

2025 summer league Race 5 Sproatley 7 mile RESULTS

Position	Male	Female	Number	Runner	Club	Cat	Time
1	1		417	Neil Seddon	East Hull Harriers & AC	SNR	39:41
2	2		327	Lee Alcock	East Hull Harriers & AC	V40	40:46
3	3		424	John Podgorny	East Hull Harriers & AC	SNR	40:56
4	4		299	David Robinson	Winterton Running Club	V40	41:11
5	5		22	Gregan Clarkson	Kingston upon Hull AC	V40	41:34
6	6		277	Thomas Mawer	East Hull Harriers & AC	SNR	41:44
7	7		456	Olly Sizer	East Hull Harriers & AC	SNR	42:06
8	8		146	Paul Good	Bridlington Road Runners	V40	42:13
9	9		310	Darren White	East Hull Harriers & AC	V40	43:43
10	10		313	Mark Williamson	Hornsea Harriers	V55	43:57
11	11		375	Igor Manestar	City of Hull AC	V40	44:51
12	12		318	Kris Hopkins	East Hull Harriers & AC	SNR	45:42
13	13		452	Jody Horth	Beverley Athletic Club	V45	45:49
14	14		315	Steve Wilson	Bridlington Road Runners	V45	46:34
15	15		295	Jack Potter	East Hull Harriers & AC	SNR	47:00
16	16		122	James Durham	City of Hull AC	V40	47:09
17	17		453	John Webster	N/A	SNR	47:46
18	18		161	Richard Harrison	Selby Striders	V55	47:54
19	19		322	Bryan Ward	N/A	SNR	48:22
20	20		140	Aiden Godney	East Hull Harriers & AC	SNR	49:12
21	21		320	Paul Poucher	N/A	V60	49:24
22	22		110	Adam Dennis	Driffield Striders	SNR	49:26
23	23		57	Alex Cleeland	City of Hull AC	V40	50:22
24	24		354	Harry Simpson	N/A	SNR	50:39

25	25		454	Ben Church	N/A	SNR	52:54
26	26		336	Alex Thomas	N/A	SNR	52:54
27	27		357	James Crabtree	N/A	V45	52:56
28		1	312	Nicola Wilkinson	Winterton Running Club	LV45	53:11
29	28		328	Daniel Ramsey	East Hull Harriers & AC	SNR	53:18
30	29		455	Tom Monghan	N/A	SNR	53:21
31	30		196	Thomas Humphrey	Driffield Striders	SNR	53:54
32		2	130	Stacy Foxworthy	West Hull Ladies	LV40	54:05
33	31		317	Jacob Zobkiw	City of Hull AC	SNR	54:16
34	32		457	Carter Tansey	N/A	SNR	54:21
35	33		286	Andrew Norman	East Hull Harriers & AC	V60	54:32
36	34		291	Michael Petersen	East Hull Harriers & AC	V45	54:37
37	35		329	Ian McCoid	City of Hull AC	V60	54:49
38		3	334	Lucy Egginton	Hornsea Harriers	SNR	55:02
39	36		247	Andrew Long	Bridlington Road Runners	V60	55:17
40	37		333	Rowan Egginton	N/A	SNR	55:25
41	38		426	Kevin Sharp	East Hull Harriers & AC	V45	55:38
42		4	289	Karen Park	West Hull Ladies	LV55	55:40
43	39		224	Paul Jessop	East Hull Harriers & AC	V40	55:46
44	40		167	Andrew Heath	East Hull Harriers & AC	SNR	56:13
45		5	285	Emma Mulholland	N/A	LSNR	56:26
46		6	6	Jayne Allan	East Hull Harriers & AC	LV50	56:28
47		7	300	Freya Route	East Hull Harriers & AC	LJ	56:58
48	41		284	Dean Morris	Kingston upon Hull AC	V65	57:00
49		8	162	Sarah Harris-Smith	Beverley Athletic Club	LV50	57:05
50	42		301	John Route	East Hull Harriers & AC	V40	57:17
51		9	302	Louise Route	East Hull Harriers & AC	LV40	57:32
52	43		427	Joe Sharp	N/A	SNR	58:09
53		10	303	Rachael Sharp	East Hull Harriers & AC	LV45	58:10

54	44		376	Andrew Gibson	Bridlington Road Runners	V55	58:44
55		11	279	Anne McHardy	Fordy Runs	LV45	59:12
56	45		14	Farhat Baig	East Hull Harriers & AC	V45	59:29
57	46		210	Ian Jackson	Beverley Athletic Club	V50	59:40
58	47		371	Simon Parsons	Bridlington Road Runners	V45	59:46
59	48		319	Christian Bull	N/A	SNR	01:01:52
60		12	368	Heidi Baker	Bridlington Road Runners	LV45	01:02:00
61		13	367	Sarah Rose-Crawford	East Hull Harriers & AC	LV45	01:03:10
62		14	298	Nicola Riley	Beverley Athletic Club	LV60	01:04:22
63		15	308	Dominique Webster	Bridlington Road Runners	LV50	01:04:40
64		16	309	Vicky Webster	Driffield Striders	LV55	01:05:05
65		17	343	Veronica Banks	Driffield Striders	LV65+	01:05:26
66	49		287	Mike O'Brien	City of Hull AC	V65	01:05:36
67		18	227	Rachel Kemp	East Hull Harriers & AC	LV50	01:06:25
68		19	115	Lisa Douglas	White City Hull RRC	LV50	01:08:05
69		20	316	Laine Wong	N/A	LV40	01:08:41
70		21	293	Amanda Porter	Bridlington Road Runners	LV45	01:09:48
71		22	370	Lyndsey Parsons	Bridlington Road Runners	LV55	01:09:48
72		23	294	Kirsten Porter	Bridlington Road Runners	LSNR	01:09:49
73		24	304	Angharad Shepherdson	West Hull Ladies	LV50	01:11:09
74		25	282	Catherine Milan	Driffield Striders	LV55	01:16:33
75	50		280	Kevin McManus	City of Hull AC	V70	01:21:37
76		26	55	Suzanne Clarkson	West Hull Ladies	LV65+	01:33:18
Wheelchair	Race						
1	1		na	Kalem Bennett	East Hull Harriers & AC	U20	51:58

## Handicap Results

Position	Number	Runner	Club	Cat	Time	Predicted	Difference	Points
1	279	Anne McHardy	Fordy Runs	LV45	00:59:12	01:09:51	-10:39	40
2	227	Rachel Kemp	East Hull Harriers & AC	LV50	01:06:25	01:09:51	-03:26	39
3	336	Alex Thomas	N/A	SNR	00:52:54	00:56:12	-03:18	38
4	210	Ian Jackson	Beverley Athletic Club	V50	00:59:40	01:01:56	-02:16	37
5	115	Lisa Douglas	White City Hull RRC	LV50	01:08:05	01:10:09	-02:04	36
6	293	Amanda Porter	Bridlington Road Runners	LV45	01:09:48	01:11:39	-01:51	35
7	294	Kirsten Porter	Bridlington Road Runners	LSNR	01:09:49	01:11:39	-01:50	34
8	6	Jayne Allan	East Hull Harriers & AC	LV50	00:56:28	00:58:14	-01:46	33
9	301	John Route	East Hull Harriers & AC	V40	00:57:17	00:58:47	-01:30	32
10	299	David Robinson	Winterton Running Club	V40	00:41:11	00:42:37	-01:26	31
11	302	Louise Route	East Hull Harriers & AC	LV40	00:57:32	00:58:46	-01:14	30
12	318	Kris Hopkins	East Hull Harriers & AC	SNR	00:45:42	00:46:47	-01:05	29
13	319	Christian Bull	N/A	SNR	01:01:52	01:02:55	-01:03	28
14	316	Laine Wong	N/A	LV40	01:08:41	01:09:43	-01:02	27
15	282	Catherine Milan	Driffield Striders	LV55	01:16:33	01:16:57	-00:24	26
16	162	Sarah Harris-Smith	Beverley Athletic Club	LV50	00:57:05	00:57:22	-00:17	25
17	14	Farhat Baig	East Hull Harriers & AC	V45	00:59:29	00:59:40	-00:11	24
18	315	Steve Wilson	Bridlington Road Runners	V45	00:46:34	00:46:44	-00:10	23
19	320	Paul Poucher	N/A	V60	00:49:24	00:49:31	-00:07	22
20	327	Lee Alcock	East Hull Harriers & AC	V40	00:40:46	00:40:52	-00:06	21
21	357	James Crabtree	N/A	V45	00:52:56	00:52:59	-00:03	20
22	146	Paul Good	Bridlington Road Runners	V40	00:42:13	00:42:12	00:01	19
23	367	Sarah Rose-Crawford	East Hull Harriers & AC	LV45	01:03:10	01:03:02	00:08	18

24	110	Adam Dennis	Driffield Striders	SNR	00:49:26	00:49:16	00:10	17
25	310	Darren White	East Hull Harriers & AC	V40	00:43:43	00:43:26	00:17	15.5
26	277	Thomas Mawer	East Hull Harriers & AC	SNR	00:41:44	00:41:27	00:17	15.5
27	298	Nicola Riley	Beverley Athletic Club	LV60	01:04:22	01:03:50	00:32	14
28	343	Veronica Banks	Driffield Striders	LV65+	01:05:26	01:04:46	00:40	13
29	57	Alex Cleeland	City of Hull AC	V40	00:50:22	00:49:41	00:41	12
30	313	Mark Williamson	Hornsea Harriers	V55	00:43:57	00:43:12	00:45	11
31	122	James Durham	City of Hull AC	V40	00:47:09	00:46:23	00:46	10
32	312	Nicola Wilkinson	Winterton Running Club	LV45	00:53:11	00:52:23	00:48	10
33	308	Dominique Webster	Bridlington Road Runners	LV50	01:04:40	01:03:50	00:50	10
34	22	Gregan Clarkson	Kingston upon Hull AC	V40	00:41:34	00:40:38	00:56	10
35	285	Emma Mulholland	N/A	LSNR	00:56:26	00:55:29	00:57	10
36	295	Jack Potter	East Hull Harriers & AC	SNR	00:47:00	00:45:56	01:04	10
37	284	Dean Morris	Kingston upon Hull AC	V65	00:57:00	00:55:53	01:07	10
38	196	Thomas Humphrey	Driffield Striders	SNR	00:53:54	00:52:46	01:08	10
39	291	Michael Petersen	East Hull Harriers & AC	V45	00:54:37	00:53:25	01:12	10
40	328	Daniel Ramsey	East Hull Harriers & AC	SNR	00:53:18	00:52:05	01:13	10
41	289	Karen Park	West Hull Ladies	LV55	00:55:40	00:54:27	01:13	10
42	334	Lucy Egginton	Hornsea Harriers	SNR	00:55:02	00:53:39	01:23	10
43	140	Aiden Godney	East Hull Harriers & AC	SNR	00:49:12	00:47:31	01:41	10
44	55	Suzanne Clarkson	West Hull Ladies	LV65+	01:33:18	01:31:34	01:44	10
45	286	Andrew Norman	East Hull Harriers & AC	V60	00:54:32	00:52:47	01:45	10
46	161	Richard Harrison	Selby Striders	V55	00:47:54	00:45:58	01:56	10
47	287	Mike O'Brien	City of Hull AC	V65	01:05:36	01:03:33	02:03	10
48	333	Rowan Egginton	N/A	SNR	00:55:25	00:53:12	02:13	10
49	304	Angharad Shepherdson	West Hull Ladies	LV50	01:11:09	01:08:55	02:14	10
50	329	Ian McCoid	City of Hull AC	V60	00:54:49	00:52:32	02:17	10
51	317	Jacob Zobkiw	City of Hull AC	SNR	00:54:16	00:51:47	02:29	10
52	309	Vicky Webster	Driffield Striders	LV55	01:05:05	01:02:33	02:32	10

53	130	Stacy Foxworthy	West Hull Ladies	LV40	00:54:05	00:50:53	03:12	10
54	247	Andrew Long	Bridlington Road Runners	V60	00:55:17	00:52:05	03:12	10
55	167	Andrew Heath	East Hull Harriers & AC	SNR	00:56:13	00:52:50	03:23	10
56	300	Freya Route	N/A	LJ	00:56:58	00:53:08	03:50	10
57	280	Kevin McManus	City of Hull AC	V70	01:21:37	01:17:32	04:05	10
58	224	Paul Jessop	East Hull Harriers & AC	V40	00:55:46	00:51:31	04:15	10
59	303	Rachael Sharp	East Hull Harriers & AC	LV45	00:58:10	00:51:58	06:12	10
60	292	Diane Pickering	West Hull Ladies	LV50		00:56:13	N/A	
61	11	Robyn Allan	East Hull Harriers & AC	LSNR		00:47:04	N/A	
62	283	Des Miles	N/A	V60		00:53:07	N/A	
63	339	David Foster	Bridlington Road Runners	V65		01:11:50	N/A	
64	82	Euan Colquhoun	Hornsea Harriers	V45		00:51:39	N/A	
65	311	Anthony Whitley	City of Hull AC	V55		01:03:49	N/A	
66	21	Matthew Blowman	East Hull Harriers & AC	SNR		00:47:11	N/A	
67	314	Jon Wilson	Barton & District AC	V50		00:46:36	N/A	
68	128	Gary Forrester	East Hull Harriers & AC	V60		00:50:45	N/A	
69	296	Damian Probett	Bridlington Road Runners	V60		01:06:21	N/A	
70	192	Sheila Howes	Driffield Striders	LV65+		01:24:13	N/A	
71	228	Philip Kirkwood	N/A	SNR		00:59:42	N/A	
72	306	Nathan Smalley	Snaith & Cowick Running Club	SNR		01:00:45	N/A	
73	88	Lee Daniels	N/A	V55		01:15:46	N/A	
74	134	Mark Gadie	East Hull Harriers & AC	V45		00:47:01	N/A	
75	307	Chris Swinden	Hornsea Harriers	V60		01:02:03	N/A	
76	113	Andrew Deyes	East Hull Harriers & AC	SNR		00:38:35	N/A	
77	93	Beth Dearing	East Hull Harriers & AC	LSNR		01:10:42	N/A	
78	288	Stephen Oxburgh	N/A	V65		01:18:36	N/A	
79	3	James Abel	East Hull Harriers & AC	V65		01:02:23	N/A	
80	248	Helen Lowe	East Hull Harriers & AC	LV40		01:04:18	N/A	

81	5	Simon Adcock	City of Hull AC	SNR		01:00:47	N/A	
82	290	Kevin Penny	City of Hull AC	V65		01:02:06	N/A	
83	172	Chris Hodgson	East Hull Harriers & AC	V60		00:48:12	N/A	
84	91	John Dawson	Beverley Athletic Club	V40		00:48:34	N/A	
85	173	Jane Hounsome	Bridlington Road Runners	LV60		00:58:11	N/A	
86	297	John Ridge	Hornsea Harriers	V60		00:57:31	N/A	
87	278	Vincent McGowan	East Hull Harriers & AC	V50		00:48:26	N/A	
88	281	Nicola McPhun	East Hull Harriers & AC	LV55			N/A	
89	305	Joe Shepherdson	Driffield Striders	SNR		00:40:11	N/A	

#### Handicap Table After 5 Races

Race Number	Name	Club	Gender	Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8	Total
210	Ian Jackson	Beverley Athletic Club	M	30	38	33	10	37	0	0	0	148
357	James Crabtree	N/A	M	30	28	19.5	30	20	0	0	0	128
227	Rachel Kemp	East Hull Harriers & AC	F	30	30	18	10	39	0	0	0	127
287	Mike O'Brien	City of Hull AC	M	30	31	10	38	10	0	0	0	119
318	Kris Hopkins	East Hull Harriers & AC	M	30	20	10	25	29	0	0	0	114
299	David Robinson	Winterton Running Club	M	30	33	10	10	31	0	0	0	114
316	Laine Wong	N/A	F	30	36	10	10	27	0	0	0	113
308	Dominique Webster	Bridlington Road Runners	F	30	0	35	37	10	0	0	0	112
6	Jayne Allan	East Hull Harriers & AC	F	30	10	29	10	33	0	0	0	112
317	Jacob Zobkiw	City of Hull AC	M	30	40	16.5	14	10	0	0	0	111
115	Lisa Douglas	White City Hull RRC	F	30	29	0	15.5	36	0	0	0	111
161	Richard Harrison	Selby Striders	M	30	25	10	31.5	10	0	0	0	107
14	Farhat Baig	East Hull Harriers & AC	M	0	30	30.5	22	24	0	0	0	107
309	Vicky Webster	Driffield Striders	F	30	10	34	21	10	0	0	0	105

286	Andrew Norman	East Hull Harriers & AC	M	30	16	10	39	10	0	0	0	105
319	Christian Bull	N/A	M	0	30	37	10	28	0	0	0	105
284	Dean Morris	Kingston upon Hull AC	M	30	39	25	0	10	0	0	0	104
333	Rowan Egginton	N/A	M	30	27	0	36	10	0	0	0	103
146	Paul Good	Bridlington Road Runners	M	30	21	10	23	19	0	0	0	103
167	Andrew Heath	East Hull Harriers & AC	M	30	10	40	10	10	0	0	0	100
293	Amanda Porter	Bridlington Road Runners	F	30	10	10	10	35	0	0	0	95
312	Nicola Wilkinson	Winterton Running Club	F	30	26	0	28	10	0	0	0	94
57	Alex Cleeland	City of Hull AC	M	30	10	24	18	12	0	0	0	94
294	Kirsten Porter	Bridlington Road Runners	F	30	10	10	10	34	0	0	0	94
247	Andrew Long	Bridlington Road Runners	M	30	10	19.5	24	10	0	0	0	93.5
277	Thomas Mawer	East Hull Harriers & AC	M	30	10	26	12	15.5	0	0	0	93.5
320	Paul Poucher	N/A	M	0	30	10	31.5	22	0	0	0	93.5
302	Louise Route	East Hull Harriers & AC	F	30	13	10	10	30	0	0	0	93
334	Lucy Egginton	Hornsea Harriers	F	30	23	0	29	10	0	0	0	92
283	Des Miles	N/A	M	30	18	10	33	0	0	0	0	91
11	Robyn Allan	East Hull Harriers & AC	F	30	17	10	34	0	0	0	0	91
329	Ian McCoid	City of Hull AC	M	30	10	21	20	10	0	0	0	91
298	Nicola Riley	Beverley Athletic Club	F	30	0	12	35	14	0	0	0	91
279	Anne McHardy	Fordy Runs	F	0	30	10	10	40	0	0	0	90
306	Nathan Smalley	Snaith & Cowick Running Club	M	30	32	27	0	0	0	0	0	89
192	Sheila Howes	Driffield Striders	F	30	10	39	10	0	0	0	0	89
280	Kevin McManus	City of Hull AC	M	30	10	28	10	10	0	0	0	88
336	Alex Thomas	N/A	M	30	10	10	0	38	0	0	0	88
285	Emma Mulholland	N/A	F	30	10	10	27	10	0	0	0	87
304	Angharad Shepherdson	West Hull Ladies	F	30	10	36	0	10	0	0	0	86
295	Jack Potter	East Hull Harriers & AC	M	30	34	11	0	10	0	0	0	85

162	Sarah Harris-Smith	Beverley Athletic Club	F	30	10	10	10	25	0	0	0	85
291	Michael Petersen	East Hull Harriers & AC	M	30	10	23	10	10	0	0	0	83
327	Lee Alcock	East Hull Harriers & AC	M	30	11	10	11	21	0	0	0	83
315	Steve Wilson	Bridlington Road Runners	M	30	10	10	10	23	0	0	0	83
301	John Route	East Hull Harriers & AC	M	30	10	0	10	32	0	0	0	82
300	Freya Route	N/A	F	30	10	15	15.5	10	0	0	0	80.5
292	Diane Pickering	West Hull Ladies	F	30	0	10	40	0	0	0	0	80
314	Jon Wilson	Barton & District AC	M	0	30	38	10	0	0	0	0	78
288	Stephen Oxburgh	N/A	M	30	37	10	0	0	0	0	0	77
5	Simon Adcock	City of Hull AC	M	30	35	10	0	0	0	0	0	75
343	Veronica Banks	Driffield Striders	F	30	10	10	10	13	0	0	0	73
367	Sarah Rose-Crawford	East Hull Harriers & AC	F	0	30	14	10	18	0	0	0	72
82	Euan Colquhoun	Hornsea Harriers	M	30	12	10	19	0	0	0	0	71
55	Suzanne Clarkson	West Hull Ladies	F	30	0	30.5	0	10	0	0	0	70.5
328	Daniel Ramsey	East Hull Harriers & AC	M	30	10	10	10	10	0	0	0	70
110	Adam Dennis	Driffield Striders	M	30	10	0	13	17	0	0	0	70
21	Matthew Blowman	East Hull Harriers & AC	M	30	19	10	10	0	0	0	0	69
224	Paul Jessop	East Hull Harriers & AC	M	30	10	16.5	0	10	0	0	0	66.5
339	David Foster	Bridlington Road Runners	M	30	10	0	26	0	0	0	0	66
282	Catherine Milan	Driffield Striders	F	30	0	10	0	26	0	0	0	66
313	Mark Williamson	Hornsea Harriers	M	30	24	0	0	11	0	0	0	65
122	James Durham	City of Hull AC	M	30	10	13	0	10	0	0	0	63
88	Lee Daniels	N/A	M	30	10	22	0	0	0	0	0	62
228	Philip Kirkwood	N/A	M	0	30	32	0	0	0	0	0	62
140	Aiden Godney	East Hull Harriers & AC	M	30	22	0	0	10	0	0	0	62
22	Gregan Clarkson	Kingston upon Hull AC	M	30	10	10	0	10	0	0	0	60
196	Thomas Humphrey	Driffield Striders	M	30	10	0	10	10	0	0	0	60
128	Gary Forrester	East Hull Harriers & AC	M	30	15	0	10	0	0	0	0	55
134	Mark Gadie	East Hull Harriers & AC	M	30	14	10	0	0	0	0	0	54

