

EYXC League Welton

5th February 2017

<u>Pos</u>	<u>Num</u>	<u>M Pos</u>	<u>F Pos</u>	<u>Name</u>	<u>Cat</u>	<u>Club</u>
1	92	1		Phill Taylor	M	Bridlington Road Runners
2	116	2		Danny Brunton	M	Bridlington Road Runners
3	361	3		Adrian Bushby	M45	City of Hull AC
4	395	4		David Ball	M	City of Hull AC
5	324	5		Aubrey Morrell	M45	Beverley AC
6	299	6		Lewis Holloway	M45	Beverley AC
7	252	7		Matty Archibald	M	Goole Viking Striders
8	325	8		Lee Phipp	M	Beverley AC
9	160	9		Shaun Hobson	M40	Driffield Striders
10	369		1	Carla Stansfield	L	City of Hull AC
11	146	10		James Willson	M	Driffield Striders
12	373	11		Stephen Rennie	M60	City of Hull AC
13	322	12		Dave Morrison	M	Beverley AC
14	321	13		Darren Edge	M50	Beverley AC
15	107	14		Scott Hargreaves	M	Bridlington Road Runners
16	414	15		Jim Rogers	M50	City of Hull AC
17	418	16		Nic Harne	M	City of Hull AC
18	59	17		Michael Smith	M	Pocklington Road Runners
19	380	18		Peter Baker	M	City of Hull AC
20	254	19		Matt Shillings	M	Goole Viking Striders
21	159	20		Jazz Edeson	M55	Driffield Striders
22	163	21		Neil Ridsdale	M55	Driffield Striders
23	400	22		Carl Godley	M50	City of Hull AC
24	370		2	Sophie Lee	L	City of Hull AC
25	112	23		Simon Ellerker	M40	Bridlington Road Runners
26	339	24		Mark Dalton	M55	Beverley AC
27	179	25		Tyler Evans	M	Scarborough AC
28	203	26		Chris Duck	M40	Scarborough AC
29	430	27		Jim Harlock	M50	City of Hull AC
30	56	28		Darren Ball	M50	Pocklington Road Runners
31	161	29		Jon Rodger	M45	Driffield Striders
32	43	30		Steven Worth	M	Pocklington Road Runners
33	382	31		Ian Hird	M55	City of Hull AC
34	245	32		Martin Booth	M60	Goole Viking Striders
35	456	33		Dave Stainforth	M45	Selby Striders
36	87	34		Matt Savory	M	Pocklington Road Runners
37	68	35		Richard Ramshaw	M45	Pocklington Road Runners
38	320	36		Andy Johnson	M45	Beverley AC
39	196	37		Richard Maw	M45	Scarborough AC
40	91	38		Josh Taylor	M	Bridlington Road Runners
41	407	39		Steve Glenville	M	City of Hull AC
42	375	40		David Birkin	M40	City of Hull AC
43	97	41		John Potter	M60	Bridlington Road Runners
44	381	42		Paul Cartwright	M60	City of Hull AC
45	182	43		Dale Hepples	M40	Scarborough AC
46	300	44		Dave Brown	M50	Beverley AC
47	152	45		Martin Fenton	M40	Driffield Striders
48	217		3	Rhona Haslam	L35	Scarborough AC
49	436	46		William Miles	M	City of Hull AC
50	129	47		Richard Crawford	M	Bridlington Road Runners
51	362	48		Rupert Wilkes	M45	City of Hull AC
52	154	49		David Parkin	M50	Driffield Striders
53	31	50		Neil Musgrove	M	Selby Striders
54	334	51		Paul Clark	M45	Beverley AC

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55	417	52	Stuart	Lazenby	M50	City of Hull AC	
56	16	53	Adrian	Craven	M45	Selby Striders	
57	21	54	Nic	Tate	M	Selby Striders	
58	246	55	Jonny	McFaul	M	Goole Viking Striders	
59	247	56	Ryan	Hamilton	M	Goole Viking Striders	
60	241	57	Richard	Bramham	M55	Goole Viking Striders	
61	385	58	Stuart	Buchan	M55	City of Hull AC	
62	281	59	Stephen	Walker	M	Beverley AC	
63	377	60	Paul	Bowman	M55	City of Hull AC	
64	291	61	Alan	Flint	M65	Beverley AC	
65	363	62	James	Abel	M55	City of Hull AC	
66	387	63	Yannick	Peron	M45	City of Hull AC	
67	376		4	Pamela	Tarbet	L	City of Hull AC
68	433	64	Colin	Langley	M40	City of Hull AC	
69	189	65	Dave	Shipley	M60	Scarborough AC	
70	54	66	Howard	Cross	M45	Pocklington Road Runners	
71	4		5	Paula	Fenteman	L35	Selby Striders
72	71		6	Pip	Britton	F	Pocklington Road Runners
73	426	67	Marc	Cooper	M	City of Hull AC	
74	390		7	Niki	Whitaker	L40	City of Hull AC
75	208		8	Sue	Haslam	L60	Scarborough AC
76	262	68	Tom	Bramham	M	Goole Viking Striders	
77	251	69	James	Williamson	M	Goole Viking Striders	
78	270		9	Julie	Masterman	L50	Goole Viking Striders
79	93	70	Anthony	Hughes	M45	Bridlington Road Runners	
80	386	71	Ian	McCoid	M55	City of Hull AC	
81	398	72	John	Smith	M60	City of Hull AC	
82	411		10	Hannah	Harne	L	City of Hull AC
83	151	73	Simon	Starrett	M	Driffield Striders	
84	434		11	Mitch	Trainor	L40	City of Hull AC
85	45	74	Nick	Boyd	M40	Pocklington Road Runners	
86	50		12	Emma	Simmons	L35	Pocklington Road Runners
87	89	75	Tristan	Featherby	M	Pocklington Road Runners	
88	153	76	Paul	Goodlass	M45	Driffield Striders	
89	155		13	Zoe	Parkin	L50	Driffield Striders
90	242	77	Dave	Hanney	M60	Goole Viking Striders	
91	186	78	Mark	May	M50	Scarborough AC	
92	24	79	Stephen	Headley	M50	Selby Striders	
93	232		14	Anna	Martin	L	Scarborough AC
94	282	80	Bruce	Woodford	M40	Beverley AC	
95	319	81	Peter	Watkinson	M60	Beverley AC	
96	19	82	Alan	Marshall	M50	Selby Striders	
97	26	83	John	Kees	M45	Selby Striders	
98	41		15	Georgina	Lundy	L	Pocklington Road Runners
99	221	84	David	Field	M50	Scarborough AC	
100	244	85	Steve	Lund	M55	Goole Viking Striders	
101	171	86	Chris	Bourne	M45	Scarborough AC	
102	399		16	Tania	Cream	L50	City of Hull AC
103	40	87	Nick	Summerton	M	Selby Striders	
104	17	88	Phil	Alford	M45	Selby Striders	
105	98		17	Janet	Potter	L60	Bridlington Road Runners
106	318	89	Stephen	Richmond	M60	Beverley AC	
107	431		18	Lucy	Chrost	LU20	City of Hull AC
108	483	90	Glenn	Shelton	M55	Scarborough AC	
109	307		19	Fiona	Holland	L45	Beverley AC

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110	202		20	Fay	Hethershaw	L40	Scarborough AC
111	435	91		Jason	Shakesby	M40	City of Hull AC
112	108	92		Robert	Eyre	M70	Bridlington Road Runners
113	312	93		James	Durham	M	Beverley AC
114	201	94		Mally	Sweetlove	M65	Scarborough AC
115	335		21	Fiona	Oakes	L40	Beverley AC
116	421		22	Sarah	Marshall	L35	City of Hull AC
117	451		23	Lesley	Stainthorpe	L40	Selby Striders
118	28	95		Steve	Ingledew	M60	Selby Striders
119	3		24	Andrea	Whitehead	L	Selby Striders
120	61		25	Jill	Dowson	L50	Pocklington Road Runners
121	36	96		Tim	Heneghan	M45	Selby Striders
122	8		26	Gill	Chatham	L35	Selby Striders
123	121		27	Becky	Gilbank	L	Bridlington Road Runners
124	172		28	Lisa	Bourne	L45	Scarborough AC
125	326		29	Jackie	Hardman	L60	Beverley AC
126	115		30	Cathy	Wood	L35	Bridlington Road Runners
127	253	97		Neil	Stead	M50	Goole Viking Striders
128	337		31	Linda	Pashby	L45	Beverley AC
129	274		32	Rachel	Byas	L50	Goole Viking Striders
130	275		33	Helen	Thompson	L55	Goole Viking Striders
131	394	98		Steve	Coveney	M60	City of Hull AC
132	271		34	Nicole	Masterman	L	Goole Viking Striders
133	118		35	Liz	Stevenson	L35	Bridlington Road Runners
134	120		36	April	Exley	L35	Bridlington Road Runners
135	284		37	Dianne	Coleman	L50	Beverley AC
136	230	99		Dave	Parke	M65	Scarborough AC
137	316		38	Laura	Emms	L	Beverley AC
138	67		39	Sara	Hargreaves	L50	Pocklington Road Runners
139	277		40	Philippa	Oldridge	L	Goole Viking Striders
140	183		41	Lisa	Baker	L35	Scarborough AC
141	218		42	Sally	Kingscott	L50	Scarborough AC
142	408	100		Kevin	McManus	M60	City of Hull AC
143	286		43	Nichola	Riley	L50	Beverley AC
144	207		44	Sam	Shepherdson	L45	Scarborough AC
145	25	101		Paul	Firth	M40	Selby Striders
146	7		45	Debbie	Scott	L50	Selby Striders
147	301		46	Chris	Hemmingway	L55	Beverley AC
148	57	102		Alan	Kendra	M50	Pocklington Road Runners
149	384	103		Jeff	Copping	M65	City of Hull AC
150	263	104		Pete	Shillings	M60	Goole Viking Striders
151	323		47	Kay	Farrow	L60	Beverley AC
152	432		48	Kath	Oliver	L45	City of Hull AC
153	2		49	Sarah	Mason	L45	Selby Striders
154	266	105		Tim	Leighton	M50	Goole Viking Striders
155	42		50	Kim	Raper	L	Pocklington Road Runners
156	166		51	Jo	Hetherington	L	Driffield Striders
157	214		52	Heather	Westron	L35	Scarborough AC
158	480	106		James	Boak	M	Scarborough AC
159	101	107		David	Foster	M60	Bridlington Road Runners
160	393	108		Frank	Harrison	M75	City of Hull AC
161	303		53	Christine	Whitehouse	L60	Beverley AC
162	309		54	Pam	Atkins	L70	Beverley AC
163	222		55	Shirley	Field	L55	Scarborough AC
164	165		56	Mel	Roberts	L45	Driffield Striders

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165	168	57	Trudie	Newlove	L45	Driffield Striders
166	164	58	Vicky	Webster	L45	Driffield Striders
167	128	59	Emily	Harrison	L40	Bridlington Road Runners

START
FITNESS
THE RUNNING SPECIALIST



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Time

31 : 57 M
32 : 15 M
33 : 22 M
33 : 23 M
33 : 35 M
33 : 47 M
33 : 50 M
34 : 02 M
34 : 04 M
34 : 15 F
34 : 27 M
34 : 34 M
34 : 44 M
35 : 05 M
35 : 23 M
35 : 25 M
35 : 33 M
35 : 36 M
35 : 44 M
35 : 47 M
35 : 48 M
36 : 50 M
36 : 00 M
36 : 02 F
36 : 03 M
36 : 08 M
36 : 09 M
36 : 13 M
36 : 20 M
36 : 52 M
36 : 54 M
36 : 57 M
37 : 12 M
37 : 22 M
37 : 28 M
37 : 37 M
37 : 41 M
37 : 43 M
37 : 49 M
37 : 51 M
37 : 53 M
37 : 56 M
38 : 04 M
38 : 42 M
38 : 48 M
38 : 56 M
39 : 01 M
39 : 04 F
39 : 13 M
39 : 31 M
39 : 34 M
39 : 48 M
39 : 52 M
39 : 54 M

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39 : 56 M
40 : 05 M
40 : 39 M
40 : 52 M
40 : 53 M
40 : 57 M
40 : 59 M
41 : 12 M
41 : 14 M
41 : 15 M
41 : 17 M
41 : 22 M
41 : 26 F
41 : 30 M
41 : 31 M
41 : 36 M
41 : 38 F
41 : 41 F
41 : 50 M
41 : 55 F
41 : 59 F
42 : 01 M
42 : 01 M
42 : 02 F
42 : 10 M
42 : 20 M
42 : 26 M
42 : 34 F
42 : 43 M
42 : 52 F
42 : 59 M
43 : 02 F
43 : 20 M
43 : 22 M
44 : 02 F
44 : 11 M
44 : 15 M
44 : 23 M
44 : 31 F
44 : 53 M
44 : 57 M
45 : 10 M
45 : 15 M
45 : 22 F
45 : 40 M
46 : 02 M
46 : 09 M
46 : 15 F
46 : 23 M
46 : 27 M
46 : 42 F
46 : 43 M
46 : 44 F
47 : 14 M
47 : 25 F

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47 : 38 F
48 : 03 M
48 : 09 M
48 : 33 M
48 : 35 M
48 : 48 F
48 : 50 F
49 : 03 F
49 : 04 M
49 : 06 F
49 : 46 F
49 : 55 M
49 : 56 F
49 : 58 F
50 : 00 F
50 : 05 F
50 : 36 F
50 : 40 M
50 : 43 F
50 : 50 F
51 : 43 F
52 : 14 M
52 : 22 F
52 : 43 F
52 : 43 F
52 : 56 F
54 : 02 M
54 : 09 F
54 : 35 F
54 : 44 F
54 : 45 F
54 : 47 F
54 : 49 M
54 : 58 F
55 : 12 F
55 : 25 M
55 : 35 F
55 : 48 F
55 : 52 M
56 : 12 M
56 : 40 M
56 : 43 F
57 : 53 F
58 : 06 F
58 : 13 M
58 : 19 F
59 : 04 F
59 : 26 F
59 : 58 M
60 : 32 M
61 : 28 M
61 : 38 F
62 : 01 F
62 : 54 F
64 : 09 F

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65 : 39 F
66 : 49 F
69 : 34 F