

## North West XC – Race 4 – Town Park – 13 December 2015 – 4.9M

### Mens Results

1	Karl Steinegger	Spectrum Striders	U30M	76	Michael Gall	Knowsley Harriers	U40M
2	Martin Swensson	Penny Lane Striders	O40M	77	Richard Thorpe	Penny Lane Striders	U40M
3	James Thompson	Knowsley Harriers	U40M	78	Gary Wilton	Kirkby Milers	U40M
4	James Toohey	Liverpool RC	U30M	79	David Daly	Kirkby Milers	U40M
5	Mark Clair	Knowsley Harriers	U40M	80	Jon Cole	Ellesmere Port RC	U40M
6	Stephen Watkin	Penny Lane Striders	U40M	81	Michael Connor	Knowsley Harriers	O50M
7	Kyle Harrison	Liverpool RC	U30M	82	Matt Ashford	Lymm Runners	O40M
8	John McMaster	Liverpool RC	U30M	83	Kevin Outten	St Helens Striders	O40M
9	Anthony Lawlor	Knowsley Harriers	O50M	84	Paul Williams	Mersey Tri	U40M
10	Alan Smithson	Mersey Tri	U40M	85	Jonathan Hock	Lymm Runners	U40M
11	Jonathan Smith	Lymm Runners	U30M	86	Tim Grace	Mersey Tri	O40M
12	Lawrence Eccles	Penny Lane Striders	U40M	87	Jim Dawson	Lymm Runners	O50M
13	Terry Mitchell	Knowsley Harriers	U40M	88	Ian Rutherford	Helsby	O40M
14	Mark Bissell	Knowsley Harriers	U30M	89	Paul Riley	Penny Lane Striders	O45M
15	Simon Oliver	Chester Tri	O40M	90	Geoff Rudd	Liverpool RC	O55M
16	Robert Kelly	Knowsley Harriers	U40M	91	Dave Ralphs	Newburgh Nomads	O55M
17	Chris Millington	Spectrum Striders	O45M	92	Alex Brown	Spectrum Striders	U30M
18	Tom Greaves	Warrington RR	U30M	93	David Lee	Knowsley Harriers	U40M
19	Stephen Doyle	Knowsley Harriers	O40M	94	Rob Beech	Pensby Runners	U40M
20	Neil Bullock	Penny Lane Striders	U30M	95	Lewis Houghton	Kirkby Milers	U20M
21	Chris Collins	Delamere Spartans	U30M	96	Simone Capponi	Penny Lane Striders	U40M
22	Michael Heyes	Mersey Tri	U40M	97	Nick Wishart	Delamere Spartans	O50M
23	Alex Cowin	Penny Lane Striders	U40M	98	David Green	Pensby Runners	U40M
24	Paul Martin	Mersey Tri	U40M	99	Andrew Boulger	Kirkby Milers	O45M
25	Ben Fletcher	Helsby	O40M	100	Ian Atkinson	Ellesmere Port RC	O50M
26	Colin Thompson	Helsby	U40M	101	Kevin Smyth	Liverpool RC	U30M
27	David Edwards	Kirkby Milers	O50M	102	Kevin Logue	Warrington RC	U40M
28	Simon Rogers	Pensby Runners	O50M	103	Stephen Huyton	Newburgh Nomads	U40M
29	Craig Hoy	Liverpool RC	U30M	104	Ian Landucci	Helsby	O50M
30	Neil Kelly	Penny Lane Striders	O40M	105	Jonathan Fisher	Liverpool RC	U40M
31	Daniel Peers	Spectrum Striders	U30M	106	Mike Smith	Lymm Runners	O50M
32	Kye Byrne	Warrington RC	U40M	107	Dominic Roberts	Pensby Runners	U40M
33	Dean Hanwell	Mersey Tri	U40M	108	Kenneth Day	Kirkby Milers	U40M
34	Andrew Starkey	Penny Lane Striders	U40M	109	Kenny Forster	Spectrum Striders	O55M
35	Nigel Cosford	Warrington RC	O45M	110	Nigel Taylor	Warrington RC	U40M
36	Paul Skipper	Mersey Tri	U40M	111	Daryl Mullen	Newburgh Nomads	O50M
37	Alex Mason	Delamere Spartans	U40M	112	Wally Coppelov	Newburgh Nomads	O55M
38	Dan Thomas	Penny Lane Striders	U30M	113	Jon Hawker	Delamere Spartans	O50M
39	Gary English	Liverpool RC	O50M	114	Steve Wall	Liverpool RC	O40M
40	David Knowles	Liverpool RC	U40M	115	Richard Shayle	Pensby Runners	O45M
41	Kevin Brennan	St Helens Striders	O45M	116	Antony Cheers	St Helens Striders	U40M
42	Kevin Walker	Skem BH	O40M	117	Michael O'Rourke	Penny Lane Striders	U40M
43	Mike Waring	Chester Tri	O45M	118	Jono Kirkman	St Helens Striders	U40M
44	David Lawton	Liverpool RC	U40M	119	Andrew Blair	Ellesmere Port RC	O50M
45	Robert Owens	Knowsley Harriers	U40M	120	Kieran Walshe	Lymm Runners	O50M
46	Alex Rigby	Liverpool RC	U30M	121	Mike Hitchmough	Newburgh Nomads	O45M
47	Richard Seville	St Helens Striders	O40M	122	Jake Holmes	Spectrum Striders	U40M
48	Stephen Harrison	Village Runners	O40M	123	Ian Hamling	Helsby	U40M
49	Jamie Pugh	Knowsley Harriers	U40M	124	Mark Culshaw	Newburgh Nomads	O45M
50	Neil Adair	Spectrum Striders	U40M	125	Chris Falls	Spectrum Striders	U40M
51	Chris Ryan	Mersey Tri	U40M	126	Julian Spencer	Spectrum Striders	O55M
52	Matthew Robinson	Newburgh Nomads	U40M	127	Greg Willson	Lymm Runners	U40M
53	Colin Dobbs	Penny Lane Striders	O40M	128	Tony Man	Penny Lane Striders	O45M
54	David Holmes	Lymm Runners	O40M	129	David Feakes	Helsby	O50M
55	Paul Demore	St Helens Striders	O45M	130	Graham Cushion	Liverpool RC	O40M
56	Gary Thornton-Allen	Pensby Runners	U40M	131	Neil Sahgal	Mersey Tri	O40M
57	Ian Russell	Penny Lane Striders	O50M	132	Andy Gaskell	Spectrum Striders	O45M
58	Chris Fitzpatrick	Helsby	U40M	133	Tim Palmer	Helsby	O50M
59	Chris Pownell	Knowsley Harriers	U30M	134	Richard Harris	Newburgh Nomads	O50M
60	Tom Eagle	Delamere Spartans	U40M	135	Dave Roberts	Ellesmere Port RC	O50M
61	Tom O'Dowd	Knowsley Harriers	U30M	136	Peter Leadbeater	Knowsley Harriers	O50M
62	Kevin Brown	Knowsley Harriers	O40M	137	Ian Edge	Warrington RR	O50M
63	Mike Houghton	Spectrum Striders	O45M	138	Michael Williams	Helsby	U40M
64	Robert Bruchez-Corbett	Penny Lane Striders	U40M	139	Fred Duenbier	Newburgh Nomads	O60M
65	Alex Lewis	Spectrum Striders	U30M	140	Ian McNeill	Birkenhead	O55M
66	Nigel Grant	Penny Lane Striders	O50M	141	Jon Moorhouse	Delamere Spartans	O45M
67	Lyndon Easthope	Penny Lane Striders	O40M	142	Ged Stephens	Delamere Spartans	O45M
68	Stephen Roberts	Delamere Spartans	U30M	143	Roy Gaskell	Helsby	O45M
69	John O'Neil	Mersey Tri	O40M	144	Andie Gow	Pensby Runners	O60M
70	Joe Cavanagh	Delamere Spartans	O40M	145	Gary Birch	Warrington RC	U40M
71	Andrew Webster	Knowsley Harriers	O50M	146	Gavin Parry	Knowsley Harriers	O45M
72	Ian Shorrock	Pensby Runners	O40M	147	Tim Lewis	Spectrum Striders	O50M
73	Jimmy Connolly	Spectrum Striders	O55M	148	Paul Scully	Warrington RC	O40M
74	Chris Murray	Helsby	U30M	149	Jeff Adams	Pensby Runners	O55M
75	Stuart Atkinson	Delamere Spartans	O40M	150	Jamie Bradbury	Lymm Runners	U40M

151	Thomas King	Penny Lane Striders	U30M	180	Phil Jolley	Warrington RC	O45M
152	John Whitehead	Helsby	U40M	181	Paul Hargate	St Helens Striders	O40M
153	Nigel Waterhouse	Chester Tri	O50M	182	Ian Barker	Spectrum Striders	U40M
154	Les Abbott	St Helens Striders	O55M	183	Simon Poole	St Helens Striders	O40M
155	Aurthur Cross	Knowsley Harriers	O55M	184	Colin Lamprey	Pensby Runners	O50M
156	Nigel Crompton	Pensby Runners	O50M	Guest	Billy Hargreaves	SWAC	O60M
157	Jim Maxfield	Newburgh Nomads	O60M	185	Jose Perez	Lymm Runners	O40M
158	Paul Alexander	Pensby Runners	O55M	186	Mick Charman	Spectrum Striders	O60M
159	Mark Glaister	Skem BH	O50M	187	Dave Thompson	Spectrum Striders	O55M
160	Gordon Scholefield	Pensby Runners	O60M	188	Peter Cowan	Mersey Tri	O45M
161	David Webb	Penny Lane Striders	U40M	189	Ian Sneddon	Birkenhead	O60M
162	Stephen Bates	Warrington RC	U40M	190	Richard Macllwaine	Spectrum Striders	O55M
163	Kevin Gillibrand	Warrington RR	O50M	191	James Stansfield	Penny Lane Striders	U30M
164	Steve Pemberton	Penny Lane Striders	O60M	192	Richard Lowe	Newburgh Nomads	O60M
165	Andy Bates	Penny Lane Striders	U30M	193	Chris Hatton	Helsby	O60M
166	Alex Abbott	St Helens Striders	U30M	194	Anil Bose	Skem BH	O55M
167	Ian Seabury	Warrington RR	O40M	195	Adam McGlory	Penny Lane Striders	U30M
168	John Preece	Kirkby Milers	O40M	196	Robbie Burke	Liverpool RC	O50M
169	Andy Waring	Birkenhead	O55M	197	Ian Broadhurst	Knowsley Harriers	O50M
170	Roy Fisher	Pensby Runners	O60M	198	Philip Walton	Warrington RC	O40M
171	David Connor	Mersey Tri	O40M	199	Andy Walker	Warrington RC	O45M
172	Paul Cunningham	Knowsley Harriers	U30M	200	Phil O'Rourke	Liverpool RC	O50M
173	Steve Saunders	Birkenhead	O50M	201	Michael Kay	Warrington RC	O45M
174	James Roberts	Penny Lane Striders	U30M	202	Jim Little	Warrington RC	O45M
175	Bob Warrior	Knowsley Harriers	O45M	203	Mick O'Brien	Knowsley Harriers	O45M
176	Neil Jenkins	Chester Tri	O45M	204	John Hibbetts	Warrington RC	U40M
177	Frank Murphy	Knowsley Harriers	O50M	205	Neil Booth	Warrington RC	U40M
178	Andy Dalton	Skem BH	O50M	206	John Millington	Warrington RC	O40M
179	David Clarke	Liverpool RC	U40M	207	Bryan Forth	Warrington RR	O40M

## Ladies Results

1	Carol Parsons	Ellesmere Port RC	U40F	42	Suzanne Fletcher	Helsby	U40F
Guest	Rachael Burns	Liverpool Harriers	U40F	43	April Wilkinson	Warrington RR	U35F
2	Helen Sahgal	Mersey Tri	U35F	44	Leah Binns	Delamere Spartans	U30F
3	Catherine Howard	Knowsley Harriers	U30F	45	Joanne Moyers	Widnes Wasps	O40F
4	Rachel Fairclough	St Helens Striders	U35F	46	Anja Dunsch	Knowsley Harriers	U30F
5	Claire Andrew	Spectrum Striders	U40F	47	Rachael Holden	Helsby	U35F
6	Jude Peck	Spectrum Striders	O40F	48	Michelle Jones	Delamere Spartans	U40F
7	Honor Thompson	Skem BH	U40F	49	Janet Walker	Skem BH	U40F
8	Kate MacFarlane	Penny Lane Striders	U30F	50	Rebecca Burke	Liverpool RC	U20F
9	Alison Russell	Spectrum Striders	U35F	51	Susan Hamley	Knowsley Harriers	U40F
10	Maria Cook	Parbold Pink Panthers	O40F	52	Hayley Fairclough	Liverpool RC	U35F
11	Helen Wilkinson	Knowsley Harriers	U30F	53	Hannah Evans	Warrington RC	U40F
12	Lucy Partridge	Pensby Runners	U40F	54	Jane Eardley	Penny Lane Striders	U40F
13	Joanne Lacking	Helsby	U40F	55	Elly Roberts	Spectrum Striders	O40F
14	Sharon James	Liverpool RC	O40F	56	Gemma Sampson	Mersey Tri	U30F
15	Sharon Samson	Penny Lane Striders	U40F	57	Emma Nunnerley	Lymm Runners	U40F
16	Lucinda Lamb	Delamere Spartans	U30F	58	Sue Buck	Spectrum Striders	O40F
17	Carolyn Stamper-Clark	Delamere Spartans	O40F	59	Jennifer Houghton	Kirkby Milers	U35F
18	Gillian Verdin	Liverpool RC	U30F	60	Carla Houghton	Kirkby Milers	U30F
19	Jane Ashbrook	Helsby	O40F	61	Lesley Feakes	Helsby	O50F
20	Tarja Barnes	Warrington RR	O40F	62	Jane Woodburn	Skem BH	O40F
21	Louise Warn	Penny Lane Striders	U30F	63	Lesley Finnih	Penny Lane Striders	U40F
22	Pam Thurtle	Penny Lane Striders	U40F	64	Helen Osbourne	Penny Lane Striders	U30F
23	Sioban Woods	Liverpool RC	U30F	65	Laura Roach	Liverpool RC	U35F
24	Emma Baker	Ellesmere Port RC	U40F	66	Joanne Jackson	St Helens Striders	O40F
25	Bridget Collier	Parbold Pink Panthers	O40F	67	Sandra Bentley	Widnes Wasps	O40F
26	Vanessa Griffiths	Helsby	O50F	68	Michala Donal	Warrington RC	U40F
27	Sara Atkinson	Ellesmere Port RC	O50F	69	Katherine Robertson	Mersey Tri	U35F
28	Anna Hulme	Mersey Tri	U20F	70	Emma Davis	Lymm Runners	U30F
29	Louise Dempster	Spectrum Striders	O50F	71	Caroline Bones	Warrington RC	U35F
30	Jo Keeling	Liverpool RC	U30F	72	Hannah Moorhouse	Delamere Spartans	O40F
31	Jane Lowe	Spectrum Striders	O40F	73	Jo Bruchez-Corbett	Penny Lane Striders	U40F
32	Georgina Walker	Lymm Runners	O40F	74	Christine Webster	Knowsley Harriers	U30F
33	Germaine Holmes	Lymm Runners	O40F	75	Donna Halsall	St Helens Striders	O40F
34	Gill Darby	Penny Lane Striders	O50F	76	Joanne Cook	Pensby Runners	U35F
35	Helen Caldwell	Spectrum Striders	O40F	77	Sharon Coulson	Widnes Wasps	O40F
36	Rachel Arnold	Helsby	O50F	78	Margaret Keenan	Warrington RC	U35F
37	Carla Brown	Delamere Spartans	O40F	79	Steph Charman	Spectrum Striders	O60F
38	Karen Parry	Knowsley Harriers	O40F	80	Sandra Lewis	Warrington RC	O50F
39	Dawn Fairclough	Liverpool RC	U40F	81	Becky Davies	Pensby Runners	U30F
40	Laura Buckley	St Helens Striders	U30F	82	Vicky Ferguson	Widnes Wasps	O40F
41	Lynsay Adair	Widnes Wasps	U35F	83	Carolyn Rigby	Widnes Wasps	O40F

## Team Results

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

Pos	Team	Score	Points
1	Knowsley Harriers 'A'	60	18
2	Penny Lane Striders 'A'	93	17
3	Liverpool RC 'A'	127	16
4	Mersey Tri 'A'	176	15
5	Helsby, Lymm & Warrington 'A'	192	14
6	Spectrum Striders 'A'	227	13
7	Delamere Spartans 'A'	331	12
8	Birkenhead & Pensby 'A'	455	11
9	St Helens Striders 'A'	460	10
10	Kirkby Milers 'A'	486	9
11	Warrington RC 'A'	572	8
12	Newburgh Nomads 'A'	590	7
13	Chester Tri 'A'	821 (only 4 Ran)	6
14	Ellesmere Port RC 'A'	868 (only 4 Ran)	5
15	Skem & Parbold 'A'	1007 (only 4 Ran)	4
16	Village Runners 'A'	1133 (only 1 Ran)	3
17=	Widnes Wasps 'A'	No Team	0
17=	Activewomenrunning 'A'	No Team	0

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

Pos	Team	Score	Points
1	Spectrum Striders 'A'	20	18
2	Skem & Parbold 'A'	42	17
3	Penny Lane Striders 'A'	44	16
4=	Helsby, Lymm & Warrington 'A'	52	15
4=	Knowsley Harriers 'A'	52	15
4=	Ellesmere Port RC 'A'	52	15
7	Liverpool RC 'A'	55	12
8	Delamere Spartans 'A'	70	11
9	Mersey Tri 'A'	86	10
10	St Helens Striders 'A'	110	9
11	Widnes Wasps 'A'	153	8
12	Birkenhead & Pensby 'A'	169	7
13	Warrington RC 'A'	192	6
14	Kirkby Milers 'A'	212 (only 2 Ran)	5
15=	Activewomenrunning 'A'	No Team	0
15=	Chester Tri 'A'	No Team	0
15=	Newburgh Nomads 'A'	No Team	0
15=	Village Runners 'A'	No Team	0

## CURRENT POSITIONS

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

Pos	Team	Race 1	Race 2	Race 3	Race 4	Total
1=	Liverpool RC 'A'	17	18	17	16	68
1=	Penny Lane Striders 'A'	16	17	18	17	68
1=	Knowsley Harriers 'A'	18	16	16	18	68
4	Mersey Tri 'A'	12	15	15	15	57
5	Spectrum Striders 'A'	15	14	14	13	56
6	Helsby, Lymm & Warrington 'A'	14	13	13	14	54
7	Kirkby Milers 'A'	13	12	10	9	44
8=	Birkenhead & Pensby 'A'	11	10	11	11	43
8=	Delamere Spartans 'A'	8	11	12	12	43
10	St Helens Striders 'A'	10	9	9	10	38
11	Warrington RC 'A'	9	8	7	8	32
12	Newburgh Nomads 'A'	7	7	8	7	29
13	Ellesmere Port RC 'A'	6	5	6	5	22
14	Skem & Parbold 'A'	5	6	5	4	20
15	Chester Tri 'A'	4	0	4	6	14
16	Village Runners 'A'	0	4	3	3	10
17=	Widnes Wasps 'A'	NT	NT	NT	NT	0
17=	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'	15	17	18	18	68
2=	Liverpool RC 'A'	17	18	14	12	61
2=	Skem & Parbold 'A'	13	15	16	17	61
4=	Ellesmere Port RC 'A'	16	12	15	15	58
4=	Penny Lane Striders 'A'	14	14	14	16	58
6	Helsby, Lymm & Warrington 'A'	11	16	12	15	54
7	Birkenhead & Pensby 'A'	18	6	17	7	48
8	Warrington RC 'A'	12	13	11	6	42
9	Delamere Spartans 'A'	6	9	10	11	36
10=	Mersey Tri 'A'	8	7	8	10	33
10=	Knowsley Harriers 'A'	4	5	9	15	33
12	Kirkby Milers 'A'	7	11	7	5	30
13	Village Runners 'A'	10	10	4	NT	24
14	Widnes Wasps 'A'	5	8	NT	8	21
15	St Helens Striders 'A'	NT	4	6	9	19
16	Activewomenrunning 'A'	9	3	5	0	17
17	Chester Tri 'A'	3	NT	NT	NT	3
18	Newburgh Nomads 'A'	NT	NT	NT	NT	0

(NT= No Team)