

## Merseyside County Grand Prix 2013 Overall Individual Standings

### Men

Pos'n	Name	Club	Category	Walton Park	Birkenhead	Penny Lane	Sefton Park	Wavertree	Merseyvend	Southport	Total	Best 4
				5M	Park 5M	10k	5M	Mystery 5k	5k	Seaside 10k		Total
1	Martin Swensson	Penny Lane Striders	SM	0	100	0	99	100	98	0	397	<b>397</b>
2	Matthew Davies	Mossley Hill AC	SM	98	95	0	0	99	99	100	491	<b>396</b>
3	Stephen Doyle	Knowsley Harriers	SM	92	0	97	95	95	92	99	570	<b>386</b>
4	Robert Kelly	Knowsley Harriers	SM	6	87	94	96	96	94	0	473	<b>380</b>
5	Jack Atkins	Knowsley Harriers	SM	97	90	92	0	94	90	0	463	<b>373</b>
6	Steven Nijs	Knowsley Harriers	M40	0	93	95	91	90	91	0	460	<b>370</b>
7	John Connolly	Penny Lane Striders	M40	95	92	0	90	84	86	0	447	<b>363</b>
8	Tony Landry	Knowsley Harriers	M50	89	86	91	89	88	88	0	531	<b>357</b>
9	David Edwards	Knowsley Harriers	M50	90	83	88	0	0	81	0	342	<b>342</b>
10	Lawrence Eccles	Penny Lane Striders	SM	91	81	0	85	0	84	0	341	<b>341</b>
11	Dominic Cooper	Mossley Hill AC	SM	82	79	87	0	80	82	0	410	<b>331</b>
12	Rob Williams	Knowsley Harriers	SM	88	71	0	75	0	0	88	322	<b>322</b>
13	Steven Maguire	Penny Lane Striders	SM	78	65	0	33	69	83	86	414	<b>316</b>
14	Colin Dobbs	Penny Lane Striders	SM	77	72	0	79	83	0	0	311	<b>311</b>
15	Dave Connor	Knowsley Harriers	M40	76	77	73	68	0	0	0	294	<b>294</b>
16	Stephen Hayes	Liverpool Running Club	M40	0	0	69	59	70	0	90	288	<b>288</b>
17	David Quinn	Liverpool Harriers	SM	66	0	67	0	54	0	80	267	<b>267</b>
18	Phil Bailey	Southport Waterloo AC	M60	62	64	0	69	68	0	0	263	<b>263</b>
19	Danny Fegan	St Helens Striders	M45	64	63	0	62	67	0	0	256	<b>256</b>
20	Christopher Lee	Penny Lane Striders	SM	54	0	0	52	57	0	87	250	<b>250</b>
21	George Pierce	Liverpool Running Club	M45	56	0	0	49	60	76	0	241	<b>241</b>
22	Tim Warn	Penny Lane Striders	M60	36	43	0	36	34	65	83	297	<b>227</b>
23	Jonathon Fisher	Liverpool Running Club	SM	48	0	68	47	51	0	0	214	<b>214</b>
24	Alan Clarey	Mossley Hill AC	M60	18	39	54	0	0	0	79	190	<b>190</b>
25	Derek Hughes	Knowsley Harriers	M60	1	30	0	0	0	60	71	162	<b>162</b>
26	Steve Pemberton	Penny Lane Striders	M55	48	49	0	31	28	0	0	156	<b>156</b>

27	Michael Pridgeon	Liverpool Running Club	SM	13	0	51	6	0	0	74	144	<b>144</b>
28	James Stansfield	Penny Lane Striders	SM	0	0	0	1	9	59	70	139	<b>139</b>
29	Dave Mangan	Penny Lane Striders	M55	6	33	0	9	0	0	72	120	<b>120</b>
30	Eamonn Brady	Penny Lane Striders	M45	8	32	0	1	0	0	78	119	<b>119</b>
31	Paul Hannigan	Knowsley Harriers	M55	1	34	47	15	16	0	0	113	<b>112</b>
32	Kenny Worrall	Liverpool Running Club	M40	16	0	44	13	22	0	0	95	<b>95</b>
33	James McNally	Liverpool Harriers	SM	100	99	0	100	0	0	0	299	
34	Alan Ashton	Liverpool Harriers	M40	0	0	96	92	97	0	0	285	
35	Dale Higham	Penny Lane Striders	SM	0	0	0	87	93	87	0	267	
36	Neil Cosgrove	Knowsley Harriers AC	SM	0	0	89	81	0	89	0	259	
37	Paul Riley	Penny Lane Striders	M40	87	80	0	82	0	0	0	249	
38	Robert Burke	Liverpool Running Club	M45	79	0	83	73	0	0	0	235	
39=	Nick Wilson	Wirral AC	M40	0	76	85	72	0	0	0	233	
	Martin Christian	Knowsley Harriers	M40	75	0	80	0	78	0	0	233	
	Tony Morgan	Knowsley Harriers	M40	0	70	84	0	79	0	0	233	
42	Matthew Collins	Mossley Hill AC	SM	73	0	78	0	0	78	0	229	
43	Robert Givnan	Liverpool Running Club	M40	69	0	75	0	74	0	0	218	
44	Desmond McIvor	Wirral AC	M45	70	67	0	74	0	0	0	211	
45	Jim Savage	Knowsley Harriers AC	SM	0	0	72	64	71	0	0	207	
46	Michael Fitzsimmons	Liverpool Harriers	SM	0	0	99	0	98	0	0	197	
47	James Toohey	Liverpool Running Club	SM	99	0	0	97	0	0	0	196	
48	Matthew Nelson	Southport Waterloo AC	M50	49	0	0	0	59	0	85	193	
49	Lee Midghall	Liverpool Harriers	SM	0	0	98	94	0	0	0	192	
50	Thomas Rimmer	Penny Lane Striders	SM	63	0	0	65	62	0	0	190	
51	Ray Cole	Liverpool Harriers	M50	0	0	0	0	91	0	97	188	
52=	Mark Hulmeston	Wirral AC	SM	0	94	0	93	0	0	0	187	
	Glen Groves	Liverpool Harriers	M40	0	0	0	0	92	95	0	187	
54	Paul Cunningham	Knowsley Harriers	JM	60	56	0	0	0	70	0	186	
55	Luke Parker	Knowsley Harriers	SM	0	88	0	0	0	97	0	185	
56	Tony Metcalfe	Mossley Hill AC	M55	0	55	74	0	49	0	0	178	
57	Anthony Lawlor	Knowsley Harriers	M45	84	0	93	0	0	0	0	177	
58=	Christopher Burrows	Knowsley Harriers	SM	0	0	0	86	89	0	0	175	

	Stephen Taylor	Mossley Hill AC	SM	59	0	70	46	0	0	0	175
60	Paul Schumann	Knowsley Harriers	M50	0	0	0	88	86	0	0	174
61=	Dave Owens	Penny Lane Striders	SM	0	54	0	58	61	0	0	173
	Terry Roberts	Wirral AC	SM	0	0	90	83	0	0	0	173
63	Steven Wilkinson	Southport Waterloo AC	SM	0	75	0	0	0	0	95	170
64	Ian Russell	Penny Lane Striders	M45	0	59	0	57	53	0	0	169
65	Gareth Howell	Liverpool Harriers	SM	0	0	0	0	73	0	94	167
66	Simon Birtles	Penny Lane Striders	M45	0	0	0	0	81	85	0	166
67	Marc Littlefield	Penny Lane Striders	SM	0	0	0	0	72	0	89	161
68	Lyndon Easthope	Penny Lane Striders	SM	81	0	0	76	0	0	0	157
69	Jess Bowie	Liverpool Running Club	M40	0	0	63	44	46	0	0	153
70	Steve Broadfoot	Knowsley Harriers AC	M50	0	0	79	71	0	0	0	150
71=	John Halson	Liverpool Pembroke & Seft	M50	74	0	0	0	0	74	0	148
	Michael Connor	Knowsley Harriers	M45	0	0	0	39	43	66	0	148
73=	Andrew Conway	Mossley Hill AC	M45	0	48	59	0	39	0	0	146
	Duncan Kennedy	Liverpool Running Club	SM	65	0	81	0	0	0	0	146
75	Dean Connolly	Penny Lane Striders	SM	67	0	0	78	0	0	0	145
76	Vikas Sharma	Knowsley Harriers	SM	0	0	0	0	65	77	0	142
77	Ste Green	Liverpool Running Club	SM	40	0	0	32	0	69	0	141
78	Robbie Wood	Liverpool Pembroke Seftor	M55	0	0	0	0	63	75	0	138
79=	Colin Sefton	Mossley Hill AC	M50	0	41	58	38	0	0	0	137
	John McNamara	Liverpool Running Club	SM	43	0	0	42	52	0	0	137
81=	Kevin Monaghan	St Helens Striders	M45	0	0	0	53	0	79	0	132
	Michael Frawley	Liverpool Running Club	SM	55	0	77	0	0	0	0	132
83=	Paul Spencer	St Helens Striders	M40	0	0	55	0	0	0	75	130
	David Seddon	Liverpool Running Club	M45	29	40	61	0	0	0	0	130
85	Geoff Rudd	Liverpool Running Club	M50	52	0	71	0	0	0	0	123
86	Jonathan Toft	Penny Lane Striders	SM	0	0	0	63	58	0	0	121
87	Alistair Rutherford	Mossley Hill AC	U20	0	52	0	66	0	0	0	118
88	Tony Clarke	Mossley Hill AC	M55	0	50	62	0	0	0	0	112
89=	William Merritt	Knowsley Harriers	M50	51	0	0	0	56	0	0	107
	Andy Smith	Liverpool Harriers	SM	0	0	0	0	40	67	0	107
	Philip O'Rourke	Liverpool Running Club	M40	1	0	45	0	0	61	0	107

92=	Stephen Wall	Liverpool Running Club	SM	42	0	60	0	0	0	0	102
	David Lynan	Penny Lane Striders	M40	0	42	0	30	30	0	0	102
94=	John McCole	Liverpool Harriers	SM	0	0	0	0	100	0	0	100
	Ian Lawton	Liverpool Harriers	SM	0	0	100	0	0	0	0	100
	Greg Hocking	Penny Lane Striders	M40	41	0	0	27	32	0	0	100
97=	Adam Clansy	Wirral AC	SM	0	0	0	98	0	0	0	98
	Ben Costello	Liverpool Pembroke & Seft	U20	0	98	0	0	0	0	0	98
99=	Paul Cliff	Liverpool Running Club	M45	0	57	0	40	0	0	0	97
	Xavier Desse	Wirral AC	M40	0	97	0	0	0	0	0	97
101=	Ian Palin	Liverpool Running Club	M40	0	0	0	0	0	0	96	96
	Ian Magill	Liverpool Running Club	SM	96	0	0	0	0	0	0	96
	Tom Michaelson	Knowsley Harriers	SM	0	96	0	0	0	0	0	96
104	Peter Jones	Mossley Hill AC	SM	50	0	0	45	0	0	0	95
105=	Terence Long	Penny Lane Striders	M60	7	0	0	10	0	0	77	94
	Marc Jacques	Knowsley Harriers	M45	94	0	0	0	0	0	0	94
107=	Robert Johnson	Southport Waterloo AC	M55	0	0	0	0	0	0	93	93
	Carl Mountain	Liverpool Harriers	SM	93	0	0	0	0	0	0	93
	Peter Green	Knowsley Harriers	SM	0	0	0	0	0	93	0	93
110	Simon Tobin	Southport Waterloo AC	M45	0	0	0	0	0	0	92	92
111=	Boyd Park	Southport Waterloo AC	M45	0	0	0	0	0	0	91	91
	Mark Bissell	Knowsley Harriers	SM	0	91	0	0	0	0	0	91
113	Tom Peacock	Southport Waterloo AC	M40	0	0	0	43	47	0	0	90
114	Jonathan Mullen	Liverpool Harriers	U20	0	89	0	0	0	0	0	89
115	Matthew Goddard	Southport Waterloo AC	SM	0	0	0	0	87	0	0	87
116=	Carl Murphy	Liverpool Running Club	SM	86	0	0	0	0	0	0	86
	Kyle Harrison	Liverpool Running Club	SM	0	0	86	0	0	0	0	86
118=	Richard Houston	Penny Lane Striders	M40	39	46	0	0	0	0	0	85
	Anthony Wilcox	Knowsley Harriers	M50	85	0	0	0	0	0	0	85
	Anthony Barbat	Wallasey AC	M50	0	85	0	0	0	0	0	85
	Andrew Pascott	Liverpool Harriers	SM	0	0	0	0	85	0	0	85
122=	James Brooker	Southport Waterloo AC	SM	0	0	0	0	0	0	84	84
	John Cross	Wirral AC	M40	0	84	0	0	0	0	0	84
	Martin Rogers	Mossley Hill AC	M45	3	31	50	0	0	0	0	84

	Kevin Buxton	Wirral AC	M55	0	0	0	84	0	0	0	84
126	Darren Hanlon	Knowsley Harriers	SM	83	0	0	0	0	0	0	83
127=	Adam Tysoe	Liverpool Running Club	SM	0	0	0	0	0	0	82	82
	Kelvin Dickinson	Wirral AC	M40	0	82	0	0	0	0	0	82
	Kevin Brown	Knowsley Harriers	M40	0	0	82	0	0	0	0	82
	David Barr	Liverpool Harriers	M40	0	0	0	0	82	0	0	82
131	Paul Warrington	Southport Waterloo AC	SM	0	0	0	0	0	0	81	81
132=	Paul Denmore	St Helens Striders	M45	0	0	0	0	0	80	0	80
	Nigel Grant	Penny Lane Striders	M50	0	0	0	80	0	0	0	80
	Kyle Harrison	Liverpool Harriers	JM	80	0	0	0	0	0	0	80
135	Olivier Giger	Mossley Hill AC	SM	0	78	0	0	0	0	0	78
136=	Kevin Shannon	Liverpool Running Club	M40	1	0	0	0	0	0	76	77
	Robbie Collins	Liverpool Harriers	SM	0	0	0	0	77	0	0	77
	James Cassidy	Liverpool Harriers	SM	0	0	0	77	0	0	0	77
139=	Alex Hitchmough	Knowsley Harriers AC	SM	0	0	76	0	0	0	0	76
	Ian Broadhurst	Knowsley Harriers AC	M45	0	0	43	12	21	0	0	76
	Joe Lazenby	Liverpool Running Club	SM	0	0	0	0	76	0	0	76
142	Gary English	Liverpool Running Club	M50	0	0	0	0	75	0	0	75
143=	Mark Hughes	Wirral AC	SM	0	74	0	0	0	0	0	74
	Andy Cantwell	Penny Lane Striders	SM	37	0	0	37	0	0	0	74
145=	Ian Flynn	Liverpool Running Club	SM	0	0	0	0	0	0	73	73
	Mark Bleasdale	Liverpool Pembroke & Seft	M50	0	0	0	0	0	73	0	73
	Simon Fox	Wirral AC	M45	0	73	0	0	0	0	0	73
148=	Mike Gall	Knowsley Harriers	SM	72	0	0	0	0	0	0	72
	David Navis	St Helens Striders	SM	44	0	0	28	0	0	0	72
	Jake Goodwin	Knowsley Harriers	JM	0	0	0	0	0	72	0	72
151=	Paul Goodwin	Knowsley Harriers	M45	0	0	0	0	0	71	0	71
	Gregory Beck	Mossley Hill AC	SM	71	0	0	0	0	0	0	71
153	Gerard Hall	Mossley Hill AC	SM	0	0	0	70	0	0	0	70
154=	Richard Hughes	Southport Waterloo AC	M60	0	0	0	0	0	0	69	69
	Neil Toner	Wirral AC	M40	0	69	0	0	0	0	0	69
156=	Frank Smith	Liverpool Running Club	M45	0	0	0	0	0	0	68	68
	Chris Falls	St Helens Striders	SM	0	0	0	0	0	68	0	68

	Lee Ward	Liverpool Running Club	SM	68	0	0	0	0	0	0	68
	Neil Bullock	Penny Lane Striders	SM	0	68	0	0	0	0	0	68
160	Sylvain Husson	Penny Lane Striders	SM	0	0	0	67	0	0	0	67
161=	Alex Bentley	Knowsley AC	SM	0	0	66	0	0	0	0	66
	Graham Halsall	Penny Lane Striders	SM	0	66	0	0	0	0	0	66
	Simopne Capponi	Penny Lane Striders	SM	0	0	0	0	66	0	0	66
164	Mark Davies	Southport Waterloo AC	M45	0	0	65	0	0	0	0	65
165=	John Dobie	Liverpool Pembroke & Seft	M65	0	0	0	0	64	0	0	64
	Dave Lovatt	Penny Lane Striders	M50	0	0	0	0	64	0	0	64
	Ian McNeill	Birkenhead AC	M55	0	0	64	0	0	0	0	64
168=	Rod Jones	Liverpool Running Club	M50	11	0	52	0	0	0	0	63
	Paul Williams	Knowsley Harriers	M50	0	0	0	0	0	63	0	63
170=	Tony Horsfall	St Helens Striders	M45	0	0	0	0	0	62	0	62
	Ceredig Cattenach-Ch	Penny Lane Striders	SM	0	62	0	0	0	0	0	62
172=	Graham Stewart	Liverpool Running Club	M45	0	0	0	61	0	0	0	61
	James Price	Liverpool Running Club	M60	61	0	0	0	0	0	0	61
	David Brockway	Wirral AC	SM	0	61	0	0	0	0	0	61
175=	Karl Bryers	Wirral AC	M40	0	60	0	0	0	0	0	60
	Matt Helme	Liverpool Harriers	M50	0	0	0	60	0	0	0	60
177	Michael Devereux	Penny Lane Striders	M60	21	38	0	0	0	0	0	59
178=	David Knowles	Liverpool Running Club	SM	58	0	0	0	0	0	0	58
	Peter Fraser	Wirral AC	SM	0	58	0	0	0	0	0	58
180=	William McLoughlin	Liverpool Running Club	SM	57	0	0	0	0	0	0	57
	Paul Reigler	Liverpool Running Club	SM	0	0	57	0	0	0	0	57
182=	Tony Devoy	Wirral AC	M55	0	0	0	56	0	0	0	56
	John Shaw	Mossley Hill AC	M60	0	0	56	0	0	0	0	56
184=	Paul Cope	Knowsley Harriers AC	SM	0	0	0	55	0	0	0	55
	David Lee	Knowsley Harriers	SM	0	0	0	0	55	0	0	55
186=	James Thornhill	Mossley Hill AC	SM	29	0	0	25	0	0	0	54
	Allan Wearing	Liverpool Running Club	M50	0	0	0	54	0	0	0	54
188=	Tommy Gates	Penny Lane Striders	M50	17	0	0	17	19	0	0	53
	David Marsh	Southport Waterloo AC	M50	0	0	53	0	0	0	0	53
	Brian Middleton	St Helens Striders	M60	53	0	0	0	0	0	0	53

	Andrew Waring	Birkenhead AC	M55	0	53	0	0	0	0	0	53
192=	Martin Hirrell	Penny Lane Striders	M45	0	0	0	51	0	0	0	51
	Mike Stone	Wirral AC	M50	0	51	0	0	0	0	0	51
	Michael O'Rourke	Penny Lane Striders	SM	25	0	0	26	0	0	0	51
195=	Dave Moran	Liverpool Running Club	M50	0	0	0	50	0	0	0	50
	Tim Jones	Liverpool Running Club	SM	0	0	0	0	50	0	0	50
197	Keith Peacock	Knowsley Harriers AC	M55	0	0	49	0	0	0	0	49
198=	Jack Dewsbury	Liverpool Harriers	JM	0	0	0	0	48	0	0	48
	Dave Kirk	Liverpool Running Club	M55	1	0	42	5	0	0	0	48
	Anthony Bond	Southport Waterloo AC	M45	0	0	48	0	0	0	0	48
	Kevin Carroll	Liverpool Pembroke & Seft	M60	0	0	0	48	0	0	0	48
202	Alex Kevan	Penny Lane Striders	SM	0	47	0	0	0	0	0	47
203=	John Jensen	Penny Lane Striders	SM	46	0	0	0	0	0	0	46
	Dave Swingles	Liverpool Running Club	M45	0	0	46	0	0	0	0	46
205=	Shaun McGrath	Penny Lane Striders	JM	45	0	0	0	0	0	0	45
	David Hood	Penny Lane Striders	SM	0	45	0	0	0	0	0	45
	Daniel Connell	Penny Lane Striders	SM	0	0	0	0	45	0	0	45
208=	Mark Connor	Knowsley Harriers	SM	0	0	0	0	44	0	0	44
	Richard Harmsworth	Mossley Hill AC	SM	0	44	0	0	0	0	0	44
	Darren Unsworth	Knowsley Harriers	M40	2	0	0	0	42	0	0	44
211=	David Lucas	Liverpool Harriers	SM	0	0	0	0	41	0	0	41
	Lawrence Brown	Birkenhead AC	M70	0	0	41	0	0	0	0	41
	Callum Grant	Liverpool Harriers	SM	0	0	0	41	0	0	0	41
214	Ronnie Jones	Wirral AC	M75	0	0	40	0	0	0	0	40
215=	Graham Cushion	Liverpool Running Club	SM	39	0	0	0	0	0	0	39
	Michael Shaw	Mossley Hill AC	SM	0	0	39	0	0	0	0	39
217=	Jerome Dowd	Penny Lane Striders	M40	0	0	0	0	38	0	0	38
	Jordan Shandley	Southport Waterloo AC	SM	0	0	38	0	0	0	0	38
	Mark Thomas	Penny Lane Striders	M45	0	0	0	18	20	0	0	38
220=	Ian Sneddon	Birkenhead AC	M60	0	37	0	0	0	0	0	37
	Dave Owens	Mossley Hill AC	M60	0	0	37	0	0	0	0	37
	Shane Knott	Penny Lane Striders	SM	0	0	0	0	37	0	0	37
223=	Howard Rogers	Mossley Hill AC	M55	0	0	36	0	0	0	0	36

	Gregory Hope	Mossley Hill AC	SM	36	0	0	0	0	0	0	36
	Pat Henley	Liverpool Harriers	M65	0	36	0	0	0	0	0	36
	Andrew Leslie	Penny Lane Striders	SM	0	0	0	0	36	0	0	36
227=	Elliott Lee	Knowsley Harriers	JM	0	0	0	0	35	0	0	35
	Les Ebrell	Wirral AC	M50	0	35	0	0	0	0	0	35
	Norman Grundy	Birkenhead AC	M65	0	0	35	0	0	0	0	35
	Craig Hawley	Penny Lane Striders	M55	0	0	0	35	0	0	0	35
231=	Jason Kennedy	Mossley Hill AC	M45	0	0	0	34	0	0	0	34
	Gary Spriggs	St Helens Striders	M40	34	0	0	0	0	0	0	34
233=	Garry Conor	Knowsley Harriers	SM	33	0	0	0	0	0	0	33
	Jamie Fullerton	Knowsley Harriers	SM	0	0	0	0	33	0	0	33
235=	Mark Scott	Liverpool Running Club	M45	1	0	0	0	31	0	0	32
	Graham Hussey	Penny Lane Striders	M45	32	0	0	0	0	0	0	32
237	Mike Roxburgh	Penny Lane Striders	M40	31	0	0	0	0	0	0	31
238	Tony Ferry	Liverpool Running Club	SM	30	0	0	0	0	0	0	30
239=	Christopher Cushion	Liverpool Running Club	SM	1	0	0	11	17	0	0	29
	Robert King	Liverpool Running Club	SM	0	0	0	0	29	0	0	29
	Mark Morrison	Birkenhead AC	M50	0	29	0	0	0	0	0	29
	David McAllister	Wallasey AC	M50	0	0	0	29	0	0	0	29
243=	Mal Boyes	Mossley Hill AC	M50	27	0	0	0	0	0	0	27
	Neil Raine	Liverpool Harriers	M45	0	0	0	0	27	0	0	27
245=	Ciaran Marron	Knowsley Harriers	SM	26	0	0	0	0	0	0	26
	Tony Green	Liverpool Harriers	M55	0	0	0	0	26	0	0	26
	Mick O'Brien	Knowsley Harriers	M45	0	0	0	16	10	0	0	26
248	David Rowe	Liverpool Harriers	M50	0	0	0	0	25	0	0	25
249=	Tom Patton	Knowsley Harriers	JM	0	0	0	0	24	0	0	24
	Paul Brady	Penny Lane Striders	M40	24	0	0	0	0	0	0	24
	Connor McGarry	Knowsley Harriers	SM	0	0	0	24	0	0	0	24
252=	Andrew Webster	Knowsley Harriers	M50	0	0	0	0	23	0	0	23
	John Courtney	Mossley Hill AC	M40	0	0	0	23	0	0	0	23
	John McManniman	Liverpool Running Club	SM	23	0	0	0	0	0	0	23
255=	David Swingler	Liverpool Running Club	SM	22	0	0	0	0	0	0	22
	Neil Hawking	Mossley Hill AC	SM	0	0	0	22	0	0	0	22



257=	Chris Forster	Knowsley Harriers	SM	0	0	0	21	0	0	0	21
	Michael Tarpey	Liverpool Running Club	M40	21	0	0	0	0	0	0	21
259	Jim Edwards	Birkenhead AC	M60	0	0	0	20	0	0	0	20
260=	Tony Coffey	Liverpool Running Club	SM	19	0	0	0	0	0	0	19
	Harry Noyes	Mossley Hill AC	M55	0	0	0	19	0	0	0	19
	Keith Boyle	Penny Lane Striders	M40	12	0	0	7	0	0	0	19
263	Mal Taylor	Penny Lane Striders	SM	0	0	0	0	18	0	0	18
264=	Craig Unsworth	Liverpool Running Club	SM	15	0	0	0	0	0	0	15
	Sam Darby	Penny Lane Striders	M55	0	0	0	0	15	0	0	15
366=	Bill Sergeson	Penny Lane Striders	M45	0	0	0	0	14	0	0	14
	Les Owens	Liverpool Running Club	M55	0	0	0	14	0	0	0	14
	David Baxter	St Helens Striders	M45	14	0	0	0	0	0	0	14
269=	Steve Higham	Liverpool Running Club	M45	5	0	0	8	0	0	0	13
	Alan Twigg	Knowsley Harriers	M45	0	0	0	0	13	0	0	13
271	John McCoy	Liverpool Harriers	M45	0	0	0	0	12	0	0	12
272	John Wilson	Penny Lane Striders	SM	0	0	0	0	11	0	0	11
273	Sean Bailey	Liverpool Running Club	SM	10	0	0	0	0	0	0	10
274	Chris Anderson	Penny Lane Striders	M40	9	0	0	0	0	0	0	9
275	Mike Welsby	Penny Lane Striders	M45	0	0	0	4	0	0	0	4
276=	Christopher McElroy	Mossley Hill AC	SM	0	0	0	3	0	0	0	3
	Tony Riley	Liverpool Running Club	SM	1	0	0	2	0	0	0	3
278=	Dan Pascoe	Liverpool Running Club	M45	1	0	0	0	0	0	0	1
	Brian Bunclark	Southport Waterloo AC	M55	1	0	0	0	0	0	0	1
	Callum Lynskey	Liverpool Running Club	SM	1	0	0	0	0	0	0	1
	Frank McAllister	St Helens Striders	M60	1	0	0	0	0	0	0	1
	Michael Brunt	St Helens Striders	M40	1	0	0	0	0	0	0	1
	Anthony Stopforth	Liverpool Running Club	M45	1	0	0	0	0	0	0	1