



HEAT B
HEAT A

7:15PM
8:00PM

York 5K Series

RACE 6 Heat allocations

11 July 2019

Bib	FirstName	LastName	Club	Predicted time	Heat
5025	Michelle	Baker		00:30:00	B
5067	Jane	Barham	Pocklington Runners	00:24:00	B
5094	Neil	Baxter	Skyrac AC	00:21:34	B
5135	Stephen	Berry	Ackworth Road Runners	00:30:00	B
5144	Claire	Binns		00:26:00	B
5149	Fliss	Bird	Pocklington Runners	00:30:00	B
5154	Anna	Blackwell	York Knavesmire Harriers	00:19:50	A
5486	Steve	Boynnton	York Acorn Running Club	00:20:00	A
5189	Mick	Brearley	Saltire Striders	00:23:00	B
5214	Andrew	Brookes		00:24:00	B
5487	Kim	Brown	Ripon Runners	00:17:45	A
5580	Paul	Brown	Rothwell Harriers & AC	00:18:15	A
5489	Mark	Cage	City of York AC	00:16:50	A
5279	Sarah	Cairns	Tadcaster Harriers	00:29:00	B
5283	Dot	Carr		00:34:20	B
5287	Thomas	Cassidy	Scarborough Athletic Club	00:20:00	A
5303	Joanna	Clarke	Rothwell Harriers & AC	00:28:30	B
5322	Matt	Conway		00:23:30	B
5323	Tim	Cowham	York Knavesmire Harriers	00:20:45	A
5325	Ashley	Crawford		00:17:30	A
5333	Robin	Crewes	Lonely Goat RC	00:23:59	B
5607	Robin	Crewes	Lonely Goat RC	00:23:59	B
5608	Ben	Crowther	Halifax Harriers & AC	00:16:20	A
5355	Andy	Cullen	Lonely Goat RC	00:25:00	B
5555	Tom	Derry	Wetherby Runners AC	00:19:00	A
5363	Erwin	Dorland	York Acorn Running Club	00:21:02	A
5365	Jason	Drake		00:21:28	A
5374	Abbie	Eastwood	Pocklington Runners	00:22:00	B
5380	Daniel	Eastwood	Pocklington Runners	00:18:30	A
5381	Ellie	Eastwood	Pocklington Runners	00:22:00	B
5382	Paul	Eastwood	Pocklington Runners	00:22:00	B
5384	Jarrad	Englestown	Selby Striders	00:18:45	A
5385	JAMIE	EVERETT	Wetherby Runners AC	00:20:00	A
5387	Tristan	Featherby	Pocklington Runners	00:19:00	A
5577	Tristan	Featherby	Pocklington Runners	00:19:00	A
5494	Daniel	Figg	Garden City Runners	00:17:40	A
5558	Andrew	Fleming	Rothwell Harriers & AC	00:17:00	A
5388	Ben	Francis	Lancaster University Running Club	00:18:30	A
5389	Vivianne	Fraser	York Knavesmire Harriers	00:24:30	B
5391	Wayne	Gardiner	Goole Viking Striders	00:20:00	A
5392	Richard	Ginn	Pocklington Runners	00:17:30	A
5393	Patrick	Good	Easingwold Running Club	00:19:30	A
5560	David	Gossip	Pocklington Runners	00:20:00	A
5394	Helen	Grainger	Pocklington Runners	00:28:30	B

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5395	Matthew	Hallam	Valley Striders	00:16:30	A
5396	Jane	Halloran	Skyrac AC	00:19:50	A
5609	Lucy	Hammond	Pocklington Runners	00:30:00	B
5398	Richard	Harrison	Selby Striders	00:19:00	A
5610	Debbie	Hill		00:25:20	B
5399	Mick	Hill	Leeds City AC	00:16:30	A
5611	Paul	Hill		00:29:00	B
5400	Geoffrey	Hirst	Harrogate Harriers & AC	00:19:30	A
5612	Ben	Hobbs	Wakefield Triathlon Club	00:17:30	A
5401	Mollie	Holehouse	Bridlington Road Runners	00:21:00	A
5613	Martin	Horbury	St Therasas AC	00:20:00	A
5403	Karl	Humphreys	York Knavesmire Harriers	00:19:30	A
5498	Roger	Hutton	Harrogate Harriers & AC	00:17:55	A
5405	Gail	Jamieson	Tadcaster Harriers	00:28:00	B
5406	Colin	Jobber	Barton & District AC	00:20:00	A
5614	Sophie	Johnstone	Roundhay Runners	00:22:00	B
5407	Carolyn	Jolley	Tadcaster Harriers	00:28:00	B
5500	Catherine	Jones	Ackworth Road Runners	00:29:00	B
5615	Chris	Jones	Hyde Park Harriers	00:21:00	A
5408	Claire	Jones	Harrogate Harriers & AC	00:19:20	A
5562	Mark	Jordan	Harrogate Harriers & AC	00:20:00	A
5502	Stephen	King	Tadcaster Harriers	00:19:00	A
5563	Lucy	Knight	GoodGym Race Team	00:25:30	B
5409	Shaun	Lawson	Easingwold Running Club	00:18:00	A
5564	Simon	Lawson		00:21:22	A
5410	Steph	Lawson	Easingwold Running Club	00:24:30	B
5411	Adrian	Leach	Ackworth Road Runners	00:22:31	B
5616	Rowena	Leary	Norfolk Gazelles AC	00:19:00	A
5412	Philip	Lim	Valley Striders	00:26:30	B
5413	Daniel	Linstrum	Wetherby Runners AC	00:18:00	A
5415	Alaistair	Macleod	York Knavesmire Harriers	00:24:00	B
5416	Stephen	Maddison	York Knavesmire Harriers	00:18:00	A
5417	Deborah	Mason	York Knavesmire Harriers	00:25:55	B
5418	Charlotte	Mason	City of York AC	00:17:45	A
5419	Andrew	Masterman	Goole Viking Striders	00:19:00	A
5420	Julie	Masterman	Goole Viking Striders	00:23:00	B
5421	Alex	Matthewson	Wetherby Runners AC	00:19:00	A
5617	Alison	May	Queensbury Running Club	00:25:20	B
5618	Andy	May	Scarborough Athletic Club	00:22:30	B
5619	Peter	May	Queensbury Running Club	00:21:30	B
5422	Jonny	Mcfaul	Goole Viking Striders	00:18:00	A
5569	Tim	Mckenzie		00:21:00	A
5620	Andy	Messenger	Scarborough Athletic Club	00:19:00	A
5621	Mark	Mills	Wakefield District H & AC	00:16:50	A



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5425	Jonathan	Millward		00:20:15	A
5426	Sara	Morrow	Selby Striders	00:23:07	B
5427	Tim	Mosedale	Saltaire Striders	00:21:24	A
5622	Lee	Mountain		00:17:00	A
5600	Zak	Mountford	Builth & District Running Club	00:17:45	A
5430	Kirsty	Naylor	Thirsk & Sowerby Harriers	00:23:30	B
5623	Chris	Oddy	Harrogate Harriers & AC	00:15:45	A
5432	Keith	Pailing	Rothwell Harriers & AC	00:24:00	B
5434	Paul	Peacock		00:21:54	B
5435	Peter	Pearson	York Knavesmire Harriers	00:17:00	A
5436	Jesus	Pereira Lopez		00:21:00	A
5439	Mike	Pullon	Pocklington Runners	00:21:06	A
5440	Rachel	Reed	Pocklington Runners	00:28:00	B
5441	Helen	Reevell	Pocklington Runners	00:30:00	B
5624	Joe	Restell	Askern District RC	00:17:30	A
5443	Paul	Richardson	Harrogate Harriers & AC	00:18:30	A
5625	Brian	Robb	Metro Aberdeen RC	00:18:30	A
5544	Jamie	Saunders		00:18:00	A
5444	Joel	Shaw		00:24:30	B
5445	Matthew	Shillings	Goole Viking Striders	00:17:20	A
5446	Emma	Simmons	Pocklington Runners	00:20:30	A
5626	Andrew	Sloan	Tadcaster Harriers	00:18:10	A
5447	Duncan	Smart	Scarborough Athletic Club	00:18:30	A
5449	Michael	Smith	Pocklington Runners	00:18:30	A
5450	Stuart	Smith	Pocklington Runners	00:17:30	A
5451	David	Smithers	York Knavesmire Harriers	00:17:00	A
5627	Richard	Spooner	Barnsley Harriers	00:16:55	A
5452	Robin	Stacey	York Acorn Running Club	00:18:00	A
5603	Claudia	Stanton	Leeds City AC	00:21:56	B
5453	Neil	Stead	Goole Viking Striders	00:22:40	B
5454	Barbara	Stephens	Pocklington Runners	00:28:00	B
5628	Paul	Stockburn	Harrogate Harriers & AC	00:19:30	A
5455	Lewis	Suddaby	East Hull Harriers	00:16:55	A
5456	Alastair	Swift		00:32:30	B
5457	Katarzyna	Szalecka	Goole Viking Striders	00:21:28	A
5458	Phill	Taylor	Bridlington Road Runners	00:16:30	A
5511	Josh	Taylor	Bridlington Road Runners	00:17:00	A
5459	Garry	Tew	York Knavesmire Harriers	00:18:50	A
5514	Angus	Thomson	Barnsley Harriers	00:18:30	A
5460	Andrew	Tomlinson	York Knavesmire Harriers	00:20:00	A
5461	Emma	Tune	Goole Viking Striders	00:20:45	A
5462	Gabriel	Uttley	York Knavesmire Harriers	00:25:00	B
5463	Graham	Walton		00:20:10	A
5464	Simon	Ward	York Knavesmire Harriers	00:22:31	B



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5465	Emma	Waudby	Pocklington Runners	00:17:30	A
5466	David	Whapples	Vocalink Running Club	00:27:00	B
5467	Alexandra	Whapples	Vocalink Running Club	00:21:25	A
5629	Caroline	Wheelhouse	Doncaster AC	00:21:00	A
5468	Paul	Whitaker	York Acorn Running Club	00:17:30	A
5469	Rob	White	York Knavesmire Harriers	00:23:00	B
5470	Darren	Whiting	Wetherby Runners AC	00:19:00	A
5474	Alan	Wilkinson	York Knavesmire Harriers	00:21:05	A
5475	James	Williamson	Goole Viking Striders	00:19:00	A
5476	Jon	Wilson	City of Hull AC	00:19:00	A
5630	Howard	Winzar	York Acorn Running Club	00:24:00	B
5477	Katie	Wise	Pocklington Runners	00:20:00	A
5478	Steven	Worth	Pocklington Runners	00:18:00	A
5479	Kate	Wozniak		00:33:00	B