

North West XC – Race 5 – Croxteth Park – 9 February 2025 – 5.35M

Mens Results

1	Mark Gittins	Helsby RC	O45M	77	Richard Heaton	Warrington RC	O40M
2	Sean Jones	Penny Lane Striders	O40M	78	Matthew Parmenter	St Helens Striders	O50M
3	Ben Taylor	Pensby Runners	U40M	79	Matt Routledge	UTS RC	O50M
4	Steven Thompson	Run Sandymoor	O40M	80	Stephen Coe	Chester Tri	U40M
5	Kevin Polhill	Kirkby Milers	U40M	81	Danny Lloyd	Widnes RC	U40M
6	Dominic Drew	North Endurance	U40M	82	Peter Marsland	Run Sandymoor	O40M
7	Liam Brown	Kirkby Milers	U40M	83	Kev Owens	North Endurance	O45M
8	Mark Bebbington	Cheshire Dragons	O40M	84	Danny Murphy	Kirkby Milers	O40M
9	Edwin Drost	Warrington RC	U40M	85	David Stroud	Knowsley Harriers	U40M
10	Alex Cowin	Penny Lane Striders	O45M	86	Darren Cottier	Cheshire Dragons	O55M
11	John Myers	Run Sandymoor	O45M	87	Jamie Porter	Warrington RR	O40M
12	Daniel Lightfoot	Helsby RC	U40M	88	Graham Cushion	Kirkby Milers	O45M
13	Scott Waugh	Liverpool RC	O50M	89	Andy Kitts	Kirkby Milers	O40M
14	Mark Amphlett	Helsby RC	O40M	90	Steve Nolan	Bumden Road Runners	O65M
15	Ryan Jones	Kirkby Milers	O40M	91	Gary Parker	Pensby Runners	U40M
16	Ian Mayhew	Helsby RC	O40M	92	Michael Aisbitt	Skem BH	O50M
17	Harry Hignett	Widnes RC	U30M	93	Colin Gill	Lymm Runners	O50M
18	Fabian Devlin	North Endurance	U40M	94	Leslie Johnson	Cheshire Dragons	O55M
19	Robert Eagles	Penny Lane Striders	U40M	95	Neil Jackson	RRAMS	O55M
20	Harvey Fortis	North Endurance	U30M	96	Jim Dawson	Lymm Runners	O60M
21	Rob Tyson	Birkenhead	O40M	97	Richard Shayle	Pensby Runners	O55M
22	Leslie Dash	Helsby RC	O40M	98	Lewis Taylor	Spectrum Striders	U40M
23	Michael McAvoy	Liverpool Running Bugs	U40M	99	Joel Smith	UTS RC	-
24	Richard Burrows	UTS RC	U40M	100	Gareth Leonard	St Helens Striders	U40M
25	Phil Rowen	Lymm Runners	O50M	101	Steven Hughes	Run Sandymoor	O40M
26	Neil Marsh	Spectrum Striders	U40M	102	Michael Connor	Penny Lane Striders	O60M
27	William Holt	Liverpool RC	U40M	103	Peter Lee	Liverpool Running Bugs	O50M
28	David Hinde	Chester Tri	O45M	104	Michael Parr	Northwich RC	O50M
29	Francis Hourigan	Widnes RC	O45M	105	Clive Conway	Run Sandymoor	O60M
30	Jack Kenwright	Run Sandymoor	U40M	106	Kevin Gillibrand	Warrington RR	O55M
31	Patrick Mclamon	North Endurance	U40M	107	Lee Rigby	Warrington RR	O45M
32	Regan Wilford	Penny Lane Striders	U30M	108	Kelvin Gibbons	RRAMS	U40M
33	Cameron McCormack	Liverpool Running Bugs	U30M	109	Neil Wong	Pensby Runners	O50M
34	David Lawton	Liverpool RC	O45M	110	Luke Davies	RRAMS	U20M
35	James Meldrum	Mersey Tri	O45M	111	Arvind Mahendran	Pensby Runners	U40M
36	Tom Cocks	Skem BH	U30M	112	Graham Tench	North Endurance	U40M
37	Phil Riding	Penny Lane Striders	O50M	113	Tim Raynor	Liverpool Running Bugs	O60M
38	Simon Ford	Astley & Tyldesley RR	O50M	114	Nigel Grant	Penny Lane Striders	O60M
39	Michael Waring	Chester Tri	O55M	115	Peter Carney	Skem BH	O40M
40	Phillip Derry	Skem BH	O45M	116	Adam Budd	Warrington RC	U40M
41	Michael Burns	Liverpool RC	-	117	Barry McDonnell	Birkenhead	U40M
42	Vincent Ly	Penny Lane Striders	U30M	118	Stephen McConville	Pensby Runners	O60M
43	Ralph Pawling	Pensby Runners	O40M	119	John Suckley	Pensby Runners	O65M
44	Adam Fitzsimmons	Kirkby Milers	U40M	120	Lewis Ridley	North Endurance	U30M
45	Ross McNair	Cheshire Dragons	U40M	121	Jake Thomson	Pensby Runners	O50M
46	Jon Payne	Birkenhead	O45M	122	Graham Driver	Spectrum Striders	O55M
47	Colin Walsh	North Endurance	O40M	123	Michael O'Rourke	Penny Lane Striders	O40M
48	Paul Duke	Bumden Road Runners	O45M	124	Andrew Gaskell	St Helens Striders	O55M
49	Matthew Larkin	Helsby RC	O50M	125	Ian King	Liverpool RC	O65M
50	Xander Heaton	Kirkby Milers	U20M	126	Paul Crosby	Warrington RC	O60M
51	Lucas Houghton	Kirkby Milers	U20M	127	Rob Lloyd	Widnes RC	O50M
52	Mark Strickland	Warrington RC	U30M	128	Paul Alexander	Pensby Runners	O65M
53	Paul Riley	Penny Lane Striders	O50M	129	Mark Butterworth	Liverpool Running Bugs	O55M
54	Owen Hinds	Liverpool Running Bugs	U30M	130	Stephen Riley	Helsby RC	O60M
55	Mark Ingarfield	Kirkby Milers	O50M	131	Mike Lisle	Mersey Tri	O70M
56	David Edwards	Kirkby Milers	O60M	132	Mark Payton	Run Sandymoor	U40M
57	Bob Corinaldi	Cheshire Dragons	O55M	133	Graham Dowling	Skem BH	O55M
58	Matt Sanderson	Warrington RC	O50M	134	Neil Smith	North Endurance	O45M
59	Joe McCarthy	North Endurance	O55M	135	Peter Speakman	Widnes RC	O45M
60	David Rogers	Lymm Runners	O40M	136	Paul Dowdle	St Helens Striders	O50M
61	Nick Beare	Mersey Tri	O55M	137	Chris Mitchell	Southport Strollers	O50M
62	Tom Makin-Bell	Cheshire Dragons	O45M	138	George Pierce	Liverpool RC	O55M
63	Christopher Jackson	Warrington RR	O40M	139	Kieron Carr	Liverpool Running Bugs	O50M
64	Andrew Mowatt	Skem BH	O45M	140	Julian Spencer	Spectrum Striders	O60M
65	Mike Sherwin	Run Sandymoor	O55M	141	Sean Loughran	Kirkby Milers	O60M
66	John McLaren	Knowsley Harriers	O40M	142	Paul Casey	Skem BH	O55M
67	Arran Roberts	Knowsley Harriers	U30M	143	Shaun Geoghan	Liverpool Running Bugs	O55M
68	Paul Gardner	St Helens Striders	O40M	144	Edward Reynolds	Skem RC	U40M
69	Thomas Wright	Kirkby Milers	U40M	145	Gary Johnstone	Pensby Runners	O60M
70	Keith Dunham	Pensby Runners	O45M	146	Andrew Hastwell	Lymm Runners	O50M
71	Andrew Wright	Kirkby Milers	O50M	147	Mike Gittins	St Helens Striders	U40M
72	Luke Hart	Liverpool Running Bugs	U40M	148	Stuart Cameron	Kirkby Milers	O45M
73	Gary Wilton	Kirkby Milers	O45M	149	Rob Chalmers	Pensby Runners	O45M
74	Neil Beckett	UTS RC	O45M	150	David Feakes	Helsby RC	O60M
75	Peter Sutton	Southport Strollers	U40M	151	Neil McPhee	Mersey Tri	O65M
76	Ian Hewitt	Liverpool Running Bugs	O45M	152	Malcolm Teale	Southport Strollers	O65M

153	Mark Scott	Liverpool RC	O55M	167	Dave Langton	Run Sandymoor	O40M
154	Craig Clare	Spectrum Striders	O40M	168	Joe McGlynn	Penny Lane Striders	O65M
155	Alistair Raffel	Spectrum Striders	O70M	169	David Faulkner	Lymm Runners	O65M
156	Phillip Shaw	Warrington RC	O50M	170	Mike Melia	Southport Strollers	O65M
157	John Herriott	St Helens Striders	O40M	171	Chris Morgan	Helsby RC	O70M
158	Nathan Ashurst	Warrington RC	O40M	172	Ben Cross	Kirkby Milers	O40M
159	Ian McNeill	Birkenhead	O65M	173	Leslie Edwards	Penny Lane Striders	O60M
160	John Middleton	Southport Strollers	O55M	174	Clive Morrison	Run Sandymoor	O60M
161	Austin Clark	Liverpool RC	O45M	175	Stan Cottier	Liverpool RC	O75M
162	Jim Fedigan	Pensby Runners	O65M	176	John Nolan	Pensby Runners	O60M
163	Robert Thurgeson	RRAMS	O50M	177	Peter Stokes	Southport Strollers	O65M
164	Michael Dunn	Liverpool Running Bugs	U40M	178	Anthony Fullop	Burnden Road Runners	O60M
165	Kedar Dhopate	Liverpool Running Bugs	O50M				
166	Andy Waring	Birkenhead	O65M				

Congratulations to Sean Jones from Penny Lane Striders who won this year's Male individual title.

Ladies Results

1	Louisa Thompson	Cheshire Dragons	O40F	50	Susie Woodward-Moor	Helsby RC	O55F
2	Louise Whittaker	Cheshire Dragons	O40F	51	Bernice Blundell	Skem BH	O60F
3	Katrina Corinaldi-Knott	Cheshire Dragons	U40F	52	Sarah Falcons	St Helens Striders	O40F
4	Alison Rajan	North Endurance	U35F	53	Rosemary Symms	Chester Tri	O70F
5	Gemma McDermott	Cheshire Dragons	O40F	54	Nicola Jones	Skem BH	U35F
6	Sharon Samson	Penny Lane Striders	O45F	55	Annmarie Riley	Penny Lane Striders	O50F
7	Helen Harrington	Cheshire Dragons	O40F	56	Louise Cooper	UTS RC	O45F
8	Kirsty Seddon	Chester Tri	O40F	57	Katharine Hughes	Liverpool Running Bugs	U40F
9	Alison Russell	Spectrum Striders	O40F	58	Ruth Hewitt	Liverpool Running Bugs	O45F
10	Jacqueline Jones	Warrington RC	O50F	59	Anna Williams	Skem BH	O45F
11	Hayley Fairclough	Penny Lane Striders	O40F	60	Karen Smith(Harkness)	Chester Tri	O50F
12	Charlie Weatherstone	Penny Lane Striders	-	61	Grace Gorst	Widnes RC	U40F
13	Amy Whitehead	North Endurance	U40F	62	Kate Grimoldby	Spectrum Striders	U40F
14	Jennifer Houghton	Kirkby Milers	O40F	63	Janet Walker	Skem RC	O45F
15	Lenka Vidamour	Penny Lane Striders	O40F	64	Alison Macdonald	UTS RC	O55F
16	Georgia Trimmell	Liverpool Running Bugs	U20F	65	Lee Davies	Southport Strollers	O45F
17	Andrea Newnes	Knowsley Harriers	U40F	66	Eleanor Barlow	Liverpool RC	U40F
18	Wendy Lee	Pensby Runners	O55F	67	Amena Madden	Liverpool RC	O50F
19	Amy Corfield	RRAMS	U35F	68	Sue Heaps	St Helens Striders	O60F
20	Rachel Hastwell	Lymm Runners	O40F	69	Kate Johnson	Spectrum Striders	O50F
21	Germaine Holmes	Lymm Runners	O50F	70	Emma Stokes	Southport Strollers	O55F
22	Cassie Seymour	Liverpool Running Bugs	U35F	71	Sasha Ludlow	Southport Strollers	O40F
23	Jenny Barker	Ellesmere Port RC	O40F	72	Pat Helsby	Kirkby Milers	O65F
24	Emma Fraser	Run Sandymoor	O45F	73	Kirstie McCaffrey	St Helens Striders	U40F
25	Elaine Laycock	Liverpool RC	O55F	74	Helen Lonkman	RRAMS	U40F
26	Louise Johnson	RRAMS	O50F	75	Sally Adams	Skem BH	O55F
27	Jazzmyn Moore	St Helens Striders	U30F	76	Jenny Rogers	Lymm Runners	O40F
28	Alison Morgan	Warrington RR	O45F	77	Katie Sparkes	Liverpool Running Bugs	U40F
29	Mel Holden	North Endurance	U35F	78	Sarah Pickerill	Southport Strollers	O45F
30	Ali Lewis	Pensby Runners	O50F	79	Ursula Harrison	Spectrum Striders	O40F
31	Gemma Kelly	Chester Tri	U40F	80	Louise Dunn	Liverpool Running Bugs	U35F
32	Dawn Fairclough	Penny Lane Striders	O45F	81	Menna Goodwin	Warrington RC	O50F
33	Kathryn Schofield	Helsby RC	U30F	82	Su Crossland	Skem BH	O45F
34	Lisa Webb	Widnes RC	O50F	83	Rachel Waring	Widnes RC	U35F
35	Nicola Kitts	Kirkby Milers	U40F	84	Jayne Russell	Kirkby Milers	O45F
36	Suzy Wild	Spectrum Striders	O50F	85	Not Recorded		
37	Tracey Carr	Liverpool Running Bugs	O60F	86	Melanie Sayed	RRAMS	O50F
38	Jemma Taylor	Skem BH	U40F	87	Vanessa Griffiths	Helsby RC	O60F
39	Shazza Ainslie	Penny Lane Striders	O50F	88	Christine Bonnar	Widnes RC	O70F
40	Laura Moran	Birkenhead	U35F	89	Olivia MacCormack	North Endurance	U30F
41	Sarah Larkin	Helsby RC	O50F	90	Tashi Thornley	Southport Strollers	U40F
42	Gillian Plant	Warrington RC	O60F	91	Catherine Lancaster	Pensby Runners	O60F
43	Stephanie McBride	Knowsley Harriers	U40F	92	Rebecca Sogbetun	Warrington RC	O50F
44	Rachael Malone	Cheshire Dragons	O45F	93	Tamsyn Duffy	Warrington RC	O45F
45	Claudia Pagoulatou	Pensby Runners	O50F	94	Rita Mistry	Pensby Runners	O50F
46	Ann-Marie McCarthy	Knowsley Harriers	O55F	95	Samantha Maison	Skem RC	U35F
47	Vicky Kehoe	UTS RC	O50F	96	Sophie Dunnett	Skem RC	U30F
48	Kam Dosanjh	Penny Lane Striders	O45F	97	Elizabeth Roxburgh	Pensby Runners	O55F
49	Claire Ellison	Spectrum Striders	U40F	98	Amy Neill	Knowsley Harriers	U35F

Congratulations to Nicola Jackson from RRAMS who won this year's Ladies individual title.

Team Results

Mens 'A' Teams (6 Runners)

Pos	Team	Score	Points
1	Penny Lane Striders 'A'	142	34
2	Kirkby Milers 'A'	172	33
3	North Endurance 'A'	181	32
4	Helsby RC 'A'	195	31
5	Run Sandymoor 'A'	293	30
6	Cheshire Dragons 'A'	352	29
7	Liverpool Running Bugs 'A'	361	28
8	Liverpool RC 'A'	378	27
9	Pensby Runners 'A'	413	26
10	Warrington RC 'A'	438	25
11	Skem BH 'A'	480	24
12	Lymm Runners 'A'	589	23
13	St Helens Striders 'A'	653	22
14	Spectrum Striders 'A'	695	21
15	Southport Strollers 'A'	871	20
16	Widnes RC 'A'	577 (only 5 ran)	19
17	Birkenhead 'A'	697 (only 5 ran)	18
18	UTS RC 'A'	652 (only 4 ran)	17
19	Warrington RR 'A'	739 (only 4 ran)	16
20	Mersey Tri 'A'	754 (only 4 ran)	15
21	RRAMS 'A'	852 (only 4 ran)	14
22	Chester Tri 'A'	711 (only 3 ran)	13
23	Knowsley Harriers 'A'	782 (only 3 ran)	12
24	Burnden Road Runners 'A'	880 (only 3 ran)	11
25	Astley & Tyldesley RR 'A'	978 (only 1 ran)	10
26	Northwich RC 'A'	1044 (only 1 ran)	9
27	Skem RC 'A'	1084 (only 1 ran)	8
-	Ellesmere Port RC 'A'	No Team	-
-	Billinge RC 'A'	No Team	-
-	St Helens Tri 'A'	No Team	-
-	Warrington Tri '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'	6	34
2	Penny Lane Striders 'A'	29	33
3	North Endurance 'A'	46	32
4	Liverpool Running Bugs 'A'	75	31
5	Chester Tri 'A'	92	30
6	Pensby Runners 'A'	93	29
7	Spectrum Striders 'A'	94	28
8	Knowsley Harriers 'A'	106	27
9	Lymm Runners 'A'	117	26
10	RRAMS 'A'	119	25
11	Kirkby Milers 'A'	121	24
12	Helsby RC 'A'	124	23
13	Warrington RC 'A'	133	22
14	Skem BH 'A'	143	21
15	St Helens Striders 'A'	147	20
16	Liverpool RC 'A'	158	19
17	Widnes RC 'A'	178	18
18	Southport Strollers 'A'	206	17
19	Skem RC 'A'	254	16
20	UTS RC 'A'	219 (only 2 ran)	15
21	Ellesmere Port RC 'A'	239 (only 1 ran)	14
22	Run Sandymoor 'A'	240 (only 1 ran)	13
23	Warrington RR 'A'	244 (only 1 ran)	12
24	Birkenhead 'A'	256 (only 1 ran)	11
25	Mersey Tri 'A'	No Team	-
-	St Helens Tri 'A'	No Team	-
-	Billinge RC 'A'	No Team	-
-	Northwich 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	-

OVERALL POSITIONS

Mens 'A' Teams (6 Runners)

Pos	Team	Race 1	Race 2	Race 3	Race 4	Race 5	Total (best 4)
1	Penny Lane Striders 'A'	34	34	34	34	34	136
2	North Endurance 'A'	30	33	31	33	32	129
3	Kirkby Milers 'A'	32	28	32	31	33	128
4	Liverpool RC 'A'	33	31	14	33	27	124
5	Helsby RC 'A'	29	15	33	30	31	123
6	Liverpool Running Bugs 'A'	27	27	23	27	28	109
7	Lymm Runners 'A'	25	30	25	28	23	108
8	Mersey Tri 'A'	31	29	29	16	15	105
9	Run Sandymoor 'A'	24	19	26	22	30	102
10	Pensby Runners 'A'	22	26	24	25	26	101
11=	Skem BH 'A'	23	24	28	23	24	99
11=	Cheshire Dragons 'A'	12	16	28	26	29	99
13	Spectrum Striders 'A'	14	24	22	21	21	88
14	Warrington RC 'A'	26	11	16	20	25	87
15	St Helens Striders 'A'	21	21	21	18	22	85
16=	Chester Tri 'A'	11	9	30	29	13	83
16=	Widnes RC 'A'	19	13	21	24	19	83
18	Knowsley Harriers 'A'	20	25	10	19	12	76
19	Billinge RC 'A'	28	32	NT	14	NT	74
20=	Birkenhead 'A'	15	6	19	17	18	69
20=	Southport Strollers 'A'	16	18	NT	15	20	69
22	Warrington RR 'A'	17	20	15	10	16	68
23	RRAMS 'A'	13	12	18	13	14	58
24	Skem RC 'A'	9	22	12	9	8	52
25	Astley & Tyldesley RR 'A'	6	10	13	11	10	44
26	Northwich RC 'A'	7	17	9	8	9	43
27	Burnden Road Runners 'A'	8	14	NT	7	11	40
28	UTS RC 'A'	NT	NT	17	NT	17	34
29	Ellesmere Port RC 'A'	10	NT	11	12	NT	33
30	Marsh Lane Harriers 'A'	18	7	NT	NT	NT	25
31	Warrington Tri 'A'	5	8	NT	6	NT	19
-	St Helens Tri '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)

Congratulations to Penny Lane Striders who are this year's men's team champions

Ladies 'A' Teams (3 Runners)

Pos	Team	Race 1	Race 2	Race 3	Race 4	Race 5	Total (best 4)
1	Cheshire Dragons 'A'	34	33	34	34	34	136
2	RRAMS 'A'	33	34	33	33	25	133
3	Penny Lane Striders 'A'	32	32	32	32	33	129
4	North Endurance 'A'	30	31	31	15	32	124
5	Lymm Runners 'A'	31	18	30	31	26	118
6	Helsby RC 'A'	28	25	29	30	23	112
7	Kirkby Milers 'A'	29	28	25	24	24	106
8=	St Helens Striders 'A'	27	29	14	26	20	102
8=	Liverpool Running Bugs 'A'	25	23	23	22	31	102
10	Pensby Runners 'A'	17	26	28	10	29	100
11	Skem BH 'A'	23	30	19	23	21	97
12	Run Sandymoor 'A'	20	23	26	27	13	96
13	Spectrum Striders 'A'	13	14	22	29	28	93
14	Chester Tri 'A'	26	NT	20	14	30	90
15	Warrington RC 'A'	21	19	24	20	22	87
16	Southport Strollers 'A'	15	24	NT	28	17	84
17	Knowsley Harriers 'A'	16	10	15	25	27	83
18	Widnes RC 'A'	24	13	18	21	18	81
19	Warrington RR 'A'	22	20	21	17	12	80
20	Liverpool RC 'A'	18	16	11	19	19	72
21	Mersey Tri 'A'	19	21	27	NT	NT	67
22	Skem RC 'A'	10	17	16	13	16	62
23	Northwich RC 'A'	11	15	17	18	NT	61
24	Birkenhead 'A'	9	NT	13	16	11	49
25	Ellesmere Port RC 'A'	6	11	NT	11	14	42
26	Billinge RC 'A'	14	27	NT	NT	NT	41
27	UTS RC 'A'	NT	NT	12	NT	15	27
28	Burnden Road Runners 'A'	8	12	NT	NT	NT	20
29	Astley & Tyldesley RR 'A'	7	NT	NT	12	NT	19
30	Marsh Lane Harriers 'A'	13	NT	NT	NT	NT	13
-	St Helens Tri 'A'	NT	NT	NT	NT	NT	-
-	Delamere Spartans 'A'	NT	NT	NT	NT	NT	-
-	Warrington Tri 'A'	NT	NT	NT	NT	NT	-
-	Widnes Wasps 'A'	NT	NT	NT	NT	NT	-

(NT= No Team)

Congratulations to Cheshire Dragons who are this year's ladies team champions