

North West XC – Race 1 – Beacon Park 20 November 2019 – 4.8M

Mens Results

| | | | | | | | |
|-------|-------------------|------------------------|------|-------|-------------------|------------------------|------|
| 1 | Jay Brittles | Mersey Tri | U40M | 76 | Patrick Corrigan | Pensby Runners | O55M |
| 2 | Chris Stanford | Warrington Tri | O40M | 77 | Paul Williams | North Endurance | U40M |
| 3 | Martin Swensson | Penny Lane Striders | O40M | 78 | Phillip Lawrenson | St Helens Striders | O50M |
| 4 | Daniel Harbidge | North Endurance | U30M | 79 | Keith Thomas | Burden Road Runners | O60M |
| 5 | Lawrence Eccles | Penny Lane Striders | U40M | 80 | Chris Usher | Newburgh Nomads | O45M |
| 6 | Danny Schofield | Warrington RC | U30M | 81 | Lee White | Burden Road Runners | O45M |
| 7 | Alan Smithson | Mersey Tri | U40M | 82 | Rob Bruford | Northwich RC | O40M |
| 8 | Mark Clair | Mersey Tri | U40M | 83 | Duncan Kennedy | Liverpool RC | O40M |
| 9 | Paul Martin | North Endurance | U40M | 84 | Michael O'Rourke | Penny Lane Striders | U40M |
| 10 | Alex Cowin | Penny Lane Striders | O40M | 85 | Kieran Thomson | Warrington RC | U20M |
| 11 | Sean Merryweather | Mersey Tri | U30M | 86 | Ian Shorrock | Pensby Runners | O40M |
| 12 | David Wilson | St Helens Striders | U40M | 87 | Ian Roche | Mersey Tri | O55M |
| 13 | Robert Owens | Knowsley Harriers | U40M | 88 | Jason Sage | Spectrum Striders | O40M |
| 14 | Thomas Wilson | Liverpool RC | U30M | 89 | Gerard Russell | Penny Lane Striders | O40M |
| 15 | David Willshire | Penny Lane Striders | U40M | 90 | Andrew Dunleavy | Burden Road Runners | O60M |
| 16 | Adam Simpkin | Liverpool RC | U40M | 91 | Jim Dawson | Lymm Runners | O55M |
| 17 | Michael Heyes | Mersey Tri | U40M | 92 | Andy Christian | Mersey Tri | O50M |
| 18 | Phil Johnson | Mersey Tri | U40M | 93 | Jon Hawker | Delamere Spartans | O55M |
| 19 | Alex Rigby | Liverpool RC | U30M | 94 | David Green | Pensby Runners | U40M |
| 20 | James Toohey | Liverpool RC | U30M | 95 | Anthony Ellis | St Helens Striders | U40M |
| 21 | George Hill | Warrington Tri | U20M | 96 | Michael Aisbitt | Skem BH | O45M |
| 22 | Rob Kelly | Liverpool RC | U40M | 97 | Nick Wishart | Delamere Spartans | O50M |
| 23 | Daniel Dunnington | Mersey Tri | U30M | 98 | Stuart Johnson | Spectrum Striders | U30M |
| 24 | Sean Jones | Penny Lane Striders | U40M | 99 | Daniel Waller | Mersey Tri | U40M |
| 25 | Jay Williams | Kirkby Milers | U40M | 100 | Matt Sanderson | Warrington RC | O45M |
| 26 | Andrew Gibbons | Warrington RR | U40M | 101 | Ian Wilson | Mersey Tri | U40M |
| 27 | Stuart Berry | Lymm Runners | U40M | 102 | David Shepherd | Northwich RC | O50M |
| 28 | Callan Rowand | Warrington RC | U30M | 103 | Andrew Boulger | Kirkby Milers | O45M |
| 29 | Lewis Myatt | North Endurance | U30M | 104 | Andrew Biddle | Penny Lane Striders | O45M |
| 30 | Anthony Caldwell | North Endurance | O40M | 105 | Alan Wheelhouse | Warrington RR | O50M |
| 31 | Phil Riding | Penny Lane Striders | O45M | 106 | Nigel Grant | Penny Lane Striders | O55M |
| 32 | Gary Wilton | Kirkby Milers | O40M | 107 | Mark Atherton | Widnes RC | O40M |
| 33 | Kane Green | St Helens Striders | U40M | 108 | Matthew Parmenter | St Helens Striders | O45M |
| 34 | Ian Magill | Liverpool RC | O50M | 109 | Christopher Lee | Liverpool Running Bugs | O50M |
| 35 | Chris Fitzpatrick | Helsby RC | O40M | 110 | Paul Wilson | Liverpool RC | O50M |
| 36 | Dan Thornton | Mersey Tri | U40M | 111 | Tom Thomson | Warrington RC | O45M |
| 37 | Ian Hewitt | Liverpool Running Bugs | O40M | 112 | Graham Deane | Knowsley Harriers | U40M |
| 38 | Rory Anderson | Spectrum Striders | U30M | 113 | Paul Brown | Liverpool RC | O40M |
| 39 | Edwin Drost | Warrington RC | U40M | 114 | Andrew Lawrenson | St Helens Striders | U30M |
| 40 | Paul Duke | Burden Road Runners | O40M | 115 | Jeff Adams | Pensby Runners | O60M |
| 41 | Lee Warburton | Penny Lane Striders | O45M | 116 | Craig Farr | Northwich RC | O40M |
| 42 | Mark Riley | St Helens Striders | U40M | 117 | Ian Rivers | Kirkby Milers | O50M |
| 43 | John Myers | Run Sandymoor | O40M | 118 | Mike Womack | Lymm Runners | O40M |
| 44 | Alex Gifford | Ellesmere Port RC | O40M | 119 | Lucas Pilkington | Northwich RC | U30M |
| 45 | Ian Chisnall | St Helens Striders | O45M | 120 | Paul Cheetham | Skem BH | O45M |
| 46 | Chris Ryan | Mersey Tri | O40M | 121 | Colin Berry | Ellesmere Port RC | O50M |
| 47 | Peter Roome | Mersey Tri | O55M | 122 | Nigel Foo | Penny Lane Striders | O50M |
| 48 | Callum Healey | Mersey Tri | U40M | 123 | Michael Scowcroft | Run Sandymoor | O40M |
| 49 | John Preece | Kirkby Milers | O45M | 124 | Phil Smallwood | Warrington RC | O40M |
| 50 | Chris Gorman | Northwich RC | U30M | 125 | Robert Chalmers | Pensby Runners | O40M |
| 51 | Joe Johnson | Birkenhead | O50M | 126 | Gary Parker | Pensby Runners | U40M |
| 52 | Roberts Chesters | Penny Lane Striders | U40M | 127 | Stephen Bennett | North Endurance | U30M |
| 53 | Ralph Pawling | Pensby Runners | U40M | 128 | Derek Gibbon | Chester Tri | O50M |
| 54 | Adam Fitzsimmons | Kirkby Milers | U30M | 129 | Colin Rushton | Warrington RC | O45M |
| 55 | Jon Cole | Ellesmere Port RC | O40M | 130 | George Oliver | Northwich RC | U30M |
| 56 | David Lawton | Liverpool RC | U40M | 131 | Neil Goulding | Skem BH | O45M |
| 57 | Fabian Devlin | North Endurance | U40M | 132 | Nick Morton | Kirkby Milers | U30M |
| 58 | David Edwards | Kirkby Milers | O55M | 133 | Andrew Dowdeswell | Widnes RC | U40M |
| 59 | Thom Atkinson | North Endurance | U40M | 134 | Lee Turner | Kirkby Milers | U30M |
| 60 | Dean Wilson | Liverpool RC | O40M | 135 | Richard Shayle | Pensby Runners | O50M |
| 61 | Andrew McGlone | Kirkby Milers | U40M | 136 | Steve Stuthridge | Village Runners | O45M |
| 62 | Matthew Collins | North Endurance | U40M | 137 | Matt Helm | Liverpool RC | O55M |
| 63 | Peter Rodriguez | Helsby RC | O40M | 138 | Kevin Cairns | St Helens Striders | O45M |
| 64 | Richard Bragg | Widnes RC | - | Guest | Mark Hudson | Liverpool Pembroke | O55M |
| Guest | Phil Bacon | Unattached | U30M | 139 | Mike Douglas | Warrington Tri | U40M |
| 65 | Kevin Gillibrand | Warrington RR | O50M | 140 | Graham Cushion | Liverpool RC | O40M |
| 66 | Jon Morgan | Widnes RC | - | 141 | Darran Wilson | Run Sandymoor | O50M |
| 67 | Jonathan Cocroft | Lymm Runners | U40M | 142 | Paul Bidwell | Mersey Tri | O50M |
| 68 | Lewis Houghton | Kirkby Milers | U30M | 143 | Stephen Dipple | Penny Lane Striders | O45M |
| 69 | Glyn Evans | Northwich RC | O55M | 144 | Alan McDonald | Mersey Tri | U40M |
| 70 | Colin Dobbs | Penny Lane Striders | O40M | 145 | Roger Seddon | Warrington RC | O50M |
| 71 | Louis Johnson | Mersey Tri | U30M | 146 | Patrick Breen | North Endurance | U40M |
| 72 | Chris Morgan | Mersey Tri | U40M | 147 | Paul Alexander | Pensby Runners | O60M |
| 73 | Michael Waring | Chester Tri | O50M | 148 | Mark Glaister | Skem BH | O55M |
| 74 | Mark Walker | Warrington Tri | O50M | 149 | Grant Davidson | Mersey Tri | O45M |
| 75 | Michael Parr | Northwich RC | O45M | 150 | Wally Coppelov | Newburgh Nomads | O60M |

| | | | | | | | |
|-----|-------------------|------------------------|------|-----|----------------------|------------------------|------|
| 151 | Martin Cregan | Warrington RR | U30M | 202 | John Gore | Widnes RC | O50M |
| 152 | Bobby Burke | Liverpool RC | O50M | 203 | Barry McDonnell | Birkenhead | U40M |
| 153 | Gary Hilton | Warrington Tri | O45M | 204 | Andie Gow | Pensby Runners | O60M |
| 154 | Paul Booth | St Helens Striders | U40M | 205 | Chris Giblin | Widnes RC | - |
| 155 | Graeme Caldwell | Widnes RC | - | 206 | Mark Scott | Liverpool RC | O50M |
| 156 | Chris Wills | Knowsley Harriers | O40M | 207 | Al Worrall | Northwich RC | U30M |
| 157 | Ian Summersgill | Warrington Tri | O50M | 208 | Michael McIntyre | Kirkby Milers | U40M |
| 158 | Andrew Glen | Liverpool Running Bugs | O55M | 209 | John Brown | Penny Lane Striders | O60M |
| 159 | Alex Abbott | St Helens Striders | U40M | 210 | Tommy Burke | Penny Lane Striders | O60M |
| 160 | Paul McNally | Mersey Tri | O45M | 211 | Paul Rust | Mersey Tri | O40M |
| 161 | Paul Harbidge | Warrington Tri | O55M | 212 | Joe Allen | Kirkby Milers | U20M |
| 162 | Charlie Anderson | Village Runners | O45M | 213 | Mark Fillingham | St Helens Striders | O50M |
| 163 | Peter Heron | Mersey Tri | O55M | 214 | Fergal Harkin | Warrington Tri | O55M |
| 164 | George Pierce | Liverpool RC | O50M | 215 | Andy Brookfield | Newburgh Nomads | O60M |
| 165 | Ian McNeill | Birkenhead | O60M | 216 | Steven_Robert Moss | Widnes RC | U40M |
| 166 | Peter Merville | St Helens Striders | O60M | 217 | John Fitzgerald | Mersey Tri | O60M |
| 167 | Tim Holloway | Delamere Spartans | O50M | 218 | Adam Staines | Skem BH | O50M |
| 168 | Alan Wilcox | Northwich RC | O50M | 219 | Stewart Dwyer | Warrington RC | O55M |
| 169 | Richard Harris | Newburgh Nomads | O55M | 220 | Tony Green | Penny Lane Striders | O60M |
| 170 | Ian Davies | Birkenhead | O55M | 221 | Colin Wightman | Mersey Tri | O50M |
| 171 | Paul Clarke | North Endurance | O45M | 222 | Andrew Smith | Helsby RC | O55M |
| 172 | Alex Mitchell | Liverpool Running Bugs | U30M | 223 | Chris Owen | Liverpool Running Bugs | U30M |
| 173 | Paul Lewis | Warrington Tri | O50M | 224 | Simon Hackett | Lymm Runners | O55M |
| 174 | Martin Darwin | Warrington RC | O50M | 225 | Chris Morgan | Helsby RC | O60M |
| 175 | Julian Spencer | Spectrum Striders | O55M | 226 | Phil Hughes | Widnes RC | - |
| 176 | Roy Kerfoot | Warrington RC | O50M | 227 | Paul Neill | Warrington RC | O45M |
| 177 | Frank Cahill | St Helens Striders | O60M | 228 | Darren Booth | Run Sandymoor | O40M |
| 178 | Alan Joyce | Knowsley Harriers | O60M | 229 | AJ Bellamy | Northwich RC | O50M |
| 179 | Andrew Gerrard | Warrington RR | O55M | 230 | Mark Green | Warrington RC | O50M |
| 180 | Joseph Roberts | Liverpool RC | - | 231 | Iain Amison | Pensby Runners | O45M |
| 181 | Mike Lisle | Mersey Tri | O60M | 232 | Tony Fishwick | Kirkby Milers | O45M |
| 182 | Mike Shaw | Widnes RC | - | 233 | Dave Barnes | Warrington RR | - |
| 183 | Daniel Issawi | Knowsley Harriers | U40M | 234 | John Lingard | St Helens Striders | O60M |
| 184 | Anthony Atkinson | Spectrum Striders | O55M | 235 | Darren Carter | Warrington RC | U40M |
| 185 | Frank Kelly | Liverpool RC | O55M | 236 | Kevin Carberry | Kirkby Milers | O50M |
| 186 | Steve Collyer | Chester Tri | O45M | 237 | Jon Windle | Penny Lane Striders | O45M |
| 187 | Will Magee | Warrington RR | O40M | 238 | Daniel Cook | Skem BH | O45M |
| 188 | Andy Waring | Birkenhead | O60M | 239 | James Kemp | Warrington RC | U30M |
| 189 | Fred Duenbier | Newburgh Nomads | O60M | 240 | Darren Eccles | St Helens Striders | O40M |
| 190 | Geoff Douglass | Warrington RC | O40M | 241 | Carl Stewart | Run Sandymoor | O45M |
| 191 | Anthony Dagnall | St Helens Striders | O60M | 242 | Brian Seal | Village Runners | U40M |
| 192 | Rob Lloyd | Widnes RC | O45M | 243 | Gary Carson | Run Sandymoor | U30M |
| 193 | Daniel Tetlow | St Helens Striders | U40M | 244 | William Sergeson | Penny Lane Striders | O50M |
| 194 | Aaron Wilson | Liverpool RC | U30M | 245 | James Blundell | Spectrum Striders | U40M |
| 195 | Ben Liddell | Warrington RC | U40M | 246 | Christopher Sullivan | Kirkby Milers | O45M |
| 196 | John Bryan | Warrington RC | - | 247 | Harry Pepper | Mersey Tri | O45M |
| 197 | Paul Ritchie | Northwich RC | O45M | 248 | Lee Birkett | Liverpool Running Bugs | O40M |
| 198 | Jon Reynolds | Liverpool RC | O45M | 249 | William Dalton | Skem BH | O55M |
| 199 | Kieron Carr | Liverpool Running Bugs | O45M | 250 | Ian Jackson | Northwich RC | O45M |
| 200 | Nikolaos Giotakis | Pensby Runners | O45M | 251 | Roy Hankey | Run Sandymoor | O60M |
| 201 | Andrew Hankinson | Widnes RC | U30M | 252 | Bryan Forth | Warrington RR | O45M |

Ladies Results

| | | | | | | | |
|-------|----------------------|---------------------------|------|-----|----------------------|------------------------|------|
| 1 | Joanna Marsden | Ellesmere Port RC | O40F | 71 | Donna McKeown | Village Runners | O40F |
| Guest | Debbie Campbell | Liverpool Pembroke Sefton | U40F | 72 | Gaynor Seymour | Lymm Runners | O40F |
| 2 | Rachael Fairclough | St Helens Striders | U40F | 73 | Gemma Aden | St Helens Striders | U40F |
| 3 | Megan Ball | Liverpool RC | - | 74 | Karen Bain | Northwich RC | O40F |
| 4 | Liz Turner | Penny Lane Striders | U40F | 75 | Dawn Wortley | Run Sandymoor | O40F |
| 5 | Alison Roberts | Lymm Runners | U40F | 76 | Sally Napthen | Chester Tri | O50F |
| 6 | Maria Cook | Skem BH | O40F | 77 | Becky Hounslea | Pensby Runners | - |
| 7 | Anna Parsons | Northwich RC | O40F | 78 | Julia Rees | Northwich RC | O40F |
| 8 | Honor Thompson | Skem BH | O40F | 79 | Rebecca Permaine | Northwich RC | U35F |
| 9 | Amanda Dale | Mersey Tri | U40F | 80 | Ursula Cheetham | Parbold Pink Panthers | O40F |
| 10 | Sara Avery | Ellesmere Port RC | O50F | 81 | Miriam Eaton | Kirkby Milers | O50F |
| 11 | Jess Haney | Mersey Tri | U30F | 82 | Lorraine Richardson | Run Sandymoor | O40F |
| 12 | Gail Stuthridge | Village Runners | O40F | 83 | Charlie Sholl | Warrington Tri | O50F |
| 13 | Louise Casey | Widnes RC | U40F | 84 | Jenny McClelland | Lymm Runners | O40F |
| 14 | Danielle Scott | Knowsley Harriers | U35F | 85 | Diane Whorton | Mersey Tri | U40F |
| 15 | Becky Burke | Liverpool RC | U30F | 86 | Dawn Hignett | Widnes RC | O40F |
| 16 | Hayley Fairclough | Liverpool RC | U40F | 87 | Catherine Gilbert | Widnes RC | O40F |
| 17 | Ruth Isaacs | Pensby Runners | O50F | 88 | Emma Carey | Mersey Tri | U35F |
| 18 | Janet Owens | Knowsley Harriers | O40F | 89 | Eve Kapoor | Widnes RC | O40F |
| 19 | Kylie Barlow | St Helens Striders | U35F | 90 | Helen Measures | Pensby Runners | O40F |
| 20 | Jessica Crook | Skem BH | U30F | 91 | Trish Monks | Village Runners | O50F |
| 21 | Lizzie O'Mahony | Mersey Tri | U30F | 92 | Kerry Riley | St Helens Striders | U40F |
| 22 | Caroline Barrow | Widnes RC | O40F | 93 | Sarah Shaw | Widnes RC | O40F |
| 23 | Dawn Fairclough | Liverpool RC | U40F | 94 | Madie Fowler | Skem BH | U35F |
| 24 | Rachel-Jayne Wilcock | St Helens Striders | U30F | 95 | Carolyn Brennan | Village Runners | O40F |
| 25 | Loma Harper | Mersey Tri | U35F | 96 | Helen Eaton | Kirkby Milers | O40F |
| 26 | Nicky Lawrence | Widnes RC | - | 97 | Helen Goldsmith | Warrington RC | O40F |
| 27 | Sharon Samson | Penny Lane Striders | O40F | 98 | Collette O'Halleron | Kirkby Milers | O40F |
| 28 | Kirsty White | Burden Road Runners | O40F | 99 | Tracey Goble | Liverpool Running Bugs | O50F |
| 29 | Lucy Knight | Ellesmere Port RC | U35F | 100 | Janette Fishwick | Kirkby Milers | O40F |
| 30 | Anna Woolgar | Chester Tri | O40F | 101 | Jane Houghton | Warrington RC | O40F |
| 31 | Pamela Thurtle | Penny Lane Striders | O40F | 102 | Liz Breheny | Skem BH | O40F |
| 32 | Melissa Morgan | Warrington RC | U20F | 103 | Suzanne Hall | Liverpool Running Bugs | U35F |
| 33 | Sarah Richards | Penny Lane Striders | O40F | 104 | Jess Messenger | Northwich RC | O40F |
| 34 | Lucie Michaelson | Penny Lane Striders | U40F | 105 | Andrea Tootle | Run Sandymoor | U40F |
| 35 | Jade Evans | Northwich RC | U30F | 106 | Nicola Spafford | Skem BH | U30F |
| 36 | Bobbie Lomax | Warrington RR | O40F | 107 | Elaine Riley | Run Sandymoor | O50F |
| 37 | Debbie Wilson | Mersey Tri | U40F | 108 | Alison Lysons | Widnes RC | O50F |
| 38 | Tarja Barnes | Warrington RR | O50F | 109 | Susan Evans | Kirkby Milers | O40F |
| 39 | Lynda Bigmore | Northwich RC | O40F | 110 | Jennifer Rowland | Run Sandymoor | O50F |
| 40 | Rosemary Symms | Chester Tri | O60F | 111 | Heather McBride | Northwich RC | U35F |
| 41 | Hayley MacGugan | Widnes RC | U40F | 112 | Ellen Milner | Widnes RC | - |
| 42 | Sarah Blunt | Warrington Tri | O40F | 113 | Vicki Wilcox | Northwich RC | O50F |
| 43 | Ruth Hewitt | Liverpool Running Bugs | O40F | 114 | Jayne Russell | Kirkby Milers | O40F |
| 44 | Susan Kerfoot | St Helens Striders | U40F | 115 | Sue Burke | Liverpool RC | O50F |
| 45 | Lisa Webb | Widnes RC | O40F | 116 | Alison Felstead | Lymm Runners | O40F |
| 46 | Kelly Marrin | Knowsley Harriers | O40F | 117 | Christine Grant | Penny Lane Striders | O50F |
| 47 | Jodi Wrigley | Lymm Runners | U40F | 118 | Lucy Kemp | Warrington RC | U30F |
| 48 | Wendy Davies | St Helens Striders | O40F | 119 | Georgia Aindow | Skem BH | U30F |
| 49 | Sarah Jackson | Penny Lane Striders | O40F | 120 | Jean Mitchell | Skem BH | O60F |
| 50 | Stephanie Humphries | Warrington RC | U30F | 121 | Janet Holmes | St Helens Striders | O60F |
| 51 | Claudia Pagoulatou | Pensby Runners | O40F | 122 | Sarah Rowan | Skem BH | O40F |
| 52 | Kate Johnson | Spectrum Striders | O40F | 123 | Katy O'Connor | Lymm Runners | O50F |
| 53 | Charlotte Smith | Kirkby Milers | U40F | 124 | Jennifer Chedgzoy | Kirkby Milers | U35F |
| 54 | Amanda Lee | Kirkby Milers | O40F | 125 | Kathryn Glover | Widnes RC | O40F |
| 55 | Hayley Clintworth | Skem BH | U30F | 126 | Diane Veasey | Kirkby Milers | U40F |
| 56 | Alison Morgan | Warrington RR | O40F | 127 | Nicky Moran | Run Sandymoor | U35F |
| 57 | Jenny Edmondson | Skem BH | O40F | 128 | Ann Dean | Warrington RC | O50F |
| 58 | Kate Dwyer | Warrington RC | O40F | 129 | Zoe Fillingham | St Helens Striders | O50F |
| 59 | Laura Owen | Warrington RC | U35F | 130 | Christie Knight | Lymm Runners | O60F |
| 60 | Menna Goodwin | Warrington RC | O40F | 131 | Jackie Ellis | St Helens Striders | O50F |
| 61 | Cheryl Pace | Penny Lane Striders | O40F | 132 | Claire Birkett | Liverpool Running Bugs | O40F |
| 62 | Amy Regan | Warrington Tri | U40F | 133 | Zara Thompson | Liverpool Running Bugs | U35F |
| 63 | Fiona Johnston | Parbold Pink Panthers | O50F | 134 | Tracey Carr | Liverpool Running Bugs | O50F |
| 64 | Lisa Grantham | Pensby Runners | O40F | 135 | Elizabeth Phillipson | St Helens Striders | U40F |
| 65 | Sian Walsh | St Helens Striders | U30F | 136 | Joanne Mercer | St Helens Striders | O50F |
| 66 | Nikki Adams | Run Sandymoor | U40F | 137 | Ann Green | Kirkby Milers | O60F |
| 67 | Debbie Read | Helsby RC | O60F | 138 | Caroline Newton | Warrington RC | U40F |
| 68 | Carole Morrison | Pensby Runners | O50F | 139 | Catherine Hughes | Kirkby Milers | O60F |
| 69 | Karen Smith | Chester Tri | O40F | 140 | Charlotte Mills | Northwich RC | O40F |
| 70 | Gill Collen | Warrington RR | O60F | 141 | Freya Cook | Skem BH | U15F |

Team Results

Mens 'A' Teams (6 Runners)

| Pos | Team | Score | Points |
|-----|----------------------------|-------------------|--------|
| 1 | Penny Lane Striders 'A' | 88 | 27 |
| 2 | Mersey Tri 'A' | 90 | 26 |
| 3 | Liverpool RC 'A' | 125 | 25 |
| 4 | North Endurance 'A' | 188 | 24 |
| 5 | Kirkby Milers 'A' | 279 | 23 |
| 6 | St Helens Striders 'A' | 305 | 22 |
| 7 | Warrington RC 'A' | 369 | 20 |
| 8 | Lymm & Warrington RR 'A' | 381 | 21 |
| 9 | Northwich RC 'A' | 494 | 19 |
| 10 | Warrington Tri 'A' | 546 | 18 |
| 11 | Pensby Runners 'A' | 549 | 17 |
| 12 | Widnes RC 'A' | 707 | 16 |
| 13 | Spectrum Striders 'A' | 828 | 15 |
| 14 | Liverpool Running Bugs 'A' | 898 | 14 |
| 15 | Skem & Parbold 'A' | 951 | 13 |
| 16 | Run Sandymoor 'A' | 1019 | 12 |
| 17 | Knowsley Harriers 'A' | 904 (Only 5 Ran) | 11 |
| 18 | Birkenhead 'A' | 1039 (Only 5 Ran) | 10 |
| 19 | Newburgh Nomads 'A' | 1065 (Only 5 Ran) | 9 |
| 20 | Burnden Road Runners 'A' | 814 (Only 4 Ran) | 8 |
| 21 | Helsby RC 'A' | 1069 (Only 4 Ran) | 7 |
| 22 | Ellesmere Port RC 'A' | 1006 (Only 3 Ran) | 6 |
| 23 | Delamere Spartans 'A' | 1143 (Only 3 Ran) | 5 |
| 24 | Chester Tri 'A' | 1173 (Only 3 Ran) | 4 |
| 25 | Village Runners 'A' | 1326 (Only 3 Ran) | 3 |
| 26= | Widnes Wasps 'A' | No Team | - |
| 26= | Vikings 'A' | No Team | - |

Ladies 'A' Teams (3 Runners)

| Pos | Team | Score | Points |
|-----|----------------------------|------------------|--------|
| 1 | Liverpool RC 'A' | 34 | 27 |
| 1 | Skem & Parbold 'A' | 34 | 27 |
| 3 | Ellesmere Port RC 'A' | 40 | 25 |
| 4 | Mersey Tri 'A' | 41 | 24 |
| 5 | St Helens Striders 'A' | 45 | 23 |
| 6 | Widnes RC 'A' | 61 | 22 |
| 7 | Penny Lane Striders 'A' | 62 | 21 |
| 8 | Knowsley Harriers 'A' | 78 | 20 |
| 9 | Lymm & Warrington RR 'A' | 79 | 19 |
| 10 | Northwich RC 'A' | 81 | 18 |
| 11 | Pensby Runners 'A' | 132 | 17 |
| 12 | Chester Tri 'A' | 139 | 16 |
| 13 | Warrington RC 'A' | 140 | 15 |
| 14 | Village Runners 'A' | 174 | 14 |
| 15 | Warrington Tri 'A' | 187 | 13 |
| 16 | Kirkby Milers 'A' | 188 | 12 |
| 17 | Run Sandymoor 'A' | 223 | 11 |
| 18 | Liverpool Running Bugs 'A' | 245 | 10 |
| 19 | Burnden Road Runners 'A' | 330 (only 1 Ran) | 9 |
| 20 | Spectrum Striders 'A' | 354 (only 1 Ran) | 8 |
| 21 | Helsby RC 'A' | 369 (only 1 Ran) | 7 |
| 22 | Birkenhead 'A' | No Team | - |
| 22 | North Endurance 'A' | No Team | - |
| 22 | Newburgh Nomads 'A' | No Team | - |
| 22 | Delamere Spartans 'A' | No Team | - |
| 22 | Widnes Wasps 'A' | No Team | - |
| 26 | Vikings 'A' | No Team | - |