

Results: Alfie's Squad Halewood 5K - 1st November 2025

Updated: 2nd Nov 2025

This race is part of a series. Age categories are taken from 01/01/2025.

Pos.	Name	Time	Club	Gender	Gender position	Age category	Category position
1	Alex Macilwee	00:15:55	Liverpool running club	M	1	M Senior	1
2	Steven Thompson	00:16:37	Run Sandymoor	M	2	M V40	1
3	Lewis Rooney	00:16:41	Southport Waterloo	M	3	M Senior	2
4	Ian Mayhew	00:16:57	Helsby Running Club	M	4	M V40	2
5	Ben Sache	00:17:00	Deeside AAC	M	5	M Senior	3
6	David Rea	00:17:10	Knowsley Harriers AC	M	6	M V35	1
7	Richard Bilcliffe	00:17:13	-	M	7	M Senior	4
8	Bentley McIntosh	00:17:19	Liverpool Pembroke and Sefton Harriers	M	8	M U17	1
9	Nick Turner	00:17:21	Liverpool Pembroke Sefton AC	M	9	M V40	3
10	Jure Cebasek	00:17:24	Penny Lane Striders	M	10	M V40	4
11	Scott Waugh	00:17:25	Liverpool Running Club	M	11	M V50	1
12	Matthew Gresty	00:17:40	-	M	12	M Senior	5
13	Neil Hennigan	00:17:47	Penny Lane Striders	M	13	M V45	1
14	David Willshire	00:17:51	Penny Lane Striders	M	14	M V40	5
15	Rob McGrath	00:17:54	Northern Masters AC	M	15	M V60	1
16	Adam Williams <<	00:17:55	Knowsley Harriers AC	M	16	M Senior	6
17	David Hinde	00:17:56	Chester Triathlon Club	M	17	M V45	2
18	Trafford Grimes	00:18:10	Knowsley Harriers AC	M	18	M Senior	7
19	David Johnson	00:18:12	Penny Lane Striders	M	19	M V40	6
20	Derri Henderson	00:18:19	Kirkby Milers AC	M	20	M U20	1
21	Robbie Collins	00:18:22	-	M	21	M V40	7
22	Neil Scott	00:18:25	Mikkeller Running Club Liverpool	M	22	M V40	8
23	Phil Riding	00:18:28	Penny Lane Striders	M	23	M V50	2
24	Tom Makin	00:18:29	-	M	24	M Senior	8
25	Connor Melia	00:18:31	Mossley hill	M	25	M Senior	9
26	Connor Shurie-mackenzie	00:18:34	-	M	26	M U17	2
27	Rob Moore	00:18:36	Knowsley Harriers AC	M	27	M V50	3
28	Lewis Hinton	00:18:39	Penny Lane Striders	M	28	M Senior	10
29	Alec Graham	00:18:44	-	M	29	M Senior	11
30	Stephen Newbold	00:18:56	Liverpool Pembroke & Sefton	M	30	M Senior	12
31	Lucci Baker	00:19:05	Jersey Spartans	F	1	F U20	1
32	Stephen Ward	00:19:06	S.W.A.C	M	31	M V40	9
33	David Lawton	00:19:06	Liverpool Running Club	M	32	M V45	3
34	Peter Marsland	00:19:08	Run Sandymoor	M	33	M V40	10
35	Evan Tate	00:19:26	NBLRC	M	34	M Senior	13
36	Colin Kennedy	00:19:28	St. Helens Striders	M	35	M V55	1
37	Barney Lovett	00:19:28	-	M	36	M Senior	14
38	Brendan Burns	00:19:29	Liverpool Running Club	M	37	M V40	11
39	#N/A	00:19:30	#N/A	#N/A		#N/A	
40	Phil Hall	00:19:34	-	M	38	M V45	4
41	David McDonough	00:19:34	Kirkby Milers AC	M	39	M V50	4
42	Kevin Polhill	00:19:34	Kirkby Milers AC	M	40	M V40	12
43	Andrew Biddle	00:19:35	Penny Lane Striders	M	41	M V50	5
44	John Williams	00:19:37	St. Helens Striders	M	42	M V45	5
45	#N/A	00:19:38	#N/A	#N/A		#N/A	
46	Paiwan Sarapunya	00:19:39	Chester Triathlon Club	F	2	F V40	1
47	James Polin	00:19:43	St Helens Striders	M	43	M Senior	15
48	Lenka Vidamour	00:19:44	Penny Lane Striders	F	3	F V40	2
49	#N/A	00:19:44	#N/A	#N/A		#N/A	
50	Kieron McKenna	00:19:46	MadRunners	M	44	M V45	6
51	Alex Bailey-Hall	00:19:49	Liverpool Harriers AC	M	45	M U13	1
52	Patsy Irizar	00:19:51	-	F	4	F Senior	1

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53	John McLaren	00:19:52	Knowsley Harriers AC	M	46	M V40	13
54	Jennifer Houghton	00:20:03	Kirkby Milers AC	F	5	F V40	3
55	Kenny Shurie-Mackenzie	00:20:04	Kirkby Milers AC	M	47	M V55	2
56	Holly Brown	00:20:07	Penny Lane Striders	F	6	F Senior	2
57	Hayley Fairclough	00:20:12	Penny Lane Striders	F	7	F V40	4
58	Ashley Crawford	00:20:12	-	M	48	M V35	2
59	Chris Gibbons	00:20:17	Mersey Tri	M	49	M V35	3
60	Carl Pratt	00:20:25	Run Sandymoor	M	50	M V40	14
61	Jo Harrison	00:20:39	Penny Lane Striders	F	8	F V35	1
62	Kathryn Bradley	00:20:41	Penny Lane Striders	F	9	F Senior	3
63	Chris Wills	00:20:43	Southport Strollers Running Club	M	51	M V45	7
64	Alex Mortlock	00:20:44	Penny Lane Striders	F	10	F Senior	4
65	Gary Thompson	00:20:46	Kirkby Milers AC	M	52	M V45	8
66	Amelia Newbold	00:20:49	Liverpool Pembroke Sefton AC	F	11	F Senior	5
67	Darren Eckersley	00:20:58	St. Helens Striders	M	53	M V50	6
68	Matthew Eland	00:21:13	Penny Lane Striders	M	54	M V35	4
69	Jody Beech	00:21:14	Ellesmere Port Running Club	F	12	F V40	5
70	Lisa Cusack	00:21:16	Penny Lane Striders	F	13	F V50	1
71	Joanne Nemits	00:21:22	Warrington Road Runners	F	14	F V45	1
72	Alison Cole	00:21:25	Ellesmere port rc	F	15	F V45	2
73	Alan Joyce	00:21:29	Knowsley Harriers AC	M	55	M V70	1
74	Daniel Hawkins	00:21:31	Mossley Hill AC	M	56	M Senior	16
75	Zak Thompson	00:21:35	Kirkby Milers AC	M	57	M U13	2
76	Emily Vernon	00:21:38	Penny Lane Striders	F	16	F Senior	6
77	Sam Cross	00:21:39	-	M	58	M U20	2
78	Kevin Gillibrand	00:21:51	Warrington Road Runners	M	59	M V55	3
79	Nicola Harrington	00:21:52	Knowsley Harriers AC	F	17	F V35	2
80	Holly Coombe	00:22:12	Liverpool Harriers AC	F	18	F U13	1
81	Jon Coombe	00:22:27	-	M	60	M V35	5
82	Chris Rhodes	00:22:30	Chester Triathlon Club	M	61	M V65	1
83	Ed Beattie	00:22:34	Mikkeller Running Club Liverpool	M	62	M V50	7
84	Shaun Geoghan	00:22:35	Liverpool Running Bugs	M	63	M V55	4
85	Julie Zdrenka	00:22:39	St. Helens Striders	F	19	F V55	1
86	#N/A	00:23:02	#N/A	#N/A		#N/A	
87	Kelly Marrin	00:23:05	Southport Strollers Running Club	F	20	F V50	2
88	Steven Bullock	00:23:06	-	M	64	M V65	2
89	Michael Hall	00:23:14	Holmfirth Harriers AC	M	65	M V60	2
90	Marc Slade	00:23:25	Knowsley Harriers AC	M	66	M V35	6
91	Marek Mentel	00:23:30	-	M	67	M V35	7
92	Melissa Cameron	00:23:34	Kirkby Milers AC	F	21	F U13	2
93	Stuart Cameron	00:23:41	Kirkby Milers AC	M	68	M V45	9
94	Sarah Gannon	00:23:44	Penny Lane Striders	F	22	F Senior	7
95	Dan Magill	00:23:52	Knowsley Harriers AC	M	69	M V45	10
96	Sarah Henry	00:24:00	Liverpool Pembroke Sefton AC	F	23	F V35	3
97	Mark Hudson	00:24:01	Liverpool Pembroke Sefton AC	M	70	M V65	3
98	Brenda Cahill	00:24:19	St. Helens Striders	F	24	F V65	1
99	Michael Dunn	00:24:30	Liverpool Running Bugs	M	71	M V35	8
100	James Tunstead	00:24:36	-	M	72	M V50	8
101	Kayleigh Champion	00:24:38	St Helens Striders	F	25	F V35	4
102	Sinead Grillon	00:24:42	Warrington Road Runners	F	26	F V50	3
103	Francis Mellett	00:24:47	Knowsley Harriers AC	M	73	M V60	3
104	Alan Spencer	00:24:48	Knowsley Harriers AC	M	74	M V60	4

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105	Lauren Green	00:24:48	St. Helens Striders	F	27	F Senior	8
106	Steph Cook	00:24:49	-	F	28	F V35	5
107	Geoff Monk	00:25:00	Liverpool Pembroke Sefton AC	M	75	M V55	5
108	Timo Nieminen	00:25:08	Knowsley Harriers AC	M	76	M V65	4
109	Michelle Durney	00:25:09	Liverpool Pembroke Sefton AC	F	29	F V50	4
110	Rob Coppel	00:25:09	Liverpool, Pembroke and Sefton Har	M	77	M V45	11
111	John Houghton	00:25:12	Widnes Running Club	M	78	M V65	5
112	David McAlister	00:25:41	Wallasey AC	M	79	M V65	6
113	Dawn Hignett	00:25:44	Widnes Running Club	F	30	F V50	5
114	Robert Ladanowski	00:25:45	Widnes running club	M	80	M V60	5
115	Kirstie McCaffrey	00:25:52	St. Helens Striders	F	31	F V35	6
116	Nick Pownall	00:25:53	St. Helens Striders	M	81	M Senior	17
117	Michael Maloney	00:25:57	Knowsley Harriers AC	M	82	M V70	2
118	Donna Stanners	00:26:21	Warrington Road Runners	F	32	F V40	6
119	Leslie Edwards	00:26:28	Knowsley Harriers AC	M	83	M V60	6
120	Andrew Kitts	00:26:29	Kirkby Milers AC	M	84	M V40	15
121	David Matthews	00:26:30	Kirkby Milers AC	M	85	M V45	12
122	Natalie Matthews	00:26:31	Knowsley Harriers AC	F	33	F V50	6
123	Nicola Roberts	00:26:41	Knowsley Harriers AC	F	34	F V40	7
124	Lesley-Anne Cucksey	00:26:54	Wallasey AC	F	35	F V60	1
125	Mike Evans	00:26:58	Knowsley Harriers AC	M	86	M V70	3
126	Zoe Jones	00:27:06	-	F	36	F Senior	9
127	Chloe Beckett	00:27:14	Knowsley Harriers AC	F	37	F Senior	10
128	Sarah Jones	00:27:18	Mikkeller Running Club Liverpool	F	38	F V40	8
129	Neil Lockwood	00:27:24	-	M	87	M V60	7
130	Megan Thomas	00:27:27	-	F	39	F Senior	11
131	#N/A	00:28:11	#N/A	#N/A		#N/A	
132	Helen Broderick	00:28:23	St. Helens Striders	F	40	F V55	2
133	Sharon Swift	00:28:23	St. Helens Striders	F	41	F V55	3
134	Catherine Pealing	00:28:24	St. Helens Striders	F	42	F V55	4
135	Cathy Pearce	00:28:25	St. Helens Striders	F	43	F V40	9
136	Rachel Service	00:28:52	-	F	44	F Senior	12
137	Jane Donlon	00:28:55	-	F	45	F V55	5
138	Emily Whelan	00:29:03	-	F	46	F Senior	13
139	Michael Fairhurst	00:29:03	-	M	88	M V50	9
140	Anne Murphy	00:29:05	N/a	F	47	F Senior	14
141	Georgie Wood	00:29:05	-	F	48	F Senior	15
142	Sarah McGrath	00:29:29	-	F	49	F V55	6
143	#N/A	00:29:43	#N/A	#N/A		#N/A	
144	Magdalena Zabierek	00:29:55	-	F	50	F V40	10
145	Rachel Tickle	00:29:59	St Helens Striders	F	51	F V35	7
146	Charles Commins	00:30:22	Warrington Road Runners	M	89	M V40	16
147	Cara Bartlett	00:30:29	Knowsley Harriers AC	F	52	F V45	3
148	Ann-Marie McCarthy	00:30:30	Knowsley Harriers AC	F	53	F V55	7
149	Nancy Polhill	00:30:33	Liverpool Harriers AC	F	54	F U13	3
150	Paul Howard	00:30:35	St. Helens Striders	M	90	M V35	9
151	Isla Matthews	00:30:41	Kirkby Milers AC	F	55	F U13	4
152	Mike Russell	00:30:50	-	M	91	M V55	6
153	Michael Hughed	00:31:34	Knowsley Harriers AC	M	92	M V35	10
154	John Dobie	00:31:41	Liverpool Pembroke Sefton AC	M	93	M V75	1
155	Nicola Lloyd	00:31:45	Knowsley Harriers AC	F	56	F V40	11
156	David Barrow	00:31:54	Kirkby Milers AC	M	94	M V65	7

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157	Ben Hounslea	00:32:08	Knowsley Harriers AC	M	95	M Senior	18
158	Ana Monk	00:32:19	-	F	57	F Senior	16
159	John Waterson	00:32:20	Knowsley Harriers AC	M	96	M V55	7
160	Robyn Hall	00:33:13	N/A	F	58	F Senior	17
161	Sue Bradshaw	00:33:52	-	F	59	F V45	4
162	Claire Lewis	00:34:01	Knowsley Harriers AC	F	60	F V45	5
163	Emma Baker	00:34:06	Knowsley Harriers AC	F	61	F V35	8
164	John McCaffrey	00:34:30	Knowsley Harriers AC	M	97	M V40	17
165	Laura Cowan	00:35:59	Knowsley Harriers AC	F	62	F V35	9
166	Rosie Lavercombe	00:36:01	Knowsley Harriers AC	F	63	F V35	10
167	Lynne Graham	00:36:02	Knowsley Harriers AC	F	64	F V60	2
168	Stacey Howe	00:36:08	Knowsley Harriers AC	F	65	F V40	12
169	Jayne Cross	00:36:09	-	F	66	F V50	7
170	Rachel Rick	00:36:18	Penny Lane Striders	F	67	F V65	2
171	Elizabeth Simpson	00:36:20	-	F	68	F V75	1
172	Rebecca Lambert	00:36:25	-	F	69	F Senior	18
173	Bryan Forth	00:36:34	Warrington road runners	M	98	M V50	10
174	Maria Muldoon	00:36:42	Knowsley Harriers AC	F	70	F V60	3
175	John Machan	00:36:42	Knowsley Harriers AC	M	99	M V35	11
176	Gillian Treadell	00:37:02	Knowsley Harriers AC	F	71	F V45	6
177	Christine Stewart	00:38:04	-	F	72	F V60	4
178	Paul Blaney	00:39:11	Knowsley Harriers AC	M	100	M V70	4
179	Clare Dally	00:39:23	Knowsley Harriers AC	F	73	F V55	8
180	Mandy Gossage	00:39:28	Knowsley Harriers AC	F	74	F V60	5
181	Emma Rooney	00:39:58	Knowsley Harriers AC	F	75	F V40	13
182	Suzanne Rooney	00:39:59	Knowsley Harriers AC	F	76	F V55	9
183	Paula Doran	00:40:00	Knowsley Harriers AC	F	77	F V40	14
184	Caroline Viney	00:40:23	Knowsley Harriers AC	F	78	F V65	3
185	Craig Lewis	00:40:24	Knowsley Harriers AC	M	101	M V50	11
186	Stacey Doyle	00:41:03	Knowsley Harriers AC	F	79	F V45	7
187	Joyce Connolly- Lloyd	00:41:08	Knowsley Harriers AC	F	80	F V55	10
188	Anthony Maylor	00:43:27	Knowsley Harriers AC	M	102	M V45	13
189	Lisa Hughes	00:43:31	Knowsley Harriers AC	F	81	F V55	11
190	Denis Machan	00:43:33	Knowsley Harriers AC	M	103	M V55	8
191	Vicky Marinos	00:45:07	Knowsley Harriers AC	F	82	F V40	15
192	Vanessa Bevan	00:45:08	Knowsley Harriers AC	F	83	F V45	8
193	Amy McDonough	00:45:09	Knowsley Harriers AC	F	84	F Senior	19
194	Allison Dawn	00:45:10	Knowsley Harriers AC	F	85	F V50	8