

## Sefton Park 5M Results

### Mens Team

Pos'n	Club	Counters						Total
1	Penny Lane Striders	99	96	93	88	86	79	541
2	Knowsley Harriers	95	94	92	91	84	82	538
3	Kirkby Milers AC	90	87	85	77	76	75	490
4	St Helens Striders	78	74	73	72	67	66	430
5	Liverpool Running Club	89	80	65	64	63	62	423
6	Liverpool Harriers & AC	100	98	69				267
7	Wallasey AC	97	81	59				237
8	Southport Waterloo AC	70	68	61				199
9	LPS AC	83	71					154
10	Mossley Hill AC	60						60
11	St Helens Sutton AC	58						58

### Mens Individual

Pos'n	Name	Club	Cat	Time	Team Points	Ind'l Points
1	Degene Gezimu	Liverpool Harriers & AC		00:24:02	100	100
2	Martin Swensson	Penny Lane Striders	MV40	00:26:04	99	99
3	Paul Sankey	Liverpool Harriers & AC	MV45	00:27:29	98	98
4	Rob Pearse	Wallasey Athletic Club	MV40	00:27:59	97	97
5	Stephen Watkin	Penny Lane Striders		00:28:09	96	96
6	Rob Owens	Knowsley Harriers Ac		00:28:32	95	95
7	Stephen Doyle	Knowsley Harriers Ac	MV40	00:28:39	94	94
8	Alex Cowin	Penny Lane Striders		00:28:44	93	93
9	Anthony Lawlor	Knowsley Harriers Ac	MV50	00:28:46	92	92
10	Chris Pownell	Knowsley Harriers Ac		00:28:48	91	91
11	Martin Christian	Kirkby Milers AC	MV45	00:28:52	90	90
12	Alex Rigby	Liverpool Running Club		00:29:15	89	89
13	Phil Riding	Penny Lane Striders	MV40	00:29:18	88	88
14	Ben Lewington	Kirkby Milers AC		00:29:36	87	87
15	Jay Clarke	Penny Lane Striders		00:29:46	86	86
16	Lee Moore	Kirkby Milers AC		00:29:55	85	85
17	Christian Harvey	Knowsley Harriers Ac		00:30:07	84	84
18	Michael Gall	Liverpool Pembroke & Sefton H		00:30:15	83	83
19	Nathan Parry	Knowsley Harriers Ac		00:30:16	82	82
20	Anthony Barbat	Wallasey Athletic Club	MV55	00:30:18	81	81
21	Matthew Clair	Liverpool Running Club		00:30:27	80	80
22	Rob Garth	Penny Lane Striders		00:30:31	79	79
23	Colin Dobbs	Penny Lane Striders	MV40	00:30:39		78
24	Luke Harrison	Penny Lane Striders		00:30:46		77
25	Marc Goudie	Penny Lane Striders		00:30:49		76
26	Scott Robertson	St Helens Striders	MV40	00:31:03	78	75
27	James Ingram	Kirkby Milers AC		00:31:05	77	74

28	Matthew	Whalley	Kirkby Milers AC		00:31:07	76	73
29	Mark	Dunn	Kirkby Milers AC		00:31:14	75	72
30	Kevin	Brennan	St Helens Striders	MV45	00:31:19	74	71
31	James	Ellis	Kirkby Milers AC		00:31:27		70
32	Andy	Cantwell	Penny Lane Striders		00:31:43		69
33	Mark	Riley	St Helens Striders		00:31:45	73	68
34	Robert	Moore	Knowsley Harriers Ac	MV40	00:31:45		67
35	Gary	Wilton	Kirkby Milers AC	MV40	00:31:59		66
36	Andrew	Keeley	Penny Lane Striders	MV55	00:32:03		65
37	Eric	Ranson	St Helens Striders	MV45	00:32:11	72	64
38	Daniel	Gilbody	Liverpool Pembroke & Sefton H		00:32:13	71	63
39	Richard	Thorpe	Penny Lane Striders		00:32:21		62
40	James	Brooker	Southport Waterloo Ac		00:32:24	70	61
41	Luke	Bushnell-Wye	Penny Lane Striders		00:32:27		60
42	Dave	Barr	Liverpool Harriers & AC	MV45	00:32:28	69	59
43	Stephen	Miller	Penny Lane Striders		00:32:29		58
44	David	Edwards	Kirkby Milers AC	MV55	00:32:31		57
45	Paul	Waters	Knowsley Harriers Ac		00:32:34		56
46	Mike	Walker	Southport Waterloo Ac	MV65	00:32:45	68	55
47	Andrew	Biddle	Penny Lane Striders	MV40	00:32:55		54
48	Gavin	Melia	Penny Lane Striders		00:32:58		53
49	William	Jones	Knowsley Harriers Ac	MV50	00:33:02		52
50	Lee	Warburton	Penny Lane Striders	MV45	00:33:05		51
51	David	Daly	Kirkby Milers AC		00:33:05		50
52	Kevin	Harrison	Kirkby Milers AC	MV40	00:33:06		49
53	Julien	Tour	Penny Lane Striders		00:33:11		48
54	Alan	Joyce	Knowsley Harriers Ac	MV60	00:33:14		47
55	Alexander	Bentley	Knowsley Harriers Ac		00:33:15		46
56	Kenneth	Day	Kirkby Milers AC		00:33:25		45
57	Gavin	Parry	Knowsley Harriers Ac	MV45	00:33:28		44
58	John	Jensen	Penny Lane Striders	MV40	00:33:32		43
59	Andrew	Glen	Knowsley Harriers Ac	MV%0	00:33:33		42
60	Ian	Rivers	Kirkby Milers AC	MV45	00:33:40		41
61	Ian	Wright	St Helens Striders	MV45	00:33:43	67	40
62	Alan	Spencer	Knowsley Harriers Ac	MV55	00:33:47		39
63	Steven	Maguire	Penny Lane Striders	MV40	00:33:54		38
64	David	Brisco	St Helens Striders	MV50	00:33:55	66	37
65	Michael	O'Rourke	Penny Lane Striders		00:33:56		36
66	Steve	Pemberton	Penny Lane Striders	MV60	00:34:09		35
67	Kevin	Smyth	Liverpool Running Club		00:34:21	65	34
68	Jonathan	Fisher	Liverpool Running Club		00:34:22	64	33
69	Jerome	Doyle	Penny Lane Striders	MV40	00:34:24		32
70	Ian	Russell	Penny Lane Striders	MV50	00:34:37		31
71	Anthony	Beyga	Kirkby Milers AC	MV55	00:34:45		30
72	Nigel	Chilvers	Kirkby Milers AC	MV45	00:34:47		29
73	Michael	Connor	Knowsley Harriers Ac	MV50	00:34:48		28

74	Jason	Pierce	Liverpool Running Club	MV45	00:34:55	63	27
75	Richard	Costain	Penny Lane Striders		00:35:56		26
76	Tony	Peacock	Penny Lane Striders	MV65	00:36:00		25
77	Lee	Ward	Liverpool Running Club	MV40	00:36:13	62	24
78	David	Lynan	Penny Lane Striders		00:36:29		23
79	William	Merritt	Knowsley Harriers Ac	MV55	00:36:30		22
80	David	Marsh	Southport Waterloo Ac	MV55	00:36:35	61	21
81	Anthony	Horsfall	St Helens Striders	MV50	00:36:41		20
82	Tony	Holmes	Liverpool Running Club	MV55	00:36:45		19
83	Adam	Pointon	St Helens Striders		00:36:58		18
84	Andrew	Troy	Penny Lane Striders		00:37:03		17
85	David	Webb	Penny Lane Striders		00:37:15		16
86	Kieron	Carr	Knowsley Harriers Ac	MV45	00:37:20		15
87	Scott	Montgomery	Penny Lane Striders		00:37:26		14
88	Kevin	Monaghan	St Helens Striders	MV50	00:37:32		13
89	Gary	Ellis	Mossley Hill AC		00:37:34	60	12
90	Shane	Knott	Penny Lane Striders	MV40	00:37:34		11
91	Peter	Atkin	Liverpool Running Club		00:37:34		10
92	Dave	Harrison	Wallasey Athletic Club	MV40	00:37:46	59	9
93	Terry	McKeown	Liverpool Running Club	MV50	00:38:13		8
94	Tony	Green	Penny Lane Striders	MV60	00:38:15		7
95	Mike	Evans	Knowsley Harriers Ac	MV65	00:38:18		6
96	Stuart	Harrison	Penny Lane Striders		00:38:32		5
97	Chris	Wills	Knowsley Harriers Ac	MV40	00:38:41		4
98	John	Clarke	Kirkby Milers AC	MV50	00:38:56		3
99	Ian	White	St Helens Sutton Ac	MV55	00:38:57	58	2
100	James	Roberts	Penny Lane Striders		00:39:21		1
101	Joe	McGlynn	Penny Lane Striders	MV60	00:39:33		1
102	Nick	Kilty	Knowsley Harriers Ac		00:39:35		1
103	Phil	O'Rourke	Liverpool Running Club	MV50	00:39:37		1
104	Lee	Cunningham	Penny Lane Striders	MV40	00:39:58		1
105	Simpson	Andy	Penny Lane Striders	MV45	00:40:03		1
106	Keith	Peacock	Kirkby Milers AC	MV60	00:40:09		1
107	Rod	Jones	Penny Lane Striders	MV55	00:40:10		1
108	Joe	Pettitt	Penny Lane Striders		00:40:11		1
109	David	Hughes	Penny Lane Striders	MV50	00:40:38		1
110	Nigel	Foo	Penny Lane Striders	MV45	00:40:59		1
111	Graham	Deane	Knowsley Harriers Ac		00:41:03		1
112	Alan	Lowry	Kirkby Milers AC	MV50	00:41:03		1
113	Kenny	Worrall	Liverpool Running Club	MV40	00:41:29		1
114	Michael	Maloney	Knowsley Harriers Ac	MV65	00:41:38		1
115	Robert	Andrews	St Helens Striders		00:42:13		1
116	Mick	O'Brien	Knowsley Harriers Ac	MV45	00:42:33		1
117	Simon	Ellis	Knowsley Harriers Ac		00:42:47		1
118	Martyn	Hughes	Liverpool Running Club	MV40	00:43:34		1
119	Billy	Sergeson	Penny Lane Striders	MV45	00:43:50		1

120	Paul	Keegan	Kirkby Milers AC	MV45 00:44:06	1
121	Ray	Murphy	Kirkby Milers AC	MV45 00:44:16	1
122	John	Kelly	Penny Lane Striders	MV55 00:44:30	1
123	John	Bisward	Knowsley Harriers Ac	MV45 00:44:34	1
124	Alan	Moore	Knowsley Harriers Ac	MV55 00:44:35	1
125	Michael	Sharkey	Penny Lane Striders	MV65 00:44:45	1
126	Andrew	Bradley	Knowsley Harriers Ac	00:44:57	1
127	Nick	Bartlett	Knowsley Harriers Ac	MV40 00:46:20	1
128	Vincent	Hessey	Penny Lane Striders	MV65 00:47:56	1
129	Ian	Meharg	Kirkby Milers AC	MV45 00:48:54	1
130	Stuart	Atherton	Knowsley Harriers Ac	00:49:26	1
131	Ronald	Thornton	Knowsley Harriers Ac	MV75 00:49:51	1
132	Kevin	O'Brien	Kirkby Milers AC	MV55 00:49:51	1
133	Derek	Hughes	Knowsley Harriers Ac	MV65 00:55:54	1
134	Richie	Deane	Knowsley Harriers Ac	MV45 00:57:32	1
135	John	Roberts	Liverpool Running Club	MV45 01:00:32	1
136	Paul	Willgoss	Knowsley Harriers Ac	MV45 01:01:46	1