

## Sledmere XC - EYXC League

5th January 2020

<u>Pos</u>	<u>Num</u>	<u>M Pos</u>	<u>F Pos</u>	<u>Name</u>	<u>Cat</u>	<u>Club</u>	<u>Time</u>
1	407	1		Runar Saether	M40	East Hull Harriers	42 : 03
2	112	2		Scott Hargreaves	M	Bridlington Road Runners	42 : 43
3	454	3		Jon Frost	M	East Hull Harriers	42 : 46
4	520	4		Dave Mckinnon	M	Goole Viking Striders	43 : 00
5	438	5		Matthew Hayes	M45	East Hull Harriers	43 : 44
6	527	6		Craig Barker	M	Goole Viking Striders	44 : 03
7	363	7		James Wilson	M40	Driffield Striders	44 : 17
8	449	8		Mark Bissell	M	East Hull Harriers	44 : 43
9	611	9		Stuart Smith	M45	Pocklington Road Runners	44 : 56
10	136	10		Danny Brunton	M	Bridlington Road Runners	45 : 06
11	16	11		Steve Walker	M40	Beverley AC	45 : 11
12	513	12		Matt Shillings	M	Goole Viking Striders	45 : 19
13	456	13		Matthew Tune	M	East Hull Harriers	45 : 26
14	812	14		Mark Thompson	M45	Selby Striders	45 : 29
15	439	15		Oliver Burnett	M	East Hull Harriers	45 : 33
16	420	16		Rich Buckle	M	East Hull Harriers	45 : 53
17	817	17		Wayne Fennell	M	Selby Striders	45 : 56
18	216	18		Tim Savage	M50	City of Hull AC	46 : 00
19	161	19		Nick Jordan	M40	Bridlington Road Runners	46 : 07
20	440	20		Nigel Sisson	M50	East Hull Harriers	46 : 15
21	453	21		Paul Wray	M45	East Hull Harriers	46 : 22
22	252	22		Graham Justice	M50	City of Hull AC	46 : 36
23	455	23		Neil Seddon	M	East Hull Harriers	46 : 59
24	33	24		Darren Edge	M50	Beverley AC	47 : 04
25	714	25		Paul Lawton	M	Scarborough AC	47 : 12
26	259	26		James Bray	M	City of Hull AC	47 : 14
27	206	27		Jim Harlock	M55	City of Hull AC	47 : 27
28	324	28		Sebastian Gryzlo	M	Driffield Striders	47 : 31
29	235	29		Jim Rogers	M55	City of Hull AC	47 : 35
30	856	30		Carl Ward	M40	Selby Striders	47 : 38
31	663	31		Steven Worth	M	Pocklington Road Runners	48 : 15
32	260	32		Peter Mason	M40	City of Hull AC	48 : 49
33	35	33		David Meilhan	M40	Beverley AC	48 : 55
34	120	34		Allan Feldberg	M45	Bridlington Road Runners	49 : 13
35	744	35		Glyn Hewitt	M45	Scarborough AC	49 : 18
36	14	36		Simon Bishop	M40	Beverley AC	49 : 28
37	419	37		Alan Smith	M50	East Hull Harriers	49 : 35
38	771		1	Rhona Marshall	L35	Scarborough AC	49 : 43
39	202	38		Paul Cartwright	M60	City of Hull AC	49 : 56
40	249	39		Austin Smithies	M	City of Hull AC	49 : 59
41	450	40		Mike Jackson	M60	East Hull Harriers	50 : 02
42	54	41		Mathew Skins	M	Beverley AC	50 : 08
43	673	42		Warwick Anderson	M50	Pocklington Road Runners	50 : 20
44	504	43		Martin Booth	M60	Goole Viking Striders	50 : 32
45	163	44		Bill Pike	M50	Bridlington Road Runners	50 : 38
46	868	45		Gallen Hill	M40	Selby Striders	50 : 48
47	444	46		Tim Groves	M50	East Hull Harriers	50 : 58
48	707	47		Ekaitz Enanue	M	Scarborough AC	51 : 06
49	704	48		Simon Burnley	M45	Scarborough AC	51 : 13

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50	85	49	Mark	Dalton	M55	Beverley AC	51 : 28
51	65	50	Steve	Evins	M50	Beverley AC	51 : 48
52	819		2 Lizzie	Nairn	L	Selby Striders	51 : 49
53	718	51	Kevin	Moment	M50	Scarborough AC	51 : 51
54	319	52	Martin	Fenton	M40	Driffield Striders	51 : 54
55	814	53	Matthew	Whattam	M45	Selby Striders	51 : 55
56	401	54	Paul	Nippress	M55	East Hull Harriers	52 : 03
57	426	55	Ashley	Jackets	M	East Hull Harriers	52 : 04
58	337	56	Sean	McDermott	M60	Driffield Striders	52 : 04
59	354	57	Jon	Rodger	M50	Driffield Striders	52 : 05
60	666	58	Matt	Savory	M	Pocklington Road Runners	52 : 23
61	505	59	Jonny	McFaul	M	Goole Viking Striders	52 : 27
62	261	60	James	Spurgeon	M	City of Hull AC	52 : 28
63	806	61	Ali	Wood	M	Selby Striders	52 : 38
64	435		3 Kirsty	Wilson	L45	East Hull Harriers	52 : 55
65	57	62	Philip	Belton	M	Beverley AC	53 : 06
66	164	63	Adam	Thomas	M	Bridlington Road Runners	53 : 14
67	537	64	Steve	Gelder	M45	Goole Viking Striders	53 : 33
68	217	65	Brian	Lazenby	M40	City of Hull AC	53 : 41
69	32	66	James	Durham	M	Beverley AC	53 : 52
70	912	67	Simon	Matson	M45	Yorkshire Wolds Runners	54 : 00
71	503	68	Neil	Bentley	M45	Goole Viking Striders	54 : 05
72	515	69	Martin	Midgley	M45	Goole Viking Striders	54 : 14
73	659	70	Dan	Chappell	M40	Pocklington Road Runners	54 : 21
74	644	71	Matthew	Wilcock	M	Pocklington Road Runners	54 : 22
75	820		4 Ellie	Atack	L	Selby Striders	54 : 42
76	425	72	Andrew	Watson	M55	East Hull Harriers	54 : 46
77	312		5 Alison	Crellin	L55	Driffield Striders	54 : 50
78	671	73	Jim	Holding	M60	Pocklington Road Runners	54 : 50
79	214	74	Steve	Platten	M40	City of Hull AC	55 : 14
80	772		6 Sue	Haslam	L65	Scarborough AC	55 : 18
81	932	75	Jeremy	Ireland	M45	Yorkshire Wolds Runners	55 : 29
82	313		7 Elizabeth	Dalton	L40	Driffield Striders	55 : 36
83	869		8 Suse	Davies	L	Selby Striders	55 : 51
84	4		9 Emma	Greensmith	L45	Beverley AC	55 : 57
85	500	76	Rich	Bramham	M55	Goole Viking Striders	56 : 14
86	660	77	James	Cann	M	Pocklington Road Runners	56 : 16
87	20		10 Lucy	Stamford	L40	Beverley AC	56 : 23
88	651	78	Nick	Boyd	M45	Pocklington Road Runners	56 : 31
89	560		11 Julie	Masterman	L55	Goole Viking Striders	56 : 35
90	103	79	Simon	Ellerker	M45	Bridlington Road Runners	56 : 36
91	901		12 Katy	Lakes	L	Yorkshire Wolds Runners	56 : 36
92	143	80	Allan	McFarlane	M50	Bridlington Road Runners	56 : 50
93	56		13 Catherine	Snowball	L	Beverley AC	56 : 52
94	427	81	Steve	Tichopad	M50	East Hull Harriers	56 : 53
95	922	82	Rob	Harper	M45	Yorkshire Wolds Runners	57 : 00
96	39	83	Sandy	Milson	M40	Beverley AC	57 : 13
97	706		14 Rebecca	Dent	L	Scarborough AC	57 : 17
98	620	84	Sam	Pople	M	Pocklington Road Runners	57 : 20
99	716	85	Mark	May	M55	Scarborough AC	57 : 24

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100	564		15	Kasia	Szalecka	L40	Goole Viking Striders	57 : 30
101	72	86		Kobus	Van Der Westhuizen	M45	Beverley AC	57 : 40
102	102	87		Graham	Lonsdale	M50	Bridlington Road Runners	57 : 41
103	15		16	Laura	Emms	L	Beverley AC	57 : 41
104	34	88		Alan	Flint	M70	Beverley AC	57 : 46
105	670	89		Peter	Jackson	M45	Pocklington Road Runners	57 : 53
106	622	90		Alex	Dobson	M45	Pocklington Road Runners	57 : 54
107	863	91		Jonty	Parkin	M45	Selby Striders	58 : 00
108	139	92		Adam	Dyas	M	Bridlington Road Runners	58 : 03
109	543	93		James	Harrison	M40	Goole Viking Striders	58 : 04
110	717		17	Beckie	May	L50	Scarborough AC	58 : 26
111	571		18	Cath	Sweeting	L35	Goole Viking Striders	58 : 29
112	605	94		David	Frost	M55	Pocklington Road Runners	58 : 53
113	224		19	Rachel	Love	L50	City of Hull AC	59 : 00
114	106		20	Justine	Sutcliffe	L45	Bridlington Road Runners	59 : 07
115	429	95		Paul	Andrews	M55	East Hull Harriers	59 : 11
116	52	96		Paul	Furness	M45	Beverley AC	59 : 14
117	761	97		Dave	Shipley	M60	Scarborough AC	59 : 17
118	201	98		Phil	Jennings	M55	City of Hull AC	59 : 22
119	67		21	Lauren	Turner	L	Beverley AC	59 : 26
120	234	99		Martin	Precious	M55	City of Hull AC	59 : 33
121	258	100		Rupert	Wilks	M45	City of Hull AC	59 : 37
122	640		22	Emily	Kendra	L	Pocklington Road Runners	59 : 39
123	925	101		Mark	Jones	M45	Yorkshire Wolds Runners	60 : 12
124	141		23	Miriam	Ireland	L35	Bridlington Road Runners	60 : 16
125	742	102		Dave	Fox	M65	Scarborough AC	60 : 21
126	648		24	Claire	Robinson	L45	Pocklington Road Runners	60 : 21
127	73		25	Anthea	Hutchinson	L35	Beverley AC	60 : 22
128	308	103		Gareth	Botterill	M	Driffield Striders	60 : 23
129	855	104		Phil	Alford	M50	Selby Striders	60 : 31
130	434		26	Magdalena	Zaremba	L35	East Hull Harriers	60 : 37
131	331		27	Anita	Kraft	L	Driffield Striders	60 : 45
132	17	105		Richard	Parkin	M60	Beverley AC	60 : 53
133	927	106		Paul	Wilson	M50	Yorkshire Wolds Runners	61 : 09
134	920	107		Andy	Wilson	M50	Yorkshire Wolds Runners	61 : 09
135	207	108		Graham	Drewery	M50	City of Hull AC	61 : 13
136	544	109		John	Aldridge	M55	Goole Viking Striders	61 : 17
137	2		28	Sam	Allen	L45	Beverley AC	61 : 17
138	154	110		John	Ogden	M40	Bridlington Road Runners	61 : 32
139	635	111		Greg	Linfoot-Potts	M	Pocklington Road Runners	61 : 32
140	212	112		Kevin	Penny	M60	City of Hull AC	61 : 35
141	132		29	Janet	Potter	L60	Bridlington Road Runners	61 : 37
142	833	113		Stephen	Headley	M55	Selby Striders	61 : 48
143	23	114		Stephen	Williets	M50	Beverley AC	61 : 54
144	825		30	Michelle	Newton	L40	Selby Striders	61 : 56
145	77		31	Beccy	Meilhan	L40	Beverley AC	61 : 56
146	541	115		Andrew	Proctor	M50	Goole Viking Striders	61 : 57
147	857		32	Cassandra	Fennell	L	Selby Striders	61 : 58
148	414		33	Shirley	Oglesby	L65	East Hull Harriers	62 : 00
149	746	116		Keith	Pritchard	M65	Scarborough AC	62 : 20

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150	160	117	Martin	McPheat	M60	Bridlington Road Runners	62 : 24
151	924	118	Joe	Harper	M	Yorkshire Wolds Runners	62 : 33
152	851	119	Nigel	Taylor	M45	Selby Striders	62 : 37
153	304		34 Nicola	Amidulla	L40	Driffield Striders	62 : 38
154	853		35 Rachel	Bostock	L	Selby Striders	62 : 40
155	1	120	Paul	Allen	M55	Beverley AC	63 : 13
156	561		36 Clare	Tune	L45	Goole Viking Striders	63 : 14
157	618		37 Holly	Davison	L40	Pocklington Road Runners	63 : 19
158	25	121	Pete	Watkinson	M65	Beverley AC	63 : 31
159	225	122	Bob	Wilkinson	M70	City of Hull AC	63 : 46
160	664	123	Julian	Horsley	M55	Pocklington Road Runners	63 : 55
161	118	124	Anthony	Hughes	M45	Bridlington Road Runners	64 : 02
162	519	125	Dan	Challenger	M40	Goole Viking Striders	64 : 08
163	501	126	Dave	Haney	M60	Goole Viking Striders	64 : 29
164	215		38 Shaneen	Platten	L40	City of Hull AC	64 : 32
165	730	127	Glenn	Shelton	M60	Scarborough AC	64 : 35
166	568		39 Gemma	Oughtred	L	Goole Viking Striders	64 : 35
167	521	128	Tom	Bramham	M	Goole Viking Striders	64 : 37
168	669		40 Wendy	Cree	L45	Pocklington Road Runners	64 : 45
169	621		41 Debi	Jephson	L45	Pocklington Road Runners	64 : 54
170	517	129	Andy	Trotter	M45	Goole Viking Striders	65 : 03
171	142	130	Stephen	Eblet	M55	Bridlington Road Runners	65 : 05
172	428		42 Linda	Tichopad	L60	East Hull Harriers	65 : 06
173	606		43 Lucy	Ward	L35	Pocklington Road Runners	65 : 33
174	804	131	Stephen	Pratt	M45	Selby Striders	66 : 06
175	233		44 Sally	Precious	L50	City of Hull AC	66 : 27
176	566		45 Philippa	Oldridge	L	Goole Viking Striders	66 : 29
177	127	132	Simon	Porter	M45	Bridlington Road Runners	66 : 31
178	928		46 Abbey	Wilson	L	Yorkshire Wolds Runners	66 : 37
179	131	133	Paul	Brown	M65	Bridlington Road Runners	66 : 48
180	575		47 Fiona	Whitaker	L	Goole Viking Striders	66 : 58
181	60		48 Jackie	Hardman	L65	Beverley AC	67 : 17
182	262	134	Mike	O'Brien	M60	City of Hull AC	67 : 34
183	923		49 Karyn	Harper	L50	Yorkshire Wolds Runners	67 : 41
184	114		50 Zoe	Ellis	L45	Bridlington Road Runners	67 : 46
185	734		51 Jayne	Graves	L55	Scarborough AC	68 : 09
186	528	135	Nige	Kirkby	M45	Goole Viking Striders	68 : 25
187	914		52 Jane	Hornby	L40	Yorkshire Wolds Runners	68 : 36
188	866	136	Rhys	Gabb	M	Selby Striders	68 : 58
189	364		53 Karen	Wealleans	L50	Driffield Striders	68 : 59
190	341		54 Millie	Morris	L	Driffield Striders	68 : 59
191	531	137	Mike	Binns	M55	Goole Viking Striders	69 : 23
192	545	138	Matt	Birch	M	Goole Viking Striders	69 : 23
193	745		55 Lorraine	Hewit	L45	Scarborough AC	69 : 35
194	613		56 Kate	Pople	L45	Pocklington Road Runners	69 : 38
195	858	139	Mark	Allitt	M55	Selby Striders	69 : 45
196	915		57 Caroline	O'Neill	L35	Yorkshire Wolds Runners	69 : 45
197	232	140	Neil	Plumber	M60	City of Hull AC	69 : 52
198	129	141	Stewart	Gent	M50	Bridlington Road Runners	70 : 00
199	846		58 Michaela	Pritchard	L40	Selby Striders	70 : 23

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200	101		59	Heidi	Baker	L40	Bridlington Road Runners	70 : 33
201	936		60	Amber	Cawthorne	L	Yorkshire Wolds Runners	71 : 11
202	934		61	Emily	Dillon	L	Yorkshire Wolds Runners	71 : 11
203	405	142		Gary	Oades	M60	East Hull Harriers	71 : 21
204	157	143		David	Pring	M45	Bridlington Road Runners	72 : 09
205	627		62	Sarah	Wilby	L45	Pocklington Road Runners	72 : 10
206	619		63	Clare	Chappell	L40	Pocklington Road Runners	72 : 13
207	766		64	Katie	Wilkinson	L40	Scarborough AC	72 : 27
208	743	144		Malcolm	Sweetlove	M65	Scarborough AC	72 : 54
209	919		65	Sharon	Wilson	L45	Yorkshire Wolds Runners	72 : 56
210	41		66	Nicola	Riley	L50	Beverley AC	73 : 21
211	752	145		Harry	Forkin	M70	Scarborough AC	73 : 41
212	90	146		Andrew	Grainger	M55	Beverley AC	73 : 58
213	125	147		Stuart	Bowes	M55	Bridlington Road Runners	74 : 04
214	522	148		Pete	Shillings	M65	Goole Viking Striders	74 : 18
215	832		67	Fiona	Headley	L55	Selby Striders	74 : 39
216	213	149		Steve	Coveney	M65	City of Hull AC	74 : 48
217	603		68	Laura	Robson	L	Pocklington Road Runners	75 : 14
218	105	150		Bob	Eyre	M75	Bridlington Road Runners	75 : 31
219	446	151		Dave	Walmsley	M55	East Hull Harriers	75 : 47
220	87	152		Nigel	Wilson	M55	Beverley AC	76 : 15
221	713		69	Sally	Kingscott	L50	Scarborough AC	76 : 35
222	764		70	Sharon	Houghton	L60	Scarborough AC	76 : 53
223	19		71	Kay	Farrow	L60	Beverley AC	77 : 19
224	567		72	Joanna	Brady	L45	Goole Viking Striders	77 : 22
225	572		73	Stracey	Harrison	L	Goole Viking Striders	77 : 23
226	600		74	Sarah	Jones	L45	Pocklington Road Runners	77 : 34
227	841	153		Paul	Firth	M45	Selby Striders	77 : 40
228	51	154		Peter	Allan	M	Beverley AC	78 : 31
229	50		75	Jan	Stott	L55	Beverley AC	78 : 32
230	44		76	Alison	Benson	L45	Beverley AC	78 : 35
231	822		77	Debbie	Scott	L55	Selby Striders	79 : 32
232	134		78	Vicki	Ellerker	L	Bridlington Road Runners	80 : 03
233	226	155		Geoff	Copping	M70	City of Hull AC	80 : 08
234	803		79	Sarah	Mason	L50	Selby Striders	80 : 15
235	38		80	Penny	Booth	L60	Beverley AC	81 : 47
236	650		81	Kate	Boyd	L50	Pocklington Road Runners	81 : 55
237	604		82	Bev	Frost	L55	Pocklington Road Runners	82 : 06
238	53		83	Helen	Townend	L40	Beverley AC	82 : 06
239	128		84	Amanda	Tindall	L40	Bridlington Road Runners	83 : 39
240	126		85	Kirsten	Porter	L	Bridlington Road Runners	83 : 39
241	447	156		Andrew	Twedell	M50	East Hull Harriers	84 : 02
242	43		86	Vivienne	Williamson	L70	Beverley AC	84 : 17
243	729		87	Heather	Westron	L40	Scarborough AC	86 : 10
244	37		88	Heather	Elvidge	L40	Beverley AC	88 : 01
245	64		89	Christine	Whitehouse	L60	Beverley AC	90 : 01
246	865		90	Katherine	Dunkerley	L50	Selby Striders	90 : 12
247	61		91	Carol	Cooke	L55	Beverley AC	93 : 13
248	209	157		Frank	Harrison	M80	City of Hull AC	95 : 43

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