

York 5K Series

RACE 7 Heat allocations

08 August 2019

Bib	FirstName	LastName	Club	Predicted time	Heat
5025	Michelle	Baker		00:30:00	B
5632	Tim	Baldwin	Saltaire Striders	00:17:00	A
5067	Jane	Barham	Pocklington Runners	00:24:00	B
5633	Sharon	Barlow	Harrogate Harriers & AC	00:18:00	A
5094	Neil	Baxter	Skyrac AC	00:21:23	A
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
5634	Ross	Blackburn	Rothwell Harriers & AC	00:18:00	A
5154	Anna	Blackwell	York Knavesmire Harriers	00:19:50	A
5189	Mick	Brearley	Saltaire Striders	00:23:00	B
5214	Andrew	Brookes		00:24:00	B
5635	Tim	Buckley	York Knavesmire Harriers	00:17:00	A
5636	Archie	Budding	Ilkley Harriers	00:20:30	A
5637	Robert	Budding	Ilkley Harriers	00:19:00	A
5638	Robert	Byers		00:16:30	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	00:20:30	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
5639	Martin	Critchley	Horsforth Harriers	00:18:50	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		00:21:49	B
5583	Edward	Dunn	City of York AC	00:18:50	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
5640	Dave	Ellis	Bournville Harriers	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
5641	Leon	Foster	Leeds City AC	00:16:05	A
5388	Ben	Francis	Lancaster University Running Club	00:18:30	A
5389	Vivianne	Fraser	York Knavesmire Harriers	00:24:30	B

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5391	Wayne	Gardiner	Goole Viking Striders	00:20:00	A
5642	Olly	Giddings	Wetherby Runners AC	00:23:00	B
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
5395	Matthew	Hallam	Valley Striders	00:16:30	A
5396	Jane	Halloran	Skyrac AC	00:19:50	A
5643	Tom	Harris	Harrogate Harriers & AC	00:18:00	A
5398	Richard	Harrison	Selby Striders	00:19:00	A
5644	Sarah	Harvey		00:26:30	B
5645	Emma	Hawkey	Bournville Harriers	00:23:00	B
5399	Mick	Hill	Leeds City AC	00:16:30	A
5400	Geoffrey	Hirst	Harrogate Harriers & AC	00:19:30	A
5401	Mollie	Holehouse	Bridlington Road Runners	00:22:14	B
5646	Geoffrey	Howard	Ilkley Harriers	00:21:15	A
5647	Joe	Howard		00:19:00	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
5407	Carolyn	Jolley	Tadcaster Harriers	00:28:00	B
5500	Catherine	Jones	Ackworth Road Runners	00:29:00	B
5408	Claire	Jones	Harrogate Harriers & AC	00:19:20	A
5562	Mark	Jordan	Harrogate Harriers & AC	00:20:00	A
5529	Ryan	Kavanagh	Tadcaster Harriers	00:17:30	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	Harrogate Harriers & AC	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	00:21:00	A
5565	Laurence	Lennon	Abbey Runners	00:23:00	B
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	00:21:12	A
5421	Alex	Matthewson	Wetherby Runners AC	00:19:00	A
5422	Jonny	Mcfaul	Goole Viking Striders	00:18:00	A



HEAT B
HEAT A

7:15PM
8:00PM

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5569	Tim	Mckenzie		00:21:00	A
5648	Helen	Mercer-Jones	Harrogate Harriers & AC	00:19:00	A
5621	Mark	Mills	Wakefield District H & AC	00:16:50	A
5425	Jonathan	Millward		00:20:15	A
5649	Ruaridh	Mon-Williams	Ilkley Harriers	00:16:00	A
5426	Sara	Morrow	Selby Striders	00:23:07	B
5427	Tim	Mosedale	Saltaire Striders	00:21:24	A
5650	Louise	Nash	Saltaire Striders	00:22:30	B
5430	Kirsty	Naylor	Thirsk & Sowerby Harriers	00:23:30	B
5631	Kirsty	Naylor	Thirsk & Sowerby Harriers	00:23:30	B
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		00:21:52	B
5651	Jon	Pinder	York Knavesmire Harriers	00:17:10	A
5652	Philip	Powditch	Beverley AC	00:26:30	B
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
5443	Paul	Richardson	Harrogate Harriers & AC	00:18:30	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	00:16:35	A
5452	Robin	Stacey	York Acorn Running Club	00:18:00	A
5603	Claudia	Stanton	Leeds City AC	00:20:50	A
5653	Harry	Stead	Ilkley Harriers	00:19:30	A
5654	Melissa	Stead	Pudsey Pacers	00:28:00	B
5453	Neil	Stead	Goole Viking Striders	00:22:40	B
5454	Barbara	Stephens	Pocklington Runners	00:28:00	B
5455	Lewis	Suddaby	East Hull Harriers	00:16:50	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
5655	Adrian	Thear	York Knavesmire Harriers	00:23:30	B
5656	Tom	Thomas	Valley Striders	00:16:59	A
5514	Angus	Thomson	Barnsley Harriers	00:18:00	A



HEAT B
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7:15PM
8:00PM

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5546	Andy	Todd	Nidd Valley Road Runners	00:18:45	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
5593	Stephen	Walker	Beverley AC	00:17:00	A
5463	Graham	Walton		00:20:10	A
5464	Simon	Ward	York Knavesmire Harriers	00:22:31	B
5657	Ruth	Warren	Valley Striders	00:25:30	B
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	00:21:51	B
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
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