

PECO Cross Country League 2017-18: Race 3 (Roundhay Park)
Senior Men's Cumulative Results

Position	Surname	First Name	Club	Age Cat	Race 1		Race 2		Race 3		Total Points	Cat Pos
					Pos	Points	Pos	Points	Pos	Points		
1	Burns	Ali	Wharfedale Harriers	MSEN	4	497.0	7	492.1	3	497.9	1487.0	1
2	Pardini	Franco	Roundhay Runners	MSEN	5	496.0	11	486.8	8	492.7	1475.5	2
3	Hallam	Matthew	Valley Striders	MSEN	8	493.0	10	488.1	7	493.8	1474.9	3
4	Watson	Sam	Wharfedale Harriers	MSEN	7	494.0	8	490.8	19	481.3	1466.1	4
5	Holmes	Christian	Wharfedale Harriers	M40	12	489.0	14	482.8	15	485.5	1457.3	1
6	Athersmith	Lee	Wharfedale Harriers	MSEN	9	492.0	13	484.2	20	480.3	1456.5	5
7	Armstrong	Ross	Abbey Runners	MSEN	14	487.0	15	481.5	14	486.5	1455.0	6
8	Venning	Tom	Valley Striders	M40	17	484.0	16	480.2	17	483.4	1447.6	2
9	Lee	Tom	Saltaire Striders	MSEN	26	475.0	18	477.6	22	478.2	1430.8	7
10	Anderson	George	Hyde Park Harriers	MSEN	22	479.0	21	473.6	27	473.0	1425.6	8
11	Cumming	Robert	Abbey Runners	MSEN	21	480.0	25	468.3	24	476.1	1424.5	9
12	Pownall	Jon	Valley Striders	MSEN	27	474.0	22	472.3	30	469.9	1416.2	10
13	Kerr	Will	Saltaire Striders	M40	30	471.0	17	478.9	35	464.7	1414.6	3
14	Charlesworth	Nick	Wharfedale Harriers	M50	24	477.0	23	471.0	38	461.6	1409.6	1
15	Bailey	Stephen	Kippax Harriers	M40	48	453.0	26	467.0	13	487.6	1407.6	4
16	Brown	Andy	Saltaire Striders	M45	33	468.0	27	465.7	33	466.8	1400.5	1
17	Boynton	Phil	Horsforth Harriers	MSEN	45	456.0	33	457.8	28	472.0	1385.8	11
18	Kirkham	David	Wharfedale Harriers	M40	34	467.0	24	469.7	51	448.1	1384.8	5
19	Wilkinson	Matthew	Nidd Valley RR	MSEN	31	470.0	36	453.8	43	456.4	1380.3	12
20	Carvello	James	Roundhay Runners	MSEN	35	466.0	37	452.5	39	460.6	1379.1	13
21	Fisher	Dan	Valley Striders	MSEN	49	452.0	31	460.4	36	463.7	1376.1	14
22	Robins	Sam	Chapel Allerton Runners	MSEN	57	444.0	32	459.1	29	471.0	1374.1	15
23	Jones	Simon	Abbey Runners	MSEN	40	461.0	35	455.1	49	450.2	1366.4	16
24	Blackburn	Ross	Rothwell Harriers	MSEN	36	465.0	30	461.7	61	437.8	1364.5	17
25	Furness	Rob	Wharfedale Harriers	MSEN	51	450.0	29	463.1	50	449.2	1362.2	18
26	Richardson	Matt	Saltaire Striders	MSEN	38	463.0	28	464.4	76	422.2	1349.6	19
27	Teggart	Dave	Bradford Airedale	M40	53	448.0	38	451.2	57	441.9	1341.1	6
28	Robson	John	St Theresa's AC	M40	58	443.0	46	440.6	46	453.3	1337.0	7
29	Shooter	Graham	St Theresa's AC	M50	59	442.0	48	438.0	54	445.0	1325.0	2
30	Dearden	Mike	Chapel Allerton Runners	MSEN	63	438.0	52	432.7	65	433.6	1304.3	20
31	Turner	Andy	Roundhay Runners	MSEN	62	439.0	50	435.4	75	423.2	1297.6	21
32	Mann	Gary	Valley Striders	MSEN	71	430.0	54	430.1	63	435.7	1295.8	22
33	Lomas	Adam	Hyde Park Harriers	MSEN	72	429.0	58	424.8	66	432.6	1286.4	23
34	Bourke	Niall	Pudsey & Bramley AC	MSEN	90	411.0	55	428.8	58	440.9	1280.6	24
35	Wardle	Partick	Wharfedale Harriers	MSEN	85	416.0	59	423.5	59	439.8	1279.3	25
36	Mcguire	Dave	Wharfedale Harriers	M45	99	402.0	51	434.0	78	420.1	1256.2	2
37	Grimshaw	Matthew	Horsforth Harriers	MSEN	88	413.0	63	418.2	85	412.9	1244.1	26
38	Hardy	Lee	Kirkstall Harriers	MSEN	100	401.0	65	415.6	80	418.0	1234.6	27
39	Cheema	Sunny	Abbey Runners	MSEN	92	409.0	66	414.2	98	399.4	1222.6	28
40	Goose	Philip	Hyde Park Harriers	MSEN	96	405.0	81	394.5	77	421.2	1220.6	29
41	Piano	Edoardo	Nidd Valley RR	MSEN	66	435.0	95	376.0	91	406.6	1217.6	30
42	Howard	Paul	Rothwell Harriers	M40	111	390.0	69	410.3	92	405.6	1205.9	8
43	Curley	Aidan	Abbey Runners	M40	97	404.0	61	420.8	121	375.5	1200.4	9
44	Lofthouse	Martin	Nidd Valley RR	M50	107	394.0	68	411.6	104	393.2	1198.8	3
45	Lines	Charles	Ackworth RR	M55	98	403.0	74	403.7	116	380.7	1187.4	1
46	Gardner	Tony	Rothwell Harriers	M40	108	393.0	77	399.7	103	394.2	1186.9	10
47	Britton	Andrew	Wharfedale Harriers	M40	118	383.0	83	391.8	88	409.8	1184.6	11
48	Yao	Zejun	Leeds University CCC	MSEN	121	380.0	80	395.8	89	408.7	1184.5	31
49	Partridge	Simon	York Postal Harriers	M40	93	408.0	98	372.0	100	397.3	1177.3	12
50	Sutor	Richard	Chapel Allerton Runners	MSEN	122	379.0	86	387.9	102	395.2	1162.1	32
51	Raby	Steve	Horsforth Harriers	M55	117	384.0	94	377.3	112	384.9	1146.2	2
52	Stone	Daniel	Rothwell Harriers	MSEN	125	376.0	88	385.2	119	377.6	1138.8	33
53	Clark	Duncan	Abbey Runners	M55	106	395.0	89	383.9	139	356.8	1135.8	3
54	Martin	Ian	York Tri Club	M50	138	363.0	91	381.3	111	385.9	1130.2	4
55	Jenkins	Liam	Abbey Runners	MSEN	177	324.0	82	393.1	87	410.8	1127.9	34
56	Gwilym	Owain	Airecentre Pacers	MSEN	147	354.0	85	389.2	118	378.6	1121.8	35
57	Blakeley	Matt	Roundhay Runners	M45	157	344.0	84	390.5	120	376.6	1111.1	3
58	Harris	Andrew	Nidd Valley RR	M40	167	334.0	72	406.3	134	362.0	1102.4	13
59	Jackson	Tom	Roundhay Runners	MSEN	126	375.0	102	366.8	149	346.5	1088.2	36
60	Allison	David	Chapel Allerton Runners	M45	137	364.0	112	353.6	129	367.2	1084.8	4
61	Smith	Richard	Abbey Runners	M40	139	362.0	110	356.2	133	363.1	1081.3	14
62	Linstrum	Nils	Wetherby Runners	MSEN	141	360.0	119	344.3	136	360.0	1064.3	37
63	Steele	Joe	Roundhay Runners	M45	132	369.0	125	336.4	147	348.5	1054.0	5
64	Price	Dan	Chapel Allerton Runners	MSEN	144	357.0	117	347.0	153	342.3	1046.3	38
65	Frazer	Simon	Saltaire Striders	M40	168	333.0	111	354.9	148	347.5	1035.4	15
66	Grist	Paul	Kirkstall Harriers	M50	156	345.0	116	348.3	160	335.1	1028.3	5
67	Milton	Reece	Horsforth Harriers	MSEN	164	337.0	101	368.1	177	317.4	1022.5	39
68	Bird	Graham	Wharfedale Harriers	M50	171	330.0	118	345.6	165	329.9	1005.5	6
69	Dilasser	Jamie	Nidd Valley RR	M45	195	306.0	106	361.5	158	337.1	1004.6	6
70	Sanderson	Ian	Valley Striders	M45	191	310.0	105	362.8	164	330.9	1003.7	7
71	Grant	Andrew	Harrogate Harriers	M45	2	499.0	1	500.0	0	0.0	999.0	8
72	Greenwood	Alex	Hyde Park Harriers	MSEN	186	315.0	129	331.1	144	351.7	997.8	40
73	Smith	Jack	Wharfedale Harriers	MSEN	0	0.0	3	497.4	2	499.0	996.3	41
74	King	Howard	Valley Striders	M40	194	307.0	120	343.0	154	341.3	991.3	16
75	Elson	Callum	Roundhay Runners	MSEN	0	0.0	5	494.7	5	495.9	990.6	42
76	Robinson	Alex	Nidd Valley RR	MSEN	181	320.0	133	325.9	152	343.4	989.2	43
77	Hobbs	John	Valley Striders	MSEN	0	0.0	9	489.4	4	496.9	986.3	44
78	Millgate	Paul	Wetherby Runners	M40	0	0.0	6	493.4	9	491.7	985.1	17

79	Mathewson	Alex	Wetherby Runners	MSEN	150	351.0	140	316.6	179	315.4	983.0	45
80	Forde	Ciaran	Horsforth Harriers	MSEN	0	0.0	12	485.5	10	490.7	976.2	46
81	Hull	Greg	Saltaire Striders	M50	11	490.0	0	0.0	18	482.4	972.4	7
82	Singh	John	Saltaire Striders	MSEN	202	299.0	149	304.7	130	366.2	969.9	47
83	Stirk	Adam	Wharfedale Harriers	MSEN	25	476.0	0	0.0	11	489.6	965.6	48
84	Baldwin	Tim	Saltaire Striders	MSEN	13	488.0	0	0.0	23	477.2	965.2	49
85	Wray	Luke	Abbey Runners	M40	169	332.0	139	317.9	182	312.2	962.2	18
86	Milne	Angus	Hyde Park Harriers	MSEN	15	486.0	0	0.0	25	475.1	961.1	50
87	Sennett	Marc	Wharfedale Harriers	MSEN	18	483.0	19	476.3	0	0.0	959.3	51
88	Grant	Daniel	St Theresa's AC	MSEN	0	0.0	20	474.9	21	479.3	954.2	52
89	Midgley	Tim	Horsforth Harriers	MSEN	16	485.0	0	0.0	32	467.8	952.8	53
90	Maycock	Joe	Chapel Allerton Runners	MSEN	225	276.0	122	340.4	162	333.0	949.4	54
91	Cobb	Chris	Roundhay Runners	MSEN	185	316.0	143	312.7	181	313.3	941.9	55
92	Moger	Adam	Kirkstall Harriers	M40	213	288.0	131	328.5	170	324.7	941.2	19
93	Monaghan	Will	Leeds University CCC	MSEN	56	445.0	0	0.0	6	494.8	939.8	56
94	Hirst	Geoffrey	Harrogate Harriers	MSEN	176	325.0	141	315.3	198	295.6	935.9	57
95	Padgett	Tony	Chapel Allerton Runners	MSEN	222	279.0	136	321.9	163	332.0	932.8	58
96	Sumnall	Adam	Hyde Park Harriers	MSEN	39	462.0	0	0.0	31	468.9	930.9	59
97	Jordan	Mark	Harrogate Harriers	M60	188	313.0	157	294.2	175	319.5	926.7	1
98	Gott	Steven	Ilkley Harriers	M40	41	460.0	0	0.0	34	465.8	925.8	20
99	Forster	Leon	Airecentre Pacers	MSEN	23	478.0	0	0.0	53	446.1	924.1	60
100	Hill	Andy	Kippax Harriers	M45	183	318.0	156	295.5	185	309.1	922.6	9
101	Whiting	Darren	Wetherby Runners	MSEN	210	291.0	134	324.5	187	307.1	922.6	61
102	Walker	Bobak	Roundhay Runners	MSEN	37	464.0	0	0.0	41	458.5	922.5	62
103	Bailey	Gary	Pudsey & Bramley AC	M40	42	459.0	0	0.0	42	457.5	916.5	21
104	Herrington	Richard	St Theresa's AC	MSEN	28	473.0	47	439.3	0	0.0	912.3	63
105	Bethell	Kyle	Eccleshill RR	MSEN	198	303.0	151	302.1	189	305.0	910.1	64
106	Coates	Richard	York Tri Club	M40	206	295.0	146	308.7	191	302.9	906.6	22
107	Thomas	Tom	Hyde Park Harriers	MSEN	52	449.0	34	456.5	0	0.0	905.5	65
108	Edmonson	Neil	Horsforth Harriers	MSEN	0	0.0	42	445.9	40	459.5	905.5	66
109	Taylor	Steve	Chapel Allerton Runners	M50	192	309.0	175	270.4	171	323.7	903.1	8
110	Fillingham	Martin	Saltaire Striders	M45	50	451.0	39	449.9	0	0.0	900.9	10
111	Martin	Nathan	Wharfedale Harriers	MSEN	0	0.0	43	444.6	45	454.4	898.9	67
112	Ellwood	Glynn	York Postal Harriers	MSEN	209	292.0	174	271.8	168	326.8	890.5	68
113	Bibby	Ross	Valley Striders	MSEN	0	0.0	44	443.3	52	447.1	890.4	69
114	Budding	Robert	Ilkley Harriers	M50	190	311.0	153	299.5	216	277.0	887.4	9
115	Smith	Andy	Horsforth Harriers	M45	203	298.0	147	307.4	212	281.1	886.5	11
116	Colley	Ashley	Bradford Airedale	MSEN	64	437.0	40	448.5	0	0.0	885.5	70
117	Nowell	Matt	Saltaire Striders	MSEN	43	458.0	0	0.0	71	427.4	885.4	71
118	Spink	Stewart	Saltaire Striders	M45	205	296.0	155	296.8	201	292.5	885.4	12
119	Themistocleous	Simon	Saltaire Striders	M40	60	441.0	0	0.0	55	444.0	885.0	23
120	Wilks	Trevor	Abbey Runners	M45	68	433.0	41	447.2	0	0.0	880.2	13
121	Sutherland	Mark	Eccleshill RR	M50	214	287.0	154	298.2	203	290.5	875.6	10
122	Navis	John	Pudsey & Bramley AC	MSEN	61	440.0	0	0.0	67	431.5	871.5	72
123	Walker	Colin	Pudsey & Bramley AC	M45	54	447.0	64	416.9	0	0.0	863.9	14
124	Parton	Adam	Valley Striders	M45	230	271.0	152	300.8	202	291.5	863.3	15
125	Taylor	Michael	Hyde Park Harriers	MSEN	44	457.0	0	0.0	94	403.5	860.5	73
126	Fowler	Steve	Saltaire Striders	M40	77	424.0	0	0.0	64	434.6	858.6	24
127	Gibbs	Richard	Roundhay Runners	M40	69	432.0	0	0.0	72	426.3	858.3	25
128	Thorpe	Craig	Ackworth RR	MSEN	65	436.0	0	0.0	79	419.1	855.1	74
129	Hands	Simon	Kirkstall Harriers	MSEN	204	297.0	132	327.2	261	230.3	854.5	75
130	Hinds	Aron	Hyde Park Harriers	MSEN	75	426.0	60	422.2	0	0.0	848.2	76
131	Westmoreland	Jason	Rothwell Harriers	M45	80	421.0	57	426.1	0	0.0	847.1	16
132	Keedy	Craig Michael	St Theresa's AC	M45	86	415.0	0	0.0	68	430.5	845.5	17
133	Straughan	Tim	Valley Striders	M50	0	0.0	62	419.5	74	424.3	843.8	11
134	Rose	Jack	Hyde Park Harriers	MSEN	0	0.0	67	412.9	69	429.5	842.4	77
135	Somerville	Gareth	Harrogate Harriers	MSEN	91	410.0	53	431.4	0	0.0	841.4	78
136	Downham	Ian	Kippax Harriers	M45	255	246.0	160	290.2	190	303.9	840.2	18
137	Powell	Edward	Roundhay Runners	MSEN	81	420.0	0	0.0	83	414.9	834.9	79
138	Humphries	Andrew	Airecentre Pacers	MSEN	67	434.0	0	0.0	97	400.4	834.4	80
139	Jackson	Patrick	Wetherby Runners	M45	238	263.0	167	281.0	210	283.2	827.2	19
140	Lippiatt	Huw	Valley Striders	M45	73	428.0	0	0.0	99	398.3	826.3	20
141	Pilling	Graham	Pudsey & Bramley AC	MSEN	82	419.0	0	0.0	96	401.5	820.5	81
142	Long	Vernon	Valley Striders	M50	241	260.0	180	263.9	200	293.6	817.4	12
143	Furlong	Ian	Roundhay Runners	MSEN	101	400.0	0	0.0	81	417.0	817.0	82
144	Dunbar	Stuart	Saltaire Striders	M55	95	406.0	70	409.0	0	0.0	815.0	4
145	Easton	Chris	Chapel Allerton Runners	MSEN	79	422.0	0	0.0	109	388.0	810.0	83
146	Porritt	Ste	York Tri Club	MSEN	220	281.0	178	266.5	232	260.4	807.9	84
147	Taylor	David	Kippax Harriers	M60	242	259.0	170	277.0	226	266.6	802.6	2
148	Simkins	Paul	Abbey Runners	M40	247	254.0	177	267.8	213	280.1	801.9	26
149	Jewitt	Fred	Chapel Allerton Runners	MSEN	256	245.0	182	261.2	199	294.6	800.8	85
150	Murray	Dan	Valley Striders	M40	102	399.0	76	401.1	0	0.0	800.1	27
151	Dumont	Paul	Kirkstall Harriers	M45	0	0.0	87	386.5	86	411.8	798.4	21
152	Brennan	Sean	Knaresborough Striders	M45	221	280.0	172	274.4	248	243.8	798.2	22
153	Broadhead	Curtis	Hyde Park Harriers	MSEN	267	234.0	169	278.4	211	282.2	794.5	86
154	Toulson	Anthony	Roundhay Runners	M40	252	249.0	171	275.7	223	269.7	794.4	28
155	Fotherby	Paul	Valley Striders	M40	0	0.0	92	379.9	90	407.7	787.6	29
156	de Roux	Garth	Horsforth Harriers	M40	229	272.0	195	244.1	222	270.7	786.8	30
157	Fryer	Anthony	Valley Striders	M40	0	0.0	75	402.4	117	379.7	782.0	31
158	Rix	Jeremy	Saltaire Striders	M55	250	251.0	187	254.6	217	275.9	781.6	5
159	Hughes	David	Ackworth RR	MSEN	218	283.0	166	282.3	276	214.7	780.1	87
160	Brown	Tom	Valley Striders	M40	114	387.0	0	0.0	107	390.0	777.0	32
161	Hainsworth	Brian	Nidd Valley RR	M40	264	237.0	173	273.1	229	263.5	773.6	33
162	Nichol	Stewart	St Theresa's AC	MSEN	112	389.0	0	0.0	113	383.8	772.8	88

163	Wilson	Matt	Rothwell Harriers	M40	0	0.0	100	369.4	101	396.3	765.7	34
164	Beesely	David	Abbey Runners	MSEN	279	222.0	194	245.4	196	297.7	765.1	89
165	Glover	Chris	Kirkstall Harriers	M55	261	240.0	181	262.5	230	262.4	765.0	6
166	Storey	Ian	Kippax Harriers	M50	260	241.0	192	248.0	221	271.8	760.8	13
167	O'brien	Liam	Hyde Park Harriers	M40	47	454.0	148	306.1	0	0.0	760.1	35
168	Lane	Daniel	Ilkley Harriers	MSEN	0	0.0	121	341.7	84	413.9	755.6	90
169	Webber-Cross	Geoff	Chapel Allerton Runners	MSEN	119	382.0	0	0.0	125	371.4	753.4	91
170	Howard	Rob	Hyde Park Harriers	MSEN	113	388.0	0	0.0	132	364.1	752.1	92
171	Anderson	Ian	York Tri Club	M45	148	353.0	78	398.4	0	0.0	751.4	23
172	Pinn	Steve	Roundhay Runners	M40	130	371.0	0	0.0	123	373.4	744.4	36
173	King	Geoff	Harrogate Harriers	M60	123	378.0	104	364.1	0	0.0	742.1	3
174	Turner	Steven	Nidd Valley RR	M45	246	255.0	214	219.0	227	265.6	739.6	24
175	Todd	Andy	Nidd Valley RR	M50	135	366.0	103	365.4	0	0.0	731.4	14
176	Askew	Dave	Harrogate Harriers	M55	257	244.0	190	250.7	255	236.5	731.2	7
177	Thorp	Tom	Chapel Allerton Runners	MSEN	237	264.0	217	215.0	240	252.1	731.1	93
178	Plews	Chris	Wetherby Runners	M45	0	0.0	113	352.2	122	374.5	726.7	25
179	Coy	Stephen	Ilkley Harriers	M40	152	349.0	97	373.4	0	0.0	722.4	37
180	Rhodes	Steve	Hyde Park Harriers	M50	163	338.0	93	378.6	0	0.0	716.6	15
181	Overend	Andrew	Ilkley Harriers	M40	0	0.0	135	323.2	105	392.1	715.3	38
182	Walker	Richard	Airecentre Pacers	M40	154	347.0	0	0.0	128	368.3	715.3	39
183	Drake	Richard	Valley Striders	M40	166	335.0	99	370.7	0	0.0	705.7	40
184	Hall	Michael	Valley Striders	MSEN	304	197.0	188	253.3	239	253.1	703.4	94
185	Grant	Gary	Hyde Park Harriers	MSEN	0	0.0	115	349.6	142	353.7	703.3	95
186	Scrivener	David	Saltaire Striders	MSEN	159	342.0	0	0.0	135	361.0	703.0	96
187	Adkins	Tobias	Hyde Park Harriers	MSEN	151	350.0	0	0.0	145	350.6	700.6	97
188	Morland	Steven	Knaresborough Striders	M45	160	341.0	108	358.8	0	0.0	699.8	26
189	Farrar	Martin	Wharfedale Harriers	M55	282	219.0	205	230.9	244	247.9	697.8	8
190	Shepherd	Stuart	Chapel Allerton Runners	MSEN	287	214.0	200	237.5	246	245.9	697.3	98
191	Whale	Stuart	Ackworth RR	M45	286	215.0	208	226.9	238	254.1	696.1	27
192	Knight	Hadrian	Rothwell Harriers	M45	140	361.0	130	329.8	0	0.0	690.8	28
193	Harrold	Brian	Chapel Allerton Runners	MSEN	0	0.0	126	335.1	141	354.8	689.9	99
194	Giddings	Joel	Valley Striders	M45	0	0.0	128	332.5	143	352.7	685.2	29
195	Forey	Jonathon	Dragons RC	M45	161	340.0	123	339.1	0	0.0	679.1	30
196	Mitchell	Ian	Knaresborough Striders	M50	232	269.0	176	269.1	348	140.0	678.2	16
197	Driver	Robert	Wetherby Runners	MSEN	0	0.0	124	337.7	159	336.1	673.8	100
198	Clark	Martin	Roundhay Runners	M50	265	236.0	215	217.7	271	219.9	673.6	17
199	Ogden	Ian	Saltaire Striders	M45	149	352.0	0	0.0	173	321.6	673.6	31
200	Garside	Simon	Rothwell Harriers	M50	189	312.0	0	0.0	140	355.8	667.8	18
201	Broomfield	Tim	Harrogate Harriers	M60	276	225.0	226	203.2	258	233.4	661.6	4
202	Montgomery	Craig	Roundhay Runners	MSEN	174	327.0	0	0.0	161	334.0	661.0	101
203	Warden	Robin	Abbey Runners	M45	0	0.0	161	288.9	127	369.3	658.2	32
204	Mills	Gerard	Bradford Airedale	M45	180	321.0	127	333.8	0	0.0	654.8	33
205	Richards	Jon	Abbey Runners	M40	305	196.0	196	242.7	279	211.6	650.4	41
206	Andrews	Emil	Pudsey & Bramley AC	M40	278	223.0	227	201.8	266	225.1	650.0	42
207	Camp	Adam	Saltaire Striders	MSEN	170	331.0	0	0.0	176	318.5	649.5	102
208	Macey	Alex	Harrogate Harriers	M50	274	227.0	201	236.1	304	185.7	648.8	19
209	Fox	Ken	Valley Striders	M55	277	224.0	242	182.1	250	241.7	647.8	9
210	Longfellow	Andy	St Theresa's AC	MSEN	196	305.0	0	0.0	155	340.2	645.2	103
211	Schofield	Jason	Wharfedale Harriers	M45	301	200.0	218	213.7	260	231.3	645.0	34
212	Rickard	Matt	Nidd Valley Road Runners	M40	0	0.0	138	319.3	169	325.7	645.0	43
213	Womersley	David	Horsforth Harriers	M65	288	213.0	231	196.6	257	234.4	644.0	1
214	Ward	John	Abbey Runners	M65	262	239.0	234	192.6	281	209.5	641.2	2
215	Temple	Rowan	Kirkstall Harriers	MSEN	0	0.0	96	374.7	231	261.4	636.1	104
216	Mellor	David	St Theresa's AC	M45	308	193.0	219	212.4	263	228.2	633.6	35
217	Grindley	Paul	Airecentre Pacers	M50	294	207.0	222	208.4	275	215.8	631.2	20
218	Sawyer	Paul	Hyde Park Harriers	MSEN	193	308.0	0	0.0	172	322.6	630.6	105
219	Woods	Steve	Pudsey & Bramley AC	M60	158	343.0	0	0.0	209	284.2	627.2	5
220	Scaife	Nigel	Nidd Valley RR	M45	233	268.0	0	0.0	138	357.9	625.9	36
221	Jovanovic	Nick	Airecentre Pacers	MSEN	326	175.0	220	211.1	252	239.6	625.7	106
222	Nicholson	Kevin	Nidd Valley RR	M50	162	339.0	164	285.0	0	0.0	624.0	21
223	Cornforth	Philip	Knaresborough Striders	M45	199	302.0	137	320.6	0	0.0	622.6	37
224	Wright	Simon	Wharfedale Harriers	M50	211	290.0	0	0.0	166	328.8	618.8	22
225	Butler	Joe	Roundhay Runners	MSEN	182	319.0	0	0.0	194	299.8	618.8	107
226	Wildman	Paul	Wetherby Runners	MSEN	200	301.0	142	314.0	0	0.0	615.0	108
227	Harlowe	Paul	Wharfedale Harriers	M65	179	322.0	0	0.0	208	285.3	607.3	3
228	Hodge	Tony	Roundhay Runners	M45	175	326.0	0	0.0	215	278.0	604.0	38
229	Wigglesworth	Mick	Ackworth RR	M45	201	300.0	150	303.4	0	0.0	603.4	39
230	Davy	Alan	Kippax Harriers	MSEN	0	0.0	159	291.6	183	311.2	602.8	109
231	Huggins	Roy	Valley Striders	M55	165	336.0	0	0.0	237	255.2	591.2	10
232	Atkinson	Joe	Wetherby Runners	MSEN	217	284.0	0	0.0	188	306.0	590.0	110
233	Maycock	David	Horsforth Harriers	M55	219	282.0	0	0.0	193	300.8	582.8	11
234	Ayres	Dan	St Theresa's AC	M40	215	286.0	0	0.0	197	296.7	582.7	44
235	Bowen	Michael	Hyde Park Harriers	MSEN	0	0.0	165	283.6	195	298.8	582.4	111
236	Love	Martin	Saltaire Striders	M55	311	190.0	238	187.3	286	204.4	581.7	12
237	Walker	Will	Ackworth RR	MSEN	299	202.0	243	180.7	292	198.1	580.9	112
238	Wilson	Dan	Knaresborough Striders	MSEN	212	289.0	163	286.3	0	0.0	575.3	113
239	Gill	Christopher	St Theresa's AC	M70	316	185.0	256	163.6	268	223.0	571.6	1
240	Kent	Craig	Abbey Runners	MSEN	270	231.0	296	110.8	262	229.3	571.1	114
241	Thornton	Oliver	Valley Striders	MSEN	0	0.0	207	228.2	156	339.2	567.4	115
242	Miller	Brian	Harrogate Harriers	M60	226	275.0	0	0.0	204	289.4	564.4	6
243	Spain	Jonathan	Hyde Park Harriers	MSEN	251	250.0	0	0.0	180	314.3	564.3	116
244	Routledge	Jonathan	Ackworth RR	M50	302	199.0	244	179.4	305	184.6	563.1	23
245	Sutton	Leroy	Valley Striders	M60	298	203.0	233	193.9	331	157.7	554.6	7
246	Lynn	Sam	York Postal Harriers	M40	223	278.0	0	0.0	219	273.9	551.9	45

247	Wolstenholme	Stephen	Bradford Airedale	M55	208	293.0	184	258.6	0	0.0	551.6	13
248	Whittaker	Jim	Abbey Runners	M50	310	191.0	260	158.3	289	201.2	550.6	24
249	Patchett	Ian	Abbey Runners	M55	313	188.0	240	184.7	312	177.4	550.1	14
250	Mcgreevy	Paul	St Theresa's AC	M40	243	258.0	162	287.6	0	0.0	545.6	46
251	Walters	James	Ackworth RR	MSEN	228	273.0	0	0.0	225	267.6	540.6	117
252	Verity	Jack	Saltaire Striders	M55	328	173.0	251	170.2	293	197.1	540.3	15
253	Kasperek	Matt	Kirkstall Harriers	MSEN	317	184.0	245	178.1	313	176.3	538.4	118
254	Skidmore	Stephen	Wharfedale Harriers	M60	227	274.0	0	0.0	233	259.3	533.3	8
255	Geisleris	Giedrius	Kirkstall Harriers	MSEN	0	0.0	185	257.3	218	274.9	532.2	119
256	Hargadon	Lee	Roundhay Runners	M40	0	0.0	202	234.8	205	288.4	523.2	47
257	Hulme	Simon	Rothwell Harriers	M45	0	0.0	189	252.0	224	268.7	520.7	40
258	Dell'amico	Loris	Saltaire Striders	M40	253	248.0	0	0.0	236	256.2	504.2	48
259	Dickens	Paul	Hyde Park Harriers	MSEN	323	178.0	265	151.7	315	174.3	504.0	120
260	Marsh	Nathan	Leeds University CCC	MSEN	0	0.0	0	0.0	1	500.0	500.0	121
261	Baxter	Joe	Pudsey & Bramley AC	MSEN	1	500.0	0	0.0	0	0.0	500.0	122
262	Angel Gomez	Rafael	Hyde Park Harriers	MSEN	0	0.0	2	498.7	0	0.0	498.7	123
263	Lightowler	Robbie	Leeds University CCC	MSEN	3	498.0	0	0.0	0	0.0	498.0	124
264	Rowe	Josh	Saltaire Striders	MSEN	0	0.0	4	496.0	0	0.0	496.0	125
265	Kilgour	Joe	Leeds University CCC	MSEN	6	495.0	0	0.0	0	0.0	495.0	126
266	Lam	Cheuk Lun	Bradford Airedale	MSEN	248	253.0	197	241.4	0	0.0	494.4	127
267	Brant	Greg	Horsforth Harriers	MSEN	0	0.0	191	249.3	247	244.8	494.2	128
268	Powell	Mike	Valley Striders	MSEN	356	145.0	261	157.0	299	190.9	492.9	129
269	O'hara	Colm	Kippax Harriers	M45	344	157.0	249	172.8	327	161.8	491.6	41
270	Sunman	Kai	Leeds University CCC	MSEN	10	491.0	0	0.0	0	0.0	491.0	130
271	Hibberd	Daryl	Valley Striders	MSEN	0	0.0	0	0.0	12	488.6	488.6	131
272	Cook	Sean	Valley Striders	MSEN	235	266.0	0	0.0	269	222.0	488.0	132
273	Adams	Aiden John	Harrogate Tri Club	MSEN	0	0.0	0	0.0	16	484.4	484.4	133
274	Roberts	James	Ackworth RR	MSEN	0	0.0	209	225.6	234	258.3	483.9	134
275	Storey	Ian	Ecclehill RR	M40	320	181.0	263	154.4	341	147.3	482.7	49
276	Francis	Alec	Hyde Park Harriers	MSEN	19	482.0	0	0.0	0	0.0	482.0	135
277	Maier	Fred	Wharfedale Harriers	MSEN	20	481.0	0	0.0	0	0.0	481.0	136
278	Firth	Stephen	Rothwell Harriers	M50	259	242.0	0	0.0	254	237.6	479.6	25
279	Driver	David	Wharfedale Harriers	MSEN	0	0.0	0	0.0	26	474.1	474.1	137
280	Schofield	George	St Theresa's AC	MSEN	29	472.0	0	0.0	0	0.0	472.0	138
281	Boardman	Simon	Kirkstall Harriers	MSEN	249	252.0	0	0.0	273	217.8	469.8	139
282	Harland	Gareth	Ecclehill RR	MSEN	245	256.0	0	0.0	277	213.7	469.7	140
283	Gaunt	Daniel	St Theresa's AC	MSEN	345	156.0	259	159.6	335	153.5	469.2	141
284	Barboar	Oscar	Leeds University CCC	MSEN	32	469.0	0	0.0	0	0.0	469.0	142
285	Cowling	Graeme	Airecentre Pacers	MSEN	0	0.0	210	224.3	251	240.7	464.9	143
286	Furby	Mike	Valley Striders	M45	271	230.0	203	233.5	0	0.0	463.5	42
287	Newton	Simon	Ackworth RR	MSEN	0	0.0	0	0.0	37	462.7	462.7	144
288	Rogers	Simon	Hyde Park Harriers	M55	239	262.0	229	199.2	0	0.0	461.2	16
289	Ellis	Adam	Abbey Runners	M40	318	183.0	277	135.9	347	141.1	460.0	50
290	Murphy	Kevin-Malachy	Harrogate Harriers	M60	275	226.0	0	0.0	259	232.4	458.4	9
291	Parker	Dave	St Theresa's AC	M50	0	0.0	0	0.0	44	455.4	455.4	26
292	Archer	Martin	Ilkley Harriers	MSEN	46	455.0	0	0.0	0	0.0	455.0	145
293	Kirk	Adam	Nidd Valley Road Runners	MSEN	0	0.0	0	0.0	47	452.3	452.3	146
294	Hassell	Ethan	Wharfedale Harriers	MSEN	0	0.0	0	0.0	48	451.2	451.2	147
295	Young	Innes	Roundhay Runners	M40	291	210.0	198	240.1	0	0.0	450.1	51
296	Sanders	Ed	Horsforth Harriers	MSEN	0	0.0	228	200.5	245	246.9	447.4	148
297	Buckley	Tim	York Tri Club	MSEN	55	446.0	0	0.0	0	0.0	446.0	149
298	Badkin	Peter	Abbey Runners	M50	335	166.0	270	145.1	353	134.9	446.0	27
299	Wray	Scott	York Tri Club	M45	362	139.0	273	141.2	326	162.9	443.0	43
300	Raffell	Adam	York Tri Club	MSEN	0	0.0	0	0.0	56	442.9	442.9	150
301	Holt	Mark	Wetherby Runners	M40	0	0.0	45	442.0	0	0.0	442.0	52
302	Wakelin	Luke	Nidd Valley Road Runners	MSEN	0	0.0	0	0.0	60	438.8	438.8	151
303	Parker-Milnes	Curtis	Hyde Park Harriers	MSEN	293	208.0	269	146.4	403	83.0	437.4	152
304	Watson	Scott	Hyde Park Harriers	MSEN	0	0.0	0	0.0	62	436.7	436.7	153
305	Kernick	Carl	Saltaire Striders	M40	0	0.0	49	436.7	0	0.0	436.7	53
306	Gill	Michael	Harrogate Harriers	M50	459	42.0	224	205.8	303	186.7	434.5	28
307	Franklin	James	Abbey Runners	M40	70	431.0	0	0.0	0	0.0	431.0	54
308	Robinson	Phil	Nidd Valley RR	M55	339	162.0	278	134.6	355	132.8	429.3	17
309	Newbould	Ed	Horsforth Harriers	MSEN	0	0.0	0	0.0	70	428.4	428.4	154
310	Midwood	Simon	Valley Striders	MSEN	0	0.0	56	427.4	0	0.0	427.4	155
311	Hartley	Ben	Hyde Park Harriers	M40	74	427.0	0	0.0	0	0.0	427.0	55
312	Lavin	Robin	York Tri Club	MSEN	0	0.0	0	0.0	73	425.3	425.3	156
313	Thomas	Gwil	Valley Striders	M40	76	425.0	0	0.0	0	0.0	425.0	56
314	Gidlow	Paul	Horsforth Harriers	M40	78	423.0	0	0.0	0	0.0	423.0	57
315	Rosser	Ian	Valley Striders	M45	268	233.0	236	190.0	0	0.0	423.0	44
316	Parker	Darren	Saltaire Striders	M45	295	206.0	216	216.4	0	0.0	422.4	45
317	Hipkiss	Jack	Kirkstall Harriers	MSEN	83	418.0	0	0.0	0	0.0	418.0	157
318	Corbett	Graham	Saltaire Striders	MSEN	84	417.0	0	0.0	0	0.0	417.0	158
319	Chadwick	Matt	Valley Striders	MSEN	0	0.0	0	0.0	82	416.0	416.0	159
320	Leadbeater	Mark	Ackworth RR	M50	283	218.0	230	197.9	0	0.0	415.9	29
321	Jones	Martin	Abbey Runners	M40	342	159.0	272	142.5	374	113.1	414.6	58
322	Ellis	Matt	Abbey Runners	M40	372	129.0	285	125.3	329	159.8	414.1	59
323	Maudsley	Ian	St Theresa's AC	MSEN	87	414.0	0	0.0	0	0.0	414.0	160
324	Hudson	Chris	Kirkstall Harriers	M40	280	221.0	0	0.0	298	191.9	412.9	60
325	Perry	Andrew	Wharfedale Harriers	M45	349	152.0	311	91.0	320	169.1	412.1	46
326	Marquina	Daniel	Hyde Park Harriers	MSEN	89	412.0	0	0.0	0	0.0	412.0	161
327	Hassall	Christopher	Hyde Park Harriers	MSEN	0	0.0	223	207.1	287	203.3	410.4	162
328	Atkinson	Paul	Wetherby Runners	M50	269	232.0	0	0.0	311	178.4	410.4	30
329	Child	Nick	Kirkstall Harriers	M45	324	177.0	204	232.2	0	0.0	409.2	47
330	Hoy	Graham	Kippax Harriers	MSEN	380	121.0	275	138.5	340	148.3	407.9	163

331	Jones	Simon Glyn	Abbey Runners	M45	0	0.0	71	407.7	0	0.0	407.7	48
332	Alder	Scott	Pudsey & Bramley AC	M40	94	407.0	0	0.0	0	0.0	407.0	61
333	Griffiths	Alun	Saltaire Striders	M60	354	147.0	287	122.7	351	136.9	406.6	10
334	Tarran	James	Valley Striders	M50	0	0.0	73	405.0	0	0.0	405.0	31
335	Ventress	Phil	Nidd Valley RR	M45	285	216.0	0	0.0	301	188.8	404.8	49
336	Leaver	Ben	Valley Striders	M40	0	0.0	0	0.0	93	404.6	404.6	62
337	Calver	Rob	Chapel Allerton Runners	M45	281	220.0	0	0.0	307	182.6	402.6	50
338	Davey	Richard	Wetherby Runners	M45	0	0.0	0	0.0	95	402.5	402.5	51
339	Robins	Dan	Valley Striders	MSEN	103	398.0	0	0.0	0	0.0	398.0	164
340	Bartle	Chris	Kippax Harriers	MSEN	0	0.0	79	397.1	0	0.0	397.1	165
341	Craig	Patrick	Harrogate Tri Club	MSEN	104	397.0	0	0.0	0	0.0	397.0	166
342	Leach	Adrian	Ackworth RR	M50	333	168.0	289	120.1	378	108.9	397.0	32
343	Hill	Mick	Pudsey & Bramley AC	M40	0	0.0	237	188.7	283	207.5	396.1	63
344	Keighley	Tom	Chapel Allerton Runners	MSEN	105	396.0	0	0.0	0	0.0	396.0	167
345	Dixon	Paul	St Theresa's AC	M55	309	192.0	0	0.0	288	202.3	394.3	18
346	Goddard	William	Roundhay Runners	M40	109	392.0	0	0.0	0	0.0	392.0	64
347	Gibson	Paul	Chapel Allerton Runners	M55	0	0.0	239	186.0	285	205.4	391.4	19
348	Vallance	Simon	Valley Striders	M50	0	0.0	0	0.0	106	391.1	391.1	33
349	Ritucci	Richard	Ackworth RR	MSEN	110	391.0	0	0.0	0	0.0	391.0	168
350	Park	Keith	Horsforth Harriers	M60	368	133.0	290	118.7	350	138.0	389.7	11
351	Roberts	Hal	Kirkstall Harriers	MSEN	0	0.0	0	0.0	108	389.0	389.0	169
352	Blatherwick	John	Hyde Park Harriers	MSEN	478	23.0	248	174.1	300	189.8	387.0	170
353	Bullivant	Chad	York Tri Club	MSEN	0	0.0	0	0.0	110	386.9	386.9	171
354	Ogden	Kevin	Hyde Park Harriers	M45	115	386.0	0	0.0	0	0.0	386.0	52
355	Hussey	John	Valley Striders	M65	315	186.0	0	0.0	291	199.2	385.2	4
356	Whitehead	Zack	Saltaire Striders	MSEN	116	385.0	0	0.0	0	0.0	385.0	172
357	Ward	Roger	Rothwell Harriers	M55	379	122.0	280	131.9	358	129.7	383.6	20
358	Newell	Jason	Hyde Park Harriers	M45	314	187.0	0	0.0	294	196.1	383.1	53
359	Nurse	Dominic	Abbey Runners	M45	0	0.0	0	0.0	114	382.8	382.8	54
360	Simms	Dave	Valley Striders	MSEN	0	0.0	90	382.6	0	0.0	382.6	173
361	Vincent	Robert	Abbey Runners	M40	0	0.0	0	0.0	115	381.7	381.7	65
362	Page	Jack	York Tri Club	MSEN	120	381.0	0	0.0	0	0.0	381.0	174
363	Robertson	Adam	Roundhay Runners	MSEN	0	0.0	253	167.5	278	212.7	380.2	175
364	Thomas	Richard	Kirkstall Harriers	M55	307	194.0	241	183.4	0	0.0	377.4	21
365	Cook	James	Roundhay Runners	M40	319	182.0	232	195.3	0	0.0	377.3	66
366	Warrender	Andy	St Theresa's AC	M45	363	138.0	286	124.0	372	115.1	377.2	55
367	Simpson	Ben	St Theresa's AC	MSEN	124	377.0	0	0.0	0	0.0	377.0	176
368	Turner	Gary	Ackworth RR	M45	127	374.0	0	0.0	0	0.0	374.0	56
369	Sawyer	Jaysson	Harrogate Harriers	M40	128	373.0	0	0.0	0	0.0	373.0	67
370	Butterfield	Richard	Horsforth Harriers	M60	297	204.0	252	168.9	0	0.0	372.9	12
371	Twitcheat	Mark	Roundhay Runners	M45	0	0.0	254	166.2	284	206.4	372.7	57
372	Patrickson	Alex	Nidd Valley Road Runners	MSEN	0	0.0	0	0.0	124	372.4	372.4	177
373	Worthington	Joe	Ackworth RR	MSEN	129	372.0	0	0.0	0	0.0	372.0	178
374	Moss	Marcus	Roundhay Runners	M40	0	0.0	268	147.8	267	224.1	371.8	68
375	Wilkinson	Richard	Rothwell Harriers	M45	0	0.0	0	0.0	126	370.3	370.3	58
376	Walker	Gavin	Ackworth RR	MSEN	131	370.0	0	0.0	0	0.0	370.0	179
377	Smyth	Alistair	Valley Striders	M55	0	0.0	271	143.8	265	226.1	369.9	22
378	Jesson	James	Wetherby Runners	M40	133	368.0	0	0.0	0	0.0	368.0	69
379	Mace	James	Rothwell Harriers	MSEN	134	367.0	0	0.0	0	0.0	367.0	180
380	Marsh	Rob	Valley Striders	M40	0	0.0	0	0.0	131	365.1	365.1	70
381	Coldwell	Ben	Kirkstall Harriers	MSEN	136	365.0	0	0.0	0	0.0	365.0	181
382	Cook	James	Nidd Valley RR	M45	296	205.0	262	155.7	0	0.0	360.7	59
383	Skerrett	Greg	Valley Striders	M40	290	211.0	0	0.0	339	149.4	360.4	71
384	White	Ali	Roundhay Runners	MSEN	0	0.0	107	360.2	0	0.0	360.2	182
385	Hilton	Owen	Abbey Runners	MSEN	142	359.0	0	0.0	0	0.0	359.0	183
386	Carrick	Chris	Hyde Park Harriers	M40	0	0.0	0	0.0	137	358.9	358.9	72
387	Kidner	Ralph	Hyde Park Harriers	M60	378	123.0	292	116.1	368	119.3	358.4	13
388	Nash	Ali	Saltaire Striders	M45	143	358.0	0	0.0	0	0.0	358.0	60
389	Manning	Paul	Nidd Valley RR	M45	370	131.0	301	104.2	365	122.4	357.6	61
390	Brown	Dean	Kippax Harriers	MSEN	0	0.0	109	357.5	0	0.0	357.5	184
391	Mcmullan	Kevin	Valley Striders	M45	145	356.0	0	0.0	0	0.0	356.0	62
392	Stockburn	Paul	Harrogate Harriers	M55	146	355.0	0	0.0	0	0.0	355.0	23
393	Leslie	David	Abbey Runners	M65	381	120.0	322	76.5	332	156.6	353.2	5
394	Wilkie	Peter	Roundhay Runners	MSEN	0	0.0	114	350.9	0	0.0	350.9	185
395	Baker	Lee	Rothwell Harriers	M45	0	0.0	0	0.0	146	349.6	349.6	63
396	Helmore	Stu	Roundhay Runners	MSEN	332	169.0	0	0.0	309	180.5	349.5	186
397	Cooper	Ian	Harrogate Harriers	M40	153	348.0	0	0.0	0	0.0	348.0	73
398	Couldwell	Alan	Harrogate Harriers	M60	377	124.0	308	95.0	360	127.6	346.6	14
399	Dowland	Ian	Eccleshill RR	MSEN	0	0.0	255	164.9	308	181.5	346.4	187
400	Capperauld	Kris	York Tri Club	MSEN	155	346.0	0	0.0	0	0.0	346.0	188
401	Thorpe	Andrew	Roundhay Runners	M40	0	0.0	0	0.0	150	345.4	345.4	74
402	Mcaleavy	Stuart	Wharfedale Harriers	M40	0	0.0	0	0.0	151	344.4	344.4	75
403	Morimoto	Kazuki	Abbey Runners	M45	322	179.0	0	0.0	328	160.8	339.8	64
404	Grayson	Michael	St Theresa's AC	M50	325	176.0	257	162.3	0	0.0	338.3	34
405	Kent	Jon	Chapel Allerton Runners	MSEN	0	0.0	0	0.0	157	338.2	338.2	189
406	Bryant	Pete	Dragons RC	M50	341	160.0	246	176.8	0	0.0	336.8	35
407	Nesbitt	Stephen	Harrogate Harriers	M45	406	95.0	283	128.0	376	111.0	334.0	65
408	Redmond	Tony	Eccleshill RR	M55	353	148.0	0	0.0	306	183.6	331.6	24
409	Batchelor	John	Valley Striders	M45	172	329.0	0	0.0	0	0.0	329.0	66
410	Ardron	Richard	Harrogate Tri Club	MSEN	173	328.0	0	0.0	0	0.0	328.0	190
411	Yates	Jonny	Chapel Allerton Runners	MSEN	0	0.0	0	0.0	167	327.8	327.8	191
412	O'brien	Kieran	Kirkstall Harriers	M40	404	97.0	288	121.4	379	107.9	326.3	76
413	Collins	Andrew	Harrogate Harriers	MSEN	0	0.0	264	153.0	317	172.2	325.2	192
414	Jackson	Bob	Valley Striders	M65	395	106.0	300	105.5	375	112.0	323.6	6

415	Booth	James	Hyde Park Harriers	MSEN	178	323.0	0	0.0	0	0.0	323.0	193
416	Rhodes	Adam	Kirkstall Harriers	M40	346	155.0	0	0.0	323	166.0	321.0	77
417	Couldwell	Adam	Harrogate Harriers	MSEN	0	0.0	0	0.0	174	320.5	320.5	194
418	Sutton	Robert	Ecclehill RR	M50	365	136.0	306	97.6	402	84.0	317.7	36
419	Carden	Richard	Saltaire Striders	MSEN	184	317.0	0	0.0	0	0.0	317.0	195
420	Nodwell	Adam	Kirkstall Harriers	MSEN	0	0.0	0	0.0	178	316.4	316.4	196
421	Needham	James	Ackworth RR	M50	187	314.0	0	0.0	0	0.0	314.0	37
422	Turner	Graham	Airecentre Pacers	M40	391	110.0	305	98.9	382	104.8	313.7	78
423	Milner	Steve	Wharfedale Harriers	M55	0	0.0	250	171.5	346	142.1	313.6	25
424	Bevan	John	York Tri Club	M50	0	0.0	144	311.3	0	0.0	311.3	38
425	Steel	Phil	Fellandale	M40	0	0.0	0	0.0	184	310.2	310.2	79
426	Cottam	Graham	Horsforth Harriers	M40	0	0.0	145	310.0	0	0.0	310.0	80
427	Sharp	Christopher	Ackworth RR	MSEN	273	228.0	0	0.0	405	80.9	308.9	197
428	Chubb	Daniel	Chapel Allerton Runners	MSEN	0	0.0	0	0.0	186	308.1	308.1	198
429	Smith	Jonathon	Saltaire Striders	MSEN	197	304.0	0	0.0	0	0.0	304.0	199
430	Murray	Julian	Harrogate Tri Club	M45	0	0.0	0	0.0	192	301.9	301.9	67
431	Dickinson	Nigel	Abbey Runners	MSEN	400	101.0	320	79.2	366	121.4	301.5	200
432	Wincer	Martin	Ackworth RR	M40	340	161.0	0	0.0	354	133.8	294.8	81
433	Walton	Clive	Abbey Runners	M50	413	88.0	310	92.3	373	114.1	294.5	39
434	Johnson	Philip	York Tri Club	MSEN	393	108.0	315	85.8	386	100.6	294.4	201
435	Borrowdale	Tom	Harrogate Harriers	MSEN	207	294.0	0	0.0	0	0.0	294.0	202
436	Legg	Ian	Wetherby Runners	M50	0	0.0	158	292.9	0	0.0	292.9	40
437	Western	Gary	Saltaire Striders	M55	334	167.0	0	0.0	364	123.4	290.4	26
438	Griffiths	Ian	Horsforth Harriers	M40	357	144.0	0	0.0	343	145.2	289.2	82
439	Longmate	Kevin	Kirkstall Harriers	MSEN	0	0.0	0	0.0	206	287.3	287.3	203
440	Walker	John	Roundhay Runners	M55	408	93.0	294	113.5	406	79.9	286.3	27
441	Ayre	Mark	Roundhay Runners	M45	0	0.0	0	0.0	207	286.3	286.3	68
442	Wood	Steve	Horsforth Harriers	M60	412	89.0	302	102.9	392	94.4	286.3	15
443	White	Paul	Valley Striders	M70	0	0.0	279	133.2	336	152.5	285.7	2
444	Stoneman	Andy	Valley Striders	M40	216	285.0	0	0.0	0	0.0	285.0	83
445	Glover	Paul	Kirkstall Harriers	M70	410	91.0	303	101.6	394	92.3	284.9	3
446	Shaw	Brian	Rothwell Harriers	M50	424	77.0	297	109.5	389	97.5	284.0	41
447	Waller	Ian	Knaresborough Striders	M55	0	0.0	168	279.7	0	0.0	279.7	28
448	Russell	Peter	Horsforth Harriers	M50	402	99.0	318	81.8	388	98.5	279.3	42
449	Cavill	Gareth	Abbey Runners	M45	0	0.0	0	0.0	214	279.0	279.0	69
450	Balkwill	James	Abbey Runners	M45	416	85.0	332	63.3	357	130.7	279.0	70
451	Wallace	John	Valley Striders	M50	327	174.0	0	0.0	383	103.7	277.7	43
452	Mcgough	Paul	Rothwell Harriers	MSEN	224	277.0	0	0.0	0	0.0	277.0	204
453	Lennon	Laurence	Abbey Runners	M55	394	107.0	326	71.2	390	96.5	274.7	29
454	Walsh	Mike	Harrogate Tri Club	M60	355	146.0	0	0.0	359	128.6	274.6	16
455	Wood	Rob	Roundhay Runners	MSEN	451	50.0	298	108.2	371	116.2	274.4	205
456	Elliot	John	Roundhay Runners	M55	366	135.0	0	0.0	349	139.0	274.0	30
457	Keeber	Tom	Kirkstall Harriers	MSEN	0	0.0	0	0.0	220	272.8	272.8	206
458	Morley	David	St Theresa's AC	M60	347	154.0	0	0.0	369	118.3	272.3	17
459	Blane	Jon	Harrogate Harriers	M55	231	270.0	0	0.0	0	0.0	270.0	31
460	Seaman	Dave	Nidd Valley RR	M70	401	100.0	324	73.9	391	95.4	269.3	4
461	Edwards-Barber	Simon	Ackworth RR	MSEN	234	267.0	0	0.0	0	0.0	267.0	207
462	Smith	Simon	Kirkstall Harriers	M45	388	113.0	299	106.9	438	46.7	266.5	71
463	Jenkins	Ian	Saltaire Striders	M45	0	0.0	179	265.2	0	0.0	265.2	72
464	Richardson	Dale	Rothwell Harriers	MSEN	236	265.0	0	0.0	0	0.0	265.0	208
465	Schofield	Alan	St Theresa's AC	M55	0	0.0	0	0.0	228	264.5	264.5	32
466	Seymour	Mark	Harrogate Harriers	M55	386	115.0	0	0.0	342	146.3	261.3	33
467	Hadrill	Mark	Hyde Park Harriers	MSEN	240	261.0	0	0.0	0	0.0	261.0	209
468	de Csernatony	Anthony	Rothwell Harriers	M40	0	0.0	183	259.9	0	0.0	259.9	84
469	Gregory	Russell	Harrogate Harriers	M60	373	128.0	282	129.3	0	0.0	257.3	18
470	Horbury	Martin	St Theresa's AC	M50	0	0.0	0	0.0	235	257.3	257.3	44
471	Benson	Michael	Nidd Valley RR	MSEN	331	170.0	0	0.0	399	87.1	257.1	210
472	Cracknell	Glenn	Ackworth RR	M45	244	257.0	0	0.0	0	0.0	257.0	73
473	Hanney	Joe	Valley Striders	M40	0	0.0	186	255.9	0	0.0	255.9	85
474	Howard	Tom	Roundhay Runners	MSEN	0	0.0	0	0.0	241	251.0	251.0	211
475	Sawyer	Chris	Valley Striders	M55	376	125.0	0	0.0	362	125.5	250.5	34
476	Urquhart	Alistair	Roundhay Runners	M50	0	0.0	0	0.0	242	250.0	250.0	45
477	Andralojc	Nick	Harrogate Harriers	M55	0	0.0	0	0.0	243	249.0	249.0	35
478	Coles	Malcolm	Valley Striders	M75	419	82.0	304	100.3	420	65.4	247.6	1
479	Miller	Paul	Kirkstall Harriers	MSEN	254	247.0	0	0.0	0	0.0	247.0	212
480	Weight	Dave	Roundhay Runners	M50	0	0.0	193	246.7	0	0.0	246.7	46
481	Bull	Nick	Roundhay Runners	M50	422	79.0	321	77.8	398	88.2	245.0	47
482	Chamberlain	Jon	Harrogate Tri Club	M45	258	243.0	0	0.0	0	0.0	243.0	74
483	Spencer	Timothy	Saltaire Striders	M60	0	0.0	0	0.0	249	242.7	242.7	19
484	Newton	Stephen	Nidd Valley RR	M45	434	67.0	325	72.6	384	102.7	242.3	75
485	Bethell	Chris	Dragons RC	MSEN	0	0.0	199	238.8	0	0.0	238.8	213
486	Foley	Brendan	Horsforth Harriers	MSEN	0	0.0	0	0.0	253	238.6	238.6	214
487	Baiden	Andrew	Rothwell Harriers	M40	263	238.0	0	0.0	0	0.0	238.0	86
488	Lewandowski	Bartosz	Hyde Park Harriers	MSEN	418	83.0	327	69.9	401	85.1	238.0	215
489	Brownbridge	Garry	Abbey Runners	M55	371	130.0	0	0.0	381	105.8	235.8	36
490	Pawley	Graham	Valley Striders	M50	0	0.0	0	0.0	256	235.5	235.5	48
491	Henry	Kristian	Horsforth Harriers	MSEN	266	235.0	0	0.0	0	0.0	235.0	216
492	Durkin	Paul	Kippax Harriers	M50	428	73.0	336	58.0	387	99.6	230.6	49
493	Haggerty	Randolph	Kirkstall Harriers	M50	0	0.0	206	229.6	0	0.0	229.6	50
494	Binns	Richard	Bradford Airedale	M45	409	92.0	312	89.7	437	47.7	229.4	76
495	Smith	Jonathan	Roundhay Runners	M45	272	229.0	0	0.0	0	0.0	229.0	77
496	Callaghan	Pete	Wetherby Runners	M55	0	0.0	0	0.0	264	227.2	227.2	37
497	Parker-Haim	Christopher	Rothwell Harriers	MSEN	398	103.0	0	0.0	367	120.3	223.3	217
498	Iley	Mark	Ilkley Harriers	M55	0	0.0	211	223.0	0	0.0	223.0	38

499	Clayton	Daniel	York Postal Harriers	M45	0	0.0	212	221.6	0	0.0	221.6	78
500	Cowen	Fred	Hyde Park Harriers	M5EN	0	0.0	0	0.0	270	221.0	221.0	218
501	Pickering	Malcolm	Ilkley Harriers	M65	0	0.0	213	220.3	0	0.0	220.3	7
502	Steele	Marc	Ecclehill RR	M5EN	403	98.0	330	66.0	429	56.0	220.0	219
503	Guttridge	Kevin	Ackworth RR	M45	0	0.0	0	0.0	272	218.9	218.9	79
504	Daudet	Nicolas	Ackworth RR	M40	429	72.0	314	87.1	427	58.1	217.2	87
505	Welsh	Rich	Rothwell Harriers	M5EN	284	217.0	0	0.0	0	0.0	217.0	220
506	Peagram	Andrew	Nidd Valley Road Runners	M40	0	0.0	0	0.0	274	216.8	216.8	88
507	Tomlinson	Paul	Dragons RC	M45	383	118.0	307	96.3	0	0.0	214.3	80
508	Conkleton	Gareth	Knaresborough Striders	M45	289	212.0	0	0.0	0	0.0	212.0	81
509	Twigg	Pete	Roundhay Runners	M45	0	0.0	0	0.0	280	210.6	210.6	82
510	Watson	Kevin	Horsforth Harriers	M70	374	127.0	317	83.1	0	0.0	210.1	5
511	Beecroft	David	Rothwell Harriers	M55	0	0.0	221	209.8	0	0.0	209.8	39
512	Woodhead	William	Airecentre Pacers	M5EN	292	209.0	0	0.0	0	0.0	209.0	221
513	Costello	Peter	Wetherby Runners	M45	407	94.0	293	114.8	0	0.0	208.8	83
514	Little	Stuart	Horsforth Harriers	M5EN	0	0.0	0	0.0	282	208.5	208.5	222
515	Howitt	Fraser	Chapel Allerton Runners	M55	312	189.0	0	0.0	468	15.6	204.6	40
516	Horobin	Darren	Ackworth RR	M40	0	0.0	225	204.5	0	0.0	204.5	89
517	Gummerson	Robert	Kippax Harriers	M45	414	87.0	291	117.4	0	0.0	204.4	84
518	Mansfield	Michael	Roundhay Runners	M55	0	0.0	309	93.7	377	110.0	203.6	41
519	Payne	Richard	Ackworth RR	M40	425	76.0	0	0.0	361	126.6	202.6	90
520	Heywood	Paul	Knaresborough Striders	M50	411	90.0	338	55.4	428	57.1	202.5	51
521	Edwards	Richard	Hyde Park Harriers	M40	441	60.0	329	67.3	411	74.7	202.0	91
522	Lewis	Philip	Abbey Runners	M5EN	300	201.0	0	0.0	0	0.0	201.0	223
523	Cusack	David	Airecentre Pacers	M5EN	0	0.0	0	0.0	290	200.2	200.2	224
524	Sinar	Terry	Ackworth RR	M50	303	198.0	0	0.0	0	0.0	198.0	52
525	Mosedale	Tim	Saltaire Striders	M5EN	0	0.0	0	0.0	295	195.0	195.0	225
526	Butler	Wayne	St Theresa's AC	M5EN	306	195.0	0	0.0	0	0.0	195.0	226
527	Preston	Alistair	Valley Striders	M45	0	0.0	0	0.0	296	194.0	194.0	85
528	Jackson	Andrew	Ilkley Harriers	M55	0	0.0	0	0.0	297	192.9	192.9	42
529	Wong	Stephen	Ackworth RR	M5EN	384	117.0	0	0.0	410	75.7	192.7	227
530	Coates	Martin	Horsforth Harriers	M40	0	0.0	235	191.3	0	0.0	191.3	92
531	Tyrrell	Brian	Valley Striders	M55	437	64.0	340	52.8	414	71.6	188.3	43
532	Archer	John	York Tri Club	M70	392	109.0	0	0.0	407	78.8	187.8	6
533	Bell	Richard	Wetherby Runners	M50	0	0.0	0	0.0	302	187.8	187.8	53
534	Mackreth	Paul	Valley Striders	M40	450	51.0	335	59.4	409	76.8	187.1	93
535	Dickson	Tommy	Horsforth Harriers	M5EN	446	55.0	333	62.0	421	64.3	181.3	228
536	Mawer	Jim	Kirkstall Harriers	M5EN	321	180.0	0	0.0	0	0.0	180.0	229
537	Armstrong	Mark	Nidd Valley Road Runners	M50	0	0.0	0	0.0	310	179.5	179.5	54
538	Lerner	Barney	Saltaire Striders	M65	417	84.0	0	0.0	393	93.4	177.4	8
539	Rush	Peter	Roundhay Runners	M55	0	0.0	247	175.5	0	0.0	175.5	44
540	Larkins	Chris	Airecentre Pacers	M45	0	0.0	0	0.0	314	175.3	175.3	86
541	Mangeolles	James	Horsforth Harriers	M5EN	0	0.0	0	0.0	316	173.2	173.2	230
542	Gresswell	Rob	Rothwell Harriers	M45	329	172.0	0	0.0	0	0.0	172.0	87
543	Crabtree	Paul	Dragons RC	M40	0	0.0	319	80.5	395	91.3	171.8	94
544	Akers	Noel	Kirkstall Harriers	M60	396	105.0	0	0.0	419	66.4	171.4	20
545	Gall	Stuart	St Theresa's AC	M5EN	0	0.0	0	0.0	318	171.2	171.2	231
546	Gill	Darren	Ackworth RR	M45	330	171.0	0	0.0	0	0.0	171.0	88
547	Smart	Richard	Ackworth RR	M5EN	0	0.0	0	0.0	319	170.1	170.1	232
548	Gebbett	Martin	Fellandale	M55	0	0.0	0	0.0	321	168.0	168.0	45
549	Martin	Chris	Wetherby Runners	M45	0	0.0	0	0.0	322	167.0	167.0	89
550	Yeomans	David	Wetherby Runners	M65	444	57.0	344	47.5	423	62.2	166.7	9
551	Scanlon	Sean	Kirkstall Harriers	M40	0	0.0	323	75.2	396	90.2	165.4	95
552	Heffernan	Paul	Wetherby Runners	M40	336	165.0	0	0.0	0	0.0	165.0	96
553	Crawford	Gordon	Hyde Park Harriers	M65	0	0.0	0	0.0	324	164.9	164.9	10
554	Marwood	Liam	Nidd Valley RR	M5EN	337	164.0	0	0.0	0	0.0	164.0	233
555	Wilkinson	Jeremy	Knaresborough Striders	M55	0	0.0	0	0.0	325	163.9	163.9	46
556	Pennington	Gary	Saltaire Striders	M50	338	163.0	0	0.0	0	0.0	163.0	55
557	Harrison	Rich	York Tri Club	M5EN	0	0.0	258	160.9	0	0.0	160.9	234
558	Beal	Paul	Horsforth Harriers	M5EN	0	0.0	0	0.0	330	158.7	158.7	235
559	Pailing	Keith	Rothwell Harriers	M65	343	158.0	0	0.0	0	0.0	158.0	11
560	Smith	Danny	Roundhay Runners	M55	0	0.0	0	0.0	333	155.6	155.6	47
561	Burns	Graham	Dragons RC	M5EN	0	0.0	0	0.0	334	154.6	154.6	236
562	Abson	Keith	Rothwell Harriers	M65	445	56.0	347	43.5	431	53.9	153.5	12
563	Owen	Tony	St Theresa's AC	M5EN	348	153.0	0	0.0	0	0.0	153.0	237
564	Mccleave	Martin	Horsforth Harriers	M50	0	0.0	0	0.0	337	151.5	151.5	56
565	Mitton	John	Nidd Valley RR	M45	350	151.0	0	0.0	0	0.0	151.0	90
566	Robins	Mike	Valley Striders	M55	0	0.0	0	0.0	338	150.4	150.4	48
567	Lovell	Rodney	Wharfedale Harriers	M5EN	0	0.0	266	150.4	0	0.0	150.4	238
568	Persico	Peter	Abbey Runners	M40	351	150.0	0	0.0	0	0.0	150.0	97
569	Hirst	Philip	Ilkley Harriers	M60	0	0.0	267	149.1	0	0.0	149.1	21
570	Starks	Tyler	Ackworth RR	M5EN	352	149.0	0	0.0	0	0.0	149.0	239
571	Hamilton	Gavin	Saltaire Striders	M40	421	80.0	0	0.0	418	67.4	147.4	98
572	Fugill	Sam	Nidd Valley Road Runners	M5EN	0	0.0	0	0.0	344	144.2	144.2	240
573	Ward	Ash	Rothwell Harriers	M5EN	0	0.0	0	0.0	345	143.2	143.2	241
574	Holliday	Lee	St Theresa's AC	M40	358	143.0	0	0.0	0	0.0	143.0	99
575	Robinson	Jonathan	Ecclehill RR	M45	359	142.0	0	0.0	0	0.0	142.0	91
576	Bowman	Geoff	Roundhay Runners	M55	433	68.0	0	0.0	412	73.7	141.7	49
577	Madhas	Raj	Wharfedale Harriers	M50	0	0.0	328	68.6	413	72.6	141.2	57
578	Keegan	Des	Chapel Allerton Runners	M5EN	360	141.0	0	0.0	0	0.0	141.0	242
579	Halliday	David	Knaresborough Striders	M50	361	140.0	0	0.0	0	0.0	140.0	58
580	Douglas	Alan	Saltaire Striders	M45	0	0.0	274	139.8	0	0.0	139.8	92
581	Longhorn	Darren	Saltaire Striders	M50	432	69.0	0	0.0	415	70.5	139.5	59
582	Jones	Chris	Hyde Park Harriers	M60	0	0.0	276	137.2	0	0.0	137.2	22

583	Cooper	Richard	St Theresa's AC	MSEN	364	137.0	0	0.0	0	0.0	137.0	243
584	Hiscoe	Clynt	Rothwell Harriers	M45	0	0.0	0	0.0	352	135.9	135.9	93
585	Peck	Simon	Dragons RC	M60	367	134.0	0	0.0	0	0.0	134.0	23
586	Littlewood	Graeme	Abbey Runners	M50	369	132.0	0	0.0	0	0.0	132.0	60
587	Beattie	Chris	Nidd Valley Road Runners	M60	0	0.0	0	0.0	356	131.7	131.7	24
588	Miran	Sohail	Bradford Airedale	M45	461	40.0	350	39.6	433	51.9	131.4	94
589	Ellison	Garry	Eccleshill RR	M55	0	0.0	281	130.6	0	0.0	130.6	50
590	Smith	Nick	Nidd Valley RR	M55	456	45.0	355	33.0	436	48.8	126.7	51
591	Platten	Jason	York Postal Harriers	MSEN	0	0.0	284	126.6	0	0.0	126.6	244
592	Cooper	David	Ackworth RR	M60	443	58.0	0	0.0	417	68.5	126.5	25
593	Common	Paul	Roundhay Runners	M50	375	126.0	0	0.0	0	0.0	126.0	61
594	Cumbers	Jonathan	Nidd Valley Road Runners	MSEN	0	0.0	0	0.0	363	124.5	124.5	245
595	Miller	Stanley	Roundhay Runners	M40	427	74.0	342	50.1	0	0.0	124.1	100
596	Thompson	Geoff	Wharfedale Harriers	M55	458	43.0	349	40.9	447	37.3	121.2	52
597	White	Geoffrey	Ilkley Harriers	MSEN	382	119.0	0	0.0	0	0.0	119.0	246
598	Bracchi	Chris	Hyde Park Harriers	M50	439	62.0	337	56.7	0	0.0	118.7	62
599	Mullaney	Sean	Roundhay Runners	M50	0	0.0	0	0.0	370	117.2	117.2	63
600	Trotter	Andy	York Tri Club	M45	385	116.0	0	0.0	0	0.0	116.0	95
601	Duffy	Richard	Horsforth Harriers	M65	431	70.0	346	44.9	0	0.0	114.9	13
602	Judd	Andy	Hyde Park Harriers	M50	387	114.0	0	0.0	0	0.0	114.0	64
603	Tinker	Mick	Valley Striders	M60	0	0.0	295	112.1	0	0.0	112.1	26
604	Kelly	Mat	Rothwell Harriers	MSEN	389	112.0	0	0.0	0	0.0	112.0	247
605	Barnett	Tim	Eccleshill RR	M55	390	111.0	0	0.0	0	0.0	111.0	53
606	Gray	Matthew	Hyde Park Harriers	MSEN	455	46.0	351	38.3	458	25.9	110.2	248
607	Hawden	Graham	Rothwell Harriers	M55	468	33.0	353	35.6	444	40.5	109.1	54
608	Rayner	Ian	Roundhay Runners	M55	453	48.0	334	60.7	0	0.0	108.7	55
609	Ellwood	Andrew	York Postal Harriers	M50	447	54.0	0	0.0	432	52.9	106.9	65
610	Koerner	Nathan	Roundhay Runners	M40	0	0.0	0	0.0	380	106.8	106.8	101
611	Taylor	Chris	Ackworth RR	M65	0	0.0	345	46.2	426	59.1	105.3	14
612	Chippendale	Kevin	Ackworth RR	M60	397	104.0	0	0.0	0	0.0	104.0	27
613	Blakeley	Richard	Roundhay Runners	M75	0	0.0	339	54.1	435	49.8	103.9	2
614	Markey	Barry	Bradford Airedale	M55	0	0.0	348	42.2	424	61.2	103.4	56
615	Stanhope	Chistopher	Eccleshill RR	M50	0	0.0	331	64.6	446	38.4	103.0	66
616	Zywicki	Paul	Ackworth RR	M55	438	63.0	0	0.0	445	39.4	102.4	57
617	Hill	Chris	Airecentre Pacers	M60	399	102.0	0	0.0	0	0.0	102.0	28
618	O'brien	Eamon	Valley Striders	M45	0	0.0	0	0.0	385	101.7	101.7	96
619	Lankester	Nick	Roundhay Runners	MSEN	452	49.0	343	48.8	0	0.0	97.8	249
620	Thorpe	Stuart	Rothwell Harriers	M45	405	96.0	0	0.0	0	0.0	96.0	97
621	Metcalfe	Daniel	Fellandale	MSEN	0	0.0	0	0.0	397	89.2	89.2	250
622	Bowyer	Steven	Harrogate Harriers	M50	0	0.0	313	88.4	0	0.0	88.4	67
623	Popple	Gary	Eccleshill RR	M50	448	53.0	0	0.0	449	35.3	88.3	68
624	Taylor	Ian	Horsforth Harriers	M50	467	34.0	358	29.0	459	24.9	87.9	69
625	Erdogdu	Hamit	Roundhay Runners	M50	449	52.0	0	0.0	450	34.2	86.2	70
626	Mustufvi	Zhain	Chapel Allerton Runners	MSEN	0	0.0	0	0.0	400	86.1	86.1	251
627	Danby	Paul	Ackworth RR	M50	415	86.0	0	0.0	0	0.0	86.0	71
628	Gourlay	Ross	Roundhay Runners	MSEN	0	0.0	316	84.4	0	0.0	84.4	252
629	Wright	Martin	Bradford Airedale	M55	0	0.0	0	0.0	404	82.0	82.0	58
630	Council	Andrew	Bradford Airedale	MSEN	420	81.0	0	0.0	0	0.0	81.0	253
631	Lawrenson	Ken	Ackworth RR	M75	0	0.0	354	34.3	439	45.6	79.9	3
632	Perfitt	Brian	Eccleshill RR	M45	423	78.0	0	0.0	0	0.0	78.0	98
633	Mistry	Mohanlal	Saltaire Striders	M55	0	0.0	0	0.0	408	77.8	77.8	59
634	Lawson	Matthew	Saltaire Striders	MSEN	457	44.0	0	0.0	452	32.2	76.2	254
635	Buckle	Michael	Airecentre Pacers	MSEN	426	75.0	0	0.0	0	0.0	75.0	255
636	Lewis	Peter	Ilkley Harriers	M65	0	0.0	357	30.3	440	44.6	74.9	15
637	Mcguire	Nick	St Theresa's AC	MSEN	430	71.0	0	0.0	0	0.0	71.0	256
638	Forster	Michael	Chapel Allerton Runners	M40	0	0.0	0	0.0	416	69.5	69.5	102
639	Hall	Neil	Valley Striders	MSEN	469	32.0	352	36.9	0	0.0	68.9	257
640	Upperton	James	Wetherby Runners	MSEN	484	17.0	360	26.4	460	23.9	67.2	258
641	Osbourne	Michael	York Tri Club	M50	435	66.0	0	0.0	0	0.0	66.0	72
642	Bannister	Bradley	Ackworth RR	MSEN	436	65.0	0	0.0	0	0.0	65.0	259
643	Macnay	Jonathan	Valley Striders	M50	0	0.0	356	31.7	451	33.2	64.9	73
644	Clink	Brian	Roundhay Runners	M45	480	21.0	362	23.7	465	18.7	63.4	99
645	Trayford	Mark	Harrogate Tri Club	M45	0	0.0	0	0.0	422	63.3	63.3	100
646	Hayes	John	Hyde Park Harriers	M50	0	0.0	365	19.8	442	42.5	62.3	74
647	Richards	Andy	York Tri Club	M55	440	61.0	0	0.0	0	0.0	61.0	60
648	Ibrahim	Joe	Abbey Runners	M40	483	18.0	361	25.1	466	17.6	60.7	103
649	Smith	Mike	Abbey Runners	M45	0	0.0	0	0.0	425	60.2	60.2	101
650	Huxford	James	York Tri Club	MSEN	442	59.0	0	0.0	0	0.0	59.0	260
651	Taylor	Malcolm	Kirkstall Harriers	MSEN	466	35.0	0	0.0	462	21.8	56.8	261
652	Lowe	Chris	Roundhay Runners	M50	0	0.0	0	0.0	430	55.0	55.0	75
653	Hogan	Michael	Eccleshill RR	M55	475	26.0	0	0.0	457	27.0	53.0	61
654	Montana	Marcos	Nidd Valley Road Runners	MSEN	0	0.0	341	51.5	0	0.0	51.5	262
655	Daglish	Steven	Roundhay Runners	MSEN	472	29.0	363	22.4	0	0.0	51.4	263
656	Milne	Stephen	Hyde Park Harriers	MSEN	0	0.0	0	0.0	434	50.8	50.8	264
657	Higgins	Michael	St Theresa's AC	M70	470	31.0	0	0.0	464	19.7	50.7	7
658	Kuendiger	Jan	York Tri Club	MSEN	454	47.0	0	0.0	0	0.0	47.0	265
659	Shaw	Jonathan	Horsforth Harriers	MSEN	0	0.0	0	0.0	441	43.6	43.6	266
660	Kingsnorth	Simon	Saltaire Striders	M50	479	22.0	364	21.1	0	0.0	43.1	76
661	Moss	Mike	Saltaire Striders	M60	0	0.0	370	13.2	455	29.0	42.2	29
662	Nuut	Andrew	Ackworth RR	MSEN	0	0.0	0	0.0	443	41.5	41.5	267
663	O'hara	Steve	Horsforth Harriers	M65	460	41.0	0	0.0	0	0.0	41.0	16
664	Huby	Peter	Saltaire Striders	M55	462	39.0	0	0.0	0	0.0	39.0	62
665	Mcardle	Ash	Ackworth RR	M40	463	38.0	0	0.0	0	0.0	38.0	104
666	Gallagher	Paul	Ackworth RR	M45	476	25.0	0	0.0	471	12.4	37.4	102

667	Simpson	Roy	Ackworth RR	M60	464	37.0	0	0.0	0	0.0	37.0	30
668	Midgley	Mathew	Bradford Airedale	MSEN	0	0.0	0	0.0	448	36.3	36.3	268
669	Kitchen	Jay	Kippax Harriers	M55	465	36.0	0	0.0	0	0.0	36.0	63
670	O'halloran	Sean	Kirkstall Harriers	MSEN	482	19.0	371	11.9	479	4.1	35.0	269
671	Jackson	David	Abbey Runners	MSEN	0	0.0	359	27.7	476	7.3	35.0	270
672	Park	Ian	Horsforth Harriers	M60	488	13.0	366	18.5	0	0.0	31.5	31
673	Allen	Steven	Horsforth Harriers	M45	0	0.0	0	0.0	453	31.1	31.1	103
674	Macrae	Don	Ilkley Harriers	M70	486	15.0	372	10.6	478	5.2	30.7	8
675	Silva	Mervin	Saltaire Striders	M60	0	0.0	368	15.8	469	14.5	30.4	32
676	Gardner	Andrew	St Theresa's AC	M65	487	14.0	374	7.9	475	8.3	30.2	17
677	Lamont	David	Eccleshill RR	M50	0	0.0	0	0.0	454	30.1	30.1	77
678	Hill	Robert	Nidd Valley RR	M70	471	30.0	0	0.0	0	0.0	30.0	9
679	Hey	Peter	Kirkstall Harriers	M65	490	11.0	367	17.2	0	0.0	28.2	18
680	Chapman	Paul	Kirkstall Harriers	M40	0	0.0	0	0.0	456	28.0	28.0	105
681	Robinson	Sam	Eccleshill RR	MSEN	473	28.0	0	0.0	0	0.0	28.0	271
682	Everitt	Antony	Knaresborough Striders	M50	474	27.0	0	0.0	0	0.0	27.0	78
683	Lim	Philip	Valley Striders	M45	477	24.0	0	0.0	0	0.0	24.0	104
684	Hill	Phil	Roundhay Runners	M55	0	0.0	369	14.5	474	9.3	23.8	64
685	Scott	Lee	Harrogate Tri Club	M45	0	0.0	0	0.0	461	22.8	22.8	105
686	Jarvis	Michael	Airecentre Pacers	M50	0	0.0	0	0.0	463	20.7	20.7	79
687	Ogden	Richard	Rothwell Harriers	M45	481	20.0	0	0.0	0	0.0	20.0	106
688	Appleby	Martin	Rothwell Harriers	M60	494	7.0	375	6.6	480	3.1	16.7	33
689	Farmery	Paul	Hyde Park Harriers	MSEN	0	0.0	0	0.0	467	16.6	16.6	272
690	Sedgley	Neil	Valley Striders	M50	485	16.0	0	0.0	0	0.0	16.0	80
691	Scanlon	Pete	Horsforth Harriers	M70	0	0.0	376	5.3	473	10.4	15.7	10
692	Nesden	Patrick	Kirkstall Harriers	M65	496	5.0	377	4.0	477	6.2	15.2	19
693	Walker	Simon	Airecentre Pacers	MSEN	0	0.0	0	0.0	470	13.5	13.5	273
694	Britton	Carl	Ackworth RR	M40	489	12.0	0	0.0	0	0.0	12.0	106
695	Foster	Colin	Harrogate Harriers	M60	0	0.0	0	0.0	472	11.4	11.4	34
696	Smith	Richard	Saltaire Striders	M55	491	10.0	0	0.0	0	0.0	10.0	65
697	Maltby	Christopher	St Theresa's AC	M60	0	0.0	373	9.2	0	0.0	9.2	35
698	Upton	Chis	Saltaire Striders	M60	492	9.0	0	0.0	0	0.0	9.0	36
699	Sharma	Sunil	Roundhay Runners	M60	493	8.0	0	0.0	0	0.0	8.0	37
700	Kitchen	Andrew	Ilkley Harriers	M60	495	6.0	0	0.0	0	0.0	6.0	38
701	Camponi	Tom	Ackworth RR	MSEN	498	3.0	379	1.3	482	1.0	5.4	274
702	Wilson	Gary	Ackworth RR	M55	497	4.0	0	0.0	0	0.0	4.0	66
703	Hyde	Graham	Nidd Valley Road Runners	M40	0	0.0	378	2.6	0	0.0	2.6	107
704	Owen	Tim	Ackworth RR	M45	0	0.0	0	0.0	481	2.1	2.1	107
705	Black	Sam	Abbey Runners	M70	499	2.0	0	0.0	0	0.0	2.0	11
706	Morris	Steven	Knaresborough Striders	M60	500	1.0	0	0.0	0	0.0	1.0	39

Second Claimers shown in blue

Category Leaders shown in red