

Southport 10K

1986	370	G Helme	St Helens	31.36		C Jolly	Wigan H	36.33
1987	310	I Postlethwaite	Copeland	31.09		L Kennedy	Wallasey	38.22
1988	447	M McLoughlin	Pembroke	29.25		S Crehan	Sale	33.41
1989	402	M McLoughlin	Pembroke	31.48		J Rothwell	St Helens	39.30
1990	443	J Woods	Liv H	30.26		S Crehan	Sale	36.22
1991	496	O Ludago	Tanzania	29.34		A Williams	Sale	33.25
1992	482	B Masya	Kenya	29.49		C Mijovic	Birchfield	35.26
1993	480	M McLoughlin	Pembroke	30.12		K McKeown	Liv H	37.34
1994	336	P Blake	Wigan H	32.07		J Harris	Newburgh	42.42
1995	279	P Cadwallader	Liv H	30.45		J Taylor	Liv H	38.10
1996	334	M McLoughlin	PemSeft	30.57		H Pattinson	Preston	35.56
1997	369	B Currie	Liv H	31.27		H Pattinson	Preston	36.03
1998	376	G Raven	E Cheshire	31.41		J Crompton	U	37.02
1999	419	B Masya	Kenya	30.15		J Crompton	U	36.46
2000	501	J Kelly	Sth Liv	33.08		D Curley	Wigan Ph	35.43
2001	709	R Berry	SWAC	31.16		D Curley	Wigan Ph	35.13
2005	413	R Berry	SWAC	33.02		R Moore	Wigan Ph	37.38
2006	618	T Elly	Salford	32.01		A Crook	SWAC	39.04
2007	483	R Deakin	Birchfield	32.39		J Clague	Liv H	36.43
2008	566	D Nicholls	Wilmslow	33.24		K Longley	U	38.44
2009	689	M Keeley	Liv H	32.36		S Whiteside	Liv H	40.46
2010	528	S Robinson	Blackpool	32.15		A Crook	SWAC	37.55
2011M	759	D Hamilton	SWAC	37.19		T Peters	SWAC	42.33
2011	564	D Nicholls	Wimslow	33.09		K Longley	PemSefton	38.54

1986-2001 Southport Waterloo Good Friday 10K 2005-2011 Southport Seaside 10K M=MadDog 10K

Waterloo 15K

1985	250?	D Evans	Sefton?	49.10?		Not known		??
1986	450?	J Lavery	Sefton	53.27?		Not known		??
1987	435?	J Lavery	Pembroke	49.07		P Davies	Frodsham	??
1988	461	I Dandy	Preston	49.46		W McRae	SWAC	65.15
1989	414	D Evans	Liv H	50.05		C Johnson	Penny Lane	63.37
1990	555	J Woods	Liv H	47.01		J Taylor	St Helens	58.24
1991	558	N Smart	Sale	47.38		S Crehan	Sale	59.06
1992	451	D Dudley	Pembroke	47.07		C Nevin	Penny Lane	60.47
1993	534	B Currie	Liv H	46.01		S Crehan	Sale	58.38
1994	444	B Currie	Liv H	48.50		J Crompton	U	62.50
1995	356	P Cadwallader	Liv H	47.07		J Rushleigh	Bolton	57.24
1996	410	N Vengdsalam	PemSeft	46.59		J Rushleigh	Bolton	56.03
1997	492	D Dudley	PemSeft	47.32		A Fletcher	Dulwich	58.20
1998	498	L Cadwallader	Liv H	48.17		J Crompton	U	55.50
1999	538	B Masya	Kenya	47.28		L Heyes	Wigan Ph	57.44
2000	521	N Vengdsalam	PemSeft	49.10		L Heyes	Wigan Ph	58.54
2001	638	P Cadwallader	PemSeft	51.52		J Crabb	U	59.14
2002	582	P Cadwallader	PemSeft	50.47		S Green	Frodsham	63.08
2003	585	P McGlory	Liv H	50.56		S Cooper	SWAC	61.06
2004	614	N Vengdsalam	PemSeft	50.46		S Cooper	SWAC	62.08
2005	670	P McGlory	Liv H	49.46		B Jenkins	Salford	56.58
2006	553	J McCole	Liv H	51.43		S Dean-Hward	SWAC	61.40
2007	481	P Freary	Belgrave	49.58		J Clarke	Wilmslow	61.53
2008	528	M Moorhouse	Salford	51.08		L Fitzgerald	Bolton	64.37
2009	460	R Burney	Liv H	50.02		K Longley	PemSeft	58.13
2010	459	J McCole	Liv H	50.36		B Andrews	Aldershot	59.05

2011	429	B Johnson	SWAC	53.13		A Crook	SWAC	57.32
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Southport Good Friday 4 Mile Races

2002	380	P Freary	Belgrave	19.13		S Wilkinson	Salford	21.44
2003	408	S Deakin	Leeds	19.58		R Jones	Salford	22.10
2004	462	P Freary	Belgrave	19.26		J Clague	Liv H	21.53
2005	400	B Hussain	Stockport	19.59		P Powell	Blackburn	21.40
2006	467	R Berry	SWAC	19.29		L Gardner	Lancaster	22.43
2007	262	R Berry	SWAC	19.51		A Crook	SWAC	24.01
2008	268	P Leybourne	Blackpool	21.03		R Jones	Salford	23.15
2009	297	R Burney	Liv H	19.44		A Crook	SWAC	23.40
2010	278	C Busaileh	Herne Hill	20.08		K Longley	PemSeft	24.35
2011	266	J Mellor	Liv H	18.59		D Allen	Leigh	22.43

Southport Half Marathon

1984S	1372	P Morris	Liv H	68.34*		K Krawczyk	Bolton	87.42*
1985S	876	I Dandy	Preston	68.16		DH: D Cheetham DH A Cunningham	U	95.26
1986P	472	P Morris	Liv H	71.24		D Cheetham	U	99.45
1986S	848	H Clague	St Helens	68.49		J Walmsley	Red Rose	91.40
1986N	263	I Dandy	Preston H	69.39		J Walmsley	Preston H	84.52
1987S	704	C Haskett	Bolton	67.38		R Hancock	Pegasus	89.03
1987N	?	C Demet	Salford H	70.06		J Walmsley	Preston H	94.45
1990	427	G Helme	Red Cts	68.16		B Smith	Penny Lane	88.39
1991	350	N Smart	Sale	68.25		K Harrison	SWAC	89.21
1992	250	M Roberts	Potteries	68.42		S Catterall	Bolton	82.44
1993	285	J Wiczock	AccRR	70.10		K McKeown	Liv H	85.43
1994	248	P Cadwallader	Liv H	68.32		U Creach	South Liv	87.02
1995	430	K Taylor	SWAC	68.53		K Charnock	Wigan H	84.11
1996	429	P Cadwallader	Liv H	71.04		J Sullivan	Wigan H	84.52
1997	268	K Taylor	SWAC	68.32		S Cooper	SWAC	85.54
1998	279	N Vengdasalam	PemSeft	68.44		S Beconsall	Todmorden	88.27
1999	350	M Collins	Liv RC	72.59		S Cooper	SWAC	85.35

*400 yards short 1984/5 P= Pier Half Marathon S = Sizzler Half Marathon N= Pontins Natterjack Half

Southport Town Centre 5K

1986	177	G Helme	St Helens	14.11		S Creham	Sale	16.05
1987	125	P Helm	Pembroke	14.35		K Ryan	Wigan H	19.34
1988	164	S Anders	St Helens	14.29		S Crehan	Sale	16.32
1989	142	K McGee	Salford	14.40		C Dawkins	Horwich	18.31
1990	124	N Smart	Sale	14.25		J Boardman	Wigan H	17.11
1991	158	M McLoughlin	Pembroke	14.05		S Rigg	Warrington	17.00
1992	196	L Cadwallader	Liv H	14.35		D Wakefield	Bolton	18.34
1993	184	P Freary	Bolton	14.22		S Crehan	Sale	17.07
1994	190	L Cadwallader	Liv H	14.39		S Crehan	Sale	18.07
1995	144	N Rimmer	Sale	14.31		L Quigley	Wigan Ph	17.53
1996	120	N Jones	Vale Royal	14.52		P Morgan	Liv H	17.30
1997	128	M McLoughlin	PemSeft	15.07		Y Danson	U	17.00
1998	92	R Berry	PemSeft	15.14		A Wyeth	Harrow	16.38

1999	110	N Jones	Tipton	14.32		E Ford	Liv H	17.15
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Southport Beach Race

SWAC 10 MILES BEACH RACE									
1983	10m	766	R Woodley	Chelmsford	51.20*		S Catterall	Chorley	63.47*
1984	10m	1204	G Helme	St Helens	52.18		C Harkin	Bolton	61.05
1985	10m	1009	P Campbell	Bolton	52.38		C Harkin	Bolton	63.23
1986	10m	760	G Helme	St Helens	50.27		M Platt	Chorley	69.26
1987	10m	566	K Moss	Chorley	52.14		M Platt	Chorley	68.47
1988	10m	529	G Helme	St Helens	52.36		S Crehan	Sale	61.51
1989	10m	421	E Williams	Stockport	50.30		J Rothwell	St Helens	63.31
1990	10m	287	P Cadwallader	Sefton	54.00		K Harrison	SWAC	69.31
SWAC 10 KILOMETRES BEACH RACE									
1991	10K	303	N Smart	Sale	32.25		K Harrison	SWAC	42.18
1992	10K	330	K Taylor	Red Counties	32.35		K Harrison	SWAC	39.54
1993	10K	396	P Sixsmith	Schildon	33.27		J Ashworth	Midd	40.00
1994	10K	355	P Cadwallader	Liv H	32.13		C Banlin	SouthLiv	39.18
1995	10K	281	N Gaskell	U	34.01		J Ashworth	Midd	40.52
1996	10K	235	D Edwards	South Liv	34.44		J Crompton	SWAC	42.08
DW FITNESS SOUTHPORT BEACH 10K (part beach/part road)									
2011	10K								

Beach Race 300 yards short 1983

Southport Autumn 5

2000	308	J Worthington	Wigan Ph	26.58		C Greasby	Macclesfield	30.19
2001	255	N Tattersall	Hyndburn	25.31		K Charnock	Wigan Ph	29.22
2002	219	P Cadwallader	PemSeft	26.09		J Raffel	Wigan Ph	30.45
2003	272	B Hussain	Stockport	25.53		L Proctor	Bolton	28.43
2004	240	C Hardman	Salford	25.37		R Jones	Salford	29.21

Red Sunset 5

1985	?	H Clague	St Helens	25.05		?		
1986	139	C Hughes	SWAC	25.59		?		
1987	160	D Owen?	Liv RC?	27.14		C Quirk	Skem BH?	35.17
1988	173	R Berry	SWAC?	26.43		W McRae	SWAC	34.21
1989	139	P Helm	Pembroke	25.45		J Rothwell	Liv H	30.43
1990	124	K Taylor	SWAC	26.56		K Harrison	SWAC	34.16
1991	119	R Seddon	SWAC	26.45		K Harrison	SWAC	32.40
1992	125	L Cadwallader	Liv H	25.15		Y Turner	SWAC	33.57
1993	86	P Sixsmith	Schildon	26.49		C Cutner	SWAC	34.08
1994	98	P Cadwallader	Liv H	25.33		S Crehan	Sale	33.43
1995	88	N Gaskell	U	26.21		S Coulthurst	Red Rose	33.23
1996	90	M Jones	SWAC	27.57		J Taylor	Liv H	30.35

PRESTON 10

1982	924	C Dagnall	Liv H	52.11		J Asgill	Sale	58.59
1983	917	S Anders	St Helens	48.21		C Harkin	Bolton	57.33
1984	940	R Brewster	Clayton-le-M	49.06		M Hurst	Clayton-le-M	57.13
1985	774	R Brewster	Clayton-le-M	48.53		M Hurst	Clayton-le-M	56.23
1986	805	R Brewster	Clayton-le-M	49.06		M Hurst	Clayton-le-M	57.10
1987	871	R Brewster	Clayton-le-M	48.50		J Asgill	Stretford	59.38
1988	702	R Peers	Altrincham	49.52		J Cowper	Imperial	58.58
1989	832	J Kelly	Liv H	50.54		L Everington	Kendal	60.20
1990	607	N Smith	Burnley	50.42		J Boardman	Wigan Ph	60.51
1991	447	I Dandy	Preston H	50.44		J Boardman	Wigan Ph	61.23
1992	430	S Gildert	Preston H	50.09		P Powell	Blackburn	60.24
1993	403	A Barlow	Salford	50.29		J Kenyon	Horwich	58.52
1994	383	I Postlethwaite	Barrow	50.43		L Quigley	Red Rose	60.22
1995	320	P Banks	Blackburn	50.50		J Kenyon	Horwich	58.18
1996	386	B Burns	Preston H	50.36		J McGee	Lancaster & M	62.37
1997	386	M McLoughlin	PemSef	50.33		A Vesey	Altrincham	63.08
1998	349	A Rowe	Wesham	52.24		B Allott	Salford	58.31
1999	395	S Simpson	Blackpool	50.39		K Wood	Glossopdale	59.31
2000	300	B Burns	Salford	51.51		C Betmead	Nth Fylde	61.55
2001	337	S Littler	N Fylde	53.25		A Allen	Tipton	60.29
2002	420	S Littler	N Fylde	52.12		C Betmeade	N Fylde	60.46
2003	421	B Burns	Salford	50.11		K Wood	Stockport	63.30
2004	343	R Hayman	Sale	53.22		P Powell	Blackburn	58.05
2005	423	P Freary	Belgrave	51.33		T McIntosh	Central AC	61.29
2006	363	R Hayman	Sale	52.04		S Samme	Lytham	60.47
2007	385	A Sutton	Preston H	51.47		L Gardner	Lancaster & M	58.08
2008	347	G Butler	Preston H	54.29		C Betmead	Blackpool	60.55
2009	365	C Livesey	Preston H	52.59		G Unsworth	Blackpool	60.44
2010	387	S Littler	Wesham RR	52.10		S Ridehalgh	Accrington RR	61.04
2011	384	A Jones	Salford	49.43		J Clague	Liv H	59.49

RUFFORD 10K

1992	91	I Corrin	Red Counties	32.22		G Farnworth	Chorley H	42.20
1993	97	C Brooks	Liv Pem	32.30		Y Turner	Newburgh	41.11
1994	70	C Brooks	Liv Pem	31.53		L Gore	Wigan Ph	38.25
1995		?				?		
1996		?				?		
1997		?				?		
1998	154	E McGrath	Liffey Valley	32.45		K Charnock	Wigan Ph	37.48
1999	99	J Worthington	Wigan Ph	33.34		S Cooper	SWAC	38.32
2000	178	G Helme	SWAC	33.01		K Charnock	Wigan Ph	36.38
2001	163	J Hodgson	Horwich	32.05		S Cooper	SWAC	38.16
2002	186	A Wood	Wigan Ph	33.01		S Cooper	SWAC	38.48
2003	182	J Worthington	Wigan Ph	32.42		L Clough	Wigan Ph	38.15
2004	?	P Freary	Belgrave	32.35		S Cooper	SWAC	39.27
2005	212	R Hayman	Sale	32.10		V Gill	Chorley H	36.53
2006	155	R Hayman	Sale	32.44		K Ingram	Horwich	38.09
2007	121	R Hayman	Horwich	32.53		J Mann	Wigan Ph	39.26
2008	83	P Sankey	Liv RC	33.12		V Bryant	Wigan Ph	39.17

2009	186	P Sankey	Liv RC	32.46		B Wright	Blackpool	38.31
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ORMSKIRK HALF MARATHON

1983	?	M Saunders	?	67.08**		J Richardson?	?	?
1984	800+	A Jessop	St Helens	66.14**		J Rothwell	Liv H	77.09**
1985	745	G Cairns	Sefton	68.19		J Rothwell	Liv H	75.12
1986	705	A Jessop	St Helens	69.33		J Rothwell	Liv H	78.18
1987	500?	B Gillispie	Sefton	70.00?		J Rothwell	Liv H	?
1988	505	D Wilson	LivPem	68.17		K Cox	?	94.20
1989	530	D Wilson	LivPem	68.28		S Crehan	Sale	81.48
1990	428	D Wilson	LivPem	68.39		J Taylor	Liv H	84.55
1991	431	P Cadwallader	Liv H?	69.11		G Beschloss		77.07
1992	500?	DH:M McLoughlin DH N Vengdasalam	LivPem LivPem	66.57		S Catterall	Bolton	83.22
1993	622	M McLoughlin	LivPem	64.44		S Catterall	Bolton	84.11
1994	497	K Usher	LivPem	71.06		D Wakefield	Sale	?
1995	400	P Cadwallader	LivH	68.45		L Gore	Wigan Ph	85.00
1996	388	M McLoughlin	LivPem	67.07		L Gore	Wigan Ph	82.36
1997	275	C Brooks	LivPem	68.42		L Yates	Army	87.53
1998	147	P Worthington	Burnden	73.45		S Cooper	SWAC	86.07

** Short Course 1983 + 1984

PARBOLD HILL RACE (slight variations in courses)

Pre 88		??						
1988	400+	R Owen	Horwich	37.57		C Walkington	Horwich	46.34
1989	294	R Owen	Blackburn	37.45		V Brindle	Clayton-le-M	44.42
1990	240	N Smart	Sale	36.19		K Drake	Spenborough	44.16
1991	264	N Smart	Sale	37.05		J Harold	Horwich	47.53
1992	279	N Smart	Sale	36.32		K Drake	Spenborough	44.28
1993	282	R Smith	Horwich	37.35		J Kenyon	Horwich	42.24
1994	427	L Cadwallader	Liv H	37.49		J Kenyon	Horwich	44.44
1995	303	B Reiper	Leigh	41.02		J Kenyon	Horwich	48.35
1996	356	P Cadwallader	Liv H	39.37		J Kenyon	Horwich	45.59
1997	445	M Jones	Horwich	37.13		C H-Rowe	Horwich	45.57
1998	484	J Brown	Salford	39.19		P Hope	Bolton	48.15
1999		?				?		
2000	392	D Flatley	Horwich	40.42		G Jones	St Helens Str	53.35
2001		No Race				No Race		
2002	402	J Hodgson	Horwich	39.44		L Heyes	Salford	46.36
2003	400	P Cadwallader	PemSef	40.31		L Heyes	Salford	46.12
2004	408	B Hussain	Stockport	41.11		K Hewitt	Warrington	45.22
2005	331	R Burney	Liv H	42.21		A Pichtrova	Clayton-le-M	46.43
2006	458	R Berry	SWAC	40.13		O Walwyn	Horwich	45.31
2007	452	R Berry	SWAC	41.27		K Ingram	Horwich	48.38
2008	456	R Burney	Liv H	39.47		K Ingram	Horwich	46.14
2009	439	R Burney	Liv H	40.50		L Heyes	Horwich	49.48
2010	473	N Leigh	Altrincham	40.58		L Whitfield	Spectrum	49.48
2011	467	N Leigh	Altrincham	40.49		D Campbell	Skem BH	50.21
2012	502	A Peers	Liv H	40.43		D Campbell	Skem BH	49.48

HARROCK HILL RACE (slight variations in course)

M 2000	?	?			?		
Jn 2000	?	?			?		
Jl 2000	40	?			?		
A 2000	52	?			?		
2001		No Race			No Race		
M 2002	55	J Logue	Horwich	31.29	A Powell	Leigh	38.09
Jn 2002	63	C Seddon	Horwich	33.08	J Coleman	Chorley	42.11
Jl 2002	71	P Muller	Horwich	32.21	J Coleman	Chorley	42.31
A 2002	72	P Muller	Horwich	32.12	J Coleman	Chorley	42.04
M 2003	86	P Muller	Horwich	31.41	S Budgett	Horwich	39.24
Jn 2003	80	P Muller	Horwich	31.59	L Clough	Wigan Ph	37.14
Jl 2003	80	M Laithwaite	Wigan Ph	33.22	L Heyes	Salford	36.38
A 2003	97	P Muller	Horwich	31.06	F Benn	SWAC	39.22
M 2004	108	P Muller	Horwich	31.45	S Jones	Horwich	38.45
Jn 2004	83	P Muller	Horwich	32.58	K Ingram	Horwich	39.25
Jl 2004	122	P Freary	Belgrave	32.12	A Worthington	Leigh	37.05
A 2004	99	D Hope	Pudsey	32.51	S Budgett	Horwich	40.30
M 2005	115	D Kay	Horwich	32.08	Y Wyke	Wigan Ph	40.44
Jn 2005	115	D Hope	Pudsey	31.23	K Ingram	Horwich	39.13
Jl 2005	137	D Kay	Horwich	31.51	A Worthington	Leigh	37.26
A 2005	96	S Bolland	Bowland	31.25	S Budgett	Horwich	39.42
M 2006	142	S Bolland	Bowland	31.42	D Culshaw	Wigan Ph	38.31
Jn 2006	115	N Leigh	Pudsey	31.21	L Jolley	Wigan Ph	37.38
Jl 2006	136	P Freary	Belgrave	31.08	Y Wyke	Wigan Ph	37.22
A 2006	141	N Leigh	Pudsey	30.28	S Dean Howard	SWAC	38.16
M 2007	92	N Leigh	Pudsey	31.51	P Jackson	Horwich	36.45
Jn 2007	123	R Maddams	Horwich	32.11	P Jackson	Horwich	36.42
Jl 2007	129	N Leigh	Pudsey	31.46	K Ingram	Horwich	36.06
A 2007	148	N Leigh	Pudsey	31.13	Y Wyke	Wigan Ph	38.57
M 2008	99	A Buttery	Rossendale	32.25	L Farhall	Spectrum	39.54
Jn 2008	116	C Pass	Wesham	32.30	A Crook	SWAC	37.36
Jl 2008	112	A Buttery	Rossendale	32.49	Y Wyke	Wigan Ph	38.42
A 2008	123	S Bolland	Bowland	33.27	C Burns	Horwich	40.14
M 2009	115	R Shearer	SWAC	33.42	J Goorney	Wesham	40.08
Jn 2009	118	P Bolton	Rossendale	33.08	Y Wyke	Parbold PP	39.50
Jl 2009	124	P Matthews	Blackburn	33.06	Y Wyke	Parbold PP	38.35
A 2009	100	R Shearer	SWAC	33.11	Y Wyke	Parbold PP	39.15
M2010	189	J Kevan	Horwich	30.57	R Jefferson	Warrington	37.36
Jn 2010	111	N Leigh	Pudsey	32.36	D Wright	Wigan Ph	38.01
Jl 2010	137	R Burney	Liv H	31.15	A Crook	SWAC	37.30
A 2010	168	D Kay	Pudsey	31.38	L Whitfield	Spectrum	37.52
M2011	173	J Morrisey	Wigan Ph	32.02	D Campbell	Skem BH	38.09
Jn 2011	135	A Buttery	Rossendale	32.55	L Brindle	Horwich	36.54
Jly2011	133	A Buttery	Rossendale	32.55	L Brindle	Horwich	37.14
A 2011	198	A Buttery	Rossendale	33.12	S Parkinson	Chorley H	36.31