

Results: Fab 4 - Race 4 - 16th July 2026

Updated: 17th July 2026

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Pos.	Name	Time	Club	Gender	Gender position	Age category	Category position
1	Alex Macilwee	00:20:40	Liverpool running club	M	1	M Senior	1
2	Hywel Care	00:21:49	Liverpool Harriers AC	M	2	M V40	1
3	Kevin Polhill	00:22:00	Kirkby Milers AC	M	3	M V45	1
4A	Daniel Kewley	00:22:10	Kirkby Milers AC	M	4	M U20	1
4B	Scott Waugh	00:22:39	Liverpool Running Club	M	5	M V50	1
5	Robert Eagles	00:22:56	Penny Lane Striders	M	6	M V40	2
6	Lawrence Eccles	00:23:27	Penny Lane Striders	M	7	M V40	3
7	Stuart Robertson	00:23:43	Penny lane striders	M	8	M V35	1
8	Adam Flynn	00:23:49	Knowsley Harriers AC	M	9	M V35	2
9	James Hendry	00:24:00	Knowsley Harriers AC	M	10	M Senior	2
10	Connor Shurie-mackenzie	00:24:31	Kirkby milers	M	11	M U17	1
11	Jon Mulhall	00:24:50	Kirkby Milers AC	M	12	M V45	2
12	Jason Rawlins-Williams	00:24:51	Mossley Hill AC	M	13	M Senior	3
13	Thomas Wright	00:24:57	Kirkby Milers AC	M	14	M V35	3
14	Elis Thomas	00:25:07	Liverpool Harriers AC	M	15	M U17	2
15	Eric Wykes	00:25:17	Liverpool Harriers AC	M	16	M U17	3
16	Stephen Hayes	00:25:25	Kirkby Milers AC	M	17	M V50	2
17	Patsy Irizar	00:25:39	Southport Waterloo AC	F	1	F Senior	1
18	David Matthews	00:26:04	Kirkby Milers AC	M	18	M V45	3
19	Clare White	00:26:08	Liverpool Harriers AC	F	2	F V35	1
20	Robert Burke	00:26:21	Kirkby Milers AC	M	19	M V60	1
21	Christian Allen	00:26:35	Knowsley Harriers AC	M	20	M Senior	4
22	Gary Thompson	00:26:42	Kirkby Milers AC	M	21	M V45	4
23	Christian Woods	00:26:42	Liverpool Harriers AC	M	22	M Senior	5
24	Andrew Wright	00:26:46	Kirkby Milers AC	M	23	M V50	3
25	Hayley Fairclough	00:26:48	Penny Lane Striders	F	3	F V40	1
26	Mark Ingarfield	00:26:49	Kirkby Milers AC	M	24	M V50	4
27	Jo Harrison	00:26:50	Penny Lane Striders	F	4	F V40	2
28	Samantha Dickson	00:26:50	-	F	5	F Senior	2
29	Joe Woolerton	00:27:11	liverpool running bugs	M	25	M U20	2
30	Sergio Garcia Horta	00:27:25	-	M	26	M U17	4
31	Mark Hudson	00:27:28	Liverpool Pembroke Sefton AC	M	27	M V65	1
32	John McLaren	00:27:38	Knowsley Harriers AC	M	28	M V45	5
33	David Edwards	00:27:43	Kirkby Milers AC	M	29	M V60	2
34	Anna Lydon	00:27:51	-	F	6	F Senior	3
35	Bill Leslie	00:27:55	-	M	30	M V50	5
36	Chris Pedder	00:28:04	Liverpool Pembroke Sefton AC	M	31	M V65	2
37	Dewi Thomas	00:28:19	-	M	32	M V45	6
38	Ben Woods	00:28:19	-	M	33	M V35	4
39	James Stanley	00:28:21	Liverpool Running Bugs	M	34	M V50	6
40	#N/A	00:28:25	#N/A	#N/A	1	#N/A	1
41	Paul Demore	00:28:33	St. Helens Striders	M	35	M V55	1
42	Shaun Geoghan	00:28:37	Liverpool Running Bugs	M	36	M V55	2
43	Dave Barr	00:28:46	Kirkby Milers AC	M	37	M V55	3
44	Rebecca Burke	00:28:52	Kirkby Milers	F	7	F Senior	4
45	Matthew Shaw	00:29:07	-	M	38	M V45	7
46	Kenny Shurie-Mackenzie	00:29:28	Kirkby Milers AC	M	39	M V55	4
47	Paul Freeman Freeman	00:29:30	Liverpool Harriers	M	40	M V45	8
48	Nicola Kitts	00:29:32	Kirkby Milers AC	F	8	F V35	2
49	Jennifer Houghton	00:29:33	Kirkby Milers AC	F	9	F V40	3
50	Carla Houghton	00:29:33	Kirkby Milers AC	F	10	F V35	3
51	Andrew Kitts	00:29:33	Kirkby Milers AC	M	41	M V40	4

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52	Ed Beattie	00:29:47	Mikkeller Running Club Liverpool	M	42	M V50	7
53	Nigel Grant	00:29:50	Penny Lane Striders	M	43	M V60	3
54	Tracey Carr	00:29:52	Liverpool Running Bugs	F	11	F V60	1
55	Michelle Murphy	00:29:56	Liverpool Harriers AC	F	12	F V60	2
56	Joseph Cusack	00:30:03	-	M	44	M U17	5
57	John Clarke	00:30:06	Kirkby Milers AC	M	45	M V55	5
58	Stephen Lennon	00:30:13	-	M	46	M V50	8
59	Lisa Cusack	00:30:18	Penny Lane Striders	F	13	F V50	1
60	Rob Gould	00:30:19	Kirkby Milers AC	M	47	M V55	6
61	Matt Oakes	00:30:23	-	M	48	M V45	9
62	Steve Pemberton	00:30:25	Penny Lane Striders	M	49	M V70	1
63	Ryan Jenkinson	00:30:31	-	M	50	M Senior	6
64	Stuart Cameron	00:30:34	Kirkby Milers AC	M	51	M V45	10
65	Annmari Riley	00:30:37	Penny Lane Striders	F	14	F V55	1
66	Shane Knott	00:30:40	Penny Lane Striders	M	52	M V45	11
67	Josh Rawlins-williams	00:31:08	-	M	53	M Senior	7
68	Craig Lewis	00:31:09	Knowsley Harriers AC	M	54	M V50	9
69	Julie Zdrenka	00:31:18	St. Helens Striders	F	15	F V55	2
70	Elliott Murphy	00:31:27	Knowsley Harriers AC	M	55	M Senior	8
71	Philip Taylor	00:31:27	Knowsley Harriers AC	M	56	M V40	5
72	Ian McCarthy	00:31:30	Knowsley Harriers AC	M	57	M V60	4
73	Anthony Connor	00:31:39	Belle Vale Runners	M	58	M V35	5
74	Alan Spencer	00:31:42	Knowsley Harriers AC	M	59	M V65	3
75	Carl Moore	00:32:07	Liverpool Running Bugs	M	60	M Senior	9
76	Brenda Cahill	00:32:25	St. Helens Striders	F	16	F V65	1
77	Sarah Jackson	00:32:34	Pennylane Striders	F	17	F V45	1
78	Steph Leslie	00:32:53	-	F	18	F V50	2
79	Francesco Murru	00:33:00	Liverpool running bugs	M	61	M V40	6
80	John Houghton	00:33:30	Widnes Running Club	M	62	M V65	4
81	Andrew Conway	00:33:35	Liverpool Pembroke Sefton AC	M	63	M V60	5
82	Timo Nieminen	00:33:42	Knowsley Harriers AC	M	64	M V65	5
83	Laura Hodgkiss	00:33:46	Kirkby Milers AC	F	19	F V45	2
84	James Green	00:34:25	-	M	65	M U20	3
85	#N/A	00:34:26	#N/A	#N/A	1	#N/A	4
86	Tony Green	00:34:27	Widnes Running Club	M	66	M V65	6
87	Paul Roberts	00:34:31	Knowsley Harriers	M	67	M V40	7
88	William Merritt	00:34:38	Knowsley Harriers AC	M	68	M V60	6
89	Sarah Little	00:34:50	Knowsley Harriers AC	F	20	F Senior	5
90	Ben Cross	00:35:00	Kirkby Milers AC	M	69	M V40	8
91	Chloe Beckett	00:35:07	Knowsley Harriers AC	F	21	F Senior	6
92	Peter Morgan	00:35:10	Penny Lane Striders	M	70	M V70	2
93	John Waterson	00:35:13	Knowsley Harriers AC	M	71	M V55	7
94	Martin Hirrell	00:35:19	Penny Lane Striders	M	72	M V60	7
95	Michael Edwards	00:35:28	Penny Lane Striders	M	73	M V65	7
96	Rachel Rick	00:35:50	Penny Lane Striders	F	22	F V65	2
97	Samantha Bentall	00:35:51	Penny Lane Striders	F	23	F V55	3
98	Sharon Swift	00:36:19	St. Helens Striders	F	24	F V55	4
99	David Navis	00:36:31	Madrunners	M	74	M V35	6
100	#N/A	00:36:42	#N/A	#N/A	1	#N/A	10
101	Wendy Osborne	00:36:50	Penny Lane Striders	F	25	F V45	3
102	Catherine Pealing	00:36:54	St. Helens Striders	F	26	F V55	5
103	Neil Lockwood	00:37:01	-	M	75	M V60	8

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104	Stan Cottier	00:37:27	Liverpool Running Club	M	76	M V75	1
105	Andy McDougall	00:37:28	Kirkby Milers AC	M	77	M V70	3
106	Jenny Appleton	00:37:30	St. Helens Striders	F	27	F V45	4
107	Nicola Lloyd	00:37:38	Knowsley Harriers AC	F	28	F V40	4
108	Ruth Hollick	00:37:55	St. Helens Striders	F	29	F V40	5
109	Carolyn Knott	00:37:59	Penny Lane Striders	F	30	F V50	3
110	Jo Sutherland	00:38:41	Penny Lane Striders	F	31	F V50	4
111	Emma Wright	00:38:45	Kirkby Milers AC	F	32	F V40	6
112	Nicola Richards	00:38:51	Belle Vale Runners	F	33	F V35	4
113	Siobhan Magee	00:38:54	Belle Vale Runners BVR	F	34	F Senior	7
114	David Limbrick	00:39:07	ISLWYN RC	M	78	M V60	9
115	Adam Shaw	00:40:17	-	M	79	M U17	6
116	Carol Pryor	00:40:31	Liverpool Running Bugs	F	35	F V60	3
117	Bill Sergeson	00:40:31	Penny Lane Striders	M	80	M V55	8
118	Cathy Pearce	00:41:13	St. Helens Striders	F	36	F V45	5
119	Deborah Drillingcourt	00:41:13	St. Helens Striders	F	37	F V55	6
120	Martyn Hughes	00:41:26	Liverpool Running Club	M	81	M V50	10
121	Ben Hounslea	00:41:37	Knowsley Harriers AC	M	82	M Senior	10
122	Corey Campbell	00:42:00	Knowsley Harriers AC	M	83	M Senior	11
123	Claire Lewis	00:42:09	Knowsley Harriers AC	F	38	F V45	6
124	Victoria Hodnett	00:42:30	-	F	39	F Senior	8
125	Jackie Anderson	00:43:16	Penny Lane Striders	F	40	F V60	4
126	Amanda O'Hare	00:43:54	Knowsley Harriers AC	F	41	F V50	5
127	David Preece	00:43:55	Knowsley Harriers AC	M	84	M V55	9
128	Jo Dromey	00:45:40	Penny Lane Striders	F	42	F V35	5
129	Sharon Woolerton	00:47:09	Liverpool Running Bugs	F	43	F V55	7
130	David Barrow	00:47:10	Kirkby Milers AC	M	85	M V65	8
131	Suzanne Rooney	00:47:31	Knowsley Harriers AC	F	44	F V55	8
132	Francis Mellett	00:47:31	Knowsley Harriers AC	M	86	M V60	10
133	Barbara Waterson	00:47:40	Knowsley Harriers AC	F	45	F V50	6
134	Lauren Roberts	00:47:41	Knowsley Harriers AC	F	46	F Senior	9
135	Lynne Graham	00:47:41	Knowsley Harriers AC	F	47	F V60	5
136	Mark Pryor	00:48:41	Liverpool Running Bugs	M	87	M V60	11
137	Lisa Hughes	00:49:19	Knowsley Harriers AC	F	48	F V55	9
138	Clair Blois	00:49:34	Knowsley harriers	F	49	F V45	7
139	Than Marinos	00:49:38	Knowsley harriers AC	M	88	M V50	11
140	Vanessa Bevan	00:49:39	Knowsley Harriers AC	F	50	F V45	8
141	Alison Boag-Munroe	00:49:53	Knowsley Harriers AC	F	51	F V40	7
142	#N/A	00:49:55	#N/A	#N/A	1	#N/A	8
143	Maria Muldoon	00:51:15	Knowsley Harriers AC	F	52	F V60	6
144	Jane Green	00:51:16	Knowsley Harriers AC	F	53	F V50	7
145	Lisbeth Owens	00:51:16	Knowsley Harriers AC	F	54	F V60	7
146	Leslie Edwards	00:52:29	Knowsley Harriers AC	M	89	M V60	12
147	Natalie Matthews	00:53:00	Knowsley Harriers AC	F	55	F V50	8
148	Paul Blaney	00:53:00	Knowsley Harriers AC	M	90	M V70	4
149	Denis Machan	00:55:04	Knowsley Harriers AC	M	91	M V60	13
150	Ann Moore	00:58:14	Knowsley Harriers AC	F	56	F V65	3
151	Julie Inge	00:58:15	Knowsley harriers AC	F	57	F V60	8
152	Emma Moorcroft	00:58:44	Knowsley Harriers	F	58	F Senior	10
153	Joyce Connolly- Lloyd	00:58:46	Knowsley Harriers AC	F	59	F V55	10
154	Bethany Alpin	01:01:15	Knowsley Harriers AC	F	60	F V40	8