

Merseyside County Grand Prix 2019
Sefton Park 5M Results

Mens Team

Pos'n	Club	Counters						Total
1	Kirkby Milers AC	146	141	136	135	132	130	820
2	Penny Lane Striders	142	140	137	134	133	131	817
3	St Helens Striders	145	143	138	128	124	119	797
4	Knowsley Harriers	149	139	127	114	111	107	747
5	Liverpool Running Bugs	121	120	118	112	110	108	689
6	Liverpool Running Club	148	109	106	102	97	94	656
7	Southport Waterloo AC	116	113	104	103	101	96	633
8	Wallasey AC	147	144	115	100			506
9	Liverpool Harriers	150	125	95				370
10	UTS Running Club	126	117	98				341
11	Mossley Hill AC	122	105	99				326
12	Pensby Runners	129						129
13	L'Pool Pembroke Sefton AC	123						123

Mens Individual

Pos'n	Name	Club	Cat	Time	Team Points	Ind'l Points
1	Jonny Mellor	Liverpool Harriers & AC		00:23:49	150	150
2	Chris Pownell	Knowsley Harriers		00:26:30	149	149
3	Jamie Rutherford	Liverpool Running Club		00:27:08	148	148
4	Rob Pearse	Wallasey Athletic Club	Vet 45	00:27:11	147	147
5	Ryan Jones	Kirkby Milers AC		00:27:36	146	146
6	Chris Hazeldine	St Helens Striders		00:27:41	145	145
7	Jack Poland	Wallasey Athletic Club		00:27:50	144	144
8	Peter Fairclough	St Helens Striders		00:28:05	143	143
9	Sean Jones	Penny Lane Striders		00:28:30	142	142
10	Thomas Dempsey	Kirkby Milers AC		00:28:51	141	141
11	Alex Cowin	Penny Lane Striders	Vet 40	00:28:56	140	140
12	Andrew Fearn	Knowsley Harriers	Vet 40	00:29:00	139	139
13	Daniel Cheetham	St Helens Striders		00:29:01	138	138
14	Neil Hennigan	Penny Lane Striders	Vet 40	00:29:02	137	137
15	Martin Christian	Kirkby Milers AC	Vet 45	00:29:04	136	136
16	Dean Howlett	Kirkby Milers AC		00:29:17	135	135
17	Jay Clarke	Penny Lane Striders		00:29:19	134	134
18	David Willshire	Penny Lane Striders		00:29:20	133	133
19	Liam Brown	Kirkby Milers AC		00:29:27	132	132
20	Graham Douglas	Penny Lane Striders		00:30:03	131	131
21	Gary Wilton	Kirkby Milers AC	Vet 40	00:30:26	130	130
22	Kevin Harrison	Kirkby Milers AC	Vet 40	00:30:32		129
23	Ralph Pawling	Pensby Runners		00:30:42	129	128
24	John Preece	Kirkby Milers AC	Vet 45	00:30:45		127

25	Sean	Wilton	Kirkby Milers AC		00:30:51		126
26	Julien	Tour	Penny Lane Striders		00:30:52		125
27	Mark	Riley	St Helens Striders		00:30:54	128	124
28	Scott	Robertson	Knowsley Harriers	Vet 40	00:30:56	127	123
29	Luke	Harrison	Penny Lane Striders		00:31:13		122
30	Adam	Fitzsimmons	Kirkby Milers AC		00:31:27		121
31	Tony	Landry	Kirkby Milers AC	Vet 55	00:31:32		120
32	John	Hammond	UTS Running Club	Vet 40	00:31:42	126	119
33	David	Edwards	Kirkby Milers AC	Vet 55	00:31:49		118
34	Nigel	Grant	Penny Lane Striders	Vet 55	00:32:03		117
35	Kevin	Cornwell	Liverpool Harriers & AC		00:32:07	125	116
36	John	Williams	St Helens Striders	Vet 40	00:32:07	124	115
37	Chris	Pedder	Liverpool Pembroke & Sefton H AC	Vet 60	00:32:23	123	114
38	Robert	Andrews	Kirkby Milers AC		00:32:25		113
39	Richard	Kinrade	Mossley Hill AC		00:32:26	122	112
40	Ian	Hewitt	Liverpool Running Bugs	Vet 40	00:32:32	121	111
41	Colin	Dobbs	Penny Lane Striders	Vet 40	00:32:36		110
42	Alex	Mitchell	Liverpool Running Bugs		00:32:37	120	109
43	Eric	Ranson	St Helens Striders	Vet 45	00:32:47	119	108
44	Jonathan	Laber-Craig	Penny Lane Striders		00:33:04		107
45	Andrew	McGlone	Kirkby Milers AC		00:33:06		106
46	Andrew	Biddle	Penny Lane Striders	Vet 40	00:33:19		105
47	Brian	Middleton	St Helens Striders	Vet 65	00:33:28		104
48	Christopher	Lee	Liverpool Running Bugs	Vet 50	00:33:35	118	103
49	David	Lynan	Penny Lane Striders	Vet 45	00:33:37		102
50	Neil	Hannett	Penny Lane Striders	Vet 45	00:33:54		101
51	Jimmy	Driver	UTS Running Club		00:33:54	117	100
52	Mike	Walker	Southport Waterloo AC	Vet 70	00:34:03	116	99
53	Paul	Thomas	Kirkby Milers AC		00:34:04		98
54	Sean	Triggs	Kirkby Milers AC		00:34:11		97
55	Ian	Cannings	Wallasey Athletic Club	Vet 60	00:34:12	115	96
56	Richard	Costain	Penny Lane Striders		00:34:17		95
57	Alan	Joyce	Knowsley Harriers	Vet 65	00:34:19	114	94
58	Anthony	Ellis	St Helens Striders		00:34:33		93
59	Alan	McDermott	Penny Lane Striders	Vet 55	00:34:42		92
60	Martin	Ballard	St Helens Striders		00:34:45		91
61	Lewis	Houghton	Kirkby Milers AC		00:34:47		90
62	Ian	Russell	Penny Lane Striders	Vet 50	00:34:56		89
63	Graham	Liu	Southport Waterloo AC	Vet 50	00:34:57	113	88
64	Ian	Jones	Penny Lane Striders	Vet 60	00:35:11		87
65	Tim	Hawkins	Liverpool Running Bugs		00:35:14	112	86
66	Shane	Knott	Penny Lane Striders	Vet 40	00:35:16		85
67	John	Lee	Kirkby Milers AC	Vet 50	00:35:20		84
68	Alan	Spencer	Knowsley Harriers	Vet 55	00:35:21	111	83
69	Anthony	Horsfall	St Helens Striders	Vet 55	00:35:43		82
70	Joshua	McGovern	Liverpool Running Bugs		00:35:47	110	81
71	Robert	Cooper	Penny Lane Striders		00:35:58		80
72	Peter	Atkin	Liverpool Running Club		00:36:00	109	79

73	John	Barlow	Liverpool Running Bugs		00:36:05	108	78
74	John	Cooney	Knowsley Harriers	Vet 45	00:36:12	107	77
75	David	Navis	Liverpool Running Bugs		00:36:12		76
76	Chris	Wills	Knowsley Harriers	Vet 40	00:36:13		75
77	Frank	Kelly	Liverpool Running Club	Vet 55	00:36:19	106	74
78	Kieron	Carr	Liverpool Running Bugs	Vet 45	00:36:21		73
79	Anthony	Dagnall	St Helens Striders	Vet 60	00:36:25		72
80	Ashley	Stillwell	Liverpool Running Bugs		00:36:27		71
81	Andrew	Glen	Liverpool Running Bugs	Vet 55	00:36:29		70
82	Paul	Doherty	Mossley Hill AC	Vet 45	00:36:44	105	69
83	Ian	Sadler	Penny Lane Striders	Vet 60	00:36:53		68
84	Anthony	Padmore	St Helens Striders	Vet 50	00:36:54		67
85	Steve	Pemberton	Penny Lane Striders	Vet 60	00:37:02		66
86	Anthony	Peacock	Penny Lane Striders	Vet 65	00:37:04		65
87	Thomas	Back	Penny Lane Striders		00:37:07		64
88	John paul	Dale	Liverpool Running Bugs		00:37:08		63
89	Robert	Porter	Penny Lane Striders		00:37:12		62
90	Mark	Hamilton	St Helens Striders	Vet 40	00:37:12		61
91	David	Griffiths	Penny Lane Striders	Vet 50	00:37:20		60
92	Steve	Bennett	Penny Lane Striders	Vet 55	00:37:21		59
93	Chris	Alexander	Kirkby Milers AC		00:37:31		58
94	David	Marsh	Southport Waterloo AC	Vet 55	00:37:34	104	57
95	Robbie	Trecarichi	Southport Waterloo AC	Vet 40	00:37:51	103	56
96	Mike	Evans	Knowsley Harriers	Vet 65	00:37:57		55
97	Sakib	Shamas-Ud-din	Penny Lane Striders	Vet 45	00:38:01		54
98	Richard	Stafford	Penny Lane Striders	Vet 40	00:38:02		53
99	Ian	Rivers	Kirkby Milers AC	Vet 50	00:38:08		52
100	John	Brown	Penny Lane Striders	Vet 60	00:38:09		51
101	Terry	Noon	Kirkby Milers AC		00:38:11		50
102	William	Merritt	Knowsley Harriers	Vet 55	00:38:12		49
103	Terry	Lynch	Penny Lane Striders	Vet 50	00:38:14		48
104	Jefferson	Gard	Penny Lane Striders	Vet 50	00:38:16		47
105	John	Davies	Knowsley Harriers	Vet 45	00:38:16		46
106	Carl	Yu	Liverpool Running Club	Vet 45	00:38:20	102	45
107	Stuart	Brandwood	Penny Lane Striders	Vet 40	00:38:21		44
108	James	Brooker	Southport Waterloo AC	Vet 40	00:38:22	101	43
109	Trevor	Astell	Penny Lane Striders	Vet 60	00:38:31		42
110	John	Barr	St Helens Striders	Vet 65	00:38:33		41
111	Joe	McGlynn	Penny Lane Striders	Vet 60	00:38:43		40
112	David	McAlister	Wallasey Athletic Club	Vet 60	00:38:53	100	39
113	Andrew	Troy	Penny Lane Striders		00:38:59		38
114	James	Roberts	Penny Lane Striders		00:39:01		37
115	Michael	Mcintyre	Kirkby Milers AC		00:39:06		36
116	Kevin	Carberry	Kirkby Milers AC	Vet 45	00:39:11		35
117	Chris	Owen	Liverpool Running Bugs		00:39:12		34
118	Peter	Morgan	Penny Lane Striders	Vet 60	00:39:15		33
119	Michael	Edwards	Penny Lane Striders	Vet 60	00:39:20		32
120	Luke	McGovern	Liverpool Running Bugs		00:39:21		31

121	Nicholas	Mccole	Kirkby Milers AC	Vet 45	00:39:33		30
122	Eamonn	Cullen	Mossley Hill AC		00:39:37	99	29
123	Phillip	Stanley	UTS Running Club	Vet 55	00:39:56	98	28
124	Andy	Duff	Liverpool Running Bugs	Vet 45	00:40:02		27
125	Michael	Sharkey	Penny Lane Striders	Vet 70	00:40:09		26
126	Paul	Dowdle	St Helens Striders	Vet 45	00:40:11		25
127	David	Owens	Penny Lane Striders	Vet 45	00:40:15		24
128	Tony	Woods	Penny Lane Striders	Vet 45	00:40:23		23
129	David	Barrow	Kirkby Milers AC	Vet 60	00:40:37		22
130	James	Malone	Penny Lane Striders		00:41:24		21
131	Paul	McMillan	Penny Lane Striders	Vet 45	00:41:27		20
132	Andrew	Hughes	Liverpool Running Bugs		00:41:27		19
133	Barry	Bright	Penny Lane Striders	Vet 60	00:41:50		18
134	John	Mccaffrey	Knowsley Harriers		00:41:55		17
135	James	Battersby	Liverpool Running Club	Vet 45	00:42:04	97	16
136	Simon	Ellis	Kirkby Milers AC		00:42:51		15
137	Mark	Fillingham	St Helens Striders	Vet 50	00:43:01		14
138	Jonny	McHale	Penny Lane Striders		00:43:06		13
139	Billy	Hargreaves	Southport Waterloo AC	Vet 70	00:43:21	96	12
140	John	Bosward	Knowsley Harriers	Vet 45	00:43:35		11
141	Michael	Eakin	Penny Lane Striders	Vet 60	00:43:38		10
142	Nigel	Foo	Penny Lane Striders	Vet 50	00:43:50		9
143	John	Wood	Penny Lane Striders	Vet 45	00:44:25		8
144	Graham	Howell	Liverpool Harriers & AC	Vet 65	00:44:36	95	7
145	David	Rand	Penny Lane Striders	Vet 40	00:45:06		6
146	Tommy	Gates	Penny Lane Striders	Vet 55	00:46:09		5
147	Owen	Gallagher	Kirkby Milers AC	Vet 45	00:46:24		4
148	Joseph	Chedgzoy	Kirkby Milers AC		00:46:31		3
149	Lee	Birkett	Liverpool Running Bugs	Vet 40	00:46:43		2
150	David	Hughes	Penny Lane Striders	Vet 55	00:46:52		1
151	Graeme	Back	Penny Lane Striders	Vet 45	00:47:31		1
152	Phil	Thorp	Liverpool Running Bugs	Vet 60	00:47:55		1
153	Robert	Freeman	Liverpool Running Bugs	Vet 45	00:48:34		1
154	Philip	Moody	Liverpool Running Club	Vet 40	00:49:12	94	1
155	Phil	Robinson	Knowsley Harriers	Vet 50	00:50:12		1
156	Ronald	Thornton	Liverpool Running Bugs	Vet 70	00:50:31		1
157	Jim	Garvey	Penny Lane Striders	Vet 70	00:51:26		1
158	Philip	O'Rourke	Liverpool Running Club	Vet 55	00:51:36		1
159	Philip	Lloyd	Kirkby Milers AC	Vet 40	00:53:51		1
160	Dave	Owens	Penny Lane Striders	Vet 65	00:53:58		1
161	Russ	Owens	Knowsley Harriers	Vet 55	00:54:01		1
162	Allan	Gibbs-Monaghan	Liverpool Running Bugs	Vet 40	00:54:03		1
163	Vincent	Hessey	Penny Lane Striders	Vet 70	00:55:10		1
164	Derek	Hughes	Liverpool Running Bugs	Vet 65	00:56:37		1