

North West XC – Race 6 – Birchwood Park – 21 February 2016 – 5.2M

Mens Results

1	Martin Swensson	Penny Lane Striders	O40M	77	Paul Cunningham	Knowsley Harriers	U30M
2	Karl Steinegger	Spectrum Striders	U30M	78	John McManniman	Liverpool RC	O40M
3	James Toohey	Liverpool RC	U30M	79	Jon Hawker	Delamere Spartans	O50M
4	Jonathan Smith	Lymm Runners	U30M	80	Joe Cavanagh	Delamere Spartans	O40M
5	David Low	Mersey Tri	U40M	81	Julian Spencer	Spectrum Striders	O55M
6	Mark Clair	Knowsley Harriers	U40M	82	Mike Aisbitt	Skem BH	O40M
7	Ian Magill	Liverpool RC	O45M	83	Dominic Roberts	Pensby Runners	U40M
8	John McMaster	Liverpool RC	U30M	84	Paul Robertson	Delamere Spartans	O50M
9	Lawrence Eccles	Penny Lane Striders	U40M	85	Mike Smith	Lymm Runners	O50M
10	Kyle Harrison	Liverpool RC	U30M	86	Kevin Logue	Warrington RC	U40M
11	Stephen Watkin	Penny Lane Striders	U40M	87	Nigel Foo	Penny Lane Striders	O45M
12	Craig Hoy	Liverpool RC	U40M	88	Daniel McKeivitt	Kirkby Milers	U40M
13	Robert Owens	Knowsley Harriers	U40M	89	Phil Hagan	Knowsley Harriers	O40M
14	Colin Thompson	Helsby	U40M	90	Pete Naylor	Delamere Spartans	U40M
15	Robert Kelly	Knowsley Harriers	U40M	91	Alan Sanderson	Liverpool RC	U40M
16	Rob Muir	Spectrum Striders	U30M	92	Mark Culshaw	Newburgh Nomads	O45M
17	Chris Millington	Spectrum Striders	O45M	93	Brian Seal	Village Runners	O45M
18	Alex Cowin	Penny Lane Striders	U40M	94	Peter Leadbeater	Knowsley Harriers	O50M
19	Chris Collins	Delamere Spartans	U30M	95	Robbie Burke	Liverpool RC	O50M
20	Steve Nijs	Liverpool RC	O40M	96	Michael O'Rourke	Penny Lane Striders	U40M
21	Anthony Lawlor	Knowsley Harriers	O50M	97	Ian McNeill	Birkenhead	O55M
22	Tom Greaves	Warrington RR	U30M	98	Mark Scott	Liverpool RC	O45M
23	Neil Bullock	Penny Lane Striders	U30M	99	Graham Cushion	Liverpool RC	O40M
24	Sam Evans	Penny Lane Striders	U40M	100	George Daval	Mersey Tri	U30M
25	Alex Mason	Delamere Spartans	U40M	101	Stephen Riley	Helsby	O50M
26	Neil Kelly	Penny Lane Striders	O40M	102	Andy Dawson	Spectrum Striders	U40M
27	Daniel Peers	Spectrum Striders	U30M	103	Lee Ward	Liverpool RC	O40M
28	David Edwards	Kirkby Milers	O50M	104	David Feakes	Helsby	O50M
29	Dave Douglas	Delamere Spartans	O45M	105	Ged Stephens	Delamere Spartans	O45M
30	Ian Palin	Liverpool RC	O40M	106	Jonathon Fisher	Liverpool RC	U40M
31	Kevin Walker	Skem BH	O40M	107	Dave Roberts	Ellesmere Port RC	O50M
32	Michael Heyes	Mersey Tri	U40M	108	Ian Davies	Birkenhead	O55M
33	James Thompson	Knowsley Harriers	U40M	109	Mark Glaister	Skem BH	O50M
34	Patrick Boyle	Liverpool RC	O40M	110	Paul Alexander	Pensby Runners	O55M
35	Stephen Harrison	Village Runners	O40M	111	Andrew Gerrard	Warrington RR	O50M
36	Alan Smithson	Mersey Tri	U40M	112	Gavin Parry	Knowsley Harriers	O45M
37	Stephen Abram	Spectrum Striders	U40M	113	Andie Gow	Pensby Runners	O60M
38	Alex Rigby	Liverpool RC	U30M	114	Tom Madden	Liverpool RC	O40M
39	Gary English	Liverpool RC	O50M	115	Lee Roger	Mersey Tri	O45M
40	Andrew Starkey	Penny Lane Striders	U40M	116	Nigel Waterhouse	Chester Tri	O50M
41	David Lawton	Liverpool RC	U40M	117	Sean Britton	Mersey Tri	U40M
42	Chris Pownell	Knowsley Harriers	U30M	118	George McCann	Liverpool RC	O45M
43	Carl Murphy	Liverpool RC	U40M	119	Sean Simmons	Chester Tri	O45M
44	Paul Demore	St Helens Striders	O45M	120	Ian Edge	Warrington RR	O50M
45	Mike Waring	Chester Tri	O45M	121	Steve Saunders	Birkenhead	O50M
46	Marty Christian	Kirkby Milers	O45M	122	Colin Lamprey	Pensby Runners	O50M
47	Robert Givnan	Liverpool RC	O40M	123	Andy Dalton	Skem BH	O50M
48	Marc Jacques	Liverpool RC	O45M	124	Paul Hargate	St Helens Striders	O40M
49	Stuart Atkinson	Delamere Spartans	O40M	125	Aurthur Cross	Knowsley Harriers	O55M
50	Ian Russell	Penny Lane Striders	O50M	126	Neil Jenkins	Chester Tri	O45M
51	Michael Gall	Knowsley Harriers	U40M	127	Andy Bates	Penny Lane Striders	U30M
52	Chris Gallivan	Liverpool RC	O40M	128	David Connor	Mersey Tri	O40M
53	Stephen Roberts	Delamere Spartans	U30M	129	James Roberts	Penny Lane Striders	U30M
54	Andrew Keeley	Penny Lane Striders	O50M	130	Andy Waring	Birkenhead	O55M
55	Phillip Roberts	Helsby	O40M	131	Frank Murphy	Knowsley Harriers	O50M
56	Alex Lewis	Spectrum Striders	U30M	132	Tony Man	Penny Lane Striders	O45M
57	John Thompson	Skem BH	O45M	133	Tim Lewis	Spectrum Striders	O50M
58	Stuart Berry	Lymm Runners	U30M	134	Andy Coley	Spectrum Striders	O40M
59	Daniel Chadwick	Spectrum Striders	U40M	135	Alex Abbott	St Helens Striders	U30M
60	Jim Dawson	Lymm Runners	O50M	136	Jamie Bradbury	Lymm Runners	U40M
61	Simone Capponi	Penny Lane Striders	U40M	137	Ian Seabury	Warrington RR	O40M
62	Dave Ralphs	Newburgh Nomads	O55M	138	Dave Taylor	Chester Tri	O60M
63	Nathan Parry	Knowsley Harriers	U20M	139	Neville Griffiths	Spectrum Striders	O60M
64	James Warburton	Kirkby Milers	U40M	140	Alan Spencer	Knowsley Harriers	O55M
65	Terry Noon	Knowsley Harriers	U40M	141	Brian Kennedy	Newburgh Nomads	O60M
66	Joseph Chedgzoy	Kirkby Milers	U30M	142	Dave Thompson	Spectrum Striders	O55M
67	Dean Wilson	Liverpool RC	O40M	143	Ian Sneddon	Birkenhead	O60M
68	Ian Atkinson	Ellesmere Port RC	O50M	144	John Windle	Penny Lane Striders	O40M
69	Kevin Outten	St Helens Striders	O40M	145	Tony Dickinson	Kirkby Milers	O45M
70	Paul Williams	Mersey Tri	U40M	146	John Preece	Kirkby Milers	O40M
71	Tony Craig	Kirkby Milers	O45M	147	Bob Warrior	Knowsley Harriers	O45M
72	Jamie Pugh	Knowsley Harriers	U40M	148	Steve Pemberton	Penny Lane Striders	O60M
73	Matthew Cartwright-Terry	Mersey Tri	O40M	149	Mike Sinclair	Warrington RC	O40M
74	Steve Davis	Lymm Runners	O50M	150	John Kleiser	Delamere Spartans	U40M
75	Andy Gaskell	Spectrum Striders	O45M	151	Malcolm Walton	Spectrum Striders	O45M
76	Kevin Smyth	Liverpool RC	U30M	152	David Thompson	Liverpool RC	U40M

153	Mick Charman	Spectrum Striders	O60M	161	Phil O'Rourke	Liverpool RC	O50M
154	Duncan Kennedy	Liverpool RC	U40M	162	Joe McGlynn	Penny Lane Striders	O55M
155	Tony Holme	Liverpool RC	O55M	163	Keith Boyle	Penny Lane Striders	O40M
156	Tony Fishwick	Kirkby Milers	O40M	164	Philip Walton	Warrington RC	O40M
157	Adam McGlory	Penny Lane Striders	U30M	165	Neil Booth	Warrington RC	U40M
158	Michael Mather	Warrington RR	U30M	166	Kenny Worrall	Liverpool RC	O40M
159	Jose Perez	Lymm Runners	O40M	167	Michael Kay	Warrington RC	O45M
160	Edward Roberts	Helsby	O60M	168	Bryan Forth	Warrington RR	O40M

Ladies Results

1	Catherine Howard	Knowsley Harriers	U30F	40	Gill Collen	Warrington RR	O50F
2	Alex O'Brian	Liverpool RC	U35F	41	Nicola Hayes	Skem BH	U40F
3	Claire Andrew	Spectrum Striders	U40F	42	Claire Rowlands	Delamere Spartans	O40F
4	Jane Ashbrook	Helsby	O40F	43	Lesley Feakes	Helsby	O50F
5	Jude Peck	Spectrum Striders	O40F	44	Jacq Jones	Delamere Spartans	U40F
6	Alison Russell	Spectrum Striders	U35F	45	Carla Houghton	Kirkby Milers	U30F
7	Lucinda Lamb	Delamere Spartans	U35F	46	Rebecca Burke	Liverpool RC	U20F
8	Sharon James	Liverpool RC	O40F	47	Helen Osbourne	Penny Lane Striders	U30F
9	Maria Cook	Parbold Pink Panthers	O40F	48	Cristina Puccini	Penny Lane Striders	O40F
10	Laura Baynham-Hughes	Helsby	U40F	49	Linda Statham	Warrington RR	O40F
11	Lucy Partridge	Pensby Runners	U40F	50	Sarah Meyers	Penny Lane Striders	U40F
12	Liz Whitfield	Spectrum Striders	U40F	51	Amanda Holman	Kirkby Milers	O40F
13	Bridget Collier	Parbold Pink Panthers	O40F	52	Sue Carter	Kirkby Milers	U35F
14	Louise Dempster	Spectrum Striders	O50F	53	Alex Royden	Pensby Runners	U30F
15	Louise Warn	Penny Lane Striders	U30F	54	Susan Hamley	Knowsley Harriers	U40F
16	Gillian Verdin	Liverpool RC	U30F	55	Emma Nunnerley	Lymm Runners	U40F
17	Vanessa Griffiths	Helsby	O50F	56	Gemma Webster	St Helens Striders	U35F
18	Pam Thurtle	Penny Lane Striders	U40F	57	Janette Fishwick	Kirkby Milers	U40F
19	Janice McDonnell	Warrington RC	O40F	58	Jade Booth	St Helens Striders	U30F
20	Jane Lowe	Spectrum Striders	O40F	59	Jess Garrigan	Liverpool RC	U35F
21	Shona Moore	Mersey Tri	U30F	60	Jennifer Houghton	Kirkby Milers	U35F
22	Lisa Mercer	Liverpool RC	U35F	61	Amena Madden	Liverpool RC	O40F
23	Helen MacVicker	Delamere Spartans	U40F	62	Katherine Robertson	Mersey Tri	U35F
24	Carole Quirk	Skem BH	O50F	63	Paula Walker	Warrington RC	O40F
25	Rebecca Skade	Delamere Spartans	U35F	64	Laura Roach	Liverpool RC	U35F
26	Emma Davis	Lymm Runners	U30F	65	Bhavna Mistry	Kirkby Milers	O40F
27	Rachel Arnold	Helsby	O50F	66	Margaret Keenan	Warrington RC	U35F
28	Dawn Fairclough	Liverpool RC	U40F	67	Claire Meadows	Penny Lane Striders	O40F
29	Gill Darby	Penny Lane Striders	O50F	68	Katy O'Connor	Lymm Runners	O50F
30	Sharon Samson	Penny Lane Striders	U40F	69	Louise Lucy	Parbold Pink Panthers	O50F
31	Amanda Lee	Kirkby Milers	O40F	70	Rachel Burke	Liverpool RC	U30F
32	Suzanne Fletcher	Helsby	U40F	71	Pamela Hardcastle	Warrington RC	O60F
33	Louise Casey	Warrington RC	U40F	72	Christine Carter	Kirkby Milers	U40F
34	Georgina Walker	Lymm Runners	O40F	73	Yasmin Hussain	Lymm Runners	O40F
35	Karen Parry	Knowsley Harriers	O40F	74	Leanne Rimmer	Liverpool RC	U40F
36	Emma Williams	Kirkby Milers	U30F	75	Clare Evans	Kirkby Milers	O40F
37	Emmsie_Lou Buckley	Widnes Wasps	U35F	76	Steph Charman	Spectrum Striders	O60F
38	Clare Farrell	Delamere Spartans	U40F	77	Kim Rockcliffe	Liverpool RC	O50F
39	Sue Buck	Spectrum Striders	O40F	78	Becky Davies	Pensby Runners	U30F

Team Results

Mens 'A' Teams (6 Runners)

Pos	Team	Score	Points
1	Liverpool RC 'A'	60	18
2	Penny Lane Striders 'A'	86	17
3	Knowsley Harriers 'A'	130	16
4	Spectrum Striders 'A'	155	15
5	Helsby, Lymm & Warrington 'A'	213	14
6	Delamere Spartans 'A'	254	13
7	Mersey Tri 'A'	316	12
8	Kirkby Milers 'A'	363	11
9	Birkenhead & Pensby 'A'	632	10
10	Skem & Parbold 'A'	580 (Only 5 Ran)	9
11	Chester Tri 'A'	722 (Only 5 Ran)	8
12	Warrington RC 'A'	909 (Only 5 Ran)	7
13	St Helens Striders 'A'	728 (Only 4 Ran)	6
14	Newburgh Nomads 'A'	829 (Only 3 Ran)	5
15	Village Runners 'A'	840 (Only 2 Ran)	4
16	Ellesmere Port RC 'A'	887 (Only 2 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'	14	18
2	Liverpool RC 'A'	26	17
3	Helsby, Lymm & Warrington 'A'	31	16
4	Skem & Parbold 'A'	46	15
5	Delamere Spartans 'A'	55	14
6	Penny Lane Striders 'A'	62	13
7	Knowsley Harriers 'A'	90	12
8	Kirkby Milers 'A'	112	11
9	Warrington RC 'A'	115	10
10	Birkenhead & Pensby 'A'	142	9
11	Mersey Tri 'A'	171 (Only 2 Ran)	8
12	St Helens Striders 'A'	202 (Only 2 Ran)	7
13	Widnes Wasps 'A'	213 (Only 1 Ran)	6
14	Ellesmere Port RC 'A'	No Team	-
15	Activewomenrunning 'A'	No Team	-
16	Chester Tri 'A'	No Team	-
17	Newburgh Nomads 'A'	No Team	-
18	Village Runners 'A'	No Team	-

Many thanks to Spectrum Striders for organising today's "mud bath" and the refreshments afterwards. Special thanks also to the marshalls who did well not to laugh too much.

Congratulations to everyone who took part today especially the individual winners and the winning teams.

Thanks to Brian Tuohey photography who took loads of photos today. Hopefully they will appear on www.btphoto.co.uk OR [facebook.com/btphoto.uk](https://www.facebook.com/btphoto.uk)

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	Liverpool RC 'A'	17	18	17	16	18	18	88
2	Penny Lane Striders 'A'	16	17	18	17	17	17	86
3	Knowsley Harriers 'A'	18	16	16	18	16	16	84
4	Spectrum Striders 'A'	15	14	14	13	15	15	73
5	Mersey Tri 'A'	12	15	15	15	13	12	70
6	Helsby, Lymm & Warrington 'A'	14	13	13	14	14	14	69
7=	Kirkby Milers 'A'	13	12	10	9	12	11	58
7=	Delamere Spartans 'A'	8	11	12	12	10	13	58
9	Birkenhead & Pensby 'A'	11	10	11	11	11	10	54
10	St Helens Striders 'A'	10	9	9	10	9	6	47
11	Warrington RC 'A'	9	8	7	8	6	7	39
12	Newburgh Nomads 'A'	7	7	8	7	7	5	36
13=	Skem & Parbold 'A'	5	6	5	4	5	9	30
13=	Chester Tri 'A'	4	NT	4	6	8	8	30
15	Ellesmere Port RC 'A'	6	5	6	5	4	3	26
16	Village Runners 'A'	NT	4	3	3	3	4	17
17=	Widnes Wasps 'A'	NT	NT	NT	NT	NT	NT	-
17=	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	17	18	18	18	18	89
2	Liverpool RC 'A'	17	18	14	12	17	17	83
3	Skem & Parbold 'A'	13	15	16	17	13	15	76
4	Helsby, Lymm & Warrington 'A'	11	16	12	15	15	16	74
5	Ellesmere Port RC 'A'	16	12	15	15	14	0	72
6	Penny Lane Striders 'A'	14	14	14	16	9	13	71
7	Birkenhead & Pensby 'A'	18	6	17	7	16	9	67
8=	Warrington RC 'A'	12	13	11	6	8	10	54
8=	Delamere Spartans 'A'	6	9	10	11	10	14	54
10	Knowsley Harriers 'A'	4	5	9	15	7	12	48
11	Mersey Tri 'A'	8	7	8	10	12	8	46
12	Kirkby Milers 'A'	7	11	7	5	6	11	42
13	St Helens Striders 'A'	NT	4	6	9	11	7	37
14=	Village Runners 'A'	10	10	4	NT	3	NT	27
14=	Widnes Wasps 'A'	5	8	NT	8	NT	6	27
16	Activewomenrunning 'A'	9	3	5	NT	5	NT	22
17	Chester Tri 'A'	3	NT	NT	NT	4	NT	7
18	Newburgh Nomads 'A'	NT	NT	NT	NT	NT	NT	-

(NT= No Team)

Congratulations to this years winners – **Men** – Individual - Martin Swensson (Penny Lane Striders), Team – Liverpool Running Club – **Ladies** - Individual – Carol Parsons (Ellesmere Port) , Team – Spectrum Striders.

Club Reps don't forget to attend the annual meeting so that next seasons dates can be finalised.

See you all next season - John & Steve