

**Merseyside County Grand Prix 2019**  
**Penny Lane 10k Results**

**Womens Team**

| Pos'n | Club                         | Counters |     |     |     | Total |
|-------|------------------------------|----------|-----|-----|-----|-------|
| 1     | Penny Lane Striders          | 140      | 138 | 136 | 134 | 548   |
| 2     | Knowsley Harriers            | 148      | 145 | 127 | 126 | 546   |
| 3     | St Helens Striders           | 146      | 142 | 135 | 121 | 544   |
| 4     | Kirkby Milers AC             | 144      | 133 | 132 | 130 | 539   |
| 5     | Wirral AC                    | 150      | 141 | 120 | 110 | 521   |
| 6     | Liverpool Running Bugs       | 139      | 129 | 128 | 123 | 519   |
| 7     | Liverpool Running Club       | 143      | 137 | 124 | 113 | 517   |
| 8     | Pensby Runners               | 131      | 122 | 114 | 111 | 478   |
| 9     | Mossley Hill AC              | 125      | 117 | 116 | 115 | 473   |
| 10    | Southport Waterloo AC        | 147      | 119 | 118 |     | 384   |
| 11    | Liverpool Pembroke Sefton AC | 149      |     |     |     | 149   |
| 12    | Wallasey AC                  | 112      |     |     |     | 112   |

**Womens Individual**

| Pos'n | Name              | Club                   | Cat  | Time     | Team Points | Ind'l Points |
|-------|-------------------|------------------------|------|----------|-------------|--------------|
| 1     | Sarah Kearney     | Wirral AC              | FV45 | 00:41:26 | 150         | 150          |
| 2     | Helen Sahgal      | Liverpool Pembroke     | FV35 | 00:42:09 | 149         | 149          |
| 3     | Danielle Scott    | Knowsley Harriers      |      | 00:43:15 | 148         | 148          |
| 4     | Tracey Allan      | Southport Waterloo     | FV35 | 00:43:27 | 147         | 147          |
| 5     | Hannah Whittaker  | St Helens Striders     |      | 00:44:40 | 146         | 146          |
| 6     | Janet Owens       | Knowsley Harriers      | FV45 | 00:45:38 | 145         | 145          |
| 7     | Sarah Treble      | Kirkby Milers          |      | 00:45:58 | 144         | 144          |
| 8     | Hayley Fairclough | Liverpool Running Club | FV35 | 00:46:15 | 143         | 143          |
| 9     | Claire Scott      | St Helens Striders     | FV45 | 00:46:39 | 142         | 142          |
| 10    | Anne Rosbottom    | Wirral AC              | FV45 | 00:47:01 | 141         | 141          |
| 11    | Lenka Vidamour    | Penny Lane Striders    | FV35 | 00:47:16 | 140         | 140          |
| 12    | Jennifer Brady    | Liverpool Running Bugs | FV40 | 00:48:15 | 139         | 139          |
| 13    | Annmarie Williams | Penny Lane Striders    | FV45 | 00:48:22 | 138         | 138          |
| 14    | Laura Owens       | Liverpool Running Club |      | 00:48:43 | 137         | 137          |
| 15    | Holly Bishton     | Penny Lane Striders    |      | 00:48:58 | 136         | 136          |
| 16    | Wendy Davies      | St Helens Striders     | FV40 | 00:49:06 | 135         | 135          |
| 17    | Andrea Bond       | Penny Lane Striders    | FV40 | 00:49:07 | 134         | 134          |
| 18    | Amanda Lee        | Kirkby Milers          | FV45 | 00:49:08 | 133         | 133          |
| 19    | Kirsty Giller     | Kirkby Milers          |      | 00:49:15 | 132         | 132          |
| 20    | Helen Mac         | Penny Lane Striders    | FV40 | 00:49:15 |             | 131          |
| 21    | Tracy Pennington  | Pensby Runners         | FV50 | 00:49:29 | 131         | 130          |
| 22    | Charlotte Smith   | Kirkby Milers          | FV35 | 00:49:40 | 130         | 129          |
| 23    | Ruth Hewitt       | Liverpool Running Bugs | FV40 | 00:49:52 | 129         | 128          |
| 24    | Rebecca Bancroft  | Liverpool Running Bugs | FV40 | 00:49:54 | 128         | 127          |
| 25    | Ginny Johnson     | Penny Lane Striders    | FV40 | 00:50:11 |             | 126          |

|    |                      |                        |      |          |     |     |
|----|----------------------|------------------------|------|----------|-----|-----|
| 26 | Katie Pownell        | Knowsley Harriers      |      | 00:50:15 | 127 | 125 |
| 27 | Marie O'Donnell      | Kirkby Milers          | FV65 | 00:51:13 |     | 124 |
| 28 | Joanne Harrison      | Penny Lane Striders    |      | 00:51:13 |     | 123 |
| 29 | Hazel Brennan        | Knowsley Harriers      | FV40 | 00:51:35 | 126 | 122 |
| 30 | Sue Spiers           | Mossley Hill           | FV55 | 00:51:53 | 125 | 121 |
| 31 | Samantha Bentall     | Penny Lane Striders    | FV50 | 00:51:56 |     | 120 |
| 32 | Kelly Marrin         | Knowsley Harriers      | FV40 | 00:52:01 |     | 119 |
| 33 | Bhavna Mistry        | Kirkby Milers          | FV45 | 00:52:19 |     | 118 |
| 34 | Amena Madden         | Liverpool Running Club | FV45 | 00:52:24 | 124 | 117 |
| 35 | Ange Mcgowan         | Liverpool Running Bugs | FV40 | 00:52:29 | 123 | 116 |
| 36 | Lisa Grantham        | Pensby Runners         | FV40 | 00:52:55 | 122 | 115 |
| 37 | Brenda Cahill        | St Helens Striders     | FV60 | 00:53:01 | 121 | 114 |
| 38 | Maria Brockway       | Wirral AC              | FV55 | 00:53:24 | 120 | 113 |
| 39 | Catherine Mcelhinney | Southport Waterloo     | FV45 | 00:53:50 | 119 | 112 |
| 40 | Jade Teeder          | Liverpool Running Bugs |      | 00:53:58 |     | 111 |
| 41 | Supanki Kamalanathan | Penny Lane Striders    |      | 00:54:03 |     | 110 |
| 42 | Cherryl Orrick       | St Helens Striders     | FV45 | 00:54:09 |     | 109 |
| 43 | Sue Stewart          | Southport Waterloo     | FV70 | 00:54:13 | 118 | 108 |
| 44 | Fidelma Hawes        | Mossley Hill           | FV45 | 00:54:48 | 117 | 107 |
| 45 | Jane Nicholson       | Penny Lane Striders    | FV55 | 00:54:49 |     | 106 |
| 46 | Karen Skaife         | Mossley Hill           | FV50 | 00:55:12 | 116 | 105 |
| 47 | Liz Turner           | Penny Lane Striders    | FV35 | 00:55:15 |     | 104 |
| 48 | Jennifer Corkill     | Mossley Hill           |      | 00:55:33 | 115 | 103 |
| 49 | Rachel Murray        | Kirkby Milers          | FV40 | 00:55:51 |     | 102 |
| 50 | Julie Houghton       | Penny Lane Striders    | FV45 | 00:56:36 |     | 101 |
| 51 | Jennifer Hughes      | Liverpool Running Bugs |      | 00:56:40 |     | 100 |
| 52 | Lucy Wood            | Pensby Runners         |      | 00:56:53 | 114 | 99  |
| 53 | Katie Lloyd          | Liverpool Running Bugs |      | 00:57:33 |     | 98  |
| 54 | Jayne Russell        | Kirkby Milers          | FV40 | 00:58:33 |     | 97  |
| 55 | Carol Bairsto        | Liverpool Running Bugs | FV45 | 00:59:15 |     | 96  |
| 56 | Sheetal Sharma       | Penny Lane Striders    | FV40 | 00:59:36 |     | 95  |
| 57 | Mimi Moss            | Liverpool Running Club |      | 00:59:40 | 113 | 94  |
| 58 | Ciara O'Connor       | Penny Lane Striders    | FV40 | 00:59:59 |     | 93  |
| 59 | Joanne Evans         | Liverpool Running Club | FV35 | 01:00:06 |     | 92  |
| 60 | Jayne Mcivor         | LRC                    | FV55 | 01:00:08 |     | 91  |
| 61 | Dawn Evans           | Mossley Hill           | FV40 | 01:00:30 |     | 90  |
| 62 | Elaine Hughes        | Kirkby Milers          | FV50 | 01:00:51 |     | 89  |
| 63 | Rebecca Harrison     | Kirkby Milers          |      | 01:01:30 |     | 88  |
| 64 | Suzanne Hall         | Liverpool Running Bugs |      | 01:02:03 |     | 87  |
| 65 | Nicola Atherton      | Liverpool Running Bugs | FV45 | 01:02:07 |     | 86  |
| 66 | Tracey Carr          | Liverpool Running Bugs | FV50 | 01:02:10 |     | 85  |
| 67 | Sharon Mcgough       | Kirkby Milers          | FV40 | 01:02:10 |     | 84  |
| 68 | Margaret Kelly       | Kirkby Milers          | FV45 | 01:02:11 |     | 83  |
| 69 | Elizabeth Simpson    | Penny Lane Striders    | FV70 | 01:02:19 |     | 82  |
| 70 | Mollie Swadkins      | Liverpool Running Bugs |      | 01:02:42 |     | 81  |
| 71 | Zoe Fillingham       | St Helens Striders     | FV50 | 01:03:06 |     | 80  |
| 72 | Sian Loftus          | Liverpool Running Bugs |      | 01:04:29 |     | 79  |
| 73 | Sharon Harrison      | Kirkby Milers          | FV40 | 01:04:30 |     | 78  |

|     |                   |                        |      |          |     |    |
|-----|-------------------|------------------------|------|----------|-----|----|
| 74  | Judie Ko          | Penny Lane Striders    | FV50 | 01:04:31 |     | 77 |
| 75  | Hannah Twigg      | Liverpool Running Bugs |      | 01:04:41 |     | 76 |
| 76  | Katy Davitt       | Kirkby Milers          | FV40 | 01:04:42 |     | 75 |
| 77  | Linda Jump        | Liverpool Running Club | FV50 | 01:04:47 |     | 74 |
| 78  | Jessica Cavanagh  | Penny Lane Striders    | FV35 | 01:04:49 |     | 73 |
| 79  | Jennifer Leigh    | Mossley Hill           |      | 01:05:29 |     | 72 |
| 80  | Elaine Cunningham | Liverpool Running Club | FV35 | 01:05:45 |     | 71 |
| 81  | Hayley Mcnicholas | Wallasey AC            |      | 01:05:54 | 112 | 70 |
| 82  | Rachel Kenrick    | Pensby Runners         |      | 01:05:56 | 111 | 69 |
| 83  | Donna Mannion     | Liverpool Running Club | FV50 | 01:06:01 |     | 68 |
| 84  | Sian Atkin        | Liverpool Running Club |      | 01:06:21 |     | 67 |
| 85  | Natalie O'Brien   | Kirkby Milers          |      | 01:06:33 |     | 66 |
| 86  | Rachel Roberts    | Knowsley Harriers      | FV40 | 01:07:48 |     | 65 |
| 87  | Paula Smith       | Wirral AC              | FV45 | 01:07:52 | 110 | 64 |
| 88  | Jeannette Ryan    | Liverpool Running Bugs | FV50 | 01:08:03 |     | 63 |
| 89  | Claire Ormsby     | Knowsley Harriers      | FV35 | 01:08:07 |     | 62 |
| 90  | Lisa Pritchard    | Mossley Hill           | FV35 | 01:08:08 |     | 61 |
| 91  | Diane Rogers      | Mossley Hill           | FV50 | 01:08:30 |     | 60 |
| 92  | Valerie Coldock   | Liverpool Running Bugs | FV60 | 01:09:02 |     | 59 |
| 93  | Anita Cain        | Liverpool Running Club | FV45 | 01:09:14 |     | 58 |
| 94  | Paula Heaton      | Kirkby Milers          | FV40 | 01:09:20 |     | 57 |
| 95  | Carrie O'Brien    | Kirkby Milers          |      | 01:09:20 |     | 56 |
| 96  | Sharon Quinn      | Kirkby Milers          | FV45 | 01:09:38 |     | 55 |
| 97  | Joanne Edwards    | Penny Lane Striders    | FV45 | 01:10:08 |     | 54 |
| 98  | Sharon Graham     | Liverpool Running Bugs | FV45 | 01:11:12 |     | 53 |
| 99  | Stephanie Charman | Knowsley Harriers      | FV65 | 01:11:14 |     | 52 |
| 100 | Jayne Ellis       | Knowsley Harriers      | FV50 | 01:11:47 |     | 51 |
| 101 | Joanne Mercer     | St Helens Striders     | FV50 | 01:12:04 |     | 50 |
| 102 | Natalie Wilson    | Kirkby Milers          | FV40 | 01:13:13 |     | 49 |
| 103 | Louise Adlington  | Liverpool Running Club | FV35 | 01:14:43 |     | 48 |
| 104 | Shirley O'brien   | Kirkby Milers          | FV55 | 01:23:25 |     | 47 |
| 105 | Debi Mcmillan     | Penny Lane Striders    | FV45 | 01:36:57 |     | 46 |