

Team Results	Main	Ladies	LVets	Vets	SVets	Elite mm.ss
Dragon Aire	609.29	260.18	175.12	215.32	127.66	90.06
Harrogate Harriers	951.93	469.19	287.50	459.95	443.14	77.55
Ilkley Harriers AC	491.02	288.05	237.56	236.39	143.16	96.09
Knarborough Striders	813.51	293.91	235.77	333.58	78.16	90.45
Nidd Valley Road Runners	768.18	400.25	272.33	323.75	211.15	92.25
Otley AC	808.16	288.79	211.69	352.53	279.98	82.20
Richmond and Zetland Harriers	93.58	0.00	0.00	67.29	0.00	n/c
Ripon Runners	889.99	409.78	275.90	421.34	367.98	83.57
Skipton AC	657.30	384.85	235.77	211.11	80.82	92.01
Swaledale Road Runners	631.51	200.05	167.09	413.61	270.66	89.43
Thirsk and Sowerby Harriers	716.29	370.18	247.36	322.33	169.99	94.10
Vocalink Running Club	446.85	177.53	118.83	227.55	0.00	101.19
Wetherby Runners	916.95	475.06	270.55	461.36	133.99	84.52

Cumulative team results after 4 races

Dragon Aire	2582.02	1194.29	678.29	884.29	500.31	416.38
Harrogate Harriers	3739.82	1888.36	1150.73	1814.56	1760.90	372.30
Ilkley Harriers AC	2347.28	1295.80	961.95	959.71	895.04	422.48
Knarborough Striders	3282.32	1122.33	962.82	1284.30	319.12	411.13
Nidd Valley Road Runners	3164.41	1603.55	1056.40	1374.95	744.90	409.14
Otley AC	3319.32	1074.53	778.84	1384.82	1179.84	386.25
Richmond and Zetland Harriers	866.05	194.68	0.00	301.32	0.00	n/c
Ripon Runners	3358.97	1689.73	1097.92	1539.00	1492.40	399.34
Skipton AC	3022.90	1638.83	1025.55	1030.55	544.65	411.02
Swaledale Road Runners	2662.59	1074.78	808.95	1588.17	1081.54	409.53
Thirsk and Sowerby Harriers	2856.67	1317.68	886.45	1294.19	637.20	417.25
Vocalink Running Club	1786.16	654.91	491.66	945.12	0.00	463.36
Wetherby Runners	3617.29	1774.79	1057.03	1866.83	527.83	384.10

Posn	Time mm.ss	Race #	Name	F?	Vet	Club	Team	Ladies	LVets	MVets	SVets	Hcap
1	25:21	216	Mike Burrett			Harrogate Harriers	100.00					103.09
2	25:38	71	Ian Fisher		V40	Otley AC	99.70			100.00		105.21
3	26:06	215	Jonathan Johnson			Harrogate Harriers	99.40					97.13
4	26:28	194	Andrew Grant		V45	Harrogate Harriers	99.11			99.29		105.25
5	26:31	260	Ed Beecher		U18	Harrogate Harriers	98.81					101.70
6	27:11	919	Paul Milgate		V40	Wetherby Runners	98.51			98.59		99.21
7	27:20	857	Julian Hood			Skipton AC	98.22					95.61
8	27:22	543	Michael Appleton		V40	Ripon Runners	97.92			97.89		98.54
9	27:48	35	Tom Midgley			Otley AC	97.62					91.19
10	27:53	892	Will Morris			Dragon Aire	97.33					93.73
11	28:09	552	Reece Dalton		U18	Ripon Runners	97.03					95.80
12	28:24	291	Shaun Winstanley		V45	Harrogate Harriers	96.73			97.19		98.09
13	28:26	508	Richard Watson		V45	Ripon Runners	96.44			96.48		97.97
14	28:45	202	John Young			Harrogate Harriers	96.14					90.90
15	28:48	693	Paul Nelson		V45	Wetherby Runners	95.85			95.78		96.73
16	28:53	703	Pauline Munro	F	V45	Wetherby Runners	95.55	100.00	100.00			108.35
17	28:54	12	Andrew Robertshaw		V45	Otley AC	95.25			95.08		96.39
18	29:07	490	James Boddy			Ripon Runners	94.96					89.76
19	29:14	430	Steve Brown		V55	Swaledale Road Runners	94.66			94.38	100.00	103.23
20	29:21	13	Graham Lake			Otley AC	94.36					89.04
21	29:23	514	Sharon Barlow	F	V35	Ripon Runners	94.07	99.26	99.10			99.16
22	29:38	663	Robert Gray		V50	Wetherby Runners	93.77			93.68		97.21
23	29:40	433	Stuart Smith		V40	Swaledale Road Runners	93.47			92.97		90.90
24	29:41	553	Dougie Scott		V40	Ripon Runners	93.18			92.27		90.85
25	29:44	652	Mark Holt		V40	Wetherby Runners	92.88			91.57		90.70
26	29:47	666	Robert Whitaker			Wetherby Runners	92.58					87.75
27	29:49	752	Simon Shaw		V40	Knaresborough Striders	92.29			90.87		90.45
28	29:51	211	Ben Shacklock			Harrogate Harriers	91.99					87.55
29	29:53	795	Martin Lofthouse		V45	Nidd Valley Road Runners	91.70			90.17		93.22
30	29:55	683	Andrew Walsh			Wetherby Runners	91.40					87.36
31	29:58	52	Shane Ewen			Otley AC	91.10					87.21

32	30:01	298	Ben Grant	V65	Harrogate Harriers	90.81		89.46	98.16	111.12
33	30:10	807	Andy Todd	V50	Nidd Valley Road Runners	90.51		88.76		95.49
34	30:13	746	Martin Brock		Knaresborough Striders	90.21				86.49
35	30:14	168	Jonathan Forey	V45	Dragon Aire	89.92		88.06		92.14
36	30:15	184	Nathan Smith	V40	Harrogate Harriers	89.62		87.36		89.15
37	30:22	223	Dan Atkinson	V40	Harrogate Harriers	89.32		86.65		88.81
38	30:37	611	Stephen Tomaszewski	V50	Thirsk and Sowerby Harriers	89.03		85.95		94.09
39	30:43	739	Andy Robinson		Knaresborough Striders	88.73				82.53
40	30:47	750	Rob Clarke		Knaresborough Striders	88.44				84.90
41	30:49	425	Derek Parrington	V50	Swaledale Road Runners	88.14		85.25		93.48
42	30:50	357	Mark Iley	V50	Ilkley Harriers AC	87.84		84.55		93.43
43	31:01	233	Richard Willis	V45	Harrogate Harriers	87.55		83.85		89.81
44	31:12	183	Adam Prentis	V50	Harrogate Harriers	87.25		83.14		92.33
45	31:14	186	Michael Gill	V45	Harrogate Harriers	86.95		82.44		89.19
46	31:17	686	Joseph Kwallah	V45	Wetherby Runners	86.66		81.74		89.05
47	31:17	234	Nick Andralojc	V50	Harrogate Harriers	86.36		81.04		92.08
48	31:18	705	Stella Cross	F U16	Wetherby Runners	86.06	98.53			96.42
49	31:21	293	Lorraine Mitchell	F V40	Harrogate Harriers	85.77	97.80	98.21		96.26
50	31:25	849	Alastair Wallace	V40	Skipton AC	85.47		80.34		85.84
51	31:27	500	Donna Riddler	F V35	Ripon Runners	85.17	97.06	97.32		92.65
52	31:31	275	David Harrison	V40	Harrogate Harriers	84.88		79.63		85.57
53	31:34	355	Andrew Sheldon	V50	Ilkley Harriers AC	84.58		78.93		91.26
54	31:40	544	Stephen Butler		Ripon Runners	84.29				82.53
55	31:44	587	Ken Wood		Thirsk and Sowerby Harriers	83.99				82.36
56	31:46	657	Iain Andrews	V40	Wetherby Runners	83.69		78.23		84.89
57	31:49	609	Bryan Miller		Thirsk and Sowerby Harriers	83.40				79.68
58	31:50	734	James Wright		Knaresborough Striders	83.10				79.63
59	31:53	196	Simon Moffatt	V45	Harrogate Harriers	82.80		77.53		87.37
60	31:54	300	Andrew Sykes	V50	Harrogate Harriers	82.51		76.82		90.30
61	31:55	278	Simon Watson	V50	Harrogate Harriers	82.21		76.12		90.26
62	31:56	301	Jean Croft	F V50	Harrogate Harriers	81.91	96.33	96.43		101.77
63	31:57	220	Adam Newton		Harrogate Harriers	81.62				81.80

64	31:59	271	Emma Robinson	F	Harrogate Harriers	81.32	95.60		88.07
65	31:59	889	Nick Jovanovic		Dragon Aire	81.02			79.26
66	32:04	281	Ian Rowbotham	V55	Harrogate Harriers	80.73		75.42 96.33	94.11
67	32:10	741	Dan Wilson		Knareborough Striders	80.43			78.81
68	32:15	229	Geoffrey Hirst		Harrogate Harriers	80.14			78.60
69	32:17	204	Darren West	V50	Harrogate Harriers	79.84		74.72	89.23
70	32:19	422	Jackie Keavney	F V50	Swaledale Road Runners	79.54	94.86	95.54	100.57
71	32:22	817	Carol Morgan	F V40	Nidd Valley Road Runners	79.25	94.13	94.64	93.24
72	32:24	707	Emily Legg	F	Wetherby Runners	78.95	93.40		89.93
73	32:28	662	Rob Driver		Wetherby Runners	78.65			78.08
74	32:34	266	Chris Mccarthy		Harrogate Harriers	78.36			77.84
75	32:35	737	Ian Mitchell	V50	Knareborough Striders	78.06		74.02	88.41
76	32:36	773	Nick Wagstaff	V40	Vocalink Running Club	77.76		73.31	82.72
77	32:38	819	Paul Geary		Nidd Valley Road Runners	77.47			77.68
78	32:39	244	Julian Murray	V40	Harrogate Harriers	77.17		72.61	82.60
79	32:42	806	Sam Fugill		Nidd Valley Road Runners	76.88			77.52
80	32:47	653	David Fennah	V40	Wetherby Runners	76.58		71.91	82.26
81	32:50	431	Robbie Kelly	V55	Swaledale Road Runners	76.28		71.21 94.50	91.91
82	32:56	257	Huby Conway		Harrogate Harriers	75.99			79.35
83	32:57	805	Jonathan Easton		Nidd Valley Road Runners	75.69			79.31
84	33:00	605	Rob Lickley	V40	Thirsk and Sowerby Harriers	75.39		70.51	81.72
85	33:03	405	Alan Mackay	V40	Swaledale Road Runners	75.10		69.80	81.60
86	33:04	777	Simon Williams	V45	Vocalink Running Club	74.80		69.10	84.25
87	33:09	995	Lee Welsby	V45	Nidd Valley Road Runners	74.50		68.40	84.03
88	33:09	814	Daniel Eagling		Nidd Valley Road Runners	74.21			78.84
89	33:15	497	Gary Wilks	V40	Ripon Runners	73.91		67.70	81.11
90	33:16	873	Ben Davies		Skipton AC	73.61			76.20
91	33:20	28	Tom Paget		Otley AC	73.32			76.05
92	33:26	517	Andy Turner	V55	Ripon Runners	73.02		67.00 92.66	90.26
93	33:33	655	Andrew Wheeler	V55	Wetherby Runners	72.73		66.29 90.83	89.95
94	33:37	735	Stewart Hymas	V40	Knareborough Striders	72.43		65.59	80.22
95	33:41	749	Philip Cornforth	V45	Knareborough Striders	72.13		64.89	82.70

96	33:42	548	Alan Hansen		V50	Ripon Runners	71.84			64.19		85.48
97	33:45	336	Caz Farrow	F	V40	Ilkley Harriers AC	71.54	92.66	93.75			89.42
98	33:59	627	David Fawkes			Thirsk and Sowerby Harriers	71.24					76.90
99	34:00	667	Phoebe Coster	F	U18	Wetherby Runners	70.95	91.93				88.76
100	34:02	236	Tom Borrowdale			Harrogate Harriers	70.65					74.49
101	34:02	874	Richard Johnson		V45	Skipton AC	70.35			63.48		81.85
102	34:03	276	Dan Oxtoby		V40	Harrogate Harriers	70.06			62.78		79.20
103	34:06	59	Hosker Chris			Otley AC	69.76					76.64
104	34:08	669	Phoebe Crawford	F	U18	Wetherby Runners	69.47	91.20				88.41
105	34:12	519	Tony White		V60	Ripon Runners	69.17			62.08	89.00	92.65
106	34:15	206	Stephen Kirk		V40	Harrogate Harriers	68.87			61.38		78.74
107	34:18	487	Matthew Holt		V40	Ripon Runners	68.58			60.68		78.62
108	34:18	182	Rosalyn Moore	F	V35	Harrogate Harriers	68.28	90.46	92.86			84.95
109	34:22	256	Kevin-Malachy Murphy		V55	Harrogate Harriers	67.98			59.97	87.16	87.81
110	34:24	762	Nicola Carter	F	V45	Knaresborough Striders	67.69	89.73	91.97			90.98
111	34:27	188	Sarah Gill	F	V50	Harrogate Harriers	67.39	89.00	91.08			94.34
112	34:28	48	Michael Pickard		V45	Otley AC	67.09			59.27		80.82
113	34:30	799	Fiona Deacon	F	V50	Nidd Valley Road Runners	66.80	88.26	90.18			94.20
114	34:31	851	Dave Gorman		V50	Skipton AC	66.50			58.57		83.46
115	34:32	187	Stephen Nesbitt		V45	Harrogate Harriers	66.20			57.87		80.67
116	34:32	352	Philip Hurst		V55	Ilkley Harriers AC	65.91			57.17	85.33	87.39
117	34:34	617	Martyn Coy		V40	Thirsk and Sowerby Harriers	65.61			56.46		78.02
118	34:38	697	Alex Bradbury			Wetherby Runners	65.32					73.20
119	34:41	603	John Withinshaw		V40	Thirsk and Sowerby Harriers	65.02			55.76		77.76
120	34:44	232	Alex Green			Harrogate Harriers	64.72					72.98
121	34:44	694	Chris Plews		V40	Wetherby Runners	64.43			55.06		77.64
122	34:47	629	Charlotte Wilton	F	V35	Thirsk and Sowerby Harriers	64.13	87.53	89.29			83.77
123	34:50	562	Colm O'Cofaigh		V45	Ripon Runners	63.83			54.36		79.97
124	34:56	658	Claire Robinson	F		Wetherby Runners	63.54	86.80				80.63
125	34:59	601	Graham Robinson		V60	Thirsk and Sowerby Harriers	63.24			53.65	83.50	90.58
126	35:00	865	Jenny Wade	F		Skipton AC	62.94	86.06				80.48
127	35:01	209	Mark Seymour		V55	Harrogate Harriers	62.65			52.95	81.66	86.18

128	35:04	32	Gary Cochraine	V40	Otley AC	62.35			52.25		76.91
129	35:07	243	Tim Pocock	V55	Harrogate Harriers	62.05			51.55	79.83	85.94
130	35:08	549	Ray Johnstone	V55	Ripon Runners	61.76			50.85	78.00	85.90
131	35:12	763	Sime Lowery	F V40	Knarborough Striders	61.46	85.33	88.40			85.73
132	35:13	829	Emma Dooley	F V40	Nidd Valley Road Runners	61.17	84.60	87.51			85.69
133	35:19	877	Matt Tupling	V40	Dragon Aire	60.87			50.14		76.36
134	35:22	214	Simon Lawson	V45	Harrogate Harriers	60.57			49.44		78.77
135	35:25	201	Sue Moul	F V45	Harrogate Harriers	60.28	83.86	86.62			88.37
136	35:31	671	Gill Edmondson	F V35	Wetherby Runners	59.98	83.13	85.72			82.04
137	35:32	219	J. Dan Simmons	V50	Harrogate Harriers	59.68			48.74		81.07
138	35:39	770	Steve Peters	V40	Vocalink Running Club	59.39			48.04		75.65
139	35:43	668	Andrea Normington	F V50	Wetherby Runners	59.09	82.40	84.83			90.99
140	35:48	533	David Ritson	V45	Ripon Runners	58.79			47.34		77.81
141	35:48	192	Jodie Peary	F	Harrogate Harriers	58.50	81.66				78.68
142	35:51	665	Emma Coster	F V40	Wetherby Runners	58.20	80.93	83.94			84.18
143	36:04	238	Steve Woollven	V40	Harrogate Harriers	57.91			46.63		74.77
144	36:05	22	Ian Broadbent	V45	Otley AC	57.61			45.93		77.20
145	36:05	816	Paul Eagling		Nidd Valley Road Runners	57.31					70.25
146	36:06	45	Peter Gosling		Otley AC	57.02					72.39
147	36:09	421	Stuart Hardcastle	V55	Swaledale Road Runners	56.72			45.23	76.16	83.48
148	36:11	261	Shaun Morrison		Harrogate Harriers	56.42					70.06
149	36:14	869	Jayne Butterworth	F V50	Skipton AC	56.13	80.20	83.05			89.70
150	36:15	9	Andy Webster	V40	Otley AC	55.83			44.53		74.39
151	36:19	195	Nigel Wright	V50	Harrogate Harriers	55.53			43.82		79.32
152	36:22	633	Hilary Covertry	F V50	Thirsk and Sowerby Harriers	55.24	79.46	82.16			89.37
153	36:23	222	Peter Edwards	V50	Harrogate Harriers	54.94			43.12		79.18
154	36:24	838	Alison Isles	F V40	Nidd Valley Road Runners	54.64	78.73	81.27			82.91
155	36:25	30	Nicola Lee	F V35	Otley AC	54.35	78.00	80.37			80.01
156	36:28	267	Donald Morgan	V50	Harrogate Harriers	54.05			42.42		78.99
157	36:29	536	Suzanne Rickard	F V40	Ripon Runners	53.76	77.26	79.48			82.72
158	36:30	812	Ian Mcleod	V55	Nidd Valley Road Runners	53.46			41.72	74.33	82.68
159	36:34	448	Ray Robinson	V45	Richmond and Zetland Harriers	53.16			41.02		76.18

160	36:35	864	Hilary Seward	F	V50	Skipton AC	52.87	76.53	78.59		88.84
161	36:37	598	Steven Scott		V45	Thirsk and Sowerby Harriers	52.57			40.31	76.08
162	36:43	160	Peter Bryant		V50	Dragon Aire	52.27			39.61	78.46
163	36:45	775	Alex Whapples	F	V45	Vocalink Running Club	51.98	75.80	77.70		85.16
164	36:50	205	Amy Hill	F		Harrogate Harriers	51.68	75.06			76.47
165	36:59	841	Alex Crowton			Nidd Valley Road Runners	51.38				70.66
166	37:02	538	James Stuart-Mills		V45	Ripon Runners	51.09			38.91	75.22
167	37:02	744	Sean Brennan		V45	Knaresborough Striders	50.79			38.21	75.22
168	37:03	128	Simon Peck		V60	Dragon Aire	50.50			37.51	72.50 85.53
169	37:06	527	Ian Swincoe		V45	Ripon Runners	50.20			36.80	75.09
170	37:07	882	Graham Turner			Dragon Aire	49.90				70.41
171	37:12	319	Jean Sullivan	F	V45	Ilkley Harriers AC	49.61	74.33	76.81		84.13
172	37:14	624	Alan Pollock			Thirsk and Sowerby Harriers	49.31				68.08
173	37:15	17	Eriks Zuaigzne		V60	Otley AC	49.01			36.10	70.66 85.07
174	37:16	673	Paul Dennison		V50	Wetherby Runners	48.72			35.40	77.30
175	37:22	802	Philip Robinson		V50	Nidd Valley Road Runners	48.42			34.70	77.09
176	37:27	800	Dave Seaman		V65	Nidd Valley Road Runners	48.12			34.00	68.83 89.07
177	37:28	604	Helen Ashworth	F	V45	Thirsk and Sowerby Harriers	47.83	73.60	75.91		83.53
178	37:28	597	Becky Burgess	F		Thirsk and Sowerby Harriers	47.53	72.86			75.18
179	37:32	742	Derek Calvert		V55	Knaresborough Striders	47.23			33.29	67.00 80.40
180	37:36	599	Stu Waters		V45	Thirsk and Sowerby Harriers	46.94			32.59	74.09
181	37:37	231	Mike Salt		V45	Harrogate Harriers	46.64			31.89	74.06
182	37:55	879	Nick Ford			Dragon Aire	46.35				66.86
183	37:56	254	Sarah Beecher	F	V50	Harrogate Harriers	46.05	72.13	75.02		85.68
184	37:57	860	Sue Marshall	F	V50	Skipton AC	45.75	71.40	74.13		85.64
185	38:00	866	Karen Hood	F	V35	Skipton AC	45.46	70.66	73.24		76.68
186	38:05	21	David Fox		V55	Otley AC	45.16			31.19	65.16 79.24
187	38:08	279	Tony Essex		V65	Harrogate Harriers	44.86			30.48	63.33 87.47
188	38:14	191	Russell Gregory		V55	Harrogate Harriers	44.57			29.78	61.50 78.93
189	38:16	595	Marc Davies		V50	Thirsk and Sowerby Harriers	44.27			29.08	75.28
190	38:23	5	Sara Elliott	F	V40	Otley AC	43.97	69.93	72.35		78.62
191	38:26	520	Heather Glegg	F	V45	Ripon Runners	43.68	69.20	71.45		81.43

192	38:28	207	Melanie Rice	F	V40	Harrogate Harriers	43.38	68.46	70.56			78.45
193	38:29	264	Tim Bennett	F	V45	Harrogate Harriers	43.08	67.73	69.67			81.32
194	38:29	488	Jill Holt	F	V45	Ripon Runners	42.79	67.00	68.78			81.32
195	38:31	511	Simon Mccudden		V55	Ripon Runners	42.49			28.38	59.66	78.35
196	38:32	200	Rob Athey		V40	Harrogate Harriers	42.20			27.68		69.99
197	38:33	861	Emma Newbould	F	V45	Skipton AC	41.90	66.26	67.89			81.18
198	38:34	343	Christine Cox	F	V55	Ilkley Harriers AC	41.60	65.53	67.00		57.83	88.82
199	38:35	594	Geoff Bullock		V65	Thirsk and Sowerby Harriers	41.31			26.97	56.00	86.45
200	38:37	121	Steve Clayson			Dragon Aire	41.01					65.65
201	38:39	875	Hazel Ives	F	V55	Skipton AC	40.71	64.80	66.10		54.16	88.63
202	38:39	446	Raymond Robson		V45	Richmond and Zetland Harriers	40.42			26.27		72.08
203	38:41	123	Paul Crabtree			Dragon Aire	40.12					67.56
204	38:44	284	Kathryn Winstanley	F	V45	Harrogate Harriers	39.82	64.06	65.21			80.80
205	38:46	878	Rhonda Neilson	F	V35	Dragon Aire	39.53	63.33	64.32			75.16
206	38:54	774	Cath Walls	F		Vocalink Running Club	39.23	62.60				72.41
207	39:01	489	Kim Holden	F	V50	Ripon Runners	38.94	61.86	63.43			83.30
208	39:05	190	Juliette Gregory	F	V50	Harrogate Harriers	38.64	61.13	62.54			83.16
209	39:05	558	Jane Grundy	F		Ripon Runners	38.34	60.40				72.07
210	39:07	522	Anne Cheeseman	F	V50	Ripon Runners	38.05	59.66	61.64			83.08
211	39:07	780	Luke Fitzgerald		V45	Vocalink Running Club	37.75			25.57		71.22
212	39:08	542	Hayley Whipp	F	V40	Ripon Runners	37.45	58.93	60.75			77.12
213	39:13	27	Matt Podd		V55	Otley AC	37.16			24.87	52.33	76.95
214	39:15	199	Eve Hawkins	F	V35	Harrogate Harriers	36.86	58.20	59.86			74.24
215	39:16	858	Mel Ives	F		Skipton AC	36.56	57.46				71.73
216	39:16	846	Jeremy Lamb			Skipton AC	36.27					64.56
217	39:19	185	Mark Hattersley		V50	Harrogate Harriers	35.97			24.17		73.27
218	39:20	767	Gareth Hardcastle			Vocalink Running Club	35.67					66.44
219	39:21	591	Andy Butcher		V45	Thirsk and Sowerby Harriers	35.38			23.46		70.79
220	39:26	16	Dominic Egan		V45	Otley AC	35.08			22.76		70.64
221	39:26	50	Philip Robinson		V70	Otley AC	34.79			22.06	50.50	89.29
222	39:29	582	Fran Jeffery	F		Thirsk and Sowerby Harriers	34.49	56.73				71.34
223	39:31	493	Stan Appleton		V65	Ripon Runners	34.19			21.36	48.66	84.41

224	39:36	24	Liz Fawcett	F	V45	Otley AC	33.90	56.00	58.97			79.03
225	39:38	918	Alan Couldwell		V45	Harrogate Harriers	33.60			20.65		70.29
226	39:38	280	Martin Umpleby		V40	Harrogate Harriers	33.30			19.95		68.04
227	39:42	218	Angela Peace	F		Harrogate Harriers	33.01	55.26				70.95
228	39:44	486	Chris Appleton		V55	Ripon Runners	32.71			19.25	46.83	75.95
229	39:47	203	Paul Berwin		V55	Harrogate Harriers	32.41			18.55	45.00	75.86
230	39:50	696	Drew Ward		V60	Wetherby Runners	32.12			17.85	43.16	79.55
231	39:51	825	Sarah Hughan	F	V35	Nidd Valley Road Runners	31.82	54.53	58.08			73.12
232	39:52	237	Neilhindmarch		V50	Harrogate Harriers	31.52			17.14		72.26
233	39:58	46	Colin Best		V60	Otley AC	31.23			16.44	41.33	79.28
234	40:05	413	Ronan Walsh			Swaledale Road Runners	30.93					63.24
235	40:06	153	Ruth Bowman	F	V35	Dragon Aire	30.64	53.80	57.18			72.66
236	40:06	322	Geoffrey White			Ilkley Harriers AC	30.34					63.22
237	40:08	302	Helen Mercer-Jones	F	V35	Harrogate Harriers	30.04	53.06	56.29			72.60
238	40:09	753	Pamala Singleton	F	V50	Knaresborough Striders	29.75	52.33	55.40			80.95
239	40:12	602	Nicola Jenkins	F	V35	Thirsk and Sowerby Harriers	29.45	51.60	54.51			72.48
240	40:16	126	Nicky Stevenson	F	V40	Dragon Aire	29.15	50.86	53.62			74.95
241	40:20	333	Paul Sugden		V50	Ilkley Harriers AC	28.86			15.74		71.42
242	40:20	37	Kirsty Pomfrett	F		Otley AC	28.56	50.13				69.83
243	40:22	868	Angela Dowbiggan	F	V45	Skipton AC	28.26	49.40	52.72			77.53
244	40:30	560	John Ward		V65	Ripon Runners	27.97			15.04	39.50	82.36
245	40:31	826	Debbie Dilasser	F	V35	Nidd Valley Road Runners	27.67	48.66	51.83			71.92
246	40:32	808	Nick Smith		V55	Nidd Valley Road Runners	27.38			14.34	37.66	74.45
247	40:42	831	Debbie Gibson	F	V50	Nidd Valley Road Runners	27.08	47.93	50.94			79.85
248	40:53	26	Andrew Raynor		V45	Otley AC	26.78			13.63		68.14
249	40:54	797	Helen Gregory	F	V40	Nidd Valley Road Runners	26.49	47.20	50.05			73.79
250	40:59	783	Dan Dickinson			Vocalink Running Club	26.19					63.77
251	41:00	165	Carolyn Park	F	V40	Dragon Aire	25.89	46.46	49.16			73.61
252	41:03	151	Jan Davies	F	V50	Dragon Aire	25.60	45.73	48.27			79.17
253	41:10	588	Duncan Fothergill		V40	Thirsk and Sowerby Harriers	25.30			12.93		65.51
254	41:23	867	Mel Steventon	F		Skipton AC	25.00	45.00				68.06
255	41:29	521	Mike Pennock		V65	Ripon Runners	24.71			12.23	35.83	80.41

256	41:30	881	Margaret Britton	F	V60	Dragon Aire	24.41	44.26	47.37		34.00	87.26
257	41:30	139	Katie O'Hara	F	V35	Dragon Aire	24.11	43.53	46.48			70.21
258	41:32	782	Adrian Cobbin		V40	Vocalink Running Club	23.82			11.53		64.93
259	41:35	227	Richard Burton		V55	Harrogate Harriers	23.52			10.82	32.16	72.57
260	41:38	162	Claudia Bordogna	F	V35	Dragon Aire	23.23	42.80	45.59			69.99
261	41:40	834	Rebecca Ventress	F	V35	Nidd Valley Road Runners	22.93	42.06	44.70			69.93
262	41:43	331	Julie Elmes	F	V45	Ilkley Harriers AC	22.63	41.33	43.81			75.02
263	41:47	503	Helena Conlin	F	V45	Ripon Runners	22.34	40.60	42.91			74.90
264	41:51	628	Malcolm Aitken			Thirsk and Sowerby Harriers	22.04					62.45
265	41:56	761	Ali Dale	F	V50	Knaresborough Striders	21.74	39.86	42.02			77.50
266	41:57	836	David Rushton		V55	Nidd Valley Road Runners	21.45			10.12	30.33	71.94
267	42:01	492	John Grundy		V70	Ripon Runners	21.15			9.42	28.50	83.80
268	42:05	854	Richard Annable		V55	Skipton AC	20.85			8.72	26.66	71.71
269	42:16	608	Brian Smith		V40	Thirsk and Sowerby Harriers	20.56			8.02		63.80
270	42:25	771	Liz Robertshaw	F	V35	Vocalink Running Club	20.26	39.13	41.13			68.69
271	42:40	149	Sarah Tomlinson	F	V40	Dragon Aire	19.97	38.40	40.24			70.73
272	42:43	146	Andrea Stevenson	F	V50	Dragon Aire	19.67	37.66	39.35			76.08
273	42:47	404	Zoe Mackay	F	V40	Swaledale Road Runners	19.37	36.93	38.45			70.54
274	42:47	890	Rachel Jovanovic	F		Dragon Aire	19.08	36.20				65.84
275	42:50	518	Jackie Turner	F	V50	Ripon Runners	18.78	35.46	37.56			75.88
276	42:52	2	Joanna Hobson	F	V55	Otley AC	18.48	34.73	36.67		24.83	79.91
277	43:08	495	Fiona Alder	F	V55	Ripon Runners	18.19	34.00	35.78		23.00	79.42
278	43:17	283	Wendy Bennett	F	V40	Harrogate Harriers	17.89	33.26	34.89			69.72
279	43:32	263	Jackie Flynn	F	V50	Harrogate Harriers	17.59	32.53	34.00			74.66
280	43:40	402	Sarah Norman	F	V35	Swaledale Road Runners	17.30	31.80	33.10			66.73
281	43:45	409	Karen Palmer	F	V50	Swaledale Road Runners	17.00	31.06	32.21			74.29
282	43:46	844	Rachael Prince	F	V40	Nidd Valley Road Runners	16.70	30.33	31.32			68.95
283	43:56	147	Helen Forey	F	V45	Dragon Aire	16.41	29.60	30.43			71.24
284	43:57	809	Alison Little	F	V50	Nidd Valley Road Runners	16.11	28.86	29.54			73.95
285	43:59	148	Leah Forey	F	U16	Dragon Aire	15.82	28.13				68.61
286	44:12	142	Clare Pierce	F	V60	Dragon Aire	15.52	27.40	28.64		21.16	81.93
287	44:13	756	Tracy Allison	F	V50	Knaresborough Striders	15.22	26.66	27.75			73.50

288	44:20	221	Jillie Townend	F	V55	Harrogate Harriers	14.93	25.93	26.86		19.33	77.27
289	44:34	583	Rob Burn		V60	Thirsk and Sowerby Harriers	14.63			7.31	17.50	71.10
290	44:35	781	Neil Warr			Vocalink Running Club	14.33					58.62
291	44:36	501	Chris Bennett		V65	Ripon Runners	14.04			6.61	15.66	74.79
292	44:38	818	Natalie Lancosova	F		Nidd Valley Road Runners	13.74	25.20				63.11
293	44:39	226	Emma Moore	F	V40	Harrogate Harriers	13.44	24.46	25.97			67.59
294	44:41	241	Elizabeth Watson	F	V45	Harrogate Harriers	13.15	23.73	25.08			70.04
295	44:49	620	Louise Thompson	F	V35	Thirsk and Sowerby Harriers	12.85	23.00	24.18			65.02
296	44:53	157	Alex Ryan	F	V35	Dragon Aire	12.55	22.26	23.29			64.92
297	44:59	282	Jane Rowbotham	F	V55	Harrogate Harriers	12.26	21.53	22.40		13.83	76.15
298	45:18	554	Joh Geldard	F	V45	Ripon Runners	11.96	20.80	21.51			69.09
299	45:36	516	Alison Clarke	F	V40	Ripon Runners	11.67	20.06	20.62			66.18
300	45:40	289	Matthew Lucock			Harrogate Harriers	11.37					55.51
301	45:49	251	Dianne Addison	F	V50	Harrogate Harriers	11.07	19.33	19.72			70.93
302	45:55	502	Tony Carr		V50	Ripon Runners	10.78			5.91		62.74
303	46:01	131	Anne Lipman	F	V50	Dragon Aire	10.48	18.60	18.83			70.63
304	46:02	152	Alison Parker	F	V50	Dragon Aire	10.18	17.86	17.94			70.60
305	46:04	827	Ewa Scott	F	V40	Nidd Valley Road Runners	9.89	17.13	17.05			65.51
306	46:15	129	Claire Featherstone	F		Dragon Aire	9.59	16.40				60.90
307	46:16	630	Andrea Almack	F	V45	Thirsk and Sowerby Harriers	9.29	15.66	16.16			67.64
308	46:30	292	Amy Whiting	F		Harrogate Harriers	9.00	14.93				60.57
309	46:35	776	David Whapples		V45	Vocalink Running Club	8.70			5.21		59.80
310	46:47	23	David Cattnach		V60	Otley AC	8.41			4.51	12.00	67.73
311	46:51	317	Claire Murphy	F	V40	Ilkley Harriers AC	8.11	14.20	15.27			64.42
312	46:53	893	Julie Stead	F	V50	Dragon Aire	7.81	13.46	14.37			69.32
313	46:55	584	Christine Burn	F	V60	Thirsk and Sowerby Harriers	7.52	12.73	13.48		10.16	77.19
314	47:04	155	Joy Wetherill	F	V50	Dragon Aire	7.22	12.00	12.59			69.05
315	47:27	755	Andrea Price	F	V45	Knarborough Striders	6.92	11.26	11.70			65.96
316	47:28	736	David Sowray		V50	Knarborough Striders	6.63			3.80		60.69
317	47:49	551	Robin Kahoe		V55	Ripon Runners	6.33			3.10	8.33	63.11
318	48:08	832	Michelle Dinsdale	F	V40	Nidd Valley Road Runners	6.03	10.53	10.81			62.70
319	48:08	760	Janet Morris	F	V55	Knarborough Striders	5.74	9.80	9.91		6.50	71.17

HDSRL 2015

Individual

Results of Race 4, Wetherby Runners

320	48:26	833	Aimi Blueman	F	V40	Nidd Valley Road Runners	5.44	9.06	9.02		62.31	
321	48:27	145	Caroline Bradley	F	V50	Dragon Aire	5.14	8.33	8.13		67.08	
322	48:38	11	Toni Midgley	F		Otley AC	4.85	7.60			57.92	
323	48:43	830	Jane Hill	F	V40	Nidd Valley Road Runners	4.55	6.86	7.24		61.95	
324	48:56	133	Elizabeth Swinney	F	V40	Dragon Aire	4.26	6.13	6.35		61.67	
325	49:01	412	Nicki Walsh	F		Swaledale Road Runners	3.96	5.40			57.46	
326	49:18	150	Jayne Mott	F	V50	Dragon Aire	3.66	4.66	5.45		65.92	
327	49:19	132	Suzanne Shaw	F	V45	Dragon Aire	3.37	3.93	4.56		63.46	
328	49:23	144	Rachel Maskill-Rogan	F	V45	Dragon Aire	3.07	3.20	3.67		63.37	
329	49:30	754	Dawn Richardson	F	V50	Knaresborough Striders	2.77	2.46	2.78		65.66	
330	49:34	758	Brenda Grant	F	V60	Knaresborough Striders	2.48	1.73	1.89	4.66	73.06	
331	50:00	623	Phillip Craig			Thirsk and Sowerby Harriers	2.18				50.70	
332	51:30	550	Paula Johnstone	F	V45	Ripon Runners	1.88	1.00	1.00		60.77	
333	51:37	592	Ian Codling		V75	Thirsk and Sowerby Harriers	1.59			2.40	2.83	72.22
334	51:40	42	Antonio Cardinale		V65	Otley AC	1.29			1.70	1.00	64.56
335	52:00	613	Cameron Choules		V45	Thirsk and Sowerby Harriers	1.00			1.00		53.57