

North West XC – Race 4 – Town Park 14 January 2024 – 4.8M

Mens Results

1	Oliver Chadwick	Pensby Runners (2 nd Claim)	U30M	77	Matthew Parmenter	St Helens Striders	O45M
2	Daniel Harbridge	Cheshire Dragons	U40M	78	Colin Walsh	North Endurance	O40M
3	Shaun Knight	Widnes RC	U40M	79	Nick Beare	Mersey Tri	O50M
4	Stephen Watkin	Penny Lane Striders	O40M	80	Mark Grady	Widnes RC	O40M
5	Joshua Keamey	North Endurance	U30M	81	Marko Turner	Skem RC	U40M
6	Darren Stewart	Penny Lane Striders	U40M	82	Joe McCarthy	North Endurance	O50M
7	Nick Peterson	Penny Lane Striders	U40M	83	Brendan Burns	Liverpool RC	O40M
8	David Fazakerley	Liverpool RC	U40M	84	Matt Dutton	Penny Lane Striders	O45M
9	Jamie Rutherford	Liverpool RC	U40M	85	David Edwards	Kirkby Milers	O60M
10	Mike Fryer	Helsby RC	U40M	86	Ross McNair	Cheshire Dragons	U40M
11	Alex Cowin	Penny Lane Striders	O40M	87	Owen Barden	Mersey Tri	O50M
12	Sean Jones	Penny Lane Striders	U40M	88	Antony McCoag	Liverpool RC	U40M
13	Paul Martin	North Endurance	U40M	89	Alan Lea	Helsby RC	O55M
14	Liam Brown	Kirkby Milers	U40M	90	Tony Hyland	Ellesmere Port RC	O55M
15	Finlay McCance	Mersey Tri	U30M	91	Matthew Scott	Cheshire Dragons	O50M
16	Karl Budworth	Knowsley Harriers	O45M	92	Mike Forber	St Helens Tri	O50M
17	David Willshire	Penny Lane Striders	O40M	93	Xander Heaton	Kirkby Milers	U20M
18	John Myers	Run Sandymoor	O45M	94	Michael Parr	Northwich RC	O45M
19	Louis Johnson	Mersey Tri	U30M	95	Melvin Dua	Run Sandymoor	O45M
20	Mark Strickland	Warrington RC	U30M	96	Neil Beckett	UTS RC	O45M
21	Robert Eagles	Penny Lane Striders	U40M	97	Peter Lee	Liverpool Running Bugs	O50M
22	Derri Henderson	Kirkby Milers	U20M	98	Steve Mather	RRAMS	O55M
23	Philip Johnson	Mersey Tri	U40M	99	Kevin Smith	Helsby RC	O45M
24	Neil Hennigan	Penny Lane Striders	O45M	100	Mark Byrne	Warrington RC	O50M
25	Matthew Jensen	Warrington RC	U30M	101	Joshua Wood	Widnes RC	U30M
26	Luke Parker	Mersey Tri	U40M	102	Kenichi Okamoto	Mersey Tri	O45M
27	Edwin Drost	Warrington RC	U40M	103	Neil Hughes	Astley & Tyldesley RR	O45M
28	Alex Rigby	Liverpool RC	U40M	104	Colin Dobbs	Penny Lane Striders	O45M
29	Woody Felton	Spectrum Striders	O50M	105	Dave Lynch	St Helens Striders	O45M
30	Fabian Devlin	North Endurance	U40M	106	Carl Pratt	Run Sandymoor	U40M
31	Dave McDonough	Kirkby Milers	O50M	107	Andrew Wright	Kirkby Milers	O50M
32	Chris Hatton	Lymm Runners	O45M	108	Michael Scowcroft	Run Sandymoor	O45M
33	Thomas Store	Lymm Runners	O50M	109	Stephen Tomlinson	Knowsley Harriers	U40M
34	Rob Tyson	Birkenhead	O40M	110	Ian Atkinson	Chester Tri	O60M
35	Jon Wells	UTS RC	O45M	111	Not Recorded	0	0
36	Daniel Owens	North Endurance	U40M	112	Peter Sutton	Southport Strollers	U40M
37	Phil Rowen	Lymm Runners	O50M	113	Adam Budd	Warrington RC	U40M
38	David Knowles	Liverpool RC	U40M	114	Richard Carmichael	North Endurance	O40M
39	Connor Ohare	Mersey Tri	U30M	115	Tom Edwards	Cheshire Dragons	O40M
40	Christopher Gibbons	Mersey Tri	U40M	116	John Whitehead	Helsby RC	U40M
41	Brad Stewart	Liverpool RC	U30M	117	Michael Harrington	Cheshire Dragons	O50M
42	Scott Hambleton	Penny Lane Striders	O45M	118	Edward Halliwell	Helsby RC	O50M
43	Sam Williams	Mersey Tri	U20M	119	Richard Shayle	Pensby Runners	O50M
44	Phil Riding	Penny Lane Striders	O45M	120	Andrew Hastwell	Lymm Runners	O45M
45	David Lawton	Liverpool RC	O40M	121	Chris Bird	Chester Tri	O50M
46	James Hendry	Liverpool RC	U40M	122	Mark Baker	Warrington Tri	O50M
47	Francis Hourigan	Widnes RC	O45M	123	Graham Cushion	Kirkby Milers	O45M
48	Vincent Ly	Penny Lane Striders	U30M	124	Terry Lynch	Penny Lane Striders	O55M
49	Jack Kenwright	Run Sandymoor	U40M	125	Tom Carey	Helsby RC	O40M
50	Luke Jones	Knowsley Harriers	U40M	126	Chris Green	Helsby RC	U40M
51	Sam Stephens	Lymm Runners	O40M	127	Kenny Shurie-MacKenzie	Kirkby Milers	O55M
52	Gerard McLeigh	Liverpool RC	U40M	128	Jamaal Scott	North Endurance	U30M
53	Patrick McLamon	North Endurance	U40M	129	Matt Routledge	UTS RC	O50M
54	Kevin Dunbar	St Helens Tri	O45M	130	Simon Ford	Astley & Tyldesley RR	O45M
55	Steven Thompson	Run Sandymoor	U40M	131	Nigel Grant	Penny Lane Striders	O60M
56	Michael O'Rourke	Penny Lane Striders	O40M	132	Chris Davies	Pensby Runners	O50M
57	Kevin Walker	Skem RC	O45M	133	Arran Roberts	Knowsley Harriers	U30M
58	Barry Godwin	Mersey Tri	O60M	134	Gary Birch	Warrington RC	O45M
59	Tom Armstrong	Cheshire Dragons	O45M	135	Paul Robertson	Pensby Runners	O60M
60	John Gilbert	Knowsley Harriers	U40M	136	Neil Copeland	Lymm Runners	O50M
61	Kevin Charleston	Pensby Runners	O40M	137	Ian Pudge	Burnden Road Runners	O50M
62	Gary Wilton	Kirkby Milers	O45M	138	Robert Ladanowski	Widnes RC	O60M
63	Steven Watson	Skem RC	U40M	139	Michael Connor	Penny Lane Striders	O60M
64	Paul Bradbury	Warrington RC	O45M	140	Graham Driver	Spectrum Striders	O55M
65	Stuart Atkinson	Northwich RC	O45M	141	Paul Reilly	Pensby Runners	O45M
66	Steven Tracey	Warrington RR	U40M	142	Rob Chalmers	Pensby Runners	O45M
67	Paul Duke	Burnden Road Runners	O45M	143	Andrew Garnett	Spectrum Striders	O65M
68	Matt Sanderson	Warrington RC	O50M	144	Arvind Mahendran	Pensby Runners	U40M
69	Jon Cole	Ellesmere Port RC	O45M	145	Paul Alexander	Pensby Runners	O65M
70	John McLaren	Knowsley Harriers	O40M	146	Charlie Singleton	Run Sandymoor	O45M
71	Steve Duffy	Cheshire Dragons	O45M	147	James Stanley	Liverpool Running Bugs	O45M
72	Jonathon Farrell	St Helens Tri	U40M	148	David Feakes	Helsby RC	O60M
73	Andrew Grimshaw	Penny Lane Striders	O40M	149	Graham Tench	North Endurance	U40M
74	Daniel Mckevitt	Kirkby Milers	O40M	150	David Matthews	Kirkby Milers	O45M
75	Paul Riley	Penny Lane Striders	O50M	151	John Suckley	Pensby Runners	O65M
76	Ian Hewitt	Liverpool Running Bugs	O45M	152	George Pierce	Liverpool RC	O55M

153	Tony Holmes	Liverpool RC	O60M	186	Ivan Brown	Burnden Road Runners	O40M
154	Jon Reynolds	Liverpool RC	O50M	187	Andy Waring	Birkenhead	O65M
155	Colin Thomson	Birkenhead	O45M	188	Darren Sankey	Run Sandymoor	O45M
156	Lewis Taylor	Spectrum Striders	U40M	189	Thomas Humphries	Widnes RC	U40M
157	Owen Hinds	Liverpool Running Bugs	U20M	190	Steve Pemberton	Penny Lane Striders	O65M
158	Stephen Riley	Helsby RC	O55M	191	Mark Scott	Liverpool RC	O55M
159	Matt Cartwright-Terry	Mersey Tri	O45M	192	Colin Lamprey	Pensby Runners	O60M
160	Paul McLean	Warrington RC	O55M	193	John Skyner	Widnes RC	O55M
161	Darren Morris	Northwich RC	O55M	194	Simon Twite	Run Sandymoor	O50M
162	Andrew Wightman	Warrington RC (2 nd Claim)	O40M	195	Mike Melia	Southport Strollers	O65M
163	Adrian Gilleard	North Endurance	O50M	196	Stephen Park	Warrington RC	O45M
164	Iain Dignall	Widnes RC	O45M	197	Andrew Dowdeswell	Widnes RC	U40M
165	Shaun Geoghan	Liverpool Running Bugs	O55M	198	Joseph Kelly	Helsby RC	U40M
166	David Carroll	North Endurance	U40M	199	George Howells	Mersey Tri	O50M
167	Rob Lloyd	Widnes RC	O50M	200	Martin Wright	Warrington Tri	O50M
168	Alistair Raffel	Spectrum Striders	O65M	201	Robert Block	Run Sandymoor	O70M
169	Carl Yu	Liverpool RC	O45M	202	Michael Dunn	Liverpool Running Bugs	U40M
170	Martin Darwin	Warrington RC	O55M	203	Duncan Forsyth	Lymm Runners	O65M
171	Neil McPhee	Mersey Tri	O65M	204	Chris Morgan	Helsby RC	O70M
172	Raphael Dunne	Pensby Runners	O45M	205	Brad Ehlen	Northwich RC	O50M
173	Mark Payton	Run Sandymoor	U40M	206	Mark O'Toole	Southport Strollers	O45M
174	Tim Raynor	Liverpool Running Bugs	O60M	207	William Staniard	Warrington RC	O55M
175	Malcolm Teale	Southport Strollers	O65M	208	Chris Edson	Lymm Runners	O50M
176	Giuseppe Serra	Ellesmere Port RC	O55M	209	Neil Egerton	Widnes RC	O55M
177	Aaron Wilson	Liverpool RC	U40M	210	Paul Greenwood	Southport Strollers	O50M
178	Iain Amison	Pensby Runners	O50M	211	John Nolan	Pensby Runners	O60M
179	Paul Land	Skem BH	O50M	212	William Dalton	Skem BH	O60M
180	Julian Spencer	Spectrum Striders	O60M	213	Joe Wilde	Run Sandymoor	O45M
181	Stephen McConville	Pensby Runners	O55M	214	Leslie Edwards	Penny Lane Striders	O60M
182	Andrew Evans	Widnes RC	O55M	215	Peter Stokes	Southport Strollers	O60M
183	Daniel Shannon	Run Sandymoor	U40M	216	Anthony Fullup	Burnden Road Runners	O60M
184	Paul Clarke	North Endurance	O50M				
185	Paul Harbidge	North Endurance	O60M				

Ladies Results

1	Eabha Dempsey-Roberts	Penny Lane Striders	U30F	58	Leticia Orford	Warrington RC	O45F
2	Amie Bagnall	Cheshire Dragons	U30F	59	Lisa Cusack	Penny Lane Striders	O50F
3	Marie Leahey	RRAMS	O40F	60	Faith Roberts	Warrington RC	U30F
4	Megan Ball	Liverpool RC	U30F	61	Sue Heaps	St Helens Striders	O60F
5	June Whitehead	Helsby RC	U40F	62	Claudia Pagoulatou	Pensby Runners	O50F
6	Laura Wright	RRAMS	O40F	63	Ann-Marie McCarthy	Knowsley Harriers	O55F
7	Katrina Corinaldi-Knott	Cheshire Dragons	U40F	64	Janet Walker	Skem RC	O45F
8	Anna Woolgar	Chester Tri	O45F	65	Katie Dean	Widnes RC	U40F
9	Helen Harrington	Cheshire Dragons	O40F	66	Melanie Bradley	Northwich RC	O50F
10	Sharon Samson	Penny Lane Striders	O40F	67	Rachel Hastwell	Lymm Runners	O40F
11	Georgina Walker	Lymm Runners	O45F	68	Debbie Read	Helsby RC	O65F
12	Eleanor Perkins	Chester Tri	U35F	69	Menna Goodwin	Warrington RC	O50F
13	Laura Baynham-Hughes	Helsby RC	O45F	70	Claire Ellison	Spectrum Striders	U40F
14	Alison Russell	Spectrum Striders	O40F	71	Ruth Hewitt	Liverpool Running Bugs	O45F
15	Liz Turner	Penny Lane Striders	O45F	72	Eleanor Barlow	Liverpool RC	U40F
16	Sara Owczarczak-Garstecka	Mersey Tri	U40F	73	Jane Woodburn	Skem BH	O55F
17	Rebecca Burke	Liverpool RC	U30F	74	Jay Friar	St Helens Striders	U40F
18	Jacqueline Jones	Warrington RC	O50F	75	Alison Williams	Helsby RC	O50F
19	Hayley Fairclough	Penny Lane Striders	O40F	76	Michelle Donnelly	Southport Strollers	O50F
20	Sara Avery	Cheshire Dragons	O55F	77	Annie Mccaffrey	Kirkby Milers	O60F
21	Jenny Barker	Ellesmere Port RC	O40F	78	Sue Ennis	Mersey Tri	O55F
22	Germaine Holmes	Lymm Runners	O50F	79	Sasha Ludlow	Southport Strollers	O40F
23	Gemma Kelly	Chester Tri	U40F	80	Claire Skea	Liverpool Running Bugs	U35F
24	Wendy Lee	Pensby Runners	O50F	81	Laura Aspey	North Endurance	U40F
25	Joanne Farrell	St Helens Tri	U35F	82	Moyna O'Neil	Mersey Tri	O50F
26	Chloe Holman	Run Sandymoor	-	83	Susan Berry	Liverpool Running Bugs	O55F
27	Gael Tavernier	Lymm Runners	O50F	84	Jacqueline Jones	Liverpool RC	O60F
28	Emma Fraser	Run Sandymoor	O45F	85	Tamsyn Duffy	Warrington RC	O45F
29	Gaynor Seymour	Lymm Runners	O45F	86	Helen Roche	Liverpool RC	O45F
30	Amanda Craven	Mersey Tri	O50F	87	Jayne Russell	Kirkby Milers	O45F
31	Sarah Jackson	Penny Lane Striders	O45F	88	Rachel Waring	Widnes RC	U35F
32	Jody Beech	Ellesmere Port RC	U40F	89	Melanie Sayed	RRAMS	O45F
33	Georgia Trimnell	Liverpool Running Bugs	U20F	90	Jayne Lane	Kirkby Milers	O50F
34	Lisa Webb	Widnes RC	O45F	91	Sandra Bentley	Widnes RC	O55F
35	Rachel Smith	RRAMS	O40F	92	Sue Stewart	Southport Strollers (2 nd Claim)	O75F
36	Kathryn Schofield	Helsby RC	U30F	93	Sue May Liow	Run Sandymoor	U40F
37	Ali Lewis	Pensby Runners	O50F	94	Monika Aldelime	Southport Strollers	O50F
38	Andrea Newnes	Knowsley Harriers	U40F	95	Emma Stokes	Southport Strollers	O55F
39	Vanessa Griffiths	Helsby RC	O55F	96	Emma Wilson	Widnes RC	U40F
40	Alex Royden	Pensby Runners	U35F	97	Hayley Hourigan	Widnes RC	O45F
41	Katie Davidson	Run Sandymoor	U40F	98	Wendy Osborne	Penny Lane Striders	O45F
42	Myka Heard	Penny Lane Striders	O55F	99	Katie Storey	Liverpool Running Bugs	O40F
43	Elaine Laycock	Liverpool RC	O55F	100	Rita Mistry	Pensby Runners	O50F
44	Charlotte Rawcliffe	Penny Lane Striders	O40F	101	Karolina Faithfull	Skem BH	O40F
45	Sarah Larkin	Helsby RC	O50F	102	Linda Jones	Warrington RC (2 nd Claim)	O55F
46	Kirstie McCaffrey	St Helens Striders	U40F	103	Jane Houghton	Warrington RC	O50F
47	Fiona Grant	Chester Tri	U30F	104	Joanne Edwards	Penny Lane Striders	O50F
48	Louisa Mogg	Run Sandymoor	U35F	105	Elaine Baker	St Helens Striders	O55F
49	Kerry Veschuere	Ellesmere Port RC	U40F	106	Christine Bonnar	Widnes RC	O70F
50	Rosemary Symms	Chester Tri	O65F	107	Bethany Forber	St Helens Tri	U30F
51	Stephanie Humphries	Widnes RC	U35F	108	Jayne Erlam	Skem BH	O50F
52	Michele Hardwick	Helsby RC	O45F	109	Janet Swain	Southport Strollers	O55F
53	Emma Nunnerley	Lymm Runners	O45F	110	Claire Dumbell	Liverpool Running Bugs	O45F
54	Annamarie Riley	Penny Lane Striders	O50F	111	Helen Walker	Southport Strollers	O60F
55	Sarah Robson	Mersey Tri	O50F	112	Catherine Dodd	Run Sandymoor	O45F
56	Susie Woodward-Moor	Helsby RC	O55F				
57	Sharon Galvin	Liverpool RC	O50F				

FINAL RACE

The final race of this years series will take place at Croxteth Path L11 1EH on 4 February 2024.

Whilst the results are compiled Refreshments will be served at :-

Queen of Martyrs
99 Stonebridge lane
Croxteth
Liverpool, L11 9AZ

Team Results

Mens 'A' Teams (6 Runners)

Pos	Team	Score	Points
1	Penny Lane Striders 'A'	57	38
2	Liverpool RC 'A'	169	37
3	Mersey Tri 'A'	180	36
4	North Endurance 'A'	215	35
5	Kirkby Milers 'A'	288	34
6	Warrington RC 'A'	304	33
7	Lymm Runners 'A'	409	32
8	Cheshire Dragons 'A'	424	31
9	Run Sandymoor 'A'	431	30
10	Knowsley Harriers 'A'	438	29
11	Widnes RC 'A'	533	28
12	Helsby RC 'A'	557	27
13	Pensby Runners 'A'	730	26
14=	Liverpool Running Bugs 'A'	816	25
14=	Spectrum Striders 'A'	816	25
16	Southport Strollers 'A'	1113	23
17	Northwich RC 'A'	977 (only 4 ran)	22
18	Burnden Road Runners 'A'	1058 (only 4 ran)	21
19	Skem RC 'A'	879 (only 3 ran)	20
20	St Helens Tri 'A'	896 (only 3 ran)	19
21	UTS RC 'A'	938 (only 3 ran)	18
22	Ellesmere Port RC 'A'	1013 (only 3 ran)	17
23	Birkenhead 'A'	1054 (only 3 ran)	16
24	St Helens Striders 'A'	1086 (only 2 ran)	15
25	Chester Tri 'A'	1135 (only 2 ran)	14
26	Astley & Tyldesley RR 'A'	1137 (only 2 ran)	13
27	Warrington Tri 'A'	1226 (only 2 ran)	12
28	Skem BH 'A'	1295 (only 2 ran)	11
29	Warrington RR 'A'	1196 (only 1 ran)	10
30	RRAMS 'A'	1228 (only 2 ran)	9
-	Billinge RC 'A'	No Team	-
-	Newburgh Nomads 'A'	No Team	-
-	Wirral Vikings Trail 'A'	No Team	-
-	Delamere Spartans 'A'	No Team	-
-	Marsh Lane Harriers 'A'	No Team	-
-	Parbold Pink Panthers 'A'	No Team	-
-	Rimrose Valley 'A'	No Team	-
-	Widnes Wasps 'A'	No Team	-

Ladies 'A' Teams (3 Runners)

Pos	Team	Score	Points
1	Cheshire Dragons 'A'	18	38
2	Penny Lane Striders 'A'	26	37
3	Chester Tri 'A'	43	36
4	RRAMS 'A'	44	35
5	Helsby RC 'A'	54	34
6	Lymm Runners 'A'	60	33
7	Liverpool RC 'A'	64	32
8	Run Sandymoor 'A'	95	31
9=	Pensby Runners 'A'	101	30
9=	Mersey Tri 'A'	101	30
11	Ellesmere Port RC 'A'	102	28
12	Warrington RC 'A'	136	27
13	Widnes RC 'A'	150	26
14	St Helens Striders 'A'	181	25
15	Liverpool Running Bugs 'A'	184	24
16	Southport Strollers 'A'	249	23
17	Kirkby Milers 'A'	254	22
18	Skem BH 'A'	282	21
19	Spectrum Striders 'A'	206 (Only 2 Ran)	20
20	Knowsley Harriers 'A'	223 (Only 2 Ran)	19
21	St Helens Tri 'A'	254 (Only 2 Ran)	18
22	Skem RC 'A'	308 (Only 1 Ran)	17
23	Northwich RC 'A'	310 (Only 1 Ran)	16
-	Billinge RC 'A'	No Team	-
-	Warrington RR 'A'	No Team	-
-	Parbold Pink Panthers 'A'	No Team	-
-	UTS RC 'A'	No Team	-
-	Wirral Vikings Trail 'A'	No Team	-
-	Burnden Road Runners 'A'	No Team	-
-	Birkenhead '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	Race 4	Total
1	Penny Lane Striders 'A'	38	38	38	38	152
2	Mersey Tri 'A'	36	35	37	36	144
3	Liverpool RC 'A'	35	33	37	37	142
4	Kirkby Milers 'A'	37	37	33	34	141
5=	Run Sandymoor 'A'	34	30	32	30	126
5=	Lymm Runners 'A'	28	31	35	32	126
7	North Endurance 'A'	32	36	18	35	121
8	Widnes RC 'A'	33	32	26	28	119
9	Pensby Runners 'A'	27	29	35	26	117
10	Cheshire Dragons 'A'	30	34	21	31	116
11	Warrington RC 'A'	31	29	20	33	113
12	Helsby RC 'A'	26	26	30	27	109
13	Knowsley Harriers 'A'	25	22	31	29	107
14	Liverpool Running Bugs 'A'	23	24	24	25	96
15	Spectrum Striders 'A'	16	20	25	25	86
16	Warrington RR 'A'	22	25	27	10	84
17	Southport Strollers 'A'	18	19	22	23	82
18	Skem BH 'A'	24	23	19	11	77
19	St Helens Striders 'A'	29	12	17	15	73
20	Birkenhead 'A'	12	21	23	16	72
21	Northwich RC 'A'	20	15	11	22	68
22	UTS RC 'A'	17	NT	28	18	63
23	Chester Tri 'A'	9	10	29	14	62
24	RRAMS 'A'	19	17	10	9	55
25	Ellesmere Port RC 'A'	7	14	16	17	54
26	Astley & Tyldesley RR 'A'	15	13	12	13	53
27	Burnden Road Runners 'A'	13	18	NT	21	52
28=	Billinge RC 'A'	21	27	NT	NT	48
28=	St Helens Tri 'A'	8	8	13	19	48
30	Skem RC 'A'	11	16	NT	20	47
31	Wirral Vikings Trail 'A'	14	9	15	NT	38
32	Warrington Tri 'A'	NT	7	14	12	33
33	Newburgh Nomads 'A'	10	11	NT	NT	21
-	Delamere Spartans 'A'	NT	NT	NT	NT	-
-	Marsh Lane Harriers 'A'	NT	NT	NT	NT	-
-	Parbold Pink Panthers 'A'	NT	NT	NT	NT	-
-	Rimrose Valley 'A'	NT	NT	NT	NT	-
-	Widnes Wasps 'A'	NT	NT	NT	NT	-

(NT= No Team)

Ladies 'A' Teams (3 Runners)

Pos	Team	Race 1	Race 2	Race 3	Race 4	Race 5	Total
1	Cheshire Dragons 'A'	38	37	38	38		151
2	Penny Lane Striders 'A'	37	38	37	37		149
3	Liverpool RC 'A'	35	34	36	32		137
4	St Helens Striders 'A'	36	33	35	25		129
5	Pensby Runners 'A'	31	32	33	30		126
6	Helsby RC 'A'	25	35	29	34		123
7=	RRAMS 'A'	27	36	20	35		118
7=	Chester Tri 'A'	30	18	34	36		118
9=	Mersey Tri 'A'	34	26	25	30		115
9=	Lymm Runners 'A'	33	23	26	33		115
11	Warrington RC 'A'	29	29	27	27		112
12=	Liverpool Running Bugs 'A'	28	26	32	24		110
12=	Run Sandymoor 'A'	24	24	31	31		110
14	North Endurance 'A'	32	30	15	15		92
15	Widnes RC 'A'	26	20	18	26		90
16	Spectrum Striders 'A'	20	22	24	20		86
16	Skem BH 'A'	15	28	22	21		86
18	Southport Strollers 'A'	17	21	23	23		84
19	Warrington RR 'A'	22	27	30	NT		79
20	Kirkby Milers 'A'	16	13	17	22		68
21	Northwich RC 'A'	18	16	16	16		66
22=	St Helens Tri 'A'	11	15	19	18		63
22=	Ellesmere Port RC 'A'	NT	14	21	28		63
24	Skem RC 'A'	21	17	NT	17		55
25	UTS RC 'A'	23	NT	28	NT		51
26	Billinge RC 'A'	14	31	NT	NT		45
27	Knowsley Harriers 'A'	19	NT	NT	19		38
28	Parbold Pink Panthers 'A'	NT	19	NT	NT		19
29	Birkenhead 'A'	NT	NT	14	NT		14
30	Wirral Vikings Trail 'A'	13	NT	NT	NT		13
31	Burnden Road Runners 'A'	12	NT	NT	NT		12
-	Astley & Tyldesley RR 'A'	NT	NT	NT	NT		-
-	Delamere Spartans 'A'	NT	NT	NT	NT		-
-	Marsh Lane Harriers 'A'	NT	NT	NT	NT		-
-	Newburgh Nomads 'A'	NT	NT	NT	NT		-
-	Rimrose Valley 'A'	NT	NT	NT	NT		-
-	Warrington Tri 'A'	NT	NT	NT	NT		-
-	Widnes Wasps 'A'	NT	NT	NT	NT		-

(NT= No Team)