

Race Results (Male) - 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	42	Danny Legg	O40	Ellesmere Port RC	19.13
2	Paul Freary	U40	Belgrave Harriers	15.1	43	Michael C Court	U40	Vale Royal AC	19.15
3	Adam Peers	U20	Liverpool Harriers	16.02	44	Shane Yates	U40	Buckley	19.19
4	Matthew Jones	U40	Wrexham	16.11	45	Chris Morgan	O55	Chester Tri	19.32
5	Paul Howarth	U40	UA	16.17	46	Callum Maxwell	U20	Wirral	19.47
6	Mark Hulmston	U40	Wirral	16.2	47	David Alan Jones	O50	Denbigh Harriers	19.48
7	Mike Weedall	O50	Wrexham AC	16.25	48	Neil Elsby	U40	Wirral AC	19.53
8	Steve Crowe	U40	Ellesmere Port RC	16.26	49	Paul Brandrick	O50	Prestatyn RC	19.55
9	Darren Blazier	U40	Abergele Harriers	16.29	50	Jon Hawker	O40	Ellesmere Port RC	19.59
10	Dave Carrington	O50	Altrincham	16.5	51	Michael Whiteside	O55	Tattenhall Runners	20.03
11	Chris Standidge	U40	Wirral AC	16.55	52	Richard Burnham	O40	UA	20.06
12	Peter Scarratt	O40	UA	17.08	53	Dave Toft	U40	Buckley Runners	20.08
13	Lee Jones	U40	Deeside AAC	17.15	54	David Temple	U40	Deestridders	20.12
14	Dave Gough	O40	Vale Royal	17.18	55	Michael Charman	O55	Helsby RC	20.13
15	Paul Carmichael	U40	Helsby	17.2	56	Erin Howarth	U40	UA	20.22
16	Sean McCormack	O40	Abergele Harriers	17.26	57	David Brockway	U20	Wirral	20.26
17	Peter Walsh	U40	Liverpool Harriers	17.34	58	Michael Jones	U40	Chester Tri	20.35
18	Keith Hatton	O45	Liverpool Harriers	17.35	59	Simon Williams	U40	Tattenhall	20.37
19	Steven Mc Cormack	U20	Abergele Harriers	17.36	60	Barry Chambers	O50	Vale Royal AC	20.38
20	Gary K Withers	O45	West cheshire AC	17.43	61	John Daniels	O55	Helsby	20.39
21	Paul Stinton	U40	Buckley Runners	17.44	62	Alan Durston	O55	Ellesmere Port RC	20.41
22	Simon Jeffs	U40	Ellesmere Port RC	17.49	63	Tim Bent	O40	Wrexham AC	20.45
23	Chris Chandler	O45	UA	17.52	64	David Frith	O55	Colwyn Bay AC	20.48
24	Matthew Ashton	U40	Aberlege Harriers	17.54	65	John Houghton	O45	Warrington Road Ruu	20.57
25	Russel Kirk	O45	West Cheshire AC	17.56	66	Paul Boughey	U40	Helsby	21.07
26	Jon Lowe	U40	Penny Lane striders	17.58	67	Stan Erlam	O65	St. Helens Sutton	21.09
27	Kevin Carroll	O50	Liverpool P&S	17.59	68	John morris	O60	Buckley Runners	21.29
28	Gareth Brandrick	U40	Prestatyn RC	18.02	69	Andrew Reid	U40	Tattenhall	21.3
29	Tim Cahill	O40	Abergele Harriers	18.09	70	Matt Parsons	U40	Chester Tri	21.59
30	Jonathan Bradshaw	U40	Chester Tri	18.24	71	Dave Thompson	O45	Spectrum Striders	22.06
31	Justin McIveen	U40	Abergele Harriers	18.25	72	Ian Fitzpatrick	O40	UA	22.08
32	Andy Duffield	U40	UA	18.31	73	Brian Beattie	O60	West Cheshire	22.1
33	Simon G Roberts	U40	Buckley Runners	18.33	74	Neil Walsh	U40	Spectrum Striders	22.31
34	Sephen Laker	U40	Ellesmere Port RC	18.37	75	Jeffrey Hadley	O40	Ellesmere Port RC	22.34
35	Mark Thornley	O40	Vale Royal	18.37	76	Alan Jones	U40	Buckley Runners	22.45
36	Adair Broughton	U40	Helsby	18.44	77	Ben Read	U40	UA	23.14
37	Graham Dalton	O40	NEW Runners	18.56	78	Geoff Read	O55	Spectrum Striders	23.17
38	Stephen Norbury	U40	UA	18.59	79	Graham Turner	U40	Chester Tri	23.32
39	Mal Balmer	O40	Penny Lane Striders	18.59	80	David Redpath	O55	Spectrum Striders	23.38
40	Eric Gelson	O55	Mossley Hill AC	19.01	81	Philip J Smith	O50	Red Herrings	23.39
41	Tony Man	U40	Penny Lane Striders	19.09	82	Derek Isherwood	O45	Wirral	24.04

Pos.	Name	Cat.	Running Club	Time	Pos.	Name	Cat.	Running Club	Time
83	Philip Jones	O55	Helsby	24.09					
84	Anthony Brockway	O45	Wirral	25.04					
85	Nigel Crierie	U40	Ellesmere Port RC	25.28					
86	Robert Spotswood	O45	Abergele Harriers	26.3					
87	Trevor Prescott	O70	St Helens Sutton	28.5					
88	Mark Wilkinson	U40	Shropshire Shufflers	31.52					