

**PECO Cross Country League 2017-18: Race 4 (Middleton Park)**  
**Senior Men's Cumulative Results**

Position	Surname	First Name	Club	Age Cat	Race 1		Race 2		Race 3		Race 4		Total Points	Cat Pos
					Pos	Points	Pos	Points	Pos	Points	Pos	Points		
1	Burns	Ali	Wharfedale Harriers	MSEN	4	497.0	7	492.1	3	497.9	3	497.3	1984.4	1
2	Hallam	Matthew	Valley Striders	MSEN	8	493.0	10	488.1	7	493.8	6	493.4	1968.3	2
3	Watson	Sam	Wharfedale Harriers	MSEN	7	494.0	8	490.8	19	481.3	5	494.7	1960.8	3
4	Athersmith	Lee	Wharfedale Harriers	MSEN	9	492.0	13	484.2	20	480.3	9	489.4	1945.8	4
5	Armstrong	Ross	Abbey Runners	MSEN	14	487.0	15	481.5	14	486.5	12	485.4	1940.5	5
6	Venning	Tom	Valley Striders	M40	17	484.0	16	480.2	17	483.4	10	488.1	1935.7	1
7	Pownall	Jon	Valley Striders	MSEN	27	474.0	22	472.3	30	469.9	15	481.4	1897.6	6
8	Bailey	Stephen	Kippax Harriers	M40	48	453.0	26	467.0	13	487.6	19	476.1	1883.7	2
9	Charlesworth	Nick	Wharfedale Harriers	M50	24	477.0	23	471.0	38	461.6	21	473.5	1883.1	1
10	Brown	Andy	Saltaire Striders	M45	33	468.0	27	465.7	33	466.8	20	474.8	1875.3	1
11	Kerr	Will	Saltaire Striders	M40	30	471.0	17	478.9	35	464.7	34	456.2	1870.9	3
12	Boynon	Phil	Horsforth Harriers	MSEN	45	456.0	33	457.8	28	472.0	17	478.8	1864.6	7
13	Kirkham	David	Wharfedale Harriers	M40	34	467.0	24	469.7	51	448.1	27	465.5	1850.3	4
14	Carvello	James	Roundhay Runners	MSEN	35	466.0	37	452.5	39	460.6	28	464.2	1843.3	8
15	Furness	Rob	Wharfedale Harriers	MSEN	51	450.0	29	463.1	50	449.2	30	461.5	1823.8	9
16	Jones	Simon	Abbey Runners	MSEN	40	461.0	35	455.1	49	450.2	36	453.6	1819.9	10
17	Blackburn	Ross	Rothwell Harriers	MSEN	36	465.0	30	461.7	61	437.8	40	448.3	1812.8	11
18	Robson	John	St Theresa's AC	M40	58	443.0	46	440.6	46	453.3	31	460.2	1797.2	5
19	Richardson	Matt	Saltaire Striders	MSEN	38	463.0	28	464.4	76	422.2	42	445.6	1795.2	12
20	Shooter	Graham	St Theresa's AC	M50	59	442.0	48	438.0	54	445.0	35	454.9	1779.9	2
21	Wilkinson	Matthew	Nidd Valley RR	MSEN	31	470.0	36	453.8	43	456.4	105	362.1	1742.3	13
22	Mann	Gary	Valley Striders	MSEN	71	430.0	54	430.1	63	435.7	43	444.3	1740.1	14
23	Dearden	Mike	Chapel Allerton Runners	MSEN	63	438.0	52	432.7	65	433.6	53	431.0	1735.4	15
24	Lomas	Adam	Hyde Park Harriers	MSEN	72	429.0	58	424.8	66	432.6	45	441.6	1728.0	16
25	Bourke	Niall	Pudsey & Bramley AC	MSEN	90	411.0	55	428.8	58	440.9	44	443.0	1723.6	17
26	Turner	Andy	Roundhay Runners	MSEN	62	439.0	50	435.4	75	423.2	61	420.4	1718.0	18
27	Mcguire	Dave	Wharfedale Harriers	M45	99	402.0	51	434.0	78	420.1	64	416.4	1672.6	2
28	Hardy	Lee	Kirkstall Harriers	MSEN	100	401.0	65	415.6	80	418.0	50	435.0	1669.6	19
29	Cheema	Sunny	Abbey Runners	MSEN	92	409.0	66	414.2	98	399.4	70	408.5	1631.1	20
30	Howard	Paul	Rothwell Harriers	M40	111	390.0	69	410.3	92	405.6	75	401.9	1607.7	6
31	Lofthouse	Martin	Nidd Valley RR	M50	107	394.0	68	411.6	104	393.2	73	404.5	1603.3	3
32	Piano	Edoardo	Nidd Valley RR	MSEN	66	435.0	95	376.0	91	406.6	96	374.0	1591.6	21
33	Britton	Andrew	Wharfedale Harriers	M40	118	383.0	83	391.8	88	409.8	72	405.8	1590.4	7
34	Curley	Aidan	Abbey Runners	M40	97	404.0	61	420.8	121	375.5	84	389.9	1590.3	8
35	Gardner	Tony	Rothwell Harriers	M40	108	393.0	77	399.7	103	394.2	76	400.5	1587.5	9
36	Yao	Zejun	Leeds University CCC	MSEN	121	380.0	80	395.8	89	408.7	90	382.0	1566.5	22
37	Lines	Charles	Ackworth RR	M55	98	403.0	74	403.7	116	380.7	94	376.7	1564.1	1
38	Sutor	Richard	Chapel Allerton Runners	MSEN	122	379.0	86	387.9	102	395.2	79	396.6	1558.6	23
39	Jenkins	Liam	Abbey Runners	MSEN	177	324.0	82	393.1	87	410.8	63	417.8	1545.7	24
40	Partridge	Simon	York Postal Harriers	M40	93	408.0	98	372.0	100	397.3	120	342.2	1519.5	10
41	Raby	Steve	Horsforth Harriers	M55	117	384.0	94	377.3	112	384.9	102	366.0	1512.2	2
42	Gwilym	Owain	Airecentre Pacers	MSEN	147	354.0	85	389.2	118	378.6	85	388.6	1510.4	25
43	Stone	Daniel	Rothwell Harriers	MSEN	125	376.0	88	385.2	119	377.6	98	371.4	1510.2	26
44	Smith	Jack	Wharfedale Harriers	MSEN	0	0.0	3	497.4	2	499.0	1	500.0	1496.3	27
45	Martin	Ian	York Tri Club	M50	138	363.0	91	381.3	111	385.9	108	358.1	1488.2	4
46	Clark	Duncan	Abbey Runners	M55	106	395.0	89	383.9	139	356.8	113	351.5	1487.2	3
47	Hobbs	John	Valley Striders	MSEN	0	0.0	9	489.4	4	496.9	4	496.0	1482.4	28
48	Pardini	Franco	Roundhay Runners	MSEN	5	496.0	11	486.8	8	492.7	0	0.0	1475.5	29
49	Forde	Ciaran	Horsforth Harriers	MSEN	0	0.0	12	485.5	10	490.7	7	492.0	1468.2	30
50	Allison	David	Chapel Allerton Runners	M45	137	364.0	112	353.6	129	367.2	97	372.7	1457.5	3
51	Holmes	Christian	Wharfedale Harriers	M40	12	489.0	14	482.8	15	485.5	0	0.0	1457.3	11
52	Stirk	Adam	Wharfedale Harriers	MSEN	25	476.0	0	0.0	11	489.6	8	490.7	1456.3	31
53	Baldwin	Tim	Saltaire Striders	MSEN	13	488.0	0	0.0	23	477.2	11	486.7	1451.9	32
54	Milne	Angus	Hyde Park Harriers	MSEN	15	486.0	0	0.0	25	475.1	13	484.1	1445.2	33
55	Linstrum	Nils	Wetherby Runners	MSEN	141	360.0	119	344.3	136	360.0	92	379.3	1443.6	34
56	Grant	Daniel	St Theresa's AC	MSEN	0	0.0	20	474.9	21	479.3	14	482.8	1436.9	35
57	Lee	Tom	Saltaire Striders	MSEN	26	475.0	18	477.6	22	478.2	0	0.0	1430.8	36
58	Anderson	George	Hyde Park Harriers	MSEN	22	479.0	21	473.6	27	473.0	0	0.0	1425.6	37
59	Cumming	Robert	Abbey Runners	MSEN	21	480.0	25	468.3	24	476.1	0	0.0	1424.5	38
60	Blakeley	Matt	Roundhay Runners	M45	157	344.0	84	390.5	120	376.6	144	310.3	1421.4	4
61	Sumnall	Adam	Hyde Park Harriers	MSEN	39	462.0	0	0.0	31	468.9	18	477.5	1408.3	39
62	Price	Dan	Chapel Allerton Runners	MSEN	144	357.0	117	347.0	153	342.3	106	360.7	1407.0	40
63	Steele	Joe	Roundhay Runners	M45	132	369.0	125	336.4	147	348.5	115	348.8	1402.8	5
64	Frazer	Simon	Saltaire Striders	M40	168	333.0	111	354.9	148	347.5	101	367.4	1402.8	12
65	Gott	Steven	Ilkley Harriers	M40	41	460.0	0	0.0	34	465.8	24	469.5	1395.3	13
66	Walker	Bobak	Roundhay Runners	MSEN	37	464.0	0	0.0	41	458.5	32	458.9	1381.4	41
67	Thomas	Tom	Hyde Park Harriers	MSEN	52	449.0	34	456.5	0	0.0	22	472.1	1377.6	42
68	Fisher	Dan	Valley Striders	MSEN	49	452.0	31	460.4	36	463.7	0	0.0	1376.1	43
69	Robins	Sam	Chapel Allerton Runners	MSEN	57	444.0	32	459.1	29	471.0	0	0.0	1374.1	44
70	Edmonson	Neil	Horsforth Harriers	MSEN	0	0.0	42	445.9	40	459.5	25	468.2	1373.6	45
71	Milton	Reece	Horsforth Harriers	MSEN	164	337.0	101	368.1	177	317.4	117	346.2	1368.7	46
72	Grist	Paul	Kirkstall Harriers	M50	156	345.0	116	348.3	160	335.1	122	339.5	1367.9	5
73	Bibby	Ross	Valley Striders	MSEN	0	0.0	44	443.3	52	447.1	29	462.9	1353.2	47
74	Teggart	Dave	Bradford Airedale	M40	53	448.0	38	451.2	57	441.9	0	0.0	1341.1	14
75	Mathewson	Alex	Wetherby Runners	MSEN	150	351.0	140	316.6	179	315.4	110	355.4	1338.4	48
76	Greenwood	Alex	Hyde Park Harriers	MSEN	186	315.0	129	331.1	144	351.7	130	328.9	1326.7	49
77	Navis	John	Pudsey & Bramley AC	MSEN	61	440.0	0	0.0	67	431.5	37	452.3	1323.8	50
78	Gibbs	Richard	Roundhay Runners	M40	69	432.0	0	0.0	72	426.3	38	450.9	1309.3	15
79	Maycock	Joe	Chapel Allerton Runners	MSEN	225	276.0	122	340.4	162	333.0	116	347.5	1296.8	51
80	Robinson	Alex	Nidd Valley RR	MSEN	181	320.0	133	325.9	152	343.4	147	306.4	1295.6	52
81	Fillingham	Martin	Saltaire Striders	M45	50	451.0	39	449.9	0	0.0	89	383.3	1284.2	6
82	Keedy	Craig Michael	St Theresa's AC	M45	86	415.0	0	0.0	68	430.5	48	437.7	1283.2	7
83	Rose	Jack	Hyde Park Harriers	MSEN	0	0.0	67	412.9	69	429.5	47	439.0	1281.4	53
84	Wardle	Partick	Wharfedale Harriers	MSEN	85	416.0	59	423.5	59	439.8	0	0.0	1279.3	54
85	Westmoreland	Jason	Rothwell Harriers	M45	80	4								

91	Hill	Andy	Kippax Harriers	M45	183	318.0	156	295.5	185	309.1	124	336.9	1259.5	10
92	Furlong	Ian	Roundhay Runners	M5EN	101	400.0	0	0.0	81	417.0	49	436.3	1253.4	58
93	Whiting	Darren	Wetherby Runners	M5EN	210	291.0	134	324.5	187	307.1	133	324.9	1247.5	59
94	Grimshaw	Matthew	Horsforth Harriers	M5EN	88	413.0	63	418.2	85	412.9	0	0.0	1244.1	60
95	Wray	Luke	Abbey Runners	M40	169	332.0	139	317.9	182	312.2	168	278.5	1240.7	17
96	Cobb	Chris	Roundhay Runners	M5EN	185	316.0	143	312.7	181	313.3	153	298.4	1240.4	61
97	Pilling	Graham	Pudsey & Bramley AC	M5EN	82	419.0	0	0.0	96	401.5	65	415.1	1235.6	62
98	Jordan	Mark	Harrogate Harriers	M60	188	313.0	157	294.2	175	319.5	146	307.7	1234.4	1
99	Goose	Philip	Hyde Park Harriers	M5EN	96	405.0	81	394.5	77	421.2	0	0.0	1220.6	63
100	Ellwood	Glynn	York Postal Harriers	M5EN	209	292.0	174	271.8	168	326.8	131	327.6	1218.1	64
101	Easton	Chris	Chapel Allerton Runners	M5EN	79	422.0	0	0.0	109	388.0	77	399.2	1209.2	65
102	Budding	Robert	Ilkley Harriers	M50	190	311.0	153	299.5	216	277.0	137	319.6	1207.1	6
103	Dumont	Paul	Kirkstall Harriers	M45	0	0.0	87	386.5	86	411.8	80	395.2	1193.6	11
104	Bethell	Kyle	Eccleshill RR	M5EN	198	303.0	151	302.1	189	305.0	165	282.5	1192.6	66
105	Murray	Dan	Valley Striders	M40	102	399.0	76	401.1	0	0.0	83	391.2	1191.3	18
106	Parton	Adam	Valley Striders	M45	230	271.0	152	300.8	202	291.5	138	318.3	1181.6	12
107	Dunbar	Stuart	Saltaire Striders	M55	95	406.0	70	409.0	0	0.0	103	364.7	1179.7	4
108	Lane	Daniel	Ilkley Harriers	M5EN	0	0.0	121	341.7	84	413.9	62	419.1	1174.7	67
109	Fotherby	Paul	Valley Striders	M40	0	0.0	92	379.9	90	407.7	87	385.9	1173.6	19
110	Wilson	Matt	Rothwell Harriers	M40	0	0.0	100	369.4	101	396.3	78	397.9	1163.5	20
111	Nichol	Stewart	St Theresa's AC	M5EN	112	389.0	0	0.0	113	383.8	88	384.6	1157.4	68
112	Brown	Tom	Valley Striders	M40	114	387.0	0	0.0	107	390.0	93	378.0	1155.0	21
113	King	Geoff	Harrogate Harriers	M60	123	378.0	104	364.1	0	0.0	81	393.9	1136.0	2
114	Long	Vernon	Valley Striders	M50	241	260.0	180	263.9	200	293.6	139	317.0	1134.4	7
115	Downham	Ian	Kippax Harriers	M45	255	246.0	160	290.2	190	303.9	158	291.8	1132.0	13
116	Jackson	Patrick	Wetherby Runners	M45	238	263.0	167	281.0	210	283.2	164	283.8	1111.0	14
117	Drake	Richard	Valley Striders	M40	166	335.0	99	370.7	0	0.0	74	403.2	1108.9	22
118	Walker	Richard	Airecentre Pacers	M40	154	347.0	0	0.0	128	368.3	86	387.3	1102.5	23
119	Harris	Andrew	Nidd Valley RR	M40	167	334.0	72	406.3	134	362.0	0	0.0	1102.4	24
120	Todd	Andy	Nidd Valley RR	M50	135	366.0	103	365.4	0	0.0	100	368.7	1100.1	8
121	Brennan	Sean	Knaresborough Striders	M45	221	280.0	172	274.4	248	243.8	152	299.7	1097.9	15
122	Howard	Rob	Hyde Park Harriers	M5EN	113	388.0	0	0.0	132	364.1	118	344.8	1096.9	69
123	Jackson	Tom	Roundhay Runners	M5EN	126	375.0	102	366.8	149	346.5	0	0.0	1088.2	70
124	Overend	Andrew	Ilkley Harriers	M40	0	0.0	135	323.2	105	392.1	99	370.0	1085.4	25
125	Smith	Richard	Abbey Runners	M40	139	362.0	110	356.2	133	363.1	0	0.0	1081.3	26
126	de Roux	Garth	Horsforth Harriers	M40	229	272.0	195	244.1	222	270.7	166	281.2	1068.0	27
127	Beesely	David	Abbey Runners	M5EN	279	222.0	194	245.4	196	297.7	151	301.1	1066.2	71
128	Grant	Gary	Hyde Park Harriers	M5EN	0	0.0	115	349.6	142	353.7	107	359.4	1062.8	72
129	Taylor	David	Kippax Harriers	M60	242	259.0	170	277.0	226	266.6	186	254.6	1057.3	3
130	Rix	Jeremy	Saltaire Striders	M55	250	251.0	187	254.6	217	275.9	178	265.3	1046.8	5
131	Harrold	Brian	Chapel Allerton Runners	M5EN	0	0.0	126	335.1	141	354.8	114	350.1	1040.0	73
132	Hainsworth	Brian	Nidd Valley RR	M40	264	237.0	173	273.1	229	263.5	179	263.9	1037.5	28
133	Jewitt	Fred	Chapel Allerton Runners	M5EN	256	245.0	182	261.2	199	294.6	201	234.7	1035.6	74
134	Garside	Simon	Rothwell Harriers	M50	189	312.0	0	0.0	140	355.8	109	356.8	1024.6	9
135	Hughes	David	Ackworth RR	M5EN	218	283.0	166	282.3	276	214.7	196	241.4	1021.4	75
136	Morland	Steven	Knaresborough Striders	M45	160	341.0	108	358.8	0	0.0	140	315.6	1015.5	16
137	Camp	Adam	Saltaire Striders	M5EN	170	331.0	0	0.0	176	318.5	104	363.4	1012.9	76
138	Glover	Chris	Kirkstall Harriers	M55	261	240.0	181	262.5	230	262.4	195	242.7	1007.7	6
139	Bird	Graham	Wharfedale Harriers	M50	171	330.0	118	345.6	165	329.9	0	0.0	1005.5	10
140	Dilasser	Jamie	Nidd Valley RR	M45	195	306.0	106	361.5	158	337.1	0	0.0	1004.6	17
141	Sanderson	Ian	Valley Striders	M45	191	310.0	105	362.8	164	330.9	0	0.0	1003.7	18
142	Grant	Andrew	Harrogate Harriers	M45	2	499.0	1	500.0	0	0.0	0	0.0	999.0	19
143	King	Howard	Valley Striders	M40	194	307.0	120	343.0	154	341.3	0	0.0	991.3	29
144	Elson	Callum	Roundhay Runners	M5EN	0	0.0	5	494.7	5	495.9	0	0.0	990.6	77
145	Mills	Gerard	Bradford Airedale	M45	180	321.0	127	333.8	0	0.0	125	335.5	990.3	20
146	Turner	Steven	Nidd Valley RR	M45	246	255.0	214	219.0	227	265.6	190	249.3	988.9	21
147	Millgate	Paul	Wetherby Runners	M40	0	0.0	6	493.4	9	491.7	0	0.0	985.1	30
148	Toulson	Anthony	Roundhay Runners	M40	252	249.0	171	275.7	223	269.7	240	183.0	977.5	31
149	Ogden	Ian	Saltaire Striders	M45	149	352.0	0	0.0	173	321.6	149	303.7	977.3	22
150	Whale	Stuart	Ackworth RR	M45	286	215.0	208	226.9	238	254.1	169	277.2	973.3	23
151	Hull	Greg	Saltaire Striders	M50	11	490.0	0	0.0	18	482.4	0	0.0	972.4	11
152	Longfellow	Andy	St Theresa's AC	M5EN	196	305.0	0	0.0	155	340.2	132	326.3	971.5	78
153	Butler	Joe	Roundhay Runners	M5EN	182	319.0	0	0.0	194	299.8	119	343.5	962.3	79
154	Sennett	Marc	Wharfedale Harriers	M5EN	18	483.0	19	476.3	0	0.0	0	0.0	959.3	80
155	Driver	David	Wharfedale Harriers	M5EN	0	0.0	0	0.0	26	474.1	16	480.1	954.2	81
156	Midgley	Tim	Horsforth Harriers	M5EN	16	485.0	0	0.0	32	467.8	0	0.0	952.8	82
157	Forey	Jonathon	Dragons RC	M45	161	340.0	123	339.1	0	0.0	174	270.6	949.6	24
158	Scaife	Nigel	Nidd Valley RR	M45	233	268.0	0	0.0	138	357.9	135	322.3	948.2	25
159	Askew	Dave	Harrogate Harriers	M55	257	244.0	190	250.7	255	236.5	219	210.9	942.0	7
160	Monaghan	Will	Leeds University CCC	M5EN	56	445.0	0	0.0	6	494.8	0	0.0	939.8	83
161	Shepherd	Stuart	Chapel Allerton Runners	M5EN	287	214.0	200	237.5	246	245.9	198	238.7	936.0	84
162	Hirst	Geoffrey	Harrogate Harriers	M5EN	176	325.0	141	315.3	198	295.6	0	0.0	935.9	85
163	Forster	Leon	Airecentre Pacers	M5EN	23	478.0	0	0.0	53	446.1	0	0.0	924.1	86
164	Hassell	Ethan	Wharfedale Harriers	M5EN	0	0.0	0	0.0	48	451.2	23	470.8	922.1	87
165	Wildman	Paul	Wetherby Runners	M5EN	200	301.0	142	314.0	0	0.0	150	302.4	917.4	88
166	Hodge	Tony	Roundhay Runners	M45	175	326.0	0	0.0	215	278.0	142	313.0	917.0	26
167	Bailey	Gary	Pudsey & Bramley AC	M40	42	459.0	0	0.0	42	457.5	0	0.0	916.5	32
168	Davy	Alan	Kippax Harriers	M5EN	0	0.0	159	291.6	183	311.2	143	311.7	914.4	89
169	Woods	Steve	Pudsey & Bramley AC	M60	158	343.0	0	0.0	209	284.2	162	286.5	913.7	4
170	Archer	Martin	Ilkley Harriers	M5EN	46	455.0	0	0.0	0	0.0	33	457.6	912.6	90
171	Schofield	George	St Theresa's AC	M5EN	29	472.0	0	0.0	0	0.0	46	440.3	912.3	91
172	Herrington	Richard	St Theresa's AC	M5EN	28	473.0	47	439.3	0	0.0	0	0.0	912.3	92
173	Coates	Richard	York Tri Club	M40	206	295.0	146	308.7	191	302.9	0	0.0	906.6	33
174	Andrews	Emil	Pudsey & Bramley AC	M40	278	223.0	227	201.8	266	225.1	185	256.0	905.9	34
175	Taylor	Steve	Chapel Allerton Runners	M50	192	309.0	175	270.4	171	323.7	0	0.0	903.1	12
176	Thornton	Oliver	Valley Striders	M5EN	0	0.0	207	228.2	156	339.2	126	334.2	901.7	93
177	Martin	Nathan	Wharfedale Harriers	M5EN	0	0.0	43	444.6	45	454.4	0	0.0	898.9	94
178	Midwood	Simon	Valley Striders	M5EN	0	0.0	56	427.4	0	0.0	26	466.8	894.3	95
179	Wakelin	Luke	Nidd Valley Road Runners	M5EN	0	0.0	0	0.0	60	438.8	37	452.3	891.1	96
180	Smith	Andy	Horsforth Harriers	M45	203	298.0	147	307.4	212	281.1	0	0.0	886.5	27
181	Colley	Ashley	Bradford Airedale	M5EN	64	437.0	40	448.5	0	0.0	0	0.0	885.5	97
182	Simkins	Paul	Abbey Runners	M40	247	254.0	177	267.8	213	280.1	315	83.6	885.4	35
183	Nowell	Matt	Saltaire Striders	M5EN	43	458.0	0	0.0	71	427.4	0	0.0	885.4	98
184	Spink	Stewart	Saltaire Striders	M45	205	296.0	155	296.8	201	292.5	0	0.0	885.4	28
185	Themistocleous	Simon	Saltaire Striders	M40	60	441.0	0	0.0	55	444.0	0	0.0	885.0	36

186	Atkinson	Joe	Wetherby Runners	MSEN	217	284.0	0	0.0	188	306.0	156	294.4	884.4	99
187	Huggins	Roy	Valley Striders	M55	165	336.0	0	0.0	237	255.2	157	293.1	884.3	8
188	Wilks	Trevor	Abbey Runners	M45	68	433.0	41	447.2	0	0.0	0	0.0	880.2	29
189	Franklin	James	Abbey Runners	M40	70	431.0	0	0.0	0	0.0	41	446.9	877.9	37
190	Sutherland	Mark	Eccleshill RR	M50	214	287.0	154	298.2	203	290.5	0	0.0	875.6	13
191	Holt	Mark	Wetherby Runners	M40	0	0.0	45	442.0	0	0.0	52	432.4	874.3	38
192	Jovanovic	Nick	Airecentre Pacers	MSEN	326	175.0	220	211.1	252	239.6	192	246.7	872.4	100
193	Ward	John	Abbey Runners	M65	262	239.0	234	192.6	281	209.5	207	226.8	867.9	1
194	Chadwick	Matt	Valley Striders	MSEN	0	0.0	0	0.0	82	416.0	39	449.6	865.6	101
195	Macey	Alex	Harrogate Harriers	M50	274	227.0	201	236.1	304	185.7	215	216.2	865.0	14
196	Walker	Colin	Pudsey & Bramley AC	M45	54	447.0	64	416.9	0	0.0	0	0.0	863.9	30
197	Grindley	Paul	Airecentre Pacers	M50	294	207.0	222	208.4	275	215.8	203	232.1	863.3	15
198	Mellor	David	St Theresa's AC	M45	308	193.0	219	212.4	263	228.2	205	229.4	863.1	31
199	Taylor	Michael	Hyde Park Harriers	MSEN	44	457.0	0	0.0	94	403.5	0	0.0	860.5	102
200	Fowler	Steve	Saltaire Striders	M40	77	424.0	0	0.0	64	434.6	0	0.0	858.6	39
201	Thorpe	Craig	Ackworth RR	MSEN	65	436.0	0	0.0	79	419.1	0	0.0	855.1	103
202	Hands	Simon	Kirkstall Harriers	MSEN	204	297.0	132	327.2	261	230.3	0	0.0	854.5	104
203	Womersley	David	Horsforth Harriers	M65	288	213.0	231	196.6	257	234.4	220	209.5	853.6	2
204	Hinds	Aron	Hyde Park Harriers	MSEN	75	426.0	60	422.2	0	0.0	0	0.0	848.2	105
205	Straughan	Tim	Valley Striders	M50	0	0.0	62	419.5	74	424.3	0	0.0	843.8	16
206	Somerville	Gareth	Harrogate Harriers	MSEN	91	410.0	53	431.4	0	0.0	0	0.0	841.4	106
207	Richards	Jon	Abbey Runners	M40	305	196.0	196	242.7	279	211.6	234	191.0	841.3	40
208	Powell	Edward	Roundhay Runners	MSEN	81	420.0	0	0.0	83	414.9	0	0.0	834.9	107
209	Tarran	James	Valley Striders	M50	0	0.0	73	405.0	0	0.0	58	424.4	829.4	17
210	Roberts	Hal	Kirkstall Harriers	MSEN	0	0.0	0	0.0	108	389.0	55	428.4	817.4	108
211	Watson	Scott	Hyde Park Harriers	MSEN	0	0.0	0	0.0	62	436.7	91	380.6	817.4	109
212	Alder	Scott	Pudsey & Bramley AC	M40	94	407.0	0	0.0	0	0.0	71	407.2	814.2	41
213	Mcgreevy	Paul	St Theresa's AC	M40	243	258.0	162	287.6	0	0.0	180	262.6	808.2	42
214	Porritt	Ste	York Tri Club	MSEN	220	281.0	178	266.5	232	260.4	0	0.0	807.9	110
215	Walters	James	Ackworth RR	MSEN	228	273.0	0	0.0	225	267.6	177	266.6	807.2	111
216	Fox	Ken	Valley Striders	M55	277	224.0	242	182.1	250	241.7	263	152.5	800.3	9
217	Mitchell	Ian	Knaresborough Striders	M50	232	269.0	176	269.1	348	140.0	287	120.7	798.9	18
218	Hargadon	Lee	Roundhay Runners	M40	0	0.0	202	234.8	205	288.4	172	273.2	796.4	43
219	Broadhead	Curtis	Hyde Park Harriers	MSEN	267	234.0	169	278.4	211	282.2	0	0.0	794.5	112
220	Nurse	Dominic	Abbey Runners	M45	0	0.0	0	0.0	114	382.8	68	411.1	793.9	32
221	Brant	Greg	Horsforth Harriers	MSEN	0	0.0	191	249.3	247	244.8	154	297.1	791.2	113
222	Nicholson	Kevin	Nidd Valley RR	M50	162	339.0	164	285.0	0	0.0	252	167.1	791.1	19
223	Gill	Christopher	St Theresa's AC	M70	316	185.0	256	163.6	268	223.0	216	214.9	786.5	1
224	Fryer	Anthony	Valley Striders	M40	0	0.0	75	402.4	117	379.7	0	0.0	782.0	44
225	Walker	Will	Ackworth RR	MSEN	299	202.0	243	180.7	292	198.1	227	200.3	781.1	114
226	Hulme	Simon	Rothwell Harriers	M45	0	0.0	189	252.0	224	268.7	182	259.9	780.6	33
227	Love	Martin	Saltaire Striders	M55	311	190.0	238	187.3	286	204.4	229	197.6	779.3	10
228	Geisleris	Giedrius	Kirkstall Harriers	MSEN	0	0.0	185	257.3	218	274.9	202	233.4	765.6	115
229	Storey	Ian	Kippax Harriers	M50	260	241.0	192	248.0	221	271.8	0	0.0	760.8	20
230	O'brien	Liam	Hyde Park Harriers	M40	47	454.0	148	306.1	0	0.0	0	0.0	760.1	45
231	Whittaker	Jim	Abbey Runners	M50	310	191.0	260	158.3	289	201.2	223	205.6	756.1	21
232	Webber-Cross	Geoff	Chapel Allerton Runners	MSEN	119	382.0	0	0.0	125	371.4	0	0.0	753.4	116
233	Anderson	Ian	York Tri Club	M45	148	353.0	78	398.4	0	0.0	0	0.0	751.4	34
234	Lam	Cheuk Lun	Bradford Airedale	MSEN	248	253.0	197	241.4	0	0.0	187	253.3	747.7	117
235	Roberts	James	Ackworth RR	MSEN	0	0.0	209	225.6	234	258.3	181	261.3	745.2	118
236	Ritucci	Richard	Ackworth RR	MSEN	110	391.0	0	0.0	0	0.0	111	354.1	745.1	119
237	Pinn	Steve	Roundhay Runners	M40	130	371.0	0	0.0	123	373.4	0	0.0	744.4	46
238	Sanders	Ed	Horsforth Harriers	MSEN	0	0.0	228	200.5	245	246.9	161	287.8	735.2	120
239	Thorp	Tom	Chapel Allerton Runners	MSEN	237	264.0	217	215.0	240	252.1	0	0.0	731.1	121
240	Plews	Chris	Wetherby Runners	M45	0	0.0	113	352.2	122	374.5	0	0.0	726.7	35
241	Worthington	Joe	Ackworth RR	MSEN	129	372.0	0	0.0	0	0.0	112	352.8	724.8	122
242	Coy	Stephen	Ilkley Harriers	M40	152	349.0	97	373.4	0	0.0	0	0.0	722.4	47
243	Patchett	Ian	Abbey Runners	M55	313	188.0	240	184.7	312	177.4	249	171.1	721.2	11
244	Harland	Gareth	Eccleshill RR	MSEN	245	256.0	0	0.0	277	213.7	191	248.0	717.7	123
245	Rhodes	Steve	Hyde Park Harriers	M50	163	338.0	93	378.6	0	0.0	0	0.0	716.6	22
246	Goddard	William	Roundhay Runners	M40	109	392.0	0	0.0	0	0.0	136	321.0	713.0	48
247	Firth	Stephen	Rothwell Harriers	M50	259	242.0	0	0.0	254	237.6	208	225.5	705.0	23
248	Murphy	Kevin-Malachy	Harrogate Harriers	M60	275	226.0	0	0.0	259	232.4	193	245.4	703.7	5
249	Hall	Michael	Valley Striders	MSEN	304	197.0	188	253.3	239	253.1	0	0.0	703.4	124
250	Scrivener	David	Saltaire Striders	MSEN	159	342.0	0	0.0	135	361.0	0	0.0	703.0	125
251	Adkins	Tobias	Hyde Park Harriers	MSEN	151	350.0	0	0.0	145	350.6	0	0.0	700.6	126
252	Farrar	Martin	Wharfedale Harriers	M55	282	219.0	205	230.9	244	247.9	0	0.0	697.8	12
253	Knight	Hadrian	Rothwell Harriers	M45	140	361.0	130	329.8	0	0.0	0	0.0	690.8	36
254	Baker	Lee	Rothwell Harriers	M45	0	0.0	0	0.0	146	349.6	123	338.2	687.8	37
255	Giddings	Joel	Valley Striders	M45	0	0.0	128	332.5	143	352.7	0	0.0	685.2	38
256	Mcaleavy	Stuart	Wharfedale Harriers	M40	0	0.0	0	0.0	151	344.4	129	330.2	674.6	49
257	Driver	Robert	Wetherby Runners	MSEN	0	0.0	124	337.7	159	336.1	0	0.0	673.8	127
258	Clark	Martin	Roundhay Runners	M50	265	236.0	215	217.7	271	219.9	0	0.0	673.6	24
259	Powell	Mike	Valley Striders	MSEN	356	145.0	261	157.0	299	190.9	246	175.1	667.9	128
260	Sutton	Leroy	Valley Striders	M60	298	203.0	233	193.9	331	157.7	293	112.7	667.3	6
261	Broomfield	Tim	Harrogate Harriers	M60	276	225.0	226	203.2	258	233.4	0	0.0	661.6	7
262	Couldwell	Adam	Harrogate Harriers	MSEN	0	0.0	0	0.0	174	320.5	121	340.8	661.4	129
263	Montgomery	Craig	Roundhay Runners	MSEN	174	327.0	0	0.0	161	334.0	0	0.0	661.0	130
264	Warden	Robin	Abbey Runners	M45	0	0.0	161	288.9	127	369.3	0	0.0	658.2	39
265	Yates	Jonny	Chapel Allerton Runners	MSEN	0	0.0	0	0.0	167	327.8	134	323.6	651.4	131
266	Furby	Mike	Valley Striders	M45	271	230.0	203	233.5	0	0.0	241	181.7	645.2	40
267	Schofield	Jason	Wharfedale Harriers	M45	301	200.0	218	213.7	260	231.3	0	0.0	645.0	41
268	Rickard	Matt	Nidd Valley Road Runners	M40	0	0.0	138	319.3	169	325.7	0	0.0	645.0	50
269	Rosser	Ian	Valley Striders	M45	268	233.0	236	190.0	0	0.0	214	217.5	640.5	42
270	Ellis	Adam	Abbey Runners	M40	318	183.0	277	135.9	347	141.1	242	180.4	640.3	51
271	Temple	Rowan	Kirkstall Harriers	MSEN	0	0.0	96	374.7	231	261.4	0	0.0	636.1	132
272	Hudson	Chris	Kirkstall Harriers	M40	280	221.0	0	0.0	298	191.9	213	218.8	631.7	52
273	Sawyer	Paul	Hyde Park Harriers	MSEN	193	308.0	0	0.0	172	322.6	0	0.0	630.6	133
274	Ventress	Phil	Nidd Valley RR	M45	285	216.0	0	0.0	301	188.8	209	224.1	628.9	43
275	Needham	James	Ackworth RR	M50	187	314.0	0	0.0	0	0.0	141	314.3	628.3	25
276	Cornforth	Philip	Knaresborough Striders	M45	199	302.0	137	320.6	0	0.0	0	0.0	622.6	44
277	Storey	Ian	Eccleshill RR	M40	320	181.0	263	154.4	341	147.3	274	137.9	620.6	53
278	Bevan	John	York Tri Club	M50	0	0.0	144	311.3	0	0.0	145	309.0	620.4	26
279	Wright	Simon	Wharfedale Harriers	M50	211	290.0	0	0.0	166	328.8	0	0.0	618.8	27
280	Kent	Jon	Chapel Allerton Runners	MSEN	0	0.0	0	0.0	157	338.2	167	279.8	618.0	134



281	Badkin	Peter	Abbey Runners	M50	335	166.0	270	145.1	353	134.9	251	168.4	614.4	28
282	Atkinson	Paul	Wetherby Runners	M50	269	232.0	0	0.0	311	178.4	226	201.6	612.0	29
283	Harlowe	Paul	Wharfedale Harriers	M65	179	322.0	0	0.0	208	285.3	0	0.0	607.3	3
284	Murray	Julian	Harrogate Tri Club	M45	0	0.0	0	0.0	192	301.9	148	305.0	606.9	45
285	Hill	Mick	Pudsey & Bramley AC	M40	0	0.0	237	188.7	283	207.5	221	208.2	604.3	54
286	Wigglesworth	Mick	Ackworth RR	M45	201	300.0	150	303.4	0	0.0	0	0.0	603.4	46
287	Moss	Marcus	Roundhay Runners	M40	0	0.0	268	147.8	267	224.1	204	230.8	602.6	55
288	Blatherwick	John	Hyde Park Harriers	MSEN	478	23.0	248	174.1	300	189.8	218	212.2	599.2	135
289	Hassall	Christopher	Hyde Park Harriers	MSEN	0	0.0	223	207.1	287	203.3	239	184.4	594.8	136
290	Butterfield	Richard	Horsforth Harriers	M60	297	204.0	252	168.9	0	0.0	212	220.2	593.0	8
291	Calver	Rob	Chapel Allerton Runners	M45	281	220.0	0	0.0	307	182.6	238	185.7	588.2	47
292	Ellis	Matt	Abbey Runners	M40	372	129.0	285	125.3	329	159.8	247	173.7	587.8	56
293	Helmore	Stu	Roundhay Runners	MSEN	332	169.0	0	0.0	309	180.5	200	236.1	585.6	137
294	Maycock	David	Horsforth Harriers	M55	219	282.0	0	0.0	193	300.8	0	0.0	582.8	13
295	Ayres	Dan	St Theresa's AC	M40	215	286.0	0	0.0	197	296.7	0	0.0	582.7	57
296	Bowen	Michael	Hyde Park Harriers	MSEN	0	0.0	165	283.6	195	298.8	0	0.0	582.4	138
297	Wilson	Dan	Knaresborough Striders	MSEN	212	289.0	163	286.3	0	0.0	0	0.0	575.3	139
298	Kent	Craig	Abbey Runners	MSEN	270	231.0	296	110.8	262	229.3	0	0.0	571.1	140
299	Hoy	Graham	Kippax Harriers	MSEN	380	121.0	275	138.5	340	148.3	255	163.1	571.0	141
300	Legg	Ian	Wetherby Runners	M50	0	0.0	158	292.9	0	0.0	170	275.9	568.7	30
301	Robertson	Adam	Roundhay Runners	MSEN	0	0.0	253	167.5	278	212.7	237	187.0	567.2	142
302	Twitchett	Mark	Roundhay Runners	M45	0	0.0	254	166.2	284	206.4	232	193.6	566.3	48
303	Robinson	Phil	Nidd Valley RR	M55	339	162.0	278	134.6	355	132.8	275	136.6	565.9	14
304	Miller	Brian	Harrogate Harriers	M60	226	275.0	0	0.0	204	289.4	0	0.0	564.4	9
305	Spain	Jonathan	Hyde Park Harriers	MSEN	251	250.0	0	0.0	180	314.3	0	0.0	564.3	143
306	Cavill	Gareth	Abbey Runners	M45	0	0.0	0	0.0	214	279.0	163	285.1	564.2	49
307	Routledge	Jonathan	Ackworth RR	M50	302	199.0	244	179.4	305	184.6	0	0.0	563.1	31
308	Schofield	Alan	St Theresa's AC	M55	0	0.0	0	0.0	228	264.5	155	295.8	560.3	15
309	Griffiths	Alun	Saltaire Striders	M60	354	147.0	287	122.7	351	136.9	264	151.2	557.8	10
310	Lynn	Sam	York Postal Harriers	M40	223	278.0	0	0.0	219	273.9	0	0.0	551.9	58
311	Wolstenholme	Stephen	Bradford Airedale	M55	208	293.0	184	258.6	0	0.0	0	0.0	551.6	16
312	Longmate	Kevin	Kirkstall Harriers	MSEN	0	0.0	0	0.0	206	287.3	183	258.6	546.0	144
313	Verity	Jack	Saltaire Striders	M55	328	173.0	251	170.2	293	197.1	0	0.0	540.3	17
314	Ward	Roger	Rothwell Harriers	M55	379	122.0	280	131.9	358	129.7	261	155.2	538.8	18
315	Kasperek	Matt	Kirkstall Harriers	MSEN	317	184.0	245	178.1	313	176.3	0	0.0	538.4	145
316	Thomas	Richard	Kirkstall Harriers	M55	307	194.0	241	183.4	0	0.0	257	160.5	537.9	19
317	Weight	Dave	Roundhay Runners	M50	0	0.0	193	246.7	0	0.0	160	289.1	535.8	32
318	Skidmore	Stephen	Wharfedale Harriers	M60	227	274.0	0	0.0	233	259.3	0	0.0	533.3	11
319	Leslie	David	Abbey Runners	M65	381	120.0	322	76.5	332	156.6	248	172.4	525.6	4
320	Howard	Tom	Roundhay Runners	MSEN	0	0.0	0	0.0	241	251.0	173	271.9	522.9	146
321	Park	Keith	Horsforth Harriers	M60	368	133.0	290	118.7	350	138.0	280	130.0	519.7	12
322	Chamberlain	Jon	Harrogate Tri Club	M45	258	243.0	0	0.0	0	0.0	176	267.9	510.9	50
323	Sharp	Christopher	Ackworth RR	MSEN	273	228.0	0	0.0	405	80.9	230	196.3	505.2	147
324	Dell'amico	Loris	Saltaire Striders	M40	253	248.0	0	0.0	236	256.2	0	0.0	504.2	59
325	Dickens	Paul	Hyde Park Harriers	MSEN	323	178.0	265	151.7	315	174.3	0	0.0	504.0	148
326	Marsh	Nathan	Leeds University CCC	MSEN	0	0.0	0	0.0	1	500.0	0	0.0	500.0	149
327	Baxter	Joe	Pudsey & Bramley AC	MSEN	1	500.0	0	0.0	0	0.0	0	0.0	500.0	150
328	Angel Gomez	Rafael	Hyde Park Harriers	MSEN	0	0.0	2	498.7	0	0.0	0	0.0	498.7	151
329	Hanson	Callum	Pudsey & Bramley AC	MSEN	0	0.0	0	0.0	0	0.0	2	498.7	498.7	152
330	Lightowler	Robbie	Leeds University CCC	MSEN	3	498.0	0	0.0	0	0.0	0	0.0	498.0	153
331	Rowe	Josh	Saltaire Striders	MSEN	0	0.0	4	496.0	0	0.0	0	0.0	496.0	154
332	Kilgour	Joe	Leeds University CCC	MSEN	6	495.0	0	0.0	0	0.0	0	0.0	495.0	155
333	O'hara	Colm	Kippax Harriers	M45	344	157.0	249	172.8	327	161.8	0	0.0	491.6	51
334	Sunman	Kai	Leeds University CCC	MSEN	10	491.0	0	0.0	0	0.0	0	0.0	491.0	156
335	Hibberd	Daryl	Valley Striders	MSEN	0	0.0	0	0.0	12	488.6	0	0.0	488.6	157
336	Cook	Sean	Valley Striders	MSEN	235	266.0	0	0.0	269	222.0	0	0.0	488.0	158
337	Adams	Aiden John	Harrogate Tri Club	MSEN	0	0.0	0	0.0	16	484.4	0	0.0	484.4	159
338	Warrender	Andy	St Theresa's AC	M45	363	138.0	286	124.0	372	115.1	298	106.1	483.3	52
339	Francis	Alec	Hyde Park Harriers	MSEN	19	482.0	0	0.0	0	0.0	0	0.0	482.0	160
340	Maier	Fred	Wharfedale Harriers	MSEN	20	481.0	0	0.0	0	0.0	0	0.0	481.0	161
341	Bryant	Pete	Dragons RC	M50	341	160.0	246	176.8	0	0.0	270	143.2	480.0	33
342	Nesbitt	Stephen	Harrogate Harriers	M45	406	95.0	283	128.0	376	111.0	268	145.9	479.9	53
343	Cowen	Fred	Hyde Park Harriers	MSEN	0	0.0	0	0.0	270	221.0	184	257.3	478.2	162
344	Redmond	Tony	Eccleshill RR	M55	353	148.0	0	0.0	306	183.6	271	141.9	473.5	20
345	Boardman	Simon	Kirkstall Harriers	MSEN	249	252.0	0	0.0	273	217.8	0	0.0	469.8	163
346	Gaunt	Daniel	St Theresa's AC	MSEN	345	156.0	259	159.6	335	153.5	0	0.0	469.2	164
347	Barboar	Oscar	Leeds University CCC	MSEN	32	469.0	0	0.0	0	0.0	0	0.0	469.0	165
348	Kidner	Ralph	Hyde Park Harriers	M60	378	123.0	292	116.1	368	119.3	295	110.1	468.5	13
349	Bethell	Chris	Dragons RC	MSEN	0	0.0	199	238.8	0	0.0	206	228.1	466.9	166
350	Cowling	Graeme	Airecentre Pacers	MSEN	0	0.0	210	224.3	251	240.7	0	0.0	464.9	167
351	Wincer	Martin	Ackworth RR	M40	340	161.0	0	0.0	354	133.8	250	169.8	464.6	60
352	Newton	Simon	Ackworth RR	MSEN	0	0.0	0	0.0	37	462.7	0	0.0	462.7	168
353	Rogers	Simon	Hyde Park Harriers	M55	239	262.0	229	199.2	0	0.0	0	0.0	461.2	21
354	Pickering	Malcolm	Ilkley Harriers	M65	0	0.0	213	220.3	0	0.0	197	240.1	460.4	5
355	Richardson	Dale	Rothwell Harriers	MSEN	236	265.0	0	0.0	0	0.0	233	192.3	457.3	169
356	Parker	Dave	St Theresa's AC	M50	0	0.0	0	0.0	44	455.4	0	0.0	455.4	34
357	Griffiths	Ian	Horsforth Harriers	M40	357	144.0	0	0.0	343	145.2	253	165.8	455.0	61
358	O'brien	Kieran	Kirkstall Harriers	M40	404	97.0	288	121.4	379	107.9	281	128.6	454.9	62
359	Woodhead	William	Airecentre Pacers	MSEN	292	209.0	0	0.0	0	0.0	194	244.0	453.0	170
360	Kirk	Adam	Nidd Valley Road Runners	MSEN	0	0.0	0	0.0	47	452.3	0	0.0	452.3	171
361	Foley	Brendan	Horsforth Harriers	MSEN	0	0.0	0	0.0	253	238.6	217	213.5	452.1	172
362	Young	Innes	Roundhay Runners	M40	291	210.0	198	240.1	0	0.0	0	0.0	450.1	63
363	Couldwell	Alan	Harrogate Harriers	M60	377	124.0	308	95.0	360	127.6	300	103.4	450.0	14
364	Buckley	Tim	York Tri Club	MSEN	55	446.0	0	0.0	0	0.0	0	0.0	446.0	173
365	Wray	Scott	York Tri Club	M45	362	139.0	273	141.2	326	162.9	0	0.0	443.0	54
366	Raffell	Adam	York Tri Club	MSEN	0	0.0	0	0.0	56	442.9	0	0.0	442.9	174
367	Pawley	Graham	Valley Striders	M50	0	0.0	0	0.0	256	235.5	222	206.9	442.4	35
368	Jackson	Bob	Valley Striders	M65	395	106.0	300	105.5	375	112.0	292	114.1	437.6	6
369	Parker-Milnes	Curtis	Hyde Park Harriers	MSEN	293	208.0	269	146.4	403	83.0	0	0.0	437.4	175
370	Kernick	Carl	Saltaire Striders	M40	0	0.0	49	436.7	0	0.0	0	0.0	436.7	64
371	Gill	Michael	Harrogate Harriers	M50	459	42.0	224	205.8	303	186.7	0	0.0	434.5	36
372	Callaghan	Pete	Wetherby Runners	M55	0	0.0	0	0.0	264	227.2	225	202.9	430.1	22
373	Western	Gary	Saltaire Striders	M55	334	167.0	0	0.0	364	123.4	273	139.3	429.7	23
374	Newbould	Ed	Horsforth Harriers	MSEN	0	0.0	0	0.0	70	428.4	0	0.0	428.4	176
375	Horobin	Darren	Ackworth RR	M40	0	0.0	225	204.5	0	0.0	210	222.8	427.3	65

376	Fuller	Josh	Harrogate Harriers	MSEN	0	0.0	0	0.0	0	0.0	56	427.1	427.1	177
377	Hartley	Ben	Hyde Park Harriers	M40	74	427.0	0	0.0	0	0.0	0	0.0	427.0	66
378	Lavin	Robin	York Tri Club	MSEN	0	0.0	0	0.0	73	425.3	0	0.0	425.3	178
379	Thomas	Gwil	Valley Striders	M40	76	425.0	0	0.0	0	0.0	0	0.0	425.0	67
380	Young	Jonathan	Kirkstall Harriers	MSEN	0	0.0	0	0.0	0	0.0	59	423.1	423.1	179
381	Gidlow	Paul	Horsforth Harriers	M40	78	423.0	0	0.0	0	0.0	0	0.0	423.0	68
382	Parker	Darren	Saltaire Striders	M45	295	206.0	216	216.4	0	0.0	0	0.0	422.4	55
383	Gallagher	Mike	Hyde Park Harriers	MSEN	0	0.0	0	0.0	0	0.0	60	421.8	421.8	180
384	White	Paul	Valley Striders	M70	0	0.0	279	133.2	336	152.5	276	135.3	421.0	2
385	Seymour	Mark	Harrogate Harriers	M55	386	115.0	0	0.0	342	146.3	259	157.8	419.1	24
386	Wallace	John	Valley Striders	M50	327	174.0	0	0.0	383	103.7	272	140.6	418.3	37
387	Hipkiss	Jack	Kirkstall Harriers	MSEN	83	418.0	0	0.0	0	0.0	0	0.0	418.0	181
388	Haggerty	Randolph	Kirkstall Harriers	M50	0	0.0	206	229.6	0	0.0	236	188.3	417.9	38
389	Corbett	Graham	Saltaire Striders	MSEN	84	417.0	0	0.0	0	0.0	0	0.0	417.0	182
390	Leadbeater	Mark	Ackworth RR	M50	283	218.0	230	197.9	0	0.0	0	0.0	415.9	39
391	Jones	Martin	Abbey Runners	M40	342	159.0	272	142.5	374	113.1	0	0.0	414.6	69
392	Maudsley	Ian	St Theresa's AC	MSEN	87	414.0	0	0.0	0	0.0	0	0.0	414.0	183
393	Morton	Joe	Roundhay Runners	MSEN	0	0.0	0	0.0	0	0.0	66	413.8	413.8	184
394	Henry	Kristian	Horsforth Harriers	MSEN	266	235.0	0	0.0	0	0.0	244	177.7	412.7	185
395	Armitstead	Simon	Chapel Allerton Runners	MSEN	0	0.0	0	0.0	0	0.0	67	412.5	412.5	186
396	Perry	Andrew	Wharfedale Harriers	M45	349	152.0	311	91.0	320	169.1	0	0.0	412.1	56
397	Marquina	Daniel	Hyde Park Harriers	MSEN	89	412.0	0	0.0	0	0.0	0	0.0	412.0	187
398	Dyer	Peter	Leeds University CCC	MSEN	0	0.0	0	0.0	0	0.0	69	409.8	409.8	188
399	Child	Nick	Kirkstall Harriers	M45	324	177.0	204	232.2	0	0.0	0	0.0	409.2	57
400	Jones	Simon Glyn	Abbey Runners	M45	0	0.0	71	407.7	0	0.0	0	0.0	407.7	58
401	Walton	Clive	Abbey Runners	M50	413	88.0	310	92.3	373	114.1	294	111.4	405.9	40
402	Walker	John	Roundhay Runners	M55	408	93.0	294	113.5	406	79.9	288	119.4	405.7	25
403	Leaver	Ben	Valley Striders	M40	0	0.0	0	0.0	93	404.6	0	0.0	404.6	70
404	Davey	Richard	Wetherby Runners	M45	0	0.0	0	0.0	95	402.5	0	0.0	402.5	59
405	Robins	Dan	Valley Striders	MSEN	103	398.0	0	0.0	0	0.0	0	0.0	398.0	189
406	Walsh	Mike	Harrogate Tri Club	M60	355	146.0	0	0.0	359	128.6	285	123.3	398.0	15
407	Bartle	Chris	Kippax Harriers	MSEN	0	0.0	79	397.1	0	0.0	0	0.0	397.1	190
408	Craig	Patrick	Harrogate Tri Club	MSEN	104	397.0	0	0.0	0	0.0	0	0.0	397.0	191
409	Leach	Adrian	Ackworth RR	M50	333	168.0	289	120.1	378	108.9	0	0.0	397.0	41
410	Larkins	Chris	Airecentre Pacers	M45	0	0.0	0	0.0	314	175.3	211	221.5	396.8	60
411	Russell	Peter	Horsforth Harriers	M50	402	99.0	318	81.8	388	98.5	290	116.7	396.1	42
412	Keighley	Tom	Chapel Allerton Runners	MSEN	105	396.0	0	0.0	0	0.0	0	0.0	396.0	192
413	Turner	Graham	Airecentre Pacers	M40	391	110.0	305	98.9	382	104.8	316	82.2	395.9	71
414	Dixon	Paul	St Theresa's AC	M55	309	192.0	0	0.0	288	202.3	0	0.0	394.3	26
415	Barstow	Craig	Harrogate Harriers	M50	0	0.0	0	0.0	0	0.0	82	392.6	392.6	43
416	Gibson	Paul	Chapel Allerton Runners	M55	0	0.0	239	186.0	285	205.4	0	0.0	391.4	27
417	Vallance	Simon	Valley Striders	M50	0	0.0	0	0.0	106	391.1	0	0.0	391.1	44
418	Bullivant	Chad	York Tri Club	MSEN	0	0.0	0	0.0	110	386.9	0	0.0	386.9	193
419	Ogden	Kevin	Hyde Park Harriers	M45	115	386.0	0	0.0	0	0.0	0	0.0	386.0	61
420	Hussey	John	Valley Striders	M65	315	186.0	0	0.0	291	199.2	0	0.0	385.2	7
421	Whitehead	Zack	Saltaire Striders	MSEN	116	385.0	0	0.0	0	0.0	0	0.0	385.0	194
422	Newell	Jason	Hyde Park Harriers	M45	314	187.0	0	0.0	294	196.1	0	0.0	383.1	62
423	Simms	Dave	Valley Striders	MSEN	0	0.0	90	382.6	0	0.0	0	0.0	382.6	195
424	Vincent	Robert	Abbey Runners	M40	0	0.0	0	0.0	115	381.7	0	0.0	381.7	72
425	Sutton	Robert	Eccleshill RR	M50	365	136.0	306	97.6	402	84.0	330	63.7	381.3	45
426	Page	Jack	York Tri Club	MSEN	120	381.0	0	0.0	0	0.0	0	0.0	381.0	196
427	Wood	Steve	Horsforth Harriers	M60	412	89.0	302	102.9	392	94.4	307	94.2	380.5	16
428	Cook	James	Roundhay Runners	M40	319	182.0	232	195.3	0	0.0	0	0.0	377.3	73
429	Simpson	Ben	St Theresa's AC	MSEN	124	377.0	0	0.0	0	0.0	0	0.0	377.0	197
430	Carter	Andrew	Kirkstall Harriers	M55	0	0.0	0	0.0	0	0.0	95	375.3	375.3	28
431	Smith	Simon	Kirkstall Harriers	M45	388	113.0	299	106.9	438	46.7	296	108.8	375.3	63
432	Turner	Gary	Ackworth RR	M45	127	374.0	0	0.0	0	0.0	0	0.0	374.0	64
433	Sawyer	Jaysson	Harrogate Harriers	M40	128	373.0	0	0.0	0	0.0	0	0.0	373.0	74
434	Patrickson	Alex	Nidd Valley Road Runners	MSEN	0	0.0	0	0.0	124	372.4	0	0.0	372.4	198
435	Jackson	Andrew	Ilkley Harriers	M55	0	0.0	0	0.0	297	192.9	243	179.0	372.0	29
436	Wilkinson	Richard	Rothwell Harriers	M45	0	0.0	0	0.0	126	370.3	0	0.0	370.3	65
437	Walker	Gavin	Ackworth RR	MSEN	131	370.0	0	0.0	0	0.0	0	0.0	370.0	199
438	Smyth	Alistair	Valley Striders	M55	0	0.0	271	143.8	265	226.1	0	0.0	369.9	30
439	Jesson	James	Wetherby Runners	M40	133	368.0	0	0.0	0	0.0	0	0.0	368.0	75
440	Mace	James	Rothwell Harriers	MSEN	134	367.0	0	0.0	0	0.0	0	0.0	367.0	200
441	Gall	Stuart	St Theresa's AC	MSEN	0	0.0	0	0.0	318	171.2	231	195.0	366.1	201
442	Marsh	Rob	Valley Striders	M40	0	0.0	0	0.0	131	365.1	0	0.0	365.1	76
443	Coldwell	Ben	Kirkstall Harriers	MSEN	136	365.0	0	0.0	0	0.0	0	0.0	365.0	202
444	Glover	Paul	Kirkstall Harriers	M70	410	91.0	303	101.6	394	92.3	318	79.6	364.5	3
445	Lennon	Laurence	Abbey Runners	M55	394	107.0	326	71.2	390	96.5	313	86.2	360.9	31
446	Cook	James	Nidd Valley RR	M45	296	205.0	262	155.7	0	0.0	0	0.0	360.7	66
447	Skerrett	Greg	Valley Striders	M40	290	211.0	0	0.0	339	149.4	0	0.0	360.4	77
448	White	Ali	Roundhay Runners	MSEN	0	0.0	107	360.2	0	0.0	0	0.0	360.2	203
449	Hilton	Owen	Abbey Runners	MSEN	142	359.0	0	0.0	0	0.0	0	0.0	359.0	204
450	Carrick	Chris	Hyde Park Harriers	M40	0	0.0	0	0.0	137	358.9	0	0.0	358.9	78
451	Nash	Ali	Saltaire Striders	M45	143	358.0	0	0.0	0	0.0	0	0.0	358.0	67
452	Manning	Paul	Nidd Valley RR	M45	370	131.0	301	104.2	365	122.4	0	0.0	357.6	68
453	Brown	Dean	Kippax Harriers	MSEN	0	0.0	109	357.5	0	0.0	0	0.0	357.5	205
454	Mcmullan	Kevin	Valley Striders	M45	145	356.0	0	0.0	0	0.0	0	0.0	356.0	69
455	Stockburn	Paul	Harrogate Harriers	M55	146	355.0	0	0.0	0	0.0	0	0.0	355.0	32
456	Heffernan	Paul	Wetherby Runners	M40	336	165.0	0	0.0	0	0.0	235	189.7	354.7	79
457	Sinar	Terry	Ackworth RR	M50	303	198.0	0	0.0	0	0.0	260	156.5	354.5	46
458	Seaman	Dave	Nidd Valley RR	M70	401	100.0	324	73.9	391	95.4	314	84.9	354.2	4
459	Bull	Nick	Roundhay Runners	M50	422	79.0	321	77.8	398	88.2	297	107.4	352.4	47
460	Bell	Richard	Wetherby Runners	M50	0	0.0	0	0.0	302	187.8	254	164.5	352.2	48
461	Wilkie	Peter	Roundhay Runners	MSEN	0	0.0	114	350.9	0	0.0	0	0.0	350.9	206
462	Cooper	Ian	Harrogate Harriers	M40	153	348.0	0	0.0	0	0.0	0	0.0	348.0	80
463	Dowland	Ian	Eccleshill RR	MSEN	0	0.0	255	164.9	308	181.5	0	0.0	346.4	207
464	Capperauld	Kris	York Tri Club	MSEN	155	346.0	0	0.0	0	0.0	0	0.0	346.0	208
465	Thorpe	Andrew	Roundhay Runners	M40	0	0.0	0	0.0	150	345.4	0	0.0	345.4	81
466	Morimoto	Kazuki	Abbey Runners	M45	322	179.0	0	0.0	328	160.8	0	0.0	339.8	70
467	Newton	Stephen	Nidd Valley RR	M45	434	67.0	325	72.6	384	102.7	305	96.8	339.1	71
468	Douglas	Alan	Saltaire Striders	M45	0	0.0	274	139.8	0	0.0	228	198.9	338.8	72
469	Grayson	Michael	St Theresa's AC	M50	325	176.0	257	162.3	0	0.0	0	0.0	338.3	49
470	Payne	Richard	Ackworth RR	M40	425	76.0	0	0.0	361	126.6	279	131.3	333.9	82

471	Gummerson	Robert	Kippax Harriers	M45	414	87.0	291	117.4	0	0.0	282	127.3	331.7	73
472	Batchelor	John	Valley Striders	M45	172	329.0	0	0.0	0	0.0	0	0.0	329.0	74
473	Ardron	Richard	Harrogate Tri Club	MSEN	173	328.0	0	0.0	0	0.0	0	0.0	328.0	209
474	Collins	Andrew	Harrogate Harriers	MSEN	0	0.0	264	153.0	317	172.2	0	0.0	325.2	210
475	Booth	James	Hyde Park Harriers	MSEN	178	323.0	0	0.0	0	0.0	0	0.0	323.0	211
476	Mangeolles	James	Horsforth Harriers	MSEN	0	0.0	0	0.0	316	173.2	266	148.5	321.8	212
477	Rhodes	Adam	Kirkstall Harriers	M40	346	155.0	0	0.0	323	166.0	0	0.0	321.0	83
478	Ward	Ash	Rothwell Harriers	MSEN	0	0.0	0	0.0	345	143.2	245	176.4	319.5	213
479	Durkin	Paul	Kippax Harriers	M50	428	73.0	336	58.0	387	99.6	311	88.9	319.5	50
480	Beal	Paul	Horsforth Harriers	MSEN	0	0.0	0	0.0	330	158.7	258	159.2	317.9	214
481	Carden	Richard	Saltaire Striders	MSEN	184	317.0	0	0.0	0	0.0	0	0.0	317.0	215
482	Nodwell	Adam	Kirkstall Harriers	MSEN	0	0.0	0	0.0	178	316.4	0	0.0	316.4	216
483	Milner	Steve	Wharfedale Harriers	M55	0	0.0	250	171.5	346	142.1	0	0.0	313.6	33
484	Costello	Peter	Wetherby Runners	M45	407	94.0	293	114.8	0	0.0	299	104.8	313.6	75
485	Robins	Mike	Valley Striders	M55	0	0.0	0	0.0	338	150.4	256	161.8	312.2	34
486	Steel	Phil	Fellandale	M40	0	0.0	0	0.0	184	310.2	0	0.0	310.2	84
487	Cottam	Graham	Horsforth Harriers	M40	0	0.0	145	310.0	0	0.0	0	0.0	310.0	85
488	Chubb	Daniel	Chapel Allerton Runners	MSEN	0	0.0	0	0.0	186	308.1	0	0.0	308.1	217
489	Coles	Malcolm	Valley Striders	M75	419	82.0	304	100.3	420	65.4	335	57.0	304.6	1
490	Smith	Jonathon	Saltaire Striders	MSEN	197	304.0	0	0.0	0	0.0	0	0.0	304.0	218
491	Hirst	Philip	Ilkley Harriers	M60	0	0.0	267	149.1	0	0.0	262	153.8	302.9	17
492	Dickinson	Nigel	Abbey Runners	MSEN	400	101.0	320	79.2	366	121.4	0	0.0	301.5	219
493	Johnson	Philip	York Tri Club	MSEN	393	108.0	315	85.8	386	100.6	0	0.0	294.4	220
494	Borrowdale	Tom	Harrogate Harriers	MSEN	207	294.0	0	0.0	0	0.0	0	0.0	294.0	221
495	Steele	Marc	Eccleshill RR	MSEN	403	98.0	330	66.0	429	56.0	323	72.9	292.9	222
496	Daudet	Nicolas	Ackworth RR	M40	429	72.0	314	87.1	427	58.1	321	75.6	292.8	86
497	Wong	Stephen	Ackworth RR	MSEN	384	117.0	0	0.0	410	75.7	306	95.5	288.2	223
498	Ayre	Mark	Roundhay Runners	M45	0	0.0	0	0.0	207	286.3	0	0.0	286.3	76
499	Stoneman	Andy	Valley Striders	M40	216	285.0	0	0.0	0	0.0	0	0.0	285.0	87
500	Shaw	Brian	Rothwell Harriers	M50	424	77.0	297	109.5	389	97.5	0	0.0	284.0	51
501	Waller	Ian	Knaresborough Striders	M55	0	0.0	168	279.7	0	0.0	0	0.0	279.7	35
502	Balkwill	James	Abbey Runners	M45	416	85.0	332	63.3	357	130.7	0	0.0	279.0	77
503	Mcgough	Paul	Rothwell Harriers	MSEN	224	277.0	0	0.0	0	0.0	0	0.0	277.0	224
504	Tyrrell	Brian	Valley Striders	M55	437	64.0	340	52.8	414	71.6	312	87.5	275.9	36
505	Pullan	Dave	Harrogate Tri Club	M45	0	0.0	0	0.0	0	0.0	171	274.5	274.5	78
506	Wood	Rob	Roundhay Runners	MSEN	451	50.0	298	108.2	371	116.2	0	0.0	274.4	225
507	Elliot	John	Roundhay Runners	M55	366	135.0	0	0.0	349	139.0	0	0.0	274.0	37
508	Keeber	Tom	Kirkstall Harriers	MSEN	0	0.0	0	0.0	220	272.8	0	0.0	272.8	226
509	Morley	David	St Theresa's AC	M60	347	154.0	0	0.0	369	118.3	0	0.0	272.3	18
510	Platten	Jason	York Postal Harriers	MSEN	0	0.0	284	126.6	0	0.0	269	144.6	271.2	227
511	Blane	Jon	Harrogate Harriers	M55	231	270.0	0	0.0	0	0.0	0	0.0	270.0	38
512	Olaya Cuartero	Javier	Hyde Park Harriers	MSEN	0	0.0	0	0.0	0	0.0	175	269.2	269.2	228
513	Lerner	Barney	Saltaire Striders	M65	417	84.0	0	0.0	393	93.4	309	91.5	268.9	8
514	Edwards-Barber	Simon	Ackworth RR	MSEN	234	267.0	0	0.0	0	0.0	0	0.0	267.0	229
515	Jenkins	Ian	Saltaire Striders	M45	0	0.0	179	265.2	0	0.0	0	0.0	265.2	79
516	Jones	Chris	Hyde Park Harriers	M60	0	0.0	276	137.2	0	0.0	283	126.0	263.2	19
517	Hadrill	Mark	Hyde Park Harriers	MSEN	240	261.0	0	0.0	0	0.0	0	0.0	261.0	230
518	de Csematory	Anthony	Rothwell Harriers	M40	0	0.0	183	259.9	0	0.0	0	0.0	259.9	88
519	Dickson	Tommy	Horsforth Harriers	MSEN	446	55.0	333	62.0	421	64.3	319	78.2	259.6	231
520	Gregory	Russell	Harrogate Harriers	M60	373	128.0	282	129.3	0	0.0	0	0.0	257.3	20
521	Horbury	Martin	St Theresa's AC	M50	0	0.0	0	0.0	235	257.3	0	0.0	257.3	52
522	Benson	Michael	Nidd Valley RR	MSEN	331	170.0	0	0.0	399	87.1	0	0.0	257.1	232
523	Cracknell	Glenn	Ackworth RR	M45	244	257.0	0	0.0	0	0.0	0	0.0	257.0	80
524	Hanney	Joe	Valley Striders	M40	0	0.0	186	255.9	0	0.0	0	0.0	255.9	89
525	Scanlon	Sean	Kirkstall Harriers	M40	0	0.0	323	75.2	396	90.2	310	90.2	255.6	90
526	Mackreth	Paul	Valley Striders	M40	450	51.0	335	59.4	409	76.8	328	66.3	253.4	91
527	Peck	Simon	Dragons RC	M60	367	134.0	0	0.0	0	0.0	289	118.0	252.0	21
528	Carter	Matt	Valley Striders	MSEN	0	0.0	0	0.0	0	0.0	188	252.0	252.0	233
529	Toon	Andy	Valley Striders	MSEN	0	0.0	0	0.0	0	0.0	189	250.7	250.7	234
530	Sawyer	Chris	Valley Striders	M55	376	125.0	0	0.0	362	125.5	0	0.0	250.5	39
531	Urquhart	Alistair	Roundhay Runners	M50	0	0.0	0	0.0	242	250.0	0	0.0	250.0	53
532	Andralojc	Nick	Harrogate Harriers	M55	0	0.0	0	0.0	243	249.0	0	0.0	249.0	40
533	Miller	Paul	Kirkstall Harriers	MSEN	254	247.0	0	0.0	0	0.0	0	0.0	247.0	235
534	Yeomans	David	Wetherby Runners	M65	444	57.0	344	47.5	423	62.2	320	76.9	243.7	9
535	Spencer	Timothy	Saltaire Striders	M60	0	0.0	0	0.0	249	242.7	0	0.0	242.7	22
536	Heywood	Paul	Knaresborough Striders	M50	411	90.0	338	55.4	428	57.1	350	37.1	239.6	54
537	Baiden	Andrew	Rothwell Harriers	M40	263	238.0	0	0.0	0	0.0	0	0.0	238.0	92
538	Lewandowski	Bartosz	Hyde Park Harriers	MSEN	418	83.0	327	69.9	401	85.1	0	0.0	238.0	236
539	Wyke-Ulliot	Alex	Rothwell Harriers	MSEN	0	0.0	0	0.0	0	0.0	199	237.4	237.4	237
540	Brownbridge	Garry	Abbey Runners	M55	371	130.0	0	0.0	381	105.8	0	0.0	235.8	41
541	Mullaney	Sean	Roundhay Runners	M50	0	0.0	0	0.0	370	117.2	291	115.4	232.6	55
542	Binns	Richard	Bradford Airedale	M45	409	92.0	312	89.7	437	47.7	0	0.0	229.4	81
543	Smith	Jonathan	Roundhay Runners	M45	272	229.0	0	0.0	0	0.0	0	0.0	229.0	82
544	Ellison	Garry	Eccleshill RR	M55	0	0.0	281	130.6	0	0.0	304	98.1	228.8	42
545	Howitt	Fraser	Chapel Allerton Runners	M55	312	189.0	0	0.0	468	15.6	361	22.5	227.1	43
546	Parker-Haim	Christopher	Rothwell Harriers	MSEN	398	103.0	0	0.0	367	120.3	0	0.0	223.3	238
547	Iley	Mark	Ilkley Harriers	M55	0	0.0	211	223.0	0	0.0	0	0.0	223.0	44
548	Clayton	Daniel	York Postal Harriers	M45	0	0.0	212	221.6	0	0.0	0	0.0	221.6	83
549	Guttridge	Kevin	Ackworth RR	M45	0	0.0	0	0.0	272	218.9	0	0.0	218.9	84
550	Gourlay	Ross	Roundhay Runners	MSEN	0	0.0	316	84.4	0	0.0	278	132.6	217.1	239
551	Welsh	Rich	Rothwell Harriers	MSEN	284	217.0	0	0.0	0	0.0	0	0.0	217.0	240
552	Peagram	Andrew	Nidd Valley Road Runners	M40	0	0.0	0	0.0	274	216.8	0	0.0	216.8	93
553	Trotter	Andy	York Tri Club	M45	385	116.0	0	0.0	0	0.0	302	100.8	216.8	85
554	Tomlinson	Paul	Dragons RC	M45	383	118.0	307	96.3	0	0.0	0	0.0	214.3	86
555	Conkleton	Gareth	Knaresborough Striders	M45	289	212.0	0	0.0	0	0.0	0	0.0	212.0	87
556	Twigg	Pete	Roundhay Runners	M45	0	0.0	0	0.0	280	210.6	0	0.0	210.6	88
557	Watson	Kevin	Horsforth Harriers	M70	374	127.0	317	83.1	0	0.0	0	0.0	210.1	5
558	Beecroft	David	Rothwell Harriers	M55	0	0.0	221	209.8	0	0.0	0	0.0	209.8	45
559	Little	Stuart	Horsforth Harriers	MSEN	0	0.0	0	0.0	282	208.5	0	0.0	208.5	241
560	Cooper	David	Ackworth RR	M60	443	58.0	0	0.0	417	68.5	317	80.9	207.4	23
561	Eagle	Jonathan	Horsforth Harriers	M55	0	0.0	0	0.0	0	0.0	224	204.2	204.2	46
562	Mansfield	Michael	Roundhay Runners	M55	0	0.0	309	93.7	377	110.0	0	0.0	203.6	47
563	Edwards	Richard	Hyde Park Harriers	M40	441	60.0	329	67.3	411	74.7	0	0.0	202.0	94
564	Lewis	Philip	Abbey Runners	MSEN	300	201.0	0	0.0	0	0.0	0	0.0	201.0	242
565	Cusack	David	Airecentre Pacers	MSEN	0	0.0	0	0.0	290	200.2	0	0.0	200.2	243

566	Miran	Sohail	Bradford Airedale	M45	461	40.0	350	39.6	433	51.9	329	65.0	196.4	89
567	Thorpe	Stuart	Rothwell Harriers	M45	405	96.0	0	0.0	0	0.0	303	99.5	195.5	90
568	Mosedale	Tim	Saltaire Striders	MSEN	0	0.0	0	0.0	295	195.0	0	0.0	195.0	244
569	Butler	Wayne	St Theresa's AC	MSEN	306	195.0	0	0.0	0	0.0	0	0.0	195.0	245
570	Preston	Alistair	Valley Striders	M45	0	0.0	0	0.0	296	194.0	0	0.0	194.0	91
571	Coates	Martin	Horsforth Harriers	M40	0	0.0	235	191.3	0	0.0	0	0.0	191.3	95
572	Archer	John	York Tri Club	M70	392	109.0	0	0.0	407	78.8	0	0.0	187.8	6
573	Smith	Nick	Nidd Valley RR	M55	456	45.0	355	33.0	436	48.8	336	55.7	182.4	48
574	Mawer	Jim	Kirkstall Harriers	MSEN	321	180.0	0	0.0	0	0.0	0	0.0	180.0	246
575	Armstrong	Mark	Nidd Valley Road Runners	M50	0	0.0	0	0.0	310	179.5	0	0.0	179.5	56
576	White	Geoffrey	Ilkley Harriers	MSEN	382	119.0	0	0.0	0	0.0	334	58.4	177.4	247
577	Ellwood	Andrew	York Postal Harriers	M50	447	54.0	0	0.0	432	52.9	325	70.3	177.2	57
578	Rush	Peter	Roundhay Runners	M55	0	0.0	247	175.5	0	0.0	0	0.0	175.5	49
579	Wright	Martin	Bradford Airedale	M55	0	0.0	0	0.0	404	82.0	308	92.8	174.8	50
580	Hill	Chris	Airecentre Pacers	M60	399	102.0	0	0.0	0	0.0	324	71.6	173.6	24
581	Markey	Barry	Bradford Airedale	M55	0	0.0	348	42.2	424	61.2	326	69.0	172.4	51
582	Gresswell	Rob	Rothwell Harriers	M45	329	172.0	0	0.0	0	0.0	0	0.0	172.0	92
583	Crabtree	Paul	Dragons RC	M40	0	0.0	319	80.5	395	91.3	0	0.0	171.8	96
584	Akers	Noel	Kirkstall Harriers	M60	396	105.0	0	0.0	419	66.4	0	0.0	171.4	25
585	Gill	Darren	Ackworth RR	M45	330	171.0	0	0.0	0	0.0	0	0.0	171.0	93
586	Thompson	Geoff	Wharfedale Harriers	M55	458	43.0	349	40.9	447	37.3	341	49.1	170.3	52
587	Smart	Richard	Ackworth RR	MSEN	0	0.0	0	0.0	319	170.1	0	0.0	170.1	248
588	Gebbett	Martin	Fellandale	M55	0	0.0	0	0.0	321	168.0	0	0.0	168.0	53
589	Taylor	Chris	Ackworth RR	M65	0	0.0	345	46.2	426	59.1	331	62.3	167.6	10
590	Martin	Chris	Wetherby Runners	M45	0	0.0	0	0.0	322	167.0	0	0.0	167.0	94
591	Crawford	Gordon	Hyde Park Harriers	M65	0	0.0	0	0.0	324	164.9	0	0.0	164.9	11
592	Marwood	Liam	Nidd Valley RR	MSEN	337	164.0	0	0.0	0	0.0	0	0.0	164.0	249
593	Wilkinson	Jeremy	Knaresborough Striders	M55	0	0.0	0	0.0	325	163.9	0	0.0	163.9	54
594	Pennington	Gary	Saltaire Striders	M50	338	163.0	0	0.0	0	0.0	0	0.0	163.0	58
595	Zywicki	Paul	Ackworth RR	M55	438	63.0	0	0.0	445	39.4	333	59.7	162.1	55
596	Harrison	Rich	York Tri Club	MSEN	0	0.0	258	160.9	0	0.0	0	0.0	160.9	250
597	Pailing	Keith	Rothwell Harriers	M65	343	158.0	0	0.0	0	0.0	0	0.0	158.0	12
598	Stanhope	Chistopher	Eccleshill RR	M50	0	0.0	331	64.6	446	38.4	337	54.4	157.4	59
599	Smith	Danny	Roundhay Runners	M55	0	0.0	0	0.0	333	155.6	0	0.0	155.6	56
600	Burns	Graham	Dragons RC	MSEN	0	0.0	0	0.0	334	154.6	0	0.0	154.6	251
601	Abson	Keith	Rothwell Harriers	M65	445	56.0	347	43.5	431	53.9	0	0.0	153.5	13
602	Owen	Tony	St Theresa's AC	MSEN	348	153.0	0	0.0	0	0.0	0	0.0	153.0	252
603	Mccleave	Martin	Horsforth Harriers	M50	0	0.0	0	0.0	337	151.5	0	0.0	151.5	60
604	Mitton	John	Nidd Valley RR	M45	350	151.0	0	0.0	0	0.0	0	0.0	151.0	95
605	Lovell	Rodney	Wharfedale Harriers	MSEN	0	0.0	266	150.4	0	0.0	0	0.0	150.4	253
606	Persico	Peter	Abbey Runners	M40	351	150.0	0	0.0	0	0.0	0	0.0	150.0	97
607	Marshall	Neil	Kirkstall Harriers	MSEN	0	0.0	0	0.0	0	0.0	265	149.9	149.9	254
608	Starks	Tyler	Ackworth RR	MSEN	352	149.0	0	0.0	0	0.0	0	0.0	149.0	255
609	Rayner	Ian	Roundhay Runners	M55	453	48.0	334	60.7	0	0.0	348	39.8	148.5	57
610	Hawden	Graham	Rothwell Harriers	M55	468	33.0	353	35.6	444	40.5	349	38.5	147.5	58
611	Hamilton	Gavin	Saltaire Striders	M40	421	80.0	0	0.0	418	67.4	0	0.0	147.4	98
612	Taylor	Chris	Hyde Park Harriers	MSEN	0	0.0	0	0.0	0	0.0	267	147.2	147.2	256
613	Fugill	Sam	Nidd Valley Road Runners	MSEN	0	0.0	0	0.0	344	144.2	0	0.0	144.2	257
614	Gray	Matthew	Hyde Park Harriers	MSEN	455	46.0	351	38.3	458	25.9	353	33.2	143.3	258
615	Holliday	Lee	St Theresa's AC	M40	358	143.0	0	0.0	0	0.0	0	0.0	143.0	99
616	Robinson	Jonathan	Eccleshill RR	M45	359	142.0	0	0.0	0	0.0	0	0.0	142.0	96
617	Bowman	Geoff	Roundhay Runners	M55	433	68.0	0	0.0	412	73.7	0	0.0	141.7	59
618	Madhas	Raj	Wharfedale Harriers	M50	0	0.0	328	68.6	413	72.6	0	0.0	141.2	61
619	Keegan	Des	Chapel Allerton Runners	MSEN	360	141.0	0	0.0	0	0.0	0	0.0	141.0	259
620	Halliday	David	Knaresborough Striders	M50	361	140.0	0	0.0	0	0.0	0	0.0	140.0	62
621	Longhorn	Darren	Saltaire Striders	M50	432	69.0	0	0.0	415	70.5	0	0.0	139.5	63
622	Erdogdu	Hamit	Roundhay Runners	M50	449	52.0	0	0.0	450	34.2	339	51.7	138.0	64
623	Cooper	Richard	St Theresa's AC	MSEN	364	137.0	0	0.0	0	0.0	0	0.0	137.0	260
624	Popple	Gary	Eccleshill RR	M50	448	53.0	0	0.0	449	35.3	342	47.7	136.0	65
625	Hiscoe	Clynt	Rothwell Harriers	M45	0	0.0	0	0.0	352	135.9	0	0.0	135.9	97
626	Grant	Peter	Harrogate Tri Club	M50	0	0.0	0	0.0	0	0.0	277	134.0	134.0	66
627	Littlewood	Graeme	Abbey Runners	M50	369	132.0	0	0.0	0	0.0	0	0.0	132.0	67
628	Beattie	Chris	Nidd Valley Road Runners	M60	0	0.0	0	0.0	356	131.7	0	0.0	131.7	26
629	Council	Andrew	Bradford Airedale	MSEN	420	81.0	0	0.0	0	0.0	340	50.4	131.4	261
630	Common	Paul	Roundhay Runners	M50	375	126.0	0	0.0	0	0.0	0	0.0	126.0	68
631	Montana	Marcos	Nidd Valley Road Runners	MSEN	0	0.0	341	51.5	0	0.0	322	74.3	125.7	262
632	Byrd	Joe	Hyde Park Harriers	MSEN	0	0.0	0	0.0	0	0.0	284	124.7	124.7	263
633	Cumbers	Jonathon	Nidd Valley Road Runners	MSEN	0	0.0	0	0.0	363	124.5	0	0.0	124.5	264
634	Miller	Stanley	Roundhay Runners	M40	427	74.0	342	50.1	0	0.0	0	0.0	124.1	100
635	Lawrenson	Ken	Ackworth RR	M75	0	0.0	354	34.3	439	45.6	346	42.4	122.4	2
636	Tryc	Pawel	Saltaire Striders	MSEN	0	0.0	0	0.0	0	0.0	286	122.0	122.0	265
637	Bracchi	Chris	Hyde Park Harriers	M50	439	62.0	337	56.7	0	0.0	0	0.0	118.7	69
638	Taylor	Ian	Horsforth Harriers	M50	467	34.0	358	29.0	459	24.9	355	30.5	118.4	70
639	Duffy	Richard	Horsforth Harriers	M65	431	70.0	346	44.9	0	0.0	0	0.0	114.9	14
640	Judd	Andy	Hyde Park Harriers	M50	387	114.0	0	0.0	0	0.0	0	0.0	114.0	71
641	Tinker	Mick	Valley Striders	M60	0	0.0	295	112.1	0	0.0	0	0.0	112.1	27
642	Huxford	James	York Tri Club	MSEN	442	59.0	0	0.0	0	0.0	338	53.1	112.1	266
643	Kelly	Mat	Rothwell Harriers	MSEN	389	112.0	0	0.0	0	0.0	0	0.0	112.0	267
644	Upperton	James	Wetherby Runners	MSEN	484	17.0	360	26.4	460	23.9	345	43.8	111.0	268
645	Barnett	Tim	Eccleshill RR	M55	390	111.0	0	0.0	0	0.0	0	0.0	111.0	60
646	Koerner	Nathan	Roundhay Runners	M40	0	0.0	0	0.0	380	106.8	0	0.0	106.8	101
647	Chippendale	Kevin	Ackworth RR	M60	397	104.0	0	0.0	0	0.0	0	0.0	104.0	28
648	Blakeley	Richard	Roundhay Runners	M75	0	0.0	339	54.1	435	49.8	0	0.0	103.9	3
649	Thorley	Greg	Rothwell Harriers	M45	0	0.0	0	0.0	0	0.0	301	102.1	102.1	98
650	O'brien	Eamon	Valley Striders	M45	0	0.0	0	0.0	385	101.7	0	0.0	101.7	99
651	Lankester	Nick	Roundhay Runners	MSEN	452	49.0	343	48.8	0	0.0	0	0.0	97.8	269
652	Midgley	Mathew	Bradford Airedale	MSEN	0	0.0	0	0.0	448	36.3	332	61.0	97.3	270
653	Metcalfe	Daniel	Fellandale	MSEN	0	0.0	0	0.0	397	89.2	0	0.0	89.2	271
654	Shaw	Jonathan	Horsforth Harriers	MSEN	0	0.0	0	0.0	441	43.6	344	45.1	88.7	272
655	Bowyer	Steven	Harrogate Harriers	M50	0	0.0	313	88.4	0	0.0	0	0.0	88.4	72
656	Mustufvi	Zhain	Chapel Allerton Runners	MSEN	0	0.0	0	0.0	400	86.1	0	0.0	86.1	273
657	Danby	Paul	Ackworth RR	M50	415	86.0	0	0.0	0	0.0	0	0.0	86.0	73
658	Ibrahim	Joe	Abbey Runners	M40	483	18.0	361	25.1	466	17.6	359	25.2	85.9	102
659	Taylor	Malcolm	Kirkstall Harriers	MSEN	466	35.0	0	0.0	462	21.8	357	27.9	84.6	274
660	Clink	Brian	Roundhay Runners	M45	480	21.0	362	23.7	465	18.7	363	19.9	83.3	100



661	Hogan	Michael	Eccleshill RR	M55	475	26.0	0	0.0	457	27.0	356	29.2	82.1	61
662	Perfitt	Brian	Eccleshill RR	M45	423	78.0	0	0.0	0	0.0	0	0.0	78.0	101
663	Mistry	Mohanlal	Saltaire Striders	M55	0	0.0	0	0.0	408	77.8	0	0.0	77.8	62
664	Lawson	Matthew	Saltaire Striders	MSEN	457	44.0	0	0.0	452	32.2	0	0.0	76.2	275
665	Buckle	Michael	Airecentre Pacers	MSEN	426	75.0	0	0.0	0	0.0	0	0.0	75.0	276
666	Lewis	Peter	Ilkley Harriers	M65	0	0.0	357	30.3	440	44.6	0	0.0	74.9	15
667	Moss	Mike	Saltaire Striders	M60	0	0.0	370	13.2	455	29.0	354	31.8	74.1	29
668	Mcguire	Nick	St Theresa's AC	MSEN	430	71.0	0	0.0	0	0.0	0	0.0	71.0	277
669	Forster	Michael	Chapel Allerton Runners	M40	0	0.0	0	0.0	416	69.5	0	0.0	69.5	103
670	Hall	Neil	Valley Striders	MSEN	469	32.0	352	36.9	0	0.0	0	0.0	68.9	278
671	Richardson	Donald	Fellandale	MSEN	0	0.0	0	0.0	0	0.0	327	67.6	67.6	279
672	Osbourne	Michael	York Tri Club	M50	435	66.0	0	0.0	0	0.0	0	0.0	66.0	74
673	Bannister	Bradley	Ackworth RR	MSEN	436	65.0	0	0.0	0	0.0	0	0.0	65.0	280
674	Macnay	Jonathan	Valley Striders	M50	0	0.0	356	31.7	451	33.2	0	0.0	64.9	75
675	Trayford	Mark	Harrogate Tri Club	M45	0	0.0	0	0.0	422	63.3	0	0.0	63.3	102
676	Kitchen	Jay	Kippax Harriers	M55	465	36.0	0	0.0	0	0.0	358	26.5	62.5	63
677	Hayes	John	Hyde Park Harriers	M50	0	0.0	365	19.8	442	42.5	0	0.0	62.3	76
678	Gallagher	Paul	Ackworth RR	M45	476	25.0	0	0.0	471	12.4	360	23.9	61.3	103
679	Richards	Andy	York Tri Club	M55	440	61.0	0	0.0	0	0.0	0	0.0	61.0	64
680	Smith	Mike	Abbey Runners	M45	0	0.0	0	0.0	425	60.2	0	0.0	60.2	104
681	Lowe	Chris	Roundhay Runners	M50	0	0.0	0	0.0	430	55.0	0	0.0	55.0	77
682	Daglish	Steven	Roundhay Runners	MSEN	472	29.0	363	22.4	0	0.0	0	0.0	51.4	281
683	Milne	Stephen	Hyde Park Harriers	MSEN	0	0.0	0	0.0	434	50.8	0	0.0	50.8	282
684	Higgins	Michael	St Theresa's AC	M70	470	31.0	0	0.0	464	19.7	0	0.0	50.7	7
685	Silva	Mervin	Saltaire Striders	M60	0	0.0	368	15.8	469	14.5	364	18.6	48.9	30
686	Kuendiger	Jan	York Tri Club	MSEN	454	47.0	0	0.0	0	0.0	0	0.0	47.0	283
687	O'halloran	Sean	Kirkstall Harriers	MSEN	482	19.0	371	11.9	479	4.1	369	11.9	47.0	284
688	Hart	Tony	Saltaire Striders	M55	0	0.0	0	0.0	0	0.0	343	46.4	46.4	65
689	Hey	Peter	Kirkstall Harriers	M65	490	11.0	367	17.2	0	0.0	366	15.9	44.1	16
690	Kingsnorth	Simon	Saltaire Striders	M50	479	22.0	364	21.1	0	0.0	0	0.0	43.1	78
691	Nuut	Andrew	Ackworth RR	MSEN	0	0.0	0	0.0	443	41.5	0	0.0	41.5	285
692	Lim	Philip	Valley Striders	M45	477	24.0	0	0.0	0	0.0	365	17.2	41.2	105
693	Bailey	Richard	Ackworth RR	M40	0	0.0	0	0.0	0	0.0	347	41.1	41.1	104
694	O'hara	Steve	Horsforth Harriers	M65	460	41.0	0	0.0	0	0.0	0	0.0	41.0	17
695	Gardner	Andrew	St Theresa's AC	M65	487	14.0	374	7.9	475	8.3	370	10.6	40.8	18
696	Huby	Peter	Saltaire Striders	M55	462	39.0	0	0.0	0	0.0	0	0.0	39.0	66
697	Hill	Phil	Roundhay Runners	M55	0	0.0	369	14.5	474	9.3	367	14.6	38.4	67
698	Mcardle	Ash	Ackworth RR	M40	463	38.0	0	0.0	0	0.0	0	0.0	38.0	105
699	Simpson	Roy	Ackworth RR	M60	464	37.0	0	0.0	0	0.0	0	0.0	37.0	31
700	Macrae	Don	Ilkley Harriers	M70	486	15.0	372	10.6	478	5.2	374	5.3	36.0	8
701	Sykes-Hooban	Matt	Kirkstall Harriers	MSEN	0	0.0	0	0.0	0	0.0	351	35.8	35.8	286
702	Jackson	David	Abbey Runners	MSEN	0	0.0	359	27.7	476	7.3	0	0.0	35.0	287
703	Mehra	Rahul	Saltaire Striders	M45	0	0.0	0	0.0	0	0.0	352	34.5	34.5	106
704	Park	Ian	Horsforth Harriers	M60	488	13.0	366	18.5	0	0.0	0	0.0	31.5	32
705	Allen	Steven	Horsforth Harriers	M45	0	0.0	0	0.0	453	31.1	0	0.0	31.1	107
706	Lamont	David	Eccleshill RR	M50	0	0.0	0	0.0	454	30.1	0	0.0	30.1	79
707	Hill	Robert	Nidd Valley RR	M70	471	30.0	0	0.0	0	0.0	0	0.0	30.0	9
708	Ogden	Richard	Rothwell Harriers	M45	481	20.0	0	0.0	0	0.0	371	9.3	29.3	108
709	Chapman	Paul	Kirkstall Harriers	M40	0	0.0	0	0.0	456	28.0	0	0.0	28.0	106
710	Robinson	Sam	Eccleshill RR	MSEN	473	28.0	0	0.0	0	0.0	0	0.0	28.0	288
711	Everitt	Antony	Knaresborough Striders	M50	474	27.0	0	0.0	0	0.0	0	0.0	27.0	80
712	Walker	Simon	Airecentre Pacers	MSEN	0	0.0	0	0.0	470	13.5	368	13.3	26.7	289
713	Appleby	Martin	Rothwell Harriers	M60	494	7.0	375	6.6	480	3.1	372	8.0	24.7	33
714	Scott	Lee	Harrogate Tri Club	M45	0	0.0	0	0.0	461	22.8	0	0.0	22.8	109
715	Scanlon	Pete	Horsforth Harriers	M70	0	0.0	376	5.3	473	10.4	373	6.6	22.3	10
716	Othick	Gary	Wetherby Runners	M55	0	0.0	0	0.0	0	0.0	362	21.2	21.2	68
717	Jarvis	Michael	Airecentre Pacers	M50	0	0.0	0	0.0	463	20.7	0	0.0	20.7	81
718	Nesden	Patrick	Kirkstall Harriers	M65	496	5.0	377	4.0	477	6.2	375	4.0	19.2	19
719	Farmery	Paul	Hyde Park Harriers	MSEN	0	0.0	0	0.0	467	16.6	0	0.0	16.6	290
720	Sedgley	Neil	Valley Striders	M50	485	16.0	0	0.0	0	0.0	0	0.0	16.0	82
721	Britton	Carl	Ackworth RR	M40	489	12.0	0	0.0	0	0.0	0	0.0	12.0	107
722	Foster	Colin	Harrogate Harriers	M60	0	0.0	0	0.0	472	11.4	0	0.0	11.4	34
723	Smith	Richard	Saltaire Striders	M55	491	10.0	0	0.0	0	0.0	0	0.0	10.0	69
724	Maltby	Christopher	St Theresa's AC	M60	0	0.0	373	9.2	0	0.0	0	0.0	9.2	35
725	Upton	Chris	Saltaire Striders	M60	492	9.0	0	0.0	0	0.0	0	0.0	9.0	36
726	Sharma	Sunil	Roundhay Runners	M60	493	8.0	0	0.0	0	0.0	0	0.0	8.0	37
727	Camponi	Tom	Ackworth RR	MSEN	498	3.0	379	1.3	482	1.0	377	1.3	6.7	291
728	Kitchen	Andrew	Ilkley Harriers	M60	495	6.0	0	0.0	0	0.0	0	0.0	6.0	38
729	Owen	Tim	Ackworth RR	M45	0	0.0	0	0.0	481	2.1	376	2.7	4.7	110
730	Wilson	Gary	Ackworth RR	M55	497	4.0	0	0.0	0	0.0	0	0.0	4.0	70
731	Hyde	Graham	Nidd Valley Road Runners	M40	0	0.0	378	2.6	0	0.0	0	0.0	2.6	108
732	Black	Sam	Abbey Runners	M70	499	2.0	0	0.0	0	0.0	0	0.0	2.0	11
733	Morris	Steven	Knaresborough Striders	M60	500	1.0	0	0.0	0	0.0	0	0.0	1.0	39

Second Claimers shown in blue

Category Leaders shown in red