

PECO Cross Country League 2022-23

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	Douglas	Benjamin	Hyde Park Harriers	MSEN	1	500.0	8	490.6	2	498.8	1	500.0	2	498.5	2488.0	490.6	1997.4	1
2	Valero	Marcos	Valley Striders AC	MSEN	4	496.5	1	500.0	1	500.0	5	494.3	1	500.0	2490.8	494.3	1996.5	2
3	Cairns	Andrew	Wharfedale Harriers	MSEN	0	0.0	5	494.6	4	496.5	2	498.6	5	494.2	1983.9	0.0	1983.9	3
4	Humphries	Andrew	Airecentre Pacers	MSEN	8	491.9	2	498.7	8	491.9	3	497.1	4	495.6	2475.2	491.9	1983.3	4
5	Roden	Freddie	Abbey Runners	MSEN	3	497.7	7	491.9	3	497.7	4	495.7	0	0.0	1983.0	0.0	1983.0	5
6	Evans	Edward	Wharfedale Harriers	MSEN	5	495.4	3	497.3	6	494.2	6	492.8	0	0.0	1979.7	0.0	1979.7	6
7	Vogel	Joost	Valley Striders AC	M35	16	482.6	10	487.9	7	493.0	7	491.4	6	492.7	2447.7	482.6	1965.0	1
8	Clayton	Daniel	Hyde Park Harriers	MSEN	18	480.3	9	489.2	11	488.4	161	270.1	11	485.5	2213.5	270.1	1943.4	7
9	Athersmith	Lee	Wharfedale Harriers	M40	20	478.0	14	482.5	19	479.1	9	488.5	12	484.0	2412.1	478.0	1934.1	1
10	Anderson	George	Hyde Park Harriers	MSEN	15	483.8	16	479.8	0	0.0	10	487.1	15	479.7	1930.4	0.0	1930.4	8
11	Boynnton	Philip	Horsforth Harriers	MSEN	0	0.0	12	485.2	15	483.7	17	477.0	13	482.6	1928.5	0.0	1928.5	9
12	Dickinson	George	Bradford Airedale AC	MSEN	14	485.0	13	483.9	42	452.3	13	482.8	17	476.7	2380.7	452.3	1928.3	10
13	Newbould	Ed	Abbey Runners	MSEN	13	486.1	17	478.5	25	472.1	11	485.6	0	0.0	1922.3	0.0	1922.3	11
14	Vargas	Michael	Hyde Park Harriers	M35	24	473.4	19	475.8	24	473.3	20	472.7	26	463.7	2358.8	463.7	1895.1	2
15	Jenkins	Liam	Abbey Runners	MSEN	26	471.1	0	0.0	34	461.6	12	484.2	16	478.2	1895.1	0.0	1895.1	12
16	Mckeown	Daniel	Ilkley Harriers	M40	25	472.2	26	466.4	31	465.1	15	479.9	20	472.4	2356.0	465.1	1890.9	2
17	Jones	Simon	Abbey Runners	MSEN	21	476.9	22	471.8	30	466.3	18	475.6	36	449.1	2339.6	449.1	1890.5	13
18	Herrington	Richard	St Theresas AC	M40	29	467.6	23	470.4	23	474.4	19	474.1	21	470.9	2357.5	467.6	1889.9	3
19	Townson	Sam	Hyde Park Harriers	MSEN	31	465.3	0	0.0	35	460.5	16	478.4	25	465.1	1869.3	0.0	1869.3	14
20	Gott	Steven	Ilkley Harriers	M45	22	475.7	39	448.9	67	423.3	21	471.3	22	469.5	2288.6	423.3	1865.4	1
21	Holmes	Christian	Wharfedale Harriers	M45	17	481.5	31	459.7	41	453.5	24	467.0	35	450.6	2312.2	450.6	1861.6	2
22	McLoughlin	John	Roundhay Runners	M40	33	463.0	25	467.7	39	455.8	23	468.4	0	0.0	1854.9	0.0	1854.9	4
23	Panesar	Rav	Valley Striders AC	M40	27	469.9	30	461.0	37	458.1	26	464.1	34	452.0	2305.2	452.0	1853.1	5
24	Carter	Dom	York Postal Harriers	MSEN	35	460.6	35	454.3	52	440.7	29	459.8	27	462.2	2277.6	440.7	1836.9	15
25	Brown	Andy	Saltire Striders	M40	43	451.4	28	463.7	45	448.8	31	456.9	31	456.4	2277.2	448.8	1828.4	1
26	Mortimer	Charles	Chapel Allerton Runners	M40	30	466.4	0	0.0	43	451.2	28	461.2	40	443.3	1822.1	0.0	1822.1	6
27	Charlesworth	Nicholas	Wharfedale Harriers	M55	41	453.7	36	453.0	68	422.1	33	454.0	52	425.9	2208.6	422.1	1786.6	1
28	Bryant	Mark	Harrogate Harriers & AC	M50	37	458.3	64	415.3	44	450.0	38	448.8	0	0.0	1770.5	0.0	1770.5	2
29	Moakler	Ben	Roundhay Runners	M40	36	459.5	43	443.5	65	425.6	0	0.0	41	441.9	1770.5	0.0	1770.5	7
30	Holloway	William	Chapel Allerton Runners	MSEN	40	454.9	49	435.5	51	441.9	44	438.2	0	0.0	1770.4	0.0	1770.4	16
31	Middlemas	David	Valley Striders AC	M45	55	437.5	0	0.0	56	436.0	30	458.3	48	431.7	1763.6	0.0	1763.6	3
32	Mann	Gary	Valley Striders AC	M40	46	447.9	46	439.5	85	402.3	48	432.5	43	439.0	2161.2	402.3	1758.9	8
33	Pyznar	Tomasz	Rothwell Harriers & AC	M35	69	421.3	45	440.9	71	418.6	36	449.7	44	437.5	2168.0	418.6	1749.4	3
34	Fillingham	Martin	Saltire Striders	M50	48	445.6	55	427.4	57	434.9	46	435.3	50	428.8	2172.0	427.4	1744.6	3
35	Thompson	Danny	Ilkley Harriers	M40	53	439.8	0	0.0	77	411.6	49	431.0	37	447.7	1730.2	0.0	1730.2	9
36	Fisher	Daniel	Valley Striders AC	M40	52	441.0	51	432.8	76	412.8	0	0.0	56	420.1	1706.6	0.0	1706.6	10
37	Morton	Joseph	Roundhay Runners	M40	58	434.0	58	423.4	86	401.2	51	428.2	59	415.7	2102.4	401.2	1701.3	11
38	Turner	Andy	Roundhay Runners	M35	0	0.0	85	387.1	78	410.5	35	451.1	38	446.2	1694.9	0.0	1694.9	4
39	Adkins	Tobias	Hyde Park Harriers	MSEN	217	250.5	54	428.8	89	397.7	41	442.5	53	424.4	1943.4	250.0	1693.4	17
40	West	Darren	Harrogate Harriers & AC	M60	66	424.8	66	412.6	83	404.7	45	436.8	57	418.6	2097.4	404.7	1692.8	1
41	Dennis	Paul	Wharfedale Harriers	M40	75	414.4	57	424.7	81	407.0	47	433.9	58	417.2	2097.1	407.0	1690.1	12
42	Grinnell	Andrew	St Theresas AC	M45	87	400.5	74	401.9	103	381.4	37	448.3	46	434.6	2066.6	381.4	1685.2	4
43	Young	Robert	Kirkstall Harriers	MSEN	0	0.0	62	418.0	92	394.2	40	444.0	54	423.0	1679.1	0.0	1679.1	18
44	Morrison	Cairn	St Theresas AC	M45	60	431.7	48	436.8	73	416.3	0	0.0	75	392.4	1677.3	0.0	1677.3	5
45	Coldwell	Ben	Kirkstall Harriers	MSEN	76	413.2	70	407.3	90	396.5	53	425.3	63	409.9	2052.1	396.5	1655.6	19
46	Dunbar	Stuart	Saltire Striders	M60	70	420.1	72	404.6	100	384.9	50	429.6	70	399.7	2038.9	384.9	1654.0	2
47	Goodwin	Jacob	Chapel Allerton Runners	MSEN	82	406.3	69	408.6	79	409.3	56	421.0	62	411.3	2056.5	406.3	1650.2	20
48	Llewellyn	Ryan	Kirkstall Harriers	MSEN	84	403.9	65	414.0	91	395.3	58	418.1	61	412.8	2044.2	395.3	1648.8	21
49	Grave	Paul	Valley Striders AC	M45	0	0.0	67	411.3	72	417.4	61	413.8	74	393.9	1636.4	0.0	1636.4	6
50	Knighton	Richard	Hyde Park Harriers	MSEN	79	409.7	56	426.1	0	0.0	73	396.6	72	396.8	1629.2	0.0	1629.2	22
51	Fox	Billy	Nidd Valley Road Runners	MSEN	54	438.7	50	434.1	0	0.0	93	367.8	83	380.8	1621.4	0.0	1621.4	23
52	Thomas	Gwilym	Valley Striders AC	M45	81	407.4	73	403.2	88	398.8	67	405.2	0	0.0	1614.6	0.0	1614.6	7
53	Brien	Stef	Abbey Runners	MSEN	85	402.8	59	422.0	94	391.9	0	0.0	79	386.6	1603.3	0.0	1603.3	24
54	Marquina	Daniel	Hyde Park Harriers	M35	86	401.6	88	383.1	95	390.7	68	403.7	81	383.7	1962.8	383.1	1579.8	5
55	Brown	Paul	Rothwell Harriers & AC	M55	65	425.9	90	380.4	124	357.0	75	393.7	84	379.4	1936.3	357.0	1579.3	2
56	Carvello	James	Roundhay Runners	M40	134	346.1	101	365.6	110	373.3	60	415.2	69	401.2	1901.3	346.1	1555.3	13
57	Green	Joseph	Chapel Allerton Runners	MSEN	78	410.9	111	352.2	154	322.1	72	398.0	76	391.0	1874.1	322.1	1552.0	25
58	Rickerby	Dylan	Rothwell Harriers & AC	M45	90	397.0	116	345.4	120	361.6	69	402.3	80	385.2	1891.5	345.4	1546.1	8
59	Townend	Darren	Nidd Valley Road Runners	M45	88	399.3	95	373.7	122	359.3	70	400.9	90	370.6	1903.8	359.3	1544.5	9
60	Elwell	Paul	Wetherby Runners AC	M45	63	428.2	162	283.6	82	405.8	54	423.9	0	0.0	1541.5	0.0	1541.5	10
61	Pratt	John	Hyde Park Harriers	M40	95	391.2	136	318.5	121	360.5	77	390.8	71	398.3	1859.3	318.5	1540.7	14
62	Singh	John	Saltire Striders	M40	93	393.5	76	399.2	97	388.4	100	357.8	0	0.0	1538.8	0.0	1538.8	15
63	Westmoreland	Jason	Rothwell Harriers & AC	M50	83	405.1	68	409.9	107	376.7	110	343.4	118	329.9	1865.1	329.9	1535.2	4
64	Bysouth	Tom	Abbey Runners	M40	0	0.0	87	384.4	105	379.1	74	395.1	87	375.0	1533.6	0.0	1533.6	16
65	Fanaroff	Dominic	Abbey Runners	MSEN	0	0.0	77	397.8	147	330.2	57	419.5	82	382.3	1529.9	0.0	1529.9	26
66	Anthon	Iain	Roundhay Runners	MSEN	77	412.0	0	0.0	117	365.1	79	387.9	102	353.2	1518.3	0.0	1518.3	27
67	Elmes	Joseph	Hyde Park Harriers	MSEN	110	373.8	82	391.1	131	348.8	91	370.7	85	377.9	1862.4	348.8	1513.6	28
68	Scholefield	Phillip	Abbey Runners	MSEN	106	378.5	96	372.3	118	364.0	82	383.6	97	360.5	1858.8	360.5	1498.4	29
69	Hipkiss	Jack	Kirkstall Harriers	MSEN	104	380.8	0	0.0	104	380.2	80	386.5	107	345.9	1493.4	0.0	1493.4	30
70	Parkinson	Andy	Valley Striders AC	MSEN	120	362.3	93	376.3	116	366.3	86	377.9	0	0.0	1482.8	0.0	1482.8	31
71	Hobbs	Edward	Ilkley Harriers	MSEN	7	493.1	0	0.0	5	495.3	0	0.0	7	491.3	1479.7	0.0	1479.7	32
72	O'brien	Alan	Kirkstall Harriers	M35	94	392.4	0	0.0	145	332.6	81	385.1	91	369.2	1479.2	0.0	1479.2	6
73	Carter	Jim	York Postal Harriers	M45	102	383.1	94	375.0	146	331.4	78	389.4	132	309.6	1788.5	309.6	1478.9	11
74	Fromy	Jon	Hyde Park Harriers	M40	135	344.9	0	0										

113	Lillford	Stephen	Abbey Runners	M40	144	334.5	144	307.8	160	315.1	120	329.0	146	289.2	1575.7	289.2	1286.4	22
114	Mills	Craig	Nidd Valley Road Runners	M45	61	430.6	60	420.7	58	433.7	0	0.0	0	0.0	1285.0	0.0	1285.0	21
115	Perkinson	Andrew	Horsforth Harriers	M45	187	284.7	158	289.0	185	286.0	88	375.0	116	332.8	1567.6	284.7	1282.9	22
116	Moore	Jed	Hyde Park Harriers	MSEN	161	314.8	138	315.9	129	351.2	0	0.0	141	296.5	1278.3	0.0	1278.3	46
117	Holmes	Matthew	Abbey Runners	M45	0	0.0	0	0.0	84	403.5	39	445.4	51	427.3	1276.2	0.0	1276.2	23
118	Isaac	Oliver	Hyde Park Harriers	MSEN	50	443.3	0	0.0	0	0.0	55	422.4	66	405.5	1271.2	0.0	1271.2	47
119	Sharpe	Matthew	Abbey Runners	MSEN	136	343.8	133	322.6	178	294.2	135	307.5	150	283.4	1551.4	283.4	1268.0	48
120	Harris	Simon	Abbey Runners	M40	59	432.9	0	0.0	80	408.1	52	426.7	0	0.0	1267.7	0.0	1267.7	23
121	Richardson	Gareth	Bradford Airedale AC	MSEN	73	416.7	0	0.0	64	426.7	0	0.0	55	421.5	1264.9	0.0	1264.9	49
122	Anderton	Tom	Chapel Allerton Runners	MSEN	49	444.4	52	431.5	0	0.0	0	0.0	78	388.1	1264.0	0.0	1264.0	50
123	Whitfield	Fraser	Chapel Allerton Runners	MSEN	80	408.6	0	0.0	101	383.7	0	0.0	30	457.8	1250.1	0.0	1250.1	51
124	Furlong	Ian	Roundhay Runners	M35	57	435.2	0	0.0	98	387.2	59	416.7	0	0.0	1239.1	0.0	1239.1	14
125	Longmate	Kevin	Kirkstall Harriers	M35	154	322.9	152	297.0	167	307.0	134	308.9	147	287.8	1523.6	287.8	1235.8	15
126	Nodwell	Adam	Kirkstall Harriers	M35	171	303.2	119	341.4	199	269.8	126	320.4	344	1.5	1236.3	1.5	1234.8	16
127	Macaulay	Craig	Knabesborough Striders	MSEN	51	442.1	75	400.5	102	382.6	0	0.0	0	0.0	1225.2	0.0	1225.2	52
128	Hadfield	Sam	Hyde Park Harriers	MSEN	145	333.3	113	349.5	144	333.7	0	0.0	202	207.8	1224.4	0.0	1224.4	53
129	Pownall	Jonathan	Valley Striders AC	MSEN	72	417.8	0	0.0	0	0.0	71	399.4	68	402.6	1219.9	0.0	1219.9	54
130	Wilkinson	Chris	Roundhay Runners	MSEN	157	319.4	189	247.3	191	279.1	122	326.1	142	295.1	1467.0	247.3	1219.7	55
131	Fulton	Aron	Airecentre Pacers	M35	155	321.8	120	340.1	166	308.1	0	0.0	176	245.6	1215.6	0.0	1215.6	17
132	Pearson	Marc	York Postal Harriers	M40	168	306.7	137	317.2	192	277.9	0	0.0	138	300.9	1202.7	0.0	1202.7	24
133	Hill	Andy	Kippax & District Harriers	M50	173	300.9	188	248.7	168	305.8	136	306.0	152	280.5	1442.0	248.7	1193.3	7
134	Engel-Clarke	Tom	Abbey Runners	MSEN	215	252.3	242	176.1	173	300.0	116	334.8	143	293.6	1356.8	176.1	1180.7	56
135	Worthington	Joe	Ackworth Road Runners	M40	0	0.0	80	393.8	112	370.9	63	410.9	0	0.0	1175.7	0.0	1175.7	25
136	Wray-Rogers	Luke	Abbey Runners	M45	192	278.9	159	287.6	187	283.7	123	324.7	169	255.8	1430.8	255.8	1175.0	24
137	Walker	Bobak	Roundhay Runners	M40	122	360.0	0	0.0	0	0.0	66	406.6	77	389.5	1156.1	0.0	1156.1	26
138	Davies	Jonny	Rothwell Harriers & AC	M35	228	237.3	161	284.9	0	0.0	132	311.8	125	319.8	1153.8	0.0	1153.8	18
139	Dalton	Kevin	Nidd Valley Road Runners	M35	163	312.5	185	252.7	216	250.0	130	314.7	164	263.1	1392.9	250.0	1142.9	19
140	Singleton	David	Ilkley Harriers	M45	185	287.0	170	272.8	190	280.2	141	298.9	173	250.0	1389.0	250.0	1139.0	25
141	Akers	Rohan	Wharfedale Harriers	M45	109	375.0	83	389.8	0	0.0	0	0.0	92	367.7	1132.5	0.0	1132.5	26
142	Spain	Jonathan	Hyde Park Harriers	MSEN	160	316.0	63	416.7	93	393.0	0	0.0	0	0.0	1125.7	0.0	1125.7	57
143	Garratt	Richard	Hyde Park Harriers	M45	103	381.9	0	0.0	0	0.0	87	376.4	96	361.9	1120.3	0.0	1120.3	27
144	Edmondson	Iain	Wetherby Runners AC	M50	194	276.6	174	267.5	193	276.7	143	296.0	165	261.6	1378.4	261.6	1116.8	8
145	Haynes	Richard	Airecentre Pacers	M35	193	277.8	0	0.0	182	289.5	156	277.3	159	270.3	1115.0	0.0	1115.0	20
146	Albrecht	Jason	St Theresas AC	M40	196	274.3	146	305.1	175	297.7	187	232.8	182	236.9	1346.8	232.8	1114.0	27
147	Burrows	Dave	York Triathlon Club	M35	204	265.0	171	271.5	183	288.4	149	287.4	0	0.0	1112.3	0.0	1112.3	21
148	Kent	Craig	Abbey Runners	MSEN	325	125.0	207	223.1	212	254.7	128	317.5	127	316.9	1237.2	125.0	1112.2	58
149	Ishenwood	David	Chapel Allerton Runners	M45	208	260.4	0	0.0	194	275.6	139	301.7	158	271.8	1109.5	0.0	1109.5	28
150	Dearden	Mike	Chapel Allerton Runners	M40	113	370.4	99	368.3	0	0.0	0	0.0	94	364.8	1103.5	0.0	1103.5	28
151	Critchley	Martin	Horsforth Harriers	M45	96	390.0	104	361.6	130	350.0	0	0.0	0	0.0	1101.6	0.0	1101.6	29
152	Frazer	Simon	Saltire Striders	M45	172	302.1	172	270.2	176	296.5	0	0.0	185	232.6	1101.3	0.0	1101.3	30
153	Taylor	Lee	Hyde Park Harriers	M45	181	291.7	180	259.4	206	261.6	151	284.5	168	257.3	1354.5	257.3	1097.2	31
154	Coad	Jonathan	Hyde Park Harriers	MSEN	0	0.0	190	246.0	215	251.2	159	273.0	123	322.7	1092.8	0.0	1092.8	59
155	Williams	Colin	Ilkley Harriers	M55	203	266.2	183	255.4	213	253.5	129	316.1	0	0.0	1091.2	0.0	1091.2	5
156	Rhule-Samuel	Joel	Abbey Runners	MSEN	0	0.0	71	405.9	0	0.0	99	359.2	128	315.4	1080.5	0.0	1080.5	60
157	Yates	Jonny	Roundhay Runners	M40	107	377.3	0	0.0	156	319.8	84	380.7	0	0.0	1077.8	0.0	1077.8	29
158	Dow	Will	Hyde Park Harriers	MSEN	112	371.5	0	0.0	331	116.3	166	262.9	130	312.5	1063.2	0.0	1063.2	61
159	Karlin	Ben	Airecentre Pacers	M35	0	0.0	157	290.3	230	233.7	168	260.1	156	274.7	1058.8	0.0	1058.8	22
160	Lawson	Gregor	Hyde Park Harriers	MSEN	267	192.1	0	0.0	186	284.9	144	294.5	148	286.3	1057.9	0.0	1057.9	62
161	Evson	Paul	Knabesborough Striders	M40	205	263.9	178	262.1	211	255.8	157	275.9	0	0.0	1057.7	0.0	1057.7	30
162	Sanderson	Ian	Valley Striders AC	M50	164	311.3	240	178.8	196	273.3	0	0.0	144	292.2	1055.5	0.0	1055.5	9
163	Maudsley	Ian	St Theresas AC	M40	119	363.4	109	354.8	0	0.0	0	0.0	113	337.2	1055.5	0.0	1055.5	31
164	Brock	Martin	Knabesborough Striders	M40	124	357.6	0	0.0	136	343.0	106	349.1	0	0.0	1049.8	0.0	1049.8	32
165	Davey	Richard	Wetherby Runners AC	M50	98	387.7	0	0.0	143	334.9	0	0.0	120	327.0	1049.7	0.0	1049.7	10
166	Comforth	Philip	Knabesborough Striders	M50	230	235.0	0	0.0	222	243.0	145	293.1	154	277.6	1048.7	0.0	1048.7	11
167	Atkinson	Dan	Harrogate Harriers & AC	M45	177	296.3	122	337.4	0	0.0	64	409.5	0	0.0	1043.1	0.0	1043.1	32
168	Lay	Richard	Kippax & District Harriers	M45	212	255.8	194	240.6	200	268.6	160	271.6	181	238.4	1274.9	238.4	1036.3	33
169	Jordan	Mark	Harrogate Harriers & AC	M65	213	254.6	193	241.9	209	258.1	153	281.6	0	0.0	1036.3	0.0	1036.3	1
170	Lister	Mike	Chapel Allerton Runners	M35	125	356.5	0	0.0	0	0.0	117	333.3	114	335.8	1025.6	0.0	1025.6	23
171	Robinson	Michael	Ackworth Road Runners	M35	243	219.9	231	190.9	243	218.6	140	300.3	149	284.9	1214.5	190.9	1023.7	24
172	Powell	Ed	Roundhay Runners	M40	123	358.8	0	0.0	165	309.3	0	0.0	106	347.4	1015.5	0.0	1015.5	33
173	Lee	Derek	Airecentre Pacers	M40	0	0.0	130	326.6	0	0.0	107	347.7	117	331.4	1005.7	0.0	1005.7	34
174	Rhodes	Steve	Hyde Park Harriers	M55	118	364.6	0	0.0	149	327.9	137	304.6	0	0.0	997.1	0.0	997.1	6
175	Hartley	Ben	Hyde Park Harriers	M45	232	232.6	192	243.3	204	264.0	250	142.2	174	248.5	1130.7	142.2	988.4	34
176	Beresford	Frank	Valley Striders AC	MSEN	2	498.8	0	0.0	10	489.5	0	0.0	0	0.0	988.4	0.0	988.4	63
177	Kingston	Harry	Horsforth Fellandale	MSEN	0	0.0	4	496.0	9	490.7	0	0.0	0	0.0	986.7	0.0	986.7	64
178	Nicholas	Kevin	Nidd Valley Road Runners	M55	241	222.2	149	301.1	0	0.0	124	323.3	249	139.5	986.1	0.0	986.1	7
179	Long	Vernon	Valley Striders AC	M55	0	0.0	153	295.7	253	207.0	174	251.4	189	226.7	980.9	0.0	980.9	8
180	Taylor	Gavin	Valley Striders AC	MSEN	11	488.4	0	0.0	13	486.0	0	0.0	0	0.0	974.5	0.0	974.5	65
181	Radford	Philip	Valley Striders AC	MSEN	0	0.0	11	486.6	12	487.2	0	0.0	0	0.0	973.8	0.0	973.8	66
182	Grace	Shane	St Theresas AC	M40	9	490.7	15	481.2	0	0.0	0	0.0	0	0.0	971.9	0.0	971.9	35
183	Hudson	John	Saltire Striders	MSEN	248	214.1	205	225.8	248	212.8	164	265.8	162	266.0	1184.5	212.8	971.7	67
184	Davy	Alan	Kippax & District Harriers	M40	224	241.9	0	0.0	221	244.2	176	248.6	186	231.1	965.8	0.0	965.8	36
185	Grant	Daniel	Valley Striders AC	M35	6	494.2	0	0.0	27	469.8	0	0.0	0	0.0	964.0	0.0	964.0	25
186	Dighton	Oliver	Hyde Park Harriers	MSEN	0	0.0	0	0.0	22	475.6	0	0.0	9	488.4	964.0	0.0	964.0	68
187	Tarran	James	Valley Striders AC	M55	0	0.0	0	0.0	164	310.5	133	310.3	109	343.0	963.8	0.0	963.8	9
188	Greenland	Rob	Chapel Allerton Runners	M45	0	0.0	0	0.0	214	252.3	104	352.0	100	356.1	960.4	0.0		

230	Partridge	Simon	York Postal Harriers	M45	158	318.3	0	0.0	0	0.0	165	264.4	172	251.5	834.1	0.0	834.1	40
231	Hoos	Craig	Airecentre Pacers	M50	251	210.6	0	0.0	249	211.6	195	221.3	214	190.4	833.9	0.0	833.9	15
232	Hindson	Adam	Hyde Park Harriers	M50	229	236.1	0	0.0	266	191.9	196	219.8	217	186.0	833.8	0.0	833.8	16
233	Nunn	Sam	Chapel Allerton Runners	MSEN	0	0.0	53	430.1	0	0.0	0	0.0	73	395.3	825.5	0.0	825.5	80
234	Sellman	Richard	Chapel Allerton Runners	M40	261	199.1	210	219.1	267	190.7	199	215.5	0	0.0	824.4	0.0	824.4	44
235	Bastin	Tony	Abbey Runners	M55	250	211.8	227	196.2	264	194.2	197	218.4	222	178.8	999.4	178.8	820.6	14
236	Gallagher	Mike	Hyde Park Harriers	M35	0	0.0	0	0.0	0	0.0	62	412.4	65	407.0	819.3	0.0	819.3	36
237	Tattersall	Andrew	Knaresborough Striders	M55	0	0.0	229	193.5	259	200.0	185	235.6	215	189.0	818.1	0.0	818.1	15
238	Fells	Alex	Hyde Park Harriers	MSEN	234	230.3	216	211.0	290	164.0	206	205.5	230	167.2	977.9	164.0	814.0	81
239	Steele	Joe	Roundhay Runners	M50	0	0.0	181	258.1	244	217.4	169	258.6	291	78.5	812.6	0.0	812.6	17
240	Hickman	Martin	Rothwell Harriers & AC	MSEN	0	0.0	0	0.0	226	238.4	147	290.2	151	282.0	810.6	0.0	810.6	82
241	Murray	Lewis	Pudsey & Bramley AC	MSEN	178	295.1	0	0.0	197	272.1	0	0.0	179	241.3	808.5	0.0	808.5	83
242	Macfarlane	Russell	Saltaire Striders	M35	0	0.0	0	0.0	87	400.0	65	408.0	0	0.0	808.0	0.0	808.0	37
243	Metcalfe	Kevin	Harrogate Tri Club	M50	252	209.5	228	194.9	263	195.3	205	206.9	238	155.5	962.2	155.5	806.6	18
244	Thomas	Tom	Valley Striders AC	MSEN	56	436.3	98	369.6	0	0.0	0	0.0	0	0.0	806.0	0.0	806.0	84
245	Mcfadden	Colin	Horsforth Harriers	M55	199	270.8	175	266.1	0	0.0	0	0.0	160	268.9	805.9	0.0	805.9	16
246	Yong	Chin	St Therasas AC	M35	0	0.0	78	396.5	0	0.0	0	0.0	64	408.4	804.9	0.0	804.9	38
247	Spencer	Tim	Saltaire Striders	M65	245	217.6	237	182.8	272	184.9	198	217.0	218	184.6	986.8	182.8	804.0	2
248	Chambers	Chris	Chapel Allerton Runners	M35	64	427.1	0	0.0	108	375.6	0	0.0	0	0.0	802.7	0.0	802.7	39
249	Macfarlane	Jack	Airecentre Pacers	MSEN	100	385.4	0	0.0	74	415.1	0	0.0	0	0.0	800.5	0.0	800.5	85
250	Tryc	Pawel	Saltaire Striders	M40	260	200.2	241	177.4	269	188.4	190	228.4	220	181.7	976.2	177.4	798.7	45
251	Graham	Leo	Ilkley Harriers	MSEN	0	0.0	139	314.5	189	281.4	212	196.8	0	0.0	792.8	0.0	792.8	86
252	Parker	David	St Therasas AC	M55	44	450.2	0	0.0	0	0.0	112	340.5	0	0.0	790.7	0.0	790.7	17
253	Keighley	Tom	Chapel Allerton Runners	M35	0	0.0	79	395.2	96	389.5	0	0.0	0	0.0	784.7	0.0	784.7	40
254	Hick	Matthew	St Therasas AC	M40	257	203.7	249	166.7	275	181.4	191	227.0	247	142.4	921.2	142.4	778.8	46
255	Withers	Robert	Horsforth Harriers	MSEN	99	386.6	84	388.4	0	0.0	0	0.0	0	0.0	775.0	0.0	775.0	87
256	Cocker	Simon	Nidd Valley Road Runners	M55	271	187.5	250	165.3	273	183.7	184	237.1	0	0.0	773.6	0.0	773.6	18
257	Rockall	James	Knaresborough Striders	M40	209	259.3	213	215.1	262	196.5	278	102.0	0	0.0	772.8	0.0	772.8	47
258	Palicio	Luis	Abbey Runners	M35	211	256.9	184	254.0	210	257.0	0	0.0	0	0.0	768.0	0.0	768.0	41
259	Rand	James	Abbey Runners	M35	101	384.3	0	0.0	106	377.9	0	0.0	0	0.0	762.2	0.0	762.2	42
260	Burke	Joseph	Roundhay Runners	MSEN	329	120.4	275	131.7	257	202.3	201	212.6	200	210.8	877.8	120.4	757.4	88
261	Bernardo	Paul	Ackworth Road Runners	M45	0	0.0	259	153.2	268	189.5	203	209.8	205	203.5	756.0	0.0	756.0	41
262	Jackman	Paul	Rothwell Harriers & AC	M40	0	0.0	0	0.0	109	374.4	85	379.3	0	0.0	753.7	0.0	753.7	48
263	Jones	Carl	York Triathlon Club	M35	317	134.3	264	146.5	277	179.1	194	222.7	206	202.0	884.6	134.3	750.3	43
264	Fennah	Alex	Wetherby Runners AC	MSEN	195	275.5	0	0.0	0	0.0	186	234.2	180	239.8	749.5	0.0	749.5	89
265	Kendell	John	Chapel Allerton Runners	M45	263	196.8	235	185.5	280	175.6	216	191.1	235	159.9	908.8	159.9	748.9	42
266	Worthington	Steve	Hyde Park Harriers	MSEN	225	240.7	195	239.2	203	265.1	0	0.0	0	0.0	745.1	0.0	745.1	90
267	Morrey	David	York Triathlon Club	MSEN	297	157.4	239	180.1	260	198.8	204	208.3	239	154.1	898.8	154.1	744.7	91
268	O'donnell	Ged	Abbey Runners	M40	190	281.3	218	208.3	0	0.0	0	0.0	170	254.4	743.9	0.0	743.9	49
269	Colley	Ashley	Bradford Airedale AC	MSEN	268	191.0	164	280.9	198	270.9	0	0.0	0	0.0	742.8	0.0	742.8	92
270	Yao	Zejun	Leeds University AC & CC C	M40	74	415.5	0	0.0	150	326.7	0	0.0	0	0.0	742.3	0.0	742.3	50
271	Hough	Paul	Chapel Allerton Runners	M40	0	0.0	91	379.0	119	362.8	0	0.0	0	0.0	741.8	0.0	741.8	51
272	Gill	Michael	Harrogate Harriers & AC	M55	0	0.0	266	143.8	335	111.6	180	242.8	188	228.2	726.5	0.0	726.5	19
273	Clark	Kevin	Nidd Valley Road Runners	M40	0	0.0	0	0.0	132	347.7	89	373.6	0	0.0	721.2	0.0	721.2	52
274	Steel	Phil	York Triathlon Club	M45	273	185.2	233	188.2	287	167.4	227	175.3	0	0.0	716.1	0.0	716.1	43
275	Harwood	Rick	Hyde Park Harriers	M50	114	369.2	0	0.0	138	340.7	0	0.0	0	0.0	709.9	0.0	709.9	19
276	Marshall	Guy	Knaresborough Striders	M55	283	173.6	238	181.5	282	173.3	225	178.2	234	161.3	867.8	161.3	706.5	20
277	Lee	Jack	Hyde Park Harriers	MSEN	0	0.0	81	392.5	161	314.0	0	0.0	0	0.0	706.4	0.0	706.4	93
278	Hammond	Paul	Kippax & District Harriers	M60	289	166.7	247	169.4	286	168.6	214	194.0	242	149.7	848.3	149.7	698.6	6
279	Morimoto	Kazuki	Abbey Runners	M50	275	182.9	244	173.4	299	153.5	219	186.8	0	0.0	696.5	0.0	696.5	20
280	Gibson	Paul	St Therasas AC	M45	306	147.0	251	164.0	297	155.8	209	201.1	226	173.0	840.9	147.0	693.9	44
281	Bandy	Clive	Valley Striders AC	M40	0	0.0	0	0.0	128	352.3	0	0.0	110	341.6	693.9	0.0	693.9	53
282	Middleton	Simon	York Postal Harriers	M45	130	350.7	0	0.0	137	341.9	0	0.0	0	0.0	692.6	0.0	692.6	45
283	Martin	Laurence	Pudsey & Bramley AC	M40	117	365.7	0	0.0	0	0.0	0	0.0	122	324.1	689.9	0.0	689.9	54
284	Jewitt	Fred	Chapel Allerton Runners	MSEN	290	165.5	270	138.4	0	0.0	193	224.1	236	158.4	686.5	0.0	686.5	94
285	Gregory	Mark	Rothwell Harriers & AC	M60	390	49.8	261	150.5	283	172.1	211	198.3	233	162.8	733.5	49.8	683.7	7
286	Emery	Jonathan	Kippax & District Harriers	M40	255	206.0	182	256.7	242	219.8	0	0.0	0	0.0	682.5	0.0	682.5	55
287	Al-Janabi	Daoud	Kirkstall Harriers	MSEN	0	0.0	214	213.7	247	214.0	0	0.0	171	252.9	680.6	0.0	680.6	95
288	Parish	Byron	Chapel Allerton Runners	M50	0	0.0	0	0.0	233	230.2	181	241.4	207	200.6	672.2	0.0	672.2	21
289	Rose	Jack	Hyde Park Harriers	MSEN	140	339.1	128	329.3	0	0.0	0	0.0	0	0.0	668.4	0.0	668.4	96
290	Greene	Paul	Abbey Runners	M60	258	202.5	284	119.6	330	117.4	217	189.7	240	152.6	781.9	117.4	664.4	8
291	Morland	Stephen	Knaresborough Striders	M50	0	0.0	0	0.0	261	197.7	167	261.5	204	204.9	664.1	0.0	664.1	22
292	Tranter	Colin	Hyde Park Harriers	M40	165	310.2	110	353.5	0	0.0	0	0.0	0	0.0	663.7	0.0	663.7	56
293	Hodge	Tony	Roundhay Runners	M50	247	215.3	263	147.8	317	132.6	237	160.9	273	104.7	761.3	104.7	656.6	23
294	Midwood	Tom	Harrogate Harriers & AC	MSEN	121	361.1	0	0.0	177	295.3	0	0.0	0	0.0	656.5	0.0	656.5	97
295	Whitby	Mark	York Postal Harriers	M55	287	169.0	234	186.8	305	146.5	0	0.0	241	151.2	653.5	0.0	653.5	21
296	Jones	Richard	St Therasas AC	M40	244	218.8	196	237.9	0	0.0	0	0.0	210	196.2	652.9	0.0	652.9	57
297	Porter	Craig	Dragons Running Club (Leeds)	M50	281	175.9	246	170.7	313	137.2	232	168.1	0	0.0	651.9	0.0	651.9	24
298	Dobinson	Derek	Knaresborough Striders	M45	254	207.2	248	168.0	0	0.0	244	150.9	259	125.0	651.0	0.0	651.0	46
299	Turner	Graham	Airecentre Pacers	M45	280	177.1	243	174.7	295	158.1	0	0.0	250	138.1	648.0	0.0	648.0	47
300	Kernick	Michael	Saltaire Striders	M45	0	0.0	0	0.0	0	0.0	127	319.0	119	328.5	647.5	0.0	647.5	48
301	Glover	Christopher	Kirkstall Harriers	M60	246	216.4	0	0.0	241	220.9	207	204.0	0	0.0	641.4	0.0	641.4	9
302	Crebbin	Nick	Nidd Valley Road Runners	M50	309	143.5	255	158.6	296	157.0	223	181.0	246	143.9	784.0	143.5	640.5	25
303	Morley	David	St Therasas AC	M65	293	162.0	277	129.0	306	145.3	229	172.4	237	157.0	765.8	129.0	636.8	3
304	Rix	Jeremy	Saltaire Striders	M60	233	231.5	225	198.9	254	205.8	0	0.0	0	0.0	636.2	0.0	636.2	10
305	Shelley	Peter	Ilkley Harriers	M55	0	0.0	150	299.7	0	0.0	118	331.9	0	0.0	631.6	0.0	631.6	22
306	Leach	Scott	Horsforth Fellandale	M45	334	114.6	295	104.8	310	140.7	210	199.7	225	174.4	734.3	104.8	629.4	

347	Walker	Will	Ackworth Road Runners	M40	310	142.4	314	79.3	329	118.6	263	123.6	269	110.5	574.3	79.3	495.0	63
348	Robins	Sam	Chapel Allerton Runners	MSEN	0	0.0	6	493.3	0	0.0	0	0.0	0	0.0	493.3	0.0	493.3	102
349	O'loughlin	Ethan	Valley Striders AC	MSEN	0	0.0	0	0.0	0	0.0	162	268.7	191	223.8	492.5	0.0	492.5	103
350	Young	Jonathan	Valley Striders AC	MSEN	0	0.0	0	0.0	0	0.0	0	0.0	8	489.8	489.8	0.0	489.8	104
351	Walker	Jamie	Valley Striders AC	MSEN	10	489.6	0	0.0	0	0.0	0	0.0	0	0.0	489.6	0.0	489.6	105
352	Somerville	Gareth	Harrogate Harriers & AC	MSEN	12	487.3	0	0.0	0	0.0	0	0.0	0	0.0	487.3	0.0	487.3	106
353	Whittaker	James	Abbey Runners	M55	0	0.0	296	103.5	326	122.1	240	156.6	275	101.7	483.9	0.0	483.9	29
354	Jenkins	Dean	Abbey Runners	M60	0	0.0	0	0.0	285	169.8	226	176.7	252	135.2	481.7	0.0	481.7	14
355	Ryan	Jamie	Hyde Park Harriers	MSEN	197	273.1	0	0.0	0	0.0	0	0.0	203	206.4	479.5	0.0	479.5	107
356	Sennett	Marc	Wharfedale Harriers	M40	0	0.0	0	0.0	20	477.9	0	0.0	0	0.0	477.9	0.0	477.9	64
357	Ward	Roger	Rothwell Harriers & AC	M60	342	105.3	289	112.9	346	98.8	243	152.3	272	106.1	575.5	98.8	476.6	15
358	Jones	Chris	Hyde Park Harriers	M65	347	99.5	293	107.5	322	126.7	251	140.8	0	0.0	474.6	0.0	474.6	5
359	Muir	Harry	Wharfedale Harriers	MSEN	0	0.0	0	0.0	0	0.0	0	0.0	19	473.8	473.8	0.0	473.8	108
360	Craven	Paul	Abbey Runners	M55	391	48.6	0	0.0	0	0.0	192	225.6	208	199.1	473.3	0.0	473.3	30
361	Parton	Adam	Valley Striders AC	M50	218	248.8	206	224.5	0	0.0	0	0.0	0	0.0	473.3	0.0	473.3	31
362	Harney	Mark	York Triathlon Club	M55	0	0.0	200	232.5	225	239.5	0	0.0	0	0.0	472.1	0.0	472.1	31
363	Joy	David	Valley Striders AC	MSEN	0	0.0	0	0.0	26	470.9	0	0.0	0	0.0	470.9	0.0	470.9	109
364	Cheseldine	Edward	Valley Striders AC	MSEN	0	0.0	0	0.0	29	467.4	0	0.0	0	0.0	467.4	0.0	467.4	110
365	Vivian	Richard	Chapel Allerton Runners	MSEN	0	0.0	0	0.0	0	0.0	27	462.6	0	0.0	462.6	0.0	462.6	111
366	Wood	Jack	Ilkley Harriers	MSEN	0	0.0	0	0.0	0	0.0	0	0.0	29	459.3	459.3	0.0	459.3	112
367	Collins	Matt	Knaresborough Striders	M35	237	226.9	201	231.2	0	0.0	0	0.0	0	0.0	458.0	0.0	458.0	46
368	Huggins	Roy	Valley Striders AC	M60	0	0.0	0	0.0	240	222.1	0	0.0	184	234.0	456.1	0.0	456.1	16
369	Baxter	Matthew	Abbey Runners	MSEN	240	223.4	0	0.0	231	232.6	0	0.0	0	0.0	455.9	0.0	455.9	113
370	Harrison	Robert	Dragons Running Club (Leeds)	M50	323	127.3	281	123.7	365	76.7	262	125.0	0	0.0	452.7	0.0	452.7	32
371	Derry	Tom	Wetherby Runners AC	MSEN	0	0.0	38	450.3	0	0.0	0	0.0	0	0.0	450.3	0.0	450.3	114
372	Buller	Jim	Wetherby Runners AC	M50	0	0.0	0	0.0	234	229.1	0	0.0	193	220.9	450.0	0.0	450.0	33
373	Dunn	Paul	Harrogate Tri Club	M35	256	204.9	191	244.6	0	0.0	0	0.0	0	0.0	449.5	0.0	449.5	47
374	Ehrlich	Alexander	Horsforth Harriers	M40	294	160.9	0	0.0	293	160.5	0	0.0	257	127.9	449.3	0.0	449.3	65
375	Green	Jeff	Ilkley Harriers	M50	0	0.0	42	444.9	0	0.0	0	0.0	0	0.0	444.9	0.0	444.9	34
376	Womersley	David	Horsforth Harriers	M70	330	119.2	290	111.6	353	90.7	264	122.1	289	81.4	525.0	81.4	443.6	1
377	Howard	Robert	Valley Striders AC	MSEN	0	0.0	0	0.0	50	443.0	0	0.0	0	0.0	443.0	0.0	443.0	115
378	Furness	Rob	Wharfedale Harriers	M40	0	0.0	0	0.0	54	438.4	0	0.0	0	0.0	438.4	0.0	438.4	66
379	Forman	Nik	Knaresborough Striders	M60	320	130.8	272	135.8	284	170.9	0	0.0	0	0.0	437.5	0.0	437.5	17
380	Bisset	Andy	Horsforth Harriers	M50	0	0.0	0	0.0	298	154.7	239	158.0	261	122.1	434.8	0.0	434.8	35
381	Kirk	Stephen	Harrogate Harriers & AC	M50	0	0.0	0	0.0	303	148.8	245	149.4	253	133.7	432.0	0.0	432.0	36
382	Verity	Jack	Saltaire Striders	M60	345	101.9	291	110.2	327	120.9	281	97.7	277	98.8	529.5	97.7	431.8	18
383	Ward	John	Abbey Runners	M70	361	83.3	0	0.0	354	89.5	248	145.1	267	113.4	431.4	0.0	431.4	2
384	Abrams-Cohen	Michael	Ilkley Harriers	MSEN	0	0.0	0	0.0	0	0.0	0	0.0	49	430.2	430.2	0.0	430.2	116
385	Bysouth	Steven	Ilkley Harriers	M40	62	429.4	0	0.0	0	0.0	0	0.0	0	0.0	429.4	0.0	429.4	67
386	Jackson	Jon	Valley Striders AC	M50	265	194.4	199	233.9	0	0.0	0	0.0	0	0.0	428.3	0.0	428.3	37
387	Shanin	Salman	Pudsey & Bramley AC	M45	315	136.6	268	141.1	0	0.0	0	0.0	244	146.8	424.5	0.0	424.5	64
388	Rendell	Matthew	Chapel Allerton Runners	MSEN	67	423.6	0	0.0	0	0.0	0	0.0	0	0.0	423.6	0.0	423.6	117
389	Cumming	Robert	Abbey Runners	M40	0	0.0	0	0.0	69	420.9	0	0.0	0	0.0	420.9	0.0	420.9	68
390	Newell	Matt	Roundhay Runners	M40	71	419.0	0	0.0	0	0.0	0	0.0	0	0.0	419.0	0.0	419.0	69
391	Thomas	Richard	Kirkstall Harriers	M60	0	0.0	276	130.4	321	127.9	238	159.5	0	0.0	417.8	0.0	417.8	19
392	Patrickson	Alex	Nidd Valley Road Runners	MSEN	0	0.0	0	0.0	0	0.0	0	0.0	60	414.2	414.2	0.0	414.2	118
393	Butler	Jamie	York Postal Harriers	M45	278	179.4	0	0.0	320	129.1	0	0.0	274	103.2	411.7	0.0	411.7	65
394	Roberts	Daniel	Hyde Park Harriers	MSEN	272	186.3	0	0.0	0	0.0	0	0.0	194	219.5	405.8	0.0	405.8	119
395	Kerr	Will	Saltaire Striders	M45	0	0.0	0	0.0	0	0.0	0	0.0	67	404.1	404.1	0.0	404.1	66
396	Riley	Rob	Hyde Park Harriers	MSEN	89	398.1	0	0.0	0	0.0	0	0.0	0	0.0	398.1	0.0	398.1	120
397	Parkins	Paul	Saltaire Striders	M40	91	395.8	0	0.0	0	0.0	0	0.0	0	0.0	395.8	0.0	395.8	70
398	Barker	Lee	Rothwell Harriers & AC	M50	92	394.7	0	0.0	0	0.0	0	0.0	0	0.0	394.7	0.0	394.7	38
399	Brown	Rhys	Horsforth Harriers	M35	0	0.0	0	0.0	0	0.0	76	392.2	0	0.0	392.2	0.0	392.2	48
400	Hussey	John	Valley Striders AC	M70	0	0.0	302	95.4	349	95.3	277	103.4	278	97.4	391.6	0.0	391.6	3
401	Brennan	Sean	Knaresborough Striders	M50	0	0.0	203	228.5	291	162.8	0	0.0	0	0.0	391.3	0.0	391.3	39
402	Jenkins	Daniel	Eccleshill Road Runners	M45	382	59.0	0	0.0	383	55.8	158	274.4	0	0.0	389.3	0.0	389.3	67
403	Coffey	Danny	Hyde Park Harriers	M40	97	388.9	0	0.0	0	0.0	0	0.0	0	0.0	388.9	0.0	388.9	71
404	Grindley	Paul	Airecentre Pacers	M55	372	70.6	315	78.0	336	110.5	259	129.3	0	0.0	388.3	0.0	388.3	32
405	Willis	Ian	Wharfedale Harriers	M50	0	0.0	0	0.0	99	386.0	0	0.0	0	0.0	386.0	0.0	386.0	40
406	Howard	Barney	Ackworth Road Runners	M35	0	0.0	230	192.2	0	0.0	0	0.0	213	191.9	384.1	0.0	384.1	49
407	Shekar	Chandra	Nidd Valley Road Runners	M45	359	85.6	0	0.0	339	107.0	276	104.9	286	85.8	383.3	0.0	383.3	68
408	Legg	Ian	Wetherby Runners AC	M55	0	0.0	0	0.0	276	180.2	208	202.6	0	0.0	382.8	0.0	382.8	33
409	Hammond	Matthew	Horsforth Harriers	M40	0	0.0	89	381.7	0	0.0	0	0.0	0	0.0	381.7	0.0	381.7	72
410	Kaulgud	Dinesh	Valley Striders AC	M45	0	0.0	226	197.6	274	182.6	0	0.0	0	0.0	380.1	0.0	380.1	69
411	Corker	Harry	York Triathlon Club	MSEN	105	379.6	0	0.0	0	0.0	0	0.0	0	0.0	379.6	0.0	379.6	121
412	Wilson	Justin	Rothwell Harriers & AC	M45	0	0.0	92	377.7	0	0.0	0	0.0	0	0.0	377.7	0.0	377.7	70
413	Foster	Stephen	Bradford Airedale AC	M55	364	79.9	309	86.0	371	69.8	266	119.3	285	87.2	442.1	69.8	372.3	34
414	Beckwith	Richard	St Theresas AC	M55	354	91.4	269	139.8	0	0.0	252	139.4	0	0.0	370.6	0.0	370.6	35
415	Hamilton	Forrest	Ilkley Harriers	MSEN	115	368.1	0	0.0	0	0.0	0	0.0	0	0.0	368.1	0.0	368.1	122
416	Hetherington	Stephen	Saltaire Striders	M60	276	181.7	0	0.0	0	0.0	220	185.3	0	0.0	367.1	0.0	367.1	20
417	Richardson	Simon	Ilkley Harriers	M45	116	366.9	0	0.0	0	0.0	0	0.0	0	0.0	366.9	0.0	366.9	71
418	Mather	David	Chapel Allerton Runners	M45	0	0.0	0	0.0	0	0.0	0	0.0	93	366.3	366.3	0.0	366.3	72
419	D'arcy	Graham	Saltaire Striders	M55	343	104.2	310	84.7	364	77.9	282	96.3	0	0.0	363.0	0.0	363.0	36
420	Bell	Richard	Wetherby Runners AC	M55	332	116.9	324	65.9	347	97.7	295	77.6	297	69.8	427.8	65.9	361.9	37
421	Scott	Douglas	Harrogate Harriers & AC	M50	0	0.0	106	358.9	0	0.0	0	0.0	0	0.0	358.9	0.0	358.9	41
422	Lawley	Joe	Hyde Park Harriers	MSEN	277	180.6	0	0.0	279	176.7	0	0.0	0	0.0	357.3	0.0	357.3	123
423	Shacklock	Ben	Harrogate Harriers & AC	M40	131	349.5	0	0.0	0	0.0	0	0.0	0	0.0	349.5	0.0	349.5	73
424	Carlton	James	Saltaire Striders	MSEN	0	0.0	0	0.0	0	0.0	222	182.5	231	165.7	348.2	0.0	348.2	124
425	Travis	Alan	Ilkley Harriers	M45	377	64.8	325	64.5	378	61.6	261	126.4	282	91.6	409.0	61.6	347.3	73
426	Fox	Ken	Valley Striders AC	M60	356	89.1	305	91.4	363	79.1	288	87.6	304	59				

464	Seymour	Mark	Harrogate Harriers & AC	M60	0	0.0	303	94.1	358	84.9	269	114.9	0	0.0	293.9	0.0	293.9	26
465	Gibb	Ewan	Saltaire Striders	M35	0	0.0	0	0.0	188	282.6	0	0	338	10.2	292.7	0.0	292.7	54
466	Hughes	David	Ackworth Road Runners	M40	0	0.0	156	291.7	0	0.0	0	0.0	0	0.0	291.7	0.0	291.7	77
467	Richards	Jon	Abbey Runners	M45	316	135.4	257	155.9	0	0.0	0	0.0	0	0.0	291.3	0.0	291.3	83
468	Gibson	Paul	Chapel Allerton Runners	M60	292	163.2	0	0.0	0	0.0	260	127.9	0	0.0	291.1	0.0	291.1	27
469	Price	Dan	Chapel Allerton Runners	M35	0	0.0	0	0.0	181	290.7	0	0.0	0	0.0	290.7	0.0	290.7	55
470	Heselden	Jamie	Rothwell Harriers & AC	M45	182	290.5	0	0.0	0	0.0	0	0.0	0	0.0	290.5	0.0	290.5	84
471	Waddington	Thomas	Chapel Allerton Runners	MSEN	299	155.1	0	0.0	0	0.0	257	132.2	343	2.9	290.2	0.0	290.2	132
472	Mangeolles	James	Horsforth Harriers	M35	0	0.0	312	82.0	356	87.2	265	120.7	0	0.0	289.9	0.0	289.9	56
473	Tarbit	James	Hyde Park Harriers	M35	0	0.0	311	83.3	342	103.5	279	100.6	0	0.0	287.4	0.0	287.4	57
474	Linstrum	Nils	Wetherby Runners AC	M35	186	285.9	0	0.0	0	0.0	0	0.0	0	0.0	285.9	0.0	285.9	58
475	Coghlan	Robin	Roundhay Runners	M55	375	67.1	322	68.5	386	52.3	283	94.8	0	0.0	282.8	0.0	282.8	41
476	Wilson	Philip	Ilkley Harriers	M45	191	280.1	0	0.0	0	0.0	0	0.0	0	0.0	280.1	0.0	280.1	85
477	Walker	Dean	Rothwell Harriers & AC	MSEN	0	0.0	166	278.2	0	0.0	0	0.0	0	0.0	278.2	0.0	278.2	133
478	Askew	David	Harrogate Harriers & AC	M60	0	0.0	273	134.4	309	141.9	0	0.0	0	0.0	276.3	0.0	276.3	28
479	Noble	Pete	Knarborough Striders	M45	349	97.2	0	0.0	325	123.3	311	54.6	0	0.0	275.1	0.0	275.1	86
480	Leslie	David	Abbey Runners	M70	0	0.0	0	0.0	369	72.1	270	113.5	284	88.7	274.3	0.0	274.3	4
481	Burnard	Andrew	Horsforth Harriers	M40	0	0.0	0	0.0	0	0.0	0	0.0	157	273.3	273.3	0.0	273.3	78
482	Tenorio Villegas	Pablo	Hyde Park Harriers	MSEN	0	0.0	173	268.8	0	0.0	0	0.0	0	0.0	268.8	0.0	268.8	134
483	Sawyer	Chris	Valley Striders AC	M60	0	0.0	0	0.0	375	65.1	273	109.2	280	94.5	268.8	0.0	268.8	29
484	Straughan	Tim	Valley Striders AC	M55	0	0.0	0	0.0	202	266.3	0	0.0	0	0.0	266.3	0.0	266.3	42
485	Bywater	Andy	Rothwell Harriers & AC	M40	336	112.3	0	0.0	301	151.2	0	0.0	0	0.0	263.4	0.0	263.4	79
486	Turner	Jonathan	Roundhay Runners	M50	339	108.8	306	90.1	377	62.8	0	0.0	0	0.0	261.6	0.0	261.6	47
487	Shaw	Marcus	Nidd Valley Road Runners	M45	207	261.6	0	0.0	0	0.0	0	0.0	0	0.0	261.6	0.0	261.6	87
488	Crabtree	Paul	Dragons Running Club (Leeds)	M45	0	0.0	308	87.4	362	80.2	284	93.4	0	0.0	261.0	0.0	261.0	88
489	Spink	Jonathan	Kirkstall Harriers	M50	0	0.0	0	0.0	208	259.3	0	0.0	0	0.0	259.3	0.0	259.3	48
490	Mortada	Moustafa	Roundhay Runners	M40	0	0.0	0	0.0	0	0.0	0	0.0	167	258.7	258.7	0.0	258.7	80
491	Sykes-Hooban	Matt	Kirkstall Harriers	M40	0	0.0	0	0.0	338	108.1	246	148.0	0	0.0	256.1	0.0	256.1	81
492	Savage	Martin	Kirkstall Harriers	M45	324	126.2	278	127.7	0	0.0	0	0.0	0	0.0	253.8	0.0	253.8	89
493	Duffy	Richard	Horsforth Harriers	M70	0	0.0	336	49.7	395	41.9	290	84.8	292	77.0	253.4	0.0	253.4	5
494	Moxon	James	Abbey Runners	M60	397	41.7	339	45.7	374	66.3	280	99.1	0	0.0	252.8	0.0	252.8	30
495	Hodkinson	Steve	Abbey Runners	M60	0	0.0	282	122.3	319	130.2	0	0.0	0	0.0	252.5	0.0	252.5	31
496	Parr	Ed	Chapel Allerton Runners	M35	319	131.9	0	0.0	328	119.8	0	0.0	0	0.0	251.7	0.0	251.7	59
497	McMullan	Kevin	Rothwell Harriers & AC	M50	0	0.0	186	251.3	0	0.0	0	0.0	0	0.0	251.3	0.0	251.3	49
498	Kennedy	Alex	Roundhay Runners	MSEN	216	251.2	0	0.0	0	0.0	0	0.0	0	0.0	251.2	0.0	251.2	135
499	Woolven	Steve	Harrogate Harriers & AC	M50	303	150.5	0	0.0	345	100.0	0	0.0	0	0.0	250.5	0.0	250.5	50
500	Ebrey	Paul	St Theresas AC	M50	219	247.7	0	0.0	0	0.0	0	0.0	0	0.0	247.7	0.0	247.7	51
501	Adcock	Richard	Valley Striders AC	M50	0	0.0	0	0.0	0	0.0	254	136.5	270	109.0	245.5	0.0	245.5	52
502	Gardner	Rory	Roundhay Runners	MSEN	221	245.4	0	0.0	0	0.0	0	0.0	0	0.0	245.4	0.0	245.4	136
503	Butt	Talhah	Eccleshill Road Runners	MSEN	0	0.0	271	137.1	0	0.0	274	107.8	0	0.0	244.9	0.0	244.9	137
504	Tinker	Mick	Valley Striders AC	M65	366	77.5	332	55.1	397	39.5	309	57.5	308	53.8	283.4	39.5	243.9	6
505	Spink	Stewart	Saltaire Striders	M50	0	0.0	0	0.0	224	240.7	0	0.0	0	0.0	240.7	0.0	240.7	53
506	Heather	Andrew	York Postal Harriers	M50	226	239.6	0	0.0	0	0.0	0	0.0	0	0.0	239.6	0.0	239.6	54
507	Hawkins	Martin	Saltaire Striders	M50	0	0.0	0	0.0	0	0.0	183	238.5	0	0.0	238.5	0.0	238.5	55
508	Chester	Thomas	Abbey Runners	MSEN	227	238.4	0	0.0	0	0.0	0	0.0	0	0.0	238.4	0.0	238.4	138
509	Griffiths	Alun	Saltaire Striders	M65	380	61.3	352	28.2	382	57.0	300	70.4	311	49.4	266.4	28.2	238.1	7
510	Butler	Robert	Hyde Park Harriers	M40	350	96.1	0	0.0	373	67.4	0	0.0	296	71.2	234.7	0.0	234.7	82
511	Fugill	Sam	Nidd Valley Road Runners	M35	333	115.7	0	0.0	0	0.0	0	0.0	265	116.3	232.0	0.0	232.0	60
512	Hassall	Christopher	Saltaire Striders	M35	0	0.0	0	0.0	232	231.4	0	0.0	0	0.0	231.4	0.0	231.4	61
513	Gebbett	Martin	Horsforth Fellandale	M60	371	71.8	0	0.0	380	59.3	0	0.0	276	100.3	231.4	0.0	231.4	32
514	Cooper	Richard	St Theresas AC	M40	326	123.8	297	102.2	0	0.0	0	0.0	0	0.0	226.0	0.0	226.0	83
515	Ellis	Adam	Abbey Runners	M45	369	74.1	326	63.2	387	51.2	323	37.4	329	23.3	249.0	23.3	225.8	90
516	Ponsoda	Vicente	Hyde Park Harriers	MSEN	242	221.1	0	0.0	0	0.0	0	0.0	0	0.0	221.1	0.0	221.1	139
517	Ellwood	Andy	York Postal Harriers	M55	379	62.5	327	61.8	0	0.0	306	61.8	321	34.9	221.0	0.0	221.0	43
518	Blatherwick	John	Hyde Park Harriers	M35	405	32.4	0	0.0	343	102.3	0	0.0	290	79.9	214.7	0.0	214.7	62
519	Leijssen	Roar	Ilkley Harriers	M45	351	94.9	0	0.0	372	68.6	0	0.0	310	50.9	214.4	0.0	214.4	91
520	Hutchinson	Alan	Valley Striders AC	M65	341	106.5	294	106.2	0	0.0	0	0.0	0	0.0	212.7	0.0	212.7	8
521	Taylor	Malcolm	Kirkstall Harriers	MSEN	370	72.9	334	52.4	381	58.1	0	0.0	328	24.7	208.2	0.0	208.2	140
522	Coimbra	Joao	Roundhay Runners	MSEN	348	98.4	292	108.9	0	0.0	0	0.0	0	0.0	207.3	0.0	207.3	141
523	Clarke	Andy	Knarborough Striders	M45	0	0.0	0	0.0	0	0.0	272	110.6	281	93.0	203.7	0.0	203.7	92
524	Sawyer	Paul	Hyde Park Harriers	M35	259	201.4	0	0.0	0	0.0	0	0.0	0	0.0	201.4	0.0	201.4	63
525	Casas	Jaime	York Triathlon Club	M40	262	197.9	0	0.0	0	0.0	0	0.0	0	0.0	197.9	0.0	197.9	84
526	Elliott	John	Roundhay Runners	M60	0	0.0	288	114.2	361	81.4	0	0.0	0	0.0	195.6	0.0	195.6	33
527	Harris	Chris	Hyde Park Harriers	MSEN	0	0.0	0	0.0	0	0.0	213	195.4	0	0.0	195.4	0.0	195.4	142
528	Taylor	Ian	Kirkstall Harriers	M50	363	81.0	323	67.2	0	0.0	317	46.0	0	0.0	194.2	0.0	194.2	56
529	Smith	Paul	Valley Striders AC	M50	0	0.0	0	0.0	0	0.0	0	0.0	212	193.3	193.3	0.0	193.3	57
530	Kidner	Ralph	Hyde Park Harriers	M65	0	0.0	0	0.0	367	74.4	299	71.8	315	43.6	189.9	0.0	189.9	9
531	Miles	Graeme	Hyde Park Harriers	M35	269	189.8	0	0.0	0	0.0	0	0.0	0	0.0	189.8	0.0	189.8	64
532	Tasker	Richard	Hyde Park Harriers	M35	393	46.3	341	43.0	390	47.7	320	41.7	309	52.3	231.0	41.7	189.3	65
533	Pennock	Richard	Harrogate Harriers & AC	M50	270	188.7	0	0.0	0	0.0	0	0.0	0	0.0	188.7	0.0	188.7	58
534	Armer	Carrick	Abbey Runners	M40	0	0.0	0	0.0	341	104.7	291	83.3	0	0.0	188.0	0.0	188.0	85
535	Turner	Steven	Nidd Valley Road Runners	M50	0	0.0	0	0.0	0	0.0	0	0.0	216	187.5	187.5	0.0	187.5	59
536	Seaman	Dave	Nidd Valley Road Runners	M75	388	52.1	343	40.3	393	44.2	314	50.3	0	0.0	186.9	0.0	186.9	3
537	Allison	Dave	Ackworth Road Runners	M40	0	0.0	0	0.0	355	88.4	312	53.2	316	42.2	183.7	0.0	183.7	86
538	Cook	James	Nidd Valley Road Runners	M55	0	0.0	301	96.8	357	86.0	0	0.0	0	0.0	182.8	0.0	182.8	44
539	Love	Martin	Saltaire Striders	M60	0	0.0	342	41.7	379	60.5	294	79.0	0	0.0	181.2	0.0	181.2	34
540	Clarkin	Oliver	Hyde Park Harriers	MSEN	398	40.5	356	22.8	392	45.3	304	64.7	327	26.2	195.5	22.8	176.7	143
541	Walker	Mark	Harrogate Harriers & AC	M55	321	129.6	344	39.0	0	0.0	0	0.0	0	0.0	168.6	0.0	168.6	45
542	Pullan	Richard	Hyde Park Harriers	M60	385	55.6	340	44.4	404	31.4	324	35.9	325	29.1	196.3	29.1	167.2	35
543	Dickson	Tom	Horsforth Harriers	MSEN	0	0.0	0	0.0	0	0.0	0	0.0	232	164.2	164.2			

581	Jones	Martin	Abbey Runners	M45	404	33.6	0	0.0	398	38.4	0	0.0	317	40.7	112.6	0.0	112.6	95
582	Sedgley	Neil	Valley Striders AC	M55	415	20.8	357	21.5	406	29.1	321	40.2	330	21.8	133.4	20.8	112.6	54
583	Gall	Stuart	St Therasas AC	M40	401	37.0	354	25.5	388	50.0	0	0.0	0	0.0	112.6	0.0	112.6	89
584	Wilson	Rod	Knaresborough Striders	M45	337	111.1	0	0.0	0	0.0	0	0.0	0	0.0	111.1	0.0	111.1	96
585	Mistry	Mohanlal	Saltire Striders	M60	399	39.4	0	0.0	412	22.1	338	15.8	324	30.5	107.8	0.0	107.8	41
586	Collinson	James	Hyde Park Harriers	MSEN	340	107.6	0	0.0	0	0.0	0	0.0	0	0.0	107.6	0.0	107.6	147
587	Beesting	Adam	Pudsey & Bramley AC	M40	0	0.0	0	0.0	340	105.8	0	0.0	0	0.0	105.8	0.0	105.8	90
588	Lee	Dan	Hyde Park Harriers	M40	0	0.0	299	99.5	0	0.0	0	0.0	0	0.0	99.5	0.0	99.5	91
589	Storey	Ian	Saltire Striders	M45	383	57.9	0	0.0	396	40.7	0	0.0	0	0.0	98.6	0.0	98.6	97
590	Hymas	Stewart	Knaresborough Striders	M50	0	0.0	0	0.0	351	93.0	0	0.0	0	0.0	93.0	0.0	93.0	71
591	Northfield	Rob	Nidd Valley Road Runners	M65	353	92.6	0	0.0	0	0.0	0	0.0	0	0.0	92.6	0.0	92.6	14
592	Dickens	Paul	Hyde Park Harriers	M35	0	0.0	0	0.0	0	0.0	285	92.0	0	0.0	92.0	0.0	92.0	69
593	Ellison	Garry	Eccleshill Road Runners	M60	0	0.0	363	13.4	385	53.5	333	23.0	0	0.0	89.9	0.0	89.9	42
594	Berwin	Paul	Harrogate Harriers & AC	M65	0	0.0	333	53.8	401	34.9	0	0.0	0	0.0	88.6	0.0	88.6	15
595	Prendergast	Carl	Horsforth Fellandale	M75	396	42.8	0	0.0	0	0.0	318	44.5	0	0.0	87.4	0.0	87.4	4
596	Thorpe	Stuart	Rothwell Harriers & AC	M50	358	86.8	0	0.0	0	0.0	0	0.0	0	0.0	86.8	0.0	86.8	72
597	Copley	James	Kippax & District Harriers	M40	0	0.0	0	0.0	359	83.7	0	0.0	0	0.0	83.7	0.0	83.7	92
598	Montana	Marcos	Nidd Valley Road Runners	MSEN	424	10.4	351	29.6	413	20.9	337	17.2	0	0.0	78.2	0.0	78.2	148
599	Yeadon	Michael	Horsforth Harriers	M65	367	76.4	0	0.0	0	0.0	0	0.0	0	0.0	76.4	0.0	76.4	16
600	Twitcheett	Mark	Roundhay Runners	M50	0	0.0	317	75.3	0	0.0	0	0.0	0	0.0	75.3	0.0	75.3	73
601	Ibrahim	Joseph	Abbey Runners	M45	0	0.0	359	18.8	421	11.6	331	25.9	332	18.9	75.2	0.0	75.2	98
602	Mace	Andy	Valley Striders AC	M50	0	0.0	348	33.6	414	19.8	334	21.6	0	0.0	74.9	0.0	74.9	74
603	Wainwright	Jamie	Kippax & District Harriers	M50	0	0.0	0	0.0	0	0.0	297	74.7	0	0.0	74.7	0.0	74.7	75
604	Head	Mark	Harrogate Tri Club	M60	407	30.1	0	0.0	423	9.3	327	31.6	0	0.0	71.0	0.0	71.0	43
605	Godden	Jeremy	St Therasas AC	M60	0	0.0	360	17.5	417	16.3	335	20.1	335	14.5	68.4	0.0	68.4	44
606	Bywater	Chris	Rothwell Harriers & AC	M70	406	31.3	0	0.0	0	0.0	332	24.4	337	11.6	67.3	0.0	67.3	6
607	Jackson	Bob	Valley Striders AC	M70	0	0.0	0	0.0	415	18.6	329	28.7	333	17.4	64.8	0.0	64.8	7
608	Western	Gary	Saltire Striders	M60	0	0.0	0	0.0	376	64.0	0	0.0	0	0.0	64.0	0.0	64.0	45
609	Hutchinson	John	Kirkstall Harriers	M75	378	63.7	0	0.0	0	0.0	0	0.0	0	0.0	63.7	0.0	63.7	5
610	Sutton	Mark	Kippax & District Harriers	MSEN	425	9.3	358	20.2	420	12.8	340	12.9	336	13.1	68.2	9.3	59.0	149
611	Hall	Giles	Roundhay Runners	M55	412	24.3	349	32.3	0	0.0	0	0.0	0	0.0	56.6	0.0	56.6	55
612	Reyes	Manuel	Dragons Running Club (Leeds)	M45	419	16.2	0	0.0	0	0.0	0	0.0	318	39.2	55.4	0.0	55.4	99
613	Elliott	Craig	Saltire Striders	M45	386	54.4	0	0.0	0	0.0	0	0.0	0	0.0	54.4	0.0	54.4	100
614	Britton	Jason	Kippax & District Harriers	M50	413	23.1	0	0.0	0	0.0	330	27.3	0	0.0	50.4	0.0	50.4	76
615	Sutton	Leroy	Valley Striders AC	M65	0	0.0	0	0.0	0	0.0	0	0.0	312	48.0	48.0	0.0	48.0	17
616	Kuendiger	Jan	York Triathlon Club	M40	392	47.5	0	0.0	0	0.0	0	0.0	0	0.0	47.5	0.0	47.5	93
617	Watson	Kevin	Horsforth Harriers	M75	417	18.5	0	0.0	422	10.5	0	0.0	334	16.0	45.0	0.0	45.0	6
618	Rahman	Mohammed	Abbey Runners	M40	420	15.0	0	0.0	416	17.4	341	11.5	0	0.0	44.0	0.0	44.0	94
619	Sutton	Robert	Eccleshill Road Runners	M55	410	26.6	362	14.8	0	0.0	0	0.0	0	0.0	41.4	0.0	41.4	56
620	Chadwick	Phillip	Harrogate Harriers & AC	M45	400	38.2	0	0.0	0	0.0	0	0.0	0	0.0	38.2	0.0	38.2	101
621	Foulkes	Bartley	Horsforth Harriers	M65	0	0.0	0	0.0	0	0.0	0	0.0	319	37.8	37.8	0.0	37.8	18
622	Thompson	Geoff	Wharfedale Harriers	M60	414	22.0	0	0.0	427	4.7	342	10.1	0	0.0	36.7	0.0	36.7	46
623	Hey	Peter	Kirkstall Harriers	M70	422	12.7	366	9.4	426	5.8	344	7.2	0	0.0	35.1	0.0	35.1	8
624	Smith	Nick	Nidd Valley Road Runners	M60	416	19.7	365	10.8	0	0.0	0	0.0	0	0.0	30.4	0.0	30.4	47
625	Raddall	Phil	York Postal Harriers	M50	0	0.0	0	0.0	407	27.9	0	0.0	0	0.0	27.9	0.0	27.9	77
626	Midgley	Mathew	Bradford Airedale AC	MSEN	409	27.8	0	0.0	0	0.0	0	0.0	0	0.0	27.8	0.0	27.8	150
627	Gore	Tim	Saltire Striders	M45	0	0.0	0	0.0	409	25.6	0	0.0	0	0.0	25.6	0.0	25.6	102
628	Simmons	Dan	Harrogate Harriers & AC	M60	411	25.5	0	0.0	0	0.0	0	0.0	0	0.0	25.5	0.0	25.5	48
629	Burke	Kieran	Roundhay Runners	MSEN	426	8.1	0	0.0	424	8.1	0	0.0	339	8.7	25.0	0.0	25.0	151
630	Ameri	Ali	Abbey Runners	M40	0	0.0	0	0.0	411	23.3	0	0.0	0	0.0	23.3	0.0	23.3	95
631	Steele	Martin	Eccleshill Road Runners	M60	0	0.0	0	0.0	0	0.0	336	18.7	0	0.0	18.7	0.0	18.7	49
632	Hyde	Graham	Nidd Valley Road Runners	M45	430	3.5	369	5.4	428	3.5	346	4.3	342	4.4	21.0	3.5	17.5	103
633	Rayner	Ian	Roundhay Runners	M60	418	17.4	0	0.0	0	0.0	0	0.0	0	0.0	17.4	0.0	17.4	50
634	Taylor	Ian	Horsforth Harriers	M55	0	0.0	0	0.0	0	0.0	343	8.6	340	7.3	15.9	0.0	15.9	57
635	Best	Jamie	St Therasas AC	M45	0	0.0	0	0.0	419	14.0	0	0.0	0	0.0	14.0	0.0	14.0	104
636	Taylor	Christopher	Ackworth Road Runners	M70	421	13.9	0	0.0	0	0.0	0	0.0	0	0.0	13.9	0.0	13.9	9
637	Hammond	Phil	Hyde Park Harriers	M60	427	6.9	368	6.7	0	0.0	0	0.0	0	0.0	13.7	0.0	13.7	51
638	Morley	Eric	Knaresborough Striders	M65	0	0.0	0	0.0	425	7.0	345	5.7	0	0.0	12.7	0.0	12.7	19
639	Wigglesworth	Steve	Abbey Runners	M65	0	0.0	364	12.1	0	0.0	0	0.0	0	0.0	12.1	0.0	12.1	20
640	Perfitt	Brian	Eccleshill Road Runners	M50	423	11.6	0	0.0	0	0.0	0	0.0	0	0.0	11.6	0.0	11.6	78
641	Crowther	Chris	Ackworth Road Runners	M40	0	0.0	367	8.1	0	0.0	0	0.0	0	0.0	8.1	0.0	8.1	96
642	Prust	Stephen	Hyde Park Harriers	M60	431	2.3	370	4.0	0	0.0	0	0.0	0	0.0	6.3	0.0	6.3	52
643	Clark	Connor	Abbey Runners	MSEN	428	5.8	0	0.0	0	0.0	0	0.0	0	0.0	5.8	0.0	5.8	152
644	Hillarby	Richard	Rothwell Harriers & AC	M65	429	4.6	0	0.0	0	0.0	0	0.0	0	0.0	4.6	0.0	4.6	21
645	Kitching	Les	Kippax & District Harriers	M70	0	0.0	372	1.3	430	1.2	348	1.4	0	0.0	3.9	0.0	3.9	10
646	Nesden	Patrick	Kirkstall Harriers	M70	432	1.2	371	2.7	0	0.0	0	0.0	0	0.0	3.8	0.0	3.8	11
647	Silva	Mervyn	Saltire Striders	M65	0	0.0	0	0.0	0	0.0	347	2.9	0	0.0	2.9	0.0	2.9	22
648	List	Heath	Rothwell Harriers & AC	M55	0	0.0	0	0.0	429	2.3	0	0.0	0	0.0	2.3	0.0	2.3	58