

North West XC – Race 5 – Croxteth Park – 4 February 2024 – 5.3M

Mens Results

1	Oliver Chadwick	Pensby Runners (2 nd Claim)	U30M	77	David Edwards	Kirkby Milers	O60M
2	Joshua Kearney	North Endurance	U30M	78	Chris Jackson	Warrington RR	O40M
3	David Fazakerley	Liverpool RC	U40M	79	Andrew Wright	Kirkby Milers	O50M
4	Jamie Rutherford	Liverpool RC	U40M	80	Adam Fitzsimmons	Kirkby Milers	U40M
5	Ben Taylor	Pensby Runners	U40M	81	Dave Lynch	St Helens Striders	O45M
6	Sean Jones	Penny Lane Striders	U40M	82	Steve Mather	RRAMS	O55M
7	Sam Broomhead	Mersey Tri	U30M	83	Kenichi Okamoto	Mersey Tri	O45M
8	Matthew Jenson	Warrington RC	U30M	84	Ian Atkinson	Chester Tri	O60M
9	Elliot Kerins	Penny Lane Striders	U40M	85	Kevin Smith	Helsby RC	O45M
10	Alex Cowin	Penny Lane Striders	O40M	86	Wayne Jones	Ellesmere Port RC	O40M
11	Joseph Livesey	Liverpool Running Bugs	U30M	87	Kenny Shurie-MacKenzie	Kirkby Milers	O55M
12	John Myers	Run Sandymoor	O45M	88	Peter Sutton	Southport Strollers	U40M
13	Karl Budworth	Knowsley Harriers	O45M	89	James Stanley	Liverpool Running Bugs	O45M
14	Philip Johnson	Mersey Tri	U40M	90	John Whitehead	Helsby RC	U40M
15	Robert Eagles	Penny Lane Striders	U40M	91	Graham Cushion	Kirkby Milers	O45M
16	Luke Parker	Mersey Tri	U40M	92	Adam Budd	Warrington RC	U40M
17	Mark Hill	Ellesmere Port RC	O40M	93	Stephen Tomlinson	Knowsley Harriers	U40M
18	Robert Chesters	Penny Lane Striders	U40M	94	Gareth Leonard	St Helens Striders	U40M
19	Woody Felton	Spectrum Striders	O50M		Joshua Bendrey (guest)	Wirral AC	U20M
20	Fabian Devlin	North Endurance	U40M	95	Andrew Trimmell	Liverpool Running Bugs	O45M
21	Neil Hennigan	Penny Lane Striders	O45M	96	Nigel Grant	Penny Lane Striders	O60M
22	Dave McDonough	Kirkby Milers	O50M	97	Matt Routledge	UTS RC	O50M
23	David Willshire	Penny Lane Striders	O40M	98	Terry Lynch	Penny Lane Striders	O55M
24	Luke Jones	Knowsley Harriers	U40M	99	Arran Roberts	Knowsley Harriers	U30M
25	Edwin Drost	Warrington RC	U40M	100	Michael Smith	Lymm Runners	O55M
26	Andrew Brookshaw	Helsby RC	O40M	101	Neil Copeland	Lymm Runners	O50M
27	Thomas Store	Lymm Runners	O50M	102	Tom Carey	Helsby RC	O40M
28	Ben Stones	Mersey Tri	U40M	103	Carl Pratt	Run Sandymoor	U40M
29	Daniel Owens	North Endurance	U40M	104	Chris Green	Helsby RC	U40M
30	Gerard McLeigh	Liverpool RC	U40M	105	Carl Yu	Liverpool RC	O45M
31	Steven Thompson	Run Sandymoor	O40M	106	Lee Rigby	Warrington RR	O45M
32	Sam Williams	Mersey Tri	U20M	107	Neil Wong	Pensby Runners	O50M
33	Jonathan Hock	Lymm Runners	O45M	108	Owen Hinds	Liverpool Running Bugs	U20M
34	James Hendry	Liverpool RC	U40M	109	Robert Ladanowski	Widnes RC	O60M
35	Kevin Walker	Skem RC	O45M	110	Andy Kitts	Kirkby Milers	O40M
36	Phil Watkinson	Liverpool Running Bugs	U30M	111	Joe Dempsey	Spectrum Striders	U40M
37	Phil Riding	Penny Lane Striders	O45M	112	David Matthews	Kirkby Milers	O45M
38	Chris Hatton	Lymm Runners	O45M	113	Graham Driver	Spectrum Striders	O55M
39	Francis Hourigan	Widnes RC	O45M	114	Keith Thomas	Burden Road Runners	O65M
40	Phil Rowen	Lymm Runners	O50M	115	Dan Robbins	Chester Tri	O40M
41	Christopher Gibbons	Mersey Tri	U40M	116	Keith Dunham	Pensby Runners	O45M
42	Vincent Ly	Penny Lane Striders	U30M	117	Jim Dawson	Lymm Runners	O60M
43	William Holt	Liverpool RC	U30M	118	Rob Chalmers	Pensby Runners	O45M
44	Brendan Burns	Liverpool RC	O40M	119	Alan Wheelhouse	Warrington RR	O55M
45	Johnny Boylan	North Endurance	O40M	120	Jon Reynolds	Liverpool RC	O50M
46	Scott Hambleton	Penny Lane Striders	O45M	121	Marc Jacques	Kirkby Milers	O55M
47	Michael Waring	Chester Tri	O55M	122	Jake Thomson	Pensby Runners	O45M
48	Paul Duke	Burden Road Runners	O45M	123	Geoff Hand	Spectrum Striders	O65M
49	Stuart Atkinson	Northwich RC	O45M	124	Ian Lowery	Southport Strollers (2 nd Claim)	O45M
50	David Lawton	Liverpool RC	O40M	125	Paul McLean	Warrington RC	O55M
51	Patrick McLamon	North Endurance	U40M	126	Rob Lloyd	Widnes RC	O50M
52	John McLaren	Knowsley Harriers	O40M	127	Ian King	Liverpool RC	O65M
53	Michael Campbell	Widnes RC	O40M	128	Daniel Tetlow	St Helens Striders	U40M
54	Owen Barden	Mersey Tri	O50M	129	Mike Lisle	Mersey Tri	O65M
55	Matt Sanderson	Warrington RC	O50M	130	Tony Holmes	Liverpool RC	O60M
56	Ralph Pawling	Pensby Runners	U40M	131	Liam Dean	Warrington RC	-
57	Nick Beare	Mersey Tri	O50M	132	Bruce Martin	Liverpool Running Bugs	O50M
58	Joe McCarthy	North Endurance	O50M	133	Paul Cooper	UTS RC	O45M
59	Matt Dutton	Penny Lane Striders	O45M	134	Malcolm Teale	Southport Strollers	O65M
60	Colin Walsh	North Endurance	O40M	135	Martin Darwin	Warrington RC	O55M
61	Gary Wilton	Kirkby Milers	O45M	136	Tim Raynor	Liverpool Running Bugs	O60M
62	Paul Riley	Penny Lane Striders	O50M	137	Matthew Van_Miert	Pensby Runners	O60M
63	Antony McCoag	Liverpool RC	U40M	138	Neil McPhee	Mersey Tri	O65M
64	Matthew Scott	Cheshire Dragons	O50M	139	Shaun Geoghan	Liverpool Running Bugs	O55M
65	Matthew Parmenter	St Helens Striders	O45M	140	Bob Higham	Liverpool Running Bugs	U20M
66	Jon Cole	Ellesmere Port RC	O45M	141	Julian Spencer	Spectrum Striders	O60M
67	Jamaal Scott	North Endurance	U30M	142	Adam Staines	Skem RC	O55M
68	Philip Wood	Helsby RC	O40M	143	John Brown	Penny Lane Striders	O65M
69	Ian Hewitt	Liverpool Running Bugs	O45M	144	Stephen Riley	Helsby RC	O55M
70	Mike Sherwin	Run Sandymoor	O55M	145	Paul Land	Skem BH	O50M
71	Philip Taylor	Knowsley Harriers	U40M	146	Mark Payton	Run Sandymoor	U40M
72	Michael Scowcroft	Run Sandymoor	O45M	147	Not Recorded		
73	Ian Roche	Mersey Tri	O60M	148	Giuseppe Serra	Ellesmere Port RC	O55M
74	Steven Hughes	Run Sandymoor	O40M	149	Andrew Evans	Widnes RC	O55M
75	Xander Heaton	Kirkby Milers	U20M	150	Thomas Humphries	Widnes RC	U40M
76	Gary Birch	Warrington RC	O45M	151	Robert Johnson	Mersey Tri	O60M

152	Gary Johnstone	Pensby Runners	O60M	165	Kieron Carr	Liverpool Running Bugs	O50M
153	John Herriott	St Helens Striders	O40M	166	Leslie Edwards	Penny Lane Striders	O60M
154	Mark Scott	Liverpool RC	O55M	167	Tommy Hayne	Skem RC	O65M
155	Neil Goulding	Skem BH	O50M	168	Neil Egerton	Widnes RC	O55M
156	Joseph Kelly	Helsby RC	U40M	169	Chris Morgan	Helsby RC	O70M
157	John Houghton	Run Sandymoor	O60M	170	Gareth Barker	Liverpool Running Bugs	U40M
158	Michael Dunn	Liverpool Running Bugs	U40M	171	Chris Edson	Lymm Runners	O50M
159	Nathan Barlow	Skem RC	-	172	Joe Wilde	Run Sandymoor	O45M
160	Glyn Howes	Chester Tri	O60M	173	Duncan Forsyth	Lymm Runners	O65M
161	Roy Rawlinson	Liverpool Running Bugs	O50M	174	Anthony Fullup	Burden Road Runners	O60M
162	Steve Pemberton	Penny Lane Striders	O65M	175	Peter Stokes	Southport Strollers	O60M
163	Colin Lamprey	Pensby Runners	O60M				
164	George Howells	Mersey Tri	O50M				

Congratulations to Oliver Chadwick from Pensby Runners who won this year's Male individual title.

Ladies Results

1	Megan Ball	Liverpool RC	U30F	59	Deborah Hepple	Southport Strollers	O55F
2	Amie Bagnall	Cheshire Dragons	U30F	60	Lisa Burns	Liverpool RC	O40F
3	Marie Leahey	RRAMS	O40F	61	Debbie Read	Helsby RC	O65F
4	Rachael Fairclough	St Helens Striders	U40F	62	Sue Heaps	St Helens Striders	O60F
5	Katie Dickinson	Cheshire Dragons	U40F	63	Lucy Mills	Helsby RC	U35F
6	Hayley Tyson	Penny Lane Striders	U30F	64	Nicola Kitts	Kirkby Milers	U40F
7	Laura Wright	RRAMS	O40F	65	Janet Robertson	Helsby RC	O55F
8	Sara Owczarczak-Garstecka	Mersey Tri	U40F	66	Eleanor Barlow	Liverpool RC	U40F
9	Laura Baynham-Hughes	Helsby RC	O45F	67	Janet Walker	Skern RC	O45F
10	Lenka Vidamour	Penny Lane Striders	O40F	68	Kate Grimoldby	Spectrum Striders	U40F
11	Sharon Samson	Penny Lane Striders	O40F	69	Helen Caldwell	Spectrum Striders	O55F
12	Jennifer Harper	Liverpool Running Bugs	U40F	70	Helen Measures	Pensby Runners	O40F
13	Jacqueline Jones	Warrington RC	O50F	71	Menna Goodwin	Warrington RC	O50F
14	Nicola Laurence	Widnes RC	O40F	72	Rachel Tickle	St Helens Striders	U40F
15	Gael Tavernier	Lymm Runners	O50F	73	Jo Porteous	UTS RC	O55F
16	Sara Avery	Cheshire Dragons	O55F	74	Usha Lad	Warrington RR	O55F
17	Emma Fraser	Run Sandymoor	O45F	75	Sue Moran	Kirkby Milers	O40F
18	Hayley Fairclough	Penny Lane Striders	O40F	76	Janet Ellis	Widnes RC	O55F
19	Kirsty Seddon	Chester Tri	O40F	77	Tracey Carr	Liverpool Running Bugs	O55F
20	Germaine Holmes	Lymm Runners	O50F	78	Kirsty Mackenzie	Southport Strollers	O40F
21	Eliza Ratcliffe	Mersey Tri	U20F	79	Laura Aspey	North Endurance	U40F
22	Ali Lewis	Pensby Runners	O50F	80	Pat Helsby	Kirkby Milers	O65F
23	Gaynor Seymour	Lymm Runners	O45F	81	Michelle Donnelly	Southport Strollers	O50F
24	Jody Beech	Ellesmere Port RC	U40F	82	Natasha Pearce	Mersey Tri	U30F
25	Wendy Lee	Pensby Runners	O50F	83	Sasha Ludlow	Southport Strollers	O40F
26	Rachel Smith	RRAMS	O40F	84	Jayne Russell	Kirkby Milers	O45F
27	Harriet Franks	Liverpool RC	U35F	85	Jayne Lane	Kirkby Milers	O50F
28	Chloe Holman	Run Sandymoor	-	86	Alison Leatherbarrow	Pensby Runners	O45F
29	Lisa Webb	Widnes RC	O45F	87	Melanie Sayed	RRAMS	O45F
30	Kirstie McCaffrey	St Helens Striders	U40F	88	Jacqueline Jones	Liverpool RC	O60F
31	Katie Dean	Widnes RC	U40F	89	Emma Stokes	Southport Strollers	O55F
32	Kathryn Schofield	Helsby RC	U30F	90	Vera Langley	Liverpool Running Bugs	O60F
33	Dawn Fairclough	Penny Lane Striders	O40F	91	Susan Berry	Liverpool Running Bugs	O55F
34	Laura Owens	Liverpool RC	U40F	92	Ursula Harrison	Spectrum Striders	U40F
35	Vanessa Griffiths	Helsby RC	O55F	93	Stephanie Phillipps	Pensby Runners	U40F
36	Claire Skea	Liverpool Running Bugs	U35F	94	Lucy Helsby	Kirkby Milers	U35F
37	Kam Dosanjh	Penny Lane Striders	O45F	95	Carolyn Smith	Lymm Runners	O55F
38	Kerry Veschueren	Ellesmere Port RC	U40F	96	Helen Eaton	Kirkby Milers	O50F
39	Susan Kerfoot	St Helens Striders	O40F	97	Wendy Osborne	Penny Lane Striders	O45F
40	Stephanie McBride	Knowsley Harriers	U40F	98	Christine Bonnar	Widnes RC	O70F
41	Lisa Cusack	Penny Lane Striders	O50F	99	Linda Wibberley	Liverpool Running Bugs	U40F
42	Suzy Wild	Spectrum Striders	O45F	100	Faye Lowery	Southport Strollers	O45F
43	Sharon Galvin	Liverpool RC	O50F	101	Sarah Pickerill	Southport Strollers	O45F
44	Annamarie Riley	Penny Lane Striders	O50F	102	Rita Mistry	Pensby Runners	O50F
45	Lisa Grantham	Pensby Runners	O45F	103	Hayley Hourigan	Widnes RC	O45F
46	Caroline Barrow	Widnes RC	O45F	104	Kerrie Yates	Liverpool Running Bugs	O45F
47	Emma Nunnerley	Lymm Runners	O45F	105	Helen Roche	Liverpool RC	O45F
48	Rosemary Symms	Chester Tri	O65F	106	Linda Bannister	Liverpool Running Bugs	O60F
49	Louise Cooper	UTS RC (2 nd Claim)	O45F	107	Lyn Rawlinson	Liverpool Running Bugs	O50F
50	Alison Macdonald	UTS RC	O55F	108	Jenny Young	Liverpool Running Bugs	O45F
51	Yasmin Hussain	Lymm Runners	O50F	109	Alison Langton	Run Sandymoor	O40F
52	Claire Murphy	St Helens Tri	O45F	110	Faye Bannon	Run Sandymoor	U30F
53	Claire Ellison	Spectrum Striders	U40F	111	Joanne Edwards	Penny Lane Striders	O50F
54	Rachel Arnold	Helsby RC	O60F	112	Elaine Baker	St Helens Striders	O55F
55	Kate Johnson	Spectrum Striders	O50F	113	Denise Reardon	Liverpool Running Bugs	O45F
56	Emily Simpson	Liverpool RC	U30F	114	Cherlynn Harper	Liverpool Running Bugs	U40F
57	Claudia Pagoulatou	Pensby Runners	O50F	115	Claire Dumbell	Liverpool Running Bugs	O45F
58	Brenda Cahill	St Helens Striders	O65F	116	Catherine Dodd	Run Sandymoor	O45F

Congratulations to Megan Ball from Liverpool Running Club who won this year's Ladies individual title.

Team Results

Mens 'A' Teams (6 Runners)

Pos	Team	Score	Points
1	Penny Lane Striders 'A'	79	38
2	Mersey Tri 'A'	151	37
3	Liverpool RC 'A'	158	36
4	North Endurance 'A'	205	35
5	Lymm Runners 'A'	339	34
6	Knowsley Harriers 'A'	352	33
7	Run Sandymoor 'A'	362	32
8	Warrington RC 'A'	381	31
9	Kirkby Milers 'A'	394	30
10	Liverpool Running Bugs 'A'	408	29
11	Helsby RC 'A'	475	28
12	Pensby Runners 'A'	524	27
13	Widnes RC 'A'	626	26
14	Spectrum Striders 'A'	692 (only 5 ran)	25
15	St Helens Striders 'A'	706 (only 5 ran)	24
16	Ellesmere Port RC 'A'	687 (only 4 ran)	23
17	Chester Tri 'A'	776 (only 4 ran)	22
18	Skem RC 'A'	873 (only 4 ran)	21
19	Warrington RR 'A'	858 (only 3 ran)	20
20	Burnden Road Runners 'A'	891 (only 3 ran)	19
21	Southport Strollers 'A'	952 (only 3 ran)	18
22	UTS RC 'A'	970 (only 2 ran)	17
23	Skem BH 'A'	1040 (only 2 ran)	16
24	Northwich RC 'A'	974 (only 1 ran)	15
25	Cheshire Dragons 'A'	989 (only 1 ran)	14
26	RRAMS 'A'	1007 (only 1 ran)	13
-	Billinge RC 'A'	No Team	-
-	Birkenhead 'A'	No Team	-
-	Astley & Tyldesley RR 'A'	No Team	-
-	Newburgh Nomads 'A'	No Team	-
-	Wirral Vikings Trail 'A'	No Team	-
-	St Helens Tri 'A'	No Team	-
-	Warrington Tri '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'	23	38
2	Penny Lane Striders 'A'	27	37
3	RRAMS 'A'	36	36
4	Lymm Runners 'A'	58	35
5	Liverpool RC 'A'	62	34
6	St Helens Striders 'A'	73	33
7	Widnes RC 'A'	74	32
8	Helsby RC 'A'	76	31
9	Pensby Runners 'A'	92	30
10	Mersey Tri 'A'	111	29
11	Liverpool Running Bugs 'A'	125	28
12	Spectrum Striders 'A'	150	27
13	Run Sandymoor 'A'	154	26
14	Southport Strollers 'A'	218	25
15	Kirkby Milers 'A'	219	24
16	Ellesmere Port RC 'A'	188 (only 2 ran)	23
17	Chester Tri 'A'	193 (only 2 ran)	22
18	Warrington RC 'A'	210 (only 2 ran)	21
19	UTS RC 'A'	249 (only 2 ran)	20
20	Knowsley Harriers 'A'	292 (only 1 ran)	19
21	St Helens Tri 'A'	304 (only 1 ran)	18
22	Skem RC 'A'	319 (only 1 ran)	17
23	Warrington RR 'A'	326 (only 1 ran)	16
24	North Endurance 'A'	331 (only 1 ran)	15
-	Billinge RC 'A'	No Team	-
-	Skem BH 'A'	No Team	-
-	Parbold Pink Panthers 'A'	No Team	-
-	Northwich 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	-

OVERALL POSITIONS

Mens 'A' Teams (6 Runners)

Pos	Team	Race 1	Race 2	Race 3	Race 4	Race 5	Total (best 4)
1	Penny Lane Striders 'A'	38	38	38	38	38	152
2	Mersey Tri 'A'	36	35	37	36	37	146
3	Liverpool RC 'A'	35	33	37	37	36	145
4	Kirkby Milers 'A'	37	37	33	34	30	141
5	North Endurance 'A'	32	36	18	35	35	138
5	Lymm Runners 'A'	28	31	35	32	34	132
7	Run Sandymoor 'A'	34	30	32	30	32	128
8	Warrington RC 'A'	31	29	20	33	31	124
9	Widnes RC 'A'	33	32	26	28	26	119
10=	Pensby Runners 'A'	27	29	35	26	27	118
10=	Knowsley Harriers 'A'	25	22	31	29	33	118
12	Cheshire Dragons 'A'	30	34	21	31	14	116
13	Helsby RC 'A'	26	26	30	27	28	111
14	Liverpool Running Bugs 'A'	23	24	24	25	29	102
15	Spectrum Striders 'A'	16	20	25	25	25	95
16	Warrington RR 'A'	22	25	27	10	20	94
17	St Helens Striders 'A'	29	12	17	15	24	85
18=	Skem BH 'A'	24	23	19	11	16	82
18=	Southport Strollers 'A'	18	19	22	23	18	82
20	UTS RC 'A'	17	NT	28	18	17	80
21	Chester Tri 'A'	9	10	29	14	22	75
22=	Birkenhead 'A'	12	21	23	16	NT	72
22=	Northwich RC 'A'	20	15	11	22	15	72
24	Burnden Road Runners 'A'	13	18	0	21	19	71
25	Ellesmere Port RC 'A'	7	14	16	17	23	70
26	Skem RC 'A'	11	16	NT	20	21	68
27	RRAMS 'A'	19	17	10	9	13	59
28	Astley & Tyldesley RR 'A'	15	13	12	13	NT	53
29=	Billinge RC 'A'	21	27	NT	NT	NT	48
29=	St Helens Tri 'A'	8	8	13	19	NT	48
31	Wirral Vikings Trail 'A'	14	9	15	NT	NT	38
32	Warrington Tri 'A'	NT	7	14	12	NT	33
33	Newburgh Nomads 'A'	10	11	NT	NT	NT	21
-	Delamere Spartans 'A'	NT	NT	NT	NT	NT	-
-	Marsh Lane Harriers 'A'	NT	NT	NT	NT	NT	-
-	Parbold Pink Panthers 'A'	NT	NT	NT	NT	NT	-
-	Rimrose Valley 'A'	NT	NT	NT	NT	NT	-
-	Widnes Wasps 'A'	NT	NT	NT	NT	NT	-

(NT= No Team)

Congratulations to Penny Lane Striders who are this year's men's team champions

Ladies 'A' Teams (3 Runners)

Pos	Team	Race 1	Race 2	Race 3	Race 4	Race 5	Total (best 4)
1	Cheshire Dragons 'A'	38	37	38	38	38	152
2	Penny Lane Striders 'A'	37	38	37	37	37	149
3	Liverpool RC 'A'	35	34	36	32	34	139
4	St Helens Striders 'A'	36	33	35	25	33	137
5	RRAMS 'A'	27	36	20	35	36	134
6	Helsby RC 'A'	25	35	29	34	31	129
7	Lymm Runners 'A'	33	23	26	33	35	127
8	Pensby Runners 'A'	31	32	33	30	30	126
9	Chester Tri 'A'	30	18	34	36	22	122
10	Mersey Tri 'A'	34	26	25	30	29	119
11	Liverpool Running Bugs 'A'	28	26	32	24	28	114
12=	Warrington RC 'A'	29	29	27	27	21	112
12=	Run Sandymoor 'A'	24	24	31	31	26	112
14	Widnes RC 'A'	26	20	18	26	32	104
15	Warrington RR 'A'	22	27	30	NT	16	95
16	Spectrum Striders 'A'	20	22	24	20	27	93
17=	North Endurance 'A'	32	30	15	15	15	92
17=	Southport Strollers 'A'	17	21	23	23	25	92
19=	Skem BH 'A'	15	28	22	21	NT	86
19=	Ellesmere Port RC 'A'	NT	14	21	28	23	86
21	Kirkby Milers 'A'	16	13	17	22	24	79
22	Skem RC 'A'	21	17	NT	17	17	72
23	UTS RC 'A'	23	NT	28	NT	20	71
24	St Helens Tri 'A'	11	15	19	18	18	70
25	Northwich RC 'A'	18	16	16	16	NT	66
26	Knowsley Harriers 'A'	19	NT	NT	19	19	57
27	Billinge RC 'A'	14	31	NT	NT	NT	45
28	Parbold Pink Panthers 'A'	NT	19	NT	NT	NT	19
29	Birkenhead 'A'	NT	NT	14	NT	NT	14
30	Wirral Vikings Trail 'A'	13	NT	NT	NT	NT	13
31	Burnden Road Runners 'A'	12	NT	NT	NT	NT	12
-	Astley & Tyldesley RR 'A'	NT	NT	NT	NT	NT	-
-	Delamere Spartans 'A'	NT	NT	NT	NT	NT	-
-	Marsh Lane Harriers 'A'	NT	NT	NT	NT	NT	-
-	Newburgh Nomads 'A'	NT	NT	NT	NT	NT	-
-	Rimrose Valley 'A'	NT	NT	NT	NT	NT	-
-	Warrington Tri 'A'	NT	NT	NT	NT	NT	-
-	Widnes Wasps 'A'	NT	NT	NT	NT	NT	-

(NT= No Team)

Congratulations to Cheshire Dragons who are this year's ladies team champions