

Full 2022 L&D Results

| Position | Actual Time | First Name | Surname | Club Name | Category | |
|----------|-------------|------------|-----------------|-----------------|----------|---|
| | 1 00:30:42 | Matthew | Leahy | Liverpool H | | |
| | 2 00:31:36 | Ross | Harrison | Liv Pem Sefton | | |
| | 3 00:31:42 | Jon Jo | Doherty | Liverpool H | | |
| | 4 00:32:18 | Charlie | Teare | Liverpool H | U20 | |
| | 5 00:32:30 | Tony | O'Brien | Liv Pem Sefton | V50 | |
| | 6 00:32:51 | Chris | Maher | Liv Pem Sefton | | |
| | 7 00:33:01 | Jack | Poland | Wallasey AC | | |
| | 8 00:33:04 | Dejne | Gezimu | Liverpool H | | |
| | 9 00:33:07 | Mark | Wynne | Liv Pem Sefton | V45 | |
| | 10 00:33:18 | Tamim | Alkuwari | Liverpool H | | |
| | 11 00:33:36 | Andrew | Parkinson | Mossley Hill AC | | |
| | 12 00:33:48 | Steve | Watkins | Penny Lane | V40 | |
| | 13 00:33:53 | Rob | Pearse | Wallasey AC | V45 | |
| | 14 00:34:01 | Matthew | Brennan | Liverpool H | U20 | |
| | 15 00:34:21 | Harry | Sweeney | Liverpool H | U20 | |
| | 16 00:34:28 | Lawrance | Eccles | Penny Lane | | |
| | 17 00:34:38 | Kevin | Usher | Liv Pem Sefton | V55 | |
| | 18 00:34:50 | Mohammed | Jaber Al Ahbabi | Liverpool H | | |
| | 19 00:35:07 | Adam | Fields | Liv Pem Sefton | | |
| | 20 00:35:22 | Tom | Morland | Chester Tri | | |
| | 21 00:35:24 | Matt | Derryhouse | Liverpool H | | |
| | 22 00:35:26 | David | Willshire | Penny Lane | | |
| | 23 00:35:43 | Mike | Fryer | Helsby | | |
| | 24 00:35:49 | Mike | Wilkinson | Wirral AC | | |
| | 25 00:36:07 | Phil | McDonald | Liv Pem Sefton | V40 | |
| | 26 00:36:16 | Andy | Veevers | SWAC | V40 | |
| | 27 00:36:20 | James | Paybody | SWAC | V40 | |
| | 28 00:36:25 | John | Hunt | Wirral AC | V55 | |
| | 29 00:36:48 | Thomas | Harkin | Liv Pem Sefton | V45 | |
| | 30 00:36:49 | Robert | Eagles | Penny Lane | | |
| | 31 00:36:50 | Josh | Makin | SWAC | | |
| | 32 00:37:08 | Marc | Singer | SWAC | V45 | |
| | 33 00:37:34 | Maria | Cook | Skem Bound | V45 | F |
| | 34 00:37:35 | Mark | Newns | Wirral AC | V45 | |
| | 35 00:37:39 | Lee | Midghall | Liverpool H | V45 | |
| | 36 00:37:45 | Kevin | Walker | Skem Bound | V45 | |
| | 37 00:37:57 | Craig | Phillips | Wirral AC | V45 | |
| | 38 00:38:04 | William | Ferguson | Wirral AC | | |
| | 39 00:38:06 | Nick | Wilson | Wirral AC | V50 | |
| | 40 00:38:08 | Loic | Dougan | Mossley Hill AC | | |
| | 41 00:38:13 | Peter | Roome | SWAC | V55 | |
| | 42 00:38:39 | Boyd | Park | SWAC | V55 | |
| | 43 00:38:44 | Tony | Barbat | Wallasey AC | V60 | |
| | 44 00:38:52 | Dan | Robbins | Chester Tri | V40 | |
| | 45 00:39:01 | Phil | Cuthbert | Wallasey AC | V45 | |
| | 46 00:39:12 | Greg | Callaghan | Liv Pem Sefton | V55 | |
| | 47 00:39:31 | Mike | Waring | Chester Tri | V50 | |
| | 48 00:40:12 | Kevin | Smith | Helsby | V40 | |
| | 49 00:40:28 | Chris | Pedder | Liv Pem Sefton | V65 | |
| | 50 00:40:53 | Derek | Gibbon | Chester Tri | V50 | |
| | 51 00:40:59 | John | Hammond | UTS RC | V45 | |

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|-------------|-----------|--------------------|-----------------|-----|---|
| 52 00:41:14 | Dominic | Cooper | Mossley Hill AC | | |
| 53 00:41:24 | Becky | Blacklock | Wallasey AC | | F |
| 54 00:41:40 | Ian | Atkinson | Chester Tri | V55 | |
| 55 00:41:44 | Mike | Dyson | Wallasey AC | V55 | |
| 56 00:41:49 | Eleanor | Perkins | Chester Tri | | F |
| 57 00:42:04 | Neil | Beckett | UTS RC | V40 | |
| 58 00:42:20 | Graham | Cuddy | SWAC | V55 | |
| 59 00:42:24 | Anna | Woolgar | Chester Tri | V45 | F |
| 60 00:42:34 | Tony | Metcalfe | Mossley Hill AC | V65 | |
| 61 00:42:44 | Paul | Johnstone | Wallasey AC | V45 | |
| 62 00:43:09 | Gemma | Kelly | Chester Tri | | F |
| 63 00:43:33 | Joel | Smith | UTS RC | | |
| 64 00:43:40 | Giles | Carey | Mossley Hill AC | | |
| 65 00:44:08 | Mark | Poustie | Wallasey AC | V50 | |
| 66 00:44:28 | Maurice | Collins | Liverpool RC | V55 | |
| 67 00:44:29 | Jan | McArd | Wallasey AC | V50 | F |
| 68 00:44:36 | Sarah | Jackson | Penny Lane | V40 | F |
| 69 00:44:41 | Elaine | Opara | Wallasey AC | V40 | F |
| 70 00:44:58 | Ann | Costello-Griffiths | UTS RC | V40 | F |
| 71 00:44:58 | Joshua | Ayres | Mossley Hill AC | | |
| 72 00:45:32 | Cath | Oakes | Chester Tri | | F |
| 73 00:45:46 | Paul | Cheetham | Skem Bound | V50 | |
| 74 00:45:57 | Zoe | Barret | Mossley Hill AC | | F |
| 75 00:46:13 | Nick | Paul | Skem Bound | V55 | |
| 76 00:46:14 | Michelle | Alty | Wallasey AC | V50 | F |
| 77 00:46:21 | Andrew | Conway | Liv Pem Sefton | V55 | |
| 78 00:46:29 | Helen | Simpson | Wallasey AC | V50 | F |
| 79 00:46:47 | Steve | Collyer | Chester Tri | V50 | |
| 80 00:47:32 | Phil | Stanley | UTS RC | V55 | |
| 81 00:47:33 | Steve | Pemberton | Penny Lane | V65 | |
| 82 00:48:47 | Vicky | Kehoe | Wallasey AC | V45 | F |
| 83 00:48:59 | Rose | Symms | Chester Tri | V65 | F |
| 84 00:49:38 | Anna | Williams | Skem Bound | V40 | F |
| 85 00:50:13 | Steve | Riley | Helsby | V55 | |
| 86 00:51:16 | Helen | Davies | Mossley Hill AC | | F |
| 87 00:52:18 | Tracey | Sherlock | UTS RC | V40 | F |
| 88 00:53:06 | Karen | Skaife | Mossley Hill AC | V55 | F |
| 89 00:54:50 | Elizabeth | Ellis | UTS RC | V55 | F |
| 90 00:57:11 | Uyai | Ikpatt | Wirral AC | V40 | F |
| 91 00:58:20 | Liz | Goodwin | Mossley Hill AC | V55 | F |
| 92 00:59:13 | Diane | Sorenson | Mossley Hill AC | V50 | F |
| 93 00:59:13 | Fidelma | Hawke | Mossley Hill AC | V50 | F |
| 94 01:04:22 | Kath | Andrews | Wallasey AC | V40 | F |
| 95 01:04:22 | Cate | Cuthbert | Wallasey AC | V45 | F |

Women

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|------------|---------|-----------|-------------|-----|--|
| 1 00:37:34 | Maria | Cook | Skem Bound | V45 | |
| 2 00:41:24 | Becky | Blacklock | Wallasey AC | | |
| 3 00:41:49 | Eleanor | Perkins | Chester Tri | | |
| 4 00:42:24 | Anna | Woolgar | Chester Tri | V45 | |
| 5 00:43:09 | Gemma | Kelly | Chester Tri | | |
| 6 00:44:29 | Jan | McArd | Wallasey AC | V50 | |

Full 2022 L&D Results

| | | | | |
|-------------|-----------|--------------------|-----------------|-----|
| 7 00:44:36 | Sarah | Jackson | Penny Lane | V40 |
| 8 00:44:41 | Elaine | Opara | Wallasey AC | V40 |
| 9 00:44:58 | Ann | Costello-Griffiths | UTS RC | V40 |
| 10 00:45:32 | Cath | Oakes | Chester Tri | |
| 11 00:45:57 | Zoe | Barret | Mossley Hill AC | |
| 12 00:46:14 | Michelle | Alty | Wallasey AC | V50 |
| 13 00:46:29 | Helen | Simpson | Wallasey AC | V50 |
| 14 00:48:47 | Vicky | Kehoe | Wallasey AC | V45 |
| 15 00:48:59 | Rose | Symms | Chester Tri | V65 |
| 16 00:49:38 | Anna | Williams | Skem Bound | V40 |
| 17 00:51:16 | Helen | Davies | Mossley Hill AC | |
| 18 00:52:18 | Tracey | Sherlock | UTS RC | V40 |
| 19 00:53:06 | Karen | Skaife | Mossley Hill AC | V55 |
| 20 00:54:50 | Elizabeth | Ellis | UTS RC | V55 |
| 21 00:57:11 | Uyai | Ikpatt | Wirral AC | V40 |
| 22 00:58:20 | Liz | Goodwin | Mossley Hill AC | V55 |
| 23 00:59:13 | Diane | Sorenson | Mossley Hill AC | V50 |
| 24 00:59:13 | Fidelma | Hawke | Mossley Hill AC | V50 |
| 25 01:04:22 | Kath | Andrews | Wallasey AC | V40 |
| 26 01:04:22 | Cate | Cuthbert | Wallasey AC | V45 |

Male Team 6 to score

| | |
|----------------|-----------|
| 1 Liverpool H | 40 points |
| 2 Liv Pem Seft | 58 |
| 3 SWAC | 199 |
| 4 Wirral | 200 |
| 5 Wallasey | 224 |
| 6 Chester Tri | 294 |
| 7 Mossley Hill | 298 |

Women 3 to Score

| | |
|----------------|-----|
| 1 Chester Tri | 177 |
| 2 Wallasey | 189 |
| 3 UTS | 246 |
| 4 Mossley Hill | 248 |