

North West XC – Race 5 – Town Park – 23 February 2020 – 4.8M

Mens Results

1	Ian Lawton	Mersey Tri	U40M	77	John Hammond	Mersey Tri	O40M
2	Jay Brittles	Mersey Tri	U40M	78	Lee Turner	Kirkby Milers	U30M
3	Ben Lewington	Kirkby Milers	U30M	79	Edward Halliwell	Helsby RC	O45M
4	Oliver Chadwick	Mersey Tri	U30M	80	Steve Sherwen	Lymm Runners	O45M
5	Mark Clair	Mersey Tri	U40M	81	Ian Jelley	Chester Tri	O45M
6	Robert Owens	Knowsley Harriers	U40M	82	Mark Baker	Warrington Tri	O50M
7	Daniel Harbidge	North Endurance	U30M	83	Michael McIntyre	Kirkby Milers	U40M
8	George Hill	Warrington Tri	U20M	84	Chris Alexander	Kirkby Milers	U30M
9	Michael Heyes	Mersey Tri	U40M	85	Gary Parker	Pensby Runners	U40M
10	Paul Martin	North Endurance	U40M	86	Gary English	Liverpool RC	O55M
11	Ben Taylor	Pensby Runners	U30M	87	Mike Sherwin	Run Sandymoor	O50M
12	Stephen Watkin	Penny Lane Striders	U40M	88	David Rumney	Chester Tri	O50M
13	Ryan Jones	Kirkby Milers	U40M	89	Peter Atkin	Liverpool RC	U40M
14	Daniel Dunnington	Mersey Tri	U30M	90	Derek Gibbon	Chester Tri	O50M
15	Charlie Deakin	Kirkby Milers	U20M	91	Paul Cheetham	Skem BH	O45M
16	Steven McKenzie	Kirkby Milers	U40M	92	Andrew Dowdeswell	Widnes RC	U40M
17	Alex Cowin	Penny Lane Striders	O40M	93	Graham Lui	Kirkby Milers	-
18	Phil Johnson	Mersey Tri	U40M	94	Barry Williams	Mersey Tri	U40M
19	Alan Smithson	Mersey Tri	U40M	95	Graham Driver	Spectrum Striders	O50M
20	David Willshire	Penny Lane Striders	U40M	96	Stephen Riley	Helsby RC	O55M
21	Matt McClay	Mersey Tri	U40M	97	Nigel Foo	Penny Lane Striders	O50M
22	Mike Fryer	Helsby RC	U30M	98	Jason Barrow	Northwich RC	O40M
23	Jay Williams	Kirkby Milers	U40M	99	Mark Glaister	Skem BH	O55M
24	Anthony Caldwell	North Endurance	O40M	100	David Wooster	Warrington RC	O40M
25	Liam Brown	Kirkby Milers	U30M	101	Nigel Waterhouse	Chester Tri	O55M
26	Neil Bullock	Ellesmere Port RC	U40M	102	Matthew Parmenter	St Helens Striders	O45M
27	Jack Pilkington	Lymm Runners	U30M	103	Ian McNeill	Birkenhead	O60M
28	Josh Keogh	Penny Lane Striders	U30M	104	Joe Cook	Skem BH	U20M
29	Gary Wiltton	Kirkby Milers	O40M	105	Paul Harbidge	Warrington Tri	O55M
30	Peter Roome	Mersey Tri	O55M	106	Mark Rockliffe	Helsby RC	U30M
31	John Myers	Run Sandymoor	O40M	107	Andy Haver	Northwich RC	O45M
32	Peter Talboys	Lymm Runners	U40M	108	Mike Lisle	Mersey Tri	O60M
33	Zac Ryan	Helsby RC	U30M	109	Matt Sanderson	Warrington RC	O45M
34	Chris Ryan	Mersey Tri	O40M	110	Steve Stuthridge	Village Runners	O45M
35	Matthew Collins	North Endurance	U40M	111	Keelan McCorrison	North Endurance	U30M
36	Daniel Peers	Spectrum Striders	U30M	112	Graham Cushion	Liverpool RC	O40M
37	Jon Cole	Ellesmere Port RC	O40M	113	John Lee	Kirkby Milers	-
38	Francis Hourigan	Widnes RC	O40M	114	Dan Robbins	Chester Tri	U40M
39	Kevin Harrison	Kirkby Milers	O40M	115	Paul Clarke	North Endurance	O50M
40	Will Kozer	Widnes RC	U40M	116	John Suckley	Pensby Runners	O60M
41	Daniel Waller	Mersey Tri	U40M	117	Robert Chalmers	Pensby Runners	O40M
42	Phil Rowen	Lymm Runners	O45M	118	Ian Davies	Skem BH	O45M
43	Alex Gifford	Ellesmere Port RC	O40M	119	Rob Lloyd	Widnes RC	O45M
44	Ian Hamling	Helsby RC	O40M	120	Ian Davies	Birkenhead	O55M
45	Andrew McGlone	Kirkby Milers	U40M	121	Martin Darwin	Warrington RC	O50M
46	Lee Warburton	Penny Lane Striders	O45M	122	Darran Wilson	Run Sandymoor	O50M
47	Luke Wills	Skem BH	U40M	123	Steve Collyer	Chester Tri	O45M
48	Ian Magill	Liverpool RC	O50M	124	Neil Jenkins	Chester Tri	O50M
49	Kevin Smith	Helsby RC	O40M	125	Joe McGlynn	Penny Lane Striders	O60M
50	Mark Riley	St Helens Striders	U40M	126	Paul Alexander	Pensby Runners	O60M
51	Scott Hambleton	Penny Lane Striders	O40M	127	Peter Smith	Widnes RC	O40M
52	Christopher Lee	Liverpool Running Bugs	O50M	128	John Barr	St Helens Striders	O60M
53	Kieran Thomson	Warrington RC	U20M	129	Phinean Woodward	Liverpool RC	O40M
54	Stephen Harrison	Birkenhead	O45M	130	Colin Thomson	Birkenhead	O40M
55	Thom Atkinson	North Endurance	U40M	131	Wally Coppelov	Newburgh Nomads	O60M
56	Adam Fitzsimmons	Kirkby Milers	U30M	132	Peter Heron	Mersey Tri	O55M
57	Nick Beare	Mersey Tri	O50M	133	Andie Gow	Pensby Runners	O60M
58	Patrick Breen	North Endurance	U40M	134	Tim Abraham	Mersey Tri	O55M
59	Rob Fletcher	Mersey Tri	O45M	135	Rob McHarry	Spectrum Striders	O55M
60	John Gilbert	Knowsley Harriers	U40M	136	Alistair Raffell	Spectrum Striders	O60M
61	David Edwards	Kirkby Milers	O55M	137	Bri Myler	Helsby RC	O40M
62	Damian Chambers	Liverpool Running Bugs	-	138	Paul Rust	Mersey Tri	O40M
63	Joe McCarthy	Mersey Tri	O50M	139	John Anderson	Northwich RC	O50M
64	Jonathan Cocroft	Lymm Runners	U40M	140	James Smith	Run Sandymoor	O40M
65	Ian Russell	Penny Lane Striders	O55M	141	Thomas Humphries	Warrington RC	U30M
66	Karl Bowles	St Helens Striders	O45M	142	Daniel Cook	Skem BH	O45M
67	Chris Fitzpatrick	Helsby RC	O40M	143	Andy Waring	Birkenhead	O60M
68	Stephen Bennett	North Endurance	U30M	144	Neil Egerton	Warrington RC	O50M
69	John Sheldon	Lymm Runners	O45M	145	Matt Willcott	Helsby RC	O40M
70	Ian Hewitt	Liverpool Running Bugs	O40M	146	Adam Staines	Skem BH	O50M
71	Xavier Soler	Warrington RR	O40M	147	Alan Wilcox	Northwich RC	O50M
72	Michael Aisbitt	Skem BH	O45M	148	Tony Green	Penny Lane Striders	O60M
73	Ian Atkinson	Chester Tri	O55M	149	Simon Domingo	Run Sandymoor	O45M
74	Paul McNally	Mersey Tri	O45M	150	Chris Basey	Delamere Spartans	-
75	Jim Dawson	Lymm Runners	O55M	151	Craig Denmade	Pensby Runners	U40M
76	Mark Atherton	Widnes RC	O40M	152	Neil MacPhie	Mersey Tri	O60M

153	John Fitzgerald	Mersey Tri	O60M	163	Peter Burton	Lymm Runners	O55M
154	John Houghton	Run Sandymoor	O60M	164	Tony Hart	Liverpool Running Bugs	O45M
155	Tony Fishwick	Kirkby Milers	O45M	165	Harry Pepper	Mersey Tri	O45M
156	Barry McDonnell	Birkenhead	U40M	166	Ashley Lewis	Run Sandymoor	U40M
157	Kieron Carr	Liverpool Running Bugs	O45M	167	Martin Hughes	Run Sandymoor	U40M
158	Ian Jackson	Northwich RC	O45M	168	Ian_D Burrows	Run Sandymoor	O45M
159	Anil Bose	Skem BH	O55M	169	Lee Birkett	Liverpool Running Bugs	O40M
160	Shaun McDonnell	Northwich RC	O50M	170	Graham Ashton	Liverpool Running Bugs	O50M
161	Paul Timms	Run Sandymoor	O50M	171	Bryan Forth	Warrington RR	O45M
162	Tim Mercer	Mersey Tri	O55M				

Ladies Results

1	Megan Ball	Liverpool RC	U30F	43	Angela Green	Skem BH	O40F
2	Maria Cook	Skem BH	O40F	44	Fiona Diaz-Silcock	Run Sandymoor	U35F
3	Honor Thompson	Skem BH	O40F	45	Melanie Bradley	Northwich RC	O40F
4	Samantha Howard	Mersey Tri	O40F	46	Emma Nunnerley	Lymm Runners	O40F
5	Rebecca Wadeson	Skem BH	U40F	47	Susann Paetzold	Liverpool Running Bugs	O40F
6	Gail Stuthridge	Village Runners	O40F	48	Sue Buck	Helsby RC	O50F
7	Bobbie Lomax	Warrington RR	O40F	49	Ruth Hewitt	Liverpool Running Bugs	O40F
8	Loma Harper	Mersey Tri	U35F	50	Miriam Eaton	Kirkby Milers	O50F
9	Bridget Glaister	Skem BH	O40F	51	Karen Dalby	Mersey Tri	O50F
10	Liz Whitfield	Spectrum Striders	O40F	52	Julia Rees	Northwich RC	O40F
11	Penny Guess	Lymm Runners	U30F	53	Debbie Read	Helsby RC	O60F
12	Sara Avery	Ellesmere Port RC	O50F	54	Laura Owen	Warrington RC	U35F
13	Melissa Morgan	Warrington RC	U30F	55	Lisa Butterill	Liverpool Running Bugs	O40F
14	Nicola Laurence	Widnes RC	U40F	56	Judith Dyer	Penny Lane Striders	O50F
15	Lucie Michaelson	Penny Lane Striders	U40F	57	Emma Dodson	Mersey Tri	U35F
16	Dawn Fairclough	Liverpool RC	O40F	58	Jane Warner	Parbold Pink Panthers	O50F
17	Shona Moore	Mersey Tri	U35F	59	Sally Adams	Skem BH	O50F
18	Hayley Fairclough	Liverpool RC	U40F	60	Carolyn Smith	Lymm Runners	O50F
19	Sharon Samson	Penny Lane Striders	O40F	61	Michelle Jones	Delamere Spartans	U35F
20	Alicia Wadeson	Skem BH	U15F	62	Sarah Basey	Delamere Spartans	O40F
21	Anna Parsons	Northwich RC	O40F	63	Elaine Riley	Run Sandymoor	O50F
22	Jane Ashbrook	Helsby RC	O40F	64	Jess Messenger	Northwich RC	O40F
23	Myka Heard	Penny Lane Striders	O50F	65	Ursula Cheetham	Parbold Pink Panthers	O40F
24	Rita Cattaeno	Mersey Tri	U30F	66	Becky Cosgrove	Run Sandymoor	-
25	Helen Lonsdale	Northwich RC	O40F	67	Jayne Land	Skem BH	O40F
26	Freya Cook	Skem BH	U15F	68	Liz Breheny	Skem BH	O40F
27	Abby Sanderson	Mersey Tri	U40F	69	Helen Guttridge	Run Sandymoor	O40F
28	Jade Evans	Northwich RC	U30F	70	Vicki Wilcox	Northwich RC	O50F
29	Lynda Bigmore	Northwich RC	O40F	71	Nicola Spafford	Skem BH	U30F
30	Gemma Kelly	Chester Tri	U35F	72	Heather McBride	Northwich RC	U35F
31	Christina Roach	Helsby RC	O60F	73	Alison Felstead	Lymm Runners	O40F
32	Lisa Grantham	Pensby Runners	O40F	74	Tracey Goble	Liverpool Running Bugs	O50F
33	Rosemary Symms	Chester Tri	O60F	75	Jannette Evans	Run Sandymoor	O50F
34	Hayley Clintworth	Skem BH	U30F	76	Louise McAdam	Run Sandymoor	O50F
35	Katie Pownell	Knowsley Harriers	U35F	77	Hayley Hourigan	Widnes RC	O40F
36	Suzy Wild	Spectrum Striders	O40F	78	Sarah Rowan	Skem BH	O40F
37	Lisa Webb	Widnes RC	O40F	79	Dawn Hignett	Widnes RC	O40F
38	Kate Johnson	Spectrum Striders	O40F	80	Claire Birkett	Liverpool Running Bugs	O40F
39	Menna Goodwin	Warrington RC	O40F	81	Paula Need	Liverpool Running Bugs	O50F
40	Alison Morgan	Warrington RR	O40F	82	Tracey Carr	Liverpool Running Bugs	O50F
41	Claudia Pagoulatou	Pensby Runners	O40F	83	Vicky Ravenscroft	Warrington RR	O40F
42	Anja Pownell	Knowsley Harriers	U35F				

Team Results

Mens 'A' Teams (6 Runners)

Pos	Team	Score	Points
1	Mersey Tri 'A'	51	27
2	Kirkby Milers 'A'	95	26
3	Penny Lane Striders 'A'	174	25
4	North Endurance 'A'	189	24
5	Helsby RC 'A'	294	23
6	Lymm & Warrington RR 'A'	305	22
7	Widnes RC 'A'	492	21
8	Skem & Parbold 'A'	531	20
9	Chester Tri 'A'	547	19
10	Pensby Runners 'A'	588	18
11	Warrington RC 'A'	668	17
12	Liverpool Running Bugs 'A'	674	16
13	Run Sandymoor 'A'	683	15
14	Birkenhead 'A'	706	14
15	Northwich RC 'A'	809	13
16	Liverpool RC 'A'	645 (Only 5 Ran)	12
17	St Helens Striders 'A'	708 (Only 4 Ran)	11
18	Spectrum Striders 'A'	764 (Only 4 Ran)	10
19	Ellesmere Port RC 'A'	649 (Only 3 Ran)	9
20	Warrington Tri 'A'	738 (Only 3 Ran)	8
21	Knowsley Harriers 'A'	790 (Only 2 Ran)	7
22	Village Runners 'A'	1015 (Only 1 Ran)	6
23	Newburgh Nomads 'A'	1036 (Only 1 Ran)	5
24	Delamere Spartans 'A'	1055 (Only 1 Ran)	4
25	Burnden Road Runners 'A'	No Team	-
26	Widnes Wasps 'A'	No Team	-
27	Vikings 'A'	No Team	-

Ladies 'A' Teams (3 Runners)

Pos	Team	Score	Points
1	Skem & Parbold 'A'	10	27
2	Mersey Tri 'A'	29	26
3	Liverpool RC 'A'	35	25
4	Penny Lane Striders 'A'	57	24
5	Lymm & Warrington RR 'A'	58	23
6	Northwich RC 'A'	74	22
7	Spectrum Striders 'A'	84	21
8	Helsby RC 'A'	101	20
9	Warrington RC 'A'	106	19
10	Widnes RC 'A'	128	18
11	Liverpool Running Bugs 'A'	151	17
12	Run Sandymoor 'A'	173	16
13	Chester Tri 'A'	156 (only 2 Ran)	15
14	Pensby Runners 'A'	166 (only 2 Ran)	14
15	Knowsley Harriers 'A'	170 (only 2 Ran)	13
16	Delamere Spartans 'A'	216 (only 2 Ran)	12
17	Village Runners 'A'	192 (only 1 Ran)	11
18	Ellesmere Port RC 'A'	198 (only 1 Ran)	10
19	Kirkby Milers 'A'	236 (only 1 Ran)	9
20	St Helens Striders 'A'	No Team	8
21	Warrington Tri 'A'	No Team	7
22	Burnden Road Runners 'A'	No Team	-
23	Birkenhead 'A'	No Team	-
24	North Endurance 'A'	No Team	-
25	Newburgh Nomads 'A'	No Team	-
26	Widnes Wasps 'A'	No Team	-
27	Vikings 'A'	No Team	-

CURRENT POSITIONS

Mens 'A' Teams (6 Runners)

Pos	Team	Race 1	Race 2	Race 3	Race 4	Race 5	Total
1	Mersey Tri 'A'	26	27	26	27	27	133
2	Penny Lane Striders 'A'	27	26	27	26	25	131
3	Kirkby Milers 'A'	23	23	24	25	26	121
4	Liverpool RC 'A'	25	26	25	24	12	112
5	North Endurance 'A'	24	20	20	23	24	111
6	Warrington RC 'A'	21	24	23	20	17	105
7	Lymm & Warrington RR 'A'	20	21	19	19	22	101
8	Pensby Runners 'A'	17	19	21	22	18	97
9	St Helens Striders 'A'	22	22	22	17	11	94
10	Widnes RC 'A'	16	17	14	21	21	89
11	Northwich RC 'A'	19	16	11	14	13	73
12	Skem & Parbold 'A'	13	6	16	15	20	70
13	Liverpool Running Bugs 'A'	14	12	8	18	16	68
14	Spectrum Striders 'A'	15	14	15	13	10	67
15	Helsby RC 'A'	7	13	6	16	23	65
16	Knowsley Harriers 'A'	11	18	18	10	7	64
17	Warrington Tri 'A'	18	9	12	11	8	58
18	Run Sandymoor 'A'	12	10	7	12	15	56
19	Newburgh Nomads 'A'	9	15	17	7	5	53
20	Chester Tri 'A'	4	11	10	5	19	49
21	Birkenhead 'A'	10	7	9	8	14	48
22	Ellesmere Port RC 'A'	6	8	13	6	9	42
23	Burnden Road Runners 'A'	8	NT	4	9	NT	21
24	Village Runners 'A'	3	5	5	NT	6	19
25	Delamere Spartans 'A'	5	4	3	NT	4	16
26	Widnes Wasps 'A'	NT	NT	NT	NT	NT	0
26	Vikings 'A'	NT	NT	NT	NT	NT	0

Ladies 'A' Teams (3 Runners)

Pos	Team	Race 1	Race 2	Race 3	Race 4	Race 5	Total
1	Skem & Parbold 'A'	27	27	26	26	27	133
2	Liverpool RC 'A'	27	24	24	25	25	125
3	Mersey Tri 'A'	24	25	25	19	26	119
4	St Helens Striders 'A'	23	26	27	27	8	111
5	Penny Lane Striders 'A'	21	20	21	24	24	110
6	Northwich RC 'A'	18	22	22	20	22	104
7	Chester Tri 'A'	16	23	20	23	15	97
8	Lymm & Warrington RR 'A'	19	13	19	22	23	96
9	Widnes RC 'A'	22	18	11	21	18	90
10	Knowsley Harriers 'A'	20	22	17	15	13	87
11	Warrington RC 'A'	15	15	16	18	19	83
12	Pensby Runners 'A'	17	17	15	16	14	79
13	Spectrum Striders 'A'	8	16	18	11	21	74
14	Helsby RC 'A'	7	14	14	17	20	72
15	Kirkby Milers 'A'	12	19	12	13	9	65
16	Liverpool Running Bugs 'A'	10	11	13	14	17	65
17	Ellesmere Port RC 'A'	25	NT	23	NT	10	58
18	Run Sandymoor 'A'	11	12	6	12	16	57
19	Warrington Tri 'A'	13	9	10	10	7	49
20	Village Runners 'A'	14	10	8	NT	11	43
21	Delamere Spartans 'A'	NT	NT	9	NT	12	21
22	Burnden Road Runners 'A'	9	NT	NT	NT	NT	9
23	North Endurance 'A'	NT	NT	7	NT	NT	7
24	Birkenhead 'A'	NT	NT	NT	NT	NT	-
24	Newburgh Nomads 'A'	NT	NT	NT	NT	NT	-
24	Widnes Wasps 'A'	NT	NT	NT	NT	NT	-
24	Vikings 'A'	NT	NT	NT	NT	NT	-

(NT= No Team)