



8th North West Counties Road Relays
 Hosted by the Merseyside County Athletics Association
 At Sefton Park, Liverpool - 15 September 2007
RESULTS

<u>Posn</u>	<u>Team No.</u>	<u>Athlete</u>	<u>Club</u>	<u>County</u>	<u>Cumulative Time</u>	<u>Individual Splits</u>	<u>Fastest On Leg</u>	<u>Overall Fastest Times</u>	<u>Team Posn on Previous Leg</u>	<u>Movement</u>
UNDER 13 GIRLS (3 X 2Km)										
LEG 1										
1	35	C Jarvis	St Helens Sutton	Merseyside	9.35	9.35	1	1		
2	30	Beth Tynan	Liverpool Harriers	Merseyside	9.39	9.39	2	2		
3	17	Shannon Johnson	Leigh H	Greater Manche	9.42	9.42	3	4		
4	12	Sophie Dickie	East Cheshire Harriers	Greater Manche	10.11	10.11	4	12		
5	31	Stephanie Minogue	Liverpool Harriers	Merseyside	10.12	10.12	5	14		
6	34	Rebecca Courtney	Liverpool Harriers	Merseyside	10.13	10.13	6	17		
7	18	Georgina Leck	Leigh H	Greater Manche	10.18	10.18	7	20		
8	32	Rebecca Donaghue	Liverpool Harriers	Merseyside	10.24	10.24	8	23		
9	14	Imogen Nutter	Stockport H	Greater Manche	10.26	10.26	9	25		
10	10	C Cole	Bury	Greater Manche	10.28	10.28	10	27		
11	4	Bryony Archdeacon	West Cheshire	Cheshire	10.30	10.30	11	30		
12	9	Emma Wiggans	Bolton Utd Harriers	Greater Manche	10.33	10.33	12	31		
13	13	Leah Niven	Salford Metropolitan	Greater Manche	10.36	10.36	13	34		
14	16	Anna Lougue	Stockport H	Greater Manche	10.48	10.48	14	38		
15	1	Jade Evans	Vale Royal	Cheshire	10.50	10.50	15	40		
16	19	Bethany Unsworth	Leigh H	Greater Manche	10.53	10.53	16	42		
17	33	Vicky Evans	Liverpool Harriers	Merseyside	10.55	10.55	17	43		
18	6	Gabby Charnley	Ribble Valley	Lancashire	10.55	10.55	17	43		
19	15	Lydia Ross	Stockport H	Greater Manche	10.56	10.56	19	45		
20	2	Hannah Bishop	Vale Royal	Cheshire	11.37	11.37	20	55		
21	21	Lucy Alderman	Pendle AC	Lancashire	11.50	11.50	21	57		
22	11	B Clarke	Bury	Greater Manche	11.50	11.50	21	57		
23	3	Heather Barton	Warrington AC	Cheshire	12.36	12.36	23	64		
24	7	Becky Williams	Ribble Valley	Lancashire	13.04	13.04	24	65		
25	36	A Nicholls	Wirral AC	Merseyside	13.07	13.07	25	66		



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LEG 2										
1	30	Katie Bowers Flynn	Liverpool Harriers	Merseyside	19.18	9.39	1	2	2	1
2	17	Ashley Kearsley	Leigh H	Greater Manche	20.09	10.27	7	26	3	1
3	31	Ellie Clarke	Liverpool Harriers	Merseyside	20.31	10.19	6	21	5	2
4	10	K Buckley	Bury	Greater Manche	20.39	10.11	3	13	10	6
5	13	Louise Wilson	Salford Metropolitan	Greater Manche	20.40	10.04	2	9	13	8
6	34	Natahsa Kyffin	Liverpool Harriers	Merseyside	20.41	10.28	8	27	6	0
7	14	Nicola Berry	Stockport H	Greater Manche	20.42	10.16	5	19	9	2
8	35	L Hayes	St Helens Sutton	Merseyside	20.47	11.12	15	50	1	-7
9	18	Lauren O'Malley	Leigh H	Greater Manche	20.51	10.33	10	33	7	-2
10	32	Sarah McDonagh	Liverpool Harriers	Merseyside	20.57	10.33	9	31	8	-2
11	33	Erin Stewart	Liverpool Harriers	Merseyside	21.07	10.12	4	14	17	6
12	9	Georgia Taylor-Green	Bolton Utd Harriers	Greater Manche	21.10	10.37	11	35	12	0
13	12	Shalon Mirza	East Cheshire Harriers	Greater Manche	21.11	11.00	12	46	4	-9
14	1	Kate Moulds	Vale Royal	Cheshire	22.00	11.10	13	47	15	1
15	19	Emily Dutton	Leigh H	Greater Manche	22.12	11.19	18	53	16	1
16	15	Sarah Tipping	Stockport H	Greater Manche	22.15	11.19	17	52	19	3
17	4	Olivia Montez-Brown	West Cheshire	Cheshire	22.42	12.12	21	62	11	-6
18	21	Alice Garnett	Pendle AC	Lancashire	23.00	11.10	13	47	21	3
19	11	E McDermott	Bury	Greater Manche	23.05	11.15	16	51	22	3
20	6	Alex Thistlewaite	Ribble Valley	Lancashire	23.26	12.31	22	63	18	-2
21	3	Sarah Jarvis	Warrington AC	Cheshire	24.15	11.39	19	56	23	2
22	36	A Saunders	Wirral AC	Merseyside	25.01	11.54	20	60	25	3

UNDER 13 GIRLS (3 X 2Km)

LEG 3										
1	30	Olivia Perez	Liverpool Harriers	Merseyside	29.30	10.12	7	16	1	0
2	17	Bethany Jones	Leigh H	Greater Manche	29.59	9.50	2	6	2	0
3	31	Bethany Mason	Liverpool Harriers	Merseyside	30.32	10.01	3	7	3	0
4	14	Olivia Wild	Stockport H	Greater Manche	30.45	10.03	4	8	7	3
5	13	Lucy Matthews	Salford Metropolitan	Greater Manche	31.01	10.21	9	22	5	0
6	10	A Grundy	Bury	Greater Manche	31.07	10.28	11	29	4	-2
7	32	Hannah Wain	Liverpool Harriers	Merseyside	31.08	10.11	6	11	10	3
8	9	Catherine Jones	Bolton Utd Harriers	Greater Manche	31.19	10.09	5	10	12	4
9	33	Holy Barrett	Liverpool Harriers	Merseyside	31.22	10.15	8	18	11	2
10	34	Laura McCourt	Liverpool Harriers	Merseyside	31.27	10.46	13	37	6	-4
11	12	Hannah Davies	East Cheshire Harriers	Greater Manche	31.35	10.24	10	24	13	2
12	35	R Wilcock	St Helens Sutton	Merseyside	31.36	10.49	14	39	8	-4
13	18	Grace Warburton	Leigh H	Greater Manche	32.02	11.11	16	49	9	-4
14	4	Tessa McCormick	West Cheshire	Cheshire	32.31	9.49	1	5	17	3
15	1	Louise Towers	Vale Royal	Cheshire	32.38	10.38	12	36	14	-1
16	15	Aimee Atkin	Stockport H	Greater Manche	33.05	10.50	15	40	16	0
17	19	Amy Smith	Leigh H	Greater Manche	34.09	11.57	17	61	15	-2
18	6	Laura Nerenberg	Ribble Valley	Lancashire	34.51	11.25	18	54	20	2
19	11	C Healy	Bury	Greater Manche	34.58	11.53	19	59	19	0
20	36	K Wheadon	Wirral AC	Merseyside	38.39	13.38	20	67	22	2



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UNDER 13 BOYS (3 X 2Km)										
LEG 1										
1	11	Leon Gregory	East Cheshire Harriers	Greater Manche	8.38	8.38	1	1		
2	36	Jones N	Wirral AC	Merseyside	8.54	8.54	2	2		
3	30	Jack Christie	Liverpool Harriers	Merseyside	9.08	9.08	3	5		
4	3	Stephen Derbyshire	Warrington AC	Cheshire	9.19	9.19	4	9		
5	1	Josh Boyce	Vale Royal	Cheshire	9.22	9.22	5	12		
6	31	Christopher Manning	Liverpool Harriers	Merseyside	9.24	9.24	6	14		
7	20	Ashley Allen	Blackburn Harriers	Lancashire	9.25	9.25	7	15		
8	24	Joe Adfield	Ribble Valley	Lancashire	9.32	9.32	8	18		
9	14	Adam Howarth	Leigh H	Greater Manche	9.36	9.36	9	19		
10	34	A Cowley	St Helens Sutton	Merseyside	9.42	9.42	10	20		
11	33	George Curren	Liverpool Pembroke & Sefton	Merseyside	9.53	9.53	11	24		
12	4	Cameron Field	Warrington AC	Cheshire	9.56	9.56	12	26		
13	13	Nyal Flynn	East Cheshire Harriers	Greater Manche	10.07	10.07	13	33		
14	35	Graham Boreham	Southport Waterloo AC	Merseyside	10.32	10.32	14	37		
15	22	Kyle Nicholls	Liverpool Pembroke & Sefton	Lancashire	10.50	10.50	15	43		
16	21	John Curran	Blackpool Wyre & Flyde	Lancashire	10.59	10.59	16	45		
17	32	Jonathon Hunter	Liverpool Harriers	Merseyside	11.09	11.09	17	48		
18	15	William Grimshaw	Bolton Utd H	Greater Manche	12.28	12.28	18	54		
19	39	Michael J	Wirral AC	Merseyside	12.48	12.48	19	55		
20	12	Matthew McCann	East Cheshire Harriers	Greater Manche	13.22	13.22	20	56		
21						0.00				



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LEG 2										
1	11	Michael Murphy	East Cheshire Harriers	Greater Manche	17.52	9.14	2	7	1	0
2	3	Lee Lockwood Bent	Warrington AC	Cheshire	18.32	9.13	1	6	4	2
3	30	Luke Towers	Liverpool Harriers	Merseyside	18.39	9.31	5	16	3	0
4	1	Lewis Healey	Vale Royal	Cheshire	18.43	9.21	3	10	5	1
5	31	Tom Schumacker	Liverpool Harriers	Merseyside	19.20	9.56	8	26	6	1
6	34	A Harvey	St Helens Sutton	Merseyside	19.32	9.50	6	23	10	4
7	20	Benjamin Eckersley	Blackburn Harriers	Lancashire	19.48	10.23	9	34	7	0
8	33	Warren Turner	Liverpool Pembroke & Sefton	Merseyside	19.48	9.55	7	25	11	3
9	14	Richard Powell	Leigh H	Greater Manche	20.05	10.29	10	35	9	0
10	24	Elliot Harling	Ribble Valley	Lancashire	20.21	10.49	14	42	8	-2
11	4	James Jackson	Warrington AC	Cheshire	20.50	10.54	15	44	12	1
12	35	George Ingram	Southport Waterloo AC	Merseyside	21.02	10.30	11	36	14	2
13	36	Patterson T	Wirral AC	Merseyside	21.05	12.11	18	51	2	-11
14	13	Ellis Atkinson	East Cheshire Harriers	Greater Manche	21.08	11.01	16	46	13	-1
15	21	Alex Nash	Blackpool Wyre & Flyde	Lancashire	21.47	10.48	13	41	16	1
16	22	Adam Turnbull	Liverpool Pembroke & Sefton	Lancashire	21.56	11.06	17	47	15	-1
17	12	Aaron McCarthy	East Cheshire Harriers	Greater Manche	22.44	9.22	4	12	20	3
18	15	Jacob Kearney	Bolton Utd H	Greater Manche	23.10	10.42	12	39	18	0

UNDER 13 BOYS (3 X 2Km)

LEG 3										
Posn	Team No.	Athlete	Club	County	Cumulative Time	Individual Splits	Fastest On Leg	Overall Fastest Times	Team Posn on Previous Leg	Movement
1	11	Chris Middleton	East Cheshire Harriers	Greater Manche	27.14	9.22	4	11	1	0
2	3	Jack Gleave	Warrington AC	Cheshire	27.37	9.05	1	3	2	0
3	30	Liam Rodgers	Liverpool Harriers	Merseyside	27.54	9.15	3	8	3	0
4	1	Andrew Zimmer	Vale Royal	Cheshire	28.43	10.00	11	31	4	0
5	31	Kristian Quirk	Liverpool Harriers	Merseyside	29.08	9.48	7	22	5	0
6	14	Robert Powell	Leigh H	Greater Manche	29.10	9.05	2	4	9	3
7	34	S Kenny	St Helens Sutton	Merseyside	30.05	10.33	13	38	6	-1
8	33	Andrew Hutchinson	Liverpool Pembroke & Sefton	Merseyside	30.34	10.46	14	40	8	0
9	4	Chris Smith	Warrington AC	Cheshire	30.54	10.04	12	32	11	2
10	20	Joseph Plarse	Blackburn Harriers	Lancashire	30.58	11.10	15	49	7	-3
11	35	Chris Lawson	Southport Waterloo AC	Merseyside	31.01	9.59	10	30	12	1
12	13	James Hill	East Cheshire Harriers	Greater Manche	31.06	9.58	8	28	14	2
13	21	Ben Everson	Blackpool Wyre & Flyde	Lancashire	31.32	9.45	13	21	15	2
14	24	Tom Barnes	Ribble Valley	Lancashire	31.52	11.31	14	50	10	-4
15	22	Darren McDonald	Liverpool Pembroke & Sefton	Lancashire	31.54	9.58	15	29	16	1
16	12	Andrew McAslan	East Cheshire Harriers	Greater Manche	32.16	9.32	16	17	17	1
17	36	Bolton C	Wirral AC	Merseyside	33.31	12.26	17	53	13	-4
18	15	Tom Miller	Bolton Utd H	Greater Manche	35.31	12.21	18	52	18	0



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UNDER 15 GIRLS (3 X 3Km)										
LEG 1										
1	9	Laura Riches	Leigh H	Greater Manche	12.02	12.02	1	2		
2	7	Georgia Taylor-Brown	East Cheshire Harriers	Greater Manche	12.04	12.04	2	3		
3	6	Kirsten McAslan	East Cheshire Harriers	Greater Manche	12.15	12.15	3	5		
4	28	Lucie Ratry	Blackburn Harriers	Lancashire	12.17	12.17	4	7		
5	11	Amie Hughes	Stockport H	Greater Manche	12.32	12.32	5	9		
6	21	Zoe Woodward	Liverpool Harriers	Merseyside	12.39	12.39	6	13		
7	29	Naomi Thompson	Blackburn Harriers	Lancashire	12.42	12.42	7	15		
8	1	Hannah Paver	Vale Royal	Cheshire	12.42	12.42	7	15		
9	16	Emma Spencer	Pendle AC	Lancashire	12.43	12.43	9	17		
10	25	Sophie Kelly	Southport Waterloo AC	Merseyside	13.05	13.05	10	21		
11	8	Natalie Davies	East Cheshire Harriers	Greater Manche	13.10	13.10	11	23		
12	4	Rachael Jefferson	Warrington AC	Cheshire	13.10	13.10	11	23		
13	26	Scholfield J	Wirral AC	Merseyside	13.15	13.15	13	26		
14	100	Hayley Huntoon	Ribble Valley	Lancashire	13.36	13.36	14	30		
15	24	J Shaw	St Helens Sutton	Merseyside	13.36	13.36	14	30		
16	10	Sophie Thornton	Leigh H	Greater Manche	13.53	13.53	16	34		
17	5	Natasha Rose	Warrington AC	Cheshire	14.07	14.07	17	44		
18	22	Anna Schumacer	Liverpool Harriers	Merseyside	14.07	14.07	17	44		
19	2	Robyn Ellis	Vale Royal	Cheshire	14.25	14.25	19	49		
20	99	Holly Hemmings-Fitton	East Cheshire Harriers	Greater Manche	14.32	14.32	20	52		
21	27	Evans J	Wirral AC	Merseyside	14.34	14.34	21	53		
22	13	Robyn D'arcy	Trafford	Greater Manche	14.50	14.50	22	57		
23	30	Emily Zakrzuerski	Ribble Valley	Lancashire	15.00	15.00	23	60		
24	50	Rachel Calow	Ribble Valley	Lancashire	15.46	15.46	24	63		



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LEG 2										
1	6	Katie Reynolds	East Cheshire Harriers	Greater Manche	24.23	12.08	1	4	3	2
2	28	Charlotte Atkinson	Blackburn Harriers	Lancashire	24.34	12.17	2	7	4	2
3	9	Abigail Howarth	Leigh H	Greater Manche	25.04	13.02	4	19	1	-2
4	21	Lauren Towers	Liverpool Harriers	Merseyside	25.11	12.32	3	9	6	2
5	7	Brogan Dean	East Cheshire Harriers	Greater Manche	25.14	13.10	6	25	2	-3
6	1	Claire Perry	Vale Royal	Cheshire	25.47	13.05	5	20	8	2
7	16	Melissa Berry	Pendle AC	Lancashire	26.48	14.05	11	42	9	2
8	4	Elizabeth Harvan	Warrington AC	Cheshire	26.49	13.39	7	33	12	4
9	26	Haviland N	Wirral AC	Merseyside	27.11	13.56	9	36	13	4
10	25	Catherine Holme	Southport Waterloo AC	Merseyside	27.16	14.11	14	47	10	0
11	11	Samantha Wilson	Stockport H	Greater Manche	27.20	14.48	18	55	5	-6
12	8	Lauren Mirza	East Cheshire Harriers	Greater Manche	27.36	14.26	16	50	11	-1
13	100	Abbie Thistlewaite	Ribble Valley	Lancashire	27.39	14.03	10	40	14	1
14	24	H Drillingcourt	St Helens Sutton	Merseyside	27.41	14.05	11	42	15	1
15	29	Sophie Thompson	Blackburn Harriers	Lancashire	27.44	15.02	21	61	7	-8
16	5	Katie Ashcroft	Warrington AC	Cheshire	28.18	14.11	15	48	17	1
17	27	Duckers C	Wirral AC	Merseyside	28.29	13.55	8	35	21	4
18	10	Joy Orrell	Leigh H	Greater Manche	28.44	14.51	20	58	16	-2
19	22	Stephanie Romano Smith	Liverpool Harriers	Merseyside	28.55	14.48	18	55	18	-1
20	13	Natasha Dunn	Trafford	Greater Manche	28.58	14.08	13	46	22	2
21	2	Mille Ashworth	Vale Royal	Cheshire	29.00	14.35	17	54	19	-2
22	30	Helen Conlon	Ribble Valley	Lancashire	32.25	17.25	22	67	23	1

UNDER 15 GIRLS (3 X 3Km)

LEG 3										
1	6	Hannah Doherty	East Cheshire Harriers	Greater Manche	36.01	11.38	1	1	1	0
2	28	Beckie Taylor	Blackburn Harriers	Lancashire	37.17	12.43	6	17	2	0
3	21	Hannah Whiteside	Liverpool Harriers	Merseyside	37.48	12.37	4	12	4	1
4	7	Victoria Newell	East Cheshire Harriers	Greater Manche	37.54	12.40	5	14	5	1
5	1	Megan Huxley	Vale Royal	Cheshire	38.02	12.15	2	6	6	1
6	9	Elizabeth Lee	Leigh H	Greater Manche	38.10	13.06	7	22	3	-3
7	26	Duckers K	Wirral AC	Merseyside	40.33	13.22	8	27	9	2
8	25	Jenny Girdler	Southport Waterloo AC	Merseyside	40.38	13.22	9	28	10	2
9	4	Victoria Hamilton	Warrington AC	Cheshire	40.50	14.01	14	39	8	-1
10	8	Jade Flynn	East Cheshire Harriers	Greater Manche	41.13	13.37	11	32	12	2
11	29	Holly Broughton	Blackburn Harriers	Lancashire	41.15	13.31	10	29	15	4
12	11	Becky Hetherington	Stockport H	Greater Manche	41.21	14.01	13	38	11	-1
13	2	Chalotte Mills	Vale Royal	Cheshire	41.33	12.33	3	11	21	8
14	24	L Bradshaw	St Helens Sutton	Merseyside	41.40	13.59	12	37	14	0
15	5	Morgan Ashcroft	Warrington AC	Cheshire	42.23	14.05	15	41	16	1
16	100	Jess Parkinson	Ribble Valley	Lancashire	42.36	14.57	17	59	13	-3
17	22	Laurie Hyland	Liverpool Harriers	Merseyside	43.26	14.31	16	51	19	2
18	10	Katie Duton	Leigh H	Greater Manche	44.00	15.16	18	62	18	0
19	27	Reeve C	Wirral AC	Merseyside	44.48	16.19	20	65	17	-2
20	13	Jessica McDonald	Trafford	Greater Manche	45.26	16.28	21	66	20	0
21	30	Jayne Ashe	Ribble Valley	Lancashire	48.26	16.01	19	64	22	1



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UNDER 15 BOYS (3 X 3Km)										
<u>LEG 1</u>										
1	14	Mike Logue	Stockport H	Greater Manche	11.23	11.23	1	4		
2	33	J Ashcroft	St Helens Sutton	Merseyside	11.24	11.24	2	5		
3	5	Daniel Jackson	Warrington AC	Cheshire	11.27	11.27	3	6		
4	25	Richard Morrell	Preston H	Lancashire	11.33	11.33	4	7		
5	20	Anthony Hauserman	Blackburn Harriers	Lancashire	11.36	11.36	5	8		
6	32	Edward Rimmer	Liverpool Pembroke & Sefton	Merseyside	11.37	11.37	6	9		
7	35	Costello B	Wirral AC	Merseyside	11.39	11.39	7	11		
8	34	D T Griffiths	St Helens Sutton	Merseyside	11.43	11.43	8	12		
9	3	Chris Dawson	Spectrum Striders	Cheshire	11.51	11.51	9	17		
10	10	B Coop	Bury AC	Greater Manche	11.57	11.57	10	19		
11	22	Greg Nash	Blackpool Wyre & Flyde	Lancashire	11.59	11.59	11	22		
12	11	Aaron Schofield	East Cheshire Harriers	Greater Manche	12.02	12.02	12	24		
13	23	Marcus Quarmby	Blackpool Wyre & Flyde	Lancashire	12.04	12.04	13	25		
14	6	Ryan O'Neill	Warrington AC	Cheshire	12.05	12.05	14	27		
15	21	William Worrall	Blackburn Harriers	Lancashire	12.15	12.15	15	33		
16	31	Luke McGrail	Liverpool Harriers	Merseyside	12.21	12.21	16	38		
17	16	Julian Tomlinson	Bolton Utd H	Greater Manche	12.24	12.24	17	39		
18	37	Mitchell J	Wirral AC	Merseyside	12.26	12.26	18	42		
19	24	Joe Hanlon	Liverpool Pembroke & Sefton	Lancashire	12.39	12.39	19	47		
20	1	Liam Dyer	Crewe & Nantwich	Cheshire	12.44	12.44	20	48		
21	26	Eliot Bailey	Ribble Valley	Lancashire	12.52	12.52	21	52		
22	30	David Russell	Liverpool Harriers	Merseyside	13.01	13.01	22	54		
23	7	Adam Jefferson	Warrington AC	Cheshire	13.25	13.25	23	60		
24	27	Joseph Mason Boxted	Ribble Valley	Lancashire	13.27	13.27	24	61		
25	12	Ryan Smiley	East Cheshire Harriers	Greater Manche	16.17	16.17	25	69		



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Posn	Team No.	Athlete	Club	County	Cumulative Time	Individual Splits	Fastest On Leg	Overall Fastest Times	Team Posn on Previous Leg	Movement
LEG 2										
1	5	Luke Johnston	Warrington AC	Cheshire	23.06	11.39	1	10	3	2
2	35	Jeffers M	Wirral AC	Merseyside	23.24	11.45	3	14	7	5
3	33	D Hughes	St Helens Sutton	Merseyside	23.31	12.07	8	28	2	-1
4	32	John Meakin	Liverpool Pembroke & Sefton	Merseyside	23.35	11.58	5	21	6	2
5	14	Jack Nixon	Stockport H	Greater Manchester	23.40	12.17	12	35	1	-4
6	22	Adam Weightman	Blackpool Wyre & Flyde	Lancashire	23.42	11.43	2	13	11	5
7	25	James Bretherton	Preston H	Lancashire	23.46	12.13	10	31	4	-3
8	20	Dominic Walton	Blackburn Harriers	Lancashire	23.56	12.20	14	37	5	-3
9	10	M Cambell	Bury AC	Greater Manchester	24.02	12.05	7	26	10	1
10	34	J Webb	St Helens Sutton	Merseyside	24.07	12.24	15	39	8	-2
11	23	Tom Rowley	Blackpool Wyre & Flyde	Lancashire	24.13	12.09	9	30	13	2
12	11	Joseph Hudak	East Cheshire Harriers	Greater Manchester	24.17	12.15	11	34	12	0
13	6	Paul Beesley	Warrington AC	Cheshire	24.23	12.18	13	36	14	1
14	21	Alan McKeown	Blackburn Harriers	Lancashire	24.40	12.25	16	41	15	1
15	3	Georges Rouillion	Spectrum Striders	Cheshire	24.42	12.51	18	50	9	-6
16	1	Thomas Haynes	Crewe & Nantwich	Cheshire	24.45	12.01	6	23	20	4
17	30	Mark Loveridge	Liverpool Harriers	Merseyside	24.47	11.46	4	15	22	5
18	26	Luke Kimberley	Ribble Valley	Lancashire	25.24	12.32	17	46	21	3
19	37	Robinson S	Wirral AC	Merseyside	25.30	13.04	19	55	18	-1
20	24	Adam Golfab	Liverpool Pembroke & Sefton	Lancashire	25.48	13.09	20	56	19	-1
21	31	Jon Catt	Liverpool Harriers	Merseyside	25.50	13.29	21	62	16	-5
22	16	Danny Johnson	Bolton Utd H	Greater Manchester	26.15	13.51	22	64	17	-5
23	7	Michael Hilton	Warrington AC	Cheshire	27.45	14.20	23	67	23	0
24	12	Michael Fagg	East Cheshire Harriers	Greater Manchester	36.23	20.06	24	71	25	1

UNDER 15 BOYS (3 X 3Km)

LEG 3	Team No.	Athlete	Club	County	Cumulative Time	Individual Splits	Fastest On Leg	Overall Fastest Times	Team Posn on Previous Leg	Movement
1	5	Tom Jervis	Warrington AC	Cheshire	34.21	11.15	3	3	1	0
2	32	Mike Bride	Liverpool Pembroke & Sefton	Merseyside	34.48	11.13	2	2	4	2
3	25	Kristian Bibby	Preston H	Lancashire	34.53	11.07	1	1	7	4
4	33	J White	St Helens Sutton	Merseyside	35.23	11.52	5	18	3	-1
5	22	Joe Gigli	Blackpool Wyre & Flyde	Lancashire	35.33	11.51	4	16	6	1
6	20	Jamie Gallagher	Blackburn Harriers	Lancashire	35.54	11.58	6	20	8	2
7	35	Gordon T	Wirral AC	Merseyside	36.10	12.46	12	49	2	-5
8	10	J Dickinson	Bury AC	Greater Manchester	36.33	12.31	10	44	9	1
9	30	Daniel McNiffe	Liverpool Harriers	Merseyside	36.55	12.08	7	29	17	8
10	1	Chris Bennett	Crewe & Nantwich	Cheshire	37.16	12.31	9	43	16	6
11	21	James Eastham	Blackburn Harriers	Lancashire	37.31	12.51	13	50	14	3
12	11	Liam Banks - Carr	East Cheshire Harriers	Greater Manchester	37.38	13.21	17	59	12	0
13	3	Ollie Kewley	Spectrum Striders	Cheshire	37.54	13.12	15	57	15	2
14	6	Matt Pontifax	Warrington AC	Cheshire	38.17	13.54	19	65	13	-1
15	24	Sean Kirkbride	Liverpool Pembroke & Sefton	Lancashire	38.19	12.31	10	44	20	5
16	34	J Williams	St Helens Sutton	Merseyside	38.21	14.14	20	66	10	-6
17	37	Kelly T	Wirral AC	Merseyside	38.27	12.57	14	53	19	2
18	16	Zac Heywood	Bolton Utd H	Greater Manchester	38.30	12.15	8	32	22	4
19	23	Mark Hollowell	Blackpool Wyre & Flyde	Lancashire	38.50	14.37	21	68	11	-8
20	26	Aidan Harling	Ribble Valley	Lancashire	39.03	13.39	18	63	18	-2
21	31	Daniel Hyland	Liverpool Harriers	Merseyside	39.05	13.15	16	58	21	0
22	7	Wayne Robinson	Warrington AC	Cheshire	45.00	17.15	22	70	23	1



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UNDER 17 WOMEN (3 X 3Km)										
LEG 1										
1	44	Megan Davies	Liverpool Harriers	Merseyside	12.22	12.22	1	3		
2	35	Hannah Warburton	Leigh H	Greater Manche	12.29	12.29	2	4		
3	31	Kathy Stringer	Vale Royal	Cheshire	12.38	12.38	3	6		
4	47	Hannah R	Wirral AC	Merseyside	12.49	12.49	4	9		
5	38	Melanie Taylor	Blackburn Harriers	Lancashire	12.52	12.52	5	10		
6	34	Leah Owen	East Cheshire Harriers	Greater Manche	13.10	13.10	6	13		
7	43	Sarah Howe	Ribble Valley	Lancashire	13.53	13.53	7	19		
8	32	Nikki Meadows	Vale Royal	Cheshire	14.00	14.00	8	22		
9	45	Chelsea McCourt	Liverpool Harriers	Merseyside	14.06	14.06	9	23		
10	46	Louise Leek	Southport Waterloo AC	Merseyside	14.07	14.07	10	24		
11	33	G Conroy	Bury AC	Greater Manche	14.17	14.17	11	27		
12	39	Oriel Hardman	Bolton Utd H	Greater Manche	14.23	14.23	12	29		
13	49	Annabel Ralph	Ribble Valley	Lancashire	15.33	15.33	13	32		

LEG 2										
1	35	Amy Riley	Leigh H	Greater Manche	25.02	12.33	1	5	2	1
2	44	Alex Forde	Liverpool Harriers	Merseyside	25.09	12.47	2	7	1	-1
3	47	Busetto G	Wirral AC	Merseyside	25.37	12.48	3	8	4	1
4	31	Kate Howard	Vale Royal	Cheshire	25.38	13.00	4	11	3	-1
5	38	Holly Robinson	Blackburn Harriers	Lancashire	26.37	13.45	7	17	5	0
6	46	Stephanie James	Southport Waterloo AC	Merseyside	27.07	13.00	5	12	10	4
7	43	Suzanne Bailey	Ribble Valley	Lancashire	27.24	13.31	6	16	7	0
8	34	Stacey Trueman	East Cheshire Harriers	Greater Manche	27.49	14.39	11	30	6	-2
9	32	Sophie Axford	Vale Royal	Cheshire	28.07	14.07	9	24	8	-1
10	39	Hannah Darby	Bolton Utd H	Greater Manche	28.20	13.57	8	21	12	2
11	45	Georgina Dykstra	Liverpool Harriers	Merseyside	28.23	14.17	10	27	9	-2
12	33	J Emmett	Bury AC	Greater Manche	29.38	15.21	12	31	11	-1
13	49	Beccy Kemp	Ribble Valley	Lancashire	31.46	16.13	13	35	13	0

LEG 3										
1	31	Rebecca Craigie	Vale Royal	Cheshire	37.41	12.03	1	1	4	3
2	44	Olivia Desborough	Liverpool Harriers	Merseyside	38.21	13.12	3	14	2	0
3	46	Rhea Ellis	Southport Waterloo AC	Merseyside	39.20	12.13	2	2	6	3
4	47	Patterson R	Wirral AC	Merseyside	39.49	14.12	7	26	3	-1
5	38	Toni Aldridge	Blackburn Harriers	Lancashire	40.24	13.47	5	18	5	0
6	35	Victoria Green	Leigh H	Greater Manche	40.57	15.55	9	34	1	-5
7	43	Amy Crabtree	Ribble Valley	Lancashire	41.18	13.54	6	20	7	0
8	39	Rebecca Fordham	Bolton Utd H	Greater Manche	41.49	13.29	4	15	10	2
9	34	Chesea Salisbury	East Cheshire Harriers	Greater Manche	43.36	15.47	8	33	8	-1
10	33	C Winstanley	Bury AC	Greater Manche	46.24	16.46	10	36	12	2
11	49	Heather Williams	Ribble Valley	Lancashire	48.55	17.09	11	37		
12										



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UNDER 17 MEN (3 X 4Km)										
LEG 1										
1	27	Tom Carson	Bolton Utd H	Greater Manche	16.20	16.20	1	3		
2	2	Stephen Broadhurst	Warrington AC	Cheshire	16.30	16.30	2	4		
3	14	Karl Billington	Blackburn Harriers	Lancashire	16.41	16.41	3	5		
4	12	Sam Channon	Blackpool Wyre & Flyde	Lancashire	16.57	16.57	4	6		
5	6	Mark Antill	East Cheshire Harriers	Cheshire	17.22	17.22	5	9		
6	24	Harry Boyd	Southport Waterloo AC	Merseyside	17.34	17.34	6	12		
7	1	Eddie Crowther	Vale Royal	Cheshire	17.37	17.37	7	14		
8	25	Cooper C	Wirral AC	Merseyside	17.39	17.39	8	15		
9	5	L Sczmanski	Bury AC	Greater Manche	17.41	17.41	9	16		
10	19	Joe Basquill	Ribble Valley	Lancashire	17.50	17.50	10	18		
11	9	Isaac McCann	Leigh H	Greater Manche	18.00	18.00	11	20		
12	26	Maxwell R	Wirral AC	Merseyside	18.09	18.09	12	22		
13	16	Ben White	Pendle AC	Lancashire	18.12	18.12	13	24		
14	20	Mike Bush	Liverpool Harriers	Merseyside	18.12	18.12	13	24		
15	10	David Thompson	Stockport H	Greater Manche	18.48	18.48	15	33		
16	28	Frazer Jardine	Bolton Utd H	Greater Manche	19.11	19.11	16	36		
17	13	Craig Buckley	Blackpool Wyre & Flyde	Lancashire	20.35	20.35	17	43		
18	23	A Fackey	St Helens Sutton	Merseyside	21.01	21.01	18	45		
19	7	Andrew Harsthone	East Cheshire Harriers	Cheshire	21.17	21.17	19	46		
20	50	Joe Parker	Ribble Valley	Lancashire	24.19	24.19	20	48		



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LEG 2										
1	2	Daniel Cliffe	Warrington AC	Cheshire	32.37	16.07	1	1	2	1
2	27	Liam Short	Bolton Utd H	Greater Manche	34.12	17.52	5	19	1	-1
3	25	Egan S	Wirral AC	Merseyside	35.02	17.23	3	10	8	5
4	14	Jonathon Cowell	Blackburn Harriers	Lancashire	35.23	18.42	9	32	3	-1
5	24	Joe Vis	Southport Waterloo AC	Merseyside	35.49	18.15	6	26	6	1
6	5	R Little	Bury AC	Greater Manche	36.10	18.29	8	29	9	3
7	28	Sam Gough	Bolton Utd H	Greater Manche	36.20	17.09	2	8	16	9
8	12	Luke Berry	Blackpool Wyre & Flyde	Lancashire	36.25	19.28	12	38	4	-4
9	10	Nathan Laidlaw	Stockport H	Greater Manche	36.33	17.45	4	17	15	6
10	19	Ian Yates	Ribble Valley	Lancashire	37.13	19.23	11	37	10	0
11	1	James Stringer	Vale Royal	Cheshire	37.41	20.04	14	40	7	-4
12	16	Garth Beckwith	Pendle AC	Lancashire	38.04	19.52	13	39	13	1
13	20	Tom Croft	Liverpool Harriers	Merseyside	38.35	20.23	15	42	14	1
14	9	Tom Powell	Leigh H	Greater Manche	39.00	21.00	16	44	11	-3
15	6	Dave Barratt	East Cheshire Harriers	Cheshire	39.08	21.46	17	47	5	-10
16	23	J Healy	St Helens Sutton	Merseyside	39.22	18.21	7	27	18	2
17	7	Sam Hayto	East Cheshire Harriers	Cheshire	40.26	19.09	10	35	19	2

Posn	Team No.	Athlete	Club	County	Cumulative Time	Individual Splits	Fastest On Leg	Overall Fastest Times	Team Posn on Previous Leg	Movement
LEG 3										
1	2	Matt Jackson	Warrington AC	Cheshire	50.04	17.27	3	11	1	0
2	12	Steve Mason	Blackpool Wyre & Flyde	Lancashire	52.34	16.09	1	2	8	6
3	27	Robert Ashworth	Bolton Utd H	Greater Manche	52.47	18.35	10	32	2	-1
4	25	Seymour J-P	Wirral AC	Merseyside	53.11	18.09	5	21	3	-1
5	10	Mike Cooke	Stockport H	Greater Manche	53.35	17.02	2	7	9	4
6	24	Patrick Vis	Southport Waterloo AC	Merseyside	54.10	18.21	7	28	5	-1
7	14	Jordan Cowell	Blackburn Harriers	Lancashire	54.12	18.49	11	35	4	-3
8	16	Daniel Evans	Pendle AC	Lancashire	56.13	18.09	6	23	12	4
9	1	Andy Clews	Vale Royal	Cheshire	56.16	18.35	9	31	11	2
10	5	C Turner	Bury AC	Greater Manche	56.32	20.22	15	45	6	-4
11	6	Niall Gould	East Cheshire Harriers	Cheshire	56.42	17.34	4	12	15	4
12	19	Luke Watson	Ribble Valley	Lancashire	56.51	19.38	13	41	10	-2
13	23	S Clague	St Helens Sutton	Merseyside	57.45	18.23	8	29	16	3
14	20	Chris Bush	Liverpool Harriers	Merseyside	57.49	19.14	12	38	13	-1
15	7	Chris Kays	East Cheshire Harriers	Cheshire	60.42	20.16	14	44	17	2
16	9	Ryan Butler	Leigh H	Greater Manche	60.53	21.53	16	52	14	-2



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JUNIOR/SENIOR WOMEN (3 X 4Km)										
LEG 1										
1	61	Caroline Betmead	Blackpool Wyre & Flyde	Lancashire	18.18	18.18	1	3		
2	80	Maria Barratt	Liverpool Harriers	Merseyside	18.34	18.34	2	5		
3	81	Hana Carroll	Liverpool Harriers	Merseyside	18.39	18.39	3	6		
4	48	Maria Lowe	Salford H	Greater Manche	18.45	18.45	4	7		
5	31		Macclesfield H	Cheshire	19.07	19.07	5	9		
6	63	Nicola Rowley	Blackpool Wyre & Flyde	Lancashire	19.10	19.10	6	11		
7	69	Phillipa Walsh	Preston H	Lancashire	19.11	19.11	7	12		
8	42	Sarah Hudak	East Cheshire Harriers	Cheshire	19.15	19.15	8	13		
9	55	Jackie Fairchild	Trafford	Greater Manche	19.28	19.28	9	15		
10	38	Jennifer Smith	Warrington AC	Cheshire	19.36	19.36	10	17		
11	92	O'Connell C	Wirral AC	Merseyside	19.42	19.42	11	19		
12	52	Kerrie Wood Doyle	Stockport H	Greater Manche	19.46	19.46	12	20		
13	45	Lauren Howarth	Leigh H	Greater Manche	19.58	19.58	13	22		
14	65	Sue Burns	Clayton H	Lancashire	20.05	20.05	14	26		
15	82	Linda McDermott	Liverpool Harriers	Merseyside	20.10	20.10	15	28		
16	67	June Swift	Liverpool PS (L)	Lancashire	20.30	20.30	16	32		
17	84	Marina Ali	Liverpool Harriers	Merseyside	20.40	20.40	17	35		
18	56	Mellisa Owens	Trafford	Greater Manche	20.45	20.45	18	37		
19	33	Nabilah Salihi	Spectrum Striders	Cheshire	20.46	20.46	19	38		
20	73	Michaela Dempsey	Wesham R	Lancashire	20.50	20.50	20	40		
21	70	Emma Deakin	Preston H	Lancashire	20.50	20.50	20	40		
22	62	Stasia Bligh	Blackpool Wyre & Flyde	Lancashire	20.53	20.53	22	43		
23	49	Sarah Russ	Salford H	Greater Manche	20.54	20.54	23	44		
24	54	Vicky Barrett	Stockport H	Greater Manche	21.10	21.10	24	50		
25	66	Lindsey Hudson	Clayton H	Lancashire	21.16	21.16	25	53		
26	39	Emma Makin	Warrington AC	Cheshire	21.30	21.30	26	56		
27	89	L Hogg	St Helens Sutton	Merseyside	21.31	21.31	27	57		
28	83	Danielle Leahy	Liverpool Harriers	Merseyside	22.03	22.03	28	65		
29	53	Lois Brooks	Stockport H	Greater Manche	22.22	22.22	29	70		
30	40	C Sullivan	Bury AC	Greater Manche	22.25	22.25	30	71		
31	34	Caroline Stynes	Spectrum Striders	Cheshire	22.41	22.41	31	79		
32	48	Maria Lowe	Salford H	Greater Manche	22.52	22.52	32	80		
33	44	Michaela Shaw	Leigh H	Greater Manche	23.23	23.23	33	83		
34	93	Woodhead J	Wirral AC	Merseyside	23.31	23.31	34	84		
35	86	Pamela Thurtle	Penny Lane Striders	Merseyside	23.32	23.32	35	85		
36	85	Alice Spooner	Penny Lane Striders	Merseyside	23.48	23.48	36	88		
37	64	Debbie Cardwell	Blackpool Wyre & Flyde	Lancashire	24.30	24.30	37	97		



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JUNIOR/SENIOR WOMEN (3 X 4Km)										
LEG 2										
1	81	Claire Murphy	Liverpool Harriers	Merseyside	37.42	19.03	1	8	3	2
2	80	Kathleen Upton	Liverpool Harriers	Merseyside	38.11	19.37	3	18	2	0
3	48	Julie Cook	Salford H	Greater Manche	38.14	19.29	2	16	4	1
4	61	Bev Wright	Blackpool Wyre & Flyde	Lancashire	39.02	20.44	8	36	1	-3
5	55	Kirsty Milner	Trafford	Greater Manche	39.30	20.02	4	25	9	4
6	52	Carla Stansfield	Stockport H	Greater Manche	39.51	20.05	5	26	12	6
7	31		Macclesfield H	Cheshire	39.55	20.48	9	39	5	-2
8	65	Anna Kelly	Clayton H	Lancashire	40.23	20.18	6	30	14	6
9	45	Danielle Allen	Leigh H	Greater Manche	40.33	20.35	7	34	13	4
10	69	Sarah Gohill	Preston H	Lancashire	40.34	21.23	15	55	7	-3
11	38	Lucy Gemmell	Warrington AC	Cheshire	40.46	21.10	13	49	10	-1
12	42	Sally Teague	East Cheshire Harriers	Cheshire	41.09	21.54	19	64	8	-4
13	92	Lawlor G	Wirral AC	Merseyside	41.27	21.45	17	62	11	-2
14	33	Liz Farhall	Spectrum Striders	Cheshire	41.38	20.52	10	42	19	5
15	56	Nicola Pugh	Trafford	Greater Manche	41.53	21.08	12	48	18	3
16	62	Gemma Unsworth	Blackpool Wyre & Flyde	Lancashire	42.00	21.07	11	47	22	6
17	84	Sarah Jackson	Liverpool Harriers	Merseyside	42.02	21.22	14	54	17	0
18	82	Jessica Corrie Taylor	Liverpool Harriers	Merseyside	42.48	22.38	21	74	15	-3
19	63	Ruth Calderbank	Blackpool Wyre & Flyde	Lancashire	43.00	23.50	27	90	6	-13
20	66	Andrea Wainscott	Clayton H	Lancashire	43.06	21.50	18	63	25	5
21	49	Anneka Sanders	Salford H	Greater Manche	43.27	22.33	20	73	23	2
22	54	Vicky Robinson	Stockport H	Greater Manche	43.50	22.40	23	77	24	2
23	53	Sharon Glendon	Stockport H	Greater Manche	44.04	21.42	16	61	29	6
24	70	Claire McDermott	Preston H	Lancashire	44.24	23.34	25	86	21	-3
25	83	Sophie Whiteside	Liverpool Harriers	Merseyside	44.41	22.38	22	75	28	3
26	39	Sophie Stephens	Warrington AC	Cheshire	45.14	23.44	26	87	26	0
27	73	Julie Murphy	Wesham R	Lancashire	45.21	24.31	31	98	20	-7
28	48	Julie Cook	Salford H	Greater Manche	46.00	27.15	34	104	4	-24
29	93	Fraser J	Wirral AC	Merseyside	46.36	23.05	24	82	34	5
30	89	R O'Hagan	St Helens Sutton	Merseyside	46.49	25.18	32	100	27	-3
31	40	S Hope	Bury AC	Greater Manche	46.55	24.30	30	96	30	-1
32	86	Jackie Chen	Penny Lane Striders	Merseyside	47.53	24.21	28	92	35	3
33	85	Shauuna McCabe	Penny Lane Striders	Merseyside	48.12	24.24	29	94	36	3
34	34	Phoebe Dickinson	Spectrum Striders	Cheshire	50.51	28.10	35	105	31	-3
35	64	Janice Delaney	Blackpool Wyre & Flyde	Lancashire	51.01	26.31	33	103	37	2



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JUNIOR/SENIOR WOMEN (3 X 4Km)										
LEG 3										
1	80	Jenny Clague	Liverpool Harriers	Merseyside	55.55	17.44	1	1	2	1
2	48	Bev Jenkins	Salford H	Greater Manche	56.23	18.09	2	2	3	1
3	81	Celia Whelan	Liverpool Harriers	Merseyside	56.49	19.07	4	9	1	-2
4	61	Carolyn Robbins	Blackpool Wyre & Flyde	Lancashire	58.53	19.51	6	21	4	0
5	38	Louise Tanner	Warrington AC	Cheshire	59.16	18.30	3	4	11	6
6	55	Liz austin	Trafford	Greater Manche	59.28	19.58	7	23	5	-1
7	52	Carley Davies	Stockport H	Greater Manche	59.50	19.59	8	24	6	-1
8	31		Macclesfield H	Cheshire	60.52	20.57	13	46	7	-1
9	65	Tracy Mitchell	Clayton H	Lancashire	60.53	20.30	11	33	8	-1
10	33	Claire Davies	Spectrum Striders	Cheshire	60.56	19.18	5	14	14	4
11	45	Rebeca Howarth	Leigh H	Greater Manche	61.28	20.55	12	45	9	-2
12	42	Holly Teague	East Cheshire Harriers	Cheshire	61.36	20.27	10	31	12	0
13	69	Marian Hesksth	Preston H	Lancashire	62.09	21.35	16	58	10	-3
14	62	Gail Ellershaw	Blackpool Wyre & Flyde	Lancashire	62.17	20.17	9	29	16	2
15	92	Fox J	Wirral AC	Merseyside	62.39	21.12	14	51	13	-2
16	82	Rebecca Nuttall	Liverpool Harriers	Merseyside	64.00	21.12	15	52	18	2
17	49	Jane Bilton	Salford H	Greater Manche	65.06	21.39	17	59	21	4
18	66	Kathryn Brady	Clayton H	Lancashire	65.22	22.16	21	68	20	2
19	63	Carly Robbins	Blackpool Wyre & Flyde	Lancashire	65.26	22.26	23	72	19	0
20	53	Samantha Thomas	Stockport H	Greater Manche	65.45	21.41	18	60	23	3
21	84	Karen Daulby	Liverpool Harriers	Merseyside	66.01	23.59	28	91	17	-4
22	56	Sue Exon	Trafford	Greater Manche	66.19	24.26	30	95	15	-7
23	83	Hannah McManus	Liverpool Harriers	Merseyside	67.02	22.21	22	69	25	2
24	73	Julie Cruise	Wesham R	Lancashire	68.02	22.41	25	78	27	3
25	70	Dolly Capstick	Preston H	Lancashire	68.12	23.48	27	89	24	-1
26	54	Nicola Pickford	Stockport H	Greater Manche	68.31	24.41	31	99	22	-4
27	89	Julie Eccleston	St Helens Sutton	Merseyside	68.53	22.04	19	66	30	3
28	40	J Antrobus	Bury AC	Greater Manche	69.35	22.40	24	76	31	3
29	39	Rachael Brookes	Warrington AC	Cheshire	69.37	24.23	29	93	26	-3
30	48	Bev Jenkins	Salford H	Greater Manche	70.47	32.33	34	106	3	-27
31	86	Gen Williams	Penny Lane Striders	Merseyside	70.57	23.04	26	81	32	1
32	93	Brockway M	Wirral AC	Merseyside	71.57	25.21	32	101	29	-3
33	34	Janet Salmon	Spectrum Striders	Cheshire	73.03	22.12	20	67	34	1
34	64	Terry Barlow	Blackpool Wyre & Flyde	Lancashire	77.03	26.02	33	102	35	1



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JUNIOR/SENIOR MEN (4 X 4Km)										
LEG 1										
1	40	Aaron Hargreaves	Blackburn H	Lancashire	15.29	15.29	1	2		
2	43	Tom Cunningham	Blackpool Wyre & Flyde	Lancashire	15.49	15.49	2	4		
3	60	Richard Burney	Liverpool Harriers	Merseyside	15.54	15.54	3	7		
4	87	Tarus Elly	Salford H	Greater Manche	16.05	16.05	4	9		
5	62	Luke Reddy	Liverpool Harriers	Merseyside	16.17	16.17	5	11		
6	53	Nathan Bibby	Preston Harriers	Lancashire	16.28	16.28	6	16		
7	24	Neil Pendlebury	Leigh H	Greater Manche	16.29	16.29	7	17		
8	61	Hary Harper	Liverpool Harriers	Merseyside	16.30	16.30	8	18		
9	6	Ian Wetherall	Sale Harriers M	Greater Manche	16.40	16.40	9	24		
10	63	Joe Parkinson	Liverpool Harriers	Merseyside	16.44	16.44	10	27		
11	74	Greg Williams	St Helens Sutton	Merseyside	16.53	16.53	11	30		
12	79	Hulmston M	Wirral AC	Merseyside	17.01	17.01	12	34		
13	13	Liam Thompson	Warrington	Cheshire	17.03	17.03	13	36		
14	44	Adam Hulme	Blackpool Wyre & Flyde	Lancashire	17.11	17.11	14	37		
15	41	Lee Passco	Blackburn H	Lancashire	17.14	17.14	15	40		
16	21	Stuart Heaton	East Cheshire	Cheshire	17.17	17.17	16	43		
17	20	M Shakeshaft	Bury AC	Greater Manche	17.21	17.21	17	44		
18	75	Barry Craney	St Helens Sutton	Merseyside	17.31	17.31	18	55		
19	88	Sean McMyler	Salford H	Greater Manche	17.33	17.33	19	58		
20	2	Stephen Laker	Ellesmere	Cheshire	17.36	17.36	20	62		
21	80	Henry C (90-91)	Wirral AC	Merseyside	17.42	17.42	21	68		
22	22	Anthony Connally	East Cheshire	Cheshire	17.47	17.47	22	70		
23	69	Graham Cairns	Liverpool PS	Merseyside	17.49	17.49	23	71		
24	64	Louise Forbes	Liverpool Harriers	Merseyside	17.58	17.58	24	75		
25	3	Denis Durett	Ellesmere	Cheshire	17.59	17.59	25	76		
26	84				18.07	18.07	26	81		
27	45	John Houghton	Blackpool Wyre & Flyde	Lancashire	18.09	18.09	27	85		
28	23	Marcus Gregory	East Cheshire	Cheshire	18.10	18.10	28	86		
29	10	Zach Cross	Vale Royal	Cheshire	18.10	18.10	28	86		
30	7	Ian Bamber	Spectrum Striders	Cheshire	18.23	18.23	30	94		
31	26	Chris Leach	Rochdale H	Greater Manche	18.26	18.26	31	96		
32	77	Michael Evans	Southport Waterloo AC	Merseyside	18.48	18.48	32	110		
33	78	Peter Roome	Southport Waterloo AC	Merseyside	18.49	18.49	33	111		
34	90	John Ward	Bolton Utd Harriers	Greater Manche	18.55	18.55	34	114		
35	91	Nick Pounds	Bolton Utd Harriers	Greater Manche	19.02	19.02	35	118		
36	8	Mike Welsby	Spectrum Striders	Cheshire	19.10	19.10	36	124		
37	71	Dave Lovett	Penny Lane Striders	Merseyside	19.14	19.14	37	126		
38	29	Aaron Myers	Sale Harriers M	Greater Manche	19.17	19.17	38	128		
39	14	Liam Thompson	Warrington	Cheshire	19.28	19.28	39	134		
40	46	Chris Lloyd	Blackpool Wyre & Flyde	Lancashire	19.36	19.36	40	138		
41	11	Peter Cox	Vale Royal	Cheshire	19.53	19.53	41	145		
42	76	P Burgess	St Helens Sutton	Merseyside	19.54	19.54	42	146		
43	9	Steve Martin	Spectrum Striders	Cheshire	20.05	20.05	43	150		
44	72	Jon Lowe	Penny Lane Striders	Merseyside	20.26	20.26	44	153		
45	52	Terry Hellings	Lytham St Annes	Lancashire	20.36	20.36	45	156		
46	81	Quinn M	Wirral AC	Merseyside	20.41	20.41	46	160		
47	48	Rob Smallbone	Blackpool Wyre & Flyde	Lancashire	21.00	21.00	47	162		
48	89	Tommy Daniels	Salford H	Greater Manche	21.02	21.02	48	164		
49	27	Ray Dalby	Rochdale H	Greater Manche	21.05	21.05	49	165		



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50	82	Pratten N	Wirral AC	Merseyside	21.50	21.50	50	170		
51	47	Derek Crane	Blackpool Wyre & Flyde	Lancashire	22.44	22.44	51	175		

JUNIOR/SENIOR MEN (4 X 4Km)										
LEG 2										
1	60	John McCole	Liverpool Harriers	Merseyside	31.47	15.53	1	6	3	2
2	87	Andy Parker	Salford H	Greater Manche	32.00	15.55	2	8	4	2
3	40	David Thornton	Blackburn H	Lancashire	32.06	16.37	5	21	1	-2
4	62	Alan Ashton	Liverpool Harriers	Merseyside	32.44	16.27	4	15	5	1
5	61	David Catt	Liverpool Harriers	Merseyside	32.52	16.22	3	13	8	3
6	43	John Wright	Blackpool Wyre & Flyde	Lancashire	33.19	17.30	17	54	2	-4
7	6	Adam Elliott	Sale Harriers M	Greater Manche	33.20	16.40	6	25	9	2
8	63	Laurie Luscombe	Liverpool Harriers	Merseyside	33.34	16.50	7	28	10	2
9	24	Tommy Henders	Leigh H	Greater Manche	33.45	17.16	12	41	7	-2
10	53	David Rigby	Preston Harriers	Lancashire	34.02	17.34	19	59	6	-4
11	74	Mark Laithwaite	St Helens Sutton	Merseyside	34.06	17.13	11	39	11	0
12	13	Mike Timmins	Warrington	Cheshire	34.35	17.32	18	57	13	1
13	2	Steve Crowe	Ellesmere	Cheshire	34.38	17.02	9	35	20	7
14	21	Stuart Laing	East Cheshire	Cheshire	34.41	17.24	14	49	16	2
15	20	J Cole	Bury AC	Greater Manche	34.44	17.23	13	47	17	2
16	22	Gary Matthews	East Cheshire	Cheshire	35.13	17.26	16	52	22	6
17	79	Spence S	Wirral AC	Merseyside	35.18	18.17	22	93	12	-5
18	26	Mathew Proctor	Rochdale H	Greater Manche	35.22	16.56	8	32	31	13
19	44	Les Endean	Blackpool Wyre & Flyde	Lancashire	35.24	18.13	21	90	14	-5
20	10	Chris Perry	Vale Royal	Cheshire	35.36	17.26	15	51	29	9
21	41	Mick Blackburn	Blackburn H	Lancashire	35.51	18.37	25	102	15	-6
22	77	David Hamilton	Southport Waterloo AC	Merseyside	36.00	17.12	10	38	32	10
23	80	Brooks G	Wirral AC	Merseyside	36.20	18.38	26	104	21	-2
24	75	S Tate	St Helens Sutton	Merseyside	36.37	19.06	32	120	18	-6
25	23	John Bowker	East Cheshire	Cheshire	36.38	18.28	23	97	28	3
26	78	Rick Bowker	Southport Waterloo AC	Merseyside	36.40	17.51	20	72	33	7
27	88	Stan Curran	Salford H	Greater Manche	36.42	19.09	33	123	19	-8
28	45	Mick Cronshaw	Blackpool Wyre & Flyde	Lancashire	36.45	18.36	24	101	27	-1
29	84				36.47	18.40	27	105	26	-3
30	64	Daryl Soden	Liverpool Harriers	Merseyside	36.47	18.49	29	112	24	-6
31	7	Stuart Andrew	Spectrum Striders	Cheshire	37.50	19.27	34	133	30	-1
32	3	Mathew Whitfield	Ellesmere	Cheshire	37.56	19.57	37	148	25	-7
33	29	Lee Kaughan	Sale Harriers M	Greater Manche	37.58	18.41	28	107	38	5
34	90	Alex Chadwick	Bolton Utd Harriers	Greater Manche	38.00	19.05	31	119	34	0
35	71	Simone Capponi	Penny Lane Striders	Merseyside	38.16	19.02	30	117	37	2
36	8	Brad Ehen	Spectrum Striders	Cheshire	38.55	19.45	35	140	36	0
37	46	Dave Robson	Blackpool Wyre & Flyde	Lancashire	40.00	20.24	39	152	40	3
38	14		Warrington	Cheshire	40.14	20.46	42	161	39	1
39	72	Mal Balmer	Penny Lane Striders	Merseyside	40.25	19.59	38	149	44	5
40	27	Paul Leary	Rochdale H	Greater Manche	40.50	19.45	36	141	49	9
41	52	Willie Richmond	Lytham St Annes	Lancashire	41.04	20.28	40	154	45	4
42	9	Alan Peers	Spectrum Striders	Cheshire	41.12	21.07	43	166	43	1
43	81	Downey J	Wirral AC	Merseyside	41.15	20.34	41	155	46	3
44	91	Ales Allen	Bolton Utd Harriers	Greater Manche	41.34	22.32	46	173	35	-9
45	48	Jeff Wright	Blackpool Wyre & Flyde	Lancashire	42.29	21.29	44	167	47	2
46	76	P Robinson	St Helens Sutton	Merseyside	42.43	22.49	47	176	42	-4



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47	89	Paul McNamara	Salford H	Greater Manche	43.12	22.10	45	172	48	1
48	47	David Wood	Blackpool Wyre & Flyde	Lancashire	45.41	22.57	48	178	51	3

JUNIOR/SENIOR MEN (4 X 4Km)										
LEG 3										
1	40	Ben Fish	Blackburn H	Lancashire	47.26	15.20	1	1	3	2
2	60	Mark Keeley	Liverpool Harriers	Merseyside	48.08	16.21	2	12	1	-1
3	87	Rob Hughes	Salford H	Greater Manche	48.25	16.25	3	14	2	-1
4	61	James Russell	Liverpool Harriers	Merseyside	49.49	16.57	5	33	5	1
5	62	Adrian Roach	Liverpool Harriers	Merseyside	50.26	17.42	14	68	4	-1
6	43	Luke Minns	Blackpool Wyre & Flyde	Lancashire	50.54	17.35	9	61	6	0
7	24	John Howarth	Leigh H	Greater Manche	51.08	17.23	7	46	9	2
8	74	I Roberts	St Helens Sutton	Merseyside	51.31	17.25	8	50	11	3
9	6	Rob Flannery	Sale Harriers M	Greater Manche	51.37	18.17	21	92	7	-2
10	53	Stephen Bennett	Preston Harriers	Lancashire	51.41	17.39	11	64	10	0
11	63	Anthony Clarke	Liverpool Harriers	Merseyside	51.43	18.09	18	84	8	-3
12	21	Paul Backhouse	East Cheshire	Cheshire	51.57	17.16	6	41	14	2
13	2	Ian Cooper	Ellesmere	Cheshire	52.19	17.41	12	65	13	0
14	10	George Thompson	Vale Royal	Cheshire	52.30	16.54	4	31	20	6
15	20	L Harreld	Bury AC	Greater Manche	52.44	18.00	15	77	15	0
16	79	Keating K	Wirral AC	Merseyside	53.00	17.42	13	67	17	1
17	22	Mikko Kuronen	East Cheshire	Cheshire	53.24	18.11	19	88	16	-1
18	44	James Unsworth	Blackpool Wyre & Flyde	Lancashire	53.26	18.02	16	79	19	1
19	77	Rob Ashworth	Southport Waterloo AC	Merseyside	53.38	17.38	10	63	22	3
20	13	Tony McCarthy	Warrington	Cheshire	53.47	19.12	27	125	12	-8
21	26	Ian Roberts	Rochdale H	Greater Manche	54.30	19.08	26	122	18	-3
22	41	Craig Greenhough	Blackburn H	Lancashire	54.31	18.40	23	105	21	-1
23	78	John Sprackland	Southport Waterloo AC	Merseyside	54.48	18.08	17	82	26	3
24	45	Trevor Uttley	Blackpool Wyre & Flyde	Lancashire	55.00	18.15	20	91	28	4
25	23	Gavin Browne	East Cheshire	Cheshire	55.08	18.30	22	98	25	0
26	80	McDevitt M	Wirral AC	Merseyside	55.17	18.57	25	115	23	-3
27	75	Ian Hayburn	St Helens Sutton	Merseyside	55.52	19.15	28	127	24	-3
28	84				56.09	19.22	30	131	29	1
29	88	Dale Daniels	Salford H	Greater Manche	56.13	19.31	33	136	27	-2
30	7	Kenny Forster	Spectrum Striders	Cheshire	56.40	18.50	24	113	31	1
31	90	Ian Gregory	Bolton Utd Harriers	Greater Manche	57.21	19.21	29	130	34	3
32	3	Danny Legg	Ellesmere	Cheshire	58.04	20.08	34	151	32	0
33	71	Jon Lowe	Penny Lane Striders	Merseyside	58.53	20.37	35	157	35	2
34	8	Andy Garnett	Spectrum Striders	Cheshire	59.35	20.40	37	159	36	2
35	64	Patrick Henley	Liverpool Harriers	Merseyside	60.04	23.17	42	180	30	-5
36	52	Graham Webster	Lytham St Annes	Lancashire	60.28	19.24	31	132	41	5
37	91	Stephen Wibberley	Bolton Utd Harriers	Greater Manche	61.04	19.30	32	135	44	7
38	72	Tony Man	Penny Lane Striders	Merseyside	61.25	21.00	38	162	39	1
39	27	Mark Walker	Rochdale H	Greater Manche	61.28	20.38	36	158	40	1
40	9	Tim Murphy	Spectrum Striders	Cheshire	62.48	21.36	40	169	42	2
41	81	Stone M	Wirral AC	Merseyside	62.50	21.35	39	168	43	2
42	46	Mike Walsh	Blackpool Wyre & Flyde	Lancashire	63.35	23.35	43	182	37	-5
43	47	Pete Gibson	Blackpool Wyre & Flyde	Lancashire	68.39	22.58	41	179	48	5
44	48	Howard Barlow	Blackpool Wyre & Flyde	Lancashire	67.59	25.30	44	185	45	1



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JUNIOR/SENIOR MEN (4 X 4Km)										
LEG 4										
1	40	Tom Cornthwaite	Blackburn H	Lancashire	63.14	15.48	1	3	1	0
2	60	Adam Peers	Liverpool Harriers	Merseyside	64.00	15.52	2	5	2	0
3	87	Phil West	Salford H	Greater Manche	65.51	17.26	12	52	3	0
4	61	Craig Gunderson	Liverpool Harriers	Merseyside	66.27	16.38	6	22	4	0
5	62	Glen Groves	Liverpool Harriers	Merseyside	67.05	16.39	7	23	5	0
6	43	Stuart Robinson	Blackpool Wyre & Flyde	Lancashire	67.30	16.36	5	20	6	0
7	63	Robert Dewhurst	Liverpool Harriers	Merseyside	68.14	16.31	4	19	11	4
8	53	Marc Hartley	Preston Harriers	Lancashire	68.23	16.42	8	26	10	2
9	10	Stephen Mitchell	Vale Royal	Cheshire	68.37	16.07	3	10	14	5
10	21	Danny Vaughan	East Cheshire	Cheshire	69.18	17.21	10	45	12	2
11	74	Steve Myers	St Helens Sutton	Merseyside	69.28	17.57	17	74	8	-3
12	6	Rob Jowett	Sale Harriers M	Greater Manche	70.02	18.25	22	95	9	-3
13	79	Scarrett P	Wirral AC	Merseyside	70.24	17.24	11	48	16	3
14	2	Simon Jeffs	Ellesmere	Cheshire	70.30	18.11	21	89	13	-1
15	77	Richard Shearer	Southport Waterloo AC	Merseyside	70.31	16.53	9	29	19	4
16	20	D Cole	Bury AC	Greater Manche	70.40	17.56	16	73	15	-1
17	24	Sean Spillane	Leigh H	Greater Manche	71.00	19.52	35	144	7	-10
18	22	Alex Cooke	East Cheshire	Cheshire	71.05	17.41	15	66	17	-1
19	13	Adrian Timmins	Warrington	Cheshire	71.18	17.31	13	56	20	1
20	44	Stuart Williams	Blackpool Wyre & Flyde	Lancashire	71.31	18.05	19	80	18	-2
21	78	Rob McGrath	Southport Waterloo AC	Merseyside	72.56	18.08	20	83	23	2
22	41	Gary Pearse	Blackburn H	Lancashire	73.12	18.41	26	108	22	0
23	45	Brian Hall	Blackpool Wyre & Flyde	Lancashire	73.36	18.36	24	100	24	1
24	80	Gammelsaeter M	Wirral AC	Merseyside	73.51	18.34	23	99	26	2
25	26	Mark Walker	Rochdale H	Greater Manche	74.11	19.41	32	139	21	-4
26	7	Graham Houghton	Spectrum Striders	Cheshire	74.14	17.34	14	59	30	4
27	23	Steve Robinson	East Cheshire	Cheshire	74.14	19.06	29	121	25	-2
28	75	John Appleton	St Helens Sutton	Merseyside	74.37	18.45	27	109	27	-1
29	84				74.47	18.38	25	103	28	-1
30	88	Sean Cordell	Salford H	Greater Manche	76.05	19.52	34	143	29	-1
31	71	Graham Beardsmore	Penny Lane Striders	Merseyside	76.53	18.00	18	77	33	2
32	3	Mike Burns	Ellesmere	Cheshire	77.02	18.58	28	116	32	0
33	90	Brendan Higgins	Bolton Utd Harriers	Greater Manche	77.12	19.51	33	142	31	-2
34	8	Julian Spencer	Spectrum Striders	Cheshire	79.31	19.56	36	147	34	0
35	52	Dave Dunn	Lytham St Annes	Lancashire	80.01	19.33	31	137	36	1
36	81	Morris M	Wirral AC	Merseyside	82.08	19.18	30	129	41	5
37	27	Phil Roberts	Rochdale H	Greater Manche	84.47	23.19	40	181	39	2
38	9		Spectrum Striders	Cheshire	84.53	22.05	37	171	40	2
39	72	John Farrell	Penny Lane Striders	Merseyside	86.07	24.42	41	183	38	-1
40	46	Paul Whitehead	Blackpool Wyre & Flyde	Lancashire	86.28	22.53	39	177	42	2
41	91	Paul Wibberley	Bolton Utd Harriers	Greater Manche	88.55	27.51	43	186	37	-4
42	47	Tony Croft	Blackpool Wyre & Flyde	Lancashire	91.19	22.40	38	174	43	1
43	48	David Twizell	Blackpool Wyre & Flyde	Lancashire	93.02	25.03	42	184	44	1