

North West XC – Race 3 – Stadt Moers Park – 28 December 2014 – 5.2M

Mens Results

1	Martin Swensson	Penny Lane Striders	U40M	77	Chris Pownell	Knowsley Harriers	U30M
2	James Toohey	Liverpool RC	U30M	78	Thomas Rimmer	Penny Lane Striders	U30M
3	Rob Grantham	Chester Tri	O40M	79	Julian Spencer	Spectrum Striders	O50M
4	Karl Steinegger	Spectrum Striders	U30M	80	Jonathon Fisher	Liverpool RC	U40M
5	Tony O'Brian	Mersey Tri	O40M	81	David Daly	Knowsley Harriers	U40M
6	James Ashworth	Knowsley Harriers	U40M	82	Phil Macklin	Penny Lane Striders	U40M
7	Mark Clair	Knowsley Harriers	U40M	83	Adrian Jackson	Helsby	O40M
8	Neil Bullock	Penny Lane Striders	U30M	Guest	Bob Freeman	West Cheshire AC	MV55
9	Colin Bishop	Helsby	O55M	84	Tony Craig	Knowsley Harriers	O45M
10	Ian Magill	Liverpool RC	O45M	85	Dean Wilson	Liverpool RC	U40M
11	John McCole	Liverpool Harriers	U40M	86	Martin Hirrell	Penny Lane Striders	O45M
12	Paul Sankey	Liverpool Harriers	O45M	87	Lyndon Easthope	Penny Lane Striders	U40M
13	Lawrence Eccles	Penny Lane Striders	U40M	88	Paul Kelly	Spectrum Striders	O40M
14	Colin Thompson	Helsby	U40M	89	Grant Davidson	Mersey Tri	O40M
15	Ian Palin	Liverpool RC	O40M	90	Mike McCabe	Newburgh Nomads	O45M
Guest	Joe Johnson	Wirral	O40M	91	Stephen Bowden	Warrington Road Runners	O55M
16	Chris Millington	Spectrum Striders	O40M	92	Colin Wightman	Mersey Tri	O45M
17	James Thompson	Knowsley Harriers	U40M	93	Jake Goodwin	Knowsley Harriers	U20M
18	Colin Potts	Liverpool Harriers	O40M	94	Paul Cunningham	Knowsley Harriers	U30M
19	Alan Smithson	Mersey Tri	U40M	95	Andy Dawson	Spectrum Striders	U40M
20	John McMaster	Skelmersdale Boundary Harriers	U30M	96	Andie Gow	Pensby Runners	O60M
21	James Muscart	Mersey Tri	U30M	97	Neil Jenkins	Chester Tri	O45M
22	Robert Kelly	Knowsley Harriers	U40M	98	Kenny Forster	Spectrum Striders	O55M
23	Anthony Lawlor	Knowsley Harriers	O50M	99	Ian Moggeridge	Skelmersdale Boundary Harriers	U30M
24	Neil Kelly	Penny Lane Striders	O40M	100	Graham Cushion	Liverpool RC	U40M
25	Chris Collins	Delamere Spartans	U40M	101	Alan Brady	Spectrum Striders	O60M
26	Kyle Harrison	Liverpool RC	U30M	102	Mark Scott	Liverpool RC	O45M
27	Michael Heyes	Mersey Tri	U30M	103	Lee Roger	Mersey Tri	O40M
28	Dean Hanwell	Mersey Tri	U30M	104	Michael O'Rourke	Penny Lane Striders	U40M
29	Carl Murphy	Liverpool RC	U40M	105	Matt Helme	Liverpool Harriers	O50M
30	Chris Fitzpatrick	Helsby	U40M	106	Fred Duenbier	Newburgh Nomads	O55M
31	Christopher Lee	Penny Lane Striders	U40M	107	Stephen Hayes	Knowsley Harriers	O40M
32	Patrick Boyle	Liverpool RC	O40M	108	Martin Catterall	Warrington Road Runners	U40M
33	Jonathan Smith	Lymm Runners	U30M	109	Kevin Brown	Knowsley Harriers	O40M
34	Paul Bagan	Lymm Runners	U40M	110	Brad Ehlen	Spectrum Striders	O40M
35	Dave Connor	Knowsley Harriers	O40M	111	Paul Cheetham	Skelmersdale Boundary Harriers	O40M
36	David Edwards	Knowsley Harriers	O50M	112	Steve Pemberton	Penny Lane Striders	O55M
37	Michael Gall	Knowsley Harriers	U40M	113	Ranald Mackay	Spectrum Striders	O45M
38	Pete Ackerley	Warrington Road Runners	O40M	114	Steve Riley	Helsby	O50M
39	John Connolly	Penny Lane Striders	O40M	115	Chris Lees	Lymm Runners	O45M
40	Graham Taylor	Knowsley Harriers	U30M	116	Alexander Paul	Pensby Runners	O55M
41	Tom Greaves	Warrington Road Runners	U30M	117	Geoff Hand	Spectrum Striders	O55M
42	Kevin Walker	Skelmersdale Boundary Harriers	U40M	Guest	Billy Hargreaves	Southport & Waterloo	O65M
43	Marty Christian	Knowsley Harriers	O45M	118	Billy McLoughlin	Liverpool RC	U40M
44	Stuart Atkinson	Delamere Spartans	U40M	119	Mark Glaister	Skelmersdale Boundary Harriers	O50M
45	Andrew Keeley	Penny Lane Striders	O50M	120	Alan Spencer	Knowsley Harriers	O50M
46	Julian Dickinson	Lymm Runners	O40M	121	Gordon Scholefield	Pensby Runners	O60M
47	Chris Ryan	Mersey Tri	U40M	122	Tom Dejong	Helsby	U30M
48	Andrew Jackson	Delamere Spartans	O40M	123	Jim Killgallon	St Helens Striders	O40M
49	Ian Roche	Mersey Tri	O50M	124	Rod Jones	Liverpool RC	O55M
50	Lee Steele	Mersey Tri	O40M	125	Paul Rust	Mersey Tri	U40M
51	Jonathon Toft	Penny Lane Striders	U30M	126	Paul Gilbertson	Liverpool RC	O40M
52	Ian Russell	Penny Lane Striders	O50M	127	Colin Lamprey	Pensby Runners	O50M
53	Jay Clarke	Penny Lane Striders	U30M	128	David Connor	Mersey Tri	O40M
54	Derek Morris	Helsby	O40M	129	Joe McGlynn	Penny Lane Striders	O55M
55	Ben Lewington	Knowsley Harriers	U40M	130	Neil Taylor	Liverpool RC	O45M
56	Steve Ward	Spectrum Striders	O50M	131	Nigel Pratten	Pensby Runners	O60M
57	Colin Dobbs	Penny Lane Striders	U40M	132	Mike Welsby	Penny Lane Striders	O50M
58	Steve Davis	Lymm Runners	O45M	133	Dave Fisher	Ellesmere Port RC	O55M
59	Steve Broadfoot	Knowsley Harriers	O50M	134	Richard Low	Newburgh Nomads	O55M
60	Gary Thornton-Allen	Pensby Runners	U40M	135	Richard MacIlwaine	Spectrum Striders	O55M
61	Joseph Grundy	Knowsley Harriers	U30M	136	Phil O'Rourke	Liverpool RC	O50M
62	Stephen Abram	Spectrum Striders	U40M	137	Dave Thompson	Spectrum Striders	O55M
63	Stephen Robinson	Knowsley Harriers	O40M	138	Mick O'Brien	Knowsley Harriers	O45M
64	Dave Ralphs	Newburgh Nomads	O50M	139	Barry Ryder	Skelmersdale Boundary Harriers	U30M
65	James Jones	Helsby	O45M	140	Steve Saunders	Birkenhead	O50M
66	Roy Gaskill	Helsby	O45M	141	Charlie Roberts	Helsby	O60M
67	Andrew Glen	Knowsley Harriers	O50M	142	Bill Sergeson	Penny Lane Striders	O45M
68	Jim Dawson	Lymm Runners	O50M	143	Kenny Worrall	Liverpool RC	O40M
69	Patrik Corrigan	Birkenhead	O50M	144	Stan Cottier	Liverpool RC	O60M
70	David Owens	Penny Lane Striders	O40M	145	Roy Fisher	Pensby Runners	O60M
71	Robert Bruchez-Corbett	Penny Lane Striders	U40M	146	John Dooley	Spectrum Striders	O60M
72	William-John Jones	Knowsley Harriers	O45M	147	Robert Shanahan	Ellesmere Port RC	O45M
73	Andy Gaskell	Spectrum Striders	O45M	148	Brian Forth	Warrington Road Runners	O40M
74	John Jensen	Penny Lane Striders	U40M	149	Ben Freney	Penny Lane Striders	U40M
75	Dominic Roberts	Pensby Runners	U40M	150	Tommy Gates	Penny Lane Striders	O50M
76	Julian Tegg	Ellesmere Port RC	O40M	151	Terry Coles	Spectrum Striders	O60M

Ladies Results

1	Andrea Hilldrup	Lymm Runners	U40F	34	Nicky Johnson	Parbold Pink Panthers	U40F
2	Catherine Howard	Knowsley Harriers	U30F	35	Mandy McGonigle	Pensby Runners	O50F
3	Claire Andrew	Spectrum Striders	U40F	36	Tarja Barnes	Warrington Road Runners	O40F
4	Sarah Roberts	Pensby Runners	U35F	37	Lesley Feakes	Helsby	O50F
5	Jenny Illidge	Helsby	U30F	38	Rebecca Skade	Delamere Spartans	U35F
6	Charlotte Wilson	Liverpool Harriers	U30F	39	Alice Spooner	Penny Lane Striders	O40F
7	Lisa Grantham	Pensby Runners	O40F	40	Lou Ball	Parbold Pink Panthers	U40F
Guest	Sharon Samson	Unattached	U40F	41	Lisa MacKay	Spectrum Striders	O40F
8	Kirsty Seddon	Chester Tri	U35F	42	Emma Davis	Lymm Runners	U30F
9	Helen Johnson	Ellesmere Port RC	O40F	43	Janet Walker	Skelmersdale Boundary Harriers	U40F
10	Joanne Lacking	Helsby	U40F	44	Lisa Davidson	Mersey Tri	O40F
11	Alison Draper	Spectrum Striders	U35F	45	Shona Moore	Mersey Tri	U30F
12	Jane Lowe	Spectrum Striders	O40F	46	Gill Collen	Warrington Road Runners	O50F
13	Bobbie Lomax	Spectrum Striders	O40F	47	Alison Roberts	Lymm Runners	U40F
14	Pam Thurtle	Penny Lane Striders	U40F	48	Elly Roberts	Spectrum Striders	O40F
15	Maria Cook	Parbold Pink Panthers	O40F	49	Jo Sullivan	Spectrum Striders	O40F
16	Bridget Collier	Parbold Pink Panthers	O40F	50	Susan Alltree	Warrington Road Runners	O40F
17	Lynsey Unsworth	Knowsley Harriers	U35F	51	Susan Hamley	Knowsley Harriers	U40F
18	Justine Moore	Knowsley Harriers	O40F	52	Jess Garrigan	Liverpool RC	U30F
19	Cristina Puccini	Penny Lane Striders	O40F	53	Diane Whorton	Mersey Tri	U35F
20	Janet Robertson	Helsby	O40F	54	Leah Binns	Delamere Spartans	U30F
21	Debbie Rutherford	Pensby Runners	O50F	55	Joanne McGillicuddy	Widnes Wasps	O40F
22	Germaine Holmes	Lymm Runners	O40F	56	Anna Watkin	Penny Lane Striders	U35F
23	Oonagh Jaquest	Penny Lane Striders	U40F	57	Rachel Rick	Penny Lane Striders	O50F
24	Gill Darby	Penny Lane Striders	O50F	58	Katy O'Connor	Lymm Runners	O50F
25	Carole Quirk	Skelmersdale Boundary Harriers	O50F	59	Sandra Bentley	Widnes Wasps	O40F
26	Georgina Walker	Lymm Runners	U40F	60	Ursula Cheetham	Skelmersdale Boundary Harriers	O40F
27	Debbie Read	Spectrum Striders	O50F	61	Sarah Matthews	Warrington Road Runners	U35F
28	Carla Brown	Delamere Spartans	O40F	62	Victoria Kehoe	St Helens Striders	O40F
29	Abigail Willmitt	Liverpool RC	U35F	63	Clare Jennings	Widnes Wasps	U35F
30	Helen Lester	Ellesmere Port RC	O40F	64	Melanie Haste	Widnes Wasps	U40F
31	Michelle King	Penny Lane Striders	U30F				
32	April Morgan	Knowsley Harriers	O40F				
33	Carole Morrison	Pensby Runners	O50F				

Team Results

Mens 'A' Teams (6 Runners)

Pos	Team	Score	Points
1	Knowsley Harriers 'A'	110	16
2	Liverpool RC 'A'	114	15
3	Penny Lane Striders 'A'	116	14
4	Mersey Tri 'A'	147	13
5	Helsby, Lymm & Warrington 'A'	158	12
6	Spectrum Striders 'A'	290	11
7	Skem & Parbold 'A'	530	10
8	Birkenhead & Pensby 'A'	537	9
9	Liverpool Harriers 'A'	468 (Only 4 Ran)	8
10	Newburgh Nomads 'A'	716 (Only 4 Ran)	7
11	Delamere Spartans 'A'	600 (Only 3 Ran)	6
12	Ellesmere Port RC 'A'	839 (Only 3 Ran)	5
13	Chester Tri 'A'	744 (Only 2 Ran)	4
14	St Helens Striders 'A'	928 (Only 1 Ran)	3
15=	Widnes Wasps 'A'	No Team	-
15=	Activewomenrunning 'A'	No Team	-

Ladies 'A' Teams (3 Runners)

Pos	Team	Score	Points
1	Helsby, Lymm & Warrington 'A'	16	16
2	Spectrum Striders 'A'	26	15
3	Birkenhead & Pensby 'A'	32	14
4	Knowsley Harriers 'A'	37	13
5	Penny Lane Striders 'A'	56	12
6	Skem & Parbold 'A'	56	11
7	Delamere Spartans 'A'	120	10
8	Mersey Tri 'A'	142	9
9	Widnes Wasps 'A'	177	8
10	Ellesmere Port RC 'A'	113 (Only 2 Ran)	7
11	Liverpool RC 'A'	155 (Only 2 Ran)	6
12	Liverpool Harriers 'A'	154 (Only 1 Ran)	5
13	Chester Tri 'A'	156 (Only 1 Ran)	4
14	St Helens Striders 'A'	210 (Only 1 Ran)	3
15=	Activewomenrunning 'A'	No Team	-
15=	Newburgh Nomads 'A'	No Team	-

CURRENT POSITIONS

Mens 'A' Teams (6 Runners)

Pos	Team	Race 1	Race 2	Race 3	Total
1	Penny Lane Striders 'A'	15	16	14	45
2	Liverpool RC 'A'	14	15	15	44
3	Knowsley Harriers 'A'	13	12	16	41
4=	Helsby, Lymm & Warrington 'A'	11	15	12	38
4=	Mersey Tri 'A'	12	13	13	38
6	Spectrum Striders 'A'	10	11	11	32
7	Liverpool Harriers 'A'	16	4	8	28
8	Skem & Parbold 'A'	8	8	10	26
9=	Delamere Spartans 'A'	9	10	6	25
9=	Birkenhead & Pensby 'A'	7	9	9	25
11	Newburgh Nomads 'A'	5	7	7	19
12	Ellesmere Port RC 'A'	3	6	5	14
13	Chester Tri 'A'	4	5	4	13
14	St Helens Striders 'A'	6	3	3	12
15=	Widnes Wasps 'A'	NT	NT	NT	-
15=	Activewomenrunning 'A'	NT	NT	NT	-

Ladies 'A' Teams (3 Runners)

Pos	Team	Race 1	Race 2	Race 3	Total
1	Spectrum Striders 'A'	16	16	15	47
2	Birkenhead & Pensby 'A'	13	15	14	42
3	Knowsley Harriers 'A'	14	14	13	41
4	Helsby, Lymm & Warrington 'A'	12	9	16	37
5	Penny Lane Striders 'A'	10	11	12	33
6	Liverpool RC 'A'	11	13	6	30
7=	Ellesmere Port RC 'A'	9	12	7	28
7=	Skem & Parbold 'A'	7	10	11	28
9=	St Helens Striders 'A'	15	3	3	21
9=	Widnes Wasps 'A'	6	7	8	21
9=	Delamere Spartans 'A'	3	8	10	21
12	Mersey Tri 'A'	4	4	9	17
13	Liverpool Harriers 'A'	5	6	5	16
14	Activewomenrunning 'A'	8	5	0	13
15	Chester Tri 'A'	2	2	4	8
16	Newburgh Nomads 'A'	NT	NT	NT	-