

Race Results (Ladies) - Urenco Capenhurst 5K

22/08/2007

Pos.	Name	Cat.	Running Club	Time	Pos.	Name	Cat.	Running Club	Time
1	Emma Parry	FU35	Wrexham AC	17.44	44	Julie Pearce	FO45	u/a	30.38
2	Carol Parsons	FU35	Chester Tri	17.58	45	Janet Agnew	FO40	u/a	32.00
3	Ellie Debenham	FU35	Chester Tri	18.55	46	Claire Jones	FU35	u/a	37.23
4	Jay Jennions	FU35	Deestridders	19.45	47	Jennie McIver	FU35	u/a	37.33
5	Alison Smith	FU35	Tattenhall	20.11					
6	Carol Williams	FU35	Tattenhall runners	20.23					
7	Gemma Lawler	FU20	Wirral	20.52					
8	Mary Tavener	FO45	Vale Royal	20.54					
9	Alison MacDonald	FO40	Ellesmere Port	20.57					
10	Pamela Thuole	FU35	Penny Lane Striders	21.04					
11	Sarah Henshaw	FU35	Deestridders	21.24					
12	Marjolein von Kralin	FU35	Tattenhall	21.28					
13	Vanessa Griffiths	FO40	Helsby	22.06					
14	Nicola Whitham	FU35	Tattenhall	22.14					
15	Carol Shaw	FO45	Helsby	22.29					
16	Jane Hallows	FO35	Penny Lane Striders	22.36					
17	Amanda Davies	FU35	Tattenhall	22.39					
18	Samantha Roberts	FU35	Chester Tri	22.46					
19	Carolyn Houghton	FO35	Penny Lane Striders	23.04					
20	Margaret Ludden	FO45	Buckley	23.07					
21	Rosemary Rogers	FO55	Deestridders	23.08					
22	Janet Taylor	FO45	Chester Tri	23.17					
23	Rachel Lambert	FU35	Helsby	23.17					
24	Grace Hart	FO35	Tattenhall	23.55					
25	Liz Dobson	FO40	Helsby RC	24.23					
26	Emer McCanon	FO35	Chester Tri	24.39					
27	Eleri Jones	FO35	Denbigh Harriers	24.45					
28	Alison Jones	FU35	u/a	24.58					
29	Jennifer Chambers	FU35	Tattenhall	25.10					
30	Claire Richards	FU35	u/a	26.04					
31	Ann Ball	FO45	u/a	26.14					
32	Helen Whorton	FO45	u/a	26.32					
33	L Webster	FU35	Frodsham	26.50					
34	Sarah Caplan	FO45	u/a	26.52					
35	Cath Ogilvie	FO45	u/a	27.11					
36	Sheena Darby	FO35	u/a	27.42					
37	Ann Stevenson	FO50	u/a	27.54					
38	Heather Agnew	FU35	u/a	28.09					
39	Booth Rosie	FO55	u/a	28.14					
40	Kelly Taylor	FO40	u/a	28.30					
41	Tessa Swaine	FO50	Tattenhall	29.12					
42	Lesley Clague	FO65	Tattenhall	29.14					
43	Carly Harris	FU35	u/a	29.17					

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