

13	Eric	Ranson	St Helens Striders	MV45	125	87	111	105			428	4
14	Lawrence	Eccles	Penny Lane Striders			138	146	141			425	3
15	Thomas	O'Dowd	Knowsley Harriers		144	142			137		423	3
16	Paul	Milburn	LPS AC			135	143	139			417	3
17	Adam	Simpkin	Liverpool Running Club			137	147		132		416	3
18	Liam	Brown	Kirkby Milers AC				144	140	122		406	3
19	Sean	Jones	Penny Lane Striders				139	137	129		405	3
20	Daniel	Cheetham	St Helens Striders		145			130	125		400	3
21	Carl	Yu	Liverpool Running Club	MV40	92	58	89	83	67		389	5
22	Jay	Williams	Kirkby Milers AC			131	135		121		387	3
23	Robert	Burke	Liverpool Running Club	MV50		76	118	99	90		383	4
24	John	Mclaren	Knowsley Harriers			120	134	124			378	3
25	Lewis	Houghton	Kirkby Milers AC			119	129	128			376	3
26	John	Diggle	Kirkby Milers AC	MV40	106	44	84	86	56		376	5
27	Mike	Walker	Southport Waterloo AC	MV70		81	104	95	92		372	4
28	Kevin	Harrison	Kirkby Milers AC	MV40	137	100	125				362	3
29	Richard	Costain	Penny Lane Striders			80	100	92	78		350	4
30	Paul	Goodwin	Kirkby Milers AC	MV50			119	109	110		338	3
31	Christopher	Lee	Liverpool Running Bugs	MV50		91	120	106	20		337	4
32	Kieran	Allen	St Helens Striders		135	102			98		335	3
33	Darren	Eckersley	St Helens Striders	MV45	115	63		87	68		333	4
34	Julien	Tour	Penny Lane Striders				113	117	103		333	3
35	John	Williams	St Helens Striders	Mv40	134			103	95		332	3
36	Ralph	Pawling	Pensby Runners			106	101	121			328	3
37	Michael	Wilkinson	Wirral AC				116	110	102		328	3
38	Alex	Mitchell	Liverpool Running Bugs		110	52	33	81	50		326	5
39	Andrew	Glen	Liverpool Running Bugs	MV55		66	87	91	79		323	4
40	Alan	Spencer	Knowsley Harriers	MV55	98	69		78	76		321	4
41	Nigel	Grant	Penny Lane Striders	MV55		110		102	100		312	3
42	Graham	Liu	Southport Waterloo AC	MV50		42	97	88	75		302	4
43	Daniel	Rees	LPS AC	MV60		93	112		97		302	3

44	Paul	Thomas	Kirkby Milers		51	93	93	64		301	4
45	George	Aylward	Penny Lane Striders			106	101	93		300	3
46	Rob	Pearse	Wallasey Athletic Club	MV45	147		150			297	2
47	Chris	Pownell	Knowsley Harriers		149			145		294	2
48	Jamie	Rutherford	Liverpool Running Club		1	148		144		293	3
49	John	Heap	Wirral AC	MV45			147	146		293	2
50	Rob	Owens	Knowsley Harriers		145			148		293	2
51	Stephen	Campbell	Knowsley Harriers		144			149		293	2
52	Robert	Deller	Wirral AC				149	138		287	2
53	Greg	Jones	Wallasey Athletic Club				144	143		287	2
54	James	Done	Liverpool Running Bugs		116	78	92			286	3
55	David	Brockway	Wirral AC				145	141		286	2
56	John	Lee	Kirkby Milers AC	MV50	94	12	68	60	51	285	5
57	William	Barr	UTS Running Club				148	136		284	2
58	Michael	Gall	LPS AC		141		140			281	2
59	Frank	Cahill	St Helens Striders	MV60	61	82	70	62		275	4
60	Rob	Grantham	Pensby Runners	MV45			142	133		275	2
61	Matthew	Skaife	Mossley Hill AC		140			135		275	2
62	Neil	Hennigan	Penny Lane Striders	MV40	132	142				274	2
63	David	Friend	Liverpool Running Bugs		38	80	84	69		271	4
64	Andrew	Fearns	Knowsley Harriers	MV40		141		130		271	2
65	Paul	Brown	Liverpool Running Club		86	109		73		268	3
66	Will	Hine	Mossley Hill AC		134			131		265	2
67	Ryan	Jones	Kirkby Milers AC		126			134		260	2
68	David	Willshire	Penny Lane Striders		123	133				256	2
69	David	Navis	Liverpool Running Bugs		33	79	73	66		251	4
70	Michael	Green	Wallasey Athletic Club	MV45	129			117		246	2
71	Marc	Jacques	Liverpool Running Club	MV50	117	124				241	2
72	Anthony	Ellis	St Helens Striders			91	76	71		238	3
73	Paul	Howard	St Helens Striders		124	107				231	2
74	Chris	Pedder	L'pool Pembroke Sefton	MV60		121		105		226	2

75	Tony	Landry	Kirkby Milers AC	MV55		97	128					225	2
76	Adam	Fitzsimmons	Kirkby Milers AC			101	123					224	2
77	Kieron	Carr	Liverpool Running Bugs	MV45	97	29		46	52			224	4
78	Peter	Atkin	Liverpool Running Club			56	96		72			224	3
79	Daniel	Hayes	Wirral AC					125	99			224	2
80	James	Malone	Penny Lane Striders		84	2	67	68				221	4
81	Kevin	Cornwell	Liverpool Harriers & AC		120	99						219	2
82	Gary	English	Liverpool Running Club	MV55		96	122					218	2
83	David	Lynan	Penny Lane Striders	MV45			108	98				206	2
84	Andrew	Lawrenson	St Helens Striders		119				87			206	2
85	Phillip	Lawrenson	St Helens Striders	MV50	121				82			203	2
86	Frank	Kelly	Liverpool Running Club	MV55		39	85	74				198	3
87	Peter	Morgan	Penny Lane Striders	MV60	73		46	48	30			197	4
88	Aaron	Wilson	Liverpool Running Club				69	67	60			196	3
89	Nick	Wilson	Wirral AC	MV45				90	94			184	2
90	Graham	Jones	St Helens Striders	MV50	114	67						181	2
91	Christopher	McElroy	Mossley Hill AC	MV40			74	55	49			178	3
92	Danny	Lawson	Wallasey Athletic Club			92			84			176	2
93	Joseph	Chedgzoy	Kirkby Milers AC				86	89				175	2
94	John	Bampton	Penny Lane Striders	MV45		79			89			168	2
95	Ian	Russell	Penny Lane Striders	MV50		64	98					162	2
96	Nicholas	McCole	Kirkby Milers AC	MV45	79	6	44		28			157	4
97	Mark	Fillingham	St Helens Striders	MV50	77	1	28	36	15			157	5
98	Ian	Rivers	Kirkby Milers AC	MV50			94		59			153	2
99	Degene	Gezimu	Liverpool Harriers & AC			150						150	1
100	Matthew	Crehan	St Helens Sutton Ac		150							150	1
101	Jay	Walker	Wallasey AC				150					150	1
102	Alan	Joyce	Knowsley Harriers	MV60	109				41			150	2
103	Anthony	Peacock	Penny Lane Striders	MV65		34		62	54			150	3
104	Anthony	Metcalfe	Mossley Hill AC	MV65		70			80			150	2
105	Harley	Henshaw	Wirral AC						150			150	1

106	James	Wootton	Liverpool Harriers & AC			149					149	1
107	Lee	Siemaszko	Liverpool Harriers & AC			148					148	1
108	Gordon	Scholefield	Pensby Runners	MV65	80	1		40	27		148	4
109	Daniel	Fegan	St Helens Striders	MV50		59	88				147	2
110	Andrew	Fleming	UTS Running Club						147		147	1
111	Thomas	Marper	Kirkby Milers AC					146			146	1
112	Michael	O'Rourke	Penny Lane Striders			65		80			145	2
113	Nick	Morton	Kirkby Milers AC			62		82			144	2
114	Jack	Poland	Wallasey Athletic Club			143					143	1
115	Alan	Sanderson	Liverpool Running Club	MV40		47		96			143	2
116	Robbie	Trecarichi	Liverpool Running Bugs	MV40			57	49	37		143	3
117	James	Toohy	Liverpool Running Club						142		142	1
118	Alan	Ashton	Liverpool Harriers & AC	MV45		141					141	1
119	Leon	Hill	St Helens Sutton Ac			139					139	1
120	Matt	Thompson	LPS AC	MV50		138					138	1
121	Charlie	Deakin	Kirkby Milers AC				138				138	1
122	William	Strickley	Wirral AC					138			138	1
123	Robert	Kelly	Liverpool Running Club			136					136	1
124	Kevin	Outten	St Helens Striders	MV40	136						136	1
125	Alex	Poulston	Wirral AC					136			136	1
126	Jack	Bernhem-Pa	UTS Running Club					135			135	1
127	Peter	Medlicott	St Helens Striders	MV45	102	32					134	2
128	Ian	Jones	Penny Lane Striders	MV60	89	45					134	2
129	Zack	Ryan	Wirral AC					134			134	1
130	Joseph	Weaver	St Helens Striders			133					133	1
131	Oberon	Kearney	Wirral AC					133			133	1
132	Karl	Bowles	St Helens Striders	MV40	132						132	1
133	Hamish	Baxter	Penny Lane Striders				132				132	1
134	Ian	Cannings	Wallasey Athletic Club	MV60				69	63		132	2
135	Chris	Taylor	St Helens Striders			131					131	1
136	Martin	Christian	Kirkby Milers AC	MV45				131			131	1

137	Ian	Sadler	Penny Lane Striders	MV60	57	73				130	2
138	Jake	Goodwin	Liverpool Harriers & AC				72	58		130	2
139	Richard	Davies	Wirral AC				129			129	1
140	David	Barrow	Kirkby Milers AC	MV60	41	1	35	39	13	129	5
141	Chris	Wills	Knowsley Harriers	MV40		53	75			128	2
142	Andrew	Grant	Liverpool Harriers		128					128	1
143	Dean	Howlett	Kirkby Milers AC					128		128	1
144	Ian	Wallace	Wirral AC					127		127	1
145	Paul	Howard	St Helens Striders		126					126	1
146	Paul	Roberts	Knowsley Harriers	MV40			126			126	1
147	Stephen	Spence	Wirral AC	MV45				126		126	1
148	Theo	Johnson	Liverpool Harriers & AC			125				125	1
149	Peter	Barham	Wallasey Athletic Club	MV45		18		63	44	125	3
150	William	Wignall	Liverpool Running Club	MV50		43	81			124	2
151	Stuart	Sharp	Liverpool Running Bugs	MV40	124					124	1
152	Carl	Murphy	Liverpool Running Club					124		124	1
153	James	Ingram	Kirkby Milers AC			122				122	1
154	Barry	Graney	St Helens Sutton Ac		122					122	1
155	Ben	Grantham	Wirral AC					122		122	1
156	Gary	Fisher	Kirkby Milers AC			121				121	1
157	John Paul	Dale	Liverpool Running Bugs			1	39	47	34	121	4
158	Ben	Cronshaw	Wirral AC					120		120	1
159	Kevin	O'Brien	Kirkby Milers AC	MV55			7	27	85	119	3
160	Dylan	Redican	St Helens Striders						119	119	1
161	Josh	Keogh	Penny Lane Striders			118				118	1
162	Colin	Wilson	St Helens Striders		55		63			118	2
163	Christopher	Reid	St Helens Striders	MV50	118					118	1
164	Simon	Dunk	Wirral AC						118	118	1
165	Jonathan	Kirkman	St Helens Striders		117					117	1
166	Ethan	Brady-Jones	Wirral AC					116		116	1
167	Paul	Wilson	Liverpool Running Club	MV45		115				115	1

168	TJ	Jones	Wirral AC					115		115	1
169	Alex	Yem	Wallasey Athletic Club		60				55	115	2
170	Mark	Hulmston	Wirral AC	MV40					115	115	1
171	Steven	Walmsley	Kirkby Milers AC	MV45		114				114	1
172	David	Gain	Wirral AC					114		114	1
173	Joseph	Ryan	Kirkby Milers AC			113				113	1
174	Paul	Booth	St Helens Striders		113					113	1
175	Shaun	Rhead	Liverpool Running Bugs					113		113	1
176	Chris	Alexander	Kirkby Milers AC		85	27				112	2
177	Chris	Levy	St Helens Striders	MV40	112					112	1
178	Kyle	Harrison	Liverpool Running Club					112		112	1
179	Scott	Robertson	Knowsley Harriers	MV40					112	112	1
180	Kevin	Cairns	St Helens Striders	MV45	65	46				111	2
181	Matt	Helme	Liverpool Running Club	MV55		111				111	1
182	Andrew	Shaw	St Helens Striders		111					111	1
183	Steven	Mckenzie	Kirkby Milers AC	MV40				111		111	1
184	Colin	Walsh	Penny Lane Striders						111	111	1
185	Luke	McGovern	Liverpool Running Bugs		37	72				109	2
186	Graham	Weights	Penny Lane Striders	MV45	109					109	1
187	Matt	Wilson	Wallasey AC	MV40					109	109	1
188	James	Ashworth	Knowsley Harriers			108				108	1
189	Richard	Seville	St Helens Striders	MV40	108					108	1
190	Mark	Smith	Pensby Runners	MV45				108		108	1
191	Chris	Owen	Liverpool Running Bugs		72	1			35	108	3
192	Mark	Thorne	UTS Running Club						108	108	1
193	John	Preece	Kirkby Milers AC	MV45		107				107	1
194	Michael	Smith	St Helens Striders		107					107	1
195	Kenneth	Day	Kirkby Milers AC					107		107	1
196	John	Cooney	Knowsley Harriers	MV45	7			57	43	107	3
197	Mark	Newns	Wirral AC	MV40					106	106	1
198	Duncan	Kennedy	Liverpool Running Club	MV40		105				105	1

199	Mal	Gordon	Penny Lane Striders					105				105	1
200	Anthony	Horsfall	St Helens Striders	MV50	104							104	1
201	Kelvin	Dickinson	Wirral AC	MV45			104					104	1
202	Ian	Chisnall	St Helens Striders	MV40	103							103	1
203	David	Owens	Penny Lane Striders	MV45				102				102	1
204	Tim	Hawkins	Liverpool Running Bugs			31	70					101	2
205	Andrew	Donnelly	St Helens Striders	MV50	101							101	1
206	Paul	Dowdle	St Helens Striders	MV45	100							100	1
207	Andrew	Biddle	Penny Lane Striders	MV40				99				99	1
208	Michael	McIntyre	Kirkby Milers AC		99							99	1
209	Luke	Curtis	Penny Lane Striders			98						98	1
210	Dermot	Gough	Wallasey Athletic Club	MV40				97				97	1
211	John	Jackson	St Helens Striders		96							96	1
212	Gary	Parker	Pensby Runners						96			96	1
213	Greg	Williams	St Helens Sutton Ac			95						95	1
214	Andrew	Keeley	Penny Lane Striders	MV55			95					95	1
215	Kenneth	Hill	St Helens Striders	MV60	95							95	1
216	John	Barr	St Helens Striders	MV65		1	43	51				95	3
217	Paul	Alexander	Pensby Runners	MV55				56	39			95	2
218	David	Marsh	Southport Waterloo AC	MV55		36	58					94	2
219	Jon	Hogg	Wallasey Athletic Club			94						94	1
220	Stephen	Norton	Wallasey AC	MV50				94				94	1
221	Trevor	Astell	Penny Lane Striders	MV55		48			46			94	2
222	Martin	Johnson	St Helens Sutton Ac		93							93	1
223	Lee	Birkett	Liverpool Running Bugs	MV40	60	1	32					93	3
224	Christopher	Coatsworth	St Helens Sutton Ac	MV50	91							91	1
225	Robert	Johnson	Southport Waterloo AC	MV60		90						90	1
226	Rick	Rowe	St Helens Striders		90							90	1
227	Craig	Whittaker	St Helens Striders					90				90	1
228	Colin	Dobbs	Penny Lane Striders	MV40		89						89	1
229	Phil	Thorp	Liverpool Running Bugs	MV60	46		21	21	1			89	4

230	Sean	Loughran	Kirkby Milers AC	MV55	74	1			14		89	3
231	Matthew	Cook	Penny Lane Striders			88					88	1
232	Andy	Duff	Liverpool Running Bugs	MV40	88						88	1
233	David	Dodd	Knowsley Harriers	MV45	48	1	13	26			88	4
234	David	Longford	Pensby Runners	MV40					88		88	1
235	Lee	Brownbill	St Helens Striders		87						87	1
236	Adam	Hall	Liverpool Running Bugs			20	66				86	2
237	David	Bailey	St Helens Striders	MV40	86						86	1
238	David	McAlister	Wallasey Athletic Club	MV60				50	36		86	2
239	Robert	Cichocki	Wirral AC	MV45					86		86	1
240	Ian	Wright	St Helens Striders	MV45		85					85	1
241	Leo	Nilsson	Wallasey Athletic Club					85			85	1
242	James	Roberts	Penny Lane Striders					53	32		85	2
243	Daniel	McKevitt	Kirkby Milers AC	MV40		84					84	1
244	Daniel	Tetlow	St Helens Striders		83	1					84	2
246	Shane	Knott	Penny Lane Striders	MV40			83				83	1
247	Kevin	Hall	Wallasey Athletic Club	MV50					83		83	1
248	Russell	Seaman	Penny Lane Striders			82					82	1
249	Martin	Ballard	St Helens Striders		82						82	1
250	Nigel	Foo	Penny Lane Striders	MV50			11	71			82	2
251	Jeff	Wilson	St Helens Striders	MV50	81						81	1
252	John	Bassett	Wallasey AC	MV50					81		81	1
253	Jack	Heap	Wirral AC					79			79	1
254	Nigel	Chilvers	Kirkby Milers AC	MV45			78				78	1
255	Christopher	Boydell	Liverpool Running Bugs	MV40	78						78	1
256	Michael	Connor	Penny Lane Striders	MV55		77					77	1
257	Simon	Ellis	Kirkby Milers AC		76	1					77	2
258	Robert	Porter	Penny Lane Striders	MV40			77				77	1
259	Richard	Williams	UTS Running Club	MV50				77			77	1
260	Robert	Chalmers	Pensby Runners	MV40				53	24		77	2
261	Mike	Evans	Knowsley Harriers	MV65		1	47		29		77	3

262	Andrew	Conway	L'pool Pembroke Sefton	MV50					77		77	1
263	Peter	Bennett	St Helens Striders	MV50	75	1					76	2
264	Liam	Taylor	Kirkby Milers AC				76				76	1
265	John	Williams	St Helens Striders	MV40		75					75	1
266	Joshua	McGovern	Liverpool Running Bugs			10		65			75	2
267	Stuart	Hellon	UTS Running Club					75			75	1
268	Ray	Chung	Liverpool Running Club	MV55	62	1			12		75	3
269	Mark	Hamilton	St Helens Striders	MV40		35			40		75	2
270	Paul	Skaife	Mossley Hill AC	MV50		74					74	1
271	Alan	McDermott	Penny Lane Striders	MV55					74		74	1
272	Allan	Lawson	Mossley Hill AC	MV50						73	73	1
273	Jonathan	Laber-Craig	Penny Lane Striders							72	72	1
274	Paul	Hargate	St Helens Striders	MV45	71	1					72	2
275	Jake	Williams	Liverpool Running Club			71					71	1
276	Matthew	Bates	Knowsley Harriers				71				71	1
277	Stephen	McConville	Pensby Runners	MV50				33	38		71	2
278	Patrick	Davey	St Helens Striders	MV50	70						70	1
279	Roger	Graham	UTS Running Club	MV45					70		70	1
281	Ian	White	St Helens Sutton Ac	MV60	69						69	1
282	John	Connaghan	Penny Lane Striders							68	68	1
283	Darren	Eccles	St Helens Striders	MV40	68						68	1
284	John	Lingard	St Helens Striders	MV60	67						67	1
285	Neil	Mattocks	Kirkby Milers AC	MV40		1	41		25		67	3
286	Ian	Barker	St Helens Striders		66						66	1
287	Steve	Cole	Wallasey AC	MV45				66			66	1
288	Peter	Teeling	St Helens Striders	MV40		1	64				65	2
289	James	Brooker	Southport Waterloo AC	MV40			65				65	1
290	Phil	Bird	Wallasey AC	MV55					65		65	1
291	Dave	Brisco	St Helens Striders	MV50	64						64	1
292	Iain	Arnison	Pensby Runners	MV40				64			64	1
293	Antony	Cheers	St Helens Striders		63						63	1

294	Dean	Thackray	Liverpool Running Bugs		61	1					62	2
295	Terry	Lynch	Penny Lane Striders	MV50		1	61				62	2
296	Jon	Reynolds	Liverpool Running Club	MV45			62				62	1
297	Tony	Green	Penny Lane Striders	MV60		8		54			62	2
298	Andrew	Hughes	Liverpool Running Bugs				40		22		62	2
299	Steve	Roden	Penny Lane Striders	MV45		5	56				61	2
300	Louis	Atkinson	Kirkby Milers AC					61			61	1
301	Colin	Lamprey	Pensby Runners	MV55		1		44	16		61	3
302	Jimmy	Driver	Pensby Runners						61		61	1
303	Stephen	Hollis	Kirkby Milers AC	MV60			60				60	1
304	Ian	Spencer	St Helens Striders	MV50	58	1					59	2
305	Michael	Charman	Knowsley Harriers	MV65	59						59	1
306	Paul	Fitzgerald	Knowsley Harriers	MV40			59				59	1
307	Michael	Pink	UTS Running Club	MV50				59			59	1
308	Joseph	Allen	Kirkby Milers AC			4	54				58	2
309	Jamie	Alexander	Kirkby Milers AC		57	1					58	2
310	Phil	Robinson	Knowsley Harriers	MV50	44		14				58	2
311	Mark	Gibbons	UTS Running Club	MV40				58			58	1
312	John	Suckley	Pensby Runners	MV60					57		57	1
313	Carl	Newby-Hugh	Penny Lane Striders			14	42				56	2
314	Stephen	Granville	St Helens Striders		56						56	1
315	Joshua	Rawlins-willi	Mossley Hill AC			55					55	1
316	Alexander	Deakin	Kirkby Milers AC	MV50			55				55	1
317	Stan	Cottier	Liverpool Running Club	MV70		1	22	32			55	3
318	Stephen	Flanagan	Southport Waterloo AC	MV40		54					54	1
319	Steve	Wright	St Helens Striders	MV50	54						54	1
320	Stephen	Pickavance	St Helens Striders	MV55	53						53	1
321	Adrian	Pridgeon	St Helens Striders		33	1	19				53	3
322	Philip	Stanley	UTS Running Club	MV50				35	18		53	2
323	Daniel	Issawi	Knowsley Harriers			11			42		53	2
324	Robert	Andrews	Kirkby Milers AC						53		53	1

325	Ian	King	Liverpool Running Club	MV60			52			52	1
326	Daniel	Holcroft	St Helens Sutton Ac		52					52	1
327	Graham	Swadkins	Liverpool Running Bugs	MV55			52			52	1
328	Lee	Ward	Liverpool Running Club	MV40			51			51	1
329	Chris	Paton	St Helens Sutton Ac		51					51	1
330	Stephen	Tod	Liverpool Harriers & AC	MV45		50				50	1
331	Alby	Dermott	Liverpool Running Club			1	49			50	2
332	Russ	Owens	Knowsley Harriers	MV55	48		2			50	2
333	Ben	Sinnott	Liverpool Running Club				50			50	1
334	Jordan	Clare	Kirkby Milers AC		50					50	1
335	Ashley	Stillwell	Liverpool Running Bugs			49				49	1
337	Mark	Scott	Liverpool Running Club	MV50		1	48			49	2
338	Andie	Gow	Pensby Runners	MV65					48	48	1
339	James	McCarthy	St Helens Striders	MV50	47					47	1
340	John	Barlow	Liverpool Running Bugs						47	47	1
341	Matt	Dutton	Penny Lane Striders	MV40		1	45			46	2
342	Chris	Falls	Wallasey Athletic Club	MV40		1		45		46	2
343	Ray	Murphy	Kirkby Milers AC	MV50	43	1	1			45	3
344	Justin	Smith	St Helens Striders	MV40	45					45	1
345	Jonathan	Fisher	Liverpool Running Club						45	45	1
346	Xander	Heaton	Kirkby Milers AC					43		43	1
347	Jim	Garvey	Penny Lane Striders	MV60	42					42	1
348	Kevin	Carberry	Kirkby Milers AC	MV45		1	41			42	2
349	Steve	Maddock	Liverpool Running Bugs	MV50			42			42	1
350	Anthony	Brockway	Wirral AC	MV55		1	30	11		42	3
351	Arley	Colclough	Mossley Hill AC			41				41	1
352	Stephen	Dipple	Penny Lane Striders	MV45		40				40	1
353	Bennett	Lawrenson	St Helens Striders		40					40	1
354	Dan	Broadfoot	Kirkby Milers AC	MV40	39					39	1
355	Ian	Burt	St Helens Striders	MV50		1	31	7		39	3
356	Derek	Hughes	Liverpool Running Bugs	MV65	36	1	1			38	3

357	Paul	Meadows	Liverpool Running Club			38				38	1
358	Simon	Clare	Kirkby Milers AC	MV40	38					38	1
359	David	Gibbons	UTS Running Club					38		38	1
360	Stephen	Hayes	Knowsley Harriers	MV45	37					37	1
361	John	Hendrick	Liverpool RC	MV40		37				37	1
362	Dave	Jones	UTS Running Club	MV40				37		37	1
363	James	Atkin	Wirral AC	MV60			29	8		37	2
364	Paul	McGregor	Penny Lane Striders	MV55		36				36	1
365	Billy	Hargreaves	Southport Waterloo AC	MV70		27		9		36	2
366	Bernard	Graney	St Helens Striders	MV60	35					35	1
367	Gary	Hinds	Liverpool Running Bugs			1	34			35	2
368	Paul	Keegan	Kirby Milers	MV50	34					34	1
369	Nathaniel	Cubbins	Kirkvy Milers AC					34		34	1
370	Phillip	Hewitt	Liverpool Running Bugs	MV40		9	24			33	2
371	Terry	Noon	Kirkby Milers AC					33		33	1
372	Keith	Peacock	Kirkby Milers AC	MV60	1	31				32	2
373	Perry	Foy	Liverpool Running Club	MV55	1	30				31	2
374	Mark	Roberts	Pensby Runners	MV65				31		31	1
375	Steve	Bennett	Penny Lane Striders	MV55	30					30	1
376	Steve	Minshull	Knowsley Harriers	MV45		29				29	1
377	Alan	D'Henin	Knowsley Harriers	MV65	1	10	18			29	3
378	Ronald	Thornton	Liverpool Running Bugs	MV75	1	8	19	1		29	4
379	Ian	Chalmers	Pensby Runners	MV70			25	4		29	2
380	Andy	Cantwell	Penny Lane Striders	MV40	28					28	1
381	Keith	Lewis	UTS Running Club	MV50			28			28	1
382	Andrew	Troy	Penny Lane Striders		26					26	1
383	David	Rand	Penny Lane Striders	MV40		26				26	1
384	Stephen	Draper	Mossley Hill AC	MV65				26		26	1
385	Russell	Eaton	Wirral AC	MV50	25					25	1
386	Michael	Sharkey	Penny Lane Striders	MV70	1	24				25	2
387	Neil	Taylor	Liverpool Running Club			25				25	1

388	Richard	Stafford	Penny Lane Striders	MV40	24					24	1
389	William	Sergeson	Penny Lane Striders	MV50	1	23				24	2
390	Robert	Freeman	Liverpool Running Bugs	MV45	1		23			24	2
391	Chris	Spruce	Penny Lane Striders		23					23	1
392	Jefferson	Gard	Penny Lane Striders	MV50		4		19		23	2
393	Ryan	Cairns	UTS Running Club					23		23	1
394	Benjamin	Buckby	Penny Lane Striders		22					22	1
395	Andy	Carragher	Wallasey Athletic Club	MV60			22			22	1
396	Ian	Pinnington	Mossley Hill AC	MV55	1			21		22	2
397	Jonathan	Mackie	Knowsley Harriers	MV45	21					21	1
398	Ben	McGovern	Liverpool Running Bugs		1		20			21	2
399	Craig	Tessyman	Liverpool Running Bugs			20				20	1
400	Allan	Gibbs-Monaghan	Liverpool Running Bugs	MV40		3	16	1		20	3
401	David	Lloyd	Knowsley Harriers		19					19	1
402	Andrew	Lloyd	Liverpool Running Club	MV40	1	18				19	2
403	Kevin	Dunn	Penny Lane Striders		17					17	1
404	Zachary	Stavrou-Dowling	Liverpool Running Club		1	16				17	2
405	David	Hughes	Penny Lane Striders	MV55		17				17	1
406	Richard	Potts	Pensby Runners	MV50			17			17	1
407	John	Preece	Kirkby Milers AC	MV40				17		17	1
408	John	Merrigan	Penny Lane Striders		16					16	1
409	Rob	Armes	Liverpool Running Club		1	15				16	2
410	Andrew	Bridson	Southport Waterloo AC		15					15	1
411	Spencer	Hanley	Knowsley Harriers				15			15	1
412	David	Griffiths	Penny Lane Striders	MV50	13					13	1
413	Nick	Bartlett	Knowsley Harriers	MV45	1	12				13	2
414	Michael	Eakin	Penny Lane Striders	MV60				10		10	1
415	Graham	Lloyd	Mossley Hill AC	MV45	9					9	1
416	Phil	O'Rourke	Liverpool RC	MV55		6		3		9	2
417	Mark	Woolford	Wallasey AC	MV45				6		6	1
418	George	Whitehurst	Knowsley Harriers	MV45			5			5	1

419	Tony	Tarpey	Pensby Runners	MV60		5		5	1
420	Sakib	Shamas-ud-c	Penny Lane Striders	MV45	3			3	1
421	David	Griffiths	UTS Running Club	MV45		2		2	1
422	Alan	O'Brien	Mossley Hill AC		1			1	1
423	Stewart	Foster	Wallasey Athletic Club	MV55	1			1	1
424	Andrew	Pettitt	Pensby Runners	MV50	1			1	1
425	Rod	Jones	Penny Lane Striders	MV60	1			1	1
426	Stuart	Brandwood	Penny Lane Striders	MV40	1			1	1
427	Rick	Forster	Mossley Hill AC		1			1	1
428	Matthew	Bebb	Knowsley Harriers	MV45	1			1	1
429	Graham	Deane	Knowsley Harriers		1			1	1
430	Neil	Webster	Liverpool Running Bugs		1			1	1
431	Ben	Darby	Pensby Runners		1			1	1
432	Anthony	Bundy	Kirkby Milers AC	MV40	1			1	1
433	John	Brown	Penny Lane Striders	MV60	1			1	1
434	Michael	Edwards	Penny Lane Striders	MV60	1			1	1
435	John	Clarke	Kirkby Milers	MV50	1			1	1
436	Tony	Woods	Penny Lane Striders	MV45	1			1	1
437	Gary	Crockett	Penny Lane Striders	MV45	1			1	1
438	Brian	Higgins	Penny Lane Striders	MV55	1			1	1
439	Michael	Waters	Knowsley Harriers		1			1	1
440	Donald	Wilkinson	Southport Waterloo AC	MV55	1			1	1
441	Barry	Bright	Penny Lane Striders	MV60	1			1	1
442	Graham	Howell	Liverpool Harriers & AC	MV65	1			1	1
443	Paul	McMillan	Penny Lane Striders	MV45	1			1	1
444	Paul	Doyle	Kirkby Milers AC		1			1	1
445	Anthony	Jones	Southport Waterloo AC	MV55	1			1	1
446	Ian	Dutton	Liverpool Running Bugs	MV45	1			1	1
447	Mal	Taylor	Penny Lane Striders	MV40	1			1	1
448	Stephen	Gorman	Penny Lane Striders	MV45	1			1	1
449	Glyn	Hughes	Penny Lane Striders	MV60	1			1	1

450	Colin	Tucker	Penny Lane Striders	MV45	1	1	1
451	Michael	Sutton	Penny Lane Striders	MV45	1	1	1
452	Lee	Cunningham	Penny Lane Striders	MV45	1	1	1
453	John	Bosward	Knowsley Harriers	MV45	1	1	1
454	Andrew	Cross	Wirral AC	MV45	1	1	1
455	Brian	Ford	Kirkby Milers	MV50	1	1	1
456	John	Wood	Penny Lane Striders	MV45	1	1	1
457	Adam	Tysoe	Liverpool Running Club		1	1	1
458	Craig	Hawley	Penny Lane Striders	MV60	1	1	1
459	Graham	Padden	Southport Waterloo AC	MV55	1	1	1
460	Peter	Gateley	Pensby Runners	MV40	1	1	1
461	Christian	Sorenson	Mossley Hill AC	MV55	1	1	1
462	Richie	Deane	Knowsley Harriers	MV45	1	1	1
463	David	Webb	Penny Lane Striders		1	1	1
464	Ian	Broadhurst	Knowsley Harriers	MV50	1	1	1
465	Owen	Gallagher	Kirkby Milers AC	MV45	1	1	1
466	Nathaniel	Hopkins	Kirkby Milers AC		1	1	1
467	John	McCoy	Liverpool Running Club	MV50	1	1	1
468	Mohamma	Gharooni	Penny Lane Striders	MV60	1	1	1
469	Nigel	Herbert	St Helens Striders		1	1	1
470	Tommy	Gates	Penny Lane Striders	MV55	1	1	1
471	Chris	Anderson	Penny Lane Striders	MV45	1	1	1
472	Gareth	O'Hanlon	Liverpool Running Club	MV40	1	1	1
473	Philip	Lloyd	Kirkby Milers AC	MV40	1	1	1
474	Martyn	Hughes	Liverpool Running Club	MV45	1	1	1
475	James	Battersby	Liverpool Running Club	MV45	1	1	1
476	Lee	Yates	Knowsley Harriers	MV40	1	1	1
477	John	McCaffrey	Knowsley Harriers		1	1	1
478	Calum	Aitken	Liverpool Running Club		1	1	1
479	Kieron	O'Neill	Knowsley Harriers	MV40	1	1	1
480	Pierre	Verron	St Helens Striders	MV40	1	1	1

481	Philip	Moody	Liverpool Running Club	MV40	1		1	1
482	Martin	Rogers	Mossley Hill AC	MV50	1		1	1
483	William	Quinn	Kirkby Milers AC	MV50	1		1	1
484	Steven	Boyd	Penny Lane Striders	MV55	1		1	1
485	Ian	Flynn	Liverpool Running Club		1		1	1
486	Peter	Gee	Kirkby Milers AC		1		1	1
487	Mark	Quinn	Mossley Hill AC	MV45	1		1	1
488	Jonny	McHale	Penny Lane Striders		1		1	1
489	Graham	Ashton	Liverpool Running Bugs	MV50	1		1	1
490	Paul	Cook	Liverpool Running Club	MV40	1		1	1
491	Carl	Riley	Knowsley Harriers	MV40	1		1	1
492	Will	Hodgkinson	Penny Lane Striders		1		1	1
493	Joe	McGlynn	Penny Lane Striders	MV60	1		1	1
494	Simon	O'Brien	Liverpool Running Club	MV40		1	1	1
495	Jonathan	Brown	Liverpool Running Club			1	1	1