

Posn	2008 Race #	SURNAME	FIRST NAME	F	Class*	CLUB	Race 1		Race 2		Race 3		Race 4		Race 5		4 from 5 Total Points	4 of 5 Handicap poits from races	Provisional Handicap Start
							Ilkley		Nidd Valley		Thirsk		Garforth		Hudswell				
							6-May-2008		22-May-2008		5-Jun-2008		17-Jun-2008		1-Jul-2008				
							T	P	T	P	T	P	T	P	T	P			
1	471	ORANGE	JON		V45	RICH & ZET HARR	26.17	100.00	29.15	100.00	26.39	99.65	30.56	100.00	26.47	99.57	399.65	437.85	8:00:00
2	506	COX	MATTHEW			OTLEY AC	26.40	99.69	29.57	98.96	27.20	98.96	31.43	99.58	27.48	98.31	397.19	388.60	7:59:00
3	505	ROBERTSHAW	ANDREW			OTLEY AC	27.25	98.77	30.01	98.62			31.55	98.74	27.58	97.89	394.02	396.40	7:58:30
4	503	WHITEHEAD	ZACK			OTLEY AC	27.22	99.08	30.07	97.93	27.34	98.26	32.14	98.32	29.14	97.05	393.59	379.32	7:58:00
5	714	LAMBERT	TONY			SWALEDALE RR	27.50	97.85	30.10	97.59	27.30	98.61	31.50	99.16	30.43	92.83	393.21	389.59	7:58:00
6	295	MILLER	CHRIS			HARROGATE HARR & AC	27.29	98.46	30.03	98.28	28.15	97.23	32.41	97.48			391.45	374.58	7:58:00
7	631	WATSON	RIK			RIPON RUNNERS	28.02	97.54	30.27	97.25	27.55	97.92	32.37	97.90			390.61	384.18	7:58:00
8	501	MAWSON	JULIAN			OTLEY AC	27.46	98.16	31.20	96.56	28.08	97.57			28.48	97.47	389.76	378.23	7:57:00
9	384	HALL	RICHARD		V40	THIRSK & S HARR	28.41	96.32	31.25	96.21	28.44	96.19			30.03	94.94	383.66	380.83	7:57:00
10	484	ZARANKO	TAD		V45	RICH & ZET HARR	28.51	95.70	32.17	94.84	28.53	95.50	33.44	95.80	29.42	96.62	383.62	398.00	7:56:00
11	101	GRANT	BEN		V55	HARROGATE HARR & AC	28.33	96.62	31.33	95.87	29.03	94.46	34.03	94.96	29.48	95.78	383.23	433.45	7:57:00
12	543	BOURNE	TONY			OTLEY AC	29.36	93.56	32.52	92.78	29.02	94.80			29.47	96.20	377.34	350.93	7:56:00
13	701	SMITH	STUART			SWALEDALE RR	29.27	94.78	32.10	95.18	29.01	95.15	35.35	88.67			373.78	351.78	7:56:00
14	481	RYDER	TONY		V40	RICH & ZET HARR	29.42	93.25	32.28	94.50	31.05	83.73	34.45	92.44	30.46	92.41	372.60	375.86	7:55:00
15	675	BROWN	STEVE		V50	SWALEDALE RR	30.01	92.33	32.32	93.46	29.54	91.69			31.14	89.88	367.36	390.97	7:55:00
16	583	LEGG	IAN		V40	WETHERBY RUNNERS	30.27	90.19	33.43	89.34	30.16	88.57	34.57	92.02	30.57	91.57	363.12	368.90	7:55:00
17	682	DUNNE	LIAM			OTLEY AC	30.42	88.65	32.39	93.12	29.58	90.65			31.27	89.46	361.88	341.02	7:55:00
18	155	ROSS-RUSSELL	RACHEL	F	V35	RICH & ZET HARR			34.01	86.93	30.06	89.96	35.00	91.19	30.37	93.25	361.33	393.22	7:55:00
19	645	JELLEY	DAVID		V50	RIPON RUNNERS	30.22	90.80	33.21	91.75	30.34	86.50	35.13	90.35			359.40	389.17	7:55:00
20	273	LUMBUS	JOHN			ILKLEY HARRIERS			34.06	86.25	30.28	87.19	35.07	90.77	31.01	91.15	355.36	342.14	7:55:00
21	21	BALSHAW	RICHARD		V40	DRAGONS RUNNING CLUB	30.33	89.57	33.44	89.00	30.27	87.53	35.43	87.83	33.31	75.56	353.93	361.73	7:54:00
22	707	WILSON	JOHN		V40	SWALEDALE RR	30.17	91.41	33.56	87.28	30.36	86.15			31.29	89.04	353.88	358.53	7:55:00
23	708	WARD	ANTHONY		V55	SWALEDALE RR	31.07	87.12	33.23	91.40	30.40	85.80	36.19	85.73	32.16	86.51	350.83	403.54	7:54:00
24	413	TODD	ANDY		V45	NIDD VALLEY RR	30.20	91.11	34.09	85.90	31.09	82.34	35.48	87.41			346.76	359.12	7:54:30
25	679	SEYMOUR	ROB			HARROGATE HARR & AC	30.23	90.49	34.49	83.50	30.33	86.84	36.24	85.31			346.14	346.30	7:54:00
26	521	LAMBERT	DAN			OTLEY AC	30.54	88.04	34.10	85.56	31.41	79.57	36.55	82.38	32.21	85.25	341.23	335.97	7:54:00
27	239	ROWBOTHAM	IAN		V45	ILKLEY HARRIERS			33.29	90.71	31.13	82.00	37.45	77.34	31.38	88.20	338.25	364.12	7:54:00
28	350	SVOBODA	DUSAN			THIRSK & S HARR	31.06	87.43	34.12	85.21	31.48	79.23	36.26	84.89			336.76	332.20	7:54:00
29	274	ASKEW	DAVID		V45	HARROGATE HARR & AC	31.55	83.44	35.06	80.75	31.32	80.26	36.44	84.47	32.20	85.67	334.33	364.22	7:53:00
30	245	BROWN	DAVID		V40	ILKLEY HARRIERS	31.38	85.28	34.15	84.53	31.28	80.61	36.47	83.22			333.64	351.76	7:54:00
31	236	ODDIE	AMANDA	F	V40	ILKLEY HARRIERS	31.53	83.75	34.33	83.84	32.00	78.19			32.28	83.57	329.35	387.00	7:53:00
32	511	STACEY	CHRIS			OTLEY AC	31.44	84.98	35.31	78.68	32.14	77.84	36.45	84.05	32.55	81.04	328.75	339.64	7:53:00
33	118	DOWIE	PAUL			HARROGATE HARR & AC	31.52	84.06			32.17	77.15	37.15	81.54	33.10	79.35	322.10	321.12	7:53:00
34	518	ARMITSTEAD	JOHN		V45	OTLEY AC	31.57	83.14			32.29	75.07	37.24	79.86	32.56	80.62	318.69	352.38	7:53:00
35	114	ANDERSON	SIMON			OTLEY AC			34.54	83.15	31.16	81.65	35.48	86.99	35.06	65.87	317.66	333.92	7:54:00
36	529	MARTIN	LAURA	F	V40	OTLEY AC	32.16	81.30	35.41	78.00			37.49	76.50	33.20	78.51	314.31	382.76	7:52:00
37	307	PENNOCK	RICHARD			LEEDS & BRADFORD TRI	32.37	80.69	35.09	80.40	32.35	74.38	37.42	78.18			313.65	331.18	7:53:00
38	144	DALBY	JOHN		V50	HARROGATE HARR & AC	32.46	79.46	35.55	76.62			37.22	80.28	33.46	73.45	309.81	366.50	7:52:00
39	588	MOON	RICHARD		V40	WETHERBY RUNNERS			36.06	75.93	32.50	73.34	37.17	80.70	33.03	79.77	309.74	338.93	7:52:30
40	647	TURNER	ANDREW		V45	RIPON RUNNERS	32.00	82.52	35.50	76.96	32.32	74.73	37.57	74.83	33.32	75.14	309.45	355.94	7:52:00
41	289	IMESON	BEN			RIPON RUNNERS	30.49	88.35	33.46	88.65	31.00	84.07			37.16	47.34	308.41	321.91	7:54:30
42	244	CHAPMAN	NEIL		V50	ILKLEY HARRIERS	34.53	65.36	35.44	77.65	32.27	75.42	37.44	77.76	33.26	76.82	307.65	361.82	7:52:00
43	152	STEELE	ANDREW		V40	RIPON RUNNERS			36.35	72.84	32.51	73.00	37.26	79.44	32.43	81.88	307.16	338.26	7:52:00
44	212	BENNETT	ALISON	F	V45	ILKLEY HARRIERS	33.22	74.86	36.31	74.21	32.26	75.76	37.56	75.25			300.08	390.33	7:52:00
45	475	ROBERTS	DOUGLAS		U18	RICH & ZET HARR			29.22	99.65	27.02	99.30			27.27	98.73	297.68	304.82	7:59:00
46	612	WILKS	GARY			RIPON RUNNERS	33.13	76.39			33.04	71.26	37.53	76.08	33.44	73.88	297.61	322.93	7:52:00
47	502	PEARSON	HUGH		V45	OTLEY AC			35.04	81.09	33.24	68.84	38.46	71.05	33.30	75.98	296.96	346.67	7:52:00
48	346	BROOMFIELD	TIM		V50	HARROGATE HARR & AC	32.52	78.85	36.34	73.53			38.40	71.47	33.49	73.03	296.88	361.28	7:52:00
49	351	SMITH	GRAHAM		V45	SWALEDALE RR	33.04	77.62	37.58	65.96	32.42	73.69			33.25	77.25	294.52	341.27	7:51:30
50	134	HAAS	TIM		V40	HARROGATE HARR & AC			36.34	73.18	32.54	72.30	38.19	73.99	33.33	74.72	294.19	334.02	7:52:00
51	666	MASSEY	TERRY		V45	NIDD VALLEY RR	28.30	96.93	31.15	96.90	28.51	95.84					289.67	297.78	7:57:00
52	277	O'HARA	KEVIN		V60	DRAGONS RUNNING CLUB	33.09	77.01	36.38	72.50	33.25	68.50	39.00	69.37			287.38	389.95	7:51:30

Posn	2008 Race #	SURNAME	FIRST NAME	F	Class*	CLUB	Race 1		Race 2		Race 3		Race 4		Race 5		4 from 5 Total Points	4 of 5 Handicap poits from races	Provisional Handicap Start
							Ilkley		Nidd Valley		Thirsk		Garforth		Hudswell				
							6-May-2008		22-May-2008		5-Jun-2008		17-Jun-2008		1-Jul-2008				
							T	P	T	P	T	P	T	P	T	P			
53	593	WHEELER	ANDREW		V45	WETHERBY RUNNERS	33.07	77.31	36.33	73.87	33.56	64.34	38.57	69.79	35.52	58.29	285.31	343.21	7:51:00
54	258	CHAPMAN	SIMON			ILKLEY HARRIERS	33.44	73.02	37.07	69.40	33.26	68.15	38.18	74.41	35.11	64.19	284.98	322.09	7:51:00
55	358	PARRINGTON	DEREK		V40	SWALEDALE RR	33.10	76.70	37.13	68.71	33.18	69.53	39.34	66.86	34.39	68.40	283.34	332.04	7:51:00
56	474	PURKISS	SHAUN		V40	RICH & ZET HARR	29.18	95.40			29.14	93.76			30.33	94.10	283.26	276.65	7:56:00
57	535	PICKARD	MICHAEL		V40	OTLEY AC	33.45	72.72	37.16	68.03	33.27	67.80	38.49	70.21	34.17	71.35	282.31	332.94	7:51:00
58	355	KEENAN	ALEX			SWALEDALE RR	29.24	95.09			29.54	92.03	34.27	94.12			281.24	261.35	7:56:00
59	623	CLAPHAM	FRED			RIPON RUNNERS	33.27	74.25	36.40	71.46	33.49	65.38	40.22	63.08	34.31	69.66	280.75	321.00	7:51:00
60	533	CLIFFORD	PAUL		V40	OTLEY AC	33.45	72.41	36.39	72.15	34.27	61.57	38.22	73.15			279.28	329.39	7:51:00
61	718	ATKINSON	DAVID			SWALEDALE RR			33.49	87.96	29.35	93.42	34.38	92.86			274.24	266.86	7:55:00
62	658	GABRIEL	MARTIN		V45	RIPON RUNNERS			37.49	66.65	33.43	66.76	39.17	68.53	33.53	72.19	274.13	337.11	7:51:00
63	444	STIMPSON	ALAN		V40	HARROGATE HARR & AC			34.06	86.59	29.56	91.34			30.36	93.68	271.61	270.23	7:55:00
64	162	CHOULES	CAMERON			THIRSK & S HARR			34.57	82.46	29.41	93.07			29.54	95.36	270.89	262.51	7:55:00
65	429	CLAYSON	JAMES			NIDD VALLEY RR	30.00	92.64			30.25	87.88	35.18	89.93			270.45	256.01	7:55:00
66	727	EMSON	PAUL		V45	SWALEDALE RR	30.13	92.03			30.14	88.92	36.00	86.57			267.52	279.30	7:55:00
67	105	RENDER	PAUL		V50	HARROGATE HARR & AC	29.35	93.86	33.01	92.43	31.26	80.96					267.25	290.44	7:55:00
68	95	MOLYNEUX	GRAHAM		V45	HARROGATE HARR & AC	30.34	89.27	33.42	89.68	30.20	88.23					267.18	278.87	7:55:00
69	408	MCLEOD	IAN		V50	NIDD VALLEY RR	34.31	69.04			34.07	62.96	38.34	71.89	35.15	62.92	266.81	344.50	7:50:30
70	673	JOHNSTONE	RAY		V50	RIPON RUNNERS	33.52	71.49	39.16	58.06	34.05	63.65	38.20	73.57			266.77	346.45	7:51:00
71	711	SMITH	KENTON			SWALEDALE RR	34.14	70.57	37.47	67.34	35.32	51.53	40.30	61.82	35.09	65.03	264.76	315.03	7:50:00
72	218	WESTON	STEVE			ILKLEY HARRIERS	31.15	86.82					35.29	89.51	31.53	87.78	264.11	261.84	7:54:00
73	228	HIRST	PHIL		V50	ILKLEY HARRIERS	34.23	69.65	38.03	65.28	33.57	64.00	40.11	63.92	36.26	54.92	262.85	343.94	7:50:00
74	723	CHEYNE	NIALL			SWALEDALE RR	34.37	67.81	42.23	40.18	33.55	64.69	41.05	56.37	34.49	67.56	256.43	308.64	7:50:00
75	419	FLETCHER	COLIN		V45	NIDD VALLEY RR			34.55	82.81	30.52	84.42	35.39	88.25			255.48	274.87	7:54:00
76	507	WALSH	CARL		V45	OTLEY AC	34.19	69.96	37.55	66.31	34.43	58.11	40.39	60.14	36.49	50.71	254.52	331.26	7:50:00
77	523	CARVER	CHRIS		V40	OTLEY AC					31.07	82.69	36.46	83.63	32.05	87.36	253.68	260.92	7:54:00
78	407	DOWDELL	HARRY		V45	NIDD VALLEY RR	31.19	86.51			30.50	84.76	37.07	81.96			253.23	271.37	7:54:00
79	480	ROGERS	BRIAN 'TAFF'		V45	RICH & ZET HARR	32.01	82.22	34.14	84.87					32.25	83.99	251.08	273.49	7:53:00
80	528	BEST	LLOYD		V45	OTLEY AC	31.30	85.90	34.59	82.12			37.16	81.12			249.14	274.79	7:53:00
81	354	GAINES	ANDY		V45	SWALEDALE RR	35.02	64.75	38.35	62.53	34.11	62.61	40.42	58.88	36.10	56.18	248.77	329.38	7:49:00
82	522	PAGET	TOM			OTLEY AC	34.41	67.20	38.24	63.21	34.51	57.42			35.35	60.40	248.23	296.54	7:50:00
83	140	WRIGHT	CATHY	F	V45	HARROGATE HARR & AC	31.45	84.36	35.20	79.37			36.49	82.80			246.53	308.13	7:53:00
84	539	HODGETTS	JOSIE	F		OTLEY AC	31.21	86.20	35.16	80.06					33.01	80.20	246.46	274.04	7:53:00
85	98	SHOTTER	JEAN	F	V45	HARROGATE HARR & AC	35.13	62.91	39.02	59.78	34.42	58.46	40.46	58.47	35.16	62.50	243.66	370.63	7:49:30
86	138	KILVINGTON	GRAEME		V45	HARROGATE HARR & AC	34.34	68.12	39.07	58.75	34.52	57.07			35.48	58.71	242.65	316.33	7:49:00
87	278	SAGAR	PHILIP		V40	HARROGATE HARR & AC	35.38	61.07	38.36	62.18	34.41	58.80			35.42	59.13	241.18	313.01	7:49:00
88	146	SCAIFE	ANNE	F	V40	HARROGATE HARR & AC	35.18	61.99	39.06	59.09	34.54	56.73	40.26	62.66	36.27	54.50	240.47	354.89	7:49:00
89	610	SYMONDS	BRUCE		V45	RIPON RUNNERS	34.42	66.59			34.15	61.92	40.40	59.30	36.47	51.55	239.36	324.42	7:49:30
90	418	CARDANI	DAVE		V40	NIDD VALLEY RR	35.47	60.15			35.10	54.30	39.28	67.27	35.59	57.45	239.17	313.79	7:49:00
91	687	HUNTER	TRACY	F	V35	SWALEDALE RR	35.02	64.44	38.56	60.12	34.47	57.76	45.29	36.65	36.19	55.34	237.66	337.22	7:48:00
92	133	BAKER	SIMON			HARROGATE HARR & AC	32.47	79.15	35.22	79.03	32.21	76.80					234.98	246.20	7:52:00
93	349	JEPSON	DAVE		V40	ILKLEY HARRIERS	33.02	77.93	35.35	78.34	32.22	76.46					232.73	252.84	7:52:00
94	632	OLDHAM	PAUL		V40	RIPON RUNNERS	35.26	61.68	38.30	62.87	36.26	45.65	41.28	54.27	37.10	48.18	227.00	314.56	7:48:00
95	209	TAPPER	NIGEL		V45	ILKLEY HARRIERS			40.15	51.53	34.58	56.38	41.07	55.53	35.20	61.24	224.68	321.74	7:49:00
96	401	DEACON	MIKE		V45	NIDD VALLEY RR	33.16	75.78			32.55	71.96	37.54	75.66			223.40	258.53	7:52:00
97	621	RAPER	RAY		V50	RIPON RUNNERS	32.59	78.23					38.47	70.63	34.09	71.77	220.63	268.93	7:51:00
98	713	CASSAR	RONNIE		V60	SWALEDALE RR	35.15	62.30	39.05	59.43	35.36	50.84			37.33	46.49	219.06	360.78	7:48:30
99	264	STEPHENS	PAUL		V50	ILKLEY HARRIERS	32.43	80.07	36.25	74.56			40.10	64.34			218.97	270.08	7:51:00
100	653	WARD	JOHN		V55	RIPON RUNNERS	35.12	63.21	42.06	41.56			40.39	59.72	36.36	52.81	217.30	347.96	7:48:00
101	466	DITCHBURN	TONY		V40	RICH & ZET HARR					33.46	66.07	37.46	76.92	33.40	74.30	217.29	247.85	7:52:00
102	513	COURT	MALCOLM			OTLEY AC	32.43	80.38	36.50	69.75	33.32	67.11					217.24	240.21	7:52:00
103	703	MCKAY	DIANE	F		SWALEDALE RR			41.27	45.34	35.46	50.15	40.15	63.50	36.17	55.76	214.75	320.86	7:48:30
104	680	SEYMOUR	MARK		V45	HARROGATE HARR & AC	36.00	58.62	40.20	50.50	36.28	45.30	40.50	57.63	37.31	46.91	213.66	320.40	7:48:00

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							6-May-2008		22-May-2008		5-Jun-2008		17-Jun-2008		1-Jul-2008					
							T	P	T	P	T	P	T	P	T	P				
105	613	HANSEN	ALLAN		V45	RIPON RUNNERS	33.17	75.47			33.48	65.73			34.30	70.08		211.28	250.63	7:51:00
106	590	MARKS	LAURA	F	V40	WETHERBY RUNNERS	36.06	58.31	40.13	51.87	36.02	48.42	42.27	50.50	36.52	49.86		210.54	345.15	7:48:00
107	504	DADE	JOHN		V45	OTLEY AC	35.41	60.76	39.30	57.03			41.58	52.59	38.55	38.91		209.29	317.77	7:48:00
108	107	APPLEYARD	MALCOLM		V45	LINK RC			36.44	71.12	33.29	67.46	39.01	68.95				207.53	255.25	7:51:30
109	368	BARKER	DAVID		V45	THIRSK & S HARR	36.32	55.86	40.33	49.46	35.48	49.46	42.02	52.17				206.95	314.61	7:48:00
110	104	RICHARDSON	JOHN		V45	HARROGATE HARR & AC	33.43	73.33					39.25	68.11	35.08	65.45		206.89	254.37	7:50:30
111	359	KEAVNEY	JACKIE	F	V40	SWALEDALE RR	33.23	74.56			33.44	66.42	39.49	65.60				206.58	272.91	7:51:00
112	103	BLANE	JON		V45	HARROGATE HARR & AC	33.37	73.64			34.06	63.30			34.43	67.98		204.92	248.55	7:51:00
113	357	HALL	ANGELA	F	V45	THIRSK & S HARR	33.46	71.80	37.10	69.06					35.15	63.34		204.20	285.60	7:50:30
114	598	BEWELL	RICHARD		V45	WETHERBY RUNNERS	30.33	89.88	40.11	52.56			40.38	60.98				203.42	258.19	7:51:00
115	43	SHERWOOD	BRIAN		V40	NIDD VALLEY RR	37.28	51.57			36.48	43.23	42.23	51.33	36.31	53.65		199.78	300.10	7:47:30
116	589	DALE	ANN	F	V35	WETHERBY RUNNERS	36.12	57.70	41.09	47.06	37.13	41.50	42.25	50.91	38.18	43.54		199.21	328.11	7:47:00
117	298	ONEILL	STEPHEN			HARROGATE HARR & AC	26.43	99.38	29.45	99.31								198.69	196.70	7:59:00
118	232	WOOD	KEITH		V45	ILKLEY HARRIERS	36.54	54.94	40.36	49.12	37.24	40.11	43.38	44.20	37.11	47.76		196.02	313.27	7:47:00
119	182	GAMBLE-THOMPS	MARK		V45	ARMY FOUNDATION COLLEGE					28.32	96.88	32.54	97.06				193.94	197.93	7:57:30
120	102	ESSEX	TONY		V55	HARROGATE HARR & AC	34.17	70.26	38.40	61.84					35.18	61.66		193.76	270.24	7:50:00
121	110	POCOCK	TIM		V45	HARROGATE HARR & AC	34.41	67.51			34.29	61.23	39.54	64.76				193.50	246.76	7:50:00
122	648	CROMPTON	HELEN	F	V40	RIPON RUNNERS	38.07	48.50	39.34	56.68	36.09	47.73			38.41	40.17		193.08	332.14	7:47:00
123	163	MARGOT	SIMON			HARROGATE HARR & AC			31.50	95.53	28.44	96.53						192.06	177.38	7:57:00
124	108	COULDWELL	ALAN		V50	HARROGATE HARR & AC	36.48	55.25	41.47	43.28	36.42	44.26	43.00	48.82	38.24	42.70		191.61	320.49	7:47:00
125	426	SMITH	SIMON			NIDD VALLEY RR	35.00	65.05					39.35	66.44	35.38	59.97		191.46	234.26	7:50:00
126	280	UTLEY	PHILIP			THIRSK & S HARR	28.49	96.01			29.09	94.11						190.12	180.91	7:57:00
127	585	YOUNG	MARK		V40	WETHERBY RUNNERS	34.33	68.73			35.26	52.57	39.27	67.69				188.99	238.10	7:50:00
128	303	HENDRY	JON		V40	LEEDS & BRADFORD TRI	29.31	94.48	32.31	93.81								188.29	190.43	7:56:00
129	331	FOSTER	DALE			OTLEY AC							34.32	93.70	30.20	94.52		188.22	181.96	7:56:00
130	483	SCOTT	IAN		V45	RICH & ZET HARR			32.30	94.15					30.55	91.99		186.14	192.62	7:55:00
131	253	PHILLIPS	JUSTIN			ILKLEY HARRIERS	29.32	94.17	33.26	91.06								185.23	176.48	7:55:00
132	178	STOCKBURN	PAUL		V50	HARROGATE HARR & AC					29.45	92.73	34.58	91.61				184.34	194.37	7:56:00
133	261	STAPLETON	REBECCA	F		ILKLEY HARRIERS	40.09	36.86	40.56	47.75	36.45	43.92	43.21	47.14	38.11	45.23		184.04	309.68	7:46:00
134	622	CHAPMAN	PETER		V50	RIPON RUNNERS	29.50	92.95			29.57	91.00						183.95	193.33	7:55:30
135	177	GRAY	SHANE		V45	SWALEDALE RR					29.50	92.38			31.12	90.31		182.69	183.36	7:55:00
136	478	ROBERTS	PAUL		V45	RICH & ZET HARR			33.06	92.09	30.02	90.30						182.39	187.00	7:55:30
137	431	MORGAN	CAROL	F	V35	NIDD VALLEY RR	35.09	64.13			35.33	51.19	39.39	66.02				181.34	252.19	7:50:00
138	299	WALLER	IAN		V45	NIDD VALLEY RR	30.15	91.72			30.09	89.61						181.33	185.02	7:55:00
139	6	WOODS	MARK			DRAGONS RUNNING CLUB	34.33	68.43			35.06	55.69	40.51	57.21				181.33	221.79	7:50:00
140	275	BENNETT	TIM		V40	HARROGATE HARR & AC	37.42	50.65	42.04	41.90	38.05	35.96	43.32	45.04	38.22	43.12		180.71	296.84	7:46:00
141	49	SAVAGE	CRAIG			DRAGONS RUNNING CLUB	34.51	65.97					40.53	56.79	35.56	57.87		180.63	231.40	7:49:00
142	330	TURLAND	STEVE		V40	ILKLEY HARRIERS							35.31	89.09	31.05	90.73		179.82	182.89	7:55:00
143	362	BYE	SAM		U18	THIRSK & S HARR			33.48	88.31	30.10	89.26						177.57	178.70	7:55:00
144	197	COCKING	CHRIS		U18	ARMY FOUNDATION COLLEGE			40.03	53.59	33.09	70.57			36.32	53.23		177.39	233.31	7:49:30
145	214	BELL	CAROLINE	F		ILKLEY HARRIERS	34.42	66.89					42.40	49.66	35.30	60.82		177.37	247.24	7:49:00
146	510	HANNAH	TOM		V55	OTLEY AC	35.48	59.84	38.48	61.15			41.06	55.95				176.94	266.75	7:49:00
147	194	LAMBERT	STEPHAN		U18	ARMY FOUNDATION COLLEGE			33.37	90.37					32.18	86.09		176.46	179.41	7:54:00
148	47	DENBY	IAIN		V45	DRAGONS RUNNING CLUB	35.27	61.38	38.43	61.50			42.38	50.08				172.96	244.23	7:49:00
149	31	LETHABY	TORI	F		DRAGONS RUNNING CLUB	38.41	45.13	40.45	48.43	37.40	38.73			38.38	40.60		172.89	303.55	7:46:00
150	308	FOX	PETER		V50	LEEDS & BRADFORD TRI	35.14	62.60	39.38	56.00	35.13	53.61						172.21	247.91	7:49:00
151	192	WILLIAMS	ADAM		U18	ARMY FOUNDATION COLLEGE			37.59	65.62	35.09	55.00			36.48	51.13		171.75	232.50	7:49:00
152	143	HAMILTON	RICHARD			HARROGATE HARR & AC					31.07	83.03			31.34	88.62		171.65	162.48	7:54:00
153	237	TEASEY	MARC		V40	ILKLEY HARRIERS			33.52	87.62	31.06	83.38						171.00	175.92	7:54:30
154	161	BUCKLER	JOHN		V55	HARROGATE HARR & AC			39.28	57.37	35.08	55.34			36.05	56.60		169.31	258.46	7:49:00
155	225	GIBBONS	CATHERINE	F	U18	ILKLEY HARRIERS	34.52	65.67	39.50	54.96			43.06	48.40				169.03	262.60	7:48:00
156	256	PAGET	JEFF		V50	ILKLEY HARRIERS	31.37	85.59							32.34	83.14		168.73	186.47	7:53:00

Posn	2008 Race #	SURNAME	FIRST NAME	F	Class*	CLUB	Race 1		Race 2		Race 3		Race 4		Race 5		4 from 5 Total Points	4 of 5 Handicap poits from races	Provisional Handicap Start
							Ilkley		Nidd Valley		Thirsk		Garforth		Hudswell				
							6-May-2008		22-May-2008		5-Jun-2008		17-Jun-2008		1-Jul-2008				
							T	P	T	P	T	P	T	P	T	P			
157	624	MACPHERSON	BARBARA	F	V35	RIPON RUNNERS	38.04	49.12	41.45	43.62	38.36	33.19	45.05	38.33	39.09	36.80	167.87	316.17	7:45:30
158	416	KICKS	EMMA	F		NIDD VALLEY RR	38.13	48.20			36.57	42.19	43.44	43.36	39.50	33.43	167.18	302.43	7:46:00
159	243	CUMMINGS	DAVE		V40	ILKLEY HARRIERS	31.58	82.83	34.21	84.18							167.01	178.06	7:53:30
160	193	OWEN	IAN		U18	ARMY FOUNDATION COLLEGE			38.53	60.46	36.17	46.69			35.40	59.55	166.70	230.70	7:49:00
161	712	CASSAR	AMY	F		SWALEDALE RR	39.08	43.29	41.43	43.96	37.18	40.80			39.07	37.65	165.70	300.61	7:46:00
162	615	PENNOCK	MIKE		V60	RIPON RUNNERS	38.37	45.74	42.33	38.81	38.16	35.61	43.37	44.62	39.20	35.96	165.13	343.45	7:45:00
163	341	BUTLER	ALICE	F		OTLEY AC	32.02	81.91	35.00	81.43							163.34	184.02	7:53:00
164	424	SEAMAN	DAVE		V60	NIDD VALLEY RR	35.10	63.83			35.55	49.11			36.50	50.28	163.22	268.40	7:48:30
165	195	IVESON	ANTHONY		U18	ARMY FOUNDATION COLLEGE			37.37	67.68	34.34	59.84			39.28	35.54	163.06	229.40	7:50:00
166	58	INGLIS	EMMA	F		DRAGONS RUNNING CLUB	45.04	13.56	38.04	64.93	35.17	53.26	46.21	30.78			162.53	301.69	7:48:00
167	304	BEWELL	ANDY			LEEDS & BRADFORD TRI	37.11	53.71	39.59	54.28			41.50	53.85			161.84	224.52	7:48:00
168	221	BRYANT	JANE	F	V40	ILKLEY HARRIERS	36.21	57.08	40.10	52.90	35.44	50.50					160.48	254.62	7:48:00
169	469	HANIVER	KELLY	F		RICH & ZET HARR			35.47	77.31					32.47	81.46	158.77	180.19	7:52:00
170	591	REEVE	ANGELA	F		WETHERBY RUNNERS	32.08	81.60	36.21	74.90							156.50	180.29	7:52:00
171	297	HAWKESBY	RAY		V50	OTLEY AC	32.44	79.77	36.09	75.59							155.36	183.19	7:52:00
172	171	SNOW	ROB		V45	NIDD VALLEY RR					36.34	44.96	40.48	58.05	36.44	51.97	154.98	236.02	7:48:30
173	37	PECK	SIMON		V50	DRAGONS RUNNING CLUB	36.24	56.47			36.40	44.61	41.53	53.43			154.51	242.12	7:48:00
174	638	WALKER	IAN			RIPON RUNNERS	36.19	57.39	41.33	45.00	35.31	51.88					154.27	211.94	7:48:00
175	147	DICKINSON	PHIL		V40	HARROGATE HARR & AC			35.59	76.28	32.15	77.50					153.78	167.51	7:53:00
176	145	TRUDGEON	STEVE		V45	HARROGATE HARR & AC	31.44	84.67							34.38	68.82	153.49	174.68	7:52:00
177	38	KWAN	SIU WAH		V40	DRAGONS RUNNING CLUB	32.21	80.99					38.34	72.31			153.30	171.76	7:52:00
178	281	VERECONDI	VIC		V45	ILKLEY HARRIERS	35.59	58.92					42.50	49.24	38.15	43.97	152.13	232.82	7:47:00
179	301	DAVYS	HEIDI	F		LEEDS & BRADFORD TRI	37.37	50.95	40.05	53.25	36.15	47.03					151.23	234.02	7:47:30
180	328	HUNT	ANDREW		V40	OTLEY AC							38.30	72.73	33.22	78.09	150.82	169.54	7:52:00
181	516	FAWCETT	LIZ	F	V35	OTLEY AC	38.36	46.05	43.05	37.09			45.42	35.81	40.16	31.75	150.70	309.37	7:44:30
182	387	SHORROCKS	DAVID		V50	THIRSK & S HARR	36.33	55.55			36.10	47.38	43.24	45.88			148.81	239.90	7:47:00
183	604	MATHESON	ANDREW		V40	RIPON RUNNERS	39.49	39.61	43.04	37.78	38.28	34.23	45.46	35.39	39.55	33.01	147.01	284.65	7:44:30
184	661	JONES	DAVID			RIPON RUNNERS	33.14	76.09	36.45	70.78							146.87	163.59	7:51:00
185	247	MORLEY	SALLY	F		ILKLEY HARRIERS					32.36	74.03			33.51	72.61	146.64	170.28	7:52:00
186	353	TAYLOR-PAGE	TRACIE	F	V40	SWALEDALE RR	41.20	31.95			38.25	34.57	44.07	41.69	39.08	37.22	145.43	315.51	7:45:00
187	434	MAILLARD	JEREMY			NIDD VALLEY RR	33.35	73.94			33.14	69.88					143.82	152.18	7:51:00
188	726	NEESON	PATRICK		V45	SWALEDALE RR	41.27	30.42	42.26	39.50	37.32	39.42			39.49	33.85	143.19	290.13	7:44:00
189	191	HAYAKANA	DOM			ARMY FOUNDATION COLLEGE			38.53	60.81					32.42	82.30	143.11	155.86	7:51:00
190	35	REPERECKI	ADELE	F	V45	DRAGONS RUNNING CLUB	39.07	43.60	43.19	35.03	38.44	31.80	46.17	31.62	40.58	27.11	142.05	328.29	7:44:00
191	540	SCHOFIELD	DANNY			OTLEY AC			36.46	70.43	33.02	71.61					142.04	158.69	7:52:00
192	233	JARVIS	SARAH	F	V35	ILKLEY HARRIERS			39.53	54.62	30.43	85.46					140.08	176.23	7:55:00
193	46	LEWIS	DEBBIE	F	V45	DRAGONS RUNNING CLUB	38.32	47.28			38.44	32.15	47.41	25.33	39.41	34.70	139.46	324.63	7:44:00
194	257	HAGGAR	DIANE	F	V45	ILKLEY HARRIERS			36.39	71.81					34.54	67.14	138.95	191.80	7:51:00
195	582	ANDRYSZESKI	TONY		V40	WETHERBY RUNNERS			37.14	68.37	33.12	70.23					138.60	162.29	7:51:30
196	115	BREW	PATRICK		V50	HARROGATE HARR & AC	37.24	51.87					44.04	42.11	38.13	44.39	138.37	238.03	7:46:00
197	705	LUXTON	MARTIN		V55	SWALEDALE RR	40.18	35.63	43.57	32.96	38.54	30.76	46.05	33.30	39.13	36.38	138.27	316.82	7:44:00
198	48	BROWN	SIMON		V45	DRAGONS RUNNING CLUB	40.03	38.08	44.49	28.84	38.50	31.11	44.37	40.01			138.04	289.54	7:44:00
199	262	MATTHEWS	CHRIS	F	V55	ILKLEY HARRIERS	40.23	35.02	44.04	31.59	38.33	33.53	45.24	37.49	40.40	28.80	137.63	357.34	7:44:00
200	10	WYSOCKI	RICHARD		V45	DRAGONS RUNNING CLUB	39.10	42.99			39.31	28.34	45.02	38.75	40.53	27.54	137.62	288.41	7:44:00
201	541	STEAD	GRAHAM		V45	OTLEY AC	36.54	54.63	41.09	46.71			45.39	36.23			137.57	230.85	7:46:00
202	369	EVITT	KEN		V55	THIRSK & S HARR	38.39	45.44	41.16	46.03					37.51	46.07	137.54	248.27	7:46:00
203	23	WAITE	GARY		V40	DRAGONS RUNNING CLUB	37.30	51.26					43.19	47.56	39.01	38.49	137.31	222.42	7:46:00
204	222	BICKERDIKE	SUE	F	V40	ILKLEY HARRIERS	37.45	50.34	41.05	47.40					38.52	39.33	137.07	242.62	7:46:00
205	122	CROFT	JEAN	F	V45	HARROGATE HARR & AC	38.03	49.42	41.19	45.68					38.27	41.86	136.96	251.17	7:46:00
206	586	MCMENEMY	ANDY		V45	WETHERBY RUNNERS	37.13	53.10	42.14	40.53	36.55	42.53					136.16	226.84	7:46:00
207	199	YATES	CHRIS		U18	ARMY FOUNDATION COLLEGE					33.22	69.19			35.00	66.71	135.90	158.47	7:51:00
208	187	WHITE	DANNY		U18	ARMY FOUNDATION COLLEGE			36.19	75.25	34.32	60.19					135.44	161.36	7:51:00

Posn	2008 Race #	SURNAME	FIRST NAME	F	Class*	CLUB	Race 1		Race 2		Race 3		Race 4		Race 5		4 from 5 Total Points	4 of 5 Handicap points from races	Provisional Handicap Start
							Ilkley		Nidd Valley		Thirsk		Garforth		Hudswell				
							6-May-2008		22-May-2008		5-Jun-2008		17-Jun-2008		1-Jul-2008				
							T	P	T	P	T	P	T	P	T	P			
209	284	BUXTON	JACKIE	F	V35	HARROGATE HARR & AC	34.04	70.88	38.09	64.25							135.13	176.81	7:50:00
210	150	SHARDLOW	ANDREW		V50	SWALEDALE RR			40.39	48.78	36.19	46.34			38.49	39.75	134.87	235.83	7:47:00
211	482	SCOTT	ADAM		U18	RICH & ZET HARR			38.16	63.90					34.26	70.93	134.83	162.78	7:50:00
212	82	WRAY	SCOTT			LINK RC					37.16	41.15	43.18	47.98	38.10	45.65	134.78	212.83	7:47:00
213	603	RICKARD	SUZANNE	F	V35	RIPON RUNNERS	39.59	39.00	44.03	31.93	39.36	27.65	46.08	32.88	40.28	30.48	134.29	303.85	7:44:00
214	536	WENTLING	STEPHEN		V40	OTLEY AC	34.23	69.34	38.05	64.59							133.93	163.03	7:50:00
215	119	MARKS	WENDY	F	V40	HARROGATE HARR & AC	38.01	49.73			37.41	38.03	43.28	45.46			133.22	244.64	7:46:00
217	156	ROWE	ISSY	F		HARROGATE HARR & AC			36.47	70.09	34.12	62.26					132.35	168.17	7:51:00
216	592	MALLORIE-LEWIS	ALISON	F	V35	WETHERBY RUNNERS	38.34	46.36	44.20	30.90	40.22	25.57	46.32	29.52			132.35	300.53	7:44:00
218	339	ILLINGWORTH	HUW			OTLEY AC							39.53	65.18	35.10	64.61	129.79	152.54	7:50:00
219	55	MILNE	WILLIE		V50	DRAGONS RUNNING CLUB	34.46	66.28					40.27	62.24			128.52	172.81	7:50:00
220	132	MILSON	SOPHIE	F		HARROGATE HARR & AC	40.21	35.32	43.56	33.31			46.21	31.20	40.41	28.38	128.21	292.52	7:43:30
221	279	SOWTER	LIZ	F	V45	SWALEDALE RR	37.23	52.18			37.43	37.69			39.02	38.07	127.94	250.61	7:46:00
222	382	COX	HESTER	F	V35	THIRSK & S HARR							40.32	61.40	35.01	66.29	127.69	174.27	7:50:00
223	719	BRANFORD-WHITE	LOUISE	F	V35	SWALEDALE RR	39.48	39.92	44.50	28.50	39.09	30.07	46.57	28.68	42.25	22.06	127.17	298.75	7:43:00
224	211	SHIELDS	PETER		V60	ILKLEY HARRIERS					33.52	65.03			35.17	62.08	127.11	184.08	7:50:00
225	120	PEACE	ANGELA	F		HARROGATE HARR & AC	33.46	72.10					41.19	54.69			126.79	169.67	7:50:00
226	470	HEPWORTH	IAN		V60	RICH & ZET HARR			41.36	44.65	37.34	39.07	43.49	42.94			126.66	257.88	7:46:30
227	200	APPLEYARD	KIERAN		U18	ARMY FOUNDATION COLLEGE					35.04	56.03			34.29	70.51	126.54	155.87	7:50:00
228	517	WESTON	MARTIN			OTLEY AC	40.11	36.55	44.32	30.21	40.00	26.61	46.16	32.04	41.22	25.01	125.41	261.69	7:43:00
229	704	DAWSON	JOHN		V65	SWALEDALE RR	42.44	23.06	44.00	32.62	39.22	29.38	46.59	27.84	39.37	35.12	124.96	343.78	7:43:00
230	722	ASHMAN	ROY		V50	SWALEDALE RR	39.44	40.84	42.10	40.87	36.50	42.88					124.59	229.79	7:46:00
231	520	EGAN	DOMINIC		V40	OTLEY AC	37.14	52.79	42.28	39.15	39.24	29.03					120.97	214.70	7:45:30
232	715	LAW	HELEN	F	V45	SWALEDALE RR	40.44	33.79	45.11	27.46	40.28	25.23	46.01	33.72			120.20	317.52	7:43:00
233	721	WILMAN	LEWIS		V60	SWALEDALE RR	40.30	34.71	43.17	35.71	40.18	25.92			42.22	22.48	118.82	319.59	7:43:00
234	173	WHITE	ANDREW		U18	ARMY FOUNDATION COLLEGE					34.32	60.53			36.01	57.02	117.55	153.56	7:49:00
235	296	KIRBY	PAT	F	V55	THIRSK & S HARR	40.50	33.18	45.18	26.78	40.34	24.88	46.14	32.46			117.30	346.49	7:43:00
236	527	BEST	KAREN	F	V35	OTLEY AC	33.56	71.18			36.23	46.00					117.18	166.64	7:49:00
237	181	HARDY	VICTORIA	F		ARMY FOUNDATION COLLEGE			42.08	41.21	36.59	41.84			39.56	32.59	115.64	224.31	7:46:00
238	345	SMITH	FIONA	F	V40	HARROGATE HARR & AC	40.16	35.94			40.59	23.84	47.03	27.42	41.01	26.27	113.47	303.86	7:43:00
239	172	GLEDHILL	MICHAEL		U18	ARMY FOUNDATION COLLEGE					31.52	78.88			39.43	34.28	113.16	152.64	7:53:30
240	136	ROWBOTHAM	JANE	F	V50	HARROGATE HARR & AC	41.22	31.65	45.51	25.06	41.15	23.15	46.30	29.94	41.06	25.43	112.08	330.78	7:42:30
241	185	EDWARDS	JOEL		U18	ARMY FOUNDATION COLLEGE					34.37	59.50			36.39	52.39	111.89	152.03	7:49:00
242	213	RUTTER	MATTHEW			ILKLEY HARRIERS	38.19	47.89			37.55	37.00	47.28	27.00			111.89	198.55	7:45:00
243	96	WILLS	ROB		V45	ILKLEY HARRIERS	35.11	63.52			36.04	48.07					111.59	156.94	7:49:00
244	126	BOULTON	ROBYN	F	V45	HARROGATE HARR & AC	38.47	44.52	43.05	37.43					40.38	29.22	111.17	247.59	7:44:00
245	629	MUMFORD	CLAIRE	F		RIPON RUNNERS	42.38	23.98	44.53	28.15	39.35	28.00			40.32	30.06	110.19	282.15	7:43:00
246	402	DEACON	FIONA	F	V40	NIDD VALLEY RR							41.15	55.11	36.30	54.08	109.19	175.27	7:49:00
247	313	HAMILTON	PAUL			LEEDS & BRADFORD TRI	37.12	53.41	39.49	55.31							108.72	144.12	7:47:00
248	524	FOX	DAVID		V50	OTLEY AC	36.29	56.17			35.59	48.76					104.93	159.45	7:48:00
249	259	PRICE	LIZ	F	V40	ILKLEY HARRIERS	39.33	41.76	43.55	33.65	39.25	28.69					104.10	232.60	7:44:00
250	512	RAYNER	BILLY		V40	OTLEY AC	39.45	40.53	44.02	32.28	38.59	30.42					103.23	208.05	7:44:00
251	188	LEWIS	BRADLEY		U18	ARMY FOUNDATION COLLEGE			40.02	53.93					36.57	49.02	102.95	153.64	7:48:00
252	32	HOOS	DEBBIE	F		DRAGONS RUNNING CLUB	40.08	37.16			40.05	26.26	44.54	39.17			102.59	217.41	7:44:00
253	605	HOPE	JO	F	V35	RIPON RUNNERS			43.11	36.06	38.23	34.92			40.20	31.33	102.31	226.56	7:45:00
254	329	GREGORY	SARAH	F	V35	RICH & ZET HARR							41.55	53.01	37.04	48.60	101.61	166.59	7:48:00
255	361	DUNN	GARY			THIRSK & S HARR									26.22	100.00	100.00	103.09	8:00:00
256	167	BILTON	DARREN		V40	SWALEDALE RR					24.34	100.00					100.00	106.38	8:02:00
257	1	FISHER	IAN			OTLEY AC									27.20	99.15	99.15	99.45	7:59:00
258	224	PICKERSGILL	SHEENA	F	V45	ILKLEY HARRIERS	41.35	29.81	46.10	24.03	41.33	22.46	48.20	22.81			99.11	308.26	7:42:00
259	117	RICHENS	ALEX	F		HARROGATE HARR & AC	41.23	31.03	45.46	25.40	42.17	21.42	48.31	21.13	43.08	20.80	98.98	280.34	7:41:00
260	206	EBERT	CAROLINE	F		ILKLEY HARRIERS			43.41	34.34			45.55	34.97	40.37	29.64	98.95	221.38	7:44:00

Posn	2008 Race #	SURNAME	FIRST NAME	F	Class*	CLUB	Race 1		Race 2		Race 3		Race 4		Race 5		4 from 5 Total Points	4 of 5 Handicaps from races	Provisional Handicap Start
							Ilkley		Nidd Valley		Thirsk		Garforth		Hudswell				
							6-May-2008		22-May-2008		5-Jun-2008		17-Jun-2008		1-Jul-2008				
							T	P	T	P	T	P	T	P	T	P			
261	52	MOYES	LIZ	F	V40	DRAGONS RUNNING CLUB	38.48	44.21					46.58	28.26	41.05	25.85	98.32	235.45	7:44:00
262	294	DAVIES	EDWARD			OTLEY AC	28.20	97.24									97.24	92.76	7:57:00
263	276	APPLEYARD	ROY		V45	LEEDS & BRADFORD TRI	42.47	22.76	45.59	24.71	40.49	24.19	48.08	24.07	41.41	24.17	97.14	277.54	7:42:00
264	251	WOOD-ROBERTSON	JAMES			ILKLEY HARRIERS							33.08	96.64			96.64	93.36	7:57:00
265	99	WARR	NEIL			LINK RC	41.56	28.58	46.20	23.68	41.12	23.50	48.46	20.71			96.47	248.87	7:41:30
266	312	STOCKLEY	MARK			LEEDS & BRADFORD TRI	39.53	39.31	44.08	31.25			47.40	25.75			96.31	197.07	7:43:00
267	333	MIDGLEY	TIM			OTLEY AC							33.14	96.22			96.22	93.08	7:57:00
268	422	NEWTON	STEVE			NIDD VALLEY RR	37.07	54.33					44.18	41.27			95.60	144.99	7:46:00
269	435	BRIGHT	JONTY			HARROGATE HARR & AC							33.47	95.38			95.38	91.56	7:57:00
270	420	JACKSON	SHEENA	F		NIDD VALLEY RR	37.07	54.02					44.19	40.85			94.87	156.24	7:46:00
271	327	WILBY	DAVE			ILKLEY HARRIERS							34.22	94.54			94.54	90.01	7:56:00
272	616	DUTKA	MEL	F	V45	RIPON RUNNERS	41.57	28.27	46.06	24.37			48.23	21.97	43.55	18.69	93.30	308.73	7:41:00
273	338	DAVIDSON	PAUL			ILKLEY HARRIERS							34.37	93.28			93.28	89.36	7:56:00
274	360	BROADLEY	ANDY		V45	SWALEDALE RR	41.23	31.34	44.46	29.18					40.05	32.17	92.69	213.88	7:43:00
275	305	LEAKE	RICHARD		V50	LEEDS & BRADFORD TRI	38.44	44.82	41.12	46.37							91.19	157.79	7:46:00
276	241	PAYNE	EMMA	F		ILKLEY HARRIERS			43.22	34.68	39.17	29.73			41.00	26.69	91.10	215.88	7:44:00
277	309	FREEMAN	PAUL		V40	LEEDS & BRADFORD TRI			33.42	90.03							90.03	92.34	7:55:00
278	519	ARMITSTEAD	CAROL	F	V45	OTLEY AC	42.35	24.29	47.17	20.25	41.20	22.80	48.22	22.39	45.52	15.32	89.73	304.91	7:40:00
279	352	LANDELLS	MARTIN		V45	DRAGONS RUNNING CLUB	30.34	88.96									88.96	94.49	7:54:30
280	45	DONOHUE	LYNN	F	V45	DRAGONS RUNNING CLUB	42.16	26.43	46.42	23.00	42.30	20.38	49.15	19.03			88.84	303.00	7:41:00
281	129	HAWKINS	JAMES			HARROGATE HARR & AC			41.41	44.31			43.41	43.78			88.09	145.34	7:46:30
282	135	MOSES	PAUL			HARROGATE HARR & AC	30.55	87.73									87.73	85.01	7:54:00
283	587	PLEWS	CHRIS			WETHERBY RUNNERS									32.13	86.94	86.94	84.37	7:53:00
284	249	RICHARDSON	NICK			ILKLEY HARRIERS							36.11	86.15			86.15	88.13	7:54:00
286	109	MCGOURAN	PETER		V50	OTLEY AC			41.51	42.59			44.02	42.52			85.11	159.25	7:46:00
285	246	ILEY	MARK		V45	ILKLEY HARRIERS					30.44	85.11					85.11	87.84	7:55:00
287	445	GOOCH	KEVIN		V55	ILKLEY HARRIERS									32.23	84.83	84.83	96.93	7:53:00
288	439	BULLER	JIM			WETHERBY RUNNERS									32.24	84.41	84.41	83.90	7:53:00
289	686	GRESHAM	KIT			HARROGATE HARR & AC	38.33	46.97			37.56	36.65					83.62	132.94	7:46:00
290	447	CLARK	TAMSIN	F		RICH & ZET HARR									32.39	82.72	82.72	89.73	7:53:00
291	734	WRIGHT	HANNAH	F		SWALEDALE RR	42.32	24.90	47.14	20.59			49.38	17.77	43.44	19.11	82.37	273.71	7:40:00
292	157	JEFFREY	HOWARD		V50	OTLEY AC			34.59	81.78							81.78	95.01	7:53:00
293	127	BENNETT	EMMA	F		HARROGATE HARR & AC	40.56	32.87	45.05	27.81	42.18	21.07					81.75	207.96	7:42:00
294	316	EDGORTH	BRETT		V40	THIRSK & S HARR					31.18	81.30					81.30	83.50	7:54:00
295	26	HARTLEY	RUSS		V45	DRAGONS RUNNING CLUB	38.33	46.66					45.56	34.55			81.21	148.93	7:45:00
296	777	RICHARDSON	PETER		V45	SWALEDALE RR	39.13	42.68	42.36	38.46							81.14	149.10	7:45:00
297	168	MASON	PHILIP		V45	HARROGATE HARR & AC					31.37	79.92					79.92	85.39	7:54:00
298	165	JEFFRIES	STUART		V40	LEEDS & BRADFORD TRI			35.19	79.71							79.71	88.11	7:53:00
299	30	BRYANT	BEVERLEY	F	V35	DRAGONS RUNNING CLUB	42.29	25.21			42.36	19.69	49.45	17.36	44.27	17.42	79.68	277.05	7:40:00
300	92	LUGTON	COLIN		V60	ILKLEY HARRIERS	41.35	30.11					48.24	21.55	40.47	27.96	79.62	239.71	7:42:00
301	340	WALLACE	IAN		V45	RIPON RUNNERS							37.26	79.02			79.02	90.81	7:53:00
302	446	ANDREWS	IAIN			WETHERBY RUNNERS									33.13	78.93	78.93	81.83	7:52:00
303	216	COSSINS	ELAINE	F	V40	ILKLEY HARRIERS					37.54	37.34			38.31	41.44	78.78	158.66	7:46:00
304	644	WALLACE	STUART		U18	RIPON RUNNERS	39.25	42.37			38.00	36.30					78.67	139.71	7:45:00
305	250	ATKINSON	JOHN		V45	ILKLEY HARRIERS							37.40	78.60			78.60	90.25	7:53:00
306	465	COX	DARREN			RICH & ZET HARR	32.56	78.54									78.54	79.81	7:52:00
307	175	FROST	CHRIS			ARMY FOUNDATION COLLEGE					31.59	78.53					78.53	76.81	7:53:00
308	681	GIBBONS	BERNIE	F	V50	ILKLEY HARRIERS	42.25	25.82	45.33	25.75			47.34	26.58			78.15	245.14	7:42:00
309	343	KITCHEN	DIANE	F	V45	ILKLEY HARRIERS	38.29	47.58					46.22	30.36			77.94	166.68	7:44:30
310	472	PEACOCK	CHRIS		V45	RICH & ZET HARR									33.24	77.67	77.67	86.75	7:52:00
311	356	WELCH	JOHN			RIPON RUNNERS	42.50	22.14	47.13	20.93	44.42	13.11	51.19	14.42	43.44	19.53	77.02	243.88	7:39:00
312	215	SUGDEN	PAUL		V45	ILKLEY HARRIERS	43.48	19.69	46.54	21.96	42.59	19.34	50.48	15.68	46.02	14.90	76.67	264.33	7:39:00

Posn	2008 Race #	SURNAME	FIRST NAME	F	Class*	CLUB	Race 1		Race 2		Race 3		Race 4		Race 5		4 from 5 Total Points	4 of 5 Handicap poits from races	Provisional Handicap Start		
							Ilkley		Nidd Valley		Thirsk		Garforth		Hudswell						
							6-May-2008		22-May-2008		5-Jun-2008		17-Jun-2008		1-Jul-2008						
							T	P	T	P	T	P	T	P	T	P					
313	442	HEAVISIDES	HENRY		V50	ILKLEY HARRIERS											76.40	89.48	7:52:00		
314	637	WALKER	EMILY	F		RIPON RUNNERS	42.34	24.60	48.30	17.15	43.28	17.61			33.29	76.40	44.44	17.00	76.36	263.91	7:39:00
315	538	MCBRINN	SARAH	F	V35	OTLEY AC			43.08	36.75			44.40	39.59					76.34	157.55	7:45:00
316	125	ROBBINS	JANE	F	V40	HARROGATE HARR & AC	46.17	9.88	48.13	17.84	43.01	19.00	49.28	18.19	42.49	21.22			76.25	287.96	7:39:00
317	176	GRAY	SCARLET	F	U18	SWALEDALE RR					32.24	76.11							76.11	90.27	7:53:00
318	271	WOOD-ROBERTS	CAROLINE	F		ILKLEY HARRIERS	39.39	41.15					45.57	34.13					75.28	148.45	7:44:00
319	288	SHAKESPEARE	MICK		V40	HARROGATE HARR & AC	33.21	75.17											75.17	83.84	7:51:00
320	596	PORTER	CARMEN	F	V40	WETHERBY RUNNERS			45.28	26.43	40.40	24.53			42.10	22.90			73.86	222.94	7:42:00
321	174	JONES	ANDREW			ARMY FOUNDATION COLLEGE					32.53	72.65							72.65	74.71	7:52:00
322	169	SWARMAN	NICK		V45	HARROGATE HARR & AC			42.23	39.84	38.38	32.50							72.34	145.72	7:45:30
323	201	JUDD	PHILIP			ILKLEY HARRIERS					33.05	70.92							70.92	76.55	7:52:00
324	29	BARNEY	KAYE	F	V40	DRAGONS RUNNING CLUB	43.24	21.22					48.08	23.65	41.27	24.59			69.46	224.33	7:41:00
325	57	INGLIS	STUART		V60	DRAGONS RUNNING CLUB	46.32	9.58	47.31	19.56	43.20	17.96	51.23	13.58	43.56	18.27			69.37	298.08	7:39:00
326	260	LEWIS	ALEX	F	V40	ILKLEY HARRIERS	39.46	40.23					46.56	29.10					69.33	157.15	7:43:00
327	476	ROBERTS	JESSICA	F		RICH & ZET HARR									34.35	69.24			69.24	87.63	7:50:30
328	651	JONES	KAREN	F	V35	RIPON RUNNERS			43.00	38.12					40.24	30.91			69.03	153.20	7:44:00
329	581	RITCHIE	GAVIN		V40	WETHERBY RUNNERS					38.47	31.46	45.27	37.07					68.53	139.79	7:45:00
330	406	BURNES	ANNIE	F	V50	NIDD VALLEY RR	42.15	26.74			42.31	20.03			42.27	21.64			68.41	233.46	7:41:00
331	282	HATTERSLEY	MARK		V40	HARROGATE HARR & AC	40.00	38.69	44.44	29.53									68.22	139.46	7:43:00
332	16	LEADBEATER	PHILIP		V45	DRAGONS RUNNING CLUB	42.17	26.13	46.36	23.34	43.06	18.65							68.12	199.92	7:40:00
333	462	ADAMS	JO	F		RICH & ZET HARR			37.48	67.00									67.00	88.94	7:50:00
334	20	HAIGH	JANE	F	V50	DRAGONS RUNNING CLUB	44.06	18.16	48.53	15.78	43.48	16.57			45.16	16.16			66.67	291.37	7:38:30
335	525	CARDUS	SARAH	F		OTLEY AC	44.09	17.55	46.55	21.62	44.01	15.53	52.56	11.90					66.60	262.36	7:39:00
336	342	TAYLOR	STEWART		V45	ILKLEY HARRIERS	40.41	34.10	44.35	29.87									63.97	143.09	7:43:00
337	186	MCDUGAL	JAKOB		U18	ARMY FOUNDATION COLLEGE									35.13	63.77			63.77	79.65	7:50:00
338	530	SCHMIDT-ROHLF	BEAT	F	V50	OTLEY AC	42.43	23.37	47.25	19.90			48.57	20.29					63.56	238.99	7:40:30
339	160	PARKER	ADRIAN			HARROGATE HARR & AC			38.17	63.56									63.56	78.77	7:50:00
340	432	SKELTON	YVONNE	F	V55	NIDD VALLEY RR	40.01	38.39							41.51	23.74			62.13	173.90	7:42:00
341	326	PAXTON	KEZZIA	F	U16	THIRSK & S HARR					34.30	60.88							60.88	84.77	7:50:00
342	302	HENDRON	MARTIN			LEEDS & BRADFORD TRI							40.39	60.56					60.56	78.45	7:50:00
343	94	ELMES	GEORGE		V45	HARROGATE HARR & AC	35.43	60.46											60.46	80.87	7:48:00
344	348	WIGHT	GILLY	F		OTLEY AC	41.36	29.50	44.26	30.56									60.06	143.34	7:42:00
345	290	WOODWARD	JOHN		V40	ILKLEY HARRIERS	35.49	59.54											59.54	78.07	7:48:00
346	677	PALMER	KAREN	F	V45	SWALEDALE RR	44.47	14.17	49.10	14.40	44.07	14.15			44.46	16.58			59.30	287.36	7:38:00
347	137	EMSLIE	ROSALIND	F		HARROGATE HARR & AC	35.51	59.23											59.23	81.46	7:48:00
348	166	TATE	JOHN		V40	ILKLEY HARRIERS					34.38	59.15							59.15	75.46	7:50:00
349	71	INGLIS	JANET	F	V55	DRAGONS RUNNING CLUB	45.50	11.72	49.04	15.43	43.56	16.23	51.18	14.84	46.45	12.37			58.87	315.75	7:38:00
350	293	COATES	JOHN		V45	ILKLEY HARRIERS			39.09	58.40									58.40	82.10	7:49:00
351	381	EASBY	RICHARD		V50	THIRSK & S HARR			49.14	14.06	44.05	14.50	51.08	15.26	46.04	14.48			58.30	264.63	7:38:00
352	91	WEBSTER	ANDY			ILKLEY HARRIERS	36.09	58.00											58.00	72.71	7:48:00
353	374	KEEGAN	SHARON	F	V45	THIRSK & S HARR	44.13	17.24	49.18	13.71	43.59	15.88	53.06	11.06					57.89	287.51	7:38:00
354	190	CHAMPION	LAURA	F		ARMY FOUNDATION COLLEGE			39.25	57.71									57.71	82.45	7:49:00
355	619	QUINN	LISA	F	V35	RIPON RUNNERS	36.21	56.78											56.78	83.11	7:47:00
356	153	BAXTER	PAUL			HARROGATE HARR & AC			39.37	56.34									56.34	73.83	7:48:30
357	116	BROWN	ANDREW		V45	HARROGATE HARR & AC			43.44	34.00	41.49	21.76							55.76	138.06	7:43:00
358	643	JACKSON	KEVIN		V40	RIPON RUNNERS			39.40	55.65									55.65	78.45	7:48:00
359	601	PICKARD	HELEN	F	V50	RIPON RUNNERS	44.38	15.71	49.37	12.68	44.36	13.80	52.00	12.74	46.40	12.79			55.04	299.78	7:38:00
360	409	ROBINSON	PHIL		V45	NIDD VALLEY RR					35.09	54.65							54.65	76.80	7:49:00
361	170	DYBECK	JENNY	F	U18	ILKLEY HARRIERS					35.11	53.96							53.96	83.12	7:49:30
362	599	BEWELL	JUDY	F	V45	WETHERBY RUNNERS	44.43	15.09	47.53	19.21			49.11	19.45					53.75	225.63	7:39:30
363	81	WHAPPLES	DAVID		V40	LINK RC	45.10	13.26	48.32	16.81	45.20	10.00	54.50	8.55	46.16	13.63			53.70	246.66	7:37:00
364	223	MITCHELL	ADELE	F	V35	ILKLEY HARRIERS	41.24	30.73	46.49	22.65									53.38	144.79	7:41:00

Posn	2008 Race #	SURNAME	FIRST NAME	F	Class*	CLUB	Race 1		Race 2		Race 3		Race 4		Race 5		4 from 5 Total Points	4 of 5 Handicaps from races	Provisional Handicap Start	
							Ilkley		Nidd Valley		Thirsk		Garforth		Hudswell					
							6-May-2008		22-May-2008		5-Jun-2008		17-Jun-2008		1-Jul-2008					
							T	P	T	P	T	P	T	P	T	P				
365	321	LAMBERT	STEVEN			RICH & ZET HARR					35.22	52.92						52.92	69.46	7:49:00
366	311	SPLIOPORLOU	CHRYSOTHEMI			LEEDS & BRADFORD TRI	42.28	25.52	45.14	27.12								52.64	126.56	7:41:00
367	611	I'ANSON	CHRIS		V45	RIPON RUNNERS	37.15	52.49										52.49	77.54	7:46:30
368	124	BRADLEY	RONA	F	V45	HARROGATE HARR & AC	44.45	14.79	50.16	10.62	44.56	11.73	51.23	14.00	46.50	11.95		52.47	288.18	7:37:30
369	415	DAVID	MARK		V45	NIDD VALLEY RR					35.28	52.23						52.23	73.69	7:49:00
370	164	WALKER	TREVOR			SWALEDALE RR			40.12	52.21								52.21	72.76	7:48:00
371	344	STEAD	ANN	F	V50	ILKLEY HARRIERS	44.20	16.93	48.12	18.18			50.34	16.94				52.05	232.24	7:39:00
372	123	SIMPSON	SUE	F	V45	HARROGATE HARR & AC							42.04	51.75				51.75	90.78	7:48:00
373	685	POTTERFORD	NAOMI	F		HARROGATE HARR & AC	43.59	18.77	48.33	16.46			50.41	16.10				51.33	201.15	7:39:00
374	198	MITCHELL	JOE		U18	ARMY FOUNDATION COLLEGE			40.18	51.18								51.18	77.21	7:48:00
375	189	KAY	SHARON	F		ARMY FOUNDATION COLLEGE			40.19	50.84								50.84	80.61	7:48:00
376	158	LONERGAN	TERRY		V55	ILKLEY HARRIERS			40.27	50.15								50.15	86.09	7:47:00
377	210	HORTON	HELEN	F	V45	ILKLEY HARRIERS	37.55	50.04										50.04	85.58	7:46:00
378	154	CRABTREE	ANNA-MARIA	F	V40	HARROGATE HARR & AC			40.29	49.81								49.81	86.01	7:47:30
379	609	ORR	CHRIS	F		RIPON RUNNERS					35.47	49.80						49.80	76.28	7:49:00
380	440	DAVIDSON	GARY		V40	SWALEDALE RR								36.53	49.44			49.44	76.05	7:48:00
381	69	BRADBURY	JOHN		V50	DRAGONS RUNNING CLUB	38.05	48.81										48.81	78.43	7:45:30
382	526	CATTANACH	DAVID		V55	OTLEY AC	42.09	27.35	47.10	21.28								48.63	148.06	7:40:30
383	28	DAVIES	ARLENE	F	V45	DRAGONS RUNNING CLUB	42.05	27.66			42.29	20.73						48.39	148.50	7:41:00
384	646	PARKINSON	STEVE		V45	RIPON RUNNERS			40.54	48.09								48.09	78.59	7:47:00
385	84	FITZGERALD	SIMON		V45	LINK RC			49.44	12.00	44.38	13.46	52.43	12.32	47.26	9.84		47.62	246.69	7:37:00
386	403	GREENWOOD	JUDY	F	V45	NIDD VALLEY RR	41.52	28.89							44.13	17.85		46.74	151.12	7:40:00
387	337	THOMPSON	TOM		V50	THIRSK & S HARR							43.24	46.72				46.72	80.99	7:47:00
388	235	BENNETT	ADAM		U18	ILKLEY HARRIERS							48.19	23.23	42.05	23.32		46.55	134.76	7:42:00
389	676	PARKINSON	RACHAEL	F	V40	SWALEDALE RR	45.24	12.95	48.48	16.12	43.39	17.26						46.33	207.28	7:38:00
390	332	KAMRAD	HARTMUT			SWALEDALE RR							43.24	46.30				46.30	71.27	7:47:00
391	769	WOOLLEY	SARA	F	V40	SWALEDALE RR	44.07	17.85	48.06	18.53	45.45	9.65						46.03	207.24	7:38:00
392	2	COCHRANE	GARRY			DRAGONS RUNNING CLUB			62.11	1.00			48.04	24.49	43.14	20.37		45.86	177.71	7:41:00
393	438	BIGGS	PHIL		V45	SWALEDALE RR									38.12	44.81		44.81	75.85	7:46:00
394	208	BENNETT	ANDREW		V50	ILKLEY HARRIERS	45.44	12.03	50.11	11.31	45.00	10.69	53.19	10.64				44.67	259.51	7:37:00
395	219	LAMBE	KAREN	F	V35	ILKLEY HARRIERS	39.02	43.91										43.91	77.40	7:44:00
396	678	SANDERSON	SANDRA	F	V40	SWALEDALE RR	46.02	10.50	49.49	11.65	45.18	10.34			47.12	11.11		43.60	268.93	7:37:00
397	325	BURTON	NICK		V50	NIDD VALLEY RR					36.46	43.57						43.57	75.93	7:48:00
398	121	GRIFFITHS	ALISON	F	V40	HARROGATE HARR & AC			41.49	42.93								42.93	83.27	7:46:00
399	436	BEDWELL	PETE		V50	ILKLEY HARRIERS									38.24	42.28		42.28	78.03	7:46:00
400	196	CLARKE	STEPHAN		U18	ARMY FOUNDATION COLLEGE			41.55	42.25								42.25	74.24	7:46:00
401	65	MONTEIRO	ERIC		V50	DRAGONS RUNNING CLUB	39.27	42.07										42.07	75.71	7:44:00
402	428	CAILING	JANET	F	V50	NIDD VALLEY RR	43.11	21.84					49.04	19.87				41.71	158.86	7:40:00
403	263	COMYN	DAVID		V45	ILKLEY HARRIERS	43.48	19.39	46.49	22.31								41.70	134.60	7:40:00
404	532	TOMLINSON	SARAH	F	V35	OTLEY AC	39.34	41.45										41.45	76.35	7:44:00
405	441	ROBINSON	EMMA	F	V35	SWALEDALE RR									38.37	41.02		41.02	78.48	7:46:00
406	706	CLARKSON	STUART			SWALEDALE RR							47.58	24.91	45.51	15.74		40.65	122.00	7:40:00
407	380	HILES	LORRAINE	F	V40	THIRSK & S HARR					37.19	40.46						40.46	78.37	7:47:00
408	594	KEENAN	GARY		V40	WETHERBY RUNNERS							44.22	40.43				40.43	74.17	7:46:00
409	508	WALSH	HELEN	F	V40	OTLEY AC					37.29	39.76						39.76	78.02	7:47:00
410	618	BULL	JOHN		V60	RIPON RUNNERS	47.23	8.35	50.38	10.28	48.21	6.53			46.14	14.05		39.21	276.35	7:35:30
411	8	ALLEN	JENNY	F	V55	DRAGONS RUNNING CLUB	43.36	20.30	47.55	18.87								39.17	163.95	7:39:00
412	184	LORD	BEN		U18	ARMY FOUNDATION COLLEGE					37.41	38.38						38.38	69.35	7:47:00
413	709	KIRBY	CHRIS			SWALEDALE RR							45.10	37.91				37.91	70.61	7:45:00
414	347	NOLAN	ANNA	F	V35	ILKLEY HARRIERS	40.03	37.78										37.78	75.43	7:43:00
415	231	GIBBONS	MARY	F		ILKLEY HARRIERS	40.06	37.47										37.47	75.34	7:43:00
416	600	RUTHERFORD	SALLY	F	V45	SWALEDALE RR	45.32	12.64	49.41	12.34	44.47	12.42						37.40	211.67	7:37:30

Posn	2008 Race #	SURNAME	FIRST NAME	F	Class*	CLUB	Race 1		Race 2		Race 3		Race 4		Race 5		4 from 5 Total Points	4 of 5 Handicap poits from races	Provisional Handicap Start
							Ilkley		Nidd Valley		Thirsk		Garforth		Hudswell				
							6-May-2008		22-May-2008		5-Jun-2008		17-Jun-2008		1-Jul-2008				
							T	P	T	P	T	P	T	P	T	P			
417	61	WILLBOND	ANDIE	F	V60	DRAGONS RUNNING CLUB	44.33	16.63			44.44	12.76			48.37	7.31	36.70	240.21	7:37:00
418	725	BATHGATE	OONAGH	F	V45	SWALEDALE RR			43.11	36.40							36.40	83.62	7:45:00
419	633	ASHFIELD	ANNA	F	V40	RIPON RUNNERS	40.12	36.24									36.24	77.84	7:43:00
420	100	FAIRBAIRN	ANDY		V45	LINK RC			43.19	35.37							35.37	74.20	7:44:30
421	322	HALL	PHIL		V55	NIDD VALLEY RR					38.21	35.26					35.26	76.26	7:46:00
422	315	ELLIS	HARRY		V60	SWALEDALE RR					44.02	15.19			43.36	19.95	35.14	145.33	7:39:30
423	149	UMPLEBY	JANE	F		HARROGATE HARR & AC	44.00	18.47					50.40	16.52			34.99	134.21	7:39:00
424	113	BLACKER	JOHN		V45	HARROGATE HARR & AC	43.23	21.53					51.30	13.16			34.69	128.35	7:39:00
425	205	COY	GAENOR	F		ILKLEY HARRIERS	40.38	34.40									34.40	71.87	7:42:30
426	662	LYONS	CATHERINE	F	V40	RIPON RUNNERS	43.53	19.08			44.04	14.84					33.92	137.67	7:39:00
427	314	PARKINSON	NEIL		V45	SWALEDALE RR					38.31	33.88					33.88	70.09	7:46:00
428	139	DOBSON	NIGEL		V40	HARROGATE HARR & AC	40.47	33.48									33.48	68.56	7:42:00
429	229	GIBBONS	PATRICK		U18	ILKLEY HARRIERS	43.43	20.00							46.30	13.21	33.21	124.28	7:38:00
430	36	KNIGHT	CELIA	F	V50	DRAGONS RUNNING CLUB	44.37	16.01			43.43	16.92					32.93	147.57	7:39:00
431	625	GRUNDY	JOHN		V65	RIPON RUNNERS					38.37	32.84					32.84	83.71	7:45:30
432	654	STOKER	SHARON	F	V35	RIPON RUNNERS	42.40	23.68							47.54	9.00	32.68	134.08	7:37:00
433	285	MCBRIDE	PHIL			HARROGATE HARR & AC	40.58	32.56									32.56	64.16	7:42:00
434	421	SARMIENTO	ALISON	F	V35	NIDD VALLEY RR	41.06	32.26									32.26	73.51	7:42:00
435	649	HORNER	LEAH	F	V40	RIPON RUNNERS	44.35	16.32	49.09	14.75							31.07	141.03	7:38:00
436	39	WILSON	JOHN		V55	DRAGONS RUNNING CLUB			51.47	8.90	41.45	22.11					31.01	137.29	7:39:00
437	319	KAYE	TRUDI	F	V35	HARROGATE HARR & AC					44.55	12.07	49.27	18.61			30.68	134.77	7:39:30
438	371	ILEY	PAUL		V40	THIRSK & S HARR	41.45	29.19									29.19	66.97	7:41:00
439	269	GUILLARD	JANE	F	V35	ILKLEY HARRIERS	42.00	27.97									27.97	71.93	7:41:00
440	724	SMITH	HELEN	F	V60	SWALEDALE RR	46.01	10.80			45.58	8.96			48.04	8.16	27.92	236.31	7:36:00
441	657	WRAY	ALAN			RIPON RUNNERS					39.46	27.30					27.30	63.69	7:44:00
442	635	NEWSOME	MICHELLE	F	V45	RIPON RUNNERS	49.40	4.37	54.50	5.46	48.32	6.19	55.21	7.71	48.31	7.74	27.10	262.59	7:33:00
443	42	BECKWITH	LISA	F	V40	DRAGONS RUNNING CLUB	42.13	27.05									27.05	74.12	7:40:00
444	385	SOMERS	SARAH	F	V40	THIRSK & S HARR					39.54	26.96					26.96	73.30	7:44:00
445	22	MORRIS	JAMES			DRAGONS RUNNING CLUB	47.45	7.43	49.23	13.37			55.42	6.03			26.83	169.81	7:35:30
446	641	METCALFE	HELEN	F	V45	RIPON RUNNERS							47.39	26.16			26.16	80.15	7:43:00
447	151	MCGOURAN	URSULA	F	V50	OTLEY AC			45.29	26.09							26.09	82.45	7:42:00
448	89	EVANS	PHILIPPE		V40	LINK RC	48.55	5.29	53.17	6.84	46.52	7.92	56.39	5.19	51.25	5.63	25.68	229.41	7:33:00
449	425	SMITH	MICHELLE	F	V35	NIDD VALLEY RR	44.38	15.40					53.22	10.22			25.62	134.31	7:37:00
450	11	BEAUMONT	ALEC		V65	DRAGONS RUNNING CLUB	45.00	13.87	50.13	10.96							24.83	153.49	7:37:00
451	142	HAMILTON	KIRSTIE	F		HARROGATE HARR & AC			53.59	6.50	47.45	7.23			47.33	9.42	23.15	178.98	7:34:00
452	25	SYKES	FRAN	F		DRAGONS RUNNING CLUB			55.23	4.78	50.38	4.80	55.37	6.87	49.53	6.47	22.92	235.14	7:32:30
453	287	WHITE	IAN		V40	ILKLEY HARRIERS	42.50	22.45									22.45	65.28	7:40:00
454	33	LONGLEY	LOUISE	F		DRAGONS RUNNING CLUB	47.45	7.74	52.31	7.87			55.41	6.45			22.06	184.77	7:34:00
455	83	FITZGERALD	GIOVANNA	F	V35	LINK RC							53.02	11.48	47.25	10.26	21.74	130.96	7:36:00
456	77	CASSIDY	DIANE	F	V35	DRAGONS RUNNING CLUB	45.37	12.34	51.46	9.25							21.59	131.17	7:36:00
457	286	WAINWRIGHT	RICHARD			NIDD VALLEY RR	43.28	20.92									20.92	60.47	7:39:00
458	537	CARDINALE	ANTONIO		V55	OTLEY AC	43.30	20.61									20.61	71.93	7:39:00
459	366	CODLING	IAN		V65	THIRSK & S HARR							54.16	8.97	46.59	11.53	20.50	148.84	7:36:00
460	268	MILLSON	DAVID		V60	ILKLEY HARRIERS	47.57	7.13			46.46	8.26			52.20	4.79	20.18	197.16	7:33:00
461	14	MASKILL-ROGAN	RACHEL	F	V35	DRAGONS RUNNING CLUB	49.52	4.06	54.34	5.81	50.22	5.50	57.06	4.77			20.14	240.53	7:32:00
462	270	BATESON	AMY	F		ILKLEY HARRIERS	46.09	10.19	50.49	9.59							19.78	127.24	7:36:00
463	44	CHAPMAN	MANDY	F	V45	ILKLEY HARRIERS			52.15	8.56					53.49	9.80	18.36	140.07	7:36:00
464	179	WALLACE	JO	F	V45	RIPON RUNNERS					43.10	18.30					18.30	70.26	7:40:00
465	367	CRAIG	PHILLIP			THIRSK & S HARR	49.54	3.75	56.47	3.06	49.20	5.84	58.41	3.09	52.10	5.21	17.89	207.44	7:31:00
466	27	ALLEN	TONY		V60	DRAGONS RUNNING CLUB			48.27	17.50							17.50	75.46	7:39:00
467	717	RICHARDSON	JOANNE	F	V45	SWALEDALE RR					50.32	5.15	57.42	4.35	50.24	6.05	15.55	190.79	7:32:00
468	64	TALLANT	HOWARD		V45	DRAGONS RUNNING CLUB			49.05	15.09							15.09	65.49	7:38:00

Posn	2008 Race #	SURNAME	FIRST NAME	F	Class*	CLUB	Race 1		Race 2		Race 3		Race 4		Race 5		4 from 5 Total Points	4 of 5 Handicap poits from races	Provisional Handicap Start
							Ilkley		Nidd Valley		Thirsk		Garforth		Hudswell				
							6-May-2008		22-May-2008		5-Jun-2008		17-Jun-2008		1-Jul-2008				
							T	P	T	P	T	P	T	P	T	P			
469	334	COLE	ALLYSON	F	V40	SWALEDALE RR							54.59	8.13	49.23	6.89	15.02	130.54	7:34:00
470	87	HARLOW	PAUL		V45	LINK RC					47.27	7.57			55.31	7.29	14.86	118.12	7:35:00
471	4	WOOD	JOANNE	F	V45	DRAGONS RUNNING CLUB	48.03	6.51	52.31	8.21							14.72	136.29	7:34:00
472	128	BRADLEY	STEPHEN		V50	HARROGATE HARR & AC	44.45	14.48									14.48	64.54	7:37:30
473	19	BALON	GERALDINE	F		DRAGONS RUNNING CLUB	48.03	6.82	52.32	7.53							14.35	122.64	7:34:00
474	375	POOLEY	DEBBIE	F	V40	THIRSK & S HARR			53.11	7.18	48.07	6.88					14.06	126.26	7:34:00
475	242	PAYNE	BOB		V60	ILKLEY HARRIERS			49.31	13.03							13.03	73.84	7:38:00
476	40	WILSON	CHRIS	F	V50	DRAGONS RUNNING CLUB			56.39	3.75	46.04	8.61					12.36	134.57	7:34:00
477	240	PARNABY	AMANDA	F	V50	ILKLEY HARRIERS			57.20	2.71	53.28	2.38	58.31	3.51	53.00	3.52	12.12	255.87	7:29:30
478	50	SPEIGHT	PAUL		V45	DRAGONS RUNNING CLUB	55.07	1.00	62.10	1.34	52.18	3.42	58.41	2.67	52.26	4.37	11.80	217.29	7:28:00
479	53	BRITTON	CAROL	F	V50	DRAGONS RUNNING CLUB	48.54	5.59	54.04	6.15							11.74	138.27	7:33:00
480	702	SMITH	SUSAN	F	V60	SWALEDALE RR	50.38	3.45			51.51	4.11	59.43	2.25	54.42	1.84	11.65	284.70	7:29:30
481	106	HAYAKAWA	SARAH	F		HARROGATE HARR & AC	45.55	11.42									11.42	63.60	7:36:00
482	318	BURNS	SHARON	F		HARROGATE HARR & AC					44.57	11.38					11.38	60.73	7:38:00
483	626	TRIBE	TIM		V60	RIPON RUNNERS	50.55	3.14	56.23	4.09			58.17	3.93			11.16	195.71	7:31:00
484	66	SHAW	SUSANNE	F	V40	DRAGONS RUNNING CLUB	45.56	11.11									11.11	68.12	7:36:00
485	317	WALTON	MICHELLE	F		HARROGATE HARR & AC					44.58	11.03					11.03	60.70	7:38:00
486	226	DUKE	HEATHER	F	V50	ILKLEY HARRIERS			55.14	5.12			55.46	5.61			10.73	139.01	7:33:00
487	437	ROBERTSON	KATE	F	V40	SWALEDALE RR									47.21	10.68	10.68	66.29	7:35:30
488	365	CODLING	MARIAN	F	V65	THIRSK & S HARR					51.20	4.46	60.21	1.83	52.55	3.94	10.23	225.67	7:30:00
489	159	LONERGAN	PAT	F	V55	ILKLEY HARRIERS			50.40	9.93							9.93	78.01	7:37:00
490	234	SWEET	BRIAN		V75	ILKLEY HARRIERS	51.27	2.83	57.33	2.37	52.34	3.07	64.10	1.00	55.47	1.42	9.69	290.27	7:28:00
491	335	THOMPSON	DAVE		V45	DRAGONS RUNNING CLUB							54.15	9.38			9.38	62.66	7:36:00
492	227	MACRAE	DONALD		V60	ILKLEY HARRIERS					45.53	9.30					9.30	66.93	7:37:00
493	18	BRADBURY	HELEN	F	V45	DRAGONS RUNNING CLUB	46.44	9.27									9.27	69.43	7:35:00
494	59	MILNE	RUTH	F	V45	DRAGONS RUNNING CLUB	52.21	1.91	59.03	2.03	52.02	3.76	60.24	1.41			9.11	244.65	7:29:00
495	265	BAIRSTOW	JANET	F	V45	ILKLEY HARRIERS	46.48	8.96									8.96	69.33	7:35:00
496	683	GOWANS	LIAM			LEEDS & BRADFORD TRI	47.07	8.66									8.66	57.51	7:35:00
497	443	MCCULLOCH	SALLY	F	V35	SWALEDALE RR								47.59	8.58		8.58	63.16	7:35:00
498	291	WAKE	BEV	F	V50	DRAGONS RUNNING CLUB	47.38	8.04									8.04	70.74	7:34:00
499	614	TOOTH	DOUG		V65	RIPON RUNNERS	53.59	1.30			52.58	2.73			54.02	2.26	6.29	189.30	7:28:00
500	217	WESTON	JACQUI	F	V35	ILKLEY HARRIERS	48.25	6.21									6.21	62.40	7:33:00
501	684	KAUR	RANJIT	F		RIPON RUNNERS	53.30	1.61	56.23	4.43							6.04	112.23	7:29:00
502	13	FULTON	JO	F		DRAGONS RUNNING CLUB	48.47	5.90									5.90	59.86	7:33:00
503	663	MATHESON	LORRAINE	F	V40	RIPON RUNNERS	51.49	2.53						53.33	2.68		5.21	119.00	7:29:00
504	9	WHARTON	SARAH	F		DRAGONS RUNNING CLUB	49.27	4.98									4.98	59.06	7:32:00
505	652	WASS	JILL	F	V35	RIPON RUNNERS	49.35	4.67									4.67	60.93	7:32:00
506	370	EVITT	LYDIA	F		THIRSK & S HARR			59.13	1.68	54.58	1.69			55.47	1.00	4.37	157.06	7:26:00
507	24	ATTIA	BRIDGET	F	V50	DRAGONS RUNNING CLUB			56.40	3.40							3.40	66.18	7:30:00
508	93	LUGTON	SUE	F	V55	ILKLEY HARRIERS								53.25	3.10		3.10	66.70	7:28:00
509	7	TOLCHARD	ELIZABETH	F	V50	DRAGONS RUNNING CLUB	52.21	2.22									2.22	64.37	7:28:30
510	674	JOHNSTONE	PAULA	F	V40	RIPON RUNNERS					53.35	2.03					2.03	54.58	7:28:00
511	323	SMITH	JO	F	V35	RIPON RUNNERS					57.17	1.34					1.34	49.29	7:23:30
512	324	THOMPSON	ANGELA	F	V35	RIPON RUNNERS					57.18	1.00					1.00	49.28	7:23:30