

Birkenhead Park 5 mile Road Race Wednesday, June 4th 2014

There is a separate listing of the Womens race on page 4.

1	Ash Chambers	M	Liverpool Harriers	26.22
2	Daniel Jarvis	U20M	Liverpool Harriers	26.24
3	Ben Reese	M	Wirral AC	26.47
4	John Heap	M40	Unattached	26.52
5	Xavier Desse	M40	Wirral AC	27.04
6	Phillip Langan	M	Wirral AC	27.27
7	Paul Sankey	M45	Liverpool Harriers	27.30
8	Mark Hulmston	M	Wirral AC	27.58
9	Guy Roberts	M	Mossley Hill AC	28.38
10	Anthony Lawler	M50	Knowsley Harriers	28.53
11	Richard Webster	M45	Wallasey AC	28.58
12	Alistair Rutherford	U20M	Sparkhill Harriers	28.58
13	Marc Jacques	M45	Knowsley Harriers	29.03
14	Kelvin Dickinson	M40	Wirral AC	29.04
15	Kevin Brennan	M45	St. Helens Striders	29.08
16	Lawrence Eccles	M	Penny Lane Striders	29.27
17	John Armstrong	M45	Wallasey AC	29.33
18	Liam McGrath	M	Pensby Runners	29.44
19	Will Patterson	U20M	Wirral AC	29.45
20	Sarah Jarvis	F	Liverpool Harriers	30.00
21	Nigel Grant	M50	Penny Lane Striders	30.05
22	Owen Burns	M40	Mossley Hill AC	30.21
23	Steve Smith	M40	Wallasey AC	30.25
24	Karl Bryers	M45	Wirral AC	30.31
25	Joe Lazenby	M	Liverpool Running Club	30.39
26	David Brockway	M	Wirral AC	30.42
27	Paul Bradford	M	Mersey Tri	30.47
28	Simon Fox	M45	Wirral AC	30.49
29	Nick Wilson	M40	Wirral AC	30.50
30	Sarah Kearney	F40	Wirral AC	30.54
31	Rob Jones	M	Chester Tri Club	30.55
32	Mark Hughes	M	Wirral AC	30.59
33	Neil Toner	M40	Wirral AC	31.04
34	Thomas Madden	M	Liverpool Running Club	31.12
35	Ant Cassidy	M40	Mossley Hill AC	31.13
36	Simon Rogers	M50	Pensby Runners	31.21
37	Lee Michael	M	Unattached	31.26
38	Lee Ward	M40	Liverpool Running Club	31.28
39	Paul Frodsham	M55	Helsby Running Club	31.34
40	Matthew Collins	M	Mossley Hill AC	31.37
41	Gary O'Connor	M45	Helsby Running Club	31.49
42	Sarah Roberts	F	Pensby Runners	31.58
43	Christopher Lee	M	Penny Lane Striders	32.10
44	Catherine Howard	F	Knowsley Harriers	32.11
45	Sharaon Sampson	F	Knowsley Harriers	32.31
46	Ian Russell	M45	Penny Lane Striders	32.37
47	Paul Collins	M45	Wirral AC	32.42
48	Colins Dobbs	M	Penny Lane Striders	32.51
49	George Patterson	U20M	Wirral AC	33.03
50	Andy Leslie	M	Penny Lane Striders	33.05
51	John Jensen	M	Penny Lane Striders	33.27
52	Helen Davies	F	Mossley Hill AC	33.28
53	Colin Sefton	M50	Mossley Hill AC	33.30
54	Adam Tysoe	M	Liverpool Running Club	33.38
55	Phillip Roberts	M	Helsby Running Club	33.43

56	Martin Hirrell	M45	Penny Lane Striders	33.55
57	Paul Brady	M45	Penny Lane Striders	33.57
58	Gillian Verdin	F	Liverpool Running Club	34.02
59	Graham Cushion	M	Liverpool Running Club	34.03
60	Jane Ashbrook	F35	Helsby Running Club	34.12
61	Steve Pemberton	M55	Penny Lane Striders	34.13
62	Nigel Crompton	M50	Pensby Runners	34.15
63	Caroline Hall	F40	Wirral AC	34.17
64	Andy Cantwell	M	Penny Lane Striders	34.24
65	Jay Clarke	M	Penny Lane Striders	34.29
66	Kate McGing	F	Penny Lane Striders	34.33
67	Tony Craig	M45	Knowsley Harriers	34.38
68	Dominc Roberts	M	Pensby Runners	34.45
69	Daniel Cuthbertson	M40	Pensby Runners	34.52
70	Jessica Lovell	F35	Wallasey AC	34.53
71	Dave McAlister	M55	Wallasey AC	34.58
72	Michael O'Rourke	M	Penny Lane Striders	35.00
73	Adrian Mercer	M40	Pensby Runners	35.02
74	April Morgan	F45	Knowsley Harriers	35.04
75	Michael Devereux	M60	Penny Lane Striders	35.10
76	Paul Cliff	M45	Unattached	35.11
77	Joanne Lacking	F	Helsby Running Club	35.13
78	Jonathan Fisher	M	Liverpool Running Club	35.29
79	Alan Spinks	M	Mossley Hill AC	35.31
80	Kathryn Sharkey	F	Penny Lane Striders	35.34
81	Andrew Conway	M45	Mossley Hill AC	35.43
82	Dave Hough	M65	West Cheshire AC	35.48
83	Maksymilian Bojarski	M	Pensby Runners	35.48
84	Laura Baynham-Hughes	F35	Helsby Running Club	35.50
85	Michelle King	F	Penny Lane Striders	35.51
86	Harry Das	U20M	Wirral AC	35.56
87	Sharon Connor	F35	Mossley Hill AC	36.00
88	Mark Roberts	M60	Pensby Runners	36.06
89	Sian Beck	F35	Prestatyn RC	36.23
90	Leslie Pritchard	M40	Mersey Tri	36.24
91	David Hartley	M	Ellesmere Port RC	36.45
92	Louise Warn	F	Penny Lane Striders	37.08
93	Stuart Mountford	M40	Mersey Tri	37.19
94	Sharon Farmer	F	Mossley Hill AC	37.22
95	Grodon Scholefield	M60	Pensby Runners	37.38
96	Paul Doyle	M50	Unattached	37.40
97	David Limbrick	M50	Unattached	38.06
98	Sam Tiger	F35	Mossley Hill AC	38.30
99	Stan Cottier	M65	Liverpool Running Club	38.47
100	Colin Lamprey	M50	Pensby Runners	39.03
101	Jim Fedigan	M55	Pensby Runners	39.03
102	Kenny Worrall	M40	Liverpool Running Club	39.20
103	Laura Reese	F	Village Road Runners	39.34
104	Cheryl Pace	F35	Penny Lane Striders	39.42
105	Susan Rogers	F55	Mossley Hill AC	39.44
106	Catherine Nevin	F55	Penny Lane Striders	40.02
107	Jessica Garrigan	F	Liverpool Running Club	40.02
108	Rachel Das	F40	Wirral AC	40.21
109	Amena Madden	F40	Liverpool Running Club	40.33
110	Abigail Willmott	F	Liverpool Running Club	40.34
111	Keith Boyle	M40	Penny Lane Striders	40.45
112	Jo Thompson	F45	Unattached	40.55
113	Rachel Rick	F55	Penny Lane Striders	41.18
114	Jane Nicholson	F50	Penny Lane Striders	41.19

115	Rachel North	F	Unattached	41.19
116	Nicci Davies	F55	Wallasey AC	41.40
117	Marie Motley	F50	Mossley Hill AC	41.48
118	Dave Wiggins	M55	Helsby Running Club	42.25
119	Harry Greenwood	M65	Picton RC	42.48
120	Nathan Brady	U20M	Unattached	43.05
121	Ian Roberts	M45	Unattached	43.06
122	Shan McCarthy	F40	Helsby Running Club	43.07
123	Amanda Holman	F40	Unattached	43.54
124	Sidney Molyneux	M65	Picton RC	43.55
125	Shaun Partington	M40	Wrexham AC	44.30
126	Karen Jones	F40	Unattached	45.02
127	Ian Chalmers	M65	Pensby Runners	45.15
128	Olivia Nicholson	U20W	Unattached	46.02
129	Eamonn Brady	M45	Penny Lane Striders	46.02
130	Steph Alston	F35	Wallasey AC	46.02
131	Stephen Cullington	M60	Unattached	46.19
132	Chelsea Arrowsmith	U20F	Knowsley Harriers	46.35
133	Donna Geer	F45	Helsby Running Club	46.57
134	Alison Butler	F35	Unattached	47.25
135	Derek Hughes	M60	Knowsley Harriers	49.38
136	Elizabeth Dennett	F40	Knowsley Harriers	49.38
137	Tracy Pennington	F45	Pensby Runners	52.53
138	Sue Maher	F	Unattached	54.22

Womens Race			Womens Rank		
20	Sarah Jarvis	F	Liverpool Harriers	30.00	1
30	Sarah Kearney	F40	Wirral AC	30.54	2
42	Sarah Roberts	F	Pensby Runners	31.58	3
44	Catherine Howard	F	Knowsley Harriers	32.11	4
45	Sharaon Sampson	F	Knowsley Harriers	32.31	5
52	Helen Davies	F	Mossley Hill AC	33.28	6
58	Gillian Verdin	F	Liverpool Running Club	34.02	7
60	Jane Ashbrook	F35	Helsby Running Club	34.12	8
63	Caroline Hall	F40	Wirral AC	34.17	9
66	Kate McGing	F	Penny Lane Striders	34.33	10
70	Jessica Lovell	F35	Wallasey AC	34.53	11
74	April Morgan	F45	Knowsley Harriers	35.04	12
77	Joanne Lacking	F	Helsby Running Club	35.13	13
80	Kathryn Sharkey	F	Penny Lane Striders	35.34	14
84	Laura Baynham-Hughes	F35	Helsby Running Club	35.50	15
85	Michelle King	F	Penny Lane Striders	35.51	16
87	Sharon Connor	F35	Mossley Hill AC	36.00	17
89	Sian Beck	F35	Prestatyn RC	36.23	18
92	Louise Warn	F	Penny Lane Striders	37.08	19
94	Sharon Farmer	F	Mossley Hill AC	37.22	20
98	Sam Tiger	F35	Mossley Hill AC	38.30	21
103	Laura Reese	F	Village Road Runners	39.34	22
104	Cheryl Pace	F35	Penny Lane Striders	39.42	23
105	Susan Rogers	F55	Mossley Hill AC	39.44	24
106	Catherine Nevin	F55	Penny Lane Striders	40.02	25
107	Jessica Garrigan	F	Liverpool Running Club	40.02	26
108	Rachel Das	F40	Wirral AC	40.21	27
109	Amena Madden	F40	Liverpool Running Club	40.33	28
110	Abigail Willmott	F	Liverpool Running Club	40.34	29
112	Jo Thompson	F45	Unattached	40.55	30
113	Rachel Rick	F55	Penny Lane Striders	41.18	31
114	Jane Nicholson	F50	Penny Lane Striders	41.19	32
115	Rachel North	F	Unattached	41.19	33
116	Nicci Davies	F55	Wallasey AC	41.40	34
117	Marie Motley	F50	Mossley Hill AC	41.48	35
122	Shan McCarthy	F40	Helsby Running Club	43.07	36
123	Amanda Holman	F40	Unattached	43.54	37
126	Karen Jones	F40	Unattached	45.02	38
128	Olivia Nicholson	U20W	Unattached	46.02	39
130	Steph Alston	F35	Wallasey AC	46.02	40
132	Chelsea Arrowsmith	U20F	Knowsley Harriers	46.35	41
133	Donna Geer	F45	Helsby Running Club	46.57	42
134	Alison Butler	F35	Unattached	47.25	43
136	Elizabeth Dennett	F40	Knowsley Harriers	49.38	44
137	Tracy Pennington	F45	Pensby Runners	52.53	45
138	Sue Maher	F	Unattached	54.22	46