

North West XC – Race 2 – Beacon Park 3 November 2024 – 4.7M

Mens Results

1	Ian Lawton	Mersey Tri	O40M	75	Luke Wills	Skem RC	U40M
2	Sean Jones	Penny Lane Striders	O40M	76	Christopher McFadden	Widnes RC	U40M
3	Jonathan Smith	Lymm Runners	U40M	77	Philip Taylor	Knowsley Harriers	O40M
4	Daniel Harbridge	Cheshire Dragons	U40M	78	Dave Abbott	Billinge RC	O45M
5	Jamie Rutherford	Liverpool RC	U40M	79	Michael O'Rourke	Penny Lane Striders	O40M
6	Steven Thompson	Run Sandymoor	O40M	80	Joe McCarthy	North Endurance	O55M
7	Daniel Miller	Billinge RC	U40M	81	Ian Roche	Mersey Tri	O60M
8	Ryan Jones	Kirkby Milers	U40M	82	Paul Duke	Burden Road Runners	O45M
9	Joshua Kearney	North Endurance	U40M	83	Scott Girling-Heathcote	Billinge RC	U40M
10	Phil Watkinson	Liverpool Running Bugs	U30M	84	Dave Nunnerley	Lymm Runners	O40M
11	Alex Cowin	Penny Lane Striders	O45M	85	David Carroll	North Endurance	U40M
12	John Myers	Run Sandymoor	O45M	86	Gary Wilton	Kirkby Milers	O45M
13	Ian Roberts	Skem BH	O40M	87	Paul Atkinson	Billinge RC	O50M
14	Frank Fitzpatrick	Helsby RC	U40M	88	Ben Sweeney	North Endurance	O40M
15	Lawrence Eccles	Penny Lane Striders	O40M	89	David Edwards	Kirkby Milers	O60M
16	Woody Felton	Spectrum Striders	O55M	90	David Burrows	Liverpool Running Bugs	O60M
17	Johnny Boylan	North Endurance	O40M	91	Stephen Coe	Chester Tri	U40M
18	Paul Martin	North Endurance	U40M	92	Matthew Parmenter	St Helens Striders	O50M
19	Phil Rowen	Lymm Runners	O50M	93	Simon Ford	Astley & Tyldesley RR	O50M
20	David Willshire	Penny Lane Striders	O40M	94	Ralph Pawling	Pensby Runners	O40M
21	Fabian Devlin	North Endurance	U40M	95	Steve Nolan	Burden Road Runners	O60M
22	Robert Eagles	Penny Lane Striders	U40M	96	Darren Cottier	Cheshire Dragons	O50M
23	Philip Johnson	Mersey Tri	U40M	97	Keith Dunham	Pensby Runners	O45M
24	Jay Williams	Kirkby Milers	O40M	98	Cameron McCormack	Liverpool Running Bugs	U30M
25	Joe Brown	Billinge RC	U40M	99	Lewis Hinton	Penny Lane Striders	U40M
26	John Hunt	Pensby Runners	O55M	100	Bob Corinaldi	Cheshire Dragons	O55M
27	Edwin Drost	Warrington RC	U40M	101	Paul Gardner	St Helens Striders	O40M
28	Matt Owen	North Endurance	U40M	102	Luke Hart	Liverpool Running Bugs	U40M
29	Andy Ashworth	Billinge RC	U40M	103	George Hawthorn	Helsby RC	-
30	Stephen Tomlinson	Knowsley Harriers	U40M	104	Matthew Scott	Cheshire Dragons	O50M
31	Daniel Owens	North Endurance	U40M	105	Mark Ingarfield	Kirkby Milers	O50M
32	Thomas Store	Lymm Runners	O50M	106	Samuel Cook	Billinge RC	U30M
33	Alex Rigby	Liverpool RC	U40M	107	Lucas Houghton	Kirkby Milers	U20M
34	Tom Newberry	Billinge RC	U30M	108	Neil Hughes	Astley & Tyldesley RR	O45M
35	Matt Johnston	Billinge RC	U30M	109	Peter Sutton	Southport Strollers	U40M
36	Thomas Appleton	Billinge RC	U30M	110	Steve Sherwen	Lymm Runners	O50M
37	Peter Fairclough	RRAMS	U40M	111	Kevin Smith	Helsby RC	O45M
38	Neil Marsh	Spectrum Striders	U40M	112	Andy Kitts	Kirkby Milers	O40M
39	Daniel Kelly	Penny Lane Striders	U40M	113	Owen Hinds	Liverpool Running Bugs	U30M
40	James Meldrum	Mersey Tri	O40M	114	Gary English	Kirkby Milers	O60M
41	David Stoddern	Skem BH	U40M	115	Leslie Johnson	Cheshire Dragons	O55M
42	Patrick Cullen	North Endurance	U30M	116	Nigel Grant	Penny Lane Striders	O60M
43	Vincent Ly	Penny Lane Striders	U30M	117	David Stroud	Knowsley Harriers	U40M
44	David Knowles	Liverpool RC	U40M	118	Paul Riley	Penny Lane Striders	O50M
45	Harvey Fortis	North Endurance	U30M	119	Jamie Porter	Warrington RR	O40M
46	James Hendry	Liverpool RC	U40M	120	David Matthews	Kirkby Milers	O45M
47	Sam Stephens	Lymm Runners	O40M	121	Arran Roberts	Knowsley Harriers	U30M
48	Simon Oliver	Chester Tri	O50M	122	Michael Parr	Northwich RC	O50M
49	Phil Riding	Penny Lane Striders	O50M	123	Peter Lee	Liverpool Running Bugs	O50M
50	Brendan Burns	Liverpool RC	O40M	124	Lewis Taylor	Spectrum Striders	U40M
51	Ian Magill	Liverpool RC	O55M	125	Janis Logins	Skem RC	U40M
52	Richard Pickering	Pensby Runners	O40M	126	Gary Parker	Pensby Runners	U40M
53	Tom Hopwood	Warrington Tri	U40M	127	Neil Jackson	RRAMS	O55M
54	Bradley Roberts	Liverpool Running Bugs	U30M	128	Andrew Mowatt	Skem BH	O45M
55	David Lawton	Liverpool RC	O45M	129	Jim Dawson	Lymm Runners	O60M
56	Jonathan Hock	Lymm Runners	O45M	130	Paul Johnston	Marsh Lane Harriers	U40M
57	Michael Campbell	Widnes RC	O40M	131	Alistair Patrick	Mersey Tri	O45M
58	Adam Fitzsimmons	Kirkby Milers	U40M	132	Michael Smith	St Helens Striders	U40M
59	Kevin Walker	Skem RC	O45M	133	Steven Hughes	Run Sandymoor	O40M
60	Matt Sanderson	Warrington RC	O50M	134	Kelvin Gibbons	RRAMS	U40M
61	Mark Collins	Astley & Tyldesley RR	O50M	135	Sean Newberry	Billinge RC	O50M
62	John McLaren	Knowsley Harriers	O40M	136	Ian Atkinson	Chester Tri	O60M
63	Sam Williams	Mersey Tri	U20M	137	Kevin Brennan	St Helens Striders	O55M
64	Peter Ledson	Mersey Tri	U30M	138	Andrew Hastwell	Lymm Runners	O50M
65	William Holt	Liverpool RC	U40M	139	Gareth Leonard	St Helens Striders	U40M
66	James Marsh	Billinge RC	O40M	140	Lee Rigby	Warrington RR	O45M
	James Rushworth	Guest		141	Jack Buckton	Penny Lane Striders	U40M
67	Christopher Jackson	Warrington RR	O40M	142	Dave Lynch	St Helens Striders	O45M
68	Xander Heaton	Kirkby Milers	U20M	143	Karl Bowles	St Helens Striders	O50M
69	Scott Parry	Billinge RC	U40M	144	Michael Smith	Lymm Runners	O60M
70	Jacob Cullen	Warrington RR	U30M	145	James Stanley	Liverpool Running Bugs	O45M
71	Julien Tour	Penny Lane Striders	O40M	146	Benjamin Woods	Liverpool Running Bugs	U40M
72	Gerard McLeigh	Liverpool RC	U40M	147	Richard Shayle	Pensby Runners	O55M
73	Mark Turner	Skem RC	U40M	148	Phillip Hughes	North Endurance	U40M
74	Wesley Edwards	Billinge RC	U40M	149	John Bennett	Mersey Tri	O50M

150	Neil Wong	Pensby Runners	O50M	199	Thomas Humphries	Widnes RC	U40M
151	Carl Yu	Liverpool RC	O50M	200	Liam Wilkinson	Warrington RR	O40M
152	Derek Ferguson	Southport Strollers	O55M	201	Neil McPhee	Mersey Tri	O65M
153	Graham Driver	Spectrum Striders	O55M	202	Paul Dowdle	St Helens Striders	O50M
154	Matt Watkins	Northwich RC	O50M	203	Stephen Pemberton	Penny Lane Striders	O65M
155	Andrew Gaskell	St Helens Striders	O55M	204	Mike Ashton	Skem BH	O40M
156	Colin McCormick	Liverpool Running Bugs	O40M	205	Joe McGlynn	Penny Lane Striders	O65M
157	Stephen Hayes	Kirkby Milers	O50M	206	Andrew Matthewson	Billinge RC	U40M
158	Ian Edwards	Mersey Tri	O60M	207	Nathan Barlow	Skem RC	U40M
159	Ian Pudge	Burnden Road Runners	O50M	208	Chris Kettle	Northwich RC	O50M
160	Luke Davies	RRAMS	U20M	209	Mike Melia	Southport Strollers	O65M
161	Matt Cartwright-Terry	Mersey Tri	O45M	210	Charlie Robinson	Billinge RC	U30M
162	Barry Hale	Billinge RC	O65M	211	Stuart Greenall	Northwich RC	O60M
163	Matt Dodd	Southport Strollers	O50M	212	Tom Young	Skem RC	O60M
164	Peter Merville	St Helens Striders	O65M	213	John Cahill	St Helens Striders	U40M
165	Paul Casey	Skem BH	O50M	214	Dennis Yarwood	Spectrum Striders	O55M
166	Nick Pownall	St Helens Striders	U40M	215	William Miller	Billinge RC	O65M
167	Michael Connor	Penny Lane Striders	O60M	216	Rob Lloyd	Widnes RC	O50M
168	Paul Crosby	Warrington RC	O60M	217	John Brown	Penny Lane Striders	O65M
169	Alan McDermott	Penny Lane Striders	O60M	218	John Middleton	Southport Strollers	O55M
	Paul Campbell	Guest		219	Paul Harbridge	Warrington Tri	O60M
170	Mike Gittins	St Helens Striders	U40M	220	Austin Clark	Liverpool RC	O45M
171	Tony Man	Penny Lane Striders	O55M	221	Mark Scott	Liverpool RC	O55M
172	Gareth Lowe	Burnden Road Runners	O40M	222	Phillip Shaw	Warrington RC (2 nd Claim)	O50M
173	Syd Omar	Penny Lane Striders	O50M	223	Tony Hunter	St Helens Striders	O50M
174	Kieron Carr	Liverpool Running Bugs	O50M	224	Paul Roberts	Knowsley Harriers	O40M
175	Joseph Muscat	Warrington RR	O50M	225	Kit Claxton	Liverpool Running Bugs	O50M
176	Nick Paul	Skem BH	O60M	226	Keith Leonard	Skem BH	O40M
177	Ben Chane	Skem BH	U20M	227	Leslie Edwards	Penny Lane Striders	O60M
178	Neil Garnett	Spectrum Striders	O60M	228	Keith Hobson	Billinge RC	O65M
179	Rob Chalmers	Pensby Runners	O45M	229	Paul Greenwood	Southport Strollers	O50M
180	Paul Clarke	North Endurance	O50M	230	Brad Ehlen	Northwich RC	O50M
181	Stephen Owen	Billinge RC	O45M	231	Mark O'Toole	Southport Strollers	O45M
182	Matthew Van_Miert	Pensby Runners	O60M	232	John Houghton	Run Sandymoor	O65M
183	Keith Thomas	Burnden Road Runners	O65M	233	Chris Edson	Lymm Runners	O50M
184	Richard Whimpany	Billinge RC	U40M	234	Ian Trencher	Billinge RC	O45M
185	Terry Lynch	Penny Lane Striders	O55M	235	Duncan Forsyth	Lymm Runners	O65M
186	Stephen McConville	Pensby Runners	O60M	236	Dave Langton	Run Sandymoor	O40M
187	Mark Butterworth	Liverpool Running Bugs	O50M	237	Matthew Hennessy	Northwich RC	U30M
188	Andy Swain	Widnes RC	O50M	238	Paul Quigley	Run Sandymoor	O60M
189	David Feakes	Helsby RC	O60M	239	Stephen Cain	Penny Lane Striders	O45M
190	Anthony Deacy	Southport Strollers	O55M	240	Andrew Glen	Liverpool Running Bugs	O60M
191	Craig Clare	Spectrum Striders	O40M	241	Chris Morgan	Helsby RC	O70M
192	Mark Payton	Run Sandymoor	U40M	242	Clive Morrison	Run Sandymoor	O60M
193	Julian Spencer	Spectrum Striders	O60M	243	Ben Cross	Kirkby Milers	O40M
194	Jake Young	Skem RC	U30M	244	Mike Perchard	Northwich RC	O70M
195	Paul Alexander	Pensby Runners	O65M	245	Peter Stokes	Southport Strollers	O65M
196	Malcolm Teale	Southport Strollers	O65M	246	Mark Georgeson	Skem BH	O50M
197	Martin Catterall	Warrington RR	O45M				
198	Ian McNeill	Birkenhead	O65M				

NOTE

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

Ladies Results

1	Nicola Jackson	RRAMS	U40F	57	Lou Greenall	Northwich RC	O50F
2	Louisa Thompson	Cheshire Dragons	O40F	58	Emma Nunnerley	Lymm Runners	O45F
3	Maria Cook	Skem BH	O45F	59	Jenny Barker	Ellesmere Port RC	O40F
4	Marie Leahey	RRAMS	O40F	60	Alex Royden	Pensby Runners	U35F
5	Liz Turner	Penny Lane Striders	O45F	61	Chloe Holman	Run Sandymoor	-
6	Hayley Tyson	Penny Lane Striders	U30F	62	Annmarie Riley	Penny Lane Striders	O50F
7	Katrina Corinaldi-Knott	Cheshire Dragons	U40F	63	Ruth Hewitt	Liverpool Running Bugs	O45F
8	Sara Miller	Billinge RC	U35F	64	Leanne Jones	Helsby RC	O40F
9	Katie Dickinson	Cheshire Dragons	U40F	65	Janet Walker	Skem RC	O45F
10	Laura Wright	RRAMS	O40F	66	Stephanie Mcbride	Knowsley Harriers	U40F
11	Kelly Hamilton	St Helens Striders	U40F	67	Claudia Pagoulatou	Pensby Runners	O50F
12	Sharon Samson	Penny Lane Striders	O45F	68	Kirstie McCaffrey	St Helens Striders	U40F
13	Jennifer Harper	Liverpool Running Bugs	O40F	69	Heather Lennox	Liverpool RC	O40F
14	Joanne Nemits	Warrington RR	O45F	70	Diane Hennigan	Penny Lane Striders	O50F
15	Ruth Isaacs	Pensby Runners	O60F	71	Sue Heaps	St Helens Striders	O60F
16	Victoria Gilbody	Skem BH	U40F	72	Sally Adams	Skem BH	O55F
17	Laura Baynham-Hughes	Helsby RC	O45F	73	Susan Murphy	Southport Strollers	O60F
18	Sara Owczarczak-Garstecka	Mersey Tri	U40F	74	Deborah Hill	St Helens Striders	O50F
19	Amy Whitehead	North Endurance	U40F	75	Sarah Robson	Mersey Tri	O50F
20	Charlotte Webster	Southport Strollers	U35F	76	Sarah Falcons	St Helens Striders	O40F
21	Katie Davidson	Run Sandymoor	U40F	77	Missy Morton	RRAMS	U30F
22	Lenka Vidamour	Penny Lane Striders	O40F	78	Laura Aspey	North Endurance	U40F
23	Courtney Burrell	North Endurance	U30F	79	Emma Stokes	Southport Strollers	O55F
24	Sonya Monaghan	RRAMS	O55F	80	Debbie Read	Helsby RC	O65F
25	Jacqueline Jones	Warrington RC	O50F	81	Melissa Mitchell	Skem RC	U35F
26	Jennifer Houghton	Kirkby Milers	O40F	82	Sasha Ludlow	Southport Strollers	O40F
27	Jen Barrett	North Endurance	U30F	83	Melanie Bradley	Northwich RC	O50F
28	Rebecca Burke	Kirkby Milers	U30F	84	Lee Davies	Southport Strollers	O45F
29	Rebecca Sutton	North Endurance	U30F	85	Nicola Kitts	Kirkby Milers	U40F
30	Gillian Plant	Warrington RC	O60F	86	Jennifer Boardman	Billinge RC	O50F
31	Hayley Fairclough	Penny Lane Striders	O40F	87	Louise Dunn	Liverpool Running Bugs	U35F
32	Wendy Lee	Pensby Runners	O55F	88	Leah Quine	Skem BH	U35F
33	Nicola Stanley	Southport Strollers	O50F	89	Su Crossland	Skem BH	O45F
34	Lisa Cheers	St Helens Striders	O40F	90	Abigail Magill	Liverpool RC	O40F
35	Rachel Hastwell	Lymm Runners	O40F	91	Jayne Russell	Kirkby Milers	O45F
36	Mel Holden	North Endurance	U35F	92	Sue Stewart	Southport Strollers	O75F
37	Catherine Sams	St Helens Striders	O40F	93	Ursula Harrison	Spectrum Striders	U40F
38	Carla Houghton	Kirkby Milers	U40F	94	Melanie Sayed	RRAMS	O50F
39	Alison Morgan	Warrington RR	O45F	95	Helen Barrow	Warrington RC (2 nd Claim)	O40F
40	Sarah Jackson	Penny Lane Striders	O45F	96	Christine Bonnar	Widnes RC	O70F
41	Lisa Webb	Widnes RC	O45F	97	Carolyn Smith	Lymm Runners	O55F
42	Kathryn Schofield	Helsby RC	U30F	98	Kathryn Baron	Burnden Road Runners	O55F
43	Poppy Ingarfield	Kirkby Milers	U20F	99	Jenni Partington	Burnden Road Runners	O45F
44	Emily Vemon	Penny Lane Striders	U30F	100	Moyna O'Neil	Mersey Tri	O55F
45	Amanda Craven	Mersey Tri	O55F	101	Yazmin F-Latesma	Northwich RC	O50F
46	Emma Fraser	Run Sandymoor	O45F	102	Jessica Messenger	Northwich RC	O45F
47	Bryony Littler	Billinge RC	U30F	103	Jules McSloy	Southport Strollers	O55F
48	Elaine Laycock	Liverpool RC	O55F	104	Lynette Yarwood	Spectrum Striders	U35F
49	Dawn Fairclough	Penny Lane Striders	O40F	105	Rebecca Pearmaine	Northwich RC	U40F
50	Sarah Larkin	Helsby RC	O50F	106	Wendy Osborne	Penny Lane Striders	O45F
51	Catherine Butler	Billinge RC	O50F	107	Janine Walton	Southport Strollers	O40F
52	Claire Skea	Liverpool Running Bugs	U35F	108	Sophie Dunnett	Skem RC	U30F
53	Jennifer Harvey	Skem RC	U40F	109	Ceri Porter	Warrington RR	U40F
54	Jemma Taylor	Skem BH	U40F	110	Emily Yarwood	Spectrum Striders	U30F
55	Shazza Ainslie	Penny Lane Striders	O50F	111	Jane Houghton	Warrington RC	O50F
56	Suzy Wild	Spectrum Striders	O50F	112	Kay Nelson	Liverpool RC	O40F

Team Results

Mens 'A' Teams (6 Runners)

Pos	Team	Score	Points
1	Penny Lane Striders 'A'	109	34
2	North Endurance 'A'	124	33
3	Billinge RC 'A'	196	32
4	Liverpool RC 'A'	229	31
5	Lymm Runners 'A'	241	30
6	Mersey Tri 'A'	272	29
7	Kirkby Milers 'A'	333	28
8	Liverpool Running Bugs 'A'	467	27
9	Pensby Runners 'A'	542	26
10	Knowsley Harriers 'A'	631	25
11=	Skem BH 'A'	700	24
11=	Spectrum Striders 'A'	700	24
13	Skem RC 'A'	733	22
14	St Helens Striders 'A'	743	21
15	Warrington RR 'A'	768	20
16	Run Sandymoor 'A'	811	19
17	Southport Strollers 'A'	1019	18
18	Northwich RC 'A'	1162	17
19	Cheshire Dragons 'A'	675 (only 5 ran)	16
20	Helsby RC 'A'	914 (only 5 ran)	15
21	Burnden Road Runners 'A'	947 (only 5 ran)	14
22	Widnes RC 'A'	992 (only 5 ran)	13
23	RRAMS 'A'	970 (only 4 ran)	12
24	Warrington RC 'A'	1023 (only 3 ran)	11
25	Astley & Tyldesley RR 'A'	1030 (only 3 ran)	10
26	Chester Tri 'A'	1043 (only 3 ran)	9
27	Warrington Tri 'A'	1296 (only 2 ran)	8
28	Marsh Lane Harriers 'A'	1410 (only 1 ran)	7
29	Birkenhead 'A'	1478 (only 3 ran)	6
30	Ellesmere Port RC 'A'	No Team	-
30	Delamere Spartans 'A'	No Team	-
30	St Helens Tri 'A'	No Team	-
30	UTS RC 'A'	No Team	-
30	Widnes Wasps 'A'	No Team	-

Ladies 'A' Teams (3 Runners)

Pos	Team	Score	Points
1	RRAMS 'A'	15	34
2	Cheshire Dragons 'A'	18	33
3	Penny Lane Striders 'A'	23	32
4	North Endurance 'A'	69	31
5	Skem BH 'A'	73	30
6	St Helens Striders 'A'	82	29
7	Kirkby Milers 'A'	92	28
8	Billinge RC 'A'	106	27
9	Pensby Runners 'A'	107	26
10	Helsby RC 'A'	109	25
11	Southport Strollers 'A'	126	24
12=	Liverpool Running Bugs 'A'	128	23
12=	Run Sandymoor 'A'	128	23
14	Mersey Tri 'A'	138	21
15	Warrington RR 'A'	162	20
16	Warrington RC 'A'	166	19
17	Lymm Runners 'A'	190	18
18	Skem RC 'A'	199	17
19	Liverpool RC 'A'	207	16
20	Northwich RC 'A'	241	15
21	Spectrum Striders 'A'	253	14
22	Widnes RC 'A'	259 (only 2 ran)	13
23	Burnden Road Runners 'A'	319 (only 2 ran)	12
24	Ellesmere Port RC 'A'	303 (only 1 ran)	11
25	Knowsley Harriers 'A'	310 (only 1 ran)	10
26	Chester Tri 'A'	No Team	-
27	St Helens Tri 'A'	No Team	-
27	UTS RC 'A'	No Team	-
27	Birkenhead 'A'	No Team	-
27	Marsh Lane Harriers 'A'	No Team	-
27	Delamere Spartans 'A'	No Team	-
27	Astley & Tyldesley RR 'A'	No Team	-
27	Warrington Tri 'A'	No Team	-
27	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'	34	34				68
2	Liverpool RC 'A'	33	31				64
3	North Endurance 'A'	30	33				63
4=	Mersey Tri 'A'	31	29				60
4=	Kirkby Milers 'A'	32	28				60
4=	Billinge RC 'A'	28	32				60
7	Lymm Runners 'A'	25	30				55
8	Liverpool Running Bugs 'A'	27	27				54
9	Pensby Runners 'A'	22	26				48
10	Skem BH 'A'	23	24				47
11	Knowsley Harriers 'A'	20	25				45
12	Helsby RC 'A'	29	15				44
13	Run Sandymoor 'A'	24	19				43
14	St Helens Striders 'A'	21	21				42
15	Spectrum Striders 'A'	14	24				38
16=	Warrington RC 'A'	26	11				37
16=	Warrington RR 'A'	17	20				37
18	Southport Strollers 'A'	16	18				34
19	Widnes RC 'A'	19	13				32
20	Skem RC 'A'	9	22				31
21	Cheshire Dragons 'A'	12	16				28
22=	RRAMS 'A'	13	12				25
22=	Marsh Lane Harriers 'A'	18	7				25
24	Northwich RC 'A'	7	17				24
25	Burnden Road Runners 'A'	8	14				22
26	Birkenhead 'A'	15	6				21
27	Chester Tri 'A'	11	9				20
28	Astley & Tyldesley RR 'A'	6	10				16
29	Warrington Tri 'A'	5	8				13
30	Ellesmere Port RC 'A'	10	NT				10
-	UTS RC 'A'	NT	NT				-
-	St Helens Tri 'A'	NT	NT				-
-	Delamere Spartans '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=	RRAMS 'A'	33	34				67
1=	Cheshire Dragons 'A'	34	33				67
3	Penny Lane Striders 'A'	32	32				64
4	North Endurance 'A'	30	31				61
5	Kirkby Milers 'A'	29	28				57
6	St Helens Striders 'A'	27	29				56
7=	Helsby RC 'A'	28	25				53
7=	Skem BH 'A'	23	30				53
9	Lymm Runners 'A'	31	18				49
10	Liverpool Running Bugs 'A'	25	23				48
11=	Pensby Runners 'A'	17	26				43
11=	Run Sandymoor 'A'	20	23				43
13	Warrington RR 'A'	22	20				42
14	Billinge RC 'A'	14	27				41
15=	Mersey Tri 'A'	19	21				40
15=	Warrington RC 'A'	21	19				40
17	Southport Strollers 'A'	15	24				39
18	Widnes RC 'A'	24	13				37
19	Liverpool RC 'A'	18	16				34
20=	Spectrum Striders 'A'	13	14				27
20=	Skem RC 'A'	10	17				27
22=	Chester Tri 'A'	26	NT				26
22=	Knowsley Harriers 'A'	16	10				26
22=	Northwich RC 'A'	11	15				26
25	Burnden Road Runners 'A'	8	12				20
26	Ellesmere Port RC 'A'	6	11				17
27	Marsh Lane Harriers 'A'	13	NT				13
28	Birkenhead 'A'	9	NT				9
29	Astley & Tyldesley RR 'A'	7	NT				7
-	St Helens Tri 'A'	NT	NT				-
-	UTS RC 'A'	NT	NT				-
-	Delamere Spartans 'A'	NT	NT				-
-	Warrington Tri 'A'	NT	NT				-
-	Widnes Wasps 'A'	NT	NT				-

(NT= No Team)