



LIVERPOOL HARRIERS & ATHLETIC CLUB
Mystery 5k Series - Race 4 of 4
7th September 2023

RESULTS

Posn	Bib	Athlete	Club	M/F	Age	Race 4 Time	Race 3	Race 2	Race 1	No of Races
1	79	Paul MARTIN	North Endurance	M	36	16.40		18.47		2
2	37	Chris BAXTER	Poplar RC	M	34	16.48				1
3	4	Francois RAFFERTY	Southport Waterloo AC	M	55	17.12				1
4	12	Mark CLAIR	Mersey Tri	M	41	17.19	17.12	17.05	17.1	4
5	2	Dave MCDONOUGH	Southport Waterloo AC	M	52	17.50	17.45			2
6	38	Callum GRANT	Liverpool Harriers & AC	M	27	17.57	17.46	18.22	17.15	4
7	50	Edwards LATHAM	Unattached	M	36	18.07				1
8	35	Michael HOPKINS	North Endurance	M	27	18.08		17.36		2
9	22	Zak LINDSEY	North Endurance	M	24	18.14				1
10	3	Matthew HALSALL	Southport Waterloo AC	M	32	18.15	17.52			2
11	23	Ben STONES	Mersey Tri	M	28	18.19				1
12	67	Oliver LEADBETTER??	Chester RR	M	27	18.35				1
13	1	David JOHNSON	Penny Lane Striders	M	39	18.37	17.50	18.11	18.07	4
14	62	Marc SINGER	Southport Waterloo AC	M	30	18.45	18.11	18.17	18.05	4
15	13	Glen GROVES	Mersey Tri	M	53	18.53		19.27	19.58	3
16	45	Julien TOUR	Penny Lane Striders	M	40	19.02	18.26			2
17	36	Matt SMITH	MRC Liverpool	M	33	19.11			18.37	2
18	18	Jack COTTON	Penny Lane Striders	M	26	19.23			19.17	2
19	68	Terence SWEENEY	Chester RR	M	31	19.48				1
20	57	Luke CURTIS	Penny Lane Striders	M	41	19.49				1
21	26	Ben SHORT	Unattached	M	24	19.52				1
22	19	Luke ROTHERHAM	Unattached	M	14	19.54	19.37			2
23	82	Harry TAYLOR	North Endurance	M	29	19.58				1
24	14	Graham CUSHION	Kirkby Milers	M	46	20.05				1
25	10	Paul RILEY	Penny Lane Striders	M	53	20.09				1
26	56	Matt DUTTON	Penny Lane Striders	M	45	20.19				1
27	17	Hayley TYSON	Penny Lane Striders	F	37	20.32				1
28	33	Colin DOBBS	Penny Lane Striders	M	47	20.34	20.15	21.08		3
29	30	Sharon SAMSON	Penny Lane Striders	F	?	20.35		20.01		2
30	15	Carl YU	Liverpool Running Club	M	49	20.36	20.05			2
31	93	Patrick DAVIDSON	Mersey Tri	M	15	20.52				1
32	41	Rebecca BURKE	Liverpool Running Club	F	24	20.55	20.32			2
33	40	Robert BURKE	Liverpool Running Club	M	58	20.56	19.27			2
34	6	Chris PEDDER	Liverpool Pembroke Sefton H & AC	M	65	21.06				1
35	66	Nigel GRANT	Penny Lane Striders	M	59	21.08	20.44	21.05		3
36	32	Dean CONNOLLY	Unattached	M	38	21.17				1
37	73	Clare MURPHY	Unattached	F	33	21.32		21.46		2
38	5	Hannah HOPE	Liverpool Harriers & AC	F	18	21.46				1
39	43	Sarah JONES	Dockside Runners - Unaffiliated	F	43	21.47				1
40	84	Ian GRANT	Unattached	M	24	21.49				1
41	80	Emma CADOUX	North Endurance	F	28	21.59		23.02		2
42	61	Ben THOMPSON	Mersey Tri	M	38	22.00				1
43	64	Jack. BUCKTON	Penny Lane Striders	M	29	22.01			20.32	2
44	8	Tony MAN	Penny Lane Striders	M	55	22.05	21.28			2
45	44	Michael BUCKLAND	Penny Lane Striders	M	55	22.07	21.25		22.15	3
46	47	Danny FEGAN	St Helens Striders	M	56	22.12	21.51	22.04		3
47	48	Terry LYNCH	Penny Lane Striders	M	54	22.21	21.18			2
48	76	Steven MAGUIRE	Penny Lane Striders	M	47	22.32				1
49	81	Jennifer BONNER	North Endurance	F	27	22.37				1
50	16	Paul KAYLEY	Penny Lane Striders	M	55	22.49				1
51	89	Jenny DALY	Unattached	F	33	22.56				1
52	72	Michelle MURPHY	Liverpool Harriers & AC	F	57	23.01		22.29	22.57	3
53	71	Andrew TROY	Penny Lane Striders	M	31	23.04	23.12	23.19	23.22	4
54	27	Steve PEMBERTON	Penny Lane Striders	M	67	23.19	23.44	23.30		3
55	65	Laura HENNAHANE	Penny Lane Striders	F	39	23.21	24.03			2
56	39	James REAY	Liverpool Running Club	M	33	23.35	24.28			2
57	88	Sharon GALVIN	Liverpool Running Club	F	53	23.43				1
58	91	Lisa CUSACK	Penny Lane Striders	F	49	23.52	22.33			2
59	52	Louis MELIA	Unattached	M	33	23.53				1
60	75	Sarah JACKSON	Penny Lane Striders	F	43	23.54	23.15	24.22		3
61	74	David WEBB	Penny Lane Striders	M	41	24.12				1
62	63	Ben COLES	Penny Lane Striders	M	21	24.15				1
63	34	Paul ROSKELL	Penny Lane Striders	M	26	24.18		23.57		2
64	58	Michael EDWARDS	Penny Lane Striders	M	63	24.23	23.45	23.28	23.26	4
65	49	John BROWN	Penny Lane Striders	M	63	24.29				1
66	92	Robert JOHNSON	Mersey Tri	M	59	24.37	24.39	24.31	25.03	4
67	46	John HOUGHTON	Run Sandymoor	M	64	24.41	24.33			2
68	25	Michael MALONEY	Knowsley Harriers AC	M	71	24.44	24.18	25.00		3



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69	60	Madlen FARRAR	North Endurance	F	31	24.46				1
70	78	Lucy ST JOHN	North Endurance	F	31	25.08				1
71	20	Peter FOALE	Unattached	M	71	25.15				1
72	83	Rachael RICK	Penny Lane Striders	F	64	25.27	26.05			2
73	7	Hannah JONES	Liverpool Harriers & AC	F	17	25.32				1
74	77	Catherine KEARNEY	Penny Lane Striders	F	53	25.35				1
75	31	Trevor ASTELL	Penny Lane Striders	M	63	25.57				1
76	69	Sean MARTIN	Penny Lane Striders	M	32	26.14				1
77	28	Benjamin MARSH	Penny Lane Striders	M	23	26.26		22.18		2
78	29	Megan THOMAS	Penny Lane Striders	F	22	26.43	26.38			2
79	42	Susan BURKE	Liverpool Running Club	F	59	26.57				1
80	86	Judith DYER	Penny Lane Striders	F	57	27.31		25.20		2
81	55	Miriam WILSON	Liverpool Harriers & AC	F	15	27.39	27.24	27.31		3
82	9	John DOBIE	Liverpool Pembroke Sefton H & AC	M	76	27.57				1
83	54	Joe MCGLYNN	Penny Lane Striders	M	66	27.57	28.17			2
84	87	Gail SIKORA	Penny Lane Striders	F	57	28.15	27.18			2
85	59	John TOPPING	Unattached	M	57	28.45	27.17	26.58	27.13	4
86	24	David LIMBRICK	Islwyn RC	M	59	28.50				1
87	11	Tony PEACOCK	Penny Lane Striders	M	71	30.42			26.15	2
88	21	Helen STRETCH	Aberystwyth	F	70	31.03				1
89	51	Kimberley SIN	Unattached	F	30	31.42				1
90	70	Joanne EDWARDS	Penny Lane Striders	F	53	32.06	32.02			2
91	53	Vincent HESSEY	Penny Lane Striders	M	74	32.49	31.16			2
92	85	Rachel COX	Unattached	F	29	33.35				1
93	90	Julie INGE	Penny Lane Striders	F	59	33.38	36.08			2