

## North West XC – Race 4 – Arrowe Park – 27 February 2022 – 4.85M

### Mens Results

1	Ian Lawton	Mersey Tri	O40M	78	James Witherspoon	North Endurance	U40M
2	Philip Johnson	Mersey Tri	U40M	79	John Cooney	Knowsley Harriers	O45M
3	Jay Brittles	Mersey Tri	U40M	80	Matthew Parmenter	St Helens Striders	O45M
4	Ben Taylor	Pensby Runners	U40M	81	Jack Barstow	Mersey Tri	U40M
5	Stephen Watkin	Penny Lane Striders	O40M	82	Peter Merville	St Helens Striders	O60M
6	Sean Jones	Penny Lane Striders	U40M	83	Gary Parker	Pensby Runners	U40M
7	Mark Clair	Mersey Tri	O40M	84	Stuart Green	Mersey Tri	O45M
8	Paul Martin	North Endurance	U40M	85	Rob Chalmers	Pensby Runners	O40M
9	Alex Cowin	Penny Lane Striders	O40M	86	Matt Dodd	Southport Strollers	O50M
10	Patrick McKeown	North Endurance	U40M	87	Tony Holmes	Liverpool RC	O55M
11	Witold Laszcz	Spectrum Striders	U40M	88	Shane Duffy	North Endurance	U40M
12	John Myers	Run Sandymoor	O45M	89	John Bennett	Mersey Tri	O45M
13	Hilton Philips	Mersey Tri	U40M	90	Jonathan Newton	Pensby Runners	U40M
14	Lee Stedman	Mersey Tri	U40M	91	Chris Lam	Widnes RC	O50M
15	David Willshire	Penny Lane Striders	U40M	92	Michael Scowcroft	Run Sandymoor	O40M
16	Michael Hopkins	North Endurance	U30M	93	Andrew Hankinson	Widnes RC	U30M
17	Christopher Gibbons	Mersey Tri	U40M	94	Ian Landucci	Helsby RC	O55M
18	Robert Chesters	Penny Lane Striders	U40M	95	Graham Dowling	Skem BH	O50M
19	Neil Byrne	Run Sandymoor	-	96	Daniel Shannon	Run Sandymoor	U40M
20	Rob Grantham	Pensby Runners	O45M	97	Dave Lynch	St Helens Striders	O45M
21	Louis Johnson	Mersey Tri	U30M	98	Neil Jenkins	Chester Tri	O55M
22	Kevin Walker	Skem BH	O45M	99	Graham Driver	Spectrum Striders	O55M
23	Phil Riding	Penny Lane Striders	O45M	100	Aaron Wilson	Liverpool RC	U40M
24	Ben Evans	Pensby Runners	U40M	101	Jon Reynolds	Liverpool RC	O45M
25	Sam Stephens	Lymm Runners	O40M	102	Kevin Main	Northwich RC	O40M
26	Eddie Roche	Pensby Runners	O45M	103	Roger Graham	UTS RC	O45M
27	Connor Ethell	North Endurance	U30M	104	Thomas Humphries	Widnes RC	U40M
28	Francis Hourigan	Widnes RC	O45M	105	Mark Hamill	Lymm Runners	O55M
29	Peter Roome	Mersey Tri	O55M	106	Andrew Dowdeswell	Widnes RC	U40M
30	Jack Leyden	North Endurance	U30M	107	Julian Spencer	Spectrum Striders	O60M
31	Damian Chambers	Liverpool Running Bugs	O50M	108	Paul Rust	Mersey Tri	O45M
32	Dave Lea	Northwich RC	O45M	109	Stephen Riley	Helsby RC	O55M
33	Luke Wills	Skem BH	U40M	110	Steve Collyer	Chester Tri	O50M
34	Richard Burrows	UTS RC	U40M	111	Nick Paul	Skem BH	O55M
35	Joe McCarthy	North Endurance	O50M	112	Philip Stanley	UTS RC	O55M
36	David Edwards	Kirkby Milers	O55M	113	Robert Ladanowski	Widnes RC	O60M
37	Steve Harrison	Birkenhead	O45M	114	Kieron Carr	Liverpool Running Bugs	O50M
38	Daniel Gilbody	Skem BH	U40M	115	Jason Ennis	Mersey Tri	O50M
39	Craig Weatherill	Run Sandymoor	O40M	116	Geoff Hand	Spectrum Striders	O65M
40	David Lawton	Liverpool RC	O40M	117	Kyle C	Liverpool RC	U30M
41	Ian Roche	Mersey Tri	O55M	118	Simon Clayton	Warrington Tri	O45M
42	Bob Corinaldi	Cheshire Dragons	O50M	119	Daniel Tetlow	St Helens Striders	U40M
43	Paul Williams	North Endurance	U40M	120	Neil Macfie	Mersey Tri	O65M
44	Kevin Smith	Helsby RC	O40M	121	Chris Mitchell	Southport Strollers	O45M
45	Dave Gough	Cheshire Dragons	O55M	122	Steve Pemberton	Penny Lane Striders	O65M
46	Christopher McFadden	Widnes RC	U40M	123	Mark Scott	Liverpool RC	O55M
47	Mike Sherwin	Run Sandymoor	O50M	124	Rob Lloyd	Widnes RC	O50M
48	Lukasz Skomorowski	Skem BH	O40M	125	John Houghton	Run Sandymoor	O60M
49	Michael Aisbitt	Skem BH	O45M	126	Michael McIntyre	Kirkby Milers	U40M
50	Ralph Pawling	Pensby Runners	U40M	127	Owen Hinds	Liverpool Running Bugs	U20M
51	Jack Kenwright	Run Sandymoor	U40M	128	George Howells	Mersey Tri	O45M
52	John Hammond	UTS RC	O45M	129	Stephen McConville	Pensby Runners	O55M
53	Mark Grady	Widnes RC	O40M	130	Francis Mellett	Liverpool Running Bugs	O55M
54	Richard Latten	UTS RC	O45M	131	David Barnes	Warrington RR	O55M
55	Gareth Davies	St Helens Striders	U40M	132	Andrew Glen	Liverpool Running Bugs	O55M
56	Tadie Abeki	Knowsley Harriers	O45M	133	John Gannon	Run Sandymoor	U40M
57	Steve Mather	RRAMS	O55M	134	Lee Bibby	Southport Strollers	O40M
58	Gary English	Kirkby Milers	O55M	135	Ian Ellis	UTS RC	O50M
59	John Whitehead	Helsby RC	U40M	136	Andy Vincent	Southport Strollers	O40M
60	Peter Carney	Skem BH	O40M	137	Paul Ritchie	Northwich RC	O50M
61	Chris Smith	St Helens Striders	O40M	138	Chris Morgan	Helsby RC	O70M
62	Stephen Bennett	North Endurance	U40M	139	Gary Hinds	Liverpool Running Bugs	O40M
63	Paul Johnstone	Mersey Tri	O45M	140	Iain Arnison	Pensby Runners	O45M
64	Ian Atkinson	Chester Tri	O55M	141	Tony Green	Penny Lane Striders	O65M
65	John McCaffrey	Knowsley Harriers	U40M	142	Frank Barrett	Liverpool Running Bugs	O50M
66	Mark Howarth	Run Sandymoor	O45M	143	Martyn Hughes	Liverpool RC	O45M
67	Andrew Gaskell	St Helens Striders	O50M	144	Ian Burrows	Run Sandymoor	O45M
68	Alistair Patrick	Mersey Tri	O40M	145	Paul Wilson	Widnes RC	O55M
69	Anthony Hepple	Southport Strollers	O50M	146	Harry Pepper	Mersey Tri	O50M
70	Peter Atkin	Liverpool RC	U40M	147	Ben Darby	Pensby Runners	O40M
71	Paul Cheetham	Skem BH	O50M	148	Simon Beatty	Skem BH	O50M
72	Ben Ford	St Helens Striders	-	149	Stan Cottier	Liverpool RC	O70M
73	Kevin Gillibrand	Warrington RR	O55M	150	Not Recorded	Southport Strollers	-
74	Ian King	Liverpool RC	O65M	151	John Nolan	Pensby Runners	O60M
75	Colin Cheveau	Liverpool RC	O45M	152	Peter Stokes	Southport Strollers	O60M
76	Mark Botterill	Southport Strollers	O50M	153	Martin Mulligan	RRAMS	O60M
77	Andy Cummins	Warrington Tri	O40M	154	Ian Chalmers	Pensby Runners	O70M

## Ladies Results

1	Nicola Jackson	RRAMS	U40F	55	Lauren Lett	Mersey Tri	U35F
2	Hannah Cowley	Cheshire Dragons	U30F	56	Carole Morrison	Pensby Runners	O60F
3	Amie Bagnall	Cheshire Dragons	U30F	57	Kirstie McCaffrey	St Helens Striders	U35F
4	Maria Cook	Skem BH	O45F	58	Sue Heaps	St Helens Striders	O55F
5	Louisa Thompson	Cheshire Dragons	O40F	59	Ellie Ireland	Southport Strollers	O40F
6	Marie Leahey	RRAMS	U40F	60	Nicola Roberts	Knowsley Harriers	O40F
7	Natasha Smith	Cheshire Dragons	O50F	61	Joanne Cook	Pensby Runners	U40F
8	Alison Halsall	Helsby RC	O50F	62	Helen Davies	Widnes Wasps	O50F
9	Helen Skipper	Mersey Tri	O40F	63	Nikki Scott	Mersey Tri	U35F
10	Kelly Marrin	Knowsley Harriers	O45F	64	Nicola Eshlin	Widnes RC	U35F
11	Nicola Laurence	Widnes RC	O40F	65	Kate Johnson	Spectrum Striders	O50F
12	Rebecca Wadeson	Skem BH	O40F	66	Tracy Sherlock	UTS RC	O40F
13	Laura Wright	RRAMS	U40F	67	Anita Hall	St Helens Striders	O50F
14	Jane Ashbrook	Helsby RC	O45F	68	Sarah Pickerill	Southport Strollers	O45F
15	Laura Baynham-Hughes	Helsby RC	O45F	69	Nicola Daley	Widnes Wasps	O50F
16	Kirsty Seddon	Chester Tri	U40F	70	Natasha Pearce	Mersey Tri	U30F
17	Sasha Yap	Pensby Runners	U40F	71	Faye Lowery	Southport Strollers	O45F
18	Anna Parsons	Northwich RC	O45F	72	Janet Walker	Skem BH	O45F
19	Eliza Ratcliffe	Mersey Tri	U20F	73	Gill Collen	Warrington RR	O60F
20	Chloe Holman	Run Sandymoor	-	74	Karen Bannon	Run Sandymoor	O40F
21	Beata Suthard	Northwich RC	O40F	75	Leeanne Evans	Liverpool RC	O40F
22	Ruth Isaacs	Pensby Runners	O60F	76	Joanne Evans	Liverpool RC	O40F
23	Wendy Lee	Pensby Runners	O50F	77	Anne Oxbridge	Penny Lane Striders	O40F
24	Claire Murphy	RRAMS	O45F	78	Dawn Hignett	Widnes RC	O50F
25	Lindsey Hagan	Knowsley Harriers	U40F	79	Rachel Campbell	Liverpool RC	O40F
26	Caroline Barrow	Widnes RC	O45F	80	Emma Southworth	Warrington Tri	O40F
27	Nicola Spafford	Skem BH	U35F	81	Ali Cross	Southport Strollers	O40F
28	Jasmine Baker	Mersey Tri	U30F	82	Sue Stewart	Southport Strollers	O75F
29	Anna Williams	Skem BH	O40F	83	Jacqueline Jones	Liverpool RC	O55F
30	Janet Robertson	Helsby RC	O55F	84	Emma Stokes	Southport Strollers	O50F
31	Lynda Searby	Northwich RC	O45F	85	Olivia Denham	UTS RC	O40F
32	Tarja Barnes	Warrington RR	O50F	86	Suzanne Hornby	Liverpool RC	O45F
33	Georgina Walker	Lymm Runners	O45F	87	Christine Grant	Penny Lane Striders	O55F
34	Stephanie Humphries	Widnes RC	U35F	88	Nicola Williams	Penny Lane Striders	O40F
35	Emma Fraser	Run Sandymoor	O40F	89	Katie Storey	Liverpool Running Bugs	U40F
36	Fiona Allen	UTS RC	O40F	90	Jessica Messenger	Northwich RC	O40F
37	Kirsty Mackenzie	Southport Strollers	U40F	91	Fenella Price	Liverpool RC	O50F
38	Louise Jones	Run Sandymoor	U35F	92	Lynsey Laing	Penny Lane Striders	O45F
39	Ann Costello-Griffiths	UTS RC	O40F	93	Catherine Lancaster	Pensby Runners	O60F
40	Suzy Wild	Spectrum Striders	O45F	94	Emily Red	Warrington Tri	U40F
41	Susan Kerfoot	St Helens Striders	U40F	95	Tracey Carr	Liverpool Running Bugs	O55F
42	Alison Morgan	Warrington RR	O45F	96	Hayley Hourigan	Widnes RC	O45F
43	Joanne Edwards	Cheshire Dragons	O55F	97	Emma Carey	Mersey Tri	U40F
44	Dawn Fairclough	Liverpool RC	O40F	98	Kelly Barton	Southport Strollers	O45F
45	Kathryn Schofield	Helsby RC	U30F	99	Jay Smith	Liverpool RC	O45F
46	Karon Forster	Spectrum Striders	O60F	100	Helen Moore	Widnes Wasps	O50F
47	Claire Ellison	Spectrum Striders	U40F	101	Sarah Grady	Liverpool RC	O45F
48	Sharon Galvin	Liverpool RC	O50F	102	Carla Graham	Liverpool RC	O40F
49	Rachael Malone	Northwich RC	O40F	103	Jayne McIvor	Liverpool RC	O55F
50	Ruth Hewitt	Liverpool Running Bugs	O40F	104	Heather McBride	Northwich RC	U35F
51	Shelley Hignett	Knowsley Harriers	U40F	105	Lucy-Ann Canavan	Skem BH	U40F
52	Gina Walke	Liverpool RC	U30F	106	Moyna O'Neil	Mersey Tri	O50F
53	Kate Walton	Mersey Tri	U40F	107	Isobel Chambers	Liverpool Running Bugs	U30F
54	Emma Nunnerley	Lymm Runners	O45F	108	Jean Miao	Liverpool RC	O60F

## Team Results

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

Pos	Team	Score	Points
1	Mersey Tri 'A'	40	30
2	Penny Lane Striders 'A'	76	29
3	North Endurance 'A'	126	28
4	Pensby Runners 'A'	207	27
5	Run Sandymoor 'A'	234	26
6	Skem & Parbold 'A'	250	25
7	Widnes RC 'A'	415	24
8	St Helens Striders 'A'	417	23
9	Liverpool RC 'A'	446	22
10	UTS RC 'A'	490	21
11	Southport Strollers 'A'	622	20
12	Liverpool Running Bugs 'A'	673	19
13	Helsby RC 'A'	608 (Only 5 ran)	18
14	Spectrum Striders 'A'	661 (Only 4 ran)	17
15	Lymm & Warrington RR 'A'	662 (Only 4 ran)	16
16	Knowsley Harriers 'A'	692 (Only 3 ran)	15
17	Kirkby Milers 'A'	712 (Only 3 ran)	14
18	Northwich RC 'A'	763 (Only 3 ran)	13
19	Chester Tri & Ellesmere Port RC 'A'	764 (Only 3 ran)	12
20	Cheshire Dragons 'A'	743 (Only 2 ran)	11
21	Warrington Tri 'A'	851 (Only 2 ran)	10
22	RRAMS 'A'	866 (Only 2 ran)	9
23	Birkenhead 'A'	857 (Only 1 ran)	8
24	Astley & Tyldesley RR 'A'	No Team	-
25	Warrington RC 'A'	No Team	-
26	Newburgh Nomads 'A'	No Team	-
27	Sandbach Striders 'A'	No Team	-
28	Delamere Spartans 'A'	No Team	-
29	Burnden Road Runners 'A'	No Team	-
30	Widnes Wasps 'A'	No Team	-

## Ladies 'A' Teams (3 Runners)

Pos	Team	Score	Points
1	Cheshire Dragons 'A'	10	30
2	RRAMS 'A'	20	29
3	Helsby RC 'A'	37	28
4	Skem & Parbold 'A'	43	27
5	Mersey Tri 'A'	56	26
6	Pensby Runners 'A'	62	25
7	Northwich RC 'A'	70	24
8	Widnes RC 'A'	71	23
9	Knowsley Harriers 'A'	86	22
10	Run Sandymoor 'A'	93	21
11	Lymm & Warrington RR 'A'	107	20
12	Spectrum Striders 'A'	133	19
13	UTS RC 'A'	141	18
14	Liverpool RC 'A'	144	17
15	St Helens Striders 'A'	156	16
16	Southport Strollers 'A'	164	15
17	Widnes Wasps 'A'	231	14
18	Liverpool Running Bugs 'A'	234	13
19	Penny Lane Striders 'A'	252	12
20	Warrington Tri 'A'	292 (only 2 ran)	11
21	Chester Tri & Ellesmere Port RC 'A'	252 (only 1 ran)	10
22	Kirkby Milers 'A'	No Team	-
22	Astley & Tyldesley RR 'A'	No Team	-
22	North Endurance 'A'	No Team	-
22	Warrington RC 'A'	No Team	-
22	Burnden Road Runners 'A'	No Team	-
22	Delamere Spartans 'A'	No Team	-
22	Birkenhead 'A'	No Team	-
22	Newburgh Nomads 'A'	No Team	-
22	Sandbach Striders 'A'	No Team	-

## FINAL POSITIONS

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

Pos	Team	Race 1	Race 2	Race 3	Race 4	Total
1	Mersey Tri 'A'	30	30	30	30	120
2	Penny Lane Striders 'A'	29	29	29	29	116
3	North Endurance 'A'	27	28	26	28	109
4	Liverpool RC 'A'	26	23	28	22	99
5	Kirkby Milers 'A'	28	26	27	14	95
6	Helsby RC 'A'	22	27	25	18	92
7=	St Helens Striders 'A'	23	19	23	23	88
7=	Pensby Runners 'A'	18	25	18	27	88
9	Widnes RC 'A'	15	20	24	24	83
10	Lymm & Warrington RR 'A'	20	22	22	16	80
11	Knowsley Harriers 'A'	24	17	20	15	76
12	Run Sandymoor 'A'	13	21	15	26	75
13	Skem & Parbold 'A'	21	14	14	25	74
14	Liverpool Running Bugs 'A'	14	18	21	19	72
15	Cheshire Dragons 'A'	25	24	9	11	69
16	Spectrum Striders 'A'	17	13	17	17	64
17	Chester Tri & Ellesmere Port RC 'A'	19	16	16	12	63
18	Northwich RC 'A'	9	6	19	13	47
19=	Southport Strollers 'A'	11	15	NT	20	46
19=	RRAMS 'A'	10	12	12	9	43
21	UTS RC 'A'	5	9	8	21	43
22	Warrington Tri 'A'	12	10	10	10	42
23	Birkenhead 'A'	8	8	13	8	37
24	Astley & Tyldesley RR 'A'	NT	11	11	NT	22
25	Warrington RC 'A'	4	7	6	NT	17
26	Newburgh Nomads 'A'	16	NT	NT	NT	16
27	Delamere Spartans 'A'	6	NT	7	NT	13
28	Sandbach Striders 'A'	7	NT	NT	NT	7
29=	Burnden Road Runners 'A'	NT	NT	NT	NT	NT
29=	Widnes Wasps 'A'	NT	NT	NT	NT	NT

## Ladies 'A' Teams (3 Runners)

Pos	Team	Race 1	Race 2	Race 3	Race 4	Total
1	Cheshire Dragons 'A'	30	30	30	30	120
2	Skem & Parbold 'A'	29	28	28	27	112
3	Helsby RC 'A'	21	27	25	28	101
4	Knowsley Harriers 'A'	20	29	23	22	94
5	Widnes RC 'A'	23	23	24	23	93
5	RRAMS 'A'	10	25	29	29	93
6	Penny Lane Striders 'A'	27	26	27	12	92
8	Mersey Tri 'A'	24	21	16	26	87
9	Northwich RC 'A'	25	16	14	24	79
10	Lymm & Warrington RR 'A'	14	24	20	20	78
11	Liverpool RC 'A'	28	10	22	17	77
12	Run Sandymoor 'A'	17	18	19	21	75
13	Pensby Runners 'A'	18	13	17	25	73
14	St Helens Striders 'A'	27	15	12	16	70
15	Spectrum Striders 'A'	13	17	18	19	67
16	Chester Tri & Ellesmere Port RC 'A'	9	20	26	10	65
17	Kirkby Milers 'A'	22	19	21	NT	62
18	UTS RC 'A'	15	12	15	18	60
19	Warrington Tri 'A'	19	22	NT	11	52
20	Liverpool Running Bugs 'A'	11	14	13	13	51
21	Widnes Wasps 'A'	12	11	11	14	48
22	Southport Strollers 'A'	16	9	NT	15	40
23	Astley & Tyldesley RR 'A'	NT	8	10	NT	18
24	North Endurance 'A'	NT	7	9	NT	16
25	Delamere Spartans 'A'	7	NT	8	NT	15
26	Warrington RC 'A'	6	6	NT	NT	12
27	Burnden Road Runners 'A'	8	NT	NT	NT	8
28	Birkenhead 'A'	NT	NT	NT	NT	NT
28	Newburgh Nomads 'A'	NT	NT	NT	NT	NT
28	Sandbach Striders 'A'	NT	NT	NT	NT	NT

### Lost Property from Race 4

Black Ron Hill Tracksters – Size L

Black Bluetooth Ear pods

Please email me at [steve.saunders@btinternet.com](mailto:steve.saunders@btinternet.com) to claim