

**116th Liverpool & District Cross Country Union Championships**  
**Clarkes Garden 10<sup>th</sup> February 2019**

	Time	Forename	Surname	Cat	Club	
1	31,15	Tom	Griffiths		St Helens Sutton	
2	31,47	Chris	Maher		Liv Pem Sefton	
3	31,53	Alistair	Rutherford		Liverpool H	
4	32,11	Richard	Burney	V/40	Liverpool H	
5	32,27	Matt	Crehan		St Helens Sutton	
6	32,29	Ross	Harrison		Liv Pem Sefton	
7	32,33	Martin	Swensson	V/40	Penny Lane S	
8	32,36	James	Wootton		Liverpool H	
9	32,57	Luke	Edwards		Liv Pem Sefton	
10	33,09	Mark	Wynne	V/40	Liv Pem Sefton	
11	33,32	Adam	Jones		Liv Pem Sefton	
12	33,39	Rob	Owens		Knowsley H	
13	33,43	Steve	Campbell		Knowsley H	
14	33,52	Dave	Brockway		Wirral AC	
15	33,52	Rob	Pearse	V/45	Wallasey AC	
16	34,11	Chris	Pownell		Knowsley H	
17	34,22	Dave	Twiggy		St Helens Sutton	
18	34,3	Tony	O'Brian	V/45	Liv Pem Sefton	
19	34,31	Matt	Skaife		Mossley Hill AC	
20	34,32	Jay	Walker		Wallasey AC	
21	34,42	Ian	Roberts		Liv Pem Sefton	
22	34,51	Kevin	Usher	V/50	Liv Pem Sefton	
23	34,57	Paul	Sankey	V/45	Liverpool H	
24	35,01	Mike	Fitzsimmons		Liverpool H	
25	35,07	Rob	Dewhurst	V/40	Liverpool H	
26	35,11	Colin	Potts	V/45	Liverpool H	
27	35,12	Steve	Anders		St Helens Sutton	
28	35,13	Tiffany	Penfold	U/20	Liv Pem Sefton	F
29	35,14	Lawrence	Eccles		Penny Lane S	
30	35,17	Matt	Goodwin		UTS	
31	35,18	Alex	Waddelove		SWAC	
32	35,26	Steve	Spence	V/45	Wirral AC	
33	35,51	Jack	Poland		Wallasey AC	
34	35,57	Dave	Wilshire		Penny Lane S	
35	36,18	Will	Hinde		Mossley Hill AC	
36	36,23	Dave	Pastor		UTS	
37	36,24	Simon	Wilde	V/45	Chester Tri	
38	36,25	James	Paybody		SWAC	
39	36,27	Andy	Wilson	V/45	St Helens Sutton	
40	36,3	Paul	Bradford	V/40	UTS	
41	36,36	Alex	Cowin		Penny Lane S	
42	36,53	Paul	Milburn		Liv Pem Sefton	
43	37,03	Simon	Dunk		Wirral AC	
44	37,05	Greg	Callagan	V/55	Liv Pem Sefton	
45	37,11	Sammy	Rashid	V/50	Liv Pem Sefton	
46	37,17	Phil	Riding	V/40	Penny Lane S	
47	37,22	Mike	Taylor	V/45	SWAC	

48	37,26	Mark	Hulmston	V/40	Wirral AC	
49	37,37	Mark	Carruthers	V/40	Wallasey AC	
50	37,42	Glen	Groves	V/50	Liverpool H	
51	37,46	Alex	Norton	U/20	Wallasey AC	
52	37,48	Kevein	Walker	V/40	Skem/Boundary	
53	37,54	Phil	Dabner	V/50	Wallasey AC	
54	37,59	John	Connolly	V/45	Liverpool H	
55	38,09	Graham	Douglas		Penny Lane S	
56	38,23	Richard	Bargh		Wirral AC	
57	38,41	John	Sprackland	V/55	SWAC	
58	38,44	Dan	Gilbody		Liv Pem Sefton	
59	38,52	Lee	Warburton	V/45	Penny Lane S	
60	38,56	John	McLaren		Knowsley H	
61	39,01	Emily	Gray	U/20	Liverpool H	F
62	39,06	Kevin	Cornwall		Liverpool H	
63	39,11	Debbie	Campbell		Liv Pem Sefton	F
64	39,12	Tony	Woodall	V/45	West Cheshire AC	
65	39,19	Lee	Anderton	V/45	Liv Pem Sefton	
66	39,21	Dale	Higham		Liverpool H	
67	39,22	Mike	Waring	V/50	Chester Tri	
68	39,31	Tadie	Abeki		Knowsley H	
69	39,35	Chris	Pedder	V/60	Liv Pem Sefton	
70	39,47	Peter	Ledson	U/20	Liverpool H	
71	39,48	Tony	Devoy	V/60	Wirral AC	
72	39,49	Paul	Gray	V/50	Penny Lane S	
73	39,54	Paulo	Teixeira Felix	V/40	Skem/Boundary	
74	39,57	Graham	Cairns	V/60	Liv Pem Sefton	
75	39,59	Liz	Mahon		UTS	F
76	40,01	Dominic	Cooper		Mossley Hill AC	
77	40,02	Greg	Williams		St Helens Sutton	
78	40,06	Richard	Burrows		UTS	
79	40,11	Nick	Wilson	V/45	Wirral AC	
80	40,12	John	Halsen	V/55	Liv Pem Sefton	
81	40,31	Jo	Irvin	L/40	UTS	F
82	40,36	John	Hogg		Wallasey AC	
83	40,42	Simone	Capponni	V/40	Penny Lane S	
84	40,49	Paul	Cheetham	V/45	Skem/Boundary	
85	40,51	Kevin	Hall	V/50	Wallasey AC	
86	40,59	Ian	Hamling	V/40	Helsby RC	
87	41,02	Susan	Fourie	L/40	Chester Tri	F
88	41,03	John	Bassett	V/50	Wallasey AC	
89	41,05	Nigel	Grant	V/55	Penny Lane S	
90	41,15	Anthony	Brennan		Chester Tri	
91	41,24	Steve	Lennon	V/40	Liv Pem Sefton	
92	41,26	Rob	Burke	V/50	Liverpool RC	
93	41,27	Becky	Burke		Liverpool RC	F
94	41,28	Nadine	Weeks		UTS	F
95	41,29	Hannah	Hughes		Liverpool H	F
96	41,37	John	Thompson	V/50	Skem/Boundary	
97	41,38	Carl	McMahon	V/45	SWAC	
98	41,44	Steve	Norton	V/50	Wallasey AC	
99	41,49	Neil	Beckett	V/40	UTS	
100	41,51	Tom	Rimmer		Penny Lane S	

101	41,53	Peter	Fraser		Wirral AC	
102	41,56	Steve	Ellis		UTS	
103	41,58	Becky	Blacklock		Wallasey AC	F
104	42,07	Phil	Bird	V/55	Wallasey AC	
105	42,12	Vicky	Gilbody		Liv Pem Sefton	F
106	42,31	Helen	Stansfield		Wallasey AC	F
107	42,32	Mike	Connor	V/55	Penny Lane S	
108	42,36	Matt	Blake		St Helens Sutton	
109	42,43	Janet	Owens	L/40	Knowsley H	F
110	42,55	Robbie	Wood	V/60	Liv Pem Sefton	
111	43,01	Sean	Simons	V/45	Chester Tri	
112	43,04	Colin	Berry	V/50	Ellesmere Port AC	
113	43,07	Elaine	Opara		Wallasey AC	F
114	43,08	Paul	Wilson	V/45	Liverpool RC	
115	43,16	Martyn	Smyth	V/40	SWAC	
116	43,25	Paul	Brown		Liverpool RC	
117	43,58	Iain	Wood	V/60	Chester Tri	
118	44,02	Andrew	Glen	V/50	Liv Running Bugs	
119	44,04	Louise	Jackson		Knowsley H	F
120	44,06	Eamon	Cullen		Mossley Hill AC	
121	44,14	Matt	Helme	V/55	Liverpool RC	
122	44,22	Helen	Davies		Mossley Hill AC	F
123	44,3	Jim	Ennis	V/50	Mossley Hill AC	
124	44,35	Alan	McDermott	V/50	Penny Lane S	
125	44,36	Sharon	Samson		Penny Lane S	F
126	44,39	Paul	Holmes	V/40	UTS	
127	44,45	Mark	Glaister	V/55	Skem/Boundary	
128	44,57	Roger	Graham	V/45	UTS	
129	44,59	Ash	Sitwell		Liv Running Bugs	
130	45,05	Amy	Corfield		St Helens Sutton	F
131	45,16	Steve	Riley	V/50	Helsby RC	
132	45,28	Graham	Liu	V/50	SWAC	
133	45,33	George	Pierce	V/45	Liverpool RC	
134	45,33	Andrew	Conway	V/50	Liv Pem Sefton	
135	45,38	Carlotte	Sanderson		Penny Lane S	F
136	45,39	Nigel	Foo	V/55	Penny Lane S	
137	45,51	Kath	Holley		Wallasey AC	F
138	45,55	Kate	Ryan	L/45	Wallasey AC	F
139	46,14	Mike	Stone	V/60	UTS	
140	46,22	Magan	Ainsworth		Mossley Hill AC	
141	46,27	Kieron	Carr	V/45	Liv Running Bugs	
142	46,34	Harley	Culcluth		Mossley Hill AC	
143	46,5	Jade	Smith		St Helens Sutton	F
144	47,04	Christina	Roach	L/60	Helsby RC	F
145	47,06	Tommy	Burke	V/70	Penny Lane S	
146	47,19	Dave	McAlister	V/55	Wallasey AC	
147	47,23	Joe	McGlynn	V/60	Penny Lane S	
148	47,31	Dawn	Fairclough		Liverpool RC	F
149	47,36	Derek	McArdle	V/55	Wallasey AC	
150	47,43	Paul	Witt	V/50	Wallasey AC	
151	48,01	Josh	McGoven		Liv Running Bugs	
152	48,11	Mark	Scott	V/45	Liverpool RC	
153	48,18	Rebecca	Hilton		Mossley Hill AC	F

154	48,24	Becky	Bancroft		Liv Running Bugs	F
155	48,34	Steve	Armstrong	V/45	Wallasey AC	
156	48,42	Katie	Pownell		Knowsley H	F
157	48,42	Alan	Spencer	V/55	Knowsley H	
158	48,35	Mary	Rees	L/65	Wallasey AC	F
159	48,53	Rosemary	Symms	L/65	Chester Tri	F
160	49,17	Kirsty	McKenzie		Liv Pem Sefton	F
161	49,19	Ian	Williams	V/50	Mossley Hill AC	
162	49,23	Neil	Jenkins	V/50	Chester Tri	
163	49,39	Steve	Pemberton	V/60	Penny Lane S	
164	49,51	Ian	Ellis	V/45	UTS	
165	49,55	Steve	Maddoxs		Liv Running Bugs	
166	49,59	Mike	Taylor		Liv Running Bugs	
167	50,08	Julie	Barbat	L/55	Wallasey AC	F
168	50,21	John	Dobie	V/70	Liv Pem Sefton	
169	50,27	Rachel	Arnols	L/55	Helsby RC	F
170	50,36	Brygida	Gorecka		West Cheshire AC	F
171	50,49	Steve	Collyer	V/45	Chester Tri	
172	51,08	Janet	Walker	L/40	Skem/Boundary	F
173	51,18	Chris	Lee	V/50	Liv Running Bugs	
174	51,19	Ruth	Hewitt		Liv Running Bugs	F
175	51,27	Caron	Skaife	L/50	Mossley Hill AC	F
176	51,31	Louise	Marsden		Wallasey AC	F
177	51,46	Tracey	Sherlock	L/40	UTS	
178	51,51	Chris	Owens		Liv Running Bugs	
179	52,06	Alex	Harrison		Liverpool RC	F
180	52,34	Jan	McArd	L/45	Wallasey AC	F
181	53,12	Kate	Irwin		Mossley Hill AC	F
182	53,31	Colin	Sefton	V/55	Mossley Hill AC	
183	53,23	Richie	Webster	V/70	Liv Pem Sefton	
184	53,31	Joanne	Cook		Ellesmere Port AC	F
185	56,51	Tracey	Globe	L/50	Liv Running Bugs	F
186	56,55	Sue	Burke	L/50	Liverpool RC	F
187	57,18	Claire	Medows	L/45	Penny Lane S	F
188	58,13	Caet	Cuthbert	L/45	Wallasey AC	F
189	58,25	Tracey	Globe	L/55	Liv Running Bugs	F
190	59,05	Kadar	Dolphate	V/40	Liv Running Bugs	
191	60,57	Lauren	Parker		Mossley Hill AC	F
192	61,23	Magan	Buckley		Mossley Hill AC	F
193	62,31	Paula	Need	L/50	Liv Running Bugs	F
194	63,27	Sian	Parry		Liv Running Bugs	F
195	68,26	Emma	Webster		Liv Running Bugs	F

#### Men's Team Results (6 to score)

1	Liv Pem Sefton	56 points
2	Liverpool H	87
3	St Helens Sutton	166
4	Penny Lane Strider	212
5	Wallasey AC	221
6	Wirral AC	264
7	Knowsley H	326
8	UTS	385 last counter ahead of SWAC last counter
9	SWAC	385

10	Mossley Hill AC	515
11	Chester Tri	584
12	Liverpool RC	728
13	Liv Running Bugs	870

**Women's Team Results (3 to score)**

1	Liv Pem Sefton	196
2	UTS	250
3	Wallasey AC	322
4	Knowsley H	384
5	Mossley Hill AC	415
6	Liverpool RC	420
7	Penny Lane Strider	447
8	Liv Running Bugs	513