



LEEDS 5K RACE SERIES 2019

Position	Bib No.	First Name	Second Name	Club	Cat.	Race 1	Race 2	Race 3	Race 4	No. Races	Total Time	Cat Posn.
1	1729	Michael	Vargas	Hyde Park Harriers	MSEN	16:45	16:18	16:49	16:31	4	1:06:23	1
2	1548	Sam	Clegg	Rotherham Harriers & AC	MSEN	16:49	16:39	16:55	16:40	4	1:07:03	2
3	1574	Martin	Fillingham	Saltaire Striders	MV45	17:02	16:49	17:13	17:21	4	1:08:25	1
4	1591	Philip	Goose	Hyde Park Harriers	MSEN	16:47	16:53	17:58	17:57	4	1:09:35	3
5	803	Andrew	Carrier	Hyde Park Harriers	MSEN	17:02	17:02	17:35	17:58	4	1:09:37	4
6	1712	Adam	Stirk	Wharfedale Harriers	MSEN	17:46	18:16	17:56	17:26	4	1:11:24	5
7	1642	Tom	Langdon	Leeds & Bradford Triathlon Club	MV35	16:51	17:17	17:29	19:55	4	1:11:32	1
8	1536	Joe	Carr	Leeds City AC	MJUN	17:46	17:57	18:03	17:50	4	1:11:36	1
9	1556	Stephen	Coy	Ilkley Harriers	MV45	17:58	17:53	18:23	17:48	4	1:12:02	2
10	1723	Chris	Tinker	Leeds & Bradford Triathlon Club	MSEN	18:15	18:28	18:51	18:12	4	1:13:46	6
11	1700	Steven	Scott		MV45	18:49	18:53	18:26	18:30	4	1:14:38	3
12	1663	Ian	Ogden	Spensborough & District AC	MV45	18:48	18:47	19:10	19:19	4	1:16:04	4
13	1550	Joseph	Cook	Leeds City AC	MSEN	18:53	18:57	19:09	19:10	4	1:16:09	7
14	1653	Rob	Marsh	Valley Striders	MV45	19:04	19:11	19:17	19:14	4	1:16:46	5
15	1626	Graham	Jones	Valley Striders	MV50	19:01	19:11	19:24	19:14	4	1:16:50	1
16	1749	Amy	Young	Hyde Park Harriers	FSEN	18:34	19:26	19:23	19:36	4	1:16:59	1
17	1657	Paul	Menham		MV40	19:42	19:03	19:27	19:23	4	1:17:35	1
18	1678	Iain	Rayner		MV40	20:00	19:43	20:12	19:57	4	1:19:52	2
19	1590	Rory	Goldthorpe	Abbey Runners	MV35	20:21	19:51	20:09	19:53	4	1:20:14	2
20	1708	Ian	Sommerville	Rothwell Harriers & AC	MSEN	20:40	20:04	20:33	20:03	4	1:21:20	8
21	1613	Neil	Holloway	Leeds & Bradford Triathlon Club	MV40	20:46	20:04	20:15	20:34	4	1:21:39	3
22	1654	Edward	Matson		MV40	21:29	20:59	21:11	20:34	4	1:24:13	4
23	1861	Alfred	Tyrrell	Valley Striders	MJUN	21:14	21:04	21:20	21:29	4	1:25:07	2
24	1896	Zachary	Quin	Otley AC	MJUN	21:33	20:55	21:50	20:50	4	1:25:08	3
25	1552	Chris	Corcoran	Leeds City AC	MV65	21:41	21:27	21:24	20:59	4	1:25:31	1
26	1560	Sam	Davison	Valley Striders	MSEN	20:56	21:25	21:43	21:49	4	1:25:53	9
27	1511	Tillie	Clark	St Therasas AC	FSEN	21:40	21:35	21:44	21:02	4	1:26:01	2
28	1689	Helen	Roden	Abbey Runners	FV45	21:28	21:36	21:59	21:25	4	1:26:28	1
29	1746	Steph	Wilson	Pudsey & Bramley AC	FV40	22:01	22:17	22:26	22:23	4	1:29:07	1
30	1503	Ali	Ameri		MV35	23:06	22:50	22:37	21:55	4	1:30:28	3
31	945	James	Rawstron	Otley AC	MV45	22:54	23:08	22:39	21:58	4	1:30:39	6
32	1587	Christopher	Gill	St Therasas AC	MV70	22:49	22:47	22:48	23:04	4	1:31:28	1

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34	1588	Steph	Gledhill	Valley Striders	FV40	21:35	22:57	21:33	25:29	4	1:31:34	2
33	1706	Stu	Sklinar	Roundhay Runners	MSEN	22:13	22:06	23:26	23:49	4	1:31:34	10
35	1507	James	Balkwill	Abbey Runners	MV45	23:06	22:28	23:02	23:07	4	1:31:43	7
36	1609	Craig	Hitchenor		MV45	24:00	23:59	24:35	23:46	4	1:36:20	8
37	1691	Bill	Roscoe		MV65	23:00	24:58	24:05	24:36	4	1:36:39	2
38	800	Wayne	Butler		MSEN	24:42	24:02	24:27	25:13	4	1:38:24	11
39	1696	Chris	Rugg		MV40	24:57	24:46	24:41	24:27	4	1:38:51	5
40	1579	Nicola	Forwood	Hyde Park Harriers	FV35	24:14	23:02	24:41	28:06	4	1:40:03	1
41	1895	Kitty	Quin	Otley AC	FJUN	24:09	24:18	26:12	25:28	4	1:40:07	1
42	1580	Pascale	Fotherby	Valley Striders	FV40	25:52	25:33	25:29	26:21	4	1:43:15	3
43	773	Zeni	Bellwood	Hyde Park Harriers	FSEN	26:58	26:34	25:24	26:17	4	1:45:13	3
44	1562	Louise	Dell'amico	Saltaire Striders	FV40	27:10	26:16	27:03	26:40	4	1:47:09	4
45	1666	Jane	Oughton	Abbey Runners	FV55	26:24	26:35	27:55	26:33	4	1:47:27	1
46	1594	Suzanne	Hague	Saltaire Striders	FV50	27:08	26:38	27:31	27:41	4	1:48:58	1
47	1632	Leila	Kara	Valley Striders	FV50	30:49	30:08	27:45	25:29	4	1:54:11	2
48	1597	Amy	Hannell	Horsforth Harriers	FV35	29:04	28:20	29:04	28:23	4	1:54:51	2
49	890	Robyn	Johnson	Hyde Park Harriers	FSEN	30:27	28:55	28:33	28:03	4	1:55:58	4
50	1540	John	Cassells		MV70	32:27	32:03	31:43	31:48	4	2:08:01	2
51	1625	Gill	Jones	Leeds & Bradford Triathlon Club	FV60	32:49	34:03	32:00	31:25	4	2:10:17	1
52	1535	Dot	Carr		FV70	34:43	33:19	33:34	33:21	4	2:14:57	1
53	1621	Jonny	Johnson	Rotherham Harriers & AC	MSEN	15:43	16:01	16:01		3	47:45	12
54	1610	John	Hobbs	Valley Striders	MV40		16:35	16:42	16:21	3	49:38	6
55	1707	Mark	Smith	Horsforth Harriers	MV35	16:29	16:44		16:52	3	50:05	4
56	1537	Henry	Carter	Spenborough & District AC	MSEN	17:40	17:41		17:01	3	52:22	13
57	1557	Ashley	Crawford		MSEN	17:37	17:23		17:30	3	52:30	14
58	864	Alex	Hoggard	Selby Striders	MSEN	17:47	17:19	17:29		3	52:35	15
59	1740	Matthew	Wilkinson	Nidd Valley Road Runners	MV35	17:16	17:36	18:00		3	52:52	5
60	1646	Huw	Lippiatt	Valley Striders	MV45	17:20	17:49	18:00		3	53:09	9
61	1629	Simon	Jones	Abbey Runners	MSEN	17:28	17:17		18:41	3	53:26	16
62	1688	Freddie	Roden	Abbey Runners	MJUN	18:00	18:06	18:05		3	54:11	4
63	996	Robert	Whitaker	Wetherby Runners AC	MV40	18:13	18:07	18:04		3	54:24	7
64	837	Nathan	Coy	Ilkley Harriers	MJUN	18:05		18:31	18:25	3	55:01	5



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65	1659	Stephen	Morris	Leeds & Bradford Triathlon Club	MSEN	18:26	18:18	18:31		3	55:15	17
66	1581	Paul	Fotherby	Valley Striders	MV40	18:28		18:29	18:25	3	55:22	8
67	1672	Barney	Plummer	Horsforth Harriers	MSEN	18:21	18:20	18:53		3	55:34	18
68	961	Clare	Slorach	Hyde Park Harriers	FSEN	19:04	18:44	19:06		3	56:54	5
69	1603	Richard	Harrison	Selby Striders	MV45	19:33	18:59	20:03		3	58:35	10
70	1553	Andy	Corker		MSEN	19:35	19:28	19:39		3	58:42	19
71	1686	Adam	Robertson	Roundhay Runners	MV35	18:53	18:49		21:09	3	58:51	6
72	1640	Michael	Kershaw	Crossgates Harriers	MV50	19:56	19:36	19:45		3	59:17	2
73	1669	Adam	Parton	Valley Striders	MV45	19:51	19:40	19:49		3	59:20	11
74	1512	Andy	Bates		MV35	20:29	19:41	19:52		3	1:00:02	7
75	1534	Brent	Carr	Otley AC	MV45	20:18	19:52	20:27		3	1:00:37	12
76	1694	Danny	Rosenberg		MV35	20:14	20:36	20:04		3	1:00:54	8
77	1701	David	Semmence	Bramley Breezers	MSEN	20:09	20:28		20:37	3	1:01:14	20
78	1520	Paul	Bowman	Richmond & Zetland Harriers	MV55		20:30	20:32	20:18	3	1:01:20	1
79	1624	Chris	Jones	Hyde Park Harriers	MV60	20:57	21:34		20:50	3	1:03:21	1
80	1655	Lisa	Mawer	Harrogate Harriers & AC	FV50	21:14	20:46	21:28		3	1:03:28	3
81	1583	Ned	Gallagher-Thompson	Otley AC	MJUN	21:45	20:55	20:59		3	1:03:39	6
82	1704	Heidi	Siddle	Leeds & Bradford Triathlon Club	FV40	21:30	21:25		21:12	3	1:04:07	5
83	1690	Oscar	Roden	Abbey Runners	MJUN	21:37		21:50	20:52	3	1:04:19	7
84	1709	Amanda	Spencer	Valley Striders	FV50		21:31	21:28	21:30	3	1:04:29	4
85	1733	Alexandra	Watson-Usher	Valley Striders	FSEN	21:15	21:39		21:55	3	1:04:49	6
86	1541	Charlotte	Chambers	Otley AC	FJUN	22:24	21:24	21:44		3	1:05:32	2
87	1862	Stephen	Turnbull		MV40	21:27	21:56	22:36		3	1:05:59	9
88	1628	Philip	Jones	Baildon Runners	MV60	22:40	22:12	22:17		3	1:07:09	2
89	1716	Leroy	Sutton	Valley Striders	MV60		21:50	23:22	22:34	3	1:07:46	3
90	923	Jason	Newell	Spensorough & District AC	MV45		22:09	22:50	22:54	3	1:07:53	13
91	1636	Mat	Kelly	Rothwell Harriers & AC	MV35	22:02	24:27	21:36		3	1:08:05	9
92	1568	Jonathan	Eagle	Horsforth Harriers	MV55	23:03	22:41	22:32		3	1:08:16	2
93	1563	Warren	Dennison	Roundhay Runners	MV50	22:20		23:07	23:25	3	1:08:52	3
94	1608	Kathryn	Hind	Leeds & Bradford Triathlon Club	FV45		22:57	23:12	23:07	3	1:09:16	2
95	1612	Daniel	Hollis		MV40		23:51	23:37	22:41	3	1:10:09	10
96	1692	Brett	Roscoe		MV45	23:31		23:10	23:28	3	1:10:09	14

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97	1722	Sue	Tindall	Tadcaster Harriers	FV50	23:39	23:21		24:37	3	1:11:37	5
98	1680	Emyr	Rees	Bingley Harriers & AC	MV50	23:56	23:47	24:23		3	1:12:06	4
99	1698	Ellen	Sayles	Rothwell Harriers & AC	FSEN	24:36	24:25	23:17		3	1:12:18	7
100	1658	Daniel	Metcalfe	Horsforth Fellandale	MV35	25:18	23:09		24:03	3	1:12:30	10
101	1543	Stuart	Christensen		MV40	23:54	24:28		24:22	3	1:12:44	11
102	960	Libby	Rickelton	Leeds & Bradford Triathlon Club	FJUN	24:16	24:09	24:34		3	1:12:59	3
103	1715	Martin	Sutcliffe	Valley Striders	MV35	23:17		24:15	25:52	3	1:13:24	11
104	1728	Brian	Tyrrell	Valley Striders	MV60	24:08	25:02		25:08	3	1:14:18	4
105	1570	Adam	Ellis	Abbey Runners	MV40	23:53	26:32		24:43	3	1:15:08	12
106	1713	Paul	Stokes	Valley Striders	MV45	25:26	25:04	25:17		3	1:15:47	15
107	1742	Elizabeth	Willis	Abbey Runners	FV50		25:59	25:38	24:34	3	1:16:11	6
108	1554	Hilda	Couley	Ilkley Harriers	FV65	25:13	25:47	25:33		3	1:16:33	1
109	1596	David	Handy		MV50	26:23	25:21	25:16		3	1:17:00	5
110	1521	Victoria	Brides	Horsforth Harriers	FSEN		25:24	27:22	24:20	3	1:17:06	8
111	1564	Tommy	Dickson	Horsforth Harriers	MSEN	25:23	24:47	27:22		3	1:17:32	21
112	1582	Carmel	Gallagher	Otley AC	FV40	26:23	25:43		25:41	3	1:17:47	6
113	1697	Jasmine	Salih	Abbey Runners	FV45	25:22	25:32	27:00		3	1:17:54	3
114	1682	Mark	Reynolds	Rothwell Harriers & AC	MV55	27:10	26:45		25:56	3	1:19:51	3
115	1522	Josephine	Briggs	Saltaire Striders	FV50	27:10	26:35	27:35		3	1:21:20	7
116	499	Dean	Lloyd	Morley Running Club	MV45	26:49	27:31	27:13		3	1:21:33	16
117	1710	Jacqueline	Stack	Horsforth Harriers	FV50	29:17	28:14		28:23	3	1:25:54	8
118	1526	Debbie	Brown	Hyde Park Harriers	FV50	30:59	31:14		30:37	3	1:32:50	9
119	1519	Claire	Bowman	Richmond & Zetland Harriers	FV50		31:30	31:25	30:34	3	1:33:29	10
120	1792	Maureen	Coffey	Roundhay Runners	FV70		31:20	30:37	31:54	3	1:33:51	2
121	1586	Rachael	Garrard		FV40	37:16	34:57		36:29	3	1:48:42	7
122	1510	Donna	Banks		FV35	41:49	34:29		34:36	3	1:50:54	3
123	836	Dominic	Coy	Ilkley Harriers	MSEN	16:10			16:04	2	32:14	22
124	1545	Joseph	Clancy	Leeds City AC	MSEN	17:04	16:59			2	34:03	23
125	917	John	Navis	Pudsey & Bramley AC	MSEN	16:51	17:23			2	34:14	24
126	1546	Cal	Clark	Abbey Runners	MSEN	17:24			17:09	2	34:33	25
127	1807	Richard	Herrington	St Therasas AC	MV35			17:23	17:22	2	34:45	12
128	1765	James	Osborne	Doncaster AC	MSEN		17:15	17:33		2	34:48	26

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129	1819	Daniel	Mckeown	Ilkley Harriers	MV40			17:29	17:44	2	35:13	13
130	1634	Ryan	Kavanagh	Tadcaster Harriers	MSEN			17:48	17:25	2	35:13	27
131	1782	Jonathan	Ball	Valley Striders	MV40			17:34	17:49	2	35:23	14
132	799	Kim	Brown	Ripon Runners	MV45	17:53	17:34			2	35:27	17
133	1721	Jamie	Thompson	Wetherby Runners AC	MV35	18:17	17:41			2	35:58	13
134	1664	Kevin	Ogden	Spensborough & District AC	MV45	17:55			18:11	2	36:06	18
135	1679	Ben	Rees	Bingley Harriers & AC	MJUN	17:53		18:19		2	36:12	8
136	1684	Paul	Richardson	Harrogate Harriers & AC	MV40	18:08	18:11			2	36:19	15
137	1777	Scott	Watson	Hyde Park Harriers	MV40		17:36	19:02		2	36:38	16
138	1517	Dan	Blackburn	Leeds & Bradford Triathlon Club	MV35		18:20	18:25		2	36:45	14
139	987	Chris	Walker	Durham City Harriers & AC	MSEN	18:38	18:26			2	37:04	28
140	1731	Aisling	Wall	Horsforth Harriers	FSEN		18:20		18:57	2	37:17	9
141	969	Todd	Stewart	Skyrac AC	MV50	18:53	18:54			2	37:47	6
142	1523	Jenson	Brogden	Otley AC	MJUN	19:10	18:38			2	37:48	9
143	1769	Jacob	Pow	Leeds City AC	MJUN		18:34	19:15		2	37:49	10
144	1607	Owen	Hilton	Abbey Runners	MSEN	19:07	19:05			2	38:12	29
145	1501	Michael	Abrams-Cohen	Ilkley Harriers	MSEN	19:02	19:10			2	38:12	30
146	863	Geoffrey	Hirst	Harrogate Harriers & AC	MV35	19:08		19:25		2	38:33	15
147	1774	Harry	Stead	Ilkley Harriers	MJUN		19:08		19:42	2	38:50	11
148	1754	Reuben	Hill	Valley Striders	MJUN		19:17	19:43		2	39:00	12
149	1639	Craig	Kent	Abbey Runners	MSEN	19:48	19:19			2	39:07	31
150	1791	Trevor	Clough	Leeds City AC	MV60			19:52	19:38	2	39:30	5
151	1662	Alistair	O'donnell	Kirkstall Harriers	MSEN	19:33			20:24	2	39:57	32
152	1576	Sean	Fitzgerald	Valley Striders	MV35	19:29			20:29	2	39:58	16
153	1611	Tony	Hodge	Roundhay Runners	MV45	19:25		20:45		2	40:10	19
154	1732	Jerry	Watson	Thames Hare & Hounds	MV55	20:01			20:11	2	40:12	4
155	979	Neil	Thurston		MV35	20:16	19:59			2	40:15	17
156	818	Andrew	Collins	Harrogate Harriers & AC	MV35	20:06		20:11		2	40:17	18
157	1530	Robert	Budding	Ilkley Harriers	MV50	19:32			21:14	2	40:46	7
158	1565	Carlos Nahuel	Diz		MSEN	19:13		21:37		2	40:50	33
159	1515	Ashley	Beddoes	Abbey Runners	MSEN		20:38		20:22	2	41:00	34
160	1661	Jack	Oakshatt		MSEN	20:50			20:58	2	41:48	35

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161	1089	Theo	Armitage	Bingley Harriers & AC	MJUN		20:46	21:32		2	42:18	13
162	905	Peter	Mummery		MV40	21:49	20:53			2	42:42	17
163	938	Vicente	Ponsoda		MSEN	22:02	20:43			2	42:45	36
164	1559	John	Dalby	Harrogate Harriers & AC	MV60			21:40	21:18	2	42:58	6
165	1514	Paul	Beal	Horsforth Harriers	MV40	21:35		21:25		2	43:00	18
166	1506	Mark	Ayre	Roundhay Runners	MV50	21:44	21:20			2	43:04	8
167	1660	Faye	Mullen	Abbey Runners	FSEN	21:40			21:31	2	43:11	10
168	1601	Samantha	Harris	Valley Striders	FV35	21:50		21:27		2	43:17	4
169	1747	David	Womersley	Horsforth Harriers	MV65	21:47	21:33			2	43:20	3
170	1615	Chloe	Hudson	Valley Striders	FV35	21:47		21:51		2	43:38	5
171	1766	Karen	Pearse		FV35		21:55	22:07		2	44:02	6
172	1674	Oliver	Pryse		MSEN	22:19	21:51			2	44:10	37
173	1513	Neil	Baxter	Skyrac AC	MV40		21:25		22:54	2	44:19	19
174	1516	Gareth	Bell	Harrogate Harriers & AC	MV40	22:30	21:51			2	44:21	20
175	1720	Richard	Thomas	Kirkstall Harriers	MV55	22:17	22:05			2	44:22	5
176	1584	Eleanor	Gallon	Kirkstall Harriers	FV35		22:10	22:39		2	44:49	7
177	1602	Jenny	Harrison	Horsforth Harriers	FSEN			23:29	21:56	2	45:25	11
178	1622	Sophie	Johnstone	Roundhay Runners	FV40		22:49	22:41		2	45:30	8
179	1695	Ian	Rosser	Valley Striders	MV45		22:38	22:55		2	45:33	20
181	1724	Gemma	Traviss-Turner	Roundhay Runners	FSEN	22:41		22:54		2	45:35	12
180	1616	Chris	Hughes		MV45	23:11	22:24			2	45:35	21
182	1620	Lee	Jamieson	Kippax Harriers	MV40	23:11	23:27			2	46:38	21
183	1705	Bobby	Skelding		MV40			22:40	24:23	2	47:03	22
184	1855	Ellie	Archer		FSEN			24:17	23:09	2	47:26	13
185	1737	Paul	Whitehurst	Morley Running Club	MV40	22:50			24:38	2	47:28	23
186	1617	Louise	Ingham		FV35	23:36	23:56			2	47:32	8
187	1518	Raj	Boughan	Roundhay Runners	MV35	23:30		24:49		2	48:19	19
188	1699	Carole	Schofield	Valley Striders	FV55	24:10	24:26			2	48:36	2
189	1627	Justin	Jones	Roundhay Runners	MV40	24:48	24:28			2	49:16	24
190	1644	Barbara	Lee	Baildon Runners	FV60	24:14		25:06		2	49:20	2
191	1577	Chris	Forde		MV45	24:47			25:01	2	49:48	22
192	1551	James	Corah	Kirkstall Harriers	MV40	24:50	25:08			2	49:58	25

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Position	Bib No.	First Name	Second Name	Club	Cat.	Race 1	Race 2	Race 3	Race 4	No. Races	Total Time	Cat Posn.
193	1739	Phil	Wilkins	Spensorough & District AC	MV35	24:40	25:51			2	50:31	20
194	1623	Vicki	Johnstone	Valley Striders	FV45	25:39	25:55			2	51:34	4
195	1756	John	Irving	Roundhay Runners	MV60		26:03	25:38		2	51:41	7
196	1633	Elaine	Kavanagh	Tadcaster Harriers	FV55	26:15	26:09			2	52:24	3
197	1817	Andy	Mace	Valley Striders	MV45			27:01	25:31	2	52:32	23
198	906	Evie	Murdoch	Leeds & Bradford Triathlon Club	FJUN	26:59		26:19		2	53:18	4
199	914	Penelope	Navarro	Roundhay Runners	FV40	27:48	27:58			2	55:46	9
200	1675	Ali	Pyner	Roundhay Runners	FV35	27:54	28:08			2	56:02	9
201	1759	Joanne	Lundgren	Hyde Park Harriers	FSEN		27:59		29:29	2	57:28	14
202	1665	Julie	Oldfield	Roundhay Runners	FV55	28:41		29:20		2	58:01	4
203	1718	Alice	Taylor		FSEN	29:06	29:56			2	59:02	15
204	1668	Hannah	Parmley	Roundhay Runners	FSEN		28:57	30:14		2	59:11	16
205	1614	Jean	Hoyle		FV50	30:28		30:57		2	1:01:25	11
393	1833	Samantha	Scarlett		FSEN		31:22	31:54		2	1:03:16	34
206	1527	Stephen	Brown	Hyde Park Harriers	MV50	31:14			33:00	2	1:04:14	9
207	1504	Ewelina	Amrouche	Morley Running Club	FV35	33:10	32:59			2	1:06:09	10
208	1832	Joe	Sagar	Spensorough & District AC	MSEN			15:52		1	15:52	38
209	1773	Alex	Simpson	Lancaster University Running Club	MSEN		16:19			1	16:19	39
210	1786	Simon	Bolland	Spensorough & District AC	MSEN			16:23		1	16:23	40
211	1160	Philip	Boynton	Horsforth Harriers	MSEN		16:27			1	16:27	41
212	1853	Nick	Hooker	Leeds City AC	MSEN			16:30		1	16:30	42
213	1744	Jonathan	Wills	Roundhay Runners	MV40				16:40	1	16:40	26
214	1757	Jeremy	Ladyman	Valley Striders	MV40		16:46			1	16:46	27
215	1289	Luke	Edwards	Liverpool Pembroke & Sefton Harriers AC	MSEN		16:48			1	16:48	43
216	1848	Jonathan	Young	Kirkstall Harriers	MSEN			16:55		1	16:55	44
217	1753	Charles	Hickman		MV40		16:59			1	16:59	28
218	1776	Tom	Venning	Valley Striders	MV40		16:59			1	16:59	29
219	1812	Rupert	Jordan	Hyde Park Harriers	MV35			17:00		1	17:00	21
220	1875	Liam	Jenkins	Abbey Runners	MSEN				17:01	1	17:01	45
221	1216	Mika	Brown		MSEN		17:02			1	17:02	46
222	1870	Jonathon	Harding	South Leeds Lakers	MSEN				17:05	1	17:05	47
223	1031	Sam	Akerman	Leeds City AC	MSEN		17:10			1	17:10	48

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Position	Bib No.	First Name	Second Name	Club	Cat.	Race 1	Race 2	Race 3	Race 4	No. Races	Total Time	Cat Posn.
224	1887	Tom	Pollard	Fulham Running Club	MSEN				17:13	1	17:13	49
225	1796	Tom	Dart	Spensorborough & District AC	MSEN			17:15		1	17:15	50
226	1671	Steve	Pinn	Roundhay Runners	MV40	17:18				1	17:18	30
227	1841	Chris	Ward	Wakefield District H & AC	MV35			17:28		1	17:28	22
228	1872	Sebastian	Hopper	Stratford Upon Avon AC	MSEN				17:31	1	17:31	51
229	1892	Helen	Warburton	Gosforth Harriers & AC	FSEN				17:32	1	17:32	17
230	1770	Matthew	Richardson	Saltaire Striders	MV35		17:38			1	17:38	23
231	1738	Dan	Whittle	Leeds City AC	MSEN		17:40			1	17:40	52
232	1894	Dylan	Williams	Eton Manor AC	MSEN				17:44	1	17:44	53
233	1751	Mike	Gallagher	Hyde Park Harriers	MV35		17:44			1	17:44	24
234	1834	Danny	Seldon	Purbeck Runners	MV40			17:46		1	17:46	31
235	1788	Andy	Brown	Saltaire Striders	MV50			17:47		1	17:47	10
236	1780	Graham	Askew	Bingley Harriers & AC	MV45			17:50		1	17:50	24
237	1863	Leila	Armoush	Leeds City AC	FSEN				17:51	1	17:51	18
238	1847	Zejun	Yao	LUUCCC	MV35			17:54		1	17:54	25
240	1781	James	Askew	Bingley Harriers & AC	MSEN			17:55		1	17:55	54
239	963	Chris	Smith	Hyde Park Harriers	MV40	17:55				1	17:55	32
242	1828	Mark	Porter	Bellahouston Harriers	MSEN			17:56		1	17:56	55
241	984	Bobak	Walker	Roundhay Runners	MV35	17:56				1	17:56	26
243	1764	Alan	O'brien	Kirkstall Harriers	MSEN		17:59			1	17:59	56
244	1779	Leila	Armoush	Leeds City AC	FSEN			18:03		1	18:03	19
245	1752	Tom	Harris	Harrogate Harriers & AC	MSEN		18:04			1	18:04	57
246	1561	Josh	Dawson	Hyde Park Harriers	MSEN	18:05				1	18:05	58
248	1775	Rowan	Temple	Kirkstall Harriers	MSEN		18:06			1	18:06	59
247	885	Tim	Holt	Steel City Striders RC	MV40	18:06				1	18:06	33
249	1758	Cheuk	Lam	Bradford Airedale AC	MSEN		18:10			1	18:10	60
250	974	Helen	Thurston	Ilkley Harriers	FV35	18:11				1	18:11	11
251	822	John	Convery	Bingley Harriers & AC	MV55				18:13	1	18:13	6
252	1717	James	Tarran	Valley Striders	MV50		18:16			1	18:16	11
253	1868	Matthew	Grimshaw		MSEN				18:23	1	18:23	61
254	1693	Jack	Rose	Hyde Park Harriers	MSEN	18:25				1	18:25	62
255	1755	Lucy-Erin	Hunter	Darlington Harriers & AC	FSEN		18:27			1	18:27	20

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Position	Bib No.	First Name	Second Name	Club	Cat.	Race 1	Race 2	Race 3	Race 4	No. Races	Total Time	Cat Posn.
256	1592	Rob	Grant		MV45	18:28				1	18:28	25
257	1864	Richard	Bond	Saltaire Striders	MV40				18:34	1	18:34	34
258	1768	Benjamin	Piggin		MSEN		18:36			1	18:36	63
259	902	Owen	Hilton	Abbey Runners	MSEN				18:41	1	18:41	64
261	1593	Owain	Gwilym	Airecentre Pacers	MV35	18:43				1	18:43	27
260	1571	Jarrad	Englestown	Selby Striders	MV40	18:43				1	18:43	35
262	1802	David	Foyston	Ilkley Harriers	MV40			18:46		1	18:46	36
263	988	Oliver	Warren		MSEN	18:47				1	18:47	65
264	1845	David	Westhead	Ilkley Harriers	MV50			18:55		1	18:55	12
265	1893	Georgina	Weston	Rotherham Harriers & AC	FSEN				18:56	1	18:56	21
266	1761	Sean	Mchale		MSEN		18:56			1	18:56	66
268	1816	Greg	Lyle	Doncaster Triathlon Club	MV35			18:59		1	18:59	28
267	1558	Martin	Critchley	Horsforth Harriers	MV40	18:59				1	18:59	37
269	772	Pat	Barnes		MSEN	19:01				1	19:01	67
270	1585	Rob	Garbutt		MV35			19:02		1	19:02	29
271	1815	Martin	Landells	Pudsey & Bramley AC	MV55			19:07		1	19:07	7
272	1799	Henry	Eglin	Baildon Runners	MSEN			19:08		1	19:08	68
273	832	Sean	Cook	Valley Striders	MV35	19:12				1	19:12	30
274	1804	Martin	Hall	Spenborough & District AC	MV55			19:14		1	19:14	8
275	1790	Chris	Chambers	Otley AC	MV35			19:15		1	19:15	31
276	1839	Jonathan	Turner	Ilkley Harriers	MV45			19:16		1	19:16	26
277	1837	Jonathan	Spain	Hyde Park Harriers	MSEN			19:20		1	19:20	69
278	1871	Jack	Hayes		MSEN				19:21	1	19:21	70
279	1829	John	Pratt	Hyde Park Harriers	MV35			19:29		1	19:29	32
280	1824	Steve	Murray	Ilkley Harriers	MV45			19:30		1	19:30	27
281	1818	Sean	Mchale		MSEN			19:32		1	19:32	71
282	1750	Innes	Young	Roundhay Runners	MV40		19:34			1	19:34	38
283	1783	Neil	Barker	Spenborough & District AC	MV45			19:34		1	19:34	28
284	1846	Colin	Williams	Ilkley Harriers	MV55			19:34		1	19:34	9
285	1531	John	Buddle	Baildon Runners	MV55				19:44	1	19:44	10
286	1884	Andy	Mill	Abbey Runners	MV35				19:45	1	19:45	33
287	1889	Lee	Taylor	Hyde Park Harriers	MV40				19:47	1	19:47	39

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Position	Bib No.	First Name	Second Name	Club	Cat.	Race 1	Race 2	Race 3	Race 4	No. Races	Total Time	Cat Posn.
288	1656	Kevin	Mcmullan	Valley Striders	MV50			19:49		1	19:49	13
290	1831	Jay	Richardson	Roundhay Runners	MSEN			19:50		1	19:50	72
289	1813	Tomasz	Krzyszewski		MV40			19:50		1	19:50	40
291	1784	Helen	Beck	Wakefield District H & AC	FV35			19:51		1	19:51	12
292	1745	Ian	Wilson	Spensborough & District AC	MV40				20:03	1	20:03	41
293	1888	Charlotte	Rawstron	Skyrac AC	FJUN				20:07	1	20:07	5
294	1869	Simon	Hands	Kirkstall Harriers	MV40				20:14	1	20:14	42
295	1630	Mark	Jordan	Harrogate Harriers & AC	MV60			20:18		1	20:18	8
296	1760	Mike	Mcdougall		MV35		20:19			1	20:19	34
297	1836	David	Smith		MV40			20:20		1	20:20	43
298	1589	Michael	Goldstone		MV35	20:22				1	20:22	35
299	1641	Wayne	King-Farlow	Bingley Harriers & AC	MV45	20:23				1	20:23	29
300	1867	Josh	Graham	Daventry Road Runners	MSEN				20:25	1	20:25	73
301	1810	John	Imrie	Leeds City AC	MSEN			20:25		1	20:25	74
302	848	Kristian James	Henry	Horsforth Harriers	MV35	20:27				1	20:27	36
304	1264	Chris	Cobb	Roundhay Runners	MV35		20:32			1	20:32	37
303	1873	Martin	Horbury	St Therasas AC	MV55				20:32	1	20:32	11
305	1542	George	Chambers	Otley AC	MJUN		20:34			1	20:34	14
306	981	Michael	Vinegrad	Chapel Allerton RC	MV35	20:35				1	20:35	38
307	962	Anthony	Smith		MSEN	20:38				1	20:38	75
308	1524	Aston	Brogden	Otley AC	MJUN			20:42		1	20:42	15
309	1741	Terry	Williams	Hyde Park Harriers	MV35	20:43				1	20:43	39
310	1290	James	Fisher		MSEN		20:46			1	20:46	76
311	1575	Alexandra	Firth	Abbey Runners	FSEN	20:47				1	20:47	22
312	1827	Janine	Porter	Bellahouston Harriers	FSEN			20:47		1	20:47	23
313	1649	Vernon	Long	Valley Striders	MV50				20:51	1	20:51	14
314	1528	Archie	Budding	Ilkley Harriers	MJUN				20:56	1	20:56	16
315	1599	Vicky	Harper		FV35	21:07				1	21:07	13
316	1555	Graeme	Cowling	Otley AC	MV35	21:08				1	21:08	40
317	1885	Mark	Montanana		MV35				21:12	1	21:12	41
318	751	Eden	Backhouse	Mounts Bay Harriers	FSEN	21:15				1	21:15	24
319	787	Lauren	Brook		FSEN	21:15				1	21:15	25

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Position	Bib No.	First Name	Second Name	Club	Cat.	Race 1	Race 2	Race 3	Race 4	No. Races	Total Time	Cat Posn.
320	1276	Martha	Currie	Leeds City AC	FJUN		21:19			1	21:19	6
321	1795	Chris	Darley		MV40			21:21		1	21:21	44
322	1778	Catherine	Wright	Harrogate Harriers & AC	FV55		21:22			1	21:22	5
323	1825	Steve	Newell	Ilkley Harriers	MV50			21:26		1	21:26	15
324	1803	James	Greenlay	Ilkley Harriers	MJUN			21:30		1	21:30	17
325	999	Nicholas	Akerman		MV40		21:38			1	21:38	45
326	1567	Lauren	Eadon	Wetherby Runners AC	FV50		21:48			1	21:48	12
327	926	Dominic	Oddy		MSEN	21:54				1	21:54	77
328	1670	Florence	Pell	Valley Striders	FJUN	21:59				1	21:59	7
329	1702	Suzanne	Sharman	Pudsey & Bramley AC	FV35	22:00				1	22:00	14
330	1502	Liz	Adams	Valley Striders	FV40				22:05	1	22:05	10
331	1785	Andrew	Bolas		MV35			22:19		1	22:19	42
332	1767	Laura	Phillips	Abbey Runners	FSEN		22:20			1	22:20	26
333	1880	Ian	Lenihan	Valley Striders	MV35				22:21	1	22:21	43
335	1851	Jack	Joseph		MJUN			22:24		1	22:24	18
334	1882	Michael	Mcdermott		MV50				22:24	1	22:24	16
336	1673	Cheryl	Proctor	Roundhay Runners	FSEN		22:30			1	22:30	27
337	1830	Paul	Ramsden	Hyde Park Harriers	MV40			22:38		1	22:38	46
338	1811	Donald	Johnson	Bingley Harriers & AC	MV65			22:49		1	22:49	4
339	1801	Neil	Fairburn	Baildon Runners	MV55			22:58		1	22:58	12
340	992	Andy	Webb		MV35	23:02				1	23:02	44
341	1842	John	Ward	Ripon Runners	MV70			23:13		1	23:13	3
342	1748	Gail	Wrangles	Ackworth Road Runners	FV45	23:14				1	23:14	5
344	1814	Joe	Lakin		MJUN			23:18		1	23:18	19
343	1866	Noel	Fitzpatrick	Saltaire Striders	MV45				23:18	1	23:18	30
345	1595	Robert	Halstead	Horsforth Harriers	MSEN				23:24	1	23:24	78
346	1225	Gavin	Burton	Otley AC	MV40		23:25			1	23:25	47
347	1278	Alan	Douglas	Saltaire Striders	MV45		23:26			1	23:26	31
348	1578	Lora	Forster	Chapel Allerton RC	FV35	23:30				1	23:30	15
349	1735	Paul	White	Valley Striders	MV70			23:32		1	23:32	4
350	1547	Denise	Clark	Ackworth Road Runners	FV50	23:36				1	23:36	13
351	1529	Nicola	Budding	Ilkley Harriers	FV50				23:42	1	23:42	14

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352	1095	Alison	Bennett	Ilkley Harriers	FV55		23:44			1	23:44	6
353	1647	Graeme	Littlewood	Abbey Runners	MV50		23:47			1	23:47	17
354	1891	Conor	Walsh		MV35				23:49	1	23:49	45
355	771	Jerry	Barnes	York Acorn Running Club	MV55	23:49				1	23:49	13
356	1549	James	Cook	Roundhay Runners	MV40			23:54		1	23:54	48
357	1509	Killian	Bane		MSEN	24:02				1	24:02	79
358	1508	Liz	Ball	Valley Striders	FV65	24:21				1	24:21	2
359	842	Daniel	Fotherby	Valley Striders	MJUN	24:34				1	24:34	20
360	1772	Leigh	Schelvis	Hyde Park Harriers	MSEN		24:37			1	24:37	80
361	1762	Russell	Missett	Morley Running Club	MV45		24:40			1	24:40	32
362	1544	Helen	Clancy		FV45	24:41				1	24:41	6
363	1876	Denise	Johnson	Baildon Runners	FV55				25:25	1	25:25	7
364	1840	Clive	Walton	Abbey Runners	MV50			25:28		1	25:28	18
365	1849	Zeesham	Ahmad		MJUN			25:31		1	25:31	21
366	1667	Sarah	Papadimos	Horsforth Harriers	FV50	25:51				1	25:51	15
367	973	Carly	Terry	Chapel Allerton RC	FV35	26:05				1	26:05	16
368	1826	Reuben	Orange		MJUN			26:26		1	26:26	22
369	1525	Stephen	Brook	Queensbury Running Club	MV70		26:29			1	26:29	5
370	1703	Mark	Shepherd		MV45	27:02				1	27:02	33
371	1859	Erin	Bonsall		FSEN			27:50		1	27:50	28
372	1860	Oliver	Lakin		MJUN			27:50		1	27:50	23
373	1600	Fiona	Harris	Roundhay Runners	FSEN	28:18				1	28:18	29
374	1883	Joanne	Mcgaray	Kirkstall Harriers	FSEN				28:36	1	28:36	30
375	1858	Lizzie	Wlod		FSEN			28:37		1	28:37	31
376	1806	Charis	Hawkins		FSEN			28:49		1	28:49	32
377	1857	Will	Dobson-Bond		MJUN			29:19		1	29:19	24
378	1618	Vivienne	Irvine	Wakefield Triathlon Club	FV50	29:49				1	29:49	16
379	855	Jody	Hill	Airecentre Pacers	FV35	30:46				1	30:46	17
380	862	Bekki	Hirst	Airecentre Pacers	FV35	30:46				1	30:46	18
382	1878	Euan	Kirk		MJUN				33:57	1	33:57	25
381	1877	Alex	Kirk		MV40				33:57	1	33:57	49
383	1809	Stephanie	Hird		FJUN			35:35		1	35:35	8

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384	1852	Savanna	Mccall		FJUN			37:02		1	37:02	9
385	1533	Linda	Carey	Baildon Runners	FV60		37:15			1	37:15	3
386	1854	Natalya	Gumbs		FJUN			39:59		1	39:59	10
387	1787	Kathryn	Bowley		FSEN			40:04		1	40:04	33
388	778	Rachel	Boyd	Knaresborough Striders	FV55	41:49				1	41:49	8
389	1856	Jaydan	Stephens		MJUN			42:52		1	42:52	26
390	1850	Sophie	Coultas		FJUN			43:25		1	43:25	11
391	1805	Sam	Hallas		FV45			43:28		1	43:28	7
392	1835	Nat	Shaw		MJUN			43:28		1	43:28	27