

## North West XC – Race 2 – Arrowse Park – 30 November 2014 – 4.85M

### Mens Results

1	Martin Swensson	Penny Lane Striders	U40M	75	Jim Dawson	Lymm Runners	O50M
2	James Toohey	Liverpool RC	U30M	76	Paul Goodwin	Knowsley Harriers	O45M
3	Rob Grantham	Chester Tri	O40M	77	Patrik Corrigan	Birkenhead	O50M
4	Karl Steinegger	Spectrum Striders	U30M	78	Jon Chapman	Spectrum Striders	U40M
5	James Ashworth	Knowsley Harriers	U40M	79	Tony Craig	Knowsley Harriers	O45M
6	Paul Sankey	Liverpool Harriers	O45M	80	Daniel Green	Warrington Road Runners	O40M
7	Colin Bishop	Helsby	O55M	81	Ian Landucci	Helsby	O50M
8	Ian Magill	Liverpool RC	O45M	82	Julian Spencer	Spectrum Striders	O50M
9	Robert Barrows	Penny Lane Striders	U30M	83	Neil Jenkins	Chester Tri	O45M
10	Colin Thompson	Helsby	U40M	84	Stephen Hayes	Knowsley Harriers	O40M
11	Neil Bullock	Penny Lane Striders	U30M	85	Paul Atherton	Delamere Spartans	U40M
12	Chris Millington	Spectrum Striders	O40M	86	Julian Tour	Penny Lane Striders	U40M
13	Dale Higham	Penny Lane Striders	U40M	87	Phil Macklin	Penny Lane Striders	U40M
14	Jonathan Smith	Lymm Runners	U30M	88	Ged Stephens	Delamere Spartans	O45M
15	John McMaster	Skelmersdale Boundary Harriers	U30M	89	Paul Cubbins	Mersey Tri	O40M
16	James Thompson	Knowsley Harriers	U40M	90	Julian Tegg	Ellesmere Port RC	O40M
17	Ian Palin	Liverpool RC	O40M	91	Paul Kelly	Spectrum Striders	O40M
18	Rob Homby	Mersey Tri	U30M	92	Jonathon Fisher	Liverpool RC	U40M
19	Kyle Harrison	Liverpool RC	U30M	93	Dominic Roberts	Pensby Runners	U40M
20	John Connolly	Penny Lane Striders	O40M	94	John Smee	St Helens Striders	O45M
21	Richard Farrar	Mersey Tri	O40M	95	Andrew Blair	Ellesmere Port RC	O50M
22	James Muscart	Mersey Tri	U30M	96	Ian Moggeridge	Skelmersdale Boundary Harriers	U30M
23	Alan Smithson	Mersey Tri	U40M	97	Michael Alexander	Mersey Tri	U40M
Guest	Joe Johnson	Wirral AC	O40M	98	Jeff Adams	Pensby Runners	O55M
24	Pete Ackerley	Warrington Road Runners	O40M	99	Jake Goodwin	Knowsley Harriers	U20M
25	Joseph Grundy	Knowsley Harriers	U30M	100	Thomas Rimmer	Penny Lane Striders	U30M
26	Neil Kelly	Penny Lane Striders	O40M	101	David Green	Pensby Runners	U40M
27	Paul Martin	Mersey Tri	U30M	102	Ian Edge	Warrington Road Runners	O50M
28	David Low	Mersey Tri	U40M	103	Mike McCabe	Newburgh Nomads	O45M
29	Simon Rogers	Pensby Runners	O50M	104	Steve Wall	Liverpool RC	O40M
30	Steve Thompson	Warrington Road Runners	U40M	105	Fred Duenbier	Newburgh Nomads	O55M
31	Ben Fletcher	Delamere Spartans	U40M	106	Adrian Jackson	Helsby	O40M
32	Kevin Walker	Skelmersdale Boundary Harriers	U40M	107	Stuart Harrison	Penny Lane Striders	U40M
33	Lee Steele	Mersey Tri	O40M	108	Kenny Forster	Spectrum Striders	O55M
34	David Edwards	Knowsley Harriers	O50M	109	Grant Davidson	Mersey Tri	O40M
35	Chris Collins	Delamere Spartans	U40M	110	Alan Brady	Spectrum Striders	O60M
36	David Lawton	Knowsley Harriers	U40M	111	Mark Scott	Liverpool RC	O45M
37	Christopher Lee	Penny Lane Striders	U40M	112	Graham Cushion	Liverpool RC	U40M
38	Craig Hoy	Liverpool RC	U30M	113	Jonathan Goulding	Chester Tri	O45M
39	Dan Thomas	Penny Lane Striders	U30M	114	Luke Potts	Warrington Road Runners	U40M
40	Rob Jones	Chester Tri	U40M	115	Dave Gallimore	Warrington Road Runners	O40M
41	Julian Dickinson	Lymm Runners	O40M	116	Michael O'Rourke	Penny Lane Striders	U40M
42	Patrick Boyle	Liverpool RC	O40M	117	Stephen Thomas	Mersey Tri	O40M
43	Graham Taylor	Knowsley Harriers	U30M	118	Matt Rimmington	Spectrum Striders	U40M
44	Jay Clarke	Penny Lane Striders	U30M	119	Ian McNeill	Birkenhead	O55M
45	Michael Gall	Knowsley Harriers	U40M	120	Rob Hardwick	Penny Lane Striders	O40M
46	Andrew Keeley	Penny Lane Striders	O50M	121	John Bampton	Penny Lane Striders	O40M
47	Gary Thornton-Allen	Pensby Runners	U40M	122	Martin Catterall	Warrington Road Runners	U40M
48	Mitch Hawkins	Penny Lane Striders	U40M	123	Michael Mckinley	Liverpool RC	U40M
49	Ian Cooper	Ellesmere Port RC	O50M	124	Shaun Telford	Delamere Spartans	O40M
50	Mike Houghton	Spectrum Striders	O40M	125	Richard Shayle	Pensby Runners	O45M
51	Marty Christian	Knowsley Harriers	O45M	126	Alexander Paul	Pensby Runners	O55M
52	Rob Fletcher	Mersey Tri	O40M	127	Lee Roger	Mersey Tri	O40M
53	David Owens	Penny Lane Striders	O40M	128	Wally Coppelov	Newburgh Nomads	O55M
Guest	Bob Freeman	West Cheshire AC	V55M	129	Andie Gow	Pensby Runners	O60M
54	Stephen Robinson	Knowsley Harriers	O40M	130	Brendan Murphy	Penny Lane Striders	U40M
55	Robert Bruchez-Corbett	Penny Lane Striders	U40M	131	Billy McLoughlin	Liverpool RC	U40M
56	Steve Davis	Lymm Runners	O45M	132	Brian Pennington	Pensby Runners	O50M
57	Jonathan Hock	Lymm Runners	U40M	133	Dave Taylor	Chester Tri	O60M
58	John O'Neill	Mersey Tri	U40M	134	Andy Dawson	Spectrum Striders	U40M
59	Ian Russell	Penny Lane Striders	O50M	135	John Guy	Penny Lane Striders	U40M
60	Tim Grace	Mersey Tri	O40M	136	Geoff Hand	Spectrum Striders	O55M
61	Gary O'Connor	Helsby	O45M	137	Brian Kennedy	Newburgh Nomads	O60M
62	Simone Capponi	Penny Lane Striders	U40M	138	Paul Cheetham	Skelmersdale Boundary Harriers	O40M
63	Nick Wishart	Delamere Spartans	O45M	139	Mark Glaister	Skelmersdale Boundary Harriers	O50M
64	Steve Ward	Spectrum Striders	O50M	140	Andy Waring	Birkenhead	O55M
65	Andrew Leslie	Penny Lane Striders	U30M	141	Phil O'Rourke	Liverpool RC	O50M
66	Colin Dobbs	Penny Lane Striders	U40M	142	Colin Wightman	Mersey Tri	O45M
67	Stuart Atkinson	Delamere Spartans	U40M	143	Gordon Scholefield	Pensby Runners	O60M
68	Lee Ward	Liverpool RC	O40M	144	Tony Man	Penny Lane Striders	O45M
69	Robbie Burke	Liverpool RC	O45M	145	Peter Leadbeater	Knowsley Harriers	O50M
70	Chris Lydon	Warrington Road Runners	U40M	146	Nigel Pratten	Pensby Runners	O60M
71	Chris Pownell	Knowsley Harriers	U30M	147	Simon Ward	Mersey Tri	O40M
72	David Daly	Knowsley Harriers	U40M	148	Trevor Ainsworth	Spectrum Striders	U40M
73	Dave Ralphs	Newburgh Nomads	O50M	149	Andy Smith	Helsby	O50M
74	Andy Gaskell	Spectrum Striders	O45M	150	Lewis Shaw	Knowsley Harriers	U30M

151	Patrick Kavanagh	Ellesmere Port RC	U20M	165	Richard Low	Newburgh Nomads	O55M
152	Neville Griffiths	Spectrum Striders	O60M	166	Mike Sharkey	Penny Lane Striders	O60M
153	Neil Taylor	Liverpool RC	O45M	167	David Connor	Mersey Tri	O40M
154	Andy Dalton	Skelmersdale Boundary Harriers	O50M	168	Sam Darby	Penny Lane Striders	O55M
155	Jim Fedigan	Pensby Runners	O55M	169	Bill Sergeson	Penny Lane Striders	O45M
156	Colin Lamprey	Pensby Runners	O50M	170	Paul Kavanagh	Ellesmere Port RC	O45M
157	Ian Sneddon	Birkenhead	O60M	171	John Dooley	Spectrum Striders	O60M
158	Richard MacIlwaine	Spectrum Striders	O55M	172	Rob Armes	Liverpool RC	U40M
159	Dave Thompson	Spectrum Striders	O55M	173	Brian Forth	Warrington Road Runners	O40M
160	Paul Gilbertson	Liverpool RC	O40M	174	James Downey	Birkenhead	O50M
161	Robert Shanahan	Ellesmere Port RC	O45M	175	Paul Gurney	Warrington Road Runners	O40M
162	Jamie Bradbury	Lymm Runners	U40M	176	Percy Hogg	Birkenhead	O60M
163	Steve Saunders	Birkenhead	O50M	177	Neil Thompson	Pensby Runners	O60M
164	Stan Cottier	Liverpool RC	O60M	178	John Keyworth	Pensby Runners	O55M

## Ladies Results

1	Alex Melia-O'Brian	Liverpool RC	U35F	40	Meg Davies	Lymm Runners	O40F
2	Racheal Burns	Liverpool Harriers	U35F	41	Carole Morrison	Pensby Runners	O50F
3	Claire Andrew	Spectrum Striders	U40F	42	Jane Eardley	Penny Lane Striders	U40F
4	Catherine Howard	Knowsley Harriers	U30F	43	Mandy McGonigle	Pensby Runners	O50F
5	Sarah Roberts	Pensby Runners	U35F	44	Oonagh Jaquest	Penny Lane Striders	U40F
6	Victoria-Jayne Walls	Spectrum Striders	U30F	45	Janet Walker	Skelmersdale Boundary Harriers	U40F
7	Rachel Fishwick	St Helens Striders	U35F	46	Kate MacFarlane	Penny Lane Striders	U30F
8	Sharon Samson	Knowsley Harriers	U40F	47	Joanne Evans	Liverpool RC	U35F
9	Jude Peck	Spectrum Striders	O40F	48	Alice Spooner	Penny Lane Striders	O40F
10	Lisa Grantham	Pensby Runners	O40F	49	Lesley Feakes	Helsby	O50F
11	Ali Lewis	Pensby Runners	O40F	50	Tracy Pennington	Pensby Runners	O40F
12	Charlotte Wilson	Liverpool Harriers	U30F	51	Rebecca Skade	Delamere Spartans	U35F
13	Alison Draper	Spectrum Striders	U35F	52	Gill Collen	Warrington Road Runners	O50F
14	Ruth Isaacs	Pensby Runners	O50F	53	Jane Woodburn	Skelmersdale Boundary Harriers	O40F
15	Kirsty Seddon	Chester Tri	U35F	54	Sue Buck	Spectrum Striders	O40F
16	Jane Lowe	Spectrum Striders	O40F	55	Esther Van-Ginneken	Penny Lane Striders	U30F
17	Sharon James	Liverpool RC	O40F	56	Jo Sullivan	Spectrum Striders	O40F
18	Helen Johnson	Ellesmere Port RC	O40F	57	Lisa Davidson	Mersey Tri	O40F
19	Karon Forster	Spectrum Striders	O50F	58	Anna Watkin	Penny Lane Striders	U35F
20	Pam Thurtle	Penny Lane Striders	U40F	59	Emmsie_Lou Buckley	Widnes Wasps	U35F
21	Helen Alexander	Mersey Tri	U35F	60	Denise Lavery	Ellesmere Port RC	O40F
22	Maria Cook	Parbold Pink Panthers	O40F	61	Yvonne Longer	Birkenhead	O50F
23	Kathryn-Adele Sharkey	Penny Lane Striders	U35F	62	Jessica Garrigan	Liverpool RC	U40F
24	Sara Atkinson	Ellesmere Port RC	O40F	63	Elly Roberts	Spectrum Striders	O40F
25	Vanessa Griffiths	Helsby	O50F	64	Joanne Caddick	Liverpool RC	U30F
26	Anne Rusbottom	Pensby Runners	O40F	65	Sheila Quinn	Liverpool RC	O50F
27	Suzanne Eccleston	Delamere Spartans	O40F	66	Susan Alltree	Warrington Road Runners	O40F
28	Lynsey Unsworth	Knowsley Harriers	U35F	67	Anne Oxbrough	Penny Lane Striders	U40F
29	Bridget Collier	Parbold Pink Panthers	O40F	68	Eunice Nopondo	Penny Lane Striders	O50F
30	Debbie Rutherford	Pensby Runners	O50F	69	Alison Lysons	Warrington Road Runners	O50F
31	Amanda Deaves	Activewomenrunning	O40F	70	Katy O'Connor	Lymm Runners	O50F
32	Helen Lester	Ellesmere Port RC	O40F	71	Catherine Lancaster	Pensby Runners	O50F
33	Karen Dalby	Knowsley Harriers	O50F	72	Ursula Cheetham	Skelmersdale Boundary Harriers	O40F
34	Helen Caldwell	Spectrum Striders	O40F	73	Sarah Matthews	Warrington Road Runners	U35F
35	Carla Brown	Delamere Spartans	O40F	74	Rebeca Dagger	Widnes Wasps	U35F
36	Georgina Walker	Lymm Runners	U40F	75	Maria Haigh	Birkenhead	O40F
37	Carole Quirk	Skelmersdale Boundary Harriers	O50F	76	Clare Jennings	Widnes Wasps	U35F
38	Debbie Read	Spectrum Striders	O50F	77	Tracy Bond	Widnes Wasps	O40F
39	Melanie Roberts	Activewomenrunning	U35F	78	Anne Hewitt	Spectrum Striders	O60F

## Team Results

### Mens 'A' Teams (6 Runners)

Pos	Team	Score	Points
1	Penny Lane Striders 'A'	80	16
2=	Liverpool RC 'A'	126	15
2=	Helsby, Lymm & Warrington 'A'	126	15
4	Mersey Tri 'A'	139	13
5	Knowsley Harriers 'A'	159	12
6	Spectrum Striders 'A'	282	11
7	Delamere Spartans 'A'	369	10
8	Birkenhead & Pensby 'A'	445	9
9	Skem & Parbold 'A'	574	8
10	Newburgh Nomads 'A'	711	7
11	Ellesmere Port RC 'A'	716	6
12	Chester Tri 'A'	560 (Only 5 Ran)	5
13	Liverpool Harriers 'A'	946 (Only 1 Ran)	4
14	St Helens Striders 'A'	1034 (Only 1 Ran)	3
15	Widnes Wasps 'A'	No Team	-
16	Activewomenrunning 'A'	No Team	-

### Ladies 'A' Teams (3 Runners)

Pos	Team	Score	Points
1	Spectrum Striders 'A'	18	16
2	Birkenhead & Pensby 'A'	26	15
3	Knowsley Harriers 'A'	40	14
4	Liverpool RC 'A'	65	13
5	Ellesmere Port RC 'A'	74	12
6	Penny Lane Striders 'A'	85	11
7	Skem & Parbold 'A'	88	10
8	Helsby, Lymm & Warrington 'A'	101	9
9	Delamere Spartans 'A'	113	8
10	Widnes Wasps 'A'	209	7
11	Liverpool Harriers 'A'	102 (Only 2 Ran)	6
12	Activewomenrunning 'A'	158 (Only 2 Ran)	5
13	Mersey Tri 'A'	166 (Only 2 Ran)	4
14	St Helens Striders 'A'	183 (Only 1 Ran)	3
15	Chester Tri 'A'	191 (Only 1 Ran)	2
16	Newburgh Nomads 'A'	No Team	-

## CURRENT POSITIONS

### Mens 'A' Teams (6 Runners)

Pos	Team	Race 1	Race 2	Total
1	Penny Lane Striders 'A'	15	16	31
2	Liverpool RC 'A'	14	15	29
3	Helsby, Lymm & Warrington 'A'	11	15	26
4=	Knowsley Harriers 'A'	13	12	25
4=	Mersey Tri 'A'	12	13	25
6	Spectrum Striders 'A'	10	11	21
7	Liverpool Harriers 'A'	16	4	20
8	Delamere Spartans 'A'	9	10	19
9=	Skem & Parbold 'A'	8	8	16
9=	Birkenhead & Pensby 'A'	7	9	16
11	Newburgh Nomads 'A'	5	7	12
12=	Chester Tri 'A'	4	5	9
12=	Ellesmere Port RC 'A'	3	6	9
12=	St Helens Striders 'A'	6	3	9
15	Widnes Wasps 'A'	NT	NT	-
16	Activewomenrunning 'A'	NT	NT	-

### Ladies 'A' Teams (3 Runners)

Pos	Team	Race 1	Race 2	Race 3	Total
1	Spectrum Striders 'A'	16	16		32
2=	Birkenhead & Pensby 'A'	13	15		28
2=	Knowsley Harriers 'A'	14	14		28
4	Liverpool RC 'A'	11	13		24
5=	Ellesmere Port RC 'A'	9	12		21
5=	Helsby, Lymm & Warrington 'A'	12	9		21
5=	Penny Lane Striders 'A'	10	11		21
8	St Helens Striders 'A'	15	3		18
9	Skem & Parbold 'A'	7	10		17
10=	Widnes Wasps 'A'	6	7		13
10=	Activewomenrunning 'A'	8	5		13
12=	Delamere Spartans 'A'	3	8		11
12=	Liverpool Harriers 'A'	5	6		11
14	Mersey Tri 'A'	4	4		8
15	Chester Tri 'A'	2	2		4
16	Newburgh Nomads 'A'	NT	NT		-