

North West XC – Race 5 – Croxteth Park – 12 January 2023 – 5.5M

Mens Results

1	Ian Lawton	Mersey Tri	O40M	77	Andrew Gaskell	St Helens Striders	O55M
2	Matthew Crehan	Kirkby Milers	-	78	Jim Dawson	Lymm Runners	O55M
3	Jay Brittles	Mersey Tri	U40M	79	Graham Cushion	Kirkby Milers	O45M
4	Sam Broomhead	Mersey Tri	U30M	80	Anthony Hepple	Southport Strollers	O50M
5	Liam Brown	Kirkby Milers	U40M	81	Eddie Austin	Chester Tri	O55M
6	Sean Jones	Penny Lane Striders	U40M	82	Graham Tench	North Endurance	U40M
7	Mike Fryer	Helsby RC	U40M	83	Richard Peers	Mersey Tri	O40M
8	Sam Oliver	Chester Tri	U20M	84	Steve Sherwen	Lymm Runners	O45M
9	Nick Peterson	Penny Lane Striders	U40M	85	John Bennett	Mersey Tri	O50M
10	Jamie Rutherford	Liverpool RC	U40M	86	Carl Yu	Liverpool RC	O45M
11	Joseph Livesey	Liverpool Running Bugs	U30M	87	Jack Barstow	Mersey Tri	U40M
12	Karl Budworth	Knowsley Harriers	O45M	88	Owen Barden	Mersey Tri	O45M
13	Aaron Spencely	Run Sandymoor	U30M	89	Shane Duffy	North Endurance	U40M
14	Mark Clair	Mersey Tri	O40M	90	Nick Morton	Kirkby Milers	U40M
15	David Willshire	Penny Lane Striders	O40M	91	Richard Carmichael	North Endurance	-
16	Fabian Devlin	North Endurance	U40M	92	Nigel Grant	Penny Lane Striders	O60M
17	Stephen Watkin	Penny Lane Striders	O40M	93	Terry Lynch	Penny Lane Striders	O50M
18	Alex Cowin	Penny Lane Striders	O40M	94	Graham Driver	Spectrum Striders	O55M
19	Lawrence Eccles	Penny Lane Striders	O40M	95	Andrew Trimnell	Liverpool Running Bugs	O45M
20	David Fazakerley	Liverpool RC	U40M	96	Chris Weeks	Mersey Tri	O45M
21	John Myers	Run Sandymoor	O45M	97	Mark Baker	Warrington Tri	O50M
22	Jack Kenwright	Run Sandymoor	U40M	98	Kevin Main	Northwich RC	O40M
23	Edwin Drost	Warrington RC	U40M	99	Alan Wheelhouse	Warrington RR	O50M
24	Thomas Store	Lymm Runners	O50M	100	Colin Thomson	Birkenhead	O45M
25	Robert Eagles	Penny Lane Striders	U40M	101	Karl Craige	Liverpool Running Bugs	O45M
26	Robert Owens	Knowsley Harriers	O40M	102	Andrew Garnett	Spectrum Striders	O65M
27	Shaun Knight	Widnes RC	U40M	103	Charlie Anderson	Liverpool Running Bugs	O50M
28	Dean Evans	Liverpool Running Bugs	U20M	104	Andrew Dowdeswell	Widnes RC	U40M
29	Al Smithson	Mersey Tri	U40M	105	Rob Chalmers	Pensby Runners	O45M
30	Alex Rigby	Liverpool RC	U40M	106	Steve Mather	RRAMS	O55M
31	Phil Riding	Penny Lane Striders	O45M	107	Tony Holmes	Liverpool RC	O60M
32	John Simpson	Pensby Runners	O55M	108	David Feakes	Helsby RC	O60M
33	Paul Riley	Penny Lane Striders	O50M	109	Steve Nokes	Cheshire Dragons	O45M
34	Scott Hambleton	Penny Lane Striders	O40M	110	Ian Davies	Birkenhead	O60M
35	Paul Duke	Burnden Road Runners	O45M	111	William Weeks	Mersey Tri	U30M
36	Francis Hourigan	Widnes RC	O45M	112	Steve Collyer	Chester Tri	O50M
37	David Rea	Liverpool RC	U40M	113	Kieron Carr	Liverpool Running Bugs	O50M
38	Neil Byrne	Run Sandymoor	-	114	Matthew Whalley	Kirkby Milers	U30M
39	Peter Roome	Mersey Tri	O55M	115	John Cooney	Mersey Tri	-
40	Adam Fitzsimmons	Kirkby Milers	U40M	116	Matt Dodd	Southport Strollers	O50M
41	Gerard McLeigh	Liverpool RC	U40M	117	Ian King	Liverpool RC	O65M
42	Ralph Pawling	Pensby Runners	U40M	118	Peter Heron	Mersey Tri	O60M
43	Steve Nolan	Burnden Road Runners	O60M	119	Steven Moss	Widnes RC	O40M
44	Michael Waring	Chester Tri	O55M	120	Terry Bolland	Southport Strollers	O55M
45	Jonathan Hock	Lymm Runners	O45M	121	Grant Davidson	Mersey Tri	O45M
46	Sam Stephens	Lymm Runners	O40M	122	Neil Wong	Pensby Runners	O50M
47	David Lawton	Liverpool RC	O40M	123	Neil Smith	North Endurance	-
48	Joe Johnson	Birkenhead	O50M	124	Stephen McConville	Pensby Runners	O55M
49	Warren McNally	Pensby Runners	O45M	125	Rob Lloyd	Widnes RC	O50M
50	Andrew Wright	Kirkby Milers	O50M	126	Lee Crowley	Widnes RC	O40M
51	James Warburton	Kirkby Milers	U40M	127	James Vaile	Spectrum Striders	O45M
52	Matthew Parmenter	St Helens Striders	O45M	128	Mike Lisle	Mersey Tri	O65M
53	Richard Thorpe	Penny Lane Striders	U40M	129	Geoff Hand	Spectrum Striders	O65M
54	Gary Fisher	Kirkby Milers	U40M	130	Darren Morris	Northwich RC	O55M
55	Chris Hatton	Lymm Runners	O40M	131	Paul McLean	Warrington RC	O55M
56	Rob Dean	Lymm Runners	O40M	132	Jon Reynolds	Liverpool RC	O50M
57	Matt Sanderson	Warrington RC	O50M	133	Simon Twite	Run Sandymoor	O50M
58	Michael Scowcroft	Run Sandymoor	O40M	134	Tim Raynor	Liverpool Running Bugs	O60M
59	Joe McCarthy	North Endurance	O50M	135	Shaun Geoghan	Liverpool Running Bugs	O55M
60	Mike Sherwin	Run Sandymoor	O50M	136	Kenny Forster	Spectrum Striders	O60M
61	Iain Wright	Southport Strollers	O55M	137	George Pierce	Liverpool RC	O50M
62	Jon Cole	Ellesmere Port RC	O45M	138	Andrew Hankinson	Widnes RC	U30M
63	David Edwards	Kirkby Milers	O60M	139	Malcolm Teale	Southport Strollers	O60M
64	Will Platts	Pensby Runners	U40M	140	John Brown	Penny Lane Striders	O60M
65	Paul Reilly	Pensby Runners	O40M	141	Neil Macfie	Mersey Tri	O65M
66	Peter Sutton	Southport Strollers	U40M	142	John Barr	St Helens Striders	O70M
67	Gary English	Kirkby Milers	O60M	143	Alistair Raffel	Spectrum Striders	O65M
68	Andy Staverley	Burnden Road Runners	O60M	144	Andy Waring	Birkenhead	O65M
69	Paul Gardner	St Helens Striders	U40M	145	Dave Roberts	Ellesmere Port RC	O60M
70	Adam Budd	Warrington RC	U40M	146	John Taylor	Warrington RC	O50M
71	Kenichi Okamoto	Mersey Tri	O45M	147	Chris Mitchell	Southport Strollers	O50M
72	Kevin Gillibrand	Warrington RR	O55M	148	Neil Jenkins	Chester Tri	O55M
73	Luke Hart	Liverpool Running Bugs	U30M	149	Andrew Glen	Liverpool Running Bugs	O55M
74	Steven Hughes	Run Sandymoor	O40M	150	Richard Macilwaine	Spectrum Striders	-
75	Ian Atkinson	Chester Tri	O55M	151	Robert Block	Run Sandymoor	O70M
76	Leslie Johnson	Cheshire Dragons	O50M	152	Mark Scott	Liverpool RC	O55M

153	Stephen Riley	Helsby RC	O55M	161	Marty Hughes	Liverpool RC	O45M
154	James Kemp	Warrington RC	U40M	162	John Nolan	Pensby Runners	O60M
155	Paul Greenwood	Southport Strollers	O50M	163	James Blundell	Spectrum Striders	U40M
156	Duncan Forsyth	Lymm Runners	O65M	164	Carl Irlam	Run Sandymoor	O60M
157	Guy Holden	Southport Strollers	O60M	165	Bob Higham	Liverpool Running Bugs	U20M
158	David McGowan	Spectrum Striders	-	166	Anthony Fullop	Burnden Road Runners	O60M
159	Ian O'Keefe	Widnes RC	O40M	167	Geoff Wilson	Warrington RC	O70M
160	Steve Stamper	Northwich RC	O50M				

Ladies Results

1	Hannah Cowley	Cheshire Dragons	U30F	47	Mel Holden	North Endurance	U35F
2	Louisa Thompson	Cheshire Dragons	O40F	48	Lucy Helsby	Kirkby Milers	U35F
3	Jessica Haney	Cheshire Dragons	U35F	49	Pat Helsby	Kirkby Milers	O65F
4	Claire Demaine Farrell	Lymm Runners	O40F	50	Amanda Lee	Kirkby Milers	O50F
5	Emma Dean	Liverpool Running Bugs	U30F	51	Kate Johnson	Spectrum Striders	O50F
6	Sharon Samson	Penny Lane Striders	O40F	52	Ursula Harrison	Spectrum Striders	U40F
7	Nicola Laurence	Widnes RC	O40F	53	Usha Lad	Warrington RR	O55F
8	Hayley Fairclough	Penny Lane Striders	O40F	54	Jane Cavanagh	Pensby Runners	O50F
9	Lenka Vidamour	Penny Lane Striders	O40F	55	Lesley Feakes	Helsby RC	O55F
10	Helen Smith	Chester Tri	O50F	56	Jill Littler	RRAMS	O40F
11	Wendy Lee	Pensby Runners	O50F	57	Sasha Ludlow	Southport Strollers	O40F
12	Laura Baynham-Hughes	Helsby RC	O45F	58	Melanie Sayed	RRAMS	O45F
13	Chloe Holman	Run Sandymoor	-	59	Kerry Trimnell	Liverpool Running Bugs	O40F
14	Kerry Veschueren	Ellesmere Port RC	U40F	60	Ina Morris	Chester Tri	O40F
15	Eliza Ratcliffe	Mersey Tri	U20F	61	Jayne Russell	Kirkby Milers	O45F
16	Jenny Barker	Ellesmere Port RC	O40F	62	Emma Raynor	Liverpool Running Bugs	U30F
17	Jacqueline Jones	Warrington RC	O45F	63	Jane Houghton	Warrington RC	O50F
18	Sarah Jackson	Penny Lane Striders	O45F	64	Sarah Raynor	Liverpool Running Bugs	U30F
19	Cassie Livesey	Liverpool Running Bugs	U35F	65	Helen Eaton	Kirkby Milers	O50F
20	Emma Fraser	Run Sandymoor	O45F	66	Rebecca Sogbetun	Warrington RC	O50F
21	Dawn Fairclough	Liverpool RC	O40F	67	Jessica Messenger	Northwich RC	O40F
22	Jody Beech	Ellesmere Port RC	U40F	68	Jules McSloy	Southport Strollers	O55F
23	Helen Lonsdale	Cheshire Dragons	O40F	69	Heather McBride	Northwich RC	U35F
24	Yvonne Neary	Lymm Runners	O55F	70	Katy O'Connor	Lymm Runners	O60F
25	Suzu Wild	Spectrum Striders	O45F	71	Lyn Rawlinson	Liverpool Running Bugs	O50F
26	Shirley Staveley	Burnden Road Runners	O55F	72	Linda Bannister	Liverpool Running Bugs	O55F
27	Claudia Pagoulatou	Pensby Runners	O50F	73	Kim Blakemore	North Endurance	-
28	Claire Ellison	Spectrum Striders	-	74	Elizabeth Braithwaite	Warrington RC	O55F
29	Rachel Smith	RRAMS	O40F	75	Alison Langton	Run Sandymoor	O40F
30	Caroline Barrow	Widnes RC	O45F	76	Christine Bonnar	Widnes RC	O70F
31	Emma Nunnerley	Lymm Runners	O45F	77	Tracey Carr	Liverpool Running Bugs	O55F
32	Lisa Webb	Widnes RC	O45F	78	Emma Newton	Warrington RC	O50F
33	Anmarie Riley	Penny Lane Striders	O50F	79	Kate Shannon	Run Sandymoor	U40F
34	Tarja Barnes	Warrington RR	O50F	80	Olive Hall	Run Sandymoor	O55F
35	Karon Forster	Spectrum Striders	O60F	81	Rachel Fisher	Kirkby Milers	U40F
36	Rosemary Symms	Chester Tri	O65F	82	Ria Wilton	Kirkby Milers	U30F
37	Janet Robertson	Helsby RC	O55F	83	Samantha Gothard	Knowsley Harriers	O45F
38	Gillian Plant	Warrington RC	O60F	84	Jennifer Hogg	Liverpool Running Bugs	U30F
39	Rachel Arnold	Helsby RC	O60F	85	Diane Peck	Knowsley Harriers	O45F
40	Joanne Edwards	Cheshire Dragons	O60F	86	Suzanne Rooney	Knowsley Harriers	O50F
41	Kathryn Schofield	Helsby RC	U30F	87	Poppy Leonard-Stephens	Liverpool Running Bugs	U20F
42	Eleanor Barlow	Liverpool RC	U40F	88	Laura Roberts	Liverpool Running Bugs	U40F
43	Cerian Jackson	North Endurance	-	89	katie Murphy	Liverpool Running Bugs	U30F
44	Norma Forrester	St Helens Striders	-	90	Cheyenne Fabrelly-Treanor	Liverpool Running Bugs	U30F
45	Melanie Bradley	Northwich RC	O50F				
46	Ruth Hewitt	Liverpool Running Bugs	O45F				

FOUND – Light Brown Hat at Town Park – Please let me know if it is yours

Team Results

Mens 'A' Teams (6 Runners)

Pos	Team	Score	Points
1	Penny Lane Striders 'A'	84	33
2	Mersey Tri 'A'	90	32
3	Liverpool RC 'A'	185	31
4	Kirkby Milers 'A'	202	30
5	Run Sandymoor 'A'	212	29
6	Lymm & Warrington RR 'A'	298	28
7	Pensby Runners 'A'	357	27
8	Chester Tri & Ellesmere Port RC 'A'	382	26
9	Liverpool Running Bugs 'A'	411	25
10	North Endurance 'A'	460	24
11	Widnes RC 'A'	537	23
12	Warrington RC 'A'	581	22
13	Southport Strollers 'A'	582	21
14	Spectrum Striders 'A'	731	20
15	Burnden Road Runners 'A'	666 (only 4 ran)	19
16	St Helens Striders 'A'	694 (only 4 ran)	18
17	Birkenhead 'A'	756 (only 4 ran)	17
18	Helsby RC 'A'	799 (only 3 ran)	16
19	Northwich RC 'A'	919 (only 3 ran)	15
20	Knowsley Harriers 'A'	746 (only 2 ran)	14
21	Cheshire Dragons 'A'	893 (only 2 ran)	13
22	Warrington Tri 'A'	982 (only 1 ran)	12
23	RRAMS 'A'	991 (only 1 ran)	11
-	Skem & Parbold 'A'	No Team	-
-	Billinge RC 'A'	No Team	-
-	Astley & Tyldesley RR 'A'	No Team	-
-	Newburgh Nomads 'A'	No Team	-
-	Marsh Lane Harriers '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'	6	33
2	Penny Lane Striders 'A'	23	32
3	Chester Tri & Ellesmere Port RC 'A'	40	31
4	Lymm & Warrington RR 'A'	59	30
5	Widnes RC 'A'	69	29
6	Liverpool Running Bugs 'A'	70	28
7	Helsby RC 'A'	88	27
7	Spectrum Striders 'A'	88	27
9	Pensby Runners 'A'	92	25
10	Run Sandymoor 'A'	108	24
11	Warrington RC 'A'	118	23
12	RRAMS 'A'	143	22
13	Kirkby Milers 'A'	147	21
14	Northwich RC 'A'	181	20
15	Knowsley Harriers 'A'	254	19
16	North Endurance 'A'	163 (no vet)	18
17	Liverpool RC 'A'	163 (Only 2 ran)	17
18	Southport Strollers 'A'	225 (Only 2 ran)	16
19	Mersey Tri 'A'	215 (Only 1 ran)	15
20	Burnden Road Runners 'A'	226 (Only 1 ran)	14
21	St Helens Striders 'A'	244 (Only 1 ran)	13
22	Skem & Parbold 'A'	No Team	-
-	UTS RC 'A'	No Team	-
-	Billinge RC 'A'	No Team	-
-	Marsh Lane Harriers 'A'	No Team	-
-	Rimrose Valley 'A'	No Team	-
-	Warrington Tri 'A'	No Team	-
-	Widnes Wasps '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	-

OVERALL POSITIONS

Mens 'A' Teams (6 Runners)

Pos	Team	Race 1	Race 2	Race 3	Race 4	Race 5	Total
1	Penny Lane Striders 'A'	32	33	33	32	33	163
2	Mersey Tri 'A'	33	32	32	33	32	162
3=	North Endurance 'A'	31	31	30	31	24	147
3=	Kirkby Milers 'A'	29	29	29	30	30	147
5	Liverpool RC 'A'	27	30	31	26	31	145
6	Run Sandymoor 'A'	30	26	25	28	29	138
7	Lymm & Warrington RR 'A'	26	27	26	29	28	136
8=	Chester Tri & Ellesmere Port RC 'A'	25	24	27	25	26	127
8=	Pensby Runners 'A'	23	22	28	27	27	127
10=	Widnes RC 'A'	28	19	14	20	23	104
10=	Liverpool Running Bugs 'A'	21	18	21	19	25	104
12	Warrington RC 'A'	11	20	23	24	22	100
13	Helsby RC 'A'	22	15	22	22	16	97
14	Southport Strollers 'A'	19	16	19	18	21	93
15	Spectrum Striders 'A'	18	17	20	17	20	92
16	St Helens Striders 'A'	NT	25	24	21	18	88
17	Skem & Parbold 'A'	24	28	16	11	NT	79
18	Cheshire Dragons 'A'	9	14	17	23	13	76
19	Birkenhead 'A'	12	9	15	16	17	69
20	Northwich RC 'A'	17	8	13	14	15	67
21	Warrington Tri 'A'	20	7	12	15	12	66
22	Knowsley Harriers 'A'	16	6	NT	13	14	49
23	Burnden Road Runners 'A'	NT	23	NT	NT	19	42
24	Billinge RC 'A'	14	21	NT	NT	NT	35
25	RRAMS 'A'	8	11	NT	NT	11	30
26	Newburgh Nomads 'A'	15	12	NT	NT	NT	27
27	Astley & Tyldesley RR 'A'	13	13	NT	NT	NT	26
28	UTS RC 'A'	NT	5	18	NT	NT	23
29	Marsh Lane Harriers 'A'	NT	10	NT	12	NT	22
30	Rimrose Valley 'A'	10	NT	NT	NT	NT	10
-	Sandbach Striders 'A'	NT	NT	NT	NT	NT	-
-	Delamere Spartans 'A'	NT	NT	NT	NT	NT	-
-	Widnes Wasps 'A'	NT	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	33	165
2	Chester Tri & Ellesmere Port RC 'A'	30	31	30	31	31	153
3	Penny Lane Striders 'A'	31	29	28	32	32	152
4	RRAMS 'A'	29	30	31	31	22	143
5	Lymm & Warrington RR 'A'	27	21	25	27	30	130
6	Pensby Runners 'A'	25	26	26	26	25	128
7	Helsby RC 'A'	21	23	23	29	27	123
8	Mersey Tri 'A'	24	24	29	28	15	120
9	Widnes RC 'A'	20	27	14	25	29	115
10	Run Sandymoor 'A'	26	22	17	24	24	113
11	North Endurance 'A'	28	25	22	18	18	111
12	Warrington RC 'A'	14	28	20	22	23	107
13	Liverpool Running Bugs 'A'	19	15	21	19	28	102
14	Spectrum Striders 'A'	18	19	13	23	27	100
15	Skem & Parbold 'A'	32	32	16	17	NT	97
16	Northwich RC 'A'	22	16	18	20	20	96
17	Liverpool RC 'A'	17	18	24	16	17	92
18	Southport Strollers 'A'	15	17	19	21	16	88
19	St Helens Striders 'A'	12	20	27	NT	13	72
20	Knowsley Harriers 'A'	23	10	NT	15	19	67
21	Kirkby Milers 'A'	16	11	15	NT	21	63
22	UTS RC 'A'	NT	14	32	NT	NT	46
23	Burnden Road Runners 'A'	NT	NT	NT	NT	14	14
24=	Billinge RC 'A'	NT	13	NT	NT	NT	13
24=	Rimrose Valley 'A'	13	NT	NT	NT	NT	13
26	Marsh Lane Harriers 'A'	NT	12	NT	NT	NT	12
-	Warrington Tri 'A'	NT	NT	NT	NT	NT	-
-	Widnes Wasps 'A'	NT	NT	NT	NT	NT	-
-	Delamere Spartans 'A'	NT	NT	NT	NT	NT	-
-	Birkenhead 'A'	NT	NT	NT	NT	NT	-
-	Newburgh Nomads 'A'	NT	NT	NT	NT	NT	-
-	Sandbach Striders 'A'	NT	NT	NT	NT	NT	-
-	Astley & Tyldesley RR 'A'	NT	NT	NT	NT	NT	-

(NT= No Team)