

Position	Race number	Forename	Surname	Gender	Class	Club	Race time
1	1	Howard	Paul	Male	MV40	St Helens Striders	0:29:06
2	59	Crehan	Matthew	Male	M	St Helens Sutton AC	0:29:33
3	184	Pearson	Alister	Male	M	Chorlton Runners	0:30:59
4	6	Anders	Steven	Male	MV45	St Helens Sutton AC	0:31:04
5	136	Kozer	Will	Male	MV40	Widnes Running Club	0:31:06
6	77	Fairclough	Lucy	Female	F	St Helens Sutton AC	0:31:12
7	24	Birkett	Chris	Male	MV45	St Helens Sutton AC	0:31:19
8	175	Myers	John	Male	MV50	Helsby Running Club	0:32:09
9	235	Underhill	Riley	Male	M	St Helens Sutton AC	0:32:42
10	135	Knowles	David	Male	MV40	Liverpool Running Club	0:33:18
11	28	Black	Ryan	Male	MV45	Widnes Running Club	0:33:37
12	101	Harrison	Kevin	Male	MV45	Kirkby Milers AC	0:33:43
13	41	Brussels	Michael	Male	M	St Helens Sutton AC	0:33:53
14	245	Wilson	Andrew	Male	MV50	St Helens Sutton AC	0:34:05
15	23	Birkett	Bobby	Male	M	St Helens Sutton AC	0:34:16
16	99	Harris	Mike	Male	MV50	Wigan & District H & AC	0:34:51
17	104	Hayburn	Ian	Male	MV55	St Helens Sutton AC	0:35:13
18	248	Wright	Thomas	Male	M	Kirkby Milers AC	0:35:45
19	180	Obrien	Paul	Male	MV50		0:36:22
20	227	Taylor	Chris	Male	MV50		0:36:53
21	194	Polhill	Kevin	Male	MV40	Kirkby Milers AC	0:37:11
22	26	Birkett	Lily	Female	F	St Helens Sutton AC	0:37:43
23	93	Griffin	Stuart	Male	M	Billinge Running Club	0:38:32
24	133	Kitts	Andrew	Male	MV40	Kirkby Milers AC	0:38:40
25	5	Adshead	Neil	Male	MV60	Southport Waterloo AC	0:38:50
26	94	Halsall	Clinton	Male	MV50	Trail n Ale	0:38:55
27	48	Chisnall	Ian	Male	MV50		0:39:03
28	119	Johnson	Martin	Male	MV45	St Helens Sutton AC	0:39:04
29	34	Bradley	Helen	Female	F	Liverpool Running Club	0:39:05
30	9	Ashton	Emily	Female	F		0:39:06
31	164	McKenna	Kieron	Male	MV50	MadRunners	0:39:07
32	71	Dunn	Mark	Male	MV40		0:39:15
33	42	Campbell	Anthony	Male	MV40	Astley & Tyldesley Road Runners	0:39:33
34	198	Potter	Matthew	Male	MV50		0:39:36
35	10	Ashton	Mark	Male	MV50		0:39:48
36	122	Johnson	Susan	Female	FV45	St Helens Sutton AC	0:39:54
37	65	Dodds	Ian	Male	MV60		0:40:35
38	66	Dodson	Courtney	Female	F	Wigan & District H & AC	0:40:51
39	54	Collins	David	Male	MV60	Wigan & District H & AC	0:40:52
40	110	Higgins	Graeme	Male	MV60	Wigan & District H & AC	0:40:53
41	55	Collins	Jayne	Female	FV60	Wigan & District H & AC	0:40:53
42	140	Lee	John	Male	MV55	Kirkby Milers AC	0:40:55
43	33	Boulger	Andrew	Male	MV55		0:41:05
44	114	Houghton	Stephen	Male	MV55	Trail n Ale	0:41:11
45	189	Pickles	Siobhan	Female	FV40	Liverpool Running Club	0:41:20
46	103	Hart	Tony	Male	MV55	Trail n Ale	0:41:25
47	85	Fraser	Emma	Female	FV45	Helsby Running Club	0:41:26
48	109	Henderson	Mike	Male	MV60		0:41:28
49	27	Birkett	Sarah	Female	FV40	St Helens Sutton AC	0:41:33
50	238	Waring	John	Male	M		0:41:34
51	162	McGlynn	James	Male	MV75	Wigan & District H & AC	0:42:01
52	49	Clark	Austin	Male	MV45	Liverpool Running Club	0:43:04
53	209	Ryder	Emma	Female	F		0:43:12
54	22	Bird	Amy	Female	F	Widnes Running Club	0:43:30
55	229	Threlfall	Mathew	Male	M		0:43:40
56	51	Cluney	Craig	Male	MV55	Liverpool Running Club	0:44:27

57	220	Stamatogiannis	Michalis	Male	MV45		0:44:46
58	247	Wilson	Paul	Male	MV60	Widnes Running Club	0:44:48
59	13	Bancroft	Rebecca	Female	FV50	Running Bear	0:45:03
60	190	Pierce	Jason	Male	MV55		0:45:16
61	84	Forrest	Andrew	Male	MV55	Trail n Ale	0:45:18
62	242	Weldon	Mick	Male	MV60	Billinge Running Club	0:45:24
63	215	Sexton	Adam	Male	M	Dragons Running Club Sale	0:45:49
64	181	Oldroyd	Laura	Female	F	(no club)	0:46:04
65	210	Sams	Catherine	Female	FV40	Warrington Running Club	0:46:09
66	139	Ledwith	Andrew	Male	MV40	Huncote Harriers	0:46:09
67	121	Johnson	Steven	Male	MV45	Billinge Running Club	0:46:09
68	186	Penn	David	Male	MV50		0:46:12
69	188	Phung	Sally	Female	F	Rainford Runners and Multisport	0:46:15
70	112	Holmes	Tony	Male	MV65	Liverpool Running Club	0:46:17
71	249	Yarwood	Dennis	Male	MV55	Spectrum Striders	0:46:19
72	200	Pridgeon	Adrian	Male	MV45	Liverpool Running Bugs	0:46:22
73	12	Balmer	Mal	Male	MV60	Mersey Tri	0:46:24
74	50	Clarke	John	Male	MV55	Kirkby Milers AC	0:46:24
75	141	Lennox	Heather	Female	FV40	Liverpool Running Club	0:46:27
76	205	Rigby	Dave	Male	MV45		0:46:32
77	134	Kitts	Nicola	Female	F	Kirkby Milers AC	0:46:34
78	81	Fitzpatrick	Rebecca	Female	FV40		0:46:46
79	30	Blake	Paul	Male	MV60	Lonely Goat RC	0:46:57
80	170	Moore	Craig	Male	M		0:47:03
81	167	Moffatt	Ian	Male	MV50		0:47:17
82	80	Featherstone	James	Male	MV65		0:47:24
83	108	Helsby	Lucy	Female	F	Kirkby Milers AC	0:47:31
84	14	Bardin	Will	Male	MV50	St Helens Tri	0:47:41
85	155	Mars	Jonny	Male	M		0:47:48
86	16	Barlow	Eleanor	Female	F	Liverpool Running Club	0:47:54
87	231	Toach	Louise	Female	FV40	Nantwich Running Club	0:48:00
88	8	Ashton	Dave	Male	MV55		0:48:18
89	217	Skea	Claire	Female	F	Widnes Running Club	0:48:24
90	241	Weldon	Daniel	Male	M		0:48:35
91	118	Jennings	Nicholas	Male	M		0:48:35
92	177	O'Brien	Daniel	Male	MV50		0:48:46
93	125	Jones	Jackie	Female	FV60	Liverpool Running Club	0:49:01
94	243	Wignall	Verne	Male	MV60	Liverpool Running Club	0:49:01
95	15	Barker	Stephen	Male	MV50		0:49:02
96	60	Cross	Damian	Male	MV45		0:49:04
97	154	Mars	Hayley	Female	F		0:49:05
98	47	Chambers	Kim	Female	F	Dragons Running Club Sale	0:49:19
99	129	Keary	Duncan	Male	MV40		0:49:21
100	158	McCarthy-Penn	Luke	Male	MV45		0:49:25
101	213	Scott	Mark	Male	MV55	Liverpool Running Club	0:49:33
102	115	Hughes	Elizabeth	Female	FV45	Skelmersdale Boundary harriers	0:49:43
103	117	Hurst	Andrew	Male	M		0:50:02
104	224	Swales	Jan	Female	FV65	Widnes Running Club	0:50:06
105	239	Waring	Mel	Male	MV60		0:50:21
106	148	Lowe	Neil	Male	MV40	St Helens Sutton AC	0:50:26
107	149	Lyon	Rachel	Female	FV40	Rainford Runners and Multisport	0:50:27
108	130	Cardwell	Sarah	Female	FV40	Rainford Runners and Multisport	0:50:29
109	250	Yeowart	Ron	Male	MV65	Liverpool Running Club	0:50:32
110	199	Pownell	Katie	Female	F	Penny Lane Striders	0:50:39
111	57	Conway	Emily	Female	F		0:50:42
112	203	Reid	Christopher	Male	MV60	MadRunners	0:50:51

113	62	Cunningham	Lee	Male	MV50	Liverpool Running Club	0:51:02
114	216	Shepherd	Neil	Male	MV45		0:51:05
115	32	Bonnar	Christine	Female	FV70	Widnes Running Club	0:51:10
116	171	Moore	Elizabeth	Female	FV45	Widnes Running Club	0:51:11
117	79	Faulkner	Susan	Female	FV65	Rainford Runners and Multisport	0:51:23
118	153	Mangarai	Sujeeth	Male	MV45		0:51:27
119	43	Carlisle	Jules	Female	FV50	Kirkby Milers AC	0:51:30
120	46	Cartledge	Clare	Female	FV50	Dragons Running Club Sale	0:51:35
121	20	Bentley	Sandra	Female	FV55	Widnes Running Club	0:51:49
122	183	Park	Stephen	Male	MV45	Warrington Running Club	0:51:55
123	211	Sarbutts	Steven	Male	MV55	Lonely Goat RC	0:51:58
124	86	Gallear	Samuel	Male	M		0:52:11
125	159	McCrudden	Brendan	Male	M		0:52:12
126	157	McCarthy-Penn	Kim	Female	FV40		0:52:19
127	64	Dobson	Louise	Female	FV50	Rainford Runners and Multisport	0:52:24
128	88	Gibbs-Monaghan	Allan	Male	MV50	Liverpool Running Club	0:52:47
129	61	Crossland	Su	Female	FV45	Skelmersdale Boundary harriers	0:52:51
130	176	Navis	David	Male	M	MadRunners	0:53:02
131	127	Jones	Linda	Female	FV55	Warrington Running Club	0:53:04
132	174	Murray	Rachel	Female	FV45	Liverpool Running Club	0:53:23
133	102	Harrison	Sharon	Female	FV45	(no club)	0:53:24
134	233	Trencher	Ian	Male	MV45	Billinge Running Club	0:53:35
135	25	Birkett	Claire	Female	FV45	Warrington Running Club	0:53:40
136	156	Martin	Denise	Female	FV55	Warrington Running Club	0:53:51
137	87	Garrigan	Denise	Female	FV45	Kirkby Milers AC	0:54:02
138	78	Farrar	Catherine	Female	FV60	Rainford Runners and Multisport	0:54:03
139	76	Evans	Susan	Female	FV50	Liverpool Running Bugs	0:54:21
140	7	Appleton	Alan	Male	MV65	Bandstanders	0:54:33
141	218	Smith	Becky	Female	FV40	Rainford Runners and Multisport	0:54:41
142	92	Griffin	Katie	Female	FV40		0:54:43
143	74	Edwards	Leslie	Male	MV60	Knowsley Harriers AC	0:54:51
144	222	Sung	Sharon	Female	FV40	Rainford Runners and Multisport	0:55:09
145	228	Thompson	Will	Male	M		0:55:11
146	128	Jones	Linsey	Female	FV45	Widnes Running Club	0:55:33
147	124	Jones	David	Male	MV50	Widnes Running Club	0:55:35
148	195	Pollard	Russell	Male	MV45		0:55:39
149	120	Johnson	Stephen	Male	MV65	Rainford Runners and Multisport	0:55:39
150	36	Britland-Jones	Sue	Female	FV50	Warrington Running Club	0:55:49
151	143	Lewis	Joanne	Female	F		0:55:51
152	193	Pleavin	Jamie	Male	MV55	Mersey Tri	0:55:54
153	42	Campbell	Anthony	Male	MV40	Astley & Tyldesley Road Runners	0:55:55
154	237	Walton	Kate	Female	FV40	Mersey Tri	0:56:26
155	236	Vickers	Lynn	Female	FV60	Skelmersdale Boundary harriers	0:56:31
156	31	Blyth	Matthew	Male	MV40		0:56:43
157	179	O'Neill	Amanda	Female	FV45		0:56:44
158	230	Tinsley-Ainsworth	Abby	Female	F		0:56:51
159	172	Moore	Fiona	Female	FV60		0:57:20
160	90	Gothard	Samantha	Female	FV45	Knowsley Harriers AC	0:57:27
161	44	Carr	Catherine	Female	FV45	Warrington Running Club	0:57:31
162	17	Barnard	Bernadette	Female	FV60	Warrington Running Club	0:57:49
163	226	Taktak	Diane	Female	FV55		0:58:03
164	96	Hamilton	Jayne	Female	FV55	Isabella Rose Foundation	0:58:04
165	196	Potter	Cohbi	Female	FV45		0:58:07
166	234	Turner	Lindsay	Female	FV45	Ramsbottom Running Club	0:58:09
167	212	Scott	Karen	Female	FV65	Pensby Running Club	0:58:16
168	185	Peck	Diane	Female	FV45	Knowsley Harriers AC	0:58:22

169	73	Eaton	Helen	Female	FV50	Kirkby Milers AC	0:58:35
170	182	Owens	Andy	Male	MV40		0:58:48
171	4	Ackers	Beth	Female	F		0:59:08
172	67	Donegan	Paul	Male	MV60		0:59:15
173	132	Kenny	Julie	Female	FV60		0:59:18
174	232	Trelfa	Austin	Male	MV70	Red Rose Road Runners	0:59:43
175	187	Perry	Gaynor	Female	FV55	Southport Strollers	0:59:44
176	146	Longrigg	Elizabeth	Female	F		0:59:47
177	225	Syms	Lesley	Female	FV60		0:59:49
178	14	Bardin	Will	Male	MV50	St Helens Tri	1:00:10
179	18	Barnett	Laura	Female	F		1:00:10
180	166	Mills-Hurst	Helen	Female	F	(no club)	1:00:11
181	123	Jones	David	Male	MV50		1:00:12
182	89	Gooden	Jackie	Female	FV55	Trail n Ale	1:00:35
183	197	Potter	Diane	Female	FV45		1:00:36
184	126	Jones	Karen	Female	FV55	Skelmersdale Boundary harriers	1:00:52
185	150	Lysons	Alison	Female	FV60	Widnes Running Club	1:01:01
186	53	Cocks	Vicky	Female	FV55	Skelmersdale Boundary harriers	1:01:08
187	240	Waring	Nadine	Female	F		1:02:10
188	19	Barrow	David	Male	MV65	Kirkby Milers AC	1:02:18
189	82	Flanagan	Sarah	Female	FV45	Widnes Running Club	1:02:42
190	98	Hankinson	Gillian	Female	FV60	Widnes Running Club	1:02:42
191	75	Edwards	Susan	Female	FV50		1:02:48
192	223	Sutherland	Joanne	Female	FV50	Penny Lane Striders	1:03:39
193	207	Riley	Tony	Male	MV45	Liverpool Running Club	1:03:39
194	214	Sergeson	Bill	Male	MV55	Penny Lane Striders	1:03:39
195	192	Platt	Carol	Female	FV65	Kirkby Milers AC	1:03:40
196	116	Hull	Julie	Female	FV55		1:04:17
197	69	Dunbar	Gary	Male	MV50		1:04:18
198	70	Dunbar	Sarah	Female	FV50		1:04:20
199	221	Sullivan	Christopher	Male	MV50	Kirkby Milers AC	1:04:53
200	91	Greengrass	Linda	Female	FV55	Kirkby Milers AC	1:04:53
201	38	Brookes	Emma	Female	F		1:05:42
202	63	Curran	Thomas	Male	MV70		1:05:43
203	52	Coard	Debby	Female	FV60	Run Sandymoor	1:06:34
204	206	Riley	Elaine	Female	FV55	Run Sandymoor	1:06:34
205	219	Smith	Michelle	Female	FV40	Knowsley Harriers AC	1:07:03
206	37	Brookes	Angela	Female	FV55		1:07:18
207	201	Radcliffe	Jen	Female	F	Skelmersdale Running Club	1:08:47
208	152	Makin	Suzanne	Female	FV60	MadRunners	1:09:26
209	95	Hamilton	Jackie	Female	FV75	Isabella Rose Foundation	1:09:48
210	105	Heaton	Paula	Female	FV50	Kirkby Milers AC	1:10:52
211	131	Kelly	Margaret	Female	FV50	Kirkby Milers AC	1:10:52
212	45	Cartin	Michelle	Female	FV45	Trail n Ale	1:11:13
213	2	Abel	Kiera	Female	FV40		1:12:26
214	145	Little	John	Male	MV80	Warrington Running Club	1:18:35
215	178	O'dowd	Karen	Female	FV45	MadRunners	1:19:33
216	72	Dutton	Jayne	Female	FV45		1:20:41
217	11	Bairsto	Carol	Female	FV55		1:20:41
218	40	Brunt	Mike	Male	MV50	Team Pie	1:22:39
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