

## North West XC – Race 1 – Clarke Gardens – 1 November 2105 – 4.7M

### Mens Results

1	Martin Swensson	Penny Lane Striders	O40M	68	Geoff Rudd	Liverpool RC	O55M
2	Mark Clair	Knowsley Harriers	U40M	69	Mark O'Callaghan	Kirkby Milers	U40M
3	James Toohey	Liverpool RC	U30M	70	Jerome Doyle	Penny Lane Striders	O40M
4	Karl Steinegger	Spectrum Striders	U30M	71	Ian Russell	Penny Lane Striders	O50M
5	Ian Moran	Kirkby Milers	U40M	72	Jim Dawson	Lymm Runners	O50M
6	James Thompson	Knowsley Harriers	U40M	73	Tim Grace	Mersey Tri	O40M
7	John McMaster	Liverpool RC	U30M	74	John O'Neil	Mersey Tri	O40M
8	Kyle Harrison	Liverpool RC	U30M	75	James Warburton	Kirkby Milers	U40M
9	Ian Magill	Liverpool RC	O45M	76	Kevin Brown	Knowsley Harriers	O40M
10	Anthony Lawlor	Knowsley Harriers	O50M	77	Steve Davis	Lymm Runners	O50M
11	Alan Smithson	Mersey Tri	U40M	78	Carl Murphy	Liverpool RC	U40M
12	Jonathan Smith	Lymm Runners	U30M	79	Marc Goudie	Penny Lane Striders	U40M
13	Alex Cowin	Penny Lane Striders	U40M	80	Kevin Logue	Warrington RC	U40M
14	Terry Mitchell	Knowsley Harriers	U40M	81	Paul Atherton	Delamere Spartans	O40M
15	Stephen Watkin	Penny Lane Striders	U40M	82	Robert Bruchez-Corbett	Penny Lane Striders	U40M
16	James Ashworth	Knowsley Harriers	U40M	83	Michael Connor	Knowsley Harriers	O50M
17	Stephen Doyle	Knowsley Harriers	O40M	84	Andrew Boulger	Kirkby Milers	O45M
18	Chris Millington	Spectrum Striders	O45M	85	Patrik Corrigan	Birkenhead	O50M
19	Tom Greaves	Warrington Road Runners	U30M	Guest	Bob Freeman	West Cheshire	O60M
20	Chris Collins	Delamere Spartans	U30M	86	Jono Kirkman	St Helens Striders	U40M
21	Lawrence Eccles	Penny Lane Striders	U40M	87	Chris Murray	Helsby	U30M
22	James Muscart	Mersey Tri	U30M	88	William-John Jones	Knowsley Harriers	O45M
23	Michael Heyes	Mersey Tri	U30M	89	Paul Robertson	Delamere Spartans	O50M
24	Christopher Lee	Penny Lane Striders	U40M	90	Jimmy Connolly	Spectrum Striders	O55M
25	Ian Palin	Liverpool RC	O40M	91	Luke Potts	Warrington Road Runners	U40M
26	Kye Byrne	Warrington RC	U40M	92	Graham Taylor	Knowsley Harriers	U30M
27	Michael Gall	Knowsley Harriers	U40M	93	Darren O'Connor	Helsby	U40M
28	Nigel Cosford	Warrington RC	O45M	94	Robert Givnan	Liverpool RC	O40M
29	Sam Evans	Penny Lane Striders	U40M	95	Thomas Rimmer	Penny Lane Striders	U30M
30	Simon Rogers	Pensby Runners	O50M	96	Steve Wall	Liverpool RC	O40M
31	Daniel Peers	Spectrum Striders	U30M	97	Kevin Smyth	Liverpool RC	U30M
32	Neil Kelly	Penny Lane Striders	O40M	98	Andy Huxley	Skelmersdale Boundary Harriers	O45M
33	Andrew Starkey	Penny Lane Striders	U40M	99	Tony Craig	Kirkby Milers	O45M
34	Craig Hoy	Liverpool RC	U30M	100	Jonathon Fisher	Liverpool RC	U40M
35	David Edwards	Kirkby Milers	O50M	101	Simone Capponi	Penny Lane Striders	U40M
36	Paul Bagan	Lymm Runners	U40M	102	Ian Landucci	Helsby	O50M
37	Chris Fitzpatrick	Helsby	U40M	103	Phil Macklin	Penny Lane Striders	O40M
38	Gary Thornton-Allen	Pensby Runners	U40M	104	Paul Cheetham	Skelmersdale Boundary Harriers	O40M
39	Neil Adair	Spectrum Striders	U40M	105	Kevin Walker	Skelmersdale Boundary Harriers	O40M
40	Chris Pownell	Knowsley Harriers	U30M	106	Kenny Forster	Spectrum Striders	O55M
41	Paul Demore	St Helens Striders	O45M	107	Antony Cheers	St Helens Striders	U40M
42	Dean Wilson	Liverpool RC	O40M	108	Dominic Roberts	Pensby Runners	U40M
43	John Preece	Kirkby Milers	O40M	109	Andrew Glen	Knowsley Harriers	O50M
44	Paul Goodwin	Kirkby Milers	O45M	110	Billy McLoughlin	Liverpool RC	U40M
45	Lee Hughes	Lymm Runners	O40M	111	Dave Ashcroft	Warrington Road Runners	O50M
46	Andrew Keeley	Penny Lane Striders	O50M	112	Lee Roger	Mersey Tri	O45M
47	Darren Unsworth	Kirkby Milers	O40M	113	Julian Spencer	Spectrum Striders	O55M
48	Rob Morris	Delamere Spartans	U40M	114	Tim Palmer	Helsby	O50M
Guest	Matthew Hughes	Liverpool Harriers	U30M	115	Dave Ralphs	Newburgh Nomads	O55M
49	Gary English	Liverpool RC	O50M	116	John Walsh	Warrington Road Runners	O40M
50	Max Woollard	Ellesmere Port RC	U30M	117	Alex Lewis	Spectrum Striders	U30M
51	Mike Houghton	Spectrum Striders	O45M	118	Andrew Biddle	Penny Lane Striders	O40M
52	Stephen Abram	Spectrum Striders	U40M	119	Andy Dawson	Spectrum Striders	U40M
53	Chris Ryan	Mersey Tri	U40M	120	Wally Coppelov	Newburgh Nomads	O55M
54	Andrew Dalton	Warrington Road Runners	O45M	121	Nigel Foo	Penny Lane Striders	O45M
55	Tom O'Dowd	Knowsley Harriers	U30M	122	Kenneth Day	Kirkby Milers	U40M
56	Marty Christian	Knowsley Harriers	O45M	123	Richard Shayle	Pensby Runners	O45M
57	Kevin Outten	St Helens Striders	O40M	124	Carl Yu	Liverpool RC	O40M
58	Gary Thompson	Kirkby Milers	U40M	125	Andy Lavery	Knowsley Harriers	U40M
59	Richard Seville	St Helens Striders	O40M	126	Mark Culshaw	Newburgh Nomads	O45M
60	Joseph Chedzoy	Kirkby Milers	U30M	127	Steven Nokes	Warrington Road Runners	U40M
61	Gary Davies	Warrington RC	U40M	128	Danny Fagan	St Helens Striders	O45M
62	Owen Barden	Mersey Tri	O40M	129	Michael Holloway	Kirkby Milers	U40M
63	Lyndon Easthope	Penny Lane Striders	O40M	130	Ian McNeill	Birkenhead	O55M
64	Rob Beech	Pensby Runners	O50M	131	Ian Edge	Warrington Road Runners	O50M
65	David Daly	Kirkby Milers	U40M	132	Neil Sahgal	Mersey Tri	O40M
66	Gary Wilton	Kirkby Milers	U40M	133	Andy Garnett	Spectrum Striders	O60M
67	Colin Dobbs	Penny Lane Striders	O40M	134	Grant Davidson	Mersey Tri	O40M

135	William Merritt	Knowsley Harriers	O50M	177	Frank Murphy	Knowsley Harriers	O50M
136	Jonathan Hock	Lymm Runners	U40M	178	Ian Barker	Spectrum Striders	U40M
137	Martin Hirrell	Penny Lane Striders	O50M	179	Steve Saunders	Birkenhead	O50M
138	Keith Andrews	Liverpool RC	O50M	180	Tommy Burke	Penny Lane Striders	O60M
139	Steve Edwards	Ellesmere Port RC	U30M	181	Paul Stevenson	Liverpool RC	O45M
140	Jamie Bradbury	Lymm Runners	U40M	182	John Guy	Penny Lane Striders	U40M
141	Michael O'Rourke	Penny Lane Striders	U40M	183	Kevin Surplice	Delamere Spartans	O40M
142	Brad Ehlen	Spectrum Striders	O45M	184	Not Recorded	Knowsley Harriers	
143	Brian Hall	Warrington RC	O50M	185	Phil Proctor	Ellesmere Port RC	O45M
144	Thomas Pritchard	Knowsley Harriers	U40M	186	Ian Broadhurst	Knowsley Harriers	O50M
145	Steve Pemberton	Penny Lane Striders	O60M	187	Ian Sneddon	Birkenhead	O60M
146	Martin Catterall	Warrington Road Runners	O40M	188	Paul Foster	Helsby	O40M
147	Daniel McKeivitt	Kirkby Milers	U40M	189	Richard MacIlwaine	Spectrum Striders	O55M
148	Nathan Ashurst	Warrington RC	U40M	190	Andy Bates	Penny Lane Striders	U30M
149	Robert Moore	Knowsley Harriers	O40M	191	James Stansfield	Penny Lane Striders	U30M
150	Stephen Riley	Helsby	O50M	192	David Connor	Mersey Tri	O40M
151	Stuart Barnard	Pensby Runners	U40M	193	Neil Taylor	Liverpool RC	O45M
152	Ian Davies	Birkenhead	O55M	194	Jose Perez	Lymm Runners	O40M
153	Will Magee	Warrington Road Runners	U40M	195	Brian Kennedy	Newburgh Nomads	O60M
154	Dez Walker	Delamere Spartans	O50M	196	Phil O'Rourke	Liverpool RC	O50M
155	Ged Stephens	Delamere Spartans	O45M	197	Richard Lowe	Newburgh Nomads	O60M
156	Mike Roxburgh	Penny Lane Striders	O45M	198	Tony Dickinson	Kirkby Milers	O45M
157	Phil Jolley	Warrington RC	O45M	199	Colin Lamprey	Pensby Runners	O50M
158	Paul Gilbertson	Liverpool RC	U40M	200	Steve Maguire	Penny Lane Striders	O40M
159	Mark Glaister	Skelmersdale Boundary Harriers	O50M	201	Frank Green	Liverpool RC	O60M
160	Adrian Chewter	Mersey Tri	U40M	202	Robbie Burke	Liverpool RC	O50M
161	Jake Holmes	Spectrum Striders	U40M	203	Tony Sala	Lymm Runners	O55M
162	Jonathon White	Delamere Spartans	O40M	204	Toby Shipley	Chester Tri	O40M
163	Tim Lewis	Spectrum Striders	O50M	205	Patrick Kavanagh	Ellesmere Port RC	U20M
164	Fred Duenbier	Newburgh Nomads	O60M	206	John Dooley	Spectrum Striders	O60M
165	Graham Cheers	Warrington RC	O40M	207	Ian Dutton	Knowsley Harriers	O45M
166	Aurthur Cross	Knowsley Harriers	O55M	208	Christopher Sullivan	Kirkby Milers	O40M
167	Rob Johnson	Mersey Tri	O50M	209	Paul Kavanagh	Ellesmere Port RC	O45M
168	Shane Knott	Penny Lane Striders	U40M	210	Mike Sharkey	Penny Lane Striders	O60M
169	Andy Dalton	Skelmersdale Boundary Harriers	O50M	211	Tony Fishwick	Kirkby Milers	O40M
170	Damian Cowell	Warrington RC	O45M	212	Bryan Forth	Warrington Road Runners	O40M
171	Gordon Scholefield	Pensby Runners	O60M	213	Mark Humphreys	Kirkby Milers	O45M
172	Andy Waring	Birkenhead	O55M	214	Darrin Percy	Ellesmere Port RC	O50M
173	David Webb	Penny Lane Striders	U40M	215	Matthew Bates	Knowsley Harriers	U30M
174	Peter Leadbeater	Knowsley Harriers	O50M	216	Terry Coles	Spectrum Striders	O60M
175	Neil Simpson	Warrington Road Runners	U40M				
176	Ian Seabury	Warrington Road Runners	O40M				

## Ladies Results

1	Carol Parsons	Ellesmere Port RC	U40F	65	Dawn Fairclough	Liverpool RC	U40F
2	Catherine Howard	Knowsley Harriers	U30F	66	Sue Carter	Kirkby Milers	U35F
3	Alex Melia-O'Brian	Liverpool RC	U35F	67	Suzanne Fletcher	Helsby	U40F
4	Sarah Roberts	Pensby Runners	U40F	68	Joanne Moyers	Widnes Wasps	O40F
5	Elizabeth Renondeau	Ellesmere Port RC	U40F	69	Elaine Mountford	Warrington Road Runners	O50F
6	Claire Andrew	Spectrum Striders	U40F	70	Leah Binns	Delamere Spartans	U30F
7	Sarah Worley	Pensby Runners	U30F	71	Gill Collen	Warrington Road Runners	O50F
8	Honor Thompson	Skelmersdale Boundary Harriers	U40F	72	Hayley Fairclough	Liverpool RC	U35F
9	Alison Russell	Spectrum Striders	U35F	73	Jennifer Houghton	Kirkby Milers	U35F
10	Natalie Palin	Liverpool RC	U40F	74	Becky Burke	Liverpool RC	U20F
11	Kate MacFarlane	Penny Lane Striders	U30F	75	Emma Davis	Lymm Runners	U30F
12	Sharon Samson	Penny Lane Striders	U40F	76	Janet Walker	Skelmersdale Boundary Harriers	U40F
13	Bobbie Lomax	Warrington RC	O40F	77	Lisa Davidson	Mersey Tri	O40F
14	Ali Lewis	Pensby Runners	O40F	78	Helen Lester	Ellesmere Port RC	O40F
15	Sioban Woods	Liverpool RC	U30F	79	Sue Burke	Liverpool RC	O50F
16	Sharon James	Liverpool RC	O40F	80	Jackie Keasley	Helsby	O50F
17	Maria Cook	Parbold Pink Panthers	O40F	81	Elly Roberts	Spectrum Striders	O40F
18	Lucy Partridge	Pensby Runners	U40F	82	Judie Ko	Liverpool RC	O50F
19	Louise Nicholson	Liverpool RC	U40F	83	Lesley Feakes	Helsby	O50F
20	Jane Lowe	Spectrum Striders	O40F	84	Lynsay Adair	Widnes Wasps	U35F
21	Bridget Collier	Parbold Pink Panthers	O40F	85	Joyce Griffiths	Activewomenrunning	O50F
22	Pam Thurtle	Penny Lane Striders	U40F	86	Amanda Holman	Kirkby Milers	O40F
23	Tarja Barnes	Warrington Road Runners	O40F	87	Rachel Burke	Liverpool RC	U30F
24	Oonagh Jaquest	Penny Lane Striders	O40F	88	Nicola Hayes	Skelmersdale Boundary Harriers	U40F
25	Jennifer Langston	Village Runners	U35F	89	Amena Madden	Liverpool RC	O40F
26	Sara Atkinson	Ellesmere Port RC	O50F	90	Linda Greengrass	Kirkby Milers	O40F
27	Helen Johnson	Ellesmere Port RC	O40F	91	Jess Garrigan	Liverpool RC	U35F
28	Tracy Shipley	Chester Tri	O50F	92	Janette Fishwick	Kirkby Milers	U40F
29	Louise Watson	Penny Lane Striders	U40F	93	Carolyn Knott	Penny Lane Striders	O40F
30	Sue Burke	Activewomenrunning	O40F	94	Helen Cooney	Mersey Tri	O50F
31	Melanie Roberts	Activewomenrunning	U35F	95	Katherine Robertson	Mersey Tri	U35F
32	Leanne O'Leary	Mersey Tri	O40F	96	Laura Roach	Liverpool RC	U35F
33	Katherine Sharkey	Penny Lane Striders	U40F	97	Diane Whorton	Mersey Tri	U35F
34	Abigail Willmitt	Liverpool RC	U35F	98	Jo Bruchez-Corbett	Penny Lane Striders	U40F
35	Louise Dempster	Spectrum Striders	O50F	99	Stephanie Caldwell	Village Runners	O40F
36	Janet Robertson	Helsby	O40F	100	Sandra Riley	Village Runners	O40F
37	Louise Warn	Penny Lane Striders	U30F	101	Donna Mckeown	Village Runners	O40F
38	Debbie Turner	Liverpool RC	O50F	102	Jayne Cheetham	Warrington RC	O40F
39	Erika Lamb	Warrington RC	O40F	103	Katy O'Connor	Lymm Runners	O50F
40	Helen Caldwell	Spectrum Striders	O40F	104	Sharon Coulson	Widnes Wasps	O40F
41	Shona Moore	Mersey Tri	U30F	105	June Case	Liverpool RC	U40F
42	Karen Smith	Liverpool RC	O50F	106	Ann Ball	Ellesmere Port RC	O50F
43	Trudie Philpott	Village Runners	O40F	107	Christine Newbury	Liverpool RC	U40F
44	Lynsey Coan	Village Runners	U35F	108	Sue Ledsom	Ellesmere Port RC	O40F
45	Louise Casey	Warrington RC	U40F	109	Rachel Beddows	Ellesmere Port RC	O40F
46	Loma Harper	Mersey Tri	U30F	110	Sarah-Jane Carroll	Kirkby Milers	U35F
47	Carla Houghton	Kirkby Milers	U30F	111	Joanna Jones	Widnes Wasps	O40F
48	Emma Kearney	Penny Lane Striders	O40F	112	Sandra Lewis	Warrington RC	O50F
49	Amanda Lee	Kirkby Milers	O40F	113	Caroline Bott	Ellesmere Port RC	O50F
50	Germaine Holmes	Lymm Runners	O40F	114	Julie Winstanley	Ellesmere Port RC	O50F
51	Jenny McClelland	Lymm Runners	O40F	115	Vicky Ferguson	Widnes Wasps	O40F
52	Clare Farrell	Delamere Spartans	U40F	116	Carolyn Rigby	Widnes Wasps	O40F
53	Gill Darby	Penny Lane Striders	O50F	117	Kate Wakefield	Warrington Road Runners	O50F
54	April Wilkinson	Warrington Road Runners	U35F	118	Gemma Edwards	Ellesmere Port RC	U35F
55	Julia White	Warrington RC	U40F	119	Carmel Barnett	Ellesmere Port RC	O50F
56	Jennie Rooney	Liverpool RC	U35F	120	Steph Charman	Spectrum Striders	O60F
57	Amanda Deaves	Activewomenrunning	O40F	121	Janet Fisher	Liverpool RC	O50F
58	Claire Rowlands	Delamere Spartans	O40F	122	Rachel Craig	Kirkby Milers	O40F
59	Jane Eardley	Penny Lane Striders	U40F	123	Clare Evans	Kirkby Milers	O40F
60	Denise Grehan	Warrington Road Runners	U40F	124	Louise Adlington	Liverpool RC	U35F
61	Emma Nunnerley	Lymm Runners	U40F	125	Leanne Hughes	Liverpool RC	O40F
62	Emma Williams	Kirkby Milers	U30F	126	Joanne Griffiths	Warrington RC	U40F
63	Denise Hepburn	Spectrum Striders	U40F	127	Tracy Riley	Kirkby Milers	O40F
64	Linda Statham	Warrington Road Runners	O40F	128	Carol Knowles	Liverpool RC	O60F

## Team Results

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

Pos	Team	Score	Points
1	Knowsley Harriers 'A'	65	18
2	Liverpool RC 'A'	86	17
3	Penny Lane Striders 'A'	103	16
4	Spectrum Striders 'A'	195	15
5	Helsby, Lymm & Warrington 'A'	203	14
6	Kirkby Milers 'A'	232	13
7	Mersey Tri 'A'	244	12
8	Birkenhead & Pensby 'A'	448	11
9	St Helens Striders 'A'	478	10
10	Warrington RC 'A'	486	9
11	Delamere Spartans 'A'	547	8
12	Newburgh Nomads 'A'	917	7
13	Ellesmere Port RC 'A'	1002	6
14	Skem & Parbold 'A'	861 (Only 5 Ran)	5
15	Chester Tri 'A'	1334 (Only 1 Ran)	4
16	Widnes Wasps 'A'	No Team	-
17	Activewomenrunning 'A'	No Team	-
18	Village Runners 'A'	No Team	-

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

Pos	Team	Score	Points
1	Birkenhead & Pensby 'A'	25	18
2	Liverpool RC 'A'	28	17
3	Ellesmere Port RC 'A'	32	16
4	Spectrum Striders 'A'	35	15
5	Penny Lane Striders 'A'	45	14
6	Skem & Parbold 'A'	46	13
7	Warrington RC 'A'	97	12
8	Helsby, Lymm & Warrington 'A'	109	11
9	Village Runners 'A'	112	10
10	Activewomenrunning 'A'	118	9
11	Mersey Tri 'A'	119	8
12	Kirkby Milers 'A'	158	7
13	Delamere Spartans 'A'	180	6
14	Widnes Wasps 'A'	256	5
15	Knowsley Harriers 'A'	278 (Only 1 Ran)	4
16	Chester Tri 'A'	304 (Only 1 Ran)	3
17	Newburgh Nomads 'A'	No Team	-
18	St Helens Striders 'A'	No Team	-