

North West XC – Race 3 – Arrowe Park – 22 December 2024 – 4.85M

Mens Results

1	Christopher Larkin	Helsby RC (2 nd Claim)	U30M	77	Neil Hughes	Astley & Tyldesley RR	O45M
2	Ian Lawton	Mersey Tri	O40M	78	Ralph Pawling	Pensby Runners	O40M
3	Oliver Chadwick	Pensby Runners (2 nd Claim)	U30M	79	Paul Gardner	St Helens Striders	O40M
4	Mark Gittins	Helsby RC	O45M	80	Christopher Jackson	Warrington RR	O40M
Guest	Sam Oliver	West Cheshire AC	U20M	81	George Aylward	Penny Lane Striders	U40M
5	Jamie Rutherford	Liverpool RC	U40M	82	Michael McAvoy	Liverpool Running Bugs	U40M
6	Sean Jones	Penny Lane Striders	O40M	83	David Rogers	Lymm Runners	O40M
7	Rob Grantham	Pensby Runners (2 nd Claim)	O50M	84	Jon Payne	Birkenhead	O45M
8	Kevin Polhill	Kirkby Milers	U40M	85	Darren Cottier	Cheshire Dragons	O55M
9	Anthony Fear	UTS RC	U40M	86	Matt Sanderson	Warrington RC	O50M
10	Nick Peterson	Penny Lane Striders	U40M	87	Rhys Hughes	Chester Tri	O40M
11	Mark Ward	Cheshire Dragons	O40M	88	Gerard McLeigh	Liverpool RC	U40M
12	Ian Roberts	Skem BH	O40M	89	Luke Wills	Skem RC	U40M
13	John Myers	Run Sandymoor	O45M	90	Kev Owens	North Endurance	O45M
14	Phil Watkinson	Liverpool Running Bugs	U30M	91	Bob Corinaldi	Cheshire Dragons	O55M
15	Alex Hall	Chester Tri	U40M	92	Gary English	Kirkby Milers	O60M
16	Steven Thompson	Run Sandymoor	O40M	93	Ron Riley	Penny Lane Striders	O50M
17	Mark Amphlett	Helsby RC	O40M	94	Ross McNair	Cheshire Dragons	U40M
18	Simon Oliver	Chester Tri	O50M	95	Richard Carmichael	North Endurance	O40M
19	Alex Cowin	Penny Lane Striders	O45M	96	Matthew Larkin	Helsby RC (2 nd Claim)	O50M
20	Mike Fryer	Helsby RC	U40M	97	Peter Murphy	Lymm Runners	O45M
21	Woody Felton	Spectrum Striders	O55M	98	Jamie Porter	Warrington RR	O40M
22	Paul Martin	North Endurance	U40M	99	James Stanley	Liverpool Running Bugs	O45M
23	Daniel Lightfoot	Helsby RC	U40M	100	Phillip Hughes	North Endurance	U40M
24	Thomas Store	Lymm Runners	O50M	101	Nick Morton	Kirkby Milers	U40M
25	Dave McDonough	Kirkby Milers	O50M	102	Mike Sherwin	Run Sandymoor	O55M
26	Tom Evans	Penny Lane Striders	O40M	103	Andrew Mowatt	Skem BH	O45M
27	Lawrence Eccles	Penny Lane Striders	O40M	104	Richard Latten	UTS RC	O45M
28	Fabian Devlin	North Endurance	U40M	105	Stephen Hayes	Kirkby Milers	O50M
29	David Willshire	Penny Lane Striders	O40M	106	Philip Wood	Helsby RC	O40M
30	Liam Brown	Kirkby Milers	U40M	107	Steve Sherwen	Lymm Runners	O50M
31	Mark Hill	Ellesmere Port RC	O40M	108	Andy Kitts	Kirkby Milers	O40M
32	Robert Eagles	Penny Lane Striders	U40M	109	Cedrique Nde_kengne	St Helens Striders	U30M
33	Rob Tyson	Birkenhead	O40M	110	Tom Cocks	Skem BH	U30M
34	Leslie Dash	Helsby RC	O40M	111	Neil Jackson	RRAMS	O55M
35	Colin Walsh	North Endurance	O40M	112	Will Redding	UTS RC	O50M
36	Al Smithson	Mersey Tri	O40M	113	Alistair Patrick	Mersey Tri	O45M
37	David Knowles	Liverpool RC	U40M	114	Peter Marsland	Run Sandymoor	O40M
38	Harvey Fortis	North Endurance	U30M	115	Leslie Johnson	Cheshire Dragons	O55M
39	Phil Rowen	Lymm Runners	O50M	116	Dom Roberts	Pensby Runners	O45M
40	Peter Fairclough	RRAMS	U40M	117	John Whitehead	Helsby RC	U40M
41	John Hunt	Pensby Runners	O55M	118	Karl Craigie	Liverpool Running Bugs	O50M
42	David Hinde	Chester Tri	O45M	119	Neil Wong	Pensby Runners	O50M
43	Stephen Tomlinson	Knowsley Harriers	U40M	120	Kelvin Gibbons	RRAMS	U40M
44	Peter Ledson	Mersey Tri	U30M	121	Lewis Taylor	Spectrum Striders	U40M
45	Neil Marsh	Spectrum Striders	U40M	122	Michael Parr	Northwich RC	O50M
46	Richard Pickering	Pensby Runners	O40M	123	Derek Gibbon	Chester Tri	O55M
47	Phillip Derry	Skem BH	O45M	124	Chris Davies	Pensby Runners	O50M
48	Xander Heaton	Kirkby Milers	U20M	125	Jack Buckton	Penny Lane Striders	U40M
49	Patrick Davidson	Mersey Tri	U20M	126	Bob Pritchard	Pensby Runners	O40M
50	Philip Negus	Cheshire Dragons	O45M	127	Adam Budd	Warrington RC	U40M
51	Michael Waring	Chester Tri	O55M	128	Kevin Gillibrand	Warrington RR	O55M
52	James Manger	North Endurance	U30M	129	Matt Routledge	UTS RC	O50M
53	Kevin Walker	Skem RC	O45M	130	Luke Davies	RRAMS	U20M
54	Matthew Jenson	Warrington RC	U30M	131	John Bennett	Mersey Tri	O50M
55	Michael Campbell	Widnes RC	O40M	132	Robert Ladanowski	Widnes RC	O60M
56	David Lawton	Liverpool RC	O45M	133	Richard Shayle	Pensby Runners	O55M
57	Simon Ford	Astley & Tyldesley RR	O50M	134	Barry McDonnell	Birkenhead	U40M
58	Vincent Ly	Penny Lane Striders	U30M	135	Dave Lynch	St Helens Striders	O45M
59	Lucas Houghton	Kirkby Milers	U20M	136	Andrew Gaskell	St Helens Striders	O55M
60	Paul Cheetham	Skem BH	O50M	137	Kieron Carr	Liverpool Running Bugs	O50M
61	Mark Strickland	Warrington RC	U30M	138	Michael Smith	Lymm Runners	O60M
62	Ian Mayhew	Helsby RC	O40M	139	Mark Samuels	Pensby Runners	O65M
63	Matt McDermott	Run Sandymoor	U30M	140	Lee Rigby	Warrington RR	O45M
64	Chris Morgan	Mersey Tri	O40M	141	Eddie Austin	Chester Tri	O60M
65	Luke Watson	Wallasey AC (Guest)	U20M	142	Colin Clarke	St Helens Striders	O45M
66	James Ashworth	Skem BH	O40M	143	Terry Lynch	Penny Lane Striders	O55M
67	Tom Makin-Bell	Cheshire Dragons	O45M	144	Colin McCormick	Liverpool Running Bugs	O40M
68	Richard Burrows	UTS RC	U40M	145	Mike Gittins	St Helens Striders	U40M
69	Mark Collins	Astley & Tyldesley RR	O50M	146	Rob Chalmers	Pensby Runners	O45M
70	Michael O'Rourke	Penny Lane Striders	O40M	147	Grant Davidson	Mersey Tri	O50M
71	Joe McCarthy	North Endurance	O55M	148	Peter Merville	St Helens Striders	O65M
72	Christopher McFadden	Widnes RC	U40M	149	Jake Thomson	Pensby Runners	O50M
73	David Brown	Chester Tri	O50M	150	Nigel Grant	Penny Lane Striders	O60M
74	Phil Riding	Penny Lane Striders	O50M	151	Graham Driver	Spectrum Striders	O55M
75	David Edwards	Kirkby Milers	O60M	152	Stephen Riley	Helsby RC	O60M
76	Mark Ingarfield	Kirkby Milers	O50M	153	Martin Catterall	Warrington RR	O45M

154	Ben Chane	Skem BH	U20M	174	Adrian Goulding	Skem BH	O45M
155	Paul Alexander	Pensby Runners	O65M	175	Stephen McConville	Pensby Runners	O60M
156	Peter Heron	Mersey Tri	O60M	176	Paul Land	Skem BH	O55M
157	Dave Roberts	Ellesmere Port RC	O60M	177	None Recorded	Guest	
158	Paul Wilson	Widnes RC	O60M	178	John Houghton	Run Sandymoor	O65M
159	Rob Lloyd	Widnes RC	O50M	179	Neil Jenkins	Chester Tri	O55M
160	Neil O'Hagan	Birkenhead	O55M	180	Andy Waring	Birkenhead	O65M
161	Ben Smith	Lymm Runners	U30M	181	John Herriott	St Helens Striders	O40M
162	Mark Payton	Run Sandymoor	U40M	182	Leslie Edwards	Penny Lane Striders	O60M
163	Jim Dawson	Lymm Runners	O60M	183	Kit Claxton	Liverpool Running Bugs	O50M
164	Nick Wild	Spectrum Striders	O50M	184	Kevin Richardson	RRAMS	O50M
165	Paul Crosby	Warrington RC	O60M	185	Dennis Yarwood	Spectrum Striders	O55M
166	Steve Pemberton	Penny Lane Striders	O65M	186	Chris Morgan	Helsby RC	O70M
167	Ian McNeill	Birkenhead	O65M	187	Andrew Glen	Liverpool Running Bugs	O60M
168	Nick Paul	Skem BH	O60M	188	Dave Langton	Run Sandymoor	O40M
169	Gareth Leonard	St Helens Striders	U40M	189	Mike Ashton	Skem BH	O40M
170	Greg Stephens	Widnes RC	O45M	190	Clive Morrison	Run Sandymoor	O60M
171	Steven Newcomb	RRAMS	U30M	191	Aidan Larkin	Helsby RC	U30M
172	Julian Spencer	Spectrum Striders	O60M				
173	Neil McPhee	Mersey Tri	O65M				

Ladies Results

1	Nicola Jackson	RRAMS	U40F	42	Poppy Ingarfield	Kirkby Milers	U20F
2	Louisa Thompson	Cheshire Dragons	O40F	43	Alex Royden	Pensby Runners	U35F
3	Liz Turner	Penny Lane Striders	O45F	44	Katie Dean	Widnes RC	O40F
4	Katie Dickinson	Cheshire Dragons	O40F	45	Suzy Wild	Spectrum Striders	O50F
5	Helen Harrington	Cheshire Dragons	O40F	46	Claire Ellison	Spectrum Striders	U40F
6	Laura Wright	RRAMS	O40F	47	Emma Nunnerley	Lymm Runners	O45F
7	Courtney Burrell	North Endurance	U30F	48	Rosemary Symms	Chester Tri	O70F
8	Laura Baynham-Hughes	Helsby RC	O45F	49	Kate Johnson	Spectrum Striders	O50F
9	Katie Davidson	Run Sandymoor	U40F	50	Rachael Malone	Cheshire Dragons	O45F
10	Jennifer Harper	Liverpool Running Bugs	O40F	51	Anna Williams	Skem BH	O45F
11	Katrina Corinaldi-Knott	Cheshire Dragons	U40F	52	Laura Moran	Birkenhead	U35F
12	Kirsty Seddon	Chester Tri	O40F	53	Shazza Ainslie	Penny Lane Striders	O50F
13	Jennifer Houghton	Kirkby Milers	O40F	54	Rachel Arnold	Helsby RC	O60F
14	Lenka Vidamour	Penny Lane Striders	O40F	55	Usha Lad	Warrington RR	O55F
15	Sonya Monaghan	RRAMS	O55F	56	Claudia Pagoulatou	Pensby Runners	O50F
16	Jen Barrett	North Endurance	U30F	57	Nicola Kitts	Kirkby Milers	U40F
17	Ruth Isaacs	Pensby Runners	O60F	58	Melanie Bradley	Northwich RC	O50F
18	Jacqueline Jones	Warrington RC	O50F	59	Tamsyn Duffy	Warrington RC	O45F
19	Gael Tavernier	Lymm Runners	O50F	60	Alison Macdonald	UTS RC	O55F
20	Tuula Canavan	Mersey Tri	U30F	61	Katherine Hughes	Liverpool Running Bugs	O45F
21	Laura Hennahane	Penny Lane Striders	O40F	62	Ruth Hewitt	Liverpool Running Bugs	O45F
22	Hayley Fairclough	Penny Lane Striders	O40F	63	Helen Dunbebin	Run Sandymoor	U35F
23	Germaine Holmes	Lymm Runners	O50F	64	Kate Grimoldby	Spectrum Striders	U40F
24	Shona Moore	Mersey Tri	U40F	65	Ursula Harrison	Spectrum Striders	O40F
25	Wendy Lee	Pensby Runners	O55F	66	Jenny Rogers	Lymm Runners	O40F
26	Georgina Walker	Lymm Runners	O45F	67	Eleanor Barlow	Liverpool RC	U40F
27	Tracy Dover	Cheshire Dragons	O60F	68	Jayne Russell	Kirkby Milers	O45F
28	Anna Parsons	Cheshire Dragons	O50F	69	Melanie Sayed	RRAMS	O50F
29	Mel Holden	North Endurance	U35F	70	Janet Walker	Skem RC	O45F
30	Hannah Morrow	North Endurance	U40F	71	Helen Measures	Pensby Runners	O45F
31	Kathryn Schofield	Helsby RC	U30F	72	Carolyn Smith	Lymm Runners	O55F
32	Kate Richardson	Pensby Runners	O40F	73	Vicki Birch	Skem RC	O40F
33	Sarah Larkin	Helsby RC	O50F	74	Ceri Porter	Warrington RR	U40F
34	Teleri Jones	Run Sandymoor	O45F	75	Jessica Messenger	Northwich RC	O45F
35	Annmarie Riley	Penny Lane Striders	O50F	76	Christine Bonnar	Widnes RC	O70F
36	Jemma Taylor	Skem BH	U40F	77	Helen Lonkman	RRAMS	U40F
37	Alison Morgan	Warrington RR	O45F	78	Emily Yarwood	Spectrum Striders	U30F
38	Sarah Robson	Mersey Tri	O50F	79	Alison Boag-Munroe	Knowsley Harriers	O40F
39	Gillian Plant	Warrington RC	O60F	80	Coral Lawlor	Knowsley Harriers	U30F
40	Collette Chapman	Mersey Tri	O50F				
41	Catherine Sams	St Helens Striders	O40F				

Many thanks to Pensby Runners for organising our third race under difficult conditions and well done to everyone who turned out ; both runners and spectators.

Team Results

Mens 'A' Teams (6 Runners)

Pos	Team	Score	Points
1	Penny Lane Striders 'A'	117	34
2	Helsby RC 'A'	160	33
3	Kirkby Milers 'A'	245	32
4	North Endurance 'A'	246	31
5	Chester Tri 'A'	286	30
6	Mersey Tri 'A'	308	29
7=	Cheshire Dragons 'A'	398	28
7=	Skem BH 'A'	398	28
9	Run Sandymoor 'A'	470	26
10	Lymm Runners 'A'	488	25
11	Pensby Runners 'A'	524	24
12	Liverpool Running Bugs 'A'	594	23
13	Spectrum Striders 'A'	674	22
14=	Widnes RC 'A'	746	21
14=	St Helens Striders 'A'	746	21
16	RRAMS 'A'	756	19
17	Birkenhead 'A'	758	18
18	UTS RC 'A'	623 (only 5 ran)	17
19	Warrington RC 'A'	694 (only 5 ran)	16
20	Warrington RR 'A'	800 (only 5 ran)	15
21	Liverpool RC 'A'	588 (only 4 ran)	14
22	Astley & Tyldesley RR 'A'	806 (only 3 ran)	13
23	Skem RC 'A'	946 (only 2 ran)	12
24	Ellesmere Port RC 'A'	992 (only 2 ran)	11
25	Knowsley Harriers 'A'	1048(only 1 ran)	10
26	Northwich RC 'A'	1127 (only 1 ran)	9
-	Southport Strollers 'A'	No Team	-
-	Warrington Tri 'A'	No Team	-
-	St Helens Tri 'A'	No Team	-
-	Billinge RC 'A'	No Team	-
-	Burnden Road Runners 'A'	No Team	-
-	Delamere Spartans 'A'	No Team	-
-	Marsh Lane Harriers 'A'	No Team	-
-	Widnes Wasps 'A'	No Team	-

Ladies 'A' Teams (3 Runners)

Pos	Team	Score	Points
1	Cheshire Dragons 'A'	11	34
2	RRAMS 'A'	22	33
3	Penny Lane Striders 'A'	38	32
4	North Endurance 'A'	52	31
5	Lymm Runners 'A'	68	30
6	Helsby RC 'A'	72	29
7	Pensby Runners 'A'	74	28
8	Mersey Tri 'A'	82	27
9	Run Sandymoor 'A'	106	26
10	Kirkby Milers 'A'	112	25
11	Warrington RC 'A'	116	24
12	Liverpool Running Bugs 'A'	133	23
13	Spectrum Striders 'A'	140	23
14	Warrington RR 'A'	166	21
15	Chester Tri 'A'	150 (only 2 ran)	20
16	Skem BH 'A'	177 (only 2 ran)	19
17	Widnes RC 'A'	210 (only 2 ran)	18
18	Northwich RC 'A'	223 (only 2 ran)	17
19	Skem RC 'A'	233 (only 2 ran)	16
20	Knowsley Harriers 'A'	249 (only 2 ran)	15
21	St Helens Striders 'A'	221 (only 1 ran)	14
22	Birkenhead 'A'	232 (only 1 ran)	13
23	UTS RC 'A'	240 (only 1 ran)	12
24	Liverpool RC 'A'	247 (only 1 ran)	11
-	Southport Strollers 'A'	No Team	-
-	Ellesmere Port RC 'A'	No Team	-
-	St Helens Tri 'A'	No Team	-
-	Billinge RC 'A'	No Team	-
-	Burnden Road Runners 'A'	No Team	-
-	Marsh Lane Harriers 'A'	No Team	-
-	Delamere Spartans 'A'	No Team	-
-	Astley & Tyldesley RR 'A'	No Team	-
-	Warrington Tri 'A'	No Team	-
-	Widnes Wasps 'A'	No Team	-

Current Positions

Mens 'A' Teams (6 Runners)

Pos	Team	Race 1	Race 2	Race 3	Total
1	Penny Lane Striders 'A'	34	34	34	102
2	North Endurance 'A'	30	33	31	94
3	Kirkby Milers 'A'	32	28	32	92
4	Mersey Tri 'A'	31	29	29	89
5	Lymm Runners 'A'	25	30	25	80
6	Liverpool RC 'A'	33	31	14	78
7=	Helsby RC 'A'	29	15	33	77
7=	Liverpool Running Bugs 'A'	27	27	23	77
9	Skem BH 'A'	23	24	28	75
10	Pensby Runners 'A'	22	26	24	72
11	Run Sandymoor 'A'	24	19	26	69
12=	St Helens Striders 'A'	21	21	21	63
12=	Billinge RC 'A'	28	32	NT	60
14	Spectrum Striders 'A'	14	24	22	60
15	Cheshire Dragons 'A'	12	16	28	56
16	Knowsley Harriers 'A'	20	25	10	55
17=	Warrington RC 'A'	26	11	16	53
17=	Widnes RC 'A'	19	13	21	53
19	Warrington RR 'A'	17	20	15	52
20	Chester Tri 'A'	11	9	30	50
21	RRAMS 'A'	13	12	19	44
22	Skem RC 'A'	9	22	12	43
23	Birkenhead 'A'	15	6	18	39
24	Southport Strollers 'A'	16	18	NT	34
25	Northwich RC 'A'	7	17	9	33
26	Astley & Tyldesley RR 'A'	6	10	13	29
27	Marsh Lane Harriers 'A'	18	7	NT	25
28	Burnden Road Runners 'A'	8	14	NT	22
29	Ellesmere Port RC 'A'	10	NT	11	21
30	UTS RC 'A'	NT	NT	17	17
31	Warrington Tri 'A'	5	8	NT	13
-	St Helens Tri 'A'	NT	NT	NT	-
-	Delamere Spartans 'A'	NT	NT	NT	-
-	Widnes Wasps 'A'	NT	NT	NT	-

Ladies 'A' Teams (3 Runners)

Pos	Team	Race 1	Race 2	Race 3	Total
1	Cheshire Dragons 'A'	34	33	34	101
2	RRAMS 'A'	33	34	33	100
3	Penny Lane Striders 'A'	32	32	32	96
4	North Endurance 'A'	30	31	31	92
5=	Kirkby Milers 'A'	29	28	25	82
5=	Helsby RC 'A'	28	25	29	82
7	Lymm Runners 'A'	31	18	30	79
8	Skem BH 'A'	23	30	19	72
9=	Liverpool Running Bugs 'A'	25	23	23	71
9=	Pensby Runners 'A'	17	26	28	71
11	St Helens Striders 'A'	27	29	14	70
12	Run Sandymoor 'A'	20	23	26	69
13	Mersey Tri 'A'	19	21	27	67
14	Warrington RC 'A'	21	19	24	64
15	Warrington RR 'A'	22	20	21	63
16	Widnes RC 'A'	24	13	18	55
17	Spectrum Striders 'A'	13	14	22	49
18	Chester Tri 'A'	26	0	20	46
19	Liverpool RC 'A'	18	16	11	45
20=	Skem RC 'A'	10	17	16	43
20=	Northwich RC 'A'	11	15	17	43
22=	Billinge RC 'A'	14	27	NT	41
22=	Knowsley Harriers 'A'	16	10	15	41
24	Southport Strollers 'A'	15	24	NT	39
25	Birkenhead 'A'	9	NT	13	22
26	Burnden Road Runners 'A'	8	12	NT	20
27	Ellesmere Port RC 'A'	6	11	NT	17
28	Marsh Lane Harriers 'A'	13	NT	NT	13
29	UTS RC 'A'	NT	NT	12	12
30	Astley & Tyldesley RR 'A'	7	NT	NT	7
-	St Helens Tri 'A'	NT	NT	NT	-
-	Delamere Spartans 'A'	NT	NT	NT	-
-	Warrington Tri 'A'	NT	NT	NT	-
-	Widnes Wasps 'A'	NT	NT	NT	-