

North West XC – Race 5 – Arrowe Park – 3 January 2016 – 4.85M

Mens Results

1	Martin Swensson	Penny Lane Striders	O40M	75	Lyndon Easthope	Penny Lane Striders	O40M
2	Karl Steinegger	Spectrum Striders	U30M	76	Kevin Smyth	Liverpool RC	U30M
3	James Toohey	Liverpool RC	U30M	77	Jimmy Connolly	Spectrum Striders	O55M
4	Mark Clair	Knowsley Harriers	U40M	78	Marc Jacques	Liverpool RC	O45M
Guest	Paul Sankey	Liverpool Harriers	O45M	79	Jon Cole	Ellesmere Port RC	O40M
5	Stephen Watkin	Penny Lane Striders	U40M	80	Nick Rose	Warrington RC	O40M
6	Lawrence Eccles	Penny Lane Striders	U40M	81	Rob Beech	Pensby Runners	U40M
7	Kyle Harrison	Liverpool RC	U30M	82	Robert Givnan	Liverpool RC	O40M
8	David Low	Mersey Tri	U40M	83	Patrik Corrigan	Birkenhead	O55M
9	Mark Bissell	Knowsley Harriers	U30M	84	Michael Connor	Knowsley Harriers	O50M
10	John McMaster	Liverpool RC	U30M	85	Jim Dawson	Lymm Runners	O50M
11	Ian Magill	Liverpool RC	O45M	86	Pete Naylor	Delamere Spartans	U30M
12	Anthony Lawlor	Knowsley Harriers	O50M	87	David Daly	Kirkby Milers	U40M
13	Alex Cowin	Penny Lane Striders	U40M	88	Joe Cavanagh	Delamere Spartans	O40M
14	Stephen Doyle	Knowsley Harriers	O40M	89	Mike Aisbitt	Skem BH	O40M
15	Steve Nijs	Liverpool RC	O40M	90	Phil Dabner	Mersey Tri	O45M
16	Rob Muir	Spectrum Striders	U30M	91	Kevin Outten	St Helens Striders	O40M
17	Jonathan Smith	Lymm Runners	U30M	92	Dominic Roberts	Pensby Runners	U40M
18	Robert Kelly	Knowsley Harriers	O40M	93	Jonathon Fisher	Liverpool RC	U40M
19	Ben Fletcher	Helsby	U40M	94	Kevin Logue	Warrington RC	U40M
20	David Edwards	Kirkby Milers	O50M	95	Julian Tour	Penny Lane Striders	U40M
21	Colin Thompson	Helsby	U40M	96	Paul Frodsham	Helsby	O55M
22	Peter Fairclough	St Helens Striders	U30M	97	Steve Broadfoot	Knowsley Harriers	O50M
23	Chris Millington	Spectrum Striders	O45M	98	Ian Atkinson	Ellesmere Port RC	O50M
24	Simon Wilde	Chester Tri	U40M	99	Neil Barber	Kirkby Milers	U40M
25	Sam Evans	Penny Lane Striders	U40M	100	David Green	Pensby Runners	U40M
26	Stephen Harrison	Village Runners	O40M	101	Jon Hawker	Delamere Spartans	O50M
27	Ralph Pawling	Pensby Runners	U40M	102	Paul Cunningham	Knowsley Harriers	U30M
28	Chris Ryan	Mersey Tri	U40M	103	Dave Ralphs	Newburgh Nomads	O55M
29	Patrick Boyle	Liverpool RC	O40M	104	Iain Wood	Chester Tri	O55M
30	Kye Byrne	Warrington RC	U40M	105	Kenny Shurie-Mackenzie	Kirkby Milers	O45M
31	Kevin Walker	Skem BH	O40M	106	Tony Craig	Kirkby Milers	O45M
32	Alex Rigby	Liverpool RC	U30M	107	Thomas Rimmer	Penny Lane Striders	U30M
33	Gary English	Liverpool RC	O50M	108	Ian Landucci	Helsby	O50M
34	Paul Demore	St Helens Striders	O45M	109	Jono Kirkman	St Helens Striders	U40M
35	Daniel Peers	Spectrum Striders	U30M	110	Robbie Burke	Liverpool RC	O50M
36	Colin Dobbs	Penny Lane Striders	O40M	111	Julian Spencer	Spectrum Striders	O55M
37	Rob Jones	Chester Tri	U40M	112	Kenneth Day	Kirkby Milers	U40M
38	Marty Christian	Kirkby Milers	O45M	113	Mike Burns	Ellesmere Port RC	O45M
39	Mike Waring	Chester Tri	O45M	114	Jeff Adams	Pensby Runners	O55M
40	Kev Charleston	Pensby Runners	U40M	115	Tim Palmer	Helsby	O50M
41	Andrew Starkey	Penny Lane Striders	U40M	116	Gavin Parry	Knowsley Harriers	O45M
42	Mark O'Callaghan	Kirkby Milers	U40M	117	Phil Rowen	Lymm Runners	U30M
43	Alex Mason	Delamere Spartans	U40M	118	Paul Whittle	Newburgh Nomads	O45M
44	Michael Heyes	Mersey Tri	U40M	119	Jake Holmes	Spectrum Striders	U40M
45	Richard Seville	St Helens Striders	O40M	120	Antony Cheers	St Helens Striders	U40M
46	Matthew Robinson	Newburgh Nomads	U40M	121	Graham Cushion	Liverpool RC	O40M
47	David Lawton	Liverpool RC	U40M	122	Kenny Forster	Spectrum Striders	O55M
48	David Knowles	Liverpool RC	U40M	123	Ian McNeill	Birkenhead	O55M
49	Ian Palin	Liverpool RC	O40M	124	Richard Shayle	Pensby Runners	O45M
50	Owen Barden	Mersey Tri	O40M	125	Matt Whitfield	Ellesmere Port RC	O55M
51	John O'Neil	Mersey Tri	O40M	126	Stephen Thomas	Mersey Tri	O40M
52	Tom Eagle	Delamere Spartans	U40M	127	Mark Scott	Liverpool RC	O45M
53	Ian Russell	Penny Lane Striders	O50M	128	Graham Stewart	Liverpool RC	O50M
54	Stuart Atkinson	Delamere Spartans	O40M	129	John McManniman	Liverpool RC	O40M
55	Nathan Parry	Knowsley Harriers	U20M	130	Paul Cheetham	Skem BH	O40M
56	Carl Murphy	Liverpool RC	U40M	131	Ian Edge	Warrington RR	O50M
57	Lee Hughes	Lymm Runners	O40M	132	Michael O'Rourke	Penny Lane Striders	U40M
58	Andrew Webster	Knowsley Harriers	O50M	133	Peter Leadbeater	Knowsley Harriers	O50M
59	Alex Lewis	Spectrum Striders	U30M	134	Wally Coppelov	Newburgh Nomads	O55M
60	Nick Wishart	Delamere Spartans	O50M	135	Ian Wright	St Helens Striders	O45M
61	Phillip Roberts	Helsby	O40M	136	Andie Gow	Pensby Runners	O60M
62	Ian Shorrocks	Pensby Runners	O40M	137	Ian Roche	Mersey Tri	O50M
63	Mike Houghton	Spectrum Striders	O45M	138	Neil Sahgal	Mersey Tri	O40M
64	Stuart Berry	Lymm Runners	U30M	139	Gary Birch	Warrington RC	U40M
65	Tony Jackson	Newburgh Nomads	O55M	140	Chris Marsland	Pensby Runners	O50M
66	Michael Gall	Knowsley Harriers	U40M	141	Martin Pritchard-Howarth	Mersey Tri	O45M
67	Derek Morris	Helsby	O40M	142	Jamie Bradbury	Lymm Runners	U40M
68	Sean Britton	Mersey Tri	U40M	143	David Feakes	Helsby	O50M
69	Joseph Chedgzoy	Kirkby Milers	U30M	144	John Robb	Chester Tri	O50M
70	Gary Thornton-Allen	Pensby Runners	U40M	145	Steve Pemberton	Penny Lane Striders	O60M
71	Nigel Grant	Penny Lane Striders	O50M	146	Stuart Barnard	Pensby Runners	U40M
72	Tim Grace	Mersey Tri	O40M	147	Kevin Gillibrand	Warrington RR	O50M
73	Tom O'Dowd	Knowsley Harriers	U30M	148	Ged Stephens	Delamere Spartans	O45M
74	James Warburton	Kirkby Milers	U40M	149	Anthony Dala	Pensby Runners	O50M
Guest	Bob Freeman	West Cheshire	O60M	150	Simon Ward	Mersey Tri	O45M

151	Andrew Blair	Ellesmere Port RC	O50M	187	Roy Fisher	Pensby Runners	O60M
152	Billy McLoughlin	Liverpool RC	U40M	188	Ian Davies	Birkenhead	O55M
153	Tim Lewis	Spectrum Striders	O50M	189	Stephen Bates	Warrington RC	U40M
154	Thomas King	Penny Lane Striders	U30M	190	Gordon McLeod	Pensby Runners	O55M
155	Carl Yu	Liverpool RC	O40M	191	Ian Sneddon	Birkenhead	O60M
156	Nigel Waterhouse	Chester Tri	O50M	192	Paul Stevenson	Liverpool RC	O45M
157	John Suckley	Pensby Runners	O55M	193	Jose Perez	Lymm Runners	O40M
158	Fred Duenbier	Newburgh Nomads	O60M	194	Colin Lamprey	Pensby Runners	O50M
159	Gordon Scholefield	Pensby Runners	O60M	195	Alan Jones	Mersey Tri	O45M
160	Neil Jenkins	Chester Tri	O45M	196	Dave Thompson	Spectrum Striders	O55M
161	Ian Seabury	Warrington RR	O40M	197	Simon Poole	St Helens Striders	O40M
162	Mark Glaister	Skem BH	O50M	198	John Kleiser	Delamere Spartans	U40M
163	George Pierce	Liverpool RC	O45M	199	Brian Kennedy	Newburgh Nomads	O60M
Guest	Billy Hargreaves	Southport & Waterloo	O60M	200	Anil Bose	Skem BH	O55M
164	Steve Saunders	Birkenhead	O50M	201	Richard MacIlwaine	Spectrum Striders	O55M
165	Aurthur Cross	Knowsley Harriers	O55M	202	Edward Roberts	Helsby	O60M
166	Andy Dalton	Skem BH	O50M	203	Ian Broadhurst	Knowsley Harriers	O50M
167	Peter Hampshire	Pensby Runners	O40M	204	Neil Rigby	St Helens Striders	O45M
168	James Roberts	Penny Lane Striders	U30M	205	Phil O'Rourke	Liverpool RC	O50M
169	Sean Simmons	Chester Tri	O45M	206	Philip Walton	Warrington RC	O40M
170	Andrew Holland	Warrington RR	U40M	207	Adam McGlory	Penny Lane Striders	U30M
171	David Webb	Penny Lane Striders	U40M	208	Rob Chaffe	Mersey Tri	O50M
172	Dave Taylor	Chester Tri	O60M	209	Tony Dickinson	Kirkby Milers	O45M
173	Shane Knott	Penny Lane Striders	U40M	210	Michael Kay	Warrington RC	O45M
174	Andy Waring	Birkenhead	O55M	211	Mick Charman	Spectrum Striders	O60M
175	Phil Jolley	Warrington RC	O45M	212	Chris Lees	Lymm Runners	O50M
176	Martin Hirrell	Penny Lane Striders	O50M	213	Kenny Worrall	Liverpool RC	O40M
177	Andy Bates	Penny Lane Striders	U30M	214	Dave Fisher	Ellesmere Port RC	O60M
178	David Connor	Mersey Tri	O40M	215	Neil Booth	Warrington RC	U40M
179	Andy Pettitt	Pensby Runners	O50M	216	Simon Jardine	Warrington RC	U40M
180	Paul Hargate	St Helens Striders	O40M	217	Toby Shipley	Chester Tri	O40M
181	Tony Horsfall	St Helens Striders	O50M	218	Mark Humphreys	Kirkby Milers	O45M
182	Peter Cowan	Mersey Tri	O45M	219	Bryan Forth	Warrington RR	O40M
183	Paul Gardner	Kirkby Milers	U40M	220	Ian Chalmers	Pensby Runners	O60M
184	Frank Murphy	Knowsley Harriers	O50M	221	Don Thomas	Knowsley Harriers	O40M
185	Ian Barker	Spectrum Striders	U40M	222	John Keyworth	Pensby Runners	O55M
186	Tony Sala	Lymm Runners	O55M				

Ladies Results

1	Carol Parsons	Ellesmere Port RC	U40F	54	Carola Robinson	Mersey Tri	O40F
2	Alex O'Brian	Liverpool RC	U35F	55	Karen Dalby	Mersey Tri	O50F
3	Helen Sahgal	Mersey Tri	U35F	56	Gill Collen	Warrington RR	O50F
4	Rachael Fairclough	St Helens Striders	U35F	57	Wendy Davies	St Helens Striders	O40F
5	Claire Andrew	Spectrum Striders	U40F	58	Jane Eardley	Penny Lane Striders	U40F
6	Sarah Roberts	Pensby Runners	U40F	59	Helen Lester	Ellesmere Port RC	O40F
7	Jude Peck	Spectrum Striders	O40F	60	Rosemary Symms	Chester Tri	O60F
8	Alison Russell	Spectrum Striders	U35F	61	Ashley Walker	Pensby Runners	U30F
9	Honor Thompson	Skem BH	U40F	62	Claire Rowlands	Delamere Spartans	O40F
10	Tracy Entwistle	Warrington RR	O40F	63	Janet Walker	Skem BH	U40F
11	Lucy Partridge	Pensby Runners	U40F	64	Catherine Howell	Pensby Runners	U35F
12	Lucinda Lamb	Delamere Spartans	U35F	65	Gemma Webster	St Helens Striders	U35F
13	Gillian Verdin	Liverpool RC	U30F	66	Elly Roberts	Spectrum Striders	O40F
14	Maria Cook	Parbold Pink Panthers	O40F	67	Jane Woodburn	Skem BH	O40F
15	Joanne Lacking	Helsby	U40F	68	Rachael Holden	Helsby	U35F
16	Carolyn Stamper-Clark	Delamere Spartans	O40F	69	Carol Morrison	Pensby Runners	O50F
17	Jane Ashbrook	Helsby	O40F	70	Michelle Jones	Delamere Spartans	U40F
18	Sharon James	Liverpool RC	O40F	71	Amanda Holman	Kirkby Milers	O40F
19	Natalie Palin	Liverpool RC	U40F	72	Emma Nunnerley	Lymm Runners	U40F
20	Jenny Sanderson	Pensby Runners	O40F	73	Lesley Feakes	Helsby	O50F
21	Stephanie Loach	Pensby Runners	U40F	74	Helen Osbourne	Penny Lane Striders	U30F
22	Emma Baker	Ellesmere Port RC	U40F	75	Emma Davis	Lymm Runners	U30F
23	Ali Lewis	Pensby Runners	O40F	76	Hayley Fairclough	Liverpool RC	U35F
24	Bobbie Lomax	Warrington RC	O40F	77	Gemma Sampson	Mersey Tri	U30F
25	Louise Warn	Penny Lane Striders	U30F	78	Sue Burke	Liverpool RC	O50F
26	Pam Thurtle	Penny Lane Striders	U40F	79	Lisa Fothergill	Lymm Runners	U40F
27	Sara Atkinson	Ellesmere Port RC	O50F	80	Emma Williams	Kirkby Milers	U30F
28	Helen Johnson	Ellesmere Port RC	O40F	81	Linda Greengrass	Kirkby Milers	O40F
29	Anna Hulme	Mersey Tri	U20F	82	Christine Webster	Knowsley Harriers	U30F
30	Bridget Collier	Parbold Pink Panthers	O40F	83	Jo Sullivan	Spectrum Striders	O40F
31	Jo Winstanley	Liverpool RC	U30F	84	Katherine Robertson	Mersey Tri	U35F
32	Vanessa Griffiths	Helsby	O50F	85	June Case	Liverpool RC	U40F
33	Danni Ebrell	Ellesmere Port RC	O40F	86	Christine Newbury	Liverpool RC	U40F
34	Kylie Maguire	St Helens Striders	U30F	87	Lesley Finnih	Penny Lane Striders	U40F
35	Jenny Lamont	Spectrum Striders	U30F	88	Sharon Samson	Penny Lane Striders	U40F
36	Louise Dempster	Spectrum Striders	O50F	89	Caroline Bones	Warrington RC	U35F
37	Jennifer Langston	Village Runners	U35F	90	Jayne Cheetham	Warrington RC	O40F
38	Jane Lowe	Spectrum Striders	O40F	91	Yasmin Hussain	Lymm Runners	O40F
39	Germaine Holmes	Lymm Runners	O40F	92	Claire Meadows	Penny Lane Striders	O40F
40	Louise Watson	Penny Lane Striders	U40F	93	Eugy Lay-Yuan-Lim	Knowsley Harriers	U40F
41	Liz Whitfield	Spectrum Striders	U40F	94	Rachel Burke	Liverpool RC	U30F
42	Gill Darby	Penny Lane Striders	O50F	95	Rebecca Burke	Liverpool RC	U20F
43	Sue Burke	Activewomenrunning	O40F	96	Tanya Downes	Helsby	O40F
44	Georgina Walker	Lymm Runners	O40F	97	Katy O'Connor	Lymm Runners	O50F
45	Helen Caldwell	Spectrum Striders	O40F	98	Dawn Sutton	Pensby Runners	U40F
46	Anna Watkin	Penny Lane Striders	U35F	99	Donna Halsall	St Helens Striders	O40F
47	Alison MacDonald	Ellesmere Port RC	O40F	100	Debbie Hill	St Helens Striders	O40F
48	Karen Parry	Knowsley Harriers	O40F	101	Maria Parker	Liverpool RC	U35F
49	Tracy Shipley	Chester Tri	O50F	102	Laura Roach	Liverpool RC	U35F
50	Amanda Deaves	Activewomenrunning	O40F	103	Clare Evans	Kirkby Milers	O40F
51	Laura Buckley	St Helens Striders	U30F	104	Leanne Rimmer	Liverpool RC	U40F
52	Abigail Willmitt	Liverpool RC	U35F	105	Steph Charman	Spectrum Striders	O60F
53	Dawn Fairclough	Liverpool RC	U40F	106	Becky Davies	Pensby Runners	U30F

Team Results

Mens 'A' Teams (6 Runners)

Pos	Team	Score	Points
1	Liverpool RC 'A'	75	18
2	Penny Lane Striders 'A'	86	17
3	Knowsley Harriers 'A'	112	16
4	Spectrum Striders 'A'	198	15
5	Helsby, Lymm & Warrington 'A'	239	14
6	Mersey Tri 'A'	249	13
7	Kirkby Milers 'A'	330	12
8	Birkenhead & Pensby 'A'	363	11
9	Delamere Spartans 'A'	383	10
10	St Helens Striders 'A'	421	9
11	Chester Tri 'A'	504	8
12	Newburgh Nomads 'A'	624	7
13	Warrington RC 'A'	707	6
14	Skem & Parbold 'A'	778	5
15	Ellesmere Port RC 'A'	780	4
16	Village Runners 'A'	1186 (Only 1 Ran)	3
17	Widnes Wasps 'A'	No Team	-
18	Activewomenrunning 'A'	No Team	-

Ladies 'A' Teams (3 Runners)

Pos	Team	Score	Points
1	Spectrum Striders 'A'	20	18
2	Liverpool RC 'A'	33	17
3	Birkenhead & Pensby 'A'	37	16
4	Helsby, Lymm & Warrington 'A'	42	15
5	Ellesmere Port RC 'A'	50	14
6	Skem & Parbold 'A'	53	13
7	Mersey Tri 'A'	86	12
8	St Helens Striders 'A'	89	11
9	Delamere Spartans 'A'	90	10
10	Penny Lane Striders 'A'	91	9
11	Warrington RC 'A'	203	8
12	Knowsley Harriers 'A'	223	7
13	Kirkby Milers 'A'	232	6
14	Activewomenrunning 'A'	209 (Only 2 Ran)	5
15	Chester Tri 'A'	225 (Only 21 Ran)	4
16	Village Runners 'A'	269 (Only 1 Ran)	3
17	Widnes Wasps 'A'	No Team	-
18	Newburgh Nomads 'A'	No Team	-

CURRENT POSITIONS

Mens 'A' Teams (6 Runners)

Pos	Team	Race 1	Race 2	Race 3	Race 4	Race 5	Total
1	Liverpool RC 'A'	17	18	17	16	18	86
2	Penny Lane Striders 'A'	16	17	18	17	17	85
3	Knowsley Harriers 'A'	18	16	16	18	16	84
4	Spectrum Striders 'A'	15	14	14	13	15	71
5	Mersey Tri 'A'	12	15	15	15	13	70
6	Helsby, Lymm & Warrington 'A'	14	13	13	14	14	68
7	Kirkby Milers 'A'	13	12	10	9	12	56
8	Birkenhead & Pensby 'A'	11	10	11	11	11	54
9	Delamere Spartans 'A'	8	11	12	12	10	53
10	St Helens Striders 'A'	10	9	9	10	9	47
11	Warrington RC 'A'	9	8	7	8	6	38
12	Newburgh Nomads 'A'	7	7	8	7	7	36
13	Ellesmere Port RC 'A'	6	5	6	5	4	26
14	Skem & Parbold 'A'	5	6	5	4	5	25
15	Chester Tri 'A'	4	NT	4	6	8	22
16	Village Runners 'A'	NT	4	3	3	3	13
17=	Widnes Wasps 'A'	NT	NT	NT	NT	NT	-
17=	Activewomenrunning 'A'	NT	NT	NT	NT	NT	-

Ladies 'A' Teams (3 Runners)

Pos	Team	Race 1	Race 2	Race 3	Race 4	Race 5	Total
1	Spectrum Striders 'A'	15	17	18	18	18	86
2	Liverpool RC 'A'	17	18	14	12	17	78
3	Skem & Parbold 'A'	13	15	16	17	13	74
4	Ellesmere Port RC 'A'	16	12	15	15	14	72
5	Helsby, Lymm & Warrington 'A'	11	16	12	15	15	69
6	Penny Lane Striders 'A'	14	14	14	16	9	67
7	Birkenhead & Pensby 'A'	18	6	17	7	16	64
8	Warrington RC 'A'	12	13	11	6	8	50
9	Delamere Spartans 'A'	6	9	10	11	10	46
10	Mersey Tri 'A'	8	7	8	10	12	45
11	Knowsley Harriers 'A'	4	5	9	15	7	40
12	Kirkby Milers 'A'	7	11	7	5	6	36
13	St Helens Striders 'A'	NT	4	6	9	11	30
14	Village Runners 'A'	10	10	4	NT	3	27
15	Activewomenrunning 'A'	9	3	5	NT	5	22
16	Widnes Wasps 'A'	5	8	NT	8	NT	21
17	Chester Tri 'A'	3	NT	NT	NT	4	7
18	Newburgh Nomads 'A'	NT	NT	NT	NT	NT	-