

| | Points | | | | Race 1 | | Race 2 | | Race 3 | | Race 4 | | Race 5 | | |
|----|---------------|-----|------------------------|----------------------|--------|-------|--------------|-------|-----------|-------|--------|-------|--------------|-------|-------|
| | | | | | Thirsk | | Beckwithshaw | | Catterick | | Otley | | Sicklinghall | | |
| | | | | | T | P | T | P | T | P | T | P | T | P | |
| 1 | 400.00 | 1 | Marc Scott | RICH & ZET HARR | U18 | 30:42 | 100.00 | 32.43 | 100.00 | 34.26 | 100.00 | 31.11 | 100.00 | | |
| 2 | 398.07 | 154 | Douglas Roberts | RICH & ZET HARR | | 31:23 | 99.64 | | | 34.48 | 99.48 | 31.21 | 99.31 | 24.55 | 99.64 |
| 3 | 394.62 | 539 | Michael Appleton | RIPON RUNNERS | | 32:15 | 98.92 | 34.53 | 98.15 | 36.57 | 98.96 | | | 26.27 | 98.59 |
| 4 | 393.93 | 237 | Chris Miller | HARROGATE HARR & AC | | 32:04 | 99.28 | 34.56 | 97.79 | | | 33.19 | 98.63 | 26.30 | 98.23 |
| 5 | 392.79 | 159 | Scott Wardman | RICH & ZET HARR | | 33:19 | 97.13 | 34.50 | 98.52 | 37.21 | 98.44 | 33.57 | 97.95 | 26.35 | 97.88 |
| 6 | 388.60 | 464 | Liam Dunne | OTLEY AC | | 33:07 | 97.84 | 35.38 | 96.31 | 38.26 | 95.33 | 34.12 | 97.27 | 26.48 | 97.18 |
| 7 | 386.18 | 445 | Tom Midgley | OTLEY AC | | 33:22 | 96.77 | 35.33 | 96.68 | | | 35.06 | 95.91 | 27.09 | 96.82 |
| 8 | 386.02 | 430 | Julian Mawson | OTLEY AC | V40 | 33:27 | 96.41 | 38.23 | 84.91 | 38.04 | 96.89 | 35.03 | 96.25 | 27.20 | 96.47 |
| 9 | 384.28 | 432 | Andrew Robertshaw | OTLEY AC | V40 | 34:30 | 93.18 | 35.53 | 95.21 | 38.14 | 96.37 | 34.23 | 96.93 | 27.29 | 95.77 |
| 10 | 381.32 | 472 | Racheal Bamford | OTLEY AC | F | | | 35.25 | 97.05 | 38.58 | 93.26 | 35.41 | 94.89 | 27.25 | 96.12 |
| 11 | 380.79 | 5 | Ken Harker | RICH & ZET HARR | V40 | 33:29 | 96.05 | 36.10 | 94.11 | 38.32 | 94.81 | 35.21 | 95.57 | 27.46 | 94.36 |
| 12 | 380.46 | 175 | Andrew Dobby | HARROGATE HARR & AC | | 33:37 | 95.69 | 35.51 | 95.58 | 38.57 | 93.78 | | | 27.40 | 95.41 |
| 13 | 378.72 | 15 | Jon Orange | RICH & ZET HARR | V45 | 33:41 | 95.33 | 36.05 | 94.47 | 39.01 | 92.74 | 35.44 | 94.21 | 27.44 | 94.71 |
| 14 | 374.74 | 86 | Richard Balshaw | DRAGONS RUNNING CLUB | V40 | 34:29 | 93.54 | 36.56 | 93.37 | 39.28 | 92.22 | 35.40 | 95.23 | 28.05 | 92.60 |
| 15 | 372.37 | 337 | Lee Dalton | NIDD VALLEY RR | | 32:35 | 98.56 | 40.07 | 78.28 | 37.28 | 97.92 | 34.01 | 97.61 | | |
| 16 | 372.10 | 674 | Richard Bewell | WETHERBY RUNNERS | V45 | 35:15 | 89.95 | 37.03 | 93.00 | 38.16 | 95.85 | | | 28.01 | 93.30 |
| 17 | 370.21 | 166 | Jonathan Johnson | HARROGATE HARR & AC | | 33:46 | 94.26 | 35.38 | 95.95 | 38.54 | 94.29 | 37.36 | 85.71 | | |
| 18 | 369.45 | 654 | Rob Gray | WETHERBY RUNNERS | V45 | 35:12 | 91.03 | 36.19 | 93.74 | | | 35.41 | 94.55 | 28.31 | 90.13 |
| 19 | 368.54 | 2 | Tadeusz Zaranko | RICH & ZET HARR | V50 | 34:35 | 92.46 | 37.15 | 91.53 | 39.29 | 91.70 | 36.02 | 92.85 | 28.18 | 91.19 |
| 20 | 368.09 | 681 | Paul Emmett | WETHERBY RUNNERS | V45 | 34:02 | 93.90 | 37.08 | 92.63 | | | 36.00 | 93.19 | 28.55 | 88.37 |
| 21 | 362.93 | 268 | John Young | HARROGATE HARR & AC | | | | 38.06 | 87.85 | 40.36 | 90.67 | 36.27 | 92.17 | 28.10 | 92.24 |
| 22 | 362.61 | 440 | Rogan Ashton | OTLEY AC | V40 | 35:43 | 88.52 | | | 40.47 | 89.63 | 36.45 | 90.81 | 27.59 | 93.65 |
| 23 | 360.21 | 516 | Derek Mccreadie | RIPON RUNNERS | | 35:09 | 91.75 | | | 41.09 | 88.59 | 36.43 | 91.15 | 28.50 | 88.72 |
| 24 | 358.19 | 11 | Mark Flannery | RICH & ZET HARR | V40 | 35:15 | 90.31 | 37.51 | 89.32 | 40.53 | 89.11 | 37.02 | 89.45 | 29.04 | 87.66 |
| 25 | 357.16 | 181 | David Jelley | RIPON RUNNERS | V55 | 35:37 | 88.88 | 38.19 | 85.27 | 40.00 | 91.18 | 36.38 | 91.83 | | |
| 26 | 356.12 | 83 | Tim Bellwood | DRAGONS RUNNING CLUB | | 36:10 | 86.36 | 38.14 | 86.38 | | | 36.41 | 91.49 | 28.12 | 91.89 |
| 27 | 353.80 | 249 | Jacob Vezey | HARROGATE HARR & AC | | 36:14 | 86.01 | 38.00 | 88.22 | | | 36.53 | 89.79 | 28.37 | 89.78 |
| 28 | 352.36 | 149 | Mark Mon-Williams | ILKLEY HARRIERS | V45 | | | 38.12 | 87.11 | 41.35 | 86.00 | 37.25 | 88.77 | 28.27 | 90.48 |
| 29 | 347.63 | 17 | Ben Pye | WETHERBY RUNNERS | U16 | | | 39.07 | 81.59 | 42.13 | 82.89 | 37.29 | 88.09 | 27.42 | 95.06 |
| 30 | 345.35 | 401 | Simon Anderson | OTLEY AC | | 36:19 | 85.65 | 39.42 | 79.39 | 41.20 | 87.04 | 37.36 | 86.05 | 29.21 | 86.61 |
| 31 | 341.68 | 153 | John Wilson | SWALEDALE RR | V45 | 36:26 | 84.21 | 38.24 | 84.54 | 41.16 | 87.56 | 37.37 | 85.37 | | |
| 32 | 341.01 | 146 | Mark Iley | ILKLEY HARRIERS | V45 | | | 38.14 | 86.01 | 42.23 | 81.34 | 37.32 | 87.41 | 29.22 | 86.25 |
| 33 | 339.14 | 689 | Lisa Mawer | WETHERBY RUNNERS | F V40 | 36:49 | 82.78 | 38.39 | 83.07 | 41.27 | 86.52 | 37.42 | 84.35 | 29.35 | 85.20 |
| 34 | 338.47 | 685 | Ian Legg | WETHERBY RUNNERS | V45 | 35:46 | 88.16 | 38.38 | 83.43 | 42.20 | 81.85 | 37.38 | 85.03 | | |

| | Points | | | | Race 1 | | Race 2 | | Race 3 | | Race 4 | | Race 5 | | |
|----|---------------|-----|---------------------|----------------------|--------|-------|--------------|-------|-----------|-------|--------|-------|--------------|-------|-------|
| | | | | | Thirsk | | Beckwithshaw | | Catterick | | Otley | | Sicklinghall | | |
| | | | | | T | P | T | P | T | P | T | P | T | P | |
| 35 | 335.03 | 671 | Jim Buller | WETHERBY RUNNERS | V40 | | | 39.29 | 80.86 | 41.48 | 83.93 | 37.38 | 84.69 | 29.31 | 85.55 |
| 36 | 329.86 | 152 | Tamsin Clark | RICH & ZET HARR | F | 36:27 | 83.85 | | | 42.26 | 80.30 | 38.16 | 82.98 | 29.57 | 82.73 |
| 37 | 320.34 | 655 | Mark Tobin | WETHERBY RUNNERS | | 36:23 | 84.93 | 40.50 | 73.86 | 43.15 | 78.23 | 38.14 | 83.32 | | |
| 38 | 317.96 | 240 | Mike Gill | HARROGATE HARR & AC | V40 | 36:45 | 83.14 | 40.09 | 77.91 | 44.09 | 75.63 | 38.49 | 81.28 | 33.06 | 65.47 |
| 39 | 316.51 | 338 | Lee Welsby | NIDD VALLEY RR | V40 | 37:39 | 78.83 | 40.16 | 77.18 | | | 38.52 | 80.94 | 30.53 | 79.56 |
| 40 | 315.14 | 157 | Iain Andrews | WETHERBY RUNNERS | | 37:06 | 80.98 | | | 44.31 | 73.56 | 39.22 | 78.22 | 29.59 | 82.38 |
| 41 | 314.19 | 682 | Paul Hunter | WETHERBY RUNNERS | V50 | | | 40.47 | 74.23 | 43.25 | 76.67 | 38.46 | 81.62 | 30.08 | 81.67 |
| 42 | 313.11 | 10 | Tony Ditchburn | RICH & ZET HARR | V45 | 37:54 | 78.11 | 40.34 | 75.71 | 43.22 | 77.19 | 39.30 | 77.54 | 30.46 | 80.27 |
| 43 | 310.94 | 172 | Steve Morland | VOCALINK RC | V40 | 37:32 | 79.19 | 40.20 | 76.81 | 42.45 | 79.78 | 39.59 | 75.16 | | |
| 44 | 306.91 | 518 | Andrew Turner | RIPON RUNNERS | V50 | 37:07 | 80.63 | 45.24 | 53.62 | 44.41 | 73.04 | 39.38 | 77.20 | 31.27 | 76.04 |
| 45 | 299.93 | 4 | Brian 'Taff' Rogers | RICH & ZET HARR | V50 | 39:13 | 71.30 | 42.28 | 68.34 | 43.57 | 76.15 | 39.18 | 78.56 | 32.02 | 73.92 |
| 46 | 296.03 | 160 | George Robinson | RICH & ZET HARR | | 32:39 | 98.20 | 34.49 | 98.89 | | | | | 26.14 | 98.94 |
| 47 | 293.22 | 55 | Dean Dransfield | DRAGONS RUNNING CLUB | V40 | 38:40 | 74.17 | 42.02 | 69.45 | 45.25 | 69.93 | 40.06 | 74.14 | 31.38 | 74.98 |
| 48 | 292.41 | 202 | Rickie Wilson | HARROGATE HARR & AC | | 33:09 | 97.48 | | | 37.43 | 97.40 | | | 26.40 | 97.53 |
| 49 | 291.18 | 692 | Julie Bucknell | WETHERBY RUNNERS | F V35 | 39:28 | 69.51 | | | 45.18 | 70.45 | 40.02 | 74.48 | 31.21 | 76.74 |
| 50 | 281.39 | 421 | Mick Jeffrey | OTLEY AC | V55 | 39:57 | 68.43 | 42.32 | 67.98 | 46.32 | 65.27 | 40.40 | 71.76 | 32.07 | 73.22 |
| 51 | 276.69 | 187 | Paul Clifford | OTLEY AC | V40 | 40:23 | 66.28 | 44.52 | 55.83 | 45.02 | 71.49 | 40.08 | 73.80 | 33.07 | 65.12 |
| 52 | 275.66 | 262 | Issy Rowe | HARROGATE HARR & AC | F | | | 42.12 | 68.71 | 47.00 | 63.71 | 41.05 | 71.08 | 32.13 | 72.16 |
| 53 | 273.83 | 203 | Ashley Brook | HARROGATE HARR & AC | V50 | 34:31 | 92.82 | 38.11 | 87.48 | | | 35.59 | 93.53 | | |
| 54 | 272.86 | 207 | Richard Pennock | HARROGATE HARR & AC | | 38:29 | 74.89 | 46.22 | 48.84 | 46.09 | 66.82 | 42.47 | 64.27 | 32.56 | 66.88 |
| 55 | 272.32 | 3 | Tony Ryder | RICH & ZET HARR | V45 | 34:52 | 92.10 | 37.27 | 90.79 | | | | | 28.44 | 89.43 |
| 56 | 268.79 | 549 | Simon Cave | RIPON RUNNERS | | 35:28 | 89.59 | | | | | 36.53 | 90.13 | 28.49 | 89.07 |
| 57 | 268.70 | 22 | Graham Robinson | THIRSK & S HARR | V55 | | | 44.02 | 62.46 | 45.39 | 68.90 | 41.40 | 68.70 | 32.41 | 68.64 |
| 58 | 268.64 | 408 | Ben Cousens | OTLEY AC | | | | 37.41 | 90.06 | | | 37.30 | 87.75 | 28.20 | 90.83 |
| 59 | 267.73 | 317 | Simon Harris | NIDD VALLEY RR | V40 | 39:52 | 68.79 | 43.16 | 66.50 | | | 41.55 | 67.68 | 33.10 | 64.76 |
| 60 | 267.14 | 353 | Jackie Keavney | SWALEDALE RR | F V45 | 40:46 | 64.84 | 43.22 | 65.40 | 45.52 | 67.86 | 41.28 | 69.04 | | |
| 61 | 261.75 | 698 | Andrew Moodie | WETHERBY RUNNERS | V50 | 35:49 | 87.80 | 38.28 | 83.80 | 40.41 | 90.15 | | | | |
| 62 | 261.31 | 302 | Phil Fernyhough | NIDD VALLEY RR | V40 | 40:02 | 68.07 | 43.55 | 63.19 | 46.51 | 64.23 | 43.05 | 62.57 | 33.06 | 65.82 |
| 63 | 260.78 | 107 | Andrew Merrick | ILKLEY HARRIERS | V50 | | | 38.13 | 86.75 | | | 37.32 | 87.07 | 29.19 | 86.96 |
| 64 | 259.92 | 501 | Gary Wilks | RIPON RUNNERS | | 38:38 | 74.53 | 46.02 | 51.05 | 45.58 | 67.34 | 42.08 | 67.00 | | |
| 65 | 258.76 | 695 | Paul Windle | WETHERBY RUNNERS | V45 | | | | | 41.35 | 85.48 | 37.28 | 88.43 | 29.36 | 84.85 |
| 66 | 257.66 | 226 | Tim Pocock | HARROGATE HARR & AC | V50 | 40:26 | 65.92 | 44.17 | 60.62 | 47.52 | 58.53 | 42.35 | 64.95 | 33.00 | 66.17 |
| 67 | 255.94 | 693 | Mike Miller | WETHERBY RUNNERS | V55 | 40:52 | 64.13 | | | 47.02 | 63.19 | 42.31 | 65.97 | 33.32 | 62.65 |
| 68 | 253.67 | 540 | Richard Schofield | RIPON RUNNERS | | | | | | 42.56 | 79.26 | 37.36 | 86.39 | 29.03 | 88.02 |

| | Points | | | | | Race 1 | | Race 2 | | Race 3 | | Race 4 | | Race 5 | |
|-----|---------------|-----|----------------------|----------------------|-------|--------|-------|--------------|-------|-----------|-------|--------|-------|--------------|-------|
| | | | | | | Thirsk | | Beckwithshaw | | Catterick | | Otley | | Sicklinghall | |
| | | | | | | T | P | T | P | T | P | T | P | T | P |
| 69 | 253.56 | 420 | Matt Podd | OTLEY AC | V50 | 40:07 | 67.71 | | | 49.31 | 52.31 | 42.27 | 66.31 | 32.56 | 67.23 |
| 70 | 251.28 | 313 | Simon Smith | NIDD VALLEY RR | V40 | 40:49 | 64.48 | 44.23 | 59.88 | 47.29 | 60.60 | 42.40 | 64.61 | 33.34 | 61.59 |
| 71 | 251.09 | 168 | Jonathan Tennant | SWALEDALE RR | | 42:47 | 53.36 | 43.55 | 62.82 | 45.50 | 68.38 | | | 32.57 | 66.53 |
| 72 | 250.95 | 412 | Matt Broughton | OTLEY AC | | 40:53 | 63.77 | 43.12 | 66.87 | 50.00 | 49.20 | | | 32.15 | 71.11 |
| 73 | 249.81 | 352 | Neil Bowmer | SWALEDALE RR | V40 | 38:21 | 75.96 | | | 45.04 | 70.97 | 39.45 | 76.52 | 39.41 | 26.36 |
| 74 | 249.56 | 697 | Jo Derry | WETHERBY RUNNERS | F V45 | 41:05 | 62.33 | 44.14 | 60.98 | 48.01 | 57.49 | 42.55 | 63.25 | 33.23 | 63.00 |
| 75 | 249.38 | 230 | Stephen Kirk | HARROGATE HARR & AC | V40 | | | 44.12 | 61.35 | 47.49 | 59.05 | 42.31 | 65.63 | 33.19 | 63.35 |
| 76 | 248.44 | 405 | Lloyd Best | OTLEY AC | V45 | 36:24 | 84.57 | 39.13 | 81.23 | | | 38.33 | 82.64 | | |
| 77 | 247.38 | 201 | Tony Essex | HARROGATE HARR & AC | V60 | 41:10 | 61.61 | | | 47.03 | 62.68 | 43.00 | 62.91 | 33.46 | 60.18 |
| 78 | 246.23 | 336 | Paul Stalker | NIDD VALLEY RR | | 36:05 | 86.72 | 40.13 | 77.55 | | | 38.40 | 81.96 | | |
| 79 | 245.75 | 176 | David Harrison | LEEDS & BRADFORD TRI | | 37:05 | 81.34 | | | | | 39.02 | 79.92 | 29.42 | 84.49 |
| 80 | 244.87 | 186 | Michael Pickard | OTLEY AC | V40 | 43:08 | 50.14 | 43.48 | 63.56 | 47.22 | 61.12 | | | 32.23 | 70.05 |
| 81 | 244.71 | 145 | Jeff Paget | ILKLEY HARRIERS | V55 | 36:56 | 82.06 | | | 41.55 | 83.41 | 39.09 | 79.24 | | |
| 82 | 244.04 | 346 | Alan Davidson | NIDD VALLEY RR | V45 | 41:03 | 62.69 | 45.50 | 51.78 | 47.18 | 61.64 | | | 32.52 | 67.93 |
| 83 | 243.11 | 677 | Caroline Lambert | WETHERBY RUNNERS | F U18 | | | | | 42.24 | 80.82 | 38.59 | 80.26 | 30.07 | 82.03 |
| 84 | 234.91 | 402 | Tom Potter | OTLEY AC | | 40:17 | 67.00 | 44.09 | 62.09 | 49.37 | 51.27 | | | 35.02 | 54.55 |
| 85 | 234.42 | 327 | Steve Newton | NIDD VALLEY RR | V40 | 41:42 | 59.46 | 44.42 | 58.04 | 48.20 | 55.94 | 44.05 | 58.15 | 34.13 | 58.77 |
| 86 | 234.14 | 228 | Brian Miller | HARROGATE HARR & AC | V55 | 38:03 | 77.40 | | | | | 39.28 | 77.88 | 31.00 | 78.86 |
| 87 | 232.98 | 616 | Rob Burn | THIRSK & S HARR | V55 | | | 40.26 | 76.44 | 43.08 | 78.74 | | | 31.08 | 77.80 |
| 88 | 231.83 | 263 | Paul Dowie | HARROGATE HARR & AC | | 37:25 | 79.55 | 41.35 | 71.66 | | | | | 30.43 | 80.62 |
| 89 | 231.08 | 334 | Andy Todd | NIDD VALLEY RR | V45 | 36:39 | 83.50 | 40.51 | 73.50 | 44.16 | 74.08 | | | | |
| 90 | 230.98 | 236 | Dave Askew | HARROGATE HARR & AC | V45 | | | 40.27 | 76.07 | | | 39.03 | 79.58 | 31.37 | 75.33 |
| 91 | 230.82 | 416 | Tom Paget | OTLEY AC | | 36:53 | 82.42 | | | 45.01 | 72.01 | | | 31.23 | 76.39 |
| 92 | 229.31 | 709 | Tom Pratt | LEEDS & BRADFORD TRI | | 38:05 | 77.04 | | | | | 40.01 | 74.82 | 31.12 | 77.45 |
| 93 | 229.23 | 428 | Laura Martin | OTLEY AC | F V40 | 38:09 | 76.68 | | | | | 39.44 | 76.86 | 31.34 | 75.69 |
| 94 | 228.25 | 618 | David Shorrocks | THIRSK & S HARR | V55 | 42:02 | 58.03 | 45.01 | 54.73 | 49.39 | 50.75 | 43.59 | 58.83 | 34.48 | 56.66 |
| 95 | 228.00 | 399 | Derek Parrington | SWALEDALE RR | V45 | 37:15 | 80.27 | 40.56 | 73.13 | 44.13 | 74.60 | | | | |
| 96 | 227.57 | 46 | Andrew Sheldon | ILKLEY HARRIERS | V45 | | | | | 44.54 | 72.52 | 39.56 | 75.84 | 30.57 | 79.21 |
| 97 | 226.65 | 301 | David Cardani | NIDD VALLEY RR | V40 | 41:34 | 60.18 | 45.41 | 52.15 | 47.55 | 58.01 | | | 34.55 | 56.31 |
| 98 | 226.14 | 419 | Chris Carver | OTLEY AC | V45 | 37:25 | 79.91 | 40.02 | 78.65 | | | | | 32.54 | 67.58 |
| 99 | 225.39 | 448 | John Armitstead | OTLEY AC | V50 | 38:17 | 76.32 | | | | | 39.58 | 75.50 | 32.07 | 73.57 |
| 100 | 224.90 | 323 | Tony Ledwaba-Chapman | NIDD VALLEY RR | V65 | | | 43.46 | 63.93 | 53.14 | 33.13 | 41.50 | 68.36 | 34.08 | 59.48 |
| 101 | 223.56 | 234 | Jenny Hutcheson | HARROGATE HARR & AC | F | 38:42 | 73.81 | | | 44.11 | 75.12 | | | 31.44 | 74.63 |
| 102 | 221.34 | 304 | Fiona Deacon | NIDD VALLEY RR | F V45 | | | 44.57 | 55.46 | 49.32 | 51.79 | 44.05 | 58.49 | 34.58 | 55.60 |

| | Points | | | | | Race 1 | | Race 2 | | Race 3 | | Race 4 | | Race 5 | |
|-----|---------------|-----|--------------------|----------------------|-------|--------|-------|--------------|-------|-----------|-------|--------|-------|--------------|--------|
| | | | | | | Thirsk | | Beckwithshaw | | Catterick | | Otley | | Sicklinghall | |
| | | | | | | T | P | T | P | T | P | T | P | T | P |
| 103 | 220.15 | 231 | Jon Blane | HARROGATE HARR & AC | V50 | 38:45 | 73.09 | | | | | 40.26 | 72.78 | 31.51 | 74.28 |
| 104 | 219.45 | 169 | Simon Watson | HARROGATE HARR & AC | V45 | 38:43 | 73.45 | 41.54 | 69.82 | | | 39.52 | 76.18 | | |
| 105 | 218.40 | 245 | Pat Brew | HARROGATE HARR & AC | V55 | 42:06 | 57.67 | 45.59 | 51.42 | 48.40 | 54.90 | 44.41 | 54.41 | | |
| 106 | 215.67 | 318 | Ian Mcleod | NIDD VALLEY RR | V55 | 42:28 | 54.80 | 46.33 | 47.00 | 50.02 | 48.16 | 44.06 | 57.81 | 35.01 | 54.90 |
| 107 | 215.65 | 359 | Ronnie Cassar | SWALEDALE RR | V65 | 42:12 | 56.95 | 46.10 | 49.57 | 48.44 | 54.38 | 44.40 | 54.75 | | |
| 108 | 210.59 | 527 | Paul Walker | RIPON RUNNERS | V40 | 42:23 | 55.52 | 46.34 | 46.63 | 49.23 | 53.35 | 44.37 | 55.09 | | |
| 109 | 209.61 | 684 | Andrew Wheeler | WETHERBY RUNNERS | V50 | | | 43.26 | 65.03 | | | 40.23 | 73.12 | 32.14 | 71.46 |
| 110 | 208.91 | 679 | Nigel Mckaine | WETHERBY RUNNERS | V45 | | | 43.43 | 64.30 | | | 40.33 | 72.10 | 32.12 | 72.51 |
| 111 | 205.16 | 617 | Merv Burn | THIRSK & S HARR | V45 | 39:27 | 69.86 | 41.45 | 70.55 | 46.46 | 64.75 | | | | |
| 112 | 202.83 | 345 | Alison Iles | NIDD VALLEY RR | F V35 | 42:57 | 51.93 | 46.09 | 49.94 | | | 45.04 | 51.35 | 35.36 | 49.61 |
| 113 | 202.72 | 358 | Amy Cassar | SWALEDALE RR | F | 41:32 | 60.90 | 44.46 | 57.67 | 52.55 | 34.17 | 45.17 | 49.98 | | |
| 114 | 202.65 | 406 | Karen Best | OTLEY AC | F V40 | 38:28 | 75.25 | 41.39 | 71.29 | | | 44.25 | 56.11 | | |
| 115 | 201.84 | 137 | Paul Stephens | ILKLEY HARRIERS | V50 | | | 44.10 | 61.72 | | | 41.20 | 69.72 | 32.21 | 70.40 |
| 116 | 200.34 | 389 | Martin Luxton | SWALEDALE RR | V55 | 40:27 | 65.56 | | | 46.18 | 65.79 | | | 32.38 | 68.99 |
| 117 | 199.65 | 433 | Ian Fisher | OTLEY AC | V40 | | | | | | | 31.19 | 99.65 | 24.28 | 100.00 |
| 118 | 198.60 | 429 | Matt John | OTLEY AC | | | | 33.52 | 99.63 | | | 32.50 | 98.97 | | |
| 119 | 198.55 | 19 | James Kovacs | DRAGONS RUNNING CLUB | | | | 34.36 | 99.26 | | | | | 26.03 | 99.29 |
| 120 | 195.05 | 343 | Christine Holleran | NIDD VALLEY RR | F V45 | 43:43 | 47.63 | 47.22 | 44.05 | 51.43 | 41.42 | 44.48 | 53.05 | 35.35 | 50.32 |
| 121 | 194.83 | 136 | Jane Bryant | ILKLEY HARRIERS | F V40 | | | 42.47 | 67.24 | | | 42.32 | 65.29 | 33.33 | 62.30 |
| 122 | 194.36 | 177 | Adrian Parker | HARROGATE HARR & AC | V40 | 40:11 | 67.35 | 43.19 | 65.77 | | | | | 33.35 | 61.24 |
| 123 | 193.02 | 324 | Brian Sherwood | NIDD VALLEY RR | V40 | 43:11 | 49.42 | 46.31 | 47.37 | | | 46.02 | 45.56 | 35.34 | 50.67 |
| 124 | 192.97 | 688 | Richard Bell | WETHERBY RUNNERS | V40 | 44:26 | 42.96 | 46.06 | 50.68 | | | 45.46 | 47.60 | 35.29 | 51.73 |
| 125 | 192.89 | 426 | Caron Ralph | OTLEY AC | F V40 | 43:57 | 46.55 | 46.25 | 48.47 | 50.50 | 46.09 | 45.22 | 48.96 | 35.39 | 48.91 |
| 126 | 191.40 | 209 | Alan Couldwell | HARROGATE HARR & AC | V55 | 43:06 | 50.85 | | | 51.12 | 45.05 | 46.00 | 46.24 | 35.37 | 49.26 |
| 127 | 191.35 | 653 | Andrea Normington | WETHERBY RUNNERS | F V45 | 43:10 | 49.78 | 47.39 | 42.21 | 49.45 | 49.72 | 45.19 | 49.64 | | |
| 128 | 189.81 | 88 | Marc Teasey | DRAGONS RUNNING CLUB | V40 | 33:44 | 94.97 | 35.57 | 94.84 | | | | | | |
| 129 | 189.00 | 439 | Dominic Egan | OTLEY AC | V40 | 43:34 | 48.34 | | | 51.14 | 44.53 | 45.34 | 48.28 | 36.08 | 47.85 |
| 130 | 187.56 | 174 | Jonty Bright | HARROGATE HARR & AC | | 33:45 | 94.61 | | | | | | | 28.04 | 92.95 |
| 131 | 186.43 | 60 | Gary Waite | DRAGONS RUNNING CLUB | V45 | 42:50 | 53.01 | 46.56 | 46.26 | 51.42 | 41.94 | 46.07 | 45.22 | | |
| 132 | 185.19 | 224 | Peter Edwards | HARROGATE HARR & AC | V45 | 41:06 | 61.97 | 44.49 | 56.57 | | | 42.19 | 66.65 | | |
| 133 | 184.05 | 431 | Sam Stell | OTLEY AC | | | | | | | | 36.07 | 92.51 | 28.17 | 91.54 |
| 134 | 184.03 | 140 | Val Kerr | ILKLEY HARRIERS | F V50 | 44:30 | 41.89 | 46.29 | 47.73 | | | 45.47 | 47.26 | 36.11 | 47.15 |
| 135 | 182.97 | 705 | Andrew Meskell | LEEDS & BRADFORD TRI | V40 | 41:33 | 60.54 | | | | | 43.24 | 61.89 | 33.43 | 60.54 |
| 136 | 182.87 | 455 | Mark Berry | OTLEY AC | | 41:01 | 63.05 | 44.22 | 60.25 | 47.46 | 59.57 | | | | |

| | Points | | | | | Race 1 | | Race 2 | | Race 3 | | Race 4 | | Race 5 | |
|-----|---------------|-----|--------------------|----------------------|-------|--------|-------|--------------|-------|-----------|-------|--------|-------|--------------|-------|
| | | | | | | Thirsk | | Beckwithshaw | | Catterick | | Otley | | Sicklinghall | |
| | | | | | | T | P | T | P | T | P | T | P | T | P |
| 137 | 180.33 | 456 | Phil Robinson | OTLEY AC | V65 | | | 44.47 | 57.30 | 47.03 | 62.16 | 43.49 | 60.87 | | |
| 138 | 179.52 | 204 | Mark Robinson | HARROGATE HARR & AC | V45 | 41:23 | 61.26 | | | | | 43.51 | 60.19 | 34.22 | 58.07 |
| 139 | 178.80 | 264 | Richard Hamilton | HARROGATE HARR & AC | | | | 37.44 | 89.69 | | | 37.14 | 89.11 | | |
| 140 | 178.50 | 13 | Adam Scott | RICH & ZET HARR | | | | 37.36 | 90.43 | 41.15 | 88.07 | | | | |
| 141 | 174.52 | 349 | Nick Iles | NIDD VALLEY RR | V40 | | | 45.33 | 52.89 | 47.30 | 60.08 | 43.34 | 61.55 | | |
| 142 | 173.74 | 348 | John Easton | NIDD VALLEY RR | | | | 44.48 | 56.94 | 48.15 | 56.97 | | | 33.59 | 59.83 |
| 143 | 173.08 | 151 | Dan Holdsworth | THIRSK & S HARR | | 35:59 | 87.44 | 38.17 | 85.64 | | | | | | |
| 144 | 172.46 | 581 | Steve Garlick | VOCALINK RC | V45 | 46:42 | 32.20 | | | 52.43 | 34.69 | 45.13 | 50.32 | 34.59 | 55.25 |
| 145 | 171.76 | 670 | Chris Plews | WETHERBY RUNNERS | | | | | | 41.47 | 84.45 | | | 29.12 | 87.31 |
| 146 | 170.21 | 458 | Tamara Weatherhead | OTLEY AC | F V40 | 44:33 | 41.53 | 47.09 | 44.79 | 52.23 | 37.80 | | | 36.16 | 46.09 |
| 147 | 170.17 | 195 | Jonathan Dudley | WETHERBY RUNNERS | U16 | | | | | | | 37.34 | 86.73 | 29.55 | 83.44 |
| 148 | 168.95 | 6 | Ray Robson | RICH & ZET HARR | V40 | 44:15 | 44.76 | 47.55 | 41.85 | 55.18 | 22.76 | 47.18 | 40.12 | 36.49 | 42.22 |
| 149 | 168.10 | 312 | Rob Snow | NIDD VALLEY RR | V50 | 42:37 | 54.08 | | | | | 43.50 | 60.53 | 35.18 | 53.49 |
| 150 | 167.66 | 398 | Dave Atkinson | SWALEDALE RR | | | | 38.40 | 82.70 | 41.38 | 84.96 | | | | |
| 151 | 167.06 | 443 | Liz Fawcett | OTLEY AC | F V40 | 45:50 | 36.15 | 48.14 | 41.11 | 52.11 | 38.83 | 46.15 | 44.20 | 36.45 | 42.92 |
| 152 | 166.47 | 222 | Martyn Price | HARROGATE HARR & AC | V45 | 43:02 | 51.57 | | | | | 44.28 | 55.77 | 34.11 | 59.13 |
| 153 | 165.61 | 404 | Andrew Rayner | OTLEY AC | V45 | 43:48 | 47.27 | 48.26 | 40.37 | 51.49 | 40.91 | 47.55 | 37.06 | | |
| 154 | 165.38 | 271 | Nat Welsby | HARROGATE HARR & AC | U16 | | | | | | | 38.34 | 82.30 | 29.57 | 83.08 |
| 155 | 164.53 | 708 | Matt Paxton | LEEDS & BRADFORD TRI | V50 | 42:19 | 55.88 | 44.36 | 58.41 | 49.41 | 50.24 | | | | |
| 156 | 163.25 | 446 | James Sneath | OTLEY AC | V40 | 43:07 | 50.50 | | | | | 44.11 | 56.79 | 34.55 | 55.96 |
| 157 | 162.66 | 541 | Suzanne Rickard | RIPON RUNNERS | F V40 | 44:39 | 40.81 | 50.25 | 33.75 | 52.28 | 36.76 | 47.01 | 41.82 | 36.42 | 43.27 |
| 158 | 162.38 | 691 | Emma Coster | WETHERBY RUNNERS | F V40 | 42:16 | 56.23 | | | | | 44.42 | 54.07 | 35.26 | 52.08 |
| 159 | 162.19 | 235 | Paul Render | HARROGATE HARR & AC | V50 | 37:03 | 81.70 | 39.36 | 80.49 | | | | | | |
| 160 | 161.50 | 261 | Gill Wareham | HARROGATE HARR & AC | F V50 | 44:34 | 41.17 | 48.36 | 40.01 | 52.03 | 39.87 | | | 37.05 | 40.45 |
| 161 | 161.07 | 517 | Dennis Connor | RIPON RUNNERS | V45 | | | 39.40 | 79.75 | | | | | 30.09 | 81.32 |
| 162 | 160.72 | 109 | Julian Carter | ILKLEY HARRIERS | | | | 39.37 | 80.12 | | | 38.55 | 80.60 | | |
| 163 | 160.57 | 34 | Debbie Dennison | WETHERBY RUNNERS | F V45 | | | 49.13 | 37.80 | 52.13 | 38.31 | 47.24 | 39.78 | 36.31 | 44.68 |
| 164 | 160.56 | 620 | Phil Utley | THIRSK & S HARR | V40 | | | 37.13 | 92.27 | | | | | 32.49 | 68.29 |
| 165 | 158.41 | 651 | Laura Marks | WETHERBY RUNNERS | F V45 | | | 46.26 | 48.10 | 49.07 | 53.86 | 44.14 | 56.45 | | |
| 166 | 158.11 | 509 | Matthew Holt | RIPON RUNNERS | | 44:29 | 42.25 | 50.25 | 33.38 | | | 48.14 | 36.04 | 36.14 | 46.44 |
| 167 | 156.88 | 250 | Shaun Morrison | HARROGATE HARR & AC | | 45:03 | 39.38 | | | 52.37 | 35.20 | 47.06 | 41.14 | 37.00 | 41.16 |
| 168 | 155.81 | 221 | Helen Price | HARROGATE HARR & AC | F V40 | 44:04 | 46.19 | | | | | 44.32 | 55.43 | 35.04 | 54.19 |
| 169 | 154.73 | 460 | Huw Illingworth | OTLEY AC | | 39:19 | 70.94 | | | | | | | 29.51 | 83.79 |
| 170 | 153.70 | 619 | Paul Atkinson | THIRSK & S HARR | V40 | 38:47 | 72.73 | | | | | | | 30.35 | 80.97 |

| | Points | | | | | Race 1 | | Race 2 | | Race 3 | | Race 4 | | Race 5 | |
|-----|---------------|-----|----------------------|----------------------|-------|--------|-------|--------------|-------|-----------|-------|--------|-------|--------------|-------|
| | | | | | | Thirsk | | Beckwithshaw | | Catterick | | Otley | | Sicklinghall | |
| | | | | | | T | P | T | P | T | P | T | P | T | P |
| 171 | 153.48 | 308 | Paul Manning | NIDD VALLEY RR | V40 | 45:31 | 36.86 | 49.05 | 38.17 | 53.46 | 29.50 | 47.13 | 40.46 | 37.33 | 37.99 |
| 172 | 153.07 | 227 | Andy Pogson | HARROGATE HARR & AC | V40 | 37:47 | 78.47 | 40.46 | 74.60 | | | | | | |
| 173 | 152.73 | 208 | Mick Shakespeare | HARROGATE HARR & AC | V45 | 37:57 | 77.76 | 40.43 | 74.97 | | | | | | |
| 174 | 150.73 | 214 | Adam Couldwell | HARROGATE HARR & AC | | 40:41 | 65.20 | 44.27 | 59.14 | 54.17 | 26.39 | | | | |
| 175 | 150.54 | 18 | Mark Jordan | HARROGATE HARR & AC | V55 | | | 41.00 | 72.39 | | | | | 31.05 | 78.15 |
| 176 | 148.38 | 158 | Alexandra Whapples | VOCALINK RC | F V40 | 46:45 | 31.84 | 50.03 | 34.12 | 53.13 | 33.65 | 47.28 | 39.10 | 36.59 | 41.51 |
| 177 | 148.36 | 212 | John Mcnerny | HARROGATE HARR & AC | | 38:25 | 75.60 | 40.58 | 72.76 | | | | | | |
| 178 | 147.51 | 601 | Geoff Bullock | THIRSK & S HARR | V60 | 42:25 | 55.16 | | | 50.16 | 46.61 | | | 36.18 | 45.74 |
| 179 | 147.14 | 520 | Rebecca Turner | RIPON RUNNERS | F | 43:53 | 46.91 | 46.21 | 49.21 | | | | | 35.33 | 51.02 |
| 180 | 146.94 | 48 | Sarah Holton | SWALEDALE RR | F V35 | | | | | 51.34 | 42.46 | 45.01 | 51.69 | 35.22 | 52.79 |
| 181 | 146.43 | 686 | Emily Legg | WETHERBY RUNNERS | F U18 | | | | | 53.33 | 31.58 | 44.08 | 57.13 | 34.25 | 57.72 |
| 182 | 145.79 | 333 | Andy Williams | NIDD VALLEY RR | | 42:51 | 52.65 | | | | | 44.46 | 53.39 | 37.23 | 39.75 |
| 183 | 144.22 | 360 | Stuart Clarkson | SWALEDALE RR | | 44:21 | 43.68 | | | 53.57 | 28.47 | 47.04 | 41.48 | 38.53 | 30.59 |
| 184 | 143.68 | 7 | Shaun Purkiss | RICH & ZET HARR | V45 | 39:25 | 70.22 | | | | | 40.18 | 73.46 | | |
| 185 | 143.61 | 110 | Neil Chapman | ILKLEY HARRIERS | V55 | | | | | | | 41.08 | 70.74 | 32.08 | 72.87 |
| 186 | 143.60 | 543 | Nigel Bower | RIPON RUNNERS | V60 | | | 48.10 | 41.48 | 52.33 | 36.24 | 47.54 | 37.40 | 39.18 | 28.48 |
| 187 | 143.08 | 257 | Tim Broomfield | HARROGATE HARR & AC | V55 | 39:09 | 71.66 | | | | | 40.42 | 71.42 | | |
| 188 | 142.76 | 28 | Andy Webster | OTLEY AC | | | | 47.06 | 45.16 | 51.05 | 45.57 | 45.01 | 52.03 | | |
| 189 | 142.51 | 664 | Ann Dale | WETHERBY RUNNERS | F V35 | | | 46.58 | 45.89 | 50.02 | 48.68 | 45.35 | 47.94 | | |
| 190 | 142.28 | 9 | Sue Thurlbeck | RICH & ZET HARR | F V45 | 44:11 | 45.83 | | | 51.18 | 44.02 | | | 35.23 | 52.43 |
| 191 | 142.20 | 211 | James Strugnell | HARROGATE HARR & AC | | 38:57 | 72.02 | 41.51 | 70.18 | | | | | | |
| 192 | 139.99 | 162 | Paul Morgan | RIPON RUNNERS | V45 | 38:51 | 72.38 | 42.43 | 67.61 | | | | | | |
| 193 | 139.37 | 216 | Mark Seymour | HARROGATE HARR & AC | V50 | 44:20 | 44.04 | | | 50.10 | 47.13 | | | 36.07 | 48.20 |
| 194 | 138.56 | 183 | Samuel Wood | RICH & ZET HARR | | 39:32 | 69.15 | | | 45.28 | 69.41 | | | | |
| 195 | 138.09 | 8 | Jeff Thurlbeck | RICH & ZET HARR | V45 | | | | | | | 41.57 | 67.34 | 32.17 | 70.75 |
| 196 | 137.49 | 504 | Andy Matheson | RIPON RUNNERS | V45 | 45:54 | 35.43 | 49.28 | 36.33 | | | 49.22 | 31.27 | 37.59 | 34.46 |
| 197 | 136.39 | 326 | Helen Gregory | NIDD VALLEY RR | F V35 | 46:15 | 34.71 | 49.26 | 36.69 | | | 49.08 | 32.29 | 38.16 | 32.70 |
| 198 | 135.38 | 246 | Robyn Mcclean | HARROGATE HARR & AC | F V45 | 45:29 | 37.22 | | | 52.28 | 37.28 | 50.06 | 29.23 | 38.33 | 31.65 |
| 199 | 134.16 | 84 | Amanda Bellwood | DRAGONS RUNNING CLUB | F | 53:25 | 11.04 | 48.58 | 38.90 | | | 48.00 | 36.72 | 36.10 | 47.50 |
| 200 | 132.83 | 220 | Jean Croft | HARROGATE HARR & AC | F V45 | 44:57 | 39.73 | | | | | 46.14 | 44.54 | 36.04 | 48.56 |
| 201 | 132.78 | 102 | Alison Bennett | ILKLEY HARRIERS | F V45 | 40:22 | 66.64 | 43.17 | 66.14 | | | | | | |
| 202 | 130.36 | 150 | Rebecca Mon-Williams | ILKLEY HARRIERS | F V40 | | | | | 46.14 | 66.30 | | | 33.17 | 64.06 |
| 203 | 128.64 | 113 | Stephen Rhodes | ILKLEY HARRIERS | | | | 44.51 | 56.20 | | | 40.30 | 72.44 | | |
| 204 | 128.32 | 339 | Emma Dooley | NIDD VALLEY RR | F V35 | 46:46 | 31.13 | 49.30 | 35.96 | 54.38 | 25.36 | | | 37.48 | 35.87 |

| | Points | | | | | Race 1 | | Race 2 | | Race 3 | | Race 4 | | Race 5 | | |
|-----|--------|-----|-----------------------|----------------------|---|--------|-------|--------------|-------|-----------|-------|--------|-------|--------------|-------|-------|
| | | | | | | Thirsk | | Beckwithshaw | | Catterick | | Otley | | Sicklinghall | | |
| | | | | | | T | P | T | P | T | P | T | P | T | P | |
| 205 | 127.11 | 526 | Claire Mumford | RIPON RUNNERS | F | | 44:22 | 43.32 | | | 51.31 | 42.98 | | | 37.01 | 40.81 |
| 206 | 126.92 | 267 | Tim Bennett | HARROGATE HARR & AC | | V45 | 44:54 | 40.09 | | | | | 46.56 | 42.50 | 36.32 | 44.33 |
| 207 | 126.84 | 452 | Colin Best | OTLEY AC | | V55 | 46:58 | 30.41 | 50.44 | 32.28 | 53.54 | 28.98 | | | 37.55 | 35.17 |
| 208 | 125.41 | 178 | Nigel Wright | HARROGATE HARR & AC | | V45 | 44:13 | 45.47 | | | | | 47.46 | 38.08 | 36.56 | 41.86 |
| 209 | 124.18 | 628 | Matthew Jones | THIRSK & S HARR | | | 45:26 | 37.58 | 49.39 | 35.22 | | | | | 35.29 | 51.38 |
| 210 | 123.22 | 259 | Chris Doherty | HARROGATE HARR & AC | | | | | 44.24 | 59.51 | | | | | 33.18 | 63.71 |
| 211 | 122.89 | 192 | Ellen Mcarthur | WETHERBY RUNNERS | F | U18 | | | | | 49.27 | 52.83 | 41.17 | 70.06 | | |
| 212 | 122.71 | 624 | Hester Cox | THIRSK & S HARR | F | V40 | | | 44.35 | 58.78 | | | 42.51 | 63.93 | | |
| 213 | 119.63 | 85 | Christian Lewis | DRAGONS RUNNING CLUB | | | | | | | | | 43.45 | 61.21 | 34.20 | 58.42 |
| 214 | 118.82 | 321 | Sheena Jackson | NIDD VALLEY RR | F | V35 | 47:20 | 27.90 | 52.33 | 25.28 | 54.03 | 26.91 | 49.34 | 30.25 | 38.08 | 33.76 |
| 215 | 116.97 | 503 | Robin Kehoe | RIPON RUNNERS | | V55 | 46:06 | 35.07 | 52.28 | 26.02 | | | 49.29 | 30.93 | 40.04 | 24.95 |
| 216 | 116.31 | 121 | Dougie Scarfe | ILKLEY HARRIERS | | V40 | | | | | 48.15 | 56.46 | 43.52 | 59.85 | | |
| 217 | 115.20 | 676 | Alison Dooley | WETHERBY RUNNERS | F | V50 | | | 52.01 | 28.97 | 54.57 | 24.32 | 49.47 | 29.91 | 38.29 | 32.00 |
| 218 | 113.90 | 164 | Bruce Symonds | RIPON RUNNERS | | V50 | 47:03 | 29.69 | 49.36 | 35.59 | | | 45.28 | 48.62 | | |
| 219 | 113.60 | 424 | Carol Armitstead | OTLEY AC | F | V50 | 48:41 | 24.31 | 50.53 | 31.91 | | | 50.15 | 28.55 | 39.16 | 28.83 |
| 220 | 113.31 | 20 | Stephen Holloway | THIRSK & S HARR | | V40 | | | 51.21 | 30.44 | 52.07 | 39.35 | 46.23 | 43.52 | | |
| 221 | 111.72 | 111 | Paul Sugden | ILKLEY HARRIERS | | V50 | 46:53 | 30.77 | 54.58 | 17.19 | | | 50.24 | 27.53 | 37.45 | 36.23 |
| 222 | 111.56 | 270 | Mike Dunn | VOCALINK RC | | V45 | | | | | | | 45.05 | 50.67 | 33.36 | 60.89 |
| 223 | 111.37 | 623 | Lorraine Hiles | THIRSK & S HARR | F | V45 | | | 45.04 | 54.36 | | | | | 34.47 | 57.01 |
| 224 | 109.12 | 612 | Keziah Paxton | THIRSK & S HARR | F | | 41:40 | 59.82 | | | | | 45.19 | 49.30 | | |
| 225 | 108.82 | 76 | Iain Denby | DRAGONS RUNNING CLUB | | V50 | 42:41 | 53.72 | 45.00 | 55.10 | | | | | | |
| 226 | 107.38 | 510 | Jill Holt | RIPON RUNNERS | F | V40 | 46:24 | 34.35 | | | 66.55 | 3.59 | 48.12 | 36.38 | 38.13 | 33.06 |
| 227 | 106.53 | 255 | Martin Hirst | HARROGATE HARR & AC | | V65 | 43:26 | 49.06 | | | | | 44.06 | 57.47 | | |
| 228 | 105.59 | 403 | Sara Richard | OTLEY AC | F | V40 | 48:16 | 25.75 | 52.48 | 24.55 | | | 50.20 | 27.87 | 39.33 | 27.42 |
| 229 | 104.88 | 678 | Tracey Mckaine | WETHERBY RUNNERS | F | V40 | | | 49.03 | 38.53 | | | 48.42 | 34.00 | 38.21 | 32.35 |
| 230 | 104.04 | 133 | Alison Weston | ILKLEY HARRIERS | F | V45 | | | 46.08 | 50.31 | | | 44.44 | 53.73 | | |
| 231 | 103.59 | 340 | Debbie Gibson | NIDD VALLEY RR | F | V45 | 45:48 | 36.51 | 49.26 | 37.06 | 53.45 | 30.02 | | | | |
| 232 | 103.23 | 39 | Richard Smith | HARROGATE HARR & AC | | | | | 45.27 | 53.26 | | | | | 35.35 | 49.97 |
| 233 | 102.81 | 690 | Alison Mallorie-Lewis | WETHERBY RUNNERS | F | V40 | 45:53 | 35.79 | 51.23 | 30.07 | 57.02 | 17.58 | 52.23 | 19.37 | | |
| 234 | 102.25 | 279 | Bradley Chapman | ILKLEY HARRIERS | | U18 | | | | | | | 46.11 | 44.88 | 34.45 | 57.37 |
| 235 | 102.07 | 205 | Graham Kilvington | HARROGATE HARR & AC | | V45 | 41:49 | 58.75 | 47.33 | 43.32 | | | | | | |
| 236 | 101.28 | 29 | Nicky Scott | OTLEY AC | F | | | | 52.07 | 28.23 | | | 48.55 | 33.65 | 37.27 | 39.40 |
| 237 | 101.24 | 16 | Ian Hepworth | RICH & ZET HARR | | V60 | | | 52.50 | 24.18 | 54.47 | 24.84 | 50.58 | 25.15 | 39.34 | 27.07 |
| 238 | 99.72 | 580 | Nick Wagstaff | VOCALINK RC | | | | | | | | | 45.56 | 46.58 | 35.20 | 53.14 |

| | Points | | | | Race 1 | | Race 2 | | Race 3 | | Race 4 | | Race 5 | | | |
|-----|--------------|-----|---------------------|----------------------|--------|-------|--------------|-------|-----------|-------|--------|-------|--------------|-------|-------|-------|
| | | | | | Thirsk | | Beckwithshaw | | Catterick | | Otley | | Sicklinghall | | | |
| | | | | | T | P | T | P | T | P | T | P | T | P | | |
| 239 | 98.99 | 328 | Ian Holmes | NIDD VALLEY RR | 43:36 | 47.98 | | | | | 45.05 | 51.01 | | | | |
| 240 | 98.29 | 278 | Matt Hallam | HARROGATE HARR & AC | | | | | | | 33.41 | 98.29 | | | | |
| 241 | 97.42 | 551 | Richard Watson | RIPON RUNNERS | | | V40 | 35.21 | 97.42 | | | | | | | |
| 242 | 97.41 | 100 | Gayle Woodrup | DRAGONS RUNNING CLUB | F | 47:52 | 26.46 | | | | 48.56 | 33.31 | 37.42 | 37.64 | | |
| 243 | 96.59 | 272 | Edward Davies | OTLEY AC | | | | | | | 34.37 | 96.59 | | | | |
| 244 | 96.40 | 589 | Jamie Kirk | VOCALINK RC | | | V40 | 47.24 | 43.69 | | 44.53 | 52.71 | | | | |
| 245 | 96.02 | 529 | Andy Bishop | RIPON RUNNERS | | V50 | 48:48 | 23.59 | 53.25 | 22.34 | 57.50 | 16.54 | 50.56 | 25.49 | 40.15 | 24.60 |
| 246 | 94.99 | 397 | Andy Broadley | SWALEDALE RR | | V45 | 45:07 | 38.66 | 54.36 | 18.66 | 58.07 | 15.51 | 52.48 | 18.35 | 41.37 | 19.32 |
| 247 | 94.44 | 306 | Jenny Manning | NIDD VALLEY RR | F | V40 | 48:38 | 24.67 | 52.25 | 26.76 | 56.00 | 20.17 | | | 40.34 | 22.84 |
| 248 | 94.23 | 606 | Nicola Booth | THIRSK & S HARR | F | V45 | 43:33 | 48.70 | 47.03 | 45.53 | | | | | | |
| 249 | 94.01 | 687 | Scott Macvicar | WETHERBY RUNNERS | | | | | | | | | | | 27.52 | 94.01 |
| 250 | 93.87 | 196 | Jamie Hutchinson | ILKLEY HARRIERS | | V40 | | | | | 35.58 | 93.87 | | | | |
| 251 | 91.90 | 31 | Jim Ryder | ILKLEY HARRIERS | | V45 | | | 37.14 | 91.90 | | | | | | |
| 252 | 91.50 | 225 | Angela Peace | HARROGATE HARR & AC | F | | | | | 53.43 | 30.54 | 50.27 | 26.85 | 38.01 | 34.11 | |
| 253 | 91.39 | 454 | Sarah Jarvis | OTLEY AC | F | V35 | 35:11 | 91.39 | | | | | | | | |
| 254 | 91.34 | 91 | Gemma Lawrence | DRAGONS RUNNING CLUB | F | | 50:51 | 17.85 | 52.12 | 27.86 | | | 51.38 | 22.09 | 40.29 | 23.54 |
| 255 | 91.34 | 63 | Tony Rogan | DRAGONS RUNNING CLUB | | V45 | 49:13 | 22.52 | 54.29 | 19.76 | 56.43 | 18.10 | 51.08 | 24.81 | 40.22 | 24.25 |
| 256 | 91.20 | 422 | Liz Ashton | OTLEY AC | F | V40 | 48:44 | 23.95 | 53.45 | 21.60 | | | 51.43 | 21.75 | 40.28 | 23.90 |
| 257 | 91.16 | 260 | Ben Grant | HARROGATE HARR & AC | | V60 | | | 37.22 | 91.16 | | | | | | |
| 258 | 90.67 | 622 | Charlotte Sanderson | THIRSK & S HARR | F | | 35:14 | 90.67 | | | | | | | | |
| 259 | 90.47 | 274 | Steve Weston | ILKLEY HARRIERS | | V40 | | | | | 36.47 | 90.47 | | | | |
| 260 | 89.28 | 184 | Olivia Forster | DRAGONS RUNNING CLUB | F | | 49:43 | 21.08 | 53.50 | 21.24 | | | 51.13 | 24.47 | 40.36 | 22.49 |
| 261 | 89.23 | 155 | Julian Norton | THIRSK & S HARR | | | 35:35 | 89.23 | | | | | | | | |
| 262 | 88.95 | 40 | Matt Gray | LEEDS & BRADFORD TRI | | | | | 37.56 | 88.95 | | | | | | |
| 263 | 88.59 | 256 | John Wilkinson | HARROGATE HARR & AC | | V45 | | | 37.58 | 88.59 | | | | | | |
| 264 | 88.23 | 284 | Gareth Jones | NIDD VALLEY RR | | | | | | | 46.49 | 42.84 | 36.22 | 45.39 | | |
| 265 | 88.22 | 621 | Fran Jeffery | THIRSK & S HARR | F | | 50:40 | 18.57 | 54.06 | 20.87 | 58.35 | 13.43 | 51.35 | 22.77 | 39.43 | 26.01 |
| 266 | 87.08 | 247 | Andy Hauser | HARROGATE HARR & AC | | V55 | 36:03 | 87.08 | | | | | | | | |
| 267 | 85.90 | 365 | John Worrall | THIRSK & S HARR | | | | | | | | | | | 29.29 | 85.90 |
| 268 | 85.52 | 108 | Donald Macrae | ILKLEY HARRIERS | | V65 | 49:37 | 21.44 | 54.42 | 17.92 | 56.16 | 19.65 | 50.43 | 26.51 | | |
| 269 | 85.29 | 167 | Ian Rowbotham | ILKLEY HARRIERS | | V50 | 36:22 | 85.29 | | | | | | | | |
| 270 | 84.33 | 165 | Jane Rowbotham | HARROGATE HARR & AC | F | V50 | 49:12 | 22.88 | | | 58.08 | 14.47 | 51.28 | 23.79 | 40.31 | 23.19 |
| 271 | 84.17 | 25 | Andrew Grant | HARROGATE HARR & AC | | V40 | | | 38.24 | 84.17 | | | | | | |
| 272 | 84.14 | 298 | Stephan Tomaszewski | THIRSK & S HARR | | V50 | | | | | | | | | 29.48 | 84.14 |

| | Points | | | | | Race 1 | | Race 2 | | Race 3 | | Race 4 | | Race 5 | | |
|-----|--------------|-----|------------------|----------------------|---|--------|-------|--------------|-------|-----------|-------|--------|-------|--------------|-------|-------|
| | | | | | | Thirsk | | Beckwithshaw | | Catterick | | Otley | | Sicklinghall | | |
| | | | | | | T | P | T | P | T | P | T | P | T | P | |
| 273 | 84.01 | 288 | Justin Phillips | ILKLEY HARRIERS | | | | | | | | 37.47 | 84.01 | | | |
| 274 | 83.67 | 286 | Richard Reeve | ILKLEY HARRIERS | | V50 | | | | | | 38.08 | 83.67 | | | |
| 275 | 82.89 | 79 | Dave Lister | DRAGONS RUNNING CLUB | | V40 | | 48.53 | 39.27 | | | | | 36.40 | 43.62 | |
| 276 | 82.55 | 104 | Peter Shields | ILKLEY HARRIERS | | V60 | | | | | | 46.19 | 43.86 | 37.29 | 38.69 | |
| 277 | 82.37 | 12 | Ian Scott | RICH & ZET HARR | | V50 | | | | 42.15 | 82.37 | | | | | |
| 278 | 82.33 | 41 | Rhiannon Silson | LEEDS & BRADFORD TRI | F | | | 38.51 | 82.33 | | | | | | | |
| 279 | 82.24 | 320 | Amanda Metcalfe | NIDD VALLEY RR | F | V45 | 44:27 | 42.60 | 48.39 | 39.64 | | | | | | |
| 280 | 81.96 | 243 | Steve Trudgeon | HARROGATE HARR & AC | | V50 | | | 38.55 | 81.96 | | | | | | |
| 281 | 80.89 | 330 | Emma David | NIDD VALLEY RR | F | V35 | 45:19 | 37.94 | 47.37 | 42.95 | | | | | | |
| 282 | 79.92 | 626 | Paul Goacher | THIRSK & S HARR | | V50 | 44:16 | 44.40 | | | | | | 37.50 | 35.52 | |
| 283 | 79.91 | 295 | David Brown | ILKLEY HARRIERS | | V40 | | | | | | | | 30.52 | 79.91 | |
| 284 | 79.56 | 704 | Robert Dunn | LEEDS & BRADFORD TRI | | | 59:48 | 4.22 | 40.39 | 75.34 | | | | | | |
| 285 | 79.14 | 285 | Nick Mellor | ILKLEY HARRIERS | | V55 | | | | | | 47.07 | 40.80 | 37.31 | 38.34 | |
| 286 | 79.12 | 423 | Sue Tupling | OTLEY AC | F | V40 | 48:02 | 26.10 | | | 55.39 | 21.73 | | 38.39 | 31.29 | |
| 287 | 79.02 | 319 | Andrew Harris | NIDD VALLEY RR | | | | | 39.44 | 79.02 | | | | | | |
| 288 | 78.90 | 197 | Ken Souyave | ILKLEY HARRIERS | | V60 | | | | | | 39.15 | 78.90 | | | |
| 289 | 78.57 | 467 | Martin Weston | OTLEY AC | | | 49:03 | 23.23 | 52.24 | 27.13 | | 50.17 | 28.21 | | | |
| 290 | 78.50 | 369 | Duncan Cooper | ILKLEY HARRIERS | | V40 | | | | | | | | 31.04 | 78.50 | |
| 291 | 78.44 | 314 | Michelle Smith | NIDD VALLEY RR | F | V40 | 51:16 | 17.14 | 53.32 | 21.97 | 60.38 | 10.32 | 51.48 | 21.07 | 41.46 | 18.26 |
| 292 | 77.87 | 409 | Jackie Ackroyd | OTLEY AC | F | V50 | 47:40 | 26.82 | | | 55.06 | 23.28 | | 39.24 | 27.77 | |
| 293 | 77.71 | 45 | Ian Chapman | RIPON RUNNERS | | | | | | | 43.16 | 77.71 | | | | |
| 294 | 77.34 | 351 | Ros Blackmore | SWALEDALE RR | F | V40 | 47:37 | 27.18 | | | | 51.30 | 23.45 | 39.41 | 26.71 | |
| 295 | 77.09 | 299 | Brett Edgworth | THIRSK & S HARR | | V40 | | | | | | | | 31.20 | 77.09 | |
| 296 | 76.76 | 656 | Julie Sharpe | WETHERBY RUNNERS | F | | 45:05 | 39.02 | | | | 47.51 | 37.74 | | | |
| 297 | 76.32 | 396 | Chris Sayer | SWALEDALE RR | F | V50 | 50:35 | 18.93 | 54.35 | 19.03 | 58.06 | 16.03 | 52.47 | 18.69 | 41.36 | 19.67 |
| 298 | 75.12 | 252 | Russell Gregory | HARROGATE HARR & AC | | V50 | | | | | | 48.21 | 35.02 | 37.21 | 40.10 | |
| 299 | 74.00 | 163 | Karen Jones | RIPON RUNNERS | F | V40 | 45:15 | 38.30 | | | | 48.15 | 35.70 | | | |
| 300 | 72.02 | 33 | Renee Saxton | OTLEY AC | F | | | | 41.04 | 72.02 | | | | | | |
| 301 | 71.96 | 251 | Juliette Gregory | HARROGATE HARR & AC | F | V45 | | | | | | 48.30 | 34.68 | 37.42 | 37.28 | |
| 302 | 71.91 | 61 | Vivienne Yeoman | DRAGONS RUNNING CLUB | F | V45 | 51:25 | 16.78 | 52.57 | 23.08 | | 52.54 | 17.67 | 42.51 | 14.38 | |
| 303 | 71.81 | 297 | Geoff Howard | ILKLEY HARRIERS | | V65 | | | | | | | | 32.14 | 71.81 | |
| 304 | 70.92 | 42 | James Parks | LEEDS & BRADFORD TRI | | | | | 41.40 | 70.92 | | | | | | |
| 305 | 70.92 | 273 | Hywel Smith | THIRSK & S HARR | | V60 | | | | | | 48.34 | 34.34 | 37.44 | 36.58 | |
| 306 | 70.58 | 699 | Richard Moon | WETHERBY RUNNERS | | V45 | 39:22 | 70.58 | | | | | | | | |

| | Points | | | | Race 1 | | Race 2 | | Race 3 | | Race 4 | | Race 5 | | | |
|-----|--------------|-----|---------------------|----------------------|--------|-----|--------------|-------|-----------|-------|--------|-------|--------------|-------|-------|-------|
| | | | | | Thirsk | | Beckwithshaw | | Catterick | | Otley | | Sicklinghall | | | |
| | | | | | T | P | T | P | T | P | T | P | T | P | | |
| 307 | 70.40 | 451 | Simon Toyne | OTLEY AC | | | | | | | 41.14 | 70.40 | | | | |
| 308 | 69.70 | 293 | Howard Jeffrey | OTLEY AC | | V55 | | | | | | | 32.26 | 69.70 | | |
| 309 | 69.52 | 667 | Helen Aldersley | WETHERBY RUNNERS | F | V40 | 49.25 | 37.43 | 53.26 | 32.09 | | | | | | |
| 310 | 69.38 | 696 | Tony Andryszewski | WETHERBY RUNNERS | | V45 | | | | | 41.21 | 69.38 | | | | |
| 311 | 69.34 | 652 | Luke Broadbent | WETHERBY RUNNERS | | U18 | | | | | | | 32.33 | 69.34 | | |
| 312 | 69.08 | 32 | Matt Tupling | LEEDS & BRADFORD TRI | | | 42.10 | 69.08 | | | | | | | | |
| 313 | 68.64 | 82 | Garry Cochrane | DRAGONS RUNNING CLUB | | V40 | 57:43 | 4.58 | | | 47.33 | 38.76 | 39.55 | 25.30 | | |
| 314 | 68.02 | 331 | Carol Morgan | NIDD VALLEY RR | F | V35 | | | | | 41.52 | 68.02 | | | | |
| 315 | 67.07 | 347 | Janet Carling | NIDD VALLEY RR | F | V50 | 48:34 | 25.03 | | | 51.14 | 24.13 | 41.50 | 17.91 | | |
| 316 | 66.40 | 87 | Clare Pierce | DRAGONS RUNNING CLUB | F | V55 | 51:43 | 14.98 | 56.24 | 11.67 | 52.34 | 19.03 | 41.13 | 20.72 | | |
| 317 | 65.85 | 354 | Elizabeth Sowter | SWALEDALE RR | F | V50 | | | | 53.58 | 27.43 | 47.38 | 38.42 | | | |
| 318 | 65.62 | 534 | Christopher Bennett | RIPON RUNNERS | | V60 | | | 50.36 | 33.01 | 53.15 | 32.61 | | | | |
| 319 | 65.55 | 26 | Dawn Downie | WETHERBY RUNNERS | F | V40 | | | 49.59 | 34.49 | 53.36 | 31.06 | | | | |
| 320 | 65.24 | 180 | Stella Morgan | RIPON RUNNERS | F | | 52:00 | 13.91 | 56.23 | 12.04 | 58.36 | 12.92 | 52.56 | 16.98 | 40.48 | 21.43 |
| 321 | 65.21 | 703 | Emily Dove | LEEDS & BRADFORD TRI | F | | 46:39 | 32.56 | 50.40 | 32.65 | | | | | | |
| 322 | 64.66 | 138 | Helen Thurston | ILKLEY HARRIERS | F | | | | 43.33 | 64.66 | | | | | | |
| 323 | 64.41 | 223 | Matthew Price | HARROGATE HARR & AC | | U18 | | | | | | | 33.17 | 64.41 | | |
| 324 | 64.18 | 453 | David Fox | OTLEY AC | | V55 | 47:10 | 29.33 | 49.46 | 34.85 | | | | | | |
| 325 | 63.98 | 171 | Ione Dowson | SWALEDALE RR | F | V50 | 49:36 | 21.80 | | | 52.14 | 20.05 | 40.39 | 22.13 | | |
| 326 | 63.59 | 442 | Neil Reed | OTLEY AC | | V45 | | | | | 42.52 | 63.59 | | | | |
| 327 | 63.41 | 161 | Ray Raper | RIPON RUNNERS | | V55 | 41:00 | 63.41 | | | | | | | | |
| 328 | 62.48 | 418 | Tom Hannah | OTLEY AC | | V60 | | | 50.59 | 31.54 | | | 38.44 | 30.94 | | |
| 329 | 62.23 | 283 | Jane Mccarthy | ILKLEY HARRIERS | F | V35 | | | | | 43.12 | 62.23 | | | | |
| 330 | 62.22 | 124 | Sue Williamson | ILKLEY HARRIERS | F | V45 | | | 54.45 | 17.56 | 57.39 | 17.06 | 53.53 | 13.92 | 43.05 | 13.68 |
| 331 | 61.95 | 282 | Henry Heavisides | ILKLEY HARRIERS | | V55 | | | | | | | 33.33 | 61.95 | | |
| 332 | 61.60 | 578 | Anya Dunford | VOCALINK RC | F | V40 | | | 54.17 | 20.13 | | | 52.07 | 20.39 | 41.11 | 21.08 |
| 333 | 60.63 | 523 | Mandi Ross | RIPON RUNNERS | F | V45 | 50:57 | 17.50 | | | | | 51.34 | 23.11 | 41.26 | 20.02 |
| 334 | 60.60 | 315 | Annie Burns | NIDD VALLEY RR | F | V50 | 49:59 | 19.65 | 56.12 | 12.77 | 59.42 | 11.88 | 52.59 | 16.30 | 48.50 | 3.81 |
| 335 | 60.49 | 519 | Jackie Turner | RIPON RUNNERS | F | V45 | 49:58 | 20.01 | 56.01 | 13.51 | 60.34 | 10.84 | 55.11 | 11.88 | 42.31 | 15.09 |
| 336 | 60.40 | 310 | Sarah Chalmers | NIDD VALLEY RR | F | V45 | 51:27 | 16.42 | 55.33 | 15.35 | 64.17 | 6.18 | 53.49 | 14.60 | 43.00 | 14.03 |
| 337 | 59.51 | 115 | Helen Horton | ILKLEY HARRIERS | F | V45 | | | | | 43.53 | 59.51 | | | | |
| 338 | 59.41 | 72 | Richard Wysocki | DRAGONS RUNNING CLUB | | V50 | 47:19 | 28.26 | | | 58.24 | 13.95 | | 41.55 | 17.20 | |
| 339 | 59.17 | 198 | Sharon Williams | ILKLEY HARRIERS | F | V45 | | | | | 43.58 | 59.17 | | | | |
| 340 | 59.12 | 213 | Ben Aston | HARROGATE HARR & AC | | | | | 51.01 | 31.17 | 53.58 | 27.95 | | | | |

| | Points | | | | | Race 1 | | Race 2 | | Race 3 | | Race 4 | | Race 5 | |
|-----|--------------|-----|---------------------|----------------------|-------|--------|-------|--------------|-------|-----------|-------|--------|-------|--------------|-------|
| | | | | | | Thirsk | | Beckwithshaw | | Catterick | | Otley | | Sicklinghall | |
| | | | | | | T | P | T | P | T | P | T | P | T | P |
| 341 | 59.10 | 139 | Phil Hirst | ILKLEY HARRIERS | V55 | 41:46 | 59.10 | | | | | | | | |
| 342 | 58.42 | 277 | Rhiannon Turner | ILKLEY HARRIERS | F | | | | | | | 50.10 | 28.89 | 39.09 | 29.53 |
| 343 | 58.39 | 461 | Adam Baird | OTLEY AC | | 41:57 | 58.39 | | | | | | | | |
| 344 | 58.31 | 505 | Steve Parkinson | RIPON RUNNERS | V45 | 47:17 | 28.61 | 51.42 | 29.70 | | | | | | |
| 345 | 57.37 | 576 | Giovanna Fitzgerald | VOCALINK RC | F V40 | | | 52.19 | 27.49 | | | | | 39.05 | 29.88 |
| 346 | 57.35 | 233 | Emma Moore | HARROGATE HARR & AC | F V35 | 46:46 | 31.48 | | | 54.25 | 25.87 | | | | |
| 347 | 57.31 | 185 | Philip Sagar | HARROGATE HARR & AC | V40 | 42:11 | 57.31 | | | | | | | | |
| 348 | 57.11 | 513 | Anneke Imeson | RIPON RUNNERS | F V35 | 47:32 | 27.54 | | | | | 49.55 | 29.57 | | |
| 349 | 56.59 | 680 | Anne Homa | WETHERBY RUNNERS | F V45 | 42:15 | 56.59 | | | | | | | | |
| 350 | 56.42 | 530 | Vicky Clayton | RIPON RUNNERS | F V35 | 51:36 | 15.70 | 55.38 | 14.98 | 62.30 | 7.73 | 52.49 | 18.01 | | |
| 351 | 55.42 | 194 | Clare Fudge | RICH & ZET HARR | F | | | | | 48.30 | 55.42 | | | | |
| 352 | 55.37 | 99 | Arlene Davies | DRAGONS RUNNING CLUB | F V45 | 51:42 | 15.34 | 52.58 | 22.71 | | | 52.55 | 17.32 | | |
| 353 | 54.44 | 189 | Mel Marwood | LEEDS & BRADFORD TRI | F | 42:35 | 54.44 | | | | | | | | |
| 354 | 53.99 | 54 | Kevin O'Hara | DRAGONS RUNNING CLUB | V65 | | | 45.15 | 53.99 | | | | | | |
| 355 | 53.86 | 191 | Carmen Porter | WETHERBY RUNNERS | F V40 | | | | | 55.19 | 22.25 | 49.17 | 31.61 | | |
| 356 | 53.84 | 386 | Paul Halliday | WETHERBY RUNNERS | | | | | | | | | | 35.12 | 53.84 |
| 357 | 52.52 | 311 | Phil Robinson | NIDD VALLEY RR | V45 | | | 45.37 | 52.52 | | | | | | |
| 358 | 52.37 | 199 | Chris Oxlade | ILKLEY HARRIERS | V50 | | | | | | | 44.58 | 52.37 | | |
| 359 | 52.29 | 182 | Chris Steele | HARROGATE HARR & AC | V40 | 42:56 | 52.29 | | | | | | | | |
| 360 | 51.94 | 525 | Mel Dutka | RIPON RUNNERS | F V50 | | | 54.09 | 20.50 | | | 53.45 | 14.94 | 42.11 | 16.50 |
| 361 | 51.21 | 210 | James Hawkins | HARROGATE HARR & AC | V40 | 43:04 | 51.21 | | | | | | | | |
| 362 | 51.14 | 414 | Hannah Mallinson | OTLEY AC | F | 50:43 | 18.21 | 57.19 | 9.46 | | | 55.40 | 11.20 | 43.17 | 12.27 |
| 363 | 50.39 | 438 | Laura Taylor | OTLEY AC | F | | | | | 55.41 | 21.21 | | | 39.13 | 29.18 |
| 364 | 49.47 | 468 | Eleanor Shotton | OTLEY AC | F | | | 52.52 | 23.81 | | | | | 39.51 | 25.66 |
| 365 | 47.87 | 103 | Andrew Bennett | ILKLEY HARRIERS | V50 | 52:45 | 13.19 | 55.30 | 15.72 | | | | | 41.41 | 18.96 |
| 366 | 47.74 | 607 | Pat Kirby | THIRSK & S HARR | F V60 | | | 52.02 | 28.60 | 56.20 | 19.14 | | | | |
| 367 | 47.64 | 47 | Ian Milner | THIRSK & S HARR | | | | | | 50.07 | 47.64 | | | | |
| 368 | 47.24 | 515 | John Grundy | RIPON RUNNERS | V65 | | | 52.53 | 23.44 | 54.59 | 23.80 | | | | |
| 369 | 47.15 | 179 | Michelle Needham | RIPON RUNNERS | F | 49:26 | 22.16 | | | | | 56.50 | 8.14 | 42.01 | 16.85 |
| 370 | 46.92 | 713 | Michelle Woodrow | LEEDS & BRADFORD TRI | F | | | | | | | 45.53 | 46.92 | | |
| 371 | 46.80 | 128 | Chris Cunningham | ILKLEY HARRIERS | V45 | | | | | | | | | 36.12 | 46.80 |
| 372 | 46.67 | 120 | Emma O'Looney | ILKLEY HARRIERS | F V40 | 51:44 | 14.63 | 55.27 | 16.08 | | | 53.14 | 15.96 | | |
| 373 | 46.06 | 615 | Alan Wikeley | THIRSK & S HARR | V65 | | | 56.30 | 11.30 | 60.01 | 11.36 | 54.00 | 13.24 | 44.19 | 10.16 |
| 374 | 45.90 | 94 | Simon Peck | DRAGONS RUNNING CLUB | V55 | | | | | | | 46.02 | 45.90 | | |

| | Points | | | | | Race 1 | | Race 2 | | Race 3 | | Race 4 | | Race 5 | | |
|-----|--------------|-----|--------------------|----------------------|---|--------|-------|--------------|-------|-----------|-------|--------|-------|--------------|-------|-------|
| | | | | | | Thirsk | | Beckwithshaw | | Catterick | | Otley | | Sicklinghall | | |
| | | | | | | T | P | T | P | T | P | T | P | T | P | |
| 409 | 32.87 | 75 | Andie Willbond | DRAGONS RUNNING CLUB | F | V60 | | 58.46 | 8.36 | | | 55.21 | 11.54 | 43.11 | 12.97 | |
| 410 | 32.64 | 130 | Christine Cox | ILKLEY HARRIERS | F | V50 | 51:32 | 16.06 | | | | 57.41 | 6.78 | 44.26 | 9.80 | |
| 411 | 32.63 | 200 | Paul Berwin | HARROGATE HARR & AC | | V50 | | | | | | 49.07 | 32.63 | | | |
| 412 | 31.95 | 97 | Halina Norbertczak | DRAGONS RUNNING CLUB | F | | | | | | | 49.14 | 31.95 | | | |
| 413 | 31.53 | 393 | Kim Ferdham | SWALEDALE RR | F | | 56:31 | 6.38 | 60.19 | 7.25 | 63.52 | 6.70 | 56.40 | 8.48 | 45.08 | 9.10 |
| 414 | 31.44 | 21 | Malcolm Aitken | THIRSK & S HARR | | | | | 55.24 | 16.45 | 58.07 | 14.99 | | | | |
| 415 | 31.42 | 290 | Mel Greenwood | DRAGONS RUNNING CLUB | F | V35 | | | | | | 53.43 | 15.28 | 42.12 | 16.14 | |
| 416 | 30.81 | 605 | Steve Booth | THIRSK & S HARR | | V45 | | | 51.02 | 30.81 | | | | | | |
| 417 | 30.76 | 577 | Philippe Evans | VOCALINK RC | | V45 | | | 57.45 | 9.09 | | | 54.53 | 12.22 | 45.00 | 9.45 |
| 418 | 30.59 | 287 | Matthew Rutter | ILKLEY HARRIERS | | | | | | | | 49.32 | 30.59 | | | |
| 419 | 30.24 | 300 | Sally Eardley | WETHERBY RUNNERS | F | U18 | | | | | | | | 39.04 | 30.24 | |
| 420 | 30.05 | 545 | Lisa Sorby | RIPON RUNNERS | F | V35 | 47:02 | 30.05 | | | | | | | | |
| 421 | 29.33 | 27 | Katie Smal | RICH & ZET HARR | F | | | | 51.44 | 29.33 | | | | | | |
| 422 | 28.97 | 391 | Roy Ashman | SWALEDALE RR | | V50 | 47:11 | 28.97 | | | | | | | | |
| 423 | 28.94 | 36 | Joanna Hobson | OTLEY AC | F | V50 | | | 57.05 | 9.83 | 62.14 | 8.25 | | | 43.48 | 10.86 |
| 424 | 28.14 | 390 | Pauline Bennison | SWALEDALE RR | F | V55 | 55:38 | 7.09 | | | | | 56.11 | 9.84 | 43.45 | 11.21 |
| 425 | 28.12 | 368 | Jed Peacock | OTLEY AC | | V50 | | | | | | | | | 39.20 | 28.12 |
| 426 | 28.11 | 463 | Michelle Hehir | OTLEY AC | F | V40 | | | | | | | 56.23 | 9.50 | 41.44 | 18.61 |
| 427 | 27.84 | 23 | Hilary Coventry | THIRSK & S HARR | F | V45 | | | 56.20 | 12.40 | | | | | 42.26 | 15.44 |
| 428 | 27.30 | 281 | Janet Bairstow | ILKLEY HARRIERS | F | V50 | | | | | | | 54.48 | 12.56 | 42.34 | 14.74 |
| 429 | 27.19 | 143 | James Pickersgill | ILKLEY HARRIERS | | V45 | | | | | | | 50.25 | 27.19 | | |
| 430 | 26.39 | 555 | Tim Joynson | RIPON RUNNERS | | V50 | | | 52.26 | 26.39 | | | | | | |
| 431 | 26.36 | 507 | Lorraine Matheson | RIPON RUNNERS | F | V45 | 55:16 | 7.81 | 61.05 | 5.78 | | | 57.48 | 5.08 | 46.00 | 7.69 |
| 432 | 26.17 | 118 | Michael Picken | ILKLEY HARRIERS | | | | | | | | | 50.45 | 26.17 | | |
| 433 | 25.93 | 660 | Jo Keenan | WETHERBY RUNNERS | F | V40 | 52:51 | 12.47 | 57.50 | 8.72 | | | 58.14 | 4.74 | | |
| 434 | 25.83 | 142 | Sheena Pickersgill | ILKLEY HARRIERS | F | V45 | | | | | | | 50.48 | 25.83 | | |
| 435 | 25.65 | 309 | Emma Clark | NIDD VALLEY RR | F | V35 | | | 52.31 | 25.65 | | | | | | |
| 436 | 25.56 | 603 | Richard Easby | THIRSK & S HARR | | V55 | 53:55 | 9.96 | | | 63.29 | 7.21 | | | 45.21 | 8.39 |
| 437 | 25.47 | 170 | Simon Dowson | SWALEDALE RR | | V50 | 52:10 | 13.55 | | | | | | | 43.35 | 11.92 |
| 438 | 25.39 | 95 | Adela Reperecki | DRAGONS RUNNING CLUB | F | V50 | 48:31 | 25.39 | | | | | | | | |
| 439 | 24.92 | 436 | Richard Hamer | OTLEY AC | | V45 | | | 52.38 | 24.92 | | | | | | |
| 440 | 24.15 | 585 | Neil Warr | VOCALINK RC | | | 54:43 | 8.53 | | | | | 53.35 | 15.62 | | |
| 441 | 23.69 | 683 | Michelle Cheung | WETHERBY RUNNERS | F | V40 | 52:50 | 12.83 | | | | | 55.49 | 10.86 | | |
| 442 | 22.57 | 611 | Ian Codling | THIRSK & S HARR | | V70 | 57:16 | 5.66 | 63.10 | 3.57 | 65.13 | 4.10 | 59.49 | 4.06 | 45.10 | 8.75 |

| | Points | | | | | Race 1 | | Race 2 | | Race 3 | | Race 4 | | Race 5 | | |
|-----|--------------|-----|--------------------|----------------------|---|--------|-------|--------------|-------|-----------|-------|--------|-------|--------------|-------|-------|
| | | | | | | Thirsk | | Beckwithshaw | | Catterick | | Otley | | Sicklinghall | | |
| | | | | | | T | P | T | P | T | P | T | P | T | P | |
| 443 | 22.43 | 289 | Amanda Newham | ILKLEY HARRIERS | F | V40 | | | | | | 51.36 | 22.43 | | | |
| 444 | 22.15 | 341 | Bob Sweeting | NIDD VALLEY RR | | V60 | | 59.48 | 7.62 | 62.12 | 8.77 | 57.46 | 5.76 | | | |
| 445 | 21.57 | 437 | Mary Hampshire | OTLEY AC | F | V40 | 53:23 | 11.76 | | 61.00 | 9.81 | | | | | |
| 446 | 20.89 | 394 | Julia Spittle | SWALEDALE RR | F | V55 | 55:37 | 7.45 | | 64.46 | 4.62 | 56.40 | 8.82 | | | |
| 447 | 20.73 | 669 | Fiona Knapton | WETHERBY RUNNERS | F | V35 | | | | | | 51.57 | 20.73 | | | |
| 448 | 20.73 | 542 | Annette Stainthorp | RIPON RUNNERS | F | V40 | 59:59 | 3.15 | 60.50 | 6.52 | | 60.08 | 3.72 | 46.57 | 7.34 | |
| 449 | 20.69 | 49 | Joanne Pleasance | THIRSK & S HARR | F | V45 | | | | 55.52 | 20.69 | | | | | |
| 450 | 19.57 | 673 | Cathy Moores | WETHERBY RUNNERS | F | V55 | 53:18 | 12.11 | | | | 57.13 | 7.46 | | | |
| 451 | 19.40 | 24 | David Green | ILKLEY HARRIERS | | V45 | | | 54.33 | 19.40 | | | | | | |
| 452 | 19.29 | 215 | Andrew Brown | HARROGATE HARR & AC | | V45 | 50:19 | 19.29 | | | | | | | | |
| 453 | 17.77 | 51 | Susan Carey | DRAGONS RUNNING CLUB | F | V40 | | | 62.06 | 4.31 | 64.31 | 5.66 | 57.01 | 7.80 | | |
| 454 | 16.17 | 64 | Alison Poaxton | DRAGONS RUNNING CLUB | F | | 56:30 | 6.73 | 61.22 | 5.04 | | | 58.21 | 4.40 | | |
| 455 | 15.54 | 74 | Jane Thompson | DRAGONS RUNNING CLUB | F | V35 | 53:44 | 10.32 | | | | | | | 48.27 | 5.22 |
| 456 | 15.29 | 470 | Mohsen Babakhanin | OTLEY AC | | | 54:52 | 8.17 | | | | | 57.28 | 7.12 | | |
| 457 | 14.43 | 93 | Jane Haigh | DRAGONS RUNNING CLUB | F | V50 | | | 58.46 | 7.99 | | | 57.44 | 6.44 | | |
| 458 | 14.31 | 241 | Sharon Burns | HARROGATE HARR & AC | F | V35 | 54:37 | 8.89 | | | | | 57.47 | 5.42 | | |
| 459 | 14.24 | 98 | Simon Brown | DRAGONS RUNNING CLUB | | V50 | | | 55.49 | 14.24 | | | | | | |
| 460 | 14.16 | 37 | Victoria Barker | THIRSK & S HARR | F | | | | 65.40 | 2.84 | 67.58 | 3.07 | 60.41 | 3.38 | 48.29 | 4.87 |
| 461 | 13.71 | 459 | Antonio Cardinale | OTLEY AC | | V60 | | | 60.53 | 6.15 | | | 61.04 | 3.04 | 48.43 | 4.52 |
| 462 | 13.33 | 292 | Chris Sykes | THIRSK & S HARR | | V60 | | | | | | | | | 43.06 | 13.33 |
| 463 | 13.14 | 663 | Emma Anderson | WETHERBY RUNNERS | F | | | | 56.02 | 13.14 | | | | | | |
| 464 | 13.11 | 62 | Rachel Rogan | DRAGONS RUNNING CLUB | F | V40 | | | 61.09 | 5.41 | 71.06 | 1.51 | 63.05 | 2.02 | 48.46 | 4.17 |
| 465 | 12.90 | 77 | Celia Knight | DRAGONS RUNNING CLUB | F | V50 | | | | | | | 54.38 | 12.90 | | |
| 466 | 11.90 | 627 | Clare Goacher | THIRSK & S HARR | F | | 59:48 | 3.86 | | | | | | | 45.38 | 8.04 |
| 467 | 11.56 | 364 | Helen Hindmarch | THIRSK & S HARR | F | | | | | | | | | | 43.39 | 11.56 |
| 468 | 11.40 | 70 | Helen Errington | DRAGONS RUNNING CLUB | F | | 53:25 | 11.40 | | | | | | | | |
| 469 | 10.96 | 30 | Coralin Harrison | HARROGATE HARR & AC | F | V65 | | | 61.52 | 4.68 | | | | | 47.15 | 6.28 |
| 470 | 10.68 | 244 | Naomi Butterfield | HARROGATE HARR & AC | F | | 53:35 | 10.68 | | | | | | | | |
| 471 | 10.56 | 117 | Colin Lugton | ILKLEY HARRIERS | | V60 | | | 56.50 | 10.56 | | | | | | |
| 472 | 10.51 | 362 | Lisa Brown | THIRSK & S HARR | F | V35 | | | | | | | | | 44.05 | 10.51 |
| 473 | 10.18 | 662 | Liz Martin | WETHERBY RUNNERS | F | V40 | | | | | | | 56.03 | 10.18 | | |
| 474 | 10.04 | 141 | David Millson | ILKLEY HARRIERS | | V65 | 59:58 | 3.51 | 66.23 | 2.10 | 69.01 | 2.03 | 63.28 | 1.68 | 50.22 | 2.40 |
| 475 | 9.60 | 388 | Marion Dove | SWALEDALE RR | F | | 54:03 | 9.60 | | | | | | | | |
| 476 | 9.16 | 90 | Helen Bradbury | DRAGONS RUNNING CLUB | F | V50 | | | | | | | 56.33 | 9.16 | | |

| | Points | | | | | Race 1 | | Race 2 | | Race 3 | | Race 4 | | Race 5 | |
|-----|--------|-----|-------------------|----------------------|---|--------|-------|--------------|-------|-----------|-------|--------|-------|--------------|------|
| | | | | | | Thirsk | | Beckwithshaw | | Catterick | | Otley | | Sicklinghall | |
| | | | | | | T | P | T | P | T | P | T | P | T | P |
| 477 | 8.02 | 604 | Phillip Craig | THIRSK & S HARR | | | | | 68.34 | 2.55 | 62.18 | 2.36 | 49.29 | 3.11 | |
| 478 | 6.98 | 294 | Christine Burn | THIRSK & S HARR | F | V55 | | | | | | | 47.13 | 6.98 | |
| 479 | 6.88 | 38 | Fiona Schneider | ILKLEY HARRIERS | F | V50 | | 60.49 | 6.88 | | | | | | |
| 480 | 6.63 | 296 | Rachel Cunningham | ILKLEY HARRIERS | F | | | | | | | | 47.14 | 6.63 | |
| 481 | 6.10 | 434 | Debra Brown | OTLEY AC | F | V35 | | | | | 57.45 | 6.10 | | | |
| 482 | 6.02 | 355 | Angela Knight | SWALEDALE RR | F | V45 | 56:34 | 6.02 | | | | | | | |
| 483 | 5.93 | 361 | Janet Balmain | THIRSK & S HARR | F | V35 | | | | | | | 48.22 | 5.93 | |
| 484 | 5.58 | 363 | Lyn Jackson | THIRSK & S HARR | F | V45 | | | | | | | 48.23 | 5.58 | |
| 485 | 5.40 | 610 | Marian Codling | THIRSK & S HARR | F | V70 | 63:59 | 1.71 | 70.42 | 1.00 | | 65.35 | 1.34 | 52.49 | 1.35 |
| 486 | 5.30 | 78 | Jo Wood | DRAGONS RUNNING CLUB | F | V50 | 57:34 | 5.30 | | | | | | | |
| 487 | 5.26 | 57 | Sarah Eccles | DRAGONS RUNNING CLUB | F | | 60:13 | 2.79 | 66.04 | 2.47 | | | | | |
| 488 | 5.19 | 56 | Mark Bolton | DRAGONS RUNNING CLUB | | | 61:07 | 2.43 | | | | | 50.00 | 2.76 | |
| 489 | 4.94 | 52 | Carren Kennedy | DRAGONS RUNNING CLUB | F | V40 | 57:42 | 4.94 | | | | | | | |
| 490 | 4.80 | 58 | Jane Cassidy | DRAGONS RUNNING CLUB | F | V45 | 62:08 | 2.07 | 66.31 | 1.73 | | 65.47 | 1.00 | | |
| 491 | 4.06 | 625 | Pam Sherlock | THIRSK & S HARR | F | V65 | | | 70.42 | 1.36 | 76.27 | 1.00 | | 52.34 | 1.70 |
| 492 | 3.94 | 123 | Sue Verspyck | ILKLEY HARRIERS | F | V45 | | | 62.38 | 3.94 | | | | | |
| 493 | 3.20 | 694 | Carol Pettifar | WETHERBY RUNNERS | F | V60 | | | 63.25 | 3.20 | | | | | |
| 494 | 2.70 | 276 | Kathryn Stott | ILKLEY HARRIERS | F | V40 | | | | | | 62.08 | 2.70 | | |
| 495 | 2.05 | 367 | Sarah Goacher | THIRSK & S HARR | F | V45 | | | | | | | | 52.00 | 2.05 |
| 496 | 1.35 | 548 | Liz Green | RIPON RUNNERS | F | | 66:11 | 1.35 | | | | | | | |
| 497 | 1.00 | 514 | Douglas Tooth | RIPON RUNNERS | | V65 | 68:19 | 1.00 | | | | | | | |
| 498 | 1.00 | 291 | Jean Sykes | THIRSK & S HARR | F | V60 | | | | | | | 63.07 | 1.00 | |