

| | | | | | | | | Best 3 from 4 | |
|-----|------|--------------------|-----------------------------|--------|--------|--------|--------|---------------|--------|
| Bib | Name | Club | Cat | Race 1 | Race 2 | Race 3 | Race 4 | Total Points | |
| 1 | 3220 | Jack Wood | Ilkley Harriers | M | 100.00 | 100.00 | 100.00 | 300 | |
| 2 | 3122 | Jonny Johnson | Harrogate Harriers & AC | M | 99.62 | 99.54 | | 99.75 | 298.91 |
| 3 | 2667 | Rob Scott | Richmond & Zetland Harriers | M | 99.43 | | 99.46 | 100.00 | 298.89 |
| 4 | 2665 | Reece Dalton | Richmond & Zetland Harriers | M | 99.25 | 99.77 | 99.20 | 99.51 | 298.53 |
| 5 | 3111 | Andrew Grant | Harrogate Harriers & AC | MV45 | 98.87 | 99.31 | 99.73 | | 297.91 |
| 6 | 3606 | Julian Hood | Skipton AC | MV40 | | 98.16 | 98.93 | 99.27 | 296.36 |
| 7 | 3710 | Paul Millgate | Wetherby Runners AC | MV45 | | 98.62 | 98.66 | 99.02 | 296.3 |
| 8 | 3184 | John Young | Harrogate Harriers & AC | M | 98.50 | 98.85 | 97.33 | | 294.68 |
| 9 | 3228 | Tom Calvert | Knarborough Striders | M | 98.68 | 97.93 | 97.87 | | 294.48 |
| 10 | 3153 | Timothy Richardson | Harrogate Harriers & AC | M | 98.31 | 97.47 | | 98.54 | 294.32 |
| 11 | 2182 | Ben Holmes | Harrogate Harriers & AC | M | 98.12 | 97.25 | 98.13 | 98.05 | 294.3 |
| 12 | 2668 | Toby Antcliff | Ripon Runners | MU18 | | 98.39 | 97.60 | 97.81 | 293.8 |
| 13 | 3017 | Andrew Humphries | Airecentre Pacers | M | | 96.56 | 98.40 | 98.78 | 293.74 |
| 14 | 3088 | Charles Casey | Harrogate Harriers & AC | M | 97.93 | 97.70 | 96.80 | 97.33 | 292.96 |
| 15 | 3449 | Richard Smith | Otley AC | M | 96.81 | 96.10 | 97.07 | 97.57 | 291.45 |
| 16 | 3165 | Gareth Somerville | Harrogate Harriers & AC | M | 97.56 | 96.79 | 96.54 | 96.84 | 291.19 |
| 17 | 2183 | James McCreanor | Harrogate Harriers & AC | MV40 | 97.75 | 95.64 | 96.27 | 97.08 | 291.1 |
| 18 | 2056 | Joe Gresty | Harrogate Harriers & AC | M | 97.37 | 96.33 | | 95.63 | 289.33 |
| 19 | 3482 | Kim Brown | Ripon Runners | MV45 | 96.43 | 93.12 | 95.74 | 96.60 | 288.77 |
| 20 | 3003 | Peter Branney | Airecentre Pacers | M | 97.18 | 95.87 | 94.67 | | 287.72 |
| 21 | 3598 | Tim Chadwick | Skipton AC | M | 97.00 | 95.18 | 94.94 | 94.66 | 287.12 |
| 22 | 3700 | William Giddings | Wetherby Runners AC | M | 95.68 | 94.95 | | 95.14 | 285.77 |
| 23 | 3571 | Lee Stanley | Ripon Runners | MV40 | | 93.81 | 96.00 | 95.87 | 285.68 |
| 24 | 3155 | Phil Rogers | Harrogate Harriers & AC | M | 96.25 | 92.20 | | 96.36 | 284.81 |
| 25 | 3114 | Tom Harris | Harrogate Harriers & AC | M | 96.62 | 92.89 | 93.34 | 94.41 | 284.37 |
| 26 | 3705 | Joseph Kwallah | Wetherby Runners AC | MV50 | 94.93 | 94.04 | 94.14 | 94.90 | 283.97 |
| 27 | 3410 | Rob Grant | Otley AC | MV45 | 94.75 | | 93.08 | 96.11 | 283.94 |
| 28 | 3260 | Stephen Morland | Knarborough Striders | MV45 | 95.50 | 94.50 | 93.61 | | 283.61 |
| 29 | 3343 | Alex Patrickson | Nidd Valley Road Runners | M | 95.87 | 91.52 | | 95.38 | 282.77 |
| 30 | 3235 | James Cornforth | Knarborough Striders | M | 93.25 | 91.97 | 95.47 | 93.69 | 282.41 |
| 31 | 3050 | Jonathan Forey | Dragons Running Club | MV50 | | 93.58 | 94.41 | 94.17 | 282.16 |
| 32 | 3253 | Tom Kilmurray | Knarborough Striders | M | 94.56 | 94.27 | 92.81 | 80.83 | 281.64 |
| 33 | 3487 | Simon Cave | Ripon Runners | MV45 | 95.12 | 93.35 | 92.28 | 92.72 | 281.19 |
| 34 | 2768 | Lucas Fawcett | Ripon Runners | M | | 92.43 | 95.20 | 93.20 | 280.83 |
| 35 | 3085 | Tom Borrowdale | Harrogate Harriers & AC | M | 94.00 | 91.06 | | 93.93 | 278.99 |
| 36 | 3431 | Tom Midgley | Otley AC | M | 94.37 | | 92.01 | 91.50 | 277.88 |
| 37 | 3152 | Paul Richardson | Harrogate Harriers & AC | MV40 | 95.31 | 90.83 | | 90.53 | 276.67 |
| 38 | 3118 | Ash Howard | Harrogate Harriers & AC | M | 94.18 | 90.14 | 89.35 | 91.02 | 275.34 |
| 39 | 3422 | Graham Lake | Otley AC | MV40 | 93.06 | 89.68 | | 92.47 | 275.21 |
| 40 | 3110 | Crystal Goecker | Harrogate Harriers & AC | FV40 | 91.93 | | 90.15 | 92.96 | 275.04 |
| 41 | 3559 | Trevor Schofield | Ripon Runners | M | | 90.60 | 89.62 | 93.44 | 273.66 |
| 42 | 3031 | Richard Walker | Airecentre Pacers | MV45 | 93.81 | 85.56 | 88.55 | 91.26 | 273.62 |
| 43 | 3273 | Ted Welton | Knarborough Striders | MV45 | 92.31 | 91.29 | | 89.32 | 272.92 |
| 44 | 3476 | Trevor Bosomworth | Ripon Runners | MV45 | 89.31 | 89.00 | 90.95 | 91.99 | 272.25 |
| 45 | 3684 | DARREN BALL | Wetherby Runners AC | MV50 | 91.18 | 88.31 | 89.08 | 91.75 | 272.01 |
| 46 | 2750 | William Eley | Harrogate Harriers & AC | MU18 | 91.37 | 88.77 | 91.75 | 86.41 | 271.89 |
| 47 | 3373 | Andy Todd | Nidd Valley Road Runners | MV55 | 93.43 | 87.62 | | 90.77 | 271.82 |
| 48 | 3530 | Lenny Lennox | Ripon Runners | MV55 | 92.50 | 89.22 | 89.88 | 83.74 | 271.6 |
| 49 | 3214 | Jonathan Turner | Ilkley Harriers | MV45 | | 89.45 | 90.68 | 90.29 | 270.42 |
| 50 | 3331 | Martin Lofthouse | Nidd Valley Road Runners | MV50 | 90.43 | 80.06 | 91.48 | 88.35 | 270.26 |
| 51 | 3560 | Douglas Scott | Ripon Runners | MV45 | 90.81 | 88.08 | 90.41 | 85.44 | 269.3 |
| 52 | 3275 | James Wright | Knarborough Striders | M | 93.62 | 89.91 | 85.09 | | 268.62 |
| 53 | 3374 | Darren Townend | Nidd Valley Road Runners | MV45 | 92.68 | 77.08 | 85.36 | 90.05 | 268.09 |
| 54 | 3490 | John Chatwin | Ripon Runners | M | 89.68 | 90.37 | | 84.95 | 265 |
| 55 | 3732 | Geoffrey Hirst | Harrogate Harriers & AC | M | 90.06 | 85.10 | 87.49 | 87.13 | 264.68 |
| 56 | 3445 | Andrew Robertshaw | Otley AC | MV45 | 88.18 | 83.95 | 86.69 | 89.80 | 264.67 |
| 57 | 3528 | Paul Layfield | Ripon Runners | M | 88.56 | | 87.22 | 87.38 | 263.16 |
| 58 | 3724 | Darren Whiting | Wetherby Runners AC | M | 89.12 | 82.58 | 85.89 | 87.86 | 262.87 |
| 59 | 3450 | Victoria Stainburn | Otley AC | FV35 | 90.25 | 85.79 | 86.42 | | 262.46 |
| 60 | 3569 | Emma Sorby | Ripon Runners | F | | 86.02 | 87.75 | 88.59 | 262.36 |
| 61 | 3726 | Paul Windle | Wetherby Runners AC | MV50 | 90.62 | 84.87 | | 85.68 | 261.17 |
| 62 | 3427 | Tom Lynch | Otley AC | M | 92.87 | 91.75 | | 76.46 | 261.08 |
| 63 | 3474 | David Binks | Ripon Runners | MV45 | 89.50 | 87.39 | 83.50 | | 260.39 |

| | | | | | | | | | |
|-----|------|---------------------|-----------------------------|------|-------|-------|-------|-------|--------|
| 64 | 3631 | Joshua Cooper | Thirsk & Sowerby Harriers | M | 86.87 | 84.64 | 88.82 | | 260.33 |
| 65 | 3168 | James Strutt | Harrogate Harriers & AC | MV40 | 86.12 | 86.70 | 82.16 | 86.65 | 259.47 |
| 66 | 3104 | Iain Entwistle | Harrogate Harriers & AC | MV40 | 87.06 | 86.47 | 85.62 | 84.47 | 259.15 |
| 67 | 3134 | Simon Moffatt | Harrogate Harriers & AC | MV50 | 85.75 | 82.12 | 83.23 | 89.56 | 258.54 |
| 68 | 3179 | Simon Watson | Harrogate Harriers & AC | MV55 | 87.25 | 84.41 | 84.83 | 85.92 | 258 |
| 69 | 3711 | Adam Moger | Wetherby Runners AC | MV40 | 84.25 | 83.72 | 86.16 | 86.16 | 256.57 |
| 70 | 3471 | Jamie Baker | Ripon Runners | M | 87.81 | 83.50 | 83.76 | 84.71 | 256.28 |
| 71 | 3181 | Richard Willis | Harrogate Harriers & AC | MV45 | 89.87 | 81.66 | 84.03 | | 255.56 |
| 72 | 3745 | Adam Couldwell | Harrogate Harriers & AC | M | | 87.16 | 88.29 | 80.10 | 255.55 |
| 73 | 3706 | Emily Legg | Wetherby Runners AC | F | 85.37 | | 84.56 | 84.22 | 254.15 |
| 74 | 3661 | STEPHAN TOMASZEWSKI | Thirsk & Sowerby Harriers | MV55 | 88.75 | 80.52 | 81.10 | 83.50 | 253.35 |
| 75 | 3463 | Donna Riddler | Richmond & Zetland Harriers | FV40 | 86.31 | 83.04 | 82.70 | | 252.05 |
| 76 | 3243 | Dan Foley | Knaresborough Striders | MV40 | 87.62 | 82.81 | 81.37 | | 251.8 |
| 77 | 3144 | Adam Newton | Harrogate Harriers & AC | MV40 | 85.56 | 83.27 | | 82.52 | 251.35 |
| 78 | 3436 | CHRIS PATINIOS | Otley AC | M | 86.50 | 79.14 | 82.96 | 81.07 | 250.53 |
| 79 | 3503 | David Freeman | Ripon Runners | MV40 | 85.00 | 81.20 | 82.43 | 82.77 | 250.2 |
| 80 | 3461 | Lewis Moore | Richmond & Zetland Harriers | MU18 | 86.68 | | 77.11 | 83.98 | 247.77 |
| 81 | 3093 | Andrew Collins | Harrogate Harriers & AC | M | 83.68 | 78.22 | 81.63 | 82.28 | 247.59 |
| 82 | 3709 | Alex Matthewson | Wetherby Runners AC | M | | 79.60 | 80.30 | 87.62 | 247.52 |
| 83 | 3156 | Isabelle Rowe | Harrogate Harriers & AC | F | 88.00 | 77.77 | | 80.58 | 246.35 |
| 84 | 3453 | Tony Walker | Otley AC | MV55 | 83.87 | 80.29 | | 81.55 | 245.71 |
| 85 | 3124 | Mark Jordan | Harrogate Harriers & AC | MV60 | 83.31 | 78.68 | | 83.25 | 245.24 |
| 86 | 3353 | Nigel Scaife | Nidd Valley Road Runners | MV45 | 82.18 | | 80.83 | 81.31 | 244.32 |
| 87 | 3683 | Nicky Andrews | Wetherby Runners AC | F | 82.37 | 72.04 | 79.77 | 79.61 | 241.75 |
| 88 | 3272 | Ian Waller | Knaresborough Striders | MV60 | 82.00 | 78.45 | 78.97 | | 239.42 |
| 89 | 3101 | Paul Dowie | Harrogate Harriers & AC | MV45 | 81.25 | | 78.70 | 78.64 | 238.59 |
| 90 | 3148 | Adam Prentis | Harrogate Harriers & AC | MV55 | 84.06 | 80.75 | 72.85 | | 237.66 |
| 91 | 3366 | Simon Staiano | Nidd Valley Road Runners | MV40 | 79.18 | 74.33 | 76.04 | 81.80 | 237.02 |
| 92 | 3600 | Ben Davies | Skipton AC | M | 85.18 | 78.91 | | 72.82 | 236.91 |
| 93 | 3158 | Luke Salmons | Harrogate Harriers & AC | M | 78.81 | | 77.91 | 79.86 | 236.58 |
| 94 | 3527 | Alan Kyle | Ripon Runners | M | 80.87 | 77.54 | 77.64 | 76.22 | 236.05 |
| 95 | 3447 | Steven Robinson | Otley AC | MV40 | 80.50 | 75.02 | 80.04 | | 235.56 |
| 96 | 3592 | Richard Annable | Skipton AC | MV60 | 79.00 | 77.31 | 79.24 | | 235.55 |
| 97 | 3590 | Dewi Winkle | Ripon Runners | MV50 | 80.68 | 75.70 | | 79.13 | 235.51 |
| 98 | 3572 | Alistair Steele | Ripon Runners | M | 75.81 | | 80.57 | 78.88 | 235.26 |
| 99 | 2187 | Ian Rowbotham | Harrogate Harriers & AC | MV60 | 80.12 | 72.27 | | 82.04 | 234.43 |
| 100 | 3376 | Phil Ventress | Nidd Valley Road Runners | MV45 | 82.75 | | 75.25 | 75.97 | 233.97 |
| 101 | 3538 | Victoria Morris | Ripon Runners | F | 78.62 | 75.93 | | 79.37 | 233.92 |
| 102 | 3311 | Brian Hainsworth | Nidd Valley Road Runners | MV40 | 80.31 | 78.00 | 73.91 | 75.25 | 233.56 |
| 103 | 3465 | Paul Simpson | Richmond & Zetland Harriers | MV40 | 79.56 | 74.56 | 59.01 | 77.91 | 232.03 |
| 104 | 3722 | Nick Wallhead | Wetherby Runners AC | MV40 | 82.56 | | 71.25 | 77.67 | 231.48 |
| 105 | 3137 | Angus Morgan | Harrogate Harriers & AC | M | | 75.47 | 75.51 | 76.94 | 227.92 |
| 106 | 3357 | Marcus Shaw | Nidd Valley Road Runners | MV40 | 76.00 | 67.00 | 74.18 | 77.19 | 227.37 |
| 107 | 2188 | Chris Thorpe | Harrogate Harriers & AC | MV45 | 74.68 | | 72.58 | 78.40 | 225.66 |
| 108 | 3344 | Andrew Peagram | Nidd Valley Road Runners | MV40 | 76.93 | 71.81 | | 75.49 | 224.23 |
| 109 | 3737 | David Allen | Ripon Runners | MV45 | 79.75 | 69.75 | 74.71 | 69.66 | 224.21 |
| 110 | 3303 | Jonathan Easton | Nidd Valley Road Runners | MV40 | 79.93 | 72.72 | 71.52 | | 224.17 |
| 111 | 3375 | Steven Turner | Nidd Valley Road Runners | MV45 | 78.25 | 68.83 | 70.45 | 74.52 | 223.22 |
| 112 | 3075 | Samuel Alton | Harrogate Harriers & AC | M | 84.81 | 76.85 | | 61.41 | 223.07 |
| 113 | 3255 | Sima Lowery | Knaresborough Striders | FV40 | 74.50 | | 74.45 | 73.55 | 222.5 |
| 114 | 3399 | Colin Dennison | Otley AC | MV40 | 73.93 | 73.18 | | 73.30 | 220.41 |
| 115 | 3340 | Kevin Nicholas | Nidd Valley Road Runners | MV55 | 43.37 | 73.64 | 73.38 | 72.58 | 219.6 |
| 116 | 3105 | Charlotte Evans | Harrogate Harriers & AC | FV40 | 72.43 | 71.35 | | 75.00 | 218.78 |
| 117 | 3130 | Stewart Lynskey | Harrogate Harriers & AC | MV55 | 73.75 | 69.06 | 68.06 | 75.73 | 218.54 |
| 118 | 3483 | Ben Buckley | Ripon Runners | M | | 76.16 | 71.79 | 70.15 | 218.1 |
| 119 | 3695 | Gil Edmondson | Wetherby Runners AC | FV40 | 73.00 | 65.16 | 73.65 | 70.63 | 217.28 |
| 120 | 3128 | Simon Lawson | Harrogate Harriers & AC | MV50 | 73.37 | 71.58 | | 71.85 | 216.8 |
| 121 | 3297 | Mike Deacon | Nidd Valley Road Runners | MV55 | | 68.60 | 70.99 | 76.70 | 216.29 |
| 122 | 3411 | Lee Gumbrell | Otley AC | M | 72.81 | 70.43 | 72.05 | 68.45 | 215.29 |
| 123 | 3178 | James Wall | Harrogate Harriers & AC | MV50 | | 70.66 | 69.92 | 73.79 | 214.37 |
| 124 | 3299 | Jamie Dilasser | Nidd Valley Road Runners | MV45 | | 73.41 | 78.44 | 61.90 | 213.75 |
| 125 | 3306 | Sam Fugill | Nidd Valley Road Runners | M | 75.43 | 63.79 | 68.33 | 69.91 | 213.67 |
| 126 | 3464 | Nicola Simpson | Richmond & Zetland Harriers | FV45 | 67.00 | 68.14 | 70.72 | 73.06 | 211.92 |
| 127 | 3126 | Stephen Kirk | Harrogate Harriers & AC | MV45 | 69.62 | 67.45 | 69.12 | 72.33 | 211.07 |
| 128 | 3583 | Andrew Webster | Ripon Runners | MV45 | 72.06 | 72.95 | | 65.78 | 210.79 |

| | | | | | | | | | |
|-----|------|----------------------|---------------------------|------|-------|-------|-------|-------|--------|
| 129 | 3230 | Nicola Carter | Knaresborough Striders | FV45 | 70.75 | 71.12 | 67.53 | | 209.4 |
| 130 | 3112 | Ben Grant | Harrogate Harriers & AC | MV70 | 75.62 | 63.33 | 69.39 | | 208.34 |
| 131 | 3207 | Sarah Pickering | Ilkley Harriers | F | | 74.10 | 72.32 | 61.17 | 207.59 |
| 132 | 2052 | William Woodhead | Airecentre Pacers | M | 70.93 | 43.62 | 70.19 | 66.27 | 207.39 |
| 133 | 2744 | Melanie Ives | Skipton AC | F | 69.25 | 65.62 | 66.46 | 71.61 | 207.32 |
| 134 | 3022 | Simon Molyneux | Airecentre Pacers | MV45 | 67.18 | 70.20 | 67.26 | 69.42 | 206.88 |
| 135 | 3012 | PAUL GRINDLEY | Airecentre Pacers | MV55 | 66.81 | 64.25 | 68.86 | 71.12 | 206.79 |
| 136 | 3162 | Martin Shaw | Harrogate Harriers & AC | MV50 | 72.25 | 62.41 | 69.66 | | 204.32 |
| 137 | 3392 | Paul Clifford | Otley AC | MV50 | 70.56 | 66.31 | 60.08 | 67.00 | 203.87 |
| 138 | 3145 | Theresa Oldroyd | Harrogate Harriers & AC | FV50 | 71.31 | 54.85 | 64.60 | 67.48 | 203.39 |
| 139 | 3079 | Adam Bates | Harrogate Harriers & AC | MV40 | 68.12 | 69.97 | 65.13 | | 203.22 |
| 140 | 3402 | Sara Elliott | Otley AC | FV45 | 68.87 | 66.54 | 63.00 | 64.57 | 199.98 |
| 141 | 3634 | Martyn Coy | Thirsk & Sowerby Harriers | MV45 | 65.68 | 64.47 | 67.00 | 66.51 | 199.19 |
| 142 | 3292 | Nick Crebbin | Nidd Valley Road Runners | MV45 | 69.43 | 63.10 | 64.07 | 65.30 | 198.8 |
| 143 | 3166 | Nathaniel Southworth | Harrogate Harriers & AC | MV40 | 59.12 | 68.37 | | 70.88 | 198.37 |
| 144 | 2412 | Andy Easton | Knaresborough Striders | M | 56.12 | 66.77 | 74.98 | | 197.87 |
| 145 | 2764 | Joseph Simpson | Nidd Valley Road Runners | M | | 62.64 | 68.59 | 65.54 | 196.77 |
| 146 | 3164 | Robert Smith | Harrogate Harriers & AC | M | 99.06 | 97.02 | | | 196.08 |
| 147 | 3232 | Gareth Conkleton | Knaresborough Striders | MV45 | 66.25 | 63.56 | 65.93 | | 195.74 |
| 148 | 2564 | Ian Mitchell | Knaresborough Striders | MV55 | 77.50 | 53.47 | 63.80 | | 194.77 |
| 149 | 3127 | Andy Laverick | Harrogate Harriers & AC | MV45 | 64.00 | 61.50 | | 69.18 | 194.68 |
| 150 | 3205 | Malcolm Pickering | Ilkley Harriers | MV65 | 68.50 | 47.52 | 57.15 | 67.97 | 193.62 |
| 151 | 3440 | Michael Pickard | Otley AC | MV50 | 62.12 | 59.66 | 63.54 | 67.72 | 193.38 |
| 152 | 3098 | Andrew Dobby | Harrogate Harriers & AC | MV45 | | 94.72 | | 98.30 | 193.02 |
| 153 | 3090 | Laurence Charleton | Harrogate Harriers & AC | MV50 | | 61.95 | 62.20 | 68.69 | 192.84 |
| 154 | 3086 | Tim Broomfield | Harrogate Harriers & AC | MV60 | 64.56 | 60.81 | 61.94 | 63.36 | 189.86 |
| 155 | 3251 | James Ireland | Knaresborough Striders | M | 96.06 | | 92.54 | | 188.6 |
| 156 | 3654 | Adrian Saunders | Thirsk & Sowerby Harriers | M | 67.93 | 56.45 | 61.67 | 58.99 | 188.59 |
| 157 | 3250 | Stewart HYMAS | Knaresborough Striders | MV45 | 71.12 | 62.87 | 54.22 | | 188.21 |
| 158 | 3659 | David Tervit | Thirsk & Sowerby Harriers | MV45 | 68.31 | 48.43 | 61.41 | 58.02 | 187.74 |
| 159 | 3348 | Alexander Robinson | Nidd Valley Road Runners | M | | 92.66 | 93.87 | | 186.53 |
| 160 | 3259 | Catherine Morland | Knaresborough Striders | FV40 | 61.93 | 58.29 | 65.66 | | 185.88 |
| 161 | 3322 | Sarah Hughan | Nidd Valley Road Runners | FV40 | 64.37 | 57.60 | 52.62 | 63.60 | 185.57 |
| 162 | 3679 | Alexandra Whapples | Vocalink Running Club | FV50 | 61.37 | 60.12 | 55.82 | 63.11 | 184.6 |
| 163 | 3514 | Andrew Harker | Ripon Runners | MV55 | 61.75 | 61.04 | 59.54 | 61.66 | 184.45 |
| 164 | 3081 | Gareth Bell | Harrogate Harriers & AC | MV40 | 63.62 | 56.68 | 59.28 | 60.69 | 183.59 |
| 165 | 3223 | Neil Baxter | Knaresborough Striders | MV40 | 61.00 | 58.97 | 62.74 | | 182.71 |
| 166 | 3282 | Michael Benson | Nidd Valley Road Runners | M | 59.87 | 66.08 | | 55.35 | 181.3 |
| 167 | 3177 | Mark Walker | Harrogate Harriers & AC | MV55 | 61.56 | 55.08 | 49.70 | 64.08 | 180.72 |
| 168 | 3535 | Morag McDowall | Ripon Runners | FV55 | | 54.62 | 58.48 | 67.24 | 180.34 |
| 169 | 3603 | Rachel Gaunt | Skipton AC | FV50 | 60.06 | | 57.41 | 62.63 | 180.1 |
| 170 | 3430 | Ross Mccall | Otley AC | M | | | 91.21 | 88.83 | 180.04 |
| 171 | 3502 | Alex Fawcett | Ripon Runners | MV50 | | 86.93 | | 92.23 | 179.16 |
| 172 | 3691 | Claire Collier | Wetherby Runners AC | FV35 | 60.25 | 61.72 | 56.35 | | 178.32 |
| 173 | 3520 | Matthew Holt | Ripon Runners | MV45 | 57.62 | | 60.87 | 59.72 | 178.21 |
| 174 | 3435 | Tom Paget | Otley AC | M | 88.93 | 88.54 | | | 177.47 |
| 175 | 3186 | Kate Archer | Ilkley Harriers | FV40 | | | 88.02 | 89.08 | 177.1 |
| 176 | 3324 | Andrew Iddon | Nidd Valley Road Runners | M | 60.81 | 54.16 | 59.81 | 56.08 | 176.7 |
| 177 | 3746 | Peter Bryant | Dragons Running Club | MV50 | 66.43 | 62.18 | | 48.07 | 176.68 |
| 178 | 3558 | Mark Ryder | Ripon Runners | M | 92.12 | | 84.29 | | 176.41 |
| 179 | 3150 | Charlotte Reeves | Harrogate Harriers & AC | FV35 | 59.50 | 57.83 | 57.95 | 58.75 | 176.2 |
| 180 | 3689 | Rob Bullen | Wetherby Runners AC | MV40 | 88.37 | | | 86.89 | 175.26 |
| 181 | 3014 | Sally Haigh | Airecentre Pacers | FV50 | 66.06 | 56.22 | 49.96 | 52.44 | 174.72 |
| 182 | 3189 | Jane Bryant | Ilkley Harriers | FV50 | 62.68 | 51.41 | 51.03 | 60.44 | 174.53 |
| 183 | 3386 | Vicki Binks | Otley AC | FV35 | 55.37 | | 58.21 | 60.20 | 173.78 |
| 184 | 3233 | Steven Core | Knaresborough Striders | M | 65.31 | 54.39 | 53.95 | | 173.65 |
| 185 | 2759 | Simon Robertson | Wetherby Runners AC | MV40 | 48.25 | 48.89 | 60.61 | 63.84 | 173.34 |
| 186 | 3159 | Elizabeth Sandell | Harrogate Harriers & AC | F | 64.93 | 50.72 | 51.83 | 56.56 | 173.32 |
| 187 | 3123 | Claire Jones | Harrogate Harriers & AC | F | 87.43 | 85.33 | | | 172.76 |
| 188 | 3574 | Nicole Sutton | Ripon Runners | FV40 | 57.25 | 56.91 | | 58.26 | 172.42 |
| 189 | 3604 | Patricia Gill | Skipton AC | FV50 | 55.75 | 51.87 | 56.08 | 59.96 | 171.79 |
| 190 | 3140 | Sue Moul | Harrogate Harriers & AC | FV50 | | 51.18 | 57.68 | 62.14 | 171 |
| 191 | 3154 | Andy Robinson | Harrogate Harriers & AC | M | 91.00 | | 79.50 | | 170.5 |
| 192 | 3167 | Paul Stockburn | Harrogate Harriers & AC | MV60 | | 81.89 | | 88.11 | 170 |
| 193 | 3226 | Martin Brock | Knaresborough Striders | MV40 | | 87.85 | 81.90 | | 169.75 |

| | | | | | | | | | | |
|-----|------|--------------------|-----------------------------|------|-------|-------|-------|-------|--|--------|
| 194 | 3542 | Colm O'Cofaigh | Ripon Runners | MV45 | 60.62 | 50.27 | 58.75 | | | 169.64 |
| 195 | 3293 | Kevin Dalton | Nidd Valley Road Runners | M | 84.43 | | | 85.19 | | 169.62 |
| 196 | 3460 | Garry Malton | Richmond & Zetland Harriers | MV45 | 64.75 | 47.97 | | 56.80 | | 169.52 |
| 197 | 3685 | Richard Bell | Wetherby Runners AC | MV50 | 58.75 | 57.14 | 51.56 | 53.41 | | 169.3 |
| 198 | 3719 | Scott Stonebridge | Wetherby Runners AC | M | | 80.97 | 86.95 | | | 167.92 |
| 199 | 3335 | Ian McLeod | Nidd Valley Road Runners | MV60 | 58.00 | | 52.09 | 57.77 | | 167.86 |
| 200 | 3736 | Helen Mercer-Jones | Harrogate Harriers & AC | FV40 | 84.62 | 82.35 | | | | 166.97 |
| 201 | 3701 | Karly Hoggard | Wetherby Runners AC | FV35 | | 53.93 | 53.42 | 59.47 | | 166.82 |
| 202 | 3350 | Philip Robinson | Nidd Valley Road Runners | MV55 | 58.56 | 43.85 | 61.14 | 46.86 | | 166.56 |
| 203 | 2760 | Sam Jenner | Harrogate Harriers & AC | M | | 45.91 | 56.62 | 62.87 | | 165.4 |
| 204 | 3664 | Gary Wilkinson | Thirsk & Sowerby Harriers | MV45 | 56.68 | 55.31 | 53.16 | | | 165.15 |
| 205 | 3416 | Rebecca Harpur | Otley AC | F | 83.50 | 79.83 | | | | 163.33 |
| 206 | 3199 | Tom Lally | Ilkley Harriers | MV45 | 53.68 | 52.33 | 49.43 | 57.29 | | 163.3 |
| 207 | 3708 | Nils Linstrum | Wetherby Runners AC | M | 81.62 | 81.43 | | | | 163.05 |
| 208 | 3358 | Michael Shaw | Nidd Valley Road Runners | MV40 | 54.81 | 40.87 | 50.23 | 57.53 | | 162.57 |
| 209 | 3582 | John Ward | Ripon Runners | MV70 | 56.87 | 45.45 | | 59.23 | | 161.55 |
| 210 | 3548 | Stuart Pender | Ripon Runners | MV50 | 61.18 | 53.02 | 45.97 | | | 160.17 |
| 211 | 3555 | Suzanne Rickard | Ripon Runners | FV45 | 59.68 | 49.35 | 44.64 | 50.98 | | 160.01 |
| 212 | 3013 | Owain Gwilym | Airecentre Pacers | M | | | 76.84 | 83.01 | | 159.85 |
| 213 | 3143 | Stephen Nesbitt | Harrogate Harriers & AC | MV50 | 54.62 | | 48.10 | 57.05 | | 159.77 |
| 214 | 3107 | Angela Gill | Harrogate Harriers & AC | F | | 50.50 | 52.36 | 56.32 | | 159.18 |
| 215 | 3138 | Donald Morgan | Harrogate Harriers & AC | MV50 | | 52.56 | 54.49 | 51.47 | | 158.52 |
| 216 | 3039 | Graham Burns | Dragons Running Club | M | 52.93 | 61.27 | | 43.94 | | 158.14 |
| 217 | 3605 | David Gorman | Skipton AC | MV55 | 58.93 | 39.27 | 44.37 | 54.13 | | 157.43 |
| 218 | 3020 | Nicholas Leathley | Airecentre Pacers | MV65 | 52.37 | 44.08 | 47.83 | 55.83 | | 156.03 |
| 219 | 3094 | Ian Cooper | Harrogate Harriers & AC | MV40 | 78.43 | | 77.37 | | | 155.8 |
| 220 | 3497 | Neil Dring | Ripon Runners | MV55 | 56.31 | 48.66 | 48.37 | 50.74 | | 155.71 |
| 221 | 3173 | Anna Thomas | Harrogate Harriers & AC | FV40 | 51.43 | 47.75 | 51.29 | 52.92 | | 155.64 |
| 222 | 3089 | Angela Charleton | Harrogate Harriers & AC | FV50 | | 45.00 | 55.29 | 54.62 | | 154.91 |
| 223 | 3489 | Phil Chatterton | Ripon Runners | MV50 | 50.68 | | 48.90 | 55.11 | | 154.69 |
| 224 | 3296 | Fiona Deacon | Nidd Valley Road Runners | FV55 | | 42.47 | 47.30 | 64.81 | | 154.58 |
| 225 | 3608 | Sue Marshall | Skipton AC | FV55 | 49.56 | 51.64 | 42.51 | 52.68 | | 153.88 |
| 226 | 3121 | Iain Jenkins | Harrogate Harriers & AC | MV55 | 77.31 | | 76.31 | | | 153.62 |
| 227 | 3690 | Simon Chandler | Wetherby Runners AC | M | | 76.62 | 75.78 | | | 152.4 |
| 228 | 3187 | Sally Armitage | Ilkley Harriers | FV40 | | 73.87 | 78.17 | | | 152.04 |
| 229 | 3741 | Callum Draper | Wetherby Runners AC | M | | | 76.58 | 74.27 | | 150.85 |
| 230 | 3176 | Lizzie Turner | Harrogate Harriers & AC | F | | 46.14 | 52.89 | 51.71 | | 150.74 |
| 231 | 3076 | Nick Andralojc | Harrogate Harriers & AC | MV55 | 75.25 | | | 74.76 | | 150.01 |
| 232 | 3438 | Hugh Pearson | Otley AC | MV55 | 55.00 | | 47.57 | 47.34 | | 149.91 |
| 233 | 3519 | Jill Holt | Ripon Runners | FV50 | 52.18 | 46.37 | 50.76 | | | 149.31 |
| 234 | 3728 | Sean Wright | Wetherby Runners AC | M | | 75.25 | | 74.03 | | 149.28 |
| 235 | 3493 | Beth Constantine | Ripon Runners | F | 51.06 | 46.83 | | 51.22 | | 149.11 |
| 236 | 2693 | Ella Foster | Ripon Runners | FU16 | 49.37 | 47.29 | 25.48 | 51.95 | | 148.61 |
| 237 | 3573 | James Stuart-Mills | Ripon Runners | MV50 | 53.12 | 43.16 | 49.16 | 45.40 | | 147.68 |
| 238 | 3125 | Geoff King | Harrogate Harriers & AC | MV60 | 76.75 | 70.89 | | | | 147.64 |
| 239 | 2186 | Nick Richardson | Harrogate Harriers & AC | MV45 | 75.06 | 72.50 | | | | 147.56 |
| 240 | 3588 | Bruce Willoughby | Ripon Runners | MV45 | 51.81 | 46.60 | | 48.31 | | 146.72 |
| 241 | 3524 | Ray Johnstone | Ripon Runners | MV60 | 45.62 | 32.85 | 50.50 | 50.50 | | 146.62 |
| 242 | 3517 | Michael Hernandez | Ripon Runners | MV50 | | 74.79 | | 71.36 | | 146.15 |
| 243 | 3332 | Sarah Lofthouse | Nidd Valley Road Runners | FU18 | 54.25 | | 44.91 | 46.37 | | 145.53 |
| 244 | 3113 | Alex Green | Harrogate Harriers & AC | M | 77.68 | | 67.79 | | | 145.47 |
| 245 | 3183 | Catherine Wright | Harrogate Harriers & AC | FV55 | 76.18 | 69.29 | | | | 145.47 |
| 246 | 3108 | Michael Gill | Harrogate Harriers & AC | MV50 | 78.06 | 65.85 | | | | 143.91 |
| 247 | 3491 | Anne Cheeseman | Ripon Runners | FV55 | 52.56 | | 41.98 | 48.80 | | 143.34 |
| 248 | 3002 | Debbie Bland | Airecentre Pacers | FV65 | 49.75 | 36.97 | 36.92 | 54.38 | | 141.1 |
| 249 | 3472 | Angela Benson | Ripon Runners | FV55 | 49.00 | 44.31 | 45.70 | 39.33 | | 139.01 |
| 250 | 3334 | Paul Manning | Nidd Valley Road Runners | MV50 | 53.31 | 41.33 | 43.58 | | | 138.22 |
| 251 | 3224 | Katie Bell | Knaresborough Striders | FV40 | 49.93 | 40.64 | | 47.58 | | 138.15 |
| 252 | 3092 | Steven Clegg | Harrogate Harriers & AC | MV40 | | 67.68 | | 70.39 | | 138.07 |
| 253 | 3723 | Emma Warner | Wetherby Runners AC | FV40 | 69.06 | | | 68.94 | | 138 |
| 254 | 2562 | Steve Ellmore | Knaresborough Striders | MV50 | 73.18 | | | 64.33 | | 137.51 |
| 255 | 3641 | Esther Harrison | Thirsk & Sowerby Harriers | F | 71.50 | | 65.40 | | | 136.9 |
| 256 | 2666 | Elly Robertson | Richmond & Zetland Harriers | F | 43.93 | | 45.44 | 45.88 | | 135.25 |
| 257 | 3730 | Dan Lambert | Otley AC | MV40 | | 67.91 | | 66.75 | | 134.66 |
| 258 | 3325 | Christine Jones | Nidd Valley Road Runners | FV55 | 49.18 | | 36.12 | 49.28 | | 134.58 |

| | | | | | | | | | | |
|-----|------|----------------------|-----------------------------|------|-------|-------|-------|-------|--|--------|
| 259 | 3237 | Derek Dobinson | Knaresborough Striders | MV40 | 70.37 | 64.02 | | | | 134.39 |
| 260 | 3043 | Jan Davies | Dragons Running Club | FV55 | 47.50 | 43.39 | | 43.46 | | 134.35 |
| 261 | 3077 | David Askew | Harrogate Harriers & AC | MV55 | 71.87 | | | 62.38 | | 134.25 |
| 262 | 3083 | Tim Bennett | Harrogate Harriers & AC | MV50 | 45.25 | 36.75 | 40.91 | 47.10 | | 133.26 |
| 263 | 3009 | Robert Dawrant | Airecentre Pacers | MV40 | 69.81 | | 63.27 | | | 133.08 |
| 264 | 3194 | Caroline Howe | Ilkley Harriers | FV35 | | 64.70 | | 68.21 | | 132.91 |
| 265 | 2767 | Scott Brown | Ripon Runners | MV40 | | 39.72 | 46.50 | 46.61 | | 132.83 |
| 266 | 3671 | Luke Fitzgerald | Vocalink Running Club | MV45 | 47.12 | 35.37 | | 49.77 | | 132.26 |
| 267 | 3496 | Helen Cox | Ripon Runners | FV45 | 51.25 | 39.50 | | 40.79 | | 131.54 |
| 268 | 3151 | Melanie Rice | Harrogate Harriers & AC | FV45 | | 37.89 | 43.04 | 49.04 | | 129.97 |
| 269 | 2743 | Hazel Ives | Skipton AC | FV60 | 37.56 | 38.12 | 46.77 | 44.91 | | 129.8 |
| 270 | 3553 | Katherine Richardson | Ripon Runners | F | 46.75 | 44.77 | 37.72 | | | 129.24 |
| 271 | 2565 | Baz Rodger | Knaresborough Striders | FV40 | 44.50 | 42.93 | 41.71 | | | 129.14 |
| 272 | 3258 | Craig Mitchell | Knaresborough Striders | M | 67.75 | 60.58 | | | | 128.33 |
| 273 | 3180 | Louisa Welton | Harrogate Harriers & AC | FU18 | 65.50 | 60.35 | | 2.45 | | 128.3 |
| 274 | 3191 | Emily Elmes | Ilkley Harriers | FU18 | 35.68 | 50.04 | 42.25 | | | 127.97 |
| 275 | 3356 | Dave Seaman | Nidd Valley Road Runners | MV70 | 45.06 | 33.31 | 37.19 | 45.16 | | 127.41 |
| 276 | 3532 | Laura Mawdsley | Ripon Runners | F | 66.62 | 59.20 | | | | 125.82 |
| 277 | 3613 | Sophie Newbould | Skipton AC | F | 43.75 | 37.66 | | 44.19 | | 125.6 |
| 278 | 3740 | Kate Macfarlane | Airecentre Pacers | F | | 58.75 | 66.73 | | | 125.48 |
| 279 | 3576 | Graham Tinsley | Ripon Runners | MV50 | 43.56 | 39.04 | 41.18 | 40.55 | | 125.29 |
| 280 | 3103 | Peter Edwards | Harrogate Harriers & AC | MV55 | 48.43 | 33.77 | 42.78 | 28.41 | | 124.98 |
| 281 | 3454 | Carl Walsh | Otley AC | MV55 | 47.68 | 35.14 | | 41.52 | | 124.34 |
| 282 | 3419 | Michael Jeffrey | Otley AC | MV65 | 40.18 | | 39.58 | 44.43 | | 124.19 |
| 283 | 3639 | DUNCAN FOTHERGILL | Thirsk & Sowerby Harriers | MV40 | 45.43 | | 40.38 | 38.12 | | 123.93 |
| 284 | 3418 | Darren Hopkinson | Otley AC | MV40 | 62.50 | 59.89 | | | | 122.39 |
| 285 | 3570 | Lisa Sorby | Ripon Runners | FV45 | 44.87 | 35.60 | 36.39 | 41.03 | | 122.29 |
| 286 | 3034 | Charlotte Briggs | Dragons Running Club | F | 39.81 | | 39.32 | 42.73 | | 121.86 |
| 287 | 3425 | Adam Lowe | Otley AC | M | 46.00 | 38.81 | 36.66 | | | 121.47 |
| 288 | 2769 | Brian Macnair | Ripon Runners | MV40 | | 56.00 | | 65.05 | | 121.05 |
| 289 | 3129 | Matthew Lucock | Harrogate Harriers & AC | M | 28.18 | 34.45 | 38.25 | 47.83 | | 120.53 |
| 290 | 3720 | Tim Tunnard | Wetherby Runners AC | MV45 | | 40.18 | | 80.34 | | 120.52 |
| 291 | 3395 | John Dade | Otley AC | MV55 | 64.18 | 55.54 | | | | 119.72 |
| 292 | 3102 | Roger Duckworth | Harrogate Harriers & AC | MV50 | | | 53.69 | 66.02 | | 119.71 |
| 293 | 3587 | Gary Wilks | Ripon Runners | MV45 | 68.68 | 50.95 | | | | 119.63 |
| 294 | 3432 | Daniel Mundet | Otley AC | MV40 | 40.37 | | 35.33 | 42.49 | | 118.19 |
| 295 | 2609 | Stephen Flood | Nidd Valley Road Runners | MV45 | 63.25 | | | 53.65 | | 116.9 |
| 296 | 3342 | Rob Northfield | Nidd Valley Road Runners | MV65 | 39.62 | 32.39 | | 44.67 | | 116.68 |
| 297 | 3377 | Rebecca Ventress | Nidd Valley Road Runners | FV40 | 42.43 | | 32.93 | 41.27 | | 116.63 |
| 298 | 3341 | Kris Northfield | Nidd Valley Road Runners | M | 41.87 | 30.79 | | 43.22 | | 115.88 |
| 299 | 3011 | FRANCESCA GATENBY | Airecentre Pacers | FV35 | 57.81 | | 56.88 | | | 114.69 |
| 300 | 2741 | JOANNA PEARS | Ripon Runners | FV40 | 33.62 | 34.00 | 38.52 | 41.76 | | 114.28 |
| 301 | 2611 | Ewa Scott | Nidd Valley Road Runners | FV45 | 40.56 | 33.08 | 28.67 | 40.06 | | 113.7 |
| 302 | 2185 | Dan Oxtoby | Harrogate Harriers & AC | MV45 | 54.43 | | | 58.50 | | 112.93 |
| 303 | 3035 | Gillian Brown | Dragons Running Club | FV40 | 57.06 | | 55.55 | | | 112.61 |
| 304 | 3286 | Phil Carman | Nidd Valley Road Runners | M | 63.81 | | | 48.55 | | 112.36 |
| 305 | 3563 | Steve Silver | Ripon Runners | MV50 | 34.37 | | 38.79 | 39.09 | | 112.25 |
| 306 | 3147 | Richard Pennock | Harrogate Harriers & AC | MV45 | | 58.06 | | 53.89 | | 111.95 |
| 307 | 3513 | Jon Hancock | Ripon Runners | MV50 | 55.93 | 55.77 | | | | 111.7 |
| 308 | 3466 | Pauline Whittaker | Richmond & Zetland Harriers | FV50 | 42.25 | 31.25 | 37.99 | 30.60 | | 111.49 |
| 309 | 3511 | Jane Grundy | Ripon Runners | FV35 | 58.18 | 53.25 | | | | 111.43 |
| 310 | 3307 | Debbie Gibson | Nidd Valley Road Runners | FV55 | 40.93 | | 34.26 | 35.94 | | 111.13 |
| 311 | 3044 | Steven Davies | Dragons Running Club | MV55 | 37.00 | 36.29 | | 37.15 | | 110.44 |
| 312 | 3029 | Graham Turner | Airecentre Pacers | MV40 | 55.18 | | 55.02 | | | 110.2 |
| 313 | 3240 | Steve Dodsworth | Knaresborough Striders | MV55 | 62.31 | | 47.04 | | | 109.35 |
| 314 | 3477 | Paul Brockett | Ripon Runners | MV45 | 37.75 | 34.68 | | 36.18 | | 108.61 |
| 315 | 3211 | Paul Stephens | Ilkley Harriers | MV60 | 56.50 | 52.10 | | | | 108.6 |
| 316 | 3337 | Rachel Mills | Nidd Valley Road Runners | FV40 | 43.00 | 31.70 | 30.00 | 33.27 | | 107.97 |
| 317 | 3242 | Julie Elmes | Knaresborough Striders | FV50 | 35.50 | 35.83 | 30.80 | 35.69 | | 107.02 |
| 318 | 3518 | Kim Holden | Ripon Runners | FV55 | 37.37 | 34.91 | 33.46 | | | 105.74 |
| 319 | 3330 | Alex Leslie | Nidd Valley Road Runners | M | 55.56 | | | 50.01 | | 105.57 |
| 320 | 3688 | Helen Buglass | Wetherby Runners AC | FV45 | 58.37 | 47.06 | | | | 105.43 |
| 321 | 3589 | Lesley Willoughby | Ripon Runners | FV45 | 34.00 | 31.93 | | 38.85 | | 104.78 |
| 322 | 3614 | Antony Radley | Skipton AC | MV50 | 39.25 | 33.54 | | 31.33 | | 104.12 |
| 323 | 3534 | Simon MCCUDDEN | Ripon Runners | MV55 | 40.75 | | 28.14 | 35.21 | | 104.1 |

| | | | | | | | | | |
|-----|------|--------------------|---------------------------|------|-------|-------|-------|-------|--------|
| 324 | 3136 | Rosalyn Moore | Harrogate Harriers & AC | FV40 | 60.43 | | 43.31 | | 103.74 |
| 325 | 3521 | Anneke Imeson | Ripon Runners | FV40 | | 59.43 | | 43.70 | 103.13 |
| 326 | 3051 | Leah Forey | Dragons Running Club | F | 38.50 | 28.95 | 35.59 | 19.92 | 103.04 |
| 327 | 3262 | Kathryn Pickles | Knaresborough Striders | F | 63.06 | 39.95 | | | 103.01 |
| 328 | 3467 | Fiona Alder | Ripon Runners | FV60 | 37.18 | 31.47 | 30.54 | 34.24 | 102.89 |
| 329 | 3738 | Liz Fawcett | Otley AC | FV45 | 38.31 | 30.10 | | 32.30 | 100.71 |
| 330 | 3054 | Louise Johnson | Dragons Running Club | FV35 | 39.06 | 26.89 | | 34.48 | 100.43 |
| 331 | 2184 | Chris Oddy | Harrogate Harriers & AC | M | 99.81 | | | | 99.81 |
| 332 | 3333 | Jenny Manning | Nidd Valley Road Runners | FV45 | 34.56 | 23.22 | | 42.00 | 99.78 |
| 333 | 3623 | Paul Bradford | Thirsk & Sowerby Harriers | MV50 | 53.87 | 45.68 | | | 99.55 |
| 334 | 3647 | Tom Levi | Thirsk & Sowerby Harriers | M | | 99.08 | | | 99.08 |
| 335 | 3062 | Carolyn Park | Dragons Running Club | FV45 | 52.00 | | | 45.64 | 97.64 |
| 336 | 2614 | Deb Bassett | Otley AC | FV40 | | 42.70 | 54.75 | | 97.45 |
| 337 | 3312 | Damien Handslip | Nidd Valley Road Runners | MV50 | 46.56 | | | 50.25 | 96.81 |
| 338 | 3624 | Geoff Bullock | Thirsk & Sowerby Harriers | MV70 | 32.12 | 27.12 | 31.07 | 32.78 | 95.97 |
| 339 | 3644 | Fran Jeffery | Thirsk & Sowerby Harriers | FV35 | 53.50 | 42.25 | | | 95.75 |
| 340 | 2613 | Matthew Wilkinson | Nidd Valley Road Runners | M | | 95.41 | | | 95.41 |
| 341 | 3446 | Phil Robinson | Otley AC | MV75 | 35.12 | 24.83 | | 35.45 | 95.4 |
| 342 | 3443 | Andrew Rayner | Otley AC | MV50 | 35.87 | 28.27 | 30.27 | | 94.41 |
| 343 | 3607 | Emma Lacey | Skipton AC | FV50 | 29.87 | 30.56 | | 31.57 | 92 |
| 344 | 2606 | Benjamin Baird | Nidd Valley Road Runners | M | 91.75 | | | | 91.75 |
| 345 | 3704 | Freddie Kingham | Wetherby Runners AC | M | 42.06 | 49.58 | | | 91.64 |
| 346 | 3666 | Ken Wood | Thirsk & Sowerby Harriers | MV40 | 91.56 | | | | 91.56 |
| 347 | 3441 | Matt Podd | Otley AC | MV60 | | | 41.45 | 49.52 | 90.97 |
| 348 | 3248 | Debbie Herridge | Knaresborough Striders | FV45 | 50.31 | 40.41 | | | 90.72 |
| 349 | 2409 | Faye Bayman | Knaresborough Striders | FV40 | 48.81 | 41.79 | | | 90.6 |
| 350 | 3421 | Sharon Kenyon | Otley AC | FV40 | 44.31 | | | 46.13 | 90.44 |
| 351 | 3470 | Stan Appleton | Ripon Runners | MV70 | | 29.41 | 33.20 | 26.72 | 89.33 |
| 352 | 3637 | Adrian Elsworth | Thirsk & Sowerby Harriers | MV45 | 33.25 | | 31.60 | 23.80 | 88.65 |
| 353 | 3218 | Geoffrey White | Ilkley Harriers | M | | 45.22 | | 42.97 | 88.19 |
| 354 | 3368 | Richard Taylor | Nidd Valley Road Runners | MV40 | 45.81 | | | 42.25 | 88.06 |
| 355 | 3264 | Murray Scott | Knaresborough Striders | M | 43.18 | 44.77 | | | 87.95 |
| 356 | 3480 | Chris Brown | Ripon Runners | MV70 | 30.06 | 29.64 | 27.87 | | 87.57 |
| 357 | 3451 | Nicola Swann | Otley AC | FV40 | 31.37 | 23.00 | 23.35 | 32.54 | 87.26 |
| 358 | 3505 | HEATHER GLEGG | Ripon Runners | FV50 | | 38.58 | 48.63 | | 87.21 |
| 359 | 3266 | David Sinton | Knaresborough Striders | MV45 | 34.18 | 21.39 | 26.28 | 26.23 | 86.69 |
| 360 | 2669 | James Boddy | Ripon Runners | M | | 86.25 | | | 86.25 |
| 361 | 2694 | Steve Grange | Ripon Runners | MV55 | | 49.12 | | 36.91 | 86.03 |
| 362 | 3236 | Philip Cornforth | Knaresborough Striders | MV50 | 85.93 | | | | 85.93 |
| 363 | 3004 | Margaret Britton | Airecentre Pacers | FV60 | 31.18 | 22.54 | 29.20 | 25.50 | 85.88 |
| 364 | 3161 | Mark Seymour | Harrogate Harriers & AC | MV55 | | 41.56 | 43.84 | | 85.4 |
| 365 | 3621 | Dave Baker | Thirsk & Sowerby Harriers | M | 48.62 | 36.52 | | | 85.14 |
| 366 | 3283 | Nigel Brereton | Nidd Valley Road Runners | MV45 | 21.43 | 37.20 | | 26.47 | 85.1 |
| 367 | 3678 | Andrew Tattersall | Vocalink Running Club | MV50 | 25.56 | 25.75 | 33.73 | | 85.04 |
| 368 | 3648 | Jill Libby | Thirsk & Sowerby Harriers | FV60 | 30.81 | 25.06 | 28.94 | | 84.81 |
| 369 | 3287 | Rebecca Carman | Nidd Valley Road Runners | FV35 | 32.50 | 19.79 | 22.82 | 29.38 | 84.7 |
| 370 | 3638 | David Fawkes | Thirsk & Sowerby Harriers | M | | 84.18 | | | 84.18 |
| 371 | 3277 | Catherine Barber | Nidd Valley Road Runners | F | | 52.79 | | 30.84 | 83.63 |
| 372 | 3174 | Steve Trudgeon | Harrogate Harriers & AC | MV55 | 83.12 | | | | 83.12 |
| 373 | 3615 | Kathryn Radley | Skipton AC | FV50 | 29.31 | 25.97 | | 27.69 | 82.97 |
| 374 | 2748 | Emma Robinson | Harrogate Harriers & AC | FV35 | 82.93 | | | | 82.93 |
| 375 | 3318 | Christine Holleran | Nidd Valley Road Runners | FV55 | | 27.58 | | 54.86 | 82.44 |
| 376 | 3163 | Nathan Smith | Harrogate Harriers & AC | MV45 | 81.81 | | | | 81.81 |
| 377 | 3713 | Rebecca Normington | Wetherby Runners AC | F | 81.43 | | | | 81.43 |
| 378 | 3543 | Aileen O'Kane | Ripon Runners | FV60 | 24.81 | 27.35 | | 28.90 | 81.06 |
| 379 | 3681 | Simon Williams | Vocalink Running Club | MV50 | 81.06 | | | | 81.06 |
| 380 | 3001 | Helen Alcock | Airecentre Pacers | FV35 | 27.81 | 26.20 | 22.29 | 26.96 | 80.97 |
| 381 | 3565 | John Skinner | Ripon Runners | MV55 | | 24.14 | 34.53 | 21.62 | 80.29 |
| 382 | 3064 | Simon Peck | Dragons Running Club | MV65 | 42.62 | | | 37.63 | 80.25 |
| 383 | 3636 | Michael Cropper | Thirsk & Sowerby Harriers | MV40 | 79.37 | | | | 79.37 |
| 384 | 3731 | Andrew Walsh | Wetherby Runners AC | MV40 | | 79.37 | | | 79.37 |
| 385 | 3067 | Glyn Smyth | Dragons Running Club | MV55 | | | 39.05 | 40.30 | 79.35 |
| 386 | 3633 | Faith Coy | Thirsk & Sowerby Harriers | FV45 | 30.43 | 22.31 | 26.54 | 22.11 | 79.28 |
| 387 | 3265 | Mhairi Sellar | Knaresborough Striders | F | 41.68 | | 37.45 | | 79.13 |
| 388 | 3602 | Matt Gaunt | Skipton AC | MV50 | 46.37 | | 32.66 | | 79.03 |

| | | | | | | | | | | |
|-----|------|--------------------|---------------------------|------|-------|-------|-------|-------|-------|-------|
| 389 | 3084 | Paul Berwin | Harrogate Harriers & AC | MV60 | 41.50 | | | | 36.66 | 78.16 |
| 390 | 3716 | Angela Reeve | Wetherby Runners AC | FV40 | | | | | 78.16 | 78.16 |
| 391 | 3023 | Rhona Neilson | Airecentre Pacers | FV40 | 34.75 | 13.83 | 15.90 | 27.44 | | 78.09 |
| 392 | 3271 | Georgina Townsend | Knaresborough Striders | FV35 | 38.12 | | 39.85 | | | 77.97 |
| 393 | 3645 | Matt Jones | Thirsk & Sowerby Harriers | M | 77.87 | | | | | 77.87 |
| 394 | 3389 | Chris Brunold | Otley AC | FV50 | 47.87 | | 29.74 | | | 77.61 |
| 395 | 3195 | David Ibbotson | Ilkley Harriers | MV60 | 40.00 | 37.43 | | | | 77.43 |
| 396 | 3747 | Georgina Beeden | Harrogate Harriers & AC | F | | | | 77.43 | | 77.43 |
| 397 | 3547 | Martin Pearman | Ripon Runners | MV55 | 38.87 | | | 38.36 | | 77.23 |
| 398 | 3149 | Paula Prentis | Harrogate Harriers & AC | FV55 | | 24.37 | 24.15 | 28.66 | | 77.18 |
| 399 | 3100 | Harry Dowdell | Harrogate Harriers & AC | MV60 | 77.12 | | | | | 77.12 |
| 400 | 3270 | Andy Tibbals | Knaresborough Striders | MV55 | 36.62 | | 40.12 | | | 76.74 |
| 401 | 3718 | Ben Smith | Wetherby Runners AC | MV40 | 25.00 | 23.45 | | 28.17 | | 76.62 |
| 402 | 3539 | Kari Munro | Ripon Runners | FV35 | 76.56 | | | | | 76.56 |
| 403 | 3669 | Adrian Cobbin | Vocalink Running Club | MV45 | 26.50 | 20.93 | 24.68 | 25.26 | | 76.44 |
| 404 | 3734 | Richard Gray | Harrogate Harriers & AC | M | | 76.39 | | | | 76.39 |
| 405 | 3049 | Helen Forey | Dragons Running Club | FV50 | 41.31 | | 35.06 | | | 76.37 |
| 406 | 3717 | James Robson | Wetherby Runners AC | M | 76.37 | | | | | 76.37 |
| 407 | 3457 | Ann Yeadon | Otley AC | FV45 | 44.12 | | 31.87 | | | 75.99 |
| 408 | 2663 | Martin Stringer | Otley AC | MV45 | 74.87 | | | | | 74.87 |
| 409 | 2800 | Lee-Ann Swires | Ripon Runners | FV40 | | 36.06 | | 38.61 | | 74.67 |
| 410 | 3170 | Nikki Symons | Harrogate Harriers & AC | FV35 | 74.31 | | | | | 74.31 |
| 411 | 3550 | Andy Purl | Ripon Runners | MV45 | 36.43 | | | 37.88 | | 74.31 |
| 412 | 3552 | Andrea Richardson | Ripon Runners | FV45 | 29.50 | 23.68 | 20.95 | | | 74.13 |
| 413 | 3097 | John Dalby | Harrogate Harriers & AC | MV60 | 74.12 | | | | | 74.12 |
| 414 | 3019 | Carole Keighley | Airecentre Pacers | FV55 | 31.00 | 12.91 | 13.24 | 29.63 | | 73.87 |
| 415 | 3071 | Anissa Walker | Dragons Running Club | F | 29.12 | | 24.95 | 19.68 | | 73.75 |
| 416 | 3396 | Joanne Daly | Otley AC | FV40 | 25.37 | | 20.42 | 27.93 | | 73.72 |
| 417 | 3025 | Hristo Peshev | Airecentre Pacers | MV40 | 73.56 | | | | | 73.56 |
| 418 | 3203 | Steve Newell | Ilkley Harriers | MV50 | | | 73.12 | | | 73.12 |
| 419 | 3385 | Colin Best | Otley AC | MV60 | 37.93 | | 34.79 | | | 72.72 |
| 420 | 3674 | Chris Laycock | Vocalink Running Club | MV50 | 72.62 | | | | | 72.62 |
| 421 | 3132 | Lisa Mawer | Harrogate Harriers & AC | FV50 | | | | 72.09 | | 72.09 |
| 422 | 2572 | Hazel Smith | Skipton AC | FV50 | 24.06 | 24.60 | 22.02 | 23.08 | | 71.74 |
| 423 | 3735 | Christina Black | Harrogate Harriers & AC | FV35 | | 32.16 | | 39.58 | | 71.74 |
| 424 | 3328 | James Knapp | Nidd Valley Road Runners | M | 71.68 | | | | | 71.68 |
| 425 | 3336 | Maira McTague | Nidd Valley Road Runners | FV60 | 24.25 | 21.16 | | 25.99 | | 71.4 |
| 426 | 3206 | Sally Pickering | Ilkley Harriers | FV55 | 28.37 | 19.56 | 17.23 | 22.83 | | 70.76 |
| 427 | 3531 | WENDY MARKS | Ripon Runners | FV50 | 70.18 | | | | | 70.18 |
| 428 | 3409 | Peter Gosling | Otley AC | MV40 | 70.00 | | | | | 70 |
| 429 | 3628 | Andy Butcher | Thirsk & Sowerby Harriers | MV50 | | 69.52 | | | | 69.52 |
| 430 | 3429 | Megan Mccall | Otley AC | F | | | 35.86 | 33.51 | | 69.37 |
| 431 | 3201 | Amelia Miles | Ilkley Harriers | FV45 | 22.00 | 12.00 | 23.88 | 23.32 | | 69.2 |
| 432 | 3234 | Anna Cornforth | Knaresborough Striders | F | 34.93 | | 34.00 | | | 68.93 |
| 433 | 3420 | Amie Jordan | Otley AC | F | 26.12 | | 21.75 | 20.65 | | 68.52 |
| 434 | 3298 | Debbie Dilasser | Nidd Valley Road Runners | FV40 | 28.93 | 19.10 | 20.16 | | | 68.19 |
| 435 | 3442 | Kirsty Pomfrett | Otley AC | F | 51.62 | | | 16.28 | | 67.9 |
| 436 | 3070 | Sarah Tomlinson | Dragons Running Club | FV45 | 39.43 | | 28.41 | | | 67.84 |
| 437 | 3005 | Faye Cameron | Airecentre Pacers | FV40 | 36.25 | | 31.33 | | | 67.58 |
| 438 | 3586 | Tony White | Ripon Runners | MV60 | 67.56 | | | | | 67.56 |
| 439 | 3225 | Sean Brennan | Knaresborough Striders | MV45 | 67.37 | | | | | 67.37 |
| 440 | 3544 | Anita Oldham | Ripon Runners | FV50 | | 32.62 | | 34.72 | | 67.34 |
| 441 | 3610 | Angus Meikle | Skipton AC | M | | 67.22 | | | | 67.22 |
| 442 | 3213 | Dawn Turner | Ilkley Harriers | FV50 | | 22.08 | 23.62 | 21.38 | | 67.08 |
| 443 | 3042 | Arlene Davies | Dragons Running Club | FV55 | 26.31 | 20.70 | | 19.19 | | 66.2 |
| 444 | 3066 | Craig Porter | Dragons Running Club | MV50 | | | 66.20 | | | 66.2 |
| 445 | 3434 | Laura Oliver | Otley AC | FV40 | 33.06 | | | 33.02 | | 66.08 |
| 446 | 3455 | Andrew Webster | Otley AC | MV45 | 65.87 | | | | | 65.87 |
| 447 | 3175 | Rebecca Tunnicliff | Harrogate Harriers & AC | F | | 13.37 | 27.61 | 24.53 | | 65.51 |
| 448 | 3686 | Alex Bradbury | Wetherby Runners AC | M | | 65.39 | | | | 65.39 |
| 449 | 3197 | Mark Judkowski | Ilkley Harriers | MV55 | 65.12 | | | | | 65.12 |
| 450 | 3676 | Stephen Peters | Vocalink Running Club | MV45 | | 64.93 | | | | 64.93 |
| 451 | 3742 | Jenny Jakeman | Ripon Runners | F | | | 64.87 | | | 64.87 |
| 452 | 3725 | Paul Wildman | Wetherby Runners AC | M | | | 64.33 | | | 64.33 |
| 453 | 3426 | Hannah Lupton | Otley AC | FV40 | 25.75 | 18.87 | 19.36 | 17.50 | | 63.98 |

| | | | | | | | | | | |
|-----|------|----------------------|-----------------------------|------|-------|-------|-------|-------|--|-------|
| 454 | 3556 | David Ritson | Ripon Runners | MV50 | 63.43 | | | | | 63.43 |
| 455 | 3073 | Danny Wilson | Dragons Running Club | MV45 | | 22.77 | 40.65 | | | 63.42 |
| 456 | 3616 | Hannah Rayner | Skipton AC | FV35 | | 31.02 | 32.40 | | | 63.42 |
| 457 | 3658 | Clare Tempest | Thirsk & Sowerby Harriers | FV40 | | 29.18 | | 34.00 | | 63.18 |
| 458 | 3458 | Nicki Buckett | Richmond & Zetland Harriers | FV45 | 22.18 | 20.25 | 20.69 | 19.44 | | 63.12 |
| 459 | 2615 | Sarah Cockshott | Otley AC | F | 22.93 | | 19.62 | 20.41 | | 62.96 |
| 460 | 3424 | Katie Lister | Otley AC | FV35 | 62.87 | | | | | 62.87 |
| 461 | 3626 | Robert Burn | Thirsk & Sowerby Harriers | MV65 | | | 62.47 | | | 62.47 |
| 462 | 3557 | Hazel Russell | Ripon Runners | FV50 | 31.75 | 30.33 | | | | 62.08 |
| 463 | 2658 | Carmel Gallagher | Otley AC | FV40 | 31.56 | | | 29.87 | | 61.43 |
| 464 | 3047 | Jeannette Denning | Dragons Running Club | FV55 | 23.50 | 20.47 | | 17.01 | | 60.98 |
| 465 | 3291 | James Cook | Nidd Valley Road Runners | MV50 | | | | 60.93 | | 60.93 |
| 466 | 3142 | Kevin-Malachy Murphy | Harrogate Harriers & AC | MV60 | | 28.72 | 32.13 | | | 60.85 |
| 467 | 3680 | David Whapples | Vocalink Running Club | MV50 | 28.00 | 15.20 | 16.70 | 15.80 | | 60.5 |
| 468 | 3346 | Rachael Prince | Nidd Valley Road Runners | FV45 | 31.93 | 28.50 | | | | 60.43 |
| 469 | 3510 | Geraldine Griffiths | Ripon Runners | FV35 | | | 60.34 | | | 60.34 |
| 470 | 3406 | Hayley Galvin | Otley AC | FV35 | | | 22.55 | 37.39 | | 59.94 |
| 471 | 3055 | Agnes Laughton | Dragons Running Club | FV55 | 33.81 | | | 25.75 | | 59.56 |
| 472 | 3192 | Catherine Gibbons | Ilkley Harriers | F | 59.31 | | | | | 59.31 |
| 473 | 3561 | Kate Shaw | Ripon Runners | FV55 | 20.68 | 21.85 | | 16.77 | | 59.3 |
| 474 | 3254 | Fyn Lees | Knaresborough Striders | FV35 | 28.75 | 2.83 | 27.08 | | | 58.66 |
| 475 | 3549 | Tim Pocock | Ripon Runners | MV55 | | 58.52 | | | | 58.52 |
| 476 | 3540 | Pamela MUNRO | Ripon Runners | FV60 | 19.18 | 8.10 | 16.16 | 22.59 | | 57.93 |
| 477 | 3024 | Liam Olliver | Airecentre Pacers | M | 57.43 | | | | | 57.43 |
| 478 | 3204 | Anna Pickering | Ilkley Harriers | F | 27.06 | 20.02 | 10.31 | | | 57.39 |
| 479 | 3729 | Christian Hosker | Otley AC | MV40 | | 57.37 | | | | 57.37 |
| 480 | 3080 | Sarah Beecher | Harrogate Harriers & AC | FV50 | | 29.87 | 27.34 | | | 57.21 |
| 481 | 3579 | JACKIE TURNER | Ripon Runners | FV55 | 22.75 | 15.66 | 17.50 | 16.52 | | 56.77 |
| 482 | 3208 | Sheena Pickersgill | Ilkley Harriers | FV55 | 29.68 | | 26.81 | | | 56.49 |
| 483 | 3653 | Trish Radford | Thirsk & Sowerby Harriers | FV60 | 22.37 | 18.41 | | 15.31 | | 56.09 |
| 484 | 3157 | Eleanor Rowson | Harrogate Harriers & AC | F | 18.25 | 19.33 | 18.29 | 14.83 | | 55.87 |
| 485 | 3378 | Jeff Walker | Nidd Valley Road Runners | MV55 | 23.87 | | | 31.81 | | 55.68 |
| 486 | 3244 | Conrad Garcia | Knaresborough Striders | MV50 | | | | 55.59 | | 55.59 |
| 487 | 3310 | Ari Greenberg | Nidd Valley Road Runners | MV45 | 25.18 | | | 30.11 | | 55.29 |
| 488 | 3522 | Christy Irish | Ripon Runners | F | 9.25 | 23.91 | | 21.86 | | 55.02 |
| 489 | 3703 | Garry Keenan | Wetherby Runners AC | MV50 | 54.06 | | | | | 54.06 |
| 490 | 3727 | Louise Wright | Wetherby Runners AC | FV35 | | 53.70 | | | | 53.7 |
| 491 | 3417 | Joanna Hobson | Otley AC | FV55 | 21.81 | 14.52 | 16.96 | | | 53.29 |
| 492 | 3670 | James Eaglen | Vocalink Running Club | M | | | | 53.16 | | 53.16 |
| 493 | 3141 | Adrian Murfitt | Harrogate Harriers & AC | MV45 | 52.75 | | | | | 52.75 |
| 494 | 3370 | Rosemary Thompson | Nidd Valley Road Runners | FV50 | 27.62 | | | 24.77 | | 52.39 |
| 495 | 3319 | Ursula Holmes | Nidd Valley Road Runners | FV50 | 16.00 | 9.25 | 15.37 | 20.89 | | 52.26 |
| 496 | 3091 | Simon Childs | Harrogate Harriers & AC | MV50 | | | | 52.19 | | 52.19 |
| 497 | 3131 | Gillian Macfarlane | Harrogate Harriers & AC | FV55 | | 27.81 | | 24.05 | | 51.86 |
| 498 | 3010 | Megan Dennison | Airecentre Pacers | F | 24.62 | | 14.30 | 12.64 | | 51.56 |
| 499 | 3032 | Mick Barker | Dragons Running Club | MV50 | 13.93 | 11.08 | 18.83 | 18.47 | | 51.23 |
| 500 | 3329 | Andrea Leng | Nidd Valley Road Runners | FV45 | 26.87 | | | 24.29 | | 51.16 |
| 501 | 3279 | Lynsey Barraclough | Nidd Valley Road Runners | FV40 | 17.12 | | 17.76 | 16.04 | | 50.92 |
| 502 | 3383 | Carol Armitstead | Otley AC | FV60 | 32.87 | | 18.03 | | | 50.9 |
| 503 | 3227 | Derek Calvert | Knaresborough Striders | MV60 | 50.87 | | | | | 50.87 |
| 504 | 3469 | Louise Allen | Ripon Runners | FV45 | 15.43 | 16.81 | 18.56 | | | 50.8 |
| 505 | 3622 | HEATHER BELL | Thirsk & Sowerby Harriers | FV60 | | 25.52 | 25.21 | | | 50.73 |
| 506 | 2608 | Helen Cook | Nidd Valley Road Runners | MV40 | 50.50 | | | | | 50.5 |
| 507 | 3423 | Nicola Lee | Otley AC | FV40 | 50.12 | | | | | 50.12 |
| 508 | 3655 | Alan Simpson | Thirsk & Sowerby Harriers | MV45 | | 49.81 | | | | 49.81 |
| 509 | 3401 | Ryk Downes | Otley AC | MV50 | 23.12 | 26.66 | | | | 49.78 |
| 510 | 3677 | Jonathan Spark | Vocalink Running Club | MV40 | | 26.43 | 23.08 | | | 49.51 |
| 511 | 3733 | Doug Stewart | Nidd Valley Road Runners | MV50 | | 9.70 | 21.22 | 17.98 | | 48.9 |
| 512 | 3222 | Joanne Baxter | Knaresborough Striders | FV40 | 20.50 | 28.04 | | | | 48.54 |
| 513 | 2745 | Lindsay Goom | Thirsk & Sowerby Harriers | FV40 | | | 26.01 | 22.35 | | 48.36 |
| 514 | 3596 | Jodie Bolland | Skipton AC | F | | 48.20 | | | | 48.2 |
| 515 | 3698 | Geoff Lodge | Wetherby Runners AC | MV60 | 48.06 | | | | | 48.06 |
| 516 | 3554 | Libby Rickard | Ripon Runners | F | 47.31 | | | | | 47.31 |
| 517 | 3495 | Rod Cooper | Ripon Runners | MV55 | | | 19.89 | 27.20 | | 47.09 |
| 518 | 3697 | Ann Foster | Wetherby Runners AC | FV45 | 46.93 | | | | | 46.93 |

| | | | | | | | | | | |
|-----|------|---------------------|---------------------------|------|-------|-------|--|-------|-------|-------|
| 519 | 3069 | Paul Tomlinson | Dragons Running Club | MV50 | | | | 46.24 | | 46.24 |
| 520 | 3294 | Emma David | Nidd Valley Road Runners | FV40 | 46.18 | | | | | 46.18 |
| 521 | 3362 | NICK SMITH | Nidd Valley Road Runners | MV60 | 27.25 | | | | 18.71 | 45.96 |
| 522 | 3056 | Caroline Lawton | Dragons Running Club | FV45 | 19.37 | 13.60 | | | 12.88 | 45.85 |
| 523 | 3400 | Catherine Dobson | Otley AC | F | 14.87 | 14.29 | | 16.43 | | 45.59 |
| 524 | 3193 | Phili Hirst | Ilkley Harriers | MV60 | | | | 45.17 | | 45.17 |
| 525 | 3284 | Mark Brown | Nidd Valley Road Runners | MV40 | 44.68 | | | | | 44.68 |
| 526 | 3018 | Claire Hunter | Airecentre Pacers | FV35 | 26.68 | 17.95 | | | | 44.63 |
| 527 | 3379 | Joanne Waring | Nidd Valley Road Runners | FV45 | 16.56 | 13.14 | | 12.70 | 14.58 | 44.28 |
| 528 | 3651 | Kirsty Naylor | Thirsk & Sowerby Harriers | FV35 | | | | 44.11 | | 44.11 |
| 529 | 2662 | Josie Smith | Otley AC | FV40 | 21.62 | 21.62 | | | | 43.24 |
| 530 | 3006 | Sally Christey | Airecentre Pacers | FV40 | 42.81 | | | | | 42.81 |
| 531 | 3545 | Victoria Pang | Ripon Runners | FV35 | 15.25 | 17.72 | | | 9.49 | 42.46 |
| 532 | 3643 | Joanne Hunt | Thirsk & Sowerby Harriers | FV45 | 12.43 | 14.06 | | | 15.55 | 42.04 |
| 533 | 3597 | Charles Booth | Skipton AC | MU18 | | 42.02 | | | | 42.02 |
| 534 | 3246 | June Graham | Knaresborough Striders | FV55 | 24.43 | 17.27 | | | | 41.7 |
| 535 | 3492 | Helena Conlin | Ripon Runners | FV50 | 19.75 | | | 9.25 | 12.40 | 41.4 |
| 536 | 3428 | Carl Maughan | Otley AC | MV50 | 41.12 | | | | | 41.12 |
| 537 | 3171 | Heather Taylor | Harrogate Harriers & AC | FV55 | | 41.10 | | | | 41.1 |
| 538 | 3263 | Gosia Przybyl | Knaresborough Striders | FV35 | | | | | 39.82 | 39.82 |
| 539 | 3052 | Emma Hough | Dragons Running Club | FV45 | 30.25 | | | | 9.25 | 39.5 |
| 540 | 3065 | Clare Pierce | Dragons Running Club | FV60 | | | | 24.41 | 15.07 | 39.48 |
| 541 | 3433 | Geraldine Nichols | Otley AC | F | 14.68 | | | 10.04 | 14.10 | 38.82 |
| 542 | 3687 | Amanda Britton | Wetherby Runners AC | FV45 | 38.68 | | | | | 38.68 |
| 543 | 3316 | Robert Hill | Nidd Valley Road Runners | MV70 | 19.93 | | | 4.19 | 14.34 | 38.46 |
| 544 | 3249 | Jen Huggett | Knaresborough Striders | FV35 | | 38.35 | | | | 38.35 |
| 545 | 3074 | Richard Wysocki | Dragons Running Club | MV55 | 20.12 | 18.18 | | | | 38.3 |
| 546 | 3239 | Linda Dodsworth | Knaresborough Striders | FV45 | | 16.58 | | 21.49 | | 38.07 |
| 547 | 3361 | Yvonne Skelton | Nidd Valley Road Runners | FV65 | 17.87 | | | | 20.16 | 38.03 |
| 548 | 3288 | Sarah Chalmers | Nidd Valley Road Runners | FV55 | 16.37 | | | | 21.13 | 37.5 |
| 549 | 3252 | Claire Killingworth | Knaresborough Striders | F | 36.81 | | | | | 36.81 |
| 550 | 3408 | Nicky Gifford | Otley AC | FV40 | 21.06 | | | 15.63 | | 36.69 |
| 551 | 3096 | Alan Couldwell | Harrogate Harriers & AC | MV60 | | | | | 36.42 | 36.42 |
| 552 | 3229 | Julian Carr | Knaresborough Striders | MV45 | 36.06 | | | | | 36.06 |
| 553 | 3338 | Marcos Montana | Nidd Valley Road Runners | M | 22.56 | | | | 13.37 | 35.93 |
| 554 | 3584 | Hayley Whipp | Ripon Runners | FV45 | 35.31 | | | | | 35.31 |
| 555 | 2794 | Emma Yiu | Skipton AC | FV40 | 13.18 | 14.97 | | 7.12 | | 35.27 |
| 556 | 3575 | Jo Thwaites | Ripon Runners | FV45 | 11.50 | | | | 23.56 | 35.06 |
| 557 | 3568 | Kathryn Smith | Ripon Runners | FV40 | 23.68 | | | 11.37 | | 35.05 |
| 558 | 3274 | Edna Wood | Knaresborough Striders | FV55 | | 15.89 | | 19.09 | | 34.98 |
| 559 | 3245 | Sarah Gore | Knaresborough Striders | FV40 | 18.62 | 16.35 | | | | 34.97 |
| 560 | 3501 | Kate Eyles | Ripon Runners | FV45 | | | | | 34.97 | 34.97 |
| 561 | 3640 | Rosie Gatenby | Thirsk & Sowerby Harriers | FV35 | 10.75 | 12.45 | | 7.65 | 11.67 | 34.87 |
| 562 | 3008 | Dorothy Darnbrough | Airecentre Pacers | FV60 | 10.93 | 11.31 | | 11.91 | 11.43 | 34.65 |
| 563 | 3327 | Mike Kaye | Nidd Valley Road Runners | MV50 | 11.87 | 11.77 | | 10.84 | 9.00 | 34.48 |
| 564 | 3302 | Gary Dooley | Nidd Valley Road Runners | MV45 | 16.75 | 17.50 | | | | 34.25 |
| 565 | 2761 | Dan Simmons | Harrogate Harriers & AC | MV55 | | 34.22 | | | | 34.22 |
| 566 | 3748 | Imke Kumm | Harrogate Harriers & AC | FV35 | | | | | 33.75 | 33.75 |
| 567 | 3562 | Nicola Shillam | Ripon Runners | FV40 | 12.81 | 15.43 | | | 5.36 | 33.6 |
| 568 | 3512 | John Grundy | Ripon Runners | MV75 | 12.62 | | | 12.17 | 8.76 | 33.55 |
| 569 | 3268 | Kelly Squires | Knaresborough Striders | F | 33.43 | | | | | 33.43 |
| 570 | 2762 | Colleen Gruenwald | Nidd Valley Road Runners | FV45 | | 9.47 | | 13.50 | 10.22 | 33.19 |
| 571 | 3363 | Nicola Smith | Nidd Valley Road Runners | FV45 | 32.68 | | | | | 32.68 |
| 572 | 3541 | Alexandra Nicol | Ripon Runners | FV35 | 4.56 | 4.66 | | 14.83 | 13.13 | 32.62 |
| 573 | 3198 | Diane Kitchen | Ilkley Harriers | FV60 | 32.31 | | | | | 32.31 |
| 574 | 2607 | John Berger | Nidd Valley Road Runners | MV50 | | | | | 32.05 | 32.05 |
| 575 | 3546 | Janes Parkes | Ripon Runners | M | 14.50 | 7.18 | | | 9.97 | 31.65 |
| 576 | 3169 | Emma Summerfield | Harrogate Harriers & AC | F | 18.43 | 12.68 | | | | 31.11 |
| 577 | 3498 | Kelly Dunkley | Ripon Runners | FV35 | | | | | 31.08 | 31.08 |
| 578 | 3057 | Anne Lipman | Dragons Running Club | FV50 | 14.12 | | | 8.98 | 7.55 | 30.65 |
| 579 | 3478 | Sarah Bromiley | Ripon Runners | FV45 | 30.62 | | | | | 30.62 |
| 580 | 3058 | Darren Mawson | Dragons Running Club | MV40 | | | | | 30.36 | 30.36 |
| 581 | 3060 | Clare O Connor | Dragons Running Club | FV40 | 16.18 | | | 14.04 | | 30.22 |
| 582 | 2605 | Karen Williams | Knaresborough Striders | FV45 | 19.56 | 10.62 | | | | 30.18 |
| 583 | 2742 | Helen Phillips | Ripon Runners | FV40 | 11.12 | 6.72 | | | 12.16 | 30 |

| | | | | | | | | | | |
|-----|------|------------------------|---------------------------|------|-------|-------|-------|-------|--|-------|
| 584 | 3667 | Christopher Wordsworth | Thirsk & Sowerby Harriers | MV45 | | 14.75 | 15.10 | | | 29.85 |
| 585 | 3276 | Liz Ahmad | Nidd Valley Road Runners | FV60 | 9.06 | 10.16 | 10.58 | | | 29.8 |
| 586 | 3537 | Donna Mitchell | Ripon Runners | FV35 | 17.68 | 6.50 | | 5.61 | | 29.79 |
| 587 | 3611 | Michelle Miller | Skipton AC | FV35 | | | 29.47 | | | 29.47 |
| 588 | 3672 | Richard Gorman | Vocalink Running Club | MV40 | | | | 29.14 | | 29.14 |
| 589 | 3627 | Alison Butcher | Thirsk & Sowerby Harriers | FV50 | | 16.12 | 12.97 | | | 29.09 |
| 590 | 3533 | Sheila McCudden | Ripon Runners | FV55 | 7.93 | 9.93 | 6.85 | 10.94 | | 28.8 |
| 591 | 3267 | Fiona Slight | Knaresborough Striders | FV45 | 28.56 | | | | | 28.56 |
| 592 | 3507 | Kamilla Gordon | Ripon Runners | FV40 | 18.06 | 10.39 | | | | 28.45 |
| 593 | 3323 | Graham Hyde | Nidd Valley Road Runners | MV40 | 9.81 | 8.56 | 7.38 | 9.73 | | 28.1 |
| 594 | 2758 | Debbie Jarvis | Nidd Valley Road Runners | FV50 | 9.62 | 8.79 | 9.51 | | | 27.92 |
| 595 | 3007 | Amanda Connor | Airecentre Pacers | FV40 | 7.18 | 10.85 | 9.78 | 3.91 | | 27.81 |
| 596 | 3285 | Rachel Capstick | Nidd Valley Road Runners | FV40 | 27.43 | | | | | 27.43 |
| 597 | 2746 | Craig Ivey | Thirsk & Sowerby Harriers | M | 13.37 | | 13.77 | | | 27.14 |
| 598 | 2770 | Rozzy Roberts | Ripon Runners | FV45 | | 8.33 | | 18.22 | | 26.55 |
| 599 | 3016 | Jill Howard | Airecentre Pacers | FV40 | 13.56 | | 12.44 | | | 26 |
| 600 | 3714 | Samantha Parker | Wetherby Runners AC | FV50 | 25.93 | | | | | 25.93 |
| 601 | 3041 | Ken Creek | Dragons Running Club | MV55 | 12.25 | | | 13.61 | | 25.86 |
| 602 | 3038 | Hannah Burden | Dragons Running Club | FV35 | | | 25.75 | | | 25.75 |
| 603 | 3499 | Mel Dutka | Ripon Runners | FV55 | 11.68 | | | 13.86 | | 25.54 |
| 604 | 3209 | Tracy Russell | Ilkley Harriers | FV55 | 8.87 | 5.58 | 8.45 | 8.03 | | 25.35 |
| 605 | 3059 | Martin Mckay | Dragons Running Club | MV40 | 13.75 | 11.54 | | | | 25.29 |
| 606 | 3448 | Tanya Shepherd | Otley AC | F | | 25.29 | | | | 25.29 |
| 607 | 2747 | Gareth Hardcastle | Vocalink Running Club | MV40 | | | | 25.02 | | 25.02 |
| 608 | 3673 | Paul Harlow | Vocalink Running Club | MV55 | 23.31 | | | | | 23.31 |
| 609 | 3269 | Sally Taylor | Knaresborough Striders | FV50 | 10.56 | 12.22 | | | | 22.78 |
| 610 | 3063 | Alison Parker | Dragons Running Club | FV55 | 14.31 | | | 7.79 | | 22.1 |
| 611 | 3485 | Koren Carr | Ripon Runners | FV45 | 11.31 | | | 10.46 | | 21.77 |
| 612 | 3675 | LIZ MCSTAY | Vocalink Running Club | FV40 | 21.25 | | | | | 21.25 |
| 613 | 3295 | Melanie Daykin | Nidd Valley Road Runners | FV45 | 20.87 | | | | | 20.87 |
| 614 | 3479 | Ann Brown | Ripon Runners | FV45 | 9.43 | 5.35 | | 5.85 | | 20.63 |
| 615 | 3231 | Ali Child | Knaresborough Striders | FV45 | 20.31 | | | | | 20.31 |
| 616 | 3215 | Sue Verspyck | Ilkley Harriers | FV55 | | 9.02 | | 10.70 | | 19.72 |
| 617 | 3040 | Sarah Cowburn | Dragons Running Club | FV35 | 19.00 | | | | | 19 |
| 618 | 3238 | Michael Dobson | Knaresborough Striders | MV55 | | | | 18.95 | | 18.95 |
| 619 | 3068 | Laura Sykes | Dragons Running Club | FV35 | 18.81 | | | | | 18.81 |
| 620 | 3456 | GILLY WIGHT | Otley AC | F | | 18.64 | | | | 18.64 |
| 621 | 3481 | Julie Brown | Ripon Runners | FV45 | 7.00 | 5.81 | 5.79 | | | 18.6 |
| 622 | 3317 | Susan Holden | Nidd Valley Road Runners | FV50 | 6.25 | | 5.52 | 6.33 | | 18.1 |
| 623 | 3315 | Jane Hill | Nidd Valley Road Runners | FV40 | 6.43 | 5.12 | 6.32 | 4.63 | | 17.87 |
| 624 | 3289 | Jonathan Clipston | Nidd Valley Road Runners | MV50 | | | | 17.74 | | 17.74 |
| 625 | 2670 | Lindsey Fallow | Ripon Runners | FV40 | | 6.04 | 11.64 | | | 17.68 |
| 626 | 3551 | Tessa Rich | Ripon Runners | FV50 | 17.50 | | | | | 17.5 |
| 627 | 3566 | Sue Skinner | Ripon Runners | FV55 | 17.31 | | | | | 17.31 |
| 628 | 3516 | Jack Hernandez | Ripon Runners | M | | | | 17.25 | | 17.25 |
| 629 | 3612 | Sarah Millington | Skipton AC | FV45 | | 17.04 | | | | 17.04 |
| 630 | 3345 | Hannah Peagram | Nidd Valley Road Runners | FV40 | 16.93 | | | | | 16.93 |
| 631 | 3221 | Sally Wright | Ilkley Harriers | FV55 | 7.75 | | | 8.27 | | 16.02 |
| 632 | 3339 | Sylvia Morten | Nidd Valley Road Runners | FV55 | 5.68 | 4.20 | 6.05 | | | 15.93 |
| 633 | 3087 | Richard Burton | Harrogate Harriers & AC | MV55 | 15.81 | | | | | 15.81 |
| 634 | 3398 | John Davis | Otley AC | MV50 | 15.62 | | | | | 15.62 |
| 635 | 3320 | Jill Hornsby | Nidd Valley Road Runners | FV60 | 5.50 | | 4.99 | 5.12 | | 15.61 |
| 636 | 3352 | Susan Rogers | Nidd Valley Road Runners | FV55 | 8.50 | 6.95 | | | | 15.45 |
| 637 | 3027 | Rachael Smith | Airecentre Pacers | FV35 | 15.06 | | | | | 15.06 |
| 638 | 3715 | Katherine Phillips | Wetherby Runners AC | FV40 | | | 14.57 | | | 14.57 |
| 639 | 3508 | Wendy Green | Ripon Runners | FV45 | 10.00 | | 4.45 | | | 14.45 |
| 640 | 3388 | Debra Brown | Otley AC | FV45 | 8.12 | 6.27 | | | | 14.39 |
| 641 | 3625 | Christine Burn | Thirsk & Sowerby Harriers | FV60 | 6.06 | | 7.91 | | | 13.97 |
| 642 | 3290 | Lianne Coiley | Nidd Valley Road Runners | FV40 | 6.81 | | 6.58 | | | 13.39 |
| 643 | 2612 | Emma Uttley | Nidd Valley Road Runners | FV40 | 5.87 | | | 7.30 | | 13.17 |
| 644 | 3500 | Tori Easey | Ripon Runners | FV35 | 13.00 | | | | | 13 |
| 645 | 3529 | Karen Lennox | Ripon Runners | FV45 | 3.25 | | 5.25 | 4.39 | | 12.89 |
| 646 | 3649 | Molly Mayes | Thirsk & Sowerby Harriers | F | 5.31 | | | 7.06 | | 12.37 |
| 647 | 3308 | Anna Glazier | Nidd Valley Road Runners | FV45 | 12.06 | | | | | 12.06 |
| 648 | 3488 | Jessica Caven | Ripon Runners | FV50 | | | | 11.91 | | 11.91 |

| | | | | | | | | | |
|-----|------|-------------------|---------------------------|------|-------|------|-------|-------|-------|
| 649 | 2664 | Natasha Whitaker | Otley AC | FV45 | 5.12 | | 3.66 | 2.94 | 11.72 |
| 650 | 3391 | David Cattanaach | Otley AC | MV65 | | | 4.72 | 6.82 | 11.54 |
| 651 | 3106 | Colin Foster | Harrogate Harriers & AC | MV60 | | 4.89 | | 6.58 | 11.47 |
| 652 | 2749 | John Garbutt | Ripon Runners | MV60 | 4.18 | 3.52 | 2.33 | 3.66 | 11.36 |
| 653 | 3437 | Roberto Payne | Otley AC | MV75 | | 3.97 | 3.92 | 3.42 | 11.31 |
| 654 | 3053 | Louise Johnson | Dragons Running Club | FV55 | | | | 11.19 | 11.19 |
| 655 | 3033 | Shelagh Bleakley | Dragons Running Club | FV55 | | | 11.11 | | 11.11 |
| 656 | 3473 | Caroline Bentham | Ripon Runners | FV50 | 10.37 | | | | 10.37 |
| 657 | 3313 | Debbie Handslip | Nidd Valley Road Runners | FV45 | 10.18 | | | | 10.18 |
| 658 | 3484 | Linda Cadman | Ripon Runners | FV65 | 4.00 | | | 6.09 | 10.09 |
| 659 | 3635 | Gillian Crane | Thirsk & Sowerby Harriers | FV65 | 2.87 | 3.75 | 3.12 | | 9.74 |
| 660 | 3743 | Ruth Murphy | Airecentre Pacers | FV55 | | | 8.71 | | 8.71 |
| 661 | 2661 | Caroline Rafferty | Otley AC | F | 8.68 | | | | 8.68 |
| 662 | 3045 | Alice Denby | Dragons Running Club | FV60 | | | | 8.52 | 8.52 |
| 663 | 3120 | Tracy Iles | Harrogate Harriers & AC | FV40 | 8.31 | | | | 8.31 |
| 664 | 3506 | Jane Goodwin | Ripon Runners | FV45 | | | 8.18 | | 8.18 |
| 665 | 3580 | Laura Vennell | Ripon Runners | FV40 | 3.62 | 4.43 | | | 8.05 |
| 666 | 3515 | Fiona Hernandez | Ripon Runners | FV45 | 3.81 | | | 4.15 | 7.96 |
| 667 | 2763 | Kim Rogers | Nidd Valley Road Runners | FV35 | | 7.87 | | | 7.87 |
| 668 | 3663 | Margaret Wikeley | Thirsk & Sowerby Harriers | FV70 | 2.68 | 2.37 | 2.59 | 2.21 | 7.64 |
| 669 | 3380 | Jane Wilkinson | Nidd Valley Road Runners | FV50 | | 7.64 | | | 7.64 |
| 670 | 3591 | Collette Woods | Ripon Runners | FV60 | 7.56 | | | | 7.56 |
| 671 | 3304 | Lorna Eley | Nidd Valley Road Runners | FV45 | | 7.41 | | | 7.41 |
| 672 | 3452 | Sarah Waights | Otley AC | FV35 | 7.37 | | | | 7.37 |
| 673 | 3662 | Alan Wikeley | Thirsk & Sowerby Harriers | MV75 | 1.56 | 2.14 | 3.39 | 1.72 | 7.25 |
| 674 | 3367 | Katie Swannie | Nidd Valley Road Runners | FV40 | 6.62 | | | | 6.62 |
| 675 | 3072 | Andrea Willbond | Dragons Running Club | FV70 | 3.06 | | | 3.18 | 6.24 |
| 676 | 3494 | Christine Cooper | Ripon Runners | FV55 | 2.50 | | 1.79 | 1.24 | 5.53 |
| 677 | 3256 | Ruth Mann | Knaresborough Striders | FV45 | 2.31 | 3.06 | | | 5.37 |
| 678 | 3202 | David Millson | Ilkley Harriers | MV70 | 1.75 | 3.29 | | | 5.04 |
| 679 | 3364 | Michelle Smith | Nidd Valley Road Runners | FV45 | 4.93 | | | | 4.93 |
| 680 | 3509 | Dawn Griffin | Ripon Runners | FV55 | | | | 4.88 | 4.88 |
| 681 | 3349 | Fiona Robinson | Nidd Valley Road Runners | FV55 | | 1.91 | 2.86 | | 4.77 |
| 682 | 2695 | Catherine Nicol | Ripon Runners | FV40 | 4.75 | | | | 4.75 |
| 683 | 3657 | Liz Stephenson | Thirsk & Sowerby Harriers | FV40 | 1.37 | 1.68 | 1.53 | | 4.58 |
| 684 | 3280 | Angela Beattie | Nidd Valley Road Runners | FV60 | 4.37 | | | | 4.37 |
| 685 | 3486 | Karen Carrington | Ripon Runners | FV45 | | | 2.06 | 1.97 | 4.03 |
| 686 | 3629 | Ian Codling | Thirsk & Sowerby Harriers | MV75 | 1.18 | 1.45 | 1.00 | | 3.63 |
| 687 | 3564 | Dawn Simmons | Ripon Runners | FV45 | 3.43 | | | | 3.43 |
| 688 | 3390 | Antonio Cardinale | Otley AC | MV65 | 1.93 | 1.00 | | | 2.93 |
| 689 | 3241 | Vanessa El-Etriby | Knaresborough Striders | FV35 | | | | 2.69 | 2.69 |
| 690 | 3567 | Jenny Smail | Ripon Runners | FV35 | | 2.60 | | | 2.6 |
| 691 | 3504 | Trish Garbutt | Ripon Runners | FV60 | | | 1.26 | 1.00 | 2.26 |
| 692 | 3630 | Marian Codling | Thirsk & Sowerby Harriers | FV75 | 1.00 | 1.22 | | | 2.22 |
| 693 | 3646 | Sharon Keegan | Thirsk & Sowerby Harriers | FV55 | 2.12 | | | | 2.12 |
| 694 | 3300 | Michelle Dinsdale | Nidd Valley Road Runners | FV40 | | | | 1.48 | 1.48 |