

Merseyside County Grand Prix 2018
St Helens 10k Results

Mens Team

| Pos'n | Club | Counters | | | | | | Total |
|-------|------------------------------|----------|-----|-----|-----|-----|-----|-------|
| 1 | Kirkby Milers AC | 147 | 144 | 143 | 142 | 141 | 139 | 856 |
| 2 | St Helens Striders | 149 | 148 | 145 | 133 | 129 | 128 | 832 |
| 3 | Penny Lane Striders | 140 | 138 | 137 | 130 | 118 | 117 | 780 |
| 4 | Liverpool Running Club | 132 | 131 | 127 | 124 | 121 | 119 | 754 |
| 5 | Knowsley Harriers | 136 | 126 | 122 | 115 | 114 | 113 | 726 |
| 6 | Southport Waterloo AC | 146 | 123 | 120 | 116 | 111 | | 616 |
| 7 | St Helens Sutton AC | 150 | 112 | 110 | 109 | 108 | | 589 |
| 8 | Pensby Runners | 135 | | | | | | 135 |
| 9 | Liverpool Harriers | 134 | | | | | | 134 |
| 10 | Liverpool Pembroke Sefton AC | 125 | | | | | | 125 |

Mens Individual

| Pos'n | Name | Club | Cat | Time | Team Points | Ind'l Points |
|-------|-------------------|-----------------------|-------|----------|-------------|--------------|
| 1 | Matthew Crehan | ST. HELENS SUTTON AC | | 00:31:22 | 150 | 150 |
| 2 | James Allen | ST. HELENS STRIDERS | | 00:35:01 | 149 | 149 |
| 3 | David Wilson | ST. HELENS STRIDERS | | 00:35:38 | 148 | 148 |
| 4 | Ryan Jones | KIRKBY MILERS | | 00:36:23 | 147 | 147 |
| 5 | Francois Rafferty | SOUTHPORT WATERLOO AC | MV40+ | 00:36:30 | 146 | 146 |
| 6 | Daniel Cheetham | ST. HELENS STRIDERS | | 00:36:48 | 145 | 145 |
| 7 | Ben Lewington | KIRKBY MILERS | | 00:37:09 | 144 | 144 |
| 8 | James Ellis | KIRKBY MILERS | | 00:37:09 | 143 | 143 |
| 9 | Alan Healy | KIRKBY MILERS | MV40+ | 00:37:19 | 142 | 142 |
| 10 | Lee Moore | KIRKBY MILERS | | 00:37:25 | 141 | 141 |
| 11 | Josh Keogh | PENNY LANE STRIDERS | | 00:37:25 | 140 | 140 |
| 12 | James Ingram | KIRKBY MILERS | | 00:37:42 | 139 | 139 |
| 13 | Phil Riding | PENNY LANE STRIDERS | MV40+ | 00:37:50 | 138 | 138 |
| 14 | David Willshire | PENNY LANE STRIDERS | | 00:37:59 | 137 | 137 |
| 15 | John McLaren | KNOWSLEY HARRIERS | | 00:38:35 | 136 | 136 |
| 16 | Simon Rogers | PENSBY RUNNERS | MV50+ | 00:38:36 | 135 | 135 |
| 17 | Gary Wilton | KIRKBY MILERS | MV40+ | 00:38:45 | | 134 |
| 18 | Anthony Cassidy | LIVERPOOL HARRIERS AC | MV40+ | 00:38:53 | 134 | 133 |
| 19 | Mark Riley | ST. HELENS STRIDERS | | 00:39:01 | 133 | 132 |
| 20 | Matthew Clair | LIVERPOOL RC | | 00:39:11 | 132 | 131 |
| 21 | Alex Rigby | LIVERPOOL RC | | 00:39:12 | 131 | 130 |
| 22 | Sean Wilton | KIRKBY MILERS | | 00:39:15 | | 129 |
| 23 | Lewis Houghton | KIRKBY MILERS | | 00:39:16 | | 128 |
| 24 | David Edwards | KIRKBY MILERS | MV50+ | 00:39:20 | | 127 |
| 25 | Colin Walsh | PENNY LANE STRIDERS | | 00:39:21 | 130 | 126 |
| 26 | James Williams | KIRKBY MILERS | | 00:39:29 | | 125 |
| 27 | Kenneth Day | KIRKBY MILERS | | 00:39:41 | | 124 |

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| 28 | Lee | Turner | KIRKBY MILERS | | 00:40:09 | | 123 |
| 29 | Matthew | Whalley | KIRKBY MILERS | | 00:40:26 | | 122 |
| 30 | Scott | Robertson | ST HELENS STRIDERS | | 00:40:34 | 129 | 121 |
| 31 | Kevin | Harrison | KIRKBY MILERS | MV40+ | 00:40:55 | | 120 |
| 32 | Paul | Demore | ST. HELENS STRIDERS | MV50+ | 00:40:58 | 128 | 119 |
| 33 | Antony | Cheers | ST. HELENS STRIDERS | | 00:41:08 | | 118 |
| 34 | Shaun | Morris | LIVERPOOL RC | | 00:41:18 | 127 | 117 |
| 35 | Jonathan | Kirkman | ST. HELENS STRIDERS | | 00:41:29 | | 116 |
| 36 | Paul | Waters | KNOWSLEY HARRIERS | | 00:41:40 | 126 | 115 |
| 37 | Anthony | Ellis | ST HELENS STRIDERS | | 00:42:28 | | 114 |
| 38 | Mark | Hudson | LIVERPOOL PEMBROKE SEFTON | MV50+ | 00:42:44 | 125 | 113 |
| 39 | Lee | Ward | LIVERPOOL RC | MV40+ | 00:42:49 | 124 | 112 |
| 40 | Keith | Swift | SOUTHPORT WATERLOO AC | MV40+ | 00:42:59 | 123 | 111 |
| 41 | Alan | Joyce | KNOWSLEY HARRIERS | MV60+ | 00:43:04 | 122 | 110 |
| 42 | Andrew | Boulger | KIRKBY MILERS | MV40+ | 00:43:28 | | 109 |
| 43 | Eric | Ranson | ST. HELENS STRIDERS | MV40+ | 00:43:50 | | 108 |
| 44 | Paul | Wilson | LIVERPOOL RC | MV40+ | 00:44:15 | 121 | 107 |
| 45 | Neil | Hunter | ST. HELENS STRIDERS | MV40+ | 00:44:18 | | 106 |
| 46 | Kevin | Outten | ST. HELENS STRIDERS | MV40+ | 00:44:25 | | 105 |
| 47 | Richard | Seville | ST. HELENS STRIDERS | MV40+ | 00:44:25 | | 104 |
| 48 | James | Brooker | SOUTHPORT WATERLOO AC | | 00:44:47 | 120 | 103 |
| 49 | Jonathan | Fisher | LIVERPOOL RC | | 00:45:03 | 119 | 102 |
| 50 | Peter | Leadbeater | KIRKBY MILERS | MV50+ | 00:45:15 | | 101 |
| 51 | Adam | Fitzsimmons | KIRKBY MILERS | | 00:45:30 | | 100 |
| 52 | Mark | Hamilton | ST. HELENS STRIDERS | MV40+ | 00:45:54 | | 99 |
| 53 | Paul | Dowdle | ST. HELENS STRIDERS | MV40+ | 00:45:56 | | 98 |
| 54 | Frank | Cahill | ST HELENS STRIDERS | MV60+ | 00:45:56 | | 97 |
| 55 | Rick | Rowe | ST. HELENS STRIDERS | | 00:45:58 | | 96 |
| 56 | John | Diggle | KIRKBY MILERS | MV40+ | 00:46:16 | | 95 |
| 57 | Paul | Goodwin | KIRKBY MILERS | MV50+ | 00:46:18 | | 94 |
| 58 | Paul | Booth | ST. HELENS STRIDERS | | 00:47:05 | | 93 |
| 59 | Peter | Medlicott | ST. HELENS STRIDERS | MV40+ | 00:47:17 | | 92 |
| 60 | Tony | Green | PENNY LANE STRIDERS | MV60+ | 00:47:49 | 118 | 91 |
| 61 | Mark | Skelton | PENNY LANE STRIDERS | MV50+ | 00:47:54 | 117 | 90 |
| 62 | Jon | Dobson | ST. HELENS STRIDERS | MV60+ | 00:48:02 | | 89 |
| 63 | David | Marsh | SOUTHPORT WATERLOO AC | MV50+ | 00:48:10 | 116 | 88 |
| 64 | Peter | Moville | ST HELENS STRIDERS | MV55 | 00:48:15 | | 87 |
| 65 | John | Lee | KIRKBY MILERS | MV45 | 00:48:43 | | 86 |
| 66 | Ian | Wright | ST. HELENS STRIDERS | | 00:49:18 | | 85 |
| 67 | Martin | Ballard | ST. HELENS STRIDERS | | 00:49:19 | | 84 |
| 68 | Graham | Deane | KNOWSLEY HARRIERS | | 00:49:53 | 115 | 83 |
| 69 | Alan | Spencer | KNOWSLEY HARRIERS | MV50+ | 00:49:53 | 114 | 82 |
| 70 | Dom | Rowan | ST. HELENS STRIDERS | | 00:50:28 | | 81 |
| 71 | Peter | Teeling | ST. HELENS STRIDERS | MV40+ | 00:50:40 | | 80 |
| 72 | Peter | Bennett | ST. HELENS STRIDERS | MV40+ | 00:50:41 | | 79 |
| 73 | Sean | Ahearn | ST. HELENS STRIDERS | | 00:50:41 | | 78 |
| 74 | Thomas | Houghton | ST. HELENS STRIDERS | MV60+ | 00:51:01 | | 77 |
| 75 | Mark | Fillingham | ST. HELENS STRIDERS | MV50+ | 00:51:04 | | 76 |

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| 76 | Anthony | Horsfall | ST. HELENS STRIDERS | MV50+ | 00:51:06 | | 75 |
| 77 | Patrick | Davey | ST. HELENS STRIDERS | MV50+ | 00:51:09 | | 74 |
| 78 | John | Lingard | ST. HELENS STRIDERS | MV60+ | 00:51:14 | | 73 |
| 79 | Darren | Eccles | ST. HELENS STRIDERS | MV40+ | 00:51:36 | | 72 |
| 80 | Mike | Evans | KNOWSLEY HARRIERS | MV60+ | 00:52:02 | 113 | 71 |
| 81 | Neil Anthony | Lowe | ST. HELENS SUTTON AC | | 00:52:19 | 112 | 70 |
| 82 | Paul | Burdett | ST. HELENS STRIDERS | MV40+ | 00:53:00 | | 69 |
| 83 | Sean | Kelly | LIVERPOOL RC | | 00:53:19 | | 68 |
| 84 | Graham | Liu | SOUTHPORT WATERLOO AC | MV50+ | 00:53:40 | 111 | 67 |
| 85 | Nick | Kilty | KNOWSLEY HARRIERS | | 00:53:55 | | 66 |
| 86 | Stephen | Pickavance | ST. HELENS SUTTON AC | MV60+ | 00:54:01 | 110 | 65 |
| 87 | James | Roberts | PENNY LANE STRIDERS | | 00:54:10 | | 64 |
| 88 | Michael | Dodd | ST. HELENS STRIDERS | | 00:54:19 | | 63 |
| 89 | Kevin | Cairns | ST. HELENS STRIDERS | MV40+ | 00:54:36 | | 62 |
| 90 | Dave | Brisco | ST. HELENS STRIDERS | MV50+ | 00:54:42 | | 61 |
| 91 | Daniel Stephen | Merrick | ST. HELENS STRIDERS | | 00:54:46 | | 60 |
| 92 | Sean | Loughran | KIRKBY MILERS | MV55 | 00:55:10 | | 59 |
| 93 | John Lou | Dillon | PENNY LANE STRIDERS | | 00:55:58 | | 58 |
| 94 | Harry | Wingate | KIRKBY MILERS | | 00:57:21 | | 57 |
| 95 | Geoff | Hunter | ST. HELENS STRIDERS | MV50+ | 00:57:31 | | 56 |
| 96 | Ian | Barker | ST. HELENS STRIDERS | | 00:57:50 | | 55 |
| 97 | Ian | Spencer | ST. HELENS STRIDERS | MV50+ | 00:57:57 | | 54 |
| 98 | David | Barrow | KIRKBY MILERS | MV60+ | 00:58:31 | | 53 |
| 99 | Steve | Wright | ST. HELENS STRIDERS | MV50+ | 00:59:07 | | 52 |
| 100 | Adrian | Pidgeon | ST. HELENS STRIDERS | | 00:59:14 | | 51 |
| 101 | Ray | Murphy | KIRKBY MILERS | MV50+ | 01:00:07 | | 50 |
| 102 | Paul | Doyle | KIRKBY MILERS | | 01:00:43 | | 49 |
| 103 | Nick | Bartlett | KNOWSLEY HARRIERS | MV40+ | 01:00:47 | | 48 |
| 104 | Daniel | Tetlow | ST. HELENS STRIDERS | | 01:01:10 | | 47 |
| 105 | Alex | Abbott | ST. HELENS STRIDERS | | 01:01:24 | | 46 |
| 106 | Steve | Bennett | PENNY LANE STRIDERS | MV50+ | 01:01:42 | | 45 |
| 107 | Kevin | Winstanley | ST. HELENS STRIDERS | | 01:01:54 | | 44 |
| 108 | Tony | Holmes | LIVERPOOL RC | MV50+ | 01:02:13 | | 43 |
| 109 | Jim | Garvey | PENNY LANE STRIDERS | MV60+ | 01:05:17 | | 42 |
| 110 | Bennett | Lawrenson | ST. HELENS STRIDERS | | 01:10:33 | | 41 |
| 111 | Richie | Deane | KNOWSLEY HARRIERS | MV40+ | 01:16:16 | | 40 |
| 112 | Bernard | Graney | ST. HELENS STRIDERS | MV60+ | 01:16:46 | | 39 |
| 113 | Andy | Mcallister | KIRKBY MILERS | MV40+ | 01:18:27 | | 38 |
| 114 | Martin | Johnson | ST. HELENS SUTTON AC | | 01:21:40 | 109 | 37 |
| 115 | Christopher | Coatsworth | ST. HELENS SUTTON AC | MV50+ | 01:30:42 | 108 | 36 |