

North West XC – Race 1 – Clarke Gardens – 27 Oct 2024 – 4.32M

Mens Results

1	Matthew Jenson	Warrington RC	U30M	70	Andrew Newson	Helsby RC	U40M
2	Sean Jones	Penny Lane Striders	O40M	71	Ben Smith	Kirkby Milers	U40M
3	Daniel Harbridge	Cheshire Dragons	U40M	72	Matt Black	North Endurance	U40M
4	Shaun Knight	Widnes RC	U40M	73	Tom Newberry	Billinge RC	U30M
5	Jamie Rutherford	Liverpool RC	U40M	74	David Knowles	Liverpool RC	U40M
6	Steven Thompson	Run Sandymoor	O40M	75	Jim Dyson	Skem BH	O50M
7	Sam Broomhead	Mersey Tri	U30M	76	Christopher Jackson	Warrington RR	O40M
8	Ryan Jones	Kirkby Milers	U40M	77	John McLaren	Knowsley Harriers	O40M
9	Daniel Miller	Billinge RC	U40M	78	Chris Ryan	Mersey Tri	O45M
10	Ben Lewington	Kirkby Milers	U40M	79	Cameron McCormack	Liverpool Running Bugs	U30M
11	John Stone	Ellesmere Port RC	U40M	80	Xander Heaton	Kirkby Milers	U20M
12	Sean Richards	Penny Lane Striders	U40M	81	Dave Nunnerley	Lymm Runners	O40M
13	Alex Cowin	Penny Lane Striders	O45M	82	Richard Pickering	Pensby Runners	O40M
14	Elliot Kerins	Penny Lane Striders	U40M	83	Matt Sanderson	Warrington RC	O50M
15	John Myers	Run Sandymoor	O45M	84	Joe McCarthy	North Endurance	O55M
16	Phil Watkinson	Liverpool Running Bugs	U30M	85	Philip Taylor	Knowsley Harriers	O40M
17	Mark Amphlett	Helsby RC	O40M	86	Matthew Parmenter	St Helens Striders	O50M
18	Mark Hill	Ellesmere Port RC	O40M	87	Matthew Larkin	Helsby RC (2 nd Claim)	O50M
19	Jack Butterworth	Marsh Lane Harriers	U40M	88	Michael Austin	Lymm Runners	U40M
20	Tom Evans	Penny Lane Striders	O40M	89	Sam Williams	Mersey Tri	U20M
21	Joe Brown	Billinge RC	U40M	90	Ralph Pawling	Pensby Runners	O40M
22	Matt Dewhurst	Burden Road Runners (2 nd Claim)	U40M	91	Paul Duke	Burden Road Runners	O45M
23	Frank Fitzpatrick	Helsby RC	U40M	92	Jon Cole	Ellesmere Port RC	O45M
24	Fabian Devlin	North Endurance	U40M	93	David Burrows	Liverpool Running Bugs	O60M
25	Ian Mayhew	Helsby RC	O40M	94	Brian Lappin	Liverpool Running Bugs	U40M
26	Philip Johnson	Mersey Tri	U40M	95	Paul Gardner	St Helens Striders	O40M
27	Luke Jones	Knowsley Harriers	U40M	96	Christopher Gibbons	Mersey Tri	U40M
28	David Fazakerley	Liverpool RC	U40M	97	Philip Wood	Helsby RC	O40M
29	Edwin Drost	Warrington RC	O40M	98	Daniel Kidd	Billinge RC	U40M
30	Neil Hennigan	Penny Lane Striders	U45M	99	David Edwards	Kirkby Milers	O60M
31	Ian Roberts	Skem BH	O40M	100	Ben Sweeney	North Endurance	O40M
32	Alex Rigby	Liverpool RC	U40M	101	Paul Riley	Penny Lane Striders	O50M
33	Colin Walsh	North Endurance	O40M	102	Keith Dunham	Pensby Runners	O45M
34	Paddy Reilly	Marsh Lane Harriers	O50M	103	Darren Cottier	Cheshire Dragons	O50M
35	Rob Tyson	Birkenhead	O40M	104	David Rogers	Lymm Runners	O40M
36	Daniel Kelly	Penny Lane Striders	U40M	105	Matt McDermott	Run Sandymoor	U30M
37	Terry Mitchell	Widnes RC	O40M	106	Matthew Scott	Cheshire Dragons	O50M
38	Leslie Dash	Helsby RC	O40M	107	Christopher Murray	Helsby RC	U40M
39	Derri Henderson	Kirkby Milers	U20M	108	Ben Crawford	Marsh Lane Harriers	O40M
40	Neil Marsh	Spectrum Striders	U40M	109	Lucas Houghton	Kirkby Milers	U20M
41	Jay Williams	Kirkby Milers	O40M	110	Paul Demore	St Helens Striders	O55M
42	Luke Parker	Mersey Tri	U40M	111	Ian Hewitt	Liverpool Running Bugs	O45M
43	Daniel Owens	North Endurance	U40M	112	Bob Corinaldi	Cheshire Dragons	O55M
44	Phillip Derry	Skem BH	O45M	113	Peter Sutton	Southport Strollers	U40M
45	Matt Johnston	Billinge RC	U30M	114	Paul Cheetham	Skem BH	O50M
46	Patrick Cullen	North Endurance	U30M	115	Steven Plester	Helsby RC	O40M
47	Mark Strickland	Warrington RC	U30M	116	Richard Heaton	Warrington RC	O40M
48	Peter Ledson	Mersey Tri	U30M	117	Rhys Hughes	Chester Tri	O40M
49	Phil Riding	Penny Lane Striders	O50M	118	Simon Ford	Astley & Tyldesley RR	O50M
50	Gerard McLeigh	Liverpool RC	U40M	119	Leslie Johnson	Cheshire Dragons	O55M
51	David Lawton	Liverpool RC	O45M	120	Steve Sherwen	Lymm Runners	O50M
52	James Manger	North Endurance	U30M	121	Lewis Hinton	Penny Lane Striders	U40M
53	Bradley Roberts	Liverpool Running Bugs	U30M	122	Stephen Coe	Chester Tri	U40M
54	John Hunt	Pensby Runners	O55M	123	Andrew Mowatt	Skem BH	O45M
55	Simon Oliver	Chester Tri	O50M	124	Peter Lee	Liverpool Running Bugs	O50M
56	Jonathan Hock	Lymm Runners	O45M	125	Jamie Porter	Warrington RR	O40M
57	Ian Magill	Liverpool RC	O55M	126	Michael Scowcroft	Run Sandymoor	O45M
58	Sam Stephens	Lymm Runners	O40M	127	James Stanley	Liverpool Running Bugs	O45M
59	James Hendry	Liverpool RC	U40M	128	Lee Rigby	Warrington RR	O45M
60	Andy Ashworth	Billinge RC	U40M	129	Karl Bowles	St Helens Striders	O50M
61	Harvet Fontis	North Endurance	U30M	130	Gareth Davies	St Helens Striders	O40M
62	Thomas Wright	Kirkby Milers	U40M	131	Kevin Smith	Helsby RC	O45M
63	Chris Morgan	Mersey Tri	O40M	132	Michael Smith	St Helens Striders	U40M
64	Michael Waring	Chester Tri	O55M	133	Peter Marsland	Run Sandymoor	O40M
65	Mark Collins	Astley & Tyldesley RR	O50M	134	Andy Kitts	Kirkby Milers	O40M
66	Adam Fitzsimmons	Kirkby Milers	U40M	135	Stephen Hayes	Kirkby Milers	O50M
67	James Marsh	Billinge RC	O40M	136	Craig Turton	Southport Strollers	O40M
68	Owen Barden	Mersey Tri	O50M	137	Mark Turner	Skem RC	U40M
69	Kevin Walker	Skem RC	O45M	138	David Matthews	Kirkby Milers	O45M

139	Steve Nolan	Burden Road Runners	O60M	210	Giuseppe Serra	Ellesmere Port RC	O55M
140	Michael Smith	Lymm Runners	O60M	211	Adam Ellis	Skem RC	U40M
141	Andrew Wright	Kirkby Milers	O50M	212	Paul Crosby	Warrington RC	O60M
142	Gary Wilton	Kirkby Milers	O45M	213	Andy McShane	Pensby Runners	O60M
143	Michael Parr	Northwich RC	O50M	214	Sam Dong	Marsh Lane Harriers	U30M
144	Steven Hughes	Run Sandymoor	O40M	215	Julian Spencer	Spectrum Striders	O60M
145	Jack Buckton	Penny Lane Striders	U40M	216	Mark Butterworth	Liverpool Running Bugs	O50M
146	Andrew Hastwell	Lymm Runners	O50M	217	Carl Unsworth	RRAMS	O40M
147	Kelvin Gibbons	RRAMS	U40M	218	Shaun Geoghan	Liverpool Running Bugs	O55M
148	Nigel Grant	Penny Lane Striders	O60M	219	Tony Foster	Billinge RC	O60M
149	Dave Lynch	St Helens Striders	O45M	220	Stephen Riley	Helsby RC	O60M
150	Jim Dawson	Lymm Runners	O60M	221	Mike Gittins	St Helens Striders	U40M
151	Arran Roberts	Knowsley Harriers	U30M	222	Ian McNeill	Birkenhead	O65M
152	Nick Wilson	Pensby Runners	O50M	223	Steven Johnson	Billinge RC	O45M
153	Joshua Wood	Widnes RC	U30M	224	Charlie Robinson	Billinge RC	U30M
154	Lewis Taylor	Spectrum Striders	U40M	225	Mark O'Callaghan	Kirkby Milers	O45M
155	Ian Atkinson	Chester Tri	O60M	226	Malcolm Teale	Southport Strollers	O65M
156	Jon Howarth	Lymm Runners	O60M	227	Paul Alexander	Pensby Runners	O65M
157	Ian Edwards	Mersey Tri	O60M	228	Andy Swain	Widnes RC	O50M
158	Graham Cushion	Kirkby Milers	O45M	229	Nathan Barlow	Skem RC	U40M
159	Mark Samuels	Pensby Runners	O65M	230	Mike Ashton	Skem BH	O40M
160	Karl Craige	Liverpool Running Bugs	O50M	231	Mark Payton	Run Sandymoor	U40M
161	Owen Hinds	Liverpool Running Bugs	U30M	232	Chris Kettle	Northwich RC	O50M
162	John Whitehead	Helsby RC	U40M	233	Paul Dowdle	St Helens Striders	O50M
163	Paul Robertson	Pensby Runners	O60M	234	Stephen Pemberton	Penny Lane Striders	O65M
164	Ian McCarthy	Knowsley Harriers	O60M	235	John Brown	Penny Lane Striders	O65M
165	Kenichi Okamoto	Mersey Tri	O45M	236	Paul Roberts	Knowsley Harriers	O40M
166	Jamie Bradbury	Lymm Runners	O45M	237	Dennis Yarwood	Spectrum Striders	O55M
167	Luke Davies	RRAMS	U20M	238	John Middleton	Southport Strollers	O55M
168	Matt Watkins	Northwich RC	O50M	239	Rob Lloyd	Widnes RC	O50M
169	Gary Parker	Pensby Runners	U40M	240	Steven Newcomb	RRAMS	U30M
170	Andrew Gaskell	St Helens Striders	O55M	241	Neil McPhee	Mersey Tri	O65M
171	Ian Davies	Birkenhead	O60M	242	Andy Waring	Birkenhead	O65M
172	Robert Ladanowski	Widnes RC	O60M	243	John Herriott	St Helens Striders	O40M
173	Anthony Lopez	Southport Strollers	U40M	244	Mark Scott	Liverpool RC	O55M
174	Ben Brooks	North Endurance	U40M	245	Liam Wilkinson	Warrington RR	O40M
175	Barry McDonnell	Birkenhead	U40M	246	Tim Raynor	Liverpool Running Bugs	O60M
176	Carl Yu	Liverpool RC	O50M	247	Kevin Richardson	RRAMS	O50M
177	Andrew Trimmell	Liverpool Running Bugs	O45M	248	Jim Fedigan	Pensby Runners	O65M
178	Terry Bolland	Southport Strollers	O60M	249	John Houghton	Run Sandymoor	O65M
179	Maurizio Lucchesi	Warrington Tri	O45M	250	Joe McGlynn	Penny Lane Striders	O65M
180	Michael Connor	Penny Lane Striders	O60M	251	Austin Clark	Liverpool RC	O45M
181	Danny Lloyd	Widnes RC	U40M	252	Stephen McConville	Pensby Runners	O60M
182	Anthony Hilton	Lymm Runners	O50M	253	Robert Thurgeson	RRAMS	O50M
183	Joseph Muscat	Warrington RR	O50M	254	Andy Warburton	Burden Road Runners	O60M
184	Alan McDermott	Penny Lane Striders	O60M	255	George Howells	Mersey Tri	O50M
185	Kevin Gillibrand	Warrington RR	O55M	256	Kit Claxton	Liverpool Running Bugs	O50M
186	Graham Driver	Spectrum Striders	O55M	257	Paul Greenwood	Southport Strollers	O50M
187	John Bennett	Mersey Tri	O50M	258	Shaun Harding	Liverpool Running Bugs	U40M
188	Neil O'Hagan	Birkenhead	O55M	259	Dave Langton	Run Sandymoor	O40M
189	Nick Pownall	St Helens Striders	U40M	260	Leslie Edwards	Penny Lane Striders	O60M
190	Peter Merville	St Helens Striders	O65M	261	Martin Hirrell	Penny Lane Striders	O55M
191	Kieron Carr	Liverpool Running Bugs	O50M	262	David Cross	Liverpool RC	U40M
192	Chris Green	Helsby RC	U40M	263	Matthew Hennessy	Northwich RC	U30M
193	John Suckley	Pensby Runners	O65M	264	Robert Block	Run Sandymoor	O70M
194	Tony Radway	Liverpool Running Bugs	O45M	265	Stephen Cain	Penny Lane Striders	O45M
195	Lewis Ridley	North Endurance	U30M	266	Paul Quigley	Run Sandymoor	O60M
196	Matt Dodd	Southport Strollers	O50M	267	Billy Skinner	Liverpool Running Bugs	O60M
197	Paul Clarke	North Endurance	O50M	268	Chris Morgan	Helsby RC	O70M
198	Derek Ferguson	Southport Strollers	O55M	269	Ben Cross	Kirkby Milers	O40M
199	Clive Conway	Run Sandymoor	O60M	270	Clive Morrison	Run Sandymoor	O60M
200	Stephen Owen	Billinge RC	O45M	271	Nigel Pratten	Pensby Runners	O80M
201	Matthew Van_Miert	Pensby Runners	O60M	272	Mark O'Toole	Southport Strollers	O45M
202	Tom Rowe	Marsh Lane Harriers	U40M	273	Stan Cottier	Liverpool RC	O75M
203	Phillip Hughes	North Endurance	U40M	274	Peter Stokes	Southport Strollers	O65M
204	Graham Deane	Knowsley Harriers	O40M	275	Alan Spencer	Knowsley Harriers	O60M
205	Rob Chalmers	Pensby Runners	O45M	276	John Nolan	Pensby Runners	O60M
206	Mike Brady	Spectrum Striders	O55M	277	Anthony Fullop	Burden Road Runners	O60M
207	Ben Chane	Skem BH	U20M				
208	Cameron Hadwin	Marsh Lane Harriers	U30M				
209	Colin McCormick	Liverpool Running Bugs	O40M				

Ladies Results

1	Nicola Jackson	RRAMS	U40F	73	Alison Williams	Helsby RC	O50F
2	Joanna Marsden	Cheshire Dragons	O45F	74	Sara Roberts	Knowsley Harriers	U35F
3	Marie Leahy	RRAMS	O40F	75	Laura Aspey	North Endurance	U40F
4	Amie Smith	Cheshire Dragons	U35F	76	Laura Moran	Birkenhead	U35F
5	Louisa Thompson	Cheshire Dragons	O40F	77	Kate Johnson	Spectrum Striders	O50F
6	Liz Turner	Penny Lane Striders	O45F	78	Claudia Pagoulatou	Pensby Runners	O50F
7	Sara Miller	Billinge RC	U35F	79	Sarah Jackson	Penny Lane Striders	O45F
8	Sharon Samson	Penny Lane Striders	O45F	80	Helen Caldwell	Spectrum Striders	O55F
9	Claire Demaine	Lymm Runners	O45F	81	Rosemary Symms	Chester Tri	O70F
10	Laura Wright	RRAMS	O40F	82	Leah Binns	Helsby RC	U35F
11	Sara Avery	Cheshire Dragons	O55F	83	Tamsyn Duffy	Warrington RC	O45F
12	Andrea Bond	Penny Lane Striders	O45F	84	Emily Smith	Helsby RC	O40F
13	Emma Crowe	Cheshire Dragons	O50F	85	Kate Grimoldby	Spectrum Striders	U40F
14	June Whitehead	Helsby RC	U40F	86	Sue Moran	Kirkby Milers	O40F
15	Hannah Whittaker	St Helens Striders	U40F	87	Diane Hennigan	Penny Lane Striders	O50F
16	Jackie Price	Astley & Tyldesley RR	O45F	88	Eleanor Barlow	Liverpool RC	U40F
17	Joanne Nemits	Warrington RR	O45F	89	Ruth Hewitt	Liverpool Running Bugs	O45F
18	Anna Woolgar	Chester Tri	O50F	90	Helen Measures	Pensby Runners	O45F
19	Jennifer Harper	Liverpool Running Bugs	O40F	91	Kirsty Mackenzie	Southport Strollers	O40F
20	Alice Fraser	Penny Lane Striders	U35F	92	Sue Heaps	St Helens Striders	O60F
21	Georgina Walker	Lymm Runners	O45F	93	Usha Lad	Warrington RR	O55F
22	Rebecca Burke	Kirkby Milers	U30F	94	Linda Bowden	Warrington RR	O50F
23	Sara Owczarczak-Garstecka	Mersey Tri	U40F	95	Abigail Magill	Liverpool RC	O40F
24	Amy Whitehead	North Endurance	U40F	96	Lauren Lett	Mersey Tri	U35F
25	Charlotte Webster	Southport Strollers	U35F	97	Sophie Cribb	Widnes RC	U35F
26	Rebecca Sutton	North Endurance	U30F	98	Elaine Prescott	Billinge RC	O45F
27	Katie Davidson	Run Sandymoor	U40F	99	Nicola Kitts	Kirkby Milers	U40F
28	Ruth Isaacs	Pensby Runners	O60F	100	Rachel Waring	Widnes RC	U35F
29	Rachel Hastwell	Lymm Runners	O40F	101	Louise Dunn	Liverpool Running Bugs	U35F
30	Jen Barret	North Endurance	U30F	102	Laura Raynor	Liverpool Running Bugs	U30F
31	Victoria Gilbody	Skem BH	U40F	103	Melanie Bradley	Northwich RC	O50F
32	Carla Houghton	Kirkby Milers	U40F	104	Sarah Collins	St Helens Striders	O45F
33	Jacqueline Jones	Warrington RC	O50F	105	Janet Walker	Skem RC	O45F
34	Laura Hennahane	Penny Lane Striders	O40F	106	Moyna O'Neil	Mersey Tri	O55F
35	Jody Beech	Ellesmere Port RC	O40F	107	Ashley Walton	Run Sandymoor	U40F
36	Jennifer Houghton	Kirkby Milers	O40F	108	Sasha Ludlow	Southport Strollers	O40F
37	Betsy-Ann Ward	Chester Tri	U35F	109	Jayne Russell	Kirkby Milers	O45F
38	Mel Holden	North Endurance	U35F	110	Lee Davies	Southport Strollers	O45F
39	Vanessa Griffiths	Helsby RC	O55F	111	Wendy Griffiths	Skem RC	O55F
40	Emma Fraser	Run Sandymoor	O45F	112	Olivia MacCormack	North Endurance	U30F
41	Gillian Plant	Warrington RC	O60F	113	Tina Clegg	Marsh Lane Harriers	O55F
42	Emma Nunnerley	Lymm Runners	O45F	114	Emily Derrane	Marsh Lane Harriers	U40F
43	Katie Dean	Widnes RC	O40F	115	Laura Haugh	Liverpool Running Bugs	U35F
44	Jade Evans	Northwich RR	U30F	116	Rita Mistry	Pensby Runners	O50F
45	Alison Morgan	Warrington RC	O45F	117	Emma Stokes	Southport Strollers	O55F
46	Annie Hamilton	Liverpool RC	U30F	118	Carolyn Smith	Lymm Runners	O55F
47	Michelle Stephens	St Helens Striders	O55F	119	Sue Stewart	Southport Strollers	O75F
48	Catherine Sams	St Helens Striders	O40F	120	Tashi Thornley	Southport Strollers	U40F
49	Poppy Ingarfield	Kirkby Milers	U20F	121	Jayne Erlam	Billinge RC	O55F
50	Annamarie Riley	Penny Lane Striders	O50F	122	Christine Bonnar	Widnes RC	O70F
51	Stephanie Humphries	Widnes RC	U35F	123	Pauline Foster	Billinge RC	O60F
52	Lana Wright	Birkenhead	U35F	124	Amanda Borthwick	Billinge RC	O50F
53	Kathryn Schofield	Helsby RC	U30F	125	Lisa Cusack	Penny Lane Striders	O50F
54	Hannah Morrow	North Endurance	U35F	126	Jessica Messenger	Northwich RC	O45F
55	Lisa Webb	Widnes RC	O45F	127	Sophie Dunnett	Skem RC	U30F
56	Elaine Laycock	Liverpool RC	O55F	128	Emily Yarwood	Spectrum Striders	U30F
57	Jemma Taylor	Skem BH	U40F	129	Jenny Young	Liverpool Running Bugs	O45F
58	Sarah Larkin	Helsby RC	O50F	130	Denise Reardon	Liverpool Running Bugs	O45F
59	Shazza Ainslie	Penny Lane Striders	O50F	131	Jennie Falloon	Warrington RR	O40F
60	Missy Morton	RRAMS	U30F	132	Jenny Rogers	Lymm Runners	O40F
61	Tracey Carr	Liverpool Running Bugs	O60F	133	Petra Feixova	Lymm Runners	U40F
62	Ann-Marie McCarthy	Knowsley Harriers	O55F	134	Claire Dumbell	Liverpool Running Bugs	O45F
63	Anna Williams	Skem BH	O45F	135	Kay Nelson	Liverpool RC	O40F
64	Anna Gray	Marsh Lane Harriers	O40F	136	Alison Boag-Munroe	Knowsley Harriers	O40F
65	Melanie Spelman	Marsh Lane Harriers	O40F	137	Helen Walker	Southport Strollers	O60F
66	Nicola Harrington	Knowsley Harriers	U40F	138	Kathryn Baron	Burnden Road Runners	O55F
67	Bernice Blundell	Skem BH	O60F	139	Jen Forkin	Burnden Road Runners	O40F
68	Claire Skea	Liverpool Running Bugs	U35F	140	Coral Lawlor	Knowsley Harriers	U30F
69	Amanda Craven	Mersey Tri	O55F	141	Amy Neill	Knowsley Harriers	U35F
70	Leanne Jones	Helsby RC	O40F	142	Jennifer Hogg	Liverpool Running Bugs	U35F
71	Janet Robertson	Helsby RC	O55F	143	Joanne Edwards	Penny Lane Striders	O55F
72	Kirstie McCaffrey	St Helens Striders	U40F				

Team Results

Mens 'A' Teams (6 Runners)

Pos	Team	Score	Points
1	Penny Lane Striders 'A'	91	34
2	Liverpool RC 'A'	223	33
3	Kirkby Milers 'A'	226	32
4	Mersey Tri 'A'	254	31
5	North Endurance 'A'	259	30
6	Helsby RC 'A'	270	29
7	Billinge RC 'A'	275	28
8	Liverpool Running Bugs 'A'	446	27
9	Warrington RC 'A'	488	26
10	Lymm Runners 'A'	507	25
11	Run Sandymoor 'A'	529	24
12	Skem BH 'A'	594	23
13	Pensby Runners 'A'	639	22
14	St Helens Striders 'A'	682	21
15	Knowsley Harriers 'A'	708	20
16	Widnes RC 'A'	775	19
17	Marsh Lane Harriers 'A'	785	18
18	Warrington RR 'A'	942	17
19	Southport Strollers 'A'	994	16
20	Birkenhead 'A'	1033	15
21	Spectrum Striders 'A'	1038	14
22	RRAMS 'A'	1271	13
23	Cheshire Dragons 'A'	730 (only 5 ran)	12
24	Chester Tri 'A'	800 (only 5 ran)	11
25	Ellesmere Port RC 'A'	905 (only 4 ran)	10
26	Skem RC 'A'	1220 (only 4 ran)	9
27	Burnden Road Runners 'A'	1335 (only 4 ran)	8
28	Northwich RC 'A'	1380 (only 4 ran)	7
29	Astley & Tyldesley RR 'A'	1331 (only 2 ran)	6
30	Warrington Tri 'A'	1614 (only 1 ran)	5
31	UTS RC 'A'	NT	-
31	St Helens Tri 'A'	NT	-
31	Delamere Spartans 'A'	NT	-
31	Widnes Wasps 'A'	NT	-

Ladies 'A' Teams (3 Runners)

Pos	Team	Score	Points
1	Cheshire Dragons 'A'	11	34
2	RRAMS 'A'	14	33
3	Penny Lane Striders 'A'	26	32
4	Lymm Runners 'A'	59	31
5	North Endurance 'A'	80	30
6	Kirkby Milers 'A'	90	29
7	Helsby RC 'A'	106	28
8	St Helens Striders 'A'	110	27
9	Chester Tri 'A'	136	26
10	Liverpool Running Bugs 'A'	148	25
11	Widnes RC 'A'	149	24
12	Skem BH 'A'	151	23
13	Warrington RR 'A'	155	22
14	Warrington RC 'A'	157	21
15	Run Sandymoor 'A'	174	20
16	Mersey Tri 'A'	188	19
17	Liverpool RC 'A'	190	18
18	Pensby Runners 'A'	196	17
19	Knowsley Harriers 'A'	202	16
20	Southport Strollers 'A'	224	15
21	Billinge RC 'A'	226	14
22=	Spectrum Striders 'A'	242	13
22=	Marsh Lane Harriers 'A'	242	13
24	Northwich RC 'A'	273	11
25	Skem RC 'A'	343	10
26	Birkenhead 'A'	281 (only 2 ran)	9
27	Burnden Road Runners 'A'	430 (only 2 ran)	8
28	Astley & Tyldesley RR 'A'	322 (only 1 ran)	7
29	Ellesmere Port RC 'A'	341 (only 1 ran)	6
30	UTS RC 'A'	NT	0
30	St Helens Tri 'A'	NT	0
30	Delamere Spartans 'A'	NT	0
30	Warrington Tri 'A'	NT	0
30	Widnes Wasps 'A'	NT	0

Many thanks for Penny Lane Striders for putting on the first race of the season. Next Race is at Beacon Park starting at 10:00 am.

Have a good race everyone.

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