

North West XC – Race 4 – Arrowe Park – 11 December 2022 – 4.85M

Mens Results

1	Ian Lawton	Mersey Tri	O40M	78	Gary Birch	Warrington RC	O45M
2	Dan Harbidge	North Endurance	U30M	79	Jim Dawson	Lymm Runners	O55M
3	Sean Jones	Penny Lane Striders	U40M	80	Andrew Mcglone	Kirkby Milers	U40M
4	Darren Stewart	Penny Lane Striders	U40M	81	Peter Sutton	Southport Strollers	U40M
5	Ben Moorcroft	Mersey Tri	U30M	82	Robert Duckers	Chester Tri	U40M
6	Nick Peterson	Penny Lane Striders	U40M	83	Ian Atkinson	Chester Tri	O55M
7	James Toohy	Liverpool RC	U40M	84	Andrew Gaskell	St Helens Striders	O55M
8	Liam Brown	Kirkby Milers	U40M	85	Mike Dyson	Mersey Tri	O55M
9	Lawrence Eccles	Penny Lane Striders	U40M	86	Shane Duffy	North Endurance	U40M
10	Rob Grantham	Pensby Runners	O45M	87	Nick Morton	Kirkby Milers	U40M
11	Alex Cowin	Penny Lane Striders	O40M	88	Ian Lowery	Southport Strollers	O45M
12	Mike Fryer	Helsby RC	U40M	89	Kenichi Okamoto	Mersey Tri	O45M
13	John Myers	Run Sandymoor	O45M	90	Craig Hacking	Penny Lane Striders	O45M
14	Sam Oliver	Chester Tri	U20M	91	Alan Wheelhouse	Warrington RR	O50M
15	Peter Broome	Mersey Tri	O55M	92	Steve Sherwen	Lymm Runners	O45M
16	Mark Clair	Mersey Tri	O40M	93	Jose Perez	Lymm Runners	O50M
17	Aaron Spencely	Run Sandymoor	U30M	94	Peter Atkin	Liverpool RC	U40M
18	David Willshire	Penny Lane Striders	O40M	95	Thomas Wright	Kirkby Milers	U40M
19	Al Smithson	Mersey Tri	U40M	96	Paul Johnstone	Mersey Tri	O45M
20	Louis Johnson	Mersey Tri	U30M	97	Matt Cartwright-Terry	Mersey Tri	O45M
21	Robert Chesters	Penny Lane Striders	U40M	98	Jon Cole	Ellesmere Port RC	O45M
22	Ben Lewington	Kirkby Milers	-	99	Luke Potts	Warrington RR	O40M
23	David Knowles	Liverpool RC	U40M	100	Graham Driver	Spectrum Striders	O55M
24	David Fazakerley	Liverpool RC	U40M	101	Paul Reilly	Pensby Runners	O40M
25	Jamie Rutherford	Liverpool RC	U40M	102	Kevin Coakley	UTS RC	O45M
26	Edwin Drost	Warrington RC	U40M	103	Graham Cushion	Kirkby Milers	O45M
27	Ian Mayhew	Helsby RC	U40M	104	Rob Bruford	Northwich RC	O40M
28	Fabian Devlin	North Endurance	U40M	105	Chris Jackson	Warrington RR	O40M
29	Paul Skipper	Mersey Tri	O40M	106	Terry Lynch	Penny Lane Striders	O50M
30	Phil Riding	Penny Lane Striders	O45M	107	John Bennett	Mersey Tri	O50M
31	Colin Lewis	Penny Lane Striders	U40M	108	Michael Connor	Penny Lane Striders	O55M
32	Daniel Owens	North Endurance	U40M	109	Nigel Grant	Penny Lane Striders	O60M
33	Scott Hambleton	Penny Lane Striders	O40M	110	Andrew Dowdeswell	Widnes RC	U40M
34	Ciaran Skinner	North Endurance	U40M	111	James Ashworth	Skem BH	O40M
35	Thomas Store	Lymm Runners	O50M	112	Mark Baker	Warrington Tri	O50M
36	Chris Ball	Mersey Tri	O50M	113	Richard Shayle	Pensby Runners	O50M
37	Christopher Gibbons	Mersey Tri	U40M	114	Neil Goulding	Skem BH	O45M
38	Francis Hourigan	Widnes RC	O45M	115	Mark Samuels	Pensby Runners	O60M
39	Alex Rigby	Liverpool RC	U40M	116	Colin Thomson	Birkenhead	O45M
40	Jack Kenwright	Run Sandymoor	U40M	117	Neil Gooding	Pensby Runners	O50M
41	Phillip Derry	Skem BH	O40M	118	Kieron Carr	Liverpool Running Bugs	O50M
42	Paul Riley	Penny Lane Striders	O50M	119	Chris Rhodes	Chester Tri	O60M
43	Phil Rowen	Lymm Runners	O50M	120	Tim Raynor	Liverpool Running Bugs	O60M
44	Bob Corinaldi	Cheshire Dragons	O50M	121	Andrew Trimnell	Liverpool Running Bugs	O45M
45	John Simpson	Pensby Runners	O55M	122	David Feakes	Helsby RC	O60M
46	Sean Wilton	Kirkby Milers	U40M	123	Karl Craigie	Liverpool Running Bugs	O45M
47	Warren McNally	Pensby Runners	O45M	124	Darran Wilson	Run Sandymoor	O50M
48	Michael Waring	Chester Tri	O55M	125	Julian Spencer	Spectrum Striders	O60M
49	Connor Ohare	Mersey Tri	U30M	126	Chris Smith	St Helens Striders	O45M
50	Peter Hampshire	Pensby Runners	O50M	127	Craig Cartwright	UTS RC	O40M
51	Joe McCarthy	North Endurance	O50M	128	Geoff Hand	Spectrum Striders	O65M
52	Benjamin Tumilty	Helsby RC	U40M	129	Raphael Dunne	Pensby Runners	O45M
53	Tom Armstrong	Cheshire Dragons	O45M	130	Grant Davidson	Mersey Tri	O45M
54	Matthew Parmenter	St Helens Striders	O45M	131	Matt Dodd	Southport Strollers	O50M
55	Jonathan Hock	Lymm Runners	O45M	132	Ian Ainscough	Chester Tri	O65M
56	Lewis Sanders	Chester Tri	U30M	133	Ian Mcneill	Birkenhead	O60M
57	Dean Evans	Liverpool Running Bugs	U20M	134	Charlie Anderson	Liverpool Running Bugs	O50M
58	Tom White	North Endurance	U40M	135	Trevor Fisher	Pensby Runners	U40M
59	David Edwards	Kirkby Milers	O60M	136	Richard Kewin	Ellesmere Port RC	U40M
60	Jonathan Strange	Warrington RC	U40M	137	Jon Reynolds	Liverpool RC	O50M
61	Ian Hewitt	Liverpool Running Bugs	O45M	138	Andrew Wightman	Warrington RC	O40M
62	John Williams	St Helens Striders	O45M	139	Kenny Forster	Spectrum Striders	O60M
63	Xander Heaton	Kirkby Milers	U20M	140	Neil Wong	Pensby Runners	O45M
64	Andrew Mowatt	Skem BH	O40M	141	Peter Heron	Mersey Tri	O60M
65	Gareth Davies	St Helens Striders	O40M	142	Nikolaos Giotakis	Pensby Runners	O50M
66	Matt Sanderson	Warrington RC	O50M	143	Rob Lloyd	Widnes RC	O50M
67	Michael Holden	Cheshire Dragons	O50M	144	Malcolm Teale	Southport Strollers	O60M
68	Dave Austin	Chester Tri	U40M	145	Barry Mcdonnell	Birkenhead	U40M
69	Glyn Evans	Cheshire Dragons	O60M	146	Alistair Raffel	Spectrum Striders	O65M
70	Rob Dean	Lymm Runners	O40M	147	Darren Morris	Northwich RC	O55M
71	Matt Routledge	UTS RC	O50M	148	Simon Cowling	Mersey Tri	O45M
72	Robert Burke	Liverpool RC	O55M	149	Barry Williams	Mersey Tri	U40M
73	Will Platts	Pensby Runners	U40M	150	John Houghton	Run Sandymoor	O60M
74	Michael Scowcroft	Run Sandymoor	O40M	151	Aary Waring	Birkenhead	O65M
75	Paul Gardner	St Helens Striders	U40M	152	Aaron Wilson	Liverpool RC	U40M
76	Patrick Corrigan	Pensby Runners	O60M	153	Phil Dowd	Mersey Tri	O50M
77	Kevin Gillibrand	Warrington RR	O55M	154	John Barr	St Helens Striders	O70M

155	Adrian Pridgeon	Liverpool Running Bugs	O40M	171	Martin Darwin	Warrington RC	O55M
156	Rob Chalmers	Pensby Runners	O45M	172	Dennis Yarwood	Spectrum Striders	O55M
157	Gary Hilton	Warrington Tri	O50M	173	Mark Scott	Liverpool RC	O55M
158	Jim Fedigan	Pensby Runners	O65M	174	Abir Ali	Liverpool Running Bugs	O45M
159	Martin Catterall	Warrington RR	O45M	175	Chris Morgan	Helsby RC	O70M
160	Steve Pemberton	Penny Lane Striders	O65M	176	Stephen McConville	Pensby Runners	O55M
161	Heath Barnes	St Helens Striders	O50M	177	Damian Sweeney	Liverpool Running Bugs	O55M
162	Paul Harbridge	Warrington Tri	O60M	178	Steve Stamper	Northwich RC	O50M
163	David Quirk	Pensby Runners	O70M	179	Dave Galloway	Ellesmere Port RC	O40M
164	Jamie Bradbury	Lymm Runners	O45M	180	Colin Lamprey	Pensby Runners	O60M
165	Neil Macfie	Mersey Tri	O65M	181	Stuart Foster	UTS RC	O60M
166	Stephen Riley	Helsby RC	O55M	182	Martyn Hughes	Liverpool RC	O45M
167	Philip Stanley	UTS RC	O55M	183	John Nolan	Pensby Runners	O60M
168	John Brown	Penny Lane Striders	O60M	184	Kai Horsley	Helsby RC	U30M
169	Robert Block	Run Sandymoor	O65M	185	Carl Irlam	Run Sandymoor	O60M
170	Richard Macilwaine	Spectrum Striders	-	186	Peter Stokes	Southport Strollers	O60M

Ladies Results

1	Joanna Marsden	Cheshire Dragons	O40F	42	Vicky Kehoe	UTS RC	O50F
2	Hannah Cowley	Cheshire Dragons	U30F	43	Alison Macdonald	UTS RC	O55F
3	Louisa Thompson	Cheshire Dragons	O40F	44	Kathryn Schofield	Helsby RC	U30F
4	Maria Cook	Skem BH	O45F	45	Alex Royden	Pensby Runners	U35F
5	Rachael Fairclough	St Helens Striders	U40F	46	Claudia Pagoulatou	Pensby Runners	O45F
6	Marie Leahey	RRAMS	O40F	47	Gemma Aden	St Helens Striders	U40F
7	Carmel Edwards	Kirkby Milers	O40F	48	Emma Lawton	Penny Lane Striders	O40F
8	Helen Harrington	Cheshire Dragons	O40F	49	Sarah Falcons	St Helens Striders	O40F
9	Nadine Weeks	UTS RC	O40F	50	Rachel Arnold	Helsby RC	O60F
10	Laura Wright	RRAMS	U40F	51	Carola Robinson	Mersey Tri	O50F
11	Katie Dickinson	Cheshire Dragons	U40F	52	Lauren Lett	Mersey Tri	U35F
12	Georgina Walker	Lymm Runners	O45F	53	Lesley Feakes	Helsby RC	O55F
13	Helen Smith	Chester Tri	O50F	54	Helen Measures	Pensby Runners	O40F
14	Lenka Vidamour	Penny Lane Striders	O40F	55	Rebecca Baker	UTS RC	U40F
15	Jacqueline Jones	Warrington RC	O45F	56	Joanne Cook	Pensby Runners	O40F
16	Hayley Fairclough	Penny Lane Striders	O40F	57	Suzy Wild	Spectrum Striders	O45F
17	Jo Irvin	UTS RC	O40F	58	Ruth Hewitt	Liverpool Running Bugs	O45F
18	Kirsty Seddon	Chester Tri	O40F	59	Ellen Fera	Liverpool Running Bugs	O40F
19	Catherine Reilly	UTS RC	O40F	60	Katherine Robertson	Mersey Tri	O40F
20	Rebecca Burke	Liverpool RC	U30F	61	Usha Lad	Warrington RR	O55F
21	Eliza Ratcliffe	Mersey Tri	U20F	62	Sue Sanderson	Warrington RC	O50F
22	Shona Moore	Mersey Tri	U40F	63	Laura Aspey	North Endurance	U35F
23	Kerry Veschueren	Ellesmere Port RC	U40F	64	Faye Lowery	Southport Strollers	O45F
24	Lisa Grantham	Pensby Runners	O45F	65	Michelle Donnelly	Southport Strollers	O50F
25	Grace Watson	North Endurance	-	66	Mel Holden	North Endurance	U35F
26	Ann Costello-Griffiths	UTS RC	O45F	67	Lisa Lowrey	Southport Strollers	O40F
27	Joanne Farrell	Mersey Tri	U35F	68	Sasha Ludlow	Southport Strollers	O40F
28	Vanessa Griffiths	Helsby RC	O55F	69	Kay Nelson	Liverpool RC	O40F
29	Cassie Livesey	Liverpool Running Bugs	U35F	70	Katy O'Connor	Lymm Runners	O60F
30	Rachel Smith	RRAMS	O40F	71	Jo Herriott	St Helens Striders	O45F
31	Dawn Fairclough	Liverpool RC	O40F	72	Jessica Messenger	Northwich RC	O40F
32	Natasha Davies	Mersey Tri	U30F	73	Emma Stokes	Southport Strollers	O50F
33	Jenny Barker	Ellesmere Port RC	O40F	74	Rita Mistry	Pensby Runners	O45F
34	Sharon Martin	St Helens Striders	O45F	75	Sue Stewart	Southport Strollers	O75F
35	Claire Murphy	RRAMS	O45F	76	Karen Bannon	Run Sandymoor	O40F
36	Alison Morgan	Warrington RR	O45F	77	Jane Houghton	Warrington RC	O50F
37	Kate Richardson	Pensby Runners	O40F	78	Elizabeth Braithwaite	Warrington RC	O55F
38	Karen Doyle	North Endurance	O40F	79	Rebecca Sogbetun	Warrington RC	O50F
39	Jody Beech	Ellesmere Port RC	U40F	80	Heather McBride	Northwich RC	U35F
40	Lisa Webb	Widnes RC	O45F	81	Alison Langton	Run Sandymoor	O40F
41	Rosemary Symms	Chester Tri	O65F				

Team Results

Mens 'A' Teams (6 Runners)

Pos	Team	Score	Points
1	Penny Lane Striders 'A'	51	33
2	Mersey Tri 'A'	76	32
3	Liverpool RC 'A'	190	31
4	North Endurance 'A'	205	30
5	Kirkby Milers 'A'	278	29
6	Pensby Runners 'A'	301	28
7	Chester Tri & Ellesmere Port RC 'A'	351	27
8	Lymm & Warrington RR 'A'	359	26
9	Run Sandymoor 'A'	418	25
10	St Helens Striders 'A'	466	24
11	Warrington RC 'A'	539	23
12	Helsby RC 'A'	554	22
13	Liverpool Running Bugs 'A'	600	21
14	Spectrum Striders 'A'	808	20
15	Southport Strollers 'A'	826 (Only 5 Ran)	19
16	UTS RC 'A'	844 (Only 5 Ran)	18
17	Cheshire Dragons 'A'	625 (Only 4 Ran)	17
18	Skem & Parbold 'A'	722 (Only 4 Ran)	16
19	Birkenhead 'A'	937 (Only 4 Ran)	15
20	Widnes RC 'A'	879 (Only 3 Ran)	14
21	Northwich RC 'A'	1017 (Only 3 Ran)	13
22	Warrington Tri 'A'	1019 (Only 3 Ran)	12
23	Burnden Road Runners 'A'	No Team	-
24	Billinge RC 'A'	No Team	-
25	Astley & Tyldesley RR 'A'	No Team	-
26	Newburgh Nomads 'A'	No Team	-
27	RRAMS 'A'	No Team	-
28	Marsh Lane Harriers 'A'	No Team	-
29	Knowsley Harriers 'A'	No Team	-
30	Rimrose Valley 'A'	No Team	-
31	Sandbach Striders 'A'	No Team	-
32	Delamere Spartans 'A'	No Team	-
33	Widnes Wasps 'A'	No Team	-

Ladies 'A' Teams (3 Runners)

Pos	Team	Score	Points
1	Cheshire Dragons 'A'	6	33
2	UTS RC 'A'	45	32
3	RRAMS 'A'	46	31
4	Chester Tri & Ellesmere Port RC 'A'	54	30
4	Mersey Tri 'A'	70	29
6	Penny Lane Striders 'A'	78	28
7	St Helens Striders 'A'	86	27
8	Pensby Runners 'A'	106	26
9	Lymm & Warrington RR 'A'	109	25
10	Liverpool RC 'A'	120	24
11	Helsby RC 'A'	122	23
12	North Endurance 'A'	126	22
13	Liverpool Running Bugs 'A'	146	21
14	Warrington RC 'A'	154	20
15	Southport Strollers 'A'	196	19
16	Northwich RC 'A'	243 (Only 2 Ran)	18
17	Run Sandymoor 'A'	248 (Only 2 Ran)	17
18	Skem & Parbold 'A'	186 (Only 1 Ran)	16
19	Kirkby Milers 'A'	189 (Only 1 Ran)	15
20	Widnes RC 'A'	222 (Only 1 Ran)	14
21	Spectrum Striders 'A'	239 (Only 1 Ran)	13
22	Billinge RC 'A'	No Team	-
23	Marsh Lane Harriers 'A'	No Team	-
24	Knowsley Harriers 'A'	No Team	-
25	Rimrose Valley 'A'	No Team	-
26	Warrington Tri 'A'	No Team	-
27	Widnes Wasps 'A'	No Team	-
28	Burnden Road Runners 'A'	No Team	-
29	Delamere Spartans 'A'	No Team	-
30	Birkenhead 'A'	No Team	-
31	Newburgh Nomads 'A'	No Team	-
32	Sandbach Striders 'A'	No Team	-
33	Astley & Tyldesley RR 'A'	No Team	-

FINAL POSITIONS

Mens 'A' Teams (6 Runners)

Pos	Team	Race 1	Race 2	Race 3	Total
1	Penny Lane Striders 'A'	32	33	33	98
2	Mersey Tri 'A'	33	32	32	97
3	North Endurance 'A'	31	31	30	92
4	Liverpool RC 'A'	27	30	31	88
5	Kirkby Milers 'A'	29	29	29	87
6	Run Sandymoor 'A'	30	26	25	81
7	Lymm & Warrington RR 'A'	26	27	26	79
8	Chester Tri & Ellesmere Port RC 'A'	25	24	27	76
9	Pensby Runners 'A'	23	22	28	73
10	Skem & Parbold 'A'	24	28	16	68
11	Widnes RC 'A'	28	19	14	61
12	Liverpool Running Bugs 'A'	21	18	21	60
13	Helsby RC 'A'	22	15	22	59
14	Spectrum Striders 'A'	18	17	20	55
15=	Southport Strollers 'A'	19	16	19	54
15=	Warrington RC 'A'	11	20	23	54
17	St Helens Striders 'A'	NT	25	24	49
18	Cheshire Dragons 'A'	9	14	17	40
19	Warrington Tri 'A'	20	7	12	39
20	Northwich RC 'A'	17	8	13	38
21	Birkenhead 'A'	12	9	15	36
22	Billinge RC 'A'	14	21	NT	35
23	Newburgh Nomads 'A'	15	12	NT	27
24	Astley & Tyldesley RR 'A'	13	13	NT	26
25=	Burnden Road Runners 'A'	NT	23	NT	23
25=	UTS RC 'A'	NT	5	18	23
27	Knowsley Harriers 'A'	16	6	NT	22
28	RRAMS 'A'	8	11	NT	19
29=	Marsh Lane Harriers 'A'	NT	10	NT	10
29=	Rimrose Valley 'A'	10	NT	NT	10
	Sandbach Striders 'A'	NT	NT	NT	NT
	Delamere Spartans 'A'	NT	NT	NT	NT
	Widnes Wasps 'A'	NT	NT	NT	NT

Ladies 'A' Teams (3 Runners)

Pos	Team	Race 1	Race 2	Race 3	Total
1	Cheshire Dragons 'A'	33	33	33	99
2	Chester Tri & Ellesmere Port RC 'A'	30	31	30	91
3	RRAMS 'A'	29	30	31	90
4	Penny Lane Striders 'A'	31	29	28	88
5	Skem & Parbold 'A'	32	32	16	80
6=	Pensby Runners 'A'	25	26	26	77
6=	Mersey Tri 'A'	24	24	29	77
8	North Endurance 'A'	28	25	22	75
9	Lymm & Warrington RR 'A'	27	21	25	73
10	Helsby RC 'A'	21	23	23	67
11	Run Sandymoor 'A'	26	22	17	65
12	Warrington RC 'A'	14	28	20	62
13	Widnes RC 'A'	20	27	14	61
14=	Liverpool RC 'A'	17	18	24	59
14=	St Helens Striders 'A'	12	20	27	59
16	Northwich RC 'A'	22	16	18	56
17	Liverpool Running Bugs 'A'	19	15	21	55
18	Southport Strollers 'A'	15	17	19	51
19	Spectrum Striders 'A'	18	19	13	50
20	UTS RC 'A'	NT	14	32	46
21	Kirkby Milers 'A'	16	11	15	42
22	Knowsley Harriers 'A'	23	10	NT	33
23=	Billinge RC 'A'	NT	13	NT	13
23=	Rimrose Valley 'A'	13	NT	NT	13
25	Marsh Lane Harriers 'A'	NT	12	NT	12
	Warrington Tri 'A'	NT	NT	NT	NT
	Widnes Wasps 'A'	NT	NT	NT	NT
	Burnden Road Runners 'A'	NT	NT	NT	NT
	Delamere Spartans 'A'	NT	NT	NT	NT
	Birkenhead 'A'	NT	NT	NT	NT
	Newburgh Nomads 'A'	NT	NT	NT	NT
	Sandbach Striders 'A'	NT	NT	NT	NT
	Astley & Tyldesley RR 'A'	NT	NT	NT	NT