

North West XC – Race 5 – Croxteth Park – 28 January 2018 – 4.5M

Mens Results

1	Ian Lawton	Mersey Tri	U40M	76	Phil Lomas	Warrington RC	O40M
2	Martin Swensson	Penny Lane Striders	O40M	77	Chris Usher	Newburgh Nomads	O40M
3	Chris Stanford	Warrington Tri	U40M	78	Alan Sanderson	Liverpool RC	U40M
4	Stephen Watkin	Penny Lane Striders	U40M	79	Gareth Boyd	Helsby	O45M
5	Chris Maher	Penny Lane Striders	U40M	80	Jay Williams	Kirkby Milers	U40M
6	Dan Harbidge	Warrington Tri	U30M	81	Paul Gray	Penny Lane Striders	O45M
7	Jay Brittles	Mersey Tri	U40M	82	Joseph Chedgzoy	Kirkby Milers	U40M
8	Alan Smithson	Mersey Tri	U40M	83	Jon Hawker	Delamere Spartans	O50M
9	Mark Heavey	Warrington RR	O45M	84	Eric Ranson	St Helens Striders	O45M
10	Paddy Eaton	Liverpool RC	U30M	85	Ian Chisnall	St Helens Striders	O40M
11	Mark Clair	Mersey Tri	U40M	86	Davyd Michell	Helsby	O40M
12	Dean Hanwell	Mersey Tri	U40M	87	Gary Wilton	Kirkby Milers	O40M
13	Josh Keogh	Penny Lane Striders	U30M	88	Richard Peers	Mersey Tri	U40M
14	Thom Atkinson	Mersey Tri	U30M	89	Mike Aisbitt	Skem BH	O40M
15	James Toohey	Liverpool RC	U30M	90	Paul Cheetham	Skem BH	O45M
16	Rob Grantham	Pensby Runners	O40M	91	Kevin Harrison	Kirkby Milers	O40M
17	Alex Rigby	Liverpool RC	U30M	92	Daryl Mullen	Newburgh Nomads	O50M
18	Jonjo Doherty	St Helens Striders	U40M	93	Tim Palmer	Helsby	O50M
19	Chris Pownell	Knowsley Harriers	U30M	94	Michael O'rouke	Penny Lane Striders	U40M
20	Peter Talboys	Lymm Runners	U40M	95	Patrick Corrigan	Pensby Runners	O55M
21	Phil Johnson	Mersey Tri	U40M	96	Mike Douglas	Warrington Tri	U40M
22	Paul Waters	Knowsley Harriers	U40M	97	Nick Wishart	Delamere Spartans	O50M
23	Colin Bishop	Helsby	O55M	98	Leslie Johnson	Northwich RC	O45M
24	Marty Christian	Kirkby Milers	O45M	99	Kevin Outten	St Helens Striders	O40M
25	Ian Magill	Liverpool RC	O45M	100	Nigel Foo	Penny Lane Striders	O45M
26	John Hunt	Pensby Runners	O50M	101	Ian Roche	Mersey Tri	O55M
27	Stephen Harrison	Village Runners	O45M	102	Jason Pierce	Liverpool RC	O45M
28	Alex Mason	Delamere Spartans	O40M	103	Tim Grace	Mersey Tri	O45M
29	Karl Budworth	Widnes RC	O40M	104	Michael Parr	Northwich RC	O40M
30	Steven McKenzie	Kirkby Milers	O40M	105	Daniel McKeivitt	Kirkby Milers	U40M
31	Mark Howard	Mersey Tri	O40M	106	Andrew McGlone	Kirkby Milers	U40M
32	Alex Ward	Mersey Tri	U40M	107	Graham Driver	Spectrum Striders	O50M
33	Alan Healy	Kirkby Milers	O40M	108	Gary Fisher	Kirkby Milers	U40M
34	Jay Clarke	Penny Lane Striders	U40M	109	Kevin Gillibrand	Warrington RR	O50M
35	Rob Garth	Penny Lane Striders	U30M	110	Robert Chalmers	Pensby Runners	O40M
36	Alex Cowin	Penny Lane Striders	U40M	111	Iain Wood	Chester Tri	O55M
37	Simon Rogers	Pensby Runners	O55M	112	Mike Smith	Lymm Runners	O50M
38	Kevin Walker	Skem BH	O40M	113	Stephen Riley	Helsby	O50M
39	Matthew Robinson	Newburgh Nomads	U40M	114	Daniel Tetlow	St Helens Striders	U40M
40	Jamie Rutherford	Liverpool RC	U30M	115	Lee Ward	Liverpool RC	O40M
41	John Manion	Liverpool RC	U30M	116	Sean Wilton	Kirkby Milers	U30M
42	Rob Fletcher	Mersey Tri	O45M	117	Neil Goulding	Skem BH	O40M
43	Jonathan Toft	Penny Lane Striders	U40M	118	David Wooster	Warrington RC	O40M
44	David Edwards	Kirkby Milers	O55M	119	Robert Moore	Knowsley Harriers	O40M
45	Kye Byrne	Warrington RC	U40M	120	Matt Helm	Liverpool RC	O55M
46	Sean Jones	Penny Lane Striders	U40M	121	Tim Schofield-Jones	Northwich RC	O40M
47	James Ellis	Kirkby Milers	U40M	122	Sean Simmons	Chester Tri	O45M
48	Kevin Charleston	Pensby Runners	U40M	123	Jim Maxfield	Newburgh Nomads	O60M
49	Phil Riding	Penny Lane Striders	O40M	124	John Whitehead	Helsby	U40M
50	Chris Gorman	Northwich RC	U40M	125	Steve Dipple	Penny Lane Striders	O45M
51	Matt Collins	Mersey Tri	U40M	126	Mark Glaister	Skem BH	O55M
52	Michael Holloway	Liverpool RC	U40M	127	Gary Hilton	Warrington Tri	O45M
53	Mark Dunn	Kirkby Milers	U40M	128	Richard Gregory	Skem BH	O50M
54	Ralph Pawling	Pensby Runners	U40M	129	Ian McNeill	Birkenhead	O60M
55	Paul Scully	Warrington RC	O45M	130	John Suckley	Pensby Runners	O55M
56	Dave Douglas	Delamere Spartans	O45M	131	Neil Jenkins	Chester Tri	O50M
57	Andrew Feams	Knowsley Harriers	O40M	132	Sean Farreley	Warrington RR	O50M
58	Simone Capponi	Penny Lane Striders	O40M	133	Roger Seddon	Warrington RC	O50M
59	Colin Dobbs	Penny Lane Striders	O40M	134	Anthony Beyga	Kirkby Milers	O60M
60	Matt Clair	Liverpool RC	U30M	135	Richard Harris	Newburgh Nomads	O55M
61	Daniel Peers	Spectrum Striders	U30M	136	Paul Bidwell	Mersey Tri	O45M
62	Michael Gall	Knowsley Harriers	U40M	137	Chris Reid	St Helens Striders	O55M
63	Francis Edwards	Delamere Spartans	-	138	Mark Hamill	Lymm Runners	O50M
64	Lee Moore	Kirkby Milers	U40M	139	Carl Yu	Liverpool RC	O40M
65	Steven Foley	Newburgh Nomads	O50M	140	Simone Tondelloni	Lymm Runners	U40M
66	Matthew Whalley	Kirkby Milers	U20M	141	George Pierce	Liverpool RC	O45M
67	Mike Waring	Chester Tri	O50M	142	Andrew Troy	Penny Lane Striders	U30M
68	Craig Hoy	Liverpool RC	U40M	143	Mark Riley	St Helens Striders	U40M
69	Mike Hitchmough	Newburgh Nomads	O50M	144	Paul Harbidge	Warrington Tri	O55M
70	Gary English	Liverpool RC	O50M	145	Matt Sanderson	Warrington RC	O45M
71	Kieran O'Brien	Kirkby Milers	U30M	146	Geoff Hand	Spectrum Striders	O60M
72	Richard Seville	St Helens Striders	O45M	147	Andie Gow	Pensby Runners	O60M
73	Stu Atkinson	Delamere Spartans	O40M	148	Richard Costain	Penny Lane Striders	U30M
74	Dominic Roberts	Pensby Runners	U40M	149	Kenny Forster	Spectrum Striders	O55M
75	Andy Dowdeswell	Widnes RC	U40M	150	Andrew Bates	Penny Lane Striders	U40M

151	Peter Glover	Warrington RC	O45M	180	Adrian Deery	Chester Tri	U30M
152	Fred Duenbier	Newburgh Nomads	O60M	181	James Roberts	Penny Lane Striders	U40M
153	Ian Davies	Birkenhead	O55M	182	Mike Perchard	Northwich RC	O60M
154	Lee Southern	Northwich RC	U40M	183	John Ryan	Liverpool RC	O50M
155	Richard Piggott	Helsby	U40M	184	Paul Wilson	Widnes RC	O55M
156	Colin Rushton	Warrington RC	O45M	185	Tony Fishwick	Kirkby Milers	O45M
157	Paul Alexander	Pensby Runners	O55M	186	Dave Thompson	Spectrum Striders	O60M
158	Luke Wills	Skem BH	U40M	187	Peter Burton	Lymm Runners	O50M
159	Alan Wilcox	Northwich RC	O50M	188	Dennis Yarwood	Spectrum Striders	O50M
160	Graham Deane	Knowsley Harriers	U40M	189	Andrew Clayton	Northwich RC	U40M
161	Peter Merville	St Helens Striders	O55M	190	Paul Roberts	Helsby	O40M
162	Mike Shepherd	Mersey Tri	U30M	191	Ian Broadhurst	Knowsley Harriers	O50M
163	Philip Walton	Warrington RC	O40M	192	Kris Fisher	Warrington RC	U30M
164	Colin Lamprey	Pensby Runners	O55M	193	Mike Plant	Spectrum Striders	U40M
165	Brad Ehlen	Northwich RC	O45M	194	Michael Sharkey	Penny Lane Striders	O60M
166	Rob Lloyd	Widnes RC	O45M	195	Stan Cottier	Liverpool RC	O60M
167	Andy Waring	Birkenhead	O60M	196	Steve Stamper	Northwich RC	O55M
168	Stuart Ellis	Mersey Tri	O40M	197	John Traynor	Lymm Runners	O55M
169	John Kleiser	Delamere Spartans	O40M	198	Sean Harris	Mersey Tri	U30M
170	William Merritt	Knowsley Harriers	O55M	199	John Donaghy	Warrington RC	O50M
171	Peter McNamee	Newburgh Nomads	U40M	200	Phil O'Rourke	Liverpool RC	O55M
172	Mark Scott	Liverpool RC	O50M	201	Dave Barrow	Kirkby Milers	O60M
173	Tony Green	Penny Lane Striders	O60M	202	Davie Thompson	Liverpool RC	U40M
174	Steve Pemberton	Penny Lane Striders	O60M	203	Bryan Forth	Warrington RR	O45M
175	Paul Hanley	Knowsley Harriers	O40M	204	Stephen Cullington	Kirkby Milers	O60M
176	Bob Burke	Liverpool RC	O50M	205	Connor McCornick	Liverpool RC	U30M
177	Frank Kelly	Liverpool RC	O50M	206	Colin Duggan	Liverpool RC	O55M
178	Andy Dalton	Skem BH	O55M	207	Stuart Ely	Liverpool RC	O40M
179	Stuart Greenhall	Northwich RC	O55M				

Ladies Results

1	Sarah Roberts	Pensby Runners	U40F	49	Louise Peacock	Warrington RC	U30F
2	Stella Hayden	Penny Lane Striders	U35F	50	Susan Kerfoot	St Helens Striders	U40F
3	Honor Thompson	Skem BH	U40F	51	Katie Pownell	Knowsley Harriers	U35F
4	June Whitehead	Helsby	U35F	52	Hannah Coyne-Williams	Liverpool RC	U30F
5	Kate Macfarlane	Penny Lane Striders	U35F	53	Carol Stynes-Martin	Spectrum Striders	O40F
6	Liz Turner	Penny Lane Striders	U40F	54	Louise Plevin	Warrington RC	U35F
7	Jennifer Houghton	Kirkby Milers	U35F	55	Michelle Jones	Delamere Spartans	U35F
8	Maria Cook	Parbold Pink Panthers	O40F	56	Dawn Hignett	Widnes RC	O40F
9	Laura Baynham-Hughes	Helsby	O40F	57	Joanne Evans	Liverpool RC	O40F
10	Alice Trevail	Mersey Tri	U30F	58	Liz Whitfield	Spectrum Striders	O40F
11	Sharon Samson	Penny Lane Striders	U40F	59	Elaine Parry	St Helens Striders	U40F
12	Marina Maxwell	Widnes RC	O40F	60	Joanne McGillycuddy	Widnes Wasps	O40F
13	Bridget Glaister	Parbold Pink Panthers	O40F	61	Jessica Messenger	Northwich RC	U40F
14	Laura Roach	Liverpool RC	U35F	62	Sandra Bentley	Widnes RC	O40F
15	Tiffany Moorcroft	Northwich RC	O40F	63	Clare Wright	Liverpool RC	O40F
16	Nicole Leow	Kirkby Milers	U30F	64	Rachel Kuypers	Widnes Wasps	O40F
17	Janet Owens	Knowsley Harriers	O40F	65	Vicky Jones	Kirkby Milers	O40F
18	Caroline Barrow	Widnes RC	O40F	66	Julie Dinwoodie	Kirkby Milers	O40F
19	Tarja Barnes	Warrington RR	O40F	67	Susan Berry	Liverpool RC	O50F
20	Christina Roach	Helsby	O50F	68	Lisa Lloyd	Warrington RC	O40F
21	Angela Delaney	Kirkby Milers	O50F	69	Claire Meadows	Penny Lane Striders	O40F
22	Karon Forster	Spectrum Striders	O50F	70	Jayne McIvor	Liverpool RC	O50F
23	Anne Gregory	Warrington RR	O40F	71	Katherine Robertson	Mersey Tri	U40F
24	Lucy Helsby	Kirkby Milers	U30F	72	Gillian Hayes	Warrington RC	O40F
25	Louise Casey	Widnes RC	U40F	73	Clare Lowery	Warrington RC	O50F
26	Justine Moore	Knowsley Harriers	O40F	74	Nicola Perrins	Chester Tri	O40F
27	Lorna Harper	Mersey Tri	U35F	75	Fran Lloyd	Northwich RC	U30F
28	Germaine Holmes	Lymm Runners	O40F	76	Lorna McCartney	Liverpool RC	O40F
29	Clare Firth	Warrington RC	O40F	77	Carolyn Knott	Penny Lane Striders	O40F
30	Sue Sanderson	Warrington RC	O40F	78	Carolyn Smith	Lymm Runners	O50F
31	Charlotte Rawcliffe	Penny Lane Striders	U40F	79	Pat Kelly	Liverpool RC	O50F
32	Jennifer O'Sullivan	Kirkby Milers	U35F	80	Jade Teedor	Liverpool RC	U30F
33	Melanie Bradley	Northwich RC	O40F	81	Chrissie Knight	Lymm Runners	O60F
34	Sarah Jackson	Penny Lane Striders	O40F	82	Claire Harrison	Warrington RC	U40F
35	Shona Moore	Mersey Tri	U35F	83	Jayne Cheetham	Warrington RC	O40F
36	Rosemary Symms	Chester Tri	O60F	84	Polly Walker	Warrington RC	O40F
37	Cristina Puccini	Penny Lane Striders	O50F	85	Robyn English	Liverpool RC	O40F
38	Karen Bain	Northwich RC	O40F	86	Ursula Cheetham	Parbold Pink Panthers	O40F
39	Debbie Read	Helsby	O60F	87	Ange Leah	Warrington RC	O40F
40	Becky Burke	Liverpool RC	U20F	88	Nicola Schofield	Northwich RC	U35F
41	Jenny McClelland	Lymm Runners	O40F	89	Rachel Cartwright	Warrington RC	O40F
42	Lizzy Parker-Mullen	Chester Tri	U30F	90	Dawn Fairclough	Liverpool RC	U40F
43	Jess Archer-Clowes	Chester Tri	U35F	91	Agata Rutkowska	Widnes Wasps	U40F
44	Kathryn Schofield	Warrington Tri	U20F	92	Sarah Seddon	Warrington RC	O50F
45	Emily Smith	Helsby	U40F	93	Bernadette Barnard	Warrington RC	O50F
46	Gill Collen	Warrington RR	O50F	94	Sarah Shead	Northwich RC	U35F
47	Janet Walker	Skem BH	O40F	95	Heather McBride	Northwich RC	U30F
48	Tanya Foley	Parbold Pink Panthers	O50F	96	Julie Stein	Parbold Pink Panthers	O50F

97	Eunice Nopondo	Penny Lane Striders	O50F	103	Patricia Preston	Warrington RC	O40F
98	Steph Charman	Spectrum Striders	O60F	104	Laura Owen	Warrington RC	U35F
99	Lucy Burns	Liverpool RC	U35F	105	Karen Ennis	Parbold Pink Panthers	O40F
100	Leanne Evans	Liverpool RC	U40F	106	Charlotte Mills	Northwich RC	O40F
101	Jean Miad	Liverpool RC	O50F	107	Vikki Casey	Northwich RC	U30F
102	Carole Hughes	Warrington RC	O50F	108	Jay Smith	Liverpool RC	O40F

Team Results

Mens 'A' Teams (6 Runners)

Pos	Team	Score	Points
1	Mersey Tri 'A'	70	21
2	Penny Lane Striders 'A'	93	20
3	Liverpool RC 'A'	148	19
4	Kirkby Milers 'A'	231	18
5	Birkenhead & Pensby 'A'	255	17
6	Delamere Spartans 'A'	400	16
7	Knowsley Harriers 'A'	439	15
8	Newburgh Nomads 'A'	465	14
9	St Helens Striders 'A'	472	13
10	Helsby 'A'	518	12
11	Lymm & Warrington RR 'A'	520	11
12	Warrington RC 'A'	572	10
13	Skem & Parbold 'A'	588	9
14	Northwich RC 'A'	686	8
15	Spectrum Striders 'A'	837	7
16	Warrington Tri 'A'	593 (only 5 Ran)	6
17	Chester Tri 'A'	828 (only 5 Ran)	5
18	Widnes RC 'A'	888 (only 4 Ran)	4
19	Village Runners 'A'	1112 (only 1 Ran)	3
20=	Ellesmere Port RC 'A'	No Team	0
20=	Widnes Wasps 'A'	No Team	0

Ladies 'A' Teams (3 Runners)

Pos	Team	Score	Points
1	Penny Lane Striders 'A'	13	21
2	Skem & Parbold 'A'	24	20
3	Helsby 'A'	33	19
4	Kirkby Milers 'A'	44	18
5	Widnes RC 'A'	55	17
6	Lymm & Warrington RR 'A'	70	16
7	Northwich RC 'A'	86	15
8	Knowsley Harriers 'A'	94	14
9=	Mersey Tri 'A'	108	13
9=	Warrington RC 'A'	108	13
11	Liverpool RC 'A'	111	11
12	Chester Tri 'A'	121	10
13	Spectrum Striders 'A'	133	9
14	Widnes Wasps 'A'	215	8
15	St Helens Striders 'A'	227 (Only 2 Ran)	7
16	Birkenhead & Pensby 'A'	237 (Only 1 Ran)	6
17	Warrington Tri 'A'	280 (Only 1 Ran)	5
18	Delamere Spartans 'A'	291 (Only 1 Ran)	4
19	Newburgh Nomads 'A'	No Team	0
19	Village Runners 'A'	No Team	0
19	Ellesmere Port RC 'A'	No Team	0

CURRENT POSITIONS

Mens 'A' Teams (6 Runners)

Pos	Team	Race 1	Race 2	Race 3	Race 4	Race 5	Total
1	Mersey Tri 'A'	20	21	20	20	21	102
2	Penny Lane Striders 'A'	21	20	19	21	20	101
3	Liverpool RC 'A'	19	19	21	19	19	97
4	Knowsley Harriers 'A'	18	18	18	18	15	87
5=	Lymm & Warrington RR 'A'	17	17	17	17	11	79
5=	Kirkby Milers 'A'	16	15	14	16	18	79
7	St Helens Striders 'A'	15	16	16	15	13	75
8	Birkenhead & Pensby 'A'	13	13	13	12	17	68
9	Helsby 'A'	14	10	12	14	12	62
10	Warrington RC 'A'	12	14	15	9	10	60
11	Newburgh Nomads 'A'	10	12	10	5	14	51
12	Northwich RC 'A'	8	7	9	11	8	43
13	Warrington Tri 'A'	7	5	11	13	6	42
14	Widnes RC 'A'	11	11	4	10	4	40
15=	Spectrum Striders 'A'	9	8	7	7	7	38
15=	Delamere Spartans 'A'	6	2	8	6	16	38
17	Skem & Parbold 'A'	3	6	6	8	9	32
18	Chester Tri 'A'	5	9	3	3	5	25
19	Village Runners 'A'	4	4	5	4	3	20
20	Ellesmere Port RC 'A'	2	3	2	NT	NT	7
21	Widnes Wasps '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	Penny Lane Striders 'A'	21	20	21	21	21	104
2	Skem & Parbold 'A'	20	21	18	20	20	99
3	Helsby 'A'	18	19	20	19	19	95
4=	Widnes RC 'A'	12	18	16	17	17	80
4=	Kirkby Milers 'A'	16	13	15	18	18	80
6	Northwich RC 'A'	9	17	15	16	15	72
7	Knowsley Harriers 'A'	15	16	9	15	14	69
8	Lymm & Warrington RR 'A'	13	12	12	14	16	67
9	Warrington RC 'A'	14	11	13	13	13	64
10	Birkenhead & Pensby 'A'	19	10	20	8	6	63
11	Liverpool RC 'A'	10	15	11	10	11	57
12	St Helens Striders 'A'	11	8	17	12	7	55
13	Mersey Tri 'A'	8	9	10	11	13	51
14	Spectrum Striders 'A'	17	14	8	NT	9	48
15	Widnes Wasps 'A'	7	7	NT	9	8	31
16	Warrington Tri 'A'	5	0	7	7	5	24
17	Chester Tri 'A'	0	6	6	NT	10	22
18	Delamere Spartans 'A'	6	NT	NT	6	4	16
19=	Ellesmere Port RC 'A'	NT	NT	NT	NT	NT	-
19=	Newburgh Nomads 'A'	NT	NT	NT	NT	NT	-
19=	Village Runners 'A'	NT	NT	NT	NT	NT	-

(NT= No Team)