

PECO Cross Country League 2025-26

Senior Men's Cumulative Results After Race 5

Position	Surname	First Name	Club	Age Cat	Race 1		Race 2		Race 3		Race 4		Race 5		Total Points	Best 4 From 5	Cat Pos
					Pos	Points	Pos	Points	Pos	Points	Pos	Points	Pos	Points			
1	Garbutt	Dan	St Theresas AC	M35	1	500.0	1	500.0	1	500.0	2	498.7	0	0.0	1998.7	1998.7	1
2	Roden	Freddie	Abbey Runners	MSEN	3	497.7	2	498.6	3	497.6	1	500.0	0	0.0	1993.9	1993.9	1
3	Ravenhall	George	Airecentre Pacers	MSEN	2	498.8	6	493.1	2	498.8	0	0.0	1	500.0	1990.8	1990.8	2
4	Lomas	Adam	Hyde Park Harriers	M35	4	496.5	0	0.0	5	495.3	3	497.3	2	498.7	1987.8	1987.8	2
5	Humphries	Andrew	Airecentre Pacers	M35	5	495.4	4	495.9	4	496.4	5	494.7	4	496.1	2478.4	1983.7	3
6	Carter	Dom	York Postal Harriers	MSEN	0	0.0	5	494.5	6	494.1	6	493.4	5	494.7	1976.6	1976.6	3
7	Townson	Sam	Hyde Park Harriers	MSEN	10	489.6	10	487.6	9	490.5	7	492.0	6	493.4	2453.2	1965.6	4
8	Douglas	Benjamin	Hyde Park Harriers	M35	21	477.0	0	0.0	8	491.7	4	496.0	3	497.4	1962.0	1962.0	4
9	Grant	Daniel	Valley Striders AC	M35	9	490.8	11	486.2	7	492.9	12	485.4	8	490.8	2446.0	1960.7	5
10	Miller	Chris	Wharfedale Harriers	M40	11	488.5	0	0.0	11	488.2	8	490.7	7	492.1	1959.4	1959.4	1
11	Vogel	Joost	Valley Striders AC	M35	15	483.9	9	489.0	22	475.1	14	482.7	14	482.9	2413.5	1938.4	6
12	Mitchell	Thomas	Harrogate Harriers & AC	MSEN	22	475.8	12	484.8	13	485.8	0	0.0	11	486.8	1933.2	1933.2	5
13	Boynton	Philip	Horsforth Harriers	M35	19	479.3	18	476.5	21	476.3	13	484.0	9	489.5	2405.6	1929.3	7
14	Llewellyn	Ryan	Kirkstall Harriers	MSEN	27	470.0	0	0.0	16	482.2	10	488.0	12	485.5	1925.8	1925.8	6
15	Sykes	Richard	Hyde Park Harriers	M40	26	471.2	0	0.0	17	481.0	18	477.4	17	478.9	1908.6	1908.6	2
16	Jones	Simon	Abbey Runners	MSEN	30	466.6	24	468.2	18	479.9	19	476.1	15	481.6	2372.3	1905.7	7
17	Bromley	Harry	Vale of York Athletic Community	MSEN	31	465.4	15	480.7	19	478.7	17	478.7	0	0.0	1903.5	1903.5	8
18	Cryer	Tom	St Theresas AC	MSEN	25	472.4	23	469.6	15	483.4	0	0.0	19	476.3	1901.7	1901.7	9
19	Cowling	Tom	Roundhay Runners	MSEN	34	462.0	22	471.0	0	0.0	15	481.4	13	484.2	1898.6	1898.6	10
20	Moore	Gawain	Ilkley Harriers	M45	35	460.8	38	448.9	29	466.8	20	474.7	25	468.4	2319.7	1870.8	1
21	Lyall	Andrew	Kirkstall Harriers	MSEN	0	0.0	19	475.1	35	459.7	24	469.4	37	452.6	1856.9	1856.9	11
22	Johnstone	Lucas	Hyde Park Harriers	MSEN	0	0.0	33	455.8	32	463.3	29	462.8	27	465.8	1847.6	1847.6	12
23	Kemp	Chris	Hyde Park Harriers	MSEN	47	447.0	32	457.2	0	0.0	23	470.7	24	469.7	1844.7	1844.7	13
24	Holmes	Matthew	Abbey Runners	M45	49	444.7	21	472.4	39	455.0	32	458.8	33	457.9	2288.7	1844.0	2
25	Holmes	Christian	Wharfedale Harriers	M50	38	457.4	35	453.0	33	462.1	28	464.1	32	459.2	2295.8	1842.8	1
26	Harris	Simon	Abbey Runners	M40	65	426.3	30	459.9	25	471.6	0	0.0	18	477.6	1835.4	1835.4	3
27	Egan	Jake	Saltaire Striders	MSEN	41	453.9	39	447.5	31	464.5	25	468.1	45	442.1	2276.1	1834.0	14
28	Davey	Thomas	St Theresas AC	MSEN	18	480.4	45	439.2	23	473.9	0	0.0	48	438.2	1831.7	1831.7	15
29	Brook-Dobson	Harry	Ilkley Harriers	MSEN	40	455.1	27	464.1	34	460.9	0	0.0	38	451.3	1831.4	1831.4	16
30	Bryer	Josh	Nidd Valley Road Runners	MSEN	98	388.2	42	443.4	38	456.2	35	454.8	29	463.2	2205.7	1817.5	17
31	Billingham	Jake	Chapel Allerton Runners	MSEN	53	440.1	0	0.0	41	452.6	37	452.1	31	460.5	1805.4	1805.4	18
32	Applebee	Dan	Ackworth Road Runners	MSEN	56	436.6	36	451.7	43	450.2	49	436.2	28	464.5	2239.2	1803.0	19
33	Boynton	Alex	York Postal Harriers	M35	83	405.5	52	429.6	54	437.2	26	466.8	26	467.1	2206.2	1800.6	8
34	Kerr	Will	Saltaire Striders	M45	55	437.8	0	0.0	48	444.3	33	457.4	41	447.4	1786.9	1786.9	3
35	Cliffe	Mark	Rothwell Harriers & AC	MSEN	51	442.4	40	446.1	49	443.1	36	453.5	0	0.0	1785.1	1785.1	20
36	Harrold	Brian	Chapel Allerton Runners	M40	61	430.9	50	432.3	45	447.9	31	460.1	43	444.7	2215.9	1785.0	4
37	Morrison	Cairn	St Theresas AC	M45	85	403.2	34	454.4	46	446.7	45	441.5	57	426.3	2172.1	1769.9	4
38	Fillingham	Martin	Saltaire Striders	M50	63	428.6	46	437.8	40	453.8	41	446.8	69	410.5	2177.5	1767.0	2
39	Hardy	Lee	Kirkstall Harriers	M40	0	0.0	31	458.6	62	427.7	40	448.1	54	430.3	1764.7	1764.7	5
40	Aylesbury	Caleb	Nidd Valley Road Runners	MSEN	48	445.9	0	0.0	51	440.8	51	433.5	67	413.2	1733.3	1733.3	21
41	Wells	Simon	Kirkstall Harriers	M35	52	441.2	62	415.7	65	424.7	70	408.2	42	446.1	2135.5	1727.2	9
42	Vis	Patrick	Chapel Allerton Runners	MSEN	0	0.0	59	419.9	67	421.8	53	430.9	50	435.5	1708.1	1708.1	22
43	Scott	Steven	Abbey Runners	M50	95	391.7	69	406.1	66	423.0	43	444.1	58	425.0	2089.9	1698.2	3
44	Green	Joseph	Chapel Allerton Runners	MSEN	60	432.0	65	411.6	74	413.5	59	422.9	63	418.4	2098.4	1686.8	23
45	Brown	Rhys	Horsforth Harriers	M35	71	419.4	54	426.8	77	410.0	54	429.5	0	0.0	1685.6	1685.6	10
46	Rhule-Samuel	Joel	Abbey Runners	MSEN	70	420.5	0	0.0	59	431.3	55	428.2	76	401.3	1681.3	1681.3	24
47	Whittlestone	George	Ilkley Harriers	MSEN	68	422.8	68	407.5	87	398.1	42	445.5	0	0.0	1673.9	1673.9	25
48	Brien	Stef	Abbey Runners	MSEN	92	395.2	66	410.2	79	407.6	57	425.5	59	423.7	2062.2	1667.0	26
49	Mann	Gary	Valley Striders AC	M45	77	412.4	74	399.2	86	399.3	52	432.2	60	422.4	2065.5	1666.3	5
50	Gott	Steven	Ilkley Harriers	M45	94	392.9	48	435.1	70	418.2	76	400.3	73	405.3	2051.7	1658.9	6
51	Isaac	Oliver	Hyde Park Harriers	M35	73	417.1	64	413.0	81	405.2	60	421.5	0	0.0	1656.8	1656.8	11
52	Nicholls	Angus	Wetherby Runners AC	MSEN	96	390.6	61	417.1	90	394.5	73	404.3	64	417.1	2023.6	1633.0	27
53	Frosztega	Richard	Harrogate Harriers & AC	M40	93	394.0	60	418.5	68	420.6	89	383.0	81	394.7	2010.8	1627.9	6
54	Rao	Nicholas	Roundhay Runners	MSEN	79	410.1	80	390.9	82	404.0	62	418.9	151	302.6	1926.6	1623.9	28
55	Hipkiss	Jack	Kirkstall Harriers	MSEN	74	415.9	70	404.7	0	0.0	66	413.6	87	386.8	1621.0	1621.0	29
56	Turner	Andy	Roundhay Runners	M35	0	0.0	93	372.9	72	415.9	63	417.6	68	411.8	1618.2	1618.2	12
57	Slattery	Ian	Bradford Airedale AC	M40	82	406.7	57	422.7	61	428.9	0	0.0	113	352.6	1610.9	1610.9	7
58	Ford	Andrew	Valley Striders AC	M45	67	424.0	53	428.2	0	0.0	119	343.1	78	398.7	1593.9	1593.9	7
59	Macfarlane	Russell	Saltaire Striders	M40	86	402.1	99	364.6	100	382.7	68	410.9	79	397.4	1957.7	1593.0	8
60	Sugden	Luke	Wetherby Runners AC	M45	78	411.3	72	401.9	83	402.8	104	363.0	102	367.1	1946.2	1583.2	8
61	Drake	Richard	Valley Striders AC	M50	120	362.9	0	0.0	97	386.3	67	412.2	70	409.2	1570.6	1570.6	4
62	Richards	Oliver	Otley AC	M40	89	398.6	86	386.2	73	414.7	0	0.0	124	338.2	1534.1	1534.1	9
63	Daley	Nick	St Theresas AC	MSEN	117	366.4	84	385.4	96	387.4	0	0.0	83	392.1	1531.3	1531.3	30
64	Douglas	Euan	Hyde Park Harriers	MSEN	100	385.9	98	366.0	102	380.3	77	398.9	0	0.0	1531.2	1531.2	31
65	Heubeck	Andy	York Postal Harriers	M35	111	373.3	0	0.0	110	370.9	91	380.3	75	402.6	1527.1	1527.1	13
66	Adkins	Toby	Hyde Park Harriers	M35	0	0.0	82	388.1	101	381.5	92	379.0	96	375.0	1523.6	1523.6	14
67	Roberts	Tom	Rothwell Harriers & AC	M35	102	383.6	89	378.5	95	388.6	97	372.3	112	353.9	1577.0	1523.1	15
68	Charlesworth	Nicholas	Wharfedale Harriers	M55	107	377.9	0	0.0	103	379.1	80	394.9	101	368.4	1520.4	1520.4	1
69	Leslie	Stuart	York Knavesmire Harriers	M40	106	379.0	112	346.7	232	226.3	72	405.6	90	382.9	1740.5	1514.2	10
70	Hesford	Ian	Nidd Valley Road Runners	M45	129	352.5	102	360.5	107	374.4	84	389.6	89	384.2	1861.3	1508.7	9
71	Jackson	Daniel	Saltaire Striders	M40	127	354.8	105	356.4	104	378.0	69	409.6	104	364.5	1863.2	1508.4	11
72	Robson	John	St Theresas AC	M50	115	368.7	81	389.5	126	351.9	96	373.7	98	372.4	1856.1	1504.2	5
73	Grave	Paul	Valley Striders AC	M50	140	339.9	75	397.8	85	400.5	105	361.7	0	0.0	1499.8	1499.8	6
74	Bennett	Paul	Vale of York Athletic Community	M45	105	380.2	0	0.0	123	355.5	83	391.0	100	369.7	1496.3	1496.3	10
75	Malkin	Alexander	Hyde Park Harriers	MSEN	136	344.5	0	0.0	84	401.7	121	340.4	80	396.1	1482.6	1482.6	32
76	Zemlik	Darren	Wharfedale Harriers	M55	122	360.6	87	381.2	0	0.0	95	375.0	110	356.6	1473.4	1473.4	2
77	Carter	Jim	York Postal Harriers	M50	125	357.1	92	374.3	125	353.1	93	377.7	106	361.8	1824.0	1471.0	7
78	Jenkins	Daniel	Saltaire Striders	M50	114	369.8	85	384.0	127	350.7	102	365.7	122	340.8	1811.0	1470.2	8
79	Rolland	Andrew															

109	Walker	Tom	Hyde Park Harriers	M35	0	0.0	127	326.0	121	357.8	147	305.9	123	339.5	1329.1	1329.1	17
110	Mcguire	Dave	Abbey Runners	M55	143	336.4	0	0.0	159	312.8	110	355.1	135	323.7	1327.9	1327.9	5
111	Irvine	Richard	Valley Striders AC	M50	0	0.0	116	341.2	140	335.3	128	331.1	153	300.0	1307.6	1307.6	12
112	Morton	Joseph	Roundhay Runners	M40	0	0.0	49	433.7	57	433.6	0	0.0	47	439.5	1306.8	1306.8	15
113	Carton	James	Saltire Striders	M35	0	0.0	124	330.1	158	314.0	132	325.8	128	332.9	1302.8	1302.8	18
114	Lowson	Andrew	York Knavesmire Harriers	M45	185	288.0	115	342.5	0	0.0	114	349.7	139	318.4	1298.7	1298.7	19
115	Iansson	David	St Therasas AC	M65	166	309.9	95	370.2	128	349.5	177	266.0	0	0.0	1295.6	1295.6	1
116	Bandy	Clive	Valley Striders AC	M45	0	0.0	128	324.6	162	309.2	133	324.5	130	330.3	1288.6	1288.6	20
117	Townend	Darren	Nidd Valley Road Runners	M50	151	327.2	0	0.0	119	360.2	155	295.2	149	305.3	1287.9	1287.9	13
118	Lines	Charles	Ackworth Road Runners	M65	0	0.0	142	305.2	150	323.5	126	333.8	134	325.0	1287.5	1287.5	2
119	O'Brien	Alan	Kirkstall Harriers	M40	164	312.2	125	328.7	149	324.6	149	303.2	138	319.7	1588.5	1285.3	16
120	Mortimer	Charlie	Chapel Allerton Runners	M45	0	0.0	79	392.3	50	441.9	39	449.5	0	0.0	1283.7	1283.7	21
121	Walker	Richard	Airecentre Pacers	M50	146	332.9	122	332.9	181	286.7	141	313.8	150	303.9	1570.3	1283.6	14
122	Smith	Ryan	Ackworth Road Runners	M40	171	304.1	139	309.4	156	316.4	115	348.4	146	309.2	1587.5	1283.4	17
123	Shinn	Oscar	Ilkley Harriers	MSEN	87	400.9	47	436.5	47	445.5	0	0.0	0	0.0	1282.9	1282.9	45
124	Jensen	Stefan	Airecentre Pacers	MSEN	62	429.7	55	425.4	63	426.5	0	0.0	0	0.0	1281.7	1281.7	46
125	Akers	Rohan	Wharfedale Harriers	M45	76	413.6	0	0.0	64	425.4	48	437.5	0	0.0	1276.4	1276.4	22
126	Robinson	Michael	Ackworth Road Runners	M35	203	267.3	132	319.1	165	305.7	136	320.5	131	328.9	1541.5	1274.2	19
127	Clark	Kevin	Harrogate Harriers & AC	M40	180	293.8	202	222.4	167	303.3	129	329.8	120	343.4	1492.7	1270.3	18
128	Fox-Bullivant	Alex	Horsforth Harriers	MSEN	0	0.0	0	0.0	88	396.9	44	442.8	56	427.6	1267.4	1267.4	47
129	Moakler	Ben	Roundhay Runners	M40	66	425.1	0	0.0	71	417.1	58	424.2	0	0.0	1266.4	1266.4	19
130	Furlong	Ian	Roundhay Runners	M40	103	382.5	0	0.0	0	0.0	46	440.2	53	431.6	1254.2	1254.2	20
131	Harrison	Tristan	Horsforth Fellandale	MSEN	0	0.0	63	414.4	69	419.4	0	0.0	62	419.7	1253.5	1253.5	48
132	Hallworth	Ben	Ilkley Harriers	M45	157	320.3	0	0.0	177	291.5	143	311.2	140	317.1	1240.0	1240.0	23
133	Sanderson	Ian	Valley Striders AC	M55	159	318.0	130	321.8	182	285.5	207	226.1	144	311.8	1463.2	1237.2	6
134	Bergin	Ciaran	Hyde Park Harriers	MSEN	75	414.7	0	0.0	44	449.1	100	368.4	0	0.0	1232.1	1232.1	49
135	Haines	Andy	St Therasas AC	M45	160	316.8	135	314.9	178	290.3	167	279.3	148	306.6	1507.9	1228.6	24
136	Al-Janabi	Daoud	Kirkstall Harriers	MSEN	181	292.6	143	303.9	131	346.0	0	0.0	169	278.9	1221.4	1221.4	50
137	Ewbank	Adam	Harrogate Harriers & AC	MSEN	91	396.3	71	403.3	0	0.0	61	420.2	0	0.0	1219.8	1219.8	51
138	Walsh	Jamie	Olley AC	MSEN	0	0.0	83	386.7	0	0.0	75	401.6	66	414.5	1202.8	1202.8	52
139	Hutter	Russell	Chapel Allerton Runners	M55	186	286.9	141	306.6	170	299.8	170	275.3	161	289.5	1458.0	1182.7	7
140	O'Donnell	Ged	Abbey Runners	M40	192	280.0	0	0.0	194	271.3	134	323.1	155	297.4	1171.8	1171.8	21
141	Evans	Jonathan	Olley AC	MSEN	126	356.0	0	0.0	80	406.4	0	0.0	71	407.9	1170.3	1170.3	53
142	Ashworth	Richard	Abbey Runners	M50	195	276.5	131	320.4	179	289.1	188	251.3	167	281.6	1418.9	1167.6	15
143	Quinlan	Paul	Roundhay Runners	M40	99	387.1	0	0.0	94	389.8	0	0.0	88	385.5	1162.4	1162.4	22
144	Moger	Adam	Kirkstall Harriers	M50	172	303.0	0	0.0	190	276.1	135	321.8	183	260.5	1161.4	1161.4	16
145	Biddulph	Tom	Valley Striders AC	MSEN	193	278.8	168	269.3	164	306.9	153	297.9	172	275.0	1427.9	1158.5	54
146	Ellmore	Steve	Knaresborough Striders	M55	170	305.3	149	295.6	0	0.0	161	287.2	178	267.1	1155.2	1155.2	8
147	Fotherby	Paul	Valley Striders AC	M50	212	256.9	145	301.1	183	284.4	146	307.2	0	0.0	1149.6	1149.6	17
148	Greenland	Rob	Chapel Allerton Runners	M50	168	307.6	126	327.3	213	248.8	178	264.6	213	221.1	1369.4	1148.4	18
149	Martin	Ian	Vale of York Athletic Community	M55	200	270.7	233	179.6	143	331.8	107	359.0	0	0.0	1141.1	1141.1	9
150	Hillam	Steve	Vale of York Athletic Community	M35	0	0.0	97	367.4	99	383.9	85	388.3	0	0.0	1139.6	1139.6	20
151	Baines	Andrew	Horsforth Harriers	M45	403	36.9	133	317.7	132	344.8	113	351.1	287	123.7	1174.1	1137.2	25
152	Clarkson	Peter	Chapel Allerton Runners	M45	158	319.1	144	302.5	200	264.2	0	0.0	191	250.0	1135.8	1135.8	26
153	Fulton	Aron	Airecentre Pacers	M35	0	0.0	0	0.0	106	375.6	90	381.6	97	373.7	1130.9	1130.9	21
154	Wideman	Wayne	Kippax & District Harriers	M45	0	0.0	173	262.4	169	300.9	157	292.6	180	264.5	1120.4	1120.4	27
155	Carter	Matt	York Postal Harriers	M45	187	285.7	153	290.1	192	273.7	174	269.9	0	0.0	1119.4	1119.4	28
156	Fellows	Alasdair	Hyde Park Harriers	MSEN	0	0.0	0	0.0	117	362.6	94	376.3	92	380.3	1119.2	1119.2	55
157	Todd	Andy	Nidd Valley Road Runners	M60	112	372.1	91	375.7	111	369.7	0	0.0	0	0.0	1117.5	1117.5	2
158	Cornforth	Philip	Knaresborough Striders	M55	194	277.6	211	209.9	237	220.4	139	316.5	152	301.3	1325.8	1115.8	10
159	Wigglesworth	Steven	Ackworth Road Runners	M60	228	238.5	161	279.0	180	287.9	165	281.9	179	265.8	1353.1	1114.6	3
160	Wilkinson	Gary	Harrogate Harriers & AC	M50	223	244.2	111	348.1	189	277.3	194	243.4	203	234.2	1347.1	1112.9	19
161	Masey	Jack	Kirkstall Harriers	M35	215	253.5	150	294.2	216	245.3	142	312.5	192	248.7	1354.1	1108.8	22
162	Rooke	Michael	Chapel Allerton Runners	MSEN	145	334.1	0	0.0	0	0.0	87	385.6	86	388.2	1107.9	1107.9	56
163	Sharpe	Matthew	Abbey Runners	MSEN	0	0.0	101	361.9	0	0.0	101	367.0	93	378.9	1107.8	1107.8	57
164	Anderson	Finlay	Vale of York Athletic Community	MSEN	118	365.2	0	0.0	0	0.0	81	393.6	119	344.7	1103.6	1103.6	58
165	Roebuck	Chris	Horsforth Harriers	M45	123	359.4	90	377.1	0	0.0	111	353.7	0	0.0	1090.2	1090.2	29
166	Knighton	Richard	Hyde Park Harriers	MSEN	0	0.0	0	0.0	160	311.6	78	397.6	99	371.1	1080.3	1080.3	59
167	Maddonald	Matthew	Roundhay Runners	MSEN	0	0.0	162	277.6	238	219.2	148	304.5	171	276.3	1077.7	1077.7	60
168	Weeks	Andrew	Kippax & District Harriers	M45	0	0.0	187	243.1	218	242.9	159	289.9	154	298.7	1074.6	1074.6	30
169	Allison	David	Chapel Allerton Runners	M55	183	290.3	0	0.0	187	279.6	156	293.9	230	198.7	1062.5	1062.5	11
170	Laville	Harry	Saltire Striders	MSEN	220	247.7	167	270.7	249	206.2	181	260.6	168	280.3	1265.5	1059.3	61
171	Jeffer	Nathan	Hyde Park Harriers	MSEN	0	0.0	172	263.8	241	215.6	160	288.6	160	290.8	1058.8	1058.8	62
172	Frazier	Martin	Abbey Runners	M60	202	268.4	159	281.8	0	0.0	185	255.3	193	247.4	1052.9	1052.9	4
173	Moneypenny	Brad	Wetherby Runners AC	MSEN	137	343.3	118	338.4	112	368.5	0	0.0	0	0.0	1050.2	1050.2	63
174	Copley	Paul	Hyde Park Harriers	M35	0	0.0	104	357.7	137	338.9	0	0.0	115	350.0	1046.6	1046.6	23
175	Hornby	Sean	Olley AC	M50	162	314.5	0	0.0	228	231.0	219	210.1	162	288.2	1043.8	1043.8	20
176	Wray-Rogers	Luke	Abbey Runners	M45	213	255.8	160	280.4	222	238.2	175	268.6	231	197.4	1240.3	1042.9	31
177	McNicholas	Edward	Wetherby Runners AC	MSEN	231	235.0	194	233.4	234	223.9	152	299.2	186	256.6	1248.2	1024.2	64
178	Scaife	Nigel	Nidd Valley Road Runners	M55	216	252.3	212	208.6	210	252.4	173	271.3	197	242.1	1226.6	1018.1	12
179	Grice	John James	Vale of York Athletic Community	MSEN	249	214.3	184	247.2	197	267.8	162	285.9	0	0.0	1015.2	1015.2	65
180	Patterson	Chris	Saltire Striders	M55	222	245.4	177	256.9	227	232.2	183	258.0	196	243.4	1235.9	1003.7	13
181	Coldwell	Ben	Kirkstall Harriers	M35	152	326.0	0	0.0	136	340.0	0	0.0	126	335.5	1001.6	1001.6	24
182	Skinner	Stu	Roundhay Runners	M35	206	263.8	163	276.2	209	253.6	221	207.4	0	0.0	1001.1	1001.1	25
183	Parker	Karl	Abbey Runners	MSEN	251	212.0	254	150.6	199	265.4	171	273.9	198	240.8	1142.7	992.1	66
184	Boardman	Chris	Abbey Runners	M40	0	0.0	0	0.0	175	293.8	106	363.4	125	336.8	991.1	991.1	23
185	Jones	Steven	Valley Striders AC	MSEN	148	330.6	0	0.0	152	321.1	123	337.8	0	0.0	989.5	989.5	67
186	Gascoigne	Ryan	Ackworth Road Runners	MSEN	225	241.9	176	258.3	239	218.0	216	214.1	181	263.2	1195.5	981.4	68
187	Singleton	David	Ilkley Harriers	M50	0	0.0	174	261.0	243	213.3	180	262.0	199	239.5	975.8	975.8	21</

222	Hulson	Olly	Hyde Park Harriers	M40	169	306.5	156	285.9	204	259.5	0	0.0	0	0.0	851.8	851.8	27
223	Clark	Cal	Abbey Runners	M35	0	0.0	0	0.0	76	411.1	0	0.0	49	436.8	848.0	848.0	34
224	Mead	Paul	Nidd Valley Road Runners	M55	184	289.2	0	0.0	201	263.0	0	0.0	159	292.1	844.3	844.3	18
225	Kitchen	Miles	Rothwell Harriers & AC	MSEN	0	0.0	0	0.0	78	408.8	50	434.8	0	0.0	843.6	843.6	78
226	Green	Jonny	Horsforth Harriers	MSEN	81	407.8	0	0.0	56	434.8	0	0.0	0	0.0	842.7	842.7	79
227	Westmoreland	Jason	Rothwell Harriers & AC	M55	0	0.0	152	291.4	186	280.8	176	267.3	0	0.0	839.5	839.5	19
228	Johnson	Richard	Vale of York Athletic Community	M40	270	190.1	209	212.7	285	163.5	205	228.7	223	207.9	1002.9	839.4	28
229	Parry	Matthew	Saltaire Striders	MSEN	173	301.8	0	0.0	171	298.6	198	238.0	0	0.0	838.5	838.5	80
230	Jewitt	Fred	Chapel Allerton Runners	MSEN	235	230.4	203	221.0	255	199.1	278	131.6	241	184.2	966.3	834.7	81
231	Freeman	Paul	Horsforth Harriers	M55	267	193.5	226	189.2	265	187.2	210	222.1	207	228.9	1021.0	833.8	20
232	Chilton	Patrick	Horsforth Harriers	M35	0	0.0	0	0.0	0	0.0	65	414.9	65	415.8	830.7	830.7	35
233	Parkinson	Andy	Valley Striders AC	MSEN	0	0.0	67	408.8	0	0.0	0	0.0	61	421.1	829.9	829.9	82
234	Hughes	David	Ackworth Road Runners	M45	248	215.4	180	252.8	295	151.7	249	170.2	237	189.5	979.5	827.9	38
235	de Pablo Carrion	Pablo	Hyde Park Harriers	MSEN	0	0.0	58	421.3	0	0.0	0	0.0	72	406.6	827.8	827.8	83
236	Mann	Chris	Pudsey & Bramley AC	M40	176	298.4	165	273.5	0	0.0	0	0.0	187	255.3	827.1	827.1	29
237	Ball	Aden	Ackworth Road Runners	M50	214	254.6	138	310.8	205	258.3	0	0.0	0	0.0	823.7	823.7	25
238	Anderton	Tom	Chapel Allerton Runners	MSEN	0	0.0	0	0.0	52	439.6	0	0.0	91	381.6	821.2	821.2	84
239	Starling	Callum	Hyde Park Harriers	MSEN	0	0.0	0	0.0	75	412.3	71	406.9	0	0.0	819.2	819.2	85
240	Saddler	Liam	Ackworth Road Runners	M35	230	236.2	238	172.7	294	152.8	232	192.8	219	213.2	967.6	814.8	36
241	Slawson	John	Airecentre Pacers	MSEN	0	0.0	183	248.6	174	295.0	0	0.0	176	269.7	813.4	813.4	86
242	Gatenby	Robert	Airecentre Pacers	M45	261	200.5	0	0.0	287	161.1	203	231.4	216	217.1	810.1	810.1	39
243	Hallybone	Will	Roundhay Runners	M35	207	262.7	0	0.0	206	257.1	164	283.2	0	0.0	803.0	803.0	37
244	Edmondson	Neal	Horsforth Harriers	M35	84	404.4	77	395.0	0	0.0	0	0.0	0	0.0	799.4	799.4	38
245	Marshall	Guy	Knaresborough Striders	M60	253	209.7	244	164.4	387	42.7	218	211.4	220	211.8	840.0	797.3	5
246	Edmondson	Iain	Wetherby Runners AC	M55	0	0.0	181	251.4	185	282.0	179	263.3	0	0.0	796.7	796.7	21
247	Macaulay	Craig	Olley AC	M35	0	0.0	0	0.0	0	0.0	79	396.3	77	400.0	796.3	796.3	39
248	Grinnell	Andrew	St Theresas AC	M50	0	0.0	0	0.0	93	391.0	0	0.0	74	403.9	794.9	794.9	26
249	Conkleton	Gareth	Knaresborough Striders	M50	245	218.9	213	207.2	261	191.9	244	176.9	0	0.0	794.9	794.9	27
250	Cavill	Gareth	Abbey Runners	M55	201	269.6	0	0.0	221	239.3	168	277.9	0	0.0	786.8	786.8	22
251	Craven	Paul	Abbey Runners	M55	239	225.8	0	0.0	0	0.0	154	296.5	182	261.8	784.2	784.2	23
252	Mcnab	Aidan	Knaresborough Striders	M40	229	237.3	269	129.8	284	164.7	235	188.8	235	192.1	912.8	783.0	30
253	Schofield	George	St Theresas AC	MSEN	97	389.4	0	0.0	91	393.4	0	0.0	0	0.0	782.8	782.8	87
254	Easton	Jonathan	Nidd Valley Road Runners	M45	0	0.0	151	292.8	195	270.1	212	219.4	0	0.0	782.4	782.4	40
255	Bysouth	Tom	Abbey Runners	M45	0	0.0	0	0.0	0	0.0	82	392.3	85	389.5	781.8	781.8	41
256	Woodall	Philip	Harrogate Harriers & AC	M35	104	381.3	78	393.6	0	0.0	0	0.0	0	0.0	775.0	775.0	40
257	Parker	David	St Theresas AC	M60	110	374.4	73	400.6	0	0.0	0	0.0	0	0.0	775.0	775.0	6
258	Douglas	Andy	Horsforth Harriers	M50	247	216.6	200	225.1	244	212.1	288	118.4	0	0.0	772.2	772.2	28
259	Shepherd	Stuart	Chapel Allerton Runners	M45	227	239.6	0	0.0	0	0.0	182	259.3	177	268.4	767.4	767.4	42
260	Walker	Will	Ackworth Road Runners	M45	254	208.5	221	196.1	268	183.6	245	175.5	0	0.0	763.8	763.8	43
261	Peacock	Tom	Saltaire Striders	MSEN	182	291.5	191	237.6	0	0.0	0	0.0	206	230.3	759.3	759.3	88
262	Gallagher	Mike	Hyde Park Harriers	M40	0	0.0	0	0.0	115	364.9	0	0.0	82	393.4	758.3	758.3	31
263	Fleisher	Andrew	Harrogate Harriers & AC	M35	0	0.0	76	396.4	0	0.0	0	0.0	111	355.3	751.7	751.7	41
264	Wood	Tim	Abbey Runners	M35	0	0.0	0	0.0	242	214.5	163	284.6	189	252.6	751.7	751.7	42
265	Keay	Andrew	Olley AC	M45	218	250.0	0	0.0	208	254.7	195	242.0	0	0.0	746.8	746.8	44
266	Walker	Dean	Rothwell Harriers & AC	MSEN	72	418.2	0	0.0	0	0.0	0	0.0	132	327.6	745.8	745.8	89
267	Parton	Adam	Valley Striders AC	M55	252	210.8	228	186.5	278	171.8	246	174.2	266	151.3	894.6	743.3	24
268	Cook	Sean	Valley Striders AC	M40	271	188.9	0	0.0	269	182.5	257	159.6	221	210.5	741.5	741.5	32
269	Nicholas	Kevin	Nidd Valley Road Runners	M60	198	273.0	0	0.0	262	190.8	0	0.0	174	272.4	736.2	736.2	7
270	Mc Aleavy	Stuart	Wharfedale Harriers	M50	0	0.0	182	250.0	235	222.7	184	256.6	0	0.0	729.4	729.4	29
271	Burton	Simon	Hyde Park Harriers	M35	283	175.1	0	0.0	260	193.1	213	218.1	273	142.1	728.4	728.4	43
272	Halder	Stephen	York Postal Harriers	M45	234	231.6	0	0.0	220	240.5	186	254.0	0	0.0	726.1	726.1	45
273	Rodgers	Mike	Wetherby Runners AC	M40	274	185.5	169	268.0	193	272.5	0	0.0	0	0.0	726.0	726.0	33
274	Mahoney	Nick	Harrogate Harriers & AC	MSEN	124	358.3	0	0.0	113	367.3	0	0.0	0	0.0	725.6	725.6	90
275	Hadley	Jonny	Hyde Park Harriers	M35	119	364.1	0	0.0	122	356.6	0	0.0	0	0.0	720.7	720.7	44
276	Wallhead	Nick	Wetherby Runners AC	M45	0	0.0	175	259.7	0	0.0	208	224.7	202	235.5	719.9	719.9	46
277	Cocker	Simon	Nidd Valley Road Runners	M60	219	248.8	0	0.0	0	0.0	199	236.7	205	231.6	717.1	717.1	8
278	Bastin	Tony	Abbey Runners	M60	0	0.0	197	229.3	336	103.1	228	198.1	243	181.6	712.1	712.1	9
279	Rogerson	Tom	Abbey Runners	M45	312	141.7	206	216.9	264	188.4	255	162.2	0	0.0	709.2	709.2	47
280	Holmes	Neale	York Postal Harriers	M35	0	0.0	0	0.0	120	359.0	0	0.0	116	348.7	707.7	707.7	45
281	Schofield	Jason	Wharfedale Harriers	M55	281	177.4	0	0.0	288	160.0	215	215.4	267	150.0	702.8	702.8	25
282	Richards	Jon	Abbey Runners	M45	297	159.0	227	187.8	305	139.8	242	179.5	249	173.7	839.8	700.0	48
283	Smith	Andy	Ackworth Road Runners	M50	280	178.6	275	121.5	289	158.8	196	240.7	0	0.0	699.6	699.6	30
284	Jackson	Jon	Nidd Valley Road Runners	M55	0	0.0	252	153.3	256	197.9	263	151.6	232	196.1	698.8	698.8	26
285	Middup	Steve	Vale of York Athletic Community	M65	309	145.2	217	201.7	271	180.1	264	150.3	258	161.8	639.0	639.0	4
286	Richards	Ben	Wetherby Runners AC	MSEN	0	0.0	218	200.3	224	235.8	0	0.0	188	253.9	690.0	690.0	91
287	Harding	Andrew	Kippax & District Harriers	M50	306	148.6	231	182.3	281	168.2	237	186.2	0	0.0	685.4	685.4	31
288	Small	Chris	Horsforth Fellandale	M45	298	157.8	243	165.7	0	0.0	241	180.9	244	180.3	684.7	684.7	49
289	Blatherwick	John	Hyde Park Harriers	M35	266	194.7	272	125.7	283	165.9	247	172.9	268	148.7	807.8	682.1	46
290	Steven	Tom	Abbey Runners	M40	290	167.1	250	156.1	276	174.2	259	156.9	242	182.9	837.1	681.0	34
291	Brook	Martin	Knaresborough Striders	M45	0	0.0	210	211.3	251	203.8	187	252.7	0	0.0	667.8	667.8	50
292	Morimoto	Kazuki	Abbey Runners	M55	265	195.9	240	169.9	310	133.9	0	0.0	255	165.8	665.4	665.4	27
293	Dobinson	Derek	Knaresborough Striders	M45	291	165.9	245	163.0	303	142.2	252	166.2	253	168.4	805.7	663.5	51
294	Moore	Billy	Vale of York Athletic Community	MSEN	153	324.9	121	334.3	0	0.0	0	0.0	0	0.0	659.1	659.1	92
295	Edmondson	Ewan	Knaresborough Striders	M60	237	228.1	185	245.9	272	178.9	0	0.0	0	0.0	652.9	652.9	10
296	Sellman	Richard	Chapel Allerton Runners	M45	255	207.4	222	194.8	291	156.4	307	93.1	0	0.0	651.6	651.6	52
297	Hatch	Gary	Harrogate Tri Club	M60	0	0.0	198	227.9	252	202.6	0	0.0	215	218.4	648.9	648.9	11
298	Giddings	Joel	Valley Striders AC	M50	0	0.0	0	0.0	250	205.0	223	204.8	201	236.8	646.6	646.6	32
299	Keighley	Thomas	Chapel Allerton Runners	MSEN	139	341.0	0	0.0	168	302.1	0	0.0	0	0.0	643.1	643.1	93
300	Watson	Simon	Harrogate Harriers & AC	M60	224	243.1	0	0.0	0	0.0	230	195.5	226	203.9	642.5	642.5	12
301	Spencer	Tim	Saltaire Striders	M65	277	182.0	192	236.2	236	221.6	0	0.0	0	0.0	639.8	639.8	5
302	Newbould	Steve	Nidd Valley Road Runners	M50	135	345.6	0	0.0	176	292.7	0	0.0	0	0.0	638.3	638.3	33
303	Dearden	Mike															

335	Turner	Jonathan	Ilkley Harriers	M55	0	0.0	0	0.0	172	297.4	189	250.0	0	0.0	547.4	547.4	33
336	Milner	George	Wharfedale Harriers	MSEN	191	281.1	0	0.0	202	261.8	0	0.0	0	0.0	543.0	543.0	100
337	Adcock	Richard	Valley Striders AC	M55	303	152.1	256	147.8	327	113.7	284	123.7	308	96.1	633.3	637.3	34
338	Wignall	Michael	Bradford Airedale AC	M40	295	161.3	241	168.5	0	0.0	302	99.7	301	105.3	534.8	534.8	40
339	Armer	Carrick	Abbey Runners	M40	302	153.2	266	134.0	306	138.6	296	107.7	0	0.0	533.5	533.5	41
340	Grace	Edward	Saltaire Striders	M35	284	174.0	235	176.8	273	177.7	0	0.0	0	0.0	528.5	528.5	48
341	Evans	Richard	Nidd Valley Road Runners	M60	268	192.4	239	171.3	290	157.6	0	0.0	0	0.0	521.2	521.2	17
342	Gregory	Mark	Rothwell Harriers & AC	M60	316	137.1	249	157.5	312	131.5	0	0.0	309	94.7	520.8	520.8	18
343	Page	Mick	Roundhay Runners	M70	315	138.2	0	0.0	315	128.0	290	115.7	279	134.2	516.1	516.1	1
344	Walker	Richard	Valley Striders AC	M55	313	140.6	277	118.8	0	0.0	281	127.7	285	126.3	513.3	513.3	35
345	Reeves	Dave	Harrogate Harriers & AC	M55	304	150.9	215	204.4	0	0.0	260	155.6	0	0.0	510.9	510.9	36
346	Ramsden	Paul	Hyde Park Harriers	M50	0	0.0	0	0.0	308	136.3	240	182.2	238	188.2	506.6	506.6	40
347	Bradley	Mark	Olley AC	M35	196	275.3	0	0.0	229	229.9	0	0.0	0	0.0	505.2	505.2	49
348	Trapps	Steve	Wetherby Runners AC	M50	350	97.9	265	135.4	0	0.0	280	129.0	276	138.2	500.4	500.4	41
349	Bland	James	Kippax & District Harriers	MSEN	0	0.0	0	0.0	211	251.2	190	248.7	0	0.0	499.9	499.9	101
350	Follows	Jude	Kippax & District Harriers	MSEN	387	55.3	288	103.6	344	93.6	291	114.4	239	186.8	553.7	498.4	102
351	Boocock	Steven	Horsforth Fellandale	M60	0	0.0	0	0.0	215	246.4	0	0.0	190	251.3	497.8	497.8	19
352	Greene	Paul	Abbey Runners	M65	336	114.1	273	124.3	0	0.0	287	119.7	275	139.5	497.5	497.5	6
353	Webster	Andrew	Ripon Runners	M50	0	0.0	0	0.0	0	0.0	197	239.4	185	257.9	497.3	497.3	42
354	Woffenden	Alexander	Ilkley Harriers	MSEN	0	0.0	3	497.2	0	0.0	0	0.0	0	0.0	497.2	497.2	103
355	Stanley	Adam	Harrogate Harriers & AC	MSEN	6	494.2	0	0.0	0	0.0	0	0.0	0	0.0	494.2	494.2	104
356	Ahmed	Abdu	Hyde Park Harriers	MSEN	7	493.1	0	0.0	0	0.0	0	0.0	0	0.0	493.1	493.1	105
357	Tunnard	Tim	Wetherby Runners AC	M55	240	224.7	0	0.0	198	266.6	0	0.0	0	0.0	491.2	491.2	37
358	Longmate	Kevin	Hyde Park Harriers	M35	345	103.7	253	151.9	307	137.4	332	59.8	307	97.4	550.3	490.4	50
359	Ogden	Ian	Saltaire Striders	M50	241	223.5	170	266.6	0	0.0	0	0.0	0	0.0	490.1	490.1	43
360	Slater	James	Valley Striders AC	M50	278	180.9	0	0.0	296	150.5	258	158.2	0	0.0	489.6	489.6	44
361	Davy	Alan	Kippax & District Harriers	M45	289	168.2	0	0.0	299	146.9	248	171.5	0	0.0	486.7	486.7	58
362	Balkwill	James	Abbey Runners	M55	328	123.3	279	116.0	331	109.0	285	122.3	286	125.0	595.6	486.6	38
363	Rendell	Matthew	Chapel Allerton Runners	MSEN	13	486.2	0	0.0	0	0.0	0	0.0	0	0.0	486.2	486.2	106
364	Harrison	Matthew	Harrogate Harriers & AC	MSEN	167	308.8	0	0.0	274	176.5	0	0.0	0	0.0	485.3	485.3	107
365	Morris	Will	Knaresborough Striders	MSEN	0	0.0	13	483.4	0	0.0	0	0.0	0	0.0	483.4	483.4	108
366	Jeffrey	Michael	Olley AC	M70	324	127.9	278	117.4	329	111.4	283	125.0	298	109.2	590.9	481.7	2
367	Anderson	George	Hyde Park Harriers	M35	0	0.0	0	0.0	0	0.0	16	480.1	0	0.0	480.1	480.1	51
368	Aubrey	Ryan	Ackworth Road Runners	M40	209	260.4	0	0.0	0	0.0	0	0.0	218	214.5	474.8	474.8	42
369	Duckering	Josh	Rothwell Harriers & AC	MSEN	0	0.0	282	111.9	275	175.4	236	187.5	0	0.0	474.7	474.7	109
370	Gaminde	Seb	Harrogate Harriers & AC	MSEN	23	474.7	0	0.0	0	0.0	0	0.0	0	0.0	474.7	474.7	110
371	Hamblen	Andrew	Ackworth Road Runners	MSEN	0	0.0	0	0.0	0	0.0	0	0.0	22	472.4	472.4	111	
372	Browne	James	York Knavesmire Harriers	M45	0	0.0	0	0.0	0	0.0	0	0.0	23	471.1	471.1	59	
373	Swaine	Harrison	Ripon Runners	MSEN	28	468.9	0	0.0	0	0.0	0	0.0	0	0.0	468.9	468.9	112
374	Wall	Richard	Saltaire Striders	MSEN	29	467.7	0	0.0	0	0.0	0	0.0	0	0.0	467.7	467.7	113
375	Saffin	Leo	Roundhay Runners	MSEN	256	206.2	0	0.0	322	119.7	0	0.0	274	140.8	466.7	466.7	114
376	Molesworth	Daniel	Knaresborough Striders	M35	0	0.0	0	0.0	0	0.0	27	465.4	0	0.0	465.4	465.4	52
377	Gibson	Paul	St Therasas AC	M50	0	0.0	264	136.7	0	0.0	268	144.9	245	178.9	460.6	460.6	45
378	Abrams-Cohen	Michael	Abbey Runners	MSEN	36	459.7	0	0.0	0	0.0	0	0.0	0	0.0	459.7	459.7	115
379	Franklin	James	Abbey Runners	M45	37	458.5	0	0.0	0	0.0	0	0.0	0	0.0	458.5	458.5	60
380	Long	Vernon	Valley Striders AC	M55	217	251.2	0	0.0	0	0.0	0	0.0	224	206.6	457.7	457.7	39
381	Spain	Jonathan	Hyde Park Harriers	M35	0	0.0	0	0.0	37	457.3	0	0.0	0	0.0	457.3	457.3	53
382	Gerrish	Adam	Ilkley Harriers	MSEN	0	0.0	0	0.0	0	0.0	201	234.0	212	222.4	456.4	456.4	116
383	Robins	Sam	Chapel Allerton Runners	MSEN	0	0.0	0	0.0	0	0.0	34	456.1	0	0.0	456.1	456.1	117
384	Harrison	John	St Therasas AC	M50	301	154.4	0	0.0	263	189.6	0	0.0	296	111.8	455.8	455.8	46
385	Morris	Stephen	Olley AC	M35	0	0.0	0	0.0	0	0.0	0	0.0	35	455.3	455.3	54	
386	Shakespeare	Ed	Hyde Park Harriers	MSEN	0	0.0	291	99.4	0	0.0	256	160.9	234	193.4	453.8	453.8	118
387	Dessi	Mattia	Valley Striders AC	M35	42	452.8	0	0.0	0	0.0	0	0.0	0	0.0	452.8	452.8	55
388	Armstrong	Alex	Harrogate Harriers & AC	M40	0	0.0	0	0.0	0	0.0	38	450.8	0	0.0	450.8	450.8	43
389	Hardy	Nick	Saltaire Striders	MSEN	0	0.0	0	0.0	0	0.0	0	0.0	39	450.0	450.0	119	
390	Stirk	Adam	Wharfedale Harriers	M40	46	448.2	0	0.0	0	0.0	0	0.0	0	0.0	448.2	448.2	44
391	Riley	Liam	Chapel Allerton Runners	M35	0	0.0	41	444.8	0	0.0	0	0.0	0	0.0	444.8	444.8	56
392	Weir	Paul	Saltaire Striders	M40	0	0.0	0	0.0	0	0.0	0	0.0	44	443.4	443.4	45	
393	Ward	Roger	Rothwell Harriers & AC	M65	349	99.1	261	140.9	328	112.6	0	0.0	314	88.2	440.7	440.7	7
394	Newbould	Ed	Abbey Runners	MSEN	54	438.9	0	0.0	0	0.0	0	0.0	0	0.0	438.9	438.9	120
395	Wigglesworth	Daniel	Vale of York Athletic Community	M40	360	86.4	292	98.1	325	116.1	276	134.3	322	77.6	512.5	434.9	46
396	Yong	Chin	St Therasas AC	M35	0	0.0	0	0.0	60	430.1	0	0.0	0	0.0	430.1	430.1	57
397	Wills	Robert	Wharfedale Harriers	M45	292	164.7	251	154.7	330	110.2	0	0.0	0	0.0	429.6	429.6	61
398	Murphy	Kevin-Malachy	Harrogate Harriers & AC	M65	362	84.1	274	122.9	353	82.9	274	137.0	316	85.5	512.5	429.5	8
399	Huggins	Roy	Valley Striders AC	M60	0	0.0	0	0.0	302	143.4	273	138.3	269	147.4	429.0	429.0	20
400	Venning	Tom	Valley Striders AC	M45	0	0.0	0	0.0	0	0.0	0	0.0	55	428.9	428.9	62	
401	Harris	Andy	Nidd Valley Road Runners	M50	238	227.0	0	0.0	253	201.4	0	0.0	0	0.0	428.4	428.4	47
402	Biddulph	Daniel	Vale of York Athletic Community	MSEN	64	427.4	0	0.0	0	0.0	0	0.0	0	0.0	427.4	427.4	121
403	Warner	Ady	Ripon Runners	M50	0	0.0	230	183.7	351	85.3	0	0.0	261	157.9	426.9	426.9	48
404	Brennan	Sean	Knaresborough Striders	M55	0	0.0	281	113.3	341	97.2	308	91.8	288	122.4	424.5	424.5	40
405	Travis	Alan	Ilkley Harriers	M45	330	121.0	295	93.9	347	90.0	297	106.4	304	101.3	512.6	422.6	63
406	Flaherty	R	Vale of York Athletic Community	M35	258	203.9	205	218.2	0	0.0	0	0.0	0	0.0	422.1	422.1	58
407	Kernick	Carl	Saltaire Striders	M45	69	421.7	0	0.0	0	0.0	0	0.0	0	0.0	421.7	421.7	64
408	Cross	Richard	Abbey Runners	M35	236	229.3	224	192.0	0	0.0	0	0.0	0	0.0	421.3	421.3	59
409	Tinsley	Graham	Ripon Runners	M60	343	106.0	0	0.0	350	86.5	286	121.0	303	102.6	416.1	416.1	21
410	Jackett	Charlie	Hyde Park Harriers	M45	243	221.2	0	0.0	259	194.3	0	0.0	0	0.0	415.5	415.5	65
411	Ramsden	Peter	St Therasas AC	M70	361	85.3	294	95.3	346	91.2	298	105.1	290	119.7	496.6	411.3	3
412	Bryant	Mark	Harrogate Harriers & AC	M50	80	409.0	0	0.0	0	0.0	0	0.0	0	0.0	409.0	409.0	49
413	Evison	Paul	Knaresborough Striders	M45	0	0.0	0	0.0	277	173.0	200	235.4	0	0.0	408.4	408.4	66
414	Askew	David	Harrogate Harriers & AC	M60	0	0.0	297	91.2	354	81.8	300	102.4	280	132.9	408.2	408.2	22
415	Baxter	Adam	Wetherby Runners AC	MSEN	353	94.5	0	0.0	0	0.0	275	135.6	246	177.6	407.7	407.7	122
416	Gilmore	Liam	Hyde Park Harriers	MSEN	0	0.0	0	0.0	0	0.0	74	402.9	0	0.0	402.9	402.9	123
417	Mustufvi	Zhain	Chapel Allerton Runners	M35	0	0.0	0	0.0	246	209.7	234	190.2	0	0.0	399.9	399.9	60
418	Shanks	John	Horsforth Harriers														

448	Holt	Mark	Wetherby Runners AC	M50	0	0.0	103	359.1	0	0.0	0	0.0	0	0.0	359.1	359.1	55
449	Staveley	John	Kippax & District Harriers	M50	288	169.4	0	0.0	0	0.0	0	0.0	240	185.5	354.9	354.9	56
450	Price	Dan	Chapel Allerton Runners	M40	128	353.7	0	0.0	0	0.0	0	0.0	0	0.0	353.7	353.7	52
451	Furness	Neil	St Therasas AC	M40	0	0.0	0	0.0	0	0.0	243	178.2	250	172.4	350.6	350.6	53
452	Keeler	Adrian	Valley Striders AC	M45	133	347.9	0	0.0	0	0.0	0	0.0	0	0.0	347.9	347.9	72
453	Weight	Dave	Roundhay Runners	M60	286	171.7	0	0.0	0	0.0	251	167.6	0	0.0	339.2	339.2	24
454	Brown	Ollie	Vale of York Athletic Community	MSEN	142	337.6	0	0.0	0	0.0	0	0.0	0	0.0	337.6	337.6	125
455	Brewster	Keith	Valley Striders AC	M70	0	0.0	307	77.3	378	53.3	303	98.4	299	107.9	337.0	337.0	4
456	Markey	Nathan	Bradford Airedale AC	MSEN	0	0.0	237	174.0	0	0.0	0	0.0	260	159.2	333.2	333.2	126
457	Crosby	Ben	Chapel Allerton Runners	M50	355	92.2	304	81.5	349	87.7	324	70.5	331	65.8	397.6	331.8	57
458	Mosedale	Tim	Saltaire Striders	M45	0	0.0	271	127.1	340	98.3	0	0.0	302	103.9	329.4	329.4	73
459	Marshall	Harry	Otley AC	MSEN	150	328.3	0	0.0	0	0.0	0	0.0	0	0.0	328.3	328.3	127
460	Bromley	Richard	Vale of York Athletic Community	M55	375	69.1	316	64.9	345	92.4	0	0.0	305	100.0	326.5	326.5	46
461	Summerson	George	York Postal Harriers	M40	0	0.0	229	185.1	304	141.0	0	0.0	0	0.0	326.1	326.1	54
462	Legg	Ian	Wetherby Runners AC	M60	259	202.8	0	0.0	323	118.5	0	0.0	0	0.0	321.2	321.2	25
463	Cuthbertson	Nic	Chapel Allerton Runners	M60	0	0.0	296	92.5	369	64.0	319	77.1	315	86.8	320.5	320.5	26
464	Goodwin	Jacob	Chapel Allerton Runners	MSEN	0	0.0	0	0.0	154	318.7	0	0.0	0	0.0	318.7	318.7	128
465	Casement	Rich	Horsforth Harriers	M45	0	0.0	0	0.0	157	315.2	0	0.0	0	0.0	315.2	315.2	74
466	Turnbull	Ryan	Pudsey & Bramley AC	M50	0	0.0	0	0.0	0	0.0	140	315.2	0	0.0	315.2	315.2	58
467	Read	Carl	Nidd Valley Road Runners	M45	0	0.0	0	0.0	267	184.8	0	0.0	283	128.9	313.8	313.8	75
468	Turner	Jonathan	Roundhay Runners	M55	364	81.8	303	82.9	358	77.0	323	71.8	336	59.2	372.7	313.5	47
469	Holohan	Raymond	Hyde Park Harriers	M50	365	80.6	310	73.2	359	75.8	0	0.0	318	82.9	312.6	312.6	59
470	Lee	Derek	Airecentre Pacers	M40	165	311.1	0	0.0	0	0.0	0	0.0	0	0.0	311.1	311.1	55
471	Marshall	Neville	Ackworth Road Runners	M60	0	0.0	236	175.4	0	0.0	282	126.3	0	0.0	301.7	301.7	27
472	Dell'amico	Loris	Saltaire Striders	M50	174	300.7	0	0.0	0	0.0	0	0.0	0	0.0	300.7	300.7	60
473	Bould	Richard	St Therasas AC	M40	0	0.0	146	299.7	0	0.0	0	0.0	0	0.0	299.7	299.7	56
474	Roberts	Mark	Vale of York Athletic Community	M45	378	65.7	305	80.1	0	0.0	314	83.8	329	68.4	298.0	298.0	76
475	Jemison	Samuel	Hyde Park Harriers	M40	177	297.2	0	0.0	0	0.0	0	0.0	0	0.0	297.2	297.2	57
476	Cobb	Chris	Roundhay Runners	M40	293	163.6	0	0.0	311	132.7	0	0.0	0	0.0	296.3	296.3	58
477	Ayre	Mark	Roundhay Runners	M55	0	0.0	0	0.0	173	296.2	0	0.0	0	0.0	296.2	296.2	48
478	Mullen	David	Abbey Runners	M60	0	0.0	0	0.0	0	0.0	0	0.0	158	293.4	293.4	28	
479	Bower	David	Saltaire Striders	M60	296	160.1	268	131.2	0	0.0	0	0.0	0	0.0	291.4	291.4	29
480	Mansfield	Stuart	Bradford Airedale AC	M40	0	0.0	257	146.4	0	0.0	0	0.0	271	144.7	291.1	291.1	59
481	Twitchett	Mark	Roundhay Runners	M50	396	44.9	330	45.6	256	197.9	0	0.0	0	0.0	288.4	288.4	61
482	Lines	Eddy	Otley AC	M45	0	0.0	0	0.0	0	0.0	0	0.0	163	286.8	286.8	286.8	77
483	Judd	Andy	Hyde Park Harriers	M60	308	146.3	262	139.5	0	0.0	0	0.0	0	0.0	285.8	285.8	30
484	Newell	Matt	Roundhay Runners	M40	0	0.0	0	0.0	0	0.0	0	0.0	164	285.5	285.5	285.5	60
485	Kay	Daniel	Horsforth Harriers	M35	188	284.6	0	0.0	0	0.0	0	0.0	0	0.0	284.6	284.6	67
486	Pears	Simon	Otley AC	M50	0	0.0	0	0.0	0	0.0	271	141.0	272	143.4	284.4	284.4	62
487	Kay	Tom	Saltaire Striders	M35	0	0.0	0	0.0	0	0.0	0	0.0	165	284.2	284.2	284.2	68
488	Konopinski	Ben	Valley Striders AC	M40	189	283.4	0	0.0	0	0.0	0	0.0	0	0.0	283.4	283.4	61
489	Beswick	Alan	Hyde Park Harriers	M60	374	70.3	317	63.5	381	49.8	322	73.1	323	76.3	333.0	283.3	31
490	Preston	Andy	Ackworth Road Runners	M35	0	0.0	158	283.1	0	0.0	0	0.0	0	0.0	283.1	283.1	69
491	Winks	Rowan	Ackworth Road Runners	MSEN	0	0.0	0	0.0	0	0.0	0	0.0	166	282.9	282.9	282.9	129
492	Short	Marc	Horsforth Fellandale	M45	0	0.0	308	76.0	373	59.2	312	86.4	335	60.5	282.2	282.2	78
493	Bumstead	Robert	Valley Striders AC	M55	0	0.0	0	0.0	355	80.6	289	117.0	319	81.6	279.2	279.2	49
494	Mace	Andrew	Valley Striders AC	M55	386	56.5	314	67.7	380	50.9	321	74.5	320	80.3	329.8	278.9	50
495	Selby	Ben	Chapel Allerton Runners	MSEN	0	0.0	0	0.0	0	0.0	0	0.0	170	277.6	277.6	277.6	130
496	Garraatt	Sami	Pudsey & Bramley AC	MSEN	197	274.2	0	0.0	0	0.0	0	0.0	0	0.0	274.2	274.2	131
497	Tranter	Paul	Otley AC	M60	0	0.0	0	0.0	0	0.0	270	142.3	281	131.6	273.9	273.9	32
498	Clarke	Andy	St Therasas AC	M50	311	142.9	0	0.0	0	0.0	0	0.0	282	130.3	273.1	273.1	63
499	Withill	Sean	York Postal Harriers	M60	391	50.7	301	85.6	371	61.6	0	0.0	324	75.0	272.9	272.9	33
500	Winder	Bill	Ackworth Road Runners	M50	0	0.0	0	0.0	0	0.0	172	272.6	0	0.0	272.6	272.6	64
501	Vojodic	Pete	Horsforth Harriers	M65	369	76.0	290	100.8	343	94.8	0	0.0	0	0.0	271.7	271.7	11
502	Fletcher	Lee	Otley AC	M50	329	122.1	0	0.0	297	149.3	0	0.0	0	0.0	271.4	271.4	65
503	Davey	James	Ackworth Road Runners	M45	0	0.0	0	0.0	348	88.9	309	90.4	311	92.1	271.4	271.4	79
504	Mcnamara	Dave	Rothwell Harriers & AC	M50	394	47.2	267	132.6	0	0.0	350	35.9	342	51.3	267.1	267.1	66
505	Tarbit	James	Hyde Park Harriers	M40	383	59.9	0	0.0	375	56.9	317	79.8	328	69.7	266.3	266.3	62
506	Woodhead	David	Nidd Valley Road Runners	M40	0	0.0	171	265.2	0	0.0	0	0.0	0	0.0	265.2	265.2	63
507	Hodge	Tony	Roundhay Runners	M50	366	79.5	320	59.4	376	55.7	325	69.1	0	0.0	263.7	263.7	67
508	Stockburn	Paul	Harrogate Harriers & AC	M65	0	0.0	0	0.0	203	260.7	0	0.0	0	0.0	260.7	260.7	12
509	Firth	Calum	Dragons Running Club (Leeds)	MSEN	393	48.4	0	0.0	245	210.9	0	0.0	0	0.0	259.3	259.3	132
510	Rogers	Brian	Ripon Runners	M70	0	0.0	0	0.0	337	101.9	0	0.0	262	156.6	258.5	258.5	5
511	Webster	Harry	Hyde Park Harriers	MSEN	211	258.1	0	0.0	0	0.0	0	0.0	0	0.0	258.1	258.1	133
512	Janeczek	Michal	York Triathlon Club	M55	0	0.0	0	0.0	207	255.9	0	0.0	0	0.0	255.9	255.9	51
513	Dignam	Andrew	Bradford Airedale AC	M40	321	131.3	0	0.0	318	124.4	0	0.0	0	0.0	255.7	255.7	64
514	Kidner	Ralph	Hyde Park Harriers	M70	0	0.0	311	71.8	363	71.1	335	55.9	338	56.6	255.3	255.3	6
515	Read	Jamie	Saltaire Striders	MSEN	0	0.0	306	78.7	0	0.0	295	109.0	330	67.1	254.9	254.9	134
516	Mitchell	Richard	York Triathlon Club	M35	0	0.0	0	0.0	366	67.5	239	183.5	0	0.0	251.0	251.0	70
517	Wray	Scott	York Triathlon Club	M55	337	112.9	263	138.1	0	0.0	0	0.0	0	0.0	251.0	251.0	52
518	Russell	Jason	Abbey Runners	M35	0	0.0	0	0.0	0	0.0	191	247.3	0	0.0	247.3	247.3	71
519	Middleton	Joe	Ackworth Road Runners	MSEN	0	0.0	0	0.0	0	0.0	0	0.0	194	246.1	246.1	246.1	135
520	Common	Paul	Roundhay Runners	M60	351	96.8	0	0.0	368	65.2	315	82.4	0	0.0	244.4	244.4	34
521	Segaran	Luke	York Triathlon Club	MSEN	357	89.9	315	66.3	0	0.0	311	87.8	0	0.0	243.9	243.9	136
522	Crebbin	Nick	Nidd Valley Road Runners	M50	0	0.0	280	114.6	314	129.1	0	0.0	0	0.0	243.8	243.8	68
523	Leadbeater	James	Vale of York Athletic Community	M40	414	24.2	326	51.1	374	58.1	313	85.1	347	44.7	263.2	239.0	65
524	Quin	Simon	Otley AC	M50	0	0.0	0	0.0	223	237.0	0	0.0	0	0.0	237.0	237.0	69
525	Walker	John	Roundhay Runners	M65	363	82.9	298	89.8	370	62.8	0	0.0	0	0.0	235.5	235.5	13
526	Fleet	Simon	Bradford Airedale AC	M40	0	0.0	276	120.2	0	0.0	292	113.0	0	0.0	233.2	233.2	66
527	Durkin	Paul	Kippax & District Harriers	M60	0	0.0	312	70.4	384	46.2	334	57.2	337	57.9	231.7	231.7	35
528	Jones	Chris	Hyde Park Harriers	M65	0	0.0	285	107.7	319	123.2	0	0.0	0	0.0	231.0	231.0	14
529	Hill	Andy	Kippax & District Harriers	M55	0	0.0	0	0.0	231	227.5	0	0.0	0	0.0	227.5	227.5	53
530	Pullan	Andy	Otley AC	MSEN	0	0.0	0	0.0	0	0.0	0	0.0	209	226.3	226.3	226.3	137
531	Jepps	Simon	Hyde Park Harriers	M40	325	126.7	0	0.0	0	0.0	305	95.7	0	0.0	222.5	222.5</	

561	Podd	Matt	Olley AC	M65	0	0.0	0	0.0	391	37.9	328	65.2	333	63.2	166.2	166.2	19
562	Crabtree	Paul	Dragons Running Club (Leeds)	M45	381	62.2	0	0.0	0	0.0	299	103.7	0	0.0	165.9	165.9	86
563	Barr	Christopher	Hyde Park Harriers	M35	0	0.0	0	0.0	0	0.0	0	0.0	256	164.5	164.5	76	
564	Burnham	Matthew	Horsforth Fellandale	M40	0	0.0	0	0.0	0	0.0	254	163.6	0	0.0	163.6	163.6	70
565	Patchett	Ian	Abbey Runners	M60	410	28.8	0	0.0	394	34.4	338	51.9	345	47.4	162.4	162.4	38
566	Bell	Graeme	Horsforth Harriers	M40	299	156.7	0	0.0	0	0.0	0	0.0	0	0.0	156.7	156.7	71
567	Taylor	David	Kippax & District Harriers	M70	300	155.5	0	0.0	0	0.0	0	0.0	0	0.0	155.5	155.5	7
568	Douglas	Alan	Saltaire Striders	M55	380	63.4	0	0.0	0	0.0	0	0.0	313	89.5	152.8	152.8	57
569	Andralojic	Nick	Nidd Valley Road Runners	M60	0	0.0	0	0.0	0	0.0	0	0.0	265	152.6	152.6	39	
570	Sleigh	Ian	Abbey Runners	M60	399	41.5	318	62.2	383	47.4	0	0.0	0	0.0	151.0	151.0	40
571	Owens	Sam	Nidd Valley Road Runners	M35	305	149.8	0	0.0	0	0.0	0	0.0	0	0.0	149.8	149.8	77
572	Lynskey	Stewart	Harrogate Harriers & AC	M60	307	147.5	0	0.0	0	0.0	0	0.0	0	0.0	147.5	147.5	41
573	Crosby	David	Wetherby Runners AC	M60	409	30.0	335	38.7	392	36.7	353	31.9	353	36.8	174.1	144.2	42
574	Blinston	Peter	Abbey Runners	M55	402	38.0	336	37.3	393	35.5	352	33.2	356	32.9	177.0	144.1	58
575	Bowman	Geoff	Roundhay Runners	M60	0	0.0	0	0.0	382	48.6	340	49.2	346	46.1	143.8	143.8	43
576	Skinner	John	Ripon Runners	M60	0	0.0	340	31.8	352	84.1	0	0.0	361	26.3	142.2	142.2	44
577	Horbury	Martin	St Theresas AC	M60	314	139.4	0	0.0	0	0.0	0	0.0	0	0.0	139.4	139.4	45
578	Jones	Ed	Saltaire Striders	M35	0	0.0	0	0.0	0	0.0	0	0.0	277	136.8	136.8	78	
579	Griffiths	Alun	Saltaire Striders	M65	0	0.0	309	74.6	0	0.0	331	61.2	0	0.0	135.8	135.8	20
580	Sutcliffe	Adam	Chapel Allerton Runners	M50	398	42.6	331	44.2	397	30.8	0	0.0	368	17.1	134.7	134.7	74
581	Sutton	Leroy	Valley Striders AC	M65	0	0.0	0	0.0	342	96.0	349	37.2	0	0.0	133.2	133.2	21
582	Harrison	Robert	Dragons Running Club (Leeds)	M55	377	66.8	0	0.0	367	66.4	0	0.0	0	0.0	133.2	133.2	59
583	Taylor	Sam	St Theresas AC	M40	413	25.3	332	42.8	0	0.0	357	26.6	352	38.2	132.9	132.9	72
584	Storey	Ian	Saltaire Striders	M50	0	0.0	347	22.1	401	26.1	339	50.5	357	31.6	130.3	130.3	75
585	Beesting	Adam	Pudsey & Bramley AC	M40	323	129.0	0	0.0	0	0.0	0	0.0	0	0.0	129.0	129.0	73
586	Dunn	Paul	Harrogate Tri Club	M40	408	31.1	0	0.0	389	40.3	0	0.0	340	53.9	125.3	125.3	74
587	Bond	Richard	York Triathlon Club	M55	327	124.4	0	0.0	0	0.0	0	0.0	0	0.0	124.4	124.4	60
588	Worfolk	Chris	Hyde Park Harriers	M35	0	0.0	0	0.0	360	74.6	341	47.9	0	0.0	122.5	122.5	79
589	Mckenna	Iain	Saltaire Striders	M45	395	46.1	319	60.8	413	11.8	0	0.0	0	0.0	118.7	118.7	87
590	Nundy	James	Kirkstall Harriers	M45	379	64.5	325	52.5	0	0.0	0	0.0	0	0.0	117.0	117.0	88
591	Wilson	Joseph	Hyde Park Harriers	MSEN	0	0.0	0	0.0	0	0.0	320	75.8	350	40.8	116.6	116.6	142
592	Love	Martin	Saltaire Striders	M60	0	0.0	0	0.0	0	0.0	337	53.2	334	61.8	115.0	115.0	46
593	Mitchell	Ian	Knaresborough Striders	M60	0	0.0	0	0.0	326	114.9	0	0.0	0	0.0	114.9	114.9	47
594	Daudet	Nick	Ackworth Road Runners	M50	0	0.0	0	0.0	0	0.0	0	0.0	295	113.2	113.2	76	
595	Bennett	Paul	Horsforth Fellandale	M60	339	110.6	0	0.0	0	0.0	0	0.0	0	0.0	110.6	110.6	48
596	Leadbeater	Mark	Ackworth Road Runners	M60	341	108.3	0	0.0	0	0.0	0	0.0	0	0.0	108.3	108.3	49
597	Elliott	John	Roundhay Runners	M65	0	0.0	0	0.0	333	106.6	0	0.0	0	0.0	106.6	106.6	22
598	Prendergast	Carl	Horsforth Fellandale	M75	419	18.4	342	29.0	400	27.3	355	29.3	366	19.7	123.7	105.2	1
599	Kent	Craig	Abbey Runners	M35	0	0.0	339	33.1	365	68.7	0	0.0	0	0.0	101.9	101.9	80
600	Newton	Steve	Knaresborough Striders	M55	347	101.4	0	0.0	0	0.0	0	0.0	0	0.0	101.4	101.4	61
601	Hutchinson	Barry	Wetherby Runners AC	M70	0	0.0	328	48.3	0	0.0	360	22.6	362	25.0	95.9	95.9	8
602	Jones	Carl	York Triathlon Club	M35	352	95.6	0	0.0	0	0.0	0	0.0	0	0.0	95.6	95.6	81
603	Chappell	Philip	Ilkley Harriers	M60	370	74.9	0	0.0	406	20.1	0	0.0	0	0.0	95.0	95.0	50
604	Edwards	Richard	Hyde Park Harriers	M45	389	53.0	0	0.0	388	41.5	0	0.0	0	0.0	94.5	94.5	89
605	Rollett	Andrew	Dragons Running Club (Leeds)	M40	405	34.6	0	0.0	0	0.0	354	30.6	359	28.9	94.1	94.1	75
606	Darcy	Graham	Saltaire Striders	M60	354	93.3	0	0.0	0	0.0	0	0.0	0	0.0	93.3	93.3	51
607	Manning	Paul	Nidd Valley Road Runners	M55	0	0.0	0	0.0	377	54.5	348	38.6	0	0.0	93.1	93.1	62
608	Riding	Michael	Valley Striders AC	M55	0	0.0	322	56.6	0	0.0	0	0.0	354	35.5	92.2	92.2	63
609	Regan	Stewart	Nidd Valley Road Runners	M60	356	91.0	0	0.0	0	0.0	0	0.0	0	0.0	91.0	91.0	52
610	Kalco	Carl	Olley AC	MSEN	0	0.0	0	0.0	0	0.0	0	0.0	312	90.8	90.8	143	
611	Jeffrey	Howard	Olley AC	M70	385	57.6	0	0.0	396	32.0	0	0.0	0	0.0	89.6	89.6	9
612	Craddock	Charlie	Abbey Runners	M55	411	27.6	334	40.1	0	0.0	361	21.3	0	0.0	89.0	89.0	64
613	Berwin	Paul	Harrogate Harriers & AC	M65	406	33.4	341	30.4	402	24.9	0	0.0	0	0.0	88.7	88.7	23
614	Dempsey	Jonathan	Kippax & District Harriers	M35	0	0.0	0	0.0	385	45.0	347	39.9	0	0.0	84.9	84.9	82
615	Robins	Michael	Valley Striders AC	M65	0	0.0	302	84.3	0	0.0	0	0.0	0	0.0	84.3	84.3	24
616	Owen	Mark	Olley AC	M50	0	0.0	0	0.0	0	0.0	0	0.0	317	84.2	84.2	77	
617	Badkin	Peter	Abbey Runners	M60	415	23.0	348	20.7	0	0.0	365	16.0	363	23.7	83.4	83.4	53
618	Hussey	John	Valley Striders AC	M75	422	15.0	0	0.0	398	29.6	0	0.0	355	34.2	78.8	78.8	2
619	Bell	Richard	Wetherby Runners AC	M55	418	19.6	321	58.0	0	0.0	0	0.0	0	0.0	77.6	77.6	65
620	Walsh	Carl	Olley AC	M60	407	32.3	0	0.0	0	0.0	0	0.0	349	42.1	74.4	74.4	54
621	Metcalfe	Daniel	Horsforth Fellandale	M45	417	20.7	344	26.2	419	4.7	374	4.0	364	22.4	78.1	74.1	90
622	Bentley	Tim	Chapel Allerton Runners	MSEN	371	73.7	0	0.0	0	0.0	0	0.0	0	0.0	73.7	73.7	144
623	Copley	James	Kippax & District Harriers	M45	0	0.0	0	0.0	0	0.0	0	0.0	325	73.7	73.7	91	
624	Caschetto	Adam	Chapel Allerton Runners	M45	373	71.4	0	0.0	0	0.0	0	0.0	0	0.0	71.4	71.4	92
625	Smith	Guy	Abbey Runners	M65	420	17.3	0	0.0	403	23.7	0	0.0	360	27.6	68.6	68.6	25
626	Binns	Richard	Bradford Airedale AC	M55	0	0.0	346	23.5	404	22.5	0	0.0	365	21.1	67.0	67.0	66
627	Morley	Eric	Knaresborough Striders	M70	427	9.2	350	18.0	410	15.4	359	23.9	0	0.0	66.5	66.5	10
628	Purl	Andy	Ripon Runners	M50	416	21.9	0	0.0	0	0.0	345	42.6	0	0.0	64.4	64.4	78
629	Pullan	Richard	Hyde Park Harriers	M65	423	13.8	352	15.2	409	16.6	363	18.6	372	11.8	76.1	64.2	26
630	Reyes	Manuel	Dragons Running Club (Leeds)	M50	412	26.5	337	35.9	0	0.0	0	0.0	0	0.0	62.4	62.4	79
631	Thompson	Geoff	Wharfedale Harriers	M65	424	12.7	349	19.3	416	8.3	362	19.9	374	9.2	69.5	61.2	27
632	Butler	Robert	Hyde Park Harriers	M45	0	0.0	0	0.0	372	60.4	0	0.0	0	0.0	60.4	60.4	93
633	Fletcher	Jonathan	St Theresas AC	M45	0	0.0	0	0.0	0	0.0	333	58.5	0	0.0	58.5	58.5	94
634	King	Alister	Nidd Valley Road Runners	MSEN	0	0.0	323	55.2	0	0.0	0	0.0	0	0.0	55.2	55.2	145
635	Fielder	Justin	Nidd Valley Road Runners	M55	0	0.0	0	0.0	0	0.0	336	54.5	0	0.0	54.5	54.5	67
636	O'Halloran	Martin	Ilkley Harriers	M65	0	0.0	324	53.9	0	0.0	0	0.0	0	0.0	53.9	53.9	28
637	Brookes	Adrian	Kippax & District Harriers	M55	0	0.0	0	0.0	0	0.0	0	0.0	341	52.6	52.6	68	
638	Grover	Ankit	Abbey Runners	M40	390	51.8	0	0.0	0	0.0	0	0.0	0	0.0	51.8	51.8	76
639	Tindall	Stephen	Airecentre Pacers	M60	0	0.0	327	49.7	0	0.0	0	0.0	0	0.0	49.7	49.7	55
640	Hill	Steve	St Theresas AC	M50	392	49.5	0	0.0	0	0.0	0	0.0	0	0.0	49.5	49.5	80
641	Kay	Jonathan	Nidd Valley Road Runners	M40	0	0.0	0	0.0	0	0.0	0	0.0	344	48.7	48.7	77	
642	Roberts	Andrew	Knaresborough Striders	M60	0	0.0	0	0.0	0	0.0	342	46.5	0	0.0	46.5	46.5	56
643	Underwood	James	Hyde Park Harriers	M35	0	0.0	0	0.0	0	0.0	344	43.9	0	0.0	43.9	43.9	83
644	Bapty	Paul	Bradford Airedale AC	M50	0	0.0	0	0.0	386	43.8	0	0.0	0	0.0	43.8	43.8	81
645	Hould	Dave	Hyde Park Harriers	M60	397	43.8	0	0.0	0	0.0	0	0.0	0	0.0	43.8	43.8	57
646	Umpleby	Martin	Harrogate Harriers & AC	M50	421	16.1	343	27.6	0	0.0	0	0.0	0				

674	Head	Mark	Harrogate Tri Club	M60	0	0.0	361	2.8	0	0.0	376	1.3	380	1.3	5.4	5.4	58
675	Cardinale	Antonio	Otley AC	M75	434	1.2	362	1.4	422	1.2	0	0.0	0	0.0	3.7	3.7	5
676	Weeks	Martin	Nidd Valley Road Runners	M75	0	0.0	0	0.0	421	2.4	0	0.0	0	0.0	2.4	2.4	6