

North West XC – Race 3 – Arrowe Park – 16 December 2018 – 4.85M

Mens Results

1	Ian Lawton	Mersey Tri	U40M	76	Paul Ravenscroft	Warrington RR	O45M
2	Jonjo Doherty	St Helens Striders	U40M	77	Matt Helm	Liverpool RC	O55M
3	Martin Swensson	Penny Lane Striders	O40M	78	Paul Wilson	Liverpool RC	O45M
4	Rob Grantham	Pensby Runners	O45M	79	Richard Peers	Mersey Tri	U40M
5	Jamie Rutherford	Liverpool RC	U30M	80	Daniel Moran	St Helens Striders	U40M
6	Karl Steinegger	Spectrum Striders	U30M	81	Paul Gray	Penny Lane Striders	O50M
7	Jonathan Smith	Lymm Runners	U30M	82	Peter Cushion	Vikings	O45M
8	Dan Harbidge	Warrington Tri	U30M	83	Joe McCarthy	Mersey Tri	O45M
9	James Toohy	Liverpool RC	U30M	84	Michael O'Rourke	Penny Lane Striders	U40M
10	Chris Pownell	Knowsley Harriers	U30M	85	Lee Warburton	Penny Lane Striders	O45M
11	Jay Brittles	Mersey Tri	U40M	86	Ian Wright	St Helens Striders	O45M
12	Robert Owens	Knowsley Harriers	U40M	87	Daniel Tetlow	St Helens Striders	U40M
13	Chris Hazeldine	St Helens Striders	U40M	88	Leslie Johnson	Northwich RC	O50M
14	Ryan Jones	Kirkby Milers	U40M	89	Mark Dempsey	Mersey Tri	O40M
15	Dean Hanwell	Mersey Tri	U40M	90	Nigel Grant	Penny Lane Striders	O55M
16	Stephen Campbell	Knowsley Harriers	U40M	91	Jim Kennett	Delamere Spartans	O50M
17	George Hill	Warrington Tri	U20M	92	Tony Jackson	Newburgh Nomads	O60M
18	Thomas Wilson	Liverpool RC	U30M	93	Tadie Abeki	Knowsley Harriers	O40M
19	Alex Cowin	Penny Lane Striders	U40M	94	Xavier Soler	Warrington RR	O40M
20	Lawrence Eccles	Penny Lane Striders	U40M	95	Jon Hawker	Delamere Spartans	O55M
21	Paul Martin	Mersey Tri	U40M	96	Chris Usher	Newburgh Nomads	O45M
Guest	Paul Sankey	Liverpool Harriers	O45M	97	Ben Brookes	Mersey Tri	U40M
22	Ian Magill	Liverpool RC	O45M	98	Mike Aisbitt	Skem BH	O40M
23	Thomas O'Dowd	Knowsley Harriers	U30M	99	Jim Dawson	Lymm Runners	O55M
24	Sean Jones	Penny Lane Striders	U40M	100	Mark Baker	Warrington Tri	O45M
25	Alex Rigby	Liverpool RC	U30M	101	Ian Atkinson	Chester Tri	O55M
26	Danny Schofield	Warrington RC	U30M	102	Peter Lloyd	Lymm Runners	O55M
27	Edwin Durst	Warrington RC	U40M	103	Bobby Burke	Liverpool RC	O50M
28	Marty Christian	Kirkby Milers	O45M	104	Luke Wills	Skem BH	U40M
29	Jay Williams	Kirkby Milers	U40M	105	Matt Fairhead	Vikings	U30M
30	Phil Riding	Penny Lane Striders	O40M	106	John Jensen	Penny Lane Striders	O40M
31	Graham Douglas	Penny Lane Striders	U40M	107	Eric Ranson	St Helens Striders	O45M
32	James Ellis	Kirkby Milers	U40M	108	Gary Parker	Pensby Runners	U40M
Guest	Robbie Collins	Mersey Tri	U40M	109	Paul Brown	Liverpool RC	U40M
33	Robert Beech	Pensby Runners	U40M	110	Andy Gaskell	Spectrum Striders	O50M
34	David Lawton	Liverpool RC	U40M	111	Stephen Spall	Chester Tri	O50M
35	Lee Dunham	Mersey Tri	U40M	112	Kevin Gillibrand	Warrington RR	O50M
36	Simon Rogers	Pensby Runners	O55M	113	Michael Connor	Penny Lane Striders	O50M
37	Stephen Harrison	Birkenhead	O45M	114	Graham Coupe	Vikings	O45M
38	Steven McKenzie	Kirkby Milers	O40M	115	Ian Rivers	Kirkby Milers	O50M
39	John Manion	Liverpool RC	-	116	Alan McDermott	Penny Lane Striders	O50M
40	Rob McBain	Northwich RC	U40M	117	Nigel Foo	Penny Lane Striders	O50M
41	Daniel Dunnington	Mersey Tri	U30M	118	Richard Shayle	Pensby Runners	O45M
42	Andrew Howarth	Chester Tri	O40M	119	Paul Robertson	Vikings	O55M
43	Ralph Pawling	Pensby Runners	U40M	120	Ian Ainscough	Chester Tri	O60M
44	Ian Hewitt	Liverpool Running Bugs	O40M	121	Thomas Rimmer	Penny Lane Striders	U40M
45	Matt Clair	Liverpool RC	U40M	122	Matthew Cartwright-Terry	Mersey Tri	O40M
46	Mark Riley	St Helens Striders	U40M	123	Chris Davies	Pensby Runners	O45M
47	Kevin Harrison	Kirkby Milers	O40M	124	Lucas Pilkington	Northwich RC	U30M
48	Alistair Malpas	Pensby Runners	U40M	125	Lucas Myatt	Mersey Tri	U30M
49	Rob Fletcher	Mersey Tri	O45M	126	Tim Palmer	Helsby	O50M
50	David Edwards	Kirkby Milers	O55M	127	Paul Cheetham	Skem BH	O45M
51	Kevin Walker	Skem BH	O40M	128	Graham Cushion	Liverpool RC	O40M
52	Michael Waring	Chester Tri	U20M	129	Lee Barlow	Northwich RC	O40M
53	Colin Dobbs	Penny Lane Striders	O40M	130	Robert Chalmers	Pensby Runners	O40M
54	Jon Cole	Ellesmere Port RC	O40M	131	Thomas Humphries	Warrington RC	U30M
55	Mark Walker	Warrington Tri	O45M	132	Ian Edge	Warrington RR	O55M
56	Karl Bowles	St Helens Striders	O45M	133	Jeff Adams	Pensby Runners	O60M
57	Ian Roche	Mersey Tri	O55M	134	Iain Borsbey	Northwich RC	O40M
58	Lee Turner	Kirkby Milers	U30M	135	Barry Williams	Mersey Tri	U40M
59	Shaun Rhead	Liverpool Running Bugs	-	136	James Jones	Helsby	O50M
60	Joe Weaver	St Helens Striders	U30M	137	Peter Leadbeater	Kirkby Milers	O50M
61	Gary English	Liverpool RC	O55M	138	Mike Atkinson	Warrington RC	O60M
62	Tim Grace	Mersey Tri	O45M	139	Steve Thomas	Mersey Tri	O45M
63	Neil Oakes	Mersey Tri	U40M	140	Malcolm Fraser	Delamere Spartans	U40M
64	Colin Walsh	Penny Lane Striders	U40M	141	Paul Alexander	Pensby Runners	O60M
65	Jonathan Toft	Penny Lane Striders	U40M	142	Wally Coppelov	Newburgh Nomads	O60M
66	Dave Connor	Mersey Tri	O45M	143	Andrew Blair	Chester Tri	O55M
67	Adam Fitzsimmons	Kirkby Milers	U30M	144	Andrew Glen	Liverpool Running Bugs	O55M
68	Sean Britton	Mersey Tri	U40M	145	John Robb	Chester Tri	O55M
69	Anthony Ellis	St Helens Striders	U40M	146	Stephen Riley	Helsby	O50M
70	Phil Rowen	Lymm Runners	O45M	147	Iain Wood	Chester Tri	O60M
71	Rob Bruford	Northwich RC	O40M	148	Grant Davidson	Mersey Tri	O45M
72	Tom Chadwick	St Helens Striders	U30M	149	Julian Spencer	Spectrum Striders	O55M
73	Nick Rose	Warrington RC	O45M	150	Gary Johnstone	Pensby Runners	O55M
74	Matthew Parmenter	St Helens Striders	O40M	151	Roger Seddon	Warrington RC	O50M
75	Mike Hitchmough	Newburgh Nomads	O50M	152	David Glover	Warrington RC	U40M

153	Nigel Crompton	Pensby Runners	O55M	191	Roy Fisher	Pensby Runners	O60M
154	David Moston	Vikings	O40M	192	Trevor Lewis	Helsby	O50M
155	Geoff Hand	Spectrum Striders	O60M	193	Peter Mylett	Vikings	O40M
156	Alan Wheelhouse	Warrington RR	O50M	194	Gary Hinds	Liverpool Running Bugs	U40M
157	Steve Pemberton	Penny Lane Striders	O60M	195	Joe Allen	Kirkby Milers	U20M
158	Nigel Waterhouse	Chester Tri	O55M	196	Sean Loughran	Kirkby Milers	O55M
159	Brad Critchley	Ellesmere Port RC	U40M	197	John Skynner	Warrington RC	O50M
160	Ian Chisnall	St Helens Striders	O40M	198	Andy Dalton	Skem BH	O55M
161	Terry Noon	Kirkby Milers	-	199	Steve Ellis	Pensby Runners	O55M
162	Martin Darwin	Warrington RC	O50M	200	Gary Hilton	Warrington Tri	O45M
163	Mark Ezard	Pensby Runners	O50M	201	Mark Fillingham	St Helens Striders	O50M
164	Tim Holloway	Delamere Spartans	O50M	202	Dave Barrow	Kirkby Milers	O60M
165	Neil Jenkins	Chester Tri	O50M	203	Colin Lamprey	Pensby Runners	O55M
166	Peter Connolly	Vikings	O50M	204	Darren Wood	Widnes RC	O45M
167	Kieron Carr	Liverpool Running Bugs	O45M	205	David Brown	Mersey Tri	U40M
168	David Feakes	Helsby	O55M	206	Chris Morgan	Helsby	O60M
169	Nick Morton	Kirkby Milers	U30M	207	Paul Wilson	Widnes RC	O55M
170	Simone Tondelloni	Lymm Runners	U40M	208	Stephen Maddock	Liverpool Running Bugs	O50M
171	Paul Harbidge	Warrington Tri	O55M	209	Liam Webb	Widnes RC	U30M
172	John Anderson	Northwich RC	O50M	210	James Roberts	Penny Lane Striders	U40M
173	Nikolaos Giotakis	Pensby Runners	O45M	211	James Battersby	Liverpool RC	O45M
174	Stephen Mcconville	Pensby Runners	O50M	212	Peter Burton	Lymm Runners	O50M
175	Terry Lynch	Penny Lane Striders	O50M	213	James Blundell	Spectrum Striders	U40M
176	Terry Charles	Vikings	O60M	214	Dennis Yarwood	Spectrum Striders	O50M
177	Martin Berry	Warrington RR	O40M	215	Robert Porter	Penny Lane Striders	O40M
178	Ged Stephens	Delamere Spartans	O50M	216	Dave Brown	Warrington RC	O55M
179	Mark Cowan	Vikings	U40M	217	Robert Shanahan	Vikings	O50M
180	Rob Lloyd	Widnes RC	O45M	218	Dean Thackray	Liverpool Running Bugs	U30M
181	John Fitzgerald	Mersey Tri	O60M	219	Darren Carter	Warrington RC	U40M
182	Jon Reynolds	Liverpool RC	O45M	220	David Mangan	Penny Lane Striders	O60M
183	Paul Land	Skem BH	O45M	221	Ian Chalmers	Pensby Runners	O60M
184	Al Worrall	Northwich RC	U30M	222	William Sergeson	Penny Lane Striders	O50M
185	Mark Scott	Liverpool RC	O50M	223	Edward Roberts	Helsby	O60M
186	Steve Collyer	Chester Tri	O45M	224	Alan D'Henin	Knowsley Harriers	O60M
187	John Peerless	Pensby Runners	O60M	225	Ken Black	Spectrum Striders	O60M
188	Curtis Hayes	Northwich RC	O40M	226	Russ Owens	Knowsley Harriers	O55M
189	Andrew Dowdeswell	Widnes RC	U40M	227	James Downey	Birkenhead	O50M
190	Andrew Hankinson	Widnes RC	U30M				

Ladies Results

1	Carol Parsons	Ellesmere Port RC	O40F	61	Sian Maguire	St Helens Striders	U30F
Guest	Emily Gray	Liverpool Harriers		62	Abigail Willmitt	Liverpool RC	U40F
2	Kelly Hamilton	St Helens Striders	U35F	63	Sue Sanderson	Warrington RC	O40F
3	Hannah Whittaker	St Helens Striders	U35F	64	Claudia Pagoulatou	Pensby Runners	O40F
4	Liz Turner	Penny Lane Striders	U40F	65	Anja Pownell	Knowsley Harriers	U35F
5	Louise Casey	Widnes RC	U40F	66	Sue Heaps	St Helens Striders	O50F
6	Becky Burke	Liverpool RC	U20F	67	Alison Morgan	Warrington RR	O40F
7	Maria Cook	Parbold Pink Panthers	O40F	68	Katie Pownell	Knowsley Harriers	U35F
8	Stella Hayden	Penny Lane Striders	U35F	69	Dawn Fairclough	Liverpool RC	U40F
9	Holly Bishton	Penny Lane Striders	U30F	70	Kate Johnston	Spectrum Striders	O40F
10	Honor Thompson	Skem BH	O40F	71	Helen Caldwell	Spectrum Striders	O50F
11	Marina Maxwell	Widnes RC	O40F	72	Katherine Robertson	Mersey Tri	U40F
12	Bobbie Lomax	Warrington RR	O40F	73	Lesley Feakes	Helsby	O50F
13	Janet Owens	Knowsley Harriers	O40F	74	Sue Ennis	Mersey Tri	O50F
14	Laura Baynham-Hughes	Helsby	O40F	75	Donna Adlard	Vikings	O40F
15	Ali Lewis	Pensby Runners	O40F	76	Rebecca Pearmaine	Northwich RC	U35F
16	Becky Wadeson	Skem BH	U40F	77	Charlie Sholl	Warrington Tri	O40F
17	Bridget Glaister	Parbold Pink Panthers	O40F	78	Carole Morrison	Pensby Runners	O50F
18	Lisa Cheers	St Helens Striders	U35F	Guest	Jayner Turner	Northwich RC	-
19	Kylie Barlow	St Helens Striders	U35F	79	Ruth Hewitt	Liverpool Running Bugs	O40F
20	Sharon Samson	Penny Lane Striders	U40F	80	Jackie Jones	Liverpool RC	O50F
21	Amy Holland	Mersey Tri	U35F	81	Sarah Rigby	Northwich RC	O40F
22	Anna Begbie	Warrington RC	U40F	82	Jackie Keasley	Helsby	O60F
23	Beata Suthard	Northwich RC	U40F	83	Sally Napthen	Chester Tri	O50F
24	Pamela Thurtle	Penny Lane Striders	O40F	84	Kerry Riley	St Helens Striders	U40F
25	Rachel Gyte	Liverpool RC	U30F	85	Elaine Parry	St Helens Striders	O40F
26	Liz Whitfield	Spectrum Striders	O40F	86	Helen Goldsmith	Warrington RC	O40F
27	Anna Parsons	Northwich RC	O40F	87	Jessica Garrigan	Liverpool RC	U40F
28	Lucy Partridge	Pensby Runners	O40F	88	Denise Garrigan	Kirkby Milers	U40F
29	Karolina Graves	Skem BH	U35F	89	Jo Sullivan	Spectrum Striders	O50F
30	Danni Ebbrell	Vikings	O40F	90	Joane Cook	Ellesmere Port RC	U40F
31	Rebecca Sargeant	Penny Lane Striders	U30F	91	Laura Porter	Penny Lane Striders	U40F
32	Caroline Barrow	Widnes RC	O40F	92	Mary Burton	Lymm Runners	O50F
33	Jade Evans	Northwich RC	U30F	93	Kay Thompson	Warrington RC	O40F
34	Helen Johnson	Vikings	O40F	94	Angela Peerless	Pensby Runners	O60F
35	Jenny Illidge	Helsby	U30F	95	Catherine Ball	Vikings	O40F
36	Charlotte Sanderson-Rigby	Penny Lane Striders	U30F	96	Alison Felstead	Lymm Runners	O40F
37	Anne Gregory	Warrington RR	O40F	97	Collette O'Halleron	Kirkby Milers	O40F
38	Lorna Harper	Mersey Tri	U35F	98	Amanda Lee	Kirkby Milers	O40F
39	Claire Wyn-Jones	Ellesmere Port RC	U30F	99	Tracey Goble	Liverpool Running Bugs	O50F
40	Susan Kerfoot	St Helens Striders	U40F	100	Karen Morgan	Liverpool Running Bugs	O40F
41	Stephanie Humphries	Warrington RC	U30F	101	Sandra Bentley	Widnes RC	O50F
42	Janet Robertson	Helsby	O50F	102	Susan Cash	Vikings	O60F
43	Wendy Lee	Pensby Runners	O40F	103	Helen Eaton	Kirkby Milers	O40F
44	Hayley Fairclough	Liverpool RC	U40F	104	Louise Bradbury	Warrington RC	O40F
45	Tarja Barnes	Warrington RR	O40F	105	Katie Warburton	Northwich RC	U35F
46	Sarah Blacker	Mersey Tri	U30F	106	Jean Mitchell	Skem BH	O60F
47	Jill Carlin	Warrington Tri	O50F	107	Kathryn Ellis	Lymm Runners	O40F
48	Philippa Hardy	Vikings	O40F	108	Christine Grant	Penny Lane Striders	O50F
49	Alexandra Royden	Pensby Runners	U30F	109	Ursula Cheetham	Parbold Pink Panthers	O40F
50	Lynda Searby	Northwich RC	O40F	110	Nicola Spafford	Skem BH	U30F
51	Joane Cook	Ellesmere Port RC	U40F	111	Paula Need	Liverpool Running Bugs	O50F
52	Melanie Bradley	Northwich RC	O40F	112	Jayne Land	Skem BH	O40F
53	Jane Ashbrook	Helsby	O40F	113	Zoe Fillingham	St Helens Striders	O50F
54	Alison MacDonald	Ellesmere Port RC	O50F	114	Becky Harrison	Kirkby Milers	U20F
55	Tracy Pennington	Pensby Runners	O50F	115	Sarah Rowan	Skem BH	O40F
56	Hayley MacGugan	Widnes RC	U40F	116	Caroline Newton	Warrington RC	U40F
57	Helen Kelsall	Kirkby Milers	U40F	117	Joanne Mercer	St Helens Striders	O50F
58	Debbie Read	Helsby	O60F	118	Sarah Seddon	Warrington RC	O50F
59	Rachel Arnold	Helsby	O50F	119	Jennifer Chedgzoy	Kirkby Milers	U35F
60	Rosemary Symms	Chester Tri	O60F	120	Stephanie Charman	Knowsley Harriers	O60F

Note the 2nd place and 80th place tokens were taken by mistake so all ladies finishing above these positions move up

Team Results

Mens 'A' Teams (6 Runners)

Pos	Team	Score	Points
1	Liverpool RC 'A'	113	24
2	Penny Lane Striders 'A'	127	23
3	Mersey Tri 'A'	132	22
4	Kirkby Milers 'A'	188	21
5	Birkenhead & Pensby 'A'	201	20
6	St Helens Striders 'A'	246	19
7	Knowsley Harriers 'A'	378	18
8	Lymm & Warrington RR 'A'	448	17
9	Warrington RC 'A'	546	16
10	Warrington Tri 'A'	551	15
11	Chester Tri 'A'	569	14
12	Northwich RC 'A'	586	13
13	Vikings 'A'	740	12
14	Skem & Parbold 'A'	761	11
15	Liverpool Running Bugs 'A'	816	10
16	Spectrum Striders 'A'	847	9
17	Helsby 'A'	974	8
18	Widnes RC 'A'	1179	7
19	Delamere Spartans 'A'	905 (only 5 Ran)	6
20	Newburgh Nomads 'A'	879 (only 4 Ran)	5
21	Ellesmere Port RC 'A'	1161 (only 2 Ran)	4
22	Sunlight Runners 'A'	No Team	-
23	Village Runners 'A'	No Team	-
24	Widnes Wasps 'A'	No Team	-

Ladies 'A' Teams (3 Runners)

Pos	Team	Score	Points
1	Penny Lane Striders 'A'	21	24
2	Skem & Parbd 'A'	33	23
3	St Helens Striders 'A'	45	22
4	Widnes RC 'A'	48	21
5	Liverpool RC 'A'	75	20
6	Northwich RC 'A'	83	19
7	Birkenhead & Pensby 'A'	86	18
8=	Ellesmere Port RC 'A'	91	17
8=	Helsby 'A'	91	16
10	Lymm & Warrington RR 'A'	94	15
11	Vikings 'A'	112	14
12	Warrington RC 'A'	126	13
13	Mersey Tri 'A'	131	12
14	Knowsley Harriers 'A'	146	11
15	Spectrum Striders 'A'	167	10
16	Kirkby Milers 'A'	244	9
17	Liverpool Running Bugs 'A'	281	8
18	Warrington Tri 'A'	255(Only 2 Ran)	7
19	Chester Tri 'A'	275 (2 Ran)	6
20	Delamere Spartans 'A'	No Team	-
21	Newburgh Nomads 'A'	No Team	-
22	Sunlight Runners 'A'	No Team	-
23	Village Runners 'A'	No Team	-
24	Widnes Wasps 'A'	No Team	-

CURRENT POSITIONS

Mens 'A' Teams (6 Runners)

Pos	Team	Race 1	Race 2	Race 3	Total
1	Liverpool RC 'A'	23	24	24	71
2	Mersey Tri 'A'	24	23	22	69
3	Penny Lane Striders 'A'	20	22	23	65
4	Kirkby Milers 'A'	21	20	21	62
5	Knowsley Harriers 'A'	22	21	18	61
6	St Helens Striders 'A'	18	17	19	54
6	Birkenhead & Pensby 'A'	15	19	20	54
8	Lymm & Warrington RR 'A'	14	18	17	49
9	Warrington Tri 'A'	16	12	15	43
10	Northwich RC 'A'	14	15	13	42
11	Spectrum Striders 'A'	17	14	9	40
12	Helsby 'A'	19	9	8	36
12	Warrington RC 'A'	7	13	16	36
14	Chester Tri 'A'	10	11	14	35
15	Delamere Spartans 'A'	11	16	6	33
16	Skem & Parbold 'A'	12	4	11	27
17	Widnes RC 'A'	8	10	7	25
17	Vikings 'A'	5	8	12	25
19	Liverpool Running Bugs 'A'	6	7	10	23
20	Newburgh Nomads 'A'	9	6	5	20
21	Ellesmere Port RC 'A'	4	6	4	14
22	Sunlight Runners 'A'	3	4	NT	7
23	Village Runners 'A'	NT	NT	NT	-
24	Widnes Wasps 'A'	NT	NT	NT	-

Ladies 'A' Teams (3 Runners)

Pos	Team	Race 1	Race 2	Race 3	Total
1	Penny Lane Striders 'A'	23	24	24	71
2	Skem & Parbold 'A'	21	23	23	67
3	Widnes RC 'A'	24	21	21	66
3	St Helens Striders 'A'	22	22	22	66
5	Northwich RC 'A'	18	20	19	57
6	Liverpool RC 'A'	12	19	20	51
7	Lymm & Warrington RR 'A'	17	16	15	48
8	Spectrum Striders 'A'	19	17	10	46
8	Mersey Tri 'A'	16	18	12	46
8	Birkenhead & Pensby 'A'	14	14	18	46
11	Helsby 'A'	15	12	16	43
12	Chester Tri 'A'	20	16	6	42
13	Warrington RC 'A'	9	13	13	35
14	Knowsley Harriers 'A'	11	11	11	33
15	Ellesmere Port RC 'A'	10	5	17	32
16	Kirkby Milers 'A'	14	8	9	31
17	Vikings 'A'	6	10	14	30
18	Liverpool Running Bugs 'A'	8	6	8	22
19	Warrington Tri 'A'	5	9	7	21
20	Widnes Wasps 'A'	7	7	NT	14
21	Village Runners 'A'	4	5	NT	9
22	Delamere Spartans 'A'	NT	5	NT	5
23	Sunlight Runners 'A'	4	NT	NT	4
23	Newburgh Nomads 'A'	4	NT	NT	4