

# Race Results (Male) - 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	42	Chris Morgan	O50	Chester Tri Club	19.3
2	Vonny Mellor	U20	Liverpool Harriers	15.45	43	David Alan Jones	O50	Denbigh Harriers	19.31
3	Alan Woods	U40	Wirral AC	15.59	44	Mark Davies	U20	Unattached	19.32
4	Mark Hulmston	U40	Wirral AC	16.09	45	John Jennings	O40	Ellesmere Port RC	19.35
5	Michael Stanley	O40	Wallasey AC	16.12	46	Ian Robinson	O45	Ellesmere Port RC	19.42
6	Steve Spence	U40	Wirral AC	16.16	47	Joshua Denson	U20	Wirral AC	19.45
7	Darren Blazer	U40	Abergele Harriers	16.42	48	Nigel O'Connell	O40	Chester Triathlon	19.49
8	Clive Rowland	U40	Wrexham AC	16.48	49	Tony Man	U40	Penny Lane Striders	19.51
9	Leon Foster	U40	Wirral AC	16.49	50	Dave Hough	O55	West Cheshire AC	19.55
10	Ken Begley	O40	West Cheshire AC	16.52	51	Matthew Davies	U20	Unattached	19.59
11	Des McIver	U40	Wirral AC	16.56	52	Tom Massey	O50	Unattached	20.15
12	Nigel Grant	O40	Penny Lane Striders	17.01	53	John McWatt	U40	Unattached	20.35
13	Denis Duret	U40	Ellesmere Port RC	17.07	54	Marc Anthony Cox	U40	Unattached	20.37
14	Michael Quarries	U20	Liverpool Harriers	17.1	55	Simon Taylor	U40	Unattached	20.41
15	Gary Withers	O45	West Cheshire AC	17.13	56	Dave Owen	U40	Unattached	20.41
16	Keith Hatton	U40	Liverpool Harriers	17.13	57	Matt Whitfield	O45	Ellesmere Port RC	20.42
17	Graham Earlam	O45	West Cheshire AC	17.36	58	Alan Durston	O50	Ellesmere Port RC	20.45
18	Ian Costello	U40	Warrington AC	17.38	59	Darren Kettle	U40	Unattached	20.47
19	Tony Hyland	U40	Ellesmere Port RC	17.42	60	Graham Peake	O40	Unattached	20.56
20	Michael K Stone	O45	Wirral AC	17.43	61	Kevin Curtis	O45	Ellesmere Port RC	21.29
21	Carl Muise	U20	Wirral AC	17.54	62	Gwyn Morgan	U40	Unattached	21.52
22	Andy Ault	U40	Vale Royal AC	17.55	63	Paul Shannon	O45	BICC Prescott AC	21.57
23	M Burns	U40	Liverpool RC	17.59	64	Brian Beattie	O60	West Cheshire AC	22.15
24	Simon Jeffries	U40	Ellesmere Port RC	18.01	65	Mario Foschi	O50	Wirral AC	22.3
25	Brian Williams	O50	Wirral AC	18.01	66	Paul Pinkham	U40	Unattached	22.39
26	Danny Legg	O40	EPRC	18.14	67	Geoffrey Harvey	O55	West Cheshire AC	23.08
27	Mark Hargreaves	U40	Liverpool Harriers &	18.15	68	Chris Briffa	O50	Wrexham Triathlon	23.46
28	Ian Carson	O50	Wrexham	18.16	69	Michael Rishworth	U40	Unattached	23.58
29	Richard Hayes	U40	Wreccsam Tri	18.19	70	Andy Evans	U40	Unattached	24.19
30	Dave Boothroyd	O40	Buckley Runners	18.28	71	Mark Molloy	U40	Warrington road runn	24.45
31	Nick Haywood	U40	Vale Royal	18.41	72	Barry Chambers	O50	Vale Royal	24.45
32	John Weston	U40	Chester Triathlon	18.46	73	Allen Car	U40	Unattached	24.47
33	Mark Bennett	U40	Chester Triathlon	18.48	74	Jonathan Muir	U40	Helsby RC	25.1
34	Graham Patterson	O45	Wirral AC	18.49	75	Brian Marr	O45	Wirral AC	25.35
35	Arwel Jones	O45	Prestaiyn RC	18.5	76	C Pritchard	U40	Unattached	26.08
36	Thomas Rutherford	O40	Capenhurst RC	18.51	77	Robert Parry	U40	Wreccsam Tri	26.29
37	Michael Court	U40	Vale Royal	18.57	78	Paul Hanmer	U40	Unattached	27.11
38	John McGill	O55	West Cheshire AC	19.03	79	Malcolm Bell	O50	Unattached	28.14
39	Tony Smith	O50	EPRC	19.04	80	Paul Wright	U40	Unattached	28.43
40	Mike Cutler	O45	South Cheshire Harri	19.23	81	Mark Boulton	O45	Unattached	28.58
41	Stephen Mar	U20	Wirral AC	19.27	82	Micheal Bell	U40	Unattached	29.42

<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>
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