

Posn	Time mm.ss	Race #	Name	F?	Vet	Club	Team	Points		
								Ladies	LVets	MVets
1	26:16	306	Jamil Parapia			Otley AC	100.00			
2	26:30	98	Mike Burrett		V40	Harrogate Harriers	99.70			100.00
3	26:35	89	Andrew Grant		V45	Harrogate Harriers	99.41			99.28
4	27:05	345	Scott Harrington			Otley AC	99.11			
5	27:25	81	Jonny Johnson			Harrogate Harriers	98.82			
6	27:32	400	Ben Pease			Ripon Runners	98.52			
7	27:49	591	Paul Millgate		V40	Wetherby Runners	98.23			98.56
8	27:55	339	Zack Whitehead			Otley AC	97.93			
9	28:04	721	Rob Scott			Richmond & Zetland Harriers	97.64			
10	28:29	615	Joseph Kwallah		V45	Wetherby Runners	97.34			97.84
11	28:34	536	Gary Dunn		V45	Thirsk and Sowerby Harriers	97.05			97.13
12	28:50	10	Tim Harvey		V40	Nidd Valley Road Runners	96.75			96.41
13	28:54	293	Andrew Robertshaw		V45	Otley AC	96.46			95.69
14	28:55	738	Joe Gresty			Harrogate Harriers	96.16			
15	29:06	431	Sharon Barlow Hamilton	F	V35	Ripon Runners	95.87	100.00	100.00	
16	29:26	361	Reece Dalton		U18	Ripon Runners	95.58			
17	29:32	263	Keith Emery			Knaresborough Striders	95.28			
18	29:34	735	Warren Lowcock			Nidd Valley Road Runners	94.99			
19	29:45	163	Tim Richardson			Harrogate Harriers	94.69			
20	29:48	362	Alex Fawcett		V50	Ripon Runners	94.40			94.97
21	29:53	121	Phil Rodgers			Harrogate Harriers	94.10			
22	30:00	541	Joshua Fothergill		U16	Thirsk and Sowerby Harriers	93.81			
23	30:04	620	Mark Holt		V40	Wetherby Runners	93.51			94.26
24	30:08	371	James Boddy			Ripon Runners	93.22			
25	30:10	736	Paul Nelson		V45	Wetherby Runners	92.92			93.54
26	30:10	470	Tim Chadwick			Skipton AC	92.63			
27	30:10	271	Martin Brock			Knaresborough Striders	92.33			
28	30:13	225	Daniel Hayes		U18	Ilkley Harriers	92.04			
29	30:13	617	Andrew Walsh			Wetherby Runners	91.75			
30	30:18	385	Ben Imeson			Ripon Runners	91.45			
31	30:24	154	Paul Stockburn		V55	Harrogate Harriers	91.16			92.82
32	30:30	370	Douglas Scott		V40	Ripon Runners	90.86			92.10
33	30:32	130	Lorraine Mitchell	F	V40	Harrogate Harriers	90.57	99.26	99.06	
34	30:49	48	Martin Lofthouse		V45	Nidd Valley Road Runners	90.27			91.39
35	30:56	328	Tom Lynch			Otley AC	89.98			
36	30:59	508	Stephan Tomaszewski		V55	Thirsk and Sowerby Harriers	89.68			90.67
37	31:00	375	Lee Stanley			Ripon Runners	89.39			98.52

38	31:12	<b>13</b>	Andy Todd		V50	Nidd Valley Road Runners	89.09			89.95
39	31:16	<b>610</b>	David Carberry		V45	Wetherby Runners	88.80			89.23
40	31:26	<b>401</b>	David Binks		V45	Ripon Runners	88.50			88.52
41	31:31	<b>474</b>	Derek Parrington		V50	Swaledale Road Runners	88.21			87.80
42	31:35	<b>264</b>	Andy Robinson			Knaresborough Striders	87.91			
43	31:37	<b>53</b>	Ian Cooper		V40	Harrogate Harriers	87.62			87.08
44	31:45	<b>85</b>	Darren West		V50	Harrogate Harriers	87.33			86.36
45	31:47	<b>321</b>	Tom Pomfrett			Otley AC	87.03			
46	31:52	<b>583</b>	Simon Williams		V45	Vocalink Running Club	86.74			85.65
47	31:54	<b>639</b>	Rob Whittaker		V40	Wetherby Runners	86.44			84.93
48	31:54	<b>448</b>	Gavin Smith			Skipton AC	86.15			
49	31:55	<b>116</b>	Adam Newton			Harrogate Harriers	85.85			
50	32:04	<b>259</b>	Guy Close			Knaresborough Striders	85.56			
51	32:04	<b>30</b>	Alan Davidson		V50	Nidd Valley Road Runners	85.26			84.21
52	32:04	<b>51</b>	Adam Prentis		V50	Harrogate Harriers	84.97			83.50
53	32:19	<b>523</b>	Ken Wood			Thirsk and Sowerby Harriers	84.67			
54	32:25	<b>368</b>	Donna Riddler	F	V35	Ripon Runners	84.38	98.52	98.13	
55	32:30	<b>637</b>	Tom Brothwell			Wetherby Runners	84.08			
56	32:30	<b>380</b>	Trevor Schofield			Ripon Runners	83.79			
57	32:39	<b>323</b>	Tom Paget			Otley AC	83.50			
58	32:43	<b>708</b>	Richard Walker		V40	Dragons-Aire	83.20			82.78
59	32:49	<b>39</b>	Alex Patrickson			Nidd Valley Road Runners	82.91			
60	32:50	<b>729</b>	Simon Withers		V45	Richmond & Zetland Harriers	82.61			82.06
61	32:55	<b>444</b>	Richard Annable		V55	Skipton AC	82.32			81.34 97.04
62	33:00	<b>70</b>	Geoff Hirst			Harrogate Harriers	82.02			
63	33:02	<b>728</b>	Rosie Adams	F		Richmond & Zetland Harriers	81.73	97.78		
64	33:03	<b>539</b>	David Fawkes			Thirsk and Sowerby Harriers	81.43			
65	33:04	<b>540</b>	Rob Lickley		V40	Thirsk and Sowerby Harriers	81.14			80.63
66	33:04	<b>52</b>	Geoff King		V60	Harrogate Harriers	80.84			79.91 95.56
67	33:06	<b>456</b>	Patrick Wardle			Skipton AC	80.55			
68	33:08	<b>109</b>	Michael Gill		V45	Harrogate Harriers	80.25			79.19
69	33:08	<b>42</b>	Matt Rickard		V40	Nidd Valley Road Runners	79.96			78.47
70	33:08	<b>619</b>	James Jesson		V40	Wetherby Runners	79.66			77.76
71	33:10	<b>398</b>	Andy Turner		V55	Ripon Runners	79.37			77.04 94.08
72	33:16	<b>299</b>	Steven Robinson		V40	Otley AC	79.08			76.32
73	33:20	<b>731</b>	Daniel Eagling			Nidd Valley Road Runners	78.78			
74	33:21	<b>68</b>	Emma Robinson	F	V35	Harrogate Harriers	78.49	97.04	97.19	
75	33:35	<b>206</b>	Steve Murray		V45	Ilkley Harriers	78.19			75.60
76	33:48	<b>21</b>	Carol Morgan	F	V40	Nidd Valley Road Runners	77.90	96.30	96.26	

77	33:50	<b>633</b>	Jonathan Corke		Wetherby Runners	77.60			
78	33:51	<b>692</b>	Nick Ford		Dragons-Aire	77.31			
79	33:52	<b>439</b>	Nick Andralojc	V50	Harrogate Harriers	77.01			74.89
80	33:53	<b>407</b>	Michael Hernandez	V45	Ripon Runners	76.72			74.17
81	34:01	<b>625</b>	Tim Tunnard	V45	Wetherby Runners	76.42			73.45
82	34:02	<b>422</b>	Matt Holt	V40	Ripon Runners	76.13			72.73
83	34:03	<b>45</b>	Adam Kirk		Nidd Valley Road Runners	75.83			
84	34:04	<b>533</b>	Walter Busuttill	V50	Thirsk and Sowerby Harriers	75.54			72.02
85	34:06	<b>77</b>	Richard Paul Smith	V40	Harrogate Harriers	75.25			71.30
86	34:07	<b>227</b>	Sally Malir	F V50	Ilkley Harriers	74.95	95.56	95.33	
87	34:10	<b>559</b>	Matt Jones		Thirsk and Sowerby Harriers	74.66			
88	34:14	<b>656</b>	Rebecca Streets	F	Dragons-Aire	74.36	94.82		
89	34:22	<b>97</b>	Stephen Kirk	V45	Harrogate Harriers	74.07			70.58
90	34:22	<b>58</b>	Charlotte Evans	F V40	Harrogate Harriers	73.77	94.08	94.39	
91	34:26	<b>275</b>	Ian Mitchell	V50	Knaresborough Striders	73.48			69.86
92	34:27	<b>159</b>	Simon Childs	V50	Harrogate Harriers	73.18			69.15
93	34:27	<b>108</b>	Simon Watson	V50	Harrogate Harriers	72.89			68.43
94	34:29	<b>256</b>	Nicola Carter	F V45	Knaresborough Striders	72.59	93.35	93.46	
95	34:30	<b>404</b>	Gary Wilks	V40	Ripon Runners	72.30			67.71
96	34:31	<b>644</b>	Paul Atkinson	V50	Wetherby Runners	72.00			67.00
97	34:31	<b>80</b>	John Dalby	V55	Harrogate Harriers	71.71			66.28 92.61
98	34:33	<b>142</b>	Jon Blane	V55	Harrogate Harriers	71.41			65.56 91.13
99	34:35	<b>57</b>	Ian Rowbotham	V55	Harrogate Harriers	71.12			64.84 89.65
100	34:37	<b>578</b>	Nick Wagstaff	V40	Vocalink Running Club	70.83			64.13
101	34:39	<b>537</b>	Charlotte Wilton	F V35	Thirsk and Sowerby Harriers	70.53	92.61	92.52	
102	34:52	<b>379</b>	Allan Hansen	V55	Ripon Runners	70.24			63.41 88.17
103	34:56	<b>611</b>	Phoebe Coster	F U18	Wetherby Runners	69.94	91.87		
104	34:59	<b>252</b>	Gareth Conkleton	V40	Knaresborough Striders	69.65			62.69
105	35:01	<b>219</b>	Lucy Williamson	F	Ilkley Harriers	69.35	91.13		
106	35:02	<b>16</b>	Jonathan Easton		Nidd Valley Road Runners	69.06			
107	35:03	<b>22</b>	Simon Franklin	V50	Nidd Valley Road Runners	68.76			61.97
108	35:05	<b>110</b>	Sarah Gill	F V50	Harrogate Harriers	68.47	90.39	91.59	
109	35:07	<b>733</b>	John Ward	V65	Ripon Runners	68.17			61.26 86.70
110	35:08	<b>92</b>	Jaclyn Artist	F	Harrogate Harriers	67.88	89.65		
111	35:10	<b>253</b>	Sean Brennan	V45	Knaresborough Striders	67.58			60.54
112	35:11	<b>3</b>	Sam Fugill		Nidd Valley Road Runners	67.29			
113	35:17	<b>626</b>	Gill Edmonson	F V40	Wetherby Runners	67.00	88.91	90.66	
114	35:21	<b>265</b>	Sima Lowry	F V40	Knaresborough Striders	66.70	88.17	89.72	
115	35:24	<b>624</b>	Alex Mathewson		Wetherby Runners	66.41			

116	35:26	<b>532</b>	Rebecca Burgess	F	Thirsk and Sowerby Harriers	66.11	87.44		
117	35:27	<b>381</b>	Tony White	V60	Ripon Runners	65.82		59.82	85.22
118	35:27	<b>131</b>	Guy Williams	V40	Harrogate Harriers	65.52		59.10	
119	35:32	<b>538</b>	Graham Robinson	V60	Thirsk and Sowerby Harriers	65.23		58.39	83.74
120	35:39	<b>449</b>	nick oddy	V40	Skipton AC	64.93		57.67	
121	35:48	<b>447</b>	Dave Gorman	V50	Skipton AC	64.64		56.95	
122	35:49	<b>104</b>	Tim Pocock	V55	Harrogate Harriers	64.34		56.23	82.26
123	35:58	<b>557</b>	Russell Butchers	V40	Thirsk and Sowerby Harriers	64.05		55.52	
124	36:00	<b>46</b>	John Mitton	V45	Nidd Valley Road Runners	63.75		54.80	
125	36:04	<b>61</b>	Andy Laverick	V40	Harrogate Harriers	63.46		54.08	
126	36:04	<b>260</b>	Andy Roberts	V50	Knaresborough Striders	63.16		53.36	
127	36:06	<b>378</b>	John Chatwin		Ripon Runners	62.87			
128	36:11	<b>440</b>	Kristie Taylor	F V35	Ripon Runners	62.58	86.70	88.79	
129	36:14	<b>291</b>	Michael Hastings		Otley AC	62.28			
130	36:16	<b>103</b>	Shaun Morrison		Harrogate Harriers	61.99			
131	36:18	<b>177</b>	Roger Bromiley	V40	Harrogate Harriers	61.69		52.65	
132	36:19	<b>226</b>	Sarah Edwards	F	Ilkley Harriers	61.40	85.96		
133	36:23	<b>616</b>	Alex Bradbury		Wetherby Runners	61.10			
134	36:24	<b>609</b>	Nina Batt	F	Wetherby Runners	60.81	85.22		
135	36:24	<b>476</b>	Alan Mackay	V40	Swaledale Road Runners	60.51		51.93	
136	36:26	<b>479</b>	Ronan Walsh		Swaledale Road Runners	60.22			
137	36:29	<b>662</b>	Kevin Nicholas	V50	Dragons-Aire	59.92		51.21	
138	36:30	<b>394</b>	Ray Johnstone	V60	Ripon Runners	59.63		50.50	80.79
139	36:32	<b>464</b>	Rachel Gaunt	F V50	Skipton AC	59.33	84.48	87.85	
140	36:32	<b>576</b>	Chris Slater		Vocalink Running Club	59.04			
141	36:36	<b>521</b>	Hilary Coventry	F V50	Thirsk and Sowerby Harriers	58.75	83.74	86.92	
142	36:36	<b>555</b>	Jon Leete	V55	Thirsk and Sowerby Harriers	58.45		49.78	79.31
143	36:37	<b>598</b>	Andrea Normington	F V50	Wetherby Runners	58.16	83.00	85.99	
144	36:40	<b>409</b>	Steve Silver	V45	Ripon Runners	57.86		49.06	
145	36:47	<b>123</b>	Steve Woolven	V40	Harrogate Harriers	57.57		48.34	
146	36:54	<b>90</b>	Angela Peace	F	Harrogate Harriers	57.27	82.26		
147	36:56	<b>636</b>	Peter Allanack	V50	Wetherby Runners	56.98		47.63	
148	36:57	<b>589</b>	John Field	V50	Wetherby Runners	56.68		46.91	
149	37:13	<b>543</b>	Alan Pollock		Thirsk and Sowerby Harriers	56.39			
150	37:18	<b>369</b>	David Ritson	V45	Ripon Runners	56.09		46.19	
151	37:23	<b>322</b>	Kirsty Pomfrett	F	Otley AC	55.80	81.52		
152	37:25	<b>490</b>	Stuart Hardcastle	V60	Swaledale Road Runners	55.50		45.47	77.83
153	37:26	<b>556</b>	Ben Mcintosh	U16	Thirsk and Sowerby Harriers	55.21			
154	37:26	<b>139</b>	Rebecca Pearey	F	Harrogate Harriers	54.91	80.79		

155	37:27	<b>44</b>	Ian McLeod		V60	Nidd Valley Road Runners	54.62			44.76	76.35
156	37:28	<b>49</b>	Jim Cook		V45	Nidd Valley Road Runners	54.33			44.04	
157	37:33	<b>553</b>	Stuart Waters		V45	Thirsk and Sowerby Harriers	54.03			43.32	
158	37:35	<b>433</b>	Suzanne Rickard	F	V45	Ripon Runners	53.74	80.05	85.05		
159	37:35	<b>377</b>	Neil Dring		V50	Ripon Runners	53.44			42.60	
160	37:36	<b>596</b>	Nicky Andrews	F		Wetherby Runners	53.15	79.31			
161	37:38	<b>724</b>	Kevin Bond		V40	Richmond & Zetland Harriers	52.85			41.89	
162	37:41	<b>258</b>	Derek Calvert		V55	Knaresborough Striders	52.56			41.17	74.88
163	37:42	<b>138</b>	Alan Couldwell		V60	Harrogate Harriers	52.26			40.45	73.40
164	37:43	<b>224</b>	Sarah Hayes	F	V45	Ilkley Harriers	51.97	78.57	84.12		
165	37:44	<b>294</b>	Sara Elliott	F	V40	Otley AC	51.67	77.83	83.18		
166	37:46	<b>413</b>	Nicole Sutton	F	V40	Ripon Runners	51.38	77.09	82.25		
167	37:48	<b>560</b>	David Read		V55	Thirsk and Sowerby Harriers	51.08			39.73	71.92
168	37:54	<b>144</b>	Charlotte Roberts	F		Harrogate Harriers	50.79	76.35			
169	37:57	<b>608</b>	Richard Bell		V45	Wetherby Runners	50.50			39.02	
170	38:00	<b>605</b>	Ann Dale	F	V40	Wetherby Runners	50.20	75.61	81.32		
171	38:05	<b>297</b>	Matt Podd		V55	Otley AC	49.91			38.30	70.44
172	38:06	<b>612</b>	Emma Coster	F	V45	Wetherby Runners	49.61	74.88	80.38		
173	38:09	<b>11</b>	Alison Iles	F	V40	Nidd Valley Road Runners	49.32	74.14	79.45		
174	38:10	<b>172</b>	Donald Morgan		V50	Harrogate Harriers	49.02			37.58	
175	38:13	<b>47</b>	Paul Manning		V45	Nidd Valley Road Runners	48.73			36.86	
176	38:19	<b>146</b>	Mark Seymour		V55	Harrogate Harriers	48.43			36.15	68.97
177	38:22	<b>26</b>	Phil Robinson		V50	Nidd Valley Road Runners	48.14			35.43	
178	38:24	<b>455</b>	Sue Marshall	F	V55	Skipton AC	47.84	73.40	78.51		67.49
179	38:27	<b>281</b>	Stewart Hymas		V45	Knaresborough Striders	47.55			34.71	
180	38:31	<b>72</b>	Sue Moul	F	V50	Harrogate Harriers	47.25	72.66	77.58		
181	38:32	<b>65</b>	Melanie Rice	F	V40	Harrogate Harriers	46.96	71.92	76.65		
182	38:45	<b>387</b>	Tim Joynson		V55	Ripon Runners	46.66			34.00	66.01
183	38:55	<b>606</b>	Geoff Lodge		V55	Wetherby Runners	46.37			33.28	64.53
184	38:55	<b>613</b>	Helen Bugliass	F	V45	Wetherby Runners	46.08	71.18	75.71		
185	39:05	<b>1</b>	Dave Seaman		V65	Nidd Valley Road Runners	45.78			32.56	63.05
186	39:06	<b>697</b>	Graham Turner			Dragons-Aire	45.49				
187	39:09	<b>60</b>	Stephanie Bryant	F		Harrogate Harriers	45.19	70.44			
188	39:11	<b>125</b>	Tony Essex		V65	Harrogate Harriers	44.90			31.84	61.58
189	39:18	<b>658</b>	Sarah Bell	F		Dragons-Aire	44.60	69.70			
190	39:19	<b>647</b>	Pete Bryant		V50	Dragons-Aire	44.31			31.13	
191	39:21	<b>423</b>	Jill Holt	F	V45	Ripon Runners	44.01	68.97	74.78		
192	39:36	<b>7</b>	Mark Armstrong		V45	Nidd Valley Road Runners	43.72			30.41	
193	39:40	<b>23</b>	Sarah Hughan	F	V35	Nidd Valley Road Runners	43.42	68.23	73.84		

194	39:41	<b>565</b>	Luke Fitzgerald		V45	Vocalink Running Club	43.13			29.69	
195	39:47	<b>73</b>	Eve Hawkins	F	V35	Harrogate Harriers	42.83	67.49	72.91		
196	39:52	<b>597</b>	Pete Cooper		V45	Wetherby Runners	42.54			28.97	
197	39:53	<b>201</b>	Geoffrey White			Ilkley Harriers	42.25				
198	39:54	<b>581</b>	Alex Whapples	F	V45	Vocalink Running Club	41.95	66.75	71.98		
199	40:03	<b>511</b>	Andy Butcher		V50	Thirsk and Sowerby Harriers	41.66			28.26	
200	40:06	<b>340</b>	Serena Blackburn	F	V50	Otley AC	41.36	66.01	71.04		
201	40:06	<b>601</b>	Lara Johnson	F	V35	Wetherby Runners	41.07	65.27	70.11		
202	40:10	<b>87</b>	Liz Sandell	F		Harrogate Harriers	40.77	64.53			
203	40:12	<b>399</b>	Chris Appleton		V55	Ripon Runners	40.48			27.54	60.10
204	40:14	<b>18</b>	Moira McTague	F	V55	Nidd Valley Road Runners	40.18	63.79	69.17		58.62
205	40:16	<b>114</b>	Elizabeth Turner	F		Harrogate Harriers	39.89	63.05			
206	40:23	<b>525</b>	Helen Ashworth	F	V45	Thirsk and Sowerby Harriers	39.59	62.32	68.24		
207	40:28	<b>458</b>	Antony Radley		V50	Skipton AC	39.30			26.82	
208	40:29	<b>373</b>	Kim Holden	F	V55	Ripon Runners	39.00	61.58	67.31		57.14
209	40:30	<b>127</b>	Russell Gregory		V55	Harrogate Harriers	38.71			26.10	55.67
210	40:34	<b>446</b>	Emma Newbould	F	V45	Skipton AC	38.41	60.84	66.37		
211	40:35	<b>429</b>	Phil Moores		V45	Ripon Runners	38.12			25.39	
212	40:38	<b>179</b>	Aimee Bellwood	F		Harrogate Harriers	37.83	60.10			
213	40:45	<b>552</b>	Brian Smith		V40	Thirsk and Sowerby Harriers	37.53			24.67	
214	40:45	<b>363</b>	Jane Grundy	F		Ripon Runners	37.24	59.36			
215	40:47	<b>623</b>	Valerie Bell	F	V45	Wetherby Runners	36.94	58.62	65.44		
216	40:48	<b>126</b>	Juliette Gregory	F	V50	Harrogate Harriers	36.65	57.88	64.50		
217	40:48	<b>600</b>	Drew Ward		V60	Wetherby Runners	36.35			23.95	54.19
218	40:48	<b>365</b>	Angie Benson	F	V50	Ripon Runners	36.06	57.14	63.57		
219	40:50	<b>313</b>	Philip Robinson		V70	Otley AC	35.76			23.23	52.71
220	40:56	<b>631</b>	Neil Berry			Wetherby Runners	35.47				
221	41:06	<b>50</b>	Jenny Manning	F	V45	Nidd Valley Road Runners	35.17	56.41	62.64		
222	41:08	<b>676</b>	Jan Davies	F	V50	Dragons-Aire	34.88	55.67	61.70		
223	41:08	<b>672</b>	Steve Davies		V55	Dragons-Aire	34.58			22.52	51.23
224	41:08	<b>465</b>	Victoria Wilson	F	V40	Skipton AC	34.29	54.93	60.77		
225	41:11	<b>457</b>	Kathryn Radley	F	V45	Skipton AC	34.00	54.19	59.83		
226	41:11	<b>82</b>	Mark Hattersley		V50	Harrogate Harriers	33.70			21.80	
227	41:14	<b>332</b>	Chris Brunold	F	V50	Otley AC	33.41	53.45	58.90		
228	41:20	<b>604</b>	Pete Callaghan		V50	Wetherby Runners	33.11			21.08	
229	41:20	<b>551</b>	Paul Goacher		V55	Thirsk and Sowerby Harriers	32.82			20.36	49.76
230	41:27	<b>347</b>	Liz Fawcett	F	V45	Otley AC	32.52	52.71	57.97		
231	41:30	<b>702</b>	Micheal Jarvis		V45	Dragons-Aire	32.23			19.65	
232	41:31	<b>102</b>	Sarah Bromiley	F	V40	Harrogate Harriers	31.93	51.97	57.03		

233	41:32	<b>317</b>	Andrew Rayner		V50	Otley AC		31.64			18.93	
234	41:33	<b>558</b>	Craig Ivey			Thirsk and Sowerby Harriers		31.34				
235	41:35	<b>386</b>	Amy Berriman	F		Ripon Runners		31.05	51.23			
236	41:39	<b>330</b>	Rob Fearnley			Otley AC		30.75				
237	41:40	<b>677</b>	Glyn Smyth		V50	Dragons-Aire		30.46			18.21	
238	41:41	<b>524</b>	Nigel Morgan		V55	Thirsk and Sowerby Harriers		30.16			17.50	48.28
239	41:42	<b>151</b>	Neil Hindmarch		V50	Harrogate Harriers		29.87			16.78	
240	41:45	<b>83</b>	Paul Berwin		V55	Harrogate Harriers		29.58			16.06	46.80
241	41:46	<b>212</b>	Hilda Coulsey	F	V60	Ilkley Harriers		29.28	50.50	56.10		45.32
242	41:49	<b>509</b>	Phillip Craig			Thirsk and Sowerby Harriers		28.99				
243	41:49	<b>231</b>	Peter Lewis		V65	Ilkley Harriers		28.69			15.34	43.85
244	41:50	<b>74</b>	Richard Burton		V55	Harrogate Harriers		28.40			14.63	42.37
245	41:51	<b>33</b>	Debbie Gibson	F	V50	Nidd Valley Road Runners		28.10	49.76	55.16		
246	42:05	<b>430</b>	Anne Cheeseman	F	V55	Ripon Runners		27.81	49.02	54.23		40.89
247	42:15	<b>315</b>	Colin Best		V60	Otley AC		27.51			13.91	39.41
248	42:19	<b>270</b>	Sue Morley	F	V60	Knaresborough Striders		27.22	48.28	53.30		37.94
249	42:24	<b>175</b>	Angus Morgan			Harrogate Harriers		26.92				
250	42:29	<b>24</b>	Catherine Barber	F		Nidd Valley Road Runners		26.63	47.54			
251	42:38	<b>514</b>	Rob Burn		V60	Thirsk and Sowerby Harriers		26.33			13.19	36.46
252	42:40	<b>27</b>	Rachael Prince	F	V40	Nidd Valley Road Runners		26.04	46.80	52.36		
253	42:42	<b>546</b>	Ian Crane		V65	Thirsk and Sowerby Harriers		25.75			12.47	34.98
254	42:44	<b>326</b>	Joanna Hobson	F	V55	Otley AC		25.45	46.06	51.43		33.50
255	42:46	<b>300</b>	Bethany Leitch	F		Otley AC		25.16	45.32			
256	42:47	<b>204</b>	Julie Elmes	F	V45	Ilkley Harriers		24.86	44.58	50.50		
257	42:54	<b>674</b>	Joanne Miller	F	V35	Dragons-Aire		24.57	43.85	49.56		
258	42:54	<b>646</b>	Nicky Stevenson	F	V40	Dragons-Aire		24.27	43.11	48.63		
259	42:59	<b>392</b>	Fiona Alder	F	V55	Ripon Runners		23.98	42.37	47.69		32.02
260	43:19	<b>664</b>	Karen Kirkbright	F	V50	Dragons-Aire		23.68	41.63	46.76		
261	43:28	<b>312</b>	Jackie Ackroyd	F	V55	Otley AC		23.39	40.89	45.83		30.55
262	43:35	<b>648</b>	Louise Johnson	F	V35	Dragons-Aire		23.09	40.15	44.89		
263	43:37	<b>575</b>	Liz Robertshaw	F	V35	Vocalink Running Club		22.80	39.41	43.96		
264	43:37	<b>4</b>	Nick Smith		V55	Nidd Valley Road Runners		22.50			11.76	29.07
265	43:40	<b>475</b>	Zoe Mackay	F	V40	Swaledale Road Runners		22.21	38.67	43.02		
266	43:42	<b>416</b>	Tony Carr		V50	Ripon Runners		21.91			11.04	
267	43:43	<b>710</b>	Emma Williment	F		Dragons-Aire		21.62	37.94			
268	43:45	<b>314</b>	Laura Hind	F	V35	Otley AC		21.33	37.20	42.09		
269	43:46	<b>158</b>	Matthew Lucock			Harrogate Harriers		21.03				
270	43:47	<b>318</b>	Tom Hannah		V65	Otley AC		20.74			10.32	27.59
271	43:48	<b>739</b>	Steve Booth		V50	Thirsk and Sowerby Harriers		20.44			9.60	

272	43:52	<b>580</b>	Neil Warr		V40	Vocalink Running Club	20.15			8.89	
273	43:54	<b>278</b>	Tony Everett		V50	Knaresborough Striders	19.85			8.17	
274	43:56	<b>334</b>	Hannah Lupton	F	V35	Otley AC	19.56	36.46	41.16		
275	43:58	<b>462</b>	Matthew Oddy			Skipton AC	19.26				
276	43:58	<b>279</b>	Claire Killingworth	F		Knaresborough Striders	18.97	35.72			
277	44:09	<b>255</b>	Natalie Hale	F		Knaresborough Striders	18.67	34.98			
278	44:13	<b>277</b>	Tracey Allison	F	V50	Knaresborough Striders	18.38	34.24	40.22		
279	44:16	<b>40</b>	Neil Wright			Nidd Valley Road Runners	18.08				
280	44:20	<b>388</b>	Lena Conlin	F	V45	Ripon Runners	17.79	33.50	39.29		
281	44:26	<b>650</b>	Andrea Stevenson	F	V50	Dragons-Aire	17.50	32.76	38.35		
282	44:29	<b>338</b>	Sara Richards	F	V45	Otley AC	17.20	32.02	37.42		
283	44:31	<b>261</b>	Mark Shelton			Knaresborough Striders	16.91				
284	44:33	<b>705</b>	Sharon Warrington	F	V45	Dragons-Aire	16.61	31.29	36.49		
285	44:37	<b>251</b>	Thomas Burrell		V40	Knaresborough Striders	16.32			7.45	
286	44:52	<b>412</b>	Alison Clarke	F	V40	Ripon Runners	16.02	30.55	35.55		
287	45:04	<b>203</b>	Donald Macrae		V70	Ilkley Harriers	15.73			6.73	26.11
288	45:08	<b>101</b>	Jacqueline Flynn	F	V50	Harrogate Harriers	15.43	29.81	34.62		
289	45:10	<b>342</b>	Gilly Wright	F		Otley AC	15.14	29.07			
290	45:11	<b>56</b>	Jane Rowbotham	F	V55	Harrogate Harriers	14.84	28.33	33.68		24.64
291	45:18	<b>483</b>	Karen Thorpe	F	V50	Swaledale Road Runners	14.55	27.59	32.75		
292	45:33	<b>38</b>	Ewa Scott	F	V40	Nidd Valley Road Runners	14.25	26.85	31.82		
293	45:48	<b>397</b>	Jackie Turner	F	V50	Ripon Runners	13.96	26.11	30.88		
294	45:48	<b>544</b>	Chris Wordsworth		V40	Thirsk and Sowerby Harriers	13.66			6.02	
295	45:55	<b>549</b>	Trish Radford	F	V60	Thirsk and Sowerby Harriers	13.37	25.38	29.95		23.16
296	45:56	<b>547</b>	Faith Coy	F	V40	Thirsk and Sowerby Harriers	13.08	24.64	29.01		
297	46:09	<b>534</b>	Nicola Booth	F	V50	Thirsk and Sowerby Harriers	12.78	23.9	28.08		
298	46:18	<b>679</b>	Joanne Whitaker	F	V45	Dragons-Aire	12.49	23.16	27.15		
299	46:22	<b>218</b>	Sue Williamson	F	V50	Ilkley Harriers	12.19	22.42	26.21		
300	46:24	<b>20</b>	Michelle Smith	F	V45	Nidd Valley Road Runners	11.9	21.68	25.28		
301	46:24	<b>25</b>	Sarah Chalmers	F	V50	Nidd Valley Road Runners	11.6	20.94	24.34		
302	46:29	<b>481</b>	Chris Sayer	F	V55	Swaledale Road Runners	11.31	20.2	23.41		21.68
303	46:35	<b>723</b>	Jane Bond	F	V45	Richmond & Zetland Harriers	11.01	19.47	22.48		
304	46:36	<b>372</b>	Dawn Griffin	F	V50	Ripon Runners	10.72	18.73	21.54		
305	46:47	<b>716</b>	Ian Hepworth		V65	Richmond & Zetland Harriers	10.42			5.3	20.2
306	46:49	<b>215</b>	Kate Lofthouse	F	V55	Ilkley Harriers	10.13	17.99	20.61		18.73
307	46:54	<b>653</b>	Alice Denby	F	V60	Dragons-Aire	9.83	17.25	19.67		17.25
308	46:54	<b>477</b>	Nicky Logan	F	V35	Swaledale Road Runners	9.54	16.51	18.74		
309	46:55	<b>651</b>	Iain Denby		V55	Dragons-Aire	9.25			4.58	15.77
310	47:16	<b>9</b>	Jane Hill	F	V40	Nidd Valley Road Runners	8.95	15.77	17.81		

311	47:28	<b>545</b>	Liz Wordsworth	F	V45	Thirsk and Sowerby Harriers	8.66	15.03	16.87		
312	47:39	<b>411</b>	Robin Kehoe		V55	Ripon Runners	8.36			3.86	14.29
313	47:44	<b>512</b>	Alison Butcher	F	V50	Thirsk and Sowerby Harriers	8.07	14.29	15.94		
314	48:03	<b>515</b>	Christine Burn	F	V60	Thirsk and Sowerby Harriers	7.77	13.55	15		12.82
315	48:05	<b>78</b>	Diane Addison	F	V50	Harrogate Harriers	7.48	12.82	14.07		
316	48:07	<b>406</b>	Andy Purl		V40	Ripon Runners	7.18			3.15	
317	48:12	<b>202</b>	Laura Dawes	F		Ilkley Harriers	6.89	12.08			
318	48:18	<b>657</b>	Clare Featherstone	F		Dragons-Aire	6.59	11.34			
319	48:45	<b>222</b>	Sally Wright	F	V55	Ilkley Harriers	6.3	10.6	13.14		11.34
320	48:55	<b>516</b>	Drikus Van Der Westhuizen			Thirsk and Sowerby Harriers	6				
321	49:02	<b>513</b>	Tracy Hayden	F	V50	Thirsk and Sowerby Harriers	5.71	9.86	12.2		
322	50:21	<b>582</b>	David Whapples		V45	Vocalink Running Club	5.41			2.43	
323	51:06	<b>37</b>	Michelle Dinsdale	F	V40	Nidd Valley Road Runners	5.12	9.12	11.27		
324	51:11	<b>632</b>	Sharon Smith	F	V55	Wetherby Runners	4.83	8.38	10.33		9.86
325	52:07	<b>506</b>	Sharon Keegan	F	V50	Thirsk and Sowerby Harriers	4.53	7.64	9.4		
326	52:24	<b>550</b>	Gillian Crane	F	V60	Thirsk and Sowerby Harriers	4.24	6.91	8.47		8.38
327	53:08	<b>593</b>	Megan Hatfield	F	V45	Wetherby Runners	3.94	6.17	7.53		
328	53:09	<b>405</b>	Maggie Driffield	F	V55	Ripon Runners	3.65	5.43	6.6		6.91
329	53:48	<b>528</b>	Bev Davies	F	V50	Thirsk and Sowerby Harriers	3.35	4.69	5.66		
330	55:11	<b>527</b>	Ian Codling		V75	Thirsk and Sowerby Harriers	3.06			1.71	5.43
331	56:08	<b>62</b>	Kevin-Malachy Murphy		V60	Harrogate Harriers	2.76			1	3.95
332	56:09	<b>434</b>	Kelly Dunkley	F	V35	Ripon Runners	2.47	3.95	4.73		
333	56:10	<b>410</b>	Linda Cadman	F	V65	Ripon Runners	2.17	3.21	3.8		2.47
334	56:46	<b>408</b>	Fiona Hernandez	F	V45	Ripon Runners	1.88	2.47	2.86		
335	56:47	<b>438</b>	Jack Hernandez		U18	Ripon Runners	1.58				
336	61:55	<b>518</b>	Liz Stephenson	F	V35	Thirsk and Sowerby Harriers	1.29	1.73	1.93		
337	74:24	<b>526</b>	Marian Codling	F	V75	Thirsk and Sowerby Harriers	1	1	1		1

<b>Team Results</b>	<b>Main</b>	<b>Ladies</b>	<b>LVets</b>	<b>Vets</b>	<b>SVets</b>	<b>Elite mm.ss</b>
Dragons-Aire	530.88	307.15	159.89	207.29	84.25	100.48
Harrogate Harriers	939.56	470.42	290.64	465.54	468.95	80.30
Ilkley Harriers	552.98	401.72	235.55	97.67	145.35	97.55
Knarborough Striders	774.24	300.50	236.48	287.62	112.82	91.17
Nidd Valley Road Runners	851.74	358.87	249.55	440.43	227.09	89.13
Otley AC	851.17	331.52	213.12	252.47	226.61	81.16
Richmond & Zetland Harriers	336.26	117.25	22.48	129.25	20.20	93.56
Ripon Runners	922.17	442.36	286.92	426.80	434.96	86.04
Skipton AC	656.10	327.84	232.73	222.78	164.53	94.59
Swaledale Road Runners	322.05	102.97	99.18	185.20	99.51	104.21
Thirsk and Sowerby Harriers	814.62	351.49	247.68	398.84	383.25	89.33
Vocalink Running Club	350.05	106.16	115.94	190.79	0.00	103.01
Wetherby Runners	890.33	428.31	257.97	473.43	128.58	86.22

#### **Cumulative team results after 4 races**

Dragon Aire	2113.55	1335.63	734.56	768.83	657.27	447.38
Harrogate Harriers	3747.74	1845.85	1126.03	1871.24	1810.17	356.03
Ilkley Harriers AC	2411.34	1372.08	807.58	846.38	561.27	400.19
Knarborough Striders	3224.33	1063.51	857.65	1126.01	381.94	392.46
Nidd Valley Road Runners	2579.43	1081.92	726.44	1251.66	717.39	n/c
Otley AC	3293.62	1414.06	882.71	1239.01	777.33	363.44
Richmond and Zetland Harriers	1803.97	548.55	172.08	396.54	91.03	403.36
Ripon Runners	3630.74	1707.58	1118.63	1692.22	1584.03	375.19
Skipton AC	2542.70	1357.82	939.50	1005.71	728.54	420.21
Swaledale Road Runners	1630.08	607.87	394.82	995.25	689.48	430.45
Thirsk and Sowerby Harriers	2824.24	1137.56	921.54	1317.73	1165.58	404.35
Vocalink Running Club	1637.53	586.90	435.46	891.56	0.00	443.56
Wetherby Runners	3483.57	1664.73	1062.60	1852.60	380.66	378.04