

			5K Race 1 Result				
	Positi	Athlete #	Name	Club	M / F	Age	Time
	1	140	Marc Scott	Richmond & Z	Male	S	14.55
	2	139	Dan Garbutt	Durham	Male	S	15.05
	3	94	Jamil Parapia	Leeds City	Male	S	15.26
	4	109	Rob Scott	Richmond & Zetland	Male	S	15.54
	5	155	Nathan Smith	City of York	Male	U17	15.57
	6	96	Jonathan Johnson	Harrogate	Male	S	16.03
	7	157	Jack Heathwood	Bellahouston H	Male	U17	16.04
	8	160	Maurice Calton-seal	City of York	Male	U17	16.05
	9	44	Darren Newbould	Hallamshire	Male	45	16.06
	10	83	Chris Roberts	York Knavesmire	Male	S	16.10
	11	124	Gregan Clarkson	Kingston Upon Hull	Male	S	16.16
	12	134	Alec Francis	Hyde Park	Male	S	16.18
	13	33	Phillip Elliott-dick	York Knavesmire	Male	40	16.19
	14	101	Michael Major	Richmond & Zetland	Male	S	16.22
	15	120	Ben Jones	Worcester	Male	S	16.26
	16	164	Nathan Veall	York Triathlon	Male	U20	16.28
	17	119	Ryan Mancrief	Scarborough	Male	S	16.38
	18	156	Reece Dalton	Ripon	Male	U17	16.42
	19	151	Joe Hudson	Keighley & Craven	Male	U15	16.46
	20	163	Laurence Griffin	York Knavesmire	Male	U17	16.53
	21	150	Euan Brennan	Ilkley	Male	U15	16.57
	22	60	John Convery	Bingley	Male	50	17.00
	23	113	Shaun Lawson	Easingwold	Male	S	17.02
	24	143	Scott Nutter	Barnsley	Male	U13	17.05
	25	114	Simon Fricke	Knavesmire	Male	S	17.07
	26	112	Ross Blackburn	Rothwell	Male	S	17.08
	27	161	Oliver Cockerill	City of York	Male	U17	17.08
	28	51	Richard Ginn	Pocklington	Male	45	17.09
	29	152	Luca Parker	City of York	Male	U15	17.10
	30	122	Simon Bolland	Spensborough	Male	S	17.11
	31	28	Lindsay Toulson	York Knavesmire	Male	40	17.16
	32	79	Alex Roberts		0 Male	S	17.17
	33	149	Christian Mummert	Scarborough	Male	U15	17.24
	34	97	Joseph Staddon	Richmond & Zetland	Male	S	17.27
	35	50	Paul Brown	Rothwell	Male	45	17.28
	36	130	Robert Teasdale	Crook	Male	S	17.31
	37	135	Oliver Dixon		0 Male	S	17.33
	38	34	Stephen Maddison	York Knavesmire	Male	40	17.35
	39	37	Kim Brown		0 Male	40	17.37
	40	131	Tom Ratcliffe	York Knavesmire	Male	S	17.40

			5K Race 1 Result				
	Positi	Athlete #	Name	Club	M / F	Age	Time
1	41	14	Scout Adkin	York Knavesmire	Female	S	17.42
	42	90	James Boddy	Ripon	Male	S	17.48
	43	100	Mark Cage	City of York	Male	S	17.49
	44	123	Peter Walker	York Knavesmire	Male	S	17.51
	45	159	Joe Atkinson	Wetherby	Male	U17	17.53
	46	145	Louis Hudson	Keighley & Craven	Male	U13	17.55
	47	111	Rory Henderson	York Knavesmire	Male	S	18.00
	48	98	Lee Stanley	Ripon	Male	S	18.01
2	49	7	Josephine Adams	Richmond & Zetland	Female	S	18.01
	50	56	Scott Daly	Pontefract	Male	45	18.02
	51	35	Stuart Smith	Pocklington	Male	40	18.03
	52	128	Matt Whyatt		0 Male	S	18.12
	53	49	Neil King	Easingwold	Male	45	18.13
	54	67	Andy Forsyth	Askern District	Male	55	18.15
3	55	4	Lorraine Mitchell	Harrogate	Female	40	18.15
	56	154	Alex Wyke-ulliot	Leeds City	Male	U17	18.16
	57	53	Stephen Loseby	Easingwold	Male	45	18.16
	58	153	Kieron Brown	City of York	Male	U15	18.17
	59	110	Robert Ward	York Knavesmire	Male	S	18.18
	60	106	Peter Swoboda	Rothwell	Male	S	18.19
	61	105	Paul Hatfield	York Postal	Male	S	18.19
	62	48	Ken Harker	Richmond & Zetland	Male	45	18.20
4	63	18	Charlotte Van Zelst	Harrogate	Female	U20	18.21
5	64	17	Sophie Lee	City of Hull	Female	U20	18.23
	65	146	Harvey Norden	Rothwell	Male	U13	18.25
	66	45	David Carberry	Wetherby	Male	45	18.25
	67	129	Rich Ritucci	Ackworth	Male	S	18.27
	68	47	Jason Westmoreland	Rothwell	Male	45	18.33
	69	58	Darren West	Harrogate	Male	50	18.34
	70	21	Andrew Sloan	Tadcaster	Male	40	18.35
6	71	10	Rebecca Winter	Ackworth Road	Female	S	18.36
	72	133	Adrian Gunn		0 Male	S	18.38
	73	137	Andy Robinson	Knaresborough Strider	Male	S	18.40
	74	23	Danny Chan	York Knavesmire	Male	40	18.44
	75	99	Lewis Penna-kincell	Rothwell	Male	S	18.49
	76	141	Patrick Good	Easingwold	Male	S	18.50
	77	70	John Mccarthy	Rothwell	Male	55	19.01
	78	82	Chris Murphy	Knavesmire	Male	S	19.01
7	79	11	Rosie Adams	Richmond & Zetland	Female	S	19.06
	80	144	Andrew Lawrence	Doncaster	Male	U13	19.07

5K Race 1 Result							
	Positi	Athlete #	Name	Club	M / F	Age	Time
8	81	3	Donna Riddler	Richmond & Zetland	Female	35	19.13
9	82	1	Becky Wilkinson	City of York	Female	S	19.15
	83	118	Timothy Bagguley	Newark	Male	S	19.22
	84	88	Graham Walton		0 Male	S	19.25
	85	95	Jonathan Corke	Wetherby	Male	S	19.28
10	86	12	Sarah Attwood	York Knavesmire	Female	S	19.28
	87	61	Nick Griffin	York Knavesmire	Male	50	19.29
	88	80	Allan Scott		0 Male	S	19.34
	89	78	Alex Matthewson	Wetherby	Male	S	19.39
11	90	2	Jenny Parker	City of York	Female	S	19.41
	91	136	Nick Wealleans	St Theresa's	Male	S	19.43
	92	132	Andrew Mascarenhas	Ackworth	Male	S	19.52
	92	104	Oliver Lees		0 Male	S	19.54
	94	59	Ian Nicholls	Scarborough	Male	50	19.57
	95	87	Ewan Kirk	York Knavesmire	Male	S	20.03
	96	85	Darren Baxter		0 Male	S	20.08
	97	84	Craig Redmond	Tadcaster	Male	S	20.13
	98	126	David Hughes	Ackworth	Male	S	20.16
	99	40	Rob White	York Knavesmire	Male	40	20.18
12	100	19	Pheobe Law	Hull Achilles	Female	U20	20.19
13	101	9	Louise Wardman	Valley Striders	Female	S	20.25
	102	108	Rich Welsh	Rothwell	Male	S	20.26
	103	27	Karl Humphreys	Easingwold	Male	40	20.33
	104	81	Antony Semonella	York Knavesmire	Male	S	20.36
	105	147	Joshua Gilliard	Rothwell	Male	U13	20.40
	106	89	Howard Paley	York Knavesmire	Male	S	20.44
	107	125	Glynn Ellwood	York Postal	Male	S	20.45
14	108	5	Helen Pool	Reading Roadrunners	Female	40	20.48
	109	26	James Maxton	York Knavesmire	Male	40	20.53
	110	352	Don Formhals		0 Male	40	20.57
	111	69	Ian Ward	Tadcaater	Male	55	21.00
15	112	13	Caroline Teasdale	Crook	Female	S	21.03
	113	91	James Gillespie		0 Male	S	21.19
	114	138	James Hook	Richmond & Z	Male	S	21.25
	115	93	James Rowbury		0 Male	S	21.26
	116	38	Marc Randall	Rothwell	Male	40	21.43
	117	103	Nick Robertson		0 Male	S	22.03
	118	74	Mike Pullon	Pocklington	Male	55	22.15
	119	64	Dennis Manalo	USA	Male	50	22.28
	120	75	David Darton	York Knavesmire	Male	55	22.30

5K Race 1 Result							
Positi	Athlete	Name	Club	M / F	Age	Time	
121	76	Roger Ward	Rothwell	Male	55	23.01	
122	63	Colin Lea	York Knavesmire	Male	50	23.57	
123	25	Ian Wilson	Ackworth	Male	40	26.28	