

York 5K Series

RACE 3 Heat allocations

14 June 2018

Bib #	First Name	Last Name	Club	Expected Time	Heat
5001	Marian	ALDER		00:28:30	B
5002	PAUL	ANDERSON		00:19:00	A
5003	Nicky	Andrews	Wetherby Runners AC	00:20:30	A
5005	Benjamin	Baird	Nidd Valley Road Runners	00:20:00	A
5174	Tim	Baldwin	Saltaire Striders	00:16:59	A
5006	Barbara	Ball		00:42:00	B
5007	DARREN	BALL	Pocklington Runners	00:19:00	A
5008	Lynette	Banks	York Knavesmire Harriers	00:26:30	B
5175	Jerry	Barnes	York Acorn Running Club	00:23:00	B
5009	Philippa	Barrett	Wharfedale Harriers	00:20:32	A
5010	Nina	Batt	Wetherby Runners AC	00:21:00	A
5011	Neil	Baxter	Skyrac AC	00:21:00	A
5012	Sophie	Baxter		00:36:00	B
5176	Angela	Benson	Ripon Runners	00:24:00	B
5013	Rachel	Bentley	Valley Striders	00:20:30	A
5014	Rachel	Boyd	Knaresborough Striders	00:42:00	B
5015	Stephen	Boynton	British Library Boston Spa AC	00:21:30	A
5016	Andrew	Brookes		00:24:00	B
5017	Joan	Brown	City of York AC	00:23:00	B
5170	Joan	Brown	City of York AC	00:23:00	B
5177	Kim	Brown		00:18:20	A
5178	Paul	Brown	Rothwell Harriers & AC	00:18:30	A
5179	Luke	Bryant		00:18:00	A
5019	Dave	Burrows	York Knavesmire Harriers	00:20:30	A
5020	Egg	Cameron	GoodGym Race Team	00:22:50	B
5021	Dot	Carr		00:34:22	B
5022	Simon	Cave	Ripon Runners	00:18:30	A
5023	George	Cook	Herts Phoenix AC	00:16:00	A
5172	George	Cook	Herts Phoenix AC	00:16:00	A
5025	Sean	Coxhead	GoodGym Race Team	00:23:40	B
5026	Robin	Crewes		00:24:00	B
5180	Gary	Crompton	Scunthorpe & District AC	00:16:20	A
5181	Chloe	Dalton	Richmond & Zetland Harriers	00:22:00	A
5028	Reece	Dalton	Richmond & Zetland Harriers	00:16:30	A
5030	Jason	Drake		00:22:19	A
5182	Robert	Driver	Wetherby Runners AC	00:19:00	A
5136	Christopher	Duncan	Worksop Harriers	00:18:13	A
5033	Edward	Dunn	City of York AC	00:18:30	A
5034	Claire	Easton	Rothwell Harriers	00:25:00	B
5035	Abbie	Eastwood	Pocklington Runners	00:21:35	A
5036	Dan	Eastwood	Pocklington Runners	00:17:55	A
5037	Paul	Eastwood	Pocklington Runners	00:20:00	A
5038	Gary	Ellerby		00:20:00	A

5039	Jarrad	Englestown	Selby Striders	00:20:20	A
5183	Andy	Fawcett		00:21:00	A
5139	Daniel	Figg	Garden City Runners	00:18:00	A
5184	Mark	Fitzpatrick	City of York AC	00:17:45	A
5040	Lisa	Flesher		00:25:00	B
5185	Andrew	Forsyth	Askern District RC	00:20:00	A
5041	Vivianne	Fraser	York Knavesmire Harriers	00:25:00	B
5186	Sarah	Garbutt	St Therasas AC	00:17:15	A
5042	Lisa	Gibson		00:24:00	B
5043	Helen	Grainger	Pocklington Runners	00:27:45	B
5140	Natalie	Hale		00:25:00	B
5044	Matthew	Hallam	Valley Striders	00:17:00	A
5045	Jane	Halloran	Skyrac AC	00:20:00	A
5046	Andrew	Harris	Nidd Valley Road Runners	00:18:00	A
5047	Richard	Harrison	Selby Striders	00:20:00	A
5141	Richard	Hayes	Manchester Harriers & AC	00:17:30	A
5048	Jo	Heseltine	Rothwell Harriers	00:23:00	B
5049	Kim	Heyes	Pocklington Runners	00:28:00	B
5051	Mollie	Holehouse	Bridlington Road Runners	00:20:30	A
5052	Andy	Holladay	York Knavesmire Harriers	00:20:00	A
5142	Lindsay	Holliday	Crossgates Harriers	00:18:45	A
5187	Adrian	Holliday	Leeds City AC	00:15:30	A
5143	Meg	House		00:32:00	B
5054	Fiona	Hyde		00:26:30	B
5055	Grenville	Jensen		00:21:56	A
5056	Stefan	Jensen		00:21:00	A
5057	Colin	Jobber	Barton & District AC	00:20:00	A
5058	Hywel	Jones		00:17:00	A
5188	Paul	Kaiser	Valley Striders	00:18:00	A
5189	Pauline	Kilburn		00:35:00	B
5059	Adam	Kirk	Nidd Valley Road Runners	00:17:45	A
5190	Lucy	Knight		00:27:00	B
5145	Emily	Legg	Wetherby Runners AC	00:19:30	A
5191	Ian	Legg	Wetherby Runners AC	00:20:00	A
5060	Alastair	Lewis		00:18:30	A
5061	Lucy	Lewis		00:21:00	A
5062	Philip	Lim	Valley Striders	00:27:00	B
5063	Daniel	Linstrum	Wetherby Runners AC	00:19:45	A
5064	Martin	Lofthouse	Nidd Valley Road Runners	00:19:00	A
5065	Sarah	Longfield	Ackworth Road Runners	00:33:00	B
5066	Ben	Mancey-Jones		00:21:49	A
5067	Chris	Marsh		00:25:00	B
5068	Charlotte	Mason	City of York AC	00:18:30	A
5069	Deborah	Mason	York Knavesmire Harriers	00:26:00	B
5070	Alex	Matthewson	Wetherby Runners AC	00:19:00	A
5192	Jim	Mawer		00:21:30	A
5071	James	Maxton	York Knavesmire Harriers	00:21:00	A
5072	Pandora	Maxton		00:24:00	B
5073	Mark	May	Scarborough Athletic Club	00:22:00	A
5148	Andy	McCue	Skyrac AC	00:17:15	A
5074	Tim	Mckenzie	GoodGym Race Team	00:20:00	A
5149	Steve	Melber		00:17:30	A
5075	Steve	Middleton	Richmond & Zetland Harriers	00:16:30	A
5077	Joanna	Millican	Tadcaster Harriers	00:22:00	A

5173	Sarah	Morley	Skyrac AC	00:22:45	B
5079	Julian	Murray	Harrogate Tri Club	00:20:00	A
5151	Kirsty	Naylor	Thirsk & Sowerby Harriers	00:24:00	B
5193	Jason	Newell	Spenborough & District AC	00:24:00	B
5080	Ian	Nicholls	Scarborough Athletic Club	00:20:10	A
5081	Isobel	Nicholls	Scarborough Athletic Club	00:18:55	A
5082	Rebecca	Normington	Wetherby Runners AC	00:20:00	A
5084	Keith	Pailing	Rothwell Harriers	00:23:30	B
5085	Damian Frederick	Parkinson		00:20:20	A
5152	Alex	Patrickson	Nidd Valley Road Runners	00:17:40	A
5086	Rosemary	Pauling	City of York AC	00:24:00	B
5087	Kevin	Pears	York Triathlon Club	00:19:00	A
5088	Peter	Pearson		00:18:00	A
5194	Keri	Pearson	Barton & District AC	00:18:25	A
5089	Corrie	Percival	York Knavesmire Harriers	00:20:00	A
5090	George	Phillips	York University	00:20:00	A
5195	Max	Potts		00:19:45	A
5091	Adam	Prentis	Harrogate Harriers & AC	00:19:00	A
5092	Helen	Reevell	Pocklington Runners	00:29:59	B
5093	Paul	Richardson	Harrogate Harriers & AC	00:19:00	A
5166	Donna	Riddler	Ripon Roar	00:19:30	A
5094	Samantha	Ritson	Scunthorpe & District AC	00:25:00	B
5095	Elly	Robertson		00:25:00	B
5097	Steve	Sadler	Richmond & Zetland Harriers	00:19:00	A
5099	Debbie	Scott		00:26:00	B
5100	Douglas	Scott	Ripon Runners	00:19:00	A
5101	Rob	Scott	Richmond & Zetland Harriers	00:15:40	A
5102	Lucy	Shore	Knaresborough Striders	00:35:00	B
5103	Emma	Simmons	Pocklington Runners	00:20:30	A
5196	Shamiso	Sisimayi	Harrogate Harriers & AC	00:19:50	A
5106	Duncan	Smart	Scarborough Athletic Club	00:18:30	A
5197	Natalie	Smith		0:35:00	B
5107	Sallie	Smith		00:36:45	B
5108	Stuart	Smith	Pocklington Runners	00:17:50	A
5157	David	Smithers	York Knavesmire Harriers	00:18:00	A
5109	Austin	Smithies	White City (Hull) RRC	00:20:00	A
5110	Lee	Stanley	Ripon Runners	00:18:00	A
5198	Claudia	Stanton	Leeds City AC	00:21:45	A
5111	Kevin	Summers		00:18:00	A
5112	Phill	Taylor	Bridlington Road Runners	00:16:30	A
5113	Josh	Taylor	Bridlington Road Runners	00:18:00	A
5115	Adrian	Thear	York Knavesmire Harriers	00:23:00	B
5167	Andrew	Tomlinson	York Knavesmire Harriers	00:21:30	A
5199	Richard	Townsend	Saltwell Harriers	00:22:45	B
5200	Marco	Van Rooy		00:22:00	A
5121	Isabelle	Walby	Barton & District AC	00:22:16	A
5122	Mark	Walby	Barton & District AC	00:24:00	B
5201	Bradley	Walker	Ackworth Road Runners	00:17:29	A
5160	Nick	WALLHEAD	Wetherby Runners AC	00:20:00	A
5123	Graham	Walton		00:20:15	A
5125	Tristan	Watson	York Knavesmire Harriers	00:22:00	A
5168	Caroline	Wheelhouse	Doncaster AC	00:21:00	A
5202	Louise	Whitaker	Wetherby Runners AC	00:28:00	B
5126	Rob	Whitaker	Wetherby Runners AC	00:18:00	A

5203	Darren	Whiting	Wetherby Runners AC	00:20:00	A
5128	Paul	Widdowfield	GoodGym Race Team	00:22:16	A
5129	Paul	Wildman	Wetherby Runners AC	00:20:00	A
5130	James	Williamson	Goole Viking Striders	00:19:30	A
5162	Charlotte	Wilton	Thirsk & Sowerby Harriers	00:20:30	A
5131	James	Wright	Knaresborough Striders	00:19:00	A