

Forest Park Ladies 5k Wednesday 1-Jul-2015

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

Individual results

Category winners are *shown in italics*.

Pos	Time	Name	Club	Category	mins/km	RaceNo
1	19:54	BLIZZARD, Louise	Belgrave Harriers	Lady Vet 35	3:59	67
2	20:13	WHITBY, Helen	Vale Royal AC	Senior Lady	4:03	114
3	20:19	CARTRIDGE, Nicola	Bolton United Harriers	Senior Lady	4:04	129
4	21:15	ASHBROOK, Jane	Helsby RC	Lady Vet 35	4:15	158
5	21:30	LOWE, Jane	Spectrum Striders	Lady Vet 45	4:18	10
6	21:32	RUSSELL, Alison	Spectrum Striders	Senior Lady	4:18	31
7	21:37	WHITFIELD, Liz	Spectrum Striders	Lady Vet 35	4:19	1
8	21:37	ROBBINS, Joanna	Sale Harriers Mchr	Lady Vet 40	4:19	105
9	22:04	WALKER, Georgina	Lymm Runners	Lady Vet 40	4:25	5
10	22:12	FORSTER, Karon	Spectrum Striders	Lady Vet 50	4:26	125
11	22:26	PRYOR, Emma		Lady Vet 35	4:29	111
12	22:49	LOMAX, Bobbie	Spectrum Striders	Lady Vet 40	4:34	119
13	22:50	TINSLEY, Kimberley	Spectrum Striders	Senior Lady	4:34	142
14	22:55	READ, Debbie	Spectrum Striders	Lady Vet 55	4:35	66
15	22:57	MCEVELEY, Louise	Helsby RC	Lady Vet 45	4:35	122
16	22:57	CALDWELL, Helen	Spectrum Striders	Lady Vet 45	4:35	151
17	22:58	SHAW, Carol	Helsby RC	Lady Vet 50	4:36	75
18	23:00	WILCOCK, Rachel	St Helens Sutton AC	Junior Lady U21	4:36	73
19	23:24	GRIFFITHS, Vanessa	Helsby RC	Lady Vet 50	4:41	104
20	23:33	ECCLESTON, Julia	St Helens Sutton AC	Lady Vet 40	4:43	152
21	24:15	FARRELL, Clare	Delamere Spartans	Lady Vet 35	4:51	97
22	24:21	COOPER, Amy	Lymm Runners	Senior Lady	4:52	6
23	24:23	ROBERTS, Eleanor	Spectrum Striders	Lady Vet 45	4:53	2
24	24:23	CORFIELD, Amy	St Helens Sutton AC	Senior Lady	4:53	21
25	24:23	BEESLEY, Rachel	St Helens Sutton AC	Senior Lady	4:53	22
26	24:28	HOWE, Joan M	Trafford AC	Lady Vet 60	4:54	157
27	24:30	FLETCHER, Suzanne	Delamere Spartans	Lady Vet 35	4:54	154
28	24:33	ROWLANDS, Claire	Delamere Spartans	Lady Vet 40	4:55	153
29	24:44	CASEY, Louise	Warrington Running Club	Lady Vet 35	4:57	138
30	24:52	RYAN, Helen	Swinton RC	Lady Vet 35	4:58	164
31	24:54	DAVIS, Emma	Lymm Runners	Senior Lady	4:59	155
32	24:59	SPARKMAN, Joanna	Lymm Runners	Lady Vet 40	5:00	30
33	25:03	HOLDEN, Julie	Swinton RC	Lady Vet 40	5:01	166
34	25:29	SULLIVAN, Jo	Spectrum Striders	Lady Vet 45	5:06	145
35	25:36	SCHOFIELD, Kathryn	Warrington Tri	Junior Lady U21	5:07	82
36	25:41	NUNNERLEY, Emma	Lymm Runners	Lady Vet 35	5:08	18
37	25:48	DALEY, Nicola	Widnes Wasps	Lady Vet 45	5:10	46
38	25:53	PARRY, Elaine	St Helens Striders	Lady Vet 35	5:11	8
39	25:57	BESFORD, Ruth	St Helens Striders	Lady Vet 40	5:11	12
40	26:03	DARBY, Gill	Penny Lane Striders	Lady Vet 50	5:13	96
41	26:03	HEPBURN, Denise	Spectrum Striders	Lady Vet 35	5:13	9
42	26:05	EXON, Sue	Trafford AC	Lady Vet 60	5:13	144
43	26:07	BIRCHBY, Celia	Sale Harriers Mchr	Lady Vet 60	5:13	156
44	26:29	BINNS, Leah	Delamere Spartans	Senior Lady	5:18	121
45	26:39	ATHERTON, Diane	Spectrum Striders	Lady Vet 50	5:20	106
46	26:42	JOYCE, Carolyn	St Helens Sutton AC	Senior Lady	5:20	77

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Pos	Time	Name	Club	Category	mins/km	RaceNo
47	26:42	DOWNES, Tanya	Helsby RC	Lady Vet 40	5:20	113
48	26:47	ARBER, Carolyn	Spectrum Striders	Lady Vet 55	5:21	58
49	26:50	THOMAS, Rhea	Helsby RC	Senior Lady	5:22	124
50	26:58	TETLEY, Liz	Lymm Runners	Lady Vet 45	5:24	28
51	27:00	TICKLE, Beverley	Astley & Tyldesley RR	Lady Vet 40	5:24	102
52	27:00	MELLOR, Jean	Swinton RC	Lady Vet 40	5:24	136
53	27:00	BUNTING, Laura		Lady Vet 45	5:24	149
54	27:04	MCCOLL, Bev		Lady Vet 40	5:25	64
55	27:15	APPLETON, Pam	St Helens Sutton AC	Lady Vet 60	5:27	147
56	27:19	CROALL, Louise	Lymm Runners	Lady Vet 50	5:28	29
57	27:28	HAMPTON, Katie		Senior Lady	5:30	107
58	27:43	FARWELL, Jo	Helsby RC	Lady Vet 45	5:33	35
59	27:47	CURLEY, Joanne	Spectrum Striders	Lady Vet 40	5:33	95
60	27:53	WHITE, Linda	St Helens Sutton AC	Lady Vet 50	5:35	146
61	28:05	CHEETHAM, Jayne	Warrington Running Club	Lady Vet 45	5:37	112
62	28:09	MURGATROYD, Gail	Spectrum Striders	Lady Vet 45	5:38	115
63	28:21	GREY, Emma	Spectrum Striders	Senior Lady	5:40	108
64	28:21	KELLY, Sophie	Resolution Runners	Lady Vet 40	5:40	165
65	28:46	THOMPSON, Ros		Lady Vet 60	5:45	3
66	28:48	OWEN, Linda	Spectrum Striders	Lady Vet 55	5:46	54
67	28:48	YATES, Elizabeth	Spectrum Striders	Senior Lady	5:46	61
68	28:54	GEER, Donna	Helsby RC	Lady Vet 45	5:47	160
69	28:58	BATTEN, Clare	Swinton RC	Lady Vet 45	5:48	91
70	29:00	LYON, Catherine		Senior Lady	5:48	59
71	29:09	SMITH, Paula	Wirral AC	Lady Vet 45	5:50	127
72	29:12	SADAOUI, Hannah	Helsby RC	Senior Lady	5:50	141
73	29:14	HALL, Anita	St Helens Sutton AC	Lady Vet 45	5:51	11
74	29:14	LAWRENCE, Jennifer	St Helens Striders	Lady Vet 35	5:51	7
75	29:15	STANHOPE, Janet	Lymm Runners	Lady Vet 50	5:51	26
76	29:28	POWNALL, Melanie	Spectrum Striders	Lady Vet 35	5:54	76
77	29:34	HENDERSON, Rachel		Lady Vet 45	5:55	37
78	29:34	WARNER, Georgie	St Helens Striders	Lady Vet 35	5:55	118
79	29:35	NEELY, Victoria	Resolution Runners	Lady Vet 35	5:55	168
80	29:35	HOWARTH, Rosalind	Spectrum Striders	Lady Vet 35	5:55	41
81	29:42	SHILLABEER, Emma	St Helens Tri	Lady Vet 40	5:56	36
82	29:47	LLOYD, Tina		Lady Vet 45	5:57	50
83	29:50	BARNES, Emma	Helsby RC	Lady Vet 40	5:58	49
84	30:04	BEESELEY, Anne		Lady Vet 60	6:01	56
85	30:18	O'CONNOR, Katy	Lymm Runners	Lady Vet 50	6:04	33
86	30:53	BUTLER, Alison	Helsby RC	Lady Vet 35	6:11	55
87	30:54	GIBSON, Rebecca	Helsby RC	Senior Lady	6:11	159
88	30:54	FAIRHURST, Dorothy	St Helens Sutton AC	Lady Vet 65+	6:11	150
89	31:11	BLOOD, Julie		Lady Vet 35	6:14	68
90	31:24	ASHWORTH, Sophie		Senior Lady	6:17	169
91	31:28	BAILEY, Samantha	St Helens Striders	Senior Lady	6:18	117
92	31:30	SEDDON, Lisa		Lady Vet 40	6:18	19
93	31:39	HAMBLETON, Sheila		Lady Vet 45	6:20	80
94	31:46	PEAKE, Pamela	Helsby RC	Lady Vet 45	6:21	71
95	31:52	BURMAN, Harriet		Junior Lady U21	6:22	88
96	32:02	OWEN, Emily		Lady Vet 35	6:24	81
97	32:02	CLAYTON, Olivia		Junior Lady U21	6:24	84

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Pos	Time	Name	Club	Category	mins/km	RaceNo
98	32:31	PERRY, Jacqueline		Lady Vet 35	6:30	78
99	32:31	MAYCOCK, Michelle		Senior Lady	6:30	63
100	32:33	CAMPBELL, Elaine		Lady Vet 50	6:31	93
101	32:33	LAPPIN, Sarah		Senior Lady	6:31	90
102	32:34	CLAYTON, Joanne		Lady Vet 45	6:31	83
103	32:39	SEDDON, Sarah		Lady Vet 45	6:32	32
104	32:42	WEBSTER, Marlene	Widnes Wasps	Lady Vet 60	6:32	45
105	32:49	BURMAN, Julie		Lady Vet 50	6:34	87
106	32:49	ZACHARIASZ, Denise	Spectrum Striders	Lady Vet 40	6:34	120
107	32:52	VERNON, Dominique		Senior Lady	6:34	140
108	33:12	GIBSON, Tracy	Swinton RC	Lady Vet 50	6:38	126
109	33:12	MANSELL, Bonnie	St Helens Striders	Senior Lady	6:38	167
110	33:36	RAMSDALE, Christine	Spectrum Striders	Lady Vet 65+	6:43	57
111	33:53	GREY, Claire	Spectrum Striders	Senior Lady	6:47	100
112	33:55	KELLY-SWAN, Lorraine	St Helens Striders	Lady Vet 40	6:47	14
113	33:57	ALLEN, Emma		Senior Lady	6:47	110
114	33:57	SOWERBY, Sarah		Senior Lady	6:47	123
115	34:02	HOLCROFT, Kathryn		Lady Vet 50	6:48	132
116	34:13	PICTON, Pauline	St Helens Sutton AC	Lady Vet 60	6:51	148
117	34:15	SEDDON, Lucy		Senior Lady	6:51	85
118	34:15	WELCH, Kristen		Junior Lady U21	6:51	25
119	34:18	ANDREWS, Alison		Lady Vet 50	6:52	98
120	34:19	HEWITT, Anne	Spectrum Striders	Lady Vet 65+	6:52	116
121	34:44	GREY, Lisa	Spectrum Striders	Lady Vet 45	6:57	99
122	35:20	SENIOR, Alison	Helsby RC	Senior Lady	7:04	48
123	35:20	PRENDERGAST, Elaine		Lady Vet 45	7:04	43
124	35:35	JONES, Jo		Lady Vet 40	7:07	47
125	35:35	CAHM, Farina		Lady Vet 40	7:07	143
126	36:03	COULTON, Fiona		Lady Vet 40	7:13	109
127	36:09	SIMPSON, Emma		Senior Lady	7:14	51
128	36:30	COLLINS, Louise		Senior Lady	7:18	52
129	36:42	BARRETT, Julie		Lady Vet 45	7:20	79
130	37:23	JONES, Carol		Lady Vet 50	7:29	131
131	37:29	PRETTEN, Wendy		Lady Vet 45	7:30	92
132	37:35	MCWHA, Valerie	Widnes Wasps	Lady Vet 65+	7:31	60
133	38:00	DONNELLY, Nicola		Senior Lady	7:36	134
134	38:30	SPRINGALL, Diane		Lady Vet 50	7:42	24
135	38:36	HILL, Louise	St Helens Sutton AC	Lady Vet 35	7:43	72
136	38:41	LEE, Jan		Lady Vet 50	7:44	133
137	38:55	JOYCE, Andrea	St Helens Sutton AC	Lady Vet 45	7:47	62
138	39:20	COLEY, Victoria		Lady Vet 35	7:52	163
139	39:20	MAHMOUD, Vicky		Lady Vet 35	7:52	162
140	39:20	INCE, Rachael		Lady Vet 35	7:52	161
141	39:49	GARDNER, Stacey		Lady Vet 35	7:58	53
142	39:58	FRACKLETON, Angela	Kirkby Milers AC	Senior Lady	8:00	128
143	40:10	BROWN, Clare	St Helens Sutton AC	Lady Vet 40	8:02	86
144	40:29	RUSH, Colette		Lady Vet 45	8:06	101
145	40:32	WILCOCK, Kay	St Helens Sutton AC	Lady Vet 45	8:06	74
146	40:46	PEMBERTON, Susan		Lady Vet 55	8:09	23
147	41:08	TURNER, Cheryl		Lady Vet 45	8:14	103
148	41:25	WALKER, Tracey	Warrington Running Club	Lady Vet 45	8:17	139

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Pos	Time	Name	Club	Category	mins/km	RaceNo
149	41:50	GRACE, Jennifer	Warrington Running Club	Senior Lady	8:22	137
150	43:00	O'HARA, Kath	St Helens Sutton AC	Lady Vet 40	8:36	94

Team Results

Team pos	Club	Race pos	Time	Name	Category	Race No
1	Spectrum Striders	5	21:30	LOWE, Jane	Lady Vet 45	10
		6	21:32	RUSSELL, Alison	Senior Lady	31
		7	21:37	WHITFIELD, Liz	Lady Vet 35	1
2	Spectrum Striders	10	22:12	FORSTER, Karon	Lady Vet 50	125
		12	22:49	LOMAX, Bobbie	Lady Vet 40	119
		13	22:50	TINSLEY, Kimberley	Senior Lady	142
3	Helsby RC	4	21:15	ASHBROOK, Jane	Lady Vet 35	158
		15	22:57	MCEVELEY, Louise	Lady Vet 45	122
		17	22:58	SHAW, Carol	Lady Vet 50	75
4	Spectrum Striders	14	22:55	READ, Debbie	Lady Vet 55	66
		16	22:57	CALDWELL, Helen	Lady Vet 45	151
		23	24:23	ROBERTS, Eleanor	Lady Vet 45	2
5	Lymm Runners	9	22:04	WALKER, Georgina	Lady Vet 40	5
		22	24:21	COOPER, Amy	Senior Lady	6
		31	24:54	DAVIS, Emma	Senior Lady	155
6	St Helens Sutton AC	18	23:00	WILCOCK, Rachel	Junior Lady U21	73
		20	23:33	ECCLESTON, Julia	Lady Vet 40	152
		24	24:23	CORFIELD, Amy	Senior Lady	21
7	Helsby RC	19	23:24	GRIFFITHS, Vanessa	Lady Vet 50	104
		27	24:30	FLETCHER, Suzanne	Lady Vet 35	154
		47	26:42	DOWNES, Tanya	Lady Vet 40	113
8	Delamere Spartans	21	24:15	FARRELL, Clare	Lady Vet 35	97
		28	24:33	ROWLANDS, Claire	Lady Vet 40	153
		44	26:29	BINNS, Leah	Senior Lady	121
9	Swinton RC	30	24:52	RYAN, Helen	Lady Vet 35	164
		33	25:03	HOLDEN, Julie	Lady Vet 40	166
		52	27:00	MELLOR, Jean	Lady Vet 40	136
10	Lymm Runners	32	24:59	SPARKMAN, Joanna	Lady Vet 40	30
		36	25:41	NUNNERLEY, Emma	Lady Vet 35	18
		50	26:58	TETLEY, Liz	Lady Vet 45	28

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Team pos	Club	Race pos	Time	Name	Category	Race No
11	Spectrum Striders	34	25:29	SULLIVAN, Jo	Lady Vet 45	145
		41	26:03	HEPBURN, Denise	Lady Vet 35	9
		45	26:39	ATHERTON, Diane	Lady Vet 50	106
12	St Helens Sutton AC	25	24:23	BEESLEY, Rachel	Senior Lady	22
		46	26:42	JOYCE, Carolyn	Senior Lady	77
		55	27:15	APPLETON, Pam	Lady Vet 60	147
13	St Helens Striders	38	25:53	PARRY, Elaine	Lady Vet 35	8
		39	25:57	BESFORD, Ruth	Lady Vet 40	12
		74	29:14	LAWRENCE, Jennifer	Lady Vet 35	7
14	Spectrum Striders	48	26:47	ARBER, Carolyn	Lady Vet 55	58
		59	27:47	CURLEY, Joanne	Lady Vet 40	95
		62	28:09	MURGATROYD, Gail	Lady Vet 45	115
15	Helsby RC	49	26:50	THOMAS, Rhea	Senior Lady	124
		58	27:43	FARWELL, Jo	Lady Vet 45	35
		68	28:54	GEER, Donna	Lady Vet 45	160
16	Spectrum Striders	66	28:48	OWEN, Linda	Lady Vet 55	54
		67	28:48	YATES, Elizabeth	Senior Lady	61
		76	29:28	POWNALL, Melanie	Lady Vet 35	76
17	Lymm Runners	56	27:19	CROALL, Louise	Lady Vet 50	29
		75	29:15	STANHOPE, Janet	Lady Vet 50	26
		85	30:18	O'CONNOR, Katy	Lady Vet 50	33
18	St Helens Sutton AC	60	27:53	WHITE, Linda	Lady Vet 50	146
		73	29:14	HALL, Anita	Lady Vet 45	11
		88	30:54	FAIRHURST, Dorothy	Lady Vet 65+	150
19	Warrington Running Club	29	24:44	CASEY, Louise	Lady Vet 35	138
		61	28:05	CHEETHAM, Jayne	Lady Vet 45	112
		148	41:25	WALKER, Tracey	Lady Vet 45	139
20	Helsby RC	72	29:12	SADAQUI, Hannah	Senior Lady	141
		83	29:50	BARNES, Emma	Lady Vet 40	49
		86	30:53	BUTLER, Alison	Lady Vet 35	55
21	Widnes Wasps	37	25:48	DALEY, Nicola	Lady Vet 45	46
		104	32:42	WEBSTER, Marlene	Lady Vet 60	45
		132	37:35	MCWHA, Valerie	Lady Vet 65+	60
22	St Helens Striders	78	29:34	WARNER, Georgie	Lady Vet 35	118
		91	31:28	BAILEY, Samantha	Senior Lady	117
		109	33:12	MANSELL, Bonnie	Senior Lady	167

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Team pos	Club	Race pos	Time	Name	Category	Race No
23	Spectrum Striders	80	29:35	HOWARTH, Rosalind	Lady Vet 35	41
		106	32:49	ZACHARIASZ, Denise	Lady Vet 40	120
		110	33:36	RAMSDALE, Christine	Lady Vet 65+	57
24	Helsby RC	87	30:54	GIBSON, Rebecca	Senior Lady	159
		94	31:46	PEAKE, Pamela	Lady Vet 45	71
		122	35:20	SENIOR, Alison	Senior Lady	48
25	Spectrum Striders	111	33:53	GREY, Claire	Senior Lady	100
		120	34:19	HEWITT, Anne	Lady Vet 65+	116
		121	34:44	GREY, Lisa	Lady Vet 45	99
26	St Helens Sutton AC	116	34:13	PICTON, Pauline	Lady Vet 60	148
		135	38:36	HILL, Louise	Lady Vet 35	72
		137	38:55	JOYCE, Andrea	Lady Vet 45	62
27	St Helens Sutton AC	143	40:10	BROWN, Clare	Lady Vet 40	86
		145	40:32	WILCOCK, Kay	Lady Vet 45	74
		150	43:00	O'HARA, Kath	Lady Vet 40	94