

HDSRL 2017 Race 4**Individual**

Posn	Time mm.ss	Race #	Name	F? Vet	Club	Points
1	31:34	1092	Ben Pease		Ripon Runners	100.00
2	31:41	1104	Reece Dalton		Ripon Runners	99.75
3	32:35	246	Andrew Grant	V45	Harrogate Harriers	99.51
4	33:06	1287	Paul Millgate	V40	Wetherby Runners	99.27
5	33:37	745	Andrew Dobby	V45	Harrogate Harriers	99.02
6	34:07	240	Jonathan Johnson		Harrogate Harriers	98.78
7	34:16	851	Ruaridh Mon-Williams		Ilkley Harriers	98.54
8	34:31	54	John Young		Harrogate Harriers	98.29
9	34:35	1394	Spike Amberry-Smith		Ripon Runners	98.05
10	34:43	496	Timothy Richardson		Harrogate Harriers	97.81
11	35:23	1283	Joseph Kwallah	V45	Wetherby Runners	97.56
12	35:28	903	Matt Wilkinson		Nidd Valley Road Runners	97.32
13	35:34	755	Phil Rogers		Harrogate Harriers	97.08
14	35:39	928	Adam Kirk		Nidd Valley Road Runners	96.83
15	35:49	947	Tom Lynch		Otley AC	96.59
16	35:49	1124	Tim Chadwick		Skipton AC	96.35
17	35:52	929	Alex Patrickson		Nidd Valley Road Runners	96.10
18	36:07	1282	Mark Holt	V40	Wetherby Runners	95.86
19	36:07	248	Ben Shacklock		Harrogate Harriers	95.62
20	36:08	1265	Derek McCreddie	V40	Ripon Runners	95.37
21	36:10	1061	Lee Stanley	V40	Ripon Runners	95.13
22	36:20	1055	Simon Cave	V40	Ripon Runners	94.89
23	36:39	685	Jaysson Sawyer	V40	Harrogate Harriers	94.64
24	36:42	1079	James Boddy		Ripon Runners	94.40
25	37:00	939	Edoardo Piano		Nidd Valley Road Runners	94.16
26	37:02	965	Graham Lake	V40	Otley AC	93.91
27	37:07	187	Gareth Somerville		Harrogate Harriers	93.67
28	37:10	766	Tom Borrowdale		Harrogate Harriers	93.43
29	37:12	1037	Douglas Scott	V45	Ripon Runners	93.18
30	37:15	1312	Paul Nelson	V50	Wetherby Runners	92.94
31	37:18	1197	Cameron Choules	V45	Thirsk and Sowerby Harriers	92.70
32	37:18	951	Andrew Robertshaw	V45	Otley AC	92.45
33	37:19	1153	Richard Schofield		Ripon Runners	92.21
34	37:20	742	Crystal Goecker	F V35	Harrogate Harriers	91.97
35	37:31	1094	Mark Ryder		Ripon Runners	91.72
36	37:44	1133	Michael Mcinnes	V40	Skipton AC	91.48
37	37:48	1393	Jim Berriman		Ripon Runners	91.24
38	37:50	900	Martin Lofthouse	V45	Nidd Valley Road Runners	91.00
39	37:57	137	Adam Prentis	V50	Harrogate Harriers	90.75
40	37:58	1277	Stella Cross	F U18	Wetherby Runners	90.51
41	38:03	688	Paul Stockburn	V55	Harrogate Harriers	90.27
42	38:10	1138	Gavin Smith		Skipton AC	90.02
43	38:11	236	Craig Barstow	V50	Harrogate Harriers	89.78
44	38:16	162	Geoff King	V60	Harrogate Harriers	89.54
45	38:19	1300	Paul Windle	V50	Wetherby Runners	89.29
46	38:20	1217	Stephan Tomaszewski	V55	Thirsk and Sowerby Harriers	89.05
47	38:26	1175	Derek Parrington	V50	Swaledale Runners	88.81
48	38:46	1000	Shane Ewen		Otley AC	88.56
49	38:48	1014	tom paget		Otley AC	88.32
50	38:50	189	Simon Watson	V55	Harrogate Harriers	88.08
51	38:53	1307	Chris Plews	V40	Wetherby Runners	87.83
52	38:57	1111	John Chatwin		Ripon Runners	87.59
53	39:03	1121	Trevor Schofield		Ripon Runners	87.35
54	39:05	910	Andy Harris	V40	Nidd Valley Road Runners	87.10
55	39:08	1284	Nils Linstrum		Wetherby Runners	86.86

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56	39:16	250	Nathan Smith	V40	Harrogate Harriers	86.62
57	39:19	1244	Steve Peters	V45	Vocalink Running Club	86.37
58	39:21	687	Jason Millward		Harrogate Harriers	86.13
59	39:21	1299	James Windle	U18	Wetherby Runners	85.89
60	39:28	197	Geoffrey Hirst		Harrogate Harriers	85.64
61	39:33	199	Simon Moffatt	V50	Harrogate Harriers	85.40
62	39:36	1253	Simon Williams	V45	Vocalink Running Club	85.16
63	39:38	1068	Ben Imeson	V40	Ripon Runners	84.91
64	39:41	290	Richard Willis	V45	Harrogate Harriers	84.67
65	40:00	1036	Shamiso Sisimayi	F V35	Harrogate Harriers	84.43
66	40:03	919	Jamie Dilasser	V45	Nidd Valley Road Runners	84.18
67	40:06	1292	Angela Reeve	F V40	Wetherby Runners	83.94
68	40:11	1355	Emma Sorby	F U18	Ripon Runners	83.70
69	40:13	911	Sam Fugill		Nidd Valley Road Runners	83.45
70	40:13	1183	David Jelly	V60	Ripon Runners	83.21
71	40:19	1118	Sally Houghton	F V50	Ripon Runners	82.97
72	40:20	495	Helen Mercer-Jones	F V35	Harrogate Harriers	82.72
73	40:20	200	Michael Gill	V50	Harrogate Harriers	82.48
74	40:22	680	Darren West	V50	Harrogate Harriers	82.24
75	40:26	822	Ellie Kitchen	F	Ilkley Harriers	82.00
76	40:28	238	Iain Entwistle	V40	Harrogate Harriers	81.75
77	40:31	1309	Simon Chandler		Wetherby Runners	81.51
78	40:32	752	Adam Newton		Harrogate Harriers	81.27
79	40:36	1380	Lee Welsby	V45	Nidd Valley Road Runners	81.02
80	40:39	1335	Dan Eagling		Nidd Valley Road Runners	80.78
81	40:44	810	William Woodhead		Dragons-Aire	80.54
82	40:45	152	Nick Andralojc	V55	Harrogate Harriers	80.29
83	40:45	979	John Armitstead	V55	Otley AC	80.05
84	40:46	1267	Iain Andrews	V45	Wetherby Runners	79.81
85	40:51	1400	Dewi Winkle	V45	Ripon Runners	79.56
86	40:55	1290	Rebecca Normington	F	Wetherby Runners	79.32
87	40:58	1076	Kari Munro	F V35	Ripon Runners	79.08
88	41:02	1346	Andrew Peagram	V40	Nidd Valley Road Runners	78.83
89	41:08	848	Tom Worboys		Ilkley Harriers	78.59
90	41:09	814	Nick Jovanovic		Dragons-Aire	78.35
91	41:10	741	Mark Jordan	V60	Harrogate Harriers	78.10
92	41:14	1020	Kevin Bond	V40	Richmond & Zetland Harriers	77.86
93	41:20	758	Emma Robinson	F V35	Harrogate Harriers	77.62
94	41:20	798	Sharon Barlow	F V35	Harrogate Harriers	77.37
95	41:23	1016	Tony Walker	V55	Otley AC	77.13
96	41:24	1096	Mike Hernandez	V45	Ripon Runners	76.89
97	41:25	232	Sarah Gill	F V50	Harrogate Harriers	76.64
98	41:28	1268	Nicky Andrews	F	Wetherby Runners	76.40
99	41:31	235	Stephen Kirk	V45	Harrogate Harriers	76.16
100	41:32	1331	Kevin Nicholas	V50	Nidd Valley Road Runners	75.91
101	41:34	983	Colin Dennison		Otley AC	75.67
102	41:36	1149	Lorna Wrigley	F	Harrogate Harriers	75.43
103	41:38	1091	Lewis Brooks	U18	Ripon Runners	75.18
104	41:38	1344	Mike Deacon	V50	Nidd Valley Road Runners	74.94
105	41:41	1115	Matt Holt	V45	Ripon Runners	74.70
106	41:44	494	Ian Rowbotham	V55	Harrogate Harriers	74.45
107	41:46	1040	Dave Binks	V45	Ripon Runners	74.21
108	41:56	1295	Nick Wallhead		Wetherby Runners	73.97
109	41:56	106	Kevin-Malachy Murphy	V60	Harrogate Harriers	73.72
110	42:05	284	Jon Blane	V55	Harrogate Harriers	73.48
111	42:06	164	Wendy Marks	F V45	Harrogate Harriers	73.24

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112	42:08	1327	Steve Turner		V45	Nidd Valley Road Runners	73.00
113	42:28	1205	Charlotte Wilton	F	V40	Thirsk and Sowerby Harriers	72.75
114	42:28	168	Paul Richardson		V40	Harrogate Harriers	72.51
115	42:31	753	Ken Souyave		V65	Harrogate Harriers	72.27
116	42:33	286	Charlotte Evans	F	V40	Harrogate Harriers	72.02
117	42:42	1001	Michael Hastings			Otley AC	71.78
118	42:44	1064	Gary Wilks		V40	Ripon Runners	71.54
119	42:45	831	malcolm pickering		V65	Ilkley Harriers	71.29
120	42:47	173	James Wall		V45	Harrogate Harriers	71.05
121	42:47	917	Ben Baird			Nidd Valley Road Runners	70.81
122	42:50	487	David Fennah		V45	Harrogate Harriers	70.56
123	42:50	932	Simon Franklin		V50	Nidd Valley Road Runners	70.32
124	42:52	925	Jonathon Easton			Nidd Valley Road Runners	70.08
125	42:58	1083	Tony White		V60	Ripon Runners	69.83
126	43:02	1235	Mike Lowther		V50	Thirsk and Sowerby Harriers	69.59
127	43:05	1221	Robert Burn		V60	Thirsk and Sowerby Harriers	69.35
128	43:07	1288	Richard Murray		V45	Wetherby Runners	69.10
129	43:10	835	Paul Stephens		V55	Ilkley Harriers	68.86
130	43:10	982	Martin Stringer		V45	Otley AC	68.62
131	43:12	247	Tim Pocock		V55	Harrogate Harriers	68.37
132	43:18	192	Shaun Morrison			Harrogate Harriers	68.13
133	43:20	746	Alex Macey		V50	Harrogate Harriers	67.89
134	43:20	1007	Paul Clifford		V50	Otley AC	67.64
135	43:22	135	Helen Price	F	V45	Harrogate Harriers	67.40
136	43:28	183	Simon Childs		V50	Harrogate Harriers	67.16
137	43:32	1156	Steve Woollven		V45	Harrogate Harriers	66.91
138	43:33	923	John Mitton		V45	Nidd Valley Road Runners	66.67
139	43:37	1116	Alan Hansen		V55	Ripon Runners	66.43
140	43:38	1113	Colm O'Cofaigh		V45	Ripon Runners	66.18
141	43:43	184	Dave Ladell		V45	Harrogate Harriers	65.94
142	43:43	1145	John Harrison		V50	Skipton AC	65.70
143	43:44	754	Dan Oxtoby		V45	Harrogate Harriers	65.45
144	43:56	287	Julie Patmore	F	V50	Harrogate Harriers	65.21
145	43:58	170	Andy Laverick		V40	Harrogate Harriers	64.97
146	43:59	1316	Marcus Murray			Wetherby Runners	64.72
147	44:03	998	Christian Hosker		V40	Otley AC	64.48
148	44:04	1334	Damien Hanslip		V50	Nidd Valley Road Runners	64.24
149	44:10	1100	John Ward		V65	Ripon Runners	64.00
150	44:12	957	Matt Podd		V60	Otley AC	63.75
151	44:13	245	Andrew Collins			Harrogate Harriers	63.51
152	44:16	1278	Ann Dale	F	V40	Wetherby Runners	63.27
153	44:18	963	Sara Elliott	F	V45	Otley AC	63.02
154	44:21	1188	Andrew Harker		V55	Ripon Runners	62.78
155	44:23	1311	Peter Allanach		V50	Wetherby Runners	62.54
156	44:31	690	John Dalby		V60	Harrogate Harriers	62.29
157	44:33	359	Tim Broomfield		V60	Harrogate Harriers	62.05
158	44:34	922	James Cook		V45	Nidd Valley Road Runners	61.81
159	44:37	1349	Isabel Potter	F	V35	Nidd Valley Road Runners	61.56
160	44:37	1103	Chloe Dalton	F	U16	Ripon Runners	61.32
161	44:40	948	John Dade		V50	Otley AC	61.08
162	44:44	1143	Rachel Gaunt	F	V50	Skipton AC	60.83
163	44:45	1275	Peter Callaghan		V50	Wetherby Runners	60.59
164	44:47	239	Charlotte Reeves	F		Harrogate Harriers	60.35
165	44:47	1269	Paul Atkinson		V50	Wetherby Runners	60.10
166	44:48	1289	Andrea Normington	F	V55	Wetherby Runners	59.86
167	44:51	1084	Andrew Webster		V45	Ripon Runners	59.62

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168	44:51	764	Dave Askew	V55	Harrogate Harriers	59.37
169	44:52	1315	Emma Coster	F V45	Wetherby Runners	59.13
170	44:57	1067	Anneke Imeson	F V40	Ripon Runners	58.89
171	45:07	1293	Simon Robertson	V40	Wetherby Runners	58.64
172	45:08	1038	Dave Ritson	V45	Ripon Runners	58.40
173	45:12	807	Michael Buckle		Dragons-Aire	58.16
174	45:15	924	Sue Simpson	F V55	Nidd Valley Road Runners	57.91
175	45:29	825	Caroline Howe	F V35	Ilkley Harriers	57.67
176	45:32	940	Richard Taylor	V40	Nidd Valley Road Runners	57.43
177	45:32	1271	Richard Bell	V50	Wetherby Runners	57.18
178	45:35	803	Nick Leathley	V55	Dragons-Aire	56.94
179	45:36	1256	James Eaglen		Vocalink Running Club	56.70
180	45:37	1070	John Skinner	V50	Ripon Runners	56.45
181	45:37	1144	Mark Desgranges		Skipton AC	56.21
182	45:40	1126	David Gorman	V55	Skipton AC	55.97
183	45:41	1006	Michael Pickard	V50	Otley AC	55.72
184	45:47	990	Andy Webster	V45	Otley AC	55.48
185	45:48	944	Phil Ventress	V45	Nidd Valley Road Runners	55.24
186	45:48	908	Phil Robinson	V50	Nidd Valley Road Runners	55.00
187	45:54	770	Pete Bryant	V50	Dragons-Aire	54.75
188	45:55	1342	Emma Dooley	F V40	Nidd Valley Road Runners	54.51
189	45:56	505	Elizabeth Turner	F	Harrogate Harriers	54.27
190	45:58	793	Sarah Bell	F	Dragons-Aire	54.02
191	45:58	1202	Sonja Van Der Westhuizen	F V50	Thirsk and Sowerby Harriers	53.78
192	45:59	800	Gavin Birkett		Dragons-Aire	53.54
193	45:59	988	Nicola Lee	F V35	Otley AC	53.29
194	45:59	906	Ian McLeod	V60	Nidd Valley Road Runners	53.05
195	46:02	1109	Phil Moores	V45	Ripon Runners	52.81
196	46:02	985	Liz Yates	F V40	Otley AC	52.56
197	46:08	850	Mary Gibbons	F	Ilkley Harriers	52.32
198	46:15	915	Rachel Hebblewhite	F V35	Nidd Valley Road Runners	52.08
199	46:16	912	Paul Manning	V45	Nidd Valley Road Runners	51.83
200	46:20	841	Geoffrey White		Ilkley Harriers	51.59
201	46:25	75	Sue Moul	F V50	Harrogate Harriers	51.35
202	46:34	838	David Ibbotson	V55	Ilkley Harriers	51.10
203	46:37	1047	Phil Chatterton	V50	Ripon Runners	50.86
204	46:37	748	Steve Bowyer	V50	Harrogate Harriers	50.62
205	46:38	1044	Simon McCudden	V55	Ripon Runners	50.37
206	46:46	930	Emma David	F V40	Nidd Valley Road Runners	50.13
207	46:49	119	Alan Couldwell	V60	Harrogate Harriers	49.89
208	46:59	858	Mark Armstrong	V50	Nidd Valley Road Runners	49.64
209	47:00	827	Jean Sullivan	F V45	Ilkley Harriers	49.40
210	47:03	1391	Mark Brooks	V40	Ripon Runners	49.16
211	47:08	1353	Suzanne Rickard	F V45	Ripon Runners	48.91
212	47:11	1211	Dave Baker		Thirsk and Sowerby Harriers	48.67
213	47:20	1385	James Stuart-Mills	V45	Ripon Runners	48.43
214	47:23	1117	Heather Glegg	F V45	Ripon Runners	48.18
215	47:25	1045	Helen Hall	F V45	Ripon Runners	47.94
216	47:33	1190	Peter Richardson	V55	Thirsk and Sowerby Harriers	47.70
217	47:38	503	Emma Amos	F V35	Harrogate Harriers	47.45
218	47:39	747	Peter Edwards	V55	Harrogate Harriers	47.21
219	47:42	786	Graham Burns		Dragons-Aire	46.97
220	47:46	973	Gilly Wright	F	Otley AC	46.72
221	47:49	1332	Christine Holleran	F V50	Nidd Valley Road Runners	46.48
222	47:52	904	Dave Seaman	V70	Nidd Valley Road Runners	46.24
223	47:54	1147	Russell Burgess	V50	Skipton AC	46.00

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224	47:55	501	Steve Firbank	V45	Harrogate Harriers	45.75
225	47:56	956	Carl Walsh	V55	Otley AC	45.51
226	48:00	1274	Helen Buglass	F V45	Wetherby Runners	45.27
227	48:01	1034	Adam Ball	V45	Vocalink Running Club	45.02
228	48:02	282	Eve Hawkins	F V35	Harrogate Harriers	44.78
229	48:03	1074	Tim Joynson	V55	Ripon Runners	44.54
230	48:20	1387	Steve Grange	V50	Ripon Runners	44.29
231	48:26	974	Chris Brunold	F V50	Otley AC	44.05
232	48:33	1136	Antony Radley	V50	Skipton AC	43.81
233	48:38	757	Heather Taylor	F V55	Harrogate Harriers	43.56
234	48:43	190	Russell Gregory	V60	Harrogate Harriers	43.32
235	48:43	833	Alison Bennett	F V55	Ilkley Harriers	43.08
236	48:51	1384	Oliver Scott	U16	Ripon Runners	42.83
237	48:53	1357	Ray Johnstone	V60	Ripon Runners	42.59
238	48:56	839	Emily Elmes	F U16	Ilkley Harriers	42.35
239	48:58	1009	Caron Ralph	F V45	Otley AC	42.10
240	49:01	909	Sarah Hughan	F V35	Nidd Valley Road Runners	41.86
241	49:07	1240	Philip Craig		Thirsk and Sowerby Harriers	41.62
242	49:11	776	Steve Clayson		Dragons-Aire	41.37
243	49:14	1250	Andrew Tattersall	V50	Vocalink Running Club	41.13
244	49:19	171	Adrian Murfitt	V40	Harrogate Harriers	40.89
245	49:20	1032	Paula Prentis	F V55	Harrogate Harriers	40.64
246	49:22	991	Gill Park	F	Otley AC	40.40
247	49:22	1377	Aly Iles	F V40	Nidd Valley Road Runners	40.16
248	49:24	1066	Kim Holden	F V55	Ripon Runners	39.91
249	49:28	1375	Anne Cheeseman	F V55	Ripon Runners	39.67
250	49:37	1098	Lesley Willoughby	F V45	Ripon Runners	39.43
251	49:37	1097	Jack Hernandez		Ripon Runners	39.18
252	49:40	937	Michael Benson		Nidd Valley Road Runners	38.94
253	49:46	1039	Andy Purl	V45	Ripon Runners	38.70
254	49:48	955	Daniel Mundet	V40	Otley AC	38.45
255	49:50	99	Sarah Beecher	F V50	Harrogate Harriers	38.21
256	49:51	993	Liz Fawcett	F V45	Otley AC	37.97
257	49:51	1125	Angela Dowbiggin	F V45	Skipton AC	37.72
258	49:51	808	Michael Jarvis	V45	Dragons-Aire	37.48
259	49:52	981	Ericks Zvaigzne	V60	Otley AC	37.24
260	49:58	1304	Pete Cooper	V45	Wetherby Runners	37.00
261	50:03	967	Jackie Ackrord	F V60	Otley AC	36.75
262	50:11	817	Rhona Neilson	F V40	Dragons-Aire	36.51
263	50:15	1177	Debra Jenkins	F V55	Nidd Valley Road Runners	36.27
264	50:15	946	Marcos Montana		Nidd Valley Road Runners	36.02
265	50:18	771	Glyn Smyth	V55	Dragons-Aire	35.78
266	50:19	1297	Drew Ward	V65	Wetherby Runners	35.54
267	50:20	1161	Richard Soper	V55	Swaledale Runners	35.29
268	50:22	986	Ann Yeadon	F V45	Otley AC	35.05
269	50:24	1090	Hayley Whipp	V40	Ripon Runners	34.81
270	50:26	198	Matthew Lucock		Harrogate Harriers	34.56
271	50:28	1089	Martin Whipp	F V40	Ripon Runners	34.32
272	50:32	802	Faye Cameron	F V40	Dragons-Aire	34.08
273	50:34	1329	Moira McTague	F V55	Nidd Valley Road Runners	33.83
274	50:50	180	Melanie Rice	F V40	Harrogate Harriers	33.59
275	50:53	952	Colin Best	V60	Otley AC	33.35
276	50:55	774	Jan Davies	F V50	Dragons-Aire	33.10
277	50:56	1303	Neil Berry	V40	Wetherby Runners	32.86
278	50:56	935	Stephen Newton	V45	Nidd Valley Road Runners	32.62
279	50:57	818	Margaret Britton	F V60	Dragons-Aire	32.37

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280	50:59	968	Philip Robinson		V70	Otley AC	32.13
281	51:02	959	Laura Hind	F	V35	Otley AC	31.89
282	51:03	1374	Chris Brown		V70	Ripon Runners	31.64
283	51:16	964	Ian Broadbent		V45	Otley AC	31.40
284	51:17	857	David Tervitt		V45	Thirsk and Sowerby Harriers	31.16
285	51:18	1088	Angie Benson	F	V50	Ripon Runners	30.91
286	51:23	788	Carolyn Park	F	V40	Dragons-Aire	30.67
287	51:26	244	Richard Burton		V55	Harrogate Harriers	30.43
288	51:28	760	Angela Barker-Charleton	F	V45	Harrogate Harriers	30.18
289	51:29	778	Gill Brown	F	V35	Dragons-Aire	29.94
290	51:32	777	Louise Johnson	F	V35	Dragons-Aire	29.70
291	51:42	954	Joanna Hobson	F	V55	Otley AC	29.45
292	51:45	1058	David Whitehouse			Ripon Runners	29.21
293	51:47	188	Paul Berwin		V60	Harrogate Harriers	28.97
294	51:49	1234	Jill Libby	F	V55	Thirsk and Sowerby Harriers	28.72
295	51:51	1226	Geoff Bullock		V70	Thirsk and Sowerby Harriers	28.48
296	51:54	1063	Stan Appleton		V65	Ripon Runners	28.24
297	51:54	743	Liz Sandell	F		Harrogate Harriers	28.00
298	51:55	1259	Neil Warr		V40	Vocalink Running Club	27.75
299	51:56	913	Debbie Gibson	F	V50	Nidd Valley Road Runners	27.51
300	52:00	1086	Jackie Scott	F	V40	Ripon Runners	27.27
301	52:00	1261	Louise Jennings	F	V45	Vocalink Running Club	27.02
302	52:09	840	Paul Sugden		V55	Ilkley Harriers	26.78
303	52:12	782	Sarah Tomlinson	F	V45	Dragons-Aire	26.54
304	52:14	1237	Andy Butcher		V50	Thirsk and Sowerby Harriers	26.29
305	52:17	1258	Dan Dickinson			Vocalink Running Club	26.05
306	52:30	845	Diane Kitchen	F	V55	Ilkley Harriers	25.81
307	52:31	1354	Libby Rickard	F	U18	Ripon Runners	25.56
308	52:34	1057	Sarah Whitaker	F	V35	Ripon Runners	25.32
309	52:36	1381	Nadene Wilkinson	F		Nidd Valley Road Runners	25.08
310	52:39	1340	Rachel Prince	F	V40	Nidd Valley Road Runners	24.83
311	52:43	1078	Elizabeth Lister	F	V45	Ripon Runners	24.59
312	52:50	1396	Kate Shaw	F	V55	Ripon Runners	24.35
313	52:52	978	Carol Armitstead	F	V55	Otley AC	24.10
314	52:54	1350	Kate Maybury	F	V35	Nidd Valley Road Runners	23.86
315	52:59	855	Yvonne Skelton	F	V65	Harrogate Harriers	23.62
316	53:03	976	Rob Fearnley			Otley AC	23.37
317	53:09	801	Carole Keighley	F	V55	Dragons-Aire	23.13
318	53:11	1220	Nicola Booth	F	V50	Thirsk and Sowerby Harriers	22.89
319	53:18	780	Leah Forey	F	U18	Dragons-Aire	22.64
320	53:24	1072	Lena Conlin	F	V50	Ripon Runners	22.40
321	53:43	1397	Aileen O'Kane	F	V60	Ripon Runners	22.16
322	53:46	1062	Sarah Stanley	F	V40	Ripon Runners	21.91
323	53:47	1041	Katy Bell	F	V35	Ripon Runners	21.67
324	53:48	902	Rebecca Ventress	F	V40	Nidd Valley Road Runners	21.43
325	53:57	191	Juliette Gregory	F	V55	Harrogate Harriers	21.18
326	54:10	1333	Debbie Hanslip	F	V45	Nidd Valley Road Runners	20.94
327	54:15	1219	Steven Booth		V50	Thirsk and Sowerby Harriers	20.70
328	54:25	1291	Samantha Parker	F	V50	Wetherby Runners	20.45
329	54:36	1046	Neil Dring		V55	Ripon Runners	20.21
330	54:39	1388	Dan Ross			Ripon Runners	19.97
331	54:42	769	Nicky Stevenson	F	V40	Dragons-Aire	19.72
332	54:43	1223	Heather Bell	F	V55	Thirsk and Sowerby Harriers	19.48
333	54:44	794	Jo Miller	F	V35	Dragons-Aire	19.24
334	54:45	1236	Tracey Lowther	F	V40	Thirsk and Sowerby Harriers	19.00
335	54:58	1106	Kathryn Smith	F	V40	Ripon Runners	18.75

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336	54:59	787	Charlotte Brown	F	Dragons-Aire	18.51
337	55:04	1366	Kelly Dunkley	F	V35 Ripon Runners	18.27
338	55:05	805	Denis Callaghan		V40 Dragons-Aire	18.02
339	55:09	1093	Jane Goodwin	F	V45 Ripon Runners	17.78
340	55:14	1042	Fiona Alder	F	V60 Ripon Runners	17.54
341	55:22	1122	Janet Booth	F	V50 Skipton AC	17.29
342	55:24	784	Helen Forey	F	V45 Dragons-Aire	17.05
343	55:24	1164	Julia Spittle	F	V60 Swaledale Runners	16.81
344	55:27	1238	Alison Butcher	F	V50 Thirsk and Sowerby Harriers	16.56
345	55:39	360	Jane Rowbotham	F	V55 Harrogate Harriers	16.32
346	55:48	898	Nick Smith		V55 Nidd Valley Road Runners	16.08
347	56:00	768	Richard Wysocki		V55 Dragons-Aire	15.83
348	56:02	1159	Roger Brisley		V60 Swaledale Runners	15.59
349	56:09	1196	Sara Langstaff	F	V55 Thirsk and Sowerby Harriers	15.35
350	56:18	1194	Chris Wordsworth		V40 Thirsk and Sowerby Harriers	15.10
351	56:21	1157	Christine Sayer	F	V55 Swaledale Runners	14.86
352	56:23	920	Robert Hill		V70 Nidd Valley Road Runners	14.62
353	56:25	1087	Alison Clarke	F	V40 Ripon Runners	14.37
354	56:27	488	Elissa Young	F	Harrogate Harriers	14.13
355	56:41	767	Claire Featherstone	F	Dragons-Aire	13.89
356	56:52	826	Donald MacRae		V70 Ilkley Harriers	13.64
357	57:04	953	Tom Hannah		V65 Otley AC	13.40
358	57:06	1338	Ewa Scott	F	V45 Nidd Valley Road Runners	13.16
359	57:08	901	Jeff Walker		V50 Nidd Valley Road Runners	12.91
360	57:19	796	Colleen Gruenwald	F	V45 Nidd Valley Road Runners	12.67
361	57:29	847	Bernadette Gibbons	F	V60 Ilkley Harriers	12.43
362	57:32	1048	Helen Pickard	F	V60 Ripon Runners	12.18
363	57:46	961	Madeleine Delucchi	F	V60 Otley AC	11.94
364	57:53	1030	Nicki Buckett	F	V45 Richmond & Zetland Harriers	11.70
365	57:55	1050	Karen Gilbert	F	V60 Ripon Runners	11.45
366	58:11	1075	James Parkes		Ripon Runners	11.21
367	58:19	1199	Hannah Fletcher	F	Thirsk and Sowerby Harriers	10.97
368	58:24	1060	Fiona Blaylock	F	V35 Ripon Runners	10.72
369	58:29	927	Michelle Smith	F	V45 Nidd Valley Road Runners	10.48
370	58:34	1369	Ellie Dewar	F	V35 Ripon Runners	10.24
371	58:40	1365	Sarah Cutmore	F	V40 Ripon Runners	10.00
372	58:58	88	Colin Foster		V55 Harrogate Harriers	9.75
373	59:10	1193	Liz Wordsworth	F	V45 Thirsk and Sowerby Harriers	9.51
374	59:18	1112	Dawn Griffin	F	V55 Ripon Runners	9.27
375	59:36	1162	Andrew Broadley		V55 Swaledale Runners	9.02
376	59:45	1028	Jane Bond	F	V45 Richmond & Zetland Harriers	8.78
377	59:57	1049	Lester Pickard		V60 Ripon Runners	8.54
378	60:29	809	Amanda Connor	F	V40 Dragons-Aire	8.29
379	60:39	832	anna pickering	F	Ilkley Harriers	8.05
380	60:44	1379	Jane Hill	F	V40 Nidd Valley Road Runners	7.81
381	60:49	773	Andie Willbond	F	V70 Dragons-Aire	7.56
382	60:54	1281	Megan Hatfield	F	V45 Wetherby Runners	7.32
383	60:57	846	Vincent Gibbons		V60 Ilkley Harriers	7.08
384	60:58	943	Melissa Clare	F	V40 Nidd Valley Road Runners	6.83
385	61:01	852	Fiona Robinson	F	V50 Nidd Valley Road Runners	6.59
386	61:37	897	Sylvia Morten	F	V55 Nidd Valley Road Runners	6.35
387	61:50	1367	Jessica Caven	F	V45 Ripon Runners	6.10
388	62:00	836	Sally Wright	F	V55 Ilkley Harriers	5.86
389	62:06	1225	Christine Burn	F	V60 Thirsk and Sowerby Harriers	5.62
390	62:10	1015	Natasha Whitaker	F	V40 Otley AC	5.37
391	62:43	1239	Tracy Hayden	F	V50 Thirsk and Sowerby Harriers	5.13

HDSRL 2017 Race 4**Individual**

392	62:57	749	Tracy Iles	F	V35	Harrogate Harriers	4.89
393	63:22	819	Linda Lofthouse	F	V50	Dragons-Aire	4.64
394	63:27	1294	James Upperton			Wetherby Runners	4.40
395	64:02	945	Michelle Dinsdale	F	V40	Nidd Valley Road Runners	4.16
396	64:04	1370	Tammy Murray Kirkwood	F	V45	Ripon Runners	3.91
397	64:36	854	Catherine Lumb	F	V55	Thirsk and Sowerby Harriers	3.67
398	64:47	1095	Fiona Hernandez	F	V45	Ripon Runners	3.43
399	65:47	1213	Gillian Crane	F	V65	Thirsk and Sowerby Harriers	3.18
400	66:34	1368	Emily McIntosh	F		Ripon Runners	2.94
401	67:15	1362	Karen Lennox	F	V45	Ripon Runners	2.70
402	67:21	1004	Antonio Cardinale		V65	Otley AC	2.45
403	67:49	1073	Maggie Driffield	F	V60	Ripon Runners	2.21
404	69:41	1071	Linda Cadman	F	V65	Ripon Runners	1.97
405	69:41	1372	Nicole Sutton	F	V40	Ripon Runners	1.72
406	71:09	1222	Ian Codling		V75	Thirsk and Sowerby Harriers	1.48
407	71:57	1230	Liz Stephenson	F	V35	Thirsk and Sowerby Harriers	1.24
408	78:52	1212	Marian Codling	F	V75	Thirsk and Sowerby Harriers	1.00

Team

Team Results	Main	Ladies	LVets	Vets	SVets	Elite mm.ss
Dragons-Aire	562.12	190.08	103.69	202.97	164.05	127.05
Harrogate Harriers	967.85	414.11	259.12	474.19	426.28	100.19
Ilkley Harriers	661.36	284.47	150.15	231.67	261.11	115.50
Knaresborough Striders	0.00	0.00	0.00	0.00	0.00	0.00
Nidd Valley Road Runners	891.94	276.19	173.98	422.13	227.30	106.59
Otley AC	833.08	259.64	168.87	412.16	303.68	110.09
Richmond & Zetland Harriers	98.34	20.48	20.48	77.86	0.00	158.52
Ripon Runners	954.70	365.96	220.94	463.48	346.25	97.50
Skipton AC	644.09	115.84	115.84	302.96	55.97	111.43
Swaledale Runners	180.38	31.67	31.67	148.71	91.57	144.10
Thirsk and Sowerby Harriers	616.37	197.62	155.25	368.39	263.30	118.06
Vocalink Running Club	395.20	27.02	27.02	285.43	0.00	124.31
Wetherby Runners	909.95	393.44	207.07	474.92	95.40	104.36

Cumulative team results after 4 races, best 3 from 4

Team Results	Main	Ladies	LVets	Vets	SVets	Elite mm.ss
Dragons-Aire	1902.77	591.35	312.76	964.82	455.20	330.34
Harrogate Harriers	2884.87	1271.73	802.44	1413.33	1319.41	275.29
Ilkley Harriers	1966.31	778.03	413.13	874.67	807.72	315.37
Knaresborough Striders	2557.57	671.38	429.21	1052.08	181.13	300.47
Nidd Valley Road Runners	2687.90	843.62	565.92	1268.72	736.65	292.53
Otley AC	2606.67	775.77	514.33	1295.61	819.04	293.14
Richmond & Zetland Harriers	1140.18	423.68	327.52	487.45	0.00	426.56
Ripon Runners	2845.15	1025.23	624.03	1372.64	1001.43	268.33
Skipton AC	2053.00	762.93	468.22	912.69	372.55	308.42
Swaledale Runners	1223.09	220.27	165.34	922.36	258.06	336.13
Thirsk and Sowerby Harriers	1908.80	714.21	514.40	1042.67	722.48	322.50
Vocalink Running Club	1515.73	429.57	228.23	914.14	0.00	336.28
Wetherby Runners	2786.33	1141.51	625.39	1436.73	281.21	284.13