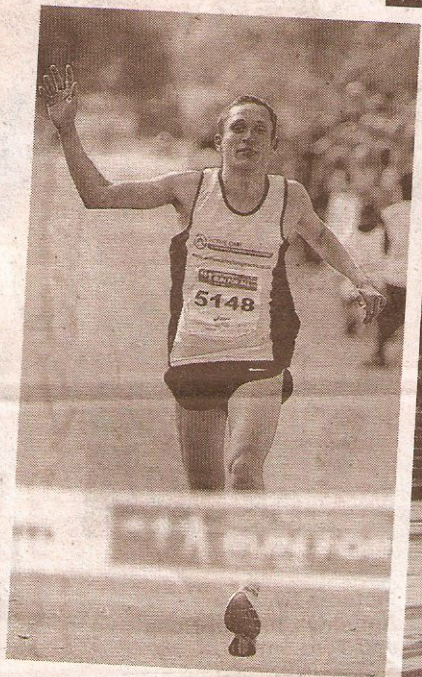


## Top three males:

- 1) Ben Livesey (pictured right): 31 minutes 30 seconds. Ben was the first person out of the more than 6,000 runners to cross the finishing line. The 32-year-old, of Oxford, said running past the York Minster was a highlight of a run.
- 2) Steve Robinson: 32 minutes 58 seconds. Despite recovering from a foot injury after recently taking part in the London Marathon - meaning he had to stop training for four weeks - Steve, a personal trainer for the RAF, recovered in time to take part in yesterday's event and said: "It was great running round York. It was even better than last year."
- 3) Dennis Speck: 34 minutes 17 seconds. Dennis achieved a personal best - shaving 20 seconds of his previous fastest time. The 32-year-old, of Haxby, trains with a running club in Pocklington and described the York 10k as "fantastic", adding: "I love running round my home city."



## Run For All York 10k Top 20 males

Pos	Name	Gun Time	Chip Time	Rank
1	Ben Livesey	31:32	31:30	1
2	Steve Robinson	33:00	32:58	2
3	Dennis Speck	34:19	34:17	3
4	Marko Gvero	34:25	34:24	4
5	Paul Dobson	34:56	34:54	5
6	Jack Trevelyan	34:57	34:55	6
7	Dhrupadh Yerrakalva	35:00	34:57	7
8	David Smithers	35:29	35:26	8
9	Jason Higgins	35:36	35:35	9
10	Finn Reilly	35:45	35:43	10
11	Julian Hood	35:46	35:43	11
12	Iain Lynn	35:48	35:47	12
13	Andrew Masterman	35:50	35:49	13
14	Darren Moran	36:17	36:13	15
15	Robert Rigby	36:23	36:11	14
16	Sean McKenna	36:28	36:20	16
17	Marcus Cram	36:34	36:30	17
18	Ben Hamilton	36:35	36:31	18
19	Michael Brigham	36:45	36:41	19
20	Stephen Rainbow	36:48	36:46	20