

"CHESTER SPRING 5" 5 Mile Road Race

Wednesday 8th April 2009, 7:00 pm Results

Place	Time	Name	Gen	Gen Pos	Team	Category	Cat Pos	Entrant No	Pos
1	0:26:23	LOXAM, Jamie	M	1	Stockport Harriers	Senior Men	1	35	1
2	0:26:57	SHEARER, Richard	M	2	Southport & Waterloo	Male Vet 35	1	377	2
3	0:27:00	DIXON, Joshua	M	3	Abergele Harriers	Junior Male <20	1	305	3
4	0:27:14	ASHTON, Alan	M	4	Liverpool Harriers	Male Vet 35	2	388	4
5	0:27:19	CROWE, Steven C	M	5	Ellesmere Port RC	Senior Men	2	112	5
6	0:27:29	JONES, Lee	M	6	Deeside AC	Male Vet 35	3	36	6
7	0:27:40	COOPER, Chris	M	7	Wirral AC	Junior Male <20	2	329	7
8	0:27:52	BLAZIER, Darren	M	8	Abergele Harriers	Male Vet 35	4	84	8
9	0:28:00	NORGROVE, Gary	M	9	Wreccsam Triathlon Club	Male Vet 40	1	255	9
10	0:28:06	STANDIDGE, Chris	M	10	City Of Chester Triathlon Club	Senior Men	3	337	10
11	0:28:08	DOBIN, Sam	M	11	Cambridge University	Senior Men	4	212	11
12	0:28:22	BOOTH, Gareth	M	12	Horwich RMI	Male Vet 35	5	189	12
13	0:28:26	BEANEY, Alec	M	13	West Cheshire AC	Junior Male <20	3	24	13
14	0:28:32	DODD, Mark	M	14	Ellesmere Port RC	Senior Men	5	197	14
15	0:28:33	McCORMACK, Sean	M	15	Abergele Harriers	Male Vet 45	1	96	15
16	0:28:36	BRADSHAW, Jonathon	M	16	Buckley Runners	Senior Men	6	361	16
17	0:28:40	JONES, Neil	M	17	South Cheshire Harriers	Male Vet 40	2	45	17
18	0:28:50	HARRIS, Dan	M	18	West Cheshire AC	Senior Men	7	170	18
19	0:28:59	WILKINSON, Steven	M	19	Southport & Waterloo	Male Vet 35	6	381	19
20	0:29:01	BAKER, Richard	M	20	South Cheshire Harriers	Senior Men	8	384	20
21	0:29:04	MARTIN, Colin	M	21	Spectrum Striders	Male Vet 50	1	200	21
22	0:29:07	BEGLEY, Kenny	M	22	City Of Chester Triathlon Club	Male Vet 45	2	82	22
23	0:29:10	SWENSSON, Martin	M	23	Penny Lane Striders	Senior Men	9	89	23
24	0:29:15	JENKINS, Graham	M	24	City Of Chester Triathlon Club	Male Vet 45	3	249	24
25	0:29:19	CARRINGTON, Dave	M	25	Altrincham & District AC	Male Vet 50	2	117	25
26	0:29:20	HARRINGTON, Michael	M	26	Vale Royal AC	Male Vet 35	7	105	26
27	0:29:22	HUDSON, Pat	M	27	South Cheshire Harriers	Senior Men	10	99	27
28	0:29:26	JEFFS, Simon	M	28	Ellesmere Port RC	Male Vet 35	8	324	28
29	0:29:28	WOODALL, Antony	M	29	Eryri Harriers	Male Vet 35	9	198	29
30	0:29:28	ROBERTS, Simon	M	30	Buckley Runners	Male Vet 35	10	292	30
31	0:29:40	LONGLEY, Dean	M	31	Prestatyn RC	Senior Men	11	246	31
32	0:29:57	BENTLEY, Christopher J	M	32	Macclesfield Harriers	Senior Men	12	68	32
33	0:30:03	SIMS, Matt	M	33	Prestatyn RC	Senior Men	13	33	33
34	0:30:06	ROWLEY, Paul	M	34	Sale Harriers	Senior Men	14	164	34
35	0:30:06	MAHER, Peter	M	35	Vale Royal AC	Male Vet 50	3	309	35
36	0:30:06	CLAGUE, Andrew	M	36	West Cheshire AC	Male Vet 40	3	333	36
37	0:30:11	BIRD, Nicola	L	1	Ellesmere Port RC	Senior Ladies	1	98	37
38	0:30:13	BACON, Steve	M	37	Congleton Harriers	Male Vet 40	4	61	38
39	0:30:17	MURRAY, Raphael J	M	38	Macclesfield Harriers	Male Vet 55	1	166	39
40	0:30:17	CRISFORD, Paul	M	39	City Of Chester Triathlon Club	Senior Men	15	336	40
41	0:30:17	JONES, Mark N	M	40	Warrington Road Runners	Male Vet 35	11	216	41
42	0:30:19	DICKINSON, Kelvin	M	41	Wirral AC	Male Vet 35	12	158	42
43	0:30:20	BOOTHROYD, Dave	M	42	Buckley Runners	Male Vet 45	4	120	43
44	0:30:22	WALKER, Lawrence	M	43	Warrington AC	Junior Male <20	4	291	44
45	0:30:24	McNAY, Alastair	M	44	Cheltenham Harriers	Senior Men	16	343	45
46	0:30:25	HAYES, Josef	M	45	Deeside AC	Male Vet 35	13	192	46
47	0:30:29	CAMPBELL, Andrew	M	46	Wreccsam Triathlon Club	Senior Men	17	313	47
48	0:30:29	KETTLE, Jeff	M	47	West Cheshire AC	Senior Men	18	227	48
49	0:30:30	KIRK, Russell	M	48	West Cheshire AC	Male Vet 45	5	293	49
50	0:30:32	SPENCER, Julian Timothy	M	49	Spectrum Striders	Male Vet 45	6	18	50
51	0:30:34	EARLAM, Graham	M	50	Ellesmere Port RC	Male Vet 50	4	289	51
52	0:30:35	MAYERS, Andrew	M	51	South Cheshire Harriers	Male Vet 40	5	116	52
53	0:30:36	PLANT, Martin	M	52		Senior Men	19	42	53
54	0:30:37	BARR, Dave	M	53	Liverpool Harriers	Male Vet 35	14	233	54
55	0:30:41	BRYAN, Adrian	M	54	Wrexham AC	Senior Men	20	286	55
56	0:30:44	PEARSON, Steve	M	55		Senior Men	21	223	56
57	0:30:45	DUNN, Christopher	M	56	Southport & Waterloo	Male Vet 40	6	380	57
58	0:30:47	ASHCROFT, Derek	M	57	Penny Lane Striders	Male Vet 50	5	133	58
59	0:30:48	SIMPSON, James	M	58	South Cheshire Harriers	Male Vet 35	15	138	59
60	0:30:53	BAILEY, Martin	M	59	Newcastle Staffs AC	Senior Men	22	254	60

"CHESTER SPRING 5" 5 Mile Road Race

Wednesday 8th April 2009, 7:00 pm Results

Place	Time	Name	Gen	Gen Pos	Team	Category	Cat Pos	Entrant No	Pos
61	0:30:58	SEPHTON, Craig	M	60		Male Vet 35	16	281	61
62	0:31:00	BROOK, Peter	M	61	City Of Chester Triathlon Club	Senior Men	23	251	62
63	0:31:00	WHITFIELD, Liz	L	2	Spectrum Striders	Senior Ladies	2	169	63
64	0:31:00	NICHOLLS, George	M	62	Prestatyn RC	Male Vet 40	7	312	64
65	0:31:06	TODD, John	M	63	Vale Royal AC	Male Vet 45	7	376	65
66	0:31:10	ROBERTS, Stephen William	M	64	Oswestry Olympians	Male Vet 55	2	55	66
67	0:31:13	GRANT, Simon	M	65	Abergele Harriers	Senior Men	24	265	67
68	0:31:16	BAILEY, Gareth	M	66	Prestatyn RC	Senior Men	25	317	68
69	0:31:17	HARRISON, Rebecca	L	3	Cheadle Running Club	Senior Ladies	3	282	69
70	0:31:21	HUDD, David	M	67	Spectrum Striders	Male Vet 35	17	171	70
71	0:31:22	TWISS, Ivor C S	M	68	South Cheshire Harriers	Male Vet 50	6	30	71
72	0:31:24	SNOWDEN, Thomas Dylan	M	69	Deeside AC	Junior Male <20	5	297	72
73	0:31:29	STONE, Michael Kirk	M	70	Wirral AC	Male Vet 50	7	124	73
74	0:31:31	GIBBONS, Russell	M	71	South Cheshire Harriers	Junior Male <20	6	157	74
75	0:31:36	TOOLIS, Patrick	M	72	Vale Royal AC	Male Vet 45	8	237	75
76	0:31:38	KAY, Paul	M	73	Spectrum Striders	Male Vet 55	3	91	76
77	0:31:46	THORNTON-ALLEN, Gary	M	74	Pensby Runners	Senior Men	26	234	77
78	0:31:48	DONOGHUE, Paul	M	75	Buckley Runners	Male Vet 35	18	136	78
79	0:31:51	LANDUCCI, Ian Edward	M	76	Helsby RC	Male Vet 45	9	119	79
80	0:32:01	WOODS, Max	M	77	West Cheshire AC	Male Vet 40	8	279	80
81	0:32:05	HALL, Stephen	M	78		Senior Men	27	144	81
82	0:32:09	PARRY, Neil	M	79	Clwydian Range R	Senior Men	28	38	82
83	0:32:16	JONES, Robert	M	80	City Of Chester Triathlon Club	Senior Men	29	238	83
84	0:32:18	NEWTON, Dave	M	81	Oswestry Olympians	Male Vet 40	9	323	84
85	0:32:23	BEVAN, Alan John	M	82	West Cheshire AC	Male Vet 40	10	267	85
86	0:32:25	PEACOCK, Anthony	M	83	Northern Vets AC	Male Vet 55	4	229	86
87	0:32:28	HUGGINS, James Richard	M	84	Buckley Runners	Senior Men	30	302	87
88	0:32:30	COLE, Jonathan	M	85	Ellesmere Port RC	Senior Men	31	260	88
89	0:32:30	AIRD, Paul	M	86	Last Inn Runners	Male Vet 50	8	46	89
90	0:32:31	HADFIELD, Anthony	M	87	South Cheshire Harriers	Male Vet 35	19	271	90
91	0:32:32	ELLIOTT, Keith	M	88	Abergele Harriers	Male Vet 45	10	288	91
92	0:32:34	WAKEMAN, Chris	M	89	Shrewsbury AC	Male Vet 50	9	278	92
93	0:32:42	RICHARDS, Geoff	M	90	Wrexham AC	Male Vet 55	5	303	93
94	0:32:45	GREENWOOD, Simon James	M	91	City Of Chester Triathlon Club	Male Vet 40	11	252	94
95	0:32:46	BESTOW, Laura	L	4	West Cheshire AC	Senior Ladies	4	250	95
96	0:32:51	WALKER, Marcus	M	92	Helsby RC	Male Vet 50	10	290	96
97	0:32:51	NALDER, David	M	93	Ellesmere Port RC	Male Vet 55	6	103	97
98	0:32:52	LONEY, Chris	M	94	City Of Chester Triathlon Club	Male Vet 50	11	208	98
99	0:32:55	CARROLL, Mike	M	95	Vale Royal AC	Senior Men	32	225	99
100	0:33:01	HAINES, David	M	96	Vale Royal AC	Male Vet 35	20	19	100
101	0:33:03	MARTIN, Marian	L	5	Spectrum Striders	Lady Vet 50	1	199	101
102	0:33:03	CARROLL, John	M	97	Vale Royal AC	Male Vet 45	11	214	102
103	0:33:09	COOPER, Peter Michael	M	98	South Cheshire Harriers	Senior Men	33	224	103
104	0:33:11	STINTON, Paul Alan	M	99	Buckley Runners	Male Vet 35	21	27	104
105	0:33:11	WITTY, Martin Paul	M	100	Deestridders RC	Male Vet 40	12	10	105
106	0:33:13	MORLEY, Lisa	L	6	Wrexham AC	Lady Vet 35	1	314	106
107	0:33:15	CLARKE, Julian	M	101	West Cheshire AC	Male Vet 35	22	92	107
108	0:33:16	ARCHER, Tony	M	102	Vale Royal AC	Male Vet 50	12	294	108
109	0:33:17	ROWLANDS, Charlie	M	103	South Cheshire Harriers	Male Vet 35	23	129	109
110	0:33:19	SPALL, Stephen	M	104	City Of Chester Triathlon Club	Male Vet 40	13	183	110
111	0:33:19	GIFFORD, Jeff	M	105	Erewash Valley Running Club	Male Vet 45	12	122	111
112	0:33:19	THORN, Penny	L	7	Serpentine Running Club	Senior Ladies	5	325	112
113	0:33:20	PEMBERTON, Steve	M	106	Penny Lane Striders	Male Vet 50	13	369	113
114	0:33:25	ROYSTON, John	M	107		Male Vet 55	7	104	114
115	0:33:27	WOOD, Kevin C	M	108	David Lloyd RC	Male Vet 50	14	375	115
116	0:33:31	ROWLANDS, Robert David	M	109	South Cheshire Harriers	Male Vet 35	24	53	116
117	0:33:34	EVANS, William	M	110		Senior Men	34	88	117
118	0:33:36	PENNINGTON, Andy	M	111	Spectrum Striders	Male Vet 40	14	300	118
119	0:33:37	COLE, Melvyn	M	112	South Cheshire Harriers	Male Vet 55	8	253	119
120	0:33:38	GREY, Russell	M	113		Senior Men	35	140	120

"CHESTER SPRING 5" 5 Mile Road Race

Wednesday 8th April 2009, 7:00 pm Results

Place	Time	Name	Gen	Gen Pos	Team	Category	Cat Pos	Entrant No	Pos
121	0:33:40	WALKER, Philip	M	114	Wrexham AC	Male Vet 55	9	180	121
122	0:33:43	SUMMERS, Andrew Charles	M	115		Senior Men	36	220	122
123	0:33:43	COOPER, Louise	L	8	Belgrave Harriers	Senior Ladies	6	218	123
124	0:33:45	HUGHES, Alison	L	9	Ellesmere Port RC	Senior Ladies	7	262	124
125	0:33:49	RILEY, Stephen	M	116	Helsby RC	Male Vet 40	15	321	125
126	0:33:51	PERCIVAL, Alan	M	117	Hermitage H	Male Vet 40	16	6	126
127	0:33:57	TOMKINS, Dave	M	118	Northern Vets AC	Male Vet 60	1	213	127
128	0:34:01	WALKER, Magnus	M	119	City Of Chester Triathlon Club	Male Vet 45	13	128	128
129	0:34:06	ROBERTS, Peter	M	120	Buckley Runners	Male Vet 65	1	196	129
130	0:34:20	OLIVER, Robert	M	121	Deeside AC	Male Vet 45	14	284	130
131	0:34:24	RISEBROW, Hugh	M	122		Male Vet 45	15	341	131
132	0:34:25	SCHOLEFIELD, Gordon	M	123	Pensby Runners	Male Vet 55	10	81	132
133	0:34:27	HAND, Geoff	M	124	Spectrum Striders	Male Vet 50	15	261	133
134	0:34:31	CRAWSHAW, Elizabeth	L	10	Tattenhall Runners	Senior Ladies	8	354	134
135	0:34:34	KELLY, Sean	M	125	City Of Chester Triathlon Club	Male Vet 40	17	382	135
136	0:34:34	SEARLE, Michael A	M	126	Helsby RC	Male Vet 45	16	245	136
137	0:34:35	MITHEN, Dirk	M	127		Male Vet 40	18	301	137
138	0:34:35	TAYLOR, Andrew	M	128		Senior Men	37	370	138
139	0:34:36	RICHARDS, John	M	129		Senior Men	38	352	139
140	0:34:37	WARN, Timothy John	M	130	Penny Lane Striders	Male Vet 55	11	100	140
141	0:34:39	SHAW, Geoff	M	131	Helsby RC	Male Vet 55	12	241	141
142	0:34:39	HEYS, Brian	M	132		Male Vet 35	25	360	142
143	0:34:40	URQUHART, Dawn	L	11	Buckley Runners	Lady Vet 35	2	148	143
144	0:34:42	BULLEY, Jason	M	133	Sandbach Striders	Male Vet 40	19	295	144
145	0:34:42	DOYLE, Pete	M	134	Congleton Harriers	Male Vet 50	16	222	145
146	0:34:46	HELME, Mark	M	135	Liverpool Harriers	Male Vet 45	17	386	146
147	0:34:46	DYDE, Alasdair	M	136	South Cheshire Harriers	Male Vet 45	18	142	147
148	0:34:48	ORNSBY, Ian	M	137		Male Vet 35	26	163	148
149	0:34:53	THOMAS, David	M	138		Male Vet 40	20	256	149
150	0:34:56	VOYCE, Catherine	L	12	Macclesfield Harriers	Senior Ladies	9	186	150
151	0:34:57	RATHBONE, Colin Ellis	M	139	Vale Royal AC	Male Vet 65	2	47	151
152	0:34:59	HUGHES, Gareth	M	140	Prestatyn RC	Male Vet 60	2	248	152
153	0:34:59	CLULOW, James	M	141		Senior Men	39	231	153
154	0:35:00	SAVAGE, David	M	142	Wreccsam Triathlon Club	Male Vet 45	19	269	154
155	0:35:00	GRIFFITHS, Neville	M	143	Spectrum Striders	Male Vet 60	3	322	155
156	0:35:01	GOULD, Mark	M	144	West Cheshire AC	Senior Men	40	94	156
157	0:35:01	TAVENER, Mary G	L	13	Vale Royal AC	Lady Vet 45	1	338	157
158	0:35:02	ATKINSON, Neil	M	145	West Cheshire AC	Male Vet 45	20	145	158
159	0:35:07	PENDLEBURY, Mark Lewis	M	146	Holmes Chapel Runners	Male Vet 45	21	74	159
160	0:35:14	MORRIS, John	M	147	Buckley Runners	Male Vet 65	3	49	160
161	0:35:16	PENRHYN JONES, Jayne	L	14	Prestatyn RC	Lady Vet 45	2	390	161
162	0:35:24	BULMER, Peter G	M	148		Male Vet 45	22	207	162
163	0:35:29	THOMPSON, Dave	M	149	Spectrum Striders	Male Vet 50	17	83	163
164	0:35:31	TAYLOR, Dave	M	150	City Of Chester Triathlon Club	Male Vet 55	13	318	164
165	0:35:34	OGILVIE, Nic	M	151	West Cheshire AC	Senior Men	41	367	165
166	0:35:35	FOY, Joe	M	152		Male Vet 50	18	161	166
167	0:35:39	MAYERS, Robert	M	153	South Cheshire Harriers	Male Vet 45	23	106	167
168	0:35:42	DAVIES, Andrew Mark	M	154	St Helens-Sutton AC	Senior Men	42	130	168
169	0:35:42	WADDILOVE, Johanna	L	15	Sandbach Striders	Lady Vet 35	3	296	169
170	0:35:44	MAGEEAN, Andrea J	L	16	City Of Chester Triathlon Club	Lady Vet 40	1	383	170
171	0:35:47	MADDERS, Dave	M	155	Helsby RC	Male Vet 35	27	310	171
172	0:35:48	TYE, Paul	M	156		Male Vet 45	24	32	172
173	0:35:49	O'NEILL, David	M	157		Senior Men	43	209	173
174	0:35:50	LITTLER, Alan	M	158	West Cheshire AC	Junior Male <20	7	328	174
175	0:35:50	WATSON, Nicola	L	17	Bungay Black Dog RC	Lady Vet 35	4	366	175
176	0:35:51	READ, Geoff	M	159	Spectrum Striders	Male Vet 55	14	174	176
177	0:35:53	HASTINGS, Brian	M	160	West Cheshire AC	Male Vet 60	4	228	177
178	0:35:55	CURTIS, Kevin	M	161		Male Vet 50	19	131	178
179	0:35:56	HOUGHTON, John R	M	162	Warrington Road Runners	Male Vet 45	25	50	179
180	0:35:58	REES, Sophia	L	18	City Of Chester Triathlon Club	Senior Ladies	10	87	180

"CHESTER SPRING 5" 5 Mile Road Race

Wednesday 8th April 2009, 7:00 pm Results

Place	Time	Name	Gen	Gen Pos	Team	Category	Cat Pos	Entrant No	Pos
181	0:36:00	BURNS, Anna	L	19		Senior Ladies	11	355	181
182	0:36:03	CUTLER, Mike	M	163	South Cheshire Harriers	Male Vet 50	20	28	182
183	0:36:03	BRADLEY, Michael	M	164	Spectrum Striders	Male Vet 50	21	221	183
184	0:36:04	CAIN, Christopher	M	165	West Cheshire AC	Male Vet 40	21	299	184
185	0:36:12	JENNINGS, John Francis	M	166	Ellesmere Port RC	Male Vet 45	26	364	185
186	0:36:14	ASHCROFT, Ian S	M	167	Wilmslow RC	Male Vet 60	5	149	186
187	0:36:14	ELLIS, Gareth	M	168		Male Vet 40	22	365	187
188	0:36:15	MAIN, Katy	L	20		Senior Ladies	12	173	188
189	0:36:15	JAQUES, Hilary	L	21	Abergele Harriers	Lady Vet 50	2	264	189
190	0:36:18	KERRY, Paul	M	169		Male Vet 45	27	86	190
191	0:36:18	TIEDTKE, Brenda	L	22	Prestatyn RC	Lady Vet 45	3	22	191
192	0:36:26	GRIFFITHS, Vanessa	L	23	Helsby RC	Lady Vet 40	2	193	192
193	0:36:28	STEELE, Robert	M	170		Male Vet 45	28	268	193
194	0:36:29	WARING, Gabby	L	24	Prestatyn RC	Lady Vet 50	3	340	194
195	0:36:30	BARR, Jane	L	25	Liverpool Harriers	Junior Lady <20	1	389	195
196	0:36:31	ESCOLME, Michael	M	171	Sandbach Striders	Male Vet 35	28	165	196
197	0:36:43	JONES, Alan	M	172	Deestridders RC	Male Vet 40	23	277	197
198	0:36:44	THOMAS, Jack	M	173	Buckley Runners	Male Vet 65	4	349	198
199	0:36:44	CLARKE, David S	M	174	Tattenhall Runners	Male Vet 50	22	344	199
200	0:36:45	SMITH, Simon	M	175		Male Vet 35	29	114	200
201	0:36:47	STIRNA, Martin	M	176	South Cheshire Harriers	Male Vet 55	15	69	201
202	0:36:55	AUSTIN, Melvyn	M	177		Male Vet 50	23	368	202
203	0:36:58	PLATT, Nikki Jane	L	26		Senior Ladies	13	326	203
204	0:37:05	GOODFELLOW, David	M	178		Senior Men	44	270	204
205	0:37:09	HALES, Sally Ann	L	27	Macclesfield Harriers	Lady Vet 45	4	332	205
206	0:37:12	ROBERTS, Samantha	L	28	Buckley Runners	Senior Ladies	14	362	206
207	0:37:14	SYKES, Clive	M	179	West Cheshire AC	Male Vet 45	29	121	207
208	0:37:19	BROWN, Alan	M	180		Male Vet 50	24	353	208
209	0:37:33	ROBINSON, Eleanor I	L	29	West Cheshire AC	Lady Vet 35	5	147	209
210	0:37:39	WILSON, Katie	L	30	Deeside AC	Senior Ladies	15	283	210
211	0:37:40	TAYLOR, Lee	M	181		Senior Men	45	109	211
212	0:37:44	SHAW, Carol	L	31	Helsby RC	Lady Vet 45	5	54	212
213	0:37:53	BLACK, Jeremy P	M	182		Male Vet 45	30	287	213
214	0:37:55	CRONIN, Alan	M	183	City Of Chester Triathlon Club	Male Vet 50	25	266	214
215	0:37:58	KEATING, Niall	M	184	Spectrum Striders	Male Vet 45	31	90	215
216	0:38:06	RUSSELL-INGRAM, Steve	M	185	West Cheshire AC	Male Vet 50	26	23	216
217	0:38:08	QUICK, Sean Timothy	M	186		Male Vet 35	30	58	217
218	0:38:10	HUMPHREYS, Stephen	M	187	Oswestry Olympians	Senior Men	46	239	218
219	0:38:17	McALISTER, David John	M	188	Wallasey AC	Male Vet 50	27	37	219
220	0:38:19	GRANT, Pam	L	32	Mysteruns	Lady Vet 50	4	263	220
221	0:38:21	LANCASTER, John	M	189		Male Vet 50	28	175	221
222	0:38:25	OWEN, John	M	190	Spectrum Striders	Male Vet 50	29	257	222
223	0:38:27	COOPER, Philip	M	191		Male Vet 55	16	7	223
224	0:38:30	GANDY, Michael	M	192	West Cheshire AC	Male Vet 35	31	334	224
225	0:38:31	ARNOLD, Rachel	L	33	Helsby RC	Lady Vet 45	6	348	225
226	0:38:38	WILLIAMS, John H	M	193		Male Vet 50	30	306	226
227	0:38:38	CLIXBY, Tony	M	194		Male Vet 55	17	298	227
228	0:38:39	DIBBLE, Kevin	M	195		Male Vet 40	24	127	228
229	0:38:40	POLLARD, Andrew	M	196		Male Vet 45	32	363	229
230	0:38:41	BRUMBY, Chris	M	197	Sandbach Striders	Male Vet 45	33	1	230
231	0:38:43	REES, Nathalie	L	34	De Gavertrimmers Belgium	Lady Vet 35	6	190	231
232	0:38:43	JONES, Wayne	M	198		Male Vet 35	32	311	232
233	0:38:46	McGUINNESS, David	M	199		Senior Men	47	115	233
234	0:38:49	JONES, David Alan	M	200	Denbigh Harriers	Male Vet 55	18	51	234
235	0:38:49	ORNSBY, Valerie	L	35		Lady Vet 35	7	162	235
236	0:38:50	ROBERTS, Barbara	L	36		Lady Vet 55	1	316	236
237	0:38:51	MAYLED, Anthony	M	201		Male Vet 45	34	330	237
238	0:38:52	NORMAN, Timothy	M	202	Cheshire Tally Ho	Male Vet 50	31	17	238
239	0:38:54	NEUKOM, Chris	M	203		Male Vet 50	32	111	239
240	0:38:54	PRYS-OWEN, Robert	M	204		Male Vet 55	19	240	240

"CHESTER SPRING 5" 5 Mile Road Race

Wednesday 8th April 2009, 7:00 pm Results

Place	Time	Name	Gen	Gen Pos	Team	Category	Cat Pos	Entrant No	Pos
241	0:38:55	WILSON, Tanya	L	37		Senior Ladies	16	85	241
242	0:38:56	FELLOWS, Joanne	L	38		Lady Vet 35	8	259	242
243	0:38:59	KEASLEY, Jacqueline	L	39	Helsby RC	Lady Vet 50	5	346	243
244	0:39:04	THOMPSON, Andrew	M	205	West Cheshire AC	Male Vet 45	35	247	244
245	0:39:09	GIBBONS, Gill	L	40	South Cheshire Harriers	Lady Vet 50	6	156	245
246	0:39:10	MACKEY, Robert	M	206	Buckley Runners	Male Vet 60	6	123	246
247	0:39:20	O'CONNOR, Martin	M	207		Male Vet 40	25	182	247
248	0:39:22	BRIERLEY, David	M	208	City Of Chester Triathlon Club	Male Vet 50	33	315	248
249	0:39:31	AINSWORTH, Laurence	M	209		Senior Men	48	307	249
250	0:39:35	SAVAGE, Diane	L	41		Lady Vet 45	7	272	250
251	0:39:37	SEDDON, Nigel	M	210		Male Vet 45	36	211	251
252	0:39:42	TAYLOR, Janet	L	42	City Of Chester Triathlon Club	Lady Vet 45	8	319	252
253	0:39:43	EDWARDS, Keith	M	211		Male Vet 40	26	320	253
254	0:39:45	YOUNG, Jill Elizabeth	L	43	Sandbach Striders	Lady Vet 40	3	2	254
255	0:39:58	STANNING, Grant Phillip	M	212	Sandbach Striders	Male Vet 45	37	204	255
256	0:40:07	FLAHERTY, Mick	M	213	Dee Striders	Male Vet 35	33	347	256
257	0:40:09	PAGE, Clare Victoria	L	44	Cheshire Fire Brigade	Senior Ladies	17	226	257
258	0:40:15	BOYD, Graham	M	214		Male Vet 50	34	134	258
259	0:40:16	MORRIS, Will	M	215		Male Vet 45	38	235	259
260	0:40:17	JONES, Eleri	L	45	Prestatyn RC	Lady Vet 35	9	11	260
261	0:40:17	SEDMAN, Katie	L	46		Lady Vet 40	4	15	261
262	0:40:23	CLULOW, Carol	L	47		Lady Vet 45	9	230	262
263	0:40:23	MARSHALL, Peter	M	216	Northern Vets AC	Male Vet 65	5	65	263
264	0:40:27	JONES, Gareth Glynn	M	217		Male Vet 40	27	39	264
265	0:40:30	ALCOCK, David George	M	218		Male Vet 40	28	113	265
266	0:40:31	KENDALL WOODS, Sacha	L	48	West Cheshire AC	Lady Vet 35	10	280	266
267	0:40:33	LEUNG, Ling	L	49		Senior Ladies	18	385	267
268	0:40:35	GIBSON, Claudine	L	50		Senior Ladies	19	219	268
269	0:40:39	MOORE, Jane	L	51		Lady Vet 35	11	52	269
270	0:40:43	MASON, Derek	M	219	City Of Chester Triathlon Club	Senior Men	49	327	270
271	0:40:46	BERRY, Jennifer	L	52		Lady Vet 45	10	102	271
272	0:40:48	RUSHTON, Anne	L	53		Lady Vet 40	5	276	272
273	0:40:50	TODD, Andy	M	220	Helsby RC	Male Vet 60	7	41	273
274	0:40:55	ARTHUR, Paul	M	221		Male Vet 40	29	356	274
275	0:40:59	ABELL, Robert	M	222		Male Vet 35	34	168	275
276	0:41:01	JARDINE, Roy	M	223	Eryri Harriers	Male Vet 60	8	26	276
277	0:41:05	WILLIAMS, Carole	L	54	Vale Royal AC	Lady Vet 55	2	48	277
278	0:41:18	BRIERLEY, Susanne	L	55	Buckley Runners	Lady Vet 35	12	378	278
279	0:41:24	TAYLOR, Neil	M	224		Male Vet 40	30	177	279
280	0:41:25	WEIR, Caroline	L	56		Senior Ladies	20	72	280
281	0:41:31	YATES, Simon Philip	M	225		Male Vet 35	35	339	281
282	0:41:32	BRACE, Roger	M	226	Sunlight Runners	Male Vet 65	6	70	282
283	0:41:41	PIGG, Steven	M	227		Male Vet 45	39	153	283
284	0:41:43	LATHAEN, Phil	M	228		Male Vet 35	36	154	284
285	0:41:47	CARLILE, Colette	L	57		Lady Vet 40	6	201	285
286	0:41:47	HEWINS-JONES, Catherine	L	58		Lady Vet 35	13	345	286
287	0:42:08	TOWNEND, Philip	M	229		Male Vet 45	40	195	287
288	0:42:19	CARTER, William B	M	230	City Of Chester Triathlon Club	Male Vet 50	35	358	288
289	0:42:23	EDWARDS, Peter Joseph	M	231		Male Vet 60	9	342	289
290	0:42:25	PRICE, Sarah Mary	L	59	Helsby RC	Lady Vet 40	7	273	290
291	0:42:38	PASSMORE, Graham	M	232		Senior Men	50	371	291
292	0:42:43	HUGHES, Martin	M	233		Male Vet 35	37	308	292
293	0:42:44	WRIGHT, Calvin	M	234		Male Vet 40	31	285	293
294	0:42:47	LORD, Dale	M	235		Male Vet 35	38	191	294
295	0:42:52	SMITH, Christopher	M	236		Male Vet 35	39	25	295
296	0:42:58	McCULLAGH, Jason	M	237		Senior Men	51	379	296
297	0:43:03	ADEFAJO, Bunmi	L	60		Senior Ladies	21	215	297
298	0:43:07	MORRIS, Jessica	L	61		Senior Ladies	22	132	298
299	0:43:10	GALLAGHER, Dai	M	238		Male Vet 45	41	62	299
300	0:43:14	GREENWOOD, Harry	M	239	Picton Sports Club	Male Vet 60	10	12	300

"CHESTER SPRING 5" 5 Mile Road Race

Wednesday 8th April 2009, 7:00 pm Results

Place	Time	Name	Gen	Gen Pos	Team	Category	Cat Pos	Entrant No	Pos
301	0:43:17	DYDE, Sarah	L	62	South Cheshire Harriers	Lady Vet 40	8	143	301
302	0:43:21	BALL, Valarie	L	63	Helsby RC	Lady Vet 50	7	359	302
303	0:43:45	CARTER, Lauren	L	64	City Of Chester Triathlon Club	Junior Lady <20	2	357	303
304	0:43:47	THOMAS, Karen	L	65		Senior Ladies	23	5	304
305	0:43:52	INGHAM, Louisa	L	66		Senior Ladies	24	331	305
306	0:43:57	HOLLADAY, Norman	M	240		Male Vet 55	20	274	306
307	0:43:58	VENNARD, Martin	M	241		Male Vet 45	42	350	307
308	0:44:08	DAVIS, Katie	L	67		Senior Ladies	25	335	308
309	0:44:09	MARKEY, Dianne	L	68		Lady Vet 40	9	187	309
310	0:44:09	O'KEEFE, Liz	L	69	Sandbach Striders	Lady Vet 50	8	3	310
311	0:44:09	GWENLAN, Steve	M	242		Male Vet 55	21	73	311
312	0:44:11	LIGGETT, Julie	L	70		Lady Vet 35	14	79	312
313	0:44:17	TILSTON, Valerie	L	71		Lady Vet 35	15	93	313
314	0:44:18	DULSON, Sara	L	72		Lady Vet 40	10	125	314
315	0:44:20	RICHARDS, Claire	L	73		Lady Vet 35	16	80	315
316	0:44:20	RICHARDS, Stuart	M	243		Male Vet 65	7	77	316
317	0:44:24	PRESTON, William C	M	244	UKnetRunner	Male Vet 55	22	184	317
318	0:44:39	TAYLOR, Malcolm	M	245	Bro Dysynni	Male Vet 65	8	59	318
319	0:44:44	FLANAGAN, Jane	L	74		Lady Vet 40	11	57	319
320	0:44:44	SCOVELL, Keith	M	246		Male Vet 45	43	56	320
321	0:45:05	HURRELL, Anne	L	75	Northern Vets AC	Lady Vet 55	3	351	321
322	0:45:11	DAVIES, Catherine	L	76	Sandbach Striders	Senior Ladies	26	139	322
323	0:45:13	HATTON, Sammi	L	77	Sandbach Striders	Lady Vet 35	17	146	323
324	0:45:14	ROBINS, Sandra	L	78		Lady Vet 40	12	76	324
325	0:45:42	EDWARDS, Amy	L	79	City Of Chester Triathlon Club	Lady Vet 35	18	151	325
326	0:45:58	CUTLER, Gemma	L	80	South Cheshire Harriers	Junior Lady <20	3	29	326
327	0:46:03	SOMERVILLE, Anne	L	81		Lady Vet 40	13	63	327
328	0:46:03	WHEELER, Richard	M	247		Male Vet 35	40	64	328
329	0:46:17	LOTON, Anna	L	82	Spectrum Striders	Senior Ladies	27	97	329
330	0:46:26	RADFORD, Mary Elizabeth	L	83	West Cheshire AC	Lady Vet 60	1	34	330
331	0:46:29	EVANS, Rosemary	L	84		Senior Ladies	28	108	331
332	0:46:30	KANE, John	M	248	City Of Chester Triathlon Club	Male Vet 50	36	258	332
333	0:46:53	BOOTH, Rosemarie Ann	L	85		Lady Vet 50	9	16	333
334	0:46:56	BULMER, Kathleen	L	86		Lady Vet 40	14	372	334
335	0:47:12	SMITH, Christopher	M	249	Ellesmere Port RC	Senior Men	52	304	335
336	0:47:35	HOWARTH, Tracy	L	87	Prestatyn RC	Lady Vet 40	15	155	336
337	0:47:48	STEVENSON, Ann-maria	L	88		Lady Vet 55	4	160	337
338	0:47:48	STEVENSON, Brian	M	250		Male Vet 55	23	159	338
339	0:49:15	WOOD, Stephanie	L	89		Senior Ladies	29	373	339
340	0:49:25	KERYAKOPLIS, Sally Anne	L	90		Lady Vet 50	10	40	340
341	0:49:49	HALLIDAY, Kim	L	91		Lady Vet 40	16	243	341
342	0:50:01	RABY, Audrey	L	92	David Lloyd RC	Lady Vet 50	11	374	342
343	0:50:14	SHAW, Janet	L	93	Helsby RC	Lady Vet 55	5	242	343
344	0:51:39	PATRICK, Hazel	L	94		Lady Vet 35	19	172	344
345	0:51:41	CUMMINGS, Rob	M	251	South Cheshire Harriers	Male Vet 40	32	244	345
346	0:53:27	AGNEW, Heather Michelle	L	95		Senior Ladies	30	387	346
347	0:56:27	SAMPSON, Janet	L	96	West Cheshire AC	Lady Vet 45	11	181	347