

Page Name	Americ Co	•						
Pearce, Ian	Place	Name	Gen	G Pos	Team	Category	C Pos	Time
Pearce, Ian	1	Proudlove Mike	М	1	City Of Stoke AC	Senior Male	1	14:51
Thorpe, Wayne		· ·			•			
Evans. Ian	3	Hatton, Keith	M	3	Liverpool Harriers	Senior Male	3	15:24
6 Frodsham, Paul M 6 Helsby Running Club Senior Male 5 15:36 7 Farrell, Chris M 7 Rochdale Harriers Senior Male 6 15:38 8 Buckley, Alan M 8 Warriardon Male Vet 40 2 15:42 9 McDevitt, A. M 9 Wirriardon Male Vet 40 3 15:42 10 Carrington, Dave M 10 Seanor Male 4 15:52 11 Histon, Mark M 11 Helsby Running Club Senior Male 7 16:52 12 Histon, Mark M 11 Helsby Running Club Senior Male 9 16:08 13 Baylis, Mark M 13 Abergele Harriers Senior Male 10 16:08 15 Davies, Robert M 15 Abergele Harriers Senior Male 12 16:04 17 Bennett, Jonathon M 17 Prestatyn R.C. Senior Ma					Warrington AC			
7 Farrell, Chriss M 7 Rochdale Harriers Senior Male 6 15:39 8 Buckley, Alan M 9 Warrington AC Male Vet 40 3 15:49 9 McDevitt, A M 9 Wirral AC Male Vet 40 3 15:49 11 Hinson, Mark M 11 Helsby Running Club Senior Male 7 16:02 11 Hinson, Mark M 11 Helsby Running Club Senior Male 8 16:02 13 Sippon, Lin M 12 Helsby Running Club Senior Male 0 16:02 14 William M 14 CEPAC Senior Male 0 16:02 15 Daves, Robert M 16 CEPAC Senior Male 11 16:18 16 Peasson, Andy M 16 CEPAC Senior Male 12 16:02 18 Merit, John M 17 Prestayn R.C. Senior Male								
8 Buckley, Jalan M 8 Warrington AC Male Vet 40 2 15-49 9 McDevitt A M 9 Wirnal 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 16-02 14 Withers, Gary M 14 CEPAC Senior Male 9 16-02 14 Withers, Gary M 14 CEPAC Senior Male 9 16-03 17 Bennett, Jonathon M 17 Prestatyn R.C. Senior Male 15 16-29 18 Weatherhead, Pete M 18 Wiral AC Male Vet 45 1 16-23 20 Cranty, Sean M 21 Prestatyn R.C. Senior Male					, ,			
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Pearson, Andy		-						
Bennett, Jonathon					· ·			
Weatherhead, Pete M 18 Wirral AC Male Vet 45 1 16:29								
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24 Aird, Paul M 24 Deestriders Senior Male 18 16:58 25 Ellis, Simon M 26 Ford Halewood Male Vet 40 5 17:05 27 Robertson, John M 26 Ford Halewood Male Vet 40 5 17:05 28 Salt, Neil M 28 Wrexham A.C. Senior Male 20 17:09 29 Washbrook, Richard M 29 Wrexham A.C. Senior Male 21 17:16 30 Orford, Mark M 30 CEPAC Senior Male 22 17:16 31 Brown, Billy M 31 Wrexham A.C. Male Vet 40 8 17:18 32 Walker, M. M 32 Helsby Running Club Senior Male 23 17:18 34 Carson, Ian M 34 Warnigton AC Male Vet 45 3 17:22 35 Benson, Bob M 35 CEPAC Male Vet 40		Jones, Peter K.	M		Wrexham A.C.	Male Vet 45		16:38
25 Ellis, Simon M 25 Tattenhall Runners Senior Male 19 16:58 26 Leonard, S.J. M 26 Ford Halewood Male Vet 40 6 17:08 27 Robertson, John M 27 City Of Stoke AC Male Vet 40 6 17:08 28 Salt, Nell M 29 Wrexham A.C. Senior Male 20 17:08 28 Salt, Nell M 29 Wrexham A.C. Senior Male 21 17:14 30 Orford, Mark M 30 CEPAC Senior Male 21 17:14 31 Brown, Billy M 31 Wrexham A.C. Senior Male 23 17:18 33 Bell, Graham M 32 Helsby Running Club Senior Male 23 17:18 34 Carson, Ian M 34 Wrexham A.C. Male Vet 40 9 17:23 35 Belson, Babyer, Chris M 36 Writtenham A.C.								
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32 Walker, M		•						
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75 Nevett, Rhys M 75 CEPAĆ Junior Male 2 19:08					•			
		Nevett, Rhys			•			
	76	Griffiths, Helen	L	1	Wrexham A.C.	Senior Female	1	19:11



CEPAC 5K – 5 Kilometre Road Race : Friday 30th August 1996 7:15 p.m.

Place	Name	Gen	G Pos	Team	Category	C Pos	Time
77	Weaver, Dan	М	76	Unattached	Senior Male	48	19:14
78	Meredith, John	М	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	Deestriders	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	М	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	М	89	CEPAC	Male Vet 40	19 3	20:00
92 93	Diggle, Louise	L M	3 90	CEPAC	Senior Female Senior Male	3 53	20:03 20:04
93 94	Sargeant, Ian Clarke, Samantha	L	4	Helsby Running Club Oswestry Olympians	Junior Female	1	20:04
9 4 95	Dobson, Steve	M	91	Unattached	Senior Male	54	20:08
96	Fells, Graham	M	92	RAF Sealand	Senior Male	55	20:10
97	Harvey, Geoffrey	M	93	Deestriders	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	М	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	Deestriders	Male Vet 45	14	21:14
108	Smith, Philip J.	M	100	Red Herrings	Male Vet 40	21	21:23
109	Worrall, Malcolm	М	101	Deestriders	Male Vet 50	4	21:29
110 111	Allerton, Lisa	L	9 10	Oswestry Olympians	Junior Female	3	21:30 21:32
112	Hickey, Lucy Davenport, Matthew	L M	102	Altrincham & Dist AC St Helens Button AC	Senior Female Junior Male	5 7	21:32
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	Ĺ	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	М	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	М	110	Unattached	Senior Male	62	23:38
126	Appleton, Ruth	L	16 17	Deestriders	Senior Female	9 10	23:38
127 128	Newby, Rachel Newby, Marion	L L	17	Unattached Vale Royal AC	Senior Female Female Vet 40	2	23:57 24:00
120	Horn, Roger	M	111	Unattached	Male Vet 50	6	24:00
130	Harding, Ronald	M	112	Unattached	Male Vet 45	17	24:14
131	Hofmann, Julie	Ľ	19	Unattached	Female Vet 40	3	24:58
132	Jones, Karen	Ĺ	20	Unattached	Senior Female	11	25:02
133	Hudson, Jean	Ĺ	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, lan	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	Deestriders	Female Vet 40	6	30:45
141	Antrobus, Lee	М	115	Unattached	Senior Male	63	31:25

Team Results

Male					Female						
	Club	Helsby Running Club				Club	Wrexham AC				
		6	Paul Frodsham	SM	15:36		1	Helen Griffiths	SF	19:11	
		11	Mark Hinson	SM	16:02		5	Sian Williams	JF	20:25	
		<u>12</u>	Ian Simpson	SM	16:04		<u>13</u>	Judith Dyer	SF	22:21	
		Points 29	•				Points 19	•			