

North West XC – Race 5 – Town Park – 22 January 2017 – 4.8M

Mens Results

1	Stephen Watkin	Penny Lane Striders	U40M	76	Paul Roberts	Widnes RC	U40M
2	Martin Swensson	Penny Lane Striders	O40M	77	James Thompson	Knowsley Harriers	U40M
3	Jonathan Smith	Lymm Runners	U30M	78	Michael O'Rourke	Penny Lane Striders	U40M
4	Rob Grantham	Pensby Runners	O40M	79	Robert Eagles	Penny Lane Striders	U40M
5	Karl Steinegger	Spectrum Striders	U30M	80	Jim Savage	Kirkby Milers	O40M
6	Chris Pownell	Knowsley Harriers	U30M	81	Kevin Enright	Liverpool RC	U40M
7	Mark Clair	Knowsley Harriers	U40M	82	David Ralphs	Newburgh Nomads	O55M
8	Jon-Jo Doherty	St Helens Striders	U40M	83	Leslie Johnson	Northwich RC	O45M
9	Colin Bishop	Helsby	O55M	84	Peter Lloyd	Lymm Runners	O55M
10	Tom Greaves	Warrington RR	U30M	85	Jim Dawson	Lymm Runners	O50M
11	Lawrence Eccles	Penny Lane Striders	U40M	86	Ian Roche	Mersey Tri	O50M
12	Mark Heavey	Warrington RR	O45M	87	Stephen Roberts	Delamere Spartans	U30M
13	Chris Collins	Delamere Spartans	U30M	88	David Houghton	Kirkby Milers	U40M
14	Jamie Rutherford	Liverpool RC	U30M	89	Andy Gaskell	Spectrum Striders	O45M
15	Tom Evans	Penny Lane Striders	U40M	90	Nick Wishart	Delamere Spartans	O50M
16	Chris Millington	Spectrum Striders	O45M	91	Stephen McNicholas	Penny Lane Striders	O50M
17	Jack Antrobus	Warrington RC	U40M	92	Tim Grace	Mersey Tri	O45M
18	Stephen Harrison	Village Runners	O40M	93	Graham Cheers	Warrington RC	O40M
19	Patrick Boyle	Liverpool RC	O40M	94	Alan Gill	Lymm Runners	O45M
20	Alex Mason	Delamere Spartans	O40M	95	Nigel Foo	Penny Lane Striders	O45M
21	Neil Bullock	Penny Lane Striders	U30M	96	Dominic Roberts	Pensby Runners	U40M
22	Lee Fuller	Warrington RC	O40M	97	Kieran Walshe	Lymm Runners	O50M
23	Alexander Lewis	Warrington RC	U30M	98	Paul Booth	St Helens Striders	U40M
24	Robbie Campbell	Widnes RC	O45M	99	Matt Sanderson	Warrington RC	O40M
25	Sam Evans	Penny Lane Striders	U40M	100	Andrew Glen	Knowsley Harriers	O50M
26	Marty Christian	Kirkby Milers	O45M	101	Lee Moore	Kirkby Milers	U40M
27	Michael Heyes	Mersey Tri	U40M	102	Steve Martin	Spectrum Striders	O55M
28	Karl Budworth	Widnes RC	O40M	103	Stephen Riley	Helsby	O50M
29	Robert Owens	Knowsley Harriers	U40M	104	Ste Maguire	Penny Lane Striders	O40M
30	Alex Rigby	Liverpool RC	U30M	105	Julian Spencer	Spectrum Striders	O55M
31	Matthew Robinson	Newburgh Nomads	U40M	106	Philip Walton	Warrington RC	O40M
32	Jay Clarke	Penny Lane Striders	U40M	107	Ian Scouler	Northwich RC	O50M
33	Stuart Berry	Lymm Runners	U30M	108	Robert Moore	Knowsley Harriers	O40M
34	Perry Moore	Warrington RR	O40M	109	Simon Byrne	Widnes RC	U40M
35	David Knowles	Liverpool RC	O60M	110	Stephen Dipple	Penny Lane Striders	O40M
36	Alistair Malpas	Pensby Runners	U40M	111	Xavier Soler	Warrington RR	U40M
37	Phil Riding	Penny Lane Striders	O40M	112	Ian McNeill	Birkenhead	O55M
38	Lewis Houghton	Kirkby Milers	U20M	113	Andie Gow	Pensby Runners	O60M
39	Kye Byrne	Warrington RC	U40M	114	David Wooster	Warrington RC	O40M
40	David Edwards	Kirkby Milers	O50M	115	John Suckley	Pensby Runners	O55M
41	Mark Dunn	Kirkby Milers	U40M	116	Roy Gaskill	Helsby	O50M
42	Rob McBain	Northwich RC	U40M	117	Gareth Jones	Delamere Spartans	O45M
43	Chris Ryan	Mersey Tri	U40M	118	Mark Glaister	Skem BH	O50M
44	Kevin Brennan	St Helens Striders	O45M	119	Kenny Forster	Spectrum Striders	O55M
45	Rob Garth	Penny Lane Striders	U30M	120	Paul Kelly	Spectrum Striders	O40M
46	Phil Johnson	Mersey Tri	U40M	121	Adrian Bullock	St Helens Striders	O45M
47	Stuart Atkinson	Delamere Spartans	O40M	122	Roger Seddon	Warrington RC	O50M
48	Alex Cowin	Penny Lane Striders	U40M	123	Colin Kennedy	Kirkby Milers	O50M
49	Nigel Taylor	Warrington RC	U40M	124	Alan Wilcox	Northwich RC	O50M
50	Rob Fletcher	Mersey Tri	O40M	125	Robert Chalmers	Pensby Runners	U40M
51	Jonathan Toft	Penny Lane Striders	U30M	126	Tony Holmes	Liverpool RC	O55M
52	Phil Rowen	Lymm Runners	O40M	127	Tim Holloway	Delamere Spartans	O50M
53	Paul Corless	Warrington RC	U40M	Guest	Dave McAlister	Wallasey AC	O55M
54	Ralph Pawling	Pensby Runners	U40M	128	Phil Jolley	Warrington RC	O45M
55	Jerome Doyle	Penny Lane Striders	O40M	129	Tony Man	Penny Lane Striders	O45M
56	Patrick Corrigan	Pensby Runners	O55M	130	Brad Ehlen	Northwich RC	O45M
57	Mark O'Callaghan	Kirkby Milers	U40M	131	Mike Brady	Spectrum Striders	O50M
58	Andy Dowdeswell	Widnes RC	U40M	132	Wally Coppelov	Newburgh Nomads	O55M
59	Mark Riley	St Helens Striders	U40M	133	Andrew Bates	Penny Lane Striders	U40M
60	Matthew Mclay	Penny Lane Striders	U40M	134	Stuart Atherton	Knowsley Harriers	U40M
61	Ian Chisnall	St Helens Striders	O40M	135	Kevin Harrison	Kirkby Milers	U40M
62	Nathan Parry	Knowsley Harriers	U20M	136	Stephen Saunders	Pensby Runners	O50M
63	Kevin Walker	Skem BH	O40M	137	Mike Devereux	Penny Lane Striders	O60M
64	Andrew Keeley	Penny Lane Striders	O50M	138	Alex Abbott	St Helens Striders	U30M
65	David Lawton	Liverpool RC	U40M	139	Paul Alexander	Pensby Runners	O55M
66	Jonathan Strange	Warrington RC	U30M	140	Phil Clarke	Widnes RC	O60M
67	Phil Lomas	Warrington RC	O40M	141	David Glover	Warrington RC	U40M
68	Paul Wilson	Liverpool RC	O45M	142	Roy Fisher	Pensby Runners	O60M
69	Craig Flynn	Delamere Spartans	U30M	143	Kenny Worrall	Liverpool RC	O40M
70	Matthew Whalley	Kirkby Milers	U20M	144	Fred Duenbier	Newburgh Nomads	O60M
71	Gary Wilton	Kirkby Milers	U40M	145	Tony Fishwick	Kirkby Milers	O45M
72	John Jensen	Penny Lane Striders	O40M	146	Steve Stuthridge	Village Runners	O40M
73	Gary English	Liverpool RC	O50M	147	Nigel Howard	Pensby Runners	O50M
74	Gareth Boyd	Helsby	O40M	148	Frank Murphy	Knowsley Harriers	O50M
75	Ian Russell	Penny Lane Striders	O50M	149	Mark Green	Warrington RC	O45M

150	Tony Green	Penny Lane Striders	O60M	161	Nigel Pratten	Pensby Runners	O60M
151	Richard MacIlwaine	Spectrum Striders	O55M	162	Neil Rigby	St Helens Striders	O45M
152	Craig Dennen	Widnes RC	O45M	163	Dave Thompson	Spectrum Striders	O60M
153	Martin Bazley	Widnes RC	U40M	164	Brian Fitzhenry	Kirkby Milers	O45M
154	Brian Kennedy	Newburgh Nomads	O60M	165	Michael Titchard	Warrington RC	O45M
155	Adrian Pridgeon	St Helens Striders	U40M	166	Christopher Sullivan	Kirkby Milers	O40M
156	Tony Dorian	Kirkby Milers	U40M	167	Phil O'Rourke	Liverpool RC	O50M
157	Steve Stamper	Northwich RC	O55M	168	Bill Sergeson	Penny Lane Striders	O45M
158	Rob Lloyd	Widnes RC	O45M	169	Sean Gunnery-Hitchen	Warrington RC	U30M
159	Andy Walker	Warrington RC	O45M				
160	Andy Dalton	Skem BH	O50M				

Ladies Results

1	Carol Parsons	Ellesmere Port RC	U40F	48	Hannah Evans	Warrington RC	U40F
2	Alex O'Brien	Liverpool RC	U40F	49	Joanne Della_Cerra	Newburgh Nomads	U40F
3	Lucinda Lamb	Delamere Spartans	U35F	50	Claire Hinchcliffe	Newburgh Nomads	U40F
4	Hazel MacCormick	Penny Lane Striders	U40F	51	Jenny Martin	St Helens Striders	U40F
5	Claire Andrew	Spectrum Striders	U40F	52	Leah Binns	Delamere Spartans	U30F
6	Melissa Ronan	Liverpool RC	U30F	53	Claire Wright	Liverpool RC	O40F
7	Siobahn Woods	Liverpool RC	U30F	54	Gemma Lenagh	Widnes RC	U35F
8	Kate Macfarlane	Penny Lane Striders	U30F	55	Jane Woodburn	Skem BH	O40F
9	Lisa Grantham	Pensby Runners	O40F	56	Hayley McGugan	Widnes Wasps	U40F
10	Bobbie Lomax	Warrington RC	O40F	57	Jane Eardley	Penny Lane Striders	U40F
11	Tracy Entwistle	Warrington RR	O40F	58	Amanda Lee	Kirkby Milers	O40F
12	Maria Cook	Parbold Pink Panthers	O40F	59	Louise Plevin	Warrington RC	U35F
13	Lauren Wilson	Penny Lane Striders	U30F	60	Katie Pownell	Knowsley Harriers	U35F
14	Becky Wadeson	Parbold Pink Panthers	U40F	61	Nicola Hayes	Skem BH	U40F
15	Ellen Broad	Spectrum Striders	U30F	62	Katherine Taggart	St Helens Striders	U40F
16	Marina Maxwell	Widnes RC	O40F	63	Helen Osborne	Penny Lane Striders	U30F
17	Sharon James	Liverpool RC	O40F	64	Lisa Fothergill	Lymm Runners	U40F
18	Emma Baker	Ellesmere Port RC	U40F	65	Vicky Jones	Kirkby Milers	O40F
19	Sharon Samson	Penny Lane Striders	U40F	66	Carla Langley	St Helens Striders	U35F
20	Caroline Barrow	Widnes RC	O40F	67	Rebecca Heyes	Penny Lane Striders	U35F
21	Orla Carty	Penny Lane Striders	U30F	68	Sandra Riley	Village Runners	O40F
22	Bridget Glaister	Parbold Pink Panthers	O40F	69	Melissa Giusti	Warrington RC	U35F
23	Janet Owens	Knowsley Harriers	O40F	70	Louise Renner	Newburgh Nomads	U40F
24	Pamela Thurtle	Penny Lane Striders	O40F	71	Abigail Willmitt	Liverpool RC	U35F
25	Jennifer Houghton	Kirkby Milers	U35F	72	Amena Madden	Liverpool RC	O40F
26	Justine Moore	Knowsley Harriers	O40F	73	Sarah McGarr	Delamere Spartans	O40F
27	Jo Irvine	Pensby Runners	U40F	74	Chris Newbury	Liverpool RC	O40F
28	Kayleigh Ralphs	Newburgh Nomads	U35F	75	Karen Kelly	Kirkby Milers	U40F
29	Gail Stuthridge	Village Runners	O40F	76	Jayne Russell	Kirkby Milers	O40F
30	Louise Nicholson	Liverpool RC	O40F	77	Yasmin Hussain	Lymm Runners	O40F
31	Katinka Mitchell	Village Runners	O40F	78	Cathy McCabe	Newburgh Nomads	O40F
32	Louise Casey	Warrington RC	U40F	79	Gail Fairclough	Liverpool RC	O60F
33	Kylie Maguire	St Helens Striders	U30F	80	Rachel Stead	Penny Lane Striders	U40F
34	Karon Forster	Spectrum Striders	O50F	81	Debbie Hill	St Helens Striders	O40F
35	Lorna Harper	Mersey Tri	U30F	82	Katy O'Connor	Lymm Runners	O50F
36	Sarah Jackson	Penny Lane Striders	U40F	83	Clare Lowery	Warrington RC	O50F
37	Wendy Davies	St Helens Striders	O40F	84	Hannah Moorhouse	Delamere Spartans	O40F
38	Janet Robertson	Helsby	O50F	85	Louise Adlington	Liverpool RC	U35F
39	Angela Walker	Lymm Runners	U40F	86	Kerry Riley	St Helens Striders	U35F
40	Susan Hamley	Knowsley Harriers	O40F	87	Michelle Jones	Delamere Spartans	U35F
41	Dawn Fairclough	Liverpool RC	U40F	88	Sarah Jones	Northwich RC	O40F
42	Janette Fishwick	Kirkby Milers	O40F	89	Jessica Garrigan	Liverpool RC	U40F
43	Sue Heaps	St Helens Striders	O50F	90	Marie_Ann Winders	Newburgh Nomads	O40F
44	Rebecca Johnstone	Penny Lane Striders	U35F	91	Joanna Jones	Widnes RC	O40F
45	Alex Harrison	Liverpool RC	U30F	92	Sarah Shead	Northwich RC	U35F
46	Helen Lonsdale	Northwich RC	U40F	93	Joanne Griffiths	Warrington RC	U40F
47	Carole Morrison	Pensby Runners	O50F				

Team Results

Mens 'A' Teams (6 Runners)

Pos	Team	Score	Points
1	Penny Lane Striders 'A'	75	22
2	Lymm & Warrington RR 'A'	144	21
3	Warrington RC 'A'	203	20
4	Liverpool RC 'A'	231	19
5	Kirkby Milers 'A'	272	18
6	Knowsley Harriers 'A'	281	17
7	Delamere Spartans 'A'	326	16
8	Mersey Tri 'A'	344	15
9	Birkenhead & Pensby 'A'	358	14
10	St Helens Striders 'A'	391	13
11	Widnes RC 'A'	435	12
12	Spectrum Striders 'A'	436	11
13	Northwich RC 'A'	643	10
14	Newburgh Nomads 'A'	722 (only 5 Ran)	9
15	Helsby 'A'	660 (only 4 Ran)	8
16	Skem & Parbold 'A'	878 (only 3 Ran)	7
17	Village Runners 'A'	880 (only 2 Ran)	6
18=	Ellesmere Port RC 'A'	No Team	-
18=	Activewomenrunning 'A'	No Team	-
18=	Chester Tri 'A'	No Team	-
18=	Widnes Wasps 'A'	No Team	-
18=	Weaver Warriors 'A'	No Team	-

Ladies 'A' Teams (3 Runners)

Pos	Team	Score	Points
1	Liverpool RC 'A'	15	22
2	Penny Lane Striders 'A'	25	21
3	Skem & Parbold 'A'	48	20
4	Spectrum Striders 'A'	54	19
5	Birkenhead & Pensby 'A'	83	18
6	Knowsley Harriers 'A'	89	17
7=	Warrington RC 'A'	90	16
7=	Widnes RC 'A'	90	16
9	St Helens Striders 'A'	113	14
10	Lymm & Warrington RR 'A'	114	13
11	Kirkby Milers 'A'	125	12
12	Newburgh Nomads 'A'	127	11
13=	Delamere Spartans 'A'	128	10
13=	Village Runners 'A'	128	10
15	Northwich RC 'A'	226	8
16	Ellesmere Port RC 'A'	122 (Only 2 Ran)	7
17	Mersey Tri 'A'	241 (Only 1 Ran)	6
18	Helsby 'A'	244 (Only 1 Ran)	5
19	Widnes Wasps 'A'	262 (Only 1 Ran)	4
20=	Activewomenrunning 'A'	No Team	-
20=	Chester Tri 'A'	No Team	-
20=	Weaver Warriors 'A'	No Team	-

CURRENT POSITIONS

Mens 'A' Teams (6 Runners)

Pos	Team	Race 1	Race 2	Race 3	Race 4	Race 5	Total
1	Penny Lane Striders 'A'	22	22	22	22	22	110
2	Liverpool RC 'A'	21	21	21	21	19	103
3	Lymm & Warrington RR 'A'	19	17	20	20	21	97
4	Spectrum Striders 'A'	20	20	19	18	11	88
5	Mersey Tri 'A'	16	18	17	17	15	83
6	Kirkby Milers 'A'	15	16	15	16	18	80
7	Knowsley Harriers 'A'	18	15	16	7	17	73
8=	Helsby 'A'	17	19	12	14	8	70
8=	Delamere Spartans 'A'	14	14	13	13	16	70
10=	St Helens Striders 'A'	13	12	11	15	13	64
10=	Birkenhead & Pensby 'A'	9	13	9	19	14	64
12=	Widnes RC 'A'	10	9	18	12	12	61
12=	Warrington RC 'A'	11	10	10	10	20	61
14	Newburgh Nomads 'A'	7	11	14	9	9	50
15	Northwich RC 'A'	8	7	8	11	10	44
16	Skem & Parbold 'A'	6	8	7	8	7	36
17	Village Runners 'A'	5	5	6	5	6	27
18	Chester Tri 'A'	12	6	NT	6	NT	24
19	Ellesmere Port RC 'A'	4	4	NT	4	NT	12
20=	Activewomenrunning 'A'	NT	NT	NT	NT	NT	-
20=	Widnes Wasps 'A'	NT	NT	NT	NT	NT	-
20=	Weaver Warriors 'A'	NT	NT	NT	NT	NT	-

Ladies 'A' Teams (3 Runners)

Pos	Team	Race 1	Race 2	Race 3	Race 4	Total	
1=	Penny Lane Striders 'A'	21	22	21	20	21	105
1=	Liverpool RC 'A'	22	18	22	21	22	105
3	Skem & Parbold 'A'	20	21	20	19	20	100
4	Spectrum Striders 'A'	19	20	19	18	19	95
5	Birkenhead & Pensby 'A'	13	17	17	17	18	82
6	St Helens Striders 'A'	18	13	18	15	14	78
7=	Ellesmere Port RC 'A'	14	16	6	22	7	65
7=	Delamere Spartans 'A'	17	10	12	16	10	65
9	Warrington RC 'A'	11	9	16	10	16	62
10	Helsby 'A'	16	19	8	12	5	60
11=	Lymm & Warrington RR 'A'	9	14	14	9	13	59
11=	Widnes RC 'A'	8	12	9	14	16	59
13	Kirkby Milers 'A'	12	8	15	11	12	58
14	Village Runners 'A'	16	15	NT	14	10	55
15	Knowsley Harriers 'A'	10	11	5	5	17	48
16	Northwich RC 'A'	7	7	13	8	8	43
17	Newburgh Nomads 'A'	6	6	11	7	11	41
18	Widnes Wasps 'A'	5	3	10	4	4	26
19	Mersey Tri 'A'	3	4	7	NT	6	20
20	Chester Tri 'A'	4	5	NT	6	NT	15
21=	Activewomenrunning 'A'	NT	NT	NT	NT	NT	-
21=	Weaver Warriors 'A'	NT	NT	NT	NT	NT	-

(NT= No Team)