

Forest Park Ladies 5k Wednesday 7-Jul-2010

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

Pos	Time	Name	Club	Category	mins/km	Race no
1	0:18:10	WHITFIELD, Liz	Spectrum Striders	Senior Ladies	03:38.0	251
2	0:18:56	BIRD, Nicola E	Ellesmere Port RC	Senior Ladies	03:47.2	291
3	0:18:56	MCCORMICK, Tessa	Vale Royal AC	Junior Ladies	03:47.2	266
4	0:19:22	SALIHI, Nabilah	Spectrum Striders	Senior Ladies	03:52.4	284
5	0:19:30	PALIN, Natalie	Liverpool Running Club	Senior Ladies	03:54.0	268
6	0:19:38	MEADOWS, Nikki	Vale Royal AC	Junior Ladies	03:55.6	254
7	0:20:08	SMITH, Lucy	Altrincham & District AC	Junior Ladies	04:01.6	385
8	0:20:20	COLE, Alison	Ellesmere Port RC	Lady Vet 35	04:04.0	290
9	0:20:23	DRAPER, Alison	Spectrum Striders	Senior Ladies	04:04.6	383
10	0:20:26	REES, Cheryl	South Cheshire Harriers	Lady Vet 35	04:05.2	399
11	0:20:46	EVANS, Jade	Vale Royal AC	Junior Ladies	04:09.2	253
12	0:20:55	HEMMING, Caroline	Spectrum Striders	Lady Vet 40	04:11.0	242
13	0:20:59	PYATT, Emma-Louise	Vale Royal AC	Junior Ladies	04:11.8	275
14	0:21:09	LATHAM, Katie	South Cheshire Harriers	Senior Ladies	04:13.8	381
15	0:21:18	BLIZZARD, Louise	Belgrave Harriers	Senior Ladies	04:15.6	270
16	0:21:27	MOULDS, Kate	Vale Royal AC	Junior Ladies	04:17.4	215
17	0:21:41	HEAHER, Cerys	Vale Royal AC	Junior Ladies	04:20.2	271
18	0:21:46	TATTERSALL, Shelley	Rossendale Harriers	Senior Ladies	04:21.2	252
19	0:21:51	FORSTER, Karon	Spectrum Striders	Lady Vet 45	04:22.2	250
20	0:22:13	ROGERS, Caroline	Spectrum Striders	Lady Vet 45	04:26.6	294
21	0:22:16	ROBERTSON, Janet	Helsby RC	Lady Vet 40	04:27.2	257
22	0:22:27	MCCULLOUGH, Aimee	Spectrum Striders	Senior Ladies	04:29.4	241
23	0:22:31	CALDWELL, Helen	Spectrum Striders	Lady Vet 40	04:30.2	389
24	0:22:40	HOWARTH, Sally	Trafford AC	Lady Vet 45	04:32.0	281
25	0:22:56	DAVIES, Pauline	Vale Royal AC	Lady Vet 55	04:35.2	387
26	0:22:59	SHAW, Michaela	Astley & Tyldesley RR	Senior Ladies	04:35.8	272
27	0:23:25	PEREZ, Olivia	Liverpool Harriers	Junior Ladies	04:41.0	220
28	0:23:30	FITZSIMMONS, Jayne	Parbold Pink Panthers	Senior Ladies	04:42.0	278
29	0:23:32	HUGHES, Stacie	Spectrum Striders	Senior Ladies	04:42.4	298
30	0:23:37	MCGONIGLE, Mandy	Ellesmere Port RC	Lady Vet 45	04:43.4	279
31	0:23:47	PEACOCK, Liz	Parbold Pink Panthers	Senior Ladies	04:45.4	277
32	0:23:50	HOUGH, Grace	Telford Harriers	Lady Vet 60	04:46.0	391
33	0:23:53	HARRISON, Suzanne	South Cheshire Harriers	Lady Vet 45	04:46.6	376
34	0:23:55	GRIFFITHS, Stephanie		Senior Ladies	04:47.0	265
35	0:24:00	READ, Debbie	Spectrum Striders	Lady Vet 50	04:48.0	269
36	0:24:01	DURRANT, Amy	South Cheshire Harriers	Senior Ladies	04:48.2	247
37	0:24:03	FORTUNE, Anne	Spectrum Striders	Lady Vet 55	04:48.6	258
38	0:24:08	EDMONDSON, Linda	Wrekin Road Runners	Lady Vet 45	04:49.6	267
39	0:24:10	MCGOLDRICK, Helena	St Helens-Sutton AC	Lady Vet 45	04:50.0	226
40	0:24:28	BIRD, Madeleine	Ellesmere Port RC	Lady Vet 55	04:53.6	289
41	0:24:33	FORD, Caroline	Parbold Pink Panthers	Senior Ladies	04:54.6	273
42	0:24:38	SULLIVAN, Jo	Spectrum Striders	Lady Vet 40	04:55.6	296
43	0:24:45	MOORE, Linda	Widnes Wasps	Lady Vet 45	04:57.0	386
44	0:25:09	CARLON, Pauline	Spectrum Striders	Lady Vet 50	05:01.8	228
45	0:25:13	HEMMING, Christina		Lady Vet 35	05:02.6	243
46	0:25:18	EVANS, Catherine		Lady Vet 35	05:03.6	223
47	0:25:18	MCMILLEN, Samantha		Senior Ladies	05:03.6	390
48	0:25:43	VINCENT, Bronwen	Parbold Pink Panthers	Lady Vet 45	05:08.6	276
49	0:25:46	SHAW, Janet	Helsby RC	Lady Vet 55	05:09.2	214
50	0:25:50	FEWTRELL, Lorna	South Cheshire Harriers	Lady Vet 45	05:10.0	246
51	0:25:55	PAINTER, Liz	South Cheshire Harriers	Lady Vet 35	05:11.0	285
52	0:25:58	DYDE, Sarah	South Cheshire Harriers	Lady Vet 40	05:11.6	218

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Pos	Time	Name	Club	Category	mins/km	Race no
53	0:26:03	GARLAND, Heather		Senior Ladies	05:12.6	282
54	0:26:03	DOBSON, Liz	Helsby RC	Lady Vet 45	05:12.6	260
55	0:26:07	ARBBER, Carolyn	Spectrum Striders	Lady Vet 50	05:13.4	264
56	0:26:13	ELLIOTT, Kedren	South Cheshire Harriers	Lady Vet 35	05:14.6	388
57	0:26:13	WATERHOUSE, Kate	Whitchurch Whippets	Senior Ladies	05:14.6	392
58	0:26:25	OWEN, Linda	Spectrum Striders	Lady Vet 50	05:17.0	221
59	0:26:26	KIRBY, Penelope	Spectrum Striders	Lady Vet 35	05:17.2	393
60	0:26:42	DEWSBURY, Claire		Lady Vet 40	05:20.4	248
61	0:26:45	THOMPSON, Ros		Lady Vet 55	05:21.0	229
62	0:27:00	WOOD, Victoria		Senior Ladies	05:24.0	280
63	0:27:08	JOYNER, Sharon		Lady Vet 40	05:25.6	384
64	0:27:18	HUTSON, Val	Spectrum Striders	Lady Vet 45	05:27.6	230
65	0:28:02	HART, Tracey		Lady Vet 40	05:36.4	400
66	0:28:07	BURKE, Rachel		Junior Ladies	05:37.4	244
67	0:28:07	DALTON, Kelly	Widnes Wasps	Senior Ladies	05:37.4	256
68	0:28:13	MOXHAM, Rachael		Senior Ladies	05:38.6	255
69	0:28:24	MCFALL, Lee		Lady Vet 40	05:40.8	238
70	0:28:27	HOLDEN, Elaine		Lady Vet 45	05:41.4	237
71	0:28:27	ANDREWS, Gail		Lady Vet 35	05:41.4	287
72	0:28:27	JACKETT, Linda	Leigh Harriers & AC	Lady Vet 60	05:41.4	288
73	0:28:37	SHORTT, Beth		Senior Ladies	05:43.4	259
74	0:28:38	ASHCROFT, Jane	St Helens-Sutton AC	Lady Vet 40	05:43.6	378
75	0:28:41	OWEN, Carla	Spectrum Striders	Senior Ladies	05:44.2	293
76	0:28:43	DAVIES, Sue	South Cheshire Harriers	Lady Vet 45	05:44.6	379
77	0:28:46	CHARMAN, Stephanie	Spectrum Striders	Lady Vet 55	05:45.2	261
78	0:28:50	BROOKER, Gillian		Lady Vet 35	05:46.0	274
79	0:28:54	WRIGHT, Paula		Lady Vet 40	05:46.8	283
80	0:29:18	WHITFIELD, Diane	Warrington Road Runners	Lady Vet 50	05:51.6	224
81	0:29:55	GLENDENNING, Kerry	Spectrum Striders	Senior Ladies	05:59.0	239
82	0:30:03	WILKIE, Jane		Lady Vet 40	06:00.6	262
83	0:30:03	FISHER, Sharon		Lady Vet 40	06:00.6	225
84	0:30:06	ROBERTS, Kathryn		Lady Vet 40	06:01.2	295
85	0:30:11	RAMSDALE, Christine	Spectrum Striders	Lady Vet 60	06:02.2	377
86	0:30:15	TREVOR, Abigail Jane		Lady Vet 35	06:03.0	398
87	0:30:36	THRELFALL, Tina		Lady Vet 55	06:07.2	245
88	0:30:55	FELL, Carol	Warrington Road Runners	Lady Vet 60	06:11.0	216
89	0:31:15	BARR, June		Lady Vet 45	06:15.0	263
90	0:32:03	MCCLELLAND, Jenny		Lady Vet 40	06:24.6	249
91	0:32:27	MASSEY, Leanne		Senior Ladies	06:29.4	297
92	0:34:19	JONES, Helen		Lady Vet 40	06:51.8	380
93	0:35:12	HUGHES, Sue		Lady Vet 40	07:02.4	286
94	0:35:40	CAFFERATA, Felicity		Lady Vet 60	07:08.0	227
95	0:43:35	GLADWIN, Debra		Lady Vet 35	08:43.0	397

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Team Results

Pos	Club	Pos	Time	Name	Category	Race no	Pos
1 : Spectrum Striders							
		1	0:18:10	WHITFIELD, Liz	Senior Ladies	251	1
		4	0:19:22	SALIHI, Nabilah	Senior Ladies	284	4
		9	0:20:23	DRAPER, Alison	Senior Ladies	383	9
2 : Vale Royal AC							
		3	0:18:56	MCCORMICK, Tessa	Junior Ladies	266	3
		6	0:19:38	MEADOWS, Nikki	Junior Ladies	254	6
		11	0:20:46	EVANS, Jade	Junior Ladies	253	11
3 : Ellesmere Port RC							
		2	0:18:56	BIRD, Nicola E	Senior Ladies	291	2
		8	0:20:20	COLE, Alison	Lady Vet 35	290	8
		30	0:23:37	MCGONIGLE, Mandy	Lady Vet 54	279	43
4 : Vale Royal AC							
		13	0:20:59	PYATT, Emma-Louise	Junior Ladies	275	13
		16	0:21:27	MOULDS, Kate	Junior Ladies	215	16
		17	0:21:41	HEAHER, Cerys	Junior Ladies	271	17
5 : Spectrum Striders							
		12	0:20:55	HEMMING, Caroline	Lady Vet 40	242	12
		19	0:21:51	FORSTER, Karon	Lady Vet 45	250	19
		20	0:22:13	ROGERS, Caroline	Lady Vet 45	294	20
6 : South Cheshire Harriers							
		10	0:20:26	REES, Cheryl	Lady Vet 35	399	10
		14	0:21:09	LATHAM, Katie	Senior Ladies	381	14
		33	0:23:53	HARRISON, Suzanne	Lady Vet 45	376	33
7 : Spectrum Striders							
		22	0:22:27	MCCULLOUGH, Aimee	Senior Ladies	241	22
		23	0:22:31	CALDWELL, Helen	Lady Vet 40	389	23
		29	0:23:32	HUGHES, Stacie	Senior Ladies	298	29
8 : Parbold Pink Panthers							
		28	0:23:30	FITZSIMMONS, Jayne	Senior Ladies	278	28
		31	0:23:47	PEACOCK, Liz	Senior Ladies	277	31
		41	0:24:33	FORD, Caroline	Senior Ladies	273	41
9 : Spectrum Striders							
		35	0:24:00	READ, Debbie	Lady Vet 50	269	35
		37	0:24:03	FORTUNE, Anne	Lady Vet 55	258	37
		42	0:24:38	SULLIVAN, Jo	Lady Vet 40	296	42
10 : Helsby RC							
		21	0:22:16	ROBERTSON, Janet	Lady Vet 40	257	21
		49	0:25:46	SHAW, Janet	Lady Vet 55	214	49
		54	0:26:03	DOBSON, Liz	Lady Vet 45	260	54
11 : South Cheshire Harriers							
		36	0:24:01	DURRANT, Amy	Senior Ladies	247	36
		50	0:25:50	FEWTRELL, Lorna	Lady Vet 45	246	50
		51	0:25:55	PAINTER, Liz	Lady Vet 35	285	51
12 : Spectrum Striders							
		44	0:25:09	CARLON, Pauline	Lady Vet 50	228	44
		55	0:26:07	ARBBER, Carolyn	Lady Vet 50	264	55
		58	0:26:25	OWEN, Linda	Lady Vet 50	221	58

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13 : South Cheshire Harriers

52	0:25:58	DYDE, Sarah	Lady Vet 40	218	52
56	0:26:13	ELLIOTT, Kedren	Lady Vet 35	388	56
76	0:28:43	DAVIES, Sue	Lady Vet 45	379	76

14 : Spectrum Striders

59	0:26:26	KIRBY, Penelope	Lady Vet 35	393	59
64	0:27:18	HUTSON, Val	Lady Vet 45	230	64
75	0:28:41	OWEN, Carla	Lady Vet 40	293	75

15 : Spectrum Striders

77	0:28:46	CHARMAN, Stephanie	Lady Vet 55	261	77
81	0:29:55	GLENDENNING, Kerry	Senior Ladies	239	81
85	0:30:11	RAMSDALE, Christine	Lady Vet 60	377	85