

Fountains 10K
2010 Results

Position	Number	Time	Name	Category	Club
1	135	0:34:50	Fergus Meade	M	Leeds City
2	187	0:35:23	Phillip Elliott-Dick	M	York Knavesmire
3	173	0:35:30	David Parkin	M40	Loftus & Whitby
4	121	0:35:48	Andrew Halliday	M	Thirsk & Sowerby
5	231	0:36:11	Richard Watson	M40	Ripon Runners
6	146	0:36:23	Tony Lambert	M	Swaledale
7	130	0:37:15	Scott MacVicar	M	Wetherby Runners
8	260	0:37:21	Richard Hall	M40	Thirsk & Sowerby
9	275	0:37:38	Matthew Nettleton	M	Burton & District
10	48	0:37:40	Lee Dalton	M	unattached
11	201	0:38:43	Andrew Moody	M40	Wetherby Runners
12	50	0:38:46	Stephan Tomaszewsk	M50	Thirsk & Sowerby
13	309	0:38:56	Anthony Jefford	M	unattached
14	99	0:38:57	Paul Emmett	M40	Wetherby Runners
15	108	0:39:01	Jeremy Ladyman	M	Valley Striders
16	143	0:39:16	Chris Richardson	M40	York Knavesmire
17	116	0:39:29	David Masterman	M	Durham City Harriers
18	287	0:39:30	Shaun Jordan	M50	Bingley Harriers
19	178	0:39:33	Neil McNish	M40	Bedale & Aiskew
20	170	0:39:37	John Young	M	Harrogate Harriers
21	285	0:39:49	Karen Pickles	F35	Pudsey Pacers
22	177	0:39:49	Steve Trudgeon	M40	Harrogate Harriers
23	150	0:39:54	Richard Maw	M40	Scarborough AC
24	223	0:40:06	Paul Thomson	M	unattached
25	123	0:40:14	Joseph Lofthouse	M	Ripon Runners
26	81	0:40:18	Richard Twomey	M40	unattached
27	247	0:40:19	Matthew Lewis	M	unattached
28	42	0:40:19	John Oliver	M50	York Knavesmire
29	58	0:40:23	Steve Oates	M40	Ripon Runners
30	284	0:40:39	Stephen Nesbitt	M40	Harrogate Harriers
31	134	0:40:55	Iain Milner	M	Thirsk & Sowerby
32	226	0:41:10	Stephen Chaplin	M	unattached
33	280	0:41:13	Robert Burn	M50	Thirsk & Sowerby
34	293	0:41:29	Catherine Howlett	F35	unattached
35	264	0:41:30	Graham Bell	M50	Darlington Harriers
36	125	0:41:37	Andrew Harris	M	Nidd Valley
37	283	0:41:43	Duncan Berry	M	unattached
38	324	0:41:49	John Dickinson	M40	unattached
39	229	0:42:03	Caroline Lambert	F	Wetherby Runners
40	62	0:42:05	Tim Broomfield	M50	Harrogate Harriers
41	241	0:42:05	Brett Edgeworth	M40	Thirsk & Sowerby
42	322	0:42:08	Angel Aglesias	M	North York Moors AC
43	9	0:42:09	Michael Jeffrey	M50	Otley AC
44	32	0:42:10	Paul Stalker	M	Nidd Valley
45	114	0:42:13	Martin Randall	M40	Swaledale
46	129	0:42:14	Mark Jordan	M50	Harrogate Harriers
47	128	0:42:15	Paul Dowie	M	Harrogate Harriers
48	194	0:42:23	Andy Laycock	M	unattached
49	118	0:42:25	Joe Brown	M	York Knavesmire
50	54	0:42:26	Jon Blane	M40	Harrogate Harriers
51	153	0:42:27	Paul Atkinson	M40	Thirsk & Sowerby
52	263	0:42:38	James Ridley	M	unattached
53	160	0:42:53	Christopher Nattress	M	unattached
54	227	0:42:57	Graeme Addison	M40	Sedgefield
55	252	0:42:59	Mick Brearley	M40	St Bedes

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56	315	0:43:02	Julie Greenwood	F35 Wakefield Harriers
57	311	0:43:09	Erika Johnson	F35 Swaledale
58	100	0:43:11	Simon Merrin	M Ripon Runners
59	204	0:43:17	Mark Holt	M unattached
60	215	0:43:28	Keith Hawkins	M40 Ripon Runners
61	141	0:43:31	David Darton	M50 York Knavesmire
62	270	0:43:33	Paul Munson	M50 Ripon Runners
63	299	0:43:33	Steve Smith	M50 Harrogate Harriers
64	337	0:43:42	Simon Cave	M unattached
65	67	0:43:50	Steven Close	M Wetherby Runners
66	66	0:43:57	Daniel Probart	M unattached
67	180	0:43:59	Paul Hooper	M40 unattached
68	158	0:44:01	Adam Johnstone	M Ripon Runners
69	297	0:44:06	Nathan Corner	M unattached
70	90	0:44:36	John Mace	M50 Leeds City
71	331	0:44:44	Gerard Nugent	M unattached
72	139	0:44:48	Les Hunter	M50 unattached
73	250	0:44:51	Daren Rosamond	M40 Bedale & Aiskew
74	120	0:45:08	Keith Pailing	M60 Rothwell Harriers
75	22	0:45:17	Simon Smith	M40 Nidd Valley
76	140	0:45:21	Colin Lea	M40 York Knavesmire
77	281	0:45:31	Chris Brown	M60 Ripon Runners
78	7	0:45:42	Mike Deacon	M40 Nidd Valley
79	259	0:45:48	Angela Hall	F45 Thirsk & Sowerby
80	14	0:45:53	Martin Smith	M York Knavesmire
81	24	0:45:59	Tonia Richardson	F45 Totley AC
82	39	0:46:00	Daniel Sturgeon	M York Knavesmire
83	76	0:46:03	David Abbot	M unattached
84	261	0:46:11	Lorraine Hiles	F45 Thirsk & Sowerby
85	240	0:46:20	Vanessa Lawson	F35 Chepstow Harriers
86	154	0:46:22	Philip Carling	M50 unattached
87	156	0:46:26	John Ward	M60 Ripon Runners
88	220	0:46:30	Kenneth Evitt	M50 Thirsk & Sowerby
89	338	0:46:37	Richard Hughes	M40 unattached
90	138	0:46:39	Alistair MacLeod	M40 York Knavesmire
91	271	0:46:42	Tony Essex	M60 Harrogate Harriers
92	56	0:46:43	Julia Atkinson-Tait	F35 Sedgefield
93	86	0:46:53	Tim Pocock	M50 Harrogate Harriers
94	117	0:46:55	Susan Robinson	F35 unattached
95	216	0:46:57	Nicola Booth	F45 Thirsk & Sowerby
96	292	0:46:59	John Cooke	M50 Tadcaster Harriers
97	159	0:47:07	Ray Johnstone	M50 Ripon Runners
98	23	0:47:08	Christine Holleran	F45 Nidd Valley
99	300	0:47:15	David Wade	M unattached
100	304	0:47:15	John Andrews	M unattached
101	269	0:47:17	Dave Topping	M unattached
102	167	0:47:17	Julia Thompson	F35 Nidd Valley
103	64	0:47:18	Louise Howard	F35 unattached
104	52	0:47:18	Michael Hannan	M40 unattached
105	190	0:47:22	Nicola Carter	F35 unattached
106	273	0:47:27	Janet Raper	F45 Sedgefield
107	8	0:47:35	David Seaman	M60 Nidd Valley
108	6	0:47:38	Fiona Deacon	F45 Nidd Valley
109	103	0:47:39	Sue Simpson	F45 Harrogate Harriers
110	255	0:47:43	Marie O'Connor	F Virgin Active Road Runners
111	113	0:47:47	Sue Sharples	F35 Wetherby Runners

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112	196	0:47:47	Richard Appleton	M unattached
113	244	0:47:50	James Perry	M unattached
114	122	0:47:52	Dave Cooper	M40 Ripon Runners
115	95	0:47:57	Martin Hirst	M60 Harrogate Harriers
116	181	0:48:08	Richard Lockley	M40 unattached
117	248	0:48:11	Roy Smith	M50 unattached
118	195	0:48:13	Angela Arnell	F35 York Knavesmire
119	306	0:48:14	Ronnie Cassar	M60 Swaledale
120	307	0:48:19	Amy Rose Cassar	F Swaledale
121	185	0:48:19	Andrew Tuley	M40 unattached
122	267	0:48:25	Ian Smith	M50 Wetherby Runners
123	40	0:48:34	Peter Devlin	M50 Swaledale
124	161	0:48:35	Bruce King	M50 unattached
125	31	0:48:37	Matthew Holt	M Ripon Runners
126	323	0:48:44	Paul Wigby	M40 unattached
127	119	0:48:46	Paul Holliday	M unattached
128	77	0:48:48	Janet McRae	F45 Newton Aycliffe AC
129	59	0:48:54	Emma Oates	F35 Ripon Runners
130	296	0:48:58	Howard Jeffrey	M50 Otley Ac
131	205	0:49:03	Matthew Richardson	M unattached
132	206	0:49:07	Paul Richardson	M40 unattached
133	184	0:49:07	Andy Gibb	M50 Bedale & Aiskew
134	336	0:49:08	Ellie Pocock	F35 Ripon Runners
135	112	0:49:12	Andrew Grayley	M40 unattached
136	149	0:49:18	Michael Waud	M40 unattached
137	219	0:49:23	Mark Dennison	M40 unattached
138	28	0:49:26	Jill Knight	F35 Thirsk & Sowerby
139	225	0:49:30	Alan Davidson	M40 unattached
140	268	0:49:31	Jordan Maguire	M unattached
141	288	0:49:43	Andrew Nicholls	M50 unattached
142	107	0:49:44	Chloe Hudson	F Valley Striders
143	228	0:49:45	Robert Ash	M40 unattached
144	78	0:49:52	Elizabeth Graham	F35 unattached
145	38	0:50:10	Will l'Anson	M40 unattached
146	4	0:50:11	Steven Little	M50 Idle AC
147	321	0:50:20	Matthew Slater	M unattached
148	106	0:50:23	Stuart Clarkson	M Swaledale
149	157	0:50:29	Kenny Rae	M40 Thirsk & Sowerby
150	13	0:50:31	John Middleton	M50 York Knavesmire
151	208	0:50:33	Stephen Kirk	M unattached
152	176	0:50:37	Anne Scaife	F35 Harrogate Harriers
153	291	0:50:38	Chris Bennett	M60 Ripon Runners
154	98	0:50:42	Nigel Bower	M50 Ripon Runners
155	235	0:50:45	Suzanne Rickard	F35 Ripon Runners
156	168	0:50:58	Jenny Crosier	F Bedale & Aiskew
157	57	0:51:21	Paul O'Rourke	M40 Ripon Runners
158	257	0:51:27	Victoria Powell	F unattached
159	286	0:51:28	Cheryl Parkin	F Low Fell RC
160	69	0:51:30	Joanne Wallace	F45 Ripon Runners
161	224	0:51:33	Paul Goacher	M40 Thirsk & Sowerby
162	266	0:51:34	Chris l'Anson	M40 Ripon Runners
163	37	0:51:37	Paul Simmonds	M40 unattached
164	93	0:51:42	Alexandra Snow	F unattached
165	102	0:51:47	Neil Schuler	M40 unattached
166	175	0:51:50	Emma David	F Nidd Valley
167	312	0:51:52	Victoria Davidson	F35 Bedale & Aiskew

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168	152	0:52:15	Patrick Parks	M60 Redcar
169	316	0:52:16	Stuart Pender	M40 unattached
170	174	0:52:19	Andrew Kicks	M unattached
171	166	0:52:20	Judith Seaton	F45 Thirsk & Sowerby
172	46	0:52:21	Kim Vehige	F35 unattached
173	25	0:52:45	Keith Richardson	M50 unattached
174	91	0:52:48	David Horne	M40 NYP AC
175	12	0:52:49	Emma Bennett	F Harrogate Harriers
176	239	0:52:54	Sue Higgison	F35 unattached
177	294	0:53:01	Keith Pratchett	M60 St Bedes
178	30	0:53:02	Jill Holt	F35 Ripon Runners
179	171	0:53:06	Martin Albones	M40 unattached
180	207	0:53:15	Nicola Atkinson	F35 Thirsk & Sowerby
181	84	0:53:20	Matt Cooper	M unattached
182	334	0:53:26	Jackie Hay	F45 Bedale & Aiskew
183	332	0:53:26	Steve Wakeham	M40 Nidd Valley
184	132	0:53:35	Charlie Brooksbank	F35 unattached
185	301	0:53:36	Alexander Firmin	M unattached
186	147	0:53:39	John Young	M50 Newton Aycliffe AC
187	314	0:53:42	Catherine Dawson	F unattached
188	142	0:53:47	Amanda Metcalfe	F35 Nidd Valley
189	333	0:53:48	Mike Hartas	M40 Ripon Runners
190	27	0:53:52	James Appleton	M unattached
191	53	0:53:56	Chris Appleton	M50 unattached
192	230	0:53:57	Dave John Williamson	M40 unattached
193	238	0:53:57	Marc Davies	M unattached
194	179	0:53:59	Laura Murray	F Nidd Valley
195	242	0:54:05	Graham Baylis	M50 unattached
196	214	0:54:05	Anneke Imeson	F Ripon Runners
197	44	0:54:10	John Hunter	M60 Swaledale
198	202	0:54:13	Paul Walton	M50 Thirsk & Sowerby
199	213	0:54:16	Leah Horner	F35 Ripon Runners
200	237	0:54:20	Patricia Gill	F35 York Knavesmire
201	20	0:54:21	Janet Carling	F45 Nidd Valley
202	109	0:54:31	Jo Fambely	F45 Thirsk & Sowerby
203	243	0:54:36	Wendy Smith	F35 unattached
204	73	0:54:57	John Newell	M unattached
205	217	0:54:59	Steven Booth	M40 Thirsk & Sowerby
206	17	0:55:00	Janine Gambles	F45 Idle AC
207	115	0:55:00	Jan Hails	F35 unattached
208	298	0:55:14	Paul Ellis	M40 unattached
209	155	0:55:21	Julie Merrin	F35 Ripon Runners
210	29	0:55:31	Jacky Darley	F45 Wetherby Runners
211	148	0:55:31	Sara Goward	F Valley Striders
212	71	0:55:39	Paul Ellis	M50 Nidd Valley
213	189	0:55:50	Anthony Lee	M50 unattached
214	319	0:55:53	Alison Briers	F35 unattached
215	164	0:56:05	Lucy Smith	F35 unattached
216	302	0:56:09	Katherine Firmin	F unattached
217	182	0:56:09	Kathryn Haw	F45 unattached
218	278	0:56:10	Wendy Holden	F45 Thirsk & Sowerby
219	10	0:56:16	Katie Oliver	F York Knavesmire
220	104	0:56:20	Mel Dutka	F45 Ripon Runners
221	183	0:56:21	Jonathan Harris-Dougl	M40 Easingwold RC
222	313	0:56:38	Gayner Blackwell	F35 Easingwold RC
223	329	0:56:40	Catherine Sutcliffe	F35 unattached

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224	295	0:56:40	Michelle Cheung	F35	Wetherby Runners
225	36	0:56:40	Simon Stockill	M	unattached
226	92	0:56:43	Owen Simpson	M	unattached
227	124	0:57:06	Graeham Adams	M60	York Knavesmire
228	209	0:57:08	Lesley Willoughby	F35	Ripon Runners
229	272	0:57:08	David Thacker	M40	unattached
230	274	0:57:29	Alex Keech	M	unattached
231	63	0:57:43	Michael Picken	M	Ilkey Harriers
232	94	0:57:47	Michelle Snow	F	unattached
233	200	0:57:56	Stephanie Harrison	F35	unattached
234	191	0:58:03	Matt Adams	M	unattached
235	16	0:58:04	Ella Towers	F35	unattached
236	49	0:58:05	Carrie Murphy	F	Ripon Runners
237	41	0:58:25	Margaret Oliver	F45	York Knavesmire
238	310	0:58:25	Mandy Ross	F35	Ripon Runners
239	19	0:58:36	Fiona Knapton	F35	Wetherby Runners
240	55	0:58:42	Ian Codling	M60	Thirsk & Sowerby
241	317	0:58:44	Ben Gray	M	unattached
242	34	0:58:47	Hilary Gilliam	F45	Ripon Runners
243	97	0:58:49	Graham Benton	M50	Maltby RC
244	5	0:58:50	Phillippa O'Malley	F	unattached
245	327	0:58:51	Tom Wild	M	unattached
246	258	0:58:53	Caroline Carmichael	F	unattached
247	1	0:59:04	Victoria Clayton	F35	Ripon Runners
248	89	0:59:06	Claire Davies	F35	unattached
249	163	0:59:08	Liz Martin	F35	Wetherby Runners
250	162	0:59:12	Chris Martin	M40	Wetherby Runners
251	221	0:59:15	Mike McDonald	M60	Bowland Fell Runners
252	198	0:59:16	Caroline Slater	F45	unattached
253	199	0:59:23	Jane Bush	F45	unattached
254	51	0:59:30	Catherine Lumb	F45	Thirsk & Sowerby
255	303	0:59:31	Kay Rhodes	F35	Wetherby Runners
256	15	0:59:34	Sally Buckworth	F35	unattached
257	65	0:59:58	Judy Greenwood	F45	Nidd Valley
258	197	0:59:59	Clare Walmsley	F	unattached
259	2	1:00:03	Helena Conlin	F35	Ripon Runners
260	318	1:00:03	Paul Marriott	M50	unattached
261	137	1:00:19	Gary Dixon	M40	Sedgefield
262	43	1:00:20	Marian Hunter	F55	Swaledale
263	251	1:00:32	David Sowray	M40	unattached
264	80	1:00:53	Garry Moss	M40	York Knavesmire
265	79	1:00:55	Linda Moss	F45	York Knavesmire
266	18	1:01:04	Lesley Clayton	F45	unattached
267	47	1:01:05	Malcolm Fawcett	M60	York Knavesmire
268	326	1:01:06	Laura Ridsdale	F	unattached
269	96	1:01:07	Rosalyn Day	F45	Wetherby Runners
270	70	1:01:10	Julia Spittle	F55	Swaledale
271	192	1:01:14	Julie Lewis	F35	Womens Running Network
272	188	1:01:20	Renna Benson	F45	unattached
273	282	1:01:23	Angela Humphreys	F35	Womens Running Network
274	131	1:01:26	Helen Page	F	unattached
275	212	1:01:37	Raymond Archer	M40	Barnsley AC
276	305	1:02:07	Leonard Bowes	M	unattached
277	21	1:02:22	Michelle Smith	F35	Nidd Valley
278	335	1:02:59	Sarah Dickinson	F35	Bedale & Aiskew
279	87	1:03:00	Colette Kon	F35	Womens Running Network

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280	172	1:03:16	Kamilla Albones	F unattached
281	320	1:03:46	Anna Grundberg	F unattached
282	82	1:04:34	Jane Twomey	F45 unattached
283	83	1:04:47	Jane Thompson	F York Knavesmire
284	193	1:05:02	Samantha Mashall	F unattached
285	165	1:05:04	Geoff Kinlen	M60 Epsom Oddballs RC
286	111	1:05:14	Camilla Grayley	F35 unattached
287	279	1:05:23	Mark Kinlen	M unattached
288	74	1:05:25	Gail Asbury	F35 unattached
289	133	1:05:54	Rebecca Ventress	F Nidd Valley
290	325	1:06:59	Heidi Ridsdale	F35 unattached
291	262	1:07:34	Linda Thompson	F unattached
292	218	1:08:40	Jennifer Dennison	F45 unattached
293	276	1:09:13	Douglas Tooth	M60 Ripon Runners
294	126	1:11:07	Helen Gregorie	F35 unattached
295	68	1:11:33	Dot Carr	F55 unattached
296	328	1:11:45	Dino Bozzo	M40 unattached