

Name	Time	Position	Points
<b>Marathon time trial</b>			
Philip Taylor	02:54:21	1	40
Luke Jones	03:10:58	2	39
Stuart Atherton	03:14:51	3	38
Allan McDonough	03:25:34	4	37
Stephen Tomlinson	03:34:17	5	36
Arran Roberts	03:35:12	6	35
Sam Belfield	03:37:56	7	34
John McLaren	03:38:37	8	33
Josh Hughes	03:38:37	9	32
Michael Connolly	03:55:11	10	31
Emily Clare	04:08:03	11	30
Alan D'Henin	05:04:32	12	29
Paul Roberts	05:06:19	13	28
Nicola Roberts	05:20:33	14	27
Diane Peck	05:39:24	15	26
Francis Mellett	05:52:51	16	25
<b>Conwy Half Marathon - 19th Nov 2023</b>			
Philip Taylor	01:27:53	1	40
Stephen Tomlinson	01:36:16	2	39
Allan McDonough	01:37:15	3	38
Adam Flynn	01:37:15	4	37
Josh Hughes	01:41:27	5	36
Dawn Atherton	01:44:15	6	35
Emma Ladanowski	01:49:21	7	34
Stuart Atherton	01:49:51	8	33
Michael Connolly	01:50:18	9	32
Stephanie McBride	01:51:24	10	31
Andrea Newnes	01:55:01	11	30
Steve Minshull	01:55:04	12	29
Neil Brailsford	01:55:04	13	28
Darren Linnell	01:55:06	14	27
Kieran Horne	01:55:06	15	26
Mark Mills	01:56:11	16	25
Alex Garner	01:56:57	17	24
James Leyshon	02:01:00	18	23
John Connolly	02:01:19	19	22
Zoe Wolstencroft	02:02:42	20	21
Francis Mellett	02:08:45	21	20
Marie McEvoy	02:20:56	22	19
Samantha Gothard	02:38:21	23	18
<b>Bartletts Farndon 10k - 24 Sep 2023</b>			
John McLaren	00:40:11	1	40
Allan McDonough	00:50:01	2	39
Emma Ladanowski	00:51:02	3	38
Josh Hughes	00:51:03	4	37

<b>James' Place Halewood 5k - 2 Sep 2023</b>			
John McLaren	00:18:01	1	40
Phil Armstrong	00:18:50	2	39
Stuart Atherton	00:19:18	3	38
Sam Belfield	00:19:47	4	37
Alan Joyce	00:21:03	5	36
Ian McCarthy	00:21:53	6	35
Dagmara Stankiewicz	00:22:37	7	34
Philip Taylor	00:22:54	8	33
Neil Brailsford	00:23:28	9	32
Timo Nieminen	00:23:40	10	31
Ann-Marie McCarthy	00:23:50	11	30
Emma Ladanowski	00:24:04	12	29
Josh Hughes	00:24:06	13	28
Michael Maloney	00:24:20	14	27
William Merritt	00:24:45	15	26
Mike Evans	00:26:17	16	25
Alex GARNER	00:26:31	17	24
Angela Joyce	00:29:34	18	23
Katherine Stanley	00:30:12	19	22
Nicola Roberts	00:49:25	20	21
<b>Mid-Cheshire Summer 5km - 25th Aug 2023</b>			
John McLaren	00:17:48	1	40
Stuart Atherton	00:18:02	2	39
Josh Hughes	00:19:44	3	38
Alan Joyce	00:20:38	4	37
Elizabeth Gemmell	00:20:53	5	36
Steve Minshull	00:20:59	6	35
Dagmara Stankiewicz	00:22:09	7	34
Emma Ladanowski	00:23:18	8	33
Alan Spencer	00:24:00	9	32
Rachel Kettle	00:24:36	10	31
Zoe Wolstencroft	00:25:48	11	30
Angela Joyce	00:29:22	12	29
<b>Knowlsey Parkrun - 30 Sep 2023</b>			
Philip TAYLOR		1	40
Francis Nelson		2	39
Stephen NAND-LAL		3	38
Jon GRIEVE		4	37
Alan JOYCE		5	36
Arran Roberts		6	35
Elliott MURPHY		7	34
Andrew ROBERTSON		8	33
Michael CONNOLLY		9	32
Steve MINSHULL		10	31

Alan SPENCER		11	30
Rachel KETTLE		12	29
Tania SPARKS		13	28
Andrew CROSS		14	27
Angela JOYCE		15	26
Kieran GRIERSON		16	25
Alex GARNER		17	24
Jenny TOMKINSON		18	23
Jayne CROSS		19	22
Alan D'HENIN		20	21
Lisa MINSHULL		21	20
Joanne MOODY		22	19

**Liverpool Harriers Mystery 5k - 1 Aug 2023**

Jack PHILLIPS	17.11	1	40
John MCLAREN	17.45	2	39
Stuart ATHERTON	18.01	3	38
Luke JONES	18.2	4	37
Philip TAYLOR	18.37	5	36
Bartosz BORAWSKI	19.29	6	35
Josh HUGHES	20.06	7	34
Arran ROBERTS	20.28	8	33
Alan JOYCE	20.28	9	32
Adam FLYNN	20.57	10	31
Allan MCDONOUGH	21.07	11	30
Elliott MURPHY	21.08	12	29
Steve MINSHULL	21.37	13	28
Dagmara Stankiewicz	22.25	14	27
Stephen NAND-LAL	22.47	15	26
Darren LINNELL	23.43	16	25
Alex GARNER	23.58	17	24
Alan SPENCER	24.02	18	23
Michael MALONEY	24.18	19	22
Rachel KETTLE	24.56	20	21
Zoe WOLSTENCROFT	25.17	21	20
Karen MCDONOUGH	28.07	22	19
Angela JOYCE	29.59	23	18

**Birkenhead Park 5 Mile - 19th July 2023**

Stuart Atherton	00:30:14	1	40
Alan Joyce	00:34:22	2	39
Andrew Bradley	00:35:09	3	38
Matthew Strange	00:35:50	4	37
Justine Moore	00:36:11	5	36
Steve Minshull	00:36:46	6	35
Dagmara Stankiewicz	00:37:08	7	34
Alan Spencer	00:41:10	8	33
Zoe Wolstencroft	00:41:41	9	32
Angela Joyce	00:48:53	10	31

Paul Blaney	00:57:54	11	30
Suzanne Rooney	00:59:34	12	29
Francis Mellett	00:59:34	13	28
<b>Tony Barnes Sefton Park 5 mile - 5 July 2023</b>			
John McLaren	00:29:53	1	40
Stuart Atherton	00:30:05	2	39
Phil Armstrong	00:31:37	3	38
Elliott Murphy	00:33:09	4	37
Alan Joyce	00:34:03	5	36
Josh Hughes	00:34:19	6	35
Dawn Atherton	00:35:16	7	34
John McCaffrey	00:35:31	8	33
Justine Moore	00:35:34	9	32
Kieran Horne	00:35:49	10	31
Steve Minshull	00:35:52	11	30
Allan McDonough	00:35:52	12	29
Adam Flynn	00:36:45	13	28
Neil Brailsford	00:39:14	14	27
Paul Roberts	00:39:15	15	26
Luke Grugel	00:39:27	16	25
Darren Linnell	00:39:36	17	24
Alan Spencer	00:40:07	18	23
William Merritt	00:40:33	19	22
Rachel Kettle	00:41:13	20	21
Alex Brown	00:42:06	21	20
Mike Evans	00:42:53	22	19
Tania Sparks	00:42:57	23	18
Alex Garner	00:43:13	24	17
Katherine Stanley	00:50:11	25	16
Karen McDonough	00:50:29	26	15
Lisa Minshull	00:56:59	27	14
Amy McDonough	00:57:14	28	13
<b>Southport Half - 25 June 2023</b>			
Stuart Atherton	01:26:36	1	40
Arran Roberts	01:47:09	2	39
Emma Ladanowski	01:58:20	3	38
Josh Hughes	01:58:23	4	37
Francis Mellett	02:58:30	5	36
Marie McEvoy	03:00:24	6	35
Suzanne Rooney	03:00:24	7	34
<b>Penny Lane 10k - 18 June 2023</b>			
John McLaren	00:38:46	1	40
Stuart Atherton	00:39:26	2	39
Philip Taylor	00:40:03	3	38
Josh Hughes	00:43:37	4	37

Alan Joyce	00:43:53	5	36
Allan McDonough	00:44:21	6	35
Michael Connolly	00:44:52	7	34
Arran Roberts	00:46:05	8	33
Ian McCarthy	00:48:00	9	32
Emma Ladanowski	00:48:35	10	31
Alan Spencer	00:50:53	11	30
Paul Roberts	00:51:51	12	29
Rachel Kettle	00:52:34	13	28
Ann-Marie McCarthy	00:52:48	14	27
Heather Davies	00:53:02	15	26
Darren LINNELL	00:54:01	16	25
Alex GARNER	00:56:43	17	24
Zoe Wolstencroft	00:57:04	18	23
Angela Joyce	01:05:13	19	22
Katherine Stanley	01:06:55	20	21

#### RunThrough Jubilee Bridge 10k - 4 June 2023

Philip Taylor	00:38:53	1	40
ARRAN ROBERTS	00:45:25	2	39
RACHEL KETTLE	00:52:41	3	38
Alan Spencer	00:53:28	4	37
ZOE WOLSTENCROFT	00:55:41	5	36
Luke Grugel	00:56:22	6	35
SUZANNE ROONEY	01:13:37	7	34
FRANCIS MELLETT	01:13:38	8	33

#### Blackpool Prom 10 Mile - 20 May 2023

John McLaren	01:04:58	1	40
Stuart Atherton	01:07:11	2	39
Dagmara Stankiewicz	01:18:02	3	38
James Leyshon	01:25:38	4	37
Emma Ladanowski	01:34:13	5	36

#### Maurice Collins Walton Hall Park 5; 9 May 2023

Philip Taylor	00:29:33	1	40
John McLaren	00:30:29	2	39
John Gilbert	00:31:23	3	38
Stuart Atherton	00:31:52	4	37
Alan Joyce	00:34:30	5	36
Elizabeth Gemmell	00:34:42	6	35
Josh Hughes	00:34:46	7	34
Steve Minshull	00:37:53	8	33
Dagmara Stankiewicz	00:38:23	9	32
Emma Ladanowski	00:39:28	10	31
William Merritt	00:41:33	11	30
Zoe Wolstencroft	00:48:05	12	29
Angela Joyce	00:51:14	13	28

Lisa Minshull	00:57:22	14	27
<b>Liverpool Spring 10k; 07 May 2023</b>			
Philip Taylor	00:37:34	1	40
John McLaren	00:37:48	2	39
John Gilbert	00:38:38	3	38
Stuart Atherton	00:40:44	4	37
Andrew Bradley	00:41:54	5	36
Allan McDonough	00:43:54	6	35
Matthew Strange	00:44:33	7	34
Sam Belfield	00:45:15	8	33
Josh Hughes	00:46:47	9	32
Steve Minshull	00:47:57	10	31
Dagmara Stankiewicz	00:48:21	11	30
John Davies	00:49:29	12	29
Emma Ladanowski	00:51:04	13	28
Rachel Kettle	00:54:18	14	27
Tania Sparks	00:54:39	15	26
Graham Deane	00:56:18	16	25
Alan Williamson	00:56:46	17	24
Marie McEvoy	00:56:46	18	23
Simon Ellis	00:57:08	19	22
Mike Evans	00:57:25	20	21
Kay Williamson	00:58:07	21	20
Frank Murphy	01:02:23	22	19
Elaine Berry	01:05:42	23	18
Bex Dennehy	01:08:07	24	17
Jill Hudson	01:08:30	25	16
Jemma Dale	01:08:42	26	15
Jayne Cross	01:10:43	27	14
Lisa Minshull	01:16:30	28	13
Joanne Moody	01:18:48	29	12
<b>Hale Village 5 mile; 9 April 2023</b>			
John McLaren	00:30:23	1	40
Philip Taylor	00:30:54	2	39
Stuart Atherton	00:32:06	3	38
Chris Pownell	00:32:37	4	37
Elliott Murphy	00:34:13	5	36
Allan McDonough	00:34:47	6	35
Alan Joyce	00:35:07	7	34
Dawn Atherton	00:35:57	8	33
Josh Hughes	00:36:01	9	32
John McCaffrey	00:37:16	10	31
Steve Minshull	00:37:17	11	30
Emma Ladanowski	00:39:01	12	29
Timo Nieminen	00:39:35	13	28
Paul Roberts	00:40:17	14	27
Alan Spencer	00:42:22	15	26

Mike Evans	00:42:28	16	25
Francis Mellett	00:42:58	17	24
Rachel Kettle	00:43:03	18	23
James McEvoy	00:47:28	19	22
Marie McEvoy	00:47:29	20	21
Bex Dennehy	00:52:19	21	20
Angela Joyce	00:53:38	22	19
Paul Blaney	00:57:06	23	18
Cara Bartlett	00:57:56	24	17
Amy Neill	00:59:17	25	16
Lisa Minshull	00:59:48	26	15
Barbara Waterson	01:00:28	27	14
Sarah Jane Pemberton	01:00:29	28	13
Suzanne Rooney	01:00:53	29	12
Joanne Moody	01:00:54	30	11
Ann Moore	01:12:17	31	10
<b>BTR Half Marathon; 26 Mar 2023</b>			
Rob Owens		1	40
Richard Lysons		2	39
John McLaren		3	38
John Gilbert		4	37
Stuart Atherton		5	36
Kelly Marrin		6	35
Jon Grieve		7	34
Josh Hughes		8	33
John Davies		9	32
Alan Williamson		10	31
Emily Clare		11	30
Heather Davies		12	29
Chris Wills		13	28
Nicola Roberts		14	27
Kieran Grierson		15	26
Francis Mellett		16	25
Bex Dennehy		17	24
Joanne Moody		18	23
<b>Colwyn Bay Metric Marathon; 19 Mar 2023</b>			
Luke Jones	01:47:54	1	40
Philip Taylor	01:48:23	2	39
Allan McDonough	02:05:11	3	38
Jon Grieve	02:05:17	4	37
Sara Roberts	02:28:06	5	36
<b>St Helens 10k; 5 Mar 2023</b>			
Richard Lysons		1	40
John McLaren		2	39
Stuart Atherton		3	38

Dawn Atherton		4	37
Ethan Burns		5	36
Alan Joyce		6	35
Dagmara Stankiewicz		7	34
Paul Roberts		8	33
Zoe Wolstencroft		9	32
Jon Grieve		10	31
Heather Davies		11	30
James Leyshon		12	29
Alan Spencer		13	28
Francis Mellett		14	27
Nicola Roberts		15	26
Simon Ellis		16	25
Paul Blaney		17	24
Suzanne Rooney		18	23
<b>4 Villages Half Marathon; 15 Jan 2023</b>			
Karl Budworth	01:21:39	1	40
John Gilbert	01:25:34	2	39
John McLaren	01:26:12	3	38
Jon Grieve	01:32:16	4	37
Danielle Scott	01:33:50	5	36
Kelly Marrin	01:34:28	6	35
Elizabeth Gemmell	01:36:07	7	34
Chris Wills	01:45:43	8	33