

# Sheet1

Sefton Park 24<sup>th</sup> November 2018

| Pos | No   | Time     | Forename    | Surname    | M/F | Club                  |
|-----|------|----------|-------------|------------|-----|-----------------------|
| 1   | 1131 | 00:28:06 | Charlie     | Hulson     | M   | Liverpool Harriers    |
| 2   | 1397 | 00:29:01 | Dejene      | Gezimu     | M   | Liverpool Harriers    |
| 3   | 1134 | 00:29:20 | Daniel      | Jarvis     | M   | Liverpool Harriers    |
| 4   | 1276 | 00:29:33 | Abdulqani   | Sharif     | M   | Liverpool Harriers    |
| 5   |      | 00:30:08 | Giffiths    | Tom        | M   | St Helens Sutton AC   |
| 6   | 1204 | 00:30:14 | Liam        | Burthem    | M   | Liverpool Harriers    |
| 7   | 1230 | 00:30:43 | Cameron     | Field      | M   | Liverpool Harriers    |
| 8   | 2769 | 00:30:48 | James       | Tartt      | M   | Southport Waterloo AC |
| 9   | 2753 | 00:30:56 | Ben         | Johnson    | M   | Southport Waterloo AC |
| 10  | 1132 | 00:31:18 | Mathew      | Jackson    | M   | Liverpool Harriers    |
| 11  | 1595 | 00:31:26 | Harley      | Henshaw    | M   | Wirral AC             |
| 12  | 1251 | 00:31:42 | Aaron       | Jarvis     | M   | Liverpool Harriers    |
| 13  | 1404 | 00:31:50 | Thomas      | Rogerson   | M   | Liverpool Harriers    |
| 14  | 1391 | 00:31:56 | Richard     | Burney     | M   | Liverpool Harriers    |
| 15  | 1503 | 00:32:14 | Martin      | Swensson   | M   | Penny Lane Striders   |
| 16  | 1420 | 00:32:24 | Christopher | Maher      | M   | LivPembroke & Sef AC  |
| 17  | 2773 | 00:32:37 | Ciaran      | Walsh      | M   | Southport Waterloo AC |
| 18  | 1521 | 00:32:49 | Jon-Jo      | Doherty    | M   | St Helens Sutton AC   |
| 19  | 1406 | 00:32:51 | Lee         | Siemaszko  | M   | Liverpool Harriers    |
| 20  | 2745 | 00:32:55 | Mark        | Dunham     | M   | Southport Waterloo AC |
| 21  | 1374 | 00:33:01 | Chris       | Pownell    | M   | Knowsley Harriers     |
| 22  | 1463 | 00:33:02 | Jamie       | Rutherford | M   | Liverpool RC          |
| 23  | 1405 | 00:33:02 | Andy        | Salmon     | M   | Liverpool Harriers    |
| 24  | 1430 | 00:33:04 | Mark        | Wynne      | M   | LivPembroke & Sef AC  |
| 25  | 1293 | 00:33:08 | James       | Wootton    | M   | Liverpool Harriers    |
| 26  | 2749 | 00:33:40 | David       | Hamilton   | M   | Southport Waterloo AC |
| 27  | 1577 | 00:34:00 | Rob         | Pearse     | M   | Wallasey AC           |
| 28  | 1373 | 00:34:06 | Robert      | Owens      | M   | Knowsley Harriers     |
| 29  | 1529 | 00:34:20 | David       | Twigg      | M   | St Helens Sutton AC   |
| 30  | 1467 | 00:34:30 | Thomas      | Wilson     | M   | Liverpool RC          |
| 31  | 1597 | 00:34:30 | Stephen     | Spence     | M   | Wirral AC             |
| 32  | 1427 | 00:34:35 | Ian         | Roberts    | M   | LivPembroke & Sef AC  |
| 33  | 1371 | 00:34:45 | James       | Thompson   | M   | Knowsley Harriers     |
| 34  | 1370 | 00:34:48 | Stephen     | Campbell   | M   | Knowsley Harriers     |
| 35  | 1401 | 00:34:52 | Euan        | Martin     | M   | Liverpool Harriers    |
| 36  | 1582 | 00:34:57 | Jay         | Walker     | M   | Wallasey AC           |
| 37  | 2755 | 00:34:58 | Andrew      | Kershaw    | M   | Southport Waterloo AC |
| 38  | 1381 | 00:34:59 | William     | Hine       | M   | Mossley Hill AC       |
| 39  | 1282 | 00:35:00 | Bradley     | Spurdens   | M   | West Cheshire AC      |
| 40  | 1260 | 00:35:01 | Calum       | Mitchell   | M   | Liverpool Harriers    |
| 41  | 1390 | 00:35:02 | Alan        | Ashton     | M   | Liverpool Harriers    |
| 42  | 1403 | 00:35:10 | Adrian      | Roach      | M   | Liverpool Harriers    |
| 43  | 2771 | 00:35:15 | Alex        | Waddelove  | M   | Southport Waterloo AC |
| 44  | 1460 | 00:35:31 | Ian         | Magill     | M   | Liverpool RC          |
| 45  | 1557 | 00:35:33 | Pete        | Clarke     | M   | Wallasey AC           |
| 46  | 1530 | 00:35:38 | Andrew      | Wilson     | M   | St Helens Sutton AC   |
| 47  | 1423 | 00:35:45 | Paul        | Milburn    | M   | LivPembroke & Sef AC  |
| 48  | 1181 | 00:35:46 | Andrew      | Storey     | M   | Liverpool Harriers    |
| 49  | 1598 | 00:35:55 | Ian         | Wallace    | M   | Wirral AC             |
| 50  | 1425 | 00:35:58 | Kyle        | Nicholls   | M   | LivPembroke & Sef AC  |

## Sheet1

|     |      |          |             |               |   |                           |
|-----|------|----------|-------------|---------------|---|---------------------------|
| 51  | 1593 | 00:36:01 | Peter       | Fraser        | M | Wirral AC                 |
| 52  | 1608 | 00:36:01 | Matthew     | Goodwin       | M | UTS Running Club          |
| 53  | 2756 | 00:36:05 | Mike        | Leatherbarrow | M | Southport Waterloo AC     |
| 54  | 1399 | 00:36:07 | Glen        | Groves        | M | Liverpool Harriers        |
| 55  | 1421 | 00:36:11 | Phil        | Mcdonald      | M | LivPembroke & Sef AC      |
| 56  | 1393 | 00:36:28 | Robbie      | Collins       | M | Liverpool Harriers        |
| 57  | 1590 | 00:36:31 | Richard     | Davies        | M | Wirral AC                 |
| 58  | 1412 | 00:36:32 | Sammy       | Rashid        | M | LivPembroke & Sef AC      |
| 59  | 1592 | 00:36:34 | William     | Ferguson      | M | Wirral AC                 |
| 60  | 2761 | 00:36:35 | James       | Paybody       | M | Southport Waterloo AC     |
| 61  | 1591 | 00:36:41 | Simon       | Dunk          | M | Wirral AC                 |
| 62  | 1342 | 00:36:41 | Wilde       | Simon         | M | Chester Tri               |
| 63  | 1376 | 00:36:43 | Paul        | Waters        | M | Knowsley Harriers         |
| 64  | 1337 | 00:36:44 | Slann       | Laurence      | M | Chester Tri               |
| 65  | 1498 | 00:36:46 | Phil        | Riding        | M | Penny Lane Striders       |
| 66  | 1604 | 00:36:51 | Paul        | Bradford      | M | UTS Running Club          |
| 67  | 1413 | 00:36:53 | Mike        | Gall          | M | LivPembroke & Sef AC      |
| 68  | 1565 | 00:36:55 | Tom         | Gillbanks     | M | Wallasey AC               |
| 69  | 1518 | 00:36:55 | Steve       | Anders        | M | St Helens Sutton AC       |
| 70  | 1333 | 00:37:01 | Howarth     | Andrew        | M | Chester Tri               |
| 71  | 1596 | 00:37:04 | Alan        | Robertson     | M | Wirral AC                 |
| 72  | 1562 | 00:37:05 | Matt        | Wilson        | M | Wallasey AC               |
| 73  | 1523 | 00:37:07 | John        | Greenall      | M | St Helens Sutton AC       |
| 74  | 2774 | 00:37:08 | Stephen     | Ward          | M | Southport Waterloo AC     |
| 75  | 1492 | 00:37:27 | Sean        | Jones         | M | Penny Lane Striders       |
| 76  | 2758 | 00:37:36 | Rob         | Mcgrath       | M | Southport Waterloo AC     |
| 77  | 2767 | 00:37:48 | John        | Sprackland    | M | Southport Waterloo AC     |
| 78  | 1485 | 00:37:54 | Graham      | Douglas       | M | Penny Lane Striders       |
| 79  | 2765 | 00:37:56 | Gareth      | Simpson       | M | Southport Waterloo AC     |
| 80  | 1513 | 00:37:56 | Kevin       | Walker        | M | Skemersdale / Boundary AC |
| 81  | 1356 | 00:38:05 | Kevin       | Smith         | M | Helsby RC                 |
| 82  | 1091 | 00:38:11 | Andrew      | Carter        | M | West Cheshire AC          |
| 83  | 1411 | 00:38:14 | Sam         | Carr          | M | LivPembroke & Sef AC      |
| 84  | 1341 | 00:38:24 | Waring      | Michael       | M | Chester Tri               |
| 85  | 1484 | 00:38:31 | Colin       | Dobbs         | M | Penny Lane Striders       |
| 86  | 1441 | 00:38:44 | Ian         | Hewitt        | M | Liverpool Running Bugs    |
| 87  | 1564 | 00:38:46 | Matt        | Gillbanks     | M | Wallasey AC               |
| 88  | 1504 | 00:38:46 | Colin       | Walsh         | M | Penny Lane Striders       |
| 89  | 1563 | 00:38:53 | Phil        | Dabner        | M | Wallasey AC               |
| 90  | 1330 | 00:38:55 | Ellis       | Simon         | M | Chester Tri               |
| 91  | 2770 | 00:38:59 | Mike        | Taylor        | M | Southport Waterloo AC     |
| 92  | 1519 | 00:39:08 | Will        | Beesley       | M | St Helens Sutton AC       |
| 93  | 1178 | 00:39:09 | Anthony     | Spruce        | M | West Cheshire AC          |
| 94  | 1377 | 00:39:14 | Dominic     | Cooper        | M | Mossley Hill AC           |
| 95  | 1382 | 00:39:15 | John        | Kenny         | M | Mossley Hill AC           |
| 96  | 1355 | 00:39:20 | Ian         | Rutherford    | M | Helsby RC                 |
| 97  | 2760 | 00:39:26 | Carl        | Mcmahon       | M | Southport Waterloo AC     |
| 98  | 1525 | 00:39:40 | Leon        | Hill          | M | St Helens Sutton AC       |
| 99  | 1528 | 00:39:40 | Christopher | Taylor        | M | St Helens Sutton AC       |
| 100 | 1394 | 00:39:43 | John        | Connolly      | M | Liverpool Harriers        |
| 101 | 1414 | 00:39:44 | Danny       | Gilbody       | M | LivPembroke & Sef AC      |
| 102 | 2766 | 00:39:56 | Martyn      | Smyth         | M | Southport Waterloo AC     |
| 103 | 1527 | 00:40:02 | Ian         | Roberts       | M | St Helens Sutton AC       |

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|     |      |          |             |             |   |                           |
|-----|------|----------|-------------|-------------|---|---------------------------|
| 104 | 1610 | 00:40:03 | John        | Hammond     | M | UTS Running Club          |
| 105 | 1426 | 00:40:03 | Christopher | Pedder      | M | LivPembroke & Sef AC      |
| 106 | 1606 | 00:40:12 | Richard     | Burrows     | M | UTS Running Club          |
| 107 | 1522 | 00:40:13 | Barry       | Graney      | M | St Helens Sutton AC       |
| 108 | 1599 | 00:40:14 | Nick        | Wilson      | M | Wirral AC                 |
| 109 | 1458 | 00:40:18 | Robert      | Burke       | M | Liverpool RC              |
| 110 | 1493 | 00:40:23 | Andrew      | Keeley      | M | Penny Lane Striders       |
| 111 | 1488 | 00:40:35 | Mal         | Gordon      | M | Penny Lane Striders       |
| 112 | 1465 | 00:40:49 | Dean        | Wilson      | M | Liverpool RC              |
| 113 | 1476 | 00:40:53 | Andrew      | Biddle      | M | Penny Lane Striders       |
| 114 | 2746 | 00:41:01 | Ian         | Fitzpatrick | M | Southport Waterloo AC     |
| 115 | 1501 | 00:41:13 | Ian         | Russell     | M | Penny Lane Striders       |
| 116 | 1392 | 00:41:16 | Paul        | Harrison    | M | Liverpool Harriers        |
| 117 | 1324 | 00:41:17 | Atkinson    | Ian         | M | Chester Tri               |
| 118 | 1352 | 00:41:19 | Christopher | Murray      | M | Helsby RC                 |
| 119 | 1491 | 00:41:21 | John        | Jensen      | M | Penny Lane Striders       |
| 120 | 1369 | 00:41:25 | Tadie       | Abeki       | M | Knowsley Harriers         |
| 121 | 1482 | 00:41:30 | Richard     | Costain     | M | Penny Lane Striders       |
| 122 | 2754 | 00:41:31 | Rob         | Johnson     | M | Southport Waterloo AC     |
| 123 | 1343 | 00:41:41 | Phillip     | Magraw      | M | Ellesmere Port RR         |
| 124 | 1444 | 00:41:44 | Christopher | Lee         | M | Liverpool Running Bugs    |
| 125 | 1506 | 00:41:45 | Michael     | Aisbitt     | M | Skemersdale / Boundary AC |
| 126 | 1338 | 00:41:50 | Spall       | Stephen     | M | Chester Tri               |
| 127 | 1329 | 00:41:55 | Dawe        | Andrew      | M | Chester Tri               |
| 128 | 1553 | 00:41:56 | John        | Bassett     | M | Wallasey AC               |
| 129 | 1332 | 00:41:58 | Colin       | Berry       | M | Ellesmere Port RR         |
| 130 | 1494 | 00:42:04 | David       | Lynan       | M | Penny Lane Striders       |
| 131 | 1462 | 00:42:15 | Jason       | Pierce      | M | Liverpool RC              |
| 132 | 1266 | 00:42:17 | Adam        | Poole       | M | West Cheshire AC          |
| 133 | 1570 | 00:42:28 | Dave        | Mcalister   | M | Wallasey AC               |
| 134 | 1514 | 00:42:40 | Luke        | Wills       | M | Skemersdale / Boundary AC |
| 135 | 1331 | 00:42:41 | Fitzpatrick | Ian         | M | Chester Tri               |
| 136 | 1351 | 00:42:42 | Davyd       | Michell     | M | Helsby RC                 |
| 137 | 1145 | 00:42:48 | Alan        | Mcdermott   | M | Penny Lane Striders       |
| 138 | 1499 | 00:42:52 | Thomas      | Rimmer      | M | Penny Lane Striders       |
| 139 | 2744 | 00:42:55 | Mike        | Cunningham  | M | Southport Waterloo AC     |
| 140 | 1437 | 00:42:58 | Alex        | Bentley     | M | Liverpool Running Bugs    |
| 141 | 1480 | 00:42:59 | Michael     | Connor      | M | Penny Lane Striders       |
| 142 | 1416 | 00:43:03 | Mark        | Hudson      | M | LivPembroke & Sef AC      |
| 143 | 1378 | 00:43:12 | Eammon      | Cullen      | M | Mossley Hill AC           |
| 144 | 1481 | 00:43:21 | Robert      | Cooper      | M | Penny Lane Striders       |
| 145 | 2759 | 00:43:28 | Stephen     | Mclean      | M | Southport Waterloo AC     |
| 146 | 2747 | 00:43:32 | Steve       | Flanagan    | M | Southport Waterloo AC     |
| 147 | 1612 | 00:43:35 | Greg        | Sinnott     | M | UTS Running Club          |
| 148 | 1380 | 00:43:47 | Jim         | Ennis       | M | Mossley Hill AC           |
| 149 | 1325 | 00:43:49 | Ainscough   | Ian         | M | Chester Tri               |
| 150 | 1353 | 00:43:53 | Steve       | Reily       | M | Helsby RC                 |
| 151 | 1440 | 00:43:57 | Andrew      | Glen        | M | Liverpool Running Bugs    |
| 152 | 1419 | 00:44:02 | Stephen     | Lennon      | M | LivPembroke & Sef AC      |
| 153 | 1589 | 00:44:03 | Chris       | Ball        | M | Wirral AC                 |
| 154 | 1336 | 00:44:09 | Robb        | John        | M | Chester Tri               |
| 155 | 1334 | 00:44:14 | Jenkins     | Neil        | M | Chester Tri               |
| 156 | 1496 | 00:44:15 | Steve       | Pemberton   | M | Penny Lane Striders       |

## Sheet1

|     |      |          |             |            |   |                           |
|-----|------|----------|-------------|------------|---|---------------------------|
| 157 | 1466 | 00:44:24 | Paul        | Wilson     | M | Liverpool RC              |
| 158 | 1459 | 00:44:32 | Matt        | Helme      | M | Liverpool RC              |
| 159 | 2742 | 00:44:35 | Phil        | Bailey     | M | Southport Waterloo AC     |
| 160 | 1603 | 00:44:42 | Neil        | Beckett    | M | UTS Running Club          |
| 161 | 1461 | 00:44:47 | George      | Pierce     | M | Liverpool RC              |
| 162 | 1322 | 00:44:59 | Ian         | Kirkby     | M | Ellesmere Port RR         |
| 163 |      | 00:45:14 | Andrew      | O'Connor   | M | St Helens Sutton AC       |
| 164 | 2757 | 00:45:18 | Graham      | Liu        | M | Southport Waterloo AC     |
| 165 | 1375 | 00:45:46 | Alan        | Spencer    | M | Knowsley Harriers         |
| 166 | 1551 | 00:45:58 | Paul        | Witt       | M | Wallasey AC               |
| 167 | 2752 | 00:46:02 | Clive       | James      | M | Southport Waterloo AC     |
| 168 | 1372 | 00:46:08 | William     | Merritt    | M | Knowsley Harriers         |
| 169 | 1384 | 00:46:38 | Alex        | Palmer     | M | Mossley Hill AC           |
| 170 | 1571 | 00:46:44 | Derek       | Mcardle    | M | Wallasey AC               |
| 171 | 1520 | 00:46:48 | Greg        | Carns      | M | St Helens Sutton AC       |
| 172 | 1611 | 00:46:53 | Paul        | Holmes     | M | UTS Running Club          |
| 173 | 1487 | 00:46:59 | Tony        | Green      | M | Penny Lane Striders       |
| 174 | 1510 | 00:47:02 | Karolina    | Graves     | M | Skemersdale / Boundary AC |
| 175 | 1477 | 00:47:24 | Tommy       | Burke      | M | Penny Lane Striders       |
| 176 | 1464 | 00:47:29 | Mark        | Scott      | M | Liverpool RC              |
| 177 | 1141 | 00:47:35 | Terry       | Lynch      | M | Penny Lane Striders       |
| 178 | 2940 | 00:47:46 | Lee         | Cummingham | M | Liverpool RC              |
| 179 | 2776 | 00:47:59 | Gareth      | Williams   | M | Southport Waterloo AC     |
| 180 | 1508 | 00:48:06 | Andy        | Dalton     | M | Skemersdale / Boundary AC |
| 181 | 1340 | 00:48:20 | Tran        | Ray        | M | Chester Tri               |
| 182 | 1328 | 00:48:26 | Collyer     | Steve      | M | Chester Tri               |
| 183 | 1442 | 00:48:28 | Gary        | Hinds      | M | Liverpool Running Bugs    |
| 184 | 1579 | 00:48:33 | Dan         | Seddon     | M | Wallasey AC               |
| 185 | 1613 | 00:48:34 | Michael     | Stone      | M | UTS Running Club          |
| 186 | 1386 | 00:49:13 | Richard     | Roberts    | M | Mossley Hill AC           |
| 187 | 1339 | 00:49:57 | Taylor      | David      | M | Chester Tri               |
| 188 | 1550 | 00:50:12 | Steve       | Armstrong  | M | Wallasey AC               |
| 189 | 1387 | 00:50:15 | Colin       | Sefton     | M | Mossley Hill AC           |
| 190 | 1388 | 00:50:49 | Stephen     | Draper     | M | Mossley Hill AC           |
| 191 | 2743 | 00:51:03 | Lee         | Coupland   | M | Southport Waterloo AC     |
| 192 | 1349 | 00:51:32 | Tom         | Dejong     | M | Helsby RC                 |
| 193 | 1470 | 00:52:11 | Rebecca     | Hylton     | F | Moseley Hill AC           |
| 194 | 1327 | 00:52:33 | Carter      | Paul       | M | Chester Tri               |
| 195 | 1446 | 00:52:47 | Christopher | Owen       | M | Liverpool Running Bugs    |
| 196 | 2762 | 00:52:55 | Ian         | Pike       | M | Southport Waterloo AC     |
| 197 | 1385 | 00:53:52 | Jim         | Pettit     | M | Mossley Hill AC           |
| 198 | 1357 | 00:55:19 | Stephen     | Wiggins    | M | Helsby RC                 |
| 199 | 1500 | 00:56:30 | James       | Roberts    | M | Penny Lane Striders       |
| 200 | 1471 | 00:58:00 | Lauren      | Parker     | F | Moseley Hill AC           |
| 201 | 1469 | 00:58:00 | Megan       | Buckley    | F | Moseley Hill AC           |
| 202 | 1439 | 00:58:58 | Kdar        | Dhopate    | M | Liverpool Running Bugs    |

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|    |                     |       |
|----|---------------------|-------|
| 1  | Liverpool Harriers  | 23    |
| 2  | Southport Waterloo  | 117   |
| 3  | Liv Pem & Sefton    | 224   |
| 4  | St Helens Sutton    | 240   |
| 5  | Wirral AC           | 258   |
| 6  | Knowlsey Harriers   | 299   |
| 7  | Wallasey AC         | 335   |
| 8  | Penny Lane Striders | 405   |
| 9  | Liverpool RC        | 448   |
| 10 | Chester Tri         | 487   |
| 11 | UTS Running Club    | 635   |
| 12 | Mossley Hill AC     | 686   |
| 13 | Helsby              | 772   |
| 14 | Running Bugs        | 877   |
| 15 | Skern Boundary      | 892*  |
| 16 | West Cheshire AC    | 751** |



|    |                     | Arrowe Park | Sefton Park | Total |
|----|---------------------|-------------|-------------|-------|
| 1  | Liverpool Harriers  | 36          | 23          | 59    |
| 2  | Liv Pem & Sefton    | 80          | 117         | 197   |
| 3  | St Helens Sutton    | 107         | 240         | 347   |
| 4  | Wirral AC           | 244         | 258         | 502   |
| 5  | Wallasey AC         | 224         | 335         | 559   |
| 6  | Knowlsey Harriers   | 411         | 299         | 710   |
| 7  | Chester Tri         | 313         | 487         | 800   |
| 8  | Penny Lane Striders | 494         | 405         | 899   |
| 9  | Mossley Hill AC     | 384         | 686         | 1070  |
| 10 | UTS Running Club    | 437         | 635         | 1072  |
| 11 | Helsby              | 329         | 772         | 1101  |
| 12 | Liverpool RC        | 655         | 448         | 1103  |
| 13 | Running Bugs        | 646         | 887         | 1533  |
| 14 | Southport Waterloo  |             | 117         | 117   |
| 16 | West Cheshire AC    |             | 751**       | 0     |
| 17 | Skern Boundary      |             | 892*        | 0     |

### Senior Women

| Pos | No   | Time     | Forename  | Surname         | M/F | Club                           |
|-----|------|----------|-----------|-----------------|-----|--------------------------------|
| 1   | 993  | 00:28:26 | Kirsty    | Longley         | F   | Liverpool Pembroke & Sefton AC |
| 2   | 1055 | 00:29:04 | Rosie     | Johnson         | F   | Liverpool Pembroke & Sefton AC |
| 3   | 955  | 00:29:38 | Rachael   | Burns           | F   | Liverpool Harriers             |
| 4   | 1046 | 00:30:38 | Hannah    | Delaney         | F   | Liverpool Harriers             |
| 5   | 1041 | 00:32:55 | Abbie     | Bulbulian       | F   | Liverpool University AC        |
| 6   | 971  | 00:32:56 | Rachael   | Fairclough      | F   | St. Helens Striders            |
| 7   | 1032 | 00:32:59 | Charlotte | Wilson-Dewhurst | F   | Liverpool Harriers             |
| 8   | 978  | 00:33:50 | Claire    | Harris          | F   | West Cheshire AC               |
| 9   | 2726 | 00:33:54 | Clare     | Constable       | F   | Southport Waterloo AC          |

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|    |      |          |           |                 |   |                        |
|----|------|----------|-----------|-----------------|---|------------------------|
| 10 | 2381 | 00:34:07 | Hannah    | Hughes          | F | Liverpool Harriers     |
| 11 | 2722 | 00:34:13 | Tracy     | Allan           | F | Southport Waterloo AC  |
| 12 | 1320 | 00:34:18 | Susan     | Fourie          | F | Chester Tri            |
| 13 | 1549 | 00:34:23 | Helen     | Stansfield      | F | Wallasey AC            |
| 14 | 1472 | 00:34:43 | Holly     | Bishton         | F | Penny Lane Striders    |
| 15 | 1473 | 00:34:57 | Kathryn   | Bradley         | F | Penny Lane Striders    |
| 16 | 1535 | 00:34:59 | Rebecca   | Blacklock       | F | Wallasey AC            |
| 17 | 1345 | 00:35:08 | Laura     | Baynham-Hughes  | F | Helsby RC              |
| 18 | 2738 | 00:35:20 | Nicola    | Simpson         | F | Southport Waterloo AC  |
| 19 | 1600 | 00:35:31 | Weeks     | Nadine          | F | UTS Running Club       |
| 20 | 1365 | 00:36:01 | Janet     | Owens           | F | Knowsley Harriers      |
| 21 | 1362 | 00:36:10 | Louise    | Jackson         | F | Knowsley Harriers      |
| 22 | 1538 | 00:36:14 | Katherine | Holley          | F | Wallasey AC            |
| 23 | 1547 | 00:36:27 | Kate      | Ryan            | F | Wallasey AC            |
| 24 | 1454 | 00:36:29 | Lisa      | Mercer          | F | Liverpool RC           |
| 25 | 1533 | 00:36:46 | Michelle  | Alty            | F | Wallasey AC            |
| 26 | 1475 | 00:36:48 | Lenka     | Vidamour        | F | Penny Lane Striders    |
| 27 | 1455 | 00:36:54 | Laura     | Owens           | F | Liverpool RC           |
| 28 | 1474 | 00:37:18 | Charlotte | Sanderson-Rigby | F | Penny Lane Striders    |
| 29 | 1516 | 00:37:21 | Louise    | Hogg            | F | St Helens Sutton AC    |
| 30 | 1540 | 00:37:34 | Vicky     | Kehoe           | F | Wallasey AC            |
| 31 | 2739 | 00:38:15 | Michelle  | Spencer         | F | Southport Waterloo AC  |
| 32 | 2382 | 00:38:41 | Emily     | Rowe            | F | Liverpool Harriers     |
| 33 | 1347 | 00:38:46 | Rachael   | Holden          | F | Helsby RC              |
| 34 | 1027 | 00:39:02 | Angela    | Tegg            | F | West Cheshire AC       |
| 35 | 1323 | 00:39:07 | Rosemary  | Symms           | F | Chester Tri            |
| 36 |      | 00:39:10 | Amy       | Corfield        | F | St Helens Sutton AC    |
| 37 | 2937 | 00:39:11 | Alison    | McDonald        | F | Ellesmere Port RR      |
| 38 | 1548 | 00:39:11 | Rachel    | Saunders        | F | Wallasey AC            |
| 39 | 2731 | 00:39:12 | Carole    | James           | F | Southport Waterloo AC  |
| 40 | 1545 | 00:40:16 | Mary      | Rees            | F | Wallasey AC            |
| 41 | 1456 | 00:40:17 | Abigail   | Willmitt        | F | Liverpool RC           |
| 42 | 1367 | 00:40:26 | Katie     | Pownell         | F | Knowsley Harriers      |
| 43 | 1534 | 00:40:30 | Julie     | Narbet          | F | Wallasey AC            |
| 44 | 1542 | 00:40:37 | Louise    | Marsden         | F | Wallasey AC            |
| 45 | 1451 | 00:40:43 | Dawn      | Fairclough      | F | Liverpool RC           |
| 46 | 1348 | 00:40:46 | Susie     | Woodward-Moor   | F | Helsby RC              |
| 47 | 1543 | 00:40:47 | Jan       | Mcard           | F | Wallasey AC            |
| 48 | 1452 | 00:41:18 | Alexandra | Harrison        | F | Liverpool RC           |
| 49 | 1366 | 00:41:24 | Anja      | Pownell         | F | Knowsley Harriers      |
| 50 | 2735 | 00:41:35 | Helen     | Lodge           | F | Southport Waterloo AC  |
| 51 | 1541 | 00:41:52 | Sharon    | Lamont          | F | Wallasey AC            |
| 52 | 2740 | 00:43:18 | Susan     | Stewart         | F | Southport Waterloo AC  |
| 53 | 2723 | 00:43:53 | Gina      | Bellhouse       | F | Southport Waterloo AC  |
| 54 | 997  | 00:43:56 | Hannah    | Moorhouse       | F | West Cheshire AC       |
| 55 | 2736 | 00:44:50 | Catherine | Mcelhinney      | F | Southport Waterloo AC  |
| 56 | 2727 | 00:44:54 | Sue       | Cooper          | F | Southport Waterloo AC  |
| 57 | 1449 | 00:45:02 | Sue       | Burke           | F | Liverpool RC           |
| 58 | 1433 | 00:45:13 | Tracey    | Goble           | F | Liverpool Running Bugs |
| 59 | 1536 | 00:46:05 | Caet      | Cuthbert        | F | Wallasey AC            |
| 60 | 2724 | 00:46:13 | Jane      | Blacklin        | F | Southport Waterloo AC  |
| 61 | 2728 | 00:46:35 | Katy      | Coupland        | F | Southport Waterloo AC  |
| 62 | 1384 | 00:46:38 | Alex      | Palmer          | M | Mossley Hill AC        |

## Sheet1

|    |      |          |                |           |   |                        |
|----|------|----------|----------------|-----------|---|------------------------|
| 63 | 1434 | 00:49:35 | Suzanne        | Hall      | F | Liverpool Running Bugs |
| 64 | 1436 | 00:51:14 | Paula          | Need      | F | Liverpool Running Bugs |
| 65 | 1602 | 00:51:21 | Deborah        | Pink      | F | UTS Running Club       |
| 66 | 1450 | 00:51:33 | Natalie Female | Calder    | F | Liverpool RC           |
| 67 | 1453 | 00:51:33 | Donna          | Mannion   | F | Liverpool RC           |
| 68 | 1321 | 00:52:30 | Carrie-Ann     | Price     | F | Chester Tri            |
| 69 | 1457 | 00:55:37 | Charlotte      | Willshire | F | Liverpool RC           |