

<b>West Yorkshire XCL Race 4</b> <b>Sunday 6 December</b> <b>Nunroyd Park, Guiseley</b>
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## Senior Ladies

Time	Name	Team	No	Time	Name	Team	No				
1	0:19:48	LAMBSON, Rebecca	Skipton	JW	347	61	0:24:30	MARKS, Laura	Wetherby R	W40	495
2	0:19:52	WALSHAW, Katie	Holmfirth	SW	538	62	0:24:31	FRYER, Carole	Halifax Harriers	W45	98
3	0:20:06	GARNHAM, Helen	City of York	SW	57	63	0:24:33	ARTHUR, Yvette	Holmfirth	W45	159
4	0:20:12	MAWER, Lisa	Wetherby R	W40	494	64	0:24:33	WORBOYS-HODGSON, Joanne	Denby Dale	W35	66
5	0:20:12	PETERSON, Sarah	Leeds City	SW	272	65	0:24:49	GAVINS, Trish	Keighley & Craven	W45	234
6	0:20:30	CLAYTON, Emma	Scunthorpe	SW	335	66	0:24:57	SYKES, Margaret	Holmfirth	W40	157
7	0:20:58	GREEN, Amy	Keighley & Craven	SW	232	67	0:24:58	HALL, Debbie	Holmfirth	SW	151
8	0:21:10	BERRY, Helen	Holmfirth	W35	525	68	0:25:02	SUNDERLAND, Sue	Valley Striders	W45	420
9	0:21:12	PEARSON, Claire	Skipton	SW	348	69	0:25:05	FULTON, Sue	Bingley Harriers	W50	20
10	0:21:16	KEMSHALL, Sarah	Scunthorpe	SW	337	70	0:25:23	WADSWORTH, Victoria	Keighley & Craven	SW	233
11	0:21:19	RAW, Alison	Bingley Harriers	W45	13	71	0:25:27	MAROT, Veronique	Leeds City	W50	264
12	0:21:20	LEAVER, Claire	Holmfirth	SW	152	72	0:25:37	HUDSON, Chloe	Valley Striders	SW	422
13	0:21:23	SVANE, Katrine	Leeds University	SW	558	73	0:25:38	CHARLESWORTH, Zoe	Holmfirth	SW	148
14	0:21:25	SEYMOUR, Joanna	Holmfirth	W35	156	74	0:25:45	MORLEY, Jane	Wold Vets RC	W55	512
15	0:21:34	TROWBRIDGE, Jessica	Pudsey & Bramley	SW	579	75	0:25:51	DALE, Ann	Wetherby R	W35	489
16	0:21:36	GLOVER, Helen	Keighley & Craven	SW	224	76	0:26:05	COLEMAN, Charlotte	Denby Dale	W35	67
17	0:21:38	SHARRAD, Amy	Spensborough	SW	415	77	0:26:14	HARRISON, Carmel	Rothwell Harriers	W45	326
18	0:21:39	MARSH, Donna	Scunthorpe	SW	334	78	0:26:16	MORLEY, Sue	Ilkley	W50	170
19	0:21:41	BECCONSALL, Sue	Bingley Harriers	W50	14	79	0:26:27	PEAK, Zoe	York Knavesmire H.	SW	515
20	0:21:43	INGLIS, Emma	Skyrac	SW	388	80	0:26:35	PROWSE, Jo	Ilkley	W55	174
21	0:21:46	LANCASTER, Andrea	York Knavesmire H.	W35	517	81	0:26:38	ARMISTEAD, Carol	Otley A.C.	W50	301
22	0:21:47	HIRD, Tamara	Wharfedale Harriers	W35	500	82	0:26:49	MARSHALL, Tracey	Bingley Harriers	W40	23
23	0:21:49	VARLEY, Alison	Leeds City	W40	268	83	0:26:55	SROKA, Anka	Keighley & Craven	W40	227
24	0:21:51	FARQUHAR, Kath	Holmfirth	W40	537	84	0:27:15	MALLORIE-LEWIS, Alison	Wetherby R	W35	490
25	0:21:55	SPROT, Kathy	City of York	SW	587	85	0:27:29	CESAR DE SA, Rebecca	Skyrac	SW	383
26	0:22:17	WHITLEY, Sarah	Leeds City	SW	274	86	0:27:39	CARTER, Jackie	Spensborough	W45	418
27	0:22:20	WOFFENDEN, Tizz	Keighley & Craven	W40	229	87	0:27:45	NAREY, Sue	Wharfedale Harriers	W40	502
28	0:22:25	SPENCER, Lizzie	Skyrac	SW	382	88	0:28:18	RAMSDEN, Denise	Rothwell Harriers	W40	323
29	0:22:29	CUMBER, Sarah	Halifax Harriers	W35	100	89	0:29:01	CROSS, Stella	Abbey Runners	W50	577
30	0:22:31	MORLEY, Clare	Scunthorpe	SW	336	90	0:29:06	DYER, Sara	Valley Striders	W50	428
31	0:22:35	DENNISON, Andrea	Bingley Harriers	W45	19	91	0:29:31	PAYNE, Emma	Ilkley	W35	176
32	0:22:42	LEGGETT, Lesley	Denby Dale	W50	65	92	0:30:00	GIBBONS, Bernadette	Ilkley	W55	180
33	0:22:45	DYSON, Rachael	Leeds City	SW	266	93	0:31:38	CRABTREE, Caren	Keighley & Craven	W35	565
34	0:22:46	TOMES, Liz	Keighley & Craven	W50	228	94	0:32:26	HARGREAVES, Lynda	Wharfedale Harriers	W45	503
35	0:22:47	WILLITS, Emma	City of York	SW	591	95	0:33:03	EDEN, Lyn	Ilkley	W60	171
36	0:22:48	JOHNSON, Julia	Holmfirth	W45	161						
37	0:22:56	BULLOCK, Ann-Marie	Skipton	W40	350						
38	0:22:57	GUARD, Jennie	Leeds City	SW	269						
39	0:22:58	BAMFORD, Rachael	Otley A.C.	SW	296						
40	0:23:04	PRESTWICK, Louise	City of York	SW	592						
41	0:23:08	NANCOLAS, Hayley	Valley Striders	SW	423						
42	0:23:09	SCHOFIELD, Helena	Scarborough	JW	331						
43	0:23:09	GIBBONS, Catherine	Ilkley	JW	179						
44	0:23:10	WARRINGTON, Caroline	York Knavesmire H.	SW	519						
45	0:23:12	MELLOR, Rachael	Holmfirth	W45	162						
46	0:23:15	EWART, Lesley	Holmfirth	W55	158						
47	0:23:17	MALIR, Sally	Ilkley	W45	173						

Pict

# Complete Runner - Cross Country Results

48	0:23:18	WOOD, Karen	City of York	W40	60
49	0:23:23	LIDSTER, Demi	Kingston upon Hull	JW	248
50	0:23:24	PAYNE, Jocelyn	Leeds University	JW	555
51	0:23:47	PICKERSGILL, Claire	Longwood	SW	291
52	0:23:50	SILL, Michaela	Rothwell Harriers	SW	324
53	0:23:56	YATES, Jan	Denby Dale	W45	63
54	0:24:05	DAVIES, Sian	Leeds City	SW	265
55	0:24:10	SHOTTER, Jean	Holmfirth	W45	165
56	0:24:11	DAY, Joanne	Harrogate	W40	130
57	0:24:11	HUTCHINSON, Sarah	Halifax Harriers	SW	96
58	0:24:15	ROSS, Amy	York Knavesmire H.	SW	520
59	0:24:21	TANSLEY, Sharon	Valley Striders	SW	427
60	0:24:25	RABY, Fiona	Keighley & Craven	SW	226

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<b>West Yorkshire XCL Race 4</b> <b>Sunday 6 December</b> <b>Nunroyd Park, Guiseley</b>
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## Senior Men

Time	Name	Team	No	Time	Name	Team	No				
1	0:34:13	BUCKINGHAM, Mark	Holmfirth	SM	267	101	0:43:50	WHITE, Pirian	City of York	M40	109
2	0:34:17	HILTON, Martin	Leeds City	SM	381	102	0:43:52	PARKINSON, Russell	York Knavesmire H.	M45	733
3	0:35:26	PIERSON, Matthew	Holmfirth	SM	272	103	0:43:54	GIDDINGS, Joel	Valley Striders	M35	593
4	0:35:50	BISHOP, Thomas	Leeds University	JM	777	104	0:43:56	BALFOUR, Lewis	Valley Striders	SM	594
5	0:35:51	PEACE, Andrew	Bingley Harriers	M40	48	105	0:44:00	WINDLE, Paul	Wetherby R	M40	680
6	0:36:02	SCHOFIELD, Donny	Scarborough	JM	490	106	0:44:02	HUGGINS, Ray	Valley Striders	M45	751
7	0:36:05	BELLEW, Alex	Leeds University	JM	776	107	0:44:04	DEWHIRST, Matthew	Holmfirth	SM	270
8	0:36:15	ATHERSMITH, Lee	Bingley Harriers	SM	24	108	0:44:12	SKIPPING, Gerard	Spensborough	M35	581
9	0:36:19	MACDONALD, Stewart	Bingley Harriers	M40	43	109	0:44:13	HORNER, Darren	Keighley & Craven	SM	336
10	0:36:26	HARRIS, Richard	Bingley Harriers	M35	39	110	0:44:23	BAJERSKI, Nico	Halifax Harriers	JM	813
11	0:36:39	OSBOURNE, Adam	Leeds City	SM	769	111	0:44:24	WILDE, Damian	Holmfirth	SM	276
12	0:36:41	HOOKER, Nick	Leeds City	SM	385	112	0:44:44	CUNLIFFE, Rory	Bradford & Airedale	M45	60
13	0:36:52	MARCHANT, Paul	Leeds City	M35	390	113	0:44:52	JONES, Danny	Leeds City	SM	396
14	0:36:58	PEARCE, Graham	Pudsey & Bramley	SM	463	114	0:44:54	WOODS, Steve	Pudsey & Bramley	M50	468
15	0:37:02	CONVERY, John	Bingley Harriers	M45	33	115	0:45:04	BYRAM, Wayne	Holmfirth	M35	265
16	0:37:13	CROWTHER, Ben	Halifax Harriers	SM	152	116	0:45:06	TAYLOR, Drew	Valley Striders	M45	818
17	0:37:15	MIDGELEY, Tim	Bingley Harriers	SM	44	117	0:45:08	BARKER, Ralph	Denby Dale	M50	116
18	0:37:17	MILLER, Chris	Harrogate	SM	210	118	0:45:14	DUTTON, Neil	Wakefield	M35	648
19	0:37:22	GREEN, Steve	Bingley Harriers	M35	38	119	0:45:17	FAIRHURST, Russell	Keighley & Craven	M45	342
20	0:37:27	LYNN, Iain	City of York	JM	93	120	0:45:31	BROWNE, Simon	Denby Dale	M35	118
21	0:37:33	WEBB, Jim	Leeds University	SM	785	121	0:45:33	MEDLEY, Leighton	Longwood	M35	797
22	0:37:37	BROADBENT, Stephen	Bingley Harriers	M35	28	122	0:45:37	CARTER, Steve	Keighley & Craven	M55	335
23	0:37:38	ARMITAGE, Neil	Pudsey & Bramley	M35	461	123	0:45:56	SANDERS, Max	Leeds University	SM	780
24	0:37:40	NIXON, Ian	Pudsey & Bramley	SM	465	124	0:46:09	HUTCHINSON, Alan	Valley Striders	M50	610
25	0:37:40	SMITH, Kieran	City of York	JM	92	125	0:46:23	BEECROFT, Dave	Rothwell Harriers	M45	483
26	0:37:41	BAILEY, Steve	Bingley Harriers	M35	25	126	0:46:27	PEARSON, Hugh	Otley A.C.	M45	448
27	0:38:11	HOMER, Ben	Wakefield	JM	660	127	0:46:30	MCGEEVER, Phil	Horsforth Harriers	M45	285
28	0:38:18	BROWN, Andy	Bingley Harriers	M35	30	128	0:46:31	BLANE, Jon	Harrogate	M45	208
29	0:38:21	HOLAH, Jon	Pudsey & Bramley	M45	467	129	0:46:36	CUMBER, Geoff	Halifax Harriers	M60	167
30	0:38:22	ROBERTSHAW, Andrew	Otley A.C.	M35	451	130	0:47:07	COLLINSON, Mick	Denby Dale	M50	125
31	0:38:31	SLEMECK, Freddie	Leeds University	JM	784	131	0:47:11	BAILEY, Gary	Keighley & Craven	SM	339
32	0:38:35	JOHNSON, Aidan	Bingley Harriers	SM	41	132	0:47:46	TOYNE, Simon	Otley A.C.	M35	443
33	0:38:36	LANGRON, Alistair	Holmfirth	SM	274	133	0:47:55	DOVER, Bob	Bingley Harriers	M65	35
34	0:38:37	HIRD, Gareth	Wharfedale Harriers	SM	689	134	0:48:06	WILKS, Gary	Leeds City	M35	827
35	0:38:38	NYERERE-PLASTOW, WILL	Leeds City	JM	392	135	0:48:21	PRITCHARD, Robert	Skyrac	M50	551
36	0:38:39	JONES, Adrian	Keighley & Craven	M40	322	136	0:48:23	JONES, Chris	Spensborough	M45	575
37	0:38:43	BEDELL, Nigel	Keighley & Craven	M40	323	137	0:48:29	DAWSON, Dave	Wakefield	M40	656
38	0:38:54	OGDEN, Kevin	Spensborough	M35	577	138	0:48:30	BREW, Patrick	Harrogate	M50	201
39	0:39:00	ADAMS, Tom	Ilkley	SM	287	139	0:48:36	VAIS, Andrei	Holmfirth	SM	275
40	0:39:09	SHAW, Rob	Keighley & Craven	JM	324	140	0:48:43	WHITTINGHAM, Neville	Keighley & Craven	M40	792
41	0:39:13	HEAWORD, Tom	Leeds University	JM	783	141	0:48:49	HOWARD, Richard	Denby Dale	M45	122
42	0:39:15	MUKHERJEE, Ben	Scarborough	SM	822	142	0:48:59	MACE, John	Leeds City	M55	408
43	0:39:27	BARRETT, Richard	Skipton	M45	512	143	0:49:11	GIBBS, Fred	Bingley Harriers	M70+	789
44	0:39:29	SMITH, Richard	Holmfirth	SM	273	144	0:49:21	PROCTER, Michael	Longwood	M60	429
45	0:39:34	SENIOR, James	Bingley Harriers	SM	54	145	0:49:37	BAKER, Simon	Harrogate	M35	218
46	0:39:37	FARRAN, Martin	Leeds City	M45	410	146	0:49:46	TOWNEND, Dene	Halifax Harriers	M50	164
47	0:39:39	PENN, Neil	Wakefield	SM	645	147	0:49:52	AUDSLEY, Tony	Wakefield	M55	655
48	0:39:41	WALLBANK, Samuel	Leeds City	JM	767	148	0:50:03	KAUSHAL, Jason	Holmfirth	M40	269

Complete Runner - Cross Country Results

49	0:39:44	WEBB, Steve	Valley Striders	M45	609	149	0:50:11	GATENBY, Robert	Leeds City	SM	399
50	0:39:47	FRANKLIN, James	Abbey Runners	SM	8	150	0:50:12	ROBINSON, Phil	Otley A.C.	M65	452
51	0:39:49	THOMAS, Adrian	Keighley & Craven	M35	326	151	0:50:18	BITHELL, Ian	York Knavesmire H.	M65	726
52	0:40:10	BAXTER, Gavin	Holmfirth	M35	263	152	0:51:33	HAYGARTH, Tony	Valley Striders	M60	617
53	0:40:14	HELLAWELL, Lawrence	Keighley & Craven	M45	325	153	0:51:33	CARR, Paul	Denby Dale	M35	119
54	0:40:16	FISHER, Dan	Valley Striders	SM	588	154	0:51:43	HARRIS, Andrew	Nidd Valley	M35	435
55	0:40:20	MACVICAR, Scott	Wetherby R	SM	670	155	0:51:48	MORLEY, Eric	Ilkley	M55	299
56	0:40:22	RYDE, Jim	Ilkley	M40	290	156	0:52:27	DRANSFIELD, Michael	Spensborough	M45	572
57	0:40:31	GRANT, Alex	Abbey Runners	M45	10	157	0:52:52	HANNAH, Tom	Otley A.C.	M55	447
58	0:40:34	HAMILTON, Rob	Valley Striders	M40	603	158	0:52:57	COULDWELL, Alan	Harrogate	M50	207
59	0:40:35	SHAW, Dave	Keighley & Craven	M40	328	159	0:53:19	REILLY, Heath	Halifax Harriers	M40	154
60	0:40:36	RAYNES, Michael	City of York	M35	108	160	0:53:58	SAGE, Bill	Halifax Harriers	M50	156
61	0:40:37	MCCLELLAND, Ross	Denby Dale	SM	124	161	0:54:27	HARDCASTLE, Richard	Longwood	M60	425
62	0:40:48	DRANSFIELD, Ryan	Spensborough	JM	571	162	0:56:12	HALL, Damian	Denby Dale	M35	120
63	0:40:54	JEBB, Andrew	Bingley Harriers	SM	40	163	0:56:29	TOWERS, Jim	Ilkley	M55	300
64	0:40:56	GRIMES, Paul	Halifax Harriers	M55	168	164	0:56:32	PAYNE, Bob	Ilkley	M65	310
65	0:40:57	GREEN, Martin	Wakefield	M45	646	165	1:00:26	CLOUGH, Richard	Valley Striders	M40	745
66	0:41:07	CRABTREE, Paul	Keighley & Craven	M40	338	166	1:01:00	ANDERSON, Steve	Wakefield	M70+	766
67	0:41:07	HAWKING, Giles	York Knavesmire H.	M35	727	167	1:11:11	ANDREWS, Peter	Denby Dale	M60	115
68	0:41:09	JOHNSON, Jonathon	Harrogate	JM	172						
69	0:41:24	NORMANDALE, Andy	City of York	M50	110						
70	0:41:26	GRAHAM, Gary	Holmfirth	M40	252				Pict		
71	0:41:27	HENDLEY, Darren	York Knavesmire H.	M35	721						
72	0:41:30	NANCOLAS, Alex	Valley Striders	SM	586						
73	0:41:33	SEED, Mark	Rothwell Harriers	M40	486						
74	0:41:36	BROOKE, Ashley	Harrogate	M50	212						
75	0:41:40	FRY, Stephen	Bingley Harriers	M45	37						
76	0:41:48	LANGAN, Kevin	York Knavesmire H.	M45	732						
77	0:41:51	WESTHEAD, David	Ilkley	M40	292						
78	0:41:59	DYSON, Ben	Leeds City	SM	398						
79	0:42:03	O'NEILL, Steve	Leeds City	SM	383						
80	0:42:04	DOVE, Chris	Skyrac	JM	557						
81	0:42:04	RIMMER, Steve	Holmfirth	M45	257						
82	0:42:06	ILEY, Mark	Ilkley	M45	295						
83	0:42:11	MACNAMARA, Peter	Wakefield	M50	651						
84	0:42:12	SYKES, Jonathan	Holmfirth	M45	258						
85	0:42:12	HORNBY, Jeff	Spensborough	M40	573						
86	0:42:16	PICKERING, Malcolm	Ilkley	M55	298						
87	0:42:28	GOODISON, Brian	Abbey Runners	M50	2						
88	0:42:43	FRYER, Michael	Halifax Harriers	M45	158						
89	0:42:45	DOWSON, Mark	City of York	SM	97						
90	0:42:47	KNOWLES, Mark	Keighley & Craven	M35	329						
91	0:42:49	WATSON, Jerry	Valley Striders	M45	606						
92	0:42:51	WARD, Chris	Wakefield	SM	643						
93	0:42:52	NESBITT, Steve	Harrogate	M40	215						
94	0:43:03	SIMPSON, Steve	City of York	M40	106						
95	0:43:16	BELL, Gerry	Bingley Harriers	M55	27						
96	0:43:18	VICKERS, David	Scunthorpe	M35	496						
97	0:43:27	SPENCER, Liam	Keighley & Craven	M35	331						
98	0:43:32	KING, Richard	Valley Striders	SM	597						
99	0:43:37	STEEL, Pete	Leeds City	M35	770						
100	0:43:45	MCNALLY, Tom	Denby Dale	M40	121						