

Race Results (by category) - Capenhurst 5K

24/08/2005

| Name | Running Club | Time | Name | Running Club | Time |
|------------------|--------------------------|-------|--------------------|------------------------|-------|
| U40 | | | Brian Beattie | West Cheshire AC | 21.24 |
| Mike Proudlove | City of Stoke | 15.26 | O55 | | |
| Peter Lambert | Deeside AAC | 15.46 | Darell Soden | Liverpool Pembroke Se | 18.24 |
| Ian Houston | Wrexham | 15.54 | Eric Gelshon | Mossley Hill AC | 18.33 |
| Malcolm Eadie | North Fylde AC | 16.16 | David Roderick | Deeside Aac | 19.02 |
| Steven Crowe | Ellesmere Port RC | 16.47 | Melvyn Ollier | Whrexham AC | 19.4 |
| Mark Hulmston | Wirral | 16.52 | Chris Morgan | Chester Tri | 19.54 |
| Clive Rowland | Wrexham AC | 16.59 | Michael Charman | Helsby RC | 20 |
| Leon Foster | Wirral | 17.1 | Fechin McCormick | Sale Harriers | 20.46 |
| Darren Blazier | Abergele Harriers | 17.11 | Roy Jardine | Eryri | 21.01 |
| Nick Haywood | Vale Royal | 18.03 | David Redpath | Spectrum Striders | 22.56 |
| Michael Warner | Stafford Upon Avon | 18.04 | Geoffrey Harvey | West Cheshire AC | 24.32 |
| Michael C. Court | Vale Royal A.C. | 18.19 | O50 | | |
| Mark Dodd | Ellesmere Port RC | 18.37 | Stephen Bellis | Wrexham AC | 17.47 |
| Josef Hayes | UA | 18.48 | Kevin Carroll | Liverpool Pembroke & | 18.17 |
| Mark Bennett | City of Chester Triathlo | 18.54 | Peter Weatherhead | Wirral Ac | 18.39 |
| Matthew Ashton | Abergele Harriers | 18.57 | Steve Pemberton | Penny Lane Striders | 19.05 |
| David Temple | Deestridders | 19 | Harry Baggaley | UA | 20.22 |
| Simon Leary | Vale Royal Ac | 19.01 | Michael Hallsworth | Helsby Running Club | 21 |
| Nick Rose | Chester Tri | 19.02 | Dave Taylor | Chester Tri | 21.15 |
| Dave Ayton | Wrexham AC | 19.03 | Martine Stirna | South Cheshire Harrier | 22.45 |
| James Huggins | Buckley Runners | 19.09 | Clive Langham | UA | 23.15 |
| Mark Smith | Tattenhall | 19.33 | O45 | | |
| Max Taylor | Helsby | 19.43 | Graham Earlam | West Cheshire | 17.42 |
| Gwyn Morgan | Buckley | 19.45 | K Hatton | Liverpool Harriers | 18.37 |
| Dave Toft | UA | 19.48 | Nigel Evans | Bro Dysynni | 18.5 |
| Tony Man | Penny Lane Striders | 19.52 | Chris Brierley | Northern Vets | 19.13 |
| Simon Williams | UA | 19.58 | Manfred Keune | Helsby RC | 19.5 |
| Alan Jones | Buckley Runners | 20.44 | Mike Cutler | South Cheshire Harrier | 20.06 |
| Andy Evans | UA | 21.03 | Bill Sheppard | London Fire Brigade | 20.23 |
| Mark Edwards | UA | 22.31 | Philip Barnes | Helsby | 20.38 |
| Mike Lewis | Deeside AAC | 23.23 | Paul Foley | UA | 23.26 |
| Mark Molloy | Warrington Road Runn | 23.58 | Nigel Hetherington | Menai T & F | 23.48 |
| Scott Fagan | UA | 24.13 | Peter Lewis | UA | 24.58 |
| Andrew Reid | UA | 24.56 | Billy Jackson | UA | 26.15 |
| Andy Worsey | UA | 24.57 | C.M. Richards | UA | 26.49 |
| Andrew Clay | UA | 25.05 | O40 | | |
| Jonathan Muir | Helsby | 26.06 | Mike Robbins | Wrexham AAC | 16.37 |
| Nigel Crierie | UA | 26.19 | Andy Starkey | West Cheshire AC | 16.46 |
| Philip Simpson | Buckley | 27.28 | Ian Cooper | Ellesmere Port RC | 16.56 |
| U20 | | | Bill Eadie | North Fylde AC | 17.15 |
| Jonny Mellor | Liverpool Harriers | 15.05 | Dave Gough | Vale Royal | 17.29 |
| Steven McCormack | Abergele Harriers | 21.43 | Peter Scarratt | Wirral | 17.31 |
| Matthew Johnson | UA | 23.44 | Seam Mc Cormack | Abergele Harriers | 17.32 |
| O70 | | | Tim Davies | Buckley | 17.34 |
| Joe Park | Cheshire Tally-Ho | 23.08 | G Dalton | UA | 18.56 |
| Trevor Prescott | St Helens Sutton | 28.48 | Steve Broadfoot | Northern Vets | 19.05 |
| O60 | | | Dave Burrell | UA | 20.08 |
| Peter Roberts | Buckley Runners | 19.56 | Steve Baylock | Ellesmere Port RC | 20.26 |

| Name | Running Club | Time | Name | Running Club | Time |
|-----------------|-------------------|-------|------|--------------|------|
| Malcolm Lingard | Spectrum Striders | 20.39 | | | |
| Bryan Griffiths | UA | 25 | | | |

FU35

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|-------------------|---------------------|-------|
| Nicola Bird | Ellesmere Port | 17.53 |
| Emma Parry | Wrexham AC | 17.57 |
| Ruth Hetherington | Wrexham AC | 18.32 |
| Caroline Harney | Wrexham | 19.39 |
| Paula Telford | Vale Royal AC | 20.05 |
| Pamela Thurtle | Penny Lane Striders | 20.16 |
| Dawn Urquhart | Buckley | 20.39 |
| Laura O'Marah | West Cheshire | 21.23 |
| Angelina Addis | UA | 22.42 |
| Nichola Bowness | UA | 23.25 |
| Julie Hickson | Razzers Runners | 23.35 |
| Heather Sealey | UA | 24.33 |
| Sarah Welsby | NA | 25.02 |
| Kate Johnson | UA | 26.38 |
| Sinead Malone | UA | 28.07 |
| Emma Chaplin | UA | 28.31 |
| Heather Bowen | UA | 35.07 |
| Jaimie Smith | Abergele Harriers | 36.09 |

FO55

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|----------------|-----------------|-------|
| Hazel Dirksen | Buckley Runners | 22.2 |
| Rosemary Price | BS Deestridders | 22.59 |
| Steph Charman | Helsby AC | 23.55 |

FO50

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|----------------|-------------------|-------|
| Janet Redpath | Spectrum Striders | 23.39 |
| Madeleine Bird | UA | 24.55 |
| Jean McGibbon | Buckley | 25.38 |
| Janet Morgan | Chester Tri | 27.07 |

FO45

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|--------------|-------------|-------|
| Janet Taylor | Chester Tri | 23.36 |
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FO40

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|--------------------|--------------------|-------|
| Ann Egginton | Southport Waterloo | 20.45 |
| Catherine Hewitt | Wrexham AA | 21.01 |
| Liz Dobson | Helsby RC | 21.29 |
| Claire Lofthouse | UA | 24.59 |
| Debra Susan Bellis | Wrexham AC | 26.5 |
| Snadie Foley | UA | 35.05 |

FO35

| | | |
|------------------|-------------------|-------|
| Helen Davies | Wrexham ACC | 18.4 |
| Alison MacDonald | Ellesmere Port RC | 21.13 |
| Justine Reston | Birkenhead AC | 21.29 |
| Debs Gardner | Birkenhead AC | 26.54 |
| Denise O'Hanlan | UA | 27.32 |