

**15 km free race, Senior 8 laps = 14.4 kms, Junior 4 laps = 7.2 kms, Hetton Lyons, Saturday 28<sup>th</sup> August 2010****Elapsed times (start time deducted)**

| <b>Name</b>      | <b>Club</b> | <b>Start time</b> | <b>1</b> | <b>2</b> | <b>3</b> | <b>4</b> | <b>5</b> | <b>6</b> | <b>7</b> | <b>8</b> | <b>Finish time</b> | <b>Position</b>               |
|------------------|-------------|-------------------|----------|----------|----------|----------|----------|----------|----------|----------|--------------------|-------------------------------|
| Simon Platt      | Lakeland    | 11:00             | 3:40     | 7:22     | 11:01    | 14:49    | 18:28    | 22:12    | 26:07    | 29:57    | 29:11              | 1 <sup>st</sup> senior male   |
| Scott Dixon      | CBNSC       | 10:00             | 3:45     | 7:33     | 11:28    | 15:29    | 19:28    | 23:21    | 27:28    | 31:27    | 31:27              | 2 <sup>nd</sup> senior male   |
| Fiona Hughes     | York. Dales | 7:00              | 4:03     | 8:06     | 12:09    | 16:13    | 20:15    | 24:11    | 28:18    | 32:18    | 32:18              | 1 <sup>st</sup> senior female |
| Sarah Young      | HNSC        | 8:00              | 4:08     | 8:13     | 12:30    | 16:53    | 21:13    | 25:25    | 29:37    | 33:59    | 33:59              | 2 <sup>nd</sup> senior female |
| Mike Dixon       | CBNSC       | 9:00              | 3:58     | 8:03     | 12:19    | 16:41    | 20:58    | 25:17    | 29:43    | 34:04    | 34:04              | 3 <sup>rd</sup> senior male   |
| Adam Pinney      | York. Dales | 5:00              | 4:14     | 8:35     | 12:50    | 17:15e   | 21:40    | 26:11    | 30:43    | 35:16    | 35:16              | 4 <sup>th</sup> senior male   |
| Fiona Crossley   | CBNSC       | 4:00              | 4:54     | 9:45     | 14:43    | 18:48e   | 24:52    | 29:48    | 34:48    | 39:50    | 39:50              | 3 <sup>rd</sup> senior female |
| Dave Horsley     | HNSC        | 2:00              | 4:53     | 9:58     | 15:00    | 20:00e   | 24:52    | 29:50    | 34:54    | 39:54    | 39:54              | 5 <sup>th</sup> senior male   |
| Martin Appleby   | York. Dales | 22:00             | 5:16     | 10:38    | 16:01    | 21:26    | 26:58    | 32:36    | 38:22    | 44:08    | 44:08              | 6 <sup>th</sup> senior male   |
| Alistair Westell | Hyde Park   | 0:00              | 5:40     | 11:30    | 17:19    | 23:12    | 29:04    | 35:08    | 41:03    | 46:53    | 46:53              | 7 <sup>th</sup> senior male   |
| John Anderson    | York. Dales | 3:00              | 6:11     | 12:18    | 18:26    | 24:41    | 30:53    | 37:21    | 43:49    | 50:21    | 50:21              | 8 <sup>th</sup> senior male   |
| Dave Coulthard   | York. Dales | 1:00              | 6:14     | 12:28    | 18:46    | 25:06    | 31:32    | 38:05    | 44:48    | 51:29    | 51:29              | 9 <sup>th</sup> senior male   |
| Wendy McRae      | York. Dales | 6:00              | 6:53     | 13:29    | 20:21    | 27:19    | 34:18    | 41:16    | 48:22    | 55:35    | 55:35              | 4 <sup>th</sup> senior female |
| Callum Irvine    | CBNSC       | 21:00             | 3:48     | 7:42     | 11:37    | 15:25    |          |          |          |          | 15:25              | 1 <sup>st</sup> U18 male      |
| Ruaridh Newman   | HNSC        | 20:00             | 3:47     | 7:43     | 11:42    | 15:33    |          |          |          |          | 15:33              | 2 <sup>nd</sup> U18 male      |
| Robert Sircus    | CBNSC       | 19:00             | 4:15     | 8:27     | 12:50    | 17:09    |          |          |          |          | 17:09              | 3 <sup>rd</sup> U18 male      |
| Sam Cairns       | CBNSC       | 18:00             | 4:03     | 8:34     | 12:57    | 17:17    |          |          |          |          | 17:17              | 4 <sup>th</sup> U18 male      |
| Jaeger Lamont    | CBNSC       | 16:00             | 4:40     | 9:27     | 14:08    | 18:45    |          |          |          |          | 18:45              | 1 <sup>st</sup> U14 male      |
| Fern Cates       | Midlands    | 17:00             | 6:50e    | 13:40    | 21:00    | 28:26    |          |          |          |          | 28:26              | 1 <sup>st</sup> U18 female    |
| Bev Ridyard      | MCCSC       | 14:00             | 7:13     | 14:35    | 21:46    | 28:52    |          |          |          |          | 28:52              | 5 <sup>th</sup> senior female |
| Aine O’Gorman    | U/A         | 12:00             | 7:26     | 16:01    | 24:17    | 32:20    |          |          |          |          | 32:20              | 6 <sup>th</sup> senior female |
| Daniel Wallis    | LRNSC       | 15:00             | 8:30     | 16:51    | 25:04    | 33:16    |          |          |          |          | 33:16              | 10 <sup>th</sup> senior male  |
| Alex Coulthard   | York. Dales | 13:00             | 8:51     | 18:11    | 27:39    | 38:50    |          |          |          |          | 38:50              | 2 <sup>nd</sup> U18 female    |

**15 km free race, Senior 8 laps = 14.4 kms, Junior 4 laps = 7.2 kms, Hetton Lyons, Saturday 28<sup>th</sup> August 2010****Lap times**

| Name             | Club        | Start time | 1     | 2     | 3    | 4     | 5     | 6    | 7    | 8    | Finish time | Position                      |
|------------------|-------------|------------|-------|-------|------|-------|-------|------|------|------|-------------|-------------------------------|
| Simon Platt      | Lakeland    | 11:00      | 3:40  | 3:42  | 3:39 | 3:48  | 3:39  | 3:44 | 3:55 | 3:50 | 29:11       | 1 <sup>st</sup> senior male   |
| Scott Dixon      | CBNSC       | 10:00      | 3:45  | 3:48  | 3:55 | 4:01  | 3:59  | 3:53 | 4:07 | 3:59 | 31:27       | 2 <sup>nd</sup> senior male   |
| Fiona Hughes     | York. Dales | 7:00       | 4:03  | 4:03  | 4:03 | 4:04  | 4:02  | 3:56 | 4:07 | 4:00 | 32:18       | 1 <sup>st</sup> senior female |
| Sarah Young      | HNSC        | 8:00       | 4:08  | 4:05  | 4:17 | 4:23  | 4:20  | 4:12 | 4:12 | 4:22 | 33:59       | 2 <sup>nd</sup> senior female |
| Mike Dixon       | CBNSC       | 9:00       | 3:58  | 4:05  | 4:16 | 4:22  | 4:17  | 4:19 | 4:26 | 4:21 | 34:04       | 3 <sup>rd</sup> senior male   |
| Adam Pinney      | York. Dales | 5:00       | 4:14  | 4:21  | 4:15 | 4:25e | 4:25e | 4:33 | 4:32 | 4:33 | 35:16       | 4 <sup>th</sup> senior male   |
| Fiona Crossley   | CBNSC       | 4:00       | 4:54  | 4:51  | 4:58 | 5:05e | 5:04e | 4:56 | 5:00 | 5:02 | 39:50       | 3 <sup>rd</sup> senior female |
| Dave Horsley     | HNSC        | 2:00       | 4:53  | 5:05  | 5:02 | 5:00e | 4:52e | 4:58 | 5:04 | 5:00 | 39:54       | 5 <sup>th</sup> senior male   |
| Martin Appleby   | York. Dales | 22:00      | 5:16  | 5:22  | 5:23 | 5:25  | 5:32  | 5:38 | 5:46 | 5:46 | 44:08       | 6 <sup>th</sup> senior male   |
| Alistair Westell | Hyde Park   | 0:00       | 5:40  | 5:50  | 5:49 | 5:53  | 5:52  | 6:04 | 5:55 | 5:50 | 46:53       | 7 <sup>th</sup> senior male   |
| John Anderson    | York. Dales | 3:00       | 6:11  | 6:07  | 6:08 | 6:15  | 6:12  | 6:28 | 6:28 | 6:32 | 50:21       | 8 <sup>th</sup> senior male   |
| Dave Coulthard   | York. Dales | 1:00       | 6:14  | 6:14  | 6:18 | 6:20  | 6:26  | 6:33 | 6:43 | 6:41 | 51:29       | 9 <sup>th</sup> senior male   |
| Wendy McRae      | York. Dales | 6:00       | 6:53  | 6:36  | 6:52 | 6:58  | 6:59  | 6:58 | 7:06 | 7:13 | 55:35       | 4 <sup>th</sup> senior female |
| Callum Irvine    | CBNSC       | 21:00      | 3:48  | 3:54  | 3:55 | 3:48  |       |      |      |      | 15:25       | 1 <sup>st</sup> U18 male      |
| Ruaridh Newman   | HNSC        | 20:00      | 3:47  | 3:56  | 3:59 | 3:51  |       |      |      |      | 15:33       | 2 <sup>nd</sup> U18 male      |
| Robert Sircus    | CBNSC       | 19:00      | 4:15  | 4:12  | 4:23 | 4:19  |       |      |      |      | 17:09       | 3 <sup>rd</sup> U18 male      |
| Sam Cairns       | CBNSC       | 18:00      | 4:03  | 4:31  | 4:23 | 4:20  |       |      |      |      | 17:17       | 4 <sup>th</sup> U18 male      |
| Jaeger Lamont    | CBNSC       | 16:00      | 4:40  | 4:47  | 4:41 | 4:37  |       |      |      |      | 18:45       | 1 <sup>st</sup> U14 male      |
| Fern Cates       | Midlands    | 17:00      | 6:50e | 6:50e | 7:20 | 7:26  |       |      |      |      | 28:26       | 1 <sup>st</sup> U18 female    |
| Bev Ridyard      | MCCSC       | 14:00      | 7:13  | 7:22  | 7:11 | 7:06  |       |      |      |      | 28:52       | 5 <sup>th</sup> senior female |
| Aine O’Gorman    | U/A         | 12:00      | 7:26  | 8:35  | 8:16 | 8:03  |       |      |      |      | 32:20       | 6 <sup>th</sup> senior female |
| Daniel Wallis    | LRNSC       | 15:00      | 8:30  | 8:21  | 8:13 | 8:12  |       |      |      |      | 33:16       | 10 <sup>th</sup> senior male  |
| Alex Coulthard   | York. Dales | 13:00      | 8:51  | 9:20  | 9:28 | 11:11 |       |      |      |      | 38:50       | 2 <sup>nd</sup> U18 female    |