

Race Results (by category) - Capenhurst 5K

25/08/2004

Name	Running Club	Time	Name	Running Club	Time
U40			O55		
Steven Henshaw	Deeside AAC	15.34	John McGill	West Cheshire AC	19.03
Alan Woods	Wirral AC	15.59	Dave Hough	West Cheshire AC	19.55
Mark Hulmston	Wirral AC	16.09	Geoffrey Harvey	West Cheshire AC	23.08
Steve Spence	Wirral AC	16.16	O50		
Darren Blazer	Abergele Harriers	16.42	Brian Williams	Wirral AC	18.01
Clive Rowland	Wrexham AC	16.48	Ian Carson	Wrexham	18.16
Leon Foster	Wirral AC	16.49	Tony Smith	EPRC	19.04
Des McIver	Wirral AC	16.56	Chris Morgan	Chester Tri Club	19.3
Denis Duret	Ellesmere Port RC	17.07	David Alan Jones	Denbigh Harriers	19.31
Keith Hatton	Liverpool Harriers	17.13	Tom Massey	Unattached	20.15
Ian Costello	Warrington AC	17.38	Alan Durston	Ellesmere Port RC	20.45
Tony Hyland	Ellesmere Port RC	17.42	Mario Foschi	Wirral AC	22.3
Andy Ault	Vale Royal AC	17.55	Chris Briffa	Wrexham Triathlon	23.46
M Burns	Liverpool RC	17.59	Barry Chambers	Vale Royal	24.45
Simon Jeffries	Ellesmere Port RC	18.01	Malcolm Bell	Unattached	28.14
Mark Hargreaves	Liverpool Harriers & A	18.15	O45		
Richard Hayes	Wreccsam Tri	18.19	Gary Withers	West Cheshire AC	17.13
Nick Haywood	Vale Royal	18.41	Graham Earlam	West Cheshire AC	17.36
John Weston	Chester Triathlon	18.46	Michael K Stone	Wirral AC	17.43
Mark Bennett	Chester Triathlon	18.48	Graham Patterson	Wirral AC	18.49
Michael Court	Vale Royal	18.57	Arwel Jones	Prestaiyn RC	18.5
Tony Man	Penny Lane Striders	19.51	Mike Cutler	South Cheshire Harrie	19.23
John McWatt	Unattached	20.35	Ian Robinson	Ellesmere Port RC	19.42
Marc Anthony Cox	Unattached	20.37	Matt Whitfield	Ellesmere Port RC	20.42
Simon Taylor	Unattached	20.41	Kevin Curtis	Ellesmere Port RC	21.29
Dave Owen	Unattached	20.41	Paul Shannon	BICC Prescot AC	21.57
Darren Kettle	Unattached	20.47	Brian Marr	Wirral AC	25.35
Gwyn Morgan	Unattached	21.52	Mark Boulton	Unattached	28.58
Paul Pinkham	Unattached	22.39	O40		
Michael Rishworth	Unattached	23.58	Michael Stanley	Wallasey AC	16.12
Andy Evans	Unattached	24.19	Ken Begley	West Cheshire AC	16.52
Mark Molloy	Warrington road runn	24.45	Nigel Grant	Penny Lane Striders	17.01
Allen Car	Unattached	24.47	Danny Legg	EPRC	18.14
Jonathan Muir	Helsby RC	25.1	Dave Boothroyd	Buckley Runners	18.28
C Pritchard	Unattached	26.08	Thomas Rutherford	Capenhurst RC	18.51
Robert Parry	Wreccsam Tri	26.29	John Jennings	Ellesmere Port RC	19.35
Paul Hanmer	Unattached	27.11	Nigel O'Connell	Chester Triathlon	19.49
Paul Wright	Unattached	28.43	Graham Peake	Unattached	20.56
Micheal Bell	Unattached	29.42	FU35		
U20			Olivia Renshaw	Vale Royal	17.3
Vonny Mellor	Liverpool Harriers	15.45	Helen Whitby	Vale Royal	19.14
Michael Quarries	Liverpool Harriers	17.1	Pamela Thurtle	Penny Lane Striders	20.43
Carl Muise	Wirral AC	17.54	Lisa Morley	Wrexham AC	21.08
Stephen Mar	Wirral AC	19.27	Amy Archer	Vale Royal	21.1
Mark Davies	Unattached	19.32	Sarah Henshaw	Deestridders	23.28
Joshua Denson	Wirral AC	19.45	Dianne Carr	Unattached	24.47
Matthew Davies	Unattached	19.59	Joanne Hilton	Unattached	28.4
O60					
Brian Beattie	West Cheshire AC	22.15			

Name	Running Club	Time	Name	Running Club	Time
FU20					
Nicky Archer	Vale Royal	19.39			
Carole Williams	Unattached	25.03			
FO55					
Ann A Jones	Wrexham AC	23.16			
FO50					
Audrey Foster	Horwich RMIH	21.32			
Janet Morgan	Chester Tri Club	26.39			
Anne Hurrell	Northern Vets	27.4			
Mary Massey	Unattached	29.16			
FO40					
Susie Hancock	Oswestry Olympians	20.23			
Catherine Hewitt	Wrexham AC	21.36			
Carol Shaw	Helsby RC	22.31			
Margaret McNelis	Wallasey AC	29.23			
FO35					
Helen Davies	Wrexham	18.45			
Vanessa Griffiths	Helsby RC	20.38			
Alison MacDonald	Ellesmere Port RC	21.1			
Leslie Ingram	Deestriders	25.08			
Tracey Ellis	Ellesmere Port RC	26.04			