

# Race Results - Urenco Capenhurst 5K

20/08/2008

Pos.	Name	Cat.	Running Club	Time	Pos.	Name	Cat.	Running Club	Time
1	Paul Freary	O40	Belgrave Harriers	15.59	47	Mark Bennett	U40	Chester Tri	20.43
2	Lee Jones	U40	Deeside	16.12	48	Michael Charman	O55	Helsby	20.45
3	Alan Ashton	U40	Liverpool Harriers	16.23	49	Alison Smith	FU35	Tattenhall	20.48
4	Mike Shaw	O40	Stockport Harriers	16.34	50	Simon Phillips	U40	Whitchurch Whippets	20.51
5	Joshua Dixon	U20	Abergele Harriers	16.51	51	Tom Rutherford	O45	Capenhurst RC	20.56
6	Mike Robbins	O45	Wrexham AAC	17.03	52	Alison Hughes	FU35	Ellesmere Port RC	20.59
7	Trevor Morris	O45	Wilmslow	17.08	53	Pamela Thurtle	FU35	Penny Lane Striders	21.06
8	Paul Quine	O45	Liverpool Running club	17.22	54	Barry Chambers	O55	Vale Royal AC	21.10
9	Nick Burke	O40	Altrincham	17.25	55	Lionel Jones	U40	Ellesmere Port RC	21.11
10	Chris Pedder	O50	Newburgh	17.32	56	Mary Tavener	FO45	Vale Royal AC	21.13
11	Alex Haswell	U20	West Cheshire	17.46	57	Dawn Urquhart	FO35	Buckley Runners	21.14
12	Dave Barr	U40	Liverpool Harriers	17.48	58	Edward Spencer	U40	u/a	21.20
13	Peter Maher	O50	Vale Royal AC	17.49	59	Alan Durston	O55	Ellesmere Port RC	21.23
14	Adair Broughton	U40	Helsby	17.51	60	John Houghton	O45	Warrington RR	21.24
15	Kelvin Dickinson	U40	Wirral AC	17.53	61	John Morris	O60	Buckley Runners	21.27
16	Karrie Hawitt	FU35	Warrington AC	18.08	62	Nikki J. Platt	FU35	u/a	21.28
17	George Nicholls	U40	Prestatyn RC	18.10	63	Dave Hough	O55	West Cheshire	21.38
18	Stephen Harrison	U40	Fetch Everyone	18.18	64	Neil Richards	U40	u/a	21.45
19	John Dillon	O50	Whitchurch Whippets	18.19	65	Mark Fidler	O40	Ellesmere Port RC	21.45
20	John McAndrew	U40	u/a	18.19	66	Robert Spotswood	O50	Abergele Harriers	21.48
21	Nicky bird	FU35	Ellesmere Port RC	18.28	67	Grant Watson	U40	Chester Tri	21.49
22	Stephen Bellis	O50	Buckley Runners	18.32	68	Peter Haswell	O50	West Cheshire	21.59
23	Michael Stone	O45	Wirral AC	18.37	69	Jake Barr	U20	Liverpool Harriers	22.00
24	Jennifer Smith	FU35	Warrington	18.41	70	Alison MacDonald	FO40	Ellesmere Port RC	22.00
25	Stephen Roberts	O50	Oswestry Olympians	18.43	71	Clay Lenhart	U40	u/a	22.05
26	Gary Withers	O50	West Cheshire	18.44	72	Steve Arnold	U40	u/a	22.08
27	Ian Landucci	O40	u/a	18.44	73	Andy Whitehead	O40	Mersey Tri	22.10
28	Yvonne Wyke	FO40	Wigan Phoenix	18.45	74	Kerry Riley	FU20	West Cheshire	22.14
29	Elizabeth Crawshaw	FU35	u/a	18.47	75	Kevin Curtis	O50	u/a	22.23
30	Simon Greenwood	O40	Chester Tri	19.01	76	David McAlister	O45	Wallasey	22.26
31	Hana Carroll	FU35	Liverpool Harriers	19.02	77	David Alan Jones	O55	Denbigh Harriers	22.26
32	Phil Brown	U40	Chester Tri	19.21	78	Anna Lancaster	FU35	Tattenhall	22.40
33	Kate Titlow	FU20	West Cheshire	19.34	79	John Kelly	O45	Penny Lane Striders	22.46
34	Ellie Debenham	FU35	Chester Tri	19.35	80	Jane Woodhead	FO35	Wirral AC	22.52
35	Anthony Peacock	O55	u/a	19.47	81	Hazel Dirksen	FO60	Buckley Runners	22.53
36	Phil Walker	O55	Wrexham AAC	19.56	82	Bill Sheppard	O50	u/a	22.57
37	Graham Turner	U40	Chester Tri	20.02	83	Mike Doolan	O55	Prestatyn RC	22.57
38	Amanda Davies	FU35	Tattenhall Runners	20.07	84	Brian Beattie	O60	West Cheshire	23.10
39	Dirk Mithen	U40	u/a	20.13	85	Daniel Shaw	U20	u/a	23.11
40	Jon Cole	U40	Ellesmere Port RC	20.16	86	Robert Mackey	O60	Buckley Runners	23.19
41	Peter Clackson	O40	u/a	20.19	87	Chris Neukom	O50	u/a	23.23
42	Peter Weatherhead	O55	Wirral AC	20.24	88	Audrey Foster	FO55	Northern Vets AC	23.28
43	Haydan Jones	O40	Abergele Harriers	20.27	89	Carol Shaw	FO45	Helsby	23.33
44	Matt Parsons	U40	Chester Tri	20.29	90	Michelle Kelly	FO45	Penny Lane Striders	23.46
45	Paul Donoghue	U40	Buckley Runners	20.30	91	Madeleine Bird	FO50	Ellesmere Port RC	24.09
46	Alan Walsh	U40	u/a	20.39	92	Clare Hinde	FO35	Wirral AC	24.13

Pos.	Name	Cat.	Running Club	Time	Pos.	Name	Cat.	Running Club	Time
93	<b>Peter Samuelson</b>	O60	Spectrum Striders	24.16					
94	<b>Stephanie Charman</b>	FO55	Helsby	24.19					
95	<b>Sidney Molyneux</b>	O60	Picton Running Club	24.31					
96	<b>Susan Ridings</b>	FO45	Buckley Runners	24.41					
97	<b>Claire Richards</b>	FO35	u/a	25.17					
98	<b>Ken Taylor</b>	O60	u/a	25.35					
99	<b>Charles Thackeray</b>	O60	West Cheshire	25.40					
100	<b>Ann Ball</b>	FO45	Ellesmere Port RC	25.48					
101	<b>Richard Burnett</b>	O40	u/a	25.50					
102	<b>Julia Fidler</b>	FO35	Ellesmere Port RC	25.59					
103	<b>Helen Whorton</b>	FO50	u/a	26.12					
104	<b>Hadyn Johnson</b>	U40	Tattenhall Runners	26.12					
105	<b>Diane Duret</b>	FO35	Chester Tri	26.37					
106	<b>Becki Ramsden</b>	FU35	u/a	26.41					
107	<b>Rob Kelly</b>	U40	u/a	26.41					
108	<b>Nigel Crierie</b>	O40	Ellesmere Port RC	26.46					
109	<b>Anna Louise Riley</b>	FO45	u/a	27.16					
110	<b>Bev Pentland</b>	FO35	u/a	27.23					
111	<b>Elizabeth Oldfield</b>	FO40	Chester Tri	27.26					
112	<b>Susan Jones</b>	FO45	u/a	27.54					
113	<b>Jane Evans</b>	FO55	Deestriders	27.55					
114	<b>Kate Waterhouse</b>	FU35	Whitchurch Whippets	29.23					
115	<b>Ruth Aldridge</b>	FO45	u/a	31.28					
116	<b>G J Hanks</b>	O60	Alchester	34.53					