

PECO Cross Country League 2021-22
Senior Men's Cumulative Results After Race 5

Position	Surname	First Name	Club	Age Cat	Race 1		Race 2		Race 3		Race 4		Race 5		Total Points	Discard Score	Best 4 From 5	Cat Pos
					Pos	Points	Pos	Points	Pos	Points	Pos	Points	Pos	Points				
1	Robins	Sam	Chapel Allerton Runners	MSEN	10	489.5	5	494.9	3	496.9	3	497.4	2	498.6	2477.3	489.5	1987.8	1
2	Grant	Daniel	Valley Striders	M35	7	493.0	3	497.5	9	487.6	4	496.1	5	494.2	2468.4	487.6	1980.8	1
3	Humphries	Andrew	Airecentre Pacers	MSEN	4	496.5	9	489.8	5	493.8	5	494.8	11	485.6	2460.6	485.6	1975.0	2
4	Lomas	Adam	Hyde Park Harriers	MSEN	6	494.1	13	484.8	6	492.2	7	492.3	4	495.7	2459.1	484.8	1974.3	3
5	Athersmith	Lee	Wharfedale Harriers	M35	0	0.0	4	496.2	4	495.3	10	488.4	8	489.9	1969.9	0.0	1969.9	2
6	Stirk	Adam	Wharfedale Harriers	M35	9	490.6	6	493.7	7	490.7	8	491.0	10	487.0	2453.0	487.0	1965.9	3
7	Roden	Freddie	Abbey Runners	MSEN	13	485.9	7	492.4	11	484.5	9	489.7	7	491.4	2443.9	484.5	1959.4	4
8	Boynnton	Philip	Horsforth Harriers	MSEN	5	495.3	18	478.4	18	473.6	11	487.1	6	492.8	2427.3	473.6	1953.7	5
9	Anderson	George	Hyde Park Harriers	MSEN	12	487.1	14	483.5	15	478.3	13	484.5	18	475.5	2408.9	475.5	1933.4	6
10	Mortimer	Charles	Chapel Allerton Runners	M40	21	476.6	16	481.0	21	468.9	15	482.0	17	476.9	2385.4	468.9	1916.4	1
11	Vargas	Michael	Hyde Park Harriers	M35	29	467.2	10	488.6	17	475.2	23	471.6	21	471.2	2373.8	467.2	1906.6	4
12	Bryant	Mark	Harrogate Harriers & AC	M45	18	480.1	23	472.1	22	467.4	22	472.9	15	479.8	2372.3	467.4	1904.9	1
13	Kerr	Will	Saltaire Striders	M45	14	484.8	17	479.7	25	462.7	21	474.2	30	458.2	2359.6	458.2	1901.4	2
14	Jenkins	Liam	Abbey Runners	MSEN	26	470.7	29	464.5	37	444.1	17	479.4	20	472.6	2331.3	444.1	1887.2	7
15	Dickinson	George	Bradford Airedale AC	MSEN	27	469.6	22	473.4	14	479.8	0	0.0	27	462.5	1885.3	0.0	1885.3	8
16	Holmes	Christian	Wharfedale Harriers	M45	16	482.4	0	0.0	12	482.9	37	453.6	34	452.4	1871.4	0.0	1871.4	3
17	Fillingham	Martin	Saltaire Striders	M50	24	473.1	25	469.5	27	459.6	29	463.9	42	440.9	2307.1	440.9	1866.2	1
18	Herrington	Richard	St Therasas AC	M40	78	409.8	28	465.3	33	450.3	18	478.1	23	468.3	2272.3	409.8	1862.4	2
19	Clark	Cal	Abbey Runners	MSEN	25	471.9	0	0.0	28	458.1	34	457.5	19	474.1	1861.5	0.0	1861.5	9
20	Weatherhead	Greg	Harrogate Harriers & AC	M35	38	456.7	36	455.6	30	455.0	12	485.8	0	0.0	1853.1	0.0	1853.1	5
21	Plummer	Barney	Horsforth Harriers	MSEN	32	463.7	31	461.9	0	0.0	32	460.1	28	461.1	1846.8	0.0	1846.8	10
22	Fisher	Daniel	Valley Striders	M40	43	450.8	33	459.4	0	0.0	30	462.6	22	469.7	1842.6	0.0	1842.6	3
23	Adkins	Tobias	Hyde Park Harriers	MSEN	20	477.8	0	0.0	29	456.5	25	469.1	50	429.4	1832.7	0.0	1832.7	11
24	Charlesworth	Nicholas	Wharfedale Harriers	M55	35	460.2	24	470.8	23	465.8	54	431.7	0	0.0	1828.5	0.0	1828.5	1
25	Gott	Steven	Ilkley Harriers	M45	40	454.3	38	453.0	31	453.4	27	466.5	39	445.2	2272.5	445.2	1827.3	4
26	Newbould	Ed	Abbey Runners	MSEN	34	461.4	34	458.1	0	0.0	43	445.9	32	455.3	1820.7	0.0	1820.7	12
27	Mckeown	Daniel	Ilkley Harriers	M40	41	453.2	53	434.0	41	437.9	31	461.3	24	466.9	2253.3	434.0	1819.2	4
28	Coldwell	Ben	Kirkstall Harriers	MSEN	31	464.9	39	451.38	36	445.7	41	448.5	59	416.4	2227.2	416.4	1810.8	13
29	Harrold	Brian	Chapel Allerton Runners	M35	42	452.0	37	454.3	34	448.8	38	452.3	0	0.0	1807.4	0.0	1807.4	6
30	Carter	Dom	York Postal Harriers	MSEN	28	468.4	44	445.4	46	430.1	61	422.7	29	459.7	2226.3	422.7	1803.6	14
31	Scott	Andrew	Roundhay Runners	MSEN	67	422.7	47	441.6	26	461.2	42	447.2	0	0.0	1772.7	0.0	1772.7	15
32	Mann	Gary	Valley Striders	M40	74	414.5	45	444.2	44	433.2	44	444.6	36	449.6	2186.1	414.5	1771.5	5
33	Gibbs	Richard	Roundhay Runners	M45	57	434.4	49	439.1	40	439.4	48	439.4	0	0.0	1752.4	0.0	1752.4	5
34	Furness	Rob	Wharfedale Harriers	M40	65	425.1	40	450.5	42	436.3	58	426.5	0	0.0	1738.4	0.0	1738.4	6
35	Garratt	Richard	Hyde Park Harriers	M40	47	446.1	50	437.8	52	420.8	0	0.0	49	430.8	1735.6	0.0	1735.6	7
36	Walker	Bobak	Roundhay Runners	M40	33	462.5	54	432.7	0	0.0	84	393.0	38	446.7	1735.0	0.0	1735.0	8
37	Newell	Matt	Roundhay Runners	M35	44	449.6	56	430.2	55	416.1	55	430.4	55	422.2	2148.6	416.1	1732.5	7
38	Bailey	Stephen	Kippax Harriers	M45	49	443.8	73	408.6	48	427.0	49	438.1	0	0.0	1717.6	0.0	1717.6	6
39	Ellwood	Glynn	York Postal Harriers	MSEN	0	0.0	64	420.1	62	405.3	47	440.7	35	451.0	1717.1	0.0	1717.1	16
40	Morton	Joe	Roundhay Runners	M35	58	433.3	69	413.7	51	422.4	64	418.8	77	390.5	2078.6	390.5	1688.1	8
41	Dunbar	Stuart	Saltaire Striders	M55	50	442.6	55	431.5	54	417.7	94	380.2	73	396.3	2068.2	380.2	1688.1	2
42	Holmes	Matthew	Abbey Runners	M45	71	418.0	59	426.4	49	425.5	0	0.0	58	417.9	1687.8	0.0	1687.8	7
43	Brien	Stef	Abbey Runners	MSEN	64	426.2	57	428.9	72	389.8	51	435.6	76	391.9	2072.4	389.8	1682.7	17
44	Carter	Jim	York Postal Harriers	M45	48	445.0	78	402.3	0	0.0	73	407.2	60	415.0	1669.5	0.0	1669.5	8
45	Townend	Darren	Nidd Valley Road Runners	M45	46	447.3	76	404.8	67	397.5	77	402.1	67	404.9	2056.6	397.5	1659.1	9
46	Noren	Peter	Hyde Park Harriers	MSEN	86	400.5	58	427.7	64	402.2	90	385.3	52	426.5	2042.1	385.3	1656.8	18
47	McGuire	Dave	Abbey Runners	M50	62	428.6	74	407.4	59	409.9	75	404.6	89	373.2	2023.7	373.2	1650.5	2
48	Hoult	Paul	Roundhay Runners	M35	56	435.6	48	440.4	56	414.6	142	318.3	102	354.5	1963.3	318.3	1645.0	9
49	Westmoreland	Jason	Rothwell Harriers & AC	M50	94	391.1	0	0.0	63	403.7	60	424.0	56	420.7	1639.5	0.0	1639.5	3
50	Riley	Liam	Chapel Allerton Runners	MSEN	85	401.6	66	417.5	0	0.0	88	387.9	48	432.3	1639.3	0.0	1639.3	19
51	Colley	Ashley	Bradford Airedale AC	MSEN	61	429.7	75	406.1	68	396.0	76	403.4	232	167.1	1802.3	167.1	1635.1	20
52	Teggart	David	Bradford Airedale AC	M45	60	430.9	79	401.0	73	388.2	68	413.7	82	383.3	2017.1	383.3	1633.8	10
53	Straughan	Tim	Valley Striders	M55	111	371.2	65	418.8	53	419.3	0	0.0	57	419.3	1628.5	0.0	1628.5	3
54	Blakeley	Matthew	Roundhay Runners	M50	84	402.8	80	399.7	57	413.0	93	381.4	68	403.5	2000.5	381.4	1619.1	4
55	Nunn	Sam	Chapel Allerton Runners	MSEN	88	398.1	67	416.2	77	382.0	92	382.7	63	410.7	1989.8	382.0	1607.8	21
56	Hipkiss	Jack	Kirkstall Harriers	MSEN	70	419.2	0	0.0	50	423.9	91	384.0	84	380.4	1607.5	0.0	1607.5	22
57	Partridge	Simon	York Postal Harriers	M45	0	0.0	94	382.0	66	399.1	71	409.8	64	409.2	1600.1	0.0	1600.1	11
58	Hough	Paul	Chapel Allerton Runners	M35	96	388.8	83	395.9	75	385.1	136	326.0	74	394.8	1890.6	326.0	1564.6	10
59	Wilson	Justin	Rothwell Harriers & AC	M45	72	416.9	107	365.5	74	386.6	83	394.3	98	360.2	1923.6	360.2	1563.3	12
60	Fox	William	Nidd Valley Road Runners	MSEN	0	0.0	46	442.9	145	276.4	59	425.3	61	413.5	1558.1	0.0	1558.1	23
61	Bell	Aaron	Chapel Allerton Runners	M35	110	372.4	85	393.4	90	361.8	0	0.0	62	412.1	1539.7	0.0	1539.7	11
62	Walker	Richard	Airecentre Pacers	M45	104	379.4	106	366.8	86	368.0	89	386.6	69	402.0	1902.8	366.8	1536.0	13
63	Spain	Jonathan	Hyde Park Harriers	MSEN	66	423.9	104	369.3	0	0.0	86	390.5	113	338.6	1522.3	0.0	1522.3	24
64	Elmes	Joseph	Hyde Park Harriers	MSEN	112	370.0	89	388.3	0	0.0	102	369.8	75	393.4	1521.6	0.0	1521.6	25
65	Richardson	Simon	Ilkley Harriers	M45	80	407.5	91	385.8	0	0.0	96	377.6	106	348.7	1519.6	0.0	1519.6	14
66	Pratt	John	Hyde Park Harriers	M35	108	374.7	87	390.9	79	378.9	103	368.6	93	367.4	1880.4	367.4	1513.0	12
67	Douglas	Benjamin	Hyde Park Harriers	MSEN	0	0.0	1	500.0	0	0.0	1	500.0	1	500.0	1500.0	0.0	1500.0	26
68	Critchley	Martin	Horsforth Harriers	M45	133	345.4	101	373.1	83	372.7	95	378.9	88	374.6	1844.7	345.4	1499.3	15
69	Hardy	Nick	Saltaire Striders	MSEN	2	498.8	2	498.7	0	0.0	0	0.0	3	497.1	1494.7	0.0	1494.7	27
70	Schofield	George	St Therasas AC	MSEN	99	385.2	108	364.2	103	341.6	0	0.0	81	384.7	1475.8	0.0	1475.8	28
71	Matthewson	Alex	Wetherby Runners AC	M35	79	408.7	88	389.6	102	343.2	135	327.3	0	0.0	1468.7	0.0	1468.7	13
72	Athersmith	Matthew	Wharfedale Harriers	MSEN	11	488.3	11	487.3	10	486.0	0	0.0	0	0.0	1461.6	0.0	1461.6	29
73	Adams	Hayden	Harrogate Harriers & AC	M35	93	392.3	126	341.4	0	0.0	120	346.6	101	355.9	1436.2	0.0	1436.2	14
74	Jones	Simon	Abbey Runners	MSEN	17	481.3	0	0.0	16	476.7	20	475.5	0	0.0	14			

113	Scholefield	Phillip	Abbey Runners	MSEN	120	360.7	124	343.9	129	301.2	0	0.0	176	247.8	1253.6	0.0	1253.6	44
114	Dell'Amico	Loris	Saltire Striders	M45	127	352.5	164	293.1	133	295.0	195	250.0	132	311.2	1501.9	250.0	1251.9	20
115	O'donnell	Gerard	Abbey Runners	M35	114	367.7	122	346.4	184	215.8	154	302.8	189	229.1	1461.9	215.8	1246.1	19
116	Worthington	Joe	Ackworth Road Runners	M40	0	0.0	62	422.6	65	400.6	62	421.4	0	0.0	1244.6	0.0	1244.6	18
117	Gallagher	Mike	Hyde Park Harriers	M35	39	455.5	52	435.3	0	0.0	0	0.0	105	350.1	1240.9	0.0	1240.9	20
118	Jordan	Mark	Harrogate Harriers & AC	M65	124	356.0	163	294.4	130	299.7	181	268.0	147	289.6	1507.7	268.0	1239.7	1
119	Lyons	Chris	Chapel Allerton Runners	M45	159	315.0	150	310.9	171	236.0	177	273.2	115	335.7	1470.9	236.0	1234.8	21
120	Rose	Stefan	Roundhay Runners	M40	147	329.0	170	285.5	122	312.1	185	262.9	137	304.0	1493.6	262.9	1230.7	19
121	Brown	Paul	Rothwell Harriers & AC	M50	0	0.0	61	423.9	69	394.4	69	412.4	0	0.0	1230.6	0.0	1230.6	9
122	Brown	Rhys	Horsforth Harriers	M35	150	325.5	154	305.8	144	278.0	0	0.0	126	319.9	1229.2	0.0	1229.2	21
123	Deanley	Chris	Roundhay Runners	M35	173	298.6	144	318.5	119	316.8	0	0.0	148	288.2	1222.1	0.0	1222.1	22
124	Johnson	Glen	St Therasas AC	M45	73	415.7	0	0.0	0	0.0	81	396.9	71	399.1	1211.7	0.0	1211.7	22
125	Robins	Ben	Chapel Allerton Runners	MSEN	160	313.8	138	326.1	148	271.7	162	292.5	156	276.7	1480.9	271.7	1209.1	45
126	Armitstead	Simon	Chapel Allerton Runners	M35	68	421.5	98	376.9	61	406.8	0	0.0	0	0.0	1205.3	0.0	1205.3	23
127	Coade	Jonathan	Hyde Park Harriers	MSEN	82	405.2	0	0.0	0	0.0	97	376.3	54	423.6	1205.1	0.0	1205.1	46
128	King	Geoff	Harrogate Harriers & AC	M65	176	295.1	172	283.0	124	309.0	153	304.1	142	296.8	1488.0	283.0	1205.0	2
129	Grave	Paul	Valley Striders	M45	0	0.0	90	387.1	60	408.4	74	405.9	0	0.0	1201.4	0.0	1201.4	23
130	Whitaker	Jonathan	Harrogate Harriers & AC	M55	151	324.4	156	303.3	0	0.0	179	270.6	140	299.7	1198.0	0.0	1198.0	7
131	Harrison	Matthew	Harrogate Harriers & AC	MSEN	76	412.2	51	436.5	0	0.0	0	0.0	110	342.9	1191.7	0.0	1191.7	47
132	Greenland	Rob	Chapel Allerton Runners	M45	118	363.0	0	0.0	71	391.3	52	434.3	0	0.0	1188.6	0.0	1188.6	24
133	Lee	Derek	Airecentre Pacers	M35	164	309.1	181	271.6	139	285.7	141	319.6	0	0.0	1186.0	0.0	1186.0	24
134	Moakler	Ben	Roundhay Runners	M40	0	0.0	0	0.0	78	380.4	65	417.5	80	386.2	1184.1	0.0	1184.1	20
135	Davy	Alan	Kippax Harriers	M40	179	291.6	151	309.6	127	304.3	173	278.4	171	255.0	1439.0	255.0	1183.9	21
136	Brock	Martin	Knaresborough Striders	M40	0	0.0	68	415.0	0	0.0	87	389.2	85	379.0	1183.1	0.0	1183.1	22
137	Powell	Ed	Roundhay Runners	M40	0	0.0	82	397.2	76	383.5	80	398.2	0	0.0	1178.9	0.0	1178.9	23
138	Derry	Tom	Wetherby Runners AC	MSEN	91	394.6	63	421.3	0	0.0	108	362.1	0	0.0	1178.0	0.0	1178.0	48
139	Wilkinson	Chris	Roundhay Runners	MSEN	140	337.2	191	258.9	131	298.1	0	0.0	158	273.8	1168.0	0.0	1168.0	49
140	Lofthouse	Martin	Nidd Valley Road Runners	M50	69	420.4	99	375.6	0	0.0	0	0.0	90	371.8	1167.8	0.0	1167.8	10
141	Blackburn	Pete	Kippax Harriers	M40	135	343.1	153	307.1	159	254.7	187	260.3	0	0.0	1165.2	0.0	1165.2	24
142	Clegg	Steven	Harrogate Harriers & AC	M45	128	351.3	185	266.5	115	323.0	0	0.0	195	220.5	1161.2	0.0	1161.2	25
143	Pownall	Jonathan	Valley Striders	MSEN	0	0.0	0	0.0	107	335.4	82	395.6	53	425.1	1156.1	0.0	1156.1	50
144	Aubrey	Ryan	Ackworth Road Runners	M35	59	432.1	0	0.0	93	357.1	105	366.0	0	0.0	1155.2	0.0	1155.2	25
145	Isherwood	David	Chapel Allerton Runners	M45	196	271.7	184	267.8	0	0.0	157	299.0	131	312.7	1151.1	0.0	1151.1	26
146	Yates	Jonathan	Roundhay Runners	M35	81	406.3	0	0.0	0	0.0	101	371.1	96	363.1	1140.6	0.0	1140.6	26
147	Nodwell	Adam	Kirkstall Harriers	M35	0	0.0	162	295.7	143	279.5	171	280.9	154	279.5	1135.7	0.0	1135.7	27
148	Yao	Zejun	LUUCCC	M35	0	0.0	93	383.2	70	392.9	110	359.5	0	0.0	1135.6	0.0	1135.6	28
149	Albrecht	Jason	St Therasas AC	M35	177	293.9	161	297.0	0	0.0	190	256.4	149	286.7	1134.1	0.0	1134.1	29
150	Dearden	Mike	Chapel Allerton Runners	M40	0	0.0	72	409.9	85	369.6	116	351.8	0	0.0	1131.3	0.0	1131.3	25
151	Wilkinson	Matthew	Nidd Valley Road Runners	M35	101	382.9	96	379.4	87	366.5	0	0.0	0	0.0	1128.8	0.0	1128.8	30
152	Yong	Chin	St Therasas AC	MSEN	90	395.8	0	0.0	88	364.9	106	364.7	0	0.0	1125.4	0.0	1125.4	51
153	Parton	Adam	Valley Striders	M50	162	311.5	180	272.8	140	284.2	205	237.1	172	253.6	1359.2	237.1	1122.1	11
154	Craven	Paul	Abbey Runners	M50	213	251.8	134	331.2	134	293.5	207	234.5	200	213.3	1324.2	213.3	1111.0	12
155	Corker	Harry	York Triathlon Club	MSEN	122	358.3	103	370.6	0	0.0	98	375.0	0	0.0	1103.9	0.0	1103.9	52
156	Sykes	Rich	Saltire Striders	M45	126	353.6	0	0.0	84	371.1	112	357.0	0	0.0	1081.7	0.0	1081.7	27
157	Clayton	Daniel	Hyde Park Harriers	MSEN	404	28.1	0	0.0	212	172.4	66	416.2	26	464.0	1080.7	0.0	1080.7	53
158	Mellor	David	St Therasas AC	M45	211	254.1	182	270.3	147	273.3	214	225.5	153	281.0	1304.2	225.5	1078.7	28
159	Bysouth	Tom	Abbey Runners	M40	0	0.0	0	0.0	97	350.9	122	344.1	94	366.0	1061.0	0.0	1061.0	26
160	Barrick	David	Abbey Runners	M35	138	339.6	120	349.0	92	358.7	0	0.0	0	0.0	1047.3	0.0	1047.3	31
161	Wilkinson	Rich	Rothwell Harriers & AC	M50	201	265.8	0	0.0	160	253.1	189	257.7	165	263.7	1040.3	0.0	1040.3	13
162	Singleton	David	Ilkley Harriers	M45	187	282.2	204	242.4	162	250.0	184	264.2	186	233.4	1272.2	233.4	1038.8	29
163	Feils	Alex	Hyde Park Harriers	MSEN	212	252.9	196	252.5	0	0.0	199	244.8	150	285.3	1035.6	0.0	1035.6	54
164	Freeman	Paul	Horsforth Harriers	M50	183	286.9	194	255.1	155	260.9	0	0.0	188	230.5	1033.4	0.0	1033.4	14
165	Harwood	Rick	Hyde Park Harriers	M45	0	0.0	0	0.0	89	363.4	137	324.7	109	344.4	1032.5	0.0	1032.5	30
166	Horobin	Darren	Ackworth Road Runners	M45	189	279.9	0	0.0	150	268.6	191	255.2	192	224.8	1028.4	0.0	1028.4	31
167	Rickerby	Dylan	Rothwell Harriers & AC	M45	107	375.9	0	0.0	99	347.8	0	0.0	138	302.6	1026.3	0.0	1026.3	32
168	Pearson	Marc	York Postal Harriers	M40	0	0.0	132	333.8	96	352.5	130	333.8	0	0.0	1020.0	0.0	1020.0	27
169	Lawson	Gregor	Hyde Park Harriers	MSEN	216	248.2	192	257.6	170	237.6	178	271.9	0	0.0	1015.3	0.0	1015.3	55
170	Jackman	Paul	Rothwell Harriers & AC	M35	0	0.0	113	357.9	0	0.0	133	329.9	123	324.2	1012.0	0.0	1012.0	32
171	Turner	Steven	Nidd Valley Road Runners	M50	194	274.0	187	264.0	169	239.1	210	230.7	0	0.0	1007.8	0.0	1007.8	15
172	Legg	Ian	Wetherby Runners AC	M55	178	292.7	0	0.0	174	231.4	200	243.6	182	239.2	1006.9	0.0	1006.9	8
173	Fowles	Andrew	Roundhay Runners	MSEN	0	0.0	105	368.0	126	305.9	0	0.0	120	328.5	1002.5	0.0	1002.5	56
174	Powell	Mike	Valley Striders	M35	199	268.1	200	247.5	168	240.7	226	210.1	179	243.5	1209.9	210.1	999.8	33
175	Valero	Marcos	Roundhay Runners	MSEN	3	497.7	0	0.0	1	500.0	0	0.0	0	0.0	997.7	0.0	997.7	57
176	Thompson	Alex	Wharfedale Harriers	MSEN	0	0.0	0	0.0	2	498.4	2	498.7	0	0.0	997.2	0.0	997.2	58
177	Squire	Alan	Horsforth Harriers	M55	184	285.7	190	260.2	173	232.9	220	217.8	0	0.0	996.6	0.0	996.6	9
178	Robinson	Michael	Ackworth Road Runners	MSEN	207	258.8	197	251.3	0	0.0	208	233.2	177	246.4	989.7	0.0	989.7	59
179	Millgate	Paul	Wetherby Runners AC	M45	8	491.8	8	491.1	0	0.0	0	0.0	0	0.0	982.9	0.0	982.9	33
180	Mcmaister	Alistair	Harrogate Harriers & AC	MSEN	0	0.0	0	0.0	0	0.0	6	493.6	12	484.1	977.7	0.0	977.7	60
181	Muir	Jack	Wharfedale Harriers	MSEN	0	0.0	12	486.0	8	489.1	0	0.0	0	0.0	975.2	0.0	975.2	61
182	Kaulgud	Dinesh	Valley Striders	M45	214	250.6	201	246.2	164	246.9	211	229.4	0	0.0	973.1	0.0	973.1	34
183	Winder	Bill	Ackworth Road Runners	M45	224	238.9	224	217.0	158	256.2	0	0.0	175	249.3	961.4	0.0	961.4	35
184	Pierce	Justin	Ilkley Harriers	M45	136	341.9	143	319.8	132	296.6	0	0.0	0	0.0	958.3	0.0	958.3	36
185	Somerville	Gareth	Harrogate Harriers & AC	MSEN	0	0.0	21	474.6	0	0.0	14	483.2	0	0.0	957.9	0.0	957.9	62
186	Sklinar	Stu	Roundhay Runners	M35	202	264.6	253	180.2	0	0.0	198	246.1	168	259.4	950.3	0.0	950.3	34
187	Hill	Andy	Kippax Harriers	M50	0	0.0	0	0.0	117	319.9	147	311.9	127	318.4	950.2	0.0	950.2	16
188	Tunnard	Tim	Wetherby Runners AC	M50	116	365.3	157	302.0	0	0.0	170	282.2	0	0.0	949.6	0.0	949.6	17
189	Muir	Harry																

230	Crebbin	Nick	Nidd Valley Road Runners	M45	257	200.2	235	203.0	199	192.5	264	161.1	205	206.1	963.0	161.1	801.9	45
231	Storey	Sam	Valley Striders	MSEN	0	0.0	0	0.0	0	0.0	85	391.8	66	406.3	798.1	0.0	798.1	74
232	Wilson	Philip	Ilkley Harriers	M45	0	0.0	183	269.0	0	0.0	197	247.4	163	266.6	783.0	0.0	783.0	46
233	Hindson	Adam	Hyde Park Harriers	M45	0	0.0	188	262.7	157	257.8	0	0.0	166	262.2	782.7	0.0	782.7	47
234	Samways	Dominic	Chapel Allerton Runners	M35	182	288.1	186	265.2	0	0.0	212	228.1	0	0.0	781.4	0.0	781.4	42
235	Eldred	John	Chapel Allerton Runners	M60	270	185.0	236	201.8	180	222.0	268	155.9	233	165.7	930.5	155.9	774.5	4
236	Chan	James	Roundhay Runners	M35	92	393.4	95	380.7	0	0.0	0	0.0	0	0.0	774.2	0.0	774.2	43
237	Hammond	Matthew	Horsforth Harriers	M35	77	411.0	112	359.1	0	0.0	0	0.0	0	0.0	770.1	0.0	770.1	44
238	Fulton	Aron	Hyde Park Harriers	MSEN	206	260.0	0	0.0	0	0.0	204	238.4	164	265.1	763.5	0.0	763.5	75
239	Morrey	David	York Triathlon Club	MSEN	248	210.8	250	184.0	204	184.8	251	177.8	0	0.0	757.4	0.0	757.4	76
240	Richards	Jon	Abbey Runners	M40	258	199.1	238	199.2	219	161.5	265	159.8	211	197.4	917.0	159.8	757.2	32
241	Walker	John	Roundhay Runners	M60	256	201.4	244	191.6	203	186.3	272	150.8	229	171.5	901.6	150.8	750.8	5
242	Elwell	Paul	Wetherby Runners AC	M45	0	0.0	0	0.0	0	0.0	100	372.4	87	376.1	748.5	0.0	748.5	48
243	Stone	Dan	Rothwell Harriers & AC	M35	0	0.0	86	392.1	0	0.0	0	0.0	104	351.6	743.7	0.0	743.7	45
244	Smith	Chris	Hyde Park Harriers	M45	0	0.0	0	0.0	0	0.0	111	358.2	83	381.8	740.1	0.0	740.1	49
245	Bernardo	Paul	Ackworth Road Runners	M45	0	0.0	255	177.7	196	197.2	249	180.4	220	184.4	739.7	0.0	739.7	50
246	Leach	Adrian	Ackworth Road Runners	M55	223	240.0	257	175.1	206	181.7	288	130.2	249	142.7	869.7	130.2	739.5	14
247	Stead	Harry	Ilkley Harriers	MSEN	102	381.7	0	0.0	94	355.6	0	0.0	0	0.0	737.3	0.0	737.3	77
248	Barber	Simon	Ackworth Road Runners	MSEN	143	333.7	77	403.6	0	0.0	0	0.0	0	0.0	737.3	0.0	737.3	78
249	Shepherd	Stuart	Chapel Allerton Runners	M40	0	0.0	199	248.7	165	245.3	201	242.3	0	0.0	736.3	0.0	736.3	33
250	Shively	Bill	York Postal Harriers	M60	220	243.6	0	0.0	153	264.0	213	226.8	0	0.0	734.3	0.0	734.3	6
251	Ginnell	Andrew	St Therasas AC	M45	0	0.0	0	0.0	0	0.0	107	363.4	91	370.3	733.7	0.0	733.7	51
252	Broadhead	Curtis	Hyde Park Harriers	MSEN	181	289.2	198	250.0	0	0.0	0	0.0	214	193.1	732.3	0.0	732.3	79
253	Henderson	Rob	Saltaire Striders	M40	105	378.2	116	354.1	0	0.0	0	0.0	0	0.0	732.3	0.0	732.3	34
254	Marshall	Guy	Knaresborough Striders	M55	263	193.2	251	182.7	208	178.6	266	158.5	227	174.4	887.4	158.5	728.9	15
255	Jackett	Charlie	Hyde Park Harriers	M40	87	399.3	0	0.0	111	329.2	0	0.0	0	0.0	728.5	0.0	728.5	35
256	Cook	Sean	Valley Striders	M35	198	269.3	207	238.6	0	0.0	222	215.2	0	0.0	723.1	0.0	723.1	46
257	Gerrish	Adam	Ilkley Harriers	MSEN	95	389.9	0	0.0	0	0.0	0	0.0	117	332.9	722.8	0.0	722.8	80
258	Kimberley	James	Wetherby Runners AC	M35	109	373.5	0	0.0	0	0.0	123	342.8	0	0.0	716.3	0.0	716.3	47
259	Fisher	Philip	Hyde Park Harriers	MSEN	0	0.0	109	362.9	0	0.0	115	353.1	0	0.0	716.0	0.0	716.0	81
260	Worrall	Stephen	Chapel Allerton Runners	M55	254	203.7	0	0.0	231	142.9	245	185.6	223	180.1	712.3	0.0	712.3	16
261	Midwood	Tom	Harrogate Harriers & AC	MSEN	161	312.6	0	0.0	0	0.0	0	0.0	72	397.7	710.3	0.0	710.3	82
262	Cocker	Simon	Nidd Valley Road Runners	M55	0	0.0	203	243.7	156	259.3	229	206.2	0	0.0	709.2	0.0	709.2	17
263	Mascarenhas	Andrew	Ackworth Road Runners	M35	221	242.4	206	239.8	0	0.0	216	222.9	0	0.0	705.2	0.0	705.2	48
264	Bastin	Tony	Abbey Runners	M55	249	209.6	248	186.5	202	187.9	320	88.9	264	121.0	794.0	88.9	705.1	18
265	Mather	David	Chapel Allerton Runners	M45	0	0.0	0	0.0	0	0.0	121	345.4	99	358.8	704.2	0.0	704.2	52
266	Jewitt	Fred	Chapel Allerton Runners	MSEN	275	179.2	241	195.4	217	164.6	267	157.2	0	0.0	696.4	0.0	696.4	83
267	Lowney	Cian	York Triathlon Club	MSEN	115	366.5	136	328.7	0	0.0	0	0.0	0	0.0	695.2	0.0	695.2	84
268	Kendell	John	Chapel Allerton Runners	M40	253	204.9	240	196.7	218	163.0	0	0.0	259	128.2	692.9	0.0	692.9	36
269	Smith	Ryan	Ackworth Road Runners	M40	0	0.0	214	229.7	163	248.4	0	0.0	199	214.7	692.8	0.0	692.8	37
270	Smith	Paul	Valley Striders	M50	100	384.1	152	308.4	0	0.0	0	0.0	0	0.0	692.5	0.0	692.5	22
271	Seddon	Tim	St Therasas AC	M60	242	217.8	0	0.0	227	149.1	273	149.5	231	168.6	684.9	0.0	684.9	7
272	Nichol	Stewart	St Therasas AC	M40	0	0.0	127	340.1	0	0.0	127	337.6	0	0.0	677.7	0.0	677.7	38
273	Harris	Andrew	Nidd Valley Road Runners	M45	119	361.8	0	0.0	0	0.0	0	0.0	129	315.6	677.4	0.0	677.4	53
274	Kelner	David	Chapel Allerton Runners	M35	0	0.0	208	237.3	167	242.2	237	195.9	0	0.0	675.4	0.0	675.4	49
275	Shaw	Marcus	Nidd Valley Road Runners	M45	195	272.8	0	0.0	166	243.8	0	0.0	238	158.5	675.1	0.0	675.1	54
276	Brennan	Sean	Knaresborough Striders	M50	279	174.5	256	176.4	214	169.3	269	154.6	0	0.0	674.8	0.0	674.8	23
277	Hadfield	Sam	Hyde Park Harriers	MSEN	130	348.9	0	0.0	0	0.0	146	313.1	0	0.0	662.1	0.0	662.1	85
278	Groves	Rob	Hyde Park Harriers	MSEN	233	228.3	0	0.0	215	167.7	183	265.5	0	0.0	661.5	0.0	661.5	86
279	Steele	Joe	Roundhay Runners	M45	0	0.0	0	0.0	177	226.7	232	202.3	187	232.0	661.0	0.0	661.0	55
280	Ameri	Ali	Abbey Runners	M40	295	155.7	259	172.6	207	180.1	276	145.6	0	0.0	654.1	0.0	654.1	39
281	Williams	Mike	Ilkley Harriers	M60	232	229.5	230	209.4	186	212.7	0	0.0	0	0.0	651.6	0.0	651.6	8
282	Jones	Richard	St Therasas AC	M40	0	0.0	223	218.3	0	0.0	217	221.6	202	210.4	650.3	0.0	650.3	40
283	Ayre	Mark	Roundhay Runners	M50	123	357.1	0	0.0	0	0.0	163	291.2	0	0.0	648.4	0.0	648.4	24
284	Budding	Robert	Ilkley Harriers	M55	208	257.6	231	208.1	0	0.0	248	181.7	0	0.0	647.4	0.0	647.4	19
285	Smith	Jonathan	Roundhay Runners	M45	0	0.0	139	324.9	116	321.4	0	0.0	0	0.0	646.3	0.0	646.3	56
286	Macaulay	Craig	Knaresborough Striders	MSEN	0	0.0	0	0.0	0	0.0	166	287.4	111	341.5	628.9	0.0	628.9	87
287	Chubb	Daniel	Chapel Allerton Runners	M35	0	0.0	0	0.0	118	318.3	150	308.0	0	0.0	626.3	0.0	626.3	50
288	Hoy	Graham	Kippax Harriers	M40	273	181.5	299	121.8	236	135.1	259	167.5	253	136.9	742.8	121.8	621.0	41
289	Price	Dan	Chapel Allerton Runners	M35	149	326.7	0	0.0	0	0.0	161	293.8	0	0.0	620.5	0.0	620.5	51
290	Dalton	Kevin	Nidd Valley Road Runners	M35	156	318.5	0	0.0	0	0.0	0	0.0	139	301.2	619.7	0.0	619.7	52
291	Ward	John	Abbey Runners	M70	274	180.3	262	168.8	247	118.0	275	146.9	284	92.2	706.2	92.2	614.0	1
292	Hainsworth	Brian	Nidd Valley Road Runners	M45	0	0.0	128	338.8	0	0.0	176	274.5	0	0.0	613.3	0.0	613.3	57
293	Harrop	Andrew	Knaresborough Striders	M55	296	154.6	271	157.4	233	139.8	283	136.6	237	159.9	748.2	136.6	611.6	20
294	Best	Louis	Rothwell Harriers & AC	M35	0	0.0	142	321.1	136	290.4	0	0.0	0	0.0	611.4	0.0	611.4	53
295	Pine	Andrew	Saltaire Striders	M45	287	165.1	0	0.0	245	121.1	289	128.9	212	196.0	611.1	0.0	611.1	58
296	Jowett	Gareth	Hyde Park Harriers	M35	145	331.4	176	277.9	0	0.0	0	0.0	0	0.0	609.3	0.0	609.3	54
297	Marsh	Alastair	Hyde Park Harriers	MSEN	0	0.0	0	0.0	0	0.0	63	420.1	217	188.8	608.9	0.0	608.9	88
298	Bower	David	Saltaire Striders	M55	244	215.5	0	0.0	176	228.3	0	0.0	234	164.3	608.0	0.0	608.0	21
299	Adcock	Richard	Valley Striders	M50	236	224.8	245	190.4	0	0.0	0	0.0	216	190.2	605.4	0.0	605.4	25
300	Gourley	William	Rothwell Harriers & AC	M40	0	0.0	146	316.0	137	288.8	0	0.0	0	0.0	604.8	0.0	604.8	42
301	Shaw	Mathew	Knaresborough Striders	MSEN	0	0.0	0	0.0	0	0.0	164	289.9	130	314.1	604.1	0.0	604.1	89
302	Dobinson	Derek	Knaresborough Striders	M45	0	0.0	287	137.1	222	156.8	290	127.6	225	177.2	598.7	0.0	598.7	59
303	Ryan	Jamie	Hyde Park Harriers	MSEN	148	327.9	0	0.0	0	0.0	182	266.8	0	0.0	594.6	0.0	594.6	90
304	Withill	Sean	York Postal Harriers	M60	0	0.0	227	213.2	183	217.4	262	163.7	0	0.0	594.2	0.0	594.2	9
305	Sidwell	David	Ackworth Road Runners	M35	166	306.8	0	0.0	138	287.3	0	0.0	0	0.0	594.1	0.0	594.1	55
306	Hammond	Paul	Kippax Harriers	M60	269	186.2	316	100.3	234	138.2	293	123.7	248	144.1	692.4	100.3	592.2	10
307	Lowery	Aaron	Roundhay Runners	M35	158	316.2	0	0.0	0	0.0	0	0.0	157	275.2	591.4	0.0	591.4	56

347	Buller	Jim	Wetherby Runners AC	M50	0	0.0	0	0.0	0	0.0	194	251.3	183	237.8	489.0	0.0	489.0	30
348	Young	Jonathan	Valley Striders	M5EN	0	0.0	0	0.0	0	0.0	0	0.0	9	488.5	488.5	0.0	488.5	98
349	Rix	Jeremy	Saltaire Striders	M55	200	267.0	221	220.8	0	0.0	0	0.0	0	0.0	487.8	0.0	487.8	30
350	Furby	Mike	Valley Striders	M50	0	0.0	213	231.0	0	0.0	0	0.0	170	256.5	487.4	0.0	487.4	31
351	Jones	Justin	Roundhay Runners	M45	240	220.1	254	178.9	0	0.0	321	87.6	0	0.0	486.7	0.0	486.7	64
352	Navis	John	Saltaire Striders	M5EN	15	483.6	0	0.0	0	0.0	0	0.0	0	0.0	483.6	0.0	483.6	99
353	Song	David	Valley Striders	M5EN	0	0.0	0	0.0	0	0.0	0	0.0	13	482.7	482.7	0.0	482.7	100
354	Johnston	Ben	Horsforth Harriers	M35	22	475.4	0	0.0	0	0.0	0	0.0	0	0.0	475.4	0.0	475.4	58
355	Allen	Lloyd	Kirkstall Harriers	M50	284	168.6	275	152.3	224	153.7	0	0.0	0	0.0	474.6	0.0	474.6	32
356	Steel	Phil	York Triathlon Club	M40	348	93.7	296	125.6	0	0.0	282	137.9	272	109.5	466.7	0.0	466.7	47
357	Judd	Andy	Hyde Park Harriers	M55	340	103.0	309	109.1	262	94.7	313	97.9	242	152.7	557.6	94.7	462.9	31
358	Robins	Michael	Valley Striders	M60	313	134.7	306	112.9	251	111.8	324	83.8	277	102.3	545.5	83.8	461.7	17
359	Butler	Robert	Hyde Park Harriers	M40	323	123.0	301	119.3	0	0.0	319	90.2	260	126.8	459.2	0.0	459.2	48
360	Fard	Anoush	Hyde Park Harriers	M5EN	307	141.7	289	134.5	0	0.0	330	76.0	274	106.6	458.9	0.0	458.9	101
361	Wilson	Tom	Knaresborough Striders	M5EN	0	0.0	0	0.0	0	0.0	40	449.7	0	0.0	449.7	0.0	449.7	102
362	Easton	Jonathan	Nidd Valley Road Runners	M40	268	187.4	0	0.0	230	144.4	305	108.2	0	0.0	440.0	0.0	440.0	49
363	Blackburn	Ross	Rothwell Harriers & AC	M5EN	0	0.0	0	0.0	0	0.0	0	0.0	43	439.5	439.5	0.0	439.5	103
364	Lee	Dan	Hyde Park Harriers	M40	309	139.3	286	138.3	220	159.9	0	0.0	0	0.0	437.6	0.0	437.6	50
365	Cook	James	Roundhay Runners	M40	347	94.8	0	0.0	0	0.0	278	143.0	210	198.8	436.7	0.0	436.7	51
366	Davis	Alex	York Postal Harriers	M5EN	0	0.0	0	0.0	0	0.0	0	0.0	46	435.2	435.2	0.0	435.2	104
367	Whittaker	James	Abbey Runners	M50	0	0.0	278	148.5	229	146.0	0	0.0	251	139.8	434.2	0.0	434.2	33
368	Richardson	Timothy	Harrogate Harriers & AC	M35	0	0.0	0	0.0	0	0.0	53	433.0	0	0.0	433.0	0.0	433.0	59
369	Bryant	Joe	Harrogate Harriers & AC	M5EN	0	0.0	0	0.0	45	431.7	0	0.0	0	0.0	431.7	0.0	431.7	105
370	Rockall	James	Knaresborough Striders	M40	0	0.0	0	0.0	0	0.0	240	192.0	184	236.3	428.3	0.0	428.3	52
371	Thomas	Gwilym	Valley Striders	M45	0	0.0	0	0.0	0	0.0	0	0.0	51	428.0	428.0	0.0	428.0	65
372	Drake	Richard	Roundhay Runners	M45	63	427.4	0	0.0	0	0.0	0	0.0	0	0.0	427.4	0.0	427.4	66
373	Parr	Ed	Chapel Allerton Runners	M35	0	0.0	291	132.0	277	71.4	338	65.7	245	148.4	417.5	0.0	417.5	60
374	Sawyer	Paul	Hyde Park Harriers	M35	219	244.7	261	170.1	0	0.0	0	0.0	0	0.0	414.8	0.0	414.8	61
375	Scott	Douglas	Harrogate Harriers & AC	M45	75	413.3	0	0.0	0	0.0	0	0.0	0	0.0	413.3	0.0	413.3	67
376	Hassall	Chris	Hyde Park Harriers	M35	237	223.7	246	189.1	0	0.0	0	0.0	0	0.0	412.7	0.0	412.7	62
377	Harris	Simon	Abbey Runners	M40	0	0.0	0	0.0	58	411.5	0	0.0	0	0.0	411.5	0.0	411.5	53
378	Oakshatt	Jack	Abbey Runners	M5EN	0	0.0	216	227.2	0	0.0	246	184.3	0	0.0	411.4	0.0	411.4	106
379	Holt	Mark	Wetherby Runners AC	M45	0	0.0	71	411.2	0	0.0	0	0.0	0	0.0	411.2	0.0	411.2	68
380	Woodall	Philip	Harrogate Harriers & AC	M5EN	0	0.0	0	0.0	0	0.0	70	411.1	0	0.0	411.1	0.0	411.1	107
381	Ward	Roger	Rothwell Harriers & AC	M60	353	87.8	308	110.4	261	96.3	322	86.3	268	115.3	496.1	86.3	409.8	18
382	Abrams	Michael	Ilkley Harriers	M5EN	0	0.0	0	0.0	0	0.0	0	0.0	70	400.6	400.6	0.0	400.6	108
383	Toplis	Cy	Abbey Runners	M5EN	0	0.0	0	0.0	0	0.0	79	399.5	0	0.0	399.5	0.0	399.5	109
384	Davey	Richard	Wetherby Runners AC	M45	0	0.0	81	398.5	0	0.0	0	0.0	0	0.0	398.5	0.0	398.5	69
385	Halcro-Johnston	Andrew	York Postal Harriers	M40	0	0.0	280	145.9	0	0.0	298	117.3	256	132.6	395.8	0.0	395.8	54
386	Savage	Martin	Kirkstall Harriers	M45	261	195.6	239	198.0	0	0.0	0	0.0	0	0.0	393.5	0.0	393.5	70
387	Hull	Mark	Ackworth Road Runners	M50	327	118.3	323	91.4	0	0.0	312	99.2	290	83.6	392.4	0.0	392.4	34
388	Gregory	Mark	Rothwell Harriers & AC	M60	255	202.6	0	0.0	0	0.0	350	50.3	252	138.3	391.2	0.0	391.2	19
389	Manfield	Iain	Abbey Runners	M55	0	0.0	0	0.0	0	0.0	263	162.4	190	227.7	390.0	0.0	390.0	32
390	Thorpe	Stuart	Rothwell Harriers & AC	M50	288	163.9	0	0.0	0	0.0	311	100.5	262	123.9	388.4	0.0	388.4	35
391	Geisleris	Giedrius	Kirkstall Harriers	M35	243	216.6	0	0.0	0	0.0	256	171.4	0	0.0	388.0	0.0	388.0	63
392	Evans	Matthew	Horsforth Harriers	M40	0	0.0	0	0.0	205	183.2	0	0.0	206	204.6	387.8	0.0	387.8	55
393	Armstrong	Ross	Abbey Runners	M5EN	0	0.0	0	0.0	0	0.0	0	0.0	79	387.6	387.6	0.0	387.6	110
394	Murray	Danny	Valley Striders	M45	97	387.6	0	0.0	0	0.0	0	0.0	0	0.0	387.6	0.0	387.6	71
395	Heeley	Paul	Horsforth Fellandale	M45	0	0.0	92	384.5	0	0.0	0	0.0	0	0.0	384.5	0.0	384.5	72
396	Askew	David	Harrogate Harriers & AC	M55	302	147.5	0	0.0	250	113.4	297	118.6	0	0.0	379.5	0.0	379.5	33
397	Storey	Ian	Saltaire Striders	M45	290	161.6	0	0.0	256	104.0	301	113.4	0	0.0	379.0	0.0	379.0	73
398	Sherratt	Gareth	Roundhay Runners	M45	0	0.0	97	378.2	0	0.0	0	0.0	0	0.0	378.2	0.0	378.2	74
399	Lippiatt	Huw	Valley Striders	M45	0	0.0	0	0.0	0	0.0	0	0.0	86	377.5	377.5	0.0	377.5	75
400	Mawer	Damian	York Postal Harriers	M45	0	0.0	0	0.0	80	377.3	0	0.0	0	0.0	377.3	0.0	377.3	76
401	Calver	Robert	Chapel Allerton Runners	M50	0	0.0	252	181.5	197	195.7	0	0.0	0	0.0	377.1	0.0	377.1	36
402	Starks	Tyler	Ackworth Road Runners	M5EN	300	149.9	0	0.0	0	0.0	0	0.0	191	226.2	376.1	0.0	376.1	111
403	Kennedy	Jonah	Hyde Park Harriers	M5EN	0	0.0	0	0.0	81	375.8	0	0.0	0	0.0	375.8	0.0	375.8	112
404	Priestley	Phil	Airecentre Pacers	M50	304	145.2	297	124.4	0	0.0	307	105.7	0	0.0	375.2	0.0	375.2	37
405	D'arcy	Graham	Saltaire Striders	M55	0	0.0	346	62.2	252	110.2	309	103.1	279	99.4	374.9	0.0	374.9	34
406	Fennah	David	Wetherby Runners AC	M45	294	156.9	0	0.0	0	0.0	306	107.0	271	111.0	374.8	0.0	374.8	77
407	Keighley	Tom	Chapel Allerton Runners	M35	0	0.0	100	374.4	0	0.0	0	0.0	0	0.0	374.4	0.0	374.4	64
408	Bewell	Richard	Wetherby Runners AC	M55	0	0.0	0	0.0	0	0.0	99	373.7	0	0.0	373.7	0.0	373.7	35
409	Higgins	Matt	Roundhay Runners	M35	277	176.8	0	0.0	0	0.0	239	193.3	0	0.0	370.1	0.0	370.1	65
410	Fitzgerald	Sean	Valley Striders	M40	251	207.3	0	0.0	0	0.0	0	0.0	236	161.4	368.6	0.0	368.6	56
411	Turner	Andy	Roundhay Runners	M35	0	0.0	0	0.0	0	0.0	0	0.0	95	364.6	364.6	0.0	364.6	66
412	Bell	Richard	Wetherby Runners AC	M55	312	135.8	0	0.0	238	132.0	314	96.6	0	0.0	364.5	0.0	364.5	36
413	Todd	Andy	Nidd Valley Road Runners	M55	117	364.2	0	0.0	0	0.0	0	0.0	0	0.0	364.2	0.0	364.2	37
414	Ingoe	Anthony	Dragons Running Club (Leeds)	M35	0	0.0	0	0.0	0	0.0	0	0.0	97	361.7	361.7	0.0	361.7	67
415	Best	Jamie	St Therasas AC	M45	310	138.2	341	68.5	279	68.3	354	45.1	288	86.5	406.6	45.1	361.5	78
416	Storey	Ian	Kippax Harriers	M50	252	206.1	0	0.0	223	155.3	0	0.0	0	0.0	361.4	0.0	361.4	38
417	Forey	Jonathan	Dragons Running Club (Leeds)	M50	0	0.0	0	0.0	0	0.0	109	360.8	0	0.0	360.8	0.0	360.8	39
418	Griffiths	Alun	Saltaire Striders	M60	0	0.0	310	107.9	265	90.1	327	79.9	291	82.1	360.0	0.0	360.0	20
419	Milne	Angus	Hyde Park Harriers	M5EN	0	0.0	114	356.6	0	0.0	0	0.0	0	0.0	356.6	0.0	356.6	113
420	Western	Gary	Saltaire Striders	M60	341	101.9	285	139.6	249	114.9	0	0.0	0	0.0	356.4	0.0	356.4	21
421	Mitchell	Ian	Knaresborough Striders	M55	241	219.0	0	0.0	0	0.0	334	70.9	302	66.3	356.1	0.0	356.1	38
422	Blakeman	Neil	Roundhay Runners	M60	324	121.8	294	128.2	255	105.6	0	0.0	0	0.0	355.5	0.0	355.5	22
423	Kersley	Dan	Knaresborough Striders	M5EN	0	0.0	0	0.0	0	0.0	114	354.4	0	0.0	354.4	0.0	354.4	114
424	Walker	Bradley	Ackworth Road Runners	M5EN	0	0.0	118	351.5	0	0.0	0	0.0	0	0.0	351.5	0.0	351.5	115
425	Jones	Carl	York Triathlon Club	M5EN	358	82.0	329	83.8	254	107.1	328	78.6	0	0.0	351.5	0.0	351.5	116
426	Walker	Gavin	Ackworth Road Runners	M35	0	0.0	0	0.0	101	344.7	0	0.0	0					

464	Collinson	James	Hyde Park Harriers	MSEN	328	117.1	0	0.0	0	0.0	333	72.2	282	95.1	284.4	0.0	284.4	125
465	Linstrum	Nils	Wetherby Runners AC	M35	0	0.0	0	0.0	0	0.0	169	283.5	0	0.0	283.5	0.0	283.5	72
466	Dean	Nathan	Chapel Allerton Runners	MSEN	0	0.0	0	0.0	0	0.0	0	0.0	152	282.4	282.4	0.0	282.4	126
467	Metcalfe	Daniel	Horsforth Fellandale	M40	325	120.6	337	73.6	0	0.0	355	43.8	318	43.2	281.3	0.0	281.3	62
468	Barnes	Lee	Saltaire Striders	MSEN	0	0.0	175	279.2	0	0.0	0	0.0	0	0.0	279.2	0.0	279.2	127
469	Miller	Paddy	Roundhay Runners	MSEN	190	278.7	0	0.0	0	0.0	0	0.0	0	0.0	278.7	0.0	278.7	128
470	Booth	James	Hyde Park Harriers	M35	191	277.5	0	0.0	0	0.0	0	0.0	0	0.0	277.5	0.0	277.5	73
471	Thorp	Thomas	Chapel Allerton Runners	MSEN	0	0.0	0	0.0	0	0.0	174	277.1	0	0.0	277.1	0.0	277.1	129
472	Taylor	Mark	Knaresborough Striders	M55	0	0.0	0	0.0	0	0.0	287	131.4	247	145.5	277.0	0.0	277.0	45
473	Morris	Christopher	Nidd Valley Road Runners	M50	0	0.0	331	81.2	0	0.0	295	121.1	297	73.5	275.8	0.0	275.8	46
474	Kirk	Stephen	Harrogate Harriers & AC	M50	0	0.0	281	144.7	0	0.0	291	126.3	0	0.0	271.0	0.0	271.0	47
475	Goddard	Billy	Roundhay Runners	M45	0	0.0	0	0.0	0	0.0	0	0.0	160	270.9	270.9	0.0	270.9	82
476	Midgley	Mathew	Bradford Airedale AC	MSEN	317	130.0	0	0.0	273	77.6	341	61.9	0	0.0	269.5	0.0	269.5	130
477	Nicholas	Kevin	Nidd Valley Road Runners	M55	0	0.0	0	0.0	0	0.0	0	0.0	162	268.0	268.0	0.0	268.0	46
478	Fox	Ken	Valley Striders	M60	374	63.2	345	63.5	271	80.7	345	56.7	0	0.0	264.1	0.0	264.1	28
479	Mohammed	Razay	Saltaire Striders	M40	203	263.5	0	0.0	0	0.0	0	0.0	0	0.0	263.5	0.0	263.5	63
480	Spink	Stewart	Saltaire Striders	M50	0	0.0	0	0.0	154	262.4	0	0.0	0	0.0	262.4	0.0	262.4	48
481	Engel	Tom	Abbey Runners	MSEN	204	262.3	0	0.0	0	0.0	0	0.0	0	0.0	262.3	0.0	262.3	131
482	Scott	Jeremy	Nidd Valley Road Runners	M50	0	0.0	325	88.8	0	0.0	318	91.5	292	80.7	261.0	0.0	261.0	49
483	Souch	Iain	York Triathlon Club	M55	378	58.5	339	71.1	280	66.8	0	0.0	307	59.1	255.5	0.0	255.5	47
484	Vinegrad	Michael	Chapel Allerton Runners	M40	0	0.0	0	0.0	0	0.0	0	0.0	178	245.0	245.0	0.0	245.0	64
485	Miran	Sohail	Bradford Airedale AC	M50	330	114.8	0	0.0	294	45.0	323	85.1	0	0.0	244.8	0.0	244.8	50
486	Seymour	Mark	Harrogate Harriers & AC	M60	346	96.0	0	0.0	264	91.6	0	0.0	310	54.8	242.4	0.0	242.4	29
487	Crabtree	Paul	Dragons Running Club (Leeds)	M45	0	0.0	322	92.6	0	0.0	339	64.4	289	85.0	242.1	0.0	242.1	83
488	Browes	Sam	Roundhay Runners	MSEN	222	241.2	0	0.0	0	0.0	0	0.0	0	0.0	241.2	0.0	241.2	132
489	Blacker	Josh	Knaresborough Striders	MSEN	0	0.0	0	0.0	0	0.0	202	241.0	0	0.0	241.0	0.0	241.0	133
490	Wormald	Alex	Hyde Park Harriers	MSEN	311	137.0	0	0.0	258	100.9	0	0.0	0	0.0	237.9	0.0	237.9	134
491	Cook	James	Nidd Valley Road Runners	M50	0	0.0	279	147.2	0	0.0	0	0.0	286	89.3	236.5	0.0	236.5	51
492	Payne	Nick	Hyde Park Harriers	M35	0	0.0	0	0.0	0	0.0	206	235.8	0	0.0	235.8	0.0	235.8	74
493	Edwards	Richard	Hyde Park Harriers	M45	337	106.6	321	93.9	0	0.0	0	0.0	324	34.6	235.0	0.0	235.0	84
494	Pullan	Richard	Hyde Park Harriers	M60	360	79.6	338	72.3	270	82.3	0	0.0	0	0.0	234.3	0.0	234.3	30
495	Duckworth	Roger	Nidd Valley Road Runners	M50	371	66.7	349	58.4	0	0.0	344	58.0	314	49.0	232.1	0.0	232.1	52
496	Burke	Joseph	Roundhay Runners	MSEN	271	183.8	0	0.0	0	0.0	352	47.7	0	0.0	231.5	0.0	231.5	135
497	Giglia	Chris	Hyde Park Harriers	M35	231	230.7	0	0.0	0	0.0	0	0.0	0	0.0	230.7	0.0	230.7	75
498	Mwakasungura	Subi	Roundhay Runners	M45	345	97.2	290	133.2	0	0.0	0	0.0	0	0.0	230.4	0.0	230.4	85
499	Stearn	Martyn	Ackworth Road Runners	M70	362	77.3	340	69.8	288	54.3	369	25.8	328	28.8	256.0	25.8	230.2	5
500	Irving	John	Roundhay Runners	M65	379	57.4	342	67.3	289	52.8	363	33.5	312	51.9	262.8	33.5	229.3	7
501	Andralojc	Nick	Harrogate Harriers & AC	M60	238	222.5	0	0.0	0	0.0	0	0.0	0	0.0	222.5	0.0	222.5	31
502	Burke	Richard	Ackworth Road Runners	M45	0	0.0	0	0.0	181	220.5	0	0.0	0	0.0	220.5	0.0	220.5	86
503	Sutton	Robert	Eccleshill Road Runners	M55	351	90.2	354	52.0	293	46.6	366	29.6	0	0.0	218.4	0.0	218.4	48
504	Northfield	Rob	Nidd Valley Road Runners	M65	0	0.0	335	76.1	278	69.9	0	0.0	298	72.0	218.1	0.0	218.1	8
505	Shakespeare	Ed	Hyde Park Harriers	MSEN	0	0.0	0	0.0	0	0.0	0	0.0	197	217.6	217.6	0.0	217.6	136
506	Smith	Nick	Nidd Valley Road Runners	M60	367	71.4	353	53.3	297	40.4	0	0.0	313	50.4	215.5	0.0	215.5	32
507	Glover	Christopher	Kirkstall Harriers	M60	0	0.0	320	95.2	0	0.0	0	0.0	265	119.6	214.8	0.0	214.8	33
508	Edwards	Simon	York Postal Harriers	M45	0	0.0	0	0.0	185	214.3	0	0.0	0	0.0	214.3	0.0	214.3	87
509	Balkwill	James	Abbey Runners	M50	320	126.5	326	87.6	0	0.0	0	0.0	0	0.0	214.0	0.0	214.0	53
510	Hodge	Tony	Roundhay Runners	M45	0	0.0	0	0.0	0	0.0	223	213.9	0	0.0	213.9	0.0	213.9	88
511	Stoneman	Andrew	Valley Striders	M45	246	213.1	0	0.0	0	0.0	0	0.0	0	0.0	213.1	0.0	213.1	89
512	Ellis	Matt	Abbey Runners	M45	247	211.9	0	0.0	0	0.0	0	0.0	0	0.0	211.9	0.0	211.9	90
513	Ellis	Adam	Abbey Runners	M45	352	89.0	0	0.0	298	38.8	353	46.4	322	37.5	211.7	0.0	211.7	91
514	Graham	Josh	Abbey Runners	MSEN	363	76.1	333	78.7	0	0.0	348	52.8	0	0.0	207.6	0.0	207.6	137
515	Walker	Mark	Harrogate Harriers & AC	M55	297	153.4	355	50.8	0	0.0	0	0.0	0	0.0	204.2	0.0	204.2	49
516	Tranter	Colin	Hyde Park Harriers	M40	0	0.0	0	0.0	0	0.0	231	203.6	0	0.0	203.6	0.0	203.6	65
517	Towler	Tim	Valley Striders	M60	326	119.4	0	0.0	269	83.9	0	0.0	0	0.0	203.3	0.0	203.3	34
518	Heather	Andrew	York Postal Harriers	M50	0	0.0	0	0.0	0	0.0	0	0.0	208	201.7	201.7	0.0	201.7	54
519	Clayton	Daniel	York Postal Harriers	M50	0	0.0	0	0.0	0	0.0	234	199.7	0	0.0	199.7	0.0	199.7	55
520	Walker	Will	Ackworth Road Runners	M40	355	85.5	305	114.2	0	0.0	0	0.0	0	0.0	199.7	0.0	199.7	66
521	Gartside	Michael	Hyde Park Harriers	M35	259	197.9	0	0.0	0	0.0	0	0.0	0	0.0	197.9	0.0	197.9	76
522	Underwood	James	Hyde Park Harriers	MSEN	0	0.0	0	0.0	276	73.0	337	67.0	308	57.6	197.6	0.0	197.6	138
523	Lambert	Graham	Harrogate Harriers & AC	M50	0	0.0	0	0.0	0	0.0	236	197.2	0	0.0	197.2	0.0	197.2	56
524	Babington	Dan	Dragons Running Club (Leeds)	M45	0	0.0	0	0.0	0	0.0	280	140.5	309	56.2	196.7	0.0	196.7	92
525	Mckinney	Charles	Ackworth Road Runners	M45	395	38.6	391	5.1	225	152.2	0	0.0	0	0.0	195.9	0.0	195.9	93
526	Hutchinson	John	Kirkstall Harriers	M70	344	98.4	319	96.4	0	0.0	0	0.0	0	0.0	194.8	0.0	194.8	6
527	Taylor	Ian	Kirkstall Harriers	M45	361	78.5	0	0.0	283	62.1	349	51.5	0	0.0	192.1	0.0	192.1	94
528	Flint	Anthony	Roundhay Runners	M40	266	189.7	0	0.0	0	0.0	0	0.0	0	0.0	189.7	0.0	189.7	67
529	Gill	Michael	Harrogate Harriers & AC	M55	0	0.0	0	0.0	0	0.0	0	0.0	218	187.3	187.3	0.0	187.3	50
530	Seaman	Dave	Nidd Valley Road Runners	M70	0	0.0	348	59.6	282	63.7	343	59.3	0	0.0	182.6	0.0	182.6	7
531	Hick	Matthew	St Theresas AC	M40	0	0.0	0	0.0	0	0.0	0	0.0	222	181.6	181.6	0.0	181.6	68
532	Douglas	Alan	Saltaire Striders	M50	332	112.4	0	0.0	0	0.0	336	68.3	0	0.0	180.7	0.0	180.7	57
533	Davis	Mark	Chapel Allerton Runners	M40	366	72.6	312	105.3	0	0.0	0	0.0	0	0.0	177.9	0.0	177.9	69
534	Watson	Chris	Chapel Allerton Runners	MSEN	0	0.0	0	0.0	0	0.0	252	176.5	0	0.0	176.5	0.0	176.5	139
535	West	Richard	Saltaire Striders	M40	0	0.0	0	0.0	210	175.5	0	0.0	0	0.0	175.5	0.0	175.5	70
536	Leadbeater	Mark	Ackworth Road Runners	M55	0	0.0	0	0.0	0	0.0	253	175.3	0	0.0	175.3	0.0	175.3	51
537	Tarbit	James	Hyde Park Harriers	M35	0	0.0	370	31.7	295	43.5	347	54.1	317	44.7	174.0	0.0	174.0	77
538	Bell	Gareth	Harrogate Harriers & AC	M40	281	172.1	0	0.0	0	0.0	0	0.0	0	0.0	172.1	0.0	172.1	71
539	Askin	Chris	Ackworth Road Runners	MSEN	0	0.0	0	0.0	0	0.0	0	0.0	230	170.0	170.0	0.0	170.0	140
540	Allison	Dave	Ackworth Road Runners	M40	0	0.0	0	0.0	216	166.1	0	0.0	0	0.0	166.1	0.0	166.1	72
541	Meikle	Ian	Roundhay Runners	M50	0	0.0	328	85.0	0	0.0	0	0.0	294	77.8	162.8	0.0	162.8	58
542	Twigg	Pete	Roundhay Runners	M50	0	0.0	268	161.2	0	0.0	0	0.0	0	0.0	161.2	0.0	161.2	59
543	Welsh	Rich	Rothwell Harriers & AC	M35	0	0.0	269	159.9	0	0.0	0	0.0	0	0.0	159.9	0.0	159.9	78
544	Towler	Jake	Valley Striders	MSEN	292													

581	Skipper	Gary	Wetherby Runners AC	M45	0	0.0	0	0.0	0	0.0	299	116.0	0	0.0	116.0	0.0	116.0	99
582	Leijssen	Roar	Ilkley Harriers	M45	329	115.9	0	0.0	0	0.0	0	0.0	0	0.0	115.9	0.0	115.9	100
583	Copley	James	Kippax Harriers	M40	0	0.0	304	115.5	0	0.0	0	0.0	0	0.0	115.5	0.0	115.5	79
584	Hillarby	Richard	Rothwell Harriers & AC	M65	391	43.3	375	25.4	312	17.1	370	24.5	333	21.6	131.9	17.1	114.8	11
585	Thompson	Geoff	Wharfedale Harriers	M60	377	59.7	369	33.0	0	0.0	380	11.6	342	8.6	113.0	0.0	113.0	37
586	Ellison	Garry	Eccleshill Road Runners	M60	359	80.8	0	0.0	0	0.0	0	0.0	326	31.7	112.5	0.0	112.5	38
587	Rahman	Mohammed	Abbey Runners	M40	396	37.5	0	0.0	311	18.6	359	38.7	336	17.3	112.1	0.0	112.1	80
588	Gebbett	Martin	Horsforth Fellandale	M60	333	111.2	0	0.0	0	0.0	0	0.0	0	0.0	111.2	0.0	111.2	39
589	Duffy	Richard	Horsforth Harriers	M70	334	110.1	0	0.0	0	0.0	0	0.0	0	0.0	110.1	0.0	110.1	10
590	Lennon	Laurence	Abbey Runners	M60	388	46.8	365	38.1	308	23.3	0	0.0	0	0.0	108.2	0.0	108.2	40
591	Mistry	Mohanlal	Saltire Striders	M60	0	0.0	362	41.9	301	34.2	365	30.9	0	0.0	107.0	0.0	107.0	41
592	Stead	Darryl	Ilkley Harriers	M45	338	105.4	0	0.0	0	0.0	0	0.0	0	0.0	105.4	0.0	105.4	101
593	Scott	Iain	Nidd Valley Road Runners	M55	370	67.9	0	0.0	0	0.0	360	37.4	0	0.0	105.3	0.0	105.3	56
594	Buckley	Neil	York Triathlon Club	M60	339	104.2	0	0.0	0	0.0	0	0.0	0	0.0	104.2	0.0	104.2	42
595	Jackson	Bob	Valley Striders	M70	399	34.0	359	45.7	0	0.0	0	0.0	335	18.7	98.4	0.0	98.4	11
596	Kidner	Ralph	Hyde Park Harriers	M65	0	0.0	0	0.0	0	0.0	0	0.0	285	90.8	90.8	0.0	90.8	12
597	Perfitt	Brian	Eccleshill Road Runners	M50	0	0.0	367	35.5	303	31.1	372	21.9	0	0.0	88.5	0.0	88.5	65
598	Hawkins	Richard	York Postal Harriers	M40	0	0.0	0	0.0	0	0.0	0	0.0	287	87.9	87.9	0.0	87.9	81
599	Sedgley	Neil	Valley Striders	M55	406	25.8	380	19.0	315	12.4	375	18.0	331	24.5	99.8	12.4	87.3	57
600	Park	Keith	Horsforth Harriers	M65	393	41.0	0	0.0	0	0.0	0	0.0	316	46.1	87.1	0.0	87.1	13
601	Allen	Steven	Horsforth Harriers	M45	354	86.7	0	0.0	0	0.0	0	0.0	0	0.0	86.7	0.0	86.7	102
602	Taylor	Christopher	Ackworth Road Runners	M70	0	0.0	374	26.6	0	0.0	373	20.6	323	36.0	83.3	0.0	83.3	12
603	Britton	Jason	Kippax Harriers	M50	0	0.0	364	39.3	296	41.9	0	0.0	0	0.0	81.3	0.0	81.3	66
604	Bywater	Chris	Rothwell Harriers & AC	M70	0	0.0	378	21.6	310	20.2	374	19.3	334	20.2	81.3	0.0	81.3	13
605	Harrison	Robert	Dragons Running Club (Leeds)	M50	0	0.0	0	0.0	0	0.0	0	0.0	293	79.3	79.3	0.0	79.3	67
606	Burke	Kieran	Roundhay Runners	MSEN	411	19.9	371	30.5	313	15.5	379	12.9	0	0.0	78.8	0.0	78.8	146
607	Taylor	Malcolm	Kirkstall Harriers	MSEN	0	0.0	363	40.6	299	37.3	0	0.0	0	0.0	77.9	0.0	77.9	147
608	Montana	Marcos	Nidd Valley Road Runners	MSEN	0	0.0	356	49.5	0	0.0	367	28.4	0	0.0	77.8	0.0	77.8	148
609	Bowman	Geoff	Roundhay Runners	M60	0	0.0	334	77.4	0	0.0	0	0.0	0	0.0	77.4	0.0	77.4	43
610	Taylor	Ian	Horsforth Harriers	M55	407	24.6	376	24.1	0	0.0	0	0.0	329	27.4	76.1	0.0	76.1	58
611	Mcandrew	Rory	Roundhay Runners	MSEN	365	73.8	0	0.0	0	0.0	0	0.0	0	0.0	73.8	0.0	73.8	149
612	Markey	Barry	Bradford Airedale AC	M60	0	0.0	366	36.8	300	35.7	0	0.0	0	0.0	72.5	0.0	72.5	44
613	Brough	Michael	Valley Striders	M65	368	70.3	0	0.0	0	0.0	0	0.0	0	0.0	70.3	0.0	70.3	14
614	Raddall	Phil	York Postal Harriers	M50	0	0.0	361	43.1	0	0.0	368	27.1	0	0.0	70.2	0.0	70.2	68
615	McLoughlin	Andrew	Ackworth Road Runners	M55	369	69.1	0	0.0	0	0.0	0	0.0	0	0.0	69.1	0.0	69.1	59
616	Nundy	James	Kirkstall Harriers	M40	0	0.0	0	0.0	0	0.0	0	0.0	303	64.8	64.8	0.0	64.8	82
617	Harris	Stuart	Hyde Park Harriers	M35	0	0.0	383	15.2	318	7.8	381	10.3	327	30.3	63.6	0.0	63.6	86
618	Dinsdale	Mark	Horsforth Harriers	M50	401	31.6	382	16.5	0	0.0	0	0.0	338	14.4	62.5	0.0	62.5	69
619	Foulkes	Bartley	Horsforth Harriers	M65	0	0.0	0	0.0	0	0.0	0	0.0	305	62.0	62.0	0.0	62.0	15
620	List	Heath	Rothwell Harriers & AC	M50	402	30.4	377	22.8	0	0.0	383	7.7	0	0.0	61.0	0.0	61.0	70
621	White	Alastair	Abbey Runners	M55	0	0.0	0	0.0	0	0.0	342	60.6	0	0.0	60.6	0.0	60.6	60
622	Ibrahim	Joseph	Abbey Runners	M45	0	0.0	372	29.2	0	0.0	376	16.8	340	11.5	57.5	0.0	57.5	103
623	Gale	Stuart	Hyde Park Harriers	MSEN	409	22.2	379	20.3	317	9.3	385	5.2	0	0.0	57.0	0.0	57.0	150
624	Woodhead	William	Airecentre Pacers	MSEN	380	56.2	0	0.0	0	0.0	0	0.0	0	0.0	56.2	0.0	56.2	151
625	Kitchen	Jay	Kippax Harriers	M60	0	0.0	0	0.0	305	28.0	0	0.0	330	25.9	53.9	0.0	53.9	45
626	Cooper	David	Ackworth Road Runners	M60	382	53.9	0	0.0	0	0.0	0	0.0	0	0.0	53.9	0.0	53.9	46
627	Papaioannou	Alex	Hyde Park Harriers	M35	0	0.0	0	0.0	0	0.0	0	0.0	311	53.3	53.3	0.0	53.3	87
628	Walker	Simon	Airecentre Pacers	M40	383	52.7	0	0.0	0	0.0	0	0.0	0	0.0	52.7	0.0	52.7	83
629	Lewandowski	Bart	Hyde Park Harriers	M40	384	51.5	0	0.0	0	0.0	0	0.0	0	0.0	51.5	0.0	51.5	84
630	Harben	Ross	York Postal Harriers	M35	0	0.0	0	0.0	290	51.2	0	0.0	0	0.0	51.2	0.0	51.2	88
631	Johnson	Andrew	Nidd Valley Road Runners	M50	0	0.0	373	27.9	0	0.0	371	23.2	0	0.0	51.1	0.0	51.1	71
632	Silva	Mervyn	Saltire Striders	M65	394	39.8	0	0.0	316	10.9	0	0.0	0	0.0	50.7	0.0	50.7	16
633	Parker	Guy	Nidd Valley Road Runners	M60	385	50.4	0	0.0	0	0.0	0	0.0	0	0.0	50.4	0.0	50.4	47
634	Prendergast	Carl	Horsforth Fellandale	M70	0	0.0	357	48.2	0	0.0	0	0.0	0	0.0	48.2	0.0	48.2	14
635	Newell	Jason	Hyde Park Harriers	M50	387	48.0	0	0.0	0	0.0	0	0.0	0	0.0	48.0	0.0	48.0	72
636	Tinker	Mick	Valley Striders	M65	0	0.0	0	0.0	0	0.0	0	0.0	315	47.6	47.6	0.0	47.6	17
637	Russell	Peter	Horsforth Harriers	M55	390	44.5	0	0.0	0	0.0	0	0.0	0	0.0	44.5	0.0	44.5	61
638	Zywicki	Paul	Ackworth Road Runners	M60	414	16.4	385	12.7	319	6.2	382	9.0	344	5.8	50.1	5.8	44.3	48
639	Gange	Andrew	Horsforth Harriers	M45	0	0.0	0	0.0	0	0.0	0	0.0	319	41.8	41.8	0.0	41.8	104
640	Wilson	Liam	Abbey Runners	M45	0	0.0	0	0.0	0	0.0	357	41.2	0	0.0	41.2	0.0	41.2	105
641	Milne	Stephen	Hyde Park Harriers	M35	0	0.0	0	0.0	0	0.0	358	39.9	0	0.0	39.9	0.0	39.9	89
642	Haigh	Stewart	Ackworth Road Runners	M70	410	21.1	381	17.8	0	0.0	0	0.0	0	0.0	38.8	0.0	38.8	15
643	Glover	Paul	Kirkstall Harriers	M75	416	14.1	384	14.0	0	0.0	0	0.0	341	10.1	38.1	0.0	38.1	1
644	Kaye	Mike	Nidd Valley Road Runners	M50	418	11.7	386	11.4	0	0.0	384	6.4	343	7.2	36.8	0.0	36.8	73
645	Moss	Michael	Saltire Striders	M65	397	36.3	0	0.0	0	0.0	0	0.0	0	0.0	36.3	0.0	36.3	18
646	Hall	Richard	Rothwell Harriers & AC	M50	398	35.1	0	0.0	0	0.0	0	0.0	0	0.0	35.1	0.0	35.1	74
647	Hill	Philip	Roundhay Runners	M60	400	32.8	0	0.0	0	0.0	0	0.0	0	0.0	32.8	0.0	32.8	49
648	Daniels	Martin	Knaresborough Striders	M50	0	0.0	0	0.0	0	0.0	377	15.5	337	15.9	31.3	0.0	31.3	75
649	Brown	Adam	Ackworth Road Runners	MSEN	403	29.3	0	0.0	0	0.0	0	0.0	0	0.0	29.3	0.0	29.3	152
650	Hey	Peter	Kirkstall Harriers	M65	405	26.9	0	0.0	0	0.0	0	0.0	0	0.0	26.9	0.0	26.9	19
651	Hammond	Phil	Hyde Park Harriers	M60	427	1.2	388	8.9	314	14.0	0	0.0	0	0.0	24.0	0.0	24.0	50
652	White	Peter	Hyde Park Harriers	M60	408	23.4	0	0.0	0	0.0	0	0.0	0	0.0	23.4	0.0	23.4	51
653	Appleby	Martin	Rothwell Harriers & AC	M65	421	8.2	390	6.3	320	4.7	387	2.6	0	0.0	21.8	0.0	21.8	20
654	Steele	Martin	Eccleshill Road Runners	M60	0	0.0	0	0.0	309	21.7	0	0.0	0	0.0	21.7	0.0	21.7	52
655	Lim	Philip	Valley Striders	M50	415	15.2	0	0.0	0	0.0	0	0.0	345	4.3	19.5	0.0	19.5	76
656	Badkin	Peter	Abbey Runners	M55	412	18.7	0	0.0	0	0.0	0	0.0	0	0.0	18.7	0.0	18.7	62
657	Pruist	Steve	Hyde Park Harriers	M60	419	10.5	389	7.6	0	0.0	0	0.0	0	0.0	18.2	0.0	18.2	53
658	Bernardo Jr	Carlos	Chapel Allerton Runners	M35	413	17.6	0	0.0	0	0.0	0	0.0	0	0.0	17.6	0.0	17.6	90
659	Kitching	Les	Kippax Harriers	M70	425	3.5	392	3.8	321	3.1	386	3.9	346	2.9	17.2	2.9	14.3	16
660	Hyde	Graham	Nidd Valley Road Runners	M45	417	12.9	0	0.0	0	0.0	0	0.0	0	0.0	12.9	0.0	12.9	106
661	Ledwaba-Chapman	Tony	Nidd Valley Road Runners	M75	0	0.0	387	10.2	0	0.0	0	0.0	0	0.0	10.2	0.0	10.2	2
662	Raddings	Trevor	Hyde Park Harriers	M65	420	9.4	0	0.0	0	0.0	0	0.0	0	0.0	9.4	0.0	9.4	