

Time	Surname	Forename	Cat	Club
00:35:39	Pownell	Chris	Msen	Cybi Striders
00:35:40	Eccles	Lawrence	MV35	Penny Lane Striders
00:36:08	Pastor	David	MV45	Warriors
00:37:03	Hunt	John	MV55	Dark Peak Fell Runners
00:37:22	Wood	Robert	Msen	Wirral AC
00:37:29	Richards	Sean	Msen	Penny Lane Striders
00:40:18	Smithson	Al	MV35	Mersey Tri
00:41:53	Aylward	George	MV35	Penny Lane Striders
00:41:55	Simpson	John	MV55	Pensby Runners
00:42:13	Hull	Jonathon	MSen	Penny Lane Striders
00:43:01	Curtis	Luke	MV35	Penny Lane Striders
00:43:24	Skipper	Helen	FV35	Mersey Tri
00:43:31	Milling	Lucy	Fsen	Southport Waterloo
00:43:37	Hampshire	Peter	MV45	Pensby Runners
00:44:15	O'Rourke	Michael	MV35	Penny Lane Striders
00:44:31	Dipple	Stephen	MV45	Penny Lane Striders
00:44:33	Vidamour	Lenka	FV35	Penny Lane Striders
00:44:35	Tour	Julien	MV35	Penny Lane Striders
00:44:37	Fraser	Alice	Fsen	Penny Lane Striders
00:46:17	Dala	Julie	FV55	Pensby Runners
00:46:50	Diaz	Izzi	Fsen	Penny Lane Striders
00:47:07	Dunham	Keith	MV45	Pensby Runners
00:47:33	Robertson	Paul	MV55	Pensby Runners
00:48:07	Haslam	Clare	FV35	Pensby Runners
00:48:49	Adams	Jeff	MV65	Pensby Runners
00:48:51	Capponi	Simone	MV45	Bowland Fell Runners
00:49:04	Lee	Wendy	FV45	Pensby Runners
00:49:09	Hennahane	Laura	FV35	Penny Lane Striders
00:49:29	Lynch	Terry	MV55	Penny Lane Striders
00:50:04	Moore	Shona	FV35	Mersey Tri
00:51:43	Gard	Jefferson	MV55	Penny Lane Striders
00:53:01	Jackson	Sarah	FV45	Penny Lane Striders
00:53:19	Mahendran	Arvind	Msen	Pensby Runners
00:53:51	Harper	Lorna	FV35	Mersey Tri
00:55:53	Dosanjh	Kam	MV45	Penny Lane Striders
00:56:42	Grantham	Lisa	FV45	Pensby Runners
00:59:52	Davies	Susan	FV55	Pensby Runners
01:00:22	Wilson	John	MV35	Penny Lane Striders
01:10:17	Lancaster	Catherine	FV55	Pensby Runners
01:19:39	Green	Tony	MV65	Penny Lane Striders
01:32:37	Roxburgh	Elizabeth	FV55	Pensby Runners

Champs placing Age Category

1	1st M
2	2nd M
3	3rd M
4	
5	
6	
7	2nd MV35
8	3rd MV35
9	2nd MV55
10	
11	
	1 1st F
	2 2nd F
12	2nd MV45
13	
14	3rd MV45
	3 3rd F
15	
	4
	5 1st FV55
	6
16	
17	3rd MV55
	7
18	3rd FV35
19	1st MV65
	8
	9 1st FV45
20	
	10
21	
	11 2nd FV45
22	
	12
23	
	13 3rd FV45
	14 2nd FV55
24	
	15 3rd FV55
25	2nd MV65
	16

1st Mens Team Penny Lane Striders
Lawrence, Sean Richards George Aylward
2nd Mens Team Pensby Runners
John Simpson, Keith Dunham, Paul Robertson

1st Ladies Team Penny Lane Striders
Lenka Vidamor, Alice Fraser, Izzi Diaz
2nd Ladies Team Mersey Tri
Helen Skipper, Shona Moore, Lorna Harper
3rd Ladies Team Pensby Runners
Julie Dala, Wendy Lee, Lisa Grantham

