

Race Results (Ladies) - Capenhurst 5K

27/08/2003

| Pos. | Name | Cat. | Running Club | Time | Pos. | Name | Cat. | Running Club | Time |
|-------------|--------------------------|-------------|----------------------|-------------|-------------|-------------|-------------|---------------------|-------------|
| 1 | Karine Hawitt | FU20 | Warrington AC | 17.02 | | | | | |
| 2 | Emma Parry | FU35 | Wrexham AC | 19.31 | | | | | |
| 3 | Ellen Patrick | FU20 | Warrington | 19.45 | | | | | |
| 4 | Jacky Thorn | FO45 | Vale Royal | 19.55 | | | | | |
| 5 | Heather Timmins | FU20 | Warrington | 20.02 | | | | | |
| 6 | Debbie Edmondson | FO40 | David Lloyds Runners | 20.03 | | | | | |
| 7 | Helen Fowles | FU35 | Vale Royal | 20.09 | | | | | |
| 8 | Kristy Stephenson | FO35 | Abergele Harriers | 20.17 | | | | | |
| 9 | Penny Thorn | FU35 | Vale Royal AC | 20.23 | | | | | |
| 10 | Pamela Thurtle | FU35 | Penny Lane Striders | 20.43 | | | | | |
| 11 | Audrey Foster | FO50 | Horwich RMI Harriers | 20.48 | | | | | |
| 12 | Lynn Spruce | FO45 | Wrexham | 22.26 | | | | | |
| 13 | Rosemary Price | FO50 | Deestriders | 22.32 | | | | | |
| 14 | Tracy Donoghue | FU35 | Buckley Runners | 22.59 | | | | | |
| 15 | Louise Hemmings | FU35 | Unattached | 23.31 | | | | | |
| 16 | Alison Patrick | FU20 | Warrington | 23.35 | | | | | |
| 17 | Tracey Ellis | FO35 | Ellesmere Port RC | 23.56 | | | | | |
| 18 | Carol Shaw | FO40 | Helsby Running Club | 24.01 | | | | | |
| 19 | Tracy Lewis-John | FO35 | Ellesmere Port | 24.09 | | | | | |
| 20 | Henrietta Grice | FO35 | Helsby Running Club | 24.35 | | | | | |
| 21 | Nia Williams | FU35 | Unattached | 25.18 | | | | | |
| 22 | Valarie Ball | FO45 | Helsby | 25.2 | | | | | |
| 23 | Corinne Wood | FO35 | unattached | 25.47 | | | | | |
| 24 | Sinead Malone | FU35 | David Lloyd Runners | 25.5 | | | | | |
| 25 | Cathy Lamb | FO40 | Unattached | 25.54 | | | | | |
| 26 | Ann Collier | FO40 | Unattached | 26.4 | | | | | |
| 27 | Anne Hurrell | FO50 | Northern vets | 26.59 | | | | | |
| 28 | Anna Riley | FO40 | unattached | 26.59 | | | | | |
| 29 | Claire Lindsay | FU35 | Unattached | 27.01 | | | | | |
| 30 | Carole Lavelle | FO45 | Unattached | 27.05 | | | | | |