

LIVERPOOL HARRIERS & ATHLETIC CLUB

MYSTERY PARK 5K Road Race Series 2013

Race 5 of 5 :: Thursday, 5 September 2013

Posn	Bib	Athlete	Club	M/F	Age	Time	R4 Time	R3 Time	R2 Time	R1 Time
1	186	James McNally	Penny Lane Striders	M	28	15.57		16.01		
2	175	Martin Swensson	Penny Lane Striders	M	38	15.59	16.13	16.05	16.04	
3	114	Alan Ashton	Liverpool H	M	43	16.39	16.35	16.58	16.45	
4	122	Ashley Crawford	Unattached	M	27	16.58	17.11			
5	159	Glen Groves	Liverpool H	M	45	17.08	17.10		19.04	
6	161	Al Smithson	Mersey Tri	M	30	17.13	17.02	17.03	17.01	
7	157	Ray Cole	Liverpool H	M	52	17.26	17.17			
8	151	Dale Higham	Penny Lane Striders	M	31	17.30	17.09		18.50	
9	247	Ian Roche	Mersey Tri	M	50	17.46	18.05	17.52		18.33
10	170	Carl Murphy	Liverpool Running Club	M	32	17.57				
11	264	Paul Martin	Mersey Tri	M	28	17.58		17.45		
12	184	John Connolly	Penny Lane Striders	M	42	18.00	18.04	18.15	17.35	17.34
13	177	Paul Schumann	Knowsley H	M	50	18.11	17.49	18.02		18.28
14	100	Simon Birtles	Penny Lane Striders	M	47	18.15	18.23	18.28	18.58	
15	234	Rob Dewhurst	Liverpool H	M	38	18.33				
16	243	Steve McLean	Southport Waterloo AC	M	52	18.38				
17	245	Tim Grace	Mersey Tri	M	42	18.50	18.50			18.55
18	131	Marc Littlefield	Penny Lane Striders	M	33	19.17	19.03		19.37	
19	111	George Pierce	Liverpool Running Club	M	44	19.33	19.42	20.06	20.54	20.42
20	200	Jennifer Smith	Warrington AC	F	30	19.39				
21	125	Matthew Nelson	Southport Waterloo AC	M	53	19.44	19.44	20.40	20.39	20.46
22	183	Dave Quinn	Liverpool H	M	37	19.54	20.07	20.01		
23	179	Rachel Williams	Penny Lane Striders	F	27	19.57	19.59			19.41
24	244	Trace Peters	Southport Waterloo AC	F	31	20.02				
25	155	Paul Cliff	Liverpool Running Club	M	46	20.09		20.22		
26	169	Billy McLoughlin	Liverpool Running Club	M	34	20.20				
27	165	Jonathan Ford	St Helens Sutton	M	44	20.22		20.30	21.03	21.48
28	147	Andrew Keeley	Penny Lane Striders	M	51	20.25		21.55		
29	88	Dave Hampson	St Helens Sutton	M	??	20.34				
30	138	John McNamara	Liverpool Running Club	M	34	20.41	20.12	20.54	21.17	
31	156	Chris Falls	St Helens Striders	M	37	20.42				
32	150	Michelle Murphy	Liverpool H	F	47	20.45	20.33		20.51	21.13
33	136	Jess Bowie	Liverpool Running Club	M	41	20.53	20.30			
34	149	Andrew Conway	Mossley Hill AC	M	48	20.56	21.09		21.11	21.00
35	167	Grant Davidson	Mersey Tri	M	40	21.10		20.55		
36	220	Steve Pemberton	Penny Lane Striders	M	58	21.36	22.13	21.24	20.25	21.30
37	196	Graham Cushion	Unattached	M	37	21.37	22.30	21.36		
38	188	Shane Knott	Penny Lane Striders	M	36	21.37	21.34			
39	118	Robert Sinclair	Unattached	M	28	21.40	22.17			
40	152	Rob Hardwick	Penny Lane Striders	M	43	21.42				
41	176	Gary Oldham	St Helens Sutton	M	43	21.43		22.38	22.21	
42	180	Bob Aldcroft	Village Road Runners	M	63	21.55				
43	112	Dave Tomkins	Warrington AC	M	66	22.00	21.46	21.57		22.11
44	154	Hannah Traynor	Liverpool H	F	23	22.13				
45	261	Liam Hussey	Penny Lane Striders	M	??	22.30				
46	139	Emma Hayward	Liverpool H	F	26	22.32	23.50			
47	178	Greg Hocking	Penny Lane Striders	M	42	22.35	21.55	22.26		21.52
48	153	David Limbrick	Unattached	M	50	22.47	23.12	22.59	23.21	23.45
49	164	Peter Morgan	Northern Vets	M	58	22.51				

LIVERPOOL HARRIERS & ATHLETIC CLUB

MYSTERY PARK 5K Road Race Series 2013

Race 5 of 5 :: Thursday, 5 September 2013

Posn	Bib	Athlete	Club	M/F	Age	Time	R4 Time	R3 Time	R2 Time	R1 Time
50	265	Curtis Malik	Unattached	M	41	22.53		22.10		
51	142	Kenny Worrall	Liverpool Running Club	M	40	23.04	23.01			
52	189	Paul Hannigan	Knowsley H	M	57	23.10	24.01	23.33	23.56	24.55
53	158	Ben Freeney	Penny Lane Striders	M	34	23.34				
54	162	Stan Cottier	Unattached	M	66	23.39	23.40	24.16		
55	89	Louise Warn	Penny Lane Striders	F	23	23.54	23.54	24.43		
56	166	Lisa Davidson	Mersey Tri	F	42	24.02				
57	229	Rachael Quinn	Penny Lane Striders	F	25	24.03				
58	263	Graham Hussey	Penny Lane Striders	M	49	24.11				
59	221	Naomi Curtis	Penny Lane Striders	F	47	24.15	24.25	24.28		25.15
60	115	Cath Nevin	Penny Lane Striders	F	57	24.31	24.08	24.53	24.30	24.48
61	168	Keith Boyle	Penny Lane Striders	M	41	24.48				
62	160	Karen Dalby	Liverpool H	F	50	24.50	24.12			25.02
63	87	Michelle Kelly	Penny Lane Striders	F	54	24.59	25.02	24.32	24.54	
64	185	Mike Welsby	Penny Lane Striders	M	49	25.05		25.35		
65	187	Carolyn Houghton	Penny Lane Striders	F	41	25.37	25.12	26.20		
66	181	Liz Simpson	Penny Lane Striders	M	66	25.40		27.16		
67	240	Clio Smyth	Penny Lane Striders	F	29	25.42				
68	182	Alan Clarey	Mossley Hill AC	M	60	25.42		25.04	24.21	23.45
69	236	Colette Roche	Unattached	F	48	26.21				
70	239	Claire M	Penny Lane Striders	F	28	26.51				
71	119	Chris Roper	Unattached	M	37	26.55	27.25	29.11		
72	144	James Stansfield	Penny Lane Striders	M	23	28.29	32.17	33.40	34.24	