

## North West XC – Race 3 – Clarke Gardens – 6 Feb 2022 – 4.7M

### Mens Results

1	Ian Lawton	Mersey Tri	O40M	70	Patrick Breen	North Endurance	U40M
2	Jay Brittles	Mersey Tri	U40M	71	Michael Aisbitt	Skem BH	O45M
3	Ben Taylor	Pensby Runners	U40M	72	James Owens	St Helens Striders	U40M
4	Sam Broomhead	Mersey Tri	U30M	73	Nick Beare	Mersey Tri	O50M
5	Philip Johnson	Mersey Tri	U40M	74	Steve Harrison	Birkenhead	O45M
6	Jamie Rutherford	Liverpool RC	U30M	75	Jonathon Hock	Lymm Runners	O45M
7	Tom Evans	Penny Lane Striders	U40M	76	Leslie Johnson	Northwich RC	O50M
8	Lee Stedman	Mersey Tri	U40M	77	Dave Gough	Cheshire Dragons	O55M
9	Frank Fitzpatrick	Helsby RC	U40M	78	Andrew Keeley	Penny Lane Striders	O55M
10	Matt McClay	Mersey Tri	U40M	79	Christopher McFadden	Widnes RC	U40M
11	Mark Clair	Mersey Tri	O40M	80	Kevin Smith	Helsby RC	O40M
12	Stephen Watkin	Penny Lane Striders	O40M	81	Richard Gregory	Skem BH	O50M
13	Sean Jones	Penny Lane Striders	U40M	82	Chris Smith	St Helens Striders	O40M
14	Alex Cowin	Penny Lane Striders	O40M	83	Mark Grady	Widnes RC	O40M
15	Fabian Devlin	North Endurance	U40M	84	Gavin Wright	Mersey Tri	O40M
16	Lawrence Eccles	Penny Lane Striders	U40M	85	Ashley Stillwell	Liverpool Running Bugs	U40M
17	Louis Johnson	Mersey Tri	U30M	86	Richard Latten	UTS RC	O45M
18	John Myers	Run Sandymoor	O45M	87	Alistair Patrick	Mersey Tri	O40M
19	Ryan Jones	Kirkby Milers	U40M	88	Steve Mather	RRAMS	O55M
20	Thomas O'Dowd	Knowsley Harriers	U40M	89	Derek Gibbon	Chester Tri	O50M
21	James Toohey	Liverpool RC	U40M	90	Paul White	Kirkby Milers	O40M
22	Matthew Clair	Liverpool RC	U40M	91	Tim Campbell	Astley & Tyldesley RR	O45M
23	Colin Thompson	Helsby RC	O40M	92	Paul Brown	Liverpool RC	O40M
24	Chris Fitzpatrick	Helsby RC	O45M	93	Richard Peers	Mersey Tri	O40M
25	Matthew Collins	North Endurance	O40M	94	Rob Bruford	Northwich RC	O40M
26	Mike Fryer	Helsby RC	U30M	95	Matt Dutton	Penny Lane Striders	O45M
27	Lee Turner	Kirkby Milers	U40M	96	Shaun Harding	Liverpool Running Bugs	U40M
28	Will Kozer	Widnes RC	U40M	97	Simon Ford	Astley & Tyldesley RR	O45M
29	Alex Mason	Delamere Spartans	O45M	98	Alex Rigby	Liverpool RC	U40M
30	Kevin Harrison	Kirkby Milers	O40M	99	Matthew Parmenter	St Helens Striders	O45M
31	Al Smithson	Mersey Tri	U40M	100	Nick Morton	Kirkby Milers	U40M
32	Christopher Gibbons	Mersey Tri	U40M	101	Peter Atkin	Liverpool RC	U40M
33	Witold Laszcz	Spectrum Striders	U40M	102	Stan Ogden	Spectrum Striders	O60M
34	Mick Heyes	Mersey Tri	U40M	103	Stephen Taylor	North Endurance	O40M
35	Karl Budworth	Knowsley Harriers	O45M	104	Craig Hacking	Penny Lane Striders	O40M
36	Ian Magill	Liverpool RC	O50M	105	Dean Wilson	Liverpool RC	O45M
37	Thomas Store	Lymm Runners	O50M	106	Matt Cartwright-Terry	Mersey Tri	O45M
38	Barry Goodwin	Mersey Tri	O60M	107	Ian King	Liverpool RC	O65M
39	Carl Murphy	Liverpool RC	O40M	108	Terry Lynch	Penny Lane Striders	O50M
40	Phil Riding	Penny Lane Striders	O45M	109	Jack Kenwright	Run Sandymoor	U40M
41	Connor Ethell	North Endurance	U30M	110	Ian Wright	Mersey Tri	O50M
42	Eddie Roche	Pensby Runners	O45M	111	John Hammond	UTS RC	O45M
43	Edwin Drost	Warrington RC	U40M	112	Graham Cushion	Liverpool RC	O45M
44	Kevin Walker	Skem BH	O45M	113	Zak Lyndsay	North Endurance	-
45	Ciaran Skinner	North Endurance	U40M	114	Ian Rivers	Kirkby Milers	O50M
46	Jay Williams	Kirkby Milers	O40M	115	Alan Wilcox	Northwich RC	-
47	Dan Thomas	Penny Lane Striders	U40M	116	Colin Thomson	Birkenhead	O45M
48	Peter Roome	Mersey Tri	O55M	117	Chris Murphy	RRAMS	O50M
49	Damian Chambers	Liverpool Running Bugs	O50M	118	Colin Cheveau	Liverpool RC	O45M
50	Gary Wilton	Kirkby Milers	O40M	119	Chris Willis	Knowsley Harriers	O45M
51	Rob Fletcher	Mersey Tri	O45M	120	Michael Connor	Penny Lane Striders	O55M
52	Mark Collins	Astley & Tyldesley RR	O45M	121	Andrew Gaskell	St Helens Striders	O50M
53	Connor Ohare	Mersey Tri	U30M	122	Stuart Atherton	Knowsley Harriers	O40M
54	Glen Groves	Mersey Tri	O50M	123	Ian Atkinson	Chester Tri	O55M
55	Francis Hourigan	Widnes RC	O45M	124	Stephen Dipple	Penny Lane Striders	O45M
56	Jack Leyden	North Endurance	-	125	John Jensen	Penny Lane Striders	O45M
57	Owen Barden	Mersey Tri	O45M	126	John McCaffrey	Knowsley Harriers	U40M
58	Michael Waring	Chester Tri	O50M	127	Paul Alexander	Pensby Runners	O60M
59	Joe McCarthy	North Endurance	O50M	128	Kevin Gillibrand	Warrington RR	O55M
60	David Lawton	Liverpool RC	O40M	129	Andrew Hankinson	Widnes RC	U30M
61	Ian Hewitt	Liverpool Running Bugs	O45M	130	Peter Merville	St Helens Striders	O60M
62	Bob Corinaldi	Cheshire Dragons	O50M	131	Keith Banks	Liverpool RC	O45M
63	Ian Roche	Mersey Tri	O55M	132	Michael Parr	Northwich RC	O45M
64	Daniel Gilbody	Skem BH	U40M	133	Jim Dawson	Lymm Runners	O55M
65	Dave Lea	Northwich RC	O45M	134	Rob Chalmers	Pensby Runners	O40M
66	Gareth Davies	St Helens Striders	U40M	135	Andrew Garnett	Spectrum Striders	O65M
67	Cathal McCosker	Lymm Runners	U30M	136	Simon Raferty	Mersey Tri	O50M
68	David Edwards	Kirkby Milers	O55M	137	Andrew Lawrenson	St Helens Striders	U30M
69	Daniel Mckevitt	Kirkby Milers	O40M	138	Dean Evans	Liverpool Running Bugs	U20M

139	Michael Smith	Lymm Runners	O55M	171	Neal Smith	North Endurance	-
140	Barry Williams	Mersey Tri	U40M	172	John Parry	Warrington Tri	O45M
141	Kenny Forster	Spectrum Striders	O60M	173	Tim Raynor	Liverpool Running Bugs	O60M
142	Tony Holmes	Liverpool RC	O55M	174	Andrew Dowdeswell	Widnes RC	U40M
143	Robert Burke	Liverpool RC	O55M	175	Rob Lloyd	Widnes RC	O50M
144	Jack Barstow	Mersey Tri	U40M	176	Neil Macfie	Mersey Tri	O65M
145	Simon Clayton	Warrington Tri	O45M	177	Ian Davies	Birkenhead	O60M
146	Alan McDermott	Penny Lane Striders	O55M	178	Mark Scott	Liverpool RC	O55M
147	Ian Ainscough	Chester Tri	O60M	179	Dean Thackray	St Helens Striders	U40M
148	Stuart Green	Mersey Tri	O45M	180	John Brown	Penny Lane Striders	O60M
149	Aaron Wilson	Liverpool RC	U40M	181	Neil Jenkins	Chester Tri	O55M
150	George Pierce	Liverpool RC	O50M	182	Shane Knott	Penny Lane Striders	O45M
151	Darran Wilson	Run Sandymoor	O50M	183	John Houghton	Run Sandymoor	O60M
152	Graham Driver	Spectrum Striders	O55M	184	Gavin Butler	Chester Tri	O50M
153	Thomas Humphries	Widnes RC	U40M	185	James Eastup	Widnes RC	U30M
154	Adrian Gilleard	North Endurance	O50M	186	Abir Ali	Liverpool Running Bugs	O45M
155	Ian Scouler	Northwich RC	O55M	187	Stephen McConville	Pensby Runners	O55M
156	Chris Lam	Widnes RC	O50M	188	Francis Mellett	Liverpool Running Bugs	O55M
157	Joe McGlynn	Penny Lane Striders	O65M	189	Azzam Taktak	RRAMS	-
158	Ian Mcneill	Birkenhead	O60M	190	Tommy Burke	Penny Lane Striders	O70M
159	Jimmy Maloney	Mersey Tri	O40M	191	Owen Hinds	Liverpool Running Bugs	U20M
160	Barry McDonnell	Birkenhead	U40M	192	Michael Whittaker	Run Sandymoor	O55M
161	Kieron Carr	Liverpool Running Bugs	O50M	193	Alan Spencer	Knowsley Harriers	O60M
162	Alan Wheelhouse	Warrington RR	-	194	John Gannon	Run Sandymoor	U40M
163	Steven Moss	Widnes RC	O40M	195	Phil Thorpe	Liverpool Running Bugs	O60M
164	Gavin Butler	Chester Tri	O50M	196	Mike Perchard	Northwich RC	O65M
165	John Barr	St Helens Striders	O70M	197	Andy Dalton	Skem BH	O55M
166	Stephen Riley	Helsby RC	O55M	198	John Nolan	Pensby Runners	O60M
167	Jamie Robertshaw	Mersey Tri	U40M	199	Ashley Hughes	Liverpool Running Bugs	U40M
168	Gary Hilton	Warrington Tri	O45M	200	Neil Swainbank	Liverpool Running Bugs	O45M
169	Julian Spencer	Spectrum Striders	O60M	201	Martin Mulligan	RRAMS	O60M
170	Paul Rusty	Mersey Tri	O45M				

## Ladies Results

1	Joanna Marsden	Cheshire Dragons	O40F	39	Sharon Galvin	Liverpool RC	O50F
2	Nicola Jackson	RRAMS	U40F	40	Rosemary Symms	Chester Tri	O65F
3	Hannah Cowley	Cheshire Dragons	U30F	41	Faith Roberts	Warrington RR	U30F
4	Megan Ball	Liverpool RC	U30F	42	Elaine Laycock	Liverpool RC	O50F
5	Maria Cook	Skem BH	O45F	43	Rachel Arnold	Helsby RC	O55F
6	Marie Leahey	RRAMS	U40F	44	Joanne Edwards	Cheshire Dragons	O55F
7	Rachael Fairclough	St Helens Striders	U40F	45	Karen Smith	Chester Tri	O45F
8	Helen Harrington	Cheshire Dragons	O40F	46	Abigail Willmitt	Liverpool RC	U40F
9	Anna Woolgar	Chester Tri	O45F	47	Kathryn Schofield	Helsby RC	U30F
10	Nicola Laurence	Widnes RC	O40F	48	Shelley Hignett	Knowsley Harriers	U40F
11	Honor Thompson	Skem BH	O40F	49	Kam Dosangha	Penny Lane Striders	O45F
12	Alison Halsall	Helsby RC	O50F	50	Kate Johnson	Spectrum Striders	O50F
13	Crystal Dishman	Kirkby Milers	U30F	51	Suzy Wild	Spectrum Striders	O45F
14	Kelly Marrin	Knowsley Harriers	O45F	52	Dawn Fairclough	Liverpool RC	O40F
15	Lucy Helsby	Kirkby Milers	U35F	53	Kirstie McCaffrey	St Helens Striders	U35F
16	Lucie Michaelson	Penny Lane Striders	U40F	54	Claudia Pagoulatou	Pensby Runners	O45F
17	Elizabeth Gemmell	Knowsley Harriers	U35F	55	Nicky Scott	Mersey Tri	U35F
18	Kirsty Seddon	Chester Tri	U40F	56	Kate Richardson	Pensby Runners	O40F
19	Lenka Vidamour	Penny Lane Striders	O40F	57	Sophie Wright	Kirkby Milers	U30F
20	Ruth Isaacs	Pensby Runners	O60F	58	Pat Helsby	Kirkby Milers	O65F
21	Laura Baynham-Hughes	Helsby RC	O45F	59	Ruth Hewitt	Liverpool Running Bugs	O40F
22	Claire Murphy	RRAMS	O45F	60	Rachael Malone	Northwich RC	O40F
23	Holly Brown	Penny Lane Striders	U30F	61	Stella Reynolds	Widnes RC	O50F
24	Lucy Knight	Cheshire Dragons	U35F	62	Emma Prowse	North Endurance	U30F
25	Emma Fraser	Run Sandymoor	O40F	63	Carole Morrison	Pensby Runners	O55F
26	Germaine Holmes	Lymm Runners	O45F	64	Tracy Sherlock	UTS RC	O40F
27	Natasha Davies	Mersey Tri	U30F	65	Kerry Lomas	Astley & Tyldesley RR	U40F
28	Karon Forster	Spectrum Striders	O60F	66	Nicola Eshlin	Widnes RC	U35F
29	Chloe Holman	Run Sandymoor	-	67	Ellen Feria	Liverpool Running Bugs	U40F
30	Anna Parsons	Northwich RC	O45F	68	Louise Jones	Run Sandymoor	U35F
31	Tanya Foley	Skem BH	O50F	69	Eleanor Barlow	Liverpool RC	U40F
32	Caroline Barrow	Widnes RC	O45F	70	Jo Lam	Widnes RC	O45F
33	Lisa Webb	Widnes RC	O45F	71	Jayne Dore	Mersey Tri	O50F
34	Anna Crockett	Penny Lane Striders	O40F	72	Melanie Sayed	RRAMS	O45F
35	Alison Morgan	Warrington RR	O45F	73	Sue Ennis	Mersey Tri	O55F
36	Ann Costello-Griffiths	UTS RC	O40F	74	Helen Davies	Widnes Wasps	O50F
37	Joanne Moyers	Widnes Wasps	O45F	75	Jay Smith	Liverpool RC	O45F
38	Janet Robertson	Helsby RC	O55F	76	Elizabeth Ellis	UTS RC	O55F

77	Janet Walker	Skem BH	O45F	92	Claire Meadows	North Endurance	-
78	Jayne Russell	Kirkby Milers	O45F	93	Nicola Williams	Penny Lane Striders	O40F
79	Lindsey Furness	Mersey Tri	U30F	94	Hayley Hourigan	Widnes RC	O45F
80	Gill Collen	Warrington RR	O60F	95	Gina Walke	Liverpool RC	U30F
81	Heather Davies	Knowsley Harriers	U35F	96	Jessica Messenger	Northwich RC	O40F
82	Carolyn Smith	Lymm Runners	O55F	97	Rachel Campbell	Liverpool RC	O40F
83	Carla Graham	Liverpool RC	O40F	98	Lynn Duckworth	Liverpool RC	O50F
84	Karen Dalby	Mersey Tri	O55F	99	Michelle Mee	Delamere Spartans	O40F
85	Emma Carey	Mersey Tri	U40F	100	Jayne McIvor	Liverpool RC	O55F
86	Jacqueline Jones	Liverpool RC	O55F	101	Tracey Carr	Liverpool Running Bugs	O55F
87	Heather McBride	Northwich RC	U35F	102	Isobel Chambers	Liverpool Running Bugs	U30F
88	Ursula Harrison	Spectrum Striders	-	103	Suzanne Hornby	Liverpool RC	O45F
89	Louise Hill	Astley & Tyldesley RR	O40F	104	Jean Miao	Liverpool RC	O60F
90	Rebecca Harrison	Kirkby Milers	U30F	105	Julie Ing	Penny Lane Striders	O55F
91	Carolyn Knott	Penny Lane Striders	O45F				

## Team Results

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

Pos	Team	Score	Points
1	Mersey Tri 'A'	30	30
2	Penny Lane Striders 'A'	102	29
3	Liverpool RC 'A'	184	28
4	Kirkby Milers 'A'	240	27
5	North Endurance 'A'	241	26
6	Helsby RC 'A'	328	25
7	Widnes RC 'A'	527	24
8	St Helens Striders 'A'	570	23
9	Lymm & Warrington RR 'A'	579	22
10	Liverpool Running Bugs 'A'	590	21
11	Knowsley Harriers 'A'	615	20
12	Northwich RC 'A'	637	19
13	Pensby Runners 'A'	691	18
14	Spectrum Striders 'A'	732	17
15	Chester Tri & Ellesmere Port RC 'A'	762	16
16	Run Sandymoor 'A'	847	15
17	Skem & Parbold 'A'	668 (Only 5 Ran)	14
18	Birkenhead 'A'	896 (Only 5 Ran)	13
19	RRAMS 'A'	1017 (Only 4 Ran)	12
20	Astley & Tyldesley RR 'A'	873 (Only 3 Ran)	11
21	Warrington Tri 'A'	1118 (Only 3 Ran)	10
22	Cheshire Dragons 'A'	983 (Only 2 Ran)	9
23	UTS RC 'A'	1041 (Only 2 Ran)	8
24	Delamere Spartans 'A'	1084 (Only 1 Ran)	7
25	Warrington RC 'A'	1098 (Only 1 Ran)	6
26	Southport Strollers 'A'	No Team	-
26	Newburgh Nomads 'A'	No Team	-
26	Sandbach Striders 'A'	No Team	-
26	Burnden Road Runners 'A'	No Team	-
26	Widnes Wasps 'A'	No Team	-

## Ladies 'A' Teams (3 Runners)

Pos	Team	Score	Points
1	Cheshire Dragons 'A'	12	30
2	RRAMS 'A'	30	29
3	Skem & Parbold 'A'	47	28
4	Penny Lane Striders 'A'	58	27
5	Chester Tri & Ellesmere Port RC 'A'	67	26
6	Helsby RC 'A'	71	25
7	Widnes RC 'A'	75	24
8	Knowsley Harriers 'A'	79	23
9	Liverpool RC 'A'	85	22
10	Kirkby Milers 'A'	86	21
11	Lymm & Warrington RR 'A'	102	20
12	Run Sandymoor 'A'	122	19
13	Spectrum Striders 'A'	129	18
14	Pensby Runners 'A'	130	17
15	Mersey Tri 'A'	153	16
16	UTS RC 'A'	176	15
17	Northwich RC 'A'	177	14
18	Liverpool Running Bugs 'A'	227	13
19	St Helens Striders 'A'	175 (Only 2 Ran)	12
20	Widnes Wasps 'A'	226 (Only 2 Ran)	11
21	Astley & Tyldesley RR 'A'	269 (Only 2 Ran)	10
22	North Endurance 'A'	269 (Only 2 Ran)	9
23	Delamere Spartans 'A'	329 (Only 1 Ran)	8
24	Warrington Tri 'A'	No Team	-
24	Southport Strollers 'A'	No Team	-
24	Warrington RC 'A'	No Team	-
24	Burnden Road Runners 'A'	No Team	-
24	Birkenhead 'A'	No Team	-
24	Newburgh Nomads 'A'	No Team	-
24	Sandbach Striders 'A'	No Team	-

## CURRENT POSITIONS

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

Pos	Team	Race 1	Race 2	Race 3	Total
1	Mersey Tri 'A'	30	30	30	90
2	Penny Lane Striders 'A'	29	29	29	87
3=	North Endurance 'A'	27	28	26	81
3=	Kirkby Milers 'A'	28	26	27	81
5	Liverpool RC 'A'	26	23	28	77
6	Helsby RC 'A'	22	27	25	74
7	St Helens Striders 'A'	23	19	23	65
8	Lymm & Warrington RR 'A'	20	22	22	64
9=	Pensby Runners 'A'	18	25	18	61
9=	Knowsley Harriers 'A'	24	17	20	61
11	Widnes RC 'A'	15	20	24	59
12	Cheshire Dragons 'A'	25	24	9	58
13	Liverpool Running Bugs 'A'	14	18	21	53
14	Chester Tri & Ellesmere Port RC 'A'	19	16	16	51
15=	Skem & Parbold 'A'	21	14	14	49
15=	Run Sandymoor 'A'	13	21	15	49
17	Spectrum Striders 'A'	17	13	17	47
18=	RRAMS 'A'	10	12	12	34
18=	Northwich RC 'A'	9	6	19	34
20	Warrington Tri 'A'	12	10	10	32
21	Birkenhead 'A'	8	8	13	29
22	Southport Strollers 'A'	11	15	NT	26
23=	UTS RC 'A'	5	9	8	22
23=	Astley & Tyldesley RR 'A'	NT	11	11	22
25	Warrington RC 'A'	4	7	6	17
26	Newburgh Nomads 'A'	16	NT	NT	16
27	Delamere Spartans 'A'	6	0	7	13
28	Sandbach Striders 'A'	7	NT	NT	7
29=	Burnden Road Runners 'A'	NT	NT	NT	-
29=	Widnes Wasps 'A'	NT	NT	NT	-

## Ladies 'A' Teams (3 Runners)

Pos	Team	Race 1	Race 2	Race 3	Total
1	Cheshire Dragons 'A'	30	30	30	90
2	Skem & Parbold 'A'	29	28	28	85
3	Penny Lane Striders 'A'	27	26	27	80
4	Helsby RC 'A'	21	27	25	73
5	Knowsley Harriers 'A'	20	29	23	72
6	Widnes RC 'A'	23	23	24	70
7	RRAMS 'A'	10	25	29	64
8	Kirkby Milers 'A'	22	19	21	62
9	Mersey Tri 'A'	24	21	16	61
10	Liverpool RC 'A'	28	10	22	60
11	Lymm & Warrington RR 'A'	14	24	20	58
12	Chester Tri & Ellesmere Port RC 'A'	9	20	26	55
13=	St Helens Striders 'A'	27	15	12	54
13=	Northwich RC 'A'	25	16	13	54
13=	Run Sandymoor 'A'	17	18	19	54
16=	Pensby Runners 'A'	18	13	17	48
16=	Spectrum Striders 'A'	13	17	18	48
18	UTS RC 'A'	15	12	15	42
19	Warrington Tri 'A'	19	22	NT	41
20	Liverpool Running Bugs 'A'	11	14	14	39
21	Widnes Wasps 'A'	12	11	11	34
22	Southport Strollers 'A'	16	9	NT	25
23	Astley & Tyldesley RR 'A'	NT	8	10	18
24	North Endurance 'A'	NT	7	9	16
25	Delamere Spartans 'A'	7	NT	8	15
26	Warrington RC 'A'	6	6	NT	12
27	Burnden Road Runners 'A'	8	NT	NT	8
28=	Birkenhead 'A'	NT	NT	NT	-
28=	Newburgh Nomads 'A'	NT	NT	NT	-
28=	Sandbach Striders 'A'	NT	NT	NT	-