



Posn	Number	Times			Posn	No:	Name	Club	M/F	Age	Times		Race 1 Time	Diff.	Race 2 Time	Diff.	Race 3 Time	Diff.	Race 4 Time	Diff.
		Mins	Sec										Windy, Overcast		Drizzle, Low Wind		Overcast, Dry		Some Cloud, Warm & Dry but Windy	
1	421	16.05	16.00	5	1	421	Colin Potts	Liverpool H	M	39	16.05	32	16.22	-0.17	16.26	-0.21	16.18	-0.13	16.09	-0.04
2	414	16.18	16.00	18	2	414	James Meldrum	Liverpool H	M	29	16.18									
3	413	16.40	16.00	40	3	413	Alan Ashton	Liverpool H	M	39	16.40									
4	438	16.47	16.00	47	4	438	Bernie Murphy	Liverpool Pembroke & Sefton	M	43	16.47	31	17.09	-0.22	16.37	0.10				
5	417	16.52	16.00	52	5	417	Simon McKeivitt	Liverpool H	M	38	16.52									
6	479	16.53	16.00	53	6	479	Martin Swensson	Penny Lane Striders	M	33	16.53				17.15	-0.22	17.10	-0.17		
7	443	17.07	17.00	7	7	443	Rob Dewhurst	Liverpool H	M	34	17.07									
8	470	17.41	17.00	41	8	470	John Attrill	Unattached	M	24	17.41									
9	420	17.54	17.00	54	9	420	Luke Towers	Liverpool H	M	14	17.54						18.14	-0.20		
10	400	17.56	17.00	56	10	400	Bryan Renton	Unattached	M	31	17.56				18.34	-0.38	18.32	-0.36	17.58	-0.02
11	435	18.05	18.00	5	11	435	Paul Schumann	Roby Runners	M	46	18.05	41	18.16	-0.11	17.59	0.06	17.56	0.09	17.55	0.10
12	416	18.34	18.00	34	12	416	Peter Warburton	Unattached	M	49	18.34	4	19.05	-0.31	18.41	-0.07	18.46	-0.12	18.44	-0.10
13	425	18.36	18.00	36	13	425	Matthew Nelson	Unattached	M	49	18.36	52	19.03	-0.27					18.45	-0.09
14	431	18.37	18.00	37	14	431	Shane Wolstencroft	Salford Mets	M	38	18.37									
15	434	18.41	18.00	41	15	434	Chantal Quarless	Liverpool H	F	23	18.41									
16	468	18.54	18.00	54	16	468	Paul Riley	Penny Lane Striders	M	39	18.54									
17	428	18.57	18.00	57	17	428	Laura Murphy	Liverpool H	F	19	18.57	6	20.55	-1.58					19.07	-0.10
18	415	19.10	19.00	10	18	415	Martin Hirrell	Penny Lane Striders	M	44	19.10	9	19.06	0.04	19.02	0.08	19.29	-0.19	18.58	0.12
19	419	19.18	19.00	18	19	419	Paul Cliff	Liverpool Running Club	M	42	19.18	24	19.51	-0.33					19.36	-0.18
20	457	19.42	19.00	42	20	457	Michael Sullivan	Unattached	M	23	19.42									
21	430	19.44	19.00	44	21	430	Clay Lenhart	Penny Lane Striders	M	33	19.44						20.49	-1.05		
22	454	19.48	19.00	48	22	454	Seonaid Murray	Liverpool H	F	24	19.48	59	19.50	-0.02					19.35	0.13
23	459	19.49	19.00	49	23	459	Tony Idowu	Unattached	M	46	19.49									
24	446	19.50	19.00	50	24	446	Steve Pemberton	Penny Lane Striders	M	54	19.50	60	19.52	-0.02	19.23	0.27	20.35	-0.45		
25	432	19.53	19.00	53	25	432	Peter Johnson	St Helens Sutton	M	41	19.53				18.50	1.03				
26	456	20.02	20.00	2	26	456	Jean Sillito	Unattached	M	30	20.02									
27	467	20.16	20.00	16	27	467	Tony Man	Penny Lane Striders	M	41	20.16	54	20.18	-0.02	20.10	0.06	19.36	0.40		
28	427	20.25	20.00	25	28	427	Michelle Murphy	Liverpool H	F	43	20.25	8	19.58	0.27	19.45	0.40	19.48	0.37		
29	429	20.55	20.00	55	29	429	Clare Murphy	Liverpool H	F	19	20.55	7	20.14	0.41	19.09	1.46				
30	450	20.59	20.00	59	30	450	Brian Stewart	Unattached	M	32	20.59									
31	426	21.05	21.00	5	31	426	Benjamin Langley	Liverpool H	M	25	21.05									
32	444	21.41	21.00	41	32	444	Andrew Stansfield	Penny Lane Striders	M	46	21.41	46	22.00	-0.19	21.33	0.08	21.50	-0.09	21.45	-0.04
33	471	21.46	21.00	46	33	471	Craig Northover	Liverpool H	M	39	21.46	26	22.45	-0.59	21.50	-0.04	23.20	-1.34		
34	439	21.48	21.00	48	34	439	Peter Morgan	Unattached	M	54	21.48								20.46	1.02
35	422	22.14	22.00	14	35	422	Colin Dobbs	Penny Lane Striders	M	33	22.14									
36	474	22.15	22.00	15	36	474	Andrew Herring	Unattached	M	33	22.15				21.11	1.04	22.08	0.07	21.35	0.40
37	466	22.18	22.00	18	37	466	Paul Hannigan	Roby Runners	M	52	22.18	37	22.08	0.10	21.51	0.27			22.56	-0.38
38	433	22.24	22.00	24	38	433	Louise Hogg	St Helens Sutton	M	37	22.24				21.23	1.01				
39	473	22.32	22.00	32	39	473	Natalie Cooper	Penny Lane Striders	F	24	22.32	65	22.58	-0.26	22.35	-0.03	22.28	0.04		
40	445	22.33	22.00	33	40	445	David Mark Rowe	Unattached	M	47	22.33				22.48	-0.15				
41	437	22.37	22.00	37	41	437	Keith Boyle	Penny Lane Striders	M	37	22.37						24.25	-1.48	23.15	-0.38
42	469	22.44	22.00	44	42	469	Emma Lucy	Penny Lane Striders	F	27	22.44								23.32	-0.48
43	441	22.53	22.00	53	43	441	Charlotte Wilson	Liverpool H	F	20	22.53	15	22.12	0.41						
44	476	23.05	23.00	5	44	476	Graham Weir	Unattached	M	37	23.05									
45	464	23.09	23.00	9	45	464	Andrew Webster	Roby Runners	M	47	23.09	53	24.41	-1.32	23.39	-0.30	23.28	-0.19		
46	447	23.10	23.00	10	46	447	Gill Darby	Penny Lane Striders	F	48	23.10	47	23.07	0.03			23.05	0.05		
47	483	23.16	23.00	16	47	483	John Bampton	Unattached	M	38	23.16				24.56	-1.40	23.58	-0.42		
48	442	23.28	23.00	28	48	442	Steven Miller	Unattached	M	50	23.28									
49	461	24.02	24.00	2	49	461	Steven Lennon	Unattached	M	14	24.02									
50	472	24.39	24.00	39	50	472	Geoffrey McIntosh	Unattached	M	49	24.39				25.39	-1.00	25.58	-1.19	24.11	0.28
51	418	24.44	24.00	44	51	418	Stephen Critchley	Unattached	M	41	24.44									
52	436	25.02	25.00	2	52	436	Cath Nevin	Penny Lane Striders	F	53	25.02				25.18	-0.16			25.54	-0.52
53	455	25.09	25.00	9	53	455	Paul Challinor	Unattached	M	41	25.09									
54	440	25.17	25.00	17	54	440	Paul Vaughan	Penny Lane Striders	M	31	25.17								26.43	-1.26
55	480	25.31	25.00	31	55	480	Alan Clarey	Mossley Hill AC	M	56	25.31	55	24.20	1.11	22.57	2.34	23.02	2.29		
56	465	26.18	26.00	18	56	465	R Hilton	Roby Runners	M	50	26.18				28.12	-1.54				
57	482	26.41	26.00	41	57	482	Michael Breslin	Unattached	M	49	26.41								26.04	0.37
58	475	27.18	27.00	18	58	475	R S Hilton	Roby Runners	M	26	27.18				28.09	-0.51				
59	477	27.23	27.00	23	59	477	Paul Lee	Unattached	M	23	27.23	57			28.51	-1.28	31.43	-4.20	28.42	-1.19
60	481	27.36	27.00	36	60	481	Euicene Nopondo	Penny Lane Striders	F	45	27.36						27.23	0.13		
61	449	27.51	27.00	51	61	449	Claire Shelley	Unattached	F	30	27.51									
62	460	28.28	28.00	28	62	460	Michael Lennon	Unattached	M	9	28.28									
63	451	29.41	29.00	41	63	451	Jo Houghton	Unattached	F	37	29.41									
64	448	31.02	31.00	2	64	448	Lisa McNulty	Unattached	F	30	31.02									
65	462	32.12	32.00	12	65	462	Laura Brown	Unattached	F	26	32.12									
66	478	32.13	32.00	13	66	478	Ronald Thornton	Unattached	M	68	32.13						31.45	0.28	31.24	0.49
67	463	35.36	35.00	35	67	463	Laura Evans	Unattached	F	25	35.36									
68	452	35.43	35.00	43	68	452	Tara Quai	Unattached	F	24	35.43									
69	423	35.46	35.00	46	69	423	Olivia Martin	Unattached	F	17	35.46									



Posn	Number	Times			Posn	No:	Name	Club	M/F	Age	Times		Race 1 Time	Diff.	Race 2 Time	Diff.	Race 3 Time	Diff.	Race 4 Time	Diff.	
			Mins	Sec																	
70	424	35.47	35.00	47	70	424	Laura Colman	Unattached	F	17	35.47										
71	458	35.48	35.00	48	71	458	Alan Sullivan	Unattached	M	30	35.48										