

**Lyndale 5k; 04 Jan 2020**

Position	Name	Time	Club	Gender	Gender position	Age category	Category position	# Races	PB
1	Michael Dunne	00:16:38		M	1	M V35	1	1	00:16:38
2	Jay Clarke	00:16:56	Penny Lane Striders	M	2	M Senior	1	20	00:16:45
3	Dean Hanwell	00:17:19	North Endurance	M	3	M Senior	2	2	00:17:19
4	Alex Ward	00:17:23	North Endurance	M	4	M Senior	3	1	00:17:23
5	Paul Martin	00:17:25	North Endurance	M	5	M Senior	4	1	00:17:25
6	Eleanor Jones	00:17:32	Liverpool Pembroke Sefton AC	F	1	F Senior	1	1	00:17:32
7	Mark Dodd	00:17:37	Ellesmere Port RC	M	6	M V45	1	6	00:17:37
8	Ashley Crawford	00:17:42		M	7	M Senior	5	78	00:17:06
9	Matthew Nicholson	00:18:03	Ellesmere Port RC	M	8	M V35	2	2	00:18:03
10	Andrew Fearn	00:18:09	Knowsley Harriers AC	M	9	M V40	1	21	00:17:39
11	John Myers	00:18:31	Run Sandymoor	M	10	M V40	2	3	00:17:58
12	Dan Dunnington	00:19:03	Mersey Tri	M	11	M Senior	6	1	00:19:03
13	Lee Clark	00:19:10		M	12	M V45	2	3	00:18:36
14	Lisa Gawthorne	00:19:11	Liverpool Pembroke Sefton AC	F	2	F V35	1	17	00:19:00
15	Louis Johnson	00:19:29	Mersey Tri	M	13	M Senior	7	2	00:19:29
16	Robert Hough	00:19:49	Warrington Running Club	M	14	M V35	3	13	00:19:49
17	Christopher Lee	00:19:54	Liverpool Running Bugs	M	15	M V50	1	13	00:19:18
18	Thomas Back	00:19:56	Penny Lane Striders	M	16	M U20	1	2	00:19:56
19	Chris Marshall	00:20:29		M	17	M V50	2	25	00:17:50
20	Jo Harrison	00:20:53	Penny Lane Striders	F	3	F Senior	2	18	00:20:36
21	Ste Doyle	00:20:54		M	18	M V45	3	5	00:17:35
22	Nick Wynne	00:20:55		M	19	M U20	2	2	00:20:55
23	Keelan McCorrison	00:21:13	North Endurance	M	20	M Senior	8	1	00:21:13
24	Trevor Golding	00:21:15		M	21	M V50	3	3	00:20:54
25	Andrea Bond	00:21:19	Penny Lane Striders	F	4	F V40	1	10	00:21:08
26	William John Jones	00:21:24	Knowsley Harriers AC	M	22	M V50	4	47	00:18:58
27	Robbie Wood	00:21:29	Liverpool Pembroke Sefton AC	M	23	M V60	1	80	00:19:28
28	Liz Gemmell	00:21:38	Knowsley Harriers AC	F	5	F Senior	3	1	00:21:38
29	Alan Joyce	00:21:41	Knowsley Harriers AC	M	24	M V65	1	44	00:19:34
30	John Rippon	00:21:44		M	25	M V35	4	13	00:20:12

31	Stephen Taylor	00:22:10	North Endurance	M	26	M V40	3	1	00:22:10
32	Ian Marsden	00:22:18		M	27	M V55	1	1	00:22:18
33	Andrew Glen	00:22:22	Liverpool Running Bugs	M	28	M V55	2	51	00:19:17
34	Ginny Johnson	00:22:30	Penny Lane Striders	F	6	F V40	2	2	00:22:30
35	Andy Bates	00:22:32	Penny Lane Striders	M	29	M Senior	9	1	00:22:32
36	Peter Foale	00:22:43		M	30	M V65	2	24	00:21:22
37	Steven Bullock	00:22:48		M	31	M V60	2	14	00:21:49
38	Nikki Adams	00:23:10	Run Sandymoor	F	7	F V35	2	1	00:23:10
39	Kris Barnes	00:23:11	Liverpool Running Bugs	M	32	M V35	5	2	00:23:11
40	Nicola Ormsby	00:23:17	Run Sandymoor	F	8	F Senior	4	5	00:23:17
41	Cherif Salhi	00:23:28		M	33	M Senior	10	3	00:22:33
42	Jenny Rowland	00:23:38	Run Sandymoor	F	9	F V50	1	1	00:23:38
43	Brendan Murphy	00:24:07		M	34	M Senior	11	1	00:24:07
44	Mike Evans	00:24:14	Knowsley Harriers AC	M	35	M V65	3	27	00:22:50
45	Martin Farrar	00:24:19	St Helens Striders	M	36	M V50	5	13	00:22:17
46	Jay Battersby	00:24:48	Knowsley Harriers AC	M	37	M V45	4	1	00:24:48
47	John Dobie	00:24:51	Knowsley Harriers AC	M	38	M V70	1	50	00:20:52
48	Alec Henderson	00:24:52	Spectrum Striders	M	39	M V50	6	1	00:24:52
49	Emma Fraser	00:24:54	Run Sandymoor	F	10	F V40	3	3	00:24:54
50	Estelle Patrick	00:25:03	Harlech Tri Club	F	11	F V50	2	2	00:25:03
51	Keith Lewis	00:25:21		M	40	M V40	4	1	00:25:21
52	Dominic Murphy	00:25:24		M	41	M V35	6	1	00:25:24
53	Geoff Beattie	00:25:27	Sale Harriers	M	42	M V65	4	18	00:23:12
54	Craig Tessyman	00:25:31	Liverpool Running Bugs	M	43	M V35	7	1	00:25:31
55	Isidor Alvarez	00:25:51		M	44	M Senior	12	1	00:25:51
56	Sarah Simons	00:26:47	Penny Lane Striders	F	12	F Senior	5	3	00:25:17
57	Sinead Cairns	00:26:52	Liverpool Running Bugs	F	13	F Senior	6	4	00:22:50
58	Tony Hart	00:26:53	Liverpool Running Bugs	M	45	M V45	5	3	00:24:48
59	Steve Maddock	00:27:40	Liverpool Running Bugs	M	46	M V50	7	7	00:23:28
60	Lucas Fraser	00:27:41		M	47	M U13	1	1	00:27:41
61	Graeme Back	00:27:59	Penny Lane Striders	M	48	M V45	6	1	00:27:59
62	Kate Walton	00:28:02	Lonely Goat Running Club	F	14	F Senior	7	1	00:28:02
63	Amanda O'Hare	00:28:06		F	15	F V40	4	1	00:28:06
64	Becky Bancroft	00:28:14	Penny Lane Striders	F	16	F V45	1	1	00:28:14

65	John Machan	00:28:14		M	49	M Senior	13	1	00:28:14
66	Paul Roberts	00:28:48	Knowsley Harriers AC	M	50	M V35	8	8	00:19:31
67	Michelle Kelly	00:28:57	Penny Lane Striders	F	17	F V60	1	51	00:23:17
68	John Kelly	00:28:58	Liverpool Running Bugs	M	51	M V55	3	33	00:20:48
69	Glyn Hughes	00:29:28	Penny Lane Striders	M	52	M V60	3	1	00:29:28
70	Helen Nokes	00:29:31		F	18	F V35	3	1	00:29:31
71	Clare Ormsby	00:29:31	Knowsley Harriers AC	F	19	F V35	4	4	00:27:23
72	Jill Hudson	00:29:33	Knowsley Harriers AC	F	20	F V40	5	2	00:29:33
73	Jon Windle	00:29:55	Penny Lane Striders	M	53	M V45	7	11	00:25:30
74	Jan Hughes	00:30:03	Penny Lane Striders	F	21	F V60	2	1	00:30:03
75	Jemma Dale	00:30:44	Knowsley Harriers AC	F	22	F V35	5	3	00:30:44
76	Ashley Dale	00:30:45		M	54	M V35	9	1	00:30:45
77	Paula Wilson	00:31:00		F	23	F V40	6	4	00:31:00
78	Alan Wilson	00:31:00		M	55	M V40	5	3	00:29:50
79	Phil Moody	00:31:04	Knowsley Harriers AC	M	56	M V40	6	2	00:31:04
80	Rachel Winsleade	00:31:42		F	24	F Senior	8	1	00:31:42
81	Paul Blaney	00:31:56	Knowsley Harriers AC	M	57	M V65	5	2	00:29:39
82	Jaden Tagoe	00:31:59		M	58	M U13	2	3	00:29:41
83	Amy Tagoe	00:31:59		F	25	F V35	6	6	00:26:24
84	Debbie Barlow	00:32:49	Liverpool Running Bugs	F	26	F V40	7	1	00:32:49
85	Natalie Kelly	00:33:24	Knowsley Harriers AC	F	27	F V35	7	1	00:33:24
86	Ronald Thornton	00:33:36	Liverpool Running Bugs	M	59	M V75	1	46	00:28:10
87	Joanne Moody	00:34:03	Knowsley Harriers AC	F	28	F V35	8	2	00:34:03
88	Diane Peck	00:39:02	Knowsley Harriers AC	F	29	F V40	8	1	00:39:02
89	Michelle Smith	00:39:10	Knowsley Harriers AC	F	30	F V35	9	1	00:39:10
90	Ryan Richards	00:47:10	Knowsley Harriers AC	M	60	M V35	10	1	00:47:10