

North West Road Relays at Delamere, Cheshire on Saturday 10 September 2016

Senior Women — Team Results — Final (nn) is team position after the appropriate stage.

1 Vale Royal Ac	'A' 1:17:35	23 E. Cheshire H & Tameside AC	'A' 1:31:41
1 Amelia Pettitt (2) 24:45	2 Sarah Griffiths (1) 26:33	1 Bethany Hirst (26) 29:18	2 Sally Teague (25) 31:24
3 Sarah Murphy (1) 26:17		3 A Brockleylangford (23) 30:59	
2 Liverpool Harriers & Ac	'A' 1:21:10	24 Helsby Running Club	'A' 1:31:54
1 Abbie Oliver (24) 29:10	2 Hannah Delaney (5) 26:01	1 Joanne Lacking (25) 29:12	2 Vanessa Griffiths (27) 32:19
3 Sarah Howard (2) 25:59		3 June Swift (24) 30:23	
3 Trafford Athletic Club	'A' 1:22:13	25 Knowsley Harriers	1:32:51
1 Emily Beedham (6) 26:30	2 Vicki Cronin (2) 26:36	1 Catherine Howard (3) 25:40	2 Karen Parry (14) 31:28
3 Amyrose Cauley (3) 29:07		3 Susan Hamley (25) 35:43	
4 Leigh Harriers & Ac	'A' 1:22:20	26 Preston Harriers	'A' 1:33:03
1 Louisa Thompson (7) 26:42	2 Georgina Leck (9) 29:44	1 Katey Foster (19) 28:26	2 Emma Essexcrossby (24) 32:09
3 Laura Riches (4) 25:54		3 Loy Kalasiram (26) 32:28	
5 Liverpool Pembroke & Sefton H	'A' 1:22:41	27 Southport Waterloo Ac	'A' 1:33:12
1 Lisa Gawthorne (27) 29:23	2 Kirsty Longley (3) 25:39	1 Angela Delaney (32) 30:06	2 Karen Wilson (31) 32:37
3 Helen Sahgal (5) 27:39		3 Tracey Allan (27) 30:29	
6 Vale Royal Ac	'B' 1:23:05	28 Bury Athletic Club	'B' 1:33:38
1 Amy Hinchly (8) 26:52	2 Sophie Smith (7) 28:40	1 Nicola Harland (40) 31:12	2 Jenny Yates (29) 31:06
3 Kate Moulds (6) 27:33		3 Lauren Booth (28) 31:20	
7 Salford Harriers & AC	1:23:55	29 Chorlton Runners	'B' 1:33:42
1 Sinead Bent (4) 25:51	2 Becki Robinson (4) 29:14	1 Niamh Gill (35) 30:52	2 Lorraine Pang (33) 32:22
3 Beverley Simons (7) 28:50		3 Stephanie Stevens (29) 30:28	
8 Salford Harriers (Lancs)	1:24:05	30 Sale Harriers Manchester	'B' 1:33:58
1 Ruth Jones (9) 26:58	2 Rachel Jones (11) 29:47	1 Alice Bruce (46) 32:21	2 Cara O'Brien (30) 30:08
3 Tess Robinson (8) 27:20		3 J Cordingley (30) 31:29	
9 Bury Athletic Club	'A' 1:24:37	31 Barlick Fell Runners	'B' 1:34:12
1 Katie Buckley (10) 27:07	2 Sophie Whittaker (6) 28:19	1 Angela Donlan (29) 29:47	2 Emma Bailey (26) 31:04
3 Katie Geelan (9) 29:11		3 Heather Driver (31) 33:21	
10 Chorlton Runners	'A' 1:25:07	32 Leigh Harriers & Ac	'B' 1:34:38
1 Megan Harris (11) 27:30	2 Emma Tollefson (12) 29:31	1 Olivia Stones (17) 28:22	2 Eleanor Bond (28) 33:09
3 Kerrie Harris (10) 28:06		3 Fiona Steel (32) 33:07	
11 Vale Royal Ac	'C' 1:25:09	33 Penny Lane Striders	'A' 1:34:41
1 Kate Titlow (12) 27:47	2 Chloe Dooley (13) 29:21	1 Undeclared (37) 31:05	2 Undeclared (32) 31:39
3 Helen Whitby (11) 28:01		3 Undeclared (33) 31:57	
12 Wirral Ac	'A' 1:25:22	34 Wirral Ac	'B' 1:35:26
1 Sarah Kearney (15) 27:53	2 Fiona Nuttall (15) 29:18	1 Anne Rosbottom (28) 29:27	2 Natalie Johnson (41) 35:53
3 Aileen Kearney (12) 28:11		3 Margaret Cooper (34) 30:06	
13 Barlick Fell Runners	'A' 1:26:01	35 Trafford Athletic Club	'B' 1:35:43
1 Annabel Ralph (14) 27:51	2 Lorraine Slater (8) 28:34	1 Melanie Monks (36) 31:02	2 Rachel McDonnell (36) 32:40
3 Jennifer Hird (13) 29:36		3 Julie Price (35) 32:01	
14 Sale Harriers Manchester	'A' 1:26:11	36 Vale Royal Ac	'E' 1:36:51
1 Helen Armitage (20) 28:27	2 Jane Thomas (16) 28:51	1 Sarah Gibbs (60) 35:35	2 Clara Pettitt (42) 29:48
3 Emma Finney (14) 28:53		3 Penny Thorn (36) 31:28	
15 Wilmslow Running Club	1:27:21	37 West Cheshire Athletic Club	'A' 1:37:27
1 Diane Mcvey (5) 26:13	2 Diane Bygrave (10) 30:31	1 Lisa Davies (55) 33:46	2 Eleanor Robinson (45) 31:58
3 Louisa Harrison (15) 30:37		3 Heather McIntock (37) 31:43	
16 Ellesmere Port Rc	1:28:00	38 Chester Triathlon Club	1:38:00
1 N Whitfieldbird (21) 28:46	2 Emma Baker (20) 30:24	1 Jan Rogers (49) 32:36	2 Traci Shipley (39) 32:19
3 E Renondeau (16) 28:50		3 Laura Sayerhall (38) 33:05	
17 Liverpool Harriers & Ac	'B' 1:28:39	39 E. Cheshire H & Tameside AC	'B' 1:38:14
1 Ailbhe Mcdaid (16) 27:56	2 Michelle Murphy (23) 32:01	1 Pamela Read (42) 31:39	2 Alannah Newell (44) 34:02
3 C Wilsondewhurst (17) 28:42		3 Jennifer Read (39) 32:33	
18 Blackburn Harriers & Ac	1:29:07	40 Sale Harriers Manchester	'C' 1:38:25
1 Carly Edwards (31) 30:05	2 Grace Handley (18) 28:32	1 Helen Reagan (53) 33:00	2 Helen Carter (52) 34:03
3 Rebecca Taylor (18) 30:30		3 Anna Reeves (40) 31:22	
19 Blackpool Wyre & Fylde Ac	'A' 1:29:32	41 Liverpool Pembroke & Sefton H	'B' 1:38:41
1 Emily Japp (1) 24:41	2 Michelle Tickle (17) 32:49	1 Kirsty Mackenzie (50) 32:41	2 Charlotte Mawdsley (40) 32:23
3 Anastasia Bligh (19) 32:02		3 Abigail Kelly (41) 33:37	
20 St Helens Striders	1:29:54	42 Preston Harriers	'B' 1:38:48
1 Rachael Fairclough (18) 28:25	2 Kylie Maguire (22) 30:55	1 V Cowling (43) 31:45	2 Vicki Sherrington (55) 36:35
3 Harriet Glover (20) 30:34		3 Jenny Wren (42) 30:28	
21 Royton Road Runners	'A' 1:30:06	43 Macclesfield Harriers & Ac	'A' 1:39:07
1 Jennifer Bloor (13) 27:48	2 Janet Jobey (19) 31:11	1 Louisa Whittingham (22) 29:03	2 Hanny Stockman (34) 34:35
3 Kirsty White (21) 31:07		3 Catharine Crossley (43) 35:29	
22 Vale Royal Ac	'D' 1:30:20	44 Lymm Runners	'A' 1:39:25
1 Carolyn Dooley (23) 29:05	2 Chloe Broad (21) 30:07	1 Georgina Walker (44) 31:50	2 Sophie Stephens (48) 34:35
3 Lucy Burch (22) 31:08		3 Lynn Moseley (44) 33:00	

North West Road Relays

at Delamere, Cheshire on Saturday 10 September 2016

45 Rossendale Harriers & Ac 'A' 1:39:34

1 Lynne Berbatotis (45) 32:03 2 Elmalkin (47) 34:00
3 Tanya King (45) 33:31

46 Manchester Harriers & Ac 'A' 1:39:41

1 Melanie Barber (34) 30:38 2 Gail Hebson (37) 33:49
3 Jacqueline Ellison (46) 35:14

47 Sale Harriers Manchester 'D' 1:39:47

1 Catherine Jones (58) 35:13 2 Jan Nicholls (54) 32:08
3 Louise Robbins (47) 32:26

48 Vale Royal Ac 'F' 1:39:50

1 Nikki Cavanagh (38) 31:09 2 Lisa Meadows (38) 33:31
3 Debbie Moreton (48) 35:10

49 Barlick Fell Runners 'C' 1:40:00

1 Paula Clark (57) 34:49 2 Hannah Watson (53) 32:17
3 Hannah Newbold (49) 32:54

50 Penny Lane Striders 'B' 1:40:12

1 Undeclared (30) 30:04 2 Undeclared (43) 35:31
3 Undeclared (50) 34:37

51 Helsby Running Club 'B' 1:40:45

1 Rachel Holden (59) 35:27 2 Debbie Read (56) 32:59
3 Carol Shaw (51) 32:19

52 Royton Road Runners 'B' 1:41:01

1 Valerie Kilburn (47) 32:28 2 Helen Radcliffe (49) 34:19
3 Rochelle Evans (52) 34:14

53 West Cheshire Athletic Club 'B' 1:41:52

1 Clare Mallon (54) 33:39 2 Keeley Smith (35) 30:03
3 Annemarie Tait (53) 38:10

54 Wesham Road Runners & Ac 'A' 1:42:04

1 Helen Lawrenson (41) 31:23 2 Tanya Barlow (57) 37:33
3 Gemma Owen (54) 33:08

55 Warrington Road Runners 1:43:08

1 Tarja Barnes (52) 32:51 2 April Wilkinson (46) 33:10
3 Pippa Gidman (55) 37:07

56 Lymm Runners 'B' 1:43:12

1 Amy Cooper (48) 32:33 2 Lisa Fothergill (58) 36:43
3 Germaine Holmes (56) 33:56

57 Rochdale Harriers & Ac 'A' 1:43:52

1 Anna Blomfield (33) 30:20 2 Jill Butterworth (59) 39:33
3 Caroline Fortnum (57) 33:59

58 Blackpool Wyre & Fylde Ac 'B' 1:44:08

1 Karen Dunford (51) 32:44 2 Andrea Smith (51) 34:10
3 Kirsty Holland (58) 37:14

59 Lytham St Annes Rr Club 1:49:10

1 Melanie Koth (39) 31:11 2 Louisa Ruman (50) 35:37
3 S Gittins (59) 42:22

60 Royton Road Runners 'C' 1:52:11

1 Lisa Howarth (61) 36:40 2 Clare Darragh (64) 39:21
3 Selina Mclean (60) 36:10

61 Macclesfield Harriers & Ac 'C' 1:53:15

1 Kim Eastham (64) 37:53 2 Denise Masset (61) 34:41
3 Dawn Devine (61) 40:41

62 Macclesfield Harriers & Ac 'B' 1:53:57

1 Julie Smith (62) 37:44 2 Carol Upton (63) 37:46
3 Anna Maddox (62) 38:27

63 Rochdale Harriers & Ac 'B' 1:54:51

1 Karen Conduit (65) 39:23 2 Chloe Hirst (67) 43:27
3 Susie Hirst (63) 32:01

64 Preston Harriers 'D' 2:08:31

1 Sue Wickham (66) 40:10 2 Helen Boyer (66) 42:17
3 Kari Edwards (64) 46:04

65 Preston Harriers 'C' 2:09:19

1 Mel Haworth (67) 40:18 2 Judith Deakin (65) 42:07
3 Adela Nuttall (65) 46:54

66 Royton Road Runners 'D' 2:21:09

1 Niparun Nessa (68) 44:04 2 Emma Bower (68) 44:15
3 Angela Rogowskyj (66) 52:50

Incomplete Teams:

Penny Lane Striders 'C'

1 Undeclared (56) 34:27 2 Undeclared (60) 38:05

Chorlton Runners 'C'

1 Adele Reynolds (63) 37:50 2 Hannah Ahle (62) 35:13

Fastest of all legs

1 Emily Japp	BlackpoolW	A	24:41
2 Amelia Pettitt	ValeRoyalA	A	24:45
3 Kirsty Longley	L'poolP	A	25:39
4 Catherine Howard	KnowsleyHa		25:40
5 Sinead Bent	SalfordHar		25:51
6 Laura Riches	LeighHarri	A	25:54
7 Sarah Howard	L'poolH	A	25:59
8 Hannah Delaney	L'poolH	A	26:01
9 Diane Mcvey	WilmslowRu		26:13
10 Sarah Murphy	ValeRoyalA	A	26:17

North West Road Relays at Delamere, Cheshire on Saturday 10 September 2016

SW Gtr Mchr — Team Results — Final (nn) is team position after the appropriate stage.

1 Trafford Athletic Club 'A' 1:22:13	15 Sale Harriers Manchester 'C' 1:38:25
1 Emily Beedham (2) 26:30	1 Helen Reagan (18) 33:00
2 Vicki Cronin (1) 26:36	2 Helen Carter (17) 34:03
3 Amyrose Cauley (1) 29:07	3 Anna Reeves (15) 31:22
2 Leigh Harriers & Ac 'A' 1:22:20	16 Manchester Harriers & Ac 'A' 1:39:41
1 Louisa Thompson (3) 26:42	1 Melanie Barber (11) 30:38
2 Georgina Leck (4) 29:44	2 Gail Hebson (14) 33:49
3 Laura Riches (2) 25:54	3 Jacqueline Ellison (16) 35:14
3 Salford Harriers & AC 1:23:55	17 Sale Harriers Manchester 'D' 1:39:47
1 Sinead Bent (1) 25:51	1 Catherine Jones (19) 35:13
2 Becki Robinson (2) 29:14	2 Jan Nicholls (18) 32:08
3 Beverley Simons (3) 28:50	3 Louise Robbins (17) 32:26
4 Bury Athletic Club 'A' 1:24:37	18 Royton Road Runners 'B' 1:41:01
1 Katie Buckley (4) 27:07	1 Valerie Kilburn (17) 32:28
2 Sophie Whittaker (3) 28:19	2 Helen Radcliffe (16) 34:19
3 Katie Geelan (4) 29:11	3 Rochelle Evans (18) 34:14
5 Chorlton Runners 'A' 1:25:07	19 Rochdale Harriers & Ac 'A' 1:43:52
1 Megan Harris (5) 27:30	1 Anna Blomfield (10) 30:20
2 Emma Tollefson (5) 29:31	2 Jill Butterworth (19) 39:33
3 Kerrie Harris (5) 28:06	3 Caroline Fortnum (19) 33:59
6 Sale Harriers Manchester 'A' 1:26:11	20 Royton Road Runners 'C' 1:52:11
1 Helen Armitage (8) 28:27	1 Lisa Howarth (20) 36:40
2 Jane Thomas (6) 28:51	2 Clare Darraugh (21) 39:21
3 Emma Finney (6) 28:53	3 Selina Mclean (20) 36:10
7 Royton Road Runners 'A' 1:30:06	21 Rochdale Harriers & Ac 'B' 1:54:51
1 Jennifer Bloor (6) 27:48	1 Karen Conduit (22) 39:23
2 Janet Jobey (7) 31:11	2 Chloe Hirst (22) 43:27
3 Kirsty White (7) 31:07	3 Susie Hirst (21) 32:01
8 E. Cheshire H & Tameside AC 'A' 1:31:41	22 Royton Road Runners 'D' 2:21:09
1 Bethany Hirst (9) 29:18	1 Niparun Nessa (23) 44:04
2 Sally Teague (8) 31:24	2 Emma Bower (23) 44:15
3 A Brockleylangford (8) 30:59	3 Angela Rogowskyj (22) 52:50
9 Bury Athletic Club 'B' 1:33:38	Incomplete Teams:
1 Nicola Harland (14) 31:12	Chorlton Runners 'C'
2 Jenny Yates (10) 31:06	1 Adele Reynolds (21) 37:50
3 Lauren Booth (9) 31:20	2 Hannah Ahle (20) 35:13
10 Chorlton Runners 'B' 1:33:42	Fastest of all legs
1 Niamh Gill (12) 30:52	1 Sinead Bent SalfordHar 25:51
2 Lorraine Pang (12) 32:22	2 Laura Riches LeighHarri A 25:54
3 Stephanie Stevens (10) 30:28	3 Emily Beedham TraffordAt A 26:30
11 Sale Harriers Manchester 'B' 1:33:58	4 Vicki Cronin TraffordAt A 26:36
1 Alice Bruce (16) 32:21	5 Louisa Thompson LeighHarri A 26:42
2 Cara O'brien (11) 30:08	6 Katie Buckley BuryAthlet A 27:07
3 J Cordingley (11) 31:29	7 Megan Harris ChorltonRu A 27:30
12 Leigh Harriers & Ac 'B' 1:34:38	8 Jennifer Bloor RoytonRoad A 27:48
1 Olivia Stones (7) 28:22	9 Kerrie Harris ChorltonRu A 28:06
2 Eleanor Bond (9) 33:09	10 Sophie Whittaker BuryAthlet A 28:19
3 Fiona Steel (12) 33:07	
13 Trafford Athletic Club 'B' 1:35:43	
1 Melanie Monks (13) 31:02	
2 Rachel McDonnell (13) 32:40	
3 Julie Price (13) 32:01	
14 E. Cheshire H & Tameside AC 'B' 1:38:14	
1 Pamela Read (15) 31:39	
2 Alannah Newell (15) 34:02	
3 Jennifer Read (14) 32:33	

North West Road Relays at Delamere, Cheshire on Saturday 10 September 2016

SW Lancashire — Team Results — Final (nn) is team position after the appropriate stage.

1 Salford Harriers (Lancs) 1:24:05	10 Wesham Road Runners & Ac 'A' 1:42:04	
1 Ruth Jones (2) 26:58	2 Rachel Jones (2) 29:47	1 Helen Lawrenson (8) 31:23
3 Tess Robinson (1) 27:20		2 Tanya Barlow (12) 37:33
2 Barlick Fell Runners 'A' 1:26:01	11 Blackpool Wyre & Fylde Ac 'B' 1:44:08	
1 Annabel Ralph (3) 27:51	2 Lorraine Slater (1) 28:34	1 Karen Dunford (11) 32:44
3 Jennifer Hird (2) 29:36		2 Andrea Smith (9) 34:10
3 Blackburn Harriers & Ac 1:29:07	12 Lytham St Annes Rr Club 1:49:10	
1 Carly Edwards (6) 30:05	2 Grace Handley (4) 28:32	1 Melanie Koth (7) 31:11
3 Rebecca Taylor (3) 30:30		2 Louisa Ruman (8) 35:37
4 Blackpool Wyre & Fylde Ac 'A' 1:29:32	13 Preston Harriers 'D' 2:08:31	
1 Emily Japp (1) 24:41	2 Michelle Tickle (3) 32:49	1 Sue Wickham (13) 40:10
3 Anastasia Bligh (4) 32:02		2 Helen Boyer (14) 42:17
5 Preston Harriers 'A' 1:33:03	14 Preston Harriers 'C' 2:09:19	
1 Katey Foster (4) 28:26	2 Emma Essexcrossby (5) 32:09	1 Mel Haworth (14) 40:18
3 Loy Kalasiram (5) 32:28		2 Judith Deakin (13) 42:07
6 Barlick Fell Runners 'B' 1:34:12	Fastest of all legs	
1 Angela Donlan (5) 29:47	2 Emma Bailey (6) 31:04	1 Emily Japp BlackpoolW A 24:41
3 Heather Driver (6) 33:21		2 Ruth Jones SalfordHL 26:58
7 Preston Harriers 'B' 1:38:48		3 Tess Robinson SalfordHL 27:20
1 V Cowling (9) 31:45	2 Vicki Sherrington (11) 36:35	4 Annabel Ralph BarlickFel A 27:51
3 Jenny Wren (7) 30:28		5 Katey Foster PrestonHar A 28:26
8 Rossendale Harriers & Ac 'A' 1:39:34		6 Grace Handley BlackburnH 28:32
1 Lynne Berbatiotis (10) 32:03	2 Elmalkin (7) 34:00	7 Lorraine Slater BarlickFel A 28:34
3 Tanya King (8) 33:31		8 Jennifer Hird BarlickFel A 29:36
9 Barlick Fell Runners 'C' 1:40:00		9 Angela Donlan BarlickFel B 29:47
1 Paula Clark (12) 34:49	2 Hannah Watson (10) 32:17	= Rachel Jones SalfordHL 29:47
3 Hannah Newbold (9) 32:54		

SW Merseyside — Team Results — Final (nn) is team position after the appropriate stage.

1 Liverpool Harriers & Ac 'A' 1:21:10	11 Penny Lane Striders 'B' 1:40:12	
1 Abbie Oliver (5) 29:10	2 Hannah Delaney (2) 26:01	1 Undeclared (8) 30:04
3 Sarah Howard (1) 25:59		2 Undeclared (11) 35:31
2 Liverpool Pembroke & Sefton H 'A' 1:22:41	Incomplete Teams:	
1 Lisa Gawthorne (6) 29:23	Penny Lane Striders 'C'	
3 Helen Sahgal (2) 27:39	1 Undeclared (12) 34:27	2 Undeclared (12) 38:05
3 Wirral Ac 'A' 1:25:22	Fastest of all legs	
1 Sarah Kearney (2) 27:53	2 Fiona Nuttall (4) 29:18	1 Kirsty Longley L'poolP A 25:39
3 Aileen Kearney (3) 28:11		2 Catherine Howard KnowsleyHa 25:40
4 Liverpool Harriers & Ac 'B' 1:28:39		3 Sarah Howard L'poolH A 25:59
1 Ailbhe Mcdaid (3) 27:56	2 Michelle Murphy (6) 32:01	4 Hannah Delaney L'poolH A 26:01
3 C Wilson Dewhurst (4) 28:42		5 Helen Sahgal L'poolP A 27:39
5 St Helens Striders 1:29:54		6 Sarah Kearney WirralAc A 27:53
1 Rachael Fairclough (4) 28:25	2 Kylie Maguire (5) 30:55	7 Ailbhe Mcdaid L'poolH B 27:56
3 Harriet Glover (5) 30:34		8 Aileen Kearney WirralAc A 28:11
6 Knowsley Harriers 1:32:51		9 Rachael Fairclough StHelensSt 28:25
1 Catherine Howard (1) 25:40	2 Karen Parry (3) 31:28	10 C Wilson Dewhurst L'poolH B 28:42
3 Susan Hamley (6) 35:43		
7 Southport Waterloo Ac 'A' 1:33:12		
1 Angela Delaney (9) 30:06	2 Karen Wilson (7) 32:37	
3 Tracey Allan (7) 30:29		
8 Penny Lane Striders 'A' 1:34:41		
1 Undeclared (10) 31:05	2 Undeclared (8) 31:39	
3 Undeclared (8) 31:57		
9 Wirral Ac 'B' 1:35:26		
1 Anne Rosbottom (7) 29:27	2 Natalie Johnson (10) 35:53	
3 Margaret Cooper (9) 30:06		
10 Liverpool Pembroke & Sefton H 'B' 1:38:41		
1 Kirsty Mackenzie (11) 32:41	2 Charlotte Mawdsley (9) 32:23	
3 Abigail Kelly (10) 33:37		