

# Race Results - Capenhurst 5K

24/08/2005

Pos.	Name	Cat.	Running Club	Time	Pos.	Name	Cat.	Running Club	Time
1	Jonny Mellor	U20	Liverpool Harriers	15.05	47	Chris Brierley	O45	Northern Vets	19.13
2	Mike Proudlove	U40	City of Stoke	15.26	48	Mark Smith	U40	Tattenhall	19.33
3	Peter Lambert	U40	Deeside AAC	15.46	49	Caroline Harney	FU35	Wrexham	19.39
4	Ian Houston	U40	Wrexham	15.54	50	Melvyn Ollier	O55	Whrexham AC	19.4
5	Malcolm Eadie	U40	North Fylde AC	16.16	51	Max Taylor	U40	Helsby	19.43
6	Mike Robbins	O40	Wrexham AAC	16.37	52	Gwyn Morgan	U40	Buckley	19.45
7	Andy Starkey	O40	West Cheshire AC	16.46	53	Dave Toft	U40	UA	19.48
8	Steven Crowe	U40	Ellesmere Port RC	16.47	54	Manfred Keune	O45	Helsby RC	19.5
9	Mark Hulmston	U40	Wirral	16.52	55	Tony Man	U40	Penny Lane Striders	19.52
10	Ian Cooper	O40	Ellesmere Port RC	16.56	56	Chris Morgan	O55	Chester Tri	19.54
11	Clive Rowland	U40	Wrexham AC	16.59	57	Peter Roberts	O60	Buckley Runners	19.56
12	Leon Foster	U40	Wirral	17.1	58	Simon Williams	U40	UA	19.58
13	Darren Blazier	U40	Abergele Harriers	17.11	59	Michael Charman	O55	Helsby RC	20
14	Bill Eadie	O40	North Fylde AC	17.15	60	Paula Telford	FU35	Vale Royal AC	20.05
15	Dave Gough	O40	Vale Royal	17.29	61	Mike Cutler	O45	South Cheshire Harrier	20.06
16	Peter Scarratt	O40	Wirral	17.31	62	Dave Burrell	O40	UA	20.08
17	Seam Mc Cormack	O40	Abergele Harriers	17.32	63	Pamela Thurtle	FU35	Penny Lane Striders	20.16
18	Tim Davies	O40	Buckley	17.34	64	Harry Baggaley	O50	UA	20.22
19	Graham Earlam	O45	West Cheshire	17.42	65	Bill Sheppard	O45	London Fire Brigade	20.23
20	Stephen Bellis	O50	Wrexham AC	17.47	66	Steve Baylock	O40	Ellesmere Port RC	20.26
21	Nicola Bird	FU35	Ellesmere Port	17.53	67	Philip Barnes	O45	Helsby	20.38
22	Emma Parry	FU35	Wrexham AC	17.57	68	Dawn Urquhart	FU35	Buckley	20.39
23	Nick Haywood	U40	Vale Royal	18.03	69	Malcolm Lingard	O40	Spectrum Striders	20.39
24	Michael Warner	U40	Statford Upon Avon	18.04	70	Alan Jones	U40	Buckley Runners	20.44
25	Kevin Carroll	O50	Liverpool Pembroke &	18.17	71	Ann Egginton	FO40	Southport Waterloo	20.45
26	Michael C. Court	U40	Vale Royal A.C.	18.19	72	Fechin McCormick	O55	Sale Harriers	20.46
27	Darell Soden	O55	Liverpool Pembroke Se	18.24	73	Michael Hallsworth	O50	Helsby Running Club	21
28	Ruth Hetherington	FU35	Wrexham AC	18.32	74	Catherine Hewitt	FO40	Wrexham AA	21.01
29	Eric Gelshon	O55	Mossley Hill AC	18.33	75	Roy Jardine	O55	Eryri	21.01
30	K Hatton	O45	Liverpool Harriers	18.37	76	Andy Evans	U40	UA	21.03
31	Mark Dodd	U40	Ellesmere Port RC	18.37	77	Alison MacDonald	FO35	Ellesmere Port RC	21.13
32	Peter Weatherhead	O50	Wirral Ac	18.39	78	Dave Taylor	O50	Chester Tri	21.15
33	Helen Davies	FO35	Wrexham ACC	18.4	79	Laura O'Marah	FU35	West Cheshire	21.23
34	Josef Hayes	U40	UA	18.48	80	Brian Beattie	O60	West Cheshire AC	21.24
35	Nigel Evans	O45	Bro Dysynni	18.5	81	Justine Reston	FO35	Birkenhead AC	21.29
36	Mark Bennett	U40	City of Chester Triathlo	18.54	82	Liz Dobson	FO40	Helsby RC	21.29
37	G Dalton	O40	UA	18.56	83	Steven McCormack	U20	Abergele Harriers	21.43
38	Matthew Ashton	U40	Abergele Harriers	18.57	84	Hazel Dirksen	FO55	Buckley Runners	22.2
39	David Temple	U40	Deestriders	19	85	Mark Edwards	U40	UA	22.31
40	Simon Leary	U40	Vale Royal Ac	19.01	86	Angelina Addis	FU35	UA	22.42
41	David Roderick	O55	Deeside Aac	19.02	87	Martine Stirna	O50	South Cheshire Harrier	22.45
42	Nick Rose	U40	Chester Tri	19.02	88	David Redpath	O55	Spectrum Striders	22.56
43	Dave Ayton	U40	Wrexham AC	19.03	89	Rosemary Price	FO55	BS Deestriders	22.59
44	Steve Broadfoot	O40	Northern Vets	19.05	90	Joe Park	O70	Cheshire Tally-Ho	23.08
45	Steve Pemberton	O50	Penny Lane Striders	19.05	91	Clive Langham	O50	UA	23.15
46	James Huggins	U40	Buckley Runners	19.09	92	Mike Lewis	U40	Deeside AAC	23.23

Pos.	Name	Cat.	Running Club	Time	Pos.	Name	Cat.	Running Club	Time
93	<b>Nichola Bowness</b>	FU35	UA	23.25					
94	<b>Paul Foley</b>	O45	UA	23.26					
95	<b>Julie Hickson</b>	FU35	Razzers Runners	23.35					
96	<b>Janet Taylor</b>	FO45	Chester Tri	23.36					
97	<b>Janet Redpath</b>	FO50	Spectrum Striders	23.39					
98	<b>Matthew Johnson</b>	U20	UA	23.44					
99	<b>Nigel Hetherington</b>	O45	Menai T & F	23.48					
100	<b>Steph Charman</b>	FO55	Helsby AC	23.55					
101	<b>Mark Molloy</b>	U40	Warrington Road Runn	23.58					
102	<b>Scott Fagan</b>	U40	UA	24.13					
103	<b>Geoffrey Harvey</b>	O55	West Cheshire AC	24.32					
104	<b>Heather Sealey</b>	FU35	UA	24.33					
105	<b>Madeleine Bird</b>	FO50	UA	24.55					
106	<b>Andrew Reid</b>	U40	UA	24.56					
107	<b>Andy Worsey</b>	U40	UA	24.57					
108	<b>Peter Lewis</b>	O45	UA	24.58					
109	<b>Claire Lofthouse</b>	FO40	UA	24.59					
110	<b>Bryan Griffiths</b>	O40	UA	25					
111	<b>Sarah Welsby</b>	FU35	NA	25.02					
112	<b>Andrew Clay</b>	U40	UA	25.05					
113	<b>Jean McGibbon</b>	FO50	Buckley	25.38					
114	<b>Jonathan Muir</b>	U40	Helsby	26.06					
115	<b>Billy Jackson</b>	O45	UA	26.15					
116	<b>Nigel Crierie</b>	U40	UA	26.19					
117	<b>Kate Johnson</b>	FU35	UA	26.38					
118	<b>C.M. Richards</b>	O45	UA	26.49					
119	<b>Debra Susan Bellis</b>	FO40	Wrexham AC	26.5					
120	<b>Debs Gardner</b>	FO35	Birkenhead AC	26.54					
121	<b>Janet Morgan</b>	FO50	Chester Tri	27.07					
122	<b>Philip Simpson</b>	U40	Buckley	27.28					
123	<b>Denise O'Hanlan</b>	FO35	UA	27.32					
124	<b>Sinead Malone</b>	FU35	UA	28.07					
125	<b>Emma Chaplin</b>	FU35	UA	28.31					
126	<b>Trevor Prescott</b>	O70	St Helens Sutton	28.48					
127	<b>Snadie Foley</b>	FO40	UA	35.05					
128	<b>Heather Bowen</b>	FU35	UA	35.07					
129	<b>Jaimie Smith</b>	FU35	Abergele Harriers	36.09					