

# *Race Results (Ladies) - Urenco Capenhurst 5K*

**23/08/2006**

Pos.	Name	Cat.	Running Club	Time	Pos.	Name	Cat.	Running Club	Time
1	<b>Rachael Thompson</b>	FU35	Horwich	16.56					
2	<b>Nicky Bird</b>	FU35	Ellesmere Port RC	18					
3	<b>Lisa Heyes</b>	FO35	Horwich Harriers	18.17					
4	<b>Emma Parry</b>	FU35	Wrexham AC	18.49					
5	<b>Elizabeth Crawshaw</b>	FU35	Wirral	19.11					
6	<b>Alison Patrick</b>	FU20	Warrington AC	19.24					
7	<b>J Campion</b>	FO40	Vale Royal	20.02					
8	<b>Alison Smith</b>	FU35	Tattenhall Runners	20.19					
9	<b>Ellen Patrick</b>	FU35	Warrington AC	20.27					
10	<b>Alison Hughes</b>	FU35	Ellesmere Port RC	20.28					
11	<b>Catherine Hewitt</b>	FO40	Wrexham	20.32					
12	<b>Ruth sills</b>	FO35	Vale Royal	20.48					
13	<b>Amy Talbot</b>	FU20	Warrington AC	20.55					
14	<b>Alison MacDonald</b>	FO40	Ellesmere Port RC	21.03					
15	<b>Mary Tavener</b>	FO40	Vale Royal	21.21					
16	<b>Dawn Urquhart</b>	FU35	Buckley	21.23					
17	<b>Katie Brandrick</b>	FU20	Prestatyn	21.36					
18	<b>Heather Sealey</b>	FU35	N.E.W Runners	21.57					
19	<b>Rosemary Rogers</b>	FO55	BS Deestridders	22.01					
20	<b>Jo Molyneaux</b>	FO45	Vale Royal	22.13					
21	<b>Heather Roberts</b>	FU20	West Cheshire AC	22.22					
22	<b>Nichola Bowness</b>	FU35	UA	23.01					
23	<b>Maria Brockway</b>	FO40	Wirral	23.31					
24	<b>Madeleine Bird</b>	FO50	Ellesmere Port RC	23.34					
25	<b>Ann A Jones</b>	FO55	Wrexham	23.56					
26	<b>Stephanie Charman</b>	FO55	Helsby RC	23.58					
27	<b>Janet Redpath</b>	FO50	Spectrum Striders	24.28					
28	<b>Debbie Hawker</b>	FO35	UA	25.25					
29	<b>Natasha Hadley</b>	FO35	Ellesmere Port RC	25.32					
30	<b>Anna Louise Riley</b>	FO45	UA	25.34					
31	<b>Jane Hawth</b>	FU35	UA	26					
32	<b>Sara Cassidy McIlve</b>	FU35	Abergele Harriers	26.3					
33	<b>Anna Howarth</b>	FU35	UA	26.32					
34	<b>Gillian Brandrick</b>	FO45	Prestatyn	26.51					
35	<b>Anne Hurrell</b>	FO50	Northern Vets AC	27.32					
36	<b>Nicola Routledge</b>	FU35	UA	29.01					