

Wadsworth Trog Result Splits 2019				1 HBK Out		2 Dam		3 Bridge		4 Cockhill		5 Road/Barn		6 H.Lodge		7 Withins		8 Walshaw		9 Shackleton		10 Rd Cross		11 HBK Return		12 Sheepstone		13 Bridge		Finish			
Pos	Bib	Forename	Surname	Category	Club	Split	Pos	Split	Pos	Split	Pos	Split	Pos	Split	Pos	Split	Pos	Split	Pos	Split	Pos	Split	Pos	Split	Pos	Split	Pos	Split	Pos	Split	Pos		
1	177	Jack	Wood	M5EN	Ilkley Harriers AC	00:12:26	1	00:18:53	1	00:29:16	1	00:39:19	1	00:47:46	3	01:06:37	1	01:19:11	1	01:40:33	1	01:47:33	2	01:58:40	1	02:06:18	1	02:19:16	1	02:28:32	1	02:35:46	1
2	117	Aldair	McLeod	M5EN	Leeds City Athletic Club	00:12:29	3	00:18:54	2	00:29:25	3	00:39:21	2	00:47:41	1	01:06:39	2	01:19:12	2	01:40:35	2	01:47:32	1	01:58:42	2	02:06:26	2	02:19:23	2	02:28:34	2	02:36:53	2
3	126	Joe	Baxter	M5EN	Pudsey & Bramley AC	00:12:28	2	00:18:55	3	00:29:18	2	00:39:22	3	00:47:43	2	01:07:02	3	01:19:20	3	01:42:03	3	01:49:21	3	02:09:45	3	02:18:23	3	02:31:00	3	02:43:19	3	02:43:19	3
4	12	Karl	Gray	M40	Calder Valley Fell Runners	00:12:43	5	00:18:58	4	00:29:26	4	00:40:06	4	00:48:10	4	01:08:28	4	01:21:28	4	01:43:58	4	01:52:03	4	02:03:47	4	02:12:44	4	02:27:01	4	02:37:20	4	02:46:11	4
5	96	Ken	Sutor	M40	Cheshire Hash House Harriers	00:14:16	18	00:21:39	18	00:32:46	12	00:43:49	11	00:52:37	11	01:15:03	12	01:29:17	9	01:54:05	8	02:02:29	7	02:15:05	6	02:24:14	5	02:39:37	5	02:49:25	5	02:57:49	5
6	125	Matthew	Richardson	M5EN	Saltire Striders	00:14:04	10	00:21:05	11	00:32:41	11	00:43:47	10	00:52:35	10	01:15:12	16	01:29:43	14	01:54:11	10	02:03:04	11	02:15:41	10	02:24:59	9	02:39:56	6	02:49:27	6	02:58:44	6
7	111	Sharon	Taylor	M5EN	Helm Hill Runners	00:14:06	12	00:21:34	16	00:33:01	16	00:43:55	13	00:52:54	14	01:15:01	11	01:29:19	10	01:54:15	12	02:02:45	9	02:15:33	8	02:24:38	7	02:40:33	8	02:51:03	9	02:59:33	7
8	142	Graeme	Brown	M40	Tomdorden Harriers	00:13:30	8	00:20:37	8	00:32:06	8	00:43:28	8	00:52:30	8	01:14:33	7	01:28:43	7	01:53:20	6	02:01:54	5	02:14:54	5	02:24:16	6	02:40:06	7	02:50:39	7	03:00:01	8
9	124	Richard	Pattinson	M50	Pudsey & Bramley AC	00:14:20	20	00:22:09	23	00:33:15	18	00:44:04	17	00:52:58	16	01:14:58	10	01:29:35	13	01:54:08	9	02:02:34	8	02:15:35	9	02:24:41	8	02:40:37	9	02:50:54	8	03:00:20	9
10	153	Andrew	Worster	M5EN	Tomdorden Harriers	00:13:20	7	00:20:21	7	00:32:01	7	00:43:20	7	00:52:28	7	01:14:35	8	01:28:50	8	01:53:49	7	02:02:24	6	02:15:27	7	02:27:03	10	02:43:30	10	02:53:37	10	03:03:07	10
11	19	Mark	Whittaker	M40	Unattached	00:14:42	26	00:22:06	21	00:33:44	20	00:44:44	20	00:53:55	20	01:16:51	18	01:31:14	17	01:56:37	16	02:05:33	16	02:19:07	16	02:28:50	13	02:44:03	11	02:54:25	11	03:04:16	11
12	40	Charlie	Mcintosh	M50	Pudsey & Bramley AC	00:14:12	15	00:21:21	14	00:32:51	13	00:43:44	9	00:52:32	9	01:15:05	13	01:29:47	15	01:55:47	15	02:05:09	15	02:18:58	15	02:29:03	15	02:45:06	15	02:55:18	13	03:04:52	12
13	105	Paul	Hobbs	M40	Tomdorden Harriers	00:14:05	11	00:21:29	15	00:33:21	19	00:44:28	19	00:53:42	18	01:16:55	19	01:31:22	18	01:56:44	17	02:05:36	17	02:18:54	14	02:28:54	14	02:44:22	12	02:54:40	12	03:05:11	13
14	25	Ben	Timbers	M40	Keighley & Craven AC	00:14:32	24	00:22:16	26	00:35:10	32	00:46:37	31	00:55:46	30	01:19:22	30	01:34:11	30	01:59:41	26	02:08:06	19	02:21:18	19	02:30:33	18	02:46:05	17	02:56:49	17	03:05:47	14
15	22	Sam	Downey	M40	Keighley & Craven AC	00:13:50	9	00:20:55	9	00:32:30	9	00:43:52	12	00:52:50	13	01:15:08	14	01:29:22	11	01:54:34	13	02:03:26	12	02:17:35	11	02:27:58	11	02:44:24	13	02:55:23	14	03:06:03	15
16	152	Owen	Beilby	M40	Wharfedale Harriers	00:12:42	4	00:19:06	6	00:29:54	5	00:40:30	5	00:48:50	5	01:09:36	5	01:23:08	5	02:02:02	31	02:09:36	27	02:21:27	20	02:29:54	16	02:47:44	19	02:57:57	18	03:06:59	16
17	110	Matthew	Robinson	M40	Unattached	00:14:13	16	00:21:37	17	00:32:53	14	00:43:59	15	00:52:47	12	01:15:10	15	01:29:51	16	01:55:30	14	02:04:16	14	02:18:34	13	02:28:37	12	02:44:52	14	02:56:40	16	03:07:47	17
18	128	Nick	Barber	M40	Tomdorden Harriers	00:14:09	13	00:21:16	13	00:33:09	17	00:44:19	18	00:53:46	19	01:17:05	20	01:31:52	20	01:57:51	18	02:07:49	18	02:21:16	18	02:31:04	19	02:46:34	18	02:58:02	19	03:08:07	18
19	15	Ian	Symington	M5EN	Unattached	00:14:15	17	00:21:12	12	00:32:59	15	00:44:02	16	00:52:56	15	01:14:55	9	01:29:28	12	01:54:12	11	02:02:57	10	02:18:05	12	02:29:58	17	02:45:52	16	02:56:37	15	03:08:29	19
20	73	Andy	Gibbons	M5EN	Bingley Harriers & AC	00:14:27	21	00:22:03	19	00:34:07	25	00:45:27	25	00:54:53	26	01:18:14	26	01:32:59	24	01:59:27	21	02:08:23	21	02:22:21	21	02:32:15	20	02:48:03	20	02:59:33	20	03:09:47	20
21	112	James	Byrne	M40	Ambleside AC	00:14:18	19	00:22:27	29	00:34:32	28	00:46:01	29	00:55:51	31	01:19:28	31	01:34:19	31	02:00:20	27	02:09:21	25	02:23:32	23	02:34:00	22	02:50:30	22		165	03:11:07	21
22	143	Matt	Dunn	M40	Holcombe Harriers	00:15:13	33	00:22:44	33	00:34:45	30	00:45:42	28	00:54:56	28	01:17:54	24	01:32:54	23	01:59:39	25	02:09:23	26	02:23:58	26	02:34:13	24	02:50:35	24	03:01:33	22	03:11:43	22
23	151	Marc	Sennett	M5EN	Wharfedale Harriers	00:14:27	22	00:22:08	22	00:33:57	23	00:45:16	21	00:54:22	21	01:17:21	21	01:32:17	21	01:59:15	20	02:08:20	20	02:22:24	22	02:33:39	21	02:50:28	21	03:01:30	21	03:12:07	23
24	65	Mark	Walsh	M50	Horwich R M I Harriers	00:15:08	30	00:22:41	31	00:34:25	27	00:45:39	27	00:54:55	27	01:18:25	27	01:33:28	27	01:59:37	24	02:09:16	23	02:23:46	25	02:34:01	23	02:50:32	23	03:01:46	23	03:12:13	24
25	93	Andrew	Britton	M40	Wharfedale Harriers	00:15:09	31	00:22:17	27	00:34:12	26	00:45:30	26	00:54:50	25	01:18:30	29	01:33:44	29	02:00:34	30	02:09:57	30	02:24:09	27	02:34:48	28	02:51:06	26	03:02:23	25	03:12:29	25
26	38	Benjamin	Hoyle	M40	Barlick Fell Runners	00:14:44	27	00:22:11	24	00:34:00	24	00:45:25	24	00:54:37	24	01:18:08	25	01:33:30	28	02:00:31	29	02:10:14	31	02:24:11	28	02:34:47	27	02:51:18	27	03:02:30	26	03:13:39	26
27	161	Alastair	Jewsbury	M5EN	Bingley Harriers & AC	00:14:35	25	00:22:04	20	00:33:50	21	00:45:19	22	00:54:35	23	01:17:50	23	01:32:51	22	01:59:34	23	02:09:06	22	02:23:40	24	02:34:30	26	02:51:04	25	03:02:21	24	03:13:57	27
28	75	Christopher	Goddard	M40	Tomdorden Harriers	00:14:11	14	00:20:58	10	00:32:37	10	00:43:57	14	00:53:07	17	01:16:44	17	01:31:36	19	01:58:49	19	02:09:47	28	02:24:24	29	02:35:10	29	02:52:44	28	03:04:29	27	03:15:11	28
29	175	Steven	Sladdin	M5EN	Halifax Harriers & AC	00:16:09	48	00:23:37	37	00:35:29	33	00:46:42	32	00:55:39	29	01:18:28	28	01:33:14	26	01:59:33	22	02:09:19	24	02:25:07	30	02:36:02	30	02:52:48	29	03:05:02	28	03:16:34	29
30	10	Craig	Stansfield	M50	Rosendale Harriers & AC	00:15:05	28	00:22:19	28	00:34:39	29	00:46:34	30	00:56:18	32	01:20:42	32	01:36:39	32	02:04:50	32	02:14:14	32	02:28:21	32	02:39:10	31	02:56:06	30	03:06:33	29	03:16:47	30
31	81	Dan	Taylor	M40	Tomdorden Harriers	00:15:37	35	00:23:21	34	00:35:46	34	00:47:42	34	00:57:21	34	01:22:13	33	01:38:08	33	02:05:50	33	02:15:04	33	02:29:54	33	02:40:09	33	02:56:34	31	03:07:21	30	03:17:44	31
32	186	Jonathan	Young	M5EN	Kirkstall Harriers	00:14:30	23	00:22:15	25	00:33:56	22	00:45:21	23	00:54:32	22	01:17:43	22	01:33:01	25	02:00:25	28	02:09:53	29	02:25:47	31	03:02:37	32	02:57:15	32	03:08:53	31	03:19:31	32
33	17	Norman	Hayhurst	M50	Unattached	00:16:06	46	00:24:42	50	00:37:29	47	00:49:17	44	00:59:05	43	01:24:13	40	01:40:24	36	02:07:10	34	02:16:21	34	02:30:09	34	02:40:34	34	02:57:31	33	03:08:57	32	03:21:27	33
34	80	Chris	Bird	M5EN	Durham Fell Runners	00:16:54	73	00:25:16	67	00:38:30	65	00:50:37	61	00:59:56	54	01:24:57	47	01:41:22	47	02:09:39	45	02:19:07	44	02:33:36	43	02:44:03	43	03:00:56	35	03:11:46	33	03:21:55	34
35	104	Mark	Burley	M5EN	Macclesfield Harriers & AC	00:15:07	29	00:22:28	30	00:34:53	31	00:46:55	33	00:56:33	33	01:22:25	34	01:38:46	34	02:07:12	35	02:16:42	35	02:31:08	35	02:41:21	35	03:01:31	36	03:12:34	34	03:22:09	35
36	162	Kevin	Houtl	M40	Calder Valley Fell Runners	00:17:15	80	00:25:44	86	00:39:16	78	00:51:30	77	01:01:40	78	01:26:20	63	01:42:46	62	02:10:42	52	02:19:51	52	02:34:25	46	02:44:46	46	03:02:15	40	167	03:22:19	36	
37	181	Jonathan	Heaney	M40	Northumberland Fell Runners	00:17:19	82	00:25:27	76	00:38:42	68	00:50:30	58	00:59:53	53	01:24:53																	

Wadsworth Trog Result Splits 2019						1 HBK Out		2 Dam		3 Bridge		4 Cockhill		5 Road/Barn		6 H.Lodge		7 Withins		8 Walshaw		9 Shackleton		10 Rd Cross		11 HBK Return		12 Sheepstone		13 Bridge		Finish			
Pos	Bib	Forename	Surname	Category	Club	Split	Pos	Split	Pos	Split	Pos	Split	Pos	Split	Pos	Split	Pos	Split	Pos	Split	Pos	Split	Pos	Split	Pos	Split	Pos	Split	Pos	Split	Pos	Split	Pos	Split	Pos
71	32	John	Duff	M50	Northumberland Fell Runners	00:18:08	105	00:26:38	94	00:40:06	94	00:52:28	95	01:03:00	94	01:29:29	88	01:46:38	88	02:16:11	84	02:26:40	80	02:42:33	77	02:53:40	74	03:11:45	72	03:24:02	66	03:35:05	71		
72	4	Paul	Hesketh	M50	Clayton-le-Moors Harriers	00:16:00	41	00:24:36	46	00:37:57	50	00:50:16	53	01:01:10	69	01:26:52	68	01:44:37	74	02:15:43	78	02:26:48	81	02:43:30	79	02:55:12	79	03:13:48	77		171	03:36:56	72		
73	109	Rebecca	Patrick	W40	Todmorden Harriers	00:17:31	86	00:26:51	100	00:40:05	93	00:52:15	90	01:02:36	90	01:28:56	84	01:46:26	85	02:16:01	81	02:26:55	82	02:43:37	80	02:54:54	77	03:13:31	75	03:26:14	69	03:37:35	73		
74	133	Duncan	Ritchie	M40	Todmorden Harriers	00:18:15	109	00:26:52	101	00:40:36	99	00:52:49	97	01:02:42	91	01:28:38	83	01:45:48	81	02:15:40	77	02:26:05	76	02:42:28	75	02:54:04	75	03:12:47	74	03:25:57	68	03:38:25	74		
75	18	Michael	Procter	M50	Clayton-le-Moors Harriers	00:18:36	123	00:27:41	119	00:41:50	114	00:55:13	116	01:05:54	114	01:32:36	106	01:50:14	100	02:19:43	94	02:30:13	92	02:45:43	86	02:56:57	82	03:14:48	79	03:26:45	70	03:39:01	75		
76	14	Helen	Buchan	W40	Calder Valley Fell Runners	00:17:03	76	00:26:28	89	00:39:29	85	00:52:04	87	01:03:15	97	01:29:24	86	01:46:05	84	02:16:07	82	02:25:45	73	02:41:39	73	02:52:46	73	03:13:41	76		170	03:39:41	76		
77	64	Mick	Dobson	M40	Trawden Athletic Club	00:15:51	39	00:24:27	44	00:37:07	42	00:49:26	47	00:59:45	50	01:26:25	65	01:43:31	69	02:14:48	74	02:26:00	75	02:43:12	78	02:55:20	80	03:14:53	81	03:28:34	72	03:40:43	77		
78	85	Jake	Lodge	M5EN	Pudsey & Bramley AC	00:16:18	52	00:24:45	53	00:38:05	53	00:50:50	67	01:00:54	62	01:26:54	69	01:44:01	72	02:14:30	72	02:25:55	74	02:42:17	74	02:54:59	78	03:14:45	78	03:27:19	71	03:40:44	78		
79	134	John	Singh	M5EN	Saltaire Striders	00:16:49	71	00:25:30	77	00:39:14	76	00:51:33	78	01:01:42	79	01:28:17	78	01:45:20	79	02:15:47	80	02:26:29	78	02:42:31	76	02:54:30	76	03:15:10	82	03:28:37	73	03:40:46	79		
80	157	Michael	Mills	M40	Unattached	00:19:18	138	00:28:39	134	00:43:14	132	00:56:10	126	01:06:54	126	01:34:21	114	01:52:00	111	02:22:52	103	02:32:26	99	02:49:26	94	03:00:51	92	03:18:44	89	03:30:48	78	03:40:49	80		
81	139	Ben	Holmes	M5EN	Todmorden Harriers	00:17:45	93	00:25:41	85	00:39:28	84	00:51:43	82	01:01:31	75	01:28:21	80	01:45:56	82	02:16:09	83	02:27:41	84	02:44:23	82	02:57:05	83	03:16:06	84	03:28:40	74	03:41:12	81		
82	55	Andrew	Fairburn	M5EN	Trawden Athletic Club	00:18:29	116	00:27:32	116	00:41:22	108	00:53:07	100	01:03:18	98	01:29:54	94	01:47:19	90	02:17:47	89	02:27:53	85	02:44:36	84	02:56:08	81	03:14:51	80		172	03:41:24	82		
83	83	Andy	Ford	M5EN	Horwich R M I Harriers	00:15:12	32	00:22:44	32	00:36:47	37	00:48:57	37	00:58:41	36	01:24:25	44	01:42:21	58	02:14:01	70	02:27:24	83	02:46:04	87	03:00:28	91	03:19:11	90	03:30:55	80	03:41:28	83		
84	146	Henry	Morris	M5EN	Unattached	00:17:46	94	00:26:30	90	00:39:42	88	00:52:10	88	01:02:15	86	01:28:24	81	01:45:09	76	02:15:09	76	02:26:25	77	02:44:03	81	02:57:35	86	03:17:10	87	03:30:51	79	03:41:55	84		
85	20	David	Soles	M50	Pennine Fell Runners	00:15:41	36	00:23:25	35	00:36:03	35	00:48:22	35	00:58:38	35	01:24:18	42	01:41:20	46	02:10:49	56	02:21:08	59	02:37:21	60	02:49:11	61	03:09:43	67	03:25:01	67	03:42:35	85		
86	63	Neil	Wallace	M40	Pudsey & Bramley AC	00:17:15	81	00:25:38	82	00:39:20	81	00:51:40	81	01:01:57	81	01:29:37	90	01:47:13	89	02:17:43	88	02:28:30	87	02:45:25	85	02:57:07	84	03:15:51	83	03:30:06	75	03:42:36	86		
87	57	Ian	Charlesworth	M50	Penistone FR & AC	00:16:47	68	00:25:19	70	00:39:11	74	00:51:23	74	01:01:33	76	01:28:26	82	01:45:59	83	02:17:11	86	02:28:33	88	02:46:07	88	02:58:23	87	03:16:54	86	03:30:46	77	03:42:47	87		
88	91	Andrew	Petrie	M40	Stadium Runners	00:17:43	91	00:26:43	97	00:39:54	91	00:52:18	91	01:02:29	87	01:29:26	87	01:46:33	86	02:17:40	87	02:29:05	89	02:46:14	89	02:58:53	88	03:18:42	88	03:31:17	81	03:42:59	88		
89	94	Gary	Rogerson	M40	26.2 Road Runners Club	00:16:46	67	00:25:19	69	00:39:15	77	00:51:25	75	01:01:28	74	01:27:42	75	01:45:02	75	02:15:45	79	02:26:37	79	02:44:26	83	02:57:10	85	03:16:41	85	03:30:43	76	03:44:41	89		
90	86	Robert	Halstead	M50	Todmorden Harriers	00:17:34	87	00:25:38	83	00:39:48	90	00:52:25	94	01:02:44	92	01:30:13	95	01:47:51	93	02:19:13	92	02:30:33	93	02:47:03	91	02:59:25	89	03:19:13	91	03:32:19	82	03:44:51	90		
91	51	Simon	Jones	M50	Bingley Harriers & AC	00:16:36	62	00:25:09	63	00:38:14	59	00:50:26	57	01:00:43	61	01:26:08	60	01:42:24	59	02:11:25	63	02:21:15	61	02:37:27	62	02:49:48	65	03:12:43	73	03:32:41	83	03:45:55	91		
92	180	James	Tingle	M5EN	Unattached	00:17:56	99	00:26:47	98	00:40:08	95	00:52:20	92	01:02:34	89	01:29:15	85	01:46:36	87	02:17:49	90	02:29:31	90	02:46:47	90	02:59:40	90	03:19:52	92	03:31:13	84	03:46:03	92		
93	90	Andrew	Sandercock	M5EN	North Leeds Fell Runners	00:18:30	117	00:27:02	109	00:41:22	107	00:53:41	104	01:03:52	102	01:31:32	98	01:49:39	97	02:21:50	100	02:33:08	97	02:49:53	95	03:02:16	95	03:22:09	96	03:35:35	88	03:47:34	93		
94	59	John	Thompson	M50	Newburgh Nomads RC	00:17:11	78	00:26:21	88	00:40:15	96	00:52:43	96	01:03:21	99	01:31:30	97	01:49:43	98	02:21:38	97	02:32:22	96	02:50:56	97	03:02:56	97	03:22:01	95	03:35:31	86	03:47:56	94		
95	87	Melanie	Blackhurst	W50	Todmorden Harriers	00:17:38	89	00:26:19	87	00:40:18	97	01:03:03	99	01:03:27	100	01:32:04	101	01:50:21	101	02:21:41	98	02:33:21	98		181	03:03:42	98	03:22:14	98	03:35:34	87	03:48:07	95		
96	171	Simon	Oxley	M50	Settle Harriers	00:18:12	107	00:26:55	103	00:41:03	103	00:53:11	101	01:03:30	101	01:30:23	96	01:48:30	96	02:20:58	96	02:32:17	95	02:50:02	96	03:02:18	96	03:22:11	97	03:35:40	89	03:48:21	96		
97	100	Alex	Frost	M50	Rochdale Harriers & AC	00:18:40	126	00:27:29	115	00:40:57	102	00:52:55	98	01:02:48	93	01:29:40	91	01:47:39	92	02:17:56	91	02:29:59	91	02:48:46	93	03:01:42	94	03:20:29	93		173	03:48:39	97		
98	129	Andrew	Sugden	M50	Fell Runners Association	00:18:31	118	00:27:39	118	00:41:58	116	00:55:08	114	01:05:57	115	01:34:01	110	01:51:56	110	02:24:16	105	02:35:13	104	02:52:31	101	03:04:39	102	03:24:09	101	03:37:49	93	03:49:51	98		
99	67	Gerald	Gibson	M5EN	-Individual-	00:17:24	85	00:25:33	79	00:39:08	73	00:51:22	73	01:01:04	66	01:28:15	77	01:45:45	80	02:17:02	85	02:28:13	86	02:47:44	92	03:01:29	93	03:21:43	94	03:34:57	85	03:50:01	99		
100	54	Susie	Pedder	W40	Trawden Athletic Club	00:18:12	108	00:27:01	108	00:41:20	106		183	01:04:29	106	01:32:48	107	01:50:45	104	02:23:31	102	02:35:51	101	02:51:30	100	03:04:11	100	03:23:43	100	03:37:43	91	03:50:19	100		
101	34	Robert	Morrison	M40	Clayton-le-Moors Harriers	00:16:57	74	00:25:34	80	00:40:04	92	00:54:26	105	01:05:00	107	01:34:11	112	01:53:49	119	02:27:07	117	02:37:47	116	02:54:51	108	03:07:48	111	03:26:48	103		174	03:50:57	101		
102	72	Andrew	Foster	M50	Clayton-le-Moors Harriers	00:16:00	42	00:24:58	55	00:39:20	80	00:51:55	86	01:02:32	88	01:29:33	89	01:47:56	94	02:19:29	93	02:31:42	94	02:50:58	98	03:04:08	99	03:23:35	99	03:37:47	92	03:51:37	102		
103	185	Stephen	Lysaczek	M50	Quantock Orienteers	00:18:06	103	00:26:56	104	00:41:33	111	00:54:38	107	01:04:26	105	01:32:22	102	01:50:41	103	02:21:47	99	02:33:49	100	02:51:26	99	03:04:35	101	03:24:28	102	03:36:45	90	03:51:46	103		
104	174	Roger	Haworth	M50	Todmorden Harriers	00:19:26	142	00:28:41	135	00:43:14	133	00:56:53	133	01:07:42	129	01:37:16	130	01:56:44	135	02:28:23	129	02:39:54	128	02:56:35	116	03:08:48	116	03:27:41	111	03:40:06	94	03:52:32	104		
105	78	Edwin	Tate	M40	Unattached	00:19:11	133	00:28:15	128	00:42:40	123	00:54:41	108	01:05:27	109	01:33:55	109	01:51:30	107	02:24:50	108	02:36:15	108	02:54:40	107	03:07:10	107	03:27:35	109	03:41:34	96	03:52:52	105		
106	39	Belinda	Baquero	W5EN	Pudsey & Bramley AC	00:18:04	101	00:26:58	106	00:41:07	104	00:53:39	103	01:04:05	103	01:31:49	100	01:51:26	106	02:24:18	106	02:35:47	105	02:54:26	106	03:07:36	110	03:27:22	106	03:40:08					

Wadsworth Trog Result Splits 2019						1 HBK Out		2 Dam		3 Bridge		4 Cockhill		5 Road/Barn		6 H.Lodge		7 Withins		8 Walshaw		9 Shackleton		10 Rd Cross		11 HBK Return		12 Sheepstone		13 Bridge		Finish	
Pos	Bib	Forename	Surname	Category	Club	Split	Pos	Split	Pos	Split	Pos	Split	Pos	Split	Pos	Split	Pos	Split	Pos	Split	Pos	Split	Pos	Split	Pos	Split	Pos	Split	Pos	Split	Pos		
141	170	Simon	Bourke	M50	Unattached	00:19:35	147	00:29:00	142	00:43:57	140	00:58:00	141	01:09:42	145	01:40:33	149	02:00:16	147	02:35:52	150	02:48:24	148	03:09:02	140	03:23:44	146	03:44:57	144	03:59:34	130	04:13:17	141
142	56	Wally	Coppelov	M60	Newburgh Nomads RC	00:19:17	137	00:28:50	139	00:43:29	136	00:56:50	132	01:08:03	133	01:37:26	134	01:57:00	136	02:31:02	139	02:43:41	139	03:04:30	139	03:19:29	140	03:41:55	140	03:58:06	128	04:13:28	142
143	49	Kate	Farley	W40	Bingley Harriers & AC	00:19:09	132	00:28:33	131	00:43:55	139	00:57:57	140	01:09:09	138	01:39:31	144	01:59:53	146	02:34:28	146	02:47:55	147	03:09:47	141	03:23:36	144	03:45:15	145	03:59:01	129	04:14:17	143
144	33	Robert	Foulke	M40	Unattached	00:19:50	159	00:29:25	148	00:44:34	147	00:58:06	142	01:09:15	140	01:39:40	146	01:59:36	145	02:34:18	143	02:46:36	145	03:09:57	144	03:22:49	141	03:44:12	143	04:01:04	133	04:14:40	144
145	77	Terry	Tillotson	M40	Rothwell & District Harriers	00:19:43	153	00:30:05	161	00:45:22	154	00:58:48	151	01:10:10	153	01:40:45	151	02:00:51	151	02:37:08	153	02:49:18	151	03:10:23	145	03:23:49	148	03:45:47	148	04:02:01	136	04:15:00	145
146	116	Sian	Davies	W5EN	Rothwell Harriers & AC	00:19:47	155	00:30:09	162	00:45:25	156	00:59:04	154	01:10:14	154	01:40:48	152	02:01:00	154	02:37:14	154	02:49:22	152	03:10:30	147	03:24:02	149	03:45:54	150	04:01:58	135	04:15:03	146
147	136	Imtiaz	Ilahi	M40	Unattached	00:19:15	135	00:28:46	137	00:45:40	162	00:58:31	146	01:09:54	149	01:40:29	148	02:00:23	148	02:37:01	151	02:49:48	154	03:10:43	150	03:24:26	150	03:46:02	151	04:02:07	137	04:15:20	147
148	183	James	Kelly	M5EN	Keighley & Craven AC	00:19:41	151	00:29:45	150	00:44:38	148	00:58:19	143	01:09:32	141	01:40:58	155	02:01:20	156	02:34:21	144	02:46:26	144	03:11:06	151	03:22:57	143	03:43:41	142	04:01:53	134	04:16:39	148
149	69	Max	Howard	M60	Retford AC	00:19:47	156	00:30:13	164	00:45:38	161	00:59:07	155	01:10:17	155	01:40:54	154	02:00:57	153	02:35:47	149	02:48:55	149	03:09:53	142	03:23:39	145	03:45:40	146	04:00:59	132	04:17:09	149
150	74	Hadrian	Knight	M40	Rothwell Harriers & AC	00:19:37	148	00:30:05	160	00:45:34	160	00:59:00	153	01:10:06	152	01:40:51	153	02:00:48	150	02:37:05	152	02:49:26	153	03:10:27	146	03:24:41	151	03:47:22	152	04:05:28	138	04:20:14	150
151	119	Vicky	Heys	W40	Clayton-le-Moors Harriers	00:20:20	166		185		185		185		185		185		185		185		185		185	03:30:06	156	03:51:34	153	04:07:22	140	04:20:26	151
152	13	John	Telfer	M50	Northumberland Fell Runners	00:19:15	136	00:28:46	138	00:44:26	145	00:59:09	156	01:11:33	157	01:43:10	157	02:03:35	157	02:40:54	157	02:54:16	155	03:14:36	154	03:29:32	155	03:52:27	155	04:07:24	141	04:21:29	152
153	164	Robin	Gray	M50	Todmorden Harriers	00:19:46	154	00:29:54	155	00:45:28	157	00:59:14	157	01:10:23	156	01:40:39	150	02:00:44	149	02:35:42	148	02:49:15	150	03:11:09	152	03:27:07	154	03:52:08	154	04:07:18	139	04:21:45	153
154	172	Huw	Lippiatt	M40	Valley Striders AC	00:18:17	111	00:27:13	111	00:40:41	100	00:52:22	93	01:03:09	95	01:32:28	104	01:51:52	109	02:26:31	114	02:39:26	125	03:01:22	135	03:17:35	138	03:41:28	138	04:08:30	142	04:23:21	154
155	101	Ijm	Bennett	M40	Unattached	00:16:42	65	00:25:13	65	00:39:17	79	00:52:12	89	01:03:12	96	01:32:24	103	01:51:14	105	02:26:34	115	02:39:22	124	03:01:10	133	03:17:09	137	03:41:47	139	04:08:49	143	04:23:50	155
156	120	Julia	Hartley	W40	Accrington Road Runners	00:20:20	167	00:31:33	170	00:46:39	165	01:01:02	163	01:14:08	165	01:46:39	162	02:07:40	161	02:44:05	161	02:56:26	158	03:17:32	157	03:30:12	157	03:52:31	156	04:11:06	144	04:25:08	156
157	68	Paul	Hunt	M50	Goyt Valley Striders	00:19:21	140	00:29:03	143	00:44:48	149	00:59:17	158	01:11:49	159	01:45:08	159	02:06:30	159	02:43:54	159	02:56:46	159	03:17:38	158	03:30:17	158	03:52:32	157	04:11:10	145	04:25:11	157
158	21	Simon	Arderton	M50	Todmorden Harriers	00:20:48	170	00:31:36	172	00:47:22	171	01:02:44	171	01:15:23	172	01:48:02	167	02:08:52	164	02:44:01	160		181	03:18:36	159	03:33:12	161	03:54:08	160	04:11:15	147	04:25:27	158
159	60	Martin	Bullock	M50	Pudsey Pacers RC	00:19:23	141	00:29:08	145	00:45:25	155	00:59:20	159	01:11:38	158	01:43:16	158	02:04:30	158	02:40:59	158	02:55:52	157	03:17:14	156	03:30:46	159	03:53:49	159	04:11:21	148	04:27:09	159
160	127	Jonathan Iqbal	Robun	M40	Saltaire Striders	00:19:02	131	00:28:13	127	00:43:04	129	00:56:40	130	01:07:48	131	01:39:29	143	02:00:54	152	02:37:43	156	02:54:30	156	03:17:02	155	03:31:40	160	03:54:57	162	04:11:12	146	04:27:19	160
161	159	Stella	Chrisanthou	W40	Calder Valley Fell Runners	00:20:51	172	00:31:02	167	00:47:13	169	01:02:24	167	01:14:42	168	01:47:50	166	02:08:49	163	02:45:40	162	02:59:10	160	03:20:07	160	03:34:22	162	03:57:05	163	04:13:00	149	04:28:00	161
162	58	David	Ralphs	M50	Kayleigh's Fitness Run Club	00:18:42	127	00:28:05	123	00:42:36	122	00:55:28	121	01:06:49	125	01:36:05	126	01:56:17	131	02:32:22	140	02:46:16	142	03:10:39	149	03:26:05	153	03:54:23	161	04:14:36	150	04:30:31	162
163	43	Xavier	Chaduc	M40	Unattached	00:19:30	145	00:29:50	152	00:45:03	150	00:59:53	161	01:11:55	160	01:45:39	160	02:07:07	160	02:45:51	163	02:59:13	161	03:22:18	161	03:36:17	164	04:01:34	164	04:20:59	152	04:33:10	163
164	154	Kim	Ashworth	W5EN	Todmorden Harriers	00:20:50	171	00:31:33	171	00:47:18	170	01:02:38	170	01:15:12	170	01:50:25	170	02:12:37	169	02:52:49	169	03:08:08	167	03:29:01	167	03:43:02	169	04:04:55	165	04:20:16	151	04:34:27	164
165	115	Russell	Fairhurst	M50	Keighley & Craven AC	00:21:21	174	00:32:21	173	00:49:15	175	01:04:07	172	01:16:55	173	01:52:08	172	02:17:56	175	02:55:31	171	03:09:19	169	03:29:44	168	03:43:17	170	04:05:17	166		178	04:35:05	165
166	140	Lindsay	Palmer	W50	Glossopdale Harriers	00:20:57	173	00:31:04	168	00:47:06	168	01:02:29	168	01:14:45	169	01:48:12	168	02:09:55	168	02:48:32	166	03:02:15	163	03:25:05	163	03:38:40	165	04:05:25	167	04:22:23	153	04:36:52	166
167	121	Barbara	Savage	W50	Clayton-le-Moors Harriers	00:20:41	169	00:30:32	166	00:46:47	167	01:01:38	164	01:14:04	164	01:47:33	164	02:09:39	167	02:48:34	167	03:03:49	165	03:25:47	164	03:41:25	167	04:06:31	168	04:22:26	154	04:38:05	167
168	47	Lisa	Carter	W40	Radcliffe AC	00:20:40	168	00:30:29	165	00:46:34	164	01:01:57	165	01:14:18	167	01:47:40	165	02:09:32	166	02:48:37	168	03:03:45	164		182	03:42:16	168	04:06:54	169	04:24:12	155	04:40:30	168
169	148	Elise	Milnes	W50	Todmorden Harriers	00:20:17	165	00:31:30	169	00:47:27	172	01:02:35	169	01:15:20	171	01:51:48	171	02:13:54	170	02:52:52	170	03:08:12	168	03:29:52	169	03:44:12	171	04:09:18	171	04:29:13	156	04:44:27	169
170	31	Ian	Cross	M50	Craven Energy	00:19:32	146	00:29:54	154	00:45:17	152	00:59:49	160	01:12:51	161	01:46:02	161	02:07:57	162	02:46:15	164	03:00:40	162	03:22:43	162	03:39:52	166	04:08:47	170	04:29:38	157	04:45:07	170
171	113	Peter	Rowe	M50	Unattached	00:21:38	178	00:32:32	177	00:49:23	177	01:04:19	175	01:17:19	176	01:52:29	174	02:15:28	173	02:55:47	173	03:09:29	171	03:30:49	170	03:46:50	173	04:13:12	173	04:31:36	159	04:47:49	171
172	30	Tony	Rivers	M50	Airecentre Pacers RC	00:21:35	177	00:32:32	176	00:49:13	174	01:04:16	174	01:17:12	175	01:52:32	175	02:15:25	172	02:55:41	172	03:09:25	170	03:30:55	171	03:46:52	174	04:13:08	172	04:31:29	158	04:47:51	172
173	114	Richard	Hindle	M60	Keighley & Craven AC	00:21:24	175	00:32:27	175	00:49:06	173	01:04:13	173	01:16:59	174	01:52:23	173	02:18:00	176	02:58:16	175	03:12:04	173	03:32:48	173	03:48:56	175	04:14:31	174	04:32:31	161	04:47:53	173
174	158	Diane	Wright	W40	Calder Valley Fell Runners	00:21:53	180	00:32:25	174	00:49:19	176	01:05:07	177	01:17:36	177	01:55:01	178	02:19:12	178	02:58:21	177	03:12:21	174	03:32:18	172	03:49:56	176	04:14:35	175	04:32:26	160	04:48:12	174
175	48	Craig	Sutherland	M60	Middleton Harriers AC	00:21:27	176	00:33:08	180	00:50:00	179	01:05:38	178	01:18:40	179	01:54:12	176	02:17:39	174	02:58:18	176	03:11:55	172	03:34:42	175	03:50:02	177	04:16:					