

## North West XC – Race 4 – Arrowse Park – 18 December 2016 – 4.85M

### Mens Results

1	Martin Swensson	Penny Lane Striders	O40M	74	Kenneth Day	Kirkby Milers	U40M
2	Ian Lawton	Mersey Tri	U40M	75	Gareth Boyd	Helsby	O40M
3	Karl Steinegger	Spectrum Striders	U30M	76	Nigel Grant	Penny Lane Striders	O50M
4	Stephen Watkin	Penny Lane Striders	U40M	77	Carl Murphy	Liverpool RC	U40M
5	Jonathan Smith	Lymm Runners	U30M	78	Mark Riley	St Helens Striders	U40M
Guest	Paul Sankey	Liverpool Harriers	O45M	79	Paul Corless	Warrington RC	U40M
6	Rob Grantham	Pensby Runners	O40M	80	Simone Capponi	Penny Lane Striders	O40M
7	Lawrence Eccles	Penny Lane Striders	U40M	81	Phil Dabner	Mersey Tri	O45M
8	Mark Clair	Knowsley Harriers	U40M	82	Paul Skipper	Mersey Tri	U40M
9	Colin Bishop	Helsby	O55M	83	Phil Lomas	Warrington RC	O40M
10	Chris Pownell	Knowsley Harriers	U30M	84	David Ralphs	Newburgh Nomads	O55M
11	Jack Atkins	Liverpool RC	U30M	85	Jim Savage	Kirkby Milers	O40M
12	Jon-Jo Doherty	St Helens Striders	U40M	86	Robert Eagles	Penny Lane Striders	U40M
13	Tom Greaves	Warrington RR	U30M	87	John Sheldon	Lymm Runners	O40M
14	Neil Bullock	Penny Lane Striders	U30M	88	Ian Russell	Penny Lane Striders	O50M
15	Chris Collins	Delamere Spartans	U30M	89	Thomas Rimmer	Penny Lane Striders	U40M
16	Mark Howard	Mersey Tri	O40M	90	Jono Kirkman	St Helens Striders	U40M
17	Mark Heavey	Warrington RR	O45M	91	Joe O'Keefe	St Helens Striders	U30M
Guest	Andy McQue	Liverpool Harriers	U40M	92	Steve Spencer	Birkenhead	O40M
18	Neil Finegan	Helsby	O40M	93	Paul Roberts	Widnes RC	U40M
19	Alex Cowin	Penny Lane Striders	U40M	94	Paul Wilson	Liverpool RC	O45M
Guest	Harley Henshaw	Wirral AC	U30M	95	John Jensen	Penny Lane Striders	U40M
20	Andrew Shelbourne	Widnes RC	U30M	96	Tim Grace	Mersey Tri	O45M
21	Patrick Boyle	Liverpool RC	O40M	Guest	Bob Freeman	West Cheshire AC	O60M
22	Matt Goodwin	Pensby Runners	U40M	97	Jerome Doyle	Penny Lane Striders	O40M
23	Sam Evans	Penny Lane Striders	U40M	98	Jim Dawson	Lymm Runners	O50M
24	Chris Millington	Spectrum Striders	O45M	99	James Daly	Liverpool RC	U30M
25	Ian Magill	Liverpool RC	O45M	100	Ian Atkinson	Ellesmere Port RC	O50M
26	Jack Antrobus	Spectrum Striders	U40M	101	Bob Burke	Liverpool RC	O50M
27	Paul Doffman	Northwich RC	U40M	102	Andrew Glen	Knowsley Harriers	O50M
28	Robbie Campbell	Widnes RC	O45M	103	Robert Moore	Knowsley Harriers	O40M
29	Stephen Harrison	Village Runners	O40M	104	Ian Rivers	Kirkby Milers	O45M
30	Alex Mason	Delamere Spartans	O40M	105	Steve Martin	Spectrum Striders	O55M
31	Phil Riding	Penny Lane Striders	O40M	106	Mark Culshaw	Newburgh Nomads	O45M
32	Daniel Peers	Spectrum Striders	U30M	107	James Jones	Helsby	O50M
33	Steve Thompson	Warrington RR	U40M	108	Graham Cushion	Liverpool RC	O40M
34	Alex Rigby	Liverpool RC	U30M	109	Martin Pritchard-Howarth	Mersey Tri	O45M
35	Lewis Houghton	Kirkby Milers	U20M	110	Matt Whitfield	Ellesmere Port RC	O60M
36	Jerry Coll	Warrington RR	O40M	111	Julian Spencer	Spectrum Striders	O55M
37	Dean Howlett	Liverpool RC	U40M	112	Mike Smith	Lymm Runners	O50M
38	David Knowles	Liverpool RC	O60M	113	Paul Frodsham	Helsby	O55M
39	Matthew Robinson	Newburgh Nomads	U40M	114	Michael O'rourke	Penny Lane Striders	U40M
40	Alistair Malpas	Pensby Runners	U30M	115	Ian Scouler	Northwich RC	O50M
41	Jonathan Carter	Chester Tri	U30M	116	Stephen Dipple	Penny Lane Striders	O40M
42	Darren Rodmell	Penny Lane Striders	O40M	117	Dominic Roberts	Pensby Runners	U40M
43	Kyle Harrison	Liverpool RC	U30M	118	Stuart Atherton	Knowsley Harriers	U40M
44	Steve Leslie	Village Runners	U40M	119	Russ Platt	Warrington RR	O50M
45	David Edwards	Kirkby Milers	O50M	120	Kevin Gillibrand	Warrington RR	O50M
46	Gary English	Liverpool RC	O50M	121	Jim Maxfield	Newburgh Nomads	O60M
47	Jay Clarke	Penny Lane Striders	U40M	122	Paul Atherton	Delamere Spartans	O40M
48	David Lawton	Liverpool RC	U40M	123	Paul Turner	Delamere Spartans	O40M
49	Steven Kelly	Liverpool RC	U40M	124	Kenny Forster	Spectrum Striders	O55M
50	Kevin Brennan	St Helens Striders	O45M	125	Paul Cheetham	Skem BH	O45M
51	Rob McBain	Northwich RC	U40M	126	Jonathon Fisher	Liverpool RC	U40M
52	Rob Garth	Penny Lane Striders	U30M	127	Grant Davidson	Mersey Tri	O40M
53	Andrew Pettitt	Pensby Runners	O50M	128	Malcom Fraser	Delamere Spartans	U40M
54	Owen Barden	Mersey Tri	O40M	129	Dave Roberts	Ellesmere Port RC	O55M
55	Andrew Keeley	Penny Lane Striders	O50M	130	Philip Walton	Warrington RC	O40M
56	Mike Waring	Chester Tri	O45M	131	Mark Hamill	Lymm Runners	O50M
57	Nigel Taylor	Warrington RC	U40M	132	Neil Dixon	St Helens Striders	O40M
58	Stuart Atkinson	Delamere Spartans	O40M	133	Richard Shayle	Pensby Runners	O45M
59	Chris Usher	Newburgh Nomads	O40M	134	Ian McNeill	Birkenhead	O55M
60	Kevin Walker	Skem BH	O40M	135	Mike Devereux	Penny Lane Striders	O60M
61	Richard Seville	St Helens Striders	O40M	136	Lee Southern	Northwich RC	U40M
62	James Morgan	Chester Tri	U40M	137	Brad Ehlen	Northwich RC	O45M
63	David Daly	Kirkby Milers	U40M	138	Stephen Riley	Helsby	O50M
64	Gary Wilton	Kirkby Milers	U40M	139	Ian Wright	St Helens Striders	O45M
65	Colin Dobbs	Penny Lane Striders	O40M	140	Alex Abbott	St Helens Striders	U30M
66	Dean Wilson	Liverpool RC	O40M	141	Tony Peacock	Penny Lane Striders	O60M
67	Chris Gorman	Northwich RC	U40M	142	Alan Wilcox	Northwich RC	O50M
68	Patrick Corrigan	Pensby Runners	O55M	143	Roger Seddon	Warrington RC	O50M
69	Kye Byrne	Warrington RC	U40M	144	Tommy Burke	Penny Lane Striders	O60M
70	Michael Lee	Chester Tri	U40M	145	Mark Glaister	Skem BH	O50M
71	Andy Dowdeswell	Widnes RC	U40M	146	Tony Holmes	Liverpool RC	O55M
72	Joseph Chedgzoy	Kirkby Milers	U30M	147	George McCann	Liverpool RC	O45M
73	Ian Chisnall	St Helens Striders	O40M	148	Pete Merville	St Helens Striders	O55M

149	Phil Jolley	Warrington RC	O45M	181	Eric Gibson	Pensby Runners	O50M
150	Joe Mcglynn	Penny Lane Striders	O55M	182	Stuart Greenhall	Northwich RC	O55M
151	Jeff Day	Northwich RC	U40M	183	Colin Lamprey	Pensby Runners	O55M
152	Ian Seabury	Warrington RR	O40M	184	Andy Waring	Birkenhead	O60M
153	Mark Radcliffe	Widnes RC	O45M	185	Martin Bazley	Widnes RC	U40M
154	Fred Duenbier	Newburgh Nomads	O60M	186	Nigel Howard	Pensby Runners	O50M
155	Les Abbott	St Helens Striders	O55M	187	Kevin Harrison	Kirkby Milers	U40M
156	Robert Chalmers	Pensby Runners	U40M	188	Mark Fillingham	St Helens Striders	O45M
Guest	David Barnes	Horwich RMI Harriers	O55M	189	Ian Sneddon	Birkenhead	O60M
157	Andrew Bates	Penny Lane Striders	U40M	190	Brian Kennedy	Newburgh Nomads	O60M
158	Paul Kelly	Spectrum Striders	O40M	191	Tony Dickinson	Kirkby Milers	O45M
159	Neil Goulding	Skem BH	O40M	192	Ray Chung	Liverpool RC	O50M
160	Huw Kinsman	Spectrum Striders	U30M	193	Tony Clixby	Village Runners	O60M
161	Jamie Bradbury	Lymm Runners	O40M	194	Anil Bose	Skem BH	O55M
162	Roy Fisher	Pensby Runners	O60M	195	John Clarke	Kirkby Milers	O50M
163	Ben Darby	Pensby Runners	U40M	196	Dave Thompson	Spectrum Striders	O60M
164	Jeff Adams	Pensby Runners	O60M	197	Nigel Pratten	Pensby Runners	O60M
165	Tony Dagnell	St Helens Striders	O60M	198	Christopher Sullivan	Kirkby Milers	O40M
166	Andrew Swain	Widnes RC	O40M	199	Gareth Finlay	Warrington RC	U40M
167	Gary Jones	Kirkby Milers	O40M	200	Andy Mitchell	Village Runners	O40M
168	Steve Pemberton	Penny Lane Striders	O60M		(Including Lucy in her Pram !)		
169	Tony Green	Penny Lane Striders	O60M	201	Davie Thompson	Liverpool RC	U40M
170	Alan Lowry	Kirkby Milers	O50M	202	Brian Fitzhenry	Kirkby Milers	O45M
171	Neil Jenkins	Chester Tri	O45M	203	Stephen Wiggins	Helsby	U30M
172	Mark Green	Warrington RC	O45M	204	Steve Stamper	Northwich RC	O55M
173	Craig Dennen	Widnes RC	O45M	205	Phil O'Rourke	Liverpool RC	O50M
174	Jose Perez	Lymm Runners	O45M	206	Tony Tarpey	Pensby Runners	O55M
175	Mark Scott	Liverpool RC	O50M	207	Neil Rigby	St Helens Striders	O45M
176	Andy Dalton	Skem BH	O50M	208	Ian Chalmers	Pensby Runners	O60M
177	Tony Fishwick	Kirkby Milers	O45M	209	Bryan Forth	Warrington RR	O45M
178	Steve Stuthridge	Village Runners	O40M	210	Kit Whitfield	Spectrum Striders	O50M
179	Branwell Spencer	Mersey Tri	O45M	211	John Keyworth	Pensby Runners	O60M
180	James Roberts	Penny Lane Striders	U40M				

## Ladies Results

1	Carol Parsons	Ellesmere Port RC	U40F	59	Claire Wright	Liverpool RC	O40F
Guest	Sarah Howard	Liverpool Harriers	U30F	60	Sue Heaps	St Helens Striders	O50F
2	Alex O'Brien	Liverpool RC	U40F	61	Linda Statham	Warrington RR	O40F
3	Lucinda Lamb	Delamere Spartans	U35F	62	Suzanne Fletcher	Helsby	U40F
4	Hazel MacCormick	Penny Lane Striders	U40F	63	Elly Roberts	Spectrum Striders	O50F
5	Nicola Whitfield-Bird	Ellesmere Port RC	U40F	64	Gill Collen	Warrington RR	O50F
6	Elizabeth Renondeau	Ellesmere Port RC	U40F	65	Emma Nunnerley	Lymm Runners	O40F
7	Melissa Ronan	Liverpool RC	U30F	66	Carole Morrison	Pensby Runners	O50F
8	Siobahn Woods	Liverpool RC	U30F	67	Gemma Lenagh	Widnes RC	U35F
9	Claire Andrew	Spectrum Striders	U40F	68	Becky Burke	Liverpool RC	U20F
10	Lauren Wilson	Penny Lane Striders	U40F	69	Abigail Willmitt	Liverpool RC	U35F
11	Lisa Grantham	Pensby Runners	O40F	70	Susan Buck	Helsby	O50F
12	Bobbie Lomax	Warrington RC	O40F	71	Katherine Taggart	St Helens Striders	U40F
13	Marina Maxwell	Widnes RC	O40F	72	Leah Binns	Delamere Spartans	U30F
14	Honor Thompson	Skem BH	O40F	73	Rebecca Skade	Delamere Spartans	U35F
15	Liz Whitfield	Spectrum Striders	U40F	74	Melanie Bradley	Northwich RC	O40F
16	Maria Cook	Parbold Pink Panthers	O40F	75	Sue Burke	Liverpool RC	O50F
17	Becky Wadeson	Parbold Pink Panthers	U40F	76	Jackie Keasley	Helsby	O50F
18	Carolyn Stamper-Clark	Delamere Spartans	O40F	77	Jane Woodburn	Skem BH	O40F
19	Kelly-Marie Hamilton	St Helens Striders	U35F	78	Jade Booth	St Helens Striders	U30F
20	Louise Warn	Penny Lane Striders	U30F	79	Debbie Millington	Warrington RC	U40F
21	Lisa Mercer	Liverpool RC	U35F	80	Vicky Jones	Kirkby Milers	O40F
22	Lucy Partridge	Pensby Runners	U40F	81	Louise Renner	Newburgh Nomads	U40F
23	Sharon James	Liverpool RC	O40F	82	Lucy Helsby	Kirkby Milers	U30F
24	Sharon Samson	Penny Lane Striders	U40F	83	Kathryn Howard	Lymm Runners	U35F
25	Caroline Barrow	Widnes RC	O40F	84	Amanda Holman	Kirkby Milers	O40F
26	Gail Stuthridge	Village Runners	O40F	85	Joanne Clarke	Warrington RC	O40F
27	Jane Lowe	Spectrum Striders	O40F	86	Louise Plevin	Warrington RC	U35F
28	Alexandra Royden	Pensby Runners	U30F	87	Helen Kelsall	Kirkby Milers	U40F
29	Christine Roach	Helsby	O50F	88	Christine Carter	Kirkby Milers	U40F
30	Charlotte Rawcliffe	Penny Lane Striders	U40F	89	Rebecca McKenna	St Helens Striders	O40F
31	Bridget Glaister	Parbold Pink Panthers	O40F	90	Donna McKeown	Village Runners	O40F
32	Kirsty Seddon	Chester Tri	U35F	91	Claire Meadows	Penny Lane Striders	O40F
33	Kylie Maguire	St Helens Striders	U30F	92	Sarah McGarr	Delamere Spartans	O40F
34	Louise Nicholson	Liverpool RC	O40F	93	Karen Kelly	Kirkby Milers	U40F
35	Kayleigh Ralphs	Newburgh Nomads	U35F	94	Carolyn Smith	Lymm Runners	O50F
36	Jennifer Houghton	Kirkby Milers	U35F	95	Natalie Cubbins	Kirkby Milers	O40F
37	Sue Burke	Penny Lane Striders	O40F	96	Jessica Messenger	Northwich RC	U40F
38	Tarja Barnes	Warrington RR	O40F	97	Karen Sherbourne	Warrington RC	O40F
39	Katinka Mitchell	Village Runners	O40F	98	Sandra Bentley	Widnes Wasps	O40F
40	Lynsey Coan	Village Runners	U35F	99	Rachel Burke	Liverpool RC	U30F
41	Lara Williams	Northwich RC	U30F	100	Shirley Chung	Liverpool RC	U40F
42	Karon Forster	Spectrum Striders	O50F	101	Rachel Stead	Penny Lane Striders	U40F
43	Louise Casey	Warrington RC	U40F	102	Eunice Nopondo	Penny Lane Striders	O50F
44	Debbie Read	Helsby	O50F	103	Rebecca Heyes	Penny Lane Striders	U35F
45	Rachel Arnold	Helsby	O50F	104	Alison Lysons	Warrington RR	O50F
46	Jennifer O'Sullivan	Kirkby Milers	U30F	105	Helen Martin	Newburgh Nomads	U40F
47	Janette Fishwick	Kirkby Milers	O40F	106	Dawn Fairclough	Liverpool RC	U40F
48	Angela Walker	Lymm Runners	U40F	107	Becky Harrison	Kirkby Milers	U20F
49	Helen MacVicker	Delamere Spartans	O40F	108	Karen Sherbourne	Warrington RC	O40F
50	Justine Moore	Knowsley Harriers	O40F	109	Sarah Seddon	Warrington RC	O50F
51	Wendy Davies	St Helens Striders	O40F	110	Joanna Jones	Widnes RC	O40F
52	Helen Lonsdale	Northwich RC	U40F	111	Rebecca Davies	Pensby Runners	U30F
53	Rebecca Johnstone	Penny Lane Striders	U35F	112	Cathy McCabe	Newburgh Nomads	O40F
54	Hayley Fairclough	Liverpool RC	U35F	113	Marie_Ann Winders	Newburgh Nomads	O40F
55	Carla Brown	Delamere Spartans	O40F	114	Amanda Williams	Northwich RC	O40F
56	Louise Waywell	Pensby Runners	O50F	115	Steph Charman	Spectrum Striders	O60F
57	Dawn Fairclough	Liverpool RC	U40F	116	Sharron Harrison	Kirkby Milers	O40F
58	Jenny Martin	St Helens Striders	U40F				

## Team Results

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

Pos	Team	Score	Points
1	Penny Lane Striders 'A'	68	22
2	Liverpool RC 'A'	166	21
3	Lymm & Warrington RR 'A'	191	20
4	Birkenhead & Pensby 'A'	281	19
5	Spectrum Striders 'A'	301	18
6	Mersey Tri 'A'	331	17
7	Kirkby Milers 'A'	353	16
8	St Helens Striders 'A'	364	15
9	Helsby 'A'	460	14
10	Delamere Spartans 'A'	476	13
11	Widnes RC 'A'	531	12
12	Northwich RC 'A'	533	11
13	Warrington RC 'A'	561	10
14	Newburgh Nomads 'A'	563	9
15	Skem & Parbold 'A'	859	8
16	Knowsley Harriers 'A'	562 (Only 5 Ran)	7
17	Chester Tri 'A'	621 (Only 5 Ran)	6
18	Village Runners 'A'	865 (Only 5 Ran)	5
19	Ellesmere Port RC 'A'	1002 (Only 3 Ran)	4
20	Activewomenrunning 'A'	No Team	-
21	Widnes Wasps 'A'	No Team	-
22	Weaver Warriors 'A'	No Team	-

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

Pos	Team	Score	Points
1	Ellesmere Port RC 'A'	12	22
2	Liverpool RC 'A'	17	21
3	Penny Lane Striders 'A'	34	20
4	Skem & Parbold 'A'	47	19
5	Spectrum Striders 'A'	51	18
6	Birkenhead & Pensby 'A'	61	17
7	Delamere Spartans 'A'	70	16
8	St Helens Striders 'A'	103	15
9=	Village Runners 'A'	105	14
9=	Widnes RC 'A'	105	13
11	Helsby 'A'	118	12
12	Kirkby Milers 'A'	129	11
13	Warrington RC 'A'	134	10
14	Lymm & Warrington RR 'A'	147	9
15	Northwich RC 'A'	167	8
16	Newburgh Nomads 'A'	221	7
17	Chester Tri 'A'	284 (Only 1 Ran)	6
18	Knowsley Harriers 'A'	302 (Only 1 Ran)	5
19	Widnes Wasps 'A'	350 (Only 1 Ran)	4
20	Activewomenrunning 'A'	No Team	-
21	Mersey Tri 'A'	No Team	-
22	Weaver Warriors 'A'	No Team	-

## CURRENT POSITIONS

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

Pos	Team	Race 1	Race 2	Race 3	Race 4	Total
1	Penny Lane Striders 'A'	22	22	22	22	88
2	Liverpool RC 'A'	21	21	21	21	84
3	Spectrum Striders 'A'	20	20	19	18	77
4	Lymm & Warrington RR 'A'	19	17	20	20	76
5	Mersey Tri 'A'	16	18	17	17	68
6=	Helsby 'A'	17	19	12	14	62
6=	Kirkby Milers 'A'	15	16	15	16	62
8	Knowsley Harriers 'A'	18	15	16	7	56
9	Delamere Spartans 'A'	14	14	13	13	54
10	St Helens Striders 'A'	13	12	11	15	51
11	Birkenhead & Pensby 'A'	9	13	9	19	50
12	Widnes RC 'A'	10	9	18	12	49
13=	Newburgh Nomads 'A'	7	11	14	9	41
13=	Warrington RC 'A'	11	10	10	10	41
15	Northwich RC 'A'	8	7	8	11	34
16	Skem & Parbold 'A'	6	8	7	8	29
17	Chester Tri 'A'	12	6	NT	6	24
18	Village Runners 'A'	5	5	6	5	21
19	Ellesmere Port RC 'A'	4	4	NT	4	12
20	Activewomenrunning 'A'	NT	NT	NT	NT	-
20	Widnes Wasps 'A'	NT	NT	NT	NT	-
20	Weaver Warriors 'A'	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	84
2	Liverpool RC 'A'	22	18	22	21	83
3	Skem & Parbold 'A'	20	21	20	19	80
4	Spectrum Striders 'A'	19	20	19	18	76
5=	St Helens Striders 'A'	18	13	18	15	64
5=	Birkenhead & Pensby 'A'	13	17	17	17	64
7	Ellesmere Port RC 'A'	14	16	6	22	58
8=	Helsby 'A'	16	19	8	12	55
8=	Delamere Spartans 'A'	17	10	12	16	55
10=	Lymm & Warrington RR 'A'	9	14	14	9	46
10=	Warrington RC 'A'	11	9	16	10	46
10=	Kirkby Milers 'A'	12	8	15	11	46
13	Village Runners 'A'	16	15	NT	14	45
14	Widnes RC 'A'	8	12	9	13	42
15	Northwich RC 'A'	7	7	13	8	35
16	Knowsley Harriers 'A'	10	11	5	5	31
17	Newburgh Nomads 'A'	6	6	11	7	30
18	Widnes Wasps 'A'	5	3	10	4	22
19	Chester Tri 'A'	4	5	NT	6	15
20	Mersey Tri 'A'	3	4	7	NT	14
21	Activewomenrunning 'A'	NT	NT	NT	NT	-
21	Weaver Warriors 'A'	NT	NT	NT	NT	-