

Loxley Lash 5K Results – 30th August 2019**Heat 1 – Over 20**

Pos	Time	Number	Name	Club	Cat
1	00:20:31	839	Ben Stittle	Steel City Striders	SM
2	00:21:03	813	Gary Brooks	Sheffield Running Club	M50
3	00:22:15	838	Russell Dodd	Sheffield Running Club	M50
4	00:22:30	837	David Higginbottom	Sheffield Running Club	M50
5	00:22:59	866	Adrian Holyhead	Kimberworth Striders	M55
6	00:23:10	862	Kiri Langmead	Steel City Striders	F35
7	00:23:21	792	Emily Dodd	Barnsley Harriers	SF
8	00:23:34	841	Helen Cameron	Sheffield Running Club	F35
9	00:24:09	845	Emma Moorhouse	Barnsley Harriers	SF
10	00:24:34	836	David Howes	Barnsley Harriers	M35
11	00:24:51	847	Alexa Dale	Sheffield Running Club	F35

Heat 2 – Under 20

Pos	Time	Number	Name	Club	Cat
1	00:17:36	864	Steve Marshall	Rotherham Harriers	M45
2	00:18:09	799	Jack Nuttgens	Sheffield Running Club	SM
3	00:18:14	869	Ben Wilkinson	Sheffield Running Club	SM
4	00:18:23	865	Steve Lowndes	Kimberworth Striders	M60
5	00:18:34	843	Tim Fletcher	Sheffield Running Club	M35
6	00:18:39	817	Richard Harrison	Selby Striders	M50
7	00:18:44	798	Keith Littlewood	Barnsley AC	M50
8	00:18:51	791	Richard Singleton	Barnsley Harriers	M35
9	00:19:00	812	David Rutherford	Sheffield Running Club	SM
10	00:19:11	867	Afif El Amrani	Sheffield Running Club	M50
11	00:19:31	835	David Ogle	Unattached	M35
12	00:19:32	868	Ellen McLeod	Sheffield Running Club	SF
13	00:19:41	844	Gareth Irvine	Sheffield Running Club	M40
14	00:19:42	840	Nicola Birch	Steel City Striders	SF
15	00:20:07	834	Mick Thompson	City of Sheffield	M60
16	00:20:52	842	Chris Higgs	Sheffield Running Club	M45
17	00:21:57	846	Jason Shepherd	Barnsley Harriers	M45

Heat 3 – Under 17

Pos	Time	Number	Name	Club	Cat
1	00:16:42	861	Alan Ford	Barnsley Harriers	M40
2	00:17:09	871	Mark Hampton	Sheffield Running Club	M35
3	00:17:10	825	Adam Dunajko	Unattached	M35
4	00:17:11	870	Rich Spooner	Barnsley Harriers	M35
5	00:17:28	872	Phillipa Williams	Sheffield Running Club	SF
6	00:17:32	873	Bruno Beckett	Sheffield Running Club	M40
7	00:17:41	849	Stephen Davison	Sheffield Running Club	SM
8	00:17:59	863	Hugh Mackie	Penistone Footpath Runners	U17
9	00:18:02	815	Matt Worthington	Sheffield Running Club	M35
10	00:18:43	848	Chris Moss	Sheffield Running Club	SM