

Helen Windsor 10k

Finisher List 10k

	Bib	Name	Club	MFRan	AG	ARan	Time	NetTim
1.	190	Joe Sagar	Spensborough & Dist AC	1.		1.	0:33:19	0:33:17
2.	257	Lee Athersmith	Wharfedale Harriers	2.	M35	1.	0:34:33	0:34:30
3.	254	Ben Crowther	Halifax Harriers & AC	3.	M	1.	0:34:48	0:34:45
4.	253	Nick Hooker	Leeds City Athletic Club	4.	M	2.	0:34:58	0:34:55
5.	230	Simon Courtney	Stadium Runners	5.	M35	2.	0:35:19	0:35:16
6.	184	Nigel Hockin		6.	M	3.	0:35:30	0:35:28
7.	199	David Smithers	York Knavesmire Harriers	7.	M45	1.	0:36:31	0:36:28
8.	154	Paul Greenwood	Queensbury Running Club	8.	M35	3.	0:36:40	0:36:37
9.	148	Michael McCartney	Bingley Harriers & AC	9.	M45	2.	0:37:12	0:37:09
10.	233	Paul Smith		10.	M40	1.	0:37:29	0:37:26
11.	111	Thomas Needham	Bingley Harriers & AC	11.	M35	4.	0:38:20	0:38:17
12.	214	Harry Johnson	Halifax Harriers & AC	12.	M	4.	0:38:20	0:38:17
13.	243	Michael King	Halifax Harriers & AC	13.	M35	5.	0:38:37	0:38:34
14.	25	Fiona Davies	Rotherham Harriers and AC	1.	F45	1.	0:38:38	0:38:34
15.	201	Chis Hockin		14.	M	5.	0:38:54	0:38:51
16.	251	Joe Baker	Stadium Runners	15.	M35	6.	0:39:01	0:38:56
17.	20	Luke Cranfield	Northowram Pumas Running	16.	M	6.	0:39:15	0:39:11
18.	57	Derek Parrington	Stainland Lions Running Club	17.	M55	1.	0:39:23	0:39:19
19.	218	James Johnson	Halifax Harriers & AC	18.	M	7.	0:39:41	0:39:38
20.	96	Alex Davis		19.	M	8.	0:39:47	0:39:44
21.	231	Johanna Sutcliffe	Halifax Harriers & AC	2.	F40	1.	0:40:12	0:40:09
22.	234	Jonny Cartwright	Stadium Runners	20.	M45	3.	0:40:16	0:40:13
23.	185	David Ingle		21.	M	9.	0:40:18	0:40:13
24.	167	Sean Suttle	Sowerby Bridge Snails Running	22.	M	10.	0:40:35	0:40:31
25.	140	Gerard Skippins	Spensborough & Dist AC	23.	M45	4.	0:40:38	0:40:34
26.	7	Tim Brook	Northowram Pumas Running	24.	M35	7.	0:40:42	0:40:39
27.	40	Stephen Boynton	York Acorn Running Club	25.	M60	1.	0:40:45	0:40:40
28.	136	Oliver Carter	Spensborough & Dist AC	26.	M	11.	0:40:53	0:40:50
29.	22	Richard Harrison	Selby Striders	27.	M50	1.	0:40:57	0:40:52
30.	198	Edward Revell	Spensborough & Dist AC	28.	M40	2.	0:41:09	0:41:05
31.	127	Niall Smith	Halifax Harriers & AC	29.	M	12.	0:41:16	0:41:12
32.	138	Mark Crabtree	Halifax Harriers & AC	30.	M60	2.	0:41:24	0:41:21
33.	153	James O'rourke	Halifax Harriers & AC	31.	M45	5.	0:41:33	0:41:29
34.	197	Helen Roby	Longwood Harriers AC	3.	F	1.	0:41:39	0:41:36
35.	269	Leon Severn	Stainland Lions Running Club	32.	M	13.	0:41:42	0:41:37
36.	200	Gavin Dodd	Stainland Lions Running Club	33.	M45	6.	0:41:46	0:41:41
37.	121	Luke Pearson		34.	M	14.	0:42:00	0:41:54
38.	47	Donald Kennedy	Longwood Harriers AC	35.	M50	2.	0:42:02	0:41:58
39.	98	Henry Carter	Spensborough & Dist AC	36.	M	15.	0:42:19	0:42:17
40.	209	Paul Fairburn	Denby Dale Athletics Club	37.	M45	7.	0:42:31	0:42:25
41.	141	David Ingle	Halifax Harriers & AC	38.	M55	2.	0:42:32	0:42:26
42.	89	David Cooper		39.	M45	8.	0:42:34	0:42:29
43.	220	Gareth Knight	Stainland Lions Running Club	40.	M35	8.	0:42:35	0:42:29
44.	105	Andy Haslam	Northowram Pumas Running	41.	M45	9.	0:42:37	0:42:32
45.	132	Helen Ward	Halifax Harriers & AC	4.	F35	1.	0:42:38	0:42:33
46.	240	Peter Kerridge	Sowerby Bridge Snails Running	42.	M55	3.	0:42:41	0:42:36
47.	236	Pete Baistow	Pendle Athletic Club	43.	M40	3.	0:42:42	0:42:36
48.	174	Ian Wilson	Spensborough & Dist AC	44.	M40	4.	0:42:52	0:42:48
49.	19	Alan Schofield	Sowerby Bridge Snails Running	45.	M45	10.	0:42:56	0:42:50
50.	73	Matthew Newton	Northowram Pumas Running	46.	M35	9.	0:43:05	0:42:57
51.	109	Tony Daniels	Meltham AC	47.	M55	4.	0:43:06	0:43:02
52.	131	David Lancaster	York Acorn Running Club	48.	M60	3.	0:43:18	0:43:13

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	Bib	Name	Club	MFRan	AG	ARan	Time	NetTim
53.	265	Caroline Hoath	Meltham AC	5.	F40	2.	0:43:24	0:43:20
54.	110	Jason Amos		49.	M40	5.	0:43:39	0:43:36
55.	81	Andy Sales	Northowram Pumas Running	50.	M40	6.	0:44:10	0:44:01
56.	86	Wasim Hussain	Queensbury Running Club	51.	M35	10.	0:44:15	0:44:08
57.	157	Richard Brook	Queensbury Running Club	52.	M40	7.	0:44:25	0:44:20
58.	114	Craig Thompson	Spensborough & Dist AC	53.	M	16.	0:44:37	0:44:15
59.	88	Shaun Casey	Northowram Pumas Running	54.	M45	11.	0:44:39	0:44:34
60.	42	David Williams	Northowram Pumas Running	55.	M55	5.	0:44:44	0:44:35
61.	146	Peter Holman		56.	M45	12.	0:44:50	0:44:45
62.	186	Mark Davies	Stadium Runners	57.	M60	4.	0:44:56	0:44:52
63.	125	Marc Rocheteau	Halifax Harriers & AC	58.	M55	6.	0:45:00	0:44:53
64.	171	Sarah Brewer	Meltham AC	6.	F45	2.	0:45:14	0:45:08
65.	65	Neil Windle	Queensbury Running Club	59.	M45	13.	0:45:15	0:45:10
66.	179	Graeme Lee	Meltham AC	60.	M50	3.	0:45:19	
67.	208	Paul Stockdale		61.	M45	14.	0:45:29	0:45:22
68.	76	Michael Tinker		62.	M45	15.	0:45:31	0:45:24
69.	163	Craig Mitchell	Longwood Harriers AC	63.	M45	16.	0:45:34	0:45:29
70.	117	Richard Butterwick	Todmorden Harriers	64.	M45	17.	0:45:34	0:45:31
71.	80	Neil Coupe	Northowram Pumas Running	65.	M45	18.	0:45:41	0:45:32
72.	135	Michael Greer		66.	M40	8.	0:45:48	0:45:41
73.	261	Suzanne Patterson	Stainland Lions Running Club	7.	F45	3.	0:45:51	0:45:26
74.	63	Andrew Mellor	Northowram Pumas Running	67.	M35	11.	0:46:10	0:46:01
75.	247	Andrew Heptinstall	Sowerby Bridge Snails Running	68.	M45	19.	0:46:17	0:46:11
76.	161	Simon Crook	Longwood Harriers AC	69.	M45	20.	0:46:19	0:46:11
77.	221	Robert Hick	Halifax Harriers & AC	70.	M60	5.	0:46:23	0:46:15
78.	44	Robin John Allen	Meltham AC	71.	M50	4.	0:46:23	0:46:17
79.	72	Simon Wilkinson	Northowram Pumas Running	72.	M	17.	0:46:25	0:46:17
80.	246	Ian Hesselden	Sowerby Bridge Snails Running	73.	M45	21.	0:46:28	0:46:22
81.	27	Russell Fairhurst	Keighley & Craven AC	74.	M55	7.	0:46:32	0:46:23
82.	204	Christopher Ellis	Northowram Pumas Running	75.	M45	22.	0:46:36	0:46:28
83.	210	Jon Burdon	Holmfirth Harriers AC	76.	M40	9.	0:46:36	0:46:33
84.	202	Paul Elliott	Meltham AC	77.	M50	5.	0:46:42	0:46:37
85.	172	Ian Giles	Halifax Harriers & AC	78.	M35	12.	0:46:46	0:46:34
86.	129	Martin Bayliss	Meltham AC	79.	M60	6.	0:46:48	0:46:41
87.	239	John Ingles	Stainland Lions Running Club	80.	M50	6.	0:46:55	0:46:48
88.	222	Roy Lunt	Stainland Lions Running Club	81.	M45	23.	0:47:00	0:46:48
89.	215	Sally Caton	Stainland Lions Running Club	8.	F45	4.	0:47:06	0:47:01
90.	90	John Cottam	Stadium Runners	82.	M60	7.	0:47:21	0:47:15
91.	266	James Stables	Meltham AC	83.	M40	10.	0:47:24	0:47:17
92.	133	Angela Clarke	Halifax Harriers & AC	9.	F45	5.	0:47:28	0:47:21
93.	166	Andrew Cross		84.	M35	13.	0:47:39	0:47:27
94.	176	Jessica Dixon		10.	F	2.	0:47:43	0:47:33
95.	108	Sean Morland	Halifax Harriers & AC	85.	M40	11.	0:47:52	0:47:44
96.	250	Tom Knifton		86.	M35	14.	0:48:05	0:47:56
97.	216	Craig Hampshire	Spensborough & Dist AC	87.	M45	24.	0:48:05	0:48:01
98.	155	Arkadiusz Falkiewicz		88.	M	18.	0:48:06	0:47:54
99.	259	Ryan Brook		89.	M35	15.	0:48:08	0:48:03
100.	152	Martin Lindsay		90.	M55	8.	0:48:13	0:48:01
101.	23	Sara Morrow	Selby Striders	11.	F45	6.	0:48:20	0:48:15
102.	188	Richard Palethorpe	Halifax Harriers & AC	91.	M35	16.	0:48:24	0:48:15
103.	93	David Buckley	Spensborough & Dist AC	92.	M	19.	0:48:29	0:48:24
104.	49	Fraser Ambrose		93.	M	20.	0:48:33	0:48:20

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105.	196	Thomas Sharp		94.	M40	12.	0:48:33	0:48:24
106.	256	David Cathersides	West Yorkshire Police Harriers	95.	M50	7.	0:48:50	0:48:40
107.	143	Nigel Taylor	Halifax Harriers & AC	96.	M45	25.	0:48:53	0:48:32
108.	28	Sandra Emmerson	Stadium Runners	12.	F50	1.	0:49:06	0:48:58
109.	137	Gillian Boynton	York Acorn Running Club	13.	F55	1.	0:49:08	0:49:02
110.	134	Richard Spendlove	Stainland Lions Running Club	97.	M70	1.	0:49:25	0:49:19
111.	24	Sara Lewis	Meltham AC	14.	F	3.	0:50:02	0:49:56
112.	205	Victoria Owen	Northowram Pumas Running	15.	F	4.	0:50:05	0:49:56
113.	41	Mark Whittaker	Northowram Pumas Running	98.	M45	26.	0:50:06	0:50:00
114.	165	Jed Clark		99.	M35	17.	0:50:15	0:50:03
115.	128	Anita Traynor	Meltham AC	16.	F55	2.	0:50:15	0:50:07
116.	144	Erika Nightingale	Halifax Harriers & AC	17.	F40	3.	0:50:23	0:50:08
117.	87	Rachael Didgiunaitis		18.	F40	4.	0:50:28	0:50:22
118.	227	Ian Beaumont	Stadium Runners	100.	M55	9.	0:50:31	0:50:18
119.	82	Tim Neville	Stainland Lions Running Club	101.	M55	10.	0:50:32	0:50:15
120.	270	Will Towne		102.	M	21.	0:50:35	0:50:20
121.	191	David Broadley	Halifax Harriers & AC	103.	M50	8.	0:50:45	0:50:33
122.	145	James Goldsmith	Halifax Harriers & AC	104.	M55	11.	0:51:12	0:50:56
123.	11	Cathie Raw	Northowram Pumas Running	19.	F45	7.	0:51:12	0:51:00
124.	53	Richard Cooke		105.	M45	27.	0:51:20	0:51:12
125.	32	Ian Mitchell	Longwood Harriers AC	106.	M65	1.	0:51:39	0:51:33
126.	58	Sarah Haigh	Northowram Pumas Running	20.	F40	5.	0:51:47	0:51:39
127.	249	Simon Wheeler	Keighley & Craven AC	107.	M45	28.	0:51:49	0:51:40
128.	225	Steve Randall	Meltham AC	108.	M45	29.	0:51:53	0:51:47
129.	54	Dawn Higgins	Northowram Pumas Running	21.	F40	6.	0:52:06	0:51:58
130.	21	Jan King	Stainland Lions Running Club	109.	M65	2.	0:52:19	0:52:10
131.	104	Jeremy Hockin		110.	M65	3.	0:52:46	0:52:37
132.	229	Richard Ottoway	Sowerby Bridge Snails Running	111.	M40	13.	0:52:48	0:52:37
133.	226	Jeff Ryan		112.	M55	12.	0:52:52	0:52:41
134.	235	Nicki Cartwright	Stadium Runners	22.	F40	7.	0:53:02	0:52:53
135.	113	Ben Trafford	Sowerby Bridge Snails Running	113.	M	22.	0:53:18	0:53:08
136.	3	Ruth Thomas	Meltham AC	23.	F55	3.	0:53:19	0:53:13
137.	122	Georgina Haigh		24.	F40	8.	0:53:20	0:53:07
138.	142	Jane Hobson	Halifax Harriers & AC	25.	F45	8.	0:53:22	0:53:08
139.	242	Suzy Overton	Acre Street Runners	26.	F40	9.	0:53:24	0:53:12
140.	95	Rebecca McGuinness	Stadium Runners	27.	F35	2.	0:53:37	0:53:28
141.	2	Susan Sheehan	Meltham AC	28.	F45	9.	0:53:43	0:53:36
142.	169	Julian Cosham		114.	M40	14.	0:54:08	0:53:59
143.	71	Gordon Murray	Stainland Lions Running Club	115.	M35	18.	0:54:12	0:54:02
144.	245	Caroline Hesselden	Sowerby Bridge Snails Running	29.	F50	2.	0:54:14	0:54:03
145.	43	August Armstrong	Northowram Pumas Running	116.	M	23.	0:54:20	0:54:04
146.	248	Andrew Mackrill	Stainland Lions Running Club	117.	M40	15.	0:54:27	0:54:19
147.	173	Rachel McCauley	Halifax Harriers & AC	30.	F	5.	0:54:31	0:54:17
148.	224	Williams Murgatroyd		118.	M65	4.	0:54:45	0:54:35
149.	103	Kevin Murray	Queensbury Running Club	119.	M35	19.	0:54:46	0:54:41
150.	116	Sandy Gee	Stainland Lions Running Club	120.	M60	8.	0:54:51	0:54:37
151.	51	Rachel Tomlinson	Meltham AC	31.	F35	3.	0:54:51	0:54:44
152.	130	Camilla Gough	Northowram Pumas Running	32.	F	6.	0:55:02	0:54:54
153.	212	Alan Sykes	Northowram Pumas Running	121.	M65	5.	0:55:04	0:54:55
154.	31	Jodie Knowles	Northowram Pumas Running	33.	F35	4.	0:55:09	0:54:57
155.	147	Geraldine Roby	Halifax Harriers & AC	34.	F60	1.	0:55:11	0:55:05
156.	189	Rob Austin-Howarth	Sowerby Bridge Snails Running	122.	M40	16.	0:55:12	0:55:03

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157.	102	Lisa Mieszkowska	Vegan Runners UK	35.	F40	10.	0:55:56	0:55:45
158.	255	Rikki Hammond	Stainland Lions Running Club	36.	F50	3.	0:55:58	0:55:44
159.	219	David Barker		123.	M55	13.	0:56:08	0:55:48
160.	213	Ella King	Sowerby Bridge Snails Running	37.	F	7.	0:56:12	0:56:02
161.	232	Melissa Huang		38.	F	8.	0:56:26	0:56:13
162.	85	Cathy Heptinstall	Northowram Pumas Running	39.	F45	10.	0:56:30	0:56:17
163.	149	Gilly Markham	Meltham AC	40.	F60	2.	0:56:33	0:56:26
164.	238	Ellie May		41.	F35	5.	0:56:40	0:56:29
165.	101	Matthew Norton		124.	M45	30.	0:56:48	0:56:26
166.	217	Bill Sage	Sowerby Bridge Snails Running	125.	M60	9.	0:56:50	0:56:36
167.	12	Lynda Robertson	Spensborough & Dist AC	42.	F50	4.	0:56:53	0:56:38
168.	252	Sharon English	Northowram Pumas Running	43.	F45	11.	0:56:57	0:56:47
169.	207	Karen Fairburn		44.	F40	11.	0:56:58	0:56:45
170.	33	Karen Mitchell	Longwood Harriers AC	45.	F55	4.	0:57:39	0:57:31
171.	8	Helen Jackson	Northowram Pumas Running	46.	F40	12.	0:57:46	0:57:36
172.	178	Nigel Walker		126.	M50	9.	0:57:54	0:57:36
173.	1	John Gray	Meltham AC	127.	M45	31.	0:58:11	0:58:06
174.	175	Peter Taylor	Denby Dale Athletics Club	128.	M65	6.	0:58:16	0:58:03
175.	206	Laraine Penson	Stainland Lions Running Club	47.	F40	13.	0:58:29	0:58:16
176.	158	Nichola Mathieson	Northowram Pumas Running	48.	F40	14.	0:58:36	0:58:26
177.	203	Chris Murgatroyd		129.	M50	10.	0:58:36	0:58:26
178.	48	Rebecca Watson	Stainland Lions Running Club	49.	F	9.	0:58:41	0:58:29
179.	272	Jonty Egan		130.	M50	11.	0:59:09	0:58:54
180.	262	Carolyn Brearley	Northowram Pumas Running	50.	F45	12.	0:59:15	0:59:05
181.	18	Virginia Lewin	Stainland Lions Running Club	51.	F65	1.	0:59:25	0:59:17
182.	79	Jo Coupe	Northowram Pumas Running	52.	F45	13.	0:59:31	0:59:22
183.	162	Jessica Leliuga		53.	F	10.	0:59:51	0:59:39
184.	100	Andrew Crawley		131.	M40	17.	0:59:55	0:59:37
185.	151	Rodney Tordoff	Pudsey Pacers RC	132.	M75	1.	0:59:56	0:59:45
186.	192	Paul Gandy	Meltham AC	133.	M65	7.	0:59:59	0:59:49
187.	115	Russ Marvally		134.	M55	14.	1:00:26	1:00:13
188.	30	Debbie Sayers		54.	F50	5.	1:00:50	1:00:30
189.	29	Michael Kelly	Vegan Runners UK	135.	M65	8.	1:00:50	1:00:30
190.	64	Jennifer Bennett	Sowerby Bridge Snails Running	55.	F35	6.	1:00:57	1:00:41
191.	97	Liz Lund	Northowram Pumas Running	56.	F35	7.	1:01:04	1:00:48
192.	9	Elizabeth Wood	Northowram Pumas Running	57.	F	11.	1:01:05	1:00:49
193.	92	Verity Garside	Sowerby Bridge Snails Running	58.	F35	8.	1:01:12	1:01:01
194.	106	Lucie Fenton	Sowerby Bridge Snails Running	59.	F40	15.	1:01:16	1:01:05
195.	66	Tracey Jagger	Spensborough & Dist AC	60.	F55	5.	1:01:19	1:01:04
196.	170	Joanna Lovett		61.	F45	14.	1:01:24	1:01:08
197.	237	Jean Baistow	Trawden Athletic Club	62.	F70	1.	1:01:25	1:01:08
198.	67	Tiffany Lewis	Northowram Pumas Running	63.	F45	15.	1:01:26	1:01:17
199.	177	Christopher Kirkbride	Halifax Harriers & AC	136.	M60	10.	1:01:38	1:01:24
200.	38	Anna Hazelton	Meltham AC	64.	F35	9.	1:01:39	1:01:28
201.	241	Sandra Pinder	Sowerby Bridge Snails Running	65.	F55	6.	1:01:43	1:01:29
202.	263	John Hirst	Stainland Lions Running Club	137.	M50	12.	1:01:43	1:01:26
203.	120	Chloe Hewlett		66.	F	12.	1:01:44	1:01:31
204.	264	Sarah Hirst	Stainland Lions Running Club	67.	F	13.	1:01:51	1:01:33
205.	268	Suzanna Fretwell	Sowerby Bridge Snails Running	68.	F45	16.	1:02:26	1:02:11
206.	211	Penny Bottomley	Halifax Harriers & AC	69.	F45	17.	1:02:34	1:02:18
207.	60	Liz Park	Sowerby Bridge Snails Running	70.	F40	16.	1:02:38	1:02:20
208.	112	Philip Wilkins	Spensborough & Dist AC	138.	M35	20.	1:03:03	1:02:48

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209.	195	Sue Corney	Halifax Harriers & AC	71.	F65	2.	1:04:37	1:04:21
210.	194	Richard Corney	Halifax Harriers & AC	139.	M50	13.	1:04:38	1:04:21
211.	150	Gillian Holmes	Northowram Pumas Running	72.	F45	18.	1:04:45	1:04:31
212.	187	Melvyn Bishop		140.	M60	11.	1:05:03	1:04:52
213.	94	David Gee		141.	M60	12.	1:05:41	1:05:26
214.	59	David Rhodes	Northowram Pumas Running	142.	M40	18.	1:06:04	1:05:52
215.	99	Moggy Mackenzie	Sowerby Bridge Snails Running	73.	F50	6.	1:06:49	1:06:35
216.	126	Emma Harrison	Northowram Pumas Running	74.	F35	10.	1:07:07	1:06:50
217.	74	Sara Coates	Northowram Pumas Running	75.	F40	17.	1:07:13	1:07:00
218.	68	Karen Matos	Northowram Pumas Running	76.	F45	19.	1:07:16	1:06:58
219.	160	Alison Hall	Spensorborough & Dist AC	77.	F50	7.	1:08:27	1:08:12
220.	258	Brian Colman		143.	M55	15.	1:08:38	1:08:20
221.	15	Jennifer Sutton	Sowerby Bridge Snails Running	78.	F40	18.	1:08:45	1:08:27
222.	223	Nicky Brown	Sowerby Bridge Snails Running	79.	F40	19.	1:09:16	1:09:03
223.	84	Alison Shooter	Northowram Pumas Running	80.	F55	7.	1:09:41	1:09:26
224.	181	Louise Heath	Northowram Pumas Running	81.	F45	20.	1:09:44	1:09:29
225.	168	Emma Suttle	Sowerby Bridge Snails Running	82.	F	14.	1:09:46	1:09:27
226.	271	Jayne King	Sowerby Bridge Snails Running	83.	F50	8.	1:09:47	1:09:32
227.	124	Andrea Lyons		84.	F55	8.	1:10:04	1:09:56
228.	260	Hannah Priestman	Sowerby Bridge Snails Running	85.	F	15.	1:10:44	1:10:24
229.	244	Emma Greaves	Sowerby Bridge Snails Running	86.	F	16.	1:10:44	1:10:24
230.	119	Natalie Mason	Northowram Pumas Running	87.	F35	11.	1:11:00	1:10:48
231.	183	Louise Brooke	Northowram Pumas Running	88.	F45	21.	1:11:03	1:10:51
232.	182	Davina Capper	Northowram Pumas Running	89.	F45	22.	1:11:04	1:10:47
233.	164	Lynne Owen		90.	F55	9.	1:16:00	1:15:46
234.	56	Louise Heppleston	Sowerby Bridge Snails Running	91.	F55	10.	1:16:00	1:15:46
235.	118	Myra Wells	Todmorden Harriers	92.	F60	3.	1:16:57	1:16:40
236.	35	Lisa Dowson	Spensorborough & Dist AC	93.	F40	20.	1:17:41	1:17:26
237.	156	Rob Bowman	Northowram Pumas Running	144.	M45	32.	1:17:53	1:17:35
238.	193	Alison Lamb	Meltham AC	94.	F35	12.	1:18:08	1:17:56
239.	159	Rachel Calvert	Northowram Pumas Running	95.	F45	23.	1:21:56	1:21:39
240.	75	Philippa Denham	Northowram Pumas Running	96.	F35	13.	1:21:56	1:21:39
241.	267	Josh Elderfield		145.	M	24.	0:37:36	0:37:33

Number of records: 241