

Sheet1

						Skipton	Ilkley	Thirsk	Nidd
1	299.79	2215	Robert Little	M		Ilkley Harriers	100.00	99.79	100.00
2	298.64	2430	Reece Dalton	M		Richmond & Zetland Harriers	99.78	98.76	99.43
3	298.59	2408	Scott Harrington	M		Otley AC	99.13	99.17	99.71
4	298.50	2124	Andrew Grant	M	V45	Harrogate Harriers	98.92	99.58	98.87
5	296.65	2697	Paul Millgate	M	V40	Wetherby Runners	98.27	98.35	99.15
6	296.56	2116	Jonathan Johnson	M		Harrogate Harriers	99.56	98.97	98.03
7	295.95	2137	Andrew Dobby	M	V45	Harrogate Harriers	98.49	98.14	98.59
8	295.56	2791	Matthew Cox	M	V40	Ilkley Harriers	98.70	98.55	98.31
9	293.97	2151	John Young	M		Harrogate Harriers	97.63	97.11	97.75
10	292.91	2218	Istvan Jacso	M		Ilkley Harriers	98.06	97.94	96.91
11	291.77	2254	Tom Calvert	M		Knaresborough Striders	97.41	97.73	96.63
12	291.73	2167	Timothy Richardson	M		Harrogate Harriers	97.20	96.50	98.03
13	290.51	2098	Mark Bryant	M	V45	Harrogate Harriers	95.26	96.70	96.62
14	289.26	2069	Gareth Somerville	M		Harrogate Harriers	95.91	96.29	96.90
15	288.97	2302	Adam Kirk	M		Nidd Valley Road Runners	96.12	95.67	97.18
16	288.87	2173	Phil Rogers	M		Harrogate Harriers	96.34	95.06	97.47
17	288.80	2225	Daniel Mckeown	M	V40	Ilkley Harriers	96.98	95.47	96.35
18	288.20	2522	Richard Watson	M	V45	Ripon Runners	95.48	95.26	97.46
19	287.83	2012	Andrew Humphries	M		Dragons-Aire	95.69	96.91	95.23
20	286.08	2461	Lee Stanley	M	V40	Ripon Runners	93.97	94.23	96.06
21	285.65	2444	Simon Cave	M	V40	Ripon Runners	92.89	94.64	95.50
22	284.58	2637	Josh Fothergill	M	U18	Thirsk and Sowerby Harriers	94.61	95.88	94.09
23	283.99	2518	Derek McCreddie	M	V40	Ripon Runners	94.18	94.03	95.78
24	283.80	2407	Tom Midgley	M		Otley AC	95.05	93.82	94.93
25	283.58	2127	Tom Borrowdale	M		Harrogate Harriers	92.25	93.41	96.34
26	283.14	2146	James McCreanor	M	V40	Harrogate Harriers	93.54	92.79	95.21
27	281.97	2717	Joseph Kwallah	M	V45	Wetherby Runners	94.40	93.20	94.37
28	280.68	2378	Graham Lake	M	V40	Otley AC		93.61	92.40
29	279.90	2439	Dave Binks	M	V45	Ripon Runners	93.32	94.44	91.28
30	279.88	2230	James Wright	M		Knaresborough Striders	91.60	91.97	92.96
31	278.92	2521	Alex Fawcett	M	V50	Ripon Runners	90.10	91.56	93.25
32	278.65	2300	Matt Wilkinson	M		Nidd Valley Road Runners	96.77	87.23	94.65
33	278.32	2040	Jonathan Forey	M	V50	Dragons-Aire	92.68	92.38	93.26
34	276.03	2363	Tom Lynch	M		Otley AC	92.03	93.00	91.00
35	276.01	2493	James Boddy	M		Ripon Runners	90.74	92.59	92.68
36	274.33	2154	Tom Harris	M		Harrogate Harriers	89.45	89.50	93.53
37	274.24	2099	Paul Richardson	M	V40	Harrogate Harriers	91.39	90.73	92.12
38	274.03	2735	Robert Whittaker	M	V40	Wetherby Runners	92.46	91.14	90.43
39	272.09	2071	Ben Shacklock	M		Harrogate Harriers	89.23	86.62	91.84
40	272.03	2517	Mark Ryder	M		Ripon Runners	93.11		88.18
41	270.35	2159	Charles Casey	M		Harrogate Harriers	94.83	77.77	97.75
42	269.72	2161	Crystal Goecker	F	V35	Harrogate Harriers	90.96	89.70	86.78
43	268.94	2195	Jonathan Turner	M	V45	Ilkley Harriers	90.53	89.91	87.34
44	268.06	2021	Richard Walker	M	V40	Dragons-Aire	87.73	83.94	90.15
45	267.66	2261	Ted Walton	M	V40	Knaresborough Striders	89.88	90.12	87.66
46	267.24	2011	Owain Gwilym	M		Dragons-Aire	88.59	87.44	89.87
47	267.19	2454	Lenny Lennox	M	V55	Ripon Runners	87.51	88.26	89.31
48	267.06	2155	Paul Stockburn	M	V60	Harrogate Harriers	88.80	88.67	89.59
49	266.86	2309	Steff Quinn	M	V45	Nidd Valley Road Runners	89.02	89.09	88.75
50	266.42	2303	Martin Lofthouse	M	V50	Nidd Valley Road Runners	90.31	87.65	88.46
51	264.85	2246	Steve Morland	M	V45	Knaresborough Striders	86.87	89.29	87.62
52	263.44	2357	Andrew Robertshaw	M	V45	Otley AC	89.66	87.85	85.93
53	262.94	2506	Douglas Scott	M	V45	Ripon Runners	82.13	86.82	87.90
54	260.38	2729	Emily Legg	F		Wetherby Runners	87.94	85.38	87.06

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55	259.42	2073	Geoffrey Hirst	M		Harrogate Harriers	88.16	86.41	84.81	84.85
56	259.37	2499	John Chatwin	M		Ripon Runners	83.64	85.79	86.21	87.37
57	258.30	2429	Donna Ridler	F	V40	Richmond & Zetland Harriers	86.65	86.00	85.65	82.61
58	258.08	2718	Paul Windle	M	V50	Wetherby Runners	87.30	84.56	85.09	85.69
59	258.03	2064	Richard Willis	M	V45	Harrogate Harriers	87.08	88.06		82.89
60	256.24	2136	Ben Grant	M	V65	Harrogate Harriers	85.36	84.35	83.40	86.53
61	256.10	2102	Adam Prentis	M	V55	Harrogate Harriers		84.76	85.37	85.97
62	255.36	2267	Brian Hainsworth	M	V40	Nidd Valley Road Runners	86.22	85.18	83.96	
63	252.79	2452	Ben Imeson	M	V40	Ripon Runners		86.20	90.71	75.88
64	252.68	2270	Nigel Scaife	M	V45	Nidd Valley Road Runners	84.28	84.15	84.25	
65	250.94	2169	Shamiso Sisimayi	F	V35	Harrogate Harriers	84.93	79.62	82.56	83.45
66	249.66	2485	Trevor Schofield	M		Ripon Runners	84.50	76.12	80.87	84.29
67	249.60	2628	Stephan Tomaszewski	M	V55	Thirsk and Sowerby Harriers	85.15	80.44		84.01
68	248.91	2223	Monica Padila	F		Ilkley Harriers	84.71	82.71		81.49
69	248.62	2700	Robert Driver	M		Wetherby Runners		82.91	78.62	87.09
70	247.28	2083	Simon Moffatt	M	V50	Harrogate Harriers	81.92	81.68	83.68	80.92
71	246.94	2422	Lewis Moore	M	U18	Richmond & Zetland Harriers	86.01		74.68	86.25
72	246.70	2712	Alex Matthewson	M		Wetherby Runners	81.70	81.27	80.59	83.73
73	246.37	2711	James Jesson	M	V40	Wetherby Runners		80.65	81.15	84.57
74	245.88	2701	Robert Gray	M	V55	Wetherby Runners	83.21	81.47		81.20
75	245.61	2134	Helen Mercer-Jones	F	V35	Harrogate Harriers	78.69	83.53	80.31	81.77
76	243.94	2511	Emma Sorby	F		Ripon Runners	79.98	83.32		80.64
77	243.44	2752	Adam Moger	M	V40	Leeds-Bradford Tri	77.40	80.24	82.84	80.36
78	241.77	2395	Tom Paget	M		Otley AC	80.63	81.06		80.08
79	241.32	2722	Rebecca Normington	F		Wetherby Runners	82.35	80.85	75.81	78.12
80	240.01	2148	Andrew Collins	M		Harrogate Harriers	80.20	78.38	81.43	73.91
81	239.44	2544	Andries Huyser	M		Ripon Runners	78.04	81.88		79.52
82	237.86	2175	Sam Alton	M		Harrogate Harriers	80.84		78.34	78.68
83	236.52	2103	James Wall	M	V50	Harrogate Harriers	81.49	78.59	75.25	76.44
84	236.45	2715	Nicky Andrews	F		Wetherby Runners	79.76	79.41	76.65	77.28
85	236.39	2092	Ian Rowbotham	M	V55	Harrogate Harriers	81.06	75.91	76.93	78.40
86	234.64	2085	Martin Shaw	M	V45*	Harrogate Harriers	81.27		75.53	77.84
87	234.24	2720	Paul Wilman	M		Wetherby Runners	78.90	70.56	77.78	77.56
88	233.65	2396	Andy Pullan	M		Otley AC	73.95	76.53		83.17
89	233.04	2305	Kevin Dalton	M		Nidd Valley Road Runners	75.68	78.18	79.18	
90	230.56	2527	Paul Layfield	M		Ripon Runners	74.38		79.46	76.72
91	229.92	2177	Mark Oakes	M		Harrogate Harriers	82.99		80.03	66.90
92	229.81	2382	Lee Gumbrell	M		Otley AC	77.18	79.00		73.63
93	229.55	2004	William Woodhead	M		Dragons-Aire	73.09	69.74	77.50	78.96
94	229.07	2144	Stewart Lynskey	M	V55	Harrogate Harriers	77.61	75.30	71.87	76.16
95	226.69	2728	Ian Legg	M	V50	Wetherby Runners	76.75	76.94	73.00	
96	226.29	2114	John Dalby	M	V60	Harrogate Harriers	78.26	74.47	73.56	72.79
97	225.23	2308	Jon Easton	M	V40	Nidd Valley Road Runners	72.45	73.03	79.75	
98	224.85	2708	Sean Wright	M		Wetherby Runners	77.83	75.71	71.31	
99	224.05	2174	Bryony Halcrow	F		Harrogate Harriers	79.12	69.33	70.18	74.75
100	223.42	2315	Steve Turner	M	V45	Nidd Valley Road Runners	75.03	74.27	74.12	
101	223.41	2160	Adam Couldwell	M		Harrogate Harriers	78.47		69.34	75.60
102	221.54	2390	Martin Stringer	M	V45	Otley AC	75.89	74.06	71.59	
103	220.98	2726	Jim Buller	M	V45*	Wetherby Runners	76.32		72.15	72.51
104	220.48	2618	Robert Burn	M	V60	Thirsk and Sowerby Harriers	74.81	73.24	72.43	70.55
105	219.93	2226	Sima Lowery	F	V40	Knaresborough Striders	76.54	72.00	67.93	71.39
106	219.78	2237	Philip Cornforth	M	V45*	Knaresborough Striders	79.33		68.78	71.67
107	218.65	2166	Angus Morgan	M		Harrogate Harriers		77.35	73.84	67.46
108	218.33	2070	Andy Laverick	M	V45	Harrogate Harriers	75.25	73.65		69.43
109	217.79	2652	Martyn Coy	M	V45	Thirsk and Sowerby Harriers	74.17	71.39		72.23

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110	216.60	2122	Dave Askew	M	V55	Harrogate Harriers	73.52	72.62	70.46	
111	212.21	2123	Ken Souyave	M	V65	Harrogate Harriers	72.88		69.62	69.71
112	211.48	2095	Stephen Kirk	M	V45	Harrogate Harriers	71.59		69.90	69.99
113	211.34	2288	Becky Barron	F		Nidd Valley Road Runners	69.00	71.59	70.75	
114	209.71	2130	Kevin-Malachy Murphy	M	V60	Harrogate Harriers	72.66	72.21	64.84	60.17
115	209.59	2078	Sarah Gill	F	V55	Harrogate Harriers	76.11	66.86		66.62
116	209.38	2227	Nicola Carter	F	V45	Knaresborough Striders	67.93	71.18	67.37	70.27
117	208.31	2015	Paul Grindley	M	V50	Dragons-Aire	70.30	70.36	67.65	
118	207.63	2240	Sean Brennan	M	V45	Knaresborough Striders	66.64		65.96	75.03
119	207.37	2480	Gary Wilks	M	V45	Ripon Runners	72.02	70.97	62.31	64.38
120	205.74	2689	Nick Wagstaff	M	V45	Vocalink Running Club	70.94	67.06		67.74
121	205.56	2481	Steve Silver	M	V50	Ripon Runners		66.24	68.21	71.11
122	205.45	2389	Peter Gosling	M	V40	Otley AC	71.80	68.71		64.94
123	205.39	2737	Gill Edmondson	F	V40	Wetherby Runners	70.08	69.53		65.78
124	205.35	2501	Tony White	M	V60	Ripon Runners		69.95	69.06	66.34
125	203.91	2354	John Dade	M	V55	Otley AC	68.36	70.15	65.40	
126	202.76	740	Sam Fugill	M		Nidd Valley Road Runners	66.42	74.88	61.46	
127	201.95	2239	Gary Wilkinson	M	V40	Knaresborough Striders	62.98	67.68	67.09	67.18
128	199.52	2421	Lucy Verrill	F	V35	Richmond & Zetland Harriers	61.04	66.65	66.81	66.06
129	199.40	2595	Philip Dean	M		Skipton AC	69.86	70.77		58.77
130	199.30	2491	Ben Buckley	M		Ripon Runners	69.65	65.83		63.82
131	198.00	2504	Matt Holt	M	V45	Ripon Runners	58.67		68.50	70.83
132	195.98	2207	Catherine Gibbons	F		Ilkley Harriers	68.79	65.62	61.18	61.57
133	195.16	2574	Ross Coles	M		Skipton AC	97.84	97.32		
134	194.39	2022	Leon Foster	M		Dragons-Aire		96.08	98.31	
135	194.08	2573	Andrew Cairns	M		Skipton AC	96.55	97.53		
136	192.54	2088	Alex Green	M		Harrogate Harriers	65.56	64.39	62.59	53.72
137	191.62	2165	Donald Morgan	M	V50	Harrogate Harriers		65.21	63.43	62.98
138	191.10	2440	Tim Pocock	M	V55	Ripon Runners	65.99	63.36	61.75	
139	190.52	2014	Sally Haigh	F	V50	Dragons-Aire	67.50	62.12	60.90	58.21
140	189.30	2552	Andrew Harker	M	V55	Ripon Runners		62.33	64.28	62.69
141	188.62	2371	Sara Elliott	F	V45	Otley AC	63.62		63.15	61.85
142	188.60	1326	Luke Wakelin	M		Nidd Valley Road Runners	93.75	94.85		
143	188.55	2066	Theresa Oldroyd	F	V45	Harrogate Harriers	63.41	64.80	60.34	45.03
144	187.65	2255	Niamh Falconer	F		Knaresborough Striders	70.73	54.51		62.41
145	186.91	2344	Phil Robinson	M	V55	Nidd Valley Road Runners	65.78	61.92	59.21	
146	186.67	2738	Peter Allanch	M	V50	Wetherby Runners		58.01	64.00	64.66
147	186.30	2781	Kathryn Pickles	F		Knaresborough Striders	64.48	61.09		60.73
148	185.92	2262	Ste Core	M		Knaresborough Striders		65.42	56.96	63.54
149	185.71	2253	Martin Brock	M		Knaresborough Striders		92.17		93.54
150	185.59	2508	Stuart Pender	M	V50	Ripon Runners	62.55	60.48	62.03	61.01
151	185.36	2284	Emma Dooley	F	V40	Nidd Valley Road Runners	65.13	61.30	58.93	
152	183.34	2232	James Ireland	M		Knaresborough Striders		91.76		91.58
153	183.22	2162	Iain Jenkins	M	V55	Harrogate Harriers	60.18		59.78	63.26
154	182.94	2433	Chloe Dalton	F	U18	Richmond & Zetland Harriers	64.91	61.51	53.03	56.52
155	182.50	2505	Jim Berriman	M		Ripon Runners		90.94	91.56	
156	182.34	2366	Christian Hosker	M	V40	Otley AC	63.84	59.45		59.05
157	181.84	2191	Caroline Howe	F	V35	Ilkley Harriers	64.70		57.53	59.61
158	180.21	2709	Simon Robertson	M	V40	Wetherby Runners	54.80	62.54	62.87	51.48
159	179.56	2231	Dan Foley	M	V40	Knaresborough Striders		90.53	89.03	
160	178.69	2586	Michael Mcinnes	M	V40	Skipton AC	88.37	90.32		
161	178.45	2033	Peter Bryant	M	V50	Dragons-Aire	59.75	62.74	45.43	55.96
162	176.14	2415	Charles Booth	M	U16	Skipton AC		60.68	58.65	56.81
163	176.05	2531	Ray Johnstone	M	V60	Ripon Runners		58.62	60.06	57.37
164	175.88	2147	Elizabeth Turner	F		Harrogate Harriers	64.27	60.27	51.34	50.07

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165	175.38	2790	Andrew Overend	M	V40	Ilkley Harriers		88.88	86.50	
166	174.97	2577	Mark Desgranges	M		Skipton AC	60.61	59.24		55.12
167	174.75	2138	Nick Andralojc	M	V55	Harrogate Harriers		35.16	65.12	74.47
168	173.06	2482	Suzanne Rickard	F	V45	Ripon Runners	60.83	57.80	54.43	
169	172.89	2488	Neil Dring	M	V55	Ripon Runners	58.46	57.18	57.25	52.60
170	172.44	2703	Chris Plews	M	V45	Wetherby Runners		87.03		85.41
171	172.37	2620	David Tervit	M	V45	Thirsk and Sowerby Harriers	59.96	56.57	55.84	50.64
172	171.68	2393	Paul Clifford	M	V50	Otley AC	56.95	56.36	58.37	56.24
173	170.88	2051	Graham Burns	M		Dragons-Aire	48.99	45.45	53.87	68.02
174	168.63	2692	Keran Peters	F	V50	Vocalink Running Club	44.68	54.30	55.00	59.33
175	168.61	2384	Ruth Poole	F		Otley AC	53.08	57.60		57.93
176	168.29	2016	Graham Turner	M	V40	Dragons-Aire	55.01	56.77	56.12	55.40
177	167.50	2476	Michael Hernandez	M	V45	Ripon Runners	85.79		81.71	
178	167.13	2732	Darren Whiting	M		Wetherby Runners			82.00	85.13
179	166.40	2256	Anthony Mulley	M		Knaresborough Striders	84.07			82.33
180	166.35	2212	Kate Archer	F	V35	Ilkley Harriers	83.85	82.50		
181	166.24	2342	Alex Robinson	M		Nidd Valley Road Runners		83.12	83.12	
182	165.80	2434	Garry Malton	M	V45	Richmond & Zetland Harriers	54.58	55.54	51.06	55.68
183	165.70	2557	Steve Murray	M	V45	Ilkley Harriers	83.42		82.28	
184	165.04	2600	Martin Luxton	M	V65	Swaledale Runners	57.60	58.21		49.23
185	164.72	2674	Alexandra Whapples	F	V50	Vocalink Running Club	42.32	50.39	56.68	57.65
186	164.67	2373	Michael Pickard	M	V50	Otley AC	61.26	63.15		40.26
187	164.35	2713	Nils Linstrum	M		Wetherby Runners		79.82	84.53	
188	161.65	2585	Sue Marshall	F	V55	Skipton AC	57.17	55.95	48.53	
189	161.44	2294	Jonny Forster	M		Nidd Valley Road Runners	47.05	58.83	55.56	
190	160.92	497	Debra Jenkins	F	V55	Nidd Valley Road Runners	53.72	53.89	53.31	
191	160.55	2278	Edoardo Piano	M		Nidd Valley Road Runners		85.59	74.96	
192	160.43	2698	Peter Costello	M	V45	Wetherby Runners		59.86	49.37	51.20
193	159.84	2198	Geoffrey White	M		Ilkley Harriers	53.94	47.92	51.62	54.28
194	159.77	2512	Sarah Hood	F	V45	Ripon Runners	55.88	51.01		52.88
195	159.32	2503	Jill Holt	F	V50	Ripon Runners	55.66		50.50	53.16
196	159.30	2376	Tony Pfeiffer	M	V60	Otley AC	55.45	53.07	50.78	47.27
197	158.45	2576	Ben Davies	M		Skipton AC		79.21		79.24
198	157.56	2566	Richard Annable	M	V60	Skipton AC	80.41	77.15		
199	156.17	2710	Angela Reeve	F	V40	Wetherby Runners			76.37	79.80
200	156.07	2096	Roger Duckworth	M	V45	Harrogate Harriers		44.83	54.15	57.09
201	156.01	2266	Daniel Eagling	M	V40	Nidd Valley Road Runners		78.80	77.21	
202	155.87	2319	Damien Hanslip	M	V50	Nidd Valley Road Runners	52.86	55.33	47.68	
203	155.20	2714	Geoff Lodge	M	V60	Wetherby Runners	50.50	52.24	52.46	48.39
204	154.39	2353	Andrew Webster	M	V45	Otley AC	53.51	48.13	52.75	
205	154.10	2691	Greg Shaw	M	V45	Vocalink Running Club	50.71	51.63	44.03	51.76
206	152.74	2168	Elizabeth Sandell	F		Harrogate Harriers	56.09	54.71		41.94
207	151.93	2276	Dave Seaman	M	V70	Nidd Valley Road Runners	54.37	48.75	48.81	
208	151.21	2120	Peter Edwards	M	V55	Harrogate Harriers	47.27	52.04	51.90	
209	150.93	2545	Heather Glegg	F	V45	Ripon Runners	57.38		47.96	45.59
210	150.59	2388	Carl Walsh	M	V55	Otley AC	55.23	52.86		42.50
211	150.51	2306	Alex Leslie	M		Nidd Valley Road Runners	49.85	54.10	46.56	
212	150.45	2787	David Howe	M	V40	Ilkley Harriers	51.57		46.84	52.04
213	150.28	2264	Ian Mitchell	M	V55	Knaresborough Striders			76.09	74.19
214	150.14	2484	Ben Rickard	M	U16	Ripon Runners	75.46	74.68		
215	149.45	2117	Charlotte Evans	F	V40	Harrogate Harriers		76.74	72.71	
216	148.77	2110	Melanie Rice	F	V45	Harrogate Harriers	56.74	44.63	47.40	44.18
217	148.04	2076	Angela Peace	F		Harrogate Harriers		49.16	49.09	49.79
218	147.43	2696	Nick Wallhead	M	V40	Wetherby Runners	74.60	72.83		
219	146.75	2272	Ian Mcleod	M	V60	Nidd Valley Road Runners	61.47	56.16	29.12	

Sheet1

220	146.41	2180	Adam Bates	M		Harrogate Harriers	46.69	50.21	49.51
221	146.35	2516	Kari Munro	F	V35	Ripon Runners		73.28	73.07
222	146.35	2575	Joel Dalby	M	V40	Skipton AC		71.03	75.32
223	146.28	2645	Ken Wood	M	V40	Thirsk and Sowerby Harriers	88.47	57.81	
224	145.61	2055	Steve Davies	M	V55	Dragons-Aire	46.84	51.22	42.06 47.55
225	145.38	2115	Mark Seymour	M	V55	Harrogate Harriers	50.06	51.42	42.62 43.90
226	145.26	2636	Duncan Fothergill	M	V40	Thirsk and Sowerby Harriers	52.22	46.89	33.90 46.15
227	145.15	2206	Malcolm Pickering	M	V65	Ilkley Harriers		71.80	73.35
228	144.08	2042	Paul Tomlinson	M	V50	Dragons-Aire	50.93	45.04	48.11
229	143.58	2365	Stephen Small	M	V55	Otley AC	49.42	52.66	41.50 40.82
230	143.57	2242	Gareth Conkleton	M	V45	Knaresborough Striders	71.16	72.41	
231	142.17	2077	Michael Gill	M	V50	Harrogate Harriers	73.31		68.86
232	142.17	2475	Kim Holden	F	V55	Ripon Runners	48.13	48.33	45.71 37.17
233	141.96	2621	David Baker	M		Thirsk and Sowerby Harriers	48.77	49.57	38.68 43.62
234	141.40	2450	Angie Benson	F	V55	Ripon Runners	51.79	45.86	43.75 43.06
235	141.16	2568	Hakan Aydin-Osmond	M	U16	Skipton AC	59.10	41.13	40.93
236	139.71	2398	Simon Quin	M	V45	Otley AC	72.23	67.48	
237	139.64	2359	Matt Podd	M	V60	Otley AC	49.63	49.36	40.65
238	138.82	2492	Steve Grange	M	V55	Ripon Runners	46.41	47.10	43.18 45.31
239	137.24	2416	Mel Steventon	F	V35	Skipton AC		68.09	69.15
240	136.18	2285	Sarah Hughan	F	V40	Nidd Valley Road Runners	45.11	46.48	44.59
241	135.67	2243	Craig Mitchell	M		Knaresborough Striders	69.22	66.45	
242	135.45	2107	Adrian Murfitt	M	V40*	Harrogate Harriers		41.34	46.28 47.83
243	135.17	2341	Liam Marwood	M	U18	Nidd Valley Road Runners	67.28	67.89	
244	134.93	2399	Colin Dennison	M		Otley AC	69.43		65.50
245	134.49	2467	Bruce Willoughby	M	V45	Ripon Runners		46.28	43.46 44.75
246	134.17	2523	John Ward	M	V65	Ripon Runners	68.14	66.03	
247	134.08	2269	Kevin Nicholas	M	V50	Nidd Valley Road Runners	56.52	77.56	
248	133.99	2705	Ann Foster	F	V45	Wetherby Runners		46.07	41.21 46.71
249	132.28	2087	Shaun Morrison	M		Harrogate Harriers	68.57		63.71
250	131.75	2113	Mark Walker	M	V55	Harrogate Harriers			66.53 65.22
251	131.48	2798	Andrew Peagram	M	V40	Nidd Valley Road Runners	67.71	63.77	
252	131.46	2065	Heather Taylor	F	V55	Harrogate Harriers	44.90	44.22	42.34 41.38
253	131.41	2128	Steve Woollven	M	V45	Harrogate Harriers	66.85		64.56
254	131.22	2459	John Skinner	M	V50	Ripon Runners	66.21	65.01	
255	131.05	2627	Andy Butcher	M	V50	Thirsk and Sowerby Harriers	67.07	63.98	
256	130.97	2582	Hazel Ives	F	V60	Skipton AC		43.60	45.15 42.22
257	130.89	2783	Ryan Middleton	M		Knaresborough Striders		47.72	44.31 38.86
258	130.36	2437	Beth Constantine	F	U18	Ripon Runners	47.70	42.57	40.09 36.89
259	129.86	2535	Alan Hanson	M	V55	Ripon Runners		64.18	65.68
260	128.93	2436	Helen Cox	F	V45	Ripon Runners	34.78	43.81	41.78 43.34
261	128.92	2428	Kevin Bond	M	V40	Richmond & Zetland Harriers			60.62 68.30
262	126.71	2338	Chris Beattie	M	V60	Nidd Valley Road Runners	62.12	64.59	
263	126.59	2086	Tim Bennett	M	V50	Harrogate Harriers		41.75	40.37 44.47
264	126.51	2406	Holly Davey	F	U16	Otley AC	48.56	47.51	30.44
265	125.71	2579	Rachel Gaunt	F	V50	Skipton AC	62.76	62.95	
266	125.57	2298	Mike Deacon	M	V55	Nidd Valley Road Runners	59.32		66.25
267	125.33	2045	Gillian Brown	F	V40	Dragons-Aire		44.42	39.25 41.66
268	125.24	2013	Kate Macfarlane	F		Dragons-Aire	65.35		59.89
269	125.05	2784	Lisa Harrison	F	V45	Knaresborough Striders	45.55	44.01	33.06 35.49
270	123.23	2453	Stan Appleton	M	V65	Ripon Runners	36.72	40.51	46.00 35.77
271	123.14	2058	Jan Davies	F	V55	Dragons-Aire	40.81	43.19	30.81 39.14
272	123.09	2214	Tracey Watson	F	V50	Ilkley Harriers	59.53	63.56	
273	123.08	2018	Debbie Bland	F	V60*	Dragons-Aire	40.16	43.39	39.53
274	122.17	2682	Adrian Cobbin	M	V40	Vocalink Running Club	43.18	41.54	37.45

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275	121.78	2178	Anna Thomas	F	V40	Harrogate Harriers		59.65		62.13
276	120.42	2509	Jane Grundy	F		Ripon Runners	62.33		58.09	
277	119.59	2061	Sue Moul	F	V50	Harrogate Harriers	63.19		56.40	
278	119.37	2290	Nigel Brereton	M	V45	Nidd Valley Road Runners	45.33	38.45	35.59	
279	118.87	2111	Sarah Beecher	F	V50	Harrogate Harriers	42.96	39.48	36.43	29.32
280	118.61	2451	Anneke Imeson	F	V40	Ripon Runners	64.05			54.56
281	118.38	2458	Simon Mccudden	M	V55	Ripon Runners	38.87	37.84	39.81	39.70
282	117.76	2362	Christine Brunold	F	V50	Otley AC	41.46	39.69	27.15	36.61
283	117.38	2495	Jon Hancock	M	V50	Ripon Runners	58.89			58.49
284	115.69	2423	Pauline Whittaker	F	V50	Richmond & Zetland Harriers	37.58	40.10	35.03	38.01
285	115.11	2555	Rob Athey	M	V45	Harrogate Harriers	60.40		54.71	
286	114.56	2050	Glyn Smyth	M	V55	Dragons-Aire	35.21	38.25	32.50	41.10
287	113.77	2282	Helen Cook	F	V35	Nidd Valley Road Runners	58.03	55.74		
288	113.23	2457	Sally Cornforth	F	V45	Ripon Runners	39.73	42.78		30.72
289	113.14	2731	Lara Johnson	F	V35	Wetherby Runners	35.86	37.01	36.15	39.98
290	112.94	2554	Lewis Brooks	M	U18*	Ripon Runners			59.50	53.44
291	112.41	2358	Phil Robinson	M	V75	Otley AC	37.37	38.04	37.00	31.28
292	111.80	2248	Nikki Christie	F	V50	Knaresborough Striders	30.70	34.54	37.84	39.42
293	111.71	2060	Francesca Gatenby	F	V35	Dragons-Aire	53.29	58.42		
294	111.44	2104	Stephen Nesbitt	M	V45	Harrogate Harriers	56.31	55.13		
295	108.27	2466	Lesley Willoughby	F	V45	Ripon Runners		38.87	37.56	31.84
296	108.12	2259	Baz Rodger	F	V40	Knaresborough Striders	51.14	56.98		
297	107.19	2483	Libby Rickard	F	U18	Ripon Runners	58.24	48.95		
298	106.92	2072	Jenna Nunns	F		Harrogate Harriers	38.01	38.66	30.25	30.16
299	105.70	2753	Kathryn Hind	F	V45	Leeds-Bradford Tri	52.43	53.27		
300	105.10	2596	Evan Jones	M	V50	Swaledale Runners	52.65	52.45		
301	104.75	2779	Anna Cornforth	F		Knaresborough Striders	38.44		32.78	33.53
302	103.40	2534	Anita Oldham	F	V50	Ripon Runners	35.00	36.19	32.21	29.60
303	103.30	2379	Martin Gaskin	M	V55	Otley AC	33.92	35.57		33.81
304	103.10	2547	Nicole Sutton	F	V40	Ripon Runners			52.18	50.92
305	102.14	2080	Mark Hattersley	M	V50	Harrogate Harriers	32.42	33.31	33.62	35.21
306	101.97	2671	Luke Fitzgerald	M	V45	Vocalink Running Club			49.65	52.32
307	101.17	2041	Sarah Tomlinson	F	V45	Dragons-Aire	34.35	34.13		32.69
308	101.13	2199	Stephanie Fox	F	V40	Ilkley Harriers	31.99	34.96	34.18	28.20
309	100.83	2776	Tracy Smith	F	V45	Dragons-Aire	30.48	35.37	31.37	34.09
310	100.12	2494	Dave Ritson	M	V50	Ripon Runners		49.77		50.35
311	100.01	2368	Laura Hind	F	V35	Otley AC	33.71	30.43	35.87	27.64
312	100.00	2193	Matt Newell	M		Ilkley Harriers		100.00		
313	99.91	2672	Jonathan Spark	M	V40	Vocalink Running Club	28.11	37.43		34.37
314	99.88	2314	Carol Morgan	F	V45	Nidd Valley Road Runners	46.19	53.69		
315	99.67	2404	Ryk Downes	M	V50	Otley AC	25.96	35.98		37.73
316	99.38	2418	Jack Cummings	M		Ilkley Harriers		99.38		
317	99.35	2119	Mike Burrett	M	V40	Harrogate Harriers	99.35			
318	99.27	2773	Sarah Bell	F		Dragons-Aire		50.60		48.67
319	99.13	2332	Natasha Harrison	F		Nidd Valley Road Runners	49.20		49.93	
320	99.05	2005	Nick Leathley	M	V55	Dragons-Aire		50.80	48.25	
321	99.03	2364	Andrew Rayner	M	V50	Otley AC	33.28	34.75		31.00
322	98.82	2578	Matt Gaunt	M	V50	Skipton AC	50.28	48.54		
323	98.82	2778	Simon Peck	M	V60	Dragons-Aire		51.83		46.99
324	98.34	2441	Andy Purl	M	V45	Ripon Runners		37.63	38.40	22.31
325	98.32	2271	Andrew Aird	M	V50	Nidd Valley Road Runners	48.34	49.98		
326	98.30	2158	Richard Burton	M	V55	Harrogate Harriers	21.66	30.02	35.31	32.97
327	97.99	2082	Paula Prentis	F	V55	Harrogate Harriers	35.43	33.72	28.84	
328	97.13	2196	Diane Kitchen	F	V55	Ilkley Harriers	29.83	31.25	23.50	36.05
329	95.74	2370	Joanna Hobson	F	V55	Otley AC	31.77	30.63	33.34	29.04

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330	95.28	2478	Jack Hernandez	M		Ripon Runners	36.29	27.34	31.65	
331	95.03	2235	Kez Welsby	F	V50	Knaresborough Striders	32.63	27.75	26.31	34.65
332	94.57	2002	Rhonda Neilson	F	V40	Dragons-Aire	30.05	39.90	24.62	23.99
333	94.49	2629	Heather Bell	F	V55	Thirsk and Sowerby Harriers	32.85	33.93	27.71	25.39
334	93.81	2424	David Hack	M	V40	Richmond & Zetland Harriers			93.81	
335	93.48	2684	Louise Jennings	F	V45	Vocalink Running Club	26.61		34.46	32.41
336	93.40	2324	Maira McTague	F	V60	Nidd Valley Road Runners	29.40	32.07	31.93	
337	93.14	2043	Agnes Loughton	F	V55	Dragons-Aire	34.14		26.87	32.13
338	92.99	2525	James Stuart-Mills	M	V50	Ripon Runners			47.12	45.87
339	92.98	2550	Kim Brown	M	V45	Ripon Runners				92.98
340	92.70	156	Sharon Barlow	F	V40	Harrogate Harriers				92.70
341	92.44	2386	Ian Broadbent	M	V45	Otley AC		53.48	38.96	
342	92.23	2047	Louise Johnson	F	V35	Dragons-Aire	28.76	30.22	28.28	33.25
343	91.82	2642	Matthew Rhodes	M		Thirsk and Sowerby Harriers	91.82			
344	91.35	2756	Rich Knell-Moore	M		Leeds-Bradford Tri		91.35		
345	91.17	2310	Andy Todd	M	V50	Nidd Valley Road Runners	91.17			
346	90.69	2279	Steve Newton	M	V45	Nidd Valley Road Runners	43.39	47.30		
347	90.13	2355	Carl Maughan	M	V50	Otley AC	44.47	45.66		
348	89.97	2591	Jan Smith	F	V50	Skipton AC	37.15		24.90	27.92
349	89.88	2463	Fiona Alder	F	V60	Ripon Runners	29.19	32.69	28.00	25.96
350	89.29	2046	Charli Brown	F		Dragons-Aire	44.04	45.25		
351	88.76	2150	Mike Salt	M	V45	Harrogate Harriers	45.98			42.78
352	88.69	2274	Robert Hill	M	V70	Nidd Valley Road Runners	26.39	32.90	29.40	
353	88.63	2281	Nadene Wilkinson	F	*	Nidd Valley Road Runners	47.91	40.72		
354	86.44	2250	Rob Clarke	M		Knaresborough Striders	86.44			
355	86.30	2201	Sheena Pickersgill	F	V55	Ilkley Harriers	30.91	27.96	27.43	
356	85.79	2299	Alison Iles	F	V40	Nidd Valley Road Runners		40.92	44.87	
357	85.58	2153	Adam Newton	M		Harrogate Harriers	85.58			
358	84.97	2739	David Carberry	M	V45	Wetherby Runners		84.97		
359	83.74	2084	Simon Watson	M	V55	Harrogate Harriers		83.74		
360	83.62	2782	Emma Hepworth	F		Knaresborough Striders	41.67	41.95		
361	82.97	2322	Jenny Manning	F	V45	Nidd Valley Road Runners	40.60	42.37		
362	82.83	2265	Georgina Townsend	F	*	Knaresborough Striders	44.25			38.58
363	82.78	2211	Mike Abrams-Cohen	M		Ilkley Harriers	82.78			
364	82.68	2275	Mark Brown	M		Nidd Valley Road Runners	43.61	39.07		
365	82.56	2090	Iain Entwistle	M	V40	Harrogate Harriers	82.56			
366	82.41	2334	Debbie Gibson	F	V55	Nidd Valley Road Runners	42.10	40.31		
367	82.29	2725	David Huby	M	V45	Wetherby Runners		82.29		
368	82.11	2234	Derek Calvert	M	V60	Knaresborough Striders	39.95	42.16		
369	82.09	241	Matt Rochester	M	U18	Nidd Valley Road Runners		82.09		
370	82.05	2660	Joshua Cooper	M		Thirsk and Sowerby Harriers				82.05
371	81.21	2677	Andrew Tattersall	M	V50	Vocalink Running Club	38.23	42.98		
372	80.91	2028	Jody Hill	F	V35	Dragons-Aire	23.16	29.19	28.56	20.91
373	80.90	2651	Faith Coy	F	V45	Thirsk and Sowerby Harriers		32.28	26.59	22.03
374	80.17	2472	Lena Conlin	F	V50	Ripon Runners	27.90	19.93	29.68	22.59
375	80.03	2719	James Windle	M	U18	Wetherby Runners		80.03		
376	79.90	2093	Jillie Townend	F	V60	Harrogate Harriers	27.47	28.16	23.78	24.27
377	79.80	2464	Andrea Richardson	F	V45	Ripon Runners	28.54	27.55	21.25	23.71
378	79.76	2699	Peter Cooper	M	V45	Wetherby Runners		23.02	25.18	31.56
379	79.75	2383	Geraldine Nichols	F		Otley AC	24.02	28.37		27.36
380	79.59	2616	Rosie Gatenby	F	V35	Thirsk and Sowerby Harriers	27.04	25.49	26.03	26.52
381	79.55	2238	Ian Waller	M	V55	Knaresborough Striders	79.55			
382	79.45	2204	Dawn Turner	F	V50	Ilkley Harriers	31.56	24.46		23.43
383	79.23	2639	Clare Tempest	F	V40	Thirsk and Sowerby Harriers			42.90	36.33
384	79.12	2634	Trish Radford	F	V60	Thirsk and Sowerby Harriers	32.20		21.81	25.11

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385	78.90	2724	Tim Tunnard	M	V45	Wetherby Runners				78.90
386	78.52	2260	Claire Killingworth	F		Knaresborough Striders	41.24			37.28
387	78.06	2351	John Armitstead	M	V55	Otley AC				78.06
388	77.97	2690	Michael Barlow	M		Vocalink Running Club		77.97		
389	77.48	2094	J. Dan Simmons	M	V55	Harrogate Harriers	36.94			40.54
390	77.00	2533	Michael Hall	M	V50	Ripon Runners				77.00
391	76.97	2135	Neil Rutter	M	V40	Harrogate Harriers	76.97			
392	76.74	2385	Daniel Mundet	M	V40	Otley AC	39.52	37.22		
393	76.33	2548	Sally Houghton	F	V50	Ripon Runners		76.33		
394	75.50	2657	Jodie Sygrove	M		Thirsk and Sowerby Harriers		75.50		
395	75.09	756	Matt Rickard	M	V40	Nidd Valley Road Runners		75.09		
396	74.41	2263	Natalie Hale	F		Knaresborough Striders	26.82	24.66	22.93	
397	74.40	2380	Mo Abubakr	M		Otley AC			74.40	
398	74.01	2032	Emma Hough	F	V40	Dragons-Aire	21.87	25.90	18.15	26.24
399	73.86	2100	James Strugnelli	M		Harrogate Harriers		73.86		
400	73.74	2295	Dave Shores	M	V50	Nidd Valley Road Runners	73.74			
401	73.44	2581	John Harrison	M	V50	Skipton AC		73.44		
402	73.29	2675	David Whapples	M	V50	Vocalink Running Club	25.31	23.43	20.40	24.55
403	73.21	2733	Sam Parker	M	V50	Wetherby Runners	27.68		24.06	21.47
404	72.58	2106	Paul Berwin	M	V60	Harrogate Harriers	43.82			28.76
405	72.49	2352	Carol Armitstead	F	V55	Otley AC		35.78	36.71	
406	72.47	2101	Rebecca Tunnicliff	F		Harrogate Harriers	25.53	29.40		17.54
407	71.95	2643	Mike Lowther	M	V50	Thirsk and Sowerby Harriers				71.95
408	71.37	2647	Howard Cross	M	V50	Thirsk and Sowerby Harriers	71.37			
409	71.17	2679	Richard Gorman	M	V40	Vocalink Running Club	34.57	36.60		
410	71.06	2037	Leah Forey	F		Dragons-Aire	24.88	26.11		20.07
411	70.90	2286	Emma Kettlewell	F		Nidd Valley Road Runners	37.80	33.10		
412	70.51	358	John Mitton	M	V45	Nidd Valley Road Runners	70.51			
413	70.42	2369	David Fox	M	V60	Otley AC	36.08	34.34		
414	70.34	2367	Colin Best	M	V60	Otley AC	40.38		29.96	
415	70.00	2048	Richard Wysocki	M	V55	Dragons-Aire	22.73	23.64	23.21	23.15
416	69.12	283	Jim Cook	M	V50	Nidd Valley Road Runners		69.12		
417	68.92	2312	Jamie Dilasser	M	V45	Nidd Valley Road Runners		68.92		
418	68.58	2205	Anna Pickering	F		Ilkley Harriers	24.45	26.31		17.82
419	68.58	2683	Simon Williams	M	V45	Vocalink Running Club				68.58
420	68.50	2074	Nathaniel Southworth	M	V40	Harrogate Harriers		68.50		
421	68.30	2268	Paul Eagling	M		Nidd Valley Road Runners		68.30		
422	68.07	2604	Helen Baines	F		Swaledale Runners	21.44	21.17	25.46	19.79
423	67.90	2181	Katherine Woodhead	F		Harrogate Harriers		29.60		38.30
424	67.52	2222	David Ibbotson	M	V55	Ilkley Harriers	35.65	31.87		
425	67.49	2038	Arlene Davies	F	V55	Dragons-Aire	25.75	25.28	16.46	
426	67.27	2681	Stephen Peters	M	V45	Vocalink Running Club		67.27		
427	65.46	2685	Gareth Hardcastle	M	V40	Vocalink Running Club			30.53	34.93
428	65.29	2594	Martha Radley	F		Skipton AC		36.81		28.48
429	64.97	2623	Phillip Craig	M		Thirsk and Sowerby Harriers		22.81	21.53	20.63
430	64.79	2553	Alex Nicol	F	V35	Ripon Runners	22.09	26.52	16.18	
431	64.56	2687	Neil Warr	M	V40	Vocalink Running Club		29.81	34.75	
432	64.10	2558	Nina Batt	F		Wetherby Runners				64.10
433	62.89	2487	James Parkes	M		Ripon Runners	22.52	21.99		18.38
434	61.92	689	Rachael Prince	F	V40	Nidd Valley Road Runners	30.26	31.66		
435	61.90	2740	Alex Bradbury	M		Wetherby Runners	61.90			
436	61.71	2228	Stewart Hymas	M	V45	Knaresborough Striders		61.71		
437	61.71	2426	Nicola Buckett	F	V45	Richmond & Zetland Harriers	18.43	10.67	22.09	21.19
438	61.69	2217	Jane Bryant	F	V50	Ilkley Harriers	61.69			
439	61.40	2054	Laura Sykes	F	V35	Dragons-Aire	24.67	25.08		11.65

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440	61.29	2786	David Halladay	M	V55	Knaresborough Striders				61.29
441	60.89	2304	Rob Snow	M	V55	Nidd Valley Road Runners		60.89		
442	60.48	2772	Sarah Cowburn	F	V35	Dragons-Aire	24.24	24.87		11.37
443	60.45	2108	Tim Broomfield	M	V60	Harrogate Harriers				60.45
444	60.07	1323	Alex Crowton	M	V40	Nidd Valley Road Runners		60.07		
445	60.04	2091	Jane Rowbotham	F	V60	Harrogate Harriers	16.92	20.75	22.37	14.46
446	59.81	2631	Geoff Bullock	M	V70	Thirsk and Sowerby Harriers	28.97	30.84		
447	59.29	2587	Kathryn Radley	F	V50	Skipton AC		32.49		26.80
448	59.04	2757	Zoe Knell-Moore	F	V40	Leeds-Bradford Tri		59.04		
449	58.89	2179	Mark Head	M	V55	Harrogate Harriers		20.96	18.43	19.50
450	58.88	2474	Helen Pickard	F	V60	Ripon Runners	20.36	19.52	19.00	15.86
451	58.68	2449	Rod Cooper	M	V55	Ripon Runners	20.15	19.31		19.22
452	58.15	2588	Antony Radley	M	V50	Skipton AC		36.40		21.75
453	57.81	2059	Gavin Birkett	M	V40	Dragons-Aire	57.81			
454	57.59	2006	Carole Keighley	F	V55	Dragons-Aire	21.01	22.40		14.18
455	57.39	2755	Louise Ingham	F	V35	Leeds-Bradford Tri		57.39		
456	57.03	2336	Jonathon Clipston	M	V50	Nidd Valley Road Runners	31.34	25.69		
457	56.89	2567	Rachel Aydin	F	V40	Skipton AC	23.38	33.51		
458	56.55	196	Iain Scott	M	V50	Nidd Valley Road Runners	29.62	26.93		
459	56.36	2024	Helen Alcock	F	V35	Dragons-Aire	33.49			22.87
460	55.80	2311	Debbie Dilasser	F	V40	Nidd Valley Road Runners		31.46	24.34	
461	55.56	2345	Colleen Gruenwald	F	V45	Nidd Valley Road Runners	19.72	22.19	13.65	
462	55.28	2551	Nicky Tschernitz	F	V35	Ripon Runners			55.28	
463	54.92	289	Christine Holleran	F	V50	Nidd Valley Road Runners		54.92		
464	54.84	2559	Nathan Smith	M	V45	Harrogate Harriers				54.84
465	54.77	2035	Claire Featherstone	F		Dragons-Aire	25.10	14.37		15.30
466	54.33	2241	Fiona Slight	F	V45	Knaresborough Striders		28.58	25.75	
467	54.15	2654	Craig Ivey	M		Thirsk and Sowerby Harriers	54.15			
468	54.00	2112	Emma Robinson	F	V35	Harrogate Harriers				54.00
469	53.59	2655	Alan Simpson	M	V45	Thirsk and Sowerby Harriers			53.59	
470	53.38	2632	Helen Heatlie	F	V35	Thirsk and Sowerby Harriers	14.98	21.37	17.03	13.62
471	52.74	2402	Tom Hannah	M	V65	Otley AC	13.48	20.55	18.71	
472	52.01	2208	Bernadette Gibbons	F	V60	Ilkley Harriers	18.00	17.87		16.14
473	52.00	2795	Graham Hoggarth	M		Skipton AC	52.00			
474	51.96	2676	Liz Robertshaw	F	V40	Vocalink Running Club		27.13		24.83
475	51.36	2793	Aziz Karsli	M	V50	Skipton AC	51.36			
476	51.23	2001	Denis Callaghan	M	V40	Dragons-Aire	23.59	13.14	14.50	
477	51.13	2462	Sarah Stanley	F	V40	Ripon Runners		24.05		27.08
478	50.67	2258	Tony Everitt	M	V55	Knaresborough Striders	19.07	19.11		12.49
479	50.41	2346	Yvonne Skelton	F	V65	Nidd Valley Road Runners	31.13		19.28	
480	50.19	2026	Liam Oliver	M		Dragons-Aire		50.19		
481	49.90	2592	Emma Yiu	F	V35	Skipton AC		15.61	17.59	16.70
482	49.55	2598	Julia Spittle	F	V60	Swaledale Runners		18.90	16.75	13.90
483	49.52	2716	James Upperton	M		Wetherby Runners	20.80	14.79	13.93	13.33
484	48.95	2524	Phil Chatterton	M	V45	Ripon Runners				48.95
485	48.91	2498	John Grundy	M	V70*	Ripon Runners	19.50	15.20	14.21	10.53
486	48.72	2031	Caroline Lawton	F	V40	Dragons-Aire	17.14	16.84		14.74
487	48.21	2361	Madeleine Delucchi	F	V60	Otley AC		18.70	13.09	16.42
488	47.48	2057	Laura Kirkbright	F		Dragons-Aire	47.48			
489	46.82	2477	Lolly Hernandez	F		Ripon Runners	33.06	13.76		
490	46.72	2593	Sarah Jayne Millington	F	V45	Skipton AC	14.34	15.40	13.37	16.98
491	46.62	2321	Paul Manning	M	V50	Nidd Valley Road Runners	46.62			
492	46.57	2597	Roger Brisley	M	V60	Swaledale Runners	6.59	20.14	19.84	
493	46.43	2447	Phil Ramshaw	M	V55	Ripon Runners				46.43
494	46.19	2489	Jane Goodwin	F	V45	Ripon Runners	12.19		15.06	18.94

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495	45.88	2326	Jane Hill	F	V40	Nidd Valley Road Runners	16.71	13.55	15.62	
496	45.76	2176	Jordan Marsh	M		Harrogate Harriers	45.76			
497	45.37	2118	Sue Doughty	F	V50	Harrogate Harriers		18.08	19.56	7.73
498	45.07	2405	Annie Woolley	F		Otley AC	21.23	23.84		
499	43.54	2331	Rosemary Thompson	F	V50	Nidd Valley Road Runners	19.29	24.25		
500	42.75	2446	Martin Whipp	M	V40	Ripon Runners	42.75			
501	42.53	2445	Hayley Whipp	F	V45	Ripon Runners	42.53			
502	42.36	2797	Hannah Peagram	F	V40	Nidd Valley Road Runners	20.58	21.78		
503	42.30	2443	Louise Allen	F	V40	Ripon Runners	11.11		10.84	20.35
504	41.89	2688	Ben Naylor	M		Vocalink Running Club	41.89			
505	41.36	2251	Edna Wood	F	V50	Knaresborough Striders	11.76	14.58	11.68	15.02
506	41.26	2034	Clare Pierce	F	V60	Dragons-Aire	12.62	16.43		12.21
507	41.03	2171	Jo Williams	F	V40	Harrogate Harriers	41.03			
508	40.90	2473	Lester Pickard	M	V60	Ripon Runners	17.57	12.52	10.56	10.81
509	40.68	2292	Gayle Wise	F	V40	Nidd Valley Road Runners		19.72	20.96	
510	39.30	2009	Faye Cameron	F	V40	Dragons-Aire	39.30			
511	39.28	2213	Anna Nolan	F	V45	Ilkley Harriers		39.28		
512	39.09	2785	Julian Carr	M	V45	Knaresborough Striders	39.09			
513	38.66	2788	Adela Reperecki	F	V55	Ilkley Harriers	38.66			
514	38.19	2420	Lindsey Fallow	F	V40	Ripon Runners		22.61		15.58
515	38.12	2589	Hannah Rayner	F		Skipton AC			38.12	
516	37.69	2490	Jessica Caven	F	V50	Ripon Runners	10.68	13.96		13.05
517	37.65	2229	Julie Elmes	F	V50	Knaresborough Striders		20.34	17.31	
518	37.64	2020	Rachel Smith	F		Dragons-Aire	16.06	21.58		
519	37.38	2039	Andie Willbond	F	V70	Dragons-Aire	13.26	15.81	8.31	8.29
520	37.38	2638	Joanne Hunt	F	V45	Thirsk and Sowerby Harriers			20.12	17.26
521	36.51	2734	Tom Emmett	M		Wetherby Runners	36.51			
522	34.62	759	Ursula Holmes	F	V50	Nidd Valley Road Runners	1.00	18.28	15.34	
523	34.60	2219	Rachel Corrigan	F	V45	Ilkley Harriers	17.35	17.25		
524	34.42	2626	Alison Butcher	F	V50	Thirsk and Sowerby Harriers	17.78	16.64		
525	34.40	2350	Michelle Smith	F	V45	Nidd Valley Road Runners	11.33	10.26	12.81	
526	34.29	2630	Sara Langstaff	F	V55*	Thirsk and Sowerby Harriers	15.63			18.66
527	34.12	2403	Robert Fearnley	M		Otley AC		16.02		18.10
528	33.65	2007	Amanda Connor	F	V40	Dragons-Aire	10.03	13.34	10.28	9.69
529	33.62	2617	Christine Burn	F	V60	Thirsk and Sowerby Harriers	11.54	12.11	8.59	9.97
530	33.08	2023	Charlotte Willis	F		Dragons-Aire		10.87	11.12	11.09
531	32.91	2532	Nicola Shillam	F	V40	Ripon Runners	11.97	12.93		8.01
532	32.90	2318	Debbie Hanslip	F	V45	Nidd Valley Road Runners	15.85	17.05		
533	32.53	2257	Tracy Allison	F	V50	Knaresborough Striders	13.05	12.32		7.16
534	32.01	2313	Kate Holliday	F	V40	Nidd Valley Road Runners	14.55	17.46		
535	31.56	2010	Donna Stansfield	F	V40	Dragons-Aire	9.82	11.49		10.25
536	31.41	194	Jane Wilkinson	F	V45	Nidd Valley Road Runners	1.21	17.67	12.53	
537	31.09	492	Ralph McMullan	M	V50	Nidd Valley Road Runners			31.09	
538	31.04	2410	Jennifer Halas	F		Otley AC		31.04		
539	30.74	2486	Pamela Munro	F	V60	Ripon Runners		18.49	12.25	
540	30.22	2343	Fiona Robinson	F	V50	Nidd Valley Road Runners	12.83	9.64	7.75	
541	29.88	2062	Jodie Peary	F	V35	Harrogate Harriers				29.88
542	28.99	2796	Gillian Elsworth	F	V50	Skipton AC		28.99		
543	28.85	2469	Julie Pratt	F	V50	Ripon Runners	10.25	11.70	6.90	
544	28.78	2202	Peter Lewis	M	V65	Ilkley Harriers		28.78		
545	28.33	2774	Karen Kirkbright	F	V50	Dragons-Aire	28.33			
546	28.07	2063	Colin Foster	M	V60	Harrogate Harriers		9.23	11.96	6.88
547	27.55	2556	Helen Phillips	F	V35	Ripon Runners			14.78	12.77
548	27.39	2224	Sue Verspyck	F	V55	Ilkley Harriers	12.40	14.99		
549	27.25	2149	Sarah Howard	F	V40	Harrogate Harriers	27.25			

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550	27.24	2375	David Cattnach	M	V65	Otley AC	8.96	8.40	9.71	8.57
551	26.72	2391	Rebecca Keinhorst	F		Otley AC		26.72		
552	26.23	2280	Bec Carman	F	V35	Nidd Valley Road Runners		16.23	10.00	
553	26.18	2460	Sue Skinner	F	V55	Ripon Runners	26.18			
554	25.81	2471	Collette Woods	F	V60	Ripon Runners	13.91	11.90		
555	25.67	2644	Tracey Lowther	F	V45	Thirsk and Sowerby Harriers				25.67
556	24.40	2008	Linda Lofthouse	F	V50	Dragons-Aire	8.74	8.20	7.46	6.32
557	23.81	2333	Susana Shaw	F		Nidd Valley Road Runners	23.81			
558	23.23	2197	Laura Dawes	F	V35	Ilkley Harriers	10.46	5.32		7.45
559	23.22	2277	Marcos Montana	M		Nidd Valley Road Runners		23.22		
560	22.95	1325	Richard Taylor	M	V40	Nidd Valley Road Runners	22.95			
561	22.70	2019	Cora Dove	F	V45	Dragons-Aire	8.10	8.82	5.78	4.64
562	22.65	2025	Jenny Mynett	F	V35	Dragons-Aire			22.65	
563	22.30	2777	Nicky Stevenson	F	V40	Dragons-Aire	22.30			
564	20.81	2633	Gillian Crane	F	V65	Thirsk and Sowerby Harriers	7.67	7.38	5.21	5.76
565	20.68	2653	Lindsay Goom	M	V40	Thirsk and Sowerby Harriers			20.68	
566	20.68	2771	Alison Parker	F	V55	Dragons-Aire	9.60	11.08		
567	20.68	2775	Anne Pearson	F	V50	Dragons-Aire	9.39	11.29		
568	20.33	2316	Joanne Warins	F	V45	Nidd Valley Road Runners	10.90		9.43	
569	19.98	2470	Wendy Green	F	V45	Ripon Runners	4.65	6.76	6.62	6.60
570	19.93	2170	Liz Watson	F	V45	Harrogate Harriers	19.93			
571	19.76	2029	Liz Cook	F	V45	Dragons-Aire	8.53	5.73	5.50	4.08
572	19.31	2465	Dawn Griffin	F	V55	Ripon Runners		10.46		8.85
573	18.91	2320	Graham Hyde	M	V40	Nidd Valley Road Runners	6.81	7.17	4.93	
574	18.90	2329	Sylvia Morten	F	V55	Nidd Valley Road Runners	7.02	7.79	4.09	
575	18.86	2673	Elizabeth Littlewood	F	V35	Vocalink Running Club	18.86			
576	18.64	2330	Lynsey Barraclough	F	V40	Nidd Valley Road Runners	18.64			
577	18.60	2142	Hayley Marsh	F		Harrogate Harriers	9.17	9.43		
578	18.43	2394	Debra Brown	F	V40	Otley AC		9.02		9.41
579	18.21	2325	Ewa Scott	F	V45	Nidd Valley Road Runners	18.21			
580	18.00	2646	Linda Bamford	F	V60	Thirsk and Sowerby Harriers			8.87	9.13
581	17.87	2622	Jill Libby	F	V60	Thirsk and Sowerby Harriers			17.87	
582	17.76	2293	Amanda Schofield	F	V45	Nidd Valley Road Runners		8.61	9.15	
583	17.34	2455	Karen Lennox	F	V45	Ripon Runners	5.30	5.52	6.34	5.48
584	16.49	2317	Richard Kavanagh	M	V45	Nidd Valley Road Runners	16.49			
585	16.28	2543	Caroline Bentham	F	V50	Ripon Runners	16.28			
586	15.90	2780	Suzy Kerr	F	V40	Knaresborough Striders			15.90	
587	15.41	2602	Christine Sayer	F	V55	Swaledale Runners	15.41			
588	15.20	2203	Sue Williamson	F	V55	Ilkley Harriers	15.20			
589	14.77	2044	Zoe Dooley	F	V45	Dragons-Aire	14.77			
590	14.41	2392	Laurel Frear	F	V50	Otley AC	7.45	6.96		
591	14.29	2220	Donald Macrae	M	V70	Ilkley Harriers	7.24	3.46	3.53	3.52
592	14.17	2514	Donna Mitchell	F	V35	Ripon Runners		14.17		
593	14.12	2049	Stuart Hall	M	V50	Dragons-Aire	14.12			
594	13.96	2387	Ruth Auchterlounie	F	V45	Otley AC	6.38	7.58		
595	13.69	2381	Sarah Fitzgerald	F		Otley AC	13.69			
596	13.66	185	Chris Parker	F	V70	Nidd Valley Road Runners	3.15	6.14	4.37	
597	13.22	2427	Jane Bond	F	V50	Richmond & Zetland Harriers			7.18	6.04
598	12.73	2036	Carolyn Park	F	V40	Dragons-Aire		12.73		
599	12.65	2792	David Millson	M	V70	Ilkley Harriers	5.73	3.67	3.25	3.24
600	12.11	2053	Martin Mckay	M	V40	Dragons-Aire	3.36	6.35		2.40
601	11.93	2497	Alison Clarke	F	V40	Ripon Runners				11.93
602	11.63	165	Faith Hammond	F	V40	Nidd Valley Road Runners	5.08	6.55		
603	11.40	2360	Gavin Burton	M	V40	Otley AC			11.40	
604	11.26	2468	Linda Cadman	F	V65	Ripon Runners			6.06	5.20

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605	11.03	2132	Coralin Harrison	F	V70	Harrogate Harriers	3.58	4.49	1.56	2.96
606	10.62	2479	Fiona Hernandez	F	V45	Ripon Runners	5.51	5.11		
607	10.29	2027	Bekki Hirst	F	V35	Dragons-Aire		5.93		4.36
608	10.05	2569	Janet Booth	F	V50	Skipton AC		10.05		
609	10.04	2328	Sarah Chalmers	F	V50	Nidd Valley Road Runners	6.16	3.88		
610	9.96	2347	Jill Hornsby	F	V60	Nidd Valley Road Runners	2.07	4.08	3.81	
611	9.85	2570	Antony Booth	M	V50	Skipton AC		9.85		
612	9.57	2374	Bob Payne	M	V75	Otley AC			4.65	4.92
613	9.41	2348	Lianne Coiley	F	V35	Nidd Valley Road Runners	2.72	4.29	2.40	
614	9.13	2289	Yulia Brereton	F		Nidd Valley Road Runners	4.22	4.91		
615	8.91	2438	Trish Garbutt	F	V55	Ripon Runners	2.93	4.70		1.28
616	8.63	1324	Katy Jarrett	F		Nidd Valley Road Runners	5.95		2.68	
617	8.31	2400	Victoria Taylor	F	V35	Otley AC	8.31			
618	8.03	2659	Caroline Pearce	F	V40	Thirsk and Sowerby Harriers			8.03	
619	7.99	2789	Libby Heppenstall	F	V35	Ilkley Harriers		7.99		
620	7.88	2536	Karen Gilbert	F	V60	Ripon Runners	7.88			
621	7.49	2337	Angela Beattie	F	V60	Nidd Valley Road Runners	4.44	3.05		
622	7.28	2456	Maggie Driffield	F	V60	Ripon Runners	1.64		1.84	3.80
623	7.05	2335	Lisa Clipston	F	V45	Nidd Valley Road Runners	3.79	3.26		
624	5.11	2397	Antonio Cardinale	M	V65	Otley AC	1.86	1.41		1.84
625	4.87	2537	Melanie Bateson	F	V40	Ripon Runners	4.87			
626	4.76	2291	Clare Simpson	F	V50	Nidd Valley Road Runners		2.64	2.12	
627	4.13	2413	Chloe Brydon	F		Nidd Valley Road Runners		2.85	1.28	
628	4.04	2448	Chris Cooper	F	V50*	Ripon Runners	1.43	1.61		1.00
629	4.01	2721	Charlotte Horner	F		Wetherby Runners	4.01			
630	3.02	2340	Jeff Walker	M	V55	Nidd Valley Road Runners		2.02	1.00	
631	2.96	2656	Naomi Wood	F	V40	Thirsk and Sowerby Harriers			2.96	
632	2.76	2624	Ian Codling	M	V75	Thirsk and Sowerby Harriers		1.20		1.56
633	2.68	2030	David Cook	M	V50	Dragons-Aire				2.68
634	2.50	2339	Fiona Cunningham	F	V50	Nidd Valley Road Runners	2.50			
635	2.44	2297	Lizzie Nixon	F	V60	Nidd Valley Road Runners		2.44		
636	2.29	2221	Sally Wright	F	V55	Ilkley Harriers	2.29			
637	2.23	2349	Katie Swannie	F	V40	Nidd Valley Road Runners		2.23		
638	2.12	2377	Natasha Whitaker	F	V45	Otley AC				2.12
639	1.82	2635	Liz Stephenson	F	V35	Thirsk and Sowerby Harriers		1.82		
640	1.00	2625	Marion Codling	F	V75	Thirsk and Sowerby Harriers		1.00		