

Race Results - Capenhurst 5K

27/08/2003

Pos.	Name	Cat.	Running Club	Time	Pos.	Name	Cat.	Running Club	Time
1	S Shields	U40	Abergele Harriers	15.36	47	Steve Blaylock	U40	Ellesmere Port RC	20.16
2	Mike Shaw	U40	Stockport Harriers	16.12	48	Kristy Stephenson	FO35	Abergele Harriers	20.17
3	Steve Spence	U40	Wirral AC	16.14	49	Penny Thorn	FU35	Vale Royal AC	20.23
4	Arthur Deane	O45	Unattached	16.16	50	Binn Vinton	O50	West Cheshire AC	20.25
5	Ken Begley	U40	West Cheshire	16.19	51	Maurice Hodgkinson	O60	Northern Vets	20.29
6	Dave Sargent	U40	Ellesmere Port RC	16.23	52	John Coats	O40	Road Runners Club	20.35
7	Adrian Timmins	U40	Wirral AC	16.34	53	Steve Collier	O40	Unattached	20.39
8	Chris Davies	O40	Buckley Runners	16.39	54	Pamela Thurtle	FU35	Penny Lane Striders	20.43
9	Clive West	U40	Buckley Runners	16.46	55	Ronnie Jones	O65	Wirral Ac	20.45
10	Jonny Mellor	U40	Wirral Ac	16.52	56	Audrey Foster	FO50	Horwich RMI Harriers	20.48
11	John Earlston	U40	Abergele	16.56	57	Bryan Griffiths	U40	unattached	21.27
12	Karine Hawitt	FU20	Warrington AC	17.02	58	Dave Topping	O45	Vale Royal	21.34
13	Iain Wedge	U40	West Cheshire	17.11	59	F Herald	O40	Wrexham Tri	21.52
14	Peter Maher	O45	Vale Royal AC	17.14	60	Mark Andrew Smith	U40	Warrington AC	22.02
15	Tim Davies	O40	Buckley runners	17.17	61	Mark Edwards	U40	Unattached	22.18
16	Graham Earlam	O45	West Cheshire	17.23	62	Stuard Wood	O40	unattached	22.26
17	Darren Blazier	U40	Abergele	17.27	63	Lynn Spruce	FO45	Wrexham	22.26
18	Albert Dejong	U40	Spectrum Striders	17.28	64	James Harrington	O40	Unattached	22.28
19	Gary Withers	O45	West Cheshire	17.31	65	Rosemary Price	FO50	Deestridders	22.32
20	M Burns	U40	Liverpool RC	18.06	66	Philip J Smith	O50	Red Herrings	22.49
21	Dave Boothroyd	O40	Buckley Runners	18.07	67	Tracy Donoghue	FU35	Buckley Runners	22.59
22	Arthur Wilson	O40	Birkenhead AC	18.1	68	Brian Treadwell	U40	Wreccsam Tri	23.23
23	Paul Robertson	O40	Ellesmere Port RC	18.12	69	Louise Hemmings	FU35	Unattached	23.31
24	Paul Price	O45	West Cheshire AC	18.14	70	Alison Patrick	FU20	Warrington	23.35
25	Simon Jones	U40	Abergele Harriers	18.19	71	Andy Wilson	U40	Unattached	23.54
26	Tony Smith	O50	Ellesmere Port RC	18.38	72	David Shaw	O40	Unattached	23.55
27	Steven Crowe	U40	Ellesmere Port RC	18.38	73	Tracey Ellis	FO35	Ellesmere Port RC	23.56
28	Gary Munsey	U40	Unattached	18.51	74	Carol Shaw	FO40	Helsby Running Club	24.01
29	Paul Donoghue	U40	Buckley Runners	19	75	Brian Marr	O45	Wirral AC	24.05
30	David Crawford	O45	West Cheshire AC	19.05	76	Tracy Lewis-John	FO35	Ellesmere Port	24.09
31	John Jenning	O40	Ellesmere Port R C	19.21	77	Bill Mansley	O65	Spectrum Striders	24.14
32	Stephen Marr	U20	Wirral AC	19.24	78	Henrietta Grice	FO35	Helsby Running Club	24.35
33	Emma Parry	FU35	Wrexham AC	19.31	79	Frank Ball	O45	Unattached	24.36
34	Andy Ault	U40	Vale Royal	19.38	80	Geoffrey Harvey	O55	West Cheshire	24.37
35	Tony Man	U40	Penny Lane Striders	19.41	81	Nia Williams	FU35	Unattached	25.18
36	Ellen Patrick	FU20	Warrington	19.45	82	Valarie Ball	FO45	Helsby	25.2
37	Barry Chambers	O50	Vale Royal	19.45	83	C. M. Richards	O40	Unattached	25.47
38	Alan Durston	O50	Ellesmere Port RC	19.51	84	Corinne Wood	FO35	unattached	25.47
39	Jacky Thorn	FO45	Vale Royal	19.55	85	Sinead Malone	FU35	David Lloyd Runners	25.5
40	Heather Timmins	FU20	Warrington	20.02	86	Cathy Lamb	FO40	Unattached	25.54
41	Debbie Edmondson	FO40	David Lloyds Runners	20.03	87	Ann Collier	FO40	Unattached	26.4
42	Helen Fowles	FU35	Vale Royal	20.09	88	Anna Riley	FO40	unattached	26.59
43	Ian Harris	U40	Spectrum Stiders	20.1	89	Anne Hurrell	FO50	Northern vets	26.59
44	Alan Bewley	O60	Unattached	20.11	90	Claire Lindsay	FU35	Unattached	27.01
45	Sergey Ryabov	O45	Vale Royal	20.12	91	Carole Lavelle	FO45	Unattached	27.05
46	John Raftery	O50	Wallasey AC	20.15	92	Trevor Prescot	O70	St Helens Sutton AC	28.45