

North West XC – Race 6 – Birchwood Park – 19 February 2017 – 4.81M

Mens Results

1	Martin Swensson	Penny Lane Striders	O40M	73	Malcom Fraser	Delamere Spartans	U40M
2	Karl Steinegger	Spectrum Striders	U30M	74	Jim Maxfield	Newburgh Nomads	O60M
3	Jon-Jo Doherty	St Helens Striders	U40M	75	Kieran Walshe	Lymm Runners	O50M
4	Jonathan Smith	Lymm Runners	U30M	76	Simone Capponi	Penny Lane Striders	O40M
5	Stephen Watkin	Penny Lane Striders	U40M	77	Paul Turner	Delamere Spartans	O40M
6	Tom Evans	Penny Lane Striders	U40M	78	Ste Hayes	Kirkby Milers	O45M
7	Chris Collins	Delamere Spartans	U30M	79	Stephen Harrison	Village Runners	O40M
8	Lawrence Eccles	Penny Lane Striders	U40M		(Ran an extra lap whilst lying in 17 th place)		
9	Mark Heavey	Warrington RR	O45M	80	Graham Driver	Spectrum Striders	O50M
10	Colin Bishop	Helsby	O55M	81	Ian McNeill	Birkenhead	O55M
11	Jamie Rutherford	Liverpool RC	U30M	82	Andy Mitchell	Village Runners	O40M
12	Robbie Campbell	Widnes RC	O45M	83	Wally Coppelov	Newburgh Nomads	O55M
13	Matt Goodwin	Pensby Runners	U40M	84	Marc Vincent	Penny Lane Striders	U40M
14	Chris Millington	Spectrum Striders	O45M	85	Peter Leadbeater	Kirkby Milers	O50M
15	Patrick Boyle	Liverpool RC	O40M	86	John Suckley	Pensby Runners	O55M
16	Alexander Lewis	Warrington RC	U30M	87	Ian Scouler	Northwich RC	O50M
17	Neil Finegan	Helsby	O40M	88	Ian Davies	Birkenhead	O55M
18	Marty Christian	Kirkby Milers	O45M	89	Dave Roberts	Ellesmere Port RC	O55M
19	Jay Clarke	Penny Lane Striders	U40M	90	Robert Chalmers	Pensby Runners	U40M
20	Alex Cowin	Penny Lane Striders	U40M	91	Fred Duenbier	Newburgh Nomads	O60M
21	Andrew Shelbourne	Widnes RC	U40M	92	Kevin Harrison	Kirkby Milers	U40M
22	Alex Rigby	Liverpool RC	U30M	93	Mark Glaister	Skem BH	O50M
23	Phil Riding	Penny Lane Striders	O40M	94	Tommy Burke	Penny Lane Striders	O60M
24	Rob Garth	Penny Lane Striders	U30M	95	Tony Holmes	Liverpool RC	O55M
25	Karl Budworth	Widnes RC	O40M	96	Andrew Bates	Penny Lane Striders	U40M
26	Darren Rodmell	Penny Lane Striders	O40M	97	Martin Berry	Warrington RR	O40M
27	Lewis Houghton	Kirkby Milers	U20M	98	Richard Murray	Warrington RC	O40M
28	Matthew Robinson	Newburgh Nomads	U40M	99	Alan Wilcox	Northwich RC	O50M
29	Stuart Berry	Lymm Runners	U30M	100	Phil Clarke	Widnes RC	O60M
30	James Thompson	Knowsley Harriers	U40M	101	Andy Garnett	Spectrum Striders	O60M
31	Alistair Malpas	Pensby Runners	U40M	102	Neil Jenkins	Chester Tri	O50M
32	Mark O'Callaghan	Kirkby Milers	U40M	103	Andy Waring	Birkenhead	O60M
33	Kevin Brennan	St Helens Striders	O45M	104	Brad Ehlen	Northwich RC	O45M
34	Kevin Walker	Skem BH	O40M	105	Stephen Saunders	Pensby Runners	O50M
35	Rob Fletcher	Mersey Tri	O40M	106	Ian Seabury	Warrington RR	O40M
36	David Edwards	Kirkby Milers	O50M	107	Tony Peacock	Penny Lane Striders	O60M
37	Phil Rowen	Lymm Runners	O40M	108	Kenny Worrall	Liverpool RC	O40M
38	Gary Wilton	Kirkby Milers	U40M	109	Roger Seddon	Warrington RC	O50M
39	Stuart Atkinson	Delamere Spartans	O40M	110	Tony Green	Penny Lane Striders	O60M
40	Andrew Keeley	Penny Lane Striders	O50M	111	George McCann	Liverpool RC	O45M
41	Patrick Corrigan	Pensby Runners	O55M	112	Gary Jones	Kirkby Milers	O40M
42	Mike Waring	Chester Tri	O45M	113	Carl Yu	Liverpool RC	O40M
43	David Lawton	Liverpool RC	U40M	114	Richard Macllwaine	Spectrum Striders	O55M
44	Matthew Whalley	Kirkby Milers	U20M	115	Steve Stuthridge	Village Runners	O40M
45	Chris Usher	Newburgh Nomads	O40M	116	Chris Ryan	Mersey Tri	U40M
46	Peter Murphy	Lymm Runners	O40M	117	Adrian Pridgeon	St Helens Striders	U40M
47	Luke Potts	Warrington RR	U40M	118	Tim Holloway	Delamere Spartans	O50M
48	Ian Magill	Liverpool RC	O45M	119	Colin Thomson	Birkenhead	O40M
49	Andy Gaskell	Spectrum Striders	O45M	120	Chris Morgan	Helsby	O60M
50	Joe O'Keefe	St Helens Striders	U30M	121	Janos Geering	Northwich RC	O40M
51	David Ralphs	Newburgh Nomads	O55M	122	Mike Devereux	Penny Lane Striders	O60M
52	Ian Atkinson	Ellesmere Port RC	O50M	123	Peter Burton	Lymm Runners	O50M
53	Phil Macklin	Penny Lane Striders	O40M	124	Matt Cochrane	Newburgh Nomads	O60M
54	Ian Chisnall	St Helens Striders	O40M	125	Rob Lloyd	Widnes RC	O45M
55	Ian Russell	Penny Lane Striders	O50M	126	Craig Dennen	Widnes RC	O45M
56	Leslie Johnson	Northwich RC	O45M	127	Ian Sneddon	Birkenhead	O60M
57	James Morgan	Chester Tri	U40M	128	Tony Fishwick	Kirkby Milers	O45M
58	Owen Barden	Mersey Tri	O40M	129	James Roberts	Penny Lane Striders	U40M
59	Dean Wilson	Liverpool RC	O40M	130	Dave Thompson	Spectrum Striders	O60M
60	Jim Savage	Kirkby Milers	O40M	131	Darren Seeney	Liverpool RC	O50M
61	Paul Wilson	Liverpool RC	O45M	132	Nigel Pratten	Pensby Runners	O60M
62	Mark Riley	St Helens Striders	U40M	133	Bob Burke	Liverpool RC	O50M
63	Paul Booth	St Helens Striders	U40M	134	Neville Griffiths	Spectrum Striders	O60M
64	Kevin Gillibrand	Warrington RR	O50M	135	Neil Booth	Warrington RC	U40M
65	James Toohey	Liverpool RC	U30M	136	Phil O'Rourke	Liverpool RC	O50M
66	Jon Hawker	Delamere Spartans	O50M	137	Steve Stamer	Northwich RC	O55M
67	Andrew Holland	Lymm Runners	U40M	138	Christopher Sullivan	Kirkby Milers	O40M
68	David Houghton	Kirkby Milers	U40M	139	Tony Tarpey	Pensby Runners	O55M
69	Nick Wishart	Delamere Spartans	O50M	140	Ian Chalmers	Pensby Runners	O60M
70	Neil Barber	Kirkby Milers	U40M	141	Brian Fitzhenry	Kirkby Milers	O45M
71	Jim Dawson	Lymm Runners	O50M	142	James Downey	Birkenhead	O50M
72	Dominic Roberts	Pensby Runners	U40M	143	Davie Thompson	Liverpool RC	U40M

Ladies Results

1	Alex O'Brien	Liverpool RC	U40F	37	Clare Wright	Liverpool RC	O40F
2	Carol Parsons	Ellesmere Port RC	U40F	38	Claire Hinchcliffe	Newburgh Nomads	U40F
3	Hazel MacCormick	Penny Lane Striders	U40F	39	Nicola Hayes	Skem BH	O40F
4	Siobahn Woods	Liverpool RC	U30F	40	Leah Binns	Delamere Spartans	U30F
5	Honor Thompson	Skem BH	U40F	41	Rebecca Skade	Delamere Spartans	U35F
6	Melissa Ronan	Liverpool RC	U30F	42	Hayley Fairclough	Liverpool RC	U35F
7	Lynsey Unsworth	Liverpool RC	U35F	43	Becky Burke	Liverpool RC	U20F
8	Kate Macfarlane	Penny Lane Striders	U30F	44	Fiona Hall	Widnes RC	U40F
9	Laura Baynham-Hughes	Helsby	O40F	45	Sarah-Jane Carroll	Kirkby Milers	U40F
10	Ellen Broad	Spectrum Striders	U30F	46	Louise Renner	Newburgh Nomads	U40F
11	Caroline Barrow	Widnes RC	O40F	47	Vicky Jones	Kirkby Milers	O40F
12	Maria Cook	Parbold Pink Panthers	O40F	48	Sue Buck	Helsby	O50F
13	Liz Whitfield	Spectrum Striders	U40F	49	Claire Meadows	Penny Lane Striders	O40F
14	Louise Warn	Penny Lane Striders	U30F	50	Sue Carter	Kirkby Milers	U40F
15	Bridget Glaister	Parbold Pink Panthers	O40F	51	Yasmin Hussain	Lymm Runners	O40F
16	Kylie Maguire	St Helens Striders	U30F	52	Sarah McGarr	Delamere Spartans	O40F
17	Lucy Partridge	Pensby Runners	U40F	53	Christine Carter	Kirkby Milers	U40F
18	Sharon Samson	Penny Lane Striders	U40F	54	Amanda Holman	Kirkby Milers	O40F
19	Karon Forster	Spectrum Striders	O50F	55	Janette Fishwick	Kirkby Milers	O40F
20	Katinka Mitchell	Village Runners	O40F	56	Louise Murray	Warrington RC	U40F
21	Pamela Thurtle	Penny Lane Striders	O40F	57	Karen Kelly	Kirkby Milers	U40F
22	Kayleigh Ralphs	Newburgh Nomads	U35F	58	Rachel Stead	Penny Lane Striders	U40F
23	Beata Suthard	Northwich RC	U40F	59	Rachel Burke	Liverpool RC	U30F
24	Charlotte Rawcliffe	Penny Lane Striders	U40F	60	Cathy McCabe	Newburgh Nomads	O40F
25	Angela Walker	Lymm Runners	U40F	61	Sue Burke	Liverpool RC	O50F
26	Debbie Read	Helsby	O50F	62	Vicki Wilcox	Northwich RC	U40F
27	Wendy Davies	St Helens Striders	O40F	63	Jessica Messenger	Northwich RC	U40F
28	Tarja Barnes	Warrington RR	O40F	64	Gail Fairclough	Liverpool RC	O60F
29	Gail Stuthridge	Village Runners	O40F	65	Chrissie Knight	Lymm Runners	O60F
30	Abigail Willmitt	Liverpool RC	U35F	66	Claire Aberdeen	Widnes RC	O50F
31	Suzanne Fletcher	Helsby	U40F	67	Jan Swales	Widnes RC	O50F
32	Melanie Bradley	Northwich RC	O40F	68	Michelle Jones	Delamere Spartans	U35F
33	Helen Lonsdale	Northwich RC	U40F	69	Sal Seeney	Liverpool RC	O50F
34	Sue Heaps	St Helens Striders	O50F	70	Sandra Riley	Village Runners	O40F
35	Dawn Fairclough	Liverpool RC	U40F		(only ran 3 laps)		
36	Janet Walker	Skem BH	O40F				

All ladies in position 10 and above moved up 1 place due to an error.

Team Results

Mens 'A' Teams (6 Runners)

Pos	Team	Score	Points
1	Penny Lane Striders 'A'	59	22
2	Lymm & Warrington RR 'A'	172	21
3	Kirkby Milers 'A'	195	20
4	Liverpool RC 'A'	198	19
5	St Helens Striders 'A'	265	18
6	Birkenhead & Pensby 'A'	324	17
7	Delamere Spartans 'A'	331	16
8	Spectrum Striders 'A'	360	15
9	Newburgh Nomads 'A'	372	14
10	Widnes RC 'A'	409	13
11	Northwich RC 'A'	604	12
12	Warrington RC 'A'	664 (Only 4 Ran)	11
13	Helsby 'A'	606 (Only 3 Ran)	10
14	Chester Tri 'A'	660 (Only 3 Ran)	9
15	Mersey Tri 'A'	668 (Only 3 Ran)	8
16	Village Runners 'A'	735 (Only 3 Ran)	7
17	Skem & Parbold 'A'	739 (Only 2 Ran)	6
18	Ellesmere Port RC 'A'	753 (Only 2 Ran)	5
19	Knowsley Harriers 'A'	795 (Only 1 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	Liverpool RC 'A'	11	22
2	Penny Lane Striders 'A'	25	21
3	Skem & Parbold 'A'	32	20
4	Spectrum Striders 'A'	42	19
5	Helsby 'A'	66	18
6	St Helens Striders 'A'	77	17
7	Northwich RC 'A'	88	16
8	Lymm & Warrington RR 'A'	104	15
9	Newburgh Nomads 'A'	106	14
10	Village Runners 'A'	119	13
11	Widnes RC 'A'	121	12
12	Delamere Spartans 'A'	133	11
13	Kirkby Milers 'A'	142	10
14	Ellesmere Port RC 'A'	162 (only 1 Ran)	9
15	Birkenhead & Pensby 'A'	177 (only 1 Ran)	8
16	Warrington RC 'A'	216 (only 1 Ran)	7
17	Chester Tri 'A'	No Team	-
18	Knowsley Harriers 'A'	No Team	-
19	Activewomenrunning 'A'	No Team	-
20	Widnes Wasps 'A'	No Team	-
21	Mersey Tri 'A'	No Team	-
22	Weaver Warriors 'A'	No Team	-

Many thanks to Spectrum Striders for organising today's race and the refreshments afterwards. Special thanks also to all the marshalls.

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 his facebook page at [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	Penny Lane Striders 'A'	22	22	22	22	22	22	110
2	Liverpool RC 'A'	21	21	21	21	19	19	103
3	Lymm & Warrington RR 'A'	19	17	20	20	21	21	101
4	Spectrum Striders 'A'	20	20	19	18	11	15	92
5	Kirkby Milers 'A'	15	16	15	16	18	20	85
6	Mersey Tri 'A'	16	18	17	17	15	8	83
7=	Knowsley Harriers 'A'	18	15	16	7	17	4	73
7=	Delamere Spartans 'A'	14	14	13	13	16	16	73
9=	Helsby 'A'	17	19	12	14	8	10	72
9=	Birkenhead & Pensby 'A'	9	13	9	19	14	17	72
11	St Helens Striders 'A'	13	12	11	15	13	18	71
12	Widnes RC 'A'	10	9	18	12	12	13	65
13	Warrington RC 'A'	11	10	10	10	20	11	62
14	Newburgh Nomads 'A'	7	11	14	9	9	14	57
15	Northwich RC 'A'	8	7	8	11	10	12	49
16	Skem & Parbold 'A'	6	8	7	8	7	6	36
17	Chester Tri 'A'	12	6	NT	6	NT	9	33
18	Village Runners 'A'	5	5	6	5	6	7	29
19	Ellesmere Port RC 'A'	4	4	NT	4	NT	5	17
20=	Activewomenrunning 'A'	NT	NT	NT	NT	NT	NT	-
20=	Widnes Wasps 'A'	NT	NT	NT	NT	NT	NT	-
20=	Weaver Warriors '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	Liverpool RC 'A'	22	18	22	21	22	22	109
2	Penny Lane Striders 'A'	21	22	21	20	21	21	106
3	Skem & Parbold 'A'	20	21	20	19	20	20	101
4	Spectrum Striders 'A'	19	20	19	18	19	19	96
5	Birkenhead & Pensby 'A'	13	17	17	17	18	8	82
5	St Helens Striders 'A'	18	13	18	15	14	17	82
7	Helsby 'A'	16	19	8	12	5	18	73
8	Ellesmere Port RC 'A'	14	16	6	22	7	9	68
8	Village Runners 'A'	16	15	NT	14	10	13	68
10	Delamere Spartans 'A'	17	10	12	16	10	11	66
11	Lymm & Warrington RR 'A'	9	14	14	9	13	15	65
12	Widnes RC 'A'	8	12	9	14	16	12	63
13	Warrington RC 'A'	11	9	16	10	16	7	62
14	Kirkby Milers 'A'	12	8	15	11	12	10	60
15	Northwich RC 'A'	7	7	13	8	8	16	52
16	Newburgh Nomads 'A'	6	6	11	7	11	14	49
17	Knowsley Harriers 'A'	10	11	5	5	17	NT	48
18	Widnes Wasps 'A'	5	3	10	4	4	NT	26
19	Mersey Tri 'A'	3	4	7	NT	6	NT	20
20	Chester Tri 'A'	4	5	NT	6	NT	NT	15
21	Activewomenrunning 'A'	NT	NT	NT	NT	NT	NT	-
21	Weaver Warriors 'A'	NT	NT	NT	NT	NT	NT	-

(NT= No Team)

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

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