

**Merseyside County Grand Prix 2019**  
**Halewood Sunflowers 5k Results**

**Womens Team**

Pos'n	Club	Counters				Total
1	Knowsley Harriers	150	148	143	130	571
2	Liverpool Running Bugs	146	141	138	133	558
3	Penny Lane Striders	147	144	135	131	557
4	St Helens Striders	145	140	137	134	556
5	Kirkby Milers AC	139	136	129	128	532
6	Liverpool Running Club	149	127	126		402
7	Wallasey AC	142				142
8	Liverpool Harriers	132				132

**Womens Individual**

Pos'n	Name	Club	Cat	Time	Team Points	Ind'l Points
1	Louise Jackson	Knowsley Harriers AC		00:19:31	150	150
2	Rebecca Burke	Liverpool Running Club		00:19:50	149	149
3	Danielle Scott	Knowsley Harriers AC		00:20:33	148	148
4	Jo Harrison	Penny Lane Striders		00:20:43	147	147
5	Jennifer Brady	Liverpool Running Bugs	FV40	00:20:51	146	146
6	Emma Callers	St Helens Striders		00:20:54	145	145
7	Andrea Bond	Penny Lane Striders	FV40	00:21:08	144	144
8	Janet Owens	Knowsley Harriers AC	FV40	00:21:16	143	143
9	Katherine Holley	Wallasey AC	FV35	00:21:46	142	142
10	Ashley Stillwell	Liverpool Running Bugs		00:21:49	141	141
11	Lisa Cheers	St Helens Striders		00:21:59	140	140
12	Charlotte Smith	Kirkby Milers	FV35	00:22:09	139	139
13	Ruth Hewitt	Liverpool Running Bugs	FV40	00:22:30	138	138
14	Kylie Barlow	St Helens Striders		00:22:43	137	137
15	Amanda Lee	Kirkby Milers	FV45	00:22:56	136	136
16	Annmarie Williams	Penny Lane Striders	FV45	00:22:59	135	135
17	Wendy Davies	St Helens Striders	FV40	00:23:00	134	134
18	Jade Teeder	Liverpool Running Bugs		00:23:10	133	133
19	Michelle Murphy	Liverpool Harriers	FV50	00:23:17	132	132
20	Julie Houghton	Penny Lane Striders	FV45	00:23:41	131	131
21	Brenda Cahill	St Helens Striders	FV60	00:24:09		130
22	Samantha Bentall	Penny Lane Striders	FV50	00:24:25		129
23	Katie Dawson	Penny Lane Striders	FV40	00:24:52		128
24	Kasia Boydell	Liverpool Running Bugs		00:24:54		127
25	Claudia McLean	Liverpool Running Bugs	FV45	00:25:41		126
26	Sharon Swift	St Helens Striders		00:25:42		125
27	Andrea Marsh	Knowsley Harriers AC	FV50	00:25:47	130	124

28	Laura Schumann	Liverpool Running Bugs		00:25:52		123
29	Judie Ko	Penny Lane Striders	FV50	00:26:10		122
30	Suzanne Hall	Liverpool Running Bugs		00:26:18		121
31	Elaine Coulter	Liverpool Running Bugs	FV50	00:26:20		120
32	Rosie Oimagan	Liverpool Running Bugs	FV60	00:26:23		119
33	Hayley Smallman	Kirkby Milers	FV40	00:26:56	129	118
34	Diane Veasey	Kirkby Milers	FV35	00:27:02	128	117
35	Wendy Osborne	Penny Lane Striders	FV40	00:27:13		116
36	Gemma Aden	St Helens Striders	FV35	00:27:13		115
37	Jo Herriott	St Helens Striders	FV40	00:27:14		114
38	Onnor Hampson	Liverpool Running Bugs	FV45	00:27:22		113
39	Clare Ormsby	Knowsley Harriers AC		00:27:23		112
40	Robyn Gilbert	Knowsley Harriers AC		00:27:29		111
41	Susan Burke	Liverpool Running Club	FV55	00:27:31	127	110
42	Christine Humphrey	St Helens Striders	FV55	00:27:54		109
43	Tracy Meharg	Knowsley Harriers AC	FV45	00:27:59		108
44	Shirley Chung	Liverpool Running Club	FV50	00:28:01	126	107
45	Zoe Fillingham	St Helens Striders	FV50	00:28:12		106
46	Jackie Ellis	St Helens Striders	FV55	00:28:22		105
47	Eunice Nopondo	Penny Lane Striders	FV50	00:28:55		104
48	Michelle Kelly	Penny Lane Striders	FV55	00:29:07		103
49	Shelley Townley	St Helens Striders	FV35	00:30:08		102
50	A. Carberry	Kirkby Milers	FV50	00:30:21		101
51	Carrie O'Brien	Kirkby Milers		00:30:21		100
52	Debbie Burlow	Liverpool Running Bugs	FV35	00:31:08		99
53	Jemma Dale	Knowsley Harriers AC		00:31:27		98
54	Jeannette Ryan	Liverpool Running Bugs	FV50	00:31:29		97
55	Valerie Coldock	Liverpool Running Bugs	FV60	00:31:32		96
56	Sue Towner	Penny Lane Striders	FV60	00:31:53		95
57	Stephanie Charman	Knowsley Harriers AC	FV65	00:35:08		94
58	Jen Ashton	Liverpool Running Bugs	FV45	00:36:56		93
59	Shirley O'Brien	Kirkby Milers	FV50	00:38:02		92