

Ilkley Harriers bset times from 2006, lists compiled by Terry Lonergan

10K BEST TIMES FOR 2006

JAMIE	HUTCHINSON	ABBEY DASH	26-Nov	35.22
LAWRENCE	BASHAM	ABBEY DASH	26-Nov	35.48
GRAHAM	PEARCE	ABBEY DASH	26-Nov	35.52
JON	SINCLAIR	ABBEY DASH	26-Nov	36.36
MARK	ILEY	ABBEY DASH	26-Nov	37.04
GRAHAM	PEARCE	HARR.THEATRE	17-Sep	37.07
JOHN	ATKINSON	CLITHEROE	31-Dec	37.24
GEOFF	HOWARD	CLITHEROE	31-Dec	38.19
DAVE	JEPSON	ABBEY DASH	26-Nov	37.43
JEFF	PAGET	CLITHEROE	31-Dec	38.30
TERRY	LONERGAN	ROTHWELL	30-Apr	38.47
NEIL	CHAPMAN	CLITHEROE	31-Dec	39.06
DAVID	SCHNEIDER	MANCHESTER	21-May	39.21
DAVID	BROWN	CLITHEROE	31-Dec	39.23
ANDY	WIGGANS	DEWSBURY	05-Feb	39.25
MARC	TEASEY	ABBEY DASH	26-Nov	40.08
ALEX	HIRST	DERBY	14-May	40.12
PHILIP	JUDD	ABBEY DASH	26-Nov	40.49
ANDREW	WILSON	DEWSBURY	05-Feb	41.13
PETER	SHIELDS	CLITHEROE	31-Dec	41.16
ANDY	WADE	ROTHWELL	30-Apr	41.41
ALEX	HIRST	CLITHEROE	31-Dec	41.58
NIGEL	TAPPER	ABBEY DASH	26-Nov	42.18
BOB	WIGHTMAN	GARSTANG	08-Jan	42.23
ANDY	HERBERT	ABBEY DASH	26-Nov	42.33
VIC	VERECONDI	ABBEY DASH	26-Nov	42.58
PHILIP	CHAPPELL	CLITHEROE	31-Dec	43.02
KEITH	WOOD	ABBEY DASH	26-Nov	43.23
ANDY	WOLFENDEN	ROTHWELL	30-Apr	43.32
JOHN	COATES	DEWSBURY	05-Feb	43.40
JOHN	WOODWARD	ABBEY DASH	26-Nov	43.50
SIMON	HARRY	GT.LANGDALE	17-Dec	44.12
DAVE	TAYLOR	CLITHEROE	31-Dec	44.54
VINCENT	GIBBONS	CLITHEROE	31-Dec	45.13
NICK	MELLOR	ABBEY DASH	26-Nov	45.21
DAVE	COCKSHOTT	ABBEY DASH	26-Nov	45.45
PETER	BEDWELL	WHELDRAKE	17-Jun	47.06
JOHN	BROWN	ABBEY DASH	26-Nov	47.26
SIMON	CHAPMAN	HARR.THEATRE	17-Sep	47.34
ANDY	KITCHEN	GT.LANGDALE	17-Sep	47.56
PHILLIP	HIRST	CLITHEROE	31-Dec	48.38
IAN	HARGREAVES	ABBEY DASH	26-Nov	48.53
CHRIS.	BROWN	HARR.THEATRE	17-Sep	49.31
CHARLES	OXTOBY	HARR.THEATRE	17-Sep	56.15
ANDREW	BENNETT	ABBEY DASH	26-Nov	56.58
MATTHEW	GRIFFIN	ABBEY DASH	26-Nov	58.06
BRIAN	SWEET	ABBEY DASH	26-Nov	63.05

ANDY	WEBSTER	CLITHEROE	31-Dec	74.54
AMANDA	ODDIE	ROTHWELL	30-Apr	38.27
SARAH	JARVIS	KIRKHAM	10-Sep	38.42
ALISON	BENNETT	ROTHWELL	30-Apr	39.27
HELEN	ILSLEY	CLITHEROE	31-Dec	39.37
SALLY	MALIR	ABBEY DASH	26-Nov	40.11
EMMA	BARCLAY	CLITHEROE	31-Dec	40.13
DIANE	HAGGAR	CLITHEROE	31-Dec	43.20
JEMMA	BASHAM	ABBEY DASH	26-Nov	44.06
CATHERINE	GIBBONS	CLITHEROE	31-Dec	44.30
HOLLY	WILLIAMSON	GT.LANGDALE	17-Dec	44.44
HELENA	DEENEY	ACCRINGTON	29-Oct	45.31
JANE	BRYANT	ABBEY DASH	26-Nov	46.00
SUE	BICKERDIKE	ABBEY DASH	26-Nov	46.54
JANET	GRACE	DEWSBURY	05-Feb	47.13
BERNIE	GIBBONS	CLITHEROE	31-Dec	48.19
DIANE	KITCHEN	HARR.THEATRE	17-Sep	48.32
MARGOT	DALE	DEWSBURY	05-Feb	49.21
DIANE	HAGGAR	HARR.THEATRE	17-Sep	50.24
FIONA	SCHNEIDER	MANCHESTER	21-May	51.03
JEAN	SULLIVAN	ABBEY DASH	26-Nov	52.01
PAT	LONERGAN	ROTHWELL	30-Apr	52.21
RACHEL	WEBSDALE	GT.LANGDALE	17-Dec	54.10
ANNE	BRIGGS	ABBEY DASH	26-Nov	56.31
RACHEL	GIBBONS	ABBEY DASH	26-Nov	58.07
JO	TAYLOR	CLITHEROE	31-Dec	61.19
AMANDA	PARNABY	HARR.THEATRE	17-Sep	66.01
RACHEL	WEBSDALE	LANGDALE	23-Apr ?	

Compiled by Terry Lonergan January 2007

BEST 10 MILE TIMES FOR 2006 (MALE)

LAWRENCE	BASHAM	SNAKE L	26-Feb	58.55
JAMIE	HUTCHINSON	BURNSA	19-Aug	59.28
NEIL	CHAPMAN	SNAKE L	26-Feb	63.13
STEVE	TURLAND	OTLEY	14-Jun	63.18
JOHN	ATKINSON	SNAKE L	26-Feb	63.22
MARK	ILEY	BURNSA	19-Aug	63.44
RICHARD	JOEL	OTLEY	14-Jun	64.12
NICK	RICHARDSON	RIPLEY	05-Nov	65.19
TERRY	LONERGAN	PRESTOI	19-Nov	65.58
DAVE	JEPSON	OTLEY	14-Jun	66.28
EWAN	WELSH	FERRIBY	29-Jan	66.40
DAVID	BROWN	BURNSA	19-Aug	67.06
MARC	TEASEY	BURNSA	19-Aug	67.20
GEOFF	HOWARD	OTLEY	14-Jun	67.42
BRIAN	MELIA	BURNSA	19-Aug	67.50
PETE	SHIELDS	FERRIBY	29-Jan	68.27
KEITH	WOOD	SNAKE L	26-Feb	72.59
ANDY	WOLFENDEN	SNAKE L	26-Feb	73.31
NIGEL	TAPPER	OTLEY	14-Jun	74.06
JOHN	WOODWARD	OTLEY	14-Jun	74.11

CHARLES	OXTOBY	OTLEY	14-Jun	74.43
VIC	VERECONDI	ST.ANNE	05-Mar	74.52
ANTHONY	SWANEPOEL	OTLEY	14-Jun	76.59
PETE	BEDWELL	SNAKE L	26-Feb	77.54
NICK	MELLOR	SKIPTON	16-Jul	79.42
DAVID	WULSHOTT	OTLEY	14-Jun	80.07
JOHN	COATES	RIPLEY	05-Nov	80.47
DAVE	COCKSHOTT	SKIPTON	16-Jul	81.59
VINCE	GIBBONS	OTLEY	14-Jun	85.14
COLIN	LUGTON	OTLEY	14-Jun	86.04
JOHN	COATES	SKIPTON	02-Jul	86.37
IAN	HARGREAVES	OTLEY	14-Jun	88.01
DONALD	MACRAE	RIPLEY	05-Nov	89.19
JOHN	MACNAMARA	RIPLEY	05-Nov	100.49

BEST 10 MILE TIMES FOR 2006 (FEMALE)

AMANDA	ODDIE	PRESTOI	19-Nov	64.28
SARAH	JARVIS	BURNSA	19-Aug	65.03
SALLY	MALIR	SNAKE L	26-Feb	65.06
ALISON	BENNETT	OTLEY	14-Jun	71.14
JEMMA	BASHEM	SNAKE L	26-Feb	78.33
SUE	BICKERDIKE	OTLEY	14-Jun	81.02
BERNIE	GIBBONS	SKIPTON	16-Jul	87.48
ADELE	ERRINGTON	OTLEY	14-Jun	87.51
PAT	LONERGAN	SNAKE L	26-Feb	89.09
ADELE	MITCHELL	RIPLEY	05-Nov	100.47
AMANDA	PARNABY	OTLEY	14-Jun	101.33

HALF MARATHON BEST TIMES FOR 2006

JON	SINCLAIR	G.N.R.	01-Oct	1:20.58
NICK	RICHARDSON	LEEDS	07-May	1:21.26
ANDY	WIGGANS	YORK	22-Jan	1:24.44
MARK	ILEY	G.N.R.	01-Oct	1:25.29
ADRIAN	HALL	FLEET	19-Mar	1:25.42
SALLY	MALIR	YORK	22-Jan	1:25.45
NEIL	CHAPMAN	LEEDS	07-May	1:26.27
TERRY	LONERGAN	SPAIN	08-Jan	1:27.50
JOHN	ATKINSON	LEEDS	07-May	1:28.00
DAVID	BROWN	G.N.R.	01-Oct	1:29.58
IAN	CLIFFE	LEEDS	07-May	1:32.20
ANDREW	HERBERT	YORK	22-Jan	1:37.43
GERARD	DOWNES	HELSEBY	22-Jan	1:39.39
ALISTAIR	BATEMAN	HULL	25-Jun	1:40.06
HELENA	DEENEY	LEEDS	07-May	1:41.41
GRAHAM	CORBETT	LEEDS	07-May	1:42.32
ANDY	WOLFENDEN	HELSEBY	22-Jan	1:42.58
PETE	BEDWELL	YORK	22-Jan	1:43.38
NICK	MELLOR	NEWARK	13-Aug	1:43.43
DAVID	COCKSHOTT	LEEDS	07-May	1:44.20

RODDY	MAC DONALD	LEEDS	07-May	1:44.21
JOHN	COATES	WILMSLO	19-Mar	1:44.45
JANET	GRACE	KESWICK	30-Apr	1:45.28
JOHN	BROWN	LEEDS	07-May	1:47.55
DEBBIE	ROSEN	LEEDS	07-May	1:48.08
COLIN	LUGTON	FRECKLE	18-Jun	1:49.20
VINCE	GIBBONS	LEEDS	07-May	1:50.54
BERNIE	GIBBONS	LEEDS	07-May	1:52.05
FIONA	SCHNEIDER	LEEDS	07-May	1:55.42
MARGOT	DALE	LEEDS	07-May	2:02.18
JANET	BAIRSTOW	LEEDS	07-May	2:05.00
ANNE	BRIGGS	LEEDS	07-May	2:08.53
RICHARD	MIDGLEY	YORK	22-Jan	2:13.47
AMANDA	PARNABY	LEEDS	07-May	2:14.58

Most tackled the distance only once . A few ran a couple.

Pete Bedwell ran 6 but his first proved fastest at York.

Marathoners,Jon & Sally, repeated their top spots

MARATHON PERFORMANCES 2006

JONATHAN	SINCLAIR	NEW YORK	05-Nov	2hrs 55.04
JONATHAN	SINCLAIR	EDINBURGH	11-Jun	2hrs 57.28
SALLY	MALIR	BLACKPOOL	04-Jun	3hrs 10.23
SALLY	MALIR	BARCELONA	26-Mar	3hrs 11.04
KEITH	WOOD	LONDON	23-Apr	3hrs 29.55
JANET	GRACE	CARDIFF	15-Oct	3hrs 30.16
JANET	GRACE	LONDON	23-Apr	3hrs 31.02
JANET	GRACE	NOTTINGHAM	29-Sep	3hrs 36.10
DAVID	BROWN	CHICAGO	22-Oct	3hrs 36.48
KEITH	WOOD	MILAN	08-Oct	3hrs 38.59
NIGEL	TAPPER	MILAN	08-Oct	3hrs 39.33
ANDY	WILSON	EDINBURGH	11-Jun	3hrs 47.33
ANDY	WIGGANS	LONDON	23-Apr	3hrs 48.13
ANDREW	HERBERT	LONDON	23-Apr	3hrs 48.26
DAVID	COCKSHOTT	LONDON	23-Apr	3hrs 49.34
SUE	BICKERDIKE	LONDON	23-Apr	3hrs 53.17
DAVE	COCKSHOTT	VENICE	22-Oct	3hrs 53.17
DEBBIE	ROSEN	MILAN	08-Oct	3hrs 56.58
PETE	BEDWELL	LONDON	23-Apr	3hrs 57.44
NICK	MELLOR	VENICE	22-Oct	3hrs 59.41
DEBBIE	ROSEN	LONDON	08-Oct	4hrs 11.17
NICHOLAS	MELLOR	NOTTINGHAM	29-Sep	4hrs 19.09
SUE	BICKERDIKE	MILAN	08-Oct	4hrs 29.07
FIONA	SCHNEIDER	EDINBURGH	22-Jun	4hrs 31.38
SIMON	O'HARA	LONDON	23-Apr	4hrs 39.04