

North West XC – Race 3 – Arrowe Park – 15 December 2019 – 4.85M

Mens Results

Guest	Jon-Jo Doherty		U40M	77	Ian Russell	Penny Lane Striders	O55M
1	Ian Lawton	Mersey Tri	U40M	78	Kieran Allen	St Helens Striders	U40M
2	Chris Pownell	Knowsley Harriers	U30M	79	Gary English	Liverpool RC	O55M
3	Martin Swensson	Penny Lane Striders	O40M	80	Fabian Devlin	North Endurance	U40M
4	Chris Stanford	Warrington Tri	O40M	81	Rob Bruford	Northwich RC	O40M
5	Danny Schofield	Warrington RC	U30M	82	Jon Hawker	Delamere Spartans	O55M
6	Stephen Campbell	Knowsley Harriers	U40M	83	Lee Warburton	Penny Lane Striders	O45M
7	Jamie Rutherford	Liverpool RC	U30M	84	Eric Ranson	St Helens Striders	O45M
8	Peter Fairclough	St Helens Striders	U40M	85	Kevin Smith	Helsby RC	O40M
9	Lawrence Eccles	Penny Lane Striders	U40M	86	Luke Wills	Skem BH	U40M
10	Daniel Harbidge	North Endurance	U30M	87	Duncan Kennedy	Liverpool RC	O40M
11	Mark Clair	Mersey Tri	U40M	88	Anthony Ellis	St Helens Striders	U40M
12	Stephen Watkin	Penny Lane Striders	U40M	89	Neil Oakes	Mersey Tri	U40M
13	Alan Smithson	Mersey Tri	U40M	90	Gary Parker	Pensby Runners	U40M
14	Alex Cowin	Penny Lane Striders	O40M	91	Daniel Waller	Mersey Tri	U40M
15	Paul Martin	North Endurance	U40M	92	Kevin Gillibrand	Warrington RR	O50M
16	Ben Taylor	Pensby Runners	U30M	93	Paul Ravenscroft	Warrington RR	O45M
17	Sean Jones	Penny Lane Striders	U40M	94	Simone Capponi	Penny Lane Striders	O40M
18	David Willshire	Penny Lane Striders	U40M	95	Daniel McKeivitt	Kirkby Milers	O40M
19	Ben Lewington	Kirkby Milers	U30M	96	John Sheldon	Lymm Runners	O45M
20	Phil Johnson	Mersey Tri	U40M	97	James Williams	Lymm Runners	O45M
21	Kane Green	St Helens Striders	O40M	98	Iain Borsby	Northwich RC	O40M
22	Oliver Chadwick	Mersey Tri	U30M	99	Jim Dawson	Lymm Runners	O55M
23	Adam Simpkin	Liverpool RC	U40M	100	Mark Dempsey	Mersey Tri	O45M
24	Michael Heyes	Mersey Tri	U40M	101	Paul Brown	Liverpool RC	O40M
25	Charlie Deakin	Kirkby Milers	U20M	102	Stuart Johnson	Spectrum Striders	U30M
26	Callan Rowand	Warrington RC	U30M	103	Patrick Corrigan	Pensby Runners	O55M
27	Ian Magill	Liverpool RC	O50M	104	Stephen Bennett	North Endurance	U30M
28	Neil Bullock	Ellesmere Port RC	U40M	105	Nick Wishart	Delamere Spartans	O50M
29	Paul Gray	Penny Lane Striders	O50M	106	Paul McNally	Mersey Tri	O45M
30	Daniel Dunnington	Mersey Tri	U30M	107	Patrick Breen	North Endurance	U40M
31	Colin Walsh	Penny Lane Striders	U40M	108	James Owens	St Helens Striders	U40M
32	James Toohey	Liverpool RC	U30M	109	Tadie Abeki	Knowsley Harriers	O40M
33	Karl Budworth	Widnes RC	O40M	110	Gary Fisher	Kirkby Milers	U40M
34	Jay Williams	Kirkby Milers	U40M	111	Jason Sage	Spectrum Striders	O40M
35	Rob Hough	Spectrum Striders	O45M	112	Mark Baker	Warrington Tri	O45M
36	Alex Rigby	Liverpool RC	U30M	113	Chris Usher	Newburgh Nomads	O45M
37	Christopher Millington	Warrington RC	O45M	114	Daryl Mullen	Newburgh Nomads	O50M
38	Peter Roome	Mersey Tri	O55M	115	David Green	Pensby Runners	U40M
39	John Preece	Kirkby Milers	O45M	116	Andrew Dowdeswell	Widnes RC	U40M
40	Edwin Drost	Warrington RC	U40M	117	Matt Sanderson	Warrington RC	O45M
41	John Hunt	Pensby Runners	O50M	118	Dave Barr	Liverpool RC	O45M
42	Gary Wilton	Kirkby Milers	O40M	119	Steve Sherwen	Lymm Runners	O45M
43	Kevin Walker	Skem BH	O40M	120	Nick Morton	Kirkby Milers	U30M
44	John Myers	Run Sandymoor	O40M	121	Alan McDonald	Mersey Tri	U40M
45	Joe Johnson	Birkenhead	O50M	122	Alan McDermott	Penny Lane Striders	O55M
46	Stuart Jones	Pensby Runners	U40M	123	Michael Parr	Northwich RC	O45M
47	David Edwards	Kirkby Milers	O55M	124	Steven Bate	Burnden Road Runners	O40M
48	Alex Gifford	Ellesmere Port RC	O40M	125	Stewart Dwyer	Warrington RC	O55M
49	Liam Brown	Kirkby Milers	U30M	126	Chris Davies	Pensby Runners	O45M
50	Matthew Collins	North Endurance	U40M	127	Richard Shayle	Pensby Runners	O50M
51	Liam Riley	Skem BH	U40M	128	Bobby Burke	Liverpool RC	O50M
52	Andrew Gibbons	Warrington RR	U40M	129	Colin Rushton	Warrington RC	O45M
53	Christopher Murray	Helsby RC	U40M	130	Paul Cheetham	Skem BH	O45M
54	Jon Cole	Ellesmere Port RC	O40M	131	Steve Tracey	Warrington RR	U40M
55	Ralph Pawling	Pensby Runners	U40M	132	Matt Farrell	Penny Lane Striders	U40M
56	Ian Hewitt	Liverpool Running Bugs	O40M	133	Jim Maxfield	Newburgh Nomads	O60M
57	Nathan Bradshaw	Warrington RC	U30M	134	Mike Smith	Lymm Runners	O55M
58	Louis Johnson	Mersey Tri	U30M	135	Paul Johnstone	Mersey Tri	O45M
59	Chris Ryan	Mersey Tri	O40M	136	Steven Foley	Newburgh Nomads	O50M
60	Peter Talboys	Lymm Runners	U40M	137	Robert Chalmers	Pensby Runners	O40M
61	Paul Duke	Burnden Road Runners	O40M	138	Nigel Waterhouse	Chester Tri	O55M
62	Jon Morgan	Widnes RC	O40M	139	Julian Spencer	Spectrum Striders	O55M
63	Mark Riley	St Helens Striders	U40M	140	Grant Davidson	Mersey Tri	O45M
64	Chris Murphy	Kirkby Milers	U40M	141	Paul Alexander	Pensby Runners	O60M
65	Matt Clair	Liverpool RC	U40M	142	Paul Clarke	North Endurance	O50M
66	Phil Rowen	Lymm Runners	O45M	143	Geoff Hand	Spectrum Striders	O60M
67	Kieran Thomson	Warrington RC	U20M	144	John McCaffrey	Knowsley Harriers	U40M
68	Christopher Lee	Liverpool Running Bugs	O50M	145	Ian Rivers	Kirkby Milers	O50M
69	Ian Palin	Liverpool RC	O45M	146	Alan Wheelhouse	Warrington RR	O50M
70	Andrew McGlone	Kirkby Milers	U40M	147	Wally Coppelov	Newburgh Nomads	O60M
71	Karl Tuzio	Newburgh Nomads	O55M	148	Chris Wills	Knowsley Harriers	O40M
72	Jonathan Cocroft	Lymm Runners	U40M	149	Michael Scowcroft	Run Sandymoor	O40M
73	Joe McCarthy	Mersey Tri	O50M	150	Graham Cushion	Liverpool RC	O40M
74	Michael O'Rourke	Penny Lane Striders	U40M	151	Terry Lynch	Penny Lane Striders	O50M
75	Tony Jackson	Newburgh Nomads	O60M	152	Steve Stuthridge	Village Runners	O45M
76	Michael Waring	Chester Tri	O50M	153	Graeme Caldwell	Widnes RC	-

154	Matthew Cartwright-Terry	Mersey Tri	O40M	199	Paul Ritchie	Northwich RC	O45M
155	Mike Womack	Lymm Runners	O40M	200	Tony Green	Penny Lane Striders	O60M
156	Paul Harbidge	Warrington Tri	O55M	201	Carl Stewart	Run Sandymoor	O45M
157	Peter Atkin	Liverpool RC	U40M	202	Neil Jenkins	Chester Tri	O50M
158	Andrew Bates	Penny Lane Striders	U40M	203	Peter Smith	Widnes RC	O40M
159	Richard Harris	Newburgh Nomads	O55M	204	David Taylor	Chester Tri	U20M
160	Mark Glaister	Skem BH	O55M	205	Mark Dutton	Northwich RC	O45M
161	Anthony Dagnall	St Helens Striders	O60M	206	Chris Giblin	Widnes RC	U40M
162	Stephen Dipple	Penny Lane Striders	O45M	207	David Glover	Warrington RC	U40M
163	Charlie Anderson	Village Runners	O45M	208	Sean Loughran	Kirkby Milers	O55M
164	Stephen Riley	Helsby RC	O55M	209	Chris Morgan	Helsby RC	O60M
165	Alex Abbott	St Helens Striders	U40M	210	Andy Waring	Birkenhead	O60M
166	John Lee	Kirkby Milers	-	211	Daniel Cook	Skem BH	O45M
167	Lee Johnson	Warrington Tri	O55M	212	Shaun McDonnell	Northwich RC	O50M
168	Matthew Parmenter	St Helens Striders	O45M	213	Barry McDonnell	Birkenhead	U40M
169	Stuart Barnard	Mersey Tri	O40M	214	Simon Domingo	Run Sandymoor	O45M
170	John Suckley	Pensby Runners	O60M	215	Steve Ellis	Pensby Runners	O55M
171	Fred Duenbier	Newburgh Nomads	O60M	216	Dave Barrow	Kirkby Milers	O60M
172	Ian McNeill	Birkenhead	O60M	217	Simon Clayton	Warrington Tri	O45M
173	John Robb	Chester Tri	O55M	218	Jim Fedigan	Pensby Runners	O60M
174	John Barr	St Helens Striders	O60M	219	Peter Burton	Lymm Runners	O55M
175	Paul Challenger	Pensby Runners	O40M	220	Gerry Owens	Village Runners	O60M
176	Mike Lisle	Mersey Tri	O60M	221	Paul Wilson	Widnes RC	O55M
177	Jon Reynolds	Liverpool RC	O45M	Guest	Robbie Ryan		
178	Gary Hilton	Warrington Tri	O45M	222	Nigel Pratten	Pensby Runners	O60M
179	Pete Medicott	St Helens Striders	O45M	223	Brian Seal	Village Runners	U40M
180	Steven_Robert Moss	Widnes RC	U40M	224	Chris Lam	Widnes RC	O50M
181	Kenny Forster	Spectrum Striders	O60M	225	Jim Barrow	Chester Tri	O55M
182	Rob Lloyd	Widnes RC	O45M	226	Nigel Howard	Pensby Runners	O55M
183	Ian Davies	Birkenhead	O55M	227	John Fitzgerald	Mersey Tri	O60M
184	Dave Barnes	Warrington RR	-	228	Christopher Sullivan	Kirkby Milers	O45M
185	Graham Kelly	Mersey Tri	O60M	229	Robert Block	Run Sandymoor	O60M
186	Colin Thomson	Birkenhead	O40M	230	Harry Pepper	Mersey Tri	O45M
187	Richard Kewin	Ellesmere Port RC	U40M	231	Brian Williams	Ellesmere Port RC	O60M
188	Steve Collyer	Chester Tri	O45M	232	James Blundell	Spectrum Striders	U40M
189	Ali Abir	Liverpool Running Bugs	O45M	233	Richard Low	Newburgh Nomads	O60M
190	Colin Lamprey	Pensby Runners	O55M	234	William Sergeson	Penny Lane Striders	O50M
191	Mark Scott	Liverpool RC	O50M	235	Alan D'Henin	Knowsley Harriers	O60M
192	Alistair Raffell	Spectrum Striders	O60M	236	John Donaghy	Warrington RC	O50M
193	John Gore	Widnes RC	O50M	237	Bryan Forth	Warrington RR	O45M
194	Stephen Mconville	Pensby Runners	O55M	238	Ken Black	Spectrum Striders	O60M
195	Ian Edge	Warrington RR	O55M	239	Dennis Mahar	Ellesmere Port RC	O60M
196	Chris Owens	Liverpool Running Bugs	U30M	240	Allan Gibbs-Monaghan	Liverpool Running Bugs	O45M
197	Fergal Harkin	Warrington Tri	O55M				
198	Daniel Issawi	Knowsley Harriers	U40M				

Ladies Results

1	Joanna Marsden	Ellesmere Port RC	O40F	59	Samantha Bentall	Penny Lane Striders	O50F
2	Sophie Hunt	Mersey Tri	U30F	60	Melanie Bradley	Northwich RC	O40F
3	Rachael Fairclough	St Helens Striders	U40F	61	Carrie Bray	Lymm Runners	O40F
4	Megan Ball	Liverpool RC	-	62	Kerry Greenhall	Warrington RC	U30F
5	Kelly Hamilton	St Helens Striders	U35F	63	Lauren Lett	Mersey Tri	U30F
6	Maria Cook	Skem BH	O40F	64	Sally Napthen	Chester Tri	O50F
7	Hannah Whittaker	St Helens Striders	U35F	65	Catherine Howell	Pensby Runners	U40F
8	Helen Dale	Mersey Tri	U40F	66	Miriam Eaton	Kirkby Milers	O50F
9	Rebecca Wadeson	Skem BH	U40F	67	Tanya Foley	Skem BH	O50F
10	Honor Thompson	Skem BH	O40F	68	Karen Dalby	Mersey Tri	O50F
11	Anna Parsons	Northwich RC	O40F	69	Laura Owen	Warrington RC	U35F
12	Sara Avery	Ellesmere Port RC	O50F	70	Norma Forrester	Knowsley Harriers	O50F
13	Bobbie Lomax	Warrington RR	O40F	71	Sue Burke	Penny Lane Striders	O40F
14	Gail Stuthridge	Village Runners	O40F	72	Gill Collen	Warrington RR	O60F
15	Rachel-Jayne Wilcock	St Helens Striders	U30F	73	Freya Cook	Skem BH	U15F
16	Loma Harper	Mersey Tri	U35F	74	Eve Kapoor	Widnes RC	O40F
17	Liz Whitfield	Spectrum Striders	O40F	75	Rachel Johnson	Lymm Runners	O50F
18	Hayley Fairclough	Liverpool RC	U40F	76	Katie Taggart	St Helens Striders	O40F
19	Becky Burke	Liverpool RC	U30F	77	Susan Evans	Kirkby Milers	O40F
20	Sharon Samson	Penny Lane Striders	O40F	78	Jenny McIntyre	Warrington RR	O50F
21	Yvonne Ryan	Mersey Tri	U40F	Guest	Jayne Turner		
22	Kylie Barlow	St Helens Striders	U35F	79	Julia Rees	Northwich RC	O40F
23	Kirsty Seddon	Chester Tri	U40F	80	Rebecca Heyes	Penny Lane Striders	O50F
24	Danielle Scott	Knowsley Harriers	U35F	81	Jill Wright	Penny Lane Striders	O40F
25	Myka Heard	Penny Lane Striders	O50F	82	Jess Messenger	Northwich RC	O40F
26	Lenka Vidamour	Penny Lane Striders	U40F	83	Kassia Boydell	Liverpool Running Bugs	-
27	Tiffany Moorcroft	Northwich RC	O40F	84	Michelle Jones	Delamere Spartans	U35F
28	Lucy Knight	Ellesmere Port RC	U35F	85	Anne McGrath	Warrington RR	U35F
29	Helen Lonsdale	Northwich RC	O40F	86	Alison Felstead	Lymm Runners	O40F
30	Lizzy Deery	Chester Tri	U30F	87	Laura Dowdeswell	Ellesmere Port RC	U40F
31	Germaine Holmes	Lymm Runners	O40F	88	Tracey Goble	Liverpool Running Bugs	O50F
32	Jill Craig	North Endurance	U30F	89	Jane Houghton	Warrington RC	O40F
33	Dawn Fairclough	Liverpool RC	O40F	90	Jayne Russell	Kirkby Milers	O40F
34	Melissa Morgan	Warrington RC	U20F	91	Karen Kelly	Kirkby Milers	O40F
35	Debbie Wilson	Mersey Tri	O40F	92	Hannah Moorhouse	Delamere Spartans	O40F
36	Lucy Partridge	Pensby Runners	O40F	93	Pauline Davies	Northwich RC	O60F
37	Rosemary Symms	Chester Tri	O60F	94	Collette O'Halleron	Kirkby Milers	O40F
38	Rachel Arnold	Helsby RC	O50F	95	Jo Lam	Widnes RC	O40F
39	Jan Rogers	Chester Tri	O50F	96	Helen Measures	Pensby Runners	O40F
40	Ruth Hewitt	Liverpool Running Bugs	O40F	97	Heather McBride	Northwich RC	U35F
41	Kelly Marrin	Knowsley Harriers	O40F	98	Louise Peacock	Warrington RC	U35F
42	Louisa Mogg	Run Sandymoor	U35F	99	Debbie Baker	Warrington Tri	O40F
43	Alicia Wadeson	Skem BH	U15F	100	Lucy Smith	Mersey Tri	U40F
44	Vicky Stewart	Mersey Tri	U40F	101	Diane Veasey	Kirkby Milers	U40F
45	Karon Forster	Spectrum Striders	O50F	102	Rachel Tickle	St Helens Striders	U35F
46	Menna Goodwin	Warrington RC	O40F	103	Mary Burton	Lymm Runners	O50F
47	Sarah Jackson	Penny Lane Striders	O40F	Guest	Kelly Hayes		
48	Claudia Pagoulatou	Pensby Runners	O40F	104	Sinead Malone	Chester Tri	O40F
49	Emma Shallcross	Mersey Tri	U30F	105	Vicky Ravenscroft	Warrington RR	O40F
50	Kate Johnson	Spectrum Striders	O40F	106	Nicola Roberts	Knowsley Harriers	U40F
51	Sue Sanderson	Warrington RC	O50F	107	Rachel Fisher	Kirkby Milers	-
52	Tarja Barnes	Warrington RR	O50F	108	Carrie Hall	Widnes RC	U40F
53	Kate Carter	Pensby Runners	U40F	109	Alison Medicott	Warrington RC	O50F
54	Katie Pownell	Knowsley Harriers	U35F	110	Kate Wakefield	Warrington RR	O60F
55	Amy Regan	Warrington Tri	U40F	111	Paula Need	Liverpool Running Bugs	O50F
56	Sue Buck	Helsby RC	O50F	112	Charlotte Mills		O40F
57	Debbie Read	Helsby RC	O60F				
58	Stephanie Humphries	Warrington RC	U30F				

Team Results

Mens 'A' Teams (6 Runners)

Pos	Team	Score	Points
1	Penny Lane Striders 'A'	73	27
2	Mersey Tri 'A'	105	26
3	Liverpool RC 'A'	190	25
4	Kirkby Milers 'A'	206	24
5	Warrington RC 'A'	232	23
6	St Helens Striders 'A'	342	22
7	Pensby Runners 'A'	351	21
8	North Endurance 'A'	401	20
9	Lymm & Warrington RR 'A'	435	19
10	Knowsley Harriers 'A'	607	18
11	Newburgh Nomads 'A'	642	17
12	Skem & Parbold 'A'	681	16
13	Spectrum Striders 'A'	711	15
14	Widnes RC 'A'	726	14
15	Ellesmere Port RC 'A'	787	13
16	Warrington Tri 'A'	814	12
17	Northwich RC 'A'	918	11
18	Chester Tri 'A'	981	10
19	Birkenhead 'A'	1009	9
20	Liverpool Running Bugs 'A'	999 (Only 5 ran)	8
21	Run Sandymoor 'A'	1087 (Only 5 ran)	7
22	Helsby RC 'A'	1011 (Only 4 ran)	6
23	Village Runners 'A'	1258 (Only 4 ran)	5
24	Burnden Road Runners 'A'	1185 (Only 2 ran)	4
25	Delamere Spartans 'A'	1187 (Only 2 ran)	3
26	Widnes Wasps 'A'	No Team	-
27	Vikings 'A'	No Team	-

Ladies 'A' Teams (3 Runners)

Pos	Team	Score	Points
1	St Helens Striders 'A'	15	27
2	Skem & Parbold 'A'	25	26
3	Mersey Tri 'A'	26	25
4=	Liverpool RC 'A'	41	24
4=	Ellesmere Port RC 'A'	41	23
6	Northwich RC 'A'	67	22
7	Penny Lane Striders 'A'	71	21
8	Chester Tri 'A'	90	20
9	Lymm & Warrington RR 'A'	96	19
10	Spectrum Striders 'A'	112	18
11	Knowsley Harriers 'A'	119	17
12	Warrington RC 'A'	131	16
13	Pensby Runners 'A'	137	15
14	Helsby RC 'A'	151	14
15	Liverpool Running Bugs 'A'	211	13
16	Kirkby Milers 'A'	233	12
17	Widnes RC 'A'	277	11
18	Warrington Tri 'A'	275 (only 2 ran)	10
19	Delamere Spartans 'A'	297 (only 2 ran)	9
20	Village Runners 'A'	256 (only 1 ran)	8
21	North Endurance 'A'	274 (only 1 ran)	7
22	Run Sandymoor 'A'	284 (only 1 ran)	6
23	Burnden Road Runners 'A'	No Team	-
23	Birkenhead 'A'	No Team	-
23	Newburgh Nomads 'A'	No Team	-
23	Widnes Wasps 'A'	No Team	-
23	Vikings 'A'	No Team	-

CURRENT POSITIONS

Mens 'A' Teams (6 Runners)

Pos	Team	Race 1	Race 2	Race 3	Total
1	Penny Lane Striders 'A'	27	26	27	80
2	Mersey Tri 'A'	26	27	26	79
3	Liverpool RC 'A'	25	26	25	76
4	Kirkby Milers 'A'	23	23	24	70
5	Warrington RC 'A'	21	24	23	68
6	St Helens Striders 'A'	22	22	22	66
7	North Endurance 'A'	24	20	20	64
8	Lymm & Warrington RR 'A'	20	21	19	60
9	Pensby Runners 'A'	17	19	21	57
10=	Widnes RC 'A'	16	17	14	47
10=	Knowsley Harriers 'A'	11	18	18	47
12	Northwich RC 'A'	19	16	11	46
13	Spectrum Striders 'A'	15	14	15	44
14	Newburgh Nomads 'A'	9	15	17	41
15	Warrington Tri 'A'	18	9	12	39
16	Skem & Parbold 'A'	13	6	16	35
17	Liverpool Running Bugs 'A'	14	12	8	34
18	Run Sandymoor 'A'	12	10	7	29
19	Ellesmere Port RC 'A'	6	8	13	27
20=	Helsby RC 'A'	7	13	6	26
20=	Birkenhead 'A'	10	7	9	26
22	Chester Tri 'A'	4	11	10	25
23	Village Runners 'A'	3	5	5	13
24=	Delamere Spartans 'A'	5	4	3	12
24=	Burnden Road Runners 'A'	8	NT	4	12
26=	Widnes Wasps 'A'	NT	NT	NT	-
26=	Vikings 'A'	NT	NT	NT	-

Ladies 'A' Teams (3 Runners)

Pos	Team	Race 1	Race 2	Race 3	Total
1	Skem & Parbold 'A'	27	27	26	80
2	St Helens Striders 'A'	23	26	27	76
3	Liverpool RC 'A'	27	24	24	75
4	Mersey Tri 'A'	24	25	25	74
5	Penny Lane Striders 'A'	21	20	21	62
6	Northwich RC 'A'	18	22	22	62
7	Knowsley Harriers 'A'	20	22	17	59
8	Chester Tri 'A'	16	23	20	59
9	Widnes RC 'A'	22	18	11	51
10	Lymm & Warrington RR 'A'	19	13	19	51
11	Pensby Runners 'A'	17	17	15	49
12	Ellesmere Port RC 'A'	25	NT	23	48
13	Warrington RC 'A'	15	15	16	46
14	Kirkby Milers 'A'	12	19	12	43
15	Spectrum Striders 'A'	8	16	18	42
16	Helsby RC 'A'	7	14	14	35
17	Liverpool Running Bugs 'A'	10	11	13	34
18	Village Runners 'A'	14	10	8	32
19	Warrington Tri 'A'	13	9	10	32
20	Run Sandymoor 'A'	11	12	6	29
21	Burnden Road Runners 'A'	9	NT	NT	9
22	Delamere Spartans 'A'	NT	NT	9	9
23	North Endurance 'A'	NT	NT	7	7
23	Birkenhead 'A'	NT	NT	NT	-
23	Newburgh Nomads 'A'	NT	NT	NT	-
23	Widnes Wasps 'A'	NT	NT	NT	-
23	Vikings 'A'	NT	NT	NT	-