Team	-
-	<b>Delamere Spartans 'A'</b>	No Team	-
-	<b>Marsh Lane Harriers 'A'</b>	No Team	-
-	<b>Parbold Pink Panthers 'A'</b>	No Team	-
-	<b>Rimrose Valley 'A'</b>	No Team	-
-	<b>Widnes Wasps 'A'</b>	No Team	-

## Ladies 'A' Teams (3 Runners)

Pos	Team	Score	Points
1	Cheshire Dragons 'A'	10	38
2	Penny Lane Striders 'A'	33	37
3	Liverpool RC 'A'	66	36
4	St Helens Striders 'A'	73	35
5	Chester Tri 'A'	102	34
6	Pensby Runners 'A'	108	33
7	Liverpool Running Bugs 'A'	113	32
8	Run Sandymoor 'A'	128	31
9	Warrington RR 'A'	130	30
10	Helsby RC 'A'	132	29
11	UTS RC 'A'	143	28
12	Warrington RC 'A'	144	27
13	Lymm Runners 'A'	165	26
14	Mersey Tri 'A'	171	25
15	Spectrum Striders 'A'	243	24
16	Southport Strollers 'A'	267	23
17	Skem BH 'A'	155 (only 2 ran)	22
18	Ellesmere Port RC 'A'	203 (only 2 ran)	21
19	RRAMS 'A'	222 (only 2 ran)	20
20	St Helens Tri 'A'	280 (only 2 ran)	19
21	Widnes RC 'A'	285 (only 2 ran)	18
22	Kirkby Milers 'A'	303 (only 2 ran)	17
23	Northwich RC 'A'	318 (only 2 ran)	16
24	North Endurance 'A'	278 (only 1 ran)	15
25	Birkenhead 'A'	357 (only 1 ran)	14
-	Billinge RC 'A'	No Team	-
-	Parbold Pink Panthers 'A'	No Team	-
-	Skem RC 'A'	No Team	-
-	Knowsley Harriers 'A'	No Team	-
-	Wirral Vikings Trail 'A'	No Team	-
-	Burnden Road Runners 'A'	No Team	-
-	Newburgh Nomads 'A'	No Team	-
-	Marsh Lane Harriers 'A'	No Team	-
-	Delamere Spartans 'A'	No Team	-
-	Rimrose Valley 'A'	No Team	-
-	Astley & Tyldesley RR 'A'	No Team	-
-	Warrington Tri 'A'	No Team	-
-	Widnes Wasps 'A'	No Team	-

## Current Positions

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

Pos	Team	Race 1	Race 2	Race 3	Total
1	Penny Lane Striders 'A'	38	38	38	114
2	Mersey Tri 'A'	36	35	37	108
3	Kirkby Milers 'A'	37	37	33	107
4	Liverpool RC 'A'	35	33	37	105
5	Run Sandymoor 'A'	34	30	32	96
6	Lymm Runners 'A'	28	31	35	94
7=	Widnes RC 'A'	33	32	26	91
7=	Pensby Runners 'A'	27	29	35	91
9	North Endurance 'A'	32	36	18	86
10	Cheshire Dragons 'A'	30	34	21	85
11	Helsby RC 'A'	26	26	30	82
12	Warrington RC 'A'	31	29	20	80
13	Knowsley Harriers 'A'	25	22	31	78
14	Warrington RR 'A'	22	25	27	74
15	Liverpool Running Bugs 'A'	23	24	24	71
16	Skem BH 'A'	24	23	19	66
17	Spectrum Striders 'A'	16	20	25	61
18	Southport Strollers 'A'	18	19	22	59
19	St Helens Striders 'A'	29	12	17	58
20	Birkenhead 'A'	12	21	23	56
21=	Billinge RC 'A'	21	27	NT	48
21=	Chester Tri 'A'	9	10	29	48
23=	RRAMS 'A'	19	17	10	46
23=	Northwich RC 'A'	20	15	11	46
25	UTS RC 'A'	17	NT	28	45
26	Astley & Tyldesley RR 'A'	15	13	12	40
27	Wirral Vikings Trail 'A'	14	9	15	38
28	Ellesmere Port RC 'A'	7	14	16	37
29	Burnden Road Runners 'A'	13	18	NT	31
30	St Helens Tri 'A'	8	8	13	29
31	Skem RC 'A'	11	16	NT	27
32=	Newburgh Nomads 'A'	10	11	NT	21
32=	Warrington Tri 'A'	NT	7	14	21
-	Delamere Spartans 'A'	NT	NT	NT	-
-	Marsh Lane Harriers 'A'	NT	NT	NT	-
-	Parbold Pink Panthers 'A'	NT	NT	NT	-
-	Rimrose Valley 'A'	NT	NT	NT	-
-	Widnes Wasps 'A'	NT	NT	NT	-

## Ladies 'A' Teams (3 Runners)

Pos	Team	Race 1	Race 2	Race 3	Total
1	Cheshire Dragons 'A'	38	37	38	113
2	Penny Lane Striders 'A'	37	38	37	112
3	Liverpool RC 'A'	35	34	36	105
4	St Helens Striders 'A'	36	33	35	104
5	Pensby Runners 'A'	31	32	33	96
6	Helsby RC 'A'	25	35	29	89
7	Liverpool Running Bugs 'A'	28	26	32	86
8=	Mersey Tri 'A'	34	26	25	85
8=	Warrington RC 'A'	29	29	27	85
10	RRAMS 'A'	27	36	20	83
11	Lymm Runners 'A'	33	23	26	82
12	Chester Tri 'A'	30	18	34	82
13=	Warrington RR 'A'	22	27	30	79
13=	Run Sandymoor 'A'	24	24	31	79
15	North Endurance 'A'	32	30	15	77
16	Spectrum Striders 'A'	20	22	24	66
17	Skem BH 'A'	15	28	22	65
18	Widnes RC 'A'	26	20	18	64
19	Southport Strollers 'A'	17	21	23	61
20	UTS RC 'A'	23	NT	28	51
21	Northwich RC 'A'	18	16	16	50
22	Kirkby Milers 'A'	16	13	17	46
23=	Billinge RC 'A'	14	31	NT	45
23=	St Helens Tri 'A'	11	15	19	45
25	Skem RC 'A'	21	17	NT	38
26	Ellesmere Port RC 'A'	NT	14	21	35
27=	Knowsley Harriers 'A'	19	NT	NT	19
27=	Parbold Pink Panthers 'A'	NT	19	NT	19
29	Birkenhead 'A'	NT	NT	14	14
30	Wirral Vikings Trail 'A'	13	NT	NT	13
31	Burden Road Runners 'A'	12	NT	NT	12
-	Astley & Tyldesley RR 'A'	NT	NT	NT	-
-	Delamere Spartans 'A'	NT	NT	NT	-
-	Marsh Lane Harriers 'A'	NT	NT	NT	-
-	Newburgh Nomads 'A'	NT	NT	NT	-
-	Rimrose Valley 'A'	NT	NT	NT	-
-	Warrington Tri 'A'	NT	NT	NT	-
-	Widnes Wasps 'A'	NT	NT	NT	-