

# "CHESTER SPRING 5" 5 Mile Road Race

Wednesday 7th April 2010, 7:00 pm Results

Place	Time	Name	Gen		Team	Category	Cat Pos	Ent No	Pos
			Gen	Pos					
1	0:25:20	MILLS, James	M	1	Wrexham AC	Senior Men	1	308	1
2	0:25:31	DAVIES, Andrew	M	2	Maldwyn Harriers	Senior Men	2	367	2
3	0:25:35	WOODS, Alan V	M	3	Wirral AC	Male Vet 35	1	346	3
4	0:25:39	NICHOLLS, Damian	M	4	Wilmslow RC	Senior Men	3	316	4
5	0:26:29	LOXAM, Jamie	M	5	Stockport Harriers	Senior Men	4	366	5
6	0:26:39	SHEARER, Richard	M	6	Southport & Waterloo AC	Male Vet 35	2	869	6
7	0:26:41	CROWE, Steven C	M	7	Ellesmere Port RC	Senior Men	5	58	7
8	0:26:48	JONES, Lee	M	8	Deeside AC	Male Vet 40	1	337	8
9	0:26:55	BEANEY, Alec	M	9	West Cheshire AC	Junior Male <20	1	332	9
10	0:27:13	PROUDLOVE, Mike	M	10	City Of Stoke AC	Male Vet 40	2	845	10
11	0:27:19	NORGROVE, Gary	M	11	Wreccsam Triathlon Club	Male Vet 40	3	279	11
12	0:27:21	TUDOR, Robert	M	12	West Cheshire AC	Male Vet 45	1	21	12
13	0:27:23	DESSE, Xavier	M	13	Wirral AC	Male Vet 35	3	372	13
14	0:27:27	HARRIS, Duncan	M	14	City Of Chester Triathlon Club	Male Vet 40	4	67	14
15	0:27:33	BROOK, Peter	M	15	City Of Chester Triathlon Club	Senior Men	6	82	15
16	0:27:38	HATTON, Mike	M	16	South Cheshire Harriers	Male Vet 45	2	32	16
17	0:27:51	COOPER, Chris	M	17	Wirral AC	Junior Male <20	2	202	17
18	0:27:56	PARRY, Neil	M	18	Clwydian Range Runners	Senior Men	7	157	18
19	0:27:58	NOAKES, James	M	19	Macclesfield Harriers	Male Vet 40	5	868	19
20	0:28:10	MACNEIL, Graham	M	20	Wilmslow RC	Male Vet 45	3	298	20
21	0:28:23	HULMSTON, Mark	M	21	Wirral AC	Male Vet 35	4	364	21
22	0:28:40	WALKER, Mark	M	22	Macclesfield Harriers	Senior Men	8	44	22
23	0:28:47	JONES, Darren	M	23	Wrexham AC	Male Vet 35	5	269	23
24	0:28:55	SIMS, Matt	M	24	Prestatyn RC	Senior Men	9	183	24
25	0:28:56	MILES, Andrew	M	25	Vale Royal AC	Junior Male <20	3	323	25
26	0:29:01	NORTHALL, Luke	M	26	Tipton Harriers	Senior Men	10	179	26
27	0:29:02	HARRINGTON, Michael	M	27	Vale Royal AC	Male Vet 35	6	339	27
28	0:29:04	VALENTINE, Henry	M	28	South Cheshire Harriers	Junior Male <20	4	309	28
29	0:29:08	EVANS, Chris	M	29	Wrexham AC	Male Vet 35	7	161	29
30	0:29:11	MARTIN, Colin	M	30	Spectrum Striders	Male Vet 50	1	73	30
31	0:29:12	DAVIES, Edward	M	31	Maldwyn Harriers	Male Vet 50	2	365	31
32	0:29:14	BROUGHTON, Adair	M	32	Helsby RC	Male Vet 35	8	47	32
33	0:29:17	DODD, Mark	M	33	Ellesmere Port RC	Male Vet 35	9	854	33
34	0:29:18	BENTLEY, Christopher J	M	34	Macclesfield Harriers	Senior Men	11	222	34
35	0:29:25	DUNN, Christopher	M	35	Southport & Waterloo AC	Male Vet 40	6	870	35
36	0:29:26	LEWIS, Howard	M	36	Wreccsam Triathlon Club	Male Vet 35	10	299	36
37	0:29:30	HAWITT, Karrie	L	1	Warrington AC	Senior Ladies	1	315	37
38	0:29:32	MAHER, Peter	M	37	Vale Royal AC	Male Vet 55	1	145	38
39	0:29:34	WELSH, Matthew	M	38	Deeside AC	Senior Men	12	395	39
40	0:29:36	DRAPER, Catherine	L	2	Liverpool Harriers	Senior Ladies	2	263	40
41	0:29:37	MARQUIS-JONES, Peter	M	39	South Cheshire Harriers	Male Vet 35	11	130	41
42	0:29:43	JEFFS, Simon	M	40	Ellesmere Port RC	Male Vet 35	12	259	42
43	0:29:43	CLAGUE, Andrew	M	41	West Cheshire AC	Male Vet 40	7	390	43
44	0:29:44	BEST, Len	M	42	Stockport Harriers	Male Vet 55	2	297	44
45	0:29:44	HARGREAVES, Mark	M	43	Penny Lane Striders	Male Vet 35	13	363	45
46	0:29:45	KNASS, Jenny	L	3	Stockport Harriers	Senior Ladies	3	358	46
47	0:29:48	EARLAM, Graham	M	44	Ellesmere Port RC	Male Vet 50	3	347	47
48	0:29:51	HEALEY, Lewis	M	45		Junior Male <20	5	327	48
49	0:29:54	BERGIN, Gary	M	46		Male Vet 40	8	76	49
50	0:29:54	NORGROVE, Andrew	M	47	Wrexham AC	Male Vet 45	4	280	50
51	0:30:00	HUDSON, Pat	M	48	South Cheshire Harriers	Senior Men	13	250	51
52	0:30:02	PEACOCK, Thomas	M	49	Southport & Waterloo AC	Male Vet 40	9	871	52
53	0:30:04	MURRAY, Raphael J	M	50	Macclesfield Harriers	Male Vet 55	3	143	53
54	0:30:04	ANWYL, Mathew	M	51	Prestatyn RC	Male Vet 35	14	232	54
55	0:30:06	CHANDLER, Chris	M	52		Male Vet 45	5	351	55

# "CHESTER SPRING 5" 5 Mile Road Race

Wednesday 7th April 2010, 7:00 pm Results

Place	Time	Name	Gen		Team	Category	Cat Pos	Ent No	Pos
			Gen	Pos					
56	0:30:08	CARRINGTON, Dave	M	53	Altrincham & District AC	Male Vet 50	4	9	56
57	0:30:11	MARTIN, Stephen	M	54	Spectrum Striders	Male Vet 50	5	10	57
58	0:30:14	WEDGE, Iain	M	55	Vale Royal AC	Male Vet 40	10	158	58
59	0:30:14	WOODALL, Antony	M	56	Eryri Harriers	Male Vet 35	15	307	59
60	0:30:19	DEVOY, Tony	M	57	Wirral AC	Male Vet 50	6	397	60
61	0:30:23	SIMPSON, James	M	58	South Cheshire Harriers	Male Vet 35	16	248	61
62	0:30:24	WHITFIELD, Liz	L	4	Spectrum Striders	Senior Ladies	4	249	62
63	0:30:25	PARRY, Emma C	L	5	Wrexham AC	Lady Vet 35	1	26	63
64	0:30:28	MASON, Jeff	M	59	Liverpool Pembroke & Sefton	Male Vet 55	4	146	64
65	0:30:35	HUNTER, Billy	M	60		Male Vet 45	6	93	65
66	0:30:44	TWISS, Ivor C S	M	61	South Cheshire Harriers	Male Vet 50	7	135	66
67	0:30:46	DEMPSEY, Steve	M	62	Wilmslow RC	Male Vet 45	7	863	67
68	0:30:48	STINTON, Paul Alan	M	63	Buckley Runners	Male Vet 35	17	20	68
69	0:30:52	DAVIES, Mark	M	64	St Helens-Sutton AC	Senior Men	14	141	69
70	0:30:53	FAIRS, Mick	M	65	Wilmslow RC	Male Vet 60	1	328	70
71	0:30:55	EDWARDS, Andrew Dale	M	66	Dee Striders	Junior Male <20	6	847	71
72	0:30:55	ARMSTRONG, John	M	67	Wallasey AC	Male Vet 40	11	178	72
73	0:30:57	EYRE, James	M	68	Wilmslow RC	Senior Men	15	292	73
74	0:30:58	JOHNSON, Joe James	M	69	Birkenhead AC	Male Vet 40	12	123	74
75	0:30:58	HUDD, David	M	70	Spectrum Striders	Male Vet 35	18	74	75
76	0:31:03	WEEDALL, Gary	M	71	Vale Royal AC	Male Vet 45	8	27	76
77	0:31:10	TOWNSEND, Philip M	M	72	City Of Chester Triathlon Club	Senior Men	16	278	77
78	0:31:11	LEWIS, Richard	M	73		Senior Men	17	369	78
79	0:31:15	MAYERS, Andrew	M	74	South Cheshire Harriers	Male Vet 40	13	18	79
80	0:31:17	GODWIN, Russell	M	75	Colwyn Bay AC	Male Vet 40	14	3	80
81	0:31:23	GREENWOOD, Simon James	M	76	City Of Chester Triathlon Club	Male Vet 40	15	62	81
82	0:31:30	BIRD, Nicola	L	6	Ellesmere Port RC	Senior Ladies	5	370	82
83	0:31:37	LANDUCCI, Ian Edward	M	77	Helsby RC	Male Vet 45	9	52	83
84	0:31:40	JONES, Robert	M	78	City Of Chester Triathlon Club	Senior Men	18	195	84
85	0:31:47	TOWNSEND, Steve	M	79		Male Vet 40	16	306	85
86	0:31:53	JOHNSON, Nick	M	80		Male Vet 45	10	266	86
87	0:32:06	COLE, Jonathan	M	81	Ellesmere Port RC	Senior Men	19	282	87
88	0:32:09	NICHOLLS, George	M	82	Prestatyn RC	Male Vet 40	17	341	88
89	0:32:17	HULME, Tony	M	83	Wilmslow RC	Male Vet 60	2	320	89
90	0:32:25	ATKINSON, Neil	M	84	West Cheshire AC	Male Vet 45	11	842	90
91	0:32:26	HARRISON-JONES, Oliver	M	85		Junior Male <20	7	860	91
92	0:32:31	FEGAN, Danny	M	86	St Helens Striders	Male Vet 40	18	849	92
93	0:32:31	EVANS, Emyr L	M	87		Male Vet 40	19	844	93
94	0:32:34	BAMBER, Scott	M	88	Vale Royal AC	Male Vet 40	20	55	94
95	0:32:37	WITTY, Martin Paul	M	89	Deestridders RC	Male Vet 40	21	8	95
96	0:32:38	BALMER, Mal	M	90	Penny Lane Striders	Male Vet 45	12	317	96
97	0:32:40	WOODS, Max	M	91	West Cheshire AC	Male Vet 40	22	220	97
98	0:32:44	SPILSBURY, Kate	L	7	Vale Royal AC	Senior Ladies	6	324	98
99	0:32:44	MARSDEN, Joanna	L	8	Tattenhall Runners	Senior Ladies	7	864	99
100	0:32:48	ELLIS, Simon	M	92	Tattenhall Runners	Male Vet 45	13	30	100
101	0:32:49	PUGH, Martin	M	93		Male Vet 35	19	379	101
102	0:32:54	PINNINGTON, David V	M	94	Penny Lane Striders	Male Vet 45	14	24	102
103	0:33:00	HADFIELD, Anthony	M	95	South Cheshire Harriers	Male Vet 35	20	162	103
104	0:33:03	EVANS, Nigel	M	96	Bro Dysynni	Male Vet 50	8	25	104
105	0:33:06	HALLIWELL, Edward	M	97		Male Vet 35	21	399	105
106	0:33:07	CALDWELL, Steven	M	98	Vale Royal AC	Senior Men	20	68	106
107	0:33:08	DONOGHUE, Paul	M	99	Buckley Runners	Male Vet 40	23	12	107
108	0:33:09	ALLCOCK, Daniel	M	100	South Cheshire Harriers	Junior Male <20	8	239	108
109	0:33:13	DURRANT, Andrew	M	101	South Cheshire Harriers	Senior Men	21	304	109

# "CHESTER SPRING 5" 5 Mile Road Race

Wednesday 7th April 2010, 7:00 pm Results

Place	Time	Name	Gen		Team	Category	Cat Pos	Ent No	Pos
			Gen	Pos					
110	0:33:14	PICKFORD, Stephen	M	102	Spectrum Striders	Male Vet 35	22	357	110
111	0:33:15	HIRONS, Richard	M	103	Wilmslow RC	Male Vet 45	15	192	111
112	0:33:15	YATES, Kevin	M	104	City Of Chester Triathlon Club	Male Vet 35	23	35	112
113	0:33:15	RICHARDS, John	M	105		Senior Men	22	159	113
114	0:33:18	CUMMINGS, Rob	M	106	South Cheshire Harriers	Male Vet 40	24	194	114
115	0:33:18	O'ROURKE, Grace	L	9	West Cheshire AC	Senior Ladies	8	312	115
116	0:33:18	GRANT, Simon	M	107	Abergele Harriers	Senior Men	23	294	116
117	0:33:18	CLARKE, John	M	108	Vale Royal AC	Male Vet 55	5	33	117
118	0:33:20	BOYD, Gareth	M	109	Helsby RC	Male Vet 35	24	164	118
119	0:33:20	EHLEN, J Brad	M	110	Spectrum Striders	Male Vet 35	25	235	119
120	0:33:24	JERVIS, Alec Peter	M	111		Senior Men	24	389	120
121	0:33:26	JEFFS, Ben	M	112		Senior Men	25	334	121
122	0:33:28	CAVANAGH, Barrie	M	113	City Of Chester Triathlon Club	Male Vet 45	16	36	122
123	0:33:29	FENN, Maggie	L	10	Vale Royal AC	Lady Vet 35	2	244	123
124	0:33:33	TRAYNOR, Roy	M	114	Ellesmere Port RC	Male Vet 45	17	342	124
125	0:33:34	HANSON, Gareth	M	115		Senior Men	26	396	125
126	0:33:34	WRIGHT, Nic	M	116		Male Vet 50	9	89	126
127	0:33:36	MORRIS, Danny	M	117		Senior Men	27	86	127
128	0:33:36	COLE, Alison	L	11	Ellesmere Port RC	Lady Vet 35	3	859	128
129	0:33:38	BROWNBILL, Paul David	M	118	South Cheshire Harriers	Male Vet 50	10	257	129
130	0:33:39	WILSON, Charlotte	L	12	Liverpool Harriers	Senior Ladies	9	866	130
131	0:33:44	THURTL, Pamela	L	13	Penny Lane Striders	Senior Ladies	10	326	131
132	0:33:49	WALKER, Simon John	M	119	South Cheshire Harriers	Male Vet 45	18	41	132
133	0:33:49	COLEMAN, Martin	M	120	Sandbach Striders	Male Vet 40	25	217	133
134	0:33:51	GREEN, Katy	L	14	Wilmslow RC	Lady Vet 35	4	291	134
135	0:33:53	BAKER, Emma	L	15	Tattenhall Runners	Senior Ladies	11	230	135
136	0:33:58	STOCK, Pete	M	121	Wilmslow RC	Male Vet 50	11	186	136
137	0:34:04	PEMBERTON, Steve	M	122	Penny Lane Striders	Male Vet 55	6	857	137
138	0:34:05	REES, Cheryl	L	16	South Cheshire Harriers	Lady Vet 35	5	264	138
139	0:34:09	CUNLIFFE, Robert	M	123		Male Vet 45	19	846	139
140	0:34:10	HOLLAND, Paul	M	124		Male Vet 35	26	261	140
141	0:34:11	SPALL, Stephen	M	125	City Of Chester Triathlon Club	Male Vet 45	20	858	141
142	0:34:13	RILEY, Alan	M	126		Male Vet 45	21	109	142
143	0:34:16	RIDGWAY, Neil	M	127	South Cheshire Harriers	Male Vet 50	12	234	143
144	0:34:17	O'NEILL, David	M	128		Male Vet 35	27	112	144
145	0:34:18	WILLIAMS, Hywel	M	129	City Of Chester Triathlon Club	Male Vet 35	28	100	145
146	0:34:19	WILLIAMS, Rebecca	L	17	West Cheshire AC	Senior Ladies	12	867	146
147	0:34:20	MAYERS, Robert	M	130	South Cheshire Harriers	Male Vet 45	22	254	147
148	0:34:20	TAYLOR, Andrew	M	131		Senior Men	28	287	148
149	0:34:21	ELLIS, Luke	M	132		Senior Men	29	388	149
150	0:34:23	RATHBONE, Colin Ellis	M	133	Vale Royal AC	Male Vet 65	1	139	150
151	0:34:24	ROBERTS, Huw	M	134		Male Vet 35	29	115	151
152	0:34:25	BULLOUGH, Don	M	135	Wilmslow RC	Male Vet 50	13	876	152
153	0:34:26	SHAW, Geoff	M	136	Helsby RC	Male Vet 55	7	23	153
154	0:34:28	JONES, Arwel W	M	137	Prestatyn RC	Male Vet 50	14	169	154
155	0:34:28	DRAPER, Alison	L	18	Spectrum Striders	Senior Ladies	13	352	155
156	0:34:30	CARPENTER, Peter	M	138		Male Vet 45	23	325	156
157	0:34:32	GERAGHTY, Christine	L	19	Wilmslow RC	Lady Vet 45	1	385	157
158	0:34:32	VALENTINE, Rob	M	139	South Cheshire Harriers	Male Vet 40	26	310	158
159	0:34:36	ASHBROOK, Jane E	L	20	Helsby RC	Senior Ladies	14	392	159
160	0:34:37	ATKINSON, Matthew	M	140	Wilmslow RC	Senior Men	30	29	160
161	0:34:39	SLAVIN, Francis	M	141	Northern Vets	Male Vet 55	8	400	161
162	0:34:39	GILLIVER, Sally F	L	21	Wilmslow RC	Lady Vet 45	2	289	162
163	0:34:43	MORGAN, Chris M	M	142	City Of Chester Triathlon Club	Male Vet 55	9	839	163
164	0:34:43	SMITH, Alison	L	22	Tattenhall Runners	Lady Vet 35	6	238	164
165	0:34:44	WALKER, Philip	M	143	Wrexham AC	Male Vet 60	3	5	165

# "CHESTER SPRING 5" 5 Mile Road Race

Wednesday 7th April 2010, 7:00 pm Results

Place	Time	Name	Gen		Team	Category	Cat Pos	Ent No	Pos
			Gen	Pos					
166	0:34:50	HIGGINS, Chris	M	144	Buckley Runners	Male Vet 50	15	173	166
167	0:34:52	TOMKINS, Dave	M	145	Northern Vets AC	Male Vet 60	4	221	167
168	0:34:54	LIGHTFOOT, Kevin	M	146		Male Vet 35	30	355	168
169	0:34:54	TAYLOR, Dave	M	147	City Of Chester Triathlon Club	Male Vet 55	10	272	169
170	0:35:01	KERRY, Paul	M	148		Male Vet 45	24	91	170
171	0:35:05	ELSBY, Neil	M	149	Wirral AC	Senior Men	31	853	171
172	0:35:07	DYDE, Alasdair	M	150	South Cheshire Harriers	Male Vet 45	25	65	172
173	0:35:08	EVITTS, Julian	M	151	City Of Chester Triathlon Club	Senior Men	32	50	173
174	0:35:11	VALENZUELA, Juan Antonio	M	152		Male Vet 35	31	190	174
175	0:35:11	SANCHEZ, Enrique	M	153		Male Vet 35	32	188	175
176	0:35:12	ROBERTS, David	M	154	Ellesmere Port RC	Male Vet 45	26	290	176
177	0:35:15	MOWAT, Nicky	L	23	Wilmslow RC	Lady Vet 50	1	877	177
178	0:35:22	WILLIAMSON, Peter	M	155	City Of Chester Triathlon Club	Senior Men	33	296	178
179	0:35:23	WAITE, Sarah	L	24	Wilmslow RC	Senior Ladies	15	223	179
180	0:35:24	HALES, Sally Ann	L	25	Macclesfield Harriers	Lady Vet 45	3	376	180
181	0:35:28	DEVEREUX, Michael	M	156	Penny Lane Striders	Male Vet 60	5	318	181
182	0:35:34	LITTLE, Robert W	M	157	West Cheshire AC	Senior Men	34	374	182
183	0:35:35	TOWNSEND, John	M	158		Male Vet 50	16	277	183
184	0:35:36	BURNS, Anna	L	26		Senior Ladies	16	78	184
185	0:35:41	HAWKES, Clare	L	27	Wilmslow RC	Lady Vet 45	4	229	185
186	0:35:42	PERCIVAL, John	M	159		Male Vet 50	17	344	186
187	0:35:46	MORRIS, John	M	160	Buckley Runners	Male Vet 65	2	133	187
188	0:35:48	McINTYRE, Neil	M	161	West Cheshire AC	Male Vet 45	27	256	188
189	0:35:50	BULLEY, Jo	L	28	Sandbach Striders	Lady Vet 35	7	375	189
190	0:35:50	CUTLER, Mike	M	162	South Cheshire Harriers	Male Vet 50	18	2	190
191	0:35:52	HOUGHTON, John R	M	163	Warrington Road Runners	Male Vet 50	19	153	191
192	0:35:53	LATHAM, Katie Jayne	L	29	South Cheshire Harriers	Senior Ladies	17	148	192
193	0:35:53	ALLMAN, Barry J	M	164	Spectrum Striders	Male Vet 50	20	356	193
194	0:35:56	READ, Geoff	M	165	Spectrum Striders	Male Vet 55	11	168	194
195	0:36:03	McCUSKER, Kieran	M	166	City Of Chester Triathlon Club	Male Vet 50	21	14	195
196	0:36:07	URQUHART, Dawn	L	30	Buckley Runners	Lady Vet 35	8	293	196
197	0:36:18	LITTLER, Alan	M	167	West Cheshire AC	Junior Male <20	9	384	197
198	0:36:21	SUTTON, Kate J	L	31	Wilmslow RC	Lady Vet 45	5	243	198
199	0:36:28	BERRY, Albert	M	168	Helsby RC	Male Vet 65	3	336	199
200	0:36:35	ROWLAND, Matthew	M	169		Senior Men	35	225	200
201	0:36:36	WETTON, Simon	M	170		Male Vet 35	33	79	201
202	0:36:41	SUTCLIFFE, Claire Joanne	L	32	City Of Chester Triathlon Club	Lady Vet 35	9	398	202
203	0:36:42	WILLIAMS, Ffestyn	M	171		Senior Men	36	218	203
204	0:36:43	GANDY, Michael	M	172	West Cheshire AC	Male Vet 35	34	31	204
205	0:36:47	BECK, Sian	L	33	Prestatyn RC	Senior Ladies	18	237	205
206	0:36:52	WILCOX, Tony	M	173		Male Vet 55	12	394	206
207	0:36:55	JONES, Alan	M	174	Deestriders RC	Male Vet 40	27	313	207
208	0:37:05	BIGGS, Paul	M	175		Male Vet 40	28	359	208
209	0:37:06	REAY, Nick	M	176		Senior Men	37	83	209
210	0:37:06	WILSON, Roger	M	177		Male Vet 50	22	321	210
211	0:37:08	GRIFFITHS, Vanessa	L	34	Helsby RC	Lady Vet 45	6	268	211
212	0:37:17	THOMPSON, Andrew	M	178	West Cheshire AC	Male Vet 45	28	348	212
213	0:37:19	CUTLER, Steven N	M	179		Male Vet 50	23	193	213
214	0:37:20	JUDD, Gareth	M	180		Senior Men	38	201	214
215	0:37:22	ROBERTS, Mark	M	181	Pensby Runners	Male Vet 55	13	70	215
216	0:37:25	PORTEOUS, John	M	182	Wilmslow RC	Male Vet 55	14	28	216
217	0:37:33	MURRAY, Barbara	L	35	Macclesfield Harriers	Lady Vet 50	2	142	217
218	0:37:35	HOWARD JONES, Andrew	M	183		Male Vet 35	35	120	218
219	0:37:35	JENNINGS, John Francis	M	184	Ellesmere Port RC	Male Vet 45	29	856	219
220	0:37:37	COOLE, Carol	L	36	City Of Chester Triathlon Club	Lady Vet 45	7	335	220

# "CHESTER SPRING 5" 5 Mile Road Race

Wednesday 7th April 2010, 7:00 pm Results

Place	Time	Name	Gen		Team	Category	Cat Pos	Ent No	Pos
			Gen	Pos					
221	0:37:44	TIEDTKE, Brenda	L	37	Prestatyn RC	Lady Vet 45	8	156	221
222	0:37:46	MAZIERE, Angela	L	38	Wilmslow RC	Lady Vet 45	9	862	222
223	0:37:46	ASHCROFT, Ian S	M	185	Wilmslow RC	Male Vet 60	6	7	223
224	0:37:49	WARING, Gabby	L	39	Prestatyn RC	Lady Vet 50	3	386	224
225	0:37:52	RONALD, Vicky	L	40	Colwyn Bay AC	Lady Vet 40	1	4	225
226	0:37:53	GRANT, Pam	L	41	Mysteruns	Lady Vet 50	4	295	226
227	0:37:53	HAMPTON-JONES, Linda	L	42	Wrexham AC	Lady Vet 45	10	303	227
228	0:37:54	EDWARDS, Joanne	L	43	Vale Royal AC	Lady Vet 45	11	165	228
229	0:37:59	BULMER, Peter	M	186		Male Vet 50	24	852	229
230	0:38:07	GILBERT, Marcus	M	187		Male Vet 35	36	92	230
231	0:38:11	KENDALL WOODS, Sacha	L	44	West Cheshire AC	Lady Vet 35	10	219	231
232	0:38:12	DAVIES, Lisa	L	45	West Cheshire AC	Lady Vet 35	11	113	232
233	0:38:14	ASHCROFT, Owen	M	188	Wilmslow RC	Senior Men	39	6	233
234	0:38:15	BRUMBY, Chris	M	189	Sandbach Striders	Male Vet 45	30	274	234
235	0:38:15	PARRY, Kevin	M	190		Senior Men	40	182	235
236	0:38:19	CRONIN, Alan	M	191	City Of Chester Triathlon Club	Male Vet 50	25	391	236
237	0:38:20	BOYES, Mal	M	192	Picton Sports Club	Male Vet 45	31	850	237
238	0:38:26	CROFT, Neil	M	193		Senior Men	41	216	238
239	0:38:37	DUNCALF, Ross	M	194		Male Vet 40	29	255	239
240	0:38:38	CANNON, Chris	M	195	Wilmslow RC	Male Vet 50	26	258	240
241	0:38:50	WEBSTER, Robert	M	196	Tattenhall Runners	Male Vet 50	27	377	241
242	0:38:56	WILLIAMS, Max G	M	197	City Of Chester Triathlon Club	Male Vet 35	37	69	242
243	0:39:02	EDWARDS, Jim	M	198	Birkenhead AC	Male Vet 55	15	242	243
244	0:39:11	THOMAS, Meurig	M	199	City Of Chester Triathlon Club	Male Vet 40	30	104	244
245	0:39:12	GOLDING, Ian	M	200	Littlewoods Running Club	Male Vet 35	38	60	245
246	0:39:14	RAHMAN, Huma	L	46	Wilmslow RC	Lady Vet 40	2	874	246
247	0:39:14	CARTER, Neil	M	201		Male Vet 45	32	207	247
248	0:39:19	JONES, Sharon	L	47	Wilmslow RC	Lady Vet 40	3	187	248
249	0:39:22	WILLIAMS, Nigel (E N)	M	202	Wreccsam Triathlon Club	Male Vet 50	28	353	249
250	0:39:23	HARRISON-JONES, Gareth	M	203		Male Vet 45	33	861	250
251	0:39:24	WYATT, Perry	M	204	Sandbach Striders	Male Vet 50	29	53	251
252	0:39:26	CHAMBERS, Barry	M	205	Vale Royal AC	Male Vet 55	16	331	252
253	0:39:26	DIRKSEN, Hazel	L	48	Buckley Runners	Lady Vet 60	1	343	253
254	0:39:30	DAVIES, John Peter	M	206	Vale Royal AC	Male Vet 60	7	322	254
255	0:39:32	VENNARD, Michael	M	207	Vale Royal AC	Junior Male <20	10	380	255
256	0:39:35	MOORE, Jane	L	49		Lady Vet 40	4	88	256
257	0:39:40	RUSSELL-INGRAM, Steve	M	208		Male Vet 50	30	333	257
258	0:39:43	COOMBS, Rod	M	209	Wilmslow RC	Male Vet 55	17	330	258
259	0:39:45	MAYELL, Thomas	M	210	Sandbach Striders	Senior Men	42	11	259
260	0:39:54	GIBBONS, Gill	L	50	South Cheshire Harriers	Lady Vet 50	5	208	260
261	0:39:54	GIBBONS, Russell	M	211	South Cheshire Harriers	Junior Male <20	11	843	261
262	0:39:59	POWNALL, Roy	M	212	Wilmslow RC	Male Vet 60	8	329	262
263	0:40:03	TURNBULL, Andrew	M	213		Senior Men	43	224	263
264	0:40:04	BIRD, Madeleine	L	51	Ellesmere Port RC	Lady Vet 55	1	373	264
265	0:40:13	DRAPER, Stephen	M	214		Male Vet 55	18	262	265
266	0:40:18	PRYS-OWEN, Robert	M	215		Male Vet 55	19	340	266
267	0:40:22	NOWAKOWSKI, Antoni	M	216		Male Vet 45	34	260	267
268	0:40:24	HANCOCK, David	M	217	Macclesfield Harriers	Male Vet 60	9	34	268
269	0:40:30	CROFT, Alex	M	218		Senior Men	44	215	269
270	0:40:30	BOSWELL, John	M	219		Male Vet 50	31	382	270
271	0:40:33	LUCAS, Julie	L	52	Wilmslow RC	Lady Vet 45	12	57	271
272	0:40:35	MORRIS, Jessica	L	53		Senior Ladies	19	90	272
273	0:40:35	LATHAEN, Phil	M	220		Male Vet 35	39	111	273
274	0:40:36	GILL, Yvonne	L	54		Senior Ladies	20	368	274
275	0:40:39	EATON, Ashleigh	L	55	Tattenhall Runners	Senior Ladies	21	16	275

# "CHESTER SPRING 5" 5 Mile Road Race

Wednesday 7th April 2010, 7:00 pm Results

Place	Time	Name	Gen		Team	Category	Cat Pos	Ent No	Pos
			Gen	Pos					
276	0:40:39	ALLCOCK, Susan	L	56	South Cheshire Harriers	Lady Vet 40	5	240	276
277	0:40:42	ORNSBY, Valerie	L	57	City Of Chester Triathlon Club	Lady Vet 35	12	117	277
278	0:40:50	MASON, Nania	L	58	City Of Chester Triathlon Club	Lady Vet 45	13	360	278
279	0:41:05	TOWNEND, Philip	M	221		Male Vet 45	35	231	279
280	0:41:06	CARTER, William B	M	222	City Of Chester Triathlon Club	Male Vet 50	32	855	280
281	0:41:10	LORD, Lisa	L	59		Senior Ladies	22	281	281
282	0:41:11	EDWARDS, Amy C	L	60	City Of Chester Triathlon Club	Lady Vet 35	13	121	282
283	0:41:17	GERAGHTY, Monique	L	61	Wilmslow RC	Senior Ladies	23	387	283
284	0:41:23	ASHFORD, Laura	L	62	Tattenhall Runners	Senior Ladies	24	59	284
285	0:41:25	DAVIES, Pauline	L	63	Vale Royal AC	Lady Vet 55	2	314	285
286	0:41:34	MILES, Sarah	L	64	Wilmslow RC	Senior Ladies	25	349	286
287	0:41:40	WILLIAMS, Carole	L	65	Vale Royal AC	Lady Vet 55	3	138	287
288	0:41:49	FAULKNER, Trevor	M	223	Wilmslow RC	Male Vet 65	4	350	288
289	0:41:53	BLACKLOCK, Saul	M	224		Senior Men	45	191	289
290	0:41:59	BASFORD, Sharon	L	66	Tattenhall Runners	Lady Vet 35	14	233	290
291	0:42:04	BRIERLEY, David	M	225	City Of Chester Triathlon Club	Male Vet 50	33	189	291
292	0:42:09	HUGHES, Simon	M	226		Male Vet 35	40	140	292
293	0:42:09	JONES, Gareth Glynn	M	227		Male Vet 40	31	137	293
294	0:42:11	REES, Nathalie	L	67	City Of Chester Triathlon Club	Lady Vet 40	6	288	294
295	0:42:11	WEST, Elsa	L	68		Lady Vet 35	15	103	295
296	0:42:14	HUWS, Meinir	L	69	Abergele Harriers	Lady Vet 50	6	283	296
297	0:42:14	HUNT, Colin	M	228		Male Vet 55	20	110	297
298	0:42:16	BOTTOMS, Dave C	M	229	City Of Chester Triathlon Club	Male Vet 50	34	319	298
299	0:42:17	DURRANT, Amy	L	70	South Cheshire Harriers	Senior Ladies	26	305	299
300	0:42:19	HILL, Gail	L	71	Wilmslow RC	Lady Vet 35	16	841	300
301	0:42:22	GARNHAM, Denis	M	230		Male Vet 45	36	102	301
302	0:42:26	EATON, Sharon	L	72	Tattenhall Runners	Lady Vet 40	7	200	302
303	0:42:34	WATERHOUSE, Kate	L	73	Whitchurch Whippet RC	Senior Ladies	27	199	303
304	0:42:38	MACKEY, Robert	M	231	Buckley Runners	Male Vet 60	10	204	304
305	0:42:45	JONES, Eleri	L	74	Prestatyn RC	Lady Vet 35	17	393	305
306	0:43:00	FEWTRELL, Lorna	L	75	South Cheshire Harriers	Lady Vet 45	14	13	306
307	0:43:00	GREENWOOD, Harry	M	232	Picton Sports Club	Male Vet 60	11	122	307
308	0:43:15	DULSON, Sara	L	76		Lady Vet 40	8	95	308
309	0:43:23	ADEFAJO, Bunmi	L	77		Senior Ladies	28	228	309
310	0:43:26	JONES, Karen	L	78		Senior Ladies	29	378	310
311	0:43:33	DYDE, Sarah	L	79	South Cheshire Harriers	Lady Vet 40	9	64	311
312	0:43:37	HEAP, Gareth	M	233		Senior Men	46	253	312
313	0:43:40	OWEN, Linda	L	80	Spectrum Striders	Lady Vet 50	7	338	313
314	0:43:44	KOZAK, Rhiannon	L	81		Senior Ladies	30	75	314
315	0:43:44	SMITH, Christopher	M	234		Male Vet 35	41	311	315
316	0:43:47	NIXON, Jenny	L	82		Senior Ladies	31	85	316
317	0:43:47	VENNARD, Martin	M	235		Male Vet 45	37	381	317
318	0:43:49	CRIERIE, Nigel Adrian	M	236	Ellesmere Port RC	Male Vet 40	32	371	318
319	0:43:56	DAVIDSON, Maddie	L	83	South Cheshire Harriers	Lady Vet 40	10	131	319
320	0:43:58	JEREMY, Denise	L	84		Lady Vet 35	18	873	320
321	0:44:11	COOK, Angela	L	85	West Cheshire AC	Senior Ladies	32	226	321
322	0:44:12	HURRELL, Anne	L	86	Northern Vets AC	Lady Vet 55	4	345	322
323	0:44:14	TAYLOR, Ken	M	237		Male Vet 55	21	865	323
324	0:44:18	PRESTON, William	M	238	UKnetRunner	Male Vet 55	22	49	324
325	0:44:20	LOMAX, Jayne	L	87	Vale Royal AC	Lady Vet 40	11	152	325
326	0:44:22	BRADLEY, Suzanne	L	88		Lady Vet 45	15	198	326
327	0:44:27	NORTON, Kay	L	89		Lady Vet 40	12	362	327
328	0:44:30	JONES, Gary	M	239		Senior Men	47	383	328
329	0:44:30	LLOYD, Graham S	M	240	Helsby RC	Male Vet 40	33	848	329

# "CHESTER SPRING 5" 5 Mile Road Race

Wednesday 7th April 2010, 7:00 pm Results

Place	Time	Name	Gen		Team	Category	Cat Pos	Ent No	Pos
			Gen	Pos					
330	0:44:33	ROUGH, Kerry	L	90	City Of Chester Triathlon Club	Senior Ladies	33	71	330
331	0:44:45	BAMBER, Zack	M	241	Vale Royal AC	Junior Male <20	12	54	331
332	0:44:50	ELLIS, Gareth	M	242		Senior Men	48	180	332
333	0:44:53	SHAW, Janet	L	91	Helsby RC	Lady Vet 55	5	22	333
334	0:45:09	LIGGETT, Julie	L	92		Lady Vet 35	19	175	334
335	0:45:24	GABRIEL, Lucy Anne	L	93		Senior Ladies	34	87	335
336	0:45:37	McQUAIR, Debra	L	94	City Of Chester Triathlon Club	Lady Vet 35	20	177	336
337	0:45:41	DURET, Diane	L	95	City Of Chester Triathlon Club	Lady Vet 35	21	275	337
338	0:45:44	RICHARDS, Claire	L	96		Lady Vet 35	22	176	338
339	0:45:46	LEWIS-JONES, Tracy	L	97	City Of Chester Triathlon Club	Lady Vet 40	13	276	339
340	0:45:58	WEDDERBURN, Susan	L	98		Lady Vet 40	14	98	340
341	0:45:58	WILLIAMS, Jane	L	99	City Of Chester Triathlon Club	Lady Vet 35	23	99	341
342	0:46:12	COTTON, Andrew	M	243		Male Vet 40	34	118	342
343	0:46:22	EVANS, Janet	L	100	South Cheshire Harriers	Lady Vet 40	15	252	343
344	0:46:32	EDWARDS, Maureen	L	101	Birkenhead AC	Lady Vet 55	6	241	344
345	0:46:34	MATTHEWS, Pete	M	244		Senior Men	49	150	345
346	0:46:45	BOOTH, Rosemarie Ann	L	102		Lady Vet 55	7	197	346
347	0:46:54	TWISS, Nicola	L	103	South Cheshire Harriers	Senior Ladies	35	136	347
348	0:47:03	STIRNA, Martin	M	245	South Cheshire Harriers	Male Vet 55	23	212	348
349	0:47:53	CREWE, Sarah	L	104		Lady Vet 35	24	213	349
350	0:47:53	JONES, Adrian	M	246		Male Vet 35	42	214	350
351	0:48:00	BILLINGLEY, Lesley	L	105	West Cheshire AC	Lady Vet 40	16	361	351
352	0:48:22	JONES, Helen	L	106	Tattenhall Runners	Lady Vet 40	17	872	352
353	0:48:22	ADAMS, Nick	M	247		Male Vet 35	43	875	353
354	0:48:27	TAYLOR, Jane	L	107		Lady Vet 35	25	106	354
355	0:49:00	TAYLOR, Janet	L	108	City Of Chester Triathlon Club	Lady Vet 45	16	271	355
356	0:49:00	TAYLOR, Ruth	L	109		Junior Lady <20	1	270	356
357	0:49:25	ROGERS, Janette	L	110	South Cheshire Harriers	Lady Vet 45	17	245	357
358	0:49:25	OLDFIELD, Lesley	L	111	South Cheshire Harriers	Lady Vet 50	8	154	358
359	0:49:44	OWENS, Dave	M	248	Picton Sports Club	Male Vet 55	24	878	359
360	0:50:02	ABLETT, Ann	L	112	Buckley Runners	Lady Vet 55	8	17	360
361	0:50:21	MORGAN, Janet	L	113	City Of Chester Triathlon Club	Lady Vet 55	9	840	361
362	0:50:30	FILLINGHAM, Tony	M	249		Male Vet 35	44	354	362
363	0:50:32	REYNOLDS, Ann	L	114	Picton Sports Club	Lady Vet 50	9	879	363
364	0:52:06	FINN-BELLINGHAM, Catherine	L	115	Wrexham AC	Lady Vet 45	18	126	364
365	0:52:33	HUNTER, Rowena	L	116		Lady Vet 45	19	94	365
366	0:53:09	WHEELDON, Martin	M	250	Wilmslow RC	Male Vet 55	25	45	366