

**: 1st July 2023**

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Position	Name	Time	Club	Gender	Gender position	Age category	Category position
1	Paul Howard	00:16:19	St Helens Striders	M	1	M V35	1
2	Ryan Jones	00:16:27	Kirkby Milers	M	2	M V35	2
3	Chris Maher	00:16:32	Liverpool Pembroke Sefton AC	M	3	M V35	3
4	Lee Siemaszko	00:16:33	Liverpool Harriers	M	4	M V40	1
5	Derri Henderson	00:17:07	Kirkby Milers	M	5	M U17	1
6	Jack Antrobus	00:17:09	Warrington Road Runners	M	6	M V40	2
7	John Myers	00:17:23	Run Sandymoor	M	7	M V45	1
8	David Fazakerley	00:17:53	Liverpool Running Club	M	8	M Senior	1
9	Peter Green	00:17:57	Knowsley Harriers AC	M	9	M V45	2
10	Dean Evans	00:17:59	Liverpool Running Bugs	M	10	M U17	2
11	John McLaren	00:18:02	Knowsley Harriers AC	M	11	M V40	3
12	Carlos Wilson	00:18:03	St Helens Striders	M	12	M V40	4
13	Stephen Bennett	00:18:11	-	M	13	M V50	1
14	Al Smithson	00:18:13	-	M	14	M V35	4
15	Colin Bishop	00:18:16	Warrington AC	M	15	M V60	1
16	Lisa Gawthorne	00:18:16	Liverpool Pembroke Sefton AC	F	1	F V40	1
17	Paul Riley	00:18:17	Penny Lane Striders	M	16	M V50	2
18	Lucas Guyett	00:18:23	Liverpool harriers	M	17	M U13	1
19	Stuart Atherton	00:18:24	Knowsley Harriers AC	M	18	M V40	5
20	Neil Byrne	00:18:28	Run Sandymoor	M	19	M V50	3
21	Phil Riding	00:18:33	Penny Lane Striders	M	20	M V45	3
22	Scott Hambleton	00:18:45	Penny Lane Striders	M	21	M V40	6
23	James Ingram	00:18:49	Kirkby Milers	M	22	M V40	7
24	Sam Jones	00:18:52	-	M	23	M Senior	2
25	Michael Frawley	00:18:55	Vegan Runners UK	M	24	M V40	8
26	Danny Murphy	00:18:57	Kirkby Milers	M	25	M V35	5
27	David Rea	00:18:58	Liverpool Running Club	M	26	M Senior	3
28	Phil Armstrong	00:18:58	Knowsley Harriers AC	M	27	M Senior	4
29	Rachel Mason	00:19:02	-	F	2	F Senior	1
30	Matthew Bennett	00:19:05	Liverpool Pembroke Sefton AC	M	28	M U13	2
31	Danny Harvey	00:19:14	-	M	29	M Senior	5
32	Andrew Biddle	00:19:22	Penny Lane Striders	M	30	M V45	4
33	James Hendry	00:19:24	Liverpool Running Club	M	31	M Senior	6
34	Kieron Mckenna	00:19:26	-	M	32	M V45	5
35	Matt Dutton	00:19:37	Penny Lane Striders	M	33	M V45	6
36	Matt Sanderson	00:19:37	Warrington Running Club	M	34	M V50	4
37	David Owens	00:19:38	Penny Lane Striders	M	35	M V45	7
38	Andy Wright	00:19:42	Kirkby Milers	M	36	M V50	5
39	David Lynan	00:19:50	Penny Lane Striders	M	37	M V45	8
40	David Gill	00:19:51	Warrington Athletic Club	M	38	M V65	1
41	Josh Hughes	00:19:52	Knowsley Harriers AC	M	39	M Senior	7
42	Dean Wilson	00:19:55	Kirkby Milers	M	40	M V45	9
43	Jo Harrison	00:19:56	Penny Lane Striders	F	3	F V35	1
44	Graham Cushion	00:20:00	Kirkby Milers	M	41	M V45	10
45	Robert Hough	00:20:02	Widnes Running Club	M	42	M V40	9
46	Jonathan Mackie	00:20:04	Knowsley Harriers AC	M	43	M V50	6
47	Carl Yu	00:20:08	Liverpool Running Club	M	44	M V45	11
48	Bartosz Borawski	00:20:21	Knowsley Harriers AC	M	45	M Senior	8
49	Barry Green	00:20:30	-	M	46	M V40	10
50	Paul Demore	00:20:34	St Helens Striders	M	47	M V55	1
51	Nigel Grant	00:20:36	Penny Lane Striders	M	48	M V60	2
52	Dave Watson	00:20:41	Warrington AC	M	49	M V65	2
53	Stephen Hawthorns	00:21:02	Penny Lane Striders	M	50	M Senior	9
54	Lisa Crosby	00:21:11	Penny Lane Striders	F	4	F V50	1

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55	Steve Minshull	00:21:17	Knowsley Harriers AC	M	51	M V50	7
56	Allan Mcdonough	00:21:18	Knowsley Harriers AC	M	52	M V45	12
57	Michael Connor	00:21:23	Penny Lane Striders	M	53	M V55	2
58	David Matthews	00:21:23	Kirkby Milers	M	54	M V45	13
59	Lucas Fraser	00:21:25	-	M	55	M U17	3
60	Joshua Mcgovern	00:21:30	Liverpool Running Bugs	M	56	M Senior	10
61	Emma Fraser	00:21:33	Run Sandymoor	F	5	F V45	1
62	Thomas Back	00:21:40	Penny Lane Striders	M	57	M Senior	11
63	Chris Lydon	00:21:52	Penny Lane Striders	M	58	M V35	6
64	Patrick Walters	00:22:00	Mersey Tri	M	59	M V55	3
65	Katie Johnson	00:22:02	Penny Lane Striders	F	6	F V40	2
66	Ryan Cain	00:22:14	-	M	60	M Senior	12
67	Kern Hankins	00:22:25	Rhedwyr Hebog	M	61	M V60	3
68	Mike Carter	00:22:29	St Helens Striders	M	62	M V35	7
69	Michelle Murphy	00:22:34	Liverpool Harriers	F	7	F V55	1
70	Steven Bullock	00:22:41	-	M	63	M V65	3
71	Annmari Riley	00:22:52	Penny Lane Striders	F	8	F V50	2
72	Ryan Jones Jnr	00:22:53	Kirkby Milers	M	64	M U17	4
73	Michael Buckland	00:22:58	Penny Lane Striders	M	65	M V50	8
74	Luke Mcgovern	00:23:01	Liverpool Running Bugs	M	66	M Senior	13
75	John Brown	00:23:08	Penny Lane Striders	M	67	M V60	4
76	Simon Clarke	00:23:08	Southport Waterloo AC	M	68	M V55	4
77	Stella Reynolds	00:23:09	Widnes Running Club	F	9	F V50	3
78	Neil Brailsford	00:23:11	Knowsley Harriers AC	M	69	M V45	14
79	Chris Leedam	00:23:15	-	M	70	M V40	11
80	David Mcalister	00:23:23	Wallasey AC	M	71	M V60	5
81	Siân Evans	00:23:25	Rhedwyr Hebog	F	10	F V50	4
82	Darren Linnell	00:23:32	Knowsley Harriers AC	M	72	M Senior	14
83	Isla Matthews	00:23:35	Kirkby Milers	F	11	F U13	1
84	Kam Dosanjh	00:23:37	Penny Lane Striders	F	12	F V45	2
85	Lisa Cusack	00:23:41	Penny lane striders	F	13	F V45	3
86	Lewis Shaw	00:23:43	-	M	73	M Senior	15
87	Marty Hirrel	00:23:46	Penny Lane Striders	M	74	M V55	5
88	Michael Maloney	00:24:07	Knowsley Harriers AC	M	75	M V70	1
89	Daniel Hawkins	00:24:25	St Helens Striders	M	76	M Senior	16
90	Abir Ali	00:24:29	Liverpool Running Bugs	M	77	M V45	15
91	William Merritt	00:25:03	Knowsley Harriers AC	M	78	M V60	6
92	Kathleen Donzle	00:25:07	-	F	14	F V40	3
93	Isobel Blakemore-Cl	00:25:47	Liverpool Harriers	F	15	F U20	1
94	Alex Garner	00:26:03	-	M	79	M Senior	17
95	Simon Marchant	00:26:29	-	M	80	M Senior	18
96	Megan Thomas	00:26:53	Penny Lane Striders	F	16	F Senior	2
97	Claire Meadows	00:26:57	North Endurance	F	17	F V50	5
98	Kathryn Bayfield	00:27:13	Knowsley Harriers AC	F	18	F V35	2
99	Graeme Back	00:27:21	Penny Lane Striders	M	81	M V45	16
100	Clive Morrison	00:27:23	Run Sandymoor	M	82	M V60	7
101	Lesley-Anne Cucksey	00:27:46	Wallasey AC	F	19	F V60	1
102	Julie Edge	00:27:50	Run Sandymoor	F	20	F V50	6
103	John Dobie	00:28:05	Liverpool Pembroke Sefton AC	M	83	M V75	1
104	Philip Reeds	00:28:31	-	M	84	M Senior	19
105	Rachel Bramwell	00:28:34	Knowsley Harriers AC	F	21	F Senior	3
106	Ian Maddocks	00:28:57	-	M	85	M Senior	20
107	Angela Joyce Khac	00:29:49	Knowsley Harriers AC	F	22	F V65	1
108	Alan Joyce	00:29:50	Knowsley Harriers AC	M	86	M V65	4

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109	Kieran Grierson	00:31:00	-	M	87	M Senior	21
110	Gail Weston	00:35:29	Run Sandymoor	F	23	F V65	2
111	Elliott Murphy	00:35:33	Knowsley Harriers AC	M	88	M Senior	22
112	Shaun Geohan	00:39:11	Liverpool Running Bugs	M	89	M V55	6