

North West XC – Race 4 – Arrowse Park – 2 December 2012 – 4.6M

Mens Results

| | | | | | | | |
|----|----------------------|-------------------------------|------------|-----|---------------------|-------------------------------|-----|
| 1 | James McNally | Penny Lane Striders | SM | 65 | Steve Gordon | Pensby Runners | V40 |
| 2 | Martin Swensson | Penny Lane Striders | SM | 66 | Jonathon Fisher | Liverpool RC | SM |
| 3 | Matthew Smith | Liverpool RC | SM | 67 | John McNamara | Liverpool RC | SM |
| 4 | Mark Clair | Knowsley Harriers | SM | 68 | Paul Crawley | Warrington Road Runners | V40 |
| 5 | Jonathon Mullen | Pensby Runners | SM | 69 | Russ Platt | Warrington Road Runners | V40 |
| 6 | James Ashworth | Skemersdale Boundary Harriers | SM | 70 | Michael Gall | Knowsley Harriers | SM |
| 7 | Ian Magill | Liverpool RC | V40 | 71 | Billy O'Brien | Warrington Road Runners | V50 |
| | Joe Johnson | Wirral (Guest) | V40 | 72 | Ian McAuslan | Spectrum Striders | SM |
| 8 | Adair Broughton | Helsby | SM | 73 | Mike Connor | Knowsley Harriers | V40 |
| 9 | Robert Kelly | Knowsley Harriers | SM | 74 | Andrew Glen | Knowsley Harriers | V40 |
| 10 | Chris Millington | Spectrum Striders | V40 | 75 | Rob Hardwick | Penny Lane Striders | V40 |
| 11 | Neil Bullock | Penny Lane Striders | SM | 76 | Tommy Burke | Penny Lane Striders | V60 |
| 12 | Ian Palin | Liverpool RC | V40 | 77 | Mark Scott | Liverpool RC | V40 |
| 13 | Steven Nijs | Knowsley Harriers | SM | 78 | Andy Waring | Birkenhead | V50 |
| 14 | John McMaster | Skemersdale Boundary Harriers | SM | 79 | Adam MacIwane | Spectrum Striders | SM |
| 15 | Lawrence Eccles | Penny Lane Striders | SM | 80 | Mark Byrne | Warrington Road Runners | V40 |
| 16 | Daniel Ankrah | Knowsley Harriers | SM | 81 | William Merritt | Knowsley Harriers | V50 |
| 17 | Dean Wilson | Liverpool RC | SM | 82 | Dave Cain | Penny Lane Striders | V50 |
| 18 | David Edwards | Knowsley Harriers | V50 | 83 | Paul Pierce | Liverpool RC | |
| 19 | Chris Dawson | Spectrum Striders | SM | 84 | Conor McGarry | Knowsley Harriers | SM |
| 20 | Paul Schumann | Knowsley Harriers | V40 | 85 | Paul Cope | Knowsley Harriers | SM |
| 21 | Jamie O'Brien | Warrington Road Runners | SM | 86 | Andy Dalton | Skemersdale Boundary Harriers | V50 |
| 22 | Mike Welsby | Spectrum Striders | V40 | 87 | Dave Gallimore | Warrington Road Runners | SM |
| 23 | Karl Steinegger | Spectrum Striders | SM | 88 | Darren Unsworth | Knowsley Harriers | V40 |
| 24 | Ian Russell | Penny Lane Striders | V40 | 89 | Mark Hammil | Lymm Runners | V40 |
| 25 | Julian Spencer | Spectrum Striders | V50 | 90 | Hamsin Hadziabdik | Birkenhead | V40 |
| 26 | Ian Bamber | Spectrum Striders | V40 | 91 | Gary Thornton-Allen | Pensby Runners | SM |
| 27 | Chris Spinks | Knowsley Harriers | SM | 92 | Gordon Scholefield | Pensby Runners | V60 |
| 28 | Tony Jackson | Newburgh Nomads | V50 | 93 | Brad Ehlen | Spectrum Striders | V40 |
| 29 | Simon Rogers | Pensby Runners | V50 | 94 | Steve Pemberton | Penny Lane Striders | V50 |
| 30 | Dave Connor | Knowsley Harriers | SM | 95 | David Clarke | Liverpool RC | SM |
| 31 | John Connolly | Penny Lane Striders | V40 | 96 | Fran McCombs | Liverpool RC | V40 |
| 32 | Rob Williams | Knowsley Harriers | SM | 97 | Geff Hetherington | Knowsley Harriers | SM |
| 33 | Tom Madden | Liverpool RC | SM | 98 | Roger Graham | Pensby Runners | SM |
| 34 | Martin Christian | Knowsley Harriers | | 99 | Frank Martin | Penny Lane Striders | V50 |
| 35 | Dale Higham | Penny Lane Striders | SM | 100 | Mike Devereux | Penny Lane Striders | V60 |
| 36 | Stephen Millar | Liverpool RC | SM | 101 | John Keyworth | Pensby Runners | V50 |
| 37 | Robert Givnan | Liverpool RC | V40 | 102 | Andrew Stansfield | Penny Lane Striders | V50 |
| 38 | Robbie Burke | Liverpool RC | V40 | 103 | Ian Broadhurst | Knowsley Harriers | V40 |
| 39 | John Thompson | Skemersdale Boundary Harriers | V40 | 104 | Andy Smith | Helsby | V50 |
| 40 | David Holmes | Lymm Runners | SM | 105 | Dave Thompson | Spectrum Striders | V50 |
| 41 | Kevin Brown | Knowsley Harriers | V40 | 106 | Steve Green | Liverpool RC | SM |
| 42 | Dave Ralphs | Newburgh Nomads | V50 | 107 | Ian Sneddon | Birkenhead | V60 |
| 43 | Mitch Hawkins | Penny Lane Striders | SM | 108 | John Owens | Knowsley Harriers | SM |
| 44 | Owen Cotterell | Knowsley Harriers | SM | 109 | Rod Jones | Liverpool RC | V50 |
| 45 | Jim Dawson | Warrington Road Runners | V40 | 110 | Richard MacIwaine | Spectrum Striders | V50 |
| 46 | Dan Brookes | Newburgh Nomads | SM | 111 | Steve Saunders | Birkenhead | V40 |
| 47 | Andy Huxley | Skemersdale Boundary Harriers | V40 | 112 | Russell Burnham | Penny Lane Striders | V40 |
| 48 | Dominic Byrne | Liverpool RC | | 113 | Andy Morley | Pensby Runners | V50 |
| 49 | George Pierce | Liverpool RC | V40 | 114 | David Swingler | Liverpool RC | SM |
| 50 | Geoff Rudd | Liverpool RC | V50 | 115 | Ciaran Marron | Knowsley Harriers | SM |
| 51 | Lee Ward | Liverpool RC | SM | 116 | John Gresty | Skemersdale Boundary Harriers | V60 |
| 52 | John Jensen | Penny Lane Striders | SM | 117 | Tommy Gates | Penny Lane Striders | V50 |
| 53 | Tim Court | Newburgh Nomads | V40 | 118 | Martin Catterall | Warrington Road Runners | SM |
| 54 | Phil Rose | Spectrum Striders | V50 | 119 | Tony Morris | Liverpool RC | V50 |
| 55 | Nicholas Avraam | Warrington Road Runners | SM | 120 | Steve Girling | Pensby Runners | V60 |
| 56 | Graham Stuart | Liverpool RC | | 121 | Dave Mangan | Penny Lane Striders | V50 |
| 57 | Billy McLoughlin | Liverpool RC | SM | 122 | Ken Black | Spectrum Striders | V60 |
| 58 | Ian McNeill | Birkenhead | V50 | 123 | John Dunphy | Knowsley Harriers | V40 |
| 59 | Dave Moran | Liverpool RC | V50 | 124 | Steve Conway | Liverpool RC | V50 |
| 60 | Paul Brady | Penny Lane Striders | V40 | 125 | Graeme Hinds | Penny Lane Striders | V40 |
| 61 | Keith Andrews | Liverpool RC | V40 | 126 | Mark Morrison | Birkenhead | V50 |
| 62 | Kenny Forster | Spectrum Striders | V50 | 127 | Brian Forth | Warrington Road Runners | V40 |
| 63 | Fred Duenbier | Newburgh Nomads | V50 | | | | |
| 64 | Mike McCabe | Newburgh Nomads | V40 | | | | |

Ladies Results

| | | | | | | | |
|----|-------------------|-------------------------|------|----|---------------------|-------------------------------|------|
| 1 | Jayne Joy | Helsby | SL | 24 | Jane Woodburn | Skemersdale Boundary Harriers | FV40 |
| 2 | Tracy Entwistle | Warrington Road Runners | FV40 | 25 | Carole Morrison | Birkenhead | FV50 |
| 3 | Natalie Palin | Liverpool RC | SL | 26 | Abigail Willmitt | Liverpool RC | SL |
| 4 | Jenny Illidge | Helsby | SL | 27 | Jane Hallows | Penny Lane Striders | FV40 |
| 5 | Yvonne Wyke | Parbold Pink Panthers | FV40 | 28 | Sue Buck | Spectrum Striders | FV40 |
| 6 | Karon Forster | Spectrum Striders | FV50 | 29 | Gill Collen | Warrington Road Runners | FV50 |
| 7 | Louise Nicholson | Liverpool RC | FV35 | 30 | Lou Ball | Parbold Pink Panthers | FV35 |
| 8 | Alex O'Brian | Liverpool RC | | 31 | Heather Garland | Spectrum Striders | FV35 |
| 9 | Sue Cain | Penny Lane Striders | FV50 | 32 | Sue Burke | Liverpool RC | FV40 |
| 10 | Debbie Turner | Liverpool RC | FV40 | 33 | Jane Lightfoot | Knowsley Harriers | SL |
| 11 | Michelle Cobourn | Penny Lane Striders | SL | 34 | Yvonne Longer | Birkenhead | FV50 |
| 12 | Vanessa Griffiths | Helsby | FV40 | 35 | Sophie Hunter | Liverpool RC | SL |
| 13 | Karen Smith | Liverpool RC | FV40 | 36 | Catherine Lancaster | Pensby Runners | FV50 |
| 14 | Sue O'Brien | Knowsley Harriers | FV50 | 37 | Justine Moore | Knowsley Harriers | FV40 |
| 15 | Myka Heard | Penny Lane Striders | FV40 | 38 | Angela Andrews | Liverpool RC | FV40 |
| 16 | Anne Gregory | Warrington Road Runners | FV40 | 39 | Nicky Johnson | Parbold Pink Panthers | FV35 |
| 17 | Oonagh Jaquest | Penny Lane Striders | FV35 | 40 | Lucy Smith | Liverpool RC | SL |
| 18 | Fiona Johnson | Parbold Pink Panthers | FV40 | 41 | Robby Richey | Penny Lane Striders | FV35 |
| 19 | Mandy McGonigle | Pensby Runners | FV40 | 42 | Anne Hewitt | Spectrum Striders | FV60 |
| 20 | Val Desborough | Penny Lane Striders | FV50 | 43 | Katy O'Connor | Lymm Runners | FV50 |
| 21 | Rachel Burke | Liverpool RC | SL | 44 | Angela Gwynn | Birkenhead | FV50 |
| 22 | Debbie Read | Spectrum Striders | FV50 | 45 | Janine Parry | Pensby Runners | FV40 |
| 23 | Lynne Healy | Liverpool RC | FV35 | | | | |

Team Results

Mens 'A' Teams (6 Runners)

| Pos | Team | Score | Points |
|-----|-------------------------------|-------|--------|
| 1 | Knowsley Harriers 'A' | 80 | 8 |
| 2 | Penny Lane Striders 'A' | 84 | 7 |
| 3 | Liverpool RC 'A' | 108 | 6 |
| 4 | Spectrum Striders 'A' | 125 | 5 |
| 5 | Helsby, Lymm & Warrington 'A' | 237 | 4 |
| 6 | Newburgh Nomads 'A' | 296 | 3 |
| 7 | Skem & Parbold 'A' | 308 | 2 |
| 8 | Birkenhead & Pensby 'A' | 325 | 1 |

Mens 'B' Teams (6 Runners)

| Pos | Team | Score | Points |
|-----|-------------------------------|---------|--------|
| 1 | Knowsley Harriers 'B' | 208 | 8 |
| 2 | Liverpool RC 'B' | 273 | 7 |
| 3 | Penny Lane Striders 'B' | 341 | 6 |
| 4 | Spectrum Striders 'B' | 465 | 5 |
| 5 | Helsby, Lymm & Warrington 'B' | 500 | 4 |
| 6 | Birkenhead & Pensby 'B' | 600 | 3 |
| 7 | Newburgh Nomads 'B' | No Team | - |
| 8 | Skem & Parbold 'B' | No Team | - |

Ladies 'A' Teams (3 Runners)

| Pos | Team | Score | Points |
|-----|-------------------------------|---------|--------|
| 1 | Helsby, Lymm & Warrington 'A' | 7 | 8 |
| 2 | Liverpool RC 'A' | 18 | 7 |
| 3 | Penny Lane Striders 'A' | 35 | 6 |
| 4 | Skem & Parbold 'A' | 47 | 5 |
| 5 | Spectrum Striders 'A' | 56 | 4 |
| 6 | Birkenhead & Pensby 'A' | 78 | 3 |
| 7 | Knowsley Harriers 'A' | 84 | 2 |
| 8 | Newburgh Nomads 'A' | No Team | - |

Ladies 'B' Teams (3 Runners)

| Pos | Team | Score | Points |
|-----|-------------------------------|------------------|--------|
| 1 | Liverpool RC 'B' | 44 | 8 |
| 2 | Helsby, Lymm & Warrington 'B' | 57 | 7 |
| 3 | Penny Lane Striders 'B' | 64 | 6 |
| 4 | Birkenhead & Pensby 'B' | 125 | 5 |
| 5 | Skem & Parbold 'B' | 124 (Only 2 Ran) | 4 |
| 6 | Spectrum Striders 'B' | 128 (Only 2 Ran) | 3 |
| 7 | Knowsley Harriers 'B' | No Team | 0 |
| 8 | Newburgh Nomads 'B' | No Team | 0 |

Combined Team Results (7 men + 3 Women)

| Pos | Team | Score | Points |
|-----|-------------------------------|-------|--------|
| 1 | Penny Lane Striders 'A' | 154 | 8 |
| 2 | Liverpool RC 'A' | 163 | 7 |
| 3 | Knowsley Harriers 'A' | 191 | 6 |
| 4 | Spectrum Striders 'A' | 235 | 5 |
| 5 | Helsby, Lymm & Warrington 'A' | 313 | 4 |
| 6 | Birkenhead & Pensby 'A' | 494 | 3 |
| 7 | Newburgh Nomads 'A' | INC | - |
| 8 | Skem & Parbold 'A' | INC | - |

NOTE

'B' Team and Combined Team Results for information only.

CURRENT POSITIONS

Mens 'A' Teams (6 Runners)

| Pos | Team | Race 1 | Race 2 | Race 3 | Race 4 | Total |
|-----|-------------------------------|--------|--------|--------|--------|-------|
| 1 | Knowsley Harriers 'A' | 8 | 8 | 8 | 8 | 32 |
| 2 | Penny Lane Striders 'A' | 7 | 4 | 7 | 7 | 25 |
| 3 | Liverpool RC 'A' | 6 | 6 | 6 | 6 | 24 |
| 4 | Spectrum Striders 'A' | 5 | 7 | 5 | 5 | 22 |
| 5 | Helsby, Lymm & Warrington 'A' | 4 | 5 | 4 | 4 | 17 |
| 6 | Newburgh Nomads 'A' | 3 | 3 | 1 | 3 | 10 |
| 7 | Birkenhead & Pensby 'A' | 2 | 2 | 3 | 1 | 8 |
| 8 | Skem & Parbold 'A' | 1 | 1 | 2 | 2 | 6 |

Ladies 'A' Teams (3 Runners)

| Pos | Team | Race 1 | Race 2 | Race 3 | Race 4 | Total |
|-----|-------------------------------|--------|--------|--------|--------|-------|
| 1 | Helsby, Lymm & Warrington 'A' | 8 | 8 | 8 | 8 | 32 |
| 2 | Liverpool RC 'A' | 5 | 7 | 7 | 7 | 26 |
| 3 | Penny Lane Striders 'A' | 7 | 6 | 6 | 6 | 25 |
| 4 | Skem & Parbold 'A' | 6 | 6 | 4 | 5 | 21 |
| 5 | Spectrum Striders 'A' | 3 | 4 | 5 | 4 | 16 |
| 6 | Knowsley Harriers 'A' | 4 | 3 | 3 | 2 | 12 |
| 7 | Birkenhead & Pensby 'A' | 2 | 2 | 2 | 3 | 9 |
| 8 | Newburgh Nomads 'A' | NT | NT | NT | NT | NT |

Mens 'B' Teams (6 Runners)

| Pos | Team | Race 1 | Race 2 | Race 3 | Race 4 | Total |
|-----|-------------------------------|--------|--------|--------|--------|-------|
| 1 | Knowsley Harriers 'B' | 8 | 8 | 5 | 8 | 29 |
| 2 | Penny Lane Striders 'B' | 7 | 7 | 7 | 6 | 27 |
| 3 | Liverpool RC 'B' | 6 | 6 | 6 | 7 | 25 |
| 4 | Spectrum Striders 'B' | 5 | 5 | 8 | 5 | 23 |
| 5 | Helsby, Lymm & Warrington 'B' | 3 | 4 | 4 | 4 | 15 |
| 6 | Birkenhead & Pensby 'B' | 2 | 2 | 3 | 3 | 10 |
| 7 | Newburgh Nomads 'B' | 4 | 3 | NT | NT | 7 |
| 8 | Skem & Parbold 'B' | NT | NT | NT | NT | NT |

Ladies 'B' Teams (3 Runners)

| Pos | Team | Race 1 | Race 2 | Race 3 | Race 4 | Total |
|-----|-------------------------------|--------|--------|--------|--------|-------|
| 1 | Liverpool RC 'B' | 5 | 8 | 5 | 8 | 26 |
| 2 | Penny Lane Striders 'B' | 8 | 7 | 4 | 6 | 25 |
| 3 | Helsby, Lymm & Warrington 'B' | 7 | 4 | 6 | 7 | 24 |
| 4 | Spectrum Striders 'B' | 4 | 5 | 3 | 3 | 15 |
| 4= | Skem & Parbold 'B' | 3 | 6 | 2 | 4 | 15 |
| 6 | Knowsley Harriers 'B' | 6 | 3 | 1 | NT | 10 |
| 7 | Birkenhead & Pensby 'B' | NT | NT | NT | 5 | 5 |
| 8 | Newburgh Nomads 'B' | NT | NT | NT | NT | NT |

Combined Team Results (7 men + 3 Women)

| Pos | Team | Race 1 | Race 2 | Race 3 | Race 4 | Total |
|-----|-------------------------------|--------|--------|--------|--------|-------|
| 1 | Knowsley Harriers 'A' | 8 | 8 | 6 | 6 | 28 |
| 2 | Penny Lane Striders 'A' | 7 | 4 | 8 | 8 | 27 |
| 3 | Liverpool RC 'A' | 6 | 6 | 7 | 7 | 26 |
| 4 | Spectrum Striders 'A' | 5 | 7 | 5 | 5 | 22 |
| 5 | Helsby, Lymm & Warrington 'A' | 4 | 5 | 4 | 4 | 17 |
| 6 | Birkenhead & Pensby 'A' | 3 | 3 | 3 | 3 | 12 |
| 7= | Newburgh Nomads 'A' | INC | INC | INC | INC | INC |
| 7= | Skem & Parbold 'A' | INC | INC | INC | INC | INC |

(NT= No Team, INC= Incomplete Team)