

North West XC – Race 6 – Birchwood Park – 22 February 2015 – 5.2M

Mens Results

1	Martin Swensson	Penny Lane Striders	U40M	67	Lee Roger	Mersey Tri	O40M
2	James Toohey	Liverpool RC	U30M	68	Chris Lees	Lymm Runners	O45M
3	Rob Grantham	Chester Tri	O40M	69	Andie Gow	Pensby Runners	O60M
4	James Ashworth	Knowsley Harriers	U40M	70	William Merritt	Knowsley Harriers	O50M
5	Robert Barrows	Penny Lane Striders	U30M	71	Ian Edge	Warrington Road Runners	O50M
6	Mark Clair	Knowsley Harriers	U40M	72	Steve Riley	Helsby	O50M
7	Neil Bullock	Penny Lane Striders	U30M	73	Rob McHarry	Spectrum Striders	O50M
8	Colin Bishop	Helsby	O55M	74	Ged Stephens	Delamere Spartans	O45M
9	Jonathan Hazell	Penny Lane Striders	U30M	75	William Jones	Knowsley Harriers	O45M
10	James Thompson	Knowsley Harriers	U40M	76	Fred Duenbier	Newburgh Nomads	O55M
11	Chris Millington	Spectrum Striders	O40M	77	Ian McNeill	Birkenhead	O55M
12	Ian Magill	Liverpool RC	O45M	78	Stephen Bowden	Warrington Road Runners	O55M
13	Neil Kelly	Penny Lane Striders	O40M	79	Kieran Walshe	Lymm Runners	O50M
14	Stephen Doyle	Knowsley Harriers	O40M	80	Aaron Biggs	Knowsley Harriers	U40M
15	Andrew Jackson	Delamere Spartans	O40M	81	Andy Dawson	Spectrum Striders	U40M
16	Craig Hoy	Liverpool RC	U30M	82	Kenny Forster	Spectrum Striders	O55M
17	Dale Higham	Penny Lane Striders	U40M	83	Neil Jenkins	Chester Tri	O45M
18	Kyle Harrison	Liverpool RC	U30M	84	Geoff Hand	Spectrum Striders	O55M
19	Ralph Pawling	Pensby Runners	U40M	85	John Whitehead	Helsby	U30M
20	Colin Thompson	Helsby	U40M	86	Michael O'Rourke	Penny Lane Striders	U40M
21	Robert Kelly	Knowsley Harriers	U40M	87	Tim Lewis	Spectrum Striders	O45M
22	Lawrence Eccles	Penny Lane Striders	U40M	88	Andrew Blair	Ellesmere Port RC	O50M
23	Simon Rogers	Pensby Runners	O50M	89	Paul Alexander	Pensby Runners	O55M
24	Ian Palin	Liverpool RC	O40M	90	Mike Brady	Spectrum Striders	O45M
25	David Low	Mersey Tri	U40M	91	Richard Potts	Pensby Runners	O45M
26	Chris Collins	Delamere Spartans	U40M	92	Gary Spriggs	St Helens Striders	O40M
27	Julian Dickinson	Lymm Runners	O40M	93	Terry Noon	Knowsley Harriers	U40M
28	Carl Murphy	Liverpool RC	U40M	94	Andy Smith	Helsby	O50M
29	Gary Thornton-Allen	Pensby Runners	U40M	95	Alan Spencer	Knowsley Harriers	O50M
30	John Connolly	Penny Lane Striders	O40M	96	Gordon Scholefield	Pensby Runners	O60M
31	Kevin Walker	Skelmersdale Boundary Harriers	U40M	97	John Suckley	Pensby Runners	O55M
32	Dan Thomas	Penny Lane Striders	U30M	98	Neil Simpson	Warrington Road Runners	U40M
33	Neil Adair	Spectrum Striders	U40M	99	Tim Murphy	Spectrum Striders	O50M
34	Paul Bagan	Lymm Runners	U40M	100	Steve Pemberton	Penny Lane Striders	O55M
35	Ian Russell	Penny Lane Striders	O50M	101	Andy Waring	Birkenhead	O55M
36	Chris Fitzpatrick	Helsby	U40M	102	Reece Atkinson	Knowsley Harriers	U20M
37	Ben Lewington	Knowsley Harriers	U40M	103	Mark Glaister	Skelmersdale Boundary Harriers	O50M
38	Stephen Abram	Spectrum Striders	U40M	104	Mark Roberts	Pensby Runners	O60M
39	Tony Jackson	Newburgh Nomads	O55M	105	John Guy	Penny Lane Striders	U40M
40	Colin Dobbs	Penny Lane Striders	U40M	106	Barry Ryder	Skelmersdale Boundary Harriers	U30M
41	Anthony Burke	Lymm Runners	O40M	107	Colin Lamprey	Pensby Runners	O50M
42	Alex Brown	Spectrum Striders	U30M	108	Andy Dalton	Skelmersdale Boundary Harriers	O50M
43	Andy Gaskell	Spectrum Striders	O45M	109	John Kleiser	Delamere Spartans	U40M
44	Shaun Rhead	Knowsley Harriers	U40M	110	Nigel Crompton	Pensby Runners	O50M
45	Jon Cole	Ellesmere Port RC	U40M	111	Dave Thompson	Spectrum Striders	O55M
46	David Owens	Penny Lane Striders	O40M	112	Brian Kennedy	Newburgh Nomads	O60M
47	Ian Shorrock	Pensby Runners	O40M	113	Roy Fisher	Pensby Runners	O60M
48	Stuart Atkinson	Delamere Spartans	U40M	114	Carl Yu	Liverpool RC	O40M
49	Patrik Corrigan	Birkenhead	O50M	115	Ian Sneddon	Birkenhead	O60M
50	Jim Dawson	Lymm Runners	O50M	116	Richard Macllwaine	Spectrum Striders	O55M
51	Simone Capponi	Penny Lane Striders	U40M	117	Jamie Bradbury	Lymm Runners	U40M
52	Mike Welsby	Spectrum Striders	O45M	118	Paul Gilbertson	Liverpool RC	O45M
53	Robert Morris	Delamere Spartans	U40M	119	Andy Morley	Pensby Runners	O55M
54	Dominic Roberts	Pensby Runners	U40M	120	Neville Griffiths	Spectrum Striders	O60M
55	Lee Ward	Liverpool RC	O40M	121	Bill Sergeson	Penny Lane Striders	O45M
56	Andrew Leslie	Penny Lane Striders	U30M	122	Charlie Roberts	Helsby	O60M
57	Stephen Huyton	Newburgh Nomads	U40M	Guest	Lee Walker	Unattached	O50M
58	Phillip Roberts	Helsby	U40M	123	Colin Grime	Spectrum Striders	O60M
59	Steve Owen	Spectrum Striders	O45M	124	Paul Cheetham	Skelmersdale Boundary Harriers	O40M
60	Thomas Rimmer	Penny Lane Striders	U30M	125	Alan Peers	Spectrum Striders	O60M
61	Stuart Berry	Lymm Runners	U30M	126	Brian Forth	Warrington Road Runners	O40M
62	Jonathon Fisher	Liverpool RC	U40M	127	Ian Chalmers	Pensby Runners	O60M
63	Andrew Glen	Knowsley Harriers	O50M	128	Barry Allman	Spectrum Striders	O55M
64	Michael Connor	Knowsley Harriers	O50M	129	Jim Killgallon	St Helens Striders	O40M
65	Jon Hawker	Delamere Spartans	O50M				
66	Jeff Adams	Pensby Runners	O55M				

Ladies Results

1	Claire Andrew	Spectrum Striders	U40F	29	Rebecca Skade	Delamere Spartans	U35F
2	Sarah Roberts	Pensby Runners	U35F	30	Sara Atkinson	Ellesmere Port RC	O40F
3	Alex Melia-O'Brian	Liverpool RC	U35F	31	Amanda Deaves	Activewomenrunning	O40F
4	Rachel Fishwick	St Helens Striders	U35F	32	Melanie Roberts	Activewomenrunning	U35F
5	Honor Thompson	Skelmersdale Boundary Harriers	U40F	33	Carole Morrison	Pensby Runners	O50F
6	Victoria-Jayne Walls	Spectrum Striders	U30F	34	Danni Ebrell	Ellesmere Port RC	O40F
7	Lisa Grantham	Pensby Runners	O40F	35	Helen Caldwell	Spectrum Striders	O40F
8	Lynsey Unsworth	Knowsley Harriers	U35F	36	Jane Eardley	Penny Lane Striders	U40F
9	Alison Cole	Ellesmere Port RC	U40F	37	April Morgan	Knowsley Harriers	O40F
Guest	Sarah Flanagan	Penny Lane Striders	U40F	38	Jackie Jones	Delamere Spartans	U40F
10	June Swift	Helsby	U30F	39	Shona Moore	Mersey Tri	U30F
11	Sharon Samson	Penny Lane Striders	U40F	40	Lou Ball	Parbold Pink Panthers	U40F
12	Kirsty Seddon	Chester Tri	U35F	41	Lesley Feakes	Helsby	O50F
13	Helen Johnson	Ellesmere Port RC	O40F	42	Emma Davis	Lymm Runners	U30F
14	Jane Ashbrook	Helsby	U40F	43	Louise Waywell	Pensby Runners	O40F
15	Liz Whitfield	Spectrum Striders	U40F	44	Jeanette Fisher	St Helens Striders	O40F
16	Maria Cook	Parbold Pink Panthers	O40F	45	Sue Buck	Spectrum Striders	O40F
17	Jane Lowe	Spectrum Striders	O40F	46	Elly Roberts	Spectrum Striders	O40F
18	Vanessa Griffiths	Helsby	O50F	47	Alison Roberts	Lymm Runners	U40F
19	Cristina Puccini	Penny Lane Striders	O40F	48	Kate MacFarlane	Penny Lane Striders	U30F
20	Joanne Lacking	Helsby	U40F	49	Leah Binns	Delamere Spartans	U30F
21	Pam Thurtle	Penny Lane Striders	U40F	50	Emmsie_Lou Buckley	Widnes Wasps	U35F
22	Carolyn Stamper-Clark	Delamere Spartans	U40F	51	Jo Sullivan	Spectrum Striders	O40F
23	Carole Quirk	Skelmersdale Boundary Harriers	O50F	52	Denise Zachariasz	Spectrum Striders	O40F
24	Debbie Rutherford	Pensby Runners	O50F	53	Susan Alltree	Warrington Road Runners	O40F
25	Rachel Arnold	Helsby	O50F	54	Janet Walker	Skelmersdale Boundary Harriers	U40F
26	Germaine Holmes	Lymm Runners	O40F	55	Sandra Bentley	Widnes Wasps	O40F
27	Bridget Collier	Parbold Pink Panthers	O40F	56	Emily Sinkinson	Spectrum Striders	U20F
28	Georgina Walker	Lymm Runners	U40F	57	Debbie Hill	St Helens Striders	O40F

Team Results

Mens 'A' Teams (6 Runners)

Pos	Team	Score	Points
1	Penny Lane Striders 'A'	52	15
2	Knowsley Harriers 'A'	92	14
3	Liverpool RC 'A'	100	13
4	Helsby, Lymm & Warrington 'A'	166	12
5	Spectrum Striders 'A'	219	11
6	Birkenhead & Pensby 'A'	221	10
7	Delamere Spartans 'A'	281	9
8	Skem & Parbold 'A'	611 (Only 5 Ran)	8
9	Newburgh Nomads 'A'	562 (Only 4 Ran)	7
10	Chester Tri 'A'	642 (Only 2 Ran)	6
11	Mersey Tri 'A'	648(Only 2 Ran)	5
12	Ellesmere Port RC 'A'	689(Only 2 Ran)	4
13	St Helens Striders 'A'	777(Only 2 Ran)	3
14=	Widnes Wasps 'A'	No Team	-
14=	Activewomenrunning 'A'	No Team	-

Ladies 'A' Teams (3 Runners)

Pos	Team	Score	Points
1	Spectrum Striders 'A'	22	15
2	Birkenhead & Pensby 'A'	33	14
3	Helsby, Lymm & Warrington 'A'	42	13
4	Skem & Parbold 'A'	44	12
5	Penny Lane Striders 'A'	51	11
6	Ellesmere Port RC 'A'	52	10
7	Delamere Spartans 'A'	89	9
8	St Helens Striders 'A'	105	8
9	Knowsley Harriers 'A'	112 (Only 2 Ran)	7
10	Activewomenrunning 'A'	130 (Only 2 Ran)	6
11	Widnes Wasps 'A'	172 (Only 2 Ran)	5
12	Liverpool RC 'A'	137 (Only 1 Ran)	4
13	Chester Tri 'A'	146 (Only 1 Ran)	3
14	Mersey Tri 'A'	173 (Only 1 Ran)	2
16	Newburgh Nomads 'A'	No Team	-

FINAL POSITIONS

Mens 'A' Teams (6 Runners)

Pos	Team	Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Total (Best 5)
1	Penny Lane Striders 'A'	15	15	13	14	15	15	74
2	Knowsley Harriers 'A'	13	11	15	15	14	14	71
3	Liverpool RC 'A'	14	13	14	13	13	13	67
4	Helsby, Lymm & Warrington 'A'	11	14	11	10	12	12	60
5	Mersey Tri 'A'	12	12	12	12	9	5	57
6	Spectrum Striders 'A'	10	10	10	11	10	11	52
7	Delamere Spartans 'A'	9	9	6	9	11	9	47
8	Birkenhead & Pensby 'A'	7	8	8	8	7	10	41
9	Skem & Parbold 'A'	8	7	9	7	6	8	39
10	Newburgh Nomads 'A'	5	6	7	5	5	7	30
11	St Helens Striders 'A'	6	3	3	6	8	3	26
12	Chester Tri 'A'	4	4	4	0	4	6	22
13	Ellesmere Port RC 'A'	3	5	5	0	3	4	20
14=	Widnes Wasps 'A'	NT	NT	NT	NT	NT	NT	-
14=	Activewomenrunning 'A'	NT	NT	NT	NT	NT	NT	-

Ladies 'A' Teams (3 Runners)

Pos	Team	Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Total (Best 5)
1	Spectrum Striders 'A'	15	15	14	13	15	15	74
2	Birkenhead & Pensby 'A'	12	14	13	14	13	14	68
3	Helsby, Lymm & Warrington 'A'	10	8	15	15	11	13	64
4=	Penny Lane Striders 'A'	13	13	11	9	10	11	58
4=	Knowsley Harriers 'A'	11	12	12	11	12	7	58
6	Skem & Parbold 'A'	6	9	10	12	14	12	57
7	Liverpool RC 'A'	9	11	5	10	6	4	41
8	Delamere Spartans 'A'	3	7	9	7	8	9	40
9	St Helens Striders 'A'	14	3	3	5	9	8	39
10	Ellesmere Port RC 'A'	8	10	6	0	0	10	34
11=	Widnes Wasps 'A'	5	6	7	6	7	5	31
11=	Activewomenrunning 'A'	7	5	NT	8	5	6	31
12	Mersey Tri 'A'	4	4	8	4	4	2	24
13	Chester Tri 'A'	2	2	4	NT	NT	3	11
14	Newburgh Nomads 'A'	NT	NT	NT	NT	NT	NT	-

(NT= No Team)