

# Rainford 10K

10k

## Provisional Results by Finish Position - Scored by Gun Time

Pos	Name	From	Race No	Finish Time	Chip	Cat	Cat Pos	Gen Pos
1	Martin Swensson		545	<b>00:33:04</b>	00:33:04	BTop3	1	1
2	James THOMPSON	KNOWSLEY	455	<b>00:34:02</b>	00:34:02	BTop3	2	2
3	Jake Littlehales		550	<b>00:35:05</b>	00:35:05	BTop3	3	3
4	Steven ANDERS	ST. HELENS SUTTON AC	11	<b>00:35:07</b>	00:35:07	M20-39	1	1
5	Sam Wardle		547	<b>00:36:08</b>	00:36:08	M15-19	1	2
6	Stephen MAKIN	wigan phoenix	281	<b>00:36:26</b>	00:36:26	M20-39	2	3
7	Francois RAFFERTY		365	<b>00:36:51</b>	00:36:51	M40+	1	4
8	Christopher Lee		541	<b>00:37:04</b>	00:37:04	M15-19	2	5
9	Jonjo DOHERTY	st helens striders	130	<b>00:37:07</b>	00:37:07	M20-39	3	6
10	Chris SMULLEN	Wigan Harriers	425	<b>00:37:08</b>	00:37:08	M40+	2	7
11	Kirsty Longley		529	<b>00:37:10</b>	00:37:10	F20-39	1	1
12	Rosie JOHNSON	Liverpool Pembroke & Sefton	235	<b>00:37:19</b>	00:37:19	F15-19	1	2
13	John GREENALL	Sutton st helens	184	<b>00:37:58</b>	00:37:58	M40+	3	8
14	Kevin BRENNAN	st helens striders	49	<b>00:37:59</b>	00:37:59	M40+	4	9
15	Kevin DUNBAR	St Helens Tri	135	<b>00:39:03</b>	00:39:03	M20-39	4	10
16	Kevin DUDLEY		134	<b>00:39:23</b>	00:39:23	M20-39	5	11
17	Adam SHAW		400	<b>00:39:28</b>	00:39:28	M20-39	6	12
18	Jonathan COSGROVE		98	<b>00:39:49</b>	00:39:49	M20-39	7	13
19	Ian CHISNALL		78	<b>00:40:09</b>	00:40:09	M40+	5	14
20	David WILSON		493	<b>00:40:27</b>	00:40:27	M20-39	8	15
21	Graeme RATHBONE		369	<b>00:40:35</b>	00:40:35	M20-39	9	16
22	Chris POWNELL	KNOWSLEY HARRIERS	355	<b>00:41:04</b>	00:41:04	M20-39	10	17
23	Paul BRYERS	Wigan Harriers	55	<b>00:41:07</b>	00:41:07	M40+	6	18
24	Robert PATTERSON		338	<b>00:41:14</b>	00:41:14	M20-39	11	19
25	Andy THOMAS	Sandbach Striders	450	<b>00:41:23</b>	00:41:23	M40+	7	20
26	Mark COLLINS		88	<b>00:41:34</b>	00:41:34	M40+	8	21
27	Leigh BANNON		27	<b>00:41:42</b>	00:41:42	M20-39	12	22
28	Ian ORFORD		329	<b>00:41:51</b>	00:41:51	M20-39	13	23
29	Graham Johnston		516	<b>00:42:05</b>	00:42:05	M20-39	14	24
30	Mike DEARDEN	CHAPEL ALLERTON RUNNER	120	<b>00:42:22</b>	00:42:22	M20-39	15	25
31	Danny FEGAN	st helens striders	154	<b>00:42:24</b>	00:42:24	M40+	9	26
32	Nick BURNS	John Lewis Partnership Runnir	61	<b>00:42:26</b>	00:42:26	M40+	10	27
33	Darren COLLIN		87	<b>00:42:42</b>	00:42:42	M20-39	16	28
34	Anthony MOUSDALE		314	<b>00:42:45</b>	00:42:45	M40+	11	29
35	Brian TATE		445	<b>00:42:48</b>	00:42:48	M40+	12	30
36	Martin BALLARD		25	<b>00:42:50</b>	00:42:50	M20-39	17	31
37	James Mcglynn		549	<b>00:42:51</b>	00:42:51	M40+	13	32
38	Glenn TAGGART		442	<b>00:42:59</b>	00:42:59	M20-39	18	33
39	Stuart BRIGHOUSE		50	<b>00:43:07</b>	00:43:07	M40+	14	34
40	Steve ROBERTS		381	<b>00:43:08</b>	00:43:08	M40+	15	35
41	Will BARDIN		30	<b>00:43:10</b>	00:43:10	M40+	16	36
42	Andy Mcglynn		290	<b>00:43:14</b>	00:43:14	M20-39	19	37
43	Christopher Lea		518	<b>00:43:28</b>	00:43:28	M20-39	20	38
44	Greig FRANKLAND	MANCHESTER FRONTRUNN	161	<b>00:43:32</b>	00:43:32	M40+	17	39
45	Danny HORTON		221	<b>00:43:45</b>	00:43:45	M20-39	21	40
46	Mike CAIN		527	<b>00:43:54</b>	00:43:54	M20-39	22	41
47	Martin NAYLOR		320	<b>00:44:03</b>	00:44:03	M40+	18	42
48	Steve Dipple		533	<b>00:44:05</b>	00:44:05	M20-39	23	43
49	Antony CHEERS	st helens striders	75	<b>00:44:12</b>	00:44:12	M20-39	24	44
50	Ryan LEE		257	<b>00:44:15</b>	00:44:15	M20-39	25	45
51	David NAVIS	st helens striders	319	<b>00:44:17</b>	00:44:17	M20-39	26	46
52	Philip LISTON		265	<b>00:44:20</b>	00:44:20	M20-39	27	47
53	Mark CROSSFIELD	st helens striders	106	<b>00:44:25</b>	00:44:25	M40+	19	48
54	David STONEHOUSE	SKELMERSDALE BOUNDAR	439	<b>00:44:28</b>	00:44:28	M40+	20	49
55	Peter ALMOND		8	<b>00:44:29</b>	00:44:29	M20-39	28	50
56	Mark REDMAN		372	<b>00:44:30</b>	00:44:30	M20-39	29	51

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Pos	Name	From	Race No	Finish Time	Chip	Cat	Cat Pos	Gen Pos
57	Paul BOOTH	None	43	00:44:36	00:44:36	M20-39	30	52
58	Greg ROUGHLEY		389	00:44:37	00:44:37	M40+	21	53
59	Gill LEE	St. Helens striders	258	00:44:41	00:44:41	F40+	1	3
60	Stephen KELLY		243	00:45:07	00:45:07	M20-39	31	54
61	Kevin CAIRNS		64	00:45:11	00:45:11	M40+	22	55
62	Paul DEWHURST		122	00:45:30	00:45:30	M40+	23	56
63	Aj Mussell		569	00:45:30	00:45:30	M20-39	32	57
64	Stephen Webb		520	00:45:40	00:45:40	M20-39	33	58
65	Anthony PADMORE	st helens striders	335	00:45:52	00:45:52	M40+	24	59
66	Tony BROWN	Northern Vets	53	00:45:55	00:45:55	M40+	25	60
67	John COATS	Northern Veterans AC	85	00:45:59	00:45:59	M40+	26	61
68	Paul Bromilow		544	00:46:01	00:46:01	M20-39	34	62
69	George PIERCE	LIVERPOOL RUNNING CLUB	341	00:46:04	00:46:04	M40+	27	63
70	Laura BUCKLEY	st helens striders	57	00:46:07	00:46:07	F20-39	2	4
71	Tony DAGNALL	st helens striders	112	00:46:07	00:46:07	M40+	28	64
72	Tom UPTON		465	00:46:16	00:46:16	M20-39	35	65
73	Amy CORFIELD	St Helens & Sutton AC	97	00:46:17	00:46:17	F20-39	3	5
74	Chris CONNOR		89	00:46:18	00:46:18	M20-39	36	66
75	John SMITH	Fylde Coast Runners	417	00:46:22	00:46:22	M40+	29	67
76	Martin BANKS		26	00:46:29	00:46:29	M20-39	37	68
77	Wayne THORNHILL		456	00:46:31	00:46:31	M40+	30	69
78	Mark HURST		229	00:46:48	00:46:48	M20-39	38	70
79	Daniel VERNON		468	00:46:58	00:46:58	M20-39	39	71
80	Rachel BEESLEY	St Helens Sutton AC	35	00:47:00	00:47:00	F20-39	4	6
81	Damien Hundley-Appleton		515	00:47:02	00:47:02	M20-39	40	72
82	Ian MAKIN		278	00:47:06	00:47:06	M40+	31	73
83	Andrew QUIRKE		364	00:47:11	00:47:11	M20-39	41	74
84	Ian MURPHY		316	00:47:13	00:47:13	M40+	32	75
85	Mike GREGORY		186	00:47:14	00:47:14	M20-39	42	76
86	Kate SHOCKLEY		411	00:47:17	00:47:17	F20-39	5	7
87	David CARR		68	00:47:18	00:47:18	M20-39	43	77
88	Kylie Maguire	st helens striders	277	00:47:28	00:47:28	F20-39	6	8
89	Peter MEDLICOTT		295	00:47:35	00:47:35	M40+	33	78
90	Jon Cole		542	00:47:38	00:47:38	M20-39	44	79
91	Callum SMITH		421	00:47:43	00:47:43	M15-19	3	80
92	Chris SMITH		420	00:47:44	00:47:44	M20-39	45	81
93	Matt MCCAIRN		287	00:47:47	00:47:47	M20-39	46	82
94	Marc CURTIS-SMITH		111	00:47:54	00:47:54	M20-39	47	83
95	Paula DIXON	Mossley Hill AC	125	00:47:57	00:47:57	F20-39	7	9
96	Tom GOULDING		177	00:48:03	00:48:03	M20-39	48	84
97	Barry HALE		191	00:48:12	00:48:12	M40+	34	85
98	Steve WRIGHT		502	00:48:14	00:48:14	M40+	35	86
99	Andrew GILL		171	00:48:15	00:48:15	M20-39	49	87
100	Peter HOUGHTON		222	00:48:18	00:48:18	M40+	36	88
101	Ewen AMOS		10	00:48:21	00:48:21	M20-39	50	89
102	Joanne Pye		362	00:48:21	00:48:21	F20-39	8	10
103	Paul BRALEY		47	00:48:23	00:48:23	M20-39	51	90
104	Aaron WARE		473	00:48:23	00:48:23	M15-19	4	91
105	Martin O'Brien		551	00:48:30	00:48:30	M20-39	52	92
106	Tim LEWIS	spectrum stiders	261	00:48:31	00:48:31	M40+	37	93
107	Nick MARS		283	00:48:37	00:48:37	M40+	38	94
108	Karl ALLENDER	st helens striders	7	00:48:40	00:48:40	M20-39	53	95
109	Brian REYNOLDS		375	00:48:48	00:48:48	M40+	39	96
110	Gemma STEVENS		437	00:48:49	00:48:49	F20-39	9	11
111	Kevin Nicholas		322	00:48:51	00:48:51	M40+	40	97
112	Rachel WILCOCK	St Helens Sutton AC	487	00:48:52	00:48:52	F20-39	10	12

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Pos	Name	From	Race No	Finish Time	Chip	Cat	Cat Pos	Gen Pos
113	Anthony EVANS		146	00:48:55	00:48:55	M20-39	54	98
114	Dave ASHCROFT		20	00:48:57	00:48:57	M40+	41	99
115	Ian MARS		284	00:48:57	00:48:57	M40+	42	100
116	Nick ASHCROFT		18	00:49:04	00:49:04	M40+	43	101
117	Simon COALEY		84	00:49:08	00:49:08	M20-39	55	102
118	John LINGARD	st helens striders	264	00:49:08	00:49:08	M40+	44	103
119	Paul WILSON		492	00:49:09	00:49:09	M40+	45	104
120	Phil HUGHES		227	00:49:15	00:49:15	M40+	46	105
121	Ian SHAW		404	00:49:15	00:49:15	M20-39	56	106
122	Graham MAGUIRE	Fylde Coast Runners	275	00:49:17	00:49:17	M40+	47	107
123	Kerry Ann		530	00:49:17	00:49:17	F20-39	11	13
124	Gemma WEBSTER	st helens striders	476	00:49:19	00:49:19	F20-39	12	14
125	Anthony WYLIE		505	00:49:19	00:49:19	M40+	48	108
126	Stephen Fraser		540	00:49:32	00:49:32	M20-39	57	109
127	Jade BOOTH	Queens Park Tuesday Run Cl	42	00:49:39	00:49:39	F20-39	13	15
128	Matthew GLOVER		172	00:49:46	00:49:46	M20-39	58	110
129	Nick POSTILL		351	00:49:46	00:49:46	M20-39	59	111
130	Ceit BANNON		29	00:49:47	00:49:47	F20-39	14	16
131	Steven BUCKLEY		58	00:49:56	00:49:56	M40+	49	112
132	Mark NOLAN		324	00:49:56	00:49:56	M40+	50	113
133	Tom TOWEY	St. Helens striders	460	00:50:08	00:50:08	M40+	51	114
134	Daniel LLOYD		267	00:50:09	00:50:09	M20-39	60	115
135	Joanne JACKSON	St. Helens striders	234	00:50:10	00:50:10	F40+	2	17
136	Robert DEARDEN		119	00:50:13	00:50:13	M20-39	61	116
137	Edward Fitzhenry		531	00:50:15	00:50:15	M20-39	62	117
138	Jason PIERCE		343	00:50:16	00:50:16	M40+	52	118
139	Samantha SHARKEY		399	00:50:16	00:50:16	F20-39	15	18
140	Julie BARLOW		32	00:50:18	00:50:18	F40+	3	19
141	Sarah LILEY		263	00:50:22	00:50:22	F20-39	16	20
142	Ian CASSIDY		73	00:50:32	00:50:32	M20-39	63	119
143	Andrew KERNICK		245	00:50:32	00:50:32	M20-39	64	120
144	Sophie WEBSTER		477	00:50:43	00:50:43	F20-39	17	21
145	Andrew MILLER		303	00:50:44	00:50:44	M40+	53	121
146	Brian PLATT		347	00:50:51	00:50:51	M20-39	65	122
147	Matthew TUCKER		462	00:50:54	00:50:54	M20-39	66	123
148	Kevin WHITE	merseyside fire service	481	00:50:55	00:50:55	M40+	54	124
149	Matt GANNON		166	00:50:56	00:50:56	M20-39	67	125
150	Suzy-Jayne HARRISON		201	00:51:07	00:51:07	F20-39	18	22
151	Jonathan WILLIAMS		490	00:51:12	00:51:12	M40+	55	126
152	Janet DAVIES		114	00:51:17	00:51:17	F40+	4	23
153	Hayley WATSON	st helens striders	474	00:51:18	00:51:18	F20-39	19	24
154	Michael WRIGHT		501	00:51:19	00:51:19	M40+	56	127
155	Tony CALDERBANK		66	00:51:28	00:51:28	M20-39	68	128
156	Michael CURETON		109	00:51:30	00:51:30	M40+	57	129
157	Ian CROZIER		107	00:51:43	00:51:43	M40+	58	130
158	Mark CARTWRIGHT		72	00:51:49	00:51:49	M40+	59	131
159	Will SMIYH		424	00:51:50	00:51:50	M20-39	69	132
160	Catherine BUCKLEY		56	00:51:54	00:51:54	F20-39	20	25
161	Colin WILSON	st helens striders	494	00:51:54	00:51:54	M40+	60	133
162	Luke Gallagher	Warrington Running Club	164	00:51:59	00:51:59	M15-19	5	134
163	John HENEBERY		208	00:52:01	00:52:01	M40+	61	135
164	Peter BENNETT		37	00:52:03	00:52:03	M40+	62	136
165	Robert REYNOLDS		376	00:52:06	00:52:06	M20-39	70	137
166	Mark KELLY		242	00:52:09	00:52:09	M40+	63	138
167	Lucy TAYLOR		446	00:52:10	00:52:10	F40+	5	26
168	Christopher DAVIES		113	00:52:18	00:52:18	M20-39	71	139

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Pos	Name	From	Race No	Finish Time	Chip	Cat	Cat Pos	Gen Pos
169	Patrick FISHER		157	00:52:18	00:52:18	M20-39	72	140
170	Michael KEELEY-GOOSE		241	00:52:19	00:52:19	M20-39	73	141
171	Simon MCKENNA		292	00:52:20	00:52:20	M40+	64	142
172	James ALCAR		3	00:52:25	00:52:25	M40+	65	143
173	Amanda SHAW		405	00:52:28	00:52:28	F20-39	21	27
174	Alan APPLETON		13	00:52:31	00:52:31	M40+	66	144
175	Steven MAKIN		279	00:52:39	00:52:39	M40+	67	145
176	Pam APPLETON	St Helens Sutton AC	15	00:52:41	00:52:41	F40+	6	28
177	Phillip BEESLEY		36	00:52:43	00:52:43	M40+	68	146
178	Gary MCEVOY		289	00:52:43	00:52:43	M40+	69	147
179	Manuela GODDEN		173	00:52:48	00:52:48	F40+	7	29
180	Bill MILLER	Unattached	305	00:52:50	00:52:50	M40+	70	148
181	Ken CONNOR		90	00:52:56	00:52:56	M20-39	74	149
182	Lisa GILL		169	00:52:59	00:52:59	F40+	8	30
183	Mike GILL		170	00:52:59	00:52:59	M40+	71	150
184	Sue HEAPS		206	00:52:59	00:52:59	F40+	9	31
185	Suzanne Rigby		536	00:52:59	00:52:59	F20-39	22	32
186	Alan PLATT		346	00:53:04	00:53:04	M20-39	75	151
187	Christopher ATKINSON		22	00:53:06	00:53:06	M20-39	76	152
188	Lucy HANCOCK		194	00:53:06	00:53:06	F15-19	2	33
189	Paul HANCOCK		193	00:53:10	00:53:10	M40+	72	153
190	Joanne NOBLE		323	00:53:14	00:53:14	F40+	10	34
191	Rob Jackson		524	00:53:16	00:53:16	M20-39	77	154
192	Clare REGAN		373	00:53:17	00:53:17	F20-39	23	35
193	Pete Leahey		525	00:53:17	00:53:17	M20-39	78	155
194	Peter RATHBONE		368	00:53:20	00:53:20	M40+	73	156
195	Peter MILLEA		301	00:53:24	00:53:24	M20-39	79	157
196	Mick OBRIEN	KNOWSLEY HARRIERS	326	00:53:30	00:53:30	M40+	74	158
197	Susan Florida-James		534	00:53:32	00:53:32	F20-39	24	36
198	Nicola Mckenna		291	00:53:33	00:53:33	F40+	11	37
199	Ewan DAWICK		116	00:53:36	00:53:36	M40+	75	159
200	Ann HARDY		197	00:53:37	00:53:37	F40+	12	38
201	Lee CHISNALL		79	00:53:43	00:53:43	M20-39	80	160
202	Jane ASHCROFT	St Helens Sutton AC	19	00:53:48	00:53:48	F40+	13	39
203	Tony HART		202	00:53:58	00:53:58	M40+	76	161
204	Steven WINSTANLEY		497	00:54:02	00:54:02	M40+	77	162
205	Jennifer MILLER		302	00:54:03	00:54:03	F40+	14	40
206	Patricia WHITE		482	00:54:06	00:54:06	F40+	15	41
207	Caroline WRIGHT		504	00:54:20	00:54:20	F20-39	25	42
208	Lisa RIMMER		378	00:54:22	00:54:22	F20-39	26	43
209	Nicola CARTWRIGHT		71	00:54:25	00:54:25	F40+	16	44
210	Dave SHEARMAN	Issabella Rose	408	00:54:30	00:54:30	M20-39	81	163
211	Sheena SHEARMAN	Isabella Rose-Foundation	409	00:54:30	00:54:30	F20-39	27	45
212	Scott CHEYNE	#TeamAction	77	00:54:32	00:54:32	M20-39	82	164
213	Jennifer HARVEY	Unattached	205	00:54:38	00:54:38	F20-39	28	46
214	Matthew CHRISTIE		81	00:54:40	00:54:40	M40+	78	165
215	Samantha LLOYD	Warrington Running Club	268	00:54:43	00:54:43	F20-39	29	47
216	Adrian ANTELL		12	00:54:47	00:54:47	M40+	79	166
217	Philip WOODS	n a	499	00:54:50	00:54:50	M20-39	83	167
218	Gary Cross		535	00:54:50	00:54:50	M20-39	84	168
219	Paul LEAHAIR	Na	255	00:54:53	00:54:53	M20-39	85	169
220	Leslie Phillips		537	00:54:56	00:54:56	F20-39	30	48
221	Jan Richards		538	00:54:57	00:54:57	F20-39	31	49
222	Karl DOLDEN		131	00:55:06	00:55:06	M40+	80	170
223	David Fowler		526	00:55:11	00:55:11	M20-39	86	171
224	Louise SMULLEN		426	00:55:16	00:55:16	F40+	17	50

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10k

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Pos	Name	From	Race No	Finish Time	Chip	Cat	Cat Pos	Gen Pos
225	Paul CARR	st helens striders	67	00:55:21	00:55:21	M40+	81	172
226	Kirsty MCNAMARA		293	00:55:26	00:55:26	F20-39	32	51
227	Matt BRANNIGAN	None	48	00:55:32	00:55:32	M20-39	87	173
228	Barry CONWAY		92	00:55:35	00:55:35	M40+	82	174
229	Phillip Cunliffe		519	00:55:35	00:55:35	M20-39	88	175
230	Sonia THOMAS		452	00:55:36	00:55:36	F40+	18	52
231	Mal THOMAS		451	00:55:37	00:55:37	M40+	83	176
232	Michael WEBSTER		475	00:55:41	00:55:41	M40+	84	177
233	Michael BURKE		59	00:55:47	00:55:47	M40+	85	178
234	Ian Malcahey		559	00:55:54	00:55:54	M20-39	89	179
235	Matthew PRICE		356	00:55:55	00:55:55	M40+	86	180
236	Matthew ROCHE		386	00:55:55	00:55:55	M20-39	90	181
237	Adam Mulrahey		558	00:55:56	00:55:56	M20-39	91	182
238	Brian SHAW		403	00:56:02	00:56:02	M20-39	92	183
239	Nicola STEPHENS		434	00:56:02	00:56:02	F20-39	33	53
240	Ian PICTON	RUN FOR FUN	340	00:56:08	00:56:08	M20-39	93	184
241	Nicholas HALE		190	00:56:10	00:56:10	M15-19	6	185
242	Colin LEYLAND	St. Helens striders	262	00:56:10	00:56:10	M40+	87	186
243	David THOMPSON	None	453	00:56:15	00:56:15	M40+	88	187
244	Jeff DOBSON		128	00:56:21	00:56:21	M40+	89	188
245	Jonathan DOBSON		127	00:56:22	00:56:22	M20-39	94	189
246	Lee BEDSON		34	00:56:23	00:56:23	M20-39	95	190
247	David MARTLAND		285	00:56:23	00:56:23	M20-39	96	191
248	Paul LYON		273	00:56:30	00:56:30	M40+	90	192
249	Ros THOMPSON		454	00:56:34	00:56:34	F40+	19	54
250	Adam HARRIS		199	00:56:36	00:56:36	M20-39	97	193
251	Maggy Bruce		546	00:56:40	00:56:40	F20-39	34	55
252	Michelle Kerrigan		548	00:56:42	00:56:42	F20-39	35	56
253	David WOOTTON	-	500	00:56:46	00:56:46	M40+	91	194
254	Kristen PURVIS	None	360	00:56:49	00:56:49	F40+	20	57
255	Alan SPENCER	Knowsley Harriers Ac	429	00:56:49	00:56:49	M40+	92	195
256	Simon ELLIS	knivsley harriers	142	00:56:51	00:56:51	M20-39	98	196
257	Paul HOLLAND		217	00:56:51	00:56:51	M40+	93	197
258	Claire LLOYD		266	00:56:57	00:56:57	F40+	21	58
259	Catherine WARD		471	00:56:57	00:56:57	F40+	22	59
260	Conor WARD		472	00:56:58	00:56:58	M15-19	7	198
261	Andrew RAVEN		371	00:57:02	00:57:02	M20-39	99	199
262	Cath STOTT		440	00:57:05	00:57:05	F40+	23	60
263	Geoff PYE		363	00:57:06	00:57:06	M40+	94	200
264	Naomi RILEY		377	00:57:12	00:57:12	F20-39	36	61
265	Craig CUNLIFFE	Warrington Running Club	108	00:57:13	00:57:13	M20-39	100	201
266	Hannah GALLAGHER	Warrington Running Club	165	00:57:13	00:57:13	F20-39	37	62
267	Melanie SAYED		395	00:57:13	00:57:13	F40+	24	63
268	Gill DICKSON		123	00:57:14	00:57:14	F40+	25	64
269	Grahame ROBERTSON		384	00:57:15	00:57:15	M40+	95	202
270	Antony SHAW		406	00:57:16	00:57:16	M40+	96	203
271	Karl YATES		509	00:57:17	00:57:17	M20-39	101	204
272	Jenny DWYER		136	00:57:21	00:57:21	F40+	26	65
273	Joanne MEREDITH		296	00:57:23	00:57:23	F20-39	38	66
274	Victoria BUTLER		63	00:57:25	00:57:25	F40+	27	67
275	Lesley NORFIELD		325	00:57:28	00:57:28	F20-39	39	68
276	Andrew WILSON		495	00:57:31	00:57:31	M20-39	102	205
277	James LYON		274	00:57:32	00:57:32	M20-39	103	206
278	Adele FISHER	St Helens Tri	158	00:57:38	00:57:38	F40+	28	69
279	Simon BEATTY		33	00:57:46	00:57:46	M40+	97	207
280	Vicky POWELL-CARDEN	Isabella rose foundation	354	00:57:48	00:57:48	F40+	29	70

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# Rainford 10K

10k

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Pos	Name	From	Race No	Finish Time	Chip	Cat	Cat Pos	Gen Pos
281	Lee WHITTICK		485	00:57:51	00:57:51	M20-39	104	208
282	Amanda BROOKES	Isabella Rose	51	00:58:00	00:58:00	F40+	30	71
283	Emma STEVENS		435	00:58:02	00:58:02	F20-39	40	72
284	Rebecca FRODSHAM		162	00:58:04	00:58:04	F20-39	41	73
285	Ste YATES	wigan	510	00:58:14	00:58:14	M40+	98	209
286	Rose DAVIS		115	00:58:16	00:58:16	F40+	31	74
287	Karen BLACKBURN		40	00:58:20	00:58:20	F40+	32	75
288	Karen HARRISON	St Helens Sutton AC	200	00:58:21	00:58:21	F40+	33	76
289	Victoria MILLS		306	00:58:21	00:58:21	F20-39	42	77
290	Alison WILLIAMS		489	00:58:22	00:58:22	F40+	34	78
291	Catherine Farrar		517	00:58:24	00:58:24	F20-39	43	79
292	Mark LAVIN		254	00:58:25	00:58:25	M20-39	105	210
293	Mike MCCAIRN		288	00:58:33	00:58:33	M40+	99	211
294	Ian Bretherton		532	00:58:36	00:58:36	M20-39	106	212
295	Ian SPENCER	Rainford TCR	427	00:58:38	00:58:38	M40+	100	213
296	Michael O'Neale		539	00:58:38	00:58:38	M20-39	107	214
297	Diane TAKTAK		443	00:58:39	00:58:39	F20-39	44	80
298	Ann GREEN	Kirkby Milers AC	183	00:58:40	00:58:40	F40+	35	81
299	Chloe SMITH		419	00:58:41	00:58:41	F20-39	45	82
300	David Lewinson		543	00:58:49	00:58:49	M20-39	108	215
301	Andrew HOWARD		225	00:58:55	00:58:55	M20-39	109	216
302	Paul ABRAMS		1	00:59:07	00:59:07	M40+	101	217
303	Jenny GRAHAM		179	00:59:12	00:59:12	F20-39	46	83
304	Barbara GRAHAM		180	00:59:12	00:59:12	F40+	36	84
305	Joanne Sherville		553	00:59:12	00:59:12	F20-39	47	85
306	David WRIGHT		503	00:59:17	00:59:17	M20-39	110	218
307	Liz ELLIS	Team Isabella	141	00:59:22	00:59:22	F20-39	48	86
308	Amanda POPE	Isabella rose foundation	349	00:59:23	00:59:23	F20-39	49	87
309	John FAULKNER		152	00:59:29	00:59:29	M40+	102	219
310	David POTTER		352	00:59:31	00:59:31	M40+	103	220
311	Shaun TOPPING		459	00:59:41	00:59:41	M40+	104	221
312	Alannah AUBREY		23	00:59:48	00:59:48	F20-39	50	88
313	Jimmy SMITH		422	00:59:49	00:59:49	M40+	105	222
314	Sam Wareing		564	00:59:49	00:59:49	M20-39	111	223
315	Claire BENNETTE		38	00:59:54	00:59:54	F20-39	51	89
316	Eliabethz FLAHERTY		159	01:00:01	01:00:01	F40+	37	90
317	Angela Johnson		522	01:00:02	01:00:02	F20-39	52	91
318	Simon LOWE		270	01:00:05	01:00:05	M40+	106	224
319	Rachael YATES		508	01:00:05	01:00:05	F20-39	53	92
320	Louise PADMORE	st helens striders	334	01:00:06	01:00:06	F40+	38	93
321	Jan CHISNALL		80	01:00:10	01:00:10	F40+	39	94
322	Christine JONES		237	01:00:13	01:00:13	F20-39	54	95
323	Charlie WOAN		498	01:00:16	01:00:16	M20-39	112	225
324	Susan FAULKNER		151	01:00:20	01:00:20	F20-39	55	96
325	Anisa YELDREM		513	01:00:22	01:00:22	F20-39	56	97
326	Jillian OCONNOR		327	01:00:25	01:00:25	F20-39	57	98
327	Tom HAMPTON	Victoria Park Running Club	192	01:00:30	01:00:30	M40+	107	226
328	Paul TAYLOR		447	01:00:35	01:00:35	M40+	108	227
329	Mark FILLINGHAM	Rainford TCR	156	01:00:37	01:00:37	M40+	109	228
330	Josh BOTTELL		46	01:00:39	01:00:39	M15-19	8	229
331	Michelle LARKIN	Isabella rose foundation	253	01:00:39	01:00:39	F20-39	58	99
332	Clare SHERWOOD		410	01:00:50	01:00:50	F40+	40	100
333	Mark GRIFFITHS		188	01:00:54	01:00:54	M20-39	113	230
334	Louise DOBSON		129	01:01:02	01:01:02	F40+	41	101
335	Rebecca OWEN		333	01:01:02	01:01:02	F40+	42	102
336	Helen MOORE	Rainford TCR	310	01:01:11	01:01:11	F40+	43	103

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# Rainford 10K

10k

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Pos	Name	From	Race No	Finish Time	Chip	Cat	Cat Pos	Gen Pos
337	Millie Gough	warrington run club	175	01:01:18	01:01:18	F15-19	3	104
338	Paula CARROLL		70	01:01:20	01:01:20	F20-39	59	105
339	Alex MITCHELL		307	01:01:27	01:01:27	F40+	44	106
340	Richard CRAIG		103	01:01:34	01:01:34	M20-39	114	231
341	Natalie CLIFFE		83	01:01:41	01:01:41	F20-39	60	107
342	Jackie DOBSON	st helens striders	126	01:01:45	01:01:45	F40+	45	108
343	Rachel TICKLE	st helens striders	458	01:01:45	01:01:45	F20-39	61	109
344	Joanne MURPHY		317	01:01:50	01:01:50	F40+	46	110
345	Kimberley HILL		211	01:02:12	01:02:12	F20-39	62	111
346	Robert FAULKNER		153	01:02:15	01:02:15	M20-39	115	232
347	Rebecca ELLISON		144	01:02:17	01:02:17	F20-39	63	112
348	Marie CHESWORTH		76	01:02:19	01:02:19	F40+	47	113
349	Tracy JONES	st helens striders	239	01:02:20	01:02:20	F20-39	64	114
350	Claire ROCHE		385	01:02:22	01:02:22	F20-39	65	115
351	Helen CURRAN		110	01:02:47	01:02:47	F40+	48	116
352	Jon COURT	LIVERPOOL RUNNING CLUB	100	01:03:00	01:03:00	M40+	110	233
353	Dorothy FAIRHURST	St Helens Sutton AC	149	01:03:00	01:03:00	F40+	49	117
354	Maria HARRINGTON	LIVERPOOL RUNNING CLUB	198	01:03:00	01:03:00	F40+	50	118
355	Kathryn WALKER		470	01:03:01	01:03:01	F40+	51	119
356	James ROGERSON	#TeamAction	388	01:03:02	01:03:02	M20-39	116	234
357	Mark ROGERSON	#TeamAction	387	01:03:03	01:03:03	M20-39	117	235
358	Lisa HIRST		213	01:03:10	01:03:10	F20-39	66	120
359	Tania BARKER		31	01:03:11	01:03:11	F20-39	67	121
360	Andrew HOGAN		215	01:03:25	01:03:25	M40+	111	236
361	Sarah DAY	Warrington Running Club	118	01:03:45	01:03:45	F20-39	68	122
362	Thomas STEVENS		438	01:03:52	01:03:52	M40+	112	237
363	Carla DORAN		133	01:03:53	01:03:53	F20-39	69	123
364	Lesley SEPHTON		397	01:03:55	01:03:55	F40+	52	124
365	Suzi RATHBONE		367	01:04:01	01:04:01	F20-39	70	125
366	Carol FELL	Warrington Wonderwomen	155	01:04:05	01:04:05	F40+	53	126
367	Liza ROBERTS		383	01:04:06	01:04:06	F40+	54	127
368	Kay PARKER	Warrinton Tri Club	336	01:04:08	01:04:08	F40+	55	128
369	Tracy WILLIAMS	Warrington Running Club	488	01:04:13	01:04:13	F40+	56	129
370	George Langelly		570	01:04:24	01:04:24	M20-39	118	238
371	Mark ALLEN		5	01:04:31	01:04:31	M40+	113	239
372	Deborah ALLEN		6	01:04:32	01:04:32	F40+	57	130
373	Lucy ROBERTS		382	01:04:37	01:04:37	F40+	58	131
374	Edward DONNELLY		132	01:04:45	01:04:45	M40+	114	240
375	Ann MILLER	Unattached	304	01:04:45	01:04:45	F40+	59	132
376	Dave VAUGHAN		467	01:04:51	01:04:51	M20-39	119	241
377	Toni VAUGHAN		466	01:04:52	01:04:52	F20-39	71	133
378	Courtnry GOUGH	Warrington Running Club	176	01:04:55	01:04:55	F20-39	72	134
379	Adele CRAWFORD		104	01:04:58	01:04:58	F40+	60	135
380	Cait REID		374	01:05:05	01:05:05	F20-39	73	136
381	Kathy YELDREM		511	01:05:10	01:05:10	F40+	61	137
382	Sandra LEWIS	Warrington Running Club	260	01:05:16	01:05:16	F40+	62	138
383	Karel PUNTON		359	01:05:18	01:05:18	F40+	63	139
384	Debbie GREENALL		185	01:05:34	01:05:34	F40+	64	140
385	Greg BOSWELL		44	01:05:41	01:05:41	M40+	115	242
386	Denis PRICE		357	01:05:43	01:05:43	M40+	116	243
387	Tony GARTSIDE		168	01:06:00	01:06:00	M40+	117	244
388	Katie THOMAS		449	01:06:06	01:06:06	F20-39	74	141
389	Michelle JONES	Isabella rose foundation	238	01:06:13	01:06:13	F40+	65	142
390	Olivia Lynan		271	01:06:13	01:06:13	F15-19	4	143
391	Nicola KINSELLA		248	01:06:16	01:06:16	F20-39	75	144
392	Sean YELDREM		512	01:06:40	01:06:40	M15-19	9	245

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10k

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Pos	Name	From	Race No	Finish Time	Chip	Cat	Cat Pos	Gen Pos
393	Pauline RUDDICK		391	<b>01:06:46</b>	01:06:46	F40+	66	145
394	Benjamin SHOCKLEY		412	<b>01:06:53</b>	01:06:53	M20-39	120	246
395	Georgia HEMINGWAY		207	<b>01:07:40</b>	01:07:40	F15-19	5	146
396	Angharad POWELL		353	<b>01:07:40</b>	01:07:40	F15-19	6	147
397	Liz SPENSLEY	St Helens Tri	430	<b>01:08:52</b>	01:08:52	F40+	67	148
398	Ashley HUGHES		226	<b>01:09:42</b>	01:09:42	M20-39	121	247
399	Martha RUSSELL		392	<b>01:10:31</b>	01:10:31	F20-39	76	149
400	Rebecca COOK		94	<b>01:11:02</b>	01:11:02	F20-39	77	150
401	David Burman		523	<b>01:11:10</b>	01:11:10	M20-39	122	248
402	Janet HOLMES	St Helens Sutton AC	220	<b>01:11:44</b>	01:11:44	F40+	68	151
403	Christopher WELSBY		478	<b>01:11:54</b>	01:11:54	M40+	118	249
404	James SMITH		423	<b>01:11:59</b>	01:11:59	M20-39	123	250
405	Shelley LEE		259	<b>01:12:08</b>	01:12:08	F40+	69	152
406	Darren BOTTELL		45	<b>01:12:59</b>	01:12:59	M40+	119	251
407	Jane MAKIN	st helens sutton	280	<b>01:13:06</b>	01:13:06	F40+	70	153
408	Emily CRAWLEY		105	<b>01:13:47</b>	01:13:47	F20-39	78	154
409	Chris AUSTIN		24	<b>01:13:57</b>	01:13:57	M20-39	124	252
410	Carol BANNON		28	<b>01:14:14</b>	01:14:14	F40+	71	155
411	Laura BROWNBILL		54	<b>01:14:30</b>	01:14:30	F20-39	79	156
412	Emma JOHNSON		236	<b>01:14:34</b>	01:14:34	F20-39	80	157
413	Rebecca LECHE		256	<b>01:15:44</b>	01:15:44	F40+	72	158
414	Nicola CALDERBANK		65	<b>01:15:45</b>	01:15:45	F20-39	81	159
415	Rachel EVANS		145	<b>01:15:49</b>	01:15:49	F20-39	82	160
416	Willaim BROWN		52	<b>01:15:55</b>	01:15:55	M40+	120	253
417	Niamh YATES		507	<b>01:15:55</b>	01:15:55	F40+	73	161
418	Ian CORCORAN		96	<b>01:18:06</b>	01:18:06	M40+	121	254
419	Andrea JOYCE	St.helens sutton ac	240	<b>01:18:35</b>	01:18:35	F40+	74	162
420	Kay WILCOCK	St Helens Sutton AC	486	<b>01:18:35</b>	01:18:35	F40+	75	163
421	Carlo AMADIO	Isabella rose foundation	9	<b>01:19:11</b>	01:19:11	M40+	122	255
422	Vicki HODSON		214	<b>01:20:19</b>	01:20:19	F20-39	83	164
423	Leon Ashby		552	<b>01:20:19</b>	01:20:19	M20-39	125	256
424	Kerry HUTTON-PAGE		231	<b>01:20:49</b>	01:20:49	F40+	76	165
425	Gary TALBOTT		444	<b>01:20:49</b>	01:20:49	M40+	123	257
426	Phil HENNESSEY		209	<b>01:20:53</b>	01:20:53	M20-39	126	258
427	Norman GRUNDY	Birkenhead AC	189	<b>01:21:38</b>	01:21:38	M40+	124	259
428	Stacey GARDNER		167	<b>01:23:32</b>	01:23:32	F20-39	84	166
429	Kezia Davis		528	<b>01:23:37</b>	01:23:37	F20-39	85	167
430	Amanda BURMAN	The bandstanders	60	<b>01:24:37</b>	01:24:37	F20-39	86	168
431	Carinne Ratcliffe		521	<b>01:24:37</b>	01:24:37	F20-39	87	169
432	Claire STANLEY		432	<b>01:30:59</b>	01:30:59	F20-39	88	170
433	Julie DAWSON		117	<b>01:31:02</b>	01:31:02	F20-39	89	171
434	Julie HOUGHTON		223	<b>01:41:16</b>	01:41:16	F40+	77	172
435	Eric SHAW		407	<b>01:41:16</b>	01:41:16	M20-39	127	260