

OVERALL

Position	Heat	Race #	Name	Club	Time	Ht. Position	M/F	Position	Category	Position
1	1	932	Daniel Howarth	Hallamshire Harriers	14:44	1	M	1	MSEN	1
2	1	984	Tommy Power	Hallamshire Harriers	14:46	2	M	2	MSEN	2
3	1	946	Euan Brown	Hallamshire Harriers	14:57	3	M	3	MSEN	3
4	1	988	Jonathan Tobin	Swansea Harriers	15:31	4	M	4	MSEN	4
5	1	925	Matt Craig	Hallamshire Harriers	15:48	5	M	5	MSEN	5
6	1	981	Adam Hirst	City of Sheffield & Dearne AC	16:16	6	M	6	MJUN	1
7	1	992	Lewis Roberts	Worcester AC	16:41	7	M	7	MSEN	6
8	1	944	John Boden	Hillsborough & Rivelin Running Club	16:42	8	M	8	MSEN	7
9	1	995	Leon Foster	Leeds City	16:48	9	M	9	MSEN	8
10	1	991	Aaron Francis	Sheffield Running Club	16:49	10	M	10	MSEN	9
11	1	990	Ryan Sheppeck	Steel City Striders	16:50	11	M	11	MSEN	10
12	1	923	Naeem Stevens	Steel City Striders	16:50	12	M	12	MSEN	11
13	1	928	Jimmie Stuart	Hillsborough & Rivelin Running Club	16:54	13	M	13	MSEN	12
14	1	924	Robert Byers	Steel City Striders	16:57	14	M	14	MSEN	13
15	1	874	Steven Cahill		17:01	15	M	15	MSEN	14
16	1	962	Bruno Beckett	Sheffield Running Club	17:02	16	M	16	MV45	1
17	1	989	Luke Mair	Steel City Striders	17:03	17	M	17	MSEN	15
18	1	940	Peter Boden	Hillsborough & Rivelin Running Club	17:04	18	M	18	MSEN	16
19	2	191	Matthew Sims	Sheffield Running Club	17:04	1	M	19	MSEN	17
20	1	993	Seth Kirby	Steel City Striders	17:15	19	M	20	MSEN	18
21	2	190	Liam Brennan	Steel City Striders	17:22	2	M	21	MSEN	19
22	2	948	Jonathan Cooper	Hillsborough & Rivelin Running Club	17:23	3	M	22	MV40	1
23	2	963	Matthew Noble	Hillsborough & Rivelin Running Club	17:26	4	M	23	MSEN	20
24	2	897	Adam Dunajko	Hillsborough & Rivelin Running Club	17:27	5	M	24	MSEN	21
25	2	238	James Mumford	Penistone Footpath Runners	17:29	6	M	25	MV40	2
26	2	997	Ellen McLeod	Rotherham Harriers	17:31	7	F	1	FV35	1
27	2	198	Michael Cockings	Steel City Striders	17:49	8	M	26	MV40	3
28	2	877	Tim Fletcher	Sheffield Running Club	17:52	9	M	27	MV40	4
29	2	208	James Fryers	Penistone Footpath Runners	17:59	10	M	28	MJUN	2
30	2	176	Ben Lewis	Hillsborough & Rivelin Running Club	18:02	11	M	29	MSEN	22
31	3	101	Christopher Moss	Sheffield Running Club	18:07	1	M	30	MSEN	23
32	2	192	James Rose	Hillsborough & Rivelin Running Club	18:11	12	M	31	MV40	5
33	2	882	Amir Nanpazi	Sheffield Running Club	18:39	13	M	32	MV40	6
34	2	203	Robert Lees	Penistone Footpath Runners	18:46	14	M	33	MV45	2

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35	2	227	Jack Hutchinson		18:49	15	M	34	MSEN	24
36	2	178	Caroline Brock	Steel City Striders	18:51	16	F	2	FV35	2
37	2	968	Laura Allen	Totley AC	18:51	17	F	3	FV40	1
38	2	930	Ian Wilding		18:52	18	M	35	MV45	3
39	2	225	Chris Guy	Hillsborough & Rivelin Running Club	18:53	19	M	36	MV45	4
40	2	194	Mark England-Woodcock		18:54	20	M	37	MV40	7
41	2	880	Edward Goodison	Totley AC	18:54	21	M	38	MSEN	25
42	2	205	Simone Young-Alls	Steel City Striders	18:55	22	F	4	FSEN	1
43	2	933	Michael Ashworth	Hillsborough & Rivelin Running Club	19:03	23	M	39	MV50	1
44	2	887	Oliver Pike	Penistone Footpath Runners	19:05	24	M	40	MV40	8
45	2	937	Richard Singleton	Barnsley Harriers	19:05	25	M	41	MV40	9
46	2	197	John Taff	Sheffield Running Club	19:10	26	M	42	MSEN	26
47	2	222	Annie Chambers	Steel City Striders	19:15	27	F	5	FSEN	2
48	2	165	John Egginton	Steel City Striders	19:18	28	M	43	MSEN	27
49	2	896	Christopher Johnson	Steel City Striders	19:19	29	M	44	MV40	10
50	2	202	Pez Holda	Sheffield Running Club	19:20	30	M	45	MV45	5
51	2	974	Gareth Irvine	Penistone Footpath Runners	19:22	31	M	46	MV45	6
52	2	983	Michael Richardson	Steel City Striders	19:28	32	M	47	MV45	7
53	2	959	Al Cook	Steel City Striders	19:29	33	M	48	MV50	2
54	2	886	Richard Harrison	Selby Striders	19:33	34	M	49	MV50	3
55	2	199	Chris Boland	Steel City Striders	19:35	35	M	50	MSEN	28
56	2	193	Jen Applegate	Totley AC	19:35	36	F	6	FV35	3
57	2	982	Darren Barnett	Steel City Striders	19:41	37	M	51	MV45	8
58	3	878	Rob Addenbrooke	Sheffield Running Club	19:43	2	M	52	MSEN	29
59	2	941	Sina Pournouri		19:56	38	M	53	MSEN	30
60	2	177	Lucy Broom	Steel City Striders	19:57	39	F	7	FV45	1
61	3	918	Ian Stinson	Steel City Striders	20:08	3	M	54	MV50	4
62	3	949	Nick Hails	Hillsborough & Rivelin Running Club	20:11	4	M	55	MV45	9
63	3	290	Paddy Treehowes	Steel City Striders	20:16	5	M	56	MV55	1
64	3	299	Harry Browne	Steel City Striders	20:23	6	M	57	MSEN	31
65	2	180	Ellen Broad	Steel City Striders	20:32	40	F	8	FSEN	3
66	3	890	Kiri Langmead		20:33	7	F	9	FV35	4
67	3	917	Jenny Featherstone	Totley AC	20:36	8	F	10	FV40	2
68	3	979	David Thompson	Hillsborough & Rivelin Running Club	20:38	9	M	58	MSEN	32

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69	3	230	John Lawcock	Penistone Footpath Runners	20:39	10	M	59	MV55	2
70	3	883	Mastan Ramezani	Sheffield Running Club	20:41	11	F	11	FV40	3
71	3	235	Chris Deakin		20:41	12	M	60	MSEN	33
72	2	894	Emily Green	Steel City Striders	20:42	41	F	12	FSEN	4
73	2	924	Robert Byers	Steel City Striders	20:44	42	M	61	MSEN	34
74	3	204	Steve Blake	Steel City Striders	20:46	13	M	62	MV45	10
75	3	237	Claire Grisdale	Steel City Striders	20:48	14	F	13	FV40	4
76	3	960	Megan Forbes	Sheffield Running Club	20:55	15	F	14	FSEN	5
77	3	284	Adam McAuley	Steel City Striders	20:57	16	M	63	MV50	5
78	3	980	David Higginbottom	Sheffield Running Club	21:01	17	M	64	MV55	3
79	3	195	Fraser Havenhand		21:03	18	M	65	MSEN	35
80	3	221	Robin Nelson	Steel City Striders	21:08	19	M	66	MV45	11
81	3	293	Michael Cambell	Steel City Striders	21:09	20	M	67	MSEN	36
82	3	234	Tom Larke		21:15	21	M	68	MSEN	37
83	3	233	Katie Gill	Steel City Striders	21:15	22	F	15	FV35	5
84	3	286	Kathy Liddiard	Steel City Striders	21:17	23	F	16	FV35	6
85	3	288	Claire Wren	Steel City Striders	21:18	24	F	17	FV35	7
86	3	298	Suzanne McGill	Penistone Footpath Runners	21:29	25	F	18	FV45	2
87	3	287	Jacqui Herring	Steel City Striders	21:34	26	F	19	FV50	1
88	3	236	Peter McCoy	Steel City Striders	21:44	27	M	69	MV45	12
89	3	986	Paul McWhirter	Sheffield Running Club	21:56	28	M	70	MV40	11
90	3	291	Sophie Reale	Hillsborough & Rivelin Running Club	21:56	29	F	20	FSEN	6
91	3	297	Matthew Coldwell	Penistone Footpath Runners	22:01	30	M	71	MV45	13
92	2	895	Steven Ross	Sheffield Running Club	22:05	43	M	72	MV40	12
93	3	915	Katrina Gillet	Steel City Striders	22:23	31	F	21	FV35	8
94	3	296	James Lawrence	Steel City Striders	22:30	32	M	73	MV40	13
95	3	912	Paul Bentley	Steel City Striders	22:41	33	M	74	MV65	1
96	3	916	Paul Fryers	Penistone Footpath Runners	23:11	34	M	75	MV55	4
97	3	220	Kevin Wong	Steel City Striders	23:13	35	M	76	MV45	14
98	3	978	Penny Sadler	Totley AC	23:36	36	F	22	FV50	2
99	3	292	Kevin Haighton	Steel City Striders	23:55	37	M	77	MV60	1
100	3	999	Helen Anayiotos	Sheffield Running Club	23:59	38	F	23	FV35	9
101	3	289	Karen Clark	Steel City Striders	24:03	39	F	24	FV55	1
102	3	898	Lindsey Banks	Steel City Striders	24:09	40	F	25	FV45	3

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103	3	229	Helen Raynes	Totley AC	24:14	41	F	26	FV40	5
104	3	166	Hannah Murton	Steel City Striders	24:30	42	F	27	FV35	10
105	3	228	Bill Phillips	Penistone Footpath Runners	24:37	43	M	78	MV70	1
106	3	891	Stuart Smith	Penistone Footpath Runners	24:50	44	M	79	MV65	2
107	3	294	Ashley Card	Steel City Striders	24:54	45	M	80	MSEN	38
108	3	919	Dave Beech	Steel City Striders	24:54	46	M	81	MV65	3
109	3	239	Yvonne Twelvetree	Totley AC	25:40	47	F	28	FV65	1
110	3	200	Pat Goddall	Totley AC	25:51	48	F	29	FV65	2
111	3	285	Simon Gleadhall	Steel City Striders	25:58	49	M	82	MV55	5
112	3	240	Clive Dowing	Steel City Striders	26:27	50	M	83	MV60	2
113	3	994	Eleanor Bull	Steel City Striders	27:04	51	F	30	FSEN	7
114	3	295	Luke McGuinness	Penistone Footpath Runners	27:05	52	M	84	MSEN	39
115	3	209	Jo Gleig	Steel City Striders	27:20	53	F	31	FV60	1
116	3	977	Sharon O'Leary	Totley AC	28:06	54	F	32	FV55	2
117	3	893	Steve Dommett	Penistone Footpath Runners	28:59	55	M	85	MV60	3
118	3	201	Anne Petit-Jean	Steel City Striders	30:06	56	F	33	FV40	6
119	3	226	Hannah Wright	Steel City Striders	31:51	57	F	34	FV35	11
120	3	889	Raymond Brown	Penistone Footpath Runners	32:09	58	M	86	MV70	2
121	3	913	Sara Corker	Sheffield Running Club	33:31	59	F	35	FV50	3
122	3	914	Rebecca Pierce	Sheffield Running Club	37:33	60	F	36	FV55	3