

# YVAA Virtual Grand Prix 2020 Results

			January				
NAME	CLUB	Cat	Result	5K Age Graded	Points	Total Points	Position
Chris Ireland	Sheffield Running Club	60	00:17:47	00:14:28	300	300	1
Stephen Rennie	City of Hull ac	65	00:18:56	00:14:46	299	299	2
Jed Turner	Sheffield Running Club	60	00:18:50	00:15:19	298	298	3
Martin Fillingham	Saltaire Striders	45	00:17:24	00:15:26	297	297	4
Robert Cassy	Sheffield Running Club	40	00:16:32	00:15:26	296	296	5
Colin walker	Pudsey & Bramley	45	00:17:21	00:15:30	295	295	6
Robert Unwin	Longwood Harriers AC	55	00:19:19	00:15:50	294	294	7
Neil Stabbs	Totley AC	40	00:17:15	00:15:53	293	293	8
David Parker	St Theresa's AC	55	00:18:57	00:15:55	292	292	9
Chris Rippon	Wakefield Harriers	50	00:18:40	00:15:56	291	291	10
Steve Boynton	York Acorn Running Club	60	00:20:19	00:15:58	290	290	11
Kevin-malachy Murphy	Harrogate Harriers	60	00:20:25	00:16:03	289	289	12
Paul Richardson	Harrogate Harriers	40	00:17:28	00:16:04	288	288	13
Rob Furness	Wharfedale Harriers	35	00:16:53	00:16:06	287	287	14
Charlie Goodwin	York Knavesmire Harriers	40	00:17:43	00:16:18	286	286	15
Gordon Walmsley	York Knavesmire Harriers	45	00:18:02	00:16:29	285	285	16
John Ward	Abbey Runners	65	00:21:57	00:16:30	284	284	17
Paul Parkins	Saltaire Striders	40	00:17:36	00:16:33	283	283	18
Andrew Hopper	Scarborough AC	50	00:18:59	00:16:35	282	282	19
Mike Keddie	Dewsbury Road Runners	50	00:19:14	00:16:40	281	281	20
Stuart Dunbar	Saltaire Striders	55	00:20:14	00:16:43	280	280	21
Stephen Wolstenholme	Baildon Runners	60	00:20:47	00:16:46	279	279	22
Matthew Holmes	Abbey Runners	40	00:18:15	00:16:48	278	278	23

Steve Lowe	Wakefield Harriers	40	00:18:15	00:16:48	278	278	23
Kevin Dessoy	Holmfirth Harriers	55	00:20:14	00:16:52	276	276	25
Jonathan Legon	Steel City Striders	55	00:20:19	00:16:56	275	275	26
Philip Ambler	Wakefield Harriers	50	00:19:26	00:16:58	274	274	27
Matt Worthington	Sheffield Running Club	35	00:17:37	00:17:02	273	273	28
Brandon Holroyd	holmfirth harriers	45	00:18:57	00:17:04	272	272	29
CHRIS BURKE	Baildon Runners	50	00:19:43	00:17:05	271	271	30
Simon Downs	Kingston upon Hull AC	45	00:18:51	00:17:06	270	270	31
Brendon Smith-Westergaard	Sheffield Running Club	45	00:18:46	00:17:09	269	269	32
Phil Mitchell	Longwood Harriers	40	00:18:14	00:17:09	268	268	33
Graham Justice	City of Hull AC	50	00:19:57	00:17:09	267	267	34
John Robson	St. Theresa's A.C.	45	00:18:49	00:17:11	266	266	35
Mark Holden	Dewsbury Roadrunners	35	00:17:49	00:17:14	265	265	36
Stewart Knowles	Wakefield district harriers AC	45	00:18:53	00:17:15	264	264	37
Andrew Robertson	Scarborough AC	60	00:21:40	00:17:20	263	263	38
Chris smith	Hyde Park harriers	45	00:18:58	00:17:20	263	263	38
Chris Corcoran	Individual (NMAC)	65	00:22:40	00:17:22	261	261	40
Donald Kennedy	Longwood Harriers AC	55	00:20:43	00:17:24	260	260	41
Mark Harney	York Knavesmire Harriers	55	00:20:55	00:17:26	259	259	42
William Allan	Tadcaster Harriers	75	00:25:10	00:17:26	258	258	43
Mathias Hulse	Beverley AC	50	00:20:26	00:17:26	257	257	44
Ralph Barker	Denby Dale A.C.	60	00:22:13	00:17:28	256	256	45
Tim Dean	Dewsbury Road Runners	40	00:18:51	00:17:28	255	255	46
Simon Fielding	Bingley Harriers	55	00:20:59	00:17:29	254	254	47
Stuart Sharp	Holmfirth Harriers AC	35	00:18:23	00:17:32	253	253	48
Ed Mezzetti	City of York AC	40	00:18:40	00:17:33	252	252	49
Rob Kersey	Holmfirth Harriers	70	00:23:41	00:17:36	251	251	50
Steve Hodgkinson	Abbey Runners	60	00:21:50	00:17:36	250	250	51
Steven Curtis	Keighley & Craven AC	60	00:21:44	00:17:40	249	249	52
Adam Moger	Kirkstall Harriers	45	00:19:21	00:17:41	248	248	53
Dave Beech	Steel City Striders	60	00:22:29	00:17:41	248	248	53

Darran Ward	Pudsey Pacers	40	00:18:48	00:17:41	248	248	53
Craig Mitchell	Longwood Harriers	45	00:19:30	00:17:41	245	245	56
RICHARD harrison	South Leeds lakers	40	00:18:55	00:17:47	244	244	57
Michael McGrath	York Knavesmire Harriers	70	00:23:58	00:17:49	243	243	58
Tom Bysouth	Abbey Runners	40	00:19:10	00:17:54	242	242	59
Neil Schofield	Steel City Striders RC	50	00:20:22	00:17:55	241	241	60
Tom Rogerson	Abbey Runners	40	00:19:14	00:17:57	240	240	61
Graham Lake	Otley AC	40	00:19:23	00:17:58	239	239	62
Darren Barnett	Steel city striders	45	00:19:50	00:17:59	238	238	63
Dale Hepples	Scarborough AC	45	00:19:46	00:18:04	237	237	64
Jon Burdon	Holmfirth Harriers	45	00:19:50	00:18:07	236	236	65
Sam Needham	Steel City Striders	35	00:18:58	00:18:13	235	235	66
John Buddle	Baildon Runners	55	00:22:04	00:18:14	234	234	67
Michael Sanderson	Holmfirth Harriers	35	00:18:41	00:18:17	233	233	68
Richard Pegg	Steel City Striders	60	00:22:45	00:18:21	232	232	69
Tim Cowham	York Knavesmire Harriers	50	00:21:13	00:18:23	231	231	70
Damian McQueen	Holmfirth Harriers	45	00:20:27	00:18:25	230	230	71
Alan O'Brien	Kirkstall Harriers	35	00:18:56	00:18:26	229	229	72
Jim Danson	Steel City Striders	40	00:19:48	00:18:29	228	228	73
Mark Whitehouse	Wakefield District Harriers & AC	60	00:22:57	00:18:30	227	227	74
Amir Nanpazi	Sheffield Running Club	40	00:19:50	00:18:31	226	226	75
Peter Young	Wakefield District Harriers & AC	65	00:23:48	00:18:33	225	225	76
Andrew Woffindin	Hillsborough and Rivelin RC	55	00:22:06	00:18:34	224	224	77
David Butt	East Hull Harriers and AC	65	00:24:14	00:18:34	223	223	78
Nick Burns	Steel City Striders	50	00:21:16	00:18:34	222	222	79
Nigel Shaw	Baildon Runners	55	00:22:24	00:18:40	221	221	80
John Kilcoyne	Steel City Striders	40	00:19:51	00:18:40	220	220	81
Matt Tate	Longwood Harriers	45	00:20:30	00:18:44	219	219	82
Donald Johnson	Bingley Harriers & AC	65	00:24:42	00:18:45	218	218	83
Christopher Moss	Sheffield RC	35	00:19:20	00:18:49	217	217	84
Mark Overend	Baildon Runners	40	00:19:59	00:18:56	216	216	85

Adam Sunderland	Holmfirth Harriers	45	00:21:23	00:18:58	215	215	86
Andrew Johnson	Beverley AC	50	00:21:54	00:18:59	214	214	87
Rich Allen	Pudsey Pacers	40	00:20:20	00:18:59	213	213	88
Steve Sole	Kingston Upon Hull AC	45	00:21:33	00:19:07	212	212	89
Philip Jones	Baildon	60	00:24:06	00:19:07	212	212	89
Stephen Wilkinson	Wakefield Harriers	60	00:24:20	00:19:08	210	210	91
Andrew Warrender	South Leeds Lakers Running Club	45	00:21:42	00:19:15	209	209	92
Peter W McCoy	Steel City Striders RC	40	00:20:37	00:19:15	208	208	93
Gareth Irvine	Sheffield running club	40	00:20:52	00:19:21	207	207	94
Steve Richmond	Beverley AC	65	00:24:49	00:19:21	206	206	95
Alun Griffiths	Saltaire Striders	60	00:24:29	00:19:25	205	205	96
Ken Fox	Valley Striders	60	00:24:17	00:19:25	204	204	97
Robert Boughen	Saltaire Striders	50	00:22:47	00:19:26	203	203	98
Adam McAuley	Steel City Striders	50	00:22:22	00:19:32	202	202	99
Michael Hall	Holmfirth Harriers	55	00:23:39	00:19:33	201	201	100
William Overton	Pudsey Pacers	65	00:25:50	00:19:37	200	200	101
Robin Nelson	Steel City Striders RC	45	00:21:53	00:19:42	199	199	102
Michael Ingham	Steel City Striders	70	00:26:32	00:19:43	198	198	103
Craig Levesley	East Hull Harriers	35	00:20:15	00:19:49	197	197	104
James Whittaker	Abbey Runners	50	00:23:06	00:19:52	196	196	105
Martin Stoney	Baildon Runners	45	00:22:06	00:19:54	195	195	106
Tim Holt	Steel City Striders	40	00:21:19	00:19:54	194	194	107
Chris Gregory	York Knavesmire Harriers	40	00:21:02	00:19:55	193	193	108
Tom Bassindale	Steel City Striders	45	00:21:51	00:19:58	192	192	109
Kazuki Morimoto	Abbey Runners	50	00:23:05	00:20:00	191	191	110
Warren Dennison	Roundhay Runners	50	00:23:29	00:20:02	190	190	111
Stephen Tichopad	East Hull Harriers	50	00:23:08	00:20:03	189	189	112
Nicholas Watson	Sheffield Running Club	50	00:23:02	00:20:07	188	188	113
Chris Berry	St Theresa's AC	60	00:25:05	00:20:14	187	187	114
Frank Masley	Saltaire Striders	65	00:26:56	00:20:14	186	186	115
Steve Cronan	East Hull Harriers &AC	65	00:26:59	00:20:17	185	185	116

Paul wray	East hull harriers	45	00:22:38	00:20:22	184	184	117
Paul McWhirter	Sheffield RC	40	00:21:50	00:20:23	183	183	118
Graham Youngson	Loftus and Whitby AC	65	00:26:55	00:20:26	182	182	119
Jeremy Kaye	East Hull Harriers	50	00:23:47	00:20:37	181	181	120
Jonathan Eagle	Horsforth Harriers	60	00:25:23	00:20:38	180	180	121
Mike Moss	Saltaire Striders	65	00:27:00	00:20:41	179	179	122
Jason albrecht	St thereas ac	35	00:21:45	00:20:45	178	178	123
Dominic Camponi	Dewsbury Road Runners	35	00:21:21	00:20:47	177	177	124
Kevin blake	South Leeds Lakers	45	00:23:00	00:20:52	176	176	125
James Hogg	Steel City Striders	35	00:21:34	00:20:52	176	176	125
Martin Dearie	Dewsbury Road Runners	45	00:23:27	00:20:57	174	174	127
Roger Teare	Easingwold running club	65	00:27:41	00:21:01	173	173	128
Mark Orbell	Pudsey Pacers	55	00:25:31	00:21:05	172	172	129
Martin Robson	Pudsey Pacers	50	00:24:44	00:21:06	171	171	130
David Rivers	Kingston upon Hull AC	50	00:24:32	00:21:16	170	170	131
Jonathan Boyle	York Knavesmire Harriers	50	00:25:06	00:21:25	169	169	132
Antony Jones	South Leeds Lakers	40	00:22:53	00:21:31	168	168	133
Ian Blackburn	Steel City Striders	60	00:27:15	00:21:37	167	167	134
Paul Armitage	Stainland Lions Running Club	55	00:26:52	00:22:02	166	166	135
James Wright	Baildon Runners	45	00:24:21	00:22:05	165	165	136
Rob Cooper	Easingwold	55	00:26:22	00:22:09	164	164	137
Reid Haddow	Otley ac	75	00:32:00	00:22:10	163	163	138
Martin Lee	South Leeds Lakers	45	00:25:03	00:22:13	162	162	139
Richard Edwards	Hyde Park Harriers	40	00:24:09	00:22:14	161	161	140
Geoff Perigo	Baildon Runners	60	00:28:11	00:22:21	160	160	141
Peter Robertshaw	Sheffield Running Club	45	00:24:59	00:22:39	159	159	142
Rob Addenbrooke	Sheffield Running Club	35	00:23:43	00:23:13	158	158	143
James Nundy	Kirkstall Harriers	40	00:25:38	00:23:35	157	157	144
Nicholas Wright	Penistone Footpath Runners & AC	50	00:27:11	00:23:45	156	156	145
David Bower	Saltaire Striders	55	00:29:22	00:24:16	155	155	146
Nigel fuller	St. Theresa's	40	00:26:40	00:24:32	154	154	147

Dave Lonsdale	Baildon Runners	50	00:29:13	00:24:56	153	153	148
Mark Wilson	Dewsbury Road Runners	45	00:28:12	00:25:00	152	152	149
Dave Allemby	Barnsley AC	60	00:31:52	00:25:03	151	151	150
Steve Hargreaves	Baildon runners	35	00:26:04	00:25:13	150	150	151
Stuart Gall	North Leeds Fell Runners	40	00:29:20	00:27:23	149	149	152
Mohanlal Mistry	Saltaire Striders	55	00:34:11	00:28:01	148	148	153
Paul Hayhurst	Dewsbury Road Runners	45	00:31:20	00:28:12	147	147	154
Paul Adams	York Knavesmire Harriers	70	00:39:58	00:29:42	146	146	155
Andrew Marston	South Leeds Lakers	35	00:33:20	00:32:01	145	145	156
Kevin Stone	South Leeds Lakers	65	00:43:18	00:33:45	144	144	157
John Howsham	Penistone footpath runners	###	00:21:31	#N/A	0	0	158
Paul Bennett	Bramley Breezers	###	00:24:12	#N/A	0	0	159
Steve Hallam	Stainland Lions Running Club	###	00:22:55	#N/A	0	0	160

# YVAA Virtual Grand Prix 2020 Results

			January				
NAME	CLUB	Cat	5k Result	5K Age Graded	Points	Total Points	Position
Sue Haslam	Scarborough A C	65	00:21:27	00:15:50	200	200	1
Treena Johnson	Dewsbury Road Runners	55	00:19:46	00:15:56	199	199	2
Dorothy Kesterton	Steel City Striders	65	00:23:36	00:16:58	198	198	3
Lesley Watson	Bingley	45	00:18:42	00:17:04	197	197	4
Shirley Oglesby	East Hull Harriers	65	00:24:02	00:17:17	196	196	5
Jane Hamp	Scarborough	60	00:22:54	00:17:34	195	195	6
Rhona Marshall	Scarborough AC	35	00:18:42	00:18:18	194	194	7
Julia Jagger	Holmfirth Harriers AC	35	00:18:38	00:18:24	193	193	8
Christophe Martyn	Pudsey Pacers	50	00:21:33	00:18:25	192	192	9
Madeleine Stansfield	Dewsbury Road Runners	65	00:25:26	00:18:32	191	191	10
Caroline Brock	Steel City Striders	35	00:18:47	00:18:36	190	190	11
Helen Beck	Wakefield & District Harriers	40	00:19:11	00:18:40	189	189	12
Kirsty Allen	Baildon Runners	45	00:20:24	00:18:49	188	188	13
Angie Dales	Wakefield Harriers & Athletics Clu	45	00:20:39	00:18:51	187	187	14
Karen Sinkinson	Holmfirth Harriers	55	00:23:37	00:19:03	186	186	15
Barbara Lee	Baildon Runners	65	00:25:52	00:19:06	185	185	16
Elaine Stewart	Holmfirth Harriers	60	00:25:17	00:19:24	184	184	17
Lisa Stansbie	Abbey Runners	45	00:20:55	00:19:29	183	183	18
Kate Scott	Steel City Striders	55	00:23:31	00:19:39	182	182	19
Ruth Muir	St Therasas Athletic Club	40	00:20:29	00:19:42	181	181	20
Linda Tichopad	East Hull Harriers & AC	60	00:25:13	00:19:51	180	180	21
jan suddaby	east hull harriers	55	00:23:46	00:19:51	179	179	22
Rachel Rose	Sheffield RC	35	00:20:10	00:19:54	178	178	23

Emma Lavelle-Wood	Fellandale	45	00:21:25	00:19:57	177	177	24
Sarah O'Sullivan	Keighley and Craven AC	40	00:21:11	00:20:04	176	176	25
Stephanie Street	Steel City Striders	60	00:26:34	00:20:08	175	175	26
Joanna Hobson	Otley AC	60	00:25:46	00:20:17	174	174	27
Jane Morby	York Knavesmire Harriers	55	00:25:10	00:20:18	173	173	28
Helen Armitage	Stainland Lions Running Club	55	00:24:23	00:20:22	172	172	29
Lynne Barrett	Pudsey Pacers	65	00:27:16	00:20:24	171	171	30
Dawn Broom	Penistone Footpath Runners	55	00:24:39	00:20:36	170	170	31
Maria Harron	Stainland Lions	45	00:22:35	00:20:37	169	169	32
Denise Johnson	Baildon Runners	60	00:26:13	00:20:38	168	168	33
Pauline Foot	York Knavesmire Harriers	55	00:24:38	00:20:49	167	167	34
Jacqui Herring	Steel City Striders	45	00:22:40	00:20:55	166	166	35
Marion Muir	Kirkstall harriers	45	00:22:24	00:21:03	165	165	36
Louise O'Brien	Horsforth Fellandale	45	00:22:58	00:21:11	164	164	37
Jessica McMullan	Roundhay Runners	40	00:21:55	00:21:13	163	163	38
Jenny Steele	York Knavesmire Harriers	55	00:25:13	00:21:19	162	162	39
Emma Stoney	Baildon Runners	40	00:22:14	00:21:23	161	161	40
Beckie May	Scarborough AC	50	00:24:13	00:21:24	160	160	41
Jane Oughton	Abbey Runners	60	00:27:15	00:21:27	159	159	42
Joy Good	Pudsey Pacers RC	65	00:30:02	00:21:35	158	158	43
Catherine McKeown	Steel City Striders	50	00:24:44	00:21:37	157	157	44
Liz Gilley	York Acorn	40	00:22:42	00:21:58	156	156	45
Hayley Jackson	York Knavesmire Harriers	40	00:23:20	00:22:17	155	155	46
Liz Willis	Abbey Runners	55	00:26:49	00:22:24	154	154	47
Sheena Woodhead	Steel City Striders RC	70	00:32:41	00:22:33	153	153	48
Michelle Eyres	Saltaire striders	55	00:28:00	00:22:35	152	152	49
Claire Jones	South Leeds Lakers	45	00:24:02	00:22:35	151	151	50
Stephanie Cooper	Easingwold	50	00:26:35	00:22:43	150	150	51
Sarah Norman	Pudsey Pacers	50	00:25:43	00:22:44	149	149	52
Jackie Walters	Baildon Runners	70	00:33:03	00:22:48	148	148	53
caroline fuller	city of sheffield and dearne ac	55	00:28:21	00:22:52	147	147	54



shelagh hopkinson	baildon runners	65	00:31:01	00:22:54	146	146	55
Loretta Robson	Pudsey Pacers	55	00:27:06	00:22:54	145	145	56
Debbie Jacketts	East Hull Harriers	45	00:25:05	00:23:22	144	144	57
sylvia ross	saltaire striders	70	00:34:58	00:23:26	143	143	58
Kate Walter	Baildon Runners	60	00:29:35	00:23:34	142	142	59
Leila Kara	Valley Striders	55	00:28:28	00:23:47	141	141	60
Vicky Houghton	Hyde Park Harriers	35	00:24:19	00:23:48	140	140	61
Julia Sheer	Abbey runners	45	00:25:27	00:23:55	139	139	62
Christine Booth	Steel City Striders RC	45	00:25:42	00:23:56	138	138	63
Geraldine Jennings	South Leeds lakers	50	00:28:01	00:23:57	137	137	64
Teresa Huntley	York Knavesmire Harriers	55	00:29:40	00:24:12	136	136	65
Emma Hartley	York Knavesmire Harriers	40	00:25:03	00:24:23	135	135	66
Sara Dyer	Valley Striders	60	00:32:09	00:24:59	134	134	67
Becky Wolski	Baildon Runners	35	00:25:34	00:25:14	133	133	68
Nicola hanson	York Knavesmire harriers	50	00:28:35	00:25:16	132	132	69
Fran Guy	Saltaire Striders	50	00:29:14	00:25:16	131	131	70
Natasha Hinton	Sheffield running club	45	00:28:23	00:25:38	130	130	71
Sharon Bottomley	South Leeds Lakers	40	00:26:43	00:25:51	129	129	72
Ursula Clarke	Baildon runners	55	00:30:39	00:25:54	128	128	73
Jacqueline Howsham	Penistone Footpath Runners	55	00:31:03	00:25:56	127	127	74
Janet Bower	Saltaire Striders	50	00:30:25	00:26:00	126	126	75
Sarah Denman	St Therasas AC	35	00:26:59	00:26:24	125	125	76
Linda Carey	Baildon Runners	60	00:34:40	00:26:36	124	124	77
Janet Ashton	Pudsey Pacers	50	00:30:35	00:26:44	123	123	78
Suzanne Fennell	Dewsbury Road Runners	45	00:29:41	00:26:49	122	122	79
Sarah Percival	Steel City Striders	40	00:28:33	00:27:27	121	121	80
Caroline Brash	Steel City Striders	45	00:29:33	00:27:31	120	120	81
Susan Adams	York Knavesmire Harriers	65	00:38:22	00:27:35	119	119	82
Urmila Mistry	Saltaire Striders	55	00:33:50	00:27:36	118	118	83
Dawn Berry	Holmfirth Harriers	55	00:33:27	00:28:16	117	117	84
Nancy Stuart	Steel City Striders	40	00:29:17	00:28:20	116	116	85

Theresa Tate	Dewsbury Road Runners	35	00:29:22	00:28:52	115	115	86
Elaine Shortridge	Sheffield RC	50	00:33:03	00:29:13	114	114	87
Michelle Dare	Pudsey Pacers	55	00:36:21	00:29:19	113	113	88
Samantha Dearden	South Leeds Lakers	45	00:31:52	00:29:24	112	112	89
Karen Ingham	South Leeds Lakers	45	00:31:41	00:29:31	111	111	90
Sara Potter	Pudsey Pacers	40	00:30:46	00:29:35	110	110	91
Claire Dearie	Dewsbury Road Runners	45	00:32:51	00:30:18	109	109	92
Sara Corker	Sheffield RC	45	00:37:56	00:34:16	108	108	93
Claire Hougham	Hyde Park Harriers	40	00:36:17	00:34:39	107	107	94
Anastasia Lincoln	Idle AC	65	00:48:02	00:35:56	106	106	95
Rebecca Pierce	Sheffield RC	50	00:45:24	00:38:48	105	105	96
Juliette Ward	Pudsey Pacers	35	00:40:55	00:40:02	104	104	97
Alice Buttle	Meltham AC	###	00:24:08	#N/A	0	0	98

NAME	CLUB	Sex	AgeGroup	5k RESULT	AGE GRADED	Performance	Points
Chris Ireland	Sheffield Running Club	M	60	00:17:47	14:28	<b>89.79%</b>	300
Stephen Rennie	City of Hull ac	M	65	00:18:56	14:46	<b>87.96%</b>	299
Jed Turner	Sheffield Running Club	M	60	00:18:50	15:19	<b>84.78%</b>	298
Martin Fillingham	Saltaire Striders	M	45	00:17:24	15:26	<b>84.14%</b>	297
Robert Cassy	Sheffield Running Club	M	40	00:16:32	15:26	<b>84.10%</b>	296
Colin walker	Pudsey & Bramley	M	45	00:17:21	15:30	<b>83.75%</b>	295
Robert Unwin	Longwood Harriers AC	M	55	00:19:19	15:50	<b>81.99%</b>	294
Neil Stabbs	Totley AC	M	40	00:17:15	15:53	<b>81.78%</b>	293
David Parker	St Theresa's AC	M	55	00:18:57	15:55	<b>81.57%</b>	292
Chris Rippon	Wakefield Harriers	M	50	00:18:40	15:56	<b>81.51%</b>	291
Steve Boynton	York Acorn Running Club	M	60	00:20:19	15:58	<b>81.27%</b>	290
Kevin-malachy Murphy	Harrogate Harriers	M	60	00:20:25	16:03	<b>80.87%</b>	289
Paul Richardson	Harrogate Harriers	M	40	00:17:28	16:04	<b>80.77%</b>	288
Rob Furness	Wharfedale Harriers	M	35	00:16:53	16:06	<b>80.63%</b>	287
Charlie Goodwin	York Knavesmire Harriers	M	40	00:17:43	16:18	<b>79.63%</b>	286
Gordon Walmsley	York Knavesmire Harriers	M	45	00:18:02	16:29	<b>78.81%</b>	285
John Ward	Abbey Runners	M	65	00:21:57	16:30	<b>78.71%</b>	284
Paul Parkins	Saltaire Striders	M	40	00:17:36	16:33	<b>78.44%</b>	283
Andrew Hopper	Scarborough AC	M	50	00:18:59	16:35	<b>78.31%</b>	282
Mike Keddie	Dewsbury Road Runners	M	50	00:19:14	16:40	<b>77.89%</b>	281
Stuart Dunbar	Saltaire Striders	M	55	00:20:14	16:43	<b>77.64%</b>	280
Stephen Wolstenholme	Baildon Runners	M	60	00:20:47	16:46	<b>77.47%</b>	279
Matthew Holmes	Abbey Runners	M	40	00:18:15	16:48	<b>77.30%</b>	278
Steve Lowe	Wakefield Harriers	M	40	00:18:15	16:48	<b>77.30%</b>	278
Kevin Dessoy	Holmfirth Harriers	M	55	00:20:14	16:52	<b>77.01%</b>	276
Jonathan Legon	Steel City Striders	M	55	00:20:19	16:56	<b>76.70%</b>	275
Philip Ambler	Wakefield Harriers	M	50	00:19:26	16:58	<b>76.49%</b>	274
Matt Worthington	Sheffield Running Club	M	35	00:17:37	17:02	<b>76.20%</b>	273
Brandon Holroyd	holmfirth harriers	M	45	00:18:57	17:04	<b>76.11%</b>	272
CHRIS BURKE	Baildon Runners	M	50	00:19:43	17:05	<b>75.98%</b>	271
Simon Downs	Kingston upon Hull AC	M	45	00:18:51	17:06	<b>75.95%</b>	270

Brendon Smith-Westergaard	Sheffield Running Club	M	45	00:18:46	17:09	<b>75.73%</b>	269
Phil Mitchell	Longwood Harriers	M	40	00:18:14	17:09	<b>75.72%</b>	268
Graham Justice	City of Hull AC	M	50	00:19:57	17:09	<b>75.67%</b>	267
John Robson	St. Theresa's A.C.	M	45	00:18:49	17:11	<b>75.52%</b>	266
Mark Holden	Dewsbury Roadrunners	M	35	00:17:49	17:14	<b>75.34%</b>	265
Stewart Knowles	Wakefield district harriers AC	M	45	00:18:53	17:15	<b>75.26%</b>	264
Andrew Robertson	Scarborough AC	M	60	00:21:40	17:20	<b>74.93%</b>	263
Chris smith	Hyde Park harriers	M	45	00:18:58	17:20	<b>74.93%</b>	263
Chris Corcoran	Individual (NMAC)	M	65	00:22:40	17:22	<b>74.76%</b>	261
Donald Kennedy	Longwood Harriers AC	M	55	00:20:43	17:24	<b>74.62%</b>	260
Mark Harney	York Knavesmire Harriers	M	55	00:20:55	17:26	<b>74.50%</b>	259
William Allan	Tadcaster Harriers	M	75	00:25:10	17:26	<b>74.49%</b>	258
Mathias Hulse	Beverley AC	M	50	00:20:26	17:26	<b>74.46%</b>	257
Ralph Barker	Denby Dale A.C.	M	60	00:22:13	17:28	<b>74.32%</b>	256
Tim Dean	Dewsbury Road Runners	M	40	00:18:51	17:28	<b>74.30%</b>	255
Simon Fielding	Bingley Harriers	M	55	00:20:59	17:29	<b>74.26%</b>	254
Stuart Sharp	Holmfirth Harriers AC	M	35	00:18:23	17:32	<b>74.05%</b>	253
Ed Mezzetti	City of York AC	M	40	00:18:40	17:33	<b>73.96%</b>	252
Rob Kersey	Holmfirth Harriers	M	70	00:23:41	17:36	<b>73.75%</b>	251
Steve Hodgkinson	Abbey Runners	M	60	00:21:50	17:36	<b>73.74%</b>	250
Steven Curtis	Keighley & Craven AC	M	60	00:21:44	17:40	<b>73.47%</b>	249
Adam Moger	Kirkstall Harriers	M	45	00:19:21	17:41	<b>73.44%</b>	248
Dave Beech	Steel City Striders	M	60	00:22:29	17:41	<b>73.44%</b>	248
Darran Ward	Pudsey Pacers	M	40	00:18:48	17:41	<b>73.44%</b>	248
Craig Mitchell	Longwood Harriers	M	45	00:19:30	17:41	<b>73.42%</b>	245
RICHARD harrison	South Leeds lakers	M	40	00:18:55	17:47	<b>72.98%</b>	244
Michael McGrath	York Knavesmire Harriers	M	70	00:23:58	17:49	<b>72.88%</b>	243
Tom Bysouth	Abbey Runners	M	40	00:19:10	17:54	<b>72.55%</b>	242
Neil Schofield	Steel City Striders RC	M	50	00:20:22	17:55	<b>72.43%</b>	241
Tom Rogerson	Abbey Runners	M	40	00:19:14	17:57	<b>72.30%</b>	240
Graham Lake	Otley AC	M	40	00:19:23	17:58	<b>72.26%</b>	239
Darren Barnett	Steel city striders	M	45	00:19:50	17:59	<b>72.18%</b>	238

Dale Hepples	Scarborough AC	M	45	00:19:46	18:04	<b>71.89%</b>	237
Jon Burdon	Holmfirth Harriers	M	45	00:19:50	18:07	<b>71.65%</b>	236
Sam Needham	Steel City Striders	M	35	00:18:58	18:13	<b>71.27%</b>	235
John Buddle	Baildon Runners	M	55	00:22:04	18:14	<b>71.19%</b>	234
Michael Sanderson	Holmfirth Harriers	M	35	00:18:41	18:17	<b>70.98%</b>	233
Richard Pegg	Steel City Striders	M	60	00:22:45	18:21	<b>70.77%</b>	232
Tim Cowham	York Knavesmire Harriers	M	50	00:21:13	18:23	<b>70.61%</b>	231
Damian McQueen	Holmfirth Harriers	M	45	00:20:27	18:25	<b>70.53%</b>	230
Alan O'Brien	Kirkstall Harriers	M	35	00:18:56	18:26	<b>70.45%</b>	229
Jim Danson	Steel City Striders	M	40	00:19:48	18:29	<b>70.23%</b>	228
Mark Whitehouse	Wakefield District Harriers & AC	M	60	00:22:57	18:30	<b>70.15%</b>	227
Amir Nanpazi	Sheffield Running Club	M	40	00:19:50	18:31	<b>70.11%</b>	226
Peter Young	Wakefield District Harriers & AC	M	65	00:23:48	18:33	<b>69.97%</b>	225
Andrew Woffindin	Hillsborough and Rivelin RC	M	55	00:22:06	18:34	<b>69.95%</b>	224
David Butt	East Hull Harriers and AC	M	65	00:24:14	18:34	<b>69.92%</b>	223
Nick Burns	Steel City Striders	M	50	00:21:16	18:34	<b>69.90%</b>	222
Nigel Shaw	Baildon Runners	M	55	00:22:24	18:40	<b>69.56%</b>	221
John Kilcoyne	Steel City Striders	M	40	00:19:51	18:40	<b>69.55%</b>	220
Matt Tate	Longwood Harriers	M	45	00:20:30	18:44	<b>69.32%</b>	219
Donald Johnson	Bingley Harriers & AC	M	65	00:24:42	18:45	<b>69.24%</b>	218
Christopher Moss	Sheffield RC	M	35	00:19:20	18:49	<b>68.99%</b>	217
Mark Overend	Baildon Runners	M	40	00:19:59	18:56	<b>68.60%</b>	216
Adam Sunderland	Holmfirth Harriers	M	45	00:21:23	18:58	<b>68.47%</b>	215
Andrew Johnson	Beverley AC	M	50	00:21:54	18:59	<b>68.40%</b>	214
Rich Allen	Pudsey Pacers	M	40	00:20:20	18:59	<b>68.39%</b>	213
Steve Sole	Kingston Upon Hull AC	M	45	00:21:33	19:07	<b>67.94%</b>	212
Philip Jones	Baildon	M	60	00:24:06	19:07	<b>67.94%</b>	212
Stephen Wilkinson	Wakefield Harriers	M	60	00:24:20	19:08	<b>67.86%</b>	210
Andrew Warrender	South Leeds Lakers Running Club	M	45	00:21:42	19:15	<b>67.47%</b>	209
Peter W McCoy	Steel City Striders RC	M	40	00:20:37	19:15	<b>67.45%</b>	208
Gareth Irvine	Sheffield running club	M	40	00:20:52	19:21	<b>67.12%</b>	207
Steve Richmond	Beverley AC	M	65	00:24:49	19:21	<b>67.11%</b>	206

Alun Griffiths	Saltaire Striders	M	60	00:24:29	19:25	<b>66.87%</b>	205
Ken Fox	Valley Striders	M	60	00:24:17	19:25	<b>66.86%</b>	204
Robert Boughen	Saltaire Striders	M	50	00:22:47	19:26	<b>66.78%</b>	203
Adam McAuley	Steel City Striders	M	50	00:22:22	19:32	<b>66.46%</b>	202
Michael Hall	Holmfirth Harriers	M	55	00:23:39	19:33	<b>66.42%</b>	201
William Overton	Pudsey Pacers	M	65	00:25:50	19:37	<b>66.20%</b>	200
Robin Nelson	Steel City Striders RC	M	45	00:21:53	19:42	<b>65.91%</b>	199
Michael Ingham	Steel City Striders	M	70	00:26:32	19:43	<b>65.83%</b>	198
Craig Levesley	East Hull Harriers	M	35	00:20:15	19:49	<b>65.49%</b>	197
James Whittaker	Abbey Runners	M	50	00:23:06	19:52	<b>65.35%</b>	196
Martin Stoney	Baldon Runners	M	45	00:22:06	19:54	<b>65.26%</b>	195
Tim Holt	Steel City Striders	M	40	00:21:19	19:54	<b>65.23%</b>	194
Chris Gregory	York Knavesmire Harriers	M	40	00:21:02	19:55	<b>65.18%</b>	193
Tom Bassindale	Steel City Striders	M	45	00:21:51	19:58	<b>65.04%</b>	192
Kazuki Morimoto	Abbey Runners	M	50	00:23:05	20:00	<b>64.90%</b>	191
Warren Dennison	Roundhay Runners	M	50	00:23:29	20:02	<b>64.79%</b>	190
Stephen Tichopad	East Hull Harriers	M	50	00:23:08	20:03	<b>64.76%</b>	189
Nicholas Watson	Sheffield Running Club	M	50	00:23:02	20:07	<b>64.54%</b>	188
Chris Berry	St Theresa's AC	M	60	00:25:05	20:14	<b>64.19%</b>	187
Frank Masley	Saltaire Striders	M	65	00:26:56	20:14	<b>64.15%</b>	186
Steve Cronan	East Hull Harriers &AC	M	65	00:26:59	20:17	<b>64.03%</b>	185
Paul wray	East hull harriers	M	45	00:22:38	20:22	<b>63.72%</b>	184
Paul McWhirter	Sheffield RC	M	40	00:21:50	20:23	<b>63.69%</b>	183
Graham Youngson	Loftus and Whitby AC	M	65	00:26:55	20:26	<b>63.53%</b>	182
Jeremy Kaye	East Hull Harriers	M	50	00:23:47	20:37	<b>62.99%</b>	181
Jonathan Eagle	Horsforth Harriers	M	60	00:25:23	20:38	<b>62.91%</b>	180
Mike Moss	Saltaire Striders	M	65	00:27:00	20:41	<b>62.76%</b>	179
Jason albrecht	St theresas ac	M	35	00:21:45	20:45	<b>62.58%</b>	178
Dominic Camponi	Dewsbury Road Runners	M	35	00:21:21	20:47	<b>62.47%</b>	177
Kevin blake	South Leeds Lakers	M	45	00:23:00	20:52	<b>62.24%</b>	176
James Hogg	Steel City Striders	M	35	00:21:34	20:52	<b>62.24%</b>	176
Martin Dearie	Dewsbury Road Runners	M	45	00:23:27	20:57	<b>61.97%</b>	174

Roger Teare	Easingwold running club	M	65	00:27:41	21:01	<b>61.77%</b>	173
Mark Orbell	Pudsey Pacers	M	55	00:25:31	21:05	<b>61.56%</b>	172
Martin Robson	Pudsey Pacers	M	50	00:24:44	21:06	<b>61.52%</b>	171
David Rivers	Kingston upon Hull AC	M	50	00:24:32	21:16	<b>61.06%</b>	170
Jonathan Boyle	York Knavesmire Harriers	M	50	00:25:06	21:25	<b>60.62%</b>	169
Antony Jones	South Leeds Lakers	M	40	00:22:53	21:31	<b>60.33%</b>	168
Ian Blackburn	Steel City Striders	M	60	00:27:15	21:37	<b>60.08%</b>	167
Paul Armitage	Stainland Lions Running Club	M	55	00:26:52	22:02	<b>58.95%</b>	166
James Wright	Baildon Runners	M	45	00:24:21	22:05	<b>58.79%</b>	165
Rob Cooper	Easingwold	M	55	00:26:22	22:09	<b>58.63%</b>	164
Reid Haddow	Otley ac	M	75	00:32:00	22:10	<b>58.58%</b>	163
Martin Lee	South Leeds Lakers	M	45	00:25:03	22:13	<b>58.45%</b>	162
Richard Edwards	Hyde Park Harriers	M	40	00:24:09	22:14	<b>58.42%</b>	161
Geoff Perigo	Baildon Runners	M	60	00:28:11	22:21	<b>58.09%</b>	160
Peter Robertshaw	Sheffield Running Club	M	45	00:24:59	22:39	<b>57.30%</b>	159
Rob Addenbrooke	Sheffield Running Club	M	35	00:23:43	23:13	<b>55.92%</b>	158
James Nundy	Kirkstall Harriers	M	40	00:25:38	23:35	<b>55.04%</b>	157
Nicholas Wright	Penistone Footpath Runners & AC	M	50	00:27:11	23:45	<b>54.69%</b>	156
David Bower	Saltaire Striders	M	55	00:29:22	24:16	<b>53.49%</b>	155
Nigel fuller	St. Theresa's	M	40	00:26:40	24:32	<b>52.90%</b>	154
Dave Lonsdale	Baildon Runners	M	50	00:29:13	24:56	<b>52.08%</b>	153
Mark Wilson	Dewsbury Road Runners	M	45	00:28:12	25:00	<b>51.92%</b>	152
Dave Allembly	Barnsley AC	M	60	00:31:52	25:03	<b>51.82%</b>	151
Steve Hargreaves	Baildon runners	M	35	00:26:04	25:13	<b>51.50%</b>	150
Stuart Gall	North Leeds Fell Runners	M	40	00:29:20	27:23	<b>47.40%</b>	149
Mohanlal Mistry	Saltaire Striders	M	55	00:34:11	28:01	<b>46.33%</b>	148
Paul Hayhurst	Dewsbury Road Runners	M	45	00:31:20	28:12	<b>46.03%</b>	147
Paul Adams	York Knavesmire Harriers	M	70	00:39:58	29:42	<b>43.70%</b>	146
Andrew Marston	South Leeds Lakers	M	35	00:33:20	32:01	<b>40.55%</b>	145
Kevin Stone	South Leeds Lakers	M	65	00:43:18	33:45	<b>38.46%</b>	144
John Howsham	Penistone footpath runners	M	#N/A	00:21:31	#N/A	<b>#N/A</b>	
Paul Bennett	Bramley Breezers	M	#N/A	00:24:12	#N/A	<b>#N/A</b>	

Steve Hallam	Stainland Lions Running Club	M	#N/A	00:22:55	#N/A	#N/A
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NAME	CLUB	Sex	AgeGroup	5k RESULT	AGE GRADED	Performance	Points
Sue Haslam	Scarborough A C	F	65	21:27	15:50	<b>93.24%</b>	200
Treena Johnson	Dewsbury Road Runners	F	55	19:46	15:56	<b>92.65%</b>	199
Dorothy Kesterton	Steel City Striders	F	65	23:36	16:58	<b>87.04%</b>	198
Lesley Watson	Bingley	F	45	18:42	17:04	<b>86.48%</b>	197
Shirley Oglesby	East Hull Harriers	F	65	24:02	17:17	<b>85.47%</b>	196
Jane Hamp	Scarborough	F	60	22:54	17:34	<b>84.03%</b>	195
Rhona Marshall	Scarborough AC	F	35	18:42	18:18	<b>80.70%</b>	194
Julia Jagger	Holmfirth Harriers AC	F	35	18:38	18:24	<b>80.28%</b>	193
Christophe Martyn	Pudsey Pacers	F	50	21:33	18:25	<b>80.16%</b>	192
Madeleine Stansfield	Dewsbury Road Runners	F	65	25:26	18:32	<b>79.69%</b>	191
Caroline Brock	Steel City Striders	F	35	18:47	18:36	<b>79.36%</b>	190
Helen Beck	Wakefield & District Harriers	F	40	19:11	18:40	<b>79.08%</b>	189
Kirsty Allen	Baildon Runners	F	45	20:24	18:49	<b>78.47%</b>	188
Angie Dales	Wakefield Harriers & Athletics Club	F	45	20:39	18:51	<b>78.31%</b>	187
Karen Sinkinson	Holmfirth Harriers	F	55	23:37	19:03	<b>77.55%</b>	186
Barbara Lee	Baildon Runners	F	65	25:52	19:06	<b>77.32%</b>	185
Elaine Stewart	Holmfirth Harriers	F	60	25:17	19:24	<b>76.11%</b>	184
Lisa Stansbie	Abbey Runners	F	45	20:55	19:29	<b>75.80%</b>	183
Kate Scott	Steel City Striders	F	55	23:31	19:39	<b>75.16%</b>	182
Ruth Muir	St Therasas Athletic Club	F	40	20:29	19:42	<b>74.97%</b>	181
Linda Tichopad	East Hull Harriers & AC	F	60	25:13	19:51	<b>74.42%</b>	180
jan suddaby	east hull harriers	F	55	23:46	19:51	<b>74.37%</b>	179
Rachel Rose	Sheffield RC	F	35	20:10	19:54	<b>74.18%</b>	178
Emma Lavelle-Wood	Fellandale	F	45	21:25	19:57	<b>74.03%</b>	177
Sarah O'Sullivan	Keighley and Craven AC	F	40	21:11	20:04	<b>73.56%</b>	176
Stephanie Street	Steel City Striders	F	60	26:34	20:08	<b>73.36%</b>	175
Joanna Hobson	Otley AC	F	60	25:46	20:17	<b>72.83%</b>	174
Jane Morby	York Knavesmire Harriers	F	55	25:10	20:18	<b>72.77%</b>	173
Helen Armitage	Stainland Lions Running Club	F	55	24:23	20:22	<b>72.49%</b>	172
Lynne Barrett	Pudsey Pacers	F	65	27:16	20:24	<b>72.40%</b>	171

Dawn Broom	Penistone Footpath Runners	F	55	24:39	20:36	<b>71.71%</b>	170
Maria Harron	Stainland Lions	F	45	22:35	20:37	<b>71.61%</b>	169
Denise Johnson	Baildon Runners	F	60	26:13	20:38	<b>71.58%</b>	168
Pauline Foot	York Knavesmire Harriers	F	55	24:38	20:49	<b>70.93%</b>	167
Jacqui Herring	Steel City Striders	F	45	22:40	20:55	<b>70.62%</b>	166
Marion Muir	Kirkstall harriers	F	45	22:24	21:03	<b>70.15%</b>	165
Louise O'Brien	Horsforth Fellandale	F	45	22:58	21:11	<b>69.70%</b>	164
Jessica McMullan	Roundhay Runners	F	40	21:55	21:13	<b>69.62%</b>	163
Jenny Steele	York Knavesmire Harriers	F	55	25:13	21:19	<b>69.29%</b>	162
Emma Stoney	Baildon Runners	F	40	22:14	21:23	<b>69.07%</b>	161
Beckie May	Scarborough AC	F	50	24:13	21:24	<b>68.98%</b>	160
Jane Oughton	Abbey Runners	F	60	27:15	21:27	<b>68.86%</b>	159
Joy Good	Pudsey Pacers RC	F	65	30:02	21:35	<b>68.39%</b>	158
Catherine McKeown	Steel City Striders	F	50	24:44	21:37	<b>68.29%</b>	157
Liz Gilley	York Acorn	F	40	22:42	21:58	<b>67.22%</b>	156
Hayley Jackson	York Knavesmire Harriers	F	40	23:20	22:17	<b>66.27%</b>	155
Liz Willis	Abbey Runners	F	55	26:49	22:24	<b>65.91%</b>	154
Sheena Woodhead	Steel City Striders RC	F	70	32:41	22:33	<b>65.50%</b>	153
Michelle Eyres	Saltaire striders	F	55	28:00	22:35	<b>65.41%</b>	152
Claire Jones	South Leeds Lakers	F	45	24:02	22:35	<b>65.38%</b>	151
Stephanie Cooper	Easingwold	F	50	26:35	22:43	<b>64.98%</b>	150
Sarah Norman	Pudsey Pacers	F	50	25:43	22:44	<b>64.96%</b>	149
Jackie Walters	Baildon Runners	F	70	33:03	22:48	<b>64.77%</b>	148
caroline fuller	city of sheffield and dearne ac	F	55	28:21	22:52	<b>64.60%</b>	147
shelagh hopkinson	baildon runners	F	65	31:01	22:54	<b>64.48%</b>	146
Loretta Robson	Pudsey Pacers	F	55	27:06	22:54	<b>64.48%</b>	145
Debbie Jacketts	East Hull Harriers	F	45	25:05	23:22	<b>63.21%</b>	144
sylvia ross	saltaire striders	F	70	34:58	23:26	<b>63.00%</b>	143
Kate Walter	Baildon Runners	F	60	29:35	23:34	<b>62.66%</b>	142
Leila Kara	Valley Striders	F	55	28:28	23:47	<b>62.09%</b>	141
Vicky Houghton	Hyde Park Harriers	F	35	24:19	23:48	<b>62.06%</b>	140

Julia Sheer	Abbey runners	F	45	25:27	23:55	<b>61.74%</b>	139
Christine Booth	Steel City Striders RC	F	45	25:42	23:56	<b>61.69%</b>	138
Geraldine Jennings	South Leeds lakers	F	50	28:01	23:57	<b>61.66%</b>	137
Teresa Huntley	York Knavesmire Harriers	F	55	29:40	24:12	<b>61.00%</b>	136
Emma Hartley	York Knavesmire Harriers	F	40	25:03	24:23	<b>60.56%</b>	135
Sara Dyer	Valley Striders	F	60	32:09	24:59	<b>59.10%</b>	134
Becky Wolski	Baildon Runners	F	35	25:34	25:14	<b>58.51%</b>	133
Nicola hanson	York Knavesmire harriers	F	50	28:35	25:16	<b>58.44%</b>	132
Fran Guy	Saltaire Striders	F	50	29:14	25:16	<b>58.43%</b>	131
Natasha Hinton	Sheffield running club	F	45	28:23	25:38	<b>57.59%</b>	130
Sharon Bottomley	South Leeds Lakers	F	40	26:43	25:51	<b>57.11%</b>	129
Ursula Clarke	Baildon runners	F	55	30:39	25:54	<b>57.01%</b>	128
Jacqueline Howsham	Penistone Footpath Runners	F	55	31:03	25:56	<b>56.93%</b>	127
Janet Bower	Saltaire Striders	F	50	30:25	26:00	<b>56.79%</b>	126
Sarah Denman	St Therasas AC	F	35	26:59	26:24	<b>55.93%</b>	125
Linda Carey	Baildon Runners	F	60	34:40	26:36	<b>55.51%</b>	124
Janet Ashton	Pudsey Pacers	F	50	30:35	26:44	<b>55.23%</b>	123
Suzanne Fennell	Dewsbury Road Runners	F	45	29:41	26:49	<b>55.07%</b>	122
Sarah Percival	Steel City Striders	F	40	28:33	27:27	<b>53.79%</b>	121
Caroline Brash	Steel City Striders	F	45	29:33	27:31	<b>53.65%</b>	120
Susan Adams	York Knavesmire Harriers	F	65	38:22	27:35	<b>53.54%</b>	119
Urmila Mistry	Saltaire Striders	F	55	33:50	27:36	<b>53.49%</b>	118
Dawn Berry	Holmfirth Harriers	F	55	33:27	28:16	<b>52.24%</b>	117
Nancy Stuart	Steel City Striders	F	40	29:17	28:20	<b>52.10%</b>	116
Theresa Tate	Dewsbury Road Runners	F	35	29:22	28:52	<b>51.15%</b>	115
Elaine Shortridge	Sheffield RC	F	50	33:03	29:13	<b>50.54%</b>	114
Michelle Dare	Pudsey Pacers	F	55	36:21	29:19	<b>50.38%</b>	113
Samantha Dearden	South Leeds Lakers	F	45	31:52	29:24	<b>50.23%</b>	112
Karen ingham	South Leeds lakers	F	45	31:41	29:31	<b>50.04%</b>	111
Sara Potter	Pudsey pacers	F	40	30:46	29:35	<b>49.91%</b>	110
Claire Dearie	Dewsbury road runners	F	45	32:51	30:18	<b>48.73%</b>	109