

**Senior Men**

|   |         |         |                       |     |
|---|---------|---------|-----------------------|-----|
| 1 | Forrest | Terence | Ackworth Road Runners | M50 |
| 2 | Howie   | Robin   | Wharfedale Harriers   | M50 |
| 3 | Baldwin | Tim     | Saltaire Striders     | M50 |

|   |         |          |                     |     |
|---|---------|----------|---------------------|-----|
| 1 | Burns   | Alisdair | Wharfedale Harriers | M35 |
| 2 | Midgley | Tim      | Abbey Runners       | M35 |
| 3 | Driver  | David    | Wharfedale Harriers | M35 |

|   |       |          |                   |     |
|---|-------|----------|-------------------|-----|
| 1 | Wills | Jonathan | Roundhay Runners  | M40 |
| 2 | Gott  | Steven   | Ilkley Harriers   | M40 |
| 3 | Kerr  | Will     | Saltaire Striders | M40 |

|   |            |           |                     |     |
|---|------------|-----------|---------------------|-----|
| 1 | Holmes     | Christian | Wharfedale Harriers | M45 |
| 2 | Fillingham | Martin    | Saltaire Striders   | M45 |
| 3 | Willis     | Ian       | Wharfedale Harriers | M45 |

|   |         |          |                      |     |
|---|---------|----------|----------------------|-----|
| 1 | Brown   | Andy     | Saltaire Striders    | M50 |
| 2 | Forey   | Jonathan | Dragons Running Club | M50 |
| 3 | Mcguire | Dave     | Wharfedale Harriers  | M50 |

|   |        |         |                          |     |
|---|--------|---------|--------------------------|-----|
| 1 | Dunbar | Stuart  | Saltaire Striders        | M55 |
| 2 | Todd   | Andy    | Nidd Valley Road Runners | M55 |
| 3 | Lines  | Charles | Ackworth Road Runners    | M55 |

|   |           |       |                         |     |
|---|-----------|-------|-------------------------|-----|
| 1 | Stockburn | Paul  | Harrogate Harriers & AC | M60 |
| 2 | Jordan    | Mark  | Harrogate Harriers & AC | M60 |
| 3 | King      | Geoff | Harrogate Harriers & AC | M60 |

|   |           |         |                   |     |
|---|-----------|---------|-------------------|-----|
| 1 | Pickering | Malcolm | Ilkley Harriers   | M65 |
| 2 | Chambers  | Mick    | Saltaire Striders | M65 |
| 3 | Ward      | John    | Abbey Runners     | M65 |

|   |        |             |                    |     |
|---|--------|-------------|--------------------|-----|
| 1 | Gill   | Christopher | St Therasas AC     | M70 |
| 2 | White  | Paul        | Valley Striders    | M70 |
| 3 | Watson | Kevin       | Horsforth Harriers | M70 |

|   |                 |         |                          |     |
|---|-----------------|---------|--------------------------|-----|
| 1 | Coles           | Malcolm | Valley Striders          | M75 |
| 2 | Ledwaba-Chapman | Tony    | Nidd Valley Road Runners | M75 |

**Senior Ladies**

|   |         |          |                        |     |
|---|---------|----------|------------------------|-----|
| 1 | Rogers  | Alice    | Abbey Runners          | F50 |
| 2 | Padilla | Monica   | Wharfedale Harriers    | F50 |
| 3 | Rowe    | Isabelle | Knaresborough Striders | F50 |

|   |          |         |                         |     |
|---|----------|---------|-------------------------|-----|
| 1 | Robinson | Emma    | Harrogate Harriers & AC | F35 |
| 2 | Walmsley | Nicola  | Roundhay Runners        | F35 |
| 3 | Clegg    | Lindsey | Horsforth Harriers      | F35 |

|   |            |       |                       |     |
|---|------------|-------|-----------------------|-----|
| 1 | Ball       | Karen | Ackworth Road Runners | F40 |
| 2 | Lewis      | Susan | Roundhay Runners      | F40 |
| 3 | O'sullivan | Sarah | Horsforth Harriers    | F40 |

|   |        |          |                  |     |
|---|--------|----------|------------------|-----|
| 1 | Say    | Julia    | Roundhay Runners | F45 |
| 2 | Howard | Claire   | Roundhay Runners | F45 |
| 3 | Clark  | Michaela | Abbey Runners    | F45 |

|   |          |       |                         |     |
|---|----------|-------|-------------------------|-----|
| 1 | Eastwood | Nikki | Roundhay Runners        | F50 |
| 2 | Mawer    | Lisa  | Harrogate Harriers & AC | F50 |
| 3 | Haigh    | Sally | Airecentre Pacers       | F50 |

|   |         |        |                          |     |
|---|---------|--------|--------------------------|-----|
| 1 | Barker  | Carmel | Roundhay Runners         | F55 |
| 2 | Francis | Sue    | Ackworth Road Runners    | F55 |
| 3 | Simpson | Sue    | Nidd Valley Road Runners | F55 |

|   |          |        |                        |     |
|---|----------|--------|------------------------|-----|
| 1 | Morley   | Sue    | Knaresborough Striders | F60 |
| 2 | Love     | Helen  | Saltaire Striders      | F60 |
| 3 | McGouran | Ursula | Wetherby Runners AC    | F60 |

|   |       |      |                       |     |
|---|-------|------|-----------------------|-----|
| 1 | Ball  | Liz  | Valley Striders       | F65 |
| 2 | Tombs | Gail | Ackworth Road Runners | F65 |
| 3 | Cook  | Mags | Roundhay Runners      | F65 |