

HARROGATE 10K 24TH JULY 2011 - RESULTS

Position	Race Number	Name	Category	Club	Finish Time
1	519	Nick Swinburn	MSEN	Morpeth Harriers.	00:31:08
2	495	Mike Burrett	MSEN	Leeds City AC	00:32:46
3	64	Iain Quinn	MSEN	Unattached	00:33:12
4	478	Jack simpson	MSEN	Unattached	00:33:21
5	408	Pumlani Bangani	MSEN	Unattached	00:33:32
6	502	Aiden Adams	MSEN	Leeds City AC	00:33:39
7	454	Stuart McLay	MV45	Veterans AC	00:34:28
8	582	Steve Collins	MSEN	Unattached	00:35:15
9	143	Marko Gvero	MV40	Keighley and Craven A.C.	00:35:17
10	488	Simon Midwood	MSEN	Valley striders	00:35:29
11	84	Rickie Wilson	MSEN	Harrogate Harriers	00:35:43
12	306	Andrew Grant	MV40	Harrogate Harriers	00:35:57
13	142	David Westhead	MV40	Ilkley Harriers	00:36:19
14	367	Duncan Clark	MV50	Abbey Runners	00:36:21
15	437	Peter Gulc	MSEN	Bridlington Road runners	00:36:27
16	351	Carl Kernick	MSEN	Unattached	00:36:39
17	267	Robert Gray	MV45	Wetherby	00:36:44
18	490	Gerard Skippins	MSEN	Spensborough A.C.	00:36:50
19	331	Jason Higgins	MSEN	Knavesmire	00:36:51
20	320	Simon Courtney	MSEN	Stadium Runners	00:37:02
21	463	Peter Pyrah	MV55	Bingley Harriers	00:37:05
22	284	Pete Willis	MSEN	Belgrave harriers	00:37:11
23	511	James Atkins	MSEN	North Herts Road Runners	00:37:18
24	384	Bill Shively	MV50	York Postal Harriers	00:37:21
25	497	Giles Hawking	MSEN	Knavesmire	00:37:26
26	549	Ashley Brook	MV50	Harrogate Harriers	00:37:30
27	307	Ben Grant	MV60	Harrogate Harriers	00:37:33
28	318	Edward Whittle	MSEN	Scarborough A.C	00:37:37
29	365	Jhn Stuttard	MSEN	Crossgates Harriers	00:37:39
30	105	David Jefferis	MV45	Unattached	00:37:47
31	293	martin james	MSEN	Doncaster AC	00:37:52
32	516	Mike Spark	MV40	Unattached	00:37:54
33	353	Kim Brown	MSEN	Unattached	00:37:54
34	322	Brian Field	MV50	Unattached	00:37:55
35	326	Evan Cook	MV60	Blackburn Harriers	00:37:57
36	562	Martin Huddleston	MV40	Stadium Runners	00:37:59
37	314	Nicola Curtis	FSEN	Scunthorpe & District AC	00:37:59
38	85	Chris Roberts	MSEN	Knavesmire	00:38:09
39	601	Sean Thompson	MV40	Bingley Harriers	00:38:16
40	258	Bruce Crombie	MSEN	Unattached	00:38:18
41	403	John Worrall	MSEN	Unattached	00:38:24
42	577	Simon Kelly	MSEN	Trawden A.C.	00:38:25
43	493	Andrew Johnson	MV40	Beverley A.C.	00:38:37
44	74	Emma Yates	FV40	Knavesmire	00:38:29
45	235	Jim Garside	MSEN	Trawden A.C.	00:38:31
46	532	Stephen Speirs	MV40	K A AC	00:38:43
47	179	Ian Elsley	MV45	Unattached	00:38:45

48	241	Steve Trudgen	MV50	Harrogate Harriers	00:38:46
49	459	Dave Mann	MV40	Unattached	00:38:57
50	371	paul Weall	MSEN	Wigan Phoenix	00:39:07
51	209	Alexander Fawcett	MV45	Unattached	00:39:08
52	256	Christopher Dove	MSEN	SkyRac A.C.	00:39:14
53	180	Lisa Mawer	FV40	Wetherby	00:39:15
54	308	Sally Fawcett	FSEN	Racing TNT	00:39:18
55	473	Chris Easton	MSEN	Unattached	00:39:19
56	17	Neil Kingham	MV40	Knavesmire	00:39:39
57	470	Pete Downes	MV45	Knavesmire	00:39:40
58	450	Lindsay Skinner	FSEN	Scunthorpe & District AC	00:39:47
59	315	Graham Spowart	MSEN	Unattached	00:39:49
60	290	Darren Wood	MV40	Doncaster AC	00:39:53
61	275	Jonathan Proctor	MSEN	Unattached	00:40:05
62	265	Christy Woulfe	MV50	Unattached	00:40:07
63	395	Paul Emms	MV40	Unattached	00:40:08
64	481	Glenn Moore	MV45	Lincoln Wellington AC	00:40:10
65	440	Derek Parrington	MV45	Swaledale	00:40:11
66	262	Andy Lee	MSEN	Unattached	00:40:20
67	218	David Griffiths	MV50	Unattached	00:40:22
68	541	Ken Souiave	MV60	Ilkley Harriers	00:40:23
69	501	James Cornock	MV45	Unattached	00:40:30
70	207	Joseph Morton	MSEN	Unattached	00:40:32
71	148	Andrew Hardaker	MSEN	Keighley and Craven A.C.	00:40:34
72	239	lee White	MSEN	Burnden Road Runners	00:40:39
73	238	kirsty Preece	FV40	Burnden Road Runners	00:40:41
74	341	Graham Bell	MV55	Darlington Harriers	00:40:50
75	542	Paul Hooper	MV45	Unattached	00:40:54
76	29	michael Gill	MV40	Harrogate Harriers	00:40:55
77	439	Stefan Durkin	MV40	Knavesmire	00:40:57
78	26	Joseph Lofthouse	MSEN	Ripon Runners	00:41:04
79	356	Jon Boote	MSEN	Robert Town R.R.	00:41:07
80	298	Nicholas Scott	MV45	Steel city Strider	00:41:11
81	114	John Atkinson	MV45	Baildon Runners	00:41:14
82	73	Luke Saxton	MSEN	Unattached	00:41:17
83	282	Mark Gaughan	MV40	Halifax Harriers	00:41:23
84	436	Julie Bucknell	FV35	Wetherby	00:41:25
85	595	Alan Davidson	MV45	Nidd Valley Striders	00:41:28
86	422	Keith Galbraith	MV50	Burn Road Harriers	00:41:30
87	389	Sue Haslam	FV50	Scarborough A.C	00:41:31
88	438	matthew Wilkinson	MSEN	Unattached	00:41:32
89	304	Adrian Grainger	MV40	Chapel Allerton Road Runners	00:41:43
90	472	Mall Leggett	MV50	Doncaster AC	00:41:45
91	548	Amber Southern	FSEN	Unattached	00:41:48
92	504	James Thwaite	MSEN	Unattached	00:41:55
93	204	Malcolm Denison	MV50	Kirkstall Harriers	00:41:57
94	6	Mick Hogan	MV50	Eccleshill road runners	00:42:02
95	391	James Verity	MSEN	Unattached	00:42:03
96	345	Chris Doherty	MSEN	Harrogate Harriers	00:42:10
97	380	Nickie Fowler	MV40	Unattached	00:42:17

98	233	Steve Evins	MV40	Beverley A.C.	00:42:17
99	181	martin Wilson	MV40	Unattached	00:42:22
100	360	paul crossan	MV50	Chapel Allerton Road Runners	00:42:24
101	425	Jeff Lange	MSEN	Unattached	00:42:28
102	171	Anthony Hainsworth	MSEN	Unattached	00:42:29
103	285	Rebecca Cesar De Sa	FV35	SkyRac A.C.	00:42:33
104	491	Graham Harrison	MSEN	Pickering R.C.	00:42:38
105	217	Steven Wilkinson	MSEN	Unattached	00:42:46
106	402	Paul Grady	MSEN	Unattached	00:42:50
107	474	Andrew Walker	MV40	North yorkshire Police A.A.	00:42:53
108	13	Andy Davis	MV40	Unattached	00:42:54
109	103	Darren Cox	MSEN	Richmond & Zetland	00:42:54
110	8	david Halladay	MV45	Unattached	00:42:55
111	146	David Darton	MV50	Knavesmire	00:42:58
112	564	Adam Taylor	MSEN	Unattached	00:43:04
113	249	Graeme McGowan	MV40	Unattached	00:43:07
114	581	Martin Dennys	MV40	Unattached	00:43:09
115	145	Nic Cuthbertson	MV50	Chapel Allerton Road Runners	00:43:13
116	131	Erika Johnson	FV40	Swaledale	00:43:15
117	197	Andrew Lyon	MV45	Unattached	00:43:16
118	113	Clint Sawyer	MSEN	Lincoln Wellington AC	00:43:16
119	82	simon Drew	MSEN	Knavesmire	00:43:18
120	278	Andrew Nicholls	MV50	Hyde Park Harriers	00:43:20
121	159	Stuart Carr	MSEN	Unattached	00:43:20
122	433	Les Hunter	MV50	Unattached	00:43:22
123	246	Graham Pomfret	MV60	Blackburn Harriers	00:43:25
124	492	Greg Crossley	MV40	Unattached	00:43:26
125	559	John Grundy	MSEN	Unattached	00:43:26
126	289	Greg Sutherland	MV40	Unattached	00:43:28
127	583	Chris Gilbert	MSEN	Unattached	00:43:30
128	312	Edward East	MSEN	Baildon Runners	00:43:33
129	196	Les Charneca	MV40	Harrogate Harriers	00:43:35
130	187	Christopher Parker	MSEN	Unattached	00:43:36
131	521	Keith Hawkins	MV40	Ripon Runners	00:43:37
132	68	Tom Marsh	MSEN	Unattached	00:43:39
133	578	Scott Grant	MSEN	Trawden A.C.	00:43:41
134	139	Luke Salmons	MSEN	Unattached	00:43:43
135	486	Emma Collins	FV45	Denbigh Harriers	00:43:45
136	287	Paul Berry	MV40	Unattached	00:43:45
137	220	Gary Hotchkiss	MV45	Unattached	00:43:47
138	599	Liz Ensor	FSEN	Tadcaster Harriers	00:43:54
139	420	Catheriane Godfrey	FSEN	Knavesmire	00:44:10
140	59	Rachel Conlin - Smith	FV35	Chapel Allerton Road Runners	00:44:21
141	506	Ann Dale	FV35	Wetherby	00:44:21
142	528	Jonathan Yates	MSEN	Unattached	00:44:26
143	576	Kerry Mc Carthy	MSEN	runners world	00:44:27
144	254	sarah Knox	FV40	Serpentine R.C.	00:44:28
145	329	matt Whelan	MSEN	Unattached	00:44:32
146	89	Alaistair Macleod	MV50	Knavesmire	00:44:36
147	520	Richard Elliott	MSEN	Tickhill Runners AC	00:44:37

148	344	Tom Potter	MSEN	Otely A.C	00:44:37
149	468	Edward Beecher	MSEN	Unattached	00:44:42
150	414	Andy Kent	MV40	Unattached	00:44:49
151	198	Liz Crosland	FV35	Unattached	00:44:56
152	336	Paul Pinder	MSEN	Unattached	00:45:06
153	44	Andy Lowe	MSEN	Unattached	00:45:08
154	210	Alex Wheeler	MSEN	Chapel Allerton Road Runners	00:45:13
155	150	Brian Davis	MSEN	Unattached	00:45:16
156	12	Ian Yapp	MV40	Unattached	00:45:19
157	598	Sarah Hartley	FSEN	Unattached	00:45:21
158	156	Robert Taylor	MSEN	Eccleshill road runners	00:45:22
159	376	Jim Perkins	MV40	Abbey Runners	00:45:23
160	167	Neil Bloor	MV45	SkyRac A.C.	00:45:25
161	409	Ian Copley	MV50	Barnsley A.C.	00:45:32
162	94	Bob craig	MV50	Road Runners Club	00:45:32
163	434	Sue Simpson	FV50	Harrogate Harriers	00:45:36
164	147	Colin Lea	MV45	Knavesmire	00:45:39
165	57	Colin Reynolds	MV50	Unattached	00:45:40
166	579	Nick Iles	MV40	Nidd Valley Striders	00:45:42
167	76	Andrew Stoneley	MV50	RAF Menwith hill A.C.	00:45:43
168	567	Sheridan Murphy	MV45	Unattached	00:45:47
169	607	John Sharp	MSEN	Unattached	00:45:51
170	372	Emma Weall	FSEN	Wigan Phoenix	00:45:53
171	112	Simon Greene	MV55	Northern Vets	00:45:58
172	553	Bill Laughey	MV45	Unattached	00:46:00
173	527	Stuart Miller	MV40	Unattached	00:46:00
174	373	Steven Hollinwort	MV45	Unattached	00:46:00
175	227	Anthony Kendrick	MV50	Knavesmire	00:46:03
176	170	John Walton	MV40	Unattached	00:46:04
177	529	Stuart Williamson	MV40	Unattached	00:46:05
178	20	Dave Cooper	MV50	Ripon Runners	00:46:06
179	545	Richard Bell	MV40	Wetherby	00:46:08
180	274	Will Vaughan - Payne	MSEN	Unattached	00:46:08
181	561	Laura Marks	FV45	Wetherby	00:46:09
182	232	John Hunt	MV40	Saltaire Striders	00:46:11
183	547	Raphael Ploix	MSEN	Unattached	00:46:13
184	533	Claire Eccles	FV35	Unattached	00:46:15
185	522	Edward Ho	MV45	Unattached	00:46:16
186	580	Alison Iles	FV35	Nidd Valley Striders	00:46:17
187	234	john Robinson	MV60	Unattached	00:46:24
188	600	David Ensart	MSEN	Unattached	00:46:28
189	369	Andrew Dakin	MV40	Unattached	00:46:32
190	435	Stephen Moore	MSEN	Quakers Running Club	00:46:33
191	396	Miles Bradshaw	MV40	Thirsk & Sowerby Harriers	00:46:36
192	386	Michael Wrightson	MV50	Unattached	00:46:37
193	489	Clare Davison	FV45	Loftus & Whitby AC	00:46:42
194	53	Andrew Smith	MV50	U.K.net runners	00:46:43
195	325	Emma Fawcett	FSEN	Unattached	00:46:48
196	431	Ian Broadbent	MV40	Otely A.C	00:46:52
197	451	Stephen Garlick	MV45	Vocalink	00:46:55

198	225	Mark Hole	MV45	Unattached	00:46:56
199	515	Caron Ralph	FV40	Otley AC	00:46:57
200	428	richard Appleton	MSEN	Unattached	00:46:58
201	327	David Nahal	MV45	Abbey Runners	00:46:59
202	390	Nathan Addlesee	MSEN	Unattached	00:47:02
203	177	Robert Collins	MV45	Unattached	00:47:02
204	387	Scott Steel - Morris	MSEN	Unattached	00:47:04
205	39	John Middleton	MV50	Knavesmire	00:47:06
206	572	Phil Coggill	MSEN	Unattached	00:47:09
207	42	Steph Wilson	FSEN	Unattached	00:47:17
208	75	Chris Yates	MSEN	Unattached	00:47:20
209	124	Anna McIntee	FSEN	Unattached	00:47:23
210	499	Anthony Giliker	MV40	Unattached	00:47:25
211	505	Nigel Fairbairn	MSEN	Unattached	00:47:29
212	211	James Taylor	MSEN	Swaledale	00:47:30
213	546	Joanne Williams	FV35	Harrogate Harriers	00:47:32
214	193	Craig Keeton	MSEN	Unattached	00:47:34
215	240	Alistair Urquhart	MV40	Unattached	00:47:37
216	243	Geoffrey Baggaley	MV50	SkyRac A.C.	00:47:39
217	404	David Fox	MV55	Otely A.C	00:47:41
218	510	Mark Skelton	MSEN	Unattached	00:47:49
219	393	Clare Humphreys	FSEN	Chapel Allerton Road Runners	00:47:53
220	21	David Arkinstall	MV50	Unattached	00:47:53
221	339	Sarah Douglas	FSEN	Knavesmire	00:47:56
222	458	Christine Jackson	FV40	Unattached	00:47:59
223	558	Paul Mackay	MSEN	Unattached	00:48:00
224	464	Philip Steel	MSEN	Unattached	00:48:02
225	109	Jessica Roberts	FSEN	Chapel Allerton Road Runners	00:48:03
226	43	Kate Foley	FSEN	Chapel Allerton Road Runners	00:48:10
227	332	David Rayson	MV45	Chapel Allerton Road Runners	00:48:10
228	596	Russell Gregory	MV50	Harrogate Harriers	00:48:16
229	310	Alexandra whapples	FV40	Vocalink	00:48:18
230	102	Harold Dobson	MV70	Knavesmire	00:48:19
231	556	Elaine Risbey	FSEN	Unattached	00:48:27
232	471	Richard Finan	MSEN	Unattached	00:48:28
233	445	Andrew King	MSEN	Unattached	00:48:31
234	432	John Crabtree	MV55	Baildon Runners	00:48:32
235	121	Stepen Rough	MV50	Knavesmire	00:48:34
236	586	Charles Cudworth	MSEN	Unattached	00:48:35
237	182	Thomas Kirman	MSEN	Unattached	00:48:39
238	526	Andy Tuttell	MV40	Crossfit	00:48:41
239	392	Emma Farquhar	FV35	Ripon Runners	00:48:42
240	444	Chris Foy	MV40	Unattached	00:48:44
241	410	David Wickens	MV40	Unattached	00:48:47
242	400	Paul Barrett	MV45	Unattached	00:48:49
243	538	Martin Wright	MV45	Ilkley Harriers	00:48:51
244	152	Matthew Holt	MSEN	Ripon Runners	00:48:55
245	411	Ruth Thompson	FV35	Unattached	00:48:59
246	477	Ian Smith	MV50	Wetherby	00:49:00
247	72	David Hart	MV60	Unattached	00:49:01

248	261	Tom Hannah	MV60	Otley AC	00:49:01
249	563	Katherine Whitaker	FV40	Unattached	00:49:07
250	480	Robin Vauvelle	MV45	Unattached	00:49:10
251	203	Claire Mackay	FSEN	Unattached	00:49:11
252	173	Peter Devlin	MV50	Swaledale	00:49:27
253	47	Nicola Grant	FV40	Unattached	00:49:31
254	9	Steven Fox	MV50	Billingham Marsh House Harri	00:49:34
255	280	David Guy	MV50	Unattached	00:49:36
256	609	Eoghan Givew	MSEN	Unattached	00:49:37
257	461	Stuart Harvey	MSEN	Unattached	00:49:40
258	507	John Simpson	MV60	Wetherby	00:49:48
259	166	Bethany Bloor	FSEN	SkyRac A.C.	00:49:51
260	90	Jonny Thompson	MV40	Unattached	00:49:54
261	123	Andrew McIntee	MSEN	Unattached	00:49:54
262	554	James Percival	MV40	Harrogate Harriers	00:50:00
263	612	Craig Tetley	MSEN	Unattached	00:50:01
264	603	Jim Goddard	MV45	Baildon Runners	00:50:05
265	500	Keith Pratchett	MV60	Saltaire Striders	00:50:13
266	512	Glenn Plews	MV45	Unattached	00:50:16
267	382	Brian Hugill	MV40	Wharfdale Harriers	00:50:17
268	465	Sophie Johnstone	FSEN	Unattached	00:50:17
269	611	Richard Dean	MSEN	Unattached	00:50:18
270	602	Andrew Wilson	MV40	Abbey Runners	00:50:20
271	476	Rob Evans	MSEN	Unattached	00:50:25
272	557	Ian Richardson	MSEN	Unattached	00:50:35
273	535	Michael Sheehan	MV40	Unattached	00:50:36
274	138	Alastair Flett	MV40	Unattached	00:50:36
275	236	Keith Tolan	MV55	Unattached	00:50:37
276	184	Graham Haycock	MV40	Unattached	00:50:40
277	10	Dick Hunter	MV60	Knavesmire	00:50:43
278	354	Stephen Snelson	MV45	Unattached	00:50:44
279	151	Jill Holt	FV40	Ripon Runners	00:50:50
280	536	Sue Bickerdike	FV40	Ilkley Harriers	00:50:51
281	269	Ruth Pacey	FSEN	Unattached	00:50:56
282	424	Geoffrey hirst	MSEN	Unattached	00:50:57
283	273	Dan Lupton	MSEN	Unattached	00:51:01
284	381	Helen Lindley	FV45	Skipton A.C.	00:51:08
285	475	Abigail Johnson	FSEN	Unattached	00:51:10
286	50	Maureen Medlar	FV50	Knavesmire	00:51:11
287	104	Andrew Milnes	MV45	Unattached	00:51:13
288	447	Alistair McQueen	MSEN	Knavesmire	00:51:16
289	52	David Horne	MV45	North yorkshire Police A.A.	00:51:19
290	585	Paul Garrity	MV60	Scarborough A.C	00:51:20
291	100	Jonathan harrison	MSEN	Chapel Allerton Road Runners	00:51:22
292	513	Sarah Hobbs	FV40	Unattached	00:51:28
293	442	Mik Lambert	MV50	Scarborough A.C	00:51:32
294	297	james Cook	MV40	Unattached	00:51:34
295	279	Christopher Rhodes	MSEN	Unattached	00:51:38
296	118	Julie Richardson	FV35	Unattached	00:51:38
297	272	Martin Cunningham	MV40	Unattached	00:51:44

298	301	gordon booth	MV70	Longwood Harriers A.C.	00:51:47
299	487	Emma Prentis	FSEN	Edinburgh Uni Hare & Hounds	00:51:48
300	540	Helen Smithies	FSEN	Halifax Harriers	00:51:51
301	164	Scott Baillie	MV45	Unattached	00:51:55
302	286	Mark Lehany	MV45	Unattached	00:51:57
303	87	Marcus Patrick	MV45	Unattached	00:51:58
304	321	Liz Curley	FV35	Unattached	00:51:58
305	355	Carl Whale	MSEN	Unattached	00:52:00
306	48	Liz Matthews	FV50	Knavesmire	00:52:00
307	95	Theresa Stearn	FV50	Womens Running Network	00:52:03
308	23	John Devlin	MV60	Unattached	00:52:04
309	588	Mark Hattenley	MV45	Harrogate Harriers	00:52:06
310	469	Sarah Beecher	FV45	Unattached	00:52:08
311	419	Adrian Wray	MSEN	Unattached	00:52:10
312	247	Ray Scott	MV55	Gateshead harriers	00:52:11
313	363	Joy Allen	FV45	Knavesmire	00:52:12
314	65	Christine Hart	FSEN	Unattached	00:52:13
315	99	Ian Wilson	MSEN	Ackworth Road Runners	00:52:14
316	418	Chris Metcalf	MSEN	Unattached	00:52:17
317	60	David Gardiner	MV55	Unattached	00:52:28
318	190	Laura Linstead	FSEN	Unattached	00:52:29
319	417	Ryan Welford	MSEN	Unattached	00:52:31
320	283	Darryl Nield	MV40	Unattached	00:52:31
321	216	Nicola Walton	FV35	Unattached	00:52:32
322	14	Robin Dixon	MV55	Unattached	00:52:33
323	78	Jon Reast	MV45	City of Hull A.C.	00:52:33
324	412	Susan Hoering	FV45	RoadRunners	00:52:38
325	449	Stephen Wilby	MV55	Queensbury R.C.	00:52:39
326	302	Suzanne Riordan	FV40	Horsforth felldale club	00:52:44
327	28	Yvonne Skelton	FV50	Unattached	00:52:46
328	551	Sara Griffin	FSEN	Unattached	00:52:49
329	195	peter Cartwright	MV55	Unattached	00:52:50
330	401	Heather Stace	FSEN	Unattached	00:52:52
331	589	Andy Bishop	MV50	Ripon Runners	00:52:54
332	11	catherine Tombs	FV40	Unattached	00:53:01
333	250	Emma Edgar	FV45	Unattached	00:53:05
334	49	Martin Medlar	MV55	Knavesmire	00:53:08
335	311	Robert Marshall	MSEN	Unattached	00:53:09
336	88	Peter weatherhead	MV50	Unattached	00:53:14
337	397	Emma Clark	FV35	Nidd Valley Striders	00:53:20
338	86	Joanne Pickersgill	FV45	Unattached	00:53:25
339	231	Victoria Clayton	FV35	Ripon Runners	00:53:30
340	3	lyndon ross	MV45	Eccleshill road runners	00:53:34
341	570	Jacqueline Brooke	FSEN	Unattached	00:53:37
342	606	Antonia Gilpin	FSEN	Unattached	00:53:40
343	97	Rebecca Gooch	FV40	Chapel Allerton Road Runners	00:53:45
344	342	David Bish	MV60	Knavesmire	00:53:47
345	185	Victoria Hudson	FV35	Unattached	00:53:49
346	186	Chantelle Kerin	FSEN	Unattached	00:53:50
347	523	Donna Russell	FV35	Unattached	00:53:51

348	590	Mark Turnock	MV40	Unattached	00:53:52
349	222	Vicky Tetley	FSEN	Unattached	00:53:53
350	206	Heather Taylor	FV50	Unattached	00:53:54
351	405	Nick Rennardson	MSEN	Unattached	00:53:55
352	15	paul Baxter	MSEN	Harrogate Harriers	00:53:58
353	25	Michael Jones	MSEN	Unattached	00:54:05
354	370	Lindsey Winter	FV35	Eccleshill road runners	00:54:15
355	221	David Clay	MSEN	Unattached	00:54:16
356	189	Vicky Charlton	FV35	Unattached	00:54:16
357	248	Frank Beecroft	MV45	Saltaire Striders	00:54:17
358	524	Annabel Gratton	FSEN	Chapel Allerton Road Runners	00:54:22
359	574	C hristine Cox	FV50	Ilkley Harriers	00:54:23
360	349	Claire Bridge	FV35	Blackburn Harriers	00:54:25
361	584	Mark Blackmore	MV45	Unattached	00:54:26
362	539	David Portas	MV60	Unattached	00:54:27
363	27	Paul Pickering	MSEN	Unattached	00:54:29
364	573	Robert Butterfield	MSEN	Unattached	00:54:31
365	229	Helen Baines	MSEN	Unattached	00:54:32
366	485	Greg Jones	MV40	Unattached	00:54:34
367	571	Mark Fielder	MSEN	Unattached	00:54:35
368	183	Jan Lawson	FV45	Unattached	00:54:39
369	119	Malcolm Driffield	MSEN	Unattached	00:54:42
370	415	Kate Kent	FV40	Unattached	00:54:43
371	174	Linden Richards	MV40	Unattached	00:54:45
372	237	Julie Steel	FV45	Eccleshill road runners	00:54:50
373	176	Neil Armstrong	MV40	Unattached	00:54:50
374	518	Graham Merrick	MV50	Chapel Allerton Road Runners	00:54:54
375	335	Pater Persico	MSEN	Abbey Runners	00:54:55
376	544	Louise Wheeler	FV40	Unattached	00:54:59
377	483	Ken Howell	MV60	Unattached	00:55:00
378	605	Bernadette Gibbons	FV50	Ilkley Harriers	00:55:01
379	604	Vincent Gibbons	MV55	Ilkley Harriers	00:55:02
380	498	Hannah Greaves	FSEN	Unattached	00:55:03
381	591	Andrew Jackson	MV45	Vegan Runners UK	00:55:03
382	610	Ives Solo	MV40	Unattached	00:55:05
383	565	Lizanne Jeffrey	FV40	Stainland Lions	00:55:06
384	242	Phil Dulake	MSEN	Unattached	00:55:11
385	597	Sharon Moncur	FV35	Unattached	00:55:14
386	202	Mirelle Cox	FV40	Kippax Harriers	00:55:16
387	215	Sam Essen	MSEN	Unattached	00:55:20
388	172	Anthony Smith	MV50	Unattached	00:55:21
389	452	Geoff Perigo	MV50	Baildon Runners	00:55:35
390	125	Sue Milnes	FV45	Aire centre pacers	00:55:38
391	566	Laura Shaw	FV45	Unattached	00:55:40
392	137	Chris Harrison	MV50	Unattached	00:55:43
393	230	Angela Britton	FV50	Chapel Allerton Road Runners	00:55:44
394	69	Charlie Craddock	MV40	Unattached	00:55:53
395	441	Tracey Horseman	FV40	Unattached	00:55:54
396	255	catherine Osborne	FV40	Unattached	00:55:57
397	259	Leanda Crombie	FV35	Unattached	00:55:58

398	128	Paul Craze	MV50	Unattached	00:56:00
399	61	Lee carson	MV40	Unattached	00:56:02
400	7	Dawn Hogan	FV45	Eccleshill road runners	00:56:06
401	550	Andrew Marsden	MV45	Unattached	00:56:08
402	534	Catherine Portas	FSEN	Unattached	00:56:09
403	201	Joanna Hobson	FV50	Otely A.C	00:56:12
404	55	Julie Ball	FV45	Unattached	00:56:18
405	375	Darren Leaf	MSEN	Knavesmire	00:56:20
406	30	Vivianne Fraser	FV45	Knavesmire	00:56:23
407	140	Michael Ward	MSEN	Unattached	00:56:26
408	122	Kerry Pike	FV40	Unattached	00:56:26
409	34	David Reading	MV70	Scarborough A.C	00:56:36
410	92	Graeme Adams	MV60	Knavesmire	00:56:37
411	333	Susan Odai	FV45	Unattached	00:56:39
412	309	David Whapples	MV40	Vocalink	00:56:40
413	252	Roy Blair	MV40	Unattached	00:56:44
414	517	Julie Dorling	FV40	Otley AC	00:56:50
415	101	adelle Rawstron	FV35	Chapel Allerton Road Runners	00:56:55
416	394	Robert Dransfield	MV55	Unattached	00:56:57
417	1	liz watson	FV40	Unattached	00:56:59
418	525	Michael Crone	MSEN	Crossfit	00:57:11
419	552	Jane George	FV45	Unattached	00:57:16
420	199	Helen Durrant	FV35	Unattached	00:57:25
421	569	Mark Pagan	MV40	Unattached	00:57:30
422	83	Josie Briggs	FV40	Unattached	00:57:34
423	129	John Redhead	MV45	Unattached	00:57:35
424	364	Mark Evans	MV50	Unattached	00:57:40
425	594	Peter Bulford	MV45	Unattached	00:57:41
426	253	Dianne Addison	FV45	Unattached	00:57:44
427	330	Hannah Peacock	FSEN	Unattached	00:57:45
428	244	Margaret Brown	FV50	Knavesmire	00:57:47
429	2	irene welbourne	FV50	Knavesmire	00:57:47
430	323	Jane Redding	FV35	Unattached	00:57:53
431	67	Claudia Cottier	FSEN	Unattached	00:58:04
432	194	Nigel Proctor	MSEN	Unattached	00:58:07
433	130	Fiona Hubbocks	FSEN	Unattached	00:58:11
434	482	James Coles	MV45	Unattached	00:58:12
435	385	martin Robson	MSEN	Unattached	00:58:15
436	268	Jennifer Brearey	FV40	Unattached	00:58:17
437	305	Shirley Walker	FV60	Horsforth felldale club	00:58:19
438	555	Jude Owens	FV35	Chapel Allerton Road Runners	00:58:26
439	271	sarah Whitaker	FSEN	Unattached	00:58:27
440	158	Mark Kitchen	MSEN	Unattached	00:58:29
441	266	Thomas Miller	MV40	Unattached	00:58:33
442	587	Alexander Dimmick	MV40	Unattached	00:58:33
443	608	Barbara Robins	FV60	Bridlington Road runners	00:58:34
444	58	Aleks Collingwood	FV35	Unattached	00:58:35
445	91	Judith Meadows	FV40	Chapel Allerton Road Runners	00:58:39
446	136	Samantha Millington	FSEN	Unattached	00:58:40
447	117	Liz Wall	FV35	Unattached	00:58:47

448	453	Denise McLay	FV45	Unattached	00:58:52
449	296	Amanda thomson	FV40	Unattached	00:58:59
450	281	jamie Stewart	MSEN	Horsforth felldale club	00:59:03
451	560	Diane Hill	FSEN	Wetherby	00:59:11
452	71	Chris Hornby	MSEN	Unattached	00:59:25
453	357	Colin Rodgers	MV60	Unattached	00:59:31
454	169	Jane Carter	FV40	Knivesmire	00:59:36
455	62	Dianne Grany	FV50	Knivesmire	00:59:36
456	568	Karen Thirkell	FV50	Abbey Runners	00:59:36
457	188	Laura Taylor	FSEN	Unattached	00:59:41
458	455	Gillian Mackie	FV45	Unattached	00:59:52
459	456	Cathy Moores	FV50	Wetherby	00:59:52
460	70	Kim James	FV50	Eccleshill road runners	00:59:53
461	316	Jamie Sheen	MSEN	Unattached	00:59:54
462	79	Sue Reast	FV40	City of Hull A.C.	00:59:59
463	443	Sharon Houghton	FV50	Scarborough A.C	01:00:02
464	263	Simon Martin	MV45	Unattached	01:00:09
465	205	Lynne Pollard	FV60	Unattached	01:00:13
466	32	Ian Codling	MV70	Thirsk & Sowerby Harriers	01:00:25
467	398	Sue Morris	FV45	Unattached	01:00:31
468	592	Liz Martin	FV40	Wetherby	01:00:33
469	593	Louise Withy	FV35	Unattached	01:00:34
470	427	Garry Moss	MV40	Knivesmire	01:00:48
471	406	Lisa Highley	FV35	Unattached	01:00:49
472	260	Fran Benson	FV45	Unattached	01:01:12
473	423	Hannah Peterson	FSEN	Unattached	01:01:14
474	338	Dee Boudierba	FV40	York Postal Harriers	01:01:19
475	508	Sheila Mason	FV50	Horsforth Harriers	01:01:21
476	110	Angela Holmes	FV35	Chapel Allerton Road Runners	01:01:24
477	514	michelle Foxall	FV40	Unattached	01:01:40
478	350	Emma Walgate	FSEN	Unattached	01:01:51
479	98	Julie Rookes	FV35	Knivesmire	01:02:04
480	494	Natalie Scott	FSEN	Unattached	01:02:14
481	200	Richard Hall	MV55	Unattached	01:02:17
482	352	Stephen Howard	MV50	Unattached	01:02:18
483	270	lizzie Rhodes	FV35	Baildon Runners	01:02:26
484	300	Sheila Ely	FV60	Longwood Harriers A.C.	01:02:32
485	334	Tracey Stainthorp	FV40	Ripon Runners	01:02:34
486	192	Badar Ayaz	MSEN	Unattached	01:02:36
487	107	Jennifer Davis	FV50	Unattached	01:02:55
488	362	Anthony Rodgers	MV45	Unattached	01:03:18
489	40	Meryll Cripps	FV60	Valley striders	01:03:22
490	531	Margaret Cook	FV50	Unattached	01:03:25
491	120	Cliff Gilmour	MSEN	Unattached	01:03:36
492	319	Susan Birbeck	FV45	Baildon Runners	01:03:42
493	257	Andy Poole	MSEN	Unattached	01:03:42
494	388	Claire Hougham	FSEN	Chapel Allerton Road Runners	01:03:45
495	379	Susie Doherty	FSEN	Unattached	01:04:02
496	575	Rachel Cunningham	FSEN	Ilkley Harriers	01:04:07
497	303	Alistair McIntosh	MV50	Unattached	01:04:08

498	163	Rianne Cray	FSEN	Unattached	01:04:14
499	509	Caroline Faithwaite	FV45	Horsforth Harriers	01:04:32
500	277	Penny King	FV35	Idle AC	01:04:37
501	4	jean wright	FV60	Knavesmire	01:04:41
502	288	Rita Berry	FV40	Unattached	01:05:14
503	413	Barry Robson	MV60	RoadRunners	01:05:22
504	214	Glenn Leatham	MV40	Knavesmire	01:05:33
505	208	Marc Gibson	MV40	Unattached	01:05:39
506	160	Robert Seldon	MV45	Unattached	01:05:43
507	226	Rosemary Brodie	FSEN	Unattached	01:05:44
508	18	Matthew Lucocl	MSEN	Harrogate Harriers	01:05:51
509	328	Sue Render	FSEN	York Postal Harriers	01:06:05
510	479	Xavier Del Busto	MSEN	Unattached	01:06:07
511	264	Joanne Chapman	FV40	Unattached	01:06:11
512	426	Linda Moss	FV45	Knavesmire	01:07:04
513	503	Liz Thwaite	FV35	Unattached	01:07:18
514	31	marian Codling	FV60	Thirsk & Sowerby Harriers	01:07:27
515	135	Julie Macleod	FV40	Unattached	01:07:30
516	155	katherine Foster	FSEN	Unattached	01:07:36
517	317	Dot Carr	FV60	Unattached	01:07:45
518	537	Pamela Portas	FV60	Unattached	01:07:53
519	291	Charlotte harrison	FV35	Unattached	01:08:02
520	543	Laura Henderson	FSEN	Unattached	01:08:24
521	228	Tony Shaw	MV50	Unattached	01:08:33
522	399	John Gentle	MV70	Unattached	01:08:54
523	93	Gillian Gill	FV60	Knavesmire	01:08:56
524	496	Katheryn Lucas	FV40	Eccleshill road runners	01:09:03
525	377	Ian Brown	MV60	Kirkstall Harriers	01:09:17
526	457	Yan-Yan Yip	FSEN	Unattached	01:09:21
527	460	Anne Mann	FV40	Unattached	01:09:54
528	383	Dave Smith	MV60	Lincoln Wellington AC	01:09:55
529	343	Lynda Bish	FV60	Knavesmire	01:10:26
530	251	David Edgar	MV45	Unattached	01:11:19
531	33	Avril Reading	FV60	Scarborough A.C	01:11:32
532	407	Roisin Currie	FV35	Unattached	01:11:34
533	421	Heather Bulmer	FV50	York Postal Harriers	01:12:05
534	313	Leila Boudierba	FSEN	Unattached	01:12:16
535	38	Kim Middleton	FV50	Knavesmire	01:12:35
536	245	mary Pomfret	FV50	Blackburn Harriers	01:12:39
537	530	Patricia Huck	FV60	Thirsk & Sowerby Harriers	01:13:50
538	466	Jonathan Addis	MSEN	Unattached	01:15:39
539	467	Chris Anderson	MSEN	Unattached	01:15:41
540	213	Kay Leatham	FV40	Knavesmire	01:17:32
541	161	rebecca Dawe	FSEN	Unattached	01:18:00