CEPAC 5K - Top Yearly Performances by Category

	1996	1997	1998	1999	2000	2001	2002	2003	2004
u20	18:15	14:55	16:32	16:44	15:45	16:16	17:36	15:32	15:05
SM	14:51	15:39	14:56	14:34	14:38	15:07	15:27	15:15	14:47
V40	15:34	15:45	15:14	15:47	15:17	15:53	15:46	16:06	16:01
V45	16:29	15:49	15:43	15:00	15:22	15:48	16:37	15:46	16:16
V50	18:17	16:16	16:42	16:46	16:33	17:04	17:50	17:45	17:55
V55			18:58	16:31	16:54	16:47	18:27	19:09	18:29
V60				19:24	18:07	20:09	20:15	22:29	24:18
V65								23:39	22:43
V70								24:44	25:20
Fu20	20:08	17:58	17:24	19:47	19:24	18:48	18:15	19:29	19:18
SL	19:11	17:41	17:06	16:14	16:51	17:39	16:48	16:39	17:16
FV35						19:50	20:56	18:55	18:51
FV40	21:11	19:28	18:34	18:47	18:19	20:15	19:22	19:28	20:47
FV45						21:40	25:28	18:44	20:48
FV50	20:58	21:52	18:54	19:34	20:28	20:51	20:42	20:30	21:41
FV55								20:20	20:05
FV60									30:07
M	115	146	134	132	156	141	173	138	153
W	26	36	49	36	56	50	52	55	48
Total	141	182	183	168	212	191	225	193	201

CEPAC 5K - Category Records and overall best times

	Year	Race Pos	Gen	Gen Pos	Forename	Surname	Category	Cat Pos	Team	Time
Male										
u20	1997	1	M	1	Paul	Howarth	J M	1	Wirral AC	14:55
SM	1999	1	M	1	Paul	Howarth	SM	1	Wirral AC	14:34
V40	1998	4	M	4	Alan	Buckley	MV40	1	Holmfirth H	15:14
V45	1999	5	M	5	Mike	Girvan	MV45	1	Warrington AC	15:00
V50	1997	14	M	14	Ron	Elliott	MV50	1	North Wales RRC	16:16
V55	1999	23	M	22	James	Beesley	MV55	1	Northern Vets AC	16:31
V60	2000	77	M	74	Stanley	Fitzpatrick	MV60	1	Liverpool RC	18:07
V65	2004	150	M	129	Laurence	Woodley	MV65	1	Tattenhall Runners	22:43
V70	2003	168	M	129	Joe	Beswick	MV70	1	Helsby RC	24:44
Top 10 performances										
SM	1999	1	M	1	Paul	Howarth	SM	1	Wirral AC	14:34
SM	2000	1	M	1	Jim	Newns	SM	1	Wilmslow RC	14:38
SM	1999	2	M	2	Simon M	Ruscoe	SM	2	Vale Royal AC	14:43
SM	2004	1	M	1	Alun	Vaughan	SM	1	Eryri Harriers	14:47
SM	1996	1	M	1	Mike	Proudlove	SM	1	City Of Stoke AC	14:51
SM	1999	3	M	3	Gordon	Fay	SM	3	University College of Worcester	14:53
SM	2000	2	M	2	Gordon	Fay	SM	2	Cheltenham & Gloucester Univ AC	14:53
JM	1997	1	M	1	Paul	Howarth	JM	1	Wirral AC	14:55
SM	1998	1	M	1	Peter	Lucas	SM	1	Staffordshire Moorland	14:56 }
SM	1999	4	M	4	Richard	Godden	SM	4	Vale Royal AC	14:56 }
SM	2000	3	M	3	Simon M	Ruscoe	SM	3	Vale Royal AC	14:56 }
.										
.										
Female										
Fu20	1998	44	F	2	Suzanne	Owen	JF	1	City of Stoke AC	17:24
SL	1999	18	F	1	Sarah	Bentley	SF	1	Birchfield H	16:14
FV35	2004		L		Alison	Hartopp	FV35	1	Macclesfield Harriers	18:51
FV40	2000	83	F	5	Susan	Cooper	FV40	1	Southport & Waterloo	18:19
FV45	2003	55	F	4	Cecilia	Greasley	FV45	1	Macclesfield H	18:44
FV50	1998	88	F	8	Elaine	Statham	FV50	1	City of Stoke AC	18:54
FV55	2004	103	F	7	Judith	Witterick	FV55	1	Shropshire Shufflers	20:05
FV60	2004	195	F	44	Lesley	Clague	FV60	1	Tattenhall Runners	30:07
.										
Top 10 performances										
SL	1999	18	F	1	Sarah	Bentley	SL	1	Birchfield H	16:14
SL	2003	11	L	1	Helen	Lawrence	SL	1	Wirral AC	16:39
SL	1999	28	F	2	Suzanne	Owen	SL	2	City Of Stoke AC	16:47
SL	2002	18	L	1	Lisa	Heyes	SL	1	Salford Harriers	16:48
SL	2000	39	L	1	Jane	Riley	SL	1	Salford Harriers	16:51
SL	1999	33	F	3	Sarah L	Jones	SL	3	Macclesfield Harriers	17:00
SL	1998	39	F	1	Angela	Allen	SL	1	Plymouth H	17:06
SL	2000	53	L	2	Lisa	Heyes	SL	2	Salford Harriers	17:13
SL	2004	31	L	1	Olivia	Renshaw	SL	1	Vale Royal AC	17:16
SL	1999	42	F	4	Jane	Riley	SL	4	Wigan Phoenix	17:18

CEPAC 5K - Progress of Records - Male

Male	Year	Race Pos	Gen	Gen Pos	Forename	Surname	Category	Cat Pos	Team	Time
u20	1996	51	M	51	Adam	Buckley	JM	1	CEPAC	18:15
.	1997	1	M	1	Paul	Howarth	JM	1	Wirral AC	14:55
.										
SM	1996	1	M	1	Mike	Proudlove	SM	1	City of Stoke	14:51
.	1999	1	M	1	Paul	Howarth	SM	1	Wirral AC	14:34
.										
V40	1996	5	M	5	Ian	Evans	MV40	1	Burton AC	15:34
.	1998	4	M	4	Alan	Buckley	MV40	1	Holmfirth H	15:14
.										
V45	1996	18	M	18	Pete	Weatherhead	MV45	1	Wirral AC	16:29
.	1997	4	M	4	Tony	McDevitt	MV45	1	Wirral AC	15:49
.	1998	8	M	8	Ken	Moss	MV45	1	Vale Royal AC	15:43
.	1999	5	M	5	Mike	Girvan	MV45	1	Warrington AC	15:00
.										
V50	1996	52	M	52	Jack	Thomas	MV50	1	CEPAC	18:17
.	1997	14	M	14	Ron	Elliott	MV50	1	North Wales RRC	16:16
.										
V55	1998	90	M	82	Brian	Adams	MV55	1	Northern Vets AC	18:58
.	1999	23	M	22	James	Beesley	MV55	1	Northern Vets AC	16:31
.										
V60	1999	94	M	86	Brian	Adams	MV60	1	Northern Vets AC	19:24
.	2000	77	M	74	Stanley	Fitzpatrick	MV60	1	Liverpool RC	18:07
.										
V65	2003	151	M	121	Bill	Mansley	MV65	1	Spectrum Striders	23:39
.	2004	150	M	129	Laurence	Woodley	MV65	1	Tattenhall Runners	22:43
.										
V70	2003	168	M	129	Joe	Beswick	MV70	1	Helsby RC	24:44

Female	Year	Race Pos	Gen	Gen Pos	Forename	Surname	Category	Cat Pos	Team	Time
u20	1996	94	L	4	Samantha	Clarke	JF	1	Oswestry Olympians	20:08
.	1997	64	L	2	Suzanne	Owen	JW	1	CEPAC	17:58
.	1998	44	L	2	Suzanne	Owen	JW	1	City of Stoke AC	17:24
.										
SL	1996	76	L	1	Helen	Griffiths	SF	1	Wrexham AC	19:11
.	1997	56	L	1	Emma	Davies	SW	1	Deeside AC	17:41
.	1998	39	L	1	Angela	Allen	SW	1	Plymouth H	17:06
.	1999	18	L	1	Sarah	Bentley	SL	1	Birchfield H	16:14
.										
V35	2001	107	L	8	Jane	Mountford	LV35	1	Buckley Runners	19:50
	2003	62	L	5	Jane	Mountford	LV35	1	Buckley Runners	18:55
.	2004	71	L	4	Alison	Hartopp	LV35	1	Macclesfield Harriers	18:51
.										
V40	1996	106	L	8	Sandra	Owen	FV40	1	Tattenhall Runners	21:11
.	1997	107	L	6	Audrey	Foster	FV40	1	Bolton United Harriers	19:28
.	1998	78	L	6	Jacky	Thorn	LV40	1	Vale Royal AC	18:34
.	2000	83	L	5	Susan	Cooper	LV40	1	Southport & Waterloo	18:19
.										
V45	2001	134	L	15	Janet	Redpath	LV45	1	Spectrum Striders	21:40
.	2003	55	L	4	Cecilia	Greasley	LV45	1	Macclesfield Harriers	18:44
.										
V50	1996	102	L	7	Mary	Meredith	FV50	1	Prestatyn RC	20:58
.	1998	88	L	8	Elaine	Statham	LV50	1	City of Stoke AC	18:54
.										
V55	2003	97	L	14	Judith	Witterick	LV55	1	Shropshire Shufflers	20:20
.	2004	103	L	7	Judith	Witterick	LV55	1	Midland Vets	20:05
.										
V60	2004	195	L	44	Lesley	Clague	LV60	1	Tattenhall Runners	30:07