

# Race Results (by category) - Capenhurst 5K

27/08/2003

Name	Running Club	Time	Name	Running Club	Time
<b>U40</b>			Dave Topping	Vale Royal	21.34
S Shields	Abergele Harriers	15.36	Brian Marr	Wirral AC	24.05
Mike Shaw	Stockport Harriers	16.12	Frank Ball	Unattached	24.36
Steve Spence	Wirral AC	16.14	<b>O40</b>		
Ken Begley	West Cheshire	16.19	Chris Davies	Buckley Runners	16.39
Dave Sargent	Ellesmere Port RC	16.23	Tim Davies	Buckley runners	17.17
Adrian Timmins	Wirral AC	16.34	Dave Boothroyd	Buckley Runners	18.07
Clive West	Buckley Runners	16.46	Arthur Wilson	Birkenhead AC	18.1
Jonny Mellor	Wirral Ac	16.52	Paul Robertson	Ellesmere Port RC	18.12
John Earleston	Abergele	16.56	John Jennings	Ellesmere Port R C	19.21
Iain Wedge	West Cheshire	17.11	John Coats	Road Runners Club	20.35
Darren Blazier	Abergele	17.27	Steve Collier	Unattached	20.39
Albert Dejong	Spectrum Striders	17.28	F Herald	Wrexham Tri	21.52
M Burns	Liverpool RC	18.06	Stuard Wood	unattached	22.26
Simon Jones	Abergele Harriers	18.19	James Harrington	Unattached	22.28
Steven Crowe	Ellesmere Port RC	18.38	David Shaw	Unattached	23.55
Gary Munsey	Unattached	18.51	C. M. Richards	Unattached	25.47
Paul Donoghue	Buckley Runners	19	<b>FU35</b>		
Andy Ault	Vale Royal	19.38	Emma Parry	Wrexham AC	19.31
Tony Man	Penny Lane Striders	19.41	Helen Fowles	Vale Royal	20.09
Ian Harris	Spectrum Stiders	20.1	Penny Thorn	Vale Royal AC	20.23
Steve Blaylock	Ellesmere Port RC	20.16	Pamela Thurtle	Penny Lane Striders	20.43
Bryan Griffiths	unattached	21.27	Tracy Donoghue	Buckley Runners	22.59
Mark Andrew Smith	Warrington AC	22.02	Louise Hemmings	Unattached	23.31
Mark Edwards	Unattached	22.18	Nia Williams	Unattached	25.18
Brian Treadwell	Wreccsam Tri	23.23	Sinead Malone	David Lloyd Runners	25.5
Andy Wilson	Unattached	23.54	Claire Lindsay	Unattached	27.01
<b>U20</b>			<b>FU20</b>		
Stephen Marr	Wirral AC	19.24	Karine Hawitt	Warrington AC	17.02
<b>O70</b>			Ellen Patrick	Warrington	19.45
Trevor Prescott	St Helens Sutton AC	28.45	Heather Timmins	Warrington	20.02
<b>O65</b>			Alison Patrick	Warrington	23.35
Ronnie Jones	Wirral Ac	20.45	<b>FO50</b>		
Bill Mansley	Spectrum Striders	24.14	Audrey Foster	Horwich RMI Harriers	20.48
<b>O60</b>			Rosemary Price	Deestridders	22.32
Alan Bewley	Unattached	20.11	Anne Hurrell	Northern vets	26.59
Maurice Hodkinson	Northern Vets	20.29	<b>FO40</b>		
<b>O55</b>			Debbie Edmondson	David Lloyds Runners	20.03
Geoffrey Harvey	West Cheshire	24.37	Carol Shaw	Helsby Running Club	24.01
<b>O50</b>			Cathy Lamb	Unattached	25.54
Tony Smith	Ellesmere Port RC	18.38	Ann Collier	Unattached	26.4
Barry Chambers	Vale Royal	19.45	Anna Riley	unattached	26.59
Alan Durston	Ellesmere Port RC	19.51	<b>FO35</b>		
John Raftery	Wallasey AC	20.15	Kristy Stephenson	Abergele Harriers	20.17
Binn Vinton	West Cheshire AC	20.25	Tracey Ellis	Ellesmere Port RC	23.56
Philip J Smith	Red Herrings	22.49	Tracy Lewis-John	Ellesmere Port	24.09
<b>O45</b>			Henrietta Grice	Helsby Running Club	24.35
Arthur Deane	Unattached	16.16	Corinne Wood	unattached	25.47
Peter Maher	Vale Royal AC	17.14	<b>F045</b>		
Graham Earlam	West Cheshire	17.23	Jacky Thorn	Vale Royal	19.55
Gary Withers	West Cheshire	17.31	Lynn Spruce	Wrexham	22.26
Paul Price	West Cheshire AC	18.14	Valarie Ball	Helsby	25.2
David Crawford	West Cheshire AC	19.05	Carole Lavelle	Unattached	27.05
Sergey Ryabov	Vale Royal	20.12			