

North West XC – Race 2 – Clarke Gardens – 3 Nov 2019 – 4.7M

Mens Results

1	Ian Lawton	Mersey Tri	U40M	70	Joe Johnson	Birkenhead	O50M
2	Jonathan Smith	Lymm Runners	U40M	71	Francis Hourigan	Widnes RC	O40M
3	Jay Brittles	Mersey Tri	U40M	72	Mark Dunn	Kirkby Milers	U40M
4	Danny Schofield	Warrington RC	U30M	73	David Lawton	Liverpool RC	O40M
5	Robert Owens	Knowsley Harriers	U40M	74	Ian Chisnall	St Helens Striders	O45M
6	Jamie Rutherford	Liverpool RC	U30M	75	Lee Moore	Kirkby Milers	U40M
7	Lawrence Eccles	Penny Lane Striders	U40M	76	Christopher Lee	Liverpool Running Bugs	O50M
8	Dean Hanwell	North Endurance	U40M	77	Karl Tuzio	Newburgh Nomads	O50M
9	David Wilson	St Helens Striders	U40M	78	Ian Hamling	Helsby RC	O40M
10	Peter Fairclough	St Helens Striders	U40M	79	Louis Johnson	Mersey Tri	U30M
11	James Toohey	Liverpool RC	U30M	80	David Edwards	Kirkby Milers	O55M
12	Ben Lewington	Kirkby Milers	U30M	81	Lewis Houghton	Kirkby Milers	U30M
13	Alex Cowin	Penny Lane Striders	O40M	82	Ralph Pawling	Pensby Runners	U40M
14	Tom Evans	Penny Lane Striders	U40M	83	Alexander Bentley	Liverpool Running Bugs	O40M
15	Michael Heyes	Mersey Tri	U40M	84	Ian Roche	Mersey Tri	O55M
16	Paul Martin	North Endurance	U40M	85	Dean Wilson	Liverpool RC	O40M
17	Adam Simpkin	Liverpool RC	U40M	86	Jon Morgan	Widnes RC	O40M
18	Mark Clair	Mersey Tri	U40M	87	Duncan Kennedy	Liverpool RC	O40M
19	Sean Merryweather	Mersey Tri	U30M	88	Gary English	Liverpool RC	O55M
20	Sam Evans	Penny Lane Striders	O40M	89	Kevin Brennan	St Helens Striders	O50M
21	Ben Taylor	Pensby Runners	U30M	90	Mark Walker	Warrington Tri	O50M
22	Thomas Wilson	Liverpool RC	U30M	91	Stuart Johnson	Spectrum Striders	U30M
23	Alex Rigby	Liverpool RC	U30M	92	Chris Morgan	Mersey Tri	U40M
24	Callan Rowand	Warrington RC	U30M	93	Tadie Abeki	Knowsley Harriers	O40M
25	Jack Antrobus	Warrington RC	U40M	94	Michael O'Rourke	Penny Lane Striders	U40M
26	Phil Johnson	Mersey Tri	U40M	95	Daniel Chadwick	Spectrum Striders	O40M
27	Neil Bullock	Ellesmere Port RC	U40M	96	Alan Peers	Spectrum Striders	O60M
28	Daniel Dunnington	Mersey Tri	U30M	97	Tony Jackson	Newburgh Nomads	O60M
29	Nathan Venddasalam	Kirkby Milers	O55M	98	Jonathan Cocroft	Lymm Runners	U40M
30	Lee Fuller	Warrington RC	O40M	99	Gavin Melia	Penny Lane Striders	O40M
31	Colin Walsh	Penny Lane Striders	U40M	100	Xavier Soler	Warrington RR	O40M
32	Graham Douglas	Penny Lane Striders	U40M	101	Mark Dempsey	Mersey Tri	O45M
33	Marty Christian	Kirkby Milers	O50M	102	Simone Capponi	Penny Lane Striders	O40M
34	Alex Ward	North Endurance	U40M	103	Adam Fitzsimmons	Kirkby Milers	U30M
35	Chris Ryan	Mersey Tri	O40M	104	Harry Dean	Warrington RC	U20M
36	Liam Brown	Kirkby Milers	U30M	105	Richard Thorpe	Penny Lane Striders	U40M
37	Dan Thornton	Mersey Tri	U40M	106	Christopher Murray	Helsby RC	U40M
38	Ian Magill	Liverpool RC	O50M	107	Ian Shorrock	Pensby Runners	O40M
39	James Ellis	Kirkby Milers	U40M	108	Joe McCarthy	Mersey Tri	O50M
40	Stuart Berry	Lymm Runners	U40M	109	Andrew Keeley	Penny Lane Striders	O55M
41	Tom Chadwick	St Helens Striders	U30M	110	Ian Russell	Penny Lane Striders	O55M
42	Roberts Chesters	Penny Lane Striders	U40M	111	Scott Hambleton	Penny Lane Striders	O40M
43	Edwin Drost	Warrington RC	U40M	112	Nathan Bradshaw	Warrington RC	U30M
44	Steven McKenzie	Kirkby Milers	O40M	113	Nigel Grant	Penny Lane Striders	O55M
45	Rob Kelly	Liverpool RC	U40M	114	Andrew Lawrenson	St Helens Striders	U30M
46	Karl Budworth	Widnes RC	O40M	115	Mike Hitchmough	Newburgh Nomads	O50M
47	Thom Atkinson	North Endurance	U40M	116	Glyn Evans	Northwich RC	O55M
48	Paul Waters	Knowsley Harriers	U40M	117	Kevin Gillibrand	Warrington RR	O50M
49	Alex Gifford	Ellesmere Port RC	O40M	118	Martin Ballard	St Helens Striders	U40M
50	Jay Williams	Kirkby Milers	U40M	119	Gareth Boyd	Helsby RC	O45M
51	Phil Riding	Penny Lane Striders	O45M	120	Michael Aisbitt	Skem BH	O45M
52	Karl Bowles	St Helens Striders	O45M	121	David Lynan	Penny Lane Striders	O45M
53	Kyle Harrison	Liverpool RC	U30M	122	Ian Atkinson	Chester Tri	O55M
54	Chris Gorman	Northwich RC	U40M	123	Paul Cheetham	Skem BH	O45M
55	Mark Howard	Mersey Tri	O40M	124	Robert Moore	Knowsley Harriers	O40M
56	John Preece	Kirkby Milers	O45M	125	Gary Parker	Pensby Runners	U40M
57	Christopher Millington	Warrington RC	O45M	126	Patrick Corrigan	Pensby Runners	O55M
58	Andrew Gibbons	Warrington RR	U40M	127	David Green	Pensby Runners	U40M
59	John Myers	Run Sandymoor	O40M	128	Iain Borsby	Northwich RC	O40M
60	Jay Clarke	Penny Lane Striders	U40M	129	Daniel Waller	Mersey Tri	U40M
61	Neil Hennigan	Penny Lane Striders	O40M	130	Andrew Dowdeswell	Widnes RC	U40M
62	Kevin Harrison	Kirkby Milers	O40M	131	Jon Hawker	Delamere Spartans	O55M
63	Lee Warburton	Penny Lane Striders	O45M	132	Mark Atherton	Widnes RC	O40M
64	Mark Riley	St Helens Striders	U40M	133	Andrew Boulger	Kirkby Milers	O45M
65	Ian Hewitt	Liverpool Running Bugs	O40M	134	Matthew Whalley	Kirkby Milers	U30M
66	Gary Fisher	Kirkby Milers	U40M	135	Bobby Burke	Liverpool RC	O50M
67	Gary Wiltton	Kirkby Milers	O40M	136	Matt Sanderson	Warrington RC	O45M
68	Jon Cole	Ellesmere Port RC	O40M	137	John Hammond	Mersey Tri	O40M
69	Matt Clair	Liverpool RC	U40M	138	Paul Brown	Liverpool RC	O40M

139	Paul Wilson	Liverpool RC	O50M	213	Anthony Atkinson	Spectrum Striders	O55M
140	Craig Farr	Northwich RC	O40M	214	Terry Lynch	Penny Lane Striders	O50M
141	Daniel McKeivitt	Kirkby Milers	O40M	215	Daniel Issawi	Knowsley Harriers	U40M
142	Barry Williams	Mersey Tri	U40M	216	Graham Dowling	Skem BH	O45M
143	Matthew Parmenter	St Helens Striders	O45M	217	David Glover	Warrington RC	U40M
144	Lucas Pilkington	Northwich RC	U30M	218	Martin Darwin	Warrington RC	O50M
145	David Jones	Helsby RC	O40M	219	Rob Lloyd	Widnes RC	O45M
146	Craig Whittaker	St Helens Striders	U40M	220	George Pierce	Liverpool RC	O50M
147	Jim Dawson	Lymm Runners	O55M	221	Ali Abir	Liverpool Running Bugs	O45M
148	Matthew Del-Brocco	Northwich RC	U30M	222	Richard Kewin	Ellesmere Port RC	U40M
149	Tim Palmer	Helsby RC	O50M	223	Kenny Forster	Spectrum Striders	O60M
150	Daryl Mullen	Newburgh Nomads	O50M	224	Chris Giblin	Widnes RC	U40M
151	Dan Robbins	Chester Tri	U40M	225	Stuart Greenhall	Northwich RC	O55M
152	James Muscart	Mersey Tri	U40M	226	Alan Joyce	Knowsley Harriers	O60M
153	Graham Driver	Spectrum Striders	O50M	227	Andrew Glen	Liverpool Running Bugs	O55M
154	Chris Wills	Knowsley Harriers	O40M	228	Dave Barnes	Warrington RR	-
155	Steve Stuthridge	Village Runners	O45M	229	Ian Davies	Birkenhead	O55M
156	Michael Scowcroft	Run Sandymoor	O40M	230	Mike Lisle	Mersey Tri	O60M
157	Phil Magraw	Ellesmere Port RC	U30M	231	Frank Kelly	Liverpool RC	O55M
158	Jeff Adams	Pensby Runners	O60M	232	Pete Medicott	St Helens Striders	O45M
159	Steven Foley	Newburgh Nomads	O50M	233	Barry McDonnell	Birkenhead	U40M
160	Roger Seddon	Warrington RC	O50M	234	Andrew Wightman	Warrington RC	U40M
161	Colin Rushton	Warrington RC	O45M	235	Richard Stafford	Penny Lane Striders	O40M
162	Mike McMillan	Mersey Tri	O50M	236	Steve Collyer	Chester Tri	O45M
163	Darran Wilson	Run Sandymoor	O50M	237	Joe Allen	Kirkby Milers	U20M
164	Wally Coppelov	Newburgh Nomads	O60M	238	Lee Johnson	Warrington Tri	O55M
165	Graeme Caldwell	Widnes RC	-	239	Dave Pinnington	Penny Lane Striders	O55M
166	Mike Brady	Spectrum Striders	O50M	240	Neil Jenkins	Chester Tri	O50M
167	Patrick Breen	North Endurance	U40M	241	Nick Morton	Kirkby Milers	U30M
168	Jonathon Fisher	Liverpool RC	U40M	242	Joe McGlynn	Penny Lane Striders	O60M
169	Brian Middleton	St Helens Striders	O60M	243	Mark Scott	Liverpool RC	O50M
170	Graham Cushion	Liverpool RC	O40M	244	Fred Duenbier	Newburgh Nomads	O60M
171	Kevin Cairns	St Helens Striders	O45M	245	Anthony Peacock	Penny Lane Striders	O60M
172	Jim Maxfield	Newburgh Nomads	O60M	246	John Brown	Penny Lane Striders	O60M
173	Julian Spencer	Spectrum Striders	O55M	247	Gary Hilton	Warrington Tri	O45M
174	Chris Davies	Pensby Runners	O45M	248	Andie Gow	Pensby Runners	O60M
175	Mike Shaw	Widnes RC	O40M	249	Tommy Burke	Penny Lane Striders	O60M
176	Stephen Dipple	Penny Lane Striders	O45M	250	Graham Kelly	Mersey Tri	O60M
177	Charlie Anderson	Village Runners	O45M	251	Andrew Troy	Penny Lane Striders	U30M
178	Mike Womack	Lymm Runners	O40M	252	Simon McLayton	Warrington Tri	O45M
179	John Diggle	Kirkby Milers	O40M	253	Alistair Raffell	Spectrum Striders	O60M
180	Andrew Bates	Penny Lane Striders	U40M	254	Keith Hollingsworth	Run Sandymoor	U40M
181	Tom Thomson	Warrington RC	O45M	255	John Dobie	Knowsley Harriers	O60M
182	John Rossiter	Helsby RC	O60M	256	Mark Hall	St Helens Striders	O40M
183	Richard Harris	Newburgh Nomads	O55M	257	Paul Neill	Warrington RC	O45M
184	Geoff Rudd	Liverpool RC	O55M	258	Keelan McCorriston	North Endurance	U30M
185	Ian Summersgill	Warrington Tri	O50M	259	Chris Owen	Liverpool Running Bugs	U30M
186	Kieron Carr	Liverpool Running Bugs	O45M	260	John Barr	St Helens Striders	O60M
187	Grant Davidson	Mersey Tri	O45M	261	Paul Dowdle	St Helens Striders	O45M
188	Matt Helm	Liverpool RC	O55M	262	Dennis Yarwood	Spectrum Striders	O50M
189	Robert Chalmers	Pensby Runners	O40M	263	Mervyn Grady	Widnes RC	O60M
190	John McCaffrey	Knowsley Harriers	U40M	264	Peter Smith	Widnes RC	O40M
191	Alex Mitchell	Liverpool Running Bugs	U30M	265	Steve Roden	Penny Lane Striders	O45M
192	Not Recorded	0	0	266	Richard Caldwell	Widnes RC	O45M
193	Andy Wilson	Liverpool RC	O40M	267	Tony Green	Penny Lane Striders	O60M
194	Robert Dean	Lymm Runners	U40M	268	Sean Loughran	Kirkby Milers	O55M
195	Peter Merville	St Helens Striders	O60M	269	Fergal Harkin	Warrington Tri	O55M
196	Nigel Waterhouse	Chester Tri	O55M	270	Ian Scouler	Northwich RC	O50M
197	Steven Parsons	Chester Tri	O45M	271	Ian Lawson	Northwich RC	O45M
198	Darren Moon	Widnes RC	U40M	272	Andrew Smith	Helsby RC	O55M
199	Thomas Rimmer	Penny Lane Striders	U40M	273	Nigel Pratten	Pensby Runners	O60M
200	Nigel Foo	Penny Lane Striders	O50M	274	Mark Fillingham	St Helens Striders	O50M
201	Steven_Robert Moss	Widnes RC	U40M	275	Paul Quigley	Run Sandymoor	O55M
202	Ian McNeill	Birkenhead	O60M	276	AJ Bellamy	Northwich RC	O50M
203	Stephen Riley	Helsby RC	O55M	277	Andy Smith	Lymm Runners	O45M
204	Paul Clarke	North Endurance	O45M	278	Simon Domingo	Run Sandymoor	O45M
205	Colin Thomson	Birkenhead	O40M	279	Jim Fedigan	Pensby Runners	O60M
206	Jason Barrow	Northwich RC	O40M	280	John Fitzgerald	Mersey Tri	O60M
207	Jay Ennis	Mersey Tri	O50M	281	John Houghton	Run Sandymoor	O60M
208	John Lee	Kirkby Milers	-	282	Dave Barrow	Kirkby Milers	O60M
209	Alex Abbott	St Helens Striders	U40M	283	Christopher Jones	Run Sandymoor	U40M
210	Anthony Dagnall	St Helens Striders	O60M	284	Ray Tran	Chester Tri	O50M
211	Peter Heron	Mersey Tri	O55M	285	Chris Morgan	Helsby RC	O60M
212	Robert Cooper	Penny Lane Striders	U40M	286	Carl Stewart	Run Sandymoor	O45M

287	Mark Green	Warrington RC	O50M	304	Craig Denmade	Pensby Runners	U40M
288	Darren Carter	Warrington RC	U40M	305	Matt Cochrane	Newburgh Nomads	O60M
289	Brad Ehlen	Northwich RC	O45M	306	Christopher Sullivan	Kirkby Milers	O45M
290	Lee Birkett	Liverpool Running Bugs	O40M	307	Paul Platt	Mersey Tri	O45M
291	Stephen Mcconville	Pensby Runners	O55M	308	Neill Taylor	Liverpool RC	O50M
292	Tony Fishwick	Kirkby Milers	O45M	309	Stan Cottier	Liverpool RC	O60M
293	Graham Swadkins	Liverpool Running Bugs	O55M	310	Charles Commings	Warrington RR	U40M
294	Ian Jackson	Northwich RC	O45M	311	Ben McGovern	Liverpool Running Bugs	U40M
295	Darren Eccles	St Helens Striders	O40M	312	Robert Block	Run Sandymoor	O60M
296	Brian Seal	Village Runners	U40M	313	Stephen Saunders	Pensby Runners	O55M
297	Colin Wightman	Mersey Tri	O50M	314	James Blundell	Spectrum Striders	U40M
298	Richard Low	Newburgh Nomads	O60M	315	James Gilgannon	Warrington RC	O40M
299	Jon Windle	Penny Lane Striders	O45M	316	Ian Dutton	Liverpool Running Bugs	O50M
300	William Sergeson	Penny Lane Striders	O50M	317	Kedar Dhopate	Liverpool Running Bugs	O40M
301	Shaun McDonnell	Northwich RC	O50M	318	Graham Ashton	Liverpool Running Bugs	O50M
302	Jim Barrow	Chester Tri	O55M	319	Allan Gibbs-Monaghan	Liverpool Running Bugs	O40M
303	Daniel Cook	Skem BH	O45M	320	John Donaghy	Warrington RC	O50M

Ladies Results

1	Rachael Fairclough	St Helens Striders	U40F	54	Jodi Wrigley	Lymm Runners	U40F
2	Megan Ball	Liverpool RC	-	55	Rachel Arnold	Helsby RC	O50F
3	Kelly Hamilton	St Helens Striders	U35F	56	Emma Shallcross	Mersey Tri	U30F
4	Sophie Hunt	Mersey Tri	U30F	57	Kate Dwyer	Warrington RC	O40F
5	Honor Thompson	Skem BH	O40F	58	Stephanie Humphries	Warrington RC	U30F
6	Maria Cook	Skem BH	O40F	59	Amanda Lee	Kirkby Milers	O40F
7	Susan Fourie	Chester Tri	O40F	60	Emma Nunnerley	Lymm Runners	O40F
8	Anna Parsons	Northwich RC	O40F	61	Claudia Pagoulatou	Pensby Runners	O40F
9	Becky Burke	Liverpool RC	U30F	62	Charlotte Rawcliffe	Penny Lane Striders	O40F
10	Helen Dale	Mersey Tri	U40F	63	Vicky Stewart	Mersey Tri	U40F
11	Jess Haney	Mersey Tri	U30F	64	Patricia Van Rooyen	Helsby RC	O40F
12	Rebecca Wadeson	Skem BH	U40F	65	Lisa Webb	Widnes RC	O40F
13	Danielle Scott	Knowsley Harriers	U35F	66	Kelly Marrin	Knowsley Harriers	O40F
14	Liz Whitfield	Spectrum Striders	O40F	67	Jade Teeder	Liverpool Running Bugs	U30F
15	Jessica Crook	Skem BH	U30F	68	Nikki Adams	Run Sandymoor	U40F
16	Gail Stuthridge	Village Runners	O40F	69	Rosemary Symms	Chester Tri	O60F
17	Hayley Fairclough	Liverpool RC	U40F	70	Katie Shilcock	Penny Lane Striders	U40F
18	Gemma Kelly	Chester Tri	U35F	Guest	Stella Reynolds		
19	Janet Owens	Knowsley Harriers	O40F	71	Nicola Hayes	Skem BH	O40F
20	Rachel-Jayne Wilcock	St Helens Striders	U30F	72	Sian Walsh	St Helens Striders	U30F
21	Kylie Barlow	St Helens Striders	U35F	73	Kate Johnson	Spectrum Striders	O40F
22	Nicola Laurence	Widnes RC	U40F	74	Alison Morgan	Warrington RR	O40F
23	Hannah Whittaker	St Helens Striders	U35F	75	Menna Goodwin	Warrington RC	O40F
24	Sarah Treble	Kirkby Milers	U35F	76	Sue Sanderson	Warrington RC	O50F
25	Helen Skipper	Mersey Tri	U40F	77	Jill Carlin	Warrington Tri	O50F
26	Sharon Samson	Penny Lane Striders	O40F	78	Katie Nicolson	Knowsley Harriers	U35F
27	Lenka Vidamour	Penny Lane Striders	U40F	79	Samantha Bentall	Penny Lane Striders	O50F
28	Ruth Isaacs	Pensby Runners	O50F	80	Pat Helsby	Kirkby Milers	O60F
29	Pamela Thurtle	Penny Lane Striders	O40F	81	Amy Regan	Warrington Tri	U40F
30	Lucie Michaelson	Penny Lane Striders	U40F	82	Carrie Bray	Lymm Runners	O40F
31	Dawn Fairclough	Liverpool RC	U40F	83	Sara Reeve	Northwich RC	U35F
32	Lisa Cheers	St Helens Striders	U40F	84	Freya Cook	Skem BH	U15F
33	Anna Woolgar	Chester Tri	O40F	85	Laura Owen	Warrington RC	U35F
34	Helen Lonsdale	Northwich RC	O40F	86	Debbie Read	Helsby RC	O60F
35	Melissa Morgan	Warrington RC	U20F	87	Sue Buck	Helsby RC	O50F
36	Sarah Richards	Penny Lane Striders	O40F	88	Kate Carter	Pensby Runners	U40F
37	Sue Burke	Penny Lane Striders	O40F	89	Tanya Foley	Skem BH	O50F
38	Hayley MacGugan	Widnes RC	U40F	90	Sarah Jackson	Penny Lane Striders	O40F
39	Elaine Collins	Northwich RC	O40F	91	Katherine Robertson	Mersey Tri	U40F
40	Lorna Harper	Mersey Tri	U35F	92	Dawn Wortley	Run Sandymoor	O40F
41	Crystal Dishman	Kirkby Milers	U30F	93	Bhavna Mistry	Kirkby Milers	O40F
42	Christina Roach	Helsby RC	O60F	94	Hazel Brennan	Knowsley Harriers	O40F
43	Ruth Hewitt	Liverpool Running Bugs	O40F	95	Vicki Lawson	Northwich RC	O40F
44	Lynda Bigmore	Northwich RC	O40F	96	Sue Ennis	Mersey Tri	O50F
45	Louisa Mogg	Run Sandymoor	U35F	97	Lorraine Richardson	Run Sandymoor	O40F
46	Alicia Wadeson	Skem BH	U15F	98	Becky Hounslea	Pensby Runners	U35F
47	Karen Jones	Pensby Runners	O40F	99	Julia Rees	Northwich RC	O40F
48	Susan Kerfoot	St Helens Striders	U40F	100	Gemma Aden	St Helens Striders	U40F
49	Katie Pownell	Knowsley Harriers	U35F	101	Sarah Shaw	Widnes RC	O40F
50	Laura Roach	Liverpool RC	U40F	102	Jo Bruchez-Corbett	Penny Lane Striders	O40F
51	Lucy Helsby	Kirkby Milers	U30F	103	Caroline Weaver	Warrington RC	O50F
52	Karon Forster	Spectrum Striders	O50F	104	Janette Fishwick	Kirkby Milers	O40F
53	Myka Heard	Penny Lane Striders	O50F	105	Leah Binns	Helsby RC	U30F

106	Dawn Hignett	Widnes RC	O40F	147	Katy Davitt	Kirkby Milers	O40F
107	Sally Napthen	Chester Tri	O50F	148	Jean Mitchell	Skern BH	O60F
108	Diane Hennigan	Penny Lane Striders	O40F	149	Rachel Fisher	Kirkby Milers	-
109	Rachel Murray	Kirkby Milers	O40F	150	Alison Felstead	Lymm Runners	O40F
110	Katie Taggart	St Helens Striders	O40F	151	Louise Bradbury	Warrington RC	O40F
111	Andrea Tootle	Run Sandymoor	U40F	152	Carla Langley	Liverpool Running Bugs	U35F
112	Claire Aberdeen	Widnes RC	O50F	153	Elaine Riley	Run Sandymoor	O50F
113	Karen Smith	Chester Tri	O40F	154	Jess Messenger	Northwich RC	O40F
114	Trish Monks	Village Runners	O50F	155	Jayne Russell	Kirkby Milers	O40F
115	Ursula Cheetham	Parbold Pink Panthers	O40F	156	Zoe Fillingham	St Helens Striders	O50F
116	Tracey Goble	Liverpool Running Bugs	O50F	157	Donna McKeown	Village Runners	O40F
117	Jenny McClelland	Lymm Runners	O40F	158	Christine Grant	Penny Lane Striders	O50F
118	Judith Dyer	Penny Lane Striders	O50F	159	Claire Meadows	Penny Lane Striders	O50F
119	Helen Measures	Pensby Runners	O40F	160	Mini Moss	Liverpool RC	U35F
120	Jane Warner	Parbold Pink Panthers	O50F	161	Diane Veasey	Kirkby Milers	U40F
121	Charlie Sholl	Warrington Tri	O50F	162	Helen Hughes	Run Sandymoor	O40F
122	Jane Houghton	Warrington RC	O40F	163	Jan Swales	Widnes RC	O50F
123	Helen Morris	Penny Lane Striders	U35F	164	Pat Kelly	Liverpool RC	O50F
124	Carolyn Brennan	Village Runners	O40F	165	Nicola Roberts	Knowsley Harriers	U40F
125	Nicola Kozer	Widnes RC	U40F	166	Helen Goldsmith	Warrington RC	O40F
126	Janet Abbott	Northwich RC	O60F	167	Julie Gleeson	Liverpool RC	O60F
127	Suzanne Hall	Liverpool Running Bugs	U35F	168	Jacquie Costello	Liverpool RC	O40F
128	Kerry Riley	St Helens Striders	U40F	169	Tracey Carr	Liverpool Running Bugs	O50F
129	Sandra Riley	Village Runners	O40F	170	Janet Holmes	St Helens Striders	O60F
130	Diane Whorton	Mersey Tri	U40F	171	Joanne Mercer	St Helens Striders	O50F
131	Helen Eaton	Kirkby Milers	O40F	172	Alison Medicott	Warrington RC	O50F
132	Susan Evans	Kirkby Milers	O40F	173	Oby Umeh	Kirkby Milers	-
133	Lisa Chilton-Evans	Northwich RC	O40F	174	Amanda Williams	Northwich RC	O50F
134	Diane Atherton	Warrington RC	O50F	175	Paula Need	Liverpool Running Bugs	O50F
135	Lisa Farr	Northwich RC	O40F	176	Catherine Carr	Warrington RC	O40F
136	Rebecca Heyes	Penny Lane Striders	O50F	177	Laura Carter	Widnes RC	U40F
137	Penny Worthington	Widnes RC	O50F	178	Gail Weston	Run Sandymoor	O60F
138	Ann Dean	Warrington RC	O50F	179	Ann Green	Kirkby Milers	O60F
139	Claire Birkett	Liverpool Running Bugs	O40F	180	Leanne Rimmer	Kirkby Milers	U40F
140	Sue Burke	Liverpool RC	O50F	181	Rhena Dhopate	Liverpool Running Bugs	O40F
141	Susan Regan-Watts	Warrington Tri	O50F	182	Victoria Dunning	Warrington RC	O40F
142	Susan Berry	Liverpool RC	O50F	183	Charlotte Mills	Northwich RC	O40F
143	Liz Breheny	Skern BH	O40F				
144	Cora Costigan	Northwich RC	U35F				
145	Hayley Hourigan	Widnes RC	O40F				
146	Katie Warburton	Northwich RC	U35F				

Team Results

Mens 'A' Teams (6 Runners)

Pos	Team	Score	Points
1	Mersey Tri 'A'	91	27
2=	Penny Lane Striders 'A'	117	26
2=	Liverpool RC 'A'	117	26
4	Warrington RC 'A'	183	24
5	Kirkby Milers 'A'	193	23
6	St Helens Striders 'A'	250	22
7	Lymm & Warrington RR 'A'	415	21
8	North Endurance 'A'	476	20
9	Pensby Runners 'A'	588	19
10	Knowsley Harriers 'A'	614	18
11	Widnes RC 'A'	630	17
12	Northwich RC 'A'	730	16
13	Newburgh Nomads 'A'	762	15
14	Spectrum Striders 'A'	774	14
15	Helsby RC 'A'	779	13
16	Liverpool Running Bugs 'A'	822	12
17	Chester Tri 'A'	1142	11
18	Run Sandymoor 'A'	1185	10
19	Warrington Tri 'A'	1281	9
20	Ellesmere Port RC 'A'	853 (Only 5 Ran)	8
21	Birkenhead 'A'	1269 (Only 5 Ran)	7
22	Skem & Parbold 'A'	1422 (Only 4 Ran)	6
23	Village Runners 'A'	1618 (Only 3 Ran)	5
24	Delamere Spartans 'A'	1781 (Only 1 Ran)	4
25	Burnden Road Runners 'A'	No Team	0
26	Widnes Wasps 'A'	No Team	0
27	Vikings 'A'	No Team	0

Ladies 'A' Teams (3 Runners)

Pos	Team	Score	Points
1	Skem & Parbold 'A'	23	27
2	St Helens Striders 'A'	24	26
3	Mersey Tri 'A'	25	25
4	Liverpool RC 'A'	28	24
5	Chester Tri 'A'	58	23
6=	Northwich RC 'A'	81	22
6=	Knowsley Harriers 'A'	81	22
8	Penny Lane Striders 'A'	82	20
9	Kirkby Milers 'A'	124	19
10	Widnes RC 'A'	125	18
11	Pensby Runners 'A'	136	17
12	Spectrum Striders 'A'	139	16
13	Warrington RC 'A'	150	15
14	Helsby RC 'A'	161	14
15	Lymm & Warrington RR 'A'	188	13
16	Run Sandymoor 'A'	205	12
17	Liverpool Running Bugs 'A'	226	11
18	Village Runners 'A'	254	10
19	Warrington Tri 'A'	279	9
20	Birkenhead 'A'	No Team	0
21	North Endurance 'A'	No Team	0
22	Newburgh Nomads 'A'	No Team	0
23	Delamere Spartans 'A'	No Team	0
24	Widnes Wasps 'A'	No Team	0
25	Vikings 'A'	No Team	0
26	Burnden Road Runners 'A'	No Team	0
27	Ellesmere Port RC 'A'	No Team	0

CURRENT POSITIONS

Mens 'A' Teams (6 Runners)

Pos	Team	Race 1	Race 2	Total
1=	Penny Lane Striders 'A'	27	26	53
1=	Mersey Tri 'A'	26	27	53
3	Liverpool RC 'A'	25	26	51
4	Kirkby Milers 'A'	23	23	46
5	Warrington RC 'A'	21	24	45
6=	North Endurance 'A'	24	20	44
6=	St Helens Striders 'A'	22	22	44
8	Lymm & Warrington RR 'A'	20	21	41
9	Pensby Runners 'A'	17	19	36
10	Northwich RC 'A'	19	16	35
11	Widnes RC 'A'	16	17	33
12=	Spectrum Striders 'A'	15	14	29
12=	Knowsley Harriers 'A'	11	18	29
14	Warrington Tri 'A'	18	9	27
15	Liverpool Running Bugs 'A'	14	12	26
16	Newburgh Nomads 'A'	9	15	24
17	Run Sandymoor 'A'	12	10	22
18	Helsby RC 'A'	7	13	20
19	Skem & Parbold 'A'	13	6	19
20	Birkenhead 'A'	10	7	17
21	Chester Tri 'A'	4	11	15
22	Ellesmere Port RC 'A'	6	8	14
23	Delamere Spartans 'A'	5	4	9
24=	Burnden Road Runners 'A'	8	0	8
24=	Village Runners 'A'	3	5	8
26=	Widnes Wasps 'A'	0	0	0
26=	Vikings 'A'	0	0	0

Ladies 'A' Teams (3 Runners)

Pos	Team	Race 1	Race 2	Total
1	Skem & Parbold 'A'	27	27	54
2	Liverpool RC 'A'	27	24	51
3=	Mersey Tri 'A'	24	25	49
3=	St Helens Striders 'A'	23	26	49
5	Knowsley Harriers 'A'	20	22	42
6	Penny Lane Striders 'A'	21	20	41
7=	Widnes RC 'A'	22	18	40
7=	Northwich RC 'A'	18	22	40
9	Chester Tri 'A'	16	23	39
10	Pensby Runners 'A'	17	17	34
11	Lymm & Warrington RR 'A'	19	13	32
12	Kirkby Milers 'A'	12	19	31
13	Warrington RC 'A'	15	15	30
14	Ellesmere Port RC 'A'	25	0	25
15=	Village Runners 'A'	14	10	24
15=	Spectrum Striders 'A'	8	16	24
17	Run Sandymoor 'A'	11	12	23
18	Warrington Tri 'A'	13	9	22
19=	Liverpool Running Bugs 'A'	10	11	21
19=	Helsby RC 'A'	7	14	21
21	Burnden Road Runners 'A'	9	0	9
22=	Birkenhead 'A'	0	0	0
22=	Delamere Spartans 'A'	0	0	0
22=	Newburgh Nomads 'A'	0	0	0
22=	North Endurance 'A'	0	0	0
22=	Widnes Wasps 'A'	0	0	0
22=	Vikings 'A'	0	0	0