

Sunflowers 5k; 3 Nov 2018

Position	Name	Time	Club	Gender	Gender position	Age category	Category position
1	Joseph Boden	0:15'42	Wallasey AC	M	1	M Senior	1
2	Mark Wynne	0:15'49	Liverpool Pembroke Sefton AC	M	2	M V 40	1
3	Luke Edwards	0:16'14	Liverpool Pembroke Sefton AC	M	3	M Senior	2
4	Jon-Jo Doherty	0:16'15	St Helens Striders	M	4	M Senior	3
5	Dan Morgan	0:16'32		M	5	M Senior	4
6	Rob Pearse	0:16'41	Wallasey AC	M	6	M V 40	2
7	David Wilson	0:16'44	St Helens Striders	M	7	M Senior	5
8	Harry Doran	0:16'46	Liverpool Pembroke Sefton AC	M	8	M Senior	6
9	Paul Bagan	0:16'48	Warrington AC	M	9	M Senior	7
10	Glen Groves	0:17'01	Liverpool Harriers	M	10	M V 45	1
11	Tiffany Penfold	0:17'02	Liverpool Pembroke Sefton AC	F	1	F U20	1
12	Peter Green	0:17'09	Knowsley Harriers AC	M	12	M V 40	3
13	Jack Poland	0:17'09	Wallasey AC	M	11	M Senior	8
14	Nathan Woods	0:17'22	Helsby Running Club	M	13	M Senior	9
15	Ashley Crawford	0:17'32		M	14	M Senior	10
16	Michael Harrington	0:17'39	Vale Royal AC	M	15	M V 45	2
17	Peter Clarke	0:17'51	Wallasey AC	M	16	M Senior	11
18	Paul Milburn	0:17'56	Liverpool Pembroke Sefton AC	M	17	M Senior	12
19	Tom Gillbanks	0:18'25	Wallasey AC	M	18	M U20	1
20	Robbie Collins	0:18'27	Liverpool Harriers	M	19	M Senior	13
21	Lawrence Eccles	0:18'33	Penny Lane Striders	M	20	M Senior	14
22	Colin Thompson	0:18'38	Helsby Running Club	M	21	M Senior	15
23	Tom Cable	0:18'46	West Cheshire AC	M	22	M Senior	16
24	Stephen Tod	0:18'49	Liverpool Harriers	M	23	M V 45	3
25	Helen Sahgal	0:18'49	Liverpool Pembroke Sefton AC	F	2	F Senior	1
26	Colin Walsh	0:18'50	Penny Lane Striders	M	24	M Senior	17
27	L. Anderson	0:19'00	Liverpool Pembroke Sefton AC	M	25	M V 45	4
28	Phil Riding	0:19'01	Penny Lane Striders	M	26	M V 40	4

29	Matt Gillbanks	0:19'20	Wallasey AC	M	27	M V 45	5
30	Lisa Gawthorne	0:19'23	Liverpool Pembroke Sefton AC	F	3	F V 35	1
31	Cameron Oliver	0:19'35	Kirkby Milers	M	28	M U13	1
32	Andrew Keeley	0:19'37	Penny Lane Striders	M	29	M V 55	1
33	John Harrison	0:19'41	Ellesmere Port RC	M	30	M Senior	18
34	Ian Fitzpatrick	0:19'55	Southport Waterloo AC	M	31	M V 55	2
35	John Jensen	0:19'59	Penny Lane Striders	M	32	M V 40	5
36	Andrew Conway	0:20'15	Liverpool Pembroke Sefton AC	M	33	M V 50	1
37	Helen Stansfield	0:20'29	Wallasey AC	F	4	F V 35	2
38	Eddie Roberts	0:20'30	Knowsley Harriers AC	M	34	M V 45	6
39	Tom Bosworth	0:20'32	Tonbridge AC	M	35	M Senior	19
40	Ben Wears	0:20'40	Redcar RWC	M	36	M Senior	20
41	Peter Sandford	0:20'41	Dallam Running Club	M	37	M V 60	1
42	David Webb	0:20'45	Penny Lane Striders	M	38	M Senior	21
43	Andrew Taylor	0:20'46		M	39	M V 40	6
44	Christopher Lee	0:20'47	Liverpool Running Bugs	M	40	M V 45	7
45	Clare Constable	0:20'48	Southport Waterloo AC	F	5	F V 45	1
46	Dave McAlister	0:20'50	Wallasey AC	M	41	M V 55	3
47	Robbie Wood	0:20'52	Liverpool Pembroke Sefton AC	M	42	M V 60	2
48	Matthew Girven	0:21'09		M	43	M Senior	22
49	Alan Spencer	0:21'35	Knowsley Harriers AC	M	44	M V 55	4
50	Marty Hirrel	0:21'37	Penny Lane Striders	M	45	unknown	0
51	Phil Bailey	0:21'44	Southport Waterloo AC	M	46	M V 65	1
52	Paul Fitzgerald	0:21'49	Knowsley Harriers AC	M	47	M V 40	7
53	Shane Knott	0:21'54	Penny Lane Striders	M	48	M V 40	8
54	Graham Deane	0:22'10	Knowsley Harriers AC	M	49	M Senior	23
55	Peter Foale	0:22'17		M	50	M V 65	2
56	Dave Lovatt	0:23'32		M	51	M V 55	5
57	Mike Evans	0:23'54	Knowsley Harriers AC	M	52	M V 65	3
58	Isobel Blakemore-Clark	0:24'03	Liverpool Harriers	F	6	F U17	1
59	Michael Charman	0:24'14	Knowsley Harriers AC	M	53	M V 65	4
60	Chris Probert	0:24'17	Penny Lane Striders	M	54	M V 55	6

61	Lawrence Dobie	0:24'24		M	55	M V 60	3
62	Billy Hargreaves	0:25'00	Southport Waterloo AC	M	56	M V 70	1
63	Steven Bullock	0:25'19		M	57	M V 60	4
64	John Dobie	0:25'20	Knowsley Harriers AC	M	58	M V 70	2
65	Michael Maloney	0:25'23	Knowsley Harriers AC	M	59	M V 65	5
66	Ray Robinson	0:25'46		M	60	M V 60	5
67	Tracy Woods	0:25'54		F	7	F V 35	3
68	Paul Wilson	0:26'04	Widnes Running Club	M	61	M V 55	7
69	Paul Roberts	0:26'17	Knowsley Harriers AC	M	62	M Senior	24
70	James Fletcher	0:26'25	Knowsley Harriers AC	M	63	M Senior	25
71	Andy Hirrell	0:26'28	Kingston AC	M	64	M Senior	26
72	Kristopher McBride	0:26'52		M	65	M Senior	27
73	Louise Jackson	0:26'52	Knowsley Harriers AC	F	8	F Senior	2
74	David Limbrick	0:27'32	Islwyn Running Club	M	66	M V 55	8
75	Laura McAllister	0:27'33	Knowsley Harriers AC	F	9	F Senior	3
76	Elaine Riley	0:27'36		F	10	F V 45	2
77	John McCaffrey	0:28'45	Knowsley Harriers AC	M	67	M Senior	28
78	Clare Ormsby	0:28'45		F	11	F Senior	4
79	Steve Minshull	0:29'09		M	68	M V 45	8
80	Dagmara Stankiewicz	0:29'09		F	12	F Senior	5
81	Chris Wills	0:29'11	Knowsley Harriers AC	M	69	M V 40	9
82	Megan Buckley	0:29'14	Mossley Hill AC	F	13	F Senior	6
83	Angela Joyce KHAC	0:29'16	Knowsley Harriers AC	F	14	F V 60	1
84	Alan Joyce	0:29'17	Knowsley Harriers AC	M	70	M V 60	6
85	Peter Davies	0:29'50	Mossley Hill AC	M	71	M V 55	9
86	Russ Owens	0:30'23	Knowsley Harriers AC	M	72	M V 55	10
87	Emma Walsh	0:30'42		F	15	F V 40	1
88	Ella Holosi	0:30'46	Knowsley Harriers AC	F	16	F U17	2
89	Kathryn Griffin	0:30'47	Knowsley Harriers AC	F	17	F V 40	2
90	Julie Edge	0:31'04		F	18	F V 45	3
91	Henry Kilty	0:31'17	Knowsley Harriers AC	M	73	M U13	2
92	Nick Kilty	0:31'17	Knowsley Harriers AC	M	74	M Senior	29

93	Sue Towner	0:31'25	Penny Lane Striders	F	19	F V 60	2
94	Ronald Thornton	0:31'33	Liverpool Running Bugs	M	75	M V 75	1
95	Dalia Boswell	0:31'39	Knowsley Harriers AC	F	20	F U17	3
96	Matthew McCaffrey	0:32'06		M	76	M U17	1
97	Paula Murphy	0:32'38		F	21	F V 40	3
98	Louise Noon	0:32'39		F	22	F Senior	7
99	Christine Stewart	0:32'49	Knowsley Harriers AC	F	23	F V 55	1
100	Amy Farrell	0:33'08		F	24	F U13	1
101	Itang Ekoku	0:33'15		F	25	F Senior	8
102	Pauline Fielding	0:33'16	Penny Lane Striders	F	26	F V 60	3
103	Susan Farrell	0:33'27		F	27	F V 45	4
104	Paula Carruthers	0:33'30		F	28	F V 35	4
105	Mick O'Brien	0:33'31	Knowsley Harriers AC	M	77	M V 50	2
106	Stephanie Charman	0:33'33	Knowsley Harriers AC	F	29	F V 65	1
107	Cheryl Forsyth	0:33'46	Knowsley Harriers AC	F	30	F V 35	5
108	Gillian McKinna	0:34'20	Mossley Hill AC	F	31	F V 55	2
109	Gemma Williams	0:34'29	Mossley Hill AC	F	32	F Senior	9
110	Charlotte Devonport	0:34'31		F	33	F V 45	5
111	Kirsty Coltart	0:35'04	Mossley Hill AC	F	34	F V 45	6
112	Suzanne Rooney	0:36'12		F	35	F V 45	7
113	Chloe Beckett	0:36'14		F	36	F Senior	10
114	Susan Williams	0:36'19		F	37	F V 50	1
115	Lisbeth Owens	0:37'00	Knowsley Harriers AC	F	38	F V 55	3
116	Vanessa Bevan	0:37'00	Knowsley Harriers AC	F	39	F V 35	6
117	Jane Maylor	0:37'11	Knowsley Harriers AC	F	40	F V 35	7
118	Janette Heron	0:37'12		F	41	F V 55	4
119	A Kerswell	0:38'00	Knowsley Harriers AC	F	42	F V 50	2
120	Alison Eland	0:38'02	Knowsley Harriers AC	F	43	F V 35	8
121	Caitlin Wilkinson	0:38'14		F	44	F U13	2
122	Karen Mower	0:38'59		F	45	F V 45	8
123	Lisa Minshull	0:40'17		F	46	F V 45	9
124	Aimee Powell	0:40'34		F	47	F U13	3

125	Lauren Jenkins	0:40'34		F	48	F Senior	11
126	Joyce Lloyd	0:40'53	Knowsley Harriers AC	F	49	F V 45	10
127	Denise Scott	0:41'25		F	50	F V 40	4
128	Jackie Riley	0:44'51		F	51	F V 50	3
129	Addison Manchester	0:44'53		F	52	F U13	4
130	Paige Olivia Powell	0:45'03		F	53	F U13	5
131	Carmen Cavanagh	0:47'19		F	54	F Senior	12
132	Dawn Powell	0:47'20		F	55	F V 35	9