# Merseyside Cross Country Championship

6th January 2018 www.merseysidecountyaa.org.uk

## Results:- U11 Boys & U11 Girls

### Individuals

| | | | | | |
|---|---|---|---|---|---|
| 1 | 533 | Oberon Kearney | Wirral AC | | 6.36 |
| 2 | 531 | Ben Cronshaw | Wirral AC | | 6.41 |
| 3 | 512 | M Webster | Liverpool Harriers AC | | 6.49 |
| 4 | 526 | Alfie Forsyth | WESPA | | 6.51 |
| 5 | 524 | Jac Chapman | WESPA | | 6.59 |
| 6 | 516 | W Collins | Southport Waterloo AC | | 7.00 |
| 7 | 515 | N Naylor | LPS | | 7.05 |
| 8 | 523 | Henry Graham | WESPA | | 7.08 |
| 9 | 510 | M Linford | Liverpool Harriers AC | | 7.15 |
| 10 | 530 | Miles Craven | Wirral AC | | 7.16 |
| 11 | 519 | G Mullen | St Helens Sutton AC | | 7.16 |
| 12 | 548 | E Dean | Southport Waterloo AC | 11g (1) | 7.17 |
| 13 | 514 | E Williams | LPS | | 7.27 |
| 14 | 505 | T Burns | Liverpool Harriers AC | | 7.29 |
| 15 | 552 | Holly Cross | WESPA | 11g (2) | 7.32 |
| 16 | 525 | Noel Ford | WESPA | | 7.32 |
| 17 | 567 | Emma Poulston | Wirral AC | 11g (3) | 7.38 |
| 18 | 544 | R Swinnerton | Liverpool Harriers AC | 11g (4) | 7.46 |
| 19 | 559 | Scarlett Quinn | WESPA | 11g (5) | 7.55 |
| 20 | 504 | F Barden | Liverpool Harriers AC | | 7.56 |
| 21 | 521 | J Colley | St Helens Sutton AC | | 8.00 |
| 22 | 532 | Jack Heap | Wirral AC | | 8.03 |
| 23 | 511 | M Taylor | Liverpool Harriers AC | | 8.04 |
| 24 | 555 | Orla Smout | WESPA | 11g (6) | 8.04 |
| 25 | 560 | Amelie Rodrigues | WESPA | 11g (7) | 8.05 |
| 26 | 518 | W Vose | St Helens Sutton AC | | 8.06 |
| 27 | 553 | Alex Culliane | WESPA | 11g (8) | 8.09 |
| 28 | 543 | K O'Shea | Liverpool Harriers AC | 11g (9) | 8.09 |
| 29 | 547 | E Hannaway | LPS | 11g (10) | 8.09 |
| 30 | 520 | L Johnson | St Helens Sutton AC | | 8.11 |
| 31 | 558 | Sofia Grundy | WESPA | 11g (11) | 8.18 |
| 32 | 566 | Amber Neal | Wirral AC | 11g (12) | 8.19 |
| 33 | 542 | S Moss | Liverpool Harriers AC | 11g (13) | 8.25 |
| 34 | 522 | Isaac Rimmer | Unkown | | 8.25 |
| 35 | 550 | C Leigh-Mark | St Helens Sutton AC | 11g (14) | 8.33 |
| 36 | 501 | M McClennan | Kirkby Milers AC | | 8.38 |
| 37 | 549 | C Hughes | Southport Waterloo AC | 11g (15) | 8.42 |
| 38 | 561 | Emily Wynne | WESPA | 11g (16) | 8.47 |
| 39 | 538 | E Marley | Liverpool Harriers AC | 11g (17) | 8.49 |
| 40 | 556 | Lucy Pennington | WESPA | 11g (18) | 8.52 |
| 41 | 563 | Willow Ellis Jones | WESPA | 11g (19) | 8.53 |
| 42 | 541 | P Melia | Liverpool Harriers AC | 11g (20) | 8.58 |
| 43 | 557 | Emma Hull | WESPA | 11g (21) | 9.08 |
| 44 | 536 | L Hardy | Liverpool Harriers AC | 11g (22) | 9.16 |
| 45 | 562 | Emily Harland | WESPA | 11g (23) | 9.18 |
| 46 | 565 | Amelie Bodie | Wirral AC | 11g (24) | 9.30 |
| 47 | 564 | Imogen Wilson | WESPA | 11g (25) | 9.47 |
| 48 | 503 | N Healy | Kirkby Milers AC | | 10.25 |
| 49 | 568 | Lilly Rose | Liverpool Harriers AC | 11g (26) | 11.29 |
| 50 | 534 | E Dixon | Liverpool Harriers AC | 11g (27) | 11.30 |

### No Team Race

# Merseyside Cross Country Championship

6th January 2018 www.merseysidecountyaa.org.uk

## Results:- U13 Girls

### Individuals

| | | | | |
|---|---|---|---|---|
| 1 | 57 | H Bain | Liverpool Harriers AC | 11.47 |
| 2 | 377 | Kiera Brady-Jones | WESPA | 12.11 |
| 3 | 70 | G Tobin | Liverpool Harriers AC | 12.19 |
| 4 | 400 | Zara White | Wirral AC | 12.46 |
| 5 | 65 | E McMutrie | Liverpool Harriers AC | 13.19 |
| 6 | 220 | G Barr | Southport Waterloo AC | 13.26 |
| 7 | 378 | Sophie Fludger | WESPA | 13.35 |
| 8 | 394 | Emma Fildes | Wirral AC | 13.37 |
| 9 | 62 | O Holmes | Liverpool Harriers AC | 13.41 |
| 10 | 60 | J Grant | Liverpool Harriers AC | 13.52 |
| 11 | 68 | E Skaiffe | Liverpool Harriers AC | 13.58 |
| 12 | 61 | E Gittens | Liverpool Harriers AC | 14.06 |
| 13 | 56 | A Carroll | Liverpool Harriers AC | 14.07 |
| 14 | 396 | Ella Heap | Wirral AC | 14.10 |
| 15 | 64 | M Lawless | Liverpool Harriers AC | 14.12 |
| 16 | 66 | M McMutrie | Liverpool Harriers AC | 14.19 |
| 17 | 397 | Gabrielle Phelan | Wirral AC | 14.40 |
| 18 | 395 | Anna Fraser | Wirral AC | 14.45 |
| 19 | 276 | Hollie Brussels | St Helens Sutton AC | 14.54 |
| 20 | 223 | L Simpson | Southport Waterloo AC | 14.58 |
| 21 | 274 | D Ward | St Helens Sutton AC | 15.03 |
| 22 | 273 | P Handley-Hicking | St Helens Sutton AC | 15.11 |
| 23 | 153 | C Tamburro | LPS | 15.14 |
| 24 | 155 | Rachel Curzon | LPS | 15.22 |
| 25 | 545 | Hanna Jones | Liverpool Harriers AC - NC | 15.23 |
| 26 | 398 | Evie Smith | Wirral AC | 15.30 |
| 27 | 69 | L Threadgold | Liverpool Harriers AC | 15.36 |
| 28 | 71 | A Wigfield | Liverpool Harriers AC | 15.57 |
| 29 | 399 | Sarah Smith | Wirral AC | 16.02 |
| 30 | 224 | K Swift | Southport Waterloo AC | 16.39 |
| 31 | 221 | M Ireland | Southport Waterloo AC | 16.56 |
| 32 | 275 | C Cochrane | St Helens Sutton AC | 17.04 |
| 33 | 6 | A McCarthy | Kirkby Milers AC | 18.10 |
| 34 | 5 | A Clare | Kirkby Milers AC | 18.52 |

### Teams

| | | | | | | |
|---|---|---|---|---|---|---|
| 1 | Liverpool Harriers AC | 1 | 3 | 5 | 9 | 18 |
| 2 | Wirral AC | 4 | 8 | 14 | 17 | 43 |
| 3 | Southport Waterloo AC | 6 | 20 | 30 | 31 | 87 |
| 4 | St Helens Sutton AC | 19 | 21 | 22 | 32 | 94 |

# Merseyside Cross Country Championship

6th January 2018 www.merseysidecountyaa.org.uk

## Results:- U13 Boys

### Individuals

| | | | | |
|---|---|---|---|---|
| 1 | 391 | Alex Poulston | Wirral AC | 11.11 |
| 2 | 47 | G Meehan | Liverpool Harriers AC | 11.21 |
| 3 | 315 | J Bernham | UTS Running Club | 11.24 |
| 4 | 218 | M Henderson | Southport Waterloo AC | 11.31 |
| 5 | 46 | A Kelly | Liverpool Harriers AC | 11.47 |
| 6 | 376 | Ethan Brady-Jones | WESPA | 11.50 |
| 7 | 388 | TJ Jones | Wirral AC | 11.52 |
| 8 | 48 | L McCay | Liverpool Harriers AC | 11.58 |
| 9 | 392 | Jack Strickley | Wirral AC | 12.20 |
| 10 | 393 | William Strickley | Wirral AC | 12.22 |
| 11 | 390 | Joshua Longman | Wirral AC | 12.24 |
| 12 | 374 | Jamie Dumbarton | WESPA | 12.25 |
| 13 | 271 | M Dobson | St Helens Sutton AC | 12.27 |
| 14 | 148 | G Lucas | LPS | 12.32 |
| 15 | 219 | J Pike | Southport Waterloo AC | 13.04 |
| 16 | 53 | B Taylor | Liverpool Harriers AC | 13.14 |
| 17 | 387 | Harry Hollis | Wirral AC | 13.25 |
| 18 | 55 | I Williams | Liverpool Harriers AC | 13.25 |
| 19 | 150 | J Read | LPS | 13.32 |
| 20 | 389 | Harry Kaye | Wirral AC | 13.43 |
| 21 | 386 | George Foukas | Wirral AC | 13.46 |
| 22 | 45 | W Broadhurst | Liverpool Harriers AC | 13.57 |
| 23 | 52 | J Robinson | Liverpool Harriers AC | 13.58 |
| 24 | 385 | Aodhan Corr | Wirral AC | 13.59 |
| 25 | 51 | B Roach | Liverpool Harriers AC | 14.20 |
| 26 | 1 | D Henderson | Kirkby Milers AC | 14.34 |
| 27 | 375 | Joshua Craven | WESPA | 15.04 |
| 28 | 272 | S Mawdsley | St Helens Sutton AC | 15.56 |
| 29 | 2 | J McIntyre | Kirkby Milers AC | 16.32 |
| 30 | 3 | C Oliver | Kirkby Milers AC | 16.33 |

### Teams

| | | | | | | |
|---|---|---|---|---|---|---|
| 1 | Wirral AC | 1 | 7 | 9 | 10 | 27 |
| 2 | Liverpool Harriers AC | 2 | 5 | 8 | 16 | 31 |

# Merseyside Cross Country Championship

6th January 2018 www.merseysidecountyaa.org.uk

## Results:- U15 Girls

### Individuals

| | | | | |
|---|---|---|---|---|
| 1 | 86 | F O'Hare | Liverpool Harriers AC | 14.43 |
| 2 | 229 | O Logan | Southport Waterloo AC | 15.43 |
| 3 | 82 | T Dentith | Liverpool Harriers AC | 16.11 |
| 4 | 412 | Ellen Mary Kearney | Wirral AC | 16.18 |
| 5 | 414 | Scarlett Liddy | Wirral AC | 16.28 |
| 6 | 410 | Isabel Hodder | Wirral AC | 17.03 |
| 7 | 411 | Rachel Hurst | Wirral AC | 17.21 |
| 8 | 157 | J Williamson | LPS | 17.41 |
| 9 | 409 | Lucy Hignett | Wirral AC | 17.51 |
| 10 | 158 | H Doyle | LPS | 18.15 |
| 11 | 156 | F Hannaway | LPS | 18.26 |
| 12 | 413 | Elyse Kedzior-MacDonough | Wirral AC | 18.34 |
| 13 | 160 | P Lucas | LPS | 19.07 |
| 14 | 80 | M Carragher | Liverpool Harriers AC | 19.19 |
| 15 | 415 | Micaela Murphy | Wirral AC | 20.20 |
| 16 | 12 | C Parr | Kirkby Milers AC | 20.54 |
| 17 | 159 | N Doyle | LPS | 21.43 |
| 18 | 408 | Emily Constable | Wirral AC | 21.51 |
| 19 | 81 | I Davidson | Liverpool Harriers AC - NC | 22.10 |
| 20 | 11 | C Burke | Kirkby Milers AC | 23.01 |
| 21 | 230 | B Swift | Southport Waterloo AC | 24.35 |

### Teams

| | | | | | | |
|---|---|---|---|---|---|---|
| 1 | Wirral AC | 4 | 5 | 6 | 7 | 22 |
| 2 | LPS | 8 | 10 | 11 | 13 | 42 |

# Merseyside Cross Country Championship

6th January 2018

www.merseysidecountyaa.org.uk

## Results:- U15 Boys

### Individuals

| | | | | |
|---|---|---|---|---|
| 1 | 405 | Louis Johnston | Wirral AC | 13.37 |
| 2 | 404 | Finan Johnston | Wirral AC | 14.05 |
| 3 | 403 | Daniel Hayes | Wirral AC | 14.22 |
| 4 | 78 | C Teare | Liverpool Harriers AC | 14.25 |
| 5 | 79 | M Woodward | Liverpool Harriers AC | 14.46 |
| 6 | 277 | C Roberts | St Helens Sutton AC | 14.59 |
| 7 | 278 | J Byrne | St Helens Sutton AC | 15.16 |
| 8 | 279 | Michael Brussels | St Helens Sutton AC | 15.39 |
| 9 | 332 | L Hampshire | Wallasey AC | 15.45 |
| 10 | 74 | S Flaherty | Liverpool Harriers AC | 15.59 |
| 11 | 382 | Josh McKie | WESPA | 16.22 |
| 12 | 10 | C Deakin | Kirkby Milers AC | 16.36 |
| 13 | 406 | Harry Ross-Hughes | Wirral AC | 16.46 |
| 14 | 76 | L Relph | Liverpool Harriers AC | 16.56 |
| 15 | 226 | S Coupland | Southport Waterloo AC | 17.00 |
| 16 | 407 | Joseph Turnbull | Wirral AC | 17.30 |
| 17 | 77 | H Sweeney | Liverpool Harriers AC | 17.34 |
| 18 | 227 | L McMahon | Southport Waterloo AC | 18.01 |
| 19 | 402 | Daniel Cross | Wirral AC | 18.49 |
| 20 | 73 | E Flaherty | Liverpool Harriers AC | 19.43 |

### Teams

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 1 | Wirral AC | 1 | 2 | 3 | 13 | | 19 |
| 2 | Liverpool Harriers AC | 4 | 5 | 10 | 14 | | 33 |

# Merseyside Cross Country Championship

6th January 2018 www.merseysidecountyaa.org.uk

## Results:- U17 & U20 Women

### Individuals

| | | | | | |
|---|---|---|---|---|---|
| 1 | 96 | E McNiven | Liverpool Harriers AC | u17 (1) | 22.00 |
| 2 | 425 | Juliet Hodder | Wirral AC | u17 (2) | 22.19 |
| 3 | 90 | J Cook | Liverpool Harriers AC | u17 (3) | 23.16 |
| 4 | 108 | A Oliver | Liverpool Harriers AC | | 23.33 |
| 5 | 424 | Catherine Gallagher | Wirral AC | u17 (4) | 23.51 |
| 6 | 426 | Katie Thompson | Wirral AC | u17 (5) | 24.46 |
| 7 | 107 | E Gray | Liverpool Harriers AC | | 24.57 |
| 8 | 91 | N Donnelly | Liverpool Harriers AC | u17 (6) | 25.13 |
| 9 | 100 | M Raine | Liverpool Harriers AC | u17 (7) | 25.50 |
| 10 | 422 | Phoebe Croft | Wirral AC | u17 (8) | 26.42 |
| 11 | 423 | Erin Davies | Wirral AC | u17 (9) | 27.33 |

### Teams

| | | | | | |
|---|---|---|---|---|---|
| 1 | Liverpool Harriers AC | 1 | 3 | 4 | 8 |
| 2 | Wirral AC | 2 | 5 | 6 | 13 |

# Merseyside Cross Country Championship

6th January 2018 www.merseysidecountyaa.org.uk

## Results:- U17 Men

### Individuals

| | | | | |
|---|---|---|---|---|
| 1 | 419 | Arran Kearney | Wirral AC | 21.28 |
| 2 | 417 | Martin Hurst | Wirral AC | 21.39 |
| 3 | 420 | Tom Spence | Wirral AC | 22.05 |
| 4 | 333 | A Norton | Wallasey AC | 22.21 |
| 5 | 416 | Jacob Brophy | Wirral AC | 22.38 |
| 6 | 89 | A Grant | Liverpool Harriers AC | 23.19 |
| 7 | 331 | Jackson Sloan | West Cheshire AC | 23.21 |
| 8 | 418 | Fernando Izquierdo-Bernard | Wirral AC | 24.07 |
| 9 | 421 | Sam Tempest | Wirral AC | 24.33 |

### Teams

| | | | | | |
|---|---|---|---|---|---|
| 1 | Wirral AC | 1 | 2 | 3 | 6 |

# Merseyside Cross Country Championship

6th January 2018 www.merseysidecountyaa.org.uk

## Results:- U20 Men

### Individuals

| | | | | |
|---|---|---|---|---|
| 1 | 162 | D Slater | LPS | 26.55 |
| 2 | 427 | Joseph Wigfield | Wirral AC | 28.02 |
| 3 | 36 | C Harvey | Knowsley Harriers AC | 29.19 |
| 4 | 231 | M Johnson | Southport Waterloo AC | 29.28 |
| 5 | 161 | J Gordon | LPS | 30.03 |
| 6 | 105 | C Woods | Liverpool Harriers AC | 30.41 |
| 7 | 101 | D Corrigan | Liverpool Harriers AC | 31.46 |
| 8 | 14 | M Whalley | Kirkby Milers AC | 34.06 |

### Teams

No Complete Teams

# Merseyside Cross Country Championship

6th January 2018 www.merseysidecountyaa.org.uk

## Results:- Senior Women

### Individuals

| | | | | | |
|---|---|---|---|---|---|
| 1 | 176 | K Longley | LPS | v35 (1) | 31.49 |
| 2 | 447 | Emily Kearney | Wirral AC | | 32.16 |
| 3 | 130 | R Burns | Liverpool Harriers AC | v35 (2) | 32.50 |
| 4 | 132 | S Howard | Liverpool Harriers AC | | 34.07 |
| 5 | 448 | Sarah Kearney | Wirral AC | v35 (3) | 35.15 |
| 6 | 129 | M Ball | Liverpool Harriers AC | | 35.37 |
| 7 | 311 | K Hamilton | St Helens Striders | | 36.08 |
| 8 | 177 | H Sahgal | LPS | | 36.19 |
| 9 | 44 | H Langham | Leeds City AC | | 36.32 |
| 10 | 174 | H Honeyball | LPS | v35 (4) | 36.33 |
| 11 | 189 | L Wilson | Penny Lane Striders | | 37.19 |
| 12 | 215 | Ursula Moore | Pensby Runners | | 37.32 |
| 13 | 310 | Rachel Fairclough | St Helens Striders | | 37.47 |
| 14 | 450 | Penny Thorn | Wirral AC | v35 (5) | 37.52 |
| 15 | 384 | Fiona Nuttall | WESPA | | 38.02 |
| 16 | 360 | R Blacklock | Wallasey AC | | 38.08 |
| 17 | 133 | H Hughes | Liverpool Harriers AC | | 38.18 |
| 18 | 449 | Anne Rosbottom | Wirral AC | v45 (1) | 38.24 |
| 19 | 373 | H Stansfield | Wallasey AC | v35 (6) | 38.46 |
| 20 | 446 | Maggie Cooper | Wirral AC | v45 (2) | 38.57 |
| 21 | 265 | N Simpson | Southport Waterloo AC | v35 (7) | 39.22 |
| 22 | 327 | J Irwin | UTS Running Club | v35 (8) | 39.28 |
| 23 | 329 | N Weeks | UTS Running Club | v35 (9) | 39.39 |
| 24 | 267 | L Watham | Southport Waterloo AC | | 39.43 |
| 25 | 367 | E Opara | Wallasey AC | v35 (10) | 39.52 |
| 26 | 294 | A Corfield | St Helens Sutton AC | | 39.56 |
| 27 | 192 | L Davison | Penny Lane Striders | | 39.57 |
| 28 | 266 | M Spenser | Southport Waterloo AC | v35 (11) | 40.09 |
| 29 | 33 | N Leow | Kirkby Milers AC | | 40.27 |
| 30 | 261 | T Allen | Southport Waterloo AC | v35 (12) | 40.50 |
| 31 | 212 | Lisa Grantham | Pensby Runners | v35 (13) | 41.20 |
| 32 | 328 | Z Pearse | UTS Running Club | | 41.22 |
| 33 | 365 | V Kehoe | Wallasey AC | v45 (3) | 42.10 |
| 34 | 364 | K Holley | Wallasey AC | v35 (14) | 43.00 |
| 35 | 372 | J Smith | Wallasey AC | v35 (15) | 43.42 |
| 36 | 191 | C Rawcliffe | Penny Lane Striders | v35 (16) | 44.01 |
| 37 | 262 | C James | Southport Waterloo AC | v45 (4) | 44.14 |
| 38 | 292 | J Shuker | St Helens Sutton AC | v35 (17) | 44.16 |
| 39 | 357 | M Alty | Wallasey AC | v45 (5) | 44.19 |
| 40 | 211 | Karen Jones | Pensby Runners | | 44.20 |
| 41 | 371 | R Saunders | Wallasey AC | v55 (1) | 44.22 |
| 42 | 368 | M Rees | Wallasey AC | v55 (2) | 44.33 |
| 43 | 264 | J Rimmer | Southport Waterloo AC | v35 (18) | 44.53 |
| 44 | 190 | S Jackson | Penny Lane Striders | v35 (19) | 45.09 |
| 45 | 359 | K Bellew | Wallasey AC | v35 (20) | 45.12 |
| 46 | 213 | Tracy Pennington | Pensby Runners | v45 (6) | 45.37 |
| 47 | 366 | J McArd | Wallasey AC | v45 (7) | 46.42 |
| 48 | 369 | S Reynold | Wallasey AC | v35 (21) | 47.35 |
| 49 | 216 | Catherine Howell | Pensby Runners | v35 (22) | 48.19 |
| 50 | 358 | J Barbat | Wallasey AC | v55 (3) | 48.37 |
| 51 | 270 | E Roberts | Spectrum Striders | v45 (8) | 49.13 |
| 52 | 209 | Helen Measures | Pensby Runners | v35 (23) | 49.21 |
| 53 | 445 | Kelly Clark | Wirral AC | v35 (24) | 49.52 |
| 54 | 330 | T Sherlock | UTS Running Club | v35 (25) | 49.58 |

| | | | | | |
|---|---|---|---|---|---|
| 55 | 214 | Samantha Cox | Pensby Runners | | 50.33 |
| 56 | 363 | R Graham | Wallasey AC | | 50.47 |
| 57 | 145 | Sue Burke | Liverpool Running Club | v45 (9) | 52.08 |
| 58 | 312 | J Jackson | St Helens Striders | v45 (10) | 52.35 |
| 59 | 263 | C McElhinnie | Southport Waterloo AC | v45 (11) | 52.37 |
| 60 | 362 | N Davies | Wallasey AC | v55 (4) | 52.51 |
| 61 | 361 | C Cuthbert | Wallasey AC | v35 (26) | 56.18 |

## Teams

| | | | | | | |
|---|---|---|---|---|---|---|
| 1 | Liverpool Harriers AC | 3 | 4 | 6 | 17 | 30 |
| 2 | Wirral AC | 2 | 5 | 14 | 18 | 39 |
| 3 | Wallasey AC | 16 | 19 | 25 | 33 | 93 |
| 4 | Southport Waterloo AC | 21 | 24 | 28 | 30 | 103 |
| 5 | Penny Lane Striders | 11 | 27 | 36 | 44 | 118 |
| 6 | Pensby Runners | 12 | 31 | 40 | 46 | 129 |
| 7 | UTS Running Club | 22 | 23 | 32 | 54 | 131 |

# Merseyside Cross Country Championship

6th January 2018 www.merseysidecountyaa.org.uk

## Results:- Senior Men

### Individuals

| | | | | | |
|---|---|---|---|---|---|
| 1 | 110 | R Burney | Liverpool Harriers AC | v35 (1) | 40.56 |
| 2 | 119 | A Jarvis | Liverpool Harriers AC | | 41.03 |
| 3 | 240 | B Johnson | Southport Waterloo AC | | 41.20 |
| 4 | 254 | J Tartt | Southport Waterloo AC | | 41.33 |
| 5 | 268 | Phil Robertson | Sale Harriers | | 41.38 |
| 6 | 125 | J Mullen | Liverpool Harriers AC | | 41.44 |
| 7 | 123 | J McNally | Liverpool Harriers AC | | 41.50 |
| 8 | 257 | C Walsh | Southport Waterloo AC | | 42.23 |
| 9 | 128 | L Siemaszko | Liverpool Harriers AC | v35 (2) | 42.38 |
| 10 | 285 | Matt Crehan | St Helens Sutton AC | | 42.55 |
| 11 | 171 | K Usher | LPS | v45 (1) | 43.02 |
| 12 | 255 | J Vis | Southport Waterloo AC | | 43.09 |
| 13 | 242 | A Kershaw | Southport Waterloo AC | | 43.11 |
| 14 | 236 | M Dunham | Southport Waterloo AC | v35 (3) | 43.13 |
| 15 | 122 | E Martin | Liverpool Harriers AC | | 43.30 |
| 16 | 440 | Phillip Langan | Wirral AC | v35 (4) | 44.08 |
| 17 | 432 | David Brockway | Wirral AC | | 44.38 |
| 18 | 186 | M Swensson | Penny Lane Striders | v35 (5) | 44.53 |
| 19 | 295 | J Allen | St Helens Striders | | 44.58 |
| 20 | 354 | R Pearse | Wallasey AC | v35 (6) | 45.03 |
| 21 | 114 | M Fitzsimmons | Liverpool Harriers AC | | 45.28 |
| 22 | 299 | J Doherty | St Helens Striders | | 45.50 |
| 23 | 238 | D Hamilton | Southport Waterloo AC | v45 (2) | 46.00 |
| 24 | 181 | L Eccles | Penny Lane Striders | v35 (7) | 46.14 |
| 25 | 443 | Stephen Spence | Wirral AC | v45 (3) | 47.02 |
| 26 | 194 | John Hunt | Pensby Runners | v45 (4) | 47.06 |
| 27 | 289 | A Wilson | St Helens Sutton AC | v45 (5) | 47.08 |
| 28 | 118 | M Hughes | Liverpool Harriers AC | | 47.10 |
| 29 | 116 | C Grant | Liverpool Harriers AC | | 47.44 |
| 30 | 117 | G Groves | Liverpool Harriers AC | v45 (6) | 48.02 |
| 31 | 336 | T Barbat | Wallasey AC | v55 (1) | 48.10 |
| 32 | 356 | J Walker | Wallasey AC | | 48.16 |
| 33 | 281 | C Brighton | St Helens Sutton AC | v35 (8) | 48.18 |
| 34 | 43 | P Waters | Knowsley Harriers AC | | 48.21 |
| 35 | 433 | Simon Dunk | Wirral AC | | 48.32 |
| 36 | 259 | S Wilkinson | Southport Waterloo AC | v35 (9) | 48.35 |
| 37 | 430 | Richard Bargh | Wirral AC | | 48.40 |
| 38 | 347 | M Green | Wallasey AC | v35 (10) | 48.45 |
| 39 | 317 | M Goodwin | UTS Running Club | v35 (11) | 48.51 |
| 40 | 256 | A Waddelove | Southport Waterloo AC | | 48.56 |
| 41 | 16 | A Healey | Kirkby Milers AC | v35 (12) | 49.15 |
| 42 | 355 | J Thelwell | Wallasey AC | | 49.30 |
| 43 | 300 | P Fairclough | St Helens Striders | | 49.35 |
| 44 | 305 | R Seville | St Helens Striders | v35 (13) | 49.49 |
| 45 | 166 | J Halson | LPS | v55 (2) | 49.51 |
| 46 | 439 | Mark Hulmston | Wirral AC | v35 (14) | 49.58 |
| 47 | 170 | C Pedder | LPS | v55 (3) | 50.06 |
| 48 | 345 | P Cuthbert | Wallasey AC | v35 (15) | 50.08 |
| 49 | 250 | G Simpson | Southport Waterloo AC | v35 (16) | 50.15 |
| 50 | 28 | S McKenzie | Kirkby Milers AC | v35 (17) | 50.19 |
| 51 | 111 | J Connelly | Liverpool Harriers AC | v45 (7) | 50.33 |
| 52 | 169 | B Murphy | LPS | v45 (8) | 50.46 |
| 53 | 304 | M Riley | St Helens Striders | | 51.08 |
| 54 | 20 | J Ellis | Kirkby Milers AC | | 51.13 |

| | | | | | |
|---|---|---|---|---|---|
| 55 | 249 | P Roome | Southport Waterloo AC | V35 (18) | 51.15 |
| 56 | 195 | Alistair Malpas | Pensby Runners | v35 (19) | 51.19 |
| 57 | 284 | J Healy | St Helens Sutton AC | | 51.36 |
| 58 | 442 | Kieran Morgan | Wirral AC | | 51.45 |
| 59 | 178 | C Dobbs | Penny Lane Striders | v35 (20) | 51.52 |
| 60 | 251 | J Sprackland | Southport Waterloo AC | v55 (4) | 52.07 |
| 61 | 112 | K Cornwell | Liverpool Harriers AC | v35 (21) | 52.15 |
| 62 | 25 | M Dunn | Kirkby Milers AC | v35 (22) | 52.20 |
| 63 | 184 | P Riding | Penny Lane Striders | v35 (23) | 52.24 |
| 64 | 19 | G Wilton | Kirkby Milers AC | v35 (24) | 52.42 |
| 65 | 253 | R Talbot | Southport Waterloo AC | v45 (9) | 52.44 |
| 66 | 143 | Bob Burke | Liverpool Running Club | v45 (10) | 52.49 |
| 67 | 138 | Gary English | Liverpool Running Club | v45 (11) | 52.53 |
| 68 | 208 | Peter Hampshire | Pensby Runners | v45 (12) | 53.03 |
| 69 | 431 | Brian Beecroft | Wirral AC | v55 (5) | 53.06 |
| 70 | 288 | I Roberts | St Helens Sutton AC | v35 (25) | 53.24 |
| 71 | 241 | R Johnson | Southport Waterloo AC | v55 (6) | 53.34 |
| 72 | 435 | Simon Fox | Wirral AC | v45 (13) | 53.49 |
| 73 | 452 | Ross Moore | Wallasey AC | | 54.04 |
| 74 | 325 | R Burrows | UTS Running Club | | 54.07 |
| 75 | 135 | Dean Wilson | Liverpool Running Club | v35 (26) | 54.10 |
| 76 | 136 | Stuart Russell | Liverpool Running Club | v45 (14) | 54.19 |
| 77 | 23 | K Harrison | Kirkby Milers AC | v35 (27) | 54.34 |
| 78 | 196 | Patrik Corrigan | Pensby Runners | v55 (7) | 54.44 |
| 79 | 444 | Tony Devoy | Wirral AC | v55 (8) | 55.01 |
| 80 | 286 | Marc Crehan | St Helens Sutton AC | | 55.33 |
| 81 | 350 | J Hogg | Wallasey AC | v35 (28) | 56.09 |
| 82 | 237 | P Gale | Southport Waterloo AC | | 56.31 |
| 83 | 269 | A Gaskell | Spectrum Striders | v45 (15) | 56.38 |
| 84 | 352 | S Norton | Wallasey AC | v45 (16) | 56.45 |
| 85 | 322 | A Irvin | UTS Running Club | v35 (29) | 56.52 |
| 86 | 38 | T Abeki | Knowsley Harriers AC | v35 (30) | 57.13 |
| 87 | 252 | K Swift | Southport Waterloo AC | v35 (31) | 57.29 |
| 88 | 260 | D Wright | Southport Waterloo AC | | 57.33 |
| 89 | 193 | Richard Shayle | Pensby Runners | v45 (17) | 57.36 |
| 90 | 244 | A Logan | Southport Waterloo AC | v35 (32) | 58.21 |
| 91 | 167 | M Hudson | LPS | v55 (9) | 58.25 |
| 92 | 316 | M Stone | UTS Running Club | v55 (10) | 58.36 |
| 93 | 298 | P Brown | St Helens Striders | | 58.39 |
| 94 | 203 | Andy Gow | Pensby Runners | v65 (1) | 58.53 |
| 95 | 141 | Matt Helm | Liverpool Running Club | v55 (11) | 58.57 |
| 96 | 140 | Graham Cushion | Liverpool Running Club | v35 (33) | 58.58 |
| 97 | 180 | S Pemberton | Penny Lane Striders | v55 (12) | 58.59 |
| 98 | 282 | R Vose | St Helens Sutton AC | v55 (13) | 59.33 |
| 99 | 200 | Rob Chalmers | Pensby Runners | v35 (34) | 59.34 |
| 100 | 199 | John Suckley | Pensby Runners | v55 (14) | 59.37 |
| 101 | 163 | A Conway | LPS | v45 (18) | 59.39 |
| 102 | 296 | P Booth | St Helens Striders | v35 (35) | 59.50 |
| 103 | 302 | MB Middleton | St Helens Striders | v65 (2) | 59.57 |
| 104 | 319 | R Graham | UTS Running Club | v35 (36) | 60.38 |
| 105 | 301 | M Hamilton | St Helens Striders | v35 (37) | 60.43 |
| 106 | 142 | George Pierce | Liverpool Running Club | v45 (19) | 60.49 |
| 107 | 351 | D McArdle | Wallasey AC | v55 (15) | 60.55 |
| 108 | 343 | S Cosgrove | Wallasey AC | | 60.58 |
| 109 | 206 | Brian Pennington | Pensby Runners | v55 (16) | 61.16 |
| 110 | 338 | J Bassett | Wallasey AC | v45 (20) | 61.40 |
| 111 | 139 | George McCann | Liverpool Running Club | v45 (21) | 62.11 |
| 112 | 326 | N Beckett | UTS Running Club | v35 (38) | 62.14 |
| 113 | 320 | A Cotgrave | UTS Running Club | v35 (39) | 63.03 |
| 114 | 21 | J Warburton | Kirkby Milers AC | | 63.12 |
| 115 | 205 | Colin Lamprey | Pensby Runners | v55 (17) | 63.27 |
| 116 | 243 | G Liu | Southport Waterloo AC | v45 (22) | 63.36 |
| 117 | 318 | P Stanley | UTS Running Club | v45 (23) | 63.38 |

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|---|---|---|---|---|---|
| 118 | 324 | I Ellis | UTS Running Club | v45 (24) | 63.44 |
| 119 | 337 | P Barham | Wallasey AC | v45 (25) | 63.47 |
| 120 | 39 | W Merritt | Knowsley Harriers AC | v55 (18) | 64.43 |
| 121 | 239 | B Hargreaves | Southport Waterloo AC | v65 (3) | 69.04 |
| 122 | 204 | Ben Darby | Pensby Runners | v35 (40) | 69.31 |
| 123 | 197 | Jeff Adams | Pensby Runners | v55 (19) | 69.31 |
| 124 | 335 | S Armstrong | Wallasey AC | v45 (26) | 70.15 |
| 125 | 247 | I Pike | Southport Waterloo AC | v45 (27) | 70.36 |
| 126 | 207 | Nigey Howard | Pensby Runners | v55 (20) | 71.52 |
| 127 | 348 | M Griffiths | Wallasey AC | v55 (21) | 74.22 |
| 128 | 18 | D Barrow | Kirkby Milers AC | v55 (22) | 79.19 |
| DQ | 42 | J Thompson | Knowsley Harriers AC | | |

## Teams

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|---|---|---|---|---|---|---|---|---|
| 1 | Liverpool Harriers AC | 1 | 2 | 6 | 7 | 9 | 15 | 40 |
| 2 | Southport Waterloo AC | 3 | 4 | 8 | 12 | 13 | 14 | 54 |
| 3 | Wirral AC | 16 | 17 | 25 | 35 | 37 | 46 | 176 |
| 4 | Wallasey AC | 20 | 31 | 32 | 38 | 42 | 48 | 211 |
| 5 | St Helens Striders | 19 | 22 | 43 | 44 | 53 | 93 | 274 |
| 6 | St Helens Sutton AC | 10 | 27 | 33 | 57 | 70 | 80 | 277 |
| 7 | LPS | 11 | 45 | 47 | 52 | 91 | 101 | 347 |
| 8 | Kirkby Milers AC | 41 | 50 | 54 | 62 | 64 | 77 | 348 |
| 9 | Pensby Runners | 26 | 56 | 68 | 78 | 89 | 94 | 411 |
| 10 | Liverpool Running Club | 66 | 67 | 75 | 76 | 95 | 96 | 475 |
| 11 | UTS Running Club | 39 | 74 | 85 | 92 | 104 | 112 | 506 |