

Name	Bib	Club	Race 1 Points	Race 2 Points	Race 3 Points	Race 4 Points	Best 3 from 4	Overall Winners	Category Place	Age Category
Chris Ovenden	5196	Skipton AC	100.00	98.44	100.00	99.70	299.70	1st	1	MSEN
Gareth Somerville	4872	Harrogate Harriers & AC	99.76	99.78	99.44	99.11	298.98	2nd	2	MSEN
Matthew Thackwray	4906	Ilkley Harriers	99.03	99.11	99.72	99.41	298.24	3rd	3	MSEN
John Young	4889	Harrogate Harriers & AC	99.52	99.56		98.81	297.89		1	MV40
Tom Calvert	4914	Knaresborough Striders	99.28	98.89		97.93	296.09		4	MSEN
David Foyston	4894	Ilkley Harriers	98.07	98.22	99.16		295.45		1	MV45
Stephen Ellison	5026	Nidderdale Fell & Trail	96.14	96.89	98.88	97.04	292.81		5	MSEN
Craig Mills	4676	Nidd Valley Road Runners	97.10	96.44	98.33	95.85	291.87		2	MV45
Tom Levi	5245	Thirsk & Sowerby Harriers	97.83	96.22		97.63	291.67		6	MSEN
Rob Garbutt	4848	Harrogate Harriers & AC	96.86	96.00	98.61	96.15	291.61		2	MV40
Daniel Molesworth	4936	Knaresborough Striders	97.34	97.11		96.74	291.19		7	MSEN
Tom Wilson	4661	Knaresborough Striders	94.69	97.55		97.33	289.57		8	MSEN
Matt Jones	5242	Thirsk & Sowerby Harriers	95.41	94.44	97.49	95.55	288.46		9	MSEN
Jamie Baker	5101	Ripon Runners	97.59	95.77	89.12	94.96	288.32		10	MSEN
Ian Harrison	5123	Ripon Runners	96.62	94.66		95.26	286.54		3	MV40
Ashley Howard	4853	Harrogate Harriers & AC	96.38		96.37	93.48	286.23		11	MSEN
Darren West	4885	Harrogate Harriers & AC	95.90	92.21	98.05		286.16		1	MV60
Matthew Ray	5079	Otley AC		93.77	97.21	94.07	285.05		12	MSEN
Darren Townend	5015	Nidd Valley Road Runners	94.20	95.33	94.98	94.66	284.97		3	MV45
Ben Morgan	4800	Thirsk & Sowerby Harriers	92.51	93.10	96.10	93.78	282.97		13	MSEN
Tom Borrowdale	4640	Harrogate Harriers & AC	95.17	95.11		92.59	282.87		14	MSEN
Craig Macauley	4933	Knaresborough Striders		93.99	94.42	94.37	282.78		15	MSEN
Michael Abrams-Cohen	4760	Ilkley Harriers		93.55	96.93	92.00	282.48		16	MSEN
Emily Legg	5290	Wetherby Runners AC	93.24	91.99	95.26	91.40	280.49	1st	1	FSEN
Andy Mccue	5072	Otley AC	93.48	92.66	93.86	92.89	280.23		4	MV45
Kevin Clark	4952	Nidd Valley Road Runners	94.93	90.66	94.14	89.92	279.73		4	MV40
Philip Woodall	4886	Harrogate Harriers & AC	95.65	91.77		90.22	277.64		17	MSEN
Jonathan Turner	4909	Ilkley Harriers	90.58	91.32	95.54		277.44		1	MV50
John Hamilton	4926	Knaresborough Striders	92.27	91.55	92.75	87.25	276.57		1	MV55
Tom Kilmurray	4931	Knaresborough Striders	91.79	89.99	94.70	89.03	276.48		18	MSEN
Davina Ellis	4847	Harrogate Harriers & AC	92.76	90.88	90.80	87.55	274.43	2nd	1	FV40
Paul Simpson	4699	Richmond & Zetland Harriers	89.62	91.10	93.59	89.33	274.30		5	MV45
Paul Peacock	5255	Thirsk & Sowerby Harriers	92.03	84.87	92.47	88.44	272.94		2	MV55
Jack Acornley	4690	Skipton AC		89.32	96.65	85.18	271.15		1	MJNR
Toby Fisher	4787	Otley AC	91.31	87.76	89.96		269.03		5	MV40
Andrew Lake	5289	Wetherby Runners AC	89.86	89.10	89.68	86.37	268.64		6	MV45
Gary Wilkinson	5270	Thirsk & Sowerby Harriers	88.65		91.91	87.85	268.41		7	MV45
Angela Reeve	5301	Wetherby Runners AC	85.51	88.65	91.63	84.88	265.80	3rd	1	FV45
Steve Newbould	4995	Nidd Valley Road Runners	79.23	93.33	80.76	91.70	265.78		8	MV45
Geoffrey Hirst	4851	Harrogate Harriers & AC	88.17	88.21	87.73	86.07	264.11		6	MV40
Ben Walker	5164	Ripon Runners	89.13	85.54	89.40	81.92	264.08		19	MSEN
Rebecca Smith	5094	Richmond & Zetland Harriers	86.48	86.43	91.08	83.70	263.98		2	FSEN
James Strutt	4876	Harrogate Harriers & AC	90.10	86.65	84.94	86.96	263.71		9	MV45
Craig Jarratt	4683	Nidderdale Fell & Trail	82.37	88.43	91.35		262.16		20	MSEN
Stella Cross	5281	Wetherby Runners AC	89.38	89.77		81.33	260.47		3	FSEN
Esther Harrison	5237	Thirsk & Sowerby Harriers	84.79	85.09	88.01	84.59	257.89		1	FV35
Simon Staiano	4874	Harrogate Harriers & AC	83.82	87.32		86.66	257.80		10	MV45
David Glover	4924	Knaresborough Striders	85.03	85.32	87.45	83.99	257.80		7	MV40
Martin Lofthouse	4987	Nidd Valley Road Runners	79.48	82.42	88.29	84.29	255.00		3	MV55
Hayden Adams	4830	Harrogate Harriers & AC		81.09	85.22	88.14	254.45		21	MSEN
Joshua Cooper	5222	Thirsk & Sowerby Harriers	84.30	79.53	90.52		254.36		22	MSEN
Marcus Shaw	5007	Nidd Valley Road Runners	85.75	84.20	84.38		254.34		11	MV45
Simon Quin	5078	Otley AC	86.96	86.87		80.44	254.27		2	MV50
Adam Newton	4938	Knaresborough Striders		87.10	86.61	80.14	253.85		8	MV40
Iain Edmondson	4747	Wetherby Runners AC	82.86	81.31	86.06	82.51	251.42		3	MV50
Peter Branney	4801	Airecentre Pacers	83.10	83.98	82.99	81.03	250.07		9	MV40
Emma Sorby	4718	Ripon Runners	87.93	83.54		76.88	248.34		4	FSEN
Paul Stockburn	4875	Harrogate Harriers & AC	82.13		82.71	79.55	244.39		1	MV65
Steve Ellmore	4920	Knaresborough Striders		83.31	82.43	78.36	244.11		4	MV55
Ken Wood	5272	Thirsk & Sowerby Harriers	81.89	80.64	79.64	77.77	242.18		12	MV45
Nicola Simpson	5092	Richmond & Zetland Harriers	80.68	78.87	81.87	74.51	241.42		2	FV45
Tim Tunnard	5309	Wetherby Runners AC	84.55	69.52	80.20	75.40	240.14		4	MV50
Adam Moger	5297	Wetherby Runners AC	83.58		85.78	69.77	239.12		13	MV45
David Singleton	4903	Ilkley Harriers	78.27	80.42	79.92	75.10	238.61		14	MV45

Alex Crowton	4958	Nidd Valley Road Runners	79.96	78.64	79.08	77.18	237.69	15	MV45
Chris Thorpe	4880	Harrogate Harriers & AC	77.54	80.87	69.88	79.25	237.66	16	MV45
Eddy Lines	5070	Otley AC	74.40	79.31	81.32	73.92	235.03	10	MV40
Richard Grant	5234	Thirsk & Sowerby Harriers	84.06		71.00	79.84	234.90	23	MSEN
Shaun Morrison	4861	Harrogate Harriers & AC	80.44		77.41	76.58	234.44	11	MV40
Simon Moffatt	4770	Knaresborough Striders		78.20	79.36	76.29	233.85	5	MV55
Steven Turner	5016	Nidd Valley Road Runners	74.65	78.42	77.97	73.32	231.04	5	MV50
Sean Hornby	5059	Otley AC	72.47	83.76	74.34		230.58	17	MV45
Poppy Cartwright	4803	Airecentre Pacers	75.85	77.31	76.57	70.95	229.74	5	FSEN
Nuno Cesar de Sa	4892	Ilkley Harriers	82.61	76.42		70.66	229.69	18	MV45
Cameron Balmain	5212	Thirsk & Sowerby Harriers	75.61	77.75	76.30		229.66	24	MSEN
Simon Lawson	5028	Nidderdale Fell & Trail		73.08	77.69	77.47	228.24	6	MV55
Jim Buller	5277	Wetherby Runners AC	80.92	75.97	71.28		228.17	6	MV50
Matt Rickard	5002	Nidd Valley Road Runners	75.13	73.75	78.81	71.84	227.68	19	MV45
Colin Storrar	4740	Wetherby Runners AC	74.16	76.20	77.13		227.49	7	MV50
Matthew Snow	4904	Ilkley Harriers	76.10	74.42	76.02		226.53	20	MV45
Sam Heathcote	4976	Nidd Valley Road Runners	76.82		58.17	88.74	223.73	25	MSEN
David Woodhead	4887	Harrogate Harriers & AC	78.99		74.90	69.17	223.07	12	MV40
Craig Milner	4632	Airecentre Pacers	78.51	80.20		63.54	222.25	26	MSEN
Lenny Lennox	5133	Ripon Runners	72.71	75.08	73.79	70.06	221.58	2	MV60
Andrew Davis	4961	Nidd Valley Road Runners	78.75		72.11	70.36	221.22	8	MV50
Ross Pellatt	5300	Wetherby Runners AC		79.76	74.62	66.51	220.88	13	MV40
Emma Wilkins	5036	Nidderdale Fell & Trail	75.37	72.19		72.73	220.29	6	FSEN
Mark Iley	4762	Ilkley Harriers		75.31	72.67	71.25	219.22	3	MV60
Mike Rodgers	5303	Wetherby Runners AC	73.44	75.75	69.60		218.79	14	MV40
Andrew Harris	4776	Nidd Valley Road Runners		57.51	85.50	75.69	218.70	21	MV45
Adam Harper-Walker	5236	Thirsk & Sowerby Harriers	66.44	73.30	76.85	67.10	217.26	27	MSEN
James Yates	5090	Otley AC		72.86	78.53	65.32	216.71	28	MSEN
David Freeman	4704	Ripon Runners	71.27	70.86	72.95	72.43	216.65	22	MV45
Matt Clegg	5048	Otley AC	70.78	73.97	71.83		216.59	15	MV40
Theresa Oldroyd	4999	Nidd Valley Road Runners	77.30		71.55	67.69	216.55	1	FV50
Brian Hainsworth	4975	Nidd Valley Road Runners	65.47	77.09		73.03	215.58	23	MV45
Graeme Cowling	4686	Otley AC	71.51	71.97	70.72		214.19	29	MSEN
Andrew Iddon	4983	Nidd Valley Road Runners		76.64	73.23	64.13	214.00	30	MSEN
Michael Hernandez	4707	Ripon Runners		70.19	75.18	68.28	213.65	9	MV50
Jonathan Easton	4666	Nidd Valley Road Runners	71.99	72.64	68.77	62.95	213.39	24	MV45
Bronwyn Mayo	5247	Thirsk & Sowerby Harriers	70.06	74.19	67.65	68.88	213.13	2	FV35
Gill Edmondson	5284	Wetherby Runners AC	72.23	71.08	69.05		212.36	3	FV45
Robert Budding	4761	Ilkley Harriers		69.30	78.25	64.43	211.98	7	MV55
Dan Hellewell	4737	Wetherby Runners AC	73.92	69.08	67.93		210.93	16	MV40
Andy Crawley	4682	Nidderdale Fell & Trail	66.68	73.53	68.49	62.06	208.69	10	MV50
Laura Francis	4970	Nidd Valley Road Runners	67.89	69.74	70.44	63.25	208.07	7	FSEN
Paul Brazier	5103	Ripon Runners	69.58	72.41	63.47	65.91	207.90	8	MV55
Sarah Gill	4644	Harrogate Harriers & AC	67.64		69.32	68.58	205.55	1	FV60
Tony Wetherill	4696	Otley AC	71.02	69.97	64.03		205.02	9	MV55
Liz Drewe	5282	Wetherby Runners AC	68.37	70.41		65.02	203.80	2	FV40
Richard Haynes	4807	Airecentre Pacers	76.58	71.52	51.20	55.54	203.64	31	MSEN
Emma Hart	5056	Otley AC	71.75	65.29	63.75		200.79	4	FV45
Nick Crebbin	4956	Nidd Valley Road Runners	69.33	64.40	66.81	63.84	200.55	11	MV50
Richard Parker	5197	Skipton AC		67.30	66.26	66.80	200.36	10	MV55
Andrew Humphries	4808	Airecentre Pacers		100.00		100.00	200.00	32	MSEN
Lizzie Taylor	4879	Harrogate Harriers & AC	65.23	67.52	65.70		198.45	8	FSEN
Aron Fulton	4631	Airecentre Pacers	68.85		68.21	60.87	197.93	33	MSEN
Ben Holmes	4752	Harrogate Harriers & AC		99.33		98.52	197.85	17	MV40
Eddie Garner	4642	Harrogate Harriers & AC		98.79	98.67		197.46	34	MSEN
Hugh Watkin	5170	Ripon Runners		98.31		98.22	196.53	18	MV40
Ted Leahy	5132	Ripon Runners	98.55	97.33			195.88	25	MV45
Steven Close	4842	Harrogate Harriers & AC	63.30	65.07	67.37		195.74	26	MV45
Nigel Scaife	4679	Nidd Valley Road Runners	64.26	67.96		62.65	194.88	12	MV50
Lisa Mawer	4780	Nidderdale Fell & Trail		63.51	65.14	66.21	194.87	2	FV50
Ian Legg	5291	Wetherby Runners AC	69.09	63.96	61.52		194.57	11	MV55
Adrian Elsworth	5230	Thirsk & Sowerby Harriers		68.19	72.39	53.76	194.34	13	MV50
Andrew Gilbertson	4972	Nidd Valley Road Runners	67.40	65.52	44.23	60.58	193.50	35	MSEN
Alan Simpson	5262	Thirsk & Sowerby Harriers	70.30	62.85	60.12		193.27	14	MV50
Luke Shacklock	4868	Harrogate Harriers & AC		96.66		96.44	193.11	2	MJNR
Paul Elwell	5285	Wetherby Runners AC		94.88	97.77		192.65	27	MV45
Lauren Eadon	5091	Richmond & Zetland Harriers	62.09	64.18	65.42		191.69	1	FV55

Chris Turner	5033	Nidderdale Fell & Trail	62.57	66.85	62.07	61.76	191.50	4	MV60	
Mia Naylor	4691	Otley AC	68.61	64.63	57.05	47.54	190.29	1	FJNR	
Andrew Croft	4664	Nidd Valley Road Runners	65.71	60.62	61.79	60.28	188.13	28	MV45	
Jo Lewis	4722	Skipton AC		64.85	65.98	55.84	186.66	2	FV55	
Simon Robertson	5302	Wetherby Runners AC	63.54	62.18	59.56		185.28	29	MV45	
Oliver Richards	5080	Otley AC	94.45	90.43			184.88	19	MV40	
Andrew Webster	4789	Ripon Runners		68.85	67.09	48.72	184.67	15	MV50	
James Pollington Clyne	4714	Ripon Runners	93.96	90.21			184.17	3	MJNR	
Nicola Carter	4916	Knaresborough Striders		63.07	62.35	58.50	183.92	3	FV50	
Guy Close	4918	Knaresborough Striders			92.88	90.81	183.69	20	MV40	
Amy Lewis	5191	Skipton AC	62.81	56.17	64.58	54.35	183.57	3	FV35	
Niamh Robinson	4650	Harrogate Harriers & AC			92.44	91.11	183.54	2	FJNR	
Ruth Kitchen	4896	Ilkley Harriers			89.54	93.03	182.57	9	FSEN	
Rob Burn	5217	Thirsk & Sowerby Harriers	56.78	58.40	64.30	58.80	181.50	2	MV65	
Andy Todd	5014	Nidd Valley Road Runners	93.72			87.17	180.89	12	MV55	
Richard Walker	4814	Airecentre Pacers	90.34			90.24	180.58	30	MV45	
Lorraine Hiles	5238	Thirsk & Sowerby Harriers	57.50		62.91	59.39	179.80	3	FV55	
Steve Parry	5198	Skipton AC	60.16	59.29	59.01	42.79	178.45	5	MV60	
Nicola Glew	5287	Wetherby Runners AC	60.88	57.06	60.40		178.35	5	FV45	
Simon Blake	5276	Wetherby Runners AC	58.47	60.40	58.73		177.60	31	MV45	
Morag Mcdowall	5137	Ripon Runners	61.85	59.73		55.24	176.82	2	FV60	
Michael Noonan	4753	Harrogate Harriers & AC			83.09	93.31	176.40	32	MV45	
Ben Shacklock	4867	Harrogate Harriers & AC			85.76		90.51	176.28	21	MV40
Sue Moul	4862	Harrogate Harriers & AC	55.81	61.07	59.28		176.16	4	FV55	
Stephen Morris	5073	Otley AC	93.00				83.10	176.10	36	MSEN
Rebecca Pritchard	5077	Otley AC	86.00			88.57	174.56	10	FSEN	
Daniel Garthwaite	4793	Thirsk & Sowerby Harriers				92.19	82.22	174.41	22	MV40
Ian Hesford	4977	Nidd Valley Road Runners	87.44				85.77	173.22	33	MV45
Mathew Shaw	4660	Knaresborough Striders			86.21	86.89	173.10	37	MSEN	
Hugh Beever	5023	Nidderdale Fell & Trail	55.57	46.16	60.96	56.43	172.96	13	MV55	
Luke Scorer	4680	Nidd Valley Road Runners	91.07			81.04	172.10	38	MSEN	
Martin Shaw	4869	Harrogate Harriers & AC	61.61	51.06			57.91	170.57	16	MV50
Tim Pocock	5150	Ripon Runners	61.37	57.73			51.09	170.19	6	MV60
Peter Rymill	5304	Wetherby Runners AC	56.30	59.07	53.43		168.79	1	MV70	
Amanda Spencer	4739	Wetherby Runners AC	85.27				83.40	168.67	4	FV50
James Wright	4662	Knaresborough Striders			81.98	86.34	168.31	39	MSEN	
David Tervit	5266	Thirsk & Sowerby Harriers	56.54	57.95	53.71	53.17	168.20	17	MV50	
Jenny Dutton	5283	Wetherby Runners AC	59.19	58.84	50.08		168.12	6	FV45	
Emma Robinson	4649	Harrogate Harriers & AC	83.34	84.65			167.99	3	FV40	
Ben Imeson	4709	Ripon Runners	81.65	85.98			167.63	34	MV45	
Simon Arnold	5099	Ripon Runners			82.87	84.10	166.97	18	MV50	
Georgie Beeden	4835	Harrogate Harriers & AC			87.54		78.07	165.61	11	FSEN
Craig Mitchell	4935	Knaresborough Striders			82.20	83.27	165.47	40	MSEN	
Martin Brock	4913	Knaresborough Striders			82.65		82.81	165.46	23	MV40
James Kimberley	4588	Wetherby Runners AC		86.24			78.96	165.19	41	MSEN
Tom Lally	4898	Ilkley Harriers	59.68	50.39			54.65	164.71	19	MV50
Paul Dowie	4846	Harrogate Harriers & AC	81.41			82.15	163.56	35	MV45	
Harry Dowdell	5024	Nidderdale Fell & Trail	47.84	51.95	56.50	54.95	163.39	3	MV65	
Kirsty Naylor	5252	Thirsk & Sowerby Harriers	57.74			54.82	50.50	163.07	4	FV40
Nik Forman	4923	Knaresborough Striders			58.62	52.31	51.69	162.62	7	MV60
Joshua Blacker	4656	Knaresborough Striders	88.89				73.62	162.51	42	MSEN
Simon Watson	4883	Harrogate Harriers & AC				83.55	78.66	162.21	8	MV60
Andrew Robertshaw	4693	Otley AC	78.03			83.83	161.85	20	MV50	
Kai Lawson-Tovey	3355	Nidderdale Fell & Trail				88.85	71.54	160.39	43	MSEN
Laura Eden	5115	Ripon Runners	50.74	47.94	56.77	52.87	160.39	12	FSEN	
Christopher Morris	4677	Nidd Valley Road Runners	54.12	43.49	53.99	52.28	160.39	21	MV50	
Claire Collier	5279	Wetherby Runners AC	54.60	49.72	55.66		159.99	5	FV40	
Mark Jordan	4645	Harrogate Harriers & AC	79.72	79.98			159.69	4	MV65	
Philip Cornforth	4919	Knaresborough Striders			77.98	81.59	159.57	22	MV50	
Kate Morton	4994	Nidd Valley Road Runners	46.64	54.17	55.10	49.61	158.88	4	FV35	
Ewan Edmondson	4767	Knaresborough Striders			81.53		75.99	157.53	9	MV60
Luke Shannon	5260	Thirsk & Sowerby Harriers	51.22	50.83	55.38		157.44	14	MV55	
Nick Wallhead	5311	Wetherby Runners AC	81.17	75.53			156.69	36	MV45	
Pedro Carrasco	5219	Thirsk & Sowerby Harriers	53.40	51.72	51.48	50.80	156.60	5	MV65	
Graham Tinsley	5162	Ripon Runners	52.91	55.06	47.29	48.43	156.40	15	MV55	
Linda Sanderson	5204	Skipton AC	50.50	51.50	52.59	41.01	154.59	5	FV55	
June Everitt	4703	Ripon Runners	53.16	54.39	45.90		153.45	5	FV50	

Jamie Walsh	4695	Otley AC				76.86	74.81	151.67	44	MSEN
Vicki Murphy	4713	Ripon Runners	50.98	50.17	50.36		49.02	151.51	6	FV40
Joanna Pears	5146	Ripon Runners	48.57	52.84	49.25			150.65	7	FV45
Steve Ward	4781	Nidderdale Fell & Trail		48.16	49.52	51.98		149.67	24	MV40
Hilary Seward	5205	Skipton AC	51.47	44.60	51.75	46.35		149.57	6	FV55
Steve Woollven	4888	Harrogate Harriers & AC	51.71	48.83		48.13		148.67	23	MV50
Helen Gregory	4974	Nidd Valley Road Runners	41.81	49.05	48.41	50.20		147.67	8	FV45
Chandra Shekar	5009	Nidd Valley Road Runners		47.72	48.13	51.39		147.24	37	MV45
Owain Gwilym	4806	Airecentre Pacers	68.13	77.53				145.66	25	MV40
Fran Jeffery	5240	Thirsk & Sowerby Harriers	52.19	48.39		44.28		144.85	7	FV40
Alister King	4673	Nidd Valley Road Runners	46.40	47.50	50.64			144.53	45	MSEN
Jeremy Scott	5005	Nidd Valley Road Runners	42.77	53.50			46.65	142.92	24	MV50
Michael Gill	4643	Harrogate Harriers & AC				75.46	67.40	142.85	16	MV55
Meriel White	4782	Nidderdale Fell & Trail		74.86			67.99	142.85	5	FV35
Sharon Kenyon	5062	Otley AC		53.73	43.95	44.87		142.54	8	FV40
Matt Dickinson	4735	Wetherby Runners AC		65.96	75.74			141.70	26	MV40
Ian Doughty	4965	Nidd Valley Road Runners	73.68	66.18				139.86	46	MSEN
Dan Wilkinson	5088	Otley AC		73.20		66.54		139.73	47	MSEN
Clare Rowntree	4746	Thirsk & Sowerby Harriers	72.96	66.63				139.59	6	FV35
Rebecca Appleby	4832	Harrogate Harriers & AC	45.91	49.50	43.67	33.60		139.08	13	FSEN
Gill Park	5075	Otley AC	48.09	45.49		45.46		139.04	7	FV35
Rachel Mills	4992	Nidd Valley Road Runners	46.88	48.61		43.39		138.87	9	FV45
Sarah Glover	4925	Knaresborough Striders	43.50	44.38	48.69	45.76		138.83	9	FV40
Alex Fennah	4797	Wetherby Runners AC		84.43			54.06	138.48	48	MSEN
Paul Stephens	4905	Ilkley Harriers		42.60	47.57	47.83		138.01	6	MV65
Emma Amos	4639	Harrogate Harriers & AC	46.15		44.50	47.24		137.90	10	FV40
Jane Mccarthy	4901	Ilkley Harriers	66.92		70.16			137.08	10	FV45
Craig Barstow	4751	Harrogate Harriers & AC	65.22	71.76				136.98	17	MV55
Rebecca Maguire	5134	Ripon Runners	69.82	66.41				136.22	8	FV35
Philippa Thompson	5013	Nidd Valley Road Runners	45.19	47.05		43.98		136.22	14	FSEN
John Dade	5050	Otley AC	44.46	42.38	46.46			133.30	10	MV60
Dan Babington	4816	Dragons Running Club (Leeds)		71.75		61.17		132.92	38	MV45
Amy Sheppard	5010	Nidd Valley Road Runners	64.02	68.63				132.65	11	FV40
Lou Reid	5151	Ripon Runners	47.12	43.05	40.88			131.05	11	FV45
Katie Moore	4859	Harrogate Harriers & AC	45.67	44.83		40.42		130.92	15	FSEN
Colleen Fotherby	5027	Nidderdale Fell & Trail	63.78	67.07				130.85	16	FSEN
Louise Mayfield	5246	Thirsk & Sowerby Harriers	41.57		50.92	38.05		130.54	6	FV50
Nathan Smith	4871	Harrogate Harriers & AC	50.26	49.28		30.94		130.47	25	MV50
Ed Thornton	4741	Wetherby Runners AC	67.16	63.29				130.45	27	MV40
Joseph Kwallah	4799	Wetherby Runners AC				63.19	64.73	127.92	26	MV50
Angela Charleton	4840	Harrogate Harriers & AC	64.99		62.63			127.62	7	FV50
Pauline Whittaker	5095	Richmond & Zetland Harriers	44.22	42.82	40.04	25.01		127.09	7	FV55
Andrew Tattersall	4941	Knaresborough Striders				64.86	61.47	126.33	18	MV55
Andy Newing	5253	Thirsk & Sowerby Harriers	48.81	37.04	40.32	31.23		126.17	49	MSEN
Jane Holmes	4852	Harrogate Harriers & AC	38.19	46.83	40.60			125.61	1	FV65
Sharon Hudson	4721	Skipton AC	43.98	39.04	42.55	38.64		125.58	8	FV50
Sharon Brazier	5104	Ripon Runners	40.36	42.16	41.16	42.20		125.52	9	FV50
Hilary Coventry	5224	Thirsk & Sowerby Harriers	41.08	39.71	43.11			123.90	8	FV55
David Fennah	5286	Wetherby Runners AC	61.12	61.29				122.41	27	MV50
Fiona Deacon	4962	Nidd Valley Road Runners		62.40		59.99		122.39	9	FV55
Alison Bennett	4890	Ilkley Harriers	60.40	61.73				122.13	3	FV60
Steven Paine	5299	Wetherby Runners AC	47.36	39.93	34.46	34.79		122.08	39	MV45
Karen Mills	4745	Nidd Valley Road Runners	31.42	31.48	43.39	46.94		121.81	12	FV45
Gillian Brown	4818	Dragons Running Club (Leeds)		61.96		59.69		121.65	13	FV45
Joe O'keeffe	5254	Thirsk & Sowerby Harriers		63.06		57.33		120.39	50	MSEN
Louise Johnson (4634)	4634	Dragons Running Club (Leeds)	34.32	40.60	45.34			120.26	10	FV55
Sam Fugill	4668	Nidd Valley Road Runners		62.33			57.02	119.35	51	MSEN
Katharine Dolman	4964	Nidd Valley Road Runners	39.15	39.27			40.13	118.54	12	FV40
Rob Northfield	4998	Nidd Valley Road Runners	43.26		35.30	39.83		118.39	7	MV65
Cathy Simpson	5156	Ripon Runners	35.05	41.49	36.97	39.53		118.00	10	FV50
Richard Evans	4969	Nidd Valley Road Runners			61.24	56.72		117.96	19	MV55
Sarah Woffinden	5173	Ripon Runners	38.91	43.27	35.58			117.76	13	FV40
Martin Luxton	4988	Nidd Valley Road Runners		41.93	33.63	41.61		117.17	2	MV70
Thorsten Bruce	4839	Harrogate Harriers & AC	59.43				57.61	117.05	40	MV45
Paul Tranter	5085	Otley AC				54.54	62.36	116.90	20	MV55
Dewi Winkle	4720	Ripon Runners	57.26	59.51				116.77	21	MV55
Steve Sherman	5306	Wetherby Runners AC		56.84	59.84			116.68	28	MV40

Ian Wighton	5019	Nidd Valley Road Runners	39.88	38.15	38.65	37.16	116.68	22	MV55
Angela Benson	5102	Ripon Runners	34.80	46.38		35.38	116.57	4	FV60
Richard Pennock	4648	Harrogate Harriers & AC		60.18	56.22		116.39	28	MV50
Janice Chruscht	4804	Airecentre Pacers	41.32	40.82	31.12	34.20	116.34	14	FV40
Beth Constantine	5110	Ripon Runners	60.64	55.28			115.92	17	FSEN
Clare Canty	5176	Skipton AC	37.22	36.15	42.27	32.42	115.64	15	FV40
Nicola Lee	5069	Otley AC		33.93	38.93	42.50	115.35	14	FV45
John Mallett	4989	Nidd Valley Road Runners		56.40	57.61		114.01	41	MV45
David Greaves	4849	Harrogate Harriers & AC	57.02	56.62			113.64	23	MV55
Jose Jimenez	4672	Nidd Valley Road Runners		35.48	37.81	39.24	112.53	42	MV45
Tim Bennett	4836	Harrogate Harriers & AC	33.84		39.48	38.94	112.26	24	MV55
Charli Briggs	4817	Dragons Running Club (Leeds)	35.77	37.71		38.35	111.83	18	FSEN
Matt Allen	3321	Dragons Running Club (Leeds)	48.36	62.62			110.98	52	MSEN
Martin Umpleby	4881	Harrogate Harriers & AC	49.29		37.53	24.12	110.94	43	MV45
Jo Johnson	5288	Wetherby Runners AC	36.25	38.60	35.86		110.71	11	FV50
Mark Walker	4882	Harrogate Harriers & AC	42.53	33.04	35.02		110.59	11	MV60
Roar Leijssen	4900	Ilkley Harriers	38.43		38.37	33.31	110.10	29	MV50
Helen Ashworth	5209	Thirsk & Sowerby Harriers	37.94	41.71		30.34	110.00	11	FV55
Jessica Umpleby	5034	Nidderdale Fell & Trail	34.56	33.26	37.25	37.75	109.57	19	FSEN
Paul Manning	4991	Nidd Valley Road Runners	34.08	35.71	39.21	25.60	108.99	25	MV55
Andy Clarke	4917	Knaresborough Striders		54.84		53.46	108.30	30	MV50
Ady Warner	5168	Ripon Runners	52.43	55.73			108.16	31	MV50
Richard Bell	4730	Wetherby Runners AC	27.80	35.04	45.06		107.90	26	MV55
Dave Baker	5211	Thirsk & Sowerby Harriers	23.70	32.37	38.09	36.87	107.32	53	MSEN
James Cook	4953	Nidd Valley Road Runners	55.33	50.61			105.94	27	MV55
Adam Johnson	4750	Dragons Running Club (Leeds)		58.18		46.05	104.23	29	MV40
Richard Soper	5263	Thirsk & Sowerby Harriers	35.29	34.15	33.91	33.90	103.34	8	MV65
Stephen Kirk	4854	Harrogate Harriers & AC	53.88			49.31	103.19	32	MV50
Sarah Staiano	4681	Nidd Valley Road Runners	44.95	57.29			102.23	15	FV45
Dawn Turner	4908	Ilkley Harriers	28.77	34.37	32.51	35.09	101.97	12	FV55
Matt Langdon	5067	Otley AC		37.26	34.74	29.75	101.76	30	MV40
Anna Whitham	5269	Thirsk & Sowerby Harriers	54.36	46.61			100.97	20	FSEN
Brad Moneypenny	5298	Wetherby Runners AC		52.39	47.85		100.24	54	MSEN
Jack Hodgson	4798	Wetherby Runners AC		53.95	46.18		100.13	55	MSEN
Claire Burland	4765	Knaresborough Striders		49.94		49.91	99.85	16	FV45
Lee Pringle	4863	Harrogate Harriers & AC		52.61	46.74		99.35	33	MV50
Hilary Philpott	3795	Ripon Runners	36.50	26.58	36.14	25.90	99.22	2	FV65
Philip Robinson	5004	Nidd Valley Road Runners	33.36	33.48		32.12	98.96	12	MV60
Andy Laverick	4855	Harrogate Harriers & AC	53.64			45.16	98.80	34	MV50
Adam Kirk	4777	Nidd Valley Road Runners		98.00			98.00	56	MSEN
James Ireland	4930	Knaresborough Striders		97.78			97.78	31	MV40
Mark Seymour	4866	Harrogate Harriers & AC	32.63		39.76	25.31	97.70	13	MV60
Mike Teale	5207	Skipton AC	33.60	26.36	30.84	33.01	97.45	14	MV60
Francesca Gatenby	4749	Airecentre Pacers		51.28	45.62		96.90	16	FV40
Carl Walsh	4694	Otley AC	31.67	26.81	30.56	34.49	96.72	15	MV60
Michael Tull	4943	Knaresborough Striders	59.92			36.57	96.49	28	MV55
Lucy Philpott	5148	Ripon Runners	29.98	32.81	33.35		96.14	9	FV35
Rosie Gatenby	5233	Thirsk & Sowerby Harriers	29.49	29.92	34.19	31.83	95.93	17	FV40
Rob Kingston	3354	Harrogate Harriers & AC			95.82		95.82	57	MSEN
Duncan Fothergill	5231	Thirsk & Sowerby Harriers	40.12	43.94		11.67	95.72	44	MV45
Tom Mitchell	4858	Harrogate Harriers & AC		95.55			95.55	58	MSEN
Nathaniel Southworth	4873	Harrogate Harriers & AC	49.05	45.27			94.32	45	MV45
Sam Packham	4792	Skipton AC		94.22			94.22	59	MSEN
Kirsty Walter	5017	Nidd Valley Road Runners	64.50			29.46	93.96	21	FSEN
Ian Mcgregor	5295	Wetherby Runners AC	37.46	29.25	26.66		93.37	9	MV65
Ben Hall	3744	Skipton AC				93.18	93.18	60	MSEN
John Skinner	3796	Ripon Runners			48.97	43.68	92.65	29	MV55
Heather Tuffs	5032	Nidderdale Fell & Trail				92.29	92.29	22	FSEN
Andy Purll	4788	Ripon Runners		38.82	17.17	35.98	91.97	35	MV50
Hannah Wood	3372	Nidderdale Fell & Trail			47.01	44.57	91.59	23	FSEN
David Driver	5052	Otley AC	91.55				91.55	32	MV40
Sing Kwan Lee	5029	Nidderdale Fell & Trail	24.18	31.03		36.27	91.49	16	MV60
Dan Atkinson	4834	Harrogate Harriers & AC	90.82				90.82	46	MV45
Jennifer Legg	5292	Wetherby Runners AC		45.72	44.78		90.50	24	FSEN
Andrew Harker	5121	Ripon Runners	49.53			40.72	90.25	17	MV60
Hazel Ives	5188	Skipton AC	49.78	40.38			90.15	3	FV65
Dave Ladell	5064	Otley AC		36.60	53.15		89.74	36	MV50



Jack Wilks	4697	Otley AC						89.63	89.63	4	MJNR
Christine Holleran	4979	Nidd Valley Road Runners	47.60					41.90	89.51	13	FV55
Kevin Dalton	4959	Nidd Valley Road Runners		88.88					88.88	61	MSEN
Jenny Manning	4990	Nidd Valley Road Runners	26.60	30.59			31.53		88.71	12	FV50
Stephen Reilly	4717	Ripon Runners	88.41						88.41	47	MV45
Louise Ellison	5025	Nidderdale Fell & Trail	33.11		28.89	26.19			88.20	25	FSEN
Jan Smith	5206	Skipton AC	30.94	28.59	28.61	23.23			88.14	14	FV55
Mary Dootson	5180	Skipton AC	25.63	29.70	12.71	32.72			88.04	26	FSEN
James Coulthard	4955	Nidd Valley Road Runners		87.99					87.99	62	MSEN
Helen Dawson	5179	Skipton AC	32.87	23.02	31.95	18.49			87.85	27	FSEN
Anthony Jefford	4698	Richmond & Zetland Harriers	87.69						87.69	63	MSEN
James Knapp	4986	Nidd Valley Road Runners	87.20						87.20	64	MSEN
Kevin-Malachy Murphy	4647	Harrogate Harriers & AC		45.05	41.99				87.04	10	MV65
Rob Marsh	4857	Harrogate Harriers & AC	86.72						86.72	48	MV45
Peter Barrett	4743	Ripon Runners	31.91		26.38	27.38			85.67	30	MV55
Douglas Scott	4865	Harrogate Harriers & AC						85.48	85.48	37	MV50
Prince Pancholi	4659	Knaresborough Striders		43.71		41.31			85.03	65	MSEN
Jaysson Sawyer	4764	Ilkley Harriers		32.15	52.87				85.02	49	MV45
Louise Mcleman	3359	Harrogate Harriers & AC				84.66			84.66	28	FSEN
Linda Morison	4690	Otley AC	17.66	25.47	29.45	28.86			83.78	13	FV50
Debbie Bland	4630	Airecentre Pacers		30.14	23.03	30.05			83.22	4	FV65
Chris Parkin	4772	Knaresborough Striders		31.70	24.43	26.79			82.91	38	MV50
Richard Bewell	3281	Wetherby Runners AC		81.76					81.76	18	MV60
Rich Benson	3326	Harrogate Harriers & AC					81.62		81.62	66	MSEN
Alison Bowers	5041	Otley AC	29.25	27.25	24.98				81.49	14	FV50
Sophie Bromley	4802	Airecentre Pacers		38.38	42.83				81.21	10	FV35
Richard Bewell	450	Wetherby Runners AC					80.73		80.73	19	MV60
Nick Richardson	3365	Harrogate Harriers & AC				80.48			80.48	39	MV50
Stephen Newton	4996	Nidd Valley Road Runners	29.01	27.03	23.31	24.42			80.46	40	MV50
Robyn Blanks	5214	Thirsk & Sowerby Harriers	28.29	25.92	26.10				80.30	29	FSEN
Tom Paget	5074	Otley AC	80.20						80.20	33	MV40
Gail Smith	5093	Richmond & Zetland Harriers		47.27	32.79				80.07	5	FV60
Anita Oldham	5144	Ripon Runners	43.74	35.93					79.67	15	FV55
Alan Travis	4907	Ilkley Harriers		37.93	41.72				79.65	50	MV45
Alison Iles	4671	Nidd Valley Road Runners	39.63	39.49					79.12	17	FV45
Stephen Boddy	5040	Otley AC		79.09					79.09	34	MV40
John Harrison	5185	Skipton AC	57.99	20.58					78.56	31	MV55
Josh Graham	5055	Otley AC	42.05		36.42				78.47	67	MSEN
Lucy Waller	5166	Ripon Runners	24.42	24.58	22.75	29.16			78.16	18	FV45
Helen Alston	4684	Otley AC	36.98	41.04					78.02	11	FV35
Rob Driver	4736	Wetherby Runners AC	77.79						77.79	35	MV40
Chris Brown	5107	Ripon Runners	25.15	26.14	16.34	26.49			77.78	1	MV75
Allison Whiteley	5268	Thirsk & Sowerby Harriers	21.77	34.59	19.68	20.86			77.22	16	FV55
Roger Humphreys	5186	Skipton AC	77.06						77.06	20	MV60
Andreas Kruger	4726	Thirsk & Sowerby Harriers	76.34						76.34	68	MSEN
Ray Johnstone	5127	Ripon Runners	50.02		25.82				75.84	11	MV65
Michael Shaw	5008	Nidd Valley Road Runners	27.32	18.58	29.17	14.63			75.06	51	MV45
Geoff Bullock	5215	Thirsk & Sowerby Harriers		29.03	33.07	12.86			74.96	2	MV75
Laurence Charleton	4841	Harrogate Harriers & AC	74.89						74.89	32	MV55
Stephen Morland	4937	Knaresborough Striders		74.64					74.64	41	MV50
Paula Heath	4820	Dragons Running Club (Leeds)	20.32	28.36	25.54	20.56			74.47	19	FV45
Aston Brogden	5043	Otley AC				74.21			74.21	5	MJNR
Paula Wilkinson	4944	Knaresborough Striders		23.91	31.40	18.78			74.10	17	FV55
Simon Chandler	4733	Wetherby Runners AC			74.06				74.06	36	MV40
Brenda Peake	4812	Airecentre Pacers			73.51				73.51	15	FV50
Michelle Johnson	4689	Otley AC	36.74	36.37					73.11	12	FV35
Michael Deacon	4963	Nidd Valley Road Runners		36.82		35.68			72.50	21	MV60
Sima Lowery	4932	Knaresborough Striders				72.14			72.14	20	FV45
Jess Harby	4669	Nidd Valley Road Runners	43.01			28.57			71.58	30	FSEN
Tony Walker	4786	Otley AC		71.30					71.30	22	MV60
Gemma Smith	4870	Harrogate Harriers & AC	40.60	30.37					70.97	13	FV35
Kathryn Radley	5202	Skipton AC		19.69	28.33	22.93			70.95	18	FV55
Paul Evison	4921	Knaresborough Striders		70.63					70.63	69	MSEN
Emma Lacey	5190	Skipton AC		25.03	25.26	20.27			70.56	16	FV50
Olivia Mulligan	5251	Thirsk & Sowerby Harriers	70.54						70.54	31	FSEN
Bruce Willoughby	5171	Ripon Runners	29.73	40.16					69.89	42	MV50
James Rockall	4940	Knaresborough Striders				69.47			69.47	37	MV40

Craig Atherton	5210	Thirsk & Sowerby Harriers	22.49	24.80	19.41	21.16	68.45	43	MV50
Joe Mckernan	4646	Harrogate Harriers & AC		68.41			68.41	70	MSEN
Pete Cooper	4734	Wetherby Runners AC	35.53		32.23		67.76	44	MV50
Matt Collins	4766	Knaresborough Striders		67.74			67.74	71	MSEN
Colin Philpott	5149	Ripon Runners	28.53	16.57	22.47	6.34	67.57	12	MV65
Emma Quarmby	4716	Ripon Runners	32.39	34.82			67.21	17	FV50
Nicholas Smith	5012	Nidd Valley Road Runners	14.52	17.24	30.28	19.38	66.90	23	MV60
Walter Busuttil	5218	Thirsk & Sowerby Harriers	66.20				66.20	24	MV60
Richard Knott	4658	Knaresborough Striders	65.95				65.95	33	MV55
Craig Porter	3794	Dragons Running Club (Leeds)				65.62	65.62	45	MV50
Martyn Coy	4725	Thirsk & Sowerby Harriers			41.44	23.53	64.96	46	MV50
Richard Ackerley	5096	Ripon Runners	15.73		30.00	18.19	63.92	25	MV60
Daniel Foley	4768	Knaresborough Striders		63.74			63.74	52	MV45
Phil Chatterton	5108	Ripon Runners	36.01			27.68	63.69	34	MV55
Adrian Cobbin	4727	Vocalink Running Club	20.56	23.25		19.67	63.48	53	MV45
Dan Simmons	5307	Wetherby Runners AC	62.27				62.27	26	MV60
Allyson Crutchley	4787	Ripon Runners		25.25	19.13	17.60	61.98	21	FV45
Antony Radley	5201	Skipton AC		20.80	21.92	19.08	61.80	35	MV55
Jane Grundy	4705	Ripon Runners		61.51			61.51	18	FV40
Neil Warr	4796	Vocalink Running Club		33.70	27.49		61.20	54	MV45
Gavin Burton	4783	Otley AC		60.84			60.84	55	MV45
Andrew Harrop	4927	Knaresborough Striders			60.68		60.68	36	MV55
Jonathan Kay	4985	Nidd Valley Road Runners	32.15	27.92			60.07	38	MV40
Erin Keating	4763	Ilkley Harriers		59.96			59.96	19	FV40
Caroline Ball	5022	Nidderdale Fell & Trail	37.70		22.19		59.90	22	FV45
Sue Ball	4947	Nidd Valley Road Runners		28.14	31.68		59.82	5	FV65
Nicola Swann	5083	Otley AC		32.59	27.21		59.81	23	FV45
Joanna Hobson	5058	Otley AC		31.26		28.27	59.53	6	FV60
Kevin Nicholas	4997	Nidd Valley Road Runners				59.10	59.10	37	MV55
Nicholas Andralojc	4831	Harrogate Harriers & AC	58.95				58.95	27	MV60
Matt Brookes	5105	Ripon Runners	58.71				58.71	56	MV45
Louise Milburn	5193	Skipton AC	18.39	17.91		22.34	58.63	19	FV55
Dan Cooper	5049	Otley AC			58.45		58.45	39	MV40
Ruth Warren	5312	Wetherby Runners AC	30.46			27.97	58.43	6	FV65
Rose Kruger	5244	Thirsk & Sowerby Harriers	58.23				58.23	32	FSEN
Emma Bruce	4838	Harrogate Harriers & AC				58.21	58.21	24	FV45
Ursula Wood	4638	Dragons Running Club (Leeds)	19.11	23.47	15.50		58.08	25	FV45
Brett Edgeworth	5229	Thirsk & Sowerby Harriers			57.89		57.89	38	MV55
Joe Joyce	5243	Thirsk & Sowerby Harriers				57.32	57.32	40	MV40
Carolyn Park	3301	Dragons Running Club (Leeds)	28.04	28.81			56.85	26	FV45
Philip Robinson	5081	Otley AC	21.04		20.24	15.52	56.81	1	MV80
Trudy Morrice	5250	Thirsk & Sowerby Harriers				56.13	56.13	18	FV50
Gary Skipper	5308	Wetherby Runners AC	56.05				56.05	57	MV45
Stewart Hymas	4929	Knaresborough Striders		55.95			55.95	19	FV50
Karen Chown	5177	Skipton AC			55.94		55.94	20	FV55
Rebecca Graham	5120	Ripon Runners		31.92		23.82	55.75	27	FV45
Debbie Gibson	4971	Nidd Valley Road Runners	24.90	15.02		15.82	55.74	7	FV60
Arifa Chakera	5047	Otley AC		55.51			55.51	28	FV45
Roger Duckworth	4966	Nidd Valley Road Runners		27.47	27.77		55.25	47	MV50
Stewart Lynskey	4856	Harrogate Harriers & AC	55.09				55.09	28	MV60
Mark David	4665	Nidd Valley Road Runners	54.85				54.85	39	MV55
Josephine Linford	5293	Wetherby Runners AC		54.62			54.62	33	FSEN
Emma Summerfield	4877	Harrogate Harriers & AC	18.63	19.24	14.66	16.71	54.58	34	FSEN
Sean Brennan	4912	Knaresborough Striders			54.26		54.26	48	MV50
Helen Hey	5057	Otley AC		17.69	18.57	17.90	54.15	20	FV50
Fiona Protheroe	5200	Skipton AC	22.97	30.81			53.78	21	FV50
Helen Holmes	5124	Ripon Runners	14.76	20.13	18.85		53.74	35	FSEN
Guy Marshall	4934	Knaresborough Striders		53.28			53.28	40	MV55
Nikki Brady	4950	Nidd Valley Road Runners	22.01	16.80	14.39		53.19	14	FV35
Derek Ives	5187	Skipton AC		53.06			53.06	13	MV65
Robert Dawrant	4805	Airecentre Pacers	52.67				52.67	58	MV45
Sam Crebbin	4957	Nidd Valley Road Runners				52.57	52.57	6	MJNR
Alan Docherty	5227	Thirsk & Sowerby Harriers	12.11	12.79	17.73	21.75	52.27	41	MV55
Mark Crossland	5112	Ripon Runners		52.17			52.17	42	MV55
Leah Forey	3351	Dragons Running Club (Leeds)			52.03		52.03	36	FSEN
Anneke Imeson	4708	Ripon Runners	51.95				51.95	29	FV45
Faith Coy	4724	Thirsk & Sowerby Harriers	15.97		18.29	17.01	51.27	22	FV50

Chris Brunold	5045	Otley AC			29.72	21.45	51.18		21	FV55
Jemma Escreet	4967	Nidd Valley Road Runners	15.25	14.79	21.08		51.12		37	FSEN
Hannah Voss	5310	Wetherby Runners AC	27.08	23.69			50.77		38	FSEN
Sarah Jones	5128	Ripon Runners		25.69	24.70		50.40		22	FV55
Caroline Lawton	4823	Dragons Running Club (Leeds)	13.56	16.13	20.52	12.26	50.21		30	FV45
Helena Conlin	5109	Ripon Runners	19.35	20.36		10.49	50.19		23	FV55
Ailish Carroll	5278	Wetherby Runners AC	16.94	15.68	17.45		50.07		39	FSEN
Emma David	4960	Nidd Valley Road Runners				49.80	49.80		31	FV45
Fiona Alder	5097	Ripon Runners	18.87	19.47		11.08	49.41		7	FV65
Julie Elmes	4657	Knaresborough Striders	22.25	17.46		9.60	49.31		24	FV55
Lisa Cole	4702	Ripon Runners	48.33				48.33		40	FSEN
Alan Couldwell	4843	Harrogate Harriers & AC			23.59	24.71	48.30		14	MV65
Karen Williams	4945	Knaresborough Striders		19.91	28.05		47.96		23	FV50
Lisa Sorby	4719	Ripon Runners	26.35	21.47			47.82		24	FV50
Rachael Prince	5000	Nidd Valley Road Runners		24.14		22.64	46.77		32	FV45
Megan Webb	4637	Dragons Running Club (Leeds)	25.39		20.80		46.19		41	FSEN
Carol Norfolk	5143	Ripon Runners	23.94	22.13			46.07		25	FV55
Nadene Wilkinson	4779	Nidd Valley Road Runners		21.91	24.15		46.06		15	FV35
Lois Marshall	4791	Skipton AC		45.94			45.94		16	FV35
Chris Wordsworth	5273	Thirsk & Sowerby Harriers	14.04	16.35	15.22	13.75	45.61		59	MV45
Kate Dickinson	5114	Ripon Runners	15.00		13.27	17.30	45.58		17	FV35
Andrew Pollard	5256	Thirsk & Sowerby Harriers	45.43				45.43		49	MV50
Clare Tempest	5265	Thirsk & Sowerby Harriers	44.70				44.70		33	FV45
Geoffrey Crutchley	5113	Ripon Runners		44.16			44.16		3	MV70
James Lee	5068	Otley AC				43.09	43.09		50	MV50
Matthew Webb	4636	Dragons Running Club (Leeds)	22.73		19.96		42.70		72	MSEN
Lewis Brooks	5106	Ripon Runners	42.29				42.29		73	MSEN
Lesley Willoughby	5172	Ripon Runners	20.80	21.24			42.04		25	FV50
Lynne Jackson	5239	Thirsk & Sowerby Harriers	12.59	13.46	15.78	11.97	41.83		26	FV55
Caroline Harland	5122	Ripon Runners	13.31	13.24	12.99	15.23	41.78		27	FV55
Donald Morgan	4860	Harrogate Harriers & AC		41.27			41.27		43	MV55
Marc Davies	5226	Thirsk & Sowerby Harriers	40.84				40.84		29	MV60
Guy Parker	4678	Nidd Valley Road Runners	16.21	15.46		8.71	40.38		15	MV65
Emma Sawyer	5153	Ripon Runners	17.42	11.90	11.04		40.36		34	FV45
Tracey Docherty	5228	Thirsk & Sowerby Harriers	11.87	12.35	13.83	14.04	40.22		28	FV55
Moira Mctague	4674	Nidd Valley Road Runners	15.49	15.24		9.00	39.73		8	FV65
Rachel Gregson	4850	Harrogate Harriers & AC	39.39				39.39		42	FSEN
Janet Balmain	5213	Thirsk & Sowerby Harriers	11.14	13.90	13.55	11.37	38.83		35	FV45
Kate Bacon	5100	Ripon Runners	38.67				38.67		43	FSEN
Emily Wighton	5018	Nidd Valley Road Runners	19.59	19.02			38.61		44	FSEN
Louise Johnson (4821)	4821	Dragons Running Club (Leeds)		37.49			37.49		20	FV40
Patricia Gill	5183	Skipton AC				37.46	37.46		29	FV55
Madeleine Delucchi	5051	Otley AC	8.49	11.68	12.43	13.15	37.27		9	FV65
Carol Armitstead	5037	Otley AC	12.83		23.87		36.70		8	FV60
Heather Taylor	4878	Harrogate Harriers & AC			36.70		36.70		9	FV60
Vivienne Yeoman	4829	Dragons Running Club (Leeds)		22.36		14.34	36.70		30	FV55
Rachel Holmes	5126	Ripon Runners		35.26			35.26		45	FSEN
Ceit Konoplits	5063	Otley AC	10.42	18.13	6.58		35.12		46	FSEN
Colin Best	4685	Otley AC			21.36	13.45	34.81		16	MV65
Sally Fannen	4922	Knaresborough Striders	8.73	8.56	16.90	6.93	34.19		36	FV45
David Fox	5054	Otley AC	17.90			16.12	34.02		17	MV65
Lucy Sillars	5261	Thirsk & Sowerby Harriers	13.80	18.80			32.60		37	FV45
Sue Skinner	5158	Ripon Runners	21.28			10.78	32.06		10	FV60
Maria Pilkington	5199	Skipton AC	13.07	18.35			31.43		18	FV35
Lisa Medd	4675	Nidd Valley Road Runners	31.18				31.18		19	FV35
Louise Mcvay	5248	Thirsk & Sowerby Harriers	7.76	11.01	11.60	8.41	31.02		21	FV40
Lorna Hodgkiss	4670	Nidd Valley Road Runners	30.70				30.70		22	FV40
Katie Coppack	4954	Nidd Valley Road Runners				30.64	30.64		47	FSEN
Dave Seaman	5006	Nidd Valley Road Runners		12.57	18.01		30.58		3	MV75
Ruth Pollard	5257	Thirsk & Sowerby Harriers	30.22				30.22		26	FV50
Nicky Crowther	4784	Otley AC		10.57	8.81	10.19	29.56		23	FV40
Fiona Marcantonio-Jones	5071	Otley AC		29.48			29.48		20	FV35
Beth Haggath	5235	Thirsk & Sowerby Harriers	14.28	5.23	5.74	9.30	29.32		48	FSEN
Sarah Millington	5194	Skipton AC		14.35	14.94		29.29		27	FV50
Liz Wordsworth	5274	Thirsk & Sowerby Harriers	8.97	10.12	9.92	8.11	29.01		28	FV50
Donna Tucker	4942	Knaresborough Striders		15.91	12.15		28.06		38	FV45
Russ Hartley	4819	Dragons Running Club (Leeds)	20.08			7.82	27.89		30	MV60



Carole Keighley	4809	Airecentre Pacers		27.70				27.70	11	FV60
Amelia Miles	4902	Ilkley Harriers	27.56					27.56	29	FV50
Emma Porter	4635	Dragons Running Club (Leeds)				27.08		27.08	39	FV45
Andrew Webster	5087	Otley AC		12.12		14.93		27.05	51	MV50
Emma Harrop	4928	Knaresborough Striders			26.94			26.94	31	FV55
Katharine Woodhead	5021	Nidd Valley Road Runners	26.84					26.84	21	FV35
Steve Silver	5155	Ripon Runners	17.18		9.09			26.27	44	MV55
Andrew Rayner	4692	Otley AC	7.52	9.23	9.37			26.12	45	MV55
Manuel Reyes	4826	Dragons Running Club (Leeds)	26.11					26.11	60	MV45
Martin Clyne	4701	Ripon Runners	25.87					25.87	74	MSEN
Agnes Laughton	4822	Dragons Running Club (Leeds)		13.01		12.56		25.57	12	FV60
Katrina Skeer	4774	Knaresborough Striders		10.34	10.20	4.85		25.40	13	FV60
Rachel Capstick	4951	Nidd Valley Road Runners		14.57	10.76			25.33	40	FV45
Alice Webster	5086	Otley AC	11.62	13.68				25.31	3	FJNR
Lisa Scott	5259	Thirsk & Sowerby Harriers		7.67	11.32	6.04		25.03	30	FV50
Helen Cox	5111	Ripon Runners	24.66					24.66	31	FV50
Ellie Smith	5159	Ripon Runners		24.36				24.36	49	FSEN
Pamela Munro	5141	Ripon Runners	10.66	5.00	6.30	7.22		24.18	10	FV65
Sarah Fabron	4667	Nidd Valley Road Runners	23.46					23.46	41	FV45
Bev Aspin	4946	Nidd Valley Road Runners	23.21					23.21	24	FV40
John Davis	4785	Otley AC		7.23	8.25	7.52		23.00	46	MV55
David Gorman	5184	Skipton AC		22.80				22.80	31	MV60
Fiona Gibbons	5118	Ripon Runners		22.58				22.58	32	FV55
Sarah Gore	4973	Nidd Valley Road Runners		5.45	10.48	6.63		22.56	42	FV45
Alexandra Whapples	4728	Vocalink Running Club				22.04		22.04	33	FV55
John Garbutt	5117	Ripon Runners	6.31	7.90	7.69	5.15		21.90	18	MV65
Paul Norman	5195	Skipton AC			11.88	9.89		21.77	32	MV60
James Birkley	5038	Otley AC		21.69				21.69	61	MV45
Ian Broadbent	5042	Otley AC			21.64			21.64	52	MV50
Jane Evans	4968	Nidd Valley Road Runners	21.52					21.52	25	FV40
Liam Morris	5140	Ripon Runners	10.18	11.23				21.41	75	MSEN
Simon Lawson	5131	Ripon Runners		21.02				21.02	47	MV55
Simon Mccudden	5136	Ripon Runners	6.80	14.13				20.92	33	MV60
Eleanor Dewar	4744	Ripon Runners	10.90	9.90				20.80	26	FV40
Ellie Dewar	4744	Ripon Runners	10.90	9.90				20.80	27	FV40
Clare O'connor	4824	Dragons Running Club (Leeds)	9.69	10.79				20.48	43	FV45
Louise Allen	5098	Ripon Runners	8.00	6.56		5.45		20.01	44	FV45
Dominic Egan	3347	Otley AC				19.97		19.97	48	MV55
Andrew Waller	5165	Ripon Runners	19.83					19.83	53	MV50
Rachel Holmes	4769	Knaresborough Striders		8.79	7.14	3.67		19.59	45	FV45
Andrea Noelle Bowen	4731	Wetherby Runners AC	9.21	9.45				18.66	46	FV45
Nicola Shillam	5154	Ripon Runners	6.55	7.45	4.63			18.63	47	FV45
Alison Miller	5139	Ripon Runners		9.68	6.86	1.89		18.42	14	FV60
Tim Joynson	5129	Ripon Runners	18.14					18.14	34	MV60
Rob Athey	4833	Harrogate Harriers & AC	9.45		8.53			17.98	54	MV50
Annette Walburn	5163	Ripon Runners	8.24	9.01				17.25	15	FV60
Gillian Elsworth	5182	Skipton AC		17.02				17.02	34	FV55
Pamela Tranter	5084	Otley AC			16.62			16.62	35	FV55
Anna Warrington	5169	Ripon Runners	16.45					16.45	22	FV35
Chris Rose	5203	Skipton AC				16.41		16.41	11	FV65
Alison Pauling	5145	Ripon Runners			16.06			16.06	12	FV65
Mary-Jane Holmes	5125	Ripon Runners	4.38	4.78	5.46			14.62	16	FV60
Angela Pattinson	3360	Nidd Valley Road Runners			14.11			14.11	23	FV35
Collette Woods	5174	Ripon Runners	4.86	4.34		3.96		13.16	13	FV65
Christine Burn	5216	Thirsk & Sowerby Harriers	4.62	3.67	4.35	2.78		12.64	14	FV65
Anna Milburn	4723	Skipton AC	12.35					12.35	50	FSEN
Michelle Smith	5011	Nidd Valley Road Runners	6.07	6.12				12.19	32	FV50
Debra Brown	5044	Otley AC	3.41	3.45	5.18	3.37		12.04	48	FV45
David Whapples	4729	Vocalink Running Club	7.28			4.56		11.83	49	MV55
Graham Hyde	4982	Nidd Valley Road Runners		5.67	6.02			11.69	62	MV45
Trish Radford	5258	Thirsk & Sowerby Harriers		11.46				11.46	15	FV65
Stan Appleton	4700	Ripon Runners	11.38					11.38	4	MV70
Sylvia Morten	4993	Nidd Valley Road Runners	3.90	3.22	3.79	2.19		10.91	17	FV60
Sarah Lambert	4899	Ilkley Harriers		6.78	4.07			10.85	24	FV35
Lorna Langdon	5066	Otley AC			7.41	3.07		10.49	49	FV45
Sheila Mccudden	5135	Ripon Runners	5.59	4.56				10.15	18	FV60
Lesley Barrett	4742	Ripon Runners	5.10		4.90			10.01	36	FV55

Catherine Birnie	5039	Otley AC	9.93				9.93	37	FV55
Kate Todd	3371	Ripon Runners			9.65		9.65	38	FV55
Sarah Bracher	4949	Nidd Valley Road Runners	5.35			4.26	9.61	28	FV40
Nicola Lees	5030	Nidderdale Fell & Trail	5.83	3.00			8.83	33	FV50
Phillip Craig	5225	Thirsk & Sowerby Harriers	2.21	2.78	3.51		8.50	41	MV40
Peter Costello	5280	Wetherby Runners AC		8.34			8.34	55	MV50
Anne Parkin	4771	Knaresborough Striders		8.12			8.12	16	FV65
Andrea Willbond	4828	Dragons Running Club (Leeds)	4.14	3.89			8.03	1	FV75
Susy Rhodes	5001	Nidd Valley Road Runners				7.97	7.97	29	FV40
Bob Payne	5076	Otley AC	3.66	1.89	2.39	1.59	7.94	2	MV80
Fiona Hernandez	4706	Ripon Runners	2.69		2.12	2.48	7.29	34	FV50
Jan Lawson	5130	Ripon Runners	7.04				7.04	19	FV60
Carl Middlesworth	5138	Ripon Runners		7.01			7.01	76	MSEN
Liz Ahmad	4775	Nidd Valley Road Runners		6.34			6.34	17	FV65
Denise Gandy	5232	Thirsk & Sowerby Harriers	1.24	1.44	3.23	1.30	5.97	20	FV60
Laura Terry	5161	Ripon Runners		5.89			5.89	51	FSEN
Sarah Chalmers	4663	Nidd Valley Road Runners				5.74	5.74	39	FV55
Victoria Magnus	5294	Wetherby Runners AC	3.17	2.11			5.29	25	FV35
Karen Lennox	4711	Ripon Runners	2.45		2.67		5.12	35	FV50
Jill Hornsby	4981	Nidd Valley Road Runners		4.11			4.11	18	FV65
Liz Stephenson	5264	Thirsk & Sowerby Harriers		1.00	1.56	1.00	3.56	30	FV40
Gemma Stowell	4827	Dragons Running Club (Leeds)	1.72	1.67			3.39	26	FV35
Fiona Robinson	5003	Nidd Valley Road Runners	1.48		1.84		3.32	40	FV55
Antonio Cardinale	5046	Otley AC	1.00	1.22	1.00		3.22	5	MV70
Melanie Callaghan	4732	Wetherby Runners AC			2.95		2.95	41	FV55
Paula Johnstone	4710	Ripon Runners	2.93				2.93	42	FV55
Donna Mitchell	4712	Ripon Runners		2.56			2.56	31	FV40
Maureen Worley	4795	Thirsk & Sowerby Harriers		2.33			2.33	1	FV70
Nicole Calvert Mckeag	4915	Knaresborough Striders	1.97				1.97	36	FV50
Vera Savarani	5305	Wetherby Runners AC			1.28		1.28	21	FV60