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	McIvor, 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	Tarbuck, 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	Wrecsam 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	Wrecsam 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	Deestriders 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	Wrecsam 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	Tarbuck, 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