

## North West XC – Race 5 – Croxteth Park – 3 January 2019 – 5.5M

### Mens Results

1	Ian Lawton	Mersey Tri	U40M	77	Tom Chadwick	St Helens Striders	U30M
2	Martin Swensson	Penny Lane Striders	O40M	78	Andrew Boulger	Kirkby Milers	O45M
3	Jonjo Doherty	St Helens Striders	U40M	79	Patrick Corrigan	Pensby Runners	O55M
4	Robert Owens	Knowsley Harriers	U40M	80	Graham Coupe	Vikings	O45M
5	Jamie Rutherford	Liverpool RC	U30M	81	Joe McCarthy	Mersey Tri	O45M
6	Jay Brittles	Mersey Tri	U40M	82	Ian Atkinson	Chester Tri	O55M
7	James Toohey	Liverpool RC	U30M	83	Andrew Keeley	Penny Lane Striders	O55M
8	Jonathan Smith	Lymm Runners	U40M	84	Nigel Foo	Penny Lane Striders	O50M
9	Mark Clair	Mersey Tri	U40M	85	Thomas Rimmer	Penny Lane Striders	U40M
10	George Hill	Warrington Tri	U20M	86	Daryl Mullen	Newburgh Nomads	O50M
11	Liam Brown	Kirkby Milers	U30M	87	Steven Foley	Newburgh Nomads	O50M
12	Tony O'Brian	Mersey Tri	O45M	88	Daniel Tetlow	St Helens Striders	U40M
13	Danny Schofield	Warrington RC	U30M	89	Steve Sherwen	Lymm Runners	O45M
14	Phil Johnson	Mersey Tri	U40M	90	Mike Douglas	Warrington Tri	U40M
15	Lawrence Eccles	Penny Lane Striders	U40M	91	Matt Helm	Liverpool RC	O55M
16	David Willshire	Penny Lane Striders	U40M	92	Tony Jackson	Newburgh Nomads	O60M
17	John Hunt	Pensby Runners	O50M	93	Luke Wills	Skem BH	U40M
18	Ian Magill	Liverpool RC	O45M	94	Jim Dawson	Lymm Runners	O55M
19	Sam Evans	Penny Lane Striders	U40M	95	Ian Wilson	Mersey Tri	U40M
20	Mark Howard	Mersey Tri	O40M	96	Mike Smith	Lymm Runners	O50M
21	Alex Cowin	Penny Lane Striders	U40M	97	Davyd Michell	Helsby	O40M
22	Alex Rigby	Liverpool RC	U30M	98	Paul Brown	Liverpool RC	U40M
23	James Ellis	Kirkby Milers	U40M	99	Paul Johnstone	Mersey Tri	O40M
24	Will Kozer	Widnes RC	U40M	100	John Preece	Kirkby Milers	O45M
25	Stephen Harrison	Birkenhead	O45M	101	Grant Davidson	Mersey Tri	O45M
26	Thomas Wilson	Liverpool RC	U30M	102	Ian Edge	Warrington RR	O55M
27	Rob Kelly	Liverpool RC	U40M	103	Ash Stillwell	Liverpool Running Bugs	-
28	Edwin Drost	Warrington RC	U40M	104	Nigel Grant	Penny Lane Striders	O55M
29	Jay Williams	Kirkby Milers	U40M	105	George Oliver	Northwich RC	U30M
30	Thomas Dempsey	Kirkby Milers	U30M	106	Lee Barlow	Northwich RC	O40M
31	Rob McBain	Northwich RC	U40M	107	Alexander Bentley	Liverpool Running Bugs	O40M
32	Paul Waters	Knowsley Harriers	U40M	108	Sean Simmons	Chester Tri	O45M
33	Joe Johnson	Birkenhead	O45M	109	Peter Leadbeater	Kirkby Milers	O50M
34	Michael Heyes	Mersey Tri	U40M	110	Mike Atkinson	Warrington RC	O60M
35	Adam Fitzsimmons	Kirkby Milers	U30M	111	Julian Spencer	Spectrum Striders	O55M
36	Daniel Dunnington	Mersey Tri	U30M	112	Chris Levy	St Helens Striders	O45M
37	Gary Wilton	Kirkby Milers	O40M	113	Andrew Glen	Liverpool Running Bugs	O55M
38	Kevin Harrison	Kirkby Milers	O40M	114	Robert Porter	Penny Lane Striders	O40M
39	Kevin Smith	Helsby	O40M	115	Lucas Pilkington	Northwich RC	U30M
40	Kevin Walker	Skem BH	O40M	116	Ian King	Liverpool RC	O60M
41	Chris Gorman	Northwich RC	U40M	117	Richard Shayle	Pensby Runners	O45M
42	Phil Riding	Penny Lane Striders	O40M	118	Nikolaos Giotakis	Pensby Runners	O45M
43	Matthew Robinson	Newburgh Nomads	O40M	119	Nigel Waterhouse	Chester Tri	O55M
44	Robert Beech	Pensby Runners	U40M	120	Andy Small	St Helens Striders	-
45	Kieran Allen	St Helens Striders	U40M	121	Christopher Lee	Liverpool Running Bugs	O50M
46	Ralph Pawling	Pensby Runners	U40M	122	Verne Wignail	Liverpool RC	O50M
47	Matt Clair	Liverpool RC	U40M	123	Mark Glaister	Skem BH	O55M
48	Dave Connor	Mersey Tri	O45M	124	Ian McNeill	Birkenhead	O60M
49	David Edwards	Kirkby Milers	O55M	125	Iain Wood	Chester Tri	O60M
50	Michael Waring	Chester Tri	O50M	126	Alan Wheelhouse	Warrington RR	O50M
51	Andrew McGlone	Kirkby Milers	U40M	127	David Glover	Warrington RC	U40M
52	Lee Turner	Kirkby Milers	U30M	128	Steve Pemberton	Penny Lane Striders	O60M
53	Paul Williams	Mersey Tri	U40M	129	Stephen Riley	Helsby	O50M
54	Craig Farr	Northwich RC	O40M	130	Alex Mitchell	Liverpool Running Bugs	U30M
55	Gary English	Liverpool RC	O55M	131	David Feakes	Helsby	O55M
56	Mark Walker	Warrington Tri	O45M	132	Thomas Humphries	Warrington RC	U30M
57	Michael O'Rourke	Penny Lane Striders	U40M	133	Andrew Hankinson	Widnes RC	U30M
58	Paul Ravenscroft	Warrington RR	O45M	134	Antony Dagnall	St Helens Striders	O60M
59	Joe Weaver	St Helens Striders	U30M	135	George Pierce	Liverpool RC	O50M
60	Rob Bruford	Northwich RC	O40M	136	Paul Land	Skem BH	O45M
61	Phil Rowen	Lymm Runners	O45M	137	Alan McDermott	Penny Lane Striders	O50M
62	Lee Warburton	Penny Lane Striders	O45M	138	Terry Charles	Vikings	O60M
63	Leslie Johnson	Northwich RC	O50M	139	Rob Lloyd	Widnes RC	O45M
64	Mike Aisbitt	Skem BH	O45M	140	Nick Morton	Kirkby Milers	U30M
65	Peter Cushion	Vikings	O45M	141	Stephen Mcconville	Pensby Runners	O50M
66	Ian Hamling	Helsby	O40M	142	Adam Hall	Liverpool Running Bugs	U40M
67	Ian Wright	St Helens Striders	O45M	143	Alan Spencer	Knowsley Harriers	O55M
68	Gary Parker	Pensby Runners	U40M	144	Michael Parr	Northwich RC	O40M
69	Matthew Parmenter	St Helens Striders	O40M	145	Mike Lisle	Mersey Tri	O60M
70	Mark Dempsey	Mersey Tri	O40M	146	Joe Allen	Kirkby Milers	U20M
71	Ian Russell	Penny Lane Striders	O50M	147	Paul Dowdle	St Helens Striders	O45M
72	Mike Hitchmough	Newburgh Nomads	O50M	148	Alistair Raffell	Spectrum Striders	O60M
73	Steve Williams	Warrington Tri	U40M	149	Anthony Peacock	Penny Lane Striders	O60M
74	Andrew Biddle	Penny Lane Striders	O40M	150	Tommy Burke	Penny Lane Striders	O60M
75	Chris Hatton	Lymm Runners	O40M	151	James Roberts	Penny Lane Striders	U40M
76	Paul Wilson	Liverpool RC	O45M	152	Jon Reynolds	Liverpool RC	O45M

153	Peter Connolly	Vikings	O50M	175	Not Recorded	0	0
154	Mark Scott	Liverpool RC	O50M	176	Stan Cottier	Liverpool RC	O60M
155	Joe McGlynn	Penny Lane Striders	O60M	177	John Dillon	Liverpool RC	U40M
156	Dave Harvey	Kirkby Milers	U40M	178	Robert Shanahan	Vikings	O50M
157	Andy Waring	Birkenhead	O60M	179	Stephen Maddock	Liverpool Running Bugs	O50M
158	Andy Dalton	Skem BH	O55M	180	Vince Alcock	Spectrum Striders	O50M
159	Tony Green	Penny Lane Striders	O60M	181	Dennis Yarwood	Spectrum Striders	O50M
160	Damian Smith	Spectrum Striders	O45M	182	James Blundell	Spectrum Striders	U40M
161	Steve Collyer	Chester Tri	O45M	183	Phil Berry	Skem BH	O40M
162	Terry Lynch	Penny Lane Striders	O50M	184	Dave Thompson	Spectrum Striders	O60M
163	Kieron Carr	Liverpool Running Bugs	O45M	185	Andrew Dowdeswell	Widnes RC	U40M
164	Graham Dowling	Skem BH	O45M	186	David Mangan	Penny Lane Striders	O60M
165	Gwyn Thomas	Pensby Runners	O60M	187	Mark Dutton	Northwich RC	O45M
166	Graham Swadkins	Liverpool Running Bugs	O55M	188	Harry Pepper	Mersey Tri	O45M
167	Kevin Carberry	Kirkby Milers	O45M	189	Tony Dickinson	Kirkby Milers	O45M
168	Darren Wood	Widnes RC	O45M	190	Kedar Dhopate	Liverpool Running Bugs	O40M
169	Andrew Bates	Penny Lane Striders	U40M	191	Ian Chalmers	Pensby Runners	O60M
170	Adam Staines	Skem BH	O50M	192	Tommy Gates	Penny Lane Striders	O55M
171	Dave Barnes	Warrington RR	O55M	193	Nathaniel Hopkins	Kirkby Milers	U40M
172	John Fitzgerald	Mersey Tri	O60M	194	Edward Roberts	Helsby	O60M
173	Dave Barrow	Kirkby Milers	O60M	195	John Donaghy	Warrington RC	O50M
174	Paul Wilson	Widnes RC	O55M				

## Ladies Results

Guest	Jenny Evans	Warrington RC	U30F	59	Sarah Preece	Warrington RC	O40F
Guest	Emily Gray	Liverpool Harriers	U20F	60	Kassia Boydell	Liverpool Running Bugs	-
1	Kate Stutheridge	Mersey Tri	U30F	61	Laura Porter	Penny Lane Striders	U40F
2	Maria Cook	Parbold Pink Panthers	O40F	62	Leah Binns	Helsby	U30F
3	Susan Fourie	Chester Tri	O40F	63	Carole Morrison	Pensby Runners	O50F
4	Honor Thompson	Skem BH	O40F	64	Jayne Cheetham	Warrington RC	O50F
5	Holly Bishton	Penny Lane Striders	U30F	65	Carol Lyon	Skem BH	O50F
6	Bobbie Lomax	Warrington RR	O40F	66	Charlie Sholl	Warrington Tri	O40F
7	Anna Begbie	Warrington RC	U40F	67	Ruth Hewitt	Liverpool Running Bugs	O40F
8	Alison Russell	Spectrum Striders	U40F	68	Lesley Feakes	Helsby	O50F
9	Amy Holland	Mersey Tri	U35F	69	Joanne Moyers	Widnes Wasps	O40F
10	Louise Casey	Widnes RC	U40F	70	Sally Napthen	Chester Tri	O50F
11	Sarah Treble	Kirkby Milers	U30F	71	Karen Smith	Chester Tri	O40F
12	Alice Trevail	Mersey Tri	U30F	72	Gill Collen	Warrington RR	O60F
13	Yvonne Ryan	Mersey Tri	U40F	73	Julia Banning	Skem BH	U35F
14	Janet Owens	Knowsley Harriers	O40F	74	Nicola Simmons	Vikings	O40F
15	Becky Wadeson	Skem BH	U40F	75	Susan Cash	Vikings	O60F
16	Bridget Glaister	Parbold Pink Panthers	O40F	76	Jade Teeder	Liverpool Running Bugs	U30F
17	Marina Maxwell	Widnes RC	O40F	77	Tracey Goble	Liverpool Running Bugs	O50F
18	Liz Whitfield	Spectrum Striders	O40F	78	Amanda Holman	Kirkby Milers	O40F
19	Tiffany Moorcroft	Northwich RC	O40F	79	Onnor Hampson	Liverpool Running Bugs	O40F
20	Jess Crook	Skem BH	U30F	80	Vicky Ferguson	Widnes Wasps	O40F
21	Lisa Cheers	St Helens Striders	U35F	81	Karen Morgan	Liverpool Running Bugs	O40F
22	Hayley Fairclough	Liverpool RC	U40F	82	Mini Moss	Liverpool RC	U35F
23	Beata Suthard	Northwich RC	U40F	83	Jane Woodburn	Skem BH	O50F
24	Danni Ebbrell	Vikings	O40F	84	Elaine Parry	St Helens Striders	O40F
25	Jane Ashbrook	Helsby	O40F	85	Kerry Riley	St Helens Striders	U40F
26	Helen Johnson	Vikings	O40F	86	Collette O'Halleron	Kirkby Milers	O40F
27	Christina Roach	Helsby	O60F	87	Jean Mitchell	Skem BH	O60F
28	Susan Kerfoot	St Helens Striders	U40F	88	Louise Bradbury	Warrington RC	O40F
29	Lenka Vidamour	Penny Lane Striders	U40F	89	Linda Jones	Warrington RC	O50F
30	Tarja Barnes	Warrington RR	O50F	90	Helen Goldsmith	Warrington RC	O40F
31	Pamela Thurtle	Penny Lane Striders	O40F	91	Mary Burton	Lymm Runners	O50F
32	Helen Kelsall	Kirkby Milers	U40F	92	Pat Kelly	Liverpool RC	O50F
33	Caroline Barrow	Widnes RC	O40F	93	Lisa Farr	Northwich RC	U40F
34	Jill Carlin	Warrington Tri	O50F	94	Claire Meadows	Penny Lane Striders	O50F
35	Sarah Jackson	Penny Lane Striders	O40F	95	Zara Thompson	Liverpool Running Bugs	U35F
36	Anne Gregory	Warrington RR	O40F	96	Jayne Russell	Kirkby Milers	O40F
37	Debbie Wilson	Mersey Tri	U40F	97	Diane Veasey	Kirkby Milers	U40F
38	Melanie Bradley	Northwich RC	O40F	98	Jessica Messenger	Northwich RC	O40F
39	Nicola Hayes	Skem BH	O40F	99	Nicola Perrins	Chester Tri	O40F
40	Lisa Mercer	Liverpool RC	U35F	100	Jayne Land	Skem BH	O40F
41	Dawn Fairclough	Liverpool RC	U40F	101	Suzanne Hall	Liverpool Running Bugs	U35F
42	Alexandra Royden	Pensby Runners	U30F	102	Paula Need	Liverpool Running Bugs	O50F
43	Pat Helsby	Kirkby Milers	O60F	103	Helen Eaton	Kirkby Milers	O40F
44	Alison MacDonald	Ellesmere Port RC	O50F	104	Donna Mannion	Liverpool RC	O50F
45	Rosemary Symms	Chester Tri	O60F	105	Ann Green	Kirkby Milers	O50F
46	Janet Walker	Skem BH	O40F	106	Becky Harrison	Kirkby Milers	U20F
47	Claudia Pagoulatou	Pensby Runners	O40F	107	Ann-Marie Carberry	Kirkby Milers	O50F
48	Amanda Lee	Kirkby Milers	O40F	108	Sarah Rowan	Skem BH	O40F
49	Rachel Arnold	Helsby	O50F	109	Carole Hughes	Warrington RC	O50F
50	Stephanie Donald	Kirkby Milers	U35F	110	Lisa Lloyd	Warrington RC	O50F
51	Donna Adlard	Vikings	O40F	111	Treana Peate	Liverpool Running Bugs	O40F
52	Kate Johnston	Spectrum Striders	O40F	112	Tracey Carr	Liverpool Running Bugs	O50F
53	Sian Maguire	St Helens Striders	U30F	113	Rhena Dhopate	Liverpool Running Bugs	O40F
54	Sue Heaps	St Helens Striders	O50F	114	Cat Treble	Kirkby Milers	U40F
55	Sue Carter	Kirkby Milers	U40F	115	Stephanie Charman	Knowsley Harriers	O60F
56	Alex Harrison	Liverpool RC	U30F	116	Sian Parry	Liverpool Running Bugs	U35F
57	Tanya Foley	Parbold Pink Panthers	O50F	117	Jo Moody	Liverpool RC	U40F
58	Stacey Clark	Widnes Wasps	U30F				

## Team Results

### Mens 'A' Teams (6 Runners)

Pos	Team	Score	Points
1	Mersey Tri 'A'	62	24
2	Liverpool RC 'A'	105	23
3	Penny Lane Striders 'A'	115	22
4	Kirkby Milers 'A'	165	21
5	Birkenhead & Pensby 'A'	233	20
6	St Helens Striders 'A'	320	19
7	Northwich RC 'A'	354	18
8	Lymm & Warrington RR 'A'	385	17
9	Warrington RC 'A'	605	16
10	Skem & Parbold 'A'	614	15
11	Chester Tri 'A'	645	14
12	Helsby 'A'	656	13
13	Liverpool Running Bugs 'A'	716	12
14	Widnes RC 'A'	823	11
15	Spectrum Striders 'A'	962	10
16	Newburgh Nomads 'A'	585 (only 5 Ran)	9
17	Vikings 'A'	819 (Only 5 Ran)	8
18	Warrington Tri 'A'	639 (Only 4 Ran)	7
19	Knowsley Harriers 'A'	794 Only 3 Ran)	6
20	Delamere Spartans 'A'	No Team	-
21	Ellesmere Port RC 'A'	No Team	-
22	Sunlight Runners 'A'	No Team	-
23	Village Runners 'A'	No Team	-
24	Widnes Wasps 'A'	No Team	-

### Ladies 'A' Teams (3 Runners)

Pos	Team	Score	Points
1	Skem & Parbold 'A'	21	24
2	Mersey Tri 'A'	23	23
3	Widnes RC 'A'	60	22
4	Penny Lane Striders 'A'	65	21
5	Lymm & Warrington RR 'A'	72	20
6	Spectrum Striders 'A'	78	19
7	Northwich RC 'A'	80	18
8	Kirkby Milers 'A'	86	17
9	Helsby 'A'	101	16
10	Vikings 'A'	101	15
11	St Helens Striders 'A'	102	14
12	Liverpool RC 'A'	103	13
13	Chester Tri 'A'	118	12
14	Warrington RC 'A'	130	11
15	Birkenhead & Pensby 'A'	152	10
16	Liverpool Running Bugs 'A'	203	9
17	Widnes Wasps 'A'	207	8
18	Warrington Tri 'A'	227 (Only 2 Ran)	7
19	Knowsley Harriers 'A'	256 (Only 2 Ran)	6
20	Ellesmere Port RC 'A'	298 (Only 1 Ran)	5
21	Delamere Spartans 'A'	No Team	-
22	Newburgh Nomads 'A'	No Team	-
23	Sunlight Runners 'A'	No Team	-
24	Village Runners 'A'	No Team	-

## CURRENT POSITIONS

### Mens 'A' Teams (6 Runners)

Pos	Team	Race 1	Race 2	Race 3	Race 4	Race 5	Total
1=	Liverpool RC 'A'	23	24	24	23	23	117
1=	Mersey Tri 'A'	24	23	22	24	24	117
3	Penny Lane Striders 'A'	20	22	23	22	22	109
4	Kirkby Milers 'A'	21	20	21	21	21	104
5	St Helens Striders 'A'	18	17	19	20	19	93
6	Birkenhead & Pensby 'A'	15	19	20	15	20	89
7	Knowsley Harriers 'A'	22	21	18	18	6	85
8	Lymm & Warrington RR 'A'	14	18	17	14	17	80
9	Northwich RC 'A'	14	15	13	17	18	77
10	Warrington Tri 'A'	16	12	15	19	7	69
11	Spectrum Striders 'A'	17	14	9	16	10	66
12=	Helsby 'A'	19	9	8	13	13	62
12=	Warrington RC 'A'	7	13	16	10	16	62
14	Chester Tri 'A'	10	11	14	8	14	57
15	Skem & Parbold 'A'	12	4	11	9	15	51
16	Widnes RC 'A'	8	10	7	11	11	47
17	Delamere Spartans 'A'	11	16	6	12	NT	45
18	Liverpool Running Bugs 'A'	6	7	10	6	12	41
19	Vikings 'A'	5	8	12	7	8	40
20	Newburgh Nomads 'A'	9	6	5	5	9	34
21	Ellesmere Port RC 'A'	4	6	4	4	NT	18
22	Sunlight Runners 'A'	3	4	NT	3	NT	10
23=	Village Runners 'A'	NT	NT	NT	NT	NT	-
23=	Widnes Wasps 'A'	NT	NT	NT	NT	NT	-

### Ladies 'A' Teams (3 Runners)

Pos	Team	Race 1	Race 2	Race 3	Race 4	Race 5	Total
1	Penny Lane Striders 'A'	23	24	24	23	21	115
2	Skem & Parbold 'A'	21	23	23	21	24	112
3	Widnes RC 'A'	24	21	21	20	22	108
4	St Helens Striders 'A'	22	22	22	22	14	102
5	Northwich RC 'A'	18	20	19	18	18	93
6	Mersey Tri 'A'	16	18	12	16	23	85
7=	Liverpool RC 'A'	12	19	20	19	13	83
7=	Helsby 'A'	15	12	16	24	16	83
7=	Lymm & Warrington RR 'A'	17	16	15	15	20	83
10	Spectrum Striders 'A'	19	17	10	17	19	82
11=	Birkenhead & Pensby 'A'	14	14	18	11	10	67
11=	Chester Tri 'A'	20	16	6	13	12	67
13=	Vikings 'A'	6	10	14	12	15	57
13=	Kirkby Milers 'A'	14	8	9	9	17	57
15	Warrington RC 'A'	9	13	13	10	11	56
16	Knowsley Harriers 'A'	11	11	11	14	6	53
17=	Ellesmere Port RC 'A'	10	5	17	NT	5	37
17=	Liverpool Running Bugs 'A'	8	6	8	6	9	37
19	Warrington Tri 'A'	5	9	7	8	7	36
20	Widnes Wasps 'A'	7	7	NT	7	8	29
21	Village Runners 'A'	4	5	NT	5	NT	14
22	Delamere Spartans 'A'	NT	5	NT	NT	NT	5
23=	Sunlight Runners 'A'	4	NT	NT	NT	NT	4
23=	Newburgh Nomads 'A'	4	NT	NT	NT	NT	4

(NT= No Team)