

Forest Park Ladies 5k Wednesday 6-Jul-2011

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

Individual results

Pos	Time	Name	Club	Category	mins/mile	RaceNo
1	0:18:05	HAWITT, Karrie	Warrington AC	Senior ladies	05:49.1	1370
2	0:18:18	ANDREW, Claire	Spectrum Striders	Senior ladies	05:53.3	445
3	0:18:19	WHITFIELD, Liz	Spectrum Striders	Senior ladies	05:53.6	457
4	0:18:50	TITLOW, Kate	Warrington AC	Senior ladies	06:03.6	1371
5	0:18:59	PARSONS, Jessica	Vale Royal AC	Junior Ladies	06:06.5	1392
6	0:19:06	BLIZZARD, Louise	Belgrave Harriers	Lady Vet 35+	06:08.7	486
7	0:19:13	PETTITT, Amelia	Vale Royal AC	Junior Ladies	06:11.0	461
8	0:19:39	RUDD, Louise	Wilmslow RC	Lady Vet 35+	06:19.4	1400
9	0:19:44	ENTWISTLE, Tracy	Warrington Road Runners	Lady Vet 35+	06:21.0	478
10	0:20:03	JEFFERSON, Rachel	Warrington AC	Junior Ladies	06:27.1	1361
11	0:20:07	EVANS, Jade	Vale Royal AC	Junior Ladies	06:28.4	458
12	0:20:21	TIDD, Holly	Warrington AC	Junior Ladies	06:32.9	1362
13	0:20:26	WHITTICK, Lucy	Vale Royal AC	Junior Ladies	06:34.5	446
14	0:20:29	DRAPER, Alison	Spectrum Striders	Senior ladies	06:35.4	1360
15	0:20:51	HEMMING, Caroline	Spectrum Striders	Lady Vet 45+	06:42.5	440
16	0:21:01	GERAGHTY, Christine	Wilmslow RC	Lady Vet 45+	06:45.7	499
17	0:21:12	CLEGG, Kate	St Helens Striders	Lady Vet 35+	06:49.3	490
18	0:21:14	JOHNSTON, Sally	Wilmslow RC	Lady Vet 45+	06:49.9	452
19	0:21:19	FORSTER, Karon	Spectrum Striders	Lady Vet 45+	06:51.5	453
20	0:21:38	SUTTON, Kate	Wilmslow RC	Lady Vet 45+	06:57.7	1383
21	0:21:43	JAYNE, Joy	Helsby RC	Senior ladies	06:59.3	1363
22	0:21:54	TATTERSALL, Shelley	Rossendale Harriers	Senior ladies	07:02.8	475
23	0:21:55	ECCLESTON, Julia	St Helens-Sutton AC	Lady Vet 35+	07:03.1	463
24	0:22:00	DEMPSTER, Louise	Spectrum Striders	Lady Vet 45+	07:04.7	441
25	0:22:02	BOSWELL, Vicky	Swinton R.C	Senior ladies	07:05.4	492
26	0:22:06	GRIFFITHS, Vanessa	Helsby RC	Lady Vet 45+	07:06.7	1349
27	0:22:09	HARRISON, Louisa	Wilmslow RC	Lady Vet 35+	07:07.6	1354
28	0:22:19	SHAW, Carol Ann	Helsby RC	Lady Vet 45+	07:10.8	496
29	0:22:29	PETTITT, Clara	Vale Royal AC	Junior Ladies	07:14.1	462
30	0:22:33	WATTERSON, Louise	Warrington AC	Junior Ladies	07:15.4	450
31	0:22:38	CALDWELL, Helen	Spectrum Striders	Lady Vet 40+	07:17.0	1385
32	0:22:40	TOMKINSON, Laura	Wilmslow RC	Senior ladies	07:17.6	500
33	0:22:42	MCGONIGLE, Mandy	Ellesmere Port RC	Lady Vet 45+	07:18.2	1344
34	0:22:51	DARBY, Ellie		Junior Ladies	07:21.1	444
35	0:23:04	DENNY, Joanne	Vale Royal AC	Lady Vet 40+	07:25.3	1395
36	0:23:11	KEARNEY, Emma	Penny Lane Striders	Lady Vet 35+	07:27.6	477
37	0:23:14	MAZIERE, Angela	Wilmslow RC	Lady Vet 50+	07:28.5	494
38	0:23:20	GRIFFITHS, Stephanie	Spectrum Striders	Senior ladies	07:30.5	471
39	0:23:23	HAWKES, Clare	Wilmslow RC	Lady Vet 50+	07:31.4	1387
40	0:23:24	MURPHY, Emma	Swinton R.C	Senior ladies	07:31.8	466
41	0:23:24	DARBY, Gill	Penny Lane Striders	Lady Vet 50+	07:31.8	443
42	0:23:32	ORRICK, Cherryl	St Helens-Sutton AC	Lady Vet 35+	07:34.3	484
43	0:23:36	DAVIES, Nikola		Senior ladies	07:35.6	451
44	0:23:44	CHAMBERLAIN, Nikki	Warrington Road Runners	Lady Vet 40+	07:38.2	1369
45	0:23:46	DAVIES, Pauline	Vale Royal AC	Lady Vet 60+	07:38.8	1380
46	0:23:51	GREEN, Sarah	Swinton R.C	Lady Vet 45+	07:40.5	467
47	0:23:53	JAKEMAN, Stephanie	Vale Royal AC	Lady Vet 40+	07:41.1	442
48	0:24:03	WOOD, Frances	Helsby RC	Senior ladies	07:44.3	498

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49	0:24:11	POOLE, Susan	South Cheshire Harriers	Lady Vet 40+	07:46.9	1372
50	0:24:21	JOHNSON, Kate	Spectrum Striders	Lady Vet 40+	07:50.1	1375
51	0:24:23	CALLAN, Sarah	Run Britain.Com	Senior ladies	07:50.7	468
52	0:24:31	UGBODE, Charlene		Senior ladies	07:53.3	469
53	0:24:43	MILLS, Rebecca	Swinton R.C	Senior ladies	07:57.2	459
54	0:24:49	HUMPHRIES, Sacha	Vale Royal AC	Lady Vet 35+	07:59.1	1352
55	0:24:54	SMITH, Diane	South Cheshire Harriers	Lady Vet 35+	08:00.7	426
56	0:25:01	SULLIVAN, Jo	Spectrum Striders	Lady Vet 40+	08:03.0	495
57	0:25:03	HOWARTH, Nicola	St Helens Striders	Lady Vet 40+	08:03.6	472
58	0:25:15	WILKIE, Jane	Spectrum Striders	Lady Vet 40+	08:07.5	476
59	0:25:38	SHUTTLEWORTH, Barbara		Lady Vet 50+	08:14.9	1391
60	0:25:46	KEOGH, Joanne	St Helens-Sutton AC	Lady Vet 35+	08:17.5	485
61	0:25:46	HARRISON, Suzanne	South Cheshire Harriers	Lady Vet 45+	08:17.5	1357
62	0:25:51	MACKAY, Lisa	Spectrum Striders	Lady Vet 40+	08:19.1	473
63	0:25:53	NEWSHAM, Diane	Vale Royal AC	Lady Vet 40+	08:19.7	435
64	0:25:55	OWEN, Linda	Spectrum Striders	Lady Vet 50+	08:20.4	434
65	0:25:57	BOWDON, Lucy	Spectrum Striders	Senior ladies	08:21.0	455
66	0:25:58	ARBER, Carolyn	Spectrum Striders	Lady Vet 50+	08:21.3	425
67	0:26:18	PLATT, Dawn	St Helens Striders	Lady Vet 45+	08:27.8	489
68	0:26:18	THORPE, Jennifer		Lady Vet 40+	08:27.8	1358
69	0:26:41	BROOKER, Gillian		Lady Vet 35+	08:35.2	483
70	0:26:53	CASTLE, Jill	Spectrum Striders	Lady Vet 35+	08:39.0	487
71	0:26:56	THOMPSON, Olivia	Spectrum Striders	Senior ladies	08:40.0	428
72	0:27:05	ROBERTS, Sharen	Swinton R.C	Lady Vet 35+	08:42.9	460
73	0:27:10	ASHCROFT, Jane	St Helens-Sutton AC	Lady Vet 40+	08:44.5	1394
74	0:27:15	HUGHES, Victoria	Spectrum Striders	Senior ladies	08:46.1	454
75	0:27:17	DALY, Vicki	South Cheshire Harriers	Senior ladies	08:46.7	1342
76	0:27:22	WHITE, Linda	St Helens-Sutton AC	Lady Vet 50+	08:48.4	479
77	0:27:35	DALTON, Kelly		Senior ladies	08:52.5	1346
78	0:27:41	TICKLE, Beverley	Astley & Tyldesley RR	Lady Vet 35+	08:54.5	1378
79	0:27:48	MCCLELLAND, Jenny		Lady Vet 40+	08:56.7	1367
80	0:28:15	GIBSON, Gwendy	Spectrum Striders	Lady Vet 40+	09:05.4	429
81	0:28:21	HOUGH, Grace	Telford Harriers	Lady Vet 60+	09:07.3	1382
82	0:28:27	FOWLER, Gemma	Swinton R.C	Senior ladies	09:09.3	465
83	0:28:28	BUCKLEY, Grace		Junior Ladies	09:09.6	1356
84	0:28:31	BALMER, Victoria		Senior ladies	09:10.6	447
85	0:28:35	ROBERTS, Kathryn	Spectrum Striders	Lady Vet 45+	09:11.8	1345
86	0:28:43	THOMPSON, Ros		Lady Vet 55+	09:14.4	436
87	0:29:00	CHARMAN, Stephanie	Spectrum Striders	Lady Vet 60+	09:19.9	431
88	0:29:14	HALSALL, Donna	St Helens Striders	Lady Vet 35+	09:24.4	480
89	0:29:17	KEHOE, Victoria	St Helens Striders	Lady Vet 35+	09:25.4	488
90	0:29:23	WOLFENDALE, Claire	Swinton R.C	Senior ladies	09:27.3	493
91	0:29:46	EVANS, Vicky		Lady Vet 35+	09:34.7	1347
92	0:30:10	HART, Tracey	Spectrum Striders	Lady Vet 40+	09:42.4	1368
93	0:30:20	RAMSDALE, Christine	Spectrum Striders	Lady Vet 60+	09:45.6	432
94	0:30:24	SEABORN, Clare		Lady Vet 45+	09:46.9	1377
95	0:30:49	WILLIAMS, Jenifer		Lady Vet 45+	09:55.0	1379
96	0:30:53	HOLDEN, Marie	Burnden Road Runners	Lady Vet 45+	09:56.3	481
97	0:31:05	HUGHES, Haili		Senior ladies	10:00.1	448
98	0:31:21	SEDDON, Lisa		Lady Vet 35+	10:05.3	1364
99	0:31:30	BALANCE, Christine		Lady Vet 50+	10:08.2	1386

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100	0:31:30	THOMAS-CARTE, Claire		Lady Vet 40+	10:08.2	1390
101	0:31:35	DAVIES, Rachel	South Cheshire Harriers	Senior ladies	10:09.8	439
102	0:31:51	ADAMS, Eda	Spectrum Striders	Senior ladies	10:14.9	497
103	0:32:39	CAHM, Farina		Lady Vet 35+	10:30.4	464
104	0:32:41	CLARKE, Gaynor	Swinton R.C	Senior ladies	10:31.0	474
105	0:32:52	THURSTON, Barbara		Lady Vet 50+	10:34.5	424
106	0:32:56	COWELL, Alison	Burnden Road Runners	Lady Vet 35+	10:35.8	456
107	0:33:36	WILKINSON, Helen		Lady Vet 45+	10:48.7	470
108	0:33:56	EAVES, Emma	Spectrum Striders	Senior ladies	10:55.1	433
109	0:34:03	TAYLOR, Deborah	Spectrum Striders	Lady Vet 35+	10:57.4	438
110	0:34:43	DAVIES, Wendy		Lady Vet 35+	11:10.3	1350
111	0:34:53	JONES, Helen		Lady Vet 40+	11:13.5	1365
112	0:35:17	DOWDESWE, Judith		Lady Vet 40+	11:21.2	1374
113	0:35:22	DEAN, Emma		Lady Vet 35+	11:22.8	491
114	0:36:15	WALSHE, Catherine		Lady Vet 45+	11:39.9	1393
115	0:36:55	BEGLEY, Annwen		Lady Vet 40+	11:52.7	1348
116	0:37:22	RODGERS, Geraldine		Lady Vet 35+	12:01.4	1359
117	0:37:22	VOUDOURIS, Susan		Lady Vet 45+	12:01.4	1381
118	0:39:30	FORSTER, Alison		Lady Vet 45+	12:42.6	449
119	0:40:51	JOHNSON, Kathleen	Burnden Road Runners	Lady Vet 50+	13:08.7	482

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Team Results

Pos	Club	Pos	Time	Name	Category	RaceNo
1 : Warrington AC						
		1	0:18:05	HAWITT, Karrie	Senior ladies	1370
		4	0:18:50	TITLOW, Kate	Senior ladies	1371
		10	0:20:03	JEFFERSON, Rachel	Junior Ladies	1361
2 : Spectrum Striders						
		2	0:18:18	ANDREW, Claire	Senior ladies	445
		3	0:18:19	WHITFIELD, Liz	Senior ladies	457
		14	0:20:29	DRAPER, Alison	Senior ladies	1360
3 : Vale Royal AC						
		5	0:18:59	PARSONS, Jessica	Junior Ladies	1392
		7	0:19:13	PETTITT, Amelia	Junior Ladies	461
		11	0:20:07	EVANS, Jade	Junior Ladies	458
4 : Wilmslow RC						
		8	0:19:39	RUDD, Louise	Lady Vet 35+	1400
		16	0:21:01	GERAGHTY, Christine	Lady Vet 45+	499
		18	0:21:14	JOHNSTON, Sally	Lady Vet 45+	452
5 : Spectrum Striders						
		15	0:20:51	HEMMING, Caroline	Lady Vet 45+	440
		19	0:21:19	FORSTER, Karon	Lady Vet 45+	453
		24	0:22:00	DEMPSTER, Louise	Lady Vet 45+	441
6 : Helsby RC						
		21	0:21:43	JAYNE, Joy	Senior ladies	1363
		26	0:22:06	GRIFFITHS, Vanessa	Lady Vet 45+	1349
		28	0:22:19	SHAW, Carol Ann	Lady Vet 45+	496
7 : Vale Royal AC						
		13	0:20:26	WHITTICK, Lucy	Junior Ladies	446
		29	0:22:29	PETTITT, Clara	Junior Ladies	462
		35	0:23:04	DENNY, Joanne	Lady Vet 40+	1395
8 : Wilmslow RC						
		20	0:21:38	SUTTON, Kate	Lady Vet 45+	1383
		27	0:22:09	HARRISON, Louisa	Lady Vet 35+	1354
		32	0:22:40	TOMKINSON, Laura	Senior ladies	500
9 : Swinton R.C						
		25	0:22:02	BOSWELL, Vicky	Senior ladies	492
		40	0:23:24	MURPHY, Emma	Senior ladies	466
		46	0:23:51	GREEN, Sarah	Lady Vet 45+	467
10 : St Helens-Sutton AC						
		23	0:21:55	ECCLESTON, Julia	Lady Vet 35+	463
		42	0:23:32	ORRICK, Cherryl	Lady Vet 35+	484
		60	0:25:46	KEOGH, Joanne	Lady Vet 35+	485
11 : Spectrum Striders						
		31	0:22:38	CALDWELL, Helen	Lady Vet 40+	1385
		50	0:24:21	JOHNSON, Kate	Lady Vet 40+	1375
		56	0:25:01	SULLIVAN, Jo	Lady Vet 40+	495
12 : St Helens Striders						
		17	0:21:12	CLEGG, Kate	Lady Vet 35+	490
		57	0:25:03	HOWARTH, Nicola	Lady Vet 40+	472
		67	0:26:18	PLATT, Dawn	Lady Vet 45+	489

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13	Vale Royal AC	45	0:23:46	DAVIES, Pauline	Lady Vet 60+	1380
		47	0:23:53	JAKEMAN, Stephanie	Lady Vet 40+	442
		54	0:24:49	HUMPHRIES, Sacha	Lady Vet 35+	1352
14	South Cheshire Harriers	49	0:24:11	POOLE, Susan	Lady Vet 40+	1372
		55	0:24:54	SMITH, Diane	Lady Vet 35+	426
		61	0:25:46	HARRISON, Suzanne	Lady Vet 45+	1357
15	Spectrum Striders	58	0:25:15	WILKIE, Jane	Lady Vet 40+	476
		62	0:25:51	MACKAY, Lisa	Lady Vet 40+	473
		64	0:25:55	OWEN, Linda	Lady Vet 50+	434
16	Swinton R.C	53	0:24:43	MILLS, Rebecca	Senior ladies	459
		72	0:27:05	ROBERTS, Sharen	Lady Vet 35+	460
		82	0:28:27	FOWLER, Gemma	Senior ladies	465
17	Spectrum Striders	66	0:25:58	ARBER, Carolyn	Lady Vet 50+	425
		70	0:26:53	CASTLE, Jill	Lady Vet 35+	487
		71	0:26:56	THOMPSON, Olivia	Senior ladies	428
18	Spectrum Striders	74	0:27:15	HUGHES, Victoria	Senior ladies	454
		80	0:28:15	GIBSON, Gwendy	Lady Vet 40+	429
		85	0:28:35	ROBERTS, Kathryn	Lady Vet 45+	1345
19	Spectrum Striders	87	0:29:00	CHARMAN, Stephanie	Lady Vet 60+	431
		92	0:30:10	HART, Tracey	Lady Vet 40+	1368
		93	0:30:20	RAMSDALE, Christine	Lady Vet 60+	432
20	Burnden Road Runners	96	0:30:53	HOLDEN, Marie	Lady Vet 45+	481
		106	0:32:56	COWELL, Alison	Lady Vet 35+	456
		119	0:40:51	JOHNSON, Kathleen	Lady Vet 50+	482