

North West XC – Race 6 – Birchwood Park – 1 March 2020 ~ 5.2M

Mens Results

1	Ian Lawton	Mersey Tri	U40M	70	Andrew Boulger	Kirkby Milers	O45M
2	Jay Brittles	Mersey Tri	U40M	71	Stephen Riley	Helsby RC	O55M
3	Martin Swensson	Penny Lane Striders	O40M	72	Tom Code	North Endurance	U30M
4	Dean Hanwell	North Endurance	U40M	73	Mike Smith	Lymm Runners	O55M
5	Mark Clair	Mersey Tri	U40M	74	Robert Chalmers	Pensby Runners	O40M
6	Jamie Rutherford	Liverpool RC	U30M	75	Joe Cook	Skem BH	U20M
7	Oliver Chadwick	Mersey Tri	U30M	76	Paul Harbidge	Warrington Tri	O55M
8	Ben Taylor	Pensby Runners	U30M	77	Matt Sanderson	Warrington RC	O45M
9	Paul Martin	North Endurance	U40M	78	Graham Lui	Kirkby Milers	-
10	Alex Cowin	Penny Lane Striders	O40M	79	Mike Lisle	Mersey Tri	O60M
11	Stephen Watkin	Penny Lane Striders	U40M	80	Jim Maxfield	Newburgh Nomads	O60M
12	David Willshire	Penny Lane Striders	U40M	81	Daniel Wade-Clarke	Mersey Tri	U40M
13	Phil Johnson	Mersey Tri	U40M	82	Graeme Caldwell	Widnes RC	-
14	Ben Francis	Mersey Tri	U40M	83	Mark Glaister	Skem BH	O55M
15	Josh Keogh	Penny Lane Striders	U30M	84	Peter Carney	Skem BH	U40M
16	Colin Lewis	Penny Lane Striders	-	85	Ian Davies	Birkenhead	O55M
17	Michael Heyes	Mersey Tri	U40M	86	Ian McNeill	Birkenhead	O60M
18	Jay Williams	Kirkby Milers	U40M	87	Keelan McCorriston	North Endurance	U30M
19	Rob Kelly	Liverpool RC	U40M	88	Dan Bentley	Mersey Tri	U40M
20	John Myers	Run Sandymoor	O40M	89	Steve Stuthridge	Village Runners	O45M
21	Colin Walsh	Penny Lane Striders	U40M	90	Andrew Bates	Penny Lane Striders	U40M
22	Alex Rigby	Liverpool RC	U30M	91	Neil Jenkins	Chester Tri	O50M
23	Adam Simpkin	Liverpool RC	U40M	92	Phinean Woodward	Liverpool RC	O40M
24	Edwin Drost	Warrington RC	U40M	93	Fred Duenbier	Newburgh Nomads	O60M
Guest	Tim Shanker	Manchester YMCA Harriers	O50M	94	Graham Driver	Spectrum Striders	O50M
25	Rob Hough	Spectrum Striders	O45M	95	Lee Johnson	Warrington Tri	O55M
26	Neil Oakes	Mersey Tri	U40M	96	Rob Lloyd	Widnes RC	O45M
27	Lee Warburton	Penny Lane Striders	O45M	97	Grant Davidson	Mersey Tri	O45M
28	Francis Hourigan	Widnes RC	O40M	98	Martin Berry	Warrington RR	O45M
29	Daniel Waller	Mersey Tri	U40M	99	Martin Darwin	Warrington RC	O50M
30	Alan Peers	Spectrum Striders	O60M	100	John Diggle	Kirkby Milers	O40M
31	Matthew Collins	North Endurance	U40M	101	Ian Davies	Skem BH	O45M
32	Stephen Harrison	Birkenhead	O45M	102	Jon Reynolds	Liverpool RC	O45M
33	Fabian Devlin	North Endurance	U40M	103	Kedar Dhopate	Liverpool Running Bugs	O45M
34	Chris Ryan	Mersey Tri	O40M	104	Michael Coppelov	Newburgh Nomads	U40M
35	Phil Rowen	Lymm Runners	O45M	105	Alan Wheelhouse	Warrington RR	O50M
36	Luke Wills	Skem BH	U40M	106	Gary Jones	Kirkby Milers	O45M
37	Anthony Campbell	Spectrum Striders	U40M	107	Steve Collyer	Chester Tri	O45M
38	Kevin Gillibrand	Warrington RR	O50M	108	Andrew Glen	Liverpool Running Bugs	O55M
39	Alex Ward	North Endurance	U40M	109	Gary Hilton	Warrington Tri	O45M
40	Paul Ravenscroft	Warrington RR	O45M	110	Ian Scouler	Northwich RC	O55M
41	Rob Fletcher	Mersey Tri	O45M	111	Terry Lynch	Penny Lane Striders	O50M
42	Ian Hamling	Helsby RC	O40M	112	Peter Heron	Mersey Tri	O55M
43	Andrew McGlone	Kirkby Milers	U40M	113	Graham Kelly	Mersey Tri	O60M
44	Mark Dempsey	Mersey Tri	O45M	114	Paul Rust	Mersey Tri	O40M
45	Ralph Pawling	Pensby Runners	U40M	115	Andrew Dowdeswell	Widnes RC	U40M
46	Joe McCarthy	Mersey Tri	O50M	116	Anthony Atkinson	Spectrum Striders	O55M
47	Kevin Smith	Helsby RC	O40M	117	Tony Green	Penny Lane Striders	O60M
48	Jonathan Cocroft	Lymm Runners	U40M	118	Daniel Cook	Skem BH	O45M
49	Gary Fisher	Kirkby Milers	U40M	119	Colin Thomson	Birkenhead	O40M
50	Damian Chambers	Liverpool Running Bugs	O50M	120	Thomas Humphries	Warrington RC	U30M
51	Paul McNally	Mersey Tri	O45M	121	Neil MacPhie	Mersey Tri	O60M
52	Ian Russell	Penny Lane Striders	O55M	122	Andy Waring	Birkenhead	O60M
53	John Sheldon	Lymm Runners	O45M	123	Simon Domingo	Run Sandymoor	O45M
54	Stephen Bennett	North Endurance	U30M	124	Alistair Raffell	Spectrum Striders	O60M
55	Mark Baker	Warrington Tri	O50M	125	Andrew Smith	Helsby RC	O55M
56	Jim Dawson	Lymm Runners	O55M	126	Tony Fishwick	Kirkby Milers	O45M
57	Steve Sherwen	Lymm Runners	O45M	127	David Connor	Mersey Tri	O45M
58	Chris Enwright	Mersey Tri	U40M	128	Nigel Pratten	Pensby Runners	O60M
59	Rob Bruford	Northwich RC	O40M	129	John Fitzgerald	Mersey Tri	O60M
60	Jason Sage	Spectrum Striders	O40M	130	John Houghton	Run Sandymoor	O60M
61	Gary Parker	Pensby Runners	U40M	131	Stephen Mconville	Pensby Runners	O55M
62	Paul Cheetham	Skem BH	O45M	132	Anthony Peacock	Penny Lane Striders	O60M
63	Lee Turner	Kirkby Milers	U30M	133	Chris Kettle	Northwich RC	O45M
64	Nigel Foo	Penny Lane Striders	O50M	134	Harry Pepper	Mersey Tri	O45M
65	Ian King	Liverpool RC	O60M	135	Ian_D Burrows	Run Sandymoor	O45M
66	Paul Johnstone	Mersey Tri	O45M	136	Ian Jackson	Northwich RC	O45M
67	Bobby Burke	Liverpool RC	O55M	137	Paul Quigley	Run Sandymoor	O55M
68	Tadie Abeki	Knowsley Harriers	O40M	138	William Dalton	Skem BH	O55M
69	Michael Aisbitt	Skem BH	O45M				

Ladies Results

1	Megan Ball	Liverpool RC	U30F	37	Alison Morgan	Warrington RR	O40F
2	Maria Cook	Skem BH	O40F	38	Claudia Pagoulatou	Pensby Runners	O40F
3	Helen Dale	Mersey Tri	U40F	39	Suzy Wild	Spectrum Striders	O40F
4	Honor Thompson	Skem BH	O40F	40	Laura Owen	Warrington RC	U35F
5	Samantha Howard	Mersey Tri	O40F	41	Steph Poole	Skem BH	O40F
6	Sarah Hall	Skem BH	U35F	42	Katie Shilcock	Penny Lane Striders	U40F
7	Bobbie Lomax	Warrington RR	O40F	43	Emma Nunnerley	Lymm Runners	O40F
8	Rebecca Wadeson	Skem BH	U40F	44	Sue Buck	Helsby RC	O50F
9	Bridget Glaister	Skem BH	O40F	45	Tanya Foley	Skem BH	O50F
10	Liz Whitfield	Spectrum Striders	O40F	46	Jenny Edmondson	Skem BH	O40F
11	Nicola Laurence	Widnes RC	O40F	47	Emma Carey	Mersey Tri	U35F
12	Hayley Fairclough	Liverpool RC	U40F	48	Jackie Keasley	Helsby RC	O60F
13	Gail Stuthridge	Village Runners	O40F	49	Ruth Hewitt	Liverpool Running Bugs	O40F
14	Sharon Samson	Penny Lane Striders	O40F	50	Gill Collen	Warrington RR	O60F
15	Becky Burke	Liverpool RC	U30F	51	Karen Dalby	Mersey Tri	O50F
16	Shona Moore	Mersey Tri	U35F	52	Anna Williams	Skem BH	-
17	Melissa Morgan	Warrington RC	U30F	53	Jill Wright	Penny Lane Striders	U40F
18	Dawn Fairclough	Liverpool RC	O40F	54	Lisa Butterill	Liverpool Running Bugs	O40F
19	Myka Heard	Penny Lane Striders	O50F	55	Anne McGrath	Warrington RR	U35F
20	Anna Parsons	Northwich RC	O40F	56	Jay Smith	Liverpool RC	O40F
21	Jane Ashbrook	Helsby RC	O40F	57	Sonia Mcwhan	Run Sandymoor	O40F
22	Lenka Vidamour	Penny Lane Striders	U40F	58	Katherine Robertson	Mersey Tri	U40F
23	Helen Lonsdale	Northwich RC	O40F	59	Carolyn Smith	Lymm Runners	O50F
24	Alicia Wadeson	Skem BH	U15F	60	Elaine Riley	Run Sandymoor	O50F
25	Abby Sanderson	Mersey Tri	U40F	61	Becky Cosgrove	Run Sandymoor	-
26	Freya Cook	Skem BH	U15F	62	Jayne Land	Skem BH	O40F
27	Nicola Hayes	Skem BH	O40F	63	Jane Woodburn	Skem BH	O50F
28	Lisa Grantham	Pensby Runners	O40F	64	Sarah Matthews	Widnes RC	O40F
29	Gemma Kelly	Chester Tri	U35F	65	Tracey Goble	Liverpool Running Bugs	O50F
30	Hayley Clintworth	Skem BH	U30F	66	Debbie Baker	Warrington Tri	O40F
31	Lisa Webb	Widnes RC	O40F	67	Alison Lysons	Widnes RC	O50F
32	Emma Shallcross	Mersey Tri	U30F	68	Nicola Spafford	Skem BH	U30F
33	Tarja Barnes	Warrington RR	O50F	69	Alison Felstead	Lymm Runners	O40F
34	Lynda Bigmore	Northwich RC	O40F	70	Hayley Hourigan	Widnes RC	O40F
35	Kate Johnson	Spectrum Striders	O40F	71	Vicky Ravenscroft	Warrington RR	O40F
36	Rosemary Symms	Chester Tri	O60F	72	Sarah Rowan	Skem BH	O40F

Team Results

Mens 'A' Teams (6 Runners)

Pos	Team	Score	Points
1	Mersey Tri 'A'	62	27
2	Penny Lane Striders 'A'	67	26
3	Liverpool RC 'A'	202	25
4	Lymm & Warrington RR 'A'	270	24
5	Kirkby Milers 'A'	321	23
6	Spectrum Striders 'A'	362	22
7	Skem & Parbold 'A'	409	21
8	Pensby Runners 'A'	447	20
9	North Endurance 'A' (6 Ran but no Vet)	170	19
10	Birkenhead 'A' (Only 5 Ran)	592	18
11	Run Sandymoor 'A' (Only 5 Ran)	693	17
12	Helsby RC 'A' (Only 4 Ran)	581	16
13	Warrington RC 'A' (Only 4 Ran)	616	15
14	Widnes RC 'A' (Only 4 Ran)	617	14
15	Warrington Tri 'A' (Only 4 Ran)	631	13
16	Northwich RC 'A' (Only 4 Ran)	734	12
17	Liverpool Running Bugs 'A' (Only 3 Ran)	705	11
18	Newburgh Nomads 'A' (Only 3 Ran)	721	10
19	Chester Tri 'A' (Only 2 Ran)	790	9
20	Knowsley Harriers 'A' (Only 1 Ran)	808	8
21	Village Runners 'A' (Only 1 Ran)	829	7
22	Widnes Wasps 'A'	No Team	0
22	Vikings 'A'	No Team	0
22	Delamere Spartans 'A'	No Team	0
22	Ellesmere Port RC 'A'	No Team	0
22	Burnden Road Runners 'A'	No Team	0
22	St Helens Striders 'A'	No Team	0

Ladies 'A' Teams (3 Runners)

Pos	Team	Score	Points
1	Skem & Parbold 'A'	12	27
2	Mersey Tri 'A'	24	26
3	Liverpool RC 'A'	28	25
4	Penny Lane Striders 'A'	55	24
5	Lymm & Warrington RR 'A'	77	23
5	Northwich RC 'A'	77	23
7	Spectrum Striders 'A'	84	21
8	Widnes RC 'A'	106	20
9	Helsby RC 'A'	113	19
10	Liverpool Running Bugs 'A'	168	18
11	Run Sandymoor 'A'	178	17
12	Warrington RC 'A' (Only 2 Ran)	139	16
13	Chester Tri 'A' (Only 2 Ran)	147	15
14	Pensby Runners 'A' (Only 2 Ran)	148	14
15	Village Runners 'A' (Only 1 Ran)	177	13
16	Warrington Tri 'A' (Only 1 Ran)	230	12
17	Ellesmere Port RC 'A'	No Team	0
17	St Helens Striders 'A'	No Team	0
17	Knowsley Harriers 'A'	No Team	0
17	Kirkby Milers 'A'	No Team	0
17	Burnden Road Runners 'A'	No Team	0
17	Birkenhead 'A'	No Team	0
17	North Endurance 'A'	No Team	0
17	Newburgh Nomads 'A'	No Team	0
17	Delamere Spartans 'A'	No Team	0
17	Widnes Wasps 'A'	No Team	0
17	Vikings 'A'	No Team	0

Many thanks to Spectrum Striders for organising today's race and the refreshments afterwards. Special thanks also to all the marshalls.

Congratulations to everyone who took part this year especially the individual winners and the winning teams. See you all next year.

I have been handed a BLUE NEW BALANCE HOODY if someone is missing one.

FINAL POSITIONS**Mens 'A' Teams (6 Runners)**

Pos	Team	Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Total (Best 5)
1	Mersey Tri 'A'	26	27	26	27	27	27	134
2	Penny Lane Striders 'A'	27	26	27	26	25	26	132
3	Liverpool RC 'A'	25	26	25	24	12	25	125
4	Kirkby Milers 'A'	23	23	24	25	26	23	121
5	North Endurance 'A'	24	20	20	23	24	19	111
6	Lymm & Warrington RR 'A'	20	21	19	19	22	24	106
7	Warrington RC 'A'	21	24	23	20	17	15	105
8	Pensby Runners 'A'	17	19	21	22	18	20	100
9	St Helens Striders 'A'	22	22	22	17	11	NT	94
10	Widnes RC 'A'	16	17	14	21	21	14	89
11	Skem & Parbold 'A'	13	6	16	15	20	21	85
12	Spectrum Striders 'A'	15	14	15	13	10	22	79
13	Helsby RC 'A'	7	13	6	16	23	16	75
14	Northwich RC 'A'	19	16	11	14	13	12	74
15	Liverpool Running Bugs 'A'	14	12	8	18	16	11	71
16	Run Sandymoor 'A'	12	10	7	12	15	17	66
17	Knowsley Harriers 'A'	11	18	18	10	7	8	65
18	Warrington Tri 'A'	18	9	12	11	8	13	63
19	Birkenhead 'A'	10	7	9	8	14	18	59
20	Newburgh Nomads 'A'	9	15	17	7	5	10	58
21	Chester Tri 'A'	4	11	10	5	19	9	54
22	Ellesmere Port RC 'A'	6	8	13	6	9	NT	42
23	Village Runners 'A'	3	5	5	NT	6	7	26
24	Burnden Road Runners 'A'	8	NT	4	9	NT	NT	21
25	Delamere Spartans 'A'	5	4	3	NT	4	NT	16
26=	Widnes Wasps 'A'	NT	NT	NT	NT	NT	NT	NT
26=	Vikings 'A'	NT	NT	NT	NT	NT	NT	NT

Ladies 'A' Teams (3 Runners)

Pos	Team	Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Total (Best 5)
1	Skem & Parbold 'A'	27	27	26	26	27	27	134
2=	Liverpool RC 'A'	27	24	24	25	25	25	126
2=	Mersey Tri 'A'	24	25	25	19	26	26	126
4	Penny Lane Striders 'A'	21	20	21	24	24	24	114
5	St Helens Striders 'A'	23	26	27	27	8	NT	111
6	Northwich RC 'A'	18	22	22	20	22	23	109
7	Lymm & Warrington RR 'A'	19	13	19	22	23	23	106
8	Widnes RC 'A'	22	18	11	21	18	20	99
9	Chester Tri 'A'	16	23	20	23	15	15	97
10=	Knowsley Harriers 'A'	20	22	17	15	13	NT	87
10=	Spectrum Striders 'A'	8	16	18	11	21	21	87
12=	Warrington RC 'A'	15	15	16	18	19	16	84
12=	Helsby RC 'A'	7	14	14	17	20	19	84
14	Pensby Runners 'A'	17	17	15	16	14	14	79
15	Liverpool Running Bugs 'A'	10	11	13	14	17	18	73
16	Run Sandymoor 'A'	11	12	6	12	16	17	68
17	Kirkby Milers 'A'	12	19	12	13	9	NT	65
18	Ellesmere Port RC 'A'	25	NT	23	NT	10	NT	58
19	Village Runners 'A'	14	10	8	NT	11	13	56
20	Warrington Tri 'A'	13	9	10	10	7	12	54
21	Delamere Spartans 'A'	NT	NT	9	NT	12	NT	21
22	Burnden Road Runners 'A'	9	NT	NT	NT	NT	NT	9
23	North Endurance 'A'	NT	NT	7	NT	NT	NT	7
24=	Birkenhead 'A'	NT	NT	NT	NT	NT	NT	NT
24=	Newburgh Nomads 'A'	NT	NT	NT	NT	NT	NT	NT
24=	Widnes Wasps 'A'	NT	NT	NT	NT	NT	NT	NT
24=	Vikings 'A'	NT	NT	NT	NT	NT	NT	NT

(NT= No Team)

Congratulations to this years winners – **Men** – Individual – Ian Lawton (Mersey Tri, Team – Mersey Tri – **Ladies** - Individual – Megan Ball (Liverpool RC) , Team – Skelmersdale Boundary Harriers & Parbold Pink Panthers.

See you all next season - John & Steve