

Lyndale 5k; 07 Mar 2020

Position	Name	Time	Club	Gender	Gender position	Age category	Category position	# Races	PB
1	Paul Bagan	00:16:35	Warrington AC	M	1	M V40	1	7	00:16:35
2	Sean Jones	00:16:42	Penny Lane Striders	M	2	M V35	1	6	00:16:42
3	Jay Walker	00:16:52	Wallasey AC	M	3	M V35	2	2	00:16:38
4	Mark Clair	00:17:12	Mersey Tri	M	4	M V35	3	23	00:16:06
5	Sé Loughlin	00:17:13	Liverpool Pembroke Sefton AC	M	5	M U17	1	1	00:17:13
6	Jay Clarke	00:17:27	Penny Lane Striders	M	6	M Senior	1	22	00:16:45
7	John McLaren	00:17:52	Knowsley Harriers AC	M	7	M V35	4	17	00:17:52
8	Sam Hyde	00:17:54		M	8	M V40	2	1	00:17:54
9	Ashley Crawford	00:17:55		M	9	M Senior	2	80	00:17:06
10	John Myers	00:18:02	Run Sandymoor	M	10	M V40	3	4	00:17:58
11	Thomas Harkin	00:18:03	Liverpool Pembroke Sefton AC	M	11	M V45	1	1	00:18:03
12	Kyle Harrison	00:18:08	Liverpool Running Club	M	12	M Senior	3	3	00:18:08
13	Paul Goodwin	00:18:17	Kirkby Milers	M	13	M V50	1	16	00:18:17
14	Michael Wilkinson	00:18:50	Wirral AC	M	14	M Senior	4	2	00:18:50
15	Michael Kain	00:19:06	Liverpool Pembroke Sefton AC	M	15	M U17	2	2	00:19:06
16	Peter Gaskell	00:19:11	Liverpool Pembroke Sefton AC	M	16	M Senior	5	2	00:18:54
17	Adam Dixon	00:19:19		M	17	M Senior	6	3	00:19:19
18	Paul Howard	00:19:21	St Helens Striders	M	18	M Senior	7	2	00:19:21
19	Daniel Thurgood	00:19:22	Knowsley Harriers AC	M	19	M U17	3	3	00:19:20
20	Ciaran Skinner	00:19:28	North Endurance	M	20	M Senior	8	1	00:19:28
21	David Gill	00:19:29	Warrington Athletic Club	M	21	M V60	1	2	00:18:53
22	Alison Cole	00:19:30	Ellesmere Port RC	F	1	F V40	1	1	00:19:30
23	Robert Hough	00:19:31	Warrington Running Club	M	22	M V35	5	15	00:19:31
24	Phil Riding	00:19:39	Penny Lane Striders	M	23	M V45	2	27	00:17:58
25	Chris Heneghan	00:19:42		M	24	M Senior	9	2	00:19:42
26	Nick Wynne	00:19:54		M	25	M U20	1	4	00:19:54
27	Keelan McCorrison	00:20:04	North Endurance	M	26	M Senior	10	2	00:20:04
28	Scott Hambleton	00:20:09	Penny Lane Striders	M	27	M V40	4	1	00:20:09

29	Steven Irwin	00:20:12		M	28	M V55	1	7	00:18:36
30	Richard Haggett	00:20:14		M	29	M V35	6	1	00:20:14
31	Luke Harrison	00:20:18	Penny Lane Striders	M	30	M Senior	11	9	00:18:47
32	Christopher Lee	00:20:19	Liverpool Running Bugs	M	31	M V50	2	15	00:19:18
33	Craig Hacking	00:20:22	Penny Lane Striders	M	32	M V40	5	3	00:20:22
34	Jude Peck	00:20:24		F	2	F V45	1	3	00:20:13
35	Jo Harrison	00:20:29	Penny Lane Striders	F	3	F Senior	1	20	00:20:27
36	Alex Bradley	00:20:35		M	33	M Senior	12	4	00:20:35
37	Ian Sadler	00:20:46	Penny Lane Striders	M	34	M V60	2	2	00:20:46
38	Alan McDermott	00:20:52	Penny Lane Striders	M	35	M V55	2	6	00:20:32
39	Andrew Conway	00:21:25	Liverpool Pembroke Sefton AC	M	36	M V50	3	18	00:20:09
40	Ashley McDonough	00:21:31		M	37	M Senior	13	2	00:21:31
41	Robbie Wood	00:21:35	Liverpool Pembroke Sefton AC	M	38	M V60	3	82	00:19:28
42	Steve Dipple	00:21:48	Penny Lane Striders	M	39	M V45	3	13	00:20:49
43	Alan Joyce	00:21:57	Knowsley Harriers AC	M	40	M V65	1	45	00:19:34
44	Leanne Griffiths	00:22:10	Widnes Running Club	F	4	F Senior	2	2	00:22:10
45	Andrew Glen	00:22:14		M	41	M V55	3	53	00:19:17
46	Peter Foale	00:22:27		M	42	M V65	2	25	00:21:22
47	Stuart Atherton	00:22:28	Knowsley Harriers AC	M	43	M V35	7	22	00:20:13
48	William Merritt	00:22:35	Knowsley Harriers AC	M	44	M V55	4	41	00:19:53
49	Adil Nolan	00:22:45		M	45	M Senior	14	2	00:22:45
50	Craig O'Brien	00:22:45	Wirral AC	M	46	M Senior	15	1	00:22:45
51	Brendan Murphy	00:22:50		M	47	M Senior	16	2	00:22:50
52	Darren Kain	00:23:07		M	48	M V45	4	1	00:23:07
53	Joshua McGovern	00:23:09	Liverpool Running Bugs	M	49	M Senior	17	3	00:23:09
54	Steven Bullock	00:23:12		M	50	M V60	4	15	00:21:49
55	Matthew Nolan	00:23:18		M	51	M V45	5	1	00:23:18
56	Martin Gaskell	00:23:23		M	52	M V60	5	2	00:22:59
57	Marty Hirrel	00:23:33	Penny Lane Striders	M	53	M V50	4	13	00:21:29
58	Cherif Salhi	00:23:46		M	54	M Senior	18	4	00:22:33
59	Kathy Gaunt	00:23:49	Lytham St Annes Road Runners C	F	5	F V50	1	1	00:23:49
60	Mike Evans	00:24:00	Knowsley Harriers AC	M	55	M V65	3	29	00:22:50

61	Dominic Murphy	00:24:23		M	56	M V35	8	2	00:24:23
62	Neil Baker	00:24:25	Warrington Running Club	M	57	M V40	6	2	00:24:19
63	Kit Loughlin	00:24:48		M	58	M V50	5	1	00:24:48
64	Robert Cahill	00:25:05	Knowsley Harriers AC	M	59	M Senior	19	1	00:25:05
65	Alvarez Isidor	00:25:34		M	60	M Senior	20	1	00:25:34
66	Michael Devereux	00:25:51	Penny Lane Striders	M	61	M V70	1	4	00:22:19
67	Sarah Matthews	00:26:24	Widnes Running Club	F	6	F V35	1	4	00:25:14
68	Phil Thurp	00:27:07	Liverpool Running Bugs	M	62	M V60	6	1	00:27:07
69	Alison Lysons	00:28:06	Widnes Running Club	F	7	F V55	1	5	00:27:56
70	Alison Sohl	00:28:13		F	8	F V35	2	8	00:26:11
71	Peter Davies	00:28:24	Mossley Hill AC	M	63	M V60	7	12	00:26:15
72	Kam Dosanjh	00:29:04	Penny Lane Striders	F	9	F V40	2	1	00:29:04
73	Karen Culshaw	00:29:04	Penny Lane Striders	F	10	F V40	3	1	00:29:04
74	Louise Jones	00:29:04		F	11	F Senior	3	1	00:29:04
75	Jill Hudson	00:29:27	Knowsley Harriers AC	F	12	F V40	4	3	00:29:27
76	Nicola Roberts	00:29:46	Knowsley Harriers AC	F	13	F V35	3	2	00:29:46
77	Jemma Dale	00:29:56	Knowsley Harriers AC	F	14	F V35	4	4	00:29:56
78	Sue Towner	00:32:14	Penny Lane Striders	F	15	F V60	1	35	00:28:57
79	Ronald Thornton	00:33:23	Liverpool Running Bugs	M	64	M V75	1	48	00:28:10
80	Val Anderton	00:33:49	Penny Lane Striders	F	16	F V45	2	1	00:33:49
81	Lisa Connor	00:34:38		F	17	F V45	3	1	00:34:38
82	Angela Joyce PLS	00:42:26	Penny Lane Striders	F	18	F V55	2	14	00:27:48
83	Stephanie Charman	00:46:05	Knowsley Harriers AC	F	19	F V65	1	63	00:27:54
84	Lorraine Duong	00:57:45	Revolution Runners	F	20	F V45	4	1	00:57:45
85	Nikita Duong	00:57:46		F	21	F Senior	4	1	00:57:46
86	Zamir Shah	00:57:49	Revolution Runners	M	65	M V50	6	1	00:57:49