



Posn	Bib	Time	Secs		Posn	Bib	Athlete	Club
1	24	16.20	20		1	24	Jake SACHE	Unattached
2	65	16.31	31		2	65	Anna BRACEGIRDLE	Salford Harriers
3	113	16.34	34		3	113	Liam BROWN	Kirkby Milers
4	154	16.40	40		4	154	Joshua MAKIN	Unattached
5	18	16.43	43		5	18	Mark RYAN	Liverpool Harriers & AC
6	52	16.44	44		6	52	Nick PETERSON	Penny Lane Striders
7	15	16.59	59		7	15	Francois RAFFERTY	Southport Waterloo AC
8	30	17.03	3		8	30	Adrian ROACH	Liverpool Harriers & AC
9	10	17.06	6		9	10	Mark CLAIR	Mersey Tri
10	8	17.14	14		10	8	Luke TOWERS	St Helens Sutton AC
11	105	17.15	15		11	105	David WILLSHIRE	Penny Lane Striders
12	23	17.22	22		12	23	Andy VEEVERS	Southport Waterloo AC
13	40	17.28	28		13	40	Colin LEWIS	Penny Lane Striders
14	103	17.33	33		14	103	Neil HENNIGAN	Penny Lane Striders
15	60	17.40	40		15	60	John MCCOLE	Liverpool Harriers & AC
16	127	17.43	43		16	127	Cal TAYLOR	Unattached
17	9	17.45	45		17	9	Matt DWERRYHOUSE	Liverpool Harriers & AC
18	114	17.45	45		18	114	John MYERS	Run Sandymoor
19	121	17.48	48		19	121	Phil RIDING	Penny Lane Striders
20	44	17.54	54		20	44	Kevin HARRISON	Kirkby Milers
21	2	17.58	58		21	2	Gary WILTON	Kirkby Milers
22	80	17.59	59		22	80	Julien TOUR	Penny Lane Striders
23	165	18.00			23	165	Jure CEBASEK	Unattached
24	135	18.01	1		24	135	C? MCBRIDE	?
25	72	18.01	1		25	72	Tony HARVEY	Unattached
26	7	18.02	2		26	7	Jade MORGAN	Liverpool Harriers & AC
27	160	18.02	2		27	160	Johnny BOYLAN	North Endurance
28	83	18.05	5		28	83	Boyd PARK	Southport Waterloo AC
29	129	18.05	5		29	129	Matt SMITH	MRL Liverpool
30	130	18.08	8		30	130	Dan THOMAS	Penny Lane Striders
31	86	18.11	11		31	86	Alex RIGBY	Liverpool Running Club
32	148	18.13	13		32	148	Adam FITZIMMONS	Kirkby Milers
33	62	18.25	25		33	62	Joseph TAYLER	WCR
34	119	18.27	27		34	119	David REA	Liverpool Running Club
35	157	18.28	28		35	157	Brad STEWART	Liverpool Running Club
36	19	18.29	29		36	19	Ashley CRAWFORD	Unattached
37	166	18.33	33		37	166	Colin WALSH	Penny Lane Striders
38	151	18.37	37		38	151	Glen GROVES	Mersey Tri
39	120	18.40	40		39	120	James HENNDRY	Liverpool Running Club
40	115	18.57	57		40	115	Francis Damian CHAMBERS	Liverpool Running Bugs
41	61	19.13	13		41	61	Vincent LY	Penny Lane Striders
42	94	19.15	15		42	94	Romano CARNELETTO	Mersey Tri
43	64	19.17	17		43	64	Daniel REES	Liverpool Pembroke & Sefton
44	123	19.19	19		44	123	William HOLT	Liverpool Running Club
45	122	19.19	19		45	122	Gerrard MCLEIGH	Liverpool Running Club
46	58	19.23	23		46	58	Trevor GOLDING	WIDNES
47	109	19.24	24		47	109	Rob FLETCHER	Mersey Tri
48	5	19.26	26		48	5	Scott HAMBLETON	Penny Lane Striders
49	77	19.27	27		49	77	Andrew BIDDLE	Penny Lane Striders
50	48	19.34	34		50	48	Barry GODWIN	Mersey Tri
51	59	19.35	35		51	59	Andrea BOND	Penny Lane Striders
52	90	19.37	37		52	90	Robert BURKE	Liverpool Running Club
53	143	19.38	38		53	143	David LYNAN	Penny Lane Striders
54	66	19.42	42		54	66	Dale HIGHAM	Liverpool Harriers & AC
55	164	19.47	47		55	164	Tom BACK	Penny Lane Striders



Posn	Bib	Time	Secs		Posn	Bib	Athlete	Club
56	150	19.48	48		56	150	Robbie GILLESPIE	Unattached
57	6	19.52	52		57	6	Stephen BOLTON	Liverpool Pembroke & Sefton
58	14	19.54	54		58	14	Carl YU	Liverpool Running Club
59	4	19.56	56		59	4	David JOHNSON	Penny Lane Striders
60	13	20.01	1		60	13	Paul RILEY	Penny Lane Striders
61	110	20.07	7		61	110	Gary ENGLISH	Kirkby Milers
62	82	20.13	13		62	82	Alan JOYCE	Knowsley Harriers & AC
63	57	20.16	16		63	57	Robert HOUGH	Widnes Road Runners
64	88	20.19	19		64	88	Craig HACKING	Penny Lane Striders
65	139	20.21	21		65	139	David EDWARDS	Kirkby Milers
66	97	20.23	23		66	97	Elisa RADCLIFFE	Mersey Tri
67	12	20.24	24		67	12	Xandor HEATON	Kirkby Milers
68	69	20.32	32		68	69	Michael O'ROURKE	Penny Lane Striders
69	16	20.44	44		69	16	Kenny SHURIE-MACKENZIE	Kirkby Milers
70	45	20.47	47		70	45	Dawn ATHERTON	KHAC
71	169	20.51	51		71	169	Kat HELER	Unattached
72	142	21.05	5		72	142	Matt DUTTON	Penny Lane Striders
73	117	21.08	8		73	117	Daniel SHANNON	Run Sandymoor
74	168	21.15	15		74	168	Heath BARNES	St Helens Striders
75	159	21.21	21		75	159	Neil EDWARDS	North Endurance
76	98	21.22	22		76	98	Donna MCKENNA	Penny Lane Striders
77	71	21.26	26		77	71	Becky CHITTICK	Penny Lane Striders
78	91	21.28	28		78	91	Lenka VIDAMOUR	Penny Lane Striders
79	96	21.30	30		79	96	Phoebe BEER	Mersey Tri
80	161	21.31	31		80	161	Mike TAPP	Unattached
81	36	21.34	34		81	36	Kelly MARRIN	Knowsley Harriers & AC
82	141	21.35	35		82	141	Liam ANDERSON	Liverpool Irish Rovers
83	67	21.37	37		83	67	Holly BROWN	Penny Lane Striders
84	156	21.39	39		84	156	Lucy HELSBY	Kirkby Milers
85	73	21.42	42		85	73	Emma CARTHERY	St Helens Striders
86	136	21.45	45		86	136	Hannah SKAIFFE	Mossley Hill AC
87	158	21.53	53		87	158	Danny FEGAN	St Helens Striders
88	53	21.59	59		88	53	Andy KITTS	Kirkby Milers
89	162	22.04	4		89	162	Katie YOUNG	Penny Lane Striders
90	47	22.09	9		90	47	Tony HOLMES	Liverpool Running Club
91	32	22.21	21		91	32	Louis ATKINSON	Kirkby Milers
92	1	22.28	28		92	1	Mike WALKER	Southport Waterloo AC
93	85	22.30	30		93	85	Neal BUTTERWORTH	Penny Lane Striders
94	100	22.31	31		94	100	Greg HOCKINK	Penny Lane Striders
95	74	22.32	32		95	74	Lisa CHEERS	St Helens Striders
96	26	22.35	35		96	26	Andrew CONWAY	LPS
97	146	22.38	38		97	146	Dave HECHLE	Liverpool Running Club
98	63	22.39	39		98	63	Sean TRIGGS	Kirkby Milers
99	76	23.02	2		99	76	Steve PEMBERTON	Penny Lane Striders
100	31	23.04	4		100	31	Andy SCOTT	St Helens Striders
101	28	23.17	17		101	28	George PIERECE	Liverpool Running Club
102	81	23.20	20		102	81	Sharon MARTIN	St Helens Striders
103	93	23.21	21		103	93	Grant DAVIDSON	Mersey Tri
104	106	23.29	29		104	106	Michelle MURPHY	Liverpool Harriers & AC
105	153	23.31	31		105	153	Sharon GALVIN	Liverpool Running Club
106	50	23.33	33		106	50	Annemarie RILEY	Penny Lane Striders
107	107	23.36	36		107	107	John BARR	St Helens Striders
108	126	23.37	37		108	126	Paul MCDONALD	Unattached
109	35	23.40	40		109	35	Chris WILLS	Knowsley Harriers & AC
110	167	23.41	41		110	167	Rod JONES	Penny Lane Striders



Posn	Bib	Time	Secs		Posn	Bib	Athlete	Club
111	149	23.42	42		111	149	Shane KNOTT	Penny Lane Striders
112	132	23.46	46		112	132	Patrick WALTERS	Mersey Tri
113	29	23.48	48		113	29	Trevor ASTELL	Penny Lane Striders
114	104	23.49	49		114	104	Joe MCGLYNNE	Penny Lane Striders
115	37	23.51	51		115	37	Michael EDWARDS	Penny Lane Striders
116	34	23.57	57		116	34	Phillip STANLEY	UTS
117	118	23.58	58		117	118	Chris LYDON	Penny Lane Striders
118	55	23.59	59		118	55	Martin HURRELL	Penny Lane Striders
119	131	24.00			119	131	Maggie WILLIAMS	Mersey Tri
120	95	24.08	8		120	95	Jemima LUCAS	Mersey Tri
121	116	24.12	12		121	116	John HOUGHTON	Run Sandymoor
122	108	24.15	15		122	108	Keith BOYLE	Penny Lane Striders
123	102	24.19	19		123	102	Natasha DAVIES	Mersey Tri
124	155	24.24	24		124	155	Pat HELSBY	Kirkby Milers
125	87	24.26	26		125	87	Alice GOURLEY	St Helens Striders
126	79	24.28	28		126	79	Stephen HAYES	Kirkby Milers
127	128	24.31	31		127	128	Pat GREGSON	Liverpool Irish Rovers
128	133	24.32	32		128	133	Sean HARRIS	Mersey Tri
129	101	24.32	32		129	101	Diane HENNIGAN	Penny Lane Striders
130	78	24.34	34		130	78	Cheryl PACE	Penny Lane Striders
131	68	24.41	41		131	68	John BROWN	Penny Lane Striders
132	39	24.43	43		132	39	Nigel FOO	Penny Lane Striders
133	144	24.52	52		133	144	Njideka AGWUNA	Penny Lane Striders
134	137	24.59	59		134	137	Natasha PIERCE	Mersey Tri
135	92	25.05	5		135	92	Laura PORTER	Penny Lane Striders
136	38	25.07	7		136	38	Colin CLARKE	St Helens Striders
137	54	25.19	19		137	54	Michael MALONEY	Knowsley Harriers & AC
138	43	25.23	23		138	43	Bhavinia MISTRY	Kirkby Milers
139	125	25.33	33		139	125	Jayne RUSSELL	Kirkby Milers
140	145	25.37	37		140	145	Mary HEERY	Penny Lane Striders
141	138	26.02	2		141	138	Emma COPLEY MIKKELLER	Liverpool Running Club
142	152	26.05	5		142	152	David RAMS	Penny Lane Striders
143	147	26.10	10		143	147	Jane NICHOLSON	Penny Lane Striders
144	25	26.13	13		144	25	David LIMBRICK	Islwyn RC
145	56	26.17	17		145	56	Nick MCCOLE	Kirkby Milers
146	99	26.25	25		146	99	Helen MARSHALL	Unattached
147	163	26.31	31		147	163	Graeme BACK	Penny Lane Striders
148	70	26.43	43		148	70	Stan COTTIER	Liverpool Running Club
149	75	26.47	47		149	75	Kay NELSON	Liverpool Running Club
150	112	27.00			150	112	Michael EAKIN	Penny Lane Striders
151	89	27.09	9		151	89	David BARROW	Kirkby Milers
152	21	27.50	50		152	21	Leslie EDWARDS	Penny Lane Striders
153	134	27.57	57		153	134	Andrew WYLLIE	Unattached
154	111	28.04	4		154	111	Clare RUBIN	Vegan Runners
155	11	28.08	8		155	11	Paula HEATON	Kirkby Milers
156	84	28.28	28		156	84	Ann Marie CARBERRY	Kirkby Milers
157	46	28.33	33		157	46	John TOPPING	Unattached
158	22	28.36	36		158	22	Andy MCDUGALL	Kirkby Milers
159	140	29.26	26		159	140	Tommy GATES	Penny Lane Striders
160	33	30.14	14		160	33	Kevin LALLEY	Unattached
161	51	30.40	40		161	51	Vincent HESSEY	Penny Lane Striders
162	27	30.44	44		162	27	Billy HARGREAVES	NMAC
163	49	30.54	54		163	49	Julie MARLOW	Kirkby Milers
164	3	31.55	55		164	3	Ria WILTON	Kirkby Milers
165	124	32.35	35		165	124	Julie INGE	Penny Lane Striders



Posn	Bib	Time	Secs		Posn	Bib	Athlete	Club
166	20	32.51	51		166	20	Allan GIBBS-MONAGHAN	Liverpool Running Club
167	41	35.45	45		167	41	Demise MARIA M THOMPSON	Unattached
168	42	35.50	50		168	42	Ron THORNTON	Liverpool Running Bugs



M/F	Age	Time
M	26	16.20
F	29	16.31
M	32	16.34
M	21	16.40
M	20	16.43
M	37	16.44
M	54	16.59
M	47	17.03
M	41	17.06
M	27	17.14
M	40	17.15
M	41	17.22
M	32	17.28
M	46	17.33
M	42	17.40
M	27	17.43
M	21	17.45
M	46	17.45
M	48	17.48
M	44	17.54
M	44	17.58
M	39	17.59
M	38	18.00
M	40	18.01
M	61	18.01
F	20	18.02
M	?	18.02
M	57	18.05
M	32	18.05
M	35	18.08
M	30	18.11
M	32	18.13
M	27	18.25
M	33	18.27
M	18	18.28
M	36	18.29
M	40	18.33
M	53	18.37
M	30	18.40
M	54	18.57
M	26	19.13
M	44	19.15
M	63	19.17
M	27	19.19
M	34	19.19
M	54	19.23
M	49	19.24
M	43	19.26
M	47	19.27
M	61	19.34
F	43	19.35
M	57	19.37
M	49	19.38
M	40	19.42
M	20	19.47



M/F	Age	Time
M	55	19.48
M	34	19.52
M	47	19.54
M	37	19.56
M	52	20.01
M	59	20.07
M	67	20.13
M	41	20.16
M	45	20.19
M	60	20.21
F	15	20.23
M	15	20.24
M	38	20.32
M	54	20.44
F	35	20.47
F	38	20.51
M	45	21.05
M	35	21.08
M	44	21.15
M	38	21.21
F	49	21.22
F	21	21.26
F	42	21.28
F	27	21.30
M	30	21.31
F	47	21.34
M	45	21.35
F	26	21.37
F	31	21.39
F	36	21.42
F	25	21.45
M	56	21.53
M	39	21.59
F	30	22.04
M	62	22.09
M	30	22.21
M	72	22.28
M	56	22.30
M	50	22.31
F	37	22.32
M	56	22.35
M	46	22.38
M	29	22.39
F	67	23.02
M	51	23.04
M	53	23.17
F	47	23.20
M	48	23.21
F	56	23.29
F	53	23.31
F	51	23.33
M	72	23.36
M	56	23.37
M	45	23.40
M	63	23.41



M/F	Age	Time
M	45	23.42
M	56	23.46
M	62	23.48
M	65	23.49
M	63	23.51
M	59	23.57
M	39	23.58
M	56	23.59
F	25	24.00
F	24	24.08
M	63	24.12
M	50	24.15
F	26	24.19
F	66	24.24
F	26	24.26
M	50	24.28
F	54	24.31
M	32	24.32
F	49	24.32
F	43	24.34
M	63	24.41
M	54	24.43
F	50	24.52
F	26	24.59
F	43	25.05
M	44	25.07
M	70	25.19
F	51	25.23
F	45	25.33
F	62	25.37
F	45	26.02
M	46	26.05
F	58	26.10
M	59	26.13
M	48	26.17
F	39	26.25
M	49	26.31
M	75	26.43
F	40	26.47
M	64	27.00
M	66	27.09
F	60	27.50
M	63	27.57
F	51	28.04
F	47	28.08
F	54	28.28
M	57	28.33
M	67	28.36
M	62	29.26
M	40	30.14
M	73	30.40
M	75	30.44
F	59	30.54
F	22	31.55
F	58	32.35



8817/07/202211:02https://d.docs.live.net/b6aaaf3b036200bf/2022/LHAC/Mystery 5K/Race
3/Mystery_5K_Race_3_2022.xlsxMystery_5K_Race_3_2022.xlsxRace 3

M/F	Age	Time
M	47	32.51
F	33	35.45
M	81	35.50