

: Fab Four Race 3 - 16th Aug 2023

This race is part of a series. Age categories are taken from 01/01/2023. Category positions to be inserted.

Position	Name	Time	Club	Gender	Gender position	Age category	Category position
1	Jon-Jo Doherty	00:19:57	Liverpool Harriers	M	1	M V35	1
2	Liam Brown	00:21:58	Kirkby Milers	M	2	M Senior	1
3	Francois Rafferty	00:22:22	Souhtport Waterloo	M	3	M V50	1
4	David Fazakerley	00:22:24	Liverpool Running Club	M	4	M Senior	2
5	Derri Henderson	00:22:44	Kirkby Milers	M	5	M U17	1
6	Ray Clark	00:22:49	Wallasey AC	M	6	M Senior	3
7	David McDonough	00:22:56	Kirkby Milers	M	7	M V50	2
8	Ian Joinson	00:23:09	Kirkby Milers	M	8	M Senior	4
9	Boyd Park	00:23:28	Southport Waterloo	M	9	M V55	1
10	David Rea	00:23:41	Liverpool Running Club	M	10	M Senior	5
11	Laura quine	00:23:44	Liverpool Harriers	F	1	F Senior	1
12	Daniel McKeivitt	00:23:48	Kirkby Milers	M	11	M V40	1
13	Andrew Veevers	00:23:50	Southport Waterloo AC	M	12	M V40	2
14	Stuart Atherton	00:23:55	Knowsley Harriers AC	M	13	M V40	3
15	Marc Jacques	00:24:17	Kirkby Milers	M	14	M V55	2
16	James Ellis	00:24:18	Kirkby Milers	M	15	M V35	2
17	Gary Wilton	00:24:28	Kirkby Milers	M	16	M V45	1
18	John McLaren	00:24:42	Knowsley Harriers AC	M	17	M V40	4
19	Mike Sherwin	00:24:47	Run Sandymoor	M	18	M V50	3
20	David Lawton	00:25:06	Liverpool Running Club	M	19	M V40	5
21	Phil Armstrong	00:25:10	Knowsley Harriers AC	M	20	M Senior	6
22	Thomas Wright	00:25:16	Kirkby Milers	M	21	M V35	3
23	Nick Morley	00:25:38	Kirkby Milers	M	22	M Senior	7
24	David Cartwright	00:25:43	Liverpool Pembroke Sefton AC	M	23	M V35	4
25	Harry redhead	00:25:58	Kirkby Milers	M	24	M U13	1
26	Terry Noon	00:26:00	Kirkby Milers	M	25	M V40	6
27	Maisie Williams	00:26:06	Liverpool harriers ac	F	2	F U13	1
28	Sarah Yates	00:26:09	Liverpool Pembroke & Sefton	F	3	F U17	1
29	Gavin Parry	00:26:13	Knowsley Harriers AC	M	26	M V50	4
30	David Edwards	00:26:21	Kirkby Milers	M	27	M V60	1
31	Stephen Hayes	00:26:41	Kirkby Milers	M	28	M V50	5
32	Gerald Musoke	00:26:44	Liverpool Harriers	M	29	M V40	7
33	Mark P Hudson	00:26:51	Liverpool Pembroke Sefton	M	30	M V60	2
34	Nigel Grant	00:27:04	Penny Lane Striders	M	31	M V60	3
35	Gillian Verdin	00:27:10	-	F	4	F Senior	2
36	Adam Flynn	00:27:11	Knowsley Harriers AC	M	32	M V35	5
37	Rachel Yates	00:27:12	Liverpool Pembroke & Sefton	F	5	F V45	1
38	Matthew Shaw	00:27:25	-	M	33	M V40	8
39	Gary Thompson	00:27:41	Kirkby Milers	M	34	M V40	9
40	David Matthews	00:27:45	Kirkby Milers	M	35	M V45	2
41	Stephen Nand-Lal	00:27:47	Knowsley Harriers AC	M	36	M Senior	8
42	Stephen Deboo	00:27:49		0 M	37	M V40	10
43	Eleanor Tanqueray	00:28:13		0 F	6	F Senior	3
44	David Marsh	00:28:17	Southport Strollers	M	38	M V60	4
45	Mark Evans	00:28:44	-	M	39	M Senior	9
46	Stephen Lennon	00:28:45	Liverpool Pembroke Sefton AC	M	40	M V45	3
47	John Kirwan	00:28:46	Knowsley Harriers AC	M	41	M Senior	10
48	Paul McDonald	00:28:54	-	M	42	M V55	3
49	Mark Ingarfield	00:28:58	Kirkby Milers	M	43	M V50	6
50	Tony Holmes	00:29:04	Liverpool Running Club	M	44	M V60	5
51	Ian McCarthy	00:29:22	Knowsley Harriers AC	M	45	M V60	6
52	Michelle Murphy	00:29:37	Liverpool Harriers	F	7	F V55	1
53	Alex Garner	00:29:48	-	M	46	M Senior	11
54	Allan McDonough	00:29:49	Knowsley Harriers AC	M	47	M V45	4

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55	Daniel Shannon	00:29:54	Run Sandymoor	M	48	M V35	6
56	Matt Oakes	00:30:03	-	M	49	M V40	11
57	Dagmara Stankiewicz	00:30:21	Knowsley Harriers AC	F	8	F Senior	4
58	Neil Brailsford	00:30:55	Knowsley Harriers AC	M	50	M V45	5
59	Sean Loughran	00:30:59	Kirkby Milers	M	51	M V60	7
60	Poppy Ingarfield	00:31:25	Kirkby Milers	F	9	F U17	2
61	Steve Bennett	00:31:28	Penny Lane Striders	M	52	M V55	4
62	Timo Nieminen	00:31:34	Knowsley Harriers AC	M	53	M V65	1
63	Ann-Marie McCarthy	00:31:38	Knowsley Harriers AC	F	10	F V55	2
64	Alan Spencer	00:31:52	Knowsley Harriers AC	M	54	M V60	8
65	Amena Madden	00:32:05	Liverpool Running Club	F	11	F V45	2
66	Nicola Kitts	00:32:09	Kirkby Milers AC	F	12	F Senior	5
67	Chris Probert	00:32:12	Penny Lane Striders	M	55	M V60	9
68	Luke Grugel	00:32:14	Knowsley Harriers AC	M	56	M U17	2
69	Karen Parry	00:32:17	Knowsley Harriers AC	F	13	F V50	1
70	William Brennan	00:32:37	Knowsley Harriers AC	M	57	M U17	3
71	Martin Hirrell	00:32:46	Penny Lane Striders	M	58	M V55	5
72	Francis Mellett	00:33:04	Knowsley Harriers AC	M	59	M V55	6
73	Michael Devereux	00:33:51	Penny Lane Striders	M	60	M V70	1
74	Ben Cross	00:34:13	Kirkby Milers	M	61	M V35	7
75	Zoe Wolstencroft	00:34:29	Knowsley Harriers AC	F	14	F Senior	6
76	Leslie Edwards	00:34:51	Penny Lane Striders	M	62	M V60	10
77	Lucy dodd	00:35:34	Kirkby Milers	F	15	F U17	3
78	Helen Birrell	00:35:55		F	16	F V35	1
79	Heather redhead	00:36:04	Kirkby Milers	F	17	F V35	2
80	David Limbrick	00:36:49	Islwyn Running Club	M	63	M V60	11
81	Jackie Jones	00:36:52	Liverpool Running Club	F	18	F V55	3
82	Angela Joyce KHAC	00:38:01	Knowsley Harriers AC	F	19	F V65	1
83	Stan Cottier	00:38:01	Liverpool Running Club	M	64	M V75	1
84	Alison langton	00:38:55	Run Sandymoor	F	20	F V40	1
85	Olive Hall	00:38:56	Run Sandymoor	F	21	F V55	4
86	Allan Gibbs-Monagh	00:39:01	Liverpool Running Club	M	65	M V45	6
87	Les McAdam	00:39:10	Run Sandymoor	M	66	M V65	2
88	Kate Shannon	00:40:31	Run Sandymoor	F	22	F V35	3
89	Nicola Roberts	00:40:44	Knowsley Harriers AC	F	23	F V40	2