

North West XC – Race 6 – Birchwood Park – 24 February 2019 ~ 5.2M

Mens Results

1	Ian Lawton	Mersey Tri	U40M	75	Mike Aisbitt	Skem BH	O45M
2	Chris Stanford	Warrington Tri	U40M	76	Mark Dempsey	Mersey Tri	O40M
3	Martin Swensson	Penny Lane Striders	O40M	77	Mike Douglas	Warrington Tri	U40M
4	Jonathan Smith	Lymm Runners	U40M	78	Andrew McGlone	Kirkby Milers	U40M
5	Jamie Rutherford	Liverpool RC	U30M	79	Michael O'Rourke	Penny Lane Striders	U40M
6	Jonjo Doherty	St Helens Striders	U40M	80	Darren Eckersley	St Helens Striders	O45M
7	Dan Harbidge	Warrington Tri	U30M	81	John Williams	St Helens Striders	O40M
8	Dean Hanwell	Mersey Tri	U40M	82	Joe McCarthy	Mersey Tri	O45M
9	Paddy Eaton	Liverpool RC	U30M	83	Patrick Corrigan	Pensby Runners	O55M
10	Mark Clair	Mersey Tri	U40M	84	Kevin Gillibrand	Warrington RR	O50M
11	Jay Brittles	Mersey Tri	U40M	85	Paul Frodsham	Helsby	O60M
Guest	Tony O'Brian	Mersey Tri	O45M	86	Graham Coupe	Vikings	O45M
12	Ian Magill	Liverpool RC	O50M	87	Ian Wilson	Mersey Tri	U40M
13	Phil Johnson	Mersey Tri	U40M	88	Andy Gaskell	Spectrum Striders	O50M
14	Thomas Wilson	Liverpool RC	U30M	89	Jim Dawson	Lymm Runners	O55M
15	James Toohy	Liverpool RC	U30M	90	Luke Wills	Skem BH	U40M
16	Mark Howard	Mersey Tri	O40M	91	Ian Atkinson	Chester Tri	O55M
17	David Willshire	Penny Lane Striders	U40M	92	Lucas Pilkington	Northwich RC	U30M
18	Sean Wilton	Kirkby Milers	U30M	93	Ian Wright	St Helens Striders	O45M
19	Rob Kelly	Liverpool RC	U40M	94	Sam Stretch	Liverpool Running Bugs	-
20	Alex Cowin	Penny Lane Striders	U40M	95	Daniel Tetlow	St Helens Striders	U40M
21	Danny Schofield	Warrington RC	U30M	96	Bobby Burke	Liverpool RC	O50M
22	Michael Heyes	Mersey Tri	U40M	97	Steve Thompson	Warrington RR	U40M
23	Alex Rigby	Liverpool RC	U30M	98	Steve Sherwen	Lymm Runners	O45M
24	Alan Smithson	Mersey Tri	U40M	99	Paul Brown	Liverpool RC	U40M
25	Daniel Dunnington	Mersey Tri	U30M	100	Paul Wilson	Liverpool RC	O45M
26	Lee Dunham	Mersey Tri	U40M	101	Mark Baker	Warrington Tri	O45M
27	Will Kozer	Widnes RC	U40M	102	Paul Riley	Penny Lane Striders	O45M
28	Adam Simpkin	Liverpool RC	U40M	103	Andy Mitchell	Sunlight Runners	O45M
29	Jay Williams	Kirkby Milers	U40M	104	Jim Maxfield	Newburgh Nomads	O60M
30	Phil Riding	Penny Lane Striders	O40M	105	Robert Cooper	Penny Lane Striders	U40M
31	Marty Christian	Kirkby Milers	O45M	106	George Oliver	Northwich RC	U30M
32	Stuart Berry	Lymm Runners	U40M	107	Nigel Foo	Penny Lane Striders	O50M
33	Edwin Drost	Warrington RC	U40M	108	Antony Cheers	St Helens Striders	U40M
34	Mark Riley	St Helens Striders	U40M	109	Alan McDermott	Penny Lane Striders	O50M
35	Carl Murphy	Liverpool RC	U40M	110	Jay Ennis	Mersey Tri	O45M
36	Kevin Walker	Skem BH	O40M	111	Ash Stillwell	Liverpool Running Bugs	-
37	Francis Hourigan	Widnes RC	O40M	112	Andy Garnett	Spectrum Striders	O60M
38	Gary Wilton	Kirkby Milers	O40M	113	Lee Barlow	Northwich RC	O40M
39	Phil Rowen	Lymm Runners	O45M	114	David Lynan	Penny Lane Striders	O45M
40	Alex Mason	Delamere Spartans	O40M	115	Mark Glaister	Skem BH	O55M
41	Chris Ryan	Mersey Tri	U40M	116	Mike Atkinson	Warrington RC	O60M
42	David Edwards	Kirkby Milers	O55M	117	Sean Simmons	Chester Tri	O45M
43	Stephen Harrison	Birkenhead	O45M	118	Andrew Gerrard	Warrington RR	O50M
44	Robert Owens	Knowsley Harriers	U40M	119	Geoff Hand	Spectrum Striders	O60M
Guest	Tim Shanker	Manchester YMCA	-	120	Grant Davidson	Mersey Tri	O45M
45	Mark Hadland	Spectrum Striders	O40M	121	Stephen Entwistle	Vikings	O55M
46	Lewis Houghton	Kirkby Milers	U30M	122	Nick Morton	Kirkby Milers	U30M
47	Rob Hough	Spectrum Striders	O45M	123	Julian Spencer	Spectrum Striders	O55M
48	Matt Clair	Liverpool RC	U40M	124	Nathan Ashurst	Warrington RC	U40M
49	Kevin Smith	Helsby	O40M	125	Andrew Hankinson	Widnes RC	U30M
50	Michael Ball	Kirkby Milers	-	126	Andy Shaw	St Helens Striders	U40M
51	Kevin Harrison	Kirkby Milers	O40M	127	Christopher Lee	Liverpool Running Bugs	O50M
52	Matthew Robinson	Newburgh Nomads	O40M	128	Simone Tondelloni	Lymm Runners	U40M
53	Rob Bruford	Northwich RC	O40M	129	John Suckley	Pensby Runners	O60M
54	Kevin Brennan	St Helens Striders	O50M	130	Frank Kelly	Liverpool RC	O55M
55	Ian Hewitt	Liverpool Running Bugs	O40M	131	Rob McHarry	Spectrum Striders	O55M
56	Owen Barden	Mersey Tri	O45M	132	Dave Roberts	Ellesmere Port RC	O55M
57	Adam Fitzsimmons	Kirkby Milers	U30M	133	Charlie Anderson	Village Runners	O45M
58	Daniel Peers	Spectrum Striders	U30M	134	Dan Bruffell	Pensby Runners	O45M
59	Leslie Johnson	Northwich RC	O50M	135	Ian Davies	Birkenhead	O55M
60	Paulo Teixeira_Felix	Skem BH	O40M	136	Alan Wheelhouse	Warrington RR	O50M
61	Andrew Keeley	Penny Lane Striders	O55M	137	Geoff Rudd	Liverpool RC	O55M
62	Paul Cheetham	Skem BH	O45M	138	Paul Dowdle	St Helens Striders	O45M
63	Conal Cunningham	Penny Lane Striders	O40M	139	Kieron Carr	Liverpool Running Bugs	O45M
64	Dave Douglas	Delamere Spartans	O50M	140	Paul Robertson	Vikings	O55M
65	Peter Cushion	Vikings	O45M	141	Anthony Peacock	Penny Lane Striders	O60M
66	Kevin Charleston	Pensby Runners	U40M	142	Neil Jenkins	Chester Tri	O50M
67	Mark Walker	Warrington Tri	O45M	143	James Brown	Liverpool Running Bugs	-
68	Gary English	Liverpool RC	O55M	144	Jon Reynolds	Liverpool RC	O45M
69	Nigel Grant	Penny Lane Striders	O55M	145	Paul Harbidge	Warrington Tri	O55M
70	Michael Waring	Chester Tri	O50M	146	Lee Shears	Lymm Runners	O40M
71	Matthew Parmenter	St Helens Striders	O40M	147	Gary Cash	Vikings	O60M
72	Paul Ravenscroft	Warrington RR	O45M	148	James Roberts	Penny Lane Striders	U40M
73	Brian Seal	Village Runners	U40M	149	Joe McGlynn	Penny Lane Striders	O60M
74	Colin Walsh	Penny Lane Striders	U40M	150	Chris Alexander	Kirkby Milers	U30M

151	Peter Smith	Widnes RC	-	174	Adam Staines	Skem BH	O50M
152	Stephen Mcconville	Pensby Runners	O50M	175	Neil Egerton	Widnes RC	O50M
153	Mark Scott	Liverpool RC	O50M	176	Colin Wightman	Mersey Tri	O45M
154	Andy Waring	Birkenhead	O60M	177	Mark Fillingham	St Helens Striders	O50M
155	Andie Gow	Pensby Runners	O60M	178	Sean Loughran	Kirkby Milers	O55M
156	Stuart Greenhall	Northwich RC	O55M	179	John Fitzgerald	Mersey Tri	O60M
157	Andy Dalton	Skem BH	O55M	180	Chris Boydell	Liverpool Running Bugs	-
158	Steve Pemberton	Penny Lane Striders	O60M	181	Dave Thompson	Spectrum Striders	O60M
159	David Glover	Warrington RC	U40M	182	Paul Wilson	Widnes RC	O55M
160	Terry Charles	Vikings	O60M	183	Dennis Yarwood	Spectrum Striders	O50M
161	Damian Smith	Spectrum Striders	O45M	184	Roy Fisher	Pensby Runners	O60M
162	Terry Lynch	Penny Lane Striders	O50M	185	James Blundell	Spectrum Striders	U40M
163	Andrew Glen	Liverpool Running Bugs	O55M	186	Richard MacIlwaine	Spectrum Striders	O60M
164	Alan Spencer	Knowsley Harriers	O55M	187	Peter Burton	Lymm Runners	O55M
165	Tim Holloway	Delamere Spartans	O50M	188	Simon Hackett	Lymm Runners	O55M
166	Rob Lloyd	Widnes RC	O45M	189	Harry Pepper	Mersey Tri	O45M
167	Paul Alexander	Pensby Runners	O60M	190	Nigel Pratten	Pensby Runners	O60M
168	Joe Allen	Kirkby Milers	U20M	191	Robert Shanahan	Vikings	O50M
169	Fred Duenbier	Newburgh Nomads	O60M	192	Ian Chalmers	Pensby Runners	O60M
170	Colin Lamprey	Pensby Runners	O55M	193	Kedar Dhopate	Liverpool Running Bugs	O40M
171	Micheal Graham	Kirkby Milers	U40M	194	Peter Marrs	Liverpool RC	O60M
172	Tony Green	Penny Lane Striders	O60M	195	Mick O'Brien	Knowsley Harriers	O50M
173	Mark Cowan	Vikings	U40M	196	Bryan Forth	Warrington RR	O45M

(As the guest in 12 position took a counter places from 13 onward have been moved up a place).

Ladies Results

1	Kelly Hamilton	St Helens Striders	U35F	53	Jenny Edmondson	Skem BH	O40F
2	Liz Turner	Penny Lane Striders	U40F	54	Kassia Boydell	Liverpool Running Bugs	-
3	Susan Fourie	Chester Tri	O40F	55	Rosemary Symms	Chester Tri	O60F
4	Honor Thompson	Skem BH	O40F	56	Michelle Jones	Delamere Spartans	U35F
5	Holly Bishton	Penny Lane Striders	U30F	57	Elaine Parry	St Helens Striders	O40F
6	Maria Cook	Parbold Pink Panthers	O40F	58	Karen Smith	Chester Tri	O40F
7	Bobbie Lomax	Warrington RR	O40F	59	Sinead Cairns	Liverpool Running Bugs	U30F
8	Louise Casey	Widnes RC	U40F	60	Susan Cash	Vikings	O60F
9	Anna Begbie	Warrington RC	U40F	61	Katherine Robertson	Mersey Tri	U40F
10	Becky Wadeson	Skem BH	U40F	62	Joanne McGillicuddy	Widnes Wasps	O40F
11	Liz Whitfield	Spectrum Striders	O40F	63	Amy Cregan	Warrington Tri	U40F
12	Kylie Barlow	St Helens Striders	U35F	64	Mary Burton	Lymm Runners	O50F
13	Marina Maxwell	Widnes RC	O40F	65	Anne Oxbrough	Penny Lane Striders	U40F
14	Alison Russell	Spectrum Striders	U40F	66	Cristina Puccini	Penny Lane Striders	O50F
15	Bridget Glaister	Parbold Pink Panthers	O40F	67	Nicola Spafford	Skem BH	U30F
16	Janet Owens	Knowsley Harriers	O40F	68	Jessica Garrigan	Liverpool RC	U40F
17	Anna Parsons	Northwich RC	O40F	69	Alison Falstaff	Lymm Runners	-
18	Tiffany Moorcroft	Northwich RC	O40F	70	Jane Woodburn	Skem BH	O50F
19	Lisa Cheers	St Helens Striders	U35F	71	Kathryn Ellis	Lymm Runners	O40F
20	Kathryn Bradley	Penny Lane Striders	U30F	72	Gerry Shaw	St Helens Striders	U35F
21	Lucy Partridge	Pensby Runners	O40F	73	Kerry Riley	St Helens Striders	U40F
22	Beata Suthard	Northwich RC	U40F	74	Collette O'Halleron	Kirkby Milers	O40F
23	Helen Johnson	Vikings	O40F	75	Sally Napthen	Chester Tri	O50F
24	Sharon Samson	Penny Lane Striders	U40F	76	Jean Mitchell	Skem BH	O60F
25	Nicky Lawrence	Widnes RC	-	77	Noreen Martin	Skem BH	O50F
26	Susan Kerfoot	St Helens Striders	U40F	78	Helen Eaton	Kirkby Milers	O40F
27	Jess Crook	Skem BH	U30F	79	Sarah Shaw	Widnes RC	O40F
28	Pamela Thurtle	Penny Lane Striders	O40F	80	Sue Burke	Liverpool RC	O50F
29	Caroline Barrow	Widnes RC	O40F	81	Claire Meadows	Penny Lane Striders	O50F
30	Hayley Fairclough	Liverpool RC	U40F	82	Tracey Goble	Liverpool Running Bugs	O50F
31	Lisa Lee	Widnes RC	O40F	83	Sandra Bentley	Widnes RC	O50F
32	Nicola Hayes	Skem BH	O40F	84	Dawn Hignett	Widnes RC	O40F
33	Lenka Vidamour	Penny Lane Striders	U40F	85	Zara Thompson	Liverpool Running Bugs	U35F
34	Debbie Wilson	Mersey Tri	U40F	86	Jessica Messenger	Northwich RC	O40F
35	Melanie Bradley	Northwich RC	O40F	87	Zoe Fillingham	St Helens Striders	O50F
36	Janet Robertson	Helsby	O50F	88	Becky Harrison	Kirkby Milers	U20F
37	Helen Lonsdale	Northwich RC	O40F	89	Louise Bradbury	Warrington RC	O40F
38	Dawn Fairclough	Liverpool RC	U40F	90	Helen Goldsmith	Warrington RC	O40F
39	Sue Heaps	St Helens Striders	O50F	91	Hayley Hourigan	Widnes RC	O40F
40	Ginny Johnson	Penny Lane Striders	O40F	92	Heather McBride	Northwich RC	U30F
41	Amanda Lee	Kirkby Milers	O40F	93	Ann Green	Kirkby Milers	O50F
42	Debbie Read	Helsby	O60F	94	Nicola Perrins	Chester Tri	O40F
43	Emma Nunnerley	Lymm Runners	O40F	95	Ursula Cheetham	Parbold Pink Panthers	O40F
44	Lynda Searby	Northwich RC	O40F	96	Sarah Rowan	Skem BH	O40F
45	Ruth Hewitt	Liverpool Running Bugs	O40F	97	Vicky Ferguson	Widnes Wasps	O40F
46	Sian Maguire	St Helens Striders	U30F	98	Carolyn Rigby	Widnes RC	-
47	Janet Walker	Skem BH	O40F	99	Penny Worthington	Widnes RC	O50F
48	Gaynor Seymour	Lymm Runners	O40F	100	Joanne Mercer	St Helens Striders	O50F
49	Annamarie Williams	Penny Lane Striders	O40F	101	Jennifer Chedgzoy	Kirkby Milers	U35F
50	Donna Adlard	Vikings	O40F	102	Stephanie Charman	Knowsley Harriers	O60F
51	Kate Johnston	Spectrum Striders	O40F	103	Agata Rutkowska	Widnes Wasps	U40F
52	Alison Morgan	Warrington RR	O40F	104	Trish Preston	Warrington RC	O40F

Team Results

Mens 'A' Teams (6 Runners)

Pos	Team	Score	Points
1	Mersey Tri 'A'	59	24
2	Liverpool RC 'A'	74	23
3	Penny Lane Striders 'A'	194	22
4	Kirkby Milers 'A'	204	21
5	Lymm & Warrington RR 'A'	320	20
6	St Helens Striders 'A'	326	19
7	Warrington Tri 'A'	399	18
8	Skem & Parbold 'A'	438	17
9	Spectrum Striders 'A'	469	16
10	Northwich RC 'A'	579	15
11	Birkenhead & Pensby 'A'	590	14
12	Liverpool Running Bugs 'A'	669	13
13	Widnes RC 'A'	681	12
14	Vikings 'A'	719	11
15	Warrington RC 'A'	659 (Only 5 Ran)	10
16	Chester Tri 'A'	832 (Only 4 Ran)	9
17	Delamere Spartans 'A'	887 (Only 3 Ran)	8
18	Newburgh Nomads 'A'	943 (Only 3 Ran)	7
19	Knowsley Harriers 'A'	1021 (Only 3 Ran)	6
20	Helsby 'A'	958 (Only 2 Ran)	5
21	Village Runners 'A'	1030 (Only 2 Ran)	4
22	Sunlight Runners 'A'	1133 (Only 1 Ran)	3
23	Ellesmere Port RC 'A'	1162 (Only 1 Ran)	2
24	Widnes Wasps 'A'	No Team	0

Ladies 'A' Teams (3 Runners)

Pos	Team	Score	Points
1	Skem & Parbold 'A'	20	24
2	Penny Lane Striders 'A'	27	23
3	St Helens Striders 'A'	39	22
4	Widnes RC 'A'	46	21
5	Northwich RC 'A'	57	20
6	Spectrum Striders 'A'	76	19
7	Lymm & Warrington RR 'A'	98	18
8	Chester Tri 'A'	116	17
9	Vikings 'A'	133	16
10	Liverpool RC 'A'	136	15
11	Liverpool Running Bugs 'A'	158	14
12	Warrington RC 'A'	188	13
13	Kirkby Milers 'A'	193	12
14	Widnes Wasps 'A'	262	11
15	Helsby 'A'	192 (Only 2 Ran)	10
16	Mersey Tri 'A'	209 (Only 2 Ran)	9
17	Knowsley Harriers 'A'	232 (Only 2 Ran)	8
18	Birkenhead & Pensby 'A'	249 (Only 1 Ran)	7
19	Delamere Spartans 'A'	284 (Only 1 Ran)	6
20	Warrington Tri 'A'	291 (Only 1 Ran)	5
21	Ellesmere Port RC 'A'	No Team	0
22	Newburgh Nomads 'A'	No Team	0
23	Sunlight Runners 'A'	No Team	0
24	Village Runners 'A'	No Team	0
25	'A'	No Team	0

Many thanks to Spectrum Striders for organising today's race and the refreshments afterwards. Special thanks also to all the marshalls.
Congratulations to everyone who took part today especially the individual winners and the winning teams.

FINAL POSITIONS

Mens 'A' Teams (6 Runners)

Pos	Team	Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Total (Best 5)
1	Mersey Tri 'A'	24	23	22	24	24	24	119
2	Liverpool RC 'A'	23	24	24	23	23	23	117
3	Penny Lane Striders 'A'	20	22	23	22	22	22	111
4	Kirkby Milers 'A'	21	20	21	21	21	21	105
5	St Helens Striders 'A'	18	17	19	20	19	19	95
6	Birkenhead & Pensby 'A'	15	19	20	15	20	14	89
7	Lymm & Warrington RR 'A'	14	18	17	14	17	20	86
8	Knowsley Harriers 'A'	22	21	18	18	6	6	85
9	Warrington Tri 'A'	16	12	15	19	7	18	80
10	Northwich RC 'A'	14	15	13	17	18	15	79
11	Spectrum Striders 'A'	17	14	9	16	10	16	73
12	Warrington RC 'A'	7	13	16	10	16	10	65
13	Skem & Parbold 'A'	12	4	11	9	15	17	64
14	Helsby 'A'	19	9	8	13	13	5	62
15	Chester Tri 'A'	10	11	14	8	14	9	58
16	Delamere Spartans 'A'	11	16	6	12	0	8	53
17	Widnes RC 'A'	8	10	7	11	11	12	52
18	Liverpool Running Bugs 'A'	6	7	10	6	12	13	48
19	Vikings 'A'	5	8	12	7	8	11	46
20	Newburgh Nomads 'A'	9	6	5	5	9	7	36
21	Ellesmere Port RC 'A'	4	6	4	4	NT	2	20
22	Sunlight Runners 'A'	3	4	NT	3	NT	3	13
23	Village Runners 'A'	NT	NT	NT	NT	NT	4	4
24	Widnes Wasps 'A'	NT	NT	NT	NT	NT	NT	NT

Ladies 'A' Teams (3 Runners)

Pos	Team	Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Total (Best 5)
1	Penny Lane Striders 'A'	23	24	24	23	21	23	117
2	Skem & Parbold 'A'	21	23	23	21	24	24	115
3	St Helens Striders 'A'	22	22	22	22	14	22	110
4	Widnes RC 'A'	24	21	21	20	22	21	109
5	Northwich RC 'A'	18	20	19	18	18	20	95
6	Spectrum Striders 'A'	19	17	10	17	19	19	91
7	Liverpool RC 'A'	12	19	20	19	13	15	86
7	Lymm & Warrington RR 'A'	17	16	15	15	20	18	86
9	Mersey Tri 'A'	16	18	12	16	23	9	85
10	Helsby 'A'	15	12	16	24	16	10	83
11	Chester Tri 'A'	20	16	6	13	12	17	78
12	Birkenhead & Pensby 'A'	14	14	18	11	10	7	67
12	Vikings 'A'	6	10	14	12	15	16	67
14	Kirkby Milers 'A'	14	8	9	9	17	12	61
15	Warrington RC 'A'	9	13	13	10	11	13	60
16	Knowsley Harriers 'A'	11	11	11	14	6	8	55
17	Liverpool Running Bugs 'A'	8	6	8	6	9	14	45
18	Widnes Wasps 'A'	7	7	NT	7	8	11	40
19	Ellesmere Port RC 'A'	10	5	17	NT	5	NT	37
20	Warrington Tri 'A'	5	9	7	8	7	5	36
21	Village Runners 'A'	4	5	NT	5	NT	NT	14
22	Delamere Spartans 'A'	NT	5	NT	NT	NT	6	11
23	Sunlight Runners 'A'	4	NT	NT	NT	NT	NT	4
23	Newburgh Nomads 'A'	4	NT	NT	NT	NT	NT	4

(NT= No Team)

Congratulations to this years winners – **Men** – Individual – Ian Lawton (Mersey Tri, Team – Mersey Tri – **Ladies** - Individual – Kelly Hamilton (St Helen Striders) , Team – Penny Lane Striders.

See you all next season - John & Steve