

**EAST HULL HARRIERS AND ATHLETIC CLUB**  
**WINTER LEAGUE 2018-19 - RACE 4 - CLUB CHAMPIONSHIPS 12.1.19**

**MEN – 8 MILE**

Pos	Num	Name	Cat	Club	Actual		Pos	Name	H'Cap Time	Points
					Time	H'Cap				
1	287	Mike Hargreaves	V35	EHH	47:04	00:00	1	Lee Campbell	43:57	40
2	286	Matty Hayes	V45	EHH	48:32	00:10	2	Graeme Smith	45:04	39
3	296	Nigel Sisson	V45	EHH	50:13	00:30	3	Tony Cross	45:30	38
4	244	Gary Couzens	SEN	EHH	50:37	03:12	4	Tim Groves	45:58	37
5	229	Darren White	V35	EHH	51:49	04:20	5	Shaun Alcock	46:13	36
6	276	Lewis Suddaby	SEN	EHH	51:55	04:20	6	Steve Tichopad	46:26	35
7	385	Shaun Alcock	SEN	EHH	52:20	06:07	7	Mike Hargreaves	47:04	34
8	494	Tony Cross	V35	EHH	53:08	07:38	8	Kevin Sharp	47:15	33
9	454	Tim Groves	V50	EHH	55:40	09:42	9	Gary Couzens	47:25	32
10	301	Oliver Burnett	U17	EHH	56:52	06:42	10	Darren White	47:29	31
11	310	Paul Wray	V45	EHH	57:18	06:07	11	Lewis Suddaby	47:35	30
12	254	Graeme Smith	V45	EHH	57:19	12:15	12	Kelvin Westerman	48:14	29
13	213	Adrian Kamis	V55	EHH	57:48	08:01	13	Matty Hayes	48:22	28
14	306	Paul Nippress	V55	EHH	58:08	08:10	14	Steve Cronan	49:25	27
15	280	Mark Gadie	V35	EHH	59:31	09:12	15	John Savage	49:30	26
16	312	Richard Stanton	V40	EHH	60:49	08:44	16=	Nigel Sisson	49:43	25
17	216	Andrew Watson	V50	EHH	62:07	11:03	16=	David Walmsley	49:43	25
18	285	Martin Hardey	V40	EHH	62:28	11:42	18	Adrian Kamis	49:47	23
19	248	Gary Fee	V55	EHH	63:53	13:27	19	Paul Nippress	49:58	22
20	218	Ashley Jacketts	U17	EHH	64:07	11:28	20	Oliver Burnett	50:10	21
21	252	Gary Forrester	V50	EHH	64:13	11:11	21	Mark Gadie	50:19	20
22	269	John Savage	V55	EHH	65:20	15:50	22	Gary Fee	50:26	19
23	432	Steve Tichopad	V50	EHH	65:31	19:05	23	Martin Hardey	50:46	18
24	241	Gary Bogg	SEN	EHH	66:08	13:08	24	Phil Harland	50:59	17
25	273	Kevin Sharp	V35	EHH	67:29	20:14	25	Andrew Watson	51:04	16
26	274	Lee Campbell	SEN	EHH	71:20	27:23	26	Paul Wray	51:11	15
27	302	Paul Andrews	V50	EHH	71:24	18:46	27	Richard Stanton	52:05	14
28	272	Kelvin Westerman	V65	EHH	72:04	23:50	28	Paul Ream	52:11	13
29	311	Phil Harland	V45	EHH	74:20	23:21	29	Paul Andrews	52:38	12
30	408	Steve Cronan	V65	EHH	75:26	26:01	30	Ashley Jacketts	52:39	11
31	308	Paul Ream	V50	EHH	77:56	25:45	31	Gary Bogg	53:00	10
32	238	David Walmsley	V50	EHH	83:14	33:31	32	Gary Forrester	53:02	10

**LADIES 4 MILE**

1	145	Kirsty Wilson	LV45	EHH	26:41	00:00	1	Dawn Oades	22:28	30
2	138	Katie Seddon	SEN L	EHH	27:35	02:42	2	Katie Seddon	24:53	29
3	72	Emily Wix	SEN L	EHH	28:40	01:55	3	Janet Kay	25:22	28
4	244	Lewis Parker	JUN	GUEST	29:35	G	4	Tina Wigglesworth	25:27	27
5	178	Magdalena Zaremba	LV35	EHH	29:49	01:44	5	Nicky Rudland	25:47	26
6	46	Debbie Jacketts	LV40	EHH	29:59	03:03	6	Maxine Hardey	26:02	25
7	212	Rachael Sharp	LV40	EHH	30:06	03:52	7	Rachael Sharp	26:14	24
8	237	Shirley Oglesby	LV65	EHH	30:09	02:46	8	Jan Suddaby	26:19	23
9	124	Janet Kay	LV55	EHH	30:58	05:36	9	Kirsty Wilson	26:41	22
10	203	Phoebe Gawthorpe	SEN L	EHH	31:05	04:17	10	Emily Wix	26:45	21
11	130	Jan Suddaby	LV50	EHH	31:24	05:05	11	Phoebe Gawthorpe	26:48	20
12	7	George Burnett	JUN	GUEST	31:55	G	12	Debbie Jacketts	26:56	19
13	181	Michelle Smith	LV40	EHH	32:03	04:54	13	Michelle Smith	27:09	18
14	180	Maxine Hardey	LV45	EHH	32:53	06:51	14	Shirley Oglesby	27:23	17
15	194	Nicky Rudland	LV40	EHH	33:33	07:46	15	Magdalena Zaremba	28:05	16
16	242	Tina Wigglesworth	LV45	EHH	34:02	08:35	16	Laura Gunstead Palframan	28:28	15
17	159	Laura Gunstead Palframan	LV35	EHH	35:19	06:51				
18	43	Dawn Oades	LV40	EHH	35:56	13:28				

**EAST HULL HARRIERS AND ATHLETIC CLUB  
WINTER LEAGUE 2018-19 POINTS TABLES**

<b>MEN</b>	<b>RACE 1</b>	<b>RACE 2</b>	<b>RACE 3</b>	<b>RACE 4</b>	<b>TOTAL</b>
Tim Groves	33	0	39	37	109
Graeme Smith	0	34	30	39	103
Gary Fee	36	32	15	19	102
Mark Gadie	26	38	17	20	101
Nigel Sisson	27	18	31	25	101
Richard Stanton	39	11	33	14	97
Andrew Watson	23	23	32	16	94
David Walmsley	10	15	38	25	88
Paul Ream	17	30	24	13	84
Steve Cronan	10	10	37	27	84
Darren White	0	24	27	31	82
Gary Couzens	0	29	19	32	80
Steve Tichopad	18	26	0	35	79
Tony Cross	21	20	0	38	79
Paul Nippres	11	22	22	22	77
Paul Wray	30	12	20	15	77
Will Banks	34	40	0	0	74
Kevin Sharp	0	28	11	33	72
Lee Campbell	10	10	12	40	72
Paul Andrews	40	10	10	12	72
Kelvin Westerman	10	0	29	29	68
Lewis Suddaby	38	0	0	30	68
Matty Hayes	0	0	36	28	64
Adrian Kamis	0	13	26	23	62
Kris Hopkins	0	39	23	0	62
Pete Robinson	24	33	0	0	57
Dave Cracknell	31	21	0	0	52
Keith Gadie	32	19	0	0	51
David Butt	0	25	25	0	50
John Savage	10	14	0	26	50
Tim Simpson	0	10	40	0	50
Gary Bogg	0	10	28	10	48
Phil Harland	10	10	10	17	47
Martin Hardey	10	16	0	18	44
Mike Jackson	20	10	14	0	44
Oliver Burnett	0	0	18	21	39
Dave Playforth	0	37	0	0	37
Lee Alcock	37	0	0	0	37
Ellis Oliver	0	36	0	0	36
Shaun Alcock	0	0	0	36	36
Neil Seddon	0	0	35	0	35
Tom Mawer	0	35	0	0	35
Tony Alcock	35	0	0	0	35
Andrew Deyes	0	0	34	0	34
Mike Hargreaves	0	0	0	34	34
Dave Anderson	22	10	0	0	32
Bill Dixon	0	10	21	0	31
Phil McCoy	0	31	0	0	31
Gary Jensen	10	10	10	0	30
Mike Murray	10	10	10	0	30
Steven Poulson	10	10	10	0	30
Alan Smith	29	0	0	0	29
Neil Gordon	28	0	0	0	28
Ian Grewar	0	27	0	0	27
Chris Sumpton	10	0	16	0	26
Matthew Robinson	15	0	10	0	25

<b>MEN</b> continued	<b>RACE 1</b>	<b>RACE 2</b>	<b>RACE 3</b>	<b>RACE 4</b>	<b>TOTAL</b>
Richard Buckle	25	0	0	0	25
Chris Wiles	0	10	13	0	23
Keith Conkerton	10	10	0	0	20
Ben Eves	19	0	0	0	19
Adam Callan	0	17	0	0	17
John Crosby	16	0	0	0	16
Shaun Atkinson	14	0	0	0	14
Matthew Pinder	13	0	0	0	13
Richard Alsop	12	0	0	0	12
Ashley Jacketts	0	0	0	11	11
Calvin Taylor	10	0	0	0	10
Grahan Havercroft	0	10	0	0	10
Martin Walker	0	10	0	0	10
Ross Parker	10	0	0	0	10
Tony Goulding	0	10	0	0	10
Gary Forrester	0	0	0	10	10

<b>LADIES</b>	<b>RACE 1</b>	<b>RACE 2</b>	<b>RACE 3</b>	<b>RACE 4</b>	<b>TOTAL</b>
Phoebe Gawthorpe	28	24	19	20	91
Rachael Sharp	0	30	26	24	80
Shirley Oglesby	21	20	20	17	78
Jan Suddaby	24	0	30	23	77
Katie Seddon	0	27	21	29	77
Janet Kay	0	26	22	28	76
Michelle Smith	0	29	28	18	75
Kirsty Wilson	0	28	24	22	74
Magdalena Zaremba	26	0	27	16	69
Maxine Hardey	29	11	0	25	65
Debbie Jacketts	25	17	0	19	61
Laura Gunstead Palframan	30	14	0	15	59
Tina Wigglesworth	0	22	0	27	49
Alison Hayes	0	25	23	0	48
Dawn Oades	17	0	0	30	47
Mandy Davison	27	19	0	0	46
Emily Wix	0	23	0	21	44
Linda Huart	23	13	0	0	36
Sarah Rose Crawford	0	0	29	0	29
Mary Carrick	0	10	18	0	28
Sara Rookyard	18	10	0	0	28
Nicky Rudland	0	0	0	26	26
Sarah Padfield	0	0	0	0	25
Laura Pinder	22	0	0	0	22
Jayne Earle	0	21	0	0	21
Helen Horrobin	20	0	0	0	20
Beth Dearing	19	0	0	0	19
Sheila Maddison	0	18	0	0	18
Emma Janyne Brackstone	0	16	0	0	16
Penny Darmody	16	0	0	0	16
Cally Harrison	0	15	0	0	15
Maria David	15	0	0	0	15
Linda Douglas	0	12	0	0	12