

## Darrington 5 Mile 2016 Results - 18th June

Position	Race No.	Surname	Forename	Cat.	Club	Town	Time	Prizewinner
<b>1</b>	<b>113</b>	<b>Capon</b>	<b>James</b>	<b>MS</b>	<b>Pontefract AC</b>	<b>Pontefract</b>	<b>00:29:18</b>	<b>Overall Winner</b>
2	138	Newton	Simon	MS	Ackworth Road Runners	Ackworth	00:29:38	
3	144	Richardson	Ian	MS	Ackworth Road Runners	Agbrigg	00:30:25	
4	141	Payne	Rob	MS		Castleford	00:30:32	
<b>5</b>	<b>168</b>	<b>Daly</b>	<b>Scott</b>	<b>MV</b>	<b>Pontefract AC</b>	<b>Thorpe Audlin</b>	<b>00:30:39</b>	<b>1st Male Vet</b>
6	143	Price	Christopher	MS	Wakefield Harriers	Loughborough	00:30:54	
<b>7</b>	<b>31</b>	<b>Winter</b>	<b>Rebecca</b>	<b>FS</b>	<b>Ackworth Road Runners</b>	<b>Wakefield</b>	<b>00:31:15</b>	<b>1st Female Senior - NEW COURSE RECORD</b>
8	126	Harrison	Ian	MS	Rodillian Runners	Horbury	00:31:38	
9	191	Marlow	Duncan	MV	Askern DRC	Wentbridge	00:31:43	
10	146	Ritucci	Rich	MS	Ackworth Road Runners	Ackworth	00:31:55	
11	131	Kidd	David	MS	Pontefract AC	Carleton	00:32:19	
12	208	Rippon	Chris	MV	Wakefield Harriers	Wrenthorpe	00:32:28	
13	209	Sennett	Darren	MV	Ackworth Road Runners	Castleford	00:32:43	
<b>14</b>	<b>171</b>	<b>Flaherty</b>	<b>Mick</b>	<b>MV</b>	<b>Pontefract AC</b>	<b>Darrington</b>	<b>00:33:23</b>	<b>1st Darrington Male</b>
15	137	Musgrove	Neil	MS	SRC Castleford	Sherburn In Elmet	00:33:24	
16	134	Mascarenhas	Andrew	MS	Ackworth Road Runners	Hemsworth	00:33:39	
<b>17</b>	<b>60</b>	<b>Hannon</b>	<b>Angela</b>	<b>FV</b>	<b>Pontefract AC</b>	<b>Darrington</b>	<b>00:33:44</b>	<b>1st Female Vet, 1st Darrington Female</b>
18	190	Marks	Tony	MV		Darrington	00:33:51	
19	199	Needham	James	MV	Ackworth Road Runners	South Elmsall	00:34:40	
20	152	Walker	Gavin	MS		Havercroft	00:34:50	
21	250	Grimoldby	Peter	MV	Ackworth Road Runners	Ackworth	00:34:56	
22	196	Morrell	Matthew	MV		Darrington	00:34:59	
23	192	Martin	Peter	MV	Wakefield Triathlon Club	Ossett	00:35:00	
24	148	Shaw	Glen	MS		Upton	00:35:15	
25	36	Cook	Libby	FS		Ackworth	00:35:22	
26	183	Knowles	Michael	MV	Ackworth Road Runners	Pontefract	00:35:38	
27	245	Chapman	Michael	MV	Ackworth Road Runners	Upton	00:35:40	
28	155	Worsman	Matthew	MS		Pontefract	00:35:41	
29	225	Wood	David	MV		Scunthorpe	00:35:44	
30	185	Leach	Adrian	MV	Ackworth Road Runners	Hillam	00:35:46	
31	6	Evans	Emma	FS	Ackworth Road Runners	Castleford	00:36:07	
32	129	Hughes	David	MS	Ackworth Road Runners	Upton	00:36:15	
33	224	Wincer	Martin	MV	Ackworth Road Runners	South Elmsall	00:36:20	
<b>34</b>	<b>251</b>	<b>Copley</b>	<b>Max</b>	<b>MJ</b>		<b>Ackworth</b>	<b>00:36:24</b>	<b>1st Male Junior</b>
35	75	McCarthy	Christine	FV	Pontefract AC	Glasshoughton	00:36:26	
36	19	Newbound	Hayley	FS	Wakefield Harriers	South Elmsall	00:36:27	
37	243	Youel	Naomi	FV	SRC Castleford	Pontefract	00:36:33	
38	174	Guttridge	Kevin	MV	Askern DRC	Skellow	00:36:45	
39	145	Riley	Craig	MS		Pontefract	00:36:54	
40	151	Walker	Will	MS	Ackworth Road Runners	Ackworth	00:36:59	
41	71	Leeson	Catherine	FV	SRC Castleford	Darrington	00:37:01	
42	130	Hutchinson	Stuart	MS		Castleford	00:37:13	
43	120	Earnshaw	Luke	MS		Pontefract	00:37:28	
44	217	Stearn	Martyn	MV	Ackworth Road Runners	Ackworth	00:37:38	
45	98	Warren	Liane	FV	Ackworth Road Runners	Sandal	00:37:46	
46	195	Minett	Terry	MV	Pontefract AC	Pontefract	00:37:47	
47	189	Malam	Guy	MV	Ackworth Road Runners	Belton	00:37:49	
48	214	Sinar	Terry	MV	Ackworth Road Runners	South Elmsall	00:37:51	
49	89	Senior	Claire	FV	Leeds Frontrunners	Alwoodley	00:37:52	
50	110	Baker	Paul	MS		Eggborough	00:37:56	
51	164	Butterfield	Geoffrey	MV		Airmyn	00:38:02	
52	184	Lashford	Tim	MV		Pontefract	00:38:15	
53	175	Guy	Kevin	MV	Ackworth Road Runners	Pontefract	00:38:19	
54	150	Starks	Tyler	MS	Ackworth Road Runners	Pontefract	00:38:28	
55	121	Earnshaw	Christopher	MS		South Elmsall	00:38:31	
56	45	Dales	Angela	FV	SRC Castleford	Castleford	00:38:35	
57	179	Hollis	Colin	MV		Wakefield	00:38:45	
58	93	Thorpe	Nicola	FV		Featherstone	00:38:46	
59	249	Vickers	Scott	MS		Darrington	00:38:54	
60	181	Horner	Richard	MV		Pontefract	00:38:54	
61	165	Byrom	Adrian	MV	Ackworth Road Runners	Ackworth	00:38:59	
62	116	Coultous	Andrew	MS		Townville	00:39:03	
63	105	Coyle	Thomas	MJ		Leeds	00:39:04	
64	167	Coyle	Gerard	MV	South Leeds Lakers	Leeds	00:39:05	
65	34	Bailey	Donna	FV	Ackworth Road Runners	Purston	00:39:05	
66	9	Gripton	Beth	FS	Rodillian Runners	Horbury	00:39:27	
67	132	Lawrence	Paul R	MS	Ackworth Road Runners	South Kirkby	00:39:42	
68	166	Cooper	Philip	MV		Arksby	00:39:45	
69	124	Fitzgerald	David	MS	Ackworth Road Runners	South Elmsall	00:39:48	
70	117	Cummins	Mark	MS		Scholes	00:40:01	
71	244	Wigglesworth	Rose	FV	Ackworth Road Runners	Crofton	00:40:15	
72	153	Wallbank	Craig	MS		Headingley	00:40:20	
73	108	Woffenden	Joseph	MJ		Darrington	00:40:21	
74	200	Nichol	GT	MV	Ackworth Road Runners	East Hardwick	00:40:42	
75	248	Smith	Simon	MV		Darrington	00:40:44	
76	10	Hancox	Ruth	FS	Hyde Park Harriers	Headingley	00:40:46	
77	136	Moran	John	MS	Ackworth Road Runners	South Elmsall	00:40:56	
78	176	Haigh	Stewart	MV	Ackworth Road Runners	Low Ackworth	00:41:10	
79	25	Smith	Charlotte	FS	Ackworth Road Runners	Knottingley	00:41:21	
80	74	Lund	Gemma	FV	Ackworth Road Runners	Ackworth	00:41:24	
81	219	Taylor	Christopher	MV	Ackworth Road Runners	Ackworth	00:41:35	
82	160	Brookes	David	MV		Royston	00:41:37	
83	193	McArdle	Ash	MV	SRC Castleford	Featherstone	00:41:52	
84	207	Reeves	Jon	MV	SRC Castleford	Bradford	00:41:53	
85	125	Groves	Phil	MS		Ackworth	00:42:03	
86	86	Ruby	Julie	FV	SRC Castleford	Castleford	00:42:12	
87	140	Nuut	Andrew	MS	Ackworth Road Runners	Brierley	00:42:13	
88	133	Leeson	Jonathan	MS	SRC Castleford	Darrington	00:42:14	
89	21	Place	Emma	FS		Pontefract	00:42:19	
90	61	Hawksworth	Maggie	FV	Ackworth Road Runners	Ackworth	00:42:30	

91	194	McKinnell	Nigel	MV		Pontefract	00:42:30
92	100	Webb	Vicky	FV	SRC Castleford	Pontefract	00:42:42
93	242	North	Frankie	MV		Ackworth	00:42:49
94	139	Nicholson	Andrew	MS		South Elmsall	00:42:57
95	156	Bailey	Richard	MV	SRC Castleford	Purston	00:43:07
96	66	Bourner	Wendy	FV	Ackworth Road Runners	Castleford	00:43:14
97	41	Clark	Denise	FV	Ackworth Road Runners	Ackworth	00:43:18
98	115	Conroy	Steve	MS	SRC Castleford	Pontefract	00:43:20
99	204	Pickles	Ian	MV	South Leeds Lakers	Leeds	00:43:39
100	226	Wray	Shaun	MV		Castleford	00:43:40
101	169	Denton	Jeffrey	MV	Ackworth Road Runners	Badsworth	00:43:43
102	23	Ritucci	Pamela	FS	Ackworth Road Runners	Ackworth	00:43:44
103	8	Gowing	Amie	FS	Ackworth Road Runners	Pontefract	00:43:53
104	96	Walker	Ruth	FS	Ackworth Road Runners	Ackworth	00:43:54
105	173	Gibbon	John	MV		Upton	00:44:00
106	154	Weaver	Wes	MS		Wakefield	00:44:06
107	157	Beardsley	Graham	MV	Ackworth Road Runners	Edlington	00:44:29
108	46	Daly	Jill	FV	Ackworth Road Runners	Thorpe Audlin	00:44:36
109	22	Porter	Lucy	FS		Pontefract	00:44:40
110	162	Burgess-Tupling	Andrew	MV		Pontefract	00:44:44
111	58	Groves	Claire	FV		Ackworth	00:44:46
112	81	Nicholson	Victoria	FV	Ackworth Road Runners	South Elmsall	00:45:15
113	80	Newton	Josh	MJ		Ackworth	00:45:18
114	177	Heneghan	Tim	MV	SRC Castleford	Welton	00:45:21
115	159	Britton	Carl	MV	Ackworth Road Runners	Pontefract	00:45:28
116	103	Barr	James	MJ	Ackworth Road Runners	Upton	00:45:35
117	218	Stearne	Neil	MV		Hightown	00:45:38
118	178	Higgitt	Michael	MV	Ackworth Road Runners	Upton	00:45:46
119	56	Gill	Kelly	FV	SRC Castleford	Castleford	00:46:00
120	99	Warren	Catherine	FV	SRC Castleford	Castleford	00:46:01
121	147	Scott	Rob	MS		Pontefract	00:46:02
122	111	Berry	David	MS		Ackworth	00:46:04
123	38	Brennan	Gaynor	FV	SRC Castleford	Sherburn in Elmet	00:46:07
124	44	Copeland	Caroline	FV	Ackworth Road Runners	South Elmsall	00:46:10
125	102	Wilkinson	Sarah	FV	Ackworth Road Runners	Ackworth	00:46:16
126	11	Hartley	Sarah	FS		Featherstone	00:46:28
127	223	Wilson	Ian	MV	Ackworth Road Runners	Pontefract	00:46:34
128	95	Turner	Sarah	FV	Ackworth Road Runners	Ackworth	00:46:35
129	210	Shaw	Dave	MV	Rodillian Runners	Knottingley	00:46:38
130	43	Conroy	Joanne	FV	Ackworth Road Runners	Pontefract	00:46:40
131	62	Henshaw	Nicola	FV	Ackworth Road Runners	Badsworth	00:46:53
132	69	Knowles	Susan	FV	Ackworth Road Runners	Pontefract	00:46:57
133	64	Hooley	Anne	FV		Wrenthorpe	00:47:04
134	180	Hooley	Graham	MV		Wrenthorpe	00:47:04
135	52	Feeney	Karen	FV	SRC Castleford	Wentbridge	00:47:06
136	5	Capon	Hannah	FS	Pontefract AC	Pontefract	00:47:25
137	27	Vause	Sarah	FS	Ackworth Road Runners	Crofton	00:47:32
138	107	Moorhouse	Jake	MJ		Pontefract	00:47:40
139	16	Knight	Sarah	FS	SRC Castleford	Pontefract	00:47:47
140	109	Woffenden	Alex	MJ		Darrington	00:48:06
141	114	Charles	Steven	MS	SRC Castleford	Upton	00:48:07
142	55	Giles	Cathy	FV		Pontefract	00:48:12
143	76	McKinnell	Amanda	FV	Ackworth Road Runners	Pontefract	00:48:18
144	54	France	Melanie	FV		Carleton	00:48:55
145	187	Leech	Guy	MV	Ackworth Road Runners	Wakefield	00:48:59
146	211	Sherburn	Lee	MV	SRC Castleford	Pontefract	00:49:02
147	12	Hawthorne	Hayley	FS	Ackworth Road Runners	Castleford	00:49:08
148	122	Exelby	Martin	MS	Ackworth Road Runners	Havercroft	00:49:09
149	91	Smith	Fiona	FV		Darrington	00:49:24
150	142	Longley	Dale	MS		Kellington	00:49:37
151	67	Kidd	Georgie	FV	Ackworth Road Runners	Ackworth	00:49:47
152	198	Moxon	Gary	MV	SRC Castleford	Castleford	00:49:50
153	78	Moxon	Jackie	FV	SRC Castleford	Castleford	00:49:52
154	197	Moses	Karl	MV		Upton	00:50:02
155	201	Owen	Tim	MV	Ackworth Road Runners	South Elmsall	00:50:03
156	82	Owen	Mel	FV	Ackworth Road Runners	South Elmsall	00:50:06
157	88	Scott	Joanne	FV		Pontefract	00:50:08
158	39	Brennan	Caroline	FV		Sherburn in Elmet	00:50:30
159	7	Gee	Hazel	FS	South Leeds Lakers	Leeds	00:51:02
160	48	Dearden	Samantha	FV	South Leeds Lakers	Leeds	00:51:02
161	163	Burton	Melvyn	MV	Crossgates Harriers	Colton	00:51:17
162	161	Brookes	Mark	MV		Wakefield	00:51:40
163	213	Dyson	Ron	MV	Ackworth Road Runners	Ackworth	00:51:53
164	18	Miller	Victoria	FS		Normanton	00:51:55
165	15	Jackson	Emma	FS		Castleford	00:51:59
166	42	Clark	Kathryn	FV	Wakefield Triathlon Club	Ossett	00:52:09
167	118	Shingleton	Sara	FS	SRC Castleford	Castleford	00:52:12
168	206	Powell	Darren	MV	SRC Castleford	Whitwood	00:52:42
<b>169</b>	<b>2</b>	<b>Copeland</b>	<b>Alice</b>	<b>FJ</b>		<b>South Elmsall</b>	<b>00:52:43 1st Female Junior</b>
170	85	Ritson	Melanie	FV	SRC Castleford	Castleford	00:52:45
171	4	Brooks	Rebecca	FS		Pontefract	00:52:49
172	112	Brooks	Christian	MS		Pontefract	00:52:50
173	83	Powell	Carole	FV	SRC Castleford	Whitwood	00:53:11
174	94	Turner	Keeley	FV	Ackworth Road Runners	Woodlathes	00:53:40
175	57	Glenville	Lindsey	FV	SRC Castleford	Welton	00:53:41
176	79	Needham	Lesley	FV	Ackworth Road Runners	South Elmsall	00:53:43
177	73	Lowe	Colette	FV	Ackworth Road Runners	Pontefract	00:53:43
178	246	Ramskill	Mark	MV	SRC Castleford	Ferrybridge	00:53:58
179	247	Ramskill	Stephanie	FV	SRC Castleford	Ferrybridge	00:53:58
180	14	Hirst	Kelly	FS	Ackworth Road Runners	Upton	00:54:02
181	26	Smith	Lisa	FS	Ackworth Road Runners	Featherstone	00:54:04
182	59	Guttridge	Dawn	FV	SRC Castleford	Skellow	00:54:40
183	30	Ludwell	Dionne	FV		Pontefract	00:54:44

184	104	Booth	Joshua	MJ		Pontefract	00:55:46
185	215	Sissons	Archie	MV	SRC Castleford	Sherburn in Elmet	00:55:52
186	172	Forshaw	Jonathan	MV	SRC Castleford	Darrington	00:56:00
187	158	Booth	Philip	MV		Pontefract	00:56:00
188	72	Longfield	Sarah	FV	Ackworth Road Runners	Ackworth	00:57:24
189	70	Larrington	Sarah	FV	Ackworth Road Runners	Pontefract	00:57:44
190	77	Moorhouse	Debbie	FV		Pontefract	00:58:09
191	47	Dearden	Lauren	FV	Kippax Harriers	Kippax	00:58:16
192	97	Walker	Adele	FV	SRC Castleford	Kippax	00:58:33
193	40	Brookes	Jane	FV		Royston	00:59:17
194	35	Baker	Julie	FV	Ackworth Road Runners	South Kirkby	00:59:39
195	101	Wood	Clare	FV	Ackworth Road Runners	Castleford	00:59:53
196	53	Byford	Lewis	MJ		Pontefract	01:00:27
197	1	Bailey	Louise	FJ	SRC Castleford	Purston	01:00:27
198	127	Hawthorne	Barry	MS		Castleford	01:01:05
199	84	Reilly	Karen	FV	Ackworth Road Runners	Hemsworth	01:02:22
200	13	Henderson	Sarah	FS		Castleford	01:03:24
201	222	Wilson	Gary	MV	Ackworth Road Runners	Fitzwilliam	01:04:07
202	90	Sherburn	Saima	FV	Ackworth Road Runners	Pontefract	01:04:21
203	20	Phillips	Rosie	FS	SRC Castleford	Normanton	01:05:45
204	188	Lord	Richard	MV	Ackworth Road Runners	Wakefield	01:05:45
205	65	Hull	Elizabeth	FV	Ackworth Road Runners	Featherstone	01:10:34
206	29	Whiteman	Sarah	FS	Ackworth Road Runners	Wakefield	01:13:45
207	68	Kirk	Pam	FV	Ackworth Road Runners	Darfield	01:13:52
208	37	Thompson	Lisa	FS		Womersley	01:17:10
209	28	Longley	Andreea	FS		Kellington	01:17:11