

# EAST HULL HARRIERS SUMMER LEAGUE 2026

## RACE 3 EAST PARK 4 miles 12<sup>th</sup> May 2026

Position	Male	Female	Number	Runner	Club	Cat	Time
1	1		22	Tom Bushby	City of Hull AC	J	20:59
2	2		534	Danny Rashed	East Hull Harriers & AC	SNR	21:34
3	3		31	Alex Czapla	City of Hull AC	SNR	22:06
4	4		467	Olly Sizer	East Hull Harriers & AC	SNR	22:17
5	5		23	Gregan Clarkson	Kingston upon Hull AC	V40	22:35
6	6		533	John Podgorny	East Hull Harriers & AC	SNR	22:45
7	7		183	Jacob Jorna	Beverley Athletic Club	J	22:55
8	8		480	Joe Thompson	N/A	SNR	22:58
9	9		53	Paul Good	Bridlington Road Runners	V45	23:08
10	10		172	Aaron England	City of Hull AC	SNR	23:12
11	11		21	Adrian Bushby	City of Hull AC	V55	23:25
12	12		114	Alex Stark	Driffield Striders	SNR	23:27
13	13		150	Nigel Sisson	East Hull Harriers & AC	V55	23:34
14	14		139	Paul Teece	East Hull Harriers & AC	V45	23:39
15	15		55	Lee Hammond	City of Hull AC	SNR	23:44
16	16		157	Jim Harlock	City of Hull AC	V60	23:50
17	17		173	Connor Jeffrey	N/A	SNR	23:57
18	18		477	Billy Hall	N/A	SNR	24:04
19	19		158	Mark Smith	N/A	V40	24:07
20	20		556	Elliott Spicer	City of Hull AC	V40	24:12
21	21		3	Rob Alexander-Duncan	City of Hull AC	V45	24:20
22	22		479	James Nettleton	N/A	SNR	24:23
23	23		170	Jared Luker-Barrow	N/A	J	24:28
24	24		169	Luke Barnes	East Hull Harriers & AC	V40	24:31
25	25		587	Jack Potter	East Hull Harriers & AC	SNR	24:42
26	26		128	Mark Williamson	Hornsea Harriers	V55	24:45
27	27		151	Thomas Mawer	East Hull Harriers & AC	SNR	24:52
28	28		108	Cameron Shaw	N/A	SNR	25:00
29	29		179	Runar Saether	East Hull Harriers & AC	V50	25:04
30	30		52	Aiden Godney	East Hull Harriers & AC	SNR	25:04
31	31		176	Matt Blowman	East Hull Harriers & AC	V40	25:06
32	32		34	John Dawson	Beverley Athletic Club	V40	25:07
33	33		553	Tom Jorna	Beverley Athletic Club	V40	25:17
34	34		192	Robert Vowler	N/A	V45	25:29
35	35		64	Jody Horth	Beverley Athletic Club	V45	25:42
36	36		129	Steve Wilson	Bridlington Road Runners	V45	25:45
37	37		154	Jacob Hill	N/A	SNR	25:52
38	38		48	Mark Gadie	East Hull Harriers & AC	V45	25:54
39	39		51	Micah Gibson	Bridlington Road Runners	SNR	25:57
40		1	4	Robyn Allan	East Hull Harriers & AC	LSNR	25:58
41	40		189	Paul Cartwright	City of Hull AC	V65	26:16
42	41		133	Phil McCoy	East Hull Harriers & AC	V50	26:24
43	42		118	Alexander Thomas	N/A	SNR	26:37
44	43		17	Anthony Bristow	N/A	V40	26:40
45	44		111	Richard Slack	East Hull Harriers & AC	V50	26:53

46		2	14	Natalie Bell	City of Hull AC	LV35	26:54
47		3	178	Darcy Shaw	East Hull Harriers & AC	LSNR	27:10
48	45		60	Tom Henry	N/A	SNR	27:14
49	46		83	Alex Munday	City of Hull AC	V40	27:14
50	47		24	Alex Cleeland	City of Hull AC	V40	27:19
51	48		583	Chris Wiles	East Hull Harriers & AC	V50	27:20
52	49		19	Ty Brooks	East Hull Harriers & AC	V45	27:23
53		4	142	Suzanne Curtis	East Hull Harriers & AC	LV40	27:26
54	50		101	Daniel Ramsay	East Hull Harriers & AC	SNR	27:29
55	51		184	Luke Love	N/A	SNR	27:30
56	52		58	Richard Harrison	Selby Striders	V55	27:32
57	53		42	James Durham	City of Hull AC	V45	27:44
58	54		149	Paul Nippress	East Hull Harriers & AC	V60	28:04
59	55		483	James Crabtree	N/A	V45	28:05
60		5	68	Miriam Ireland	Bridlington Road Runners	LV40	28:14
61	56		35	Mark Dawson	Withernsea Harriers	V55	28:23
62	57		171	Tim Groves	East Hull Harriers & AC	V55	28:26
63	58		46	Gary Forrester	East Hull Harriers & AC	V60	28:28
64	59		160	Ian Marshall	N/A	SNR	28:30
65	60		193	Jon Wilson	Barton and District AC	V50	28:31
66		6	144	Ellie Mills	N/A	LSNR	28:31
67	61		177	Andy Pearce	N/A	SNR	28:32
68		7	107	Rachael Sharp	East Hull Harriers & AC	LV45	28:33
69	62		181	Ben Thompson	N/A	SNR	28:37
70	63		132	Jacob Zobkiw	City of Hull AC	SNR	28:43
71		8	47	Stacy Foxworthy	West Hull Ladies	LV40	28:46
72	64		61	Chris Hodgson	East Hull Harriers & AC	V60	28:46
73	65		155	Adrian Kamis	East Hull Harriers & AC	V60	28:46
74	66		84	Andrew Norman	East Hull Harriers & AC	V60	28:49
75	67		59	Andrew Heath	East Hull Harriers & AC	SNR	28:50
76	68		74	Daniel Little	East Hull Harriers & AC	V45	29:08
77	69		95	Ken Pearson	Beverley Athletic Club	V60	29:10
78	70		16	Luke Bramley	N/A	V40	29:11
79		9	18	Emily Broadbelt	West Hull Ladies	LSNR	29:12
80	71		112	Joseph Smith	N/A	SNR	29:14
81		10	91	Karen Park	West Hull Ladies	LV60	29:15
82	72		166	Tom Aitchison	City of Hull AC	V40	29:18
83		11	76	Helen Lowe	East Hull Harriers & AC	LV40	29:29
84	73		562	Carl Horth	City of Hull AC	V40	29:31
85	74		77	Ian McCoid	City of Hull AC	V60	29:41
86	75		185	Saul Oxburgh	N/A	SNR	29:41
87		12	62	Kerry Holliday	East Hull Harriers & AC	LV35	29:43
88	76		32	Martin Dale	City of Hull AC	V40	29:50
89	77		194	Brian Lazenby	City of Hull AC	V45	29:55
90	78		167	Chris Whyte	N/A	SNR	29:58
91		13	38	Samantha Dixie	East Hull Harriers & AC	LV40	30:04
92	79		106	Clifford Sansam	Withernsea Harriers	V65	30:06
93	80		119	Kobus VanderWesthuizen	City of Hull AC	V55	30:16
94	81		124	Robert Wells	East Hull Harriers & AC	V50	30:18
95	82		25	Euan Colquhoun	Hornsea Harriers	V45	30:22

96	83		75	Andrew Long	Bridlington Road Runners	V65	30:23
97	84		28	Richard Crone	East Hull Harriers & AC	V55	30:28
98		14	92	Zoe Parkin	Driffield Striders	LV60	30:34
99	85		70	Paul Jessop	East Hull Harriers & AC	V40	30:43
100		15	131	Magda Zaremba-Wilson	East Hull Harriers & AC	LV40	30:45
101		16	200	Carole Fee	East Hull Harriers & AC	LV50	30:58
102	86		198	Jason Pointez	Bridlington Road Runners	V55	31:01
103	87		461	Gary Fee	East Hull Harriers & AC	V60	31:18
104	88		44	Lloyd Edwards	Bridlington Road Runners	V60	31:20
105	89		592	Steve Tichopad	East Hull Harriers & AC	V55	31:35
106		17	56	Max Hardey	East Hull Harriers & AC	LV50	31:38
107		18	7	Heidi Baker	Bridlington Road Runners	LV45	31:39
108		19	145	Emma Mulholland	N/A	LV35	31:43
109		20	113	Vanessa Smith	City of Hull AC	LV50	31:47
110		21	104	Freya Route	East Hull Harriers & AC	LJ	31:52
111	90		161	Alan Catton	N/A	V65	31:59
112		22	97	Diane Pickering	West Hull Ladies	LV55	32:02
113	91		455	Malcolm Piper	Wolds Vets	V70	32:21
114		23	148	Sam Stone	N/A	LSNR	32:23
115		24	5	Ann Allen	East Hull Harriers & AC	LV65	32:27
116		25	2	Helen Alexander-Duncan	City of Hull AC	LV40	32:32
117	92		49	Andrew Gibson	Bridlington Road Runners	V60	32:37
118		26	147	Linda Tichopad	East Hull Harriers & AC	LV65	32:39
119	93		589	Alec Cockerham	N/A	SNR	32:43
120	94		26	Joe Corlass	N/A	SNR	32:45
121	95		117	Peter Taylor	City of Hull AC	V75+	32:48
122		27	469	Molly Richardson	N/A	LSNR	33:05
123	96		94	Simon Parsons	Bridlington Road Runners	V50	33:08
124		28	175	Liz Kilgour	Fitmums and Friends	LV45	33:30
125		29	10	Julie Barnes	East Hull Harriers & AC	LV40	33:30
126	97		197	Simon Porter	Bridlington Road Runners	V50	33:36
127	98		109	Jonathan Shaw	Goole Viking Striders	V45	33:59
128		30	138	Sarah Rose-Crawford	East Hull Harriers & AC	LV45	34:03
129	99		69	Ian Jackson	Beverley Athletic Club	V50	34:18
130		31	93	Lyndsey Parsons	Bridlington Road Runners	LV55	34:22
131		32	105	Lucie Route	East Hull Harriers & AC	LJ	34:26
132		33	182	Emily Gautier	N/A	LSNR	34:45
133	100		130	Ian Wright	City of Hull AC	V40	35:00
134		34	8	Veronica Banks	Driffield Striders	LV65	35:04
135	101		174	Tony Jeffrey	N/A	V55	35:10
136	102		478	Neil Adams	N/A	V50	35:14
137		35	99	Ellie Porter	Chasing Happy	LSNR	35:24
138		36	103	Nicola Riley	Beverley Athletic Club	LV60	35:27
139		37	122	Dominique Webster	Bridlington Road Runners	LV50	35:37
140	103		164	Simon Dickinson	Goole Viking Striders	V55	35:39
141	104		87	Mike OBrien	City of Hull AC	V65	35:46
142	105		126	Allan Wilby	Withernsea Harriers	V70	35:56
143		38	186	Patricia Bielby	Bridlington Road Runners	LV70+	35:56
144		39	123	Vicky Webster	Driffield Striders	LV55	36:00
145		40	165	Sian Dickinson	Goole Viking Striders	LV45	36:17
146		41	199	Susan Jefferies	N/A	LV50	36:19

147		42	88	Becky Ockleton	East Hull Harriers & AC	LV35	36:27
148		43	190	Nicola Smales	N/A	LV60	36:29
149		44	168	Louise Waite	Beverley Athletic Club	LV55	36:31
150		45	590	Laura Gunstead	N/A	LV40	36:35
151		46	159	Lyndsay Clixby	East Hull Harriers & AC	LV35	37:04
152	106		125	Anthony Whitley	City of Hull AC	V60	37:13
153	107		86	Gary Oades	East Hull Harriers & AC	V65	37:53
154		47	72	Rachel Kemp	East Hull Harriers & AC	LV50	37:57
155		48	191	Rebecca Beal	East Hull Harriers & AC	LV35	37:58
156		49	37	Beth Dearing	East Hull Harriers & AC	LSNR	38:01
157		50	54	Jenny Hamlyn	Beverley Athletic Club	LV45	38:36
158	108		180	Paul Clarke	Kingston upon Hull AC	V75+	39:06
159		51	134	Alison Benson	Beverley Athletic Club	LV50	39:56
160	109		135	Kevin Anholm	Withernsea Harriers	V65	39:59
161		52	143	Laine Wong	N/A	LV45	40:00
162		53	481	Tina Mawer	N/A	LV65	40:05
163		54	110	Angharad Shepherdson	West Hull Ladies	LV50	40:21
164		55	90	Marie Palframan	Humber Triathletes	LV45	40:28
165		56	39	Lisa Douglas	White City Hull RRC	LV50	40:37
166	110		476	David Foster	Bridlington Road Runners	V65	40:59
167	111		584	David Pudsey	Driffield Striders	V65	40:59
168		57	195	Amanda Porter	Bridlington Road Runners	LV50	41:13
169		58	196	Kirsten Porter	Bridlington Road Runners	LSNR	41:13
170	112		163	Paul Hambly	East Hull Harriers & AC	V60	41:42
171	113		152	David Borrill	East Hull Harriers & AC	V65	42:07
172	114		29	John Crosby	East Hull Harriers & AC	V70	42:10
173		59	50	Lucinda Gibson	Bridlington Road Runners	LV55	42:15
174	115		78	Kevin McManus	City of Hull AC	V70	42:23
175		60	136	Nicola Fowler	Bridlington Road Runners	LV40	43:57
176	116		162	Steve Oxburgh	N/A	V65	45:17
177		61	66	Sheila Howes	Driffield Striders	LV70+	45:35
178	117		33	Lee Daniels	Fordy Runs	V55	45:45
179	118		13	Luke Beighton	N/A	SNR	46:33
180		62	71	Alice Jones	N/A	LSNR	46:33
181		63	127	Katie Wilde	East Hull Harriers & AC	LSNR	52:52
182		64	475	Tammy Bullivant	N/A	LV50	52:53
183		65	188	Mel Easton	Beverley Athletic Club	LV35	55:26
184		66	156	Hollie Oxtoby	Beverley Athletic Club	LV35	01:00:27
185		67	187	Vicky Cartwright	Beverley Athletic Club	LV40	01:00:29

# HANDICAP RESULTS

Position	Number	Runner	Club	Cat	Time	Predicted	Difference	Points
1	104	Freya Route	East Hull Harriers & AC	LJ	00:31:52	00:37:12	-05:20	40
2	145	Emma Mulholland	N/A	LV35	00:31:43	00:36:24	-04:41	39
3	69	Ian Jackson	Beverley Athletic Club	V50	00:34:18	00:37:33	-03:15	38
4	91	Karen Park	West Hull Ladies	LV60	00:29:15	00:31:39	-02:24	37
5	66	Sheila Howes	Driffield Striders	LV70+	00:45:35	00:47:56	-02:21	36
6	29	John Crosby	East Hull Harriers & AC	V70	00:42:10	00:44:31	-02:21	36
7	133	Phil McCoy	East Hull Harriers & AC	V50	00:26:24	00:28:27	-02:03	34
8	39	Lisa Douglas	White City Hull RRC	LV50	00:40:37	00:42:37	-02:00	33
9	110	Angharad Shepherdson	West Hull Ladies	LV50	00:40:21	00:42:12	-01:51	32
10	33	Lee Daniels	Fordy Runs	V55	00:45:45	00:47:09	-01:24	31
11	99	Ellie Porter	Chasing Happy	LSNR	00:35:24	00:36:47	-01:23	30
12	46	Gary Forrester	East Hull Harriers & AC	V60	00:28:28	00:29:47	-01:19	29
13	59	Andrew Heath	East Hull Harriers & AC	SNR	00:28:50	00:30:02	-01:12	28
14	32	Martin Dale	City of Hull AC	V40	00:29:50	00:30:58	-01:08	27
15	54	Jenny Hamlyn	Beverley Athletic Club	LV45	00:38:36	00:39:43	-01:07	26
16	56	Max Hardey	East Hull Harriers & AC	LV50	00:31:38	00:32:41	-01:03	25
17	136	Nicola Fowler	Bridlington Road Runners	LV40	00:43:57	00:44:58	-01:01	24
18	103	Nicola Riley	Beverley Athletic Club	LV60	00:35:27	00:36:28	-01:01	24
19	93	Lyndsey Parsons	Bridlington Road Runners	LV55	00:34:22	00:35:13	-00:51	22
20	50	Lucinda Gibson	Bridlington Road Runners	LV55	00:42:15	00:43:06	-00:51	22
21	78	Kevin McManus	City of Hull AC	V70	00:42:23	00:43:13	-00:50	20
22	2	Helen Alexander-Duncan	City of Hull AC	LV40	00:32:32	00:33:22	-00:50	20
23	70	Paul Jessop	East Hull Harriers & AC	V40	00:30:43	00:31:31	-00:48	18
24	138	Sarah Rose-Crawford	East Hull Harriers & AC	LV45	00:34:03	00:34:50	-00:47	17
25	8	Veronica Banks	Driffield Striders	LV65	00:35:04	00:35:46	-00:42	16
26	28	Richard Crone	East Hull Harriers & AC	V55	00:30:28	00:31:05	-00:37	15
27	142	Suzanne Curtis	East Hull Harriers & AC	LV40	00:27:26	00:28:03	-00:37	15
28	47	Stacy Foxworthy	West Hull Ladies	LV40	00:28:46	00:29:20	-00:34	13
29	76	Helen Lowe	East Hull Harriers & AC	LV40	00:29:29	00:30:01	-00:32	12
30	31	Alex Czapla	City of Hull AC	SNR	00:22:06	00:22:35	-00:29	11
31	118	Alexander Thomas	N/A	SNR	00:26:37	00:27:05	-00:28	10
32	42	James Durham	City of Hull AC	V45	00:27:44	00:28:11	-00:27	10
33	26	Joe Corlass	N/A	SNR	00:32:45	00:33:08	-00:23	10
34	4	Robyn Allan	East Hull Harriers & AC	LSNR	00:25:58	00:26:20	-00:22	10
35	18	Emily Broadbelt	West Hull Ladies	LSNR	00:29:12	00:29:30	-00:18	10
36	24	Alex Cleeland	City of Hull AC	V40	00:27:19	00:27:36	-00:17	10
37	84	Andrew Norman	East Hull Harriers & AC	V60	00:28:49	00:29:03	-00:14	10
38	122	Dominique Webster	Bridlington Road Runners	LV50	00:35:37	00:35:50	-00:13	10
39	117	Peter Taylor	City of Hull AC	V75+	00:32:48	00:32:58	-00:10	10
40	95	Ken Pearson	Beverley Athletic Club	V60	00:29:10	00:29:19	-00:09	10
41	3	Rob Alexander-Duncan	City of Hull AC	V45	00:24:20	00:24:29	-00:09	10
42	21	Adrian Bushby	City of Hull AC	V55	00:23:25	00:23:34	-00:09	10
43	108	Cameron Shaw	N/A	SNR	00:25:00	00:25:08	-00:08	10
44	134	Alison Benson	Beverley Athletic Club	LV50	00:39:56	00:40:03	-00:07	10
45	55	Lee Hammond	City of Hull AC	SNR	00:23:44	00:23:51	-00:07	10
46	7	Heidi Baker	Bridlington Road Runners	LV45	00:31:39	00:31:45	-00:06	10
47	75	Andrew Long	Bridlington Road Runners	V65	00:30:23	00:30:29	-00:06	10

48	14	Natalie Bell	City of Hull AC	LV35	00:26:54	00:26:59	-00:05	10
49	114	Alex Stark	Driffield Striders	SNR	00:23:27	00:23:31	-00:04	10
50	64	Jody Horth	Beverley Athletic Club	V45	00:25:42	00:25:45	-00:03	10
51	34	John Dawson	Beverley Athletic Club	V40	00:25:07	00:25:09	-00:02	10
52	105	Lucie Route	East Hull Harriers & AC	LJ	00:34:26	00:34:26	-00:00	10
53	17	Anthony Bristow	N/A	V40	00:26:40	00:26:39	00:01	10
54	74	Daniel Little	East Hull Harriers & AC	V45	00:29:08	00:29:06	00:02	10
55	90	Marie Palframan	Humber Triathletes	LV45	00:40:28	00:40:25	00:03	10
56	86	Gary Oades	East Hull Harriers & AC	V65	00:37:53	00:37:49	00:04	10
57	101	Daniel Ramsay	East Hull Harriers & AC	SNR	00:27:29	00:27:23	00:06	10
58	112	Joseph Smith	N/A	SNR	00:29:14	00:29:08	00:06	10
59	139	Paul Teece	East Hull Harriers & AC	V45	00:23:39	00:23:32	00:07	10
60	129	Steve Wilson	Bridlington Road Runners	V45	00:25:45	00:25:37	00:08	10
61	52	Aiden Godney	East Hull Harriers & AC	SNR	00:25:04	00:24:53	00:11	10
62	124	Robert Wells	East Hull Harriers & AC	V50	00:30:18	00:30:06	00:12	10
63	38	Samantha Dixie	East Hull Harriers & AC	LV40	00:30:04	00:29:50	00:14	10
64	113	Vanessa Smith	City of Hull AC	LV50	00:31:47	00:31:30	00:17	10
65	44	Lloyd Edwards	Bridlington Road Runners	V60	00:31:20	00:31:02	00:18	10
66	123	Vicky Webster	Driffield Striders	LV55	00:36:00	00:35:42	00:18	10
67	49	Andrew Gibson	Bridlington Road Runners	V60	00:32:37	00:32:19	00:18	10
68	88	Becky Ockleton	East Hull Harriers & AC	LV35	00:36:27	00:36:08	00:19	10
69	107	Rachael Sharp	East Hull Harriers & AC	LV45	00:28:33	00:28:14	00:19	10
70	130	Ian Wright	City of Hull AC	V40	00:35:00	00:34:40	00:20	10
71	51	Micah Gibson	Bridlington Road Runners	SNR	00:25:57	00:25:36	00:21	10
72	19	Ty Brooks	East Hull Harriers & AC	V45	00:27:23	00:27:02	00:21	10
73	94	Simon Parsons	Bridlington Road Runners	V50	00:33:08	00:32:47	00:21	10
74	72	Rachel Kemp	East Hull Harriers & AC	LV50	00:37:57	00:37:36	00:21	10
75	53	Paul Good	Bridlington Road Runners	V45	00:23:08	00:22:46	00:22	10
76	35	Mark Dawson	Withernsea Harriers	V55	00:28:23	00:28:01	00:22	10
77	92	Zoe Parkin	Driffield Striders	LV60	00:30:34	00:30:11	00:23	10
78	10	Julie Barnes	East Hull Harriers & AC	LV40	00:33:30	00:33:06	00:24	10
79	16	Luke Bramley	N/A	V40	00:29:11	00:28:46	00:25	10
80	131	Magda Zaremba-Wilson	East Hull Harriers & AC	LV40	00:30:45	00:30:17	00:28	10
81	119	Kobus VanderWesthuizen	City of Hull AC	V55	00:30:16	00:29:48	00:28	10
82	109	Jonathan Shaw	Goole Viking Striders	V45	00:33:59	00:33:27	00:32	10
83	22	Tom Bushby	City of Hull AC	J	00:20:59	00:20:26	00:33	10
84	23	Gregan Clarkson	Kingston upon Hull AC	V40	00:22:35	00:21:59	00:36	10
85	83	Alex Munday	City of Hull AC	V40	00:27:14	00:26:35	00:39	10
86	143	Laine Wong	N/A	LV45	00:40:00	00:39:21	00:39	10
87	48	Mark Gadie	East Hull Harriers & AC	V45	00:25:54	00:25:12	00:42	10
88	135	Kevin Anholm	Withernsea Harriers	V65	00:39:59	00:39:17	00:42	10
89	132	Jacob Zobkiw	City of Hull AC	SNR	00:28:43	00:28:01	00:42	10
90	5	Ann Allen	East Hull Harriers & AC	LV65	00:32:27	00:31:44	00:43	10
91	144	Ellie Mills	N/A	LSNR	00:28:31	00:27:48	00:43	10
92	127	Katie Wilde	East Hull Harriers & AC	LSNR	00:52:52	00:52:09	00:43	10
93	97	Diane Pickering	West Hull Ladies	LV55	00:32:02	00:31:15	00:47	10
94	111	Richard Slack	East Hull Harriers & AC	V50	00:26:53	00:26:02	00:51	10
95	87	Mike OBrien	City of Hull AC	V65	00:35:46	00:34:55	00:51	10
96	25	Euan Colquhoun	Hornsea Harriers	V45	00:30:22	00:29:28	00:54	10
97	62	Kerry Holliday	East Hull Harriers & AC	LV35	00:29:43	00:28:49	00:54	10
98	128	Mark Williamson	Hornsea Harriers	V55	00:24:45	00:23:50	00:55	10

99	77	Ian McCoid	City of Hull AC	V60	00:29:41	00:28:40	01:01	10
100	68	Miriam Ireland	Bridlington Road Runners	LV40	00:28:14	00:27:11	01:03	10
101	61	Chris Hodgson	East Hull Harriers & AC	V60	00:28:46	00:27:43	01:03	10
102	58	Richard Harrison	Selby Striders	V55	00:27:32	00:26:28	01:04	10
103	37	Beth Dearing	East Hull Harriers & AC	LSNR	00:38:01	00:36:53	01:08	10
104	106	Clifford Sansam	Withernsea Harriers	V65	00:30:06	00:28:57	01:09	10
105	60	Tom Henry	N/A	SNR	00:27:14	00:25:42	01:32	10
106	125	Anthony Whitley	City of Hull AC	V60	00:37:13	00:35:22	01:51	10
107	126	Allan Wilby	Withernsea Harriers	V70	00:35:56	00:32:36	03:20	10
108	13	Luke Beighton	N/A	SNR	00:46:33		N/A	30
109	71	Alice Jones	N/A	LSNR	00:46:33		N/A	30

## HANDICAP LEAGUE TABLE

Position	Number	Name	Club	Gender	Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8	Total
1	69	Ian Jackson	Beverley Athletic Club	M	30	40	38	0	0	0	0	0	108
2	104	Freya Route	East Hull Harriers & AC	F	30	36	40	0	0	0	0	0	106
3	110	Angharad Shepherdson	West Hull Ladies	F	30	39	32	0	0	0	0	0	101
4	10	Julie Barnes	East Hull Harriers & AC	F	30	38	10	0	0	0	0	0	78
5	24	Alex Cleeland	City of Hull AC	M	30	37	10	0	0	0	0	0	77
5	91	Karen Park	West Hull Ladies	F	30	10	37	0	0	0	0	0	77
7	29	John Crosby	East Hull Harriers & AC	M	30	10	36	0	0	0	0	0	76
7	66	Sheila Howes	Driffield Striders	F	30	10	36	0	0	0	0	0	76
9	88	Becky Ockleton	East Hull Harriers & AC	F	30	34	10	0	0	0	0	0	74
9	90	Marie Palframan	Humber Triathletes	F	30	34	10	0	0	0	0	0	74
9	133	Phil McCoy	East Hull Harriers & AC	M	30	10	34	0	0	0	0	0	74
12	39	Lisa Douglas	White City Hull RRC	F	30	10	33	0	0	0	0	0	73
13	99	Ellie Porter	Chasing Happy	F	30	11	30	0	0	0	0	0	71
13	33	Lee Daniels	Fordy Runs	M	30	10	31	0	0	0	0	0	71
15	113	Vanessa Smith	City of Hull AC	F	30	30	10	0	0	0	0	0	70
16	87	Mike OBrien	City of Hull AC	M	30	29	10	0	0	0	0	0	69
16	46	Gary Forrester	East Hull Harriers & AC	M	30	10	29	0	0	0	0	0	69
16	145	Emma Mulholland	N/A	F	0	30	39	0	0	0	0	0	69
19	59	Andrew Heath	East Hull Harriers & AC	M	30	10	28	0	0	0	0	0	68
20	92	Zoe Parkin	Driffield Striders	F	30	27	10	0	0	0	0	0	67
20	32	Martin Dale	City of Hull AC	M	30	10	27	0	0	0	0	0	67
22	26	Joe Corlass	N/A	M	30	26	10	0	0	0	0	0	66
22	76	Helen Lowe	East Hull Harriers & AC	F	30	24	12	0	0	0	0	0	66
22	54	Jenny Hamlyn	Beverley Athletic Club	F	30	10	26	0	0	0	0	0	66

25	20	Louise Burnett	City of Hull AC	F	30	35	0	0	0	0	0	0	65
25	37	Beth Dearing	East Hull Harriers & AC	F	30	25	10	0	0	0	0	0	65
25	56	Max Hardey	East Hull Harriers & AC	F	30	10	25	0	0	0	0	0	65
28	136	Nicola Fowler	Bridlington Road Runners	F	30	10	24	0	0	0	0	0	64
29	119	Kobus VanderWesthuizen	City of Hull AC	M	30	23	10	0	0	0	0	0	63
30	85	Dawn Oades	East Hull Harriers & AC	F	30	32	0	0	0	0	0	0	62
30	49	Andrew Gibson	Bridlington Road Runners	M	30	22	10	0	0	0	0	0	62
30	50	Lucinda Gibson	Bridlington Road Runners	F	30	10	22	0	0	0	0	0	62
30	93	Lyndsey Parsons	Bridlington Road Runners	F	30	10	22	0	0	0	0	0	62
34	40	Joanne Drysdale	West Hull Ladies	F	30	31	0	0	0	0	0	0	61
34	86	Gary Oades	East Hull Harriers & AC	M	30	21	10	0	0	0	0	0	61
36	2	Helen Alexander-Duncan	City of Hull AC	F	30	10	20	0	0	0	0	0	60
34	78	Kevin McManus	City of Hull AC	M	30	10	20	0	0	0	0	0	60
38	79	Catherine Milan	Driffield Striders	F	30	28	0	0	0	0	0	0	58
38	74	Daniel Little	East Hull Harriers & AC	M	30	18	10	0	0	0	0	0	58
40	138	Sarah Rose-Crawford	East Hull Harriers & AC	F	30	10	17	0	0	0	0	0	57
41	14	Natalie Bell	City of Hull AC	F	30	16	10	0	0	0	0	0	56
41	8	Veronica Banks	Driffield Striders	F	30	10	16	0	0	0	0	0	56
43	75	Andrew Long	Bridlington Road Runners	M	30	15	10	0	0	0	0	0	55
43	123	Vicky Webster	Driffield Striders	F	30	15	10	0	0	0	0	0	55
43	28	Richard Crone	East Hull Harriers & AC	M	30	10	15	0	0	0	0	0	55
43	142	Suzanne Curtis	East Hull Harriers & AC	F	30	10	15	0	0	0	0	0	55
47	103	Nicola Riley	Beverley Athletic Club	F	30	0	24	0	0	0	0	0	54
48	44	Lloyd Edwards	Bridlington Road Runners	M	30	13	10	0	0	0	0	0	53
48	47	Stacy Foxworthy	West Hull Ladies	F	30	10	13	0	0	0	0	0	53
50	102	John Ridge	Hornsea Harriers	M	30	21	0	0	0	0	0	0	51
51	3	Rob Alexander-Duncan	City of Hull AC	M	30	10	10	0	0	0	0	0	50
51	4	Robyn Allan	East Hull Harriers & AC	F	30	10	10	0	0	0	0	0	50
51	5	Ann Allen	East Hull Harriers & AC	F	30	10	10	0	0	0	0	0	50
51	7	Heidi Baker	Bridlington Road Runners	F	30	10	10	0	0	0	0	0	50

51	16	Luke Bramley	N/A	M	30	10	10	0	0	0	0	0	50
51	17	Anthony Bristow	N/A	M	30	10	10	0	0	0	0	0	50
51	21	Adrian Bushby	City of Hull AC	M	30	10	10	0	0	0	0	0	50
51	22	Tom Bushby	City of Hull AC	M	30	10	10	0	0	0	0	0	50
51	23	Gregan Clarkson	Kingston upon Hull AC	M	30	10	10	0	0	0	0	0	50
51	25	Euan Colquhoun	Hornsea Harriers	M	30	10	10	0	0	0	0	0	50
51	35	Mark Dawson	Withernsea Harriers	M	30	10	10	0	0	0	0	0	50
51	38	Samantha Dixie	East Hull Harriers & AC	F	30	10	10	0	0	0	0	0	50
51	48	Mark Gadie	East Hull Harriers & AC	M	30	10	10	0	0	0	0	0	50
51	52	Aiden Godney	East Hull Harriers & AC	M	30	10	10	0	0	0	0	0	50
51	53	Paul Good	Bridlington Road Runners	M	30	10	10	0	0	0	0	0	50
51	55	Lee Hammond	City of Hull AC	M	30	10	10	0	0	0	0	0	50
51	58	Richard Harrison	Selby Striders	M	30	10	10	0	0	0	0	0	50
51	60	Tom Henry	N/A	M	30	10	10	0	0	0	0	0	50
51	68	Miriam Ireland	Bridlington Road Runners	F	30	10	10	0	0	0	0	0	50
51	72	Rachel Kemp	East Hull Harriers & AC	F	30	10	10	0	0	0	0	0	50
51	77	Ian McCoid	City of Hull AC	M	30	10	10	0	0	0	0	0	50
51	144	Ellie Mills	N/A	F	30	10	10	0	0	0	0	0	50
51	83	Alex Munday	City of Hull AC	M	30	10	10	0	0	0	0	0	50
51	84	Andrew Norman	East Hull Harriers & AC	M	30	10	10	0	0	0	0	0	50
51	94	Simon Parsons	Bridlington Road Runners	M	30	10	10	0	0	0	0	0	50
51	95	Ken Pearson	Beverley Athletic Club	M	30	10	10	0	0	0	0	0	50
51	101	Daniel Ramsay	East Hull Harriers & AC	M	30	10	10	0	0	0	0	0	50
51	105	Lucie Route	East Hull Harriers & AC	F	30	10	10	0	0	0	0	0	50
51	106	Clifford Sansam	Withernsea Harriers	M	30	10	10	0	0	0	0	0	50
51	107	Rachael Sharp	East Hull Harriers & AC	F	30	10	10	0	0	0	0	0	50
51	108	Cameron Shaw	N/A	M	30	10	10	0	0	0	0	0	50
51	109	Jonathan Shaw	Goole Viking Striders	M	30	10	10	0	0	0	0	0	50
51	111	Richard Slack	East Hull Harriers & AC	M	30	10	10	0	0	0	0	0	50
51	112	Joseph Smith	N/A	M	30	10	10	0	0	0	0	0	50

51	114	Alex Stark	Driffield Striders	M	30	10	10	0	0	0	0	0	50
51	117	Peter Taylor	City of Hull AC	M	30	10	10	0	0	0	0	0	50
51	118	Alexander Thomas	N/A	M	30	10	10	0	0	0	0	0	50
51	122	Dominique Webster	Bridlington Road Runners	F	30	10	10	0	0	0	0	0	50
51	124	Robert Wells	East Hull Harriers & AC	M	30	10	10	0	0	0	0	0	50
51	126	Allan Wilby	Withernsea Harriers	M	30	10	10	0	0	0	0	0	50
51	128	Mark Williamson	Hornsea Harriers	M	30	10	10	0	0	0	0	0	50
51	129	Steve Wilson	Bridlington Road Runners	M	30	10	10	0	0	0	0	0	50
51	134	Alison Benson	Beverley Athletic Club	F	30	10	10	0	0	0	0	0	50
51	135	Kevin Anholm	Withernsea Harriers	M	30	10	10	0	0	0	0	0	50
51	139	Paul Teece	East Hull Harriers & AC	M	30	10	10	0	0	0	0	0	50
96	98	Philip Pocknee	N/A	M	30	19	0	0	0	0	0	0	49
97	9	Helen Barber	N/A	F	30	18	0	0	0	0	0	0	48
97	70	Paul Jessop	East Hull Harriers & AC	M	0	30	18	0	0	0	0	0	48
99	100	Christopher Price	Bridlington Road Runners	M	30	13	0	0	0	0	0	0	43
100	12	Emily Beadle	Chasing Happy	F	30	11	0	0	0	0	0	0	41
100	31	Alex Czapl	City of Hull AC	M	0	30	11	0	0	0	0	0	41
102	11	Steve Bateson	N/A	M	30	10	0	0	0	0	0	0	40
102	27	Amelia Crawford	Driffield Striders	F	30	10	0	0	0	0	0	0	40
102	141	Mark Fisher	Withernsea Harriers	M	30	10	0	0	0	0	0	0	40
102	57	Peter Hardy-Cork	Hornsea Harriers	M	30	10	0	0	0	0	0	0	40
102	65	Jane Hounsome	Hornsea Harriers	F	30	10	0	0	0	0	0	0	40
102	67	Thomas Humphrey	Driffield Striders	M	30	10	0	0	0	0	0	0	40
102	73	Nichola Lewis	Withernsea Harriers	F	30	10	0	0	0	0	0	0	40
102	89	Joseph Oldroyd	N/A	M	30	10	0	0	0	0	0	0	40
102	116	Emma Stevenson	N/A	F	30	10	0	0	0	0	0	0	40
102	137	Harry Simpson	East Hull Harriers & AC	M	30	10	0	0	0	0	0	0	40
102	18	Emily Broadbelt	West Hull Ladies	F	30	0	10	0	0	0	0	0	40
102	19	Ty Brooks	East Hull Harriers & AC	M	30	0	10	0	0	0	0	0	40
102	34	John Dawson	Beverley Athletic Club	M	30	0	10	0	0	0	0	0	40



