

	Best 3				Race 1	Race 2	Race 3	Race 4
1	299.65	306	Jamil Parapia	M Otley AC	100.00		99.65	100.00
2	298.00	81	Jonny Johnson	M Harrogate Harriers		99.47	99.71	98.82
3	296.94	89	Andrew Grant	M Harrogate Harriers	V45	98.42	98.58	98.95
4	296.69	400	Ben Pease	M Ripon Runners		98.94	99.15	98.60
5	294.46	591	Paul Millgate	M Wetherby Runners	V40	98.68		97.55
6	294.19	721	Rob Scott	M Richmond & Zetland Harriers			98.30	98.25
7	293.85	339	Zack Whitehead	M Otley AC		97.37	98.02	97.90
8	292.30	71	Andrew Dobby	M Harrogate Harriers	V40	97.63	97.46	97.21
9	291.59	615	Joseph Kwallah	M Wetherby Runners	V45	95.53	97.74	96.51
10	289.91	163	Tim Richardson	M Harrogate Harriers		96.58	97.17	96.16
11	288.86	293	Andrew Robertshaw	M Otley AC	V45	95.79	96.61	
12	287.44	263	Keith Emery	M Knaresborough Striders		95.27	96.89	
13	286.92	361	Reece Dalton	M Ripon Runners	U18	94.48		96.86
14	286.05	431	Sharon Barlow Hamilton	F Ripon Runners	V35		95.76	94.42
15	285.30	735	Warren Lowcock	M Nidd Valley Road Runners			95.20	95.11
16	283.52	362	Alex Fawcett	M Ripon Runners	V50	92.64	94.35	94.77
17	283.10	225	Daniel Hayes	M Ilkley Harriers	U18	95.01	96.05	
18	280.86	736	Paul Nelson	M Wetherby Runners	V45		94.92	93.02
19	280.45	620	Mark Holt	M Wetherby Runners	V40	93.43	93.51	
20	280.18	371	James Boddy	M Ripon Runners		93.17	93.79	92.33
21	279.85	257	Thomas Calvert	M Knaresborough Striders		92.90	93.23	93.72
22	279.16	541	Joshua Fothergill	M Thirsk and Sowerby Harriers	U16	90.80	94.07	91.28
23	278.63	714	Dave Hack	M Richmond & Zetland Harriers		93.96	95.48	89.19
24	277.95	470	Tim Chadwick	M Skipton AC		92.38	92.94	
25	276.82	271	Martin Brock	M Knaresborough Striders		91.59	91.82	92.67
26	275.67	385	Ben Imeson	M Ripon Runners		92.12	92.10	87.79
27	275.44	491	Steve Brown	M Swaledale Road Runners	V55	91.85	92.66	90.93
28	274.51	121	Phil Rodgers	M Harrogate Harriers		86.34		94.07
29	273.53	178	Jaysson Sawyer	M Harrogate Harriers		90.02	91.53	91.98
30	271.58	274	Rob Clarke	M Knaresborough Striders		88.97	92.38	90.23
31	271.18	375	Lee Stanley	M Ripon Runners		90.54	91.25	88.14
32	268.67	130	Lorraine Mitchell	F Harrogate Harriers	V40	87.13	90.97	
33	267.53	401	David Binks	M Ripon Runners	V45	89.75	89.28	
34	267.22	333	Rogan Ashton	M Otley AC	V45	90.28	89.84	87.10
35	266.61	508	Stephan Tomaszewski	M Thirsk and Sowerby Harriers	V55	87.39		89.54
36	263.79	264	Andy Robinson	M Knaresborough Striders		86.87	88.43	87.45
37	262.43	328	Tom Lynch	M Otley AC		83.45	89.00	
38	262.10	370	Douglas Scott	M Ripon Runners	V40	85.03	85.89	85.35
39	261.38	48	Martin Lofthouse	M Nidd Valley Road Runners	V45	91.33		79.78
40	260.99	321	Tom Pomfrett	M Otley AC		85.81	88.15	81.17
41	260.69	13	Andy Todd	M Nidd Valley Road Runners	V50	85.55		86.05
42	258.95	53	Ian Cooper	M Harrogate Harriers	V40		87.02	84.31
43	258.88	39	Alex Patrickson	M Nidd Valley Road Runners		86.08		89.89
44	257.70	100	Nathan Smith	M Harrogate Harriers	V40	83.98	88.71	85.01
45	256.90	85	Darren West	M Harrogate Harriers	V50		85.61	83.96
46	255.90	637	Tom Brothwell	M Wetherby Runners		84.24	87.58	
47	251.82	51	Adam Prentis	M Harrogate Harriers	V50	81.09	85.33	81.52
48	251.34	96	Richard Willis	M Harrogate Harriers	V45	82.66	86.46	82.22
49	251.04	639	Rob Whittaker	M Wetherby Runners	V40	86.60	78.00	
50	249.94	116	Adam Newton	M Harrogate Harriers		80.83		83.26
51	249.61	323	Tom Paget	M Otley AC		81.35	84.76	
52	248.06	42	Matt Rickard	M Nidd Valley Road Runners	V40	82.40		85.70
53	247.54	254	James Wright	M Knaresborough Striders		78.46	86.17	82.91
54	246.42	70	Geoff Hirst	M Harrogate Harriers		81.61	82.79	
55	246.19	380	Trevor Schofield	M Ripon Runners		71.63	80.53	81.87

56	245.19	368	Donna Riddler	F	Ripon Runners	V35	78.72	81.38	79.43	84.38
57	244.75	619	James Jesson	M	Wetherby Runners	V40	80.04	85.05		79.66
58	242.83	729	Simon Withers	M	Richmond & Zetland Harriers	V45	77.15	83.07		82.61
59	242.33	444	Richard Annable	M	Skipton AC	V55	83.71	76.30	74.20	82.32
60	240.18	456	Patrick Wardle	M	Skipton AC		75.57	81.94	77.69	80.55
61	238.84	728	Rosie Adams	F	Richmond & Zetland Harriers			80.82	76.29	81.73
62	237.92	299	Steven Robinson	M	Otley AC	V40	80.56	78.28		79.08
63	237.79	407	Michael Hernandez	M	Ripon Runners	V45	79.51	80.25	78.03	76.72
64	237.11	731	Daniel Eagling	M	Nidd Valley Road Runners		79.25		79.08	78.78
65	236.49	77	Richard Paul Smith	M	Harrogate Harriers	V40		82.51	78.73	75.25
66	233.92	157	Richard Pennock	M	Harrogate Harriers	V40	76.10	82.23	75.59	
67	232.99	219	Lucy Williamson	F	Ilkley Harriers		81.88	75.17	75.94	69.35
68	232.43	68	Emma Robinson	F	Harrogate Harriers	V35	78.20	75.74		78.49
69	231.93	439	Nick Andralojc	M	Harrogate Harriers	V50	76.36	78.56	66.53	77.01
70	229.82	109	Michael Gill	M	Harrogate Harriers	V45	72.42	77.15		80.25
71	226.96	206	Steve Murray	M	Ilkley Harriers	V45	70.06	77.71	71.06	78.19
72	225.40	58	Charlotte Evans	F	Harrogate Harriers	V40	75.05	76.58		73.77
73	225.10	656	Rebecca Streets	F	Dragons-Aire		76.89	72.35	73.85	74.36
74	222.48	692	Nick Ford	M	Dragons-Aire		70.85	73.76	71.41	77.31
75	221.88	131	Guy Williams	M	Harrogate Harriers	V40	74.79	70.10	76.99	65.52
76	221.39	227	Sally Malir	F	Ilkley Harriers	V50		74.33	72.11	74.95
77	219.85	256	Nicola Carter	F	Knaresborough Striders	V45	73.21	74.05	70.02	72.59
78	215.45	449	nick oddy	M	Skipton AC	V40	70.32	75.46	69.67	64.93
79	214.63	142	Jon Blane	M	Harrogate Harriers	V50*	70.58	72.64	63.04	71.41
80	214.03	644	Paul Atkinson	M	Wetherby Runners	V50	71.37	70.66	68.27	72.00
81	213.38	538	Graham Robinson	M	Thirsk and Sowerby Harriers	V60	74.00	73.20	66.18	65.23
82	213.34	57	Ian Rowbotham	M	Harrogate Harriers	V55		71.51	70.71	71.12
83	211.99	3	Sam Fugill	M	Nidd Valley Road Runners		71.90		72.80	67.29
84	210.74	578	Nick Wagstaff	M	Vocalink Running Club	V40	69.53	70.38		70.83
85	208.83	110	Sarah Gill	F	Harrogate Harriers	V50	71.11	69.25		68.47
86	208.56	624	Alex Mathewson	M	Wetherby Runners			71.79	70.36	66.41
87	208.44	540	Rob Lickley	M	Thirsk and Sowerby Harriers	V40	57.98		69.32	81.14
88	206.95	16	Jonathan Easton	M	Nidd Valley Road Runners		69.27		68.62	69.06
89	206.22	275	Ian Mitchell	M	Knaresborough Striders	V50	66.91	50.07	65.83	73.48
90	205.35	252	Gareth Conkleton	M	Knaresborough Striders	V40		68.12	67.58	69.65
91	204.62	80	John Dalby	M	Harrogate Harriers	V55	67.43	62.76	65.48	71.71
92	204.05	537	Charlotte Wilton	F	Thirsk and Sowerby Harriers	V35	66.64		66.88	70.53
93	202.58	733	John Ward	M	Ripon Runners	V65	67.70	66.71	64.79	68.17
94	202.41	379	Allan Hansen	M	Ripon Runners	V55		69.82	62.35	70.24
95	201.83	603	Adam Hutchinson	M	Wetherby Runners		62.97	70.94	67.92	
96	200.77	265	Sima Lowry	F	Knaresborough Striders	V40	64.54	69.53		66.70
97	199.02	92	Jaclyn Artist	F	Harrogate Harriers		66.12	65.02	62.70	67.88
98	199.00	98	Mike Burrett	M	Harrogate Harriers	*			99.30	99.70
99	198.84	345	Scott Harrington	M	Otley AC		99.73			99.11
100	198.64	208	Matthew Cox	M	Ilkley Harriers	V40	99.21	99.43		
101	197.54	381	Tony White	M	Ripon Runners	V60		67.28	64.44	65.82
102	196.60	253	Sean Brennan	M	Knaresborough Striders	V45	60.61	68.41	56.77	67.58
103	196.07	149	Dan Oxtoby	M	Harrogate Harriers	V40	65.33	67.00	63.74	
104	195.99	104	Tim Pocock	M	Harrogate Harriers	V55	61.92	67.56	64.09	64.34
105	194.85	626	Gill Edmonson	F	Wetherby Runners	V40		64.46	63.39	67.00
106	192.87	662	Kevin Nicholas	M	Dragons-Aire	V50	56.93	76.02	12.85	59.92
107	192.49	738	Joe Gresty	M	Harrogate Harriers			96.33		96.16
108	192.21	10	Tim Harvey	M	Nidd Valley Road Runners	V40			95.46	96.75
109	191.48	378	John Chatwin	M	Ripon Runners		62.18	66.43		62.87
110	190.74	536	Gary Dunn	M	Thirsk and Sowerby Harriers	V45	93.69			97.05
111	189.38	350	Tom Midgley	M	Otley AC		94.74	94.64		

112	188.72	140	JDan Simmons	M	Harrogate Harriers	V55	65.07	63.05	60.60	
113	187.39	291	Michael Hastings	M	Otley AC		56.14	68.97		62.28
114	185.39	103	Shaun Morrison	M	Harrogate Harriers		64.02	59.38	57.12	61.99
115	184.26	61	Andy Laverick	M	Harrogate Harriers	V40		63.33	57.47	63.46
116	184.15	260	Andy Roberts	M	Knaresborough Striders	V50	58.24	62.48	58.51	63.16
117	183.18	123	Steve Woollven	M	Harrogate Harriers	V40	60.87	64.74		57.57
118	182.44	447	Dave Gorman	M	Skipton AC	V50	55.88	61.92	51.54	64.64
119	182.33	617	Andrew Walsh	M	Wetherby Runners				90.58	91.75
120	182.04	628	James Wood	M	Wetherby Runners			90.41	91.63	
121	180.72	154	Paul Stockburn	M	Harrogate Harriers	V55		89.56		91.16
122	180.56	464	Rachel Gaunt	F	Skipton AC	V50	59.03	62.20		59.33
123	179.42	281	Stewart Hymas	M	Knaresborough Striders	V45	56.67	63.89	58.86	47.55
124	178.96	91	Joshua Blacker	M	Harrogate Harriers			90.12	88.84	
125	178.38	576	Chris Slater	M	Vocalink Running Club		51.94	57.69	61.65	59.04
126	178.34	133	Tim Palmer	M	Harrogate Harriers	V45	87.65	90.69		
127	178.27	394	Ray Johnstone	M	Ripon Runners	V60	59.82	58.82	51.89	59.63
128	178.22	322	Kirsty Pomfrett	F	Otley AC		58.50	60.51	59.21	55.80
129	177.24	610	David Carberry	M	Wetherby Runners	V45	88.44			88.80
130	175.55	310	Nicola Lee	F	Otley AC	V35	61.39	56.00	58.16	
131	175.54	479	Ronan Walsh	M	Swaledale Road Runners			59.94	55.38	60.22
132	175.38	448	Gavin Smith	M	Skipton AC		89.23			86.15
133	174.96	474	Derek Parrington	M	Swaledale Road Runners	V50			86.75	88.21
134	174.92	583	Simon Williams	M	Vocalink Running Club	V45	88.18			86.74
135	170.83	139	Rebecca Pearey	F	Harrogate Harriers		54.57	61.35		54.91
136	170.44	643	Paul Windle	M	Wetherby Runners	V50		87.87	82.57	
137	170.22	259	Guy Close	M	Knaresborough Striders				84.66	85.56
138	170.17	605	Ann Dale	F	Wetherby Runners	V40		57.97	62.00	50.20
139	169.31	90	Angela Peace	F	Harrogate Harriers		52.73	59.10	52.94	57.27
140	169.26	596	Nicky Andrews	F	Wetherby Runners		59.55	56.56	47.71	53.15
141	168.42	598	Andrea Normington	F	Wetherby Runners	V50	50.89	56.28	53.98	58.16
142	168.27	377	Neil Dring	M	Ripon Runners	V50	61.66	53.17	48.40	53.44
143	168.02	523	Ken Wood	M	Thirsk and Sowerby Harriers			83.35		84.67
144	166.84	44	Ian McLeod	M	Nidd Valley Road Runners	V60	57.19		55.03	54.62
145	165.86	147	Tom Borrowdale	M	Harrogate Harriers		84.76	81.10		
146	165.14	49	Jim Cook	M	Nidd Valley Road Runners	V45	55.09		55.72	54.33
147	164.88	144	Charlotte Roberts	F	Harrogate Harriers		55.35	53.46	56.07	50.79
148	164.11	574	Steve Peters	M	Vocalink Running Club	V40		83.64	80.47	
149	164.03	52	Geoff King	M	Harrogate Harriers	V55*	83.19			80.84
150	163.28	543	Alan Pollock	M	Thirsk and Sowerby Harriers			54.30	52.59	56.39
151	162.48	570	Chris Laycock	M	Vocalink Running Club	V45		81.66	80.82	
152	162.30	428	Paul Walker	M	Ripon Runners	V45		83.92	78.38	
153	161.42	369	David Ritson	M	Ripon Runners	V45	54.83		50.50	56.09
154	161.25	409	Steve Silver	M	Ripon Runners	V45	52.20		51.19	57.86
155	161.18	172	Donald Morgan	M	Harrogate Harriers	V50	37.50	58.53	53.63	49.02
156	161.10	489	Mark Sowerby	M	Swaledale Road Runners	V45	76.62	84.48		
157	160.27	587	Ian Legg	M	Wetherby Runners	V50	82.93		77.34	
158	158.98	521	Hilary Coventry	F	Thirsk and Sowerby Harriers	V50		51.48	48.75	58.75
159	158.51	708	Richard Walker	M	Dragons-Aire	V40	75.31			83.20
160	158.49	398	Andy Turner	M	Ripon Runners	V55		79.12		79.37
161	158.07	539	David Fawkes	M	Thirsk and Sowerby Harriers				76.64	81.43
162	158.05	124	Rob Athey	M	Harrogate Harriers	V40	50.10	55.71	52.24	
163	157.36	141	Helen Mercer-Jones	F	Harrogate Harriers	V35	77.67	79.69		
164	157.01	633	Jonathan Corke	M	Wetherby Runners			79.41		77.60
165	156.82	724	Kevin Bond	M	Richmond & Zetland Harriers	V40		54.87	49.10	52.85
166	156.68	304	Ian Broadbent	M	Otley AC	V45	55.62	56.84	44.22	
167	156.19	625	Tim Tunnard	M	Wetherby Runners	V45	79.77			76.42

168	154.16	224	Sarah Hayes	F	Ilkley Harriers	V45	49.58	52.61		51.97
169	154.13	651	Iain Denby	M	Dragons-Aire	V55	54.04	50.64	49.45	9.25
170	153.59	258	Derek Calvert	M	Knaresborough Striders	V55		54.02	47.01	52.56
171	152.68	266	Dan Wilson	M	Knaresborough Striders			77.43	75.25	
172	152.49	402	Dewi Winkle	M	Ripon Runners	V45	78.99		73.50	
173	152.48	72	Sue Moul	F	Harrogate Harriers	V45*	53.51	50.92	48.05	47.25
174	152.31	629	Jim Buller	M	Wetherby Runners	V45	77.41		74.90	
175	152.04	138	Alan Couldwell	M	Harrogate Harriers	V60	51.68	48.10	45.96	52.26
176	151.39	586	Rob Driver	M	Wetherby Runners		74.52	76.87		
177	150.77	294	Sara Elliott	F	Otley AC	V40	49.31	49.79		51.67
178	150.40	41	Ben Baird	M	Nidd Valley Road Runners		77.94		72.46	
179	150.23	455	Sue Marshall	F	Skipton AC	V55	50.63	51.76	45.61	47.84
180	149.49	658	Sarah Bell	F	Dragons-Aire		47.48	57.41		44.60
181	148.68	97	Stephen Kirk	M	Harrogate Harriers	V45		74.61		74.07
182	147.40	608	Richard Bell	M	Wetherby Runners	V45	41.44	52.33	44.57	50.50
183	147.00	647	Pete Bryant	M	Dragons-Aire	V50	36.18	52.89	49.80	44.31
184	146.85	475	Zoe Mackay	F	Swaledale Road Runners	V40	58.77	65.87		22.21
185	146.66	159	Simon Childs	M	Harrogate Harriers	V50		73.48		73.18
186	146.63	108	Simon Watson	M	Harrogate Harriers	V50	73.74			72.89
187	146.42	559	Matt Jones	M	Thirsk and Sowerby Harriers				71.76	74.66
188	146.10	413	Nicole Sutton	F	Ripon Runners	V40		51.20	43.52	51.38
189	145.22	161	Ben Grant	M	Harrogate Harriers	V65	66.38	78.84		
190	144.51	533	Walter Busuttil	M	Thirsk and Sowerby Harriers	V50			68.97	75.54
191	141.69	45	Adam Kirk	M	Nidd Valley Road Runners		65.86			75.83
192	141.40	461	John Harrison	M	Skipton AC	V50	68.48	72.92		
193	141.31	404	Gary Wilks	M	Ripon Runners	V40	69.01			72.30
194	140.82	65	Melanie Rice	F	Harrogate Harriers	V40	47.74	46.12	42.83	46.96
195	139.77	387	Tim Joynson	M	Ripon Runners	V55	46.42	46.69		46.66
196	139.17	556	Ben Mcintosh	M	Thirsk and Sowerby Harriers	U16		55.43	28.53	55.21
197	138.70	529	Marc Davies	M	Thirsk and Sowerby Harriers	V50	38.28	55.15	45.27	
198	138.49	94	Helen Price	F	Harrogate Harriers	V45	69.80	68.69		
199	136.64	7	Mark Armstrong	M	Nidd Valley Road Runners	V45	48.00		44.92	43.72
200	136.05	597	Pete Cooper	M	Wetherby Runners	V45	44.85	48.66		42.54
201	135.14	125	Tony Essex	M	Harrogate Harriers	V65	43.27	46.97	41.08	44.90
202	134.70	145	Emma Amos	F	Harrogate Harriers	V35	48.79	42.74	43.17	
203	134.47	511	Andy Butcher	M	Thirsk and Sowerby Harriers	V50	39.86	48.94	43.87	41.66
204	134.47	711	Cathy Stothers	F	Dragons-Aire	V45	49.05	47.82	37.60	
205	134.11	126	Juliette Gregory	F	Harrogate Harriers	V50	52.46	45.00		36.65
206	133.53	697	Graham Turner	M	Dragons-Aire			45.56	42.48	45.49
207	133.22	60	Stephanie Bryant	F	Harrogate Harriers		42.75	45.28	37.25	45.19
208	133.17	616	Alex Bradbury	M	Wetherby Runners			72.07		61.10
209	131.97	46	John Mitton	M	Nidd Valley Road Runners	V45	68.22			63.75
210	130.42	440	Kristie Taylor	F	Ripon Runners	V35		67.84		62.58
211	129.94	525	Helen Ashworth	F	Thirsk and Sowerby Harriers	V45	45.64	44.71	38.99	39.59
212	129.91	422	Matt Holt	M	Ripon Runners	V40	53.78			76.13
213	128.81	353	Stephen Boddy	M	Otley AC		63.23	65.58		
214	126.55	201	Geoffrey White	M	Ilkley Harriers		35.92	48.38		42.25
215	126.23	207	Paul Stephens	M	Ilkley Harriers	V55	60.08	66.15		
216	125.67	73	Eve Hawkins	F	Harrogate Harriers	V35	40.38	42.46	40.04	42.83
217	125.07	606	Geoff Lodge	M	Wetherby Runners	V55	44.59		34.11	46.37
218	124.80	500	Caitlin Pearson	F	Swaledale Road Runners			59.66	65.14	
219	124.54	472	Martin Luxton	M	Swaledale Road Runners	V60	64.28		60.26	
220	124.08	737	Andy Everard	M	Richmond & Zetland Harriers			64.17	59.91	
221	123.05	35	Fiona Deacon	F	Nidd Valley Road Runners	V50	63.49		59.56	
222	122.02	84	Tim Broomfield	M	Harrogate Harriers	V60		61.07	60.95	
223	120.98	177	Roger Bromiley	M	Harrogate Harriers	V40	59.29			61.69

224	120.70	18	Moira McTague	F	Nidd Valley Road Runners	V55	44.32		36.20	40.18
225	120.47	557	Russell Butchers	M	Thirsk and Sowerby Harriers	V40			56.42	64.05
226	119.86	601	Lara Johnson	F	Wetherby Runners	V35		41.89	36.90	41.07
227	118.32	589	John Field	M	Wetherby Runners	V45*		61.64		56.68
228	117.80	114	Elizabeth Turner	F	Harrogate Harriers		30.93	44.15	33.76	39.89
229	117.23	21	Carol Morgan	F	Nidd Valley Road Runners	V40	39.33			77.90
230	116.83	50	Jenny Manning	F	Nidd Valley Road Runners	V45	45.11		36.55	35.17
231	116.77	43	Steve Newton	M	Nidd Valley Road Runners	V45	62.44		54.33	
232	116.34	399	Chris Appleton	M	Ripon Runners	V55	31.72	41.05	34.81	40.48
233	115.97	666	Steve Clayson	M	Dragons-Aire		57.72	58.25		
234	114.79	340	Serena Blackburn	F	Otley AC	V50	34.08	39.35		41.36
235	114.72	476	Alan Mackay	M	Swaledale Road Runners	V40	23.32	30.89		60.51
236	114.09	609	Nina Batt	F	Wetherby Runners				53.28	60.81
237	113.46	87	Liz Sandell	F	Harrogate Harriers			38.23	34.46	40.77
238	113.46	430	Anne Cheeseman	F	Ripon Runners	V50*		43.87	41.78	27.81
239	112.79	373	Kim Holden	F	Ripon Runners	V55	35.13	37.94	35.85	39.00
240	111.25	22	Simon Franklin	M	Nidd Valley Road Runners	V50	42.49			68.76
241	111.15	272	Julian Carr	M	Knaresborough Striders	V45	50.36	60.79		
242	110.99	23	Sarah Hughan	F	Nidd Valley Road Runners	V35	29.62		37.95	43.42
243	110.37	220	Philip Hirst	M	Ilkley Harriers	V55	53.25	57.12		
244	108.80	429	Phil Moores	M	Ripon Runners	V45	36.97	33.71		38.12
245	108.66	146	Mark Seymour	M	Harrogate Harriers	V55		60.23		48.43
246	107.44	604	Pete Callaghan	M	Wetherby Runners	V50	37.23	37.10	32.02	33.11
247	106.61	552	Brian Smith	M	Thirsk and Sowerby Harriers	V40		40.20	28.88	37.53
248	106.45	363	Jane Grundy	F	Ripon Runners		30.14	39.07		37.24
249	105.73	450	Hilary Seward	F	Skipton AC	V50	51.15	54.58		
250	105.49	631	Neil Berry	M	Wetherby Runners		34.61	35.41	28.19	35.47
251	105.36	418	Stella Morgan	F	Ripon Runners	V35	33.56	40.48	31.32	
252	104.38	553	Stuart Waters	M	Thirsk and Sowerby Harriers	V45		50.35		54.03
253	104.07	457	Kathryn Radley	F	Skipton AC	V45	33.82	36.25	30.97	34.00
254	102.43	623	Valerie Bell	F	Wetherby Runners	V45	32.77		32.72	36.94
255	102.31	11	Alison Iles	F	Nidd Valley Road Runners	V40	52.99			49.32
256	100.74	600	Drew Ward	M	Wetherby Runners	V60	26.73	37.66	25.75	36.35
257	100.61	6	Rob Snow	M	Nidd Valley Road Runners	V55	54.30		46.31	
258	100.40	433	Suzanne Rickard	F	Ripon Runners	V45			46.66	53.74
259	100.00	229	Jack Wood	M	Ilkley Harriers			100.00		
260	100.00	722	Marc Scott	M	Richmond & Zetland Harriers				100.00	
261	99.57	47	Paul Manning	M	Nidd Valley Road Runners	V45			50.84	48.73
262	99.32	82	Mark Hattersley	M	Harrogate Harriers	V50	28.83	35.69	29.93	33.70
263	99.07	446	Emma Newbould	F	Skipton AC	V45	27.25		33.41	38.41
264	98.87	153	Ed Beecher	M	Harrogate Harriers			98.87		
265	98.16	351	Ian Fisher	M	Otley AC	V45	98.16			
266	97.89	324	Robin Outtersides	M	Otley AC		97.89			
267	97.11	111	Shaun Winstanley	M	Harrogate Harriers	V45	97.11			
268	96.86	297	Matt Podd	M	Otley AC	V55	46.95			49.91
269	96.84	352	Liam Dunne	M	Otley AC	V40	96.84			
270	96.32	307	Julian Mawson	M	Otley AC	V45	96.32			
271	96.06	209	Jack Cummings	M	Ilkley Harriers		96.06			
272	95.97	317	Andrew Rayner	M	Otley AC	V50	31.46	32.87		31.64
273	95.81	120	John Young	M	Harrogate Harriers				95.81	
274	95.47	376	Simon McCudden	M	Ripon Runners	V55	41.17	40.76	13.54	
275	94.90	676	Jan Davies	F	Dragons-Aire	V50	32.51	27.51		34.88
276	94.37	442	Mel Steventon	F	Skipton AC		48.53	45.84		
277	94.22	337	Graham Lake	M	Otley AC		94.22			
278	93.37	718	Jo Adams	F	Richmond & Zetland Harriers				93.37	
279	92.95	465	Victoria Wilson	F	Skipton AC	V40	25.42	31.17	27.49	34.29

280	92.49	613	Helen Bugliass	F	Wetherby Runners	V45		46.41		46.08
281	92.28	300	Bethany Leitch	F	Otley AC		35.66	31.46		25.16
282	91.36	421	Heather Glegg	F	Ripon Runners	V45		49.23	42.13	
283	91.22	423	Jill Holt	F	Ripon Runners	V45	47.21			44.01
284	91.10	467	Adrian Haworth	M	Skipton AC	V40	27.78	36.53	26.79	
285	91.07	17	Andy Harris	M	Nidd Valley Road Runners	V40	91.07			
286	89.87	466	Karen Hood	F	Skipton AC	V35	48.26	41.61		
287	89.49	641	Mark Tobin	M	Wetherby Runners	V40	89.49			
288	88.79	1	Dave Seaman	M	Nidd Valley Road Runners	V65	43.01			45.78
289	88.70	223	Adrian Hall	M	Ilkley Harriers	V40	88.70			
290	88.55	127	Russell Gregory	M	Harrogate Harriers	V55	49.84			38.71
291	88.49	726	Anthony Jefford	M	Richmond & Zetland Harriers				88.49	
292	88.22	175	Angus Morgan	M	Harrogate Harriers				61.30	26.92
293	87.92	344	Shane Ewen	M	Otley AC		87.92			
294	87.87	490	Stuart Hardcastle	M	Swaledale Road Runners	V60			32.37	55.50
295	87.30	230	Ben Joynson	M	Ilkley Harriers			87.30		
296	86.86	648	Louise Johnson	F	Dragons-Aire	V35	31.19	32.58		23.09
297	86.80	427	Stan Appleton	M	Ripon Runners	V65	45.37		41.43	
298	86.74	509	Phillip Craig	M	Thirsk and Sowerby Harriers		22.53	30.61	27.14	28.99
299	86.74	482	Dave Atkinson	M	Swaledale Road Runners	V40		86.74		
300	86.67	514	Rob Burn	M	Thirsk and Sowerby Harriers	V60	60.34			26.33
301	86.40	437	Jim Berriman	M	Ripon Runners				86.40	
302	85.30	386	Amy Berriman	F	Ripon Runners		15.96	29.20	25.05	31.05
303	85.29	308	Gary Johnson	M	Otley AC		85.29			
304	85.26	30	Alan Davidson	M	Nidd Valley Road Runners	V50				85.26
305	84.82	312	Jackie Ackroyd	F	Otley AC	V55		29.76	31.67	23.39
306	84.50	205	Mark Iley	M	Ilkley Harriers	V50	84.50			
307	84.34	365	Angie Benson	F	Ripon Runners	V50	24.63	22.15	23.65	36.06
308	84.20	441	Ben Davies	M	Skipton AC			84.20		
309	83.96	650	Andrea Stevenson	F	Dragons-Aire	V50	33.03	33.43		17.50
310	83.61	484	Bryan Miller	M	Thirsk and Sowerby Harriers				83.61	
311	83.41	63	Angela Barker-Charleston	F	Harrogate Harriers	V45		43.02	40.39	
312	83.27	79	Yvonne Skelton	F	Harrogate Harriers	V60	34.35	26.66	22.26	
313	82.90	117	Peter Grant	M	Harrogate Harriers	V50		42.17	40.73	
314	82.87	558	Craig Ivey	M	Thirsk and Sowerby Harriers			28.92	22.61	31.34
315	82.50	646	Nicky Stevenson	F	Dragons-Aire	V40	29.88	28.35	22.96	24.27
316	82.37	649	Ruth Stockwell	F	Dragons-Aire	V35	39.07	43.30		
317	82.14	221	Alex Murphy	M	Ilkley Harriers		82.14			
318	81.99	674	Joanne Miller	F	Dragons-Aire	V35	25.68	31.74		24.57
319	81.42	565	Luke Fitzgerald	M	Vocalink Running Club	V45			38.29	43.13
320	80.30	129	Mark Jordan	M	Harrogate Harriers	V60	80.30			
321	80.13	715	Luke Hack	M	Richmond & Zetland Harriers	U18			80.13	
322	79.97	76	Brian Miller	M	Harrogate Harriers	V60		79.97		
323	79.55	19	Christine Holleran	F	Nidd Valley Road Runners	V50	40.91		38.64	
324	79.51	695	Carole Keighley	F	Dragons-Aire	V55	28.57	26.94	24.00	
325	79.44	561	Adrian Cobbin	M	Vocalink Running Club	V40	40.65	38.79		
326	78.92	24	Catherine Barber	F	Nidd Valley Road Runners		26.20		26.09	26.63
327	78.64	677	Glyn Smyth	M	Dragons-Aire	V50	20.95	27.23		30.46
328	78.12	672	Steve Davies	M	Dragons-Aire	V55	43.54			34.58
329	77.85	458	Antony Radley	M	Skipton AC	V45*	38.55			39.30
330	77.03	270	Sue Morley	F	Knaresborough Striders	V60	21.74	28.07	19.47	27.22
331	76.99	332	Chris Brunold	F	Otley AC	V50		43.58		33.41
332	76.73	74	Richard Burton	M	Harrogate Harriers	V55	18.85	29.48		28.40
333	75.84	316	Christian Hosker	M	Otley AC		75.84			
334	75.34	580	Neil Warr	M	Vocalink Running Club	V40	29.09	26.10		20.15
335	74.89	436	Tori Green	F	Ripon Runners			74.89		

336	74.55	166	Jamie Dilasser	M	Harrogate Harriers	V45			74.55	
337	74.45	702	Micheal Jarvis	M	Dragons-Aire	V45	42.22			32.23
338	74.26	174	Zeynu Bedru	M	Harrogate Harriers		74.26			
339	73.47	150	Dan Atkinson	M	Harrogate Harriers	V40	73.47			
340	73.36	581	Alex Whapples	F	Vocalink Running Club	V45	26.47	4.94		41.95
341	73.15	734	Chris Crabtree	M	Nidd Valley Road Runners				73.15	
342	72.95	309	John Armitstead	M	Otley AC	V55	72.95			
343	72.76	664	Karen Kirkbright	F	Dragons-Aire	V50	27.52	20.46	21.56	23.68
344	72.68	66	Simon Moffatt	M	Harrogate Harriers	V45	72.68			
345	72.25	607	Oliver Johnson	M	Wetherby Runners		24.89		47.36	
346	72.16	618	Julie Bucknall	F	Wetherby Runners	V40	72.16			
347	71.88	569	Sarah Hart	F	Vocalink Running Club	V40	32.24	39.64		
348	71.23	118	Simon Davies	M	Harrogate Harriers	V45*		71.23		
349	71.12	392	Fiona Alder	F	Ripon Runners	V55	23.58	23.56	17.38	23.98
350	70.90	179	Aimee Bellwood	F	Harrogate Harriers				33.07	37.83
351	69.95	27	Rachael Prince	F	Nidd Valley Road Runners	V40	23.05		20.86	26.04
352	69.94	611	Phoebe Coster	F	Wetherby Runners	U18				69.94
353	69.83	406	Andy Purl	M	Ripon Runners	V40		32.02	30.63	7.18
354	69.72	298	Erik Zvaigzne	M	Otley AC	V60		34.56	35.16	
355	69.70	83	Paul Berwin	M	Harrogate Harriers	V55	40.12			29.58
356	69.44	204	Julie Elmes	F	Ilkley Harriers	V45	19.38	24.41	20.17	24.86
357	68.75	454	Ricky Johnson	M	Skipton AC		68.75			
358	68.41	314	Laura Hind	F	Otley AC	V35	24.37	22.71	21.21	21.33
359	68.40	326	Joanna Hobson	F	Otley AC	V55		22.43	20.52	25.45
360	67.96	621	Angela Reeve	F	Wetherby Runners	V35	67.96			
361	67.87	336	Daniel Mundet	M	Otley AC	V40	29.36	38.51		
362	67.76	134	Gill Macfarlane	F	Harrogate Harriers	V50		39.92	27.84	
363	67.23	732	Paul Geary	M	Nidd Valley Road Runners				67.23	
364	67.17	599	David Fennah	M	Wetherby Runners	V40	67.17			
365	67.10	132	Tim Bennett	M	Harrogate Harriers	V40		36.82	30.28	
366	66.61	510	Geoff Bullock	M	Thirsk and Sowerby Harriers	V65		37.38	29.23	
367	66.11	532	Rebecca Burgess	F	Thirsk and Sowerby Harriers					66.11
368	65.84	151	Neil Hindmarch	M	Harrogate Harriers	V50		35.97		29.87
369	65.59	93	Martyn Price	M	Harrogate Harriers	V50	65.59			
370	65.30	355	Vikki Butler	F	Otley AC				65.30	
371	64.81	217	Mary Gibbons	F	Ilkley Harriers		64.81			
372	64.69	334	Hannah Lupton	F	Otley AC	V35	20.16	24.97		19.56
373	64.40	313	Philip Robinson	M	Otley AC	V70		28.64		35.76
374	64.22	315	Colin Best	M	Otley AC	V60	36.71			27.51
375	63.76	67	Rosalyn Moore	F	Harrogate Harriers	V35	63.76			
376	63.61	451	mel ives	F	Skipton AC				63.61	
377	62.71	273	Conrad Garcia	M	Knaresborough Striders	V50	62.71			
378	62.57	347	Liz Fawcett	F	Otley AC	V45		30.05		32.52
379	62.31	573	Keran Peters	F	Vocalink Running Club	V45	28.31	34.00		
380	61.54	318	Tom Hannah	M	Otley AC	V65		24.12	16.68	20.74
381	61.40	226	Sarah Edwards	F	Ilkley Harriers					61.40
382	61.39	33	Debbie Gibson	F	Nidd Valley Road Runners	V50	33.29			28.10
383	61.27	568	Gareth Hardcastle	M	Vocalink Running Club	V40	26.99	34.28		
384	61.13	305	Michael Pickard	M	Otley AC	V45	61.13			
385	60.67	278	Tony Everett	M	Knaresborough Striders	V50	17.54	23.28	14.94	19.85
386	60.27	716	Ian Hepworth	M	Richmond & Zetland Harriers	V65	25.15		24.70	10.42
387	60.20	705	Sharon Warrington	F	Dragons-Aire	V40*	18.06	25.53		16.61
388	58.46	462	Matthew Oddy	M	Skipton AC		24.10	15.10	8.66	19.26
389	58.45	555	Jon Leete	M	Thirsk and Sowerby Harriers	V55				58.45
390	57.82	634	Richard Bewell	M	Wetherby Runners	V50			57.82	
391	57.45	14	Alex Crowton	M	Nidd Valley Road Runners		57.45			

392	56.98	636	Peter Allanack	M	Wetherby Runners	V50				56.98
393	56.40	384	Anneke Imeson	F	Ripon Runners	V35	56.40			
394	54.68	548	Martyn Coy	M	Thirsk and Sowerby Harriers	V40			54.68	
395	54.45	388	Lena Conlin	F	Ripon Runners	V45	16.49	20.17	11.80	17.79
396	54.24	251	Thomas Burrell	M	Knaresborough Striders	V40	18.59	19.33	15.64	16.32
397	54.05	330	Rob Fearnley	M	Otley AC				23.30	30.75
398	53.74	694	Matt Tupling	M	Dragons-Aire	V40		53.74		
399	53.09	158	Matthew Lucock	M	Harrogate Harriers		10.19	21.87		21.03
400	52.91	4	Nick Smith	M	Nidd Valley Road Runners	V55	30.41			22.50
401	52.46	575	Liz Robertshaw	F	Vocalink Running Club	V35	11.24		18.42	22.80
402	52.36	102	Sarah Bromiley	F	Harrogate Harriers	V40	20.43			31.93
403	52.36	279	Claire Killingworth	F	Knaresborough Striders		14.91	18.48	10.06	18.97
404	52.05	55	Stephen Nesbitt	M	Harrogate Harriers	V45		52.05		
405	51.41	579	Cath Walls	F	Vocalink Running Club		51.41			
406	51.08	560	David Read	M	Thirsk and Sowerby Harriers	V55				51.08
407	50.64	40	Neil Wright	M	Nidd Valley Road Runners		16.23		16.33	18.08
408	50.15	542	Paul Atkinson	M	Thirsk and Sowerby Harriers	V50			50.15	
409	49.99	671	Richard Wysocki	M	Dragons-Aire	V55	14.12	19.89	15.98	
410	49.66	566	Richard Gorman	M	Vocalink Running Club	V40	23.84	25.82		
411	49.61	612	Emma Coster	F	Wetherby Runners	V45				49.61
412	49.60	562	Dan Dickinson	M	Vocalink Running Club			25.25	24.35	
413	49.51	311	Paul Clifford	M	Otley AC	V45		49.51		
414	49.29	710	Emma Williment	F	Dragons-Aire		12.29	15.38	11.10	21.62
415	48.14	26	Phil Robinson	M	Nidd Valley Road Runners	V50				48.14
416	48.10	412	Alison Clarke	F	Ripon Runners	V40		16.79	15.29	16.02
417	47.67	709	Charlotte Connolly	F	Dragons-Aire		22.27		25.40	
418	47.53	452	hazel ives	F	Skipton AC	V55		47.53		
419	47.41	551	Paul Goacher	M	Thirsk and Sowerby Harriers	V50*			14.59	32.82
420	47.33	546	Ian Crane	M	Thirsk and Sowerby Harriers	V65		21.58		25.75
421	47.25	663	Simon Peck	M	Dragons-Aire	V60		47.25		
422	47.14	203	Donald Macrae	M	Ilkley Harriers	V70	15.18	16.23	10.76	15.73
423	46.69	572	Kieran O'Hara	M	Vocalink Running Club	V45	46.69			
424	46.64	673	Stuart Hall	M	Dragons-Aire	V45	14.39	19.05	13.20	
425	46.16	468	Jeremy Lamb	M	Skipton AC		46.16			
426	45.90	302	Sally White	F	Otley AC		13.60	32.30		
427	45.90	343	Mary Hampshire	F	Otley AC	V45	45.90			
428	45.47	544	Chris Wordsworth	M	Thirsk and Sowerby Harriers	V40		17.92	13.89	13.66
429	45.04	691	Rhona Neilson	F	Dragons-Aire	V40	30.67	4.66	9.71	
430	44.57	571	Beth Littlewood	F	Vocalink Running Club		4.15	21.30	19.12	
431	44.43	211	Alison Bennett	F	Ilkley Harriers	V50		44.43		
432	44.23	255	Natalie Hale	F	Knaresborough Striders			13.41	12.15	18.67
433	44.06	329	Hugh Pearson	M	Otley AC	V50	44.06			
434	43.80	463	Brian Hugill	M	Skipton AC	V45	43.80			
435	42.72	277	Tracey Allison	F	Knaresborough Striders	V50	11.50	12.84	8.32	18.38
436	42.61	483	Karen Thorpe	F	Swaledale Road Runners	V50	10.71	17.35		14.55
437	42.28	661	Carolyn Park	F	Dragons-Aire	V40	12.55	12.00	17.73	
438	41.96	642	Garry Keenan	M	Wetherby Runners	V50	41.96			
439	41.70	517	Sonja Van Der Westhuizen	F	Thirsk and Sowerby Harriers	V45	41.70			
440	41.33	652	Paul Crabtree	M	Dragons-Aire			41.33		
441	41.05	679	Joanne Whitaker	F	Dragons-Aire	V45	15.44	13.12		12.49
442	39.69	727	Sarah Gregory	F	Richmond & Zetland Harriers	V40			39.69	
443	39.68	477	Nicky Logan	F	Swaledale Road Runners	V35	13.07	17.07		9.54
444	39.60	210	Jane Bryant	F	Ilkley Harriers	V45	39.60			
445	39.34	520	Peter Richardson	M	Thirsk and Sowerby Harriers	V55			39.34	
446	38.82	471	Roger Brisley	M	Swaledale Road Runners	V60		20.74	18.08	
447	38.81	319	Caron Ralph	F	Otley AC	V45	38.81			

448	38.64	416	Tony Carr	M Ripon Runners	V50		9.46	7.27	21.91
449	38.38	397	Jackie Turner	F Ripon Runners	V50		18.20	6.22	13.96
450	38.02	383	Lesley Willoughby	F Ripon Runners	V45	38.02			
451	37.76	349	Dominic Egan	M Otley AC	V45	37.76			
452	37.31	434	Kelly Dunkley	F Ripon Runners	V35		34.84		2.47
453	36.84	338	Sara Richards	F Otley AC	V45	19.64			17.20
454	36.72	86	Andrew Brown	M Harrogate Harriers	V50	15.70	21.02		
455	36.45	703	Gavin Birkett	M Dragons-Aire		36.45			
456	36.36	342	Gilly Wright	F Otley AC		21.22			15.14
457	36.10	739	Steve Booth	M Thirsk and Sowerby Harriers	V50		15.66		20.44
458	35.52	481	Chris Sayer	F Swaledale Road Runners	V55	13.34	10.87		11.31
459	35.51	391	Martin Whipp	M Ripon Runners	V40			35.51	
460	35.40	678	Jamie Melley	M Dragons-Aire		35.40			
461	35.12	435	David Nicholson	M Ripon Runners	V45		35.12		
462	34.87	112	Kath Winstanley	F Harrogate Harriers	V45	34.87			
463	33.55	549	Trish Radford	F Thirsk and Sowerby Harriers	V60		12.56	7.62	13.37
464	33.15	584	Andrew Tattersall	M Vocalink Running Club	V50		33.15		
465	33.00	627	Samantha Parker	F Wetherby Runners	V45		18.76	14.24	
466	31.98	12	Hannah Peagram	F Nidd Valley Road Runners	V40	31.98			
467	31.64	62	Kevin-Malachy Murphy	M Harrogate Harriers	V60		23.00	5.88	2.76
468	31.26	38	Ewa Scott	F Nidd Valley Road Runners	V40	17.01			14.25
469	30.71	202	Laura Dawes	F Ilkley Harriers		14.65	9.17		6.89
470	30.33	128	Sarah Beecher	F Harrogate Harriers	V50		30.33		
471	30.16	524	Nigel Morgan	M Thirsk and Sowerby Harriers	V55				30.16
472	29.73	653	Alice Denby	F Dragons-Aire	V60	19.90			9.83
473	29.58	485	Claire Miller	F Thirsk and Sowerby Harriers				29.58	
474	29.28	212	Hilda Coulsey	F Ilkley Harriers	V60				29.28
475	28.97	372	Dawn Griffin	F Ripon Runners	V50	8.61	8.89	9.36	10.72
476	28.82	545	Liz Wordsworth	F Thirsk and Sowerby Harriers	V45		11.15	9.01	8.66
477	28.75	331	Anna Murtough	F Otley AC	V40	12.81	15.94		
478	28.69	231	Peter Lewis	M Ilkley Harriers	V65				28.69
479	28.48	522	Duncan Fothergill	M Thirsk and Sowerby Harriers	V40	8.87	19.61		
480	28.34	261	Mark Shelton	M Knaresborough Striders			11.43		16.91
481	28.04	443	Siobhan McGranaghan	F Skipton AC		28.04			
482	27.79	348	Anne Yeadon	F Otley AC	V45		27.79		
483	27.60	534	Nicola Booth	F Thirsk and Sowerby Harriers	V50		14.82		12.78
484	27.60	723	Jane Bond	F Richmond & Zetland Harriers	V45		10.02	6.57	11.01
485	26.44	390	Hayley Whipp	F Ripon Runners	V40			26.44	
486	26.38	155	Allison Palmer	F Harrogate Harriers	V45		26.38		
487	25.94	301	Isla Hird	F Otley AC	U18	25.94			
488	25.58	547	Faith Coy	F Thirsk and Sowerby Harriers	V40			12.50	13.08
489	25.25	56	Jane Rowbotham	F Harrogate Harriers	V55			10.41	14.84
490	24.69	295	Sue Tupling	F Otley AC	V45		24.69		
491	24.66	320	Emma Thomson	F Otley AC		10.97	13.69		
492	23.84	160	Paul Halliday	M Harrogate Harriers	V40		23.84		
493	23.73	667	Clare Pierce	F Dragons-Aire	V60	12.02	11.71		
494	23.55	25	Sarah Chalmers	F Nidd Valley Road Runners	V50	7.82		4.13	11.60
495	23.31	215	Kate Lofthouse	F Ilkley Harriers	V50*	5.98	7.20		10.13
496	22.99	101	Jacqueline Flynn	F Harrogate Harriers	V50	7.56			15.43
497	22.79	669	Arlene Davies	F Dragons-Aire	V50	22.79			
498	22.00	113	Georgina Townsend	F Harrogate Harriers		22.00			
499	21.91	424	Sean Scullion	M Ripon Runners	V45			21.91	
500	21.56	20	Michelle Smith	F Nidd Valley Road Runners	V45	9.66			11.90
501	21.48	269	Eric Morley	M Knaresborough Striders	V60	21.48			
502	20.69	8	Christine Jones	F Nidd Valley Road Runners	V50	20.69			
503	20.25	535	Andrea Almack	F Thirsk and Sowerby Harriers	V45		12.28	7.97	

504	20.22	515	Christine Burn	F	Thirsk and Sowerby Harriers	V60	5.20	6.92	5.53	7.77
505	20.19	292	Claire Hastings	F	Otley AC		10.45	9.74		
506	19.82	635	Juddy Bewell	F	Wetherby Runners	V50			19.82	
507	19.67	218	Sue Williamson	F	Ilkley Harriers	V50		7.48		12.19
508	19.11	420	Helen Pickard	F	Ripon Runners	V60	19.11			
509	18.77	69	Luke O'Connor	M	Harrogate Harriers				18.77	
510	18.33	34	Janet Carling	F	Nidd Valley Road Runners	V55	18.33			
511	17.80	303	Lisa Maughan	F	Otley AC	V40	17.80			
512	17.75	216	Bernadette Gibbons	F	Ilkley Harriers	V60	9.14	8.61		
513	17.64	341	Charlotte Tomlinson	F	Otley AC			17.64		
514	17.55	480	Andy Broadley	M	Swaledale Road Runners	V50	11.76	5.79		
515	17.28	419	Lester Pickard	M	Ripon Runners	V60	17.28			
516	17.22	717	Jane Hack	F	Richmond & Zetland Harriers	V45		10.30	6.92	
517	17.09	214	Tracy Russell	F	Ilkley Harriers	V55	6.51	10.58		
518	17.04	9	Jane Hill	F	Nidd Valley Road Runners	V40	8.09			8.95
519	17.03	675	Gary Waite	M	Dragons-Aire	V50			17.03	
520	17.00	699	Rachel Jovanovic	F	Dragons-Aire		5.46	7.76	3.78	
521	16.75	29	Debbie Dilasser	F	Nidd Valley Road Runners	V35	16.75			
522	16.71	411	Robin Kehoe	M	Ripon Runners	V55	8.35			8.36
523	16.51	364	John Grundy	M	Ripon Runners	V70		16.51		
524	16.16	701	Amanda Connolly	F	Dragons-Aire	V45	4.67	8.05	3.44	
525	15.88	632	Sharon Smith	F	Wetherby Runners	V55	4.41	6.64	2.39	4.83
526	14.53	393	Mel Dutka	F	Ripon Runners	V50		14.53		
527	14.51	78	Diane Addison	F	Harrogate Harriers	V50	7.03			7.48
528	14.25	148	Sean Somers	M	Harrogate Harriers	V50		14.25		
529	13.97	374	Chris Bennett	M	Ripon Runners	V65		13.97		
530	13.86	32	Rebecca Ventress	F	Nidd Valley Road Runners	V40	13.86			
531	13.21	516	Drikus Van Der Westhuizen	M	Thirsk and Sowerby Harriers		2.83	4.38		6.00
532	12.95	582	David Whapples	M	Vocalink Running Club	V45	2.31	5.23		5.41
533	12.90	512	Alison Butcher	F	Thirsk and Sowerby Harriers	V50			4.83	8.07
534	12.65	222	Sally Wright	F	Ilkley Harriers	V55		6.35		6.30
535	12.48	469	Paul Norman	M	Skipton AC	V55	7.30		5.18	
536	11.98	513	Tracy Hayden	F	Thirsk and Sowerby Harriers	V45*		3.53	2.74	5.71
537	11.89	37	Michelle Dinsdale	F	Nidd Valley Road Runners	V40	6.77			5.12
538	11.45	31	Nicola Walton	F	Nidd Valley Road Runners	V40			11.45	
539	10.41	657	Clare Featherstone	F	Dragons-Aire			3.82		6.59
540	10.27	550	Gillian Crane	F	Thirsk and Sowerby Harriers	V60	3.62	2.41		4.24
541	10.15	506	Sharon Keegan	F	Thirsk and Sowerby Harriers	V50	1.52	4.10		4.53
542	9.99	425	Ruth Grundy	F	Ripon Runners	V35		5.51	4.48	
543	9.92	268	Edna Wood	F	Knaresborough Striders	V50	9.92			
544	9.40	28	Andrea Bowen	F	Nidd Valley Road Runners	V40	9.40			
545	9.16	519	Linda Bamforth	F	Thirsk and Sowerby Harriers	V60		6.07	3.09	
546	8.95	405	Maggie Driffield	F	Ripon Runners	V55	2.05	3.25		3.65
547	8.69	659	Carmen Dojahn-Wood	F	Dragons-Aire	V50	5.72	2.97		
548	8.33	478	Nicki Walsh	F	Swaledale Road Runners			8.33		
549	8.08	528	Bev Davies	F	Thirsk and Sowerby Harriers	V50	1.26	2.69	2.04	3.35
550	6.25	366	Sarah Swinscoe	F	Ripon Runners	V45	6.25			
551	5.72	593	Megan Hatfield	F	Wetherby Runners	V45	1.78			3.94
552	5.34	527	Ian Codling	M	Thirsk and Sowerby Harriers	V75	1.00	1.28		3.06
553	4.93	567	Chantelle Hankinson	F	Vocalink Running Club		4.93			
554	3.88	115	Amy Whiting	F	Harrogate Harriers		3.88			
555	3.57	408	Fiona Hernandez	F	Ripon Runners	V45			1.69	1.88
556	3.51	410	Linda Cadman	F	Ripon Runners	V65			1.34	2.17
557	3.36	668	Anne Perason	F	Dragons-Aire	V50	3.36			
558	3.29	518	Liz Stephenson	F	Thirsk and Sowerby Harriers	V35		1.00	1.00	1.29
559	3.10	655	Alison Parker	F	Dragons-Aire	V50	3.10			

HDSRL 2016

Final Rankings

19 June 2016

560	2.57	346	Antonio Cardinale	M	Otley AC	V65	2.57	
561	2.12	660	Caroline Bradley	F	Dragons-Aire	V50	2.12	
562	1.84	594	Gary Othick	M	Wetherby Runners	V55	1.84	
563	1.58	438	Jack Hernandez	M	Ripon Runners	U18		1.58
564	1.56	595	Christine Clubbs	F	Wetherby Runners	V40	1.56	
565	1.00	526	Marian Codling	F	Thirsk and Sowerby Harriers	V75		1.00