

# **Race Results (Ladies) - Capenhurst 5K**

**25/08/2004**

| <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> |
|-------------|--------------------------|-------------|---------------------|-------------|-------------|-------------|-------------|---------------------|-------------|
| 1           | <b>Olivia Renshaw</b>    | FU35        | Vale Royal          | 17.3        |             |             |             |                     |             |
| 2           | <b>Helen Davies</b>      | FO35        | Wrexham             | 18.45       |             |             |             |                     |             |
| 3           | <b>Helen Whitby</b>      | FU35        | Vale Royal          | 19.14       |             |             |             |                     |             |
| 4           | <b>Nicky Archer</b>      | FU20        | Vale Royal          | 19.39       |             |             |             |                     |             |
| 5           | <b>Susie Hancock</b>     | FO40        | Oswestry Olympians  | 20.23       |             |             |             |                     |             |
| 6           | <b>Vanessa Griffiths</b> | FO35        | Helsby RC           | 20.38       |             |             |             |                     |             |
| 7           | <b>Pamela Thurtle</b>    | FU35        | Penny Lane Striders | 20.43       |             |             |             |                     |             |
| 8           | <b>Lisa Morley</b>       | FU35        | Wrexham AC          | 21.08       |             |             |             |                     |             |
| 9           | <b>Amy Archer</b>        | FU35        | Vale Royal          | 21.1        |             |             |             |                     |             |
| 10          | <b>Alison MacDonald</b>  | FO35        | Ellesmere Port RC   | 21.1        |             |             |             |                     |             |
| 11          | <b>Audrey Foster</b>     | FO50        | Horwich RMIH        | 21.32       |             |             |             |                     |             |
| 12          | <b>Catherine Hewitt</b>  | FO40        | Wrexham AC          | 21.36       |             |             |             |                     |             |
| 13          | <b>Carol Shaw</b>        | FO40        | Helsby RC           | 22.31       |             |             |             |                     |             |
| 14          | <b>Ann A Jones</b>       | FO55        | Wrexham AC          | 23.16       |             |             |             |                     |             |
| 15          | <b>Sarah Henshaw</b>     | FU35        | Deestridders        | 23.28       |             |             |             |                     |             |
| 16          | <b>Dianne Carr</b>       | FU35        | Unattached          | 24.47       |             |             |             |                     |             |
| 17          | <b>Carole Williams</b>   | FU20        | Unattached          | 25.03       |             |             |             |                     |             |
| 18          | <b>Leslie Ingram</b>     | FO35        | Deestridders        | 25.08       |             |             |             |                     |             |
| 19          | <b>Tracey Ellis</b>      | FO35        | Ellesmere Port RC   | 26.04       |             |             |             |                     |             |
| 20          | <b>Janet Morgan</b>      | FO50        | Chester Tri Club    | 26.39       |             |             |             |                     |             |
| 21          | <b>Anne Hurrell</b>      | FO50        | Northern Vets       | 27.4        |             |             |             |                     |             |
| 22          | <b>Joanne Hilton</b>     | FU35        | Unattached          | 28.4        |             |             |             |                     |             |
| 23          | <b>Mary Massey</b>       | FO50        | Unattached          | 29.16       |             |             |             |                     |             |
| 24          | <b>Margaret McNelis</b>  | FO40        | Wallasey AC         | 29.23       |             |             |             |                     |             |