

# Race Results (by category) - Urenco Capenhurst 5.

26/08/2009

Name	Running Club	Time	Name	Running Club	Time
<b>U40</b>			James Glover	Unattached	23.30
Adam Peers	Liverpool Harriers	15.11	Nathan Williams	unattached	23.39
Colin Potts	Liverpool Harriers	16.02	Alec Jervis	unattached	23.47
Paul Mannion	Astley + Tyldesley	16.09	ndy Gosling	unattached	24.29
Liam Thompson	Warrington AC	16.09	Derek Mason	Chester Tri	25.13
Matthew Roberts	Eryri	16.12	<b>U20</b>		
Lee Jones	Deeside AAC	16.15	Jon-Philip Seymour	Wirral AC	16.30
Darren Blazier	Abergele Harriers	16.18	Chris Cooper	Wirral AC	16.38
Mark Hulmston	Wirral AC	16.26	Darrell Freeman	unattached	21.02
Xavier Desse	Wirral AC	16.31	Daniel Shaw	unattached	21.12
Leon Foster	Leeds City	16.35	Philip Houghton	unattached	28.21
Paul Waltham	Eryri Harriers	16.51	<b>O70</b>		
Jeff Kettle	West Cheshire AC	17.11	Joe Park	Cheshire Tally-Ho	23.57
Peter Taylor	Tattenhall Runners	17.29	Geoff Howarth	Northern Vets AC	28.30
Kelvin Dickinson	Wirral AC	17.33	<b>O65</b>		
Adair Broughton	Helsby	17.36	Peter Roberts	Buckley runners	20.11
Oliver Park	Warrington A.c.	17.38	John Morris	Buckley	21.39
Dve Barr	Liverpool Harriers	17.39	Lawrie Brown	B A C	24.28
Richard Clancy	Trafford	17.43	Stuart Richards	unattached	25.03
Gareth Dodd	unattached	17.46	<b>O60</b>		
Kevin Scarbrough	Stockport Harriers	17.55	Arnold Melling	Astley + Tyldesley	18.48
Steve Townsend	unattached	18.16	Michael Whiteside	Tattenhall Runners	20.18
James Bateman	unattached	18.17	Melvyn Ollier	Wrexham AC	20.43
Matthew Welsh	Unattached	18.19	Dave Hough	West Cheshire	21.46
Neil Pownall	unattached	18.20	Robin Frost	Wrexham Athletic Club	21.51
James Simpson	South Cheshire Harrier	18.23	Sidney Molyneux	Picton Running Club	24.56
Neil Kelly	Penny Lane Striders	18.29	Tony Thackray	West Cheshire	25.58
Stephen Harrison	Ferc	18.33	John Roy Latham	South Cheshire Harrier	31.22
James Pickering	Buckley Runners	18.36	Geoff Hanks	AL Chester	37.22
David Jury	Trafford	18.41	<b>O55</b>		
Paul Stinton	Buckley Runners	18.42	Anthony McDevitt	Wirral AC	18.11
Jason Bennett	EPRC	18.43	Michael Charman	Spectrum Striders	21.02
Sam Myers	Unattached	18.58	David Jones	Denbigh Harriers	21.21
Jason Weston	Chester Tri	19.01	Alan Cronin	Chester tri	21.36
Jon Cole	EPRC	19.06	Dave Taylor	Chester tri	21.51
Michael Vaughan	Tattenhall runners	19.43	K Jerry Williams	Birkenhead AC	23.00
Gareth Hansom	Unattached	19.56	Bill Preston	UK Net Runner	26.20
Daniel Graigen	Chester tri	20.06	Ken Taylor	unattached	28.53
Robert Wilson	Whitchurch Wippets	20.06	<b>O50</b>		
Dean Richards	Whitchurch Wippets	20.21	Tony McCarthy	Warrington Athletic Clu	18.22
Rob Hardwick	Penny Lane Striders	20.41	Michael Stone	Wirral AC	19.11
Richard Park	unattached	20.53	Huw Lewis	Buckley	19.38
Roberts Chambers	Tattenhall Runners	21.33	Marcus Walker	unattached	20.01
Neil Richards	unattached	21.35	Stephen Botham	Wreccsam Tri	20.30
Mike Thompson	unattached	22.00	Chris Higgins	Buckley	20.56
Alistair McAuliffe	Tattenhall Runners	22.33	D Fullwood	unattached	20.59
Mick Flaherty	Chester Tri	22.50	Dave Oldfield	Tattenhall Runners	21.04
Dave Thomas	unattached	22.54			
Paul Roberts	Chester tri	23.08			
Steve Denton	unattached	23.08			
Peter Williamson	unattached	23.30			

Name	Running Club	Time	Name	Running Club	Time
Kevin Curtis	unattached	21.29	Clare Wilding	unattached	29.42
Mike Cutler	South Cheshire Harrier	21.29	<b>FU20</b>		
John Houghton	Warrington Road runne	21.40	Laura Murphy	Liverpool	18.52
Martin Durrant	Tattenhall runners	21.50	Tessa McCormick	Vale Royal AC	19.07
David McAlister	Wallasey AC	22.01	Kate Titlow	Warrington AC	19.38
David Pointon	unattached	22.20	Sarah Griffiths	Warrington AC	20.41
David Banister	unattached	23.50	Beth Pickering	unattached	27.18
<b>O45</b>			<b>FO55</b>		
Andy Starkey	West Cheshire	16.57	Madeleine Bird	EPRC	24.46
Ian Cooper	EPRC	16.59	Stephanie Charman	Spectrum Striders	26.26
Kenny Begley	Chester Tri	17.14	<b>FO50</b>		
Mike Robbins	Wrexham AC	17.15	Michelle Kelly	Penny Lane Striders	23.38
Paul Quine	Liverpool Running club	17.22	Susan Ridings	Buckley	25.19
Stephen McNicholas	Penny Lane	19.08	Ann Ball	EPRC	26.24
Andrew Blair	Tattenhall Runners	19.42	<b>FO45</b>		
Ian Fitzpatrick	unattached	20.25	Gill Mead	Chester Tri	18.43
Rob Cunliffe	unattached	20.28	Mary Tavener	Vale Royal	21.16
Grant P Stanning	Sandbach Sriders	21.36	Carol Shaw	Helsby	23.16
Steven Scrivens	unattached	22.06	Kathryn Behan	Birkenhead AC	24.28
Chris Brumby	Sandbach riders	23.00	Angela Green	Chester tri	26.01
Kevin Fairclough	unattached	23.18	Gill Walters	EPRC	31.46
Bryan Griffiths	unattached	28.01	<b>FO40</b>		
<b>O40</b>			Michelle Murphy	Liverpool Harriers	20.24
Duncan Harris	Chester Tri	17.30	Alison MacDonald	EPRC	21.41
Paul Dodsworth	Warrington AC	17.37	Sarah Atkinson	Tattenhall	22.44
Andrew Clague	West Cheshire	17.47	Alison Talbot	Oswestry Olympics	23.56
Simon Ellis	Tattenhall	18.08	Sarah Price	Helsby	24.52
Les Kennedy	unattached	19.11	Debbie Hawker	EPRC	25.03
Max Woods	West Cheshire AC	19.22	Sheena Darby	unattached	27.56
Martin Witty	Deestriders	20.15	Deanna Mithen	unattached	29.13
Haydn Jones	Abergele Harriers	20.18	<b>FO35</b>		
Simon Phillips	Whitchurch Wippets	20.40	Emma Parry	Wrexham AC	19.03
Dirk Mithen	unattached	20.46	Dawn Urquhart	Buckley	21.02
Mark Fidler	EPRC	21.42	Fenella Higgins	Buckley	23.25
Alan Jones	Deestriders	22.22	Sacha Kendallwoods	West Cheshire AC	23.55
<b>FU35</b>			Clare Richards	unattached	25.05
Kelly Crickmore	Chester tri	17.31	Julia Fidler	EPRC	25.29
Nicola Bird	EPRC	17.34	Julie Liggett	unattached	25.43
Louis Wood	Warrington	17.44	Jane Smith	unattached	29.40
Chantal Quarless	Liverpool Harriers	18.25	Alison Ramsden	unattached	30.29
Donna Welsh	Deeside	18.47			
Alison Hughes	EPRC	20.04			
Maria Conaghan	Penny Lane Striders	20.26			
Pamela Thurtle	Penny Lane Striders	20.31			
KateSpilsbury	Vale Royal	21.02			
Louise Nicholson	Liverpool running club	21.04			
Alison Smith	Tattenhall Runners	21.22			
Alison Draper	Liverpool Harriers	21.30			
Jay Jennions	Deestriders	21.52			
Gemma Morgan	Eryri Harriers	22.08			
Jennifer Chambers	Tattenhall Runners	23.37			
Kate McGimpse	unattached	23.39			
Karen Thomas	unattached	23.45			
Kate Waterhouse	Whitchurch Wippets	25.02			
Kim Mason	Chester Tri	28.24			