



# CEPAC 5K – 5 Kilometre Road Race

: Friday 30th August 1996 7:15 p.m.

Place	Name	Gen	G Pos	Team	Category	C Pos	Time
1	Proudlove, Mike	M	1	City Of Stoke AC	Senior Male	1	14:51
2	Pearce, Ian	M	2	Tipton Harriers	Senior Male	2	14:59
3	Hatton, Keith	M	3	Liverpool Harriers	Senior Male	3	15:24
4	Thorpe, Wayne	M	4	Warrington AC	Senior Male	4	15:31
5	Evans, Ian	M	5	Burton AC	Male Vet 40	1	15:34
6	Frodsham, Paul	M	6	Helsby Running Club	Senior Male	5	15:36
7	Farrell, Chris	M	7	Rochdale Harriers	Senior Male	6	15:39
8	Buckley, Alan	M	8	Warrington AC	Male Vet 40	2	15:42
9	McDevitt, A.	M	9	Wirral AC	Male Vet 40	3	15:49
10	Carrington, Dave	M	10	Sale Harriers	Male Vet 40	4	15:53
11	Hinson, Mark	M	11	Helsby Running Club	Senior Male	7	16:02
12	Simpson, Ian	M	12	Helsby Running Club	Senior Male	8	16:04
13	Baylis, Mark	M	13	Wirral AC	Senior Male	9	16:05
14	Withers, Gary	M	14	CEPAC	Senior Male	10	16:08
15	Davies, Robert	M	15	Abergele Harriers	Senior Male	11	16:14
16	Pearson, Andy	M	16	CEPAC	Senior Male	12	16:20
17	Bennett, Jonathon	M	17	Prestatyn R.C.	Senior Male	13	16:22
18	Weatherhead, Pete	M	18	Wirral AC	Male Vet 45	1	16:29
19	Hodgson, A.	M	19	RAF Sealand	Senior Male	14	16:31
20	Cranny, Sean	M	20	Unattached	Senior Male	15	16:33
21	Hughes, Shane	M	21	Prestatyn R.C.	Senior Male	16	16:35
22	Jones, Peter K.	M	22	Wrexham A.C.	Male Vet 45	2	16:38
23	Jones, Arwel	M	23	Prestatyn R.C.	Senior Male	17	16:43
24	Aird, Paul	M	24	Deestridders	Senior Male	18	16:57
25	Ellis, Simon	M	25	Tattenhall Runners	Senior Male	19	16:58
26	Leonard, S.J.	M	26	Ford Halewood	Male Vet 40	5	17:05
27	Robertson, John	M	27	City Of Stoke AC	Male Vet 40	6	17:08
28	Salt, Neil	M	28	Wrexham A.C.	Senior Male	20	17:09
29	Washbrook, Richard	M	29	Wrexham A.C.	Senior Male	21	17:14
30	Orford, Mark	M	30	CEPAC	Senior Male	22	17:16
31	Brown, Billy	M	31	Wrexham A.C.	Male Vet 40	7	17:17
32	Walker, M.	M	32	Helsby Running Club	Senior Male	23	17:18
33	Bell, Graham	M	33	Warrington AC	Male Vet 40	8	17:19
34	Carson, Ian	M	34	Wrexham A.C.	Male Vet 45	3	17:22
35	Benson, Bob	M	35	CEPAC	Male Vet 40	9	17:23
36	Jenkins, Paul	M	36	Whitby Heath AC	Senior Male	24	17:25
37	Mayer, Chris	M	37	Unattached	Senior Male	25	17:26
38	Worship, George	M	38	CEPAC	Senior Male	26	17:27
39	Smith, Tony	M	39	Rivacre Runners	Male Vet 40	10	17:28
40	Worrall, Mark	M	40	CEPAC	Senior Male	27	17:31
41	Dixon, Matthew	M	41	CEPAC	Senior Male	28	17:37
42	Whiteside, Michael	M	42	Helsby Running Club	Male Vet 45	4	17:39
43	Dean, Gary	M	43	CEPAC	Senior Male	29	17:41
44	Hughes, Mark	M	44	Chester Tri Club	Senior Male	32	17:48
45	Fleetwood, Les	M	45	Rivacre Runners	Senior Male	33	17:49
46	Blunt, Jon	M	46	Deestridders	Senior Male	34	17:56
47	Cunliffe, Rob	M	47	Unattached	Senior Male	35	18:06
48	Scovell, Keith	M	48	Unattached	Senior Male	36	18:12
49	Gibson, Adrian	M	49	Unattached	Senior Male	37	18:13
50	Buckley, Ray	M	50	CEPAC	Male Vet 40	11	18:14
51	Buckley, Adam	M	51	CEPAC	Junior Male	1	18:15
52	Thomas, Jack	M	52	CEPAC	Male Vet 50	1	18:17
53	Slavin, Jimmy	M	53	Birkenhead AC	Male Vet 45	5	18:18
54	Brandrick, P.	M	54	Prestatyn R.C.	Male Vet 40	12	18:19
55	Anstey, Curt	M	55	Road Running Club	Senior Male	38	18:24
56	Denne, Lee	M	56	Deestridders	Senior Male	39	18:25
57	Davis, Peter	M	57	Wrexham A.C.	Male Vet 40	13	18:29
58	Whittaker, Kevin	M	58	Saddleworth	Male Vet 40	14	18:31
59	Traynor, Roy	M	59	Rivacre Runners	Senior Male	40	18:32
60	Searle, Michael	M	60	Helsby Running Club	Senior Male	41	18:34
61	Travers, Christophe	M	61	Buckley Runners	Senior Male	42	18:36
62	McCrave, Tony	M	62	Rivacre Runners	Senior Male	43	18:37
63	Slavin, Francis	M	63	Northern Vets	Male Vet 45	6	18:40
64	Bellis, Phillip	M	64	Buckley Runners	Senior Male	44	18:41
65	Bishop, Colin	M	65	Wrexham A.C.	Senior Male	45	18:42
66	Moreman, Andrew	M	66	RAF Sealand	Senior Male	46	18:44
67	Miles, Terry	M	67	Prestatyn R.C.	Male Vet 50	2	18:45
68	Cockburn, David	M	68	Wrexham A.C.	Senior Male	47	18:49
69	Clarke, Bill	M	69	Stone Master Mar.	Male Vet 45	7	18:50
70	Longoni, Enrico	M	70	CEPAC	Male Vet 45	8	18:57
71	Fay, Steve	M	71	Ford Halewood	Male Vet 40	15	18:59
72	Hastings, Brian	M	72	CEPAC	Male Vet 45	9	19:02
73	Jardine, R.	M	73	Whitby Heath AC	Male Vet 45	10	19:04
74	Binks, Chris	M	74	Pensby R.C.	Male Vet 45	11	19:05
75	Nevett, Rhys	M	75	CEPAC	Junior Male	2	19:08
76	Griffiths, Helen	L	1	Wrexham A.C.	Senior Female	1	19:11



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: Friday 30th August 1996 7:15 p.m.

Place	Name	Gen	G Pos	Team	Category	C Pos	Time
77	Weaver, Dan	M	76	Unattached	Senior Male	48	19:14
78	Meredith, John	M	77	Northern Vets	Male Vet 50	3	19:18
79	Bradley, Paul	M	78	Rivacre Runners	Junior Male	3	19:23
80	Bailey, Sid	M	79	Deestridders	Senior Male	49	19:24
81	Jarvis, Warwick	M	80	Rivacre Runners	Senior Male	50	19:25
82	Raisbeck, Lee	M	81	Rivacre Runners	Junior Male	4	19:29
83	Whittaker, Lucy	L	2	Saddleworth	Senior Female	2	19:30
84	Winzar, Howard	M	82	CEPAC	Male Vet 45	12	19:32
85	Laidlaw, Derek	M	83	Unattached	Senior Male	51	19:34
86	Copnall, Mark	M	84	Wrexham A.C.	Senior Male	52	19:42
87	Jones, Adam	M	85	CEPAC	Junior Male	5	19:44
88	Williams, Geoff	M	86	Wrexham A.C.	Male Vet 40	16	19:50
89	Redfern, Jim	M	87	CEPAC	Male Vet 40	17	19:56
90	Williams, Ron	M	88	Wrexham A.C.	Male Vet 40	18	19:59
91	Fabian, Peter	M	89	CEPAC	Male Vet 40	19	20:00
92	Diggle, Louise	L	3	CEPAC	Senior Female	3	20:03
93	Sargeant, Ian	M	90	Helsby Running Club	Senior Male	53	20:04
94	Clarke, Samantha	L	4	Oswestry Olympians	Junior Female	1	20:08
95	Dobson, Steve	M	91	Unattached	Senior Male	54	20:13
96	Fells, Graham	M	92	RAF Sealand	Senior Male	55	20:20
97	Harvey, Geoffrey	M	93	Deestridders	Male Vet 45	13	20:20
98	Williams, Sian	L	5	Wrexham A.C.	Junior Female	2	20:25
99	Beard, David	M	94	Shropshire Shufflers	Male Vet 40	20	20:41
100	Griffiths, Steve	M	95	Unattached	Senior Male	56	20:44
101	Taylor, Janet	L	6	CEPAC	Senior Female	4	20:57
102	Meredith, Mary	L	7	Prestatyn R.C.	Female Vet 50	1	20:58
103	Connah, Mark	M	96	Buckley Runners	Senior Male	57	21:00
104	Thompson-Jones, J.W.	M	97	Rivacre Runners	Senior Male	58	21:00
105	Hinde, David	M	98	CEPAC	Junior Male	6	21:05
106	Owen, Sandra	L	8	Tattenhall Runners	Female Vet 40	1	21:11
107	Oates, S.	M	99	Deestridders	Male Vet 45	14	21:14
108	Smith, Philip J.	M	100	Red Herrings	Male Vet 40	21	21:23
109	Worrall, Malcolm	M	101	Deestridders	Male Vet 50	4	21:29
110	Allerton, Lisa	L	9	Oswestry Olympians	Junior Female	3	21:30
111	Hickey, Lucy	L	10	Altrincham & Dist AC	Senior Female	5	21:32
112	Davenport, Matthew	M	102	St Helens Button AC	Junior Male	7	21:34
113	Bartley, Aimee	L	11	Oswestry Olympians	Junior Female	4	21:39
114	Temple, David	M	103	Unattached	Junior Male	8	21:40
115	Bailey, Chris	M	104	Wrexham A.C.	Male Vet 45	15	21:41
116	Bates, Victoria	L	12	Oswestry Olympians	Junior Female	5	21:57
117	Dalski, R.W.	M	105	Wallasey AC	Senior Male	59	22:11
118	McCarthy, Mike	M	106	Unattached	Senior Male	60	22:18
119	Dyer, Judith	L	13	Wrexham A.C.	Senior Female	6	22:21
120	Bates, Tom	M	107	Rivacre Runners	Male Vet 45	16	22:23
121	Harrison, C.	M	108	South Cheshire Harriers	Male Vet 50	5	22:32
122	Cutler, Steven	M	109	CEPAC	Senior Male	61	22:53
123	Meredith, Michelle	L	14	Prestatyn R.C.	Senior Female	7	22:55
124	Webb, Jane	L	15	Unattached	Senior Female	8	23:34
125	Carr, Stephen	M	110	Unattached	Senior Male	62	23:38
126	Appleton, Ruth	L	16	Deestridders	Senior Female	9	23:38
127	Newby, Rachel	L	17	Unattached	Senior Female	10	23:57
128	Newby, Marion	L	18	Vale Royal AC	Female Vet 40	2	24:00
129	Horn, Roger	M	111	Unattached	Male Vet 50	6	24:10
130	Harding, Ronald	M	112	Unattached	Male Vet 45	17	24:14
131	Hofmann, Julie	L	19	Unattached	Female Vet 40	3	24:58
132	Jones, Karen	L	20	Unattached	Senior Female	11	25:02
133	Hudson, Jean	L	21	CEPAC	Senior Female	12	26:13
134	Parry, Derek	M	113	Wrexham A.C.	Male Vet 45	18	26:13
135	Hogan, Karen	L	22	Unattached	Senior Female	13	26:36
136	Hurrell, Anne	L	23	Unattached	Female Vet 40	4	27:12
137	Thomas, Ian	M	114	CEPAC	Junior Male	9	27:38
138	Pratten, Clare	L	24	Unattached	Female Vet 40	5	28:52
139	Bateman, Angela	L	25	CEPAC	Senior Female	14	29:38
140	Bailey, Angela	L	26	Deestridders	Female Vet 40	6	30:45
141	Antrobus, Lee	M	115	Unattached	Senior Male	63	31:25

## Team Results

### Male

Club	Name	Gen	Time
Helsby Running Club	6 Paul Frodsham	SM	15:36
	11 Mark Hinson	SM	16:02
	12 Ian Simpson	SM	16:04
Points	29		

### Female

Club	Name	Gen	Time
Wrexham AC	1 Helen Griffiths	SF	19:11
	5 Sian Williams	JF	20:25
	13 Judith Dyer	SF	22:21
Points	19		