

## North West XC – Race 1 – Beacon Park 7 November 2021 – 4.8M

### Mens Results

1	Ian Lawton	Mersey Tri	O40M	76	Dave Gough	Cheshire Dragons	O55M
2	Jay Brittles	Mersey Tri	U40M	77	Phil Rowen	Lymm Runners	O45M
3	Chris Pownell	Knowsley Harriers	U40M	78	Christian Dickenson	Chester Tri	U40M
4	Dean Hanwell	North Endurance	U40M	79	Lewis Houghton	Kirkby Milers	U30M
5	Dan Harbidge	North Endurance	U30M	80	Owen Barden	Mersey Tri	O45M
6	Ben Taylor	Pensby Runners	U40M	81	Neil Hughes	Astley & Tyldesley RR	O45M
7	Sam Broomhead	Mersey Tri	U30M	82	Rob Fletcher	Mersey Tri	O45M
8	Sean Merryweather	Cheshire Dragons	U40M	83	Gary Eddleston	St Helens Striders	O40M
9	Stephen Watkin	Penny Lane Striders	O40M	84	Patrick Corrigan	Pensby Runners	O60M
10	Philip Johnson	Mersey Tri	U40M	85	David Lawton	Liverpool RC	O40M
11	Andy Bradshaw	Helsby RC	U40M	86	Andrew Mcglone	Kirkby Milers	U40M
12	Frank Fitzpatrick	Helsby RC	U40M	87	Ian Roche	Mersey Tri	O55M
13	Paul Martin	North Endurance	U40M	88	Daniel Mckevitt	Kirkby Milers	O40M
14	Lee Stedman	Mersey Tri	U40M	89	Jonathan Cocroft	Lymm Runners	U40M
15	Sean Jones	Penny Lane Striders	U40M	90	Jonathon Hock	Lymm Runners	O45M
16	Mark Clair	Mersey Tri	O40M	91	Paul Turner	Southport Strollers	O45M
17	Tim Campbell	Astley & Tyldesley RR	O45M	92	Ralph Pawling	Pensby Runners	U40M
18	David Willshire	Penny Lane Striders	U40M	93	Ian Palin	Liverpool RC	O45M
19	Hilton Philips	Mersey Tri	U40M	94	Andrew Keeley	Penny Lane Striders	O55M
20	Alex Cowin	Penny Lane Striders	O40M	95	Steve Harrison	Birkenhead	O45M
21	Patrick McKeown	North Endurance	U40M	96	Leslie Johnson	Northwich RC	O50M
22	Mike Fryer	Helsby RC	U30M	97	Kevin Smith	Helsby RC	O40M
23	Lawrence Eccles	Penny Lane Striders	U40M	98	Mike Sherwin	Run Sandymoor	O50M
24	John Myers	Run Sandymoor	O45M	99	Gareth Davies	St Helens Striders	U40M
25	Fabian Devlin	North Endurance	U40M	100	Ashley Stillwell	Liverpool Running Bugs	U40M
26	Louis Johnson	Mersey Tri	U30M	101	Nick Beare	Mersey Tri	O50M
27	Will Kozer	Widnes RC	U40M	102	Michael Aisbitt	Skem BH	O45M
28	Karl Budworth	Knowsley Harriers	-	103	Christopher McFadden	Widnes RC	U40M
29	Robbie Campbell	Widnes RC	O50M	104	John Whitehead	Helsby RC	U40M
30	Daniel Lightfoot	Cheshire Dragons	U30M	105	Simon Wilkes	Mersey Tri	O45M
31	Robert Chesters	Penny Lane Striders	U40M	106	Steve Mather	RRAMS	O55M
32	David Low	Kirkby Milers	-	107	Simon Ford	Astley & Tyldesley RR	O45M
33	Michael Hopkins	North Endurance	U30M	108	Gavin Wright	Mersey Tri	O40M
34	Lee Turner	Kirkby Milers	U40M	109	Eddie Austin	Chester Tri	O55M
35	Lee Moore	Kirkby Milers	U40M	110	Michael Connor	Penny Lane Striders	O55M
36	Matthew Clair	Liverpool RC	U40M	111	Mark Howarth	Run Sandymoor	O45M
37	Edwin Drost	Warrington RC	U40M	112	Craig Weatherill	Run Sandymoor	O40M
38	Neil Byrne	Run Sandymoor	-	113	Nick Morton	Kirkby Milers	U40M
39	Witold Laszcz	Spectrum Striders	U40M	114	Richard Latten	UTS RC	O45M
40	Chris Fitzpatrick	Helsby RC	O45M	115	Paul Brown	Liverpool RC	O40M
41	Kevin Harrison	Kirkby Milers	O40M	116	Terry Lynch	Penny Lane Striders	O50M
42	Ben Evans	Pensby Runners	U40M	117	Steve Sherwen	Lymm Runners	O45M
43	Not Recorded	Warrington RC	-	118	Paul Johnstone	Mersey Tri	O45M
44	Gary Wilton	Kirkby Milers	O40M	119	Chris Wills	Knowsley Harriers	O45M
45	Charlie Deakin	Kirkby Milers	-	120	Chris Hayes	RRAMS	U40M
46	Kevin Walker	Skem BH	O45M	121	Gary Fisher	Kirkby Milers	U40M
47	Adam Fitzsimmons	Kirkby Milers	U40M	122	Andrew Gaskell	St Helens Striders	O50M
48	Barry Goodwin	Mersey Tri	O60M	123	Tim Grace	Mersey Tri	O50M
49	Christopher Gibbons	Mersey Tri	U40M	124	Mark Botterill	Southport Strollers	O50M
50	Phil Riding	Penny Lane Striders	O45M	125	James Witherspoon	North Endurance	U40M
51	Ciaran Skinner	North Endurance	U40M	126	Craig Hacking	Penny Lane Striders	O40M
52	Richard Storey	Lymm Runners	O50M	127	Dean Wilson	Liverpool RC	O45M
53	Ian Magill	Liverpool RC	O50M	128	Matt Dutton	Penny Lane Striders	O45M
54	Andrew Grimshaw	Penny Lane Striders	O40M	129	Matt Cartwright-Terry	Mersey Tri	O45M
55	Ross McNair	Cheshire Dragons	U40M	130	Dave Lynch	St Helens Striders	O45M
56	Eddie Roche	Pensby Runners	O45M	131	Paul Alexander	Pensby Runners	O60M
57	Mark Rockcliffe	Helsby RC	U30M	132	Alistair Patrick	Mersey Tri	O40M
58	Mark Collins	Astley & Tyldesley RR	O45M	133	Shaun Harding	Liverpool Running Bugs	U40M
59	Mick Heyes	Mersey Tri	U40M	134	michael Holden	Cheshire Dragons	O50M
60	Denni Henderson	Kirkby Milers	-	135	Andy Cummins	Warrington Tri	O40M
61	Connor Ohare	Mersey Tri	U30M	136	Chris Murphy	RRAMS	-
62	Alex Rigby	Liverpool RC	U40M	137	Paul Cheetham	Skem BH	O50M
63	Michael Waring	Chester Tri	O50M	138	Graham Cushion	Liverpool RC	O45M
64	Damian Chambers	Liverpool Running Bugs	O50M	139	David Marsh	Southport Strollers	O60M
65	Francis Hourigan	Widnes RC	O45M	140	Colin Cheveau	Liverpool RC	O45M
66	Rob Grantham	Pensby Runners	O45M	141	Peter Merville	St Helens Striders	O60M
67	Benjamin Tumilty	Helsby RC	U40M	142	Matthew Parmenter	St Helens Striders	O45M
68	Cathal McCosker	Lymm Runners	U30M	143	John Bennett	Mersey Tri	O45M
69	Jay Williams	Kirkby Milers	O40M	144	Jim Dawson	Lymm Runners	O55M
70	Kevin Brennan	St Helens Striders	O50M	145	Dean Evans	Liverpool Running Bugs	U20M
71	Joe McCarthy	North Endurance	O50M	146	Jeff Adams	Pensby Runners	O65M
72	Ian Hewitt	Liverpool Running Bugs	O45M	147	John Suckley	Pensby Runners	O60M
73	Micheal O'Rouke	Penny Lane Striders	U40M	148	Rob Chalmers	Pensby Runners	O40M
74	David Edwards	Kirkby Milers	O55M	149	Anthony Hepple	Southport Strollers	O50M
75	Bob Corinaldi	Cheshire Dragons	O50M	150	Ali Esfandiari	Mersey Tri	U40M

151	Andrew Garnett	Spectrum Striders	O65M	229	Harry Pepper	Mersey Tri	O50M
152	Daniel Shannon	Run Sandymoor	U40M	230	Ian Burrows	Run Sandymoor	O45M
153	Ian Ainscough	Chester Tri	O60M	231	Dave Winfield	Southport Strollers	O55M
154	Andrew Lawrenson	St Helens Striders	U30M	232	Ashley Hughes	Liverpool Running Bugs	U40M
155	Andrew Hankinson	Widnes RC	U30M	233	Martin Mulligan	RRAMS	-
156	Terry Bolland	Southport Strollers	O55M	234	Chris Price	Warrington RR	O45M
157	John McCaffrey	Knowsley Harriers	U40M				
158	Jonathan Newton	Pensby Runners	U40M				
159	Daniel Procter	Liverpool Running Bugs	U40M				
160	Simon Rafferty	Mersey Tri	O50M				
161	George Pierce	Liverpool RC	O50M				
162	Kenny Forster	Spectrum Striders	O60M				
163	Barry Williams	Mersey Tri	U40M				
164	Stephen McConville	Pensby Runners	O55M				
165	Colin Thomson	Birkenhead	O45M				
166	Michael Scowcroft	Run Sandymoor	O40M				
167	Geoff Hand	Spectrum Striders	O65M				
168	Roger Graham	UTS RC	O45M				
169	Chris Weeks	Mersey Tri	O45M				
170	Joe McGlynn	Penny Lane Striders	O65M				
171	Stephen Dipple	Penny Lane Striders	O45M				
172	Steve Collyer	Chester Tri	O50M				
173	Nick Paul	Skem BH	O55M				
174	Graham Dowling	Skem BH	O50M				
175	Darran Wilson	Run Sandymoor	O50M				
176	Paul Clarke	North Endurance	O50M				
177	Dean Thackray	St Helens Striders	U40M				
178	Simon Clayton	Warrington Tri	O45M				
179	Tony Holmes	Liverpool RC	O55M				
180	Maurice Collins	Liverpool RC	O55M				
181	Jon Reynolds	Liverpool RC	O45M				
182	Kieron Carr	Liverpool Running Bugs	O50M				
183	Grant Davidson	Mersey Tri	O45M				
184	Martin Foulkes	Widnes RC	O40M				
185	Steve Pemberton	Penny Lane Striders	O65M				
186	James Smith	Run Sandymoor	O40M				
187	Philip Stanley	UTS RC	O55M				
188	Aaron Wilson	Liverpool RC	U40M				
189	Stephen Wiggins	Helsby RC	U30M				
190	Nigel Foo	Penny Lane Striders	O50M				
191	Jason Ennis	Mersey Tri	O50M				
192	Andrew Glen	Liverpool Running Bugs	O55M				
193	Neil Macfie	Mersey Tri	O65M				
194	Phinean Woodward	Liverpool RC	O45M				
195	Andrew Dowdeswell	Widnes RC	U40M				
196	Chris Mitchell	Southport Strollers	O45M				
197	Mark Scott	Liverpool RC	O55M				
198	Ian Scouler	Northwich RC	O55M				
199	John Brown	Penny Lane Striders	O60M				
200	Kedar Dhopate	Liverpool Running Bugs	O45M				
201	John Houghton	Run Sandymoor	O60M				
202	Malcolm Teale	Southport Strollers	O60M				
203	Peter Heron	Mersey Tri	O60M				
204	Paul Harbridge	Warrington Tri	O60M				
205	Tony Fishwick	Kirkby Milers	O50M				
206	Rob Lloyd	Widnes RC	O50M				
207	John Barr	St Helens Striders	O70M				
208	Neil Jenkins	Chester Tri	O55M				
209	Mark Liptrot	RRAMS	-				
210	Dennis Yarwood	Spectrum Striders	O55M				
211	John Parry	Warrington Tri	O45M				
212	Azzam ?	RRAMS	-				
213	Gavin Butler	Chester Tri	O50M				
214	Alan Spencer	Knowsley Harriers	O60M				
215	Paul Roberts	Knowsley Harriers	U40M				
216	Richard Kewin	Ellesmere Port RC	U40M				
217	Ian Yarwood	Spectrum Striders	O55M				
218	Andy Waring	Birkenhead	O65M				
219	Neil MacDonald	Widnes RC	O50M				
220	Michael Whittaker	Run Sandymoor	O55M				
221	Tony Green	Penny Lane Striders	O65M				
222	Paul Timms	Run Sandymoor	O55M				
223	Phil Thorpe	Liverpool Running Bugs	O60M				
224	Filipe Fortes	North Endurance	U40M				
225	Jon Singleton	Southport Strollers	O60M				
226	David Connor	Mersey Tri	O45M				
227	Francis Mellett	Liverpool Running Bugs	O55M				
228	Andy Dalton	Skem BH	O55M				

## Ladies Results

1	Nicola Jackson	RRAMS	U40F	60	Stella Reynolds	Widnes RC	O50F
2	Hannah Cowley	Cheshire Dragons	U30F	61	Kate Walton	Mersey Tri	U40F
3	Louisa Thompson	Cheshire Dragons	O40F	62	Joanne Skurupa	North Endurance	U35F
4	Amie Bagnall	Cheshire Dragons	U30F	63	Sue Heaps	St Helens Striders	O55F
5	Maria Cook	Skem BH	O45F	64	Sophie Wright	Kirkby Milers	-
6	Jessica Haney	Cheshire Dragons	U30F	65	Claire Macdonald	Spectrum Striders	O50F
7	Marie Leahey	RRAMS	U40F	66	Melanie Sayed	RRAMS	O45F
8	Alison Roberts	Lymm Runners	U40F	67	Natasha Pearce	Mersey Tri	U30F
9	Louise Jackson	Knowsley Harriers	U40F	68	Emma Southworth	Warrington Tri	O40F
10	Cathy Dawson	Warrington Tri	O50F	69	Kerry Lomas	Astley & Tyldesley RR	U40F
11	Nicola Laurence	Widnes RC	O40F	70	Suzy Wild	Spectrum Striders	O45F
12	Alison Halsall	Helsby RC	O50F	71	Lisa Burns	Liverpool RC	U40F
13	Janet Owens	Knowsley Harriers	O45F	72	Jay Smith	Liverpool RC	O45F
14	Rebecca Wadeson	Skem BH	O40F	73	Eleanor Barlow	Liverpool RC	U40F
15	Anna Parsons	Northwich RC	O45F	74	Kirstie McCaffrey	St Helens Striders	U35F
16	Lorna Harper	Mersey Tri	U35F	75	Susan Hughes	Widnes Wasps	O45F
17	Crystal Dishman	Kirkby Milers	U30F	76	Ellen Fera	Liverpool Running Bugs	U40F
18	Kelly Marrin	Knowsley Harriers	O45F	77	Joanne McGillycuddy	Widnes Wasps	O50F
19	Jane Ashbrook	Helsby RC	O45F	78	Tracy Sherlock	UTS RC	O40F
20	Charlotte Rawcliffe	Penny Lane Striders	O40F	79	Lynette Houghton	Spectrum Striders	O50F
21	Kerrie Greenall	Warrington Tri	U30F	80	Jayne Dore	Mersey Tri	O50F
22	Laura Baynham-Hughes	Helsby RC	O45F	81	Jemma Grogan	Kirkby Milers	U35F
23	Sarah Jackson	Penny Lane Striders	O40F	82	Joanne Cook	Pensby Runners	U40F
24	Lucy Helsby	Kirkby Milers	U35F	83	Abigail Willmitt	Liverpool RC	U40F
25	Lucie Michaelson	Penny Lane Striders	U40F	84	Fiona Hall	Widnes RC	O40F
26	Karon Forster	Spectrum Striders	O60F	85	Sonia McWhan	Run Sandymoor	O45F
27	Georgina Walker	Lymm Runners	O45F	86	Bhav Mistry	Kirkby Milers	O50F
28	Lizzy Deery	Chester Tri	U35F	87	Amena Madden	Liverpool RC	O45F
29	Bridget Glaister	Skem BH	O50F	88	Sue Ennis	Mersey Tri	O55F
30	Christina Roach	Helsby RC	O60F	89	Jo Herriott	St Helens Striders	O40F
31	Nicola Spafford	Skem BH	U35F	90	Anita Hall	St Helens Striders	O50F
32	Ann Costello-Griffiths	UTS RC	O40F	91	Nicola Roberts	Knowsley Harriers	O40F
33	Chloe Holman	Run Sandymoor	-	92	Elizabeth Ellis	UTS RC	O55F
34	Jasmine Baker	Mersey Tri	U30F	93	Aimee Simson	Chester Tri	O40F
35	Gemma Aden	St Helens Striders	U40F	94	Fiona Diaz	Run Sandymoor	U35F
36	Lisa Webb	Widnes RC	O45F	95	Karen Bannon	Run Sandymoor	O40F
37	Emma Fraser	Run Sandymoor	O40F	96	Rachel Murray	Kirkby Milers	O40F
38	Janet Robertson	Helsby RC	O55F	97	Emma Stokes	Southport Strollers	O50F
39	Eliza Ratcliffe	Mersey Tri	U20F	98	Emma Carey	Mersey Tri	U40F
40	Karen Smith	Chester Tri	O40F	99	Dawn Hignett	Widnes RC	O50F
41	Lucy Knight	Cheshire Dragons	U35F	100	Janet Walker	Skem BH	O45F
42	Vanessa Griffiths	Helsby RC	O55F	101	Carla Graham	Liverpool RC	O40F
43	Anna Williams	Skem BH	O40F	102	Hayley Hourigan	Widnes RC	O45F
44	Lynda Searby	Northwich RC	O45F	103	Jessica Messenger	Northwich RC	O40F
45	Debbie Read	Helsby RC	O60F	104	Faye Lowery	Southport Strollers	O45F
46	Lindsey Hagan	Knowsley Harriers	U40F	105	Emily Yarwood	Spectrum Striders	U30F
47	Kathryn Schofield	Helsby RC	U30F	106	Karolina Faithfull	Skem BH	O40F
48	Nathsha Davies	Mersey Tri	U30F	107	Emily Red	Warrington Tri	U40F
49	Rosemary Symms	Chester Tri	O65F	108	Louise Hill	Astley & Tyldesley RR	O40F
50	Caroline Barrow	Widnes RC	O45F	109	Kay Campbell	Astley & Tyldesley RR	O45F
51	Sue Buck	Helsby RC	O55F	110	Katie Storey	Liverpool Running Bugs	U40F
52	Emma Nunnerley	Lymm Runners	O45F	111	Rita Mistry	Pensby Runners	O45F
53	Joanne Moyers	Widnes Wasps	O45F	112	Moyna O'Neil	Mersey Tri	O50F
54	Lucy St_John	North Endurance	U35F	113	Carolyn Rigby	Widnes RC	O55F
55	Claudia Pagoulatou	Pensby Runners	O45F	114	Elizabeth Braithwaite	Warrington RC	O55F
56	Vera Langley	Liverpool Running Bugs	O60F	115	Isobel Chambers	Liverpool Running Bugs	-
57	Ruth Hewitt	Liverpool Running Bugs	O40F	116	Katie O'Neil	Liverpool Running Bugs	U35F
58	Kirsty Mackenzie	Southport Strollers	U40F	117	Rhena Dhopate	Liverpool Running Bugs	O40F
59	Carole Morrison	Pensby Runners	O55F	118	Tara Mellett	Liverpool Running Bugs	U35F

## Team Results

### Mens 'A' Teams (6 Runners)

Pos	Team	Score	Points
1	Mersey Tri 'A'	50	30
2	Penny Lane Striders 'A'	116	29
3	North Endurance 'A'	139	28
4	Helsby RC 'A'	209	27
5	Kirkby Milers 'A'	231	26
6	Pensby Runners 'A'	346	25
7	Cheshire Dragons 'A'	378	24
8	Liverpool RC 'A'	444	23
9	Lymm & Warrington RR 'A'	493	22
10	Run Sandymoor 'A'	535	21
11	Widnes RC 'A'	563	20
12	St Helens Striders 'A'	645	19
13	Liverpool Running Bugs 'A'	673	18
14	Knowsley Harriers 'A'	736	17
15	Chester Tri & Ellesmere Port RC 'A'	783	16
16	Southport Strollers 'A'	855	15
17	Skem & Parbold 'A'	860	14
18	Spectrum Striders 'A'	946	13
19	RRAMS 'A'	1016	12
20	Astley & Tyldesley RR 'A'	751 (Only 4 Ran)	11
21	Warrington Tri 'A'	1216 (Only 4 Ran)	10
22	UTS RC 'A'	1201 (Only 3 Ran)	9
23	Birkenhead 'A'	1210 (Only 3 Ran)	8
24	Warrington RC 'A'	1056 (Only 2 Ran)	7
25	Northwich RC 'A'	1270 (Only 2 Ran)	6
-	Newburgh Nomads 'A'	No Team	-
-	Sandbach Striders 'A'	No Team	-
-	Delamere Spartans 'A'	No Team	-
-	Burnden Road Runners 'A'	No Team	-
-	Widnes Wasps 'A'	No Team	-

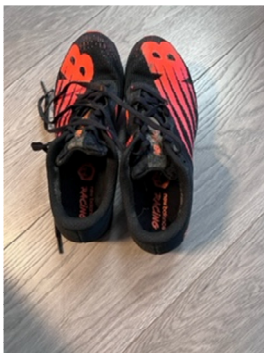
## Ladies 'A' Teams (3 Runners)

Pos	Team	Score	Points
1	Cheshire Dragons 'A'	9	30
2	Knowsley Harriers 'A'	40	29
3	Skem & Parbold 'A'	48	28
4	Helsby RC 'A'	53	27
5	Penny Lane Striders 'A'	68	26
5	RRAMS 'A'	74	25
7	Lymm & Warrington RR 'A'	87	24
8	Widnes RC 'A'	97	23
9	Warrington Tri 'A'	99	22
10	Mersey Tri 'A'	111	21
11	Chester Tri & Ellesmere Port RC 'A'	117	20
12	Kirkby Milers 'A'	127	19
13	Run Sandymoor 'A'	155	18
14	Spectrum Striders 'A'	161	17
15	Northwich RC 'A'	162	16
16	St Helens Striders 'A'	172	15
17	Liverpool Running Bugs 'A'	189	14
18	Pensby Runners 'A'	196	13
19	UTS RC 'A'	202	12
20	Widnes Wasps 'A'	205	11
21	Liverpool RC 'A'	216	10
22	Southport Strollers 'A'	259	9
23	Astley & Tyldesley RR 'A'	286	8
24	North Endurance 'A'	244 (only 2 ran)	7
25	Warrington RC 'A'	370 (only 1 ran)	6
-	Burnden Road Runners 'A'	No Team	-
-	Delamere Spartans 'A'	No Team	-
-	Birkenhead 'A'	No Team	-
-	Newburgh Nomads 'A'	No Team	-
-	Sandbach Striders 'A'	No Team	-

Please note that the rules require each team to have a Vet runner as a counter which is over 35 for Ladies and O40 for men. If the DOB is not supplied the runner is assumed to be a NON-vet.

As a result of this there has been some amendments to the original results from Race 1.

The spikes below were left on the road after Race 1. Are they yours ?? I will bring them to the next race.



**CURRENT POSITIONS**  
**Mens 'A' Teams (6 Runners)**

Pos	Team	Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Total (Best 5)
1	Mersey Tri 'A'	30	30	-	-	-	-	60
2	Penny Lane Striders 'A'	29	29	-	-	-	-	58
3	North Endurance 'A'	27	28	-	-	-	-	55
4	Kirkby Milers 'A'	28	26	-	-	-	-	54
5	Helsby RC 'A'	22	27	-	-	-	-	49
5	Cheshire Dragons 'A'	25	24	-	-	-	-	49
5	Liverpool RC 'A'	26	23	-	-	-	-	49
8	Pensby Runners 'A'	18	25	-	-	-	-	43
9	Lymm & Warrington RR 'A'	20	22	-	-	-	-	42
9	St Helens Striders 'A'	23	19	-	-	-	-	42
11	Knowsley Harriers 'A'	24	17	-	-	-	-	41
12	Widnes RC 'A'	15	20	-	-	-	-	35
12	Chester Tri & Ellesmere Port RC 'A'	19	16	-	-	-	-	35
12	Skem & Parbold 'A'	21	14	-	-	-	-	35
15	Run Sandymoor 'A'	13	21	-	-	-	-	34
16	Liverpool Running Bugs 'A'	14	18	-	-	-	-	32
17	Spectrum Striders 'A'	17	13	-	-	-	-	30
18	Southport Strollers 'A'	11	15	-	-	-	-	26
19	RRAMS 'A'	10	12	-	-	-	-	22
19	Warrington Tri 'A'	12	10	-	-	-	-	22
21	Birkenhead 'A'	8	8	-	-	-	-	16
21	Newburgh Nomads 'A'	16	NT	-	-	-	-	16
24	Northwich RC 'A'	9	6	-	-	-	-	15
25	UTS RC 'A'	5	9	-	-	-	-	14
26	Astley & Tyldesley RR 'A'	0	11	-	-	-	-	11
26	Warrington RC 'A'	4	7	-	-	-	-	11
27	Sandbach Striders 'A'	7	NT	-	-	-	-	7
28	Delamere Spartans 'A'	6	NT	-	-	-	-	6
29	Burnden Road Runners 'A'	NT	NT	-	-	-	-	-
29	Widnes Wasps 'A'	NT	NT	-	-	-	-	-

## Ladies 'A' Teams (3 Runners)

Pos	Team	Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Total (Best 5)
1	Cheshire Dragons 'A'	30	30	-	-	-	-	60
2	Skem & Parbold 'A'	29	28	-	-	-	-	57
3	Penny Lane Striders 'A'	27	26	-	-	-	-	53
4	Knowsley Harriers 'A'	20	29	-	-	-	-	49
5	Helsby RC 'A'	21	27	-	-	-	-	48
6	Widnes RC 'A'	23	23	-	-	-	-	46
7	Mersey Tri 'A'	24	21	-	-	-	-	45
8	St Helens Striders 'A'	27	15	-	-	-	-	42
9	Kirkby Milers 'A'	22	19	-	-	-	-	41
9	Northwich RC 'A'	25	16	-	-	-	-	41
9	RRAMS 'A'	16	25	-	-	-	-	41
9	Warrington Tri 'A'	19	22	-	-	-	-	41
13	Liverpool RC 'A'	28	10	-	-	-	-	38
14	Lymm & Warrington RR 'A'	12	24	-	-	-	-	36
15	Chester Tri & Ellesmere Port RC 'A'	15	20	-	-	-	-	35
15	Run Sandymoor 'A'	17	18	-	-	-	-	35
17	Pensby Runners 'A'	18	13	-	-	-	-	31
18	Spectrum Striders 'A'	11	17	-	-	-	-	28
19	UTS RC 'A'	13	12	-	-	-	-	25
20	Southport Strollers 'A'	14	9	-	-	-	-	23
21	Liverpool Running Bugs 'A'	7	14	-	-	-	-	21
21	Widnes Wasps 'A'	10	11	-	-	-	-	21
23	Warrington RC 'A'	9	6	-	-	-	-	15
24	Burnden Road Runners 'A'	8	NT	-	-	-	-	8
24	Astley & Tyldesley RR 'A'	NT	8	-	-	-	-	8
26	North Endurance 'A'	NT	7	-	-	-	-	7
27	Delamere Spartans 'A'	6	NT	-	-	-	-	6
28	Birkenhead 'A'	NT	NT	-	-	-	-	-
29	Newburgh Nomads 'A'	NT	NT	-	-	-	-	-
30	Sandbach Striders 'A'	NT	NT	-	-	-	-	-

(NT= No Team)