

Red Squirrel 10k 2025

Overall Results

Plac	Bib	Name	Gende	AG	Club	ChipTim	GunTim
Red Squirrel 10k 2025							
1.	228	Reilly, Paddy	M	V50	Marsh Lane Harriers	40:50	40:50
2.	134	Iddon, Tom	M	Senior	Southport Waterloo AC	40:56	40:56
3.	204	Nurse, Benjamin	M	Senior		41:36	41:36
4.	259	Singer, Marc	M	Senior	Southport Waterloo AC	41:59	42:00
5.	16	Bateson, Matt	M	Senior		42:30	42:30
6.	58	Conlon, Jay	M	Senior		42:47	42:48
7.	56	Conlon, Clay	M	Senior		43:05	43:05
8.	153	Kershaw, Andrew	M	Senior	Southport Waterloo AC	43:12	43:13
9.	63	Cosgrove, Neil	M	V40		43:30	43:30
10.	169	Magill, Ian	M	V55	Liverpool Running Club	43:57	43:57
11.	70	Dale, Tom	M	Senior		44:09	44:12
12.	27	Boxford, William	M	V45	Sale Harriers Manchester	44:37	44:38
13.	226	Randles, Karl	M	Senior		45:38	45:39
14.	229	Rice, Seb	M	Jnr. Male		45:50	45:51
15.	230	Rigby, Alex	M	Senior	Liverpool Running Club	46:16	46:16
16.	64	Coughlan, Simon	M	V40	Southport Waterloo AC	46:40	46:42
17.	239	Rodgers, Anthony	M	Senior	Southport Strollers Running Club	46:57	47:02
18.	297	Turner, Paul	M	V50	Totley AC	47:07	47:09
19.	88	Dunn, Michael	M	V40	Dallam Running Club	47:20	47:23
20.	277	Sutton, Peter	M	Senior	Southport Strollers Running Club	47:31	47:31
21.	69	Cunningham, Ryan	M	Senior		47:32	47:34
22.	138	Jepson, James	M	V40	Vegan Runners UK	47:55	47:56
23.	57	Conlon, Guy	M	Senior		47:56	47:57
24.	28	Boydell, Richard	M	V40		48:00	48:02
25.	152	Keggin, Paul	M	Senior		48:21	48:26
26.	286	Thomas, Bridget	F	Senior		48:31	48:37
27.	225	Rainford, Elliot	M	Senior		49:03	49:04
28.	247	Samson, Sharon	F	FV45	Penny Lane Striders	49:21	49:23
29.	160	Lopez, Anthony	M	Senior	Southport Strollers Running Club	49:35	49:35
30.	107	Goudie, Marc	M	V40	Kirkby Milers AC	49:39	49:41
31.	146	Jones, Fraser	M	Senior		49:49	49:50
32.	284	Tessier, Matthieu	M	V45		50:30	50:35
33.	200	Neary, Joel	M	Senior		50:42	50:42
34.	79	Dobbs, Colin	M	V45	Penny Lane Striders	50:41	50:44
35.	177	Mathai, Ethan	M	Jnr. Male		50:32	50:47
36.	280	Swift, Keith	M	V45	Southport Waterloo AC	51:21	51:25
37.	17	Bennett, John	M	V50	Mersey Tri	51:24	51:28
38.	20	Bevan, Gregory	M	Senior		51:23	51:33
39.	317	Woods, Benjamin	M	Senior		51:34	51:39
40.	268	Stanley, James	M	V45	Liverpool Running Bugs	51:35	51:39
41.	325	Kendrick, Andrew	M	Senior		51:58	52:01
42.	219	Pilkington, Matthew	M	Senior		52:04	52:09
43.	301	Waddelove, Nicholas	M	Senior		52:58	53:00
44.	155	Lang, Steven	M	Senior		52:57	53:00

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Plac	Bib	Name	Gende	AG	Club	ChipTim	GunTim
45.	163	Lowther, Robert	M	V50		53:00	53:00
46.	192	Merriman, Chris	M	V60		52:53	53:04
47.	65	Cowling, Simon	M	V50		52:52	53:05
48.	188	Melia, Mark	M	Senior		53:02	53:06
49.	292	Thorpe, Adam	M	Senior		53:07	53:09
50.	109	Gray, Geoff	M	Senior		53:00	53:10
51.	179	McCarthy, Eddie	M	Senior		52:55	53:11
52.	129	Houghton, Stephen	M	V55		53:05	53:14
53.	6	Andrew, Fiona	F	Senior		53:12	53:19
54.	162	Lowery, Ian	M	V45		53:17	53:19
55.	143	Johnson, Rob	M	Senior		53:12	53:20
56.	319	Wright, Iain	M	V55	Southport Strollers Running Club	53:29	53:32
57.	2	Abram, Bradley	M	Senior		53:40	53:46
58.	232	Roberts, Neil	M	V55	Liverpool Pembroke & Sefton H AC	53:48	53:57
59.	202	Needham, Janine	F	FV50	Red Rose Road Runners	54:06	54:10
60.	121	Hayes, Neil	M	V50	Marsh Lane Harriers	54:16	54:25
61.	4	Allen, Isaac	M	Senior		54:31	54:35
62.	294	Tobin, Grace	F	Jnr. Female	Liverpool Harriers & AC	54:36	54:38
63.	54	Collins, Lee	M	V45		54:35	54:48
64.	315	Wills, Chris	M	V45	Southport Strollers Running Club	55:03	55:07
65.	288	Thompson, Daniel	M	Senior		55:02	55:11
66.	285	Thomas, Andrew	M	Senior		55:09	55:12
67.	310	Wignall, Robert	M	Senior		55:01	55:13
68.	318	Wright, Damian	M	V55		55:15	55:18
69.	289	Thompson, David	M	Senior		55:20	55:29
70.	184	McLoughlin, Michael	M	Senior		55:18	55:34
71.	279	Sweeney, Edward	M	Senior		55:28	55:35
72.	112	Griffin, Adam	M	V40		55:29	55:55
73.	122	Henry, Kathy	F	FV50		56:00	56:11
74.	196	Moss, Steven	M	V40	Widnes Running Club	56:02	56:19
75.	220	Piron, Alison	F	FV40	Liverpool Pembroke & Sefton H AC	56:14	56:27
76.	216	Pedder, Carl	M	V60	Southport Strollers Running Club	56:20	56:33
77.	237	Robinson, Mark	M	V40		56:38	56:42
78.	191	Merriman, Andrew	M	V50		56:35	56:46
79.	265	Spall, Jonathan	M	V40		56:42	56:50
80.	120	Hawkins, Daniel	M	Senior	Dockside runners	56:53	56:54
81.	36	Butler, Oliver	M	V50		56:32	56:55
82.	214	Park, Carl	M	V50		56:46	56:58
83.	221	Plant, Gillian	F	FV60	Warrington Running Club	56:48	57:00
84.	149	Jones, Phil	M	V40	Marsh Lane Harriers	57:04	57:12
85.	147	Jones, Joanna	F	FV55		57:21	57:22
86.	3	Aird, Paul	M	V65	Deestridders B S RC	57:23	57:32
87.	133	Hunter, Alex	M	Senior		57:23	57:36
88.	96	Fairclough, Dawn	F	FV45	Penny Lane Striders	57:37	57:50
89.	30	Bradley, Sarah	F	FV45	Penny Lane Striders	57:45	57:59

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Plac	Bib	Name	Gende	AG	Club	ChipTim	GunTim
90.	132	Hunter, Adam	M	Senior		57:47	58:00
91.	261	Smith, Rosemary	F	Senior		57:58	58:09
92.	173	Martin, Anne	F	FV45		57:59	58:09
93.	201	Neary, Sean	M	Senior		58:19	58:19
94.	123	Heron, Peter	M	V60	Mersey Tri	58:11	58:25
95.	101	Foster, Jack	M	Senior		58:09	58:25
96.	59	Conlon, Ray	M	V65		58:25	58:35
97.	50	Chow, Andrew	M	V50		58:29	58:40
98.	242	Rostron, Chris	M	V40	Southport Strollers Running Club	58:46	58:48
99.	22	Blackburn, Daryl	M	Senior		58:27	58:51
100.	104	Gao, Chuang	M	Senior		58:48	59:01
101.	207	Nurse, Rosie	F	Senior		59:01	59:13
102.	46	Cave, Andrew	M	V60		59:17	59:37
103.	24	Blair, Charlotte	F	FV35	Skelmersdale Boundary Harriers	59:31	59:38
104.	100	Finnegan, Malachy	M	Senior		59:27	59:40
105.	37	Cadwell, Katherine	F	FV35		59:34	59:46
106.	233	Roberts, Stephen	M	Senior	Liverpool Frontrunners	59:33	59:51
107.	13	Barlow, Tracey	F	FV50	Southport Strollers Running Club	59:49	59:54
108.	87	Duncan, Evie	F	Senior		59:34	59:59
109.	84	Doran, James	M	Senior	Spa Striders	59:38	1:00:02
110.	313	Williams, Ben	M	Senior		59:47	1:00:10
111.	151	Jones, Trevor	M	V50		1:00:38	1:00:44
112.	51	Clarke, John	M	V55	Kirkby Milers AC	1:00:50	1:00:51
113.	262	Smith, Sophie	F	Senior		1:01:00	1:01:11
114.	108	Grantham, Lisa	F	FV50	Pensby Runners	1:01:10	1:01:18
115.	254	Shandley, Talitha	F	Senior		1:01:01	1:01:25
116.	178	McCarthy, Ciaran	M	Senior		1:01:19	1:01:35
117.	114	Grindrod, Mike	M	V50		1:01:32	1:01:39
118.	210	O'Keeffe, Ian	M	V40	Widnes Running Club	1:01:26	1:01:43
119.	299	Vincent, Andy	M	V40		1:01:29	1:01:43
120.	32	Bridge, Rob	M	V50		1:01:16	1:01:44
121.	41	Carmona Jones,	M	Senior		1:01:38	1:01:45
122.	131	Hughes, Elizabeth	F	FV45	Skelmersdale Boundary Harriers	1:01:39	1:01:47
123.	209	O'Hare, Mike	M	V45		1:02:08	1:02:12
124.	83	Donnelly, Michelle	F	FV50	Southport Strollers Running Club	1:02:22	1:02:29
125.	326	Edey, Sarah	F	FV45		1:02:05	1:02:31
126.	113	Grindrod, Matthew	M	Senior		1:02:34	1:02:40
127.	213	Pace, Cheryl	F	FV45	Penny Lane Striders	1:02:30	1:02:42
128.	303	Walton, Alex	M	V40	Southport Strollers Running Club	1:02:38	1:02:48
129.	255	Shaw, Dale	M	Senior		1:02:44	1:02:56
130.	203	Nolan, Loryan	M	Senior		1:02:56	1:03:03
131.	94	Evans, Emma	F	Senior		1:02:59	1:03:13
132.	168	Mackenzie, Kirsty	F	FV40	Southport Strollers Running Club	1:02:52	1:03:13
133.	95	Evans, Yvette	F	Senior		1:03:01	1:03:14
134.	287	Thomas, David	M	V55		1:03:12	1:03:20

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Plac	Bib	Name	Gende	AG	Club	ChipTim	GunTim
135.	320	Wright, Ken	M	Senior		1:03:11	1:03:23
136.	227	Reilly, Adrian	M	V50		1:03:01	1:03:23
137.	136	James, Carole	F	FV60	Southport Waterloo AC	1:03:24	1:03:31
138.	130	Howells, George	M	V50	Mersey Tri	1:03:14	1:03:31
139.	323	Yarwood, Dennis	M	V55	Spectrum Striders	1:03:22	1:03:33
140.	89	Durney, Michelle	F	FV50	Liverpool Pembroke & Sefton H AC	1:03:24	1:03:35
141.	260	Slinger, Joanne	F	FV45	Dragons Running Club (Sale)	1:03:24	1:03:38
142.	33	Broomhead, Rhian	F	FV40	Dragons Running Club (Sale)	1:03:23	1:03:38
143.	77	Dicks, Danny	M	V60	Danny Dicks	1:03:14	1:03:41
144.	21	Birch, Paul	M	V45		1:03:19	1:03:42
145.	23	Blackburn, David	M	V65	Rimrose Runners	1:03:29	1:03:51
146.	244	Ryan, Alex	F	FV40		1:04:03	1:04:07
147.	115	Grunder, Yvonne	F	FV40	Southport Waterloo AC	1:03:47	1:04:08
148.	257	Shepherd, Gary	M	V55		1:03:54	1:04:16
149.	18	Berkeley, Matthew	M	V40	Southport Coasters	1:03:53	1:04:23
150.	73	Davies, Luke	M	Senior		1:04:16	1:04:25
151.	314	Williams, Sarah	F	FV45	Stormers Formnt	1:04:23	1:04:26
152.	212	Owen, Stephen	M	V45		1:04:05	1:04:28
153.	187	McVeigh, Joanne	F	FV45		1:04:16	1:04:31
154.	246	Rycroft, Philip	M	V60	Southport Coasters	1:04:05	1:04:33
155.	251	Scragg, Stephen	M	V50		1:04:35	1:04:40
156.	189	Melia, Stuart	M	Senior		1:04:23	1:04:44
157.	150	Jones, Ruth	F	FV35		1:04:37	1:04:58
158.	71	Daunt, William	M	Senior		1:04:48	1:05:01
159.	170	Marr, Graham	M	V40	Marsh Lane Harriers	1:04:44	1:05:03
160.	312	Wilkinson, Donald	M	V60		1:05:04	1:05:33
161.	10	Baggaley, Anna	F	FV50		1:05:12	1:05:37
162.	9	Ashton, Simon	M	V50		1:05:19	1:05:41
163.	282	Syed M A Ullah, Mr	M	V45		1:05:45	1:05:49
164.	137	Jeffery, Michael	M	V45		1:05:44	1:06:12
165.	45	Carson, Diane	F	FV60	Parkview 4 U	1:06:03	1:06:16
166.	245	Ryan, Geoff	M	V60		1:06:01	1:06:26
167.	76	Dent, Victoria	F	FV45	Silverdale RC	1:06:04	1:06:28
168.	194	Miller, Stu	M	V45		1:06:05	1:06:38
169.	161	Lowery, Faye	F	FV45		1:06:42	1:06:45
170.	103	Gagen, Stephen	M	V70	Southport Coasters	1:06:44	1:07:02
171.	159	Longden, David	M	Senior		1:07:05	1:07:10
172.	291	Thornley, Tashi	F	FV35	Southport Strollers Running Club	1:07:02	1:07:11
173.	272	Stokoe, Jon	M	V55		1:06:57	1:07:16
174.	165	Lyon, Lynn	F	FV65		1:07:13	1:07:20
175.	68	Cunningham, Felicity	F	FV60	Park View 4U Lytham	1:07:12	1:07:27
176.	316	Woods, Agness	F	FV55	Wesham Road Runners & AC	1:07:17	1:07:31
177.	263	Southworth, David	M	V60		1:07:32	1:07:54
178.	29	Bradbury, Amanda	F	FV40		1:07:36	1:08:03
179.	195	Moss, Damian	M	V55		1:07:45	1:08:04

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180.	174	Martin, Richard	M	Senior	Didsbury Runners	1:07:48	1:08:07
181.	39	Canning, Kieran	M	Senior		1:07:50	1:08:09
182.	283	Tabarn, Paula	F	FV45		1:08:01	1:08:28
183.	205	Nurse, Helen	F	FV55	Roundhay Runners	1:08:15	1:08:30
184.	181	Mcfarlane, Stephen	M	V50		1:08:43	1:08:49
185.	270	Stewart, Sue	F	FV75	Southport Waterloo AC	1:09:22	1:09:28
186.	5	Anderson, Emma	F	FV40		1:09:33	1:09:40
187.	145	Jones, Chris	M	V50		1:09:19	1:09:42
188.	243	Rotheram, Jo	F	FV70		1:09:38	1:09:45
189.	53	Collins, Angharad	F	FV45		1:09:28	1:09:50
190.	141	Jinks, Nicholas	M	V60		1:09:38	1:09:56
191.	304	Walton, Brad	M	V50		1:09:46	1:10:03
192.	124	Hinton, Meghan	F	Senior		1:09:58	1:10:04
193.	125	Hinton, Millie	F	Senior		1:09:58	1:10:04
194.	119	Hatton, Zoe	F	Senior		1:09:59	1:10:04
195.	48	Chadwick, Rachael	F	FV50		1:10:11	1:10:20
196.	14	Barry, Debbie	F	FV60	Lytham St Annes RR Club	1:10:17	1:10:34
197.	295	Tudor, Tony	M	V70		1:10:13	1:10:35
198.	231	Riley, Steve	M	V55	Liverpool Pembroke & Sefton H AC	1:10:34	1:10:44
199.	198	Myles, Helen	F	FV45		1:10:27	1:10:44
200.	86	Doyle, Lynne	F	FV50		1:10:23	1:10:46
201.	91	Dykes, Suzannah	F	FV50		1:10:24	1:10:46
202.	276	Sutcliffe, Joanne	F	FV55		1:10:47	1:10:56
203.	158	Li, Moxin	F	Senior		1:10:38	1:10:58
204.	62	Cooper, Nicky	F	FV45		1:10:43	1:11:03
205.	324	Ziegler, Margaret	F	FV60		1:11:00	1:11:13
206.	193	Merriman, Mike	M	V50		1:11:03	1:11:15
207.	47	Chadwick, Philip	M	V55		1:11:08	1:11:27
208.	183	McKiernan, Keith	M	V65		1:11:12	1:11:39
209.	31	Bridge, Eleanor	F	Senior	Southport Strollers Running Club	1:11:24	1:11:57
210.	148	Jones, Linda	F	FV55	Warrington Running Club	1:11:48	1:12:02
211.	235	Robinson, Heather	F	FV45		1:11:57	1:12:07
212.	11	Baggaley, Kathryn	F	FV50		1:11:44	1:12:09
213.	118	Harwood, Jill	F	FV55		1:12:08	1:12:29
214.	211	Owen, Laura	F	FV40		1:12:15	1:12:35
215.	38	Calvert, Margaret	F	FV60		1:12:28	1:12:43
216.	185	McNally, Joanne	F	Senior		1:12:28	1:12:47
217.	97	Farrer, Elaine	F	FV50	EPOT	1:12:53	1:12:59
218.	90	Dutton, Chris	M	Senior		1:12:39	1:13:03
219.	269	Stevens, Louise	F	FV40		1:12:53	1:13:08
220.	176	Massam, Janet	F	FV60	Southport Strollers Running Club	1:12:59	1:13:15
221.	61	Constantine, Sarah	F	FV35		1:12:58	1:13:20
222.	117	Guy, Melanie	F	FV40		1:13:11	1:13:22
223.	44	Carruthers, Jackie	F	FV60		1:13:16	1:13:31
224.	135	Ingram, Jane	F	Senior		1:13:15	1:13:32

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225.	8	Ashton, Gayle	F	FV45		1:13:12	1:13:34
226.	264	Spall, Alex	F	FV45		1:13:24	1:13:35
227.	215	Peck, Diane	F	FV45	Knowsley Harriers	1:13:21	1:13:36
228.	218	Phillips, Emma	F	FV40	Chester Road Runners	1:13:43	1:14:03
229.	126	Hobbs, Paula	F	FV55	Marsh Lane Harriers	1:14:13	1:14:39
230.	55	Colman, Joanna	F	FV45		1:14:37	1:15:00
231.	321	Wright, Neil	M	V70	Rimrose Runners	1:16:13	1:16:40
232.	72	Davies, Estelle	F	FV45		1:16:19	1:16:42
233.	172	Marston, Agnes	F	FV65		1:16:28	1:16:44
234.	81	Dodgson, David	M	V55		1:16:20	1:16:49
235.	281	Swinson, Oliver	M	V50		1:17:00	1:17:20
236.	128	Holton, Laura	F	FV40		1:17:16	1:17:45
237.	258	Silcox, Caroline	F	FV45	Southport Strollers Running Club	1:17:21	1:17:45
238.	267	Stanier, Amy	F	Senior		1:17:22	1:17:52
239.	60	Connelly, Lucy	F	Senior		1:17:22	1:17:52
240.	253	Shacklady, Brenda	F	FV65		1:17:58	1:18:06
241.	156	Lees, Wendy	F	FV45		1:17:52	1:18:20
242.	278	Swarbrick, Fiona	F	FV45		1:18:02	1:18:28
243.	175	Mason, Ena	F	FV60		1:18:27	1:18:58
244.	236	Robinson, Lesley	F	FV50		1:18:28	1:18:58
245.	98	Fieldmouse, Bex	F	FV40	Birkenhead Park Running Club	1:18:45	1:19:11
246.	139	Jepson, Lisa Rose	F	FV45	Vegan Runners UK	1:19:29	1:19:35
247.	144	Johnston, Stu	M	V55	Marsh Lane Harriers	1:19:14	1:19:41
248.	223	Quinn, Susie	F	FV60		1:19:40	1:20:00
249.	197	Mugan, Carrie	F	FV45	Girls That Jeff	1:19:34	1:20:05
250.	238	Robson, Jo	F	FV50		1:19:43	1:20:11
251.	249	Saunders, Joanne	F	FV45		1:19:44	1:20:12
252.	305	Walton, Janine	F	FV40	Southport Strollers Running Club	1:20:25	1:20:42
253.	40	Carlsson, Joan	F	FV70		1:20:58	1:21:14
254.	80	Dodd, Helen	F	FV50		1:21:28	1:21:46
255.	42	Carr, Debbie	F	FV60		1:21:27	1:21:46
256.	106	Gothard, Samantha	F	FV45	Knowsley Harriers	1:21:50	1:22:05
257.	78	Dillon, Erica	F	FV45		1:21:55	1:22:13
258.	180	McElhinney, Catherine	F	FV50	Southport Waterloo AC	1:21:49	1:22:13
259.	306	Ward, Katherine	F	FV55		1:22:57	1:23:18
260.	266	Spencer-Williams,	F	FV50		1:24:01	1:24:28
261.	110	Green, Ann	F	FV65	Kirkby Milers AC	1:24:15	1:24:35
262.	300	Vincent, Lauren	F	FV35		1:24:57	1:25:22
263.	234	Robinson, Bryan	M	V55		1:24:57	1:25:22
264.	157	Leigh, Warburton	F	FV50		1:26:06	1:26:23
265.	127	Hodgen, Chris	M	V45		1:27:23	1:27:55
266.	26	Boxford, Sarah	F	FV50		1:28:36	1:28:56
267.	99	Finch, Rach	F	FV40	Lakeside runners	1:28:29	1:29:01
268.	182	McGrail, Lesley	F	FV45	St Helens Striders	1:30:06	1:30:27
269.	19	Berry, Steven	M	V45		1:30:06	1:30:27

Red Squirrel 10k 2025

Overall Results

Plac	Bib	Name	Gende	AG	Club	ChipTim	GunTim
270.	43	Carrigan, Georgia	F	Senior		1:32:01	1:32:27
271.	92	Ebbrell, Judith	F	FV55		1:31:59	1:32:32
272.	217	Perrin, Hannah	F	Senior		1:34:01	1:34:34
273.	240	Rooney, Suzanne	F	FV55	Knowsley Harriers	1:34:32	1:34:47
274.	190	Mellet, Francis	M	V60	Knowsley Harriers	1:34:32	1:34:48
275.	308	Webster, Christine	F	FV50		1:35:15	1:35:44
276.	290	Thompson, Michael	M	V70		1:42:30	1:42:44
277.	102	Gaden, Sam	F	FV45		1:47:03	1:47:34
278.	248	Sargent, Ruth	F	FV50	Southport Strollers Running Club	1:47:04	1:47:35
279.	111	Green, Helen	F	FV45	Fordy Runs Running Club	1:47:05	1:47:36
280.	309	Wightman, Alison	F	FV50	Fordy Runs Running Club	1:48:39	1:49:10
281.	7	Andrew, Jacqui	F	FV55		1:48:39	1:49:11

Number of records: 281