

Race Results - Urenco Capenhurst 5K

26/08/2009

Pos.	Name	Cat.	Running Club	Time	Pos.	Name	Cat.	Running Club	Time
1	Adam Peers	U40	Liverpool Harriers	15.11	46	David Jury	U40	Trafford	18.41
2	Colin Potts	U40	Liverpool Harriers	16.02	47	Paul Stinton	U40	Buckley Runners	18.42
3	Paul Mannion	U40	Astley + Tyldesley	16.09	48	Gill Mead	FO45	Chester Tri	18.43
4	Liam Thompson	U40	Warrington AC	16.09	49	Jason Bennett	U40	EPRC	18.43
5	Matthew Roberts	U40	Eryri	16.12	50	Donna Welsh	FU35	Deeside	18.47
6	Lee Jones	U40	Deeside AAC	16.15	51	Arnold Melling	O60	Astley + Tyldesley	18.48
7	Darren Blazier	U40	Abergele Harriers	16.18	52	Laura Murphy	FU20	Liverpool	18.52
8	Mark Hulmston	U40	Wirral AC	16.26	53	Sam Myers	U40	Unattached	18.58
9	Jon-Philip Seymour	U20	Wirral AC	16.30	54	Jason Weston	U40	Chester Tri	19.01
10	Xavier Desse	U40	Wirral AC	16.31	55	Emma Parry	FO35	Wrexham AC	19.03
11	Leon Foster	U40	Leeds City	16.35	56	Jon Cole	U40	EPRC	19.06
12	Chris Cooper	U20	Wirral AC	16.38	57	Tessa McCormick	FU20	Vale Royal AC	19.07
13	Paul Waltham	U40	Eryri Harriers	16.51	58	Stephen McNicholas	O45	Penny Lane	19.08
14	Andy Starkey	O45	West Cheshire	16.57	59	Les Kennedy	O40	unattached	19.11
15	Ian Cooper	O45	EPRC	16.59	60	Michael Stone	O50	Wirral AC	19.11
16	Jeff Kettle	U40	West Cheshire AC	17.11	61	Max Woods	O40	West Cheshire AC	19.22
17	Kenny Begley	O45	Chester Tri	17.14	62	Huw Lewis	O50	Buckley	19.38
18	Mike Robbins	O45	Wrexham AC	17.15	63	Kate Titlow	FU20	Warrington AC	19.38
19	Paul Quine	O45	Liverpool Running club	17.22	64	Andrew Blair	O45	Tattenhall Runners	19.42
20	Peter Taylor	U40	Tattenhall Runners	17.29	65	Michael Vaughan	U40	Tattenhall runners	19.43
21	Duncan Harris	O40	Chester Tri	17.30	66	Gareth Hansom	U40	Unattached	19.56
22	Kelly Crickmore	FU35	Chester tri	17.31	67	Marcus Walker	O50	unattached	20.01
23	Kelvin Dickinson	U40	Wirral AC	17.33	68	Alison Hughes	FU35	EPRC	20.04
24	Nicola Bird	FU35	EPRC	17.34	69	Daniel Graigen	U40	Chester tri	20.06
25	Adair Broughton	U40	Helsby	17.36	70	Robert Wilson	U40	Whitchurch Wippets	20.06
26	Paul Dodsworth	O40	Warrington AC	17.37	71	Peter Roberts	O65	Buckley runners	20.11
27	Oliver Park	U40	Warrington A.c.	17.38	72	Martin Witty	O40	Deestridders	20.15
28	Dve Barr	U40	Liverpool Harriers	17.39	73	Haydn Jones	O40	Abergele Harriers	20.18
29	Richard Clancy	U40	Trafford	17.43	74	Michael Whiteside	O60	Tattenhall Runners	20.18
30	Louis Wood	FU35	Warrington	17.44	75	Dean Richards	U40	Whitchurch Wippets	20.21
31	Gareth Dodd	U40	unattached	17.46	76	Michelle Murphy	FO40	Liverpool Harriers	20.24
32	Andrew Clague	O40	West Cheshire	17.47	77	Ian Fitzpatrick	O45	unattached	20.25
33	Kevin Scarbrough	U40	Stockport Harriers	17.55	78	Maria Conaghan	FU35	Penny Lane Striders	20.26
34	Simon Ellis	O40	Tattenhall	18.08	79	Rob Cunliffe	O45	unattached	20.28
35	Anthony McDevitt	O55	Wirral AC	18.11	80	Stephen Botham	O50	Wreccsam Tri	20.30
36	Steve Townsend	U40	unattached	18.16	81	Pamela Thurtle	FU35	Penny Lane Striders	20.31
37	James Bateman	U40	unattached	18.17	82	Simon Phillips	O40	Whitchurch Wippets	20.40
38	Matthew Welsh	U40	Unattached	18.19	83	Sarah Griffiths	FU20	Warrington AC	20.41
39	Neil Pownall	U40	unattached	18.20	84	Rob Hardwick	U40	Penny Lane Striders	20.41
40	Tony McCarthy	O50	Warrington Athletic Clu	18.22	85	Melvyn Ollier	O60	Wrexham AC	20.43
41	James Simpson	U40	South Cheshire Harrier	18.23	86	Dirk Mithen	O40	unattached	20.46
42	Chantal Quarless	FU35	Liverpool Harriers	18.25	87	Richard Park	U40	unattached	20.53
43	Neil Kelly	U40	Penny Lane Striders	18.29	88	Chris Higgins	O50	Buckley	20.56
44	Stephen Harrison	U40	Ferc	18.33	89	D Fullwood	O50	unattached	20.59
45	James Pickering	U40	Buckley Runners	18.36	90	Darrell Freeman	U20	unattached	21.02

Pos.	Name	Cat.	Running Club	Time	Pos.	Name	Cat.	Running Club	Time
91	Michael Charman	O55	Spectrum Striders	21.02	140	Alec Jervis	U40	unattached	23.47
92	Dawn Urquhart	FO35	Buckley	21.02	141	David Banister	O50	unattached	23.50
93	KateSpilsbury	FU35	Vale Royal	21.02	142	Sacha Kendallwood	FO35	West Cheshire AC	23.55
94	Louise Nicholson	FU35	Liverpool running club	21.04	143	Alison Talbot	FO40	Oswestry Olympics	23.56
95	Dave Oldfield	O50	Tattenhall Runners	21.04	144	Joe Park	O70	Cheshire Tally-Ho	23.57
96	Daniel Shaw	U20	unattached	21.12	145	Lawrie Brown	O65	B A C	24.28
97	Mary Tavener	FO45	Vale Royal	21.16	146	Kathryn Behan	FO45	Birkenhead AC	24.28
98	David Jones	O55	Denbigh Harriers	21.21	147	ndy Gosling	U40	unattached	24.29
99	Alison Smith	FU35	Tattenhall Runners	21.22	148	Madeleine Bird	FO55	EPRC	24.46
100	Mike Cutler	O50	South Cheshire Harrier	21.29	149	Sarah Price	FO40	Helsby	24.52
101	Kevin Curtis	O50	unattached	21.29	150	Sidney Molyneux	O60	Picton Running Club	24.56
102	Alison Draper	FU35	Liverpool Harriers	21.30	151	Kate Waterhouse	FU35	Whitchurch Wippets	25.02
103	Roberts Chambers	U40	Tattenhall Runners	21.33	152	Debbie Hawker	FO40	EPRC	25.03
104	Neil Richards	U40	unattached	21.35	153	Stuart Richards	O65	unattached	25.03
105	Grant P Stanning	O45	Sandbach Sriders	21.36	154	Clare Richards	FO35	unattached	25.05
106	Alan Cronin	O55	Chester tri	21.36	155	Derek Mason	U40	Chester Tri	25.13
107	John Morris	O65	Buckley	21.39	156	Susan Ridings	FO50	Buckley	25.19
108	John Houghton	O50	Warrington Road runn	21.40	157	Julia Fidler	FO35	EPRC	25.29
109	Alison MacDonald	FO40	EPRC	21.41	158	Julie Liggett	FO35	unattached	25.43
110	Mark Fidler	O40	EPRC	21.42	159	Tony Thackray	O60	West Cheshire	25.58
111	Dave Hough	O60	West Cheshire	21.46	160	Angela Green	FO45	Chester tri	26.01
112	Martin Durrant	O50	Tattenhall runners	21.50	161	Bill Preston	O55	UK Net Runner	26.20
113	Dave Taylor	O55	Chester tri	21.51	162	Ann Ball	FO50	EPRC	26.24
114	Robin Frost	O60	Wrexham Athletic Club	21.51	163	Stephanie Charman	FO55	Spectrum Striders	26.26
115	Jay Jennions	FU35	Deestriders	21.52	164	Beth Pickering	FU20	unattached	27.18
116	Mike Thompson	U40	unattached	22.00	165	Sheena Darby	FO40	unattached	27.56
117	David McAlister	O50	Wallasey AC	22.01	166	Bryan Griffiths	O45	unattached	28.01
118	Steven Scrivens	O45	unattached	22.06	167	Philip Houghton	U20	unattached	28.21
119	Gemma Morgan	FU35	Eryri Harriers	22.08	168	Kim Mason	FU35	Chester Tri	28.24
120	David Pointon	O50	unattached	22.20	169	Geoff Howarth	O70	Northern Vets AC	28.30
121	Alan Jones	O40	Deestriders	22.22	170	Ken Taylor	O55	unattached	28.53
122	Alistair McAuliffe	U40	Tattenhall Runners	22.33	171	Deanna Mithen	FO40	unattached	29.13
123	Sarah Atkinson	FO40	Tattenhall	22.44	172	Jane Smith	FO35	unattached	29.40
124	Mick Flaherty	U40	Chester Tri	22.50	173	Clare Wilding	FU35	unattached	29.42
125	Dave Thomas	U40	unattached	22.54	174	Alison Ramsden	FO35	unattached	30.29
126	K Jerry Williams	O55	Birkenhead AC	23.00	175	John Roy Latham	O60	South Cheshire Harrier	31.22
127	Chris Brumby	O45	Sandbach riders	23.00	176	Gill Walters	FO45	EPRC	31.46
128	Steve Denton	U40	unattached	23.08	177	Geoff Hanks	O60	AL Chester	37.22
129	Paul Roberts	U40	Chester tri	23.08					
130	Carol Shaw	FO45	Helsby	23.16					
131	Kevin Fairclough	O45	unattached	23.18					
132	Fenella Higgins	FO35	Buckley	23.25					
133	Peter Williamson	U40	unattached	23.30					
134	James Glover	U40	Unattached	23.30					
135	Jennifer Chambers	FU35	Tattenhall Runners	23.37					
136	Michelle Kelly	FO50	Penny Lane Striders	23.38					
137	Kate McGimpse	FU35	unattached	23.39					
138	Nathan Williams	U40	unattached	23.39					
139	Karen Thomas	FU35	unattached	23.45					

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