

CAPENHURST RUNNING CLUB

Capenhurst 10k - Sunday 7 June 2009

Results

Race Winner	Darren Rowlands	Wrexham AC	33mins 54 secs
1 st Male	Darren Blazier	Abergele Harriers	35mins 04 secs
1 st Male Vet O/50	Chris Henry	Wirral AC	36mins 13 secs
1 st Female	Kate Spilsbury	Vale Royal AC	41mins 43 secs
1 st Female Vet O/35	Jo Clisham-Marsh	St Helens Sutton	46mins 20 secs
1 st Female Vet O/40	Mary Tavener	Vale Royal AC	44mins 18 secs

Race Position

Position	Race number	Time	Firstname	Surname	Club	Class
1	84	00:33:54	Darren	Rowlands	Wrexham AC	Male Vet over 40
2	70	00:35:04	Darren	Blazier	Abergele Harriers	Male
3	50	00:35:15	Trevor	Morris	Wilmslow RC	Male Vet over 40
4	85	00:35:25	Vincent	van Wobrkorn	Epsom Oddballs RC	Male
5	89	00:35:32	Graham	McNeil	Wilmslow	Male Vet over 40
6	98	00:35:53	Mark	Wood	Ellesmere Port RC	Male
7	9	00:36:08	Jez	Brown	Buckley Runners	Male
8	59	00:36:13	Chris	Henry	Wirral AC	Male Vet over 50
9	78	00:36:58	Craig	Mann	Met. Police	Male Vet over 40
10	68	00:37:09	Andrew	Clague	West Cheshire AC	Male Vet over 40
11	65	00:37:23	Nigel	Grant	Penny Lane Striders	Male Vet over 40
12	56	00:37:27	Gary	Withers	West Cheshire	Male Vet over 50
13	44	00:38:09	Patrick	Boyle	Liverpool Running Club	Male
14	49	00:38:18	Stephen	Harrison	F.E.R.C.	Male
15	52	00:38:23	Rob	Marsh	St Helens Sutton	Male
16	76	00:38:24	Simon	Jeffer	Ellesmere Port Runners	Male
17	91	00:38:33	Paul	Williams	Wreccsam Tri	Male
18	71	00:38:56	Darren	Nesbitt		Male
19	93	00:39:12	Neil	Pornall	Chester Tri	Male
20	31	00:39:19	Phil	Townsend		Male
21	107	00:39:24	Neil	Owen	Prestatyn	Male Vet over 50
22	87	00:39:47	Max	Woods	West Cheshire AC	Male Vet over 40
23	102	00:39:52	Nick	Johnson		Male Vet over 40
24	8	00:39:52	Paul	Riley	Penny Lane Striders	Male
25	21	00:39:59	Simone	Capponi	Penny Lane Striders	Male
26	92	00:40:24	James	Bateman		Male
27	83	00:40:40	Stephen	Loftus		Male Vet over 40
28	106	00:41:00	Anthony	Peacock	Northern Vets AC	Male Vet over 50
29	82	00:41:26	Deane	Harden		Male
30	64	00:41:39	Chris	Hulse	Chester Tri	Male Vet over 40
31	80	00:41:43	Kate	Spilsbury	Vale Royal AC	Female
32	28	00:42:00	Andrew	Keeley	Penny Lane Striders	Male Vet over 40
33	69	00:43:08	Steve	Hollis	Road Runners	Male Vet over 50
34	35	00:43:14	Nick	Ingram		Male Vet over 40

Race Position

Position	Race number	Time	Firstname	Surname	Club	Class
35	16	00:43:16	D	Fullwood		Male Vet over 50
36	60	00:43:26	Michael	Jones	Buckley Runners	Male Vet over 40
37	105	00:43:30	Colin	Rathbone	Vale Royal AC	Male Vet over 50
38	90	00:43:33	G	Scholefield	Pensby	Male Vet over 50
39	88	00:43:51	Barry	Chambers	Vale Royal AC	Male Vet over 50
40	5	00:44:01	Dirk	Mithen		Male Vet over 40
41	12	00:44:18	Mary	Tavener	Vale Royal	Female Vet over 40
42	77	00:44:22	Rob	Huntbach		Male Vet over 40
43	75	00:44:29	Gemma	Morgans	ERYRI	Female
44	33	00:45:38	John	Townsend		Male Vet over 50
45	26	00:45:47	John	Houghton	Warrington Road Runners	Male Vet over 50
46	58	00:45:53	David	McAlister	Wallasey AC	Male Vet over 50
47	104	00:45:58	Pauline	Davies	Vale Royal AC	Female Vet over 40
48	74	00:46:19	John	Wadsworth	Capenhurst RC	Male
49	53	00:46:20	Jo	Clisham-Marsh	St Helens Sutton	Female Vet over 35
50	13	00:46:27	Craig	Taylor		Male
51	97	00:46:31	Vanessa	Griffiths	Helsby	Female Vet over 40
52	96	00:46:55	J	Thomas	Buckley Runners	Male Vet over 50
53	22	00:47:08	Carol	Shaw	Helsby Running Club	Female Vet over 40
54	101	00:47:16			Birkenhead AC	Male Vet over 50
55	15	00:47:20	Brian	Beattie	West Cheshire AC	Male Vet over 50
56	99	00:47:21	K. Jerry	Williams	Birkenhead AC	Male Vet over 50
57	103	00:47:46	Gareth	Ellis		Male Vet over 40
58	51	00:47:50	Michael	Roberts	Penny Lane Striders	Male Vet over 40
59	32	00:47:54	Sarah	Dines		Female
60	67	00:48:03	Caroline	Rogers	Spectrum Striders	Female Vet over 40
61	46	00:48:21	Timothy	Leonard		Male Vet over 50
62	73	00:48:53	Andy	Booth		Male Vet over 40
63	61	00:49:01	Margaret	Ludden	Buckley Runners	Female Vet over 40
64	39	00:49:14	John	Wright	Birkenhead AC	Male Vet over 40
65	34	00:49:31	Jane	Ingram		Female Vet over 40
66	109	00:49:34	Neil	Richards		Male
67	48	00:50:00	Christopher	Newkom		Male Vet over 50
68	40	00:50:16	Katherine	Phillips		Female
69	110	00:50:28	Dave	Mansfield	Chester Tri	Male Vet over 40
70	72	00:50:36	Simon	Nel		Male
71	108	00:50:49	Stuart	Richards		Male Vet over 50
72	29	00:50:52	Michael	Davies		Male Vet over 40
73	63	00:51:01	Ciara	Murphy	Deestridders	Female
74	100	00:51:08	Lawrence	Brown	Birkenhead AC	Male Vet over 50
75	81	00:52:34	Percy	Hogg	Birkenhead AC	Male Vet over 50
76	95	00:52:40	J	Weston		Male
77	79	00:52:41	David	Brierley	Chester Tri	Male Vet over 50
78	94	00:52:42	Will	Abakhan		Male
79	62	00:52:52	Mick	Flaherty	Deestridders	Male
80	112	00:53:00	Nigel	Crierie	Ellesmere Port RC	Male Vet over 40
81	20	00:54:19	Sharon	Basford	Tattenhall	Female Vet over 35

Race Position

Position	Race number	Time	Firstname	Surname	Club	Class
82	17	00:54:30	C A	Thackray	West Cheshire AC	Male Vet over 50
83	66	00:54:50	Elwyn	Jones	Wallasey AC	Male Vet over 50
84	43	00:57:19	Derek	Hughes		Male Vet over 40
85	3	00:57:23	Phillip	Marsden		Male Vet over 40
86	4	00:57:23	Kevin	Phillips		Male
87	38	00:57:54	Tracey	Sutherland		Female Vet over 40
88	57	00:58:11	Margaret	Delaney	Birkenhead Athletic	Female Vet over 40
89	14	00:58:28	Samantha	Arter		Female Vet over 35
90	37	00:58:40	Carol	Kenny		Female Vet over 40
91	42	00:58:53	Tom	Hampton	Warrington Triathlon Club	Male Vet over 40
92	45	01:00:14	Matt	Mortimer		Male
93	18	01:02:02	R	Pilgrim		Female
94	55	01:11:28	Norman	Grundy	Birkenhead AC	Male Vet over 50