



Cert No 07/026



BIRKENHEAD PARK ROAD RACES 2010

Sponsored by Urenco UK Ltd

Under UK Athletics Rules : Licence No 2010-0113

Results

Separate Womens listing on last page
New records this year in M40, M45, M60 and M70

Course Records On Lower Park Course

All established since 2007 when the the new course was first used.

Mens Race

Open	Jonny Mellor	LivHar	24.09	2008
U20	Adam Peers	LivHar	25.52	2007
M40	Paul Sankey	LRC	27.02	2010
M45	Nathan Vendasalam	LivHar	28.39	2010
M50	Chris Henry	Wirral	28.12	2007
M55	Phil Bailey	LRC	29.25	2007
M60	Terry Hanley	SWAC	31.56	2010
M65	John Cottrell	Wallsy	32.51	2009
M70	Ronnie Jones	WirralC	39.57	2010

Womens Race

Open	Jenny Clague	LivHar	29.04	2007
U20	Clare Murphy	Liv Har	30.54	2009
F35	Marina Ali	Liv Har	32.27	2009
F40	Briony Taby	MsslyH	31.32	2009
F45	Linda McDermott	Liv Har	33.03	2007
F50	Susan Cooper	S/W	32.25	2007
F55	Mary Doyle	LRC	37.29	2008
F60	L Simpson	VillRun	40.10	2007

Posn	Bib	Athlete	Category	Club	Time	2009	Diff
1	314	Paul Sankey	M40	Liverpool Running Club	27.02		
2	338	Xavier Desse		Wirral AC	27.03	26.38	0.25
3	341	Nathan Vegdasalam	M45	Liverpool Harriers	27.06		
4	340	Alan Ashton	M40	Liverpool Harriers	27.09		
5	321	Mark Humlston		Wirral AC	27.25	26.58	0.27
6	349	Jon-Philip Seymour	U20	Wirral AC	28.07	27.38	0.29
7	342	Marc Jacques	M40	Liverpool Running Club	28.20		
8	346	Mark Loveridge	U20	Liverpool Harriers	28.32		
9	361	Steve Spence	M40	Wirral AC	28.35		
10	388	Steven Wilkinson		Southport Waterloo AC	28.41		
11	406	Julian Ferraro	M40	London Heathside AC	28.51	28.06	0.45
12	313	Denis Duret	M40	Ellesmere Port RC	28.52		
13	355	Anthony Barbat	M50	Wallasey AC	28.58	28.41	0.17
14	304	Adair Broughton		Helsby RC	29.06	29.40	-0.34
15	363	Rick Bowker	M45	Southport Waterloo AC	29.11		
16	403	Terry Hanley	M60	Southport Waterloo AC	29.12		
17	381	Kelvin Dickinson		Wirral AC	29.15	28.46	0.29
18	404	Ian Palin		Liverpool Running Club	29.22		
19	387	Christopher Dunn	M40	Southport Waterloo AC	29.28		
20	402	Steven Nijs		Liverpool Running Club	29.30		
21	373	Simon Jeffs		Ellesmere Port RC	29.36		
22	371	Maurice Collins	M45	Liverpool Running Club	29.45		
23	378	Mark Dodd		Ellesmere Port RC	29.49	28.18	1.31
24	399	Joe Johnson	M40	Birkenhead AC	29.53		
25	320	Simon Fox	M40	Wirral AC	30.16		
26	368	Graham Earlam	M50	Ellesmere Port RC	30.25		
27	353	Lee Midghall		Liverpool Running Club	30.29		
28	312	John Armstrong	M40	Wallasey AC	30.44		
29	344	Sophie Whiteside	F	Liverpool Harriers	30.45		
30	392	Gary Howard		Mossley Hill AC	30.50		
31	323	Jeff Mason	M55	Liverpool Pembroke & Sefton	30.55	32.07	-1.12
32	409	Peter Scarratt	M45	Wirral AC	30.57		
33	401	Nicola Bird	F	Ellesmere Port RC	31.06		
34	358	Paul Cliff	M40	Unattached	31.08	32.36	-1.28
35	337	Tony McDevitt	M55	Wirral AC	31.10	29.33	1.37
36	352	Matthew Williams		Wallasey AC	31.12		
37	393	Dominic Clarke	U20	Mossley Hill AC	31.42		
38	351	George Pierce	M40	Liverpool Running Club	31.47		
39	416	Alex Fitzmaurice		Helsby RC	31.53		
40	329	Robert Burke	M45	Liverpool Running Club	31.55	30.28	1.27
41	326	Anthony Metcalfe	M55	Mossley Hill AC	31.59		
42	370	Ben Jeffs		Unattached	31.59		
43	359	Gary Bergin	M40	Unattached	32.06		
44	345	Hannah Whiteside	U20F	Liverpool Harriers	32.09		
45	389	Damian Nolan		Mossley Hill AC	32.16		
46	410	Mike Stone	M50	Wirral AC	32.44	31.23	1.21
47	405	Natalie Palin	F	Liverpool Running Club	32.48	30.35	2.13
48	309	Paul Alan Stinton		Buckley R	32.50		
49	419	Will Ferguson		Wirral AC	32.56	34.35	-1.39
50	333	Sarah Kearney	F35	Wirral AC	32.59		
51	397	Helen Davies	F	Mossley Hill AC	33.06		
52	302	David Brockway	U20	Wirral AC	33.20		

Posn	Bib	Athlete	Category	Club	Time	2009	Diff
53	357	Alan Cliff	M40	Unattached	33.22		
54	400	Matthew Whitfield	M50	Ellesmere Port RC	33.28		
55	386	Hamsih Hadziabdic	M45	Birkenhead AC	33.31		
56	382	Tracey Peters	F	Southport Waterloo AC	33.31		
57	383	Ian McNeill	M50	Penny Lane Striders	33.32		
58	307	Geoff Shaw	M55	Helsby RC	33.36	33.49	-0.13
59	422	Ian Kilshaw	M50	Southport Waterloo AC	33.37		
60	354	Anthony Peacock	M55	Northern Vets AC	33.49	32.42	1.07
61	369	Christopher Cain	M45	West Cheshire AC	33.55	35.19	-1.24
62	390	Thomas Clarke	M55	Mossley Hill AC	34.00		
63	315	Andrew Conway	M45	Unattached	34.14	35.22	-1.08
64	362	Steve Pemberton	M55	Penny Lane Striders	34.17	33.32	0.45
65	367	Anthony Grice		Unattached	34.19		
66	396	Richard Harmsworth		Mossley Hill AC	34.27		
67	411	Craig Cartwright		Unattached	34.28		
68	415	Steve Riley	M45	Helsby RC	34.56	33.06	1.50
69	347	David Powell		Unattached	34.59		
70	408	Andrew Stansfield	M45	Penny Lane Striders	35.07		
71	391	Colin Sefton	M50	Mossley Hill AC	35.26		
72	395	Anne Jeynes	F	Mossley Hill AC	35.56		
73	418	Milan Juricek	M50	Unattached	36.47		
74	356	Paul Doyle	M45	Unattached	36.55		
75	350	Patrick Henley	M60	Liverpool Harriers	36.56		
76	348	Les Evans	M50	Unattached	36.57		
77	317	Alan Clary	M55	Mossley Hill AC	37.01		
78	417	Frank Gower	M50	Wallasey AC	37.22		
79	376	Rachel Thomas	F35	Southport Waterloo AC	37.47		
80	385	Jane Fraser	F55	Wirral AC	38.10	37.44	0.26
81	374	Paul Shannon	M55	BICC Prescot	38.14	37.46	0.28
82	365	Pete Jeffs	M55	Unattached	38.19		
83	412	Carol Shaw	F45	Helsby RC	38.20	36.52	1.28
84	421	Angelo Urzua-Milla		Birkenhead AC	38.20		
85	384	Helene Gilmour	F35	Wirral AC	38.30	39.17	-0.47
86	413	Jackie Keasley	F50	Helsby RC	38.35		
87	360	Mr D J Goodwin	M50	Wallasey AC	38.53		
88	301	J Atkin	M50	Unattached	39.18		
89	305	Christine Cutner	F55	Southport Waterloo AC	39.20		
90	332	Ronnie Jones	M70	Wirral AC	39.57		
91	334	Derek Broadfoot	U20	Unattached	40.01		
92	420	Nicci Davies	F50	WAC	40.31		
93	303	Maria Brockway	F45	Wirral AC	40.40	40.22	0.18
94	364	Cecilia Schroder	F60	St Helens Sutton AC	40.45		
95	324	Louise Powney	F35	Birkenhead AC	40.47		
96	343	L Isaccs	M45	Pensby Runners	41.18		
97	336	J Downey	M45	Wirral AC	41.47		
98	407	Catherine Nevin	F50	Penny Lane Striders	41.53	40.47	1.06
99	380	Roger Brace	M65	Sunlight Runners	42.14		
100	311	Peter Roach	M50	Unattached	42.16		
101	308	Janet Shaw	F55	Helsby RC	43.06	45.15	-2.09
102	319	Richard John Hughes	M55	Southport Waterloo AC	43.08		
103	394	Allan O'Leary	M50	Mossley Hill AC	44.00		
104	375	J L Taylor	M65	BICC Prescot	45.23		

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Wirral Athletic Club
BIRKENHEAD PARK ROAD RACES
OPEN 5 MILE RACE
Wednesday 9th June 2010



Posn	Bib	Athlete	Category	Club	Time	2009	Diff
105	379	Elwyn Jones	M50	Wallasey AC	46.22		
106	423	Denis Knowles	M60	Unattached	46.22		
107	339	Laura Campbell	F	Wirral AC	47.10		
108	335	John Thompson		Unattached	48.25		
109	330	Dorothy Fairhurst	F60	St Helens Sutton AC	48.47		
110	322	Lesley-Anne Cucksey	F50	Unattached	50.37		
111	398	Frank Wilson	M75	Mossley Hill AC	50.41		

Womens Race

Pos	lace Pc	Bib	Athlete	Category	Club	Time
1	29	344	Sophie Whiteside	F	Liverpool Harriers	30.45
2	33	401	Nicola Bird	F	Ellesmere Port RC	31.06
3	44	345	Hannah Whiteside	FU20	Liverpool Harriers	32.09
4	47	405	Natalie Palin	F	Liverpool Running Club	32.48
5	50	333	Sarah Kearney	F35	Wirral AC	32.59
6	51	397	Helen Davies	F	Mossley Hill AC	33.06
7	56	382	Tracey Peters	F	Southport Waterloo AC	33.31
8	72	395	Anne Jeynes	F	Mossley Hill AC	33.56
9	79	376	Rachel Thomas	F35	Southport Waterloo AC	37.47
10	80	385	Jane Fraser	F55	Wirral AC	38.10
11	83	412	Carol Shaw	F45	Helsby RC	38.20
12	85	384	Helene Gilmour	F35	Wirral AC	38.30
13	86	413	Jackie Keasley	F50	Helsby RC	38.35
14	89	305	Christine Cutner	F55	Southport Waterloo AC	39.20
15	92	420	Nicci Davies	F50	WAC	40.31
16	93	303	Maria Brockway	F45	Wirral AC	40.40
17	94	364	Cecilia Schroder	F60	St Helens Sutton AC	30.45
18	95	324	Louise Powney	F35	Birkenhead AC	40.47
19	98	407	Catherine Nevin	F50	Penny Lane Striders	41.53
20	101	308	Janet Shaw	F55	Helsby RC	43.06
21	107	339	Laura Campbell	F	Unattached	47.10
22	109	330	Dorothy Fairhurst	F60	St Helens Sutton AC	48.47
23	110	322	Lesley-Anne Cucksey	F50	Unattached	50.37