

## 5K Race 1 Result

Position	Athlete #	Name	Club	M / F	Age	Time	
1	36	Jack Robertson	Scarborough	Male	U20	15.14	
2	134	Jamil Parapia	Otley	Male	S	15.18	
3	146	Lewis Rodgers	Loftus and Whitby	Male	S	15.44	
4	79	Andrew Grant	Harrogate	Male	45	15.48	
5	148	Gregan Clarkson	K u Hull	Male	S	15.55	
6	31	Ed Beecher	Unattached	Male	U17	16.15	
7	70	Darren Newbould	Hallamshire	Male	40	16.16	
8	35	Reece Dalton	Ripon	Male	U17	16.17	
9	41	Paul Millgate	Wetherby	Male	40	16.18	
10	150	Rob Scott	Richmond & Zetland	Male	S	16.25	
11	28	Maurice Calton-seal	City of York	Male	U15	16.27	
12	117	Zack Whitehead	Otley	Male	S	16.29	
13	37	Nathan Veall	Unattached	Male	U20	16.33	
14	26	Angus McMillan	City of York	Male	U15	16.37	
15	122	Gareth Young	East Hull	Male	S	16.47	
16	33	Toby Hillery	Wetherby	Male	U17	16.49	
17	144	Liam Jack O'brien	Hyde Park	Male	S	16.49	
18	135	Alec Francis	Norwich RR	Male	S	16.53	
19	145	Ryan Mancrief	Scarborough	Male	S	16.54	
20	67	Breton Holdsworth	Clayton Le Moors	Male	40	17.02	
21	32	Rob Etherington	Wetherby	Male	U17	17.05	
22	156	Stuart Little	Sheffield Running Cl	Male	S	17.06	
23	20	Luke Stonehewer	Scunthorpe	Male	U13	17.07	
24	10	Sharon Barlow	Ripon	Female	35	17.07	1
25	163	Gary Crompton	Scunthorpe	Male	S	17.08	
26	38	Alistair Wallace	Harrogate	Male	U20	17.09	
27	34	Oskar Fraser-Krauss	City of York	Male	U17	17.10	
28	102	John Convery	Bingley	Male	50	17.12	
29	164	Xavier Manel-la	Liverpool Harriers	Male	S	17.13	
30	25	Matthew Hill	Wakefield	Male	U15	17.14	
31	133	John Young	Harrogate	Male	S	17.15	
32	158	Ed Mezzetti	City of York	Male	S	17.15	
33	165	Ross Blackburn	Rothwell	Male	S	17.18	
34	147	Jon Pinder	York Knavesmire	Male	S	17.20	
35	9	Caroline Lambert	Wetherby	Female	S	17.22	2
36	151	Callum Crawford	City of York	Male	S	17.26	
37	24	Oliver Cockerill	City of York	Male	U15	17.27	
38	23	Euan Brennan	Ilkley	Male	U15	17.28	
39	58	Kim Brown	Unattached	Male	40	17.29	
40	44	Lindsay Toulson	York Knavesmire	Male	40	17.29	
41	13	Michelle Nolan	Richmond & Z	Female	S	17.30	3

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42	57	Ken Harker	Richmond & Zetland	Male	40	17.31	
43	68	Paul Cook	Darlington	Male	40	17.46	
44	130	Andrew Walsh	Wetherby	Male	S	17.47	
45	132	James Boddy	Ripon	Male	S	17.52	
46	69	Stuart Smith	Pocklington	Male	40	17.53	
47	62	Jeremy Pattison	Richmond & Zetland	Male	40	17.54	
48	155	Simon Fricke	North Yorks Police	Male	S	18.02	
49	76	Jason Westmoreland	Rothwell	Male	45	18.03	
50	162	George Bilsby	York Knavesmire	Male	S	18.06	
51	83	Lee Spink	Doncaster	Male	45	18.09	
52	72	Andrew Masterman	Pontefract	Male	45	18.13	
53	52	Mark Holt	Wetherby	Male	40	18.14	
54	59	Douglas Scott	Ripon Runners	Male	40	18.15	
55	167	James Bryan	York Knavesmire	Male	S	18.16	
56	153	Alex Bedingham	York Knavesmire	Male	S	18.20	
57	77	Paul Brown	Rothwell	Male	45	18.27	
58	80	Ian Martin	Selby	Male	45	18.31	
59	107	Michael Jackson	East Hull	Male	55	18.32	
60	47	David Carberry	Wetherby	Male	40	18.35	
61	91	Mark Whiteman	Easingwold	Male	50	18.38	
62	45	Danny Chan	York Knavesmire	Male	40	18.39	
63	50	Nathan Smith	Harrogate	Male	40	18.40	
64	81	Nick Mason	Quakers	Male	45	18.41	
65	94	Neil Strange	Unattached	Male	50	18.44	
66	21	Christian Mummert	Scarborough	Male	U13	18.49	
67	126	Peter Swoboda	Rothwell	Male	S	18.52	
68	125	Mark Cage	City of York	Male	S	18.53	
69	166	Robert Ward	York Knavesmire	Male	S	18.54	
70	95	John Comrie	Rotherham	Male	50	18.54	
71	5	Phoebe Crawford	Wetherby	Female	U17	18.55	4
72	75	Stephen Bailey	Rothwell	Male	45	18.57	
73	113	Colin Fletcher	Easingwold	Male	55	19.00	
74	88	Andy Forsyth	Askern	Male	50	19.02	
75	85	Stefan Durkin	York Knavesmire	Male	45	19.03	
76	154	Antony Semonella	York Knavesmire	Male	S	19.03	
77	104	John Mccarthy	Rothwell	Male	55	19.06	
78	168	Adrian Gunn	Unattached	Male	S	19.06	
79	3	Rebecca Wilkinson	City of York	Female	S	19.07	5
80	42	Peter Farnell	Rothwell	Male	40	19.08	
81	30	Joe Atkinson	Wetherby	Male	U17	19.09	
82	16	Charlotte Van Zelst	Harrogate	Female	U17	19.12	6

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83	4	Jenny Parker	City of York	Female	S	19.15	7
84	22	Alex Wyke-ulliot	Rothwell	Male	U15	19.16	
85	11	Donna Riddler	Ripon	Female	35	19.17	8
86	78	Lee Barker	Rothwell	Male	45	19.21	
87	86	Nick Griffin	York Knavesmire	Male	45	19.23	
88	169	Ben Imeson	Ripon	Male	S	19.25	
89	90	Pete Downes	York Knavesmire	Male	50	19.26	
90	121	Craig Redmond	Tadcaster	Male	S	19.30	
91	141	Stephen Gillick	Walker Crips Group	Male	S	19.31	
92	101	Richard Tailford	Tyne Bridge	Male	50	19.31	
92	143	Charles Hirst	Walker Crips Group	Male	S	19.32	
94	105	Howard Thompson	Easingwold	Male	55	19.32	
95	149	Robert Driver	Wetherby	Male	S	19.38	
96	82	Andy Dean	Billingham Marsh H	Male	45	19.41	
97	96	Ian Nicholls	Unattached	Male	50	19.42	
98	64	Simon Ellerker	Bridlington	Male	40	19.43	
99	140	Chris Murphy	Walker Crips Group	Male	S	19.47	
100	129	Lee Lockwood	Selby	Male	S	19.51	
101	74	Graham Cook	City of Hull	Male	45	19.53	
102	54	Nick Stonehewer	Scunthorpe	Male	40	19.54	
103	7	Stella Cross	Wetherby	Female	U15	19.56	9
104	12	Beverley Jackson	East Hull	Female	55	20.00	10
105	159	Stephen Robson	York Knavesmire	Male	S	20.03	
106	136	Graham Walton	Unattached	Male	S	20.04	
107	242	Cheryl Oakshott	City of Hull	Female	50	20.05	11
108	73	Ian Fergusson	City of Hull	Male	45	20.10	
109	8	Phoebe Coster	Wetherby	Female	U17	20.14	12
110	61	Chris Dugher	Selby	Male	40	20.15	
111	63	Alan Pollard	City of Hull	Male	40	20.16	
112	66	Matt Usher	Unattached	Male	40	20.20	
113	55	Don Formhals	Walker Crips Group	Male	40	20.33	
114	89	Shaun Tymon	Scarborough	Male	50	20.36	
115	92	Paul Atkinson	Wetherby	Male	50	20.41	
116	98	Adrian Leach	Ackworth	Male	50	20.42	
117	103	Peter Mullery	Rothwell	Male	55	20.45	
118	39	Andrew Wilson	Unattached	Male	U20	20.46	
119	161	James Sampford	York Knavesmire	Male	S	20.49	
120	115	Ian Ward	Tadcaster	Male	55	20.53	
121	109	Terry Eastwood	Rotherham	Male	55	20.56	
122	137	Robert Booth	Unattached	Male	S	21.01	
123	124	John Netherway	Tadcaster	Male	S	21.10	

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Position	Athlete #	Name	Club	M / F	Age	Time	
124	99	Stephen Ruddock	Unattached	Male	50	21.16	
125	48	David Fennah	Wetherby	Male	40	21.20	
126	108	David Hetherton	Walker Crips Group	Male	55	21.33	
127	14	Whitney Larkin	Hull Achilles	Female	U20	21.33	13
128	110	Mike Pullon	Pocklington	Male	55	21.34	
129	43	Edward Wyke-Ulliot	Rothwell	Male	40	21.35	
130	244	Fiona Robinson	City of Hull	Female	50	21.36	14
131	87	Chris Thompson	City of York	Male	45	21.37	
132	142	James Gillespie	Walker Crips Group	Male	S	21.48	
133	6	Claire Robinson	Wetherby	Female	S	21.54	15
134	27	Gabriel Larkin	Hull Achilles	Male	U15	21.59	
135	84	Stephen Wilson	York Knavesmire	Male	45	22.13	
136	46	Andrew Gill	Pocklington	Male	40	22.22	
137	114	Roger Ward	Rothwell	Male	55	22.32	
138	198	Barry Cracknell	City of Hull	Male	45	23.03	
139	100	Colin Lea	York Knavesmire	Male	50	23.47	