



Heat allocations for Race 1

16 March 2018

Tobias	Adkins	Hyde Park Harriers	0:19:00	501	A
Naomi	Armitage	Rotherham Harriers & AC	0:20:00	502	A
Sally	Armitage	Ilkley Harriers	0:20:00	431	A
Ross	Armstrong	Abbey Runners	0:17:00	503	A
Mark	Ayre	Roundhay Runners	0:20:00	504	A
James	Balkwill	Abbey Runners	0:24:00	505	B
Racheal	Bamford	Leeds City AC	0:17:20	432	A
Sharon	Barlow	Harrogate Harriers & AC	0:18:30	506	A
Andy	Bates		0:19:30	507	A
Darren	Batey		0:20:00	508	A
Neil	Baxter	Skyrac AC	0:22:00	509	A
David	Beesley	Abbey Runners	0:23:00	510	B
Laura	Beesley	Abbey Runners	0:24:00	511	B
Alison	Bennett	Ilkley Harriers	0:23:23	433	B
Petra	Bijsterveld	Ilkley Harriers	0:25:00	512	B
Andy	Bisset	Horsforth Harriers	0:22:30	513	B
Louise	Bisset	Horsforth Harriers	0:25:30	514	B
Daniel	Blackburn	Leeds & Bradford Triathlon Club	0:19:55	515	A
Matthew	Blakeley	Roundhay Runners	0:19:00	434	A
John	Blatherwick	Hyde Park Harriers	0:21:30	516	A
James	Boddy	Ripon Runners	0:18:00	517	A
Chris	Bracchi	Hyde Park Harriers	0:26:00	444	B
Jane-Marie	Bracchi	Hyde Park Harriers	0:26:00	458	B
Victoria	Brides	Horsforth Harriers	0:25:45	518	B
Aston	Brogden	Otley AC	0:22:20	519	A
Jenson	Brogden	Otley AC	0:21:00	520	A
Richard	Brook	Queensbury Running Club	0:20:01	521	A
Stephen	Brook	Queensbury Running Club	0:26:30	522	B
Andy	Brown	Saltaire Striders	0:17:20	435	A
Angela	Buckle	Spensborough & District AC	0:38:00	436	B
Robert	Budding	Ilkley Harriers	0:21:00	523	A
Marianne	Burgess	Horsforth Harriers	0:26:30	524	B
Phil	Burton	Roundhay Runners	0:20:30	525	A
Suzanne	Caley	Abbey Runners	0:28:00	526	B
Linda	Carey	Baildon Runners	0:30:00	527	B
Joe	Carr	Leeds City AC	0:18:50	528	A
Chris	Carrick	Hyde Park Harriers	0:19:00	529	A
James	Carvello	Roundhay Runners	0:17:45	530	A
Simon	Cave	Ripon Runners	0:18:30	531	A
Chris	Chambers	Otley AC	0:21:30	437	A
George	Chambers	Otley AC	0:23:00	532	B
Sarah	Charlesworth	Wharfedale Harriers	0:24:20	533	B
Brian	Charlton		0:21:00	534	A
John	Chatwin	Ripon Runners	0:18:30	438	A
Sunny	Cheema	Abbey Runners	0:19:00	535	A

Connor	Clark	Abbey Runners	0:20:00	439	A
Duncan	Clark	Abbey Runners	0:19:00	536	A
Michaela	Clark	Abbey Runners	0:20:00	537	A
Tillie	Clark	St Therasas AC	0:40:00	11	B
Joanna	Clarke	Rothwell Harriers	0:30:00	463	B
Chris	Cobb	Roundhay Runners	0:19:00	538	A
Maureen	Coffey	Roundhay Runners	0:30:30	539	B
Kevin	Connell-Moore	Rothwell Harriers	0:23:30	540	B
John	Convery	Bingley Harriers & AC	0:17:33	441	A
James	Cook	Roundhay Runners	0:21:30	541	A
Joseph	Cook	Leeds City AC	0:19:45	542	A
Chris	Corcoran	Leeds City AC	0:21:50	543	A
Hilda	Coulsey	Ilkley Harriers	0:24:50	544	B
Meryll	Cripps	Valley Striders	0:30:00	545	B
Martin	Critchley	Horsforth Harriers	0:18:40	546	A
Joseph	Crossfield	Halifax Harriers AC	0:16:10	547	A
Geoff	Cumber	Halifax Harriers & AC	0:20:00	442	A
Sarah Louise	Cumber	Halifax Harriers & AC	0:18:00	443	A
Robert	Cumming	Abbey Runners	0:16:59	548	A
Aidan	Curley	Abbey Runners	0:17:45	549	A
John	Dalby	Harrogate Harriers & AC	0:22:01	550	A
Caroline	Davies	Rothwell Harriers	0:33:00	551	B
Josh	Dawson		0:20:00	552	A
Sarah	Dennis		0:25:00	553	B
Warren	Dennison		0:23:45	554	B
Gavin	Dewhurst		0:29:00	555	B
Bradley	Dickerson	Wharfedale Harriers	0:18:00	556	A
Tom	Dickson	Horsforth Harriers	0:25:00	557	B
Paul	Dodsworth	Otley AC	0:34:30	558	B
Lisa	Dowson	Spenborough & District AC	0:33:00	559	B
Richard	Drake	Valley Striders	0:19:50	560	A
Laura	Dransfield	Roundhay Runners	0:18:30	561	A
Tim	Driver	Wakefield Triathlon Club	0:23:00	464	B
Jonathan	Eagle	Horsforth Harriers	0:23:30	562	B
Julie	Eastwood	Horsforth Harriers	0:38:00	563	B
Richard	Edwards	Hyde Park Harriers	0:25:00	564	B
Sara	Elliott	Otley AC	0:22:35	565	B
Adam	Ellis	Abbey Runners	0:23:30	566	B
Matt	Ellis	Abbey Runners	0:25:00	567	B
Glynn	Ellwood	York Postal Harriers	0:19:00	568	A
Melanie	Ellwood	York Postal Harriers	0:24:00	569	B
Sara	Elson	Roundhay Runners	0:21:30	570	A
Clare	Evans	Hyde Park Harriers	0:22:00	571	A
Paul	Farmery	Hyde Park Harriers	0:27:20	572	B
Naomi	Farrar	Hyde Park Harriers	0:25:00	573	B
David	Fennah	Wetherby Runners AC	0:20:00	574	A
Sean	Fitzgerald	Valley Striders	0:19:15	575	A
Nicola	Forwood	Hyde Park Harriers	0:22:45	445	B
Pascale	Fotherby	Valley Striders	0:25:00	446	B
Simon	Frazer	Saltaire Striders	0:19:00	576	A
Gethyn	Friswell	Spa Striders	0:20:00	577	A
Heather	Fulton	Hyde Park Harriers	0:25:00	578	B
Eleanor	Gallon	Kirkstall Harriers	0:23:00	447	B
Rob	Garbutt		0:19:00	579	A
Sarah	Garbutt	Leeds City AC	0:18:10	448	A

Natasha	Geere	Spensborough & District AC	0:22:00	449	A
Richard	Gibbs	Roundhay Runners	0:18:30	580	A
Christopher	Gill	St Therasas AC	0:22:00	581	A
Billy	Goddard	Roundhay Runners	0:18:20	582	A
Michael	Goldstone		0:21:30	583	A
Rory	Goldthorpe		0:19:10	584	A
Katherine	Gomersall	Spensborough & District AC	0:30:00	585	B
Andrew	Grant	Harrogate Harriers & AC	0:16:00	586	A
Jane	Grant	St Therasas AC	0:21:00	450	A
Louise	Gray		0:40:00	587	B
Michael	Greene		0:21:30	588	A
Sarah	Greene	Hyde Park Harriers	0:23:00	589	B
Stephen	Greene	Abbey Runners	0:20:00	590	A
Alys	Griffiths	Hyde Park Harriers	0:24:30	480	B
Suzanne	Hague	Saltaire Striders	0:28:00	591	B
Martin	Hall	Spensborough & District AC	0:19:30	592	A
Sarah	Hall	Roundhay Runners	0:23:00	593	B
Susan	Hall	Halifax Harriers AC	0:29:45	594	B
Matthew	Hallam	Valley Striders	0:17:00	595	A
Scott	Harrington	Otley AC	0:16:00	596	A
Andrew	Harris	Nidd Valley Road Runners	0:17:45	597	A
Jenny	Harrison	Horsforth Harriers	0:23:30	598	B
Christopher	Hassall	Hyde Park Harriers	0:22:00	599	A
Martin	Hawkins	Skyrac AC	0:21:35	600	A
Rich	Hayes	Northern Masters AC	0:16:59	601	A
Kathryn	Hind	Leeds & Bradford Triathlon Club	0:30:00	602	B
Aron	Hinds	Hyde Park Harriers	0:18:00	603	A
Geoffrey	Hirst	Harrogate Harriers & AC	0:19:00	604	A
John	Hobbs	Valley Striders	0:16:00	451	A
Denise	Hofman	Hyde Park Harriers	0:22:30	605	B
Joanne	Holland	Abbey Runners	0:25:30	606	B
Alex	Holliday		0:21:30	607	A
Neil	Holloway	Leeds & Bradford Triathlon Club	0:19:10	608	A
Liz	Hooper		0:30:00	609	B
Barrie	Hopson	Abbey Runners	0:28:30	610	B
Vicky	Houghton	Hyde Park Harriers	0:24:00	611	B
Kelly	Houton	Horsforth Harriers	0:25:00	612	B
Chloe	Hudson	Valley Striders	0:23:00	613	B
Stephen	Hunt	Spensborough & District AC	0:19:50	452	A
Roger	Hutton		0:17:55	614	A
Jamie	Hyde	Abbey Runners	0:27:28	440	B
Joseph	Ibrahim	Abbey Runners	0:28:00	453	B
Mark	Iley	Ilkley Harriers	0:19:30	615	A
John	Imrie		0:20:00	616	A
Bob	Jackson	Valley Striders	0:24:00	454	B
Niamh	Jackson	Kirkstall Harriers	0:19:59	617	A
Catherine	James	Kirkstall Harriers	0:23:50	455	B
Louise	Jansen	Spensborough & District AC	0:38:00	456	B
Liam	Jenkins	Abbey Runners	0:19:00	618	A
Denise	Johnson	Baildon Runners	0:25:00	619	B
Donald	Johnson	Bingley Harriers & AC	0:24:00	620	B
Simon	Johnson	Halifax Harriers & AC	0:17:30	457	A
Sophie	Johnstone	Roundhay Runners	0:24:00	621	B
Chris	Jones	Hyde Park Harriers	0:21:00	622	A
Martin	Jones	Abbey Runners	0:20:30	623	A

Philip	Jones	Baildon Runners	0:24:00	624	B
Elaine	Kavanagh	Tadcaster Harriers	0:25:00	625	B
Ryan	Kavanagh	Tadcaster Harriers	0:17:15	626	A
Naomi	Kellett	Hyde Park Harriers	0:21:30	459	A
Mat	Kelly	Rothwell Harriers	0:21:00	481	A
Helen	Kennedy	Roundhay Runners	0:27:35	627	B
Craig	Kent	Abbey Runners	0:19:50	628	A
Jacqui	Khoueiry	Wakefield District H & AC	0:22:30	629	B
Marwan	Khoueiry	Wakefield District H & AC	0:19:00	630	A
Geoff	King	Harrogate Harriers & AC	0:19:15	631	A
Tom	Langdon	Leeds & Bradford Triathlon Club	0:17:30	460	A
Lesley	Lavery	St Therasas AC	0:27:30	632	B
Malcolm	Lavery	St Therasas AC	0:24:00	633	B
Matthew	Lawson	Saltaire Striders	0:24:00	634	B
Simon	Lawson	Harrogate Harriers & AC	0:21:00	635	A
Barbara	Lee	Baildon Runners	0:25:30	636	B
Barney	Lerner	Saltaire Striders	0:24:45	637	B
Susan	Lewis	Roundhay Runners	0:18:45	638	A
Philip	Lim	Valley Striders	0:26:30	639	B
Stuart	Little	Horsforth Harriers	0:20:00	640	A
Adam	Lomas	Hyde Park Harriers	0:20:00	641	A
Vernon	Long	Valley Striders	0:21:00	642	A
Sarah	Longfield	Ackworth Road Runners	0:33:00	482	B
Liz	Lowe	Roundhay Runners	0:26:00	643	B
Grahame	Lunt		0:22:30	644	B
Oliver	Lunt		0:22:45	645	B
Will	Mailloux		0:26:00	646	B
Michael	Mansfield	Roundhay Runners	0:23:30	647	B
Sarah	Marsden	Leeds & Bradford Triathlon Club	0:22:30	648	B
Rob	Marsh	Valley Striders	0:20:00	649	A
Sheila	Mason	Horsforth Harriers	0:28:30	650	B
Alex	Matthewson	Wetherby Runners AC	0:19:30	651	A
Anne	McCaffrey		0:30:00	652	B
Becky	Mcdonald	City of Hull AC	0:19:30	461	A
Helen	Mcdonald	Roundhay Runners	0:24:30	462	B
William	Mcgawley	Leeds & Bradford Triathlon Club	0:27:00	653	B
Keith	McGhie	Spenborough & District AC	0:18:40	654	A
Helen	McGrath	Roundhay Runners	0:26:00	655	B
Kevin	McMullan	Valley Striders	0:19:15	656	A
Paul	Menham		0:20:00	483	A
Daniel	Metcalfe	Horsforth Fellandale	0:24:00	484	B
Graeme	Miles	Hyde Park Harriers	0:20:30	465	A
Andy	Mill	Abbey Runners	0:21:30	657	A
Al	Milne		0:22:35	658	B
Angus	Milne	Hyde Park Harriers	0:17:00	466	A
Stephen	Milne	Hyde Park Harriers	0:26:00	659	B
Joanna	Mingham	Horsforth Harriers	0:30:00	660	B
Nicholas	Mitchell	Vegan Runners UK	0:19:30	661	A
Craig	Montgomery	Roundhay Runners	0:19:00	662	A
Stephen	Morris	Leeds & Bradford Triathlon Club	0:19:00	485	A
Filip	Morus	Abbey Runners	0:22:45	663	B
David	Mullaney	Tadcaster Harriers	0:22:40	664	B
Gillian	Nesbitt	Abbey Runners	0:25:00	665	B
Stephen	Nesbitt	Harrogate Harriers & AC	0:22:00	666	A
Alistair	O'Donnell	Kirkstall Harriers	0:20:00	667	A

Ian	Ogden	Spenborough & District AC	0:18:00	668	A
Kevin	Ogden	Spenborough & District AC	0:16:45	669	A
Sean	O'Halloran	Kirkstall Harriers	0:28:00	670	B
Robin	Outtersides	Otley AC	0:20:00	486	A
Robin	Owen		0:18:00	671	A
Monica	Padilla	Wharfedale Harriers	0:19:50	672	A
Sarah	Papadimos	Horsforth Harriers	0:26:30	673	B
John	Papworth-Smith		0:28:00	674	B
Rachel	Parker	Saltaire Striders	0:24:00	467	B
Christopher	Parker-Haim	Rothwell Harriers	0:24:30	675	B
Matthew	Parker-Haim		0:28:00	676	B
Curtis	Parker-Milnes	Hyde Park Harriers	0:21:30	677	A
Bryan Francis	Parkinson	Bingley Harriers & AC	0:21:10	678	A
Hannah	Parmley	Roundhay Runners	0:28:00	679	B
Ian	Patchett	Abbey Runners	0:22:00	680	A
Angela	Pattinson	Horsforth Harriers	0:23:00	681	B
Nick	Payne	Hyde Park Harriers	0:20:55	682	A
David	Peacock		0:23:00	683	B
Amanda	Pearson	Spenborough & District AC	0:31:00	684	B
Steve	Pinn	Roundhay Runners	0:19:00	685	A
Anna	Priest	Roundhay Runners	0:21:00	686	A
Iain	Rayner		0:22:00	687	A
Ben	Rees	Bingley Harriers & AC	0:18:50	688	A
Emyr	Rees	Bingley Harriers & AC	0:23:50	689	B
Cristiana	Reis		0:30:00	690	B
Clare	Rhodes	Kirkstall Harriers	0:30:00	691	B
Johanna	Rhodes	Hyde Park Harriers	0:24:00	692	B
Paul	Richardson	Harrogate Harriers & AC	0:19:00	693	A
Hannah	Riechert		0:19:20	487	A
Kate	Ritchie	Horsforth Harriers	0:25:00	694	B
Grace	Roberts	Hyde Park Harriers	0:29:00	468	B
Adam	Robertson	Roundhay Runners	0:22:00	695	A
Freddie	Roden	Abbey Runners	0:23:00	696	B
Helen	Roden	Abbey Runners	0:23:30	697	B
Oscar	Roden	Abbey Runners	0:23:30	698	B
Bill	Roscoe		0:23:30	699	B
Brett	Roscoe		0:23:30	700	B
Jack	Rose	Hyde Park Harriers	0:18:00	701	A
Danny	Rosenberg		0:21:00	702	A
Ian	Rosser	Valley Striders	0:21:30	703	A
Kirsty	Ryan	Roundhay Runners	0:21:30	704	A
Mark	Ryder	Ripon Runners	0:18:30	469	A
Jasmine	Salih	Abbey Runners	0:26:00	705	B
Alan	Salter		0:19:00	706	A
Paul	Sawyer	Hyde Park Harriers	0:20:00	707	A
Fiona	Schneider	Ilkley Harriers	0:27:15	708	B
Ben	Shacklock	Harrogate Harriers & AC	0:18:00	470	A
Jonathan	Shaw	Horsforth Harriers	0:25:00	709	B
Mark	Shepherd		0:24:00	710	B
Heidi	Siddle	Leeds & Bradford Triathlon Club	0:20:25	711	A
Harry	Sime	Ilkley Harriers	0:23:00	712	B
Stu	Sklinar	Leeds & Bradford Triathlon Club	0:22:00	713	A
Daniel	Smith		0:20:20	714	A
Nathan	Smith	Harrogate Harriers & AC	0:19:15	715	A
Amanda	Spencer	Valley Striders	0:22:00	716	A

Jacqueline	Stack	Horsforth Harriers	0:32:00	717	B
Lee	Stanley	Ripon Runners	0:18:00	471	A
Lisa	Stansbie	Abbey Runners	0:25:30	718	B
Harry	Stead	Ilkley Harriers	0:22:30	472	B
Max	Stead	Ilkley Harriers	0:25:00	473	B
Melissa	Stead	Pudsey Pacers	0:29:00	719	B
Joe	Steele	Roundhay Runners	0:19:55	720	A
Kevin	Summers		0:18:00	474	A
Leroy	Sutton	Valley Striders	0:21:00	475	A
James	Tarran	Valley Striders	0:18:30	721	A
Alice	Taylor		0:31:00	722	B
Sue	Tindall	Tadcaster Harriers	0:23:00	723	B
Andy	Turner	Roundhay Runners	0:19:00	724	A
Mark	Twitchett	Roundhay Runners	0:22:45	725	B
Brian	Tyrell	Valley Striders	0:24:00	488	B
Sean	Veal	Horsforth Harriers	0:21:00	726	A
Emma	Vincent	Abbey Runners	0:21:45	476	A
Robert	Vincent	Abbey Runners	0:17:59	477	A
Alex	Wagner		0:18:00	478	A
Alan	Waistell		0:30:00	727	B
John	Walker	Roundhay Runners	0:24:30	728	B
Nicola	Walmsley	Chapel Allerton RC	0:20:55	729	A
Clive	Walton	Abbey Runners	0:23:00	730	B
John	Ward	Abbey Runners	0:22:29	731	A
Lesley	Watson	Bingley Harriers & AC	0:18:59	732	A
Alexandra	Watson-Usher	Valley Striders	0:26:00	479	B
Jane	Webster	Horsforth Harriers	0:26:30	733	B
Rob	Webster	Horsforth Harriers	0:22:50	734	B
Mark	Westman	Bingley Harriers & AC	0:21:30	735	A
Robert	Whitaker	Wetherby Runners AC	0:17:55	736	A
Ali	White	Roundhay Runners	0:18:45	737	A
Paul	White	Valley Striders	0:22:45	738	B
James	Whittaker	Abbey Runners	0:22:10	739	A
Kate	Williams	Spensborough & District AC	0:25:00	740	B
Liz	Willis	Abbey Runners	0:25:00	741	B
Charlotte	Wills	Leeds City AC	0:18:00	742	A
David	Womersley	Horsforth Harriers	0:21:30	743	A
Liz	Wood	Valley Striders	0:22:00	744	A
James	Wright	Knareborough Striders	0:18:40	745	A
Alex	Wytchard	Skyrac AC	0:24:00	746	B
Isaac	Wytchard	Otley AC	0:24:00	747	B
Rhys	Wytchard	Otley AC	0:24:00	748	B
Amy	Young	Hyde Park Harriers	0:21:30	749	A
Innes	Young	Roundhay Runners	0:19:00	750	A