

North West XC – Race 1 – Clarke Gardens – 22 Oct 2023 – 4.7M

Mens Results

1	Thomas Chadwick	St Helens Striders	U40M	70	Luke Curtis	Penny Lane Striders	O40M
2	Oliver Chadwick	Pensby Runners (2 nd Claim)	U30M	71	Nathan Bradshaw	Warrington RC	U40M
3	Rob Grantham	Pensby Runners (2 nd Claim)	O50M	72	Paul Demore	St Helens Striders	O55M
4	Sean Jones	Penny Lane Striders	U40M	73	Ian Hewitt	Liverpool Running Bugs	O45M
5	Ben Lewington	Kirkby Milers	U40M	74	Jon Wells	UTS RC	O45M
6	Shaun Knight	Widnes RC	U40M	75	Daniel Cheetham	St Helens Striders	O40M
7	Nick Peterson	Penny Lane Striders	U40M	76	Brendan Burns	Liverpool RC	O40M
8	Stephen Watkin	Penny Lane Striders	O40M	77	Joe McCarthy	North Endurance	O50M
9	Dan Miller	Billinge RC	U40M	78	Patrick Davidson	Mersey Tri	U20M
10	Jamie Rutherford	Liverpool RC	U40M	79	Paul Riley	Penny Lane Striders	O50M
11	Sean Merryweather	Cheshire Dragons	U40M	80	Matt Sanderson	Warrington RC	O50M
12	Paul Martin	North Endurance	U40M	81	Colin Walsh	North Endurance	O40M
13	Mike Fryer	Helsby RC	U40M	82	Mark Grady	Widnes RC	O40M
14	Elliot Kerins	Penny Lane Striders	U40M	83	Jamie Munro	Newburgh Nomads	O50M
15	Fabian Devlin	North Endurance	U40M	84	Rob Beech	Pensby Runners	U40M
16	John Myers	Run Sandymoor	O45M	85	Daniel Mckeveitt	Kirkby Milers	O40M
17	Ryan Jones	Kirkby Milers	U40M	86	Kevin Walker	Skem RC	O45M
18	Louis Johnson	Mersey Tri	U30M	87	Rob Fletcher	Mersey Tri	O50M
19	Neil Hennigan	Penny Lane Striders	O45M	88	Warren McNally	Pensby Runners	O45M
20	Alex Rigby	Liverpool RC	U40M	89	Tony Hyland	Ellesmere Port RC	O55M
21	David Willshire	Penny Lane Striders	O40M	90	Bob Corinaldi	Cheshire Dragons	O55M
22	Finlay McCance	Mersey Tri	U30M	91	Adam Fitzsimmons	Kirkby Milers	U40M
23	Chris Millington	Warrington RC	O50M	92	Matthew Parmenter	St Helens Striders	O45M
24	Matthew Haslam	Run Sandymoor	U20M	93	John Hammond	UTS RC	O45M
25	Matthew Jenson	Warrington RC	U30M	94	Ian Mayhew	Helsby RC	U40M
26	Robert Eagles	Penny Lane Striders	U40M	95	Mark Collins	Astley & Tyldesley RR	O45M
27	Darren Stewart	Penny Lane Striders	U40M	96	Gary Wilton	Kirkby Milers	O45M
28	Al Smithson	Mersey Tri	O40M	97	David Edwards	Kirkby Milers	O60M
29	Jay Williams	Kirkby Milers	O40M	98	Philip Negus	Cheshire Dragons	O45M
30	Brad Stewart	Liverpool RC	U30M	99	Jonathan Strange	Warrington RC	U40M
31	Peter Fairclough	RRAMS	U40M	100	Dean Evans	Liverpool Running Bugs	U20M
32	Derri Henderson	Kirkby Milers	U20M	101	David Green	Pensby Runners	O40M
33	Jonny Leatherbarrow	Run Sandymoor	U40M	102	Stephen Rooney	Liverpool RC	U40M
34	Lee Moore	Kirkby Milers	U40M	103	Steve Nolan	Burden Road Runners	O60M
35	Anthony McLoughlin	North Endurance	U40M	104	Andrew Wright	Kirkby Milers	O50M
36	Connor Ohare	Mersey Tri	U30M	105	Thomas Dunning	Mersey Tri	U40M
37	Robbie Campbell	Widnes RC	O50M	106	Richard Thorpe	Penny Lane Striders	U40M
38	Phil Rowen	Lymm Runners	O50M	107	Michael Campbell	Widnes RC	O40M
39	Jonathan Hock	Lymm Runners	O45M	108	George Clarke	Cheshire Dragons	U40M
40	Philip Johnson	Mersey Tri	U40M	109	Michael Scowcroft	Run Sandymoor	O45M
41	Adam Hampson	Widnes RC	U40M	110	Gary English	Kirkby Milers	O60M
42	Kevin Harrison	Kirkby Milers	O45M	111	Paul Williams	North Endurance	O40M
43	Craig Weatherill	Run Sandymoor	O40M	112	Matt Dutton	Penny Lane Striders	O45M
44	Francis Hourigan	Widnes RC	O45M	113	Gary Tootle	Run Sandymoor	O45M
45	Ben Stones	Mersey Tri	U40M	114	Steven Hughes	Run Sandymoor	O40M
46	Jack Kenwright	Run Sandymoor	U40M	115	Tom Edwards	Cheshire Dragons	O40M
47	Luke Jones	Knowsley Harriers	U40M	116	Barry Godwin	Mersey Tri	O60M
48	Matt McClay	Mersey Tri	O40M	117	Nick Morton	Kirkby Milers	U40M
49	Gary Eddleston	St Helens Striders	O40M	118	Joe Toplan	UTS RC	O50M
50	Sam Williams	Mersey Tri	U20M	119	Jim Dyson	Skem BH	O50M
51	Chris Hatton	Lymm Runners	O45M	120	Simon Ford	Astley & Tyldesley RR	O45M
52	Philip Taylor	Knowsley Harriers	U40M	121	Peter Lee	Liverpool Running Bugs	O50M
53	David Knowles	Liverpool RC	U40M	122	Michael Aisbitt	Skem BH	O45M
54	Stuart Atkinson	Northwich RC	O45M	123	Ben Sweeney	North Endurance	U40M
55	Christopher Gibbons	Mersey Tri	U40M	124	Danny Murphy	Kirkby Milers	U40M
56	Benjamin Tumilty	Helsby RC	U40M	125	Jonathon Knowles	Astley & Tyldesley RR	O50M
57	John McLaren	Knowsley Harriers	O40M	126	Paul Parker	Cheshire Dragons	O55M
58	Phil Riding	Penny Lane Striders	O45M	127	Gary Birch	Warrington RC	O45M
59	Thomas Wright	Kirkby Milers	U40M	128	Kevin Brennan	St Helens Striders	O55M
60	Ross McNair	Cheshire Dragons	U40M	129	Adam Budd	Warrington RC	U40M
61	James Hendry	Liverpool RC	U40M	130	Steven Thompson	Run Sandymoor	U40M
62	Gerard McLeigh	Liverpool RC	U40M	131	Michael Parr	Northwich RC	O45M
63	David Lawton	Liverpool RC	O40M	132	Robert Burke	Liverpool RC	O55M
64	Daniel Lightfoot	Cheshire Dragons	U40M	133	Kenichi Okamoto	Mersey Tri	O45M
65	Alex Cowin	Penny Lane Striders	O40M	134	Mark Byrne	Warrington RR	O50M
66	Phillip Derry	Skem BH	O45M	135	Luke Potts	Warrington RR	O45M
67	Ralph Pawling	Pensby Runners	U40M	136	Craig Whittaker	St Helens Striders	U40M
68	Edwin Drost	Warrington RC	U40M	137	Matthew Scott	Cheshire Dragons	O50M
69	Tom Armstrong	Cheshire Dragons	O45M	138	Craig Sephton	Cheshire Dragons	O50M

139	Graham Coupe	Wirral Vikings Trail	O50M	213	Chris Lydon	Penny Lane Striders	O40M
140	Andrew Mowatt	Skem BH	O45M	214	Andrew Garnett	Spectrum Striders	O65M
141	James Marsh	Billinge RC	O40M	215	Tom Carey	Helsby RC	O40M
142	Paul Bradbury	Warrington RC	O45M	216	Andrew Trimnell	Liverpool Running Bugs	O45M
143	David Matthews	Kirkby Milers	O45M	217	Peter Heron	Mersey Tri	O60M
144	Simon Fennell	Northwich RC	-	218	Stephen Hawthorne	Penny Lane Striders	U40M
145	Neil Beckett	UTS RC	O45M	219	Barry McDonnell	Birkenhead	U40M
146	Alan Wheelhouse	Warrington RR	O55M	220	Lee Stinch	St Helens Tri	O50M
147	Michael Smith	Lymm Runners	O55M	221	Pete Cushion	Wirral Vikings Trail	O50M
148	Steve Mather	RRAMS	O55M	222	Chris Mitchell	Southport Strollers	O50M
149	David Handley	Widnes RC	O45M	223	Iain Arison	Pensby Runners	O50M
150	Graham Cushion	Kirkby Milers	O45M	224	Neil Fisher	Penny Lane Striders	U40M
151	Mark Ingarfield	Kirkby Milers	O50M	225	Robert Ladanowski	Widnes RC	O60M
152	Ian Atkinson	Chester Tri	O60M	226	Ryder Barry	Skem BH	U40M
153	Mike Forber	St Helens Tri	O50M	227	Lewis Taylor	spectrum striders	U40M
154	Lee Rigby	Warrington RR	O45M	228	Steve Owen	Billinge RC	O45M
155	Richard Shayle	Pensby Runners	O50M	229	James Vaile	Spectrum Striders	O45M
156	Graham Tench	North Endurance	U40M	230	John Suckley	Pensby Runners	O65M
157	Heath Barnes	St Helens Striders	O50M	231	Tony Foster	Billinge RC	O60M
158	Chris Jackson	Warrington RR	O40M	232	Mike Ashton	Skem BH	O40M
159	Andrew Page	Wirral Vikings Trail	O45M	233	John Jensen	Penny Lane Striders	O45M
160	Chris Davies	Pensby Runners	O50M	234	Patrick Walters	Mersey Tri	O55M
161	Leslie Johnson	Cheshire Dragons	O55M	235	Michael Connor	Penny Lane Striders	O55M
162	Stephen Bennett	North Endurance	U40M	236	Syd Omar	Penny Lane Striders	O50M
163	Andrew Keeley	Penny Lane Striders	O60M	237	Paul McLean	Warrington RC	O55M
164	Neil Gooding	Pensby Runners	O50M	238	Phil Dowd	Mersey Tri	O50M
165	Mark Samuels	Pensby Runners	O65M	239	Martin Catterall	Warrington RR	O45M
166	Matthew Farrell	North Endurance	U40M	240	Andrew Lawrenson	RRAMS	U40M
167	Peter Carney	Skem RC	O40M	241	Martin Darwin	Warrington RC	O55M
168	Colin Thomson	Birkenhead	O45M	242	Arvind Mahendran	Pensby Runners	U40M
169	Alan McDermott	Penny Lane Striders	O55M	243	Paul Alexander	Pensby Runners	O65M
170	Gary Cassidy	Liverpool Running Bugs	O50M	244	Rob Lloyd	Widnes RC	O50M
171	Joshua Wood	Widnes RC	U30M	245	Adrian Pridgeon	Liverpool Running Bugs	O40M
172	Thomas Andrews	St Helens Striders	U30M	246	Darren Morris	Northwich RC	O55M
173	Tony Holmes	Liverpool RC	O60M	247	Simon Stockman	Warrington RR	O55M
174	Kenny Shurie-MacKenzie	Kirkby Milers	O55M	248	Ian McNeill	Birkenhead	O65M
175	Arran Roberts	Knowsley Harriers	U30M	249	Roy Hankey	Run Sandymoor	O65M
176	Stewart Dwyer	Warrington RC	O60M	250	Ivan Brown	Burnden Road Runners	O40M
177	John Bennett	Mersey Tri	O50M	251	Alistair Raffel	Spectrum Striders	O65M
178	Martin Prichard-Howarth	Mersey Tri	O55M	252	Thomas Humphries	Widnes RC	U40M
179	Jamie Porter	Warrington RR	O40M	253	Owen Hinds	Liverpool Running Bugs	U20M
180	Philip Wood	Helsby RC	O40M	254	Raphael Dunne	Pensby Runners	O45M
181	Paul Myers	Billinge RC	O50M	255	Tim Raynor	Liverpool Running Bugs	O60M
182	Keith Thomas	Burnden Road Runners	O65M	256	John Brown	Penny Lane Striders	O60M
183	Janis Logins	Skem RC	U40M	257	Karl Fahey	Widnes RC	U40M
184	Nigel Grant	Penny Lane Striders	O60M	258	Malcolm Teale	Southport Strollers	O65M
185	James Stanley	Liverpool Running Bugs	O45M	259	Neil Macfie	Mersey Tri	O65M
186	Jose Perez	Lymm Runners	O50M	260	Christopher Boydell	Liverpool Running Bugs	O45M
187	James Stansfield	Penny Lane Striders	U40M	261	Shaun McDonald	Northwich RC	O50M
188	Matt Routledge	UTS RC	O50M	262	Paul Casey	Skem BH	O50M
189	Jim Dawson	Lymm Runners	O60M	263	Paul Land	Skem BH	O50M
190	Chris Bird	Chester Tri	O50M	264	Iain Dignall	Widnes RC	O45M
191	John Whitehead	Helsby RC	U40M	265	Paul Crosby	Warrington RC (2 nd Claim)	O60M
192	Joel Barlow	Liverpool RC	U40M	266	Mark Liptrot	RRAMS	O60M
193	Jeff Adams	Pensby Runners	O65M	267	Mark Scott	Liverpool RC	O55M
194	Paul Cheetham	Skem BH	O50M	268	Richard Gregory	RRAMS	-
195	Peter Lloyd	Lymm Runners	O60M	269	James Wright	RRAMS	O40M
196	Andrew Hastwell	Lymm Runners	O45M	270	Julian Spencer	Spectrum Striders	O60M
197	Ian McCarthy	Knowsley Harriers	O60M	271	Andy Waring	Birkenhead	O65M
198	Chris Green	Helsby RC	U40M	272	John Houghton	Run Sandymoor	O60M
199	Rob Chalmers	Pensby Runners	O45M	273	John Gannon	Run Sandymoor	U40M
200	Mark Riches	Astley & Tyldesley RR	O60M	274	Jay Linnane	Billinge RC	O45M
201	Graham Dowling	Skem BH	O50M	275	Joseph Kelly	Helsby RC	U40M
202	Duarte Rosa	Pensby Runners	O45M	276	David Barnes	Warrington RR	O60M
203	Tony Jackson	Newburgh Nomads	O60M	277	Mark Graham	Wirral Vikings Trail	O50M
204	Kevin Gillibrand	Warrington RR	O55M	278	Michael Whittaker	Run Sandymoor	O55M
205	Keith Dunham	Pensby Runners	O45M	279	Paul Roberts	Knowsley Harriers	O40M
206	Jon Reynolds	Liverpool RC	O50M	280	John Herriott	St Helens Striders	O40M
207	Ian Sadler	Penny Lane Striders	O60M	281	George Howells	Mersey Tri	O50M
208	Paul Robertson	Pensby Runners	O60M	282	Martin Hirrell	Penny Lane Striders	O55M
209	Gavin Parry	Knowsley Harriers	O50M	283	Fred Duenbier	Newburgh Nomads	O65M
210	Dave Lynch	St Helens Striders	O45M	284	Joe McGlynn	Penny Lane Striders	O65M
211	John Cooney	Mersey Tri	O50M	285	Keith Hobson	Billinge RC	O65M
212	James Witherspoon	North Endurance	U40M	286	Tommy Burke	Penny Lane Striders	O75M

287	Andrew Dowdeswell	Widnes RC	U40M	303	Joe Wilde	Run Sandymoor	O45M
288	Bob Higham	Liverpool Running Bugs	U20M	304	John Nolan	Pensby Runners	O60M
289	Roy Rawlinson	Liverpool Running Bugs	O50M	305	David Barrow	Kirkby Milers	O65M
290	Kieron Carr	Liverpool Running Bugs	O50M	306	Martyn Hughes	Liverpool RC	O50M
291	Steve Stamper	Northwich RC	O50M	307	Darren Carter	Warrington RC	O40M
292	Leslie Edwards	Penny Lane Striders	O60M	308	Ian Headey	Kirkby Milers	O70M
293	Stuart Greenall	Northwich RC	O60M	309	Andrew Taujanskas	Southport Strollers	O65M
294	Andrew Wightman	Warrington RC (2 nd Claim)	O40M	310	Peter Stokes	Southport Strollers	O60M
295	Greg Stephens	Widnes RC	O45M	311	Allan Gibbs-Monaghan	Liverpool RC	O45M
296	Chris Edson	Lymm Runners	O50M	312	Anthony Fullup	Burnden Road Runners	O60M
297	Robert Block	Run Sandymoor	O70M	313	William Dalton	Skem BH	O60M
298	Chris Morgan	Helsby RC	O70M	314	Ben Cross	Kirkby Milers	U40M
299	Matt Roffe	Southport Strollers	U40M	315	Alan Moore	Penny Lane Striders	O60M
300	Alan Spencer	Knowsley Harriers	O60M	316	Eamonn Brady	Penny Lane Striders	O55M
301	Mark O'Toole	Southport Strollers	O45M	317	Paul Cope	Kirkby Milers	O45M
302	John Ainsworth	Helsby RC	O50M	318	Geoff Wilson	Warrington RC	O75M

Ladies Results

1	Joanna Marsden	Cheshire Dragons	O40F	72	Louisa Mogg	Run Sandymoor	U35F
2	Megan Ball	Liverpool RC	U30F	73	Gemma Ireland	St Helens Striders	O40F
3	Louise Whittaker	Cheshire Dragons	O40F	74	Ellen Palmer	Mersey Tri	U35F
4	Rachael Fairclough	St Helens Striders	U40F	75	Gemma Kelly	Chester Tri	U40F
5	Hannah Whittaker	St Helens Striders	U40F	76	Ann-Marie McCarthy	Knowsley Harriers	O55F
6	Jessica Haney	Cheshire Dragons	U35F	77	Emily Simpson	Liverpool RC	U30F
7	Georgina Walker	Lymm Runners	O45F	78	Vicky Kehoe	UTS RC	O50F
8	Sharon Samson	Penny Lane Striders	O40F	79	Melanie Bradley	Northwich RC	O50F
9	Laura Wright	RRAMS	U40F	80	Lisa Burns	Liverpool RC	U40F
10	Hayley Fairclough	Penny Lane Striders	O40F	81	Jo Grandfield	Chester Tri	O60F
11	Katrina Corinaldi-Knott	Cheshire Dragons	U40F	82	Sarah Larkin	Helsby RC	O50F
12	Sara Avery	Cheshire Dragons	O55F	83	Sarah Robson	Mersey Tri	O50F
13	Rebecca Burke	Liverpool RC	U30F	84	Leah Binns	Helsby RC	U35F
14	Andrea Bond	Penny Lane Striders	O45F	85	Becky Varnouse	Penny Lane Striders	O40F
15	Anna Woolgar	Chester Tri	O45F	86	Helen Lester	Wirral Vikings Trail	O55F
16	Sara Owczarczak-Garstecka	Mersey Tri	U40F	87	Claire Ellison	Spectrum Striders	U40F
17	Sara Miller	Billinge RC	U35F	88	Leticia Orford	Warrington RC	O45F
18	Liz Turner	Penny Lane Striders	O45F	89	Lisa Cusack	Penny Lane Striders	O45F
19	Sarah Bradley	Penny Lane Striders	O40F	90	Eleanor Barlow	Liverpool RC	U40F
20	Lenka Vidamour	Penny Lane Striders	O40F	91	Anne Jenkins	Northwich RC	O50F
21	Shona Moore	Mersey Tri	U40F	92	Karen Bannon	Run Sandymoor	O45F
22	Jennifer Harper	Liverpool Running Bugs	U40F	93	Debbie Read	Helsby RC	O65F
23	Robin Spurr	Mersey Tri	U30F	94	Karen Smith(Harkness)	Chester Tri	O50F
24	Lorna Harper	Mersey Tri	U40F	95	Sally Adams	Skem BH	O50F
25	Emma Cadoux-Hudson	North Endurance	U30F	96	Rachel Hastwell	Lymm Runners	U40F
26	Kate Joynson	Run Sandymoor	O50F	97	Deborah Hepple	Southport Strollers	O55F
27	Rachel Wilcock	St Helens Striders	U30F	98	Moyna O'Neil	Mersey Tri	O50F
28	Germaine Holmes	Lymm Runners	O50F	99	Sue Ennis	Mersey Tri	O55F
29	Wendy Lee	Pensby Runners	O50F	100	Helen Measures	Pensby Runners	O40F
30	Jacqueline Jones	Warrington RC	O45F	101	Poppy Ingarfield	Kirkby Milers	U20F
31	Hayley MacGugan	Widnes RC	O40F	102	Menna Goodwin	Warrington RC	O50F
32	Catherine Reilly	UTS RC	O40F	103	Liz Godwin	Penny Lane Striders (2 nd Claim)	O60F
33	Emma Collings	St Helens Striders	O45F	104	Karen Parry	Knowsley Harriers	O50F
34	Anna Barclay	Penny Lane Striders	U30F	105	Melissa Husbands	Burden Road Runners	O50F
35	Laura Owens	Liverpool RC	U40F	106	Sandra Bentley	Widnes RC	O55F
36	Rachel Smith	RRAMS	O40F	107	Alex Royden	Pensby Runners	U35F
37	Kam Dosanjh	Penny Lane Striders	O45F	108	Jemma Hodgkinson	North Endurance	U30F
38	Helen Johnson	Wirral Vikings Trail	O50F	109	Kirsty Mackenzie	Southport Strollers	O40F
39	Emma Nunnerley	Lymm Runners	O45F	110	Rachel Waring	Widnes RC	U30F
40	Annmarie Riley	Penny Lane Striders	O50F	111	Kay Nelson	Liverpool RC	O40F
41	Kirstie McCaffrey	St Helens Striders	U40F	112	Kate Grimoldby	spectrum striders	U40F
42	Lisa Webb	Widnes RC	O45F	113	Melanie Sayed	RRAMS	O45F
43	Lisa Meadows	Cheshire Dragons	O50F	114	Joanne Cook	Pensby Runners	O40F
44	Kate Richardson	Pensby Runners	O40F	115	Ruth Hewitt	Liverpool Running Bugs	O45F
45	Collette Chapman	Mersey Tri	O45F	116	Colette Handley	Widnes RC	U40F
46	Nicola Spafford	Skem RC	U35F	117	Sue Beckett	UTS RC	O40F
47	Suzy Wild	Spectrum Striders	O45F	118	Emma Wilson	Widnes RC	U40F
48	Gillian Plant	Warrington RC	O60F	119	Helen Caldwell	Spectrum Striders	O55F
49	Oonagh_M Jaquest	Penny Lane Striders (2 nd Claim)	O45F	120	Jane Woodburn	Skem BH	O55F
50	Michelle Stephens	St Helens Striders	O55F	121	Jayne Russell	Kirkby Milers	O45F
51	Kirsty Seddon	Chester Tri	O40F	122	Sarah Pickerill	Southport Strollers	O45F
52	Lauren Barlow	Billinge RC	U35F	123	Rita Mistry	Pensby Runners	O50F
53	Alison Morgan	Warrington RR	O45F	124	Carole Morrison	Pensby Runners	O60F
54	Tarja Barnes	Warrington RR	O50F	125	Pat Helsby	Kirkby Milers	O65F
55	Louise Cooper	UTS RC (2 nd Claim)	O45F	126	Amanda Lee	Kirkby Milers	O50F
56	Janet Robertson	Helsby RC	O55F	127	Gill Collen	Warrington RR	O65F
57	Myka Heard	Penny Lane Striders	O55F	128	Wendy Osborne	Penny Lane Striders	O40F
58	Jennifer Harvey	Skem RC	U35F	129	Emily Astley	Pensby Runners	O45F
59	Mel Holden	North Endurance	U35F	130	Helen Barrow	Warrington RC (2 nd Claim)	U40F
60	Elaine Laycock	Liverpool RC	O55F	131	Jayne Lane	Kirkby Milers	O50F
61	Gill Hill	Helsby RC	O50F	132	Lisa Lloyd	Warrington RC	O55F
62	Karen Doyle	North Endurance	O40F	133	Lisa Davidson	Mersey Tri	O50F
63	Faith Roberts	Warrington RC (2 nd Claim)	U30F	134	Nicola Stockman	Warrington RR	O55F
64	Claudia Pagoulatou	Pensby Runners	O50F	135	Nicola Williams	Penny Lane Striders	O45F
65	Georgia Trimnell	Liverpool Running Bugs	U20F	136	Nicola Roberts	Knowsley Harriers	O40F
66	Carol Parsons	Cheshire Dragons	O45F	137	Janet Walker	Skem RC	O45F
67	Stephanie McBride	Knowsley Harriers	U40F	138	Kim Blakemore	North Endurance	U35F
68	Laura Owen	Warrington RC	U40F	139	Christine Bonnar	Widnes RC	O70F
69	Claire Skea	Liverpool Running Bugs	U35F	140	Michelle Donnelly	Southport Strollers	O50F
70	Kathryn Schofield	Helsby RC	U30F	141	Hayley Hourigan	Widnes RC	O45F
71	Sarah Jackson	Penny Lane Striders	O45F	142	Hazel Ling	Skem RC	U35F

143	Bethany Forber	St Helens Tri	U30F	161	Leanne Rimmer	Kirkby Milers	O40F
144	Victoria Ford	Pensby Runners	U35F	162	Hayley Smallman	Kirkby Milers	O45F
145	Linda Jones	Warrington RC (2 nd Claim)	O55F	163	Janet Swain	Southport Strollers	O55F
146	Katie Hankey	Run Sandymoor	O65F	164	Alex Woods	Widnes RC	U35F
147	Emma Stokes	Southport Strollers	O55F	165	Samantha Gothard	Knowsley Harriers	O45F
148	Gemma Griffiths	Warrington RC	U40F	166	Kate Shannon	Run Sandymoor	U40F
149	Gillian Hayes	Warrington RC (2 nd Claim)	O45F	167	Sarah McGarr	Northwich RC	O45F
150	Dawn Hignett	Widnes RC	O50F	168	Helen Walker	Southport Strollers	O60F
151	Michaela Bishop	Penny Lane Striders	O45F	169	Jo Menzies	Southport Strollers	O50F
152	Emma Shillabeer	Spectrum Striders	O50F	170	Joan Wood	Widnes RC	O60F
153	Amena Madden	Liverpool RC	O50F	171	Nadine Denmade	Warrington RC (2 nd Claim)	O55F
154	Alison Langton	Run Sandymoor	O40F	172	Alison Molton	Southport Strollers	O50F
155	Jessica Messenger	Northwich RC	O45F	173	Denise Martin	Warrington RC	O55F
156	Elaine Baker	St Helens Striders	O55F	174	Catherine Dodd	Run Sandymoor	O45F
157	Laura Halton	Southport Strollers	O40F	175	Becci Newsam	Southport Strollers	U40F
158	Adele McNamara	Southport Strollers	O45F	176	Joanne Edwards	Penny Lane Striders	O50F
159	Rachel Fisher	Kirkby Milers	U40F				
160	Ursula Cheetham	Skem BH	O50F				

Team Results

Mens 'A' Teams (6 Runners)

Pos	Team	Score	Points
1	Penny Lane Striders 'A'	73	38
2	Kirkby Milers 'A'	159	37
3	Mersey Tri 'A'	192	36
4	Liverpool RC 'A'	237	35
5	Run Sandymoor 'A'	271	34
6	Widnes RC 'A'	317	33
7	North Endurance 'A'	331	32
8	Warrington RC 'A'	366	31
9	Cheshire Dragons 'A'	392	30
10	St Helens Striders 'A'	417	29
11	Lymm Runners 'A'	650	28
12	Pensby Runners 'A'	655	27
13	Helsby RC 'A'	732	26
14	Knowsley Harriers 'A'	737	25
15	Skem BH 'A'	842	24
16	Liverpool Running Bugs 'A'	865	23
17	Warrington RR 'A'	906	22
18	Billinge RC 'A'	1064	21
19	Northwich RC 'A'	1127	20
20	RRAMS 'A'	1222	19
21	Southport Strollers 'A'	1699	18
22	UTS RC 'A'	946 (only 5 ran)	17
23	Spectrum Striders 'A'	1519 (only 5 ran)	16
24	Astley & Tyldesley RR 'A'	1196 (only 4 ran)	15
25	Wirral Vikings Trail 'A'	1452 (only 4 ran)	14
26	Burnden Road Runners 'A'	1503 (only 4 ran)	13
27	Birkenhead 'A'	1562 (only 4 ran)	12
28	Skem RC 'A'	1420 (only 3 ran)	11
29	Newburgh Nomads 'A'	1553 (only 3 ran)	10
30	Chester Tri 'A'	1654 (only 2 ran)	9
31	St Helens Tri 'A'	1685 (only 2 ran)	8
32	Ellesmere Port RC 'A'	1729 (only 1 ran)	7
33	Delamere Spartans 'A'	NT	-
33	Marsh Lane Harriers 'A'	NT	-
33	Parabold Pink Panthers 'A'	NT	-
33	Rimrose Valley 'A'	NT	-
33	Warrington Tri 'A'	NT	-

Ladies 'A' Teams (3 Runners)

Pos	Team	Score	Points
1	Cheshire Dragons 'A'	10	38
2	Penny Lane Striders 'A'	32	37
3	St Helens Striders 'A'	36	36
4	Liverpool RC 'A'	50	35
5	Mersey Tri 'A'	60	34
6	Lymm Runners 'A'	74	33
7	Pensby Runners 'A'	137	32
8	Chester Tri 'A'	141	31
9=	North Endurance 'A'	146	30
9=	Warrington RC 'A'	146	30
11	Liverpool Running Bugs 'A'	156	28
12	RRAMS 'A'	158	27
13	Widnes RC 'A'	179	26
14	Helsby RC 'A'	187	25
15	Run Sandymoor 'A'	190	24
16	UTS RC 'A'	227	23
17	Warrington RR 'A'	234	22
18	Skem RC 'A'	241	21
19	Spectrum Striders 'A'	246	20
20	Knowsley Harriers 'A'	247	19
21	Northwich RC 'A'	325	18
22	Southport Strollers 'A'	328	17
23	Kirkby Milers 'A'	347	16
24	Skem BH 'A'	375	15
25	Billinge RC 'A'	255 (Only 2 Ran)	14
26	Wirral Vikings Trail 'A'	310 (Only 2 Ran)	13
27	Burnden Road Runners 'A'	477 (Only 1 Ran)	12
28	St Helens Tri 'A'	515 (Only 1 Ran)	11
29	Birkenhead 'A'	No Team	-
30	Newburgh Nomads 'A'	No Team	-
31	Ellesmere Port RC 'A'	No Team	-
32	Marsh Lane Harriers 'A'	No Team	-
33	Delamere Spartans 'A'	No Team	-
34	Rimrose Valley 'A'	No Team	-
35	Astley & Tyldesley RR 'A'	No Team	-
36	Parabold Pink Panthers 'A'	No Team	-
37	Warrington Tri 'A'	No Team	-
38	Widnes Wasps 'A'	No Team	-

Many thanks for Penny Lane Striders for putting on the first race of the season. Next Race is at Beacon Park starting at 10:00 am. John and I are unfortunately away for this race so please look out for Andy Waring from Birkenhead AC who will be giving out the envelopes and collecting them in.

Have a good race everyone.

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