

## Yorkshire Coast 10k

Name	League	Time	Pace	Speed (MPH)	Time diff to 1st	% Diff	Position Points	Pace Points	Total Points
Shaun Furzer	P	0:38:50	06:15	9.60	0:00:00	100.00%	10.00	10.00	20.00
Rowan Winks	P	0:40:55	06:35	9.11	0:02:05	94.91%	9.00	9.49	18.49
Maksims Palciks	P	0:41:07	06:37	9.07	0:02:17	94.45%	8.00	9.44	17.44
David Caddick	P	0:41:12	06:38	9.05	0:02:22	94.26%	7.00	9.43	16.43
Sam Lockett	P	0:41:45	06:43	8.93	0:02:55	93.01%	6.00	9.30	15.30
Richard Burke	P	0:41:58	06:45	8.88	0:03:08	92.53%	5.00	9.25	14.25
Helen Morgan	P	0:43:31	07:00	8.57	0:04:41	89.24%	4.00	8.92	12.92
Jurie Swanepoel	P	0:45:07	07:16	8.26	0:06:17	86.07%	3.00	8.61	11.61
Bill Winder	1	0:42:45	06:53	8.72	0:03:55	90.84%	10.00	9.08	19.08
Jennifer Knowles	1	0:43:12	06:57	8.63	0:04:22	89.89%	9.00	8.99	17.99
Stephen Batty	1	0:45:04	07:15	8.27	0:06:14	86.17%	8.00	8.62	16.62
Mark Leadbeater	1	0:45:25	07:19	8.21	0:06:35	85.50%	7.00	8.55	15.55
Adam Bernardo	1	0:48:05	07:44	7.75	0:09:15	80.76%	6.00	8.08	14.08
Philip Chapman	1	0:50:23	08:06	7.40	0:11:33	77.08%	5.00	7.71	12.71
Sue Francis	1	0:50:59	08:12	7.31	0:12:09	76.17%	4.00	7.62	11.62
Paul Bernardo	1	0:55:07	08:52	6.76	0:16:17	70.46%	3.00	7.05	10.05
Joe Middleton	2	0:45:46	07:22	8.15	0:06:56	84.85%	10.00	8.49	18.49
Steven Roberts	2	0:46:28	07:29	8.02	0:07:38	83.57%	9.00	8.36	17.36
Lucy Vamplew	2	0:47:50	07:42	7.79	0:09:00	81.18%	8.00	8.12	16.12
Neville Marshall	2	0:48:12	07:45	7.74	0:09:22	80.57%	7.00	8.06	15.06
Kirsty Walker	2	0:48:14	07:46	7.73	0:09:24	80.51%	6.00	8.05	14.05
James Davey	2	0:48:15	07:46	7.73	0:09:25	80.48%	5.00	8.05	13.05
Joanne Burke	2	0:48:41	07:50	7.66	0:09:51	79.77%	4.00	7.98	11.98
David Wallace	2	0:48:57	07:53	7.62	0:10:07	79.33%	3.00	7.93	10.93
Tammy Gaines	2	0:50:58	08:12	7.32	0:12:08	76.19%	2.00	7.62	9.62
Dave Berry	2	0:51:02	08:13	7.31	0:12:12	76.09%	1.00	7.61	8.61
Annie Nurse	2	0:51:14	08:15	7.28	0:12:24	75.80%	1.00	7.58	8.58
Liane Warren	2	0:52:50	08:30	7.06	0:14:00	73.50%	1.00	7.35	8.35
Sandy George	2	0:52:58	08:31	7.04	0:14:08	73.32%	1.00	7.33	8.33
Adrian Byrom	2	0:53:11	08:34	7.01	0:14:21	73.02%	1.00	7.30	8.30
Andrew Smith	2	0:54:23	08:45	6.86	0:15:33	71.41%	1.00	7.14	8.14
Catherine Warren	2	0:54:53	08:50	6.79	0:16:03	70.76%	1.00	7.08	8.08
Adrian Leach	2	0:57:53	09:19	6.44	0:19:03	67.09%	1.00	6.71	7.71
Jane Illingworth	2	0:58:59	09:30	6.32	0:20:09	65.84%	1.00	6.58	7.58
Dave Allison	2	1:02:55	10:07	5.93	0:24:05	61.72%	1.00	6.17	7.17
Kevin Guttridge	3	0:48:46	07:51	7.65	0:09:56	79.63%	10.00	7.96	17.96
Christian Brooks	3	0:49:24	07:57	7.55	0:10:34	78.61%	9.00	7.86	16.86
Julie Roberts	3	0:52:16	08:25	7.13	0:13:26	74.30%	8.00	7.43	15.43
David Ellicott	3	0:52:48	08:30	7.06	0:13:58	73.55%	7.00	7.35	14.35
Laura Mcadam	3	0:53:27	08:36	6.98	0:14:37	72.65%	6.00	7.27	13.27
Rachel Cooke	3	0:54:06	08:42	6.89	0:15:16	71.78%	5.00	7.18	12.18
Ella Moxon	3	0:55:00	08:51	6.78	0:16:10	70.61%	4.00	7.06	11.06
Alice Copeland	3	0:55:52	08:59	6.67	0:17:02	69.51%	3.00	6.95	9.95
Donna Bailey	3	0:57:32	09:16	6.48	0:18:42	67.50%	2.00	6.75	8.75
Alice Naylor	3	1:00:20	09:43	6.18	0:21:30	64.36%	1.00	6.44	7.44
Nicolas Daudet	4	0:55:36	08:57	6.71	0:16:46	69.84%	10.00	6.98	16.98
Bev Brown	4	0:56:28	09:05	6.60	0:17:38	68.77%	9.00	6.88	15.88
Sally-Ann Chapman	4	0:56:54	09:09	6.55	0:18:04	68.25%	8.00	6.82	14.82
Stephen Wong	4	0:57:39	09:17	6.47	0:18:49	67.36%	7.00	6.74	13.74
Donna Allan	4	0:57:51	09:19	6.44	0:19:01	67.13%	6.00	6.71	12.71
Helen Ramsbottom	4	0:58:07	09:21	6.42	0:19:17	66.82%	5.00	6.68	11.68
Natalie Stone	4	0:58:35	09:26	6.36	0:19:45	66.29%	4.00	6.63	10.63

Katie Batty	4	0:58:38	09:26	6.36	0:19:48	66.23%	3.00	6.62	9.62
Stewart Haigh	4	0:59:52	09:38	6.23	0:21:02	64.87%	2.00	6.49	8.49
Sally Webber	4	1:01:38	09:55	6.05	0:22:48	63.01%	1.00	6.30	7.30
Caroline Lawrence	4	1:04:20	10:21	5.80	0:25:30	60.36%	1.00	6.04	7.04
Sarah Turner	4	1:05:01	10:28	5.73	0:26:11	59.73%	1.00	5.97	6.97
Paul Barton	4	1:05:31	10:33	5.69	0:26:41	59.27%	1.00	5.93	6.93
Debbie Barton	4	1:05:32	10:33	5.69	0:26:42	59.26%	1.00	5.93	6.93
Lesley Needham	4	1:13:44	11:52	5.06	0:34:54	52.67%	1.00	5.27	6.27
Victoria Peckover	5	0:55:36	08:57	6.71	0:16:46	69.84%	10.00	6.98	16.98
Jill Daly	5	0:58:05	09:21	6.42	0:19:15	66.86%	9.00	6.69	15.69
Gary Naylor	5	1:00:41	09:46	6.14	0:21:51	63.99%	8.00	6.40	14.40
Carol Middleton	5	1:03:38	10:14	5.86	0:24:48	61.03%	7.00	6.10	13.10
Nicola Henshaw	5	1:03:51	10:17	5.84	0:25:01	60.82%	6.00	6.08	12.08
Wendy Berry	5	1:05:45	10:35	5.67	0:26:55	59.06%	5.00	5.91	10.91
Ian Hookham	5	1:05:56	10:37	5.65	0:27:06	58.90%	4.00	5.89	9.89
Ros Kitchen	5	1:06:11	10:39	5.63	0:27:21	58.68%	3.00	5.87	8.87
Nicky Hall	5	1:06:50	10:45	5.58	0:28:00	58.10%	2.00	5.81	7.81
Dawn Sketchley	5	1:08:00	10:57	5.48	0:29:10	57.11%	1.00	5.71	6.71
Amanda McKinnell	5	1:08:43	11:04	5.43	0:29:53	56.51%	1.00	5.65	6.65
Steve Baker	5	1:09:38	11:12	5.35	0:30:48	55.77%	1.00	5.58	6.58
Julie Swanepoel	5	1:10:02	11:16	5.32	0:31:12	55.45%	1.00	5.54	6.54
Caroline Crutchley	6	1:04:22	10:21	5.79	0:25:32	60.33%	10.00	6.03	16.03
Nigel McKinnell	6	1:04:56	10:27	5.74	0:26:06	59.80%	9.00	5.98	14.98
Georgie Sharp	6	1:08:16	10:59	5.46	0:29:26	56.88%	8.00	5.69	13.69
Jeff Denton	6	1:09:33	11:12	5.36	0:30:43	55.84%	7.00	5.58	12.58
Sally Hayward	6	1:11:12	11:27	5.24	0:32:22	54.54%	6.00	5.45	11.45
Karen Youel	6	1:11:49	11:33	5.19	0:32:59	54.07%	5.00	5.41	10.41
Alan Tattersall	6	1:11:51	11:34	5.19	0:33:01	54.05%	4.00	5.40	9.40
Sally Morris	6	1:13:01	11:45	5.11	0:34:11	53.18%	3.00	5.32	8.32
Laura Stephenson	6	1:13:36	11:51	5.07	0:34:46	52.76%	2.00	5.28	7.28
Louise Bellas	6	1:14:23	11:58	5.01	0:35:33	52.21%	1.00	5.22	6.22
Erika Reynolds	6	1:17:56	12:32	4.78	0:39:06	49.83%	1.00	4.98	5.98
Helen Marsh	6	1:18:16	12:36	4.76	0:39:26	49.62%	1.00	4.96	5.96
Tracy Bridgett	6	1:23:41	13:28	4.46	0:44:51	46.41%	1.00	4.64	5.64