

Posn	Bib	Athlete	Club	M/F	Age	Time	Race 3	Race 2	Race 1
1	216	Martin SWENSSON	PLS	M	39	16.09			16.02
2	119	Alan ASHTON	LH&AC	M	44	16.19			
3	44	Mark CLAIR	Knowsley H	M	33	16.26	16.54		
4	105	Callum GRANT	LH&AC	M	18	16.34			17.05
5	39	Stephen DOYLE	Knowsley H	M	39	16.38	17.02		
6	33	Robert KELLY	Knowsley H	M	30	16.41			
7	4	Glen GROVES	LH&AC	M	44	16.44	16.58	16.54	18.08
8	14	Michael FITZSIMMONS	LH&AC	M	31	16.48			
9	9	Tony LAWLOR	Knowsley H	M	50	17.12	17.28	17.22	
10	16	Paul SKIPPER	Mersey Tri	M	33	17.13			16.50
11	3	Ashley CRAWFORD	Unattached	M	28	17.16	17.56	17.34	17.29
12	11	Gareth HOWELL	LH&AC	M	33	17.25		16.46	
13	31	Neil COSGROVE	Knowsley H	M	30	17.26		17.44	
14	81	Lee MIGHALL	Unattached	M	40	17.27			
15	133	Tony LANDRY	Knowsley H	M	53	17.28	17.55	17.42	
16	116	Kevin BRENNAN	St Helens Striders	M	46	17.29			
17	128	Ben LEWINGTON	Knowsley H	M	22	17.33			
18	169	Robert HORNBY	Mersey Tri/SWAC	M	24	17.36	18.12		
19	87	Steven NIJS	Knowsley H	M	41	17.38			
20	18	James ADDIE	Dunbar Running Club	M	33	17.43			
21	80	Peter FAIRCLOUGH	St Helens Striders	M	26	17.45			
22	82	Mike GALL	Knowsley H	M	31	17.46			
23	153	Alistair DAVIES	Unattached	M	24	17.53			
24	106	Paul SCHUMANN	Knowsley H	M	51	17.54	17.54	17.55	17.48
25	77	Lawrence ECCLES	PLS	M	31	17.56			
26	17	Jay CLARKE	PLS	M	27	17.58	18.14	19.33	
27	24	Nigel GRANT	PLS	M	51	17.59		18.02	18.16
28	109	Joe LAZENBY	LRC	M	29	18.10		18.06	
29	115	Paul DEMORE	St Helens Striders	M	47	18.12		19.16	20.25
30	112	James THOMPSON	Knowsley H	M	31	18.14			
31	69	Gary ENGLISH	LRC	M	51	18.18		18.28	
32	141	John O'NEILL	Mersey Tri	M	39	18.23			
33	233	Anthony BARBAT	Wallasey AC	M	54	18.28			
34	23	Emily GRAY	LH&AC	F	14	18.29	18.37		
35	193	Paul MARTIN	Mersey Tri	M	28	18.31			
36	46	John PREECE	Knowsley H	M	40	18.33			
37	204	Michael HARRINGTON	Vale Royal AC	M	42	18.36	18.36		17.52
38	58	Paul GOODWIN	Knowsley H	M	47	18.37			
39	187	Ian ROCHE	Mersey Tri	M	51	18.38		19.14	
40	83	Tony MORGAN	Knowsley H	M	45	18.40			18.30
41	177	Stephen WELSBY	Unattached	M	17	18.42			
42	185	Sarah ROBERTS	Pensby Runners	F	33	18.45			
43	60	Joe GRUNDY	Knowsley H	M	22	18.47	18.32	17.54	18.22
44	64	Robert GIVNAN	LRC	M	41	18.50	19.27		
45	139	Owen BARDEN	Mersey Tri	M	40	18.52	18.55		
46	101	Mitch HAWKINS	PLS	M	33	18.54		19.11	
47	103	Alex O'BRIEN	LRC	F	32	18.54			

Posn	Bib	Athlete	Club	M/F	Age	Time	Race 3	Race 2	Race 1
48	131	Stephen DELLIS	Unattached	M	27	18.54			
49	48	William JONES	Knowsley H	M	48	18.55			
50	45	David EDWARDS	Knowsley H	M	52	18.57			
51	197	James WARBURTON	Knowsley H	M	29	19.04	19.26		
52	94	Daniel PRESTON	LH&AC	M	13	19.07			
53	2	Graham STEWART	LRC	M	49	19.10		19.12	
54	30	Chris POWNELL	Knowsley H	M	24	19.13			
55	220	Al SMITHSON	Mersey Tri	M	30	19.13			
56	110	Steven MAGUIRE	PLS	M	38	19.13		18.56	18.31
57	26	Laura MURPHY	LH&AC	F	29	19.19	19.22	19.49	
58	186	Tim GRACE	Mersey Tri	M	43	19.20		19.08	19.25
59	194	Richard HOUGHTON	SWAC	M	34	19.21			
60	168	John COURTNEY	Knowsley H	M	41	19.23			
61	111	Simon BIRTLES	PLS	M	48	19.24			
62	134	Andy LESLIE	PLS	M	27	19.26	19.40	19.52	19.44
63	114	Robert SINCLAIR	Unattached	M	29	19.28	19.39	19.31	
64	29	Stephen HAYES	Knowsley H	M	42	19.29			
65	92	Jay JENNIONS	Deestriders RC	F	35	19.30			
66	72	Charlotte WILSON	LH&AC	F	25	19.31		18.38	18.32
67	71	David DALY	Knowsley H	M	32	19.32			
68	97	John MCNAMARA	LRC	M	35	19.36	19.38		
69	76	Sharon SAMSON	Knowsley H	F	34	19.38			
70	89	Dave HAMPSON	St Helens Sutton	M	52	19.40	20.12	19.43	
71	172	John JENSEN	PLS	M	37	19.40		20.12	19.51
72	35	Stephen TOD	Unattached	M	43	19.40			20.00
73	95	Andrew GRANT	LH&AC	M	13	19.45			19.35
74	25	William MERRITT	Knowsley H	M	?	19.46			
75	79	Rachael FISHWICK	St Helens Striders	F	29	19.48			
76	117	Matthew NELSON	SWAC	M	54	19.48			
77	199	Danny FEGAN	St Helens Striders	M	48	19.55	20.30	20.29	20.08
78	226	Tom KENNEDY	PLS	M	24	19.55			19.54
79	152	Stephen WATKIN	PLS	M	33	19.56	20.26	21.24	20.37
80	102	Ian SHORROCK	Pensby Runners	M	39	19.56			
81	59	Jake GOODWIN	Knowsley H	M	15	19.57			
82	38	Dave LAWTON	Knowsley H	M	34	19.58			
83	163	Jon-Paul GIBBONS	Knowsley H	M	32	19.58			
84	36	Robert WOOD	LPS	M	57	19.59			20.04
85	55	Scott ROBERTSON	St Helens Striders	M	38	20.04			
86	10	Andrew GLEN	Knowsley H	M	51	20.05			
87	75	Claire MURPHY	St Helens Striders	F	39	20.05	20.56	20.53	20.36
88	122	Brian MIDDLETON	St Helens Striders	M	62	20.07			
89	155	Andrew BIDDLE	PLS	M	39	20.08	21.30	20.16	20.19
90	180	Richard THORPE	PLS	M	29	20.09	20.29		
91	98	Steve PEMBERTON	PLS	M	59	20.12	20.17	20.49	21.00
92	171	Rich WORSLEY	St Helens Striders	M	44	20.14			
93	8	Carl CUMMINGS	Unattached	M	37	20.15			
94	120	Stuart WOODS	LRC	M	32	20.17			20.46

Posn	Bib	Athlete	Club	M/F	Age	Time	Race 3	Race 2	Race 1
95	229	Andrew CLARK	Unattached	M	30	20.28	21.23		
96	142	Kevin KEANE	PLS	M	29	20.29			
97	108	Kate MCGING	PLS	F	28	20.30		20.18	20.15
98	52	Paul CLIFF	Unattached	M	47	20.32	21.01	21.13	
99	167	Trace PETERS	SWAC	F	32	20.35			
100	53	George PIERCE	LRC	M	45	20.36	20.47	20.13	20.00
Posn	Bib	Athlete	Club	M/F	Age	Time	Race 3	Race 2	Race 1
101	20	Paul GRAY	LH&AC	M	46	20.39		18.54	19.04
102	125	Jeff ADAMS	Pensby Runners	M	58	20.40			
103	113	Wayne JOYCE	St Helens Sutton	M	34	20.40	21.47		
104	65	Graham CUSHION	LRC	M	38	20.41	20.56	20.31	20.40
105	138	Stephen HOLMES	Unattached	M	32	20.41	21.00		
106	232	Grant DAVIDSON	Mersey Tri	M	41	20.42	21.10		20.25
108	85	Jonathan FISHER	LRC	M	31	20.43	20.38		20.43
109	157	Michael O'ROURKE	PLS	M	31	20.57			21.38
110	63	Paul RUDKIN	LPS	M	40	20.57			
111	78	April MORGAN	Knowsley H	F	47	20.58	20.52		20.09
112	70	Michelle MURPHY	LH&AC	F	48	21.05	20.36	21.08	
113	164	Julien TOUR	PLS	M	31	21.06	20.37	20.54	
114	156	Greg KOCKING	PLS	M	42	21.07			
115	162	Mark WIGLESWORTH	PLS	M	54	21.10			
116	90	Helen LAVELLE	SWAC	F	37	21.14	21.39	20.57	21.02
117	51	Ian WRIGHT	St Helens Striders	M	44	21.17			
118	123	Dave MCALISTER	Wallasey AC	M	55	21.22			
119	50	Joseph SMITH	Unattached	M	58	21.24	21.35	21.29	21.47
120	146	Tony MAN	PLS	M	47	21.25	22.10	22.38	
121	37	Mal BALMER	PLS	M	50	21.27			
122	140	Ian SIMNOR	Mersey Tri	M	52	21.35	22.00	22.02	21.29
123	47	Cristina PUCCINI	PLS	F	47	21.37	22.17		
124	99	Oliver THOMAS	Unattached	M	16	21.40			
125	32	Lynsey UNSWORTH	Knowsley H	F	31	21.43			
126	42	Lee HAMPTON	Knowsley H	M	33	21.46			
127	15	Neil RAINE	LH&AC	M	48	21.49		22.09	
128	184	David GRIFFITHS	PLS	M	45	21.50			
129	43	Mike DEVEREUX	PLS	M	64	21.50			
130	165	George AYLWARD	PLS	M	27	21.51			
131	135	Martin HIRRELL	PLS	M	49	21.51	20.28	19.56	
132	74	John APPLETON	St Helens Sutton	M	62	21.53			
133	234	R JOHNSON	Mersey Tri	M	51	21.59			
134	195	Alan SPENCER	Unattached	M	54	22.00			
135	161	Trish DUDLEY	PLS	F	25	22.02		22.44	
136	190	Scott BROOKS	Mersey Tri	M	51	22.03	22.59		
137	160	Helen WILKINSON	Knowsley H	F	26	22.06			
138	67	Tony GREEN	LH&AC	M	57	22.15			22.57
139	19	Thomas LALLY	LH&AC	M	15	22.16			
140	174	Kieron CARR	Unattached	M	43	22.17			
141	22	Paul DOYLE	Unattached	M	51	22.18	23.24	22.42	23.12

Posn	Bib	Athlete	Club	M/F	Age	Time	Race 3	Race 2	Race 1
142	166	Conor MCGARRY	Knowsley H	M	39	22.19			
143	62	Louise WARN	PLS	F	24	22.20		22.17	22.58
144	159	Paul LEE	Unattached	M	28	22.21	22.24	22.20	22.07
145	93	Bev LOWE	LH&AC	F	48	22.22			21.21
146	149	Gordon SCHOLEFIELD	Pensby Runners	M	61	22.27			
147	41	Philip COOPER	Unattached	M	29	22.30			
148	235	Helen ALEXANDER	Mersey Tri	F	33	22.34			21.32
149	34	Ian BROADHURST	Knowsley H	M	49	22.35		22.23	
150	217	John TOFT	PLS	M	27	22.41			
151	143	Mark ROBERTS	Pensby Runners	M	62	22.42			
152	96	Gerard PRESTON	Unattached	M	42	22.43			
153	136	Amanda TREANOR	PLS	F	29	22.46			
154	198	Emma WILLIAMS	Knowsley H	F	23	22.50	23.29		
155	91	John MORGAN	Mersey Tri	M	36	22.51			
156	104	John DOBIE	LPS	M	67	22.54	21.44		
157	56	Tom PEACOCK	SWAC	M	44	22.56			
158	100	Mark THOMAS	PLS	M	50	23.03	23.12		22.53
159	188	David LIMBRICK	Unattached	M	51	23.07	23.41	23.15	23.09
160	88	Mark BRYAN	Knowsley H	M	41	23.15	24.06		23.40
161	191	Lee BROOKS	Unattached	M	38	23.16			
162	219	Jane EARDLEY	PLS	F	35	23.23			
163	206	Billy SERGESON	PLS	M	46	23.30			
164	57	Colin LAMPREY	Pensby Runners	M	53	23.34			
165	144	Helen LODGE	SWAC	F	46	23.36			
166	137	Keith BOYLE	PLS	M	42	23.41	23.56		
167	73	Brian BUNCLARK	SWAC	M	56	23.43			
168	175	Sue O'BRIEN	Knowsley H	F	55	23.48			
169	127	Chris WILLS	Knowsley H	M	37	23.51			
170	182	Gill DARBY	PLS	F	53	23.52		23.41	
171	218	Andrew WYLLIE	Unattached	M	56	23.58			
172	189	Stan COTTIER	LRC	M	67	24.01	24.00	23.05	
173	126	Sophie JOHNSON-MCDEVITT	Unattached	F	17	24.02			
174	173	Tracey CARR	Unattached	F	49	24.05			
175	145	Esther VAN GINNEKEN	PLS	F	26	24.10	24.53		
176	130	Robert ASTLEY	PLS	M	48	24.11			
177	40	Tony DICKINSON	Knowsley H	M	44	24.18			
178	181	Sam DARBY	PLS	M	57	24.24			
179	118	Cath NEVIN	PLS	F	58	24.30	24.24	24.17	23.52
180	129	Barry WHELLER	Vegan Runners	M	42	24.36			
181	147	Rachel RICK	PLS	F	55	24.39	24.53	24.43	
182	1	Adele ASPINALL	LRC	F	35	24.43		23.04	23.18
183	151	Anna WATKIN	PLS	F	32	24.43	24.38		24.13
184	13	Michelle KELLY	PLS	F	55	24.47	24.37		24.43
185	170	Rebecca MCKENNA	St Helens Striders	F	?	25.08			
186	121	Tony HORSFALL	St Helens Striders	M	50	25.09			
187	150	Sue STEWART	SWAC	F	67	25.12			
188	54	Mark SPITTLE	LRC	M	26	25.21			

Posn	Bib	Athlete	Club	M/F	Age	Time	Race 3	Race 2	Race 1
189	5	Karen DALBY	Knowsley H	F	51	25.23		25.52	25.07
190	12	John KELLY	PLS	M	52	25.23			20.56
191	196	Mike O'BRIEN	Knowsley H	M	47	25.32			
192	124	Jane LIGHTFOOT	Knowsley H	F	26	25.35			
193	176	Mike WELSBY	PLS	M	50	25.43	27.55		
194	27	Stan ERLAM	St Helens Sutton	M	73	25.44	27.17	25.31	25.10
195	178	Linda RODGERS	LRC	F	55	25.48			
196	154	Jane BLACKLIN	SWAC	F	54	27.08			
197	107	Ian CHALMERS	Pensby Runners	M	66	27.10			
198	49	Eunice NOPONDO	PLS	F	50	27.11		26.48	
199	183	Ellie DARBY	PLS	F	21	27.29	27.51		
200	6	Pat HENLEY	LH&AC	M	67	27.40	27.31	28.19	28.38
201	192	Melissa DOHERTY	Unattached	F	34	27.46			
202	230	Rebecca PRICE	PLS	F	30	27.47	29.00	29.48	
203	208	Eamonn BRADY	PLS	M	46	27.48			31.37
204	28	Christine GRANT	Unattached	F	48	27.49			
205	148	Elizabeth DENNETT	Knowsley H	F	44	27.50		29.22	
206	61	Ian BUDD	Wrekin	M	45	27.51			28.15
207	179	Susan EVANS	LRC	F	42	27.53		26.58	
208	158	Ron THORNTON	Unattached	M	73	28.07	27.29	28.26	28.44
209	201	Joe MCGLYNN	PLS	M	57	28.51		22.50	
210	200	Vincent HESSEY	Northern Vets	M	65	28.51			
211	214	Amy WAUGH	PLS	F	28	29.05			
212	7	David CUMMINGS	Unattached	M	69	29.13			
213	86	Derek HUGHES	Knowsley H	M	62	29.40			29.26
214	210	Philip MOODY	LRC	M	37	29.54			
215	68	Rachel SIMM	St Helens Striders	F	?	30.05			
216	132	Jo SUTHERLAND	PLS	F	39	30.45	29.18	29.57	31.37
217	209	Joanne DAVIS	LRC	F	33	31.22			
218	0					32.00			
219	0					32.00			