

Forest Park Ladies 5k Race Wednesday 7-Jul-2004 at 7:30pm

Organised by Spectrum Striders Running Club (www.spectrumstriders.org.uk)

Pos	Name	Cat	Club	Time
1	Karrie Hawitt		Warrington AC	17.56
2	Claire Davies		Spectrum Striders	18.25
3	Anne Pugh	V45	Altrincham AC	19.35
4	Sarah Charnock		United Utilities	19.42
5	Nicky Archer		Vale Royal	19.46
6	Emma Teece		Telford AC	19.49
7	Natalie Cheers		Liverpool RC	19.54
8	Kathryn Roberts		Helsby	20.04
9	Nabilah Salihi		Spectrum Striders	20.06
10	Jo Dawes		U/A	20.32
11	Karon Forster	V40	Spectrum Striders	21.14
12	Julia Eccleston		St Helens Sut	21.16
13	Janet Salmon	V35	Spectrum Striders	21.18
14	Gill Keeble	V45	Altrincham AC	21.19
15	Zena Harrop		Hyde Village Str	21.21
16	Nicola Pickford		Stockport H	21.26
17	Vanessa Griffiths	V35	Helsby	21.28
18	Samantha Thomas		Stockport H	21.51
19	Ruth Jones		U/A	22.04
20	Alison Pye		Sale Harriers Mc	22.06
21	Louise Casey		St Helens Sut	22.10
22	Julia Wriggleswrth		Warrington RR	22.11
23	Mandy McGonigle	V35	U/A	22.13
24	Helena McGoldrick	V40	Golborne Trott	22.21
25	Gill Collen	V45	Warrington RR	22.24
26	Christine Jackson	V40	U/A	22.31
27	Amanda Hynes		Wilmslow	22.35
28	Gill Darby	V40	Liverpool PemSef	22.37
29	Carol Shaw	V40	Helsby	22.45
30	Debra Barlow McCann	V35	Stockport H	22.49
31	Rosemary Price	V50	Deestridders	22.51
32	Gillian Naylor	V35	Warrington RR	22.56
33	Joanne Dix-Baker		Spectrum Striders	23.09
34	Janet Redpath	V50	Spectrum Striders	23.16
35	Nicki Rushton	V35	Environment Agcy	23.22
36	Christine Dempsey	V40	St Helens Sut	23.29
37	Paula Roach	V35	U/A	23.42
38	Julie McCarthy	V40	Spectrum Striders	23.53
39	Angela Monaghan	V50	Warrington RR	24.00
40	Geraldine Taylor	V45	Warrington RR	24.03
41	Brenda Hesketh	V45	Horwich RMI	24.07
42	Liz Dobson	V40	Helsby	24.07
43	Andrea Marshall	V35	Warrington RR	24.09
44	Melanie Graaf	V40	Burnden RR	24.10
45	Carole Green		Spectrum Striders	24.17
46	Georgina Nicholson	V35	Warrington AC	24.17
47	Alison Hornby		U/A	24.25
48	Sue Blake	V40	Spectrum Striders	24.28
49	Alison Lysons	V40	Warrington RR	24.37
50	Nicky Green		U/A	24.38
51	Paula Cole	V35	Burnden RR	24.38
52	Judy Brown	V40	U/A	24.41

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Pos	Name	Cat	Club	Time
53	Liz Lawton		U/A	24.52
54	Jane Selby		U/A	24.59
55	Anne Worrall	V35	Spectrum Striders	25.02
56	Julia Thompson	V40	U/A	25.03
57	Debbie Read	V45	U/A	25.05
58	Jackie Turner	V45	St Helens Sut	25.05
59	Jane Fraser	V50	Wirral AC	25.07
60	Susan Bond	V40	Buckley Runners	25.19
61	Stephanie Charman	V50	Helsby	25.23
62	Stephanie Norton	V45	Warrington RR	25.27
63	Amanda Smith		Environment Agcy	25.30
64	Julia Chisnell	V40	U/A	25.32
65	June Sinnott	V45	Stockport H	25.32
66	Sue Bocher	V40	U/A	25.33
67	Bridget Loulie	V40	U/A	25.34
68	Ruth Dooley		U/A	25.36
69	Dawn Fairhurst	V35	U/A	25.43
70	Sharon Whitehead	V40	Spectrum Striders	25.46
71	Lynn Scott		Liverpool RC	25.55
72	Carol Douglas	V40	U/A	25.59
73	Ann Hughes	V55	Warrington RR	26.01
74	Susan Brennan	V45	U/A	26.06
75	Moirá Byrne	V45	U/A	26.08
76	Ros Thompson	V45	U/A	26.10
77	Elizabeth Chamberlain		Spectrum Striders	26.15
78	Cheryl Platt	V40	Wirral AC	26.18
79	Annette Pritchard	V45	Spectrum Striders	26.29
80	Linda Edmondson	V40	U/A	26.31
81	Pam Nolan	V40	Environment Agcy	26.38
82	Paula Smith		Wirral AC	26.44
83	Kate Griffin		U/A	26.47
84	Johanna Pennington		Spectrum Striders	26.47
85	Angela Pike	V50	Leigh H	26.53
86	Diane Whitfield	V45	Warrington RR	26.55
87	Mary Littier	V45	U/A	26.59
88	Karen Locke	V40	U/A	27.05
89	Jean Butler	V40	Liverpool RC	27.13
90	Ruth Redpath		Spectrum Striders	27.16
91	Christine Beeton	V40	U/A	27.20
92	Tess Harrison	V55	Burnden RR	27.20
93	Jacqui Beevers	V50	Burnden RR	27.22
94	Marie Holden	V35	Horwich RMI	27.24
95	Sharon Fisher		U/A	27.28
96	Ruth Harkin	V40	U/A	27.32
97	Natalie Daniels		U/A	27.37
98	Dorothy Fairhurst	V55	St Helens Sut	27.48
99	Jane Falkner	V40	U/A	28.07
100	Liz Lloyd Chapman		U/A	28.11
101	Gloria Norton	V40	Stockport H	28.12
102	Pam Lowe		U/A	28.20
103	Kim Rockcliffe	V40	Liverpool RC	28.24
104	Mary Harris	V50	Warrington RR	28.24

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Pos	Name	Cat	Club	Time
105	Barbara Massey	V40	Leigh H	28.25
106	Sue Harris	V40	Liverpool RC	28.25
107	Julie Galvin		U/A	28.32
108	Bobbie Howarth		U/A	28.32
109	Elizabeth Kirby	V45	Bolton H	28.36
110	Sharon Johnson		U/A	28.42
111	Emma Short		Leigh H	28.48
112	Anne Hornby	V50	Warrington RR	28.51
113	Susan Higson	V35	Bolton H	28.55
114	Catherine Cotter		U/A	28.57
115	Debbie Affleck	V35	U/A	28.57
116	Elizabeth Southern	V55	U/A	29.05
117	Sue Galvin	V45	Liverpool RC	29.05
118	Sarah Higgin		U/A	29.08
119	Christine France	V40	Spectrum Striders	29.15
120	Julia Warburton	V45	Leigh H	29.19
121	Carol Wood	V40	Leigh H	29.19
122	Yvonne Ridgway	V40	U/A	29.29
123	Helen Houghton	V35	U/A	29.34
124	Lynn Collins	V35	U/A	29.42
125	Helen Donnellon	V40	Bolton H	29.44
126	Emma Smith		U/A	29.59
127	Peta Grimshaw	V45	U/A	30.03
128	Linda Boden	V35	U/A	30.05
129	Deanna Mithen	V35	U/A	30.05
130	Bridget Dillon	V45	U/A	30.08
131	Karen Sweeney	V45	U/A	30.08
132	Angie Marsh	V35	U/A	30.12
133	Michelle Fox	V35	Spectrum Striders	30.20
134	Pauline Newton	V45	U/A	30.23
135	Dawn Taylor		U/A	30.46
136	Anne Iball	V45	Salford Mets	30.47
137	Jane Caldwell	V35	U/A	30.52
138	Heather Davies	V35	U/A	30.54
139	Amanda Wilkinson		U/A	30.55
140	Tracy Flute		U/A	30.55
141	Alison Barwise	V35	Bolton H	30.57
142	Janet Kennedy		U/A	30.59
143	Diane Lennon	V45	U/A	30.59
144	Helen Marshall	V40	U/A	30.59
145	Christine Corcoran	V40	U/A	31.00
146	Lorraine Atherton	V40	Leigh H	31.03
147	Ann Ablett	V50	Buckley Runners	31.07
148	Helen Lea		U/A	31.22
149	Lesley Warwood	V40	Bolton H	31.44
150	Jill Schofield	V45	Bolton H	31.45
151	Sarah Simm	V35	U/A	31.45
152	Tracey McD-Taylor	V40	U/A	31.45
153	Barbara Williams	V55	Bolton H	31.47
154	Martina Threlfall	V45	U/A	31.54
155	Joanne Leach		Spectrum Striders	31.54
156	Glenis Green	V55	U/A	31.57

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Pos	Name	Cat	Club	Time
157	Sandra Aldridge	V40	U/A	31.57
158	Gillian Dent	V35	U/A	32.00
159	Claire Speed		U/A	32.12
160	Rhonda Larkin		Spectrum Striders	32.18
161	Katy Elders	V35	U/A	32.21
162	Catherine Roberts	V35	U/A	32.23
163	Judith Brooks	V40	U/A	32.23
164	Ruth Agnew		U/A	32.24
165	Tricia Ellis	V45	Liverpool RC	32.35
166	Sheree Hand	V45	Spectrum Striders	32.36
167	Helen Wilkinson	V40	U/A	32.40
168	Sara Grylls	V40	U/A	32.40
169	Anne Price	V45	U/A	32.41
170	Jane Fish	V40	Spectrum Striders	32.45
171	Alison Doyle	V50	Northern Vets	32.49
172	Liz Campbell		U/A	32.56
173	Sam McQuillan	V35	U/A	33.00
174	Joanne Penock		Manchester Uni	33.02
175	Karen Reeson	V40	Manchester Uni	33.03
176	Sheila Jackson	V50	St Helens Sut	33.24
177	Anne Foy	V40	U/A	33.29
178	Angela Smith	V45	U/A	33.47
179	Vanessa Cripps		U/A	33.55
180	Lisa Scobbie		U/A	34.11
181	Joanna Chapman		U/A	34.17
182	Mia Gill		U/A	34.19
183	Kathryn Harris		U/A	34.28
184	Janet Ball	V35	U/A	34.35
185	Renee White	V35	U/A	34.52
186	Kate Hudson		U/A	34.54
187	Julie Brady	V45	U/A	35.54
188	Sandra Heyworth	V55	U/A	35.56
189	Laurie Ashton		Spectrum Striders	36.06
190	Caroline Bowsher	V40	Manchester Uni	36.19
191	Carly Lloyd		U/A	36.36
192	Marjorie Whitehead	V50	Horwich RMI	36.53
193	Alex Newell		U/A	39.12
194	Jenni Newell		Village RR	39.12
195	Lisa Fox		U/A	39.12
196	Elisa Wray		U/A	39.12
197	Janice Blood	V55	Warrington RR	42.08
198	Dilanth Amaratunga	V35	U/A	46.40