

# Conquer the Forest 2019

## Lap Result List



Pos	Bib	Name	Gender		AG		Club	Chip Time	Gun Time
10k									
1.	457	John Wiley	M	1.	Senior	1.	York knavesmire harriers	0:45:44	0:45:46
2.	359	Joe Leadley	M	2.	Senior	2.	Loftus & Loftus AC	0:46:34	0:46:37
3.	412	Mark Robbins	M	3.	V40	1.		0:47:30	0:47:33
4.	434	Paul Sutherns	M	4.	Senior	3.	Chrisfit	0:49:27	0:49:31
5.	299	Luke Ditchburn	M	5.	V40	2.		0:49:58	0:50:01
6.	400	Robert Preston	M	6.	Senior	4.	Scarborough Athletic Club	0:50:01	0:50:04
7.	324	Martyn Gammidge	M	7.	V45	1.		0:50:29	0:50:31
8.	447	Jamie Ward	M	8.	V40	3.		0:50:29	0:50:35
9.	358	Paul Lawton	M	9.	Senior	5.		0:51:10	0:51:12
10.	388	Nathan Newall	M	10.	Senior	6.		0:53:16	0:53:20
11.	383	Dan Moore	M	11.	Senior	7.		0:55:57	0:56:03
12.	460	Tom Woodhouse	M	12.	Senior	8.	Bridlington Road runners	0:56:01	0:56:04
13.	292	Jamie Costigan	M	13.	Senior	9.	Chriss fit	0:55:58	0:56:04
14.	291	Tom Coomber	M	14.	Senior	10.		0:56:29	0:56:44
15.	1205	Nicholas Mark Wilson	M	15.	V55	1.		0:56:47	0:56:50
16.	315	April-Marie Exley	F	1.	FV35	1.	BRIDLINGTON ROAD RUNNERS	0:57:00	0:57:03
17.	276	Richard Buckley	M	16.	V40	4.		0:57:14	0:57:20
18.	284	Michael Chapman	M	17.	Senior	11.		0:57:28	0:57:33
19.	256	Dan Bailey	M	18.	Senior	12.		0:57:28	0:57:34
20.	449	James Waterhouse	M	19.	V40	5.		0:57:34	0:57:37
21.	430	Dan Southall	M	20.	V40	6.		0:57:36	0:57:41
22.	333	Darren Griffiths	M	21.	V45	2.	Orchard Eagles	0:57:40	0:57:44
23.	431	Anna Spencer	F	2.	FV35	2.		0:57:55	0:57:59
24.	459	Ben Woodhouse	M	22.	Senior	13.		0:57:59	0:58:03
25.	297	Elizabeth Dalton	F	3.	FV40	1.	Driffield Striders	0:59:00	0:59:04
26.	432	Carl Steven	M	23.	V45	3.		0:59:27	0:59:32
27.	328	Ryan Gibson	M	24.	V40	7.	Chrisfit	1:00:18	1:00:24
28.	1179	Chris Sumpton	M	25.	V45	4.	East Hull Harriers & AC	1:00:46	1:00:50
29.	337	James Harrison	M	26.	V40	8.		1:00:47	1:00:54
30.	275	Danial Brownbridge	M	27.	Senior	14.		1:01:06	1:01:09
31.	384	Philip Murphy	M	28.	Senior	15.		1:01:09	1:01:09

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32.	288	Kathleen Coates	F	4.	FV45	1.		1:01:40	1:01:49
33.	1088	Mat Harrop	M	29.	V45	5.		1:01:54	1:01:58
34.	454	Joe White	M	30.	Senior	16.		1:01:53	1:02:07
35.	385	Cathy-Ann Myers	F	5.	Senior	1.		1:02:24	1:02:27
36.	463	Victoria wordsworth	F	6.	FV45	2.		1:02:04	1:02:40
37.	446	Ian Walbridge	M	31.	V45	6.	Centurion	1:02:47	1:03:02
38.	462	Peter Wordsworth	M	32.	V50	1.	york triathlon	1:02:46	1:03:32
39.	421	Ryan Sargent	M	33.	Senior	17.		1:03:23	1:03:39
40.	319	Ken Forbes	M	34.	Senior	18.		1:03:25	1:03:40
41.	409	Alex Richards	M	35.	V45	7.		1:03:36	1:03:41
42.	464	Michelle Zamir	F	7.	FV40	2.	Newton Aycliffe	1:03:34	1:03:41
43.	274	Booey Brown	F	8.	FV40	3.	Bridlington roadrunners	1:03:37	1:03:46
44.	391	Jonathan Ogden	M	36.	V40	9.		1:03:44	1:03:53
45.	301	Jamie Dolan	M	37.	Senior	19.		1:03:45	1:03:54
46.	253	John Aldridge	M	38.	V55	2.		1:03:52	1:04:00
47.	312	Craig England	M	39.	V40	10.		1:04:04	1:04:17
48.	366	Matthew Lucas	M	40.	Senior	20.		1:04:19	1:04:24
49.	439	Stephen Turnbull	M	41.	V40	11.		1:04:24	1:04:35
50.	364	Sarah Little	F	9.	Senior	2.		1:04:33	1:04:37
51.	406	Georgia Rendall	F	10.	Senior	3.	GoodGym Race Team	1:05:00	1:05:12
52.	265	Charlotte Bennington	F	11.	Senior	4.		1:05:10	1:05:19
53.	264	Oliver Bell	M	42.	Senior	21.		1:05:10	1:05:20
54.	262	Paige Beeforth	F	12.	Senior	5.		1:05:41	1:05:45
55.	300	Justin Ditchburn	M	43.	V45	8.		1:05:48	1:05:57
56.	422	Garry Scott	M	44.	Senior	22.		1:06:05	1:06:20
57.	381	Ewa Molka	F	13.	FV35	3.		1:06:27	1:06:37
58.	349	Thomas Jackson	M	45.	Jnr. Male	1.		1:06:43	1:06:46
59.	351	Matt Johnson	M	46.	V50	2.		1:06:46	1:06:51
60.	306	Stephen Eblet	M	47.	V55	3.		1:06:54	1:06:59
61.	335	Ellen Hannah	F	14.	FV40	4.	3xtri	1:06:46	1:07:00
62.	357	Becky Lawry	F	15.	FV45	3.	bridlington road runners	1:08:35	1:08:42
63.	342	Ellis Hodges	F	16.	Senior	6.	Bridlington Road Runners	1:08:35	1:08:42

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64.	444	Leanne Waite	F	17.	FV40	5.		1:08:59	1:09:09
65.	414	Lee Robson	M	48.	V40	12.	Centurion	1:08:59	1:09:09
66.	305	Paul Drewery	M	49.	V40	13.		1:09:08	1:09:15
67.	327	Stuart Gent	M	50.	V50	3.	Bridlington Road Runners	1:09:10	1:09:19
68.	382	Lisa Moore	F	18.	FV45	4.		1:09:33	1:09:38
69.	433	Andrew Streets	M	51.	V45	9.		1:09:43	1:09:48
70.	316	Robert Eyre	M	52.	V70	1.	Bridlington roadrunners	1:09:42	1:09:49
71.	321	Jay Forrester	M	53.	Senior	23.		1:09:49	1:10:02
72.	395	David Pearson	M	54.	V55	4.		1:09:56	1:10:07
73.	371	Peter Marshall	M	55.	Senior	24.		1:09:59	1:10:16
74.	270	Stuart Bowes	M	56.	V55	5.	Bridlington Road Runners	1:10:10	1:10:17
75.	372	Becky Martin	F	19.	FV40	6.		1:10:17	1:10:30
76.	348	Miriam Ireland	F	20.	FV35	4.	Bridlington road runners	1:10:40	1:10:47
77.	296	Steven Currie	M	57.	V40	14.		1:10:52	1:11:03
78.	344	Darren Hornby	M	58.	V40	15.		1:10:53	1:11:04
79.	423	Gordon Shannon	M	59.	V45	10.		1:11:08	1:11:17
80.	417	Pete Royal	M	60.	V65	1.	Bridlington Road Runners	1:11:20	1:11:28
81.	399	Katie Pop	F	21.	Senior	7.		1:12:08	1:12:13
82.	420	Joe Sails	M	61.	Senior	25.		1:12:04	1:12:13
83.	441	Pete Vojvodic	M	62.	V60	1.	fitmums and friends	1:12:03	1:12:17
84.	1124	Elodie Minazzi	F	22.	FV35	5.	Dewsbury Road Runners	1:12:21	1:12:28
85.	443	Lydia Wade	F	23.	Senior	8.		1:12:42	1:12:50
86.	378	Stephen Moat	M	63.	Senior	26.		1:12:43	1:12:50
87.	418	Morgann Eve Russell	F	24.	Jnr. Female	1.		1:12:54	1:12:59
88.	340	Maddy Hine	F	25.	Jnr. Female	2.		1:12:53	1:13:01
89.	397	Benjamin Pickwell-Smith	M	64.	Senior	27.		1:13:08	1:13:12
90.	377	Adam Miller	M	65.	Senior	28.	Centurion fitness	1:13:05	1:13:20
91.	413	Jennifer Roberts	F	26.	Senior	9.		1:13:16	1:13:29
92.	360	Janet Leake	F	27.	FV55	1.		1:13:31	1:13:36
93.	352	Sally Kelly	F	28.	FV35	6.		1:13:35	1:13:50
94.	271	Sharon Bowes	F	29.	FV45	5.	Bridlington Road Runners	1:14:14	1:14:20
95.	448	Stephen Waring	M	66.	V45	11.	Compass Run club	1:14:12	1:14:22

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96.	254	Olga Andrijevska	F	30.	Senior	10.	1:14:12	1:14:22	
97.	303	Jane Dowson	F	31.	FV45	6.	Tadcaster Harriers	1:14:33	1:14:45
98.	369	Rachel Mackey	F	32.	FV40	7.	Gainsborough and Morton	1:14:34	1:14:49
99.	376	Taco Michiels	M	67.	V40	16.		1:14:33	1:14:51
100.	298	Gemma Dart	F	33.	Senior	11.		1:14:49	1:14:53
101.	368	Philip Mackey	M	68.	V40	17.	Doncaster Ac	1:14:49	1:15:05
102.	329	Becky Gilbank	F	34.	FV35	7.	Bridlington Road Runners	1:15:05	1:15:08
103.	285	Rebecca Chapman	F	35.	FV40	8.		1:15:05	1:15:09
104.	452	Dominique Webster	F	36.	FV45	7.	Bridlington Road Runners	1:15:12	1:15:20
105.	436	Gillian Taylor	F	37.	FV45	8.		1:15:21	1:15:29
106.	1042	Steve Cooper	M	69.	V55	6.	3xtri	1:15:24	1:15:38
107.	453	Richard Wheeler	M	70.	V60	2.		1:15:53	1:16:10
108.	396	Verona Petty	F	38.	FV45	9.	Bridlington road runners	1:17:02	1:17:11
109.	309	Zoe Ellis	F	39.	FV45	10.	Bridlington	1:17:02	1:17:11
110.	354	Salman Khan	M	71.	Senior	29.		1:17:04	1:17:13
111.	426	Lee Shephard	M	72.	V50	4.	Redcar Running Club	1:17:04	1:17:18
112.	427	Freya Shephard	F	40.	FV40	9.		1:17:04	1:17:19
113.	387	Tracey Neal	F	41.	FV45	11.		1:17:14	1:17:28
114.	404	Lee Reed	M	73.	Senior	30.		1:17:25	1:17:40
115.	451	Gary Watson	M	74.	V50	5.	Neon Nights	1:17:53	1:18:12
116.	273	Rebecca Briggs	F	42.	Senior	12.		1:18:08	1:18:15
117.	307	Vickie Ellerker	F	43.	Senior	13.	Bridlington Road Runners	1:18:08	1:18:17
118.	365	Claire Lovell	F	44.	FV35	8.		1:18:51	1:19:02
119.	341	Morag Hine	F	45.	FV50	1.		1:19:26	1:19:26
120.	339	Shelley Hindley	F	46.	FV35	9.	West Hull Ladies	1:19:17	1:19:32
121.	295	Kathy Cuckoo	F	47.	FV45	12.	City of Hull AC	1:19:19	1:19:33
122.	320	Laura Forbes	F	48.	FV35	10.		1:19:18	1:19:34
123.	331	Joanne Greathead	F	49.	FV50	2.		1:19:37	1:19:54
124.	281	Lydia Catchpole	F	50.	FV40	10.	Fitmums and Friends	1:20:09	1:20:21
125.	322	Karen Foster	F	51.	FV45	13.		1:20:11	1:20:23
126.	411	Lucinda Rix	F	52.	Senior	14.		1:20:13	1:20:25
127.	428	Amanda Skelly	F	53.	FV35	11.		1:20:36	1:20:42

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128.	293	Rachel Coyle	F	54.	FV45	14.	Scunthorpe & District AC	1:20:28	1:20:44
129.	456	Chloe Whitehouse	F	55.	Senior	15.		1:20:35	1:20:45
130.	410	Emma Richardson	F	56.	FV40	11.		1:20:42	1:20:48
131.	416	Jenny Rowntree	F	57.	Senior	16.		1:20:38	1:20:49
132.	318	Stacey Flynn	F	58.	Senior	17.		1:20:43	1:20:49
133.	258	Liz Baker	F	59.	FV45	15.	Easingwold running club	1:20:41	1:20:49
134.	314	Dan Eves	M	75.	Senior	31.	Scarborough weightlifting club	1:21:46	1:21:59
135.	261	Kerry Bean	F	60.	Senior	18.		1:22:02	1:22:02
136.	435	Paula Tate	F	61.	FV40	12.		1:22:21	1:22:31
137.	374	Catherine May Noble	F	62.	FV40	13.		1:22:15	1:22:35
138.	268	Fiona Boland	F	63.	Senior	19.		1:22:26	1:22:37
139.	442	Liz Waby	F	64.	FV40	14.		1:23:38	1:23:41
140.	304	Bill Draper	M	76.	V65	2.		1:23:50	1:23:57
141.	361	Michael Leake	M	77.	V60	3.		1:24:01	1:24:11
142.	1160	Lisa Scott	F	65.	FV40	15.		1:25:08	1:25:16
143.	401	Mike Ramshaw	M	78.	V55	7.	Ripon Beginners Running Club	1:25:32	1:25:45
144.	255	Louise Appleton	F	66.	Senior	20.		1:25:31	1:25:45
145.	425	John Sheffield	M	79.	V65	3.		1:25:39	1:25:52
146.	455	Danielle Whitehouse	F	67.	FV45	16.		1:26:01	1:26:11
147.	343	Angela Hoe	F	68.	FV55	2.		1:26:01	1:26:11
148.	279	Julie Cass	F	69.	FV45	17.		1:25:55	1:26:12
149.	280	Anthony Cass	M	80.	V40	18.		1:25:55	1:26:13
150.	290	Madalaine Cooke	F	70.	Senior	21.		1:26:26	1:26:44
151.	287	Matt Chase	M	81.	V45	12.	Lonely Goat RC	1:26:33	1:26:53
152.	347	Moirra Ibbotson	F	71.	FV55	3.	Methley Striders	1:26:54	1:27:08
153.	311	Val England	F	72.	FV45	18.		1:27:09	1:27:21
154.	325	Joanne Gardiner	F	73.	FV40	16.		1:27:11	1:27:22
155.	1076	Samantha Gothard	F	74.	FV40	17.		1:27:18	1:27:29
156.	375	Lucy Mcneill	F	75.	FV40	18.		1:28:03	1:28:21
157.	302	Janet Downes	F	76.	FV45	19.	Bridlington roadrunners	1:28:49	1:28:56
158.	266	Sarah Benton rose	F	77.	Senior	22.	Vegan Runners	1:29:45	1:29:53
159.	278	Mark Burton	M	82.	V40	19.	chrisfit	1:29:59	1:30:18

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160.	461	Lindsay Woodward	F	78.	FV45	20.	1:30:27	1:30:45	
161.	437	Amy Thomson	F	79.	FV40	19.	1:33:21	1:33:34	
162.	403	Pauline Redman	F	80.	FV55	4.	1:33:34	1:33:50	
163.	367	Sophie Lyth	F	81.	Senior	23.	1:34:02	1:34:02	
164.	353	Julie Kerr	F	82.	FV45	21.	orchard eagles	1:34:36	1:34:41
165.	338	Julie Hewson	F	83.	FV50	3.		1:34:36	1:34:41
166.	440	Holly Tyson	F	84.	Senior	24.		1:36:03	1:36:20
167.	355	Karen Killingley	F	85.	FV50	4.	Sedgefield Harriers	1:36:06	1:36:26
168.	390	Emma Nutt	F	86.	FV50	5.		1:36:17	1:36:34
169.	458	Melanie Williams	F	87.	FV40	20.		1:36:29	1:36:43
170.	380	Andy Mobbs	M	83.	V50	6.		1:37:06	1:37:06
171.	379	Leaf Mobbs	F	88.	FV45	22.		1:36:50	1:37:07
172.	389	Hayley Nogan	F	89.	FV40	21.		1:39:27	1:39:39
173.	277	Kara Burke	F	90.	FV35	12.		1:40:52	1:41:11
174.	326	Hayley Gee	F	91.	FV35	13.		1:44:19	1:44:34
175.	392	Rich Parkinson	M	84.	V40	20.		1:45:02	1:45:13
176.	393	Georgie Parkinson	F	92.	FV40	22.		1:45:02	1:45:14
177.	363	Rachael Leisk	F	93.	FV40	23.	Lonely Goat RC	1:45:14	1:45:33
178.	257	Michelle Baker	F	94.	FV35	14.		1:50:33	1:50:39
179.	294	Anita Craggs	F	95.	FV45	23.		1:55:20	1:55:33
180.	286	Jane Charlton	F	96.	FV45	24.		1:55:20	1:55:33
181.	408	Dian Rewston	F	97.	FV45	25.	Bridlington Road Runners	1:59:51	1:59:58
182.	334	Linda Hall	F	98.	FV70	1.	Bridlington Road Runners	1:59:50	1:59:58
183.	283	Annie Chaplin	F	99.	FV35	15.	Fitmums	2:02:18	2:02:34
184.	438	Vicky Todd	F	100.	FV35	16.		2:02:18	2:02:35
185.	310	Delia Ellis	F	101.	FV55	5.	Fitmums and friends	2:02:18	2:02:35
186.	289	Pam Cockerill	F	102.	FV70	2.	York Knavesmire Hrrriers	2:05:28	2:05:47
187.	350	Kelly Jackson	F	103.	FV40	24.	Yorkshire Wolds Runners	2:07:13	2:07:31

Number of records: 187