

**Liverpool & District
Sefton Park 28 November 2009-12-03**

1	Craig Gunderson	Liverpool Harriers	30.04
2	Richie Burney	Liverpool Harriers	31.02
3	Adam Peers	Liverpool Harriers	31.19
4	Lewis Moses	Guest	31.28
5	Kevin Loundes	Manx Harriers	31.30
6	David FORRESTER	St Helens Sutton AC	31.33
7	Kenneth Svendsen	Chester Tri	31.50
8	James Adie	Liverpool Harriers	32.00
9	Nick Jones	Spectrum Striders	32.04
10	Rob Berry	Southport Waterloo AC	32.25
11	Mark Keeley	Liverpool Harriers	32.42
12	Richie Shearer	Southport Waterloo AC	32.46
13	Joe Vis	Southport Waterloo AC	33.11
14	Pat Vis	Southport Waterloo AC	33.29
15	Paul Sankey	Liverpool Running Club	33.37
16	John Hunt	Wirral AC	33.57
17	Colin Potts	Liverpool Harriers	34.04
18	Adam Clancy	Liverpool Harriers	34.29
19	Ben Brown	Liverpool Harriers	34.44
20	Bernie Murphy	Liverpool Pembroke & Sefton H	34.47
21	Mark Hulmston	Wirral AC	34.53
22	Jay Tartt	Southport Waterloo AC	34.58
23	Simon McKeivitt	Liverpool Harriers	34.59
24	Nathan Vendasalem	Liverpool Running Club	35.18
25	Ian Bamber	Spectrum Striders	35.20
26	Michael Diamond	Chester Tri	35.26
27	Rob Dewhurst	Liverpool Harriers	35.28
28	Ian McGill	Liverpool Running Club	35.38
29	Dave Hamilton	Southport Waterloo AC	35.47
30	Adair Broughton	Helsby (BICC) Running Club	35.47
31	Kelvin Dickinson	Wirral AC	35.50
32	Ian Palin	Liverpool Running Club	35.52
33	Rob Ashworth	Southport Waterloo AC	36.01
34	Connor McArdle	Wallasey AC	36.12
35	Greg Jones	Wallasey AC	36.14
36	Steve Wilkinson	Southport Waterloo AC	36.15
37	Ben Johnson	Southport Waterloo AC	36.31
38	Chris Pedder ***	Liverpool Pembroke & Sefton H	36.34
39	Mark Salter	Liverpool Pembroke & Sefton H	36.39
40	Gerry Lenehan	Southport Waterloo AC	36.41
41	Simon Fox	Wirral AC	36.52
42	Ray Cole	Liverpool Harriers	36.56
43	Peter Brook	Chester Tri	36.58
44	Peter Roome	Southport Waterloo AC	37.07
45	John Thompson	Skelmersdale Boundary H	37.12
46	Steve McLean	Southport Waterloo AC	37.20
47	Rob MARSH	St Helens Sutton AC	37.24
48	Graham Earlam	Ellesmere Port RC	37.27
49	Tony Barbat	Wallasey AC	37.33
50	Rick Bowker	Southport Waterloo AC	37.39
51	Paul Walton	Wallasey AC	37.46
52	Keith Middleman	Southport Waterloo AC	37.55
53	Chris Dunn	Southport Waterloo AC	37.57
54	Graham Jenkins	Chester Tri	38.00
55	Jeff Mason	Liverpool Pembroke & Sefton H	38.11
56	Clark Roberts	Liverpool Pembroke & Sefton H	38.12
57	Tom Hanlon	Liverpool Pembroke & Sefton H	38.16
58	Sean Dignam	Liverpool Pembroke & Sefton H	38.23
59	Paul Riley	Penny Lane Striders	38.31
60	Ross Maxwell	Wirral AC	38.34

61		John Sprackland	Southport Waterloo AC	38.34
62		Tony Devoy	Wirral AC	38.35
63		Tony Jackson	Guest	38.36
64		Karl Bryers	Wirral AC	38.38
65		Rob Jowett	Liverpool Pembroke & Sefton H	38.39
66		Chris Gibbs	Wirral AC	38.43
67		John Armstrong	Wallasey AC	38.44
68		Damien Nolan	Mossley Hill AC	38.53
69		Ian White	St Helens Sutton AC	38.55
70		Paul Harrison	Liverpool Harriers	39.03
71		Ray Handley	Southport Waterloo AC	39.04
72		Simon Tobin	Southport Waterloo AC	39.14
73		George Pierce	Liverpool Running Club	39.19
74		Tony Metcalf	Mossley Hill AC	39.26
75		Simone Caponi	Penny Lane Striders	39.28
76		Paul Cuthbert	Wallasey AC	39.30
77		Neil Toner	Wirral AC	39.36
78		Peter Johnson	St Helens Sutton AC	39.46
79		Martin Bateman	Liverpool University AC	39.47
80		Mark Davies	St Helens Sutton AC	39.48
81		Mike Stone	Wirral AC	39.54
82		Ian Landucci	Helsby (BICC) Running Club	40.10
83		Will Ferguson	Wirral AC	40.18
84		Dylan Cole-Jones	Skelmersdale Boundary H	40.27
85		Alan McNally	St Helens Sutton AC	40.31
86		Robbie Burke	Liverpool Running Club	40.40
87		Tom Peacock	Southport Waterloo AC	40.56
88		Rob JONES	Chester Tri	41.06
89		Kevin Keating	Wirral AC	41.07
90		Mike Cunningham	Southport Waterloo AC	41.08
91		Andy Keeley	Penny Lane Striders	41.09
92		Frank Martin	Penny Lane Striders	41.13
93		Owen Burns	Mossley Hill AC	41.14
94		Paul Rainford	Liverpool Running Club	41.38
95		Richard Saunders	Wallasey AC	41.42
96		Neil Elsby	Wirral AC	41.43
97		Brian Davey	Southport Waterloo AC	41.43
98	F	Caroline Jones	Spectrum Striders	41.58
99		Simon Birtles	Mossley Hill AC	42.03
100		Chris Morgan	Chester Tri	42.07
101		Alan Summers	Skelmersdale Boundary H	42.09
102		Jon Cole	Ellesmere Port RC	42.10
103		Matt Williams	Wallasey AC	42.14
104		Richard Perry	Wallasey AC	42.31
105		Mal Balmer	Penny Lane Striders	42.33
106		Ian Doyle	Skelmersdale Boundary H	42.34
107		Stan Williams	Wallasey AC	42.43
108	F	Helen Davies	Mossley Hill AC	42.45
109		Peter Summers	Skelmersdale Boundary H	42.47
110		Dave Nalder	Ellesmere Port RC	42.56
111	F	Alison Hayes	Ellesmere Port RC	43.00
112		Danny Legg	Ellesmere Port RC	43.08
113	F	Kim McEneaney	Wallasey AC	43.09
114		Dave Walton	Wallasey AC	43.14
115		Marty Hirrell	Penny Lane Striders	43.29
116		Steve Clayton	Liverpool Running Club	43.34
117		Dave Pinnington	Penny Lane Striders	43.45
118	F	Trcia Jones	Wallasey AC	43.57
119		Dave Hough	West Cheshire AC	44.01
120		Derek McArdle	Wallasey AC	44.04
121		Barry Metcalf	Wallasey AC	44.11
122		Roy Traynor	Ellesmere Port RC	44.21
123		Martin Roberts	Wallasey AC	44.37
124		Colin Sefton	Mossley Hill AC	44.41
125		Steve Pemberton	Penny Lane Striders	45.09

126		Andy Standsfield	Penny Lane Striders	45.39
127		Billy Merritt	Liverpool Running Club	45.49
128		Jimmy Ricketts	Guest	46.30
129	F	Sallie Holt	Wallasey AC	46.39
130		Mike Devereux	Penny Lane Striders	47.10
131		Nick Lindesay	Wirral AC	47.15
132		Andy Dalton	Skelmersdale Boundary H	47.21
133		Dave McAlister	Wallasey AC	47.28
134	F	Carole Quirk	Skelmersdale Boundary H	47.43
135		Mike Griffiths	Wallasey AC	48.44
136		Phil Baxendale	Southport Waterloo AC	49.03
137		Robbie Wood	Liverpool Pembroke & Sefton H	49.36
138		Pat Henley	Liverpool Harriers	49.51
139	F	Anne Jetres	Mossley Hill AC	50.30
140		Alan Peers	Spectrum Striders	51.49
141		Leslie ISAACS	Pensby Runners	51.52
142		Peter Davies	Mossley Hill AC	52.31
143	F	Sharon Lamart	Wallasey AC	54.56
144		Richie Hammsworth	Mossley Hill AC	58.00
145	F	Sharon Farmer	Mossley Hill AC	60.54
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Team Result

1st	Liverpool Harriers	42
2nd	SWAC	100
3rd	Wirral AC	231
4th	Liv Pem Sefton	285
5th	Wallasey AC	312
6th	Chester Tri	318
7th	St Helens Sutton	335
8th	Liverpool RC	416
9th	Penny Lane	537
10th	Spectrum Striders**	565 (4 runners +293)
11th	Mossley Hill AC	566
12th	Skem/Bound	577
13th	Ellesmere Port AC	605

League Table after 2 Matches

1st	Liverpool Harriers	71
2nd	SWAC	283
3rd	Wirral AC	377
4th	Liv Pem Sefton	494
5th	Chester Tri	667
6th	Wallasey AC	721
7th	Liverpool RC	899
8th	Ellesmere Port AC	954
9th	Mossley Hill AC	1006
10th	Skem/Bound	1093