

Posn	Bib	Athlete	Club	M/F	Age	Time	Race 2	Race 1
1	30	Jack ATKINS	Liverpool Harriers & AC	M	19	16.52		
2	21	Mark CLAIR	Knowsley H	M	33	16.54		
3	104	Glen GROVES	Liverpool Harriers & AC	M	45	16.58	16.54	18.08
4	27	Stephen DOYLE	Knowsley H	M	39	17.02		
5	4	Tony LAWLOR	Knowsley H	M	50	17.28		
6	109	Matthew GODDARD	Southport Waterloo AC	M	31	17.37		
7	124	Dale HIGHAM	Penny Lane Striders	M	32	17.46	18.27	
8	64	Dean HANWELL	Mersey Tri	M	28	17.52		17.47
9	78	Paul SCHUMANN	Knowsley H	M	51	17.54	17.55	17.48
10	42	Tony LANDRY	Knowsley H	M	53	17.55	17.42	
11	2	Ashley CRAWFORD	Unattached	M	28	17.56		17.29
12	10	Tom ARMSTRONG	Vale Royal AC	M	36	17.59		17.55
13	11	Steven CALDWELL	Vale Royal AC	M	31	18.00		
14	145	Robert HORNBY	Mersey Tri	M	24	18.12		
15	33	Jay CLARKE	Penny Lane Striders	M	27	18.14	19.33	
16	51	Craig HOY	Liverpool Running Club	M	26	18.19	19.03	
17	44	Joe GRUNDY	Knowsley H	M	22	18.32	17.54	18.22
18	46	Michael HEYES	Mersey Tri	M	28	18.33		17.24
19	12	Michael HARRINGTON	Vale Royal AC	M	42	18.36		17.52
20	19	Emily GRAY	Liverpool Harriers & AC	F	14	18.37		
21	39	Ross BLACKBURN	Rothwell Harriers	M	24	18.38		
22	134	Rob SUPRIA	Unattached	M	28	18.42	18.20	
23	103	Owen BARDEN	Mersey Tri	M	40	18.55		
24	26	Andy KEELEY	Penny Lane Striders	M	52	18.57	18.44	
25	141	Rob FLETCHER	Mersey Tri	M	41	19.01		19.25
26	56	William John JONES	Knowsley H	M	48	19.06		
27	100	Lee WARD	Liverpool Running Club	M	41	19.08	18.32	
28	60	Colin DOBBS	Penny Lane Striders	M	38	19.09	19.33	19.28
29	86	Christopher LEE	Penny Lane Striders	M	35	19.11		
30	6	Daniel WRIGHT	Liverpool Running Club	M	16	19.12		
31	144	Ian MAGILL	Liverpool Running Club	M	45	19.13	18.26	
32	45	Paul WILLIAMS	Mersey Tri	M	32	19.17		
33	121	Marc LITTLEFIELD	Penny Lane Striders	M	34	19.20		19.30
34	93	Laura MURPHY	Liverpool Harriers & AC	F	0	19.22	19.49	
35	133	James WARBURTON	Knowsley H	M	29	19.26		
36	95	Robert GIVNAN	Liverpool Running Club	M	41	19.27		
37	61	Carl BALSHAW	Penny Lane Striders	M	44	19.28		
38	147	G STEWART	Liverpool Running Club	M	49	19.29	19.12	
39	98	John MCNAMARA	Liverpool Running Club	M	35	19.38		
40	84	Robert SINCLAIR	Unattached	M	29	19.39		
41	38	Andy LESLIE	Penny Lane Striders	M	27	19.40	19.52	19.44
42	20	Natalie	Liverpool Running Club	F	36	19.45		
43	14	Carl ENGLISH	Liverpool Running Club	M	51	19.46		
44	47	Tom RIMMER	Penny Lane Striders	M	27	19.51	20.00	
45	72	Fay JENNIONS	Knowsley H	F	35	19.58		
46	101	John MCMANNIMAN	Liverpool Running Club	M	39	20.09		
47	25	Robbie WOOD	Liverpool Pembroke & Sefton	M	57	20.11		

Posn	Bib	Athlete	Club	M/F	Age	Time	Race 2	Race 1
48	110	Dave HAMPSON	St Helens Sutton	M	52	20.12	19.43	
49	22	Catherine HOWARD	Knowsley H	F	26	20.13		
50	79	Steve PEMBERTON	Penny Lane Striders	M	59	20.17	20.49	21.00
51	127	David CLARKE	Liverpool Running Club	M	29	20.22		
52	69	Andy CANTWELL	Penny Lane Striders	M	36	20.23	20.40	
53	43	David STEVENSON	Unattached	M	23	20.24		
54	138	Stephen WATKIN	Penny Lane Striders	M	33	20.26	21.24	20.37
55	8	Paul BARNETT	Liverpool Running Club	M	31	20.27		20.29
56	31	Martin HIRRELL	Penny Lane Striders	M	49	20.28	19.56	
57	135	Richard THORPE	Penny Lane Striders	M	29	20.29		
58	151	Danny FEGAN	St Helens Striders	M	48	20.30	20.29	20.08
59	111	Thomas KING	Penny Lane Striders	M	28	20.34		
60	68	David QUINN	Liverpool Harriers & AC	M	38	20.35	20.11	
61	57	Michelle MURPHY	Liverpool Harriers & AC	F	48	20.36	21.08	
62	107	Julien TOUR	Penny Lane Striders	M	31	20.37	20.54	
63	59	Jonathan FISHER	Liverpool Running Club	M	30	20.38		20.43
64	28	George PIERCE	Liverpool Running Club	M	45	20.47	20.13	20.00
65	73	April MORGAN	Knowsley H	F	47	20.52		20.09
66	97	Graham CUSHION	Liverpool Running Club	M	38	20.56	20.31	20.40
67	74	Claire MURPHY	St Helens Striders	F	39	20.56	20.53	20.36
68	36	Stephen HOLMES	Unattached	M	32	21.00		
69	18	Paul CLIFF	Unattached	M	47	21.01		
70	150	Grant DAVIDSON	Mersey Tri	M	41	21.10		20.25
71	50	Michael FRAWLEY	Liverpool Running Club	M	32	21.12		
72	129	Greg HOCKING	Penny Lane Striders	M	42	21.15	21.09	
73	105	Michelle KING	Penny Lane Striders	F	27	21.17	21.27	21.12
74	140	Joe CRAWFORD	Mersey Tri	M	22	21.19	20.55	
75	99	Andrew CLARK	Unattached	M	30	21.23		
76	106	Michael O'ROURKE	Penny Lane Striders	M	30	21.28		21.38
77	88	Kathryn SHARKEY	Penny Lane Striders	F	34	21.29		22.12
78	131	Andrew BIDDLE	Penny Lane Striders	M	39	21.30	20.16	20.19
79	15	Joseph SMITH	Unattached	M	58	21.35	21.29	21.47
80	122	Helen LAVELLE	Southport Waterloo AC	F	37	21.39	20.57	21.02
81	71	Joe MCGRATH	Unattached	M	57	21.42		20.39
82	7	John DOBIE	Liverpool Pembroke & Sefton	M	67	21.44		
83	118	Wayne JOYCE	St Helens Sutton	M	34	21.47		
84	126	Shane KNOTT	Penny Lane Striders	M	37	21.48	22.02	
85	89	Ian SIMNOR	Mersey Tri	M	52	22.00	22.02	21.29
86	143	Rob JOHNSON	Mersey Tri	M	51	22.03	22.34	
87	117	Tony MAN	Penny Lane Striders	M	47	22.10	22.38	
88	53	Cristina PUCCINI	Penny Lane Striders	F	47	22.17		
89	65	Paul LEE	Unattached	M	28	22.24	22.20	22.07
90	58	Carl YU	Liverpool Running Club	M	40	22.25		
91	148	Paul RUST	Mersey Tri	M	37	22.28		
92	40	Jo KEELING	Liverpool Running Club	F	27	22.29		21.08
93	13	Dave TOMKINS	Warrington AC	M	67	22.35		
94	32	David MCNIVEN	Unattached	M	45	22.39		

Posn	Bib	Athlete	Club	M/F	Age	Time	Race 2	Race 1
95	34	Justin HIGHAM	Unattached	M	39	22.43		
96	102	Scott BROOKS	Mersey Tri	M	51	22.59		
97	23	Mark THOMAS	Penny Lane Striders	M	49	23.12		22.53
98	52	Ron BOWCOCK	Penny Lane Striders	M	46	23.20		24.19
99	115	Rod JONES	Liverpool Running Club	M	56	23.22		
100	17	Paul DOYLE	Unattached	M	51	23.24	22.42	23.12
101	132	Emma WILLIAMS	Knowsley H	F	23	23.29		
102	85	Stephen FLYNN	Unattached	M	37	23.30	23.35	
103	70	Shaun MCGRATH	Unattached	M	19	23.36		
104	82	Stephen DRAPER	Mossley Hill AC	M	60	23.37	23.40	23.46
105	16	David LIMBRICK	Unattached	M	51	23.41	23.15	23.09
106	119	Matthew TOLLITT	Penny Lane Striders	M	53	23.46		
107	91	Luke HOBART	Unattached	M	34	23.48		
108	146	C STEWART	Liverpool Running Club	F	50	23.53		
109	94	Keith BOYLE	Penny Lane Striders	M	42	23.56		
110	128	Stan COTTIER	Liverpool Running Club	M	67	24.00	23.05	
111	149	Neil GRAY	Mersey Tri	M	29	24.02		
112	63	Geoff BEATTIE	Sale H	M	61	24.04		
113	9	Mark BRYAN	Knowsley H	M	41	24.06		23.40
114	108	Chris CUSHION	Liverpool Running Club	M	30	24.13		
115	75	Mal TAYLOR	Penny Lane Striders	M	38	24.18		
116	83	Barry WHEELER	Vegan Runners	M	42	24.19		
117	55	Catherine NEVIN	Penny Lane Striders	F	58	24.24		23.52
118	54	Michelle KELLY	Penny Lane Striders	F	55	24.37		24.43
119	139	Anna WATKIN	Penny Lane Striders	F	32	24.38		24.13
120	90	Stewart BRADLEY	Unattached	M	36	24.43		
121	130	Rachel RICK	Penny Lane Striders	F	55	24.53	24.43	
122	142	Esther VAN GINNEKEN	Penny Lane Striders	F	26	24.53		
123	48	John GUY	Unattached	M	38	25.11		
124	41	Vicky SIMPSON	Liverpool Running Club	F	30	25.19		
125	35	Rachael UNDERWOOD	Penny Lane Striders	F	25	26.08		25.54
126	114	Chris MCELROY	Mossley Hill AC	M	36	26.26		
127	112	Laila CONNORS	Unattached	F	35	26.28		
128	113	Carl PIERCE	Unattached	M	30	26.28		
129	24	Stan ERLAM	St Helens Sutton	M	73	27.17	25.31	25.10
130	62	Ron THORNTON	Unattached	M	73	27.29	28.26	28.44
131	3	Pat HENLEY	Liverpool Harriers & AC	M	67	27.31	28.19	
132	125	Ellie DARBY	Penny Lane Striders	F	21	27.51		
133	92	Mike WELSBY	Penny Lane Striders	M	49	27.55		
134	87	Jo BRUCHEZ-CORBETT	Penny Lane Striders	F	36	28.11		
135	123	Anthony WOODS	Penny Lane Striders	M	44	28.12	26.50	26.36
136	29	James STANSFIELD	Penny Lane Striders	M	24	28.20	29.35	26.09
137	96	Martina RICE	Active Women	F	39	28.36	27.06	
138	137	Rebecca PRICE	Penny Lane Striders	F	30	29.00	29.48	
139	116	Jo SUTHERLAND	Penny Lane Striders	F	39	29.18	29.57	31.37
140	76	Julie BAIRD	Unattached	F	35	32.50		