

# The Colin Morath Memorial Trophy

| Position | Club                     | 'Countback' Total |              | % Change |
|----------|--------------------------|-------------------|--------------|----------|
|          |                          | Race 4 21-22      | Race 4 22-23 |          |
| 1        | Valley Striders          | 8907              | 6036         | 32.2     |
| 2        | Rothwell Harriers        | 16476             | 12049        | 26.9     |
| 3        | Kirkstall Harriers       | 18644             | 13795        | 26.0     |
| 4        | York Tri Club            | 25324             | 19457        | 23.2     |
| 5        | Airecentre Pacers        | 15071             | 12772        | 15.3     |
| 6        | Wharfedale Harriers      | 17235             | 14921        | 13.4     |
| 7        | St Theresa's AC          | 14644             | 12694        | 13.3     |
| 8        | Nidd Valley Road Runners | 15730             | 13707        | 12.9     |
| 9        | Ilkley Harriers          | 15635             | 14738        | 5.7      |
| 10       | Wetherby Runners         | 20044             | 18919        | 5.6      |
| 11       | Eccleshill Road Runners  | 29487             | 30963        | -5.0     |
| 12       | Ackworth Road Runners    | 18584             | 19699        | -6.0     |
| 13       | Bradford Airedale AC     | 24275             | 25837        | -6.4     |
| 14       | Kippax Harriers          | 16463             | 17965        | -9.1     |
| 15       | Abbey Runners            | 9340              | 10506        | -12.5    |
| 16       | Roundhay Runners         | 7941              | 9206         | -15.9    |
| 17       | Horsforth Harriers       | 14723             | 17296        | -17.5    |
| 18       | Dragons RC               | 23726             | 28087        | -18.4    |
| 19       | York Postal Harriers     | 13762             | 16499        | -19.9    |
| 20       | Harrogate Harriers       | 9659              | 11725        | -21.4    |
| 21       | Saltaire Striders        | 12624             | 15412        | -22.1    |
| 22       | Knaresborough Striders   | 19112             | 23434        | -22.6    |
| 23       | Hyde Park Harriers       | 7561              | 9595         | -26.9    |
| 24       | Chapel Allerton Runners  | 10075             | 14102        | -40.0    |