

Overall				No of races								
Position				Dragons	Ilkley	Kn'boro	Nidd	Otley	Skipton	Thirsk	run	Total Points
1	Colin	Williams	Ilkley Harriers	29	29	30	30	28	29	29	7	204
2	Steven	Close	Harrogate Harriers	24	26	29	28	26	28	18	7	179
3	Dave	Seaman	Nidd Valley Road Runners	25	24	18	16	17	27	16	7	143
4	Richard	Walker	Airecentre Pacers	30	30			30	30		4	120
5	Debbie	Herridge	Knaresborough Striders	17		25	26	23			4	91
6	Dan	Wilson	Knaresborough Striders	19		17	24	24			4	84
7	Sylvia	Morten	Nidd Valley Road Runners	13	16	6		13	26	7	6	81
8	Carla	Reddish	Knaresborough Striders			28	25	27			3	80
9	Fiona	Robinson	Nidd Valley Road Runners	15	17	2	3	11	25	4	7	77
10	Alexandra	Whapples	Vocalink Running Club			27	9	14		26	4	76
11	Vanessa	El-Etriby	Knaresborough Striders			24	27	25			3	76
12	Nicola	Carter	Knaresborough Striders			23	23	21			3	67
13	Derek	Calvert	Knaresborough Striders			21	19.5	19			3	59.5
14	Rachel	Capstick	Nidd Valley Road Runners			14	14	15		13	4	56
15	Paul	Stephens	Ilkley Harriers	28	28						2	56
16	Carolyn	Park	DRAGONS RUNNING CLUB	26	27						2	53
17	Manuel	Reyes	DRAGONS RUNNING CLUB	27	25						2	52
18	Nik	Forman	Knaresborough Striders					29	22		2	51
19	Ewa	Scott	Nidd Valley Road Runners	18	21					11	3	50
20	Emma	Hough	DRAGONS RUNNING CLUB	23	23						2	46
21	Louise	Johnson	DRAGONS RUNNING CLUB	22	22						2	44
22	Ian	Mitchell	Knaresborough Striders			21	19.5				2	40.5
23	David	Whapples	Vocalink Running Club			8	10	12		10	4	40
24	Guy	Marshal	Knaresborough Striders			21		19			2	40
25	Stewart	Hymas	Knaresborough Striders				19.5	19			2	38.5
26	Liz	Ahmad	Nidd Valley		18		7			9	3	34
27	Gary	Waite	DRAGONS RUNNING CLUB	14	20						2	34
28	Paul	Manning	Nidd Valley Road Runners			16				17	2	33
29	Jenny	Manning	Nidd Valley Road Runners			19				14	2	33
30	Graham	Hyde	Nidd Valley Road Runners	16			8			8	3	32
31	Dave	Prince	Nidd Valley Road Runners	20			11				2	31

32	Daniel	Molesworth	Knareborough striders				30	1	30
33	Owain	Gwilym	Airecentre Pacers			29		1	29
34	Paula	Wilkinson	Knareborough Striders		13	16		2	29
35	Robert	Burn	Thirsk and Sowerby Harriers				28	1	28
36	Pedro	Carrasco	Thirsk & Sowerby Harriers				27	1	27
37	Andrew	Tattersall	Vocalink Running Club		26			1	26
38	Gary	Wilkinson	Thirsk & Sowerby Harriers				25	1	25
39	DUNCAN	FOTHERGILL	Thirsk & Sowerby Harriers				24	1	24
40	Lee	Harris-Hamer	Thirsk & Sowerby Harriers				23	1	23
41	Geoff	Bullock	Thirsk & Sowerby Harriers				22	1	22
42	Philip	Robinson	Nidd Valley Road Runners			3	19	2	22
43	Adrian	Saunders	Thirsk & Sowerby Harriers				21	1	21
44	Rachael	Prince	Nidd Valley Road Runners	21				1	21
45	Helen	Gregory	Nidd Valley Road Runners				20	1	20
46	Steve	Dodsworth	Knareborough Striders		19.5			1	19.5
47	Sima	Lowery	Knareborough Striders		19.5			1	19.5
48	Anna	Pickering	Ilkley Harriers	19				1	19
49	James	Stephenson	Thirsk and Sowerby Harriers				15	1	15
50	Christopher	Beattie	Nidd Valley Road Runners			15		1	15
51	Moira	McTague	Nidd Valley Road Runners		15			1	15
52	Richard	Evans	Nidd Valley Road Runners			13		1	13
53	Rachel	Mills	Nidd Valley Road Runners				12	1	12
54	Sarah	Staiano	Nidd Valley Road Runners			12		1	12
55	Guy	Parker	Nidd Valley Road Runners		12			1	12
56	Laura	Francis	Nidd Valley Road Runners		10.5			1	10.5
57	Emily	Wighton	Nidd Valley Road Runners		10.5			1	10.5
58	Chris	Parker	Nidd Valley Road Runners				10	1	10
59	Jeff	Walker	Nidd Valley Road Runners		4	6		2	10
60	Parker	Chris	Nidd Valley Road Runners		5	5		2	10
61	Jemma	Escreet	Nidd Valley Road Runners		9			1	9
62	Angela	Beattie	Nidd Valley Road Runners		3	4		2	7
63	Jill	Hornsby	Nidd Valley Road Runners		7			1	7
64	Liz	Stephenson	Thirsk and Sowerby Harriers				6	1	6

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Sharon

Keegan

Thirsk & Sowerby Harriers

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