

PECO Cross Country League 2025-26

Senior Men's Cumulative Results After Race 4

| Position | Surname      | First Name | Club                            | Age Cat | Race 1 |        | Race 2 |        | Race 3 |        | Race 4 |        | Total Points | Cat Pos |
|----------|--------------|------------|---------------------------------|---------|--------|--------|--------|--------|--------|--------|--------|--------|--------------|---------|
|          |              |            |                                 |         | Pos    | Points | Pos    | Points | Pos    | Points | Pos    | Points |              |         |
| 1        | Garbutt      | Dan        | St Therasas AC                  | M35     | 1      | 500.0  | 1      | 500.0  | 1      | 500.0  | 2      | 498.7  | 1998.7       | 1       |
| 2        | Roden        | Freddie    | Abbey Runners                   | MSEN    | 3      | 497.7  | 2      | 498.6  | 3      | 497.6  | 1      | 500.0  | 1993.9       | 1       |
| 3        | Humphries    | Andrew     | Airecentre Pacers               | M35     | 5      | 495.4  | 4      | 495.9  | 4      | 496.4  | 5      | 494.7  | 1982.4       | 2       |
| 4        | Townson      | Sam        | Hyde Park Harriers              | MSEN    | 10     | 489.6  | 10     | 487.6  | 9      | 490.5  | 7      | 492.0  | 1959.7       | 2       |
| 5        | Grant        | Daniel     | Valley Striders AC              | M35     | 9      | 490.8  | 11     | 486.2  | 7      | 492.9  | 12     | 485.4  | 1955.2       | 3       |
| 6        | Vogel        | Joost      | Valley Striders AC              | M35     | 15     | 483.9  | 9      | 489.0  | 22     | 475.1  | 14     | 482.7  | 1930.7       | 4       |
| 7        | Boynnton     | Philip     | Horsforth Harriers              | M35     | 19     | 479.3  | 18     | 476.5  | 21     | 476.3  | 13     | 484.0  | 1916.1       | 5       |
| 8        | Bromley      | Harry      | Vale of York Athletic Community | MSEN    | 31     | 465.4  | 15     | 480.7  | 19     | 478.7  | 17     | 478.7  | 1903.5       | 3       |
| 9        | Jones        | Simon      | Abbey Runners                   | MSEN    | 30     | 466.6  | 24     | 468.2  | 18     | 479.9  | 19     | 476.1  | 1890.7       | 4       |
| 10       | Moore        | Gawain     | Ilkley Harriers                 | M45     | 35     | 460.8  | 38     | 448.9  | 29     | 466.8  | 20     | 474.7  | 1851.3       | 1       |
| 11       | Holmes       | Christian  | Wharfedale Harriers             | M50     | 38     | 457.4  | 35     | 453.0  | 33     | 462.1  | 28     | 464.1  | 1836.6       | 1       |
| 12       | Egan         | Jake       | Saltaire Striders               | MSEN    | 41     | 453.9  | 39     | 447.5  | 31     | 464.5  | 25     | 468.1  | 1834.0       | 5       |
| 13       | Holmes       | Matthew    | Abbey Runners                   | M45     | 49     | 444.7  | 21     | 472.4  | 39     | 455.0  | 32     | 458.8  | 1830.8       | 2       |
| 14       | Cliffe       | Mark       | Rothwell Harriers & AC          | MSEN    | 51     | 442.4  | 40     | 446.1  | 49     | 443.1  | 36     | 453.5  | 1785.1       | 6       |
| 15       | Applebee     | Dan        | Ackworth Road Runners           | MSEN    | 56     | 436.6  | 36     | 451.7  | 43     | 450.2  | 49     | 436.2  | 1774.7       | 7       |
| 16       | Harrold      | Brian      | Chapel Allerton Runners         | M40     | 61     | 430.9  | 50     | 432.3  | 45     | 447.9  | 31     | 460.1  | 1771.2       | 1       |
| 17       | Fillingham   | Martin     | Saltaire Striders               | M50     | 63     | 428.6  | 46     | 437.8  | 40     | 453.8  | 41     | 446.8  | 1767.0       | 2       |
| 18       | Morrison     | Cairn      | St Therasas AC                  | M45     | 85     | 403.2  | 34     | 454.4  | 46     | 446.7  | 45     | 441.5  | 1745.8       | 3       |
| 19       | Bryer        | Josh       | Nidd Valley Road Runners        | MSEN    | 98     | 388.2  | 42     | 443.4  | 38     | 456.2  | 35     | 454.8  | 1742.6       | 8       |
| 20       | Boynnton     | Alex       | York Postal Harriers            | M35     | 83     | 405.5  | 52     | 429.6  | 54     | 437.2  | 26     | 466.8  | 1739.0       | 6       |
| 21       | Wells        | Simon      | Kirkstall Harriers              | M35     | 52     | 441.2  | 62     | 415.7  | 65     | 424.2  | 70     | 408.2  | 1689.4       | 7       |
| 22       | Brown        | Rhys       | Horsforth Harriers              | M35     | 71     | 419.4  | 54     | 426.8  | 77     | 410.0  | 54     | 429.5  | 1685.6       | 8       |
| 23       | Green        | Joseph     | Chapel Allerton Runners         | MSEN    | 60     | 432.0  | 65     | 411.6  | 74     | 413.5  | 59     | 422.9  | 1680.0       | 9       |
| 24       | Whittlestone | George     | Ilkley Harriers                 | MSEN    | 68     | 422.8  | 68     | 407.5  | 87     | 398.1  | 42     | 445.5  | 1673.9       | 10      |
| 25       | Scott        | Steven     | Abbey Runners                   | M50     | 95     | 391.7  | 69     | 406.1  | 66     | 423.0  | 43     | 444.1  | 1664.9       | 3       |
| 26       | Isaac        | Oliver     | Hyde Park Harriers              | M35     | 73     | 417.1  | 64     | 413.0  | 81     | 405.2  | 60     | 421.5  | 1656.8       | 9       |
| 27       | Gott         | Steven     | Ilkley Harriers                 | M45     | 94     | 392.9  | 48     | 435.1  | 70     | 418.2  | 76     | 400.3  | 1646.5       | 4       |
| 28       | Mann         | Gary       | Valley Striders AC              | M45     | 77     | 412.4  | 74     | 399.2  | 86     | 399.3  | 52     | 432.2  | 1643.1       | 5       |
| 29       | Brienen      | Stef       | Abbey Runners                   | MSEN    | 92     | 395.2  | 66     | 410.2  | 79     | 407.6  | 57     | 425.5  | 1638.5       | 11      |
| 30       | Rao          | Nicholas   | Roundhay Runners                | MSEN    | 79     | 410.1  | 80     | 390.9  | 82     | 404.0  | 62     | 418.9  | 1623.9       | 12      |
| 31       | Frosztega    | Richard    | Harrogate Harriers & AC         | M40     | 93     | 394.0  | 60     | 418.5  | 68     | 420.6  | 89     | 383.0  | 1616.1       | 2       |
| 32       | Nicholls     | Angus      | Wetherby Runners AC             | MSEN    | 96     | 390.6  | 61     | 417.1  | 90     | 394.5  | 73     | 404.3  | 1606.5       | 13      |
| 33       | Sugden       | Luke       | Wetherby Runners AC             | M45     | 78     | 411.3  | 72     | 401.9  | 83     | 402.8  | 104    | 363.0  | 1579.1       | 6       |
| 34       | Macfarlane   | Russell    | Saltaire Striders               | M40     | 86     | 402.1  | 99     | 364.6  | 100    | 382.7  | 68     | 410.9  | 1560.3       | 3       |
| 35       | Douglas      | Euan       | Hyde Park Harriers              | MSEN    | 100    | 385.9  | 98     | 366.0  | 102    | 380.3  | 77     | 398.9  | 1531.2       | 14      |
| 36       | Roberts      | Tom        | Rothwell Harriers & AC          | M35     | 102    | 383.6  | 89     | 378.5  | 95     | 388.6  | 97     | 372.3  | 1523.1       | 10      |
| 37       | Grave        | Paul       | Valley Striders AC              | M50     | 140    | 339.9  | 75     | 397.8  | 85     | 400.5  | 105    | 361.7  | 1499.8       | 4       |
| 38       | Jackson      | Daniel     | Saltaire Striders               | M40     | 127    | 354.8  | 105    | 356.4  | 104    | 378.0  | 69     | 409.6  | 1498.7       | 4       |
| 39       | Ravenhall    | George     | Airecentre Pacers               | MSEN    | 2      | 498.8  | 6      | 493.1  | 2      | 498.8  | 0      | 0.0    | 1490.8       | 15      |
| 40       | Lomas        | Adam       | Hyde Park Harriers              | M35     | 4      | 496.5  | 0      | 0.0    | 5      | 495.3  | 3      | 497.3  | 1489.1       | 11      |
| 41       | Robson       | John       | St Therasas AC                  | M50     | 115    | 368.7  | 81     | 389.5  | 126    | 351.9  | 96     | 373.7  | 1483.7       | 5       |
| 42       | Carter       | Dom        | York Postal Harriers            | MSEN    | 0      | 0.0    | 5      | 494.5  | 6      | 494.1  | 6      | 493.4  | 1481.9       | 16      |
| 43       | Hesford      | Ian        | Nidd Valley Road Runners        | M45     | 129    | 352.5  | 102    | 360.5  | 107    | 374.4  | 84     | 389.6  | 1477.1       | 7       |
| 44       | Jenkins      | Daniel     | Saltaire Striders               | M50     | 114    | 369.8  | 85     | 384.0  | 127    | 350.7  | 102    | 365.7  | 1470.2       | 6       |
| 45       | Miller       | Chris      | Wharfedale Harriers             | M40     | 11     | 488.5  | 0      | 0.0    | 11     | 488.2  | 8      | 490.7  | 1467.3       | 5       |
| 46       | Rolland      | Andrew     | Hyde Park Harriers              | MSEN    | 14     | 485.0  | 8      | 490.3  | 0      | 0.0    | 9      | 489.4  | 1464.7       | 17      |
| 47       | Douglas      | Benjamin   | Hyde Park Harriers              | M35     | 21     | 477.0  | 0      | 0.0    | 8      | 491.7  | 4      | 496.0  | 1464.7       | 12      |
| 48       | Carter       | Jim        | York Postal Harriers            | M50     | 125    | 357.1  | 92     | 374.3  | 125    | 353.1  | 93     | 377.7  | 1462.2       | 7       |
| 49       | Keating      | Reuben     | Hyde Park Harriers              | MSEN    | 8      | 491.9  | 17     | 477.9  | 10     | 489.3  | 0      | 0.0    | 1459.2       | 18      |
| 50       | Mitchell     | Thomas     | Harrogate Harriers & AC         | MSEN    | 22     | 475.8  | 12     | 484.8  | 13     | 485.8  | 0      | 0.0    | 1446.4       | 19      |
| 51       | Llewellyn    | Ryan       | Kirkstall Harriers              | MSEN    | 27     | 470.0  | 0      | 0.0    | 16     | 482.2  | 10     | 488.0  | 1440.3       | 20      |
| 52       | Sykes        | Richard    | Hyde Park Harriers              | M40     | 26     | 471.2  | 0      | 0.0    | 17     | 481.0  | 18     | 477.4  | 1429.6       | 6       |
| 53       | Cryer        | Tom        | St Therasas AC                  | MSEN    | 25     | 472.4  | 23     | 469.6  | 15     | 483.4  | 0      | 0.0    | 1425.4       | 21      |
| 54       | Cheseldine   | Edward     | Valley Striders AC              | MSEN    | 12     | 487.3  | 0      | 0.0    | 26     | 470.4  | 30     | 461.4  | 1419.1       | 22      |
| 55       | Cowling      | Tom        | Roundhay Runners                | MSEN    | 34     | 462.0  | 22     | 471.0  | 0      | 0.0    | 15     | 481.4  | 1414.4       | 23      |
| 56       | Scrutton     | Fergus     | Chapel Allerton Runners         | M35     | 108    | 376.7  | 96     | 368.8  | 130    | 347.2  | 137    | 319.1  | 1411.8       | 13      |
| 57       | Hutchison    | Ross       | Abbey Runners                   | M40     | 32     | 464.3  | 20     | 473.8  | 24     | 472.7  | 0      | 0.0    | 1410.8       | 7       |
| 58       | Lyall        | Andrew     | Kirkstall Harriers              | MSEN    | 0      | 0.0    | 19     | 475.1  | 35     | 459.7  | 24     | 469.4  | 1404.3       | 24      |
| 59       | Fuller       | Nigel      | St Therasas AC                  | M45     | 138    | 342.2  | 100    | 363.3  | 134    | 342.4  | 109    | 356.4  | 1404.2       | 8       |
| 60       | Everett      | Iain       | York Triathlon Club             | M45     | 149    | 329.5  | 108    | 352.2  | 133    | 343.6  | 99     | 369.7  | 1395.0       | 9       |
| 61       | Davey        | Thomas     | St Therasas AC                  | MSEN    | 18     | 480.4  | 45     | 439.2  | 23     | 473.9  | 0      | 0.0    | 1393.6       | 25      |
| 62       | Dunbar       | Stuart     | Saltaire Striders               | M60     | 113    | 371.0  | 113    | 345.3  | 155    | 317.5  | 108    | 357.7  | 1391.5       | 1       |
| 63       | Lofthouse    | Martin     | Nidd Valley Road Runners        | M55     | 134    | 346.8  | 117    | 339.8  | 142    | 332.9  | 103    | 364.4  | 1383.9       | 1       |
| 64       | Johnstone    | Lucas      | Hyde Park Harriers              | MSEN    | 0      | 0.0    | 33     | 455.8  | 32     | 463.3  | 29     | 462.8  | 1381.8       | 26      |
| 65       | Brook-Dobson | Harry      | Ilkley Harriers                 | MSEN    | 40     | 455.1  | 27     | 464.1  | 34     | 460.9  | 0      | 0.0    | 1380.1       | 27      |
| 66       | Mcmullan     | Geoff      | Wetherby Runners AC             | M45     | 147    | 331.8  | 140    | 308.0  | 129    | 348.3  | 86     | 387.0  | 1375.1       | 10      |
| 67       | Kemp         | Chris      | Hyde Park Harriers              | MSEN    | 47     | 447.0  | 32     | 457.2  | 0      | 0.0    | 23     | 470.7  | 1374.9       | 28      |
| 68       | Harris       | Simon      | Abbey Runners                   | M40     | 65     | 426.3  | 30     | 459.9  | 25     | 471.6  | 0      | 0.0    | 1357.8       | 8       |
| 69       | Leslie       | Stuart     | York Knavesmire Harriers        | M40     | 106    | 379.0  | 112    | 346.7  | 232    | 226.3  | 72     | 405.6  | 1357.6       | 9       |
| 70       | Overend      | Andrew     | Ilkley Harriers                 | M45     | 156    | 321.4  | 123    | 331.5  | 145    | 329.4  | 98     | 371.0  | 1353.3       | 11      |
| 71       | Stipetic     | Adrian     | York Knavesmire Harriers        | M40     | 58     | 434.3  | 26     | 465.5  | 42     | 451.4  | 0      | 0.0    | 1351.2       | 10      |
| 72       | Billingham   | Jake       | Chapel Allerton Runners         | MSEN    | 53     | 440.1  | 0      | 0.0    | 41     | 452.6  | 37     | 452.1  | 1344.8       | 29      |
| 73       | Kerr         | Will       | Saltaire Striders               | M45     | 55     | 437.8  | 0      | 0.0    | 48     | 444.3  | 33     | 457.4  | 1339.5       | 12      |
| 74       | Zanzottera   | Joe        | Kirkstall Harriers              | MSEN    | 161    | 315.7  | 110    | 349.4  | 141    | 334.1  | 124    | 336.4  | 1335.7       | 30      |
| 75       | Hardy        | Lee        | Kirkstall Harriers              | M40     | 0      | 0.0    | 31     | 458.6  | 62     | 427.7  | 40     | 448.1  | 1334.4       | 11      |
| 76       | Gourley      | William    | Rothwell Harriers & AC          | M45     | 154    | 323.7  | 120    | 335.6  | 146    | 328.2  | 118    | 344.4  | 1332.0       | 13      |
| 77       | Dibble       | George     | Wharfedale Harriers             | MSEN    | 59     | 433.2  | 56     | 424.0  | 0      | 0.0    | 21     | 473.4  | 1330.6       | 31      |
| 78       | Aylesbury    | Caleb      | Nidd Valley Road Runners        | MSEN    | 48     | 445.9  | 0      | 0.0    | 51     | 440.8  | 51     | 433.5  | 1320.1       | 32      |
| 79       | Metcalfe     | Kevin      | Harrogate Tri Club              | M55     | 179    | 294.9  | 114    | 343.9  | 148    | 325.8  | 122    | 339.1  | 1303.8       | 2       |
| 80       | I'anson      | David      | St Therasas AC                  | M65     | 166    | 309.9  | 95     | 370.2  | 128    | 349.5  | 177    | 266.0  | 1295.6       | 1       |
| 81       | Mortimer     | Charlie    | Chapel Allerton Runners         | M45     | 0      | 0.0    | 79     | 392.3  | 50     | 441.9  | 39     | 449.5  | 1283.7       | 14      |
| 82       | Shinn        | Oscar      | Ilkley Harriers                 | MSEN    | 87     | 400.9  | 47     | 436.5  | 47     | 445.5  | 0      | 0.0    | 1282.9       | 33      |
| 83       | Jensen       | Stefan     | Airecentre Pacers               | MSEN    | 62     | 429.7  | 55     | 425.4  | 63     | 426.5  | 0      | 0.0    | 1281.7       | 34      |
| 84       | Rhule-Samuel | Joel       | Abbey Runners                   | MSEN    | 70     | 420.5  | 0      | 0.0    | 59     | 431.3  | 55     | 428.2  | 1280.0       | 35      |
| 85       | Smith        | Ryan       | Ackworth Road Runners           | M40     | 171    | 304.1  | 139    | 309.4  | 156    | 316.4  | 115    | 348.4  | 1278.3       | 12      |
| 86       | Akers        | Rohan      | Wharfedale Harriers             | M45     | 76     | 413.6  | 0      | 0.0    | 64     | 425.4  | 48     | 437.5  | 1276.4       | 15      |
| 87       | Vis          | Patrick    | Chapel Allerton Runners         | MSEN    | 0      | 0.0    | 59     | 419.9  | 67     | 421.8  | 53     | 430.9  | 1272.5       | 36      |
| 88       | O'Brien      | Alan       | Kirkstall Harriers              | M40     | 164    | 312.2  | 125    | 328.7  | 149    | 324.6  | 149    | 303.2  | 1268.8       | 13      |
| 89       | Walker       | Richard    | Airecentre Pacers               | M50     | 146    | 332.9  | 122    | 332.9  | 181    | 286.7  | 141    | 313.8  | 1266.4       | 8       |
| 90       | Moakler      | Ben        | Roundhay Runners                | M40     | 66     | 425.1  | 0      | 0.0    | 71     | 417.1  | 58     | 424.2  | 1266.4       | 14      |
| 91       | Slattery     | Ian        | Bradford Airedale AC            | M40     | 82     | 406.7  | 57     | 422.7  | 61     | 428.9  | 0      | 0.0    | 1258.2       | 15      |
| 92       | Perkinson    | Andrew     | Horsforth Harriers              | M50     | 190    | 282.3  | 147    | 298.3  | 147    | 327.0  | 116    | 347.1  | 1254.7       | 9       |
| 93       | Hipkiss      | Jack       | Kirkstall Harriers              | MSEN    | 74     | 415.9  | 70     | 404.7  | 0      | 0.0    | 66     | 413.6  | 1234.2       | 37      |

|     |              |            |                                 |      |     |         |     |       |     |       |     |       |        |    |
|-----|--------------|------------|---------------------------------|------|-----|---------|-----|-------|-----|-------|-----|-------|--------|----|
| 94  | Bergin       | Ciaran     | Hyde Park Harriers              | MSEN | 75  | 414.7   | 0   | 0.0   | 44  | 449.1 | 100 | 368.4 | 1232.1 | 38 |
| 95  | Ewbank       | Adam       | Harrogate Harriers & AC         | MSEN | 91  | 396.3   | 71  | 403.3 | 0   | 0.0   | 61  | 420.2 | 1219.8 | 39 |
| 96  | Robinson     | Michael    | Ackworth Road Runners           | M35  | 203 | 267.3   | 132 | 319.1 | 165 | 305.7 | 136 | 320.5 | 1212.5 | 14 |
| 97  | Turner       | Andy       | Roundhay Runners                | M35  | 0   | 0.0     | 93  | 372.9 | 72  | 415.9 | 63  | 417.6 | 1206.4 | 15 |
| 98  | Haines       | Andy       | St Therasas AC                  | M45  | 160 | 316.8   | 135 | 314.9 | 178 | 290.3 | 167 | 279.3 | 1201.3 | 16 |
| 99  | Richards     | Oliver     | Otley AC                        | M40  | 89  | 398.6   | 86  | 382.6 | 73  | 414.7 | 0   | 0.0   | 1195.9 | 16 |
| 100 | Ford         | Andrew     | Valley Striders AC              | M45  | 67  | 424.0   | 53  | 428.2 | 0   | 0.0   | 119 | 343.1 | 1195.2 | 17 |
| 101 | Hutter       | Russell    | Chapel Allerton Runners         | M55  | 186 | 286.9   | 141 | 306.6 | 170 | 299.8 | 170 | 275.3 | 1168.5 | 3  |
| 102 | Drake        | Richard    | Valley Striders AC              | M50  | 120 | 362.9   | 0   | 0.0   | 97  | 386.3 | 67  | 412.2 | 1161.4 | 10 |
| 103 | Biddulph     | Tom        | Valley Striders AC              | MSEN | 193 | 278.8   | 168 | 269.3 | 164 | 306.9 | 153 | 297.9 | 1152.9 | 40 |
| 104 | Charlesworth | Nicholas   | Wharfedale Harriers             | M55  | 107 | 377.9   | 0   | 0.0   | 103 | 379.1 | 80  | 394.9 | 1152.0 | 4  |
| 105 | Sanderson    | Ian        | Valley Striders AC              | M55  | 159 | 318.0   | 130 | 321.8 | 182 | 285.5 | 207 | 226.1 | 1151.4 | 5  |
| 106 | Fotherby     | Paul       | Valley Striders AC              | M50  | 212 | 256.9   | 145 | 301.1 | 183 | 284.4 | 146 | 307.2 | 1149.6 | 11 |
| 107 | Clark        | Kevin      | Harrogate Harriers & AC         | M40  | 180 | 293.8   | 202 | 222.4 | 167 | 303.3 | 129 | 329.8 | 1149.3 | 17 |
| 108 | Adkins       | Toby       | Hyde Park Harriers              | M35  | 0   | 0.0     | 82  | 388.1 | 101 | 381.5 | 92  | 379.0 | 1148.6 | 16 |
| 109 | Greenland    | Rob        | Chapel Allerton Runners         | M50  | 168 | 307.6   | 126 | 327.3 | 213 | 248.8 | 178 | 264.6 | 1148.4 | 12 |
| 110 | Martin       | Ian        | Vale of York Athletic Community | M55  | 200 | 270.7   | 233 | 179.6 | 143 | 331.8 | 107 | 359.0 | 1141.1 | 6  |
| 111 | Hillam       | Steve      | Vale of York Athletic Community | M35  | 0   | 0.0     | 97  | 367.4 | 99  | 383.9 | 85  | 388.3 | 1139.6 | 17 |
| 112 | Daley        | Nick       | St Therasas AC                  | MSEN | 117 | 366.4   | 84  | 385.4 | 96  | 387.4 | 0   | 0.0   | 1139.2 | 41 |
| 113 | Ashworth     | Richard    | Abbey Runners                   | M50  | 195 | 276.5   | 131 | 320.4 | 179 | 289.1 | 188 | 251.3 | 1137.4 | 13 |
| 114 | Bennett      | Paul       | Vale of York Athletic Community | M45  | 105 | 380.2   | 0   | 0.0   | 123 | 355.5 | 83  | 391.0 | 1126.6 | 18 |
| 115 | Heubeck      | Andy       | York Postal Harriers            | M35  | 111 | 373.3   | 0   | 0.0   | 110 | 370.9 | 91  | 380.3 | 1124.4 | 18 |
| 116 | Carter       | Matt       | York Postal Harriers            | M45  | 187 | 285.7   | 153 | 290.1 | 192 | 273.7 | 174 | 269.9 | 1119.4 | 19 |
| 117 | Todd         | Andy       | Nidd Valley Road Runners        | M60  | 112 | 372.1   | 91  | 375.7 | 111 | 369.7 | 0   | 0.0   | 1117.5 | 2  |
| 118 | Zemlik       | Darren     | Wharfedale Harriers             | M55  | 122 | 360.6   | 87  | 381.2 | 0   | 0.0   | 95  | 375.0 | 1116.8 | 7  |
| 119 | Wilkinson    | Gary       | Harrogate Harriers & AC         | M50  | 223 | 244.2   | 111 | 348.1 | 189 | 277.3 | 194 | 243.4 | 1112.9 | 14 |
| 120 | Masey        | Jack       | Kirkstall Harriers              | M35  | 215 | 253.5   | 150 | 294.2 | 216 | 245.3 | 142 | 312.5 | 1105.4 | 19 |
| 121 | Roebuck      | Chris      | Horsforth Harriers              | M45  | 123 | 359.4   | 90  | 377.1 | 0   | 0.0   | 111 | 353.7 | 1090.2 | 20 |
| 122 | Wigglesworth | Steven     | Ackworth Road Runners           | M60  | 228 | 238.5   | 161 | 279.0 | 180 | 287.9 | 165 | 281.9 | 1087.3 | 3  |
| 123 | Malkin       | Alexander  | Hyde Park Harriers              | MSEN | 136 | 344.5   | 0   | 0.0   | 84  | 401.7 | 121 | 340.4 | 1086.6 | 42 |
| 124 | Batten       | Matthew    | Hyde Park Harriers              | MSEN | 0   | 0.0     | 109 | 350.8 | 139 | 336.5 | 88  | 384.3 | 1071.6 | 43 |
| 125 | Howard       | Ashley     | Harrogate Harriers & AC         | MSEN | 109 | 375.6   | 106 | 355.0 | 0   | 0.0   | 125 | 335.1 | 1065.7 | 44 |
| 126 | Baines       | Andrew     | Horsforth Harriers              | M45  | 403 | 36.9    | 133 | 317.7 | 132 | 344.8 | 113 | 351.1 | 1050.4 | 21 |
| 127 | Money Penny  | Brad       | Wetherby Runners AC             | MSEN | 137 | 343.3   | 118 | 338.4 | 112 | 368.5 | 0   | 0.0   | 1050.2 | 45 |
| 128 | Wray-Rogers  | Luke       | Abbey Runners                   | M45  | 213 | 255.8   | 160 | 280.4 | 222 | 238.2 | 175 | 268.6 | 1042.9 | 22 |
| 129 | Gaffey       | Richard    | Abbey Runners                   | M50  | 144 | 335.3   | 0   | 0.0   | 124 | 354.3 | 112 | 352.4 | 1041.9 | 15 |
| 130 | Partridge    | Simon      | York Postal Harriers            | M45  | 130 | 351.4   | 88  | 379.8 | 0   | 0.0   | 145 | 308.5 | 1039.7 | 23 |
| 131 | Nicholls     | Marcus     | Wetherby Runners AC             | M50  | 116 | 367.5   | 357 | 8.3   | 116 | 363.7 | 158 | 291.2 | 1030.8 | 16 |
| 132 | Cornforth    | Philip     | Knaresborough Striders          | M55  | 194 | 277.6   | 211 | 209.9 | 237 | 220.4 | 139 | 316.5 | 1024.5 | 8  |
| 133 | Wallis       | Nigel      | Hyde Park Harriers              | M45  | 141 | 338.7   | 119 | 337.0 | 0   | 0.0   | 120 | 341.8 | 1017.5 | 24 |
| 134 | Grice        | John James | Vale of York Athletic Community | MSEN | 249 | 214.3   | 184 | 247.2 | 197 | 267.8 | 162 | 285.9 | 1015.2 | 46 |
| 135 | Irvine       | Richard    | Valley Striders AC              | M50  | 0   | 0.0     | 116 | 341.2 | 140 | 335.3 | 128 | 331.1 | 1007.6 | 17 |
| 136 | McGuire      | Dave       | Abbey Runners                   | M55  | 143 | 336.4   | 0   | 0.0   | 159 | 312.8 | 110 | 355.1 | 1004.3 | 9  |
| 137 | Sklinar      | Stu        | Roundhay Runners                | M35  | 206 | 263.8   | 163 | 276.2 | 209 | 253.6 | 221 | 207.4 | 1001.1 | 20 |
| 138 | Patterson    | Chris      | Saltaire Striders               | M55  | 222 | 245.4   | 177 | 256.9 | 227 | 232.2 | 183 | 258.0 | 992.5  | 10 |
| 139 | McNicholas   | Edward     | Wetherby Runners AC             | MSEN | 231 | 235.0   | 194 | 233.4 | 234 | 223.9 | 152 | 299.2 | 991.6  | 47 |
| 140 | Walker       | Tom        | Hyde Park Harriers              | M35  | 0   | 0.0     | 127 | 326.0 | 121 | 357.8 | 147 | 305.9 | 989.6  | 21 |
| 141 | Jones        | Steven     | Valley Striders AC              | MSEN | 148 | 330.6   | 0   | 0.0   | 152 | 321.1 | 123 | 337.8 | 989.5  | 48 |
| 142 | LaVille      | Harry      | Saltaire Striders               | MSEN | 220 | 247.7   | 167 | 270.7 | 249 | 206.2 | 181 | 260.6 | 985.2  | 49 |
| 143 | Scaife       | Nigel      | Nidd Valley Road Runners        | M55  | 216 | 252.3   | 212 | 208.6 | 210 | 252.4 | 173 | 271.3 | 984.5  | 11 |
| 144 | Townend      | Darren     | Nidd Valley Road Runners        | M50  | 151 | 327.2   | 0   | 0.0   | 119 | 360.2 | 155 | 295.2 | 982.6  | 18 |
| 145 | Lowson       | Andrew     | York Knavesmire Harriers        | M45  | 185 | 288.0   | 115 | 342.5 | 0   | 0.0   | 114 | 349.7 | 980.3  | 25 |
| 146 | Bowness      | Harry      | Otley AC                        | MSEN | 233 | 232.7   | 188 | 241.7 | 196 | 269.0 | 204 | 230.1 | 973.4  | 50 |
| 147 | Carlton      | James      | Saltaire Striders               | M35  | 0   | 0.0     | 124 | 330.1 | 158 | 314.0 | 132 | 325.8 | 969.9  | 22 |
| 148 | Knights      | Adam       | Valley Striders AC              | MSEN | 20  | 478.1   | 7   | 491.7 | 0   | 0.0   | 0   | 0.0   | 969.8  | 51 |
| 149 | Evans        | Daniel     | Valley Striders AC              | MSEN | 16  | 482.7   | 0   | 0.0   | 12  | 487.0 | 0   | 0.0   | 969.7  | 52 |
| 150 | Murray       | Danny      | Valley Striders AC              | M45  | 132 | 349.1   | 154 | 288.7 | 144 | 330.6 | 0   | 0.0   | 968.3  | 26 |
| 151 | Lines        | Charles    | Ackworth Road Runners           | M65  | 0   | 0.0     | 142 | 305.2 | 150 | 323.5 | 126 | 333.8 | 962.5  | 2  |
| 152 | Shearer      | Craig      | Wharfedale Harriers             | M35  | 0   | 0.0     | 14  | 482.0 | 20  | 477.5 | 0   | 0.0   | 959.5  | 23 |
| 153 | Bandy        | Clive      | Valley Striders AC              | M45  | 0   | 0.0     | 128 | 324.6 | 162 | 309.2 | 133 | 324.5 | 958.3  | 27 |
| 154 | Casey        | Dominic    | Horsforth Harriers              | MSEN | 24  | 473.5   | 0   | 0.0   | 14  | 484.6 | 0   | 0.0   | 958.1  | 53 |
| 155 | Blackwood    | Douglas    | Hyde Park Harriers              | MSEN | 0   | 0.0     | 0   | 0.0   | 27  | 469.2 | 11  | 486.7 | 955.9  | 54 |
| 156 | Lighten      | David      | Pudsey & Bramley AC             | M45  | 205 | 265.0   | 166 | 272.1 | 247 | 208.5 | 224 | 203.5 | 949.1  | 28 |
| 157 | Warters      | Matthew    | Wharfedale Harriers             | M35  | 17  | 481.6   | 25  | 466.9 | 0   | 0.0   | 0   | 0.0   | 948.4  | 24 |
| 158 | Rickard      | Matt       | Nidd Valley Road Runners        | M50  | 0   | 0.0     | 155 | 287.3 | 135 | 341.2 | 138 | 317.8 | 946.3  | 19 |
| 159 | Al-Janabi    | Daoud      | Kirkstall Harriers              | MSEN | 181 | 292.6   | 143 | 303.9 | 131 | 346.0 | 0   | 0.0   | 942.5  | 55 |
| 160 | Herrington   | Richard    | St Therasas AC                  | M45  | 33  | 463.1   | 0   | 0.0   | 0   | 0.0   | 22  | 472.1 | 935.2  | 29 |
| 161 | Patchett     | Nathaniel  | Otley AC                        | M35  | 178 | 296.1   | 216 | 203.0 | 225 | 234.6 | 226 | 200.8 | 934.5  | 25 |
| 162 | Gascoigne    | Ryan       | Ackworth Road Runners           | MSEN | 225 | 241.9   | 176 | 258.3 | 239 | 218.0 | 216 | 214.1 | 932.3  | 56 |
| 163 | Bradley      | Alex       | Hyde Park Harriers              | MSEN | 39  | 456.2   | 0   | 0.0   | 28  | 468.0 | 0   | 0.0   | 924.2  | 57 |
| 164 | Hallworth    | Ben        | Ilkley Harriers                 | M45  | 157 | 320.3   | 0   | 0.0   | 177 | 291.5 | 143 | 311.2 | 922.9  | 30 |
| 165 | Tilbrook     | John       | Wetherby Runners AC             | M45  | 163 | 313.4   | 0   | 0.0   | 188 | 278.4 | 131 | 327.1 | 918.9  | 31 |
| 166 | Ireland      | James      | Knaresborough Striders          | M40  | 43  | 451.6   | 0   | 0.0   | 30  | 465.6 | 0   | 0.0   | 917.3  | 18 |
| 167 | Brion        | Kealan     | Vale of York Athletic Community | MSEN | 57  | 435.5   | 16  | 479.3 | 0   | 0.0   | 0   | 0.0   | 914.8  | 58 |
| 168 | Torr         | Daniel     | Ackworth Road Runners           | MSEN | 50  | 443.5   | 29  | 461.3 | 0   | 0.0   | 0   | 0.0   | 904.9  | 59 |
| 169 | Parker       | Karl       | Abbey Runners                   | MSEN | 251 | 212.0   | 254 | 150.6 | 199 | 265.4 | 171 | 273.9 | 901.9  | 60 |
| 170 | Moger        | Adam       | Kirkstall Harriers              | M50  | 172 | 303.0   | 0   | 0.0   | 190 | 276.1 | 135 | 321.8 | 900.9  | 20 |
| 171 | Dumbell      | Adam       | Valley Striders AC              | MSEN | 0   | 0.0     | 43  | 442.0 | 36  | 458.5 | 0   | 0.0   | 900.5  | 61 |
| 172 | Whiting      | Thomas     | Vale of York Athletic Community | MSEN | 45  | 449.3   | 44  | 440.6 | 0   | 0.0   | 0   | 0.0   | 889.9  | 62 |
| 173 | Ellmore      | Steve      | Knaresborough Striders          | M55  | 170 | 305.3   | 149 | 295.6 | 0   | 0.0   | 161 | 287.2 | 888.1  | 12 |
| 174 | Ballantyne   | Matthew    | St Therasas AC                  | M35  | 232 | 233.9   | 190 | 239.0 | 230 | 228.7 | 238 | 184.8 | 886.3  | 26 |
| 175 | Clarkson     | Peter      | Chapel Allerton Runners         | M45  | 158 | 319.1   | 144 | 302.5 | 200 | 264.2 | 0   | 0.0   | 885.8  | 32 |
| 176 | Callan       | Jonny      | Chapel Allerton Runners         | MSEN | 210 | 259.2   | 178 | 255.5 | 233 | 225.1 | 269 | 143.6 | 883.5  | 63 |
| 177 | Bromley      | Rob        | Kirkstall Harriers              | M45  | 0   | 0.0     | 179 | 254.1 | 184 | 283.2 | 117 | 345.7 | 883.1  | 33 |
| 178 | Jenkins      | Liam       | Abbey Runners                   | MSEN | 44  | 450.5   | 0   | 0.0   | 58  | 432.5 | 0   | 0.0   | 882.9  | 64 |
| 179 | Vargas       | Michael    | Hyde Park Harriers              | M40  | 0   | 0.0     | 28  | 462.7 | 0   | 0.0   | 64  | 416.2 | 878.9  | 19 |
| 180 | Bevan        | Scott      | St Therasas AC                  | M35  | 199 | 271.9   | 157 | 284.5 | 153 | 319.9 | 0   | 0.0   | 876.3  | 27 |
| 181 | O'Donnell    | Ged        | Abbey Runners                   | M40  | 192 | 280.0   | 0   | 0.0   | 194 | 271.3 | 134 | 323.1 | 874.4  | 20 |
| 182 | Goodacre     | Ben        | Horsforth Fellandale            | M35  | 175 | 299.5   | 0   | 0.0   | 219 | 241.7 | 127 | 332.4 | 873.7  | 28 |
| 183 | Carvey       | Chris      | Nidd Valley Road Runners        | M55  | 0   | 0.0     | 134 | 316.3 | 191 | 274.9 | 166 | 280.6 | 871.8  | 13 |
| 184 | Rickerby     | Dylan      | Rothwell Harriers & AC          | M50  | 204 | 266.1   | 164 | 274.9 | 254 | 200.2 | 279 | 130.3 | 871.5  | 21 |
| 185 | Morton       | Joseph     | Roundhay Runners                | M40  | 0   | 0.0     | 49  | 433.7 | 57  | 433.6 | 0   | 0.0   | 867.4  | 21 |
| 186 | Smith        | Chris      | Otley AC                        | M45  | 0   | 0.0     | 0   | 0.0   | 53  | 438.4 | 56  | 426.9 | 865.3  | 34 |
| 187 | Allison      | David      | Chapel Allerton Runners         | M55  | 183 | 290.3   | 0   | 0.0   | 187 | 279.6 | 156 | 293.9 | 863.8  | 14 |
| 188 | Turner       | Steven     | Nidd Valley Road Runners        | M55  | 244 | 220.0   | 193 | 234.8 | 258 | 195.5 | 220 | 208.8 | 859.1  | 15 |
| 189 | Wideman      | Wayne      | Kippax & District Harriers      | M45  | 0   | 0.0     | 173 | 262.4 | 169 | 300.9 | 157 | 292.6 | 855.9  | 35 |
| 190 | Hulson       | Olly       | Hyde Park Harriers              | M40  | 169 | 306.5</ |     |       |     |       |     |       |        |    |

|     |               |          |                                 |      |     |       |     |       |     |       |     |       |       |    |
|-----|---------------|----------|---------------------------------|------|-----|-------|-----|-------|-----|-------|-----|-------|-------|----|
| 192 | Green         | Jonny    | Horsforth Harriers              | MSEN | 81  | 407.8 | 0   | 0.0   | 56  | 434.8 | 0   | 0.0   | 842.7 | 66 |
| 193 | Fox-Bullivant | Alex     | Horsforth Harriers              | MSEN | 0   | 0.0   | 0   | 0.0   | 88  | 396.9 | 44  | 442.8 | 839.7 | 67 |
| 194 | Westmoreland  | Jason    | Rothwell Harriers & AC          | M55  | 0   | 0.0   | 152 | 291.4 | 186 | 280.8 | 176 | 267.3 | 839.5 | 16 |
| 195 | Parry         | Matthew  | Saltaire Striders               | MSEN | 173 | 301.8 | 0   | 0.0   | 171 | 298.6 | 198 | 238.0 | 838.5 | 68 |
| 196 | Harrison      | Tristan  | Horsforth Fellandale            | MSEN | 0   | 0.0   | 63  | 414.4 | 69  | 419.4 | 0   | 0.0   | 833.8 | 69 |
| 197 | Ball          | Aden     | Ackworth Road Runners           | M50  | 214 | 254.6 | 138 | 310.8 | 205 | 258.3 | 0   | 0.0   | 823.7 | 22 |
| 198 | Furlong       | Ian      | Roundhay Runners                | M40  | 103 | 382.5 | 0   | 0.0   | 0   | 0.0   | 46  | 440.2 | 822.6 | 23 |
| 199 | Starling      | Callum   | Hyde Park Harriers              | MSEN | 0   | 0.0   | 0   | 0.0   | 75  | 412.3 | 71  | 406.9 | 819.2 | 70 |
| 200 | Frazer        | Martin   | Abbey Runners                   | M60  | 202 | 268.4 | 159 | 281.8 | 0   | 0.0   | 185 | 255.3 | 805.5 | 4  |
| 201 | Hallybone     | Will     | Roundhay Runners                | M35  | 207 | 262.7 | 0   | 0.0   | 206 | 257.1 | 164 | 283.2 | 803.0 | 29 |
| 202 | Macdonald     | Matthew  | Roundhay Runners                | MSEN | 0   | 0.0   | 162 | 277.6 | 238 | 219.2 | 148 | 304.5 | 801.3 | 71 |
| 203 | Edmondson     | Neal     | Horsforth Harriers              | M35  | 84  | 404.4 | 77  | 395.0 | 0   | 0.0   | 0   | 0.0   | 799.4 | 30 |
| 204 | Edmondson     | Iain     | Wetherby Runners AC             | M55  | 0   | 0.0   | 181 | 251.4 | 185 | 282.0 | 179 | 263.3 | 796.7 | 17 |
| 205 | Johnson       | Richard  | Vale of York Athletic Community | M40  | 270 | 190.1 | 209 | 212.7 | 285 | 163.5 | 205 | 228.7 | 795.0 | 24 |
| 206 | Conkleton     | Gareth   | Knaresborough Striders          | M50  | 245 | 218.9 | 213 | 207.2 | 261 | 191.9 | 244 | 176.9 | 794.9 | 23 |
| 207 | Freeman       | Paul     | Horsforth Harriers              | M55  | 267 | 193.5 | 226 | 189.2 | 265 | 187.2 | 210 | 222.1 | 792.1 | 18 |
| 208 | Hughes        | David    | Ackworth Road Runners           | M45  | 248 | 215.4 | 180 | 252.8 | 295 | 151.7 | 249 | 170.2 | 790.1 | 36 |
| 209 | Walsh         | Jamie    | Otley AC                        | MSEN | 0   | 0.0   | 83  | 386.7 | 0   | 0.0   | 75  | 401.6 | 788.3 | 72 |
| 210 | Cavill        | Gareth   | Abbey Runners                   | M55  | 201 | 269.6 | 0   | 0.0   | 221 | 239.3 | 168 | 277.9 | 786.8 | 19 |
| 211 | Schofield     | George   | St Therasas AC                  | MSEN | 97  | 389.4 | 0   | 0.0   | 91  | 393.4 | 0   | 0.0   | 782.8 | 73 |
| 212 | Easton        | Jonathan | Nidd Valley Road Runners        | M45  | 0   | 0.0   | 151 | 292.8 | 195 | 270.1 | 212 | 219.4 | 782.4 | 37 |
| 213 | Jewitt        | Fred     | Chapel Allerton Runners         | MSEN | 235 | 230.4 | 203 | 221.0 | 255 | 199.1 | 278 | 131.6 | 782.1 | 74 |
| 214 | Quinlan       | Paul     | Roundhay Runners                | M40  | 99  | 387.1 | 0   | 0.0   | 94  | 389.8 | 0   | 0.0   | 776.9 | 25 |
| 215 | Weeks         | Andrew   | Kippax & District Harriers      | M45  | 0   | 0.0   | 187 | 243.1 | 218 | 242.9 | 159 | 289.9 | 775.9 | 38 |
| 216 | Woodall       | Philip   | Harrogate Harriers & AC         | M35  | 104 | 381.3 | 78  | 393.6 | 0   | 0.0   | 0   | 0.0   | 775.0 | 31 |
| 217 | Parker        | David    | St Therasas AC                  | M60  | 110 | 374.4 | 73  | 400.6 | 0   | 0.0   | 0   | 0.0   | 775.0 | 5  |
| 218 | Douglas       | Andy     | Horsforth Harriers              | M50  | 247 | 216.6 | 200 | 225.1 | 244 | 212.1 | 288 | 118.4 | 772.2 | 24 |
| 219 | Jeffer        | Nathan   | Hyde Park Harriers              | MSEN | 0   | 0.0   | 172 | 263.8 | 241 | 215.6 | 160 | 288.6 | 768.0 | 75 |
| 220 | Walker        | Will     | Ackworth Road Runners           | M45  | 254 | 208.5 | 221 | 196.1 | 268 | 183.6 | 245 | 175.5 | 763.8 | 39 |
| 221 | Evans         | Jonathan | Otley AC                        | MSEN | 126 | 356.0 | 0   | 0.0   | 80  | 406.4 | 0   | 0.0   | 762.4 | 76 |
| 222 | Anderson      | Finlay   | Vale of York Athletic Community | MSEN | 118 | 365.2 | 0   | 0.0   | 0   | 0.0   | 81  | 393.6 | 758.8 | 77 |
| 223 | Fulton        | Aron     | Airecentre Pacers               | M35  | 0   | 0.0   | 0   | 0.0   | 106 | 375.6 | 90  | 381.6 | 757.2 | 32 |
| 224 | Hornby        | Sean     | Otley AC                        | M50  | 162 | 314.5 | 0   | 0.0   | 228 | 231.0 | 219 | 210.1 | 755.7 | 25 |
| 225 | Saddler       | Liam     | Ackworth Road Runners           | M35  | 230 | 236.2 | 238 | 172.7 | 294 | 152.8 | 232 | 192.8 | 754.5 | 33 |
| 226 | Keay          | Andrew   | Otley AC                        | M45  | 218 | 250.0 | 0   | 0.0   | 208 | 254.7 | 195 | 242.0 | 746.8 | 40 |
| 227 | Parton        | Adam     | Valley Striders AC              | M55  | 252 | 210.8 | 228 | 186.5 | 278 | 171.8 | 246 | 174.2 | 743.3 | 20 |
| 228 | Fellows       | Alasdair | Hyde Park Harriers              | MSEN | 0   | 0.0   | 0   | 0.0   | 117 | 362.6 | 94  | 376.3 | 738.9 | 78 |
| 229 | Singleton     | David    | Ilkley Harriers                 | M50  | 0   | 0.0   | 174 | 261.0 | 243 | 213.3 | 180 | 262.0 | 736.3 | 26 |
| 230 | Bennett       | Simon    | Ackworth Road Runners           | M65  | 221 | 246.5 | 189 | 240.3 | 214 | 247.6 | 0   | 0.0   | 734.5 | 3  |
| 231 | Mc Aleavy     | Stuart   | Wharfedale Harriers             | M50  | 0   | 0.0   | 182 | 250.0 | 235 | 222.7 | 184 | 256.6 | 729.4 | 27 |
| 232 | Sharpe        | Matthew  | Abbey Runners                   | MSEN | 0   | 0.0   | 101 | 361.9 | 0   | 0.0   | 101 | 367.0 | 728.9 | 79 |
| 233 | Halder        | Stephen  | York Postal Harriers            | M45  | 234 | 231.6 | 0   | 0.0   | 220 | 240.5 | 186 | 254.0 | 726.1 | 41 |
| 234 | Rodgers       | Mike     | Wetherby Runners AC             | M40  | 274 | 185.5 | 169 | 268.0 | 193 | 272.5 | 0   | 0.0   | 726.0 | 26 |
| 235 | Mahoney       | Nick     | Harrogate Harriers & AC         | MSEN | 124 | 358.3 | 0   | 0.0   | 113 | 367.3 | 0   | 0.0   | 725.6 | 80 |
| 236 | Hadley        | Jonny    | Hyde Park Harriers              | M35  | 119 | 364.1 | 0   | 0.0   | 122 | 356.6 | 0   | 0.0   | 720.7 | 34 |
| 237 | McNab         | Aidan    | Knaresborough Striders          | M40  | 229 | 237.3 | 269 | 129.8 | 284 | 164.7 | 235 | 188.8 | 720.7 | 27 |
| 238 | Rooke         | Michael  | Chapel Allerton Runners         | MSEN | 145 | 334.1 | 0   | 0.0   | 0   | 0.0   | 87  | 385.6 | 719.7 | 81 |
| 239 | Knighton      | Richard  | Hyde Park Harriers              | MSEN | 0   | 0.0   | 0   | 0.0   | 160 | 311.6 | 78  | 397.6 | 709.2 | 82 |
| 240 | Rogerson      | Tom      | Abbey Runners                   | M45  | 312 | 141.7 | 206 | 216.9 | 264 | 188.4 | 255 | 162.2 | 709.2 | 42 |
| 241 | Smith         | Andy     | Ackworth Road Runners           | M50  | 280 | 178.6 | 275 | 121.5 | 289 | 158.8 | 196 | 240.7 | 699.6 | 28 |
| 242 | Copley        | Paul     | Hyde Park Harriers              | M35  | 0   | 0.0   | 104 | 357.7 | 137 | 338.9 | 0   | 0.0   | 696.6 | 35 |
| 243 | Harding       | Andrew   | Kippax & District Harriers      | M50  | 306 | 148.6 | 231 | 182.3 | 281 | 168.2 | 237 | 186.2 | 685.4 | 29 |
| 244 | Wallace       | David    | Ackworth Road Runners           | M55  | 0   | 0.0   | 225 | 190.6 | 217 | 244.1 | 192 | 246.0 | 680.7 | 21 |
| 245 | Middup        | Steve    | Vale of York Athletic Community | M65  | 309 | 145.2 | 217 | 201.7 | 271 | 180.1 | 264 | 150.3 | 677.2 | 4  |
| 246 | Donnelly      | Dan      | Hyde Park Harriers              | M55  | 0   | 0.0   | 196 | 230.7 | 248 | 207.3 | 202 | 232.7 | 670.7 | 22 |
| 247 | Brock         | Martin   | Knaresborough Striders          | M45  | 0   | 0.0   | 210 | 211.3 | 251 | 203.8 | 187 | 252.7 | 667.8 | 43 |
| 248 | Richards      | Jon      | Abbey Runners                   | M45  | 297 | 159.0 | 227 | 187.8 | 305 | 139.8 | 242 | 179.5 | 666.2 | 44 |
| 249 | Coldwell      | Ben      | Kirkstall Harriers              | M35  | 152 | 326.0 | 0   | 0.0   | 136 | 340.0 | 0   | 0.0   | 666.1 | 36 |
| 250 | Blatherwick   | John     | Hyde Park Harriers              | M35  | 266 | 194.7 | 272 | 125.7 | 283 | 165.9 | 247 | 172.9 | 659.1 | 37 |
| 251 | Moore         | Billy    | Vale of York Athletic Community | MSEN | 153 | 324.9 | 121 | 334.3 | 0   | 0.0   | 0   | 0.0   | 659.1 | 83 |
| 252 | Steven        | Tom      | Abbey Runners                   | M40  | 290 | 167.1 | 250 | 156.1 | 276 | 174.2 | 259 | 156.9 | 654.2 | 28 |
| 253 | Boardman      | Chris    | Abbey Runners                   | M40  | 0   | 0.0   | 0   | 0.0   | 175 | 293.8 | 106 | 360.4 | 654.2 | 29 |
| 254 | Pearson       | Marc     | York Postal Harriers            | M40  | 0   | 0.0   | 107 | 353.6 | 0   | 0.0   | 151 | 300.5 | 654.1 | 30 |
| 255 | Edmondson     | Ewan     | Knaresborough Striders          | M60  | 237 | 228.1 | 185 | 245.9 | 272 | 178.9 | 0   | 0.0   | 652.9 | 6  |
| 256 | Sellman       | Richard  | Chapel Allerton Runners         | M45  | 255 | 207.4 | 222 | 194.8 | 291 | 156.4 | 307 | 93.1  | 651.6 | 45 |
| 257 | Colley        | Ashley   | Bradford Airedale AC            | M35  | 0   | 0.0   | 219 | 198.9 | 212 | 250.0 | 227 | 199.5 | 648.4 | 38 |
| 258 | Isherwood     | Dave     | Chapel Allerton Runners         | M45  | 250 | 213.1 | 220 | 197.5 | 226 | 233.4 | 0   | 0.0   | 644.1 | 46 |
| 259 | Keighley      | Thomas   | Chapel Allerton Runners         | MSEN | 139 | 341.0 | 0   | 0.0   | 168 | 302.1 | 0   | 0.0   | 643.1 | 84 |
| 260 | Harding       | Joseph   | Kippax & District Harriers      | MSEN | 276 | 183.2 | 186 | 244.5 | 0   | 0.0   | 217 | 212.8 | 640.4 | 85 |
| 261 | Spencer       | Tim      | Saltaire Striders               | M65  | 277 | 182.0 | 192 | 236.2 | 236 | 221.6 | 0   | 0.0   | 639.8 | 5  |
| 262 | Newbould      | Steve    | Nidd Valley Road Runners        | M50  | 135 | 345.6 | 0   | 0.0   | 176 | 292.7 | 0   | 0.0   | 638.3 | 30 |
| 263 | Dobinson      | Derek    | Knaresborough Striders          | M45  | 291 | 165.9 | 245 | 163.0 | 303 | 142.2 | 252 | 166.2 | 637.3 | 47 |
| 264 | Ford          | Sam      | Knaresborough Striders          | MSEN | 0   | 0.0   | 148 | 297.0 | 320 | 122.0 | 214 | 216.8 | 635.8 | 86 |
| 265 | Marshall      | Guy      | Knaresborough Striders          | M60  | 253 | 209.7 | 244 | 164.4 | 387 | 42.7  | 218 | 211.4 | 628.1 | 7  |
| 266 | Nodwell       | Adam     | Kirkstall Harriers              | M40  | 0   | 0.0   | 136 | 313.5 | 163 | 308.1 | 0   | 0.0   | 621.6 | 31 |
| 267 | Shamim        | Reuben   | Pudsey & Bramley AC             | MSEN | 0   | 0.0   | 137 | 312.2 | 166 | 304.5 | 0   | 0.0   | 616.7 | 87 |
| 268 | White         | Geoffrey | Ilkley Harriers                 | M40  | 319 | 133.6 | 248 | 158.8 | 292 | 155.2 | 253 | 164.9 | 612.6 | 32 |
| 269 | Senior        | Martin   | Vale of York Athletic Community | M50  | 310 | 144.0 | 201 | 223.8 | 0   | 0.0   | 193 | 244.7 | 612.4 | 31 |
| 270 | Cartwright    | Richard  | Hyde Park Harriers              | M40  | 0   | 0.0   | 214 | 205.8 | 286 | 162.3 | 206 | 227.4 | 595.5 | 33 |
| 271 | Gatenby       | Robert   | Airecentre Pacers               | M45  | 261 | 200.5 | 0   | 0.0   | 287 | 161.1 | 203 | 231.4 | 593.0 | 48 |
| 272 | Dix-Nagra     | Jai      | Chapel Allerton Runners         | MSEN | 0   | 0.0   | 0   | 0.0   | 161 | 310.4 | 169 | 276.6 | 587.0 | 88 |
| 273 | Burton        | Simon    | Hyde Park Harriers              | M35  | 283 | 175.1 | 0   | 0.0   | 260 | 193.1 | 213 | 218.1 | 586.3 | 39 |
| 274 | Swettenham    | Andrew   | Otley AC                        | M45  | 318 | 134.8 | 259 | 143.6 | 282 | 167.1 | 272 | 139.6 | 585.1 | 49 |
| 275 | Thomas        | Michael  | Horsforth Harriers              | M40  | 208 | 261.5 | 0   | 0.0   | 151 | 322.3 | 0   | 0.0   | 583.8 | 34 |
| 276 | Blemings      | Robert   | Horsforth Fellandale            | M35  | 263 | 198.2 | 208 | 214.1 | 280 | 169.4 | 0   | 0.0   | 581.7 | 40 |
| 277 | Patel         | Girish   | Nidd Valley Road Runners        | M55  | 340 | 109.4 | 195 | 232.0 | 293 | 154.0 | 316 | 81.1  | 576.6 | 23 |
| 278 | Mann          | Chris    | Pudsey & Bramley AC             | M40  | 176 | 298.4 | 165 | 273.5 | 0   | 0.0   | 0   | 0.0   | 571.9 | 35 |
| 279 | Tattersall    | Andrew   | Knaresborough Striders          | M60  | 320 | 132.5 | 247 | 160.2 | 313 | 130.3 | 266 | 147.6 | 570.6 | 8  |
| 280 | Heeley        | Paul     | Horsforth Fellandale            | M45  | 0   | 0.0   | 199 | 226.5 | 138 | 337.7 | 0   | 0.0   | 564.2 | 50 |
| 281 | Schofield     | Jason    | Wharfedale Harriers             | M55  | 281 | 177.4 | 0   | 0.0   | 288 | 160.0 | 215 | 215.4 | 552.8 | 24 |
| 282 | Mead          | Paul     | Nidd Valley Road Runners        | M55  | 184 | 289.2 | 0   | 0.0   | 201 | 263.0 | 0   | 0.0   | 552.2 | 25 |
| 283 | Abbott        | Richard  | Nidd Valley Road Runners        | M50  | 279 | 179.7 | 0   | 0.0   | 240 | 216.8 | 261 | 154.3 | 550.8 | 32 |
| 284 | Winterbottom  | Joshua   | Saltaire Striders               | MSEN | 262 | 199.3 | 232 | 180.9 | 334 | 105.5 | 329 | 63.8  | 549.5 | 89 |
| 285 | Turner        | Jonathan | Ilkley Harriers                 | M55  | 0   | 0.0   | 0   | 0.0   | 172 | 297.4 | 189 | 250.0 | 547.4 | 26 |
| 286 | Shamim        | Salman   | Pudsey & Bramley AC             | M50  | 334 | 116.4 | 260 | 142.3 | 309 | 135.1 | 262 | 152.9 | 546.6 | 33 |
| 287 | Slawson       | John     | Airecentre Pacers               | MSEN | 0   | 0.0   | 183 | 248.6 | 174 | 295.0 | 0   | 0.0   | 543.6 | 90 |
| 288 | Milner        | George   | Wharfedale Harriers             | MSEN | 191 | 281.1 | 0   | 0.0   | 202 | 261.8 | 0   | 0.0   | 543.0 | 91 |
| 289 | Adcock        | Richard  | Valley Striders AC</            |      |     |       |     |       |     |       |     |       |       |    |

|     |                  |               |                                 |      |     |       |     |       |     |       |     |       |       |     |
|-----|------------------|---------------|---------------------------------|------|-----|-------|-----|-------|-----|-------|-----|-------|-------|-----|
| 290 | Arner            | Carrick       | Abbey Runners                   | M40  | 302 | 153.2 | 266 | 134.0 | 306 | 138.6 | 296 | 107.7 | 533.5 | 36  |
| 291 | Cook             | Sean          | Valley Striders AC              | M40  | 271 | 188.9 | 0   | 0.0   | 269 | 182.5 | 257 | 159.6 | 531.0 | 37  |
| 292 | Bastin           | Tony          | Abbey Runners                   | M60  | 0   | 0.0   | 197 | 229.3 | 336 | 103.1 | 228 | 198.1 | 530.5 | 9   |
| 293 | Peacock          | Tom           | Saltaire Striders               | MSEN | 182 | 291.5 | 191 | 237.6 | 0   | 0.0   | 0   | 0.0   | 529.0 | 92  |
| 294 | Grace            | Edward        | Saltaire Striders               | M35  | 284 | 174.0 | 235 | 176.8 | 273 | 177.7 | 0   | 0.0   | 528.5 | 41  |
| 295 | Craven           | Paul          | Abbey Runners                   | M55  | 239 | 225.8 | 0   | 0.0   | 0   | 0.0   | 154 | 296.5 | 522.3 | 28  |
| 296 | Evans            | Richard       | Nidd Valley Road Runners        | M60  | 268 | 192.4 | 239 | 171.3 | 290 | 157.6 | 0   | 0.0   | 521.2 | 10  |
| 297 | Wallace          | John          | Valley Striders AC              | M55  | 338 | 111.8 | 258 | 145.0 | 317 | 125.6 | 277 | 133.0 | 515.3 | 29  |
| 298 | Reeves           | Dave          | Harrogate Harriers & AC         | M55  | 304 | 150.9 | 215 | 204.4 | 0   | 0.0   | 260 | 155.6 | 510.9 | 30  |
| 299 | Bradley          | Mark          | Otley AC                        | M35  | 196 | 275.3 | 0   | 0.0   | 229 | 229.9 | 0   | 0.0   | 505.2 | 42  |
| 300 | Small            | Chris         | Horsforth Fellandale            | M45  | 298 | 157.8 | 243 | 165.7 | 0   | 0.0   | 241 | 180.9 | 504.4 | 51  |
| 301 | Jackson          | Jon           | Nidd Valley Road Runners        | M55  | 0   | 0.0   | 252 | 153.3 | 256 | 197.9 | 263 | 151.6 | 502.8 | 31  |
| 302 | Bland            | James         | Kippax & District Harriers      | MSEN | 0   | 0.0   | 0   | 0.0   | 211 | 251.2 | 190 | 248.7 | 499.9 | 93  |
| 303 | Morimoto         | Kazuki        | Abbey Runners                   | M55  | 265 | 195.9 | 240 | 169.9 | 310 | 133.9 | 0   | 0.0   | 499.6 | 32  |
| 304 | Wood             | Tim           | Abbey Runners                   | M35  | 0   | 0.0   | 0   | 0.0   | 242 | 214.5 | 163 | 284.6 | 499.0 | 43  |
| 305 | Shepherd         | Stuart        | Chapel Allerton Runners         | M45  | 227 | 239.6 | 0   | 0.0   | 0   | 0.0   | 182 | 259.3 | 498.9 | 52  |
| 306 | Miran            | Sohail        | Bradford Airedale AC            | M50  | 372 | 72.6  | 255 | 149.2 | 316 | 126.8 | 265 | 148.9 | 497.5 | 34  |
| 307 | Wolfenden        | Alexander     | Ilkley Harriers                 | MSEN | 0   | 0.0   | 3   | 497.2 | 0   | 0.0   | 0   | 0.0   | 497.2 | 94  |
| 308 | Stanley          | Adam          | Harrogate Harriers & AC         | MSEN | 6   | 494.2 | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 494.2 | 95  |
| 309 | Ahmed            | Abdu          | Hyde Park Harriers              | MSEN | 7   | 493.1 | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 493.1 | 96  |
| 310 | Tunnard          | Tim           | Wetherby Runners AC             | M55  | 240 | 224.7 | 0   | 0.0   | 198 | 266.6 | 0   | 0.0   | 491.2 | 33  |
| 311 | Ogden            | Ian           | Saltaire Striders               | M50  | 241 | 223.5 | 170 | 266.6 | 0   | 0.0   | 0   | 0.0   | 490.1 | 35  |
| 312 | Slater           | James         | Valley Striders AC              | M50  | 278 | 180.9 | 0   | 0.0   | 296 | 150.5 | 258 | 158.2 | 489.6 | 36  |
| 313 | Davy             | Alan          | Kippax & District Harriers      | M45  | 289 | 168.2 | 0   | 0.0   | 299 | 146.9 | 248 | 171.5 | 486.7 | 53  |
| 314 | Rendell          | Matthew       | Chapel Allerton Runners         | MSEN | 13  | 486.2 | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 486.2 | 97  |
| 315 | Cocker           | Simon         | Nidd Valley Road Runners        | M60  | 219 | 248.8 | 0   | 0.0   | 0   | 0.0   | 199 | 236.7 | 485.6 | 11  |
| 316 | Harrison         | Matthew       | Harrogate Harriers & AC         | MSEN | 167 | 308.8 | 0   | 0.0   | 274 | 176.5 | 0   | 0.0   | 485.3 | 98  |
| 317 | Wallhead         | Nick          | Wetherby Runners AC             | M45  | 0   | 0.0   | 175 | 259.7 | 0   | 0.0   | 208 | 224.7 | 484.4 | 54  |
| 318 | Morris           | Will          | Knaresborough Striders          | MSEN | 0   | 0.0   | 13  | 483.4 | 0   | 0.0   | 0   | 0.0   | 483.4 | 99  |
| 319 | Jeffrey          | Michael       | Otley AC                        | M70  | 324 | 127.9 | 278 | 117.4 | 329 | 111.4 | 283 | 125.0 | 481.7 | 1   |
| 320 | Anderson         | George        | Hyde Park Harriers              | M35  | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 16  | 480.1 | 480.1 | 44  |
| 321 | Duckering        | Josh          | Rothwell Harriers & AC          | MSEN | 0   | 0.0   | 282 | 111.9 | 275 | 175.4 | 236 | 187.5 | 474.7 | 100 |
| 322 | Gaminde          | Seb           | Harrogate Harriers & AC         | MSEN | 23  | 474.7 | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 474.7 | 101 |
| 323 | Balkwill         | James         | Abbey Runners                   | M55  | 328 | 123.3 | 279 | 116.0 | 331 | 109.0 | 285 | 122.3 | 470.6 | 34  |
| 324 | Swaine           | Harrison      | Ripon Runners                   | MSEN | 28  | 468.9 | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 468.9 | 102 |
| 325 | Wall             | Richard       | Saltaire Striders               | MSEN | 29  | 467.7 | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 467.7 | 103 |
| 326 | Molesworth       | Daniel        | Knaresborough Striders          | M35  | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 27  | 465.4 | 465.4 | 45  |
| 327 | Nicholas         | Kevin         | Nidd Valley Road Runners        | M60  | 198 | 273.0 | 0   | 0.0   | 262 | 190.8 | 0   | 0.0   | 463.8 | 12  |
| 328 | Abrams-Cohen     | Michael       | Abbey Runners                   | MSEN | 36  | 459.7 | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 459.7 | 104 |
| 329 | Franklin         | James         | Abbey Runners                   | M45  | 37  | 458.5 | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 458.5 | 55  |
| 330 | Spain            | Jonathan      | Hyde Park Harriers              | M35  | 0   | 0.0   | 0   | 0.0   | 37  | 457.3 | 0   | 0.0   | 457.3 | 46  |
| 331 | Robins           | Sam           | Chapel Allerton Runners         | MSEN | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 34  | 456.1 | 456.1 | 105 |
| 332 | Longmate         | Kevin         | Hyde Park Harriers              | M35  | 345 | 103.7 | 253 | 151.9 | 307 | 137.4 | 332 | 59.8  | 452.9 | 47  |
| 333 | Dessi            | Mattia        | Valley Striders AC              | M35  | 42  | 452.8 | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 452.8 | 48  |
| 334 | Armstrong        | Alex          | Harrogate Harriers & AC         | M40  | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 38  | 450.8 | 450.8 | 38  |
| 335 | Leahy            | Ted           | Ripon Runners                   | M50  | 0   | 0.0   | 37  | 450.3 | 0   | 0.0   | 0   | 0.0   | 450.3 | 37  |
| 336 | Stirk            | Adam          | Wharfedale Harriers             | M40  | 46  | 448.2 | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 448.2 | 39  |
| 337 | Riley            | Liam          | Chapel Allerton Runners         | M35  | 0   | 0.0   | 41  | 444.8 | 0   | 0.0   | 0   | 0.0   | 444.8 | 49  |
| 338 | Callaghan        | Peter         | Wetherby Runners AC             | M60  | 317 | 135.9 | 246 | 161.6 | 301 | 144.5 | 0   | 0.0   | 442.1 | 13  |
| 339 | Anderton         | Tom           | Chapel Allerton Runners         | MSEN | 0   | 0.0   | 0   | 0.0   | 52  | 439.6 | 0   | 0.0   | 439.6 | 106 |
| 340 | Newbould         | Ed            | Abbey Runners                   | MSEN | 54  | 438.9 | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 438.9 | 107 |
| 341 | Jones            | Dan           | Bradford Airedale AC            | M35  | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 47  | 438.8 | 438.8 | 50  |
| 342 | Watson           | Simon         | Harrogate Harriers & AC         | M60  | 224 | 243.1 | 0   | 0.0   | 0   | 0.0   | 230 | 195.5 | 438.6 | 14  |
| 343 | Richards         | Ben           | Wetherby Runners AC             | MSEN | 0   | 0.0   | 218 | 200.3 | 224 | 235.8 | 0   | 0.0   | 436.1 | 108 |
| 344 | Lawrence         | Simon         | Chapel Allerton Runners         | MSEN | 0   | 0.0   | 0   | 0.0   | 55  | 436.0 | 0   | 0.0   | 436.0 | 109 |
| 345 | Shipley          | Ian           | Wetherby Runners AC             | M55  | 226 | 240.8 | 0   | 0.0   | 0   | 0.0   | 231 | 194.1 | 434.9 | 35  |
| 346 | Wigglesworth     | Daniel        | Vale of York Athletic Community | M40  | 360 | 86.4  | 292 | 98.1  | 325 | 116.1 | 276 | 134.3 | 434.9 | 40  |
| 347 | Ingoe            | Anthony       | Dragons Running Club (Leeds)    | M40  | 0   | 0.0   | 51  | 430.9 | 0   | 0.0   | 0   | 0.0   | 430.9 | 41  |
| 348 | Hatch            | Gary          | Harrogate Tri Club              | M60  | 0   | 0.0   | 198 | 227.9 | 252 | 202.6 | 0   | 0.0   | 430.5 | 15  |
| 349 | Yong             | Chin          | St Theresas AC                  | M35  | 0   | 0.0   | 0   | 0.0   | 60  | 430.1 | 0   | 0.0   | 430.1 | 51  |
| 350 | Wills            | Robert        | Wharfedale Harriers             | M45  | 292 | 164.7 | 251 | 154.7 | 330 | 110.2 | 0   | 0.0   | 429.6 | 56  |
| 351 | Wignall          | Michael       | Bradford Airedale AC            | M40  | 295 | 161.3 | 241 | 168.5 | 0   | 0.0   | 302 | 99.7  | 429.5 | 42  |
| 352 | Harris           | Andy          | Nidd Valley Road Runners        | M50  | 238 | 227.0 | 0   | 0.0   | 253 | 201.4 | 0   | 0.0   | 428.4 | 38  |
| 353 | Biddulph         | Daniel        | Vale of York Athletic Community | MSEN | 64  | 427.4 | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 427.4 | 110 |
| 354 | Murphy           | Kevin-Malachy | Harrogate Harriers & AC         | M65  | 362 | 84.1  | 274 | 122.9 | 353 | 82.9  | 274 | 137.0 | 426.9 | 6   |
| 355 | Gregory          | Mark          | Rothwell Harriers & AC          | M60  | 316 | 137.1 | 249 | 157.5 | 312 | 131.5 | 0   | 0.0   | 426.1 | 16  |
| 356 | Gill             | Michael       | Harrogate Harriers & AC         | M55  | 0   | 0.0   | 242 | 167.1 | 298 | 148.1 | 294 | 110.4 | 425.6 | 36  |
| 357 | Flaherty         | R             | Vale of York Athletic Community | M35  | 258 | 203.9 | 205 | 218.2 | 0   | 0.0   | 0   | 0.0   | 422.1 | 52  |
| 358 | Kernick          | Carl          | Saltaire Striders               | M45  | 69  | 421.7 | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 421.7 | 57  |
| 359 | de Pablo Carrion | Pablo         | Hyde Park Harriers              | MSEN | 0   | 0.0   | 58  | 421.3 | 0   | 0.0   | 0   | 0.0   | 421.3 | 111 |
| 360 | Cross            | Richard       | Abbey Runners                   | M35  | 236 | 229.3 | 224 | 192.0 | 0   | 0.0   | 0   | 0.0   | 421.3 | 53  |
| 361 | Walker           | Dean          | Rothwell Harriers & AC          | MSEN | 72  | 418.2 | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 418.2 | 112 |
| 362 | Jackett          | Charlie       | Hyde Park Harriers              | M45  | 243 | 221.2 | 0   | 0.0   | 259 | 194.3 | 0   | 0.0   | 415.5 | 58  |
| 363 | Chilton          | Patrick       | Horsforth Harriers              | M35  | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 65  | 414.9 | 414.9 | 54  |
| 364 | Travis           | Alan          | Ilkley Harriers                 | M45  | 330 | 121.0 | 295 | 93.9  | 347 | 90.0  | 297 | 106.4 | 411.3 | 59  |
| 365 | Clark            | Cal           | Abbey Runners                   | M35  | 0   | 0.0   | 0   | 0.0   | 76  | 411.1 | 0   | 0.0   | 411.1 | 55  |
| 366 | Giddings         | Joel          | Valley Striders AC              | M50  | 0   | 0.0   | 0   | 0.0   | 250 | 205.0 | 223 | 204.8 | 409.8 | 39  |
| 367 | Bryant           | Mark          | Harrogate Harriers & AC         | M50  | 80  | 409.0 | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 409.0 | 40  |
| 368 | Parkinson        | Andy          | Valley Striders AC              | MSEN | 0   | 0.0   | 67  | 408.8 | 0   | 0.0   | 0   | 0.0   | 408.8 | 113 |
| 369 | Evison           | Paul          | Knaresborough Striders          | M45  | 0   | 0.0   | 0   | 0.0   | 277 | 173.0 | 200 | 235.4 | 408.4 | 60  |
| 370 | Furby            | Mike          | Valley Striders AC              | M50  | 0   | 0.0   | 0   | 0.0   | 266 | 186.0 | 211 | 220.7 | 406.8 | 41  |
| 371 | Foley            | Daniel        | Knaresborough Striders          | M45  | 0   | 0.0   | 0   | 0.0   | 270 | 181.3 | 209 | 223.4 | 404.7 | 61  |
| 372 | Gilmore          | Liam          | Hyde Park Harriers              | MSEN | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 74  | 402.9 | 402.9 | 114 |
| 373 | Mustufvi         | Zhain         | Chapel Allerton Runners         | M35  | 0   | 0.0   | 0   | 0.0   | 246 | 209.7 | 234 | 190.2 | 399.9 | 56  |
| 374 | Landells         | Martin        | Horsforth Harriers              | M60  | 275 | 184.3 | 207 | 215.5 | 0   | 0.0   | 0   | 0.0   | 399.8 | 17  |
| 375 | Shanks           | John          | Horsforth Harriers              | M40  | 88  | 399.8 | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 399.8 | 43  |
| 376 | Exeter           | Tom           | Chapel Allerton Runners         | M35  | 90  | 397.5 | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 397.5 | 57  |
| 377 | Fleisher         | Andrew        | Harrogate Harriers & AC         | M35  | 0   | 0.0   | 76  | 396.4 | 0   | 0.0   | 0   | 0.0   | 396.4 | 58  |
| 378 | Macauley         | Craig         | Otley AC                        | M35  | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 79  | 396.3 | 396.3 | 59  |
| 379 | Nicolson         | Robert        | Horsforth Harriers              | M35  | 0   | 0.0   | 0   | 0.0   | 89  | 395.7 | 0   | 0.0   | 395.7 | 60  |
| 380 | Taylor           | Drew          | Valley Striders AC              | M60  | 0   | 0.0   | 0   | 0.0   | 257 | 196.7 | 229 | 196.8 | 393.5 | 18  |
| 381 | Bysouth          | Tom           | Abbey Runners                   | M45  | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 82  | 392.3 | 392.3 | 62  |
| 382 | Elwell           | Paul          | Wetherby Runners AC             | M50  | 0   | 0.0   | 0   | 0.0   | 92  | 392.2 | 0   | 0.0   | 392.2 | 42  |
| 383 | Grinnell         | Andrew        | St Theresas AC                  | M50  | 0   | 0.0   | 0   | 0.0   | 93  | 391.0 | 0   | 0.0   | 391.0 | 43  |
| 384 | Brazier          | Paul          | Ripon Runners                   | M55  | 0   | 0.0   | 204 | 219.6 | 0   | 0.0   | 250 | 168.9 | 388.5 | 37  |
| 385 | Clarke           | Andy          | Knaresborough Striders          | M50  | 273 | 186.6 | 0   | 0.0   | 339 | 99.5  | 301 | 101.1 | 387.2 | 44  |
| 386 | Walker           | Richard       | Valley Striders AC              | M55  | 313 | 140.6 | 277 | 118.8 | 0   | 0.0   | 281 | 127.7 | 387.0 | 38  |
| 387 | Avison           | Jason         | Abbey Runners                   | M35  | 0   | 0.0   | 0   | 0.0   | 98  | 385.1 | 0   | 0.0   | 385.1 | 61  |

|     |             |          |                                 |      |     |       |     |       |     |       |     |       |       |     |
|-----|-------------|----------|---------------------------------|------|-----|-------|-----|-------|-----|-------|-----|-------|-------|-----|
| 388 | Scholefield | Phillip  | Abbey Runners                   | M35  | 101 | 384.8 | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 384.8 | 62  |
| 389 | Page        | Mick     | Roundhay Runners                | M70  | 315 | 138.2 | 0   | 0.0   | 315 | 128.0 | 290 | 115.7 | 381.9 | 2   |
| 390 | Ramsden     | Peter    | St Therasas AC                  | M70  | 361 | 85.3  | 294 | 95.3  | 346 | 91.2  | 298 | 105.1 | 376.8 | 3   |
| 391 | Wilkinson   | Chris    | Roundhay Runners                | MSEN | 0   | 0.0   | 0   | 0.0   | 105 | 376.8 | 0   | 0.0   | 376.8 | 115 |
| 392 | Rafton      | David    | Pudsey & Bramley AC             | M40  | 264 | 197.0 | 234 | 178.2 | 0   | 0.0   | 0   | 0.0   | 375.2 | 44  |
| 393 | Powell      | Edward   | Roundhay Runners                | M45  | 0   | 0.0   | 0   | 0.0   | 108 | 373.2 | 0   | 0.0   | 373.2 | 63  |
| 394 | Gibson      | Paul     | Chapel Allerton Runners         | M65  | 344 | 104.8 | 286 | 106.4 | 362 | 72.3  | 310 | 89.1  | 372.6 | 7   |
| 395 | Barrick     | David    | Abbey Runners                   | M40  | 0   | 0.0   | 0   | 0.0   | 109 | 372.0 | 0   | 0.0   | 372.0 | 45  |
| 396 | Garratt     | Richard  | Hyde Park Harriers              | M45  | 0   | 0.0   | 94  | 371.5 | 0   | 0.0   | 0   | 0.0   | 371.5 | 64  |
| 397 | Follows     | Jude     | Kippax & District Harriers      | MSEN | 387 | 55.3  | 288 | 103.6 | 344 | 93.6  | 291 | 114.4 | 366.9 | 116 |
| 398 | Coltman     | Tom      | Hyde Park Harriers              | M35  | 0   | 0.0   | 0   | 0.0   | 114 | 366.1 | 0   | 0.0   | 366.1 | 63  |
| 399 | Gallagher   | Mike     | Hyde Park Harriers              | M40  | 0   | 0.0   | 0   | 0.0   | 115 | 364.9 | 0   | 0.0   | 364.9 | 46  |
| 400 | Trapps      | Steve    | Wetherby Runners AC             | M50  | 350 | 97.9  | 265 | 135.4 | 0   | 0.0   | 280 | 129.0 | 362.3 | 45  |
| 401 | Brown       | Paul     | Rothwell Harriers & AC          | M55  | 121 | 361.8 | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 361.8 | 39  |
| 402 | Ward        | Tony     | Abbey Runners                   | M40  | 0   | 0.0   | 0   | 0.0   | 118 | 361.4 | 0   | 0.0   | 361.4 | 47  |
| 403 | Holt        | Mark     | Wetherby Runners AC             | M50  | 0   | 0.0   | 103 | 359.1 | 0   | 0.0   | 0   | 0.0   | 359.1 | 46  |
| 404 | Holmes      | Neale    | York Postal Harriers            | M35  | 0   | 0.0   | 0   | 0.0   | 120 | 359.0 | 0   | 0.0   | 359.0 | 64  |
| 405 | Greene      | Paul     | Abbey Runners                   | M65  | 336 | 114.1 | 273 | 124.3 | 0   | 0.0   | 287 | 119.7 | 358.0 | 8   |
| 406 | Price       | Dan      | Chapel Allerton Runners         | M40  | 128 | 353.7 | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 353.7 | 48  |
| 407 | Ward        | Roger    | Rothwell Harriers & AC          | M65  | 349 | 99.1  | 261 | 140.9 | 328 | 112.6 | 0   | 0.0   | 352.5 | 9   |
| 408 | Peters      | Gregory  | Abbey Runners                   | MSEN | 131 | 350.2 | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 350.2 | 117 |
| 409 | Keeler      | Adrian   | Valley Striders AC              | M45  | 133 | 347.9 | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 347.9 | 65  |
| 410 | Harrison    | John     | St Therasas AC                  | M50  | 301 | 154.4 | 0   | 0.0   | 263 | 189.6 | 0   | 0.0   | 344.0 | 47  |
| 411 | Weight      | Dave     | Roundhay Runners                | M60  | 286 | 171.7 | 0   | 0.0   | 0   | 0.0   | 251 | 167.6 | 339.2 | 19  |
| 412 | Brown       | Ollie    | Vale of York Athletic Community | MSEN | 142 | 337.6 | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 337.6 | 118 |
| 413 | Crosby      | Ben      | Chapel Allerton Runners         | M50  | 355 | 92.2  | 304 | 81.5  | 349 | 87.7  | 324 | 70.5  | 331.8 | 48  |
| 414 | Mills       | Tony     | Valley Striders AC              | M50  | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 130 | 328.5 | 328.5 | 49  |
| 415 | Marshall    | Harry    | Otley AC                        | MSEN | 150 | 328.3 | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 328.3 | 119 |
| 416 | Summerson   | George   | York Postal Harriers            | M40  | 0   | 0.0   | 229 | 185.1 | 304 | 141.0 | 0   | 0.0   | 326.1 | 49  |
| 417 | Saffin      | Leo      | Roundhay Runners                | MSEN | 256 | 206.2 | 0   | 0.0   | 322 | 119.7 | 0   | 0.0   | 325.9 | 120 |
| 418 | Kendell     | John     | Chapel Allerton Runners         | M45  | 346 | 102.5 | 287 | 105.0 | 324 | 117.3 | 0   | 0.0   | 324.8 | 66  |
| 419 | Meador      | Charlie  | Vale of York Athletic Community | MSEN | 0   | 0.0   | 129 | 323.2 | 0   | 0.0   | 0   | 0.0   | 323.2 | 121 |
| 420 | Dearden     | Mike     | Roundhay Runners                | M45  | 155 | 322.6 | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 322.6 | 67  |
| 421 | Legg        | Ian      | Wetherby Runners AC             | M60  | 259 | 202.8 | 0   | 0.0   | 323 | 118.5 | 0   | 0.0   | 321.2 | 20  |
| 422 | Goodwin     | Jacob    | Chapel Allerton Runners         | MSEN | 0   | 0.0   | 0   | 0.0   | 154 | 318.7 | 0   | 0.0   | 318.7 | 122 |
| 423 | Ramsden     | Paul     | Hyde Park Harriers              | M50  | 0   | 0.0   | 0   | 0.0   | 308 | 136.3 | 240 | 182.2 | 318.4 | 50  |
| 424 | Casement    | Rich     | Horsforth Harriers              | M45  | 0   | 0.0   | 0   | 0.0   | 157 | 315.2 | 0   | 0.0   | 315.2 | 68  |
| 425 | Turnbull    | Ryan     | Pudsey & Bramley AC             | M50  | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 140 | 315.2 | 315.2 | 51  |
| 426 | Whitby      | Mark     | York Postal Harriers            | M60  | 0   | 0.0   | 289 | 102.2 | 338 | 100.7 | 293 | 111.7 | 314.6 | 21  |
| 427 | Tinsley     | Graham   | Ripon Runners                   | M60  | 343 | 106.0 | 0   | 0.0   | 350 | 86.5  | 286 | 121.0 | 313.5 | 22  |
| 428 | Turner      | Jonathan | Roundhay Runners                | M55  | 364 | 81.8  | 303 | 82.9  | 358 | 77.0  | 323 | 71.8  | 313.5 | 40  |
| 429 | Lee         | Derek    | Airecentre Pacers               | M40  | 165 | 311.1 | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 311.1 | 50  |
| 430 | Lake        | Graham   | Otley AC                        | M45  | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 144 | 309.8 | 309.8 | 69  |
| 431 | Whittaker   | Jim      | Abbey Runners                   | M55  | 331 | 119.8 | 284 | 109.1 | 0   | 0.0   | 318 | 78.5  | 307.4 | 41  |
| 432 | Brennan     | Sean     | Knaresborough Striders          | M55  | 0   | 0.0   | 281 | 113.3 | 341 | 97.2  | 308 | 91.8  | 302.2 | 42  |
| 433 | Yates       | Jonny    | Roundhay Runners                | M40  | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 150 | 301.9 | 301.9 | 51  |
| 434 | Marshall    | Neville  | Ackworth Road Runners           | M60  | 0   | 0.0   | 236 | 175.4 | 0   | 0.0   | 282 | 126.3 | 301.7 | 23  |
| 435 | Dell'amico  | Loris    | Saltaire Striders               | M50  | 174 | 300.7 | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 300.7 | 52  |
| 436 | Bould       | Richard  | St Therasas AC                  | M40  | 0   | 0.0   | 146 | 299.7 | 0   | 0.0   | 0   | 0.0   | 299.7 | 52  |
| 437 | Mccleave    | Martin   | Horsforth Harriers              | M55  | 326 | 125.6 | 0   | 0.0   | 357 | 78.2  | 306 | 94.4  | 298.2 | 43  |
| 438 | Jemison     | Samuel   | Hyde Park Harriers              | M40  | 177 | 297.2 | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 297.2 | 53  |
| 439 | Cobb        | Chris    | Roundhay Runners                | M40  | 293 | 163.6 | 0   | 0.0   | 311 | 132.7 | 0   | 0.0   | 296.3 | 54  |
| 440 | Ayre        | Mark     | Roundhay Runners                | M55  | 0   | 0.0   | 0   | 0.0   | 173 | 296.2 | 0   | 0.0   | 296.2 | 44  |
| 441 | Bower       | David    | Saltaire Striders               | M60  | 296 | 160.1 | 268 | 131.2 | 0   | 0.0   | 0   | 0.0   | 291.4 | 24  |
| 442 | Twitchett   | Mark     | Roundhay Runners                | M50  | 396 | 44.9  | 330 | 45.6  | 256 | 197.9 | 0   | 0.0   | 288.4 | 53  |
| 443 | Judd        | Andy     | Hyde Park Harriers              | M60  | 308 | 146.3 | 262 | 139.5 | 0   | 0.0   | 0   | 0.0   | 285.8 | 25  |
| 444 | Kay         | Daniel   | Horsforth Harriers              | M35  | 188 | 284.6 | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 284.6 | 65  |
| 445 | Konopinski  | Ben      | Valley Striders AC              | M40  | 189 | 283.4 | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 283.4 | 55  |
| 446 | Preston     | Andy     | Ackworth Road Runners           | M35  | 0   | 0.0   | 158 | 283.1 | 0   | 0.0   | 0   | 0.0   | 283.1 | 66  |
| 447 | Gibson      | Paul     | St Therasas AC                  | M50  | 0   | 0.0   | 264 | 136.7 | 0   | 0.0   | 268 | 144.9 | 281.7 | 54  |
| 448 | Huggins     | Roy      | Valley Striders AC              | M60  | 0   | 0.0   | 0   | 0.0   | 302 | 143.4 | 273 | 138.3 | 281.7 | 26  |
| 449 | Askew       | David    | Harrogate Harriers & AC         | M60  | 0   | 0.0   | 297 | 91.2  | 354 | 81.8  | 300 | 102.4 | 275.3 | 27  |
| 450 | Garratt     | Sami     | Pudsey & Bramley AC             | MSEN | 197 | 274.2 | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 274.2 | 123 |
| 451 | Budding     | Robert   | Ilkley Harriers                 | M55  | 294 | 162.4 | 283 | 110.5 | 0   | 0.0   | 0   | 0.0   | 272.9 | 45  |
| 452 | Winder      | Bill     | Ackworth Road Runners           | M50  | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 172 | 272.6 | 272.6 | 55  |
| 453 | Vojvodic    | Pete     | Horsforth Harriers              | M65  | 369 | 76.0  | 290 | 100.8 | 343 | 94.8  | 0   | 0.0   | 271.7 | 10  |
| 454 | Fletcher    | Lee      | Otley AC                        | M50  | 329 | 122.1 | 0   | 0.0   | 297 | 149.3 | 0   | 0.0   | 271.4 | 56  |
| 455 | Warner      | Ady      | Ripon Runners                   | M50  | 0   | 0.0   | 230 | 183.7 | 351 | 85.3  | 0   | 0.0   | 269.0 | 57  |
| 456 | Woodhead    | David    | Nidd Valley Road Runners        | M40  | 0   | 0.0   | 171 | 265.2 | 0   | 0.0   | 0   | 0.0   | 265.2 | 56  |
| 457 | Hodge       | Tony     | Roundhay Runners                | M50  | 366 | 79.5  | 320 | 59.4  | 376 | 55.7  | 325 | 69.1  | 263.7 | 58  |
| 458 | Pawley      | Graham   | Valley Striders AC              | M55  | 333 | 117.5 | 0   | 0.0   | 300 | 145.7 | 0   | 0.0   | 263.2 | 46  |
| 459 | Stockburn   | Paul     | Harrogate Harriers & AC         | M65  | 0   | 0.0   | 0   | 0.0   | 203 | 260.7 | 0   | 0.0   | 260.7 | 11  |
| 460 | Aubrey      | Ryan     | Ackworth Road Runners           | M40  | 209 | 260.4 | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 260.4 | 57  |
| 461 | Shakespeare | Ed       | Hyde Park Harriers              | MSEN | 0   | 0.0   | 291 | 99.4  | 0   | 0.0   | 256 | 160.9 | 260.4 | 124 |
| 462 | Firth       | Calum    | Dragons Running Club (Leeds)    | MSEN | 393 | 48.4  | 0   | 0.0   | 245 | 210.9 | 0   | 0.0   | 259.3 | 125 |
| 463 | O'Hara      | John     | Chapel Allerton Runners         | M50  | 322 | 130.2 | 270 | 128.5 | 0   | 0.0   | 0   | 0.0   | 258.6 | 59  |
| 464 | Webster     | Harry    | Hyde Park Harriers              | MSEN | 211 | 258.1 | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 258.1 | 126 |
| 465 | Beswick     | Alan     | Hyde Park Harriers              | M60  | 374 | 70.3  | 317 | 63.5  | 381 | 49.8  | 322 | 73.1  | 256.7 | 28  |
| 466 | Janecek     | Michal   | York Triathlon Club             | M55  | 0   | 0.0   | 0   | 0.0   | 207 | 255.9 | 0   | 0.0   | 255.9 | 47  |
| 467 | Dignam      | Andrew   | Bradford Airedale AC            | M40  | 321 | 131.3 | 0   | 0.0   | 318 | 124.4 | 0   | 0.0   | 255.7 | 58  |
| 468 | Kirk        | Stephen  | Knaresborough Striders          | M50  | 0   | 0.0   | 0   | 0.0   | 332 | 107.8 | 267 | 146.3 | 254.1 | 60  |
| 469 | Long        | Vernon   | Valley Striders AC              | M55  | 217 | 251.2 | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 251.2 | 48  |
| 470 | Mitchell    | Richard  | York Triathlon Club             | M35  | 0   | 0.0   | 0   | 0.0   | 366 | 67.5  | 239 | 183.5 | 251.0 | 67  |
| 471 | Wray        | Scott    | York Triathlon Club             | M55  | 337 | 112.9 | 263 | 138.1 | 0   | 0.0   | 0   | 0.0   | 251.0 | 49  |
| 472 | Mace        | Andrew   | Valley Striders AC              | M55  | 386 | 56.5  | 314 | 67.7  | 380 | 50.9  | 321 | 74.5  | 249.5 | 50  |
| 473 | Russell     | Jason    | Abbey Runners                   | M35  | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 191 | 247.3 | 247.3 | 68  |
| 474 | Boocock     | Steven   | Horsforth Fellandale            | M60  | 0   | 0.0   | 0   | 0.0   | 215 | 246.4 | 0   | 0.0   | 246.4 | 29  |
| 475 | Common      | Paul     | Roundhay Runners                | M60  | 351 | 96.8  | 0   | 0.0   | 368 | 65.2  | 315 | 82.4  | 244.4 | 30  |
| 476 | Segaran     | Luke     | York Triathlon Club             | MSEN | 357 | 89.9  | 315 | 66.3  | 0   | 0.0   | 311 | 87.8  | 243.9 | 127 |
| 477 | Crebbin     | Nick     | Nidd Valley Road Runners        | M50  | 0   | 0.0   | 280 | 114.6 | 314 | 129.1 | 0   | 0.0   | 243.8 | 61  |
| 478 | Webster     | Andrew   | Ripon Runners                   | M50  | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 197 | 239.4 | 239.4 | 62  |
| 479 | Quin        | Simon    | Otley AC                        | M50  | 0   | 0.0   | 0   | 0.0   | 223 | 237.0 | 0   | 0.0   | 237.0 | 63  |
| 480 | Walker      | John     | Roundhay Runners                | M65  | 363 | 82.9  | 298 | 89.8  | 370 | 62.8  | 0   | 0.0   | 235.5 | 12  |
| 481 | Gerrish     | Adam     | Ilkley Harriers                 | MSEN | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 201 | 234.0 | 234.0 | 128 |
| 482 | Cuthbertson | Nic      | Chapel Allerton Runners         | M60  | 0   | 0.0   | 296 | 92.5  | 369 | 64.0  | 319 | 77.1  | 233.7 | 31  |
| 483 | Fleet       | Simon    | Bradford Airedale AC            | M40  | 0   | 0.0   | 276 | 120.2 | 0   | 0.0   | 292 | 113.0 | 233.2 | 59  |
| 484 | Jones       | Chris    | Hyde Park Harriers              | M65  | 0   | 0.0   | 285 | 107.7 | 319 | 123.2 | 0   | 0.0   | 231.0 | 13  |
| 485 | Baxter      | Adam     | Wetherby Runners AC             | MSEN | 353 | 94.5  | 0   | 0.0   | 0   | 0.0   | 275 | 135.6 | 230.1 | 129 |

|     |             |          |                                 |      |     |       |     |       |     |       |     |       |       |     |
|-----|-------------|----------|---------------------------------|------|-----|-------|-----|-------|-----|-------|-----|-------|-------|-----|
| 486 | Holohan     | Raymond  | Hyde Park Harriers              | M50  | 365 | 80.6  | 310 | 73.2  | 359 | 75.8  | 0   | 0.0   | 229.7 | 64  |
| 487 | Roberts     | Mark     | Vale of York Athletic Community | M45  | 378 | 65.7  | 305 | 80.1  | 0   | 0.0   | 314 | 83.8  | 229.6 | 70  |
| 488 | Brewster    | Keith    | Valley Striders AC              | M70  | 0   | 0.0   | 307 | 77.3  | 378 | 53.3  | 303 | 98.4  | 229.1 | 4   |
| 489 | Hill        | Andy     | Kippax & District Harriers      | M55  | 0   | 0.0   | 0   | 0.0   | 231 | 227.5 | 0   | 0.0   | 227.5 | 51  |
| 490 | Bromley     | Richard  | Vale of York Athletic Community | M55  | 375 | 69.1  | 316 | 64.9  | 345 | 92.4  | 0   | 0.0   | 226.5 | 52  |
| 491 | Mosedale    | Tim      | Saltaire Striders               | M45  | 0   | 0.0   | 271 | 127.1 | 340 | 98.3  | 0   | 0.0   | 225.4 | 71  |
| 492 | Jepps       | Simon    | Hyde Park Harriers              | M40  | 325 | 126.7 | 0   | 0.0   | 0   | 0.0   | 305 | 95.7  | 222.5 | 60  |
| 493 | Dow         | Will     | Hyde Park Harriers              | M35  | 242 | 222.4 | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 222.4 | 69  |
| 494 | Short       | Marc     | Horsforth Fellandale            | M45  | 0   | 0.0   | 308 | 76.0  | 373 | 59.2  | 312 | 86.4  | 221.6 | 72  |
| 495 | Leadbeater  | James    | Vale of York Athletic Community | M40  | 414 | 24.2  | 326 | 51.1  | 374 | 58.1  | 313 | 85.1  | 218.5 | 61  |
| 496 | Jones       | Richard  | St Therasas AC                  | M45  | 246 | 217.7 | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 217.7 | 73  |
| 497 | Mcnamara    | Dave     | Rothwell Harriers & AC          | M50  | 394 | 47.2  | 267 | 132.6 | 0   | 0.0   | 350 | 35.9  | 215.7 | 65  |
| 498 | Rickerby    | Lochie   | Rothwell Harriers & AC          | MSEN | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 222 | 206.1 | 206.1 | 130 |
| 499 | Kapote      | Subi     | Roundhay Runners                | M45  | 257 | 205.1 | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 205.1 | 74  |
| 500 | Godsall     | Michael  | Hyde Park Harriers              | MSEN | 342 | 107.1 | 293 | 96.7  | 0   | 0.0   | 0   | 0.0   | 203.8 | 131 |
| 501 | Hammond     | Paul     | Kippax & District Harriers      | M60  | 335 | 115.2 | 299 | 88.4  | 0   | 0.0   | 0   | 0.0   | 203.6 | 32  |
| 502 | Steel       | Phil     | York Triathlon Club             | M45  | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 225 | 202.1 | 202.1 | 75  |
| 503 | Carter      | Matt     | Valley Striders AC              | M45  | 260 | 201.6 | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 201.6 | 76  |
| 504 | Kidner      | Ralph    | Hyde Park Harriers              | M70  | 0   | 0.0   | 311 | 71.8  | 363 | 71.1  | 335 | 55.9  | 198.8 | 5   |
| 505 | Goulden     | Aiden    | Horsforth Harriers              | MSEN | 368 | 77.2  | 0   | 0.0   | 321 | 120.9 | 0   | 0.0   | 198.0 | 132 |
| 506 | Withill     | Sean     | York Postal Harriers            | M60  | 391 | 50.7  | 301 | 85.6  | 371 | 61.6  | 0   | 0.0   | 197.9 | 33  |
| 507 | Bumstead    | Robert   | Valley Striders AC              | M55  | 0   | 0.0   | 0   | 0.0   | 355 | 80.6  | 289 | 117.0 | 197.6 | 53  |
| 508 | Tarbit      | James    | Hyde Park Harriers              | M40  | 383 | 59.9  | 0   | 0.0   | 375 | 56.9  | 317 | 79.8  | 196.6 | 62  |
| 509 | Allen       | Lloyd    | Kirkstall Harriers              | M55  | 0   | 0.0   | 223 | 193.4 | 0   | 0.0   | 0   | 0.0   | 193.4 | 54  |
| 510 | Porter      | Craig    | Dragons Running Club (Leeds)    | M55  | 359 | 87.6  | 0   | 0.0   | 335 | 104.3 | 0   | 0.0   | 191.8 | 55  |
| 511 | Armitstead  | John     | Otley AC                        | M65  | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 233 | 191.5 | 191.5 | 14  |
| 512 | Thornton    | Ed       | Wetherby Runners AC             | M40  | 269 | 191.2 | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 191.2 | 63  |
| 513 | Walker      | Mark     | Harrogate Harriers & AC         | M60  | 367 | 78.3  | 313 | 69.1  | 0   | 0.0   | 346 | 41.2  | 188.6 | 34  |
| 514 | Souch       | Iain     | York Triathlon Club             | M55  | 332 | 118.7 | 0   | 0.0   | 364 | 69.9  | 0   | 0.0   | 188.6 | 56  |
| 515 | Seidel      | Adam     | Harrogate Harriers & AC         | MSEN | 272 | 187.8 | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 187.8 | 133 |
| 516 | Read        | Jamie    | Saltaire Striders               | MSEN | 0   | 0.0   | 306 | 78.7  | 0   | 0.0   | 295 | 109.0 | 187.8 | 134 |
| 517 | Read        | Carl     | Nidd Valley Road Runners        | M45  | 0   | 0.0   | 0   | 0.0   | 267 | 184.8 | 0   | 0.0   | 184.8 | 77  |
| 518 | Davey       | James    | Ackworth Road Runners           | M45  | 0   | 0.0   | 0   | 0.0   | 348 | 88.9  | 309 | 90.4  | 179.3 | 78  |
| 519 | Furness     | Neil     | St Therasas AC                  | M40  | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 243 | 178.2 | 178.2 | 64  |
| 520 | Savage      | Martin   | Kirkstall Harriers              | M50  | 282 | 176.3 | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 176.3 | 66  |
| 521 | Walker      | Adam     | Kippax & District Harriers      | M50  | 382 | 61.1  | 0   | 0.0   | 379 | 52.1  | 330 | 62.5  | 175.7 | 67  |
| 522 | Markey      | Nathan   | Bradford Airedale AC            | MSEN | 0   | 0.0   | 237 | 174.0 | 0   | 0.0   | 0   | 0.0   | 174.0 | 135 |
| 523 | Durkin      | Paul     | Kippax & District Harriers      | M60  | 0   | 0.0   | 312 | 70.4  | 384 | 46.2  | 334 | 57.2  | 173.8 | 35  |
| 524 | Griffiths   | Ian      | Horsforth Harriers              | M45  | 348 | 100.2 | 0   | 0.0   | 361 | 73.5  | 0   | 0.0   | 173.7 | 79  |
| 525 | Gordon      | Jack     | Hyde Park Harriers              | M35  | 285 | 172.8 | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 172.8 | 70  |
| 526 | Ball        | Steven   | Saltaire Striders               | M45  | 400 | 40.3  | 329 | 47.0  | 407 | 19.0  | 327 | 66.5  | 172.7 | 80  |
| 527 | Haggas      | Neil     | Kirkstall Harriers              | M50  | 0   | 0.0   | 0   | 0.0   | 279 | 170.6 | 0   | 0.0   | 170.6 | 68  |
| 528 | Thomson     | Iain     | Pudsey & Bramley AC             | M40  | 287 | 170.5 | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 170.5 | 65  |
| 529 | Staveley    | John     | Kippax & District Harriers      | M50  | 288 | 169.4 | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 169.4 | 69  |
| 530 | Park        | Keith    | Horsforth Harriers              | M65  | 384 | 58.8  | 333 | 41.4  | 0   | 0.0   | 326 | 67.8  | 168.0 | 15  |
| 531 | Crabtree    | Paul     | Dragons Running Club (Leeds)    | M45  | 381 | 62.2  | 0   | 0.0   | 0   | 0.0   | 299 | 103.7 | 165.9 | 81  |
| 532 | Burnham     | Matthew  | Horsforth Fellandale            | M40  | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 254 | 163.6 | 163.6 | 66  |
| 533 | Bell        | Graeme   | Horsforth Harriers              | M40  | 299 | 156.7 | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 156.7 | 67  |
| 534 | Taylor      | David    | Kippax & District Harriers      | M70  | 300 | 155.5 | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 155.5 | 6   |
| 535 | Fox         | Ken      | Valley Striders AC              | M65  | 376 | 68.0  | 300 | 87.0  | 0   | 0.0   | 0   | 0.0   | 155.0 | 16  |
| 536 | Smith       | Nick     | Nidd Valley Road Runners        | M65  | 358 | 88.7  | 0   | 0.0   | 399 | 28.4  | 351 | 34.6  | 151.7 | 17  |
| 537 | Sleigh      | Ian      | Abbey Runners                   | M60  | 399 | 41.5  | 318 | 62.2  | 383 | 47.4  | 0   | 0.0   | 151.0 | 36  |
| 538 | Owens       | Sam      | Nidd Valley Road Runners        | M35  | 305 | 149.8 | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 149.8 | 71  |
| 539 | Lynskey     | Stewart  | Harrogate Harriers & AC         | M60  | 307 | 147.5 | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 147.5 | 37  |
| 540 | Mansfield   | Stuart   | Bradford Airedale AC            | M40  | 0   | 0.0   | 257 | 146.4 | 0   | 0.0   | 0   | 0.0   | 146.4 | 68  |
| 541 | Blinston    | Peter    | Abbey Runners                   | M55  | 402 | 38.0  | 336 | 37.3  | 393 | 35.5  | 352 | 33.2  | 144.1 | 57  |
| 542 | Clarke      | Andy     | St Therasas AC                  | M50  | 311 | 142.9 | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 142.9 | 70  |
| 543 | Tranter     | Paul     | Otley AC                        | M60  | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 270 | 142.3 | 142.3 | 38  |
| 544 | Pears       | Simon    | Otley AC                        | M50  | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 271 | 141.0 | 141.0 | 71  |
| 545 | Horbury     | Martin   | St Therasas AC                  | M60  | 314 | 139.4 | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 139.4 | 39  |
| 546 | Crosby      | David    | Wetherby Runners AC             | M60  | 409 | 30.0  | 335 | 38.7  | 392 | 36.7  | 353 | 31.9  | 137.3 | 40  |
| 547 | Griffiths   | Alun     | Saltaire Striders               | M65  | 0   | 0.0   | 309 | 74.6  | 0   | 0.0   | 331 | 61.2  | 135.8 | 18  |
| 548 | Sutton      | Leroy    | Valley Striders AC              | M65  | 0   | 0.0   | 0   | 0.0   | 342 | 96.0  | 349 | 37.2  | 133.2 | 19  |
| 549 | Harrison    | Robert   | Dragons Running Club (Leeds)    | M55  | 377 | 66.8  | 0   | 0.0   | 367 | 66.4  | 0   | 0.0   | 133.2 | 58  |
| 550 | Lucock      | Matthew  | Nidd Valley Road Runners        | M35  | 388 | 54.1  | 0   | 0.0   | 395 | 33.2  | 343 | 45.2  | 132.5 | 72  |
| 551 | Beesting    | Adam     | Pudsey & Bramley AC             | M40  | 323 | 129.0 | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 129.0 | 69  |
| 552 | Bond        | Richard  | York Triathlon Club             | M55  | 327 | 124.4 | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 124.4 | 59  |
| 553 | Worfolk     | Chris    | Hyde Park Harriers              | M35  | 0   | 0.0   | 0   | 0.0   | 360 | 74.6  | 341 | 47.9  | 122.5 | 73  |
| 554 | Mckenna     | Iain     | Saltaire Striders               | M45  | 395 | 46.1  | 319 | 60.8  | 413 | 11.8  | 0   | 0.0   | 118.7 | 82  |
| 555 | Sutcliffe   | Adam     | Chapel Allerton Runners         | M50  | 398 | 42.6  | 331 | 44.2  | 397 | 30.8  | 0   | 0.0   | 117.6 | 72  |
| 556 | Nundy       | James    | Kirkstall Harriers              | M45  | 379 | 64.5  | 325 | 52.5  | 0   | 0.0   | 0   | 0.0   | 117.0 | 83  |
| 557 | Skinner     | John     | Ripon Runners                   | M60  | 0   | 0.0   | 340 | 31.8  | 352 | 84.1  | 0   | 0.0   | 115.9 | 41  |
| 558 | Patchett    | Ian      | Abbey Runners                   | M60  | 410 | 28.8  | 0   | 0.0   | 394 | 34.4  | 338 | 51.9  | 115.0 | 42  |
| 559 | Mitchell    | Ian      | Knaresborough Striders          | M60  | 0   | 0.0   | 0   | 0.0   | 326 | 114.9 | 0   | 0.0   | 114.9 | 43  |
| 560 | Bennett     | Paul     | Horsforth Fellandale            | M60  | 339 | 110.6 | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 110.6 | 44  |
| 561 | Leadbeater  | Mark     | Ackworth Road Runners           | M60  | 341 | 108.3 | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 108.3 | 45  |
| 562 | Elliott     | John     | Roundhay Runners                | M65  | 0   | 0.0   | 0   | 0.0   | 333 | 106.6 | 0   | 0.0   | 106.6 | 20  |
| 563 | Prendergast | Carl     | Horsforth Fellandale            | M75  | 419 | 18.4  | 342 | 29.0  | 400 | 27.3  | 355 | 29.3  | 103.9 | 1   |
| 564 | Podd        | Matt     | Otley AC                        | M65  | 0   | 0.0   | 0   | 0.0   | 391 | 37.9  | 328 | 65.2  | 103.1 | 21  |
| 565 | Rogers      | Brian    | Ripon Runners                   | M70  | 0   | 0.0   | 0   | 0.0   | 337 | 101.9 | 0   | 0.0   | 101.9 | 7   |
| 566 | Kent        | Craig    | Abbey Runners                   | M35  | 0   | 0.0   | 339 | 33.1  | 365 | 68.7  | 0   | 0.0   | 101.9 | 74  |
| 567 | Newton      | Steve    | Knaresborough Striders          | M55  | 347 | 101.4 | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 101.4 | 60  |
| 568 | Storey      | Ian      | Saltaire Striders               | M50  | 0   | 0.0   | 347 | 22.1  | 401 | 26.1  | 339 | 50.5  | 98.7  | 73  |
| 569 | Bowman      | Geoff    | Roundhay Runners                | M60  | 0   | 0.0   | 0   | 0.0   | 382 | 48.6  | 340 | 49.2  | 97.8  | 46  |
| 570 | Brown       | Simon    | Otley AC                        | M50  | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 304 | 97.1  | 97.1  | 74  |
| 571 | Jones       | Carl     | York Triathlon Club             | M35  | 352 | 95.6  | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 95.6  | 75  |
| 572 | Chappell    | Philip   | Ilkley Harriers                 | M60  | 370 | 74.9  | 0   | 0.0   | 406 | 20.1  | 0   | 0.0   | 95.0  | 47  |
| 573 | Taylor      | Sam      | St Therasas AC                  | M40  | 413 | 25.3  | 332 | 42.8  | 0   | 0.0   | 357 | 26.6  | 94.8  | 70  |
| 574 | Edwards     | Richard  | Hyde Park Harriers              | M45  | 389 | 53.0  | 0   | 0.0   | 388 | 41.5  | 0   | 0.0   | 94.5  | 84  |
| 575 | Darcy       | Graham   | Saltaire Striders               | M60  | 354 | 93.3  | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 93.3  | 48  |
| 576 | Manning     | Paul     | Nidd Valley Road Runners        | M55  | 0   | 0.0   | 0   | 0.0   | 377 | 54.5  | 348 | 38.6  | 93.1  | 61  |
| 577 | Regan       | Stewart  | Nidd Valley Road Runners        | M60  | 356 | 91.0  | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 91.0  | 49  |
| 578 | Jeffrey     | Howard   | Otley AC                        | M70  | 385 | 57.6  | 0   | 0.0   | 396 | 32.0  | 0   | 0.0   | 89.6  | 8   |
| 579 | Craddock    | Charlie  | Abbey Runners                   | M55  | 411 | 27.6  | 334 | 40.1  | 0   | 0.0   | 361 | 21.3  | 89.0  | 62  |
| 580 | Berwin      | Paul     | Harrogate Harriers & AC         | M65  | 406 | 33.4  | 341 | 30.4  | 402 | 24.9  | 0   | 0.0   | 88.7  | 22  |
| 581 | Dempsey     | Jonathan | Kippax & District Harriers      | M35  | 0   | 0.0   | 0   | 0.0   | 385 | 45.0  | 347 | 39.9  | 84.9  | 76  |
| 582 | Robins      | Michael  | Valley Striders AC              | M65  | 0   | 0.0   | 302 | 84.3  | 0   | 0.0   | 0   | 0.0   | 84.3  | 23  |
| 583 | Bell        | Richard  | Wetherby Runners AC             | M55  | 418 | 19.6  | 321 | 58.0  | 0   | 0.0   | 0   | 0.0   | 77.6  | 63  |

|     |             |          |                              |      |     |      |     |      |     |      |     |      |      |     |
|-----|-------------|----------|------------------------------|------|-----|------|-----|------|-----|------|-----|------|------|-----|
| 584 | Wilson      | Joseph   | Hyde Park Harriers           | MSEN | 0   | 0.0  | 0   | 0.0  | 0   | 0.0  | 320 | 75.8 | 75.8 | 136 |
| 585 | Bentley     | Tim      | Chapel Allerton Runners      | MSEN | 371 | 73.7 | 0   | 0.0  | 0   | 0.0  | 0   | 0.0  | 73.7 | 137 |
| 586 | Caschetto   | Adam     | Chapel Allerton Runners      | M45  | 373 | 71.4 | 0   | 0.0  | 0   | 0.0  | 0   | 0.0  | 71.4 | 85  |
| 587 | Dunn        | Paul     | Harrogate Tri Club           | M40  | 408 | 31.1 | 0   | 0.0  | 389 | 40.3 | 0   | 0.0  | 71.4 | 71  |
| 588 | Hutchinson  | Barry    | Wetherby Runners AC          | M70  | 0   | 0.0  | 328 | 48.3 | 0   | 0.0  | 360 | 22.6 | 70.9 | 9   |
| 589 | Morley      | Eric     | Knaresborough Striders       | M70  | 427 | 9.2  | 350 | 18.0 | 410 | 15.4 | 359 | 23.9 | 66.5 | 10  |
| 590 | Rollett     | Andrew   | Dragons Running Club (Leeds) | M40  | 405 | 34.6 | 0   | 0.0  | 0   | 0.0  | 354 | 30.6 | 65.1 | 72  |
| 591 | Purll       | Andy     | Ripon Runners                | M50  | 416 | 21.9 | 0   | 0.0  | 0   | 0.0  | 345 | 42.6 | 64.4 | 75  |
| 592 | Pullan      | Richard  | Hyde Park Harriers           | M65  | 423 | 13.8 | 352 | 15.2 | 409 | 16.6 | 363 | 18.6 | 64.2 | 24  |
| 593 | Douglas     | Alan     | Saltire Striders             | M55  | 380 | 63.4 | 0   | 0.0  | 0   | 0.0  | 0   | 0.0  | 63.4 | 64  |
| 594 | Reyes       | Manuel   | Dragons Running Club (Leeds) | M50  | 412 | 26.5 | 337 | 35.9 | 0   | 0.0  | 0   | 0.0  | 62.4 | 76  |
| 595 | Butler      | Robert   | Hyde Park Harriers           | M45  | 0   | 0.0  | 0   | 0.0  | 372 | 60.4 | 0   | 0.0  | 60.4 | 86  |
| 596 | Thompson    | Geoff    | Wharfedale Harriers          | M65  | 424 | 12.7 | 349 | 19.3 | 416 | 8.3  | 362 | 19.9 | 60.3 | 25  |
| 597 | Badkin      | Peter    | Abbey Runners                | M60  | 415 | 23.0 | 348 | 20.7 | 0   | 0.0  | 365 | 16.0 | 59.7 | 50  |
| 598 | Fletcher    | Jonathan | St Therasas AC               | M45  | 0   | 0.0  | 0   | 0.0  | 0   | 0.0  | 333 | 58.5 | 58.5 | 87  |
| 599 | Riding      | Michael  | Valley Striders AC           | M55  | 0   | 0.0  | 322 | 56.6 | 0   | 0.0  | 0   | 0.0  | 56.6 | 65  |
| 600 | Metcalfe    | Daniel   | Horsforth Fellandale         | M45  | 417 | 20.7 | 344 | 26.2 | 419 | 4.7  | 374 | 4.0  | 55.7 | 88  |
| 601 | King        | Alistar  | Nidd Valley Road Runners     | MSEN | 0   | 0.0  | 323 | 55.2 | 0   | 0.0  | 0   | 0.0  | 55.2 | 138 |
| 602 | Fielder     | Justin   | Nidd Valley Road Runners     | M55  | 0   | 0.0  | 0   | 0.0  | 0   | 0.0  | 336 | 54.5 | 54.5 | 66  |
| 603 | O'Halloran  | Martin   | Ilkley Harriers              | M65  | 0   | 0.0  | 324 | 53.9 | 0   | 0.0  | 0   | 0.0  | 53.9 | 26  |
| 604 | Love        | Martin   | Saltire Striders             | M60  | 0   | 0.0  | 0   | 0.0  | 0   | 0.0  | 337 | 53.2 | 53.2 | 51  |
| 605 | Grover      | Ankit    | Abbey Runners                | M40  | 390 | 51.8 | 0   | 0.0  | 0   | 0.0  | 0   | 0.0  | 51.8 | 73  |
| 606 | Tindall     | Stephen  | Airecentre Pacers            | M60  | 0   | 0.0  | 327 | 49.7 | 0   | 0.0  | 0   | 0.0  | 49.7 | 52  |
| 607 | Hill        | Steve    | St Therasas AC               | M50  | 392 | 49.5 | 0   | 0.0  | 0   | 0.0  | 0   | 0.0  | 49.5 | 77  |
| 608 | Roberts     | Andrew   | Knaresborough Striders       | M60  | 0   | 0.0  | 0   | 0.0  | 0   | 0.0  | 342 | 46.5 | 46.5 | 53  |
| 609 | Binns       | Richard  | Bradford Airedale AC         | M55  | 0   | 0.0  | 346 | 23.5 | 404 | 22.5 | 0   | 0.0  | 46.0 | 67  |
| 610 | Hussey      | John     | Valley Striders AC           | M75  | 422 | 15.0 | 0   | 0.0  | 398 | 29.6 | 0   | 0.0  | 44.6 | 2   |
| 611 | Underwood   | James    | Hyde Park Harriers           | M35  | 0   | 0.0  | 0   | 0.0  | 0   | 0.0  | 344 | 43.9 | 43.9 | 77  |
| 612 | Bapty       | Paul     | Bradford Airedale AC         | M50  | 0   | 0.0  | 0   | 0.0  | 386 | 43.8 | 0   | 0.0  | 43.8 | 78  |
| 613 | Hould       | Dave     | Hyde Park Harriers           | M60  | 397 | 43.8 | 0   | 0.0  | 0   | 0.0  | 0   | 0.0  | 43.8 | 54  |
| 614 | Umpleby     | Martin   | Harrogate Harriers & AC      | M50  | 421 | 16.1 | 343 | 27.6 | 0   | 0.0  | 0   | 0.0  | 43.8 | 79  |
| 615 | Smith       | Guy      | Abbey Runners                | M65  | 420 | 17.3 | 0   | 0.0  | 403 | 23.7 | 0   | 0.0  | 41.0 | 27  |
| 616 | Leslie      | David    | Abbey Runners                | M70  | 401 | 39.2 | 0   | 0.0  | 0   | 0.0  | 0   | 0.0  | 39.2 | 11  |
| 617 | Sharp       | Jonathan | Saltire Striders             | M55  | 0   | 0.0  | 0   | 0.0  | 390 | 39.1 | 0   | 0.0  | 39.1 | 68  |
| 618 | Bellbrough  | Matt     | Chapel Allerton Runners      | M35  | 430 | 5.8  | 356 | 9.7  | 414 | 10.7 | 368 | 12.0 | 38.1 | 78  |
| 619 | Bryer       | Andrew   | Nidd Valley Road Runners     | M50  | 404 | 35.7 | 0   | 0.0  | 0   | 0.0  | 0   | 0.0  | 35.7 | 80  |
| 620 | Dinsdale    | Mark     | Horsforth Harriers           | M55  | 425 | 11.5 | 0   | 0.0  | 415 | 9.5  | 366 | 14.6 | 35.6 | 69  |
| 621 | Size        | Andrew   | Saltire Striders             | M50  | 0   | 0.0  | 0   | 0.0  | 408 | 17.8 | 364 | 17.3 | 35.1 | 81  |
| 622 | Seymour     | Mark     | Harrogate Harriers & AC      | M65  | 0   | 0.0  | 338 | 34.5 | 0   | 0.0  | 0   | 0.0  | 34.5 | 28  |
| 623 | Silva       | Mervyn   | Saltire Striders             | M70  | 0   | 0.0  | 355 | 11.0 | 412 | 13.0 | 370 | 9.3  | 33.4 | 12  |
| 624 | Walsh       | Carl     | Otley AC                     | M60  | 407 | 32.3 | 0   | 0.0  | 0   | 0.0  | 0   | 0.0  | 32.3 | 55  |
| 625 | Taylor      | Malcolm  | Kirkstall Harriers           | M35  | 432 | 3.5  | 345 | 24.9 | 0   | 0.0  | 0   | 0.0  | 28.3 | 79  |
| 626 | Abdalhafez  | Sherif   | Kirkstall Harriers           | M35  | 0   | 0.0  | 0   | 0.0  | 0   | 0.0  | 356 | 27.9 | 27.9 | 80  |
| 627 | Moore       | Colin    | Roundhay Runners             | M70  | 0   | 0.0  | 358 | 6.9  | 417 | 7.1  | 367 | 13.3 | 27.3 | 13  |
| 628 | Cundall     | Phil     | St Therasas AC               | M55  | 426 | 10.4 | 353 | 13.8 | 0   | 0.0  | 375 | 2.7  | 26.8 | 70  |
| 629 | Taylor      | Ian      | Horsforth Harriers           | M55  | 0   | 0.0  | 0   | 0.0  | 0   | 0.0  | 358 | 25.3 | 25.3 | 71  |
| 630 | Sawyer      | Chris    | Valley Striders AC           | M65  | 0   | 0.0  | 0   | 0.0  | 405 | 21.3 | 0   | 0.0  | 21.3 | 29  |
| 631 | Seaman      | Dave     | Nidd Valley Road Runners     | M75  | 428 | 8.1  | 0   | 0.0  | 420 | 3.6  | 371 | 8.0  | 19.6 | 3   |
| 632 | Bernardo Jr | Carlos   | Chapel Allerton Runners      | M40  | 0   | 0.0  | 359 | 5.5  | 418 | 5.9  | 372 | 6.6  | 18.1 | 74  |
| 633 | Hardcastle  | Edward   | Knaresborough Striders       | M40  | 0   | 0.0  | 351 | 16.6 | 0   | 0.0  | 0   | 0.0  | 16.6 | 75  |
| 634 | Bywater     | Chris    | Rothwell Harriers & AC       | M70  | 431 | 4.6  | 0   | 0.0  | 0   | 0.0  | 369 | 10.6 | 15.2 | 14  |
| 635 | Jackson     | Bob      | Valley Striders AC           | M70  | 0   | 0.0  | 0   | 0.0  | 411 | 14.2 | 0   | 0.0  | 14.2 | 15  |
| 636 | Hall        | Nicky    | Ackworth Road Runners        | M65  | 0   | 0.0  | 354 | 12.4 | 0   | 0.0  | 0   | 0.0  | 12.4 | 30  |
| 637 | Best        | Jamie    | St Therasas AC               | M45  | 429 | 6.9  | 0   | 0.0  | 0   | 0.0  | 373 | 5.3  | 12.2 | 89  |
| 638 | Bullough    | Tony     | St Therasas AC               | M75  | 433 | 2.3  | 360 | 4.1  | 0   | 0.0  | 0   | 0.0  | 6.4  | 4   |
| 639 | Head        | Mark     | Harrogate Tri Club           | M60  | 0   | 0.0  | 361 | 2.8  | 0   | 0.0  | 376 | 1.3  | 4.1  | 56  |
| 640 | Cardinale   | Antonio  | Otley AC                     | M75  | 434 | 1.2  | 362 | 1.4  | 422 | 1.2  | 0   | 0.0  | 3.7  | 5   |
| 641 | Weeks       | Martin   | Nidd Valley Road Runners     | M75  | 0   | 0.0  | 0   | 0.0  | 421 | 2.4  | 0   | 0.0  | 2.4  | 6   |