

TEAM SELECTION - below

U13 G

- 1 Harriet Bain – LHAC
- 2 Keira Brady Jones –WESPA
- 3 Grace Tobin – LHAC
- 4 Zara White – Wirral
- 5 Emma Fildes – Wirral
- 6 Ella McMutrie – LHAC
- 7 Grace Barr – SWAC
- 8 Sophie Fludger - WESPA

U15G

- 1 Faye OHare – LHAC
- 2 Oliva Logan- SWAC
- 3 Tamzin Dentith - LHAC
- 4 Ellen Mary Kearney - Wirral
- 6 Scarlet Liddy Wirral
- 7 Isabel Hodder Wirral
- 8 Lilly Anne Grayson SWAC
- 9 Freya Walsh SWAC TO CONFIRM

U17 W

- 1 Ella McNiven LHAC
- 2 Juliatt Hodder – Wirral
- 3 Jessica Cook – LHAC
- 4 Catherin Gallegher Wirral
- 5 Faye Ireland – LHAC
- 6 Niamh Donnelly – LHAC
- 7 Katie Thompson – Wirral
- 8 Millie Raine – LHAC

U20 Women

- 1 Emily Gray – LHAC
- 2 Rebecca Harrison - Kirkby Milers

Sen Women

1 Kirsty Longley - LPS

3 Sarah Howard – LHAC

4 Sarah Kearney - Wirral

5 Heather Langham - Leeds City

6 Kelly Hamilton - St Helens Striders

8 Lauren Wilson – Penny Lane Striders

9 Ursula Moore - Pensby Runners

14 Helen Stansfield – Wallasey

15 Fiona Nuttall - Wirral AC

Can't run – dropped out

9 Sophie Tarver - Wirral

9 Hannah Delaney - LHAC

5 Helen Sahgal - LPS

2 Rachael Burns - LHAC

13 Hannah Hughes - LHAC

7 Hilary Honeyball – LPS

5 Caitlin Robinson – LHAC