

Final League Ranking	Final League ranking 3 from 4 points	Handicap race start time pm	Race no.		F	Class	Race 1				Race 2				Race 3				Race 4				Races	League Handicap points (H)	
							Harrogate Harriers				Dragons Running Club				Thirsk & Sowerby AC				Wetherby Runners						
							T	P	H	F	T	P	H	F	T	P	H	F	T	P	H	F			
266	100.57	7:44:30	610	Claire Gillian																					
267	100.33	7:43:30	322	Geoffrey White																					
268	99.70	n/a	71	Ian Fisher		V40																			
269	99.42	n/a	63	Scott Harrington																					
270	98.91	7:43:00	878	Rhonda Neilson		V35																			
271	98.64	7:47:30	828	Christine Holleran		V50																			
272	98.57	7:46:30	231	Mike Salt		V45																			
273	98.55	n/a	619	Greg Macdonald		V45																			
274	98.40	n/a	615	Dan Holdsworth																					
275	98.32	7:47:00	505	Nicole Sutton		V35*																			
276	98.00	n/a	449	Carl Jones		V40																			
277	97.92	n/a	543	Michael Appleton		V40																			
278	97.83	n/a	701	Mark Tobin		V40																			
279	97.35	n/a	65	Richard Smith																					
280	96.62	n/a	804	Jamie Dilasser		V45																			
281	96.20	7:44:30	50	Philip Robinson		V70																			
282	96.19	7:44:00	608	Brian Smith		V40																			
283	96.00	n/a	526	Paul Cook		V40																			
284	95.90	n/a	25	Jemery Stewart																					
285	95.55	n/a	703	Pauline Munro		V45																			
286	95.43	n/a	451	Jo Adams																					
287	95.42	n/a	679	Guy Whatmore																					
288	95.39	7:43:30	753	Pamala Singleton		V50																			
289	95.17	7:44:00	843	Sarah Gordon		V40																			
290	94.06	7:45:30	242	Emma Amos		V35																			
291	93.36	7:44:00	225	Kathryn Dransfield		F																			
292	93.18	7:44:00	46	Colin Best		V60																			
293	93.15	n/a	452	Dave Hack																					
294	92.36	n/a	342	Andrew Merrick		V50																			
295	92.05	n/a	681	Seonaid Thompson		F																			
296	91.40	n/a	683	Andrew Walsh																					
297	91.08	n/a	660	David Carberry		V40																			
298	91.02	7:46:30	555	Georgia Wigby		F																			
299	90.96	7:45:30	21	David Fox		V55																			
300	89.78	7:44:00	126	Nicky Stevenson		V40																			
301	89.59	7:43:30	825	Sarah Hughan		V35																			
302	89.49	n/a	695	James Jesson		V40																			
303	89.40	n/a	245	Iain Entwistle		M																			
304	89.29	7:45:00	5	Sara Elliott		V40																			
305	89.16	n/a	230	Harry Brook-Dobson		M																			
306	89.05	7:46:30	14	Mary Hampshire		V45																			
307	88.70	7:43:30	149	Sarah Tomlinson		V40																			
308	88.67	n/a	884	Steven Eastwood		M																			
309	88.47	7:43:00	628	Malcolm Aitken		M																			
310	88.31	7:43:30	691	Neil Berry		M																			
311	88.29	7:46:30	488	Jill Holt		F																			
312	87.84	n/a	357	Mark Iley		M																			
313	87.71	n/a	423	Mark Sowerby		V40																			
314	87.60	7:46:30	208	Angela Barker-Charleton		F																			
315	87.47	n/a	354	David Brown		V45																			
316	87.23	n/a	290	Paul Walkington		M																			
317	86.31	7:46:30	837	Emma David		V35																			
318	86.25	7:45:00	417	Louise Branford-White		V40																			

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								T	P	H	F	T	P	H	F	T	P	H	F	T	P	H	F		
425	47.72	n/a	537	Claire Walker	Ripon Runners	F		49:46	47.72	73.68	0.66												1	73.68	
426	47.64	7:43:30	782	Adrian Cobbin	Vocalink Running Club	M	V40								41:09	23.82	69.37	0.65	41:32	23.82	64.93	0.61	2	134.30	
427	47.53	n/a	597	Becky Burgess	Thirsk and Sowerby Harriers	F													37:28	47.53	75.18	0.68	1	75.18	
428	47.50	n/a	635	Peter Richardson	Thirsk and Sowerby Harriers	M	V50								37:37	47.50	81.06	0.71					1	81.06	
429	47.48	n/a	883	Hannah Plinder	Dragon Aire	F		49:48	47.48	76.17	0.66												1	76.17	
430	47.22	7:41:00	870	Jan Smith	Skipton AC	F	V50	55:00	22.67	76.92	0.60	51:18	24.55	78.81	0.60								2	155.73	
431	46.64	n/a	561	John Smith	Ripon Runners	M	V55*											37:47	46.64	88.77	0.71		1	88.77	
432	45.77	7:41:00	771	Liz Robertshaw	Vocalink Running Club	F	V35					51:09	25.51	70.86	0.60					42:25	20.26	68.69	0.60	2	139.56
433	45.43	7:43:00	766	Richard Gorman	Vocalink Running Club	M	V40	54:12	25.32	64.77	0.61							41:44	20.11	68.40	0.64	2	133.17		
434	45.37	7:41:00	890	Rachel Jovanovic	Dragon Aire	F		53:47	26.29	68.17	0.61									42:47	19.08	65.84	0.59	2	134.01
435	45.18	7:41:00	162	Claudia Bordogna	Dragon Aire	F	V35	55:12	21.95	68.72	0.60								41:38	23.23	69.99	0.61	2	138.70	
436	44.98	7:42:30	504	Kelly Dunkley	Ripon Runners	F		56:10	20.02	65.28	0.59				40:59	24.96	72.75	0.65					2	138.03	
437	44.69	7:39:30	419	Christina Sayer	Swaledale Road Runners	F	V55	55:45	20.99	79.99	0.59	54:26	15.00	78.28	0.57	46:00	8.70	78.83	0.58				3	237.10	
438	44.62	7:42:30	670	Kate Thomas	Wetherby Runners	F	V35	54:21	25.08	69.79	0.61							42:08	19.54	73.20	0.64	2	142.99		
439	43.77	7:41:00	836	David Rushton	Nidd Valley Road Runners	M	V55					51:48	22.32	72.47	0.60					41:57	21.45	71.94	0.60	2	144.41
440	43.63	n/a	318	Stephanie Fox	Ilkley Harriers AC	F	V40	50:32	43.63	77.74	0.65												1	77.74	
441	43.61	7:38:00	756	Tracy Allison	Knareborough Striders	F	V50	57:20	16.89	73.79	0.58	55:59	11.50	72.21	0.55				44:13	15.22	73.50	0.57	3	219.51	
442	43.57	7:39:30	143	Zoe Dooley	Dragon Aire	F	V40	58:28	14.00	67.19	0.56	53:58	16.59	69.56	0.57	44:20	12.98	72.06	0.61				3	208.81	
443	43.32	7:39:30	680	Pete Galley	Wetherby Runners	M	V60	58:08	14.72	70.96	0.57	55:27	12.77	71.09	0.56	43:13	15.83	77.61	0.62				3	219.66	
444	43.16	7:40:30	38	Gemma Harrington	Otley AC	F	V35	55:24	21.47	68.47	0.60	51:54	21.69	69.84	0.60								2	138.30	
445	42.67	n/a	324	Will Buckton	Ilkley Harriers AC	M		50:46	42.67	65.00	0.65												1	65.00	
446	42.58	7:39:30	620	Louise Thompson	Thirsk and Sowerby Harriers	F	V35	59:21	13.04	63.91	0.56					43:09	16.69	71.48	0.62	44:49	12.85	65.02	0.57	3	200.40
447	41.94	n/a	557	Laura Strangeway	Ripon Runners	F		51:05	41.94	71.78	0.65												1	71.78	
448	41.46	n/a	136	Steve Davies	Dragon Aire	M	V55	51:09	41.46	76.80	0.65												1	76.80	
449	41.22	n/a	210	James Hawkins	Harrogate Harriers	M									38:24	41.22	72.04	0.70					1	72.04	
450	40.94	n/a	437	Michael Roshier	Swaledale Road Runners	M	V45								38:25	40.94	76.76	0.70					1	76.76	
451	40.47	n/a	69	Stephen Small	Otley AC	M	V55					47:27	40.47	79.11	0.65								1	79.11	
452	40.07	7:42:30	146	Andrea Stevenson	Dragon Aire	F	V50								41:43	20.40	82.47	0.64	42:43	19.67	76.08	0.59	2	158.55	
453	40.02	n/a	67	Neil Reed	Otley AC	M	V50	51:35	40.02	72.70	0.64												1	72.70	
454	39.67	7:41:30	496	Angie Benson	Ripon Runners	F	V50	52:47	31.83	80.15	0.63					46:02	7.84	74.73	0.58				2	154.89	
455	39.53	7:38:00	827	Ewa Scott	Nidd Valley Road Runners	F	V40	61:23	7.26	64.00	0.54	53:39	17.23	69.97	0.58	44:45	12.41	71.38	0.60	46:04	9.89	65.51	0.55	4	270.87
456	39.47	7:42:00	8	Tom Hannah	Otley AC	M	V65					52:59	18.50	78.31	0.58	41:43	20.97	84.64	0.64				2	162.95	
457	39.05	n/a	51	Gilly Wright	Otley AC	F		51:42	39.05	70.92	0.64												1	70.92	
458	38.97	7:42:00	226	Emma Moore	Harrogate Harriers	F	V35*								40:48	25.53	78.30	0.66	44:39	13.44	67.59	0.57	2	145.88	
459	38.77	7:41:30	427	Ros Blackmore	Swaledale Road Runners	F	V45	60:10	10.39	67.71	0.55					40:06	28.38	82.61	0.67				2	150.33	
460	38.03	7:39:00	501	Chris Bennett	Ripon Runners	M	V65	61:26	7.02	70.68	0.54					43:08	16.97	81.86	0.62	44:36	14.04	74.79	0.57	3	227.32
461	37.82	7:39:00	326	Emma O'Looney	Ilkley Harriers AC	F	V45	57:34	15.93	70.77	0.57	56:58	8.63	68.34	0.54	44:19	13.26	74.75	0.61				3	213.86	
462	37.35	7:39:30	525	Caroline Bentham	Ripon Runners	F	V45	55:22	21.71	73.58	0.60	54:15	15.64	71.76	0.57								2	145.34	
463	37.13	7:41:30	164	Gary Waite	Dragon Aire	M	V50	56:30	19.30	66.37	0.58					42:51	17.83	71.16	0.63				2	137.53	
464	36.94	n/a	626	Martin Cummins	Thirsk and Sowerby Harriers	M	V60								38:59	36.94	86.04	0.69					1	86.04	
465	36.73	7:38:00	316	Don Macrae	Ilkley Harriers AC	M	V65	61:04	8.46	71.10	0.54	56:38	9.59	73.26	0.55	42:18	18.68	83.47	0.63				3	227.84	
466	36.64	n/a	678	Andy Green	Wetherby Runners	M		51:59	36.64	65.45	0.63												1	65.45	
467	36.25	7:37:00	830	Jane Hill	Nidd Valley Road Runners	F	V40	59:18	13.28	66.25	0.56	54:04	16.27	69.43	0.57	46:39	6.70	68.48	0.58	48:43	4.55	61.95	0.52	4	266.11
468	35.92	n/a	351	Peter Lewis	Ilkley Harriers AC	M	V65	52:08	35.92	83.29	0.63												1	83.29	
469	35.60	7:41:00	656	Samantha Parker	Wetherby Runners	F	V45	56:40	18.34	71.90	0.58					43:05	17.26	76.89	0.62				2	148.79	
470	35.52	7:39:30	844	Rachael Prince	Nidd Valley Road Runners	F	V40					52:35	18.82	71.39	0.59					43:46	16.70	68.95	0.58	2	140.34
471	35.06	7:37:00	893	Julie Stead	Dragon Aire	F	V50	59:12	13.52	71.47	0.56	55:13	13.73	73.22	0.56					46:53	7.81	69.32	0.54	3	214.00
472	35.03	7:38:30	289	Matthew Lucock	Harrogate Harriers	M						54:44	14.68	57.61	0.56	45:52	8.98	58.50	0.59	45:40	11.37	55.51	0.56	3	171.63
473	34.94	7:38:00	821	Michelle Smith	Nidd Valley Road Runners	F	V45	59:37	12.56	68.34	0.55	56:31	10.54	68.88	0.55	44:54	11.84	73.78	0.60				3	211.00	
474	34.51	7:41:00	135	Arlene Davies	Dragon Aire	F	V50	56:24	19.54	75.01	0.59					43:45	14.97	78.63	0.61				2	153.65	
475	34.50	7:39:00	263	Jackie Flynn	Harrogate Harriers	F	V50					53:54	16.91	75.00	0.57					43:32	17.59	74.66	0.58	2	149.66
476	34.28	7:41:00	618	Faith Coy	Thirsk and Sowerby Harriers	F	V40	57:31	16.17	68.30	0.57					42:31	18.11	75.13	0.63				2	143.44	
477	34.20	7:39:00	410	Roger Brisley	Swaledale Road Runners	M	V60	57:27	16.65	71.80	0.57	53:29	17.55	73.70	0.58								2	145.50	

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						T	P	H	F	T	P	H	F	T	P	H	F	T	P	H	F				
531	13.35	7:34:30	434	Allyson Cole	Swaledale Road Runners	F	V50	61:08	8.22	69.21	0.54	59:26	5.13	68.02	0.52								2	137.23	
532	12.50	7:34:00	132	Suzanne Shaw	Dragon Aire	F	V45	63:33	5.57	64.11	0.52					49:56	3.56	66.34	0.54	49:19	3.37	63.46	0.51	3	193.91
533	12.26	n/a	282	Jane Rowbotham	Harrogate Harriers	F	V55													44:59	12.26	76.15	0.56	1	76.15
534	12.14	n/a	43	Yvette McNally	Otley AC	F	V45					55:43	12.14	69.87	0.55									1	69.87
535	11.96	n/a	554	Joh Geldard	Ripon Runners	F	V45													45:18	11.96	69.09	0.56	1	69.09
536	11.83	n/a	335	Natalie York	Ilkley Harriers AC	F	V45	59:57	11.83	67.96	0.55													1	67.96
537	11.70	7:33:00	832	Michelle Dinsdale	Nidd Valley Road Runners	F	V40	66:59	2.68	58.65	0.49	62:15	2.27	60.30	0.50	50:26	2.99	63.34	0.53	48:08	6.03	62.70	0.53	4	244.99
538	11.59	7:34:00	144	Rachel Maskill-Rogan	Dragon Aire	F	V45	63:17	5.81	64.38	0.52					50:46	2.71	65.25	0.53	49:23	3.07	63.37	0.51	3	193.01
539	11.46	7:34:30	412	Nicki Walsh	Swaledale Road Runners	F		61:19	7.50	59.80	0.54									49:01	3.96	57.46	0.52	2	117.26
540	11.35	n/a	138	Simon Brown	Dragon Aire	M	V55	60:00	11.35	65.48	0.55													1	65.48
541	10.86	n/a	154	Diane Gill	Dragon Aire	F	V50					56:29	10.86	71.57	0.55									1	71.57
542	10.70	n/a	634	Trish Radford	Thirsk and Sowerby Harriers	F	V55									45:24	10.70	79.87	0.59					1	79.87
543	10.63	n/a	429	Sarah Haynes	Swaledale Road Runners	F		60:09	10.63	60.96	0.55													1	60.96
544	10.63	7:36:00	524	Julie Merrin	Ripon Runners	F	V40	65:12	3.64	60.25	0.51					46:09	6.99	69.22	0.58					2	129.47
545	10.55	7:34:30	133	Elizabeth Swinney	Dragon Aire	F	V40	61:39	6.29	63.72	0.54									48:56	4.26	61.67	0.52	2	125.40
546	10.41	n/a	636	Sarah Jones	Thirsk and Sowerby Harriers	F	V35									45:25	10.41	67.91	0.59					1	67.91
547	10.15	n/a	590	Alison Butcher	Thirsk and Sowerby Harriers	F	V45	60:18	10.15	67.56	0.55													1	67.56
548	9.82	7:33:30	754	Dawn Richardson	Knabesborough Striders	F	V50	65:17	2.92	64.81	0.51					49:25	4.13	69.62	0.54	49:30	2.77	65.66	0.51	3	200.08
549	9.59	7:34:00	743	Stephen Morris	Knabesborough Striders	M	V55	62:05	6.05	63.28	0.53	60:34	3.54	61.98	0.51									2	125.26
550	9.04	7:32:30	623	Phillip Craig	Thirsk and Sowerby Harriers	M		67:15	2.44	49.07	0.49	63:52	1.95	49.37	0.48	49:14	4.42	54.50	0.55	50:00	2.18	50.70	0.51	4	203.65
551	8.99	7:33:30	150	Jayne Mott	Dragon Aire	F	V50	63:34	5.33	66.56	0.52									49:18	3.66	65.92	0.51	2	132.48
552	8.94	7:33:00	323	Laura Dawes	Ilkley Harriers AC	F		65:02	4.13	56.38	0.51	59:30	4.81	58.89	0.52									2	115.27
553	8.63	7:32:30	550	Paula Johnstone	Ripon Runners	F	V45	64:15	4.61	63.41	0.51					51:28	2.14	64.37	0.52	51:30	1.88	60.77	0.49	3	188.55
554	8.32	n/a	632	Janet Balmain	Thirsk and Sowerby Harriers	F	V40					57:04	8.32	65.78	0.54									1	65.78
555	8.15	7:35:00	675	Sharon Smith	Wetherby Runners	F	V55					61:30	2.59	69.29	0.50	47:50	5.56	75.81	0.56					2	145.10
556	8.13	n/a	616	Rachel Stanfield	Thirsk and Sowerby Harriers	F										46:01	8.13	64.79	0.58					1	64.79
557	8.07	7:32:00	270	Norris Chacon-Hidalgo	Harrogate Harriers	M		64:10	4.85	51.43	0.51	60:50	3.22	51.84	0.51									2	103.26
558	7.02	7:32:30	541	Maggie Driffield	Ripon Runners	F	V55	65:16	3.16	68.33	0.51	60:28	3.86	70.47	0.51									2	138.80
559	6.81	7:30:30	42	Antonio Cardinale	Otley AC	M	V65	65:08	3.89	66.66	0.51	64:56	1.63	63.90	0.48					51:40	1.29	64.56	0.49	3	195.12
560	6.33	n/a	551	Robin Kahoe	Ripon Runners	M	V55													47:49	6.33	63.11	0.53	1	63.11
561	5.88	7:32:30	758	Brenda Grant	Knabesborough Striders	F	V60	65:14	3.40	72.27	0.51									49:34	2.48	73.06	0.51	2	145.33
562	5.27	n/a	622	Clare Goacher	Thirsk and Sowerby Harriers	F										48:31	5.27	61.45	0.55					1	61.45
563	5.12	7:31:00	592	Ian Codling	Thirsk and Sowerby Harriers	M	V75	69:08	1.96	70.20	0.48					52:01	1.57	75.86	0.52	51:37	1.59	72.22	0.49	3	218.28
564	4.37	n/a	158	Nicola Robinson	Dragon Aire	F		64:46	4.37	56.61	0.51													1	56.61
565	4.05	7:32:00	529	Linda Cadman	Ripon Runners	F	V60	67:26	2.20	69.91	0.49					51:54	1.85	73.86	0.52					2	143.77
566	3.85	n/a	625	Jane Cummins	Thirsk and Sowerby Harriers	F	V50									49:52	3.85	68.99	0.54					1	68.99
567	3.00	7:26:00	159	Susan Carey	Dragon Aire	F	V45	69:30	1.72	58.62	0.47					60:00	1.28	55.21	0.45					2	113.83
568	2.42	n/a	614	Drikus Van Der Westhuizen	Thirsk and Sowerby Harriers	M										51:27	2.42	53.77	0.52					1	53.77
569	2.00	7:24:00	593	Marian Codling	Thirsk and Sowerby Harriers	F	V70	75:34	1.00	70.44	0.44					60:14	1.00	71.85	0.45					2	142.29
570	1.48	n/a	596	Bev Davies	Thirsk and Sowerby Harriers	F	V50	69:50	1.48	60.58	0.47													1	60.58
571	1.24	n/a	803	Fiona Robinson	Nidd Valley Road Runners	F	V50	71:11	1.24	59.43	0.46													1	59.43
572	1.00	n/a	613	Cameron Choules	Thirsk and Sowerby Harriers	M	V45													52:00	1.00	53.57	0.49	1	53.57

Notes

Col B Based on main team points, columns labelled P
Col C Handicap start time, 2 races required
Col H If starred means age class changed during League, need to check for prize eligibility
Col I etc T time
Col J etc P main team points earned
Col K etc H handicap score for race based on time/age/gender
Col L etc F factor used to calculate handicap start time
Col Z League handicap competition H total score