

PECO Cross Country League 2024-25

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	Best 4 From 5	Cat Pos
					Pos	Points	Pos	Points	Pos	Points	Pos	Points	Pos	Points			
1	Roden	Freddie	Abbey Runners	MSEN	1	500.0	2	498.8	1	500.0	2	498.7	1	500.0	2497.5	1998.8	1
2	Garbutt	Dan	St Therasas AC	M35	2	498.9	1	500.0	2	498.7	1	500.0	0	0.0	1997.6	1997.6	1
3	Humphries	Andrew	Airecentre Pacers	M35	3	497.7	4	496.4	9	489.7	3	497.4	0	0.0	1981.2	1981.2	2
4	Shacklock	Luke	Harrogate Harriers & AC	MSEN	5	495.4	3	497.6	10	488.4	19	476.5	3	496.8	2454.7	1978.2	2
5	Vogel	Joost	Valley Striders AC	M35	6	494.3	5	495.1	0	0.0	7	492.2	4	495.1	1976.8	1976.8	3
6	Lomas	Adam	Hyde Park Harriers	MSEN	0	0.0	13	485.4	7	492.3	5	494.8	2	498.4	1970.9	1970.9	3
7	Boymton	Philip	Horsforth Harriers	M35	11	488.6	11	487.9	6	493.6	9	489.6	7	490.3	2449.9	1962.0	4
8	Llewellyn	Ryan	Kirkstall Harriers	MSEN	9	490.9	14	484.2	14	483.3	11	486.9	6	491.9	2437.2	1953.9	4
9	Carter	Dom	York Postal Harriers	MSEN	0	0.0	8	491.5	5	494.9	10	488.3	14	479.0	1953.6	1953.6	5
10	Mitchell	Thomas	Harrogate Harriers & AC	MSEN	0	0.0	7	492.7	8	491.0	15	481.7	11	483.8	1949.3	1949.3	6
11	Grant	Daniel	Valley Striders AC	M35	8	492.0	15	483.0	13	484.6	18	477.8	0	0.0	1937.4	1937.4	5
12	Ahmed	Abdu	Hyde Park Harriers	MSEN	25	472.6	18	479.4	15	482.0	13	484.3	8	488.7	2407.0	1934.4	7
13	Blackwood	Douglas	Hyde Park Harriers	MSEN	26	471.5	27	468.4	18	478.1	17	479.1	5	493.5	2390.7	1922.3	8
14	Shinn	Oscar	Ilkley Harriers	MSEN	12	487.4	19	478.2	16	480.7	29	463.4	0	0.0	1909.8	1909.8	9
15	Hutchison	Ross	Abbey Runners	M40	19	479.5	32	462.4	22	473.0	0	0.0	18	472.5	1887.3	1887.3	1
16	Sykes	Richard	Hyde Park Harriers	M40	21	477.2	48	443.0	33	458.9	31	460.8	12	482.2	2322.0	1879.1	2
17	Moore	Gawain	Ilkley Harriers	M45	18	480.6	34	460.0	27	466.6	34	456.9	0	0.0	1864.0	1864.0	1
18	Moulding	Thomas	Hyde Park Harriers	MSEN	23	474.9	20	476.9	25	469.2	63	419.1	0	0.0	1840.0	1840.0	10
19	Holmes	Christian	Wharfedale Harriers	M50	38	457.8	33	461.2	35	456.3	42	446.5	26	459.5	2281.2	1834.8	1
20	Panesar	Rav	Valley Striders AC	M40	0	0.0	45	446.6	39	451.2	36	454.3	19	470.9	1822.9	1822.9	3
21	Franklin	James	Abbey Runners	M45	35	461.2	49	441.7	34	457.6	32	459.5	0	0.0	1820.0	1820.0	2
22	Turner	Andy	Roundhay Runners	M35	24	473.7	26	469.7	19	476.9	0	0.0	63	399.7	1819.9	1819.9	6
23	Somerville	Gareth	Harrogate Harriers & AC	MSEN	17	481.7	0	0.0	29	464.0	53	432.1	42	433.7	1811.5	1811.5	11
24	Wells	Simon	Kirkstall Harriers	M35	29	468.0	41	451.5	0	0.0	61	421.7	22	466.0	1807.2	1807.2	7
25	Holmes	Matthew	Abbey Runners	M45	52	441.8	54	435.7	37	453.7	41	447.8	24	462.8	2241.8	1806.1	3
26	Grinnell	Andrew	St Therasas AC	M50	36	460.0	35	458.7	53	433.2	39	450.4	0	0.0	1802.3	1802.3	2
27	Kemp	Chris	Hyde Park Harriers	MSEN	0	0.0	39	453.9	52	434.4	43	445.2	21	467.6	1801.1	1801.1	12
28	O'Hara	Jordan	Wharfedale Harriers	MSEN	0	0.0	85	398.1	30	462.7	30	462.1	17	474.1	1797.0	1797.0	13
29	Richardson	Gareth	Bradford Airedale AC	MSEN	68	423.5	64	423.5	76	403.6	22	472.6	15	477.3	2200.6	1797.0	14
30	Whiting	Tom	Vale of York Athletic Community	MSEN	39	456.6	61	427.2	55	430.6	40	449.1	30	453.1	2216.6	1789.4	15
31	Gaminde	Sebastian	Harrogate Harriers & AC	MSEN	10	489.7	23	473.3	119	348.3	20	475.2	0	0.0	1786.6	1786.6	16
32	Vargas	Michael	Hyde Park Harriers	M40	37	458.9	42	450.2	0	0.0	50	436.0	39	438.5	1783.7	1783.7	4
33	Anderton	Tom	Chapel Allerton Runners	MSEN	42	453.2	50	440.5	49	438.3	45	442.6	59	406.1	2180.7	1774.6	17
34	Morrison	Cairn	St Therasas AC	M45	44	450.9	75	410.2	57	428.0	47	439.9	29	454.7	2183.8	1773.6	4
35	Herrington	Richard	St Therasas AC	M40	87	401.8	52	438.1	42	447.3	59	424.3	25	461.2	2172.7	1770.9	5
36	Brien	Stef	Abbey Runners	MSEN	43	452.1	76	409.0	44	444.7	65	416.4	31	451.5	2173.7	1764.7	18
37	Harold	Brian	Chapel Allerton Runners	M35	40	455.5	40	452.7	0	0.0	44	443.9	55	412.6	1764.6	1764.6	8
38	Colley	Ashley	Bradford Airedale AC	M35	45	449.8	29	466.0	48	439.6	104	365.5	72	385.1	2106.0	1740.5	9
39	Mortimer	Charlie	Chapel Allerton Runners	M40	0	0.0	71	415.0	40	449.9	57	426.9	34	446.6	1738.4	1738.4	6
40	Douglas	Euan	Hyde Park Harriers	MSEN	62	430.4	58	430.8	67	415.2	0	0.0	27	457.9	1734.3	1734.3	19
41	Bron	Kealan	Vale of York Athletic Community	MSEN	55	438.4	0	0.0	59	425.4	54	430.8	43	432.0	1726.7	1726.7	20
42	Harris	Simon	Abbey Runners	M40	48	446.3	69	417.5	54	431.9	55	429.5	0	0.0	1725.2	1725.2	7
43	Mann	Gary	Valley Striders AC	M40	71	420.1	55	434.5	61	422.9	46	441.3	58	407.8	2126.5	1718.7	8
44	Rao	Nicholas	Roundhay Runners	MSEN	53	440.6	66	421.1	66	416.5	0	0.0	38	440.1	1718.3	1718.3	21
45	Macaley	Craig	Knaresborough Striders	M35	54	439.5	79	405.3	62	421.6	56	428.2	47	425.6	2120.2	1714.9	10
46	Tracey	Ciaran	Hyde Park Harriers	MSEN	96	391.6	73	412.6	43	446.0	33	458.2	0	0.0	1708.4	1708.4	22
47	Cliffe	Mark	Rothwell Harriers & AC	MSEN	61	431.5	0	0.0	71	410.0	58	425.6	41	435.3	1702.4	1702.4	23
48	Green	Joseph	Chapel Allerton Runners	MSEN	79	411.0	81	402.9	63	420.3	67	413.8	33	448.2	2096.2	1693.3	24
49	Morton	Joseph	Roundhay Runners	M40	72	418.9	60	428.4	64	419.0	69	411.2	48	423.9	2101.5	1690.3	9
50	Bromley	Harry	Vale of York Athletic Community	MSEN	81	408.7	74	411.4	84	393.3	49	437.3	44	430.4	2081.2	1687.8	25
51	Hardy	Lee	Kirkstall Harriers	M40	74	416.7	70	416.3	68	413.9	60	423.0	46	427.2	2097.0	1683.1	10
52	Adkins	Tobias	Hyde Park Harriers	MSEN	64	428.1	87	395.6	0	0.0	71	408.6	35	445.0	1677.3	1677.3	26
53	Bryer	Josh	Nidd Valley Road Runners	MSEN	58	434.9	53	436.9	81	397.2	78	399.5	60	404.5	2073.0	1675.8	27
54	Chilton	Patrick	Horsforth Harriers	MSEN	73	417.8	88	394.4	65	417.7	52	433.4	0	0.0	1663.4	1663.4	28
55	Hipkiss	Jack	Kirkstall Harriers	MSEN	80	409.8	0	0.0	73	407.5	74	404.7	56	411.0	1633.0	1633.0	29
56	Aylesbury	Caleb	Nidd Valley Road Runners	MSEN	59	433.8	72	413.8	88	388.2	82	394.3	80	372.2	2002.2	1630.1	30
57	Martin	Thomas	Pudsey & Bramley AC	MSEN	65	426.9	91	390.8	82	395.9	86	389.0	54	414.2	2016.9	1627.8	31
58	Walker	Dean	Rothwell Harriers & AC	MSEN	75	415.5	77	407.8	75	404.9	81	395.6	0	0.0	1623.7	1623.7	32
59	Torr	Daniel	Ackworth Road Runners	MSEN	92	396.1	92	389.6	72	408.7	70	409.9	61	402.9	2007.3	1617.7	33
60	Gott	Steven	Ilkley Harriers	M45	119	365.3	0	0.0	51	435.7	80	396.9	57	409.4	1607.3	1607.3	5
61	Malkin	Alexander	Hyde Park Harriers	MSEN	70	421.2	109	368.9	98	375.3	64	417.8	68	391.6	1974.8	1605.9	34
62	Knighton	Richard	Hyde Park Harriers	MSEN	97	390.4	99	381.1	70	411.3	76	402.1	70	388.3	1793.2	1592.2	35
63	Hammond	Matthew	Horsforth Harriers	M40	91	397.3	84	399.3	0	0.0	88	386.4	62	401.3	1584.2	1584.2	11
64	Kitchen	Miles	Rothwell Harriers & AC	MSEN	94	393.8	94	387.1	83	394.6	93	379.9	64	398.1	1953.5	1573.6	36
65	Martin	Ian	Vale of York Athletic Community	M55	85	404.1	80	404.1	93	381.7	92	381.2	0	0.0	1571.2	1571.2	1
66	Green	Jonny	Horsforth Harriers	MSEN	102	384.7	98	382.3	87	389.5	72	407.3	0	0.0	1563.8	1563.8	37
67	Holwill	Euan	Abbey Runners	MSEN	76	414.4	114	362.9	103	368.9	73	406.0	0	0.0	1552.1	1552.1	38
68	Kilmurray	Tom	Knaresborough Striders	MSEN	109	376.7	125	349.5	96	377.9	85	390.3	75	380.3	1874.7	1525.2	39
69	Grave	Paul	Valley Striders AC	M45	90	398.4	102	377.4	107	363.8	0	0.0	77	377.0	1516.6	1516.6	6
70	Johnson	Glen	St Therasas AC	M50	99	388.1	0	0.0	106	365.0	111	356.4	66	394.8	1504.4	1504.4	3
71	Hadley	Jonny	Hyde Park Harriers	MSEN	121	363.0	0	0.0	113	356.0	90	383.8	65	396.4	1499.3	1499.3	40
72	Scholefield	Phillip	Abbey Runners	M35	125	358.4	0	0.0	110	359.9	87	387.7	67	393.2	1499.3	1499.3	11
73	Ravenhall	George	Airecentre Pacers	MSEN	4	496.6	0	0.0	3	497.4	4	496.1	0	0.0	1490.1	1490.1	41
74	Houlihan	Ben	Otley AC	MSEN	0	0.0	12	486.7	4	496.1	14	483.0	0	0.0	1465.8	1465.8	42
75	Whittlestone	George	Ilkley Harriers	MSEN	66	425.8	104	375.0	168	285.3	100	370.8	0	0.0	1456.9	1456.9	43
76	Charlesworth	Nicholas	Wharfedale Harriers	M55	126	357.3	111	366.5	99	374.0	144	313.3	92	352.8	1763.9	1450.6	2
77	Clark	Kevin	Nidd Valley Road Runners	M40	0	0.0	141	330.1	90	385.6	123	340.7	74	381.9	1438.3	1438.3	12
78	Cheseldine	Edward	Valley Striders AC	MSEN	14	485.2	22	474.5	20	475.6	0	0.0	0	0.0	1435.3	1435.3	44
79	Dunbar	Stuart	Saltaire Striders	M60	115												

109	Wilson	Evan	Abbey Runners	MSEN	60	432.6	46	445.4	0	0.0	0	0.0	45	428.8	1306.8	1306.8	57
110	Davey	Richard	Wetherby Runners AC	M50	132	355.0	0	0.0	180	269.9	113	353.8	105	331.7	1305.9	1305.9	7
111	Moakler	Ben	Roundhay Runners	M40	46	448.6	67	419.9	50	437.0	0	0.0	0	0.0	1305.6	1305.6	14
112	Tarran	James	Valley Striders AC	M55	151	328.8	0	0.0	142	318.8	128	334.2	113	318.8	1300.5	1300.5	4
113	Mather	David	Chapel Allerton Runners	M45	50	444.1	0	0.0	58	426.7	0	0.0	50	420.7	1291.5	1291.5	14
114	Hesford	Ian	Nidd Valley Road Runners	M45	162	316.2	150	319.2	0	0.0	148	308.1	100	339.8	1283.3	1283.3	15
115	Travis	Joe	Rothwell Harriers & AC	MSEN	172	304.8	188	273.1	0	0.0	140	318.5	73	383.5	1279.9	1279.9	58
116	Jenkins	Liam	Abbey Runners	MSEN	77	413.2	0	0.0	0	0.0	62	420.4	37	441.7	1275.4	1275.4	59
117	Walsh	Jamie	Otley AC	MSEN	142	339.0	155	313.1	164	290.5	0	0.0	107	328.5	1271.1	1271.1	60
118	Al-Janabi	Daoud	Kirkstall Harriers	MSEN	187	287.7	0	0.0	154	303.3	150	305.5	82	368.9	1265.4	1265.4	61
119	Bennett	Paul	Vale of York Athletic Community	M45	180	295.7	0	0.0	133	330.3	138	321.1	114	317.2	1264.3	1264.3	16
120	Furlong	Ian	Roundhay Runners	M40	57	436.1	0	0.0	78	401.0	0	0.0	52	417.5	1254.6	1254.6	15
121	Jones	Steven	Valley Striders AC	MSEN	170	307.1	0	0.0	145	314.9	145	312.0	123	302.6	1236.6	1236.6	62
122	Rickerby	Lochie	Rothwell Harriers & AC	MSEN	148	332.2	176	287.6	151	307.2	147	309.4	0	0.0	1236.4	1236.4	63
123	Wallis	Nigel	Hyde Park Harriers	M45	164	313.9	161	305.8	141	320.1	222	211.5	127	296.1	1447.4	1235.9	17
124	Goodwin	Jacob	Chapel Allerton Runners	MSEN	47	447.5	83	400.5	89	386.9	0	0.0	0	0.0	1234.9	1234.9	64
125	Paget	Tom	Otley AC	M40	143	337.9	160	307.0	134	329.0	185	259.8	0	0.0	1233.8	1233.8	16
126	Moger	Adam	Kirkstall Harriers	M45	152	327.6	0	0.0	149	309.8	153	301.6	128	294.5	1233.5	1233.5	18
127	Gerrish	Adam	Ilkley Harriers	MSEN	160	318.5	152	316.7	138	323.9	0	0.0	141	273.5	1232.6	1232.6	65
128	Yong	Chin	St Therasas AC	M35	67	424.7	0	0.0	77	402.3	75	403.4	0	0.0	1230.4	1230.4	15
129	Sanderson	Ian	Valley Striders AC	M50	189	285.4	171	293.7	174	277.6	149	306.8	99	341.4	1504.9	1227.3	8
130	Biddulph	Tom	Valley Striders AC	MSEN	159	319.6	172	292.5	169	284.1	142	315.9	126	297.7	1509.8	1225.8	66
131	Richards	Oliver	Otley AC	M40	118	366.4	103	376.2	94	380.5	0	0.0	248	100.3	1223.4	1223.4	17
132	Gourley	William	Rothwell Harriers & AC	M45	163	315.1	189	271.8	146	313.6	141	317.2	0	0.0	1217.8	1217.8	19
133	Parker	Dave	St Therasas AC	M60	56	437.2	82	401.7	0	0.0	0	0.0	76	378.6	1217.6	1217.6	4
134	Rickard	Matt	Nidd Valley Road Runners	M45	181	294.5	148	321.6	163	291.8	163	288.5	122	304.2	1500.6	1212.1	20
135	Ianson	David	St Therasas AC	M65	175	301.4	174	290.0	150	308.5	167	283.3	119	309.1	1492.3	1209.0	1
136	Macdonald	Matthew	Roundhay Runners	MSEN	188	286.5	167	298.5	130	334.2	0	0.0	132	288.0	1207.3	1207.3	67
137	Blakeley	Matthew	Roundhay Runners	M50	0	0.0	128	345.9	108	362.5	131	330.3	206	168.3	1206.9	1206.9	9
138	Graham	Jamie	St Therasas AC	M45	0	0.0	107	371.4	69	412.6	0	0.0	51	419.1	1203.0	1203.0	21
139	Shakespeare	Ed	Hyde Park Harriers	MSEN	194	279.7	210	246.4	186	262.2	127	335.5	115	315.5	1439.3	1192.9	68
140	Brogden	Aston	Otley AC	MSEN	88	400.7	86	396.8	0	0.0	83	393.0	0	0.0	1190.5	1190.5	69
141	Johnson	Leo	Otley AC	MSEN	78	412.1	0	0.0	85	392.0	97	374.7	0	0.0	1178.8	1178.8	70
142	Broadhead	Curtis	Hyde Park Harriers	MSEN	183	292.2	184	277.9	166	287.9	169	280.7	117	312.3	1451.0	1173.1	71
143	Roper	Tom	Roundhay Runners	MSEN	82	407.5	105	373.8	86	390.7	0	0.0	0	0.0	1172.1	1172.1	72
144	Fillingham	Martin	Saltire Striders	M50	0	0.0	93	388.3	0	0.0	84	391.6	69	390.0	1170.0	1170.0	10
145	Fellick	Joel	Kirkstall Harriers	MSEN	93	395.0	117	359.2	0	0.0	77	400.8	0	0.0	1155.0	1155.0	73
146	Woodall	Philp	Harrogate Harriers & AC	M35	0	0.0	106	372.6	79	399.7	91	382.5	0	0.0	1154.8	1154.8	16
147	Robson	John	St Therasas AC	M45	95	392.7	97	383.5	0	0.0	0	0.0	78	375.4	1151.6	1151.6	22
148	Stone	Dan	Rothwell Harriers & AC	M40	103	383.6	100	379.9	92	383.0	0	0.0	0	0.0	1146.4	1146.4	18
149	Wray-Rogers	Luke	Abbey Runners	M45	167	310.5	205	252.4	155	302.1	183	262.4	145	267.0	1394.4	1142.0	23
150	Bysouth	Tom	Abbey Runners	M45	98	389.3	0	0.0	97	376.6	98	373.4	0	0.0	1139.2	1139.2	24
151	Skinner	Stu	Roundhay Runners	M35	191	283.1	183	279.1	162	293.1	191	252.0	136	281.6	1388.8	1136.8	17
152	Scrutton	Fergus	Chapel Allerton Runners	M35	117	367.6	123	351.9	0	0.0	66	415.1	0	0.0	1134.7	1134.7	18
153	Hill	Jason	Chapel Allerton Runners	MSEN	195	278.5	175	288.8	227	209.5	179	267.6	133	286.4	1330.9	1121.4	74
154	Cornforth	Philip	Knaresborough Striders	M55	200	272.8	202	256.1	0	0.0	168	282.0	121	305.8	1116.7	1116.7	5
155	Nunn	Sam	Chapel Allerton Runners	MSEN	111	374.4	101	378.6	0	0.0	0	0.0	86	362.5	1115.5	1115.5	75
156	Carter	Matt	York Postal Harriers	M45	0	0.0	203	254.9	188	259.6	161	291.1	125	299.4	1105.0	1105.0	25
157	Thomas	Gwilym	Valley Striders AC	M45	107	379.0	113	364.1	111	358.6	0	0.0	0	0.0	1101.7	1101.7	26
158	Huisman	Daniel	Dragons Running Club (Leeds)	MSEN	168	309.4	0	0.0	244	187.7	146	310.7	130	291.3	1099.0	1099.0	76
159	Hulson	Olly	Hyde Park Harriers	M35	0	0.0	173	291.3	170	282.8	188	255.9	146	265.4	1095.3	1095.3	19
160	Wallhead	Nick	Wetherby Runners AC	M45	198	275.1	198	260.9	171	281.5	174	274.2	147	263.8	1355.4	1094.5	27
161	Yao	Zejun	Valley Striders AC	M40	0	0.0	108	370.1	114	354.8	101	369.5	0	0.0	1094.4	1094.4	19
162	Robinson	Michael	Ackworth Road Runners	M35	192	282.0	200	258.5	195	250.6	180	266.3	134	284.8	1342.2	1091.6	20
163	Baines	Andrew	Horsforth Harriers	M45	185	290.0	186	275.5	221	217.2	198	242.8	142	271.8	1297.3	1080.1	28
164	Garratt	Richard	Hyde Park Harriers	M45	0	0.0	119	356.8	116	352.2	0	0.0	81	370.6	1079.5	1079.5	29
165	O'Donnell	Gerard	Abbey Runners	M40	218	252.3	201	257.3	0	0.0	173	275.5	129	292.9	1077.9	1077.9	20
166	Rogerson	Tom	Abbey Runners	M45	206	266.0	196	263.3	183	266.1	0	0.0	138	278.3	1073.7	1073.7	30
167	Singleton	David	Ilkley Harriers	M50	199	274.0	191	269.4	189	258.4	182	263.7	164	236.2	1301.7	1065.5	11
168	Wilkinson	Gary	Harrogate Harriers & AC	M50	204	268.3	213	242.7	232	203.1	171	278.1	148	262.1	1254.3	1051.2	12
169	Sykes	Will	Hyde Park Harriers	MSEN	106	380.1	149	320.4	0	0.0	120	344.6	0	0.0	1045.2	1045.2	77
170	Vis	Patrick	Chapel Allerton Runners	MSEN	133	349.3	133	339.8	117	350.9	0	0.0	0	0.0	1040.0	1040.0	78
171	Lighten	David	Pudsey & Bramley AC	M40	202	270.5	209	247.6	178	272.5	193	249.3	0	0.0	1040.0	1040.0	21
172	Cornforth	James	Knaresborough Striders	M50	0	0.0	194	265.8	184	264.8	233	197.1	118	310.7	1038.4	1038.4	79
173	Maudsley	Ian	St Therasas AC	M40	0	0.0	112	365.3	122	344.5	133	327.7	0	0.0	1037.4	1037.4	22
174	Smith	Callum	Hyde Park Harriers	MSEN	140	341.3	129	344.7	0	0.0	116	349.9	0	0.0	1035.9	1035.9	80
175	Casement	Rich	Horsforth Harriers	M40	193	280.8	231	220.9	177	273.8	217	218.0	157	247.6	1241.1	1023.0	23
176	Thompson	Danny	Ilkley Harriers	M45	120	364.2	118	358.0	160	295.6	0	0.0	0	0.0	1017.8	1017.8	31
177	Mc Aleavy	Stuart	Wharfedale Harriers	M50	0	0.0	215	240.3	181	268.6	208	229.8	139	276.7	1015.4	1015.4	13
178	Parker	Karl	Abbey Runners	MSEN	203	269.4	195	264.6	236	197.9	175	272.8	186	200.6	1205.4	1007.5	81
179	Dow	Will	Hyde Park Harriers	M35	139	342.5	151	318.0	0	0.0	124	339.4	0	0.0	999.9	999.9	21
180	Robinson	James	Rothwell Harriers & AC	MSEN	146	334.5	146	324.0	128	336.8	0	0.0	0	0.0	995.3	995.3	82
181	Bandy	Clive	Valley Striders AC	M45	0	0.0	0	0.0	135	327.8	132	329.0	102	336.6	993.3	993.3	32
182	Burton	Phil	Roundhay Runners	M55	216	254.6	199	259.7	176	275.1	229	202.3	0	0.0	991.7	991.7	6
183	Jordan	Mark	Harrogate Harriers & AC	M65	222	247.7	219	235.4	196	249.4	190	253.3	170	226.5	1212.3	985.8	2
184	Ingoe	Anthony	Dragons Running Club (Leeds)	M40	0	0.0	0	0.0	182	267.4	109	359.0	88	359.2	985.6	985.6	24
185	Isherwood	David	Chapel Allerton Runners	M45	213	258.0	216	239.1	179	271.2	247	178.9	176	216.8	1164.0	985.1	33
186	Miller	Chris	Wharfedale Harriers	M40	0	0.0	10	489.1	0	0.0	6	493.5	0	0.0	982.6	982.6	25
187	Jackman	Paul	Rothwell Harriers & AC	M40	130	352.7	0	0.0	124	341.9	165	285.9	0	0.0	980.5	980.5	26
188	Casey	Dominic	Hors														

222	Middup	Steve	Vale of York Athletic Community	M65	244	222.6	218	236.7	229	206.9	207	231.1	198	181.2	1078.5	897.3	3
223	Murray	Danny	Valley Striders AC	M45	166	311.6	162	304.6	172	280.2	0	0.0	0	0.0	896.5	896.5	38
224	Jewitt	Fred	Chapel Allerton Runners	MSEN	217	253.4	237	213.6	225	212.1	228	203.7	178	213.6	1096.3	892.7	96
225	Middleton	Joe	Ackworth Road Runners	MSEN	0	0.0	0	0.0	258	169.7	112	355.1	83	367.3	892.1	892.1	97
226	Frosztega	Richard	Harrogate Harriers & AC	M40	0	0.0	0	0.0	0	0.0	51	434.7	28	456.3	891.0	891.0	30
227	Brierley	Jack	Nidd Valley Road Runners	MSEN	0	0.0	0	0.0	0	0.0	37	453.0	40	436.9	889.9	889.9	98
228	Chan	James	Roundhay Runners	M35	184	291.1	0	0.0	153	304.6	170	279.4	0	0.0	875.1	875.1	26
229	Carvey	Chris	Nidd Valley Road Runners	M55	246	220.3	221	233.0	250	179.9	201	238.9	0	0.0	872.2	872.2	12
230	Wilkinson	Matthew	Nidd Valley Road Runners	M40	186	288.8	0	0.0	173	278.9	152	302.9	0	0.0	870.6	870.6	31
231	Sedgley	Matthew	Valley Striders AC	MSEN	252	213.5	249	199.0	235	199.2	186	258.5	191	192.6	1062.8	870.2	99
232	Tunnard	Tim	Wetherby Runners AC	M55	0	0.0	182	280.3	147	312.3	0	0.0	144	268.6	861.3	861.3	13
233	Dietz	Chris	Valley Striders AC	MSEN	0	0.0	56	433.3	60	424.2	0	0.0	0	0.0	857.4	857.4	100
234	Macfarlane	Russell	Saltaire Striders	M40	0	0.0	63	424.8	56	429.3	0	0.0	0	0.0	854.1	854.1	32
235	Sayner	Oliver	Harrogate Harriers & AC	M35	0	0.0	0	0.0	152	305.9	197	244.1	135	283.2	833.2	833.2	27
236	Boynton	Alex	York Postal Harriers	M35	0	0.0	65	422.3	74	406.2	0	0.0	0	0.0	828.5	828.5	28
237	Bywater	Andy	Rothwell Harriers & AC	M45	239	228.3	261	184.5	226	210.8	237	191.9	189	195.8	1011.3	826.8	39
238	Furness	Rob	Wharfedale Harriers	M40	83	406.4	68	418.7	0	0.0	0	0.0	0	0.0	825.1	825.1	33
239	Duckering	Josh	Rothwell Harriers & AC	MSEN	276	186.1	239	211.2	247	183.8	216	219.3	187	199.0	999.4	815.6	101
240	Stockburn	Paul	Harrogate Harriers & AC	M65	205	267.1	185	276.7	0	0.0	176	271.5	0	0.0	815.4	815.4	4
241	Yates	Jonny	Roundhay Runners	M40	0	0.0	170	294.9	0	0.0	172	276.8	160	242.7	814.4	814.4	34
242	Landells	Martin	Horsforth Harriers	M60	281	180.4	0	0.0	245	186.4	225	207.6	166	233.0	807.3	807.3	6
243	Eagle	Jonathan	Horsforth Harriers	M60	280	181.5	263	182.0	228	208.2	220	214.1	185	202.3	988.1	806.6	7
244	Gallagher	Mike	Hyde Park Harriers	M40	84	405.3	89	393.2	0	0.0	0	0.0	0	0.0	798.5	798.5	35
245	Hill	Andy	Kippax & District Harriers	M50	197	276.3	0	0.0	175	276.3	196	245.4	0	0.0	798.0	798.0	18
246	Ellmore	Steve	Knaresborough Striders	M55	171	305.9	207	250.0	0	0.0	0	0.0	163	237.9	793.8	793.8	14
247	Exeter	Tom	Chapel Allerton Runners	M35	0	0.0	0	0.0	0	0.0	95	377.3	53	415.9	793.1	793.1	29
248	Ashwell	Paul	Otley AC	M45	177	299.1	192	268.2	218	221.1	0	0.0	0	0.0	788.4	788.4	40
249	Quinlan	Paul	Roundhay Runners	M40	0	0.0	0	0.0	95	379.2	79	398.2	0	0.0	777.3	777.3	36
250	Tattersall	Andrew	Knaresborough Striders	M55	250	215.8	251	196.6	0	0.0	249	176.2	194	187.7	776.3	776.3	15
251	Moneypenny	Brad	Wetherby Runners AC	MSEN	201	271.7	214	241.5	0	0.0	184	261.1	0	0.0	774.3	774.3	102
252	Marshall	Guy	Knaresborough Striders	M60	263	200.9	257	189.3	246	185.1	234	195.8	195	186.1	957.2	772.1	8
253	Richards	Ben	Wetherby Runners AC	MSEN	251	214.6	272	171.1	0	0.0	244	182.8	188	197.4	765.9	765.9	103
254	Longmate	Kevin	Kirkstall Harriers	M35	334	119.9	316	117.7	211	230.1	205	233.7	199	179.6	881.0	763.2	30
255	Gibbs	Richard	Roundhay Runners	M45	0	0.0	115	361.7	80	398.5	0	0.0	0	0.0	760.1	760.1	41
256	Parkinson	Andy	Valley Striders AC	MSEN	100	387.0	0	0.0	102	370.2	0	0.0	0	0.0	757.2	757.2	104
257	Lilford	Steve	Abbey Runners	M45	0	0.0	0	0.0	187	260.9	194	248.0	159	244.3	753.3	753.3	42
258	Bodin Galvez	David	St Theresas AC	M40	105	381.3	110	367.7	0	0.0	0	0.0	0	0.0	749.0	749.0	37
259	Kingston	Rob	Nidd Valley Road Runners	MSEN	0	0.0	0	0.0	0	0.0	107	361.6	71	386.7	748.4	748.4	105
260	Lister	Mike	Chapel Allerton Runners	M35	0	0.0	181	281.6	0	0.0	218	216.7	156	249.2	747.5	747.5	31
261	Gatenby	Robert	Airecentre Pacers	M45	264	199.8	0	0.0	237	196.7	262	159.3	193	189.3	745.0	745.0	43
262	Senior	Martin	Vale of York Athletic Community	M50	283	178.1	259	186.9	243	188.9	239	189.3	207	166.7	909.9	743.2	19
263	Hutter	Russell	Chapel Allerton Runners	M55	0	0.0	204	253.6	197	248.1	204	235.0	0	0.0	736.7	736.7	16
264	Milner	Craig	Airecentre Pacers	M35	233	235.2	235	216.0	0	0.0	166	284.6	0	0.0	735.8	735.8	32
265	Hodge	Tony	Roundhay Runners	M50	273	189.5	265	179.6	242	190.2	304	104.4	203	173.1	836.9	732.5	20
266	West	Darren	Harrogate Harriers & AC	M60	0	0.0	0	0.0	115	353.5	94	378.6	0	0.0	732.1	732.1	9
267	Powell	Edward	Roundhay Runners	M45	0	0.0	127	347.1	91	384.3	0	0.0	0	0.0	731.4	731.4	44
268	Scaife	Nigel	Nidd Valley Road Runners	M50	224	245.4	364	59.5	239	194.1	251	173.6	237	118.1	790.7	731.3	21
269	Turner	Steven	Nidd Valley Road Runners	M50	302	156.4	279	162.6	254	174.8	231	199.7	196	184.5	878.0	721.6	22
270	Townend	Darren	Nidd Valley Road Runners	M50	104	382.4	135	337.4	0	0.0	0	0.0	0	0.0	719.8	719.8	23
271	Hunsley	Tom	Rothwell Harriers & AC	MSEN	0	0.0	126	348.3	101	371.5	0	0.0	0	0.0	719.8	719.8	106
272	Evans	Jonathan	Otley AC	MSEN	0	0.0	122	353.2	0	0.0	108	360.3	0	0.0	713.5	713.5	107
273	Summerson	George	York Postal Harriers	M40	0	0.0	247	201.5	233	201.8	283	131.9	200	178.0	713.1	713.1	38
274	Peacock	Tom	Chapel Allerton Runners	MSEN	212	259.1	212	243.9	0	0.0	0	0.0	181	208.7	711.8	711.8	108
275	Sharpe	Matthew	Abbey Runners	MSEN	0	0.0	0	0.0	0	0.0	105	364.2	98	343.0	707.3	707.3	109
276	Preston	Andrew	Ackworth Road Runners	M35	262	202.1	275	167.5	264	162.0	253	171.0	0	0.0	702.5	702.5	33
277	Bowness	Harry	Otley AC	MSEN	196	277.4	232	219.7	231	204.4	0	0.0	0	0.0	701.4	701.4	110
278	Keighley	Thomas	Chapel Allerton Runners	MSEN	114	371.0	142	328.9	0	0.0	0	0.0	0	0.0	699.9	699.9	111
279	Page	Mick	Roundhay Runners	M70	294	165.5	267	177.2	0	0.0	243	184.1	205	169.9	696.7	696.7	1
280	Boocock	Steven	Horsforth Fellandale	M55	238	229.5	0	0.0	208	233.9	206	232.4	0	0.0	695.8	695.8	17
281	Jones	Graham	Valley Striders AC	M55	0	0.0	250	197.8	209	232.6	181	265.0	0	0.0	695.5	695.5	18
282	Coldwell	Ben	Kirkstall Harriers	MSEN	0	0.0	0	0.0	0	0.0	126	336.8	89	357.6	694.4	694.4	112
283	Gill	Michael	Harrogate Harriers & AC	M55	285	175.8	291	148.1	266	159.4	223	210.2	218	148.9	842.3	694.2	19
284	Kirk	James	Hyde Park Harriers	MSEN	129	353.9	0	0.0	129	335.5	0	0.0	0	0.0	689.4	689.4	113
285	Livesey	Phil	Rothwell Harriers & AC	MSEN	0	0.0	233	218.4	185	263.5	226	206.3	0	0.0	688.2	688.2	114
286	Coade	Jonathan	Hyde Park Harriers	MSEN	124	359.6	147	322.8	0	0.0	0	0.0	0	0.0	682.4	682.4	115
287	Crawright	Richard	Hyde Park Harriers	M40	237	230.6	319	114.1	336	69.4	213	223.2	241	111.7	749.0	679.6	39
288	Winterbottom	Josh	Saltaire Striders	MSEN	243	223.7	270	173.5	299	117.0	0	0.0	208	165.0	679.3	679.3	116
289	Goodacre	Ben	Horsforth Fellandale	M35	255	210.0	283	157.8	288	131.1	246	180.2	0	0.0	679.1	679.1	34
290	Vallance	Simon	Valley Striders AC	M55	138	343.6	0	0.0	0	0.0	0	0.0	104	333.3	676.9	676.9	20
291	Tryc	Pawel	Saltaire Striders	M40	271	191.8	273	169.9	259	168.4	272	146.2	0	0.0	676.3	676.3	40
292	Allison	David	Chapel Allerton Runners	M50	221	248.9	276	166.3	219	219.8	0	0.0	290	32.4	667.3	667.3	24
293	Keay	Andy	Otley AC	M40	0	0.0	245	203.9	210	231.4	0	0.0	167	231.4	666.6	666.6	41
294	Shaker	Andrew	Valley Striders AC	MSEN	256	208.9	248	200.2	191	255.8	0	0.0	0	0.0	664.9	664.9	117
295	Sellman	Richard	Chapel Allerton Runners	M45	317	139.3	271	172.3	269	155.5	235	194.5	232	126.2	787.9	661.6	45
296	Douglas	Andy	Horsforth Harriers	M50	235	232.9	246	202.7	0	0.0	0	0.0	173	221.7	657.2	657.2	25
297	Patel	Girish	Nidd Valley Road Runners	M55	274	188.4	280	161.4	271	153.0	282	133.2	215	153.7	789.6	656.4	21
298	Baxendale	Jonathan	Hyde Park Harriers	MSEN	150	329.9	144	326.5	0	0.0	0	0.0	0	0.0	656.4	656.4	118
299	Wheeler	Sam	Nidd Valley Road Runners	M40	248	218.0	220	234.2	0	0.0	232	198.4	0	0.0	650.7	650.7	42
300	Johnson	Richard	Vale of York Athletic Community	M35	337	116.4	286	154.1	0	0.0	242	185.4	190	194.2	650.1	650.1	35
301	Wallace	David	Ackworth Road Runners	M55	0	0.0	303	133.5	277	145.2	260	161.9	182	207.1	647.7	647.7	22
302	Hickman	Martin	Rothwell Harriers & AC	M35	135	347.0	0	0.0	157	299.5	0	0.0	0	0.0	646.5	646	

335	Smith	Andrew	Ackworth Road Runners	M45	0	0.0	324	108.0	240	192.8	189	254.6	0	0.0	555.4	555.4	53
336	Greenland	Rob	Chapel Allerton Runners	M50	0	0.0	0	0.0	192	254.5	154	300.3	0	0.0	554.8	554.8	29
337	Fotherby	Paul	Valley Striders AC	M50	0	0.0	0	0.0	0	0.0	178	268.9	137	279.9	548.9	548.9	30
338	Slater	James	Valley Striders AC	M50	0	0.0	330	100.7	249	181.2	287	126.6	225	137.5	546.1	546.1	31
339	Wallace	John	Valley Striders AC	M55	306	151.8	292	146.8	357	42.4	278	138.4	244	106.8	586.3	543.8	26
340	Didelot	Lewis	Hyde Park Harriers	MSEN	318	138.1	268	176.0	213	227.5	0	0.0	0	0.0	541.6	541.6	125
341	Cottrell	Jamie	St Therasas AC	M45	190	284.2	0	0.0	193	253.2	0	0.0	0	0.0	537.5	537.5	54
342	Bould	Richard	St Therasas AC	M40	179	296.8	0	0.0	0	0.0	0	0.0	162	239.5	536.3	536.3	49
343	Evison	Paul	Knaresborough Striders	M40	207	264.8	197	262.1	0	0.0	0	0.0	0	0.0	527.0	527.0	50
344	Drake	Christopher	Bradford Airedale AC	M40	0	0.0	228	224.5	0	0.0	160	292.4	0	0.0	516.9	516.9	51
345	Gregory	Mark	Rothwell Harriers & AC	M60	331	123.3	0	0.0	297	119.5	285	129.2	221	144.0	516.1	516.1	13
346	Elwell	Paul	Wetherby Runners AC	M45	63	429.2	0	0.0	324	84.8	0	0.0	0	0.0	514.1	514.1	55
347	Marshall	Nev	Ackworth Road Runners	M60	0	0.0	0	0.0	274	149.1	241	186.7	202	174.8	510.5	510.5	14
348	Naylor	Stephen	York Triathlon Club	M45	266	197.5	288	151.7	0	0.0	261	160.6	0	0.0	509.8	509.8	56
349	Pawley	Graham	Valley Striders AC	M55	339	114.2	320	112.9	290	128.5	266	154.0	0	0.0	509.6	509.6	27
350	Cocker	Simon	Nidd Valley Road Runners	M55	0	0.0	0	0.0	265	160.7	267	152.7	192	190.9	504.3	504.3	28
351	Haynes	Richard	Airecentre Pacers	M35	0	0.0	0	0.0	0	0.0	192	250.7	154	252.4	503.1	503.1	39
352	Conkleton	Gareth	Knaresborough Striders	M50	0	0.0	262	183.3	270	154.2	258	164.5	0	0.0	502.0	502.0	32
353	Newton	Stephen	Knaresborough Striders	M55	319	137.0	311	123.8	0	0.0	289	124.0	238	116.5	501.3	501.3	29
354	Snow	Matthew	Ilkley Harriers	M45	0	0.0	0	0.0	278	144.0	238	190.6	209	163.4	498.0	498.0	57
355	Parton	Callum	Roundhay Runners	MSEN	0	0.0	190	270.6	216	223.7	0	0.0	0	0.0	494.3	494.3	126
356	Wolffenden	Alexander	Ilkley Harriers	MSEN	0	0.0	9	490.3	0	0.0	0	0.0	0	0.0	490.3	490.3	127
357	Ward	John	Abbey Runners	M70	323	132.4	309	126.2	298	118.3	298	112.3	247	101.9	591.1	489.2	2
358	Lawley	Joe	Hyde Park Harriers	MSEN	228	240.9	0	0.0	198	246.8	0	0.0	0	0.0	487.7	487.7	128
359	Askin	Chris	Ackworth Road Runners	MSEN	0	0.0	234	217.2	0	0.0	0	0.0	143	270.2	487.5	487.5	129
360	Furby	Mike	Valley Striders AC	M50	223	246.6	0	0.0	203	240.4	0	0.0	0	0.0	486.9	486.9	33
361	Harrington	Scott	Oley AC	M45	13	486.3	0	0.0	0	0.0	0	0.0	0	0.0	486.3	486.3	58
362	van Rossum	Tom	Valley Striders AC	M40	16	482.9	0	0.0	0	0.0	0	0.0	0	0.0	482.9	482.9	52
363	Shepherd	Stuart	Chapel Allerton Runners	M45	0	0.0	217	237.9	204	239.1	0	0.0	0	0.0	476.9	476.9	59
364	Mconkey	Aaron	Saltaire Striders	MSEN	0	0.0	21	475.7	0	0.0	0	0.0	0	0.0	475.7	475.7	130
365	Moffatt	Simon	Knaresborough Striders	M55	209	262.6	0	0.0	0	0.0	0	0.0	180	210.4	472.9	472.9	30
366	Spencer	Tim	Saltaire Striders	M65	338	115.3	302	134.7	293	124.7	0	0.0	250	97.1	471.8	471.8	7
367	Young	Innes	Roundhay Runners	M45	208	263.7	242	207.5	0	0.0	0	0.0	0	0.0	471.2	471.2	60
368	Freeman	Paul	Horsforth Harriers	M55	265	198.6	0	0.0	310	102.8	254	169.7	0	0.0	471.2	471.2	31
369	Judson	George	Abbey Runners	MSEN	0	0.0	0	0.0	0	0.0	0	0.0	23	464.4	464.4	464.4	131
370	O'Hara	John	Chapel Allerton Runners	M50	340	113.0	322	110.4	302	113.1	291	121.4	0	0.0	458.0	458.0	34
371	Rylatt	Matt	York Triathlon Club	M60	0	0.0	208	248.8	0	0.0	227	205.0	0	0.0	453.7	453.7	15
372	Lawrence	Simon	Chapel Allerton Runners	MSEN	0	0.0	0	0.0	0	0.0	0	0.0	32	449.8	449.8	132	
373	Brennan	Sean	Knaresborough Striders	M55	342	110.7	331	99.5	321	88.7	270	148.8	0	0.0	447.8	447.8	32
374	Balkwill	James	Abbey Runners	M50	0	0.0	307	128.6	301	114.4	312	94.0	242	110.0	447.1	447.1	35
375	Edmondson	Iain	Wetherby Runners AC	M55	0	0.0	0	0.0	215	224.9	215	220.6	0	0.0	445.6	445.6	33
376	McLoughlin	John Richard	Roundhay Runners	M40	49	445.2	0	0.0	0	0.0	0	0.0	0	0.0	445.2	445.2	53
377	Jackett	Charlie	Hyde Park Harriers	M40	249	216.9	0	0.0	0	0.0	211	225.8	0	0.0	442.7	442.7	54
378	Seddon	Tim	St Therasas AC	M65	311	146.1	0	0.0	282	138.8	264	156.7	0	0.0	441.6	441.6	8
379	Le Cornu	Henry	Kirkstall Harriers	MSEN	240	227.2	0	0.0	224	213.4	0	0.0	0	0.0	440.5	440.5	133
380	Sawyer	Paul	Hyde Park Harriers	M40	0	0.0	304	132.3	0	0.0	259	163.2	222	142.4	437.9	437.9	55
381	Jackson	Jon	Valley Striders AC	M55	284	176.9	0	0.0	291	127.2	0	0.0	228	132.7	436.9	436.9	34
382	Jeffrey	Michael	Oley AC	M70	350	101.6	318	115.3	304	110.5	303	105.7	0	0.0	433.2	433.2	3
383	Freeman	Saul	Abbey Runners	MSEN	231	237.4	0	0.0	238	195.4	0	0.0	0	0.0	432.8	432.8	134
384	Weir	Paul	Saltaire Striders	M40	0	0.0	59	429.6	0	0.0	0	0.0	0	0.0	429.6	429.6	56
385	Milligan	Paul	Hyde Park Harriers	M40	267	196.3	226	226.9	0	0.0	0	0.0	0	0.0	423.3	423.3	57
386	Dobby	Andrew	Harrogate Harriers & AC	M50	69	422.4	0	0.0	0	0.0	0	0.0	0	0.0	422.4	422.4	36
387	Weston	Anthony	St Therasas AC	M50	0	0.0	0	0.0	0	0.0	0	0.0	49	422.3	422.3	37	
388	Steel	Phil	York Triathlon Club	M45	289	171.2	0	0.0	261	165.8	0	0.0	258	84.1	421.2	421.2	61
389	Blatherwick	John	Hyde Park Harriers	M35	324	131.3	0	0.0	284	136.2	269	150.1	0	0.0	417.7	417.7	40
390	Rodgers	Mike	Wetherby Runners AC	M40	0	0.0	236	214.8	234	200.5	0	0.0	0	0.0	415.3	415.3	58
391	Hanley	Chris	York Triathlon Club	M45	295	164.4	296	142.0	307	106.7	0	0.0	0	0.0	413.1	413.1	62
392	Shanks	John	Horsforth Harriers	M40	0	0.0	0	0.0	0	0.0	68	412.5	0	0.0	412.5	412.5	59
393	Golphin	Simon	Chapel Allerton Runners	M50	358	92.5	326	105.6	0	0.0	293	118.8	251	95.5	412.3	412.3	38
394	Cuthbertson	Nic	Chapel Allerton Runners	M60	341	111.9	332	98.3	316	95.1	309	97.9	246	103.6	506.8	411.6	16
395	Parmar	Ajay	Abbey Runners	M50	242	224.9	260	185.7	0	0.0	0	0.0	0	0.0	410.6	410.6	39
396	Hardy	Neil	St Therasas AC	M45	0	0.0	78	406.6	0	0.0	0	0.0	0	0.0	406.6	406.6	63
397	Richardson	Timothy	Harrogate Harriers & AC	M35	86	403.0	0	0.0	0	0.0	0	0.0	0	0.0	403.0	403.0	41
398	Bentley	Tim	Chapel Allerton Runners	MSEN	0	0.0	289	150.5	0	0.0	290	122.7	231	127.8	401.0	401.0	135
399	Thorpe	Stuart	Rothwell Harriers & AC	M55	367	82.2	0	0.0	311	101.5	301	108.4	243	108.4	400.5	400.5	35
400	Brown	Rhys	Horsforth Harriers	M35	89	399.5	0	0.0	0	0.0	0	0.0	0	0.0	399.5	399.5	42
401	Gargett	James	Vale of York Athletic Community	M40	377	70.8	334	95.9	0	0.0	302	107.0	233	124.6	398.3	398.3	60
402	Morimoto	Kazuki	Abbey Runners	M55	0	0.0	312	122.6	281	140.1	281	134.5	0	0.0	397.1	397.1	36
403	Sykes-Hooban	Matt	Kirkstall Harriers	M45	310	147.3	0	0.0	0	0.0	288	125.3	235	121.4	393.9	393.9	64
404	Hey	Charlie	Oley AC	M60	326	129.0	306	129.9	286	133.7	0	0.0	0	0.0	392.5	392.5	17
405	Kerr	Will	Saltaire Striders	M45	0	0.0	90	392.0	0	0.0	0	0.0	0	0.0	392.0	392.0	65
406	Mosedale	Tim	Saltaire Striders	M40	382	65.1	351	75.2	317	93.8	307	100.5	236	119.7	454.4	389.3	61
407	Shamim	Salman	Pudsey & Bramley AC	M50	390	55.9	354	71.6	0	0.0	284	130.5	230	129.4	387.5	387.5	40
408	Mitchell	Richard	York Triathlon Club	M35	0	0.0	211	245.1	0	0.0	0	0.0	223	140.8	385.9	385.9	43
409	Marquina	Daniel	Hyde Park Harriers	M35	0	0.0	95	385.9	0	0.0	0	0.0	0	0.0	385.9	385.9	44
410	Ewbank	Adam	Harrogate Harriers & AC	MSEN	0	0.0	96	384.7	0	0.0	0	0.0	0	0.0	384.7	384.7	136
411	Winder	Bill	Ackworth Road Runners	M50	0	0.0	243	206.3	0	0.0	248	177.5	0	0.0	383.9	383.9	41
412	Ward	Roger	Rothwell Harriers & AC	M65	355	95.9	325	106.8	319	91.3	317	87.5	0	0.0	381.4	381.4	9
413	Wignall	Michael	Bradford Airedale AC	M40	362	87.9	323	109.2	338	66.8	295	116.2	276	55.0	435.2	380.1	62
414	Bowen	James	Roundhay Runners	MSEN	307	150.7	0	0.0	303	111.8	294	117.5	0	0.0	380.0	380.0	137
415	Waller	Ian	Knaresborough Striders	M65	321	134.7	313	121.4	294	123.4	0	0.0	0	0.0	379.5	379.5	10
416	Godsall	Michael	Hyde Park Harriers	MSEN	299	159.8	0	0.0	295	122.1	311	95.3	0	0.0	377.2	377.2	138
417	Allen	Matthew	Valley Striders AC	M45	0	0.0	0	0.0	0	0.0	252	17					

448	Danielczyk	Dawid	Rothwell Harriers & AC	MSEN	0	0.0	0	0.0	0	0.0	0	0.0	108	326.9	326.9	326.9	143
449	Gibson	Paul	Chapel Allerton Runners	M65	381	66.2	337	92.2	327	81.0	0	0.0	256	87.4	326.8	326.8	11
450	Kay	Daniel	Horsforth Harriers	M35	0	0.0	0	0.0	0	0.0	134	326.4	0	0.0	326.4	326.4	48
451	Fletcher	Jonathan	St Theresas AC	M45	313	143.8	0	0.0	248	182.5	0	0.0	0	0.0	326.4	326.4	72
452	Price	Dan	Chapel Allerton Runners	M35	0	0.0	0	0.0	0	0.0	136	323.8	0	0.0	323.8	323.8	49
453	Hammond	Paul	Kippax & District Harriers	M60	363	86.8	338	91.0	351	50.1	320	83.6	272	61.5	372.9	322.8	20
454	Ryder	Jim	Ilkley Harriers	M55	157	321.9	0	0.0	0	0.0	0	0.0	0	0.0	321.9	321.9	42
455	Ashton	Rogan	Olley AC	M50	0	0.0	0	0.0	0	0.0	0	0.0	112	320.4	320.4	320.4	45
456	Tyrell	Mark	Nidd Valley Road Runners	M50	287	173.5	293	145.6	0	0.0	0	0.0	0	0.0	319.1	319.1	46
457	Hartley	Ben	Hyde Park Harriers	M45	0	0.0	0	0.0	280	141.4	0	0.0	204	171.5	312.9	312.9	73
458	Arner	Carrick	Abbey Runners	M40	0	0.0	0	0.0	260	167.1	273	144.9	0	0.0	312.0	312.0	70
459	Bower	David	Saltaire Striders	M60	347	105.0	317	116.5	0	0.0	315	90.1	0	0.0	311.6	311.6	21
460	Bond	Richard	York Triathlon Club	M50	343	109.6	314	120.1	0	0.0	323	79.6	0	0.0	309.4	309.4	47
461	Waddington	Thomas	Chapel Allerton Runners	M35	0	0.0	0	0.0	256	172.2	0	0.0	226	135.9	308.2	308.2	50
462	Wideman	Wayne	Kippax & District Harriers	M45	0	0.0	0	0.0	0	0.0	151	304.2	0	0.0	304.2	304.2	74
463	Jackson	Thomas	Saltaire Striders	MSEN	176	300.2	0	0.0	0	0.0	0	0.0	0	0.0	300.2	300.2	144
464	Dunn	Rhys	Horsforth Harriers	MSEN	0	0.0	0	0.0	0	0.0	156	297.7	0	0.0	297.7	297.7	145
465	Callaghan	Peter	Wetherby Runners AC	M60	364	85.6	352	74.0	340	64.3	328	73.1	270	64.7	361.7	297.5	22
466	Kidner	Ralph	Hyde Park Harriers	M70	396	49.1	348	78.9	331	75.8	326	75.7	269	66.3	345.9	296.8	5
467	Tasker	Richard	Hyde Park Harriers	M40	322	133.6	339	89.8	334	72.0	0	0.0	0	0.0	295.3	295.3	71
468	Allen	Lloyd	Kirkstall Harriers	M55	320	135.8	282	159.0	0	0.0	0	0.0	0	0.0	294.8	294.8	43
469	Aubrey	Ryan	Ackworth Road Runners	M40	182	293.4	0	0.0	0	0.0	0	0.0	0	0.0	293.4	293.4	72
470	Fox	Ken	Valley Striders AC	M65	0	0.0	359	65.5	329	78.4	327	74.4	264	74.4	292.8	292.8	12
471	Darcy	Graham	Saltaire Striders	M55	361	89.0	353	72.8	333	73.3	340	57.4	0	0.0	292.6	292.6	44
472	Bell	Andy	Knaresborough Striders	M50	301	157.5	0	0.0	285	135.0	0	0.0	0	0.0	292.5	292.5	48
473	Huggins	Roy	Valley Striders AC	M60	305	153.0	0	0.0	0	0.0	279	137.1	0	0.0	290.0	290.0	23
474	Peters	Gregory	Abbey Runners	MSEN	0	0.0	0	0.0	0	0.0	162	289.8	0	0.0	289.8	289.8	146
475	Mitchell	Craig	Knaresborough Striders	M35	0	0.0	180	282.8	0	0.0	0	0.0	0	0.0	282.8	282.8	51
476	Douglas	Alan	Saltaire Striders	M55	375	73.1	346	81.3	341	63.0	336	62.7	0	0.0	280.0	280.0	45
477	Whitby	Mark	York Postal Harriers	M55	0	0.0	345	82.5	314	97.7	308	99.2	0	0.0	279.4	279.4	46
478	Haggas	Neil	Kirkstall Harriers	M50	0	0.0	187	274.3	0	0.0	0	0.0	0	0.0	274.3	274.3	49
479	Cobb	Chris	Roundhay Runners	M40	346	106.2	277	165.0	0	0.0	0	0.0	0	0.0	271.2	271.2	73
480	Hill	Tom	Kippax & District Harriers	MSEN	376	71.9	329	101.9	315	96.4	0	0.0	0	0.0	270.3	270.3	147
481	Crebbin	Nick	Nidd Valley Road Runners	M50	308	149.5	0	0.0	0	0.0	292	120.1	0	0.0	269.6	269.6	50
482	Whittaker	Jim	Abbey Runners	M55	356	94.7	0	0.0	322	87.4	318	86.2	0	0.0	268.3	268.3	47
483	Brown	Stephen	Hyde Park Harriers	M55	379	68.5	357	68.0	353	47.6	338	60.1	266	71.2	315.3	267.7	48
484	Manning	Paul	Nidd Valley Road Runners	M55	374	74.2	361	63.1	343	60.4	333	66.6	0	0.0	264.3	264.3	49
485	Leach	Adrian	Ackworth Road Runners	M55	383	63.9	356	69.2	345	57.8	353	40.5	265	72.8	304.2	263.8	50
486	Thorp	Thomas	Chapel Allerton Runners	M35	210	261.4	0	0.0	0	0.0	0	0.0	0	0.0	261.4	261.4	52
487	Grant	George	Wetherby Runners AC	M35	0	0.0	0	0.0	0	0.0	0	0.0	149	260.5	260.5	260.5	53
488	Wilkinson	Daniel	Olley AC	MSEN	211	260.3	0	0.0	0	0.0	0	0.0	0	0.0	260.3	260.3	148
489	Smith	Simon	Kirkstall Harriers	M50	388	58.2	341	87.4	0	0.0	343	53.5	273	59.9	259.0	259.0	51
490	Plews	Chris	Wetherby Runners AC	M50	0	0.0	0	0.0	0	0.0	0	0.0	150	258.9	258.9	258.9	52
491	Taylor	Drew	Valley Striders AC	M60	332	122.1	0	0.0	0	0.0	280	135.8	0	0.0	257.9	257.9	24
492	Baker	Adam	Kippax & District Harriers	MSEN	214	256.8	0	0.0	0	0.0	0	0.0	0	0.0	256.8	256.8	149
493	Rose	Jack	Hyde Park Harriers	MSEN	215	255.7	0	0.0	0	0.0	0	0.0	0	0.0	255.7	255.7	150
494	Mann	Chris	Pudsey & Bramley AC	M40	0	0.0	0	0.0	0	0.0	0	0.0	153	254.0	254.0	254.0	74
495	Sidwell	David	Ackworth Road Runners	M40	300	158.7	0	0.0	0	0.0	0	0.0	252	93.9	252.5	252.5	75
496	Greene	Paul	Abbey Runners	M65	0	0.0	294	144.4	0	0.0	0	0.0	245	105.2	249.6	249.6	13
497	Common	Paul	Roundhay Runners	M60	0	0.0	0	0.0	320	90.0	330	70.5	257	85.8	246.2	246.2	25
498	Simkins	Paul	Abbey Runners	M50	0	0.0	0	0.0	337	68.1	250	174.9	0	0.0	243.1	243.1	53
499	Corner	Rhodri	Vale of York Athletic Community	MSEN	227	242.0	0	0.0	0	0.0	0	0.0	0	0.0	242.0	242.0	151
500	Howard	Ashley	Harrogate Harriers & AC	MSEN	0	0.0	0	0.0	202	241.6	0	0.0	0	0.0	241.6	241.6	152
501	Long	Vernon	Valley Striders AC	M55	0	0.0	0	0.0	0	0.0	199	241.5	0	0.0	241.5	241.5	51
502	Brewster	Keith	Valley Striders AC	M70	368	81.1	349	77.7	0	0.0	321	82.2	0	0.0	241.0	241.0	6
503	Murphy	Kevin Malachy	Harrogate Harriers & AC	M65	419	22.8	360	64.3	365	32.1	334	65.3	267	69.6	254.1	231.3	14
504	Robins	Ben	Chapel Allerton Runners	MSEN	0	0.0	223	230.6	0	0.0	0	0.0	0	0.0	230.6	230.6	153
505	Andralojc	Nick	Nidd Valley Road Runners	M60	0	0.0	0	0.0	289	129.8	0	0.0	249	98.7	228.5	228.5	26
506	Worthington	Steve	Hyde Park Harriers	MSEN	0	0.0	0	0.0	0	0.0	209	228.5	0	0.0	228.5	228.5	154
507	Harrison	Robert	Dragons Running Club (Leeds)	M50	370	78.8	0	0.0	346	56.6	0	0.0	254	90.6	225.9	225.9	54
508	Walker	Mark	Harrogate Harriers & AC	M60	0	0.0	365	58.3	367	29.6	331	69.2	268	68.0	225.0	225.0	27
509	Geislers	Giedrius	Kirkstall Harriers	M40	0	0.0	0	0.0	217	222.4	0	0.0	0	0.0	222.4	222.4	76
510	Harris	Chris	Hyde Park Harriers	M35	345	107.3	0	0.0	0	0.0	296	114.9	0	0.0	222.2	222.2	54
511	Jeffrey	Howard	Olley AC	M70	366	83.3	363	60.7	0	0.0	325	77.0	0	0.0	221.0	221.0	7
512	Griffiths	Alun	Saltaire Striders	M65	384	62.8	366	57.0	350	51.4	347	48.3	282	45.3	264.8	219.5	15
513	Lynch	Tom	Olley AC	M40	247	219.2	0	0.0	0	0.0	0	0.0	0	0.0	219.2	219.2	77
514	Trapps	Steve	Wetherby Runners AC	M50	353	98.2	0	0.0	296	120.8	0	0.0	0	0.0	219.0	219.0	55
515	Horbury	Martin	St Theresas AC	M60	0	0.0	328	103.2	305	109.3	0	0.0	0	0.0	212.4	212.4	28
516	Frazer	Simon	Saltaire Striders	M50	257	207.8	0	0.0	0	0.0	0	0.0	0	0.0	207.8	207.8	56
517	Duckworth	Roger	Nidd Valley Road Runners	M55	391	54.8	362	61.9	0	0.0	357	35.2	278	51.8	203.7	203.7	52
518	Stutcliffe	Adam	Chapel Allerton Runners	M50	386	60.5	0	0.0	339	65.6	358	33.9	284	42.1	202.1	202.1	57
519	Crawford	Gordon	Hyde Park Harriers	M70	0	0.0	0	0.0	0	0.0	300	109.7	253	92.2	201.9	201.9	8
520	Ramsden	Paul	Hyde Park Harriers	M45	0	0.0	335	94.7	308	105.4	0	0.0	0	0.0	200.1	200.1	75
521	Beswick	Alan	Hyde Park Harriers	M60	404	40.0	374	47.3	368	28.3	341	56.1	275	56.6	228.3	200.1	29
522	Duffy	Richard	Horsforth Harriers	M70	385	61.6	372	49.8	358	41.1	348	47.0	0	0.0	199.5	199.5	9
523	Bell	Richard	Wetherby Runners AC	M55	0	0.0	358	66.7	335	70.7	337	61.4	0	0.0	198.8	198.8	53
524	Dickson	Tom	Horsforth Harriers	MSEN	0	0.0	252	195.4	0	0.0	0	0.0	0	0.0	195.4	195.4	155
525	Burton	Simon	Hyde Park Harriers	M35	0	0.0	0	0.0	0	0.0	236	193.2	0	0.0	193.2	193.2	55
526	Wallace	Neil	Horsforth Fellandale	M50	372	76.5	350	76.5	359	39.8	0	0.0	0	0.0	192.8	192.8	58
527	Harrop	Andrew	Knaresborough Striders	M60	325	130.1	0	0.0	342	61.7	0	0.0	0	0.0	191.8	191.8	30
528	Thornton	Ed	Wetherby Runners AC	M40	0	0.0	255	191.7	0	0.0	0	0.0	0	0.0	191.7	191.7	78
529	Mace	Andrew	Valley Striders AC	M50	394	51.4	371	51.0	354	46.3	352	41.8	0	0.0	190.4	190.4	59
530	Blinston	Peter	Abbey Runners	M55	397	47.9	376	44.9	349	52.7	350	44.4	285	40.5	230.4	189.9	54
531	Armitstead	John	Olley AC	M65	275	187.2	0	0.0	0</								

561	Leadbeater	Mark	Ackworth Road Runners	M55	0	0.0	308	127.4	0	0.0	0	0.0	0	0.0	127.4	127.4	58
562	Walton	Clive	Abbey Runners	M55	399	45.7	0	0.0	0	0.0	349	45.7	288	35.6	127.0	127.0	59
563	Davey	James	Ackworth Road Runners	M40	329	125.6	0	0.0	0	0.0	0	0.0	0	0.0	125.6	125.6	83
564	Thomson	Iain	Pudsey & Bramley AC	M35	330	124.4	0	0.0	0	0.0	0	0.0	0	0.0	124.4	124.4	59
565	Walsh	Carl	Otley AC	M60	0	0.0	378	42.5	371	24.4	372	15.7	287	37.2	119.8	119.8	34
566	Forman	Nik	Knaresborough Striders	M65	0	0.0	315	118.9	0	0.0	0	0.0	0	0.0	118.9	118.9	21
567	Chapman	Paul	Rothwell Harriers & AC	M50	335	118.7	0	0.0	0	0.0	0	0.0	0	0.0	118.7	118.7	64
568	Clark	Martin	Roundhay Runners	M60	336	117.6	0	0.0	0	0.0	0	0.0	0	0.0	117.6	117.6	35
569	Weight	Dave	Roundhay Runners	M60	0	0.0	0	0.0	0	0.0	0	0.0	239	114.9	114.9	114.9	36
570	Miran	Sohail	Bradford Airedale AC	M50	0	0.0	0	0.0	326	82.3	360	31.3	0	0.0	113.6	113.6	65
571	Taylor	Malcolm	Kirkstall Harriers	M35	406	37.7	383	36.4	376	18.0	368	20.9	0	0.0	113.0	113.0	60
572	Craddock	Charlie	Abbey Runners	M55	418	24.0	392	25.5	373	21.9	362	28.7	289	34.0	134.0	112.2	60
573	Kay	Jonathan	Nidd Valley Road Runners	M40	395	50.2	0	0.0	0	0.0	356	36.6	296	22.7	109.4	109.4	84
574	Daft	Matthew	Saltaire Striders	M45	344	108.4	0	0.0	0	0.0	0	0.0	0	0.0	108.4	108.4	79
575	Ibrahim	Joseph	Abbey Runners	M50	400	44.5	385	34.0	0	0.0	364	26.1	0	0.0	104.6	104.6	66
576	Crosby	Ben	Chapel Allerton Runners	M50	409	34.2	382	37.6	0	0.0	359	32.6	0	0.0	104.5	104.5	67
577	Gordon	Jack	Hyde Park Harriers	MSEN	352	99.3	0	0.0	0	0.0	0	0.0	0	0.0	99.3	99.3	161
578	Tarbit	James	Hyde Park Harriers	M35	393	52.5	375	46.1	0	0.0	0	0.0	0	0.0	98.6	98.6	61
579	Proctor-Clarke	Joseph	Horsforth Harriers	MSEN	411	32.0	380	40.0	372	23.1	0	0.0	0	0.0	95.1	95.1	162
580	Russell	Peter	Horsforth Harriers	M60	421	20.5	391	26.7	0	0.0	366	23.5	295	24.3	95.0	95.0	37
581	Love	Martin	Saltaire Striders	M60	0	0.0	0	0.0	356	43.7	345	50.9	0	0.0	94.6	94.6	38
582	Mcgregor	Ian	Wetherby Runners AC	M65	0	0.0	0	0.0	0	0.0	319	84.9	0	0.0	84.9	84.9	22
583	Todd	Stephen	Chapel Allerton Runners	M70	365	84.5	0	0.0	0	0.0	0	0.0	0	0.0	84.5	84.5	10
584	Leijssen	Roar	Ilkley Harriers	M50	0	0.0	0	0.0	0	0.0	354	39.2	283	43.7	82.9	82.9	68
585	Barton	Paul	Ackworth Road Runners	M55	420	21.7	397	19.4	0	0.0	369	19.6	297	21.0	81.7	81.7	61
586	O'Brien	Eamon	Valley Striders AC	M50	0	0.0	0	0.0	0	0.0	324	78.3	0	0.0	78.3	78.3	69
587	Umpleby	Martin	Harrogate Harriers & AC	M50	378	69.6	0	0.0	0	0.0	0	0.0	307	4.9	74.5	74.5	70
588	Bowman	Geoff	Roundhay Runners	M60	415	27.4	0	0.0	0	0.0	351	43.1	0	0.0	70.5	70.5	39
589	Hutchinson	Alan	Valley Striders AC	M65	0	0.0	0	0.0	0	0.0	332	67.9	0	0.0	67.9	67.9	23
590	Teale	Mark	Horsforth Harriers	M50	380	67.4	0	0.0	0	0.0	0	0.0	0	0.0	67.4	67.4	71
591	Sedgley	Neil	Chapel Allerton Runners	M55	425	16.0	395	21.8	377	16.7	375	11.7	303	11.3	77.6	66.3	62
592	Griffiths	Ian	Horsforth Harriers	M45	0	0.0	0	0.0	0	0.0	335	64.0	0	0.0	64.0	64.0	80
593	Jackson	Bob	Valley Striders AC	M70	424	17.1	401	14.6	380	12.9	377	9.1	298	19.4	73.1	64.0	11
594	Langdon	Matt	Otley AC	M45	410	33.1	0	0.0	366	30.8	0	0.0	0	0.0	64.0	64.0	81
595	Hutchinson	John	Kirkstall Harriers	M75	414	28.5	387	31.6	0	0.0	0	0.0	0	0.0	60.1	60.1	1
596	Kent	Craig	Abbey Runners	M35	387	59.4	0	0.0	0	0.0	0	0.0	0	0.0	59.4	59.4	62
597	Isaacs	Tim	Rothwell Harriers & AC	M60	0	0.0	0	0.0	0	0.0	361	30.0	292	29.1	59.2	59.2	40
598	Storey	Ian	Saltaire Striders	M45	423	18.3	398	18.2	374	20.6	0	0.0	0	0.0	57.0	57.0	82
599	Bywater	Chris	Rothwell Harriers & AC	M70	431	9.1	402	13.3	379	14.1	374	13.1	301	14.6	64.2	55.1	12
600	Hussey	John	Valley Striders AC	M75	0	0.0	386	32.8	0	0.0	367	22.2	0	0.0	55.0	55.0	2
601	Twitchett	Mark	Roundhay Runners	M50	0	0.0	0	0.0	352	48.8	0	0.0	0	0.0	48.8	48.8	72
602	Dixon	Stephen	Valley Striders AC	M70	0	0.0	0	0.0	0	0.0	0	0.0	280	48.5	48.5	48.5	13
603	Davis	Mark	Otley AC	M45	402	42.2	0	0.0	0	0.0	0	0.0	0	0.0	42.2	42.2	83
604	Payne	Richard	Ackworth Road Runners	M50	0	0.0	394	23.1	383	9.0	378	7.8	0	0.0	39.9	39.9	73
605	Sheard	Neil	Saltaire Striders	M40	405	38.8	0	0.0	0	0.0	0	0.0	0	0.0	38.8	38.8	85
606	Thompson	Dan	Horsforth Harriers	M40	0	0.0	0	0.0	0	0.0	355	37.9	0	0.0	37.9	37.9	86
607	Robinson	Philip	Nidd Valley Road Runners	M60	407	36.5	0	0.0	0	0.0	0	0.0	0	0.0	36.5	36.5	41
608	Dinsdale	Mark	Horsforth Harriers	M55	430	10.3	0	0.0	382	10.3	382	2.6	302	12.9	36.1	36.1	63
609	Morley	Eric	Knaresborough Striders	M70	0	0.0	400	15.8	385	6.4	381	3.9	304	9.7	35.8	35.8	14
610	Noble	Stephen	Rothwell Harriers & AC	M55	422	19.4	0	0.0	0	0.0	0	0.0	300	16.2	35.6	35.6	64
611	Taylor	Ian	Horsforth Harriers	M55	0	0.0	0	0.0	378	15.4	0	0.0	299	17.8	33.2	33.2	65
612	Size	Andrew	Saltaire Striders	M50	0	0.0	399	17.0	0	0.0	373	14.4	0	0.0	31.4	31.4	74
613	Crosby	David	Wetherby Runners AC	M60	412	30.8	0	0.0	0	0.0	0	0.0	0	0.0	30.8	30.8	42
614	Lake	Graham	Otley AC	M45	0	0.0	0	0.0	0	0.0	0	0.0	291	30.7	30.7	30.7	84
615	Thompson	Geoff	Wharfedale Harriers	M65	433	6.8	406	8.5	381	11.6	383	1.3	308	3.2	31.5	30.1	24
616	Silva	Mervyn	Saltaire Striders	M65	0	0.0	403	12.1	384	7.7	0	0.0	305	8.1	27.9	27.9	25
617	Bapty	Paul	Bradford Airedale AC	M45	0	0.0	390	27.9	0	0.0	0	0.0	0	0.0	27.9	27.9	85
618	Scott	Iain	Harrogate Tri Club	M60	416	26.3	0	0.0	0	0.0	0	0.0	0	0.0	26.3	26.3	43
619	Gore	Tim	Saltaire Striders	M50	0	0.0	0	0.0	0	0.0	0	0.0	294	25.9	25.9	25.9	75
620	Wilkins	Jordan	Kippax & District Harriers	MSEN	0	0.0	0	0.0	370	25.7	0	0.0	0	0.0	25.7	25.7	163
621	Berwin	Paul	Harrogate Harriers & AC	M65	0	0.0	393	24.3	0	0.0	0	0.0	0	0.0	24.3	24.3	26
622	Starks	Iain	Valley Striders AC	M60	0	0.0	0	0.0	386	5.1	371	17.0	0	0.0	22.1	22.1	44
623	Best	Jamie	St Therasas AC	M45	429	11.4	0	0.0	0	0.0	376	10.4	0	0.0	21.9	21.9	86
624	Reyes	Manuel	Dragons Running Club (Leeds)	M50	0	0.0	396	20.6	0	0.0	0	0.0	0	0.0	20.6	20.6	76
625	Pullan	Richard	Hyde Park Harriers	M65	0	0.0	0	0.0	375	19.3	0	0.0	0	0.0	19.3	19.3	27
626	Coghlan	Robin	Roundhay Runners	M55	0	0.0	0	0.0	0	0.0	370	18.3	0	0.0	18.3	18.3	66
627	Kitchen	Jay	Kippax & District Harriers	M60	428	12.6	0	0.0	0	0.0	380	5.2	0	0.0	17.8	17.8	45
628	Moore	Colin	Roundhay Runners	M70	0	0.0	407	7.3	387	3.9	0	0.0	306	6.5	17.6	17.6	15
629	Kuendiger	Jan	York Triathlon Club	M40	426	14.8	0	0.0	0	0.0	0	0.0	0	0.0	14.8	14.8	87
630	Pascoe	Dave	Vale of York Athletic Community	M55	427	13.7	0	0.0	0	0.0	0	0.0	0	0.0	13.7	13.7	67
631	Haygarth	Bill	Abbey Runners	M70	0	0.0	404	10.9	0	0.0	0	0.0	0	0.0	10.9	10.9	16
632	Adair	Ian	Harrogate Tri Club	MSEN	434	5.7	409	4.9	0	0.0	0	0.0	0	0.0	10.6	10.6	164
633	Shorrock	Thomas	Abbey Runners	M40	0	0.0	405	9.7	0	0.0	0	0.0	0	0.0	9.7	9.7	88
634	Head	Mark	Harrogate Tri Club	M60	435	4.6	410	3.6	0	0.0	0	0.0	0	0.0	8.2	8.2	46
635	Seaman	Dave	Nidd Valley Road Runners	M75	432	8.0	0	0.0	0	0.0	0	0.0	0	0.0	8.0	8.0	3
636	Clarke	Jack	Knaresborough Striders	M55	0	0.0	0	0.0	0	0.0	379	6.5	0	0.0	6.5	6.5	68
637	Hall	Nicky	Ackworth Road Runners	M65	0	0.0	408	6.1	0	0.0	0	0.0	0	0.0	6.1	6.1	28
638	Payne	Bob	Otley AC	M75	0	0.0	411	2.4	388	2.6	0	0.0	0	0.0	5.0	5.0	4
639	Burke	Kieran	Roundhay Runners	MSEN	436	3.4	0	0.0	0	0.0	0	0.0	0	0.0	3.4	3.4	165
640	Cardinale	Antonio	Otley AC	M75	438	1.1	0	0.0	0	0.0	0	0.0	309	1.6	2.8	2.8	5
641	Macdonald	Alex	St Therasas AC	M35	437	2.3	0	0.0	0	0.0	0	0.0	0	0.0	2.3	2.3	63
642	Appleby	Martin	Rothwell Harriers & AC	M65	0	0.0	0	0.0	389	1.3	0	0.0	0	0.0	1.3	1.3	29
643	Davies	James	Saltaire Striders	M40	0	0.0	412	1.2	0	0.0	0	0.0	0	0.0	1.2	1.2	89