

# Race Results - Urenco Capenhurst 5K

23/08/2006

| Pos. | Name               | Cat. | Running Club        | Time  | Pos. | Name              | Cat. | Running Club        | Time  |
|------|--------------------|------|---------------------|-------|------|-------------------|------|---------------------|-------|
| 1    | Tarus Elly         | U40  | Salford Harriers    | 14.56 | 47   | Danny Legg        | O40  | Ellesmere Port RC   | 19.13 |
| 2    | Paul Freary        | U40  | Belgrave Harriers   | 15.1  | 48   | Michael C Court   | U40  | Vale Royal AC       | 19.15 |
| 3    | Adam Peers         | U20  | Liverpool Harriers  | 16.02 | 49   | Shane Yates       | U40  | Buckley             | 19.19 |
| 4    | Matthew Jones      | U40  | Wrexham             | 16.11 | 50   | Alison Patrick    | FU20 | Warrington AC       | 19.24 |
| 5    | Paul Howarth       | U40  | UA                  | 16.17 | 51   | Chris Morgan      | O55  | Chester Tri         | 19.32 |
| 6    | Mark Hulmston      | U40  | Wirral              | 16.2  | 52   | Callum Maxwell    | U20  | Wirral              | 19.47 |
| 7    | Mike Weedall       | O50  | Wrexham AC          | 16.25 | 53   | David Alan Jones  | O50  | Denbigh Harriers    | 19.48 |
| 8    | Steve Crowe        | U40  | Ellesmere Port RC   | 16.26 | 54   | Neil Elsby        | U40  | Wirral AC           | 19.53 |
| 9    | Darren Blazier     | U40  | Abergele Harriers   | 16.29 | 55   | Paul Brandrick    | O50  | Prestatyn RC        | 19.55 |
| 10   | Dave Carrington    | O50  | Altrincham          | 16.5  | 56   | Jon Hawker        | O40  | Ellesmere Port RC   | 19.59 |
| 11   | Chris Standidge    | U40  | Wirral AC           | 16.55 | 57   | J Campion         | FO40 | Vale Royal          | 20.02 |
| 12   | Rachael Thompson   | FU35 | Horwich             | 16.56 | 58   | Michael Whiteside | O55  | Tattenhall Runners  | 20.03 |
| 13   | Peter Scarratt     | O40  | UA                  | 17.08 | 59   | Richard Burnham   | O40  | UA                  | 20.06 |
| 14   | Lee Jones          | U40  | Deeside AAC         | 17.15 | 60   | Dave Toft         | U40  | Buckley Runners     | 20.08 |
| 15   | Dave Gough         | O40  | Vale Royal          | 17.18 | 61   | David Temple      | U40  | Deestridders        | 20.12 |
| 16   | Paul Carmichael    | U40  | Helsby              | 17.2  | 62   | Michael Charman   | O55  | Heslby RC           | 20.13 |
| 17   | Sean McCormack     | O40  | Abergele Harriers   | 17.26 | 63   | Alison Smith      | FU35 | Tattenhall Runners  | 20.19 |
| 18   | Peter Walsh        | U40  | Liverpool Harriers  | 17.34 | 64   | Erin Howarth      | U40  | UA                  | 20.22 |
| 19   | Keith Hatton       | O45  | Liverpool Harriers  | 17.35 | 65   | David Brockway    | U20  | Wirral              | 20.26 |
| 20   | Steven Mc Cormack  | U20  | Abergele Harriers   | 17.36 | 66   | Ellen Patrick     | FU35 | Warrington AC       | 20.27 |
| 21   | Gary K Withers     | O45  | West cheshire AC    | 17.43 | 67   | Alison Hughes     | FU35 | Ellesmere Port RC   | 20.28 |
| 22   | Paul Stinton       | U40  | Buckley Runners     | 17.44 | 68   | Catherine Hewitt  | FO40 | Wrexham             | 20.32 |
| 23   | Simon Jeffs        | U40  | Ellesmere Port RC   | 17.49 | 69   | Michael Jones     | U40  | Chester Tri         | 20.35 |
| 24   | Chris Chandler     | O45  | UA                  | 17.52 | 70   | Simon Williams    | U40  | Tattenhall          | 20.37 |
| 25   | Matthew Ashton     | U40  | Aberlege Harriers   | 17.54 | 71   | Barry Chambers    | O50  | Vale Royal AC       | 20.38 |
| 26   | Russel Kirk        | O45  | West Cheshire AC    | 17.56 | 72   | John Daniels      | O55  | Helsby              | 20.39 |
| 27   | Jon Lowe           | U40  | Penny Lane striders | 17.58 | 73   | Alan Durston      | O55  | Ellesmere Port RC   | 20.41 |
| 28   | Kevin Carroll      | O50  | Liverpool P&S       | 17.59 | 74   | Tim Bent          | O40  | Wrexham AC          | 20.45 |
| 29   | Nicky Bird         | FU35 | Ellesmere Port RC   | 18    | 75   | Ruth sills        | FO35 | Vale Royal          | 20.48 |
| 30   | Gareth Brandrick   | U40  | Prestatyn RC        | 18.02 | 76   | David Frith       | O55  | Colwyn Bay AC       | 20.48 |
| 31   | Tim Cahill         | O40  | Abergele Harriers   | 18.09 | 77   | Amy Talbot        | FU20 | Warrington AC       | 20.55 |
| 32   | Lisa Heyes         | FO35 | Horwich Harriers    | 18.17 | 78   | John Houghton     | O45  | Warrington Road Ruu | 20.57 |
| 33   | Jonathan Bradshaw  | U40  | Chester Tri         | 18.24 | 79   | Alison MacDonald  | FO40 | Ellesmere Port RC   | 21.03 |
| 34   | Justin McIvveen    | U40  | Abergele Harriers   | 18.25 | 80   | Paul Boughey      | U40  | Helsby              | 21.07 |
| 35   | Andy Duffield      | U40  | UA                  | 18.31 | 81   | Stan Erlam        | O65  | St. Helens Sutton   | 21.09 |
| 36   | Simon G Roberts    | U40  | Buckley Runners     | 18.33 | 82   | Mary Tavener      | FO40 | Vale Royal          | 21.21 |
| 37   | Mark Thornley      | O40  | Vale Royal          | 18.37 | 83   | Dawn Urquhart     | FU35 | Buckley             | 21.23 |
| 38   | Sephen Laker       | U40  | Ellesmere Port RC   | 18.37 | 84   | John morris       | O60  | Buckley Runners     | 21.29 |
| 39   | Adair Broughton    | U40  | Helsby              | 18.44 | 85   | Andrew Reid       | U40  | Tattenhall          | 21.3  |
| 40   | Emma Parry         | FU35 | Wrexham AC          | 18.49 | 86   | Katie Brandrick   | FU20 | Prestatyn           | 21.36 |
| 41   | Graham Dalton      | O40  | NEW Runners         | 18.56 | 87   | Heather Sealey    | FU35 | N.E.W Runners       | 21.57 |
| 42   | Stephen Norbury    | U40  | UA                  | 18.59 | 88   | Matt Parsons      | U40  | Chester Tri         | 21.59 |
| 43   | Mal Balmer         | O40  | Penny Lane Striders | 18.59 | 89   | Rosemary Rogers   | FO55 | BS Deestridders     | 22.01 |
| 44   | Eric Gelsohon      | O55  | Mossley Hill AC     | 19.01 | 90   | Dave Thompson     | O45  | Spectrum Striders   | 22.06 |
| 45   | Tony Man           | U40  | Penny Lane Striders | 19.09 | 91   | Ian Fitzpatrick   | O40  | UA                  | 22.08 |
| 46   | Elizabeth Crawshaw | FU35 | Wirral              | 19.11 | 92   | Brian Beattie     | O60  | West Cheshire       | 22.1  |

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|------|----------------------------|------|----------------------|-------|------|------|------|--------------|------|
| 93   | <b>Jo Molyneaux</b>        | FO45 | Vale Royal           | 22.13 |      |      |      |              |      |
| 94   | <b>Heather Roberts</b>     | FU20 | West Cheshire AC     | 22.22 |      |      |      |              |      |
| 95   | <b>Neil Walsh</b>          | U40  | Spectrum Striders    | 22.31 |      |      |      |              |      |
| 96   | <b>Jeffrey Hadley</b>      | O40  | Ellesmere Port RC    | 22.34 |      |      |      |              |      |
| 97   | <b>Alan Jones</b>          | U40  | Buckley Runners      | 22.45 |      |      |      |              |      |
| 98   | <b>Nichola Bowness</b>     | FU35 | UA                   | 23.01 |      |      |      |              |      |
| 99   | <b>Ben Read</b>            | U40  | UA                   | 23.14 |      |      |      |              |      |
| 100  | <b>Geoff Read</b>          | O55  | Spectrum Striders    | 23.17 |      |      |      |              |      |
| 101  | <b>Maria Brockway</b>      | FO40 | Wirral               | 23.31 |      |      |      |              |      |
| 102  | <b>Graham Turner</b>       | U40  | Chester Tri          | 23.32 |      |      |      |              |      |
| 103  | <b>Madeleine Bird</b>      | FO50 | Ellesmere Port RC    | 23.34 |      |      |      |              |      |
| 104  | <b>David Redpath</b>       | O55  | Spectrum Striders    | 23.38 |      |      |      |              |      |
| 105  | <b>Philip J Smith</b>      | O50  | Red Herrings         | 23.39 |      |      |      |              |      |
| 106  | <b>Ann A Jones</b>         | FO55 | Wrexham              | 23.56 |      |      |      |              |      |
| 107  | <b>Stephanie Charman</b>   | FO55 | Helsby RC            | 23.58 |      |      |      |              |      |
| 108  | <b>Derek Isherwood</b>     | O45  | Wirral               | 24.04 |      |      |      |              |      |
| 109  | <b>Philip Jones</b>        | O55  | Helsby               | 24.09 |      |      |      |              |      |
| 110  | <b>Janet Redpath</b>       | FO50 | Spectrum Striders    | 24.28 |      |      |      |              |      |
| 111  | <b>Anthony Brockway</b>    | O45  | Wirral               | 25.04 |      |      |      |              |      |
| 112  | <b>Debbie Hawker</b>       | FO35 | UA                   | 25.25 |      |      |      |              |      |
| 113  | <b>Nigel Crierie</b>       | U40  | Ellesmere Port RC    | 25.28 |      |      |      |              |      |
| 114  | <b>Natasha Hadley</b>      | FO35 | Ellesmere Port RC    | 25.32 |      |      |      |              |      |
| 115  | <b>Anna Louise Riley</b>   | FO45 | UA                   | 25.34 |      |      |      |              |      |
| 116  | <b>Jane Hawth</b>          | FU35 | UA                   | 26    |      |      |      |              |      |
| 117  | <b>Sara Cassidy McIlve</b> | FU35 | Abergele Harriers    | 26.3  |      |      |      |              |      |
| 118  | <b>Robert Spotswood</b>    | O45  | Abergele Harriers    | 26.3  |      |      |      |              |      |
| 119  | <b>Anna Howarth</b>        | FU35 | UA                   | 26.32 |      |      |      |              |      |
| 120  | <b>Gillian Brandrick</b>   | FO45 | Prestatyn            | 26.51 |      |      |      |              |      |
| 121  | <b>Anne Hurrell</b>        | FO50 | Northern Vets AC     | 27.32 |      |      |      |              |      |
| 122  | <b>Trevor Prescott</b>     | O70  | St Helens Sutton     | 28.5  |      |      |      |              |      |
| 123  | <b>Nicola Routledge</b>    | FU35 | UA                   | 29.01 |      |      |      |              |      |
| 124  | <b>Mark Wilkinson</b>      | U40  | Shropshire Shufflers | 31.52 |      |      |      |              |      |