

# Forest Park Ladies 5k 2022

## Overall Results



| Pos | Bib | Name                      | AG     | AG Pos | Club                   | Chip  | Gun   |
|-----|-----|---------------------------|--------|--------|------------------------|-------|-------|
| 1.  | 202 | Kate Moulds               | F Sen  | 1st    | Vale Royal Ac          | 17:38 | 17:39 |
| 2.  | 65  | Beatrice Cordingley       | F Sen  | 2nd    | Sale Harriers          | 18:25 | 18:26 |
| 3.  | 181 | Taylor Massey             | FU18   | 1st    | St Helens Sutton       | 19:41 | 19:42 |
| 4.  | 210 | Chloe Elliot              | F35-39 | 1st    | Salford Met AC         | 19:56 | 19:57 |
| 5.  | 276 | Kate Titlow               | F Sen  | 3rd    | West Cheshire AC       | 20:09 | 20:11 |
| 6.  | 112 | Alison Halsall            | F50-54 | 1st    | Helsby RC              | 20:15 | 20:17 |
| 7.  | 90  | Rachael Fairclough        | F35-39 | 2nd    | St Helens Striders     | 20:19 | 20:20 |
| 8.  | 29  | Louise Blizzard           | F45-49 | 1st    | Warrington AC          | 20:49 | 20:50 |
| 9.  | 265 | Katie Strange             | F Sen  | 4th    | Team Bath AC           | 20:50 | 20:51 |
| 10. | 68  | Amy Corfield              | F Sen  | 5th    | St Helens Sutton       | 20:59 | 21:00 |
| 11. | 284 | Georgina Walker           | F45-49 | 2nd    | Lymm Runners           | 21:07 | 21:08 |
| 12. | 50  | Louise Casey              | F40-44 | 1st    | Widnes Running Club    | 21:09 | 21:12 |
| 13. | 27  | Lily Birkett              | FU18   | 2nd    | St Helens Sutton       | 21:29 | 21:30 |
| 14. | 69  | Lorraine Costello         | F55-59 | 1st    |                        | 21:38 | 21:40 |
| 15. | 293 | Liz Whitfield             | F40-44 | 2nd    | Spectrum Striders      | 21:45 | 21:47 |
| 16. | 180 | Siobhan Massey            | F Sen  | 6th    | St Helens Sutton       | 21:53 | 21:56 |
| 17. | 36  | Caroline Brown            | F50-54 | 2nd    | Wigan Harriers         | 21:59 | 22:03 |
| 18. | 67  | Victoria Cordingley-Gaunt | F35-39 | 3rd    | Sale Harriers          | 22:04 | 22:07 |
| 19. | 66  | Jacqueline Cordingley     | F60-64 | 1st    | Sale Harriers          | 22:12 | 22:13 |
| 20. | 98  | Emma Fraser               | F45-49 | 3rd    | Run Sandymoor          | 21:59 | 22:16 |
| 21. | 127 | Chloe Holman              | F Sen  | 7th    | Run Sandymoor          | 22:20 | 22:28 |
| 22. | 250 | Claire Seddon             | F45-49 | 4th    |                        | 22:25 | 22:30 |
| 23. | 196 | Sonya Monaghan            | F50-54 | 3rd    | St Helens Sutton       | 22:29 | 22:32 |
| 24. | 45  | Emma Callery              | F35-39 | 4th    | St Helens Striders     | 22:26 | 22:42 |
| 25. | 194 | Hayley Metcalfe           | F Sen  | 8th    | Widnes Running Club    | 22:33 | 22:51 |
| 26. | 35  | Melissa Broderick         | F Sen  | 9th    |                        | 22:50 | 22:52 |
| 27. | 217 | Helen Patterson           | F40-44 | 3rd    | Widnes Running Club    | 22:56 | 23:00 |
| 28. | 203 | Joanne Moyers             | F50-54 | 4th    | Widnes Wasps Ladies RC | 22:45 | 23:08 |
| 29. | 88  | Claire Ellison            | F35-39 | 5th    |                        | 23:07 | 23:11 |
| 30. | 235 | Kate Rigby                | F Sen  | 10th   |                        | 22:57 | 23:13 |
| 31. | 28  | Sarah Birkett             | F35-39 | 6th    |                        | 23:22 | 23:25 |
| 32. | 59  | Lucy Clitheroe            | FU18   | 3rd    | St Helens Sutton       | 23:30 | 23:31 |
| 33. | 92  | Joanna Fenton             | F40-44 | 4th    |                        | 23:04 | 23:35 |
| 34. | 80  | Tracy Dover               | F60-64 | 2nd    | Northwich Running Club | 23:38 | 23:42 |
| 35. | 55  | Stacey Clark              | F Sen  | 11th   | Widnes Wasps Ladies RC | 23:28 | 23:51 |
| 36. | 179 | Jennifer Martin           | F40-44 | 5th    | St Helens Striders     | 23:46 | 23:58 |
| 37. | 74  | Ellie Darby               | F Sen  | 12th   |                        | 23:41 | 24:03 |
| 38. | 231 | Stella Reynolds           | F50-54 | 5th    | Widnes                 | 24:03 | 24:05 |
| 39. | 283 | Fiona Eaton               | F50-54 | 6th    | Lymm Runners           | 24:04 | 24:06 |
| 40. | 248 | Kathryn Schofield         | F Sen  | 13th   | Helsby RC              | 24:07 | 24:10 |
| 41. | 95  | Karon Forster             | F60-64 | 3rd    | Spectrum Striders      | 24:08 | 24:13 |
| 42. | 138 | Helen Davies              | F50-54 | 7th    | Widnes Wasps Ladies RC | 23:53 | 24:16 |
| 43. | 108 | Vanessa Griffiths         | F55-59 | 2nd    | Helsby RC              | 24:13 | 24:17 |
| 44. | 125 | Gillian Hill              | F50-54 | 8th    | Helsby RC              | 24:16 | 24:18 |
| 45. | 223 | Lindsay Plumb             | F35-39 | 7th    |                        | 24:14 | 24:19 |
| 46. | 4   | Gemma Aden                | F35-39 | 8th    | St Helens Striders     | 24:07 | 24:21 |
| 47. | 240 | Emily Roberts             | F35-39 | 9th    |                        | 24:18 | 24:23 |
| 48. | 62  | Lauren Cooke              | F Sen  | 14th   | Helsby RC              | 24:19 | 24:23 |
| 49. | 232 | Gill Richards             | F55-59 | 3rd    |                        | 24:17 | 24:30 |

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|-----|-----|---------------------|--------|--------|-------------------------|-------|-------|
| 50. | 16  | Caroline Barrow     | F45-49 | 5th    | Widnes Running Club     | 24:17 | 24:30 |
| 51. | 46  | Rachael Callon      | F40-44 | 6th    |                         | 24:26 | 24:33 |
| 52. | 192 | Lisa Meadows        | F50-54 | 9th    | Cheshire Dragons        | 24:10 | 24:39 |
| 53. | 212 | Annelie Osborne     | F Sen  | 15th   |                         | 24:31 | 24:40 |
| 54. | 218 | Rachael Patterson   | F Sen  | 16th   | West Cheshire AC        | 24:29 | 24:43 |
| 55. | 140 | Melanie Johnson     | F40-44 | 7th    | Cheshire Dragons        | 24:16 | 24:46 |
| 56. | 166 | Michele Lindsay     | F60-64 | 4th    | Widnes Wasps Ladies RC  | 24:26 | 24:55 |
| 57. | 281 | Alison Vesey        | F60-64 | 5th    | Altrincham and District | 25:01 | 25:05 |
| 58. | 142 | Katie Jolley        | F Sen  | 17th   | St Helens Striders      | 24:53 | 25:08 |
| 59. | 113 | Elizabeth Hamer     | F35-39 | 10th   |                         | 25:19 | 25:25 |
| 60. | 43  | Helen Caldwell      | F50-54 | 10th   | Spectrum Striders       | 25:21 | 25:26 |
| 61. | 13  | Julie Barlow        | F60-64 | 6th    |                         | 25:35 | 25:39 |
| 62. | 261 | Heather Spencer     | F45-49 | 6th    | Spectrum Striders       | 25:41 | 25:44 |
| 63. | 141 | Rachel Johnson      | F55-59 | 4th    | Lymm Runners            | 25:44 | 25:46 |
| 64. | 99  | Andrea Frodsham     | F Sen  | 18th   | Helsby RC               | 25:43 | 25:47 |
| 65. | 228 | Julia Rees          | F45-49 | 7th    | Northwich Running Club  | 25:48 | 25:52 |
| 66. | 190 | Abigail McIntyre    | F45-49 | 8th    |                         | 25:48 | 25:55 |
| 67. | 85  | Kerry Edwards       | F40-44 | 8th    | Run Sandymoor           | 25:50 | 26:20 |
| 68. | 139 | Kate Johnson        | F50-54 | 11th   | Spectrum Striders       | 26:13 | 26:23 |
| 69. | 11  | Karen Bannon        | F40-44 | 9th    | Run Sandymoor           | 25:58 | 26:31 |
| 70. | 132 | Grace Humphreys     | F Sen  | 19th   | Widnes Running Club     | 25:49 | 26:32 |
| 71. | 288 | Caroline Weaver     | F50-54 | 12th   | Warrington Running Club | 26:06 | 26:46 |
| 72. | 247 | Stephanie Savage    | F40-44 | 10th   | Widnes                  | 25:59 | 26:48 |
| 73. | 157 | Rachael Latham      | F40-44 | 11th   |                         | 26:59 | 27:06 |
| 74. | 199 | Linda Moore         | F60-64 | 7th    | Widnes Wasps Ladies RC  | 26:44 | 27:07 |
| 75. | 198 | Helen Moore         | F50-54 | 13th   | Widnes Wasps Ladies RC  | 26:39 | 27:08 |
| 76. | 280 | Elizabeth Twist     | F40-44 | 12th   |                         | 27:00 | 27:11 |
| 77. | 286 | Ashley Walton       | F Sen  | 20th   |                         | 26:45 | 27:17 |
| 78. | 64  | Amy Cooper          | F Sen  | 21st   | Lymm Runners            | 27:10 | 27:18 |
| 79. | 216 | Anna Parsons        | F45-49 | 9th    | Northwich Running Club  | 27:08 | 27:18 |
| 80. | 10  | Vicki Banks         | F50-54 | 14th   | Warrington Running Club | 26:38 | 27:19 |
| 81. | 151 | Julie Kirk          | F50-54 | 15th   |                         | 26:25 | 27:21 |
| 82. | 117 | Ursula Harrison     | F55-59 | 5th    |                         | 27:16 | 27:22 |
| 83. | 122 | Jo Herriott         | F45-49 | 10th   | St Helens Striders      | 27:08 | 27:27 |
| 84. | 131 | Sue Hughes          | F45-49 | 11th   | Widnes Wasps Ladies RC  | 27:06 | 27:35 |
| 85. | 220 | Jenny Peers         | F45-49 | 12th   |                         | 27:15 | 27:37 |
| 86. | 58  | Andrea Clitheroe    | F45-49 | 13th   | St Helens Sutton        | 27:47 | 27:51 |
| 87. | 2   | Nicola Janet Abbott | F60-64 | 8th    |                         | 27:49 | 27:56 |
| 88. | 118 | Naomi Haughan       | F35-39 | 11th   |                         | 27:17 | 28:00 |
| 89. | 120 | Sue Heaps           | F55-59 | 6th    | St Helens Striders      | 27:42 | 28:01 |
| 90. | 32  | Louise Bradbury     | F40-44 | 13th   | Warrington Running Club | 27:52 | 28:04 |
| 91. | 124 | Dawn Hignett        | F50-54 | 16th   | Widnes Running Club     | 27:21 | 28:09 |
| 92. | 105 | Cathy Gilbert       | F50-54 | 17th   | Widnes Running Club     | 27:28 | 28:17 |
| 93. | 266 | Jo Sullivan         | F55-59 | 7th    | Spectrum Striders       | 28:14 | 28:21 |
| 94. | 109 | Kate Grimoldby      | F35-39 | 12th   |                         | 27:50 | 28:40 |
| 95. | 49  | Laura Carter        | F40-44 | 14th   | Widnes Runners          | 27:54 | 28:40 |
| 96. | 148 | Jo Kemp             | F65-69 | 1st    | Northwich Running Club  | 28:38 | 28:45 |
| 97. | 156 | Rachel Kuypers      | F45-49 | 14th   | Widnes Wasps Ladies RC  | 28:08 | 28:46 |
| 98. | 9   | Diane Atherton      | F60-64 | 9th    |                         | 28:12 | 28:52 |

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| 99.  | 191 | Rebecca Mckenna       | F45-49 | 15th   | St Helens Striders      | 28:35 | 28:55 |
| 100. | 258 | Carolyn Smith         | F55-59 | 8th    | Lymm Runners            | 28:50 | 28:56 |
| 101. | 271 | Sandra Taylor         | F35-39 | 13th   |                         | 28:00 | 28:57 |
| 102. | 209 | Denise O'Donnell      | F45-49 | 16th   | Warrington Road Runners | 28:47 | 28:58 |
| 103. | 226 | Tina Ranson           | F50-54 | 18th   |                         | 28:26 | 29:08 |
| 104. | 289 | Kim Wellens           | F Sen  | 22nd   | St Helens Striders      | 28:48 | 29:10 |
| 105. | 282 | Emily Wade            | F Sen  | 23rd   |                         | 28:37 | 29:16 |
| 106. | 77  | Pauline Davies        | F70-74 | 1st    | Northwich Running Club  | 29:13 | 29:19 |
| 107. | 146 | Eve Kapoor            | F50-54 | 19th   | Widnes Running Club     | 28:42 | 29:32 |
| 108. | 82  | Deborah Drillingcourt | F50-54 | 20th   | Widnes Wasps Ladies RC  | 29:22 | 29:42 |
| 109. | 159 | Victoria Lawden       | F45-49 | 17th   |                         | 29:33 | 29:48 |
| 110. | 111 | Carrie Hall           | F40-44 | 15th   | Widnes Running Club     | 29:13 | 29:58 |
| 111. | 147 | Angela Kemp           | F45-49 | 18th   |                         | 29:48 | 30:20 |
| 112. | 91  | Alison Felstead       | F50-54 | 21st   | Lymm Runners            | 30:02 | 30:22 |
| 113. | 8   | Jo Ashley             | F50-54 | 22nd   |                         | 30:26 | 30:35 |
| 114. | 234 | Lisa Cheers           | F35-39 | 14th   | St Helens Striders      | 30:41 | 30:47 |
| 115. | 197 | Debbie Monfared       | F55-59 | 9th    |                         | 30:45 | 30:52 |
| 116. | 137 | Josie Jarvis          | F45-49 | 19th   | Warrington Plodders     | 30:14 | 30:54 |
| 117. | 115 | Alison Harbidge       | F55-59 | 10th   |                         | 30:54 | 31:00 |
| 118. | 285 | Paula Walsh           | F50-54 | 23rd   |                         | 30:48 | 31:06 |
| 119. | 174 | Alison Lysons         | F55-59 | 11th   | Widnes Running Club     | 30:27 | 31:09 |
| 120. | 107 | Holly Gregory         | F45-49 | 20th   |                         | 31:00 | 31:28 |
| 121. | 18  | Karen Bell            | F45-49 | 21st   | Helsby RC               | 31:28 | 31:32 |
| 122. | 186 | Clare MCGoldrick      | F45-49 | 22nd   |                         | 31:31 | 31:43 |
| 123. | 249 | Jane Scott            | F45-49 | 23rd   |                         | 31:37 | 31:49 |
| 124. | 242 | Michelle Roberts      | F35-39 | 15th   | Widnes Wasps Ladies RC  | 31:07 | 31:53 |
| 125. | 252 | Kate Shannon          | F35-39 | 16th   | Run Sandymoor           | 31:28 | 32:01 |
| 126. | 189 | Sandra Mcgreavy       | F60-64 | 10th   | Widnes Running Club     | 31:34 | 32:16 |
| 127. | 187 | Helena MCGoldrick     | F60-64 | 11th   | St Helens Sutton        | 32:20 | 32:25 |
| 128. | 262 | Diane Springall       | F55-59 | 12th   |                         | 31:54 | 32:27 |
| 129. | 268 | Suzie Tarbuck         | F35-39 | 17th   | Warrington Running Club | 31:41 | 32:39 |
| 130. | 33  | Laura Brear           | F50-54 | 24th   | Lymm Runners            | 32:23 | 32:48 |
| 131. | 31  | Jo Bosomworth         | F50-54 | 25th   |                         | 32:15 | 32:57 |
| 132. | 83  | Elizabeth Eccles      | F40-44 | 16th   | St Helens Striders      | 32:36 | 33:14 |
| 133. | 17  | Helen Beckett         | F45-49 | 24th   | Widnes Wasps Ladies RC  | 32:37 | 33:15 |
| 134. | 254 | Barbara Shuttleworth  | F60-64 | 12th   |                         | 32:53 | 33:20 |
| 135. | 40  | Heather Butler        | F65-69 | 2nd    |                         | 33:13 | 33:24 |
| 136. | 63  | Alison Cookson        | F60-64 | 13th   | Lymm Runners            | 33:11 | 33:38 |
| 137. | 207 | Linda Nelson          | F60-64 | 14th   |                         | 33:11 | 33:38 |
| 138. | 144 | Kate Joyce            | F35-39 | 18th   |                         | 33:29 | 33:44 |
| 139. | 241 | Liz Roberts           | F40-44 | 17th   | Widnes Running Club     | 33:06 | 33:53 |
| 140. | 193 | Alison Medicott       | F55-59 | 13th   | Warrington Running Club | 33:08 | 33:55 |
| 141. | 96  | Amy Foster            | F Sen  | 24th   |                         | 33:25 | 34:12 |
| 142. | 114 | Gillian Hankinson     | F55-59 | 14th   | Widnes Running Club     | 33:41 | 34:26 |
| 143. | 101 | Lauren Fryer          | F Sen  | 25th   |                         | 33:48 | 34:27 |
| 144. | 153 | Chrissie Knight       | F65-69 | 3rd    | Lymm Runners            | 34:25 | 34:47 |
| 145. | 205 | Jen Murphy            | F40-44 | 18th   | Lymm Runners            | 34:41 | 35:07 |
| 146. | 294 | Lindsey Wilby         | F45-49 | 25th   | Lymm Runners            | 34:42 | 35:07 |
| 147. | 12  | Denise Barber         | F45-49 | 26th   |                         | 34:35 | 35:12 |

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| 148. | 233 | Debs Riddell      | F55-59 | 15th   |                         | 34:35 | 35:12 |
| 149. | 135 | Megan Jackson     | F Sen  | 26th   | Warrington Running Club | 35:48 | 36:07 |
| 150. | 178 | Denise Martin     | F50-54 | 26th   |                         | 35:49 | 36:07 |
| 151. | 86  | Kathryn Ellis     | F40-44 | 19th   | Lymm Runners            | 36:08 | 36:25 |
| 152. | 42  | Farina Cahm       | F45-49 | 27th   |                         | 36:09 | 36:36 |
| 153. | 14  | Fiona Barnett     | F45-49 | 28th   | Lymm Runners            | 36:27 | 36:44 |
| 154. | 145 | Moira Kallis      | F65-69 | 4th    |                         | 35:47 | 36:49 |
| 155. | 15  | Julie Barrett     | F55-59 | 16th   |                         | 35:47 | 36:50 |
| 156. | 100 | Poppy Froggett    | F Sen  | 27th   |                         | 36:53 | 37:02 |
| 157. | 222 | Gillian Plant     | F55-59 | 17th   | Warrington Running Club | 36:40 | 37:11 |
| 158. | 22  | Karen Jones       | F45-49 | 29th   |                         | 36:24 | 37:27 |
| 159. | 291 | Gail Weston       | F65-69 | 5th    |                         | 37:18 | 37:53 |
| 160. | 257 | Sue Smart         | F50-54 | 27th   |                         | 37:21 | 37:57 |
| 161. | 25  | Jane Birchall     | F65-69 | 6th    | Warrington Running Club | 37:22 | 37:58 |
| 162. | 163 | Angela Leavesley  | F65-69 | 7th    |                         | 37:31 | 38:32 |
| 163. | 290 | Sheila Welsby     | F65-69 | 8th    |                         | 37:32 | 38:32 |
| 164. | 136 | Ellie Jarvis      | FU18   | 4th    |                         | 38:10 | 38:50 |
| 165. | 81  | Jackie Ellis      | F60-64 | 15th   |                         | 38:50 | 39:24 |
| 166. | 188 | Jean Mcgowan      | F50-54 | 28th   | Spectrum Striders       | 38:41 | 39:35 |
| 167. | 70  | Nicola Counsell   | F45-49 | 30th   |                         | 38:41 | 39:35 |
| 168. | 206 | Lesley Nelson     | F45-49 | 31st   |                         | 39:23 | 40:18 |
| 169. | 143 | Helen Jones       | F55-59 | 18th   |                         | 40:22 | 41:17 |
| 170. | 87  | Laura Ellis       | F35-39 | 19th   |                         | 42:27 | 42:37 |
| 171. | 133 | Vanessa Humphreys | F50-54 | 29th   |                         | 42:26 | 42:38 |
| 172. | 239 | Eleanor Roberts   | F55-59 | 19th   | Spectrum Striders       | 42:29 | 43:26 |
| 173. | 270 | Kathie Taylor     | F Sen  | 28th   | Warrington Plodders     | 42:50 | 43:39 |
| 174. | 60  | Stacy Coe         | F35-39 | 20th   | Warrington Plodders     | 42:50 | 43:39 |
| 175. | 227 | Debbie Read       | F65-69 | 9th    | Helsby RC               | 44:46 | 45:44 |
| 176. | 158 | Sarah Lavin       | F75-79 | 1st    |                         | 44:45 | 45:45 |

Number of records: 176