

Cookridge Community 10k - 7 May 2023

Position	Bib	Name	Last name	Club	Category	Cat rank	Net time	Gun time
1	218	Freddie	Roden	Abbey Runners	MSEN	1	35:43	35:43
2	391	Sam	Townson	Hyde Park Harriers	MSEN	2	37:38	37:39
3	54	Joseph	Cook	Leeds City AC	MSEN	3	38:13	38:13
4	263	Michael	Vargas	Hyde Park Harriers	MV35	1	38:29	38:30
5	392	Ciaran	Tracey	Hyde Park Harriers	MSEN	4	39:39	39:40
6	336	Matthew	Holmes	Abbey Runners	MV45	1	39:39	39:40
7	237	Jonathan	Spain	Hyde Park Harriers	MSEN	5	40:49	40:52
8	32	Lukas	Brookfield	Skyrac AC	MSEN	6	40:59	41:01
9	301	Martin	Bennett Stanley	Pudsey Pacers	MV35	2	41:06	41:08
10	182	Josh	Mitchell	Hyde Park Harriers	MSEN	7	41:05	41:14
11	81	Dominic	Fanaroff	Abbey Runners	MSEN	8	41:56	41:57
12	386	James	Tarran	Valley Striders AC	MV55	1	42:31	42:32
13	383	Dan	Stevenson	Hyde Park Harriers	MV35	3	42:31	42:39
14	254	Samantha	Tecwyn	Hyde Park Harriers	FSEN	1	42:32	42:40
15	297	Luke	Appleyard	Wharfedale Harriers	MV40	1	42:48	42:49
16	5	Michael	Antrobus		MV35	4	42:55	42:58
17	348	Jack	Lee	Hyde Park Harriers	MSEN	9	42:42	43:04
18	30	Stef	Brienen	Abbey Runners	MSEN	10	43:17	43:18
19	171	Christophe	Martyn	Pudsey Pacers	MV55	2	43:25	43:27
20	96	Rory	Goldthorpe	Abbey Runners	MV40	2	43:26	43:30
21	133	Alex	Kelly	Valley Striders AC	MSEN	11	43:30	43:33
22	194	Rhys	Dunn		MSEN	12	43:34	43:38
23	172	Ted	Matson		MV45	2	43:50	43:51
24	296	Rich	Allen	Pudsey Pacers	MV40	3	44:02	44:04
25	64	Brad	Dickinson		MV45	3	43:44	44:14
26	198	Daniel	O'brien	Baildon Runners	MSEN	13	44:07	44:15
27	71	James	White		MV35	5	44:26	44:32
28	332	Darren	Hendley	York Knavesmire Harriers	MV50	1	44:39	44:41
29	322	Will	Dow	Hyde Park Harriers	MSEN	14	44:27	44:42
30	368	Adam	Parton	Valley Striders AC	MV50	2	44:40	44:43
31	19	Jay	Bennett		MV45	4	44:39	44:43
32	372	Jennie	Roberts		FV45	1	44:38	44:46
33	139	Bradley	Kirsopp		MSEN	15	45:19	45:29
34	178	Gareth	Millard	Pudsey Pacers	MV40	4	45:42	45:44
35	343	Anna	Keys	Pudsey Pacers	FV40	1	45:57	46:03
36	101	David	Grealy	Hyde Park Harriers	MV35	6	46:02	46:05
37	334	Jonathan	Hobbs	Otley AC	MV50	3	46:03	46:10
38	11	Richard	Ashworth	Abbey Runners	MV45	5	46:05	46:11
39	395	Joshua	Walsh		MSEN	16	45:28	46:30
40	50	Faye	Clark	Abbey Runners	FV35	1	46:19	46:33
41	48	Thomas	Chappelow		MSEN	17	46:31	46:34
42	90	Andrew	Friend		MV55	3	46:52	47:04
43	394	Dan	Walsh		MV45	6	47:00	47:14
44	252	Hazel	Taplin		FV40	2	47:09	47:14
45	344	Rich	Knell-Moore		MV45	7	47:09	47:27
46	374	Mark	Romanowski		MV40	5	47:30	47:40
47	291	Andy	Wycherley	Savvy Park Runrz	MV55	4	47:42	47:48
48	321	Dan	Donnelly	Hyde Park Harriers	MV55	5	47:49	47:59
49	200	Robin	Owen		MV45	8	47:54	48:05
50	387	Eliza	Taswell-Fryer	Hyde Park Harriers	FSEN	2	47:58	48:14
51	107	Chris	Harris	Hyde Park Harriers	MV35	7	47:58	48:14
52	69	Matthew	Dorling		MV50	4	48:16	48:20
53	157	Beth	Light	Pudsey Pacers	FV35	2	47:27	48:22
54	190	Gary	Naylor		MV50	5	48:22	48:28
55	27	David	Booth	Pudsey Pacers	MV60	1	48:25	48:29
56	396	Dan	Wilkinson	Otley AC	MSEN	18	48:33	48:40
57	258	David	Thompson		MSEN	19	47:49	48:50
58	123	Alex	Hope		MSEN	20	48:38	49:02
59	20	Tom	Benson		MV35	8	48:54	49:05
60	121	Simon	Holland	Lonely Goat RC	MV55	6	49:00	49:08
61	67	Tom	Dobson		MV45	9	48:25	49:13
62	273	Tracey	Watson	Ilkley Harriers	FV55	1	49:14	49:24
63	349	Steve	Lee	Skyrac AC	MV45	10	49:01	49:25
64	6	David	Archibald		MV50	6	49:05	49:37
65	340	Jon	Jackson	Valley Striders AC	MV50	7	49:14	49:44
66	241	Andrew	Stockwell	Valley Striders AC	MV35	9	49:42	49:44
67	378	Chris	Simpson	Pudsey Pacers	MV40	6	49:24	49:56
68	16	James	Balkwill	Abbey Runners	MV50	8	49:53	49:58
69	216	Daniel	Roberts	Hyde Park Harriers	MSEN	21	49:05	50:02
70	282	Giles	Wilkes	Horsforth Harriers	MSEN	22	49:58	50:13
71	323	Sarah	Fairhall	Abbey Runners	FSEN	3	50:02	50:16
72	38	Caitie	Burke	Hyde Park Harriers	FSEN	4	49:44	50:18
73	116	Oliver	Hoffman		MV50	9	50:06	50:22
74	359	Ian	Mitchell	Knareborough Striders	MV60	2	50:08	50:23
75	306	Dan	Bright		MV40	7	50:11	50:24

76	276	Rob	Webster	Horsforth Harriers	MV50	10	50:16	50:24
77	240	Craig	Stevens		MSEN	23	50:15	50:25
78	206	Craig	Porter	Dragons Running Club (Leeds)	MV50	11	50:07	50:28
79	191	Mia	Naylor		FSEN	5	50:35	50:40
80	99	Jack	Gordon		MSEN	24	50:24	50:58
81	93	Sean	Gilbert		MV50	12	50:31	50:58
82	167	Trevor	Marshall		MV50	13	49:45	51:01
83	104	William	Hall		MSEN	25	50:40	51:04
84	84	Anthony	Fedzin	Pudsey Pacers	MV50	14	51:07	51:10
85	314	Andrew	Cooper	Morley Running Club	MV40	8	50:50	51:16
86	37	Dave	Burdon	Pudsey Pacers	MV65	1	51:12	51:16
87	245	Jane	Suggitt		FV45	2	51:15	51:24
88	39	Matt	Burrow		MSEN	26	50:18	51:26
89	183	Robert	Monkman		MSEN	27	51:12	51:26
90	197	Desiree	Normington		FV50	1	51:06	51:35
91	379	Edward	Smith	Horsforth Fellandale	MV45	11	51:38	51:47
92	399	Eleanor	Winning	Hyde Park Harriers	FSEN	6	51:25	51:47
93	31	Caspar	Brookfield	Skyrac AC	MSEN	28	51:44	51:48
94	304	Robert	Blemings		MSEN	29	51:30	51:49
95	143	Peter	Lambert		MV55	7	51:41	51:53
96	106	Andrew	Hardaker	Pudsey Pacers	MV55	8	51:02	51:56
97	280	Jim	Whittaker	Abbey Runners	MV55	9	51:51	51:58
98	369	Callum	Parton		MSEN	30	51:58	52:05
99	217	Sofia	Robottom		FSEN	7	51:29	52:06
100	232	David	Smart		MV40	9	52:09	52:12
101	95	Steph	Gledhill	Valley Striders AC	FV40	3	51:47	52:19
102	46	Richard	Cartwright	Hyde Park Harriers	MV40	10	52:11	52:29
103	113	Dong	Hoang	Abbey Runners	FV45	3	52:17	52:37
104	1	James	Adams	Morley Running Club	MV40	11	52:23	52:41
105	9	Becky	Ashworth	Abbey Runners	FSEN	8	52:29	52:43
106	193	Simon	Nichols		MV45	12	52:36	52:46
107	150	Neil	Lawton		MV50	15	52:38	52:50
108	43	Tom	Calder		MV55	10	52:04	52:54
109	174	Hannah	Mayall		FV35	3	52:24	53:05
110	100	Jon	Graham		MV40	12	52:54	53:10
111	110	Alan	Hicks		MV55	11	53:01	53:10
112	310	Danny	Burkle		MSEN	31	52:17	53:11
113	17	Amy	Barrett		FV35	4	53:15	53:20
114	249	Liam	Symington		MV35	10	52:32	53:23
115	61	George	Cunningham		MV35	11	52:54	53:25
116	23	Neil	Blakeman	Roundhay Runners	MV60	3	53:03	53:26
117	346	Andy	Leatham		MV40	13	52:10	53:29
118	246	Sue	Sunderland	Valley Striders AC	FV60	1	53:22	53:30
119	34	Tom	Brown		MV40	14	53:19	53:34
120	389	Richard	Thomas	Kirkstall Harriers	MV60	4	53:30	53:42
121	352	Nathanial	Marshall		MSEN	32	53:21	53:43
122	299	Neil	Baxter	Abbey Runners	MV45	13	53:25	53:47
123	484	Matthew	Thompson		MSEN	33	53:40	53:48
124	266	Michelle	Vosper	Baldon Runners	FV40	4	53:46	54:01
125	289	David	Womersley	Horsforth Harriers	MV70	1	53:59	54:04
126	136	Neill	Keppie		MV55	12	54:11	54:23
127	308	Adam	Bull	Fylde Coast Runners	MV55	13	54:00	54:25
128	236	Alex	Sobel		MV45	14	53:48	54:25
129	222	Hayley	Ryder	Roundhay Runners	FV35	5	54:16	54:35
130	196	Sarah	Norman	Pudsey Pacers	FV50	2	54:27	54:39
131	173	Gareth	Matthews		MV35	12	54:22	54:42
132	284	Emily	Williams	Hyde Park Harriers	FSEN	9	54:24	54:43
133	72	Rebecca	Edmondson		FV35	6	54:40	54:46
134	330	Philip	Harris		MV55	14	54:35	54:46
135	195	Andy	Norman	Pudsey Pacers	MV50	16	54:53	54:55
136	205	Matt	Podd	Otley AC	MV65	2	54:50	54:56
137	268	Jeremy	Ward		MV45	15	54:50	54:58
138	325	Sam	Friskney		MSEN	34	54:33	54:59
139	70	Richard	Duffy	Horsforth Harriers	MV70	2	54:54	54:59
140	77	Clare	Evans	Hyde Park Harriers	FSEN	10	54:47	55:04
141	115	Andrew	Hodgson		MV45	16	53:50	55:09
142	3	Sam	Alderson		MV40	15	55:03	55:39
143	295	Richard	Alexander		MV40	16	54:34	55:45
144	264	Lynne	Vickers	Lonely Goat RC	FV55	2	55:30	55:49
145	316	Nick	Curtis		MSEN	35	55:32	55:57
146	335	Neil	Holloway	Leeds & Bradford Triathlon Club	MV45	17	55:56	56:06
147	10	Kathryn	Ashworth	Abbey Runners	FV45	4	55:43	56:09
148	298	Georgia	Arnold	Abbey Runners	FSEN	11	55:43	56:09
149	137	Ralph	Kidner	Hyde Park Harriers	MV65	3	56:04	56:15
150	7	Carrick	Armer	Abbey Runners	MV40	17	55:48	56:21
151	140	David	Kirsopp		MV50	17	55:57	56:26
152	283	Colin	Williams	Ilkley Harriers	MV55	15	56:20	56:30

153	329	Matthew	Haley		MSEN	36	56:15	56:34
154	315	Julian	Cosham	South Leeds Lakers	MV45	18	56:28	56:36
155	59	Tara	Crowther	Pudsey Pacers	FV50	3	56:31	56:45
156	324	Hazel	Fenton	Horsforth Harriers	FV40	5	55:48	56:52
157	221	Nik	Rutherford		MSEN	37	56:19	56:57
158	400	Michael	Yeadon	Horsforth Harriers	MV65	4	56:57	57:12
159	89	Ken	Fox	Valley Striders AC	MV60	5	57:07	57:24
160	156	Ian	Lewis		MV55	16	56:44	57:31
161	155	Beth	Lewis		FSEN	12	56:44	57:31
162	353	Holly	Maxwell		FSEN	13	57:05	57:34
163	482	Hannah	Hughes		FV40	6	57:22	57:36
164	390	Michael	Tinker	Valley Striders AC	MV65	5	57:10	57:40
165	357	Ryan	Michael		MV35	13	57:11	57:41
166	234	Joanne	Smith	Bramley Breezers	FV40	7	57:21	57:41
167	86	Lois	Ferraby	Pudsey Pacers	FSEN	14	57:39	57:46
168	166	Sarah	Mann	Valley Striders AC	FV40	8	57:17	57:49
169	293	Liz	Adams	Valley Striders AC	FV45	5	57:17	57:49
170	29	Grainne	Boyle		FV40	9	57:21	57:52
171	1406	Christian	Ritson		MV45	19	57:08	57:56
172	66	Emma	Dobson		FV45	6	57:09	57:58
173	398	Susanna	Williams		FV40	10	57:30	58:07
174	354	Katie	Mchugh		FSEN	15	57:43	58:07
175	261	Simon	Towler		MSEN	38	57:42	58:09
176	312	Robin	Coghlan	Roundhay Runners	MV55	17	56:41	58:13
177	138	Jan	King	Stainland Lions Running Club	MV70	3	56:54	58:16
178	74	Richard	Edwards	Hyde Park Harriers	MV45	20	58:00	58:17
179	385	Nicola	Swann	Otley AC	FV45	7	57:57	58:19
180	345	Zoe	Knell-Moore		FV45	8	58:04	58:24
181	367	Chris	Parkin	Knaresborough Striders	MV50	18	58:02	58:25
182	448	Ashley	Ditta		FSEN	16	58:09	58:28
183	242	Claire	Strover		FV50	4	58:16	58:29
184	114	Joanna	Hobson	Otley AC	FV60	2	58:10	58:31
185	128	James	Jarvis		MSEN	39	57:13	58:34
186	41	Simon	Byrne		MV55	18	57:57	58:39
187	235	Julie	Smith	Crossgates Harriers	FV55	3	58:28	58:43
188	331	Roz	Haworth		FSEN	17	58:19	58:45
189	94	Sam	Glassup		MV45	21	57:36	58:49
190	68	Marketa	Dolezalova		FV45	9	57:52	59:01
191	203	Dawn	Parton		FV45	10	58:54	59:04
192	18	Lynne	Barrett	Pudsey Pacers	FV65	1	58:58	59:12
193	326	Francesca	Gill		FSEN	18	58:37	59:22
194	122	Robert	Holt		MV35	14	58:24	59:25
195	15	Sinead	Baldwin		FV40	11	59:02	59:26
196	36	Rachael	Buckley		FSEN	19	58:48	59:33
197	126	Helen	Ingram		FV35	7	58:53	59:37
198	375	Sam	Schwab		MV35	15	58:18	59:38
199	22	Liam	Birdsall		MSEN	40	59:23	59:41
200	360	Linda	Morison	Otley AC	FV50	5	59:25	59:46
201	56	Michael	Craggs		MV45	22	58:31	59:51
202	134	Nicola	Kelly-Johnson		FV45	11	58:30	59:51
203	8	Janet	Ashton	Pudsey Pacers	FV55	4	59:08	59:54
204	55	Charles	Craddock	Abbey Runners	MV55	19	59:35	59:55
205	355	Annette	Mctaggart	Kippax & District Harriers	FV50	6	59:43	1:00:03
206	270	Rebecca	Warrior		FV45	12	58:47	1:00:08
207	230	Laura	Skirrow		FSEN	20	59:41	1:00:09
208	163	David	Lowry		MV35	16	59:10	1:00:11
209	149	Caroline	Lawton	Dragons Running Club (Leeds)	FV45	13	1:00:05	1:00:18
210	63	Bob	Dawson		MV50	19	59:45	1:00:28
211	162	Andy	Loftus		MV50	20	1:00:10	1:00:28
212	13	Jackie	Aspden		FV55	5	1:00:07	1:00:31
213	97	Doe	Gomez		MV40	18	59:18	1:00:39
214	262	Claire	Vandevelde	Roundhay Runners	FV40	12	1:00:06	1:00:42
215	272	Kevin	Watson	Horsforth Harriers	MV75	1	1:00:39	1:00:43
216	337	Frances	Horner		FSEN	21	59:46	1:00:48
217	220	Ian	Rostron		MV50	21	1:00:26	1:00:51
218	105	David	Halladay	Lonely Goat RC	MV60	6	1:00:45	1:01:07
219	267	Fay	Walker	Pudsey Pacers	FSEN	22	1:00:39	1:01:09
220	229	Marcus	Sharpe		MV45	23	1:00:37	1:01:09
221	129	Fred	Jewitt	Chapel Allerton Runners	MSEN	41	1:00:45	1:01:11
222	168	Philip	Marsland		MV65	6	1:00:42	1:01:17
223	327	Jimmy	Graham	Pudsey Pacers	MSEN	42	1:00:28	1:01:18
224	371	Mark	Platts		MV45	24	1:01:21	1:01:23
225	251	Richard	Tamlyn	Wakefield Triathlon Club	MV45	25	1:01:16	1:01:31
226	239	Martin	Steele	Eccleshill Road Runners	MV60	7	1:00:51	1:01:37
227	132	Philip	Jones	Baildon Runners	MV65	7	1:01:25	1:01:39
228	382	Ryan	Smith		MV35	17	1:01:35	1:01:43
229	65	Anthony	Ditta		MSEN	43	1:01:32	1:01:50

230	40	Paula	Byrne		FV55	6	1:01:12	1:01:54
231	238	Julie	Steele	Eccleshill Road Runners	FV60	3	1:01:11	1:01:57
232	180	Jacqui	Millington		FV40	13	1:01:37	1:01:58
233	199	Alison	Oldfield	Kirkstall Harriers	FV50	7	1:00:55	1:01:59
234	305	Peter	Blinston	Abbey Runners	MV55	20	1:01:23	1:02:01
235	225	Martin	Scott	Pudsey Pacers	MV55	21	1:01:01	1:02:04
236	144	Tony	Lambert	Pudsey Pacers	MV50	22	1:01:13	1:02:08
237	212	Richard	Pullan	Hyde Park Harriers	MV65	8	1:02:13	1:02:23
238	302	Sarah	Berry		FSEN	23	1:02:18	1:02:27
239	256	Rowena	Thomas		FV35	8	1:01:59	1:02:30
240	364	Alison	Oppal	Hyde Park Harriers	FV45	14	1:02:14	1:02:57
241	365	Lindsey	Pallant		FV55	7	1:01:54	1:02:58
242	170	Cathy	Martin	Pudsey Pacers	FV50	8	1:02:17	1:03:03
243	342	Suzette	Jefferys	St Theresas AC	FV35	9	1:02:14	1:03:09
244	102	Tanya	Hacker	St Theresas AC	FV45	15	1:02:15	1:03:10
245	328	Simon	Greene		MV65	9	1:02:51	1:03:13
246	176	Carron	Mcdonnell		FV55	8	1:02:50	1:03:14
247	373	Rachel	Robinson		FV40	14	1:02:17	1:03:15
248	307	Jason	Britton	Kippax & District Harriers	MV50	23	1:02:21	1:03:23
249	51	Lesley	Clayton		FV65	2	1:02:52	1:03:24
250	285	Josh	Williams		MSEN	44	1:02:30	1:03:27
251	177	Jon	Mcneill		MV45	26	1:02:33	1:03:29
252	92	Rachel	Gibson		FV55	9	1:03:02	1:03:30
253	73	Beth	Edwards		FV50	9	1:03:08	1:03:36
254	271	Sarah	Waters		FV55	10	1:03:09	1:03:37
255	350	Louise	Lowe	Craven Energy	FV35	10	1:03:01	1:03:37
256	148	Malcolm	Lavery	Abbey Runners	MV55	22	1:03:26	1:03:40
257	53	James	Collinson	Hyde Park Harriers	MSEN	45	1:03:02	1:03:44
258	313	Sophie	Collinson		FSEN	24	1:03:03	1:03:45
259	169	Adrian	Martin	Pudsey Pacers	MV50	24	1:03:23	1:03:46
260	338	Keith	Horsley		MV60	8	1:02:36	1:03:48
261	300	Helen	Beddow	Hyde Park Harriers	FSEN	25	1:03:07	1:03:51
262	82	Eleanor	Fearn		FV35	11	1:02:31	1:03:54
263	290	Steve	Wood	Horsforth Harriers	MV70	4	1:03:35	1:04:09
264	244	Samantha	Sugden		FV45	16	1:03:12	1:04:14
265	265	Russ	Vickers	Lonely Goat RC	MV60	9	1:03:58	1:04:17
266	181	Veena	Mills		FV45	17	1:03:38	1:04:17
267	131	Malcolm	Johnson	Horsforth Harriers	MV70	5	1:03:47	1:04:21
268	224	Paul	Sanderson	Valley Striders AC	MV55	23	1:03:50	1:04:23
269	14	Mark	Ault		MV40	19	1:03:31	1:04:53
270	363	Jason	Newell	Hyde Park Harriers	MV50	25	1:04:37	1:04:58
271	257	Andrew	Thompson		MV35	18	1:03:43	1:05:01
272	151	Lisa	Leadon		FV45	18	1:04:06	1:05:03
273	259	Ian	Thornton	Roundhay Runners	MV55	24	1:04:56	1:05:20
274	135	Ian	Kemp		MV55	25	1:05:06	1:05:39
275	377	Sara	Short		FV50	10	1:05:17	1:05:44
276	159	Gloria	Lindh	Bramley Breezers	FV40	15	1:05:06	1:05:47
277	209	Jane	Prust	Hyde Park Harriers	FV60	4	1:05:11	1:05:55
278	215	Philip	Ramsden	Horsforth Harriers	MV60	10	1:04:52	1:05:55
279	127	Ed	Jaggar		MSEN	46	1:04:46	1:05:59
280	4	Lynsey	Antrobus		FV35	12	1:05:01	1:06:02
281	124	Lisa	Hulme-Vickerstaff	Abbey Runners	FV55	11	1:05:44	1:06:04
282	76	Katie	England		FV40	16	1:05:08	1:06:06
283	175	Patricia	Mccarten		FV60	5	1:06:03	1:06:15
284	142	Karen	Lacy-Roberts		FV55	12	1:05:24	1:06:20
285	287	Lisa	Wilson	Abbey Runners	FV35	13	1:04:57	1:06:21
286	370	Laura	Pilkington		FV35	14	1:05:00	1:06:23
287	248	Gill	Sykes		FV55	13	1:05:15	1:06:27
288	339	Bob	Jackson	Valley Striders AC	MV70	6	1:05:55	1:06:27
289	58	Gaynor	Cross		FV45	19	1:05:06	1:06:33
290	184	Aidan	Mooney	Abbey Runners	MV45	27	1:05:56	1:06:45
291	255	Hannah	Thomas	Bramley Breezers	FSEN	26	1:05:43	1:06:45
292	130	Angela	Johnson	Horsforth Harriers	FV70	1	1:05:43	1:06:54
293	366	Anne	Parkin	Knaresborough Striders	FV65	3	1:06:45	1:07:08
294	45	Nicola	Cartwright	Pudsey Pacers	FV40	17	1:06:14	1:07:14
295	161	Becky	Lodge		FV40	18	1:06:27	1:07:17
296	117	Jamie	Hogg		MV40	20	1:06:28	1:07:17
297	78	Philip	Evans		MSEN	47	1:06:43	1:08:00
298	118	John	Hogg		MV55	26	1:06:40	1:08:02
299	393	Hannah	Waller	Drighlington Dynamos Running Club	FV35	15	1:08:11	1:08:36
300	12	Stacie	Ashworth	Pudsey Pacers	FV40	19	1:07:54	1:08:54
301	201	Zuzana	Panuskova		FV45	20	1:07:47	1:08:56
302	141	Maria	La Sala		FV55	14	1:08:30	1:08:59
303	311	Fiona	Clark		FSEN	27	1:08:32	1:09:10
304	208	Colin	Priestley		MV60	11	1:08:01	1:09:18
305	28	Gill	Booth	Kirkstall Harriers	FV50	11	1:08:29	1:09:27
306	319	Daniella	Dobson		FV50	12	1:09:17	1:09:34

307	320	Josephine	Dobson		FSEN	28	1:09:17	1:09:34
308	341	Victoria	Jackson		FV45	21	1:08:42	1:09:35
309	33	Sarah	Brown		FV45	22	1:08:42	1:09:35
310	347	Helen	Lee		FV50	13	1:09:13	1:09:36
311	153	Richard	Lee		MV45	28	1:08:39	1:09:58
312	147	Lesley	Lavery	Abbey Runners	FV55	15	1:10:09	1:10:24
313	188	Debra	Mullen		FV60	6	1:09:52	1:10:31
314	52	Michael	Clayton	Pudsey Pacers	MV55	27	1:09:44	1:10:40
315	202	Sarah	Papadimos	Horsforth Harriers	FV55	16	1:09:39	1:10:50
316	189	Sarah	Myers	Eccleshill Road Runners	FV50	14	1:10:07	1:10:53
317	207	Sara	Potter	Pudsey Pacers	FV45	23	1:10:01	1:11:09
318	187	Paul	Mortimer	Pudsey Pacers	MV45	29	1:10:02	1:11:09
319	47	Andrea	Cavill		FV50	15	1:10:34	1:11:12
320	247	Anna	Sweeney	Horsforth Harriers	FV50	16	1:10:07	1:11:19
321	214	Carol	Ramsden	Horsforth Harriers	FV65	4	1:10:09	1:11:20
322	87	Jack	Fowler		MV45	30	1:10:08	1:11:24
323	21	Jane	Bewell		FV60	7	1:10:55	1:11:42
324	80	Monica	Facchinello		FV45	24	1:10:51	1:11:45
325	223	Louise	Samuels		FSEN	29	1:11:32	1:11:49
326	158	Elise	Lilley		FV35	16	1:11:33	1:11:49
327	186	Anne	Moorby		FV50	17	1:10:45	1:12:02
328	211	Madhu	Pugal		FV45	25	1:11:09	1:12:03
329	62	Sarah	Davies		FSEN	30	1:10:51	1:12:06
330	108	Jenny	Hemphill		FSEN	31	1:10:51	1:12:07
331	146	Judy	Lankester	Kippax & District Harriers	FV45	26	1:10:52	1:12:09
332	288	Lee	Wintersgill		MV35	19	1:11:40	1:12:54
333	112	Tara	Hill		FV35	17	1:11:42	1:13:00
334	275	George	Webster	Hyde Park Harriers	MSEN	48	1:13:04	1:13:13
335	388	Diane	Thomas		FV55	17	1:13:08	1:13:39
336	317	Ashleigh	Dalton		FSEN	32	1:12:03	1:13:40
337	192	Elinor	Newhouse	Baildon Runners	FV70	2	1:13:20	1:13:59
338	294	Helen	Aldridge		FV45	27	1:14:34	1:14:36
339	103	Molly	Hall	Vegan Runners UK	FSEN	33	1:14:38	1:15:07
340	362	Rob	Myers	Baildon Runners	MV65	10	1:14:25	1:15:16
341	380	Gill	Smith	Baildon Runners	FV60	8	1:14:25	1:15:16
342	210	Steve	Prust	Hyde Park Harriers	MV60	12	1:14:15	1:15:23
343	303	Vishal	Bhath		MV40	21	1:14:44	1:15:24
344	91	Elizabeth	Gautrey		FV45	28	1:15:52	1:16:32
345	384	Gemma	Stowell	Dragons Running Club (Leeds)	FV35	18	1:16:18	1:16:58
346	57	Roxy	Cramp		FV35	19	1:16:23	1:17:24
347	376	Sumrah	Shaffiq	Hyde Park Harriers	FV35	20	1:18:18	1:19:26
348	269	Juliette	Ward	Pudsey Pacers	MV40	22	1:18:36	1:19:46
349	381	Judith	Smith	Abbey Runners	FV70	3	1:19:35	1:20:35
350	49	Hayley	Clacy		FV55	18	1:22:02	1:23:16
351	44	Will	Carr		MV50	26	1:22:02	1:23:17
352	309	Carol	Bull	Fylde Coast Runners	FV50	18	1:23:29	1:24:40
353	233	Abby	Smith	St Therasas AC	FV35	21	1:27:30	1:27:32
354	226	Suzanne	Scott	Pudsey Pacers	FV45	29	1:27:31	1:28:38
355	228	Madhu	Sharma		FV45	30	1:27:54	1:29:13
356	204	Pippa	Plumtree-Varley		FV35	22	1:27:54	1:29:13
357	356	Brian	Mctaggart		MV50	27	1:31:11	1:31:46
358	279	David	White		MV45	31	1:33:31	1:34:56
359	165	John	Maile		MV75	2	1:37:14	1:38:03