

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 |

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|----|-------------|-------------|----------------------------------|------|----------|-----|-----|
| 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 |

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| 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 | Peter | Atkin | Liverpool Running Club | | 00:44:03 | | 57 |
| 95 | Joshua | Rawlins-williams | Mossley Hill AC | | 00:44:03 | 92 | 56 |
| 96 | Stephen | Flanagan | Southport Waterloo AC | MV40 | 00:44:04 | 91 | 55 |
| 97 | Chris | Wills | Knowsley Harriers | MV40 | 00:44:05 | | 54 |
| 98 | Alex | Mitchell | Liverpool Running Bugs | | 00:44:18 | 90 | 53 |
| 99 | Paul | Thomas | Kirkby Milers AC | | 00:44:18 | | 52 |
| 100 | Stephen | Tod | Liverpool Harriers & AC | MV45 | 00:44:21 | | 51 |
| 101 | Ashley | Stillwell | Liverpool Running Bugs | | 00:44:21 | 89 | 50 |
| 102 | Trevor | Astell | Penny Lane Striders | MV55 | 00:44:28 | | 49 |
| 103 | Alan | Sanderson | Liverpool Running Club | MV40 | 00:44:29 | | 48 |
| 104 | Kevin | Cairns | St Helens Striders | MV45 | 00:44:31 | | 47 |
| 105 | Ian | Jones | Penny Lane Striders | MV60 | 00:44:32 | | 46 |
| 106 | John | Diggle | Kirkby Milers AC | MV40 | 00:44:35 | | 45 |
| 107 | William | Wignall | Liverpool Running Club | MV50 | 00:44:39 | | 44 |
| 108 | Graham | Liu | Southport Waterloo AC | MV50 | 00:44:41 | 88 | 43 |
| 109 | Arley | Colclough | Mossley Hill AC | | 00:44:47 | | 42 |
| 110 | Stephen | Dipple | Penny Lane Striders | MV45 | 00:44:51 | | 41 |
| 111 | Frank | Kelly | Liverpool Running Club | MV55 | 00:44:54 | | 40 |
| 112 | David | Friend | Liverpool Running Bugs | | 00:44:57 | | 39 |
| 113 | Luke | McGovern | Liverpool Running Bugs | | 00:45:07 | | 38 |
| 114 | David | Marsh | Southport Waterloo AC | MV55 | 00:45:08 | 87 | 37 |
| 115 | Mark | Hamilton | St Helens Striders | MV40 | 00:45:13 | | 36 |
| 116 | Anthony | Peacock | Penny Lane Striders | MV65 | 00:45:14 | | 35 |
| 117 | David | Navis | Liverpool Running Bugs | | 00:45:18 | | 34 |
| 118 | Peter | Medlicott | St Helens Striders | MV45 | 00:45:24 | | 33 |
| 119 | Tim | Hawkins | Liverpool Running Bugs | | 00:45:27 | | 32 |
| 120 | Steve | Bennett | Penny Lane Striders | MV55 | 00:45:27 | | 31 |

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

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| 169 | Daniel | Tetlow | St Helens Striders | | 00:50:16 | | 1 |
| 170 | Alby | Dermott | Liverpool Running Club | | 00:50:18 | | 1 |
| 171 | Chris | Falls | Wallasey Athletic Club | MV40 | 00:50:32 | | 1 |
| 172 | Neil | Mattocks | Kirkby Milers AC | MV40 | 00:50:34 | | 1 |
| 173 | Ian | Pinnington | Mossley Hill AC | MV55 | 00:50:37 | | 1 |
| 174 | Neil | Webster | Liverpool Running Bugs | | 00:50:37 | | 1 |
| 175 | Ben | Darby | Pensby Runners | | 00:50:38 | 81 | 1 |
| 176 | Michael | Sharkey | Penny Lane Striders | MV70 | 00:50:39 | | 1 |
| 177 | Anthony | Bundy | Kirkby Milers AC | MV40 | 00:50:40 | | 1 |
| 178 | Paul | Hargate | St Helens Striders | MV45 | 00:50:49 | | 1 |
| 179 | John | Brown | Penny Lane Striders | MV60 | 00:50:54 | | 1 |
| 180 | Michael | Edwards | Penny Lane Striders | MV60 | 00:50:59 | | 1 |
| 181 | John | Clarke | Kirkby Milers | MV50 | 00:51:12 | | 1 |
| 182 | Tony | Woods | Penny Lane Striders | MV45 | 00:51:15 | | 1 |
| 183 | Jamie | Rutherford | Liverpool Running Club | | 00:51:22 | | 1 |
| 184 | Kevin | Carberry | Kirkby Milers AC | MV45 | 00:51:46 | | 1 |
| 185 | Gary | Crockett | Penny Lane Striders | MV45 | 00:51:56 | | 1 |
| 186 | Brian | Higgins | Penny Lane Striders | MV55 | 00:52:02 | | 1 |
| 187 | Michael | Waters | Knowsley Harriers | | 00:52:02 | | 1 |
| 188 | Mike | Evans | Knowsley Harriers | MV65 | 00:52:14 | | 1 |
| 189 | Donald | Wilkinson | Southport Waterloo AC | MV55 | 00:52:39 | | 1 |
| 190 | Barry | Bright | Penny Lane Striders | MV60 | 00:52:40 | | 1 |
| 191 | Sean | Loughran | Kirkby Milers AC | MV55 | 00:52:41 | | 1 |
| 192 | David | Barrow | Kirkby Milers AC | MV60 | 00:52:44 | | 1 |
| 193 | Graham | Howell | Liverpool Harriers & AC | MV65 | 00:52:50 | | 1 |
| 194 | Paul | McMillan | Penny Lane Striders | MV45 | 00:53:21 | | 1 |
| 195 | John Paul | Dale | Liverpool Running Bugs | | 00:53:48 | | 1 |
| 196 | Simon | Ellis | Kirkby Milers AC | | 00:53:49 | | 1 |
| 197 | Ben | McGovern | Liverpool Running Bugs | | 00:53:51 | | 1 |
| 198 | Paul | Doyle | Kirkby Milers AC | | 00:54:17 | | 1 |
| 199 | Anthony | Jones | Southport Waterloo AC | MV55 | 00:54:25 | | 1 |
| 200 | Ian | Dutton | Liverpool Running Bugs | MV45 | 00:54:25 | | 1 |
| 201 | Mal | Taylor | Penny Lane Striders | MV40 | 00:54:29 | | 1 |
| 202 | Stephen | Gorman | Penny Lane Striders | MV45 | 00:54:30 | | 1 |
| 203 | Glyn | Hughes | Penny Lane Striders | MV60 | 00:54:33 | | 1 |
| 204 | Colin | Tucker | Penny Lane Striders | MV45 | 00:55:17 | | 1 |
| 205 | Ian | Spencer | St Helens Striders | MV50 | 00:55:19 | | 1 |
| 206 | Michael | Sutton | Penny Lane Striders | MV45 | 00:55:22 | | 1 |
| 207 | Lee | Cunningham | Penny Lane Striders | MV45 | 00:55:25 | | 1 |
| 208 | John | Bosward | Knowsley Harriers | MV45 | 00:55:30 | | 1 |
| 209 | Andrew | Cross | Wirral AC | MV45 | 00:55:58 | 80 | 1 |
| 210 | Brian | Ford | Kirkby Milers | MV50 | 00:56:30 | | 1 |
| 211 | John | Wood | Penny Lane Striders | MV45 | 00:56:35 | | 1 |
| 212 | Ray | Chung | Liverpool Running Club | MV55 | 00:56:37 | | 1 |
| 213 | Lee | Birkett | Liverpool Running Bugs | MV40 | 00:56:44 | | 1 |
| 214 | Anthony | Brockway | Wirral AC | MV55 | 00:56:59 | 79 | 1 |
| 215 | Adam | Tysoe | Liverpool Running Club | | 00:57:00 | | 1 |
| 216 | Craig | Hawley | Penny Lane Striders | MV60 | 00:57:01 | | 1 |

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| 217 | Graham | Padden | Southport Waterloo AC | MV55 | 00:57:09 | | 1 |
| 218 | Peter | Gateley | Pensby Runners | MV40 | 00:57:18 | 78 | 1 |
| 219 | Christian | Sorenson | Mossley Hill AC | MV55 | 00:57:41 | | 1 |
| 220 | William | Sergeson | Penny Lane Striders | MV50 | 00:58:01 | | 1 |
| 221 | Stan | Cottier | Liverpool Running Club | MV70 | 00:58:14 | | 1 |
| 222 | Richie | Deane | Knowsley Harriers | MV45 | 00:58:45 | | 1 |
| 223 | Perry | Foy | Liverpool Running Club | MV55 | 00:58:48 | | 1 |
| 224 | David | Webb | Penny Lane Striders | | 00:58:53 | | 1 |
| 225 | Ian | Burt | St Helens Striders | MV50 | 00:59:01 | | 1 |
| 226 | Ian | Broadhurst | Knowsley Harriers | MV50 | 00:59:10 | | 1 |
| 227 | Keith | Peacock | Kirkby Milers AC | MV60 | 00:59:15 | | 1 |
| 228 | Owen | Gallagher | Kirkby Milers AC | MV45 | 00:59:48 | | 1 |
| 229 | Nathaniel | Hopkins | Kirkby Milers AC | | 00:59:52 | | 1 |
| 230 | John | McCoy | Liverpool Running Club | MV50 | 01:00:07 | | 1 |
| 231 | Mohammad | Gharooni | Penny Lane Striders | MV60 | 01:00:23 | | 1 |
| 232 | Nigel | Herbert | St Helens Striders | | 01:00:43 | | 1 |
| 233 | Dean | Thackray | Liverpool Running Bugs | | 01:00:44 | | 1 |
| 234 | Tommy | Gates | Penny Lane Striders | MV55 | 01:00:49 | | 1 |
| 235 | Andrew | Lloyd | Liverpool Running Club | MV40 | 01:01:06 | | 1 |
| 236 | Chris | Anderson | Penny Lane Striders | MV45 | 01:01:17 | | 1 |
| 237 | Rob | Armes | Liverpool Running Club | | 01:01:21 | | 1 |
| 238 | Gareth | O'Hanlon | Liverpool Running Club | MV40 | 01:01:45 | | 1 |
| 239 | Ian | Jones | St Helens Striders | MV55 | 01:02:20 | | 1 |
| 240 | Philip | Lloyd | Kirkby Milers AC | MV40 | 01:02:30 | | 1 |
| 241 | Martyn | Hughes | Liverpool Running Club | MV45 | 01:02:33 | | 1 |
| 242 | James | Battersby | Liverpool Running Club | MV45 | 01:02:35 | | 1 |
| 243 | David | Dodd | Knowsley Harriers | MV45 | 01:03:04 | | 1 |
| 244 | Lee | Yates | Knowsley Harriers | MV40 | 01:03:04 | | 1 |
| 245 | John | McCaffrey | Knowsley Harriers | | 01:03:36 | | 1 |
| 246 | Adrian | Pridgeon | St Helens Striders | | 01:04:38 | | 1 |
| 247 | Robert | Freeman | Liverpool Running Bugs | MV45 | 01:04:40 | | 1 |
| 248 | Calum | Aitken | Liverpool Running Club | | 01:05:15 | | 1 |
| 249 | Kieron | O'Neill | Knowsley Harriers | MV40 | 01:05:36 | | 1 |
| 250 | Pierre | Verron | St Helens Striders | MV40 | 01:05:39 | | 1 |
| 251 | Alan | D'Henin | Knowsley Harriers | MV65 | 01:05:46 | | 1 |
| 252 | Nick | Bartlett | Knowsley Harriers | MV45 | 01:06:17 | | 1 |
| 253 | Philip | Moody | Liverpool Running Club | MV40 | 01:08:40 | | 1 |
| 254 | Martin | Rogers | Mossley Hill AC | MV50 | 01:08:49 | | 1 |
| 255 | Ray | Murphy | Kirkby Milers AC | MV50 | 01:10:37 | | 1 |
| 256 | William | Quinn | Kirkby Milers AC | MV50 | 01:11:23 | | 1 |
| 257 | Ronald | Thornton | Liverpool Running Bugs | MV75 | 01:11:38 | | 1 |
| 258 | Steven | Boyd | Penny Lane Striders | MV55 | 01:13:08 | | 1 |
| 259 | Ian | Flynn | Liverpool Running Club | | 01:14:32 | | 1 |
| 260 | Zachary | Stavrou-Dowd | Liverpool Running Club | | 01:15:06 | | 1 |
| 261 | Peter | Gee | Kirkby Milers AC | | 01:15:32 | | 1 |
| 262 | Mark | Quinn | Mossley Hill AC | MV45 | 01:16:28 | | 1 |
| 263 | Derek | Hughes | Liverpool Running Bugs | MV65 | 01:16:52 | | 1 |
| 264 | Jonny | McHale | Penny Lane Striders | | 01:22:06 | | 1 |

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| 265 | Graham | Ashton | Liverpool Running Bugs | MV50 | 01:22:38 | 1 |
| 266 | Paul | Cook | Liverpool Running Club | MV40 | 01:23:27 | 1 |
| 267 | Carl | Riley | Knowsley Harriers | MV40 | 01:23:49 | 1 |
| 268 | Will | Hodgkinson | Penny Lane Striders | | 01:26:03 | 1 |
| 269 | Joe | McGlynn | Penny Lane Striders | MV60 | 01:33:16 | 1 |