YVAA Grand Prix Series 2024

Race 7 Individual Results (Age-Adjusted*)

* Age-adjusted scores are calculated using WMA age-grading standards as if this were a road 10k, then scaled so that the best age-graded performance on the day scores 100 points.

Host Club: Stainland Lions **Date: 21/07/24**

Pos	Name	Series Cat	Race Cat	Club	Time	Score*
1	Gavin Mulholland	M50	M50	Stainland Lions Running Club	0:34:16	100
2	Aileen Baldwin	F70	F70	Stainland Lions Running Club	0:50:35	99.52
3	Stuart Dunbar	M60	M60	Saltaire Striders	0:39:45	93.46
4	Andy Smith	M40	M40	Slaithwaite Striders	0:33:50	93.20
5	Dave Parker	M55	M60	St. Theresa's AC	0:39:09	93.17
6	Robert Samuels	M60	M60	Pudsey Pacers RC	0:40:41	93.07
7	Simon Donoghue	M55	M55	Easingwold Running Club	0:38:49	91.46
8	Mark Orbell	M60	M60	Pudsey Pacers RC	0:41:13	89.32
9	Paul Senior	M45	M45	Slaithwaite Striders	0:37:13	89.00
10	Patricia Emery	F60	F60	Bingley Harriers & AC	0:50:10	88.44
11	Joanne Horan	F40	F40	Queensbury Running Club	0:40:36	87.95
12	David I'Anson	M65	M65	St. Theresa's AC	0:44:11	87.39
13	Richard Herrington	M40	M40	St. Theresa's AC	0:36:39	86.75
14	Richard Spendlove	M75	M75	Stainland Lions Running Club	0:52:08	86.61
15	Cairn Morrison	M45	M45	St. Theresa's AC	0:37:21	86.48
16	Tim Brook	M40	M40	Holmfirth Harriers AC	0:36:34	85.56
17	Pauline Naylor	F60	F60	Queensbury Running Club	0:52:03	85.24
18	Matthew Holmes	M45	M45	Abbey Runners	0:38:32	85.23
19	Richard Walker	M50	M50	Airecentre Pacers RC	0:39:21	84.89
20	Chris Hockin	M35	M35	Slaithwaite Striders	0:35:50	84.81
21	Shona Stone	F50	F50	Bingley Harriers & AC	0:45:34	84.04

22	Thomas Alcock	M50	M50		Wharfedale Harriers	0:39:53	83.76
23	Anthony Weston	M50	M50		St. Theresa's AC	0:40:08	83.23
24	Peter Kerridge	M55	M60		Todmorden Harriers	0:44:09	82.62
25	Jonathan Eagle	M60	M60		Horsforth Harriers	0:45:29	82.47
26	Paul Murgatroyd	M55	M55		South Leeds Lakers Running Club	0:43:52	82.39
27	Richard Smith	M45	M45		Sowerby Bridge Snails RC	0:40:15	82.30
28	Sarah Brewer	F50	F50		Meltham AC	0:46:01	82.28
29	Rachel Howard	F45	F45		Stocksbridge RC	0:44:43	81.99
30	Emer Dudley	F60	F60		Roberttown Road Runners	0:53:03	81.47
31	Paul Sammonds	M35	M35		Holmfirth Harriers AC	0:37:36	81.32
32	Graham Kitchen	M60	M60		South Leeds Lakers Running Club	0:46:03	80.68
33	Luke Cranfield	M35	M35		Northowram Pumas Running Club	0:37:41	80.64
34	Robin Naylor	M70	M70		Queensbury Running Club	0:50:22	80.61
35	Lorraine Naylor	F50	F50		Stainland Lions Running Club	0:48:38	80.59
36	Becky Lawrence	F45	F45		Horsforth Harriers	0:45:09	80.46
37	Tim Dean	M45	M45		Dewsbury Road Runners	0:40:30	80.45
38	Helen Armitage	F55	F55		Stainland Lions Running Club	0:52:32	80.21
39	Ruth Anderton	F55	F55		Stadium Runners	0:51:57	80.10
40	Rob Kersey	M70	M70		Holmfirth Harriers AC	0:52:12	79.71
41	Stephen Chapman	M55	M60		Dewsbury Road Runners	0:45:52	79.53
42	Mark Crabtree	M65	M65		Halifax Harriers & AC	0:48:10	79.39
43	Martin Bayliss	M65	M65		Meltham AC	0:49:07	79.38
44	Thomas Sharp	M45	M45		Wakefield District H & AC	0:40:31	79.07
45	Paul Smith	M50	M50		Valley Striders AC	0:43:24	78.96
46	Judith Fox	F55	F55		Horsforth Harriers	0:50:53	78.87
47	Janet Foreman	F55	F55		Holmfirth Harriers AC	0:53:37	78.59
48	David Morley	M65	M65		St. Theresa's AC	0:49:45	78.37
49	Chris Frontczak	M35	M35		Slaithwaite Striders	0:38:43	78.05
50	Sue Coates	F75	F75		Baildon Runners	1:07:45	77.82
51	David Brooks	M55	M55		Pudsey Pacers RC	0:46:10	77.59
52	Kevin Yewlett	M70	M70		Holmfirth Harriers AC	0:52:25	77.45
53	Richard Hand	M40	M40		Stainland Lions Running Club	0:41:07	77.33
54	Lottie Ransom	F35	F35		Slaithwaite Striders	0:44:15	77.23

55	Steve Woods	M65	M65		Pudsey Pacers RC	0:50:03	77.15
56	Andrew Paterson	M55	M55		Queensbury Running Club	0:46:57	76.98
57	Chris Barr	M55	M60		Holmfirth Harriers AC	0:47:25	76.93
58	Stephen Skidmore	M65	M65		Denby Dale Athletic Club	0:50:47	76.77
59	Alan Sykes	M70	M70		Northowram Pumas Running Club	0:54:23	76.51
60	Emily Follows	F45	F45		Kippax & District Harriers	0:47:35	76.35
61	Mark Andrew Smith	M45	M45		Horsforth Harriers	0:43:05	76.23
62	Neil Midgley	M70	M70		Holmfirth Harriers AC	0:55:25	76.14
63	Daniel Jenkins	M45	M45		Saltaire Striders	0:43:34	76.03
64	Duncan Spence	M35	M35		Pudsey Pacers RC	0:39:25	76.00
65	Kezzie Medford	F75	F75		Pudsey Pacers RC	1:11:50	75.95
66	Glyn Mitchell	M55	M55		Slaithwaite Striders	0:47:46	75.66
67	Sarah Norman	F50	F55		Pudsey Pacers RC	0:53:15	75.36
68	Kathy Armitage	F50	F50		Stadium Runners	0:51:25	75.35
69	Carl Heron	M60	M60		Queensbury Running Club	0:49:19	75.33
70	Adam Moger	M45	M45		Kirkstall Harriers	0:43:43	75.13
71	Andrew Earnshaw	M45	M45		Stainland Lions Running Club	0:43:45	75.07
72	Steve Hallam	M65	M65		Stainland Lions Running Club	0:50:57	75.05
73	Paul Sayers	M50	M50		Morley Running Club	0:45:46	74.87
74	Louise O'Brien	F50	F50		Horsforth Fellandale Club	0:51:14	74.75
75	Laura Millington	F35	F35		Slaithwaite Striders	0:45:21	74.73
76	Andy Douglas	M50	M50		Horsforth Harriers	0:45:31	74.63
77	Jim Wheldon	M70	M70		Pudsey Pacers RC	0:55:11	74.45
78	Dan Marsden	M40	M40		Stainland Lions Running Club	0:42:22	74.42
79	Gary Carlisle	M60	M60		Kirkstall Harriers	0:49:58	74.35
80	Michelle Smith	F40	F40		Slaithwaite Striders	0:47:37	73.85
81	Paul Craven	M55	M55		Abbey Runners	0:47:44	73.71
82	Nial Bullett	M50	M50		Stadium Runners	0:45:22	73.63
83	Bruce Duncan	M75	M75		Bingley Harriers & AC	0:59:12	73.55
84	Paul Winn	M65	M70		Holmfirth Harriers AC	0:54:56	73.16
85	Carol Ramsden	F65	F65		Horsforth Harriers	1:03:10	73.11
86	Kate Ritchie	F40	F40		Horsforth Harriers	0:47:50	73.01
87	Nicola Appleyard	F55	F55		Sowerby Bridge Snails RC	0:57:46	72.94

88	Steven Cook	M35	M35		Slaithwaite Striders	0:41:27	72.91
89	Kevin Garlick	M40	M40		Bingley Harriers & AC	0:43:16	72.88
90	Gareth Arnold	M45	M45		Drighlington Dynamos RC	0:44:44	72.83
91	Melanie West	F50	F50		Northowram Pumas Running Club	0:52:35	72.83
92	Leila Kara	F60	F60		Valley Striders AC	0:58:40	72.75
93	David Smith	M60	M60		Dewsbury Road Runners	0:51:42	72.55
94	Karen Riley	F55	F55		Slaithwaite Striders	0:56:43	72.47
95	David Williams	M60	M60		Northowram Pumas Running Club	0:50:21	72.45
96	Kate Penrose	F70	F70		St. Theresa's AC	1:08:28	72.43
97	Andrew Dean	M55	M55		Baildon Runners	0:48:19	72.16
98	John Calvert	M55	M55		Dewsbury Road Runners	0:49:29	71.75
99	Steve Molloy	M60	M60		Northowram Pumas Running Club	0:52:18	71.72
100	Jonathan Moon	M35	M35		Sowerby Bridge Snails RC	0:41:58	71.65
101	Suzanne Costello	F40	F40		Kippax & District Harriers	0:48:51	71.49
102	Linda Durkin	F60	F60		Kippax & District Harriers	0:59:49	71.35
103	Steve Hall	M55	M55		Dewsbury Road Runners	0:49:20	71.32
104	Paul Hammond	M60	M60		Kippax & District Harriers	0:52:39	71.24
105	Alun Griffiths	M65	M65		Saltaire Striders	0:54:27	70.92
106	Carolyn Hargreaves	F65	F65		Baildon Runners	1:06:59	70.90
107	Adam Firth	M35	M35		Bramley Breezers	0:42:38	70.88
108	Susan Marsland	F60	F60		Slaithwaite Striders	1:02:38	70.83
109	Andrea Douglas	F45	F45		South Leeds Lakers Running Club	0:52:58	70.71
110	Collette Spencer	F50	F50		Northowram Pumas Running Club	0:54:16	70.57
111	Emil Andrews	M45	M45		Pudsey & Bramley AC	0:46:36	70.48
112	Janet Ashton	F55	F55		Pudsey Pacers RC	0:57:39	70.46
113	Abigail Carter	F40	F40		St. Theresa's AC	0:50:18	70.43
114	Anne Preston	F45	F45		Saltaire Striders	0:51:45	70.20
115	Marie Jacob	F45	F45		Horsforth Harriers	0:53:34	69.92
116	Jodie Knowles	F40	F40		Northowram Pumas Running Club	0:49:57	69.91
117	Helen Noyes	F60	F60		Hyde Park Harriers	1:02:01	69.69
118	Melvin Thompson	M50	M50		Roberttown Road Runners	0:48:49	69.58
119	Keith Park	M65	M65		Horsforth Harriers	0:56:38	69.54
120	Michael Robins	M65	M65		Valley Striders AC	0:55:10	69.31

121	Duncan Pryce	M45	M50		Bingley Harriers & AC	0:48:17	69.19
122	Marcus Fascione	M60	M60		Drighlington Dynamos RC	0:53:42	69.18
123	Steven Marsland	M55	M55		Slaithwaite Striders	0:51:32	68.89
124	Kirk Douglas	M55	M55		Farsley Flyers	0:51:35	68.83
125	Vera Ostojic	F65	F65		Baildon Runners	1:07:10	68.76
126	Ken Fox	M65	M65		Valley Striders AC	0:55:41	68.67
127	Linda Carey	F65	F65		Baildon Runners	1:07:21	68.57
128	Ian Budenberg	M55	M55		Rodillian Runners	0:51:24	68.45
129	Maria Chandler	F50	F50		Stainland Lions Running Club	0:57:18	68.40
130	Kate Walter	F60	F60		Baildon Runners	1:04:58	68.29
131	Philippa Walton	F55	F55		Sowerby Bridge Snails RC	1:00:01	67.68
132	Shelagh Hopkinson	F65	F70		Baildon Runners	1:11:13	67.64
133	Colm O'Hara	M50	M50		Roundhay Runners	0:51:17	67.40
134	Kelly Gabbitas	F40	F40		Northowram Pumas Running Club	0:52:21	67.17
135	Elizabeth Judd	F45	F45		Slaithwaite Striders	0:56:15	66.58
136	Wayne Doherty	M40	M40		Morley Running Club	0:47:50	66.47
137	Katherine Scargill	F40	F40		Northowram Pumas Running Club	0:52:39	66.33
138	Kieran O'Brien	M45	M45		South Leeds Lakers Running Club	0:50:00	65.69
139	Steve Laffey	M60	M60		Dewsbury Road Runners	0:57:02	65.14
140	Simon Cope	M45	M45		Dewsbury Road Runners	0:50:56	65.03
141	Paul Bennett	M60	M60		Bramley Breezers	0:57:56	64.74
142	Mark Seed	M55	M55		Bramley Breezers	0:55:15	64.26
143	Clare Hamer	F45	F45		Sowerby Bridge Snails RC	0:57:04	64.25
144	Andrew Smithson	M55	M55		Stadium Runners	0:54:48	64.21
145	Darren Smith	M50	M50		Slaithwaite Striders	0:53:58	64.05
146	James Carter	M55	M55		St. Theresa's AC	0:54:47	63.64
147	Charlotte Brady	F45	F45		Sowerby Bridge Snails RC	0:57:37	63.64
148	Mark Henderson	M60	M60		Holmfirth Harriers AC	0:58:04	63.40
149	Louise Rigby	F50	F50		Slaithwaite Striders	1:02:38	63.29
150	Vicki Hipkiss	F55	F55		Kirkstall Harriers	1:06:36	63.27
151	Jason Shale	M35	M35		Bramley Breezers	0:48:04	63.22
152	Jason Beckett	M50	M50		Bingley Harriers & AC	0:54:44	63.15
153	Trudy Ellis	F45	F45		Baildon Runners	0:59:20	63.12

154	Kevin Simmonds	M55	M55		Slaithwaite Striders	0:56:02	62.79
155	Amy Linley	F35	F35		Dewsbury Road Runners	0:54:29	62.72
156	Mark Rigby	M55	M55		Slaithwaite Striders	0:57:45	62.58
157	Tim Mosedale	M40	M40		Saltaire Striders	0:50:49	62.57
158	Kevin Blake	M45	M45		South Leeds Lakers Running Club	0:53:25	62.01
159	Michelle Ahern-Gibson	F40	F40		South Leeds Lakers Running Club	0:56:24	61.92
160	Lauren Needham	F35	F35		Slaithwaite Striders	0:55:34	61.77
161	Ali Azfar	M55	M55		Baildon Runners	0:58:08	61.07
162	Martin Ellis	M60	M60		Halifax Harriers & AC	1:01:29	61.00
163	Donna Swales	F45	F45		Abbey Runners	0:59:10	60.86
164	Claire Telford	F40	F45		Rodillian Runners	0:59:13	60.81
165	Rachel Calverley	F50	F50		Slaithwaite Striders	1:04:37	60.66
166	Richard Smith	M75	M75		Holmfirth Harriers AC	1:13:21	60.41
167	Samantha Sugden	F45	F45		Bramley Breezers	1:01:20	60.39
168	Frances Howland	F35	F35		Northowram Pumas Running Club	0:56:41	60.29
169	Theresa Dean	F40	F40		Dewsbury Road Runners	0:57:56	60.28
170	Victoria Mays	F45	F45		Horsforth Harriers	1:01:34	60.16
171	Andrew Smith	M55	M55		Northowram Pumas Running Club	0:58:34	60.08
172	Christine Gale	F50	F50		Stainland Lions Running Club	1:03:48	60.02
173	William Belcher	M60	M60		Bingley Harriers & AC	1:02:43	59.81
174	Steve Bond	M45	M45		Pudsey Pacers RC	0:55:37	59.56
175	Hilary Taylor	F50	F50		Drighlington Dynamos RC	1:05:00	58.91
176	Jonathan Taylor	M50	M50		Stainland Lions Running Club	0:57:26	58.65
177	Neal Rider	M40	M40		Northowram Pumas Running Club	0:52:36	58.56
178	Richard Dawson	M60	M60		Bramley Breezers	1:03:34	57.92
179	Sally Robinson	F55	F55		Baildon Runners	1:09:19	57.89
180	Jacqueline Stack	F55	F55		Horsforth Harriers	1:10:19	57.76
181	Michelle Parker	F35	F35		South Leeds Lakers Running Club	0:59:34	57.62
182	James Ward	M35	M35		Bramley Breezers	0:52:20	57.46
183	Julie Smith	F45	F45		Horsforth Harriers	1:03:24	56.80
184	G Mark Richardson	M65	M65		Dewsbury Road Runners	1:08:19	56.52
185	Lindsay Trelford	F40	F40		South Leeds Lakers Running Club	1:02:44	56.47
186	Paul Cruthers	M60	M60		Sowerby Bridge Snails RC	1:05:44	56.01

187	Jill Jarvis	F40	F40		Bramley Breezers	1:03:15	55.60
188	Martine Hartley	F55	F55		Sowerby Bridge Snails RC	1:13:39	55.15
189	Jodie Smith	F45	F45		Sowerby Bridge Snails RC	1:06:15	54.35
190	Elaine Berrill	F45	F45		Northowram Pumas Running Club	1:08:24	54.15
191	Ella King	F35	F35		Sowerby Bridge Snails RC	1:04:09	53.80
192	Stuart Gall	M45	M45		St. Theresa's AC	1:01:15	52.73
193	Melanie Sutherland	F40	F40		Bramley Breezers	1:08:28	52.16
194	Sarah Alderson	F45	F45		Slaithwaite Striders	1:11:23	51.36
195	Kiron Berrill	M45	M45		Northowram Pumas Running Club	1:03:51	50.59
196	Russell Dyson	M75	M75		Slaithwaite Striders	1:28:12	50.24
197	Jason Duggan	M40	M40		South Leeds Lakers Running Club	1:02:47	50.22
198	Rachel Draper	F35	F35		Slaithwaite Striders	1:09:39	49.55
199	Fiona Waterhouse	F45	F45		Horsforth Harriers	1:14:13	48.95
200	Rachel Roberts	F35	F35		Roundhay Runners	1:14:52	46.10
201	Paul Butterfield	M65	M65		Stainland Lions Running Club	1:28:13	43.77
202	Charlotte Rossi	F35	F35		Morley Running Club	1:20:58	42.21