

# Race Results - Capenhurst 5K

25/08/2004

Pos.	Name	Cat.	Running Club	Time	Pos.	Name	Cat.	Running Club	Time
1	Steven Henshaw	U40	Deeside AAC	15.34	47	Mark Davies	U20	Unattached	19.32
2	Vonny Mellor	U20	Liverpool Harriers	15.45	48	John Jennings	O40	Ellesmere Port RC	19.35
3	Alan Woods	U40	Wirral AC	15.59	49	Nicky Archer	FU20	Vale Royal	19.39
4	Mark Hulmston	U40	Wirral AC	16.09	50	Ian Robinson	O45	Ellesmere Port RC	19.42
5	Michael Stanley	O40	Wallasey AC	16.12	51	Joshua Denson	U20	Wirral AC	19.45
6	Steve Spence	U40	Wirral AC	16.16	52	Nigel O'Connell	O40	Chester Triathlon	19.49
7	Darren Blazer	U40	Abergele Harriers	16.42	53	Tony Man	U40	Penny Lane Striders	19.51
8	Clive Rowland	U40	Wrexham AC	16.48	54	Dave Hough	O55	West Cheshire AC	19.55
9	Leon Foster	U40	Wirral AC	16.49	55	Matthew Davies	U20	Unattached	19.59
10	Ken Begley	O40	West Cheshire AC	16.52	56	Tom Massey	O50	Unattached	20.15
11	Des McIver	U40	Wirral AC	16.56	57	Susie Hancock	FO40	Oswestry Olympians	20.23
12	Nigel Grant	O40	Penny Lane Striders	17.01	58	John McWatt	U40	Unattached	20.35
13	Denis Duret	U40	Ellesmere Port RC	17.07	59	Marc Anthony Cox	U40	Unattached	20.37
14	Michael Quarries	U20	Liverpool Harriers	17.1	60	Vanessa Griffiths	FO35	Helsby RC	20.38
15	Keith Hatton	U40	Liverpool Harriers	17.13	61	Simon Taylor	U40	Unattached	20.41
16	Gary Withers	O45	West Cheshire AC	17.13	62	Dave Owen	U40	Unattached	20.41
17	Olivia Renshaw	FU35	Vale Royal	17.3	63	Matt Whitfield	O45	Ellesmere Port RC	20.42
18	Graham Earlam	O45	West Cheshire AC	17.36	64	Pamela Thurtle	FU35	Penny Lane Striders	20.43
19	Ian Costello	U40	Warrington AC	17.38	65	Alan Durston	O50	Ellesmere Port RC	20.45
20	Tony Hyland	U40	Ellesmere Port RC	17.42	66	Darren Kettle	U40	Unattached	20.47
21	Michael K Stone	O45	Wirral AC	17.43	67	Graham Peake	O40	Unattached	20.56
22	Carl Muise	U20	Wirral AC	17.54	68	Lisa Morley	FU35	Wrexham AC	21.08
23	Andy Ault	U40	Vale Royal AC	17.55	69	Alison MacDonald	FO35	Ellesmere Port RC	21.1
24	M Burns	U40	Liverpool RC	17.59	70	Amy Archer	FU35	Vale Royal	21.1
25	Simon Jeffries	U40	Ellesmere Port RC	18.01	71	Kevin Curtis	O45	Ellesmere Port RC	21.29
26	Brian Williams	O50	Wirral AC	18.01	72	Audrey Foster	FO50	Horwich RMIH	21.32
27	Danny Legg	O40	EPRC	18.14	73	Catherine Hewitt	FO40	Wrexham AC	21.36
28	Mark Hargreaves	U40	Liverpool Harriers &	18.15	74	Gwyn Morgan	U40	Unattached	21.52
29	Ian Carson	O50	Wrexham	18.16	75	Paul Shannon	O45	BICC Prescot AC	21.57
30	Richard Hayes	U40	Wreccsam Tri	18.19	76	Brian Beattie	O60	West Cheshire AC	22.15
31	Dave Boothroyd	O40	Buckley Runners	18.28	77	Mario Foschi	O50	Wirral AC	22.3
32	Nick Haywood	U40	Vale Royal	18.41	78	Carol Shaw	FO40	Helsby RC	22.31
33	Helen Davies	FO35	Wrexham	18.45	79	Paul Pinkham	U40	Unattached	22.39
34	John Weston	U40	Chester Triathlon	18.46	80	Geoffrey Harvey	O55	West Cheshire AC	23.08
35	Mark Bennett	U40	Chester Triathlon	18.48	81	Ann A Jones	FO55	Wrexham AC	23.16
36	Graham Patterson	O45	Wirral AC	18.49	82	Sarah Henshaw	FU35	Deestridders	23.28
37	Arwel Jones	O45	Prestaiyn RC	18.5	83	Chris Briffa	O50	Wrexham Triathlon	23.46
38	Thomas Rutherford	O40	Capenhurst RC	18.51	84	Michael Rishworth	U40	Unattached	23.58
39	Michael Court	U40	Vale Royal	18.57	85	Andy Evans	U40	Unattached	24.19
40	John McGill	O55	West Cheshire AC	19.03	86	Barry Chambers	O50	Vale Royal	24.45
41	Tony Smith	O50	EPRC	19.04	87	Mark Molloy	U40	Warrington road runn	24.45
42	Helen Whitby	FU35	Vale Royal	19.14	88	Dianne Carr	FU35	Unattached	24.47
43	Mike Cutler	O45	South Cheshire Harri	19.23	89	Allen Car	U40	Unattached	24.47
44	Stephen Mar	U20	Wirral AC	19.27	90	Carole Williams	FU20	Unattached	25.03
45	Chris Morgan	O50	Chester Tri Club	19.3	91	Leslie Ingram	FO35	Deestridders	25.08
46	David Alan Jones	O50	Denbigh Harriers	19.31	92	Jonathan Muir	U40	Helsby RC	25.1

<b>Pos.</b>	<b>Name</b>	<b>Cat.</b>	<b>Running Club</b>	<b>Time</b>	<b>Pos.</b>	<b>Name</b>	<b>Cat.</b>	<b>Running Club</b>	<b>Time</b>
93	<b>Brian Marr</b>	O45	Wirral AC	25.35					
94	<b>Tracey Ellis</b>	FO35	Ellesmere Port RC	26.04					
95	<b>C Pritchard</b>	U40	Unattached	26.08					
96	<b>Robert Parry</b>	U40	Wreccsam Tri	26.29					
97	<b>Janet Morgan</b>	FO50	Chester Tri Club	26.39					
98	<b>Paul Hanmer</b>	U40	Unattached	27.11					
99	<b>Anne Hurrell</b>	FO50	Northern Vets	27.4					
100	<b>Malcolm Bell</b>	O50	Unattached	28.14					
101	<b>Joanne Hilton</b>	FU35	Unattached	28.4					
102	<b>Paul Wright</b>	U40	Unattached	28.43					
103	<b>Mark Boulton</b>	O45	Unattached	28.58					
104	<b>Mary Massey</b>	FO50	Unattached	29.16					
105	<b>Margaret McNelis</b>	FO40	Wallasey AC	29.23					
106	<b>Micheal Bell</b>	U40	Unattached	29.42					