

**Heat allocations for Race 3**

25 April 2018

Bib #	First Name	Last Name	Club	Expected Time	Heat
756	Mohammad	Abubakr	Airecentre Pacers	0:20:00	A
501	Tobias	Adkins	Hyde Park Harriers	0:19:00	A
768	Michelle	Alderson	Roundhay Runners	0:25:00	B
502	Naomi	Armitage	Rotherham Harriers & AC	0:20:00	A
431	Sally	Armitage	Ilkley Harriers	0:20:30	A
769	Matthew	Armstrong	Hyde Park Harriers	0:19:45	A
503	Ross	Armstrong	Abbey Runners	0:17:00	A
504	Mark	Ayre	Roundhay Runners	0:20:00	A
505	James	Balkwill	Abbey Runners	0:24:00	B
370	Jasbir	Bangerh	Hyde Park Harriers	0:29:00	B
506	Sharon	Barlow	Harrogate Harriers & AC	0:18:30	A
507	Andy	Bates		0:19:30	A
508	Darren	Batey		0:20:00	A
770	Claudia	Bauer	Hyde Park Harriers	0:25:00	B
509	Neil	Baxter	Skyrac AC	0:22:28	A
510	David	Beesley	Abbey Runners	0:20:57	A
511	Laura	Beesley	Abbey Runners	0:24:00	B
433	Alison	Bennett	Ilkley Harriers	0:23:23	B
771	Alison	Bennett	Ilkley Harriers	0:23:00	B
512	Petra	Bijsterveld	Ilkley Harriers	0:25:00	B
513	Andy	Bisset	Horsforth Harriers	0:22:30	B
514	Louise	Bisset	Horsforth Harriers	0:25:30	B
515	Daniel	Blackburn	Leeds & Bradford Triathlon Club	0:19:55	A
516	John	Blatherwick	Hyde Park Harriers	0:21:30	A
517	James	Boddy	Ripon Runners	0:18:00	A
772	Chris	Bracchi	Hyde Park Harriers	0:25:00	B
773	Jane-Marie	Bracchi	Hyde Park Harriers	0:25:00	B
518	Victoria	Brides	Horsforth Harriers	0:25:45	B
774	Josie	Briggs	Saltaire Striders	0:25:30	B
519	Aston	Brogden	Otley AC	0:22:20	A
520	Jenson	Brogden	Otley AC	0:21:00	A
521	Richard	Brook	Queensbury Running Club	0:20:01	A
522	Stephen	Brook	Queensbury Running Club	0:26:30	B
775	Emma	Brown	Hyde Park Harriers	0:22:45	B
776	Archie	Budding	Ilkley Harriers	0:21:30	A
523	Robert	Budding	Ilkley Harriers	0:21:00	A
524	Marianne	Burgess	Horsforth Harriers	0:26:30	B
777	Gavin	Burton	Otley AC	0:22:00	A
525	Phil	Burton	Roundhay Runners	0:20:30	A
526	Suzanne	Caley	Abbey Runners	0:28:00	B
527	Linda	Carey	Baldon Runners	0:30:00	B

395	Dot	Carr		0:34:22	B
528	Joe	Carr	Leeds City AC	0:18:50	A
529	Chris	Carrick	Hyde Park Harriers	0:19:00	A
530	James	Carvello	Roundhay Runners	0:17:45	A
531	Simon	Cave	Ripon Runners	0:18:30	A
437	Chris	Chambers	Otley AC	0:20:30	A
532	George	Chambers	Otley AC	0:21:20	A
533	Sarah	Charlesworth	Wharfedale Harriers	0:24:20	B
534	Brian	Charlton		0:21:00	A
778	John	Chatwin	Ripon Runners	0:18:30	A
535	Sunny	Cheema	Abbey Runners	0:19:00	A
439	Connor	Clark	Abbey Runners	0:20:00	A
536	Duncan	Clark	Abbey Runners	0:19:00	A
537	Michaela	Clark	Abbey Runners	0:20:00	A
11	Tillie	Clark	St Therasas AC	0:21:19	A
463	Joanna	Clarke	Rothwell Harriers	0:30:00	B
538	Chris	Cobb	Roundhay Runners	0:19:00	A
539	Maureen	Coffey	Roundhay Runners	0:30:30	B
540	Kevin	Connell-Moore	Rothwell Harriers	0:23:30	B
541	James	Cook	Roundhay Runners	0:22:39	B
542	Joseph	Cook	Leeds City AC	0:19:45	A
779	Lizzie	Coombes	Hyde Park Harriers	0:27:00	B
780	JAMES	CORAH	Kirkstall Harriers	0:30:00	B
543	Chris	Corcoran	Leeds City AC	0:21:50	A
544	Hilda	Coulsey	Ilkley Harriers	0:24:50	B
781	Hannah	Cox	Charnwood AC	0:20:00	A
545	Meryll	Cripps	Valley Striders	0:30:00	B
546	Martin	Critchley	Horsforth Harriers	0:18:40	A
547	Joseph	Crossfield	Halifax Harriers AC	0:16:10	A
548	Robert	Cumming	Abbey Runners	0:16:59	A
549	Aidan	Curley	Abbey Runners	0:17:45	A
550	John	Dalby	Harrogate Harriers & AC	0:22:01	A
551	Caroline	Davies	Rothwell Harriers	0:33:00	B
415	Christine	Davies	Rothwell Harriers	0:45:00	B
552	Josh	Dawson		0:20:00	A
782	Tim	Dean	Dewsbury Road Runners	0:18:30	A
553	Sarah	Dennis		0:25:00	B
554	Warren	Dennison		0:22:19	A
555	Gavin	Dewhirst		0:29:00	B
556	Bradley	Dickerson	Wharfedale Harriers	0:18:00	A
557	Tom	Dickson	Horsforth Harriers	0:25:00	B
558	Paul	Dodsworth	Otley AC	0:34:30	B
559	Lisa	Dowson	Spensborough & District AC	0:33:00	B
560	Richard	Drake	Valley Striders	0:19:50	A
561	Laura	Dransfield	Roundhay Runners	0:18:30	A
783	Neil	Dring	Ripon Runners	0:22:40	B
784	Peter	Dyer	Avon Valley Runners	0:18:30	A
418	Lauren	Eadon	City of York AC	0:21:00	A
562	Jonathan	Eagle	Horsforth Harriers	0:23:30	B
563	Julie	Eastwood	Horsforth Harriers	0:38:00	B
785	Laura	Edwards	Hyde Park Harriers	0:25:00	B
564	Richard	Edwards	Hyde Park Harriers	0:25:00	B

565	Sara	Elliott	Otley AC	0:22:35	B
566	Adam	Ellis	Abbey Runners	0:22:04	A
352	Matt	Ellis	Abbey Runners	0:22:34	B
568	Glynn	Ellwood	York Postal Harriers	0:19:00	A
569	Melanie	Ellwood	York Postal Harriers	0:24:00	B
570	Sara	Elson	Roundhay Runners	0:21:30	A
571	Clare	Evans	Hyde Park Harriers	0:22:00	A
572	Paul	Farmery	Hyde Park Harriers	0:27:20	B
573	Naomi	Farrar	Hyde Park Harriers	0:25:00	B
786	Joel	Fellick		0:19:30	A
574	David	Fennah	Wetherby Runners AC	0:20:00	A
575	Sean	Fitzgerald	Valley Striders	0:19:15	A
446	Pascale	Fotherby	Valley Striders	0:25:00	B
491	Paul	Fotherby	Valley Striders	0:18:00	A
787	Andrew	Fowler		0:21:00	A
576	Simon	Frazer	Saltaire Striders	0:19:00	A
577	Gethyn	Friswell	Spa Striders	0:20:00	A
578	Heather	Fulton	Hyde Park Harriers	0:25:00	B
447	Eleanor	Gallon	Kirkstall Harriers	0:22:29	A
579	Rob	Garbutt		0:19:00	A
449	Natasha	Geere	Spenborough & District AC	0:21:30	A
580	Richard	Gibbs	Roundhay Runners	0:18:30	A
581	Christopher	Gill	St Therasas AC	0:22:58	B
582	Billy	Goddard	Roundhay Runners	0:18:20	A
583	Michael	Goldstone		0:21:30	A
584	Rory	Goldthorpe		0:19:10	A
585	Katherine	Gomersall	Spenborough & District AC	0:30:00	B
586	Andrew	Grant	Harrogate Harriers & AC	0:16:00	A
587	Louise	Gray		0:40:00	B
588	Michael	Greene		0:21:30	A
589	Sarah	Greene	Hyde Park Harriers	0:23:00	B
590	Stephen	Greene	Abbey Runners	0:20:00	A
497	Owain	Gwilym	Airecentre Pacers	0:19:00	A
788	Mark	Hadrill	Hyde Park Harriers	0:19:45	A
591	Suzanne	Hague	Saltaire Striders	0:28:00	B
592	Martin	Hall	Spenborough & District AC	0:19:30	A
593	Sarah	Hall	Roundhay Runners	0:23:00	B
594	Susan	Hall	Halifax Harriers AC	0:29:45	B
595	Matthew	Hallam	Valley Striders	0:17:00	A
596	Scott	Harrington	Otley AC	0:16:00	A
597	Andrew	Harris	Nidd Valley Road Runners	0:17:45	A
598	Jenny	Harrison	Horsforth Harriers	0:23:30	B
599	Christopher	Hassall	Hyde Park Harriers	0:22:00	A
600	Martin	Hawkins	Skyrac AC	0:21:35	A
601	Rich	Hayes	Northern Masters AC	0:16:59	A
602	Kathryn	Hind	Leeds & Bradford Triathlon Club	0:30:00	B
603	Aron	Hinds	Hyde Park Harriers	0:18:00	A
604	Geoffrey	Hirst	Harrogate Harriers & AC	0:19:00	A
451	John	Hobbs	Valley Striders	0:16:00	A
605	Denise	Hofman	Hyde Park Harriers	0:22:30	B
606	Joanne	Holland	Abbey Runners	0:25:30	B
607	Alex	Holliday		0:21:30	A

608	Neil	Holloway	Leeds & Bradford Triathlon Club	0:19:10	A
609	Liz	Hooper		0:30:00	B
610	Barrie	Hopson	Abbey Runners	0:28:30	B
789	Claire	Hougham	Hyde Park Harriers	0:27:30	B
611	Vicky	Houghton	Hyde Park Harriers	0:24:00	B
612	Kelly	Houton	Horsforth Harriers	0:25:00	B
613	Chloe	Hudson	Valley Striders	0:22:03	A
452	Stephen	Hunt	Spensborough & District AC	0:19:50	A
614	Roger	Hutton		0:17:55	A
615	Mark	Iley	Ilkley Harriers	0:19:30	A
616	John	Imrie		0:20:00	A
617	Niamh	Jackson	Kirkstall Harriers	0:19:59	A
618	Liam	Jenkins	Abbey Runners	0:19:00	A
619	Denise	Johnson	Baildon Runners	0:25:00	B
620	Donald	Johnson	Bingley Harriers & AC	0:24:00	B
457	Simon	Johnson	Halifax Harriers & AC	0:17:30	A
621	Sophie	Johnstone	Roundhay Runners	0:24:00	B
622	Chris	Jones	Hyde Park Harriers	0:21:00	B
623	Martin	Jones	Abbey Runners	0:20:30	A
624	Philip	Jones	Baildon Runners	0:24:00	B
790	Daniel	Josephs	South Shields Harriers & AC	0:17:10	A
625	Elaine	Kavanagh	Tadcaster Harriers	0:25:00	B
626	Ryan	Kavanagh	Tadcaster Harriers	0:17:15	A
627	Helen	Kennedy	Roundhay Runners	0:27:35	B
628	Craig	Kent	Abbey Runners	0:19:50	A
629	Jacqui	Khoeiry	Wakefield District H & AC	0:20:30	A
630	Marwan	Khoeiry	Wakefield District H & AC	0:19:00	A
631	Geoff	King	Harrogate Harriers & AC	0:19:15	A
460	Tom	Langdon	Leeds & Bradford Triathlon Club	0:17:33	A
632	Lesley	Lavery	St Therasas AC	0:27:30	B
633	Malcolm	Lavery	St Therasas AC	0:22:20	A
634	Matthew	Lawson	Saltaire Striders	0:24:00	B
635	Simon	Lawson	Harrogate Harriers & AC	0:21:00	A
636	Barbara	Lee	Baildon Runners	0:25:30	B
637	Barney	Lerner	Saltaire Striders	0:24:45	B
638	Susan	Lewis	Roundhay Runners	0:18:45	A
639	Philip	Lim	Valley Striders	0:26:30	B
752	Huw	Lippiatt	Valley Striders	0:17:30	A
640	Stuart	Little	Horsforth Harriers	0:20:00	A
641	Adam	Lomas	Hyde Park Harriers	0:20:00	A
642	Vernon	Long	Valley Striders	0:21:00	A
482	Sarah	Longfield	Ackworth Road Runners	0:32:50	B
791	Dave	Lonsdale	Baildon Runners	0:31:00	B
643	Liz	Lowe	Roundhay Runners	0:26:00	B
644	Grahame	Lunt		0:22:04	A
645	Oliver	Lunt		0:22:23	A
646	Will	Mailloux		0:26:00	B
647	Michael	Mansfield	Roundhay Runners	0:23:30	B
648	Sarah	Marsden	Leeds & Bradford Triathlon Club	0:22:18	A
649	Rob	Marsh	Valley Striders	0:20:00	A
792	Adrian	Martin	Pudsey Pacers	0:25:00	B
793	Cathy	Martin	Pudsey Pacers	0:28:00	B

650	Sheila	Mason	Horsforth Harriers	0:28:30	B
651	Alex	Matthewson	Wetherby Runners AC	0:19:30	A
652	Anne	McCaffrey		0:30:00	B
794	Sean	McCaffrey	Holmfirth Harriers AC	0:18:30	A
795	Michael	McDermott		0:22:40	B
461	Becky	Mcdonald	City of Hull AC	0:19:40	A
653	William	McGawley	Leeds & Bradford Triathlon Club	0:27:00	B
654	Keith	McGhie	Spensborough & District AC	0:18:40	A
655	Helen	McGrath	Roundhay Runners	0:26:00	B
656	Kevin	McMullan	Valley Striders	0:19:15	A
483	Paul	Menham		0:19:10	A
657	Andy	Mill	Abbey Runners	0:21:30	A
796	Paul	Millgate	Wetherby Runners AC	0:16:50	A
658	Al	Milne		0:22:17	A
659	Stephen	Milne	Hyde Park Harriers	0:26:00	B
660	Joanna	Mingham	Horsforth Harriers	0:30:00	B
661	Nicholas	Mitchell	Vegan Runners UK	0:19:30	A
662	Craig	Montgomery	Roundhay Runners	0:19:00	A
797	Nichola	Moreland	Hyde Park Harriers	0:21:40	A
663	Filip	Morus	Abbey Runners	0:21:47	A
664	David	Mullaney	Tadcaster Harriers	0:22:40	B
757	Julian	Murray	Harrogate Tri Club	0:19:59	A
798	Nsubisi	Mwakasungura	Roundhay Runners	0:25:00	B
665	Gillian	Nesbitt	Abbey Runners	0:25:00	B
666	Stephen	Nesbitt	Harrogate Harriers & AC	0:22:00	A
667	Alistair	O'Donnell	Kirkstall Harriers	0:20:00	A
668	Ian	Ogden	Spensborough & District AC	0:18:00	A
669	Kevin	Ogden	Spensborough & District AC	0:16:45	A
670	Sean	O'Halloran	Kirkstall Harriers	0:28:00	B
799	Robin	Outtersides	Otley AC	0:20:00	A
671	Robin	Owen		0:18:00	A
672	Monica	Padilla	Wharfedale Harriers	0:19:50	A
673	Sarah	Papadimos	Horsforth Harriers	0:26:30	B
674	John	Papworth-Smith		0:28:00	B
675	Christopher	Parker-Haim	Rothwell Harriers	0:24:30	B
676	Matthew	Parker-Haim		0:28:00	B
677	Curtis	Parker-Milnes	Hyde Park Harriers	0:21:30	A
678	Bryan Francis	Parkinson	Bingley Harriers & AC	0:21:10	A
679	Hannah	Parmley	Roundhay Runners	0:28:00	B
680	Ian	Patchett	Abbey Runners	0:22:00	A
681	Angela	Pattinson	Horsforth Harriers	0:22:28	A
682	Nick	Payne	Hyde Park Harriers	0:20:55	A
683	David	Peacock		0:23:00	B
684	Amanda	Pearson	Spensborough & District AC	0:31:00	B
685	Steve	Pinn	Roundhay Runners	0:19:00	A
800	Adam	Prentis	Harrogate Harriers & AC	0:19:30	A
686	Anna	Priest	Roundhay Runners	0:21:00	A
801	James	Rawstron	Otley AC	0:21:00	A
687	Iain	Rayner		0:22:00	A
688	Ben	Rees	Bingley Harriers & AC	0:18:50	A
689	Emyr	Rees	Bingley Harriers & AC	0:23:50	B
690	Cristiana	Reis		0:30:00	B

691	Clare	Rhodes	Kirkstall Harriers	0:30:00	B
692	Johanna	Rhodes	Hyde Park Harriers	0:24:00	B
693	Paul	Richardson	Harrogate Harriers & AC	0:19:00	A
487	Hannah	Riechert		0:19:00	A
694	Kate	Ritchie	Horsforth Harriers	0:22:00	A
468	Grace	Roberts	Hyde Park Harriers	0:28:00	B
695	Adam	Robertson	Roundhay Runners	0:22:00	A
802	Emma	Robinson	Harrogate Harriers & AC	0:21:00	A
696	Freddie	Roden	Abbey Runners	0:20:36	A
697	Helen	Roden	Abbey Runners	0:21:46	A
698	Oscar	Roden	Abbey Runners	0:21:49	A
699	Bill	Roscoe		0:23:30	B
700	Brett	Roscoe		0:23:30	B
701	Jack	Rose	Hyde Park Harriers	0:18:00	A
702	Danny	Rosenberg		0:21:00	A
703	Ian	Rosser	Valley Striders	0:21:30	A
704	Kirsty	Ryan	Roundhay Runners	0:21:30	A
705	Jasmine	Salih	Abbey Runners	0:26:00	B
706	Alan	Salter		0:19:00	A
707	Paul	Sawyer	Hyde Park Harriers	0:20:00	A
803	Julia	Say	Roundhay Runners	0:21:20	A
708	Fiona	Schneider	Ilkley Harriers	0:27:15	B
709	Jonathan	Shaw	Horsforth Harriers	0:25:00	B
710	Mark	Shepherd		0:24:00	B
711	Heidi	Siddle	Leeds & Bradford Triathlon Club	0:20:25	A
712	Harry	Sime	Ilkley Harriers	0:23:00	B
713	Stu	Sklinar	Leeds & Bradford Triathlon Club	0:22:00	A
714	Daniel	Smith		0:20:20	A
715	Nathan	Smith	Harrogate Harriers & AC	0:19:15	A
716	Amanda	Spencer	Valley Striders	0:23:23	B
717	Jacqueline	Stack	Horsforth Harriers	0:32:00	B
471	Lee	Stanley	Ripon Runners	0:18:00	A
718	Lisa	Stansbie	Abbey Runners	0:22:28	A
719	Melissa	Stead	Pudsey Pacers	0:29:00	B
720	Joe	Steele	Roundhay Runners	0:19:55	A
804	Andrew	Stott	Queensbury Running Club	0:20:00	A
474	Kevin	Summers		0:17:50	A
475	Leroy	Sutton	Valley Striders	0:21:30	A
805	Sarah	Swales	South Shields Harriers & AC	0:24:00	B
721	James	Tarran	Valley Striders	0:18:30	A
722	Alice	Taylor		0:31:00	B
806	Scarlett	Thompson		0:33:00	B
723	Sue	Tindall	Tadcaster Harriers	0:23:00	B
724	Andy	Turner	Roundhay Runners	0:19:00	A
725	Mark	Twitchett	Roundhay Runners	0:22:45	B
807	Alfred	Tyrrell		0:23:00	B
488	Brian	Tyrrell	Valley Striders	0:24:00	B
726	Sean	Veal	Horsforth Harriers	0:21:00	A
727	Alan	Waistell		0:30:00	B
728	John	Walker	Roundhay Runners	0:24:30	B
729	Nicola	Walmsley	Chapel Allerton RC	0:20:55	A
730	Clive	Walton	Abbey Runners	0:23:00	B

731	John	Ward	Abbey Runners	0:22:29	A
732	Lesley	Watson	Bingley Harriers & AC	0:18:59	A
733	Jane	Webster	Horsforth Harriers	0:26:30	B
734	Rob	Webster	Horsforth Harriers	0:22:50	B
808	Catherine	Westhead	Ilkley Harriers	0:22:00	A
809	David	Westhead	Ilkley Harriers	0:18:20	A
810	Francis	Westhead		0:22:00	A
735	Mark	Westman	Bingley Harriers & AC	0:21:30	A
736	Robert	Whitaker	Wetherby Runners AC	0:17:55	A
737	Ali	White	Roundhay Runners	0:18:45	A
738	Paul	White	Valley Striders	0:22:45	B
739	James	Whittaker	Abbey Runners	0:22:10	A
811	Emma	Wilkins	Baildon Runners	0:20:00	A
740	Kate	Williams	Spensborough & District AC	0:25:00	B
741	Liz	Willis	Abbey Runners	0:25:00	B
742	Charlotte	Wills	Leeds City AC	0:18:00	A
743	David	Womersley	Horsforth Harriers	0:21:30	A
744	Liz	Wood	Valley Striders	0:22:00	A
745	James	Wright	Knaresborough Striders	0:18:40	A
746	Alex	Wytchard	Skyrac AC	0:24:00	B
747	Isaac	Wytchard	Otley AC	0:24:00	B
748	Rhys	Wytchard	Otley AC	0:24:00	B
749	Amy	Young	Hyde Park Harriers	0:21:30	A
750	Innes	Young	Roundhay Runners	0:19:00	A