

North West XC – Race 1 – Clarke Gardens – 26 October 2014 – 4.9M

Mens Results

1	James Toohey	Liverpool RC	U30M	68	Michael Coppelov	Newburgh Nomads	U40M
2	Martin Swensson	Penny Lane Striders	U40M	69	Chris Ryan	Mersey Tri	U40M
3	Alan Ashton	Liverpool Harriers	O40M	70	Steve Davis	Lymm Runners	O45M
4	Xavier Manel-La	Liverpool Harriers	U40M	71	Ian Roche	Mersey Tri	O50M
5	Paul Sankey	Liverpool Harriers	O45M	72	Colin Dobbs	Penny Lane Striders	U40M
6	Jack Atkins	Liverpool Harriers	U20M	73	Nick Wishart	Delamere Spartans	O45M
7	Colin Bishop	Helsby	O50M	74	Andy Gaskell	Spectrum Striders	O45M
8	Ian Magill	Liverpool RC	O45M	75	Daniel Chadwick	Spectrum Striders	U40M
9	Rob Grantham	Chester Tri	O40M	76	Martin Abell	Delamere Spartans	U30M
10	Karl Steinegger	Spectrum Striders	U30M	77	Roy Gaskill	Helsby	O45M
11	Lawrence Eccles	Penny Lane Striders	U40M	78	Ian Russell	Penny Lane Striders	O50M
12	Lee Midghall	Liverpool Harriers	O40M	79	Andrew Leslie	Penny Lane Striders	U30M
13	Neil Bullock	Penny Lane Striders	U30M	80	Robert Bruchez-Corbett	Penny Lane Striders	U40M
14	Robert Barrows	Penny Lane Striders	U30M	81	Andrew Glen	Knowsley Harriers	O50M
15	Ian Palin	Liverpool RC	O40M	82	Chris Enwright	Mersey Tri	U40M
16	Jonathan Hazell	Penny Lane Striders	U30M	83	Stuart Atkinson	Delamere Spartans	U40M
17	Jonathan Smith	Lymm Runners	U30M	84	Stephen Abram	Spectrum Striders	U40M
18	Chris Millington	Spectrum Striders	O40M	85	Dave Ralphs	Newburgh Nomads	O50M
19	Dale Higham	Penny Lane Striders	U40M	86	James Jones	Helsby	O45M
20	Craig Hoy	Liverpool RC	U30M	87	Paul Williams	Mersey Tri	U40M
21	Paul Quine	Liverpool Harriers	O50M	88	Patrik Corrigan	Birkenhead	O50M
22	Alan Smithson	Mersey Tri	U40M	89	Tim Grace	Mersey Tri	O40M
23	Ben Lewington	Knowsley Harriers	U40M	90	Julian Tour	Penny Lane Striders	U40M
24	John McMaster	Skelmersdale Boundary Harriers	U30M	91	Jim Allen	Lymm Runners	O50M
25	Simon Ellison	Mersey Tri	U40M	92	Paul Brady	Penny Lane Striders	O45M
26	Kyle Harrison	Liverpool RC	U30M	93	Paul Auce	Penny Lane Striders	U40M
27	Anthony Lawlor	Knowsley Harriers	O50M	94	Thomas Rimmer	Penny Lane Striders	U30M
28	Stephen Doyle	Knowsley Harriers	O40M	95	David Daly	Knowsley Harriers	U40M
29	Daniel Wade-Clarke	Mersey Tri	U40M	96	Robert Moore	Knowsley Harriers	U40M
30	Anthony Burke	Lymm Runners	O40M	97	Jon Chapman	Spectrum Striders	U40M
31	Luke Jockins	Liverpool Harriers	U30M	98	Chris Pownell	Knowsley Harriers	U30M
32	Chris Fitzpatrick	Helsby	U40M	99	Chris Jackson	Warrington Road Runners	U40M
33	Carl Murphy	Liverpool RC	U40M	100	Rob Fletcher	Mersey Tri	O40M
34	Dean Hanwell	Mersey Tri	U30M	101	Peter Geoghegan	Ellesmere Port RC	O45M
35	Robert Kelly	Knowsley Harriers	U40M	102	Thomas King	Penny Lane Striders	U30M
36	James Thompson	Knowsley Harriers	U40M	103	Andie Gow	Pensby Runners	O40M
37	Neil Kelly	Penny Lane Striders	O40M	104	Paul Atherton	Delamere Spartans	U40M
38	Lee Steele	Mersey Tri	O40M	105	Jim Dawson	Lymm Runners	O50M
39	Ben Fletcher	Delamere Spartans	U40M	106	Simon Ward	Mersey Tri	O40M
40	Rob Hough	Spectrum Striders	O40M	107	Not Recorded	Penny Lane Striders	O50M
41	David Edwards	Knowsley Harriers	O50M	108	Andrew Blair	Ellesmere Port RC	O50M
42	Rob Cushion	Liverpool Harriers	U40M	109	John Jensen	Penny Lane Striders	U40M
43	Peter Fairclough	St Helens Striders	U30M	110	Albert De-Jong	Spectrum Striders	O45M
44	James Muscart	Mersey Tri	U30M	111	Simone Capponi	Penny Lane Striders	U40M
45	Andy Huxley	Skelmersdale Boundary Harriers	O40M	112	Michael Connor	Knowsley Harriers	O50M
Guest	Daniel Gilbody	Liverpool Pembroke Sefton		113	William Jones	Knowsley Harriers	O45M
46	Gary Thornton-Allen	Pensby Runners	U40M	114	Martin Hirrell	Penny Lane Striders	O45M
47	Christopher Lee	Penny Lane Striders	U40M	115	Jonathon Fisher	Liverpool RC	U40M
48	Owen Barden	Mersey Tri	O40M	116	Ian Landucci	Helsby	O50M
49	Graham Halsall	Penny Lane Striders	U40M	117	John Bampton	Penny Lane Striders	O40M
50	Steve Thompson	Warrington Road Runners	U40M	118	Ian McNeill	Birkenhead	O55M
51	Thomas Wilson	Liverpool RC	U20M	119	Kenny Forster	Spectrum Striders	O55M
52	Jon Cole	Ellesmere Port RC	U40M	120	Adrian Jackson	Helsby	O40M
53	David Low	Mersey Tri	U40M	121	George Pierce	Liverpool RC	O45M
54	Joseph Grundy	Knowsley Harriers	U30M	122	Jonathan Goulding	Chester Tri	O45M
55	David Lawton	Knowsley Harriers	U40M	123	John Smee	St Helens Striders	O45M
56	Kevin Walker	Skelmersdale Boundary Harriers	U40M	124	Pete Burgess	Chester Tri	U40M
57	Dave Douglas	Delamere Spartans	O45M	125	Stephen Bowden	Warrington Road Runners	O55M
58	Steve Ward	Spectrum Striders	O50M	126	Dave Gallimore	Warrington Road Runners	O40M
59	Graham Taylor	Knowsley Harriers	U30M	127	Wally Coppelov	Newburgh Nomads	O55M
60	Jonathan Hock	Lymm Runners	U40M	128	Ste McNicholas	Penny Lane Striders	O50M
61	John Connolly	Penny Lane Striders	O40M	129	Matt Powers	Delamere Spartans	O40M
62	Andrew Keeley	Penny Lane Striders	O50M	130	Billy McLoughlin	Liverpool RC	U40M
63	Julian Dickinson	Lymm Runners	O40M	131	Mark Scott	Liverpool RC	O45M
64	Mike Houghton	Spectrum Striders	O40M	132	Dave Aspey	Liverpool RC	O40M
65	Paul Demore	St Helens Striders	O45M	133	Paul Kelly	Spectrum Striders	O40M
66	Lee Ward	Liverpool RC	O40M	134	Colin Sinclair	Mersey Tri	O50M
67	John O'Neill	Mersey Tri	U40M	135	Darren Roberts	Spectrum Striders	O40M

136	Tony Horsfall	St Helens Striders	O50M	177	Tommy Burke	Penny Lane Striders	O60M
137	Martin Catterall	Warrington Road Runners	U40M	178	Richard Shayle	Pensby Runners	O40M
138	John McManniman	Liverpool RC	U40M	179	Brian Kennedy	Newburgh Nomads	O60M
139	Graham Beardsmore	Penny Lane Striders	O50M	180	Shaun Telford	Delamere Spartans	O40M
140	Ian Moggeridge	Skelmersdale Boundary Harriers	U30M	181	Lewis Shaw	Knowsley Harriers	U30M
141	Phil Macklin	Penny Lane Striders	U40M	182	Steve Pemberton	Penny Lane Striders	O55M
142	Andy Dawson	Spectrum Striders	U40M	183	Alastair Singleton	Pensby Runners	O50M
143	Nick Wood	Mersey Tri	U30M	184	Gordon Scholefield	Pensby Runners	O60M
144	Paul Cheetham	Skelmersdale Boundary Harriers	O40M	185	Alan Spencer	Knowsley Harriers	O50M
145	Michael O'Rourke	Penny Lane Striders	U40M	186	Keith Brown	Warrington Road Runners	O50M
146	Fred Duenbier	Newburgh Nomads	O55M	187	Geoff Hand	Spectrum Striders	O55M
147	Shane Knott	Penny Lane Striders	U40M	188	Richard Potts	Pensby Runners	O40M
148	Neil Cliffe	Warrington Road Runners	O50M	189	Joe McGlynn	Penny Lane Striders	O55M
149	Stephen Thomas	Mersey Tri	O40M	190	Barry Ryder	Skelmersdale Boundary Harriers	U30M
150	Robbie Burke	Liverpool RC	O45M	191	Paul Rust	Mersey Tri	U40M
151	Dominic Roberts	Pensby Runners	U40M	192	Billy O'Brien	Warrington Road Runners	O55M
152	Luke Potts	Warrington Road Runners	U40M	193	Nigel Pratten	Pensby Runners	O60M
153	Julian Spencer	Spectrum Striders	O50M	194	Tom Dejong	Helsby	U30M
154	Frank Martin	Penny Lane Striders	O50M	195	Ian Sneddon	Birkenhead	O60M
155	Rob Hardwick	Penny Lane Striders	O40M	196	Barry Wheller	Penny Lane Striders	O40M
156	Phil O'Rourke	Liverpool RC	O50M	197	Frank Murphy	Knowsley Harriers	O45M
157	Mark Hamill	Lymm Runners	O50M	198	Paul Gilbertson	Liverpool RC	O40M
158	Steve Riley	Helsby	O50M	199	Dave Thompson	Spectrum Striders	O55M
159	Neil Jenkins	Chester Tri	O45M	200	Rod Jones	Liverpool RC	O55M
160	Stuart Andrew	Spectrum Striders	O40M	201	Bill Sergeson	Penny Lane Striders	O45M
161	Richard Gregory	Skelmersdale Boundary Harriers	O45M	202	Matthew Tollitt	Penny Lane Striders	O50M
162	Mick Charman	Spectrum Striders	O60M	203	Ben Freeney	Penny Lane Striders	U40M
163	Tim Lewis	Spectrum Striders	O45M	204	Mike Tarpey	Liverpool RC	O40M
164	Stuart Lee	Knowsley Harriers	U30M	205	Jonathan Twist	Lymm Runners	U30M
165	Ian Edge	Warrington Road Runners	O50M	206	Steve Green	Liverpool RC	U40M
166	Neil Goulding	Skelmersdale Boundary Harriers	O40M	207	Kenny Worrall	Liverpool RC	O40M
167	William Merritt	Knowsley Harriers	O50M	208	Norman Partington	Spectrum Striders	O50M
168	Darren Lucas	St Helens Striders	U40M	209	John Croall	Lymm Runners	O55M
169	Alexander Paul	Pensby Runners	O40M	210	Brian Forth	Warrington Road Runners	O40M
170	Colin Wightman	Mersey Tri	O45M	211	Tommy Gates	Penny Lane Striders	O50M
171	Stuart Harrison	Penny Lane Striders	U40M	212	James Downey	Birkenhead	O50M
172	Joe Sparkman	Lymm Runners	U40M	213	John Dooley	Spectrum Striders	O60M
173	Tim Palmer	Helsby	O45M	214	Frankie Smith	Liverpool RC	O45M
174	John Guy	Penny Lane Striders	U40M	215	Terry Coles	Spectrum Striders	O60M
175	Colin Oxley	Liverpool RC	O60M	216	Andrew Fisher	St Helens Striders	O40M
176	Ian Broadhurst	Knowsley Harriers	O45M	217	Kit Whitfield	Spectrum Striders	O50M

Ladies Results

1	Alex Melia-O'Brian	Liverpool RC	U35F	53	Debbie Read	Spectrum Striders	O50F
2	Laura Quine	Liverpool Harriers	U30F	54	Ester Van-Ginneken	Penny Lane Striders	U30F
3	Jayne Joy	Helsby	U35F	55	Lou Ball	Parbold Pink Panthers	U40F
4	Claire Andrew	Spectrum Striders	U40F	56	Karen Smith	Liverpool RC	O50F
5	Rachel Fishwick	St Helens Striders	U35F	57	Emma Davis	Lymm Runners	U30F
6	Catherine Howard	Knowsley Harriers	U30F	58	Mandy McGonigle	Pensby Runners	O40F
7	Sarah Roberts	Pensby Runners	U40F	59	Jackie Keasley	Helsby	O50F
8	Victoria-Jayne Walls	Spectrum Striders	U30F	60	Susan Hamley	Knowsley Harriers	U40F
9	Jude Peck	Spectrum Striders	O40F	61	Janet Farrow	Parbold Pink Panthers	O40F
10	Sharon Samson	Knowsley Harriers	U40F	62	Jane Woodburn	Skelmersdale Boundary Harriers	O40F
11	Claire Murphy	St Helens Striders	U40F	63	Alison Roberts	Lymm Runners	U40F
12	Helen Alexander	Mersey Tri	U35F	64	Jo Sullivan	Spectrum Striders	O40F
13	Marie Whalley	St Helens Striders	U35F	65	Claire Rowlands	Delamere Spartans	O40F
14	Karon Forster	Spectrum Striders	O50F	66	Judie Ko	Liverpool RC	O40F
15	Michelle King	Penny Lane Striders	U30F	67	Joanne Jackson	St Helens Striders	O40F
16	Ali Lewis	Pensby Runners	O40F	68	Janet Walker	Skelmersdale Boundary Harriers	U40F
17	Alison Cole	Ellesmere Port RC	U40F	69	Jenny Palmer	Helsby	O40F
18	Kirsty Seddon	Chester Tri	U35F	70	Gill Collen	Warrington Road Runners	O50F
19	Helen Johnson	Ellesmere Port RC	O40F	71	Sue Gill	Parbold Pink Panthers	U40F
20	Jane Lowe	Spectrum Striders	O40F	72	Sheila Quinn	Liverpool RC	O50F
21	Lynsey Unsworth	Knowsley Harriers	U35F	73	Catherine Lancaster	Pensby Runners	O50F
22	Joanne Lacking	Helsby	U35F	74	Susan Alltree	Warrington Road Runners	O40F
23	Pam Thurtle	Penny Lane Striders	U40F	75	Liz Evans	Activewomenrunning	O40F
24	Sharon James	Liverpool RC	O40F	76	Elly Roberts	Spectrum Striders	O40F
25	Justine Moore	Knowsley Harriers	O40F	77	Jenny Rooney	Liverpool RC	U35F
26	Kathryn-Adele Sharkey	Penny Lane Striders	U35F	78	Jessica Garrigan	Liverpool RC	U40F
27	Anne Rusbottom	Pensby Runners	U40F	79	Jane Nicholson	Penny Lane Striders	O50F
28	Tarja Barnes	Warrington Road Runners	O40F	80	Chrissy Stewart	Liverpool RC	O50F
29	April Morgan	Knowsley Harriers	O40F	81	Leah Binns	Delamere Spartans	U30F
30	Vanessa Griffiths	Helsby	O40F	82	Christine Newbury	Liverpool RC	U40F
31	Abigail Willmitt	Liverpool RC	U35F	83	Eunice Nopondo	Penny Lane Striders	O50F
32	Cristina Puccini	Penny Lane Striders	O40F	84	Anne Oxborough	Penny Lane Striders	U40F
33	Sara Atkinson	Ellesmere Port RC	O40F	85	Alison Lysons	Warrington Road Runners	O50F
34	Julie Pennington	St Helens Striders	O40F	86	Ursula Cheetham	Skelmersdale Boundary Harriers	O40F
35	Debbie Turner	Liverpool RC	O40F	87	Cheryl Chaney	Widnes Wasps	U30F
36	Shirley Anderson	Spectrum Striders	O40F	88	Jayne Mclvor	Liverpool RC	O50F
37	Rebecca Donohue	Liverpool Harriers	U20F	89	Shona Moore	Mersey Tri	U30F
38	Myka Heard	Penny Lane Striders	O40F	90	Alison Little	Liverpool RC	U35F
39	Debbie Rutherford	Pensby Runners	O50F	91	Tracy Bond	Widnes Wasps	O40F
40	Oonagh Jaquest	Penny Lane Striders	U40F	92	Rebeca Dagger	Widnes Wasps	U35F
41	Bridget Collier	Parbold Pink Panthers	O40F	93	Nat Hendry-Jones	Widnes Wasps	U40F
42	Jeanette Fisher	St Helens Striders	O40F	94	Rachael Mairs	Liverpool RC	U35F
43	Helen Lester	Ellesmere Port RC	O40F	95	Sandra Lewis	Spectrum Striders	O40F
44	Carol Shaw	Helsby	O50F	96	Steph Charman	Spectrum Striders	O60F
45	Roz Gibson	Penny Lane Striders	U30F	97	Maria Haigh	Birkenhead	O40F
46	Sue Burke	Activewomenrunning	O40F	98	Rachel Simm	St Helens Striders	U30F
47	Melanie Roberts	Activewomenrunning	U35F	99	Lauren Jacklin	Activewomenrunning	U30F
48	Gill Darby	Penny Lane Striders	O50F	100	Anne Hewitt	Spectrum Striders	O60F
49	Helen Caldwell	Spectrum Striders	O40F	101	Lois Stewart	Widnes Wasps	U30F
50	Amanda Deaves	Activewomenrunning	O40F	102	Michelle Moulds	Widnes Wasps	U35F
51	Maria Cook	Parbold Pink Panthers	U40F				
52	Fleur Evans	Warrington Road Runners	O40F				

Please note that the guest runner at Position 10 took a finishing token so all ladies below that position move up 1.

Due to the increase in the number of competitors for future races I will add an additional sheet to the team envelopes for each club to record the top 6 men finishers and top 3 lady finishers to speed up the results.

Team Results

Mens 'A' Teams (6 Runners)

Pos	Team	Score	Points
1	Liverpool Harriers 'A'	51	16
2	Penny Lane Striders 'A'	75	15
3	Liverpool RC 'A'	103	14
4	Knowsley Harriers 'A'	190	13
5	Mersey Tri 'A'	192	12
6	Helsby, Lymm & Warrington 'A'	196	11
7	Spectrum Striders 'A'	264	10
8	Delamere Spartans 'A'	432	9
9	Skem & Parbold 'A'	570	8
10	Birkenhead & Pensby 'A'	675	7
11	St Helens Striders 'A'	751	6
12	Newburgh Nomads 'A'	832 (Only 5 Ran)	5
13	Chester Tri 'A'	868 (Only 4 Ran)	4
14	Ellesmere Port RC 'A'	942 (Only 3 Ran)	3
15	Widnes Wasps 'A'	No Team	0
16	Activewomenrunning 'A'	No Team	0

Ladies 'A' Teams (3 Runners)

Pos	Team	Score	Points
1	Spectrum Striders 'A'	21	16
2	St Helens Striders 'A'	29	15
3	Knowsley Harriers 'A'	37	14
4	Birkenhead & Pensby 'A'	50	13
5	Helsby, Lymm & Warrington 'A'	53	12
6	Liverpool RC 'A'	56	11
7	Penny Lane Striders 'A'	64	10
8	Ellesmere Port RC 'A'	69	9
9	Activewomenrunning 'A'	143	8
10	Skem & Parbold 'A'	147	7
11	Widnes Wasps 'A'	270	6
12	Liverpool Harriers 'A'	151 (Only 2 Ran)	5
13	Mersey Tri 'A'	213 (Only 2 Ran)	4
14	Delamere Spartans 'A'	258 (Only 2 Ran)	3
15	Chester Tri 'A'	242 (Only 1 Ran)	2
16	Newburgh Nomads 'A'	No Team	0