

Position	Race number	Forename	Surname	Gender	Class	Club	Race time	
1	62	Matt	Crehan	Male	M	St Helens Sutton AC	00:29:53	M1
2	4	Anders	Steven	Male	MV40	St Helens Sutton AC	00:30:56	M2
3	147	Kozer	Will	Male	M	Widnes Running Club	00:31:13	M3
4	201	Rafferty	Francois	Male	MV55	Southport Waterloo AC	00:31:44	MV55
5	181	Mullen	Gabriel	Male	M	St Helens Sutton AC	00:33:01	
6	123	Heyes	John	Male	MV50	Wigan & District H & AC	00:33:34	MV50
7	121	Henderson	Derri	Male	M	Kirkby Milers AC	00:33:55	
8	186	Newberry	Tom	Male	M	Billinge Running Club	00:33:56	
9	239	Vernon	Alexander	Male	M	Southport Waterloo AC	00:33:57	
10	111	Harrison	Matthew	Male	M		00:34:12	
11	37	Brussels	Michael	Male	M	St Helens Sutton AC	00:34:18	
12	19	Birkett	Chris	Male	MV45	St Helens Sutton AC	00:34:24	MV45
13	191	Obrien	Paul	Male	MV50		00:34:42	
14	233	Towns	Stuart	Male	MV45	Wigan & District H & AC	00:34:47	
15	13	Barnes	Carl	Male	M	Widnes Running Club	00:34:51	
16	192	Owen	Matt	Male	M	North Endurance	00:35:04	
17	110	Harris	Mike	Male	MV50	Wigan & District H & AC	00:35:13	
18	146	Knowles	David	Male	M	Liverpool Running Club	00:35:15	
19	220	Singer	Marc	Male	M	Southport Waterloo AC	00:35:19	
20	1	Cheetham	Daniel	Male	MV40	St Helens Striders	00:35:34	MV40
21	228	Taylor	Nick	Male	M	Billinge Running Club	00:35:57	
22	5	Andrew	Claire	Female	FV45	Warrington A C	00:36:15	F1
23	211	Sanderson	Matt	Male	MV50	Warrington Running Club	00:36:35	
24	3	Alexander	Daniel	Male	MV40	Kirkby Milers AC	00:36:47	
25	164	Massey	Taylor	Female	F	St Helens Sutton AC	00:36:48	F2
26	197	Platt	Paul	Male	MV40	Wigan & District H & AC	00:36:55	
27	155	Leslie	Andrew	Male	M	Widnes Running Club	00:37:21	
28	93	Gorman	Liam	Male	MV40		00:37:28	
29	217	Shields	Bradley	Male	M	Newcastle (staffs) AC	00:37:41	
30	39	Burton	Chris	Male	M	Wigan & District H & AC	00:37:50	
31	36	Browne	Nathan	Male	M		00:38:10	
32	119	Heaton	Xander	Male	M	Kirkby Milers AC	00:38:23	
33	152	Lee	Peter	Male	MV50	Liverpool Running Bugs	00:38:37	
34	21	Birkett	Lily	Female	F	St Helens Sutton AC	00:38:43	F3
35	240	Walsh	Jason	Male	M		00:38:54	
36	104	Hamilton	Phil	Male	MV55	Wigan & District H & AC	00:39:03	
37	101	Halsall	Clinton	Male	MV50	Trail n Ale	00:39:06	
38	173	McKenna	Kieron	Male	MV45	MadRunners	00:39:07	
39	118	Heaton	Richard	Male	MV40	Warrington Running Club	00:39:18	
40	151	Lee	John	Male	MV50	Kirkby Milers AC	00:39:22	
41	115	Hayes	Stephen	Male	MV50	Kirkby Milers AC	00:39:26	
42	128	Holding	Stuart	Male	MV45	Wigan & District H & AC	00:39:38	
43	66	Doran	Paul	Male	MV40	Kirkby Milers AC	00:39:40	
44	107	Handley	David	Male	MV45	Widnes Running Club	00:39:48	
45	35	Broom	Colin	Male	MV40		00:39:58	
46	122	Henderson	Mike	Male	MV55		00:40:06	
47	84	Forber	Michael	Male	MV50	St Helens Tri	00:40:09	
48	183	Myers	Paul	Male	MV50	Billinge Running Club	00:40:18	
49	43	Carter	Mike	Male	MV60	Astley & Tyldesley Road Runners	00:40:20	MV60
50	139	Johnson	Martin	Male	MV45	St Helens Sutton AC	00:40:34	
51	28	Boulger	Ian	Male	MV45	Trail Tuesday Ripponden	00:40:34	
52	46	Collins	David	Male	MV60	Wigan & District H & AC	00:40:36	
53	91	Girling-Heathcote	Scott	Male	M	Billinge Running Club	00:40:39	
54	58	Dempsey	Joe	Male	M	Spectrum Striders	00:40:45	
55	143	Jones	Peter	Male	MV45	North Endurance	00:40:55	
56	141	Jones	Jacqueline	Female	FV45	Warrington Running Club	00:41:04	FV45
57	169	McCarthy	Ian	Male	MV60	Knowsley Harriers	00:41:06	
58	163	Massey	Siobhan	Female	F	St Helens Sutton AC	00:41:07	
59	232	Towns	Kelly Anne	Female	FV45	Wigan & District H & AC	00:41:22	
60	130	Holmes	Tony	Male	MV60	Liverpool Running Club	00:41:23	
61	203	Rigby	David	Male	MV45		00:41:25	
62	47	Collins	Jayne	Female	FV60	Wigan & District H & AC	00:41:33	FV60
63	22	Birkett	Sarah	Female	F	St Helens Sutton AC	00:42:02	
64	148	Ladanowski	Robert	Male	MV60	Widnes Running Club	00:42:23	
65	131	Houghton	Stephen	Male	MV55		00:42:41	

Position	Race number	Forename	Surname	Gender	Class	Club	Race time	
66	96	Griffiths	Leanne	Female	F	Widnes Running Club	00:43:06	
67	12	Barlow	Lauren	Female	F	Billinge Running Club	00:43:16	
68	112	Hart	Tony	Male	MV50	Liverpool Running Bugs	00:43:29	
69	124	Heyes	Lisa	Female	FV50	Wigan & District H & AC	00:43:39	FV50
70	74	Evans	Joanne	Female	FV40		00:43:42	FV40
71	67	Dowd	Philip	Male	MV50	Mersey Tri	00:43:45	
72	24	Bolton	Lisa	Female	FV40	Red Rose Road Runners	00:43:52	
73	153	Leigh	Chris	Male	MV45	MadRunners	00:43:59	
74	178	Moore	Craig	Male	M		00:44:10	
75	156	Liptrot	Mark	Female	FV60		00:44:13	
76	71	Dyson	Christopher	Male	M	St Helens Tri	00:44:17	
77	41	Carns	Greg	Male	MV55	St Helens Sutton AC	00:44:21	
78	238	Vater	Brian	Male	MV55		00:44:25	
79	127	Holden	Mark	Male	MV40	Billinge Running Club	00:44:32	
80	38	Burdekin	Matthew	Male	M		00:44:36	
81	167	Mcbride	Stephanie	Female	F	Knowsley Harriers	00:44:48	
82	85	Forrest	Andrew	Male	MV50	Trail n Ale	00:45:03	
83	126	Hinds	Owen	Male	M	Liverpool Running Bugs	00:45:08	
84	168	McCarthy	Ann-Marie	Female	FV55	Knowsley Harriers	00:45:17	FV55
85	200	Raffel	Alistair	Male	MV65	Spectrum Striders	00:45:32	MV65
86	15	Barrow	Caroline	Female	FV45	Widnes Running Club	00:45:40	
87	241	Waring	John	Male	M		00:45:48	
88	195	Pearce	Craig	Male	MV50		00:46:10	
89	61	Dignall	Iain	Male	MV45	Widnes Running Club	00:46:12	
90	86	Foster	Anthony	Male	MV60	Billinge Running Club	00:46:16	
91	140	Johnson	Steven	Male	MV45	Billinge Running Club	00:46:18	
92	89	Hill	Dave	Male	M	Billinge Running Club	00:46:26	
93	129	Holland	Emma	Female	F	Billinge Running Club	00:47:00	
94	69	Drillingcourt	Andy	Male	MV55	Trail n Ale	00:47:27	
95	159	Macdonald	Neil	Male	MV50	Widnes Running Club	00:47:28	
96	199	Plunkett	Richard	Male	MV60	Acre Street Runners	00:47:29	
97	137	Hurst	Andrew	Male	M	Bandstanders	00:47:33	
98	27	Boulger	Andrew	Male	MV50		00:47:35	
99	11	Barlow	Eleanor	Female	F	Liverpool Running Club	00:47:37	
100	149	Lawton	Rachel	Female	FV50	Wigan & District H & AC	00:47:49	
101	209	Roberts	Paul	Male	MV40	Knowsley Harriers	00:47:51	
102	215	Scott	Mark	Male	MV55	Liverpool Running Club	00:47:55	
103	246	Wilson	Ian	Male	MV60	Ruleteros RC	00:47:58	
104	224	Spencer	Alan	Male	MV60	Knowsley Harriers	00:47:59	
105	105	Hampson	Tracy	Female	FV45		00:48:03	
106	23	Blundell	James	Male	M	Spectrum Striders	00:48:07	
107	229	Thelwell	Ryan	Male	M		00:48:08	
108	182	Murphy	Frank	Male	MV55	Knowsley Harriers	00:48:31	
109	113	Haworth	Matthew	Male	M		00:49:19	
110	56	Davies	Helen	Female	FV55	Widnes Wasps Ladies R C	00:49:20	
111	170	McGovern	Paul	Male	MV65		00:49:25	
112	189	Lee	Patrick	Male	MV55		00:49:38	
113	75	Evans	Leeanne	Female	FV40		00:49:50	
114	31	Bramwell	Jenny	Female	F		00:49:54	
115	48	Conway	Barry	Male	MV55		00:49:59	
116	214	Savage	Stephanie	Female	FV40	Widnes Running Club	00:50:17	
117	32	Brennan	Peter	Male	M		00:50:19	
118	154	Lennox	Heather	Female	FV40	Sale Harriers Manchester	00:50:22	
119	51	Cox	Elise	Female	F		00:50:40	
120	243	Waring	Niamh	Female	F	St Helens Sutton AC	00:50:46	
121	142	Jones	Jacqueline	Female	FV60	Liverpool Running Club	00:50:47	
122	98	Grunder	Yvonne	Female	FV40		00:50:53	
123	158	Lodge	Helen	Female	FV55	Southport Waterloo AC	00:50:54	
124	210	Russell	Jayne	Female	FV45	Kirkby Milers AC	00:50:59	
125	184	Navis	David	Male	M	Liverpool Running Bugs	00:51:10	
126	171	McGowan	David	Male	MV55	Spectrum Striders	00:51:15	
127	172	Mcivor	Jayne	Female	FV60	Liverpool Running Club	00:51:24	
128	106	Handley	Colette	Female	F	Widnes Running Club	00:51:28	
129	6	Appleton	Alan	Male	MV65	Bandstanders	00:51:30	

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130	50	Cox	Daniel	Male	M		00:51:34
131	225	Stamatogiannis	Michalis	Male	MV45		00:51:52
132	193	Park	Stephen	Male	MV45	Warrington Running Club	00:51:54
133	234	Trelfa	Austin	Male	MV65	Red Rose Road Runners	00:51:55
134	175	Middlemore	Kelly	Female	FV40	Warrington Running Club	00:52:10
135	213	Sarbutts	Steven	Male	MV55	Lonely Goat RC	00:52:11
136	242	Waring	Mel	Male	MV60		00:52:21
137	206	Roberts	Jo	Female	FV55	Red Rose Road Runners	00:52:34
138	247	Wilson	Paul	Male	MV60	Widnes Running Club	00:52:39
139	235	Trencher	Ian	Male	MV45	Billinge Running Club	00:52:59
140	160	Mangarai	Sujeeth	Male	MV40		00:53:02
141	16	Barrow	David	Male	MV65	Kirkby Milers AC	00:53:24
142	54	Daley	Nicola	Female	FV55	Widnes Wasps Ladies R C	00:53:34
143	222	Smith	Karen	Female	FV45	Red Rose Road Runners	00:53:40
144	79	Featherstone	James	Male	MV60	Fylde Coast Runners	00:53:44
145	208	Roberts	Nicola	Female	FV40	Knowsley Harriers	00:53:51
146	81	Fisher	Rachel	Female	F	Kirkby Milers AC	00:54:02
147	132	Hourigan	Hayley	Female	FV45	Widnes Running Club	00:54:09
148	212	Sarbutts	Nicola	Female	FV45	St Helens Sutton AC	00:54:17
149	83	Forber	Bethany	Female	F	St Helens Tri	00:54:19
150	161	Marsh	Neil	Male	M	Spectrum Striders	00:54:28
151	221	Smart	Stuart	Male	MV40	Spectrum Striders	00:54:30
152	92	Gore	Ian	Male	MV45	Billinge Running Club	00:54:33
153	144	King	Christina	Female	FV55	Wigan & District H & AC	00:54:37
154	187	Nichols	Janet	Female	FV60	Wigan & District H & AC	00:54:39
155	114	Hayes	Ali	Female	F		00:54:51
156	26	Borthwick	Mandy	Female	FV50	Billinge Running Club	00:55:13
157	65	Doran	Kim	Female	FV45	Kirkby Milers AC	00:55:15
158	10	Atherton	Emma	Female	FV40	Time2Run	00:55:38
159	100	Hall	Carrie	Female	FV40	Widnes Running Club	00:55:44
160	236	Turner	Lindsay	Female	FV45	Ramsbottom Running Club	00:56:36
161	176	Mills-Hurst	Helen	Female	F		00:56:45
162	108	Hankin	Catherine	Female	F	Julie's Joggers	00:56:45
163	218	Shields	Louise	Female	FV45	Newcastle (staffs) AC	00:57:49
164	145	Kinsella	Eve	Female	F		00:57:56
165	34	Broady	Jessica	Female	F		00:57:56
166	135	Hughes	Martyn	Male	MV50	Liverpool Running Club	00:58:06
167	226	Sullivan	Christopher	Male	MV50	Kirkby Milers AC	00:58:15
168	95	Greengrass	Linda	Female	FV55	Kirkby Milers AC	00:58:15
169	88	Garbutt	Georgina	Female	F		00:58:18
170	20	Birkett	Claire	Female	FV45	Widnes Running Club	00:58:29
171	231	Thompson	Zara	Female	F		00:58:33
172	103	Hamilton	Jayne	Female	FV55		00:58:39
173	72	Eaton	Helen	Female	FV50	Kirkby Milers AC	00:59:00
174	190	O'Neill	Lauren	Female	F		00:59:02
175	134	Hughes	Martin	Male	M	Run Sandymoor	00:59:06
176	227	Taktak	Diane	Female	FV55		00:59:32
177	90	Gibbs-Monaghan	Allan	Male	MV45	Liverpool Running Club	00:59:46
178	80	Fieldmouse	Bex	Female	FV40	Knowsley Harriers	00:59:57
179	40	Burton	Neil	Male	M		01:00:00
180	18	Berry	Amanda	Female	FV60	Red Rose Road Runners	01:00:03
181	165	Mather	Natasha	Female	FV45	Kirkby Milers AC	01:00:13
182	82	Flanagan	Sarah	Female	FV45	Widnes Running Club	01:00:18
183	57	Davies	Kath	Female	FV50	Kirkby Milers AC	01:00:38
184	64	Donlon	Jane	Female	FV55	Golborne Joggers	01:01:07
185	248	Wood	Joan	Female	FV60	Widnes Running Club	01:01:25
186	42	Carter	Michelle	Female	FV50	Wigan & District H & AC	01:01:27
187	52	Cox	Mike	Male	MV55		01:01:37
188	174	Meehan	Paul	Male	MV55	Bandstanders	01:01:40
189	116	Heaton	Lindsey	Female	FV50		01:01:44
190	59	Denmade	Nadine	Female	FV55	Warrington Running Club	01:01:45
191	94	Gothard	Samantha	Female	FV45	Knowsley Harriers	01:01:53
192	25	Booth	Jade	Female	F		01:02:07
193	244	Watson	David	Male	MV55	Red Rose Road Runners	01:02:40

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194	8	Ashby	Robyn	Female	F		01:03:23	
195	14	Hughes	Ashley	Male	M	Liverpool Running Bugs	01:03:44	
196	117	Heaton	Paula	Female	FV45	Kirkby Milers AC	01:03:58	
197	196	Platt	Carol	Female	FV65	Kirkby Milers AC	01:04:00	FV65
198	133	Hudson	Jill	Female	FV45	Knowsley Harriers	01:04:07	
199	204	Riley	Elaine	Female	FV50	Run Sandymoor	01:04:14	
200	99	Gutteridge	Fiona	Female	FV40	Red Rose Road Runners	01:04:36	
201	60	Dick	Alison	Female	FV55	Red Rose Road Runners	01:04:36	
202	162	Martin	Denise	Female	FV55	Warrington Running Club	01:04:58	
203	120	Heelam	Rachael	Female	FV40	Warrington Running Club	01:06:53	
204	2	Adlington	Louise	Female	FV40		01:08:12	
205	109	Hankinson	Gill	Female	FV55	Widnes Running Club	01:09:58	
206	102	Hamilton	Jackie	Female	FV70	Isabella Rose Foundation	01:10:47	FV70
207	223	Smith	Michelle	Female	FV40	Knowsley Harriers	01:11:06	
208	157	Little	John	Male	MV80	Warrington Running Club	01:13:02	MV80
209	9	Ashworth	Katherine	Female	FV50		01:16:23	
210	237	Underhill	Sarah	Female	FV40		01:16:24	
211	29	Bowling	Jean	Female	FV75	Red Rose Road Runners	01:17:48	FV75
212	78	Farrell	Steve	Male	MV55	Leigh Harriers	01:20:08	
213	77	Farrell Snr	Steve	Male	MV75		01:20:09	MV75