

**Sewerby Parkrun 5K - 1st January 2019**

(Alternative course Starting and Finishing near Hook & Parrot Pub, Bridlington)

1	Phill Taylor	00:16:56	1st M
2	Josh Taylor	00:17:07	2nd M
4	Nick Jordan	00:19:08	
5	Ashley Parcell	00:19:52	
6	Simon Ellerker	00:20:05	
11	Mollie Holehouse	00:22:12	1st F
12	Tony Hughes	00:22:33	
15	Martin Hutchinson	00:23:44	
25	Stuart Gent	00:25:49	
26	Pete Royal	00:26:05	
28	Heidi Baker	00:26:31	
32	Kara Mainprize	00:27:46	
33	Tracey Holehouse	00:27:54	
36	Hannah Little	00:28:23	
38	Miriam Ireland	00:28:27	
40	Lynda Gent	00:28:40	
43	Kevin Sissons	00:31:00	
45	Lyndon Spivey	00:31:29	
48	Sam Adams	00:31:54	
49	Janet Downes	00:32:04	
50	Nicola Fowler	00:32:25	
54	Robert Calthorpe	00:34:09	
57	Linda Hall	00:34:44	
58	Debbie Duffill	00:34:56	
59	Luke Duffill	00:34:57	
61	Elizabeth Ingle	00:36:53	
62	Sandra Orlando	00:37:31	
63	Dian Crone	00:38:04	
64	Tina Calthorpe	00:38:04	
67	David Duffill	00:46:52	

**Huddersfield Parkrun 5K - 1st January 2019**

154	Patricia Bielby	00:24:11	
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**Dewbury Parkrun 5K - 1st January 2019**

77	Patricia Bielby	00:24:12	
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**Heslington Parkrun 5K - 1st January 2019**

11	Danny Brunton	00:17:45	
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**Pontefract Parkrun 5K - 1st January 2019**

107	Simon Porter	00:23:17	
317	Kirsten Porter	00:29:43	
318	Amanda Tindall	00:29:43	

**Nostell Priory Parkrun 5K - 1st January 2019**

## Club Results 2019

155 Simon Porter	00:26:27
406 Amanda Tindall	00:34:01
407 Kirsten Porter	00:34:03

### Sewerby Parkrun 5K - 5th January

4 Nick Jordan	00:19:40
8 Ashley Parcell	00:20:57 PB
9 Simon Ellerker	00:21:00
20 Bill Pike	00:22:26
24 John Potter	00:22:48
26 Mollie Holehouse	00:23:03 2nd F
27 Graham Lonsdale	00:23:06
38 Martin Hutchinson	00:24:05
41 Miriam Ireland	00:24:10 PB
44 Janet Potter	00:24:29
47 Phil Lavery	00:24:39
49 Simon Porter	00:24:51
50 Mark Woodley	00:24:52
63 Stuart Gent	00:25:54
72 Justine Sutcliffe	00:26:39
78 Pete Royal	00:27:05
81 Kara Mainprize	00:27:11 PB
90 Ellis Hodges	00:27:35
93 Lisa Cockcroft	00:27:43
99 Becky Lawry	00:28:02
106 Tracey Holehouse	00:28:17
122 Danielle Whitehouse	00:29:29
123 Dominique Webster	00:29:30
127 Louise Taylor	00:29:37
128 Hannah Little	00:29:37
129 Lynda Gent	00:29:38
138 Kirsten Porter	00:30:26
153 Lyndon Spivey	00:31:05
164 Sam Adams	00:32:22
192 Kevin Sissons	00:34:54
194 Debbie Duffill	00:35:22
195 Luke Duffill	00:35:22
196 Janet Downes	00:35:26
204 Linda Hall	00:36:40
205 Robert Calthorpe	00:36:41
206 Elizabeth Ingle	00:37:15
209 David Duffill	00:38:43
212 Tina Calthorpe	00:39:08
214 Dian Crone	00:39:34

### Huddersfield Parkrun 5K - 5th January

106 Patricia Bielby	00:23:25
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### EYXC Sledmere - 6th January

2 Scott Hargreaves	00:41:54
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## Club Results 2019

6	Danny Brunton	00:43:10
30	Josh Taylor	00:47:06
58	Simon Ellerker	00:50:13
76	Ashley Parcell	00:53:07
89	Tony Hughes	00:55:33
96	Graham Lonsdale	00:56:13
11	Katy Cawthorn	00:56:31
101	Simon Walker	00:56:35
13	April-Marie Exley	00:56:57
18	Cathy Wood	00:58:27
36	Kelly Palmer	01:03:00
139	Ben Smith	01:04:40
52	Becky Lawry	01:06:44
57	Jane Welbourn	01:07:07
58	Julie Madden	01:07:20
59	Zoe Ellis	01:07:30
152	Bob Eyre	01:11:18
68	Sharon Bowes	01:14:13
69	Dominique Webster	01:15:06
70	Danielle Woodhouse	01:15:07
82	Vickie Ellerker	01:24:06

### Sewerby Parkrun 5K - 12th January

1	Phill Taylor	00:18:05	1st M
3	Nick Jordan	00:19:45	3rd M
10	Tom Woodhouse	00:21:45	
12	Bill Pike	00:22:17	
16	Graham Lonsdale	00:22:37	
25	Mollie Holehouse	00:23:25	3rd F
34	Miriam Ireland	00:24:09 PB	
36	Ashley Porter	00:24:18	
39	Simon Knowles	00:24:39	
43	Janet Potter	00:24:49	
45	Simon Porter	00:25:00	
49	Phil Lavery	00:25:24	
52	Allan Clayton	00:25:47	
59	Lisa Cockcroft	00:26:20 PB	
66	Justine Sutcliffe	00:26:44	
67	Kara Mainprize	00:26:46 PB	
73	Ellis Hodges	00:27:08	
80	Pete Royal	00:27:28	
87	Jason Pointez	00:27:52	
89	Tracey Holehouse	00:28:23	
91	Susan Reece	00:28:40 PB	
95	Stuart Bowes	00:28:48	
102	Dominique Webster	00:29:12	
126	Lynda Gent	00:30:38	
143	Amanda Tindall	00:31:50	
144	Kirsten Porter	00:31:50	
145	Nicola Fowler	00:31:55 PB	

Club Results 2019

146 Sam Adams	00:31:56 PB
153 Kirk Southern	00:32:08 PB
156 Dave Foster	00:32:28
158 Lyndon Spivey	00:32:42
180 Robert Calthorpe	00:35:29
181 Elizabeth Ingle	00:35:42
183 Linda Hall	00:36:17
184 Debbie Duffill	00:36:18
189 Sandra Orlando	00:36:46
196 Tina Calthorpe	00:38:25
200 Dave Duffill	00:39:32
205 Sophie Wiles	00:40:00

**Brighouse Parkrun 5K - 12th January**

75 Patricia Bielby	00:24:27
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**Humber Bridge Parkrun 5K - 12th January**

103 Paul Brown	00:27:56
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**York Brass Monkey Half Marathon - 13th January**

	<b>Chip Time</b>	<b>Gun Time</b>
167 Josh Taylor	01:24:20	01:24:22
724 April-Marie Exley	01:44:08	01:45:21
Cathy Woods	01:47:00	**
** Not in results**		

**Sewerby Parkrun 5K - 19th January**

9 Bill Pike	00:21:52	
10 Alfie Scruton (J)	00:22:01	
17 Mollie Holehouse	00:22:51	1st F
25 Andy Baker	00:24:03	
27 Alexis Zulueta (J)	00:24:15 PB	2nd F
28 Graham Lonsdale	00:24:19	
31 Martin Hutchinson	00:24:46	
36 Simon Porter	00:25:11	
45 Justine Sutcliffe	00:26:10	
47 Jason Pointez	00:26:51	
59 Dominique Webster	00:27:44	
60 Stuart Bowes	00:27:50	
61 Pete Royal	00:28:01	
64 Susan Reece	00:28:16 PB	
66 Tracey Holehouse	00:28:23	
68 Becky Lawry	00:28:30	
69 Ellis Hodges	00:28:31	
70 Kirsten Porter	00:28:34	
71 Rose Shipley	00:28:40	
74 Sharon Bowes	00:29:19	
95 Lynda Gent	00:31:22	
103 David Foster	00:32:02	
106 Sam Adams	00:32:29	

## Club Results 2019

119 Kirk Southern	00:34:01
125 Robert Calthorpe	00:35:52
126 Janet Downes	00:35:52
128 Lyndon Spivey	00:36:00
134 Sandra Orlando	00:36:53
135 Linda Hall	00:37:19
137 Tina Calthorpe	00:38:18
138 Cindy Baker	00:38:24
139 Debbie Duffill	00:38:24
147 Kevin Sissons	00:40:31
148 Dave Duffill	00:40:33
157 Bob Eyre	00:46:54 Tail Runner

### Hull Parkrun 5K - 19th January

2 Phill Taylor	00:17:16
4 Josh Taylor	00:17:56

### Storthes Hall, Huddersfield Parkrun 5K - 19th January

54 Patricia Bielby	00:26:53
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### Doncaster Parkrun 5K - 19th January

119 Paul Brown	00:27:58
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### Canon Hill Parkrun 5K - 19th January

666 Nicola Fowler	00:32:18
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### Barton & District Open XC - 20th January

#### Senior Men

2 Scott Hargreaves	00:37:08
18 Josh Taylor	00:40:56
47 William Pike	00:45:51

### Sewerby Parkrun 5K - 26th January

1 Josh Taylor	00:17:50	1st M
5 Nick Jordan	00:20:01	
14 John Potter	00:21:39	
20 Andy Baker	00:22:35	
25 Mollie Holehouse	00:22:52	3rd F
26 Louise Taylor	00:22:55	
28 Martin Hutchinson	00:23:20	
31 Simon Knowles	00:23:41	
34 April-Marie Exley	00:23:54	
38 Miriam Ireland	00:24:13	
41 Janet Potter	00:24:32	
42 Alexis Zulueta (J)	00:24:38	
43 Rebecca Addison (J)	00:24:42	PB
48 Graham Lonsdale	00:25:02	
51 Justine Sutcliffe	00:25:28	
53 Lisa Cockcroft	00:25:39	PB
54 Jason Pointez	00:25:42	

Club Results 2019

56 Liz Stevenson	00:25:56
57 Allan Clayton	00:25:59
68 Pete Royal	00:26:55
72 Paul Brown	00:27:12
79 Becky Lawry	00:28:14
80 Ellis Hodges	00:28:14
82 Tracey Holehouse	00:28:33
83 Stuart Gent	00:28:34
87 Samantha Bollon	00:28:52
109 Lynda Gent	00:30:56
113 John Edwards	00:31:21
125 Nicola Fowler	00:31:56
144 Robert Calthorpe	00:35:21
146 Kevin Sissons	00:36:04
149 Debbie Duffill	00:36:17
150 Luke Duffill	00:36:17
154 Cindy Baker	00:37:01
156 Sam Adams	00:37:16
157 Janet Downes	00:37:35
158 Linda Hall	00:37:45
161 Tina Calthorpe	00:38:30
162 Andy Godfrey	00:39:05
163 Sophie Wiles	00:39:23
170 Andy Long	00:44:05

**Frickley Country Parkrun 5K - 26th January**

30 Simon Porter	00:24:23
137 Amanda Tindall	00:34:02
138 Kirsten Porter	00:34:03

**Lincoln Parkrun 5K - 26th January**

392 Danielle Whitehouse	00:33:10
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**NoEgo Dalby Torch Run - 26th January**

	<b>Chip Time</b>	<b>Gun Time</b>
28 Ashley Parcell	00:40:13	00:40:13
31 Bill Pike	00:42:14	00:42:18
60 James Riley	00:45:14	00:45:14
76 Graham Lonsdale	00:46:54	00:46:58
81 Martin Hutchinson	00:47:14	00:47:18
174 Stuart Bowes	00:53:41	00:54:01
185 Zoe Ellis	00:54:23	00:54:33
187 Dominique Webster	00:54:28	00:54:37
188 Kara Mainprize	00:54:30	00:54:38
213 Julie Madden	00:55:56	00:56:03
214 Jane Welbourn	00:55:55	00:56:04
229 Susan Reece	00:56:39	00:56:48
287 Bob Eyre	01:01:52	01:02:02
397 Dave Foster	01:17:07	01:17:35
415 Janet Downes	01:31:47	01:32:08

Club Results 2019

416 Linda Hall 01:31:46 01:32:09

**Ferriby 10 Mile - 27th January**

	<b>Chip Time</b>	<b>Gun Time</b>
23 Josh Taylor	01:00:32	01:00:32
33 Danny Brunton	01:01:44	01:01:45
462 Ben Smith	01:28:21	01:28:45
656 Lynda Gent	01:41:57	01:42:32

**Meltham 10K - 27th January**

163 Patricia Bielby 00:50:53 1st F65

**Sewerby Parkrun 5K - 2nd February**

1 Josh Taylor	00:18:13	1st M
3 Simon Ellerker	00:20:14	3rd M
4 Ashley Parcell	00:20:49 PB	
17 Louise Taylor	00:23:11	2nd F
19 Alan Feldberg	00:23:29	
21 Martin Hutchinson	00:24:00	
25 Andy Baker	00:24:25	
31 Janet Potter	00:25:32	
36 Allan Clayton	00:25:45	
42 Kara Mainprize	00:26:41 PB	
57 Lisa Cockcroft	00:27:34	
63 Stuart Gent	00:28:09	
71 Ellis Hodges	00:28:55	
72 Becky Lawry	00:28:56	
75 Tracey Holehouse	00:29:00	
77 Simon Porter	00:29:08	
78 Kirsten Porter	00:29:08	
79 Susan Reece	00:29:18	
82 Sharon Bowes	00:29:38	
84 Samantha Bollon	00:29:44	
111 Lynda Gent	00:32:30	
118 Paul Brown	00:34:06	
127 Janet Downes	00:36:25	
130 Kevin Sissons	00:36:51	
132 Cindy Baker	00:37:13	
134 Sam Adams	00:37:21	
135 Robert Calthorpe	00:37:22	
139 Sandra Orlando	00:39:44	
141 Tina Calthorpe	00:41:58	

**Lincoln Parkrun 5K - 2nd February**

206 Danielle Whitehouse 00:33:56

**Sewerby Parkrun 5K - 9th February**

1 Josh Taylor	00:18:42	1st M
5 Nick Jordan	00:20:22	
11 Alan Feldberg	00:21:36	

## Club Results 2019

34	Martin Hutchinson	00:24:24
39	Graham Lonsdale	00:24:55
47	Simon Porter	00:25:41
50	Allan Clayton	00:25:48
55	Jason Pointez	00:26:32
61	Dominique Webster	00:27:00
68	Paul Brown	00:27:57
71	Peter Royal	00:28:06
74	Susan Reece	00:28:24
77	Kirsten Porter	00:28:46
83	Heidi Baker	00:29:23
86	Shaon Bowes	00:29:33
105	John Edwards	00:31:02
117	Nicola Fowler	00:31:57
139	Kevin Sissons	00:35:27
141	Robert Calthorpe	00:35:31
142	Sandra Orlando	00:35:35
151	Sam Adams	00:37:01
162	Tina Calthorpe	00:40:15
169	Amanda Tindall	00:47:25 Tail Walker

### Goole Parkrun 5K - 9th February

6	Andy Baker	00:21:26
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### Run your Heart out Valentines 10K, Scunthorpe - 10th February

112	Bill Pike	00:41:27
178	Louise Taylor	00:44:14
201	Mollie Holehouse	00:44:52
326	Lisa Cockcroft	00:47:53
441	Kara Mainprize	00:50:09
747	Tracey Holehouse	00:56:48
844	Lynda Gent	00:58:47

### EYXC Welton - 10th February

2	Scott Hargreaves	00:37:44
6	Danny Brunton	00:38:58
18	Josh Taylor	00:41:00
48	Simon Ellerker	00:44:44
62	Alan Feldberg	00:46:49
66	Andy Baker	00:48:11
<b>14</b>	April-Marie Exley	00:50:47
95	Martin Hutchinson	00:52:10
<b>33</b>	Kelly Palmer	00:57:50
<b>40</b>	Becky Lawry	01:00:24
<b>42</b>	Dominique Webster	01:00:41
130	Bob Eyre	01:01:53
<b>45</b>	Zoe Ellis	01:02:10
132	Stuart Bowes	01:03:50
<b>53</b>	Vickie Ellerker	01:07:39
<b>54</b>	Sharon Bowes	01:09:28



Club Results 2019

56 Heidi Baker 01:11:13

**York 5K Series Race 1 - 14th February**

	Chip Time	Gun Time
5 Phill Taylor	00:16:16	00:16:16
58 Mollie Holehouse	00:21:08	00:21:10

**Sewerby Parkrun 5K - 16th February**

2 Josh Taylor	00:17:56	2nd Man
6 Nick Jordan	00:19:43	
13 Bill Pike	00:21:30	
21 Matt Pilling	00:21:52	
27 Alan Feldberg	00:22:34	
33 Graham Lonsdale	00:23:06	
41 Simon Knowles	00:23:38	
45 Simon Porter	00:23:55	
51 Janet Potter	00:24:14	
57 Jason Pointez	00:24:44	
59 Martin Hutchinson	00:24:49	
61 Allan Clayton	00:24:52	
62 Lisa Cockcroft	00:24:59	PB
63 Andy Baker	00:25:00	
65 Justine Sutcliffe	00:25:12	
69 Kara Mainprize	00:25:37	PB
76 Stuart Gent	00:25:46	
78 Pete Royal	00:25:53	
82 Miriam Ireland	00:26:06	
89 Paul Brown	00:26:32	
91 Luke Duffill	00:26:35	
96 Becky Lawry	00:27:06	
97 Ellis Hodges	00:27:13	
100 Tracey Holehouse	00:27:29	
101 Susan Reece	00:27:31	PB
102 Bob Eyre	00:27:37	
103 Dominique Webster	00:27:40	
111 Kirsten Porter	00:28:13	
143 John Edwards	00:30:11	
148 Lynda Gent	00:30:32	
169 Dave Foster	00:32:26	
174 Lyndon Spivey	00:33:11	
191 James Ellerker (J)	00:34:45	
194 Vickie Ellerker	00:34:47	
195 Simon Ellerker	00:34:48	
200 Sam Adams	00:35:28	
201 Janet Downes	00:35:47	
204 Linda Hall	00:35:58	
209 Sandra Orlando	00:37:13	
212 Kevin Sissons	00:37:20	
218 Cindy Baker	00:37:54	
219 Debbie Duffill	00:37:54	

Club Results 2019

228 David Duffill	00:39:52
238 Mandy Miller	00:45:45
239 John Miller	00:45:45

**Dalby Forest Parkrun 5K - 16th February**

187 Robert Calthorpe	00:37:07
193 Tina Calthorpe	00:37:40

**Huddersfield Parkrun 5K - 16th February**

82 Patricia Bielby	00:23:01
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**Lincoln Parkrun 5K - 16th February**

338 Danielle Whitehouse	00:31:34
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**BRR Anniversary 3 Mile - 17th February**

1 Phill Taylor	00:16:06	1st M
2 Scott Hargreaves	00:16:24	2nd M
3 Nick Jordan	00:18:04	3rd M
4 Alan Feldberg	00:19:12	1st M O40
5 Bill Pike	00:19:57	1st M O50
6 Katy Cawthorn	00:20:24	1st F
7 Graham Lonsdale	00:20:40	
8 Mollie Holehouse	00:20:43	2nd F
9 Martin Hutchinson	00:21:47	
10 Janet Potter	00:22:52	3rd F
11 Miriam Ireland	00:23:01	1st F O35
12 Lisa Cockcroft	00:23:20	
13 Justine Sutcliffe	00:23:41	1st F O40
14 Stuart Gent	00:24:05	
15 Pete Royal	00:24:17	1st M O60
16 Kara Mainprize	00:24:30	
17 Kevin Lewis	00:24:51	
18 Paul Brown	00:24:57	
19 Ellis Hodges	00:25:02	
20 Susan Reece	00:25:07	
21 Dominique Webster	00:25:16	
22 Bob Eyre	00:25:22	1st M O70
23 Zoe Ellis	00:25:42	
24 Heidi Baker	00:25:44	
25 Stuart Bowes	00:25:51	
26 Tracey Holehouse	00:26:17	1st F O50
27 Lynda Gent	00:27:02	
28 Sharon Bowes	00:27:13	
29 Dave Foster	00:29:15	
30 Nicola Fowler	00:29:26	
31 Robert Calthorpe	00:30:40	
32 Janet Downes	00:31:22	
33 Linda Hall	00:32:13	1st F O70
34 Sandra Orlando	00:34:15	
35 Tina Calthorpe	00:35:30	1st F O60

**BRR Winter League, Race 3 - BRR Anniversary 3 Mile****Handicaps points based on Percentage Under/Over Target**

	<b>Target Time</b>	<b>Actual Time</b>	<b>Time Diff</b>	<b>Percent Diff</b>	<b>Pts</b>
<b>Men</b>					
1 Alan Feldberg	00:21:38	00:19:12	2.26	-11.25%	50
2 Graham Lonsdale	00:23:08	00:20:40	2.28	-10.66%	49
3 Martin Hutchinson	00:23:25	00:21:47	1.38	-6.98%	48
4 Pete Royal	00:25:52	00:24:17	1.35	-6.12%	47
5 Nick Jordan	00:19:13	00:18:04	1.09	-5.98%	46
6 Stuart Bowes	00:27:18	00:25:51	1.27	-5.31%	45
7 Paul Brown	00:26:07	00:24:57	1.10	-4.47%	44
8 Stuart Gent	00:24:51	00:24:05	0.46	-3.09%	43
9 Phill Taylor	00:16:34	00:16:06	0.28	-2.82%	42
10 Scott Hargreaves	00:16:45	00:16:24	0.21	-2.09%	41
11 Bob Eyre	00:25:51	00:25:22	0.29	-1.87%	40
12 Bill Pike	00:20:17	00:19:57	0.20	-1.64%	39
13 Rob Calthorpe	00:30:45	00:30:40	0.05	-0.27%	38
14 Dave Foster	00:27:44	00:29:15	-1.31	5.47%	37
15 Kevin Lewis	00:23:33	00:24:51	-1.18	5.52%	36

**Women**

1 Susan Reece	00:27:14	00:25:07	2.07	-7.77%	50
2 Lynda Gent	00:29:15	00:27:02	2.13	-7.58%	49
3 Linda Hall	00:34:48	00:32:13	2.35	-7.42%	48
4 Ellis Hodges	00:26:59	00:25:02	1.57	-7.23%	47
5 Katy Cawthorn	00:21:33	00:20:24	1.09	-5.34%	46
6 Janet Downes	00:33:07	00:31:22	1.45	-5.28%	45
7 Nicola Fowler	00:30:50	00:29:26	1.24	-4.54%	44
8 Dominique Webster	00:26:21	00:25:16	1.05	-4.11%	43
9 Sharon Bowes	00:28:18	00:27:13	1.05	-3.83%	42
10 Janet Potter	00:23:46	00:22:52	0.54	-3.79%	41
11 Lisa Cockcroft	00:24:13	00:23:20	0.53	-3.65%	40
12 Justine Sutcliffe	00:24:34	00:23:41	0.53	-3.60%	39
13 Tina Calthorpe	00:36:45	00:35:30	1.15	-3.40%	38
14 Miriam Ireland	00:23:49	00:23:01	0.48	-3.36%	37
15 Zoe Ellis	00:26:20	00:25:42	0.38	-2.41%	36
16 Tracey Holehouse	00:26:51	00:26:17	0.34	-2.11%	35
17 Mollie Holehouse	00:21:03	00:20:43	0.20	-1.58%	34
18 Heidi Baker	00:26:05	00:25:44	0.21	-1.34%	33
19 Kara Mainprize	00:24:29	00:24:30	-0.01	0.07%	32
20 Sandra Orlando	00:33:27	00:34:15	-0.48	2.39%	31

**BRR Winter League 2018/2019**

<b>Men</b>	<b>Constable</b>	<b>Xmas</b>	<b>Anniv 3</b>	<b>Total</b>
Pete Royal	50	37	47	<b>134</b>
Robert Calthorpe	48	46	38	<b>132</b>
Phill Taylor	37	45	42	<b>124</b>
Bob Eyre	38	44	40	122

Club Results 2019

Scott Hargreaves	42	39	41	122
Kevin Lewis	40	43	36	119
Simon Ellerker	49	48		97
Stuart Bowes	46		45	91
David Foster		49	37	86
Stuart Gent	43		43	86
John Potter	45	40		85
Tom Woodhouse	41	41		82
Josh Taylor	39	38		77
Alan Feldberg			50	50
Lyndon Spivey		50		50
Graham Lonsdale			49	49
Martin Hutchinson			48	48
Ben Smith	47			47
Andy Baker		47		47
Nick Jordan			46	46
Paul Brown			44	44
Martin McPheat	44			44
Simon Porter		42		42
Bill Pike			39	39
<b>Women</b>				
Lynda Gent	49	49	49	<b>147</b>
Ellis Hodges	48	46	47	<b>141</b>
Janet Potter	47	48	41	<b>136</b>
Miriam Ireland	45	44	37	126
Zoe Ellis	46	43	36	125
Tina Calthorpe	38	45	38	121
Sandra Orlando	50	34	31	115
Heidi Baker	40	36	33	109
Nicola Fowler		50	44	94
Sam Adams	44	40		84
Diane Palmer	42	42		84
Sharon Bowes	41		42	83
Dominique Webster		39	43	82
Kelly Palmer	43	38		81
Emma Artley	39	35		74
Susan Reece			50	50
Linda Hall			48	48
Amanda Tindall		47		47
Katy Cawthorn			46	46
Janet Downes			45	45
Becky Lawry		41		41
Lisa Cockcroft			40	40
Justine Sutcliffe			39	39
Patricia Bielby		37		37
Tracey Holehouse			35	35
Mollie Holehouse			34	34
Kara Mainprize			32	32

Club Results 2019

**Bloodaxe Challenge, York - 17th February**

3	Josh Taylor	02:05:14	29 x 1K Laps
8	Andy Baker	02:03:05	27 x 1K Laps

**Light Up U Trail Run, Dark Skies Festival, Castle Howard - 20th February**

**No Times**

Jane Welbourn  
Julie Madden  
Donna Etchells

**Sewerby Parkrun 5K - 23rd February**

5	Nick Jordan	00:19:23	
10	Alan Feldberg	00:20:13	PB
16	Andy Baker	00:21:11	
23	Louise Taylor	00:21:53	PB 2nd F
28	Simon Knowles	00:22:54	
42	Martin Hutchinson	00:24:17	
48	Simon Porter	00:24:28	
52	Jason Pointez	00:24:35	
54	Graham Lonsdale	00:24:41	
56	Rebecca Addison (J)	00:24:46	
66	Allan Clayton	00:25:05	
71	Stuart Gent	00:25:16	
80	Pete Royal	00:25:44	
90	Luke Duffill	00:26:36	
95	Justine Sutcliffe	00:27:18	
97	Ellis Hodges	00:27:41	
98	Becky Lawry	00:27:42	
101	Heidi Baker	00:27:49	
120	Vickie Ellerker	00:28:57	
136	Samantha Bollon	00:30:06	
139	Nicola Fowler	00:30:16	PB
151	Dave Foster	00:30:45	
162	Lynda Gent	00:31:27	
176	Lyndon Spivey	00:33:31	
178	Sam Adams	00:33:52	
179	Janet Downes	00:34:12	
180	Amanda Tindall	00:34:31	
181	Kirsten Porter	00:34:32	
184	Linda Hall	00:34:41	
189	Kevin Sissons	00:36:32	
196	Tina Calthorpe	00:37:53	
197	Robert Calthorpe	00:37:54	
201	Dave Duffill	00:38:20	

**Lincoln Parkrun 5K - 23rd February**

213	Danielle Whitehouse	00:28:29
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**Peter Pan Parkrun 5K - 23rd February**

68	Paul Brown	00:26:41
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**National Cross Country Championship, Harewood, Leeds - 23rd February**

669 Josh Taylor 00:46:34

**Dalby Forest Head Torch #2 - 23rd February**

	<b>Chip Time</b>	<b>Gun Time</b>
41 Martin Hutchinson	00:43:47	00:43:52
100 Kara Mainprize	00:51:19	00:51:25
107 Susan Reece	00:51:46	00:51:52
136 Bob Eyre	00:55:22	00:55:28
137 Dominique Webster	00:55:23	00:55:28

**Snake Lane 10 Mile, Pocklington - 24th February**

	<b>Chip Time</b>	<b>Gun Time</b>
11 Phill Taylor	00:56:41	00:56:41
31 Danny Brunton	01:00:17	01:00:18
39 Scott Hargreaves	01:01:12	01:01:14
112 Simon Ellerker	01:07:39	01:07:43
158 Ashley Parcell	01:10:43	01:10:43
238 Graham Lonsdale	01:14:19	01:14:28
279 Mollie Holehouse	01:15:47	01:15:58
345 Janet Potter	01:18:28	01:18:54 3rd LV60
353 Simon Porter	01:18:53	01:19:08
438 Miriam Ireland	01:22:23	01:22:51
441 Kelly Palmer	01:22:31	01:22:59
444 Emma Artley	01:23:13	01:23:13
460 Martin Hutchinson	01:23:26	01:23:52
587 Bob Eyre	01:28:05	01:28:32
611 Becky Lawry	01:28:43	01:29:32
616 Ellis Hodges	01:28:56	01:29:45
701 Zoe Ellis	01:32:49	01:33:16
702 Dominique Webster	01:32:49	01:33:16
706 Stuart Bowes	01:32:40	01:33:26
734 Tracey Holehouse	01:34:17	01:35:10
763 Rebecca Gilbank	01:37:00	01:37:00
807 Lynda Gent	01:38:11	01:39:04
919 Sandra Orlando	01:46:49	01:48:12 1st LV70
939 Janet Downes	01:48:49	01:50:04
997 Amanda Tindall	01:59:44	02:01:00
1014 Sophie Wiles	02:07:10	02:08:26

**Huddersfield 10K - 24th February**

	<b>Chip Time</b>	<b>Gun Time</b>
184 Patricia Bielby	00:51:38	00:51:43 1st LV65
527 Elizabeth Ingle	01:18:06	01:18:40

**Sewerby Parkrun 5K - 2nd March**

1 Josh Taylor	00:18:04	1st M
4 Nick Jordan	00:19:45	
7 Andy Baker	00:20:35	

## Club Results 2019

16 Mollie Holehouse	00:21:59	2nd F
17 Louise Taylor	00:22:11	3rd F
19 Martin Hutchinson	00:22:51	
25 Graham Lonsdale	00:24:01	
29 Jason Pointez	00:24:19	
30 Janet Potter	00:24:22	
31 Simon Porter	00:24:25	
35 Stuart Gent	00:24:39	PB
36 Lisa Cockcroft	00:24:50	PB
43 Rebecca Addison (J)	00:25:22	
50 Luke Duffill	00:25:40	
52 Pete Royal	00:25:49	
61 Tracey Holehouse	00:27:08	
67 Stuart Bowes	00:27:36	
71 Heidi Baker	00:28:10	
72 Kara Mainprize	00:28:17	
73 Susan Reece	00:28:18	
79 Sharon Bowes	00:28:39	
89 Kirsten Porter	00:29:02	
97 Sam Adams	00:29:24	PB
98 Lynda Gent	00:29:26	
129 James Ellerker (J)	00:32:25	PB
130 Simon Ellerker	00:32:26	
136 Janet Downes	00:33:34	
137 Lyndon Spivey	00:33:40	
145 Cindy Baker	00:34:43	
151 Sandra Orlando	00:35:19	
152 Linda Hall	00:35:22	
153 Debbie Duffill	00:35:32	
157 David Duffill	00:36:45	
158 Kevin Sissons	00:36:45	
164 Tina Calthorpe	00:37:48	
169 Rob Calthorpe	00:39:16	

### **Hull Parkrun 5K - 2nd March**

23 Bill Pike	00:19:55
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### **Huddersfield Parkrun 5K - 2nd March**

114 Patricia Bielby	00:23:07
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### **Potternewton Parkrun 5K - 2nd March**

43 Paul Brown	00:26:34
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### **Golden Fleece 27.5 miles - 2nd March**

22 Danny Brunton	04:27:10
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### **EYXC League, Sewerby - 3rd March**

1 Scott Hargreaves	00:32:06
14 Josh Taylor	00:34:40
30 Simon Ellerker	00:37:17

Club Results 2019

34	Alan Feldberg	00:37:32
46	John Nolan	00:39:44
9	Louise Taylor	00:41:05
57	Graham Lonsdale	00:41:25
15	April-Marie Exley	00:42:56
19	Becky Lawry	00:44:49
23	Justine Sutcliffe	00:45:15
27	Kelly Palmer	00:45:45
35	Samantha Bollon	00:47:29
45	Zoe Ellis	00:51:32
101	Bob Eyre	00:52:04
52	Heidi Baker	00:54:59
53	Sharon Bowes	00:55:13
104	Stuart Bowes	00:55:13
54	Janet Downes	01:00:46
107	Dave Foster	01:05:56
	Rob Calthorpe	Tail Runners

**Sewerby Parkrun 5K - 9th March**

1	Scott Hargreaves	00:17:49	1st M
2	Josh Taylor	00:18:19	2nd M
4	Nick Jordan	00:20:00	
6	Alan Feldberg	00:20:27	
9	Andy Baker	00:20:41	
17	Mollie Holehouse	00:22:31	2nd F
19	Graham Lonsdale	00:22:49	
23	Jim Riley	00:23:24	
27	Alexis Zulueta (J)	00:24:10 PB	3rd F
31	Jason Pointez	00:24:34	
37	Janet Potter	00:24:53	
38	Rebecca Addison (J)	00:24:58	
54	Luke Duffill	00:26:03	
63	Bob Eyre	00:26:58	
64	Stuart Gent	00:27:04	
70	Pete Royal	00:27:21	
75	Ellis Hodges	00:27:39	
76	Tom Woodhouse	00:27:40	
77	Becky Lawry	00:27:40	
82	Susan Reece	00:28:03	
83	Heidi Baker	00:28:07	
92	Sharon Bowes	00:28:44	
105	Kirsten Porter	00:29:26	
116	Amanda Tindall	00:29:51	
117	Simon Porter	00:29:51	
120	Paul Brown	00:29:56	
121	Lynda Gent	00:29:56	
122	Sam Adams	00:29:58	
131	Nicola Fowler	00:30:45	
161	Rob Calthorpe	00:33:35	
162	Janet Downes	00:33:51	



Club Results 2019

170 Linda Hall	00:35:12
180 Sandra Orlando	00:36:34
181 Kevin Sissons	00:36:34
182 Debbie Duffill	00:36:40
183 Cindy Baker	00:36:41
184 David Duffill	00:37:19
191 Dave Foster	00:44:15

**Dalby Forest Parkrun 5K - 9th March**

12 Martin Hutchinson	00:22:26 PB
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**Lincoln Parkrun 5K - 9th March**

353 Danielle Whitehouse	00:31:31
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**Spenningshoele 20 Mile - 10th March**

156 Patricia Bielby	03:11:59 1st V65
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**York 5K Series Race 2 - 14th March**

	Chip Time	Gun Time
4 Phill Taylor	00:16:38	00:16:38
13 Josh Taylor	00:17:27	00:17:29
60 Mollie Holehouse	00:21:16	00:21:20

**Yorkshire VAA XC Champs, Hull - 16th March**

5 Danny Brunton	00:39:04 3rd M35
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**Sewerby Parkrun 5K - 16th March**

1 Phill Taylor	00:17:41	1st M
3 Josh Taylor	00:18:49	3rd M
6 Alan Feldberg	00:20:49	
9 Andy Baker	00:21:18	
10 Bill Pike	00:22:27	
12 Mollie Holehouse	00:22:55	1st F
21 Jason Pointez	00:24:40	
22 Emma Artley	00:24:47	2nd F
24 Martin Hutchinson	00:24:54	
27 Graham Lonsdale	00:25:04	
28 Simon Porter	00:25:06	
30 Lisa Cockcroft	00:25:21	
42 Samantha Bollon	00:26:27 PB	
50 Dominique Webster	00:27:26	
51 Pete Royal	00:27:27	
56 Ellis Hodges	00:27:43	
57 Tom Woodhouse	00:27:43	
65 Kirsten Porter	00:28:32	
66 Susan Reece	00:28:33	
72 Sharon Bowes	00:28:59	
77 Heidi Baker	00:29:53	
83 Sam Adams	00:30:13	
84 Nicola Fowler	00:30:22	

Club Results 2019

87 Kirk Southern	00:30:33 PB
90 Lynda Gent	00:30:42
91 Stuart Gent	00:30:43
114 Lyndon Spivey	00:35:05
118 Dave Duffill	00:36:48
119 Janet Downes	00:38:15
124 Linda Hall	00:39:15
128 Dave Foster	00:40:36
130 Tina Calthorpe	00:42:02
131 Rob Calthorpe	00:42:04

**Huddersfield Parkrun 5K - 16th March**

79 Patricia Bielby	00:26:04
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**Boston Parkrun 5K - 16th March**

26 Paul Brown	00:26:03
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**Hardmoors 55 (50) - 16th March**

107 Mike Hall	13:10:15
211 Cathy Wood	15:15:30
212 Pearl Bayford	15:16:20

**Thirsk 10 Mile - 17th March**

	Chip Time	Gun Time
1038 Rob Calthorpe	02:11:03	02:12:16
1039 Tina Calthorpe	02:11:03	02:12:16

**Dalton Dash 10K - 17th March**

	Chip Time	Gun Time	
2 Scott Hargreaves	00:36:34	00:36:36	1st Sen M
27 Bill Pike	00:41:42	00:41:47	
59 Graham Lonsdale	00:45:30	00:45:36	
187 Pete Royal	00:53:18	00:53:57	
281 Stuart Bowes	00:59:42	01:00:22	
282 Sharon Bowes	00:59:49	01:00:28	
302 Kirk Southern	01:01:08	01:01:52	
371 Janet Downes	01:08:46	01:09:29	
375 Linda Hall	01:09:28	01:10:11	

**Bath Half Marathon - 17th March**

	Chip Time	Gun Time
9443 Sandra Orlando	02:25:18	02:34:40

**York Spring 10K - 22nd March**

	Chip Time	Gun Time	
2 Scott Hargreaves	00:35:19	00:35:24	
5 Josh Taylor	00:36:51	00:36:56	
15 Louise Taylor	00:45:03	00:45:08	2nd F
16 Martin Hutchinson	00:45:19	00:45:25	

Club Results 2019

**Sewerby Parkrun 5K - 23rd March**

1	Phill Taylor	00:17:13	1st M
3	Josh Taylor	00:19:16	3rd M
5	Bill Pike	00:20:42	
13	Alan Feldberg	00:21:51	
16	Mollie Holehouse	00:22:17	3rd F
19	Tom Woodhouse	00:22:27	
27	Graham Lonsdale	00:23:08	
28	Simon Knowles	00:23:10	
38	Rebecca Addison (J)	00:23:34	PB
40	Martin Hutchinson	00:23:46	
41	Jason Pointez	00:23:48	
45	Patricia Bielby	00:24:08	
48	Janet Potter	00:24:20	
62	Stuart Gent	00:25:10	
63	Louise Taylor	00:25:13	
68	Becky Lawry	00:25:24	PB
73	Luke Duffill	00:25:38	
78	Dominique Webster	00:25:59	
79	Pete Royal	00:26:00	
84	Allan Clayton	00:26:27	
85	Bob Eyre	00:26:28	
90	Zoe Ellis	00:26:51	
92	Heidi Baker	00:26:56	
94	Ellis Hodges	00:27:01	
96	Susan Reece	00:27:08	PB
100	Stuart Bowes	00:27:23	
105	Tracey Holehouse	00:27:55	
111	Sharon Bowes	00:28:17	
126	Lynda Gent	00:29:14	
136	Nicola Fowler	00:30:12	PB
159	Robert Calthorpe	00:32:10	PB
180	Kevin Sissons	00:35:54	
193	Tina Calthorpe	00:40:01	
207	Sam Adams	00:47:03	
208	Dian Crone	00:47:04	

**Goole Parkrun 5K - 23rd March**

5	Andy Baker	00:19:53	PB
127	Cindy Baker	00:34:16	

**Hull Parkrun 5K - 23rd March**

79	Simon Porter	00:22:13	
286	Amanda Tindall	00:27:16	
287	Kirsten Porter	00:27:16	

**Heslington Parkrun 5K - 23rd March**

138	Paul Brown	00:24:41	PB
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**Sewerby Parkrun 5K - 30th March**

## Club Results 2019

1	Scott Hargreaves	00:17:19	1st M
2	Josh Taylor	00:18:30	2nd M
8	Alan Feldberg	00:19:52 PB	
14	Andy Baker	00:20:45	
25	Tom Woodhouse	00:21:50	
26	Louise Taylor	00:21:57	2nd F
28	Mollie Holehouse	00:22:26	3rd F
36	Graham Lonsdale	00:23:02	
39	Jason Pointez	00:23:14	
50	Lisa Cockcroft	00:23:44 PB	
52	Simon Porter	00:23:50	
66	Stuart Gent	00:24:45	
69	Luke Duffill	00:25:01	
85	Becky Lawry	00:26:12	
90	Ellis Hodges	00:26:36 PB	
91	Martin Hutchinson	00:26:36	
94	Heidi Baker	00:26:49	
95	Paul Brown	00:26:50	
99	Pete Royal	00:27:12	
103	Tracey Holehouse	00:27:50	
106	Kirsten Porter	00:27:59	
110	Sharon Bowes	00:28:12	
117	Zoe Ellis	00:28:41	
121	Hannah Little	00:28:53	
131	Lynda Gent	00:29:29	
153	Dave Foster	00:31:05	
158	Vickie Ellerker	00:31:25	
166	Bob Eyre	00:32:18	
168	Danielle Whitehouse	00:32:24	
169	Dominique Webster	00:32:25	
197	Debbie Duffill	00:35:18	
200	Linda Hall	00:36:01	
201	Robert Calthorpe	00:36:01	
204	Kevin Sissons	00:36:41	
207	Sandra Orlando	00:37:00	
213	Susan Reece	00:37:31	
218	David Duffill	00:38:18	
228	Tina Calthorpe	00:40:52	
229	Elizabeth Ingle	00:40:52	
230	James Ellerker (J)	00:41:05	
231	Simon Ellerker	00:41:06	
233	Sam Adams	00:41:13	
241	Dian Crone	00:47:27	

### Huddersfield Parkrun 5K - 30th March

96 Patricia Bielby 00:23:26

### Bournemouth Parkrun 5K - 30th March

122 Allan Clayton 00:23:55

Club Results 2019

**Elvington Flyer 10 Miles - 31st March**

	<b>Chip Time</b>	<b>Gun Time</b>	
24 Katy Cawthorn	01:15:28	01:15:35	2nd Lady
40 April-Marie Exley	01:19:32	01:19:40	