

Race Results (by category) - Urenco Capenhurst 5.

23/08/2006

Name	Running Club	Time	Name	Running Club	Time
U40			O65		
Tarus Elly	Salford Harriers	14.56	Stan Erlam	St. Helens Sutton	21.09
Paul Freary	Belgrave Harriers	15.1	O60		
Matthew Jones	Wrexham	16.11	John morris	Buckley Runners	21.29
Paul Howarth	UA	16.17	Brian Beattie	West Cheshire	22.1
Mark Hulmston	Wirral	16.2	O55		
Steve Crowe	Ellesmere Port RC	16.26	Eric Gelson	Mossley Hill AC	19.01
Darren Blazier	Abergele Harriers	16.29	Chris Morgan	Chester Tri	19.32
Chris Standidge	Wirral AC	16.55	Michael Whiteside	Tattenhall Runners	20.03
Lee Jones	Deeside AAC	17.15	Michael Charman	Helsby RC	20.13
Paul Carmichael	Helsby	17.2	John Daniels	Helsby	20.39
Peter Walsh	Liverpool Harriers	17.34	Alan Durston	Ellesmere Port RC	20.41
Paul Stinton	Buckley Runners	17.44	David Frith	Colwyn Bay AC	20.48
Simon Jeffs	Ellesmere Port RC	17.49	Geoff Read	Spectrum Striders	23.17
Matthew Ashton	Aberlege Harriers	17.54	David Redpath	Spectrum Striders	23.38
Jon Lowe	Penny Lane striders	17.58	Philip Jones	Helsby	24.09
Gareth Brandrick	Prestatyn RC	18.02	O50		
Jonathan Bradshaw	Chester Tri	18.24	Mike Weedall	Wrexham AC	16.25
Justin McIlveen	Abergele Harriers	18.25	Dave Carrington	Altrincham	16.5
Andy Duffield	UA	18.31	Kevin Carroll	Liverpool P&S	17.59
Simon G Roberts	Buckley Runners	18.33	David Alan Jones	Denbigh Harriers	19.48
Sephen Laker	Ellesmere Port RC	18.37	Paul Brandrick	Prestatyn RC	19.55
Adair Broughton	Helsby	18.44	Barry Chambers	Vale Royal AC	20.38
Stephen Norbury	UA	18.59	Philip J Smith	Red Herrings	23.39
Tony Man	Penny Lane Striders	19.09	O45		
Michael C Court	Vale Royal AC	19.15	Keith Hatton	Liverpool Harriers	17.35
Shane Yates	Buckley	19.19	Gary K Withers	West cheshire AC	17.43
Neil Elsby	Wirral AC	19.53	Chris Chandler	UA	17.52
Dave Toft	Buckley Runners	20.08	Russel Kirk	West Cheshire AC	17.56
David Temple	Deestridders	20.12	John Houghton	Warrington Road Ruun	20.57
Erin Howarth	UA	20.22	Dave Thompson	Spectrum Striders	22.06
Michael Jones	Chester Tri	20.35	Derek Isherwood	Wirral	24.04
Simon Williams	Tattenhall	20.37	Anthony Brockway	Wirral	25.04
Paul Boughy	Helsby	21.07	Robert Spotswood	Abergele Harriers	26.3
Andrew Reid	Tattenhall	21.3	O40		
Matt Parsons	Chester Tri	21.59	Peter Scarratt	UA	17.08
Neil Walsh	Spectrum Striders	22.31	Dave Gough	Vale Royal	17.18
Alan Jones	Buckley Runners	22.45	Sean McCormack	Abergele Harriers	17.26
Ben Read	UA	23.14	Tim Cahill	Abergele Harriers	18.09
Graham Turner	Chester Tri	23.32	Mark Thornley	Vale Royal	18.37
Nigel Crierie	Ellesmere Port RC	25.28	Graham Dalton	NEW Runners	18.56
Mark Wilkinson	Shropshire Shufflers	31.52	Mal Balmer	Penny Lane Striders	18.59
U20			Danny Legg	Ellesmere Port RC	19.13
Adam Peers	Liverpool Harriers	16.02	Jon Hawker	Ellesmere Port RC	19.59
Steven Mc Cormack	Abergele Harriers	17.36	Richard Burnham	UA	20.06
Callum Maxwell	Wirral	19.47	Tim Bent	Wrexham AC	20.45
David Brockway	Wirral	20.26	Ian Fitzpatrick	UA	22.08
O70			Jeffrey Hadley	Ellesmere Port RC	22.34
Trevor Prescott	St Helens Sutton	28.5			

Name	Running Club	Time	Name	Running Club	Time
FU35					
Rachael Thompson	Horwich	16.56			
Nicky Bird	Ellesmere Port RC	18			
Emma Parry	Wrexham AC	18.49			
Elizabeth Crawshaw	Wirral	19.11			
Alison Smith	Tattenhall Runners	20.19			
Ellen Patrick	Warrington AC	20.27			
Alison Hughes	Ellesmere Port RC	20.28			
Dawn Urquhart	Buckley	21.23			
Heather Sealey	N.E.W Runners	21.57			
Nichola Bowness	UA	23.01			
Jane Hawth	UA	26			
Sara Cassidy McIlveen	Abergele Harriers	26.3			
Anna Howarth	UA	26.32			
Nicola Routledge	UA	29.01			
FU20					
Alison Patrick	Warrington AC	19.24			
Amy Talbot	Warrington AC	20.55			
Katie Brandrick	Prestatyn	21.36			
Heather Roberts	West Cheshire AC	22.22			
FO55					
Rosemary Rogers	BS Deestridders	22.01			
Ann A Jones	Wrexham	23.56			
Stephanie Charman	Helsby RC	23.58			
FO50					
Madeleine Bird	Ellesmere Port RC	23.34			
Janet Redpath	Spectrum Striders	24.28			
Anne Hurrell	Northern Vets AC	27.32			
FO45					
Jo Molyneaux	Vale Royal	22.13			
Anna Louise Riley	UA	25.34			
Gillian Brandrick	Prestatyn	26.51			
FO40					
J Champion	Vale Royal	20.02			
Catherine Hewitt	Wrexham	20.32			
Alison MacDonald	Ellesmere Port RC	21.03			
Mary Tavener	Vale Royal	21.21			
Maria Brockway	Wirral	23.31			
FO35					
Lisa Heyes	Horwich Harriers	18.17			
Ruth sills	Vale Royal	20.48			
Debbie Hawker	UA	25.25			
Natasha Hadley	Ellesmere Port RC	25.32			