

Merseyside County Grand Prix 2019
Liverpool Spring 10k Results

Mens Team

Pos'n	Club	Counters						Total
1	Liverpool Harriers	150	149	148	141	125	110	823
2	Penny Lane Striders	139	138	132	128	123	119	779
3	Knowsley Harriers	145	144	142	120	114	95	760
4	Kirkby Milers AC	131	130	127	126	122	121	757
5	Liverpool Running Club	137	136	118	117	115	112	735
6	Wallasey AC	147	143	129	108	106	93	726
7	St Helens Striders	146	124	111	103	102	99	685
8	Mossley Hill AC	140	134	98	97	96	92	657
9	Liverpool Running Bugs	116	105	100	94	90	89	594
10	Southport Waterloo AC	104	101	91	88	87	85	556
11	Pensby Runners	113	84	83	82	81	78	521
12	Liverpool Pembroke Sefton AC	135	133	107				375
13	Wirral AC	86	80	79				245
14	St Helens Sutton AC	109						109

Mens Individual

Pos'n	Name	Club	Cat	Time	Team Points	Ind'l Points
1	Degene Gezimu	Liverpool Harriers & AC		00:31:15	150	150
2	James Wootton	Liverpool Harriers & AC		00:33:17	149	149
3	Lee Siemaszko	Liverpool Harriers & AC		00:33:19	148	148
4	Rob Pearse	Wallasey Athletic Club	MV45	00:33:39	147	147
5	Chris Hazeldine	St Helens Striders		00:34:20	146	146
6	Rob Owens	Knowsley Harriers		00:34:22	145	145
7	Stephen Campbell	Knowsley Harriers		00:34:23	144	144
8	Jack Poland	Wallasey Athletic Club		00:34:24	143	143
9	Thomas O'Dowd	Knowsley Harriers		00:34:40	142	142
10	Alan Ashton	Liverpool Harriers & AC	MV45	00:35:08	141	141
11	Matthew Skaife	Mossley Hill AC		00:35:20	140	140
12	Jay Clarke	Penny Lane Striders		00:35:22	139	139
13	Lawrence Eccles	Penny Lane Striders		00:35:29	138	138
14	Adam Simpkin	Liverpool Running Club		00:35:47	137	137
15	Robert Kelly	Liverpool Running Club		00:35:53	136	136
16	Paul Milburn	Liverpool Pembroke & Sefton H AC		00:36:09	135	135
17	Will Hine	Mossley Hill AC		00:36:29	134	134
18	Michael Gall	Liverpool Pembroke & Sefton H AC		00:36:36	133	133
19	Neil Hennigan	Penny Lane Striders	MV40	00:36:48	132	132
20	Jay Williams	Kirkby Milers AC		00:36:52	131	131
21	James Ellis	Kirkby Milers AC		00:37:06	130	130
22	Michael Green	Wallasey Athletic Club	MV45	00:37:19	129	129
23	Paul Riley	Penny Lane Striders	MV45	00:37:26	128	128
24	Sean Wilton	Kirkby Milers AC		00:37:30	127	127

25	Ryan	Jones	Kirkby Milers AC		00:37:32	126	126
26	Theo	Johnson	Liverpool Harriers & AC		00:37:39	125	125
27	Paul	Howard	St Helens Striders		00:37:40	124	124
28	David	Willshire	Penny Lane Striders		00:37:44	123	123
29	James	Ingram	Kirkby Milers AC		00:37:54	122	122
30	Gary	Fisher	Kirkby Milers AC		00:37:57	121	121
31	John	Mclaren	Knowsley Harriers		00:37:58	120	120
32	Lewis	Houghton	Kirkby Milers AC		00:38:11		119
33	Josh	Keogh	Penny Lane Striders		00:38:20	119	118
34	Marc	Jacques	Liverpool Running Club	MV50	00:38:35	118	117
35	David	Edwards	Kirkby Milers AC	MV55	00:38:39		116
36	Paul	Wilson	Liverpool Running Club	MV45	00:38:39	117	115
37	Lee	Warburton	Penny Lane Striders	MV45	00:38:42		114
38	Joseph	Ryan	Kirkby Milers AC		00:38:51		113
39	Ian	Hewitt	Liverpool Running Bugs	MV40	00:38:52	116	112
40	Matt	Helme	Liverpool Running Club	MV55	00:38:56	115	111
41	Nigel	Grant	Penny Lane Striders	MV55	00:38:56		110
42	Graham	Weights	Penny Lane Striders	MV45	00:38:56		109
43	James	Ashworth	Knowsley Harriers		00:38:58	114	108
44	John	Preece	Kirkby Milers AC	MV45	00:38:58		107
45	Ralph	Pawling	Pensby Runners		00:39:07	113	106
46	Duncan	Kennedy	Liverpool Running Club	MV40	00:39:12	112	105
47	Gary	Wilton	Kirkby Milers AC	MV40	00:39:15		104
48	Phil	Riding	Penny Lane Striders	MV40	00:39:16		103
49	Kieran	Allen	St Helens Striders		00:39:17	111	102
50	Adam	Fitzsimmons	Kirkby Milers AC		00:39:23		101
51	Kevin	Harrison	Kirkby Milers AC	MV40	00:39:30		100
52	Kevin	Cornwell	Liverpool Harriers & AC		00:39:35	110	99
53	Luke	Curtis	Penny Lane Striders		00:39:35		98
54	Tony	Landry	Kirkby Milers AC	MV55	00:39:37		97
55	Gary	English	Liverpool Running Club	MV55	00:39:38		96
56	Greg	Williams	St Helens Sutton Ac		00:39:47	109	95
57	Jon	Hogg	Wallasey Athletic Club		00:39:51	108	94
58	Daniel	Rees	Liverpool Pembroke & Sefton H AC	MV60	00:39:57	107	93
59	Danny	Lawson	Wallasey Athletic Club		00:39:59	106	92
60	Christopher	Lee	Liverpool Running Bugs	MV50	00:40:08	105	91
61	Robert	Johnson	Southport Waterloo AC	MV60	00:40:16	104	90
62	Colin	Dobbs	Penny Lane Striders	MV40	00:40:32		89
63	Matthew	Cook	Penny Lane Striders		00:40:41		88
64	Eric	Ranson	St Helens Striders	MV45	00:40:56	103	87
65	Paul	Brown	Liverpool Running Club		00:41:10		86
66	Ian	Wright	St Helens Striders	MV45	00:41:13	102	85
67	Daniel	McKevitt	Kirkby Milers AC	MV40	00:41:20		84
68	Matthew	Whalley	Kirkby Milers AC		00:41:36		83
69	Russell	Seaman	Penny Lane Striders		00:41:38		82
70	Mike	Walker	Southport Waterloo AC	MV70	00:41:42	101	81
71	Richard	Costain	Penny Lane Striders		00:41:43		80
72	John	Bampton	Penny Lane Striders	MV45	00:41:45		79

73	James	Done	Liverpool Running Bugs		00:41:45	100	78
74	Michael	Connor	Penny Lane Striders	MV55	00:41:47		77
75	Robert	Burke	Liverpool Running Club	MV50	00:42:01		76
76	John	Williams	St Helens Striders	MV40	00:42:14	99	75
77	Paul	Skaife	Mossley Hill AC	MV50	00:42:17	98	74
78	Allan	Lawson	Mossley Hill AC	MV50	00:42:18	97	73
79	Jonathan	Laber-Craig	Penny Lane Striders		00:42:21		72
80	Jake	Williams	Liverpool Running Club		00:42:23		71
81	Anthony	Metcalfe	Mossley Hill AC	MV65	00:42:30	96	70
82	Alan	Spencer	Knowsley Harriers	MV55	00:42:37	95	69
83	John	Connaghan	Penny Lane Striders		00:42:40		68
84	Graham	Jones	St Helens Striders	MV50	00:42:45		67
85	Andrew	Glen	Liverpool Running Bugs	MV55	00:42:47	94	66
86	Michael	O'Rourke	Penny Lane Striders		00:42:55		65
87	Ian	Russell	Penny Lane Striders	MV50	00:43:06		64
88	Darren	Eckersley	St Helens Striders	MV45	00:43:14		63
89	Nick	Morton	Kirkby Milers AC		00:43:15		62
90	Frank	Cahill	St Helens Striders	MV60	00:43:19		61
91	Alex	Yem	Wallasey Athletic Club		00:43:21	93	60
92	Daniel	Fegan	St Helens Striders	MV50	00:43:30		59
93	Carl	Yu	Liverpool Running Club	MV40	00:43:46		58
94	Ian	Sadler	Penny Lane Striders	MV60	00:43:59		57
95	Peter	Atkin	Liverpool Running Club		00:44:03		56
96	Joshua	Rawlins-williams	Mossley Hill AC		00:44:03	92	55
97	Stephen	Flanagan	Southport Waterloo AC	MV40	00:44:04	91	54
98	Chris	Wills	Knowsley Harriers	MV40	00:44:05		53
99	Alex	Mitchell	Liverpool Running Bugs		00:44:18	90	52
100	Paul	Thomas	Kirkby Milers AC		00:44:18		51
101	Stephen	Tod	Liverpool Harriers & AC	MV45	00:44:21		50
102	Ashley	Stillwell	Liverpool Running Bugs		00:44:21	89	49
103	Trevor	Astell	Penny Lane Striders	MV55	00:44:28		48
104	Alan	Sanderson	Liverpool Running Club	MV40	00:44:29		47
105	Kevin	Cairns	St Helens Striders	MV45	00:44:31		46
106	Ian	Jones	Penny Lane Striders	MV60	00:44:32		45
107	John	Diggle	Kirkby Milers AC	MV40	00:44:35		44
108	William	Wignall	Liverpool Running Club	MV50	00:44:39		43
109	Graham	Liu	Southport Waterloo AC	MV50	00:44:41	88	42
110	Arley	Colclough	Mossley Hill AC		00:44:47		41
111	Stephen	Dipple	Penny Lane Striders	MV45	00:44:51		40
112	Frank	Kelly	Liverpool Running Club	MV55	00:44:54		39
113	David	Friend	Liverpool Running Bugs		00:44:57		38
114	Luke	McGovern	Liverpool Running Bugs		00:45:07		37
115	David	Marsh	Southport Waterloo AC	MV55	00:45:08	87	36
116	Mark	Hamilton	St Helens Striders	MV40	00:45:13		35
117	Anthony	Peacock	Penny Lane Striders	MV65	00:45:14		34
118	David	Navis	Liverpool Running Bugs		00:45:18		33
119	Peter	Medlicott	St Helens Striders	MV45	00:45:24		32
120	Tim	Hawkins	Liverpool Running Bugs		00:45:27		31

121	Steve	Bennett	Penny Lane Striders	MV55	00:45:27		30
122	Kieron	Carr	Liverpool Running Bugs	MV45	00:45:30		29
123	Andy	Cantwell	Penny Lane Striders	MV40	00:46:01		28
124	Chris	Alexander	Kirkby Milers AC		00:46:07		27
125	Andrew	Troy	Penny Lane Striders		00:46:11		26
126	Russell	Eaton	Wirral AC	MV50	00:46:14	86	25
127	Richard	Stafford	Penny Lane Striders	MV40	00:46:17		24
128	Chris	Spruce	Penny Lane Striders		00:46:39		23
129	Benjamin	Buckby	Penny Lane Striders		00:46:45		22
130	Jonathan	Mackie	Knowsley Harriers	MV45	00:46:45		21
131	Adam	Hall	Liverpool Running Bugs		00:46:51		20
132	David	Lloyd	Knowsley Harriers		00:46:52		19
133	Peter	Barham	Wallasey Athletic Club	MV45	00:46:52		18
134	Kevin	Dunn	Penny Lane Striders		00:46:52		17
135	John	Merrigan	Penny Lane Striders		00:46:53		16
136	Andrew	Bridson	Southport Waterloo AC		00:47:17	85	15
137	Carl	Newby-Hughes	Penny Lane Striders		00:47:20		14
138	David	Griffiths	Penny Lane Striders	MV50	00:47:21		13
139	John	Lee	Kirkby Milers AC	MV50	00:47:26		12
140	Daniel	Issawi	Knowsley Harriers		00:47:34		11
141	Joshua	McGovern	Liverpool Running Bugs		00:47:38		10
142	Graham	Lloyd	Mossley Hill AC	MV45	00:47:50		9
143	Tony	Green	Penny Lane Striders	MV60	00:47:54		8
144	John	Cooney	Knowsley Harriers	MV45	00:48:16		7
145	Nicholas	McCole	Kirkby Milers AC	MV45	00:48:23		6
146	Steve	Roden	Penny Lane Striders	MV45	00:48:33		5
147	Joseph	Allen	Kirkby Milers AC		00:48:37		4
148	Sakib	Shamas-ud-din	Penny Lane Striders	MV45	00:48:44		3
149	James	Malone	Penny Lane Striders		00:48:49		2
150	John	Barr	St Helens Striders	MV65	00:48:52		1
151	Matt	Dutton	Penny Lane Striders	MV40	00:48:56		1
152	Terry	Lynch	Penny Lane Striders	MV50	00:48:58		1
153	Gary	Hinds	Liverpool Running Bugs		00:48:59		1
154	Alan	O'Brien	Mossley Hill AC		00:48:59		1
155	Mark	Scott	Liverpool Running Club	MV50	00:49:01		1
156	Stewart	Foster	Wallasey Athletic Club	MV55	00:49:02		1
157	Chris	Owen	Liverpool Running Bugs		00:49:12		1
158	Andrew	Pettitt	Pensby Runners	MV50	00:49:15	84	1
159	Jamie	Alexander	Kirkby Milers AC		00:49:31		1
160	Peter	Teeling	St Helens Striders	MV40	00:49:31		1
161	Gordon	Scholefield	Pensby Runners	MV65	00:49:32	83	1
162	Peter	Bennett	St Helens Striders	MV50	00:49:33		1
163	Andrew	Bradley	Kirkby Milers AC		00:49:35		1
164	Rod	Jones	Penny Lane Striders	MV60	00:49:35		1
165	Mark	Fillingham	St Helens Striders	MV50	00:49:49		1
166	Stuart	Brandwood	Penny Lane Striders	MV40	00:49:59		1
167	Rick	Forster	Mossley Hill AC		00:50:06		1
168	Colin	Lamprey	Pensby Runners	MV55	00:50:06	82	1

169	Matthew	Bebb	Knowsley Harriers	MV45	00:50:12		1
170	Graham	Deane	Knowsley Harriers		00:50:15		1
171	Daniel	Tetlow	St Helens Striders		00:50:16		1
172	Alby	Dermott	Liverpool Running Club		00:50:18		1
173	Chris	Falls	Wallasey Athletic Club	MV40	00:50:32		1
174	Neil	Mattocks	Kirkby Milers AC	MV40	00:50:34		1
175	Ian	Pinnington	Mossley Hill AC	MV55	00:50:37		1
176	Neil	Webster	Liverpool Running Bugs		00:50:37		1
177	Ben	Darby	Pensby Runners		00:50:38	81	1
178	Michael	Sharkey	Penny Lane Striders	MV70	00:50:39		1
179	Anthony	Bundy	Kirkby Milers AC	MV40	00:50:40		1
180	Paul	Hargate	St Helens Striders	MV45	00:50:49		1
181	John	Brown	Penny Lane Striders	MV60	00:50:54		1
182	Michael	Edwards	Penny Lane Striders	MV60	00:50:59		1
183	John	Clarke	Kirkby Milers	MV50	00:51:12		1
184	Tony	Woods	Penny Lane Striders	MV45	00:51:15		1
185	Jamie	Rutherford	Liverpool Running Club		00:51:22		1
186	Kevin	Carberry	Kirkby Milers AC	MV45	00:51:46		1
187	Gary	Crockett	Penny Lane Striders	MV45	00:51:56		1
188	Brian	Higgins	Penny Lane Striders	MV55	00:52:02		1
189	Michael	Waters	Knowsley Harriers		00:52:02		1
190	Mike	Evans	Knowsley Harriers	MV65	00:52:14		1
191	Donald	Wilkinson	Southport Waterloo AC	MV55	00:52:39		1
192	Barry	Bright	Penny Lane Striders	MV60	00:52:40		1
193	Sean	Loughran	Kirkby Milers AC	MV55	00:52:41		1
194	David	Barrow	Kirkby Milers AC	MV60	00:52:44		1
195	Graham	Howell	Liverpool Harriers & AC	MV65	00:52:50		1
196	Paul	McMillan	Penny Lane Striders	MV45	00:53:21		1
197	John Paul	Dale	Liverpool Running Bugs		00:53:48		1
198	Simon	Ellis	Kirkby Milers AC		00:53:49		1
199	Ben	McGovern	Liverpool Running Bugs		00:53:51		1
200	Paul	Doyle	Kirkby Milers AC		00:54:17		1
201	Anthony	Jones	Southport Waterloo AC	MV55	00:54:25		1
202	Ian	Dutton	Liverpool Running Bugs	MV45	00:54:25		1
203	Mal	Taylor	Penny Lane Striders	MV40	00:54:29		1
204	Stephen	Gorman	Penny Lane Striders	MV45	00:54:30		1
205	Glyn	Hughes	Penny Lane Striders	MV60	00:54:33		1
206	Colin	Tucker	Penny Lane Striders	MV45	00:55:17		1
207	Ian	Spencer	St Helens Striders	MV50	00:55:19		1
208	Michael	Sutton	Penny Lane Striders	MV45	00:55:22		1
209	Lee	Cunningham	Penny Lane Striders	MV45	00:55:25		1
210	John	Bosward	Knowsley Harriers	MV45	00:55:30		1
211	Andrew	Cross	Wirral AC	MV45	00:55:58	80	1
212	Brian	Ford	Kirkby Milers	MV50	00:56:30		1
213	John	Wood	Penny Lane Striders	MV45	00:56:35		1
214	Ray	Chung	Liverpool Running Club	MV55	00:56:37		1
215	Lee	Birkett	Liverpool Running Bugs	MV40	00:56:44		1
216	Anthony	Brockway	Wirral AC	MV55	00:56:59	79	1

217	Adam	Tysoe	Liverpool Running Club		00:57:00		1
218	Craig	Hawley	Penny Lane Striders	MV60	00:57:01		1
219	Graham	Padden	Southport Waterloo AC	MV55	00:57:09		1
220	Peter	Gateley	Pensby Runners	MV40	00:57:18	78	1
221	Christian	Sorenson	Mossley Hill AC	MV55	00:57:41		1
222	William	Sergeson	Penny Lane Striders	MV50	00:58:01		1
223	Stan	Cottier	Liverpool Running Club	MV70	00:58:14		1
224	Richie	Deane	Knowsley Harriers	MV45	00:58:45		1
225	Perry	Foy	Liverpool Running Club	MV55	00:58:48		1
226	David	Webb	Penny Lane Striders		00:58:53		1
227	Ian	Burt	St Helens Striders	MV50	00:59:01		1
228	Ian	Broadhurst	Knowsley Harriers	MV50	00:59:10		1
229	Keith	Peacock	Kirkby Milers AC	MV60	00:59:15		1
230	Owen	Gallagher	Kirkby Milers AC	MV45	00:59:48		1
231	Nathaniel	Hopkins	Kirkby Milers AC		00:59:52		1
232	John	McCoy	Liverpool Running Club	MV50	01:00:07		1
233	Mohammad	Gharooni	Penny Lane Striders	MV60	01:00:23		1
234	Nigel	Herbert	St Helens Striders		01:00:43		1
235	Dean	Thackray	Liverpool Running Bugs		01:00:44		1
236	Tommy	Gates	Penny Lane Striders	MV55	01:00:49		1
237	Andrew	Lloyd	Liverpool Running Club	MV40	01:01:06		1
238	Chris	Anderson	Penny Lane Striders	MV45	01:01:17		1
239	Rob	Armes	Liverpool Running Club		01:01:21		1
240	Gareth	O'Hanlon	Liverpool Running Club	MV40	01:01:45		1
241	Ian	Jones	St Helens Striders	MV55	01:02:20		1
242	Philip	Lloyd	Kirkby Milers AC	MV40	01:02:30		1
243	Martyn	Hughes	Liverpool Running Club	MV45	01:02:33		1
244	James	Battersby	Liverpool Running Club	MV45	01:02:35		1
245	David	Dodd	Knowsley Harriers	MV45	01:03:04		1
246	Lee	Yates	Knowsley Harriers	MV40	01:03:04		1
247	John	McCaffrey	Knowsley Harriers		01:03:36		1
248	Adrian	Pridgeon	St Helens Striders		01:04:38		1
249	Robert	Freeman	Liverpool Running Bugs	MV45	01:04:40		1
250	Calum	Aitken	Liverpool Running Club		01:05:15		1
251	Kieron	O'Neill	Knowsley Harriers	MV40	01:05:36		1
252	Pierre	Verron	St Helens Striders	MV40	01:05:39		1
253	Alan	D'Henin	Knowsley Harriers	MV65	01:05:46		1
254	Nick	Bartlett	Knowsley Harriers	MV45	01:06:17		1
255	Philip	Moody	Liverpool Running Club	MV40	01:08:40		1
256	Martin	Rogers	Mossley Hill AC	MV50	01:08:49		1
257	Ray	Murphy	Kirkby Milers AC	MV50	01:10:37		1
258	William	Quinn	Kirkby Milers AC	MV50	01:11:23		1
259	Ronald	Thornton	Liverpool Running Bugs	MV75	01:11:38		1
260	Steven	Boyd	Penny Lane Striders	MV55	01:13:08		1
261	Ian	Flynn	Liverpool Running Club		01:14:32		1
262	Zachary	Stavrou-Dowd	Liverpool Running Club		01:15:06		1
263	Peter	Gee	Kirkby Milers AC		01:15:32		1
264	Mark	Quinn	Mossley Hill AC	MV45	01:16:28		1

265	Derek	Hughes	Liverpool Running Bugs	MV65	01:16:52	1
266	Jonny	McHale	Penny Lane Striders		01:22:06	1
267	Graham	Ashton	Liverpool Running Bugs	MV50	01:22:38	1
268	Paul	Cook	Liverpool Running Club	MV40	01:23:27	1
269	Carl	Riley	Knowsley Harriers	MV40	01:23:49	1
270	Will	Hodgkinson	Penny Lane Striders		01:26:03	1
271	Joe	McGlynn	Penny Lane Striders	MV60	01:33:16	1