

**Sunflowers 5k, 4 August 2018**

Position	Name	Time	Club	Gender	Gender position	Age category
1	Ashley Crawford	0:17'19.38		M		M Senior
2	Peter Green	0:17'26.62	Knowsley Harriers AC	M		M V 40
3	Glen Groves	0:17'31.24	Liverpool Harriers	M		M V 45
4	Jack Antrobus	0:17'40.32	Warrington Road Runners	M		M Senior
5	Andrew Fearn	0:18'18.50	Knowsley Harriers AC	M		M V 40
6	Steven Edwards	0:18'30.99	Ellesmere Port RC	M		M Senior
7	Robbie Collins	0:18'34.86	Liverpool Harriers	M		M Senior
8	Hannah Delaney	0:18'42.62	Liverpool Harriers	F		F U20
9	John McLaren	0:18'48.42	Knowsley Harriers AC	M		M Senior
10	Tony Landry	0:18'51.34	Kirkby Milers	M		M V 55
11	Helen Sahgal	0:19'04.22	Liverpool Pembroke Sefton AC	F		F Senior
12	Tim Grace	0:19'10.53	Mersey Tri	M		M V 45
13	John Harrison	0:19'22.68	Ellesmere Port RC	M		M Senior
14	Lisa Gawthorne	0:19'29.50	Liverpool Pembroke Sefton AC	F		F V 35
15	John Bampton	0:19'32.75	Penny Lane Striders	M		M V 45
16	Stephen Tod	0:19'39.62	Liverpool Harriers	M		M V 45
17	Charlie Deakin	0:19'43.00	Kirkby Milers	M		M U17
18	Dominic Cooper	0:20'10.00	Mossley Hill AC	M		M Senior
19	Peter Sandford	0:20'20.66	Dallam Running Club	M		M V 60
20	Richard Costain	0:20'26.72	Penny Lane Striders	M		M Senior
21	Bobbie Lomax	0:20'30.59	Warrington Road Runners	F		F V 40
22	Carl Yu	0:20'31.00	Liverpool Running Club	M		M V 40
23	Anthony Metcalfe	0:20'35.03	Mossley Hill AC	M		M V 60
24	Stephen Bowden	0:20'52.34	Warrington Road Runners	M		M V 60
25	Alan Spencer	0:21'23.75		M		M V 55
26	Graham Liu	0:21'26.73	Southport Waterloo AC	M		M V 50
27	Rebecca Sargeant	0:21'27.28	Penny Lane Striders	F		F Senior

28	Jo Harrison	0:21'29.34	Penny Lane Striders	F		F Senior
29	William John Jones	0:21'33.84	Knowsley Harriers AC	M		M V 50
30	Mark Feddon	0:21'34.64		M		M Senior
31	Simon Cox	0:21'39.87		M		M V 40
32	Lyn Bridge	0:21'42.26	Warrington Road Runners	F		F V 40
33	Marty Hirrel	0:21'47.90	Penny Lane Striders	M		
34	Chris McElroy	0:21'49.31	Mossley Hill AC	M		M Senior
35	Peter Foale	0:21'57.42		M		M V 65
36	Nic Johns	0:21'59.47	Mossley Hill AC	M		M V 40
37	Lisa Meadows	0:22'13.37	Vale Royal AC	F		F V 45
38	Daniel Issawi	0:22'18.12	Knowsley Harriers AC	M		M Senior
39	Rachael Holden	0:22'28.10	Helsby Running Club	F		F Senior
40	Lisa Crosby	0:22'45.70	Mossley Hill AC	F		F V 45
41	Peter Jones	0:23'32.15	Mossley Hill AC	M		
42	Michael Maloney	0:23'34.37	Knowsley Harriers AC	M		M V 65
43	Tom Clarke	0:23'40.59	Mossley Hill AC	M		M V 60
44	Alex Deakin	0:23'47.18	Kirkby Milers	M		M V 45
45	Jacob Cox	0:23'58.87	Warrington AC	M		M U13
46	Billy Hargreaves	0:24'07.10	Southport Waterloo AC	M		M V 70
47	Mike Evans	0:24'21.75	Knowsley Harriers AC	M		M V 65
48	Karen Skaife	0:24'31.46	Mossley Hill AC	F		F V 50
49	Lawrence Dobie	0:24'43.31		M		M V 60
50	Michael Charman	0:24'49.28	Knowsley Harriers AC	M		M V 65
51	Dave Tomkins	0:24'51.12	Warrington AC	M		M V 70
52	David Limbrick	0:25'30.87	Islwyn Running Club	M		M V 55
53	Linda Statham	0:26'01.26	Warrington Road Runners	F		F V 45
54	Martin Weadock	0:26'43.56		M		
55	Annmarie Daley	0:26'47.72	Liverpool Running Club	F		F V 40
56	John Shaw	0:27'09.78	Mossley Hill AC	M		M V 65
57	Martin Rogers	0:27'28.47	Mossley Hill AC	M		M V 50
58	John Crilley	0:28'02.68	Mossley Hill AC	M		M V 65

59	Eunice Nopondo	0:28'18.21	Penny Lane Striders	F		F V 50
60	Katie Nopondo-Mangan	0:28'18.82	Penny Lane Striders	F		F Senior
61	Leanne Jones	0:29'11.87	Knowsley Harriers AC	F		F Senior
62	Kathleen Taylor	0:30'33.63	Ellesmere Port RC	F		F V 35
63	Sue Towner	0:30'34.19	Penny Lane Striders	F		F V 60
64	Diane Rogers	0:30'51.02	Mossley Hill AC	F		F V 50
65	Jim Garvey	0:31'11.66	Penny Lane Striders	M		
66	Ronald Thornton	0:31'38.84	Knowsley Harriers AC	M		M V 75
67	Pauline Fielding	0:33'12.16	Penny Lane Striders	F		F V 60
68	Stephanie Charman	0:33'19.72	Knowsley Harriers AC	F		F V 65
69	Angela Joyce	0:36'32.73	Knowsley Harriers AC	F		F V 60
70	Kevin O'Brien	0:36'38.44	Penny Lane Striders	M		M V 75