

Race Results (Ladies) - Capenhurst 5K

24/08/2005

| Pos. | Name | Cat. | Running Club | Time | Pos. | Name | Cat. | Running Club | Time |
|-------------|---------------------------|-------------|---------------------|-------------|-------------|-------------|-------------|---------------------|-------------|
| 1 | Nicola Bird | FU35 | Ellesmere Port | 17.53 | | | | | |
| 2 | Emma Parry | FU35 | Wrexham AC | 17.57 | | | | | |
| 3 | Ruth Hetherington | FU35 | Wrexham AC | 18.32 | | | | | |
| 4 | Helen Davies | FO35 | Wrexham ACC | 18.4 | | | | | |
| 5 | Caroline Harney | FU35 | Wrexham | 19.39 | | | | | |
| 6 | Paula Telford | FU35 | Vale Royal AC | 20.05 | | | | | |
| 7 | Pamela Thurtle | FU35 | Penny Lane Striders | 20.16 | | | | | |
| 8 | Dawn Urquhart | FU35 | Buckley | 20.39 | | | | | |
| 9 | Ann Egginton | FO40 | Southport Waterloo | 20.45 | | | | | |
| 10 | Catherine Hewitt | FO40 | Wrexham AA | 21.01 | | | | | |
| 11 | Alison MacDonald | FO35 | Ellesmere Port RC | 21.13 | | | | | |
| 12 | Laura O'Marah | FU35 | West Cheshire | 21.23 | | | | | |
| 13 | Liz Dobson | FO40 | Helsby RC | 21.29 | | | | | |
| 14 | Justine Reston | FO35 | Birkenhead AC | 21.29 | | | | | |
| 15 | Hazel Dirksen | FO55 | Buckley Runners | 22.2 | | | | | |
| 16 | Angelina Addis | FU35 | UA | 22.42 | | | | | |
| 17 | Rosemary Price | FO55 | BS Deestridders | 22.59 | | | | | |
| 18 | Nichola Bowness | FU35 | UA | 23.25 | | | | | |
| 19 | Julie Hickson | FU35 | Razzers Runners | 23.35 | | | | | |
| 20 | Janet Taylor | FO45 | Chester Tri | 23.36 | | | | | |
| 21 | Janet Redpath | FO50 | Spectrum Striders | 23.39 | | | | | |
| 22 | Steph Charman | FO55 | Helsby AC | 23.55 | | | | | |
| 23 | Heather Sealey | FU35 | UA | 24.33 | | | | | |
| 24 | Madeleine Bird | FO50 | UA | 24.55 | | | | | |
| 25 | Claire Lofthouse | FO40 | UA | 24.59 | | | | | |
| 26 | Sarah Welsby | FU35 | NA | 25.02 | | | | | |
| 27 | Jean McGibbon | FO50 | Buckley | 25.38 | | | | | |
| 28 | Kate Johnson | FU35 | UA | 26.38 | | | | | |
| 29 | Debra Susan Bellis | FO40 | Wrexham AC | 26.5 | | | | | |
| 30 | Debs Gardner | FO35 | Birkenhead AC | 26.54 | | | | | |
| 31 | Janet Morgan | FO50 | Chester Tri | 27.07 | | | | | |
| 32 | Denise O'Hanlan | FO35 | UA | 27.32 | | | | | |
| 33 | Sinead Malone | FU35 | UA | 28.07 | | | | | |
| 34 | Emma Chaplin | FU35 | UA | 28.31 | | | | | |
| 35 | Snadie Foley | FO40 | UA | 35.05 | | | | | |
| 36 | Heather Bowen | FU35 | UA | 35.07 | | | | | |
| 37 | Jaimie Smith | FU35 | Abergele Harriers | 36.09 | | | | | |