

						Race 1		Race 2		Race 3		Race 4		
1	300.00	499	Ian Fisher	OTLEY AC	V40	32.27	100.00	32.16	100.00			25.45	100.00	League Champion shield and medal, V40 medal
2	297.38	422	Scott Harrington	OTLEY AC		33.54	97.59	34.21	98.14	31.30	99.59	26.19	99.65	2nd prize
3	296.43	305	Andrew Grant	HARROGATE HARR & AC	V40	33.46	98.28	35.26	96.91	31.43	99.19	26.32	98.96	3rd prize
4	296.31	1	Ben Pye	WETHERBY RUNNERS	U18	33.38	98.62	34.06	99.07			26.47	98.62	Young runner prize
5	296.00	69	Michael Appleton	RIPON RUNNERS		33.09	99.65	34.07	98.76			26.59	97.59	
6	294.81	201	Chris Miller	HARROGATE HARR & AC		33.23	99.31	34.56	97.22			26.50	98.28	
7	293.87	211	Johny Johnson	HARROGATE HARR & AC		33.56	97.25	34.38	97.84	32.45	98.78			
8	292.50	24	Joseph Kwallah	WETHERBY RUNNERS	V40	35.00	94.84	35.35	96.60	33.29	97.97	26.58	97.93	
9	291.67	554	Richard Watson	RIPON RUNNERS	V40	33.52	97.93	34.43	97.53			27.26	96.21	
10	288.31	581	Ken Harker	RICH & ZET HARR	V40	34.50	95.18	35.50	95.68	33.56	96.76	27.30	95.87	
11	287.69	627	Tony Lambert	SWALEDALE RR	V40	34.26	96.56	35.39	96.29			27.53	94.84	
12	287.19	141	Alan Ashcroft	RICH & ZET HARR				36.36	94.44	33.36	97.57	27.39	95.18	
13	286.69	27	Richard Bewell	WETHERBY RUNNERS	V50	35.14	94.15	36.00	95.37	33.46	97.17	28.25	93.46	V50 medal
14	286.02	151	John Young	HARROGATE HARR & AC		35.02	94.50	35.45	95.99			27.37	95.53	
15	284.19	70	Tom Midgley	OTLEY AC		35.43	92.43	36.39	94.14	34.47	95.55	28.00	94.50	
16	283.34	506	Ben Imeson	RIPON RUNNERS		35.23	93.46	36.57	93.52	34.26	96.36			
17	280.21	207	Steve Trudgeon	HARROGATE HARR & AC	V50	36.09	90.71	37.22	92.28	34.51	95.15	28.30	92.78	
18	278.01	622	Steve Brown	SWALEDALE RR	V55	35.45	92.09	36.47	93.83			28.32	92.09	V55 medal
19	277.49	75	Paul Emmett	WETHERBY RUNNERS	V50	36.27	89.34	37.06	92.90	35.21	93.53	28.56	91.06	
20	276.70	312	Anthony Jefford	RIPON RUNNERS		35.55	91.06	37.01	93.21			28.31	92.43	
21	275.49	15	Caroline Lambert	WETHERBY RUNNERS	F	36.57	89.00			34.53	94.74	28.37	91.75	League Ladies Champion shield and medal
22	275.15	362	Nat Welsby	NIDD VALLEY RR	U18	35.26	93.12	36.25	94.75			29.26	87.28	
23	272.12	50	Iain Andrews	WETHERBY RUNNERS	V40	37.05	87.96	37.50	89.82	34.59	94.34			
24	271.48	508	Derek McCreadie	RIPON RUNNERS		36.17	90.03	37.43	90.74			29.05	90.71	
25	271.01	209	Harry Brook-Dobson	HARROGATE HARR & AC	U18	37.02	88.31	38.08	88.89	37.40	85.04	28.20	93.81	
26	270.53	547	Alex Fawcett	RIPON RUNNERS	V45	36.09	90.37	37.47	90.13			29.13	90.03	V45 medal
27	270.02	283	Stephan Tomaszewski	THIRSK & S HARR	V50	37.09	87.62	38.00	89.51	35.46	91.51	29.19	89.00	
28	267.81	54	Jim Buller	WETHERBY RUNNERS	V40	37.24	86.93	38.17	88.28	35.40	91.91	29.24	87.62	
29	266.63	302	David Harrison	HARROGATE HARR & AC		36.24	89.68	37.38	91.05			29.47	85.90	
30	265.19	607	Derek Parrington	SWALEDALE RR	V45	36.58	88.65	38.12	88.58			29.23	87.96	
31	265.05	2	Lisa Mawer	WETHERBY RUNNERS	F V40*			38.42	87.35	36.04	91.11	29.38	86.59	FV40 medal (V45 at races 3,4)
32	265.04	257	Matt Newell	ILKLEY HARRIERS	U16*	37.41	85.90	39.02	86.42	35.24	92.72			
33	263.54	51	Paul Windle	WETHERBY RUNNERS	V45	37.58	84.87	38.23	87.97	36.07	90.70	30.02	84.87	
34	263.33	630	Neil Bowmer	SWALEDALE RR	V45	37.26	86.59	38.31	87.66	36.34	89.08	29.43	86.25	
35	259.68	181	Ben Grant	HARROGATE HARR & AC	V60	37.47	85.56	39.57	81.80	35.39	92.32			V60 medal
36	259.25	579	Shona Fletcher	RICH & ZET HARR	F			39.38	83.65	37.17	86.26	29.17	89.34	3rd lady prize
37	256.00	174	Brian Miller	HARROGATE HARR & AC	V55	38.26	83.84	39.17	85.50	37.09	86.66	30.25	83.50	
38	255.87	606	Dave Atkinson	SWALEDALE RR	V40	38.57	81.78	39.11	85.81	36.47	88.28	30.54	80.06	
39	255.71	34	Dave Mellor	WETHERBY RUNNERS	*	38.54	82.46	39.28	84.57	36.46	88.68	30.38	81.43	
40	251.25	577	Jeremy Pattison	RICH & ZET HARR				40.17	80.57	36.49	87.87	30.28	82.81	
41	251.15	446	Tom Paget	OTLEY AC		39.30	80.06	39.43	83.34	36.59	87.06	30.47	80.75	
42	249.54	165	Simon Watson	HARROGATE HARR & AC	V50	38.46	83.15	39.30	84.27			30.33	82.12	
43	248.42	512	James Boddy	RIPON RUNNERS		38.35	83.50			38.08	83.83	30.43	81.09	
44	246.19	163	Steve Nesbitt	HARROGATE HARR & AC	V40	38.50	82.81	40.19	79.95	38.18	83.43	32.06	72.15	
45	245.88	155	Michael Gill	HARROGATE HARR & AC	V45	39.56	77.31	39.55	82.72	37.22	85.85	31.36	75.59	

46	245.61	296	Carol Morgan	NIDD VALLEY RR	F	V35*	38.57	82.12	40.09	80.87	38.31	82.62	32.41	69.75	FV35 medal (V40 at races 3,4)
47	245.33	533	Richard Schofield	RIPON RUNNERS					41.08	78.10	37.34	85.45	30.37	81.78	
48	241.95	600	Daz Cox	RICH & ZET HARR			39.02	81.09	40.00	81.49			31.00	79.37	
49	240.37	53	Robert Whitaker	WETHERBY RUNNERS			40.01	76.62	39.38	83.96	39.21	79.79	31.41	75.25	
50	238.09	626	Robbie Kelly	SWALEDALE RR		V55	39.50	78.00	39.24	85.19			31.42	74.90	
51	238.08	455	Lloyd Best	OTLEY AC		V50	39.15	80.75	40.47	79.33			31.09	78.00	
52	237.60	281	Caz Farrow	ILKLEY HARRIERS	F	V35	40.07	75.93	40.18	80.26	38.53	81.41			
53	234.99	219	Richard Willis	HARROGATE HARR & AC		V40	41.11	71.46	41.39	75.01	38.22	83.02	31.21	76.96	
54	233.92	438	Matt Broughton	OTLEY AC		V40	40.30	74.90			39.55	76.56	30.30	82.46	
55	233.52	256	Steve Newell	ILKLEY HARRIERS		V45	39.58	76.96	41.17	77.17	39.23	79.39			
56	232.18	673	Robert Burn	THIRSK & S HARR		V55	39.54	77.65			39.00	81.00	31.53	73.53	
57	231.47	37	James Jesson	WETHERBY RUNNERS			39.45	78.68	41.18	76.86			31.26	75.93	
58	231.06	308	Andy Gaines	SWALEDALE RR		V50	40.33	74.21	41.16	77.48	39.51	76.96	31.23	76.62	
59	230.32	169	Cathy Wright	HARROGATE HARR & AC	F	V50	40.21	75.59	41.27	76.56	39.36	78.17	32.04	72.50	FV50 medal
60	229.79	621	Jackie Keavney	SWALEDALE RR	F	V45	41.04	72.50	41.35	75.32	39.07	80.60	31.49	73.87	FV45 medal
61	228.46	500	Tom Potter	OTLEY AC			38.59	81.43	41.30	76.25	41.58	66.46	32.23	70.78	
62	224.52	576	Shaun Purkiss	RICH & ZET HARR		V45	40.25	75.25	41.44	74.71			31.47	74.56	
63	217.67	325	Paul Walker	RIPON RUNNERS		V40	41.17	70.43	41.53	74.40			32.04	72.84	
64	216.87	529	Andrew Turner	RIPON RUNNERS		V50			42.34	71.62	40.37	74.13	32.16	71.12	
65	216.60	205	Steven Kirk	HARROGATE HARR & AC		V40	41.26	70.09			39.10	80.20	33.05	66.31	
66	215.83	11	Nigel Mckaine	WETHERBY RUNNERS		V50	41.36	68.71	42.46	70.39	40.12	75.35	32.32	70.09	
67	214.92	260	Stephen Rhodes	ILKLEY HARRIERS			40.54	73.18	43.39	64.22	40.57	71.31	32.25	70.43	
68	214.40	98	Jon Blane	HARROGATE HARR & AC		V50			42.34	71.31	40.03	75.75	32.55	67.34	
69	213.67	307	Alan Mackay	SWALEDALE RR			43.10	62.18	42.57	69.15	40.02	76.15	32.49	68.37	
70	213.63	439	Laura Martin	OTLEY AC	F	V40*	41.15	71.12	42.44	70.70			32.10	71.81	
71	208.25	258	Paul Stephens	ILKLEY HARRIERS		V55	42.11	67.00	43.11	67.92	40.45	73.33	33.58	62.18	
72	207.72	230	Neil Chapman	ILKLEY HARRIERS		V55			43.06	68.23	41.14	70.09	32.41	69.40	
73	205.66	72	Adam Prentis	HARROGATE HARR & AC		V45*	41.01	72.84	43.31	65.14			32.53	67.68	
74	205.15	578	Tony Ditchburn	RICH & ZET HARR		V50	40.05	76.28	44.28	59.59	41.33	69.28			
75	204.90	680	Matt Jones	THIRSK & S HARR			41.10	71.81	42.52	69.46	42.12	63.63	33.44	63.56	
76	203.38	418	John Armitstead	OTLEY AC		V50			41.56	73.78	40.49	72.92	35.02	56.68	
77	203.02	160	Tim Pocock	HARROGATE HARR & AC		V50			43.45	63.91	40.55	72.11	32.58	67.00	
78	202.14	290	Graham Robinson	THIRSK & S HARR		V55	41.58	67.34	44.16	61.14	40.58	70.90	33.37	63.90	
79	200.66	352	Phil Fernyhough	NIDD VALLEY RR		V40	42.32	65.96	42.51	69.77			33.19	64.93	
80	200.12	152	Wendy Marks	HARROGATE HARR & AC	F	V45	41.38	68.37	44.03	62.06	41.18	69.69			
81	200.02	68	Steven Close	WETHERBY RUNNERS			42.56	64.25	44.18	60.83	40.21	74.94			
82	199.88	349	Paul Eagling	NIDD VALLEY RR			41.52	67.68	43.12	67.61			33.22	64.59	
83	199.31	245	Nick Zissler	RICH & ZET HARR							31.00	100.00	26.30	99.31	
84	198.21	501	Gary Wilks	RIPON RUNNERS		V40	40.33	74.56	46.05	52.19			32.11	71.46	
85	197.41	298	Jamil Parapia	OTLEY AC			33.28	98.96	34.11	98.45					
86	197.01	360	Jonathan Easton	NIDD VALLEY RR			42.35	65.62	43.36	64.53	41.56	66.86			
87	196.91	153	Darren West	HARROGATE HARR & AC		V50	42.52	64.59	45.19	56.51	41.49	68.07	33.28	64.25	
88	195.28	434	Liam Dunne	OTLEY AC			34.08	96.90			32.59	98.38			
89	193.15	442	Tamara Weatherhead	OTLEY AC	F	V40	44.25	57.71	43.26	66.38			32.42	69.06	
90	192.77	183	Jonty Bright	HARROGATE HARR & AC			34.27	96.21					27.24	96.56	
91	192.57	176	Paula Easthaugh	HARROGATE HARR & AC	F	V40			44.00	62.37	41.50	67.67	33.53	62.53	

92	191.96	363	Dan Eagling	NIDD VALLEY RR			42.43	65.28	43.32	64.84			34.01	61.84
93	191.27	222	Philip Sagar	HARROGATE HARR & AC	V45		42.28	66.65	44.10	61.75			33.53	62.87
94	190.10	381	Jamie Thompson	WETHERBY RUNNERS							34.40	95.95	28.17	94.15
95	189.63	35	Simon Chandler	WETHERBY RUNNERS			43.24	60.46	44.33	58.67	41.09	70.50		
96	188.87	288	Michael Pickard	OTLEY AC	V45		44.28	57.03	43.20	67.00	42.04	64.84		
97	186.78	235	Zoe Mason	SWALEDALE RR	F				44.27	59.90	41.37	68.48	34.41	58.40
98	185.90	332	Fiona Deacon	NIDD VALLEY RR	F	V45	43.48	58.75	44.42	57.43	42.02	65.65	34.03	61.50
99	185.33	384	Steve Middleton	THIRSK & S HARR							35.15	93.93	28.48	91.40
100	183.73	457	Graham Lake	OTLEY AC			35.53	91.75	37.28	91.98				
101	183.50	265	Bradley Chapman	ILKLEY HARRIERS							35.24	93.13	29.11	90.37
102	181.14	156	Sarah Gill	HARROGATE HARR & AC	F	V50	46.25	46.71	45.44	53.42	41.55	67.26	34.25	60.46
103	180.53	459	Paul Clifford	OTLEY AC		V45	45.18	51.53	46.20	50.96	41.35	68.88	34.26	60.12
104	180.28	287	John Simpson	WETHERBY RUNNERS		V60	43.24	60.12	44.40	57.74	42.39	62.42	35.18	54.96
105	179.33	220	Nick Andralojc	HARROGATE HARR & AC		V50	42.59	63.56	45.35	54.97	43.02	60.80	36.46	46.03
106	179.04	20	Julie Bucknell	WETHERBY RUNNERS	F	V35	44.41	53.59	44.22	60.21	42.02	65.24	36.06	49.81
107	178.95	19	Jonathan Dudley	WETHERBY RUNNERS		U18	37.22	87.28	37.35	91.67				
108	176.62	139	Ian Scott	RICH & ZET HARR		V50			38.56	86.73	36.27	89.89		
109	176.27	191	Sue Sharples	HARROGATE HARR & AC	F	V45	44.28	56.68			43.37	58.78	34.25	60.81
110	176.12	402	Andrew Robertshaw	OTLEY AC		V40					36.53	87.47	29.20	88.65
111	175.89	407	Matt Podd	OTLEY AC		V55	44.39	54.62	44.35	58.05	42.25	63.22		
112	174.83	686	Walter Busuttil	THIRSK & S HARR		V50					36.13	90.30	30.06	84.53
113	174.61	289	Zack Whitehead	OTLEY AC			38.20	84.18	37.46	90.43				
114	173.73	317	Shane Ewen	OTLEY AC			38.08	84.53	38.02	89.20				
115	172.52	140	Lawrence Corbett	RICH & ZET HARR		V40			39.45	83.03	36.30	89.49		
116	171.46	364	Andy Todd	NIDD VALLEY RR		V45*	37.35	86.25					29.58	85.21
117	170.88	61	Richard Bell	WETHERBY RUNNERS		V45	43.54	58.40	45.43	53.73			34.40	58.75
118	170.57	432	Michael Jeffrey	OTLEY AC		V60	43.27	59.78	44.30	59.28	44.32	51.51	36.00	50.50
119	170.30	239	Tom Williams	HARROGATE HARR & AC					39.05	86.12			30.16	84.18
120	169.05	340	Alan Davidson	NIDD VALLEY RR		V50	37.55	85.21					30.21	83.84
121	168.85	227	Lauren Woodhall	HARROGATE HARR & AC	F	U16			38.43	87.04	38.49	81.81		Female young runner prize
122	166.81	171	Juliet Gregory	HARROGATE HARR & AC	F	V50	45.25	51.18	45.21	56.20			34.34	59.43
123	166.62	213	Pat Brew	HARROGATE HARR & AC		V55	44.55	52.90			44.03	56.35	34.55	57.37
124	165.26	538	Simon Merrin	RIPON RUNNERS		V40			39.57	82.11			30.26	83.15
125	164.42	295	Dan Simmons	HARROGATE HARR & AC		V50	46.26	46.37			43.21	59.99	34.44	58.06
126	164.22	383	Daniel Holdsworth	THIRSK & S HARR							40.37	74.54	29.15	89.68
127	164.12	154	Tony Essex	HARROGATE HARR & AC		V60	44.39	54.28			43.53	57.97	35.48	51.87
128	163.05	252	Ben Joynson	ILKLEY HARRIERS					41.00	78.41	37.42	84.64		
129	160.21	361	Lee Welsby	NIDD VALLEY RR		V45	39.45	79.03	40.04	81.18				
130	159.54	511	Nigel Bower	RIPON RUNNERS		V60	44.40	53.93	47.34	46.02	43.26	59.59		
131	159.35	33	Ben Whiting	WETHERBY RUNNERS					40.36	79.64			30.57	79.71
132	159.19	26	Andrea Normington	WETHERBY RUNNERS	F	V50	44.32	55.65	47.06	48.80	44.06	54.74		
133	158.05	350	Paul Stalker	NIDD VALLEY RR					40.50	79.02			31.01	79.03
134	157.77	203	Jo Williams	HARROGATE HARR & AC	F	V35	45.11	51.87	46.10	51.57	44.10	54.33	36.37	47.40
135	157.71	120	Tim Bellwood	DRAGONS RUNNING CLUB			39.44	79.37					31.08	78.34
136	156.94	662	Bryan Miller	THIRSK & S HARR			45.58	48.43			44.04	55.95	35.34	52.56
137	156.82	88	Steve Garlick	VOCALINK RC		V45	45.53	49.46	46.44	49.72	44.33	51.10	35.09	56.00

138	155.67	542	Matt Holt	RIPON RUNNERS		V40	44.30	56.00	47.15	48.49	49.39	25.24	35.52	51.18	
139	154.95	632	Stuart Hardcastle	SWALEDALE RR		V55			46.34	50.34	45.05	48.27	35.06	56.34	
140	153.00	452	Andrew Hunt	OTLEY AC		V45			43.27	66.07			29.28	86.93	
141	152.94	424	Simon Toyne	OTLEY AC					41.35	75.63			31.15	77.31	
142	152.92	454	Karen Best	OTLEY AC	F	V40			40.59	78.71			31.48	74.21	
143	152.23	284	Alastair Wallace	HARROGATE HARR & AC		U16	39.39	79.71			40.55	72.52			
144	151.97	357	Rob Snow	NIDD VALLEY RR		V50	47.16	40.53			43.56	57.16	35.21	54.28	
145	150.05	293	David Shorrocks	THIRSK & S HARR		V55	47.04	41.56			43.13	60.40	36.27	48.09	
146	150.01	623	Mark Sowerby	SWALEDALE RR		V40			42.18	72.24	39.41	77.77			
147	149.58	321	Tim Bennett	HARROGATE HARR & AC		V45	45.48	50.15	46.29	50.65			36.15	48.78	
148	149.47	320	Richard Smith	HARROGATE HARR & AC		V40	40.42	73.53	41.32	75.94					
149	149.44	443	Joe Webster	OTLEY AC		V40			42.01	73.16			31.25	76.28	
150	149.34	21	Mia Moore	WETHERBY RUNNERS	F	U16	39.48	78.34	42.40	71.00					
151	148.38	461	Andrew Webster	OTLEY AC		V40	46.39	45.34	47.03	49.11			35.22	53.93	
152	146.77	3	Andrew Wheeler	WETHERBY RUNNERS		V50	41.30	69.40			39.47	77.37			
153	143.86	12	Jo Derry	WETHERBY RUNNERS	F	V45					39.29	78.58	33.13	65.28	
154	143.21	291	Alison Iles	NIDD VALLEY RR	F	V35	47.27	39.50	46.53	49.42	44.50	49.48	37.01	44.31	
155	142.80	99	Emma Robinson	HARROGATE HARR & AC	F				41.55	74.09			32.45	68.71	
156	141.77	628	Jess Young	SWALEDALE RR	F		45.55	49.12			46.12	41.81	35.54	50.84	
157	141.21	199	Richard Pennock	HARROGATE HARR & AC		V40	41.49	68.03					32.03	73.18	
158	141.17	309	Tony Andryszewski	WETHERBY RUNNERS		V45	40.38	73.87	43.14	67.30					
159	140.94	324	Ronnie Cassar	SWALEDALE RR		V65	45.55	48.78	47.46	45.10	45.19	47.06	37.26	42.25	V65 medal
160	140.29	210	Jo Day	HARROGATE HARR & AC	F	V45	46.07	47.75	47.57	44.79			36.34	47.75	
161	139.96	559	Donna Riddler	RIPON RUNNERS	F	V35			42.25	71.93			32.51	68.03	
162	139.63	178	Richard Deane	HARROGATE HARR & AC		V55	41.17	70.78	43.01	68.85					
163	138.47	214	Victoria Tremlin	HARROGATE HARR & AC	F		48.48	31.93	48.32	42.01	44.15	53.53	37.19	42.93	
164	137.99	14	Carmen Porter	WETHERBY RUNNERS	F	V45	46.29	46.03	47.36	45.71	45.27	46.25			
165	135.76	80	Mike Dunn	VOCALINK RC		V45	43.05	63.21	42.15	72.55					
166	134.58	667	Hilary Coventry	THIRSK & S HARR	F	V45	47.06	41.21	49.29	37.70	45.26	46.66	36.42	46.71	
167	133.53	225	Adela Reperecki	ILKLEY HARRIERS	F	V50			47.21	47.26	45.15	47.46	38.00	38.81	
168	130.89	76	Nick Wagstaff	VOCALINK RC		V40	43.20	60.81	42.47	70.08					
169	130.85	351	David Seaman	NIDD VALLEY RR		V65	46.40	45.00	49.32	36.77	44.55	49.08			
170	130.56	333	Mike Deacon	NIDD VALLEY RR		V50	46.36	45.68	39.27	84.88					
171	129.98	331	Emma Dooley	NIDD VALLEY RR	F	V35	46.41	44.31	48.34	41.71	46.14	41.40	37.07	43.96	
172	129.52	73	Will Prentis	HARROGATE HARR & AC			43.05	62.87					33.02	66.65	
173	129.08	216	Peter Edwards	HARROGATE HARR & AC		V50	44.27	57.37			40.56	71.71			
174	129.04	134	Louise Johnson	DRAGONS RUNNING CLUB	F	V45	47.29	39.15	48.25	42.32	45.35	45.85	37.32	40.87	
175	128.19	441	Chris Hosker	OTLEY AC			43.16	61.50	43.23	66.69					
176	127.60	540	Tony White	RIPON RUNNERS		V55	43.14	61.84	43.27	65.76					
177	127.51	541	Christine Swiers	RIPON RUNNERS	F	V50	46.18	47.06	48.56	39.24	47.21	34.53	37.30	41.21	
178	126.39	653	Helen Ashworth	THIRSK & S HARR	F	V45	48.08	34.34	48.43	40.78	46.07	43.02	37.22	42.59	
179	125.81	467	Neil Charlton	OTLEY AC					43.57	62.99	42.37	62.82			
180	125.47	604	Martin Luxton	SWALEDALE RR		V60			44.11	61.44	42.10	64.03			
181	125.26	9	Jodie Mather-Hunter	WETHERBY RUNNERS	F	U18	47.06	40.87	48.49	40.16	45.56	44.23			
182	125.23	316	Nigel Wright	HARROGATE HARR & AC		V50	47.35	37.78	49.39	35.85	46.02	43.83	37.07	43.62	
183	124.41	665	Martyn Coy	THIRSK & S HARR		V40					42.52	61.20	33.50	63.21	

184	123.91	465	Mark Berry	OTLEY AC		V40	42.45	64.93	44.31	58.98				
185	123.08	102	Iain Denby	DRAGONS RUNNING CLUB		V50					42.01	66.05	34.59	57.03
186	121.70	513	Ian Swinscoe	RIPON RUNNERS		V40	47.43	37.09	48.59	38.93	46.58	37.77	36.51	45.00
187	120.74	561	Ray Johnstone	RIPON RUNNERS		V55	48.16	33.65	49.35	36.46	46.21	41.00	37.16	43.28
188	120.58	524	Allan Hansen	RIPON RUNNERS		V50	43.30	59.43					34.07	61.15
189	119.69	122	Simon Brown	DRAGONS RUNNING CLUB		V50	46.50	43.28	47.58	44.48			39.06	31.93
190	119.40	611	Andy Jarvis	SWALEDALE RR		V45	44.36	54.96			42.05	64.44		
191	118.66	202	Shaun Morrison	HARROGATE HARR & AC			46.11	47.40			47.51	32.11	37.51	39.15
192	117.26	583	Sarah Gregory	RICH & ZET HARR	F	V40					42.49	61.61	35.10	55.65
193	117.13	335	Paul Manning	NIDD VALLEY RR		V45	47.45	36.75	48.51	39.85	53.13	15.54	37.39	40.53
194	116.84	629	Ros Blackmore	SWALEDALE RR	F	V45	47.33	38.46	48.24	42.63	47.18	35.75		
195	116.46	10	Tracey Mckaine	WETHERBY RUNNERS	F	V40	47.27	39.84	49.57	34.00	46.08	42.62		
196	116.41	58	Helen Buglass	WETHERBY RUNNERS	F	V40			49.12	38.31	46.04	43.42	38.30	34.68
197	116.07	137	Jude Muir	HARROGATE HARR & AC	F	*			44.34	58.36			34.54	57.71
198	115.19	359	Sheena Jackson	NIDD VALLEY RR	F	V35	44.08	58.06	44.51	57.13				
199	114.89	318	Liz Fawcett	OTLEY AC	F	V40	48.06	35.03	48.42	41.40			38.05	38.46
200	114.37	419	Ian Broadbent	OTLEY AC		V40			45.33	55.28			34.38	59.09
201	114.12	409	Jackie Ackroyd	OTLEY AC	F	V55	47.47	36.40	48.54	39.55	46.53	38.17		FV55 medal
202	113.46	5	Ann Dale	WETHERBY RUNNERS	F	V40			45.25	55.89	43.54	57.57		
203	113.03	39	Mike Miller	WETHERBY RUNNERS		V55	43.17	61.15	46.06	51.88				
204	112.84	297	Ray Robson	RICH & ZET HARR		V45	51.45	20.59	49.28	38.00	47.19	35.34	37.48	39.50
205	112.68	344	Phil Robinson	NIDD VALLEY RR		V50	43.06	62.53					36.02	50.15
206	110.40	666	Fran Jeffery	THIRSK & S HARR	F		48.08	34.68	49.40	35.54	49.15	26.45	37.41	40.18
207	109.59	304	Rebecca Normington	WETHERBY RUNNERS	F		44.29	56.34					35.28	53.25
208	109.37	399	Helen Gregory	NIDD VALLEY RR	F	V35			49.39	36.15	46.22	40.60	38.52	32.62
209	108.03	16	Emma Coster	WETHERBY RUNNERS	F	V40			46.20	51.27	43.57	56.76		
210	107.87	313	Gary Young	SWALEDALE RR			45.03	52.56					35.14	55.31
211	107.37	521	Simon Mccudden	RIPON RUNNERS		V50	48.25	32.96			46.29	39.38	38.27	35.03
212	107.35	215	Richard Burton	HARROGATE HARR & AC		V50	47.32	38.81	49.40	35.23	48.37	28.88	38.38	33.31
213	107.25	654	Nicola Jenkins	THIRSK & S HARR	F	V35			49.52	34.30	47.08	36.55	38.12	36.40
214	106.96	378	Emma David	NIDD VALLEY RR	F	V35	43.34	59.09			45.08	47.87		
215	106.46	267	Val Kerr	ILKLEY HARRIERS	F	V50	46.05	48.09			43.45	58.37		
216	106.43	195	John Dalby	HARROGATE HARR & AC		V55			46.04	52.50	44.14	53.93		
217	106.15	354	Christine Holleran	NIDD VALLEY RR	F	V45	44.44	53.25					35.29	52.90
218	106.05	157	Rob Athey	HARROGATE HARR & AC		V40	45.43	50.50			44.05	55.55		
219	105.58	436	Andrew Rayner	OTLEY AC		V45	48.13	34.00	48.42	41.09	48.14	30.49		
220	104.44	237	Rebecca Hartley	THIRSK & S HARR	F				49.51	34.61	47.52	31.71	38.07	38.12
221	104.26	248	David Cole	SWALEDALE RR		V45					44.05	55.14	36.09	49.12
222	102.08	610	Sam Clark	SWALEDALE RR	F		49.09	29.53	49.31	37.39	47.22	34.13	39.24	30.56
223	100.90	40	Roger Dooley	WETHERBY RUNNERS		V50			47.17	48.18	44.28	52.72		
224	100.21	206	Anne Scaife	HARROGATE HARR & AC	F	V45					45.00	48.68	35.49	51.53
225	100.16	374	Nicola Booth	THIRSK & S HARR	F	V50					44.34	50.70	36.07	49.46
226	99.69	92	Douglas Roberts	RICH & ZET HARR					32.21	99.69				
227	99.43	226	Jonathan Kenshole	ILKLEY HARRIERS					43.59	62.68			38.11	36.75
228	99.38	93	Fergus Roberts	RICH & ZET HARR					33.52	99.38				
229	99.32	117	Eric Child	DRAGONS RUNNING CLUB		V50	50.15	25.75	51.20	26.59	47.00	37.36	38.24	35.37

230	99.09	334	Jenny Manning	NIDD VALLEY RR	F	V40	49.10	29.18	50.07	33.07	47.12	36.15	39.27	29.87
231	98.40	204	Geoff Hirst	HARROGATE HARR & AC					49.00	38.62			34.27	59.78
232	97.77	128	Simon Peck	DRAGONS RUNNING CLUB		V55	46.41	44.65	46.04	53.12				
233	97.68	534	Suzanne Rickard	RIPON RUNNERS	F	V40	45.50	49.81	47.19	47.87				
234	97.25	387	Barry McGuire	HARROGATE HARR & AC									27.03	97.25
235	97.17	62	Andrew Green	WETHERBY RUNNERS			45.32	50.84	47.32	46.33				
236	97.01	609	Louise Branford-White	SWALEDALE RR	F	V40	49.00	30.56	50.13	32.45	48.43	27.66	38.33	34.00
237	96.90	25	Pauline Munro	WETHERBY RUNNERS	F	V40							27.04	96.90
238	96.84	6	Mark Foster	WETHERBY RUNNERS		V40			47.24	46.95	44.46	49.89		
239	95.87	451	Racheal Bamford	OTLEY AC	F		34.27	95.87						
240	95.53	285	Chris Gibbins	HARROGATE HARR & AC		V40	34.44	95.53						
241	95.06	580	Carl Jones	RICH & ZET HARR					36.05	95.06				
242	95.02	323	Nicky Scott	OTLEY AC	F	V35	47.02	41.90			44.17	53.12		
243	94.94	355	Sarah Gordon	NIDD VALLEY RR	F	V35	49.59	26.09	50.21	31.53	47.43	32.51	39.15	30.90
244	94.45	96	Ione Dowson	SWALEDALE RR	F	V55			50.50	29.06	48.33	29.68	38.23	35.71
245	93.81	71	Andrew Buckley	RICH & ZET HARR			35.17	93.81						
246	93.12	430	Rogan Ashton	OTLEY AC		V40							28.29	93.12
247	92.78	431	Simon Anderson	OTLEY AC		V40	35.37	92.78						
248	92.59	94	Glen Ient	RICH & ZET HARR		U18			37.10	92.59				
249	92.54	197	Rosalyn Moore	HARROGATE HARR & AC	F	V35	47.00	42.25			44.36	50.29		
250	91.65	543	Jill Holt	RIPON RUNNERS	F	V45	48.21	33.31	50.25	31.22			40.00	27.12
251	91.40	684	Charlotte Sanderson	THIRSK & S HARR	F		35.55	91.40						
252	91.36	208	Paul Stockburn	HARROGATE HARR & AC		V55			37.37	91.36				
253	90.19	32	Peter Callaghan	WETHERBY RUNNERS		V50	48.31	32.62	51.31	25.98	50.17	22.82	39.10	31.59
254	90.09	65	Debbie Dennison	WETHERBY RUNNERS	F	V45					45.50	45.44	36.54	44.65
255	89.24	631	Michael Rosher	SWALEDALE RR		V45			48.16	43.56			36.47	45.68
256	88.31	393	Craig Lee	THIRSK & S HARR									29.21	88.31
257	87.23	89	Andrew Tattersall	VOCALINK RC		V45	50.19	25.06	50.54	28.44	47.23	33.73		
258	86.48	236	Dominic Egan	OTLEY AC		V45			47.28	46.64			37.45	39.84
259	85.56	394	Richard Davey	WETHERBY RUNNERS		V40							29.57	85.56
260	85.11	428	Caron Ralph	OTLEY AC	F	V40			48.44	40.47	45.55	44.64		
261	84.24	413	Dan Binks	OTLEY AC		V40					37.53	84.24		
262	84.10	107	Halina Norbertczaka	DRAGONS RUNNING CLUB	F		49.16	27.81	51.01	28.14			39.50	28.15
263	83.75	674	Geoff Bullock	THIRSK & S HARR		V65	46.46	43.96			46.27	39.79		
264	83.36	670	Brian Smith	THIRSK & S HARR		V40	49.46	26.78			50.15	23.62	38.48	32.96
265	83.12	30	Claire Robinson	WETHERBY RUNNERS	F		46.53	42.93			46.25	40.19		
266	82.89	520	Jo Hope	RIPON RUNNERS	F	V40	48.50	31.59	50.32	30.91	50.48	20.39		
267	82.42	17	Ian Legg	WETHERBY RUNNERS		V45			39.56	82.42				
268	82.22	249	Dale Foster	OTLEY AC		V40					38.45	82.22		
269	82.08	127	Stephen Clayson	DRAGONS RUNNING CLUB			47.17	40.18					37.26	41.90
270	81.00	532	Kim Holden	RIPON RUNNERS	F	V50	49.15	28.15	51.08	27.21	49.36	25.64	40.19	25.40
271	80.98	366	Sarah Donaldson	NIDD VALLEY RR	F		50.16	25.40			49.27	26.05	39.28	29.53
272	80.40	55	Chris Plews	WETHERBY RUNNERS		V40							30.51	80.40
273	80.40	466	Tony Walker	OTLEY AC		V50	39.24	80.40						
274	78.98	173	Dave Askew	HARROGATE HARR & AC		V50					39.26	78.98		
275	78.68	469	Sharon Barlow	RIPON RUNNERS	F	V35							31.06	78.68

276	77.79	229	Sheila Illingworth	RIPON RUNNERS	F	V50			41.11	77.79									
277	77.65	400	Tori Green	RIPON RUNNERS	F													31.12	77.65
278	76.45	187	Paul Berwin	HARROGATE HARR & AC		V55	48.32	32.28	48.08	44.17									
279	75.09	517	Kirsty May	RIPON RUNNERS	F	V40	48.52	31.25	53.29	19.81								40.28	24.03
280	74.87	184	Mike Salt	HARROGATE HARR & AC		V40	46.49	43.62										39.11	31.25
281	73.73	247	Brian Rogers	RICH & ZET HARR		V50							40.43	73.73					
282	73.47	379	Paul Geary	NIDD VALLEY RR					41.58	73.47									
283	73.27	31	Lucy Callaghan	WETHERBY RUNNERS	F	U18	50.53	23.34	51.04	27.52	50.29	22.41							
284	73.04	182	Nicky Smith	HARROGATE HARR & AC	F	V40	47.34	38.12	49.42	34.92									
285	72.85	179	Paul Dowie	HARROGATE HARR & AC					42.05	72.85									
286	72.15	528	Dennis Connor	RIPON RUNNERS		V45	41.09	72.15											
287	71.79	90	Amy Horton	VOCALINK RC	F		50.24	24.71	51.23	26.28	50.42	20.80							
288	71.42	97	Zane Agapova	SWALEDALE RR	F				49.31	37.08								38.32	34.34
289	71.16	624	Simon Dowson	SWALEDALE RR		V55			50.06	33.38								38.08	37.78
290	70.85	177	Toby Easthaugh	HARROGATE HARR & AC		V45					46.49	38.57						39.02	32.28
291	70.46	101	Carron Kennedy	DRAGONS RUNNING CLUB	F	V40	53.20	17.15	52.11	23.51	50.39	21.20						40.16	25.75
292	69.75	605	Jonathan Tennant	SWALEDALE RR			41.28	69.75											
293	69.06	509	Emma Fawcett	RIPON RUNNERS	F		41.33	69.06											
294	68.54	263	Will Buckton	ILKLEY HARRIERS					43.01	68.54									
295	67.62	238	Paul Goacher	THIRSK & S HARR		V50			48.19	43.25								40.22	24.37
296	66.31	315	Richard Timms	RIPON RUNNERS		V45	42.32	66.31											
297	66.08	43	Alison Mallorie-Lewis	WETHERBY RUNNERS	F	V40			50.12	32.76	47.25	33.32							
298	65.96	389	Kevin Easley	WETHERBY RUNNERS														33.09	65.96
299	65.62	690	Mervin Burn	THIRSK & S HARR		V50												33.11	65.62
300	65.45	138	Dan Atkinson	HARROGATE HARR & AC		*			43.30	65.45									
301	64.72	376	Emma Edgar	NIDD VALLEY RR	F	V50			52.14	22.89	51.15	19.18						40.54	22.65
302	64.55	468	Laura Strangeway	RIPON RUNNERS	F		47.57	35.37										39.40	29.18
303	64.39	143	David Hainsworth	OTLEY AC		V65			54.06	17.65	49.54	24.43						40.58	22.31
304	63.90	306	Hester Cox	THIRSK & S HARR	F	V40	42.59	63.90											
305	63.86	655	Pat Kirby	THIRSK & S HARR	F	V60			51.12	26.90	47.03	36.96							
306	63.60	144	Graham Ewart	RICH & ZET HARR		V50			43.47	63.60									
307	63.29	553	Claire Baker	RIPON RUNNERS	F	V40			43.52	63.29									
308	62.03	42	Christine Clubbs	WETHERBY RUNNERS	F	V40	51.15	21.62	53.25	20.42	50.52	19.99							
309	62.01	585	Stephanie Stephenson	RICH & ZET HARR	F	V40					42.43	62.01							
310	61.15	505	Anneke Imeson	RIPON RUNNERS	F	V35	49.17	27.46	50.04	33.69									
311	60.52	232	Richard Masters	RIPON RUNNERS		V40			44.21	60.52									
312	60.50	526	John Grundy	RIPON RUNNERS		V65*	49.05	30.21	50.42	30.29									
313	60.30	372	Nicola Willis	HARROGATE HARR & AC	F	V40					48.28	30.09						39.25	30.21
314	60.09	78	Alex Whapples	VOCALINK RC	F	V45	47.51	36.06			50.02	24.03							
315	59.18	380	Simon Withers	RICH & ZET HARR		V45					43.35	59.18							
316	59.07	38	Alison Dooley	WETHERBY RUNNERS	F	V50			50.36	30.60	48.40	28.47							
317	58.96	273	Karen Lambe	ILKLEY HARRIERS	F	V40	49.34	27.12	50.19	31.84									
318	58.57	417	Carol Armitstead	OTLEY AC	F	V50			50.17	32.14								40.07	26.43
319	58.03	268	Paul Sugden	ILKLEY HARRIERS		V50	52.09	19.90	56.54	9.63								39.45	28.50
320	57.68	115	Paul Crabtree	DRAGONS RUNNING CLUB			48.54	30.90										40.06	26.78
321	57.43	261	Julie Elmes	ILKLEY HARRIERS	F	V45	52.59	18.53	54.28	16.42	51.40	17.97						41.54	20.93

322	56.82	341	Sam Fugill	NIDD VALLEY RR				45.09	56.82					
323	56.58	36	Drew Ward	WETHERBY RUNNERS		V60	52.07	20.25	54.05	17.96	51.25	18.37	43.57	12.68
324	56.24	118	Clare Pierce	DRAGONS RUNNING CLUB	F	V55	53.13	17.84	53.40	19.19			42.39	19.21
325	55.69	251	Sue Williamson	ILKLEY HARRIERS	F	V50			53.51	18.57	51.41	17.56	42.29	19.56
326	55.58	87	Simon Williams	VOCALINK RC		V40			45.28	55.58				
327	55.31	180	Mark Seymour	HARROGATE HARR & AC		V50	44.33	55.31						
328	55.29	233	Phil Robinson	OTLEY AC		V70			51.02	27.83			39.56	27.46
329	54.66	224	Raphael Ploix	HARROGATE HARR & AC					45.36	54.66				
330	54.62	275	Alison Weston	ILKLEY HARRIERS	F	V45							35.20	54.62
331	54.61	625	Stuart Clarkson	SWALEDALE RR			49.09	29.87	51.48	24.74				
332	54.35	410	Andy Ackroyd	OTLEY AC		V55			45.36	54.35				
333	54.04	462	Neil Reed	OTLEY AC		V45			45.38	54.04				
334	53.96	131	Samantha Sugden	DRAGONS RUNNING CLUB	F	V35	54.33	14.40	54.57	15.18	51.58	17.16	41.28	21.62
335	53.89	266	Nick Mellor	ILKLEY HARRIERS		V55			51.42	25.05			39.42	28.84
336	53.59	556	Becky Turner	RIPON RUNNERS	F								35.28	53.59
337	52.95	343	Janet Carling	NIDD VALLEY RR	F	V55	53.16	17.50	53.35	19.50	53.00	15.95		
338	52.95	385	Vicky Howe	SWALEDALE RR	F	V50					49.03	26.86	40.15	26.09
339	52.81	228	Kathleen Coates	NIDD VALLEY RR	F	V40			46.04	52.81				
340	52.57	255	Petra Bijsterveld	ILKLEY HARRIERS	F	V50	52.30	19.21	54.01	18.27			43.22	15.09
341	52.40	671	Malcolm Aitken	THIRSK & S HARR			54.10	15.78	54.12	16.72			42.24	19.90
342	52.31	244	Carl Walsh	OTLEY AC		V50					44.28	52.31		
343	52.21	346	Rick Dallaston	NIDD VALLEY RR		V40							35.44	52.21
344	52.21	672	Ruth Caton	THIRSK & S HARR	F		45.04	52.21						
345	51.91	250	Rob Lickley	THIRSK & S HARR							44.30	51.91		
346	51.64	322	Jane Grundy	RIPON RUNNERS	F		51.02	21.96	50.46	29.68				
347	51.39	530	Jackie Turner	RIPON RUNNERS	F	V45	53.30	16.81	55.49	12.41	53.26	14.33	42.21	20.25
348	50.42	44	Hannah Brooke	WETHERBY RUNNERS	F		53.04	18.18	54.49	15.49	52.32	16.75		
349	50.12	185	Alex Richens	HARROGATE HARR & AC	F	V35*	50.59	22.31					39.51	27.81
350	50.03	142	Roman Gmeiner	NIDD VALLEY RR					46.35	50.03				
351	49.55	406	Emma Jones	OTLEY AC	F	V40					49.51	24.84	40.21	24.71
352	49.39	125	Sarah Tomlinson	DRAGONS RUNNING CLUB	F	V40	50.47	24.03	51.37	25.36				
353	49.00	292	Andy Holohan	HARROGATE HARR & AC			51.44	20.93			48.42	28.07		
354	48.70	310	Arlene Davies	DRAGONS RUNNING CLUB	F	V50	54.37	14.06	54.31	16.11			42.52	18.53
355	48.67	4	Debra Wheeler	WETHERBY RUNNERS	F	V50	50.55	23.00	51.35	25.67				
356	48.40	63	Georgina Green	WETHERBY RUNNERS	F		49.51	26.43	52.25	21.97				
357	47.57	504	Claire Walker	RIPON RUNNERS	F				47.19	47.57				
358	47.50	126	Helen Forey	DRAGONS RUNNING CLUB	F	V40	50.47	23.68	52.10	23.82				
359	47.06	651	Hywel Smith	THIRSK & S HARR		V60							36.39	47.06
360	46.37	395	Frances Dobbing	SWALEDALE RR	F	V45							36.43	46.37
361	45.91	67	Liz Ashton	OTLEY AC	F	V40	53.48	16.46	55.36	13.33			43.19	16.12
362	45.41	56	Dawn Downie	WETHERBY RUNNERS	F	V40			47.45	45.41				
363	45.34	386	Steven Scott	THIRSK & S HARR		V40							36.49	45.34
364	45.04	168	Jean Croft	HARROGATE HARR & AC	F	V45*					45.53	45.04		
365	44.62	300	Adam Ball	VOCALINK RC		V40	52.19	19.56					40.19	25.06
366	44.59	663	Claire Gillan	THIRSK & S HARR	F		54.42	13.71			54.48	10.29	42.07	20.59
367	43.86	358	Steve Newton	NIDD VALLEY RR		V40			48.13	43.86				

368	43.30	338	Rachel Prince	NIDD VALLEY RR	F	V35	54.43	13.37	56.37	10.56	53.49	13.12	43.07	16.81
369	42.94	241	Phil Hirst	ILKLEY HARRIERS		V55			48.22	42.94				
370	42.59	52	Sarah Holmes	WETHERBY RUNNERS	F		46.57	42.59						
371	42.58	329	Laura Nixon	NIDD VALLEY RR	F						50.54	19.58	40.45	23.00
372	42.21	368	Dave Ibbotson	ILKLEY HARRIERS		V50					46.08	42.21		
373	41.56	404	Colin Best	OTLEY AC		V55							37.29	41.56
374	40.43	145	Zoe Mackay	SWALEDALE RR	F	V35			52.58	21.66	51.19	18.77		
375	39.60	124	Alison Parker	DRAGONS RUNNING CLUB	F	V50	52.42	18.87	53.13	20.73				
376	38.98	560	Heather Glegg	RIPON RUNNERS	F	V40					46.31	38.98		
377	38.76	253	Sally Wright	ILKLEY HARRIERS	F	V50	55.12	11.65			53.57	12.71	43.41	14.40
378	38.55	347	Jillie Townend	NIDD VALLEY RR	F	V55			57.14	8.40	54.03	12.31	42.54	17.84
379	38.43	388	Kevin Lawson	ILKLEY HARRIERS									36.19	38.43
380	37.43	164	Neil Hindmarch	HARROGATE HARR & AC		V50	47.36	37.43						
381	37.43	175	Alan Couldwell	HARROGATE HARR & AC		V55							38.09	37.43
382	37.09	397	Angela Barker-Charleton	HARROGATE HARR & AC	F	V40							38.09	37.09
383	36.14	282	Clare Goacher	THIRSK & S HARR	F		55.05	12.34	60.09	5.00	57.49	6.65	43.02	17.15
384	36.06	121	Kevin Nicholas	DRAGONS RUNNING CLUB		V45							38.21	36.06
385	35.71	86	Helen Lawson	VOCALINK RC	F		47.51	35.71						
386	34.94	243	Hilda Coulsey	ILKLEY HARRIERS	F	V60					47.20	34.94		
387	34.85	274	Don Macrae	ILKLEY HARRIERS		V65	55.19	10.96	56.24	10.86	54.32	10.69	43.54	13.03
388	34.04	603	Andy Broadley	SWALEDALE RR		V50	55.44	10.28	56.57	9.01	59.13	4.63	43.32	14.75
389	33.70	103	Tony Rogan	DRAGONS RUNNING CLUB		V45			55.56	12.10	50.37	21.60		
390	33.65	119	Steven Davies	DRAGONS RUNNING CLUB		V50							38.35	33.65
391	32.92	370	Grace Gilpin	SWALEDALE RR	F	V50					47.30	32.92		
392	32.33	612	Nicky Logan	SWALEDALE RR	F	V35	58.01	6.50	57.26	7.47	56.29	9.08	43.21	15.78
393	32.13	242	Chris Wordsworth	OTLEY AC					55.13	13.95			42.53	18.18
394	31.62	602	Chris Sayer	SWALEDALE RR	F	V50			56.56	9.32	58.06	5.84	43.14	16.46
395	31.30	373	Alex Green	HARROGATE HARR & AC							47.58	31.30		
396	30.90	369	David Fawkes	THIRSK & S HARR							48.01	30.90		
397	30.88	41	Cath Moores	WETHERBY RUNNERS	F	V60	55.06	12.00	57.25	7.78	54.19	11.10		
398	30.78	403	Joanna Hobson	OTLEY AC	F	V50					54.12	11.91	42.40	18.87
399	30.02	271	Vince Gibbons	ILKLEY HARRIERS		V55	54.55	12.68	54.09	17.34				
400	29.99	240	Jane Guillard	ILKLEY HARRIERS	F	V40			50.45	29.99				
401	29.92	522	Helena Conlin	RIPON RUNNERS	F	V45	56.53	8.56	58.04	5.93	58.47	5.04	43.22	15.43
402	29.48	130	Alice Denby	DRAGONS RUNNING CLUB	F	V55	54.32	14.75			53.17	14.73		
403	29.37	448	Angela Srivastava	OTLEY AC	F	V45			50.48	29.37				
404	29.28	661	Carol Morrison	THIRSK & S HARR	F	V50					48.34	29.28		
405	29.15	136	Ian Gillingham	DRAGONS RUNNING CLUB		V55	54.20	15.09					43.48	14.06
406	28.84	342	Debbie Gibson	NIDD VALLEY RR	F	V50	49.10	28.84						
407	28.78	246	Ian Hepworth	RICH & ZET HARR		V65					58.30	5.44	40.40	23.34
408	28.78	327	Philippa Moorse	NIDD VALLEY RR	F				55.17	13.64	53.13	15.14		
409	28.75	539	Lynne Green	RIPON RUNNERS	F	V40			50.51	28.75				
410	28.50	172	Russell Gregory	HARROGATE HARR & AC		V55	49.14	28.50						
411	28.45	60	Samantha Parker	WETHERBY RUNNERS	F	V45	54.17	15.43	55.42	13.02				
412	27.93	111	Andrea Willbond	DRAGONS RUNNING CLUB	F	V65	57.36	7.18	58.40	5.62	54.17	11.50	45.27	9.25
413	27.83	91	Neil Warr	VOCALINK RC					57.33	6.55			41.50	21.28

414	27.29	272	Bernie Gibbons	ILKLEY HARRIERS	F	V55	54.55	13.03	55.11	14.26				
415	27.26	367	Fiona Needham	THIRSK & S HARR	F	V45					49.00	27.26		
416	26.68	108	Carmen Dojahn-Wood	DRAGONS RUNNING CLUB	F	V45	55.47	9.93	57.31	7.16	57.34	7.06	45.27	9.59
417	25.76	259	Sue Verspyck	ILKLEY HARRIERS	F	V50	58.20	6.15	58.02	6.24			43.52	13.37
418	25.17	660	Christine Burn	THIRSK & S HARR	F	V55					53.31	13.52	44.13	11.65
419	25.00	77	Dave Whapples	VOCALINK RC		V45	55.31	10.62	57.32	6.85			46.17	7.53
420	24.75	303	Julia Spittle	SWALEDALE RR	F	V55	58.25	5.46			56.42	8.67	45.17	10.62
421	24.43	223	Peter Grant	HARROGATE HARR & AC		V45			51.51	24.43				
422	24.37	29	Judy Bewell	WETHERBY RUNNERS	F	V50	50.26	24.37						
423	24.13	100	Andy Wolfenden	ILKLEY HARRIERS		V65			51.58	24.13				
424	23.96	234	Mandi Ross	RIPON RUNNERS	F	V45			56.39	10.25			43.50	13.71
425	23.68	254	Allison Ricci	ILKLEY HARRIERS	F	V45							40.29	23.68
426	23.32	314	Sarah Haynes	SWALEDALE RR	F		57.46	6.84	60.46	4.39	56.48	8.27	45.56	8.21
427	23.22	669	John Bishop	THIRSK & S HARR		V40					50.15	23.22		
428	23.20	85	Sarah Hart	VOCALINK RC	F	V35			52.14	23.20				
429	22.65	66	Fiona Knapton	WETHERBY RUNNERS	F	V35*	50.57	22.65						
430	22.58	337	Rachel Eastaff	NIDD VALLEY RR	F				52.20	22.58				
431	22.28	502	Tim Joynson	RIPON RUNNERS		V50			52.23	22.28				
432	22.01	425	Tom Hannah	OTLEY AC		V60					50.32	22.01		
433	21.96	676	Marc Davies	THIRSK & S HARR		V50							41.24	21.96
434	21.59	135	Julie Cecere	DRAGONS RUNNING CLUB	F	V50	56.31	9.59					44.10	12.00
435	21.40	613	Pauline Bennison	SWALEDALE RR	F	V60	58.24	5.81	59.47	5.31			45.21	10.28
436	21.35	536	Chris Bennett	RIPON RUNNERS		V65			53.03	21.35				
437	21.28	79	Phillipe Evans	VOCALINK RC		V45	51.34	21.28						
438	21.04	49	Chris Smedley-Nugent	WETHERBY RUNNERS		V40			53.12	21.04				
439	20.67	269	Emma O'Looney	ILKLEY HARRIERS	F	V45	56.34	9.25	56.57	8.71			52.19	2.71
440	20.12	456	Lisa Maughan	OTLEY AC	F	V35			53.29	20.12				
441	18.88	535	Lesley Willoughby	RIPON RUNNERS	F	V40			53.47	18.88				
442	17.50	390	Lizzie Medwell	NIDD VALLEY RR	F	V55							42.55	17.50
443	17.03	81	Liz Robertshaw	VOCALINK RC	F	V35			54.11	17.03				
444	16.42	328	Sarah Chalmers	NIDD VALLEY RR	F	V45					57.19	7.86	45.44	8.56
445	16.35	601	Wendy Spreadbury	SWALEDALE RR	F	V55					52.56	16.35		
446	16.30	123	Helen Bradbury	DRAGONS RUNNING CLUB	F	V50	56.58	8.21	57.23	8.09				
447	16.12	299	Emma Payne	ILKLEY HARRIERS	F	V35	54.06	16.12						
448	16.08	557	Mel Dutka	RIPON RUNNERS	F	V50	58.42	5.12					44.37	10.96
449	15.80	277	Abigail Bailey	ILKLEY HARRIERS	F				54.37	15.80				
450	14.87	148	Gary Waite	DRAGONS RUNNING CLUB		V45			55.01	14.87				
451	14.57	95	Steve Haywood	OTLEY AC		V60			55.03	14.57				
452	14.12	668	Andrea Almack	THIRSK & S HARR	F	V40					57.59	6.25	46.04	7.87
453	14.06	301	Phil Craig	THIRSK & S HARR			62.04	3.06	64.00	2.54	61.02	3.82	46.28	7.18
454	14.02	74	Debra Brown	OTLEY AC	F	V35	61.42	3.75	62.31	3.77			47.24	6.50
455	13.93	664	Faith Coy	THIRSK & S HARR	F	V40					53.27	13.93		
456	13.68	116	Lorraine Crabtree	DRAGONS RUNNING CLUB	F	V35	57.03	7.87					48.31	5.81
457	13.01	286	Antonio Cardinale	OTLEY AC		V60	61.51	3.40	62.38	3.46			47.27	6.15
458	12.71	377	Andrea Bowen	NIDD VALLEY RR	F	V35			55.48	12.71				
459	12.34	196	Emma Moore	HARROGATE HARR & AC	F	V35							44.03	12.34

460	11.79	437	Laura Hind	OTLEY AC	F			56.07	11.79		
461	11.48	339	Julie Mooney	NIDD VALLEY RR	F	V40*		56.11	11.48		
462	11.31	330	Judy Greenwood	NIDD VALLEY RR	F	V50	55.16	11.31			
463	11.31	392	Lisa Brown	THIRSK & S HARR	F	V40					44.26 11.31
464	11.17	231	Laura Taylor	OTLEY AC	F				56.22	11.17	
465	9.94	129	Celia Knight	DRAGONS RUNNING CLUB	F	V55			56.43	9.94	
466	9.93	391	Janet Balmain	THIRSK & S HARR	F	V35					45.25 9.93
467	9.88	550	Helen Pickard	RIPON RUNNERS	F	V55			55.26	9.88	
468	9.55	294	Coralin Harrison	HARROGATE HARR & AC	F	V65	60.17	4.43			49.08 5.12
469	9.48	549	Lester Pickard	RIPON RUNNERS		V55			55.45	9.48	
470	8.90	279	Sally Lynch	ILKLEY HARRIERS	F		56.35	8.90			
471	8.9	396	Andy Peckitt	THIRSK & S HARR		V50					45.35 8.9
472	8.66	371	Catherine Lumb	THIRSK & S HARR	F	V50			59.39	4.23	49.39 4.43
473	8.14	147	Matthew Lucack	HARROGATE HARR & AC					66.43	1.30	46.38 6.84
474	7.53	562	Sian Foster	RIPON RUNNERS	F	V45	57.04	7.53			
475	7.46	7	Nykie Duffy	WETHERBY RUNNERS	F	V35			57.33	7.46	
476	7.00	112	Susan Carey	DRAGONS RUNNING CLUB	F	V40	64.55	1.68	65.05	1.92	51.16 3.40
477	6.94	531	Lorraine Matheson	RIPON RUNNERS	F	V45	61.31	4.09	63.47	2.85	
478	6.55	657	Ian Codling	THIRSK & S HARR		V70			70.27	1.00	66.45 1.80 50.30 3.75
479	6.30	375	Kate Edgar	NIDD VALLEY RR	F				65.52	2.21	49.52 4.09
480	6.00	516	Kirsty Horn	RIPON RUNNERS	F		62.13	2.71	66.41	1.61	53.13 1.68
481	5.52	146	Karen McDonald	SWALEDALE RR	F	V50			62.59	3.15	52.20 2.37
482	5.46	221	Emma Andralojc	HARROGATE HARR & AC	F						49.08 5.46
483	5.25	658	Sarah Goacher	THIRSK & S HARR	F	V50			64.04	2.23	61.54 3.02
484	4.78	675	Alan Wikeley	THIRSK & S HARR		V65	59.57	4.78			
485	4.78	691	Sharon Keegan	THIRSK & S HARR	F	V50					49.36 4.78
486	4.70	558	Leah Horner	RIPON RUNNERS	F	V45			60.36	4.70	
487	4.64	614	Shelagh Pearce	SWALEDALE RR	F	V55			63.32	2.61	52.20 2.03
488	4.08	405	Toni Midgley	OTLEY AC	F				61.13	4.08	
489	3.42	382	Julie Forster	THIRSK & S HARR	F	V40			61.53	3.42	
490	3.34	677	Bev Davies	THIRSK & S HARR	F	V50	66.40	1.34	69.07	1.00	55.57 1.00
491	3.06	398	Sue Bickerdike	ILKLEY HARRIERS	F	V40*					52.18 3.06
492	2.74	656	Marian Codling	THIRSK & S HARR	F	V70			68.35	1.40	55.31 1.34
493	2.37	132	Alicia Horner	DRAGONS RUNNING CLUB	F		62.30	2.37			
494	2.03	464	Sean O'Halloran	OTLEY AC			63.51	2.03			
495	1.00	150	Paul Speight	DRAGONS RUNNING CLUB		V50	68.49	1.00			