## Notes

1) Aim:For Race 2, the aim is to have an actual run time as close to the handicap time as possible.
2) If a runner did not complete Race 1 they do not receive a handicap time for Race 2 and are out of the handicap competition.
3) The handicap is the time in which the runner is estimated to complete the race.
4) Points: Runner(s) closest to their handicap recieve 100 points, next closest runner(s) 95 , then 90 then the points decrease by one 89,88 , ....down to 60 , all remaining runners get basic 60 points.
5) Bonus Points: 20 bonus points are awarded to the runner(s) with an actual run time closest to their handicap time. 10 bonus points are awarded to the runner(s) with the next closest to their handicap.

|  | $\begin{aligned} & \frac{1}{む} \\ & \stackrel{0}{\epsilon} \\ & \frac{1}{2} \\ & \stackrel{\circ}{\omega} \end{aligned}$ | $\begin{aligned} & \text { © } \\ & \underset{\pi}{\pi} \end{aligned}$ | $\frac{ㅇ ㅡ ㄹ ~}{3}$ | ¿ <br> $\stackrel{\rightharpoonup}{0}$ <br> Ü |  |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1 | 148 | Stuart Spencer | Fitmums And Friends | M | M | 00:20:22 | 00:18:47 | Over by | 00:01:35 | i.e. 95 secs | 38 | 60 | 135 | Y |
| 2 | 243 | Gregan Clarkson | Kingston upon Hull AC | M | VM40 | 00:20:35 | 00:19:01 | Over by | 00:01:34 | i.e. 94 secs | 37 | 60 | 135 | Y |
| 3 | 158 | Max Price | Goole Viking Striders | M | M | 00:20:58 | Did | 't compl | te Race 1 so | handicap s |  | 60 | 60 | N |
| 4 | 213 | Harry Masterman | East Hull Harriers \& AC | M | M | 00:21:03 | 00:19:26 | Over by | 00:01:37 | i.e. 97 secs | 41= | 60 | 135 | Y |
| 5 | 22 | Will Lewis | City of Hull AC | M | M | 00:21:05 | 00:19:16 | Over by | 00:01:49 | i.e. 109 secs | 59 | 60 | 135 | Y |
| 6 | 38 | Tom Bushby | City of Hull AC | M | M | 00:21:12 | 00:18:55 | Over by | 00:02:17 | i.e. 137 secs | 85= | 60 | 135 | Y |
| 7 | 202 | Mark Bissell | East Hull Harriers \& AC | M | VM35 | 00:21:33 | 00:20:36 | Over by | 00:00:57 | i.e. 57 secs | 16 | 77 | 152 | Y |
| 8 | 212 | Paul Teece | East Hull Harriers \& AC | M | VM45 | 00:21:40 | 00:19:13 | Over by | 00:02:27 | i.e. 147 secs | 90= | 60 | 135 | Y |
| 9 | 45 | Aaron England | City of Hull AC | M | M | 00:21:47 | 00:19:05 | Over by | 00:02:42 | i.e. 162 secs | 113= | 60 | 135 | Y |
| 10 | 12 | David Tyas | City of Hull AC | M | VM35 | 00:21:52 | 00:19:18 | Over by | 00:02:34 | i.e. 154 secs | 106 | 60 | 135 | Y |
| 11 | 189 | Matthew Hayes | East Hull Harriers \& AC | M | VM50 | 00:21:56 | 00:19:56 | Over by | 00:02:00 | i.e. 120 secs | 73= | 60 | 135 | Y |
| 12 | 105 | William Lince | Barton \& District AC | M | M | 00:22:01 | Did | 't comple | te Race 1 so n | handicap se |  | 60 | 60 | N |
| 13 | 198 | Nigel SISSON | East Hull Harriers \& AC | M | VM50 | 00:22:03 | 00:20:31 | Over by | 00:01:32 | i.e. 92 secs | 35 | 60 | 135 | Y |
| 14 | 113 | Connor Derbyshire | Beverley Athletic Club | M | M | 00:22:09 | 00:20:22 | Over by | 00:01:47 | i.e. 107 secs | 55= | 60 | 135 | Y |
| 15 | 131 | Joshua Green | Beverley Athletic Club | M | M | 00:22:17 | 00:20:27 | Over by | 00:01:50 | i.e. 110 secs | 60= | 60 | 135 | Y |
| 16 | 140 | David Meilhan | Beverley Athletic Club | M | VM45 | 00:22:29 | 00:20:02 | Over by | 00:02:27 | i.e. 147 secs | 90= | 60 | 135 | Y |
| 17 | 58 | Adrian Bushby | City of Hull AC | M | VM55 | 00:22:33 | 00:20:05 | Over by | 00:02:28 | i.e. 148 secs | 94 | 60 | 135 | Y |
| 18 | 30 | Jim Harlock | City of Hull AC | M | VM55 | 00:22:39 | 00:20:44 | Over by | 00:01:55 | i.e. 115 secs | 66 | 60 | 135 | Y |
| 19 | 232 | Simon Downs | Kingston upon Hull AC | M | VM45 | 00:22:43 | 00:20:14 | Over by | 00:02:29 | i.e. 149 secs | 95= | 60 | 135 | Y |
| 20 | 128 | David Morrison | Beverley Athletic Club | M | VM40 | 00:22:44 | 00:21:32 | Over by | 00:01:12 | i.e. 72 secs | 22= | 71 | 146 | Y |
| 21 | 192 | Luke Barnes | East Hull Harriers \& AC | M | VM40 | 00:22:47 | 00:21:25 | Over by | 00:01:22 | i.e. 82 secs | 27 | 66 | 141 | Y |


| 22 | 143 | Simon Bishop | Beverley Athletic Club | M | VM45 | 00:22:57 | 00:20:58 | Over by | 00:01:59 i.e. 119 secs | 71= | 60 | 135 | Y |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 23 | 201 | Luke Thompson | East Hull Harriers \& AC | M | M | 00:22:59 | 00:22:04 | Over by | 00:00:55 i.e. 55 secs | 14= | 79 | 154 | Y |
| 24 | 74 | Ben Birtles | City of Hull AC | M | VM45 | 00:23:00 | 00:20:08 | Over by | 00:02:52 i.e. 172 secs | 121= | 60 | 135 | Y |
| 25 | 133 | Doug Sharp | Beverley Athletic Club | M | VM50 | 00:23:07 | 00:21:20 | Over by | 00:01:47 i.e. 107 secs | 55= | 60 | 135 | Y |
| 26 | 188 | Paul Wray | East Hull Harriers \& AC | M | VM50 | 00:23:11 | 00:22:41 | Over by | 00:00:30 i.e. 30 secs | 6 | 87 | 162 | Y |
| 27 | 86 | Jim Rogers | City of Hull AC | M | VM55 | 00:23:14 | 00:22:03 | Over by | 00:01:11 i.e. 71 secs | 21 | 72 | 147 | Y |
| 28 | 142 | Tom Jorna | Beverley Athletic Club | M | VM40 | 00:23:15 | 00:21:27 | Over by | 00:01:48 i.e. 108 secs | 58 | 60 | 135 | Y |
| 29 | 134 | Robert Hodges | Beverley Athletic Club | M | VM35 | 00:23:16 | 00:20:45 | Over by | 00:02:31 i.e. 151 secs | 99= | 60 | 135 | Y |
| 30 | 1 | Naomi Wileman | City of Hull AC | F | F | 00:23:20 | Didn't complete Race 1 so no handicap set |  |  |  | 60 | 60 | N |
| 31 | 10 | Joe Boyes | City of Hull AC | M | VM35 | 00:23:22 | Didn't complete Race 1 so no handicap set |  |  |  | 60 | 60 | N |
| 32 | 40 | Tim Savage | City of Hull AC | M | VM55 | 00:23:31 | 00:20:49 | Over by | 00:02:42 i.e. 162 secs | 113= | 60 | 135 | Y |
| 33 | 209 | Charlie Craig | East Hull Harriers \& AC | M | M | 00:23:35 | 00:21:02 | Over by | 00:02:33 i.e. 153 secs | 103= | 60 | 135 | Y |
| 34 | 27 | Daniel Barrass | City of Hull AC | M | VM40 | 00:23:41 | 00:21:40 | Over by | 00:02:01 i.e. 121 secs | 75 | 60 | 135 | Y |
| 35 | 124 | John Dawson | Beverley Athletic Club | M | VM40 | 00:23:51 | 00:22:08 | Over by | 00:01:43 i.e. 103 secs | 50= | 60 | 135 | Y |
| 36 | 81 | Daniel Scott | City of Hull AC | M | VM35 | 00:24:01 | 00:21:50 | Over by | 00:02:11 i.e. 131 secs | 82 | 60 | 135 | Y |
| 37 | 154 | James Williamson | Goole Viking Striders | M | M | 00:24:05 | Didn't complete Race 1 so no handicap set |  |  |  | 60 | 60 | N |
| 38 | 78 | Simon Nicholson | City of Hull AC | M | VM50 | 00:24:12 | 00:22:36 | Over by | 00:01:36 i.e. 96 secs | 39= | 60 | 135 | Y |
| 39 | 29 | Rob Alexander-Duncan | City of Hull AC | M | VM45 | 00:24:13 | 00:23:01 | Over by | 00:01:12 i.e. 72 secs | 22= | 71 | 146 | Y |
| 40 | 75 | Mark Wragg | City of Hull AC | M | VM45 | 00:24:14 | Didn't complete Race 1 so no handicap set |  |  |  | 60 | 60 | N |
| 41 | 251 | Mark Nettleton | Barton \& District AC | M | VM55 | 00:24:18 | 00:21:24 | Over by | 00:02:54 i.e. 174 secs | 123= | 60 | 135 | Y |
| 42 | 14 | Stephen Glenville | City of Hull AC | M | VM40 | 00:24:21 | 00:22:22 | Over by | 00:01:59 i.e. 119 secs | 71= | 60 | 135 | Y |
| 43 | 92 | Sarah Sellens | City of Hull AC | F | VF35 | 00:24:24 | Didn't complete Race 1 so no handicap set |  |  |  | 60 | 60 | N |
| 44 | 248 | William Pike | Beverley Athletic Club | M | VM55 | 00:24:27 | 00:24:25 | Over by | 00:00:02 i.e. 2 secs | 1 | 120* | 195 | Y |
| 45 | 179 | Martin Hardey | East Hull Harriers \& AC | M | VM45 | 00:24:32 | 00:22:27 | Over by | 00:02:05 i.e. 125 secs | 78= | 60 | 135 | Y |
| 46 | 168 | Alan Smith | White City Hull RRC | M | VM50 | 00:24:33 | 00:22:42 | Over by | 00:01:51 i.e. 111 secs | 62= | 60 | 135 | Y |
| 47 | 136 | Daniel Waslin | Beverley Athletic Club | M | M | 00:24:37 | 00:23:59 | Over by | 00:00:38 i.e. 38 secs | 9 | 84 | 159 | Y |
| 48 | 13 | Paul Cartwright | City of Hull AC | M | VM65 | 00:24:38 | 00:23:05 | Over by | 00:01:33 i.e. 93 secs | 36 | 60 | 135 | Y |
| 49 | 190 | Lee Alcock | East Hull Harriers \& AC | M | VM40 | 00:24:45 | 00:22:16 | Over by | 00:02:29 i.e. 149 secs | 95= | 60 | 135 | Y |
| 50 | 18 | Martin Oliver | City of Hull AC | M | VM35 | 00:24:48 | 00:21:14 | Over by | 00:03:34 i.e. 214 secs | 153 | 60 | 135 | Y |
| 51 | 146 | Andrew Johnson | Beverley Athletic Club | M | VM55 | 00:24:50 | 00:23:00 | Over by | 00:01:50 i.e. 110 secs | 60= | 60 | 135 | Y |
| 52 | 197 | Graeme Smith | East Hull Harriers \& AC | M | VM50 | 00:24:53 | 00:23:08 | Over by | 00:01:45 i.e. 105 secs | 54 | 60 | 135 | Y |
| 53 | 90 | Paul Wilkinson | City of Hull AC | M | VM45 | 00:24:54 | 00:25:15 | Under by | 00:00:21 i.e. 21 secs | 4 | 89 | 164 | Y |
| 54 | 187 | Phil McCoy | East Hull Harriers \& AC | M | VM45 | 00:24:55 | 00:22:19 | Over by | 00:02:36 i.e. 156 secs | 110 | 60 | 135 | Y |
| 55 | 183 | Aaron Winsor | East Hull Harriers \& AC | M | M | 00:24:57 | 00:21:29 | Over by | 00:03:28 i.e. 208 secs | 151 | 60 | 135 | Y |
| 56 | 118 | Richard Scaife | Beverley Athletic Club | M | VM50 | 00:25:00 | 00:23:45 | Over by | 00:01:15 i.e. 75 secs | 24= | 69 | 144 | Y |
| 57 | 106 | Colin Jobber | Barton \& District AC | M | VM50 | 00:25:09 | 00:23:11 | Over by | 00:01:58 i.e. 118 secs | 69= | 60 | 135 | Y |
| 58 | 127 | Simon Pick | Beverley Athletic Club | M | VM45 | 00:25:24 | 00:23:33 | Over by | 00:01:51 i.e. 111 secs | 62= | 60 | 135 | Y |
| 59 | 94 | Lee Hammond | City of Hull AC | M | VM35 | 00:25:30 | 00:21:23 | Over by | 00:04:07 i.e. 247 secs | 166 | 60 | 135 | Y |
| 60 | 159 | Tom Bramham | Goole Viking Striders | M | M | 00:25:32 | 00:24:07 | Over by | 00:01:25 i.e. 85 secs | 30= | 63 | 138 | Y |
| 61 | 147 | Daniel Hammond | Beverley Athletic Club | M | VM45 | 00:25:34 | 00:24:09 | Over by | 00:01:25 i.e. 85 secs | 30= | 63 | 138 | Y |
| 62 | 151 | Paul Wood | Fitmums And Friends | M | VM40 | 00:25:37 | 00:25:14 | Over by | 00:00:23 i.e. 23 secs | 5 | 88 | 163 | Y |


| 63 | 49 | Charlotte Sherman | City of Hull AC | F | F | 00:25:40 | 00:22:33 | Over by | 00:03:07 | i.e. 187 secs | 134= | 60 | 135 | Y |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 64 | 161 | Nicky Jackson | Goole Viking Striders | M | M | 00:25:42 | 00:22:30 | Over by | 00:03:12 | i.e. 192 secs | 139 | 60 | 135 | Y |
| 65 | 150 | John Walker | Fitmums And Friends | M | VM55 | 00:25:49 | 00:23:14 | Over by | 00:02:35 | i.e. 155 secs | 107= | 60 | 135 | Y |
| 66 | 171 | Martin Hutchinson | Bridlington Road Runners | M | VM55 | 00:25:55 | 00:22:55 | Over by | 00:03:00 | i.e. 180 secs | 127= | 60 | 135 | Y |
| 67 | 229 | Simon Johnson | Kingston upon Hull AC | M | VM35 | 00:25:56 | 00:23:25 | Over by | 00:02:31 | i.e. 151 secs | 99= | 60 | 135 | Y |
| 68 | 103 | Ben Papworth | Barton \& District AC | M | M | 00:25:59 | 00:20:28 | Over by | 00:05:31 | i.e. 331 secs | 183 | 60 | 135 | Y |
| 69 | 19 | Sophie Lee | City of Hull AC | F | F | 00:26:01 | Didn't complete Race 1 so no handicap set |  |  |  |  | 60 | 60 | N |
| 70 | 109 | Sam Allen | Beverley Athletic Club | F | VF50 | 00:26:27 | 00:24:48 | Over by | 00:01:39 | i.e. 99 secs | 45 | 60 | 135 | Y |
| 71 | 66 | Stephen Rennie | City of Hull AC | M | VM65 | 00:26:30 | 00:23:43 | Over by | 00:02:47 | i.e. 167 secs | 118 | 60 | 135 | Y |
| 72 | 50 | Stephen Platten | City of Hull AC | M | VM45 | 00:26:44 | 00:24:44 | Over by | 00:02:00 | i.e. 120 secs | 73= | 60 | 135 | Y |
| 73 | 178 | Kevin Sharp | East Hull Harriers \& AC | M | VM40 | 00:26:57 | 00:22:38 | Over by | 00:04:19 | i.e. 259 secs | 170= | 60 | 135 | Y |
| 74 | 20 | Wayne Murtagh | City of Hull AC | M | VM45 | 00:27:04 | 00:24:51 | Over by | 00:02:13 | i.e. 133 secs | 83= | 60 | 135 | Y |
| 75 | 67 | Rupert Wilks | City of Hull AC | M | VM50 | 00:27:05 | Didn't complete Race 1 so no handicap set |  |  |  |  | 60 | 60 | N |
| 76 | 230 | James Drewery | Kingston upon Hull AC | M | M | 00:27:08 | 00:25:45 | Over by | 00:01:23 | i.e. 83 secs | 28 | 65 | 140 | Y |
| 77 | 185 | Kerry Holliday | East Hull Harriers \& AC | F | VF35 | 00:27:12 | 00:25:31 | Over by | 00:01:41 | i.e. 101 secs | 47= | 60 | 135 | Y |
| 78 | 205 | Tony Alcock | East Hull Harriers | M | VM60 | 00:27:13 | 00:25:21 | Over by | 00:01:52 | i.e. 112 secs | 65 | 60 | 135 | Y |
| 79 | 101 | Matthew Wilkinson | City of Hull AC | M | VM40 | 00:27:19 | 00:25:36 | Over by | 00:01:43 | i.e. 103 secs | 50= | 60 | 135 | Y |
| 80 | 160 | Katarzyna Szalecka | Goole Viking Striders | F | VF45 | 00:27:22 | 00:25:44 | Over by | 00:01:38 | i.e. 98 secs | $43=$ | 60 | 135 | Y |
| 81 | 64 | Andrew Cross | City of Hull AC | M | M | 00:27:25 | 00:25:48 | Over by | 00:01:37 | i.e. 97 secs | 41= | 60 | 135 | Y |
| 82 | 207 | Amy Wilkinson | East Hull Harriers | F | F | 00:27:27 | 00:24:55 | Over by | 00:02:32 | i.e. 152 secs | 102 | 60 | 135 | Y |
| 83 | 242 | Steve Sole | Kingston upon Hull AC | M | VM50 | 00:27:28 | 00:23:48 | Over by | 00:03:40 | i.e. 220 secs | 156= | 60 | 135 | Y |
| 84 | 206 | Adrian Kamis | East Hull Harriers | M | VM60 | 00:27:31 | 00:25:53 | Over by | 00:01:38 | i.e. 98 secs | 43= | 60 | 135 | Y |
| 85 | 98 | Brian Lazenby | City of Hull AC | M | VM45 | 00:27:32 | 00:25:51 | Over by | 00:01:41 | i.e. 101 secs | 47= | 60 | 135 | Y |
| 86 | 228 | Paul Hutchings | Kingston upon Hull AC | M | VM40 | 00:27:33 | 00:25:46 | Over by | 00:01:47 | i.e. 107 secs | 55= | 60 | 135 | Y |
| 87 | 137 | Dean Field | Beverley Athletic Club | M | VM60 | 00:27:33 | 00:26:39 | Over by | 00:00:54 | i.e. 54 secs | 13 | 80 | 155 | Y |
| 88 | 115 | Kezia Barnard | Beverley Athletic Club | F | F | 00:27:33 | Didn't complete Race 1 so no handicap set |  |  |  |  | 60 | 60 | N |
| 89 | 65 | Patrick Walker | City of Hull AC | M | VM50 | 00:27:40 | 00:26:16 | Over by | 00:01:24 | i.e. 84 secs | 29 | 64 | 139 | Y |
| 90 | 69 | Andy Naylor | City of Hull AC | M | VM45 | 00:27:47 | 00:26:03 | Over by | 00:01:44 | i.e. 104 secs | 53 | 60 | 135 | Y |
| 91 | 8 | Michael Salter | City of Hull AC | M | VM50 | 00:27:49 | 00:22:48 | Over by | 00:05:01 | i.e. 301 secs | 181 | 60 | 135 | Y |
| 92 | 182 | Chris Knowles | East Hull Harriers \& AC | M | VM40 | 00:27:52 | 00:26:09 | Over by | 00:01:43 | i.e. 103 secs | 50= | 60 | 135 | Y |
| 93 | 28 | Josh Taylor | City of Hull AC | M | M | 00:27:52 | 00:23:54 | Over by | 00:03:58 | i.e. 238 secs | 164= | 60 | 135 | Y |
| 94 | 52 | Kevin Penny | City of Hull AC | M | VM65 | 00:27:56 | 00:26:00 | Over by | 00:01:56 | i.e. 116 secs | 67= | 60 | 135 | Y |
| 95 | 4 | Ruth Dalton | City of Hull AC | F | VF40 | 00:28:02 | 00:25:10 | Over by | 00:02:52 | i.e. 172 secs | 121= | 60 | 135 | Y |
| 96 | 91 | Paul Davis | City of Hull AC | M | VM50 | 00:28:04 | 00:27:14 | Over by | 00:00:50 | i.e. 50 secs | 11 | 82 | 157 | Y |
| 97 | 107 | Kieren Iannidinardi | Barton \& District AC | M | M | 00:28:07 | Didn't complete Race 1 so no handicap set |  |  |  |  | 60 | 60 | N |
| 98 | 145 | Lucy Stamford | Beverley Athletic Club | F | VF45 | 00:28:08 | 00:24:10 | Over by | 00:03:58 | i.e. 238 secs | 164= | 60 | 135 | Y |
| 99 | 54 | Carl Horth | City of Hull AC | M | VM40 | 00:28:09 | 00:24:32 | Over by | 00:03:37 | i.e. 217 secs | 154 | 60 | 135 | Y |
| 100 | 97 | Stuart Buchan | City of Hull AC | M | VM60 | 00:28:10 | 00:27:02 | Over by | 00:01:08 | i.e. 68 secs | 18 | 75 | 150 | Y |
| 101 | 218 | Susan Farr | Selby Striders | F | VF55 | 00:28:12 | 00:26:31 | Over by | 00:01:41 | i.e. 101 secs | 47= | 60 | 135 | Y |
| 102 | 184 | Richard Crone | East Hull Harriers \& AC | M | VM50 | 00:28:14 | 00:25:51 | Over by | 00:02:23 | i.e. 143 secs | 89 | 60 | 135 | Y |
| 103 | 172 | Andy Long | Bridlington Road Runners | M | VM60 | 00:28:25 | 00:27:18 | Over by | 00:01:07 | i.e. 67 secs | 17 | 76 | 151 | Y |


| 104 | 196 | John Route | East Hull Harriers \& AC | M | VM40 | 00:28:29 | 00:27:34 | Over by | 00:00:55 | i.e. 55 secs | 14= | 79 | 154 | Y |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 105 | 199 | Phoebe Gawthorpe | East Hull Harriers \& AC | F | F | 00:28:30 | 00:25:20 | Over by | 00:03:10 | i.e. 190 secs | 137 | 60 | 135 | Y |
| 106 | 59 | Graham Hughes | City of Hull AC | M | VM55 | 00:28:34 | 00:26:28 | Over by | 00:02:06 | i.e. 126 secs | 80 | 60 | 135 | Y |
| 107 | 223 | Victoria Green | West Hull Ladies | F | F | 00:28:34 | 00:25:59 | Over by | 00:02:35 | i.e. 155 secs | 107= | 60 | 135 | Y |
| 108 | 191 | Andrew Heath | East Hull Harriers \& AC | M | VM35 | 00:28:38 | 00:28:21 | Over by | 00:00:17 | i.e. 17 secs | 3 | 90 | 165 | Y |
| 109 | 234 | Andy Steel | Kingston upon Hull AC | M | VM50 | 00:28:42 | 00:26:07 | Over by | 00:02:35 | i.e. 155 secs | 107= | 60 | 135 | Y |
| 110 | 153 | Rachel Proctor | Fitmums And Friends | F | VF40 | 00:28:55 | 00:27:25 | Over by | 00:01:30 | i.e. 90 secs | 33= | 60 | 135 | Y |
| 111 | 73 | Charlie Robinson | City of Hull AC | M | VM65 | 00:28:57 | 00:25:17 | Over by | 00:03:40 | i.e. 220 secs | 156= | 60 | 135 | Y |
| 112 | 214 | Keith Conkerton | East Hull Harriers \& AC | M | VM60 | 00:29:07 | 00:27:09 | Over by | 00:01:58 | i.e. 118 secs | 69= | 60 | 135 | Y |
| 113 | 68 | Gemma Stephenson | City of Hull AC | F | VF35 | 00:29:10 | 00:26:43 | Over by | 00:02:27 | i.e. 147 secs | 90= | 60 | 135 | Y |
| 114 | 85 | Anthony Jackson | City of Hull AC | M | VM35 | 00:29:26 | 00:27:23 | Over by | 00:02:03 | i.e. 123 secs | 76= | 60 | 135 | Y |
| 115 | 47 | Ian McCoid | City of Hull AC | M | VM60 | 00:29:33 | 00:26:06 | Over by | 00:03:27 | i.e. 207 secs | 149= | 60 | 135 | Y |
| 116 | 11 | John Escritt | City of Hull AC | M | VM65 | 00:29:38 | Didn | n't compl | ace 1 so | handicap se |  | 60 | 60 | N |
| 117 | 177 | Rachael Sharp | East Hull Harriers \& AC | F | VF45 | 00:29:45 | 00:25:52 | Over by | 00:03:53 | i.e. 233 secs | 162 | 60 | 135 | Y |
| 118 | 173 | Christian Bowes | Bridlington Road Runners | M | M | 00:29:46 | 00:30:00 | Under by | 00:00:14 | i.e. 14 secs | 2 | 105* | 180 | Y |
| 119 | 62 | Dinah Ashbridge | City of Hull AC | F | VF50 | 00:29:47 | 00:26:23 | Over by | 00:03:24 | i.e. 204 secs | 148 | 60 | 135 | Y |
| 120 | 156 | Rich Bramham | Goole Viking Striders | M | VM60 | 00:29:48 | 00:29:12 | Over by | 00:00:36 | i.e. 36 secs | 8 | 85 | 160 | Y |
| 121 | 36 | Darryl Jones | City of Hull AC | M | VM50 | 00:29:56 | 00:25:38 | Over by | 00:04:18 | i.e. 258 secs | 169 | 60 | 135 | Y |
| 122 | 195 | Louise Route | East Hull Harriers \& AC | F | VF40 | 00:29:57 | 00:28:42 | Over by | 00:01:15 | i.e. 75 secs | 24= | 69 | 144 | Y |
| 123 | 240 | Natalie Angelopoulos | KUHAC | F | VF35 | 00:30:01 | 00:32:06 | Under by | 00:02:05 | i.e. 125 secs | 78= | 60 | 135 | Y |
| 124 | 126 | Alan Flint | Beverley Athletic Club | M | VM70 | 00:30:01 | 00:26:42 | Over by | 00:03:19 | i.e. 199 secs | 145= | 60 | 135 | Y |
| 125 | 100 | Jacqui Ker | City of Hull AC | F | VF40 | 00:30:02 | 00:28:52 | Over by | 00:01:10 | i.e. 70 secs | 19= | 74 | 149 | Y |
| 126 | 162 | Philippa Oldridge | Goole Viking Striders | F | F | 00:30:03 | 00:25:03 | Over by | 00:05:00 | i.e. 300 secs | 180 | 60 | 135 | Y |
| 127 | 111 | Paul Furness | Beverley Athletic Club | M | VM50 | 00:30:12 | 00:29:30 | Over by | 00:00:42 | i.e. 42 secs | 10 | 83 | 158 | Y |
| 128 | 95 | Tony Chapman | City of Hull AC | M | VM65 | 00:30:16 | 00:29:41 | Over by | 00:00:35 | i.e. 35 secs | 7 | 86 | 161 | Y |
| 129 | 121 | James McGivern | Beverley Athletic Club | M | VM60 | 00:30:19 | Didn't complete Race 1 so no handicap set |  |  |  |  | 60 | 60 | N |
| 130 | 55 | Phil Jennings | City of Hull AC | M | VM60 | 00:30:25 | 00:27:54 | Over by | 00:02:31 | i.e. 151 secs | 99= | 60 | 135 | Y |
| 131 | 246 | Mathew Bain | Kingston upon Hull AC | M | VM40 | 00:30:30 | 00:29:02 | Over by | 00:01:28 | i.e. 88 secs | 32 | 61 | 136 | Y |
| 132 | 72 | Susie Gibson | City of Hull AC | F | VF45 | 00:30:33 | 00:28:20 | Over by | 00:02:13 | i.e. 133 secs | 83= | 60 | 135 | Y |
| 133 | 57 | Kate OBrien | City of Hull AC | F | VF35 | 00:30:33 | 00:29:03 | Over by | 00:01:30 | i.e. 90 secs | 33= | 60 | 135 | Y |
| 134 | 77 | Jacob Zobkiw | City of Hull AC | M | VM35 | 00:30:48 | 00:27:47 | Over by | 00:03:01 | i.e. 181 secs | 132 | 60 | 135 | Y |
| 135 | 204 | Michelle Smith | East Hull Harriers | F | VF45 | 00:30:49 | 00:28:41 | Over by | 00:02:08 | i.e. 128 secs | 81 | 60 | 135 | Y |
| 136 | 130 | Stuart Eskrett | Beverley Athletic Club | M | VM60 | 00:30:54 | 00:28:25 | Over by | 00:02:29 | i.e. 149 secs | 95= | 60 | 135 | Y |
| 137 | 250 | Gary Smith | City of Hull AC | M | VM50 | 00:30:55 | 00:27:55 | Over by | 00:03:00 | i.e. 180 secs | 127= | 60 | 135 | Y |
| 138 | 215 | Mark Gadie | East Hull Harriers \& AC | M | VM40 | 00:30:58 | 00:31:50 | Under by | 00:00:52 | i.e. 52 secs | 12 | 81 | 156 | Y |
| 139 | 166 | Graham Naylor | White City Hull RRC | M | VM70 | 00:31:00 | 00:28:31 | Over by | 00:02:29 | i.e. 149 secs | 95= | 60 | 135 | Y |
| 140 | 37 | Louise Shafei | City of Hull AC | F | VF60 | 00:31:05 | 00:26:57 | Over by | 00:04:08 | i.e. 248 secs | 167 | 60 | 135 | Y |
| 141 | 63 | Jeannine Ursell | City of Hull AC | F | VF45 | 00:31:14 | 00:27:45 | Over by | 00:03:29 | i.e. 209 secs | 152 | 60 | 135 | Y |
| 142 | 60 | Lindi Day | City of Hull AC | F | VF50 | 00:31:15 | 00:28:42 | Over by | 00:02:33 | i.e. 153 secs | 103= | 60 | 135 | Y |
| 143 | 116 | Sarah Fell | Beverley Athletic Club | F | VF45 | 00:31:16 | 00:28:37 | Over by | 00:02:39 | i.e. 159 secs | 112 | 60 | 135 | Y |
| 144 | 216 | Linda Tichopad | East Hull Harriers | F | VF60 | 00:31:19 | 00:28:00 | Over by | 00:03:19 | i.e. 199 secs | 145= | 60 | 135 | Y |


| 145 | 108 | Peter Watkinson | Beverley Athletic Club | M | VM70 | 00:31:25 | 00:28:48 | Over by | 00:02:37 i.e. 157 secs | 111 | 60 | 135 | Y |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 146 | 175 | Shirley Oglesby | East Hull Harriers \& AC | F | VF70 | 00:31:28 | 00:28:14 | Over by | 00:03:14 i.e. 194 secs | 141 | 60 | 135 | Y |
| 147 | 33 | Neil May | City of Hull AC | M | VM60 | 00:31:31 | 00:29:55 | Over by | 00:01:36 i.e. 96 secs | 39= | 60 | 135 | Y |
| 148 | 174 | Stuart Bowes | Bridlington Road Runners | M | VM60 | 00:31:36 | 00:30:18 | Over by | 00:01:18 i.e. 78 secs | 26 | 67 | 142 | Y |
| 149 | 165 | Ian Tasker | White City Hull RRC | M | VM50 | 00:31:40 | Didn't complete Race 1 so no handicap set |  |  |  | 60 | 60 | N |
| 150 | 120 | Fiona Holland | Beverley Athletic Club | F | VF50 | 00:31:51 | 00:28:30 | Over by | 00:03:21 i.e. 201 secs | 147 | 60 | 135 | Y |
| 151 | 176 | Alison Hayes | East Hull Harriers \& AC | F | VF45 | 00:31:54 | 00:30:44 | Over by | 00:01:10 i.e. 70 secs | 19= | 74 | 149 | Y |
| 152 | 247 | Becky Coulman | Kingston upon Hull AC | F | VF40 | 00:31:55 | 00:27:15 | Over by | 00:04:40 i.e. 280 secs | 178 | 60 | 135 | Y |
| 153 | 231 | Dean Morris | Kingston upon Hull AC | M | VM60 | 00:31:56 | 00:29:53 | Over by | 00:02:03 i.e. 123 secs | 76= | 60 | 135 | Y |
| 154 | 245 | Sam Brown | Kingston upon Hull AC | M | VM35 | 00:31:56 | 00:22:35 | Over by | 00:09:21 i.e. 561 secs | 192 | 60 | 135 | Y |
| 155 | 170 | Heidi Baker | Bridlington Road Runners | F | VF45 | 00:32:07 | 00:29:03 | Over by | 00:03:04 i.e. 184 secs | 133 | 60 | 135 | Y |
| 156 | 222 | Sara Ellis | West Hull Ladies | F | VF50 | 00:32:15 | 00:27:37 | Over by | 00:04:38 i.e. 278 secs | 176= | 60 | 135 | Y |
| 157 | 26 | Andrea Keen | City of Hull AC | F | VF50 | 00:32:23 | 00:29:25 | Over by | 00:02:58 i.e. 178 secs | 126 | 60 | 135 | Y |
| 158 | 235 | Andrew Dickerson | Kingston upon Hull AC | M | VM60 | 00:32:28 | 00:29:28 | Over by | 00:03:00 i.e. 180 secs | 127= | 60 | 135 | Y |
| 159 | 80 | Katie Rudge | City of Hull AC | F | F | 00:32:30 | 00:30:03 | Over by | 00:02:27 i.e. 147 secs | 90= | 60 | 135 | Y |
| 160 | 152 | Sue Foster | Fitmums And Friends | F | VF55 | 00:32:34 | 00:30:17 | Over by | 00:02:17 i.e. 137 secs | 85= | 60 | 135 | Y |
| 161 | 122 | Paul Allen | Beverley Athletic Club | M | VM60 | 00:32:36 | 00:30:03 | Over by | 00:02:33 i.e. 153 secs | 103= | 60 | 135 | Y |
| 162 | 125 | Rachael Hill | Beverley Athletic Club | F | VF40 | 00:32:39 | Didn't complete Race 1 so no handicap set |  |  |  | 60 | 60 | N |
| 163 | 23 | Anthony Whitley | City of Hull AC | M | VM55 | 00:32:44 | 00:29:44 | Over by | 00:03:00 i.e. 180 secs | 127= | 60 | 135 | Y |
| 164 | 44 | Naomi Prutton | City of Hull AC | F | VF45 | 00:32:46 | 00:28:35 | Over by | 00:04:11 i.e. 251 secs | 168 | 60 | 135 | Y |
| 165 | 32 | Sarah Clague | City of Hull AC | F | VF40 | 00:32:48 | Didn't complete Race 1 so no handicap set |  |  |  | 60 | 60 | N |
| 166 | 56 | Suzie Hilton-Bell | City of Hull AC | F | VF50 | 00:32:55 | 00:29:38 | Over by | 00:03:17 i.e. 197 secs | 144 | 60 | 135 | Y |
| 167 | 48 | Rachel Anderson | City of Hull AC | F | VF45 | 00:33:06 | 00:30:11 | Over by | 00:02:55 i.e. 175 secs | 125 | 60 | 135 | Y |
| 168 | 6 | Helen Alexander-Duncan | City of Hull AC | F | VF40 | 00:33:09 | 00:31:29 | Over by | 00:01:40 i.e. 100 secs | 46 | 60 | 135 | Y |
| 169 | 194 | Julie Barnes | East Hull Harriers \& AC | F | VF35 | 00:33:10 | 00:29:32 | Over by | 00:03:38 i.e. 218 secs | 155 | 60 | 135 | Y |
| 170 | 34 | Bob Wilkinson | City of Hull AC | M | VM75 | 00:33:22 | 00:30:33 | Over by | 00:02:49 i.e. 169 secs | 119= | 60 | 135 | Y |
| 171 | 93 | Kerry Taylor | City of Hull AC | F | VF35 | 00:33:27 | 00:30:38 | Over by | 00:02:49 i.e. 169 secs | 119= | 60 | 135 | Y |
| 172 | 43 | Jack Hearnshaw | City of Hull AC | M | M | 00:33:50 | 00:31:30 | Over by | 00:02:20 i.e. 140 secs | 87 | 60 | 135 | Y |
| 173 | 76 | Susan Fletcher | City of Hull AC | F | VF50 | 00:34:02 | 00:32:11 | Over by | 00:01:51 i.e. 111 secs | 62= | 60 | 135 | Y |
| 174 | 252 | Michelle Hillerby | City of Hull AC | F | VF45 | 00:34:12 | 00:30:22 | Over by | 00:03:50 i.e. 230 secs | 160= | 60 | 135 | Y |
| 175 | 87 | Glenn Halsey | City of Hull AC | M | VM60 | 00:34:12 | 00:30:57 | Over by | 00:03:15 i.e. 195 secs | 142= | 60 | 135 | Y |
| 176 | 219 | Stacy Foxworthy | West Hull Ladies | F | VF40 | 00:34:17 | 00:25:39 | Over by | 00:08:38 i.e. 518 secs | 191 | 60 | 135 | Y |
| 177 | 42 | Mike OBrien | City of Hull AC | M | VM65 | 00:34:32 | 00:31:19 | Over by | 00:03:13 i.e. 193 secs | 140 | 60 | 135 | Y |
| 178 | 244 | Martyn Hicks | KUHAC | M | VM65 | 00:34:33 | 00:30:02 | Over by | 00:04:31 i.e. 271 secs | 174 | 60 | 135 | Y |
| 179 | 208 | David Butt | East Hull Harriers | M | VM70 | 00:34:39 | Didn't complete Race 1 so no handicap set |  |  |  | 60 | 60 | N |
| 180 | 239 | Vicky Price | Kingston upon Hull AC | F | F | 00:35:09 | 00:33:13 | Over by | 00:01:56 i.e. 116 secs | 67= | 60 | 135 | Y |
| 181 | 84 | Rosie Mawer | City of Hull AC | F | F | 00:35:10 | 00:29:26 | Over by | 00:05:44 i.e. 344 secs | 184 | 60 | 135 | Y |
| 182 | 237 | Katy Watson | Kingston upon Hull AC | F | F | 00:35:17 | 00:31:36 | Over by | 00:03:41 i.e. 221 secs | 158 | 60 | 135 | Y |
| 183 | 226 | Jermaine Willan | West Hull Ladies | F | VF50 | 00:35:22 | 00:33:01 | Over by | 00:02:21 i.e. 141 secs | 88 | 60 | 135 | Y |
| 184 | 236 | Claire Nimmo | Kingston upon Hull AC | F | VF35 | 00:35:32 | 00:31:42 | Over by | 00:03:50 i.e. 230 secs | 160= | 60 | 135 | Y |
| 185 | 17 | Sarah Tock | City of Hull AC | F | VF50 | 00:36:00 | 00:32:52 | Over by | 00:03:08 i.e. 188 secs | 136 | 60 | 135 | Y |


| 186 | 224 | Carol Miller | West Hull Ladies | F | VF50 | 00:36:13 | 00:32:26 | Over by | 00:03:47 | i.e. 227 secs | 159 | 60 | 135 | Y |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 187 | 39 | Sue Reast | City of Hull AC | F | VF55 | 00:36:15 | 00:32:18 | Over by | 00:03:57 | i.e. 237 secs | 163 | 60 | 135 | Y |
| 188 | 3 | Chris Hemingway | City of Hull AC | F | VF60 | 00:36:41 | Didn't complete Race 1 so no handicap set |  |  |  |  | 60 | 60 | N |
| 189 | 117 | Nigel Wilson | Beverley Athletic Club | M | VM55 | 00:37:03 | 00:32:29 | Over by | 00:04:34 | i.e. 274 secs | 175 | 60 | 135 | Y |
| 190 | 149 | Danielle Pinder | Fitmums And Friends | F | F | 00:37:09 | 00:34:24 | Over by | 00:02:45 | i.e. 165 secs | 115= | 60 | 135 | Y |
| 191 | 144 | Kay Farrow | Beverley Athletic Club | F | VF65 | 00:37:11 | 00:33:44 | Over by | 00:03:27 | i.e. 207 secs | 149= | 60 | 135 | Y |
| 192 | 83 | Michaela Lines | City of Hull AC | F | VF50 | 00:37:39 | 00:31:52 | Over by | 00:05:47 | i.e. 347 secs | 185 | 60 | 135 | Y |
| 193 | 70 | Kevin McManus | City of Hull AC | M | VM70 | 00:37:59 | 00:34:59 | Over by | 00:03:00 | i.e. 180 secs | 127= | 60 | 135 | Y |
| 194 | 181 | Janet Kay | East Hull Harriers \& AC | F | VF60 | 00:38:25 | 00:32:55 | Over by | 00:05:30 | i.e. 330 secs | 182 | 60 | 135 | Y |
| 195 | 169 | David Foster | Bridlington Road Runners | M | VM65 | 00:38:31 | 00:35:24 | Over by | 00:03:07 | i.e. 187 secs | 134= | 60 | 135 | Y |
| 196 | 233 | Paul Mickman | Kingston upon Hull AC | M | VM55 | 00:39:53 | 00:35:34 | Over by | 00:04:19 | i.e. 259 secs | 170= | 60 | 135 | Y |
| 197 | 220 | Ziallo Gogui | West Hull Ladies | F | VF35 | 00:40:23 | Didn't complete Race 1 so no handicap set |  |  |  |  | 60 | 60 | N |
| 198 | 35 | Stephen Coveney | City of Hull AC | M | VM70 | 00:40:31 | 00:34:40 | Over by | 00:05:51 | i.e. 351 secs | 186 | 60 | 135 | Y |
| 199 | 155 | Cath Blythe | Goole Viking Striders | F | VF40 | 00:41:08 | 00:36:30 | Over by | 00:04:38 | i.e. 278 secs | 176= | 60 | 135 | Y |
| 200 | 132 | Jacqui Dickinson | Beverley Athletic Club | F | VF65 | 00:41:18 | 00:38:07 | Over by | 00:03:11 | i.e. 191 secs | 138 | 60 | 135 | Y |
| 201 | 31 | Samantha Murtagh | City of Hull AC | F | VF45 | 00:42:06 | 00:35:29 | Over by | 00:06:38 | i.e. 397 secs | 190 | 60 | 135 | Y |
| 202 | 164 | Les Taylor | White City Hull RRC | M | VM75 | 00:42:38 | 00:38:16 | Over by | 00:04:22 | i.e. 262 secs | 172 | 60 | 135 | Y |
| 203 | 238 | Paul Clarke | Kingston upon Hull AC | M | VM75 | 00:44:35 | 00:39:48 | Over by | 00:04:47 | i.e. 287 secs | 179 | 60 | 135 | Y |
| 204 | 119 | Hollie Oxtoby | Beverley Athletic Club | F | VF35 | 00:46:11 | 00:43:26 | Over by | 00:02:45 | i.e. 165 secs | 115= | 60 | 135 | Y |
| 205 | 110 | Chris Gibson | Beverley Athletic Club | M | VM60 | 00:46:13 | 00:43:27 | Over by | 00:02:46 | i.e. 166 secs | 117 | 60 | 135 | Y |
| 206 | 227 | Angela Salisbury | West Hull Ladies | F | VF50 | 00:46:35 | 00:40:00 | Over by | 00:06:35 | i.e. 395 secs | 189 | 60 | 135 | Y |
| 207 | 9 | Katie May | City of Hull AC | F | VF60 | 00:46:52 | 00:40:56 | Over by | 00:05:56 | i.e. 356 secs | 188 | 60 | 135 | Y |
| 208 | 112 | Cat Williamson | Beverley Athletic Club | F | VF65 | 00:48:03 | 00:38:08 | Over by | 00:09:55 | i.e. 595 secs | 193 | 60 | 135 | Y |
| 209 | 123 | Carol Cooke | Beverley Athletic Club | F | VF60 | 00:48:17 | 00:37:38 | Over by | 00:10:39 | i.e. 639 secs | 194 | 60 | 135 | Y |
| 210 | 221 | Suzanne Clarkson | West Hull Ladies | F | VF65 | 00:48:35 | 00:42:40 | Over by | 00:05:55 | i.e. 355 secs | 187 | 60 | 135 | Y |
| 211 | 163 | Rachael Benson | White City Hull RRC | F | VF45 | 00:50:54 | 00:46:24 | Over by | 00:04:30 | i.e. 270 secs | 173 | 60 | 135 | Y |
| 212 | 249 | Amanda Barr | Kingston upon Hull AC | F | VF40 | 00:51:08 | 00:48:14 | Over by | 00:02:54 | i.e. 174 secs | 123= | 60 | 135 | Y |
| 213 | 61 | Frank Harrison | City of Hull AC | M | VM80 | 00:52:36 | 00:49:21 | Over by | 00:03:15 | i.e. 195 secs | 142= | 60 | 135 | Y |

