

Good for their age!! The top 100 in the HDSRL 2011 Individual Series Handicap competition

1	425.53	Marc Scott		U18	RICH & ZET HARR
2	408.08	David Jelley		V55	RIPON RUNNERS
3	406.63	Douglas Roberts			RICH & ZET HARR
4	398.13	Tadeusz Zaranko		V50	RICH & ZET HARR
5	397.41	Lisa Mawer	F	V40	WETHERBY RUNNERS
6	397.08	Racheal Bamford	F		OTLEY AC
7	393.72	Jon Orange		V45	RICH & ZET HARR
8	387.59	Richard Bewell		V45	WETHERBY RUNNERS
9	386.26	Michael Appleton			RIPON RUNNERS
10	385.15	Rob Gray		V45	WETHERBY RUNNERS
11	384.11	Paul Emmett		V45	WETHERBY RUNNERS
12	383.99	Andrew Robertshaw		V40	OTLEY AC
13	383.74	Julian Mawson		V40	OTLEY AC
14	382.68	Ken Harker		V40	RICH & ZET HARR
15	378.34	Liam Dunne			OTLEY AC
16	375.87	Tony Ledwaba-Chapman		V65	NIDD VALLEY RR
17	375.32	Chris Miller			HARROGATE HARR & AC
18	374.77	Richard Balshaw		V40	DRAGONS RUNNING CLUB
19	373.90	Ronnie Cassar		V65	SWALEDALE RR
20	371.63	Jackie Keavney	F	V45	SWALEDALE RR
21	371.20	Mark Mon-Williams		V45	ILKLEY HARRIERS
22	370.54	Andrew Dobby			HARROGATE HARR & AC
23	370.30	Scott Wardman			RICH & ZET HARR
24	369.01	John Wilson		V45	SWALEDALE RR
25	367.82	Ian Legg		V45	WETHERBY RUNNERS
26	366.16	Mark Iley		V45	ILKLEY HARRIERS
27	365.92	Tony Essex		V60	HARROGATE HARR & AC
28	365.06	Tamsin Clark	F		RICH & ZET HARR
29	365.03	Mick Jeffrey		V55	OTLEY AC
30	364.96	Paul Hunter		V50	WETHERBY RUNNERS
31	364.54	Rogan Ashton		V40	OTLEY AC
32	363.78	Mark Flannery		V40	RICH & ZET HARR
33	363.75	Jo Derry	F	V45	WETHERBY RUNNERS
34	363.00	Tom Midgley			OTLEY AC
35	359.37	Andrew Turner		V50	RIPON RUNNERS
36	359.35	Lee Dalton			NIDD VALLEY RR
37	358.21	Ben Pye		U16	WETHERBY RUNNERS
38	356.46	Graham Robinson		V55	THIRSK & S HARR
39	356.02	Julie Bucknell	F	V35	WETHERBY RUNNERS
40	355.70	Brian 'Taff' Rogers		V50	RICH & ZET HARR
41	354.18	Jonathan Johnson			HARROGATE HARR & AC
42	352.77	Val Kerr	F	V50	ILKLEY HARRIERS
43	352.28	Tony Ditchburn		V45	RICH & ZET HARR
44	352.12	Jim Buller		V40	WETHERBY RUNNERS
45	351.41	Jacob Vezey			HARROGATE HARR & AC
46	351.34	Derek Mccreadie			RIPON RUNNERS
47	350.76	Mike Miller		V55	WETHERBY RUNNERS
48	349.52	Fiona Deacon	F	V45	NIDD VALLEY RR
49	344.47	Simon Anderson			OTLEY AC
50	344.17	Gill Wareham	F	V50	HARROGATE HARR & AC
51	343.99	Mike Gill		V40	HARROGATE HARR & AC

52	343.10	John Young			HARROGATE HARR & AC
53	343.03	Andrea Normington	F	V45	WETHERBY RUNNERS
54	342.89	Christine Holleran	F	V45	NIDD VALLEY RR
55	342.81	Lee Welsby		V40	NIDD VALLEY RR
56	342.22	Tim Bellwood			DRAGONS RUNNING CLUB
57	341.96	Steve Morland		V40	VOCALINK RC
58	341.57	David Shorrocks		V55	THIRSK & S HARR
59	338.85	Pat Brew		V55	HARROGATE HARR & AC
60	337.70	Tim Pocock		V50	HARROGATE HARR & AC
61	337.17	Ian Mcleod		V55	NIDD VALLEY RR
62	336.26	Issy Rowe	F		HARROGATE HARR & AC
63	335.75	Mark Tobin			WETHERBY RUNNERS
64	333.88	Matt Podd		V50	OTLEY AC
65	332.28	Dean Dransfield		V40	DRAGONS RUNNING CLUB
66	330.84	Iain Andrews			WETHERBY RUNNERS
67	330.77	Caron Ralph	F	V40	OTLEY AC
68	327.74	Debbie Dennison	F	V45	WETHERBY RUNNERS
69	327.50	Alan Couldwell		V55	HARROGATE HARR & AC
70	326.16	Nigel Bower		V60	RIPON RUNNERS
71	323.47	Paul Clifford		V40	OTLEY AC
72	323.42	Alison Dooley	F	V50	WETHERBY RUNNERS
73	323.28	Tamara Weatherhead	F	V40	OTLEY AC
74	322.96	Carol Armitstead	F	V50	OTLEY AC
75	322.43	Alan Davidson		V45	NIDD VALLEY RR
76	322.30	Alison Iles	F	V35	NIDD VALLEY RR
77	321.96	Donald Macrae		V65	ILKLEY HARRIERS
78	320.15	Liz Fawcett	F	V40	OTLEY AC
79	319.98	Simon Harris		V40	NIDD VALLEY RR
80	319.97	Robyn Mcclean	F	V45	HARROGATE HARR & AC
81	319.34	Clare Pierce	F	V55	DRAGONS RUNNING CLUB
82	318.41	Suzanne Rickard	F	V40	RIPON RUNNERS
83	317.66	Phil Fernyhough		V40	NIDD VALLEY RR
84	315.49	Neil Bowmer		V40	SWALEDALE RR
85	313.73	Simon Smith		V40	NIDD VALLEY RR
86	313.10	Alexandra Whapples	F	V40	VOCALINK RC
87	312.89	Michael Pickard		V40	OTLEY AC
88	312.26	Amy Cassar	F		SWALEDALE RR
89	311.50	Stephen Kirk		V40	HARROGATE HARR & AC
90	311.45	Jane Rowbotham	F	V50	HARROGATE HARR & AC
91	310.89	Richard Pennock			HARROGATE HARR & AC
92	309.83	Ian Hepworth		V60	RICH & ZET HARR
93	308.72	Gary Wilks			RIPON RUNNERS
94	308.04	Steve Newton		V40	NIDD VALLEY RR
95	307.63	Colin Best		V55	OTLEY AC
96	306.69	Chris Sayer	F	V50	SWALEDALE RR
97	306.35	Marian Codling	F	V70	THIRSK & S HARR
98	305.75	David Cardani		V40	NIDD VALLEY RR
99	304.70	Matt Broughton			OTLEY AC
100	302.99	Gary Waite		V45	DRAGONS RUNNING CLUB
101	302.83	Annie Burns	F	V50	NIDD VALLEY RR
102	301.68	Robin Kehoe		V55	RIPON RUNNERS
103	300.83	Alan Wikeley		V65	THIRSK & S HARR
104	300.47	Paul Walker		V40	RIPON RUNNERS
105	298.93	Helen Gregory	F	V35	NIDD VALLEY RR
106	298.37	Emma Dooley	F	V35	NIDD VALLEY RR

107	298.24	Alison Mallorie-Lewis	F	V40	WETHERBY RUNNERS
108	297.30	Ian Codling		V70	THIRSK & S HARR
109	297.24	Sara Richard	F	V40	OTLEY AC
110	296.92	Steve Garlick		V45	VOCALINK RC
111	295.82	Andrew Rayner		V45	OTLEY AC
112	295.73	Brian Sherwood		V40	NIDD VALLEY RR
113	295.64	Jonathan Tennant			SWALEDALE RR
114	295.23	Richard Bell		V40	WETHERBY RUNNERS
115	294.54	Jenny Manning	F	V40	NIDD VALLEY RR
116	293.85	Vivienne Yeoman	F	V45	DRAGONS RUNNING CLUB
117	293.65	Jill Holt	F	V40	RIPON RUNNERS
118	291.63	Sheena Jackson	F	V35	NIDD VALLEY RR
119	291.51	Liz Ashton	F	V40	OTLEY AC
120	291.49	Dominic Egan		V40	OTLEY AC
121	289.58	Tom Potter			OTLEY AC
122	289.33	Jackie Turner	F	V45	RIPON RUNNERS
123	289.23	Sue Williamson	F	V45	ILKLEY HARRIERS
124	288.49	Sarah Chalmers	F	V45	NIDD VALLEY RR
125	287.50	Ray Robson		V40	RICH & ZET HARR
126	286.53	Andy Matheson		V45	RIPON RUNNERS
127	286.13	Paul Sugden		V50	ILKLEY HARRIERS
128	285.64	Amanda Bellwood	F		DRAGONS RUNNING CLUB
129	285.60	Michelle Smith	F	V40	NIDD VALLEY RR
130	282.45	Paul Manning		V40	NIDD VALLEY RR
131	282.43	Judy Greenwood	F	V50	NIDD VALLEY RR
132	280.24	Andy Bishop		V50	RIPON RUNNERS
133	274.42	Matthew Holt			RIPON RUNNERS
134	271.05	Gemma Lawrence	F		DRAGONS RUNNING CLUB
135	270.91	Olivia Forster	F		DRAGONS RUNNING CLUB
136	270.65	Andy Broadley		V45	SWALEDALE RR
137	270.21	Fran Jeffery	F		THIRSK & S HARR
138	269.30	Tony Rogan		V45	DRAGONS RUNNING CLUB
139	269.02	Lena Conlin	F	V40	RIPON RUNNERS
140	267.52	Lorraine Matheson	F	V45	RIPON RUNNERS
141	267.19	Vicky Clayton	F	V35	RIPON RUNNERS
142	266.54	Stuart Clarkson			SWALEDALE RR
143	266.00	Shaun Morrison			HARROGATE HARR & AC
144	263.02	Stella Morgan	F		RIPON RUNNERS
145	256.18	Hannah Mallinson	F		OTLEY AC
146	252.53	David Millson		V65	ILKLEY HARRIERS
147	246.03	Annette Stainthorp	F	V40	RIPON RUNNERS
148	242.18	Kim Ferdham	F		SWALEDALE RR
149	240.72	Rachel Rogan	F	V40	DRAGONS RUNNING CLUB
150	233.15	Victoria Barker	F		THIRSK & S HARR