

	Best 3 race points	Race # (original if replaced)			Class	Race 1		Race 2		Race 3		Race 4		Races	
						Harrogate Harriers		Dragons/Aire		Wetherby		Knaresborough			
						T	P	T	P	T	P	T	P		
1	299.77	1092	Ben Pease	Ripon Runners	M	32:35	100.00	32:01	99.50	23:19	99.77	31:34	100.00	4	
2	299.54	1104	Reece Dalton	Ripon Runners	M	32:55	99.79	31:05	100.00	23:42	99.55	31:41	99.75	4	
3	298.47	1017	Rob Scott	Richmond & Zetland Harriers	M	33:35	99.39	31:36	99.75	24:04	99.33			3	
4	297.71	1287	Paul Millgate	Wetherby Runners	M	V40	34:00	99.19	32:05	99.25	24:11	99.11	33:06	99.27	4
5	296.21	745	Andrew Dobby	Harrogate Harriers	M	V45			33:24	98.75	24:58	98.44	33:37	99.02	3
6	295.30	496	Timothy Richardson	Harrogate Harriers	M		34:59	98.99	33:55	98.50	27:57	90.45	34:43	97.81	4
7	293.59	1283	Joseph Kwallah	Wetherby Runners	M	V45	35:59	97.78	34:13	98.25	25:52	97.33	35:23	97.56	4
8	293.45	975	Gary Johnson	Otley AC	M		35:31	98.59	34:29	97.75	26:07	97.11			3
9	293.43	1394	Spike Amberry-Smith	Ripon Runners	M		36:26	97.38	34:24	98.00	26:12	96.89	34:35	98.05	4
10	292.28	877	Tom Calvert	Knaresborough Striders	M		35:48	97.98	35:46	96.75	25:48	97.55			3
11	291.71	1124	Tim Chadwick	Skipton AC	M		36:13	97.58			25:41	97.78	35:49	96.35	3
12	291.49	903	Matt Wilkinson	Nidd Valley Road Runners	M				35:20	97.50	26:12	96.67	35:28	97.32	3
13	289.87	947	Tom Lynch	Otley AC	M		36:36	96.78	35:46	96.50	27:32	92.67	35:49	96.59	4
14	289.05	928	Adam Kirk	Nidd Valley Road Runners	M		37:11	95.57	35:49	96.00	26:19	96.22	35:39	96.83	4
15	288.55	1061	Lee Stanley	Ripon Runners	M	V40	36:57	96.17	35:39	97.25	28:06	89.12	36:10	95.13	4
16	287.85	992	Liam Dunne	Otley AC	M	V40	36:44	96.57	36:01	95.50	26:25	95.78			3
17	287.43	929	Alex Patrickson	Nidd Valley Road Runners	M		37:03	95.77	36:15	94.50	26:27	95.56	35:52	96.10	4
18	286.70	798	Sharon Barlow	Harrogate Harriers	F	V35	36:49	96.37	36:08	95.00	26:27	95.33	41:20	77.37	4
19	285.53	1055	Simon Cave	Ripon Runners	M	V40			35:55	95.75	26:46	94.89	36:20	94.89	3
20	285.36	493	David Oldfield	Harrogate Harriers	M		37:40	94.36	35:45	97.00	27:01	94.00			3
21	285.14	965	Graham Lake	Otley AC	M	V40	36:36	96.98	36:25	94.25	27:37	92.00	37:02	93.91	4
22	284.20	1282	Mark Holt	Wetherby Runners	M	V40	37:39	94.56			27:14	93.78	36:07	95.86	3
23	283.32	1079	James Boddy	Ripon Runners	M		37:17	95.17	36:38	93.75	27:27	93.11	36:42	94.40	4
24	282.43	248	Ben Shacklock	Harrogate Harriers	M		37:52	93.56	37:00	93.25			36:07	95.62	3
25	280.40	1312	Paul Nelson	Wetherby Runners	M	V50	37:46	93.96	36:59	93.50	27:28	92.89	37:15	92.94	4
26	280.38	1337	Warren Lowcock	Nidd Valley Road Runners	M		38:01	92.35	35:47	96.25	27:46	91.78			3
27	280.05	939	Edoardo Piano	Nidd Valley Road Runners	M		37:59	92.55			27:26	93.34	37:00	94.16	3
28	277.57	187	Gareth Somerville	Harrogate Harriers	M		38:02	92.15	37:21	91.75	28:14	88.45	37:07	93.67	4
29	275.32	685	Jaysson Sawyer	Harrogate Harriers	M	V40	38:34	89.93	37:32	90.75	29:40	80.46	36:39	94.64	4
30	275.27	766	Tom Borrowdale	Harrogate Harriers	M		38:32	90.14	37:35	90.50	27:50	91.34	37:10	93.43	4
31	274.89	951	Andrew Robertshaw	Otley AC	M	V45	38:21	90.94	37:25	91.50			37:18	92.45	3
32	273.98	742	Crystal Goecker	Harrogate Harriers	F	V35	38:20	91.34			27:53	90.67	37:20	91.97	3
33	272.50	688	Paul Stockburn	Harrogate Harriers	M	V55			37:18	92.00	27:58	90.23	38:03	90.27	3
34	271.94	1094	Mark Ryder	Ripon Runners	M		38:46	89.33			27:51	90.89	37:31	91.72	3
35	271.92	900	Martin Lofthouse	Nidd Valley Road Runners	M	V45			37:16	92.25	28:12	88.67	37:50	91.00	3
36	271.70	744	Ben Grant	Harrogate Harriers	M	V65	38:20	91.14	37:31	91.00	28:03	89.56			3
37	271.07	1068	Ben Imeson	Ripon Runners	M	V40	37:57	92.75	37:09	92.75	28:45	85.57	39:38	84.91	4
38	270.49	1276	David Carberry	Wetherby Runners	M	V45	38:29	90.34	37:30	91.25	28:09	88.90			3

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						Harrogate Harriers		Dragons/Aire		Wetherby		Knaresborough		
						T	P	T	P	T	P	T	P	
39	269.84	137	Adam Prentis	Harrogate Harriers	M V50	39:05	88.53	37:41	89.75	28:06	89.34	37:57	90.75	4
40	269.33	162	Geoff King	Harrogate Harriers	M V60	38:26	90.54	37:54	89.25	28:17	88.01	38:16	89.54	4
41	267.87	1277	Stella Cross	Wetherby Runners	F U18	38:52	89.13			28:14	88.23	37:58	90.51	3
42	267.08	1300	Paul Windle	Wetherby Runners	M V50			37:39	90.00	28:19	87.79	38:19	89.29	3
43	266.57	870	Andy Robinson	Knaresborough Striders	M	38:19	91.54	39:09	85.25	28:00	89.78			3
44	264.17	1121	Trevor Schofield	Ripon Runners	M	39:06	88.32	38:15	88.50	28:40	86.45	39:03	87.35	4
45	263.63	1175	Derek Parrington	Swaledale Runners	M V50	39:21	87.92			28:34	86.90	38:26	88.81	3
46	262.94	1133	Michael Mcinnes	Skipton AC	M V40	41:03	81.28	38:54	87.00	28:53	84.46	37:44	91.48	4
47	262.48	1217	Stephan Tomaszewski	Thirsk and Sowerby Harriers	M V55			38:08	88.75	28:52	84.68	38:20	89.05	3
48	262.12	1138	Gavin Smith	Skipton AC	M	39:44	86.31			28:43	85.79	38:10	90.02	3
49	261.83	1014	tom paget	Otley AC	M			37:52	89.50	29:05	84.01	38:48	88.32	3
50	261.81	1307	Chris Plews	Wetherby Runners	M V40	39:58	85.10	38:44	87.75	28:40	86.23	38:53	87.83	4
51	261.29	189	Simon Watson	Harrogate Harriers	M V55	39:53	85.71	38:48	87.50	29:25	81.35	38:50	88.08	4
52	260.38	200	Michael Gill	Harrogate Harriers	M V50	40:03	84.70	38:03	89.00	28:38	86.68	40:20	82.48	4
53	258.65	1299	James Windle	Wetherby Runners	M U18			38:55	86.75	28:40	86.01	39:21	85.89	3
54	258.31	751	Graham Molyneux	Harrogate Harriers	M V55	39:25	87.72	39:32	83.25	28:29	87.34			3
55	257.61	1111	John Chatwin	Ripon Runners	M	40:00	84.90	39:23	84.25	28:49	85.12	38:57	87.59	4
56	257.53	941	Andy Todd	Nidd Valley Road Runners	M V50	39:49	85.91	39:18	84.50	28:30	87.12			3
57	257.01	806	Richard Walker	Dragons-Aire	M V40	39:45	86.11	39:03	86.00	28:50	84.90			3
58	256.96	250	Nathan Smith	Harrogate Harriers	M V40	40:23	83.09	38:52	87.25	29:29	81.13	39:16	86.62	4
59	255.31	911	Sam Fugill	Nidd Valley Road Runners	M	39:32	87.52	39:28	84.00	29:05	83.79	40:13	83.45	4
60	254.50	905	Alan Davidson	Nidd Valley Road Runners	M V50	39:40	86.51	39:05	85.75	29:14	82.24			3
61	254.23	1253	Simon Williams	Vocalink Running Club	M V45	39:34	87.32	40:00	81.75			39:36	85.16	3
62	250.24	1284	Nils Linstrum	Wetherby Runners	M	41:05	80.48			29:13	82.90	39:08	86.86	3
63	249.81	1244	Steve Peters	Vocalink Running Club	M V45	41:15	79.87			29:08	83.57	39:19	86.37	3
64	249.56	1166	Dave Atkinson	Swaledale Runners	M V40*	40:19	83.90	39:16	84.75	29:34	80.91			3
65	247.27	1292	Angela Reeve	Wetherby Runners	F V40	41:03	81.08	39:50	82.25			40:06	83.94	3
66	247.25	152	Nick Andralojc	Harrogate Harriers	M V55	40:39	82.29	39:43	82.50	29:14	82.46	40:45	80.29	4
67	246.83	1298	Robert Whitaker	Wetherby Runners	M V40	37:34	94.76	42:56	70.50	29:24	81.57			3
68	246.20	199	Simon Moffatt	Harrogate Harriers	M V50	41:24	79.07	40:05	81.00	29:56	79.80	39:33	85.40	4
69	246.15	868	James Wright	Knaresborough Striders	M	39:36	86.92	41:32	75.00	28:56	84.23			3
70	245.58	290	Richard Willis	Harrogate Harriers	M V45	40:24	82.89			30:11	78.02	39:41	84.67	3
71	244.17	919	Jamie Dilasser	Nidd Valley Road Runners	M V45			39:28	83.75	30:31	76.24	40:03	84.18	3
72	243.50	822	Ellie Kitchen	Ilkley Harriers	F	41:02	81.48	40:16	80.00	29:51	80.02	40:26	82.00	4
73	240.13	1037	Douglas Scott	Ripon Runners	M V45	38:03	91.95	46:17	55.00			37:12	93.18	3
74	240.03	1040	Dave Binks	Ripon Runners	M V45	40:30	82.69			29:11	83.13	41:46	74.21	3
75	239.37	741	Mark Jordan	Harrogate Harriers	M V60	41:19	79.27	39:59	82.00			41:10	78.10	3
76	238.88	238	Iain Entwistle	Harrogate Harriers	M V40	41:34	78.67			30:08	78.46	40:28	81.75	3

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						Harrogate Harriers		Dragons/Aire		Wetherby		Knaresborough		
						T	P	T	P	T	P	T	P	
77	238.30	1118	Sally Houghton	Ripon Runners	F V50			40:56	77.75	30:15	77.58	40:19	82.97	3
78	238.28	1400	Dewi Winkle	Ripon Runners	M V45	41:18	79.47	40:29	79.25			40:51	79.56	3
79	237.93	1335	Dan Eagling	Nidd Valley Road Runners	M	41:34	78.46	40:44	78.25	30:08	78.69	40:39	80.78	4
80	237.50	494	Ian Rowbotham	Harrogate Harriers	M V55	40:20	83.70			30:04	79.35	41:44	74.45	3
81	237.28	168	Paul Richardson	Harrogate Harriers	M V40			39:38	82.75	29:15	82.02	42:28	72.51	3
82	236.87	680	Darren West	Harrogate Harriers	M V50			40:59	77.50	30:17	77.13	40:22	82.24	3
83	236.80	232	Sarah Gill	Harrogate Harriers	F V50	41:46	78.06	40:05	80.50	30:09	78.24	41:25	76.64	4
84	236.22	1355	Emma Sorby	Ripon Runners	F U18			41:07	76.50	30:37	76.02	40:11	83.70	3
85	236.14	1091	Lewis Brooks	Ripon Runners	M U18	42:08	77.46	39:29	83.50	31:35	69.36	41:38	75.18	4
86	235.97	910	Andy Harris	Nidd Valley Road Runners	M V40	45:35	62.37	38:58	86.50			39:05	87.10	3
87	235.53	197	Geoffrey Hirst	Harrogate Harriers	M	42:43	74.64	41:27	75.25	30:53	74.25	39:28	85.64	4
88	234.95	495	Helen Mercer-Jones	Harrogate Harriers	F V35	41:32	78.87			30:58	73.36	40:20	82.72	3
89	233.76	1267	Iain Andrews	Wetherby Runners	M V45	42:25	75.45	40:33	78.50			40:46	79.81	3
90	233.30	1096	Mike Hernandez	Ripon Runners	M V45	40:21	83.50			31:11	72.91	41:24	76.89	3
91	233.26	1290	Rebecca Normington	Wetherby Runners	F	44:38	66.79	41:03	77.25	30:24	76.69	40:55	79.32	4
92	232.61	1076	Kari Munro	Ripon Runners	F V35	42:11	77.06			30:27	76.47	40:58	79.08	3
93	231.07	752	Adam Newton	Harrogate Harriers	M			41:47	74.00	30:38	75.80	40:32	81.27	3
94	231.00	1008	Steve Robinson	Otley AC	M V40	42:13	76.45	41:05	76.75	30:13	77.80			3
95	228.17	235	Stephen Kirk	Harrogate Harriers	M V45	42:12	76.65			30:43	75.36	41:31	76.16	3
96	226.36	983	Colin Dennison	Otley AC	M	42:44	74.44	41:10	76.25	30:55	74.02	41:34	75.67	4
97	225.48	797	Donna Riddler	Richmond & Zetland Harriers	F V35	40:45	81.89	41:18	76.00	32:08	67.59			3
98	225.46	810	William Woodhead	Dragons-Aire	M	45:05	65.39	40:52	78.00	32:18	66.92	40:44	80.54	4
99	224.39	1268	Nicky Andrews	Wetherby Runners	F	42:44	74.24	41:48	73.75	31:20	71.58	41:28	76.40	4
100	224.12	869	Nicola Carter	Knaresborough Striders	F V45	42:38	75.04	41:52	73.50	30:39	75.58			3
101	223.69	1380	Lee Welsby	Nidd Valley Road Runners	M V45	44:16	68.20			30:51	74.47	40:36	81.02	3
102	222.81	1001	Michael Hastings	Otley AC	M	43:16	72.03	40:29	79.00	31:29	71.14	42:42	71.78	4
103	222.31	106	Kevin-Malachy Murphy	Harrogate Harriers	M V60	42:46	73.84	41:32	74.75	31:27	71.36	41:56	73.72	4
104	222.00	1149	Lorna Wrigley	Harrogate Harriers	F	42:22	75.65			31:29	70.92	41:36	75.43	3
105	219.20	284	Jon Blane	Harrogate Harriers	M V55	43:08	73.03			31:11	72.69	42:05	73.48	3
106	218.64	1174	Alan Mackay	Swaledale Runners	M V40	43:26	71.42	40:30	78.75	31:48	68.47			3
107	217.23	1020	Kevin Bond	Richmond & Zetland Harriers	M V40	43:14	72.23			32:12	67.14	41:14	77.86	3
108	217.21	1115	Matt Holt	Ripon Runners	M V45	43:55	70.01	42:15	72.50			41:41	74.70	3
109	216.84	758	Emma Robinson	Harrogate Harriers	F V35	42:21	75.85			32:46	63.37	41:20	77.62	3
110	216.58	1344	Mike Deacon	Nidd Valley Road Runners	M V50	42:55	73.64	43:18	68.00	33:05	60.48	41:38	74.94	4
111	216.41	1016	Tony Walker	Otley AC	M V55	44:32	67.20	43:07	69.25	31:31	70.03	41:23	77.13	4
112	216.36	831	malcolm pickering	Ilkley Harriers	M V65	43:21	71.82	42:01	73.25	32:30	65.15	42:45	71.29	4
113	216.24	286	Charlotte Evans	Harrogate Harriers	F V40	43:30	71.02	42:28	71.75	31:12	72.47	42:33	72.02	4
114	215.75	880	Ian Mitchell	Knaresborough Striders	M V50	43:57	69.81	42:35	71.25	30:47	74.69			3

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						T	P	T	P	T	P	T	P	
115	214.31	1327	Steve Turner	Nidd Valley Road Runners	M V45	43:31	70.62	43:16	68.25	31:29	70.69	42:08	73.00	4
116	213.18	1221	Robert Burn	Thirsk and Sowerby Harriers	M V60			41:43	74.25	31:33	69.58	43:05	69.35	3
117	210.80	1331	Kevin Nicholas	Nidd Valley Road Runners	M V50	47:12	55.32			30:03	79.57	41:32	75.91	3
118	210.54	925	Jonathon Easton	Nidd Valley Road Runners	M	43:48	70.21	42:58	70.25	32:19	66.48	42:52	70.08	4
119	208.80	1205	Charlotte Wilton	Thirsk and Sowerby Harriers	F V40	44:19	67.80	43:43	66.75	32:03	68.25	42:28	72.75	4
120	208.76	907	Dave Shores	Nidd Valley Road Runners	M V45	44:06	69.01	43:05	69.50	31:30	70.25			3
121	206.16	753	Ken Souyave	Harrogate Harriers	M V65			44:04	64.75	31:36	69.14	42:31	72.27	3
122	205.88	814	Nick Jovanovic	Dragons-Aire	M	44:13	68.60			33:28	58.93	41:09	78.35	3
123	205.47	889	Stewart Hymas	Knaresborough Striders	M V45	43:11	72.63	43:36	67.25	32:26	65.59			3
124	204.71	1051	Steve Silver	Ripon Runners	M V45	43:39	70.42	42:21	72.25	32:55	62.04			3
125	203.85	867	Sean Brennan	Knaresborough Striders	M V45	44:39	66.59	42:37	71.00	32:22	66.26			3
126	203.51	247	Tim Pocock	Harrogate Harriers	M V55	44:44	66.39	43:13	68.75	32:24	65.81	43:12	68.37	4
127	203.13	1382	Liam Marwood	Nidd Valley Road Runners	M U18	43:27	71.22	40:05	80.75	34:43	51.16			3
128	202.33	923	John Mitton	Nidd Valley Road Runners	M V45	44:00	69.41	43:50	66.25	32:48	62.70	43:33	66.67	4
129	202.29	835	Paul Stephens	Ilkley Harriers	M V55	44:26	67.40			32:23	66.03	43:10	68.86	3
130	201.89	895	Simon Rider	Knaresborough Striders	M V40	44:46	66.19	43:10	69.00	32:18	66.70			3
131	200.67	1007	Paul Clifford	Otley AC	M V50	49:58	44.06	43:57	65.00	32:04	68.03	43:20	67.64	4
132	200.53	982	Martin Stringer	Otley AC	M V45	45:47	61.16	42:41	70.75			43:10	68.62	3
133	200.31	1156	Steve Woollven	Harrogate Harriers	M V45	45:00	65.59	45:25	58.75	32:07	67.81	43:32	66.91	4
134	199.51	246	Andrew Grant	Harrogate Harriers	M V45					22:58	100.00	32:35	99.51	2
135	199.34	287	Julie Patmore	Harrogate Harriers	F V50	45:22	64.38	43:04	69.75	32:46	63.59	43:56	65.21	4
136	198.77	1288	Richard Murray	Wetherby Runners	M V45	45:35	62.17	43:32	67.50			43:07	69.10	3
137	198.25	182	Mike Burrett	Harrogate Harriers	M V40	33:18	99.59			24:41	98.66			2
138	198.23	998	Christian Hosker	Otley AC	M V40	44:17	68.00	43:53	65.75			44:03	64.48	3
139	197.79	828	Matt Newell	Ilkley Harriers	M	35:04	98.79	33:11	99.00					2
140	197.67	240	Jonathan Johnson	Harrogate Harriers	M					24:27	98.89	34:07	98.78	2
141	197.50	192	Shaun Morrison	Harrogate Harriers	M	46:54	56.13	44:14	64.00	32:28	65.37	43:18	68.13	4
142	197.00	1100	John Ward	Ripon Runners	M V65	44:36	67.00	43:52	66.00	33:42	57.38	44:10	64.00	4
143	196.54	851	Ruaridh Mon-Williams	Ilkley Harriers	M					25:20	98.00	34:16	98.54	2
144	196.53	487	David Fennah	Harrogate Harriers	M V45	45:30	62.97	44:26	63.00	32:47	62.93	42:50	70.56	4
145	196.51	54	John Young	Harrogate Harriers	M					25:13	98.22	34:31	98.29	2
146	194.66	1116	Alan Hansen	Ripon Runners	M V55	45:23	63.57	44:15	63.75	32:35	64.48	43:37	66.43	4
147	193.06	1398	Toby Hillery	Wetherby Runners	M	35:37	98.39			26:50	94.67			2
148	192.41	245	Andrew Collins	Harrogate Harriers	M	45:23	63.98	44:25	63.25	32:33	64.92	44:13	63.51	4
149	192.41	914	Mark Tobin	Wetherby Runners	M V40	37:01	95.97			26:17	96.44			2
150	191.94	184	Dave Ladell	Harrogate Harriers	M V45	45:22	64.18			32:58	61.82	43:43	65.94	3
151	191.59	170	Andy Laverick	Harrogate Harriers	M V40			43:56	65.25	33:01	61.37	43:58	64.97	3
152	191.46	1269	Paul Atkinson	Wetherby Runners	M V50	43:58	69.61	44:56	61.75			44:47	60.10	3

Final Rankings

	Best 3 race points	Race # (original if replaced)			Class	Race 1		Race 2		Race 3		Race 4		Races	
						Harrogate Harriers		Dragons/Aire		Wetherby		Knaresborough			
						T	P	T	P	T	P	T	P		
153	191.40	234	Charles Casey	Harrogate Harriers	M	36:32	97.18			26:59	94.22			2	
154	190.62	872	Guy Close	Knaresborough Striders	M	37:14	95.37	36:02	95.25					2	
155	190.48	1265	Derek McCreadie	Ripon Runners	M	V40				26:35	95.11	36:08	95.37	2	
156	190.13	359	Tim Broomfield	Harrogate Harriers	M	V60	45:15	64.58	44:24	63.50	33:04	60.71	44:33	62.05	4
157	189.60	1145	John Harrison	Skipton AC	M	V50			44:28	62.75	33:03	61.15	43:43	65.70	3
158	188.97	1334	Damien Hanslip	Nidd Valley Road Runners	M	V50			44:32	62.25	32:50	62.48	44:04	64.24	3
159	188.48	963	Sara Elliott	Otley AC	F	V45	45:49	60.96	44:09	64.50	33:14	59.82	44:18	63.02	4
160	187.56	886	James Cornforth	Knaresborough Striders	M				36:29	94.00	27:21	93.56			2
161	187.22	1127	Melanie Ives	Skipton AC	F		46:30	58.54	43:18	67.75	33:03	60.93			3
162	186.70	183	Simon Childs	Harrogate Harriers	M	V50	46:42	57.54	44:43	62.00			43:28	67.16	3
163	185.49	785	Jonathan Forey	Dragons-Aire	M	V45	38:24	90.74	36:11	94.75					2
164	185.41	948	John Dade	Otley AC	M	V50	45:12	65.18			33:25	59.15	44:40	61.08	3
165	185.16	1153	Richard Schofield	Ripon Runners	M		37:57	92.95					37:19	92.21	2
166	184.93	1197	Cameron Choules	Thirsk and Sowerby Harriers	M	V45					27:35	92.23	37:18	92.70	2
167	184.91	1021	Ronnie Corbett	Richmond & Zetland Harriers	M	V45	37:55	93.35			27:48	91.56			2
168	183.69	1393	Jim Berriman	Ripon Runners	M						27:33	92.45	37:48	91.24	2
169	183.16	1296	Andrew Walsh	Wetherby Runners	M		37:56	93.15			27:59	90.01			2
170	182.53	873	James Ireland	Knaresborough Striders	M		38:39	89.53	37:04	93.00					2
171	182.33	1064	Gary Wilks	Ripon Runners	M	V40			47:22	46.75	32:40	64.04	42:44	71.54	3
172	182.25	1046	Neil Dring	Ripon Runners	M	V55	42:12	76.85	48:29	42.25	32:46	63.15	54:36	20.21	4
173	182.23	863	Martin Brock	Knaresborough Striders	M		38:36	89.73	37:13	92.50					2
174	182.06	1316	Marcus Murray	Wetherby Runners	M		46:43	57.34	45:18	60.00	33:58	56.71	43:59	64.72	4
175	181.81	239	Charlotte Reeves	Harrogate Harriers	F		45:36	61.96	45:20	59.50			44:47	60.35	3
176	181.80	1311	Peter Allanach	Wetherby Runners	M	V50	45:40	61.76	45:50	57.50			44:23	62.54	3
177	180.39	1143	Rachel Gaunt	Skipton AC	F	V50	45:53	60.56	45:23	59.00	33:29	58.49	44:44	60.83	4
178	180.19	1314	Phoebe Coster	Wetherby Runners	F	U18	45:23	63.78	45:04	61.25	34:12	55.16			3
179	180.02	922	James Cook	Nidd Valley Road Runners	M	V45	45:59	59.95			33:30	58.26	44:34	61.81	3
180	179.27	924	Sue Simpson	Nidd Valley Road Runners	F	V55	45:50	60.76	45:27	58.25	33:08	60.26	45:15	57.91	4
181	178.68	1293	Simon Robertson	Wetherby Runners	M	V40	44:57	65.79	46:31	54.25			45:07	58.64	3
182	177.25	687	Jason Millward	Harrogate Harriers	M						27:50	91.12	39:21	86.13	2
183	176.98	1301	James Wood	Wetherby Runners	M		39:03	88.73	38:19	88.25					2
184	176.44	1275	Peter Callaghan	Wetherby Runners	M	V50	46:17	59.35	45:56	56.50			44:45	60.59	3
185	176.15	1067	Anneke Imeson	Ripon Runners	F	V40	45:32	62.77			34:18	54.49	44:57	58.89	3
186	175.60	1289	Andrea Normington	Wetherby Runners	F	V55	46:35	58.14	46:05	56.25	33:35	57.60	44:48	59.86	4
187	173.06	1000	Shane Ewen	Otley AC	M		40:04	84.50					38:46	88.56	2
188	172.61	690	John Dalby	Harrogate Harriers	M	V60			46:42	52.50	33:34	57.82	44:31	62.29	3
189	172.54	1103	Chloe Dalton	Ripon Runners	F	U16	47:39	52.51	46:44	51.75	33:28	58.71	44:37	61.32	4
190	172.46	1169	Mark Sowerby	Swaledale Runners	M	V45	39:35	87.12			28:45	85.34			2

	Best 3 race points	Race # (original if replaced)			Class	Race 1		Race 2		Race 3		Race 4		Races
						Harrogate Harriers		Dragons/Aire		Wetherby		Knaresborough		
						23-May-2017		1-Jun-2017		14-Jun-2017		20-Jun-2017		
					T	P	T	P	T	P	T	P		
191	171.81	1315	Emma Coster	Wetherby Runners	F V45	47:23	54.32	45:36	57.75	34:13	54.93	44:52	59.13	4
192	171.60	985	Liz Yates	Otley AC	F V40	48:52	47.48	45:07	61.00	33:34	58.04	46:02	52.56	4
193	170.12	1084	Andrew Webster	Ripon Runners	M V45	47:55	50.90			33:21	59.60	44:51	59.62	3
194	169.65	800	Gavin Birkett	Dragons-Aire	M	47:22	54.52	46:41	52.75	33:01	61.59	45:59	53.54	4
195	168.88	1206	Ken Wood	Thirsk and Sowerby Harriers	M	41:03	80.88	38:35	88.00					2
196	168.80	1349	Isabel Potter	Nidd Valley Road Runners	F V35	44:53	65.99	48:53	41.25			44:37	61.56	3
197	168.04	957	Matt Podd	Otley AC	M V60			47:15	48.25	34:05	56.04	44:12	63.75	3
198	167.84	1214	Hilary Coventry	Thirsk and Sowerby Harriers	F V50	47:37	52.71	45:19	59.75	34:11	55.38			3
199	167.75	1178	Richard Kirkham	Harrogate Harriers	M V40	46:26	58.75	45:26	58.50	34:47	50.50			3
200	167.49	564	James Strugnell	Harrogate Harriers	M	40:37	82.49	39:12	85.00					2
201	166.79	807	Michael Buckle	Dragons-Aire	M	47:25	53.92	47:10	49.25	34:15	54.71	45:12	58.16	4
202	166.43	803	Nick Leathley	Dragons-Aire	M V55			46:39	53.00	34:04	56.49	45:35	56.94	3
203	165.78	1302	James Jesson	Wetherby Runners	M V40	41:06	80.28	39:07	85.50					2
204	165.52	990	Andy Webster	Otley AC	M V45	47:34	53.11	46:58	51.25	33:53	56.93	45:47	55.48	4
205	165.11	1036	Shamiso Sisimayi	Harrogate Harriers	F V35					29:35	80.68	40:00	84.43	2
206	164.55	871	Dan Foley	Knaresborough Striders	M	40:04	84.30	40:16	80.25					2
207	164.01	505	Elizabeth Turner	Harrogate Harriers	F	46:36	57.74	46:44	52.00	34:38	51.60	45:56	54.27	4
208	163.88	1319	Rob Clarke	Knaresborough Striders	M	40:43	82.09			29:21	81.79			2
209	163.47	825	Caroline Howe	Ilkley Harriers	F V35	47:53	51.30	46:26	54.50	35:02	49.61	45:29	57.67	4
210	163.24	1308	Tim Tunnard	Wetherby Runners	M V45			39:35	83.00	29:42	80.24			2
211	162.86	1085	Michael Hall	Ripon Runners	M V50	39:56	85.51			30:16	77.35			2
212	162.40	940	Richard Taylor	Nidd Valley Road Runners	M V40	47:58	50.70	47:31	46.25	34:20	54.27	45:32	57.43	4
213	162.18	1195	David Fawkes	Thirsk and Sowerby Harriers	M	41:04	80.68	40:01	81.50					2
214	162.01	908	Phil Robinson	Nidd Valley Road Runners	M V50	47:30	53.51	46:36	53.50	34:43	50.94	45:48	55.00	4
215	161.83	906	Ian McLeod	Nidd Valley Road Runners	M V60	46:49	56.53	46:43	52.25	34:51	50.05	45:59	53.05	4
216	160.69	770	Pete Bryant	Dragons-Aire	M V50	49:21	46.27	45:53	57.00	35:12	48.94	45:54	54.75	4
217	160.67	243	Stephen Nesbitt	Harrogate Harriers	M V45	46:24	58.95	47:00	51.00	34:45	50.72			3
218	159.17	1130	Ben Davies	Skipton AC	M	41:18	79.67	40:25	79.50					2
219	159.17	1126	David Gorman	Skipton AC	M V55	47:51	51.70	46:53	51.50	34:41	51.38	45:40	55.97	4
220	158.92	912	Paul Manning	Nidd Valley Road Runners	M V45	47:28	53.71	47:35	46.00	34:27	53.38	46:16	51.83	4
221	158.66	848	Tom Worboys	Ilkley Harriers	M	41:07	80.07					41:08	78.59	2
222	158.65	1342	Emma Dooley	Nidd Valley Road Runners	F V40	48:09	50.09	48:41	41.75	34:22	54.05	45:55	54.51	4
223	158.51	1309	Simon Chandler	Wetherby Runners	M			41:05	77.00			40:31	81.51	2
224	158.35	1038	Dave Ritson	Ripon Runners	M V45	48:48	47.68	47:18	47.50	34:35	52.27	45:08	58.40	4
225	158.02	1006	Michael Pickard	Otley AC	M V50	47:35	52.91			35:06	49.39	45:41	55.72	3
226	158.01	838	David Ibbotson	Ilkley Harriers	M V55	47:32	53.31			34:25	53.60	46:34	51.10	3
227	156.76	1047	Phil Chatterton	Ripon Runners	M V50	47:45	51.90	46:33	54.00			46:37	50.86	3
228	156.69	865	Dave Halliday	Knaresborough Striders	M V50	46:36	57.94	47:06	50.25	35:15	48.50			3

	Best 3 race points	Race # (original if replaced)			Class	Race 1		Race 2		Race 3		Race 4		Races	
						Harrogate Harriers		Dragons/Aire		Wetherby		Knaresborough			
						T	P	T	P	T	P	T	P		
229	156.65	1144	Mark Desgranges	Skipton AC	M	48:21	49.69	47:01	50.75	35:32	46.94	45:37	56.21	4	
230	156.50	842	Michael Duffield	Ilkley Harriers	M	V45	42:27	75.25	40:03	81.25				2	
231	156.19	1114	Jill Holt	Ripon Runners	F	V45	47:22	54.72	45:53	56.75	36:03	44.72		3	
232	155.39	988	Nicola Lee	Otley AC	F	V35			47:26	46.50	34:07	55.60	45:59	53.29	3
233	155.38	167	Sam Nelson	Harrogate Harriers	F		42:17	76.25			30:05	79.13		2	
234	155.09	1251	Chris Laycock	Vocalink Running Club	M	V50	40:23	83.29			31:19	71.80		2	
235	154.96	979	John Armitstead	Otley AC	M	V55					30:45	74.91	40:45	80.05	2
236	154.27	75	Sue Moul	Harrogate Harriers	F	V50	47:16	54.92	47:16	48.00			46:25	51.35	3
237	153.74	1117	Heather Glegg	Ripon Runners	F	V45	47:40	52.31	46:38	53.25			47:23	48.18	3
238	153.67	1346	Andrew Peagram	Nidd Valley Road Runners	M	V40	42:40	74.84					41:02	78.83	2
239	152.81	1278	Ann Dale	Wetherby Runners	F	V40	50:44	41.04	47:14	48.50			44:16	63.27	3
240	151.91	1320	Anthony Mulley	Knaresborough Striders	M				42:09	73.00	30:06	78.91			2
241	151.80	1211	Dave Baker	Thirsk and Sowerby Harriers	M		48:36	48.89	46:34	53.75	35:09	49.16	47:11	48.67	4
242	151.76	816	Rebecca Streets	Dragons-Aire	F		42:10	77.26	41:35	74.50					2
243	150.22	931	Carol Morgan	Nidd Valley Road Runners	F	V40			40:24	79.75	31:30	70.47			2
244	150.06	1137	Hilary Seward	Skipton AC	F	V50	48:32	49.29	48:04	44.50	34:04	56.27			3
245	149.91	748	Steve Bowyer	Harrogate Harriers	M	V50	48:06	50.29	47:10	49.00	35:55	45.39	46:37	50.62	4
246	149.91	858	Mark Armstrong	Nidd Valley Road Runners	M	V50			47:06	50.00	34:48	50.27	46:59	49.64	3
247	149.60	1385	James Stuart-Mills	Ripon Runners	M	V45			46:09	56.00	35:59	45.17	47:20	48.43	3
248	149.55	887	Phillip Cornforth	Knaresborough Striders	M	V45			41:25	75.75	30:55	73.80			2
249	148.88	915	Rachel Hebblewhite	Nidd Valley Road Runners	F	V35	48:47	48.08			35:13	48.72	46:15	52.08	3
250	148.53	1260	Chris Slater	Vocalink Running Club	M		43:23	71.62			30:18	76.91			2
251	148.33	1286	Alex Matthewson	Wetherby Runners	M		43:09	72.83	41:26	75.50					2
252	147.29	1044	Simon McCudden	Ripon Runners	M	V55	49:13	46.67	47:07	49.75	35:28	47.17	46:38	50.37	4
253	146.16	827	Jean Sullivan	Ilkley Harriers	F	V45	48:39	48.48			35:16	48.28	47:00	49.40	3
254	146.00	1295	Nick Wallhead	Wetherby Runners	M						31:14	72.03	41:56	73.97	2
255	145.18	1228	Rob Lickley	Thirsk and Sowerby Harriers	M	V40	43:12	72.43	42:12	72.75					2
256	144.95	1053	Jane Grundy	Ripon Runners	F		48:31	49.49	48:25	42.75	34:30	52.71			3
257	144.71	793	Sarah Bell	Dragons-Aire	F				49:50	37.75	34:29	52.94	45:58	54.02	3
258	144.36	1202	Sonja Van Der Westhuizen	Thirsk and Sowerby Harriers	F	V50			49:00	40.75	34:57	49.83	45:58	53.78	3
259	144.29	820	Paul Grindley	Dragons-Aire	M	V50	45:24	63.37	45:01	61.50	40:54	19.42			3
260	144.06	1391	Mark Brooks	Ripon Runners	M	V40	48:58	47.07	49:05	40.25	35:18	47.83	47:03	49.16	4
261	143.50	841	Geoffrey White	Ilkley Harriers	M		49:46	44.66	47:20	47.25	36:25	42.95	46:20	51.59	4
262	143.46	932	Simon Franklin	Nidd Valley Road Runners	M	V50					31:04	73.14	42:50	70.32	2
263	143.26	1083	Tony White	Ripon Runners	M	V60	42:56	73.43					42:58	69.83	2
264	143.05	164	Wendy Marks	Harrogate Harriers	F	V45					31:32	69.81	42:06	73.24	2
265	142.82	879	Gareth Conkleton	Knaresborough Striders	M	V40*	43:31	70.82	42:25	72.00					2
266	142.74	1155	Catherine Ostler	Harrogate Harriers	F	V50	42:46	74.04			31:45	68.70			2

	Best 3 race points	Race # (original if replaced)			Class	Race 1		Race 2		Race 3		Race 4		Races
						Harrogate Harriers		Dragons/Aire		Wetherby		Knaresborough		
						T	P	T	P	T	P	T	P	
267	142.43	783	Paul Tomlinson	Dragons-Aire	M V45	49:22	46.07	47:11	48.75	35:21	47.61			3
268	142.15	1107	Andy Turner	Ripon Runners	M V55	43:03	73.23			31:38	68.92			2
269	142.11	747	Peter Edwards	Harrogate Harriers	M V55	50:22	42.85			34:37	52.05	47:39	47.21	3
270	141.59	1147	Russell Burgess	Skipton AC	M V50	48:35	49.09			35:38	46.50	47:54	46.00	3
271	141.50	1353	Suzanne Rickard	Ripon Runners	F V45	49:27	45.87	48:26	42.50	35:33	46.72	47:08	48.91	4
272	141.06	891	Seema Lowery	Knaresborough Striders	F V40	44:12	68.81			31:14	72.25			2
273	140.49	904	Dave Seaman	Nidd Valley Road Runners	M V70	47:59	50.50	48:16	43.75			47:52	46.24	3
274	140.29	964	Ian Broadbent	Otley AC	M V45	47:08	55.73			34:29	53.16	51:16	31.40	3
275	140.11	1129	Hazel Ives	Skipton AC	F V55	49:35	45.06	47:21	47.00	35:17	48.05			3
276	140.10	501	Steve Firbank	Harrogate Harriers	M V45	50:01	43.85	47:03	50.50			47:55	45.75	3
277	139.76	1384	Oliver Scott	Ripon Runners	M U16	47:54	51.10	49:23	39.25	35:49	45.83	48:51	42.83	4
278	139.10	1280	Gill Edmonson	Wetherby Runners	F V40	44:22	67.60	42:31	71.50					2
279	138.99	1257	Beth Littlewood	Vocalink Running Club	F	48:48	47.88	47:47	45.50	35:51	45.61			3
280	138.41	173	James Wall	Harrogate Harriers	M V45					32:09	67.36	42:47	71.05	2
281	138.40	1279	Robert Driver	Wetherby Runners	M	44:16	68.40	43:02	70.00					2
282	136.61	135	Helen Price	Harrogate Harriers	F V45	44:01	69.21					43:22	67.40	2
283	135.07	917	Ben Baird	Nidd Valley Road Runners	M					32:40	64.26	42:47	70.81	2
284	133.64	1009	Caron Ralph	Otley AC	F V45	49:31	45.26			35:41	46.28	48:58	42.10	3
285	133.48	181	Jaclyn Artist	Harrogate Harriers	F	45:14	64.98	43:13	68.50					2
286	133.46	1074	Tim Joynson	Ripon Runners	M V55	49:29	45.67	48:18	43.25	38:13	32.07	48:03	44.54	4
287	133.21	1233	Fran Jeffery	Thirsk and Sowerby Harriers	F V35	48:37	48.68	48:07	44.25	36:57	40.28			3
288	133.09	1332	Christine Holleran	Nidd Valley Road Runners	F V50			48:23	43.00	36:17	43.61	47:49	46.48	3
289	132.97	1045	Helen Hall	Ripon Runners	F V45	50:36	41.64			36:19	43.39	47:25	47.94	3
290	132.56	786	Graham Burns	Dragons-Aire	M	51:25	37.62	47:43	45.75	37:10	39.84	47:42	46.97	4
291	132.51	282	Eve Hawkins	Harrogate Harriers	F V35	50:10	43.45	48:47	41.50	36:09	44.28	48:02	44.78	4
292	131.70	746	Alex Macey	Harrogate Harriers	M V50					32:43	63.81	43:20	67.89	2
293	130.95	754	Dan Oxtoby	Harrogate Harriers	M V45			43:54	65.50			43:44	65.45	2
294	130.60	1136	Antony Radley	Skipton AC	M V50	50:35	41.84			36:01	44.95	48:33	43.81	3
295	130.15	974	Chris Brunold	Otley AC	F V50	50:30	42.04			36:11	44.06	48:26	44.05	3
296	130.09	1250	Andrew Tattersall	Vocalink Running Club	M V50	49:31	45.46	48:18	43.50	37:41	36.29	49:14	41.13	4
297	129.57	885	Conrad Garcia	Knaresborough Striders	M V50	45:33	62.57	43:40	67.00					2
298	127.86	1140	Joel Dalby	Skipton AC	M V40	45:45	61.36	43:46	66.50					2
299	126.95	909	Sarah Hughan	Nidd Valley Road Runners	F V35	50:13	43.25	52:39	26.50	36:40	41.84	49:01	41.86	4
300	125.72	956	Carl Walsh	Otley AC	M V55	51:49	36.21	48:10	44.00			47:56	45.51	3
301	123.82	195	Donald Morgan	Harrogate Harriers	M V50	45:41	61.56			32:54	62.26			2
302	122.95	930	Emma David	Nidd Valley Road Runners	F V40			49:31	38.75	38:03	34.07	46:46	50.13	3
303	122.25	577	J. Dan Simmons	Harrogate Harriers	M V55	46:05	59.75	44:29	62.50					2
304	121.73	1377	Aly Iles	Nidd Valley Road Runners	F V40	50:45	40.84			36:51	40.73	49:22	40.16	3

Final Rankings

	Best 3 race points	Race # (original if replaced)			Class	Race 1		Race 2		Race 3		Race 4		Races
						Harrogate Harriers		Dragons/Aire		Wetherby		Knaresborough		
						T	P	T	P	T	P	T	P	
305	121.49	1387	Steve Grange	Ripon Runners	M V50	52:14	34.20	50:08	36.25	36:49	40.95	48:20	44.29	4
306	121.16	233	Neil Hindmarch	Harrogate Harriers	M V55	50:41	41.24	49:58	36.75	36:23	43.17			3
307	120.95	1032	Paula Prentis	Harrogate Harriers	F V55			49:43	38.25	36:38	42.06	49:20	40.64	3
308	120.93	949	Andrew Rayner	Otley AC	M V50	49:07	46.87	50:09	36.00	37:25	38.06			3
309	120.60	1132	Jeremy Lamb	Skipton AC	M	45:54	60.35	45:17	60.25					2
310	119.39	1240	Philip Craig	Thirsk and Sowerby Harriers	M	51:19	38.82	49:33	38.50	37:16	38.95	49:07	41.62	4
311	118.60	1357	Ray Johnstone	Ripon Runners	M V60			49:52	37.50	37:22	38.51	48:53	42.59	3
312	118.02	1034	Adam Ball	Vocalink Running Club	M V45			51:31	30.50	36:34	42.50	48:01	45.02	3
313	117.43	1098	Lesley Willoughby	Ripon Runners	F V45	50:28	42.25	50:15	35.75			49:37	39.43	3
314	117.38	776	Steve Clayson	Dragons-Aire	M	50:17	43.05			38:11	32.96	49:11	41.37	3
315	117.30	1358	Stuart Pender	Ripon Runners	M V50	45:55	60.15			33:44	57.15			2
316	117.08	1254	Nick Wagstaff	Vocalink Running Club	M V45	46:54	56.33	45:08	60.75					2
317	116.80	1339	Chris Beattie	Nidd Valley Road Runners	M V60	46:11	59.55	45:50	57.25					2
318	116.39	1343	Fiona Deacon	Nidd Valley Road Runners	F V50	46:46	57.14	45:22	59.25					2
319	116.34	686	Rob Athey	Harrogate Harriers	M V40	46:33	58.34	45:33	58.00					2
320	115.08	952	Colin Best	Otley AC	M V60			49:27	39.00	36:31	42.73	50:53	33.35	3
321	114.62	973	Gilly Wright	Otley AC	F	56:12	20.51			35:26	47.39	47:46	46.72	3
322	114.47	808	Michael Jarvis	Dragons-Aire	M V45	51:21	37.82	50:48	33.00	37:15	39.17	49:51	37.48	4
323	114.39	944	Phil Ventress	Nidd Valley Road Runners	M V40*	46:19	59.15					45:48	55.24	2
324	113.65	946	Marcos Montana	Nidd Valley Road Runners	M	51:10	39.63	49:45	38.00			50:15	36.02	3
325	113.24	1088	Angie Benson	Ripon Runners	F V50	51:52	36.01	49:03	40.50	37:38	36.73	51:18	30.91	4
326	112.01	1039	Andy Purl	Ripon Runners	M V45	51:42	36.81	50:06	36.50	38:56	27.85	49:46	38.70	4
327	111.87	991	Gill Park	Otley AC	F	51:55	35.40	50:27	35.25	37:42	36.07	49:22	40.40	4
328	110.95	757	Heather Taylor	Harrogate Harriers	F V55	52:40	32.39	50:28	35.00			48:38	43.56	3
329	110.94	1318	Niamh Falconer	Knaresborough Striders	F	47:14	55.12			34:06	55.82			2
330	110.28	958	Peter Gosling	Otley AC	M *	47:10	55.53	46:22	54.75					2
331	109.59	1066	Kim Holden	Ripon Runners	F V55	52:22	33.59	50:32	34.50	37:48	35.18	49:24	39.91	4
332	109.49	1089	Martin Whipp	Ripon Runners	F V40	51:21	38.22			37:34	36.95	50:28	34.32	3
333	109.25	1375	Anne Cheeseman	Ripon Runners	F V55	51:20	38.62	52:21	28.00	38:22	30.96	49:28	39.67	4
334	109.15	993	Liz Fawcett	Otley AC	F V45	52:56	31.18	49:12	40.00			49:51	37.97	3
335	108.40	955	Daniel Mundet	Otley AC	M V40	51:56	35.20	50:30	34.75			49:48	38.45	3
336	108.31	1070	John Skinner	Ripon Runners	M V50	54:54	25.34			39:22	26.52	45:37	56.45	3
337	108.10	743	Liz Sandell	Harrogate Harriers	F	49:56	44.26			37:43	35.84	51:54	28.00	3
338	107.97	1161	Richard Soper	Swaledale Runners	M V55			50:19	35.50	37:32	37.18	50:20	35.29	3
339	107.94	1101	Sarah Hood	Ripon Runners	F V45	47:23	54.12			34:24	53.82			2
340	107.80	937	Michael Benson	Nidd Valley Road Runners	M	51:15	39.23			38:30	29.63	49:40	38.94	3
341	106.96	1297	Drew Ward	Wetherby Runners	M V60*	51:31	37.42	50:36	34.00	38:43	28.74	50:19	35.54	4
342	106.45	1090	Hayley Whipp	Ripon Runners	M V40	50:56	40.23			38:20	31.41	50:24	34.81	3

	Best 3 race points	Race # (original if replaced)			Class	Race 1		Race 2		Race 3		Race 4		Races
						Harrogate Harriers		Dragons/Aire		Wetherby		Knaresborough		
						T	P	T	P	T	P	T	P	
343	106.34	986	Ann Yeadon	Otley AC	F V45	53:27	29.77	49:55	37.00	38:03	34.29	50:22	35.05	4
344	105.98	771	Glyn Smyth	Dragons-Aire	M V55	52:03	34.80			37:47	35.40	50:18	35.78	3
345	105.18	1125	Angela Dowbiggin	Skipton AC	F V45			50:59	32.50	37:51	34.96	49:51	37.72	3
346	104.64	1109	Phil Moores	Ripon Runners	M V45					34:37	51.83	46:02	52.81	2
347	104.42	850	Mary Gibbons	Ilkley Harriers	F	47:43	52.10					46:08	52.32	2
348	104.34	1329	Moira McTague	Nidd Valley Road Runners	F V55	51:38	37.01	50:43	33.50	38:45	28.52	50:34	33.83	4
349	103.45	840	Paul Sugden	Ilkley Harriers	M V55	52:52	31.58	51:04	32.25	37:10	39.62	52:09	26.78	4
350	102.88	935	Stephen Newton	Nidd Valley Road Runners	M V45	51:48	36.41			38:04	33.85	50:56	32.62	3
351	102.53	934	Alex Crowton	Nidd Valley Road Runners	M	48:57	47.28	46:15	55.25					2
352	101.97	804	Graham Turner	Dragons-Aire	M V40	49:16	46.47	46:11	55.50					2
353	101.69	782	Sarah Tomlinson	Dragons-Aire	F V45	50:47	40.64			37:59	34.51	52:12	26.54	3
354	99.67	774	Jan Davies	Dragons-Aire	F V50	52:26	33.39			38:09	33.18	50:55	33.10	3
355	98.18	249	Zeynu Bedru	Harrogate Harriers	M	35:38	98.18							1
356	98.03	1248	Luke Fitzgerald	Vocalink Running Club	M V45			46:10	55.75	36:34	42.28			2
357	97.65	1237	Andy Butcher	Thirsk and Sowerby Harriers	M V50	51:21	38.02	51:05	32.00	39:06	27.63	52:14	26.29	4
358	97.08	755	Phil Rogers	Harrogate Harriers	M							35:34	97.08	1
359	96.25	875	Derek Calvert	Knaresborough Striders	M V55	47:52	51.50	47:55	44.75					2
360	96.09	244	Richard Burton	Harrogate Harriers	M V55	51:53	35.81	51:54	29.25	38:28	29.85	51:26	30.43	4
361	96.08	967	Jackie Ackrord	Otley AC	F V60			51:13	31.25	38:52	28.08	50:03	36.75	3
362	96.00	791	Robin Outtersides	Otley AC	M					26:23	96.00			1
363	95.96	778	Gill Brown	Dragons-Aire	F V35	51:47	36.61			38:31	29.41	51:29	29.94	3
364	95.70	959	Laura Hind	Otley AC	F V35	52:41	32.18	52:23	27.75	38:19	31.63	51:02	31.89	4
365	95.43	968	Philip Robinson	Otley AC	M V70	53:00	30.78	52:29	27.25	38:13	32.52	50:59	32.13	4
366	95.09	818	Margaret Britton	Dragons-Aire	F V60	52:47	31.98			38:23	30.74	50:57	32.37	3
367	94.96	1056	Alex Fawcett	Ripon Runners	M V50	37:25	94.96							1
368	94.89	119	Alan Couldwell	Harrogate Harriers	M V60			47:49	45.00			46:49	49.89	2
369	94.45	237	Josh Fuller	Harrogate Harriers	M					26:54	94.45			1
370	94.16	1141	Patrick Wardle	Skipton AC	M	37:45	94.16							1
371	94.12	1173	Zoe Mackay	Swaledale Runners	F V40	52:08	34.60	51:57	29.00	38:24	30.52			3
372	93.76	972	Julian Mawson	Otley AC	M V45	37:48	93.76							1
373	91.96	1374	Chris Brown	Ripon Runners	M V70			51:40	30.25	38:27	30.07	51:03	31.64	3
374	91.75	186	Robert Smith	Harrogate Harriers	M	38:07	91.75							1
375	90.25	1065	Mick Meegan	Ripon Runners	M			37:38	90.25					1
376	89.78	236	Craig Barstow	Harrogate Harriers	M V50							38:11	89.78	1
377	89.45	503	Emma Amos	Harrogate Harriers	F V35			48:31	42.00			47:38	47.45	2
378	89.17	171	Adrian Murfitt	Harrogate Harriers	M V40	48:46	48.28					49:19	40.89	2
379	89.12	1072	Lena Conlin	Ripon Runners	F V50	51:20	38.42	57:21	13.75	38:48	28.30	53:24	22.40	4
380	88.93	356	Lorraine Mitchell	Harrogate Harriers	F V40	38:57	88.93							1

	Best 3 race points	Race # (original if replaced)			Class	Race 1		Race 2		Race 3		Race 4		Races
						Harrogate Harriers		Dragons/Aire		Wetherby		Knaresborough		
						T	P	T	P	T	P	T	P	
381	88.71	1341	Christine Jones	Nidd Valley Road Runners	F V50	50:23	42.65			35:47	46.06			2
382	88.35	817	Rhona Neilson	Dragons-Aire	F V40	52:38	32.59	55:21	19.25			50:11	36.51	3
383	88.12	1150	Matt Rickard	Nidd Valley Road Runners	M V40	39:16	88.12							1
384	87.56	1172	Gavin Longley	Wetherby Runners						28:26	87.56			1
385	86.71	1274	Helen Buglass	Wetherby Runners	F V45	50:40	41.44					48:00	45.27	2
386	86.71	1018	Rosie Adams	Richmond & Zetland Harriers	F	39:40	86.71							1
387	86.25	829	Steve Murray	Ilkley Harriers	M V45			38:59	86.25					1
388	85.77	876	Claire Killingworth	Knaresborough Striders	F	53:50	28.56	52:11	28.25	38:36	28.96			3
389	85.31	1025	David Hack	Richmond & Zetland Harriers	M V40	39:57	85.31							1
390	85.06	926	Catherine Barber	Nidd Valley Road Runners	F	51:15	39.03	51:51	29.50	41:32	16.53			3
391	84.56	913	Debbie Gibson	Nidd Valley Road Runners	F V50	54:44	25.95	52:39	26.75	38:26	30.30	51:56	27.51	4
392	84.25	833	Alison Bennett	Ilkley Harriers	F V55					36:49	41.17	48:43	43.08	2
393	84.12	1259	Neil Warr	Vocalink Running Club	M V40	53:45	28.96	53:14	25.75	39:13	27.41	51:55	27.75	4
394	84.10	1120	Paul Walker	Ripon Runners	M V45	40:12	84.10							1
395	83.86	954	Joanna Hobson	Otley AC	F V55	54:03	28.16	52:45	26.25	39:33	25.19	51:42	29.45	4
396	83.38	190	Russell Gregory	Harrogate Harriers	M V60					37:08	40.06	48:43	43.32	2
397	83.35	563	Martin Shaw	Harrogate Harriers	M V45					29:10	83.35			1
398	83.21	1183	David Jelly	Ripon Runners	M V60							40:13	83.21	1
399	82.68	1176	Tom Brothwell	Wetherby Runners	M					29:14	82.68			1
400	82.14	788	Carolyn Park	Dragons-Aire	F V40	53:42	29.17			40:19	22.30	51:23	30.67	3
401	81.68	866	Dan Wilson	Knaresborough Striders	M	40:52	81.68							1
402	81.52	198	Matthew Lucock	Harrogate Harriers	M	54:10	27.76			40:58	19.20	50:26	34.56	3
403	80.32	1226	Geoff Bullock	Thirsk and Sowerby Harriers	M V70	55:06	24.34	52:28	27.50			51:51	28.48	3
404	79.61	1340	Rachel Prince	Nidd Valley Road Runners	F V40	53:29	29.37	54:36	21.75	39:32	25.41	52:39	24.83	4
405	79.04	1058	David Whitehouse	Ripon Runners	M	53:25	29.97			40:47	19.86	51:45	29.21	3
406	79.01	1097	Jack Hernandez	Ripon Runners	M	51:00	39.83					49:37	39.18	2
407	78.48	1231	Marc Davies	Thirsk and Sowerby Harriers	M V50			49:15	39.75	37:16	38.73			2
408	78.26	95	Ian Cooper	Harrogate Harriers	M V40	41:42	78.26							1
409	77.86	1148	Richard Annable	Skipton AC	M V55	42:03	77.86							1
410	77.84	1234	Jill Libby	Thirsk and Sowerby Harriers	F V55	55:52	22.12	52:36	27.00	41:18	17.64	51:49	28.72	4
411	77.66	1313	Ian Legg	Wetherby Runners	M V50	42:06	77.66							1
412	77.03	1264	Adrian Cobbin	Vocalink Running Club	M V40	59:17	11.66	51:47	29.75	37:46	35.62			3
413	76.68	765	Tim Bennett	Harrogate Harriers	M V50	51:15	39.43	49:52	37.25					2
414	76.50	99	Sarah Beecher	Harrogate Harriers	F V50					37:25	38.29	49:50	38.21	2
415	76.05	242	Angus Morgan	Harrogate Harriers	M	42:19	76.05							1
416	75.62	1392	Catherine Leonard	Ripon Runners	F V50	52:49	31.78			36:14	43.84			2
417	75.21	1086	Jackie Scott	Ripon Runners	F V40	54:29	26.75	54:55	20.75	40:32	21.19	52:00	27.27	4
418	75.13	1399	Emily Legg	Wetherby Runners	F					30:45	75.13			1

	Best 3 race points	Race # (original if replaced)			Class	Race 1		Race 2		Race 3		Race 4		Races
						Harrogate Harriers		Dragons/Aire		Wetherby		Knaresborough		
						T	P	T	P	T	P	T	P	
419	74.30	1261	Louise Jennings	Vocalink Running Club	F V45	57:04	18.30	53:31	24.75	40:14	22.53	52:00	27.02	4
420	74.21	1218	Nigel Morgan	Thirsk and Sowerby Harriers	M V55	54:57	24.74	53:34	24.50	39:35	24.97			3
421	74.19	1330	Catrin Harrap	Nidd Valley Road Runners	F	52:30	33.19	48:58	41.00					2
422	74.10	180	Melanie Rice	Harrogate Harriers	F V40					36:53	40.51	50:50	33.59	2
423	74.10	801	Carole Keighley	Dragons-Aire	F V55	54:12	27.56	56:35	15.25	40:11	23.41	53:09	23.13	4
424	73.75	981	Ericks Zvaigzne	Otley AC	M V60					37:39	36.51	49:52	37.24	2
425	73.58	790	Steven Boddy	Otley AC	M					30:57	73.58			1
426	73.40	966	Urslula Mcgouran	Otley AC	F V55	52:18	34.00			37:12	39.40			2
427	72.50	1220	Nicola Booth	Thirsk and Sowerby Harriers	F V50			53:54	23.75	39:31	25.86	53:11	22.89	3
428	72.44	1042	Fiona Alder	Ripon Runners	F V60	54:00	28.36	55:14	20.00	39:58	24.08	55:14	17.54	4
429	72.24	960	John Davis	Otley AC	M V50			49:18	39.50	38:12	32.74			2
430	71.84	1350	Kate Maybury	Nidd Valley Road Runners	F V35	55:41	22.73	53:17	25.25	41:09	18.09	52:54	23.86	4
431	71.40	1057	Sarah Whitaker	Ripon Runners	F V35	55:28	23.33	54:07	22.75	40:38	20.53	52:34	25.32	4
432	71.13	857	David Tervitt	Thirsk and Sowerby Harriers	M V45			57:29	13.00	39:18	26.97	51:17	31.16	3
433	71.09	888	Anna Cornforth	Knaresborough Striders	F			50:47	33.25	37:27	37.84			2
434	71.00	1177	Debra Jenkins	Nidd Valley Road Runners	F V55					37:52	34.73	50:15	36.27	2
435	70.93	978	Carol Armitstead	Otley AC	F V55	55:44	22.53			39:48	24.30	52:52	24.10	3
436	70.71	769	Nicky Stevenson	Dragons-Aire	F V40	54:18	27.35			40:08	23.64	54:42	19.72	3
437	70.39	780	Leah Forey	Dragons-Aire	F U18	57:57	14.88	53:24	25.00	40:13	22.75	53:18	22.64	4
438	69.59	1235	Mike Lowther	Thirsk and Sowerby Harriers	M V50							43:02	69.59	1
439	69.00	1345	Hannah Peagram	Nidd Valley Road Runners	F V40	51:54	35.60			38:08	33.40			2
440	68.87	1364	Beth Constantine	Ripon Runners	F U18	56:04	21.12	54:04	23.00	39:38	24.75			3
441	67.75	1304	Pete Cooper	Wetherby Runners	M V45			51:18	30.75			49:58	37.00	2
442	67.36	1041	Katy Bell	Ripon Runners	F V35	54:56	24.94	56:12	16.75	40:38	20.75	53:47	21.67	4
443	66.93	845	Diane Kitchen	Ilkley Harriers	F V55	55:14	24.14			41:24	16.98	52:30	25.81	3
444	66.69	984	Charlotte Boardman	Otley AC	F	52:13	34.40			38:13	32.29			2
445	66.33	1135	Kathryn Radley	Skipton AC	F V45	50:58	40.03			39:25	26.30			2
446	66.18	1113	Colm O'Cofaigh	Ripon Runners	M V45							43:38	66.18	1
447	66.01	901	Jeff Walker	Nidd Valley Road Runners	M V50	56:01	21.32	54:37	21.50	40:12	23.19	57:08	12.91	4
448	65.56	898	Nick Smith	Nidd Valley Road Runners	M V55	55:53	21.92	54:35	22.00	40:29	21.64	55:48	16.08	4
449	64.78	1022	Lucy Goundry	Richmond & Zetland Harriers	F V40	45:14	64.78							1
450	64.74	1005	Ged Peacock	Otley AC	M V60	52:34	32.99	51:05	31.75					2
451	64.72	1333	Debbie Hanslip	Nidd Valley Road Runners	F V45	55:27	23.53	55:13	20.25	41:19	17.42	54:10	20.94	4
452	64.70	1395	David Allen	Ripon Runners	M V40					32:34	64.70			1
453	64.64	1255	Gio Fitzgerald	Vocalink Running Club	F V45	52:38	32.79			38:18	31.85			2
454	64.56	1381	Nadene Wilkinson	Nidd Valley Road Runners	F	57:48	15.48	53:42	24.00			52:36	25.08	3
455	64.25	811	Richard Hammond	Dragons-Aire	M			44:12	64.25					1
456	63.55	1062	Sarah Stanley	Ripon Runners	F V40	54:55	25.14	56:16	16.50	41:40	16.31	53:46	21.91	4

	Best 3 race points	Race # (original if replaced)			Class	Race 1		Race 2		Race 3		Race 4		Races	
						Harrogate Harriers		Dragons/Aire		Wetherby		Knaresborough			
						T	P	T	P	T	P	T	P		
457	63.17	1270	Nina Batt	Wetherby Runners	F	45:25	63.17							1	
458	62.97	1291	Samantha Parker	Wetherby Runners	F	V50	56:00	21.52	54:40	21.00		54:25	20.45	3	
459	62.86	1303	Neil Berry	Wetherby Runners	M	V40			51:45	30.00		50:56	32.86	2	
460	62.78	1188	Andrew Harker	Ripon Runners	M	V55						44:21	62.78	1	
461	61.04	1223	Heather Bell	Thirsk and Sowerby Harriers	F	V55			54:39	21.25	40:39	20.31	54:43	19.48	3
462	60.71	916	Jenny Manning	Nidd Valley Road Runners	F	V45	51:33	37.21	53:55	23.50				2	
463	60.50	682	Georgina Townsend	Harrogate Harriers	F		51:59	35.00	53:17	25.50				2	
464	60.50	853	Alex Robinson	Nidd Valley Road Runners	M	U18			45:10	60.50				1	
465	60.04	1192	Martyn Coy	Thirsk and Sowerby Harriers	M	V45					33:09	60.04		1	
466	59.42	1063	Stan Appleton	Ripon Runners	M	V65					38:21	31.18	51:54	28.24	2
467	59.37	760	Angela Barker-Charleton	Harrogate Harriers	F	V45					38:32	29.19	51:28	30.18	2
468	59.37	764	Dave Askew	Harrogate Harriers	M	V55							44:51	59.37	1
469	59.37	1033	Caroline Oldfield	Harrogate Harriers	F						33:23	59.37		1	
470	58.33	1242	Liz Robertshaw	Vocalink Running Club	F	V40	56:59	18.50	55:15	19.75	40:42	20.08		3	
471	58.06	1243	Sarah Hart	Vocalink Running Club	F	V40	56:37	19.91	54:16	22.50	41:46	15.65		3	
472	57.51	969	Richard Hamer	Otley AC	M	V50	53:46	28.76	51:58	28.75				2	
473	57.33	1194	Chris Wordsworth	Thirsk and Sowerby Harriers	M	V40	55:22	23.73	55:43	18.50			56:18	15.10	3
474	57.18	1271	Richard Bell	Wetherby Runners	M	V50							45:32	57.18	1
475	56.93	843	Philip Hirst	Ilkley Harriers	M	V60	46:47	56.93						1	
476	56.89	777	Louise Johnson	Dragons-Aire	F	V35					39:14	27.19	51:32	29.70	2
477	56.76	839	Emily Elmes	Ilkley Harriers	F	U16	63:35	5.42			44:48	8.99	48:56	42.35	3
478	56.73	681	Rebecca Pearey	Harrogate Harriers	F		46:48	56.73						1	
479	56.70	1256	James Eaglen	Vocalink Running Club	M								45:36	56.70	1
480	55.93	1151	Ruth Wickens	Harrogate Harriers	F	V40	46:55	55.93						1	
481	55.37	1388	Dan Ross	Ripon Runners	M		56:44	19.31	56:53	14.25	41:40	16.09	54:39	19.97	4
482	55.07	1238	Alison Butcher	Thirsk and Sowerby Harriers	F	V50	56:38	19.71	56:01	17.50	41:18	17.86	55:27	16.56	4
483	54.70	976	Rob Fearnley	Otley AC	M		57:18	17.90			42:58	13.43	53:03	23.37	3
484	53.82	1246	Alex Whapples	Vocalink Running Club	F	V45	53:29	29.57	53:39	24.25				2	
485	53.23	1093	Jane Goodwin	Ripon Runners	F	V45	59:34	11.06	55:51	18.25	41:19	17.20	55:09	17.78	4
486	52.80	805	Denis Callaghan	Dragons-Aire	M	V40	57:50	15.28	56:20	16.25	41:08	18.53	55:05	18.02	4
487	52.56	849	Peter Lewis	Ilkley Harriers	M	V65			50:34	34.25	41:09	18.31		2	
488	52.49	1263	Michael Barlow	Vocalink Running Club	M						34:33	52.49		1	
489	52.28	1069	Sue Skinner	Ripon Runners	F	V55	54:54	25.54			39:22	26.74		2	
490	51.78	884	Karensa Welsby	Knaresborough Striders	F	V50	54:43	26.15			39:31	25.63		2	
491	51.56	1354	Libby Rickard	Ripon Runners	F	U18			52:56	26.00			52:31	25.56	2
492	51.42	1164	Julia Spittle	Swaledale Runners	F	V60	56:20	20.11	56:52	14.50			55:24	16.81	3
493	49.89	1348	Simon Harris	Nidd Valley Road Runners	M	V45	48:12	49.89						1	
494	49.73	1227	Duncan Fothergill	Thirsk and Sowerby Harriers	M	V40	53:00	30.98	55:32	18.75				2	

	Best 3 race points	Race # (original if replaced)			Class	Race 1		Race 2		Race 3		Race 4		Races
						Harrogate Harriers		Dragons/Aire		Wetherby		Knaresborough		
						T	P	T	P	T	P	T	P	
495	49.67	1131	Emma Lacey	Skipton AC	F V45	53:23	30.17	55:17	19.50					2
496	49.61	1087	Alison Clarke	Ripon Runners	F V40	57:35	16.49			41:06	18.75	56:25	14.37	3
497	49.50	762	Clare Pinches	Harrogate Harriers	F V40			47:09	49.50					1
498	49.29	768	Richard Wysocki	Dragons-Aire	M V55	56:11	20.92			43:13	12.54	56:00	15.83	3
499	48.90	1190	Peter Richardson	Thirsk and Sowerby Harriers	M V55	77:43	1.20					47:33	47.70	2
500	48.88	360	Jane Rowbotham	Harrogate Harriers	F V55	57:34	16.69	60:37	8.00	41:45	15.87	55:39	16.32	4
501	48.87	1396	Kate Shaw	Ripon Runners	F V55					39:39	24.52	52:50	24.35	2
502	48.25	961	Madeleine Delucchi	Otley AC	F V60	56:15	20.31	56:33	16.00			57:46	11.94	3
503	47.76	882	Tony Everitt	Knaresborough Striders	M V50	57:25	17.70	56:33	15.75	42:23	14.31			3
504	47.75	1203	Alan Simpson	Thirsk and Sowerby Harriers	M V45			47:17	47.75					1
505	47.72	1078	Elizabeth Lister	Ripon Runners	F V45	55:30	23.13					52:43	24.59	2
506	47.14	1196	Sara Langstaff	Thirsk and Sowerby Harriers	F V55			56:06	17.25	42:14	14.54	56:09	15.35	3
507	46.13	1376	Linsey Fallow	Ripon Runners	F V40	52:53	31.38	56:49	14.75					2
508	45.59	794	Jo Miller	Dragons-Aire	F V35	54:33	26.35					54:44	19.24	2
509	45.25	1229	Helen Ashworth	Thirsk and Sowerby Harriers	F V50			47:47	45.25					1
510	45.18	861	Helen Baines	Swaledale Runners	F	55:37	22.93	54:20	22.25					2
511	45.15	953	Tom Hannah	Otley AC	M V65	57:07	18.10	57:27	13.25	42:44	13.65	57:04	13.40	4
512	44.95	1252	Rachel Liang	Vocalink Running Club	F	54:26	26.95	55:52	18.00					2
513	44.86	1010	Neil Reed	Otley AC	M V50	49:41	44.86							1
514	44.56	883	June Graham	Knaresborough Striders	F V55	59:02	12.67	58:01	12.25	40:52	19.64			3
515	44.50	1210	Steven Scott	Thirsk and Sowerby Harriers	M V45					36:04	44.50			1
516	44.46	1378	Helen Gregory	Nidd Valley Road Runners	F V40	49:50	44.46							1
517	44.12	855	Yvonne Skelton	Harrogate Harriers	F V60*			54:59	20.50			52:59	23.62	2
518	43.83	1262	Richard Gorman	Vocalink Running Club	M V40			55:59	17.75	39:26	26.08			2
519	43.80	772	Alene Davies	Dragons-Aire	F V50	55:59	21.72			40:20	22.08			2
520	43.77	1122	Janet Booth	Skipton AC	F V50	60:28	10.05	58:26	11.50	42:13	14.98	55:22	17.29	4
521	43.65	962	Mary Hampshire	Otley AC	F V45	50:03	43.65							1
522	43.57	767	Claire Featherstone	Dragons-Aire	F	58:04	14.48	56:47	15.00	42:26	14.09	56:41	13.89	4
523	43.13	1397	Aileen O'Kane	Ripon Runners	F V60					40:36	20.97	53:43	22.16	2
524	43.04	191	Juliette Gregory	Harrogate Harriers	F V55					40:25	21.86	53:57	21.18	2
525	42.93	1224	Craig Ivey	Thirsk and Sowerby Harriers	M	55:17	23.93	55:23	19.00					2
526	42.76	1048	Helen Pickard	Ripon Runners	F V60	57:55	15.08	56:34	15.50			57:32	12.18	3
527	42.60	488	Elissa Young	Harrogate Harriers	F	58:55	13.27			42:11	15.20	56:27	14.13	3
528	42.45	997	Carl Maughan	Otley AC	M V45	50:27	42.45							1
529	42.30	684	Jacqueline Flynn	Harrogate Harriers	F V50	57:29	17.29	60:32	8.25	41:28	16.76			3
530	42.13	1366	Kelly Dunkley	Ripon Runners	F V35					40:02	23.86	55:04	18.27	2
531	42.04	1157	Christine Sayer	Swaledale Runners	F V55	58:02	14.68	58:01	12.50	44:32	9.43	56:21	14.86	4
532	41.62	942	Rob Snow	Nidd Valley Road Runners	M V55					36:44	41.62			1

	Best 3 race points	Race # (original if replaced)			Class	Race 1		Race 2		Race 3		Race 4		Races
						Harrogate Harriers		Dragons/Aire		Wetherby		Knaresborough		
						T	P	T	P	T	P	T	P	
533	41.59	784	Helen Forey	Dragons-Aire	F V45	54:58	24.54					55:24	17.05	2
534	41.39	498	Tony Essex	Harrogate Harriers	M V65					36:46	41.39			1
535	41.29	1108	Jackie Turner	Ripon Runners	F V50	55:46	22.32			41:05	18.97			2
536	40.92	1372	Nicole Sutton	Ripon Runners	F V40	70:49	1.80			37:30	37.40	69:41	1.72	3
537	40.85	1159	Roger Brisley	Swaledale Runners	M V60	59:30	11.26	56:58	14.00			56:02	15.59	3
538	40.43	1245	Simon Sunley	Vocalink Running Club	M	50:51	40.43							1
539	40.32	894	Eric Morley	Knaresborough Striders	M V60	56:51	18.90			40:31	21.42			2
540	39.85	826	Donald MacRae	Ilkley Harriers	M V70	57:45	15.89			43:57	10.32	56:52	13.64	3
541	38.62	796	Colleen Gruenwald	Nidd Valley Road Runners	F V45	59:17	11.86	57:36	12.75	43:04	13.20	57:19	12.67	4
542	37.62	1160	Evan Jones	Swaledale Runners	M V50					37:29	37.62			1
543	36.47	1191	Faith Coy	Thirsk and Sowerby Harriers	F V40			57:23	13.50	40:13	22.97			2
544	36.12	1219	Steven Booth	Thirsk and Sowerby Harriers	M V50					41:50	15.42	54:15	20.70	2
545	35.47	977	Hannah Lupton	Otley AC	F V40	56:12	20.71			42:13	14.76			2
546	34.08	802	Faye Cameron	Dragons-Aire	F V40							50:32	34.08	1
547	33.79	1142	Laura Woodhead	Skipton AC	F	52:20	33.79							1
548	33.75	763	Allison Palmer	Harrogate Harriers	F V50			50:39	33.75					1
549	33.63	1163	Roy Ashman	Swaledale Runners	M V55*					38:07	33.63			1
550	33.06	1075	James Parkes	Ripon Runners	M	60:55	9.04	58:08	11.75	44:00	10.10	58:11	11.21	4
551	32.98	1193	Liz Wordsworth	Thirsk and Sowerby Harriers	F V45	58:55	13.47	59:32	10.00			59:10	9.51	3
552	32.85	1050	Karen Gilbert	Ripon Runners	F V60	60:09	10.65	59:05	10.75	44:41	9.21	57:55	11.45	4
553	32.75	1011	Dominic Egan	Otley AC	M V50			50:58	32.75					1
554	32.58	1030	Nicki Buckett	Richmond & Zetland Harriers	F V45	60:49	9.45			43:25	11.43	57:53	11.70	3
555	31.91	1338	Ewa Scott	Nidd Valley Road Runners	F V45	62:49	6.43			43:16	12.32	57:06	13.16	3
556	31.50	1189	Allan Pollock	Thirsk and Sowerby Harriers	M			51:12	31.50					1
557	31.37	918	Debbie Dilasser	Nidd Valley Road Runners	F V40	57:28	17.50			42:37	13.87			2
558	31.00	1139	Jan Smith	Skipton AC	F V50			51:16	31.00					1
559	30.57	1204	Malcolm Aitken	Thirsk and Sowerby Harriers	M V40	53:03	30.57							1
560	30.37	799	Lara Johnson	Wetherby Runners	F V35	53:14	30.37							1
561	30.07	847	Bernadette Gibbons	Ilkley Harriers	F V60	61:08	8.64	60:06	9.00	45:46	6.77	57:29	12.43	4
562	28.97	188	Paul Berwin	Harrogate Harriers	M V60							51:47	28.97	1
563	28.50	830	Hilda Coulsey	Ilkley Harriers	F V60			52:08	28.50					1
564	28.21	927	Michelle Smith	Nidd Valley Road Runners	F V45	60:32	9.85	61:21	7.00	45:12	7.88	58:29	10.48	4
565	27.96	980	Martin Gaskin	Otley AC	M V55	54:08	27.96							1
566	27.77	994	Hannah Birch	Otley AC	F V35	57:47	15.68			43:21	12.09			2
567	27.75	773	Andie Willbond	Dragons-Aire	F V70	62:03	7.43			43:11	12.76	60:49	7.56	3
568	27.25	1273	Andrea Bowen	Wetherby Runners	F V40	60:14	10.25	56:09	17.00					2
569	27.17	1162	Andrew Broadley	Swaledale Runners	M V55	60:33	9.65	60:21	8.50			59:36	9.02	3
570	27.15	1383	Lucy Smith	Ripon Runners	F V40	54:22	27.15							1

	Best 3 race points	Race # (original if replaced)			Class	Race 1		Race 2		Race 3		Race 4		Races
						Harrogate Harriers		Dragons/Aire		Wetherby		Knaresborough		
						T	P	T	P	T	P	T	P	
571	26.55	1241	Pat Kirby	Thirsk and Sowerby Harriers	F V65	54:30	26.55							1
572	26.05	1258	Dan Dickinson	Vocalink Running Club	M							52:17	26.05	1
573	25.87	920	Robert Hill	Nidd Valley Road Runners	M V70			58:27	11.25			56:23	14.62	2
574	25.75	683	Chris Carthern	Harrogate Harriers	M	54:47	25.75							1
575	25.44	874	Edna Wood	Knaresborough Striders	F V50	59:09	12.46			43:06	12.98			2
576	25.36	1328	Kirsty O'Donnell	Nidd Valley Road Runners	F	59:30	11.46	62:37	6.25	45:20	7.65			3
577	25.20	1363	Helen Cox	Ripon Runners	F V40	56:56	18.70	62:12	6.50					2
578	25.10	832	anna pickering	Ilkley Harriers	F	58:05	14.28			48:49	2.77	60:39	8.05	3
579	25.08	88	Colin Foster	Harrogate Harriers	M V55	62:23	7.23	63:41	5.00	45:09	8.10	58:58	9.75	4
580	24.88	881	Tracey Alison	Knaresborough Striders	F V50	58:48	13.67			43:28	11.21			2
581	24.85	1059	Caroline Bentham	Ripon Runners	F V50	58:36	13.87			43:37	10.98			2
582	24.52	1152	Julie Pratt	Ripon Runners	F V45	61:55	7.84	59:59	9.25	45:43	7.43			3
583	23.56	943	Melissa Clare	Nidd Valley Road Runners	F V40	60:04	10.85	64:19	4.50	46:28	5.88	60:58	6.83	4
584	23.54	1028	Jane Bond	Richmond & Zetland Harriers	F V45	61:16	8.44			45:56	6.32	59:45	8.78	3
585	23.25	502	Andrew Brown	Harrogate Harriers	M V55			53:57	23.25					1
586	23.06	1247	David Whapples	Vocalink Running Club	M V45	59:12	12.06	58:50	11.00					2
587	22.86	1225	Christine Burn	Thirsk and Sowerby Harriers	F V60			59:19	10.25	45:43	6.99	62:06	5.62	3
588	22.66	846	Vincent Gibbons	Ilkley Harriers	M V60	62:34	6.83	60:07	8.75	48:32	3.44	60:57	7.08	4
589	21.89	1367	Jessica Caven	Ripon Runners	F V45	61:30	8.04	60:48	7.75			61:50	6.10	3
590	21.43	902	Rebecca Ventress	Nidd Valley Road Runners	F V40							53:48	21.43	1
591	21.19	1389	Victoria Pang	Ripon Runners	F V35	59:01	12.87			45:06	8.32			2
592	20.54	1049	Lester Pickard	Ripon Runners	M V60			58:03	12.00			59:57	8.54	2
593	20.25	809	Amanda Connor	Dragons-Aire	F V40	64:30	4.62	63:43	4.75	45:43	7.21	60:29	8.29	4
594	20.10	989	Rebecca Keinhorst	Otley AC	F	60:11	10.45			44:25	9.65			2
595	19.51	1027	Pauline Whittaker	Richmond & Zetland Harriers	F V50	56:39	19.51							1
596	19.46	1379	Jane Hill	Nidd Valley Road Runners	F V40					43:22	11.65	60:44	7.81	2
597	19.12	779	Sarah Thompson	Dragons-Aire	F	60:52	9.25			44:13	9.87			2
598	19.10	1373	Michael Rosher	Ripon Runners	M V45*	56:47	19.10							1
599	19.00	1236	Tracey Lowther	Thirsk and Sowerby Harriers	F V40							54:45	19.00	1
600	18.75	1106	Kathryn Smith	Ripon Runners	F V40							54:58	18.75	1
601	18.74	1077	Chris Bennett	Ripon Runners	M V65	61:25	8.24	59:07	10.50					2
602	18.51	787	Charlotte Brown	Dragons-Aire	F							54:59	18.51	1
603	17.81	1112	Dawn Griffin	Ripon Runners	F V55					44:56	8.54	59:18	9.27	2
604	17.47	1015	Natasha Whitaker	Otley AC	F V40	64:13	5.02	62:44	6.00	46:15	6.10	62:10	5.37	4
605	17.29	1146	Emma YIU	Skipton AC	F V35			61:24	6.75	43:43	10.54			2
606	17.17	1294	James Upperton	Wetherby Runners	M	63:13	6.23			45:50	6.54	63:27	4.40	3
607	17.09	795	Clare Pierce	Dragons-Aire	F V60	57:31	17.09							1
608	16.89	1216	Rosie Gatenby	Thirsk and Sowerby Harriers	F V35	57:33	16.89							1

Final Rankings

	Best 3 race points	Race # (original if replaced)			Class	Race 1		Race 2		Race 3		Race 4		Races	
						Harrogate Harriers		Dragons/Aire		Wetherby		Knaresborough			
						T	P	T	P	T	P	T	P		
609	16.29	1371	Hanna Dutka	Ripon Runners	F	57:42	16.29							1	
610	16.09	1361	Mel Dutka	Ripon Runners	F	V55	57:43	16.09						1	
611	16.02	897	Sylvia Morten	Nidd Valley Road Runners	F	V55	64:40	4.01	64:24	4.00	46:36	5.66	61:37	6.35	4
612	15.98	1052	John Grundy	Ripon Runners	M	V70	63:50	5.22			43:42	10.76			2
613	14.48	899	Graham Hyde	Nidd Valley Road Runners	M	V40	64:36	4.21	63:24	5.50	47:10	4.77			3
614	14.38	1317	Julie Elmes	Knaresborough Striders	F	V45*	63:35	5.62			44:48	8.76			2
615	14.35	1281	Megan Hatfield	Wetherby Runners	F	V45	62:27	7.03					60:54	7.32	2
616	14.26	749	Tracy Iles	Harrogate Harriers	F	V35	64:29	4.82			48:01	4.55	62:57	4.89	3
617	14.07	1209	Trish Radford	Thirsk and Sowerby Harriers	F	V60	58:28	14.07							1
618	13.24	819	Linda Lofthouse	Dragons-Aire	F	V50	65:34	3.61	66:41	2.50	47:04	4.99	63:22	4.64	4
619	13.07	1012	Sean O'Halloran	Otley AC	M		58:58	13.07							1
620	12.90	945	Michelle Dinsdale	Nidd Valley Road Runners	F	V40	64:36	4.42	66:27	3.00	48:12	4.32	64:02	4.16	4
621	12.72	1060	Fiona Blaylock	Ripon Runners	F	V35	70:49	2.00					58:24	10.72	2
622	12.58	854	Catherine Lumb	Thirsk and Sowerby Harriers	F	V55			63:35	5.25	48:27	3.66	64:36	3.67	3
623	12.34	852	Fiona Robinson	Nidd Valley Road Runners	F	V50			62:46	5.75			61:01	6.59	2
624	12.26	834	Emma O'Looney	Ilkley Harriers	F	V45	59:10	12.26							1
625	11.89	836	Sally Wright	Ilkley Harriers	F	V55	63:20	6.03					62:00	5.86	2
626	11.87	1099	Julie Brown	Ripon Runners	F	V45					43:21	11.87			1
627	10.97	1199	Hannah Fletcher	Thirsk and Sowerby Harriers	F								58:19	10.97	1
628	10.24	1369	Ellie Dewar	Ripon Runners	F	V35							58:34	10.24	1
629	10.09	1213	Gillian Crane	Thirsk and Sowerby Harriers	F	V60*	66:09	3.41	64:44	3.50	50:11	2.55	65:47	3.18	4
630	10.00	1365	Sarah Cutmore	Ripon Runners	F	V40							58:40	10.00	1
631	9.75	1168	Karen Thompson	Swaledale Runners	F	V55			59:33	9.75					1
632	9.71	1370	Tammy Murray Kirkwood	Ripon Runners	F	V45	69:23	2.81			48:46	2.99	64:04	3.91	3
633	9.50	938	Tony Chapman	Nidd Valley Road Runners	M	V70			59:52	9.50					1
634	9.46	1201	Drikus Van Der Westhuizen	Thirsk and Sowerby Harriers	M				64:23	4.25	46:59	5.21			2
635	9.07	1310	Jo Rankin	Wetherby Runners	F	V40	63:32	5.82	65:43	3.25					2
636	8.84	1200	Linda Bamforth	Thirsk and Sowerby Harriers	F	V60	60:55	8.84							1
637	8.34	1239	Tracy Hayden	Thirsk and Sowerby Harriers	F	V50					48:40	3.21	62:43	5.13	2
638	7.64	995	Sarah Parker	Otley AC	F		61:59	7.64							1
639	7.56	1013	Debra Brown	Otley AC	F	V40	64:54	3.81	64:34	3.75					2
640	7.50	860	Selina Ingram	Dragons-Aire	F	V35			61:05	7.50					1
641	7.36	1073	Maggie Driffield	Ripon Runners	F	V60	70:16	2.40	66:39	2.75	51:47	1.66	67:49	2.21	4
642	7.25	859	Sophie Walker	Dragons-Aire	F				61:06	7.25					1
643	6.80	1004	Antonio Cardinale	Otley AC	M	V65	69:24	2.60	71:50	1.75	52:05	1.44	67:21	2.45	4
644	6.64	1095	Fiona Hernandez	Ripon Runners	F	V45	67:22	3.21					64:47	3.43	2
645	6.63	1102	Tony Carr	Ripon Runners	M	V50	62:40	6.63							1
646	5.95	1222	Ian Codling	Thirsk and Sowerby Harriers	M	V75	73:42	1.60	71:12	2.25	50:35	2.10	71:09	1.48	4

Final Rankings

	Best 3 race points	Race # (original if replaced)			Class	Race 1		Race 2		Race 3		Race 4		Races
						Harrogate Harriers		Dragons/Aire		Wetherby		Knaresborough		
						23-May-2017		1-Jun-2017		14-Jun-2017		20-Jun-2017		
					T	P	T	P	T	P	T	P		
647	5.58	1362	Karen Lennox	Ripon Runners	F V45			78:15	1.00	51:26	1.88	67:15	2.70	3
648	5.43	792	Andrea Stevenson	Dragons-Aire	F V50					46:50	5.43			1
649	4.17	1071	Linda Cadman	Ripon Runners	F V65	70:49	2.20					69:41	1.97	2
650	4.16	1368	Emily McIntosh	Ripon Runners	F					52:28	1.22	66:34	2.94	2
651	4.10	775	Alison Parker	Dragons-Aire	F V55					48:25	4.10			1
652	3.88	789	Anne Pearson	Dragons-Aire	F V50					48:25	3.88			1
653	3.01	1154	Abigail Bailey	Ilkley Harriers	F V35	68:15	3.01							1
654	3.00	1212	Marian Codling	Thirsk and Sowerby Harriers	F V75	79:03	1.00			56:11	1.00	78:52	1.00	3
655	2.74	1230	Liz Stephenson	Thirsk and Sowerby Harriers	F V35			72:06	1.50			71:57	1.24	2
656	2.65	1105	Christine Cooper	Ripon Runners	F V50	75:40	1.40	78:15	1.25					2
657	2.33	1080	Sarah Swinscoe	Ripon Runners	F V45					50:24	2.33			1
658	2.00	761	Rosalyn Moore	Harrogate Harriers	F V40			71:17	2.00					1
														1745