

	Mens Open			
1	Graham Rush	Cheltenham	14.35	2018
2	Darran Bilton	Leeds City	14.46	2007
2	Steve Hepples	Loftus	14.46	2006
4	Alec Duffield	Loftus AC	14.48	2008
5	Ian Mitchell	Tipton	14.53	2006
6	Rickie Wilson	Scarborough	14.53	2004
7	Pumlani Bangani	Salford	14.54	2007
7	Andy Smith	Pudsey & Bramley	14.54	2018
9	Marc Scott	Richmond & Z	14.55	2016
10	Jonathan Wills	Bristol & W	15.00	2011
11	Dan Garbutt	Durham	15.05	2016
12	Abdul Abdulraham	Birchfield	15.08	2009
13	Daniel Augustus	Scarborough	15.11	2006
14	Jack Robertson	Scarborough	15.14	2015
15	Steve Body	Bedford & Co	15.14	2006
16	Jamil Parapia	Leeds C	15.18	2015
17	A Akhed	Rotherham	15.20	2003
18	Scott Mitchell	Leeds City	15.20	2004
19	Cameron Brooks	Knivesmire H	15.25	2007
20	Darren Middleton	Leeds C	15.27	2011
21	James Parkinson	Pudsey & Bramley	15.29	2014
22	Martin Hilton	Leeds City	15.30	2004
23	John Cordingley	Bingley H	15.32	2004
24	Steve Worthington	Lancaster & Morecambe	15.34	2013
25	Tom Bean	York Acorn	15.34	2012
26	Mike Burrett	Leeds C	15.35	2003
27	Owen Williams	Hallamshire H	15.36	2005
28	Joe Gavelle	Rotherham	15.37	2003
29	Simon Cook	Leeds C	15.40	2007
30	Tom Edwards	Leeds City	15.40	2013
31	Steve Bateson	East Hull H	15.42	2005
32	S Millward	C of Sheffield	15.43	2003
33	Andrew Grant	Harrogate	15.44	2014
34	Lewis Rodgers	Loftus and Whitby	15.44	2015
35	Aidan Adams	Leeds C	15.48	2007
36	Paul Marchant	Rothwell	15.48	2008
37	Carl Ryde	Doncaster	15.49	2009
38	Paul Lockwood	Wakefield	15.49	2012
39	Mark Ruddleston	Rotherham	15.50	2003
40	Maurice Calton-Seal	City of York	15.50	2018
41	Daniel Cheeseman	City of York	15.52	2014
42	Stuart Carmichael	C o Hull	15.52	2008
43	Max Colligan	Arbroath	15.53	2008
44	Neil Strange	Knivesmire H	15.54	2005
45	Rob Scott	Richmond & Zetland	15.54	2016
46	Gregan Clarkson	K u Hull	15.55	2015
47	Andrew Jackson	Ackworth RR	15.56	2004
48	Dave Hinchcliffe	Longwood H	15.57	2004
49	Nathan Smith	City of York	15.57	2016
50	James Hall	Wharfedale	15.59	2013

	Mens Open			
51	Richard Lowson	Knavesmire	15.59	2007
52	James Wardman	Rothwell	16.02	2010
53	Robin Sedmon-Smith	Telford	16.02	2005
54	Jonathan Johnson	Harrogate	16.03	2016
55	Brian Harvey	Valley Striders	16.04	2004
56	Jack Heathwood	Bellahouston H	16.04	2016
57	Nigel Holden	Selby St	16.04	2003
58	Darren Newbould	Hallamshire	16.06	2016
59	Joseph Smith	Unattached	16.06	2012
60	Philip Kirwin	Rothwell	16.06	2006
61	George Robinson	Richmond &Z	16.07	2011
62	Martin Sanders	Ackworth RR	16.07	2006
63	Tony Lambert	Swaledale	16.07	2008
64	Chris Roberts	York Knavesmire	16.10	2016
65	Robert Etherington	Wetherby	16.10	2014
66	Iain Lynn	City of York	16.13	2010
67	Tom Kingsnorth	Bristol AC	16.14	2004
68	Ed Beecher	Unattached	16.15	2015
69	Gary Crompton	Scunthorpe	16.15	2012
70	Andrew Cartwright	Wakefield	16.17	2012
71	Reece Dalton	Ripon	16.17	2015
72	Alec Francis	Hyde Park	16.18	2016
73	Paul Millgate	Wetherby	16.18	2015
74	Zack Whitehead	Skyrac	16.18	2014
75	James Kraft	Scarborough	16.18	2018
76	Chris Ward	Wakefield	16.19	2012
77	Phillip Elliott-dick	York Knavesmire	16.19	2016
78	Franco Pardini	Roundhay	16.20	2014
79	David Meeson	Rothwell H	16.21	2005
80	Leon Foster	Wirrall	16.21	2007
81	Michael Major	Richmond & Zetland	16.22	2016
82	Tad Dicker	Aldershot	16.22	2010
83	Beau Smith	Lancaster & Morecambe	16.23	2014
84	Chris Dunne	NYM AC	16.25	2010
85	Ben Jones	Worcester	16.26	2016
86	Joshua Schofield	City of York	16.26	2013
87	Jonathan Maxfield	Rotherham	16.28	2009
88	Nathan Veall	York Triathlon	16.28	2016
89	Alex Botterill	City of York	16.29	2014
90	Richard Weeks	York University	16.29	2013
91	Christopher Ward	Wakefield Harriers	16.30	2013
92	John Convery	Bingley	16.31	2010
93	Daniel Fisher	Valley Striders	16.33	2011
94	Simon Newton	Barnsley AC	16.33	2012
95	Andy May	Valley Striders	16.36	2011
96	Kevin Erskine	Tadcaster	16.36	2009
97	Scott Wardman	Richmond & Z	16.36	2012
98	Angus McMillan	City of York	16.37	2015
99	Ryan Mancrief	Scarborough	16.38	2016
100	Andrew Fleming	Scarborough	16.39	2014

	Ladies Records			
1	Claire Duck	Leeds City	16.24	2018
2	Bronwen Owen	Scarborough	16.50	2012
3	Lizzie Adams	Hallamshire	17.00	2010
4	Sharon Barlow	Ripon	17.07	2015
5	Nicola Curtis	Scunthorpe	17.09	2009
6	Sarah Kemshall	Scunthorpe	17.19	2012
7	Caroline Lambert	Wetherby	17.22	2015
8	Elizabeth Such	Hallamshire H	17.24	2005
9	Jo Adams	Richmond & Zetland	17.27	2014
10	Lindsay Skinner	Scunthorpe	17.28	2008
11	Michelle Nolan	Richmond & Z	17.30	2015
12	Jenny Blizard	Rotherham	17.31	2009
13	Sarah McCormack	Sheffield Univ	17.33	2010
14	Hannah Oldroyd	UK Netrunner	17.38	2014
15	Scout Adkin	York Knavesmire	17.42	2016
16	Charlotte Wills	Leeds City	17.50	2014
17	Lisa Guscott-Trout	Knavesmire H	17.51	2003
18	Jess Nixon	Leeds City	17.52	2008
19	Julie Buckley	Penistone	17.57	2008
20	Helen Cross	Pocklington	17.59	2009
21	Becky Penty	Highgate	18.00	2014
22	Emma Willits	City of York	18.02	2012
23	Maddy Winzer	Richmond & Z	18.03	2010
24	Victoria Needham	City of York	18.09	2014
25	Lorraine Mitchell	Harrogate	18.15	2016
26	Sarah Graham	Morpeth	18.15	2007
27	Samantha Harris	Valley Striders	18.16	2004
28	Lisa Mawer	Wetherby	18.20	2009
29	Charlotte Van Zelst	Harrogate	18.21	2016
30	Sophie Lee	City of Hull	18.23	2016
31	Christiana Pain	City of York	18.28	2014
32	Donna Daly	Scunthorpe	18.29	2007
33	Sue Beconsall	Bingley H	18.30	2004
34	Abbey Lawrence	Knavesmire	18.34	2009
35	Erica Johnson	Swaledale	18.36	2003
36	Katie Mellor	Thames Valley H	18.36	2012
37	Rebecca Winter	Ackworth Road	18.36	2016
38	Karen Richardson	Ackworth RR	18.39	2003
39	Martha Calton-Seal	City of York	18.45	2018
40	Julie Mastrodonardo	Loftus & Whitby	18.46	2008
41	Charlotte Mason	City of York	18.47	2013
42	Laura-Jane Day	K-u-Hull	18.47	2006
43	Karen Ball	Ackworth RR	18.51	2008
44	Rebecca Weekes	Knavesmire H	18.53	2003
45	Phoebe Crawford	Wetherby	18.55	2015
46	Kezia Paxton	Thirsk & S	18.57	2009
47	Rosie Adams	Richmond & Zetland	19.06	2016
48	Georgia Rothwell	City of York	19.07	2014
49	Rebecca Wilkinson	City of York	19.07	2015
50	Rhona Marshall	Scarborough	19.09	2018

	Ladies Records			
51	Issy Nicholls	Scarborough	19.11	2018
52	Kate Harris	City of York	19.12	2012
53	Lara Gibbs	City of York	19.12	2003
54	Donna Riddler	Richmond & Zetland	19.13	2016
55	Katie Balme	Herne Hill	19.13	2018
56	Helena Schofield	Scarborough	19.14	2009
57	Jenny Parker	City of York	19.15	2015
58	Jayne Baldwin	Doncaster	19.16	2013
59	Karen Heppenstall	Unattached	19.18	2007
60	Hilary Garrison	Rotherham H	19.19	2004
61	Ella Eadon	City of York	19.20	2018
62	Liz Ensor	Tadcaster	19.22	2013
63	Mia Moore	Wetherby	19.23	2013
64	Mya Taylor	Rotherham	19.23	2014
65	Claire Morley	Hull Achilles	19.25	2010
66	Stella Cross	Wetherby	19.26	2018
67	Aoife Burke	York Knavesmire	19.27	2018
68	Sarah Attwood	York Knavesmire	19.28	2016
69	Kate Godfrey	Knavesmire	19.30	2007
70	Beverley Jackson	East Hull Harriers	19.31	2014
71	Megan Ellis	Loftus & Whitby	19.31	2008
72	Becky Mills	Scarborough	19.33	2010
73	Frederica Moore	Wetherby	19.34	2016
74	Emily Legg	Wetherby	19.35	2014
75	Charlotte Maxted	City of York	19.36	2004
76	Fiona Strange	Knavesmire H	19.36	2005
77	Heather Tuffs	York Acorn	19.40	2009
78	Dawn Broom	Barnsley	19.41	2011
79	Mandy Clarke	Bingley	19.43	2003
80	Andrea Lancaster	Knavesmire	19.45	2011
81	Catherine Godfrey	Knavesmire	19.47	2011
82	Georgia Pipes	City of York	19.47	2012
83	Jane Kemshall	Scunthorpe	19.47	2008
84	Nicola Kent	Loftus & Whitby	19.47	2009
85	Whitney Larkin	Hull Achilles	19.47	2014
86	Caroline Warrington	Knavesmire	19.48	2009
87	Helen Pool	Reading Road Runne	19.48	2018
88	Katy Wood	City of York	19.49	2011
89	Emily Baines	York Knavesmire	19.50	2018
90	Beth Massey	Ilkley	19.51	2012
91	Kelly Raven	Askern	19.51	2018
92	Nicky Andrews	Wetherby	19.53	2018
93	Chelsea Walker	K u Hull	19.59	2010
94	Jean Shotter	Holmfirth	19.59	2005

Under 13 Girls			
Issy Nicholls	Scarborough	19.11	2018
Mya Taylor	Rotherham	19.23	2014
Emma Clapton	Scarborough	19.53	2012
Frederica Moore	Wetherby	19.53	2015
Chelsea Walker	K u Hull	19.59	2010
Shannon Robinson	Richmond & Z	20.37	2011
Under 15 Women			
Bronwen Owen	Scarborough	16.50	2012
Martha Calton-Seal	City of York	18.45	2018
Laura-Jane Day	K u Hull	18.47	2006
Georgia Rothwell	City of York	19.07	2014
Mia Moore	Wetherby	19.23	2013
Becky Mills	Scarborough	19.33	2010
Under 17 Women			
Maddy Winzer	Richmond Z	18.03	2010
Christiana Pain	City of York	18.28	2014
Laura-Jane Day	K u Hull	18.52	2007
Phoebe Crawford	Wetherby	18.55	2015
Kezia Paxton	Thirsk & S	18.57	2009
Kate Harris	City of York	19.12	2012
Charlotte Van Zelst	Harrogate	19.12	2015
Katie Balme	Herne Hill	19.13	2018
Under 20 Women			
Caroline Lambert	Wetherby	17.42	2013
Charlotte Van Zelst	Harrogate	18.21	2016
Sophie Lee	City of Hull	18.23	2016
Charlotte Mason	City of York	18.47	2013
Emma Willits	City of York	18.52	2008
Maddy Winzer	Richmond Z	18.53	2012
Over 35 Women			
Sharon Barlow	Ripon	17.07	2015
Erica Johnson	Swaledale	18.46	2009
Rhona Marshall	Scarborough	19.09	2018
Donna Riddler	Ripon	19.13	2016
Fiona Strange	Knavesmire	19.36	2005
Andrea Lancaster	Knavesmire	19.45	2011
Over 40 Women			
Sharon Barlow	Harrogate	17.40	2018
Lorraine Mitchell	Harrogate	18.15	2016
Lisa Mawer	Wetherby	18.20	2009
Lisa Guscott -Trout	Unattached	18.31	2012
Julie Mastrotonardo	Loftus & W	18.46	2008
Fiona Strange	Knavesmire	19.40	2007
Over 45 Women			
Sue Beconsall	Bingley H	18.30	2004
Jayne Baldwin	Doncaster	19.16	2013
Hilary Garrison	Rotherham	19.19	2004
Dawn Broom	Barnsley H	19.41	2011
Sharon Williams	Abbey R	20.16	2009
Debby Farrington	Rothwell	20.22	2007

Over 50 Women			
Julie Buckley	Penistone	17.57	2008
Julie Masterman	Goole Viking Strid	20.03	2016
Cheryl Oakshott	City of Hull	20.05	2015
Christine McCarthy	Pontefract	20.35	2013
Carol-Ann Davies	Rothwell	20.47	2006
Sharon Williams	Abbey R	20.49	2013
Over 55 Women			
Beverley Jackson	East Hull Harriers	19.31	2014
Jane Morley	Hull Ach	21.04	2008
Christine McCarthy	Pontefract	21.40	2016
Sue Chappelow	Selby	22.03	2004
Kath Dickinson		22.17	2016
Over 60 Women			
Sue Haslam	Scarborough	20.33	2016
Jane Morley	Wolds Vets	21.57	2014
Kathryn Dickinson	York Knavesmire	23.06	2018
Heather Farrow	Pickering	23.08	2018
Sally-anne Lardner	Easingwold	25.07	2016
Over 65 Women			
Jane Morley	Wolds Vets	23.23	2018
Ann Bath	26.2rrc	26.00	2014
Maureen Coffey	Valley Striders	26.38	2014
Gail Tombs	Ackworth	27.23	2018
Glenys Nutter	Swaledale	27.25	2004
Over 70 Women			
Coralin Harrison	Harrogate	29.11	2016
Maira Pool	Wetherby	32.26	2018
Carol Pettifar	Wetherby	33.02	2018
Dot Carr		33.49	2018
Patricia Huck	Thirsk & S	33.54	2013

Under 13 Boys			
Scott Nutter	Barnsley	17.05	2016
Luke Stonehewer	Scunthorpe	17.07	2015
Josh Dickinson	City of York	17.27	2014
Daniel Linstrum	Wetherby	17.45	2018
Louis Hudson	Keighley & Craven	17.55	2016
Matthew Hill	Wakefield	18.02	2014
Under 15 Men			
Robert Etherington	Wetherby	16.10	2014
Josh Schofield	Scarborough	16.24	2009
Joseph Smith	Unattached	16.24	2011
Josh Schofield	City of York	16.26	2013
Maurice Calton-seal	City of York	16.27	2015
Alex Botterill	City of York	16.29	2014
Under 17 Men			
Jack Robertson	Scarborough	15.38	2012
Marc Scott	Richmond & Z	15.55	2010
Alec Duffield	Loftus & Whitby	15.57	2005
Nathan Smith	City of York	15.57	2016
Tom Bean	Nestle Rown	15.58	2004
James Hall	Wharfedale	15.59	2013
Under 20 Men			
Alec Duffield	Loftus & W	14.48	2008
Rickie Wilson	Scarborough	14.53	2004
Jack Robertson	Scarborough	15.14	2015
Maurice Calton-seal	City of York	15.50	2018
Simon Cook	Leeds C	15.53	2006
George Robinson	Richmond & Z	16.07	2011
Over 40 Men			
Darren Bilton	Leeds C	14.46	2007
Andrew Grant	Harrogate	15.44	2014
Mark Ruddleston	Rotherham	15.50	2003
Neil Strange	Knavesmire	15.54	2005
Dave Hinchcliffe	Longwood H	15.57	2004
Darren Newbould	Hallamshire	16.16	2015
Over 45 Men			
John Cordingley	Bingley H	15.32	2004
Darren Bilton	Leeds C	15.43	2011
Andrew Grant	Harrogate	15.48	2015
Nigel Holden	Selby St	16.04	2003
Pete Elletson	EHH	16.26	2004
John Convery	Wakefield	16.31	2010
Over 50 Men			
Mark Hall	Ilkley	16.44	2012
John Convery	Bingley	16.48	2013
Nigel Holden	Goole	17.02	2006
Shaun Hunt	Askern	17.06	2008
P Grimoldby	Ackworth	17.12	2003
Don McMillan	City of York	17.26	2014
Over 55 Men			

John Convery	Bingley	17.24	2018
Gavin Dalton	City of Hull	17.42	2012
Shaun Hunt	Unattached	17.44	2013
Mike McGrath	Knavesmire	18.18	2006
Simon Richardson	Pocklington	18.22	2009
Michael Jackson	East Hull	18.32	2015
Over 60 Men			
Gavin Dalton	City of Hull	17.28	2014
William Allen	Tadcaster	18.48	2007
Les Haynes	Bingley H	19.02	2004
Neil Scruton	Scarborough	19.10	2007
John Wrigglesworth	Rothwell	19.10	2008
Terry Eastwood	Rotherham	19.11	2018
Over 65 Men			
Fred Gibbs	Bingley H	19.07	2004
Harold Dobson	Knavesmire	20.27	2003
Keith Oliver	Pocklington	20.34	2012
Mike Hetheron	Pickering	21.25	2012
Ian Bithell	Knavesmire	21.31	2009
Keith Pailing	Rothwell	21.33	2015
Over 70 Men			
Ben Grant	Harrogate	19.27	2018
Harold Dobson	Knavesmire	20.02	2007
David Barber	Bingley	22.11	2011
Brian Watts	Askern	22.11	2016
Ian Bithell	York Knavesmire	22.45	2015
Over 75 Men			
Cliff Simm	Easingwold	25.31	2005
Harold Dobson	York Knavesmire	28.05	2012
Over 80 Men			
Ken Barber	Askern	29.01	2016
Cliff Simm	Easingwold	31.19	2011