

## North West XC – Race 4 – Town Park – 11 January 2014 – 4.93M

### Mens Results

1	Martin Swensson	Penny Lane Striders	U40M	76	Alex Brown	Spectrum Striders	U30M
2	James Toohey	Liverpool RC	U30M	77	Jonathon Fisher	Liverpool RC	U40M
3	James Ashworth	Knowsley Harriers	U40M	78	Jake Goodwin	Knowsley Harriers	U20M
4	Karl Steinegger	Spectrum Striders	U30M	79	Andie Gow	Pensby Runners	O60M
5	Neil Bullock	Penny Lane Striders	U30M	80	Jon Chapman	Spectrum Striders	U40M
6	Robert Barrows	Penny Lane Striders	U30M	81	Ian Moggeridge	Skelmersdale Boundary Harriers	U30M
7	Mark Clair	Knowsley Harriers	U40M	82	Chris Reid	St Helens Striders	O50M
8	Ian Magill	Liverpool RC	O45M	83	Tony Craig	Knowsley Harriers	O45M
9	Chris Millington	Spectrum Striders	O40M	84	Colin Wightman	Mersey Tri	O45M
10	Jonathan Hazell	Penny Lane Striders	U30M	85	Kevin Brown	Knowsley Harriers	O40M
11	Stephen Doyle	Knowsley Harriers	O40M	86	Paul Cunningham	Knowsley Harriers	U30M
12	James Thompson	Knowsley Harriers	U40M	87	Stephen Hayes	Knowsley Harriers	O40M
13	Robert Kelly	Knowsley Harriers	U40M	88	Steve Owen	Spectrum Striders	O45M
14	Alan Smithson	Mersey Tri	U40M	89	Chris Lees	Lymm Runners	O45M
15	Kyle Harrison	Liverpool RC	U30M	90	Michael O'Rourke	Penny Lane Striders	U40M
16	Joseph Grundy	Knowsley Harriers	U30M	91	Kieran Walshe	Lymm Runners	O50M
17	David Edwards	Knowsley Harriers	O50M	92	William Merritt	Knowsley Harriers	O50M
18	Ralph Pawling	Pensby Runners	U40M	93	George Pierce	Liverpool RC	O45M
19	Neil Kelly	Penny Lane Striders	O40M	94	Steve Pemberton	Penny Lane Striders	O55M
20	Paul Martin	Mersey Tri	U30M	95	Phil Macklin	Penny Lane Striders	U40M
21	Jonathan Smith	Lymm Runners	U30M	96	Graham Cushion	Liverpool RC	U40M
22	Anthony Lawlor	Knowsley Harriers	O50M	97	Joe Sparkman	Lymm Runners	U40M
23	John McMaster	Skelmersdale Boundary Harriers	U30M	98	Dominic Roberts	Pensby Runners	U40M
24	Dale Higham	Penny Lane Striders	U40M	99	Rob McHarry	Spectrum Striders	O50M
25	Chris Collins	Delamere Spartans	U40M	100	Mark Scott	Liverpool RC	O45M
26	Craig Hoy	Liverpool RC	U30M	101	Ged Stephens	Delamere Spartans	O45M
27	Michael Heyes	Mersey Tri	U30M	102	Chris Dawson	Spectrum Striders	U30M
28	Ian Palin	Liverpool RC	O40M	103	Steve Riley	Helsby	O50M
29	Julian Dickinson	Lymm Runners	O40M	104	Michael Connor	Knowsley Harriers	O50M
30	Kevin Walker	Skelmersdale Boundary Harriers	U40M	105	Kenny Forster	Spectrum Striders	O55M
31	Patrick Boyle	Liverpool RC	O40M	106	Richard Shayle	Pensby Runners	O45M
32	Ben Lewington	Knowsley Harriers	U40M	107	Fred Duenbier	Newburgh Nomads	O55M
33	Ben Fletcher	Delamere Spartans	U40M	108	Billy McLoughlin	Liverpool RC	U40M
34	Steve Thompson	Warrington Road Runners	U40M	109	Roger Haslett	St Helens Striders	O45M
35	Andrew Keeley	Penny Lane Striders	O50M	110	Geoff Hand	Spectrum Striders	O55M
36	Simon Rogers	Pensby Runners	O50M	111	Paul Alexander	Pensby Runners	O55M
37	Ian Russell	Penny Lane Striders	O50M	112	Paul Cheetham	Skelmersdale Boundary Harriers	O40M
38	Dan Thomas	Penny Lane Striders	U30M	113	Nic Stubbs	Delamere Spartans	O50M
39	Neil Adair	Spectrum Striders	U40M	114	Colin Oxley	Liverpool RC	O60M
40	Graham Taylor	Knowsley Harriers	U30M	115	Tony Horsfall	St Helens Striders	O50M
41	Marty Christian	Knowsley Harriers	O45M	116	Tim Lewis	Spectrum Striders	O45M
42	Chris Pownell	Knowsley Harriers	U30M	117	Gary Spriggs	St Helens Striders	O40M
43	Neil Johnson	Pensby Runners	O50M	118	Andy Smith	Helsby	O50M
44	Ian Roche	Mersey Tri	O50M	119	Thomas King	Penny Lane Striders	U30M
45	Stephen Roberts	Delamere Spartans	U30M	120	Gordon Scholefield	Pensby Runners	O60M
46	Nick Wishart	Delamere Spartans	O45M	121	Colin Lamprey	Pensby Runners	O50M
47	Gary Thornton-Allen	Pensby Runners	U40M	Guest	Billy Hargreaves	Southport & Waterloo	O60M
48	Edward Halliwell	Helsby	O40M	122	Mark Glaister	Skelmersdale Boundary Harriers	O50M
49	Andrew Jackson	Delamere Spartans	O40M	123	Carl Pratt	Helsby	U40M
50	Jay Clarke	Penny Lane Striders	U30M	124	Darren Lucas	St Helens Striders	U40M
51	David Lawton	Knowsley Harriers	U40M	125	John Cartwright-Terry	Mersey Tri	U40M
52	Rob Fletcher	Mersey Tri	O40M	126	Alan Spencer	Knowsley Harriers	O50M
53	Colin Dobbs	Penny Lane Striders	U40M	127	Barry Ryder	Skelmersdale Boundary Harriers	U30M
54	Andy Gaskell	Spectrum Striders	O45M	128	John Guy	Penny Lane Striders	U40M
55	Michael Gall	Knowsley Harriers	U40M	129	Paul Rust	Mersey Tri	U40M
56	Paul Goodwin	Knowsley Harriers	O45M	130	Paul Gilbertson	Liverpool RC	O45M
57	Mitch Hawkins	Penny Lane Striders	U40M	131	Joe McGlynn	Penny Lane Striders	O55M
58	Jonathan Hock	Lymm Runners	U40M	132	John Kleiser	Delamere Spartans	U40M
59	Sean Britton	Mersey Tri	U30M	133	Jim Killgallon	St Helens Striders	O40M
60	Jim Dawson	Lymm Runners	O50M	134	Rod Jones	Liverpool RC	O55M
61	Stephen Abram	Spectrum Striders	U40M	135	Andrew Skett	Lymm Runners	O55M
62	Matthew Cartwright-Terry	Mersey Tri	U40M	136	Tony Man	Penny Lane Striders	O45M
63	David Owens	Penny Lane Striders	O40M	137	Steve Saunders	Birkenhead	O50M
64	Simone Capponi	Penny Lane Striders	U40M	138	Ian Broadhurst	Knowsley Harriers	O45M
65	Patrik Corrigan	Birkenhead	O50M	139	Terry Noon	Knowsley Harriers	U40M
66	Lyndon Easthope	Penny Lane Striders	U40M	140	Neville Griffiths	Spectrum Striders	O60M
67	Daniel Chadwick	Spectrum Striders	U40M	141	Richard Macllwaine	Spectrum Striders	O55M
68	Stephen Robinson	Knowsley Harriers	O40M	142	Nigel Pratten	Pensby Runners	O60M
69	Thomas Rimmer	Penny Lane Striders	U30M	143	Anil Bose	Skelmersdale Boundary Harriers	O50M
70	Julian Tour	Penny Lane Striders	U40M	144	Andy Dalton	Skelmersdale Boundary Harriers	O50M
71	John Jensen	Penny Lane Striders	U40M	145	Jamie Bradbury	Lymm Runners	U40M
72	Andrew Leslie	Penny Lane Striders	U30M	146	Charlie Roberts	Helsby	O60M
73	Mike McCabe	Newburgh Nomads	O45M	147	Frank Murphy	Knowsley Harriers	O45M
74	Paul Atherton	Delamere Spartans	U40M	148	Sam Darby	Penny Lane Striders	O55M
75	Lee Ward	Liverpool RC	O40M	149	Ben Freeney	Penny Lane Striders	U40M

150	Bill Sergeson	Penny Lane Striders	O45M	153	Ian Chalmers	Pensby Runners	O60M
151	Mike Sharkey	Penny Lane Striders	O60M	154	Brian Forth	Warrington Road Runners	O40M
152	Andy Bates	Penny Lane Striders	U30M				

## Ladies Results

1	Alex Melia-O'Brian	Liverpool RC	U35F	37	Jane Eardley	Penny Lane Striders	U40F
2	Catherine Howard	Knowsley Harriers	U30F	38	Amanda Deaves	Activewomenrunning	O40F
3	Andrea Hilldrup	Lymm Runners	U40F	39	Helen Caldwell	Spectrum Striders	O40F
4	Victoria-Jayne Walls	Spectrum Striders	U30F	40	April Morgan	Knowsley Harriers	O40F
5	Charlotte Wilson	Liverpool Harriers	U30F	41	Carole Morrison	Pensby Runners	O50F
6	Sarah Roberts	Pensby Runners	U35F	42	Louise Warn	Penny Lane Striders	U30F
7	Tracy Entwistle	Warrington Road Runners	O40F	43	Rebecca Skade	Delamere Spartans	U35F
8	Yvonne Wyke	Parbold Pink Panthers	O40F	44	Mandy McGonigle	Pensby Runners	O50F
Guest	Sharon Sampson	Unattached	U40F	45	Nat Hendry-Jones	Widnes Wasps	U40F
9	Honor Thompson	Skelmersdale Boundary Harriers	U40F	46	Jo Keeling	Liverpool RC	U30F
10	Anne Rusbottom	Pensby Runners	O40F	47	Laura Buckley	St Helens Striders	U30F
11	Ali Lewis	Pensby Runners	O40F	48	Lesley Feakes	Helsby	O40F
12	Jane Lowe	Spectrum Striders	O40F	49	Robbie Richey	Penny Lane Striders	O40F
13	Bobbie Lomax	Spectrum Striders	O40F	50	Shona Moore	Mersey Tri	U30F
14	Alison Draper	Spectrum Striders	U35F	51	Jackie Keasley	Helsby	O50F
15	Sharon James	Liverpool RC	O40F	52	Alison Roberts	Lymm Runners	U40F
16	Tarja Bames	Warrington Road Runners	O40F	53	Sue Buck	Spectrum Striders	O40F
17	Lynsey Unsworth	Knowsley Harriers	U35F	54	Susan Hamley	Knowsley Harriers	U40F
18	Maria Cook	Parbold Pink Panthers	O40F	55	Joanne Moyers	Widnes Wasps	O40F
19	Pam Thurtle	Penny Lane Striders	U40F	56	Anna Watkin	Penny Lane Striders	U35F
20	Michelle King	Penny Lane Striders	U30F	57	Esther Van-Ginneken	Penny Lane Striders	U30F
21	Janet Robertson	Helsby	O40F	58	Jo Sullivan	Spectrum Striders	O40F
22	Justine Moore	Knowsley Harriers	O40F	59	Joanne Jackson	St Helens Striders	O40F
23	Debbie Rutherford	Pensby Runners	O50F	60	Elly Roberts	Spectrum Striders	O40F
24	Kathryn-Adele Sharkey	Penny Lane Striders	U35F	61	Denise Zachariasz	Spectrum Striders	O40F
25	Laura Baynham-Hughes	Helsby	U40F	62	Victoria Kehoe	St Helens Striders	O40F
26	Liz Whitfield	Spectrum Striders	U40F	63	Catherine Lancaster	Pensby Runners	O50F
27	Rachel Arnold	Helsby	O50F	64	Leah Binns	Delamere Spartans	U30F
28	Bridget Collier	Parbold Pink Panthers	O40F	65	Joanne McGillicuddy	Widnes Wasps	O40F
29	Abigail Willmitt	Liverpool RC	U35F	66	Janet Walker	Skelmersdale Boundary Harriers	U40F
30	Debbie Read	Spectrum Striders	O50F	67	Nesta Hawker	Helsby	O40F
31	Oonagh Jaquest	Penny Lane Striders	U40F	68	Emily Sinkinson	Spectrum Striders	U20F
32	Carole Quirk	Skelmersdale Boundary Harriers	O50F	69	Liz Evans	Activewomenrunning	O40F
33	Georgina Walker	Lymm Runners	U40F	70	Sandra Lewis	Spectrum Striders	O50F
34	Sue Burke	Activewomenrunning	O40F	71	Ursula Cheetham	Skelmersdale Boundary Harriers	O40F
35	Melanie Roberts	Activewomenrunning	U35F	72	Rachel Simm	St Helens Striders	U30F
36	Carla Brown	Delamere Spartans	O40F				

## Team Results

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

Pos	Team	Score	Points
1	Knowsley Harriers 'A'	62	16
2	Penny Lane Striders 'A'	65	15
3	Liverpool RC 'A'	110	14
4	Mersey Tri 'A'	216	13
5	Spectrum Striders 'A'	234	12
6	Helsby, Lymm & Warrington 'A'	250	11
7	Delamere Spartans 'A'	272	10
8	Birkenhead & Pensby 'A'	288	9
9	Skem & Parbold 'A'	495	8
10	St Helens Striders 'A'	680	7
11	Newburgh Nomads 'A'	836 (Only 2 Ran)	6
12	Liverpool Harriers 'A'	No Team	0
13	Chester Tri 'A'	No Team	0
14	Ellesmere Port RC 'A'	No Team	0
15	Widnes Wasps 'A'	No Team	0
16	Activewomenrunning 'A'	No Team	0

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

Pos	Team	Score	Points
1	Helsby, Lymm & Warrington 'A'	26	16
2	Birkenhead & Pensby 'A'	27	15
3	Spectrum Striders 'A'	29	14
4	Skem & Parbold 'A'	35	13
5	Knowsley Harriers 'A'	41	12
6	Liverpool RC 'A'	45	11
7	Penny Lane Striders 'A'	63	10
8	Activewomenrunning 'A'	107	9
9	Delamere Spartans 'A'	143	8
10	Widnes Wasps 'A'	165	7
11	St Helens Striders 'A'	168	6
12	Liverpool Harriers 'A'	169 (Only 1 Ran)	5
13	Mersey Tri 'A'	214 (Only 1 Ran)	4
14	Ellesmere Port RC 'A'	No Team	0
15	Chester Tri 'A'	No Team	0
16	Newburgh Nomads 'A'	No Team	0

## CURRENT POSITIONS

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

Pos	Team	Race 1	Race 2	Race 3	Race 4	Total
1	Penny Lane Striders 'A'	15	16	14	15	60
2	Liverpool RC 'A'	14	15	15	14	58
3	Knowsley Harriers 'A'	13	12	16	16	57
4	Mersey Tri 'A'	12	13	13	13	51
5	Helsby, Lymm & Warrington 'A'	11	15	12	11	49
6	Spectrum Striders 'A'	10	11	11	12	44
7	Delamere Spartans 'A'	9	10	6	10	35
8=	Skem & Parbold 'A'	8	8	10	8	34
8=	Birkenhead & Pensby 'A'	7	9	9	9	34
10	Liverpool Harriers 'A'	16	4	8	NT	28
11	Newburgh Nomads 'A'	5	7	7	6	25
12	St Helens Striders 'A'	6	3	3	7	19
13	Ellesmere Port RC 'A'	3	6	5	NT	14
14	Chester Tri 'A'	4	5	4	NT	13
15	Widnes Wasps 'A'	NT	NT	NT	NT	0
16	Activewomenrunning 'A'	NT	NT	NT	NT	0

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

Pos	Team	Race 1	Race 2	Race 3	Race 4	Total
1	Spectrum Striders 'A'	16	16	15	14	61
2	Birkenhead & Pensby 'A'	13	15	14	15	57
3=	Knowsley Harriers 'A'	14	14	13	12	53
3=	Helsby, Lymm & Warrington 'A'	12	9	16	16	53
5	Penny Lane Striders 'A'	10	11	12	10	43
6=	Liverpool RC 'A'	11	13	6	11	41
6=	Skem & Parbold 'A'	7	10	11	13	41
8	Delamere Spartans 'A'	3	8	10	8	29
9=	Ellesmere Port RC 'A'	9	12	7	NT	28
9=	Widnes Wasps 'A'	6	7	8	7	28
11	St Helens Striders 'A'	15	3	3	6	27
12	Activewomenrunning 'A'	8	5	0	9	22
13=	Mersey Tri 'A'	4	4	9	4	21
13=	Liverpool Harriers 'A'	5	6	5	5	21
15	Chester Tri 'A'	2	2	4	NT	8
16	Newburgh Nomads 'A'	NT	NT	NT	NT	0

(NT= No Team, INC= Incomplete Team)