

Name	GCat	Club	AVG Time	Handicap Start time
Amanda Selvaratnam	FV45	City of York AC	00:56:21	19:19:00
Andrew Stoneham	MV40	City of York AC	01:06:39	19:08:30
Ben Drake	MSEN	City of York AC	00:42:43	19:32:30
Charlotte Mason	FSen	City of York AC	00:37:42	19:37:30
Ciaran Murray	MV40	City of York AC	00:42:09	19:33:00
David Paver	MV60	City of York AC	00:57:17	19:18:00
Dennis Speck	MSEN	City of York AC	00:37:48	19:37:30
Ed Mezzetti	MSEN	City of York AC	00:49:37	19:25:30
Edward Dunn	MSEN	City of York AC	00:39:25	19:36:00
Emma Ballantyne	FSen	City of York AC	00:38:03	19:37:00
Garry Dickinson	MV40	City of York AC	00:51:35	19:23:30
George Phillips	MSEN	City of York AC	00:37:12	19:38:00
Helen Bowerman	FV45	City of York AC	00:56:45	19:18:30
Ian Wilcock	MV60	City of York AC	00:55:38	19:19:30
Isaac Hulse	MSEN	City of York AC	00:39:01	19:36:00
Jack Eggington	MSEN	City of York AC	00:35:15	19:40:00
Jane Power	FV45	City of York AC	00:49:43	19:25:30
Jeff Wright	MV40	City of York AC	00:52:55	19:22:30
Joshua Schofield	MSEN	City of York AC	00:34:04	19:41:00
Karen Wood	FV45	City of York AC	00:44:32	19:30:30
Katherine Lowles	FSen	City of York AC	00:55:25	19:20:00
Mark Fitzpatrick	MV40	City of York AC	00:38:23	19:37:00
Michael Raynes	MV40	City of York AC	00:43:31	19:31:30
Miyako Shimoji	FV45	City of York AC	00:49:00	19:26:00
Neil Hulse	MV50	City of York AC	00:49:08	19:26:00
Nick Elliott	MV50	City of York AC	00:42:27	19:33:00
Oliver Cockerill	MSEN	City of York AC	00:35:03	19:40:00
Paddy Langan	MV40	City of York AC	00:42:27	19:33:00
Paul CICKERILL	MV50	City of York AC	00:51:31	19:23:30
Peter Hanson	MV50	City of York AC	00:44:11	19:31:00
Rosemary Pauling	FSen	City of York AC	00:51:20	19:24:00
Samuel Wilson	MSEN	City of York AC	00:36:55	19:38:30
Stephen Kirk	MSEN	City of York AC	00:38:24	19:37:00
Wesley Possible	MSEN	City of York AC	00:43:20	19:32:00
Alice Williams	FSen	Easingwold Running Club	00:52:58	19:22:30
Alistair Lunn	MSEN	Easingwold Running Club	00:50:28	19:24:30
Andrew Bond	MV40	Easingwold Running Club	00:49:38	19:25:30
Angela Banks	FV35	Easingwold Running Club	01:03:04	19:12:00
Charlotte Baker	FV35	Easingwold Running Club	00:55:52	19:19:30
Charlotte Shrimpton	FV35	Easingwold Running Club	00:59:44	19:15:30
Colin Fletcher	MV50	Easingwold Running Club	00:40:30	19:34:30
Daniel Curtois	MV40	Easingwold Running Club	00:40:37	19:34:30
Davide Di Maio	MV40	Easingwold Running Club	00:46:08	19:29:00
Doug Pearce	MV40	Easingwold Running Club	00:48:37	19:26:30
Elizabeth Chambers	FV35	Easingwold Running Club	01:00:15	19:15:00
Elizabeth Darley	FV35	Easingwold Running Club	01:06:41	19:08:30
Emily Gregg	FSen	Easingwold Running Club	00:50:03	19:24:30

Name	GCat	Club	AVG Time	Handicap Start time
Eryl Andrew	FV55	Easingwold Running Club	00:59:49	19:15:30
Grace Raper	FSen	Easingwold Running Club	01:00:40	19:15:00
Howard Thompson	MV50	Easingwold Running Club	00:43:16	19:32:00
Jamie Arkle	MSEN	Easingwold Running Club	00:37:46	19:37:30
Jane Cowley	FV55	Easingwold Running Club	00:51:24	19:24:00
Jane Maloney	FV55	Easingwold Running Club	00:56:32	19:18:30
Joanna Pearson	FV35	Easingwold Running Club	00:52:16	19:23:00
John Mcburnie	MSEN	Easingwold Running Club	00:54:59	19:20:30
Jonathon Harris-Douglas	MV50	Easingwold Running Club	00:47:38	19:27:30
Joshua Williams	MSEN	Easingwold Running Club	00:49:50	19:25:30
Karen Newton	FV55	Easingwold Running Club	00:59:52	19:15:30
Karen Rayner	FV45	Easingwold Running Club	00:56:59	19:18:30
Karl Humphreys	MV40	Easingwold Running Club	00:45:34	19:29:30
Ken Dart	MV60	Easingwold Running Club	00:59:58	19:15:30
Liz Firth	FV35	Easingwold Running Club	01:01:53	19:13:30
Marie Murtagh	FV35	Easingwold Running Club	00:43:17	19:32:00
Mark Jackson	MV40	Easingwold Running Club	00:39:35	19:35:30
Mark Whiteman	MV50	Easingwold Running Club	00:39:33	19:35:30
Martyn Teare	MV60	Easingwold Running Club	00:51:03	19:24:00
Matthew Bessey	MSEN	Easingwold Running Club	00:43:05	19:32:00
Michael Bishop	MV50	Easingwold Running Club	00:54:53	19:20:30
Michael Williams	MV60	Easingwold Running Club	00:59:30	19:15:30
Natalie Gobbi	FSen	Easingwold Running Club	01:03:43	19:11:30
Neil King	MV40	Easingwold Running Club	00:39:26	19:36:00
Pam JOHNSON	FV35	Easingwold Running Club	01:00:58	19:15:00
Patrick Good	MSEN	Easingwold Running Club	00:41:34	19:33:30
Paul Bergman	MV50	Easingwold Running Club	00:44:48	19:30:30
Paul Scott	MV50	Easingwold Running Club	00:46:08	19:29:00
Philippa Hutton	FV55	Easingwold Running Club	00:54:01	19:21:00
Ray French	MV60	Easingwold Running Club	01:04:46	19:10:30
Rebecca Cooper	FV35	Easingwold Running Club	00:47:12	19:28:00
Richard Darling	MV40	Easingwold Running Club	00:45:06	19:30:00
Richard Freeman	MV40	Easingwold Running Club	00:52:01	19:23:00
Richard Gale	MV40	Easingwold Running Club	00:40:12	19:35:00
Richard KNOTT	MV50	Easingwold Running Club	00:44:31	19:30:30
Sally-Anne Lardner	FV55	Easingwold Running Club	00:54:56	19:20:30
Sarah Dixon	FV45	Easingwold Running Club	00:53:39	19:21:30
Shaun Lawson	MSEN	Easingwold Running Club	00:37:23	19:38:00
Simon Howson	MV40	Easingwold Running Club	00:48:02	19:27:00
Steph Lawson	FSen	Easingwold Running Club	00:53:25	19:22:00
Stephen Daniel	MV40	Easingwold Running Club	00:49:10	19:26:00
Stephen Loseby	MV40	Easingwold Running Club	00:40:22	19:35:00
Sue Brown	FV45	Easingwold Running Club	01:07:27	19:08:00
Vicky Welna	FSen	Easingwold Running Club	01:03:03	19:12:00
Adrian Tolhurst	MSEN	Pickering Running Club	00:42:24	19:33:00
Amanda Welburn-Smith	FV35	Pickering Running Club	00:53:46	19:21:30
Andy Harvey	MV50	Pickering Running Club	00:46:16	19:29:00

Name	GCat	Club	AVG Time	Handicap Start time
Ben Myers	MSEN	Pickering Running Club	00:41:28	19:34:00
Christopher Adams	MV40	Pickering Running Club	00:52:25	19:23:00
David Hinchliffe	MSEN	Pickering Running Club	00:48:19	19:27:00
Dean Wise	MV60	Pickering Running Club	01:02:49	19:12:30
Ellen Sharpe	FSen	Pickering Running Club	00:45:27	19:30:00
Hilary Turner	FV65	Pickering Running Club	01:12:42	19:02:30
Jane Simpson	FV35	Pickering Running Club	00:50:24	19:24:30
Jennifer Wise	FSen	Pickering Running Club	00:54:45	19:20:30
Kate Towse	FV35	Pickering Running Club	00:52:25	19:23:00
Katharine Smith	FSen	Pickering Running Club	01:07:33	19:07:30
Liam Vaughan	MSEN	Pickering Running Club	00:44:48	19:30:30
Lizzy Wise	FSen	Pickering Running Club	00:51:39	19:23:30
Michael Punchard	MV50	Pickering Running Club	00:56:03	19:19:00
Mike Wilson	MV50	Pickering Running Club	00:46:08	19:29:00
Nicola Wise	FV55	Pickering Running Club	00:57:24	19:18:00
Paul Tate-Smith	MV50	Pickering Running Club	00:51:28	19:24:00
Peter Allen	MSEN	Pickering Running Club	00:39:10	19:36:00
Philip Jackson	MV60	Pickering Running Club	00:52:43	19:22:30
Sally Brown	FV55	Pickering Running Club	00:59:44	19:15:30
Serena Partridge	FV35	Pickering Running Club	00:49:30	19:25:30
Simon Jones	MV40	Pickering Running Club	00:37:41	19:37:30
Susan Slack	FV55	Pickering Running Club	01:00:37	19:15:00
Alan Kendra	MV50	Pocklington Runners	00:54:29	19:21:00
Andrew Gill	MV40	Pocklington Runners	00:53:24	19:22:00
Andrew Snowball	MV50	Pocklington Runners	00:52:02	19:23:00
Annette Bendelow	FV35	Pocklington Runners	00:46:42	19:28:30
Becky Moylett	FSen	Pocklington Runners	00:49:24	19:26:00
Brian Perkins	MV50	Pocklington Runners	00:53:15	19:22:00
Chris Clegg	MV40	Pocklington Runners	00:52:48	19:22:30
Daniel Eastwood	MSEN	Pocklington Runners	00:40:16	19:35:00
Darren Ball	MV50	Pocklington Runners	00:39:30	19:35:30
Di Thompson	FV45	Pocklington Runners	01:08:04	19:07:00
Eleanor Eastwood	FV35	Pocklington Runners	00:48:33	19:26:30
Emily KENDRA	FSen	Pocklington Runners	00:50:27	19:24:30
Emma Barker	FV35	Pocklington Runners	01:04:56	19:10:30
Emma Simmons	FV35	Pocklington Runners	00:44:24	19:31:00
Georgina Lundie	FSen	Pocklington Runners	00:43:42	19:31:30
Howard Cross	MV40	Pocklington Runners	00:45:44	19:29:30
Jeffrey Little	MV60	Pocklington Runners	00:58:13	19:17:00
Jill Dowson	FV45	Pocklington Runners	00:50:48	19:24:30
John Wiley	MSEN	Pocklington Runners	00:38:22	19:37:00
Jonathan Melling	MSEN	Pocklington Runners	00:45:19	19:30:00
Kathryn Taylor	FV65	Pocklington Runners	00:55:47	19:19:30
Kimberley Raper	FSen	Pocklington Runners	01:00:00	19:15:00
Lucy Hammond	FV35	Pocklington Runners	01:00:35	19:15:00
Marcus Bourne	MV40	Pocklington Runners	00:43:53	19:31:30
Matt Savory	MSEN	Pocklington Runners	00:41:21	19:34:00

Name	GCat	Club	AVG Time	Handicap Start time
Michael Smith	MSEN	Pocklington Runners	00:39:38	19:35:30
Mike Pullon	MV50	Pocklington Runners	00:43:43	19:31:30
Nick Boyd	MV40	Pocklington Runners	00:45:24	19:30:00
Paul Eastwood	MV40	Pocklington Runners	00:43:53	19:31:30
Peter Jackson	MV40	Pocklington Runners	00:45:30	19:29:30
Rachael SMITH	FV35	Pocklington Runners	01:07:49	19:07:30
Rebecca Watson	FV35	Pocklington Runners	00:55:12	19:20:00
Richard Ginn	MV40	Pocklington Runners	00:37:05	19:38:00
Sharron Anderson	FV45	Pocklington Runners	01:03:50	19:11:30
Steven Worth	MSEN	Pocklington Runners	00:38:53	19:36:30
Stuart Smith	MV40	Pocklington Runners	00:38:32	19:36:30
Tracey Holden	FV45	Pocklington Runners	00:54:03	19:21:00
Tristan Featherby	MSEN	Pocklington Runners	00:43:46	19:31:30
Tristran Jackson-Brooke	MSEN	Pocklington Runners	00:45:09	19:30:00
Warwick Anderson	MV40	Pocklington Runners	00:41:44	19:33:30
Adrian Craven	MV40	Selby Striders	00:45:02	19:30:00
Alan Marshall	MV50	Selby Striders	00:50:37	19:24:30
Andrea Whitehead	FV35	Selby Striders	00:56:03	19:19:00
Andrew Kay	MV50	Selby Striders	00:56:17	19:19:00
Anna Jaques	FV35	Selby Striders	00:54:31	19:20:30
Barry Pickering	MV70	Selby Striders	00:55:34	19:19:30
Beverley Tute	FV35	Selby Striders	01:02:55	19:12:30
Brian Beisly	MV60	Selby Striders	00:47:53	19:27:30
Carl Ward	MSEN	Selby Striders	00:38:48	19:36:30
Chris Dugher	MV40	Selby Striders	00:43:18	19:32:00
Chris Heneachon	MV40	Selby Striders	00:47:59	19:27:30
David Kellett	MV60	Selby Striders	00:59:50	19:15:30
Debbie Crosland	FV45	Selby Striders	01:02:21	19:13:00
Debbie Scott	FV45	Selby Striders	00:57:54	19:17:30
Deborah Richardson	FV35	Selby Striders	01:07:14	19:08:00
Elizabeth Nairn	FSen	Selby Striders	00:43:43	19:31:30
Felicity Caddick	FV35	Selby Striders	00:53:49	19:21:30
Fiona Headley	FV45	Selby Striders	00:59:45	19:15:30
Fran Milner	FV35	Selby Striders	01:02:21	19:13:00
Fran Rutherford	FSen	Selby Striders	00:52:49	19:22:30
Giles Bennett	MV40	Selby Striders	00:58:56	19:16:30
Gillian Chatham	FV35	Selby Striders	00:50:52	19:24:30
Graham Frost	MV40	Selby Striders	00:47:50	19:27:30
Hannah Priestley	FSen	Selby Striders	00:52:25	19:23:00
Ian Robertson	MV40	Selby Striders	00:39:07	19:36:00
James Briggs	MSEN	Selby Striders	00:41:08	19:34:00
Jane Hopwood	FV45	Selby Striders	01:03:35	19:11:30
Jarrad Englestown	MSEN	Selby Striders	00:46:23	19:29:00
Jean Pickering	FV65	Selby Striders	01:10:43	19:04:30
Jen Richmond	FSen	Selby Striders	01:04:24	19:11:00
Joanne Lock	FV45	Selby Striders	00:51:50	19:23:30
John Kees	MV40	Selby Striders	00:49:47	19:25:30

Name	GCat	Club	AVG Time	Handicap Start time
Kathryn Ford	FSen	Selby Striders	00:47:55	19:27:30
Katy Close	FV35	Selby Striders	00:49:02	19:26:00
Kym Hurst	FV35	Selby Striders	00:56:33	19:18:30
Lee Lockwood	MSEN	Selby Striders	00:49:50	19:25:30
Lesley Stainthorpe	FV35	Selby Striders	00:51:38	19:23:30
Lindsey Cliff	FV35	Selby Striders	01:01:48	19:13:30
Lindsey Glenville	FV55	Selby Striders	01:07:48	19:07:30
Mark Allitt	MV50	Selby Striders	00:55:19	19:20:00
Mark Brooks	MSEN	Selby Striders	00:42:00	19:33:00
Michaela Love	FSen	Selby Striders	00:57:37	19:17:30
Neil Harvey	MV40	Selby Striders	00:49:27	19:26:00
Neil Lawson	MV50	Selby Striders	00:52:00	19:23:00
Neil Musgrove	MSEN	Selby Striders	00:42:16	19:33:00
Neil Russell	MV60	Selby Striders	01:06:34	19:08:30
Nicholas Summerton	MSEN	Selby Striders	00:48:25	19:27:00
Nicholas Tate	MSEN	Selby Striders	00:39:13	19:36:00
Nicola Chelton	FV45	Selby Striders	00:58:01	19:17:00
Nigel Taylor	MV40	Selby Striders	00:50:16	19:24:30
Paul Baker	MSEN	Selby Striders	00:56:01	19:19:00
Paul Callaghan	MV40	Selby Striders	00:55:57	19:19:30
Paul Firth	MV40	Selby Striders	01:00:22	19:15:00
Paula Fenteman	FV35	Selby Striders	00:45:27	19:30:00
Peter Fox	MV50	Selby Striders	00:55:34	19:19:30
Phil Alford	MV40	Selby Striders	00:53:17	19:22:00
Rebecca SHAW	FSen	Selby Striders	01:00:10	19:15:00
Richard Bray	MSEN	Selby Striders	00:43:11	19:32:00
Richard Harrison	MV40	Selby Striders	00:43:39	19:31:30
Sarah Mason	FV45	Selby Striders	01:03:56	19:11:30
Steph Hiscott	FV35	Selby Striders	00:59:55	19:15:30
Stephen Headley	MV50	Selby Striders	00:51:30	19:23:30
Stephen Hopwood	MV40	Selby Striders	00:51:54	19:23:30
Tim Heneghan	MV50	Selby Striders	00:57:46	19:17:30
Tracy Lacy	FV45	Selby Striders	00:51:37	19:23:30
Vanessa CRANE	FV35	Selby Striders	00:55:17	19:20:00
Victoria Astin	FSen	Selby Striders	00:51:13	19:24:00
Wendy Ormsby	FV55	Selby Striders	00:56:59	19:18:30
Zoey Heneachon	FV35	Selby Striders	00:48:29	19:27:00
Abigail Carter	FV35	Tadcaster Harriers	00:50:42	19:24:30
Adam Smith	MV40	Tadcaster Harriers	00:51:19	19:24:00
Alex Young	MSEN	Tadcaster Harriers	00:38:03	19:37:00
Andrew COOPER	MSEN	Tadcaster Harriers	00:44:05	19:31:00
Andrew Sloan	MV40	Tadcaster Harriers	00:38:45	19:36:30
Andrew Toon	MSEN	Tadcaster Harriers	00:42:51	19:32:30
Andy Craven	MV40	Tadcaster Harriers	00:46:23	19:29:00
Angela Wray	FV45	Tadcaster Harriers	00:53:54	19:21:30
Becky Mcguinness	FSen	Tadcaster Harriers	00:54:49	19:20:30
Celia Mcroyall	FV45	Tadcaster Harriers	00:50:29	19:24:30

Name	GCat	Club	AVG Time	Handicap Start time
Claire Spencer	FSen	Tadcaster Harriers	01:08:04	19:07:00
Craig Redmond	MSEN	Tadcaster Harriers	00:43:43	19:31:30
Dave Mullaney	MV50	Tadcaster Harriers	00:52:08	19:23:00
David Foster	MV60	Tadcaster Harriers	01:04:19	19:11:00
David Rowe	MV40	Tadcaster Harriers	00:45:20	19:30:00
Duncan Woodhall	MSEN	Tadcaster Harriers	00:37:01	19:38:00
Gerald Beall	MV50	Tadcaster Harriers	00:44:08	19:31:00
Gillian Johnson	FV45	Tadcaster Harriers	00:56:27	19:19:00
Glen Johnson	MV50	Tadcaster Harriers	00:38:18	19:37:00
Ian Saynor	MV40	Tadcaster Harriers	00:45:35	19:29:30
Ian Ward	MV50	Tadcaster Harriers	00:46:11	19:29:00
Jade Seal	FSen	Tadcaster Harriers	01:10:09	19:05:00
James Carter	MV40	Tadcaster Harriers	00:48:11	19:27:00
Jim Brayshaw	MV40	Tadcaster Harriers	00:47:41	19:27:30
Joanna Millican	FV35	Tadcaster Harriers	00:51:44	19:23:30
John Cooke	MV60	Tadcaster Harriers	00:49:11	19:26:00
John Netherway	MV40	Tadcaster Harriers	00:45:55	19:29:30
Jonathan Male	MV40	Tadcaster Harriers	00:40:26	19:35:00
Jonathan Steele	MV40	Tadcaster Harriers	00:50:37	19:24:30
Keith Smith	MV40	Tadcaster Harriers	00:54:55	19:20:30
Laura Ross	FV35	Tadcaster Harriers	00:49:55	19:25:30
Liz Mould	FSen	Tadcaster Harriers	00:47:50	19:27:30
Lucy THOMAS	FV45	Tadcaster Harriers	00:57:38	19:17:30
Mark Hobson	MV40	Tadcaster Harriers	00:59:21	19:16:00
Mark Swinden	MV60	Tadcaster Harriers	00:49:12	19:26:00
Norman Miller	MV60	Tadcaster Harriers	00:49:46	19:25:30
Paul Dykes	MSEN	Tadcaster Harriers	00:48:35	19:26:30
Richard Millican	MV60	Tadcaster Harriers	01:03:12	19:12:00
Richard Penny	MV40	Tadcaster Harriers	00:44:31	19:30:30
Robert Duxbury	MV50	Tadcaster Harriers	00:48:37	19:26:30
Ryan Kavanagh	MSEN	Tadcaster Harriers	00:36:43	19:38:30
Scott Hayes	MV40	Tadcaster Harriers	00:41:24	19:34:00
Shirley Harrison	FV45	Tadcaster Harriers	01:07:53	19:07:30
Shirley Steele	FV55	Tadcaster Harriers	00:55:37	19:19:30
Simon Tordoff	MV40	Tadcaster Harriers	00:41:19	19:34:00
Stephen King	MV40	Tadcaster Harriers	00:39:38	19:35:30
Steve Ford	MV50	Tadcaster Harriers	00:50:03	19:24:30
Sue Tennant	FV55	Tadcaster Harriers	00:54:25	19:21:00
Sue Tindall	FV45	Tadcaster Harriers	00:50:15	19:24:30
Thomas Bond	MSEN	Tadcaster Harriers	00:50:39	19:24:30
Ben Jones	MSEN	University of York	00:34:36	19:40:30
Christopher Acton	MV50	University of York	00:51:18	19:24:00
Ella Dawson	FSen	University of York	00:48:41	19:26:30
George Cook	MSEN	University of York	00:34:58	19:40:30
Jacob Phillips	MSEN	University of York	00:36:36	19:38:30
Jessica Troy	FSen	University of York	00:40:47	19:34:30
Lewis Bellwood	MSEN	University of York	00:42:54	19:32:30

Name	GCat	Club	AVG Time	Handicap Start time
Liam Medley	MSEN	University of York	00:35:58	19:39:30
Liz Watton	FSen	University of York	00:49:54	19:25:30
Seren Hughes	FSen	University of York	00:44:56	19:30:30
Timothy Bagguley	MSEN	University of York	00:45:06	19:30:00
Abigail Mace	FSen	York Acorn Running Club	00:49:18	19:26:00
Adrian Gunn	MSEN	York Acorn Running Club	00:39:15	19:36:00
Alex Lewry	MSEN	York Acorn Running Club	01:05:35	19:09:30
Alistair Kettlewell	MSEN	York Acorn Running Club	00:43:17	19:32:00
Amy Bailiss	FV35	York Acorn Running Club	00:51:17	19:24:00
Andrew Green	MV40	York Acorn Running Club	00:47:35	19:27:30
Andrew Mckenna	MV50	York Acorn Running Club	00:52:15	19:23:00
Andy Fawcett	MSEN	York Acorn Running Club	00:43:32	19:31:30
Angie Irvine	FV45	York Acorn Running Club	00:55:33	19:19:30
Chris Alder	MV40	York Acorn Running Club	00:38:39	19:36:30
Chris Price	MV50	York Acorn Running Club	00:46:07	19:29:00
Christopher Copland	MV60	York Acorn Running Club	00:53:22	19:22:00
Christopher Poulton	MSEN	York Acorn Running Club	00:35:03	19:40:00
Colette Ellis	FV45	York Acorn Running Club	00:55:34	19:19:30
Dan Wyrill	MSEN	York Acorn Running Club	00:54:36	19:20:30
David Bannister	MV40	York Acorn Running Club	00:40:28	19:35:00
David Lancaster	MV60	York Acorn Running Club	00:40:53	19:34:30
David Moulder	MSEN	York Acorn Running Club	00:45:06	19:30:00
Dawn Gibbs	FV55	York Acorn Running Club	00:42:08	19:33:00
Deirdre Souch	FV45	York Acorn Running Club	00:49:17	19:26:00
Emily Poulton	FV35	York Acorn Running Club	00:42:07	19:33:00
Emma Taylor	FV35	York Acorn Running Club	00:50:59	19:24:30
Erwin Dorland	MV50	York Acorn Running Club	00:45:37	19:29:30
Gill Boynton	FV55	York Acorn Running Club	00:46:26	19:29:00
Gill Crane	FV45	York Acorn Running Club	00:58:01	19:17:00
Heather Farrow	FV55	York Acorn Running Club	00:50:00	19:24:30
Helen Spring	FV35	York Acorn Running Club	00:50:20	19:24:30
Howard Winzar	MV60	York Acorn Running Club	00:46:14	19:29:00
Ian Brown	MV50	York Acorn Running Club	00:52:29	19:23:00
Ian Smallwood	MV50	York Acorn Running Club	00:44:55	19:30:30
Jane Lawson	FSen	York Acorn Running Club	00:52:56	19:22:30
Jane Marshall	FV45	York Acorn Running Club	00:56:50	19:18:30
John Cooper	MV40	York Acorn Running Club	00:41:09	19:34:00
Julie Lawn	FV45	York Acorn Running Club	00:44:11	19:31:00
Laura Bennett	FSen	York Acorn Running Club	00:57:36	19:17:30
Mark Dowson	MV40	York Acorn Running Club	00:38:36	19:36:30
Mark Estienne	MV40	York Acorn Running Club	00:48:07	19:27:00
Mark Milligan	MV50	York Acorn Running Club	00:49:16	19:26:00
Martin Kirby	MV50	York Acorn Running Club	00:44:38	19:30:30
Martin Lawn	MV50	York Acorn Running Club	00:40:42	19:34:30
Matt Mills	MSEN	York Acorn Running Club	00:40:15	19:35:00
Matthew Brown	MV40	York Acorn Running Club	00:46:25	19:29:00
Matthew Smithson	MV40	York Acorn Running Club	00:39:17	19:36:00

Name	GCat	Club	AVG Time	Handicap Start time
Michael Carricker	MV50	York Acorn Running Club	00:37:30	19:37:30
Michael Tasker	MV70	York Acorn Running Club	00:52:53	19:22:30
Nicola Gover	FSen	York Acorn Running Club	00:48:55	19:26:30
Paul Whitaker	MV40	York Acorn Running Club	00:36:03	19:39:00
Phil Stead	MV50	York Acorn Running Club	00:49:55	19:25:30
Richard Gover	MSEN	York Acorn Running Club	00:42:00	19:33:00
Rosie Lewry	FSen	York Acorn Running Club	01:05:13	19:10:00
Samuel Dredge	MSEN	York Acorn Running Club	00:45:05	19:30:00
Sharon Lynn	FV35	York Acorn Running Club	00:47:22	19:28:00
Steve Boynton	MV60	York Acorn Running Club	00:40:00	19:35:00
Tim Boynton	MSEN	York Acorn Running Club	00:37:11	19:38:00
Tim Gibson	MV40	York Acorn Running Club	00:51:04	19:24:00
Tim Stead	MV50	York Acorn Running Club	00:48:06	19:27:00
Tom Craven	MSEN	York Acorn Running Club	00:42:00	19:33:00
Abbas Khan	MSEN	York Knavesmire Harriers	00:38:04	19:37:00
Adrian Thear	MV50	York Knavesmire Harriers	00:49:07	19:26:00
Adrian Turner	MV40	York Knavesmire Harriers	00:47:30	19:27:30
Alaistair Macleod	MV50	York Knavesmire Harriers	00:51:27	19:24:00
Alan Priestman	MV50	York Knavesmire Harriers	01:02:53	19:12:30
Alex Bedingham	MSEN	York Knavesmire Harriers	00:38:26	19:37:00
Alistair Mcandrew	MV40	York Knavesmire Harriers	00:45:13	19:30:00
Alistair Mcqueen	MV40	York Knavesmire Harriers	00:52:07	19:23:00
Amy Bedingham	FSen	York Knavesmire Harriers	00:54:04	19:21:00
Andrea Lancaster	FV35	York Knavesmire Harriers	00:42:34	19:32:30
Andrew Grayley	MV50	York Knavesmire Harriers	00:49:08	19:26:00
Andrew Martin	MSEN	York Knavesmire Harriers	00:42:52	19:32:30
Andrew Mcmorris	MV40	York Knavesmire Harriers	00:53:22	19:22:00
Andrew TOMLINSON	MSEN	York Knavesmire Harriers	00:45:04	19:30:00
Andy Bonsey	MSEN	York Knavesmire Harriers	00:49:46	19:25:30
Andy Falconer	MV40	York Knavesmire Harriers	00:53:40	19:21:30
Andy Holladay	MV40	York Knavesmire Harriers	00:41:17	19:34:00
Andy Smith	MSEN	York Knavesmire Harriers	00:44:43	19:30:30
Anna Marshall	FV35	York Knavesmire Harriers	00:51:26	19:24:00
Barry Atkinson	MV50	York Knavesmire Harriers	00:39:11	19:36:00
Bev Callow	MV50	York Knavesmire Harriers	00:51:03	19:24:00
Brian SHARP	MV50	York Knavesmire Harriers	00:45:46	19:29:30
Bryony Parkinson	FSen	York Knavesmire Harriers	00:48:22	19:27:00
Calum Cogan	MSEN	York Knavesmire Harriers	01:00:04	19:15:00
Camilla Grayley	FV35	York Knavesmire Harriers	00:57:22	19:18:00
Caroline Warrington	FV35	York Knavesmire Harriers	00:42:02	19:33:00
Cassie Holmes	FSen	York Knavesmire Harriers	00:43:37	19:31:30
Charlotte Harrison	FV35	York Knavesmire Harriers	00:59:42	19:15:30
Chris Fell	MV40	York Knavesmire Harriers	00:51:45	19:23:30
Chris Murphy	MSEN	York Knavesmire Harriers	00:42:02	19:33:00
Christopher Harrison	MSEN	York Knavesmire Harriers	01:03:37	19:11:30
Christopher Newton	MV50	York Knavesmire Harriers	00:45:09	19:30:00
Claire Antrobus	FV35	York Knavesmire Harriers	00:44:37	19:30:30

Name	GCat	Club	AVG Time	Handicap Start time
Daniele Cechelero Rowley	FV45	York Knavesmire Harriers	01:08:32	19:06:30
Danny Chan	MV40	York Knavesmire Harriers	00:39:52	19:35:30
David Bygrave	MV50	York Knavesmire Harriers	00:52:10	19:23:00
David Leaf	MV60	York Knavesmire Harriers	00:45:30	19:29:30
David Leese	MSEN	York Knavesmire Harriers	00:39:36	19:35:30
David Smithers	MV40	York Knavesmire Harriers	00:35:54	19:39:30
David Turnbull	MSEN	York Knavesmire Harriers	00:40:57	19:34:30
Dick Hunter	MV70	York Knavesmire Harriers	01:01:12	19:14:00
Don Formhals	MV40	York Knavesmire Harriers	00:47:28	19:28:00
Edwina Wilcox	FV45	York Knavesmire Harriers	01:10:51	19:04:30
Emily Baines	FSen	York Knavesmire Harriers	00:41:24	19:34:00
Emma Hartley	FV35	York Knavesmire Harriers	00:49:31	19:25:30
Ewan COCHRANE	MSEN	York Knavesmire Harriers	00:43:28	19:32:00
Ewan Kirk	MSEN	York Knavesmire Harriers	00:43:02	19:32:00
Gabriel Uttley	MV50	York Knavesmire Harriers	00:52:31	19:22:30
Gareth Green	MSEN	York Knavesmire Harriers	00:34:46	19:40:30
Garry Tew	MSEN	York Knavesmire Harriers	00:38:03	19:37:00
Gary Hope	MV40	York Knavesmire Harriers	00:38:12	19:37:00
Geoff Marchment	MSEN	York Knavesmire Harriers	00:41:58	19:33:30
Giles Hawking	MV40	York Knavesmire Harriers	00:37:37	19:37:30
Graham Gill	MSEN	York Knavesmire Harriers	00:47:56	19:27:30
Helen Leach	FV45	York Knavesmire Harriers	01:01:40	19:13:30
Helen Young	FV35	York Knavesmire Harriers	00:45:05	19:30:00
Hope Ramsden	FSen	York Knavesmire Harriers	00:48:42	19:26:30
Howard Paley	MSEN	York Knavesmire Harriers	00:47:49	19:27:30
Ian Bithell	MV70	York Knavesmire Harriers	00:55:54	19:19:30
James Chambers	MSEN	York Knavesmire Harriers	00:46:21	19:29:00
James Macdonald	MV60	York Knavesmire Harriers	00:49:39	19:25:30
James Maxton	MV40	York Knavesmire Harriers	00:45:45	19:29:30
James Ollerenshaw	MSEN	York Knavesmire Harriers	00:49:19	19:26:00
Jamie Bolton	MSEN	York Knavesmire Harriers	00:42:50	19:32:30
Jane Morby	FV55	York Knavesmire Harriers	00:54:41	19:20:30
Jane Nodder	FV55	York Knavesmire Harriers	00:46:24	19:29:00
Janet Cordingley	FV55	York Knavesmire Harriers	00:50:48	19:24:30
Janet Hales	FV65	York Knavesmire Harriers	00:59:50	19:15:30
Jessica Valenghi	FSen	York Knavesmire Harriers	01:03:32	19:11:30
John Bevan	MV50	York Knavesmire Harriers	00:41:32	19:33:30
John Middleton	MV50	York Knavesmire Harriers	00:48:23	19:27:00
John Nodder	MV60	York Knavesmire Harriers	00:48:46	19:26:30
John OLIVER	MV60	York Knavesmire Harriers	00:44:41	19:30:30
Jon Pinder	MSEN	York Knavesmire Harriers	00:38:03	19:37:00
Jonathan Boyle	MV50	York Knavesmire Harriers	00:46:18	19:29:00
Jonathan O'Neill	MV50	York Knavesmire Harriers	00:44:59	19:30:30
Julian Harrison	MV40	York Knavesmire Harriers	00:46:52	19:28:30
Karen Wealleans	FV45	York Knavesmire Harriers	00:58:30	19:16:30
Kate Osborn	FSen	York Knavesmire Harriers	00:48:08	19:27:00
Kathryn Dickinson	FV55	York Knavesmire Harriers	00:48:41	19:26:30

Name	GCat	Club	AVG Time	Handicap Start time
Kelly Temple	FV35	York Knavesmire Harriers	00:49:11	19:26:00
Laura Schofield	FSen	York Knavesmire Harriers	00:43:42	19:31:30
Laurence Griffin	MSEN	York Knavesmire Harriers	00:37:19	19:38:00
Lee Metcalfe	MV40	York Knavesmire Harriers	00:38:20	19:37:00
Liz Piper	FV55	York Knavesmire Harriers	00:56:51	19:18:30
Lucy Pinder	FV35	York Knavesmire Harriers	00:41:31	19:33:30
Luke Osborn	MSEN	York Knavesmire Harriers	00:45:01	19:30:00
Madeleine Foot	FSen	York Knavesmire Harriers	00:43:52	19:31:30
Marc Thomas	MV40	York Knavesmire Harriers	00:45:54	19:29:30
Margaret OLIVER	FV55	York Knavesmire Harriers	00:59:28	19:16:00
Mark Fennell	MV40	York Knavesmire Harriers	00:58:13	19:17:00
Mark Robinson	MSEN	York Knavesmire Harriers	00:50:39	19:24:30
Martin Parvin	MV60	York Knavesmire Harriers	00:52:48	19:22:30
Martin Smith	MV50	York Knavesmire Harriers	00:55:45	19:19:30
Mary Farmery	FV65	York Knavesmire Harriers	00:55:57	19:19:30
Matt Dale	MV40	York Knavesmire Harriers	00:44:30	19:30:30
Matthew Rowley	MSEN	York Knavesmire Harriers	00:49:42	19:25:30
Michael Denner	MV60	York Knavesmire Harriers	00:47:17	19:28:00
Michael Hemsworth	MSEN	York Knavesmire Harriers	00:44:10	19:31:00
Mike Smith	MV50	York Knavesmire Harriers	00:50:00	19:24:30
Nan King	FSen	York Knavesmire Harriers	00:46:41	19:28:30
Natalie GREAVES	FSen	York Knavesmire Harriers	00:43:23	19:32:00
Nicholas Stafford	MV60	York Knavesmire Harriers	00:54:27	19:21:00
Nick Griffin	MV50	York Knavesmire Harriers	00:42:29	19:33:00
Nik Tarrega	FSen	York Knavesmire Harriers	00:40:05	19:35:00
Paul Adams	MV60	York Knavesmire Harriers	01:11:12	19:04:00
Paul Hodgin	MSEN	York Knavesmire Harriers	00:49:49	19:25:30
Paula Kelly	FV35	York Knavesmire Harriers	00:56:43	19:18:30
Pete Downes	MV50	York Knavesmire Harriers	00:41:22	19:34:00
Peter Lyth	MV50	York Knavesmire Harriers	00:49:52	19:25:30
Peter Quinn	MV40	York Knavesmire Harriers	00:46:58	19:28:30
Peter Walker	MSEN	York Knavesmire Harriers	00:38:54	19:36:30
Philip Chapman	MSEN	York Knavesmire Harriers	00:44:10	19:31:00
Phillip Elliott	MV40	York Knavesmire Harriers	00:34:33	19:40:30
Qin Zhou	FV35	York Knavesmire Harriers	00:49:35	19:25:30
Rachel Gillespie	FSen	York Knavesmire Harriers	00:55:44	19:19:30
Rhys Patey	MSEN	York Knavesmire Harriers	00:44:01	19:31:00
Richard Chapman	MSEN	York Knavesmire Harriers	00:50:50	19:24:30
Richard Fountain	MV40	York Knavesmire Harriers	00:54:22	19:21:00
Richard Lowson	MSEN	York Knavesmire Harriers	00:37:44	19:37:30
Richard Purser	MSEN	York Knavesmire Harriers	00:37:18	19:38:00
Richard Tarrega	MSEN	York Knavesmire Harriers	00:41:38	19:33:30
Richard Walker	MV40	York Knavesmire Harriers	00:41:52	19:33:30
Richard Walker	MV50	York Knavesmire Harriers	00:41:40	19:33:30
Richard Yeomans	MV40	York Knavesmire Harriers	00:54:22	19:21:00
Rob WHITE	MV40	York Knavesmire Harriers	00:45:57	19:29:30
Robert Ward	MSEN	York Knavesmire Harriers	00:40:07	19:35:00

Name	GCat	Club	AVG Time	Handicap Start time
Robin Hicks	MV50	York Knavesmire Harriers	00:44:54	19:30:30
Rory Henderson	MSEN	York Knavesmire Harriers	00:41:41	19:33:30
Rosie Bramley	FV35	York Knavesmire Harriers	01:08:30	19:06:30
Russell Ridge	MSEN	York Knavesmire Harriers	00:42:23	19:33:00
Samantha Lyth	FV45	York Knavesmire Harriers	01:01:47	19:13:30
Sarah Attwood	FV35	York Knavesmire Harriers	00:41:03	19:34:00
Sarah Costello	FV35	York Knavesmire Harriers	00:52:26	19:23:00
Simon Collins	MSEN	York Knavesmire Harriers	00:36:48	19:38:30
Simon Dixon	MV40	York Knavesmire Harriers	00:48:48	19:26:30
Simon Fricke	MSEN	York Knavesmire Harriers	00:36:41	19:38:30
Simon Ward	MV40	York Knavesmire Harriers	00:47:53	19:27:30
Stefan Durkin	MV40	York Knavesmire Harriers	00:43:07	19:32:00
Stephen Clarke	MV50	York Knavesmire Harriers	00:42:22	19:33:00
Stephen Maddison	MV40	York Knavesmire Harriers	00:37:31	19:37:30
Stephen Peters	MV40	York Knavesmire Harriers	00:41:02	19:34:00
Stephen Robson	MSEN	York Knavesmire Harriers	00:42:27	19:33:00
Stephen Wilson	MV40	York Knavesmire Harriers	00:49:06	19:26:00
Susan Adams	FV65	York Knavesmire Harriers	01:10:59	19:04:30
Terry Bromfield	MV60	York Knavesmire Harriers	00:57:14	19:18:00
Thomas Mccusker	MSEN	York Knavesmire Harriers	00:42:31	19:32:30
Tim Clarke	MV60	York Knavesmire Harriers	00:55:12	19:20:00
Toby Hone	MSEN	York Knavesmire Harriers	00:39:40	19:35:30
Vicky Green	FV35	York Knavesmire Harriers	00:47:21	19:28:00
Victoria Sewell	FSen	York Knavesmire Harriers	00:40:57	19:34:30
Vivianne Fraser	FV45	York Knavesmire Harriers	00:52:48	19:22:30
William Bailey	MV40	York Knavesmire Harriers	00:49:03	19:26:00
Zoe Davis	FV35	York Knavesmire Harriers	00:46:27	19:29:00
Andy Ellwood	MV50	York Postal Harriers	00:54:21	19:21:00
Bill Shively	MV50	York Postal Harriers	00:40:57	19:34:30
Carl Schumacher	MSEN	York Postal Harriers	01:01:20	19:14:00
Christopher Bush	MSEN	York Postal Harriers	00:44:55	19:30:30
Christopher Guest	MSEN	York Postal Harriers	00:49:24	19:26:00
Christopher Thompson	MV50	York Postal Harriers	00:44:30	19:30:30
Daniel Clayton	MV40	York Postal Harriers	00:42:06	19:33:00
Darren Baker	MV50	York Postal Harriers	00:40:45	19:34:30
Deirdre Boudierba	FV45	York Postal Harriers	00:54:16	19:21:00
Glynn Ellwood	MSEN	York Postal Harriers	00:42:05	19:33:00
Ian Cundall	MV50	York Postal Harriers	00:51:30	19:23:30
Ian Ellwood	MSEN	York Postal Harriers	00:37:46	19:37:30
Jason Platten	MSEN	York Postal Harriers	00:49:53	19:25:30
Jo Barrett	FV35	York Postal Harriers	00:52:36	19:22:30
Jonathan Smithey	MSEN	York Postal Harriers	00:41:48	19:33:30
Kevan Ford	MV50	York Postal Harriers	00:51:26	19:24:00
Laura Robson	FSen	York Postal Harriers	00:58:14	19:17:00
Lisa Ellwood	FV45	York Postal Harriers	01:06:47	19:08:30
Marc Pearson	MSEN	York Postal Harriers	00:39:43	19:35:30
Mark Whitby	MV50	York Postal Harriers	00:43:49	19:31:30

Name	GCat	Club	AVG Time	Handicap Start time
Melanie Ellwood	FSen	York Postal Harriers	00:52:48	19:22:30
Melissa Partridge	FV35	York Postal Harriers	00:59:34	19:15:30
Oliver Newbould	MV40	York Postal Harriers	00:52:12	19:23:00
Patrick Hough	MV40	York Postal Harriers	00:44:30	19:30:30
Paul Hatfield	MSEN	York Postal Harriers	00:40:11	19:35:00
Sam Lynn	MV40	York Postal Harriers	00:45:34	19:29:30
Simon Middleton	MV40	York Postal Harriers	00:41:51	19:33:30
Simon Partridge	MV40	York Postal Harriers	00:38:40	19:36:30
Stephen Young	MV40	York Postal Harriers	00:45:00	19:30:00
Tracey Yeomans	FV45	York Postal Harriers	01:00:01	19:15:00
Adam Hartley	MSEN	York Triathlon Club	00:39:24	19:36:00
Adam Raffell	MSEN	York Triathlon Club	00:39:18	19:36:00
Amanda Scott Tabron	FV35	York Triathlon Club	00:53:23	19:22:00
Andrew Mcburney	MV50	York Triathlon Club	00:50:54	19:24:30
Andy Hall	MV40	York Triathlon Club	00:50:35	19:24:30
Andy Trotter	MV40	York Triathlon Club	00:50:20	19:24:30
Chad Bullivant	MSEN	York Triathlon Club	00:46:59	19:28:30
Chris JUDGE	MV40	York Triathlon Club	00:42:46	19:32:30
Chris Sockett	MV40	York Triathlon Club	00:42:52	19:32:30
Christian White	MV40	York Triathlon Club	00:41:28	19:34:00
Christopher Watson	MSEN	York Triathlon Club	01:01:13	19:14:00
Danny Sampson	MV40	York Triathlon Club	00:54:02	19:21:00
Egg Cameron	FSen	York Triathlon Club	00:48:51	19:26:30
Emily Eaton Turner	FSen	York Triathlon Club	00:50:14	19:24:30
Fran Starkey	MV40	York Triathlon Club	00:51:53	19:23:30
Gareth Burrow	MV40	York Triathlon Club	00:40:17	19:35:00
Geoff Wynn	MSEN	York Triathlon Club	00:37:19	19:38:00
Helen CROSS	FV35	York Triathlon Club	00:36:48	19:38:30
Helen Durrant	FV35	York Triathlon Club	00:57:28	19:18:00
Ian Anderson	MV40	York Triathlon Club	00:39:07	19:36:00
Ian Martin	MV50	York Triathlon Club	00:39:35	19:35:30
Judith Harrison	FV35	York Triathlon Club	00:56:21	19:19:00
Juliet May	FSen	York Triathlon Club	00:44:55	19:30:30
Kathryn Roberts	FV35	York Triathlon Club	00:49:28	19:26:00
Kerry Archer	FV35	York Triathlon Club	00:47:53	19:27:30
Mark Laughton	MV50	York Triathlon Club	00:48:00	19:27:00
Martin DEVINE	MV40	York Triathlon Club	00:40:23	19:35:00
Mike Lakin	MV40	York Triathlon Club	00:52:12	19:23:00
Neil Buckley	MV50	York Triathlon Club	00:48:12	19:27:00
Neil Gilbertson	MV40	York Triathlon Club	00:47:06	19:28:00
Orna O'Toole	FV35	York Triathlon Club	00:47:52	19:27:30
Paul Johnson	MV40	York Triathlon Club	00:45:04	19:30:00
Pauline Foot	FV45	York Triathlon Club	00:51:03	19:24:00
Phil Steel	MV40	York Triathlon Club	00:46:25	19:29:00
Rachel Lightfoot	FV45	York Triathlon Club	00:45:43	19:29:30
Richard Harrison	MSEN	York Triathlon Club	00:42:28	19:33:00
Robert Mitchell	MSEN	York Triathlon Club	00:52:27	19:23:00

Name	GCat	Club	AVG Time	Handicap Start time
Robin Lavin	MSEN	York Triathlon Club	00:38:06	19:37:00
Scott Wray	MV40	York Triathlon Club	00:44:47	19:30:30
Stephen Porritt	MSEN	York Triathlon Club	00:43:11	19:32:00
Terry Lightfoot	MV40	York Triathlon Club	00:46:24	19:29:00
Tom ADAMS	MSEN	York Triathlon Club	00:42:44	19:32:30
Tony George	MV50	York Triathlon Club	00:48:56	19:26:30
Will MADDOCK	MSEN	York Triathlon Club	00:37:42	19:37:30