

The Helmsley 10k Challenge at Helmsley on Sunday 31st March 2013

Helmsley 10k — FINAL RESULTS

Pos	Num	Name	Cat/Pos	Club	Time	89	237	Henry Aldous-Ball	U17	1	Unattached	45:53
1	268	Shaun O'Grady		New Marske Harriers Club	33:57	90	234	Chris Yates			Unattached	45:55
2	261	Andy Munzer		York Acorn Running Club	34:35	91	156	Cecilia Greasley	L55	1	Unattached	45:59
3	334	Paul Butler	V45	1 Loftus & Whitby	34:49	92	7	Lee Galloway			Unattached	46:00
4	254	Gary Grounds	V40	1 Billingham Marsh House H	35:17	93	197	Allison Rolfe	L45	1	Esk Valley Fell Club	46:05
5	246	Pete Baker		City Of Hull AC	36:07	94	332	James Baller			Unattached	46:06
6	345	Tom Charlton		Unattached	36:09	95	252	Eddie Meehan	V60	1	North York Moors AC	46:12
7	309	Marko Gvero	V40	2 Keighley & Craven Ac	36:15	96	139	Nigel Bower	V60	2	Ripon Runners	46:25
8	247	John Young		Harrogate Harriers	36:20	97	267	David Thompson	V60	3	Quakers Running Club	46:31
9	215	Shaun Lawson		York Acorn Running Club	36:47	98	305	Jennifer McNamara	L	10	Vegan Runners Uk	46:34
10	337	Joathan Davies		Unattached	37:05	99	367	Christopher Davison	V45	11	Unattached	46:38
11	202	Richard Skilbeck	V40	3 Headington RR	37:16	100	948	Fred Collin	V40	13	Unattached	46:49
12	154	Andy Pegg	V40	4 Wolds Vets Running Club	38:04	101	184	Rod Collier	V40	14	Unattached	46:49
13	46	Paul Jones		Elswick Harriers	38:19	102	49	Shaun Smith			Unattached	46:52
14	216	Rory Stead	U20	1 Unattached	38:35	103	354	Andrew Hart			New Marske Harriers Club	46:57
15	335	Rob Williamson	V45	2 Loftus & Whitby	38:47	104	324	Richard Johns	V55	2	Unattached	47:01
16	235	Emma Yates	L40	1 York Knavesmire Harriers	39:03	105	180	Denise Tunstall	L45	2	Teesdale AC	47:12
17	186	Brian Davis		Unattached	39:09	106	340	Neil Disney			Unattached	47:15
18	314	David Botterill	V45	3 City Of York Ac	39:16	107	190	Stuart Jones	V50	11	Unattached	47:22
19	347	Darren Hendley		York Knavesmire Harriers	39:24	108	160	Robert Sanderson	U20	3	Unattached	47:26
20	278	Becky Penty	L	2 York Acorn Running Club	39:34	109	256	Brian Reed			Pickering Running Club	47:27
21	361	Andrew Throup		Easingwold Running Club	39:38	110	168	Catherine Eve	L40	3	Unattached	47:31
22	25	Matthew Middleton		Unattached	39:43	111	240	Phil Hughes-Narborou	V50	12	North York Moors AC	47:45
23	150	Neil Ridsdale	V55	1 Driffild Striders	39:45	112	221	John Lawson	V45	12	Unattached	47:47
24	331	Stephan Tomaszewski	V50	1 Thirsk & Sowerby Harriers	39:51	113	75	Kenny Rae	V45	13	Easingwold Running Club	47:49
25	159	Jon Rodger	V40	5 Driffild Striders	39:55	114	391	David Elkington			Unattached	47:50
26	318	Jazz Edeson	V50	2 Driffild Striders	40:14	115	164	Adam Corcoran			Unattached	47:55
27	171	Graham Harrison		Pickering Running Club	40:19	116	356	Richard Johnson	V40	15	Unattached	47:57
28	209	Richard Bicknell		Unattached	40:28	117	167	Adam Campbell			Unattached	48:01
29	296	Jez Hellewell	V40	6 Ilkley Harriers	40:38	118	341	Andrew Watt			Aspire Fitness	48:02
30	97	Pete Downes	V50	3 York Knavesmire Harriers	40:53	119	30	Matthew Wedgwood	V45	14	Unattached	48:05
31	176	Heather Tuffs	L	3 York Acorn Running Club	40:55	120	353	Nash Docwra	V45	15	Unattached	48:09
32	355	Keith Henderson		Unattached	41:07	121	133	Stuart Hanley	V40	16	Unattached	48:10
33	371	Gordon Baird	V50	4 Middlesbrough & Cleveland H	41:13	122	338	Stephen Burgess	V50	13	Unattached	48:17
34	116	Andy Baker	V45	4 Bridlington Road Runners	41:28	123	418	(No. 418)			Unattached	48:18
35	129	Sam Browes	U20	2 Unattached	41:43	124	123	Georgia Wilkinson	L	13	Easingwold Running Club	48:21
36	339	Chris Dale		Unattached	41:52	125	255	Victoria Fawcett	L40	4	Billingham Marsh House H	48:24
37	91	Richard Hine		Unattached	42:00	126	90	Lauren Eadon	L45	3	Unattached	48:29
38	210	Stephen Phillips	V45	5 York Triathlon Club	42:00	127	172	Anthony Jones	V45	16	Unattached	48:30
39	118	Oliver Hall		Unattached	42:07	128	183	Ian Brown	V50	14	York Acorn Running Club	48:33
40	342	Jonathan Hart		Aspire Fitness	42:07	129	175	James Stockwell			Unattached	48:36
41	169	Richard Eve	V50	5 Unattached	42:07	130	103	Christopher Hutton			Unattached	48:38
42	395	Bryan Dooley		Unattached	42:07	131	72	Michael Ullathorne	V45	17	Unattached	48:39
43	945	Mark Lawson		Unattached	42:23	132	363	Paul Polledo			Unattached	48:40
44	313	Liam Dickson		Unattached	42:29	133	206	Jayne Dale	L50	2	Beverley AC	48:43
45	352	Paul Meigh		Rugby Tri Club	42:33	134	290	Anna Crossland	L	17	Unattached	48:49
46	173	Neil Scruton	V65	1 Scarborough AC	42:39	135	327	Gill Boynton	L50	3	York Acorn Running Club	49:02
47	58	Richard Gover		York Acorn Running Club	42:43	136	74	Gerry Orchard	V55	3	York Acorn Running Club	49:04
48	364	Andrew Kyle		Unattached	42:47	137	366	Andrew Brant	V50	15	Beverley AC	49:04
49	205	Shane Johnson	V40	7 Unattached	43:04	138	165	Mark Palmer			Unattached	49:07
50	166	Jon Purdy	V45	6 Driffild Striders	43:07	139	385	Debbie Dennison	L45	4	Wetherby Runners AC	49:12
51	944	Rob Shaw		Unattached	43:12	140	55	Matthew Clarkson			Billingham Marsh House H	49:15
52	214	Neal Fisher		Sheffield Hallam	43:16	141	242	Jane Cowley	L50	4	Easingwold Running Club	49:16
53	92	Paul Smith	V50	6 Pickering Running Club	43:17	142	88	Debbie Hansell	L45	5	Easingwold Running Club	49:17
54	326	Kristoff Boynton		Unattached	43:25	143	241	M Hughes-Narborough			Unattached	49:20
55	390	Dean Stockwell	V40	8 Esk Valley Fell Club	43:28	144	362	Andy Suggitt	V45	18	Unattached	49:23
56	357	Gary Calton	V45	7 Unattached	43:30	145	312	Michael Ward	V50	16	Unattached	49:31
57	292	Andrew Mason		Unattached	43:30	146	325	Stephen Raisbeck	V60	4	Unattached	49:33
58	38	Rob Lickley		Thirsk & Sowerby Harriers	43:37	147	105	Lisa Briggs	L	22	Dartford Road Runners	49:35
59	192	Charlotte Mason	U20	1 York Acorn Running Club	43:53	148	101	Anne Hartley	L50	5	Easingwold Running Club	49:38
60	370	Rob Evans		Mollington RC	43:57	149	301	Helen Baines	L	24	Unattached	49:43
61	330	Duncan Humphreys		Unattached	44:01	150	282	Verona Petty	L40	5	Bridlington Road Runners	49:46
62	943	Rob Ward		Unattached	44:03	151	98	David O'Byrne	V55	4	Unattached	49:47
63	146	David Lee	V50	7 Unattached	44:04	152	372	Adrian Pearce	V45	19	Unattached	49:48
64	272	Dara Byers		Unattached	44:05	153	947	Nicola Frost	L40	6	Unattached	49:48
65	78	Ben Clarke		Unattached	44:05	154	142	Jonathan Gargan			Unattached	49:49
66	99	Richard Beckett		Unattached	44:07	155	114	George Smith	V65	3	Unattached	49:56
67	10	Mike Boddy	V40	9 Unattached	44:09	156	140	Michael Carter	V65	4	New Marske Harriers Club	49:58
68	316	Andrew Tate	V50	8 Beverley AC	44:10	157	174	Jack Shaw			Unattached	50:00
69	293	Marc Mason	V50	9 North York Moors AC	44:11	158	394	Michael Dooley	V50	17	Unattached	50:01
70	26	Ian Nicholls	V45	8 Unattached	44:13	159	277	James Macdonald	V55	5	York Knavesmire Harriers	50:02
71	274	Heather Halliday	L50	1 Unattached	44:24	160	228	Alex Smethurst	L	27	Unattached	50:09
72	310	Liz Crosland	L40	2 Keighley & Craven Ac	44:30	161	336	Ray Johnstone	V55	6	Ripon Runners	50:10
73	79	Michael Hetherton	V65	2 Pickering Running Club	44:34	162	384	Paul Dennison	V50	18	Wetherby Runners AC	50:14
74	311	Chris Wood		Unattached	44:35	163	34	Diane Waite	L45	6	Stainland Lions	50:14
75	232	James Tattersall		Unattached	44:39	164	33	David Waite	V45	20	Stainland Lions	50:16
76	24	Stephen Green	V40	10 York Knavesmire Harriers	44:40	165	262	Victoria Dickson	L35	2	Unattached	50:21
77	343	Will Stoker		Unattached	44:41	166	119	Fran Jeffery	L	30	Thirsk & Sowerby Harriers	50:27
78	243	Alun Scott	V45	9 Unattached	44:51	167	231	Ken Dart	V60	5	Easingwold Running Club	50:29
79	54	Darren Clarkson		Billingham Marsh House H	45:02	168	185	Mark Cotton	V55	7	Unattached	50:31
80	112	David Paley	V40	11 New Marske Harriers Club	45:02	169	122	Chloe Tucker	L	31	Unattached	50:32
81	147	John Norrey	V50	10 Manx Fell Runners	45:06	170	70	Barry Pickering	V65	5	Selby Striders	50:36
82	125	Paul Wilson	V45	10 Yorkshire Wolds Runners	45:20	171	194	Lennie Bramley			Billingham Marsh House H	50:40
83	5	Richard Goodliffe	V40	12 Unattached	45:35	172	265	Craig Robinson			Billingham Marsh House H	50:41
84	141	Richard Clayton		Unattached	45:37	173	100	Steve Flintoft			Scarborough AC	50:44
85	396	Jonathan Dooley		Unattached	45:38	174	104	Martin Hutton	V50	19	Unattached	50:47
86	31	Charlotte Wilton	L35	1 Unattached	45:39	175	18	Kate Hall	L	32	Easingwold Running Club	50:47
87	195	David Dunn		Unattached	45:47	176	200	Phil Bennett-Britton			Unattached	50:49
88	153	James Westwood		Unattached	45:51	177	201	Tom Bennett-Britton			Unattached	50:52

Results Service by G.J. Fecitt (SportSoft) Tel & Fax 01204 884887, Email: graham@race-results.co.uk
Internet: <http://www.race-results.co.uk> -- full results will be available for downloading tonight

178	281	Anthony Corbett	V45	21	Quakers Running Club	50:52	273	302	Sian Foster	L45	14	Ripon Runners	57:23
179	29	Andrew Tattersall	V45	22	Vocalink Running Club	50:58	274	284	Caroline Dawkins	L	85	Unattached	57:30
180	298	Bryan Miller			Thirsk & Sowerby Harriers	50:58	275	12	Helen Wescott	L45	15	Billingham Marsh House H	57:38
181	40	Michael Skaife	V40	17	Unattached	51:01	276	227	Michael Fryer			Unattached	57:40
182	37	Max Flint	V40	18	Unattached	51:05	277	11	Denise Walker	L45	16	Unattached	57:40
183	294	Paul Cowley	V50	20	Unattached	51:11	278	110	Jo Stabler	L35	10	Unattached	57:41
184	155	Diane Pegg	L40	7	Wolds Vets Running Club	51:13	279	60	Jane Maloney	L50	15	Easingwold Running Club	57:46
185	211	Nichola Swinbourne	L	34	Hartlepool Burn Road H	51:15	280	383	Lindsey Walker	L35	11	Easingwold Running Club	57:52
186	317	Debbie Pickford	L35	3	Unattached	51:27	281	351	Elizabeth Rooke	L	91	Unattached	58:06
187	144	Vicki Howe	L50	6	Unattached	51:32	282	151	Andrew Rutherford			Unattached	58:07
188	163	Samuel Newton	U20	4	Unattached	51:39	283	138	John Smith	V60	9	New Marske Harriers Club	58:17
189	249	David Paver	V55	8	York Acorn Running Club	51:47	284	304	Julie Merrin	L35	12	Ripon Runners	58:21
190	229	Doug Pearce	V40	19	Easingwold Running Club	51:49	285	120	Alice Jones	L35	13	Unattached	58:22
191	399	Ben Glynn			Unattached	51:50	286	275	Sadie Pattison	L	94	Pickering Running Club	58:29
192	111	Richard Stangroom			Unattached	51:53	287	283	Sandra Cass	L45	17	Quakers Running Club	58:43
193	177	Derick Sargent	V45	23	Easingwold Running Club	51:54	288	162	Graham Jordan	V55	11	Unattached	58:45
194	392	Jeff Blackford	V45	24	Unattached	51:56	289	271	Rhiannon Byers	L	96	Unattached	58:53
195	359	Tarik Elharif			Unattached	52:00	290	193	Katherine Moggach	L35	14	Unattached	58:54
196	80	Chris Johnson			Unattached	52:02	291	115	Fiona Vincer	L40	18	Unattached	58:57
197	85	Neil Mayfield	V40	20	Unattached	52:02	292	400	Michael Brand			Unattached	58:57
198	213	Andrew Gray	V40	21	Beverley AC	52:06	293	137	Cathy Moores	L60	2	Wetherby Runners AC	59:03
199	181	Mark Cousins	V40	22	Unattached	52:10	294	382	Catherine Thompson	L	100	Unattached	59:07
200	108	Philip Quintan	V55	9	Esk Valley Fell Club	52:12	295	126	Jayne Gamble	L	101	Unattached	59:07
201	250	Megan Dale	L	37	Unattached	52:14	296	76	Sue Rae	L50	16	Easingwold Running Club	59:16
202	260	Michael Styan	V45	25	Low Fell RC	52:16	297	130	Sarah Greenlaw	L35	15	Unattached	59:22
203	220	Anna Moore	L17	1	Unattached	52:19	298	224	Gary Foster			Unattached	59:25
204	230	Deborah Liddell	L	39	Unattached	52:23	299	21	Bernie Wood	L50	17	Easingwold Running Club	59:26
205	109	Julie Ritchie	L	40	Unattached	52:30	300	320	Ralph Moss	V60	10	Unattached	59:26
206	59	Lara Jeanes	L	41	Unattached	52:30	301	89	Michelle Hawkins	L40	19	Easingwold Running Club	59:41
207	47	Tobias Burckhardt			Unattached	52:41	302	28	Philippa Schofield	L	106	Unattached	59:42
208	128	A Mallorie-Lewis	L40	8	Wetherby Runners AC	52:43	303	121	Neil Jones			Unattached	59:42
209	41	Lesley Clayton	L55	2	Unattached	52:57	304	381	Kevin Brown	V45	29	Unattached	59:54
210	349	Peter Lyth	V50	21	York Knavesmire Harriers	53:02	305	198	Ian Schofield	V50	29	Unattached	1:00:10
211	358	Kerry Seal	L40	9	Unattached	53:12	306	199	Mary Schofield	L45	18	Unattached	1:00:13
212	84	Kerry Whitehead	L	45	Unattached	53:13	307	94	Alan Sims	V60	11	Unattached	1:00:13
213	53	Clare Moffatt	L35	4	Unattached	53:14	308	207	Keith Prytherch	V50	30	Unattached	1:00:13
214	315	Sarah Dixon	L45	7	Easingwold Running Club	53:21	309	51	David Whapples	V45	30	Vocalink Running Club	1:00:17
215	319	Maxine Edeson	L35	5	Driffeld Striders	53:27	310	946	Nicola Hine	L	108	Unattached	1:00:22
216	365	Deborah Brant	L45	8	Beverley AC	53:36	311	368	Amanda McCallum	L40	20	Easingwold Running Club	1:00:22
217	306	Frank Thomas	V50	22	Wolds Vets Running Club	53:39	312	86	Michael Collins	V55	12	York Knavesmire Harriers	1:00:57
218	280	April Corbett	L40	10	Quakers Running Club	53:47	313	238	Zoe Williams	L35	16	Bridlington Road Runners	1:01:02
219	203	Jess Francis	L	51	Unattached	53:49	314	217	Mandy Holah	L40	21	Bridlington Road Runners	1:01:05
220	329	Mark Hudson	V40	23	Unattached	53:52	315	69	Sue Brown	L45	19	Easingwold Running Club	1:01:09
221	136	Lucy Hudson	L40	11	Unattached	53:52	316	308	Rhian Crusher	L40	22	Unattached	1:01:11
222	16	Louise Dykes	L35	6	Billingham Marsh House H	53:58	317	397	Mike Pounton	V45	31	Unattached	1:01:17
223	106	Helen Beal	L50	7	Unattached	53:59	318	253	Charmian Ottaway	L40	23	Unattached	1:01:18
224	44	Ciaron Forrest			Portobello Running Club	54:02	319	333	Geoffrey Davies	V60	12	Unattached	1:01:26
225	93	Liz Matthews	L50	8	York Knavesmire Harriers	54:02	320	297	Claire Gillan	L	115	Thirsk & Sowerby Harriers	1:01:36
226	161	Elizabeth Jordan	L50	9	Billingham Marsh House H	54:05	321	95	Janet Sims	L55	5	Unattached	1:01:40
227	248	Christian Ardissonne			Unattached	54:08	322	208	Alison Prytherch	L50	18	Unattached	1:01:40
228	251	Pennita Wilshire	L	57	Unattached	54:08	323	380	Dawn Butler	L	118	Unattached	1:01:57
229	149	Mark Raven	V50	23	York Knavesmire Harriers	54:10	324	379	Amy Leonard	L	119	Unattached	1:01:57
230	226	Chris Wood	V45	26	Unattached	54:12	325	287	Dean Wise	V55	13	Pickering Running Club	1:02:10
231	212	Greg Swinbourne	V40	24	Hartlepool Burn Road H	54:13	326	87	Anna Fairley	L	120	Unattached	1:02:15
232	182	Sue Bradford	L45	9	Tadcaster Harriers	54:18	327	4	Carmel Moore	L40	24	Unattached	1:02:23
233	187	Louise Dwyer	L45	10	Unattached	54:18	328	3	Helen Farrell	L45	20	Unattached	1:02:23
234	188	Cath Jackson	L40	12	Unattached	54:19	329	279	Hayley Holmes	L40	25	Unattached	1:02:25
235	19	J Harris-Douglas	V45	27	Easingwold Running Club	54:21	330	387	Frances Toynbee	L50	19	Unattached	1:02:26
236	321	Graham Middleton	V60	6	Unattached	54:23	331	127	Lindsey Lambe	L	125	Swaledale Road Runners	1:02:28
237	143	Stephanie Houlston	L35	7	Unattached	54:28	332	388	Lucy Saggars	L40	26	Unattached	1:02:29
238	14	Helen Scott	L35	8	Pickering Running Club	54:29	333	389	Clare Saggars	L	127	Unattached	1:02:30
239	276	Sue Slack	L50	10	Pickering Running Club	54:35	334	303	Hilary Gilliam	L50	20	Ripon Runners	1:02:46
240	225	John Bamford	V50	24	Unattached	54:40	335	295	Linda Coleman	L60	3	Billingham Marsh House H	1:03:37
241	346	John McBurnie			Easingwold Running Club	54:43	336	102	Anna Hazelden	L40	27	Unattached	1:03:48
242	73	Julie Bushell	L45	11	York Acorn Running Club	54:50	337	257	Jeanette Gratton	L55	6	Billingham Marsh House H	1:04:07
243	373	Ian Wardle			Unattached	55:00	338	299	Suzanne Blakey	L40	28	Unattached	1:04:11
244	148	David Parke	V60	7	Scarborough AC	55:08	339	360	Deborah Elharif	L40	29	Unattached	1:04:17
245	386	Elizabeth Siddell	L	65	Unattached	55:09	340	940	Francesca Foster	L	134	Unattached	1:04:19
246	134	Sam Shepherdson	L40	13	Scarborough AC	55:16	341	393	Vanessa Ray	L45	21	Unattached	1:04:22
247	135	Amanda Frost	L40	14	Unattached	55:20	342	307	Tina Thomas	L50	21	Wolds Vets Running Club	1:04:26
248	63	Maureen Medlar	L55	3	York Knavesmire Harriers	55:22	343	178	Nikki Bowden	L35	17	Unattached	1:04:30
249	117	Maeve Curran	L35	9	Unattached	55:28	344	939	Sarah Christie	L40	30	Unattached	1:04:30
250	273	Jacqueline Byers	L50	11	Unattached	55:29	345	124	Lyndra Wilson	L40	31	Yorkshire Wolds Runners	1:04:34
251	375	Beverley Robinson	L50	12	New Zealand	55:29	346	179	Andrea Bulmer	L45	22	Unattached	1:04:46
252	378	Peter Robinson	V50	25	Unattached	55:29	347	219	Coralin Harrison	L65	1	Harrogate Harriers	1:04:52
253	377	Mike Catley			Scunthorpe Tri Club	55:32	348	258	Emma Whitworth	L	142	Quakers Running Club	1:05:02
254	285	Lewis Boshier	U17	2	Quakers Running Club	55:32	349	42	Kath Baxter	L50	22	Bridlington Road Runners	1:05:22
255	286	Michelle Boshier	L40	15	Quakers Running Club	55:33	350	27	Sally Raines	L40	32	Pickering Running Club	1:05:23
256	1	Jon Zigmund	V60	8	Nyp Tri	55:36	351	259	Michael Joyeux			Quakers Running Club	1:05:27
257	81	Ann Long	L60	1	East Hull Harriers	55:57	352	322	Claire Banton	L	145	Unattached	1:06:43
258	82	John Long	V55	10	East Hull Harriers	55:57	353	50	Hilary Turner	L65	2	Pickering Running Club	1:06:46
259	204	Louise Campbell	L40	16	Esk Valley Fell Club	56:00	354	344	Catherine Skinner	L50	23	Easingwold Running Club	1:08:00
260	323	Freddy Berry	V50	26	Denbigh Harriers	56:30	355	71	Jean Pickering	L65	3	Selby Striders	1:08:17
261	270	Fia Brink	L	75	Unattached	56:32	356	348	Samantha Lyth	L45	23	York Knavesmire Harriers	1:08:39
262	269	Karen Thrippleton	L45	12	Unattached	56:36	357	65	Ian Codling	V70	1	Thirsk & Sowerby Harriers	1:08:53
263	328	Katharine Youngs	L	77	Pickering Running Club	56:38	358	113	David Curtis	V70	2	Unattached	1:08:54
264	9	W Temperton-Ball	V45	28	Unattached	56:48	359	289	Carol Howes	L50	24	Billingham Marsh House H	1:11:53
265	77	Eleanor Bryans	L55	4	Unattached	56:52	360	376	Reg Robinson	V55	14	New Zealand	1:12:54
266	369	Helen Barrett	L50	13	Unattached	56:55	361	374	Elizabeth Mallory	L	151	Unattached	1:14:36
267	244	Aimee Lawson	L	80	Unattached	56:59	362	264	Diane Hall	L50	25	New Marske Harriers Club	1:16:28
268	398	Kendra Exley	L45	13	Unattached	57:05	363	266	Cheryl Hepples	L35	18	New Marske Harriers Club	1:16:28
269	61	Andy Wood	V50	27	Easingwold Running Club	57:12	364	263	Graham Hall	V55	15	New Marske Harriers Club	1:18:07
270	300	Gareth Pennell	V50	28	Unattached	57:15	365	350	Pamela Sherlock	L70	1	Thirsk & Sowerby Harriers	1:18:29
271	191	Elaine Kavanagh	L50	14	Tadcaster Harriers	57:17	366	66	Marian Codling	L70	2	Thirsk & Sowerby Harriers	1:18:29
272	52	Fiona Bradshaw	L40	17	Unattached	57:21	367	245	Allison Rae	L45	24	Billingham Marsh House H	1:19:04

Results Service by G.J. Fecitt (SportSoft) Tel & Fax 01204 884887, Email: graham@race-results.co.uk

Internet: <http://www.race-results.co.uk> -- full results will be available for downloading tonight

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