

PECO Cross Country League 2018-19
Senior Men's Cumulative Results After Race 4

Position	Surname	First Name	Club	Age Cat	Race 1		Race 2		Race 3		Race 4		Total Points	Cat Pos
					Pos	Points	Pos	Points	Pos	Points	Pos	Points		
1	Forrest	Terence	Ackworth Road Runners	MSEN	2	499.0	3	497.8	2	499.0	1	500.0	1995.8	1
2	Baldwin	Tim	Saltire Striders	MSEN	9	492.2	5	495.6	5	495.8	5	495.7	1979.3	2
3	Burns	Alisdair	Wharfedale Harriers	M35	7	494.1	6	494.4	6	494.8	7	493.6	1977.0	1
4	Hallam	Matthew	Valley Striders	MSEN	8	493.2	7	493.3	7	493.8	6	494.7	1974.9	3
5	Pownall	Jon	Valley Striders	MSEN	23	478.5	10	490.0	23	477.1	15	485.0	1930.6	4
6	Lomas	Adam	Hyde Park Harriers	MSEN	19	482.4	14	485.6	17	483.4	28	471.2	1922.5	5
7	Fillingham	Martin	Saltire Striders	M45	41	460.9	17	482.2	28	471.9	27	472.2	1887.2	1
8	Holder	Jacob	Roundhay Runners	MSEN	42	459.9	22	476.7	44	455.3	22	477.6	1869.4	6
9	Gott	Steven	Ilkley Harriers	M40	48	454.0	34	463.3	24	476.1	29	470.1	1863.5	1
10	Milne	Angus	Hyde Park Harriers	MSEN	29	472.6	35	462.2	47	452.2	25	474.4	1861.4	7
11	Green	Sam	Wharfedale Harriers	MSEN	38	463.8	31	466.7	37	462.6	33	465.8	1858.9	8
12	Young	Jonathan	Kirkstall Harriers	MSEN	45	456.9	30	467.8	42	457.4	26	473.3	1855.4	9
13	Jones	Simon	Abbey Runners	MSEN	34	467.7	20	478.9	53	445.9	42	456.2	1848.7	10
14	Humphries	Andrew	Airecentre Pacers	MSEN	35	466.7	47	448.9	30	469.9	43	455.1	1840.6	11
15	Gibbs	Richard	Roundhay Runners	M40	53	449.1	32	465.6	43	456.3	39	459.4	1830.4	2
16	Moakler	Ben	Roundhay Runners	M35	43	458.9	43	453.3	48	451.1	44	454.1	1817.4	2
17	Herrington	Richard	St Therasas AC	M35	112	391.4	28	470.0	25	475.1	23	476.5	1812.9	3
18	Brown	Andy	Saltire Striders	M50	63	439.3	42	454.4	39	460.5	41	457.3	1811.5	1
19	Richardson	Matthew	Saltire Striders	M35	52	450.1	39	457.8	35	464.7	66	430.6	1803.1	4
20	Forey	Jonathan	Dragons Running Club	M50	39	462.8	51	444.4	59	439.7	47	450.9	1797.8	2
21	Kirk	Adam	Nidd Valley Road Runners	MSEN	33	468.7	26	472.2	87	410.6	52	445.5	1797.0	12
22	Newton	Simon	Ackworth Road Runners	M40	81	421.7	57	437.8	32	467.8	38	460.5	1787.7	3
23	Pinn	Steve	Roundhay Runners	M40	69	433.5	69	424.4	31	468.8	46	451.9	1778.6	4
24	Mann	Gary	Valley Striders	M35	58	444.2	46	450.0	65	433.5	49	448.7	1776.4	5
25	Pratt	Daniel	Wharfedale Harriers	M35	56	446.2	55	440.0	68	430.4	53	444.4	1761.0	6
26	Furlong	Ian	Roundhay Runners	M35	62	440.3	50	445.6	55	443.9	70	426.3	1756.0	7
27	Gidlow	Paul	Horsforth Harriers	M40	50	452.1	40	456.7	71	427.2	78	417.7	1753.7	5
28	Greenland	Rob	Chapel Allerton RC	M45	44	457.9	52	443.3	76	422.0	77	418.8	1742.1	2
29	Newsome	Paul	St Therasas AC	M45	71	431.5	56	438.9	57	441.8	76	419.9	1732.1	3
30	Dunbar	Stuart	Saltire Striders	M55	83	419.8	61	433.3	54	444.9	71	425.2	1723.2	1
31	Dearden	Mike	Chapel Allerton RC	M35	99	404.1	62	432.2	60	438.7	64	432.7	1707.7	8
32	Mcguire	Dave	Wharfedale Harriers	M50	85	417.8	67	426.7	74	424.1	60	437.0	1705.6	3
33	Harris	Tom	Harrogate Harriers & AC	MSEN	84	418.8	66	427.8	88	409.6	68	428.4	1684.5	13
34	Hardy	Lee	Kirkstall Harriers	M35	66	436.4	64	430.0	92	405.4	83	412.4	1684.2	9
35	Maudsley	Ian	St Therasas AC	M35	90	412.9	74	418.9	78	420.0	84	411.3	1663.1	10
36	Plummer	Barnabas	Horsforth Harriers	MSEN	104	399.2	72	421.1	85	412.7	82	413.5	1646.5	14
37	Walker	Bobak	Roundhay Runners	M35	76	426.6	68	425.6	93	404.4	116	377.1	1633.7	11
38	Hipkiss	Jack	Kirkstall Harriers	MSEN	190	315.1	48	447.8	72	426.2	59	438.0	1627.1	15
39	Franklin	James	Abbey Runners	M40	96	407.0	77	415.6	75	423.1	120	372.9	1618.6	6
40	Wright	James	Knareborough Striders	MSEN	87	415.9	80	412.2	105	391.9	102	392.1	1612.1	16
41	Brown	Paul	Rothwell Harriers & AC	M50	95	408.0	97	393.3	82	415.8	103	391.0	1608.2	4
42	Walker	Richard	Airecentre Pacers	M40	100	403.1	89	402.2	110	386.7	99	395.3	1587.3	7
43	O'Brien	Alan	Kirkstall Harriers	MSEN	139	365.0	96	394.4	80	417.9	89	406.0	1583.3	17
44	Rose	Jack	Hyde Park Harriers	MSEN	116	387.5	100	390.0	103	394.0	93	401.7	1573.2	18
45	Lothouse	Martin	Nidd Valley Road Runners	M50	105	398.2	85	406.7	114	382.5	114	379.3	1566.7	5
46	Lines	Charles	Ackworth Road Runners	M55	113	390.4	107	382.2	99	398.1	109	384.6	1555.4	2
47	Blackburn	Peter	Kippax Harriers	M35	150	354.2	94	396.7	94	403.3	104	390.0	1544.2	12
48	Fulton	Aron	Hyde Park Harriers	MSEN	126	377.7	83	408.9	144	351.4	90	404.9	1542.8	19
49	Straughan	Tim	Valley Striders	M50	94	409.0	135	351.1	104	392.9	118	375.0	1528.0	6
50	Powell	Edward	Roundhay Runners	M35	115	388.5	102	387.8	123	373.2	121	371.8	1521.2	13
51	Blakeley	Matthew	Roundhay Runners	M45	122	381.6	88	403.3	145	350.3	115	378.2	1513.5	4
52	Elson	Callum	Roundhay Runners	MSEN	1	500.0	1	500.0	3	497.9	0	0.0	1497.9	20
53	Howie	Robin	Wharfedale Harriers	MSEN	5	496.1	0	0.0	4	496.9	3	497.9	1490.8	21
54	Head	Steve	Rothwell Harriers & AC	M45	133	370.8	93	397.8	117	379.4	157	333.3	1481.4	5
55	Wills	Jonathan	Roundhay Runners	M40	6	495.1	0	0.0	9	491.7	8	492.5	1479.3	8
56	Smith	Mark	Horsforth Harriers	M35	12	489.2	0	0.0	8	492.7	10	490.4	1472.3	14
57	Brant	Greg	Kirkstall Harriers	M35	138	365.9	98	392.2	116	380.5	159	331.2	1469.8	15
58	Boynton	Philip	Horsforth Harriers	MSEN	14	487.3	0	0.0	10	490.6	12	488.2	1466.2	22
59	Midgley	Tim	Abbey Runners	M35	11	490.2	0	0.0	14	486.5	11	489.3	1466.0	16
60	Moger	Adam	Kirkstall Harriers	M40	160	344.4	126	361.1	102	395.0	127	365.4	1465.9	9
61	Longmate	Kevin	Kirkstall Harriers	MSEN	101	402.2	113	375.6	126	370.1	174	315.2	1462.9	23
62	Holmes	Christian	Wharfedale Harriers	M45	10	491.2	0	0.0	13	487.5	18	481.8	1460.6	6
63	Watson	Sam	Wharfedale Harriers	MSEN	13	488.3	8	492.2	0	0.0	20	479.7	1460.2	24
64	Grant	Daniel	St Therasas AC	MSEN	0	0.0	15	484.4	11	489.6	17	482.9	1457.0	25
65	Wray-Rogers	Luke	Abbey Runners	M40	141	363.0	105	384.4	155	339.9	124	368.6	1456.0	10
66	Driver	David	Wharfedale Harriers	M35	18	483.4	9	491.1	0	0.0	21	478.6	1453.1	17
67	Robins	Sam	Chapel Allerton RC	MSEN	0	0.0	16	483.3	18	482.3	13	487.2	1452.8	26
68	Vargas	Michael	Hyde Park Harriers	MSEN	27	474.6	0	0.0	12	488.6	14	486.1	1449.2	27
69	Jenner	Tim	Roundhay Runners	MSEN	22	479.5	11	488.9	21	479.2	0	0.0	1447.6	28
70	Anderson	George	Hyde Park Harriers	MSEN	20	481.4	0	0.0	16	484.4	19	480.8	1446.6	29
71	Jordan	Rupert	Hyde Park Harriers	MSEN	0	0.0	21	477.8	22	478.2	16	484.0	1439.9	30
72	Lister	Mike	Chapel Allerton RC	MSEN	164	340.5	124	363.3	120	376.3	133	359.0	1439.1	31
73	Bagot	David	Hyde Park Harriers	MSEN	30	471.6	23	475.6	15	485.4	0	0.0	1432.6	32
74	Spain	Jonathan	Hyde Park Harriers	MSEN	147	357.1	133	353.3	138	357.6	146	345.1	1413.2	33
75	Kirkham	David	Wharfedale Harriers	M40	26	475.0	0	0.0	27	473.0	35	463.7	1412.2	11
76	Gwilym	Owain	Airecentre Pacers	M35	156	348.3	134	352.2	158	336.8	123	369.7	1407.0	18
77	Kerr	Will	Saltire Striders	M40	17	484.3	29	468.9	0	0.0	45	453.0	1406.2	12
78	Navis	John	Pudsey & Bramley AC	MSEN	21	480.4	18	481.1	56	442.8	0	0.0	1404.4	34
79	Pullan	Andy	Kirkstall Harriers	MSEN	166	338.6	120	367.8	141	354.5	149	341.9	1402.7	35
80	Steele	Joe	Roundhay Runners	M45	175	329.7	143	342.2	124	372.1	137	354.7	1398.8	7
81	Critchley	Martin	Horsforth Harriers	M40	142	362.0	158	325.6	122	374.2	154	336.5	1398.3	13
82	Needham	Jim	Ackworth Road Runners	M50	162	342.5	130	356.7	149	346.2	145	346.2	1391.4	7
83	Wakelin	Luke	Nidd Valley Road Runners	MSEN	54	448.1	0	0.0	19	481.3	37	461.5	1391.0	36
84	Willis	Ian	Wharfedale Harriers	M45	37	464.8	0	0.0	36	463.6	40	458.3	1386.7	8
85	Coldwell	Ben	Kirkstall Harriers	MSEN	40	461.8	0	0.0	41	458.4	34	464.7	1385.0	37
86	Armstrong	Ross	Abbey Runners	MSEN	55	447.2	27	471.1	34	465.7	0	0.0	1384.0	38
87	Carrick	Chris	Hyde Park Harriers	M40	188	317.0	121	366.7	140	355.5	150	340.8	1380.0	14
88	Kent	Jonathan	Chapel Allerton RC	M35	167	337.6	142	343.3	146	349.3	144	347.2	1377.4	19
89	Richardson	Timothy	Harrogate Harriers & AC	MSEN	31	470.6	0	0.0	63	435.6	30	469.0	1375.2	39
90	Sanderson	Ian	Valley Striders	M45	151	353.2	144	341.1	121	375.3	190	298.1	1367.7	9

91	Butler	Joe	Roundhay Runners	MSEN	152	352.3	139	346.7	159	335.8	164	325.9	1360.5	40
92	Goose	Phillip	Hyde Park Harriers	MSEN	97	406.1	24	474.4	26	474.0	0	0.0	1354.5	41
93	Jenkins	Liam	Abbey Runners	MSEN	68	434.4	0	0.0	46	453.2	36	462.6	1350.3	42
94	Mace	James	Rothwell Harriers & AC	MSEN	49	453.0	37	460.0	62	436.6	0	0.0	1349.6	43
95	Newell	Matt	Roundhay Runners	M35	61	441.3	33	464.4	0	0.0	56	441.2	1347.0	20
96	Mason	Andrew	Wetherby Runners AC	MSEN	202	303.3	145	340.0	143	352.4	142	349.4	1345.1	44
97	Fleming	Andrew	Rothwell Harriers & AC	M35	64	438.4	0	0.0	51	448.0	48	449.8	1336.2	21
98	Wardle	Patrick	Wharfedale Harriers	MSEN	51	451.1	60	434.4	0	0.0	54	443.4	1328.9	45
99	Wilks	Trevor	Abbey Runners	M45	59	443.2	45	451.1	0	0.0	63	433.8	1328.1	10
100	Hill	Andy	Kippax Harriers	M45	184	320.9	146	338.9	162	332.6	158	332.3	1324.7	11
101	Lavin	Robin	York Triathlon Club	MSEN	78	424.7	53	442.2	45	454.3	0	0.0	1321.1	46
102	Blackburn	Ross	Rothwell Harriers & AC	MSEN	57	445.2	54	441.1	0	0.0	69	427.4	1313.7	47
103	Howard	Robert	Hyde Park Harriers	MSEN	67	435.4	49	446.7	70	428.3	0	0.0	1310.4	48
104	Harvey	Tim	Nidd Valley Road Runners	M45	72	430.5	59	435.6	61	437.6	0	0.0	1303.7	12
105	Gray	Robert	Wetherby Runners AC	M55	198	307.2	181	300.0	142	353.4	152	338.7	1299.3	3
106	Cornforth	Phillip	Knareborough Striders	M50	219	286.7	177	304.4	150	345.1	139	352.6	1288.8	8
107	Thomas	Gwilym	Valley Striders	M40	75	427.6	58	436.7	0	0.0	72	424.1	1288.4	15
108	Jackson	Thomas	Roundhay Runners	MSEN	208	297.5	195	284.4	147	348.2	135	356.8	1287.0	49
109	Robins	Daniel	Valley Striders	M35	86	416.8	63	431.1	0	0.0	62	434.8	1282.8	22
110	Kwallah	Joseph	Wetherby Runners AC	M50	82	420.7	0	0.0	67	431.4	67	429.5	1281.6	9
111	Kent	Craig	Abbey Runners	MSEN	187	318.0	184	296.7	134	361.7	191	297.0	1273.4	50
112	Hayes	Justin	Rothwell Harriers & AC	M45	191	314.1	159	324.4	151	344.1	197	290.6	1273.2	13
113	Ball	Jonathan	Valley Striders	M40	0	0.0	82	410.0	49	450.1	86	409.2	1269.3	16
114	Todd	Andy	Nidd Valley Road Runners	M55	77	425.6	75	417.8	0	0.0	73	423.1	1266.5	4
115	Morton	Joseph	Roundhay Runners	M35	0	0.0	73	420.0	73	425.2	79	416.7	1261.8	23
116	Morland	Stephen	Knareborough Striders	M45	88	414.9	65	428.9	0	0.0	81	414.5	1258.3	14
117	Furness	Rob	Wharfedale Harriers	M35	36	465.8	25	473.3	178	316.0	0	0.0	1255.1	24
118	Somerville	Gareth	Harrogate Harriers & AC	MSEN	74	428.6	0	0.0	106	390.9	65	431.6	1251.0	51
119	Browes	Sam	Roundhay Runners	MSEN	178	326.8	174	307.8	185	308.7	184	304.5	1247.8	52
120	Ellwood	Glynn	York Postal Harriers	MSEN	91	411.9	0	0.0	86	411.6	74	422.0	1245.6	53
121	Jordan	Mark	Harrogate Harriers & AC	M60	205	300.4	157	326.7	184	309.8	182	306.6	1243.5	1
122	Jones	Simon	Abbey Runners	M45	0	0.0	71	422.2	84	413.7	91	403.8	1239.8	15
123	Payne	Nick	Hyde Park Harriers	M35	192	313.1	191	288.9	179	315.0	169	320.5	1237.5	25
124	Weilton	Ted	Knareborough Striders	M45	109	394.3	70	423.3	79	418.9	0	0.0	1236.6	16
125	Lynch	Tom	Horsforth Fellandale	M35	0	0.0	90	401.1	66	432.4	92	402.8	1236.3	26
126	Westmoreland	Jason	Rothwell Harriers & AC	M50	98	405.1	79	413.3	0	0.0	80	415.6	1234.0	10
127	Johnston	Ben	Horsforth Harriers	M35	89	413.9	0	0.0	83	414.8	95	399.6	1228.2	27
128	Wilson	Matthew	Rothwell Harriers & AC	M40	102	401.2	76	416.7	91	406.4	0	0.0	1224.3	17
129	Duffield	Michael	Ilkley Harriers	M45	185	320.0	186	294.4	190	303.5	186	302.4	1220.3	17
130	Horbury	Martin	St Therasas AC	M55	207	298.4	167	315.6	188	305.6	198	289.5	1209.1	5
131	Roden	James	Abbey Runners	M45	0	0.0	91	400.0	90	407.5	106	387.8	1195.3	18
132	Tarran	James	Valley Striders	M50	106	397.3	92	398.9	0	0.0	97	397.4	1193.6	11
133	Schofield	George	St Therasas AC	MSEN	0	0.0	99	391.1	119	377.3	75	420.9	1189.4	54
134	Walker	Gavin	Ackworth Road Runners	MSEN	0	0.0	95	395.6	112	384.6	87	408.1	1188.3	55
135	Price	Dan	Chapel Allerton RC	MSEN	186	319.0	179	302.2	242	249.5	172	317.3	1188.0	56
136	Wynn	Tom	Harrogate Tri Club	MSEN	0	0.0	104	385.6	96	401.2	96	398.5	1185.3	57
137	Martin	Ian	York Triathlon Club	M50	129	374.8	84	407.8	95	402.3	0	0.0	1184.8	12
138	Roebuck	Chris	Horsforth Harriers	M40	117	386.5	87	404.4	0	0.0	101	393.2	1184.1	18
139	Stevin	Finbar	Horsforth Harriers	MSEN	103	400.2	0	0.0	100	397.1	107	386.8	1184.0	58
140	Dalton	Kevin	Nidd Valley Road Runners	MSEN	213	292.6	163	320.0	183	310.8	227	258.5	1181.9	59
141	Mills	Gerard	Bradford Airedale AC	M50	224	281.8	160	323.3	195	298.3	213	273.5	1177.0	13
142	Harding	Andrew	Kippax Harriers	M45	249	257.3	169	313.3	182	311.9	201	286.3	1168.8	19
143	Temple	Rowan	Kirkstall Harriers	MSEN	80	422.7	0	0.0	131	364.9	113	380.3	1167.9	60
144	Partridge	Simon	York Postal Harriers	M40	108	395.3	78	414.4	0	0.0	134	357.9	1167.7	19
145	Armitstead	Simon	Chapel Allerton RC	MSEN	110	393.3	0	0.0	101	396.0	117	376.1	1165.5	61
146	Bandy	Clive	Valley Striders	M40	0	0.0	125	362.2	98	399.2	94	400.6	1162.0	20
147	Squire	Alan	Horsforth Harriers	M50	237	269.1	192	287.8	198	295.2	189	299.1	1151.2	14
148	Jowett	Gareth	Hyde Park Harriers	MSEN	214	291.6	176	305.6	202	291.1	226	259.6	1147.8	62
149	White	Ali	Roundhay Runners	MSEN	121	382.6	114	374.4	109	387.7	0	0.0	1144.8	63
150	Fall	Chris	Chapel Allerton RC	MSEN	0	0.0	118	370.0	111	385.7	105	388.9	1144.5	64
151	Garratt	Richard	Hyde Park Harriers	M40	0	0.0	108	381.1	133	362.8	98	396.4	1140.3	21
152	Taylor	Lee	Hyde Park Harriers	M40	195	310.2	166	316.7	230	262.0	243	241.5	1130.3	22
153	Rhodes	Steve	Hyde Park Harriers	M55	0	0.0	111	377.8	113	383.6	143	348.3	1109.6	6
154	Hainsworth	Brian	Nidd Valley Road Runners	M40	217	288.6	204	274.4	222	270.3	212	274.6	1107.9	23
155	Murray	Steve	Ilkley Harriers	M45	131	372.8	0	0.0	125	371.1	130	362.2	1106.1	20
156	Harrold	Brian	Chapel Allerton RC	MSEN	149	355.2	0	0.0	115	381.5	125	367.5	1104.2	65
157	Strutt	Chris	Ackworth Road Runners	M45	251	255.4	197	282.2	237	254.7	180	308.8	1101.0	21
158	Hulme	Simon	Rothwell Harriers & AC	M45	267	239.7	185	295.6	199	294.2	218	268.2	1097.6	22
159	Rix	Jeremy	Saltaire Striders	M55	233	273.0	218	258.9	210	282.7	205	282.1	1096.7	7
160	Turner	Steven	Nidd Valley Road Runners	M45	229	276.9	199	280.0	220	272.3	221	265.0	1094.2	23
161	Worthington	Joe	Ackworth Road Runners	M40	123	380.6	122	365.6	0	0.0	151	339.7	1085.9	24
162	Atkinson	Joe	Wetherby Runners AC	MSEN	0	0.0	110	378.9	172	322.2	110	383.5	1084.7	66
163	Sutor	Richard	Chapel Allerton RC	M35	163	341.5	115	373.3	129	366.9	0	0.0	1081.8	28
164	Bethell	Kyle	Saltaire Striders	MSEN	146	358.1	127	360.0	136	359.7	0	0.0	1077.8	67
165	Yates	Jonny	Roundhay Runners	M35	0	0.0	147	337.8	130	365.9	119	373.9	1077.6	29
166	Wideman	Wayne	Kippax Harriers	M40	225	280.8	205	273.3	235	256.8	225	260.7	1071.6	25
167	Dodds	Allan	Roundhay Runners	M40	223	282.8	210	267.8	181	312.9	280	201.9	1065.4	26
168	Balshaw	Richard	Valley Striders	M50	155	349.3	137	348.9	0	0.0	128	364.3	1062.5	15
169	Long	Vernon	Valley Striders	M50	136	367.9	132	354.4	161	333.7	0	0.0	1056.0	16
170	Dell'amico	Loris	Saltaire Striders	M40	226	279.8	243	231.1	231	260.9	208	278.8	1050.7	27
171	Sawyer	Paul	Hyde Park Harriers	M35	257	249.5	194	285.6	214	278.6	249	235.0	1048.7	30
172	Boardman	Simon	Kirkstall Harriers	MSEN	262	244.6	235	240.0	219	273.4	210	276.7	1034.7	68
173	Giglia	Chris	Hyde Park Harriers	MSEN	231	275.0	211	266.7	241	250.5	247	237.2	1029.3	69
174	Frazer	Simon	Saltaire Striders	M40	143	361.1	164	318.9	148	347.2	0	0.0	1027.1	28
175	Turner	Andy	Roundhay Runners	MSEN	158	346.4	117	371.1	0	0.0	187	301.3	1018.8	70
176	Pickering	Malcolm	Ilkley Harriers	M65	273	233.9	206	272.2	238	253.6	233	252.1	1011.9	1
177	Street	Richard	Nidd Valley Road Runners	M35	0	0.0	151	333.3	157	337.8	156	334.4	1005.6	31
178	Webber-Cross	Geoff	Chapel Allerton RC	M35	168	336.6	0	0.0	186	307.7	131	361.1	1005.4	32
179	Woodhead	William	Airecentre Pacers	MSEN	280	227.0	221	255.6	217	275.5	242	242.5	1000.6	71
180	King	Geoff	Harrogate Harriers & AC	M60	174	330.7	140	345.6	171	323.3	0	0.0	999.6	2
181	Davison	Sam	Valley Striders	MSEN	252	254.4	231	244.4	246	245.3	230	255.3	999.5	72
182	Rush	Peter	Roundhay Runners	M55	263	243.6	217	260.0	240	251.6	241	243.6	998.8	8
183	Sambrook	Josh	LUUCCC	MSEN	4	497.1	2	498.9	0	0.0	0	0.0	996.0	73
184	Stratton	Tim	LUUCCC	MSEN	0	0.0	4	496.7	0	0.0	2	498.9	995.6	74
185	Wilkinson	Gary	Knareborough Striders	M45	289	218.2	260	212.2	229	263.0	188	300.2	993.6	24

186	Lyons	Chris	Chapel Allerton RC	M40	176	328.8	128	358.9	0	0.0	195	292.7	980.4	29
187	Padgett	Tony	Chapel Allerton RC	MSEN	0	0.0	170	312.2	164	330.6	153	337.6	980.4	75
188	Watson	Simon	Harrogate Harriers & AC	M55	0	0.0	172	310.0	156	338.9	160	330.1	979.0	9
189	Shelley	Peter	Ilkley Harriers	M50	179	325.8	150	334.4	0	0.0	171	318.4	978.7	17
190	Athersmith	Lee	Wharfedale Harriers	M35	0	0.0	13	486.7	0	0.0	9	491.5	978.1	33
191	Tranter	Colin	Hyde Park Harriers	M35	0	0.0	193	286.7	165	329.5	136	355.8	972.0	34
192	Scaife	Nigel	Nidd Valley Road Runners	M45	445	65.6	183	297.8	208	284.8	170	319.4	967.6	25
193	Laughton	Mark	York Triathlon Club	M50	288	219.2	216	261.1	245	246.4	244	240.4	967.0	18
194	Greenhalgh	Lee	Horsforth Harriers	M45	180	324.9	0	0.0	170	324.3	175	314.1	963.3	26
195	Linstrum	Nils	Wetherby Runners AC	MSEN	0	0.0	171	311.1	193	300.4	141	350.4	962.0	76
196	Matthewson	Alex	Wetherby Runners AC	M35	145	359.1	0	0.0	212	280.7	168	321.6	961.3	35
197	Whittaker	Jonathan	Harrogate Harriers & AC	M55	240	266.1	225	251.1	232	259.9	303	177.4	954.5	10
198	Midwood	Simon	Valley Striders	MSEN	28	473.6	19	480.0	0	0.0	0	0.0	953.6	77
199	Shepherd	Stuart	Chapel Allerton RC	M35	270	236.8	233	242.2	271	219.3	231	254.3	952.6	36
200	Stockburn	Paul	Harrogate Harriers & AC	M60	201	304.3	153	331.1	0	0.0	173	316.2	951.7	3
201	Hodge	Tony	Roundhay Runners	M45	0	0.0	148	336.7	187	306.7	183	305.6	948.9	27
202	Huggins	Roy	Valley Striders	M55	204	301.4	0	0.0	160	334.7	177	312.0	948.1	11
203	Strik	Adam	Wharfedale Harriers	MSEN	46	456.0	12	487.8	0	0.0	0	0.0	943.7	78
204	Venning	Tom	Valley Striders	M40	0	0.0	0	0.0	33	466.7	24	475.4	942.2	30
205	Sutherland	Mark	Eccleshill Road Runners	M50	290	217.2	250	223.3	251	240.1	228	257.5	938.2	19
206	Wilkinson	Matthew	Nidd Valley Road Runners	M35	25	476.5	0	0.0	38	461.5	0	0.0	938.1	37
207	Hassell	Ethan	Wharfedale Harriers	MSEN	15	486.3	0	0.0	0	0.0	55	442.3	928.6	79
208	Smith	Jonathan	Roundhay Runners	M45	266	240.7	239	235.6	254	237.0	268	214.7	928.0	28
209	Thomas	Tom	Hyde Park Harriers	MSEN	0	0.0	0	0.0	40	459.5	32	466.9	926.3	80
210	Grindley	Paul	Airecentre Pacers	M50	282	225.0	223	253.3	268	222.5	260	223.3	924.1	20
211	Parton	Adam	Valley Striders	M45	0	0.0	162	321.1	204	289.0	178	310.9	921.0	29
212	Spink	Stewart	Saltaire Striders	M50	0	0.0	209	268.9	168	326.4	176	313.0	908.3	21
213	Edmondson	Neal	Horsforth Harriers	MSEN	65	437.4	0	0.0	29	470.9	0	0.0	908.3	81
214	Clayton	Daniel	York Postal Harriers	M45	189	316.0	0	0.0	209	283.8	193	294.9	894.7	30
215	Patrickson	Alex	Nidd Valley Road Runners	MSEN	60	442.3	44	452.2	0	0.0	0	0.0	894.5	82
216	Ward	John	Abbey Runners	M65	275	231.9	230	245.6	281	208.9	279	203.0	889.4	2
217	Bennett	Simon	Ackworth Road Runners	M55	211	294.5	156	327.8	0	0.0	222	263.9	886.2	12
218	Moss	Marcus	Roundhay Runners	M40	0	0.0	182	298.9	194	299.4	200	287.4	885.7	31
219	Thompson	Jamie	Wetherby Runners AC	M35	73	429.5	41	455.6	0	0.0	0	0.0	885.1	38
220	Gallagher	Mike	Hyde Park Harriers	M35	0	0.0	0	0.0	50	449.1	61	435.9	885.0	39
221	Cobb	Chris	Roundhay Runners	M35	196	309.2	173	308.9	227	265.1	0	0.0	883.2	40
222	Robinson	Alex	Nidd Valley Road Runners	MSEN	0	0.0	0	0.0	58	440.7	58	439.1	879.9	83
223	Allison	David	Chapel Allerton RC	M45	222	283.8	0	0.0	176	318.1	215	271.4	873.2	31
224	Schofield	Alan	St Theresas AC	M55	218	287.7	187	293.3	205	287.9	0	0.0	868.9	13
225	Crawley	Richard	Valley Striders	MSEN	70	432.5	0	0.0	64	434.5	0	0.0	867.0	84
226	Ellis	Andrew	St Theresas AC	M40	306	201.6	240	234.4	286	203.7	258	225.4	865.2	32
227	Davy	Alan	Kippax Harriers	M40	234	272.0	165	317.8	218	274.4	0	0.0	864.2	33
228	Charlesworth	Nicholas	Wharfedale Harriers	M50	0	0.0	0	0.0	89	408.5	51	446.6	855.1	22
229	Rowbotham	Ian	Harrogate Harriers & AC	M55	227	278.9	154	330.0	0	0.0	239	245.7	854.6	14
230	Marquina	Daniel	Hyde Park Harriers	MSEN	92	411.0	0	0.0	0	0.0	57	440.2	851.1	85
231	Budding	Robert	Ilkley Harriers	M50	235	271.0	0	0.0	224	268.2	179	309.8	849.1	23
232	Geisleris	Giedrius	Kirkstall Harriers	M35	338	170.3	292	176.7	256	234.9	224	261.8	843.6	41
233	Garside	Simon	Rothwell Harriers & AC	M50	0	0.0	81	411.1	69	429.3	0	0.0	840.4	24
234	Womersley	David	Horsforth Harriers	M65	328	180.0	255	217.8	272	218.3	273	209.4	825.5	3
235	Todd	Stephen	Chapel Allerton RC	M65	323	184.9	247	226.7	276	214.1	286	195.5	821.2	4
236	Ellis	Matt	Abbey Runners	M40	301	206.5	278	192.2	284	205.8	269	213.7	818.2	34
237	Leadbeater	Mark	Ackworth Road Runners	M50	0	0.0	208	270.0	228	264.0	206	281.0	815.0	25
238	Fowler	Steven	Saltaire Striders	M45	79	423.7	0	0.0	107	389.8	0	0.0	813.5	32
239	Carvello	James	Roundhay Runners	M40	0	0.0	0	0.0	108	388.8	85	410.3	799.0	35
240	Jones	Owen	Saltaire Striders	M40	243	263.2	212	265.6	226	266.1	0	0.0	794.9	36
241	Whittaker	James	Abbey Runners	M50	320	187.9	254	218.9	305	184.0	289	192.3	783.1	26
242	Clark	Cal	Abbey Runners	MSEN	0	0.0	0	0.0	97	400.2	111	382.5	782.7	86
243	Legg	Ian	Wetherby Runners AC	M50	265	241.7	198	281.1	234	257.8	0	0.0	780.6	27
244	Heather	Andrew	York Postal Harriers	M45	295	212.3	276	194.4	287	202.7	311	168.8	778.3	33
245	Hassall	Christopher	Hyde Park Harriers	MSEN	0	0.0	215	262.2	239	252.6	223	262.8	777.6	87
246	Walker	Richard	Valley Striders	M50	360	148.7	271	200.0	269	221.4	275	207.3	777.4	28
247	Walker	Will	Ackworth Road Runners	M35	312	195.7	282	187.8	285	204.8	294	187.0	775.2	42
248	Longfellow	Andy	St Theresas AC	M40	283	224.1	214	263.3	207	285.9	0	0.0	773.3	37
249	Carter	Andy	Kirkstall Harriers	M55	118	385.5	106	383.3	0	0.0	0	0.0	768.9	15
250	Bell	Gareth	Harrogate Harriers & AC	M35	326	182.0	284	185.6	292	197.5	291	190.2	765.2	43
251	Gould	Conor	Hyde Park Harriers	MSEN	245	261.3	0	0.0	266	224.5	217	269.2	755.0	88
252	Vallance	Simon	Valley Striders	M50	120	383.6	0	0.0	0	0.0	122	370.7	754.3	29
253	Calver	Rob	Chapel Allerton RC	M45	258	248.5	256	216.7	0	0.0	203	284.2	749.4	34
254	Gregory	Mark	Rothwell Harriers & AC	M55	331	177.1	258	214.4	307	181.9	305	175.2	748.7	16
255	Barber	Simon	Ackworth Road Runners	MSEN	135	368.9	112	376.7	0	0.0	0	0.0	745.6	89
256	Hall	Benjamin	Valley Striders	MSEN	0	0.0	0	0.0	132	363.8	112	381.4	745.2	90
257	Lam	Cheuk	Bradford Airedale AC	MSEN	114	389.4	131	355.6	0	0.0	0	0.0	745.0	91
258	Raby	Stephen	Horsforth Harriers	M55	128	375.7	0	0.0	127	369.0	0	0.0	744.8	17
259	Chambers	Mick	Saltaire Striders	M65	264	242.7	220	256.7	0	0.0	240	244.7	744.0	5
260	Jackson	Brett	Saltaire Striders	M40	318	189.8	297	171.1	306	183.0	283	198.7	742.6	38
261	Babington	Dan	Dragons Running Club	M40	316	191.8	274	196.7	369	117.5	251	232.9	738.8	39
262	Dennison	Warren	Roundhay Runners	M50	327	181.0	302	165.6	293	196.5	287	194.4	737.5	30
263	Milton	Reece	Horsforth Harriers	MSEN	0	0.0	119	368.9	128	368.0	0	0.0	736.9	92
264	Lloyd	Pete	Wharfedale Harriers	M35	134	369.9	0	0.0	0	0.0	129	363.2	733.1	44
265	Gibb	Ewan	Saltaire Striders	MSEN	0	0.0	252	221.1	329	159.0	140	351.5	731.7	93
266	Atkinson	Paul	Wetherby Runners AC	M55	287	220.2	315	151.1	332	155.9	278	204.1	731.3	18
267	Davey	Andrew	St Theresas AC	M45	0	0.0	116	372.2	137	358.6	0	0.0	730.9	35
268	Cook	James	Nidd Valley Road Runners	M50	305	202.5	222	254.4	330	158.0	365	111.1	726.1	31
269	Murphy	Kevin-Malachy	Harrogate Harriers & AC	M60	255	251.5	226	250.0	267	223.5	0	0.0	725.0	4
270	Jones	Graham	Valley Striders	M50	0	0.0	129	357.8	0	0.0	126	366.5	724.2	32
271	Mitchell	Ian	Knaresborough Striders	M55	321	186.9	232	243.3	395	90.4	285	196.6	717.2	19
272	Toulson	Anthony	Roundhay Runners	M45	244	262.2	227	248.9	393	92.5	366	110.0	713.7	36
273	Fox	Ken	Valley Striders	M60	248	258.3	0	0.0	260	230.8	262	221.2	710.2	5
274	Stancilffe	Ian	Ackworth Road Runners	M55	284	223.1	0	0.0	257	233.9	232	253.2	710.2	20
275	Smith	Paul	Valley Striders	M45	0	0.0	123	364.4	0	0.0	147	344.0	708.5	37
276	Askew	David	Harrogate Harriers & AC	M55	281	226.0	202	276.7	0	0.0	277	205.1	707.8	21
277	Murray	Danny	Valley Striders	M40	125	378.7	0	0.0	166	328.5	0	0.0	707.2	40
278	Jewitt	Fred	Chapel Allerton RC	MSEN	261	245.6	228	247.8	0	0.0	270	212.6	706.0	94
279	Storey	Ian	Eccleshill Road Runners	M40	340	168.3	201	277.8	357	129.9	349	128.2	704.2	41
280	Weight	Dave	Roundhay Runners	M55	259	247.6	236	238.9	277	213.1	0	0.0	699.5	22

281	Thorpe	Andrew	Roundhay Runners	M40	0	0.0	0	0.0	139	356.5	148	342.9	699.5	42
282	Gill	Christopher	St Therasas AC	M70	353	155.6	298	170.0	290	199.6	306	174.1	699.3	1
283	Whiting	Darren	Wetherby Runners AC	M5EN	137	366.9	0	0.0	0	0.0	161	329.1	696.0	95
284	Littlewood	Graeme	Abbey Runners	M50	342	166.3	291	177.8	309	179.8	312	167.7	691.7	33
285	Jesson	James	Wetherby Runners AC	M40	144	360.1	155	328.9	0	0.0	0	0.0	689.0	43
286	Vinegrad	Michael	Chapel Allerton RC	M35	0	0.0	269	202.2	248	243.2	245	239.3	684.8	45
287	Brown	Tom	Valley Striders	M40	0	0.0	0	0.0	167	327.4	138	353.6	681.1	44
288	Broadhead	Curtis	Hyde Park Harriers	M5EN	172	332.7	138	347.8	0	0.0	0	0.0	680.5	96
289	Peagram	Andrew	Nidd Valley Road Runners	M40	298	209.4	0	0.0	252	239.1	252	231.8	680.3	45
290	Brennan	Sean	Knaresborough Striders	M45	310	197.7	242	232.2	0	0.0	236	248.9	678.8	38
291	Sheppard	Ian	St Therasas AC	M5EN	0	0.0	0	0.0	152	343.0	155	335.5	678.5	97
292	Nesbitt	Stephen	Harrogate Harriers & AC	M50	343	165.4	317	148.9	314	174.6	293	188.0	676.9	34
293	Butterfield	Richard	Horsforth Harriers	M60	296	211.4	0	0.0	255	236.0	256	227.6	674.9	6
294	Goddard	Billy	Roundhay Runners	M40	0	0.0	152	332.2	154	341.0	0	0.0	673.2	46
295	Farnell	Peter	Rothwell Harriers & AC	M45	274	232.9	249	224.4	275	215.2	0	0.0	672.5	39
296	Wilson	Danny	Dragons Running Club	M40	358	150.7	289	180.0	320	168.4	307	173.1	672.2	47
297	Furlong	Simon	Saltaire Striders	M5EN	0	0.0	261	211.1	265	225.6	250	234.0	670.7	98
298	Farrell	Mark	Valley Striders	M35	0	0.0	136	350.0	174	320.2	0	0.0	670.2	46
299	Schofield	Jason	Wharfedale Harriers	M45	256	250.5	0	0.0	289	200.6	265	217.9	669.1	40
300	Roberts	James	Ackworth Road Runners	M5EN	169	335.6	0	0.0	0	0.0	162	328.0	663.6	99
301	Staiano	Simon	Nidd Valley Road Runners	M40	0	0.0	253	220.0	270	220.4	263	220.1	660.5	48
302	Montgomery	Craig	Roundhay Runners	M35	170	334.6	0	0.0	0	0.0	165	324.8	659.4	47
303	Hughes	David	Ackworth Road Runners	M40	0	0.0	0	0.0	163	331.6	166	323.7	655.3	49
304	Gelder	Steve	York Triathlon Club	M45	0	0.0	141	344.4	0	0.0	185	303.4	647.9	41
305	Burton	Phil	Roundhay Runners	M50	182	322.9	161	322.2	0	0.0	0	0.0	645.1	35
306	Smith	Johnathan	Roundhay Runners	M45	349	159.5	304	163.3	333	154.9	313	166.7	644.4	42
307	Milner	Tom	Chapel Allerton RC	M5EN	183	321.9	0	0.0	177	317.0	0	0.0	639.0	100
308	Young	Innes	Roundhay Runners	M40	246	260.3	285	184.4	0	0.0	296	184.8	629.5	50
309	Ogden	Ian	Saltaire Striders	M45	177	327.8	0	0.0	192	301.5	0	0.0	629.2	43
310	Pawley	Graham	Valley Striders	M50	279	228.0	286	183.3	274	216.2	0	0.0	627.5	36
311	Bates	Adam	Harrogate Harriers & AC	M35	0	0.0	262	210.0	297	192.3	261	222.2	624.5	48
312	Fitzgerald	Sean	Valley Striders	M35	181	323.9	0	0.0	196	297.3	0	0.0	621.2	49
313	Common	Paul	Roundhay Runners	M50	355	153.6	318	147.8	349	138.3	300	180.6	620.2	37
314	Cook	Sean	Valley Striders	M35	0	0.0	0	0.0	153	342.0	209	277.8	619.8	50
315	Badkin	Peter	Abbey Runners	M50	363	145.8	281	188.9	348	139.3	334	144.2	618.2	38
316	Hough	Paul	Chapel Allerton RC	M35	220	285.7	0	0.0	169	325.4	0	0.0	611.1	51
317	Pratt	John	Hyde Park Harriers	M35	0	0.0	0	0.0	191	302.5	181	307.7	610.2	52
318	Morimoto	Kazuki	Abbey Runners	M50	341	167.3	308	158.9	342	145.5	342	135.7	607.4	39
319	Mullany	Sean	Roundhay Runners	M55	364	144.8	300	167.8	345	142.4	327	151.7	606.7	23
320	Bell	Richard	Wetherby Runners AC	M50	352	156.6	337	126.7	347	140.3	298	182.7	606.2	40
321	Nodwell	Adam	Kirkstall Harriers	M5EN	0	0.0	0	0.0	175	319.1	202	285.3	604.4	101
322	Whale	Stuart	Ackworth Road Runners	M45	210	295.5	175	306.7	0	0.0	0	0.0	602.2	44
323	Nicholl	Alister	Ackworth Road Runners	M40	311	196.7	0	0.0	295	194.4	272	210.5	601.5	51
324	Ross	Stewart	Harrogate Tri Club	M45	206	299.4	180	301.1	0	0.0	0	0.0	600.5	45
325	Kent	Scott	Abbey Runners	M5EN	420	90.0	329	135.6	315	173.6	288	193.4	592.5	102
326	White	Paul	Valley Striders	M70	367	141.9	301	166.7	340	147.6	344	133.5	589.7	2
327	Rowell	Max	Horsforth Harriers	M35	203	302.3	0	0.0	206	286.9	0	0.0	589.3	53
328	Mackie	Scott	Valley Striders	M50	335	173.2	246	227.8	303	186.1	0	0.0	587.0	41
329	Rickard	Matt	Nidd Valley Road Runners	M40	200	305.3	0	0.0	213	279.6	0	0.0	584.9	52
330	Henry	Kristian James	Horsforth Harriers	M35	0	0.0	267	204.4	261	229.7	328	150.6	584.8	54
331	Simkins	Paul	Abbey Runners	M45	197	308.2	203	275.6	0	0.0	0	0.0	583.8	46
332	Rayner	Joseph	Saltaire Striders	M50	0	0.0	0	0.0	201	292.1	196	291.7	583.8	42
333	Ward	Roger	Rothwell Harriers & AC	M55	356	152.6	311	155.6	354	133.1	336	142.1	583.3	24
334	Taylor	Stephen	Chapel Allerton RC	M50	0	0.0	188	292.2	203	290.0	0	0.0	582.2	43
335	Parker	Darren	Saltaire Striders	M45	388	121.3	313	153.3	327	161.1	339	138.9	574.7	47
336	Gifford	Thomas	Airecentre Pacers	M35	357	151.7	0	0.0	296	193.3	255	228.6	573.6	55
337	Wright	Sean	Wetherby Runners AC	M5EN	230	275.9	0	0.0	197	296.3	0	0.0	572.2	103
338	Singh	John	Saltaire Striders	M35	0	0.0	0	0.0	223	269.2	194	293.8	563.0	56
339	Dickens	Paul	Hyde Park Harriers	M5EN	0	0.0	251	222.2	326	162.2	302	178.4	562.8	104
340	Griffiths	Alun	Saltaire Striders	M60	344	164.4	320	145.6	371	115.4	343	134.6	559.9	7
341	Carter	Matt	Valley Striders	M35	0	0.0	178	303.3	236	255.7	0	0.0	559.1	57
342	Mill	Andy	Abbey Runners	M35	215	290.6	0	0.0	225	267.2	0	0.0	557.8	58
343	Clark	Duncan	Abbey Runners	M55	242	264.2	190	290.0	0	0.0	0	0.0	554.2	25
344	Platten	Jason	York Postal Harriers	M5EN	0	0.0	295	173.3	308	180.9	282	199.8	554.0	105
345	Ratcliffe	Tom	Saltaire Striders	M35	0	0.0	0	0.0	216	276.5	211	275.6	552.1	59
346	O'hara	Colm	Kippax Harriers	M45	0	0.0	270	201.1	322	166.3	297	183.8	551.2	48
347	Bird	Graham	Wharfedale Harriers	M50	236	270.1	0	0.0	0	0.0	207	279.9	550.0	44
348	Sinar	Terry	Ackworth Road Runners	M55	319	188.8	0	0.0	310	178.8	299	181.6	549.3	26
349	Leach	Adrian	Ackworth Road Runners	M50	373	136.0	309	157.8	323	165.3	385	89.7	548.8	45
350	Walsh	Sam	Abbey Runners	M5EN	0	0.0	207	271.1	215	277.5	0	0.0	548.7	106
351	Walker	Mark	Harrogate Harriers & AC	M55	396	113.5	327	137.8	350	137.2	322	157.1	545.5	27
352	Bower	David	Saltaire Striders	M55	374	135.0	351	111.1	336	151.8	331	147.4	545.3	28
353	Bevan	John	York Triathlon Club	M50	0	0.0	0	0.0	200	293.1	235	250.0	543.1	46
354	Hillas	Stephen	Saltaire Striders	M55	285	222.1	280	190.0	356	131.0	0	0.0	543.1	29
355	Smith	Andrew	Roundhay Runners	M45	339	169.3	266	205.6	321	167.4	0	0.0	542.2	49
356	Tait	Ryan	Roundhay Runners	M5EN	0	0.0	219	257.8	211	281.7	0	0.0	539.5	107
357	Wolstenholme	Stephen	Bradford Airedale AC	M55	209	296.5	0	0.0	250	241.2	0	0.0	537.6	30
358	Gaunt	Daniel	St Therasas AC	M35	337	171.2	319	146.7	0	0.0	264	219.0	536.9	60
359	Benson	Michael	Nidd Valley Road Runners	M35	0	0.0	279	191.1	273	217.3	350	127.1	535.5	61
360	Moffatt	Simon	Harrogate Harriers & AC	M50	0	0.0	200	278.9	0	0.0	229	256.4	535.3	47
361	Hussey	John	Valley Striders	M65	345	163.4	287	182.2	301	188.1	0	0.0	533.8	6
362	Mustufvi	Zhain	Chapel Allerton RC	M5EN	432	78.3	306	161.1	370	116.4	304	176.3	532.1	108
363	Foley	Brendan	Horsforth Harriers	M40	0	0.0	196	283.3	0	0.0	238	246.8	530.1	53
364	Twitchett	Mark	Roundhay Runners	M45	314	193.7	330	134.4	0	0.0	281	200.9	529.0	50
365	Little	Stuart	Horsforth Harriers	M5EN	0	0.0	0	0.0	247	244.3	204	283.1	527.4	109
366	Leslie	David	Abbey Runners	M65	368	140.9	326	138.9	352	135.1	364	112.2	527.1	7
367	Walker	John	Roundhay Runners	M55	381	128.2	332	132.2	368	118.5	332	146.4	525.3	31
368	Porter	Craig	Dragons Running Club	M45	322	185.9	303	164.4	0	0.0	310	169.9	520.2	51
369	Murray	Julian	Harrogate Tri Club	M45	376	133.1	0	0.0	298	191.3	292	189.1	513.4	52
370	Glover	Chris	Kirkstall Harriers	M55	378	131.1	0	0.0	311	177.8	284	197.6	506.5	32
371	Ayres	Daniel	St Therasas AC	M40	0	0.0	229	246.7	233	258.8	0	0.0	505.5	54
372	Ballester	Pablo	Roundhay Runners	M5EN	254	252.4	224	252.2	0	0.0	0	0.0	504.7	110
373	Gill	Aaron	Ackworth Road Runners	M5EN	325	183.0	296	172.2	339	148.6	0	0.0	503.8	111
374	Moseley	Kevin	Rothwell Harriers & AC	M45	391	118.4	361	100.0	362	124.7	319	160.3	503.4	53
375	Cowen	Fred	Hyde Park Harriers	M5EN	216	289.6	0	0.0	279	211.0	0	0.0	500.6	112

376	Kallenberg	Michael	Wharfedale Harriers	MSEN	0	0.0	0	0.0	1	500.0	0	0.0	500.0	113
377	Edmondson	Nathan	Ilkley Harriers	MSEN	3	498.0	0	0.0	0	0.0	0	0.0	498.0	114
378	Johnson	Jonathan	Harrogate Harriers & AC	MSEN	0	0.0	0	0.0	0	0.0	4	496.8	496.8	115
379	Hands	Simon	Kirkstall Harriers	M40	0	0.0	0	0.0	262	228.7	219	267.1	495.8	55
380	Smith	Andy	Horsforth Harriers	M45	253	253.4	0	0.0	249	242.2	0	0.0	495.6	54
381	Storey	Ian	Kippax Harriers	M50	260	246.6	0	0.0	244	247.4	0	0.0	494.0	48
382	Freeman	Paul	Horsforth Harriers	M50	286	221.1	0	0.0	221	271.3	0	0.0	492.4	49
383	Manning	Paul	Nidd Valley Road Runners	M50	365	143.8	334	130.0	391	94.6	354	122.9	491.3	50
384	Bamber	Tom	Roundhay Runners	MSEN	315	192.8	273	197.8	387	98.8	0	0.0	489.3	116
385	Lavery	Malcolm	Abbey Runners	M50	0	0.0	290	178.9	319	169.4	340	137.8	486.1	51
386	Muir	Jack	Wharfedale Harriers	MSEN	16	485.3	0	0.0	0	0.0	0	0.0	485.3	117
387	Sutton	Leroy	Valley Striders	M60	304	203.5	0	0.0	366	120.6	321	158.1	482.2	8
388	Hull	Greg	Saltaire Striders	M50	0	0.0	0	0.0	20	480.2	0	0.0	480.2	52
389	Watson	Scott	Hyde Park Harriers	M35	24	477.5	0	0.0	0	0.0	0	0.0	477.5	62
390	Ellis	Adam	Abbey Runners	M40	372	137.0	371	88.9	363	123.7	353	123.9	473.5	56
391	Love	Martin	Saltaire Striders	M55	348	160.5	283	186.7	361	125.8	0	0.0	472.9	33
392	Jenkins	Iain	Harrogate Harriers & AC	M55	0	0.0	241	233.3	0	0.0	246	238.2	471.6	34
393	Sawyer	Chris	Valley Striders	M60	394	115.5	338	125.6	389	96.7	345	132.5	470.2	9
394	Gill	Michael	Harrogate Harriers & AC	M50	0	0.0	385	73.3	304	185.0	271	211.5	469.9	53
395	Fisher	Daniel	Valley Striders	M35	32	469.7	0	0.0	0	0.0	0	0.0	469.7	63
396	Bryant	Mark	Harrogate Harriers & AC	M45	0	0.0	0	0.0	0	0.0	31	467.9	467.9	55
397	Bryant	Pete	Dragons Running Club	M50	272	234.8	0	0.0	258	232.8	0	0.0	467.7	54
398	Walmsley	Danny	Wharfedale Harriers	MSEN	0	0.0	36	461.1	0	0.0	0	0.0	461.1	118
399	Tobin	Mark	Wetherby Runners AC	M45	0	0.0	38	458.9	0	0.0	0	0.0	458.9	56
400	Furby	Mike	Valley Striders	M45	277	229.9	245	228.9	0	0.0	0	0.0	458.8	57
401	Jones	Chris	Hyde Park Harriers	M60	330	178.1	331	133.3	0	0.0	333	145.3	456.7	10
402	Hetherington	Stephen	Saltaire Striders	M55	0	0.0	0	0.0	259	231.8	259	224.4	456.2	35
403	Thomas	Richard	Saltaire Striders	MSEN	300	207.4	0	0.0	243	248.4	0	0.0	455.9	119
404	Pardini	Franco	Roundhay Runners	MSEN	47	455.0	0	0.0	0	0.0	0	0.0	455.0	120
405	Knapp	James	Nidd Valley Road Runners	MSEN	0	0.0	0	0.0	263	227.7	257	226.5	454.1	121
406	Payne	Richard	Ackworth Road Runners	M40	426	84.1	381	77.8	351	136.2	324	154.9	453.0	57
407	Elliott	John	Roundhay Runners	M55	0	0.0	316	150.0	346	141.4	318	161.3	452.7	36
408	Carrier	Andrew	Hyde Park Harriers	MSEN	0	0.0	0	0.0	0	0.0	50	447.6	447.6	122
409	Smith	Richard	Valley Striders	MSEN	0	0.0	0	0.0	52	447.0	0	0.0	447.0	123
410	Booth	Kevin	St Theresas AC	M40	299	208.4	0	0.0	0	0.0	248	236.1	444.5	58
411	Gill	Darren	Ackworth Road Runners	M45	382	127.2	325	140.0	406	79.0	379	96.2	442.4	58
412	Clink	James	Roundhay Runners	MSEN	439	71.4	328	136.7	372	114.3	357	119.7	442.1	124
413	Richards	Jon	Abbey Runners	M40	0	0.0	417	37.8	302	187.1	266	216.9	441.8	59
414	Mcgeever	Phil	Horsforth Harriers	M55	276	230.9	0	0.0	283	206.9	0	0.0	437.8	37
415	Hill	Chris	Airecentre Pacers	M60	392	117.4	335	128.9	392	93.6	378	97.2	437.1	11
416	Tomlinson	Paul	Dragons Running Club	M50	403	106.7	359	102.2	380	106.0	355	121.8	436.5	55
417	Douglas	Alan	Saltaire Striders	M45	371	138.0	343	120.0	398	87.3	384	90.8	436.1	59
418	Tibbals	Andy	Knareborough Striders	M50	398	111.5	357	104.4	385	100.8	361	115.4	432.2	56
419	Byrd	Joe	Hyde Park Harriers	MSEN	317	190.8	375	84.4	337	150.7	0	0.0	426.0	125
420	Shaw	Brian	Rothwell Harriers & AC	M55	390	119.4	355	106.7	394	91.5	368	107.9	425.4	38
421	Cuthbertson	Nic	Chapel Allerton RC	M55	402	107.6	339	124.4	384	101.9	386	88.7	422.6	39
422	Teggart	David	Bradford Airedale AC	M40	0	0.0	0	0.0	77	421.0	0	0.0	421.0	60
423	Twigg	Pete	Roundhay Runners	M50	0	0.0	0	0.0	278	212.1	276	206.2	418.3	57
424	Yao	Zejun	LUUCCC	M35	0	0.0	0	0.0	81	416.8	0	0.0	416.8	64
425	Spencer	Tim	Saltaire Striders	M60	0	0.0	264	207.8	282	207.9	0	0.0	415.7	12
426	Gummerson	Robert	Kippax Harriers	M45	0	0.0	336	127.8	328	160.1	351	126.1	413.9	60
427	McCleave	Martin	Horsforth Harriers	M50	413	96.9	342	121.1	407	78.0	359	117.5	413.5	58
428	Lippiatt	Huw	Valley Striders	M45	93	410.0	0	0.0	0	0.0	0	0.0	410.0	61
429	Haggerty	Randolph	Kirkstall Harriers	M50	308	199.6	0	0.0	280	210.0	0	0.0	409.6	59
430	Dowdeswell	Jake	Dragons Running Club	MSEN	0	0.0	0	0.0	0	0.0	88	407.1	407.1	126
431	Seymour	Mark	Harrogate Harriers & AC	M55	354	154.6	0	0.0	377	109.1	335	143.2	406.9	40
432	Nash	Alistair	Saltaire Striders	M45	0	0.0	86	405.6	0	0.0	0	0.0	405.6	62
433	Preston	Alistair	Valley Striders	M45	0	0.0	275	195.6	0	0.0	274	208.3	403.9	63
434	Parker-Haim	Christopher	Rothwell Harriers & AC	M35	423	87.1	370	90.0	390	95.6	347	130.3	403.1	65
435	Beal	Paul	Horsforth Harriers	M40	291	216.2	0	0.0	0	0.0	295	185.9	402.1	61
436	Howard	Paul	Rothwell Harriers & AC	M40	107	396.3	0	0.0	0	0.0	0	0.0	396.3	62
437	Bull	Nick	Roundhay Runners	M50	0	0.0	324	141.1	358	128.9	352	125.0	395.0	60
438	Booth	Alexander	Chapel Allerton RC	MSEN	0	0.0	0	0.0	0	0.0	100	394.2	394.2	127
439	Thompson	William	Wharfedale Harriers	MSEN	111	392.4	0	0.0	0	0.0	0	0.0	392.4	128
440	Cottam	Graham	Horsforth Harriers	M40	0	0.0	213	264.4	359	127.9	0	0.0	392.3	63
441	Urquhart	Alistair	Roundhay Runners	M50	0	0.0	244	230.0	0	0.0	320	159.2	389.2	61
442	Thomson	John	Ackworth Road Runners	MSEN	0	0.0	101	388.9	0	0.0	0	0.0	388.9	129
443	Hodkinson	Steve	Abbey Runners	M55	329	179.1	263	208.9	0	0.0	0	0.0	387.9	41
444	Hutchinson	Alan	Valley Striders	M60	0	0.0	257	215.6	0	0.0	308	172.0	387.6	13
445	Bowen	Michael	Hyde Park Harriers	M35	0	0.0	103	386.7	0	0.0	0	0.0	386.7	66
446	Parke	Callum	Ackworth Road Runners	MSEN	0	0.0	0	0.0	0	0.0	108	385.7	385.7	130
447	Bullivant	Chad	York Triathlon Club	MSEN	119	384.5	0	0.0	0	0.0	0	0.0	384.5	131
448	Costello	Peter	Wetherby Runners AC	M45	415	94.9	354	107.8	408	76.9	372	103.6	383.2	64
449	Sklinar	Stu	Roundhay Runners	MSEN	334	174.2	265	206.7	0	0.0	0	0.0	380.8	132
450	Dixon	Tim	Kirkstall Harriers	MSEN	0	0.0	109	380.0	0	0.0	0	0.0	380.0	133
451	Quinn	Steff	Nidd Valley Road Runners	M50	124	379.6	0	0.0	0	0.0	0	0.0	379.6	62
452	Barber	Edward	Pudsey & Bramley AC	MSEN	0	0.0	0	0.0	118	378.4	0	0.0	378.4	134
453	Lake	Graham	Horsforth Fellandale	M40	127	376.7	0	0.0	0	0.0	0	0.0	376.7	64
454	Hoy	Graham	Kippax Harriers	M40	431	79.3	363	97.8	381	105.0	383	91.9	373.9	65
455	Abrams-Cohen	Mike	Ilkley Harriers	MSEN	130	373.8	0	0.0	0	0.0	0	0.0	373.8	135
456	Shelton	Mark	Knareborough Striders	M35	429	81.2	379	80.0	379	107.1	371	104.7	373.0	67
457	Davey	Richard	Wetherby Runners AC	M45	132	371.8	0	0.0	0	0.0	0	0.0	371.8	65
458	Green	Jason	Knareborough Striders	MSEN	416	93.9	356	105.6	409	75.9	381	94.0	369.4	136
459	Redmond	Tony	Eccleshill Road Runners	M55	386	123.3	323	142.2	0	0.0	373	102.6	368.1	42
460	Thomas	Richard	Kirkstall Harriers	M55	294	213.3	0	0.0	0	0.0	325	153.8	367.2	43
461	Crawford	Gordon	Hyde Park Harriers	M65	332	176.1	0	0.0	299	190.2	0	0.0	366.4	8
462	Knell-Moore	Richard	Valley Striders	M40	140	364.0	0	0.0	0	0.0	0	0.0	364.0	66
463	Verity	Jack	Saltaire Striders	M60	0	0.0	272	198.9	0	0.0	316	163.5	362.4	14
464	Brock	Martin	Knareborough Striders	M40	0	0.0	0	0.0	135	360.7	0	0.0	360.7	67
465	Emptagh	Tristan	Wetherby Runners AC	M45	0	0.0	0	0.0	0	0.0	132	360.0	360.0	66
466	Turner	Gary	Ackworth Road Runners	M45	148	356.2	0	0.0	0	0.0	0	0.0	356.2	67
467	Kirk	George	Roundhay Runners	MSEN	375	134.1	341	122.2	386	99.8	0	0.0	356.1	137
468	Gall	Stuart	St Theresas AC	M40	434	76.3	365	95.6	401	84.2	376	99.4	354.4	68
469	Drake	Richard	Valley Striders	M40	153	351.3	0	0.0	0	0.0	0	0.0	351.3	69
470	Mc Aleavy	Stuart	Wharfedale Harriers	M40	154	350.3	0	0.0	0	0.0	0	0.0	350.3	70

471	Balkwill	James	Abbey Runners	M45	397	112.5	347	115.6	365	121.6	0	0.0	349.7	68
472	Turner	Graham	Airecentre Pacers	M40	418	92.0	0	0.0	378	108.1	330	148.5	348.6	71
473	Western	Gary	Saltaire Striders	M55	395	114.5	0	0.0	373	113.3	356	120.7	348.5	44
474	Grant	Gary	Hyde Park Harriers	M5EN	157	347.4	0	0.0	0	0.0	0	0.0	347.4	138
475	Hall	Michael	Valley Striders	M35	0	0.0	277	193.3	334	153.8	0	0.0	347.2	68
476	Baird	Benjamin	Nidd Valley Road Runners	M5EN	159	345.4	0	0.0	0	0.0	0	0.0	345.4	139
477	Armstrong	Mark	Nidd Valley Road Runners	M50	0	0.0	0	0.0	316	172.6	309	170.9	345.3	63
478	Jones	Luke	Horsforth Harriers	M5EN	161	343.4	0	0.0	0	0.0	0	0.0	343.4	140
479	Buckley	Neil	York Triathlon Club	M60	407	102.7	373	86.7	403	82.1	402	71.6	343.1	15
480	Stone	Dan	Rothwell Harriers & AC	M35	165	339.5	0	0.0	0	0.0	0	0.0	339.5	69
481	Watson	Kevin	Horsforth Harriers	M70	401	108.6	353	108.9	367	119.5	0	0.0	337.0	3
482	Stevenson	Dan	Hyde Park Harriers	M5EN	0	0.0	149	335.6	0	0.0	0	0.0	335.6	141
483	Milner	Stephen	Wharfedale Harriers	M55	309	198.6	0	0.0	0	0.0	341	136.8	335.4	45
484	Kelly	Mat	Rothwell Harriers & AC	M35	421	89.0	397	60.0	417	67.6	358	118.6	335.2	70
485	Marshall	Neil	Kirkstall Harriers	M35	346	162.4	0	0.0	317	171.5	0	0.0	333.9	71
486	Hymas	Stewart	Knaresborough Striders	M45	0	0.0	288	181.1	0	0.0	326	152.8	333.9	69
487	Camp	Adam	Saltaire Striders	M5EN	171	333.7	0	0.0	0	0.0	0	0.0	333.7	142
488	Mckinney	Charles	Ackworth Road Runners	M45	336	172.2	307	160.0	0	0.0	0	0.0	332.2	70
489	Steel	Phil	Horsforth Fellandale	M40	173	331.7	0	0.0	0	0.0	0	0.0	331.7	72
490	Madhas	Raj	Wharfedale Harriers	M50	425	85.1	377	82.2	402	83.2	394	80.1	330.6	64
491	Wray	Scott	York Triathlon Club	M45	0	0.0	349	113.3	382	104.0	363	113.2	330.5	71
492	Blatherwick	John	Hyde Park Harriers	M5EN	0	0.0	314	152.2	313	175.7	0	0.0	327.9	143
493	Gebbett	Martin	Horsforth Fellandale	M55	350	158.5	299	168.9	0	0.0	0	0.0	327.4	46
494	Nurse	Dominic	Abbey Runners	M50	0	0.0	0	0.0	0	0.0	163	326.9	326.9	65
495	Heffernan	Paul	Wetherby Runners AC	M40	347	161.4	0	0.0	325	163.2	0	0.0	324.6	73
496	Alton	Samuel	Harrogate Harriers & AC	M5EN	0	0.0	0	0.0	0	0.0	167	322.6	322.6	144
497	Regan	Stewart	Roundhay Runners	M50	361	147.7	294	174.4	0	0.0	0	0.0	322.2	66
498	Grist	Paul	Kirkstall Harriers	M50	0	0.0	0	0.0	173	321.2	0	0.0	321.2	67
499	Richardson	Jonathan	York Postal Harriers	M40	406	103.7	345	117.8	0	0.0	380	95.1	316.6	74
500	Towler	Tim	Valley Striders	M55	0	0.0	369	91.1	355	132.0	382	92.9	316.1	47
501	Wilkinson	Richard	Rothwell Harriers & AC	M45	0	0.0	168	314.4	0	0.0	0	0.0	314.4	72
502	Sutton	Robert	Eccleshill Road Runners	M55	424	86.1	374	85.6	426	58.2	390	84.4	314.3	48
503	Hilton	Owen	Abbey Runners	M5EN	0	0.0	0	0.0	180	313.9	0	0.0	313.9	145
504	Dilasser	Jamie	Nidd Valley Road Runners	M45	193	312.1	0	0.0	0	0.0	0	0.0	312.1	73
505	Mccarthy	John	Rothwell Harriers & AC	M55	194	311.2	0	0.0	0	0.0	0	0.0	311.2	49
506	Seaman	Dave	Nidd Valley Road Runners	M70	422	88.1	376	83.3	405	80.0	414	58.8	310.2	4
507	Leaf	David	St Therasas AC	M65	0	0.0	0	0.0	343	144.5	314	165.6	310.1	9
508	Halstead	Robert	Horsforth Harriers	M5EN	362	146.8	305	162.2	0	0.0	0	0.0	309.0	146
509	Laverick	John	Rothwell Harriers & AC	M35	199	306.3	0	0.0	0	0.0	0	0.0	306.3	72
510	Simms	Dave	Valley Striders	M5EN	0	0.0	0	0.0	189	304.6	0	0.0	304.6	147
511	Pullan	Richard	Hyde Park Harriers	M60	0	0.0	348	114.4	397	88.4	377	98.3	301.1	16
512	Couldwell	Alan	Harrogate Harriers & AC	M60	0	0.0	360	101.1	376	110.2	388	86.5	297.8	17
513	Newell	Jason	Hyde Park Harriers	M45	377	132.1	0	0.0	324	164.2	0	0.0	296.3	74
514	Mills	Tony	Valley Striders	M45	0	0.0	0	0.0	0	0.0	192	295.9	295.9	75
515	Marsh	Rob	Valley Striders	M45	212	293.5	0	0.0	0	0.0	0	0.0	293.5	76
516	Welsh	Rich	Rothwell Harriers & AC	M5EN	359	149.7	0	0.0	344	143.5	0	0.0	293.2	148
517	Bisset	Andy	Horsforth Harriers	M45	0	0.0	322	143.3	0	0.0	329	149.6	292.9	77
518	Jackson	Patrick	Wetherby Runners AC	M45	0	0.0	189	291.1	0	0.0	0	0.0	291.1	78
519	Metcalfe	Daniel	Horsforth Fellandale	M35	449	61.6	0	0.0	375	111.2	360	116.5	289.3	73
520	Cooper	Ian	Harrogate Harriers & AC	M40	0	0.0	0	0.0	0	0.0	199	288.5	288.5	75
521	Simpson	John	Wetherby Runners AC	M65	0	0.0	321	144.4	0	0.0	337	141.0	285.5	10
522	Disney	Paul	Saltaire Striders	M50	221	284.7	0	0.0	0	0.0	0	0.0	284.7	68
523	Allen	Steven	Horsforth Harriers	M45	408	101.8	367	93.3	0	0.0	387	87.6	282.7	79
524	Smith	Danny	Roundhay Runners	M55	385	124.3	310	156.7	0	0.0	0	0.0	280.9	50
525	Britton	Peter	Kirkstall Harriers	M60	400	109.6	366	94.4	0	0.0	399	74.8	278.8	18
526	Eyles	Joe	Wharfedale Harriers	M5EN	228	277.9	0	0.0	0	0.0	0	0.0	277.9	149
527	Steele	Marc	Eccleshill Road Runners	M5EN	0	0.0	358	103.3	419	65.5	369	106.8	275.7	150
528	Sharp	Christopher	Ackworth Road Runners	M5EN	440	70.5	390	67.8	413	71.7	408	65.2	275.1	151
529	Rankin	Ian	Chapel Allerton RC	M5EN	232	274.0	0	0.0	0	0.0	0	0.0	274.0	152
530	Huby	David	Wetherby Runners AC	M45	0	0.0	0	0.0	0	0.0	214	272.4	272.4	80
531	Robertson	Adam	Roundhay Runners	M35	0	0.0	0	0.0	0	0.0	216	270.3	270.3	74
532	Bannister	Bradley	Ackworth Road Runners	M5EN	410	99.8	0	0.0	318	170.5	0	0.0	270.3	153
533	Drinkall	Nathan	St Therasas AC	M35	238	268.1	0	0.0	0	0.0	0	0.0	268.1	75
534	Chadwick	Jonny	Knaresborough Striders	M5EN	239	267.1	0	0.0	0	0.0	0	0.0	267.1	154
535	Shively	Bill	York Postal Harriers	M55	0	0.0	0	0.0	0	0.0	220	266.0	266.0	51
536	Waller	Ian	Knaresborough Striders	M55	241	265.2	0	0.0	0	0.0	0	0.0	265.2	52
537	Miran	Sohail	Bradford Airedale AC	M45	465	46.0	386	72.2	411	73.8	406	67.3	259.3	81
538	Haddock	Chris	Abbey Runners	M35	247	259.3	0	0.0	0	0.0	0	0.0	259.3	76
539	Scanlon	Sean	Kirkstall Harriers	M45	379	130.1	0	0.0	360	126.8	0	0.0	257.0	82
540	Terry	Graham	Saltaire Striders	M50	250	256.4	0	0.0	0	0.0	0	0.0	256.4	69
541	Lennon	Laurence	Abbey Runners	M55	419	91.0	368	92.2	0	0.0	401	72.6	255.9	53
542	Middleton	Simon	York Postal Harriers	M45	0	0.0	0	0.0	0	0.0	234	251.1	251.1	83
543	Cooper	Richard	St Therasas AC	M40	369	139.9	352	110.0	0	0.0	0	0.0	249.9	76
544	Nock	Adrian	Roundhay Runners	M45	380	129.2	344	118.9	0	0.0	0	0.0	248.0	84
545	Salmons	Luke	Harrogate Harriers & AC	M35	0	0.0	0	0.0	0	0.0	237	247.9	247.9	77
546	Carlisle	Gary	Kirkstall Harriers	M55	498	13.7	340	123.3	0	0.0	367	109.0	246.0	54
547	Robins	Ben	Chapel Allerton RC	M5EN	0	0.0	0	0.0	399	86.3	323	156.0	242.3	155
548	Bell	David	Chapel Allerton RC	M5EN	0	0.0	234	241.1	0	0.0	0	0.0	241.1	156
549	Eagle	Jonathan	Horsforth Harriers	M55	268	238.7	0	0.0	0	0.0	0	0.0	238.7	55
550	Andralojc	Nick	Harrogate Harriers & AC	M55	0	0.0	0	0.0	253	238.0	0	0.0	238.0	56
551	Horobin	Darren	Ackworth Road Runners	M45	0	0.0	237	237.8	0	0.0	0	0.0	237.8	85
552	Vickery	Simon	Roundhay Runners	M5EN	269	237.8	0	0.0	0	0.0	0	0.0	237.8	157
553	Aird	Andrew	Nidd Valley Road Runners	M50	404	105.7	333	131.1	0	0.0	0	0.0	236.8	70
554	Utley	Rob	Roundhay Runners	M50	0	0.0	238	236.7	0	0.0	0	0.0	236.7	71
555	Pennock	Richard	Harrogate Harriers & AC	M45	271	235.8	0	0.0	0	0.0	0	0.0	235.8	86
556	Curley	Aidan	Abbey Runners	M40	0	0.0	0	0.0	0	0.0	253	230.8	230.8	77
557	Yeaton	Michael	Horsforth Harriers	M60	444	66.5	378	81.1	0	0.0	392	82.3	229.9	19
558	Farrar	Martin	Wharfedale Harriers	M55	0	0.0	0	0.0	0	0.0	254	229.7	229.7	57
559	Trimble-Finlayson	Alex	Horsforth Harriers	M5EN	278	229.0	0	0.0	0	0.0	0	0.0	229.0	158
560	Mason	Thomas	Hyde Park Harriers	M5EN	0	0.0	0	0.0	264	226.6	0	0.0	226.6	159
561	Shores	David	Nidd Valley Road Runners	M50	0	0.0	248	225.6	0	0.0	0	0.0	225.6	72
562	Raddall	Phil	York Postal Harriers	M50	435	75.3	0	0.0	418	66.5	393	81.2	223.1	73
563	Edwards	Richard	Hyde Park Harriers	M40	446	64.6	409	46.7	428	56.1	417	55.6	222.9	78
564	Richardson	Jeremy	Roundhay Runners	M55	405	104.7	346	116.7	0	0.0	0	0.0	221.4	58
565	Markey	Barry	Bradford Airedale AC	M60	463	47.9	398	58.9	432	52.0	412	60.9	219.7	20

566	Trotter	Andy	York Triathlon Club	M45	389	120.4	364	96.7	0	0.0	0	0.0	0	217.0	87
567	Cowling	Graeme	Airecentre Pacers	M5EN	0	0.0	0	0.0	0	0.0	267	215.8	215.8	160	
568	Mistry	Mohanlal	Saltaire Striders	M55	436	74.4	0	0.0	421	63.4	396	78.0	215.8	59	
569	Powell	Mike	Valley Striders	M35	292	215.3	0	0.0	0	0.0	0	0.0	215.3	78	
570	Sykes	Stuart	Ackworth Road Runners	M50	293	214.3	0	0.0	0	0.0	0	0.0	214.3	74	
571	Nurse	Ben	Chapel Allerton RC	M5EN	0	0.0	259	213.3	0	0.0	0	0.0	213.3	161	
572	Kuendiger	Jan	York Triathlon Club	M35	0	0.0	392	65.6	415	69.6	397	76.9	212.1	79	
573	Beattie	Christopher	Nidd Valley Road Runners	M60	297	210.4	0	0.0	0	0.0	0	0.0	210.4	21	
574	Kitching	Lee	Kippax Harriers	M45	0	0.0	0	0.0	404	81.1	348	129.3	210.4	88	
575	Cook	James	Roundhay Runners	M40	0	0.0	350	112.2	388	97.7	0	0.0	209.9	79	
576	Coles	Malcolm	Valley Striders	M75	510	2.0	382	76.7	412	72.8	416	56.6	208.0	1	
577	Mohammed	Rayaz	Saltaire Striders	M40	302	205.0	0	0.0	0	0.0	0	0.0	205.0	80	
578	Irving	John	Roundhay Runners	M60	462	48.9	400	56.7	436	47.8	421	51.3	204.7	22	
579	Oconnell	Michael	St Therasas AC	M40	303	204.5	0	0.0	0	0.0	0	0.0	204.5	81	
580	Grayson	Michael	St Therasas AC	M50	0	0.0	268	203.3	0	0.0	0	0.0	203.3	75	
581	Taylor	Christopher	Ackworth Road Runners	M65	468	43.1	404	52.2	425	59.3	424	48.1	202.6	11	
582	Coates	Martin	Horsforth Harriers	M40	0	0.0	0	0.0	288	201.7	0	0.0	201.7	82	
583	Hudson	Chris	Kirkstall Harriers	M40	307	200.6	0	0.0	0	0.0	0	0.0	200.6	83	
584	Thirlwell	David	Horsforth Harriers	M35	0	0.0	0	0.0	291	198.5	0	0.0	198.5	80	
585	Dutton	David	Horsforth Harriers	M60	414	95.9	0	0.0	0	0.0	374	101.5	197.4	23	
586	Sykes-Hooban	Matt	Kirkstall Harriers	M40	0	0.0	0	0.0	294	195.4	0	0.0	195.4	84	
587	Smart	Richard	Ackworth Road Runners	M5EN	313	194.7	0	0.0	0	0.0	0	0.0	194.7	162	
588	Mackreth	Paul	Valley Striders	M40	454	56.8	402	54.4	441	42.6	431	40.6	194.4	85	
589	Heselden	Jamie	Rothwell Harriers & AC	M40	0	0.0	0	0.0	0	0.0	290	191.2	191.2	86	
590	Ruane	James	Roundhay Runners	M5EN	0	0.0	0	0.0	300	189.2	0	0.0	189.2	163	
591	Hall	Giles	Roundhay Runners	M50	0	0.0	384	74.4	0	0.0	362	114.3	188.8	76	
592	Tarbit	James	Hyde Park Harriers	M5EN	467	44.0	415	40.0	433	50.9	422	50.2	185.2	164	
593	Jackson	Bob	Valley Striders	M65	409	100.8	0	0.0	0	0.0	391	83.3	184.1	12	
594	Dowlsland	Ian	Eccleshill Road Runners	M40	324	184.0	0	0.0	0	0.0	0	0.0	184.0	87	
595	Nundy	James	Kirkstall Harriers	M40	0	0.0	0	0.0	383	102.9	395	79.1	182.0	88	
596	Miles	Graeme	Hyde Park Harriers	M35	0	0.0	0	0.0	0	0.0	301	179.5	179.5	81	
597	Montana	Marco	Nidd Valley Road Runners	M5EN	458	52.8	0	0.0	424	60.3	409	64.1	177.2	165	
598	Upperton	James	Wetherby Runners AC	M5EN	456	54.8	414	41.1	445	38.5	429	42.7	177.1	166	
599	Clark	Martin	Roundhay Runners	M50	0	0.0	0	0.0	312	176.7	0	0.0	176.7	77	
600	Miller	Brian	Harrogate Harriers & AC	M60	0	0.0	293	175.6	0	0.0	0	0.0	175.6	24	
601	Pechev	Hristo	Airecentre Pacers	M40	333	175.1	0	0.0	0	0.0	0	0.0	175.1	89	
602	Archer	John	York Triathlon Club	M70	437	73.4	401	55.6	0	0.0	426	45.9	174.9	5	
603	Russell	Peter	Horsforth Harriers	M55	451	59.7	389	68.9	438	45.7	0	0.0	174.3	60	
604	Walton	Clive	Abbey Runners	M50	0	0.0	396	61.1	430	54.1	415	57.7	172.9	78	
605	Copley	James	Kippax Harriers	M35	428	82.2	0	0.0	396	89.4	0	0.0	171.6	82	
606	Beecroft	Frank	Saltaire Striders	M50	448	62.6	0	0.0	429	55.1	420	52.4	170.1	79	
607	Wood	Steve	Horsforth Harriers	M65	412	97.8	387	71.1	0	0.0	0	0.0	169.0	13	
608	Simmons	Dan	Harrogate Harriers & AC	M55	0	0.0	0	0.0	420	64.4	375	100.4	164.9	61	
609	Shaw	Michael	Nidd Valley Road Runners	M40	0	0.0	0	0.0	0	0.0	315	164.5	164.5	90	
610	Thorpe	Stuart	Rothwell Harriers & AC	M45	411	98.8	393	64.4	0	0.0	0	0.0	163.3	89	
611	Brownbridge	Garry	Abbey Runners	M55	433	77.3	0	0.0	0	0.0	389	85.5	162.8	62	
612	Clark	Lucas	Wetherby Runners AC	M5EN	0	0.0	0	0.0	0	0.0	317	162.4	162.4	167	
613	Tinker	Michael	Valley Striders	M60	427	83.2	380	78.9	0	0.0	0	0.0	162.1	25	
614	Binns	Richard	Bradford Airedale AC	M45	450	60.7	408	47.8	431	53.0	0	0.0	161.5	90	
615	Knowles	Michael	Ackworth Road Runners	M55	351	157.5	0	0.0	0	0.0	0	0.0	157.5	63	
616	Firth	Stephen	Rothwell Harriers & AC	M50	0	0.0	0	0.0	331	157.0	0	0.0	157.0	80	
617	Mangeolles	James	Horsforth Harriers	M5EN	0	0.0	0	0.0	400	85.2	403	70.5	155.8	168	
618	Robinson	Philip	Nidd Valley Road Runners	M55	0	0.0	312	154.4	0	0.0	0	0.0	154.4	64	
619	Mellor	David	St Therasas AC	M45	0	0.0	0	0.0	335	152.8	0	0.0	152.8	91	
620	Zywicki	Paul	Ackworth Road Runners	M55	0	0.0	406	50.0	437	46.8	419	53.4	150.2	65	
621	Gourlay	Ross	Roundhay Runners	M40	0	0.0	0	0.0	338	149.7	0	0.0	149.7	91	
622	Mosedale	Tim	Saltaire Striders	M35	0	0.0	0	0.0	341	146.6	0	0.0	146.6	83	
623	Durkin	Paul	Kippax Harriers	M55	0	0.0	0	0.0	414	70.7	398	75.9	146.5	66	
624	Allen	Mark	York Triathlon Club	M40	0	0.0	362	98.9	0	0.0	425	47.0	145.9	92	
625	Wincer	Martin	Ackworth Road Runners	M40	366	142.9	0	0.0	0	0.0	0	0.0	142.9	93	
626	Dixon	Stephen	Valley Striders	M65	0	0.0	0	0.0	0	0.0	338	140.0	140.0	14	
627	Glover	Paul	Kirkstall Harriers	M70	447	63.6	383	75.6	0	0.0	0	0.0	139.2	6	
628	Robins	Michael	Valley Striders	M55	370	138.9	0	0.0	0	0.0	0	0.0	138.9	67	
629	Lim	Philip	Valley Striders	M45	475	36.2	422	32.2	449	34.3	437	34.2	136.9	92	
630	Haslam	Paul	Ackworth Road Runners	M5EN	443	67.5	391	66.7	0	0.0	0	0.0	134.2	169	
631	Mcaliee	Philip	Roundhay Runners	M35	0	0.0	0	0.0	353	134.1	0	0.0	134.1	84	
632	Foster	Mark	Wetherby Runners AC	M45	469	42.1	0	0.0	443	40.5	423	49.1	131.8	93	
633	Withill	Sean	York Postal Harriers	M55	0	0.0	0	0.0	0	0.0	346	131.4	131.4	68	
634	Giddings	Simon	Wetherby Runners AC	M50	457	53.8	0	0.0	410	74.8	0	0.0	128.7	81	
635	Thompson	Geoff	Wharfedale Harriers	M55	438	72.4	0	0.0	468	14.6	430	41.7	128.6	69	
636	Bowman	Geoff	Roundhay Runners	M55	0	0.0	0	0.0	422	62.4	407	66.2	128.6	70	
637	Dickson	Tommy	Horsforth Harriers	M5EN	441	69.5	399	57.8	0	0.0	0	0.0	127.2	170	
638	O'brien	Kieran	Kirkstall Harriers	M40	383	126.2	0	0.0	0	0.0	0	0.0	126.2	94	
639	Howe	David	Ilkley Harriers	M40	384	125.2	0	0.0	0	0.0	0	0.0	125.2	95	
640	Haigh	Ben	Rothwell Harriers & AC	M45	0	0.0	395	62.2	0	0.0	411	62.0	124.2	94	
641	Mwakasungura	Subi	Roundhay Runners	M40	0	0.0	0	0.0	364	122.7	0	0.0	122.7	96	
642	Gresswell	Robert	Rothwell Harriers & AC	M45	387	122.3	0	0.0	0	0.0	0	0.0	122.3	95	
643	Marson	Andrew	Harrogate Harriers & AC	M45	393	116.4	0	0.0	0	0.0	0	0.0	116.4	96	
644	Allison	Dave	Ackworth Road Runners	M35	0	0.0	0	0.0	439	44.7	405	68.4	113.1	85	
645	Hamilton	Gavin	Saltaire Striders	M40	0	0.0	0	0.0	374	112.3	0	0.0	112.3	97	
646	Kitchen	Jay	Kippax Harriers	M55	482	29.4	423	31.1	456	27.0	447	23.5	111.0	71	
647	Griffiths	Ian	Horsforth Harriers	M40	399	110.6	0	0.0	0	0.0	0	0.0	110.6	98	
648	Mortimer	Christopher	Kippax Harriers	M50	0	0.0	410	45.6	0	0.0	410	63.0	108.6	82	
649	Flood	Stephen	Nidd Valley Road Runners	M45	0	0.0	0	0.0	0	0.0	370	105.8	105.8	97	
650	Higgins	Mick	St Therasas AC	M70	477	34.2	426	27.8	457	26.0	453	17.1	105.1	7	
651	Boyle	Peter	St Therasas AC	M65	478	33.3	0	0.0	446	37.4	438	33.1	103.8	15	
652	Bernardo Jr	Carlos	Chapel Allerton RC	M35	486	25.4	412	43.3	458	24.9	462	7.5	101.2	86	
653	Sedgley	Neil	Valley Striders	M50	483	28.4	424	30.0	459	23.9	455	15.0	97.2	83	
654	Gray	Matthew	Hyde Park Harriers	M5EN	0	0.0	416	38.9	460	22.9	436	35.3	97.0	171	
655	Underwood	James	Hyde Park Harriers	M5EN	0	0.0	420	34.4	423	61.3	0	0.0	95.8	172	
656	Milne	Stephen	Hyde Park Harriers	M35	0	0.0	405	51.1	440	43.7	0	0.0	94.8	87	
657	Rice	Kevin	Harrogate Harriers & AC	M55	417	93.0	0	0.0	0	0.0	0	0.0	93.0	72	
658	Ibrahim	Joseph	Abbey Runners	M40	481	30.3	433	20.0	466	16.6	445	25.6	92.6	99	
659	Ellwood	Andy	York Postal Harriers	M50	461	49.9	0	0.0	442	41.6	0	0.0	91.5	84	
660	Barnett	James	Nidd Valley Road Runners	M50	0	0.0	372	87.8	0	0.0	0	0.0	87.8	85	

661	Smith	Nick	Nidd Valley Road Runners	M55	460	50.9	0	0.0	462	20.8	454	16.0	87.7	73
662	Dinsdale	Mark	Horsforth Harriers	M50	473	38.2	432	21.1	0	0.0	443	27.8	87.0	86
663	Jones	Justin	Roundhay Runners	M40	464	47.0	0	0.0	444	39.5	0	0.0	86.5	100
664	Walker	Simon	Airecentre Pacers	M35	474	37.2	0	0.0	461	21.8	444	26.7	85.7	88
665	Tyrrell	Brian	Valley Striders	M60	0	0.0	0	0.0	435	48.9	439	32.1	80.9	26
666	Fuller	Nigel	St Therasas AC	M40	430	80.2	0	0.0	0	0.0	0	0.0	80.2	101
667	Sheppard	Peter	Roundhay Runners	M70	0	0.0	428	25.6	450	33.3	449	21.4	80.2	8
668	Silva	Mervyn	Saltire Striders	M60	489	22.5	0	0.0	452	31.2	446	24.6	78.3	27
669	Harris	Stuart	Hyde Park Harriers	M35	492	19.6	425	28.9	455	28.1	0	0.0	76.5	89
670	Dunlea	Paul	York Triathlon Club	M45	470	41.1	0	0.0	448	35.3	0	0.0	76.4	98
671	Ledwaba-Chapman	Tony	Nidd Valley Road Runners	M75	485	26.4	0	0.0	464	18.7	441	29.9	75.0	2
672	Scott	Jeremy	Nidd Valley Road Runners	M50	0	0.0	0	0.0	0	0.0	400	73.7	73.7	87
673	Dickinson	Ian	Saltire Striders	M45	472	39.1	0	0.0	451	32.2	0	0.0	71.4	99
674	Messenger	John	Kippax Harriers	M70	0	0.0	388	70.0	0	0.0	0	0.0	70.0	9
675	Smith	Nick	Valley Striders	M35	0	0.0	0	0.0	0	0.0	404	69.4	69.4	90
676	Mckay	Martin	Dragons Running Club	M40	494	17.6	441	11.1	463	19.8	450	20.3	68.8	102
677	East	Lee	Saltire Striders	M40	0	0.0	0	0.0	416	68.6	0	0.0	68.6	103
678	Smith	Andrew	Airecentre Pacers	M55	442	68.5	0	0.0	0	0.0	0	0.0	68.5	74
679	Moss	Mike	Saltire Striders	M60	0	0.0	0	0.0	454	29.1	433	38.5	67.6	28
680	Clipston	Jonathan	Nidd Valley Road Runners	M50	0	0.0	0	0.0	453	30.1	434	37.4	67.5	88
681	Midgley	Mathew	Bradford Airedale AC	MSEN	0	0.0	419	35.6	0	0.0	440	31.0	66.5	173
682	Smith	Richard	Saltire Striders	M60	490	21.5	437	15.6	465	17.7	458	11.8	66.5	29
683	Goodyear	David	Eccleshill Road Runners	M50	471	40.1	429	24.4	0	0.0	0	0.0	64.6	89
684	Taylor	Ian	Horsforth Harriers	M50	0	0.0	431	22.2	470	12.5	442	28.8	63.5	90
685	Knight	Hadrian	Rothwell Harriers & AC	M45	0	0.0	394	63.3	0	0.0	0	0.0	63.3	100
686	Foulkes	Bartley	Horsforth Harriers	M60	0	0.0	0	0.0	0	0.0	413	59.8	59.8	30
687	Scott	Iain	Nidd Valley Road Runners	M50	452	58.7	0	0.0	0	0.0	0	0.0	58.7	91
688	Wigglesworth	Michael	Saltire Striders	M50	453	57.7	0	0.0	0	0.0	0	0.0	57.7	92
689	Duffy	Richard	Horsforth Harriers	M65	0	0.0	0	0.0	427	57.2	0	0.0	57.2	16
690	Greene	Paul	Abbey Runners	M55	455	55.8	0	0.0	0	0.0	0	0.0	55.8	75
691	Wright	Martin	Bradford Airedale AC	M55	0	0.0	0	0.0	0	0.0	418	54.5	54.5	76
692	Hey	Peter	Kirkstall Harriers	M65	488	23.5	436	16.7	0	0.0	456	13.9	54.0	17
693	Kaulqud	Dinesh	Valley Striders	M45	0	0.0	403	53.3	0	0.0	0	0.0	53.3	101
694	Hillarby	Richard	Rothwell Harriers & AC	M60	487	24.5	434	18.9	0	0.0	461	8.5	51.9	31
695	Nicholas	Kevin	Nidd Valley Road Runners	M50	459	51.9	0	0.0	0	0.0	0	0.0	51.9	93
696	Forster	Michael	Chapel Allerton RC	M45	0	0.0	0	0.0	434	49.9	0	0.0	49.9	102
697	Vogan	Ian	Ackworth Road Runners	M60	0	0.0	407	48.9	0	0.0	0	0.0	48.9	32
698	Knowles	John	Ackworth Road Runners	M55	466	45.0	0	0.0	0	0.0	0	0.0	45.0	77
699	Peck	Simon	Dragons Running Club	M60	0	0.0	0	0.0	0	0.0	427	44.9	44.9	33
700	Hammond	Phil	Hyde Park Harriers	M55	495	16.6	439	13.3	480	2.1	457	12.8	44.9	78
701	Gallagher	Paul	Ackworth Road Runners	M45	0	0.0	411	44.4	0	0.0	0	0.0	44.4	103
702	Clink	Brian Andrew	Roundhay Runners	M45	504	7.8	445	6.7	472	10.4	451	19.2	44.1	104
703	Sinton	David	Knareborough Striders	M45	0	0.0	0	0.0	0	0.0	428	43.8	43.8	105
704	Whitaker	David	Ackworth Road Runners	M60	0	0.0	413	42.2	0	0.0	0	0.0	42.2	34
705	Hall	Neil	Valley Striders	M35	0	0.0	427	26.7	469	13.5	0	0.0	40.2	91
706	Hawden	Graham	Rothwell Harriers & AC	M55	0	0.0	0	0.0	0	0.0	432	39.5	39.5	79
707	Farmery	Paul	Hyde Park Harriers	M35	0	0.0	418	36.7	0	0.0	0	0.0	36.7	92
708	Best	Jamie	St Therasas AC	M40	0	0.0	0	0.0	447	36.4	0	0.0	36.4	104
709	Barker	Mick	Dragons Running Club	M50	0	0.0	0	0.0	0	0.0	435	36.3	36.3	94
710	Gardner	Andrew	St Therasas AC	M65	501	10.8	442	10.0	473	9.4	464	5.3	35.5	18
711	Jones	Michael	Saltire Striders	M60	476	35.2	0	0.0	0	0.0	0	0.0	35.2	35
712	Hill	Philip	Roundhay Runners	M55	0	0.0	443	8.9	467	15.6	460	9.6	34.1	80
713	Parker-Milnes	Curtis	Hyde Park Harriers	MSEN	0	0.0	421	33.3	0	0.0	0	0.0	33.3	174
714	Camillin	Tom	Roundhay Runners	M35	479	32.3	0	0.0	0	0.0	0	0.0	32.3	93
715	Hyde	Graham	Nidd Valley Road Runners	M40	496	15.7	444	7.8	474	8.3	0	0.0	31.7	105
716	Jackson	David	Abbey Runners	MSEN	480	31.3	0	0.0	0	0.0	0	0.0	31.3	175
717	Kingsnorth	Simon	Saltire Striders	M50	499	12.7	435	17.8	0	0.0	0	0.0	30.5	95
718	Park	Ian	Horsforth Harriers	M60	484	27.4	0	0.0	0	0.0	0	0.0	27.4	36
719	Nesden	Patrick	Kirkstall Harriers	M65	503	8.8	440	12.2	479	3.1	466	3.2	27.4	19
720	Wilson	Roger	Abbey Runners	M70	497	14.7	0	0.0	471	11.4	0	0.0	26.1	10
721	Taylor	Malcolm	Kirkstall Harriers	MSEN	0	0.0	438	14.4	0	0.0	459	10.7	25.1	176
722	Brown	Nick	Hyde Park Harriers	MSEN	493	18.6	0	0.0	476	6.2	0	0.0	24.8	177
723	Schumacher	Carl	York Postal Harriers	M35	0	0.0	430	23.3	0	0.0	0	0.0	23.3	94
724	Steele	Martin	Eccleshill Road Runners	M55	0	0.0	0	0.0	0	0.0	448	22.4	22.4	81
725	Ward	Joseph	Horsforth Harriers	M40	491	20.5	0	0.0	0	0.0	0	0.0	20.5	106
726	Breare	Nick	Saltire Striders	M65	0	0.0	0	0.0	0	0.0	452	18.2	18.2	20
727	Hewitt	Ash	Roundhay Runners	M35	500	11.7	448	3.3	0	0.0	0	0.0	15.1	95
728	Appleby	Martin	Rothwell Harriers & AC	M60	505	6.8	446	5.6	0	0.0	0	0.0	12.4	37
729	Foster	Colin	Harrogate Harriers & AC	M60	0	0.0	0	0.0	478	4.2	463	6.4	10.6	38
730	Proctor	Steve	York Triathlon Club	M55	502	9.8	0	0.0	0	0.0	0	0.0	9.8	82
731	Mellor	Joe	Roundhay Runners	M60	0	0.0	447	4.4	477	5.2	0	0.0	9.6	39
732	Macrae	Donald	Ilkley Harriers	M70	507	4.9	0	0.0	0	0.0	465	4.3	9.2	11
733	O'hara	Stephen	Horsforth Harriers	M65	0	0.0	0	0.0	475	7.3	0	0.0	7.3	21
734	Scanlon	Pete	Horsforth Harriers	M70	508	3.9	449	2.2	0	0.0	468	1.1	7.2	12
735	Upton	Chris	Saltire Striders	M60	506	5.9	0	0.0	0	0.0	0	0.0	5.9	40
736	Camponi	Tom	Ackworth Road Runners	MSEN	511	1.0	450	1.1	481	1.0	467	2.1	5.3	178
737	Haslam	Andrew	Roundhay Runners	M40	509	2.9	0	0.0	0	0.0	0	0.0	2.9	107