

## HDSRL 2015

## Team

## Results of Race 1, Harrogate

<b>Team Results</b>	<b>Main</b>	<b>Ladies</b>	<b>LVets</b>	<b>Vets</b>	<b>SVets</b>	<b>Elite mm.ss</b>
Dragon Aire	720.78	358.77	199.02	227.56	211.84	118.08
Harrogate Harriers	938.77	471.84	285.56	446.04	442.34	102.39
Ilkley Harriers AC	744.86	386.91	251.47	301.98	347.78	116.44
Knaresborough Striders	793.98	319.17	246.22	312.90	91.16	118.24
Nidd Valley Road Runners	836.38	397.84	261.96	396.88	228.58	113.57
Otley AC	897.11	420.77	283.59	364.79	341.87	112.59
Richmond and Zetland Harriers	118.81	0.00	0.00	31.04	0.00	n/c
Ripon Runners	864.81	461.94	282.95	357.96	383.24	112.09
Skipton AC	777.15	442.66	269.17	290.36	164.53	121.07
Swaledale Road Runners	786.78	309.27	224.59	452.86	284.26	114.45
Thirsk and Sowerby Harriers	774.01	332.20	223.28	374.36	217.75	117.08
Vocalink Running Club	463.77	215.00	132.46	204.33	0.00	137.30
Wetherby Runners	952.26	464.02	277.69	482.22	161.09	111.29

Posn	Time mm.ss	Race #	Name	F?	Vet	Club	Team	Ladies	LVets	MVets	SVets	Hcap
1	33:00	<b>216</b>	Mike Burrett			Harrogate Harriers	100.00					103.09
2	33:28	<b>215</b>	Jonathan Johnson			Harrogate Harriers	99.75					98.61
3	33:40	<b>353</b>	Jack Wood			Ilkley Harriers AC	99.51					98.02
4	35:12	<b>552</b>	Reece Dalton		U18	Ripon Runners	99.27					99.73
5	35:47	<b>892</b>	Will Morris			Dragon Aire	99.03					95.07
6	36:11	<b>202</b>	John Young			Harrogate Harriers	98.79					94.02
7	36:17	<b>619</b>	Greg Macdonald		V45	Thirsk and Sowerby Harriers	98.55			100.00		99.95
8	36:46	<b>693</b>	Paul Nelson		V45	Wetherby Runners	98.31			99.31		98.63
9	37:07	<b>433</b>	Stuart Smith		V40	Swaledale Road Runners	98.07			98.63		94.58
10	37:19	<b>701</b>	Mark Tobin		V40	Wetherby Runners	97.83			97.95		94.08
11	37:24	<b>686</b>	Joseph Kwallah		V45	Wetherby Runners	97.59			97.26		96.96
12	37:26	<b>65</b>	Richard Smith			Otley AC	97.35					88.16
13	37:35	<b>12</b>	Andrew Robertshaw		V45	Otley AC	97.10			96.58		96.49
14	37:37	<b>842</b>	Matthew Wilkinson			Nidd Valley Road Runners	96.86					87.73
15	37:44	<b>804</b>	Jamie Dilasser		V45	Nidd Valley Road Runners	96.62			95.90		96.11
16	37:50	<b>490</b>	James Boddy			Ripon Runners	96.38					89.92
17	37:56	<b>652</b>	Mark Holt		V40	Wetherby Runners	96.14			95.22		92.55
18	37:58	<b>25</b>	Jemery Stewart			Otley AC	95.90					86.92
19	37:59	<b>682</b>	Jamie Thompson			Wetherby Runners	95.66					86.88
20	38:09	<b>679</b>	Guy Whatmore			Wetherby Runners	95.42					86.50
21	38:10	<b>430</b>	Steve Brown		V55	Swaledale Road Runners	95.18			94.53	100.00	102.93
22	38:16	<b>194</b>	Andrew Grant		V45	Harrogate Harriers	94.94			93.85		94.77
23	38:21	<b>13</b>	Graham Lake			Otley AC	94.70					88.71
24	38:33	<b>666</b>	Robert Whitaker			Wetherby Runners	94.45					88.25
25	38:36	<b>807</b>	Andy Todd		V50	Nidd Valley Road Runners	94.21			93.17		97.15
26	38:50	<b>745</b>	Keith Emery			Knaresborough Striders	93.97					87.61
27	39:02	<b>663</b>	Robert Gray		V50	Wetherby Runners	93.73			92.48		96.07
28	39:04	<b>746</b>	Martin Brock			Knaresborough Striders	93.49					87.08
29	39:06	<b>847</b>	Joel Dalby			Skipton AC	93.25					87.01
30	39:07	<b>553</b>	Dougie Scott		V40	Ripon Runners	93.01			91.80		89.75
31	39:08	<b>247</b>	Paul Stockburn		V55	Harrogate Harriers	92.77			91.12	98.52	100.39
32	39:11	<b>52</b>	Shane Ewen			Otley AC	92.53					86.82
33	39:14	<b>611</b>	Stephen Tomaszewski		V50	Thirsk and Sowerby Harriers	92.29			90.44		95.58
34	39:28	<b>681</b>	Seonaid Thompson	F		Wetherby Runners	92.05	100.00				92.91

35	39:28	<b>425</b>	Derek Parrington	V50	Swaledale Road Runners	91.81			89.75	95.02
36	39:29	<b>795</b>	Martin Lofthouse	V45	Nidd Valley Road Runners	91.56			89.07	91.85
37	39:34	<b>233</b>	Richard Willis	V45	Harrogate Harriers	91.32			88.39	91.65
38	39:51	<b>660</b>	David Carberry	V40	Wetherby Runners	91.08			87.71	88.10
39	39:54	<b>246</b>	Stuart Helmore		Harrogate Harriers	90.84				82.71
40	39:54	<b>234</b>	Nick Andralojc	V50	Harrogate Harriers	90.60			87.02	93.98
41	40:00	<b>428</b>	Neil Bowmer	V45	Swaledale Road Runners	90.36			86.34	90.66
42	40:08	<b>183</b>	Adam Prentis	V50	Harrogate Harriers	90.12			85.66	93.44
43	40:16	<b>500</b>	Donna Riddler	F V35	Ripon Runners	89.88	99.47	100.00		94.20
44	40:17	<b>281</b>	Ian Rowbotham	V55	Harrogate Harriers	89.64			84.97	97.04
45	40:17	<b>245</b>	Iain Entwistle		Harrogate Harriers	89.40				84.45
46	40:17	<b>230</b>	Harry Brook-Dobson		Harrogate Harriers	89.16				84.45
47	40:20	<b>871</b>	Gavin Smith		Skipton AC	88.91				81.82
48	40:23	<b>884</b>	Steven Eastwood		Dragon Aire	88.67				84.24
49	40:30	<b>741</b>	Dan Wilson		Knaresborough Striders	88.43				81.48
50	40:43	<b>559</b>	Richard Schofield		Ripon Runners	88.19				81.05
51	40:46	<b>196</b>	Simon Moffatt	V45	Harrogate Harriers	87.95			84.29	88.95
52	40:49	<b>423</b>	Mark Sowerby	V40	Swaledale Road Runners	87.71			83.61	86.01
53	40:54	<b>354</b>	David Brown	V45	Ilkley Harriers AC	87.47			82.93	88.66
54	40:55	<b>290</b>	Paul Walkington		Harrogate Harriers	87.23				80.65
55	40:57	<b>4</b>	Tom Lynch		Otley AC	86.99				80.59
56	41:05	<b>229</b>	Geoffrey Hirst		Harrogate Harriers	86.75				80.32
57	41:08	<b>10</b>	Steven Robinson	V40	Otley AC	86.51			82.24	85.35
58	41:12	<b>271</b>	Emma Robinson	F	Harrogate Harriers	86.27	98.95			89.00
59	41:25	<b>278</b>	Simon Watson	V50	Harrogate Harriers	86.02			81.56	90.54
60	41:34	<b>513</b>	Tori Green	F	Ripon Runners	85.78	98.43			88.21
61	41:37	<b>587</b>	Ken Wood		Thirsk and Sowerby Harriers	85.54				81.75
62	41:41	<b>849</b>	Alastair Wallace	V40	Skipton AC	85.30			80.88	84.22
63	41:49	<b>814</b>	Daniel Eagling		Nidd Valley Road Runners	85.06				81.36
64	41:50	<b>609</b>	Bryan Miller		Thirsk and Sowerby Harriers	84.82				78.88
65	41:51	<b>211</b>	Ben Shacklock		Harrogate Harriers	84.58				81.29
66	41:52	<b>657</b>	Iain Andrews	V40	Wetherby Runners	84.34			80.20	83.85
67	41:58	<b>169</b>	Owain Gwilym		Dragon Aire	84.10				81.07
68	41:58	<b>255</b>	Ian Cooper	V40	Harrogate Harriers	83.86			79.51	83.65
69	42:03	<b>28</b>	Tom Paget		Otley AC	83.62				78.48

70	42:05	<b>737</b>	Ian Mitchell	V50	Knaresborough Striders	83.37			78.83		89.11
71	42:10	<b>347</b>	Tom Worboys		Ilkley Harriers AC	83.13					80.68
72	42:13	<b>262</b>	Tim Palmer	V45	Harrogate Harriers	82.89			78.15		85.90
73	42:18	<b>1</b>	Tom Potter		Otley AC	82.65					78.01
74	42:20	<b>422</b>	Jackie Keavney	F V50	Swaledale Road Runners	82.41	97.91	99.34			99.94
75	42:30	<b>244</b>	Julian Murray	V40	Harrogate Harriers	82.17			77.46		82.60
76	42:32	<b>854</b>	Richard Annable	V55	Skipton AC	81.93			76.78	95.56	92.36
77	42:35	<b>315</b>	Ben Joynson		Ilkley Harriers AC	81.69					79.89
78	42:37	<b>873</b>	Ben Davies		Skipton AC	81.45					77.43
79	42:40	<b>544</b>	Stephen Butler		Ripon Runners	81.21					79.74
80	42:42	<b>239</b>	Philip Birch	V40	Harrogate Harriers	80.97			76.10		82.22
81	42:44	<b>704</b>	Kevin Easley	V40	Wetherby Runners	80.72			75.42		82.15
82	42:46	<b>777</b>	Simon Williams	V45	Vocalink Running Club	80.48			74.73		84.79
83	42:50	<b>257</b>	Huby Conway		Harrogate Harriers	80.24					79.43
84	42:52	<b>517</b>	Andy Turner	V55	Ripon Runners	80.00			74.05	94.08	91.65
85	42:54	<b>39</b>	Laura Martin	F V45	Otley AC	79.76	97.39	98.68			94.97
86	42:56	<b>692</b>	Angela Reeve	F V35	Wetherby Runners	79.52	96.87	98.03			88.35
87	43:00	<b>405</b>	Alan Mackay	V40	Swaledale Road Runners	79.28			73.37		81.64
88	43:08	<b>34</b>	Tamara Weatherhead	F V45	Otley AC	79.04	96.35	97.37			94.45
89	43:10	<b>540</b>	Paul Walker	V45	Ripon Runners	78.80			72.68		84.01
90	43:12	<b>662</b>	Rob Driver		Wetherby Runners	78.56					76.39
91	43:13	<b>805</b>	Jonathan Easton		Nidd Valley Road Runners	78.32					78.72
92	43:15	<b>885</b>	Rebecca Streets	F	Dragon Aire	78.08	95.83				84.78
93	43:15	<b>601</b>	Graham Robinson	V60	Thirsk and Sowerby Harriers	77.83			72.00	92.61	95.38
94	43:23	<b>431</b>	Robbie Kelly	V55	Swaledale Road Runners	77.59			71.32	91.13	90.55
95	43:32	<b>806</b>	Sam Fugill		Nidd Valley Road Runners	77.35					75.80
96	43:36	<b>193</b>	Wendy Marks	F V45	Harrogate Harriers	77.11	95.31	96.72			93.44
97	43:39	<b>182</b>	Rosalyn Moore	F V35	Harrogate Harriers	76.87	94.78	96.06			86.90
98	43:47	<b>817</b>	Carol Morgan	F V40	Nidd Valley Road Runners	76.63	94.26	95.41			89.73
99	43:48	<b>352</b>	Philip Hurst	V55	Ilkley Harriers AC	76.39			70.64	89.65	89.69
100	43:49	<b>186</b>	Michael Gill	V45	Harrogate Harriers	76.15			69.95		82.76
101	43:50	<b>256</b>	Kevin-Malachy Murphy	V55	Harrogate Harriers	75.91			69.27	88.17	89.63
102	43:50	<b>187</b>	Stephen Nesbitt	V45	Harrogate Harriers	75.67			68.59		82.73
103	43:50	<b>605</b>	Rob Lickley	V40	Thirsk and Sowerby Harriers	75.43			67.91		80.09
104	43:59	<b>734</b>	James Wright		Knaresborough Striders	75.18					75.03

105	44:09	<b>655</b>	Andrew Wheeler		V55	Wetherby Runners	74.94			67.22	86.70	88.98
106	44:13	<b>627</b>	David Fawkes			Thirsk and Sowerby Harriers	74.70					76.94
107	44:14	<b>762</b>	Nicola Carter	F	V40	Knarborough Striders	74.46	93.74	94.75			88.81
108	44:15	<b>845</b>	Simon Franklin		V45	Nidd Valley Road Runners	74.22			66.54		81.95
109	44:19	<b>749</b>	Philip Cornforth		V45	Knarborough Striders	73.98			65.86		81.83
110	44:21	<b>877</b>	Matt Tupling		V40	Dragon Aire	73.74			65.17		79.16
111	44:22	<b>266</b>	Chris Mccarthy			Harrogate Harriers	73.50					74.38
112	44:24	<b>735</b>	Stewart Hymas		V40	Knarborough Striders	73.26			64.49		79.07
113	44:38	<b>863</b>	Anne-Marie Bulcock	F	V45	Skipton AC	73.02	93.22	94.09			91.28
114	44:42	<b>858</b>	Mel Ives	F		Skipton AC	72.78	92.70				82.03
115	44:50	<b>32</b>	Gary Cochraine		V40	Otley AC	72.54			63.81		78.30
116	44:57	<b>487</b>	Matthew Holt		V40	Ripon Runners	72.29			63.13		78.10
117	44:58	<b>447</b>	Andrew Everard			Richmond and Zetland Harriers	72.05					75.66
118	45:00	<b>763</b>	Sime Lowery	F	V40	Knarborough Striders	71.81	92.18	93.44			87.30
119	45:00	<b>214</b>	Simon Lawson		V45	Harrogate Harriers	71.57			62.44		80.59
120	45:02	<b>188</b>	Sarah Gill	F	V50	Harrogate Harriers	71.33	91.66	92.78			93.95
121	45:05	<b>66</b>	John Armitstead		V55	Otley AC	71.09			61.76	85.22	87.14
122	45:11	<b>344</b>	Paul Stephens		V55	Ilkley Harriers AC	70.85			61.08	83.74	86.95
123	45:14	<b>48</b>	Michael Pickard		V45	Otley AC	70.61			60.40		80.17
124	45:15	<b>851</b>	Dave Gorman		V50	Skipton AC	70.37			59.71		82.87
125	45:24	<b>228</b>	Charlotte Roberts	F		Harrogate Harriers	70.13	91.14				80.76
126	45:27	<b>192</b>	Jodie Peary	F		Harrogate Harriers	69.89	90.62				80.67
127	45:28	<b>198</b>	Tim Broomfield		V55	Harrogate Harriers	69.64			59.03	82.26	86.41
128	45:35	<b>556</b>	Claire Jamieson	F	V50	Ripon Runners	69.40	90.10	92.13			92.81
129	45:40	<b>219</b>	J. Dan Simmons		V50	Harrogate Harriers	69.16			58.35		82.12
130	45:41	<b>667</b>	Phoebe Coster	F	U18	Wetherby Runners	68.92	89.57				86.00
131	45:43	<b>654</b>	Nina Batt	F		Wetherby Runners	68.68	89.05				80.20
132	45:45	<b>765</b>	Steve Garlick		V50	Vocalink Running Club	68.44			57.66		81.97
133	45:51	<b>346</b>	Will Worboys			Ilkley Harriers AC	68.20					74.20
134	45:52	<b>671</b>	Gill Edmondson	F	V35	Wetherby Runners	67.96	88.53	91.47			82.70
135	45:54	<b>9</b>	Andy Webster		V40	Otley AC	67.72			56.98		76.48
136	45:55	<b>519</b>	Tony White		V60	Ripon Runners	67.48			56.30	80.79	89.84
137	46:00	<b>532</b>	Sheena Jackson	F	V35	Ripon Runners	67.24	88.01	90.82			82.46
138	46:05	<b>59</b>	Hosker Chris			Otley AC	67.00					73.82
139	46:06	<b>549</b>	Ray Johnstone		V55	Ripon Runners	66.75			55.62	79.31	85.22

140	46:06	<b>27</b>	Matt Podd	V55	Otley AC	66.51			54.93	77.83	85.22
141	46:07	<b>222</b>	Peter Edwards	V50	Harrogate Harriers	66.27			54.25		81.32
142	46:09	<b>733</b>	Julian Carr	V40	Knaresborough Striders	66.03			53.57		76.07
143	46:11	<b>243</b>	Tim Pocock	V55	Harrogate Harriers	65.79			52.88	76.35	85.06
144	46:13	<b>801</b>	Rob Snow	V55	Nidd Valley Road Runners	65.55			52.20	74.88	85.00
145	46:19	<b>869</b>	Jayne Butterworth	F	V50	Skipton AC	65.31	87.49	90.16		91.34
146	46:22	<b>547</b>	John Chatwin			Ripon Runners	65.07				73.37
147	46:28	<b>865</b>	Jenny Wade	F		Skipton AC	64.83	86.97			78.91
148	46:33	<b>238</b>	Steve Woollven		V40	Harrogate Harriers	64.59			51.52	75.42
149	46:35	<b>811</b>	Stephen Newton		V45	Nidd Valley Road Runners	64.35			50.84	77.85
150	46:35	<b>205</b>	Amy Hill	F		Harrogate Harriers	64.10	86.45			78.71
151	46:37	<b>534</b>	Anneke Imeson	F	V35	Ripon Runners	63.86	85.93	89.50		81.37
152	46:37	<b>629</b>	Charlotte Wilton	F	V35	Thirsk and Sowerby Harriers	63.62	85.41	88.85		81.37
153	46:39	<b>744</b>	Sean Brennan		V45	Knaresborough Striders	63.38			50.15	77.74
154	46:40	<b>665</b>	Emma Coster	F	V40	Wetherby Runners	63.14	84.88	88.19		84.18
155	46:41	<b>30</b>	Nicola Lee	F	V35	Otley AC	62.90	84.36	87.54		81.25
156	46:48	<b>200</b>	Rob Athey		V40	Harrogate Harriers	62.66			49.47	75.01
157	46:53	<b>17</b>	Eriks Zuaigzne		V60	Otley AC	62.42			48.79	73.40
158	46:57	<b>128</b>	Simon Peck		V60	Dragon Aire	62.18			48.11	71.92
159	47:03	<b>624</b>	Alan Pollock			Thirsk and Sowerby Harriers	61.94				70.14
160	47:07	<b>40</b>	Andy Barker			Otley AC	61.70				72.21
161	47:09	<b>267</b>	Donald Morgan		V50	Harrogate Harriers	61.45			47.42	79.53
162	47:14	<b>511</b>	Simon Mccudden		V55	Ripon Runners	61.21			46.74	70.44
163	47:16	<b>829</b>	Emma Dooley	F	V40	Nidd Valley Road Runners	60.97	83.84	86.88		83.12
164	47:25	<b>816</b>	Paul Eagling			Nidd Valley Road Runners	60.73				69.60
165	47:27	<b>122</b>	Kevin Nicholas		V50	Dragon Aire	60.49			46.06	79.03
166	47:36	<b>887</b>	Paul Denvers			Dragon Aire	60.25				69.33
167	47:38	<b>337</b>	Julie Watson	F	V45	Ilkley Harriers AC	60.01	83.32	86.23		85.53
168	47:39	<b>334</b>	Adrian Weatherly		V50	Ilkley Harriers AC	59.77			45.37	78.70
169	47:40	<b>160</b>	Peter Bryant		V50	Dragon Aire	59.53			44.69	78.67
170	47:41	<b>598</b>	Steven Scott		V45	Thirsk and Sowerby Harriers	59.29			44.01	76.05
171	47:42	<b>748</b>	Andy Roberts		V50	Knaresborough Striders	59.05			43.33	78.62
172	47:48	<b>848</b>	Derek Ives		V55	Skipton AC	58.81			42.64	68.97
173	47:49	<b>674</b>	Debbie Dennison	F	V50	Wetherby Runners	58.56	82.80	85.57		88.48
174	47:52	<b>45</b>	Peter Gosling			Otley AC	58.32				71.07

175	47:54	<b>846</b>	Jeremy Lamb		Skipton AC	58.08						68.89
176	47:56	<b>339</b>	David Ibbotson		V55 Ilkley Harriers AC	57.84			41.96	67.49		81.96
177	47:56	<b>864</b>	Hilary Seward	F	V50 Skipton AC	57.60	82.28	84.92				88.26
178	47:58	<b>22</b>	Ian Broadbent		V45 Otley AC	57.36			41.28			75.60
179	47:59	<b>325</b>	Jane Bryant	F	V45 Ilkley Harriers AC	57.12	81.76	84.26				84.91
180	48:02	<b>507</b>	Jo Wallace	F	V50 Ripon Runners	56.88	81.24	83.60				88.08
181	48:03	<b>536</b>	Suzanne Rickard	F	V40 Ripon Runners	56.64	80.72	82.95				81.76
182	48:07	<b>7</b>	Paul Clifford		V45 Otley AC	56.40			40.60			75.37
183	48:13	<b>835</b>	Paul Manning		V45 Nidd Valley Road Runners	56.16			39.91			75.21
184	48:16	<b>668</b>	Andrea Normington	F	V50 Wetherby Runners	55.91	80.20	82.29				87.65
185	48:17	<b>866</b>	Karen Hood	F	V35 Skipton AC	55.67	79.67	81.64				78.56
186	48:18	<b>319</b>	Jean Sullivan	F	V45 Ilkley Harriers AC	55.43	79.15	80.98				84.35
187	48:26	<b>699</b>	Helen Buglass	F	V40 Wetherby Runners	55.19	78.63	80.33				81.11
188	48:28	<b>279</b>	Tony Essex		V65 Harrogate Harriers	54.95			39.23	66.01		89.59
189	48:30	<b>882</b>	Graham Turner		Dragon Aire	54.71						70.15
190	48:32	<b>273</b>	Richard Gray		Harrogate Harriers	54.47						67.99
191	48:33	<b>673</b>	Paul Dennison		V50 Wetherby Runners	54.23			38.55			77.24
192	48:35	<b>121</b>	Steve Clayson		Dragon Aire	53.99						67.92
193	48:38	<b>838</b>	Alison Isles	F	V40 Nidd Valley Road Runners	53.75	78.11	79.67				80.78
194	48:42	<b>555</b>	Georgia Wigby	F	Ripon Runners	53.51	77.59					77.89
195	48:48	<b>242</b>	Emma Amos	F	V35 Harrogate Harriers	53.27	77.07	79.01				77.73
196	48:48	<b>604</b>	Helen Ashworth	F	V45 Thirsk and Sowerby Harriers	53.02	76.55	78.36				83.49
197	48:49	<b>330</b>	Caroline Craske	F	V45 Ilkley Harriers AC	52.78	76.03	77.70				83.46
198	48:53	<b>254</b>	Sarah Beecher	F	V50 Harrogate Harriers	52.54	75.51	77.05				86.55
199	48:54	<b>800</b>	Dave Seaman		V65 Nidd Valley Road Runners	52.30			37.86	64.53		88.80
200	48:54	<b>599</b>	Stu Waters		V45 Thirsk and Sowerby Harriers	52.06			37.18			74.16
201	48:57	<b>14</b>	Mary Hampshire	F	V45 Otley AC	51.82	74.98	76.39				83.23
202	48:58	<b>68</b>	Carl Walsh		V50 Otley AC	51.58			36.50			76.58
203	48:59	<b>742</b>	Derek Calvert		V55 Knaresborough Striders	51.34			35.82	63.05		80.20
204	48:59	<b>775</b>	Alex Whapples	F	V45 Vocalink Running Club	51.10	74.46	75.74				83.17
205	49:00	<b>545</b>	Georgia Wilkinson	F	Ripon Runners	50.86	73.94					74.83
206	49:03	<b>772</b>	Andrew Tattersall		V45 Vocalink Running Club	50.62			35.13			73.93
207	49:05	<b>876</b>	Susie Sharp	F	V45 Skipton AC	50.37	73.42	75.08				83.00
208	49:09	<b>796</b>	James Cook		V45 Nidd Valley Road Runners	50.13			34.45			73.78
209	49:13	<b>489</b>	Kim Holden	F	V50 Ripon Runners	49.89	72.90	74.43				85.96

210	49:16	<b>837</b>	Emma David	F	V35	Nidd Valley Road Runners	49.65	72.38	73.77			76.99
211	49:16	<b>812</b>	Ian Mcleod		V55	Nidd Valley Road Runners	49.41			33.77	61.58	79.74
212	49:22	<b>207</b>	Melanie Rice	F	V40	Harrogate Harriers	49.17	71.86	73.11			79.58
213	49:23	<b>268</b>	Angus Morgan			Harrogate Harriers	48.93					68.89
214	49:26	<b>264</b>	Tim Bennett	F	V45	Harrogate Harriers	48.69	71.34	72.46			82.42
215	49:28	<b>617</b>	Martyn Coy		V40	Thirsk and Sowerby Harriers	48.45			33.08		70.97
216	49:41	<b>26</b>	Andrew Raynor		V45	Otley AC	48.21			32.40		72.99
217	49:44	<b>505</b>	Nicole Sutton	F	V35	Ripon Runners	47.97	70.82	71.80			76.27
218	49:46	<b>537</b>	Claire Walker	F		Ripon Runners	47.72	70.30				73.68
219	49:48	<b>883</b>	Hannah Pinder	F		Dragon Aire	47.48	69.77				76.17
220	49:49	<b>591</b>	Andy Butcher		V45	Thirsk and Sowerby Harriers	47.24			31.72		72.79
221	49:51	<b>822</b>	Christine Jones	F	V50	Nidd Valley Road Runners	47.00	69.25	71.15			84.87
222	49:52	<b>446</b>	Raymond Robson		V45	Richmond and Zetland Harriers	46.76			31.04		72.72
223	49:55	<b>850</b>	Brian Hugill		V45	Skipton AC	46.52			30.35		72.65
224	49:58	<b>861</b>	Emma Newbould	F	V45	Skipton AC	46.28	68.73	70.49			81.54
225	49:58	<b>153</b>	Ruth Bowman	F	V35	Dragon Aire	46.04	68.21	69.84			75.91
226	49:59	<b>21</b>	David Fox		V55	Otley AC	45.80			29.67	60.10	78.60
227	50:03	<b>512</b>	Andy Purll		V40	Ripon Runners	45.56			28.99		70.14
228	50:07	<b>5</b>	Sara Elliott	F	V40	Otley AC	45.32	67.69	69.18			78.39
229	50:07	<b>493</b>	Stan Appleton		V65	Ripon Runners	45.08			28.31	58.62	86.64
230	50:18	<b>417</b>	Louise Branford-White		V40	Swaledale Road Runners	44.83			27.62		69.79
231	50:18	<b>123</b>	Paul Crabtree			Dragon Aire	44.59					67.64
232	50:21	<b>767</b>	Gareth Hardcastle			Vocalink Running Club	44.35					67.57
233	50:24	<b>608</b>	Brian Smith		V40	Thirsk and Sowerby Harriers	44.11			26.94		69.66
234	50:25	<b>774</b>	Cath Walls	F		Vocalink Running Club	43.87	67.17				72.73
235	50:32	<b>318</b>	Stephanie Fox	F	V40	Ilkley Harriers AC	43.63	66.65	68.52			77.74
236	50:35	<b>558</b>	Jane Grundy	F		Ripon Runners	43.39	66.13				72.49
237	50:40	<b>343</b>	Christine Cox	F	V55	Ilkley Harriers AC	43.15	65.61	67.87		57.14	88.02
238	50:44	<b>594</b>	Geoff Bullock		V65	Thirsk and Sowerby Harriers	42.91			26.26	55.67	85.59
239	50:46	<b>324</b>	Will Buckton			Ilkley Harriers AC	42.67					65.00
240	50:48	<b>780</b>	Luke Fitzgerald		V45	Vocalink Running Club	42.43			25.57		71.39
241	51:04	<b>676</b>	Pete Callaghan		V50	Wetherby Runners	42.18			24.89		73.43
242	51:05	<b>557</b>	Laura Strangeway	F		Ripon Runners	41.94	65.08				71.78
243	51:06	<b>527</b>	Ian Swincoe		V45	Ripon Runners	41.70			24.21		70.97
244	51:09	<b>136</b>	Steve Davies		V55	Dragon Aire	41.46			23.53	54.19	76.80



245	51:12	<b>199</b>	Eve Hawkins	F	V35	Harrogate Harriers	41.22	64.56	67.21			74.08
246	51:22	<b>520</b>	Heather Glegg	F	V45	Ripon Runners	40.98	64.04	66.56			79.31
247	51:23	<b>16</b>	Dominic Egan		V45	Otley AC	40.74			22.84		70.57
248	51:24	<b>203</b>	Paul Berwin		V55	Harrogate Harriers	40.50			22.16	52.71	76.43
249	51:26	<b>696</b>	Drew Ward		V60	Wetherby Runners	40.26			21.48	51.23	80.20
250	51:35	<b>67</b>	Neil Reed		V50	Otley AC	40.02			20.80		72.70
251	51:38	<b>149</b>	Sarah Tomlinson	F	V40	Dragon Aire	39.78	63.52	65.90			76.09
252	51:40	<b>403</b>	Vicki Howe	F	V50	Swaledale Road Runners	39.54	63.00	65.25			81.89
253	51:41	<b>509</b>	Lesley Willoughby	F	V45	Ripon Runners	39.29	62.48	64.59			78.83
254	51:42	<b>51</b>	Gilly Wright	F		Otley AC	39.05	61.96				70.92
255	51:43	<b>163</b>	Lauren Tasker	F		Dragon Aire	38.81	61.44				70.90
256	51:44	<b>522</b>	Anne Cheeseman	F	V50	Ripon Runners	38.57	60.92	63.94			81.78
257	51:50	<b>878</b>	Rhonda Neilson	F	V35	Dragon Aire	38.33	60.40	63.28			73.18
258	51:51	<b>610</b>	Claire Gillian	F		Thirsk and Sowerby Harriers	38.09	59.87				70.72
259	51:52	<b>595</b>	Marc Davies		V50	Thirsk and Sowerby Harriers	37.85			20.11		72.30
260	51:54	<b>329</b>	Allison Ricci	F	V45	Ilkley Harriers AC	37.61	59.35	62.62			78.50
261	51:55	<b>843</b>	Sarah Gordon	F	V40	Nidd Valley Road Runners	37.37	58.83	61.97			75.67
262	51:57	<b>151</b>	Jan Davies	F	V50	Dragon Aire	37.13	58.31	61.31			81.44
263	51:58	<b>413</b>	Ronan Walsh			Swaledale Road Runners	36.89					63.50
264	51:59	<b>678</b>	Andy Green			Wetherby Runners	36.64					65.45
265	52:00	<b>859</b>	Helen Lindley	F	V45	Skipton AC	36.40	57.79	60.66			78.35
266	52:01	<b>582</b>	Fran Jeffery	F		Thirsk and Sowerby Harriers	36.16	57.27				70.49
267	52:08	<b>351</b>	Peter Lewis		V65	Ilkley Harriers AC	35.92			19.43	49.76	83.29
268	52:09	<b>435</b>	Janet Ilesley	F	V50	Swaledale Road Runners	35.68	56.75	60.00			81.13
269	52:16	<b>823</b>	Jenny Manning	F	V40	Nidd Valley Road Runners	35.44	56.23	59.35			75.16
270	52:19	<b>15</b>	Sue Tupling	F	V45	Otley AC	35.20	55.71	58.69			77.87
271	52:19	<b>225</b>	Kathryn Dransfield	F		Harrogate Harriers	34.96	55.18				70.09
272	52:20	<b>753</b>	Pamala Singleton	F	V50	Knaresborough Striders	34.72	54.66	58.03			80.84
273	52:23	<b>560</b>	John Ward		V65	Ripon Runners	34.48			18.75	48.28	82.89
274	52:26	<b>126</b>	Nicky Stevenson	F	V40	Dragon Aire	34.24	54.14	57.38			74.93
275	52:27	<b>768</b>	Sarah Hart	F	V40	Vocalink Running Club	34.00	53.62	56.72			74.90
276	52:28	<b>585</b>	Pat Kirby	F	V65	Thirsk and Sowerby Harriers	33.75	53.10	56.07		46.80	95.30
277	52:28	<b>700</b>	Lara Johnson	F		Wetherby Runners	33.51	52.58				69.89
278	52:29	<b>333</b>	Paul Sugden		V50	Ilkley Harriers AC	33.27			18.06		71.45
279	52:30	<b>237</b>	Neilhindmarch		V50	Harrogate Harriers	33.03			17.38		71.43

280	52:35	<b>349</b>	James Rochfort	V40	Ilkley Harriers AC	32.79			16.70	66.76		
281	52:41	<b>628</b>	Malcolm Aitken		Thirsk and Sowerby Harriers	32.55				64.58		
282	52:42	<b>3</b>	John Davis	V50	Otley AC	32.31			16.02	71.16		
283	52:46	<b>322</b>	Geoffrey White		Ilkley Harriers AC	32.07				62.54		
284	52:47	<b>496</b>	Angie Benson	F	V50	Ripon Runners	31.83	52.06	55.41	80.15		
285	52:50	<b>185</b>	Mark Hattersley		V50	Harrogate Harriers	31.59			15.33	70.98	
286	52:51	<b>46</b>	Colin Best		V60	Otley AC	31.35			14.65	45.32	78.05
287	52:54	<b>797</b>	Helen Gregory	F	V40	Nidd Valley Road Runners	31.10	51.54	54.76			74.26
288	52:55	<b>314</b>	Hilda Coulese	F	V60	Ilkley Harriers AC	30.86	51.02	54.10		43.85	89.09
289	53:00	<b>761</b>	Ali Dale	F	V50	Knaresborough Striders	30.62	50.50	53.45			79.83
290	53:02	<b>879</b>	Nick Ford			Dragon Aire	30.38					62.23
291	53:03	<b>510</b>	Tim Joynson		V55	Ripon Runners	30.14			13.97	42.37	74.05
292	53:11	<b>841</b>	Alex Crowton			Nidd Valley Road Runners	29.90					63.97
293	53:12	<b>881</b>	Margaret Britton	F	V60	Dragon Aire	29.66	49.97	52.79		40.89	88.61
294	53:12	<b>868</b>	Angela Dowbiggan	F	V45	Skipton AC	29.42	49.45	52.13			76.58
295	53:14	<b>542</b>	Hayley Whipp	F	V40	Ripon Runners	29.18	48.93	51.48			73.80
296	53:17	<b>331</b>	Julie Elmes	F	V45	Ilkley Harriers AC	28.94	48.41	50.82			76.46
297	53:19	<b>486</b>	Chris Appleton		V55	Ripon Runners	28.70			13.28	39.41	73.68
298	53:21	<b>691</b>	Neil Berry			Wetherby Runners	28.45					63.77
299	53:22	<b>401</b>	Julia Spittle	F	V60	Swaledale Road Runners	28.21	47.89	50.17		37.94	88.34
300	53:22	<b>134</b>	Karen Kirkbright	F	V50	Dragon Aire	27.97	47.37	49.51			79.28
301	53:23	<b>506</b>	Clare Childs	F	V40	Ripon Runners	27.73	46.85	48.86			73.59
302	53:24	<b>825</b>	Sarah Hughan	F	V35	Nidd Valley Road Runners	27.49	46.33	48.20			71.03
303	53:29	<b>348</b>	Sandra Rochfort	F	V40	Ilkley Harriers AC	27.25	45.81	47.54			73.45
304	53:37	<b>492</b>	John Grundy		V70	Ripon Runners	27.01			12.60	36.46	85.48
305	53:42	<b>867</b>	Mel Steventon	F		Skipton AC	26.77	45.28				68.28
306	53:45	<b>227</b>	Richard Burton	F	V55	Harrogate Harriers	26.53	44.76	46.89		34.98	82.97
307	53:47	<b>890</b>	Rachel Jovanovic	F		Dragon Aire	26.29	44.24				68.17
308	53:48	<b>54</b>	Nick Hodgkinson		V55	Otley AC	26.05			11.92	33.50	73.02
309	53:57	<b>404</b>	Zoe Mackay	F	V40	Swaledale Road Runners	25.81	43.72	46.23			72.82
310	54:01	<b>503</b>	Helena Conlin	F	V45	Ripon Runners	25.56	43.20	45.58			75.42
311	54:12	<b>766</b>	Richard Gorman		V40	Vocalink Running Club	25.32			11.24		64.77
312	54:21	<b>670</b>	Kate Thomas	F	V35	Wetherby Runners	25.08	42.68	44.92			69.79
313	54:26	<b>518</b>	Jackie Turner	F	V50	Ripon Runners	24.84	42.16	44.27			77.72
314	54:38	<b>831</b>	Debbie Gibson	F	V50	Nidd Valley Road Runners	24.60	41.64	43.61			77.44

315	54:40	<b>55</b>	Martin Weston			Otley AC	24.36				62.23
316	54:41	<b>148</b>	Leah Forey	F	U16	Dragon Aire	24.12	41.12			71.84
317	54:45	<b>147</b>	Helen Forey	F	V45	Dragon Aire	23.88	40.60	42.96		74.41
318	54:50	<b>189</b>	Stephanie Bryant	F		Harrogate Harriers	23.64	40.07			66.87
319	54:54	<b>161</b>	Lynda Parkinson	F	V35	Dragon Aire	23.40	39.55	42.30		69.09
320	54:56	<b>783</b>	Dan Dickinson			Vocalink Running Club	23.16				61.93
321	54:59	<b>872</b>	Emma Yiu	F	V35	Skipton AC	22.91	39.03	41.64		68.99
322	55:00	<b>870</b>	Jan Smith	F	V50	Skipton AC	22.67	38.51	40.99		76.92
323	55:01	<b>515</b>	Jo Thwaites	F	V40	Ripon Runners	22.43	37.99	40.33		71.41
324	55:02	<b>2</b>	Joanna Hobson	F	V55	Otley AC	22.19	37.47	39.68	32.02	81.03
325	55:12	<b>162</b>	Claudia Bordogna	F	V35	Dragon Aire	21.95	36.95	39.02		68.72
326	55:22	<b>525</b>	Caroline Bentham	F	V45	Ripon Runners	21.71	36.43	38.37		73.58
327	55:24	<b>38</b>	Gemma Harrington	F	V35	Otley AC	21.47	35.91	37.71		68.47
328	55:40	<b>672</b>	Fiona Wilcoxon	F	V35	Wetherby Runners	21.23	35.38	37.05		68.14
329	55:45	<b>419</b>	Christina Sayer	F	V55	Swaledale Road Runners	20.99	34.86	36.40	30.55	79.99
330	55:53	<b>834</b>	Rebecca Ventress	F	V35	Nidd Valley Road Runners	20.75	34.34	35.74		67.88
331	55:57	<b>321</b>	Sue Williamson	F	V50	Ilkley Harriers AC	20.51	33.82	35.09		75.62
332	56:02	<b>736</b>	David Sowray		V50	Knaresborough Striders	20.27			10.55	66.92
333	56:10	<b>504</b>	Kelly Dunkley	F		Ripon Runners	20.02	33.30			65.28
334	56:20	<b>19</b>	Laura Hind	F	V35	Otley AC	19.78	32.78	34.43		67.33
335	56:24	<b>135</b>	Arlene Davies	F	V50	Dragon Aire	19.54	32.26	33.78		75.01
336	56:30	<b>164</b>	Gary Waite		V50	Dragon Aire	19.30			9.87	66.37
337	56:37	<b>495</b>	Fiona Alder	F	V55	Ripon Runners	19.06	31.74	33.12	29.07	78.77
338	56:38	<b>502</b>	Tony Carr		V50	Ripon Runners	18.82			9.19	66.22
339	56:38	<b>409</b>	Karen Palmer	F	V50	Swaledale Road Runners	18.58	31.22	32.47		74.70
340	56:40	<b>656</b>	Samantha Parker	F	V45	Wetherby Runners	18.34	30.70	31.81		71.90
341	56:47	<b>11</b>	Toni Midgley	F		Otley AC	18.10	30.17			64.57
342	56:54	<b>808</b>	Nick Smith		V55	Nidd Valley Road Runners	17.86			8.51	27.59
343	56:59	<b>498</b>	Mel Dutka	F	V50	Ripon Runners	17.62	29.65	31.15		74.25
344	57:07	<b>142</b>	Clare Pierce	F	V60	Dragon Aire	17.37	29.13	30.50	26.11	82.54
345	57:17	<b>402</b>	Sarah Norman	F	V35	Swaledale Road Runners	17.13	28.61	29.84		66.22
346	57:20	<b>756</b>	Tracy Allison	F	V50	Knaresborough Striders	16.89	28.09	29.19		73.79
347	57:27	<b>410</b>	Roger Brisley		V60	Swaledale Road Runners	16.65			7.82	24.64
348	57:30	<b>809</b>	Alison Little	F	V45	Nidd Valley Road Runners	16.41	27.57	28.53		70.85
349	57:31	<b>618</b>	Faith Coy	F	V40	Thirsk and Sowerby Harriers	16.17	27.05	27.88		68.30

350	57:34	<b>326</b>	Emma O'Looney	F	V45	Ilkley Harriers AC	15.93	26.53	27.22			70.77
351	57:39	<b>283</b>	Wendy Bennett	F	V40	Harrogate Harriers	15.69	26.01	26.56			68.15
352	57:49	<b>824</b>	Sarah Chalmers	F	V50	Nidd Valley Road Runners	15.45	25.48	25.91			73.18
353	58:02	<b>195</b>	Nigel Wright		V50	Harrogate Harriers	15.21			7.14		64.62
354	58:06	<b>781</b>	Neil Warr			Vocalink Running Club	14.97					58.56
355	58:08	<b>680</b>	Pete Galley		V60	Wetherby Runners	14.72			6.46	23.16	70.96
356	58:14	<b>44</b>	Emma Thomson	F		Otley AC	14.48	24.96				62.97
357	58:15	<b>818</b>	Natalie Lancosova	F		Nidd Valley Road Runners	14.24	24.44				62.95
358	58:28	<b>143</b>	Zoe Dooley	F	V40	Dragon Aire	14.00	23.92	25.25			67.19
359	58:44	<b>155</b>	Joy Wetherill	F	V50	Dragon Aire	13.76	23.40	24.60			72.03
360	59:12	<b>893</b>	Julie Stead	F	V50	Dragon Aire	13.52	22.88	23.94			71.47
361	59:18	<b>830</b>	Jane Hill	F	V40	Nidd Valley Road Runners	13.28	22.36	23.29			66.25
362	59:21	<b>620</b>	Louise Thompson	F	V35	Thirsk and Sowerby Harriers	13.04	21.84	22.63			63.91
363	59:29	<b>23</b>	David Cattanach		V60	Otley AC	12.80			5.77	21.68	69.35
364	59:37	<b>821</b>	Michelle Smith	F	V45	Nidd Valley Road Runners	12.56	21.32	21.98			68.34
365	59:41	<b>776</b>	David Whapples		V45	Vocalink Running Club	12.32			5.09		60.76
366	59:43	<b>584</b>	Christine Burn	F	V60	Thirsk and Sowerby Harriers	12.08	20.80	21.32		20.20	78.94
367	59:57	<b>335</b>	Natalie York	F	V45	Ilkley Harriers AC	11.83	20.27	20.66			67.96
368	59:59	<b>769</b>	Beth Littlewood	F		Vocalink Running Club	11.59	19.75				61.13
369	60:00	<b>138</b>	Simon Brown		V55	Dragon Aire	11.35			4.41	18.73	65.48
370	60:01	<b>406</b>	Karen Thompson	F	V50	Swaledale Road Runners	11.11	19.23	20.01			70.49
371	60:03	<b>407</b>	Shelagh Pearce	F	V55	Swaledale Road Runners	10.87	18.71	19.35		17.25	74.26
372	60:09	<b>429</b>	Sarah Haynes	F		Swaledale Road Runners	10.63	18.19				60.96
373	60:10	<b>427</b>	Ros Blackmore	F	V45	Swaledale Road Runners	10.39	17.67	18.70			67.71
374	60:18	<b>590</b>	Alison Butcher	F	V45	Thirsk and Sowerby Harriers	10.15	17.15	18.04			67.56
375	60:20	<b>630</b>	Andrea Almack	F	V45	Thirsk and Sowerby Harriers	9.91	16.63	17.39			67.53
376	60:22	<b>145</b>	Caroline Bradley	F	V50	Dragon Aire	9.67	16.11	16.73			70.08
377	60:26	<b>880</b>	Clare Ford	F		Dragon Aire	9.43	15.58				60.67
378	60:27	<b>833</b>	Aimi Blueman	F	V40	Nidd Valley Road Runners	9.18	15.06	16.07			64.99
379	60:39	<b>755</b>	Andrea Price	F	V45	Knaresborough Striders	8.94	14.54	15.42			67.17
380	60:42	<b>317</b>	Claire Murphy	F	V40	Ilkley Harriers AC	8.70	14.02	14.76			64.72
381	61:04	<b>316</b>	Don Macrae		V65	Ilkley Harriers AC	8.46			3.73	15.77	71.10
382	61:08	<b>434</b>	Allyson Cole	F	V50	Swaledale Road Runners	8.22	13.50	14.11			69.21
383	61:16	<b>127</b>	Andrea Willbond	F	V65	Dragon Aire	7.98	12.98	13.45		14.29	81.61
384	61:17	<b>129</b>	Claire Featherstone	F		Dragon Aire	7.74	12.46				59.83

385	61:19	<b>412</b>	Nicki Walsh	F		Swaledale Road Runners	7.50	11.94				59.80
386	61:23	<b>827</b>	Ewa Scott	F	V40	Nidd Valley Road Runners	7.26	11.42	12.80			64.00
387	61:26	<b>501</b>	Chris Bennett		V65	Ripon Runners	7.02			3.04	12.82	70.68
388	61:39	<b>152</b>	Alison Parker	F	V50	Dragon Aire	6.78	10.90	12.14			68.63
389	61:39	<b>131</b>	Anne Lipman	F	V50	Dragon Aire	6.54	10.37	11.49			68.63
390	61:39	<b>133</b>	Elizabeth Swinney	F	V40	Dragon Aire	6.29	9.85	10.83			63.72
391	62:05	<b>743</b>	Stephen Morris		V55	Knaresborough Striders	6.05			2.36	11.34	63.28
392	63:17	<b>144</b>	Rachel Maskill-Rogan	F	V45	Dragon Aire	5.81	9.33	10.17			64.38
393	63:33	<b>132</b>	Suzanne Shaw	F	V45	Dragon Aire	5.57	8.81	9.52			64.11
394	63:34	<b>150</b>	Jayne Mott	F	V50	Dragon Aire	5.33	8.29	8.86			66.56
395	63:40	<b>760</b>	Janet Morris	F	V55	Knaresborough Striders	5.09	7.77	8.21		9.86	70.04
396	64:10	<b>270</b>	Norris Chacon-Hidalgo			Harrogate Harriers	4.85					51.43
397	64:15	<b>550</b>	Paula Johnstone	F	V45	Ripon Runners	4.61	7.25	7.55			63.41
398	64:46	<b>158</b>	Nicola Robinson	F		Dragon Aire	4.37	6.73				56.61
399	65:02	<b>323</b>	Laura Dawes	F		Ilkley Harriers AC	4.13	6.21				56.38
400	65:08	<b>42</b>	Antonio Cardinale		V65	Otley AC	3.89			1.68	8.38	66.66
401	65:12	<b>524</b>	Julie Merrin	F	V40	Ripon Runners	3.64	5.68	6.90			60.25
402	65:14	<b>758</b>	Brenda Grant	F	V60	Knaresborough Striders	3.40	5.16	6.24		6.91	72.27
403	65:16	<b>541</b>	Maggie Driffield	F	V55	Ripon Runners	3.16	4.64	5.58		5.43	68.33
404	65:17	<b>754</b>	Dawn Richardson	F	V50	Knaresborough Striders	2.92	4.12	4.93			64.81
405	66:59	<b>832</b>	Michelle Dinsdale	F	V40	Nidd Valley Road Runners	2.68	3.60	4.27			58.65
406	67:15	<b>623</b>	Phillip Craig			Thirsk and Sowerby Harriers	2.44					49.07
407	67:26	<b>529</b>	Linda Cadman	F	V60	Ripon Runners	2.20	3.08	3.62		3.95	69.91
408	69:08	<b>592</b>	Ian Codling		V75	Thirsk and Sowerby Harriers	1.96			1.00	2.47	70.20
409	69:30	<b>159</b>	Susan Carey	F	V45	Dragon Aire	1.72	2.56	2.96			58.62
410	69:50	<b>596</b>	Bev Davies	F	V50	Thirsk and Sowerby Harriers	1.48	2.04	2.31			60.58
411	71:11	<b>803</b>	Fiona Robinson	F	V50	Nidd Valley Road Runners	1.24	1.52	1.65			59.43
412	75:34	<b>593</b>	Marian Codling	F	V70	Thirsk and Sowerby Harriers	1.00	1.00	1.00		1.00	70.44