

Race Results (Ladies) - Urenco Capenhurst 5K

26/08/2009

| Pos. | Name | Cat. | Running Club | Time | Pos. | Name | Cat. | Running Club | Time |
|------|--------------------------|------|------------------------|-------|------|--------------------------|------|-------------------|-------|
| 1 | Kelly Crickmore | FU35 | Chester tri | 17.31 | 43 | Angela Green | FO45 | Chester tri | 26.01 |
| 2 | Nicola Bird | FU35 | EPRC | 17.34 | 44 | Ann Ball | FO50 | EPRC | 26.24 |
| 3 | Louis Wood | FU35 | Warrington | 17.44 | 45 | Stephanie Charman | FO55 | Spectrum Striders | 26.26 |
| 4 | Chantal Quarless | FU35 | Liverpool Harriers | 18.25 | 46 | Beth Pickering | FU20 | unattached | 27.18 |
| 5 | Gill Mead | FO45 | Chester Tri | 18.43 | 47 | Sheena Darby | FO40 | unattached | 27.56 |
| 6 | Donna Welsh | FU35 | Deeside | 18.47 | 48 | Kim Mason | FU35 | Chester Tri | 28.24 |
| 7 | Laura Murphy | FU20 | Liverpool | 18.52 | 49 | Deanna Mithen | FO40 | unattached | 29.13 |
| 8 | Emma Parry | FO35 | Wrexham AC | 19.03 | 50 | Jane Smith | FO35 | unattached | 29.40 |
| 9 | Tessa McCormick | FU20 | Vale Royal AC | 19.07 | 51 | Clare Wilding | FU35 | unattached | 29.42 |
| 10 | Kate Titlow | FU20 | Warrington AC | 19.38 | 52 | Alison Ramsden | FO35 | unattached | 30.29 |
| 11 | Alison Hughes | FU35 | EPRC | 20.04 | 53 | Gill Walters | FO45 | EPRC | 31.46 |
| 12 | Michelle Murphy | FO40 | Liverpool Harriers | 20.24 | | | | | |
| 13 | Maria Conaghan | FU35 | Penny Lane Striders | 20.26 | | | | | |
| 14 | Pamela Thurtle | FU35 | Penny Lane Striders | 20.31 | | | | | |
| 15 | Sarah Griffiths | FU20 | Warrington AC | 20.41 | | | | | |
| 16 | Kate Spilsbury | FU35 | Vale Royal | 21.02 | | | | | |
| 17 | Dawn Urquhart | FO35 | Buckley | 21.02 | | | | | |
| 18 | Louise Nicholson | FU35 | Liverpool running club | 21.04 | | | | | |
| 19 | Mary Tavener | FO45 | Vale Royal | 21.16 | | | | | |
| 20 | Alison Smith | FU35 | Tattenhall Runners | 21.22 | | | | | |
| 21 | Alison Draper | FU35 | Liverpool Harriers | 21.30 | | | | | |
| 22 | Alison MacDonald | FO40 | EPRC | 21.41 | | | | | |
| 23 | Jay Jennions | FU35 | Deestridders | 21.52 | | | | | |
| 24 | Gemma Morgan | FU35 | Eryri Harriers | 22.08 | | | | | |
| 25 | Sarah Atkinson | FO40 | Tattenhall | 22.44 | | | | | |
| 26 | Carol Shaw | FO45 | Helsby | 23.16 | | | | | |
| 27 | Fenella Higgins | FO35 | Buckley | 23.25 | | | | | |
| 28 | Jennifer Chambers | FU35 | Tattenhall Runners | 23.37 | | | | | |
| 29 | Michelle Kelly | FO50 | Penny Lane Striders | 23.38 | | | | | |
| 30 | Kate McGimpse | FU35 | unattached | 23.39 | | | | | |
| 31 | Karen Thomas | FU35 | unattached | 23.45 | | | | | |
| 32 | Sacha Kendallwood | FO35 | West Cheshire AC | 23.55 | | | | | |
| 33 | Alison Talbot | FO40 | Oswestry Olympics | 23.56 | | | | | |
| 34 | Kathryn Behan | FO45 | Birkenhead AC | 24.28 | | | | | |
| 35 | Madeleine Bird | FO55 | EPRC | 24.46 | | | | | |
| 36 | Sarah Price | FO40 | Helsby | 24.52 | | | | | |
| 37 | Kate Waterhouse | FU35 | Whitchurch Wippets | 25.02 | | | | | |
| 38 | Debbie Hawker | FO40 | EPRC | 25.03 | | | | | |
| 39 | Clare Richards | FO35 | unattached | 25.05 | | | | | |
| 40 | Susan Ridings | FO50 | Buckley | 25.19 | | | | | |
| 41 | Julia Fidler | FO35 | EPRC | 25.29 | | | | | |
| 42 | Julie Liggett | FO35 | unattached | 25.43 | | | | | |

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