

## OVERALL

Position	Heat	Race #	Name	Club	Time	Ht. Position	M/F	Position	Category	Position
1	1	932	Daniel Howarth	Hallamshire Harriers	15:11	1	M	1	MSEN	1
2	1	926	Jed Bartlett	Hallamshire Harriers	15:15	2	M	2	MSEN	2
3	1	922	John Birch	Hallamshire Harriers	15:26	3	M	3	MSEN	3
4	1	925	Matt Craig	Hallamshire Harriers	15:57	4	M	4	MSEN	4
5	1	924	Robert Byers	Steel City Striders	16:16	5	M	5	MSEN	5
6	1	936	Daniel Orr	Sheffield Running Club	16:21	6	M	6	MSEN	6
7	1	934	Rob Cassy	Sheffield Running Club	16:27	7	M	7	MV45	1
8	1	921	David Millns	Sheffield Running Club	16:32	8	M	8	MSEN	7
9	1	927	Paul Middlemas	Steel City Striders	16:38	9	M	9	MV40	1
10	1	923	Naeem Stevens	Steel City Striders	16:38	10	M	10	MSEN	8
11	1	929	Daniel Smith	Hillsborough & Rivelin Running Club	16:39	11	M	11	MSEN	9
12	1	928	Jimmie Stuart	Hillsborough & Rivelin Running Club	16:40	12	M	12	MSEN	10
13	1	874	Steven Cahill		16:57	13	M	13	MSEN	11
14	1	931	Andrew Heppenstall	Penistone Footpath Runners	17:01	14	M	14	MV40	2
15	2	944	John Boden	Hillsborough & Rivelin Running Club	17:04	1	M	15	MSEN	12
16	2	962	Bruno Beckett	Sheffield Running Club	17:14	2	M	16	MV45	2
17	2	940	Peter Boden	Hillsborough & Rivelin Running Club	17:17	3	M	17	MSEN	13
18	2	963	Matthew Noble	Hillsborough & Rivelin Running Club	17:20	4	M	18	MSEN	14
19	2	948	Jonathan Cooper	Hillsborough & Rivelin Running Club	17:32	5	M	19	MV40	3
20	2	964	Andrew Sharpe	Steel City Striders	17:35	6	M	20	MSEN	15
21	2	897	Adam Dunajko	Hillsborough & Rivelin Running Club	17:36	7	M	21	MSEN	16
22	2	947	Martin Ball	Penistone Footpath Runners	17:38	8	M	22	MV50	1
23	2	943	Abbie Pearse	Steel City Striders	17:39	9	F	1	FSEN	1
24	2	884	Brendon Wain	Wakefield Harriers	17:54	10	M	23	MSEN	17
25	2	877	Tim Fletcher	Sheffield Running Club	17:55	11	M	24	MV40	4
26	2	878	Rob Addenbrooke	Sheffield Running Club	18:21	12	M	25	MSEN	18
27	2	975	James Hartley	Hallamshire Harriers	18:23	13	M	26	MV50	2
28	2	935	Lee Storey	Penistone Footpath Runners	18:30	14	M	27	MV40	5
29	2	930	Ian Wilding		18:52	15	M	28	MV45	3
30	2	882	Amir Nanpazi	Sheffield Running Club	18:58	16	M	29	MV40	6
31	2	933	Michael Ashworth	Hillsborough & Rivelin Running Club	18:58	17	M	30	MV50	3
32	2	968	Laura Allen	Totley AC	19:00	18	F	2	FV40	1
33	2	939	Sarah Moss	Steel City Striders	19:05	19	F	3	FV45	1

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34	2	937	Richard Singleton	Barnsley Harriers	19:07	20	M	31	MV40	7
35	2	974	Gareth Irvine	Penistone Footpath Runners	19:13	21	M	32	MV45	4
36	2	887	Oliver Pike	Penistone Footpath Runners	19:22	22	M	33	MV40	8
37	2	969	Ben Moon	Totley AC	19:26	23	M	34	MV55	1
38	2	972	Will Hitchmough	Steel City Striders	19:35	24	M	35	MSEN	19
39	2	959	Al Cook	Steel City Striders	19:36	25	M	36	MV50	4
40	2	942	Mark Hammond		19:39	26	M	37	MV50	5
41	2	941	Sina Pournouri		19:40	27	M	38	MSEN	20
42	2	896	Christopher Johnson	Steel City Striders	19:43	28	M	39	MV40	9
43	2	970	Caz Kay	Totley AC	19:43	29	F	4	FV40	2
44	2	971	Yasmine Chaffer	Steel City Striders	19:46	30	F	5	FSEN	2
45	2	965	Simon Hope	Hillsborough & Rivelin Running Club	19:52	31	M	40	MSEN	21
46	2	938	Rebecca Friar	Rotherham Running Club	19:57	32	F	6	FSEN	3
47	3	949	Nick Hails	Hillsborough & Rivelin Running Club	20:02	1	M	41	MV45	5
48	3	918	Ian Stinson	Steel City Striders	20:10	2	M	42	MV50	6
49	3	917	Jenny Featherstone	Totley AC	20:17	3	F	7	FV40	3
50	3	879	Richard Ward	Sheffield Running Club	20:25	4	M	43	MSEN	22
51	3	890	Kiri Langmead		20:36	5	F	8	FV35	1
52	2	894	Emily Green	Steel City Striders	20:41	33	F	9	FSEN	4
53	3	920	Michael Walsh	Penistone Footpath Runners	20:46	6	M	44	MV40	10
54	3	883	Mastan Ramezani	Sheffield Running Club	20:52	7	F	10	FV40	4
55	3	960	Megan Forbes	Sheffield Running Club	20:59	8	F	11	FSEN	5
56	3	980	David Higginbottom	Sheffield Running Club	21:02	9	M	45	MV55	2
57	3	875	David Napier	Penistone Footpath Runners	21:49	10	M	46	MV45	6
58	3	979	David Thompson	Hillsborough & Rivelin Running Club	22:00	11	M	47	MSEN	23
59	3	986	Paul McWhirter	Sheffield Running Club	22:20	12	M	48	MV40	11
60	3	976	Nick Watson	Sheffield Running Club	22:22	13	M	49	MV50	7
61	3	912	Paul Bentley	Steel City Striders	22:24	14	M	50	MV65	1
62	3	961	Jamie Smith	Steel City Striders	22:34	15	M	51	MSEN	24
63	3	895	Steven Ross	Sheffield Running Club	22:57	16	M	52	MV40	12
64	3	978	Penny Sadler	Totley AC	23:18	17	F	12	FV50	1
65	3	898	Lindsey Banks	Steel City Striders	23:45	18	F	13	FV45	2
66	3	915	Katrina Gillet	Steel City Striders	23:47	19	F	14	FV35	2

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67	3	876	Steve Storey	Penistone Footpath Runners	23:48	20	M	53	MV65	2
68	3	966	Joanne Boreham	Penistone Footpath Runners	25:09	21	F	15	FV50	2
69	3	891	Stuart Smith	Penistone Footpath Runners	25:28	22	M	54	MV65	3
70	3	881	Mark Goodison	Totley AC	25:39	23	M	55	MV60	1
71	3	973	Caroline Fuller	City of Sheffield & Dearne AC	27:07	24	F	16	FV60	1
72	3	893	Steve Dommett	Penistone Footpath Runners	27:10	25	M	56	MV60	2
73	3	892	Sue Hall	Penistone Footpath Runners	27:17	26	F	17	FV60	2
74	3	977	Sharon O'Leary	Totley AC	28:50	27	F	18	FV55	1
75	3	967	Barbara Haigh	Penistone Footpath Runners	29:41	28	F	19	FV65	1
76	3	913	Sara Corker	Sheffield Running Club	33:22	29	F	20	FV50	3
77	3	914	Rebecca Pierce	Sheffield Running Club	37:24	30	F	21	FV55	2