

North West XC – Race 4 – Town Park 22 January 2023 – 4.8M

Mens Results

1	Ian Lawton	Mersey Tri	O40M	77	Gary Tootle	Run Sandymoor	O45M
2	Jay Brittles	Mersey Tri	U40M	78	Will Platts	Pensby Runners	U40M
3	Bradley Williams	North Endurance	U30M	79	Chris Hatton	Lymm Runners	O40M
4	Dan Harbridge	North Endurance	U30M	80	Gary Birch	Warrington RC	O45M
5	Darren Stewart	Penny Lane Striders	U40M	81	Paul Johnstone	Mersey Tri	O45M
6	Ben Moorcroft	Mersey Tri	U30M	82	Andrew Mcglone	Kirkby Milers	U40M
7	Sean Jones	Penny Lane Striders	U40M	83	Patrick Corrigan	Pensby Runners	O60M
8	Andrew Brookshaw	Helsby RC	O40M	84	Jon Cole	Ellesmere Port RC	O45M
9	Rob Grantham	Pensby Runners	O45M	85	Iain Wright	Southport Strollers	O55M
10	Ryan Jones	Kirkby Milers	U40M	86	Matt Sanderson	Warrington RC	O50M
11	Sam Broomhead	Mersey Tri	U30M	87	Gary Fisher	Kirkby Milers	U40M
12	Sam Oliver	Chester Tri	U20M	88	Michael Scowcroft	Run Sandymoor	O40M
13	Mike Fryer	Helsby RC	U40M	89	Paul Reilly	Pensby Runners	O40M
14	Liam Brown	Kirkby Milers	U40M	90	Steve Sherwen	Lymm Runners	O45M
15	Daniel Lightfoot	Cheshire Dragons	U30M	91	Adam Budd	Warrington RC	U40M
16	Jamie Rutherford	Liverpool RC	U40M	92	Peter Sutton	Southport Strollers	U40M
17	David Willshire	Penny Lane Striders	O40M	93	Mike Dyson	Mersey Tri	O55M
18	Matt Owen	North Endurance	U40M	94	Patrick Davidson	Mersey Tri	U15M
19	Ben Taylor	Pensby Runners	U40M	95	James Morgan	Chester Tri	U40M
20	Karl Budworth	Knowsley Harriers	O45M	96	Ian Atkinson	Chester Tri	O55M
21	Lawrence Eccles	Penny Lane Striders	O40M	97	Mark Howarth	Run Sandymoor	O45M
22	Robert Owens	Knowsley Harriers	O40M	98	Terry Lynch	Penny Lane Striders	O50M
23	Alex Cowin	Penny Lane Striders	O40M	99	Gareth Davies	St Helens Striders	O40M
24	John Myers	Run Sandymoor	O45M	100	Mark Samuels	Pensby Runners	O60M
25	Stuart Berry	Lymm Runners	U40M	101	Paul Gardner	St Helens Striders	U40M
26	Matthew Jenson	Warrington RC	U30M	102	Nick Morton	Kirkby Milers	U40M
27	Aaron Spencely	Run Sandymoor	U30M	103	Shane Duffy	North Endurance	U40M
28	Louis Johnson	Mersey Tri	U30M	104	Jim Dawson	Lymm Runners	O55M
29	Fabian Devlin	North Endurance	U40M	105	Leslie Johnson	Cheshire Dragons	O50M
30	Ben Lewington	Kirkby Milers	-	106	Neil Copeland	Lymm Runners	O50M
31	Phil Rowen	Lymm Runners	O50M	107	Graham Cushion	Kirkby Milers	O45M
32	Al Smithson	Mersey Tri	U40M	108	Carl Yu	Liverpool RC	O45M
33	Daniel Owens	North Endurance	U40M	109	Andrew Gaskell	St Helens Striders	O55M
34	Edwin Drost	Warrington RC	U40M	110	Kenichi Okamoto	Mersey Tri	O45M
35	Simon Oliver	Chester Tri	O45M	111	John Bennett	Mersey Tri	O50M
36	Ciaran Skinner	North Endurance	U40M	112	Paul Demore	St Helens Striders	O55M
37	Jack Kenwright	Run Sandymoor	U40M	113	Anthony Hepple	Southport Strollers	O50M
38	Craig Weatherill	Run Sandymoor	O40M	114	Kenny Shurie-MacKenzie	Kirkby Milers	O50M
39	Thomas Store	Lymm Runners	O50M	115	Christopher Murray	Helsby RC	U40M
40	Jay Williams	Kirkby Milers	O40M	116	Chris Hannaway	Marsh Lane Harriers	O45M
41	Connor Ohare	Mersey Tri	U30M	117	Michael Smith	Lymm Runners	O55M
42	Paul Riley	Penny Lane Striders	O50M	118	Neil Gooding	Pensby Runners	O50M
43	Peter Roome	Mersey Tri	O55M	119	Matthew Breslin	Warrington RC	U40M
44	Sam Stephens	Lymm Runners	O40M	120	Jack Barstow	Mersey Tri	U40M
45	Francis Hourigan	Widnes RC	O45M	121	Karl Craige	Liverpool Running Bugs	O45M
46	Alex Rigby	Liverpool RC	U40M	122	Steven Nokes	Cheshire Dragons	O45M
47	Gary Wilton	Kirkby Milers	O45M	123	Rob Chalmers	Pensby Runners	O45M
48	Chris Ball	Mersey Tri	O50M	124	Charlie Singleton	Run Sandymoor	O45M
49	Mark Grady	Widnes RC	O40M	125	Tony Man	Penny Lane Striders	O55M
50	Ross McNair	Cheshire Dragons	U40M	126	Kieron Carr	Liverpool Running Bugs	O50M
51	William Holt	Liverpool RC	U30M	127	Grant Davidson	Mersey Tri	O45M
52	Phil Riding	Penny Lane Striders	O45M	128	Tony Holmes	Liverpool RC	O60M
53	Steven Tracey	Warrington RC	U40M	129	Darran Wilson	Run Sandymoor	O50M
54	John Simpson	Pensby Runners	O55M	130	Dave Lynch	St Helens Striders	O45M
55	Dean Evans	Liverpool Running Bugs	U20M	131	Charlie Anderson	Liverpool Running Bugs	O50M
56	David Lawton	Liverpool RC	O40M	132	David Feakes	Helsby RC	O60M
57	Jonathan Hock	Lymm Runners	O45M	133	Terry Bolland	Southport Strollers	O55M
58	Bob Corinaldi	Cheshire Dragons	O50M	134	Steven Hughes	Run Sandymoor	O40M
59	Michael Waring	Chester Tri	O55M	135	Andrew Dowdeswell	Widnes RC	U40M
60	Andrew Grimshaw	Penny Lane Striders	O40M	136	Chris Rhodes	Chester Tri	O65M
61	James Hendry	Liverpool RC	U40M	137	Ian Davies	Birkenhead	O60M
62	Ian Hewitt	Liverpool Running Bugs	O45M	138	Nigel Waterhouse	Chester Tri	O55M
63	Andrew Biddle	Penny Lane Striders	O45M	139	Graham Tench	North Endurance	U40M
64	George Clarke	Cheshire Dragons	U40M	140	Geoff Hand	Spectrum Striders	O65M
65	Matthew Parmenter	St Helens Striders	O45M	141	Steven Moss	Widnes RC	O40M
66	Rob Beer	Warrington Tri	O40M	142	Colin Thomson	Birkenhead	O45M
67	Peter Murphy	Lymm Runners	O45M	143	Steve Collyer	Chester Tri	O50M
68	Joe McCarthy	North Endurance	O50M	144	Neil Macfie	Mersey Tri	O65M
69	Andrew Wright	Kirkby Milers	O50M	145	Tim Palmer	Helsby RC	O55M
70	Mike Sherwin	Run Sandymoor	O50M	146	Simon Clayton	Warrington Tri	O50M
71	Marc Maddock	Widnes RC	U40M	147	Stephen McConville	Pensby Runners	O55M
72	Kevin Brennan	St Helens Striders	O50M	148	Tim Raynor	Liverpool Running Bugs	O60M
73	Chris Levick	Helsby RC	U40M	149	Matt Dodd	Southport Strollers	O50M
74	Joe Watson	North Endurance	U30M	150	Ian Mcneill	Birkenhead	O65M
75	Rob Dean	Lymm Runners	O40M	151	Paul Rust	Mersey Tri	O45M
76	Eddie Austin	Chester Tri	O55M	152	Darren Morris	Northwich RC	O55M

153	Jon Reynolds	Liverpool RC	O50M	177	John Skyner	Widnes RC	O55M
154	Barry Mcdonnell	Birkenhead	U40M	178	Steve Stamper	Northwich RC	O50M
155	Nick Paul	Skern BH	O60M	179	Ian Burrows	Run Sandymoor	O45M
156	Lee Crowley	Widnes RC	O40M	180	Roy Rawlinson	Liverpool Running Bugs	O50M
157	Alistair Raffel	Spectrum Striders	O65M	181	Steve Pemberton	Penny Lane Striders	O65M
158	Gary Hilton	Warrington Tri	O50M	182	Richard Macilwaine	Spectrum Striders	-
159	John Brown	Penny Lane Striders	O60M	183	Mervyn Grady	Widnes RC	O65M
160	Paul McLean	Warrington RC	O55M	184	John Barr	St Helens Striders	O70M
161	Chris Mitchell	Southport Strollers	O50M	185	Andrew Hankinson	Widnes RC	U30M
162	Julian Spencer	Spectrum Striders	O60M	186	Shaun McDonald	Northwich RC	O50M
163	Rob Lloyd	Widnes RC	O50M	187	Robert Block	Run Sandymoor	O70M
164	James Vaile	Spectrum Striders	O45M	188	Duncan Forsyth	Lymm Runners	O65M
165	Nick Wild	Spectrum Striders	O45M	189	James Kemp	Warrington RC	U40M
166	Simon Twite	Run Sandymoor	O50M	190	Neil Jenkins	Chester Tri	O55M
167	Thomas Humphries	Widnes RC	U40M	191	James Blundell	Spectrum Striders	U40M
168	Ian Ainscough	Chester Tri	O65M	192	Peter Stokes	Southport Strollers	O60M
169	Malcolm Teale	Southport Strollers	O60M	193	Carl Irlam	Run Sandymoor	O60M
170	Stephen Riley	Helsby RC	O55M	194	Phil Thorpe	Liverpool Running Bugs	O60M
171	John Houghton	Run Sandymoor	O60M	195	John Nolan	Pensby Runners	O60M
172	John Herriott	St Helens Striders	O40M	196	Kai Horsley	Helsby RC	U30M
173	Nathan Ashurst	Warrington RC	O40M	197	Aidan Larkin	Helsby RC	U30M
174	Andrew Glen	Liverpool Running Bugs	O55M	198	Geoff Wilson	Warrington RC	O70M
175	Chris Lees	Lymm Runners	O55M	199	Chris Price	Warrington RR	O45M
176	John Taylor	Warrington RC	O50M				

Ladies Results

1	Hannah Cowley	Cheshire Dragons	U30F	49	Janet Robertson	Helsby RC	O55F
2	Keely Smith	Cheshire Dragons	O40F	50	Claudia Pagoulatou	Pensby Runners	O50F
3	Maria Cook	Skem BH	O45F	51	Emma Lawton	Penny Lane Striders	O40F
4	Marie Leahey	RRAMS	O40F	52	Joanne Edwards	Cheshire Dragons	O60F
5	Jessica Haney	Cheshire Dragons	U35F	53	Rachael Malone	Cheshire Dragons	O40F
6	Laura Wright	RRAMS	U40F	54	Kate Richardson	Pensby Runners	O40F
7	Georgina Walker	Lymm Runners	O45F	55	Claire Ellison	Spectrum Striders	-
8	Sharon Samson	Penny Lane Striders	O40F	56	Lesley Feakes	Helsby RC	O55F
9	Helen Smith	Chester Tri	O50F	57	Heather Davies	Knowsley Harriers	U35F
10	Nicola Laurence	Widnes RC	O40F	58	Melanie Bradley	Northwich RC	O50F
11	Alison Halsall	Helsby RC	O50F	59	Victoria Dunning	Warrington RC	O50F
12	Kerrie Greenall	North Endurance	U30F	60	Louise Jones	Run Sandymoor	U35F
13	Laura Baynham-Hughes	Helsby RC	O45F	61	Ruth Hewitt	Liverpool Running Bugs	O45F
14	Lenka Vidamour	Penny Lane Striders	O40F	62	Karen Morrison	Pensby Runners	O60F
15	Sara Owczarczak-Garstecka	Mersey Tri	U35F	63	Katie Davidson	Run Sandymoor	U40F
16	Wendy Lee	Pensby Runners	O50F	64	Ursula Harrison	Spectrum Striders	U40F
17	Charlie Weatherstone	Mersey Tri	U40F	65	Menna Goodwin	Warrington RC	O50F
18	Jenny Barker	Ellesmere Port RC	O40F	66	Melanie Johnson	Cheshire Dragons	O40F
19	Hayley Fairclough	Penny Lane Striders	O40F	67	Ina Morris	Chester Tri	O40F
20	Emma Cadoux-Hudson	North Endurance	U30F	68	Jill Littler	RRAMS	O40F
21	Kerry Veschuere	Ellesmere Port RC	U40F	69	Melanie Sayed	RRAMS	O45F
22	Katrina Corinaldi-Knott	Cheshire Dragons	U40F	70	Karen Bannon	Run Sandymoor	O40F
23	Kirsty Seddon	Chester Tri	O40F	71	Michelle Donnelly	Southport Strollers	O50F
24	Gael Tavernier	Lymm Runners	O50F	72	Emma Stokes	Southport Strollers	O50F
25	Victoria Gilbody	Skem BH	U35F	73	Sasha Ludlow	Southport Strollers	O40F
26	Lisa Meadows	Cheshire Dragons	O50F	74	Katy O'Connor	Lymm Runners	O60F
27	Chloe Holman	Run Sandymoor	-	75	Sue Stewart	Southport Strollers	O75F
28	Charlotte Rawcliffe	Penny Lane Striders	O40F	76	Kerry Trimmell	Liverpool Running Bugs	O40F
29	Emma Fraser	Run Sandymoor	O45F	77	Gemma Griffiths	Warrington RC	U35F
30	Sarah Jackson	Penny Lane Striders	O45F	78	Lisa Bannister	Northwich RC	O50F
31	Dawn Fairclough	Liverpool RC	O40F	79	Sue_May Liow	Run Sandymoor	U40F
32	Lisa Grantham	Pensby Runners	O45F	80	Monika Adelime	Southport Strollers	O45F
33	Grace Watson	North Endurance	U35F	81	Jessica Messenger	Northwich RC	O40F
34	Alex Royden	Pensby Runners	U35F	82	Jane Houghton	Warrington RC	O50F
35	Vanessa Griffiths	Helsby RC	O55F	83	Tracey Carr	Liverpool Running Bugs	O55F
36	Rosemary Symms	Chester Tri	O65F	84	Rebecca Sogbetun	Warrington RC	O50F
37	Natasha Davies	Mersey Tri	U30F	85	Emma Newton	Warrington RC	O50F
38	Claire Murphy	RRAMS	O45F	86	Linda Bannister	Liverpool Running Bugs	O55F
39	Kathryn Schofield	Helsby RC	U30F	87	Robyn Lees	Lymm Runners	U30F
40	Susie Woodward-Moor	Helsby RC	O55F	88	Katie Storey	Liverpool Running Bugs	O40F
41	Gillian Plant	Warrington RC	O55F	89	Heather McBride	Northwich RC	U35F
42	Emma Nunnerley	Lymm Runners	O45F	90	Helen Walker	Southport Strollers	O55F
43	Annmarie Riley	Penny Lane Striders	O50F	91	Elizabeth Braithwaite	Warrington RC	O55F
44	Lisa Webb	Widnes RC	O45F	92	Alison Langton	Run Sandymoor	O40F
45	Suzu Wild	Spectrum Striders	O45F	93	Kate Shannon	Run Sandymoor	U40F
46	Fiona Hall	Widnes RC	O40F	94	Olive Hall	Run Sandymoor	O55F
47	Caroline Barrow	Widnes RC	O45F	95	Joan Hughes	Run Sandymoor	O45F
48	Sarah Larkin	Helsby RC	O50F				

Lost Hat – One of the runners threw a plain brown hat to one of the marshalls where they exit the wooded bit and run down parallel to the hedge. If found can you please hand it t me at the last race.

FINAL RACE

The final race of this years series will take place at Croxteth Path L11 1EH on 12 February 2023.

Whilst the results are compiled Refreshments will be served at :-

Queen of Martyrs
99 Stonebridge lane
Croxteth
Liverpool
L11 9AZ

Team Results

Mens 'A' Teams (6 Runners)

Pos	Team	Score	Points
1	Mersey Tri 'A'	80	33
2	Penny Lane Striders 'A'	115	32
3	North Endurance 'A'	155	31
4	Kirkby Milers 'A'	210	30
5	Lymm & Warrington RR 'A'	263	29
6	Run Sandymoor 'A'	273	28
7	Pensby Runners 'A'	332	27
8	Liverpool RC 'A'	338	26
9	Chester Tri & Ellesmere Port RC 'A'	361	25
10	Warrington RC 'A'	370	24
11	Cheshire Dragons 'A'	414	23
12	Helsby RC 'A'	486	22
13	St Helens Striders 'A'	558	21
14	Widnes RC 'A'	597	20
15	Liverpool Running Bugs 'A'	643	19
16	Southport Strollers 'A'	733	18
17	Spectrum Striders 'A'	970	17
18	Birkenhead 'A'	1001 (only 4 Ran)	16
19	Warrington Tri 'A'	997 (only 3 Ran)	15
20	Northwich RC 'A'	1143 (only 3 Ran)	14
21	Knowsley Harriers 'A'	878 (only 2 Ran)	13
22	Marsh Lane Harriers 'A'	1161 (only 1 Ran)	12
23	Skem & Parbold 'A'	1200 (only 1 Ran)	11
-	Burnden Road Runners 'A'	No Team	-
-	Billinge RC 'A'	No Team	-
-	Astley & Tyldesley RR 'A'	No Team	-
-	Newburgh Nomads 'A'	No Team	-
-	RRAMS 'A'	No Team	-
-	UTS RC 'A'	No Team	-
-	Rimrose Valley 'A'	No Team	-
-	Sandbach Striders 'A'	No Team	-
-	Delamere Spartans 'A'	No Team	-
-	Widnes Wasps 'A'	No Team	-

Ladies 'A' Teams (3 Runners)

Pos	Team	Score	Points
1	Cheshire Dragons 'A'	8	33
2	Penny Lane Striders 'A'	41	32
3=	RRAMS 'A'	48	31
3=	Chester Tri & Ellesmere Port RC 'A'	48	31
5	Helsby RC 'A'	59	29
6	Mersey Tri 'A'	69	28
7	Lymm & Warrington RR 'A'	73	27
8	Pensby Runners 'A'	82	26
9	Widnes RC 'A'	100	25
10	Run Sandymoor 'A'	116	24
11	Spectrum Striders 'A'	164	23
12	Warrington RC 'A'	165	22
13	Southport Strollers 'A'	216	21
14	Northwich RC 'A'	217	20
15	Liverpool Running Bugs 'A'	220	19
16	North Endurance 'A'	65 (no vet)	18
17	Skem & Parbold 'A'	133 (Only 2 Ran)	17
18	Liverpool RC 'A'	241 (Only 1 Ran)	16
19	Knowsley Harriers 'A'	267 (Only 1 Ran)	15
-	St Helens Striders 'A'	No Team	-
-	UTS RC 'A'	No Team	-
-	Billinge RC 'A'	No Team	-
-	Marsh Lane Harriers 'A'	No Team	-
-	Kirkby Milers 'A'	No Team	-
-	Rimrose Valley 'A'	No Team	-
-	Warrington Tri 'A'	No Team	-
-	Widnes Wasps 'A'	No Team	-
-	Burnden Road Runners 'A'	No Team	-
-	Delamere Spartans 'A'	No Team	-
-	Birkenhead 'A'	No Team	-
-	Newburgh Nomads 'A'	No Team	-
-	Sandbach Striders 'A'	No Team	-
-	Astley & Tyldesley RR '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'	32	33	33	32	130
1=	Mersey Tri 'A'	33	32	32	33	130
3	North Endurance 'A'	31	31	30	31	123
4	Kirkby Milers 'A'	29	29	29	30	117
5	Liverpool RC 'A'	27	30	31	26	114
6	Run Sandymoor 'A'	30	26	25	28	109
7	Lymm & Warrington RR 'A'	26	27	26	29	108
8	Chester Tri & Ellesmere Port RC 'A'	25	24	27	25	101
9	Pensby Runners 'A'	23	22	28	27	100
10=	Widnes RC 'A'	28	19	14	20	81
10=	Helsby RC 'A'	22	15	22	22	81
12=	Skem & Parbold 'A'	24	28	16	11	79
12=	Liverpool Running Bugs 'A'	21	18	21	19	79
14	Warrington RC 'A'	11	20	23	24	78
15=	Spectrum Striders 'A'	18	17	20	17	72
15=	Southport Strollers 'A'	19	16	19	18	72
17	St Helens Striders 'A'	NT	25	24	21	70
18	Cheshire Dragons 'A'	9	14	17	23	63
19	Warrington Tri 'A'	20	7	12	15	54
20=	Northwich RC 'A'	17	8	13	14	52
20=	Birkenhead 'A'	12	9	15	16	52
22=	Billinge RC 'A'	14	21	NT	NT	35
22=	Knowsley Harriers 'A'	16	6	NT	13	35
24	Newburgh Nomads 'A'	15	12	NT	NT	27
25	Astley & Tyldesley RR 'A'	13	13	NT	NT	26
26=	Burnden Road Runners 'A'	NT	23	NT	NT	23
26=	UTS RC 'A'	NT	5	18	NT	23
28	Marsh Lane Harriers 'A'	NT	10	NT	12	22
29	RRAMS 'A'	8	11	NT	NT	19
30	Rimrose Valley 'A'	10	NT	NT	NT	10
-	Sandbach Striders 'A'	NT	NT	NT	NT	-
-	Delamere Spartans 'A'	NT	NT	NT	NT	-
-	Widnes Wasps 'A'	NT	NT	NT	NT	-

(NT= No Team)

Ladies 'A' Teams (3 Runners)

Pos	Team	Race 1	Race 2	Race 3	Race 4	Race 5	Total
1	Cheshire Dragons 'A'	33	33	33	33		132
2	Chester Tri & Ellesmere Port RC 'A'	30	31	30	31		122
3	RRAMS 'A'	29	30	31	31		121
4	Penny Lane Striders 'A'	31	29	28	32		120
5	Mersey Tri 'A'	24	24	29	28		105
6	Pensby Runners 'A'	25	26	26	26		103
7	Lymm & Warrington RR 'A'	27	21	25	27		100
8	Skem & Parbold 'A'	32	32	16	17		97
9	Helsby RC 'A'	21	23	23	29		96
10	North Endurance 'A'	28	25	22	18		93
11	Run Sandymoor 'A'	26	22	17	24		89
12	Widnes RC 'A'	20	27	14	25		86
13	Warrington RC 'A'	14	28	20	22		84
14	Northwich RC 'A'	22	16	18	20		76
15	Liverpool RC 'A'	17	18	24	16		75
16	Liverpool Running Bugs 'A'	19	15	21	19		74
17	Spectrum Striders 'A'	18	19	13	23		73
18	Southport Strollers 'A'	15	17	19	21		72
19	St Helens Striders 'A'	12	20	27	NT		59
20	Knowsley Harriers 'A'	23	10	NT	15		48
21	UTS RC 'A'	NT	14	32	NT		46
22	Kirkby Milers 'A'	16	11	15	NT		42
23	Billinge RC 'A'	NT	13	NT	NT		13
24	Rimrose Valley 'A'	13	NT	NT	NT		13
25	Marsh Lane Harriers 'A'	NT	12	NT	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		-

(NT= No Team)