

**MID LANCS LEAGUE
CROSS COUNTRY AWARDS 2023 – 2024**

2023 – 2024

Team Awards

Category	Gold	Silver	Bronze
U11G	Chorley A & T	Kendal Helm Composite	Rossendale Harriers
U11B	Kendal Helm Composite	Clayton-Le-Moors Harriers	Rossendale Harriers
U13G	Liverpool Harriers & AC	Preston Harriers	Chorley A & T
U13B	Preston Harriers	Blackpool, Wyre & Fylde AC	Kirkby Milers AC
U15G	Blackpool, Wyre & Fylde AC	Blackburn Harriers & AC	Kendal Helm Composite
U15B	Blackburn Harriers & AC	Rossendale Harriers	No Award this Year
U17W	Leven Valley AC	No Award this Year	No Award this Year
U17M	Lancaster & Morecambe AC	Blackpool, Wyre & Fylde AC	Rossendale Harriers
U20W	No Award this Year	No Award this Year	No Award this Year
U20M	No Award this Year	No Award this Year	No Award this Year
SW Div 1	Blackburn Harriers & AC	Clayton-Le-Moors Harriers	Southport Waterloo AC
SW Div 2	Preston Harriers	Kendal AAC	NA
SW Div 3	Skelmersdale Boundary Harriers	Liverpool Pembroke Sefton	NA
F35	Lancaster & Morecambe AC	Liverpool Pembroke Sefton	Kendal AAC
F45	Trawden AC	Blackpool, Wyre & Fylde AC	Kendal AAC
F55	Clayton-Le-Moors Harriers	No Award this Year	No Award this Year
F65	Clayton-Le-Moors Harriers	No Award this Year	No Award this Year
SM Div 1	Lancaster & Morecambe AC	Southport Waterloo AC	Glaxo Hoad Hill Harriers
SM Div 2	Clayton-Le-Moors Harriers	Lytham St Annes RC	NA
SM Div 3	Rossendale Harriers	Leigh Harriers & AC	NA
SM Div 4	Trawden AC	Wigan & District H & AC	NA
SM B Team	Wigan & District H & AC "B"	Southport Waterloo AC "B"	Preston Harriers "B"
M40 Div 1	Southport Waterloo AC	Wigan & District H & AC	Preston Harriers
M40 Div 2	Wesham Road Runners	Kendal AAC	NA
M40 Div 3	Rossendale Harriers	Garstang Running Club	NA
M50	Southport Waterloo AC	Wigan & District H & AC	Preston Harriers
M60	Southport Waterloo AC	Red Rose Road Runners	Preston Harriers
M70	Preston Harriers	No Award this Year	No Award this Year

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2023 – 2024 Individual Awards

Category	Gold	Club	Silver	Club	Bronze	Club
U11G	Mila Barron	Kendal Helm Composite	Scarlett Clausen	Liverpool Harriers	Winnie Lancaster	Chorley A & T
U11B	Tom Craker	Kendal Helm Composite	Jos Jebb	Kendal Helm Composite	Charles Hodgson	Kendal Helm Composite
U13G	Evie Worrall	Liverpool Harriers	Millie Jordan	Blackburn Harriers	Ellie Blackhurst	Preston Harriers
U13B	Billy Kershaw	Blackpool, Wyre & Fylde AC	Albert Yates	Preston Harriers	Max Myles	Liverpool Harriers
U15G	Holly Cross	Liverpool Harriers	Penelope Boyle	Leven Valley AC	Kristy Leitch	Blackpool, Wyre & Fylde AC
U15B	William Delamere	Southport Waterloo AC	Ben Brassington	Lancaster & Morecambe AC	Will Brayshaw	Kendal Helm Composite
U17W	Isabelle Murphy	Lancaster & Morecambe AC	Amelie Smethurst	Chorley A & T	Marina Bailey	Leven Valley AC
U17M	James Brassington	Lancaster & Morecambe AC	Max Hazlehurst	Leven Valley AC	Alfie Addison	Kendal Helm Composite
U20W	Alicia Wadeson	Skelmersdale Boundary Harriers	No Award		No Award	
U20M	William Walker	Clayton-Le-Moors Harriers	Tom Bowman	Lancaster & Morecambe AC	Timothy Bidlake-Corser	Chorley A & T
Sen Women	Emma McColm	Preston Harriers	Rebecca Robinson	Kendal AAC	Sarah Jones	Walney Wind Cheetahs
F35	Rebecca Robinson	Kendal AAC	Rebecca Ward	Blackburn Harriers	Lauren Gora	Lancaster & Morecambe AC
F45	Rachel Yates	Liverpool Pembroke Sefton	Elizabeth McNally	Leven Valley AC	Amy Wilkin	Kendal AAC
F55	Cathy Flitcroft	Preston Harriers	Christina McGuire	Lancaster & Morecambe AC	Laura Lawler	Blackpool, Wyre & Fylde AC
F65	Irene Roche	Clayton-Le-Moors Harriers	Dianne Priestly	Kendal AAC	Mary Hewitt	Garstang Running Club
Sen Men	Alasdair Russell	Kendal AAC	Sam Upton	Helm Hill	Ross Campbell	Leven Valley AC

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M40	Jonathan Cleaver	Rossendale Harriers	Francois Rafferty	Southport Waterloo AC	Mark Holgate	Lancaster & Morecambe AC
M50	Francois Rafferty	Southport Waterloo AC	Mark Holgate	Lancaster & Morecambe AC	David Hamilton	Southport Waterloo AC
M60	John Sprackland	Southport Waterloo AC	David Lea	Preston Harriers	Ken Lennon	Southport Waterloo AC
M70	Graham Webster	Lytham St Annes RC	Alan Appleby	Preston Harriers	Anthony Pritchard	Garstang Running Club

End of Season Awards in the Event of a Tie - All Age Categories

Individual

If two runners finish on equal points the winner will be the runner who has beaten the other the most times in races where they have both competed ie 'head to head'. Should this result in each having beaten the other at two races, then the winner will be the runner with the lowest total time in the races where they have competed 'head to head'.

Team

If two teams finish on equal points the winner will be the team with the lowest total of positions in every race where they have both competed.