

Forest Park Ladies 5k Race Wednesday 6-Jul-2005 at 7:30pm

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

Pos	Name	Cat	Club	Time
1	Nicola Bird		Ellesmere PortRC	18.12
2	Claire Davies		Spectrum Str.	18.47
3	Alison Vesey	V40	Altrincham AC	19.46
4	Debbie Campbell		Skelmersdale	20.13
5	Donna Allen		Radcliffe AC	20.38
6	Louise Dempster	V40	Spectrum Str.	20.38
7	Karon Forster	V40	Spectrum Str.	20.39
8	Julia Eccleston		St Helens Sut	20.39
9	Anne Williams		U/A	21.02
10	Liz Farhall		U/A	21.09
11	Anna Lupton		Radcliffe AC	21.11
12	Cathy Dawson	V35	U/A	21.15
13	Nabilam Salimi		Spectrum Str.	21.26
14	Jane George		Helsby	21.34
15	Carol Shaw	V40	Helsby	21.43
16	Janet Robertson	V35	Spectrum Str.	21.55
17	Julia Wigglesworth		Warrington RR	21.59
18	Sharon Payne	V40	U/A	22.02
19	Helena Mcgoldrick	V40	Golbourne Trott	22.17
20	Gill Cullen	V45	Warrington RR	22.23
21	Angelina Addis		U/A	22.29
22	Louise Eyer		Helsby	22.38
23	Joanne Graham		Dragons RC	22.41
24	Nikola Davies		Spectrum Str.	22.57
25	Christine Dempsey	V40	St Helens Sut	22.59
26	Lisa Fogg		U/A	23.15
27	Kathryn Davies	V40	Radcliffe AC	23.25
28	Catherine Dodsworth		Dragons RC	23.28
29	Janet Redpath	V50	Spectrum Str.	23.33
30	Gillian Plant	V40	U/A	23.42
31	Glenda Carry	V45	Radcliffe AC	23.44
32	Alison Lysons	V40	Warrington RR	23.47
33	Sharon Taylor		Warrington RR	23.50
34	Natalie Harmer		Dragons RC	23.50
35	Shelley Walsh	V50	Spectrum Str.	23.54
36	Elizabeth Chamberlain		Spectrum Str.	23.56
37	Amanda Clarke		U/A	24.03
38	Sue Blake	V40	Spectrum Str.	24.04
39	Henrietta Grice	V40	Helsby	24.04
40	Heather Glover	V35	Warrington RR	24.04
41	Julie McCarthy	V35	Spectrum Str.	24.15
42	Nicky Hewitt		U/A	24.26
43	Sacha Humphries		U/A	24.28
44	Paula Roach	V35	U/A	24.30
45	Linda Edmondson	V40	U/A	24.31
46	Heather Williams		Warrington AC	24.33
47	Laura Pilley		Dragons RC	24.34
48	Claire Lofthouse	V40	U/A	24.36
49	Angela Gardner		U/A	24.51
50	Ruth Dooley		Chester Tri	24.53
51	Annmarie Morgan		U/A	24.53
52	Georgina Nicholson	V35	U/A	24.55

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Pos	Name	Cat	Club	Time
53	Sarah Richards		Helsby	24.55
54	Johanna Pennington		Spectrum Str.	24.58
55	Sadie Slinger		U/A	25.01
56	Carol Grimes		U/A	25.08
57	Susan Brennan	V45	U/A	25.14
58	Sarah Shaw		Dragons RC	25.19
59	Tracey Taylor	V35	U/A	25.19
60	Claire Beswick		Chester Tri	25.21
61	Elaine McGowan	V45	Team Shape	25.25
62	Beverley Roberts	V35	Helsby	25.32
63	Janet Shaw	V50	Helsby	25.41
64	Mary Littler	V45	Northern Vets	25.47
65	Laura Williams		U/A	25.50
66	Susan Lawless	V50	U/A	25.54
67	Stephanie Norton	V45	Warrington RR	25.54
68	Julia Chiswell	V40	U/A	25.56
69	Christine Jackson	V40	Warrington AC	26.04
70	Joanne Dix-Baker		Spectrum Str.	26.14
71	Moirá Bypne	V45	U/A	26.27
72	Gill Potter	V45	Team Shape	26.33
73	Helen Gauchwin	V35	U/A	26.42
74	Geraldine Taylor	V45	Warrington RR	26.42
75	Diane Whitfield	V45	Warrington RR	26.47
76	Ros Thompson	V50	U/A	26.49
77	Olwen Walsh	V50	U/A	26.49
78	Debbie Read	V45	U/A	26.52
79	Paula Smith	V35	Wirral AC	26.56
80	Frances Coughlan		U/A	27.09
81	Anne Joule	V45	U/A	27.11
82	Nicola Johnson		Dragons RC	27.11
83	Heather Thompson		U/A	27.13
84	Jan Murphy	V55	Ford Halewood	27.15
85	Sonia Murphy	V40	Dragons RC	27.20
86	Jane Fish	V35	Spectrum Str.	27.31
87	Dorothy Fairhurst	V55	St Helens Sut	27.35
88	Claire Littler		U/A	27.37
89	Catherine Cotter		U/A	27.45
90	Susan Johnston		U/A	28.06
91	Caroline Ball	V40	U/A	28.07
92	Lorraine Aldridge	V45	Liverpool RC	28.18
93	Deborah Affleck	V35	U/A	28.26
94	Yvonne Ridgway	V40	U/A	28.26
95	Elizabeth Kirby	V45	Bolton United H	28.27
96	Karen Locke	V40	U/A	28.44
97	Denise Sutcliffe	V45	Radcliffe AC	28.46
98	Martina Threlfall	V50	U/A	28.52
99	Julie Weatherall		Spectrum Str.	28.57
100	Marie Convery		U/A	29.00
101	Kim Rockliffe	V40	Liverpool RC	29.02
102	Dawn Taylor		U/A	29.19
103	Jean Butler	V40	Liverpool RC	29.33
104	Sharron Done		U/A	29.40

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Pos	Name	Cat	Club	Time
105	Jacqui Schofield	V45	U/A	29.42
106	Caroline Hopkinson	V35	U/A	29.43
107	Cara Locke		U/A	29.44
108	Beccy Haggett		U/A	29.48
109	Gail Bannister	V45	U/A	29.58
110	Marie Brady	V45	U/A	30.01
111	Marie Delooze	V35	U/A	30.03
112	Barbara Gray	V45	U/A	30.03
113	Sarah Yeoman		Dragons RC	30.11
114	Kim Piper	V40	Liverpool RC	30.15
115	Victoria Lea	V35	U/A	30.19
116	Christine Highton	V35	U/A	30.20
117	Anne Garnett	V50	South Cheshire H	30.22
118	Ann Kingsbury	V50	U/A	30.32
119	Deanna Mithen	V35	U/A	30.33
120	Gillian Ellison	V35	U/A	30.36
121	Jane Kevern	V40	U/A	30.36
122	Louise Birchall		U/A	30.44
123	Sharron Atherton	V35	U/A	30.44
124	Joanne Fletcher		U/A	30.45
125	Sue Harris	V40	Liverpool RC	30.52
126	Elizabeth Southern	V55	Wirral AC	30.56
127	Sylvia Haggett	V50	U/A	31.15
128	Rachel Prince		South Cheshire H	31.19
129	Christine Houlton	V40	U/A	31.40
130	Sandra Aldridge	V40	Liverpool Univ	31.48
131	Victoria Savage		U/A	32.13
132	Susan Harrison	V50	Helsby	32.22
133	Mandy Blenkinsop	V35	Helsby	32.22
134	Barbara Williams	V55	Bolton United H	32.22
135	Vanessa Griffiths		Helsby	32.22
136	Amanda Clarke		Liverpool RC	32.23
137	Lisa Seddon		U/A	32.41
138	Kay Middleton		U/A	32.41
139	Eunice Bentham	V55	U/A	32.45
140	Alexandra Billington	V35	U/A	32.45
141	Laura Gifford		Team Shape	32.47
142	Ruth Agnew		U/A	32.59
143	Lynne Potts	V40	Northern Vets	33.04
144	Tricia Elio	V50	Liverpool RC	33.18
145	Alison Doyle	V55	Northern Vets	33.30
146	Liz Thomas	V45	U/A	33.43
147	Lesley Driver	V45	U/A	33.43
148	Eleanor Miller		U/A	33.50
149	Sarah Allen		U/A	34.06
150	Helen Bradford		U/A	34.32
151	Penny Murison		U/A	34.42
152	Cheree Saxon	V40	U/A	34.46
153	Anna Marsden	V50	U/A	34.46
154	Cathryn Barlow		U/A	35.46
155	Adele Stephens		U/A	36.09
156	Carol Ward	V50	Ford Halewood	36.11

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Pos	Name	Cat	Club	Time
157	Jannette Worthington	V35	U/A	36.12
158	Beccy Thompson		U/A	36.15
159	Natalie Cunliffe		U/A	36.42
160	Lisa Taylor		U/A	36.43
161	Joanne Else		U/A	37.02
162	Jenny Hadlington	V45	U/A	37.20
163	Nikki Hadlington		U/A	37.22
164	Tracy Halsall	V40	U/A	37.32
165	Jill Gillam	V40	U/A	37.32
166	Marjorie Whitehead	V50	Horwich RMI	37.42
167	Chloe Hayes		U/A	37.43
168	Helen Beeden		U/A	38.36
169	Tracy Ward		U/A	39.40
170	Emma Parker		U/A	42.32
171	Janice Blood	V55	Warrington RR	44.30
172	Helen Moores		Gemini McDonalds	51.17
173	Terrie O'Hara		Gemini McDonalds	51.17
174	Jacki Barlow		U/A	51.51
175	Michelle Inman		U/A	51.51
176	Christine Oliver	V50	U/A	52.13