

**Merseyside County Grand Prix 2018**  
**Sefton Park 5M Results**

**Mens Team**

Pos'n	Club	Counters						Total
1	Kirkby Milers AC	148	145	140	139	138	137	847
2	Penny Lane Striders	149	141	136	135	131	128	820
3	Knowsley Harriers	144	133	132	126	124	118	777
4	Liverpool Running Club	150	143	134	120	115	109	771
5	St Helens Striders	142	127	123	119	117	111	739
6	Pensby Runners	130	125	114	112	105	101	687
7	Liverpool Running Bugs	129	121	113	108	107	104	682
8	Wallasey AC	146	106					252
9	Mossley Hill AC	122	110					232
10	L'Pool Pembroke Sefton AC	147						147
11	Liverpool Harriers	116						116
12	Southport Waterloo AC	103						103
13	Wirral AC	102						102

**Mens Individual**

Pos'n	Name	Club	Cat	Time	Team Points	Ind'l Points
1	Jamie Rutherford	Liverpool Running Club		00:26:26	150	150
2	Martin Swensson	Penny Lane Striders	MV40	00:26:31	149	149
3	Ben Lewington	Kirkby Milers AC		00:27:15	148	148
4	Mark Wynne	Liverpool Pembroke & Sefton H	MV40	00:27:29	147	147
5	Rob Pearse	Wallasey Athletic Club	MV40	00:27:45	146	146
6	Ryan Jones	Kirkby Milers AC		00:28:00	145	145
7	Anthony Lawlor	Knowsley Harriers	MV50	00:28:33	144	144
8	Dean Howlett	Liverpool Running Club		00:28:35	143	143
9	Peter Fairclough	St Helens Striders		00:28:54	142	142
10	Alex Cowin	Penny Lane Striders		00:29:02	141	141
11	James Ellis	Kirkby Milers AC		00:29:08	140	140
12	Thomas Dempsey	Kirkby Milers AC		00:29:09	139	139
13	Lee Moore	Kirkby Milers AC		00:29:23	138	138
14	Lewis Houghton	Kirkby Miler AC		00:29:33	137	137
15	David Willshire	Penny Lane Striders		00:29:37	136	136
16	Phil Riding	Penny Lane Striders	MV40	00:29:50	135	135
17	Ian Magill	Liverpool Running Club	MV45	00:30:01	134	134
18	James Ashworth	Knowsley Harriers		00:30:26	133	133
19	Steven Irwin	Kirkby Milers AC	MV55	00:30:31		132
20	Simon Ellis	Knowsley Harriers		00:30:50	132	131
21	Gary Wilton	Kirkby Milers AC	MV40	00:30:53		130
22	Daniel McKevitt	Kirkby Milers AC		00:31:00		129
23	Luke Harrison	Penny Lane Striders		00:31:02	131	128
24	Simon Rogers	Pensby Runners	MV55	00:31:04	130	127
25	Ian Hewitt	Liverpool Running Bugs	MV40	00:31:04	129	126

26	Sean	Wilton	Kirkby Milers AC		00:31:10		125
27	Julien	Tour	Penny Lane Striders		00:31:12	128	124
28	Matthew	Whalley	Kirkby Milers AC		00:31:24		123
29	David	Edwards	Kirkby Milers AC	MV55	00:31:40		122
30	Scott	Robertson	St Helens Striders	MV40	00:31:46	127	121
31	Tony	Craig	Kirkby Milers AC	MV50	00:31:59		120
32	Mal	Gordon	Penny Lane Striders		00:32:01		119
33	Robert	Moore	Knowsley Harriers	MV40	00:32:02	126	118
34	Ralph	Pawling	Pensby Runners		00:32:03	125	117
35	Paul	Waters	Knowsley Harriers		00:32:05	124	116
36	George	Aylward	Penny Lane Striders		00:32:10		115
37	Andrew	Boulger	Kirkby Miler AC	MV45	00:32:48		114
38	Eric	Ranson	St Helens Striders	MV45	00:32:50	123	113
39	Andrew	McGlone	Kirkby Milers AC		00:32:58		112
40	Peter	Brooks	Mossley Hill AC		00:33:09	122	111
41	Andrew	Biddle	Penny Lane Striders	MV40	00:33:27		110
42	Andrew	Keeley	Penny Lane Striders	MV55	00:33:30		109
43	Carl	Balshaw	Liverpool Running Bugs	MV45	00:33:31	121	108
44	Adam	Fitzsimmons	Kirkby Milers AC		00:33:33		107
45	Alan	Sanderson	Liverpool Running Club	MV40	00:34:09	120	106
46	Ian	Wright	St Helens Striders	MV45	00:34:17	119	105
47	Alan	Joyce	Knowsley Harriers	MV60	00:34:25	118	104
48	Ian	Russell	Penny Lane Striders	MV50	00:34:32		103
49	Brian	Middleton	St Helens Striders	MV65	00:34:39	117	102
50	Michael	O'rourke	Penny Lane Striders		00:34:56		101
51	David	Barr	Liverpool Harriers & AC	MV45	00:34:57	116	100
52	Nick	Morton	Kirkby Milers AC		00:34:58		99
53	Carl	Yu	Liverpool Running Club	MV40	00:34:59	115	98
54	Steve	Pemberton	Penny Lane Striders	MV60	00:35:03		97
55	Anthony	Beyga	Kirkby Milers AC	MV60	00:35:10		96
56	Alan	Spencer	Knowsley Harriers	MV55	00:35:13		95
57	David	McAlister	Pensby Runners	MV55	00:35:37	114	94
58	Graham	Swadkins	Liverpool Running Bugs	MV55	00:35:46	113	93
59	Robert	Porter	Penny Lane Striders	MV40	00:36:28		92
60	Dan	Bruffell	Pensby Runners	MV45	00:36:33	112	91
61	Steven	Mckenzie	Kirkby Milers AC	MV40	00:36:40		90
62	Paul	Dowdle	St Helens Striders	MV45	00:36:47	111	89
63	Paul	Doherty	Mossley Hill AC	MV40	00:36:48	110	88
64	Anthony	Horsfall	St Helens Striders	MV50	00:36:50		87
65	Frank	Cahill	St Helens Striders	MV60	00:37:14		86
66	John	Lee	Kirkby Milers AC	MV45	00:37:18		85
67	Nigel	Foo	Penny Lane Striders	MV45	00:37:20		84
68	Ian	Jones	Penny Lane Striders	MV60	00:37:26		83
69	William	Merritt	Knowsley Harriers	MV55	00:37:30		82
70	Jon	Reynolds	Liverpool Running Club	MV45	00:37:37	109	81
71	Trevor	Astell	Penny Lane Striders	MV55	00:37:48		80
72	Tony	Green	Penny Lane Striders	MV60	00:37:58		79
73	Chris	Alexander	Kirkby Milers AC		00:38:08		78

74	Adam	Hall	Liverpool Running Bugs		00:38:24	108	77
75	Kieron	Carr	Liverpool Running Bugs	MV45	00:38:24	107	76
76	Peter	Atkin	Liverpool Running Club		00:38:27		75
77	Karl	Bunnell	Wallasey Athletic Club		00:38:34	106	74
78	David	Griffiths	Penny Lane Striders	MV45	00:38:42		73
79	John	Diggle	Kirkby Milers AC	MV40	00:39:00		72
80	Chris	Wills	Knowsley Harriers	MV40	00:39:15		71
81	Lee	Cunningham	Penny Lane Striders	MV40	00:39:36		70
82	Stuart	Brandwood	Penny Lane Striders	MV40	00:39:55		69
83	Mark	Roberts	Pensby Runners	MV65	00:40:00	105	68
84	Tony	Woods	Penny Lane Striders	MV45	00:40:10		67
85	Alex	Mitchell	Liverpool Running Bugs		00:40:10	104	66
86	Alan	Lowry	Kirkby Milers AC	MV50	00:40:19		65
87	Nicholas	Mccole	Kirkby Milers AC	MV40	00:40:25		64
88	Lee	Jones	Penny Lane Striders	MV40	00:40:28		63
89	James	Brooker	Southport Waterloo Ac		00:40:34	103	62
90	Nick	Kilty	Knowsley Harriers		00:40:44		61
91	Sean	Loughran	Kirkby Milers AC	MV55	00:41:01		60
92	Adrian	Pridgeon	St Helens Striders		00:41:21		59
93	Mark	Fillingham	St Helens Striders	MV50	00:41:36		58
94	James	Atkin	Wirral AC	MV60	00:41:41	102	57
95	James	Roberts	Penny Lane Striders		00:41:52		56
96	Ben	Darby	Pensby Runners		00:42:32	101	55
97	David	Thompson	Liverpool Running Club	MV50	00:42:51		54
98	Harry	Wingate	Kirkby Milers AC		00:43:20		53
99	David	Barrow	Kirkby Milers AC	MV60	00:43:23		52
100	David	Hughes	Penny Lane Striders	MV55	00:43:34		51
101	George	Whitehurst	Knowsley Harriers	MV40	00:44:59		50
102	Philip	O'Rourke	Liverpool Running Club	MV55	00:46:43		49
103	Matt	Kelly	Liverpool Running Bugs		00:47:21		48
104	Nigel	Herbert	St Helens Striders		00:48:03		47
105	Michael	Morton	Penny Lane Striders	MV50	00:48:15		46
106	Kevin	O'Brien	Kirkby Milers AC	MV55	00:48:57		45
107	Ronald	Thornton	Liverpool Running Bugs	MV70	00:50:53		44
108	John	Bosward	Knowsley Harriers	MV45	00:52:32		43
109	Phil	Robinson	Knowsley Harriers	MV50	00:52:33		42
110	Derek	Hughes	Liverpool Running Bugs	MV65	00:55:32		41
111	Stephen	Hayes	Knowsley Harriers	MV45	00:55:39		40
112	John	Day	Kirkby Milers AC	MV45	00:58:33		39
113	Kevin	O'Brien	Penny Lane Striders	MV70	00:59:38		38
114	Paul	Willgoss	Liverpool Running Bugs	MV45	01:01:34		37
115	Owen	Gallagher	Kirkby Milers AC	MV45	01:04:01		36
116	Alan	Moore	Liverpool Running Bugs	MV55	01:04:43		35