**YVAA Grand Prix Series 2024**
**Race 6 Individual Results**

**Host Club: Northowram Pumas** **Date: 11/07/24**

| Pos | # | Time | Name | Series Cat | Race Cat | Club | M/F Pos | Cat Pos | Score | Age Score |
|---|---|---|---|---|---|---|---|---|---|---|
| 1 | 309 | 0:35:37 | Andy Smith | M40 | M40 | Slaithwaite Striders | 1 | 1 | 250 | 95.89 |
| 2 | 233 | 0:37:07 | Gavin Mulholland | M50 | M50 | Stainland Lions Running Club | 2 | 1 | 249 | 100.00 |
| 3 | 147 | 0:39:00 | Richard Herrington | M40 | M40 | St. Theresa's AC | 3 | 2 | 248 | 88.30 |
| 4 | 50 | 0:39:26 | Tim Brook | M40 | M40 | Holmfirth Harriers AC | 4 | 3 | 247 | 85.94 |
| 5 | 298 | 0:39:46 | Paul Senior | M45 | M45 | Slaithwaite Striders | 5 | 1 | 246 | 90.22 |
| 6 | 560 | 0:40:02 | Cairn Morrison | M45 | M45 | St. Theresa's AC | 6 | 2 | 245 | 87.39 |
| 7 | 131 | 0:40:11 | Chris Hall | M40 | M40 | Stainland Lions Running Club | 7 | 4 | 244 | 83.03 |
| 8 | 106 | 0:40:17 | Chris Frontczak | M35 | M35 | Slaithwaite Striders | 8 | 1 | 243 | 81.26 |
| 9 | 154 | 0:40:27 | Matthew Holmes | M45 | M45 | Abbey Runners | 9 | 3 | 242 | 87.95 |
| 10 | 293 | 0:40:47 | Paul Sammonds | M35 | M35 | Holmfirth Harriers AC | 10 | 2 | 241 | 81.21 |
| 11 | 194 | 0:41:30 | Martin Klavon | M40 | M40 | Northowram Pumas Running C | 11 | 5 | 240 | 80.39 |
| 12 | 136 | 0:41:52 | Ed Hammerton | M35 | M35 | Slaithwaite Striders | 12 | 3 | 239 | 77.80 |
| 13 | 289 | 0:42:04 | John Robson | M45 | M45 | St. Theresa's AC | 13 | 4 | 238 | 84.57 |
| 14 | 127 | 0:42:09 | Oliver Gregory | M40 | M40 | Farsley Flyers | 14 | 6 | 237 | 81.70 |
| 15 | 81 | 0:42:14 | Simon Donoghue | M55 | M55 | Easingwold Running Club | 15 | 1 | 236 | 91.06 |
| 16 | 300 | 0:42:16 | Thomas Sharp | M45 | M45 | Wakefield District H & AC | 16 | 5 | 235 | 82.10 |
| 17 | 350 | 0:42:23 | Anthony Weston | M50 | M50 | St. Theresa's AC | 17 | 2 | 234 | 85.37 |
| 18 | 305 | 0:42:35 | Gerard Skippins | M50 | M50 | Dewsbury Road Runners | 18 | 3 | 233 | 84.97 |
| 19 | 429 | 0:42:40 | Rhys Brown | M35 | M35 | Horsforth Harriers | 19 | 4 | 232 | 76.72 |
| 20 | 215 | 0:42:50 | Ian Martin | M55 | M55 | Vale of York Athletic Communit | 20 | 2 | 231 | 89.78 |
| 21 | 87 | 0:42:51 | Stuart Dunbar | M60 | M60 | Saltaire Striders | 21 | 1 | 230 | 93.91 |
| 22 | 567 | 0:42:53 | Robert Samuels | M60 | M60 | Pudsey Pacers RC | 22 | 2 | 229 | 95.64 |
| 23 | 271 | 0:43:01 | Mark Pottinger | M40 | M40 | Stainland Lions Running Club | 23 | 7 | 228 | 80.06 |
| 24 | 2 | 0:43:04 | Thomas Alcock | M50 | M50 | Wharfedale Harriers | 24 | 4 | 227 | 84.02 |
| 25 | 277 | 0:43:14 | Simon Purll | M50 | M50 | South Leeds Lakers Running C | 25 | 5 | 226 | 83.69 |

**YVAA Grand Prix Series 2024**
**Race 6 Individual Results**

**Host Club: Northowram Pumas** **Date: 11/07/24**

| Pos | # | Time | Name | Series Cat | Race Cat | Club | M/F Pos | Cat Pos | Score | Age Score |
|---|---|---|---|---|---|---|---|---|---|---|
| 26 | 504 | 0:43:18 | Richard Smith | M45 | M45 | Sowerby Bridge Snails RC | 26 | 6 | 225 | 82.86 |
| 27 | 157 | 0:43:28 | Joanne Horan | F40 | F40 | Queensbury Running Club | 1 | 1 | 250 | 88.99 |
| 28 | 563 | 0:43:43 | David Norris | M50 | M50 | Bingley Harriers & AC | 27 | 6 | 224 | 82.77 |
| 29 | 544 | 0:44:17 | Tim Dean | M45 | M45 | Dewsbury Road Runners | 28 | 7 | 223 | 79.69 |
| 30 | 281 | 0:44:20 | Edward Revell | M45 | M45 | Dewsbury Road Runners | 29 | 8 | 222 | 79.60 |
| 31 | 73 | 0:44:22 | Luke Cranfield | M35 | M35 | Northowram Pumas Running C | 30 | 5 | 221 | 74.19 |
| 32 | 368 | 0:44:27 | Margaret Beever | F45 | F45 | Stainland Lions Running Club | 2 | 1 | 249 | 87.75 |
| 33 | 582 | 0:44:57 | Richard Hand | M40 | M40 | Stainland Lions Running Club | 31 | 8 | 220 | 76.61 |
| 34 | 251 | 0:45:06 | Mark Orbell | M60 | M60 | Pudsey Pacers RC | 32 | 3 | 219 | 88.42 |
| 35 | 68 | 0:45:19 | Steven Cook | M35 | M35 | Slaithwaite Striders | 33 | 6 | 218 | 72.23 |
| 36 | 356 | 0:45:30 | Ian Wilson | M45 | M45 | Dewsbury Road Runners | 34 | 9 | 217 | 78.19 |
| 37 | 263 | 0:45:41 | Damien Pearson | M40 | M40 | Stainland Lions Running Club | 35 | 9 | 216 | 74.18 |
| 38 | 17 | 0:46:12 | Andy Baird | M50 | M50 | Stainland Lions Running Club | 36 | 7 | 215 | 78.98 |
| 39 | 445 | 0:46:21 | Quentin Emery | M55 | M55 | Bingley Harriers & AC | 37 | 3 | 214 | 83.71 |
| 40 | 415 | 0:46:26 | Mark Andrew Smith | M45 | M45 | Horsforth Harriers | 38 | 10 | 213 | 76.61 |
| 41 | 234 | 0:46:39 | Paul Murgatroyd | M55 | M55 | South Leeds Lakers Running C | 39 | 4 | 212 | 83.91 |
| 42 | 229 | 0:46:46 | Jonathan Moon | M35 | M35 | Sowerby Bridge Snails RC | 40 | 7 | 211 | 69.65 |
| 43 | 40 | 0:46:49 | Steve Boom | M55 | M55 | Pudsey Pacers RC | 41 | 5 | 210 | 80.67 |
| 44 | 160 | 0:46:57 | Rachel Howard | F45 | F45 | Stocksbridge RC | 3 | 2 | 248 | 84.59 |
| 45 | 74 | 0:46:58 | Paul Craven | M55 | M55 | Abbey Runners | 42 | 6 | 209 | 81.14 |
| 46 | 137 | 0:47:04 | Aaron Hargreaves | M40 | M40 | Slaithwaite Striders | 43 | 10 | 208 | 71.44 |
| 47 | 203 | 0:47:06 | Martin Lee | M50 | M50 | South Leeds Lakers Running C | 44 | 8 | 207 | 78.80 |
| 48 | 204 | 0:47:23 | Alice Lilley | F35 | F35 | Roundhay Runners | 4 | 1 | 247 | 77.48 |
| 49 | 227 | 0:47:31 | Adam Moger | M45 | M45 | Kirkstall Harriers | 45 | 11 | 206 | 74.87 |
| 50 | 394 | 0:47:36 | Steve Jackson | M45 | M45 | Slaithwaite Striders | 46 | 12 | 205 | 75.38 |

**YVAA Grand Prix Series 2024**
**Race 6 Individual Results**

**Host Club: Northowram Pumas** **Date: 11/07/24**

| Pos | # | Time | Name | Series Cat | Race Cat | Club | M/F Pos | Cat Pos | Score | Age Score |
|---|---|---|---|---|---|---|---|---|---|---|
| 51 | 601 | 0:47:40 | Lottie Ransom | F35 | F35 | Slaithwaite Striders | 5 | 2 | 246 | 77.65 |
| 52 | 312 | 0:47:52 | Paul Smith | M50 | M50 | Valley Striders AC | 47 | 9 | 204 | 77.54 |
| 53 | 61 | 0:48:08 | Jonny Cartwright | M50 | M50 | Northowram Pumas Running C | 48 | 10 | 203 | 77.79 |
| 54 | 525 | 0:48:08 | Gareth Arnold | M45 | M45 | Drighlington Dynamos RC | 49 | 13 | 202 | 73.32 |
| 55 | 188 | 0:48:26 | Peter Kerridge | M55 | M60 | Todmorden Harriers | 50 | 4 | 201 | 81.58 |
| 56 | 53 | 0:48:39 | Nial Bullett | M50 | M50 | Stadium Runners | 51 | 11 | 200 | 74.37 |
| 57 | 180 | 0:48:46 | Martyn Jones | M45 | M45 | South Leeds Lakers Running C | 52 | 14 | 199 | 72.37 |
| 58 | 591 | 0:48:51 | Laura Millington | F35 | F35 | Slaithwaite Striders | 6 | 3 | 245 | 75.15 |
| 59 | 168 | 0:48:54 | David I'Anson | M65 | M65 | St. Theresa's AC | 53 | 1 | 198 | 85.53 |
| 60 | 584 | 0:49:06 | Antony Mawson | M60 | M60 | Pudsey Pacers RC | 54 | 5 | 197 | 80.47 |
| 61 | 201 | 0:49:38 | Becky Lawrence | F45 | F45 | Horsforth Harriers | 7 | 3 | 244 | 79.28 |
| 62 | 320 | 0:49:43 | Shona Stone | F50 | F50 | Bingley Harriers & AC | 8 | 1 | 243 | 83.43 |
| 63 | 193 | 0:49:49 | Graham Kitchen | M60 | M60 | South Leeds Lakers Running C | 55 | 6 | 196 | 80.78 |
| 64 | 295 | 0:50:03 | Paul Sayers | M50 | M50 | Morley Running Club | 56 | 12 | 195 | 74.16 |
| 65 | 358 | 0:50:14 | James Wright | M45 | M45 | Baildon Runners | 57 | 15 | 194 | 71.42 |
| 66 | 568 | 0:50:50 | Jason Shale | M35 | M35 | Bramley Breezers | 58 | 8 | 193 | 64.75 |
| 67 | 338 | 0:51:19 | Liam Tyson | M40 | M40 | Slaithwaite Striders | 59 | 11 | 192 | 67.11 |
| 68 | 260 | 0:51:21 | Andrew Paterson | M55 | M55 | Queensbury Running Club | 60 | 7 | 191 | 76.23 |
| 69 | 538 | 0:51:21 | Stephen Chapman | M55 | M60 | Dewsbury Road Runners | 61 | 7 | 190 | 76.95 |
| 70 | 496 | 0:51:27 | Kate Ritchie | F40 | F40 | Horsforth Harriers | 9 | 2 | 242 | 73.52 |
| 71 | 72 | 0:51:28 | Mark Crabtree | M65 | M65 | Halifax Harriers & AC | 62 | 2 | 189 | 80.48 |
| 72 | 224 | 0:51:36 | Glyn Mitchell | M55 | M55 | Slaithwaite Striders | 63 | 8 | 188 | 75.86 |
| 73 | 600 | 0:51:38 | Scott Prince | M35 | M35 | Bingley Harriers & AC | 64 | 9 | 187 | 63.08 |
| 74 | 169 | 0:51:44 | Michelle Illingworth | F40 | F40 | Dewsbury Road Runners | 10 | 3 | 241 | 74.18 |
| 75 | 78 | 0:51:49 | Andrew Dean | M55 | M55 | Baildon Runners | 65 | 9 | 186 | 72.88 |

**YVAA Grand Prix Series 2024**
**Race 6 Individual Results**

**Host Club: Northowram Pumas** **Date: 11/07/24**

| Pos | # | Time | Name | Series Cat | Race Cat | Club | M/F Pos | Cat Pos | Score | Age Score |
|---|---|---|---|---|---|---|---|---|---|---|
| 76 | 311 | 0:51:53 | Michelle Smith | F40 | F40 | Slaithwaite Striders | 11 | 4 | 240 | 73.42 |
| 77 | 599 | 0:51:56 | Cirilo Palenzuela | M60 | M60 | Crossgates Harriers | 66 | 8 | 185 | 78.97 |
| 78 | 149 | 0:51:58 | Ian Hesselden | M50 | M50 | Sowerby Bridge Snails RC | 67 | 13 | 184 | 71.42 |
| 79 | 532 | 0:52:00 | Lisa Butterill | F50 | F50 | Pudsey Pacers RC | 12 | 2 | 239 | 78.87 |
| 80 | 82 | 0:52:17 | Andy Douglas | M50 | M50 | Horsforth Harriers | 68 | 14 | 183 | 70.37 |
| 81 | 602 | 0:52:25 | Carolan Redfearn | F35 | F35 | Slaithwaite Striders | 13 | 4 | 238 | 71.31 |
| 82 | 407 | 0:53:01 | Robin Naylor | M70 | M70 | Queensbury Running Club | 69 | 1 | 182 | 82.95 |
| 83 | 376 | 0:53:10 | Paul Dixon | M60 | M60 | St. Theresa's AC | 70 | 9 | 181 | 76.42 |
| 84 | 373 | 0:53:16 | Mick Collinson | M65 | M65 | Denby Dale Athletic Club | 71 | 3 | 180 | 79.28 |
| 85 | 438 | 0:53:19 | Suzanne Costello | F40 | F40 | Kippax & District Harriers | 14 | 5 | 237 | 70.95 |
| 86 | 404 | 0:53:28 | David Morley | M65 | M65 | St. Theresa's AC | 72 | 4 | 179 | 78.98 |
| 87 | 187 | 0:53:29 | Rachael Kearns | F35 | F35 | Morley Running Club | 15 | 5 | 236 | 68.64 |
| 88 | 473 | 0:53:32 | Jamie Lund | M50 | M50 | Sowerby Bridge Snails RC | 73 | 15 | 178 | 67.59 |
| 89 | 60 | 0:53:36 | Abigail Carter | F40 | F40 | St. Theresa's AC | 16 | 6 | 235 | 71.59 |
| 90 | 524 | 0:53:37 | Paul Wood | M50 | M50 | Rodillian Runners | 74 | 16 | 177 | 69.23 |
| 91 | 246 | 0:53:40 | Andy Norman | M50 | M50 | Pudsey Pacers RC | 75 | 17 | 176 | 69.16 |
| 92 | 103 | 0:53:49 | Judith Fox | F55 | F55 | Horsforth Harriers | 17 | 1 | 234 | 80.77 |
| 93 | 440 | 0:53:51 | Steven Crowther | M55 | M55 | Stainland Lions Running Club | 76 | 10 | 175 | 72.05 |
| 94 | 334 | 0:53:56 | Melvin Thompson | M50 | M50 | Roberttown Road Runners | 77 | 18 | 174 | 68.22 |
| 95 | 550 | 0:54:03 | Paul Hammond | M60 | M60 | Kippax & District Harriers | 78 | 10 | 173 | 75.17 |
| 96 | 383 | 0:54:22 | Gaby Ferris | F50 | F50 | Stainland Lions Running Club | 18 | 3 | 233 | 77.19 |
| 97 | 444 | 0:54:27 | Patricia Emery | F60 | F60 | Bingley Harriers & AC | 19 | 1 | 232 | 88.25 |
| 98 | 262 | 0:54:47 | Stephen Pattison | M65 | M65 | Pudsey Pacers RC | 79 | 5 | 172 | 76.35 |
| 99 | 163 | 0:54:59 | Helen Hudson | F55 | F55 | Stainland Lions Running Club | 20 | 2 | 231 | 80.98 |
| 100 | 11 | 0:55:11 | Helen Armitage | F55 | F55 | Stainland Lions Running Club | 21 | 3 | 230 | 82.71 |

**YVAA Grand Prix Series 2024**
**Race 6 Individual Results**

**Host Club: Northowram Pumas** **Date: 11/07/24**

| Pos | # | Time | Name | Series Cat | Race Cat | Club | M/F Pos | Cat Pos | Score | Age Score |
|---|---|---|---|---|---|---|---|---|---|---|
| 101 | 189 | 0:55:28 | Tracey Kerridge | F55 | F55 | Sowerby Bridge Snails RC | 22 | 4 | 229 | 81.26 |
| 102 | 343 | 0:55:41 | James Ward | M35 | M35 | Bramley Breezers | 80 | 10 | 171 | 58.49 |
| 103 | 372 | 0:55:43 | Richard Burgess | M50 | M50 | South Leeds Lakers Running C | 81 | 19 | 170 | 67.20 |
| 104 | 31 | 0:55:48 | Jason Beckett | M50 | M50 | Bingley Harriers & AC | 82 | 20 | 169 | 67.10 |
| 105 | 316 | 0:55:58 | Richard Spendlove | M75 | M75 | Stainland Lions Running Club | 83 | 1 | 168 | 87.39 |
| 106 | 259 | 0:56:02 | Elizabeth Parr | F40 | F45 | Slaithwaite Striders | 23 | 4 | 228 | 69.61 |
| 107 | 38 | 0:56:03 | Steve Bond | M45 | M45 | Pudsey Pacers RC | 84 | 16 | 167 | 64.01 |
| 108 | 533 | 0:56:04 | Gary Carlisle | M60 | M60 | Kirkstall Harriers | 85 | 11 | 166 | 71.78 |
| 109 | 345 | 0:56:05 | John Ward | M70 | M70 | Abbey Runners | 86 | 2 | 165 | 79.35 |
| 110 | 406 | 0:56:12 | Pauline Naylor | F60 | F60 | Queensbury Running Club | 24 | 2 | 227 | 85.51 |
| 111 | 457 | 0:56:17 | Helder Goncalves | M45 | M45 | Bingley Harriers & AC | 87 | 17 | 164 | 62.70 |
| 112 | 349 | 0:56:21 | Melanie West | F50 | F50 | Northowram Pumas Running C | 25 | 4 | 226 | 73.61 |
| 113 | 228 | 0:56:21 | Steve Molloy | M60 | M60 | Northowram Pumas Running C | 88 | 12 | 163 | 72.10 |
| 114 | 164 | 0:56:30 | Matthew Hunt | M45 | M45 | Pudsey Pacers RC | 89 | 18 | 162 | 63.50 |
| 115 | 124 | 0:56:43 | Mary Green | F65 | F65 | Bingley Harriers & AC | 26 | 1 | 225 | 88.20 |
| 116 | 431 | 0:56:50 | Ian Budenberg | M55 | M55 | Rodillian Runners | 90 | 11 | 161 | 67.06 |
| 117 | 8 | 0:56:59 | Ruth Anderton | F55 | F55 | Stadium Runners | 27 | 5 | 224 | 79.10 |
| 118 | 361 | 0:57:10 | Kevin Yewlett | M70 | M70 | Holmfirth Harriers AC | 91 | 3 | 160 | 76.93 |
| 119 | 585 | 0:57:11 | Michael Robins | M65 | M65 | Valley Striders AC | 92 | 6 | 159 | 72.43 |
| 120 | 105 | 0:57:31 | Caroline Francis | F55 | F55 | Bingley Harriers & AC | 28 | 6 | 223 | 77.41 |
| 121 | 135 | 0:57:35 | Steve Hallam | M65 | M65 | Stainland Lions Running Club | 93 | 7 | 158 | 71.93 |
| 122 | 107 | 0:57:41 | Carole Fryer | F55 | F55 | Queensbury Running Club | 29 | 7 | 222 | 79.12 |
| 123 | 296 | 0:57:46 | Katherine Scargill | F40 | F40 | Northowram Pumas Running C | 30 | 7 | 221 | 65.48 |
| 124 | 182 | 0:57:49 | Sue Jones | F45 | F45 | Slaithwaite Striders | 31 | 5 | 220 | 70.16 |
| 125 | 447 | 0:57:53 | Marcus Fascione | M60 | M60 | Drighlington Dynamos RC | 94 | 13 | 157 | 69.52 |

**YVAA Grand Prix Series 2024**
**Race 6 Individual Results**

**Host Club: Northowram Pumas** **Date: 11/07/24**

| Pos | # | Time | Name | Series Cat | Race Cat | Club | M/F Pos | Cat Pos | Score | Age Score |
|---|---|---|---|---|---|---|---|---|---|---|
| 126 | 12 | 0:57:57 | Kathy Armitage | F50 | F50 | Stadium Runners | 32 | 5 | 219 | 72.42 |
| 127 | 428 | 0:58:07 | Kevin Blake | M45 | M45 | South Leeds Lakers Running C | 95 | 19 | 156 | 61.74 |
| 128 | 384 | 0:58:09 | Kelly Gabbitas | F40 | F40 | Northowram Pumas Running C | 33 | 8 | 218 | 65.50 |
| 129 | 604 | 0:58:09 | Tim Walker | M55 | M55 | Stainland Lions Running Club | 96 | 12 | 155 | 67.32 |
| 130 | 390 | 0:58:21 | Lisa Heath | F55 | F55 | Pudsey Pacers RC | 34 | 8 | 217 | 76.30 |
| 131 | 442 | 0:58:24 | Kirk Douglas | M55 | M55 | Farsley Flyers | 97 | 13 | 154 | 65.85 |
| 132 | 401 | 0:58:28 | Amy Linley | F35 | F35 | Dewsbury Road Runners | 35 | 6 | 216 | 63.31 |
| 133 | 572 | 0:58:29 | Collette Spencer | F50 | F50 | Northowram Pumas Running C | 36 | 6 | 215 | 70.93 |
| 134 | 238 | 0:58:32 | Lorraine Naylor | F50 | F50 | Stainland Lions Running Club | 37 | 7 | 214 | 72.53 |
| 135 | 441 | 0:58:54 | Andrea Douglas | F45 | F45 | South Leeds Lakers Running C | 38 | 6 | 213 | 68.87 |
| 136 | 301 | 0:59:06 | Nigel Shaw | M60 | M60 | Baildon Runners | 98 | 14 | 153 | 67.47 |
| 137 | 33 | 0:59:23 | Paul Bennett | M60 | M60 | Bramley Breezers | 99 | 15 | 152 | 68.42 |
| 138 | 247 | 0:59:26 | Sarah Norman | F50 | F55 | Pudsey Pacers RC | 39 | 9 | 212 | 73.14 |
| 139 | 19 | 0:59:31 | Aileen Baldwin | F70 | F70 | Stainland Lions Running Club | 40 | 1 | 211 | 91.62 |
| 140 | 543 | 0:59:31 | Theresa Dean | F40 | F40 | Dewsbury Road Runners | 41 | 9 | 210 | 63.56 |
| 141 | 596 | 0:59:38 | James Carter | M55 | M55 | St. Theresa's AC | 100 | 14 | 151 | 63.33 |
| 142 | 357 | 0:59:54 | Paul Winn | M65 | M70 | Holmfirth Harriers AC | 101 | 4 | 150 | 72.67 |
| 143 | 581 | 0:59:58 | Laura Goodwin | F40 | F40 | Stainland Lions Running Club | 42 | 10 | 209 | 64.50 |
| 144 | 222 | 1:00:03 | Neil Midgley | M70 | M70 | Holmfirth Harriers AC | 102 | 5 | 149 | 76.10 |
| 145 | 307 | 1:00:06 | Andrew Smith | M55 | M55 | Northowram Pumas Running C | 103 | 15 | 148 | 63.41 |
| 146 | 286 | 1:00:09 | Karen Riley | F55 | F55 | Slaithwaite Striders | 43 | 10 | 208 | 74.02 |
| 147 | 386 | 1:00:28 | Alun Griffiths | M65 | M65 | Saltaire Striders | 104 | 8 | 147 | 69.17 |
| 148 | 62 | 1:00:34 | Sally Caton | F50 | F50 | Stainland Lions Running Club | 44 | 8 | 207 | 68.49 |
| 149 | 590 | 1:00:41 | Ruth Hodgson | F45 | F45 | Horsforth Harriers | 45 | 7 | 206 | 65.45 |
| 150 | 509 | 1:00:46 | John Sutton | M45 | M45 | South Leeds Lakers Running C | 105 | 20 | 146 | 57.57 |

**YVAA Grand Prix Series 2024**
**Race 6 Individual Results**

**Host Club: Northowram Pumas** **Date: 11/07/24**

| Pos | # | Time | Name | Series Cat | Race Cat | Club | M/F Pos | Cat Pos | Score | Age Score |
|---|---|---|---|---|---|---|---|---|---|---|
| 151 | 186 | 1:00:49 | Jane Kay | F55 | F55 | Baildon Runners | 46 | 11 | 205 | 72.34 |
| 152 | 489 | 1:00:53 | Sophie Payling | F35 | F35 | Horsforth Harriers | 47 | 7 | 204 | 61.06 |
| 153 | 63 | 1:00:55 | Maria Chandler | F50 | F50 | Stainland Lions Running Club | 48 | 9 | 203 | 69.69 |
| 154 | 387 | 1:01:00 | Ian Griffiths | M45 | M45 | Horsforth Harriers | 106 | 21 | 145 | 57.85 |
| 155 | 177 | 1:01:05 | Ian Johnson | M55 | M55 | Stainland Lions Running Club | 107 | 16 | 144 | 63.52 |
| 156 | 27 | 1:01:22 | John Bassinder | M70 | M70 | Stainland Lions Running Club | 108 | 6 | 143 | 70.93 |
| 157 | 464 | 1:01:24 | John Ingles | M55 | M55 | Stainland Lions Running Club | 109 | 17 | 142 | 61.51 |
| 158 | 1 | 1:01:26 | Michelle Ahern-Gibson | F40 | F40 | South Leeds Lakers Running C | 49 | 11 | 202 | 61.57 |
| 159 | 458 | 1:01:27 | Clare Hamer | F45 | F45 | Sowerby Bridge Snails RC | 50 | 8 | 201 | 64.63 |
| 160 | 366 | 1:01:56 | Martin Athey | M40 | M45 | Dewsbury Road Runners | 110 | 22 | 141 | 56.03 |
| 161 | 161 | 1:02:06 | Frances Howland | F35 | F35 | Northowram Pumas Running C | 51 | 8 | 200 | 59.61 |
| 162 | 325 | 1:02:13 | Alan Sykes | M70 | M70 | Northowram Pumas Running C | 111 | 7 | 140 | 72.44 |
| 163 | 145 | 1:02:16 | Mark Henderson | M60 | M60 | Holmfirth Harriers AC | 112 | 16 | 139 | 64.04 |
| 164 | 98 | 1:02:21 | Hazel Fenton | F40 | F40 | Horsforth Harriers | 52 | 12 | 199 | 62.04 |
| 165 | 471 | 1:02:26 | Elaine Lines | F60 | F60 | Drighlington Dynamos RC | 53 | 3 | 198 | 74.99 |
| 166 | 272 | 1:03:01 | Ken Poyner | M65 | M65 | Rothwell Harriers & AC | 113 | 9 | 138 | 68.37 |
| 167 | 314 | 1:03:08 | Michael Speight | M35 | M35 | Pudsey Pacers RC | 114 | 11 | 137 | 51.85 |
| 168 | 400 | 1:03:09 | Janine Lee | F55 | F55 | Crossgates Harriers | 54 | 12 | 197 | 68.83 |
| 169 | 199 | 1:03:16 | Steve Laffey | M60 | M60 | Dewsbury Road Runners | 115 | 17 | 136 | 63.61 |
| 170 | 196 | 1:03:44 | Gini Knight | F65 | F65 | Horsforth Harriers | 55 | 2 | 196 | 77.44 |
| 171 | 313 | 1:03:47 | Andrew Smithson | M55 | M55 | Stadium Runners | 116 | 18 | 135 | 59.75 |
| 172 | 329 | 1:03:53 | Jonathan Taylor | M50 | M50 | Stainland Lions Running Club | 117 | 21 | 134 | 57.12 |
| 173 | 297 | 1:04:04 | Mark Seed | M55 | M55 | Bramley Breezers | 118 | 19 | 133 | 60.03 |
| 174 | 498 | 1:04:23 | Peter Russell | M60 | M60 | Horsforth Harriers | 119 | 18 | 132 | 61.94 |
| 175 | 143 | 1:04:56 | Paul Hayhurst | M50 | M50 | Dewsbury Road Runners | 120 | 22 | 131 | 56.19 |

**YVAA Grand Prix Series 2024**
**Race 6 Individual Results**

**Host Club: Northowram Pumas** **Date: 11/07/24**

| Pos | # | Time | Name | Series Cat | Race Cat | Club | M/F Pos | Cat Pos | Score | Age Score |
|---|---|---|---|---|---|---|---|---|---|---|
| 176 | 10 | 1:05:04 | Nicola Appleyard | F55 | F55 | Sowerby Bridge Snails RC | 56 | 13 | 195 | 70.14 |
| 177 | 148 | 1:05:04 | Caroline Hesselden | F55 | F55 | Sowerby Bridge Snails RC | 57 | 14 | 194 | 66.81 |
| 178 | 181 | 1:05:11 | Philip Jones | M65 | M65 | Baildon Runners | 121 | 10 | 130 | 64.79 |
| 179 | 284 | 1:05:23 | Louise Rigby | F50 | F50 | Slaithwaite Striders | 58 | 10 | 193 | 65.68 |
| 180 | 214 | 1:05:24 | Susan Marsland | F60 | F60 | Slaithwaite Striders | 59 | 4 | 192 | 73.48 |
| 181 | 589 | 1:05:51 | Paul Cruthers | M60 | M60 | Sowerby Bridge Snails RC | 122 | 19 | 129 | 60.56 |
| 182 | 269 | 1:06:01 | Paula Pickersgill | F55 | F55 | Stainland Lions Running Club | 60 | 15 | 191 | 66.64 |
| 183 | 35 | 1:06:08 | Kiron Berrill | M45 | M45 | Northowram Pumas Running C | 123 | 23 | 128 | 52.90 |
| 184 | 328 | 1:06:31 | Hilary Taylor | F50 | F50 | Drighlington Dynamos RC | 61 | 11 | 190 | 62.36 |
| 185 | 576 | 1:06:51 | Steve Woods | M65 | M65 | Pudsey Pacers RC | 124 | 11 | 127 | 62.57 |
| 186 | 23 | 1:07:03 | Lynne Barrett | F65 | F65 | Pudsey Pacers RC | 62 | 3 | 189 | 77.81 |
| 187 | 535 | 1:07:24 | Nicki Cartwright | F45 | F45 | Northowram Pumas Running C | 63 | 9 | 188 | 58.38 |
| 188 | 77 | 1:07:47 | Richard Dawson | M60 | M60 | Bramley Breezers | 125 | 20 | 126 | 58.83 |
| 189 | 170 | 1:08:07 | Nicola Ingle | F50 | F50 | Slaithwaite Striders | 64 | 12 | 187 | 61.61 |
| 190 | 323 | 1:08:35 | Anna Sweeney | F50 | F50 | Horsforth Harriers | 65 | 13 | 186 | 60.48 |
| 191 | 130 | 1:08:40 | Claire Haigh | F35 | F35 | Stainland Lions Running Club | 66 | 9 | 185 | 54.44 |
| 192 | 44 | 1:08:49 | Charlotte Brady | F45 | F45 | Sowerby Bridge Snails RC | 67 | 10 | 184 | 57.71 |
| 193 | 597 | 1:09:05 | Martin Ellis | M60 | M60 | Halifax Harriers & AC | 126 | 21 | 125 | 58.81 |
| 194 | 477 | 1:09:09 | Victoria Mays | F45 | F45 | Horsforth Harriers | 68 | 11 | 183 | 58.02 |
| 195 | 522 | 1:09:15 | David Womersley | M70 | M70 | Horsforth Harriers | 127 | 8 | 124 | 63.50 |
| 196 | 56 | 1:09:25 | Paul Butterfield | M65 | M65 | Stainland Lions Running Club | 128 | 12 | 123 | 60.25 |
| 197 | 592 | 1:09:28 | Helen Noyes | F60 | F60 | Hyde Park Harriers | 69 | 5 | 182 | 67.39 |
| 198 | 414 | 1:09:46 | Julie Smith | F45 | F45 | Horsforth Harriers | 70 | 12 | 181 | 55.91 |
| 199 | 588 | 1:09:50 | Karen Borowski | F50 | F50 | Slaithwaite Striders | 71 | 14 | 180 | 61.49 |
| 200 | 84 | 1:09:51 | Rachel Draper | F35 | F35 | Slaithwaite Striders | 72 | 10 | 179 | 53.52 |

**YVAA Grand Prix Series 2024**
**Race 6 Individual Results**

**Host Club: Northowram Pumas** **Date: 11/07/24**

| Pos | # | Time | Name | Series Cat | Race Cat | Club | M/F Pos | Cat Pos | Score | Age Score |
|---|---|---|---|---|---|---|---|---|---|---|
| 201 | 151 | 1:09:54 | Anthony Hewson | M40 | M40 | Slaithwaite Striders | 129 | 12 | 122 | 48.11 |
| 202 | 380 | 1:10:01 | Katie Edwards-Fox | F40 | F40 | Morley Running Club | 73 | 13 | 178 | 54.03 |
| 203 | 110 | 1:10:11 | Christine Gale | F50 | F50 | Stainland Lions Running Club | 74 | 15 | 177 | 59.10 |
| 204 | 140 | 1:10:14 | Janet Hartley | F65 | F65 | Rothwell Harriers & AC | 75 | 4 | 176 | 70.27 |
| 205 | 25 | 1:10:32 | Charlotte Bartkiw | F45 | F45 | Northowram Pumas Running C | 76 | 13 | 175 | 56.88 |
| 206 | 553 | 1:10:44 | Vicki Hipkiss | F55 | F55 | Kirkstall Harriers | 77 | 16 | 174 | 64.52 |
| 207 | 416 | 1:11:09 | Richard Smith | M75 | M75 | Holmfirth Harriers AC | 130 | 2 | 121 | 67.45 |
| 208 | 111 | 1:11:18 | Stuart Gall | M45 | M45 | St. Theresa's AC | 131 | 24 | 120 | 49.07 |
| 209 | 165 | 1:11:27 | Bill Hunter | M75 | M75 | Holmfirth Harriers AC | 132 | 3 | 119 | 66.01 |
| 210 | 57 | 1:11:27 | Rachel Calverley | F50 | F50 | Slaithwaite Striders | 78 | 16 | 173 | 59.42 |
| 211 | 278 | 1:11:32 | Carol Ramsden | F65 | F65 | Horsforth Harriers | 79 | 5 | 172 | 69.93 |
| 212 | 172 | 1:12:28 | Cheryl Jepson | F35 | F35 | Bingley Harriers & AC | 80 | 11 | 171 | 51.08 |
| 213 | 144 | 1:13:00 | Linda Hayles | F70 | F70 | Stainland Lions Running Club | 81 | 2 | 170 | 72.53 |
| 214 | 59 | 1:13:38 | Linda Carey | F65 | F65 | Baildon Runners | 82 | 6 | 169 | 67.94 |
| 215 | 115 | 1:13:41 | Antony Gibson | M40 | M40 | South Leeds Lakers Running C | 133 | 13 | 118 | 46.74 |
| 216 | 569 | 1:14:11 | Anthony Shaw | M75 | M75 | Kirkstall Harriers | 134 | 4 | 117 | 63.57 |
| 217 | 575 | 1:14:11 | Lindsay Trelford | F40 | F40 | South Leeds Lakers Running C | 83 | 14 | 168 | 51.73 |
| 218 | 264 | 1:14:53 | Valerie Pell | F65 | F65 | St. Theresa's AC | 84 | 7 | 167 | 67.75 |
| 219 | 265 | 1:15:22 | Kate Penrose | F70 | F70 | St. Theresa's AC | 85 | 3 | 166 | 71.27 |
| 220 | 574 | 1:15:36 | Melanie Sutherland | F40 | F40 | Bramley Breezers | 86 | 15 | 165 | 51.16 |
| 221 | 95 | 1:15:44 | Heather Ellis | F50 | F50 | Dewsbury Road Runners | 87 | 17 | 164 | 56.70 |
| 222 | 156 | 1:17:10 | Shelagh Hopkinson | F65 | F65 | Baildon Runners | 88 | 8 | 163 | 67.61 |
| 223 | 603 | 1:17:47 | Jenny Walker | F60 | F60 | Stainland Lions Running Club | 89 | 6 | 162 | 59.43 |
| 224 | 282 | 1:18:13 | G Mark Richardson | M65 | M65 | Dewsbury Road Runners | 135 | 13 | 116 | 53.47 |
| 225 | 388 | 1:18:23 | Carolyn Hargreaves | F65 | F65 | Baildon Runners | 90 | 9 | 161 | 65.63 |

**YVAA Grand Prix Series 2024**
**Race 6 Individual Results**

**Host Club: Northowram Pumas** **Date: 11/07/24**

| Pos | # | Time | Name | Series Cat | Race Cat | Club | M/F Pos | Cat Pos | Score | Age Score |
|---|---|---|---|---|---|---|---|---|---|---|
| 226 | 364 | 1:18:29 | Sarah Alderson | F45 | F45 | Slaithwaite Striders | 91 | 14 | 160 | 50.60 |
| 227 | 239 | 1:18:43 | James Neale | M50 | M50 | South Leeds Lakers Running C | 136 | 23 | 115 | 46.74 |
| 228 | 235 | 1:18:57 | Wendy Murgatroyd | F60 | F60 | South Leeds Lakers Running C | 92 | 7 | 159 | 58.55 |
| 229 | 481 | 1:19:15 | Rachel Neale | F45 | F45 | Drighlington Dynamos RC | 93 | 15 | 158 | 51.19 |
| 230 | 219 | 1:20:46 | Kezzie Medford | F75 | F75 | Pudsey Pacers RC | 94 | 1 | 157 | 73.17 |
| 231 | 205 | 1:20:50 | Anastasia Lincoln | F65 | F65 | Affiliated Individual | 95 | 10 | 156 | 64.55 |
| 232 | 595 | 1:28:13 | Philippa Walton | F55 | F55 | Sowerby Bridge Snails RC | 96 | 17 | 155 | 49.87 |
| 233 | 503 | 1:28:13 | Jodie Smith | F45 | F45 | Sowerby Bridge Snails RC | 97 | 16 | 154 | 44.21 |
| 234 | 462 | 1:28:14 | Martine Hartley | F55 | F55 | Sowerby Bridge Snails RC | 98 | 18 | 153 | 49.86 |
| 235 | 192 | 1:28:15 | Ella King | F35 | F35 | Sowerby Bridge Snails RC | 99 | 12 | 152 | 42.36 |
| 236 | 472 | 1:28:15 | Liz Keyes | F50 | F55 | Sowerby Bridge Snails RC | 100 | 19 | 151 | 49.26 |
| 237 | 91 | 1:32:10 | Russell Dyson | M75 | M75 | Slaithwaite Striders | 137 | 5 | 114 | 52.07 |
| 238 | 436 | 1:39:12 | Julie Clark | F65 | F65 | Sowerby Bridge Snails RC | 101 | 11 | 150 | 51.14 |