



Sheffield Running Club

Loxley Lash

3rd August 2019

Heat 1

Pos	Time	Number	Name	Category	Club
1	00:21:46	829	Rachel Miller	SF	Sheffield Running Club
2	00:21:52	794	Emily Ireland	SF	Sheffield Running Club
3	00:22:35	813	Gary Brooks	M50	Sheffield Running Club
4	00:22:38	828	Paul McWhirter	M40	Sheffield Running Club
5	00:22:57	789	Sara Morrow	F45	Selby Striders
6	00:23:20	792	Emily Dodd	SF	Barnsley Harriers
7	00:28:00	826	Louise Woffindin	F35	Sheffield Running Club

Heat 2

Pos	Time	Number	Name	Category	Club
1	00:18:32	814	Chris Ireland	M55	Sheffield Running Club
2	00:18:35	817	Richard Harrison	M50	Selby Striders
3	00:18:55	795	Steven Lowndes	M60	Kimberworth Striders
4	00:18:58	791	Richard Singleton	M35	Barnsley Harriers
5	00:19:00	832	Richard Carter	M40	Steel City Striders
6	00:19:02	830	Jed Turner	M55	Sheffield Running Club
7	00:19:26	831	Gareth Irvine	M40	Sheffield Running Club
8	00:19:36	809	Amir Nanpazi	M40	Sheffield Running Club
9	00:19:53	796	Andrew Hedison	M40	Kimberworth Striders
10	00:20:55	811	Chris Heggs	M45	Sheffield Running Club

Heat 3

Pos	Time	Number	Name	Category	Club
1	00:15:52	827	Mohammed Saleh	U23	Sheffield Running Club
2	00:16:59	825	Adam Dunajko	M35	Unattached
3	00:17:00	824	Rob Cassy	M40	Sheffield Running Club
4	00:17:02	797	Chris Griffiths	M40	Rotherham Harriers
5	00:17:44	816	Mark Hampton	M35	Sheffield Running Club
6	00:18:01	793	Steve Marshall	M45	Rotherham Harriers
DNF		790	David Addenbrooke	SM	Sheffield Running Club

Series

Pos	Combined	Number	Name	Category	Club
1	00:33:51	824	Rob Cassy	M40	Sheffield Running Club
2	00:33:59	825	Adam Dunajko	M35	Unattached
3	00:35:37	816	Mark Hampton	M35	Sheffield Running Club
4	00:37:05	814	Chris Ireland	M55	Sheffield Running Club
5	00:38:05	817	Richard Harrison	M50	Selby Striders
6	00:38:43	809	Amir Nanpazi	M40	Sheffield Running Club
7	00:41:41	811	Chris Heggs	M45	Sheffield Running Club
8	00:42:09	813	Gary Brooks	M50	Sheffield Running Club