

## Summer Multi-Terrain League - RACE 1 ROYDEN PARK – 4.7 Miles – 2 Sept 2014

### Mens Individual Results

|    |                    |                     |         |       |     |                          |                     |         |       |
|----|--------------------|---------------------|---------|-------|-----|--------------------------|---------------------|---------|-------|
| 1  | Tim Gordon         | Wirral              | U30M.1  | 27:52 | 81  | Colin Palmer             | Wallasey            | O50M.10 | 33:54 |
| 2  | Mark Clair         | Knowsley Harriers   | U40M.1  | 28:02 | 82  | Mike Burns               | Ellesmere Port      | O45M.12 | 33:55 |
| 3  | Phil Robertson     | Wirral              | U30M.2  | 28:07 | 83  | Mark Dunn                | Deestriders         | O40M.14 | 33:56 |
| 4  | Xavier Desse       | Wirral              | O40M.1  | 28:14 | 84  | David Owens              | Liverpool RC        | U40M.25 | 33:57 |
| 5  | Karl Pickstock     | Wallasey            | U30M.3  | 28:46 | 85  | Mark Williams            | Deestriders         | O45M.13 | 33:58 |
| 6  | Vincent VanWoerkom | Chester Tri         | U40M.2  | 28:57 | 86  | Jerome Doyle             | Penny Lane Striders | O40M.15 | 34:15 |
| 7  | Simon Oliver       | Chester Tri         | O40M.2  | 29:09 | 87  | Paul Collins             | Wirral              | O45M.14 | 34:22 |
| 8  | Robert Kelly       | Knowsley Harriers   | U40M.3  | 29:26 | 88  | Paul Cubbins             | Mersey Tri          | U40M.26 | 34:24 |
| 9  | Greg Jones         | Wallasey            | U40M.4  | 29:28 | 89  | Phil Cuthbert            | Wallasey            | O40M.16 | 34:26 |
| 10 | Richard Davies     | Wirral              | U40M.5  | 29:32 | 90  | Simon Ward               | Mersey Tri          | O40M.17 | 34:28 |
| 11 | Colin Thompson     | Helsby              | U40M.6  | 29:34 | 91  | Martin Connell           | Wallasey            | O40M.18 | 34:39 |
| 12 | Lawrence Eccles    | Penny Lane Striders | U40M.7  | 29:37 | 92  | Ian Atkinson             | Ellesmere Port      | O50M.11 | 34:46 |
| 13 | Will Patterson     | Wirral              | U20M.1  | 29:38 | 93  | William Merritt          | Knowsley Harriers   | O50M.12 | 34:49 |
| 14 | Callum Seymour     | Wirral              | U20M.2  | 29:39 | 94  | Martin Witty             | Deestriders         | O45M.15 | 34:52 |
| 15 | Robert Hornby      | Mersey Tri          | U30M.4  | 29:42 | 95  | Peter Hampshire          | Pensby Runners      | O40M.19 | 34:54 |
| 16 | Lee Midgehall      | Liverpool Harriers  | O40M.3  | 29:44 | 96  | Martin Hirrell           | Penny Lane Striders | O45M.16 | 34:56 |
| 17 | Paul Quine         | Liverpool Harriers  | O50M.1  | 29:51 | 97  | David Jamieson           | Wirral              | U20M.6  | 34:58 |
| 18 | Paul Skipper       | Mersey Tri          | U40M.8  | 29:57 | 98  | Huw Lewis                | Buckley             | O55M.2  | 34:59 |
| 19 | Joe Johnson        | Wirral              | O45M.1  | 30:00 | 99  | Ian Shorrocks            | Pensby Runners      | U40M.27 | 35:00 |
| 20 | Dean Hanwell       | Mersey Tri          | U30M.5  | 30:00 | 100 | Dominic Roberts          | Pensby Runners      | U40M.28 | 35:10 |
| 21 | Michael Heyes      | Mersey Tri          | U30M.6  | 30:01 | 101 | John Cole                | Ellesmere Port      | U40M.29 | 35:17 |
| 22 | Jamie Mellor       | Liverpool Harriers  | U30M.7  | 30:07 | 102 | Julian Tour              | Penny Lane Striders | U40M.30 | 35:21 |
| 23 | Patrick Boyle      | Liverpool RC        | U40M.9  | 30:10 | 103 | Andrew Siddle            | Penny Lane Striders | U40M.31 | 35:23 |
| 24 | Ian Magill         | Liverpool RC        | O45M.2  | 30:25 | 104 | Phil Bird                | Wallasey            | O50M.13 | 35:24 |
| 25 | Terry Roberts      | Wirral              | U40M.10 | 30:28 | 105 | Mark Davies              | West Cheshire       | U40M.32 | 35:27 |
| 26 | Alistair McNay     | Tattenhall Runners  | U40M.11 | 30:30 | 106 | Julian Tegg              | Ellesmere Port      | O40M.20 | 35:31 |
| 27 | Connor McArdle     | Wallasey            | U30M.8  | 30:31 | 107 | Pete Weatherhead         | Wirral              | O60M.1  | 35:38 |
| 28 | Neil Bullock       | Penny Lane Striders | U30M.9  | 30:35 | 108 | Paul Donoghue            | Buckley             | O45M.17 | 35:45 |
| 29 | Steve Spence       | Wirral              | O40M.4  | 30:40 | 109 | Nick Little              | Mersey Tri          | O55M.3  | 35:48 |
| 30 | Cameron Weaver     | West Cheshire       | U20M.3  | 30:42 | 110 | Jeff Adams               | Pensby Runners      | O55M.4  | 35:52 |
| 31 | Marc Jacques       | Knowsley Harriers   | O45M.3  | 30:43 | 111 | Steve Gordon             | Pensby Runners      | O45M.18 | 36:05 |
| 32 | Ben Lewington      | Knowsley Harriers   | U40M.12 | 30:44 | 112 | Stephen Norton           | Wirral              | O50M.14 | 36:09 |
| 33 | John Armstrong     | Wallasey            | O45M.4  | 30:46 | 113 | Grant Davidson           | Mersey Tri          | O40M.21 | 36:10 |
| 34 | Paul Martin        | Mersey Tri          | U30M.10 | 30:50 | 114 | Martin Pritchard-Howarth | Mersey Tri          | O45M.19 | 36:13 |
| 35 | Tony Barbat        | Wallasey            | O50M.2  | 30:51 | 115 | Jonathon Fisher          | Liverpool RC        | U40M.33 | 36:15 |
| 36 | Andrew Clague      | West Cheshire       | O45M.5  | 30:52 | 116 | Michael McKinlay         | Liverpool RC        | U40M.34 | 36:18 |
| 37 | Jez Fellick        | Wallasey            | O45M.6  | 30:54 | 117 | Timothy Charmley         | Tattenhall Runners  | O45M.20 | 36:22 |
| 38 | Rob Grantham       | Chester Tri         | O40M.5  | 31:08 | 118 | Graham Cushion           | Liverpool RC        | U40M.35 | 36:25 |
| 39 | Daniel Trinca      | Mersey Tri          | U40M.13 | 31:13 | 119 | Dave McAlister           | Wallasey            | O55M.5  | 36:26 |
| 40 | Kyle Harrison      | Liverpool RC        | U30M.11 | 31:14 | 120 | Tony Craig               | Knowsley Harriers   | O45M.21 | 36:29 |
| 41 | Liam McGrath       | Pensby Runners      | U40M.14 | 31:15 | 121 | Nick Roberts             | Chester Tri         | O40M.22 | 36:30 |
| 42 | Craig Hoy          | Liverpool RC        | U30M.12 | 31:29 | 122 | George Patterson         | Wirral              | U20M.7  | 36:34 |
| 43 | Ralph Pawling      | Pensby Runners      | U40M.15 | 31:33 | 123 | Dave Roberts             | Ellesmere Port      | O50M.15 | 36:35 |
| 44 | John O'Neil        | Mersey Tri          | U40M.16 | 31:36 | 124 | Paul Aird                | Deestriders         | O55M.6  | 36:36 |
| 45 | Graeme Earlam      | Ellesmere Port      | O55M.1  | 31:38 | 125 | Graham Slater            | Wallasey            | U40M.36 | 36:39 |
| 46 | David Smith        | Liverpool RC        | U40M.17 | 31:43 | 126 | Andy Maire               | Pensby Runners      | O45M.22 | 36:43 |
| 47 | Mike Green         | Wallasey            | O40M.6  | 31:46 | 127 | Mark Wiglesworth         | Penny Lane Striders | O50M.16 | 36:45 |
| 48 | James Atkinson     | Chester Tri         | O45M.7  | 31:47 | 128 | Rodney Jones             | Tattenhall Runners  | O55M.7  | 36:46 |
| 49 | Alan Smithson      | Mersey Tri          | U40M.18 | 31:49 | 129 | Steve Tod                | Liverpool Harriers  | O40M.23 | 36:57 |
| 50 | Simon Fox          | Wirral              | O45M.8  | 31:49 | 130 | Steve Riley              | Helsby              | O50M.17 | 36:58 |
| 51 | Simon Jeffs        | Wirral              | O40M.7  | 32:05 | 131 | Pete Roberts             | Buckley             | O60M.2  | 37:03 |
| 52 | Bryan Stevenson    | Wallasey            | U40M.19 | 32:10 | 132 | Max Bojarski             | Pensby Runners      | U40M.37 | 37:15 |
| 53 | Charlie Quinn      | Wirral              | U20M.4  | 32:12 | 133 | Adrian Jackson           | Helsby              | O40M.24 | 37:19 |
| 54 | Gary Goodall       | Wallasey            | O40M.8  | 32:19 | 134 | Vince Edwards            | Deestriders         | O55M.8  | 37:23 |
| 55 | Chris Ryan         | Mersey Tri          | U40M.20 | 32:20 | 135 | James Day                | Liverpool RC        | U30M.18 | 37:29 |
| 56 | Nick Wilson        | Wirral              | O40M.9  | 32:21 | 136 | Michael Frawley          | Liverpool RC        | U40M.38 | 37:31 |
| 57 | Owen Barden        | Mersey Tri          | O40M.10 | 32:27 | 137 | Eddie Berry              | Wallasey            | O40M.25 | 37:32 |
| 58 | Gary English       | Liverpool RC        | O50M.3  | 32:29 | 138 | Martin Hilton            | Tattenhall Runners  | O45M.23 | 37:42 |
| 59 | Will Ferguson      | Wirral              | U30M.13 | 32:32 | 139 | Paul Alexander           | Pensby Runners      | O55M.9  | 37:43 |
| 60 | Michael Gall       | Knowsley Harriers   | U40M.21 | 32:33 | 140 | Jonty Norris             | Chester Tri         | O50M.18 | 37:46 |
| 61 | Steve Broadfoot    | Knowsley Harriers   | O50M.4  | 32:35 | 141 | Simon McAllister         | Chester Tri         | O50M.19 | 37:52 |
| 62 | John Halson        | Liverpool Pembroke  | O50M.5  | 32:36 | 142 | Phil O'Rourke            | Liverpool RC        | O50M.20 | 37:57 |
| 63 | Paul Bradford      | Mersey Tri          | U40M.22 | 32:42 | 143 | Mark Scott               | Liverpool RC        | O45M.24 | 38:07 |
| 64 | Denis Duret        | Chester Tri         | O45M.9  | 32:43 | 144 | Kevin Hall               | Wallasey            | O45M.25 | 38:25 |
| 65 | Neil Johnson       | Pensby Runners      | O50M.6  | 32:46 | 145 | Mark Roberts             | Pensby Runners      | O60M.3  | 38:40 |
| 66 | Simon Rogers       | Pensby Runners      | O50M.7  | 32:53 | 146 | Richard Batterham        | West Cheshire       | O60M.4  | 38:44 |
| 67 | Guy Reeve          | Wirral              | U20M.5  | 32:56 | 147 | Geoff Shaw               | Helsby              | O60M.5  | 38:51 |
| 68 | Ian Roche          | Mersey Tri          | O50M.8  | 32:58 | 148 | John Morris              | Buckley             | O60M.6  | 38:56 |
| 69 | Tom DeJong         | Helsby              | U30M.14 | 33:00 | 149 | Ian Broadhurst           | Knowsley Harriers   | O45M.26 | 38:57 |
| 70 | Chris Enright      | Mersey Tri          | U40M.23 | 33:07 | 150 | Roger Graham             | Pensby Runners      | O40M.26 | 38:59 |
| 71 | David Brockway     | Wirral              | U30M.15 | 33:09 | 151 | Tommy Burke              | Penny Lane Striders | O60M.7  | 39:00 |
| 72 | Paul Goodwin       | Knowsley Harriers   | O45M.10 | 33:11 | 152 | Shane Knott              | Penny Lane Striders | U40M.39 | 39:04 |
| 73 | Lee Ward           | Liverpool RC        | O40M.11 | 33:15 | 153 | Neil Kelly               | Wirral              | O50M.21 | 39:21 |
| 74 | Pete Scarratt      | Wirral              | O45M.11 | 33:19 | 154 | Steve Armstrong          | Wallasey            | O40M.27 | 39:23 |
| 75 | Will Thomas        | Chester Tri         | U30M.16 | 33:21 | 155 | Andy Waring              | Birkenhead          | O55M.10 | 39:27 |
| 76 | Mike Young         | Mersey Tri          | U40M.24 | 33:22 | 156 | Derek McArdle            | Wallasey            | O50M.22 | 39:40 |
| 77 | Andrew Keeley      | Penny Lane Striders | O50M.9  | 33:28 | 157 | John Guy                 | Penny Lane Striders | U40M.40 | 39:44 |
| 78 | Matt Wilson        | Wallasey            | O40M.12 | 33:32 | 158 | Mark Jones               | Chester Tri         | O45M.27 | 39:45 |
| 79 | Mark Hughes        | Wirral              | U30M.17 | 33:38 | 159 | Karl Nicholas            | Tattenhall Runners  | O45M.28 | 39:47 |
| 80 | Rob Fletcher       | Mersey Tri          | O40M.13 | 33:44 | 160 | Frank Martin             | Penny Lane Striders | O50M.23 | 37:49 |

|     |                  |                     |         |       |     |                  |                     |         |       |
|-----|------------------|---------------------|---------|-------|-----|------------------|---------------------|---------|-------|
| 161 | Billy McLoughlin | Liverpool RC        | U40M.41 | 39:57 | 183 | Rod Jones        | Liverpool RC        | O55M.13 | 42:54 |
| 162 | John Dobie       | Liverpool Pembroke  | O60M.8  | 40:04 | 184 | Stephen Bird     | Wallasey            | U20M.10 | 42:58 |
| 163 | Paul Doyle       | Penny Lane Striders | O50M.24 | 40:09 | 185 | Martin Arnold    | Mersey Tri          | O50M.29 | 43:23 |
| 164 | Rob Webster      | Tattenhall Runners  | O55M.11 | 40:14 | 186 | James Burns      | Ellesmere Port      | U20M.11 | 43:43 |
| 165 | Chris Nolan      | Pensby Runners      | U40M.42 | 40:17 | 187 | Mike Griffiths   | Wallasey            | O55M.14 | 44:00 |
| 166 | Colin Lamprey    | Pensby Runners      | O50M.25 | 40:27 | 188 | Anthony Brockway | Wirral              | O50M.30 | 44:49 |
| 167 | Paul O'Brien     | Picton              | O40M.28 | 40:30 | 189 | Norman Seddon    | Mersey Tri          | O60M.11 | 44:59 |
| 168 | Chris Davies     | Mersey Tri          | O40M.29 | 40:40 | 190 | Keith Boyle      | Penny Lane Striders | O40M.33 | 45:11 |
| 169 | Nigel Pratten    | Pensby Runners      | O60M.9  | 40:50 | 191 | Peter Chee       | Pensby Runners      | O60M.12 | 45:15 |
| 170 | Jake Goodwin     | Knowsley Harriers   | U20M.8  | 41:10 | 192 | Paul Kavanagh    | Ellesmere Port      | O45M.31 | 45:16 |
| 171 | Iain Amison      | Pensby Runners      | O40M.30 | 41:35 | 193 | Steve Roberts    | Pensby Runners      | O60M.13 | 45:19 |
| 172 | Paul Stevenson   | Liverpool RC        | O40M.31 | 41:48 | 194 | Billy Hargraves  | Southport Waterloo  | O60M.14 | 45:27 |
| 173 | Peter Rooney     | Deestridders        | O50M.26 | 41:49 | 195 | Kenny Worrall    | Liverpool RC        | O40M.34 | 45:29 |
| 174 | Tony Dickinson   | Knowsley Harriers   | O40M.32 | 41:56 | 196 | Nigel Howard     | Pensby Runners      | O50M.31 | 45:37 |
| 175 | Mike O'Brien     | Deestridders        | O55M.12 | 41:58 | 197 | Robert Shanaghan | Ellesmere Port      | O45M.32 | 45:59 |
| 176 | Patrick Kavanagh | Ellesmere Port      | U20M.9  | 42:17 | 198 | Tommy Gates      | Penny Lane Striders | O50M.32 | 46:29 |
| 177 | Jon Green        | Wallasey            | O45M.29 | 42:25 | 199 | Mick O'Brien     | Knowsley Harriers   | O45M.33 | 46:38 |
| 178 | Craig Cluney     | Liverpool RC        | O45M.30 | 42:37 | 200 | Ian Chalmers     | Pensby Runners      | O60M.15 | 48:21 |
| 179 | Steve Edwards    | Ellesmere Port      | U30M.19 | 42:40 | 201 | Pete Ashton      | Wallasey            | O40M.35 | 49:02 |
| 180 | Dave Brunton     | Mersey Tri          | O50M.27 | 42:45 | 202 | Phil Raymond     | Liverpool RC        | U30M.20 | 50:37 |
| 181 | Les Ebbrell      | Wirral              | O50M.28 | 42:48 | 203 | Patrick Henley   | Liverpool Harriers  | O60M.16 | 50:41 |
| 182 | Ian Sneddon      | Birkenhead          | O60M.10 | 42:49 |     |                  |                     |         |       |

## Ladies Individual Results

|    |                     |                      |         |       |     |                      |                      |         |       |
|----|---------------------|----------------------|---------|-------|-----|----------------------|----------------------|---------|-------|
| 1  | Emily Kearney       | Wirral               | U20F.1  | 31:07 | 59  | Sue Shilton          | Liverpool RC         | O40F.21 | 42:41 |
| 2  | Alex Melia-O'Brian  | Liverpool RC         | U40F.1  | 31:54 | 60  | Julie Barbat         | Wallasey             | O50F.6  | 42:57 |
| 3  | Charlotte Wilson    | Liverpool Harriers   | U30F.1  | 32:25 | 61  | Sharon Lamont        | Wallasey             | O50F.7  | 42:59 |
| 4  | Laura Murphy        | Liverpool Harriers   | U30F.2  | 32:48 | 62  | Kath Frankland       | Tattenhall Runners   | O40F.22 | 43:16 |
| 5  | Sarah Roberts       | Pensby Runners       | U40F.2  | 33:27 | 63  | Carol Shaw           | Helsby               | O50F.8  | 43:18 |
| 6  | Sarah Kearney       | Wirral               | O40F.1  | 33:28 | 64  | Lynda Bayley         | Pensby Runners       | O40F.23 | 43:21 |
| 7  | Aileen Kearney      | Wirral               | U20F.2  | 34:45 | 65  | Alison Engle         | Wallasey             | O40F.24 | 43:22 |
| 8  | Ali Lewis           | Pensby Runners       | O40F.2  | 35:08 | 66  | Tracy Pennington     | Pensby Runners       | O40F.25 | 43:37 |
| 9  | Natalie Palin       | Liverpool RC         | U40F.3  | 35:20 | 67  | Lisa Davidson        | Mersey Tri           | O40F.26 | 43:44 |
| 10 | Jane McGrath        | Pensby Runners       | U40F.4  | 35:30 | 68  | Kelly Lavender-Smith | Ellesmere Port       | U40F.26 | 43:59 |
| 11 | Lisa Grantham       | Chester Tri          | O40F.3  | 36:04 | 69  | Rebecca Feore        | Wallasey             | U40F.27 | 44:05 |
| 12 | Sarah McRobie-Jones | Liverpool Harriers   | U30F.3  | 36:08 | 70  | Mandy McGonigle      | Pensby Runners       | O40F.27 | 44:07 |
| 13 | Sally Holt          | Wallasey             | U40F.5  | 36:21 | 71  | Kerry Foulkes        | Wallasey             | U40F.28 | 44:20 |
| 14 | Susan Fourie        | Chester Tri          | O40F.4  | 36:24 | 72  | Shona Moore          | Mersey Tri           | U30F.5  | 44:29 |
| 15 | Jan Rogers          | Chester Tri          | O40F.5  | 36:51 | 73  | Adele Aspinall       | Liverpool RC         | U40F.29 | 44:30 |
| 16 | Sharon James        | Liverpool RC         | O40F.6  | 37:08 | 74  | Louise Waywell       | Pensby Runners       | O40F.28 | 44:38 |
| 17 | Julie Webb          | Chester Tri          | O40F.7  | 37:22 | 75  | Christine Owen       | Liverpool RC         | U40F.30 | 44:41 |
| 18 | Michelle Cobourn    | Penny Lane Striders  | U40F.6  | 37:28 | 76  | Lyn Ebbrell          | Wirral               | O50F.9  | 44:48 |
| 19 | Cristina Puccini    | Penny Lane Striders  | O40F.8  | 37:35 | 77  | Karen Dalby          | Knowsley Harriers    | O50F.10 | 45:06 |
| 20 | Jay Jennions        | Deestridders         | U40F.7  | 37:35 | 78  | Nicci Davies         | Wallasey             | O50F.11 | 45:08 |
| 21 | Pam Thurtle         | Penny Lane Striders  | U40F.8  | 37:44 | 79  | Joanne Cook          | Pensby Runners       | U40F.31 | 45:18 |
| 22 | Liz Turner          | Penny Lane Striders  | U40F.9  | 37:47 | 80  | Jessica Garrigan     | Liverpool RC         | U40F.32 | 45:28 |
| 23 | Ruth Isaacs         | Pensby Runners       | O50F.1  | 38:00 | 81  | Kelly Carey          | Liverpool RC         | U40F.33 | 45:30 |
| 24 | Kirsty Seddon       | Chester Tri          | U40F.10 | 38:02 | 82  | Jennie Rooney        | Liverpool RC         | U40F.34 | 45:32 |
| 25 | Vanessa Griffiths   | Helsby               | O40F.9  | 38:09 | 83  | Ciare O'Callaghan    | Penny Lane Striders  | U40F.35 | 45:43 |
| 26 | Michelle Murphy     | Liverpool Harriers   | O40F.10 | 38:10 | 84  | Jeanette Grimes      | Picton               | O50F.12 | 46:02 |
| 27 | Helen Wilkinson     | Knowsley Harriers    | U30F.4  | 38:11 | 85  | Michelle Alty        | Mersey Tri           | O40F.29 | 46:18 |
| 28 | Catherine Doyle     | Knowsley Harriers    | U40F.11 | 38:15 | 86  | Rachel Rick          | Penny Lane Striders  | O50F.13 | 46:21 |
| 29 | Helen Alexandra     | Mersey Tri           | U40F.12 | 38:19 | 87  | Marie Motley         | Penny Lane Striders  | O50F.14 | 46:22 |
| 30 | Abigail Willmitt    | Liverpool RC         | U40F.13 | 38:22 | 88  | Laura Ashford        | Tattenhall Runners   | U40F.36 | 46:27 |
| 31 | Lynsey Unsworth     | Knowsley Harriers    | U40F.14 | 38:23 | 89  | Kirsten Goddard      | Pensby Runners       | O40F.30 | 46:35 |
| 32 | Jo Lacking          | Helsby               | U40F.15 | 38:28 | 90  | Lindsey Bellis       | Deestridders         | U30F.6  | 46:48 |
| 33 | Dawn Urquhart       | Buckley              | O40F.11 | 38:48 | 91  | Amena Madden         | Liverpool RC         | O40F.31 | 47:05 |
| 34 | Wendy Lee           | Pensby Runners       | O40F.12 | 38:50 | 92  | Jane Woodward        | Liverpool RC         | O40F.32 | 47:09 |
| 35 | Alison Cole         | Ellesmere Port       | U40F.16 | 39:06 | 93  | Eve Burns            | Ellesmere Port       | U20F.5  | 47:34 |
| 36 | Alison MacDonald    | Ellesmere Port       | O40F.13 | 39:07 | 94  | Kate Cuthbert        | Wallasey             | O40F.33 | 47:56 |
| 37 | Debbie Rutherford   | Pensby Runners       | O50F.2  | 39:31 | 95  | Ann Ball             | Ellesmere Port       | O50F.15 | 48:09 |
| 38 | Katherine Sharkey   | Penny Lane Striders  | U40F.17 | 39:34 | 96  | Ruth Fisher          | Penny Lane Striders  | U30F.7  | 48:37 |
| 39 | Helen Johnson       | Ellesmere Port       | O40F.14 | 39:39 | 97  | Julie Winstanley     | Ellesmere Port       | O50F.16 | 48:43 |
| 40 | Sandra Connell      | Picton               | O50F.3  | 39:55 | 98  | Eunice Nopondo       | Penny Lane Striders  | O50F.17 | 49:09 |
| 41 | Justine Reston      | Birkenhead           | O40F.15 | 40:01 | 99  | Caitlin Brewster     | Mersey Tri           | O40F.34 | 49:13 |
| 42 | Myka Heard          | Penny Lane Striders  | O40F.16 | 40:10 | 100 | Sinead Malone        | Chester Tri          | O40F.35 | 49:20 |
| 43 | Mel Bradford        | Mersey Tri           | U40F.18 | 40:11 | 101 | Jenny Chee           | Pensby Runners       | O60F.1  | 49:21 |
| 44 | Nicola Harris       | Wirral               | U20F.3  | 40:13 | 102 | Bev Goodson          | Deestridders         | O40F.36 | 50:12 |
| 45 | Sara Atkinson       | Ellesmere Port       | O40F.17 | 40:15 | 103 | Anne Oxborough       | Penny Lane Striders  | U40F.37 | 50:14 |
| 46 | Carol Coole         | Chester Tri          | O50F.4  | 40:32 | 104 | Karen Lamberton      | Pensby Runners       | O60F.2  | 50:16 |
| 47 | Louise Nicholson    | Liverpool RC         | U40F.19 | 40:39 | 105 | Diane Duret          | Chester Tri          | O40F.37 | 50:21 |
| 48 | Sharon Eaton        | Tattenhall Runners   | O40F.18 | 40:47 | 106 | Jenny Peel           | Picton               | O60F.3  | 50:28 |
| 49 | Oonagh Jaquest      | Penny Lane Striders  | U40F.20 | 41:07 | 107 | Julie Sankey         | Picton               | O50F.18 | 50:38 |
| 50 | Helen Owens         | Helsby               | U40F.21 | 41:08 | 108 | Sue Ledsom           | Ellesmere Port       | O40F.38 | 50:43 |
| 51 | Jessica Lovell      | Wallasey             | U40F.22 | 41:13 | 109 | Sharon Fraser        | Ellesmere Port       | O40F.39 | 50:44 |
| 52 | Vicky Kehoe         | Wallasey             | O40F.19 | 41:52 | 110 | Rachel Beddows       | Ellesmere Port       | O40F.40 | 50:44 |
| 53 | Maria Brockway      | Wirral               | O50F.5  | 41:59 | 111 | Katie Horswill       | Ellesmere Port       | U40F.38 | 50:47 |
| 54 | Ruth Harkness       | Pensby Runners       | U40F.23 | 42:09 | 112 | Carolyn Bott         | Ellesmere Port       | O50F.19 | 50:49 |
| 55 | Carola Robinson     | Mersey Tri           | O40F.20 | 42:10 | 113 | Carmel Barret        | Ellesmere Port       | O50F.20 | 51:23 |
| 56 | Melanie Roberts     | Active Women Running | U40F.24 | 42:23 | 114 | Susan Clarke         | Active Women Running | O40F.41 | 52:53 |
| 57 | Jane Eardley        | Penny Lane Striders  | U40F.25 | 42:27 | 115 | Nicola Jaynes        | Ellesmere Port       | O40F.42 | 53:30 |
| 58 | Natalie Shilton     | Liverpool RC         | U20F.4  | 42:33 | 116 | Gemma Edwards        | Ellesmere Port       | U40F.39 | 55:38 |

## Mens Team Results

|    |                         |                             |      |
|----|-------------------------|-----------------------------|------|
| 1  | Wirral 'A'              | (1, 3, 4, 10, 13)           | 31   |
| 2  | Mersey Tri 'A'          | (15, 18, 20, 21, 34)        | 108  |
| 3  | Wallasey 'A'            | (5, 9, 27, 33, 35)          | 109  |
| 4  | Knowsley Harriers 'A'   | (2, 8, 31, 32, 60)          | 133  |
| 5  | Wirral 'B'              | (14, 19, 25, 29, 50)        | 137  |
| 6  | Chester Tri 'A'         | (6, 7, 38, 48, 64)          | 163  |
| 7  | Liverpool RC 'A'        | (23, 24, 40, 42, 46)        | 175  |
| 8  | Mersey Tri 'B'          | (39, 44, 49, 55, 57)        | 244  |
| 9  | Wallasey 'B'            | (37, 47, 52, 54, 78)        | 268  |
| 10 | Wirral 'C'              | (51, 53, 56, 59, 67)        | 286  |
| 11 | Penny Lane Striders 'A' | (12, 28, 77, 86, 96)        | 299  |
| 12 | Pensby Runners 'A'      | (41, 43, 65, 66, 95)        | 310  |
| 13 | Mersey Tri 'C'          | (63, 68, 70, 76, 80)        | 357  |
| 14 | Liverpool Harriers 'A'  | (16, 17, 22, 129, 203)      | 387  |
| 15 | Wirral 'D'              | (71, 74, 79, 87, 97)        | 408  |
| 16 | Ellesmere Port 'A'      | (45, 82, 92, 101, 106)      | 426  |
| 17 | Liverpool RC 'B'        | (58, 73, 84, 115, 116)      | 446  |
| 18 | Wallasey 'C'            | (81, 89, 91, 104, 119)      | 484  |
| 19 | Helsby 'A'              | (11, 69, 130, 133, 147)     | 490  |
| 20 | Knowsley Harriers 'B'   | (61, 72, 93, 120, 149)      | 495  |
| 21 | Mersey Tri 'D'          | (88, 90, 109, 113, 114)     | 514  |
| 22 | Deestridders 'A'        | (83, 85, 94, 124, 134)      | 520  |
| 23 | West Cheshire 'A'       | (30, 36, 105, 146, [213])   | 530  |
| 24 | Pensby Runners 'B'      | (99, 100, 110, 111, 126)    | 546  |
| 25 | Tattenhall Runners 'A'  | (26, 117, 128, 138, 159)    | 568  |
| 26 | Chester Tri 'B'         | (75, 121, 140, 141, 158)    | 635  |
| 27 | Penny Lane Striders 'B' | (102, 103, 127, 151, 152)   | 635  |
| 28 | Liverpool RC 'C'        | (118, 135, 136, 142, 143)   | 674  |
| 29 | Wirral 'E'              | (107, 112, 122, 153, 181)   | 675  |
| 30 | Buckley 'A'             | (98, 108, 131, 148, [213])  | 698  |
| 31 | Wallasey 'D'            | (125, 137, 144, 154, 156)   | 716  |
| 32 | Pensby Runners 'C'      | (132, 139, 145, 150, 165)   | 731  |
| 33 | Ellesmere Port 'B'      | (123, 176, 179, 186, 192)   | 856  |
| 34 | Liverpool Pembroke 'A'  | (62, 162, [3x213])          | 863  |
| 35 | Penny Lane Striders 'C' | (157, 160, 163, 190, 198)   | 868  |
| 36 | Liverpool RC 'D'        | (161, 172, 178, 183, 195)   | 889  |
| 37 | Pensby Runners 'D'      | (166, 169, 171, 191, 193)   | 890  |
| 38 | Mersey Tri 'E'          | (168, 180, 185, 189, [213]) | 935  |
| 39 | Wallasey 'E'            | (177, 184, 187, 201, [213]) | 962  |
| 40 | Knowsley Harriers 'C'   | (170, 174, 199, [2x213])    | 969  |
| 41 | Birkenhead 'A'          | (155, 182, [3x213])         | 976  |
| 42 | Deestridders 'B'        | (173, 175, [3x213])         | 987  |
| 43 | Tattenhall Runners 'B'  | (164, [4x213])              | 1016 |
| 44 | Picton 'A'              | (167, [4x213])              | 1019 |
| 45 | Pensby Runners 'E'      | (196, 200, [3x213])         | 1035 |
| 46 | Wirral 'F'              | (188, [4x213])              | 1040 |
| 47 | Southport Waterloo 'A'  | (194, [4x213])              | 1046 |
| 48 | Ellesmere Port 'C'      | (197, [4x213])              | 1049 |
| 49 | Liverpool RC 'E'        | (202, [4x213])              | 1054 |

## Ladies Team Results

|    |                          |                   |     |
|----|--------------------------|-------------------|-----|
| 1  | Wirral 'A'               | (1, 6, 7)         | 14  |
| 2  | Liverpool Harriers 'A'   | (3, 4, 12)        | 19  |
| 3  | Pensby Runners 'A'       | (5, 8, 10)        | 23  |
| 4  | Liverpool RC 'A'         | (2, 9, 16)        | 27  |
| 5  | Chester Tri 'A'          | (11, 14, 15)      | 40  |
| 6  | Penny Lane Striders 'A'  | (18, 19, 21)      | 58  |
| 7  | Knowsley Harriers 'A'    | (27, 28, 31)      | 86  |
| 8  | Chester Tri 'B'          | (17, 24, 46)      | 87  |
| 9  | Pensby Runners 'B'       | (23, 34, 37)      | 94  |
| 10 | Penny Lane Striders 'B'  | (22, 38, 42)      | 102 |
| 11 | Helsby 'A'               | (25, 32, 50)      | 107 |
| 12 | Ellesmere Port 'A'       | (35, 36, 39)      | 110 |
| 13 | Wallasey 'A'             | (13, 51, 52)      | 116 |
| 14 | Mersey Tri 'A'           | (29, 43, 55)      | 127 |
| 15 | Liverpool RC 'B'         | (30, 47, 58)      | 135 |
| 16 | Wirral 'B'               | (44, 53, 76)      | 173 |
| 17 | Pensby Runners 'C'       | (54, 64, 66)      | 184 |
| 18 | Wallasey 'B'             | (60, 61, 65)      | 186 |
| 19 | Penny Lane Striders 'C'  | (49, 57, 83)      | 189 |
| 20 | Tattenhall Runners 'A'   | (48, 62, 88)      | 198 |
| 21 | Ellesmere Port 'B'       | (45, 68, 93)      | 206 |
| 22 | Liverpool RC 'C'         | (59, 73, 75)      | 207 |
| 23 | Deestridders 'A'         | (20, 90, 102)     | 212 |
| 24 | Wallasey 'C'             | (69, 71, 78)      | 218 |
| 25 | Pensby Runners 'D'       | (70, 74, 79)      | 223 |
| 26 | Mersey Tri 'B'           | (67, 72, 85)      | 224 |
| 27 | Picton 'A'               | (40, 84, 106)     | 230 |
| 28 | Liverpool RC 'D'         | (80, 81, 82)      | 243 |
| 29 | Penny Lane Striders 'D'  | (86, 87, 96)      | 269 |
| 30 | Liverpool Harriers 'B'   | (26, [2x126])     | 278 |
| 31 | Buckley 'A'              | (33, [2x126])     | 285 |
| 32 | Birkenhead 'A'           | (41, [2x126])     | 293 |
| 33 | Pensby Runners 'E'       | (89, 101, 104)    | 294 |
| 34 | Active Women Running 'A' | (56, 114, [126])  | 296 |
| 35 | Ellesmere Port 'C'       | (95, 97, 108)     | 300 |
| 36 | Liverpool RC 'E'         | (91, 92, [126])   | 309 |
| 37 | Helsby 'B'               | (63, [2x126])     | 315 |
| 38 | Penny Lane Striders 'E'  | (98, 103, [126])  | 327 |
| 39 | Knowsley Harriers 'B'    | (77, [2x126])     | 329 |
| 40 | Ellesmere Port 'D'       | (109, 110, 111)   | 330 |
| 41 | Chester Tri 'C'          | (100, 105, [126]) | 331 |
| 42 | Ellesmere Port 'E'       | (112, 113, 115)   | 340 |
| 43 | Wallasey 'D'             | (94, [2x126])     | 346 |
| 44 | Mersey Tri 'C'           | (99, [2x126])     | 351 |
| 45 | Picton 'B'               | (107, [2x126])    | 359 |
| 46 | Ellesmere Port 'F'       | (116, [2x126])    | 368 |

## Young Athletes Results

| Boys     |                 |            |     |       | Girls |                     |               |      |       |
|----------|-----------------|------------|-----|-------|-------|---------------------|---------------|------|-------|
| Position | Name            | Club       | Age | Time  | Name  | Club                | Age           | Time |       |
| 1        | Ieuan Kearney   | Wirral     | 14  | 15:53 |       |                     |               |      |       |
| 2        | Joseph Wigfield | Wirral     | 14  | 16:05 | 1     | Kristina Martindale | Wirral        | 13   | 17:13 |
| 3        | Casey Woodworth | Wirral     | 12  | 16:07 | 2     | Olivia Waring       | Wirral        | 14   | 17:53 |
| 4        | Tom Spence      | Wirral     | 13  | 16:36 | 3     | Lucy Le Feuvre      | Wirral        | 14   | 18:11 |
| 5        | Daniel Evans    | Wirral     | 14  | 16:50 | 4     | Katie Thompson      | Wirral        | 13   | 19:03 |
| 6        | Arran Kearney   | Wirral     | 13  | 17:12 | 5     | Pheobe Croft        | Wirral        | 13   | 19:44 |
| 7        | Matthew Arnold  | Wirral     | 13  | 17:21 | 6     | Sam Johnston        | Mersey Tri    | 11   | 21:39 |
| 8        | Matthew Lee     | Mersey Tri | 13  | 17:25 | 7     | Eve Duret           | West Cheshire | 12   | 21:40 |
| 9        | Martin Hurst    | Wirral     | 13  | 17:33 | 8     | Ella Head           | Wirral        | 12   | 22:00 |
| 10       | Sam Cross       | Wirral     | 13  | 17:41 |       |                     |               |      |       |
| 11       | Jonathan Head   | Wirral     | 13  | 17:44 |       |                     |               |      |       |
| 12       | Tom Rogers      | Wirral     | 14  | 17:47 |       |                     |               |      |       |
| 13       | Jacob Brophy    | Wirral     | 13  | 18:05 |       |                     |               |      |       |
| 14       | Isaac Stewart   | Wirral     | 14  | 18:09 |       |                     |               |      |       |
| 15       | Sam Tempest     | Wirral     | 13  | 18:16 |       |                     |               |      |       |
| 16       | Owen Jones      | Wirral     | 14  | 18:52 |       |                     |               |      |       |
| 17       | Harry Martin    | Wirral     | 12  | 18:54 |       |                     |               |      |       |
| 18       | Sam Johnston    | Mersey Tri | 11  | 19:15 |       |                     |               |      |       |
| 19       | Alex Norton     | Wirral     | 13  | 20:06 |       |                     |               |      |       |
| 20       | Ben Sara-Kelly  | Caldy      | 14  | 21:32 |       |                     |               |      |       |