



LEEDS 5K RACE SERIES 2018

Bib No.	First Name	Second Name	Club	Cat.	Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8	No. Races	Total Time	To Count	Best 6
451	John	Hobbs	Valley Striders	MV40		16:16	16:22	16:11	16:01	15:50		15:55	6	1:36:35	6	1:36:35
595	Matthew	Hallam	Valley Striders	MSEN	16:58	16:50	16:59	16:54	16:47			16:16	6	1:40:44	6	1:40:44
641	Adam	Lomas	Hyde Park Harriers	MSEN	18:16			17:42	17:26	16:58	16:57	17:12	6	1:44:31	6	1:44:31
752	Huw	Lippiatt	Valley Striders	MV45		17:25	17:35	17:20	17:40		17:53	17:25	6	1:45:18	6	1:45:18
580	Richard	Gibbs	Roundhay Runners	MV40		17:55	17:59	17:45	17:50		18:17	17:42	6	1:47:28	6	1:47:28
669	Kevin	Ogden	Spensorough & District AC	MV45	18:17			17:55	17:49	17:58	18:19	17:56	6	1:48:14	6	1:48:14
491	Paul	Fotherby	Valley Striders	MV40		18:29	18:22	18:18	18:05	18:00	18:02		6	1:49:16	6	1:49:16
721	James	Tarran	Valley Striders	MV50	18:28	18:18	19:10	18:11		18:07	18:24		6	1:50:38	6	1:50:38
528	Joe	Carr	Leeds City AC	MJUN	19:04		19:27	18:29	17:57	18:20	19:06	18:32	7	2:10:55	6	1:51:28
693	Paul	Richardson	Harrogate Harriers & AC	MV40		18:42	18:39	18:38	18:36	18:35	18:50	18:33	7	2:10:33	6	1:51:43
654	Keith	Mcghie	Spensorough & District AC	MV55	18:39	18:35		18:24	18:37	18:34	18:56		6	1:51:45	6	1:51:45
501	Tobias	Adkins	Hyde Park Harriers	MSEN	18:43	19:09	18:58	18:31		19:04	18:46		6	1:53:11	6	1:53:11
552	Josh	Dawson		MSEN	19:24	19:03	19:17	18:50	18:53	19:12	18:43	18:47	8	2:32:09	6	1:53:28
668	Ian	Ogden	Spensorough & District AC	MV45		18:54	19:32	19:00	19:05	19:32	19:22	18:58	7	2:14:23	6	1:54:51
696	Freddie	Roden	Abbey Runners	MJUN	20:36	19:32	19:31	18:57	19:34	19:09	19:21	19:05	8	2:35:45	6	1:55:35
483	Paul	Menham		MV40	19:31	19:11	19:20	18:52		19:34		19:09	6	1:55:37	6	1:55:37
584	Rory	Goldthorpe		MSEN	19:47	19:11	19:19	18:47	19:29			19:23	6	1:55:56	6	1:55:56
642	Vernon	Long	Valley Striders	MV50		19:44	19:30		18:58	18:55	19:34	19:46	6	1:56:27	6	1:56:27
749	Amy	Young	Hyde Park Harriers	FSEN	19:37	19:28	21:11	19:24		19:55	19:12	19:10	7	2:17:57	6	1:56:46
507	Andy	Bates		MSEN	19:43	19:34	19:42	19:14		19:37		19:14	6	1:57:04	6	1:57:04
604	Geoffrey	Hirst	Harrogate Harriers & AC	MSEN	19:51	19:44	19:35	18:59	19:33		19:54	19:39	7	2:17:15	6	1:57:21
536	Duncan	Clark	Abbey Runners	MV55	19:17	19:53	19:50	19:36	19:17		20:17		6	1:58:10	6	1:58:10
695	Adam	Robertson	Roundhay Runners	MSEN	20:06	20:05	19:49	20:25		19:45	20:01	19:28	7	2:19:39	6	1:59:14
702	Danny	Rosenberg		MSEN	20:30	20:03	19:37		20:12		20:04	20:02	6	2:00:28	6	2:00:28
542	Joseph	Cook	Leeds City AC	MSEN		19:29	19:37	20:17		21:36	20:54	20:40	6	2:02:33	6	2:02:33
703	Ian	Rosser	Valley Striders	MV45	20:35	20:28	20:16	20:19	20:31	20:59		21:04	7	2:24:12	6	2:03:08
516	John	Blatherwick	Hyde Park Harriers	MSEN	20:47	20:43	20:43	19:55	20:10	20:54			6	2:03:12	6	2:03:12
519	Aston	Brogden	Otley AC	MJUN	20:59	20:40		20:20	20:40	20:15	20:28	21:07	7	2:24:29	6	2:03:22
523	Robert	Budding	Ilkley Harriers	MV50	20:06	19:54	20:01		22:03	21:59	21:35	20:43	7	2:26:21	6	2:04:18
351	Chris	Jones	Hyde Park Harriers	MV60	21:28	21:49	21:36	21:15	20:59	21:22	21:30	20:29	8	2:50:28	6	2:07:03
532	George	Chambers	Otley AC	MJUN	21:20	21:39	21:07	20:47	21:05	21:27			6	2:07:25	6	2:07:25
743	David	Womersley	Horsforth Harriers	MV65	21:04	21:17	21:29	21:12	21:27	21:30		21:42	7	2:29:41	6	2:07:59
509	Neil	Baxter	Skyrac AC	MV40	23:19	22:36	21:39	21:02	21:50	20:31		20:35	7	2:31:32	6	2:08:13
698	Oscar	Roden	Abbey Runners	MJUN	23:30	21:49	21:45	22:00		21:32	21:34	21:07	7	2:33:17	6	2:09:47
571	Clare	Evans	Hyde Park Harriers	FSEN	21:13		24:53	22:01	21:22	21:50	22:01	21:29	7	2:34:49	6	2:09:56
645	Oliver	Lunt		MSEN		22:24	21:59	21:20	21:39	21:25	21:22		6	2:10:09	6	2:10:09



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475	Leroy	Sutton	Valley Striders	MV60	21:50	21:38	21:45	21:39	21:42	21:42			6	2:10:16	6	2:10:16
697	Helen	Roden	Abbey Runners	FV45	21:48	22:27	21:49	21:50	21:44	21:38	21:58	21:43	8	2:54:57	6	2:10:32
11	Tillie	Clark	St Therasas AC	FSEN	21:19	21:14	22:29	21:47		22:11	22:05		6	2:11:05	6	2:11:05
711	Heidi	Siddle	Leeds & Bradford Triathlon Club	FV40	22:09	22:17	21:47	22:24	22:29	21:38	21:47	21:42	8	2:56:13	6	2:11:20
479	Alexandra	Watson-Usher	Valley Striders	FSEN	23:40	23:16	22:25	21:54		21:15	21:38	21:03	7	2:35:11	6	2:11:31
566	Adam	Ellis	Abbey Runners	MV40	22:06	21:56	22:59	21:55	22:09	22:43	22:24		7	2:36:12	6	2:13:13
352	Matt	Ellis	Abbey Runners	MV40	22:27	22:25		22:14		22:10	22:26	22:14	6	2:13:56	6	2:13:56
581	Christopher	Gill	St Therasas AC	MV70	21:57	22:58	22:36		22:46	22:54	23:43	23:01	7	2:39:55	6	2:16:12
716	Amanda	Spencer	Valley Striders	FV45	23:24	22:54	22:48		22:40	22:12	22:55		6	2:16:53	6	2:16:53
807	Alfred	Tyrrell		MJUN			23:12	22:42	23:29	22:33	23:41	21:50	6	2:17:27	6	2:17:27
738	Paul	White	Valley Striders	MV70	23:01	23:20	22:54	23:09			23:01	23:06	6	2:18:31	6	2:18:31
602	Kathryn	Hind	Leeds & Bradford Triathlon Club	FV45	26:00	24:58	24:17	23:36	23:14	22:33	22:36	22:16	8	3:09:30	6	2:18:32
554	Warren	Dennison		MV50	22:20	22:19	22:49	25:00	23:29	23:49		24:34	7	2:44:20	6	2:19:20
647	Michael	Mansfield	Roundhay Runners	MV55		23:20	23:41	23:16	23:00		23:55	23:12	6	2:20:24	6	2:20:24
505	James	Balkwill	Abbey Runners	MV45	23:46	23:29	22:59	24:00	23:32	23:19		23:20	7	2:44:25	6	2:20:25
730	Clive	Walton	Abbey Runners	MV50	23:19	23:12	23:13	23:23	23:31	24:06		24:38	7	2:45:22	6	2:20:44
620	Donald	Johnson	Bingley Harriers & AC	MV65	24:05	23:38	23:56		22:57	23:10	23:00	25:52	7	2:46:38	6	2:20:46
699	Bill	Roscoe		MV65	24:05	23:19	23:39	23:21	23:09		24:22		6	2:21:55	6	2:21:55
488	Brian	Tyrrell	Valley Striders	MV55	24:03	23:58	23:43	23:50	23:50	25:19	25:19	24:04	8	3:14:06	6	2:23:28
675	Christopher	Parker-Haim	Rothwell Harriers	MSEN		24:57	24:14	23:55		24:17	23:26	23:32	6	2:24:21	6	2:24:21
636	Barbara	Lee	Baildon Runners	FV60		24:29	24:46	23:59	24:07		24:59	24:00	6	2:26:20	6	2:26:20
700	Brett	Roscoe		MV45	24:57	23:54	24:29	24:24	24:13	25:49	24:23		7	2:52:09	6	2:26:20
564	Richard	Edwards	Hyde Park Harriers	MV40	24:45	24:08	24:20	24:03	23:46	26:07		25:37	7	2:52:46	6	2:26:39
705	Jasmine	Salih	Abbey Runners	FV45	25:03	24:59	24:37	25:27	24:15		25:08	24:18	7	2:53:47	6	2:28:20
673	Sarah	Papadimos	Horsforth Harriers	FV50		26:37	25:03		24:57	24:59	24:54	25:33	6	2:32:03	6	2:32:03
619	Denise	Johnson	Baildon Runners	FV55	25:25	25:37	25:14		25:03	25:50	25:21	25:52	7	2:58:22	6	2:32:30
522	Stephen	Brook	Queensbury Running Club	MV70	26:31	26:12	25:22	26:02	24:50	26:12	25:28	24:57	8	3:25:34	6	2:32:51
518	Victoria	Brides	Horsforth Harriers	FSEN	24:56	25:55	24:43	26:23	25:15			26:22	6	2:33:34	6	2:33:34
446	Pascale	Fotherby	Valley Striders	FV35	24:55		24:55	25:25	25:40	26:04		27:12	6	2:34:11	6	2:34:11
625	Elaine	Kavanagh	Tadcaster Harriers	FV55	26:17	26:01	26:15	26:15		26:33	26:23	25:56	7	3:03:40	6	2:37:07
591	Suzanne	Hague	Saltaire Striders	FV50	26:53	26:49	26:37	26:42	26:21	28:00	27:24	29:13	8	3:37:59	6	2:40:46
463	Joanna	Clarke	Rothwell Harriers	FV35	27:43	27:44	27:13	26:40		27:27	27:32	27:24	7	3:11:43	6	2:43:59
676	Matthew	Parker-Haim		MSEN		26:40	27:49	26:49		27:11	29:32	27:51	6	2:45:52	6	2:45:52
717	Jacqueline	Stack	Horsforth Harriers	FV50	29:25	29:44	28:43	28:13	29:20	29:39	29:40	28:08	8	3:52:52	6	2:53:28
539	Maureen	Coffey	Roundhay Runners	FV65	29:31	28:47	28:55	29:58	28:35	30:02			6	2:55:48	6	2:55:48
650	Sheila	Mason	Horsforth Harriers	FV60	30:23	29:35	29:39	28:45	28:30		29:02		6	2:55:54	6	2:55:54

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679	Hannah	Parmley	Roundhay Runners	FSEN		27:37	29:24	30:27	31:11		31:47	29:45	6	3:00:11	6	3:00:11
563	Julie	Eastwood	Horsforth Harriers	FV60	31:28	31:30	30:52	31:56	31:06		31:59		6	3:08:51	6	3:08:51
558	Paul	Dodsworth	Otley AC	MV50	34:24	33:11	32:58	32:24	31:34	31:43		31:48	7	3:48:02	6	3:13:38
847	Michael	Vargas	Hyde Park Harriers	MSEN				17:37	16:58	16:57	17:17	17:32	5	1:26:21	5	1:26:21
854	Jonathan	Young	Kirkstall Harriers	MSEN				17:41	17:28	17:21	17:23	17:09	5	1:27:02	5	1:27:02
736	Robert	Whitaker	Wetherby Runners AC	MV40		17:51	17:46	17:56	18:07	17:52			5	1:29:32	5	1:29:32
614	Roger	Hutton		MV40			18:04		18:05	17:55	18:00	17:50	5	1:29:54	5	1:29:54
706	Alan	Salter		MSEN		18:55	18:43	18:22	18:49	18:30			5	1:33:19	5	1:33:19
579	Rob	Garbutt		MSEN	18:51	18:40				19:10	19:01	18:41	5	1:34:23	5	1:34:23
439	Connor	Clark	Abbey Runners	MJUN	19:41	19:15	19:30	18:55	19:00				5	1:36:21	5	1:36:21
520	Jenson	Brogden	Otley AC	MJUN	19:19	19:12		20:03	19:47			19:16	5	1:37:37	5	1:37:37
529	Chris	Carrick	Hyde Park Harriers	MV40		18:54	20:00	19:22	19:20			20:15	5	1:37:51	5	1:37:51
500	Wayne	King-Farlow	Bingley Harriers & AC	MV45		19:55		19:30	19:55	20:07		19:48	5	1:39:15	5	1:39:15
649	Rob	Marsh	Valley Striders	MV40	20:03	19:51	19:50				20:08	19:25	5	1:39:17	5	1:39:17
750	Innes	Young	Roundhay Runners	MV40	20:06	20:10		19:57		19:54		19:51	5	1:39:58	5	1:39:58
640	Stuart	Little	Horsforth Harriers	MSEN	20:58	20:40	20:41	20:01		20:08			5	1:42:28	5	1:42:28
504	Mark	Ayre	Roundhay Runners	MV50	20:28	20:17	21:24	20:40	20:39				5	1:43:28	5	1:43:28
286	Christopher	Hassall	Hyde Park Harriers	MSEN	21:02		22:15	21:02	20:13		21:14		5	1:45:46	5	1:45:46
583	Michael	Goldstone		MSEN	22:08		21:24		21:40	20:52	20:18		5	1:46:22	5	1:46:22
687	Iain	Rayner		MV40		22:07	21:27	20:48	21:14			21:24	5	1:47:00	5	1:47:00
644	Grahame	Lunt		MV60		22:04	21:54	21:35		21:16		21:36	5	1:48:25	5	1:48:25
543	Chris	Corcoran	Leeds City AC	MV65	21:36	21:24		22:04		22:38	21:58		5	1:49:40	5	1:49:40
692	Johanna	Rhodes	Hyde Park Harriers	FSEN		23:30	22:49	22:32		22:20	22:46		5	1:53:57	5	1:53:57
713	Stu	Sklinar	Leeds & Bradford Triathlon Club	MSEN	21:02	21:24			25:40		23:51	22:37	5	1:54:34	5	1:54:34
589	Sarah	Greene	Hyde Park Harriers	FSEN		23:04	22:22		23:17		23:59	23:14	5	1:55:56	5	1:55:56
484	Daniel	Metcalfe	Horsforth Fellandale	MSEN	23:45	23:26		23:49	23:08			23:02	5	1:57:10	5	1:57:10
689	Emyr	Rees	Bingley Harriers & AC	MV50	23:11	23:20			23:14	23:57	23:32		5	1:57:14	5	1:57:14
569	Melanie	Ellwood	York Postal Harriers	FSEN	24:18	23:55				24:08	22:59	22:58	5	1:58:18	5	1:58:18
573	Naomi	Farrar	Hyde Park Harriers	FSEN	24:30	25:03	24:54			26:10		24:31	5	2:05:08	5	2:05:08
578	Heather	Fulton	Hyde Park Harriers	FSEN	24:53	25:59			24:46	25:10		24:26	5	2:05:14	5	2:05:14
557	Tom	Dickson	Horsforth Harriers	MSEN			26:28	25:11	25:18	25:45		26:08	5	2:08:50	5	2:08:50
632	Lesley	Lavery	St Therasas AC	FV50	25:42	26:00	25:00		26:52			27:12	5	2:10:46	5	2:10:46
660	Joanna	Mingham	Horsforth Harriers	FV60	27:11	27:26	26:39		26:13			27:57	5	2:15:26	5	2:15:26
774	Josie	Briggs	Saltaire Striders	FV50			26:52	27:27		28:14	27:21	26:59	5	2:16:53	5	2:16:53
674	John	Papworth-Smith		MV65			29:36		28:23	28:26	27:40	27:50	5	2:21:55	5	2:21:55
533	Sarah	Charlesworth	Wharfedale Harriers	FV35			23:51	23:36	23:51	24:09	24:00	24:47	5	2:24:14	5	2:24:14

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652	Anne	Mccaffrey		FV55		29:24	31:42			31:50	30:07	29:15	5	2:32:18	5	2:32:18
545	Meryll	Cripps	Valley Striders	FV65		30:50	30:00			32:52	32:34	31:46	5	2:38:02	5	2:38:02
318	Joseph	Sagar	Spenborough & District AC	MSEN					16:21	16:00	16:17	15:58	4	1:04:36	4	1:04:36
618	Liam	Jenkins	Abbey Runners	MSEN	17:57		18:36	18:23				17:46	4	1:12:42	4	1:12:42
531	Simon	Cave	Ripon Runners	MV40		18:16	18:26	18:14	18:21				4	1:13:17	4	1:13:17
685	Steve	Pinn	Roundhay Runners	MV40	18:38		18:32	18:15	17:52				4	1:13:17	4	1:13:17
745	James	Wright	Knaresborough Striders	MSEN	18:40		18:10	18:15				18:13	4	1:13:18	4	1:13:18
568	Glynn	Ellwood	York Postal Harriers	MSEN	18:33	18:28				18:18	18:17		4	1:13:36	4	1:13:36
515	Daniel	Blackburn	Leeds & Bradford Triathlon Club	MSEN	19:18		19:03	18:42		18:26			4	1:15:29	4	1:15:29
324	Ben	Rees	Bingley Harriers & AC	MJUN		18:14		19:56	18:46	18:43			4	1:15:39	4	1:15:39
667	Alistair	O'donnell	Kirkstall Harriers	MSEN	19:09	19:08	18:52				20:04		4	1:17:13	4	1:17:13
603	Aron	Hinds	Hyde Park Harriers	MSEN	18:33	18:58				21:07		19:07	4	1:17:45	4	1:17:45
577	Gethyn	Friswell	Spa Striders	MSEN		19:32		19:26	19:32		19:18		4	1:17:48	4	1:17:48
732	Lesley	Watson	Bingley Harriers & AC	FV45		19:29			19:47	19:13	19:23		4	1:17:52	4	1:17:52
761	Oliver	Warren		MSEN		19:50		19:24		19:40	19:30		4	1:18:24	4	1:18:24
575	Sean	Fitzgerald	Valley Striders	MSEN		20:42		19:24			19:48	18:58	4	1:18:52	4	1:18:52
617	Niamh	Jackson	Kirkstall Harriers	FV35		19:45	19:40		20:05		20:02		4	1:19:32	4	1:19:32
707	Paul	Sawyer	Hyde Park Harriers	MSEN			19:59		20:02	20:38	19:39		4	1:20:18	4	1:20:18
437	Chris	Chambers	Otley AC	MSEN	20:42	20:06	19:29	20:49					4	1:21:06	4	1:21:06
334	Harry	Stead	Ilkley Harriers	MJUN	20:44	20:27		20:20				19:55	4	1:21:26	4	1:21:26
714	Daniel	Smith		MSEN	20:40	20:31			20:25	20:02			4	1:21:38	4	1:21:38
550	John	Dalby	Harrogate Harriers & AC	MV60			21:07			20:41	20:23	20:34	4	1:22:45	4	1:22:45
735	Mark	Westman	Bingley Harriers & AC	MV60					21:07	21:10	21:16	21:10	4	1:24:43	4	1:24:43
570	Sara	Elson	Roundhay Runners	FV45		20:51			21:16	21:38	21:39		4	1:25:24	4	1:25:24
776	Archie	Budding	Ilkley Harriers	MJUN			21:44		23:08	21:32	21:03		4	1:27:27	4	1:27:27
663	Filip	Morus	Abbey Runners	MJUN	21:47	21:19		23:04	21:35				4	1:27:45	4	1:27:45
734	Rob	Webster	Horsforth Harriers	MV45		22:34	22:10	21:41	22:20				4	1:28:45	4	1:28:45
623	Martin	Jones	Abbey Runners	MV45					22:36	22:07	22:31	22:16	4	1:29:30	4	1:29:30
648	Sarah	Marsden	Leeds & Bradford Triathlon Club	FSEN		22:18		23:07			22:26	22:23	4	1:30:14	4	1:30:14
565	Sara	Elliott	Otley AC	FV45		22:37	22:28	22:23		22:50			4	1:30:18	4	1:30:18
540	Kevin	Connell-Moore	Rothwell Harriers	MV50		23:22	23:09	22:52			23:37		4	1:33:00	4	1:33:00
624	Philip	Jones	Baildon Runners	MV60			24:50	24:02	23:04			23:03	4	1:34:59	4	1:34:59
728	John	Walker	Roundhay Runners	MV55	24:27		23:42	23:33			23:39		4	1:35:21	4	1:35:21
723	Sue	Tindall	Tadcaster Harriers	FV50	23:24					25:08	24:08	23:34	4	1:36:14	4	1:36:14
857	Nicola	Budding	Ilkley Harriers	FV45					24:11	24:36	23:52	23:41	4	1:36:20	4	1:36:20
524	Marianne	Burgess	Horsforth Harriers	FV35	24:50		24:33			24:08		22:52	4	1:36:23	4	1:36:23

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553	Sarah	Dennis		FV35		23:22		24:03		24:46	25:18		4	1:37:29	4	1:37:29
733	Jane	Webster	Horsforth Harriers	FV50		26:15	24:22	23:33	23:33				4	1:37:43	4	1:37:43
544	Hilda	Coulsey	Ilkley Harriers	FV65			24:52		24:14	24:32		24:53	4	1:38:31	4	1:38:31
792	Adrian	Martin	Pudsey Pacers	MV45			25:02	25:12	25:10	26:36			4	1:42:00	4	1:42:00
512	Petra	Bijsterveld	Ilkley Harriers	FV55	27:12			26:14	25:39	27:52			4	1:46:57	4	1:46:57
727	Alan	Waistell		MV55	26:27	26:49	29:59				27:27		4	1:50:42	4	1:50:42
594	Susan	Hall	Halifax Harriers AC	FV65	30:20	29:47	30:11		29:51				4	2:00:09	4	2:00:09
610	Barrie	Hopson	Abbey Runners	MV70		29:34	31:50		29:41	30:32			4	2:01:37	4	2:01:37
806	Scarlett	Thompson		FJUN			31:08	31:26	31:00	34:38			4	2:08:12	4	2:08:12
482	Sarah	Longfield	Ackworth Road Runners	FV35	32:35		32:27		31:20	33:38			4	2:10:00	4	2:10:00
860	Tom	Dart	Spenborough & District AC	MSEN					17:10	16:57	17:06		3	51:13	3	51:13
856	Phil	Boynton	Horsforth Harriers	MSEN					17:22	17:13		17:06	3	51:41	3	51:41
265	Hannah	Oldroyd	Saltaire Striders	FSEN			17:31	17:22				17:42	3	52:35	3	52:35
601	Rich	Hayes	Northern Masters AC	MSEN		17:51		17:23		17:26			3	52:40	3	52:40
875	Daniel	Marquina	Hyde Park Harriers	MSEN					17:52		17:54	17:32	3	53:18	3	53:18
724	Andy	Turner	Roundhay Runners	MSEN		18:06	18:01	17:54					3	54:01	3	54:01
460	Tom	Langdon	Leeds & Bradford Triathlon Club	MSEN	17:33	17:33	19:31						3	54:37	3	54:37
497	Owain	Gwilym	Airecentre Pacers	MSEN		19:04	18:37			18:21			3	56:02	3	56:02
651	Alex	Matthewson	Wetherby Runners AC	MSEN		19:07			19:38	19:43			3	58:28	3	58:28
834	David	Ogle		MSEN				19:26			19:56	19:18	3	58:40	3	58:40
630	Marwan	Khoueiry	Wakefield District H & AC	MV45	19:55	19:39	19:37						3	59:11	3	59:11
788	Mark	Hadrill	Hyde Park Harriers	MSEN			19:44	19:43		19:55			3	59:22	3	59:22
508	Darren	Batey		MV40		20:07		19:34	19:43				3	59:24	3	59:24
535	Sunny	Cheema	Abbey Runners	MSEN			20:18	19:39	19:42				3	59:39	3	59:39
756	Mohammad	Abubakr	Airecentre Pacers	MSEN			19:50			20:01	19:59		3	59:50	3	59:50
538	Chris	Cobb	Roundhay Runners	MSEN	19:48				21:16		19:08		3	1:00:12	3	1:00:12
865	Gary	Grant	Hyde Park Harriers	MSEN					19:42	21:07		19:26	3	1:00:15	3	1:00:15
537	Michaela	Clark	Abbey Runners	FV45	20:40	19:54	19:41						3	1:00:15	3	1:00:15
309	Shamiso	Sisimayi	Harrogate Harriers & AC	FV35				19:57	20:22	20:16			3	1:00:35	3	1:00:35
729	Nicola	Walmsley	Chapel Allerton RC	FV35	20:32	20:32		20:05					3	1:01:09	3	1:01:09
600	Martin	Hawkins	Skyrac AC	MV45	20:34		20:31	20:07					3	1:01:12	3	1:01:12
704	Kirsty	Ryan	Roundhay Runners	FSEN			21:11			20:14	20:46		3	1:02:11	3	1:02:11
851	Terry	Williams		MSEN				21:23		21:07		20:15	3	1:02:45	3	1:02:45
861	Dan	Donnelly	Hyde Park Harriers	MV50					21:17		21:12	20:32	3	1:03:01	3	1:03:01
502	Naomi	Armitage	Rotherham Harriers & AC	FSEN		20:50			20:54		21:31		3	1:03:15	3	1:03:15
628	Craig	Kent	Abbey Runners	MSEN		20:27	21:38				22:10		3	1:04:15	3	1:04:15

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893	Sam	Cunningham	Hyde Park Harriers	MSEN						21:04	21:56	21:25	3	1:04:25	3	1:04:25
481	Mat	Kelly	Rothwell Harriers	MSEN	21:10					21:49	21:37		3	1:04:36	3	1:04:36
725	Mark	Twitchett	Roundhay Runners	MV45				21:59	21:43	22:31			3	1:06:13	3	1:06:13
541	James	Cook	Roundhay Runners	MV40		22:39	22:09		21:37				3	1:06:25	3	1:06:25
731	John	Ward	Abbey Runners	MV65	21:58	22:00	23:04						3	1:07:02	3	1:07:02
513	Andy	Bisset	Horsforth Harriers	MV45	23:25		22:26		22:14				3	1:08:05	3	1:08:05
871	Graeme	Littlewood	Abbey Runners	MV50					23:05	22:42		22:54	3	1:08:41	3	1:08:41
795	Michael	Mcdermott		MV50			22:39		22:51	23:50			3	1:09:20	3	1:09:20
598	Jenny	Harrison	Horsforth Harriers	FSEN		23:43				23:00	22:39		3	1:09:22	3	1:09:22
683	David	Peacock		MV40		23:52	23:15		23:22				3	1:10:29	3	1:10:29
748	Rhys	Wytchard	Otley AC	MJUN	23:05		23:56	23:43					3	1:10:44	3	1:10:44
908	Gemma	Merritt	Valley Striders	FSEN						23:36	23:46	23:27	3	1:10:49	3	1:10:49
655	Helen	Mcgrath	Roundhay Runners	FV35				24:11		23:39	23:19		3	1:11:09	3	1:11:09
846	James	Underwood		MSEN				23:54	23:14	24:24			3	1:11:32	3	1:11:32
637	Barney	Lerner	Saltaire Striders	MV65				23:43			24:29	23:48	3	1:12:00	3	1:12:00
746	Alex	Wytchard	Skyrac AC	MSEN	24:19		24:17	23:47					3	1:12:23	3	1:12:23
835	Rafet	Ongun	Hyde Park Harriers	MSEN				24:03	24:13		24:27		3	1:12:43	3	1:12:43
883	Conor	Walsh		MSEN					25:18		23:48	24:08	3	1:13:14	3	1:13:14
634	Matthew	Lawson	Saltaire Striders	MSEN		24:57		25:35	24:45				3	1:15:17	3	1:15:17
770	Claudia	Bauer	Hyde Park Harriers	FSEN			25:53	26:15		25:38			3	1:17:46	3	1:17:46
876	Joanne	Mcgarye	Kirkstall Harriers	FSEN					26:37		25:46	27:23	3	1:19:46	3	1:19:46
884	Gillian	Ward		FSEN						28:33	26:42	26:48	3	1:22:03	3	1:22:03
789	Claire	Hougham	Hyde Park Harriers	FV40			28:14	27:36	28:21				3	1:24:11	3	1:24:11
719	Melissa	Stead	Pudsey Pacers	FV40		29:59	29:16	29:02					3	1:28:17	3	1:28:17
722	Alice	Taylor		FSEN		31:56	30:18					31:02	3	1:33:16	3	1:33:16
684	Amanda	Pearson	Spensorough & District AC	FV50	31:31		31:34	31:22					3	1:34:27	3	1:34:27
551	Caroline	Davies	Rothwell Harriers	FSEN		32:13	31:50	32:48					3	1:36:51	3	1:36:51
587	Louise	Gray		FV35	41:17	41:20			36:42				3	1:59:19	3	1:59:19
596	Scott	Harrington	Otley AC	MSEN			16:07			15:51			2	31:58	2	31:58
868	Daryl	Hibberd	Valley Striders	MSEN					16:36	16:31			2	33:07	2	33:07
904	Will	Kerr	Saltaire Striders	MV40						16:45	16:33		2	33:18	2	33:18
911	Matthew	Nowell	Saltaire Striders	MSEN						16:47	16:33		2	33:20	2	33:20
495	Philip	Goose	Hyde Park Harriers	MSEN		16:59		17:10					2	34:09	2	34:09
823	Mike	Gallagher	Hyde Park Harriers	MSEN				18:02		17:38			2	35:40	2	35:40
471	Lee	Stanley	Ripon Runners	MV40		17:52	17:56						2	35:48	2	35:48
474	Kevin	Summers		MSEN	17:56		18:03						2	35:59	2	35:59

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701	Jack	Rose	Hyde Park Harriers	MSEN		17:55			18:10				2	36:05	2	36:05
626	Ryan	Kavanagh	Tadcaster Harriers	MSEN	18:16		18:07						2	36:23	2	36:23
517	James	Boddy	Ripon Runners	MSEN			17:58			18:27			2	36:25	2	36:25
809	David	Westhead	Ilkley Harriers	MV50			18:12				18:20		2	36:32	2	36:32
503	Ross	Armstrong	Abbey Runners	MSEN				18:22			18:14		2	36:36	2	36:36
882	Aisling	Wall	Horsforth Harriers	FSEN						18:28		18:38	2	37:06	2	37:06
319	Anthony	Towler		MSEN					18:13	18:53			2	37:06	2	37:06
597	Andrew	Harris	Nidd Valley Road Runners	MV40		19:27			17:52				2	37:19	2	37:19
494	Joel	Giddings	Valley Striders	MV45		18:44			18:36				2	37:20	2	37:20
656	Kevin	Mcmullan	Valley Striders	MV45	18:50			19:00					2	37:50	2	37:50
737	Ali	White	Roundhay Runners	MSEN	18:42						19:12		2	37:54	2	37:54
946	Graham	Jones	Valley Striders	MV50							19:20	18:52	2	38:12	2	38:12
582	Billy	Goddard	Roundhay Runners	MV40				19:09	19:04				2	38:13	2	38:13
561	Laura	Dransfield	Roundhay Runners	FSEN		19:20		18:54					2	38:14	2	38:14
487	Hannah	Riechert		FSEN	19:10		19:12						2	38:22	2	38:22
297	Matthew	Blakeley	Roundhay Runners	MV45				19:21			19:15		2	38:36	2	38:36
820	Rob	Driver	Wetherby Runners AC	MSEN				19:40		19:06			2	38:46	2	38:46
902	Owen	Hilton	Pudsey Pacers	MSEN						19:37	19:17		2	38:54	2	38:54
592	Martin	Hall	Spensborough & District AC	MV55		19:52						19:15	2	39:07	2	39:07
720	Joe	Steele	Roundhay Runners	MV45					19:29		20:03		2	39:32	2	39:32
760	Andrew	Stott	Queensbury Running Club	MV45		19:54	19:40						2	39:34	2	39:34
631	Geoff	King	Harrogate Harriers & AC	MV60			19:53	19:44					2	39:37	2	39:37
662	Craig	Montgomery	Roundhay Runners	MSEN							20:21	19:29	2	39:50	2	39:50
844	Jonathan	Spain	Hyde Park Harriers	MSEN				20:03		19:48			2	39:51	2	39:51
452	Stephen	Hunt	Spensborough & District AC	MV50	19:51		20:12						2	40:03	2	40:03
438	John	Chatwin	Ripon Runners	MSEN		19:07	20:58						2	40:05	2	40:05
870	Philip	Jones	Horsforth Harriers	MV40					20:15			19:52	2	40:07	2	40:07
615	Mark	Iley	Ilkley Harriers	MV55		20:12	20:07						2	40:19	2	40:19
608	Neil	Holloway	Leeds & Bradford Triathlon Club	MV40			19:31				20:49		2	40:20	2	40:20
948	Steve	Ladhams		MSEN							20:30	20:14	2	40:44	2	40:44
726	Sean	Veal	Horsforth Harriers	MSEN					20:43		20:10		2	40:53	2	40:53
830	Graeme	Miles	Hyde Park Harriers	MSEN	20:27			20:38					2	41:05	2	41:05
947	Michael	Kershaw	Crossgates Harriers	MV50							20:49	20:26	2	41:15	2	41:15
808	Catherine	Westhead	Ilkley Harriers	FJUN							20:59	20:27	2	41:26	2	41:26
574	David	Fennah	Wetherby Runners AC	MV45				20:49	20:39				2	41:28	2	41:28
682	Nick	Payne	Hyde Park Harriers	MSEN				20:29		21:05			2	41:34	2	41:34

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431	Sally	Armitage	Ilkley Harriers	FV35		20:51					20:52		2	41:43	2	41:43
525	Phil	Burton	Roundhay Runners	MV50				20:06			21:39		2	41:45	2	41:45
607	Alex	Holliday		MSEN		20:47			20:58				2	41:45	2	41:45
940	Lydia	Green	Hyde Park Harriers	FSEN							21:04	20:47	2	41:51	2	41:51
510	David	Beesley	Abbey Runners	MSEN		20:57	20:57						2	41:54	2	41:54
943	Kristian	Henry	Horsforth Harriers	MSEN							21:26	20:56	2	42:22	2	42:22
257	Sarah	Mann	Valley Striders	FV35		22:03						20:38	2	42:41	2	42:41
900	Rebecca	Gray	Hyde Park Harriers	FSEN						22:00		20:57	2	42:57	2	42:57
913	Carly	Pettett	Horsforth Harriers	FSEN						21:24	21:34		2	42:58	2	42:58
418	Lauren	Eadon	City of York AC	FV50		21:26					21:43		2	43:09	2	43:09
459	Naomi	Kellett	Hyde Park Harriers	FSEN					21:32	21:39			2	43:11	2	43:11
449	Natasha	Geere	Spensborough & District AC	FV50	21:31		21:41						2	43:12	2	43:12
562	Jonathan	Eagle	Horsforth Harriers	MV55			21:56				21:22		2	43:18	2	43:18
838	Beth	Rendall	Hyde Park Harriers	FSEN				22:07			21:27		2	43:34	2	43:34
308	Jim	Mawer		MSEN					21:21	22:13			2	43:34	2	43:34
613	Chloe	Hudson	Valley Striders	FV35		22:03			21:35				2	43:38	2	43:38
866	Nathan	Green		MSEN					21:10	22:31			2	43:41	2	43:41
718	Lisa	Stansbie	Abbey Runners	FV40	22:28					21:43			2	44:11	2	44:11
633	Malcolm	Lavery	St Therasas AC	MV50	22:20		21:53						2	44:13	2	44:13
658	Al	Milne		MSEN	22:17	22:14							2	44:31	2	44:31
927	Paul	Beal	Horsforth Harriers	MV40							22:43	21:53	2	44:36	2	44:36
909	Tim	Mosedale	Saltaire Striders	MSEN						22:17	22:19		2	44:36	2	44:36
681	Angela	Pattinson	Horsforth Harriers	FV50		22:28	22:17						2	44:45	2	44:45
447	Eleanor	Gallon	Kirkstall Harriers	FV35	22:30		22:19						2	44:49	2	44:49
801	James	Rawstron	Otley AC	MV45			22:17				22:32		2	44:49	2	44:49
680	Ian	Patchett	Abbey Runners	MV55			22:33			22:55			2	45:28	2	45:28
877	Jason	Newell	Spensborough & District AC	MV45					22:52		23:14		2	46:06	2	46:06
886	Phil	Wilkins	Spensborough & District AC	MSEN					23:10	23:10			2	46:20	2	46:20
464	Tim	Driver	Wakefield Triathlon Club	MV40	22:10	24:16							2	46:26	2	46:26
621	Sophie	Johnstone	Roundhay Runners	FV40			22:57		23:30				2	46:27	2	46:27
869	Chris	Hughes	#CLUB NOT RECOGNISED#	MV45					23:20		23:48		2	47:08	2	47:08
918	Naakesha	Seth	Horsforth Harriers	FSEN						24:08	23:24		2	47:32	2	47:32
665	Gillian	Nesbitt	Abbey Runners	FV40	23:57			23:44					2	47:41	2	47:41
454	Bob	Jackson	Valley Striders	MV65		23:37					24:05		2	47:42	2	47:42
754	Judith	Lund	Roundhay Runners	FV40		23:33			24:40				2	48:13	2	48:13
347	Vicky	Houghton	Hyde Park Harriers	FV35			24:33	23:51					2	48:24	2	48:24

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659	Stephen	Milne	Hyde Park Harriers	MSEN	24:22	24:10							2	48:32	2	48:32
833	Ruth	Norman	Hyde Park Harriers	FSEN				24:28				24:07	2	48:35	2	48:35
653	William	McGawley	Leeds & Bradford Triathlon Club	MV40	24:35		24:25						2	49:00	2	49:00
891	Raj	Boughan	Roundhay Runners	MSEN						24:50	24:14		2	49:04	2	49:04
812	Steve	Allen	Horsforth Harriers	MV45				24:54	24:54				2	49:48	2	49:48
514	Louise	Bisset	Horsforth Harriers	FV45			26:01	24:54					2	50:55	2	50:55
606	Joanne	Holland	Abbey Runners	FV45				26:08		25:21			2	51:29	2	51:29
952	Jemma	Mcconville-Roe	Kirkstall Harriers	FSEN							26:39	25:25	2	52:04	2	52:04
612	Kelly	Houton	Horsforth Harriers	FSEN			25:36	26:55					2	52:31	2	52:31
708	Fiona	Schneider	Ilkley Harriers	FV55						27:07	26:11		2	53:18	2	53:18
572	Paul	Farmery	Hyde Park Harriers	MSEN						27:18	26:21		2	53:39	2	53:39
740	Kate	Williams	Spenborough & District AC	FV40	27:01	27:15							2	54:16	2	54:16
817	Eleanor	Colman	Hyde Park Harriers	FSEN				27:33		27:30			2	55:03	2	55:03
526	Suzanne	Caley	Abbey Runners	FV40	27:58					28:37			2	56:35	2	56:35
453	Joseph	Ibrahim	Abbey Runners	MV40	28:30					28:52			2	57:22	2	57:22
468	Grace	Roberts	Hyde Park Harriers	FSEN	28:37		29:59						2	58:36	2	58:36
370	Jasbir	Bangerh	Hyde Park Harriers	FV45		29:36	29:50						2	59:26	2	59:26
395	Dot	Carr		FV70		33:39		33:22					2	1:07:01	2	1:07:01
972	Nathan	Edmondson	Ilkley Harriers	MSEN								15:56	1	15:56	1	15:56
925	Jonathan	Wills	Leeds City AC	MSEN						16:15			1	16:15	1	16:15
796	Paul	Millgate	Wetherby Runners AC	MV40			16:28						1	16:28	1	16:28
816	Simon	Bolland	Spenborough & District AC	MSEN				16:33					1	16:33	1	16:33
498	Toby	Hillery	Wetherby Runners AC	MSEN		16:56							1	16:56	1	16:56
955	Simon	Midwood	Valley Striders	MSEN							16:59		1	16:59	1	16:59
892	Steve	Collins		MSEN						17:08			1	17:08	1	17:08
790	Daniel	Josephs	South Shields Harriers & AC	MSEN			17:13						1	17:13	1	17:13
953	Steve	Melber		MSEN							17:18		1	17:18	1	17:18
887	Beth	Garland	Chichester AC	FSEN					17:31				1	17:31	1	17:31
932	Sam	Clegg	Rotherham Harriers & AC	MSEN							17:31		1	17:31	1	17:31
934	Harry	Corfield	Ellesmere Port RC	MSEN							17:31		1	17:31	1	17:31
995	Samuel	Richardson	Skipton AC	MSEN								17:32	1	17:32	1	17:32
888	Jonathan	Ball	Valley Striders	MV40						17:35			1	17:35	1	17:35
457	Simon	Johnson	Halifax Harriers & AC	MV50	17:38								1	17:38	1	17:38
849	Scott	Watson	Hyde Park Harriers	MSEN				17:47					1	17:47	1	17:47
825	Ben	Hartley	Hyde Park Harriers	MV40				17:50					1	17:50	1	17:50
970	Kim	Brown	Ripon Runners	MV45								17:55	1	17:55	1	17:55

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282	Lucy-Erin	Hunter	Darlington Harriers	FSEN								17:58	1	17:58	1	17:58
873	James	Mace	Rothwell Harriers	MSEN					17:58				1	17:58	1	17:58
894	Andy	Dean	Dewsbury Road Runners	MV40						17:59			1	17:59	1	17:59
915	Emma	Raven	Wharfedale Harriers	FV35						18:01			1	18:01	1	18:01
441	John	Convery	Bingley Harriers & AC	MV55	18:04								1	18:04	1	18:04
784	Peter	Dyer	Avon Valley Runners	MSEN			18:09						1	18:09	1	18:09
478	Alex	Wagner		MSEN	18:15								1	18:15	1	18:15
14	Steve	Darby	UKnetrunner	MV50			18:16						1	18:16	1	18:16
443	Sarah Louise	Cumber	Halifax Harriers & AC	FV45						18:17			1	18:17	1	18:17
466	Angus	Milne	Hyde Park Harriers	MSEN							18:24		1	18:24	1	18:24
742	Charlotte	Wills	Leeds City AC	FV35	18:24								1	18:24	1	18:24
853	Zejun	Yao	LUUCCC	MSEN				18:27					1	18:27	1	18:27
985	Alan	O'brien	Kirkstall Harriers	MSEN								18:32	1	18:32	1	18:32
937	Stuart	Dunbar	Saltaire Striders	MV55							18:32		1	18:32	1	18:32
560	Richard	Drake	Valley Striders	MV40								18:33	1	18:33	1	18:33
638	Susan	Lewis	Roundhay Runners	FV40		18:38							1	18:38	1	18:38
794	Sean	Mccaffrey	Holmfirth Harriers AC	MV50			18:51						1	18:51	1	18:51
971	Tom	Bysouth		MSEN								18:52	1	18:52	1	18:52
968	Richard	Bond		MV40								18:57	1	18:57	1	18:57
782	Tim	Dean	Dewsbury Road Runners	MV40						18:58			1	18:58	1	18:58
405	Stella	Cross	Wetherby Runners AC	FSEN		18:59							1	18:59	1	18:59
944	Chris	Johnston		MSEN								19:01	1	19:01	1	19:01
933	Graham	Corbett	Saltaire Striders	MSEN								19:03	1	19:03	1	19:03
546	Martin	Critchley	Horsforth Harriers	MV40					19:04				1	19:04	1	19:04
781	Hannah	Cox	Charnwood AC	FSEN			19:13						1	19:13	1	19:13
983	Adam	Moger	Kirkstall Harriers	MV40								19:15	1	19:15	1	19:15
485	Stephen	Morris	Leeds & Bradford Triathlon Club	MSEN	19:15								1	19:15	1	19:15
826	Jack	Hayes		MSEN				19:18					1	19:18	1	19:18
827	Benjamin	Lidgard	LUUCCC	MSEN						19:21			1	19:21	1	19:21
576	Simon	Frazer	Saltaire Striders	MV40			19:24						1	19:24	1	19:24
977	Scott	Hayes	Tadcaster Harriers	MV40								19:25	1	19:25	1	19:25
958	Stephen	Raby	Horsforth Harriers	MV55							19:25		1	19:25	1	19:25
590	Stephen	Greene	Abbey Runners	MSEN			19:26						1	19:26	1	19:26
821	Sam	Duggan	Roundhay Runners	MSEN				19:29					1	19:29	1	19:29
928	Ashley	Beddoes	Abbey Runners	MSEN							19:30		1	19:30	1	19:30
924	Colin	Williams	Ilkley Harriers	MV50						19:33			1	19:33	1	19:33

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492	Andrew	Fowler		MSEN			19:47						1	19:47	1	19:47
935	Carlos Nahuel	Diz		MSEN							19:47		1	19:47	1	19:47
850	Dylan	Williams		MSEN				19:52					1	19:52	1	19:52
939	Mike	Furby	Valley Striders	MV45							19:53		1	19:53	1	19:53
333	Adam	Nodwell	Kirkstall Harriers	MSEN				19:54					1	19:54	1	19:54
859	Charlotte	Corrigan	Hyndburn Athletic Club	FJUN					19:57				1	19:57	1	19:57
766	Tom	Williams	Hyde Park Harriers	MV40		20:00							1	20:00	1	20:00
363	Rowan	Ardill	Ramsbottom Running Club	MSEN		20:01							1	20:01	1	20:01
786	Joel	Fellick		MSEN			20:03						1	20:03	1	20:03
956	Ben	Parker	Saltaire Striders	MV40							20:06		1	20:06	1	20:06
903	Rhys	Jones	Ilkley Harriers	MSEN						20:07			1	20:07	1	20:07
403	Paul	Croshaw		MSEN		20:08							1	20:08	1	20:08
769	Matthew	Armstrong	Hyde Park Harriers	MV40			20:09						1	20:09	1	20:09
931	Lindsey	Clegg	Horsforth Harriers	FV35							20:13		1	20:13	1	20:13
949	Rob	Lickley	Richmond & Zetland Harriers	MV40							20:14		1	20:14	1	20:14
978	Martin	Horbury	St Therasas AC	MV50								20:22	1	20:22	1	20:22
616	John	Imrie		MSEN					20:36				1	20:36	1	20:36
629	Jacqui	Khoeiry	Wakefield District H & AC	FV45					20:40				1	20:40	1	20:40
757	Julian	Murray	Harrogate Tri Club	MV45		20:40							1	20:40	1	20:40
814	Alex	Barnard	Hyde Park Harriers	MSEN					20:51				1	20:51	1	20:51
811	Emma	Wilkins	Baildon Runners	FSEN			20:54						1	20:54	1	20:54
831	Kevin-Malachy	Murphy	Harrogate Harriers & AC	MV60				20:58					1	20:58	1	20:58
506	Sharon	Barlow	Harrogate Harriers & AC	FV40			21:01						1	21:01	1	21:01
802	Emma	Robinson	Harrogate Harriers & AC	FV35			21:01						1	21:01	1	21:01
954	David	Merritt	Valley Striders	MSEN							21:03		1	21:03	1	21:03
967	Claire	Bond	Saltaire Striders	FV35								21:06	1	21:06	1	21:06
993	Jenny	Wakeman	Barnsley AC	FV60								21:06	1	21:06	1	21:06
966	Charlotte	Wilton	Richmond & Zetland Harriers	FV40							21:06		1	21:06	1	21:06
922	Kieran	Trueman		MSEN						21:10			1	21:10	1	21:10
797	Nichola	Moreland	Hyde Park Harriers	FSEN			21:11						1	21:11	1	21:11
916	Laura	Ryall	Saltaire Striders	FSEN						21:18			1	21:18	1	21:18
534	Brian	Charlton		MSEN			21:21						1	21:21	1	21:21
442	Geoff	Cumber	Halifax Harriers & AC	MV70						21:22			1	21:22	1	21:22
758	Julia	Say	Roundhay Runners	FV40		21:24							1	21:24	1	21:24
747	Isaac	Wytchard	Otley AC	MJUN			21:25						1	21:25	1	21:25
401	Phoebe	Coster	Wetherby Runners AC	FSEN		21:28							1	21:28	1	21:28



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775	Emma	Brown	Hyde Park Harriers	FSEN			21:41						1	21:41	1	21:41
678	Bryan Francis	Parkinson	Bingley Harriers & AC	MV65	22:07								1	22:07	1	22:07
805	Sarah	Swales	South Shields Harriers & AC	FSEN			22:13						1	22:13	1	22:13
994	Isobel	Webster	Kirkstall Harriers	FSEN								22:18	1	22:18	1	22:18
783	Neil	Dring	Ripon Runners	MV55			22:19						1	22:19	1	22:19
744	Liz	Adams	Valley Striders	FV40						22:21			1	22:21	1	22:21
828	Neil	Marshall	Kirkstall Harriers	MSEN					22:24				1	22:24	1	22:24
739	James	Whittaker	Abbey Runners	MV50			22:25						1	22:25	1	22:25
950	Rachel	Mackie		FV35							22:32		1	22:32	1	22:32
819	Paul	Dickens	Hyde Park Harriers	MSEN				22:38					1	22:38	1	22:38
989	Cheryl	Proctor	Roundhay Runners	FSEN								22:40	1	22:40	1	22:40
936	Alan	Douglas	Saltaire Striders	MV45							22:40		1	22:40	1	22:40
975	Robert	Halstead	Horsforth Harriers	MSEN								22:45	1	22:45	1	22:45
467	Rachel	Parker	Saltaire Striders	FV45		22:45							1	22:45	1	22:45
990	Cara	Sass	Hyde Park Harriers	FSEN								22:47	1	22:47	1	22:47
919	Alpheas	Sithole		MV45						22:54			1	22:54	1	22:54
897	Noel	Fitzpatrick	Saltaire Striders	MV45						22:55			1	22:55	1	22:55
496	Mike	Graney	Swinton Running Club	MSEN		22:59							1	22:59	1	22:59
759	Matt	Shields		MV60		22:59							1	22:59	1	22:59
813	Emma	Amor	Hyde Park Harriers	FSEN				22:59					1	22:59	1	22:59
664	David	Mullaney	Tadcaster Harriers	MV55		23:21							1	23:21	1	23:21
489	Michelle	Wray		FSEN	23:23								1	23:23	1	23:23
753	Sophia	Lubiecki	Valley Striders	FJUN						23:23			1	23:23	1	23:23
839	Chris	Rhodes		MV40				23:35					1	23:35	1	23:35
959	Liz	Reddington	Valley Striders	FV55							23:42		1	23:42	1	23:42
929	Helen	Brant	Saltaire Striders	FV35							23:45		1	23:45	1	23:45
480	Alys	Griffiths	Hyde Park Harriers	FSEN	24:01								1	24:01	1	24:01
986	James	Paul		MV45								24:02	1	24:02	1	24:02
951	Steve	Mackie		MSEN							24:06		1	24:06	1	24:06
768	Michelle	Alderson	Roundhay Runners	FV35			24:19						1	24:19	1	24:19
777	Gavin	Burton	Otley AC	MV40			24:29						1	24:29	1	24:29
798	Nsubisi	Mwakasungura	Roundhay Runners	MV40			24:29						1	24:29	1	24:29
785	Laura	Edwards	Hyde Park Harriers	FSEN			24:35						1	24:35	1	24:35
490	Graham	Ford		MV60		24:42							1	24:42	1	24:42
462	Helen	McDonald	Roundhay Runners	FV40	24:44								1	24:44	1	24:44
780	James	Corah	Kirkstall Harriers	MV40			24:48						1	24:48	1	24:48

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895	Michael	Denton	Blue Lagooners	MSEN						24:48			1	24:48	1	24:48
511	Laura	Beesley	Abbey Runners	FSEN		24:51							1	24:51	1	24:51
763	David	Whitaker		MV60		25:02							1	25:02	1	25:02
874	Andrew	Maddock	Hyde Park Harriers	MSEN					25:02				1	25:02	1	25:02
976	David	Handy		MV45								25:16	1	25:16	1	25:16
815	Alyson	Blakeley	Roundhay Runners	FV40				25:18					1	25:18	1	25:18
921	Malcolm	Taylor	Kirkstall Harriers	MSEN						25:24			1	25:24	1	25:24
867	Paul	Heigham		MV45					25:27				1	25:27	1	25:27
710	Mark	Shepherd		MV45	25:41								1	25:41	1	25:41
824	Natalie	Hale	Knaresborough Striders	FSEN				25:41					1	25:41	1	25:41
741	Liz	Willis	Abbey Runners	FV50	25:44								1	25:44	1	25:44
458	Jane-Marie	Bracchi	Hyde Park Harriers	FV40	25:53								1	25:53	1	25:53
440	Jamie	Hyde	Abbey Runners	MJUN	26:03								1	26:03	1	26:03
910	Hannah	Newman	Kirkstall Harriers	FSEN						26:21			1	26:21	1	26:21
593	Sarah	Hall	Roundhay Runners	FV40				26:36					1	26:36	1	26:36
899	Matthew	Gray	Hyde Park Harriers	MSEN						26:44			1	26:44	1	26:44
845	Lynda	Stark		FV40				27:00					1	27:00	1	27:00
980	Martyn	Mclean		MV65								27:08	1	27:08	1	27:08
791	Dave	Lonsdale	Baildon Runners	MV50			27:09						1	27:09	1	27:09
858	Manesha	Chauhan	Hyde Park Harriers	FV35					27:17				1	27:17	1	27:17
852	Catharine	Wright		FV35				27:31					1	27:31	1	27:31
627	Helen	Kennedy	Roundhay Runners	FSEN				27:32					1	27:32	1	27:32
779	Lizzie	Coombes	Hyde Park Harriers	FV50			27:42						1	27:42	1	27:42
473	Max	Stead	Ilkley Harriers	MJUN		27:53							1	27:53	1	27:53
898	Sam	Foster	Horsforth Harriers	MSEN						27:57			1	27:57	1	27:57
878	Hanna	Ongun	Hyde Park Harriers	FSEN					28:06				1	28:06	1	28:06
982	Lorna	Midwood	Hyde Park Harriers	FSEN								28:28	1	28:28	1	28:28
907	Clare	Maxwell	Hyde Park Harriers	FV50						28:37			1	28:37	1	28:37
872	Jo	Livingstone	Roundhay Runners	FV35						28:45			1	28:45	1	28:45
765	Louise	Whitaker	Wetherby Runners AC	FV40		29:12							1	29:12	1	29:12
793	Cathy	Martin	Pudsey Pacers	FV45			29:26						1	29:26	1	29:26
767	Chrissie	Wellington	BRAT	FV40		29:36							1	29:36	1	29:36
901	Amy	Hannell	Horsforth Harriers	FV35						29:44			1	29:44	1	29:44
670	Sean	O'halloran	Kirkstall Harriers	MSEN			31:36						1	31:36	1	31:36
559	Lisa	Dowson	Spenborough & District AC	FV40				32:43					1	32:43	1	32:43
942	Stuart	Harris	Hyde Park Harriers	MSEN								32:44	1	32:44	1	32:44

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764	Lorraine	Whitaker		FV50		32:51							1	32:51	1	32:51
639	Philip	Lim	Valley Striders	MV45		33:39							1	33:39	1	33:39
889	Donna	Banks		FV35						34:48			1	34:48	1	34:48
879	Geoffrey	Render	Spenborough & District AC	MSEN					39:35				1	39:35	1	39:35
964	Hilary	Wharam	Horsforth Harriers	FV70							40:27		1	40:27	1	40:27