

PECO Cross Country League 2017-18: Race 5 (Temple Newsam)
Senior Men's Cumulative Results

Position	Surname	First Name	Club	Age Cat	Race 1		Race 2		Race 3		Race 4		Race 5		Total Points	Min Score	Best 4 of 5	Cat Pos
					Pos	Points	Pos	Points	Pos	Points	Pos	Points	Pos	Points				
1	Smith	Jack	Wharfedale Harriers	MSEN	0	0.0	3	497.4	2	499.0	1	500.0	3	497.3	1993.6	0.0	1993.6	1
2	Burns	Ali	Wharfedale Harriers	MSEN	4	497.0	7	492.1	3	497.9	3	497.3	5	494.5	2478.9	492.1	1986.8	2
3	Hobbs	John	Valley Striders	MSEN	0	0.0	9	489.4	4	496.9	4	496.0	4	495.9	1978.3	0.0	1978.3	3
4	Hallam	Matthew	Valley Striders	MSEN	8	493.0	10	488.1	7	493.8	6	493.4	12	485.0	2453.2	485.0	1968.3	4
5	Watson	Sam	Wharfedale Harriers	MSEN	7	494.0	8	490.8	19	481.3	5	494.7	26	465.8	2426.6	465.8	1960.8	5
6	Forde	Ciaran	Horsforth Harriers	MSEN	0	0.0	12	485.5	10	490.7	7	492.0	10	487.7	1955.9	0.0	1955.9	6
7	Athersmith	Lee	Wharfedale Harriers	MSEN	9	492.0	13	484.2	20	480.3	9	489.4	13	483.6	2429.5	480.3	1949.2	7
8	Venning	Tom	Valley Striders	M40	17	484.0	16	480.2	17	483.4	10	488.1	8	490.4	2426.1	480.2	1945.9	1
9	Armstrong	Ross	Abbey Runners	MSEN	14	487.0	15	481.5	14	486.5	12	485.4	18	476.8	2417.2	476.8	1940.5	8
10	Stirk	Adam	Wharfedale Harriers	MSEN	25	476.0	0	0.0	11	489.6	8	490.7	16	479.5	1935.9	0.0	1935.9	9
11	Milne	Angus	Hyde Park Harriers	MSEN	15	486.0	0	0.0	25	475.1	13	484.1	14	482.2	1927.4	0.0	1927.4	10
12	Grant	Daniel	St Theresa's AC	MSEN	0	0.0	20	474.9	21	479.3	14	482.8	20	474.0	1911.0	0.0	1911.0	11
13	Pownall	Jon	Valley Striders	MSEN	27	474.0	22	472.3	30	469.9	15	481.4	15	480.9	2378.5	469.9	1908.6	12
14	Holmes	Christian	Wharfedale Harriers	M40	12	489.0	14	482.8	15	485.5	0	0.0	40	446.7	1904.0	0.0	1904.0	2
15	Charlesworth	Nick	Wharfedale Harriers	M50	24	477.0	23	471.0	38	461.6	21	473.5	17	478.1	2361.2	461.6	1899.6	1
16	Boynton	Phil	Horsforth Harriers	MSEN	45	456.0	33	457.8	28	472.0	17	478.8	11	486.3	2350.9	456.0	1894.9	13
17	Brown	Andy	Saltaire Striders	M45	33	468.0	27	465.7	33	466.8	20	474.8	19	475.4	2350.7	465.7	1885.0	1
18	Bailey	Stephen	Kippax Harriers	M40	48	453.0	26	467.0	13	487.6	19	476.1	35	453.6	2337.2	453.0	1884.2	3
19	Kerr	Will	Saltaire Striders	M40	30	471.0	17	478.9	35	464.7	34	456.2	24	468.6	2339.4	456.2	1883.2	4
20	Sunnall	Adam	Hyde Park Harriers	MSEN	39	462.0	0	0.0	31	468.9	18	477.5	25	467.2	1875.5	0.0	1875.5	14
21	Kirkham	David	Wharfedale Harriers	M40	34	467.0	24	469.7	51	448.1	27	465.5	27	464.5	2314.8	448.1	1866.7	5
22	Gott	Steven	Ilkley Harriers	M40	41	460.0	0	0.0	34	465.8	24	469.5	23	469.9	1865.2	0.0	1865.2	6
23	Carvello	James	Roundhay Runners	MSEN	35	466.0	37	452.5	39	460.6	28	464.2	30	460.4	2303.7	452.5	1851.2	15
24	Thomas	Tom	Hyde Park Harriers	MSEN	52	449.0	34	456.5	0	0.0	22	472.1	21	472.7	1850.3	0.0	1850.3	16
25	Robins	Sam	Chapel Allerton Runners	MSEN	57	444.0	32	459.1	29	471.0	0	0.0	22	471.3	1845.4	0.0	1845.4	17
26	Furness	Rob	Wharfedale Harriers	MSEN	51	450.0	29	463.5	50	449.2	30	461.5	37	450.8	2274.6	449.2	1825.4	18
27	Richardson	Matt	Saltaire Striders	MSEN	38	463.0	28	464.4	76	422.2	42	445.6	36	452.2	2247.4	422.2	1825.2	19
28	Jones	Simon	Abbey Runners	MSEN	40	461.0	35	455.1	49	450.2	36	453.6	41	445.4	2265.3	445.4	1819.9	20
29	Blackburn	Ross	Rothwell Harriers	MSEN	36	465.0	30	461.7	61	437.8	40	448.3	45	439.9	2252.7	437.8	1814.9	21
30	Edmonson	Neil	Horsforth Harriers	MSEN	0	0.0	42	445.9	40	459.5	25	468.2	52	430.3	1804.0	0.0	1804.0	22
31	Fisher	Dan	Valley Striders	MSEN	49	452.0	31	460.4	36	463.7	0	0.0	56	424.9	1801.0	0.0	1801.0	23
32	Robson	John	St Theresa's AC	M40	58	443.0	46	440.6	46	453.3	31	460.2	0	0.0	1797.2	0.0	1797.2	7
33	Walker	Bobak	Roundhay Runners	MSEN	37	464.0	0	0.0	41	458.5	32	458.9	69	407.1	1788.5	0.0	1788.5	24
34	Navis	John	Pudsey & Bramley AC	MSEN	61	440.0	0	0.0	67	431.5	37	452.3	32	457.7	1781.4	0.0	1781.4	25
35	Shooter	Graham	St Theresa's AC	M50	59	442.0	48	438.0	54	445.0	35	454.9	54	427.6	2207.5	427.6	1779.9	2
36	Teggart	Dave	Bradford Airedale	M40	53	448.0	38	451.2	57	441.9	0	0.0	48	435.8	1776.9	0.0	1776.9	8
37	Gibbs	Richard	Roundhay Runners	M40	69	432.0	0	0.0	72	426.3	38	450.9	44	441.3	1750.5	0.0	1750.5	9
38	Mann	Gary	Valley Striders	MSEN	71	430.0	54	430.1	63	435.7	43	444.3	49	434.4	2174.5	430.0	1744.5	26
39	Wilkinson	Matthew	Nidd Valley RR	MSEN	31	470.0	36	453.8	43	456.4	105	362.1	0	0.0	1742.3	0.0	1742.3	27
40	Lomas	Adam	Hyde Park Harriers	MSEN	72	429.0	58	424.8	66	432.6	45	441.6	47	437.2	2165.2	424.8	1740.4	28
41	Dearden	Mike	Chapel Allerton Runners	MSEN	63	438.0	52	432.7	65	433.6	53	431.0	58	422.1	2157.5	422.1	1735.4	29
42	Bourke	Niall	Pudsey & Bramley AC	MSEN	90	411.0	55	428.8	58	440.9	44	443.0	66	411.2	2134.8	411.0	1723.8	30
43	Turner	Andy	Roundhay Runners	MSEN	62	439.0	50	435.4	75	423.2	61	420.4	81	390.7	2108.7	390.7	1718.0	31
44	Lippiatt	Huw	Valley Striders	M45	73	428.0	0	0.0	99	398.3	51	433.7	42	444.0	1704.0	0.0	1704.0	2
45	Wardle	Partick	Wharfedale Harriers	MSEN	85	416.0	59	423.5	59	439.8	0	0.0	57	423.5	1702.8	0.0	1702.8	32
46	Fillingham	Martin	Saltaire Striders	M45	50	451.0	39	449.0	0	0.0	89	383.3	61	418.0	1702.2	0.0	1702.2	3
47	Hardy	Lee	Kirkstall Harriers	MSEN	100	401.0	65	415.6	80	418.0	50	435.0	60	419.4	2089.0	401.0	1688.0	33
48	Westmoreland	Jason	Rothwell Harriers	M45	80	421.0	57	426.1	0	0.0	54	429.7	68	408.5	1685.3	0.0	1685.3	4
49	Goose	Philip	Hyde Park Harriers	MSEN	96	405.0	81	394.5	77	421.2	0	0.0	33	456.3	1676.9	0.0	1676.9	34
50	Mcguire	Dave	Wharfedale Harriers	M45	99	402.0	51	434.0	78	420.1	64	416.4	75	398.9	2071.5	398.9	1672.6	5
51	Pilling	Graham	Pudsey & Bramley AC	MSEN	82	419.0	0	0.0	96	401.5	65	415.1	71	404.4	1639.9	0.0	1639.9	35
52	Cheema	Sunny	Abbey Runners	MSEN	92	409.0	66	414.2	98	399.4	70	408.5	106	356.6	1987.7	356.6	1631.1	36
53	Howard	Paul	Rothwell Harriers	M40	111	390.0	69	410.3	92	405.6	75	401.9	74	400.3	2008.0	390.0	1618.0	10
54	Lofthouse	Martin	Nidd Valley RR	M50	107	394.0	68	411.6	104	393.2	73	404.5	85	385.2	1988.5	385.2	1603.3	3
55	Piano	Edoardo	Nidd Valley RR	MSEN	66	435.0	95	376.0	91	406.6	96	374.0	0	0.0	1591.6	0.0	1591.6	37
56	Britton	Andrew	Wharfedale Harriers	M40	118	383.0	83	391.8	88	409.8	72	405.8	0	0.0	1590.4	0.0	1590.4	11
57	Curley	Aidan	Abbey Runners	M40	97	404.0	61	420.8	121	375.5	84	389.9	0	0.0	1590.3	0.0	1590.3	12
58	Gardner	Tony	Rothwell Harriers	M40	108	393.0	77	399.7	103	394.2	76	400.5	79	393.4	1980.9	393.0	1587.9	13
59	Lane	Daniel	Ilkley Harriers	MSEN	0	0.0	121	341.7	84	413.9	62	419.1	67	409.8	1584.5	0.0	1584.5	38
60	Murray	Dan	Valley Striders	M40	102	399.0	76	401.1	0	0.0	83	391.2	88	381.1	1572.4	0.0	1572.4	14
61	Yao	Zejun	Leeds University CCC	MSEN	121	380.0	80	395.8	89	408.7	90	382.0	0	0.0	1566.5	0.0	1566.5	39
62	Lines	Charles	Ackworth RR	M55	98	403.0	74	403.7	116	380.7	94	376.7	95	371.6	1935.6	371.6	1564.1	1
63	Dunbar	Stuart	Saltaire Striders	M55	95	406.0	70	409.0	0	0.0	103	364.7	87	382.5	1562.2	0.0	1562.2	2
64	Sutor	Richard	Chapel Allerton Runners	MSEN	122	379.0	86	387.9	102	395.2	79	396.6	0	0.0	1558.6	0.0	1558.6	40
65	Jenkins	Liam	Abbey Runners	MSEN	177	324.0	82	393.1	87	410.8	63	417.8	0	0.0	1545.7	0.0	1545.7	41
66	Raby	Steve	Horsforth Harriers	M55	117	384.0	94	377.3	112	384.9	102	366.0	89	379.8	1892.0	366.0	1525.9	3
67	Gwilym	Owain	Airecentre Pacers	MSEN	147	354.0	85	389.2	118	378.6	85	388.6	98	367.5	1877.9	354.0	1523.9	42
68	Partridge	Simon	York Postal Harriers	M40	93	408.0	98	372.0	100	397.3	120	342.2	0	0.0	1519.5	0.0	1519.5	15
69	King	Geoff	Harrogate Harriers	M60	123	378.0	104	364.1	0	0.0	81	393.9	93	374.3	1510.3	0.0	1510.3	1
70	Stone	Daniel	Rothwell Harriers	MSEN	125	376.0	88	385.2	119	377.6	98	371.4	99	366.1	1876.3	366.1	1510.2	43
71	Martin	Ian	York Tri Club	M50	138	363.0	91	381.3	111	385.9	108	358.1	0	0.0	1488.2	0.0	1488.2	4
72	Clark	Duncan	Abbey Runners	M55	106	395.0	89	383.9	139	356.8	113	351.5	127	327.9	1815.1	327.9	1487.2	4
73	Milgate	Paul	Wetherby Runners	M40	0	0.0	6	493.4	9	491.7	0	0.0	6	493.2	1478.3	0.0	1478.3	16
74	Pardini	Franco	Roundhay Runners	MSEN	5	496.0	11	486.8	8	492.7	0	0.0	0	0.0	1475.5	0.0	1475.5	44
75	Howard	Rob	Hyde Park Harriers	MSEN	113	388.0												

110	Harold	Brian	Chapel Allerton Runners	MSEN	0	0.0	126	335.1	141	354.8	114	350.1	181	254.1	1294.1	0.0	1294.1	67
111	Fowler	Steve	Saltaire Striders	M40	77	424.0	0	0.0	64	434.6	0	0.0	51	431.7	1290.3	0.0	1290.3	20
112	Longfellow	Andy	St Theresa's AC	MSEN	196	305.0	0	0.0	155	340.2	132	326.3	136	315.6	1287.1	0.0	1287.1	68
113	Mogger	Adam	Kirkstall Harriers	M40	213	288.0	131	328.5	170	324.7	128	331.6	146	301.9	1574.7	288.0	1286.7	21
114	Butler	Joe	Roundhay Runners	MSEN	182	319.0	0	0.0	194	299.8	119	343.5	132	321.0	1283.3	0.0	1283.3	69
115	Keedy	Craig Michael	St Theresa's AC	M45	86	415.0	0	0.0	68	430.5	48	437.7	0	0.0	1283.2	0.0	1283.2	13
116	Rose	Jack	Hyde Park Harriers	MSEN	0	0.0	67	412.9	69	429.5	47	439.0	0	0.0	1281.4	0.0	1281.4	70
117	Singh	John	Saltaire Striders	MSEN	202	299.0	149	304.7	130	366.2	159	290.5	144	304.6	1565.0	290.5	1274.6	71
118	Straughan	Tim	Valley Striders	M50	0	0.0	62	419.5	74	424.3	0	0.0	62	416.7	1260.5	0.0	1260.5	8
119	Humphries	Andrew	Airecentre Pacers	MSEN	67	434.0	0	0.0	97	400.4	57	425.7	0	0.0	1260.1	0.0	1260.1	72
120	Hill	Andy	Kippax Harriers	M45	183	318.0	156	295.5	185	309.1	124	336.9	169	270.5	1530.0	270.5	1259.5	14
121	Ellwood	Glynn	York Postal Harriers	MSEN	209	292.0	174	271.8	168	326.8	131	327.6	138	312.8	1531.0	271.8	1259.2	73
122	Furlong	Ian	Roundhay Runners	MSEN	101	400.0	0	0.0	81	417.0	49	436.3	0	0.0	1253.4	0.0	1253.4	74
123	Wray	Luke	Abbay Runners	M40	169	332.0	139	317.9	182	312.2	168	278.5	155	289.6	1530.3	278.5	1251.8	22
124	Whiting	Darren	Wetherby Runners	MSEN	210	291.0	134	324.5	187	307.1	133	324.9	0	0.0	1247.5	0.0	1247.5	75
125	Grimshaw	Matthew	Horsforth Harriers	MSEN	88	413.0	63	418.2	85	412.9	0	0.0	0	0.0	1244.1	0.0	1244.1	76
126	Cobb	Chris	Roundhay Runners	MSEN	185	316.0	143	312.7	181	313.3	153	298.4	160	282.8	1523.1	282.8	1240.4	77
127	Hodge	Tony	Roundhay Runners	M45	175	326.0	0	0.0	215	278.0	142	313.0	134	318.3	1235.3	0.0	1235.3	15
128	Jordan	Mark	Harrogate Harriers	M60	188	313.0	157	294.2	175	319.5	146	307.7	0	0.0	1234.4	0.0	1234.4	2
129	Atkinson	Joe	Wetherby Runners	MSEN	217	284.0	0	0.0	188	306.0	156	294.4	113	347.0	1231.4	0.0	1231.4	78
130	Scaife	Nigel	Nidd Valley RR	M45	233	268.0	0	0.0	138	357.9	135	322.3	173	265.0	1213.2	0.0	1213.2	16
131	Wildman	Paul	Wetherby Runners	MSEN	200	301.0	142	314.0	0	0.0	150	302.4	152	293.7	1211.1	0.0	1211.1	79
132	Thornton	Oliver	Valley Striders	MSEN	0	0.0	207	228.2	156	339.2	126	334.2	141	308.7	1210.4	0.0	1210.4	80
133	Parton	Adam	Valley Striders	M45	230	271.0	152	300.8	202	291.5	138	318.3	148	299.2	1480.8	271.0	1209.8	17
134	Easton	Chris	Chapel Allerton Runners	MSEN	79	422.0	0	0.0	109	388.0	77	399.2	0	0.0	1209.2	0.0	1209.2	81
135	Alder	Scott	Pudsey & Bramley AC	M40	94	407.0	0	0.0	0	0.0	71	407.2	78	394.8	1209.0	0.0	1209.0	23
136	Budding	Robert	Ilkley Harriers	M50	190	311.0	153	299.5	216	277.0	137	319.6	0	0.0	1207.1	0.0	1207.1	9
137	Lung	Vernon	Valley Striders	M50	241	260.0	180	263.9	200	293.6	139	317.0	125	330.6	1465.0	260.0	1205.0	10
138	Dumont	Paul	Kirkstall Harriers	M45	0	0.0	87	386.5	86	411.8	80	395.2	0	0.0	1193.6	0.0	1193.6	18
139	Bethell	Kyle	Eccleshill RR	MSEN	198	303.0	151	302.1	189	305.0	165	282.5	0	0.0	1192.6	0.0	1192.6	82
140	Davy	Alan	Kippax Harriers	MSEN	0	0.0	159	291.6	183	311.2	143	311.7	165	276.0	1190.4	0.0	1190.4	83
141	Nurse	Dominic	Abbay Runners	M45	0	0.0	0	0.0	114	382.8	68	411.1	82	389.3	1183.3	0.0	1183.3	19
142	Fotherby	Paul	Valley Striders	M40	0	0.0	92	379.9	90	407.7	87	385.9	0	0.0	1173.6	0.0	1173.6	24
143	Downham	Ian	Kippax Harriers	M45	255	246.0	160	290.2	190	303.9	158	291.8	157	286.9	1418.8	246.0	1172.8	20
144	Wilson	Matt	Rothwell Harriers	M40	0	0.0	100	369.4	101	396.3	78	397.9	0	0.0	1163.5	0.0	1163.5	25
145	Smith	Andy	Horsforth Harriers	M45	203	298.0	147	307.4	212	281.1	0	0.0	166	274.6	1161.1	0.0	1161.1	21
146	Nichol	Stewart	St Theresa's AC	MSEN	112	389.0	0	0.0	113	383.8	88	384.6	0	0.0	1157.4	0.0	1157.4	84
147	Brown	Tom	Valley Striders	M40	114	387.0	0	0.0	107	390.0	93	378.0	0	0.0	1155.0	0.0	1155.0	26
148	Beesley	David	Abbay Runners	MSEN	279	222.0	194	245.4	196	297.7	151	301.1	149	297.8	1364.0	222.0	1142.0	85
149	Brennan	Sean	Knaresborough Striders	M45	221	280.0	172	274.4	248	243.8	152	299.7	158	285.5	1383.4	243.8	1139.7	22
150	Huggins	Roy	Valley Striders	M55	165	336.0	0	0.0	237	255.2	157	293.1	186	247.3	1131.6	0.0	1131.6	5
151	Anderson	Ian	York Tri Club	M45	148	353.0	78	398.4	0	0.0	0	0.0	92	375.7	1127.1	0.0	1127.1	23
152	Jackson	Patrick	Wetherby Runners	M45	238	263.0	167	281.0	210	283.2	164	283.8	170	269.1	1380.1	263.0	1117.1	24
153	Drake	Richard	Valley Striders	M40	166	335.0	99	370.7	0	0.0	74	403.2	0	0.0	1108.9	0.0	1108.9	27
154	Coy	Stephen	Ilkley Harriers	M40	152	349.0	97	373.4	0	0.0	0	0.0	86	383.9	1106.2	0.0	1106.2	28
155	Harris	Andrew	Nidd Valley RR	M40	167	334.0	72	406.3	134	362.0	0	0.0	0	0.0	1102.4	0.0	1102.4	29
156	Todd	Andy	Nidd Valley RR	M50	135	366.0	103	365.4	0	0.0	100	368.7	0	0.0	1100.1	0.0	1100.1	11
157	Brant	Greg	Horsforth Harriers	MSEN	0	0.0	191	249.3	247	244.8	154	297.1	142	307.4	1098.6	0.0	1098.6	86
158	Pinn	Steve	Roundhay Runners	M40	130	371.0	0	0.0	123	373.4	0	0.0	110	351.1	1095.5	0.0	1095.5	30
159	Jackson	Tom	Roundhay Runners	MSEN	126	375.0	102	366.8	149	346.5	0	0.0	0	0.0	1088.2	0.0	1088.2	87
160	Plews	Chris	Wetherby Runners	M45	0	0.0	113	352.2	122	374.5	0	0.0	104	359.3	1086.0	0.0	1086.0	25
161	Overend	Andrew	Ilkley Harriers	M40	0	0.0	135	323.2	105	392.1	99	370.0	0	0.0	1085.4	0.0	1085.4	31
162	de Roux	Garth	Horsforth Harriers	M40	229	272.0	195	244.1	222	270.7	166	281.2	178	258.2	1326.2	244.1	1082.1	32
163	Mcgreavy	Paul	St Theresa's AC	M40	243	258.0	162	287.6	0	0.0	180	262.6	167	273.2	1081.4	0.0	1081.4	33
164	Smith	Richard	Abbay Runners	M40	139	362.0	110	356.2	133	363.1	0	0.0	0	0.0	1081.3	0.0	1081.3	34
165	Hainsworth	Brian	Nidd Valley RR	M40	264	237.0	173	273.1	229	263.5	179	263.9	162	280.1	1317.6	237.0	1080.6	35
166	Hargadon	Lee	Roundhay Runners	M40	0	0.0	202	234.8	205	288.4	172	273.2	161	281.4	1077.8	0.0	1077.8	36
167	Walters	James	Ackworth RR	MSEN	228	273.0	0	0.0	225	267.6	177	266.6	171	267.8	1075.0	0.0	1075.0	88
168	Worthington	Joe	Ackworth RR	MSEN	129	372.0	0	0.0	0	0.0	112	352.8	114	345.6	1070.4	0.0	1070.4	89
169	Simkins	Paul	Abbay Runners	M40	247	254.0	177	267.8	213	280.1	315	83.6	175	262.3	1147.7	83.6	1064.2	37
170	Toulson	Anthony	Roundhay Runners	M40	252	249.0	171	275.7	223	269.7	240	183.0	174	263.7	1241.1	183.0	1058.1	38
171	Hughes	David	Ackworth RR	MSEN	218	283.0	166	282.3	276	214.7	196	241.4	183	251.4	1272.8	214.7	1058.1	90
172	Taylor	David	Kippax Harriers	M60	242	259.0	170	277.0	226	266.6	186	254.6	195	235.0	1292.3	235.0	1057.3	3
173	Rix	Jeremy	Saltaire Striders	M55	250	251.0	187	254.6	217	275.9	178	265.3	202	225.4	1272.2	225.4	1046.8	6
174	Goddard	William	Roundhay Runners	M40	109	392.0	0	0.0	0	0.0	136	321.0	123	333.3	1046.3	0.0	1046.3	39
175	Broadhead	Curtis	Hyde Park Harriers	MSEN	267	234.0	169	278.4	211	282.2	0	0.0	185	248.6	1043.2	0.0	1043.2	91
176	Sanders	Ed	Horsforth Harriers	MSEN	0	0.0	228	200.5	245	246.9	161	287.8	143	306.0	1041.2	0.0	1041.2	92
177	Adkins	Tobias	Hyde Park Harriers	MSEN	151	350.0	0	0.0	145	350.6	0	0.0	118	340.2	1040.8	0.0	1040.8	93
178	Jewitt	Fred	Chapel Allerton Runners	MSEN	256	245.0	182	261.2	199	294.6	201	234.7	0	0.0	1035.6	0.0	1035.6	94
179	Whale	Stuart	Ackworth RR	M45	286	215.0	208	226.9	238	254.1	169	277.2	168	271.9	1245.1	215.0	1030.1	26
180	Mcaleavy	Stuart	Wharfedale Harriers	M40	0	0.0	0	0.0	151	344.4	129	330.2	119	338.8	1013.4	0.0	1013.4	40
181	Storey	Ian	Kippax Harriers	M50	260	241.0	192	248.0	221	271.8	0	0.0	184	250.0	1010.8	0.0	1010.8	12
182	Geisleris	Giedrius	Kirkstall Harriers	MSEN	0	0.0	185	257.3	218	274.9	202	233.4	188	244.5	1010.1	0.0	1010.1	95
183	Glover	Chris	Kirkstall Harriers	M55	261	240.0	181	262.5	230	262.4	195	242.7	200	228.1	1235.8	228.1	1007.7	7
184	Rhodes	Steve	Hyde Park Harriers	M50	163	338.0	93	378.6	0	0.0	0	0.0	156	288.3	1004.9	0.0	1004.9	13
185	Dilasser	Jamie	Nidd Valley RR	M45	195	306.0	106	361.5	158	337.1	0	0.0	0					

224	Raffell	Adam	York Tri Club	MSEN	0	0.0	0	0.0	56	442.9	0	0.0	31	459.0	902.0	0.0	902.0	117
225	Ward	John	Abby Runners	M65	262	239.0	234	192.6	281	209.5	207	226.8	204	222.7	1090.6	192.6	898.0	1
226	Kent	Craig	Abby Runners	MSEN	270	231.0	296	110.8	262	229.3	0	0.0	128	326.5	897.6	0.0	897.6	118
227	Mellor	David	St Theresa's AC	M45	308	193.0	219	212.4	263	228.2	205	229.4	203	224.0	1087.1	193.0	894.1	32
228	Maycock	David	Horsforth Harriers	M55	219	282.0	0	0.0	193	300.8	0	0.0	140	310.1	892.9	0.0	892.9	9
229	Wakelin	Luke	Nidd Valley Road Runners	MSEN	0	0.0	0	0.0	60	438.8	37	452.3	0	0.0	891.1	0.0	891.1	119
230	Furby	Mike	Valley Striders	M45	271	230.0	203	233.5	0	0.0	241	181.7	189	243.2	888.4	0.0	888.4	33
231	Spaine	Jonathan	Hyde Park Harriers	MSEN	251	250.0	0	0.0	180	314.3	0	0.0	130	323.8	888.1	0.0	888.1	120
232	Harlowe	Paul	Wharfedale Harriers	M65	179	322.0	0	0.0	208	285.3	0	0.0	163	278.7	886.0	0.0	886.0	2
233	Colley	Ashley	Bradford Airedale	MSEN	64	437.0	40	448.5	0	0.0	0	0.0	0	0.0	885.5	0.0	885.5	121
234	Spink	Stewart	Saltaire Striders	M45	205	296.0	155	296.8	201	292.5	0	0.0	0	0.0	885.4	0.0	885.4	34
235	Themistocleous	Simon	Saltaire Striders	M40	60	441.0	0	0.0	55	444.0	0	0.0	0	0.0	885.0	0.0	885.0	46
236	Murray	Julian	Harrogate Tri Club	M45	0	0.0	0	0.0	192	301.9	148	305.0	164	277.3	884.2	0.0	884.2	35
237	Richards	Jon	Abby Runners	M40	305	196.0	196	242.7	279	211.6	234	191.0	198	230.9	1072.2	191.0	881.2	47
238	Sutherland	Mark	Eccleshill RR	M50	214	287.0	154	298.2	203	290.5	0	0.0	0	0.0	875.6	0.0	875.6	19
239	Harland	Gareth	Eccleshill RR	MSEN	245	256.0	0	0.0	277	213.7	191	248.0	252	157.1	874.8	0.0	874.8	122
240	Holt	Mark	Wetherby Runners	M40	0	0.0	45	442.0	0	0.0	52	432.4	0	0.0	874.3	0.0	874.3	48
241	Jovanovic	Nick	Airecentre Pacers	MSEN	326	175.0	220	211.1	252	239.6	192	246.7	0	0.0	872.4	0.0	872.4	123
242	Womersley	David	Horsforth Harriers	M65	288	213.0	231	196.6	257	234.4	220	209.5	211	213.1	1066.7	196.6	870.1	3
243	Walker	Colin	Pudsey & Bramley AC	M45	54	447.0	64	416.9	0	0.0	0	0.0	0	0.0	863.9	0.0	863.9	36
244	Grindley	Paul	Airecentre Pacers	M50	294	207.0	222	208.4	275	215.8	203	232.1	0	0.0	863.3	0.0	863.3	20
245	Taylor	Michael	Hyde Park Harriers	MSEN	44	457.0	0	0.0	94	403.5	0	0.0	0	0.0	860.5	0.0	860.5	124
246	Fox	Ken	Valley Striders	M55	277	224.0	242	182.1	250	241.7	263	152.5	213	210.4	1010.7	152.5	858.1	10
247	Farrar	Martin	Wharfedale Harriers	M55	282	219.0	205	230.9	244	247.9	0	0.0	250	159.8	857.6	0.0	857.6	11
248	Thorpe	Craig	Ackworth RR	MSEN	65	436.0	0	0.0	79	419.1	0	0.0	0	0.0	855.1	0.0	855.1	125
249	Hands	Simon	Kirkstall Harriers	MSEN	204	297.0	132	327.2	261	230.3	0	0.0	0	0.0	854.5	0.0	854.5	126
250	Cornforth	Philip	Knaresborough Striders	M45	199	302.0	137	320.6	0	0.0	0	0.0	201	226.8	849.4	0.0	849.4	37
251	Young	Jonathan	Kirkstall Harriers	MSEN	0	0.0	0	0.0	0	0.0	59	423.1	55	426.2	849.3	0.0	849.3	127
252	Hinds	Aron	Hyde Park Harriers	MSEN	75	426.0	60	422.2	0	0.0	0	0.0	0	0.0	848.2	0.0	848.2	128
253	Mitchell	Ian	Knaresborough Striders	M50	232	269.0	176	269.1	348	140.0	287	120.7	245	166.7	965.5	120.7	844.8	21
254	Newbould	Ed	Horsforth Harriers	MSEN	0	0.0	0	0.0	70	428.4	0	0.0	64	413.9	842.4	0.0	842.4	129
255	Weight	Dave	Roundhay Runners	M50	0	0.0	193	246.7	0	0.0	160	289.1	145	303.3	839.1	0.0	839.1	22
256	Powell	Edward	Roundhay Runners	MSEN	81	420.0	0	0.0	83	414.9	0	0.0	0	0.0	834.9	0.0	834.9	130
257	Hipkiss	Jack	Kirkstall Harriers	MSEN	83	418.0	0	0.0	0	0.0	0	0.0	63	415.3	833.3	0.0	833.3	131
258	Tarran	James	Valley Striders	M50	0	0.0	73	405.0	0	0.0	58	424.4	0	0.0	829.4	0.0	829.4	23
259	Marquina	Daniel	Hyde Park Harriers	MSEN	89	412.0	0	0.0	0	0.0	0	0.0	65	412.6	824.6	0.0	824.6	132
260	Gill	Christopher	St Theresa's AC	M70	316	185.0	256	163.6	268	223.0	216	214.9	220	200.8	987.3	163.6	823.7	1
261	Roberts	Hal	Kirkstall Harriers	MSEN	0	0.0	0	0.0	108	389.0	55	428.4	0	0.0	817.4	0.0	817.4	133
262	Watson	Scott	Hyde Park Harriers	MSEN	0	0.0	0	0.0	62	436.7	91	380.6	0	0.0	817.4	0.0	817.4	134
263	Armitstead	Simon	Chapel Allerton Runners	MSEN	0	0.0	0	0.0	0	0.0	67	412.5	72	403.0	815.5	0.0	815.5	135
264	Hill	Mick	Pudsey & Bramley AC	M40	0	0.0	237	188.7	283	207.5	221	208.2	218	203.6	807.9	0.0	807.9	49
265	Porritt	Ste	York Tri Club	MSEN	220	281.0	178	266.5	232	260.4	0	0.0	0	0.0	807.9	0.0	807.9	136
266	Dyer	Peter	Leeds University CCC	MSEN	0	0.0	0	0.0	0	0.0	69	409.8	76	397.5	807.4	0.0	807.4	137
267	Morton	Joe	Roundhay Runners	MSEN	0	0.0	0	0.0	0	0.0	66	413.8	84	386.6	800.4	0.0	800.4	138
268	Davey	Richard	Wetherby Runners	M45	0	0.0	0	0.0	95	402.5	0	0.0	77	396.2	798.7	0.0	798.7	38
269	Love	Martin	Saltaire Striders	M55	311	190.0	238	187.3	286	204.4	229	197.6	216	206.3	985.6	187.3	798.3	12
270	Hassall	Christopher	Hyde Park Harriers	MSEN	0	0.0	223	207.1	287	203.3	239	184.4	219	202.2	797.0	0.0	797.0	139
271	Nicholson	Kevin	Nidd Valley RR	M50	162	339.0	164	285.0	0	0.0	252	167.1	0	0.0	791.1	0.0	791.1	24
272	Maudsley	Ian	St Theresa's AC	MSEN	87	414.0	0	0.0	0	0.0	0	0.0	91	377.0	791.0	0.0	791.0	140
273	Fryer	Anthony	Valley Striders	M40	0	0.0	75	402.4	117	379.7	0	0.0	0	0.0	782.0	0.0	782.0	50
274	Walker	Will	Ackworth RR	MSEN	299	202.0	243	180.7	292	198.1	227	200.3	0	0.0	781.1	0.0	781.1	141
275	Hulme	Simon	Rothwell Harriers	M45	0	0.0	189	252.0	224	268.7	182	259.9	0	0.0	780.6	0.0	780.6	39
276	Corbett	Graham	Saltaire Striders	MSEN	84	417.0	0	0.0	0	0.0	0	0.0	101	363.4	780.4	0.0	780.4	142
277	Coldwell	Ben	Kirkstall Harriers	MSEN	136	365.0	0	0.0	0	0.0	0	0.0	73	401.6	766.6	0.0	766.6	143
278	Whittaker	Jim	Abby Runners	M50	310	191.0	260	158.3	289	201.2	223	205.6	244	168.0	924.2	158.3	765.8	25
279	O'brien	Liam	Hyde Park Harriers	M40	47	454.0	148	306.1	0	0.0	0	0.0	0	0.0	760.1	0.0	760.1	51
280	Blatherwick	John	Hyde Park Harriers	MSEN	478	23.0	248	174.1	300	189.8	218	212.2	233	183.1	782.2	23.0	759.2	144
281	Barstow	Craig	Harrogate Harriers	M50	0	0.0	0	0.0	0	0.0	82	392.6	100	364.8	757.3	0.0	757.3	26
282	Miller	Brian	Harrogate Harriers	M60	226	275.0	0	0.0	204	289.4	0	0.0	228	189.9	754.3	0.0	754.3	6
283	Webber-Cross	Geoff	Chapel Allerton Runners	MSEN	119	382.0	0	0.0	125	371.4	0	0.0	0	0.0	753.4	0.0	753.4	145
284	White	Ali	Roundhay Runners	MSEN	0	0.0	107	360.2	0	0.0	0	0.0	80	392.1	752.2	0.0	752.2	146
285	Vallance	Simon	Valley Striders	M50	0	0.0	0	0.0	106	391.1	0	0.0	107	355.2	746.3	0.0	746.3	27
286	Ritucci	Richard	Ackworth RR	MSEN	110	391.0	0	0.0	0	0.0	111	354.1	0	0.0	745.1	0.0	745.1	147
287	Cowen	Fred	Hyde Park Harriers	MSEN	0	0.0	0	0.0	270	221.0	184	257.3	176	260.9	739.2	0.0	739.2	148
288	Sutton	Leroy	Valley Striders	M60	298	203.0	233	193.9	331	157.7	293	112.7	234	181.7	849.0	112.7	736.3	7
289	Patchett	Ian	Abby Runners	M55	313	188.0	240	184.7	312	177.4	249	171.1	231	185.8	907.0	171.1	735.9	13
290	Verity	Jack	Saltaire Striders	M55	328	173.0	251	170.2	293	197.1	0	0.0	225	194.0	734.3	0.0	734.3	14
291	Thorp	Tom	Chapel Allerton Runners	MSEN	237	264.0	217	215.0	240	252.1	0	0.0	0	0.0	731.1	0.0	731.1	149
292	Robertson	Adam	Roundhay Runners	MSEN	0	0.0	253	167.5	278	212.7	237	187.0	248	162.6	729.8	0.0	729.8	150
293	Mace	James	Rothwell Harriers	MSEN	134	367.0	0	0.0	0	0.0	0	0.0	103	360.7	727.7	0.0	727.7	151
294	Pickering	Malcolm	Ilkley Harriers	M65	0	0.0	213	220.3	0	0.0	197	240.1	177	259.6	719.9	0.0	719.9	4
295	Dell'amico	Loris	Saltaire Striders	M40	253	248.0	0	0.0	236	256.2	0	0.0	210	214.5	718.7	0.0	718.7	52
296	Powell	Mike	Valley Striders	MSEN	356	145.0	261	157.0	299	190.9	246	175.1	226	192.6	860.6	145.0	715.6	152
297	Thomas	Richard	Kirkstall Harriers	M55	307	194.0	241	183.4	0	0.0	257	160.5	240	173.5	711.4	0.0	711.4	15
298	Jesson	James	Wetherby Runners	M40	133	368.0	0	0.0	0	0.0	0	0.0	117	341.5	709.5	0.0	709.5	53
299	Firth	Stephen	Rothwell Harriers	M50	259	242.0	0	0.0	254	237.6	208	225.5	0	0.0	705.0	0.0	705.0	28
300	Ellis	Adam	Abby Runners	M40	318	183.0	277	135.9	347	141.1	242	180.4	221	199.5	839.8	135.9	703.9	54
301	Kasperek	Matt	Kirkstall Harriers	MSEN	317	184.0	245	178.1</										

338	Callaghan	Pete	Wetherby Runners	M55	0	0.0	0	0.0	264	227.2	225	202.9	242	170.8	600.9	0.0	600.9	17
339	Chubb	Daniel	Chapel Allerton Runners	MSEN	0	0.0	0	0.0	186	308.1	0	0.0	154	291.0	599.1	0.0	599.1	164
340	Child	Nick	Kirkstall Harriers	M45	324	177.0	204	232.2	0	0.0	0	0.0	229	188.5	597.7	0.0	597.7	49
341	Butterfield	Richard	Horsforth Harriers	M60	297	204.0	252	168.9	0	0.0	212	220.2	0	0.0	593.0	0.0	593.0	9
342	Smyth	Alistair	Valley Striders	M55	0	0.0	271	143.8	265	226.1	0	0.0	207	218.6	588.5	0.0	588.5	18
343	Caiver	Rob	Chapel Allerton Runners	M45	281	220.0	0	0.0	307	182.6	238	185.7	0	0.0	588.2	0.0	588.2	50
344	Helmore	Stu	Roundhay Runners	MSEN	332	169.0	0	0.0	309	180.5	200	236.1	0	0.0	585.6	0.0	585.6	165
345	Ayres	Dan	St Theresa's AC	M40	215	286.0	0	0.0	197	296.7	0	0.0	0	0.0	582.7	0.0	582.7	63
346	Bethell	Chris	Dragons RC	MSEN	0	0.0	199	238.8	0	0.0	206	228.1	285	112.0	578.9	0.0	578.9	166
347	Wilson	Dan	Knaresborough Striders	MSEN	212	289.0	163	286.3	0	0.0	0	0.0	0	0.0	575.3	0.0	575.3	167
348	Legg	Ian	Wetherby Runners	M50	0	0.0	158	292.9	0	0.0	170	275.9	0	0.0	568.7	0.0	568.7	36
349	Jackson	Andrew	Ilkley Harriers	M55	0	0.0	0	0.0	297	192.9	243	179.0	223	196.7	568.7	0.0	568.7	19
350	Griffiths	Alun	Saltaire Striders	M60	354	147.0	287	122.7	351	136.9	264	151.2	270	132.5	690.3	122.7	567.6	10
351	Twitchett	Mark	Roundhay Runners	M45	0	0.0	254	166.2	284	206.4	232	193.6	0	0.0	566.3	0.0	566.3	51
352	Gibson	Paul	Chapel Allerton Runners	M55	0	0.0	239	186.0	285	205.4	0	0.0	239	174.9	566.3	0.0	566.3	20
353	Robinson	Phil	Nidd Valley RR	M55	339	162.0	278	134.6	355	132.8	275	136.2	271	131.1	697.1	131.1	565.9	21
354	Cavill	Gareth	Abbey Runners	M45	0	0.0	0	0.0	214	279.0	163	285.1	0	0.0	564.2	0.0	564.2	52
355	Hussey	John	Valley Striders	M65	315	186.0	0	0.0	291	199.2	0	0.0	237	177.6	562.8	0.0	562.8	5
356	Schofield	Alan	St Theresa's AC	M55	0	0.0	0	0.0	228	264.5	155	295.8	0	0.0	560.3	0.0	560.3	22
357	Lynn	Sam	York Postal Harriers	M40	223	278.0	0	0.0	219	273.9	0	0.0	0	0.0	551.9	0.0	551.9	64
358	Wolstenholme	Stephen	Bradford Airedale	M55	208	293.0	184	258.6	0	0.0	0	0.0	0	0.0	551.6	0.0	551.6	23
359	Ward	Roger	Rothwell Harriers	M55	379	122.0	280	131.9	358	129.7	261	155.2	269	133.9	672.6	122.0	550.6	24
360	Longmate	Kevin	Kirkstall Harriers	MSEN	0	0.0	0	0.0	206	287.3	183	258.6	0	0.0	546.0	0.0	546.0	168
361	Skidmore	Stephen	Wharfedale Harriers	M60	227	274.0	0	0.0	233	259.3	0	0.0	0	0.0	533.3	0.0	533.3	11
362	Park	Keith	Horsforth Harriers	M60	368	133.0	290	118.7	350	138.0	280	130.0	272	129.8	649.5	118.7	530.7	12
363	White	Paul	Valley Striders	M70	0	0.0	279	133.2	336	152.5	276	135.3	289	106.6	527.6	0.0	527.6	2
364	Cook	James	Roundhay Runners	M40	319	182.0	232	195.3	0	0.0	0	0.0	257	150.3	527.5	0.0	527.5	65
365	Leslie	David	Abbey Runners	M65	381	120.0	322	76.5	332	156.6	248	172.4	0	0.0	525.6	0.0	525.6	6
366	Howard	Tom	Roundhay Runners	MSEN	0	0.0	0	0.0	241	251.0	173	271.9	0	0.0	522.9	0.0	522.9	169
367	Waller	Ian	Knaresborough Striders	M55	0	0.0	168	279.7	0	0.0	0	0.0	190	241.8	521.5	0.0	521.5	25
368	Morimoto	Kazuki	Abbey Runners	M45	322	179.0	0	0.0	328	160.8	0	0.0	235	180.3	520.1	0.0	520.1	53
369	Andralojc	Nick	Harrogate Harriers	M55	0	0.0	0	0.0	243	249.0	0	0.0	172	266.4	515.4	0.0	515.4	26
370	Wallace	John	Valley Striders	M50	327	174.0	0	0.0	383	103.7	272	140.6	299	92.9	511.2	0.0	511.2	37
371	Chamberlain	Jon	Harrogate Tri Club	M45	258	243.0	0	0.0	0	0.0	176	267.9	0	0.0	510.9	0.0	510.9	54
372	Olaya Cuartero	Javier	Hyde Park Harriers	MSEN	0	0.0	0	0.0	0	0.0	175	269.2	193	237.7	506.9	0.0	506.9	170
373	Nesbitt	Stephen	Harrogate Harriers	M45	406	95.0	283	128.0	376	111.0	268	145.9	278	121.6	601.4	95.0	506.4	55
374	Marsh	Nathan	Leeds University CCC	MSEN	0	0.0	0	0.0	1	500.0	0	0.0	0	0.0	500.0	0.0	500.0	171
375	Baxter	Joe	Pudsey & Bramley AC	MSEN	1	500.0	0	0.0	0	0.0	0	0.0	0	0.0	500.0	0.0	500.0	172
376	Burrett	Mike	Harrogate Harriers	M40	0	0.0	0	0.0	0	0.0	0	0.0	1	500.0	500.0	0.0	500.0	66
377	Leach	Adrian	Ackworth RR	M50	333	168.0	289	120.1	378	108.9	0	0.0	292	102.5	499.4	0.0	499.4	38
378	Angel Gomez	Rafael	Hyde Park Harriers	MSEN	0	0.0	2	498.7	0	0.0	0	0.0	0	0.0	498.7	0.0	498.7	173
379	O'Brien	Kieran	Kirkstall Harriers	M40	404	97.0	288	121.4	379	107.9	281	128.6	264	140.7	595.6	97.0	498.6	67
380	Lightowler	Robbie	Leeds University CCC	MSEN	3	498.0	0	0.0	0	0.0	0	0.0	0	0.0	498.0	0.0	498.0	174
381	Sinar	Terry	Ackworth RR	M50	303	198.0	0	0.0	0	0.0	260	156.5	263	142.1	496.6	0.0	496.6	39
382	Rowe	Josh	Saltaire Striders	MSEN	0	0.0	4	496.0	0	0.0	0	0.0	0	0.0	496.0	0.0	496.0	175
383	Bell	Richard	Wetherby Runners	M50	0	0.0	0	0.0	302	187.8	254	164.5	262	143.4	495.7	0.0	495.7	40
384	Kilgour	Joe	Leeds University CCC	MSEN	6	495.0	0	0.0	0	0.0	0	0.0	0	0.0	495.0	0.0	495.0	176
385	Kershaw	Andy	Leeds University CCC	MSEN	0	0.0	0	0.0	0	0.0	0	0.0	7	491.8	491.8	0.0	491.8	177
386	Sunman	Kai	Leeds University CCC	MSEN	10	491.0	0	0.0	0	0.0	0	0.0	0	0.0	491.0	0.0	491.0	178
387	Hibberd	Daryl	Valley Striders	MSEN	0	0.0	0	0.0	12	488.6	0	0.0	0	0.0	488.6	0.0	488.6	179
388	Cook	Sean	Valley Striders	MSEN	235	266.0	0	0.0	269	222.0	0	0.0	0	0.0	488.0	0.0	488.0	180
389	Warrender	Andy	St Theresa's AC	M45	363	138.0	286	124.0	372	115.1	298	106.1	286	110.7	593.9	106.1	487.8	56
390	Ward	Ash	Rothwell Harriers	MSEN	0	0.0	0	0.0	345	143.2	245	176.4	247	163.9	483.5	0.0	483.5	181
391	Couldwell	Alan	Harrogate Harriers	M60	377	124.0	308	95.0	360	127.6	300	103.4	273	128.4	578.4	95.0	483.5	13
392	Toon	Andy	Valley Striders	MSEN	0	0.0	0	0.0	0	0.0	189	250.7	197	232.2	482.9	0.0	482.9	182
393	Francis	Alec	Hyde Park Harriers	MSEN	19	482.0	0	0.0	0	0.0	0	0.0	0	0.0	482.0	0.0	482.0	183
394	Maier	Fred	Wharfedale Harriers	MSEN	20	481.0	0	0.0	0	0.0	0	0.0	0	0.0	481.0	0.0	481.0	184
395	Manning	Paul	Nidd Valley RR	M45	370	131.0	301	104.2	365	122.4	0	0.0	281	117.5	475.1	0.0	475.1	57
396	Boardman	Simon	Kirkstall Harriers	MSEN	249	252.0	0	0.0	273	217.8	0	0.0	0	0.0	469.8	0.0	469.8	185
397	Payne	Richard	Ackworth RR	M40	425	76.0	0	0.0	361	126.6	279	131.3	268	135.2	469.1	0.0	469.1	68
398	Barboar	Oscar	Leeds University CCC	MSEN	32	469.0	0	0.0	0	0.0	0	0.0	0	0.0	469.0	0.0	469.0	186
399	Kidner	Ralph	Hyde Park Harriers	M60	378	123.0	292	116.1	368	119.3	295	110.1	315	71.0	539.5	71.0	468.5	14
400	Cowling	Graeme	Airecentre Pacers	MSEN	0	0.0	210	224.3	251	240.7	0	0.0	0	0.0	464.9	0.0	464.9	187
401	Newton	Simon	Ackworth RR	MSEN	0	0.0	0	0.0	37	462.7	0	0.0	0	0.0	462.7	0.0	462.7	188
402	Rogers	Simon	Hyde Park Harriers	M55	239	262.0	229	199.2	0	0.0	0	0.0	0	0.0	461.2	0.0	461.2	27
403	Milner	Steve	Wharfedale Harriers	M55	0	0.0	250	171.5	346	142.1	0	0.0	260	146.2	459.8	0.0	459.8	28
404	Richardson	Dale	Rothwell Harriers	MSEN	236	265.0	0	0.0	0	0.0	233	192.3	0	0.0	457.3	0.0	457.3	189
405	Robins	Mike	Valley Striders	M55	0	0.0	0	0.0	338	150.4	256	161.8	261	144.8	457.0	0.0	457.0	29
406	Parker	Dave	St Theresa's AC	M50	0	0.0	0	0.0	44	455.4	0	0.0	0	0.0	455.4	0.0	455.4	41
407	Woodhead	William	Airecentre Pacers	MSEN	292	209.0	0	0.0	0	0.0	194	244.0	0	0.0	453.0	0.0	453.0	190
408	Walker	John	Roundhay Runners	M55	408	93.0	294	113.5	406	79.9	288	119.4	274	127.0	532.7	79.9	452.9	30
409	Kirk	Adam	Nidd Valley Road Runners	MSEN	0	0.0	0	0.0	47	452.3	0	0.0	0	0.0	452.3	0.0	452.3	191
410	Foley	Brendan	Horsforth Harriers	MSEN	0	0.0	0	0.0	253	238.6	217	213.5	0	0.0	452.1	0.0	452.1	192
411	Young	Innes	Roundhay Runners	M40	291	210.0	198	240.1	0	0.0	0	0.0	0	0.0	450.1	0.0	450.1	69
412	Wray	Scott	York Tri Club	M45	362	139.0	273	141.2	326	162.9	0	0.0	0	0.0	443.0	0.0	443.0	58
413	Pawley	Graham	Valley Striders	M50	0	0.0	0	0.0	256	235.5	222	206.9	0	0.0	442.4	0.0	442.4	42
414	Smith	Jonathan	Roundhay Runners	M45	272	229.0	0	0.0	0	0.0	0	0.0	212	211.7	440.7	0.0	440.7	59
415	Jackson	Bob	Valley Striders	M65	395	106.0	300	105.5	375	112.0	292	114.1	288	107.9	545.6	105.5	440.0	7
416	Middleley	Terry	Valley Striders	M45	0	0.0	0	0.0	0	0.0	0	0.0	46	438.5	438.5	0.0	438.5	60

452	Turner	Graham	Airecentre Pacers	M40	391	110.0	305	98.9	382	104.8	316	82.2	0	0.0	395.9	0.0	395.9	76
453	Dixon	Paul	St Theresa's AC	M55	309	192.0	0	0.0	288	202.3	0	0.0	0	0.0	394.3	0.0	394.3	33
454	Rush	Peter	Roundhay Runners	M55	0	0.0	247	175.5	0	0.0	0	0.0	209	215.8	391.3	0.0	391.3	34
455	Vargas	Michael	Hyde Park Harriers	M5EN	0	0.0	0	0.0	0	0.0	0	0.0	83	388.0	388.0	0.0	388.0	206
456	Bullivant	Chad	York Tri Club	M5EN	0	0.0	0	0.0	110	386.9	0	0.0	0	0.0	386.9	0.0	386.9	207
457	Ogden	Kevin	Hyde Park Harriers	M45	115	386.0	0	0.0	0	0.0	0	0.0	0	0.0	386.0	0.0	386.0	69
458	Whitehead	Zack	Saltaire Striders	M5EN	116	385.0	0	0.0	0	0.0	0	0.0	0	0.0	385.0	0.0	385.0	208
459	Newell	Jason	Hyde Park Harriers	M45	314	187.0	0	0.0	294	196.1	0	0.0	0	0.0	383.1	0.0	383.1	70
460	Simms	Dave	Valley Striders	M5EN	0	0.0	90	382.6	0	0.0	0	0.0	0	0.0	382.6	0.0	382.6	209
461	Vincent	Robert	Abbey Runners	M40	0	0.0	0	0.0	115	381.7	0	0.0	0	0.0	381.7	0.0	381.7	77
462	Sutton	Robert	Eccleshill RR	M50	365	136.0	306	97.6	402	84.0	330	63.7	322	61.5	442.8	61.5	381.3	47
463	Page	Jack	York Tri Club	M5EN	120	381.0	0	0.0	0	0.0	0	0.0	0	0.0	381.0	0.0	381.0	210
464	Wood	Steve	Horsforth Harriers	M60	412	89.0	302	102.9	392	94.4	307	94.2	0	0.0	380.5	0.0	380.5	17
465	Bull	Nick	Roundhay Runners	M50	422	79.0	321	77.8	398	88.2	297	107.4	291	103.8	456.3	77.8	378.4	48
466	Jones	Chris	Wharfedale Harriers	M50	0	0.0	0	0.0	0	0.0	0	0.0	90	378.4	378.4	0.0	378.4	49
467	Simpson	Ben	St Theresa's AC	M5EN	124	377.0	0	0.0	0	0.0	0	0.0	0	0.0	377.0	0.0	377.0	211
468	Carter	Andrew	Kirkstall Harriers	M55	0	0.0	0	0.0	0	0.0	95	375.3	0	0.0	375.3	0.0	375.3	35
469	Smith	Simon	Kirkstall Harriers	M45	388	113.0	299	106.9	438	46.7	296	108.8	0	0.0	375.3	0.0	375.3	71
470	Turner	Gary	Ackworth RR	M45	127	374.0	0	0.0	0	0.0	0	0.0	0	0.0	374.0	0.0	374.0	72
471	Sawyer	Jaysson	Harrogate Harriers	M40	128	373.0	0	0.0	0	0.0	0	0.0	0	0.0	373.0	0.0	373.0	78
472	Patrickson	Alex	Nidd Valley Road Runners	M5EN	0	0.0	0	0.0	124	372.4	0	0.0	0	0.0	372.4	0.0	372.4	212
473	Wilkinson	Richard	Rothwell Harriers	M45	0	0.0	0	0.0	126	370.3	0	0.0	0	0.0	370.3	0.0	370.3	73
474	Walker	Gavin	Ackworth RR	M5EN	131	370.0	0	0.0	0	0.0	0	0.0	0	0.0	370.0	0.0	370.0	213
475	Mullaney	Sean	Roundhay Runners	M50	0	0.0	0	0.0	370	117.2	291	115.4	267	136.6	369.2	0.0	369.2	50
476	Gourlay	Ross	Roundhay Runners	M5EN	0	0.0	316	84.4	0	0.0	278	132.6	256	151.6	368.7	0.0	368.7	214
477	Peck	Simon	Dragons RC	M60	367	134.0	0	0.0	0	0.0	289	118.0	282	116.1	368.2	0.0	368.2	18
478	Gall	Stuart	St Theresa's AC	M5EN	0	0.0	0	0.0	318	171.2	231	195.0	0	0.0	366.1	0.0	366.1	215
479	Marsh	Rob	Valley Striders	M40	0	0.0	0	0.0	131	365.1	0	0.0	0	0.0	365.1	0.0	365.1	79
480	Seaman	Dave	Nidd Valley RR	M70	401	100.0	324	73.9	391	95.4	314	84.9	305	84.7	438.9	73.9	365.0	3
481	Glover	Paul	Kirkstall Harriers	M70	410	91.0	303	101.6	394	92.3	318	79.6	0	0.0	364.5	0.0	364.5	4
482	Sawyer	Chris	Valley Striders	M55	376	125.0	0	0.0	362	125.5	0	0.0	284	113.4	363.9	0.0	363.9	36
483	Lennon	Laurence	Abbey Runners	M55	394	107.0	326	71.2	390	96.5	313	86.2	0	0.0	360.9	0.0	360.9	37
484	Cook	James	Nidd Valley RR	M45	296	205.0	262	155.7	0	0.0	0	0.0	0	0.0	360.7	0.0	360.7	74
485	Skerrett	Greg	Valley Striders	M40	290	211.0	0	0.0	339	149.4	0	0.0	0	0.0	360.4	0.0	360.4	80
486	Hilton	Owen	Abbey Runners	M5EN	142	359.0	0	0.0	0	0.0	0	0.0	0	0.0	359.0	0.0	359.0	216
487	Nash	Ali	Saltaire Striders	M45	143	358.0	0	0.0	0	0.0	0	0.0	0	0.0	358.0	0.0	358.0	75
488	McMullan	Kevin	Valley Striders	M45	145	356.0	0	0.0	0	0.0	0	0.0	0	0.0	356.0	0.0	356.0	76
489	Balkwill	James	Abbey Runners	M45	416	85.0	332	63.3	357	130.7	0	0.0	311	76.5	355.5	0.0	355.5	77
490	Stockburn	Paul	Harrogate Harriers	M55	146	355.0	0	0.0	0	0.0	0	0.0	0	0.0	355.0	0.0	355.0	38
491	Heffernan	Paul	Wetherby Runners	M40	336	165.0	0	0.0	0	0.0	235	189.7	0	0.0	354.7	0.0	354.7	81
492	Dixon	Tim	Kirkstall Harriers	M5EN	0	0.0	0	0.0	0	0.0	0	0.0	108	353.8	353.8	0.0	353.8	217
493	Wilkie	Peter	Roundhay Runners	M5EN	0	0.0	114	350.9	0	0.0	0	0.0	0	0.0	350.9	0.0	350.9	218
494	Ellison	Garry	Eccleshill RR	M55	0	0.0	281	130.6	0	0.0	304	98.1	279	120.2	349.0	0.0	349.0	39
495	Cooper	Ian	Harrogate Harriers	M40	153	348.0	0	0.0	0	0.0	0	0.0	0	0.0	348.0	0.0	348.0	82
496	Dowland	Ian	Eccleshill RR	M5EN	0	0.0	255	164.9	308	181.5	0	0.0	0	0.0	346.4	0.0	346.4	219
497	Capperauld	Kris	York Tri Club	M5EN	155	346.0	0	0.0	0	0.0	0	0.0	0	0.0	346.0	0.0	346.0	220
498	Thorpe	Andrew	Roundhay Runners	M40	0	0.0	0	0.0	150	345.4	0	0.0	0	0.0	345.4	0.0	345.4	83
499	Newton	Stephen	Nidd Valley RR	M45	434	67.0	325	72.6	384	102.7	305	96.8	314	72.4	411.5	67.0	344.5	78
500	Douglas	Alan	Saltaire Striders	M45	0	0.0	274	139.8	0	0.0	228	198.9	0	0.0	338.8	0.0	338.8	79
501	Grayton	Michael	St Theresa's AC	M50	325	176.0	257	162.3	0	0.0	0	0.0	0	0.0	338.3	0.0	338.3	51
502	Trotter	Andy	York Tri Club	M45	385	116.0	0	0.0	0	0.0	302	100.8	280	118.9	335.6	0.0	335.6	80
503	Steele	Marc	Eccleshill RR	M5EN	403	98.0	330	66.0	429	56.0	323	72.9	297	95.6	388.6	56.0	332.5	221
504	Batchelor	John	Valley Striders	M45	172	329.0	0	0.0	0	0.0	0	0.0	0	0.0	329.0	0.0	329.0	81
505	Ardron	Richard	Harrogate Tri Club	M5EN	173	328.0	0	0.0	0	0.0	0	0.0	0	0.0	328.0	0.0	328.0	222
506	Durkin	Paul	Kippax Harriers	M50	428	73.0	336	58.0	387	99.6	311	88.9	320	64.2	383.7	58.0	325.7	52
507	Collins	Andrew	Harrogate Harriers	M5EN	0	0.0	264	153.0	317	172.2	0	0.0	0	0.0	325.2	0.0	325.2	223
508	Booth	James	Hyde Park Harriers	M5EN	178	323.0	0	0.0	0	0.0	0	0.0	0	0.0	323.0	0.0	323.0	224
509	Mangeolles	James	Horsforth Harriers	M5EN	0	0.0	0	0.0	316	173.2	266	148.5	0	0.0	321.8	0.0	321.8	225
510	Rhodes	Adam	Kirkstall Harriers	M40	346	155.0	0	0.0	323	166.0	0	0.0	0	0.0	321.0	0.0	321.0	84
511	Watson	Simon	Harrogate Harriers	M55	0	0.0	0	0.0	0	0.0	0	0.0	133	319.7	319.7	0.0	319.7	40
512	Beal	Paul	Horsforth Harriers	M5EN	0	0.0	0	0.0	330	158.7	258	159.2	0	0.0	317.9	0.0	317.9	226
513	Carden	Richard	Saltaire Striders	M5EN	184	317.0	0	0.0	0	0.0	0	0.0	0	0.0	317.0	0.0	317.0	227
514	Nodwell	Adam	Kirkstall Harriers	M5EN	0	0.0	0	0.0	178	316.4	0	0.0	0	0.0	316.4	0.0	316.4	228
515	Lerner	Barney	Saltaire Striders	M65	417	84.0	0	0.0	393	93.4	309	91.5	334	45.1	314.0	0.0	314.0	8
516	Mansfield	Michael	Roundhay Runners	M55	0	0.0	309	93.7	377	110.0	0	0.0	0	0.0	287	109.3	312.9	41
517	Tyrrill	Brian	Valley Striders	M55	437	64.0	340	52.8	414	71.6	312	87.5	303	87.4	363.3	52.8	310.5	42
518	Steel	Phil	Fellandale	M40	0	0.0	0	0.0	184	310.2	0	0.0	0	0.0	310.2	0.0	310.2	85
519	Cottam	Graham	Horsforth Harriers	M40	0	0.0	145	310.0	0	0.0	0	0.0	0	0.0	310.0	0.0	310.0	86
520	Coles	Malcolm	Valley Striders	M75	419	82.0	304	100.3	420	65.4	335	57.0	0	0.0	304.6	0.0	304.6	1
521	Smith	Jonathon	Saltaire Striders	M5EN	197	304.0	0	0.0	0	0.0	0	0.0	0	0.0	304.0	0.0	304.0	229
522	Hirst	Philip	Ilkley Harriers	M60	0	0.0	267	149.1	0	0.0	262	153.8	0	0.0	302.9	0.0	302.9	19
523	Tomlinson	Paul	Dragons RC	M45	383	118.0	307	96.3	0	0.0	0	0.0	304	86.1	300.4	0.0	300.4	82
524	Byrd	Joe	Hyde Park Harriers	M5EN	0	0.0	0	0.0	0	0.0	284	124.7	241	172.1	296.8	0.0	296.8	230
525	Daudet	Nicolas	Ackworth RR	M40	429	72.0	314	87.1	427	58.1	321	75.6	323	60.1	352.9	58.1	294.8	87
526	Borrowdale	Tom	Harrogate Harriers	M5EN	207	294.0	0	0.0	0	0.0	0	0.0	0	0.0	294.0	0.0	294.0	231
527	Lewandowski	Bartosz	Hyde Park Harriers	M5EN	418	83.0	327	69.9	401	85.1	0	0.0	328	53.3	291.3	0.0	291.3	232
528	Wong	Stephen	Ackworth RR	M5EN	384	117.0	0	0.0	410	75.7	306	95.5	0	0.0	288.2	0.0	288.2	233
529	Cooper	David	Ackworth RR	M60	443	58.0	0	0.0	417	68.5	317	80.9	309	79.2	286.6	0.0	286.6	20
530	Ayre	Mark	Roundhay Runners	M45	0	0.0	0	0.0	207	286.3	0	0.0	0	0.0	286.3	0.0	286.3	83
531	Stoneman	Andy	Valley Striders	M40	216	285.0	0	0.0	0	0.0	0	0.0	0	0.0	285.0	0.0	285.0	88
532	Shaw	Brian																

566	Spencer	Timothy	Saltaire Striders	M60	0	0.0	0	0.0	249	242.7	0	0.0	0	0.0	242.7	0.0	242.7	24
567	Howitt	Fraser	Chapel Allerton Runners	M55	312	189.0	0	0.0	468	15.6	361	22.5	357	13.7	240.8	0.0	240.8	45
568	Heywood	Paul	Knaresborough Striders	M50	411	90.0	338	55.4	428	57.1	350	37.1	0	0.0	239.6	0.0	239.6	58
569	Baiden	Andrew	Rothwell Harriers	M40	263	238.0	0	0.0	0	0.0	0	0.0	0	0.0	238.0	0.0	238.0	93
570	Wyke-Ulliott	Alex	Rothwell Harriers	MSEN	0	0.0	0	0.0	0	0.0	199	237.4	0	0.0	237.4	0.0	237.4	246
571	Brownbridge	Garry	Abbey Runners	M55	371	130.0	0	0.0	381	105.8	0	0.0	0	0.0	235.8	0.0	235.8	46
572	Littlewood	Graeme	Abbey Runners	M50	369	132.0	0	0.0	0	0.0	0	0.0	295	98.4	230.4	0.0	230.4	59
573	Markey	Barry	Bradford Airedale	M55	0	0.0	348	42.2	424	61.2	326	69.0	325	57.4	229.8	0.0	229.8	47
574	Parker-Haim	Christopher	Rothwell Harriers	MSEN	398	103.0	0	0.0	367	120.3	0	0.0	0	0.0	223.3	0.0	223.3	247
575	Iley	Mark	Ilkley Harriers	M55	0	0.0	211	223.0	0	0.0	0	0.0	0	0.0	223.0	0.0	223.0	48
576	Clayton	Daniel	York Postal Harriers	M45	0	0.0	212	221.6	0	0.0	0	0.0	0	0.0	221.6	0.0	221.6	89
577	Seddon	Tim	St Theresa's AC	M55	0	0.0	0	0.0	0	0.0	0	0.0	205	221.3	221.3	0.0	221.3	49
578	Welsh	Rich	Rothwell Harriers	MSEN	284	217.0	0	0.0	0	0.0	0	0.0	0	0.0	217.0	0.0	217.0	248
579	Peagram	Andrew	Nidd Valley Road Runners	M40	0	0.0	0	0.0	274	216.8	0	0.0	0	0.0	216.8	0.0	216.8	94
580	Conkleton	Gareth	Knaresborough Striders	M45	289	212.0	0	0.0	0	0.0	0	0.0	0	0.0	212.0	0.0	212.0	90
581	Watson	Kevin	Horsforth Harriers	M70	374	127.0	317	83.1	0	0.0	0	0.0	0	0.0	210.1	0.0	210.1	6
582	Beecroft	David	Rothwell Harriers	M55	0	0.0	221	209.8	0	0.0	0	0.0	0	0.0	209.8	0.0	209.8	50
583	Little	Stuart	Horsforth Harriers	MSEN	0	0.0	0	0.0	282	208.5	0	0.0	0	0.0	208.5	0.0	208.5	249
584	Smith	Nick	Nidd Valley RR	M55	456	45.0	355	33.0	436	48.8	336	55.7	326	56.0	238.5	33.0	205.5	51
585	Eagle	Jonathan	Horsforth Harriers	M55	0	0.0	0	0.0	0	0.0	224	204.2	0	0.0	204.2	0.0	204.2	52
586	Edwards	Richard	Hyde Park Harriers	M40	441	60.0	329	67.3	411	74.7	0	0.0	0	0.0	202.0	0.0	202.0	95
587	Lewis	Philip	Abbey Runners	MSEN	300	201.0	0	0.0	0	0.0	0	0.0	0	0.0	201.0	0.0	201.0	250
588	Cusack	David	Airecentre Pacers	MSEN	0	0.0	0	0.0	290	200.2	0	0.0	0	0.0	200.2	0.0	200.2	251
589	Stanhope	Christopher	Eccleshill RR	M50	0	0.0	331	64.6	446	38.4	337	54.4	337	41.0	198.4	0.0	198.4	60
590	Miran	Sohail	Bradford Airedale	M45	461	40.0	350	39.6	433	51.9	329	65.0	0	0.0	196.4	0.0	196.4	91
591	Thorley	Greg	Rothwell Harriers	M45	0	0.0	0	0.0	0	0.0	301	102.1	298	94.3	196.4	0.0	196.4	92
592	Mosedale	Tim	Saltaire Striders	MSEN	0	0.0	0	0.0	295	195.0	0	0.0	0	0.0	195.0	0.0	195.0	252
593	Butler	Wayne	St Theresa's AC	MSEN	306	195.0	0	0.0	0	0.0	0	0.0	0	0.0	195.0	0.0	195.0	253
594	Preston	Alistair	Valley Striders	M45	0	0.0	0	0.0	296	194.0	0	0.0	0	0.0	194.0	0.0	194.0	93
595	Abson	Keith	Rothwell Harriers	M65	445	56.0	347	43.5	431	53.9	0	0.0	338	39.6	193.1	0.0	193.1	11
596	Coates	Martin	Horsforth Harriers	M40	0	0.0	235	191.3	0	0.0	0	0.0	0	0.0	191.3	0.0	191.3	96
597	Zywicki	Paul	Ackworth RR	M55	438	63.0	0	0.0	445	39.4	333	59.7	347	27.3	189.4	0.0	189.4	53
598	Mawer	Jim	Kirkstall Harriers	MSEN	321	180.0	0	0.0	0	0.0	0	0.0	0	0.0	180.0	0.0	180.0	254
599	Bowyer	Steven	Harrogate Harriers	M50	0	0.0	313	88.4	0	0.0	0	0.0	300	91.5	179.9	0.0	179.9	61
600	Rayner	Ian	Roundhay Runners	M55	453	48.0	334	60.7	0	0.0	348	39.8	344	31.4	179.9	0.0	179.9	54
601	Armstrong	Mark	Nidd Valley Road Runners	M50	0	0.0	0	0.0	310	179.5	0	0.0	0	0.0	179.5	0.0	179.5	62
602	Ellwood	Andrew	York Postal Harriers	M50	447	54.0	0	0.0	432	52.9	325	70.3	0	0.0	177.2	0.0	177.2	63
603	Wright	Martin	Bradford Airedale	M55	0	0.0	0	0.0	404	82.0	308	92.8	0	0.0	174.8	0.0	174.8	55
604	Gresswell	Rob	Rothwell Harriers	M45	329	172.0	0	0.0	0	0.0	0	0.0	0	0.0	172.0	0.0	172.0	94
605	Crabtree	Paul	Dragons RC	M40	0	0.0	319	80.5	395	91.3	0	0.0	0	0.0	171.8	0.0	171.8	97
606	Akers	Noel	Kirkstall Harriers	M60	396	105.0	0	0.0	419	66.4	0	0.0	0	0.0	171.4	0.0	171.4	25
607	Gill	Darren	Ackworth RR	M45	330	171.0	0	0.0	0	0.0	0	0.0	0	0.0	171.0	0.0	171.0	95
608	Thompson	Geoff	Wharfedale Harriers	M55	458	43.0	349	40.9	447	37.3	341	49.1	350	23.2	193.5	23.2	170.3	56
609	Smart	Richard	Ackworth RR	MSEN	0	0.0	0	0.0	319	170.1	0	0.0	0	0.0	170.1	0.0	170.1	255
610	Popple	Gary	Eccleshill RR	M50	448	53.0	0	0.0	449	35.3	342	47.7	343	32.8	168.8	0.0	168.8	64
611	Gebbett	Martin	Fellandale	M55	0	0.0	0	0.0	321	168.0	0	0.0	0	0.0	168.0	0.0	168.0	57
612	Martin	Chris	Wetherby Runners	M45	0	0.0	0	0.0	322	167.0	0	0.0	0	0.0	167.0	0.0	167.0	96
613	Crawford	Gordon	Hyde Park Harriers	M65	0	0.0	0	0.0	324	164.9	0	0.0	0	0.0	164.9	0.0	164.9	12
614	Metcalfe	Daniel	Fellandale	MSEN	0	0.0	0	0.0	397	89.2	0	0.0	312	75.1	164.3	0.0	164.3	256
615	Marwood	Liam	Nidd Valley RR	MSEN	337	164.0	0	0.0	0	0.0	0	0.0	0	0.0	164.0	0.0	164.0	257
616	Wilkinson	Jeremy	Knaresborough Striders	M55	0	0.0	0	0.0	325	163.9	0	0.0	0	0.0	163.9	0.0	163.9	58
617	Pennington	Gary	Saltaire Striders	M50	338	163.0	0	0.0	0	0.0	0	0.0	0	0.0	163.0	0.0	163.0	65
618	Harrison	Rich	York Tri Club	MSEN	0	0.0	258	160.9	0	0.0	0	0.0	0	0.0	160.9	0.0	160.9	258
619	Pailing	Keith	Rothwell Harriers	M65	343	158.0	0	0.0	0	0.0	0	0.0	0	0.0	158.0	0.0	158.0	13
620	Smith	Danny	Roundhay Runners	M55	0	0.0	0	0.0	333	155.6	0	0.0	0	0.0	155.6	0.0	155.6	59
621	Blakeley	Richard	Roundhay Runners	M75	0	0.0	339	54.1	435	49.8	0	0.0	330	50.5	154.4	0.0	154.4	2
622	Owen	Tony	St Theresa's AC	MSEN	348	153.0	0	0.0	0	0.0	0	0.0	0	0.0	153.0	0.0	153.0	259
623	Hawden	Graham	Rothwell Harriers	M55	468	33.0	353	35.6	444	40.5	349	38.5	339	38.3	185.8	33.0	152.8	60
624	Mistry	Mohanlal	Saltaire Striders	M55	0	0.0	0	0.0	408	77.8	0	0.0	313	73.8	151.6	0.0	151.6	61
625	Gray	Matthew	Hyde Park Harriers	MSEN	455	46.0	351	38.3	458	25.9	353	33.2	342	34.2	177.5	25.9	151.6	260
626	Mccleave	Martin	Horsforth Harriers	M50	0	0.0	0	0.0	337	151.5	0	0.0	0	0.0	151.5	0.0	151.5	66
627	Mitton	John	Nidd Valley RR	M45	350	151.0	0	0.0	0	0.0	0	0.0	0	0.0	151.0	0.0	151.0	97
628	Lovell	Rodney	Wharfedale Harriers	MSEN	0	0.0	266	150.4	0	0.0	0	0.0	0	0.0	150.4	0.0	150.4	261
629	Persico	Peter	Abbey Runners	M40	351	150.0	0	0.0	0	0.0	0	0.0	0	0.0	150.0	0.0	150.0	98
630	Marshall	Neil	Kirkstall Harriers	MSEN	0	0.0	0	0.0	0	0.0	265	149.9	0	0.0	149.9	0.0	149.9	262
631	Starks	Tyler	Ackworth RR	MSEN	352	149.0	0	0.0	0	0.0	0	0.0	0	0.0	149.0	0.0	149.0	263
632	Hamilton	Gavin	Saltaire Striders	M40	421	80.0	0	0.0	418	67.4	0	0.0	0	0.0	147.4	0.0	147.4	99
633	Taylor	Chris	Hyde Park Harriers	MSEN	0	0.0	0	0.0	0	0.0	267	147.2	0	0.0	147.2	0.0	147.2	264
634	Fugill	Sam	Nidd Valley Road Runners	MSEN	0	0.0	0	0.0	344	144.2	0	0.0	0	0.0	144.2	0.0	144.2	265
635	Holliday	Lee	St Theresa's AC	M40	358	143.0	0	0.0	0	0.0	0	0.0	0	0.0	143.0	0.0	143.0	100
636	Robinson	Jonathan	Eccleshill RR	M45	359	142.0	0	0.0	0	0.0	0	0.0	0	0.0	142.0	0.0	142.0	98
637	Bowman	Geoff	Roundhay Runners	M55	433	68.0	0	0.0	412	73.7	0	0.0	0	0.0	141.7	0.0	141.7	62
638	Madhas	Raj	Wharfedale Harriers	M50	0	0.0	328	68.6	413	72.6	0	0.0	0	0.0	141.2	0.0	141.2	67
639	Keegan	Des	Chapel Allerton Runners	MSEN	360	141.0	0	0.0	0	0.0	0	0.0	0	0.0	141.0	0.0	141.0	266
640	Holliday	David	Knaresborough Striders	M50	361	140.0	0	0.0	0	0.0	0	0.0	0	0.0	140.0	0.0	140.0	68
641	Longhorn	Darren	Saltaire Striders	M50	432	69.0	0	0.0	415	70.5	0	0.0	0	0.0	139.5	0.0	139.5	69
642	Clink	James	Roundhay Runners	MSEN	0	0.0	0	0.0	0	0.0	0	0.0	265	139.3	139.3	0.0	139.3	267
643	Erdogdu	Hamit	Roundhay Runners	M50	449	52.0	0	0.0	450	34.2	339	51.7	0	0.0	138.0	0.0	138.0	70
644	Cooper	Richard	St Theresa's AC	MSEN	364	137.0	0	0.0	0	0.0	0	0.0	0	0.0	137.0	0.0	137.0	268
645	Hiscoe	Clynt	Rothwell Harriers	M45	0	0.0	0	0.0	352	135.9	0	0.0	0	0.0	135.9	0.0	135.9	99
646	Grant	Peter	Harrogate Tri Club	M50	0	0.0	0											

680	Danby	Paul	Ackworth RR	M50	415	86.0	0	0.0	0	0.0	0	0.0	0	0.0	86.0	0.0	86.0	77
681	Taylor	Malcolm	Kirkstall Harriers	MSEN	466	35.0	0	0.0	462	21.8	357	27.9	0	0.0	84.6	0.0	84.6	280
682	Clink	Brian	Roundhay Runners	M45	480	21.0	362	23.7	465	18.7	363	19.9	355	16.4	99.7	16.4	83.3	102
683	Kitchen	Jay	Kippax Harriers	M55	465	36.0	0	0.0	0	0.0	358	26.5	352	20.5	83.0	0.0	83.0	67
684	Sykes-Hooban	Matt	Kirkstall Harriers	MSEN	0	0.0	0	0.0	0	0.0	351	35.8	333	46.4	82.3	0.0	82.3	281
685	Perfitt	Brian	Eccleshill RR	M45	423	78.0	0	0.0	0	0.0	0	0.0	0	0.0	78.0	0.0	78.0	103
686	Lawson	Matthew	Saltaire Striders	MSEN	457	44.0	0	0.0	452	32.2	0	0.0	0	0.0	76.2	0.0	76.2	282
687	Hart	Tony	Saltaire Striders	M55	0	0.0	0	0.0	0	0.0	343	46.4	346	28.7	75.1	0.0	75.1	68
688	Buckle	Michael	Airecentre Pacers	MSEN	426	75.0	0	0.0	0	0.0	0	0.0	0	0.0	75.0	0.0	75.0	283
689	McGuire	Nick	St Theresa's AC	MSEN	430	71.0	0	0.0	0	0.0	0	0.0	0	0.0	71.0	0.0	71.0	284
690	Higgins	Michael	St Theresa's AC	M70	470	31.0	0	0.0	464	19.7	0	0.0	353	19.1	69.8	0.0	69.8	7
691	Forster	Michael	Chapel Allerton Runners	M40	0	0.0	0	0.0	416	69.5	0	0.0	0	0.0	69.5	0.0	69.5	105
692	Hall	Neil	Valley Striders	MSEN	469	32.0	352	36.9	0	0.0	0	0.0	0	0.0	68.9	0.0	68.9	285
693	Marshsall	Peter	Kirkstall Harriers	M55	0	0.0	0	0.0	0	0.0	0	0.0	317	68.3	68.3	0.0	68.3	69
694	Richardson	Donald	Fellandale	MSEN	0	0.0	0	0.0	0	0.0	327	67.6	0	0.0	67.6	0.0	67.6	286
695	Osbourne	Michael	York Tri Club	M50	435	66.0	0	0.0	0	0.0	0	0.0	0	0.0	66.0	0.0	66.0	78
696	Bannister	Bradley	Ackworth RR	MSEN	436	65.0	0	0.0	0	0.0	0	0.0	0	0.0	65.0	0.0	65.0	287
697	Macnay	Jonathan	Valley Striders	M50	0	0.0	356	31.7	451	33.2	0	0.0	0	0.0	64.9	0.0	64.9	79
698	Trayford	Mark	Harrogate Tri Club	M45	0	0.0	0	0.0	422	63.3	0	0.0	0	0.0	63.3	0.0	63.3	104
699	Smith	Mike	Abbey Runners	M45	0	0.0	0	0.0	425	60.2	0	0.0	0	0.0	60.2	0.0	60.2	105
700	Silva	Mervin	Saltaire Striders	M60	0	0.0	368	15.8	469	14.5	364	18.6	359	10.9	59.9	0.0	59.9	30
701	Hey	Peter	Kirkstall Harriers	M65	490	11.0	367	17.2	0	0.0	366	15.9	358	12.3	56.4	0.0	56.4	16
702	Lowe	Chris	Roundhay Runners	M50	0	0.0	0	0.0	430	55.0	0	0.0	0	0.0	55.0	0.0	55.0	80
703	Daglish	Steven	Roundhay Runners	MSEN	472	29.0	363	22.4	0	0.0	0	0.0	0	0.0	51.4	0.0	51.4	288
704	Lim	Philip	Valley Striders	M45	477	24.0	0	0.0	0	0.0	365	17.2	360	9.6	50.8	0.0	50.8	106
705	Shaw	Antony	Kirkstall Harriers	M65	0	0.0	0	0.0	0	0.0	0	0.0	332	47.8	47.8	0.0	47.8	17
706	Kuendiger	Jan	York Tri Club	MSEN	454	47.0	0	0.0	0	0.0	0	0.0	0	0.0	47.0	0.0	47.0	289
707	O'halloran	Sean	Kirkstall Harriers	MSEN	482	19.0	371	11.9	479	4.1	369	11.9	364	4.1	51.1	4.1	47.0	290
708	Kingsnorth	Simon	Saltaire Striders	M50	479	22.0	364	21.1	0	0.0	0	0.0	0	0.0	43.1	0.0	43.1	81
709	Farmery	Paul	Hyde Park Harriers	MSEN	0	0.0	0	0.0	467	16.6	0	0.0	348	26.0	42.6	0.0	42.6	291
710	Everitt	Antony	Knaresborough Striders	M50	474	27.0	0	0.0	0	0.0	0	0.0	356	15.0	42.0	0.0	42.0	82
711	Nuut	Andrew	Ackworth RR	MSEN	0	0.0	0	0.0	443	41.5	0	0.0	0	0.0	41.5	0.0	41.5	292
712	Bailey	Richard	Ackworth RR	M40	0	0.0	0	0.0	0	0.0	347	41.1	0	0.0	41.1	0.0	41.1	106
713	O'hara	Steve	Horsforth Harriers	M65	460	41.0	0	0.0	0	0.0	0	0.0	0	0.0	41.0	0.0	41.0	18
714	Gardner	Andrew	St Theresa's AC	M65	487	14.0	374	7.9	475	8.3	370	10.6	365	2.7	43.6	2.7	40.8	19
715	Huby	Peter	Saltaire Striders	M55	462	39.0	0	0.0	0	0.0	0	0.0	0	0.0	39.0	0.0	39.0	70
716	Hill	Phil	Roundhay Runners	M55	0	0.0	369	14.5	474	9.3	367	14.6	0	0.0	38.4	0.0	38.4	71
717	Mcardle	Ash	Ackworth RR	M40	463	38.0	0	0.0	0	0.0	0	0.0	0	0.0	38.0	0.0	38.0	107
718	Simpson	Roy	Ackworth RR	M60	464	37.0	0	0.0	0	0.0	0	0.0	0	0.0	37.0	0.0	37.0	31
719	Macrae	Don	Ilkley Harriers	M70	486	15.0	372	10.6	478	5.2	374	5.3	0	0.0	36.0	0.0	36.0	8
720	Jackson	David	Abbey Runners	MSEN	0	0.0	359	27.7	476	7.3	0	0.0	0	0.0	35.0	0.0	35.0	293
721	Mehra	Rahul	Saltaire Striders	M45	0	0.0	0	0.0	0	0.0	352	34.5	0	0.0	34.5	0.0	34.5	107
722	Park	Ian	Horsforth Harriers	M60	488	13.0	366	18.5	0	0.0	0	0.0	0	0.0	31.5	0.0	31.5	32
723	Allen	Steven	Horsforth Harriers	M45	0	0.0	0	0.0	453	31.1	0	0.0	0	0.0	31.1	0.0	31.1	108
724	Lamont	David	Eccleshill RR	M50	0	0.0	0	0.0	454	30.1	0	0.0	0	0.0	30.1	0.0	30.1	83
725	Steele	Martin	Eccleshill RR	M55	0	0.0	0	0.0	0	0.0	0	0.0	345	30.1	30.1	0.0	30.1	72
726	Hill	Robert	Nidd Valley RR	M70	471	30.0	0	0.0	0	0.0	0	0.0	0	0.0	30.0	0.0	30.0	9
727	Ogden	Richard	Rothwell Harriers	M45	481	20.0	0	0.0	0	0.0	371	9.3	0	0.0	29.3	0.0	29.3	109
728	Chapman	Paul	Kirkstall Harriers	M40	0	0.0	0	0.0	456	28.0	0	0.0	0	0.0	28.0	0.0	28.0	108
729	Robinson	Sam	Eccleshill RR	MSEN	473	28.0	0	0.0	0	0.0	0	0.0	0	0.0	28.0	0.0	28.0	294
730	Appleby	Martin	Rothwell Harriers	M60	494	7.0	375	6.6	480	3.1	372	8.0	363	5.5	30.1	3.1	27.0	33
731	Walker	Simon	Airecentre Pacers	MSEN	0	0.0	0	0.0	470	13.5	368	13.3	0	0.0	26.7	0.0	26.7	295
732	Scott	Lee	Harrogate Tri Club	M45	0	0.0	0	0.0	461	22.8	0	0.0	0	0.0	22.8	0.0	22.8	110
733	Scanlon	Pete	Horsforth Harriers	M70	0	0.0	376	5.3	473	10.4	373	6.6	0	0.0	22.3	0.0	22.3	10
734	Othick	Gary	Wetherby Runners	M55	0	0.0	0	0.0	0	0.0	362	21.2	0	0.0	21.2	0.0	21.2	73
735	Jarvis	Michael	Airecentre Pacers	M50	0	0.0	0	0.0	463	20.7	0	0.0	0	0.0	20.7	0.0	20.7	84
736	Nesden	Patrick	Kirkstall Harriers	M65	496	5.0	377	4.0	477	6.2	375	4.0	366	1.4	20.5	1.4	19.2	20
737	Sedgley	Neil	Valley Striders	M50	485	16.0	0	0.0	0	0.0	0	0.0	0	0.0	16.0	0.0	16.0	85
738	Owen	Tim	Ackworth RR	M45	0	0.0	0	0.0	481	2.1	376	2.7	361	8.2	12.9	0.0	12.9	111
739	Britton	Carl	Ackworth RR	M40	489	12.0	0	0.0	0	0.0	0	0.0	0	0.0	12.0	0.0	12.0	109
740	Foster	Colin	Harrogate Harriers	M60	0	0.0	0	0.0	472	11.4	0	0.0	0	0.0	11.4	0.0	11.4	34
741	Smith	Richard	Saltaire Striders	M55	491	10.0	0	0.0	0	0.0	0	0.0	0	0.0	10.0	0.0	10.0	74
742	Maltby	Christopher	St Theresa's AC	M60	0	0.0	373	9.2	0	0.0	0	0.0	0	0.0	9.2	0.0	9.2	35
743	Upton	Chis	Saltaire Striders	M60	492	9.0	0	0.0	0	0.0	0	0.0	0	0.0	9.0	0.0	9.0	36
744	Sharma	Sunil	Roundhay Runners	M60	493	8.0	0	0.0	0	0.0	0	0.0	0	0.0	8.0	0.0	8.0	37
745	Lund	Raymond	Wharfedale Harriers	M70	0	0.0	0	0.0	0	0.0	0	0.0	362	6.8	6.8	0.0	6.8	11
746	Camponi	Tom	Ackworth RR	MSEN	498	3.0	379	1.3	482	1.0	377	1.3	0	0.0	6.7	0.0	6.7	296
747	Kitchen	Andrew	Ilkley Harriers	M60	495	6.0	0	0.0	0	0.0	0	0.0	0	0.0	6.0	0.0	6.0	38
748	Wilson	Gary	Ackworth RR	M55	497	4.0	0	0.0	0	0.0	0	0.0	0	0.0	4.0	0.0	4.0	75
749	Hyde	Graham	Nidd Valley Road Runners	M40	0	0.0	378	2.6	0	0.0	0	0.0	0	0.0	2.6	0.0	2.6	110
750	Black	Sam	Abbey Runners	M70	499	2.0	0	0.0	0	0.0	0	0.0	0	0.0	2.0	0.0	2.0	12
751	Morris	Steven	Knaresborough Striders	M60	500	1.0	0	0.0	0	0.0	0	0.0	0	0.0	1.0	0.0	1.0	39

Second Claimers shown in blue
Category Leaders shown in red