

Thursday 4th September 2014

Posn	Bib	Athlete	Club	M/F	Age	Time	Race 4	Race 3	Race 2	Race 1
1	6	Gareth HOWELL	Liverpool H & AC	M	33	16.32	17.25		16.46	
2	70	Andrew GREEN	Warrington AC	M	51	16.34				
3	10	Stephen DOYLE	Knowsley H & AC	M	40	16.38	16.38	17.02		
4	18	Michael FITZSIMMONS	Liverpool H & AC	M	31	16.42	16.48			
5	22	Mark WYNNE	Liverpool Pembroke & Sefton	M	39	16.47				
6	40	Dave HIGHAM	Penny Lane Striders	M	33	16.55				
7	4	Ashley CRAWFORD	Unattached	M	28	17.05	17.16	17.56	17.34	17.29
8	76	Matt DAVIES	Mossley Hill AC	M	32	17.24				
9	94	Robert HORNBLY	Mersey Tri/SWAC	M	24	17.37	17.36	18.12		
10	25	Peter BRAME	Liverpool H & AC	M	46	17.38			17.29	17.43
11	13	Jay CLARK	Penny Lane Striders	M	27	17.40				
12	87	Rob BARROWS	Penny Lane Striders	M	25	17.45				
13	51	Paul SCHUMANN	Knowsley H & AC	M	51	17.49	17.54	17.54	17.55	17.48
14	8	John CAIN	Liverpool H & AC	M	35	17.50				
15	79	Michael HEYES	Mersey Tri	M	28	17.51		18.33	17.39	17.24
16	26	Joe GRUNDY	Knowsley H & AC	M	22	17.52	18.47	18.32	17.54	18.22
17	60	Alex WADDELOVE	Southport Waterloo AC	M	22	18.24				
18	63	Charlotte WILSON	Liverpool H & AC	F	25	18.24	19.31		18.38	18.32
19	96	John PREECE	Knowsley H & AC	M	40	18.38	18.33			
20	7	Jenny CLAGUE	Liverpool H & AC	F	41	18.39				
21	5	David COLLINS	Wigan H & AC	M	52	18.39				
22	98	John HALSON	Liverpool Pembroke & Sefton	M	53	18.48				
23	36	Andy KEELEY	Penny Lane Striders	M	52	18.57		18.57	18.44	
24	48	Mitch HAWKINS	Penny Lane Striders	M	33	18.59	18.54		19.11	
25	65	Marc LITTLEFIELD	Penny Lane Striders	M	34	19.03		19.20	19.12	19.30
26	75	Christopher LEE	Penny Lane Striders	M	35	19.06		19.11		
27	58	Kieran MCGING	Spectrum Striders	M	30	19.08				
28	12	Chris POWNELL	Knowsley H & AC	M	24	19.08	19.13			
29	77	David DALY	Knowsley H & AC	M	32	19.08	19.32			
30	41	Paul WILLIAMS	Mersey Tri	M	32	19.12		19.17		
31	61	William John JONES	Knowsley H & AC	M	48	19.16		19.06		
32	91	John COURTNEY	Knowsley H & AC	M	41	19.17	19.23			
33	80	Jon TOFT	Penny Lane Striders	M	28	19.21			19.59	18.55
34	100	Laura MURPHY	Liverpool H & AC	F	29	19.22	19.19	19.22	19.49	
35	72	Stephen MCNICHOLAS	Penny Lane Striders	M	50	19.28				
36	46	Robert SINCLAIR	Unattached	M	29	19.32	19.28	19.39	19.31	
37	45	Dave HAMPSON	St Helens Sutton	M	52	19.34	19.40	20.12	19.43	
38	37	Andy LESLIE	Penny Lane Striders	M	27	19.36	19.26	19.40	19.52	19.44
39	54	Paul DEMORE	St Helens Sutton	M	47	19.36	18.12		19.16	20.25
40	103	Stuart WOODS	Liverpool Running Club	M	32	19.40	20.17			20.46
41	59	Stephen HAYES	Knowsley H & AC	M	42	19.46	19.29			
42	49	Matthew NELSON	Southport Waterloo AC	M	55	19.48	19.48			
43	53	Stephen WATKIN	Penny Lane Striders	M	33	19.51	19.56	20.26	21.24	20.37
44	93	Carl BALSHAW	Penny Lane Striders	M	44	19.52		19.28		
45	81	Tom RIMMER	Penny Lane Striders	M	27	19.53		19.51	20.00	
46	56	Brian MIDDLETON	St Helens Sutton	M	62	19.54	20.07			
47	39	David CLARKE	Liverpool Running Club	M	29	19.55		20.22		

Course Records:

(M) 15.03 Jonny Mellor 2010 (F) 16.55 Jenny Clague 2006

Posn	Bib	Athlete	Club	M/F	Age	Time	Race 4	Race 3	Race 2	Race 1
48	23	Kate MCGING	Penny Lane Striders	F	28	19.58	20.30		20.18	20.15
49	19	Martin HIRRELL	Penny Lane Striders	M	49	19.58	21.51	20.28	19.56	
50	21	Lisa GAWTHORNE	Liverpool Pembroke & Sefton	F	33	20.03				
51	30	Paul CLIFF	Unattached	M	47	20.06	20.32	21.01	21.13	
52	97	Michelle KING	Penny Lane Striders	F	27	20.18		21.17	21.27	21.12
53	117	Andrew CLARK	Unattached	M	30	20.19	20.28	21.23		
54	55	David QUINN	Liverpool H & AC	M	38	20.22		20.35	20.11	
55	9	Jonathan FORD	St Helens Sutton	M	45	20.22				20.15
56	92	Julien TOUR	Penny Lane Striders	M	31	20.32	21.06	20.37	20.54	
57	101	Paul BARNETT	Liverpool Running Club	M	31	20.32		20.27		20.29
58	62	Clare MURPHY	Liverpool H & AC	F	24	20.33			21.05	
59	82	Graham CUSHION	Liverpool Running Club	M	38	20.36	20.41	20.56	20.31	20.40
60	17	Michael FRAWLEY	Liverpool Running Club	M	31	20.41		21.12	20.31	
61	67	George PIERCE	Liverpool Running Club	M	46	20.42	20.36	20.47	20.13	20.00
62	86	Tony BURROWS	Bearbrook AC	M	61	20.45				
63	113	Rich WORSLEY	St Helens Sutton	M	44	20.46	20.14			
64	31	Mark WIGLESWORTH	Penny Lane Striders	M	54	20.55	21.10			
65	50	Jack KELLAWAY	Unattached	M	16	20.57				21.50
66	33	Josh LOWE	Liverpool H & AC	M	33	21.28				
67	99	Michael O'ROURKE	Penny Lane Striders	M	31	21.29	20.57			21.38
68	109	Trish DUDLEY	Penny Lane Striders	F	25	21.30	22.02		22.44	
69	71	Helen WILKINSON	Knowsley H & AC	F	27	21.35	22.06			
70	102	Rob JOHNSON	Mersey Tri	M	51	21.38		22.03	22.34	
71	20	Michael DEVEREUX	Penny Lane Striders	M	64	21.42			21.21	
72	32	Bev LOWE	Liverpool H & AC	F	48	21.46	22.22			21.21
73	3	Tony GREEN	Liverpool H & AC	M	57	21.48	22.15			22.57
74	95	Colin OXLEY	Liverpool Running Club	M	61	22.03			21.36	21.48
75	34	Trevor ASTELL	Penny Lane Striders	M	55	22.32				
76	28	Paul DOYLE	Penny Lane Striders	M	52	22.32	22.18	23.24	22.42	23.12
77	16	David MCNIVEN	Unattached	M	45	22.36		22.39		
78	85	Rod JONES	Liverpool Running Club	M	56	22.47		23.22		
79	68	John GUY	Penny Lane Striders	M	38	22.47		25.11		
80	24	David SAVAGE	Unattached	M	47	22.51				
81	89	Mark THOMAS	Penny Lane Striders	M	??	22.58	23.03	23.12		22.53
82	57	Rachel MASON	Liverpool H & AC	F	18	22.59				
83	29	David LIMBRICK	Unattached	M	51	23.05	23.07	23.41	23.15	23.09
84	111	Alan SPENCER	Unattached	M	54	23.23	22.00			
85	105	Jane EARDLEY	Penny Lane Striders	F	35	23.26	23.23			
86	44	Stephen GORMAN	Penny Lane Striders	M	44	23.39				
87	115	Sue BURKE	Active Women	F	41	23.40				
88	52	Anna WATKIN	Penny Lane Striders	F	32	23.45	24.43	24.38		24.13
89	112	Matthew TOLLITT	Penny Lane Striders	M	53	24.05		23.46		
90	42	Marie MOTLEY	Mossley Hill AC	F	51	24.07				
91	11	Michelle KELLY	Penny Lane Striders	F	55	24.27	24.47	24.37		24.43
92	47	Cath NEVIN	Penny Lane Striders	F	58	24.29	24.30	24.24	24.17	23.52
93	106	Keith BOYLE	Penny Lane Striders	M	42	24.38	23.41	23.56		
94	88	Judie KO	Liverpool Running Club	F	49	25.03			25.43	25.29

Posn	Bib	Athlete	Club	M/F	Age	Time	Race 4	Race 3	Race 2	Race 1
95	43	Billy HARGREAVES	Southport Waterloo AC	M	67	25.15				
96	110	Mick O'BRIEN	Knowsley H & AC	M	47	25.16				24.51
97	116	Kate MACFARLANE	Penny Lane Striders	F	27	25.19			24.15	
98	83	Mike WELSBY	Penny Lane Striders	M	50	25.20	25.43	27.55		
99	73	Jane NICHOLSON	Penny Lane Striders	F	50	25.26			26.26	24.58
100	2	Karen DALBY	Knowsley H & AC	F	51	25.31	25.23		25.52	25.07
101	90	Tommy GATES	Penny Lane Striders	M	54	25.36				
102	27	Carol HOLT	Penny Lane Striders	F	54	25.42				
103	84	James SANCHEZ	Penny Lane Striders	M	38	25.53				
104	66	Mark SPITTLE	Liverpool Running Club	M	26	25.53	25.21			
105	15	Stan ERLAM	St Helens Sutton	M	73	26.12	25.44	27.17	25.31	25.10
106	78	Carolyn KNOTT	Penny Lane Striders	F	42	26.16				25.57
107	104	Anthony WOODS	Penny Lane Striders	M	44	26.31		28.12	26.50	26.36
108	69	Eunice NOPONDO	Penny Lane Striders	F	50	26.48	27.11		26.48	
109	14	Christine GRANT	Unattached	F	48	27.06	27.49			
110	108	Rebecca PRICE	Penny Lane Striders	F	31	27.13	27.47	29.00	29.48	
111	64	Ruth FISHER	Penny Lane Striders	F	26	27.20			25.34	25.49
112	1	Pat HENLEY	Liverpool H & AC	M	67	28.13	27.40	27.31	28.19	28.38
113	114	Martina RICE	Active Women	F	39	28.28		28.36	27.06	
114	38	S ROLAND	Unattached	F	19	29.01				
115	74	Vicki LEWIS	Penny Lane Striders	F	30	29.03				
116	107	Jo SUTHERLAND	Penny Lane Striders	F	39	29.16	30.45	29.18	29.57	31.37
117	35	Dorothy FAIRHURST	St Helens Sutton	F	72	29.38				