

## 2015 Sefton Park 5 Mile

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
1	0:25:49	44	Haccalu Hundessa	M		LIVERPOOL HARRIERS AC	1	0:25:49
2	0:26:06	199	James McNally	M		LIVERPOOL HARRIERS AC	2	0:26:06
3	0:26:48	269	Laurie Luscombe	M		LIVERPOOL HARRIERS AC	3	0:26:48
4	0:27:24	50	Joe Grundy	M		LIVERPOOL HARRIERS AC	4	0:27:24
5	0:27:34	215	Peter Green	M		KNOWSLEY HARRIERS AC	5	0:27:33
6	0:27:40	390	James Thompson	M		KNOWSLEY HARRIERS AC	6	0:27:40
7	0:27:47	422	Stephen Doyle	M	40	KNOWSLEY HARRIERS AC	7	0:27:47
8	0:28:09	367	Tony Lawlor	M	50	KNOWSLEY HARRIERS AC	8	0:28:09
9	0:28:12	208	Ian Moran	M		KIRKBY MILERS AC	9	0:28:11
10	0:28:45	521	Tom Michaelson	M		KNOWSLEY HARRIERS AC	10	0:28:44
11	0:28:47	72	Alex Cowin	M		PENNY LANE STRIDERS	11	0:28:45
12	0:28:48	189	John Connolly	M	40	PENNY LANE STRIDERS	12	0:28:48
13	0:28:52	447	Steven Nijs	M	40	SOUTHPORT AND WATERLOO AC	13	0:28:52
14	0:29:01	16	Robert Kelly	M		KNOWSLEY HARRIERS AC	14	0:29:01
15	0:29:03	107	Kevin Brennan	M	45	ST HELENS STRIDERS	15	0:29:03
16	0:29:04	188	Kirsty Longley	F	35	LIVERPOOL PEMBROKE SEFTON	16	0:29:04
17	0:29:10	268	Paul Schumann	M	50	KNOWSLEY HARRIERS AC	17	0:29:10
18	0:29:15	237	Rob Pearse	M	40	WALLASEY AC	18	0:29:14
19	0:29:18	439	Ben Lewington	M		KNOWSLEY HARRIERS AC	19	0:29:18
20	0:29:20	417	Terry Mitchell	M		KNOWSLEY HARRIERS AC	20	0:29:20
21	0:29:24	499	Mike Clayton	M		LIVERPOOL RUNNING CLUB	21	0:29:23
22	0:29:25	436	John Armstrong	M	45	WALLASEY AC	22	0:29:24
23	0:29:26	321	Anthony Wilcox	M	50	LIVERPOOL HARRIERS AC	23	0:29:26
24	0:29:30	359	Jonathan Toft	M		PENNY LANE STRIDERS	24	0:29:30
25	0:29:47	399	Mike Gall	M		KNOWSLEY HARRIERS AC	25	0:29:45
26	0:29:51	456	Alex O'Brien	F		LIVERPOOL RUNNING CLUB	26	0:29:50
27	0:30:01	320	Carl Murphy	M		LIVERPOOL RUNNING CLUB	27	0:30:00
28	0:30:19	305	Rob Williams	M		LIVERPOOL HARRIERS AC	28	0:30:18
29	0:30:24	471	Martin Christian	M	45	KNOWSLEY HARRIERS AC	29	0:30:23
30	0:30:28	397	Oliver Carey	M			30	0:30:27
31	0:30:29	263	Daniel Thomas	M		PENNY LANE STRIDERS	31	0:30:27
32	0:30:41	43	Chris Millington	M	45	SPECTRUM STRIDERS	32	0:30:40
33	0:30:42	433	Jamie Pugh	M		KNOWSLEY HARRIERS AC	34	0:30:41
34	0:30:43	372	David Lawton	M		LIVERPOOL RUNNING CLUB	33	0:30:41
35	0:30:45	154	Lindon Easthorpe	M		PENNY LANE STRIDERS	35	0:30:45
36	0:30:53	420	David Edwards	M	50	KIRKBY MILERS AC	36	0:30:51
37	0:30:55	370	Stephen Watkin	M		PENNY LANE STRIDERS	37	0:30:53
38	0:30:57	62	Mike Metcalfe	M		WARRINGTON RUNNING CLUB	39	0:30:57
39	0:30:57	329	David Daly	M		KIRKBY MILERS AC	38	0:30:55
40	0:31:06	4	Paul Hughes	M			40	0:31:04
41	0:31:15	42	Neil Adair	M		SPECTRUM STRIDERS	41	0:31:11
42	0:31:16	352	Colin Dobbs	M		PENNY LANE STRIDERS	42	0:31:14
43	0:31:21	508	Eric Ranson	M	45		44	0:31:20
44	0:31:23	373	Matt Helme	M	50	PENNY LANE STRIDERS	45	0:31:22
45	0:31:25	97	Jay Clarke	M		PENNY LANE STRIDERS	43	0:31:19
46	0:31:26	461	Andrew Leslie	M		PENNY LANE STRIDERS	47	0:31:24
47	0:31:27	290	Daniel Chadwick	M		SPECTRUM STRIDERS	46	0:31:24
48	0:31:34	293	Jack Luscombe	M		EDINBURGH UNIVERSITY HARE & HO	48	0:31:32
49	0:31:39	482	John Courtney	M	40		49	0:31:33
50	0:31:41	364	Robbie Burke	M	50	LIVERPOOL RUNNING CLUB	50	0:31:40
51	0:31:43	487	Tony Devoy	M	55	WIRRAL AC	51	0:31:40
52	0:31:45	90	Tom Richardson	M			53	0:31:43
53	0:31:46	160	Chris Burton	M		WIGAN HARRIERS	52	0:31:41
54	0:31:50	219	Paul Riley	M	45	PENNY LANE STRIDERS	54	0:31:47
55	0:31:51	260	Philip Bailey	M	60	SOUTHPORT AND WATERLOO AC	55	0:31:50
56	0:31:57	181	Gary Clare	M	45	ST HELENS STRIDERS	57	0:31:57
57	0:32:00	32	Marc Littlefield	M		PENNY LANE STRIDERS	56	0:31:56
58	0:32:04	78	Rachael Fairclough	F		ST HELENS STRIDERS	58	0:32:00
59	0:32:06	301	Ben Darby	M		RUN IN WIRRAL	60	0:32:03
60	0:32:06	396	James Daly	M		LIVERPOOL RUNNING CLUB	61	0:32:04
61	0:32:06	526	Liam McGrath	M		PENNSBY RUNNERS	59	0:32:03
62	0:32:11	26	Ant Cassidy	M	40	MOSSLEY HILL AC	63	0:32:10
63	0:32:14	170	Joseph Chedgzoy	M		KIRKBY MILERS AC	62	0:32:09
64	0:32:17	457	Jon Saunby	M	40		65	0:32:12
65	0:32:17	222	Stuart Johnson	M		SPECTRUM STRIDERS	64	0:32:11
66	0:32:19	234	John Jensen	M		PENNY LANE STRIDERS	66	0:32:16
67	0:32:25	527	Paul Demore	M	45	ST HELENS STRIDERS	68	0:32:24
68	0:32:26	10	Stephen Firth	M	40		67	0:32:22
69	0:32:37	168	Ben Rispin	M			69	0:32:31
70	0:32:41	402	Mark O'Callaghan	M		KIRKBY MILERS AC	70	0:32:37
71	0:32:47	297	Danny Fegan	M	45	ST HELENS STRIDERS	71	0:32:42
72	0:32:53	271	Alan Joyce	M	60	SOUTHPORT AND WATERLOO AC	73	0:32:53
73	0:32:55	254	Nick Burns	M	50		72	0:32:52
74	0:32:58	53	Sharon Samson	F	35	PENNY LANE STRIDERS	74	0:32:55
75	0:33:00	317	Anthony Metcalfe	M	60	MOSSLEY HILL AC	76	0:32:57

## 2015 Sefton Park 5 Mile

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
76	0:33:04	125	Geoff Rudd	M	55	LIVERPOOL RUNNING CLUB	75	0:32:57
77	0:33:04	40	Kevin Gorry	M		WALLASEY AC	78	0:33:01
78	0:33:05	6	Andrew Biddle	M	40	PENNY LANE STRIDERS	77	0:33:00
79	0:33:07	122	Dan Dunbabin	M		WARRINGTON RUNNING CLUB	79	0:33:03
80	0:33:08	453	Marc Goudie	M		PENNY LANE STRIDERS	80	0:33:06
81	0:33:10	109	Paul Brady	M	45	PENNY LANE STRIDERS	81	0:33:08
82	0:33:13	449	John Merrigan	M			82	0:33:08
83	0:33:22	395	Mike Fryer	M			83	0:33:18
84	0:33:24	522	Steve Pemberton	M	60	PENNY LANE STRIDERS	85	0:33:22
85	0:33:28	258	Scott Robertson	M		ST HELENS STRIDERS	84	0:33:21
86	0:33:30	344	Nathan Ashurst	M		WARRINGTON RUNNING CLUB	88	0:33:27
87	0:33:31	431	Paul Cliff	M	45	LIVERPOOL RUNNING CLUB	86	0:33:24
88	0:33:35	202	Nigel Chilvers	M	45	KIRKBY MILERS AC	89	0:33:32
89	0:33:36	462	Rachel Richardson	F		MOSSLEY HILL AC	90	0:33:33
90	0:33:40	358	Chris Usher	M	40		87	0:33:26
91	0:33:42	416	Gillian Verdin	F		LIVERPOOL RUNNING CLUB	92	0:33:40
92	0:33:49	414	Robert Normanton	M			91	0:33:34
93	0:33:49	273	Maurice Collins	M	50	ST HELENS SUTTON AC	93	0:33:44
94	0:33:56	58	Paul Saunders	M	40		94	0:33:50
95	0:33:58	232	Helen Sahgal	F		LIVERPOOL HARRIERS AC	96	0:33:58
96	0:33:58	409	Jonathan Fisher	M		LIVERPOOL RUNNING CLUB	95	0:33:56
97	0:34:14	103	Kevin Monaghan	M	45	ST HELENS STRIDERS	97	0:34:10
98	0:34:20	277	Rod Jones	M	55	LIVERPOOL RUNNING CLUB	99	0:34:20
99	0:34:21	365	Andrew Conway	M	50	LIVERPOOL PEMBROKE SEFTON	98	0:34:17
100	0:34:26	59	Ian Wright	M	45	ST HELENS STRIDERS	101	0:34:22
101	0:34:28	104	Mike Walker	M	65	SOUTHPORT AND WATERLOO AC	102	0:34:24
102	0:34:32	198	Mark Holman	M	40		100	0:34:22
103	0:34:34	423	Tony Craig	M	45	KIRKBY MILERS AC	103	0:34:27
104	0:34:36	485	John Bassett	M	50		108	0:34:34
105	0:34:37	404	Michael O'Rourke	M		PENNY LANE STRIDERS	107	0:34:34
106	0:34:44	180	Matthew Oakes	M			106	0:34:33
107	0:34:44	217	Andrew Glen	M	50	KNOWSLEY HARRIERS AC	110	0:34:40
108	0:34:45	231	Gillian Lee	F	45	ST HELENS STRIDERS	109	0:34:38
109	0:34:48	1	Christopher Murray	M		HELSEBY RUNNING CLUB	104	0:34:29
110	0:34:49	20	Kevin Dunbar	M		ABC RUNNERS	105	0:34:32
111	0:34:54	299	Anthony Padmore	M	50	ST HELENS STRIDERS	111	0:34:47
112	0:35:00	248	Stuart Jones	M		MOSSLEY HILL AC	113	0:34:57
113	0:35:02	184	Alan Spencer	M	55	KNOWSLEY HARRIERS AC	112	0:34:56
114	0:35:02	432	Hayley Fairclough	F		LIVERPOOL RUNNING CLUB	117	0:35:00
115	0:35:04	15	Lynsey Unsworth	F		KNOWSLEY HARRIERS AC	115	0:34:58
116	0:35:06	466	Steve Dipple	M	40	PENNY LANE STRIDERS	114	0:34:58
117	0:35:09	327	Neil Barber	M		KIRKBY MILERS AC	118	0:35:02
118	0:35:10	356	Greg Hocking	M	40	PENNY LANE STRIDERS	120	0:35:02
119	0:35:11	143	Neil Dixon	M			121	0:35:07
120	0:35:12	400	Martin Catterall	M	40	WARRINGTON ROAD RUNNERS	119	0:35:02
121	0:35:13	137	Stephen O'Neill	M	60		122	0:35:10
122	0:35:14	261	Charlotte Rawcliffe	F	35	PENNY LANE STRIDERS	116	0:34:58
123	0:35:15	201	Jo Winstanley	F		LIVERPOOL RUNNING CLUB	123	0:35:13
124	0:35:22	252	Kathryn Sharkey	F	35	PENNY LANE STRIDERS	124	0:35:17
125	0:35:23	47	David Navis	M		ST HELENS STRIDERS	125	0:35:17
126	0:35:27	249	Carl Yu	M	40	LIVERPOOL RUNNING CLUB	127	0:35:25
127	0:35:30	38	Steven Kelly	M		LIVERPOOL RUNNING CLUB	128	0:35:25
128	0:35:31	66	David Griffiths	M	45	PENNY LANE STRIDERS	126	0:35:23
129	0:35:32	110	Justine Moore	F	40	KNOWSLEY HARRIERS AC	129	0:35:26
130	0:35:37	300	Eamonn Brady	M	45	PENNY LANE STRIDERS	130	0:35:31
131	0:35:37	75	Louise Warn	F		PENNY LANE STRIDERS	131	0:35:32
132	0:35:41	46	Antony Cheers	M		ST HELENS STRIDERS	133	0:35:34
133	0:35:41	525	Tracy Allen	F		SOUTHPORT AND WATERLOO AC	138	0:35:41
134	0:35:42	473	Joe Kenny	M			135	0:35:36
135	0:35:44	71	Anthony Horsfall	M	50	ST HELENS STRIDERS	137	0:35:40
136	0:35:46	437	Malcolm Lingard	M	50	SPECTRUM STRIDERS	139	0:35:44
137	0:35:47	257	Trevor Askill	M	55	PENNY LANE STRIDERS	136	0:35:39
138	0:35:48	357	Stuart Barry	M	50	KNOWSLEY HARRIERS AC	132	0:35:34
139	0:35:51	430	Adam Tysoe	M		LIVERPOOL RUNNING CLUB	140	0:35:44
140	0:35:56	334	Mark Roberts	M			134	0:35:34
141	0:35:57	128	Terry Mckeown	M	50	LIVERPOOL RUNNING CLUB	141	0:35:50
142	0:35:58	516	Andrew Carey	M			143	0:35:56
143	0:35:58	292	Phil Williams	M			144	0:35:56
144	0:36:00	70	Pauline Horsfall	F	55	ST HELENS STRIDERS	142	0:35:53
145	0:36:04	288	Richard Hughes	M			145	0:35:57
146	0:36:16	96	Karl Bunnell	M			146	0:36:10
147	0:36:18	340	Jeanette Fisher	F	40	ST HELENS STRIDERS	147	0:36:11
148	0:36:19	312	Richard Hutton	M			149	0:36:17
149	0:36:36	441	David Brady	M			150	0:36:20
150	0:36:37	121	Adam Gallimore	M	40	ST HELENS STRIDERS	156	0:36:31

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Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
151	0:36:37	388	Peter Smith	M	40		148	0:36:14
152	0:36:37	307	Trish Dudley	F		PENNY LANE STRIDERS	154	0:36:31
153	0:36:38	289	Louise Watson	F	35	PENNY LANE STRIDERS	152	0:36:26
154	0:36:39	492	Julia Eccleston	F	40	ST HELENS SUTTON AC	157	0:36:36
155	0:36:40	332	Nigel Foo	M	45	PENNY LANE STRIDERS	151	0:36:25
156	0:36:41	374	Katie Johnson	F		PENNY LANE STRIDERS	153	0:36:28
157	0:36:43	190	Stuart Cook	M	50		158	0:36:36
158	0:36:48	495	Marc Levy	M			155	0:36:31
159	0:36:58	93	Helen Berry	F			159	0:36:39
160	0:36:59	12	Stuart Harrison	M		PENNY LANE STRIDERS	162	0:36:48
161	0:37:00	503	David Lyanan	M	40	PENNY LANE STRIDERS	160	0:36:43
162	0:37:02	406	Louise Nicholson	F	35	LIVERPOOL RUNNING CLUB	161	0:36:46
163	0:37:03	148	Sarah Nuttall	F		WARRINGTON RUNNING CLUB	166	0:37:00
164	0:37:05	166	Kieron Carr	M	40	KNOWSLEY HARRIERS AC	164	0:36:58
165	0:37:11	477	Susan Burke	F	40		168	0:37:03
166	0:37:11	523	Kenny Garner	M	55		170	0:37:09
167	0:37:12	99	Melanie Roberts	F			169	0:37:03
168	0:37:12	27	Billy Dean	M			163	0:36:55
169	0:37:13	45	Antony Young	M	40	ST HELENS SUTTON AC	171	0:37:09
170	0:37:16	112	Sharon Bullock	F	35	KENDAL AAC	172	0:37:09
171	0:37:18	255	Joanne Moyers	F	40	WIDNES WASPS LADIES RUNNING CL	165	0:37:00
172	0:37:18	434	Sarah Richards	F	35	SOUTHPORT AND WATERLOO AC	167	0:37:02
173	0:37:22	167	Tony Dagnall	M	55	ST HELENS STRIDERS	173	0:37:12
174	0:37:27	140	Terry Noon	M		KNOWSLEY HARRIERS AC	174	0:37:20
175	0:37:30	519	Jenny Bradshaw	F	35	WALLASEY AC	177	0:37:27
176	0:37:31	118	Annmarie Williams	F	45	PENNY LANE STRIDERS	176	0:37:24
177	0:37:34	346	Ian Makin	M	40		180	0:37:30
178	0:37:36	211	Rachel Beesley	F		ST HELENS SUTTON AC	178	0:37:29
179	0:37:38	383	David Limbrick	M	50		179	0:37:29
180	0:37:39	382	Kylie Maguire	F		ST HELENS STRIDERS	181	0:37:31
181	0:37:40	469	Ian Broadhurst	M	45	KNOWSLEY HARRIERS AC	175	0:37:23
182	0:37:48	375	Barry Bright	M	55	PENNY LANE STRIDERS	182	0:37:41
183	0:37:59	322	Michael Wong	M	45		183	0:37:43
184	0:38:00	95	Elizabeth Lyanan	F	35	PENNY LANE STRIDERS	184	0:37:55
185	0:38:11	528	Claire Earl	F	35		185	0:38:10
186	0:38:19	173	Neil Sahgal	M		UK NETRUNNERS/TEAM MUDALLICA	187	0:38:16
187	0:38:30	379	Dave Thomas	M	50		186	0:38:12
188	0:38:30	144	Lucy O'Connor	F			188	0:38:16
189	0:38:36	8	Glyn Jones	M	50		189	0:38:28
190	0:38:39	361	Paul Mcdonald	M	45		191	0:38:33
191	0:38:45	68	Jess Bowie	M	40	LIVERPOOL RUNNING CLUB	192	0:38:37
192	0:38:46	350	Susan Campbell	F	55	WIDNES WASPS LADIES RUNNING CL	190	0:38:29
193	0:38:46	223	David Coffey	M			193	0:38:42
194	0:38:52	266	James Tweedle	M			195	0:38:46
195	0:38:58	253	John Guy	M		PENNY LANE STRIDERS	194	0:38:45
196	0:39:07	111	Michael Edwards	M	55	PENNY LANE STRIDERS	196	0:38:52
197	0:39:18	194	Stephen Hunt	M		LIVERPOOL RUNNING CLUB	197	0:38:58
198	0:39:18	21	Rosemary Rogers	F	65	WEST CHESHIRE AC	203	0:39:14
199	0:39:19	291	Kenny Worrall	M	40	LIVERPOOL RUNNING CLUB	201	0:39:10
200	0:39:25	338	Helen Lodge	F	45	SOUTHPORT AND WATERLOO AC	198	0:39:07
201	0:39:25	339	Billy Sergeson	M	45	PENNY LANE STRIDERS	200	0:39:09
202	0:39:25	377	Colin O'Brien	M	40	PENNY LANE STRIDERS	199	0:39:08
203	0:39:27	214	Mark Challinor	M			204	0:39:14
204	0:39:29	14	Phillip Stanley	M	50		202	0:39:10
205	0:39:33	245	Vincent Killen	M	50	LITTLEWOODS RUNNING CLUB	209	0:39:30
206	0:39:36	285	George Mccann	M	40		207	0:39:28
207	0:39:40	394	Arabella White	F			206	0:39:25
208	0:39:42	448	Dom Gilvarry	M			205	0:39:25
209	0:39:43	212	Amy Corfield	F		ST HELENS SUTTON AC	211	0:39:36
210	0:39:52	419	John Moore	M	45	HALIFAX HARRIERS	220	0:39:47
211	0:39:53	464	Jessica Garrigan	F	35	LIVERPOOL RUNNING CLUB	208	0:39:29
212	0:39:54	460	Rob Armes	M		LIVERPOOL RUNNING CLUB	210	0:39:30
213	0:39:54	452	Dawn Fairclough	F	35	LIVERPOOL RUNNING CLUB	216	0:39:45
214	0:39:55	281	Stephen Grady	M	55		213	0:39:41
215	0:39:57	129	George Caples	M	65		219	0:39:46
216	0:39:58	418	Andy Walker	M	40	WARRINGTON RUNNING CLUB	224	0:39:52
217	0:39:58	496	Anthony Murnane	M			215	0:39:44
218	0:39:59	25	Esther Van Ginneken	F		PENNY LANE STRIDERS	217	0:39:45
219	0:40:01	398	Rachael Butler	F			214	0:39:43
220	0:40:01	392	Keith Boyle	M	40	PENNY LANE STRIDERS	212	0:39:41
221	0:40:02	458	Billy Hargreaves	M	65	SOUTHPORT AND WATERLOO AC	226	0:40:01
222	0:40:03	467	Chris Pye	M	55		222	0:39:49
223	0:40:06	13	Clare Wright	F	35		221	0:39:49
224	0:40:06	381	Emma Buckley	F		WIDNES WASPS LADIES RUNNING CL	223	0:39:49
225	0:40:09	438	Amena Madden	F	40	LIVERPOOL RUNNING CLUB	218	0:39:46

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Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
226	0:40:10	209	Sue Carter	F		KIRKBY MILERS AC	227	0:40:02
227	0:40:17	531	Neil Caples	M			228	0:40:06
228	0:40:18	363	Denise Grehan	F	35	WARRINGTON ROAD RUNNERS	225	0:40:00
229	0:40:23	19	Rachel Rick	F	55	PENNY LANE STRIDERS	230	0:40:09
230	0:40:24	385	Linda Statham	F	40	WARRINGTON ROAD RUNNERS	229	0:40:08
231	0:40:26	513	Gonpalo Pinto Leite	M			234	0:40:24
232	0:40:32	341	Cheryl Pace	F	35	PENNY LANE STRIDERS	231	0:40:17
233	0:40:32	187	Helen Osborne	F		PENNY LANE STRIDERS	232	0:40:19
234	0:40:35	349	Jonathan Rolt	M	40		233	0:40:21
235	0:40:39	306	Holly Johnston	F		PENNY LANE STRIDERS	235	0:40:25
236	0:40:42	369	Anna Watkin	F		PENNY LANE STRIDERS	237	0:40:36
237	0:40:44	17	James Stansfield	M		PENNY LANE STRIDERS	236	0:40:31
238	0:40:52	197	Jo Keogh	F	40	ST HELENS STRIDERS	239	0:40:44
239	0:40:55	65	Peter Evans	M		LIVERPOOL RUNNING CLUB	238	0:40:37
240	0:41:01	295	Gill Darby	F	50	PENNY LANE STRIDERS	246	0:40:55
241	0:41:03	98	Joyce Griffiths	F	55		245	0:40:54
242	0:41:06	424	Jay Smith	F	35	LIVERPOOL RUNNING CLUB	250	0:41:04
243	0:41:06	262	Katie Cunliffe	F		KNOWSLEY HARRIERS AC	241	0:40:48
244	0:41:06	85	Tony Woods	M	45	PENNY LANE STRIDERS	243	0:40:50
245	0:41:07	204	Niccola Daley	F	45	WIDNES WASPS LADIES RUNNING CL	242	0:40:48
246	0:41:11	325	Martyn Hughes	M	40	LIVERPOOL RUNNING CLUB	240	0:40:47
247	0:41:13	378	Peter Suen	M			253	0:41:08
248	0:41:14	504	Andrew Rigby	M	50		244	0:40:50
249	0:41:14	353	Charlotte Ward	F	35	ST HELENS STRIDERS	249	0:41:00
250	0:41:15	34	Julie Moses	F	50	WIDNES WASPS LADIES RUNNING CL	248	0:40:59
251	0:41:15	131	Lisa Lee	F	35	WARRINGTON RUNNING CLUB	254	0:41:11
252	0:41:16	304	Ian Cassidy	M			258	0:41:16
253	0:41:20	241	Gemma Webster	F		ST HELENS STRIDERS	252	0:41:06
254	0:41:20	333	John Barr	M	65		255	0:41:11
255	0:41:21	251	Michael Sharkey	M	65	PENNY LANE STRIDERS	247	0:40:57
256	0:41:21	145	Craig Dennen	M	45	WARRINGTON RUNNING CLUB	259	0:41:17
257	0:41:22	207	Sarah Griffiths	F			251	0:41:06
258	0:41:27	497	Paul Mcgregor	M	50	PENNY LANE STRIDERS	256	0:41:14
259	0:41:27	124	Jane Nicholson	F	50	PENNY LANE STRIDERS	257	0:41:14
260	0:41:37	425	Helen Davies	F	45	WIDNES WASPS LADIES RUNNING CL	260	0:41:19
261	0:41:43	126	Mike Welsby	M	50	PENNY LANE STRIDERS	261	0:41:19
262	0:41:43	171	Jennifer Osullivan	F		KIRKBY MILERS AC	267	0:41:35
263	0:41:44	371	Rob Mcknight	M	40		264	0:41:27
264	0:41:45	150	Davie Thompson	M		LIVERPOOL RUNNING CLUB	263	0:41:25
265	0:41:45	127	Peter Yip	M	55	PENNY LANE STRIDERS	268	0:41:39
266	0:41:48	474	Dennis Yarwood	M	45	SPECTRUM STRIDERS	262	0:41:23
267	0:41:49	157	Mick Obrien	M	45	KNOWSLEY HARRIERS AC	266	0:41:32
268	0:41:53	308	Michelle Bird	M	40	LIVERPOOL RUNNING CLUB	265	0:41:29
269	0:41:59	465	Dan Sweeney	M			271	0:41:52
270	0:42:02	337	Colin Wilson	M	45	ST HELENS STRIDERS	270	0:41:51
271	0:42:08	415	Stan Cottier	M	65	LIVERPOOL RUNNING CLUB	269	0:41:45
272	0:42:11	203	Peter Hamlett	M	45	KNOWSLEY HARRIERS AC	272	0:41:56
273	0:42:12	221	Amanda Bentley	F	40	CITY OF CHESTER TRIATHLON CLUB	278	0:42:08
274	0:42:13	139	Michelle Kelly	M	55	PENNY LANE STRIDERS	276	0:42:06
275	0:42:18	486	Ruth Besford	F	40	ST HELENS STRIDERS	275	0:42:05
276	0:42:26	360	Alen Hurley	M	50		277	0:42:07
277	0:42:27	444	Rachel Kenny	F	35		273	0:42:03
278	0:42:27	435	Catherine Mcelhinney	F	40	SOUTHPORT AND WATERLOO AC	274	0:42:04
279	0:42:29	493	Andrew Beaumont	M	40		283	0:42:23
280	0:42:31	192	Paul Jones	M			288	0:42:31
281	0:42:31	83	John Clark	M		KNOWSLEY HARRIERS AC	281	0:42:19
282	0:42:33	310	Sheila Quinn	F	55	LIVERPOOL RUNNING CLUB	280	0:42:12
283	0:42:35	149	Hazel Williams	F	45	WARRINGTON RUNNING CLUB	289	0:42:31
284	0:42:36	491	Paul Wilson	M	50		279	0:42:12
285	0:42:37	296	Jan Green	F	60		286	0:42:26
286	0:42:41	156	Jayne Mcivor	F	50	LIVERPOOL RUNNING CLUB	282	0:42:21
287	0:42:42	206	Jon Windle	M	40	PENNY LANE STRIDERS	285	0:42:25
288	0:42:42	391	Sharon O'Connell	F	45	ST HELENS STRIDERS	287	0:42:27
289	0:42:49	354	Paul Leahair	M			284	0:42:24
290	0:42:54	302	Marcus Darby	M		RUN IN WIRRAL	290	0:42:37
291	0:42:59	440	Daniel Nicolson	M			291	0:42:42
292	0:43:07	7	Carolyn Knott	F	40	PENNY LANE STRIDERS	293	0:42:49
293	0:43:07	100	Ben Prince	M			294	0:42:50
294	0:43:08	315	Kate Downea	F			292	0:42:46
295	0:43:10	336	Sandra Bentley	F	45	WIDNES WASPS LADIES RUNNING CL	295	0:42:51
296	0:43:15	309	Victoria Swain	F	45		296	0:42:52
297	0:43:16	366	Stephen Pickavance	M	55	ST HELENS STRIDERS	297	0:43:02
298	0:43:20	33	Rachel Kuypers	F	40	WIDNES WASPS LADIES RUNNING CL	298	0:43:04
299	0:43:21	3	Claire Meadows	F	45	PENNY LANE STRIDERS	299	0:43:04
300	0:43:21	512	Benjamin Bernard	M			304	0:43:18

## 2015 Sefton Park 5 Mile

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
301	0:43:21	205	Christopher Sullivan	M	40	KIRKBY MILERS AC	303	0:43:11
302	0:43:21	57	Robert Kelly	M			301	0:43:10
303	0:43:22	123	Stephen Mack	M	45		300	0:43:09
304	0:43:27	79	Rebecca Mckenna	F	40	ST HELENS STRIDERS	305	0:43:19
305	0:43:28	323	Carl Williams	M	50	KNOWSLEY HARRIERS AC	302	0:43:11
306	0:43:30	450	Philip Raymond	M		LIVERPOOL RUNNING CLUB	307	0:43:20
307	0:43:41	133	Euince Nopondo	F	50	PENNY LANE STRIDERS	310	0:43:32
308	0:43:42	80	Michael Devereux	M	65	PENNY LANE STRIDERS	311	0:43:34
309	0:43:43	488	Tommy Gates	M	55	PENNY LANE STRIDERS	306	0:43:20
310	0:43:44	331	Tony Hart	M	40		314	0:43:38
311	0:43:49	284	Georgie Warner	F	35	ST HELENS STRIDERS	309	0:43:32
312	0:43:49	343	Rachael Holden	F			308	0:43:31
313	0:43:50	9	Richard Coughlin	M	60		312	0:43:37
314	0:43:54	411	Mike Mccaffrey	M	40	VILLAGE ROAD RUNNERS	313	0:43:37
315	0:43:55	303	Natalie Cubbins	F	35		315	0:43:47
316	0:43:59	386	Matthew Hicks	M			316	0:43:51
317	0:44:01	412	Luke Gallagher	M		WARRINGTON RUNNING CLUB	319	0:43:56
318	0:44:04	514	Raphael Beauquesne	M			321	0:44:02
319	0:44:04	403	Ed Beattie	M	40		317	0:43:54
320	0:44:05	401	Emma Murphy	F	35		318	0:43:54
321	0:44:06	328	Colette O'Halleron	F	40	KIRKBY MILERS AC	320	0:43:57
322	0:44:08	532	William Walsh	M	55		322	0:44:03
323	0:44:20	267	Simon Ellis	M		KNOWSLEY HARRIERS AC	327	0:44:12
324	0:44:26	351	David Todd	M	40		325	0:44:06
325	0:44:26	29	Virinder Crawford	F	40		326	0:44:10
326	0:44:27	92	Nick Morton	M			324	0:44:05
327	0:44:29	67	Angela Jones	F	40	ST HELENS STRIDERS	328	0:44:14
328	0:44:29	455	Andrew Jardine	M	45		323	0:44:05
329	0:44:29	64	Anita Hall	F	45	ST HELENS STRIDERS	329	0:44:15
330	0:44:32	494	Helen Patterson	F	35		331	0:44:18
331	0:44:33	102	Rachel Tickle	F		ST HELENS STRIDERS	330	0:44:18
332	0:44:39	446	Alan Rothwell	M	55		332	0:44:19
333	0:44:41	164	Al Derrick	M	45		334	0:44:30
334	0:44:44	153	Lesley Finnih	F	35	PENNY LANE STRIDERS	333	0:44:22
335	0:44:47	407	Victoria Graham	F			335	0:44:37
336	0:44:54	56	Kerry Kelly	F			338	0:44:42
337	0:44:57	73	Ellie Ireland	F	35		339	0:44:44
338	0:44:58	240	Roger Lyon	M	60		340	0:44:44
339	0:45:00	151	Sarah Coates	F		WIGAN & DISTRICT HARRIERS AND A	336	0:44:40
340	0:45:00	162	Chris Coates	M			337	0:44:41
341	0:45:04	480	Paula Smith	F	45	WIRRAL AC	341	0:44:52
342	0:45:05	355	Laura Newman	F		KIRKBY MILERS AC	342	0:44:55
343	0:45:12	220	Jim Little	M	40	WARRINGTON RUNNING CLUB	344	0:45:09
344	0:45:15	282	Nadine Francis	F			345	0:45:10
345	0:45:19	177	Carol Hanmer	F	45	WARRINGTON RUNNING CLUB	343	0:45:00
346	0:45:23	74	Jodie Kirwan	F	35		346	0:45:10
347	0:45:29	380	Sandra Ellison	F	55	WALLASEY AC	347	0:45:11
348	0:45:36	135	Alan Boyle	M	60		349	0:45:25
349	0:45:42	506	Erica Dillon	F	35		348	0:45:21
350	0:45:43	347	Tony Hewitson	M	70	PENNY LANE STRIDERS	352	0:45:37
351	0:45:52	442	Jacqueline Hughes	F	45		351	0:45:31
352	0:45:53	515	Paul Carr	M	60	ST HELENS STRIDERS	353	0:45:38
353	0:45:54	489	Sian Pritchard	F			355	0:45:42
354	0:45:56	52	Antony Reed	M	40		350	0:45:30
355	0:45:59	319	Louis Atkinson	M			357	0:45:49
356	0:45:59	94	Simon Davie	M			354	0:45:40
357	0:46:00	35	Kevin O'Toole	M	55		356	0:45:47
358	0:46:00	316	Christopher Michael	M	45		359	0:45:49
359	0:46:02	475	Beth Harper	F			358	0:45:49
360	0:46:08	463	Jackie Jones	F	50	LIVERPOOL RUNNING CLUB	360	0:45:51
361	0:46:19	454	Rolf Westrum	M	60	WALLASEY AC	362	0:46:01
362	0:46:21	405	Sheila Rodgers	F	50	KIRKBY MILERS AC	363	0:46:11
363	0:46:22	233	Sandra Mcgreavy	F	50	WARRINGTON RUNNING CLUB	361	0:46:00
364	0:46:27	490	Claire Murnane	F			365	0:46:15
365	0:46:30	91	Helen Eaton	F	40		366	0:46:15
366	0:46:33	115	Jo Jones	F	40	WIDNES WASPS LADIES RUNNING CL	364	0:46:14
367	0:46:34	250	Claire Moon	F	40		369	0:46:26
368	0:46:38	63	Ronald Thornton	M	70		367	0:46:17
369	0:46:40	138	Sidney Molyneux	M	65	PICTON RUNNING CLUB	368	0:46:19
370	0:46:51	165	Tracey Carr	F	50	KNOWSLEY HARRIERS AC	370	0:46:38
371	0:46:54	410	Wayne Nickson	M	40	WARRINGTON RUNNING CLUB	372	0:46:50
372	0:47:00	426	John Maguire	M	40		371	0:46:48
373	0:47:01	413	June Case	F	35	LIVERPOOL RUNNING CLUB	374	0:46:52
374	0:47:09	483	Stephen McLaren	M			375	0:46:57
375	0:47:10	476	Mark Jolley	M			376	0:46:59

## 2015 Sefton Park 5 Mile

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
376	0:47:10	408	Rach Mairs	F		LIVERPOOL RUNNING CLUB	373	0:46:50
377	0:47:10	84	Karen Kelly	F	35	LIVERPOOL RUNNING CLUB	378	0:47:00
378	0:47:10	427	Louise Round	F	40		377	0:47:00
379	0:47:10	505	Leanne Rimmer	F	35	LIVERPOOL RUNNING CLUB	379	0:47:02
380	0:47:11	182	Collette Pye	F	40		380	0:47:06
381	0:47:22	393	Catriona Monkhouse	F			381	0:47:09
382	0:47:25	530	Jenny	F	65	MERSEY TRI	383	0:47:16
383	0:47:28	246	Tracy Riley	F	45	KIRKBY MILERS AC	384	0:47:17
384	0:47:34	509	Judie Ko	F	50	LIVERPOOL RUNNING CLUB	385	0:47:25
385	0:47:35	470	Shirley Chung	F	45	LIVERPOOL RUNNING CLUB	386	0:47:25
386	0:47:39	120	Phil Malone	M	50		382	0:47:16
387	0:47:58	298	Louise Padmore	M	45	ST HELENS STRIDERS	389	0:47:49
388	0:48:01	134	David Parry	M	50		387	0:47:45
389	0:48:01	159	Vincent Hessey	M	65	PENNY LANE STRIDERS	388	0:47:48
390	0:48:16	242	Tracey Lyon	F	35		391	0:48:08
391	0:48:25	272	Melanie Givnan	F	35	LIVERPOOL RUNNING CLUB	397	0:48:15
392	0:48:28	106	Ann-Marie Sargent	F	40		394	0:48:12
393	0:48:28	105	Sonja Fahrner	F			395	0:48:12
394	0:48:29	23	Lisa Mcgreal	F	35		390	0:48:08
395	0:48:30	22	John Day	M	40		392	0:48:09
396	0:48:34	31	Jim Garvey	M	65	PENNY LANE STRIDERS	393	0:48:10
397	0:48:40	330	Richard John Hughes	M	60	SOUTHPORT AND WATERLOO AC	396	0:48:13
398	0:48:42	270	Martina Rice	F	40		398	0:48:24
399	0:48:45	459	Lucy Mcellin	F		WARRINGTON RUNNING CLUB	405	0:48:41
400	0:48:45	479	Emma Winstanley	F			406	0:48:41
401	0:48:51	472	Marie Mcevoy	F	35		399	0:48:30
402	0:48:51	51	Kirsty Love	F		ACTIVE WOMEN	404	0:48:33
403	0:48:52	108	Leanne Pickersgill	F			401	0:48:31
404	0:48:52	216	Denise Zachariasz	F	40	SPECTRUM STRIDERS	400	0:48:30
405	0:48:53	116	Cheryl Chaney	F			402	0:48:31
406	0:48:53	175	Leanne Stead	F			403	0:48:32
407	0:49:04	429	Brian Lines	M	55	BIRKENHEAD AC	408	0:48:52
408	0:49:06	518	Cath Thomson	F	40		407	0:48:46
409	0:49:07	502	Andrew Amos	M			410	0:48:58
410	0:49:09	36	Peter Birch	M	50		409	0:48:53
411	0:49:18	244	Stephanie Charman	F	65	SPECTRUM STRIDERS	412	0:49:10
412	0:49:22	256	Nicola Collier	F			411	0:49:10
413	0:49:36	324	Nicholas Wong	M			413	0:49:20
414	0:49:43	243	Sarah Seddon	M	50	WIDNES WASPS LADIES RUNNING CL	415	0:49:32
415	0:49:43	376	Marie Arnold	F	40		414	0:49:32
416	0:50:04	264	Emma Barker	F	35		418	0:49:57
417	0:50:11	82	Derek Hughes	M	60	KNOWSLEY HARRIERS AC	417	0:49:53
418	0:50:12	498	Michelle Brown-Crowther	F	45		419	0:50:04
419	0:50:12	155	Denise Garrigan	F	35	LIVERPOOL RUNNING CLUB	416	0:49:52
420	0:50:17	235	Marg Delaney	F	60	BIRKENHEAD AC	420	0:50:04
421	0:50:20	195	Ann Green	F	55	KIRKBY MILERS AC	421	0:50:10
422	0:50:37	163	Sarah Varley	F	35		423	0:50:15
423	0:50:37	161	Debbie Whalley	F	40		422	0:50:13
424	0:50:38	174	Hannah Gallagher	F		WARRINGTON RUNNING CLUB	425	0:50:33
425	0:50:39	146	Sarah Day	F		WARRINGTON RUNNING CLUB	426	0:50:34
426	0:50:47	451	Kate Banham	F	40		424	0:50:33
427	0:50:58	238	Chloe Davies	F		WARRINGTON RUNNING CLUB	427	0:50:39
428	0:51:14	239	Sarah Matthews	F	35	WARRINGTON ROAD RUNNERS	428	0:50:52
429	0:51:20	389	Kevin O'Brien	M	70	PENNY LANE STRIDERS	429	0:50:56
430	0:51:24	421	Maria Haigh	F	45	BIRKENHEAD AC	430	0:51:11
431	0:51:44	524	Phil Holt	M	50	CONVOCAATION CRAWLERS	431	0:51:16
432	0:51:50	265	Kevin Sandiford	M			432	0:51:30
433	0:51:51	76	Kelly James	F	35		433	0:51:31
434	0:51:53	342	Evonne Hazlehurst	F		WARRINGTON RUNNING CLUB	435	0:51:31
435	0:51:53	158	Sarah Milner	F			436	0:51:31
436	0:51:53	259	Louise Casey	F	35	WARRINGTON RUNNING CLUB	434	0:51:31
437	0:51:56	362	Lisa Payne	F	40	LIVERPOOL RUNNING CLUB	440	0:51:56
438	0:52:07	278	Les Stagg	M	45		438	0:51:44
439	0:52:08	225	Emma Ling	M			437	0:51:44
440	0:52:15	48	Joanne Fortune	F	35	ACTIVE WOMEN	441	0:51:57
441	0:52:19	136	Philip Murray	M	75	PENNY LANE STRIDERS	439	0:51:54
442	0:52:22	37	Peter Tinsley	M	45		442	0:52:06
443	0:52:22	30	Kimberley Hapke	F	40		443	0:52:06
444	0:52:22	28	Emma McMahan	F			444	0:52:06
445	0:52:29	348	Lynsay Adair	F		WIDNES WASPS LADIES RUNNING CL	445	0:52:18
446	0:52:32	87	Graham Cheers	M		WARRINGTON RUNNING CLUB	446	0:52:28
447	0:52:41	114	Lorraine Kelly-Swan	F	40	ST HELENS STRIDERS	447	0:52:32
448	0:52:54	335	Michael Morton	M	45		448	0:52:33
449	0:53:23	484	Julia Bryan	F	45	ACTIVE WOMEN	449	0:53:04
450	0:53:42	507	Emily Viggers	F			450	0:53:30

## 2015 Sefton Park 5 Mile

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
451	0:54:09	517	Alison Smith	F			452	0:53:48
452	0:54:10	169	Harry Rainford	M	70	PENNY LANE STRIDERS	451	0:53:46
453	0:54:21	468	Kerry Peters	F	45		455	0:54:13
454	0:54:22	86	Jane Woods	F	40		453	0:54:03
455	0:54:25	520	Julie Grandidge	F			454	0:54:04
456	0:55:07	101	Norman Grundy	M	70	BIRKENHEAD AC	457	0:54:53
457	0:55:11	200	Zoe Hilton	F	50		456	0:54:49
458	0:55:28	119	Nat Hendry	F	35	WIDNES WASPS LADIES RUNNING CL	458	0:55:09
459	0:55:37	236	Stephen Kelly	M	60		459	0:55:20
460	0:55:37	529	Karen Foster	F	35		460	0:55:20
461	0:55:54	279	Brenda Stagg	F	40		461	0:55:31
462	0:56:04	49	Kerry-Marie Fisher	F	40		464	0:55:45
463	0:56:05	172	Karen Kelly	F			462	0:55:41
464	0:56:05	226	Laura Gill	F			463	0:55:41
465	0:56:25	428	Lesley Lines	F	55	BIRKENHEAD AC	465	0:56:13
466	0:56:34	113	Maria Kearns	F	50	WIDNES WASPS LADIES RUNNING CL	466	0:56:16
467	0:56:51	2	Debi Mcmillan	F	40	PENNY LANE STRIDERS	467	0:56:26
468	0:57:09	313	Eleanor Austin	F	40		468	0:56:50
469	0:57:09	117	Kristene Karaski	F	40	WARRINGTON RUNNING CLUB	469	0:56:50
470	0:57:32	89	Derek Ralphs	M	50		470	0:57:10
471	0:57:32	24	Claire Dolan	F	40		471	0:57:10
472	0:57:35	280	Sarah Elgahmi	F	35		472	0:57:15
473	0:58:03	55	Sarah Welsh	M			473	0:57:51
474	1:02:35	443	Angela Bates	F	55	KIRKBY MILERS AC	475	1:02:23
475	1:02:35	318	Teri Standley	F			476	1:02:23
476	1:02:35	445	Karen Sullivan	F	50		474	1:02:23
477	1:03:42	500	Sophia Purcell	F	35		477	1:03:19
478	1:03:44	230	Dan Kay	M			478	1:03:27
479	1:21:32	185	Sarah Lewis	F			479	1:21:10
480	1:21:35	186	Nicola Carroll	F			480	1:21:12