

PECO Cross Country League 2023-24
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	Garbutt	Dan	St Theresas AC	M35	2	498.9	1	500.0	1	500.0	0	0.0	1	500.0	1998.9	0.0	1998.9	1
2	Roden	Freddie	Abbey Runners	MSEN	0	0.0	2	498.8	2	498.8	1	500.0	2	498.7	1996.2	0.0	1996.2	1
3	Valero Palacios	Marcos Angel	Valley Striders AC	MSEN	4	496.6	3	497.6	3	497.6	0	0.0	6	493.3	1985.1	0.0	1985.1	2
4	Boynton	Philip	Horsforth Harriers	M35	8	492.1	6	494.0	5	495.1	3	497.2	5	494.6	2473.1	492.1	1981.0	2
5	Robins	Sam	Chapel Allerton Runners	MSEN	7	493.2	0	0.0	9	490.3	6	493.0	4	496.0	1972.5	0.0	1972.5	3
6	Ravenhall	George	Airecentre Pacers	MSEN	3	497.7	4	496.4	10	489.1	9	488.9	0	0.0	1972.1	0.0	1972.1	4
7	Lomas	Adam	Hyde Park Harriers	MSEN	12	487.6	8	491.6	7	492.7	5	494.4	8	490.6	2456.9	487.6	1969.4	5
8	Kingston	Harry	Horsforth Fellandale	MSEN	11	488.7	9	490.4	8	491.5	0	0.0	10	487.9	1958.5	0.0	1958.5	6
9	Carter	Dom	York Postal Harriers	MSEN	0	0.0	11	488.0	13	485.4	7	491.6	7	492.0	1957.0	0.0	1957.0	7
10	Vogel	Joost	Valley Striders AC	M35	9	491.0	10	489.2	0	0.0	8	490.3	16	479.9	1950.3	0.0	1950.3	3
11	Grant	Daniel	Valley Striders AC	M35	10	489.8	0	0.0	11	487.8	15	480.5	13	483.9	1942.1	0.0	1942.1	4
12	Anderson	George	Hyde Park Harriers	M35	16	483.1	0	0.0	15	483.0	12	484.7	12	485.3	1936.0	0.0	1936.0	5
13	Casey	Dominic	Horsforth Harriers	MSEN	15	484.2	26	470.0	0	0.0	13	483.3	9	489.3	1926.8	0.0	1926.8	8
14	Jones	Simon	Abbey Runners	MSEN	17	481.9	15	483.2	16	481.8	16	479.1	18	477.2	2403.2	477.2	1926.0	9
15	Knights	Adam	Valley Striders AC	MSEN	19	479.7	23	473.6	12	486.6	0	0.0	17	478.6	1918.5	0.0	1918.5	10
16	Llewellyn	Ryan	Kirkstall Harriers	MSEN	23	475.2	30	465.2	18	479.3	19	474.9	11	486.6	2381.2	465.2	1916.0	11
17	Holmes	Christian	Wharfedale Harriers	M50	27	470.7	17	480.8	188	272.5	17	477.7	27	465.1	2166.8	272.5	1894.3	1
18	McLoughlin	John	Roundhay Runners	M40	26	471.8	21	476.0	22	474.5	22	470.8	25	467.8	2360.8	467.8	1893.0	1
19	Brierley	Jack	Nidd Valley Road Runners	MSEN	0	0.0	22	474.8	20	476.9	24	468.0	22	471.8	1891.5	0.0	1891.5	12
20	Sykes	Richard	Hyde Park Harriers	M40	44	451.5	24	472.4	35	458.2	20	473.5	15	481.2	2337.3	451.5	1885.8	2
21	Fanaroff	Dominic	Abbey Runners	MSEN	53	441.3	18	479.6	28	467.2	21	472.1	31	459.8	2320.0	441.3	1878.7	13
22	Turner	Andy	Roundhay Runners	M35	28	469.5	25	471.2	21	475.7	30	459.6	0	0.0	1876.0	0.0	1876.0	6
23	Clark	Cal	Abbey Runners	M35	29	468.4	36	458.0	31	463.5	33	455.4	19	475.9	2321.2	455.4	1865.8	7
24	Wells	Simon	Kirkstall Harriers	M35	30	467.3	37	456.8	26	469.6	31	458.2	23	470.5	2322.4	456.8	1865.6	8
25	Vargas	Michael	Hyde Park Harriers	M35	0	0.0	31	464.0	32	462.3	25	466.6	26	466.5	1859.4	0.0	1859.4	9
26	Moulding	Thomas	Hyde Park Harriers	MSEN	20	478.6	33	461.6	38	455.0	36	451.3	36	453.1	2299.5	451.3	1848.3	14
27	Walker	Colin	Pudsey & Bramley AC	M50	35	461.6	34	460.4	33	461.1	27	463.8	0	0.0	1846.9	0.0	1846.9	2
28	Kemp	Chris	Hyde Park Harriers	MSEN	62	431.2	28	467.6	25	470.8	18	476.3	0	0.0	1845.9	0.0	1845.9	15
29	McKeown	Daniel	Ilkley Harriers	M45	52	442.4	43	449.6	24	472.0	0	0.0	24	469.2	1833.3	0.0	1833.3	1
30	Kerr	Will	Saltaire Striders	M45	36	460.5	42	450.8	36	457.4	32	456.8	34	455.8	2281.3	450.8	1830.5	2
31	Harrold	Brian	Chapel Allerton Runners	M35	33	463.9	35	459.2	43	448.9	45	438.7	33	457.1	2267.8	438.7	1829.1	10
32	Tracey	Ciaran	Hyde Park Harriers	MSEN	22	476.3	54	436.5	59	429.2	23	469.4	0	0.0	1811.5	0.0	1811.5	16
33	Graham	Jamie	St Theresas AC	M45	50	444.7	39	454.4	0	0.0	38	448.5	28	463.8	1811.4	0.0	1811.4	3
34	Panasar	Rav	Valley Striders AC	M40	34	462.8	47	444.8	0	0.0	47	435.9	43	443.7	1787.2	0.0	1787.2	3
35	Mohammadiha	Hossein	Vale of York Athletic Community	M40	40	456.0	55	435.3	42	450.1	55	424.8	45	441.0	2207.2	424.8	1782.4	4
36	Holmes	Matthew	Abbey Runners	M45	48	447.0	45	447.2	40	452.6	0	0.0	59	422.3	1769.0	0.0	1769.0	4
37	Furness	Rob	Wharfedale Harriers	M40	46	449.2	0	0.0	51	439.2	43	441.5	51	433.0	1762.9	0.0	1762.9	5
38	Fillingham	Martin	Saltaire Striders	M50	43	452.6	48	443.6	63	424.6	0	0.0	50	434.3	1755.1	0.0	1755.1	3
39	Richardson	Gareth	Bradford Airedale AC	MSEN	74	417.6	53	437.6	50	440.4	63	413.6	40	447.7	2157.0	413.6	1743.4	17
40	Hamilton	Forrest	Ilkley Harriers	MSEN	51	443.6	44	448.4	132	340.6	44	440.1	79	395.4	2068.2	340.6	1727.6	18
41	Furlong	Ian	Roundhay Runners	M40	77	414.2	38	455.6	64	423.4	50	431.8	0	0.0	1725.0	0.0	1725.0	6
42	Morton	Joseph	Roundhay Runners	M40	71	421.0	86	398.1	56	433.1	54	426.2	44	442.4	2120.7	398.1	1722.6	7
43	Parker	Dave	St Theresas AC	M55	0	0.0	74	412.5	57	431.9	53	427.6	39	449.1	1721.0	0.0	1721.0	1
44	Davis	Alex	York Postal Harriers	MSEN	65	427.8	84	400.5	58	430.7	48	434.5	67	411.5	2105.0	400.5	1704.5	19
45	Maccauley	Craig	Knaresborough Striders	MSEN	63	430.0	67	420.9	72	413.6	65	410.9	47	438.3	2113.7	410.9	1702.8	20
46	McCreanor	Finlay	Nidd Valley Road Runners	MSEN	0	0.0	41	452.0	52	438.0	84	384.4	56	426.3	1700.7	0.0	1700.7	21
47	Pyznar	Tomasz	Rothwell Harriers & AC	M35	0	0.0	99	382.5	74	411.2	42	442.9	32	458.4	1695.0	0.0	1695.0	11
48	Brienen	Stef	Abbey Runners	MSEN	79	412.0	71	416.1	66	420.9	57	422.0	54	429.0	2099.9	412.0	1688.0	22
49	West	Darren	Harrogate Harriers & AC	M60	56	437.9	0	0.0	77	407.5	69	405.3	55	427.6	1678.4	0.0	1678.4	1
50	Bromley	Harry	Vale of York Athletic Community	MSEN	73	418.7	91	392.1	117	358.9	64	412.3	35	454.4	2036.4	358.9	1677.5	23
51	Lyall	Andrew	Kirkstall Harriers	MSEN	49	445.8	94	388.5	0	0.0	61	416.4	60	420.9	1671.7	0.0	1671.7	24
52	Green	Joseph	Chapel Allerton Runners	MSEN	70	422.1	76	410.1	0	0.0	60	417.8	61	419.6	1669.6	0.0	1669.6	25
53	Herrington	Richard	St Theresas AC	M40	31	466.1	0	0.0	100	379.8	88	378.8	42	445.0	1669.6	0.0	1669.6	8
54	Bailey	Will	Nidd Valley Road Runners	MSEN	0	0.0	85	399.3	80	403.9	49	433.1	58	423.6	1659.9	0.0	1659.9	26
55	Morrison	Cairn	St Theresas AC	M45	67	425.5	89	394.5	78	406.3	51	430.4	0	0.0	1656.7	0.0	1656.7	5
56	Fellows	Alasdair	Hyde Park Harriers	MSEN	61	432.3	87	396.9	70	416.1	66	409.5	0	0.0	1654.7	0.0	1654.7	27
57	Yong	Chin	St Theresas AC	M35	85	405.2	63	425.7	0	0.0	78	392.8	62	418.2	1641.8	0.0	1641.8	12
58	Harrison	Matthew	Harrogate Harriers & AC	MSEN	78	413.1	69	418.5	67	419.7	0	0.0	84	388.7	1640.0	0.0	1640.0	28
59	Harris	Simon	Abbey Runners	M40	75	416.5	0	0.0	87	395.4	77	394.2	52	431.6	1637.6	0.0	1637.6	9
60	Mann	Gary	Valley Striders AC	M40	102	386.0	79	406.5	75	410.0	70	403.9	66	412.9	2019.2	386.0	1633.2	10
61	Brown	Rhys	Horsforth Harriers	M35	83	407.4	107	372.9	99	380.8	56	423.4	68	410.2	1994.7	372.9	1621.8	13
62	Elwell	Paul	Wetherby Runners AC	M45	108	379.2	77	408.9	53	436.7	79	391.4	0	0.0	1616.2	0.0	1616.2	6
63	Knighton	Richard	Hyde Park Harriers	MSEN	72	419.9	119	358.5	83	400.2	83	385.8	69	408.8	1973.3	358.5	1614.7	29
64	Middlemas	David	Valley Striders AC	M50	93	396.2	83	401.7	82	401.5	68	406.7	82	391.4	1997.4	391.4	1606.0	4
65	Robson	John	St Theresas AC	M45	90	399.5	78	407.7	0	0.0	95	369.1	64	415.5	1591.9	0.0	1591.9	7
66	Dennis	Paul	Wharfedale Harriers	M40	0	0.0	92	390.9	95	385.6	72	401.1	76	399.5	1577.1	0.0	1577.1	11
67	Garratt	Richard	Hyde Park Harriers	M45	87	402.9	95	387.3	97	383.2	106	353.8	80	394.1	1921.3	353.8	1567.5	8
68	Brown	Andy	Saltaire Striders	M55	0	0.0	50	441.2	49	441.6	104	356.5	135	320.4	1559.8	0.0	1559.8	2
69	Pratt	John	Hyde Park Harriers	M40	94	395.0	105	375.3	94	386.9	89	377.4	77	398.1	1932.8	375.3	1557.5	12
70	Trousdale	Tom	Pudsey & Bramley AC	M35	0	0.0	93	389.7	92	389.3	59	419.2	108	356.6	1554.8	0.0	1554.8	14
71	Singh	John	Saltaire Striders	M40	98	390.5	88	395.7	89	392.9	97	366.3	111	352.5	1898.0	352.5	1545.4	13
72	Vis	Patrick	Chapel Allerton Runners	MSEN	116	370.2	97	384.9	111	366.2	82	387.2	75	400.8	1909.3	366.2	1543.1	30
73	Mather	David	Chapel Allerton Runners	M45	125	360.0	106	374.1	105	373.5	74	398.3	81	392.8	1898.7	360.0	1538.7	9
74	Thomas	Gwilym	Valley Striders AC	M45	106	381.5	100	381.3	91	390.5	99	363.5	97	371.3	1888.1	3		

113	Walker	Dean	Rothwell Harriers & AC	MSEN	198	277.7	182	283.0	159	307.8	114	342.6	103	363.3	1574.3	277.7	1296.6	43
114	Aubrey	Ryan	Ackworth Road Runners	M35	176	302.5	145	327.3	162	304.1	118	337.0	133	323.1	1594.1	302.5	1291.6	17
115	Rowe-Patel	Ben	Abbey Runners	MSEN	0	0.0	62	426.9	61	427.0	0	0.0	48	437.0	1290.9	0.0	1290.9	44
116	Franklin	James	Abbey Runners	M45	80	410.8	57	432.9	0	0.0	40	445.7	0	0.0	1289.4	0.0	1289.4	18
117	Godwin	Jacob	Chapel Allerton Runners	MSEN	54	440.2	0	0.0	68	418.5	0	0.0	53	430.3	1289.0	0.0	1289.0	45
118	Pearkinson	Andy	Horsforth Harriers	M45	171	308.1	165	303.4	139	332.1	126	325.9	136	319.0	1588.5	303.4	1285.2	19
119	Wray-Rogers	Luke	Abbey Runners	M45	154	327.3	169	298.6	141	329.7	134	314.8	172	270.8	1541.1	270.8	1270.3	20
120	Holloway	William	Chapel Allerton Runners	MSEN	59	434.5	0	0.0	0	0.0	58	420.6	65	414.2	1269.4	0.0	1269.4	46
121	Taylor	Lee	Hyde Park Harriers	M45	161	319.4	158	311.8	166	299.3	144	300.8	124	335.1	1566.4	299.3	1267.1	21
122	Anderton	Tom	Chapel Allerton Runners	MSEN	81	409.7	60	429.3	76	408.8	0	0.0	0	0.0	1247.7	0.0	1247.7	47
123	Isaac	Oliver	Hyde Park Harriers	MSEN	0	0.0	0	0.0	90	391.7	52	429.0	63	416.9	1237.6	0.0	1237.6	48
124	Young	Robert	Kirkstall Harriers	MSEN	68	424.4	82	402.9	0	0.0	67	408.1	0	0.0	1235.3	0.0	1235.3	49
125	Yates	Jonny	Roundhay Runners	M40	167	312.6	0	0.0	165	300.5	131	318.9	150	300.3	1232.3	0.0	1232.3	22
126	Hardy	Neil	St Therasas AC	M45	0	0.0	70	417.3	79	405.1	0	0.0	70	407.5	1229.9	0.0	1229.9	22
127	Hadfield	Sam	Hyde Park Harriers	MSEN	151	330.7	161	308.2	0	0.0	152	289.7	159	288.2	1216.8	0.0	1216.8	50
128	Thompson	Danny	Ilkley Harriers	M45	55	439.1	40	453.2	150	318.7	0	0.0	0	0.0	1211.0	0.0	1211.0	23
129	Pearson	Marc	York Postal Harriers	M40	168	311.5	174	292.6	177	285.9	141	305.0	158	289.5	1484.5	285.9	1198.6	23
130	Hickman	Martin	Rothwell Harriers & AC	MSEN	191	285.6	185	279.4	180	282.2	137	310.6	138	316.4	1474.1	279.4	1194.7	51
131	Newbould	Steve	Nidd Valley Road Runners	M45	0	0.0	98	383.7	0	0.0	85	383.0	57	424.9	1191.6	0.0	1191.6	24
132	Last	Adam	Valley Striders AC	MSEN	82	408.6	81	404.1	0	0.0	0	0.0	94	375.3	1188.0	0.0	1188.0	52
133	Ellmore	Steve	Knaresborough Striders	M55	158	322.8	170	297.4	179	283.5	159	279.9	164	281.5	1465.1	279.9	1185.1	5
134	Rogerson	Tom	Abbey Runners	M45	160	320.5	178	287.8	186	274.9	145	299.4	170	273.5	1456.2	273.5	1182.7	25
135	Adams	Hayden	Harrogate Harriers & AC	M40	101	387.1	0	0.0	0	0.0	80	390.0	83	390.1	1167.2	0.0	1167.2	24
136	Longmate	Kevin	Kirkstall Harriers	M35	137	346.5	218	239.8	184	277.4	160	278.6	178	262.7	1405.0	239.8	1165.2	18
137	Shamim	Reuben	Pudsey & Bramley AC	MSEN	148	334.1	0	0.0	217	237.2	158	281.3	144	308.3	1161.0	0.0	1161.0	53
138	Tarran	James	Valley Striders AC	M55	152	329.6	214	244.6	0	0.0	164	273.0	141	312.3	1159.5	0.0	1159.5	6
139	Gallagher	Mike	Hyde Park Harriers	M40	0	0.0	0	0.0	120	355.2	75	396.9	72	404.8	1157.0	0.0	1157.0	25
140	Coldwell	Ben	Kirkstall Harriers	MSEN	84	406.3	0	0.0	126	347.9	73	399.7	0	0.0	1154.0	0.0	1154.0	54
141	Gourley	William	Rothwell Harriers & AC	M45	187	290.1	186	278.2	185	276.2	143	302.2	185	253.4	1400.0	253.4	1146.6	26
142	Dekker	Thijs	Horsforth Harriers	M35	0	0.0	114	364.5	108	369.8	76	395.5	0	0.0	1129.9	0.0	1129.9	19
143	Howard	Ashley	Harrogate Harriers & AC	MSEN	201	274.3	183	281.8	224	228.7	0	0.0	119	341.8	1126.6	0.0	1126.6	55
144	Dow	Will	Hyde Park Harriers	MSEN	130	354.4	136	338.1	173	290.8	0	0.0	270	139.4	1122.7	0.0	1122.7	56
145	Sklinar	Stu	Roundhay Runners	M35	163	317.2	205	255.4	178	284.7	173	260.4	0	0.0	1117.7	0.0	1117.7	20
146	Greenhalgh	Lee	Horsforth Harriers	M50	182	295.7	181	284.2	187	273.7	174	259.1	181	258.7	1371.4	258.7	1112.0	10
147	Sanderson	Ian	Valley Striders AC	M50	190	286.7	229	226.6	212	243.3	135	313.4	175	266.8	1336.7	226.6	1110.1	11
148	Singleton	David	Ilkley Harriers	M45	189	287.9	190	273.4	0	0.0	156	284.1	179	261.4	1106.7	0.0	1106.7	27
149	Carter	Matt	York Postal Harriers	M45	185	292.3	184	280.6	181	281.0	0	0.0	188	249.3	1103.3	0.0	1103.3	28
150	Palicio	Luis	Abbey Runners	M35	193	283.3	197	265.0	0	0.0	166	270.2	162	284.2	1102.7	0.0	1102.7	21
151	Parkinson	Andy	Valley Striders AC	MSEN	100	388.3	0	0.0	0	0.0	124	328.7	88	383.4	1100.3	0.0	1100.3	57
152	Worthington	Joe	Ackworth Road Runners	M45	0	0.0	122	354.9	110	367.4	0	0.0	93	376.7	1099.0	0.0	1099.0	29
153	Wilkinson	Chris	Roundhay Runners	MSEN	146	336.3	177	289.0	248	199.5	175	257.7	0	0.0	1082.5	0.0	1082.5	58
154	Teggart	David	Bradford Airedale AC	M45	127	357.8	103	377.7	130	343.1	0	0.0	0	0.0	1078.6	0.0	1078.6	30
155	Brine	Andrew	Hyde Park Harriers	MSEN	103	384.9	142	330.9	119	356.4	0	0.0	0	0.0	1072.3	0.0	1072.3	59
156	Jordan	Mark	Harrogate Harriers & AC	M65	202	273.1	192	271.0	0	0.0	171	263.2	177	264.1	1071.4	0.0	1071.4	1
157	Armitstead	Simon	Chapel Allerton Runners	M35	141	342.0	0	0.0	114	362.5	0	0.0	102	364.6	1069.1	0.0	1069.1	22
158	Carter	Jim	York Postal Harriers	M50	0	0.0	137	336.9	103	375.9	105	355.2	0	0.0	1068.0	0.0	1068.0	12
159	Davey	Richard	Wetherby Runners AC	M50	0	0.0	138	335.7	122	352.8	0	0.0	95	374.0	1062.5	0.0	1062.5	13
160	Moger	Adam	Kirkstall Harriers	M45	0	0.0	196	266.2	205	251.8	177	254.9	161	285.5	1058.4	0.0	1058.4	31
161	Anthonye	Iain	Roundhay Runners	MSEN	99	389.4	0	0.0	0	0.0	122	331.5	125	333.8	1054.6	0.0	1054.6	60
162	Smith	Paul	Valley Striders AC	M50	231	240.4	189	274.6	208	248.2	0	0.0	157	290.9	1054.0	0.0	1054.0	14
163	Gibb	Ewan	Saltire Striders	M35	175	303.6	0	0.0	199	259.1	229	182.5	147	304.3	1049.5	0.0	1049.5	23
164	Carvey	Chris	Nidd Valley Road Runners	M55	180	298.0	201	260.2	201	256.7	196	228.4	201	231.9	1275.2	228.4	1046.8	7
165	Parton	Adam	Valley Striders AC	M50	169	310.4	209	250.6	211	244.5	188	239.6	204	227.9	1272.9	227.9	1045.1	15
166	Westmoreland	Jason	Rothwell Harriers & AC	M55	131	353.3	0	0.0	0	0.0	123	330.1	105	360.6	1043.9	0.0	1043.9	8
167	Symonds	Gabriel	Knaresborough Striders	MSEN	117	369.1	120	357.3	0	0.0	133	316.2	0	0.0	1042.5	0.0	1042.5	61
168	Coltman	Tom	Hyde Park Harriers	M35	129	355.5	111	368.1	154	313.9	0	0.0	0	0.0	1037.5	0.0	1037.5	24
169	Hunsley	Thomas	Rothwell Harriers & AC	MSEN	0	0.0	160	309.4	0	0.0	117	338.4	92	378.0	1025.8	0.0	1025.8	62
170	O'boyle	Stephen	Abbey Runners	M50	0	0.0	128	347.7	133	339.4	119	335.7	0	0.0	1022.8	0.0	1022.8	16
171	Barstow	Craig	Harrogate Harriers & AC	M55	216	257.3	243	209.8	193	266.4	155	285.5	0	0.0	1019.1	0.0	1019.1	9
172	Weston	Anthony	St Therasas AC	M50	0	0.0	109	370.5	0	0.0	115	341.2	146	305.6	1017.4	0.0	1017.4	17
173	Isherwood	David	Chapel Allerton Runners	M45	210	264.1	215	243.4	219	234.8	167	268.8	208	222.5	1233.6	222.5	1011.1	32
174	Edmondson	Ewan	Knaresborough Striders	M60	215	258.5	0	0.0	230	221.4	162	275.8	184	254.7	1101.3	0.0	1010.3	4
175	Harding	Andrew	Kippax & District Harriers	M50	199	276.5	199	262.6	232	219.0	182	247.9	0	0.0	1006.0	0.0	1006.0	18
176	Frazer	Martin	Abbey Runners	M55	259	208.8	206	254.2	0	0.0	170	264.6	171	272.1	999.7	0.0	999.7	10
177	Strutt	James	Harrogate Harriers & AC	M45	0	0.0	149	322.5	0	0.0	113	344.0	127	331.1	997.7	0.0	997.7	33
178	Douglas	Benjamin	Hyde Park Harriers	MSEN	5	495.5	0	0.0	0	0.0	2	498.6	0	0.0	994.1	0.0	994.1	63
179	Batory-Bernardin	William	Roundhay Runners	MSEN	197	278.8	104	376.5	135	337.0	0	0.0	0	0.0	992.3	0.0	992.3	64
180	Todd	Andy	Nidd Valley Road Runners	M60	132	352.1	140	333.3	160	306.6	0	0.0	0	0.0	992.0	0.0	992.0	5
181	Hardy	Nick	Saltire Striders	MSEN	0	0.0	0	0.0	6	493.9	4	495.8	0	0.0	989.7	0.0	989.7	65
182	Peacock	Tom	Chapel Allerton Runners	MSEN	204	270.9	204	256.6	203	254.3	0	0.0	223	202.4	984.1	0.0	984.1	66
183	Walker	Bobak	Roundhay Runners	M40	88	401.8	0	0.0	164	301.7	0	0.0	165	280.2	983.7	0.0	983.7	26
184	Bennett	Paul	Vale of York Athletic Community	M40	233	238.1	210	249.4	225	227.5	0	0.0	176	265.4	980.5	0.0	980.5	27
185	Mountain	Thomas	Ilkley Harriers	MSEN	170	309.3	134	340.5	0	0.0	0	0.0	128	329.8	979.5	0.0	979.5	67
186	Humphries	Andrew	Airecentre Pacers	MSEN	0	0.0	7	492.8	14	484.2	0	0.0	0	0.0	977.0	0.0	977.0	68
187	Wallis	Nigel	Hyde Park Harriers	M45	138	345.4	0	0.0	145	324.8	0	0.0	148	302.9	973.1	0.0	973.1	34
188	Burton	Simon	Hyde Park Harriers	M35	229	242.7</												

230	Cook	Sean	Valley Striders AC	M40	226	246.0	237	217.0	250	197.1	219	196.4	0	0.0	856.5	0.0	856.5	39
231	Haynes	Richard	Airecentre Pacers	M35	0	0.0	254	196.6	238	211.7	200	222.8	207	223.9	855.0	0.0	855.0	31
232	Townson	Sam	Hyde Park Harriers	MSEN	0	0.0	0	0.0	81	402.7	37	449.9	0	0.0	852.5	0.0	852.5	84
233	Scott	Steven	Abbey Runners	M45	0	0.0	64	424.5	62	425.8	0	0.0	0	0.0	850.3	0.0	850.3	41
234	Jewitt	Fred	Chapel Allerton Runners	MSEN	278	187.4	272	175.1	289	149.6	191	235.4	186	252.0	999.4	149.6	849.8	85
235	Fulton	Aron	Airecentre Pacers	M35	0	0.0	193	269.8	190	270.1	142	303.6	0	0.0	843.5	0.0	843.5	32
236	Summerson	George	York Postal Harriers	M40	0	0.0	267	181.1	233	217.8	205	215.9	205	226.5	841.2	0.0	841.2	40
237	Albrecht	Jason	St Therasas AC	M40	236	234.8	238	215.8	0	0.0	184	245.1	267	143.4	839.1	0.0	839.1	41
238	Weir	Paul	Saltire Striders	M40	0	0.0	0	0.0	65	422.1	62	415.0	0	0.0	837.2	0.0	837.2	42
239	Gibbs	Richard	Roundhay Runners	M45	76	415.3	0	0.0	69	417.3	0	0.0	0	0.0	832.6	0.0	832.6	42
240	Tryc	Pawel	Saltire Striders	M40	254	214.4	240	213.4	254	192.2	210	208.9	230	193.0	1022.0	192.2	829.8	43
241	O'hara	Colm	Roundhay Runners	M50	217	256.2	257	193.0	267	176.4	224	189.4	233	189.0	1004.1	176.4	827.7	19
242	Wallhead	Nick	Wetherby Runners AC	M45	195	281.0	198	263.8	0	0.0	0	0.0	167	277.5	822.3	0.0	822.3	43
243	Bryce	Robert	Kippax & District Harriers	MSEN	0	0.0	232	223.0	0	0.0	147	296.7	152	297.6	817.3	0.0	817.3	86
244	Kilmurray	Tom	Knaresborough Striders	MSEN	0	0.0	72	414.9	86	396.6	0	0.0	0	0.0	811.5	0.0	811.5	87
245	Gregory	Mark	Rothwell Harriers & AC	M60	298	164.8	264	184.7	240	209.2	215	201.9	216	211.8	972.4	164.8	807.6	8
246	Sedgley	Matthew	Valley Striders AC	MSEN	276	189.6	255	195.4	251	195.9	0	0.0	206	225.2	806.1	0.0	806.1	88
247	Smith	Andrew	Ackworth Road Runners	M45	0	0.0	252	199.0	259	186.1	208	211.7	218	209.1	806.0	0.0	806.0	44
248	Wallace	Neil	Pudsey & Bramley AC	M45	267	199.8	242	211.0	269	174.0	220	195.0	225	199.7	979.5	174.0	805.5	45
249	Carlton	James	Saltire Striders	MSEN	285	179.5	288	155.9	227	225.1	185	243.7	0	0.0	804.1	0.0	804.1	89
250	Walker	Gavin	Ackworth Road Runners	M35	86	404.1	0	0.0	85	397.8	0	0.0	0	0.0	801.9	0.0	801.9	33
251	Wigglesworth	Oliver	Ackworth Road Runners	MSEN	184	293.5	0	0.0	314	119.2	230	181.1	220	206.4	800.2	0.0	800.2	90
252	Hibberd	Daryl	Valley Striders AC	M35	0	0.0	73	413.7	96	384.4	0	0.0	0	0.0	798.1	0.0	798.1	34
253	Cartwright	Richard	Hyde Park Harriers	M40	251	217.8	239	214.6	257	188.6	246	158.8	242	176.9	956.7	158.8	798.0	44
254	Marshall	Guy	Knaresborough Striders	M55	273	193.0	266	182.3	300	136.3	216	200.6	211	218.5	930.6	136.3	794.3	13
255	Scaife	Nigel	Nidd Valley Road Runners	M50	271	195.3	233	221.8	293	144.8	253	149.0	209	221.2	932.1	144.8	787.3	20
256	Mann	Chris	Pudsey & Bramley AC	M40	0	0.0	224	232.6	0	0.0	168	267.4	160	286.9	786.9	0.0	786.9	45
257	Roll	Peter	Ilkley Harriers	M55	212	261.9	200	261.4	198	260.3	0	0.0	0	0.0	783.6	0.0	783.6	14
258	Woodall	Philip	Harrogate Harriers & AC	MSEN	0	0.0	0	0.0	104	374.7	71	402.5	0	0.0	777.2	0.0	777.2	91
259	Rose	Jack	Hyde Park Harriers	MSEN	208	266.4	203	257.8	210	245.7	0	0.0	0	0.0	769.9	0.0	769.9	92
260	Armstrong	Ross	Abbey Runners	M35	0	0.0	0	0.0	98	382.0	0	0.0	86	386.1	768.1	0.0	768.1	35
261	Bastin	Tony	Abbey Runners	M55	256	212.2	249	202.6	0	0.0	238	169.9	238	182.3	767.0	0.0	767.0	15
262	Davy	Alan	Kippax & District Harriers	M45	228	243.8	0	0.0	244	204.4	206	214.5	298	101.9	764.5	0.0	764.5	46
263	Burton	Phil	Roundhay Runners	M55	213	260.7	0	0.0	204	253.0	0	0.0	187	250.7	764.4	0.0	764.4	16
264	Watson	Simon	Harrogate Harriers & AC	M60	206	268.6	0	0.0	207	249.4	0	0.0	191	245.3	763.3	0.0	763.3	9
265	Foystone	Dave	Ilkley Harriers	M45	0	0.0	102	378.9	0	0.0	86	381.6	0	0.0	760.5	0.0	760.5	47
266	Scholefield	Phillip	Abbey Runners	M35	107	380.4	0	0.0	101	378.3	0	0.0	0	0.0	758.7	0.0	758.7	36
267	Dunn	Paul	Harrogate Tri Club	M35	281	184.0	279	166.7	262	182.5	209	210.3	240	179.6	923.1	166.7	756.4	37
268	Black	Andrew	Hyde Park Harriers	M35	104	383.7	0	0.0	107	371.0	0	0.0	0	0.0	754.8	0.0	754.8	38
269	Heeley	Paul	Horsforth Fellandale	M45	0	0.0	108	371.7	0	0.0	0	0.0	91	379.4	751.1	0.0	751.1	48
270	Mawer	Damian	York Postal Harriers	M45	0	0.0	0	0.0	0	0.0	96	367.7	90	380.7	748.4	0.0	748.4	49
271	Page	Mick	Roundhay Runners	M70	286	178.3	277	169.1	261	183.7	225	188.0	227	197.1	916.2	169.1	747.1	1
272	Richards	Oliver	Horsforth Fellandale	M40	113	373.6	0	0.0	0	0.0	92	373.3	0	0.0	746.8	0.0	746.8	46
273	Simenton	Ben	Pudsey & Bramley AC	MSEN	147	335.2	0	0.0	209	247.0	0	0.0	254	160.9	743.0	0.0	743.0	93
274	Metcalfe	Kevin	Harrogate Tri Club	M50	0	0.0	0	0.0	206	250.6	180	250.7	195	239.9	741.3	0.0	741.3	21
275	Kendell	John	Chapel Allerton Runners	M45	299	163.7	0	0.0	258	187.3	236	172.7	213	215.8	739.5	0.0	739.5	50
276	Adcock	Richard	Valley Striders AC	M50	260	207.7	256	194.2	247	200.7	0	0.0	274	134.0	736.7	0.0	736.7	22
277	Midupp	Steve	Vale of York Athletic Community	M60	0	0.0	259	190.6	272	170.3	228	183.8	232	190.3	735.2	0.0	735.2	10
278	Pawley	Graham	Valley Striders AC	M55	266	200.9	248	203.8	280	160.6	241	165.7	0	0.0	731.1	0.0	731.1	17
279	Dobinson	Derek	Knaresborough Striders	M45	264	203.2	268	179.9	0	0.0	239	168.5	247	170.2	721.8	0.0	721.8	51
280	Legg	Ian	Wetherby Runners AC	M55	307	154.6	292	151.1	277	164.2	221	193.6	219	207.8	871.3	151.1	720.2	18
281	Powell	Edward	Roundhay Runners	M40	0	0.0	101	380.1	134	338.2	0	0.0	0	0.0	718.3	0.0	718.3	47
282	Kay	Tom	Saltire Striders	M35	0	0.0	0	0.0	116	360.1	0	0.0	107	357.9	718.0	0.0	718.0	39
283	Leigh	Harry	Kirkstall Harriers	MSEN	0	0.0	113	365.7	123	351.6	0	0.0	0	0.0	717.3	0.0	717.3	94
284	Crebbin	Nick	Nidd Valley Road Runners	M50	269	197.5	262	187.1	268	175.2	0	0.0	258	155.5	715.2	0.0	715.2	23
285	Hindson	Adam	Hyde Park Harriers	M50	222	250.6	0	0.0	0	0.0	195	229.8	202	230.6	710.9	0.0	710.9	24
286	Cocker	Simon	Nidd Valley Road Runners	M55	218	255.1	216	242.2	237	212.9	0	0.0	0	0.0	710.2	0.0	710.2	19
287	Turner	Steven	Nidd Valley Road Runners	M50	232	239.3	220	237.4	226	226.3	0	0.0	0	0.0	703.0	0.0	703.0	25
288	Rhule-Samuel	Joel	Abbey Runners	MSEN	112	374.7	0	0.0	143	323.3	0	0.0	0	0.0	702.0	0.0	702.0	95
289	Parker	Karl	Abbey Runners	MSEN	211	263.0	0	0.0	213	242.1	0	0.0	229	194.4	699.4	0.0	699.4	96
290	Lippiatt	Huw	Valley Striders AC	M50	134	349.9	132	342.9	0	0.0	0	0.0	0	0.0	692.8	0.0	692.8	26
291	Ogbalbe	Jack	Airecentre Pacers	MSEN	111	375.8	0	0.0	152	316.3	0	0.0	0	0.0	692.1	0.0	692.1	97
292	Allison	David	Chapel Allerton Runners	M50	291	172.7	396	26.4	362	60.8	187	240.9	212	217.2	718.0	26.4	691.6	27
293	Holladay	Andy	York Triathlon Club	M55	0	0.0	172	295.0	93	388.1	0	0.0	0	0.0	683.0	0.0	683.0	20
294	Robins	Ben	Chapel Allerton Runners	MSEN	239	231.4	0	0.0	252	194.6	176	256.3	0	0.0	682.3	0.0	682.3	98
295	Stainano	Simon	Harrogate Harriers & AC	M45	133	351.0	0	0.0	142	328.5	0	0.0	0	0.0	679.5	0.0	679.5	52
296	Winterbottom	Josh	Saltire Striders	MSEN	283	181.7	304	136.7	352	73.0	237	171.3	236	185.0	747.7	73.0	674.7	99
297	Slater	James	Valley Striders AC	M50	305	156.9	265	183.5	273	169.1	249	154.6	283	122.0	786.0	122.0	664.0	28
298	Senior	Ben	Rothwell Harriers & AC	M45	135	348.8	0	0.0	156	311.4	0	0.0	0	0.0	660.2	0.0	660.2	53
299	Gill	Michael	Harrogate Harriers & AC	M55	257	211.1	191	272.2	271	171.5	0	0.0	0	0.0	654.8	0.0	654.8	21
300	Bodin Galvez	David	St Therasas AC	M40	0	0.0	0	0.0	0	0.0	132	317.5	123	336.5	654.0	0.0	654.0	48
301	Smith	Callum	Hyde Park Harriers	MSEN	0	0.0	150	321.3	0	0.0	0	0.0	126	332.4	653.8	0.0	653.8	100
302	Watson	Chris	Chapel Allerton Runners	MSEN	159	321.7	143	329.7	0	0.0	0	0.0	0	0.0	651.4	0.0	651.4	101
303	Ebrey	Paul	St Therasas AC	M50	0	0.0	244	208.6	229	222.6	203	218.7	0	0.0	649.9	0.0	649.9	29
304	Tattersall	Andrew John	Knaresborough Striders	M55	253	215.6	231	224.2	241	208.0	0	0.0	0	0.0	647.8	0.0	647.8	22
305	Money Penny	Brad	Wetherby Runners AC	MSEN	0	0.0	0	0.0	263	181.3	194	231.2	199	234.6	647.0	0.0	647.0	102
306	Young	Innes	Roundhay Runners	M45	143	339.7	0	0.0	0	0.0	140	306.4	0	0.0	646.1	0.		

347	Richards	Jon	Abbey Runners	M45	293	170.4	309	130.7	288	150.9	291	96.1	0	0.0	548.1	0.0	548.1	58
348	Edmondson	Iain	Wetherby Runners AC	M50	0	0.0	188	278.8	189	271.3	0	0.0	0	0.0	547.1	0.0	547.1	40
349	Hill	Andy	Kippax & District Harriers	M50	0	0.0	0	0.0	0	0.0	165	271.6	169	274.8	546.4	0.0	546.4	41
350	Tyrell	Mark	Nidd Valley Road Runners	M50	300	162.5	0	0.0	285	154.5	198	225.6	0	0.0	542.7	0.0	542.7	42
351	Ward	Roger	Rothwell Harriers & AC	M60	322	137.7	303	137.9	311	122.9	257	143.5	311	84.5	626.4	84.5	541.9	15
352	Long	Vernon	Valley Striders AC	M55	192	284.4	208	251.8	0	0.0	0	0.0	0	0.0	536.2	0.0	536.2	26
353	Eldred	John	Chapel Allerton Runners	M65	326	133.2	300	141.5	305	130.2	0	0.0	285	119.3	524.1	0.0	524.1	2
354	Giglia	Chris	Hyde Park Harriers	M35	280	185.1	274	172.7	276	165.5	0	0.0	0	0.0	523.2	0.0	523.2	42
355	Gummer	Ben	Knaresborough Striders	M35	0	0.0	0	0.0	214	240.9	0	0.0	166	278.8	519.7	0.0	519.7	43
356	Lay	Richard	Kippax & District Harriers	M45	310	151.2	317	121.1	318	114.4	276	117.0	277	130.0	633.7	114.4	519.4	59
357	Al-Janabi	Daoud	Kirkstall Harriers	MSEN	0	0.0	0	0.0	0	0.0	181	249.3	173	269.4	518.7	0.0	518.7	111
358	Rickard	Matt	Nidd Valley Road Runners	M45	249	220.1	0	0.0	0	0.0	150	292.5	0	0.0	512.6	0.0	512.6	60
359	Spence	Jack	Chapel Allerton Runners	MSEN	207	267.5	0	0.0	0	0.0	186	242.3	0	0.0	509.8	0.0	509.8	112
360	Mellor	David	St Theresas AC	M50	268	198.6	250	201.4	0	0.0	0	0.0	294	107.2	507.3	0.0	507.3	43
361	Hamilton	Robert	Ilkley Harriers	M65	0	0.0	270	177.5	286	153.3	0	0.0	245	172.9	503.7	0.0	503.7	3
362	Read	Carl	Nidd Valley Road Runners	M45	352	103.8	320	117.5	317	115.6	0	0.0	250	166.2	503.1	0.0	503.1	61
363	Milligan	Paul	Hyde Park Harriers	M40	205	269.8	0	0.0	0	0.0	193	232.6	0	0.0	502.3	0.0	502.3	58
364	Lawson	Nathan	Ilkley Harriers	MSEN	1	500.0	0	0.0	0	0.0	0	0.0	0	0.0	500.0	0.0	500.0	113
365	Fell	Thomas	Vale of York Athletic Community	MSEN	0	0.0	0	0.0	0	0.0	0	0.0	3	497.3	497.3	0.0	497.3	114
366	Nacario	Jyro	Kirkstall Harriers	MSEN	331	127.5	0	0.0	265	178.8	0	0.0	237	183.6	490.0	0.0	490.0	115
367	Savage	Martin	Kirkstall Harriers	M45	272	194.1	290	153.5	295	142.3	0	0.0	0	0.0	489.9	0.0	489.9	62
368	Cornforth	Philip	Knaresborough Striders	M55	242	228.0	0	0.0	0	0.0	172	261.8	0	0.0	489.8	0.0	489.8	27
369	Burnard	Andrew	Horsforth Harriers	M40	0	0.0	211	248.2	215	239.7	0	0.0	0	0.0	487.9	0.0	487.9	59
370	Bryson	Cameron	Vale of York Athletic Community	MSEN	0	0.0	0	0.0	0	0.0	10	487.5	0	0.0	487.5	0.0	487.5	116
371	Milne	Stephen	Hyde Park Harriers	M40	0	0.0	230	225.4	197	261.6	0	0.0	0	0.0	487.0	0.0	487.0	60
372	Saddler	Liam	Ackworth Road Runners	M35	274	191.9	295	147.5	291	147.2	0	0.0	0	0.0	486.6	0.0	486.6	44
373	Sharley	James	Knaresborough Striders	MSEN	13	486.5	0	0.0	0	0.0	0	0.0	0	0.0	486.5	0.0	486.5	117
374	Krastev	Vladimir	Roundhay Runners	M35	0	0.0	0	0.0	0	0.0	11	486.1	0	0.0	486.1	0.0	486.1	45
375	Whitby	Mark	York Postal Harriers	M55	270	196.4	283	161.9	0	0.0	0	0.0	279	127.3	485.6	0.0	485.6	28
376	Lawley	Joe	Hyde Park Harriers	MSEN	235	235.9	213	245.8	0	0.0	0	0.0	0	0.0	481.7	0.0	481.7	118
377	Allison	Jack	Roundhay Runners	MSEN	0	0.0	0	0.0	17	480.5	0	0.0	0	0.0	480.5	0.0	480.5	119
378	Moore	Jed	Hyde Park Harriers	MSEN	0	0.0	0	0.0	220	233.6	183	246.5	0	0.0	480.1	0.0	480.1	120
379	Lyall	James	York Postal Harriers	M35	0	0.0	212	247.0	221	232.4	0	0.0	0	0.0	479.4	0.0	479.4	46
380	Lu	Yang	Hyde Park Harriers	MSEN	302	160.3	294	148.7	274	167.9	0	0.0	0	0.0	476.8	0.0	476.8	121
381	Bernardo	Paul	Ackworth Road Runners	M45	0	0.0	296	146.3	264	180.0	252	150.4	0	0.0	476.7	0.0	476.7	63
382	Furby	Mike	Valley Striders AC	M50	0	0.0	0	0.0	0	0.0	192	234.0	193	242.6	476.6	0.0	476.6	44
383	Balkwill	James	Abbey Runners	M50	324	135.4	338	95.9	313	120.4	272	122.6	0	0.0	474.4	0.0	474.4	45
384	Laycock	Danny	Hyde Park Harriers	MSEN	0	0.0	0	0.0	218	236.0	189	238.2	0	0.0	474.2	0.0	474.2	122
385	Morris	James	Valley Striders AC	MSEN	0	0.0	0	0.0	0	0.0	0	0.0	21	473.2	473.2	0.0	473.2	123
386	Brewster	Keith	Valley Striders AC	M65	335	123.0	329	106.7	324	107.1	268	128.1	289	113.9	578.9	106.7	472.2	4
387	Ryallt	Matt	York Triathlon Club	M60	0	0.0	0	0.0	0	0.0	197	227.0	196	238.6	465.6	0.0	465.6	16
388	Seddon	Tim	St Theresas AC	M60	309	152.4	280	165.5	0	0.0	0	0.0	264	147.5	465.3	0.0	465.3	17
389	Beesting	Adam	Pudsey & Bramley AC	M40	312	149.0	0	0.0	0	0.0	250	153.2	253	162.2	464.4	0.0	464.4	61
390	Bower	David	Saltaire Striders	M60	288	176.1	0	0.0	0	0.0	256	144.8	269	140.8	461.7	0.0	461.7	18
391	Hughes	David	Ackworth Road Runners	M40	0	0.0	253	197.8	196	262.8	0	0.0	0	0.0	460.6	0.0	460.6	62
392	Noren	Peter	Hyde Park Harriers	MSEN	0	0.0	0	0.0	34	459.9	0	0.0	0	0.0	459.9	0.0	459.9	124
393	Leslie	David	Abbey Runners	M70	350	106.1	334	100.7	304	131.4	0	0.0	286	118.0	456.2	0.0	456.2	3
394	Loughton	Mark	York Triathlon Club	M55	0	0.0	219	238.6	235	215.3	0	0.0	0	0.0	453.9	0.0	453.9	29
395	Hill	Tom	Kippax & District Harriers	MSEN	223	249.4	0	0.0	332	97.3	0	0.0	296	104.6	451.3	0.0	451.3	125
396	Bisset	Andy	Horsforth Harriers	M50	311	150.1	287	157.1	294	143.6	0	0.0	0	0.0	450.7	0.0	450.7	46
397	Wilson	Tom	Knaresborough Striders	M35	0	0.0	0	0.0	0	0.0	0	0.0	38	450.4	450.4	0.0	450.4	47
398	Casson	Lee	Saltaire Striders	M35	45	450.3	0	0.0	0	0.0	0	0.0	0	0.0	450.3	0.0	450.3	48
399	Bickerdyke	Jordan	Chapel Allerton Runners	MSEN	255	213.3	221	236.2	0	0.0	0	0.0	0	0.0	449.5	0.0	449.5	126
400	Askew	David	Harrogate Harriers & AC	M60	346	110.6	335	99.5	326	104.6	264	133.7	0	0.0	448.5	0.0	448.5	19
401	Davey	James	Ackworth Road Runners	M40	200	275.4	344	88.7	346	80.3	0	0.0	0	0.0	444.4	0.0	444.4	63
402	Ramsden	Paul	Hyde Park Harriers	M45	0	0.0	314	124.7	310	124.1	287	101.7	305	92.5	443.0	0.0	443.0	64
403	Harrop	Andrew	Knaresborough Striders	M55	318	142.2	0	0.0	0	0.0	271	124.0	244	174.3	440.4	0.0	440.4	30
404	Bickler	Barak	Roundhay Runners	MSEN	0	0.0	0	0.0	0	0.0	0	0.0	46	439.7	439.7	0.0	439.7	127
405	Rafton	David	Pudsey & Bramley AC	M40	313	147.9	0	0.0	307	127.7	0	0.0	256	158.2	433.8	0.0	433.8	64
406	Towse	Mark	Wetherby Runners AC	M45	292	171.6	315	123.5	299	137.5	0	0.0	0	0.0	432.5	0.0	432.5	65
407	Stirk	Adam	Wharfedale Harriers	M35	66	426.6	0	0.0	0	0.0	0	0.0	0	0.0	426.6	0.0	426.6	49
408	Newton	Stephen	Nidd Valley Road Runners	M50	332	126.4	319	118.7	364	58.4	0	0.0	284	120.6	424.2	0.0	424.2	47
409	Shamim	Salman	Pudsey & Bramley AC	M45	0	0.0	0	0.0	312	121.7	242	164.3	271	138.1	424.1	0.0	424.1	66
410	Nunn	Sam	Chapel Allerton Runners	MSEN	69	423.3	0	0.0	0	0.0	0	0.0	0	0.0	423.3	0.0	423.3	128
411	Travis	Alan	Ilkley Harriers	M45	343	114.0	351	80.3	340	87.6	285	104.5	287	116.6	503.0	80.3	422.7	67
412	Jones	Richard	St Theresas AC	M40	238	232.5	260	189.4	0	0.0	0	0.0	0	0.0	422.0	0.0	422.0	65
413	Shekar	Chandra	Nidd Valley Road Runners	M45	351	105.0	339	94.7	323	108.3	279	112.8	0	0.0	420.8	0.0	420.8	68
414	Eagle	Jonathan	Horsforth Harriers	M60	258	209.9	0	0.0	239	210.5	0	0.0	0	0.0	420.4	0.0	420.4	20
415	Green	Jeff	Ilkley Harriers	M55	0	0.0	68	419.7	0	0.0	0	0.0	0	0.0	419.7	0.0	419.7	31
416	Milner	Rob	Ackworth Road Runners	M35	0	0.0	0	0.0	0	0.0	207	213.1	221	205.1	418.2	0.0	418.2	50
417	Leach	Adrian	Ackworth Road Runners	M55	356	99.3	354	76.7	321	110.7	280	111.4	306	91.2	489.3	76.7	412.6	32
418	Glover	Christopher	Kirkstall Harriers	M60	244	225.7	263	185.9	0	0.0	0	0.0	0	0.0	411.6	0.0	411.6	21
419	Mosedale	Tim	Saltaire Striders	M40	0	0.0	286	158.3	329	101.0	254	147.6	0	0.0	406.9	0.0	406.9	66
420	Deacon	Michael	Nidd Valley Road Runners	M60	355	100.5	328	107.9	0	0.0	301	82.2	288	115.3	405.8	0.0	405.8	22
421	Drake	Christopher	Bradford Airedale AC	M40	0	0.0	0	0.0	0	0.0	0	0.0	73	403.5	403.5	0.0	403.5	67
422	Horobin	Darren	Ackworth Road Runners	M50	0	0.0	307	133.1	333	96.1	235	174.1	0	0.0	403.3	0.0	403.3	48
423	Macfarlane	Russell	Saltaire Striders	M35	0	0.0	0	0.0	0	0.0	0	0.0	74	402.1	402.1	0.0	402.1	51
424	Rowell	Max	Horsforth Harriers	M40	0	0.0	0	0.0	84	399.0	0	0.0	0	0.0	399.0	0.0	399.0	68
425	Carvello	James	Roundhay Runners	M45	91	398.4												

464	Ryder	Jim	Ilkley Harriers	M55	0	0.0	0	0.0	131	341.8	0	0.0	0	0.0	341.8	0.0	341.8	37
465	Lyons	Chris	Chapel Allerton Runners	M45	0	0.0	0	0.0	0	0.0	232	178.3	252	163.5	341.8	0.0	341.8	76
466	Parry	David	Chapel Allerton Runners	M35	0	0.0	0	0.0	0	0.0	247	157.4	241	178.3	335.7	0.0	335.7	61
467	Morris	Stephen	Pudsey & Bramley AC	M35	0	0.0	0	0.0	137	334.5	0	0.0	0	0.0	334.5	0.0	334.5	62
468	Barltlett	Gary	Roundhay Runners	M50	149	333.0	0	0.0	0	0.0	0	0.0	0	0.0	333.0	0.0	333.0	54
469	Small	Chris	Horsforth Fellandale	M40	306	155.8	271	176.3	0	0.0	0	0.0	0	0.0	332.0	0.0	332.0	76
470	Yates	Shaun	Ackworth Road Runners	MSEN	155	326.2	0	0.0	0	0.0	0	0.0	0	0.0	326.2	0.0	326.2	132
471	Lake	Andrew	Wetherby Runners AC	M45	0	0.0	146	326.1	0	0.0	0	0.0	0	0.0	326.1	0.0	326.1	77
472	Foster	Stephen	Bradford Airedale AC	M55	379	73.4	349	82.7	0	0.0	299	85.0	313	81.8	322.8	0.0	322.8	38
473	Strangeway	Ben	Kippax & District Harriers	M35	0	0.0	0	0.0	0	0.0	129	321.7	0	0.0	321.7	0.0	321.7	63
474	Gerrish	Adam	Ilkley Harriers	MSEN	0	0.0	0	0.0	0	0.0	0	0.0	134	321.7	321.7	0.0	321.7	133
475	Smith	Nick	Nidd Valley Road Runners	M60	0	0.0	377	49.2	343	83.9	297	87.7	301	97.9	318.7	0.0	318.7	24
476	Armer	Carrick	Abbey Runners	M40	396	54.2	0	0.0	0	0.0	269	126.7	272	136.7	317.6	0.0	317.6	77
477	Leadbeater	Mark	Ackworth Road Runners	M55	0	0.0	0	0.0	0	0.0	266	130.9	235	186.3	317.2	0.0	317.2	39
478	Mitchell	Josh	Hyde Park Harriers	MSEN	164	316.0	0	0.0	0	0.0	0	0.0	0	0.0	316.0	0.0	316.0	134
479	Hooper	Thomas	Chapel Allerton Runners	MSEN	0	0.0	322	115.1	0	0.0	0	0.0	226	198.4	313.5	0.0	313.5	135
480	Howard	Tom	Roundhay Runners	M40	0	0.0	157	312.9	0	0.0	0	0.0	0	0.0	312.9	0.0	312.9	78
481	Calver	Rob	Chapel Allerton Runners	M50	0	0.0	291	152.3	281	159.4	0	0.0	0	0.0	311.6	0.0	311.6	55
482	Rickerby	Dylan	Rothwell Harriers & AC	M45	0	0.0	0	0.0	0	0.0	138	309.2	0	0.0	309.2	0.0	309.2	78
483	Morimoto	Kazuki	Abbey Runners	M55	0	0.0	289	154.7	0	0.0	0	0.0	260	152.8	307.5	0.0	307.5	40
484	Fugill	Sam	Nidd Valley Road Runners	M35	0	0.0	297	145.1	279	161.8	0	0.0	0	0.0	306.9	0.0	306.9	64
485	Wallace	John	Valley Striders AC	M55	0	0.0	375	51.6	366	56.0	296	89.1	293	108.6	305.2	0.0	305.2	41
486	Steel	Phil	York Triathlon Club	M45	0	0.0	0	0.0	0	0.0	261	137.9	251	164.9	302.8	0.0	302.8	79
487	Fox	Ken	Valley Striders AC	M65	384	67.7	0	0.0	363	59.6	295	90.5	312	83.1	301.0	0.0	301.0	7
488	Darcy	Graham James	Saltaire Striders	M55	364	90.3	365	63.5	0	0.0	289	98.9	340	45.6	298.3	0.0	298.3	42
489	Fletcher	Jonathan	St Therasas AC	M45	334	124.2	330	105.5	356	68.1	0	0.0	0	0.0	297.8	0.0	297.8	80
490	Douglas	Alan	Saltaire Striders	M50	0	0.0	0	0.0	336	92.5	283	107.2	302	96.5	296.2	0.0	296.2	56
491	Shaw	Michael	Nidd Valley Road Runners	M45	376	76.7	0	0.0	0	0.0	277	115.6	297	103.2	295.6	0.0	295.6	81
492	Lillford	Stephen	Abbey Runners	M40	0	0.0	0	0.0	0	0.0	148	295.3	0	0.0	295.3	0.0	295.3	79
493	Hassall	Christopher	Saltaire Striders	M35	183	294.6	0	0.0	0	0.0	0	0.0	0	0.0	294.6	0.0	294.6	65
494	Turnbull	Alex	Hyde Park Harriers	M45	0	0.0	321	116.3	322	109.5	311	68.2	0	0.0	294.0	0.0	294.0	82
495	Shelley	Peter	Ilkley Harriers	M55	0	0.0	173	293.8	0	0.0	0	0.0	0	0.0	293.8	0.0	293.8	43
496	Entwistle	Iain	Harrogate Harriers & AC	M45	0	0.0	0	0.0	172	292.0	0	0.0	0	0.0	292.0	0.0	292.0	83
497	Tarbit	James	Hyde Park Harriers	M35	369	84.7	363	65.9	350	75.4	0	0.0	325	65.7	291.7	0.0	291.7	66
498	Nicholas	Kevin	Nidd Valley Road Runners	M55	0	0.0	0	0.0	176	287.1	0	0.0	0	0.0	287.1	0.0	287.1	44
499	Pemberton	Max	Bradford Airedale AC	MSEN	0	0.0	0	0.0	0	0.0	154	286.9	0	0.0	286.9	0.0	286.9	136
500	Bennett	Paul	Horsforth Fellandale	M60	294	169.3	323	113.9	0	0.0	0	0.0	0	0.0	283.2	0.0	283.2	25
501	Freer	Oliver	Abbey Runners	M40	0	0.0	332	103.1	0	0.0	233	176.9	0	0.0	280.0	0.0	280.0	80
502	Milner	Craig	Airecentre Pacers	MSEN	196	279.9	0	0.0	0	0.0	0	0.0	0	0.0	279.9	0.0	279.9	137
503	Preston	Andy	Ackworth Road Runners	M35	0	0.0	0	0.0	0	0.0	263	135.1	268	142.1	277.2	0.0	277.2	67
504	Morland	Stephen	Knaresborough Striders	M50	0	0.0	0	0.0	0	0.0	163	274.4	0	0.0	274.4	0.0	274.4	57
505	Hillas	Stephen	Saltaire Striders	M60	354	101.6	0	0.0	0	0.0	309	71.0	299	100.5	273.1	0.0	273.1	26
506	Smith	Simon	Kirkstall Harriers	M50	398	51.9	369	58.8	0	0.0	305	76.6	310	85.8	273.1	0.0	273.1	58
507	Winder	Bill	Ackworth Road Runners	M50	323	136.6	305	135.5	0	0.0	0	0.0	0	0.0	272.1	0.0	272.1	59
508	Brant	Greg	Horsforth Harriers	M40	203	272.0	0	0.0	0	0.0	0	0.0	0	0.0	272.0	0.0	272.0	81
509	Walker	John	Roundhay Runners	M60	0	0.0	302	139.1	303	132.6	0	0.0	0	0.0	271.7	0.0	271.7	27
510	Linsrum	Nils	Wetherby Runners AC	M35	0	0.0	194	268.6	0	0.0	0	0.0	0	0.0	268.6	0.0	268.6	68
511	Fotherby	Paul	Valley Striders AC	M45	0	0.0	195	267.4	0	0.0	0	0.0	0	0.0	267.4	0.0	267.4	84
512	Cook	James	Roundhay Runners	M45	308	153.5	0	0.0	319	113.1	0	0.0	0	0.0	266.6	0.0	266.6	85
513	Bowman	Geoff	Roundhay Runners	M60	378	74.5	0	0.0	365	57.2	315	62.7	322	69.7	264.0	0.0	264.0	28
514	Stevenson	Adam	Kirkstall Harriers	MSEN	0	0.0	0	0.0	195	264.0	0	0.0	0	0.0	264.0	0.0	264.0	138
515	Edwards	Richard	Hyde Park Harriers	M45	390	60.9	357	73.1	0	0.0	318	58.5	321	71.0	263.6	0.0	263.6	86
516	Irvine	Richard	Valley Striders AC	M50	0	0.0	0	0.0	0	0.0	0	0.0	182	257.4	257.4	0.0	257.4	60
517	Turnbull	Stephen	Airecentre Pacers	M45	0	0.0	310	129.5	309	125.3	0	0.0	0	0.0	254.8	0.0	254.8	87
518	Sutcliffe	Adam	Chapel Allerton Runners	M50	391	59.8	378	48.0	0	0.0	310	69.6	317	76.4	253.8	0.0	253.8	61
519	Bell	Richard	Wetherby Runners AC	M55	388	63.2	383	42.0	345	81.5	0	0.0	324	67.0	253.7	0.0	253.7	45
520	Atkinson	Dan	Harrogate Harriers & AC	M50	0	0.0	207	253.0	0	0.0	0	0.0	0	0.0	253.0	0.0	253.0	62
521	Possible	Wesley	York Postal Harriers	MSEN	0	0.0	333	101.9	0	0.0	255	146.2	0	0.0	248.2	0.0	248.2	139
522	Ho	Michael	Ilkley Harriers	M45	336	121.9	313	125.9	0	0.0	0	0.0	0	0.0	247.8	0.0	247.8	88
523	Hussey	John	Valley Striders AC	M70	372	81.3	382	43.2	353	71.8	0	0.0	336	50.9	247.1	0.0	247.1	5
524	Bennett	Simon	Ackworth Road Runners	M60	0	0.0	0	0.0	0	0.0	0	0.0	190	246.6	246.6	0.0	246.6	29
525	Clarke	Andy	St Therasas AC	M50	230	241.5	0	0.0	0	0.0	0	0.0	0	0.0	241.5	0.0	241.5	63
526	Hull	Mark	Ackworth Road Runners	M50	0	0.0	0	0.0	316	116.8	0	0.0	282	123.3	240.1	0.0	240.1	64
527	Gwynne	Cameron	Kirkstall Harriers	MSEN	327	132.1	0	0.0	325	105.8	0	0.0	0	0.0	237.9	0.0	237.9	140
528	Sawyer	Chris	Valley Striders AC	M65	366	88.0	0	0.0	351	74.2	0	0.0	318	75.1	237.3	0.0	237.3	8
529	Rodgers	Mike	Wetherby Runners AC	M40	0	0.0	223	233.8	0	0.0	0	0.0	0	0.0	233.8	0.0	233.8	82
530	Hawkins	Martin	Saltaire Striders	M50	237	233.6	0	0.0	0	0.0	0	0.0	0	0.0	233.6	0.0	233.6	65
531	Emery	Jonathan	Kippax & District Harriers	M40	240	230.2	0	0.0	0	0.0	0	0.0	0	0.0	230.2	0.0	230.2	83
532	Thomas	Richard	Kirkstall Harriers	M60	347	109.5	318	119.9	0	0.0	0	0.0	0	0.0	229.4	0.0	229.4	30
533	Ayre	Mark	Roundhay Runners	M55	241	229.1	0	0.0	0	0.0	0	0.0	0	0.0	229.1	0.0	229.1	46
534	Atherton	George	Hyde Park Harriers	MSEN	0	0.0	227	229.0	0	0.0	0	0.0	0	0.0	229.0	0.0	229.0	141
535	Scott	Iain	Harrogate Tri Club	M55	392	58.7	0	0.0	372	48.7	313	65.5	333	55.0	227.8	0.0	227.8	47
536	Cotterill	Jamie	St Therasas AC	M45	245	224.6	0	0.0	0	0.0	0	0.0	0	0.0	224.6	0.0	224.6	89
537	Greene	Paul	Abbey Runners	M60	0	0.0	360	69.5	0	0.0	0	0.0	259	154.2	223.7	0.0	223.7	31
538	Ballard	Craig	Horsforth Harriers	MSEN	246	223.5	0	0.0	0	0.0	0	0.0	0	0.0	223.5	0.0	223.5	142
539	O'loughlin	Ethan	Valley Striders AC	MSEN	248	221.2	0	0.0	0	0.0	0	0.0	0	0.0	221.2	0.0	221.2	143
540	Andralojc	Nicholas	Nidd Valley Road Runners	M60	0	0.0	0	0.0	0	0.0	202	220.1	0	0.0	220.1	0.0	220.1	32
541	Mcmullan	Kevin	Rothwell Harriers & AC	M55	250	219.0	0	0.0	0	0.0	0	0.0	0	0.0	219.0	0.0	219.0	48
542	Burbridge	Simon	Roundhay Runners	M40	0	0.0	236	218.2	0	0.0	0	0.0	0	0.0	218.2	0.0	218.2	84
543	Souch	Iain	York Triathlon Club	M55	381	71.1	362	67.1	347	79.1	0	0.0	0					

581	Calvert	Derek	Knaresborough Striders	M65	368	85.8	358	71.9	0	0.0	0	0.0	0	0.0	0	0.0	157.7	0.0	157.7	13
582	Wighton	Ian	Nidd Valley Road Runners	M55	0	0.0	370	57.6	330	99.8	0	0.0	0	0.0	0	0.0	157.3	0.0	157.3	56
583	Ghouri	Asim	Chapel Allerton Runners	M35	0	0.0	0	0.0	283	156.9	0	0.0	0	0.0	0	0.0	156.9	0.0	156.9	70
584	Snow	Matthew	Ilkley Harriers	M45	0	0.0	0	0.0	0	0.0	0	0.0	257	156.8	0	0.0	156.8	0.0	156.8	95
585	Reyes	Manuel	Dragons Running Club (Leeds)	M45	367	86.9	0	0.0	355	69.3	0	0.0	0	0.0	0	0.0	156.3	0.0	156.3	96
586	Ellis	Matt	Abbey Runners	M45	0	0.0	0	0.0	0	0.0	0	0.0	261	151.5	0	0.0	151.5	0.0	151.5	97
587	Leijssen	Roar	Ilkley Harriers	M50	393	57.6	0	0.0	0	0.0	293	93.3	0	0.0	0	0.0	150.9	0.0	150.9	71
588	Griffiths	Alun	Saltire Striders	M65	0	0.0	374	52.8	0	0.0	320	55.7	343	41.6	150.0	0.0	150.0	0.0	150.0	14
589	Taylor	Drew	Valley Striders AC	M60	0	0.0	0	0.0	0	0.0	0	0.0	263	148.8	148.8	0.0	148.8	0.0	148.8	38
590	Ibrahim	Joseph	Abbey Runners	M45	395	55.3	379	46.8	0	0.0	0	0.0	341	44.2	146.3	0.0	146.3	0.0	146.3	98
591	O'hara	John	Chapel Allerton Runners	M50	316	144.5	0	0.0	0	0.0	0	0.0	0	0.0	144.5	0.0	144.5	0.0	144.5	72
592	Read	Jamie	Saltire Striders	MSEN	420	27.1	402	19.2	387	30.4	332	39.0	339	46.9	162.6	19.2	143.4	150	143.4	150
593	Pennock	Richard	Harrogate Harriers & AC	M50	317	143.3	0	0.0	0	0.0	0	0.0	0	0.0	143.3	0.0	143.3	0.0	143.3	73
594	Persico	Peter	Abbey Runners	M45	0	0.0	0	0.0	0	0.0	258	142.1	0	0.0	142.1	0.0	142.1	0.0	142.1	99
595	Obridge	Lee	Kirkstall Harriers & AC	M50	319	141.1	0	0.0	0	0.0	0	0.0	0	0.0	141.1	0.0	141.1	0.0	141.1	74
596	Prendergast	Carl	Horsforth Fellandale	M75	409	39.5	394	28.8	0	0.0	336	33.4	345	38.9	140.6	0.0	140.6	0.0	140.6	1
597	Newell	Jason	Hyde Park Harriers	M50	408	40.6	392	31.2	0	0.0	0	0.0	323	68.4	140.2	0.0	140.2	0.0	140.2	75
598	Dennison	Warren	Roundhay Runners	M55	371	82.4	373	54.0	0	0.0	0	0.0	0	0.0	136.3	0.0	136.3	0.0	136.3	57
599	Sedgley	Neil	Valley Striders AC	M55	402	47.4	395	27.6	389	28.0	338	30.6	352	29.5	163.1	27.6	135.5	58	135.5	58
600	Walton	Clive	Abbey Runners	M55	0	0.0	364	64.7	354	70.6	0	0.0	0	0.0	135.3	0.0	135.3	59	135.3	59
601	Poyner	Ken	Rothwell Harriers & AC	M65	383	68.8	366	62.4	0	0.0	0	0.0	0	0.0	131.2	0.0	131.2	15	131.2	15
602	Burke	Joseph	Roundhay Runners	MSEN	328	130.9	0	0.0	0	0.0	0	0.0	0	0.0	130.9	0.0	130.9	151	130.9	151
603	Clarkin	Oliver	Hyde Park Harriers	MSEN	400	49.7	399	22.8	0	0.0	345	20.9	346	37.5	130.9	0.0	130.9	152	130.9	152
604	Taylor	Malcolm	Kirkstall Harriers	M35	421	26.0	397	25.2	380	38.9	339	29.2	349	33.5	126.8	25.2	127.6	71	127.6	71
605	Sykes-Hooban	Matt	Kirkstall Harriers	M40	0	0.0	0	0.0	308	126.5	0	0.0	0	0.0	126.5	0.0	126.5	90	126.5	90
606	Hogg	Joe	Hyde Park Harriers	M55	418	29.3	400	21.6	385	32.8	337	32.0	350	32.2	148.0	21.6	126.4	60	126.4	60
607	Davies	Jon	York Postal Harriers	M35	0	0.0	0	0.0	0	0.0	0	0.0	281	124.7	124.7	0.0	124.7	72	124.7	72
608	Carlisle	Gary	Kirkstall Harriers	M60	0	0.0	316	122.3	0	0.0	0	0.0	0	0.0	122.3	0.0	122.3	39	122.3	39
609	Walker	Mark	Harrogate Harriers & AC	M60	0	0.0	372	55.2	358	65.7	0	0.0	0	0.0	120.8	0.0	120.8	40	120.8	40
610	Donnelly	Dan	Hyde Park Harriers	M55	0	0.0	0	0.0	0	0.0	314	64.1	332	56.3	120.4	0.0	120.4	61	120.4	61
611	Waddington	Thomas	Chapel Allerton Runners	M35	338	119.6	0	0.0	0	0.0	0	0.0	0	0.0	119.6	0.0	119.6	73	119.6	73
612	Flint	Anthony	Roundhay Runners	M45	339	118.5	0	0.0	0	0.0	0	0.0	0	0.0	118.5	0.0	118.5	100	118.5	100
613	Common	Paul	Roundhay Runners	M55	0	0.0	0	0.0	0	0.0	275	118.4	0	0.0	118.4	0.0	118.4	62	118.4	62
614	Morris	Christopher	Nidd Valley Road Runners	M50	380	72.2	0	0.0	375	45.0	0	0.0	0	0.0	117.2	0.0	117.2	76	117.2	76
615	Brough	Michael	Valley Striders AC	M65	386	65.5	0	0.0	0	0.0	0	0.0	338	48.3	113.7	0.0	113.7	16	113.7	16
616	Allison	Dave	Ackworth Road Runners	M40	0	0.0	0	0.0	0	0.0	322	52.9	329	60.3	113.2	0.0	113.2	91	113.2	91
617	Fells	Alex	Hyde Park Harriers	MSEN	344	112.9	0	0.0	0	0.0	0	0.0	0	0.0	112.9	0.0	112.9	153	112.9	153
618	Copley	James	Kippax & District Harriers	MSEN	410	38.4	0	0.0	0	0.0	308	72.4	0	0.0	110.8	0.0	110.8	154	110.8	154
619	Heyes	Mark	Chapel Allerton Runners	M40	0	0.0	326	110.3	0	0.0	0	0.0	0	0.0	110.3	0.0	110.3	92	110.3	92
620	Nodwell	Adam	Kirkstall Harriers	M35	0	0.0	0	0.0	0	0.0	281	110.0	0	0.0	110.0	0.0	110.0	74	110.0	74
621	Jones	Oliver	Chapel Allerton Runners	MSEN	0	0.0	0	0.0	0	0.0	0	0.0	292	109.9	109.9	0.0	109.9	155	109.9	155
622	Pullan	Richard	Hyde Park Harriers	M65	412	36.1	389	34.8	382	36.5	0	0.0	0	0.0	107.4	0.0	107.4	17	107.4	17
623	Brown	Stephen	Hyde Park Harriers	M55	415	32.7	0	0.0	383	35.3	334	36.2	0	0.0	104.2	0.0	104.2	63	104.2	63
624	Robinson	Philip	Nidd Valley Road Runners	M60	0	0.0	384	40.8	0	0.0	0	0.0	327	63.0	103.8	0.0	103.8	41	103.8	41
625	Storey	Ian	Saltire Striders	M45	407	41.8	0	0.0	396	19.5	331	40.4	0	0.0	101.6	0.0	101.6	101	101.6	101
626	Thompson	Geoffrey	Wharfedale Harriers	M60	411	37.2	401	20.4	0	0.0	341	26.5	361	17.4	101.5	0.0	101.5	42	101.5	42
627	Mistry	Mohanlal	Saltire Striders	M60	426	20.3	0	0.0	394	21.9	342	25.1	351	30.8	98.1	0.0	98.1	43	98.1	43
628	Mcgregor	Ian	Wetherby Runners AC	M65	358	97.1	0	0.0	0	0.0	0	0.0	0	0.0	97.1	0.0	97.1	18	97.1	18
629	Hutchinson	John	Kirkstall Harriers	M75	397	53.0	0	0.0	376	43.8	0	0.0	0	0.0	96.8	0.0	96.8	2	96.8	2
630	Ongun	Rafet	Hyde Park Harriers	M35	419	28.2	398	24.0	0	0.0	328	44.6	0	0.0	96.8	0.0	96.8	75	96.8	75
631	Molyneux	Simon	Airecentre Pacers	M50	0	0.0	340	93.5	0	0.0	0	0.0	0	0.0	93.5	0.0	93.5	77	93.5	77
632	Harrison	Robert	Dragons Running Club (Leeds)	M50	362	92.6	0	0.0	0	0.0	0	0.0	0	0.0	92.6	0.0	92.6	78	92.6	78
633	Williams	Duncan	Kirkstall Harriers	MSEN	0	0.0	341	92.3	0	0.0	0	0.0	0	0.0	92.3	0.0	92.3	156	92.3	156
634	Bromley	Richard	Vale of York Athletic Community	M50	0	0.0	0	0.0	0	0.0	294	91.9	0	0.0	91.9	0.0	91.9	79	91.9	79
635	Elliott	John	Roundhay Runners	M60	0	0.0	0	0.0	338	90.0	0	0.0	0	0.0	90.0	0.0	90.0	44	90.0	44
636	Collinson	James	Hyde Park Harriers	MSEN	0	0.0	343	89.9	0	0.0	0	0.0	0	0.0	89.9	0.0	89.9	157	89.9	157
637	Mann	Richard	Rothwell Harriers & AC	M60	365	89.2	0	0.0	0	0.0	0	0.0	0	0.0	89.2	0.0	89.2	45	89.2	45
638	Biggins	Chris	Saltire Striders	M40	0	0.0	346	86.3	0	0.0	0	0.0	0	0.0	86.3	0.0	86.3	93	86.3	93
639	Mooney	Aidan	Abbey Runners	M45	0	0.0	0	0.0	370	51.1	0	0.0	348	34.9	85.9	0.0	85.9	102	85.9	102
640	Elwood	Andy	York Postal Harriers	M55	399	50.8	390	33.6	0	0.0	0	0.0	0	0.0	84.4	0.0	84.4	64	84.4	64
641	Kundiger	Jan	York Triathlon Club	M40	0	0.0	393	30.0	369	52.3	0	0.0	0	0.0	82.3	0.0	82.3	94	82.3	94
642	Shorrocks	Thomas	Abbey Runners	M40	428	18.1	406	14.4	0	0.0	344	22.3	354	26.8	81.5	0.0	81.5	95	81.5	95
643	Ellis	Adam	Abbey Runners	M45	0	0.0	403	18.0	395	20.7	340	27.9	363	14.7	81.3	0.0	81.3	103	81.3	103
644	Duffy	Richard	Horsforth Harriers	M70	373	80.1	0	0.0	0	0.0	0	0.0	0	0.0	80.1	0.0	80.1	6	80.1	6
645	Grindley	Paul	Airecentre Pacers	M55	0	0.0	352	79.1	0	0.0	0	0.0	0	0.0	79.1	0.0	79.1	65	79.1	65
646	Elcock	Tom	Hyde Park Harriers	M40	374	79.0	0	0.0	0	0.0	0	0.0	0	0.0	79.0	0.0	79.0	96	79.0	96
647	Gall	Stuart	St Therasas AC	M45	423	23.7	0	0.0	393	23.1	347	18.1	365	12.1	77.0	0.0	77.0	104	77.0	104
648	Chadwick	Phillip	Harrogate Harriers & AC	M45	0	0.0	0	0.0	0	0.0	335	34.8	344	40.2	75.0	0.0	75.0	105	75.0	105
649	Coghlan	Robin	Roundhay Runners	M55	0	0.0	0	0.0	0	0.0	0	0.0	320	72.4	72.4	0.0	72.4	66	72.4	66
650	Bush	John	Horsforth Harriers	M45	382	70.0	0	0.0	0	0.0	0	0.0	0	0.0	70.0	0.0	70.0	106	70.0	106
651	Seymour	Mark	Harrogate Harriers & AC	M60	0	0.0	0	0.0	0	0.0	312	66.9	0	0.0	66.9	0.0	66.9	46	66.9	46
652	Western	Gary	Saltire Striders	M60	385	66.6	0	0.0	0	0.0	0	0.0	0	0.0	66.6	0.0	66.6	47	66.6	47
653	Jackson	Bob	Valley Striders AC	M70	0	0.0	0	0.0	398	17.0										

698	Leadbeater	James	Vale of York Athletic Community	M40	0	0.0	412	7.2	0	0.0	0	0.0	0	0.0	7.2	0.0	7.2	101
699	Crowther	Chris	Ackworth Road Runners	M40	441	3.4	0	0.0	0	0.0	0	0.0	0	0.0	3.4	0.0	3.4	102
700	Cundall	Phil	St Theresas AC	M55	443	1.1	0	0.0	0	0.0	0	0.0	0	0.0	1.1	0.0	1.1	74