

The first official Sheffield Running Club Loxley Lash 5K – Saturday 6th July 2019

Heat 1 – Over 20

Pos	Time	Number	Name	Club
1	00:20:46	811	Chris Heggs	Sheffield Running Club
2	00:21:31	800	Peter Robertshaw	Sheffield Running Club
3	00:21:56	785	Dawn Broom	Penistone Running Club
4	00:22:23	808	Steven Ross	Sheffield Running Club

Heat 2 – Sub 20

Pos	Time	Number	Name	Club
1	00:17:53	816	Mark Hampton	Sheffield Running Club
2	00:18:02	812	David Rutherford	Sheffield Running Club
3	00:18:07	823	Robert Addenbrooke	Sheffield Running Club
4	00:18:09	820	Jack Nuttgens	Sheffield Running Club
5	00:18:10	819	Ben Wilkinson	Sheffield Running Club
6	00:18:19	786	Chris Guy	Steel City Striders
7	00:18:33	814	Chris Ireland	Sheffield Running Club
8	00:18:37	815	Matt Worthington	Sheffield Running Club
9	00:19:05	788	Richard Carter	Steel City Striders
10	00:19:07	809	Amir Nanpazi	Sheffield Running Club
11	00:19:30	817	Richard Harrison	Selby Striders
12	00:19:34	813	Gary Brooks	Sheffield Running Club
13	00:19:37	818	Jon Wilson	Selby Striders
14	00:19:57	822	Ellen McLeod	Sheffield Running Club
15	DNS	821	Shaun Ashmore	Sheffield Running Club

Heat 3 – Sub 18

Pos	Time	Number	Name	Club
1	00:16:32	787	Matt Craig	Hallamshire Harriers
2	00:16:51	824	Rob Cassy	Sheffield Running Club
3	00:17:00	825	Adam Dunajko	Unattached
4	00:17:14	790	David Addenbrooke	Sheffield Running Club
5	00:17:26	810	Ben Jones	Steel City Striders