

Heat allocations for Race 3

24 April 2019

Bib #	First Name	Last Name	Club	Expected Time	Heat
1501	Michael	Abrams-Cohen	Ilkley Harriers	00:19:00	A
1502	Liz	Adams	Valley Striders	00:22:30	B
1503	Ali	Ameri		00:23:30	B
1504	Ewelina	Amrouche	Morley Running Club	00:32:00	B
1089	Theo	Armitage	Bingley Harriers & AC	00:20:45	A
1779	Leila	Armoush	Leeds City AC	00:17:30	A
1505	Lee	Arnell	Chapel Allerton RC	00:21:10	A
1780	Graham	Askew	Bingley Harriers & AC	00:17:00	A
1781	James	Askew	Bingley Harriers & AC	00:17:10	A
1506	Mark	Ayre	Roundhay Runners	00:20:00	A
1507	James	Balkwill	Abbey Runners	00:22:26	A
1782	Jonathan	Ball	Valley Striders	00:17:15	A
1508	Liz	Ball	Valley Striders	00:25:00	B
1509	Killian	Bane		00:23:00	B
1510	Donna	Banks		00:33:00	B
1783	Neil	Barker	Spenborough & District AC	00:18:30	A
1512	Andy	Bates		00:20:00	A
1513	Neil	Baxter	Skyrac AC	00:21:00	A
1514	Paul	Beal	Horsforth Harriers	00:21:45	A
1784	Helen	Beck	Wakefield District H & AC	00:19:00	A
1515	Ashley	Beddoes	Abbey Runners	00:19:30	A
1516	Gareth	Bell	Harrogate Harriers & AC	00:21:50	A
773	Zeni	Bellwood	Hyde Park Harriers	00:30:00	B
1095	Alison	Bennett	Ilkley Harriers	00:25:00	B
1517	Dan	Blackburn	Leeds & Bradford Triathlon Club	00:18:25	A
1785	Andrew	Bolas		00:21:30	A
1786	Simon	Bolland	Spenborough & District AC	00:16:15	A
1518	Raj	Boughan	Roundhay Runners	00:25:00	B
1787	Kathryn	Bowley		00:25:00	B
1519	Claire	Bowman	Richmond & Zetland Harriers	00:31:00	B
1520	Paul	Bowman	Richmond & Zetland Harriers	00:20:00	A
1521	Victoria	Brides	Horsforth Harriers	00:25:00	B
1522	Josephine	Briggs	Saltaire Striders	00:27:00	B
1523	Jenson	Brogden	Otley AC	00:19:00	A
1524	Aston	Brogden	Otley AC	00:20:45	A
1525	Stephen	Brook	Queensbury Running Club	00:25:30	B
1788	Andy	Brown	Saltaire Striders	00:17:15	A
1526	Debbie	Brown	Hyde Park Harriers	00:31:00	B
1527	Stephen	Brown	Hyde Park Harriers	00:30:00	B
1789	Adrian	Buccilli		00:21:00	A
1528	Archie	Budding	Ilkley Harriers	00:21:00	A
1529	Nicola	Budding	Ilkley Harriers	00:24:00	B
1530	Robert	Budding	Ilkley Harriers	00:20:30	A
1531	John	Buddle	Baildon Runners	00:19:30	A

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Bib #	First Name	Last Name	Club	Expected Time	Heat
1532	Marianne	Burgess	Horsforth Harriers	00:23:45	B
800	Wayne	Butler		00:26:00	B
1533	Linda	Carey	Baildon Runners	00:40:00	B
1534	Brent	Carr	Otley AC	00:20:00	A
1535	Dot	Carr		00:34:34	B
1536	Joe	Carr	Leeds City AC	00:18:30	A
803	Andrew	Carrier	Hyde Park Harriers	00:17:30	A
1537	Henry	Carter	Spensborough & District AC	00:17:51	A
1538	Oliver	Carter	Spensborough & District AC	00:17:15	A
1539	Hannah	Carter	Roundhay Runners	00:20:00	A
1540	John	Cassells		00:31:00	B
1541	Charlotte	Chambers	Otley AC	00:21:24	A
1790	Chris	Chambers	Otley AC	00:20:00	A
1542	George	Chambers	Otley AC	00:21:25	A
1543	Stuart	Christensen		00:25:00	B
1544	Helen	Clancy		00:26:30	B
1545	Joseph	Clancy	Leeds City AC	00:17:00	A
1546	Cal	Clark	Abbey Runners	00:18:30	A
1547	Denise	Clark	Ackworth Road Runners	00:24:30	B
1511	Tillie	Clark	St Theresas AC	00:22:00	A
1548	Sam	Clegg	Rotherham Harriers & AC	00:17:00	A
1791	Trevor	Clough	Leeds City AC	00:19:00	A
1792	Maureen	Coffey	Roundhay Runners	00:32:00	B
818	Andrew	Collins	Harrogate Harriers & AC	00:19:20	A
1549	James	Cook	Roundhay Runners	00:23:00	B
1550	Joseph	Cook	Leeds City AC	00:19:30	A
1793	Lizzie	Coombes	Hyde Park Harriers	00:27:00	B
1551	JAMES	CORAH	Kirkstall Harriers	00:27:00	B
1552	Chris	Corcoran	Leeds City AC	00:22:10	A
1553	Andy	Corker		00:20:00	A
1554	Hilda	Coulsey	Ilkley Harriers	00:24:45	B
1555	Graeme	Cowling	Otley AC	00:21:06	A
837	Nathan	Coy	Ilkley Harriers	00:18:30	A
1556	Stephen	Coy	Ilkley Harriers	00:17:20	A
1557	Ashley	Crawford		00:17:30	A
1558	Martin	Critchley	Horsforth Harriers	00:18:50	A
1794	Paul	Croston	Eccleshill Road Runners	00:25:00	B
1559	John	Dalby	Harrogate Harriers & AC	00:21:30	A
1795	Chris	Darley		00:22:00	A
1796	Tom	Dart	Spensborough & District AC	00:17:00	A
1560	Sam	Davison	Valley Striders	00:21:00	A
1561	Josh	Dawson	Hyde Park Harriers	00:18:30	A
1797	Celia	De Maria	Leeds City AC	00:23:00	B
1562	Louise	Dell'Amico	Saltaire Striders	00:27:30	B

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Bib #	First Name	Last Name	Club	Expected Time	Heat
1563	Warren	Dennison	Roundhay Runners	00:22:19	A
1564	Tommy	Dickson	Horsforth Harriers	00:25:00	B
1565	Carlos Nahuel	Diz		00:20:00	A
1566	Dan	Donnelly	Hyde Park Harriers	00:20:30	A
1798	Jake	Dowdeswell	Dragons Running Club	00:19:00	A
1567	Lauren	Eadon	Wetherby Runners AC	00:21:00	A
1568	Jonathan	Eagle	Horsforth Harriers	00:23:00	B
1569	Nathan	Edmondson	Ilkley Harriers	00:16:00	A
1799	Henry	Eglin	Baildon Runners	00:19:00	A
1800	Sara	Elliott	Otley AC	00:23:00	B
1570	Adam	Ellis	Abbey Runners	00:23:00	B
1571	Jarrad	Englestown	Selby Striders	00:18:30	A
1801	Neil	Fairburn	Baildon Runners	00:22:31	B
1572	Paul	Farmery	Hyde Park Harriers	00:26:00	B
1573	Dean	Fielding		00:19:00	A
1574	Martin	Fillingham	Saltaire Striders	00:17:00	A
1575	Alexandra	Firth	Abbey Runners	00:21:30	A
1576	Sean	Fitzgerald	Valley Striders	00:19:00	A
1577	Chris	Forde		00:24:30	B
1578	Lora	Forster	Chapel Allerton RC	00:24:00	B
1579	Nicola	Forwood	Hyde Park Harriers	00:23:00	B
1580	Pascale	Fotherby	Valley Striders	00:25:00	B
1581	Paul	Fotherby	Valley Striders	00:18:00	A
1802	David	Foyston	Ilkley Harriers	00:18:00	A
1582	Carmel	Gallagher	Otley AC	00:29:00	B
1583	Ned	Gallagher-Thompson	Otley AC	00:22:00	A
1584	Eleanor	Gallon	Kirkstall Harriers	00:22:00	A
1585	Rob	Garbutt		00:18:30	A
1586	Rachael	Garrard		00:45:00	B
1587	Christopher	Gill	St Therasas AC	00:23:00	B
1588	Steph	Gledhill	Valley Striders	00:21:34	A
1589	Michael	Goldstone		00:20:30	A
1590	Rory	Goldthorpe	Abbey Runners	00:19:20	A
1591	Philip	Goose	Hyde Park Harriers	00:17:30	A
1592	Rob	Grant		00:18:00	A
1803	James	Greenlay	Ilkley Harriers	00:22:00	A
1593	Owain	Gwilym	Airecentre Pacers	00:20:00	A
1594	Suzanne	Hague	Saltaire Striders	00:28:00	B
1804	Martin	Hall	Spenborough & District AC	00:19:59	A
1805	Sam	Hallas		00:25:00	B
1595	Robert	Halstead	Horsforth Harriers	00:22:15	A
1596	David	Handy		00:25:00	B
1597	Amy	Hannell	Horsforth Harriers	00:30:00	B
1598	Joe	Hanney	Valley Striders	00:20:40	A

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Bib #	First Name	Last Name	Club	Expected Time	Heat
1599	Vicky	Harper		00:21:00	A
1600	Fiona	Harris	Roundhay Runners	00:30:00	B
1601	Samantha	Harris	Valley Striders	00:21:49	A
1602	Jenny	Harrison	Horsforth Harriers	00:21:45	A
1603	Richard	Harrison	Selby Striders	00:19:00	A
1806	Charis	Hawkins		00:31:00	B
1604	Martin	Hawkins	Skyrac AC	00:21:30	A
1605	Joanna	Heaton	Roundhay Runners	00:25:00	B
1807	RICHARD	HERRINGTON	St Therasas AC	00:16:50	A
1606	Jacqueline	Hill		00:27:00	B
1808	Reuben	Hill	Valley Striders	00:19:00	A
1607	Owen	Hilton	Abbey Runners	00:19:30	A
1608	Kathryn	Hind	Leeds & Bradford Triathlon Club	00:26:00	B
1809	Stephanie	Hird		00:25:00	B
863	Geoffrey	Hirst	Harrogate Harriers & AC	00:19:20	A
1609	Craig	Hitchenor		00:27:30	B
1610	John	Hobbs	Valley Striders	00:16:00	A
1611	Tony	Hodge	Roundhay Runners	00:19:00	A
864	Alex	Hoggard	Selby Striders	00:17:30	A
1612	Daniel	Hollis		00:23:00	B
1613	Neil	Holloway	Leeds & Bradford Triathlon Club	00:20:45	A
1614	Jean	Hoyle		00:29:00	B
1615	Chloe	Hudson	Valley Striders	00:22:00	A
1616	Chris	Hughes		00:22:19	A
1810	John	Imrie	Leeds City AC	00:19:00	A
1617	Louise	Ingham		00:23:30	B
1618	Vivienne	Irvine	Wakefield Triathlon Club	00:30:00	B
1619	Dean	Jackson	Bolton Triathlon Club	00:21:00	A
1620	Lee	Jamieson	Kippax Harriers	00:23:00	B
1621	Jonny	Johnson	Rotherham Harriers & AC	00:15:30	A
890	Robyn	Johnson	Hydrographic Harriers	00:32:30	B
1811	Donald	Johnson	Bingley Harriers & AC	00:23:30	B
1622	Sophie	Johnstone	Roundhay Runners	00:24:00	B
1623	Vicki	Johnstone	Valley Striders	00:26:45	B
1624	Chris	Jones	Hyde Park Harriers	00:21:00	A
1625	Gill	Jones	Leeds & Bradford Triathlon Club	00:33:30	B
1626	Graham	Jones	Valley Striders	00:19:00	A
1627	Justin	Jones	Roundhay Runners	00:25:30	B
1628	Philip	Jones	Baildon Runners	00:22:10	A
1629	Simon	Jones	Abbey Runners	00:17:30	A
1630	Mark	Jordan	Harrogate Harriers & AC	00:19:30	A
1812	Rupert	Jordan	Hyde Park Harriers	00:17:00	A
1631	Ben	Joynson		00:22:30	B
1632	Leila	Kara	Valley Striders	00:30:00	B

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Bib #	First Name	Last Name	Club	Expected Time	Heat
1633	Elaine	Kavanagh	Tadcaster Harriers	00:26:00	B
1634	Ryan	Kavanagh	Tadcaster Harriers	00:17:30	A
1635	Ashley	Kaye		00:22:00	A
1636	Mat	Kelly	Rothwell Harriers & AC	00:22:30	B
1637	Sarah	Kemshall	St Therasas AC	00:19:00	A
1638	Alastair	Kennis	Thames Hare & Hounds	00:19:00	A
1639	Craig	Kent	Abbey Runners	00:20:00	A
1640	Michael	Kershaw	Crossgates Harriers	00:21:00	A
1641	Wayne	King-Farlow	Bingley Harriers & AC	00:19:30	A
1813	Tomasz	Krzeszewski		00:20:00	A
1814	Joe	Lakin		00:25:00	B
1815	Martin	Landells	Pudsey & Bramley AC	00:18:15	A
1642	Tom	Langdon	Leeds & Bradford Triathlon Club	00:17:33	A
1643	Nia	Leask	Roundhay Runners	00:25:00	B
1644	Barbara	Lee	Baildon Runners	00:25:00	B
1645	Helen	Lewis	Roundhay Runners	00:26:00	B
1646	Huw	Lippiatt	Valley Striders	00:18:00	A
1647	Graeme	Littlewood	Abbey Runners	00:23:00	B
499	Dean	Lloyd	Morley Running Club	00:28:00	B
1648	Dean	Lloyd	Morley Running Club	00:28:00	B
1649	Vernon	Long	Valley Striders	00:19:20	A
1650	Sarah	Longfield	Ackworth Road Runners	00:31:15	B
1651	Liz	Lowe	Roundhay Runners	00:26:00	B
1816	Greg	Lyle	Doncaster Triathlon Club	00:18:30	A
1817	Andy	Mace	Valley Striders	00:27:00	B
1652	Will	Mailloux		00:26:00	B
1653	Rob	Marsh	Valley Striders	00:20:00	A
1654	Edward	Matson		00:21:29	A
1655	Lisa	Mawer	Harrogate Harriers & AC	00:21:00	A
1760	Mike	McDougall		00:19:45	A
1818	Sean	McHale		00:19:00	A
1819	Daniel	McKeown	Ilkley Harriers	00:17:45	A
1656	Kevin	McMullan	Valley Striders	00:20:30	A
1657	Paul	Menham		00:19:30	A
1658	Daniel	Metcalfe	Horsforth Fellandale	00:23:00	B
1820	Heidi	Moores		00:25:00	B
1821	Holly	Moores		00:21:00	A
1822	Pam	Moores		00:25:00	B
1823	Sarah	Morley	St Therasas AC	00:22:00	A
1659	Stephen	Morris	Leeds & Bradford Triathlon Club	00:19:00	A
1660	Faye	Mullen	Abbey Runners	00:21:37	A
906	Evie	Murdoch	Leeds & Bradford Triathlon Club	00:28:00	B
1824	Steve	Murray	Ilkley Harriers	00:18:50	A
923	Jason	Newell	Spensborough & District AC	00:22:09	A

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Bib #	First Name	Last Name	Club	Expected Time	Heat
1825	Steve	Newell	Ilkley Harriers	00:21:00	A
1661	Jack	Oakshatt		00:21:00	A
1662	Alistair	O'Donnell	Kirkstall Harriers	00:19:00	A
1663	Ian	Ogden	Spensborough & District AC	00:18:30	A
1664	Kevin	Ogden	Spensborough & District AC	00:16:45	A
1665	Julie	Oldfield	Roundhay Runners	00:29:30	B
1826	Reuben	Orange		00:25:00	B
1765	James	Osborne	Doncaster AC	00:17:30	A
1666	Jane	Oughton	Abbey Runners	00:28:59	B
1667	Sarah	Papadimos	Horsforth Harriers	00:25:00	B
1668	Hannah	Parmley	Roundhay Runners	00:32:30	B
1669	Adam	Parton	Valley Striders	00:19:00	A
1766	Karen	Pearse		00:21:54	A
1670	Florence	Pell	Valley Striders	00:21:59	A
1671	Steve	Pinn	Roundhay Runners	00:18:00	A
1672	Barney	Plummer	Horsforth Harriers	00:18:00	A
1827	Janine	Porter	Bellahouston Harriers	00:19:55	A
1828	Mark	Porter	Bellahouston Harriers	00:17:40	A
1769	Jacob	Pow	Leeds City AC	00:19:00	A
1829	John	PRATT	Hyde Park Harriers	00:20:00	A
1673	Cheryl	Proctor	Roundhay Runners	00:22:27	A
1674	Oliver	Pryse		00:22:18	A
1675	Ali	Pyner	Roundhay Runners	00:28:00	B
1676	Kitty	Quin	Otley AC	00:30:00	B
1677	Zachary	Quin	Otley AC	00:23:00	B
1830	Paul	Ramsden	Hyde Park Harriers	00:21:59	A
945	James	Rawstron	Otley AC	00:22:51	B
1678	Iain	Rayner		00:20:00	A
1679	Ben	Rees	Bingley Harriers & AC	00:18:10	A
1680	Emyr	Rees	Bingley Harriers & AC	00:23:15	B
1681	Cris	Reis		00:25:00	B
1682	Mark	Reynolds	Rothwell Harriers & AC	00:26:00	B
1683	Clare	Rhodes	Kirkstall Harriers	00:32:00	B
1831	Jay	Richardson	Roundhay Runners	00:18:59	A
1770	Matthew	Richardson	Saltaire Striders	00:17:30	A
1684	Paul	Richardson	Harrogate Harriers & AC	00:18:30	A
960	Libby	Rickelton	Leeds & Bradford Triathlon Club	00:25:00	B
1685	Lucy	Rider	Hyde Park Harriers	00:23:00	B
1686	Adam	Robertson	Roundhay Runners	00:19:45	A
1687	Michael	Robins	Valley Striders	00:22:30	B
1688	Freddie	Roden	Abbey Runners	00:19:00	A
1689	Helen	Roden	Abbey Runners	00:22:30	B
1690	Oscar	Roden	Abbey Runners	00:22:00	A
1691	Bill	Roscoe		00:23:30	B

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Bib #	First Name	Last Name	Club	Expected Time	Heat
1692	Brett	Roscoe		00:24:00	B
1693	Jack	Rose	Hyde Park Harriers	00:18:00	A
1694	Danny	Rosenberg		00:20:00	A
1695	Ian	Rosser	Valley Striders	00:23:00	B
1696	Chris	Rugg		00:27:00	B
1832	Joe	Sagar	Spenborough & District AC	00:16:00	A
1697	Jasmine	Salih	Abbey Runners	00:25:00	B
1698	Ellen	Sayles	Rothwell Harriers & AC	00:25:30	B
1833	Samantha	Scarlett		00:30:00	B
1699	Carole	Schofield	Valley Striders	00:24:50	B
1700	Steven	Scott		00:19:00	A
1834	Danny	Seldon	Purbeck Runners	00:17:30	A
1701	David	Semmence	Bramley Breezers	00:21:00	A
1702	Suzanne	Sharman	Pudsey & Bramley AC	00:22:00	A
1835	Nat	Shaw		00:25:00	B
1703	Mark	Shepherd		00:24:00	B
1704	Heidi	Siddle	Leeds & Bradford Triathlon Club	00:21:30	A
1705	Bobby	Skelding		00:22:38	B
1706	Stu	Sklinar	Roundhay Runners	00:22:00	A
961	Clare	Slorach	Hyde Park Harriers	00:20:00	A
1836	David	Smith		00:21:30	A
1707	Mark	Smith	Horsforth Harriers	00:17:00	A
1708	Ian	Sommerville	Rothwell Harriers & AC	00:21:00	A
1837	Jonathan	Spain	Hyde Park Harriers	00:19:30	A
1709	Amanda	Spencer	Valley Striders	00:21:30	A
1710	Jacqueline	Stack	Horsforth Harriers	00:29:45	B
1711	Lisa	Stansbie	Abbey Runners	00:21:40	A
1712	Adam	Stirk	Wharfedale Harriers	00:17:30	A
1713	Paul	Stokes	Valley Striders	00:24:30	B
1714	Tim	Straughan	Valley Striders	00:19:00	A
1838	Brad	Strutt	Pudsey Pacers	00:21:59	A
1715	Martin	Sutcliffe	Valley Striders	00:25:00	B
1716	Leroy	Sutton	Valley Striders	00:22:10	A
1717	James	Tarran	Valley Striders	00:18:30	A
1718	Alice	Taylor		00:30:00	B
1719	Ali	Teggart		00:30:00	B
1720	Richard	Thomas	Kirkstall Harriers	00:22:14	A
1721	Jamie	Thompson	Wetherby Runners AC	00:18:20	A
1722	Sue	Tindall	Tadcaster Harriers	00:23:30	B
1723	Chris	Tinker	Leeds & Bradford Triathlon Club	00:19:30	A
1724	Gemma	Traviss-Turner	Roundhay Runners	00:23:00	B
1725	Stephen	Turnbull		00:22:00	A
1839	Jonathan	Turner	Ilkley Harriers	00:19:00	A
1726	Mark	Twitchett	Roundhay Runners	00:23:30	B

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Bib #	First Name	Last Name	Club	Expected Time	Heat
1727	Alfred	Tyrrell	Valley Striders	00:22:00	A
1728	Brian	Tyrrell	Valley Striders	00:24:00	B
1729	Michael	Vargas	Hyde Park Harriers	00:17:30	A
981	Michael	Vinegrad	Chapel Allerton RC	00:20:30	A
1730	Helen	Waddington	Ilkley Harriers	00:23:50	B
1731	Aisling	Wall	Horsforth Harriers	00:18:30	A
1840	Clive	Walton	Abbey Runners	00:25:00	B
1841	Chris	Ward	Wakefield District H & AC	00:17:00	A
1842	John	Ward	Ripon Runners	00:23:00	B
1843	Eleanor	Warren		00:21:15	A
1732	Jerry	Watson	Thames Hare & Hounds	00:20:15	A
1777	Scott	Watson	Hyde Park Harriers	00:17:00	A
1733	Alexandra	Watson-Usher	Valley Striders	00:22:00	A
1844	Catherine	Westhead		00:20:30	A
1845	David	Westhead	Ilkley Harriers	00:18:30	A
996	Robert	Whitaker	Wetherby Runners AC	00:18:40	A
1734	Ali	White	Roundhay Runners	00:19:00	A
1735	Paul	White	Valley Striders	00:22:45	B
1736	Anna	Whitehead	Bingley Harriers & AC	00:19:30	A
1737	Paul	Whitehurst	Morley Running Club	00:22:45	B
1738	Dan	Whittle	Leeds City AC	00:17:30	A
1739	Phil	Wilkins	Spensborough & District AC	00:23:30	B
1740	Matthew	Wilkinson	Nidd Valley Road Runners	00:18:00	A
1846	Colin	Williams	Ilkley Harriers	00:20:00	A
1741	Terry	Williams	Hyde Park Harriers	00:20:00	A
1742	Elizabeth	Willis	Abbey Runners	00:27:00	B
1743	Charlotte	Wills	Leeds City AC	00:18:00	A
1744	Jonathan	Wills	Roundhay Runners	00:16:00	A
1745	Ian	Wilson	Spensborough & District AC	00:19:00	A
1746	Steph	Wilson	Pudsey & Bramley AC	00:22:15	A
1747	David	Womersley	Horsforth Harriers	00:21:40	A
1748	Gail	Wrangles	Ackworth Road Runners	00:24:00	B
1847	Zejun	Yao	LUUCCC	00:18:00	A
1749	Amy	Young	Hyde Park Harriers	00:17:59	A
1750	Innes	Young	Roundhay Runners	00:20:00	A
1848	Jonathan	Young	Kirkstall Harriers	00:16:55	A