

North West XC – Race 3 – Arrowe Park – 10 December 2017 – 4.85M

Mens Results

1	Ian Lawton	Mersey Tri	U40M	76	Chris Usher	Newburgh Nomads	O40M
2	Chris Maher	Penny Lane Striders	U40M	77	Michael Connor	Knowsley Harriers	O50M
3	Chris Stanford	Warrington Tri	U40M	78	Xavier Soler	Warrington RR	U40M
4	Jamie Rutherford	Liverpool RC	U30M	79	Mike Hitchmough	Newburgh Nomads	O50M
Guest	Phillip Langan	Wirral AC	O40M	80	Patrick Corrigan	Pensby Runners	O55M
5	Christian Harvey	Knowsley Harriers	U20M	81	Ian Wilson	Mersey Tri	U40M
6	Lawrence Eccles	Penny Lane Striders	U40M	82	Gareth Boyd	Helsby	O45M
7	James Allen	St Helens Striders	U40M	83	Paul Cheetham	Skem BH	O45M
8	Paddy Eaton	Liverpool RC	U30M	84	Marc Williams	Village Runners	U40M
9	Dan Harbidge	Warrington Tri	U30M	85	Ian Chisnall	St Helens Striders	O40M
10	Mark Clair	Mersey Tri	U40M	86	Phil Dabner	Mersey Tri	O50M
11	Chris Pownell	Knowsley Harriers	U30M	87	Gary Fisher	Kirkby Milers	U40M
12	James Toohey	Liverpool RC	U30M	88	Ian Russell	Penny Lane Striders	O50M
13	Jonjo Doherty	St Helens Striders	U40M	89	Stuart Russell	Liverpool RC	O45M
14	Mark Heavey	Warrington RR	O45M	90	Davyd Michell	Helsby	O40M
15	Alan Smithson	Mersey Tri	U40M	91	Ian Shorrock	Pensby Runners	O40M
16	Ian Magill	Liverpool RC	O45M	92	Graham Cheers	Warrington RC	O40M
17	Chris Collins	Helsby	U30M	93	Gary Wilton	Kirkby Milers	O40M
18	Jay Brittles	Mersey Tri	U40M	94	Jim Dawson	Lymm Runners	O50M
19	Jack Antrobus	Warrington RC	U40M	95	Michael O'rouke	Penny Lane Striders	U40M
20	Josh Keogh	Penny Lane Striders	U30M	96	Nick Wishart	Delamere Spartans	O50M
21	Stephen Harrison	Village Runners	O45M	97	Alan Sanderson	Liverpool RC	U40M
22	Thom Atkinson	Mersey Tri	U30M	98	Bob Burke	Liverpool RC	O50M
23	Tom Greaves	Warrington RR	U30M	99	Dean Wilson	Liverpool RC	O40M
24	Sam Evans	Penny Lane Striders	U40M	100	Paul Cubbins	Mersey Tri	O40M
25	John Hunt	Pensby Runners	O50M	101	Kevin Outten	St Helens Striders	O40M
26	Alex Cowin	Penny Lane Striders	U40M	102	Mark Walker	Warrington Tri	O45M
27	Lee Fuller	Warrington RC	O40M	103	Steven Nokes	Warrington RR	O40M
28	Alex Mason	Delamere Spartans	O40M	104	Tadie Abeki	Knowsley Harriers	O40M
29	Alex Rigby	Liverpool RC	U30M	105	George Daval	Mersey Tri	U30M
30	Marty Christian	Kirkby Milers	O45M	106	Dominic Roberts	Pensby Runners	U40M
31	Kyle Harrison	Liverpool RC	U30M	107	Thomas Rimmer	Penny Lane Striders	U40M
32	Phil Riding	Penny Lane Striders	O40M	108	Andy Dowdeswell	Widnes RC	U40M
33	Colin Bishop	Helsby	O55M	109	Ian Wright	St Helens Striders	O45M
34	Stephen Doyle	Knowsley Harriers	O40M	110	Paul Skipper	Mersey Tri	U40M
35	Patrick Boyle	Liverpool RC	O40M	111	Paul Williams	Mersey Tri	U40M
36	Paul Waters	Knowsley Harriers	U40M	112	Graham Driver	Spectrum Striders	O50M
37	Chris Ryan	Mersey Tri	U40M	113	Daniel Green	Warrington RR	O40M
38	James Ellis	Kirkby Milers	U40M	114	Ian Roche	Mersey Tri	O50M
39	Mark Howard	Mersey Tri	O40M	115	Paul Wilson	Liverpool RC	O45M
40	David Edwards	Kirkby Milers	O55M	116	Stephen Riley	Helsby	O50M
41	Phil Johnson	Mersey Tri	U40M	117	Mike Aisbitt	Skem BH	O40M
42	Simon Rogers	Pensby Runners	O55M	118	Wally Coppelov	Newburgh Nomads	O55M
43	Rob Garth	Penny Lane Striders	U30M	119	Matt Helm	Liverpool RC	O55M
44	Jay Clarke	Penny Lane Striders	U40M	120	David Connor	Mersey Tri	O45M
45	Peter Murphy	Lymm Runners	O40M	121	Tim Palmer	Helsby	O50M
46	Paul Martin	Mersey Tri	U40M	122	Robert Chalmers	Pensby Runners	O40M
47	Alistair Malpas	Pensby Runners	U40M	123	Stephen Bowden	Warrington RR	O60M
48	Mark Hadland	Warrington Tri	O40M	124	Chris Falls	Widnes RC	O40M
49	Michael Heyes	Mersey Tri	U40M	125	Sean Wilton	Kirkby Milers	U30M
50	Rob Fletcher	Mersey Tri	O45M	126	Mike Smith	Lymm Runners	O50M
51	Richard Seville	St Helens Striders	O45M	127	Tim Grace	Mersey Tri	O45M
52	Nicholas White	Northwich RC	-	128	Michael Parr	Northwich RC	O40M
53	Chris Gorman	Northwich RC	U40M	129	Mike Douglas	Warrington Tri	U40M
54	Mark Riley	St Helens Striders	U40M	130	Julian Spencer	Spectrum Striders	O55M
55	Colin Dobbs	Penny Lane Striders	O40M	131	Daniel Tetlow	St Helens Striders	U40M
56	Kye Byrne	Warrington RC	U40M	132	Grant Davidson	Mersey Tri	O40M
57	Matthew Robinson	Newburgh Nomads	U40M	133	Colin Rushton	Warrington RC	O45M
58	Ian Rutherford	Helsby	O45M	134	Dave McAlastair	Pensby Runners	O55M
59	Darren Rodmell	Penny Lane Striders	O40M	135	Andie Gow	Pensby Runners	O60M
60	Alex Ward	Mersey Tri	U40M	136	Tim Schofield-Jones	Northwich RC	U40M
61	Gary English	Liverpool RC	O50M	137	Russ Platt	Warrington RR	O50M
62	Daniel Peers	Spectrum Striders	U30M	138	Peter Leadbeater	Kirkby Milers	O50M
63	Simone Capponi	Penny Lane Striders	O40M	139	Mark Glaister	Skem BH	O55M
64	Paul Scully	Warrington RC	O45M	140	Graham Cushion	Liverpool RC	O40M
65	Mike Waring	Chester Tri	O50M	141	Dave Roberts	Ellesmere Port RC	O55M
66	Owen Barden	Mersey Tri	O40M	142	Jeff Adams	Pensby Runners	O60M
67	Michael Holloway	Liverpool RC	U40M	143	Gavin Parry	Knowsley Harriers	O45M
68	Joseph Chedgzoy	Kirkby Milers	U40M	144	Gary Hilton	Warrington Tri	O45M
69	John Jensen	Penny Lane Striders	O40M	145	Jefferson Gard	Penny Lane Striders	O45M
70	Jonathan Toft	Penny Lane Striders	U40M	146	John Robb	Chester Tri	O50M
71	Francis Edwards	Delamere Spartans	-	147	Barry Williams	Mersey Tri	U40M
72	Phil Lomas	Warrington RC	O40M	148	Huw Kinsman	Spectrum Striders	U30M
73	Phil Rowen	Lymm Runners	O45M	149	Simone Tondelloni	Lymm Runners	U40M
74	Kevin Gillibrand	Warrington RR	O50M	150	Geoffrey Douglass	Warrington RC	U40M
75	Kevin Harrison	Kirkby Milers	O40M	151	Ian McNeill	Birkenhead	O55M

152	Tony Peacock	Penny Lane Striders	O60M	176	Richard MacIlwaine	Spectrum Striders	O55M
153	Darren Roberts	Warrington RC	O45M	177	Rob Lloyd	Widnes RC	O45M
154	Ciaran Lynch	Pensby Runners	O45M	178	Tony Green	Penny Lane Striders	O60M
155	Lee Roger	Mersey Tri	O45M	179	Matt Sanderson	Warrington RC	O45M
156	Tim Holloway	Delamere Spartans	O50M	180	Chris Morgan	Helsby	O60M
157	Paul Harbidge	Warrington Tri	O55M	181	Ian Ellis	Mersey Tri	O45M
158	Paul Dowdle	St Helens Striders	O45M	182	David Faulkner	Lymm Runners	O60M
159	Roger Seddon	Warrington RC	O50M	183	Alan Wilcox	Northwich RC	O50M
160	Neil Goulding	Skem BH	O40M	184	John Kleiser	Delamere Spartans	O40M
161	Simon Ward	Mersey Tri	O45M	185	Robert Shanahan	Ellesmere Port RC	O50M
162	John Suckley	Pensby Runners	O55M	186	Neil Egerton	Widnes RC	O50M
163	Andrew Glen	Knowsley Harriers	O50M	187	Nigel Pratten	Pensby Runners	O60M
164	Fred Duenbier	Newburgh Nomads	O60M	188	Andy Dalton	Skem BH	O55M
165	Chris Ball	Mersey Tri	O45M	189	Alex Hughes	Village Runners	U40M
166	Antony Dagnall	St Helens Striders	O60M	190	Steve Stamper	Northwich RC	O55M
167	Steve Pemberton	Penny Lane Striders	O60M	191	Andrew Bates	Penny Lane Striders	U40M
168	Tom Thomerson	Warrington RC	O45M	192	Michael Kay	Warrington RC	O45M
169	Peter Merville	St Helens Striders	O55M	193	Bill Sergeson	Penny Lane Striders	O50M
170	Richard Shayle	Pensby Runners	O45M	194	Wayne Nickson	Warrington RC	O45M
171	Robert-Jon Cooper	Penny Lane Striders	U40M	195	Sean Gunnery-Hitchen	Warrington RC	U40M
172	Philip Walton	Warrington RC	O40M	196	Glyn Davies	Warrington RC	O45M
173	Stuart Greenhall	Northwich RC	O55M	197	Ian Chalmers	Pensby Runners	O60M
174	Brian Kennedy	Newburgh Nomads	O60M	198	Bryan Forth	Warrington RR	O45M
175	Colin Lamprey	Pensby Runners	O55M	199	Kit Whitfield	Spectrum Striders	O50M

Ladies Results

1	Hazel MacCormick	Penny Lane Striders	U40F	44	Kate Dwyer	Warrington RC	O40F
2	Lucinda Lamb	Helsby	U35F	45	Sue Sanderson	Warrington RC	O40F
3	Kate Macfarlane	Penny Lane Striders	U35F	46	Susan Kerfoot	St Helens Striders	U40F
4	Sarah Roberts	Pensby Runners	U40F	47	Charlotte Rawcliffe	Penny Lane Striders	U40F
5	Kelly Hamilton	St Helens Striders	U35F	48	Rachel Arnold	Helsby	O50F
6	Stella Hayden	Penny Lane Striders	U35F	49	Louise Plevin	Warrington RC	U35F
7	Rachael Fairclough	St Helens Striders	U35F	50	Abigail Willmitt	Liverpool RC	U35F
8	Jennifer Houghton	Kirkby Milers	U35F	51	Linda Statham	Warrington RR	O40F
9	Lauren Wilson	Penny Lane Striders	U30F	52	Caroline Weaver	Warrington RC	O50F
10	Honor Thompson	Skem BH	U40F	53	Emily Smith	Helsby	U40F
11	Laura Baynham-Hughes	Helsby	O40F	54	Gill Collen	Warrington RR	O50F
12	Lisa Grantham	Pensby Runners	O40F	55	Hannah Coyne-Williams	Liverpool RC	U30F
13	Liz Turner	Penny Lane Striders	U40F	56	Carole Morrison	Pensby Runners	O50F
14	Sharon Samson	Penny Lane Striders	U40F	57	Hayley Staunton	Lymm Runners	U30F
15	Stephanie Loach	Pensby Runners	O40F	58	Sandra Bentley	Widnes RC	O40F
16	Becky Wadeson	Skem BH	U40F	59	Sue Buck	Helsby	O50F
17	Ali Lewis	Pensby Runners	O40F	60	Helen Lowe	Northwich RC	O40F
18	Jenny Illidge	Helsby	U30F	61	Louise Peacock	Warrington RC	U30F
19	Alice Tremain	Mersey Tri	U30F	62	Liz Whitfield	Spectrum Striders	O40F
20	Laura Roach	Liverpool RC	U35F	63	Helen Measures	Pensby Runners	U40F
21	Pamela Thurtle	Penny Lane Striders	O40F	64	Dawn Hignett	Widnes RC	O40F
22	Caroline Barrow	Widnes RC	O40F	65	Elaine Parry	St Helens Striders	U40F
23	Yvonne Wyke	Parbold Pink Panthers	O40F	66	Lucy Shayle	Pensby Runners	U20F
24	Bridget Glaister	Parbold Pink Panthers	O40F	67	Claire Harrison	Warrington RC	U40F
25	Nicole Leow	Kirkby Milers	U30F	68	Catherine Howell	Pensby Runners	U40F
26	Marina Maxwell	Widnes RC	O40F	69	Helen Kelsall	Kirkby Milers	U40F
27	Tiffany Moorcroft	Northwich RC	O40F	70	Kathryn Schofield	Warrington Tri	U20F
28	Maria Cook	Parbold Pink Panthers	O40F	71	Jan Swales	Widnes RC	O50F
29	Nicola Lawrance	Widnes RC	U40F	72	Nicola Schofield	Northwich RC	U35F
30	Lucy Partridge	Pensby Runners	U40F	73	Helen Goldsmith	Warrington RC	O40F
31	Debbie Wilson	Mersey Tri	U40F	74	Ursula Cheetham	Parbold Pink Panthers	O40F
32	Louise Davison	Penny Lane Striders	U30F	75	Jessica Messenger	Northwich RC	U40F
33	Janet Robertson	Helsby	O50F	76	Carolyn Smith	Lymm Runners	O50F
34	Tarja Barnes	Warrington RR	O40F	77	Gail Fairclough	Liverpool RC	O60F
35	Clare Firth	Warrington RC	O40F	78	Nicola Perrins	Chester Tri	O40F
36	Jennifer O'Sullivan	Kirkby Milers	U35F	79	Alison Felstead	Lymm Runners	O40F
37	Melanie Bradley	Northwich RC	O40F	80	Kerry Riley	St Helens Striders	U40F
38	Beata Suthard	Northwich RC	U40F	81	Robyn English	Liverpool RC	O40F
39	Anja Dunsch	Knowsley Harriers	U35F	82	Jayne Cheetham	Warrington RC	O40F
40	Anne Gregory	Warrington RR	O40F	83	Lesley Neary	Kirkby Milers	O40F
41	Helen Lonsdale	Northwich RC	U40F	84	Leanne Rimmer	Kirkby Milers	U40F
42	Karen Parry	Knowsley Harriers	O40F	85	Steph Charman	Spectrum Striders	O60F
43	Melissa Giusti	Warrington RC	U35F	86	Charlotte Mills	Northwich RC	O40F

Team Results

Mens 'A' Teams (6 Runners)

Pos	Team	Score	Points
1	Liverpool RC 'A'	100	21
2	Mersey Tri 'A'	105	20
3	Penny Lane Striders 'A'	110	19
4	Knowsley Harriers 'A'	267	18
5	Lymm & Warrington RR 'A'	307	17
6	St Helens Striders 'A'	311	16
7	Warrington RC 'A'	330	15
8	Kirkby Milers 'A'	338	14
9	Birkenhead & Pensby 'A'	391	13
10	Helsby 'A'	396	12
11	Warrington Tri 'A'	435	11
12	Newburgh Nomads 'A'	668	10
13	Northwich RC 'A'	725	9
14	Spectrum Striders 'A'	827	7
15	Delamere Spartans 'A'	744 (only 5 Ran)	8
16	Skem & Parbold 'A'	896 (only 5 Ran)	6
17	Widnes RC 'A'	1013 (only 4 Ran)	4
18	Village Runners 'A'	921 (only 3 Ran)	5
19	Chester Tri 'A'	1047 (only 2 Ran)	3
20	Ellesmere Port RC 'A'	1162 (only 2 Ran)	2
21	Widnes Wasps 'A'	No Team	-

Ladies 'A' Teams (3 Runners)

Pos	Team	Score	Points
1	Penny Lane Striders 'A'	10	21
2=	Birkenhead & Pensby 'A'	31	20
2=	Helsby 'A'	31	20
4	Skem & Parbold 'A'	49	18
5	St Helens Striders 'A'	58	17
6	Widnes RC 'A'	77	16
7=	Kirkby Milers 'A'	102	15
7=	Northwich RC 'A'	102	15
9	Warrington RC 'A'	122	13
10	Lymm & Warrington RR 'A'	125	12
11	Liverpool RC 'A'	147	11
12	Mersey Tri 'A'	146 (Only 2 Ran)	10
13	Knowsley Harriers 'A'	177 (Only 2 Ran)	9
14	Spectrum Striders 'A'	243 (Only 2 Ran)	8
15	Warrington Tri 'A'	262 (Only 1 Ran)	7
16	Chester Tri 'A'	270 (Only 1 Ran)	6
17=	Delamere Spartans 'A'	No Team	-
17=	Newburgh Nomads 'A'	No Team	-
17=	Widnes Wasps 'A'	No Team	-
17=	Ellesmere Port RC 'A'	No Team	-
17=	Village Runners 'A'	No Team	-

CURRENT POSITIONS

Mens 'A' Teams (6 Runners)

Pos	Team	Race 1	Race 2	Race 3	Total
1	Mersey Tri 'A'	20	21	20	61
2	Penny Lane Striders 'A'	21	20	19	60
3	Liverpool RC 'A'	19	19	21	59
4	Knowsley Harriers 'A'	18	18	18	54
5	Lymm & Warrington RR 'A'	17	17	17	51
6	St Helens Striders 'A'	15	16	16	47
7	Kirkby Milers 'A'	16	15	14	45
8	Warrington RC 'A'	12	14	15	41
9	Birkenhead & Pensby 'A'	13	13	13	39
10	Helsby 'A'	14	10	12	36
11	Newburgh Nomads 'A'	10	12	10	32
12	Widnes RC 'A'	11	11	4	26
13=	Spectrum Striders 'A'	9	8	7	24
13=	Northwich RC 'A'	8	7	9	24
15	Warrington Tri 'A'	7	5	11	23
16	Chester Tri 'A'	5	9	3	17
17	Delamere Spartans 'A'	6	2	8	16
18	Skem & Parbold 'A'	3	6	6	15
19	Village Runners 'A'	4	4	5	13
20	Ellesmere Port RC 'A'	2	3	2	7
21	Widnes Wasps 'A'	NT	NT	NT	NT

Ladies 'A' Teams (3 Runners)

Pos	Team	Race 1	Race 2	Race 3	Race 4	Total
1	Penny Lane Striders 'A'	21	20	21		62
2	Skem & Parbold 'A'	20	21	18		59
3	Helsby 'A'	18	19	20		57
4	Birkenhead & Pensby 'A'	19	10	20		49
5	Widnes RC 'A'	12	18	16		46
6	Kirkby Milers 'A'	16	13	15		44
7	Northwich RC 'A'	9	17	15		41
8	Knowsley Harriers 'A'	15	16	9		40
9	Spectrum Striders 'A'	17	14	8		39
10	Warrington RC 'A'	14	11	13		38
11	Lymm & Warrington RR 'A'	13	12	12		37
12	Liverpool RC 'A'	10	15	11		36
12	St Helens Striders 'A'	11	8	17		36
14	Mersey Tri 'A'	8	9	10		27
15	Widnes Wasps 'A'	7	7	NT		14
16	Chester Tri 'A'	NT	6	6		12
16	Warrington Tri 'A'	5	NT	7		12
18	Delamere Spartans 'A'	6	NT	NT		6
19	Ellesmere Port RC 'A'	NT	NT	NT		NT
19	Newburgh Nomads 'A'	NT	NT	NT		NT
19	Village Runners 'A'	NT	NT	NT		NT