



Saturday 6<sup>th</sup> June 2009

# RESULTS 5k

Posn	Time	Race #	Name	Club	F	Category
1	17.07	453	Rickie Wilson	Harrogate Harriers		
2	17.18	459	James Metcalfe	York Acorn		
3	18.01	454	James Hall	Bingley Harriers		13
4	18.10	462	Thomas Warren			15
5	18.25	461	Paul Stansfield			
6	18.44	481	Pauline Munro	Bingley Harriers	F	O40
7	18.50	487	Lisa Mawer	Wetherby Runners	F	O40
8	19.08	436	Graham Needham	Valley Striders		O50
9	19.52	479	John Holian			O40
10	20.16	486	John Brown			O60
11	20.26	457	Mark Kilner	Dewsbury RR		
12	20.29	445	Laura Burley		F	
13	20.29	446	Andrew Graham	Gosforth		
14	20.44	463	Kersey Harrison			13
15	20.50	443	Tim Pocock	Harrogate Harriers		O40
16	20.50	475	Stephen Crossingham	NYP Tri		O40
17	20.51	465	Peter Edwards	Harrogate Harriers		O40
18	20.58	456	Chris Kilner	Valley Striders		
19	21.03	492	Ben Henshall			13
20	21.08	471	Caroline Lambert	Harrogate Harriers	F	15
21	21.43	460	William Hebblethwaite			14
22	22.07	419	Mark Seymour	Harrogate Harriers		O40
23	22.13	448	Paul Bunce			
24	22.22	417	Eliot Dixon			14
25	20.25	418	Callum Saxon			14
26	20.28	500	Poppy Moore	Wetherby AC	F	13
27	22.33	493	Andrew Soutar			O40
28	22.38	491	Mark Warr			O40
29	22.51	437	Alan Couldwell	Harrogate Harriers		O50
30	22.59	409	Colin Reynolds			O50
31	23.02	429	Jennifer Hall		F	
32	23.33	411	Steven Willson			O40
33	23.38	449	Jonnie Fisk			13
34	23.46	455	Roger Hall	Bingley Harriers		V60

Posn	Time	Race #	Name	Club	F	Category
35	23.49	477	Paul Baxter	Harrogate Harriers		
36	23.50	458	Stephen Wilby	Queensbury RC		V50
37	24.04	422	Neil Warr	Vocalink RC		
38	24.09	424	Ashley Lovenich			
39	24.11	485	Catherine Evans		F	
40	24.12	444	Paul Fairhurst			O40
41	24.17	410	Joshua Willson			12
42	24.20	412	Bill Laughey			O40
43	24.26	430	Jeff Leigh	Harrogate Harriers		O50
44	24.31	432	Sarah Beecher		F	O40
45	24.49	416	Georgia Lightbody		F	14
46	25.03	483	Martin Wright			O40
47	25.06	469	Holly Deane		F	13
48	25.12	426	Linda Richards		F	
49	25.16	472	Theresa Stearn		F	O50
50	25.27	494	Matthew Barton			13
51	25.44	427	Louise Mclennan		F	13
52	25.47	484	Sarah Lloyd		F	
53	25.55	425	Mark Jackson			O50
54	26.01	440	Alison Brister		F	O35
55	26.10	452	Andrew Knight			O50
56	26.23	420	Richard Dean			
57	26.49	441	Duncan White			O50
58	27.03	405	Donald Morgan			O40
59	27.04	473	Chris Wood			O50
60	27.29	495	Terry Barton			O40
61	27.30	496	Sonia Barton		F	O40
62	27.46	435	Anna Clark		F	
63	27.59	433	Colin Coulthurst			O50
64	28.08	464	Simon Bennett			V50
65	28.12	413	Alex Gibson		F	O40
66	28.18	478	Ellie Rainey		F	13
67	29.18	468	Mike Bones			15
68	29.46	434	Kate Mitchell		F	
69	29.52	431	Samantha Parker		F	O40
70	30.00	470	Harry Deane			13
71	30.01	499	Micheal Anderson	Horsforth Harriers		O40
72	30.04	414	James Mulholland			
73	30.07	415	Claire Mulholland		F	
74	30.33	428	Alice Ramsden		F	13
75	30.38	474	Louise Davenport		F	O40
76	30.45	482	Diane Vowles		F	O50
77	30.50	450	Jessica Woodcock		F	
78	30.50	451	Philip Brayshaw			

Posn	Time	Race #	Name	Club	F	Category
79	30.54	467	Stephen Cage			15
80	30.57	421	Charlotte Dean		F	
81	31.10	438	Alison Hailwood		F	O40
82	31.54	489	Naiomi Kempton		F	
83	32.29	488	Jon Garner-Harris			
84	33.05	442	Sue White		F	O50
85	33.53	406	Molly Perry		F	13
86	35.51	447	Morna Rose		F	
87	36.04	408	Rosie McConnell		F	12
88	36.04	407	Olivia Smithson		F	12
89	37.10	480	Christine Petch		F	O50
90	37.17	476	Lorna Johnson		F	O50
91	37.51	439	Lisa Cox		F	O40
92	37.51	423	Samantha Linton		F	O40



*Looking for the perfect partner to your running training? [realbuzzrunbritain.com](http://realbuzzrunbritain.com) is the hub of your running training with race information, online entry, an active and supportive running community, hundreds of running articles and much more...*