

WEST CHESHIRE 5K – 5 Kilometre Road Race : Friday 11th July 2003 7:15 p.m.

| Place | Name | Gen | G Pos | Team | Category | C Pos | Time |
|-------|--------------------|-----|-------|-----------------------------|----------------|-------|-------|
| 1 | Jones, Nick | M | 1 | Tipton Harriers | Senior Men | 1 | 15:15 |
| 2 | Northall, Luke | M | 2 | Wrexham AC | Junior Men <20 | 1 | 15:32 |
| 3 | Shiels, Simon | M | 3 | Abergele Harriers | Senior Men | 2 | 15:41 |
| 4 | Girvan, Mike | M | 4 | Warrington AC | Male Vet 45 | 1 | 15:46 |
| 5 | McKevitt, Simon | M | 5 | Liverpool Harriers | Senior Men | 3 | 16:00 |
| 6 | Thorpe, Wayne | M | 6 | Warrington AC | Male Vet 40 | 1 | 16:06 |
| 7 | Williams, Gareth | M | 7 | Vale Royal AC | Senior Men | 4 | 16:12 |
| 8 | MacNeil, Graham | M | 8 | Helsby RC | Male Vet 40 | 2 | 16:20 |
| 9 | Robbins, Mike | M | 9 | Wrexham AC | Male Vet 40 | 3 | 16:26 |
| 10 | Sherrington, Tom | M | 10 | Warrington AC | Junior Men <20 | 2 | 16:35 |
| 11 | Lawrence, Helen | L | 1 | Wirral AC | Senior Ladies | 1 | 16:39 |
| 12 | Timmins, Adrian | M | 11 | Warrington AC | Senior Men | 5 | 16:41 |
| 13 | Frodsham, Paul | M | 12 | West Cheshire AC | Male Vet 45 | 2 | 16:49 |
| 14 | Davies, Chris | M | 13 | Buckley Runners | Male Vet 40 | 4 | 16:49 |
| 15 | Chester, Neil | M | 14 | Liverpool Harriers | Senior Men | 6 | 16:54 |
| 16 | Jenkins, Graham | M | 15 | West Cheshire AC | Male Vet 40 | 5 | 16:57 |
| 17 | Woodyatt, Tim D | M | 16 | Stockport Harriers | Senior Men | 7 | 16:59 |
| 18 | Mclvor, Des | M | 17 | Wirral AC | Senior Men | 8 | 16:59 |
| 19 | Burke, Nick | M | 18 | Altrincham & District AC | Senior Men | 9 | 17:00 |
| 20 | Hatton, Keith | M | 19 | Liverpool Harriers | Male Vet 40 | 6 | 17:01 |
| 21 | Northall, Nicholas | M | 20 | Wrexham AC | Junior Men <20 | 3 | 17:01 |
| 22 | West, Clive | M | 21 | Buckley Runners | Senior Men | 10 | 17:05 |
| 23 | Desse, Xavier | M | 22 | | Senior Men | 11 | 17:12 |
| 24 | Foster, Leon | M | 23 | Wirral AC | Junior Men <20 | 4 | 17:15 |
| 25 | Toolis, Patrick | M | 24 | Vale Royal AC | Senior Men | 12 | 17:16 |
| 26 | De Jong, Albert | M | 25 | Spectrum Striders | Senior Men | 13 | 17:19 |
| 27 | Cooper, Ian | M | 26 | Ellesmere Port RC | Male Vet 40 | 7 | 17:20 |
| 28 | Jones, Darren | M | 27 | Wrexham AC | Senior Men | 14 | 17:27 |
| 29 | Earlam, Graham | M | 28 | West Cheshire AC | Male Vet 45 | 3 | 17:35 |
| 30 | Spencer, Julian | M | 29 | Spectrum Striders | Male Vet 40 | 8 | 17:41 |
| 31 | Bleasdale, Mark | M | 30 | Liverpool Pembroke & Sefton | Male Vet 40 | 9 | 17:42 |
| 32 | Tibbetts, Antony | M | 31 | Wrexham AC | Senior Men | 15 | 17:43 |
| 33 | Maher, Peter | M | 32 | Vale Royal AC | Male Vet 45 | 4 | 17:44 |
| 34 | Carson, Ian | M | 33 | Wrexham AC | Male Vet 50 | 1 | 17:45 |
| 35 | Davies, Tim | M | 34 | Buckley Runners | Male Vet 40 | 10 | 17:45 |
| 36 | Weatherhead, Peter | M | 35 | Wirral AC | Male Vet 50 | 2 | 17:47 |
| 37 | Lee, Richard D | M | 36 | Abergele Harriers | Male Vet 40 | 11 | 17:48 |
| 38 | Williams, Brian | M | 37 | Wirral AC | Male Vet 50 | 3 | 17:55 |
| 39 | Hooson, Shaun | M | 38 | Buckley Runners | Senior Men | 16 | 18:02 |
| 40 | Forster, Kenny | M | 39 | Spectrum Striders | Male Vet 40 | 12 | 18:03 |
| 41 | Hancock, Paul | M | 40 | Harborough AC | Senior Men | 17 | 18:07 |
| 42 | Geoghegan, Peter | M | 41 | Ellesmere Port RC | Senior Men | 18 | 18:14 |
| 43 | Temple, David Paul | M | 42 | Deestriders RC | Senior Men | 19 | 18:15 |
| 44 | Donovan, Clive | M | 43 | | Male Vet 40 | 13 | 18:16 |
| 45 | McGonigle, Jason | M | 44 | West Cheshire AC | Junior Men <20 | 5 | 18:18 |
| 46 | Realff, Justin | M | 45 | Tattenhall Runners | Senior Men | 20 | 18:24 |
| 47 | Pleeth, Rachel | L | 2 | Macclesfield Harriers | Senior Ladies | 2 | 18:26 |
| 48 | Legg, Danny | M | 46 | Ellesmere Port RC | Male Vet 40 | 14 | 18:28 |
| 49 | Cutler, Mike | M | 47 | South Cheshire Harriers | Male Vet 45 | 5 | 18:29 |
| 50 | Jones, Simon | M | 48 | Abergele Harriers | Senior Men | 21 | 18:32 |
| 51 | Schofield, Ruth | L | 3 | Wrexham AC | Senior Ladies | 3 | 18:35 |
| 52 | McAra, Graham | M | 49 | Helsby RC | Male Vet 45 | 6 | 18:35 |
| 53 | Jennings, John | M | 50 | Ellesmere Port RC | Male Vet 40 | 15 | 18:42 |
| 54 | Walker, Phil | M | 51 | Wrexham AC | Male Vet 50 | 4 | 18:43 |
| 55 | Greasley, Cecilia | L | 4 | Macclesfield Harriers | Lady Vet 45 | 1 | 18:44 |
| 56 | Kirk, Russell | M | 52 | | Male Vet 40 | 16 | 18:45 |
| 57 | Smith, Tony | M | 53 | Ellesmere Port RC | Male Vet 50 | 5 | 18:49 |
| 58 | Landucci, Ian | M | 54 | | Senior Men | 22 | 18:49 |
| 59 | Pope, Mansel | M | 55 | Altrincham & District AC | Male Vet 50 | 6 | 18:50 |
| 60 | Halman, Michael | M | 56 | | Senior Men | 23 | 18:52 |
| 61 | Haxden, Neil | M | 57 | Capenhurst RC | Senior Men | 24 | 18:53 |
| 62 | Mountford, Jane | L | 5 | Buckley Runners | Lady Vet 35 | 1 | 18:55 |
| 63 | Garnett, Andy | M | 58 | Spectrum Striders | Male Vet 45 | 7 | 18:57 |
| 64 | Cunliffe, Robert | M | 59 | | Senior Men | 25 | 19:03 |
| 65 | Ratcliffe, John D | M | 60 | Tattenhall Runners | Male Vet 55 | 1 | 19:09 |
| 66 | Bird, Nicola | L | 6 | Ellesmere Port RC | Senior Ladies | 4 | 19:13 |
| 67 | Evans, John | M | 61 | | Male Vet 40 | 17 | 19:14 |
| 68 | Clarke, John | M | 62 | Vale Royal AC | Male Vet 45 | 8 | 19:15 |

WEST CHESHIRE 5K – 5 Kilometre Road Race : Friday 11th July 2003 7:15 p.m.

| Place | Name | Gen | G Pos | Team | Category | C Pos | Time |
|-------|------------------------|-----|-------|--------------------------|-------------------|-------|-------|
| 69 | Marr, Stephen | M | 63 | Wirral AC | Junior Men <20 | 6 | 19:16 |
| 70 | Taylor, Simon | M | 64 | | Senior Men | 26 | 19:18 |
| 71 | Owen, Matthew | M | 65 | | Senior Men | 27 | 19:22 |
| 72 | McKenna, Eugene | M | 66 | | Senior Men | 28 | 19:25 |
| 73 | Smith, Mark Adam | M | 67 | Tattenhall Runners | Senior Men | 29 | 19:27 |
| 74 | Holmes, Nicholas | M | 68 | Tattenhall Runners | Male Vet 45 | 9 | 19:27 |
| 75 | Martin, Marian | L | 7 | | Lady Vet 40 | 1 | 19:28 |
| 76 | Archer, Nicky | L | 8 | Vale Royal AC | Junior Ladies <20 | 1 | 19:29 |
| 77 | Salihi, Nabilah | L | 9 | Spectrum Striders | Senior Ladies | 5 | 19:30 |
| 78 | Parry, Kevin | M | 69 | | Senior Men | 30 | 19:31 |
| 79 | Smith, Andy | M | 70 | Helsby RC | Male Vet 40 | 18 | 19:33 |
| 80 | Daniels, John James | M | 71 | Helsby RC | Male Vet 50 | 7 | 19:35 |
| 81 | Roberts, Kathryn | L | 10 | Helsby RC | Senior Ladies | 6 | 19:39 |
| 82 | Frost, Robin | M | 72 | Wrexham AC | Male Vet 55 | 2 | 19:42 |
| 83 | Goff, Thomas | M | 73 | | Senior Men | 31 | 19:43 |
| 84 | Blaylock, Steve | M | 74 | Ellesmere Port RC | Senior Men | 32 | 19:46 |
| 85 | Durston, Alan | M | 75 | Ellesmere Port RC | Male Vet 50 | 8 | 19:54 |
| 86 | Howe, Joan | L | 11 | Trafford AC | Lady Vet 45 | 2 | 19:59 |
| 87 | Jones, Dylan | M | 76 | Last Inn Runners | Junior Men <20 | 7 | 19:59 |
| 88 | McCormick, Fechin | M | 77 | Sale Harriers | Male Vet 50 | 9 | 20:00 |
| 89 | Chambers, Barry | M | 78 | Vale Royal AC | Male Vet 50 | 10 | 20:01 |
| 90 | Heaton, Andrew | M | 79 | Last Inn Runners | Male Vet 40 | 19 | 20:08 |
| 91 | Roberts, Andrew | M | 80 | | Senior Men | 33 | 20:09 |
| 92 | Jones, David A | M | 81 | Denbigh Harriers | Male Vet 50 | 11 | 20:09 |
| 93 | Carr, Richard | M | 82 | | Male Vet 50 | 12 | 20:11 |
| 94 | Owen, Christine | L | 12 | Vale Royal AC | Lady Vet 45 | 3 | 20:15 |
| 95 | Tarback, Siobhan | L | 13 | Vale Royal AC | Junior Ladies <20 | 2 | 20:19 |
| 96 | Durnin, Dave | M | 83 | Spectrum Striders | Male Vet 40 | 20 | 20:19 |
| 97 | Witterick, Judith | L | 14 | Shropshire Shufflers | Lady Vet 55 | 1 | 20:20 |
| 98 | Moffett, Jan | L | 15 | | Lady Vet 45 | 4 | 20:22 |
| 99 | Clarkson, Andrew | M | 84 | | Senior Men | 34 | 20:25 |
| 100 | Ault, Andy | M | 85 | | Senior Men | 35 | 20:26 |
| 101 | Clarke, David S | M | 86 | Tattenhall Runners | Male Vet 45 | 10 | 20:26 |
| 102 | Joswig, Dirk | M | 87 | | Senior Men | 36 | 20:27 |
| 103 | Ferguson, Will | M | 88 | Wirral AC | Junior Men <20 | 8 | 20:28 |
| 104 | Foster, Audrey | L | 16 | Horwich RMI Harriers | Lady Vet 50 | 1 | 20:30 |
| 105 | Quinn, David | M | 89 | | Male Vet 40 | 21 | 20:33 |
| 106 | Page, Clare | L | 17 | Wreccsam Triathlon Club | Senior Ladies | 7 | 20:35 |
| 107 | Hetherington, Andrew | M | 90 | | Senior Men | 37 | 20:36 |
| 108 | Cowley, Graham L | M | 91 | Red Herrings | Senior Men | 38 | 20:38 |
| 109 | Isherwood, Derek | M | 92 | Wirral AC | Male Vet 40 | 22 | 20:43 |
| 110 | Taylor, Max | M | 93 | Helsby RC | Senior Men | 39 | 20:47 |
| 111 | Dennis, Martin | M | 94 | | Male Vet 40 | 23 | 20:49 |
| 112 | Wilcox, Jenny | L | 18 | Last Inn Runners | Lady Vet 40 | 2 | 20:49 |
| 113 | Reay, Nick | M | 95 | | Senior Men | 40 | 21:04 |
| 114 | Hill, Robert | M | 96 | | Male Vet 40 | 24 | 21:12 |
| 115 | Williams, Geraint | M | 97 | Liverpool Running Club | Senior Men | 41 | 21:13 |
| 116 | Jones, Paul | M | 98 | | Senior Men | 42 | 21:15 |
| 117 | Marshall, Graham | M | 99 | | Senior Men | 43 | 21:20 |
| 118 | Hunt, Andrew | M | 100 | Ellesmere Port RC | Male Vet 55 | 3 | 21:21 |
| 119 | Thorn, Penny | L | 19 | Vale Royal AC | Senior Ladies | 8 | 21:24 |
| 120 | Dormer, Julie | L | 20 | Altrincham & District AC | Lady Vet 35 | 2 | 21:26 |
| 121 | Owen, Sandra R | L | 21 | Tattenhall Runners | Lady Vet 50 | 2 | 21:28 |
| 122 | Monkman, Matthew | M | 101 | | Senior Men | 44 | 21:45 |
| 123 | Langley, Ben | M | 102 | Spectrum Striders | Junior Men <20 | 9 | 21:45 |
| 124 | Redpath, David | M | 103 | Spectrum Striders | Male Vet 50 | 13 | 21:54 |
| 125 | Birks, Joanna | L | 22 | | Senior Ladies | 9 | 22:00 |
| 126 | Molloy, Paul T | M | 104 | | Senior Men | 45 | 22:01 |
| 127 | Roberts, Alan Wayne | M | 105 | | Male Vet 45 | 11 | 22:01 |
| 128 | Redpath, Janet | L | 23 | Spectrum Striders | Lady Vet 50 | 2 | 22:08 |
| 129 | Smith, Alison Jane | L | 24 | Tattenhall Runners | Senior Ladies | 10 | 22:15 |
| 130 | Jones, Alan | M | 106 | Wrexham AC | Senior Men | 46 | 22:18 |
| 131 | Woods, Caroline | L | 25 | | Senior Ladies | 11 | 22:20 |
| 132 | Herald, Frazer | M | 107 | Wreccsam Triathlon Club | Male Vet 40 | 25 | 22:21 |
| 133 | Kinvig, Val | L | 26 | Vale Royal AC | Lady Vet 40 | 3 | 22:22 |
| 134 | Harrison-Jones, Ronald | M | 108 | Prestatyn RC | Male Vet 60 | 1 | 22:29 |
| 135 | Whitehead, Andy | M | 109 | Spectrum Striders | Male Vet 40 | 26 | 22:29 |
| 136 | McAlister, David John | M | 110 | Wallasey AC | Male Vet 40 | 27 | 22:43 |

WEST CHESHIRE 5K – 5 Kilometre Road Race : Friday 11th July 2003 7:15 p.m.

| Place | Name | Gen | G Pos | Team | Category | C Pos | Time |
|-------|--------------------|-----|-------|--------------------------------|-------------------|-------|-------|
| 137 | Cooper, Michael | M | 111 | | Senior Men | 47 | 22:44 |
| 138 | Shaw, David M | M | 112 | | Male Vet 40 | 28 | 22:49 |
| 139 | Annis, Jerry | M | 113 | Mersey Tri | Senior Men | 48 | 22:53 |
| 140 | Price, Rosemary | L | 27 | Deestridders RC | Lady Vet 50 | 2 | 22:54 |
| 141 | Shaw, Carol | L | 28 | Helsby RC | Lady Vet 40 | 4 | 22:56 |
| 142 | Foschi, Mario | M | 114 | Wirral AC | Male Vet 50 | 14 | 22:56 |
| 143 | Bottoms, Dave | M | 115 | Marconi Spartans | Male Vet 45 | 12 | 23:08 |
| 144 | Donoghue, Tracy | L | 29 | Buckley Runners | Senior Ladies | 12 | 23:11 |
| 145 | Donoghue, Paul | M | 116 | Buckley Runners | Senior Men | 49 | 23:11 |
| 146 | Rickers, Stuart | M | 117 | | Senior Men | 50 | 23:12 |
| 147 | Bedford, Peter | M | 118 | | Male Vet 50 | 15 | 23:15 |
| 148 | Strowger, Michaela | L | 30 | | Senior Ladies | 13 | 23:27 |
| 149 | Treadwell, Brian | M | 119 | Wreccsam Triathlon Club | Senior Men | 51 | 23:28 |
| 150 | George, Michael | M | 120 | | Senior Men | 52 | 23:33 |
| 151 | Mansley, Bill | M | 121 | Spectrum Striders | Male Vet 65 | 1 | 23:39 |
| 152 | Ellis, Sue | L | 31 | Tattenhall Runners | Lady Vet 40 | 5 | 23:50 |
| 153 | Archer, Amy | L | 32 | | Senior Ladies | 14 | 23:52 |
| 154 | Archer, Tony | M | 122 | Vale Royal AC | Male Vet 45 | 13 | 23:53 |
| 155 | Ellis, Tracey | L | 33 | Ellesmere Port RC | Lady Vet 35 | 3 | 23:55 |
| 156 | Sullivan, Sarah | L | 34 | Wirral AC | Junior Ladies <20 | 3 | 23:58 |
| 157 | Tarback, Jane | L | 35 | | Lady Vet 40 | 6 | 23:58 |
| 158 | Bell, Austin | M | 123 | | Male Vet 45 | 14 | 23:59 |
| 159 | Gillard, Phil | M | 124 | | Male Vet 40 | 29 | 23:59 |
| 160 | Bowler, Tim | M | 125 | Hailsham Harriers | Male Vet 50 | 16 | 24:03 |
| 161 | De Jong, Nicola | L | 36 | Spectrum Striders | Senior Ladies | 15 | 24:11 |
| 162 | Hemmings, Louise | L | 37 | | Senior Ladies | 16 | 24:17 |
| 163 | Roberts, Samantha | L | 38 | City Of Chester Triathlon Club | Senior Ladies | 17 | 24:22 |
| 164 | Powell, Richard J | M | 126 | | Senior Men | 53 | 24:23 |
| 165 | Marr, Brian | M | 127 | Wirral AC | Male Vet 45 | 15 | 24:23 |
| 166 | Molloy, Mark | M | 128 | Warrington Road Runners | Senior Men | 54 | 24:26 |
| 167 | Grice, Henrietta | L | 39 | Helsby RC | Lady Vet 35 | 4 | 24:29 |
| 168 | Beswick, Joe | M | 129 | Helsby RC | Male Vet 70 | 1 | 24:44 |
| 169 | Goldstein, Ross | M | 130 | | Senior Men | 55 | 24:51 |
| 170 | Cummings, Caroline | L | 40 | Bromsgrove & Redditch AC | Lady Vet 35 | 5 | 24:57 |
| 171 | Charman, Stephanie | L | 41 | Helsby RC | Lady Vet 50 | 2 | 25:00 |
| 172 | Charman, Samantha | L | 42 | Helsby RC | Senior Ladies | 18 | 25:00 |
| 173 | Swaine, Tessa | L | 43 | Tattenhall Runners | Lady Vet 45 | 5 | 25:08 |
| 174 | Mudway, Frances | L | 44 | West Cheshire AC | Lady Vet 50 | 2 | 25:18 |
| 175 | Donoghue, Alan | M | 131 | | Senior Men | 56 | 25:38 |
| 176 | Griffiths, Bryan | M | 132 | | Senior Men | 57 | 25:40 |
| 177 | Williams, Sian | L | 45 | | Senior Ladies | 19 | 25:45 |
| 178 | Williams, Nia | L | 46 | | Senior Ladies | 20 | 25:47 |
| 179 | Walthew, Alison J | L | 47 | | Lady Vet 35 | 6 | 25:52 |
| 180 | Maxwell, Robert | M | 133 | | Senior Men | 58 | 25:54 |
| 181 | Yates, Chris | M | 134 | | Male Vet 45 | 16 | 25:59 |
| 182 | Williams, Melanie | L | 48 | | Lady Vet 40 | 7 | 26:28 |
| 183 | Jones, Neville | M | 135 | Warrington AC | Male Vet 65 | 2 | 26:49 |
| 184 | Owen, David | M | 136 | | Senior Men | 59 | 26:52 |
| 185 | Malone, Sinead | L | 49 | David Lloyd RC | Senior Ladies | 21 | 26:52 |
| 186 | Walsh, Susan Jane | L | 50 | | Lady Vet 45 | 6 | 27:06 |
| 187 | Woods, Susie | L | 51 | | Lady Vet 35 | 7 | 27:08 |
| 188 | Dennis, Susan | L | 52 | | Lady Vet 40 | 8 | 27:08 |
| 189 | Vaughan, Gina | L | 53 | Oswestry Olympians | Lady Vet 40 | 9 | 28:22 |
| 190 | Cruchley, Brian | M | 137 | | Male Vet 60 | 2 | 29:07 |
| 191 | Rycroft, Alan | M | 138 | | Male Vet 65 | 3 | 29:07 |
| 192 | Brown, Donna | L | 54 | | Senior Ladies | 22 | 29:43 |
| 193 | Goodall, Audra | L | 55 | | Lady Vet 35 | 8 | 30:04 |