

Womens 5k Individual Results 2-July-2025

Pos	Time	Bib	Name	Club	Category
1	0:18:21	178	CLITHEROE, Lucy	St Helens Sutton AC	Senior
2	0:19:01	216	WHARTON, Imogen	Warrington AC	Junior
3	0:19:27	127	HAMILTON, Kelly	St Helens Striders	35-39
4	0:19:38	96	BIRKETT, Lilly	St Helens Sutton AC	Junior
5	0:19:53	152	MASSEY, Taylor	St Helens Sutton AC	Senior
6	0:19:56	240	LEES, Bess	Warrington AC	Junior
7	0:20:03	241	DAVIES, Lucie	Warrington AC	Junior
8	0:20:52	151	MASSEY, Siobhan	St Helens Sutton AC	35-39
9	0:21:00	239	BLIZZARD, Louise	Warrington AC	45-49
10	0:21:02	179	JOHNSON, Susan	St Helens Sutton AC	45-49
11	0:21:25	144	MANSON, Nia	West Cheshire AC	Junior
12	0:21:37	124	MOORE, Jazzmyn	St Helens Striders	Senior
13	0:21:54	220	KINSEY, Emily	Warrington AC	Junior
14	0:21:58	228	DAVIDSON, Katie	Run Sandymoor	35-39
15	0:22:02	94	BIRKETT, Sarah	St Helens Sutton AC	40-44
16	0:22:21	200	RUSSELL, Alison	Spectrum Striders	40-44
17	0:22:44	134	ZDRENKA, Julie	St Helens Striders	55-59
18	0:22:51	117	WALKER, Georgina	Lymm Runners	50-54
19	0:22:59	236	GRIMMER, Claire	Knutsford Tri	45-49
20	0:23:03	108	BARNES, Stacey	Widnes Wasps	Senior
21	0:23:05	248	MACGUGAN, Hayley	Widnes RC	40-44
22	0:23:05	191	METCALFE, Hayley		35-39
23	0:23:20	109	FENTON, Joanna	Victoria Park Running Club	45-49
24	0:23:26	204	JOYNSON, Esme	Run Sandymoor	Junior
25	0:23:27	175	HOLMES, Germaine	Lymm Runners	50-54
26	0:23:33	173	DAVIES, Helen	Widnes Wasps	55-59
27	0:23:37	87	NUNNERLEY, Emma	Lymm Runners	45-49
28	0:23:49	88	GRIFFITHS, Vanessa	Helsby RC	60-64
29	0:23:53	184	HIBBERT, Angela	Victoria Park Running Club	35-39
30	0:24:01	73	FAIRCLOUGH, Rachael	St Helens Striders	40-44
31	0:24:16	99	JONES, Rebecca	Widnes Wasps	Senior
32	0:24:17	161	WALKER, Louise	Vale Royal AC	45-49
33	0:24:20	243	CALDWELL, Helen	Spectrum Striders	55-59
34	0:24:35	159	MILLS, Sarah	Helsby RC	35-39
35	0:24:48	247	TODD, Jennifer	Lymm Runners	55-59
36	0:24:57	85	GARNER, Steph	Helsby RC	Senior
37	0:25:10	104	ROBERTS, Eleanor	Spectrum Striders	55-59
38	0:25:42	89	CHIAPPA, Nicola	Lymm Runners	50-54
39	0:25:55	116	MOSELEY, Lynn	Lymm Runners	60-64
40	0:25:58	95	BARLOW, Julie		60-64
41	0:25:59	165	EDEN, Sara	Vale Royal AC	40-44
42	0:26:04	170	GODDARD, Colette	St Helens Sutton AC	50-54
43	0:26:16	192	READ, Debbie	Helsby RC	65-69
44	0:26:18	177	CLITHEROE, Andrea	St Helens Sutton AC	50-54
45	0:26:21	86	EATON, Fiona	Lymm Runners	55-59
46	0:26:21	91	TETLEY, Liz	Lymm Runners	55-59
47	0:26:26	185	THOMAS, Megan		Senior
48	0:26:31	188	KUYPERS, Rachel	Widnes Wasps	50-54
49	0:27:04	235	HAMPSON, Tracy		45-49
50	0:27:10	180	MOORE, Linda	Widnes Wasps	60-64
51	0:27:23	145	OATS, Elizabeth	West Cheshire AC	45-49
52	0:27:39	234	DAVIS, Emma	Lymm Runners	35-39
53	0:27:41	212	MACKAY, Lisa	Spectrum Striders	55-59
54	0:27:46	242	GILLESPIE-GREENE, Donna	TTT Run Club	50-54
55	0:27:53	238	NORCROSS, Louise	Run Sandymoor	35-39
56	0:27:56	133	HARRISON, Ursula	Spectrum Striders	65-69
57	0:28:01	106	MOORE, Helen	Widnes Wasps	55-59
58	0:28:03	246	ARBER, Carolyn	Lymm Runners	65-69

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Pos	Time	Bib	Name	Club	Category
59	0:28:10	98	WADDINGTON, Hannah	Run Sandymoor	Senior
60	0:28:11	229	BANNON, Faye	Run Sandymoor	Senior
61	0:28:11	157	BANNON, Karen	Run Sandymoor	45-49
62	0:28:23	126	HERRIOTT, Jo	St Helens Striders	45-49
63	0:28:29	208	MATTHEWS, Cal		50-54
64	0:28:30	102	MORRIS, Maxine		50-54
65	0:28:32	125	HALL, Anita	St Helens Striders	55-59
66	0:28:34	107	BRODERICK, Helen	St Helens Striders	55-59
67	0:28:39	172	BEEVERS, Lily	Vale Royal AC	Junior
68	0:28:40	92	PEALING, Catherine		55-59
69	0:28:42	207	GREEN, Cassie	Helsby RC	35-39
70	0:28:46	230	SCARTH, Donna	St Helens Striders	35-39
71	0:28:58	225	WADE, Emily	Widnes Wasps	Senior
72	0:29:03	90	STRONG, Becky		40-44
73	0:29:12	232	KEMP, Angela		45-49
74	0:29:18	158	MCADAM, Louise	Run Sandymoor	60-64
75	0:29:22	206	KELLY, Laura	Helsby RC	Senior
76	0:29:29	202	TWITE, Gaynor	Run Sandymoor	45-49
77	0:29:38	80	WARING, Niamh	St Helens Sutton AC	Junior
78	0:29:39	135	FORRESTER, Norma	St Helens Striders	55-59
79	0:29:40	139	CAHILL, Brenda	St Helens Striders	65-69
80	0:29:42	105	THOMAS, Caroline		60-64
81	0:29:48	119	MCGOLDRICK, Helena	St Helens Sutton AC	60-64
82	0:29:53	233	DAVIS, Sophie	Lymm Runners	Senior
83	0:29:59	183	STEWART, Debs		40-44
84	0:30:01	213	HOUGHTON, Jane	Warrington Running Club	50-54
85	0:30:09	154	SIMPSON, Alexandra		40-44
86	0:30:10	113	RICHARDSON, Jo	Running Bear	65-69
87	0:30:15	169	WILLIAMS, Annette	Victoria Park Running Club	50-54
88	0:30:18	149	SMITH, Carolyn	Lymm Runners	60-64
89	0:30:21	205	BUCKLEY, Yvonne	St Helens Striders	60-64
90	0:30:24	156	LILLISTON, Julie		55-59
91	0:30:57	217	BREAR, Laura	Lymm Runners	55-59
92	0:31:06	101	MARSHALL, Gemma		Senior
93	0:31:24	176	LYNCH, Alison	Swinton RC	55-59
94	0:31:28	148	HOMER, Pamela		65-69
95	0:31:30	143	ASHCROFT, Laura	Widnes Wasps	40-44
96	0:31:30	181	O'NEILL, Leaann	Widnes Wasps	40-44
97	0:31:35	146	HALL, Olive	Run Sandymoor	60-64
98	0:31:45	142	BUTLER, Heather	Victoria Park Running Club	65-69
99	0:31:46	187	HAYES, Gillian		45-49
100	0:31:48	115	BILLON, Audrey		45-49
101	0:32:01	189	LLOYD, Lisa	Warrington Running Club	55-59
102	0:32:03	110	MCGOWAN, Jean	Spectrum Striders	55-59
103	0:32:17	203	TWITE, Izzy	Run Sandymoor	Junior
104	0:32:42	160	LANGTON, Alison	Run Sandymoor	40-44
105	0:32:56	214	JARVIS, Josie	Warrington Plodders	45-49
106	0:32:57	150	DARBY, Gill		60-64
107	0:32:58	131	SHERON, Jen	St Helens Striders	55-59
108	0:33:02	237	MURRAY, Louise	Warrington Running Club	40-44
109	0:33:13	249	SHEUNG, Kathleen		40-44
110	0:33:21	223	WOODS, Tracy	Helsby RC	40-44
111	0:33:22	224	CULLY, Michelle		45-49
112	0:33:30	138	SERVICE, Carrie-Anne		40-44
113	0:33:31	194	PIERCE-ROBERTS, Danielle	Warrington Running Club	40-44
114	0:33:35	137	BIRCHALL, Jennifer		Senior
115	0:33:39	219	COLEMAN, Jill	Victoria Park Running Club	60-64
116	0:33:47	210	SHANNON, Kate	Run Sandymoor	35-39

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117	0:33:48	66	WADSWORTH, Joanne	Lymm Runners	50-54
118	0:33:52	67	HOLLIDAY, Claire	Lymm Runners	55-59
119	0:33:53	77	SARBUTTS, Nicola	St Helens Sutton AC	50-54
120	0:34:02	136	JOHNSON, Vicky		35-39
121	0:34:12	81	FOSTER, Amy	Warrington Plodders	35-39
122	0:34:18	171	BEEVERS, Sharon	Run Middlewich	50-54
123	0:34:29	69	HEALEY, Debbie	Widnes Wasps	50-54
124	0:34:31	128	TICKLE, Rachel	St Helens Striders	35-39
125	0:34:32	123	MCCAFFREY, Kirstie	St Helens Striders	35-39
126	0:34:33	132	GREEN, Lauren	St Helens Striders	Senior
127	0:34:36	82	MATTHEWS, Sarah		45-49
128	0:34:48	211	YOUNG, Andrea	Warrington Road Runners	55-59
129	0:34:55	186	SADLER, Marie		40-44
130	0:35:02	72	SMART, Sue	Warrington Running Club	50-54
131	0:36:44	74	HOLMES, Janet	St Helens Striders	70
132	0:36:49	155	JOYNSON, Kate	Run Sandymoor	50-54
133	0:38:35	190	SEDDON, Sarah	Warrington Running Club	55-59
134	0:39:01	100	PEMBERTON, Susan		65-69
135	0:39:13	193	DUNNING, Victoria	Warrington Running Club	50-54
136	0:39:16	195	LEATHER, Helen		55-59
137	0:39:24	221	EAKINS, Julie	Victoria Park Running Club	55-59
138	0:40:25	222	SINER, Sarah	Helsby RC	50-54
139	0:40:27	114	CARTWRIGHT, Rebecca	Helsby RC	40-44
140	0:41:06	215	JARVIS, Ellie	Warrington Plodders	Senior
141	0:42:14	97	ROBERTS, Denise		55-59
142	0:42:25	182	RUTKOWSKA, Agata	Widnes Wasps	40-44
143	0:42:35	76	MAKIN, Jane	St Helens Sutton AC	55-59
144	0:44:41	244	BECKETT, Sheila		70
145	0:44:42	245	BECKETT, Helen	Widnes Wasps	50-54
146	0:45:57	166	JONES, Helen		55-59
147	0:47:16	79	WARING, Dawn	St Helens Sutton AC	50-54
148	0:47:25	75	WILCOCK, Kay	St Helens Sutton AC	55-59
149	0:47:31	78	HILL, Louise	St Helens Sutton AC	45-49
150	0:52:11	227	COUNSELL, Nicola		50-54
151	0:52:13	226	COCKLIN, Joanne		45-49
152	0:52:33	198	FINCH, Rachel		35-39
153	0:52:34	196	BALDOCK, Clair	Warrington Running Club	50-54