

PECO Cross Country League 2014-15
Senior Men's Cumulative Results After Race 5

Pos	Surname	First Name	Club	Cat	Race 1		Race 2		Race 3		Race 4		Race 5		Total Points	Lowest Score	Final Points	Cat Pos
					Pos	Points	Pos	Points	Pos	Points	Pos	Points	Pos	Points				
1	Baxter	Joe	Pudsey & Bramley AC	MSen	12	100.0	1	100.0	2	99.8	0	0.0	3	99.4	399.2	0.0	399.2	1
2	Forrest	Terry	Ackworth RR (2nd)	MSen	12	97.3	11	97.1	1	100.0	4	99.1	1	100.0	493.4	97.1	396.4	2
3	Hobbs	John	Valley Striders	MSen	25	94.1	7	98.2	5	99.0	8	97.8	5	98.8	488.1	94.1	393.9	3
4	Kerr	Will	Saltaire Striders	MSen	3	99.5	4	99.1	17	96.1	11	96.9	8	98.0	489.6	96.1	393.5	4
5	Hallam	Matthew	Valley Striders	MSen	7	98.5	12	96.8	8	98.3	3	99.4	0	0.0	392.9	0.0	392.9	5
6	Charlesworth	Nick	Wharfedale Harriers	MV45	5	99.0	10	97.3	18	95.8	0	0.0	6	98.6	390.7	0.0	390.7	1
7	Morris	Will	Airecentre Pacers	MSen	10	97.8	13	96.5	15	96.6	0	0.0	12	96.8	387.6	0.0	387.6	6
8	Ogden	Kevin	Hyde Park Harriers (2nd)	MV40	0	0.0	9	97.6	22	94.8	6	98.5	13	96.5	387.5	0.0	387.5	1
9	Herrington	Richard	St Theresa's AC	MSen	22	94.9	27	92.3	13	97.0	13	96.3	11	97.1	477.7	92.3	385.3	7
10	Hopson	Pete	Saltaire Striders	MSen	19	95.6	23	93.5	11	97.5	0	0.0	7	98.3	384.9	0.0	384.9	8
11	Thomas	Gwil	Valley Striders	MSen	13	97.1	15	95.9	20	95.3	15	95.7	37	89.6	473.5	89.6	383.9	9
12	Buckley	Tim	York Tri Club	MSen	18	95.8	18	95.0	12	97.3	18	94.8	17	95.4	478.3	94.8	383.5	10
13	Pardini	Franco	Roundhay Runners	MSen	0	0.0	28	92.0	19	95.6	9	97.5	15	96.0	381.1	0.0	381.1	11
14	Fotherby	Paul	Valley Striders	MV40	30	92.9	0	0.0	27	93.6	10	97.2	16	95.7	379.4	0.0	379.4	2
15	Newton	Simon	Ackworth RR	MSen	36	91.4	21	94.1	16	96.3	12	96.6	0	0.0	378.5	0.0	378.5	12
16	Pownall	Jon	Valley Striders	MSen	46	89.0	20	94.4	30	92.9	14	96.0	28	92.2	464.4	89.0	375.4	13
17	Ladyman	Jeremy	Valley Striders	MSen	27	93.6	32	90.9	23	94.6	0	0.0	22	93.9	373.0	0.0	373.0	14
18	Lines	Charlie	Ackworth RR	MV50	32	92.4	36	89.7	39	90.6	24	92.9	25	93.1	458.7	89.7	369.0	1
19	Blackburn	Ross	Rothwell Harriers	MSen	31	92.7	29	91.7	45	89.2	20	94.2	36	89.9	457.6	89.2	368.4	15
20	Midgley	Terry	St Theresa's AC	MV40	0	0.0	49	85.8	33	92.1	21	93.8	23	93.6	365.4	0.0	365.4	3
21	Nurse	Dominic	Abbey Runners	MV45	39	90.7	34	90.3	0	0.0	32	90.5	24	93.4	364.8	0.0	364.8	2
22	Newsome	Paul	St Theresa's AC	MV40	45	89.2	40	88.5	43	89.7	25	92.6	27	92.5	452.5	88.5	364.0	4
23	Gray	Rob	Wetherby Runners	MV50	35	91.7	42	87.9	53	87.2	29	91.4	38	89.3	447.5	87.2	360.3	2
24	Robson	John	St Theresa's AC	MSen	34	91.9	37	89.4	40	90.4	0	0.0	53	85.0	356.7	0.0	356.7	16
25	Coy	Stephen	Ilkley Harriers	MV40	63	84.8	45	87.0	0	0.0	26	92.3	30	91.6	355.8	0.0	355.8	5
26	Crossley	Nathan	Horsforth Harriers	MV45	29	93.2	38	89.1	0	0.0	47	85.8	49	86.1	354.2	0.0	354.2	3
27	Anderson	Ian	York Tri Club	MV40	38	91.0	51	85.3	55	86.7	35	89.5	66	81.2	433.7	81.2	352.4	6
28	Henderson	Scott	Hyde Park Harriers	MSen	50	88.0	46	86.7	46	88.9	39	88.3	84	76.0	428.0	76.0	352.0	17
29	Easton	Chris	Chapel Allerton Runners	MSen	79	80.9	60	82.6	57	86.2	28	91.7	33	90.8	432.2	80.9	351.2	18
30	Mills	Gerard	Bradford Airedale	MV45	160	61.1	48	86.1	56	86.5	48	85.5	43	87.9	407.1	61.1	346.0	4
31	Clark	Duncan	Abbey Runners	MV50	55	86.6	67	80.5	70	83.0	42	87.4	50	85.8	423.6	80.5	343.0	3
32	Aimon	Anthony	Hyde Park Harriers	MSen	111	73.1	77	77.6	75	81.8	31	90.8	26	92.8	416.0	73.1	342.9	19
33	Holt	Mark	Wetherby Runners	MV40	65	84.4	68	80.2	0	0.0	44	86.8	42	88.2	339.5	0.0	339.5	7
34	Burton	Neil	Horsforth Harriers	MV40	60	85.6	62	82.0	63	84.7	0	0.0	51	85.5	337.9	0.0	337.9	8
35	Westmoreland	Jason	Rothwell Harriers	MV45	80	80.7	65	81.1	59	85.7	50	84.9	54	84.7	417.1	80.7	336.4	5
36	Fillingham	Martin	Saltaire Striders	MV40	57	86.3	53	84.7	0	0.0	59	82.2	60	82.9	336.1	0.0	336.1	9
37	Gaffey	Richard	Abbey Runners	MV40	70	83.1	50	85.5	0	0.0	81	75.4	32	91.0	335.1	0.0	335.1	10
38	McGuire	Dave	Wharfedale Harriers	MV45	51	87.8	61	82.3	48	88.4	84	74.5	109	68.8	401.7	68.8	333.0	6
39	Tarran	James	Valley Striders	MV45	85	79.5	85	75.2	62	85.0	38	88.6	75	78.6	406.9	75.2	331.7	7
40	Coldwell	Ben	Kirkstall Harriers	MSen	67	83.9	64	81.4	89	78.3	63	80.9	52	85.3	409.8	78.3	331.5	20
41	Shooter	Graham	St Theresa's AC	MV45	73	82.4	73	78.8	64	84.5	60	81.8	68	80.6	408.1	78.8	329.4	8
42	Mann	Gary	Valley Striders	MSen	98	76.3	72	79.1	60	85.5	0	0.0	48	86.4	327.2	0.0	327.2	21
43	Allison	David	Chapel Allerton Runners	MV40	93	77.5	75	78.2	61	85.2	46	86.2	0	0.0	327.1	0.0	327.1	11
44	Wilkie	Pete	Roundhay Runners	MSen	0	0.0	55	84.1	108	73.6	54	83.7	57	83.8	325.2	0.0	325.2	22
45	Partridge	Simon	York Postal Harriers	MSen	77	81.4	0	0.0	76	81.5	68	79.4	73	79.2	321.5	0.0	321.5	23
46	Gilbody	Simon	Hyde Park Harriers	MV45	0	0.0	74	78.5	74	82.0	56	83.1	78	77.7	321.3	0.0	321.3	9
47	Nash	Ali	Saltaire Striders	MV40	84	79.7	86	74.9	72	82.5	64	80.6	0	0.0	317.8	0.0	317.8	12
48	Sutor	Richard	Chapel Allerton Runners	MSen	107	74.1	87	74.6	67	83.7	49	85.2	0	0.0	317.7	0.0	317.7	24
49	Keen	Nick	Chapel Allerton Runners	MSen	76	81.7	70	79.6	73	82.3	88	73.2	0	0.0	316.8	0.0	316.8	25
50	Dodds	Allan	Roundhay Runners	MV40	74	82.2	98	71.4	79	80.8	93	71.7	64	81.8	387.8	71.4	316.4	13
51	Dunbar	Stuart	Saltaire Striders	MV50	72	82.6	0	0.0	81	80.3	74	77.5	89	74.6	315.0	0.0	315.0	4
52	Helmore	Stu	Roundhay Runners	MSen	78	81.2	83	75.8	95	76.8	66	80.0	98	72.0	385.8	72.0	313.8	26
53	Rank	Nick	Abbey Runners	MSen	69	83.4	0	0.0	120	70.7	75	77.2	62	82.4	313.7	0.0	313.7	27
54	Knight	Adrian	Rothwell Harriers	MV40	83	80.0	76	77.9	118	71.2	53	84.0	0	0.0	313.0	0.0	313.0	14
55	Pilling	Graham	Pudsey & Bramley AC	MSen	94	77.3	89	74.0	87	78.8	0	0.0	71	79.8	309.9	0.0	309.9	28
56	Ogden	Ian	Saltaire Striders (2nd)	MV40	87	79.0	84	75.5	104	74.6	0	0.0	80	77.2	306.3	0.0	306.3	15
57	Wray	Luke	Abbey Runners	MSen	108	73.8	0	0.0	102	75.1	72	78.2	79	77.5	304.6	0.0	304.6	29
58	Pacevitch	Wayne	St Theresa's AC	MV50	101	75.6	108	68.4	113	72.4	80	75.7	76	78.3	370.4	68.4	302.0	5
59	Clothier	Simon	Kippax Harriers	MSen	115	72.1	0	0.0	99	75.9	76	76.9	90	74.3	299.2	0.0	299.2	30
60	Maddock	William	York Tri Club	MSen	0	0.0	129	62.2	82	80.0	79	76.0	70	80.1	298.3	0.0	298.3	31
61	Fisher	Dan	Valley Striders	MSen	4	99.3	0	0.0	4	99.3	2	99.7	0	0.0	298.2	0.0	298.2	32
62	Cavill	Gareth	Abbey Runners	MV40	105	74.6	96	72.0	105	74.4	122	62.8	82	76.6	360.3	62.8	297.5	16
63	Walker	Colin	Pudsey & Bramley AC	MV40	11	97.6	6	98.5	3	99.5	0	0.0	0	0.0	295.6	0.0	295.6	17
64	Holmes	Christian	Wharfedale Harriers	MV40	9	98.0	8	97.9	7	98.5	0	0.0	0	0.0	294.5	0.0	294.5	18
65	Raby	Steve	Horsforth Harriers	MV50	120	70.9	93	72.9	115	71.9	82	75.1	91	74.0	364.8	70.9	293.8	6
66	Maycock	Dave	Horsforth Harriers	MV55	153	62.8	69	79.9	106	74.1	0	0.0	85	75.7	292.6	0.0	292.6	1
67	Johnson	Johnathon	Harrogate Harriers	MSen	0	0.0	22	93.8	0	0.0	5	98.8	4	99.1	291.7	0.0	291.7	33
68	Driver	David	Hyde Park Harriers	MSen	0	0.0	16	95.6	0	0.0	7	98.2	9	97.7	291.4	0.0	291.4	34
69	Murray	Dan	Valley Striders	MSen	114	72.4	92	73.2	110	73.2	94	71.4	117	66.5	356.5	66.5	290.1	35
70	Moger	Adam	Kirkstall Harriers	MSen	113	72.6	99	71.1	111	72.9	137	58.2	104	70.2	345.0	58.2	286.8	36
71	Nowell	Matt	Saltaire Striders	MSen	0	0.0	25	92.9	0	0.0	17	95.1	10	97.4	285.4	0.0	285.4	37
72	Monaghan	Nigel	Horsforth Harriers	MV55	123	70.2	113	67.0	116	71.7	96	70.8	96	72.5	352.1	67.0	285.2	2
73	Riley	Spencer	Wharfedale Harriers	MV40	26	93.9	14	96.2	21	95.1	0	0.0	0	0.0	285.1	0.0	285.1	19
74	Schofield	Alan	St Theresa's AC	MV50	91	78.0	82	76.1	150	63.3	167	48.9	118	66.2	332.5	48.9	283.6	7
75	Brown	Paul	Rothwell Harriers	MV45	86	79.2	123	64.0	137	66.5	111	66.2	102	70.8	346.7	64.0	282.7	10
76	Edmondson	Neal	Horsforth Harriers	MSen	0	0.0	0	0.0	25	94.1	23	93.2	21	94.2	281.5	0.0	281.5	38
77	Kwallah	Joseph	Wetherby Runners	MV45	21	95.1	30	91.4	24	94.3	0	0.0	0	0.0	280.9	0.0	280.9	11
78	Richardson	Ian	Ackworth RR	MSen	133	67.7	128											

104	McIntosh	Charlie	Pudsey & Bramley AC	MV45	104	74.8	0	0.0	47	88.7	0	0.0	34	90.5	253.9	0.0	253.9	13
105	Alder	Scott	Pudsey & Bramley AC	MSen	0	0.0	0	0.0	66	84.0	51	84.6	56	84.1	252.7	0.0	252.7	55
106	Harvey	Leigh	Kippax Harriers	MV40	132	68.0	171	49.9	129	68.5	124	62.2	166	52.3	300.8	49.9	250.9	23
107	Stevenson	Craig	Harrogate Harriers	MSen	75	81.9	63	81.7	54	86.9	0	0.0	0	0.0	250.6	0.0	250.6	56
108	Carter	Andrew	Kirkstall Harriers	MV50	152	63.1	127	62.8	184	54.9	123	62.5	132	62.1	305.4	54.9	250.5	14
109	Taylor	Chris	Hyde Park Harriers	MSen	181	56.0	145	57.5	156	61.8	104	68.3	130	62.7	306.4	56.0	250.4	57
110	Barber	Edward	Pudsey & Bramley AC	MSen	0	0.0	56	83.8	68	83.5	0	0.0	61	82.7	249.9	0.0	249.9	58
111	Verity	Jack	Saltire Striders	MV55	127	69.2	116	66.1	0	0.0	135	58.8	154	55.8	249.8	0.0	249.8	3
112	Haddon	Kirk	Abbey Runners	MSen	64	84.6	0	0.0	77	81.3	62	81.2	0	0.0	247.1	0.0	247.1	59
113	Johnson	Glen	St Theresa's AC	MV40	0	0.0	0	0.0	88	78.6	67	79.7	45	87.3	245.5	0.0	245.5	24
114	Jones	Martin	Abbey Runners	MV40	140	66.0	137	59.9	164	59.9	132	59.7	149	57.2	302.7	57.2	245.4	25
115	Wilson	Richard	Rothwell Harriers	MV40	147	64.3	143	58.1	158	61.3	0	0.0	134	61.6	245.3	0.0	245.3	26
116	Fleming	Andrew	Rothwell Harriers	MSen	0	0.0	79	77.0	86	79.1	37	88.9	0	0.0	245.0	0.0	245.0	60
117	Pagdin	Andy	Valley Striders	MV50	151	63.3	163	52.2	172	57.9	127	61.2	133	61.8	296.5	52.2	244.3	15
118	Manfield	Iain	Abbey Runners	MV45	182	55.7	141	58.7	183	55.2	103	68.6	138	60.4	298.6	55.2	243.5	14
119	Walsh	Andrew	Wetherby Runners	MSen	82	80.2	0	0.0	83	79.8	0	0.0	59	83.2	243.2	0.0	243.2	61
120	Letham	Matt	York Tri Club	MV40	184	55.3	0	0.0	205	49.8	119	63.7	94	73.1	241.8	0.0	241.8	27
121	Joynson	Ben	Ilkley Harriers	MSen	0	0.0	136	60.2	179	56.2	129	60.6	127	63.6	240.5	0.0	240.5	62
122	Tranter	Colin	Hyde Park Harriers	MSen	88	78.7	0	0.0	71	82.8	70	78.8	0	0.0	240.3	0.0	240.3	63
123	Wright	James	Knarsborough Striders	MSen	198	51.8	149	56.3	166	59.4	134	59.1	135	61.3	287.9	51.8	236.1	64
124	Spink	Stewart	Saltire Striders	MV45	164	60.1	147	56.9	165	59.6	0	0.0	147	57.8	234.5	0.0	234.5	15
125	Carberry	David	Wetherby Runners	MV40	89	78.5	0	0.0	92	77.6	0	0.0	77	78.0	234.1	0.0	234.1	28
126	Vallance	Simon	Valley Striders	MV45	0	0.0	112	67.3	78	81.0	58	82.5	0	0.0	230.8	0.0	230.8	16
127	Atkinson	Paul	Wetherby Runners	MV50	149	63.8	126	63.1	174	57.4	179	45.2	204	41.3	270.9	41.3	229.6	16
128	Farnell	Peter	Rothwell Harriers	MV40	216	47.4	169	50.4	152	62.8	139	57.5	144	58.7	276.9	47.4	229.5	29
129	Ritucci	Richard	Ackworth RR	MSen	81	80.4	0	0.0	107	73.9	83	74.8	0	0.0	229.1	0.0	229.1	65
130	Woods	Steve	Pudsey & Bramley AC	MV55	134	67.5	0	0.0	128	68.7	249	23.7	108	69.1	229.0	0.0	229.0	4
131	Bartle	Chris	Kippax Harriers	MSen	0	0.0	0	0.0	100	75.6	86	73.8	74	78.9	228.4	0.0	228.4	66
132	Wallace	Neil	Ecclehill Road Runners (2nd)	MV40	157	61.9	139	59.3	157	61.6	184	43.7	229	34.1	260.5	34.1	226.4	30
133	Singer	Peter	Horsforth Harriers	MV50	99	76.0	97	71.7	91	77.8	0	0.0	0	0.0	225.6	0.0	225.6	17
134	Price	Dan	Chapel Allerton Runners	MSen	154	62.6	148	56.6	212	48.0	148	54.8	0	0.0	222.0	0.0	222.0	67
135	Kirk	Steven	Harrogate Harriers	MV40	187	54.5	152	55.5	182	55.4	145	55.7	157	54.9	276.0	54.5	221.5	31
136	Maycock	Joe	Chapel Allerton Runners	MSen	121	70.7	0	0.0	126	69.2	0	0.0	65	81.5	221.4	0.0	221.4	68
137	Wolstenholme	Stephen	Bradford Airedale	MV55	103	75.1	0	0.0	0	0.0	97	70.5	88	74.9	220.4	0.0	220.4	5
138	Burton	Phil	Roundhay Runners	MV45	197	52.1	166	51.3	0	0.0	146	55.4	136	61.0	219.8	0.0	219.8	17
139	Lyons	Chris	Chapel Allerton Runners	MSen	135	67.2	88	74.3	90	78.1	0	0.0	0	0.0	219.7	0.0	219.7	69
140	Jesson	James	Wetherby Runners	MV40	110	73.3	0	0.0	96	76.6	0	0.0	106	69.7	219.6	0.0	219.6	32
141	Nesbitt	Steve	Harrogate Harriers	MV45	208	49.4	159	53.4	214	47.5	130	60.3	152	56.4	267.0	47.5	219.4	18
142	Gill	Christopher	St Theresa's AC	MV65	175	57.5	160	53.1	176	56.9	196	40.0	168	51.7	259.2	40.0	219.2	1
143	Harobin	Darren	Ackworth RR	MV40	189	54.0	154	54.9	187	54.2	153	53.2	0	0.0	216.3	0.0	216.3	33
144	Doveston	Richard	Chapel Allerton Runners	MSen	112	72.9	106	69.0	109	73.4	0	0.0	0	0.0	215.3	0.0	215.3	70
145	Giddings	Joel	Valley Striders	MV40	92	77.8	0	0.0	169	58.6	71	78.5	0	0.0	214.8	0.0	214.8	34
146	Womersley	David	Hyde Park Harriers	MV60	186	54.8	165	51.6	190	53.4	156	52.3	173	50.3	262.4	50.3	212.1	1
147	Toulson	Anthony	Roundhay Runners	MV40	207	49.6	249	26.8	221	45.8	141	56.9	141	59.5	238.8	26.8	211.9	35
148	Pailling	Keith	Rothwell Harriers	MV60	0	0.0	167	51.0	193	52.7	142	56.6	170	51.2	211.5	0.0	211.5	2
149	Wicks	Andy	Abbey Runners	MV45	0	0.0	179	47.5	254	37.7	136	58.5	115	67.1	210.7	0.0	210.7	19
150	Capperauld	Kris	York Tri Club	MSen	146	64.5	0	0.0	117	71.4	87	73.5	0	0.0	209.5	0.0	209.5	71
151	Marsh	Rob	Valley Striders	MV40	109	73.6	0	0.0	112	72.7	125	61.8	0	0.0	208.1	0.0	208.1	36
152	Twigg	Peter	Roundhay Runners	MV45	193	53.1	0	0.0	211	48.3	155	52.6	160	54.0	208.0	0.0	208.0	20
153	Stevenson	Dan	Hyde Park Harriers	MSen	177	57.0	162	52.5	204	50.0	170	48.0	0	0.0	207.5	0.0	207.5	72
154	Anderson	Peter	St Theresa's AC	MV50	136	67.0	0	0.0	0	0.0	109	66.8	93	73.4	207.2	0.0	207.2	18
155	McCleave	Martin	Horsforth Harriers	MV45	204	50.4	185	45.7	228	44.1	162	50.5	148	57.5	248.2	44.1	204.1	21
156	Grant	Marcus	Wetherby Runners	MV40	125	69.7	103	69.9	0	0.0	0	0.0	126	63.9	203.5	0.0	203.5	37
157	Atwell	Phil	York Tri Club	MV45	223	45.7	200	41.3	225	44.8	160	51.1	142	59.2	242.2	41.3	200.9	22
158	Mealey	Liam	Kirkstall Harriers	MSen	0	0.0	109	68.1	132	67.7	117	64.3	0	0.0	200.2	0.0	200.2	73
159	Rhodes	Adam	Kirkstall Harriers	MSen	214	47.9	204	40.1	217	46.8	143	56.3	177	49.1	240.3	40.1	200.2	74
160	MacCarthy	Sean	Abbey Runners	MV45	0	0.0	0	0.0	148	63.8	121	63.1	95	72.8	199.7	0.0	199.7	23
161	Smith	Mark	Rothwell Harriers	MSen	2	99.8	2	99.7	0	0.0	0	0.0	0	0.0	199.5	0.0	199.5	75
162	Wood	Jack	Ilkley Harriers	MSen	0	0.0	3	99.4	0	0.0	1	100.0	0	0.0	199.4	0.0	199.4	76
163	Gill	Michael	Harrogate Harriers	MV45	0	0.0	0	0.0	149	63.5	115	64.9	105	69.9	198.4	0.0	198.4	24
164	Taylor	Stephen	Chapel Allerton Runners	MV45	0	0.0	132	61.4	136	66.7	98	70.2	0	0.0	198.3	0.0	198.3	25
165	Parton	Callum	Valley Striders	MSen	179	56.5	172	49.6	0	0.0	177	45.8	190	45.4	197.3	0.0	197.3	77
166	Beaumont	Luke	Abbey Runners	MSen	234	43.0	268	21.2	216	47.0	163	50.2	150	56.9	218.4	21.2	197.2	78
167	Parker	Jon	Valley Striders	MSen	8	98.3	0	0.0	6	98.8	0	0.0	0	0.0	197.1	0.0	197.1	79
168	Millgate	Paul	Wetherby Runners	MV40	6	98.8	0	0.0	10	97.8	0	0.0	0	0.0	196.6	0.0	196.6	38
169	Shepherd	Stuart	Chapel Allerton Runners	MSen	0	0.0	189	44.5	186	54.4	185	43.4	162	53.5	195.8	0.0	195.8	80
170	Ward	John	Abbey Runners	MV60	210	48.9	186	45.4	201	50.7	171	47.7	181	48.0	240.7	45.4	195.3	3
171	Stanhope	Paul	Ecclehill Road Runners	MV50	183	55.5	181	46.9	220	46.1	175	46.5	235	32.4	227.3	32.4	194.9	19
172	Smith	Simon	Kirkstall Harriers	MV40	225	45.2	177	48.1	237	41.9	157	52.0	186	46.5	233.7	41.9	191.8	39
173	May	Andy	Valley Striders	MV40	0	0.0	19	94.7	14	96.8	0	0.0	0	0.0	191.5	0.0	191.5	40
174	Morley	Dave	Valley Striders	MV45	148	64.1	135	60.5	138	66.3	0	0.0	0	0.0	190.8	0.0	190.8	26
175	Patchett	Ian	Abbey Runners	MV50	217	47.2	192	43.7	240	41.1	169	48.3	169	51.4	231.7	41.1	190.6	20
176	Askew	Dave	Harrogate Harriers	MV50	155	62.3	111	67.6	163	60.1	0	0.0	0	0.0	190.0	0.0	190.0	21
177	Monaghan	Mark	Horsforth Harriers	MSen	23	94.6	0	0.0	28	93.3	0	0.0	0	0.0	188.0	0.0	188.0	81
178	McLachlan	Christopher	Abbey Runners	MSen	24	94.4	0	0.0	29	93.1	0	0.0	0	0.0	187.5	0.0	187.5	82
179	Pattinson	Richard	Horsforth Harriers	MV45	20	95.4	0	0.0	0	0.0	27	92.0	0	0.0	187.4	0.0	187.4	27
180	Rogers	Darren	Roundhay Runners	MV40	226	45.0	178	47.8	223	45.3	166	49.2	0	0.0	187.3	0.0	187.3	41
181	Royston	Adrian	Bradford Airedale	MV45	166	59.7	118	65.5	159	61.1	0	0.0	0	0.0	186.2	0.0	186.2	28

212	Thomas	Richard	Kirkstall Harriers	MV50	213	48.2	0	0.0	244	40.1	187	42.8	213	38.7	169.8	0.0	169.8	26
213	Crossan	Paul	Valley Striders	MV50	215	47.7	201	41.0	219	46.3	0	0.0	227	34.7	169.7	0.0	169.7	27
214	Waas	Daniel	Hyde Park Harriers	MSen	243	40.8	188	44.8	208	49.0	214	34.5	247	28.9	198.0	28.9	169.1	99
215	Whittaker	Jim	Abbey Runners	MV45	228	44.5	215	36.9	241	40.9	194	40.6	200	42.5	205.4	36.9	168.5	34
216	Gebbett	Martin	Fellandale	MV50	232	43.5	184	46.0	249	38.9	0	0.0	210	39.6	168.1	0.0	168.1	28
217	Parton	Adam	Valley Striders	MV40	141	65.8	180	47.2	0	0.0	147	55.1	0	0.0	168.0	0.0	168.0	46
218	Watson	Jerry	Valley Striders (2nd)	MV50	53	87.3	0	0.0	80	80.5	0	0.0	0	0.0	167.8	0.0	167.8	29
219	Bibby	Ross	Valley Striders	MSen	0	0.0	78	77.3	0	0.0	36	89.2	0	0.0	166.5	0.0	166.5	100
220	Ward	Gareth	Saltaire Striders	MSen	71	82.9	71	79.4	0	0.0	0	0.0	0	0.0	162.2	0.0	162.2	101
221	Wright	Jeremy	Saltaire Striders	MV50	235	42.8	211	38.1	239	41.4	215	34.2	209	39.9	196.3	34.2	162.1	30
222	Hartley	Ben	Hyde Park Harriers	MSen	61	85.3	80	76.7	0	0.0	0	0.0	0	0.0	162.0	0.0	162.0	102
223	Savage	Martin	Kirkstall Harriers	MSen	211	48.7	196	42.5	236	42.1	233	28.6	0	0.0	161.9	0.0	161.9	103
224	Jones	Chris	Hyde Park Harriers	MV55	218	46.9	217	36.3	253	37.9	198	39.4	217	37.6	198.1	36.3	161.8	7
225	Cross	Andrew	Kirkstall Harriers (2nd)	MSen	102	75.3	57	83.5	0	0.0	0	0.0	0	0.0	158.8	0.0	158.8	104
226	Waddell	Taylor	Eccleshill Road Runners	MSen	0	0.0	0	0.0	0	0.0	77	76.6	63	82.1	158.7	0.0	158.7	105
227	Gall	Stuart	St Theresa's AC	MSen	256	37.7	230	32.4	233	42.9	199	39.1	214	38.4	190.5	32.4	158.0	106
228	Smyth	Alistair	Valley Striders	MV55	202	50.9	0	0.0	206	49.5	0	0.0	159	54.3	154.7	0.0	154.7	8
229	Haggerty	Randolph	Kirkstall Harriers	MV45	260	36.7	222	34.8	242	40.6	188	42.5	0	0.0	154.6	0.0	154.6	35
230	Blemmings	Rob	St Theresa's AC	MSen	251	38.9	168	50.7	145	64.5	0	0.0	0	0.0	154.1	0.0	154.1	107
231	Perkinson	Andy	Horsforth Harriers	MV40	106	74.3	0	0.0	84	79.6	0	0.0	0	0.0	153.9	0.0	153.9	47
232	Mills	Mark	Ackworth RR	MSen	0	0.0	95	72.3	0	0.0	61	81.5	0	0.0	153.8	0.0	153.8	108
233	Hussey	John	Valley Striders	MV65	252	38.6	0	0.0	222	45.6	212	35.1	232	33.2	152.5	0.0	152.5	2
234	Smart	Richard	Ackworth RR	MSen	272	33.7	241	29.2	256	37.2	192	41.2	208	40.2	181.5	29.2	152.3	109
235	Binks	Dan	Horsforth Harriers	MV40	0	0.0	0	0.0	85	79.3	89	72.9	0	0.0	152.2	0.0	152.2	48
236	Smith	Paul	Valley Striders	MV40	0	0.0	0	0.0	114	72.2	0	0.0	72	79.5	151.6	0.0	151.6	49
237	Mills	Tony	Valley Striders	MV40	62	85.1	0	0.0	0	0.0	0	0.0	119	65.9	151.0	0.0	151.0	50
238	Briggs	Martin	Kippax Harriers	MV40	271	34.0	223	34.5	231	43.3	0	0.0	212	39.0	150.9	0.0	150.9	51
239	Critchley	Martin	Horsforth Harriers	MV40	220	46.5	161	52.8	199	51.2	0	0.0	0	0.0	150.5	0.0	150.5	52
240	Loftus	James	Valley Striders	MSen	95	77.0	91	73.5	0	0.0	0	0.0	0	0.0	150.5	0.0	150.5	110
241	Carrick	Chris	Kippax Harriers	MSen	203	50.6	176	48.4	0	0.0	159	51.4	0	0.0	150.4	0.0	150.4	111
242	Baiden	Andrew	Rothwell Harriers	MV40	295	28.1	225	33.9	238	41.6	216	33.8	206	40.8	178.3	28.1	150.1	53
243	Shappard	Ian	St Theresa's AC	MSen	242	41.1	0	0.0	0	0.0	152	53.5	158	54.6	149.2	0.0	149.2	112
244	Scott	Gary	Eccleshill Road Runners	MV40	0	0.0	81	76.4	0	0.0	0	0.0	99	71.7	148.1	0.0	148.1	54
245	Randall	Marc	Rothwell Harriers	MSen	0	0.0	173	49.3	209	48.8	164	49.8	0	0.0	147.9	0.0	147.9	113
246	Griffiths	Ian	Horsforth Harriers	MSen	245	40.3	0	0.0	278	31.8	200	38.8	224	35.5	146.4	0.0	146.4	114
247	Vincent	Robert	Abbey Runners (2nd)	MV40	0	0.0	0	0.0	119	70.9	0	0.0	86	75.4	146.4	0.0	146.4	55
248	Rutter	Neil	Harrogate Harriers	MV40	0	0.0	0	0.0	234	42.6	158	51.7	172	50.6	144.9	0.0	144.9	56
249	Furby	Mike	Valley Striders	MV40	124	69.9	0	0.0	0	0.0	85	74.2	0	0.0	144.1	0.0	144.1	57
250	Shively	Bill	York Postal Harriers	MV55	100	75.8	0	0.0	0	0.0	107	67.4	0	0.0	143.2	0.0	143.2	9
251	Bewell	Richard	Wetherby Runners	MV50	0	0.0	0	0.0	168	58.9	52	84.3	0	0.0	143.2	0.0	143.2	31
252	Love	Martin	Saltaire Striders	MV50	247	39.9	242	28.9	276	32.3	213	34.8	226	35.0	170.8	28.9	141.9	32
253	Moran	Robin	Kippax Harriers	MSen	221	46.2	195	42.8	0	0.0	0	0.0	167	52.0	141.0	0.0	141.0	115
254	Sanderson	Ian	Valley Striders	MV40	0	0.0	0	0.0	133	67.5	90	72.6	0	0.0	140.1	0.0	140.1	58
255	Head	Steve	St Theresa's AC	MV40	0	0.0	119	65.2	103	74.9	0	0.0	0	0.0	140.1	0.0	140.1	59
256	Robun	Igs	Saltaire Striders	MSen	317	22.7	256	24.8	270	33.7	189	42.2	218	37.3	160.7	22.7	138.0	116
257	Cook	James	Roundhay Runners	MSen	299	27.1	231	32.2	285	30.0	218	33.2	203	41.6	164.2	27.1	137.1	117
258	Hingley	James	Horsforth Harriers	MSen	0	0.0	114	66.7	122	70.2	0	0.0	0	0.0	136.9	0.0	136.9	118
259	Mellor	David	St Theresa's AC	MV40	269	34.5	245	28.0	289	29.1	180	44.9	249	28.3	164.8	28.0	136.8	60
260	Firth	Steve	Rothwell Harriers	MV50	301	26.7	238	30.1	299	26.6	217	33.5	188	46.0	162.8	26.6	136.2	33
261	Goddard	Billy	Roundhay Runners	MV40	0	0.0	0	0.0	0	0.0	128	60.9	87	75.1	136.1	0.0	136.1	61
262	Huggins	Roy	Valley Striders	MV50	0	0.0	0	0.0	0	0.0	108	67.1	110	68.5	135.6	0.0	135.6	34
263	Padgett	Tony	Chapel Allerton Runners	MSen	0	0.0	0	0.0	130	68.2	0	0.0	114	67.3	135.6	0.0	135.6	119
264	Leech	Guy	Ackworth RR	MV45	205	50.1	175	48.7	0	0.0	207	36.6	0	0.0	135.4	0.0	135.4	36
265	Sutton	Robert	Eccleshill Road Runners	MV50	97	76.5	286	15.9	324	20.4	0	0.0	270	22.3	135.2	0.0	135.2	35
266	Cottam	Graham	Horsforth Harriers	MSen	0	0.0	0	0.0	147	64.0	0	0.0	101	71.1	135.1	0.0	135.1	120
267	Hartley	Adam	Rothwell Harriers	MSen	156	62.1	0	0.0	0	0.0	0	0.0	97	72.3	134.4	0.0	134.4	121
268	Ward	Roger	Rothwell Harriers	MV55	264	35.7	228	33.0	266	34.7	227	30.5	248	28.6	162.5	28.6	133.9	10
269	Byrom	Andrew	Eccleshill Road Runners (2nd)	MV45	274	33.3	247	27.4	203	50.2	253	22.5	0	0.0	133.4	0.0	133.4	37
270	Hamad	Farhad	Hyde Park Harriers	MSen	0	0.0	0	0.0	0	0.0	126	61.5	100	71.4	132.9	0.0	132.9	122
271	Scott	Mark	Saltaire Striders	MV40	227	44.7	190	44.2	229	43.8	0	0.0	0	0.0	132.8	0.0	132.8	62
272	Horbury	Martin	St Theresa's AC	MV50	0	0.0	0	0.0	0	0.0	116	64.6	111	68.2	132.8	0.0	132.8	36
273	Buckley	Neil	York Tri Club	MV55	275	33.0	214	37.2	282	30.8	242	25.8	240	30.9	157.7	25.8	131.9	11
274	Long	Vernon	Valley Striders	MV45	118	71.4	0	0.0	0	0.0	133	59.4	0	0.0	130.8	0.0	130.8	38
275	Urquhart	Alistair	Roundhay Runners	MV45	129	68.7	130	61.9	0	0.0	0	0.0	0	0.0	130.7	0.0	130.7	39
276	Browne	Martin	Abbey Runners	MV50	285	30.6	236	30.7	294	27.8	219	32.9	221	36.4	158.4	27.8	130.6	37
277	Sampson	Danny	York Tri Club	MV40	283	31.1	235	31.0	259	36.5	234	28.3	238	31.5	158.3	28.3	130.0	63
278	Coates	Martin	Horsforth Harriers	MSen	263	35.9	0	0.0	297	27.1	210	35.7	243	30.1	128.8	0.0	128.8	123
279	Robins	Mike	Valley Striders	MV55	249	39.4	262	23.0	258	36.7	232	28.9	0	0.0	128.0	0.0	128.0	12
280	Roberts	Hal	Kirkstall Harriers	MSen	0	0.0	104	69.6	170	58.4	0	0.0	0	0.0	128.0	0.0	128.0	124
281	Ebrey	Paul	St Theresa's AC	MV40	0	0.0	125	63.4	151	63.1	0	0.0	0	0.0	126.5	0.0	126.5	64
282	Jones	Chris	Saltaire Striders	MSen	158	61.6	121	64.6	0	0.0	0	0.0	0	0.0	126.2	0.0	126.2	125
283	Fisher	Jon	Roundhay Runners	MSen	241	41.3	0	0.0	235	42.4	0	0.0	201	42.2	125.9	0.0	125.9	126
284	Gilbody	Joe	Hyde Park Harriers	MSen	0	0.0	287	15.6	307	24.6	195	40.3	191	45.1	125.7	0.0	125.7	127
285	Worboys	Tom	Ilkley Harriers	MSen	0	0.0	144	57.8	140	65.8	0	0.0	0	0.0	123.6	0.0	123.6	128
286	Brownbridge	Garry	Abbey Runners	MV55	302	26.4	0	0.0	271	33.5	229	29.8	230	33.8	123.6	0.0	123.6	13
287	Bevin	John	York Tri Club	MV45	173	57.9	0	0.0	142	65.3	0	0.0	0	0.0	123.2	0.0	123.2	40
288	De Roux	Garth	Horsforth Harriers	MSen	139	66.3	0	0.0	177	56.7	0	0.0	0	0.0	122.9	0.0	122.9	129
289	MacDonald	Alex	St Theresa's AC	MSen	332	19.1	246	27.7	279	31.5	223	31.7	239	31.2	141.2	19.1	122.2	130
290	Wilson	Dan	Knaresborough Striders	MSen	185	55.0												

320	Beresford	Frank	Roundhay Runners (2nd)	MSen	0	0.0	0	0.0	0	0.0	0	0.0	2	99.7	99.7	0.0	99.7	143
321	Pullan	Rick	Hyde Park Harriers	MV55	276	32.8	253	25.7	326	20.0	278	14.8	274	21.1	114.2	14.8	99.5	17
322	Richardson	Dale	Rothwell Harriers	MSen	0	0.0	0	0.0	305	25.1	204	37.5	220	36.7	99.4	0.0	99.4	144
323	Chandler	Simon	Wetherby Runners	MSen	0	0.0	0	0.0	202	50.5	0	0.0	178	48.8	99.3	0.0	99.3	145
324	Pagdin	Alex	Valley Striders (2nd)	MSen	0	0.0	5	98.8	0	0.0	0	0.0	0	0.0	98.8	0.0	98.8	146
325	Beecher	Ed	Harrogate Harriers	MSen	0	0.0	0	0.0	9	98.0	0	0.0	0	0.0	98.0	0.0	98.0	147
326	Mitchell	Jordan	Roundhay Runners	MSen	0	0.0	0	0.0	0	0.0	183	44.0	161	53.8	97.8	0.0	97.8	148
327	White	Christian	York Tri Club	MSen	236	42.5	153	55.2	0	0.0	0	0.0	0	0.0	97.7	0.0	97.7	149
328	Stanhope	Chris	Eccleshill Road Runners	MV50	318	22.5	257	24.5	319	21.7	246	24.6	257	26.0	119.3	21.7	97.6	40
329	Grimaldi	Peter	Ackworth RR	MV60	188	54.3	194	43.1	0	0.0	0	0.0	0	0.0	97.3	0.0	97.3	7
330	Johnson	Des	Roundhay Runners	MV45	0	0.0	183	46.3	0	0.0	161	50.8	0	0.0	97.1	0.0	97.1	46
331	Nelson	Paul	Wetherby Runners	MV45	14	96.8	0	0.0	0	0.0	0	0.0	0	0.0	96.8	0.0	96.8	47
332	Cook	Alex	Kirkstall Harriers	MSen	191	53.5	0	0.0	0	0.0	186	43.1	0	0.0	96.6	0.0	96.6	150
333	David	Thomas	York Tri Club	MSen	15	96.6	0	0.0	0	0.0	0	0.0	0	0.0	96.6	0.0	96.6	151
334	Hanney	Joe	Valley Striders	MV40	206	49.9	0	0.0	218	46.6	0	0.0	0	0.0	96.4	0.0	96.4	69
335	Wilkinson	Dan	Ilkley Harriers	MSen	16	96.3	0	0.0	0	0.0	0	0.0	0	0.0	96.3	0.0	96.3	152
336	Hibberd	Daryl	Valley Striders	MSen	0	0.0	0	0.0	0	0.0	0	0.0	14	96.2	96.2	0.0	96.2	153
337	Irvine	Richard	Valley Striders	MV40	229	44.3	0	0.0	196	52.0	0	0.0	0	0.0	96.2	0.0	96.2	70
338	Smith	Chris	Leeds University CCC	MSen	17	96.1	0	0.0	0	0.0	0	0.0	0	0.0	96.1	0.0	96.1	154
339	Crawford	Gordon	Hyde Park Harriers	MV60	0	0.0	0	0.0	0	0.0	172	47.4	179	48.6	95.9	0.0	95.9	8
340	Jackson	Jude	St Theresa's AC	MSen	336	18.1	294	13.6	312	23.4	254	22.2	236	32.1	109.3	13.6	95.7	155
341	Athersmith	Lee	Wharfedale Harriers	MSen	0	0.0	17	95.3	0	0.0	0	0.0	0	0.0	95.3	0.0	95.3	156
342	Clark	Daniel	Roundhay Runners	MSen	0	0.0	0	0.0	0	0.0	0	0.0	18	95.1	95.1	0.0	95.1	157
343	Hamilton	Rob	Valley Striders	MV45	286	30.3	218	36.0	292	28.3	0	0.0	0	0.0	94.6	0.0	94.6	48
344	Smith	Mark	Horsforth Harriers (2nd)	MSen	0	0.0	0	0.0	0	0.0	19	94.5	0	0.0	94.5	0.0	94.5	158
345	Balkwill	James	Abbey Runners	MV40	335	18.3	0	0.0	320	21.4	236	27.7	254	26.9	94.3	0.0	94.3	71
346	Worboys	Will	Ilkley Harriers	MSen	293	28.6	229	32.7	274	32.8	0	0.0	0	0.0	94.1	0.0	94.1	159
347	Armitage	Neil	Pudsey & Bramley AC	MV40	0	0.0	0	0.0	26	93.8	0	0.0	0	0.0	93.8	0.0	93.8	72
348	Rayner	Ian	Roundhay Runners	MV50	320	22.0	0	0.0	317	22.2	247	24.3	260	25.1	93.6	0.0	93.6	41
349	Pardet	Thomas	Roundhay Runners	MSen	0	0.0	0	0.0	0	0.0	22	93.5	0	0.0	93.5	0.0	93.5	160
350	Tayleur	John	Leeds University CCC	MSen	28	93.4	0	0.0	0	0.0	0	0.0	0	0.0	93.4	0.0	93.4	161
351	Barker	Lee	Rothwell Harriers	MV45	248	39.6	0	0.0	192	53.0	0	0.0	0	0.0	92.6	0.0	92.6	49
352	Mitchell	Ian	Knarsborough Striders	MV50	0	0.0	0	0.0	316	22.4	239	26.8	198	43.1	92.2	0.0	92.2	42
353	Jones	Alex	Pudsey & Bramley AC	MV40	0	0.0	0	0.0	0	0.0	0	0.0	29	91.9	91.9	0.0	91.9	162
354	Tupling	Matt	Airecentre Pacers	MV40	0	0.0	191	44.0	0	0.0	0	0.0	182	47.7	91.6	0.0	91.6	73
355	Liddle	Andy	Rothwell Harriers	MV40	246	40.1	0	0.0	198	51.5	0	0.0	0	0.0	91.6	0.0	91.6	74
356	Messenger	John	Kippax Harriers	MV65	294	28.4	277	18.6	325	20.2	256	21.5	273	21.4	110.1	18.6	91.5	4
357	Rhodes	Trevor	Eccleshill Road Runners	MV50	0	0.0	0	0.0	0	0.0	182	44.3	185	46.8	91.1	0.0	91.1	43
358	Johnson	Peter	Abbey Runners	MV50	314	23.5	255	25.1	0	0.0	265	18.8	265	23.7	91.0	0.0	91.0	44
359	Neugebauer	Rolf	Abbey Runners	MV50	298	27.4	0	0.0	304	25.4	250	23.4	296	14.7	90.9	0.0	90.9	45
360	Park	Keith	Horsforth Harriers	MV55	321	21.8	260	23.6	318	21.9	263	19.4	266	23.4	110.1	19.4	90.7	18
361	Dobby	Andrew	Harrogate Harriers	MV40	41	90.2	0	0.0	0	0.0	0	0.0	0	0.0	90.2	0.0	90.2	75
362	Thompson	Jamie	Wetherby Runners	MSen	0	0.0	0	0.0	41	90.1	0	0.0	0	0.0	90.1	0.0	90.1	163
363	Sennett	Marc	Wharfedale Harriers	MSen	0	0.0	0	0.0	42	89.9	0	0.0	0	0.0	89.9	0.0	89.9	164
364	Weatherhead	Greg	Abbey Runners	MSen	0	0.0	0	0.0	0	0.0	0	0.0	40	88.7	88.7	0.0	88.7	165
365	Candlin	Mark	Ackworth RR	MV40	253	38.4	170	50.1	0	0.0	0	0.0	0	0.0	88.5	0.0	88.5	76
366	Karanasios	Stan	Hyde Park Harriers	MSen	0	0.0	41	88.2	0	0.0	0	0.0	0	0.0	88.2	0.0	88.2	166
367	Whittle	Dan	Horsforth Harriers (2nd)	MSen	0	0.0	0	0.0	49	88.2	0	0.0	0	0.0	88.2	0.0	88.2	167
368	O'Brian	Liam	Hyde Park Harriers	MSen	0	0.0	0	0.0	0	0.0	0	0.0	44	87.6	87.6	0.0	87.6	168
369	Bryant	Pete	Dragons RC	MV45	305	25.7	0	0.0	303	25.6	0	0.0	222	36.1	87.4	0.0	87.4	50
370	Furlong	Ian	Roundhay Runners	MSen	56	86.6	0	0.0	0	0.0	0	0.0	0	0.0	86.6	0.0	86.6	169
371	Stoneman	Dave	Airecentre Pacers (2nd)	MSen	0	0.0	0	0.0	0	0.0	45	86.5	0	0.0	86.5	0.0	86.5	170
372	Price	Dan	Valley Striders	MSen	230	44.0	197	42.2	0	0.0	0	0.0	0	0.0	86.2	0.0	86.2	171
373	Couldwell	Alan	Harrogate Harriers	MV55	325	20.8	280	17.7	306	24.9	0	0.0	268	22.8	86.2	0.0	86.2	19
374	Cook	Sean	Kirkstall Harriers	MSen	0	0.0	234	31.3	267	34.5	260	20.3	0	0.0	86.1	0.0	86.1	172
375	Walker	Bobak	Roundhay Runners	MSen	0	0.0	0	0.0	0	0.0	0	0.0	55	84.4	84.4	0.0	84.4	173
376	Coop	Phil	St Theresa's AC	MV50	359	12.5	244	28.3	309	24.1	270	17.2	297	14.5	96.6	12.5	84.1	46
377	Bell	Andrew	Valley Striders	MSen	66	84.1	0	0.0	0	0.0	0	0.0	0	0.0	84.1	0.0	84.1	174
378	Hogan	Mick	Eccleshill Road Runners	MV50	296	27.9	279	18.0	0	0.0	261	20.0	285	17.9	83.8	0.0	83.8	47
379	Ball	Jonathan	Rothwell Harriers	MSen	68	83.6	0	0.0	0	0.0	0	0.0	0	0.0	83.6	0.0	83.6	175
380	Pinnock	Mathew	Hyde Park Harriers	MSen	0	0.0	0	0.0	0	0.0	0	0.0	58	83.5	83.5	0.0	83.5	176
381	Mawson	Antony	Eccleshill Road Runners (2nd)	MV50	0	0.0	203	40.4	232	43.1	0	0.0	0	0.0	83.5	0.0	83.5	48
382	Stockburn	Paul	Harrogate Harriers	MV55	0	0.0	0	0.0	0	0.0	57	82.8	0	0.0	82.8	0.0	82.8	20
383	Lightfoot	Terry	York Tri Club	MV45	0	0.0	0	0.0	250	38.7	0	0.0	195	43.9	82.6	0.0	82.6	51
384	Howard	Paul	Rothwell Harriers	MSen	0	0.0	0	0.0	0	0.0	0	0.0	67	80.9	80.9	0.0	80.9	177
385	Sclater	James	Rothwell Harriers	MSen	0	0.0	0	0.0	0	0.0	0	0.0	69	80.3	80.3	0.0	80.3	178
386	Rowland	Simon	Roundhay Runners	MSen	0	0.0	0	0.0	0	0.0	65	80.3	0	0.0	80.3	0.0	80.3	179
387	Laye	Jon	Abbey Runners	MV40	0	0.0	0	0.0	0	0.0	228	30.2	175	49.7	79.9	0.0	79.9	77
388	Field	John	Wetherby Runners	MV45	233	43.3	0	0.0	0	0.0	208	36.3	0	0.0	79.6	0.0	79.6	52
389	Wigglesworth	Steve	Ackworth RR	MV50	0	0.0	0	0.0	0	0.0	69	79.1	0	0.0	79.1	0.0	79.1	49
390	Vinegrad	Michael	Chapel Allerton Runners	MSen	0	0.0	0	0.0	247	39.4	0	0.0	211	39.3	78.7	0.0	78.7	180
391	Hopkins	Lee	Ackworth RR	MV40	307	25.2	250	26.5	298	26.8	0	0.0	0	0.0	78.6	0.0	78.6	78
392	Forde	Simon	Bradford Airedale	MV50	265	35.5	0	0.0	321	21.2	257	21.2	0	0.0	77.9	0.0	77.9	50
393	Brock	Martin	Knarsborough Striders	MSen	0	0.0	0	0.0	0	0.0	73	77.8	0	0.0	77.8	0.0	77.8	181
394	Render	Paul	Harrogate Harriers	MV55	0	0.0	0	0.0	93	77.3	0	0.0	0	0.0	77.3	0.0	77.3	21
395	Smith	Chris	Hyde Park Harriers	MSen	0	0.0	0	0.0	94	77.1	0	0.0	0	0.0	77.1	0.0	77.1	182
396	Hattersley	Mark	Harrogate Harriers	MV50	348	15.2	0	0.0	323	20.7	255	21.8	280	19.4	77.1	0.0	77.1	51
397	Webb	Steve	Kirkstall Harriers	MSen	0	0.0	0	0.0	0	0.0	0	0.0	81	76.9	76.9	0.0	76.9	183
398	Rowbottom	Ian	Harrogate Harriers	MV55	96	76.8	0	0.0	0	0.0	0	0.0	0	0.0	76.8	0.0	76.8	22
399	Peck	Simon	Dragons	MV60	292	28.9	0	0.0	0	0.0	251	23.1	262	24.6	76.5	0.0	76.5	9
400	Thorpe	Andrew	Roundhay Runners	MSen	0	0.0	0	0.0	0	0.0	0	0.0	83	76.3	76.3	0.0	76.3	184
401	Green	Shane	Pudsey & Bramley AC</															

428	Broadhead	Michael	Chapel Allerton Runners	MSen	0	0.0	0	0.0	0	0.0	0	0.0	113	67.6	67.6	0.0	67.6	196
429	Stangnes	Eirik	Valley Striders	MV40	137	66.7	0	0.0	0	0.0	0	0.0	0	0.0	66.7	0.0	66.7	83
430	Baker	Stuart	York Postal Harriers	MSen	138	66.5	0	0.0	0	0.0	0	0.0	0	0.0	66.5	0.0	66.5	197
431	Cuthbertson	Nic	Chapel Allerton Runners	MV50	0	0.0	0	0.0	0	0.0	225	31.1	225	35.3	66.3	0.0	66.3	57
432	Pearson	Alec	Valley Striders	MV40	347	15.4	261	23.3	295	27.6	0	0.0	0	0.0	66.3	0.0	66.3	84
433	Glover	Paul	Kirkstall Harriers	MV65	0	0.0	271	20.4	314	22.9	252	22.8	0	0.0	66.0	0.0	66.0	6
434	Seymour	Mark	Harrogate Harriers	MV50	278	32.3	226	33.6	0	0.0	0	0.0	0	0.0	65.9	0.0	65.9	58
435	Newell	Steve	Ilkley Harriers	MV45	0	0.0	117	65.8	0	0.0	0	0.0	0	0.0	65.8	0.0	65.8	56
436	McMullan	Kevin	Valley Striders	MV45	142	65.5	0	0.0	0	0.0	0	0.0	0	0.0	65.5	0.0	65.5	57
437	Mansfield	Michael	Roundhay Runners	MV50	273	33.5	232	31.9	0	0.0	0	0.0	0	0.0	65.4	0.0	65.4	59
438	Diamond	Stephen	Valley Striders	MSen	358	12.7	272	20.1	291	28.6	0	0.0	334	3.8	65.1	0.0	65.1	198
439	Richards	Andy	York Tri Club	MV50	311	24.2	269	20.9	0	0.0	0	0.0	278	19.9	65.1	0.0	65.1	60
440	O'Brien	Kieran	Kirkstall Harriers	MSen	0	0.0	0	0.0	0	0.0	222	32.0	233	32.9	64.9	0.0	64.9	199
441	Wheeldon	Alan	Chapel Allerton Runners	MV40	281	31.5	227	33.3	0	0.0	0	0.0	0	0.0	64.9	0.0	64.9	85
442	Binns	Richard	Bradford Airedale	MV40	330	19.6	284	16.5	349	14.3	279	14.5	306	11.8	76.7	11.8	64.8	86
443	Pennington	Gary	Saltaire Striders	MV50	340	17.1	283	16.8	358	12.1	0	0.0	282	18.8	64.8	0.0	64.8	61
444	Sanders	Ed	Horsforth Harriers	MSen	280	31.8	0	0.0	277	32.0	0	0.0	0	0.0	63.8	0.0	63.8	200
445	Pennock	Richard	Harrogate Harriers	MV40	0	0.0	124	63.7	0	0.0	0	0.0	0	0.0	63.7	0.0	63.7	87
446	Jackson	Bob	Valley Striders	MV60	0	0.0	264	22.4	0	0.0	243	25.5	293	15.6	63.6	0.0	63.6	10
447	Binstead	Tim	Roundhay Runners	MSen	0	0.0	0	0.0	268	34.2	231	29.2	0	0.0	63.5	0.0	63.5	201
448	Stokes	Paul	Valley Striders	MV40	0	0.0	0	0.0	0	0.0	244	25.2	216	37.9	63.1	0.0	63.1	88
449	Milner	Steve	Wharfedale Harriers	MV50	0	0.0	187	45.1	0	0.0	269	17.5	0	0.0	62.7	0.0	62.7	62
450	White	Geoffrey	Ilkley Harriers	MSen	342	16.6	300	11.8	335	17.7	276	15.4	0	0.0	61.5	0.0	61.5	202
451	Fitzgerald	Sean	Valley Striders	MSen	0	0.0	270	20.6	0	0.0	0	0.0	207	40.5	61.1	0.0	61.1	203
452	Dixon	Steve	Valley Striders	MV60	0	0.0	0	0.0	280	31.3	0	0.0	245	29.5	60.8	0.0	60.8	11
453	Helme	Mike	Ilkley Harriers	MV40	162	60.6	0	0.0	0	0.0	0	0.0	0	0.0	60.6	0.0	60.6	89
454	Ward	Ashley	Rothwell Harriers	MSen	0	0.0	0	0.0	161	60.6	0	0.0	0	0.0	60.6	0.0	60.6	204
455	Rose	Simon	Saltaire Striders	MV45	0	0.0	275	19.2	329	19.2	0	0.0	272	21.7	60.1	0.0	60.1	58
456	Markey	Barry	Bradford Airedale	MV55	366	10.8	305	10.3	339	16.7	272	16.6	292	15.9	70.3	10.3	60.0	25
457	Adcock	Richard	Valley Striders	MV45	165	59.9	0	0.0	0	0.0	0	0.0	0	0.0	59.9	0.0	59.9	59
458	Kaye	Andrew	Kippax Harriers	MV50	0	0.0	0	0.0	0	0.0	0	0.0	140	59.8	59.8	0.0	59.8	63
459	Ayre	Mark	Roundhay Runners	MV45	167	59.4	0	0.0	0	0.0	0	0.0	0	0.0	59.4	0.0	59.4	60
460	Newell	Jason	Hyde Park Harriers	MV40	0	0.0	0	0.0	0	0.0	230	29.5	244	29.8	59.3	0.0	59.3	90
461	Savage	Richard	Hyde Park Harriers	MSen	0	0.0	0	0.0	167	59.1	0	0.0	0	0.0	59.1	0.0	59.1	205
462	Simpson	Kieran	St Theresa's AC	MSen	172	58.2	0	0.0	0	0.0	0	0.0	0	0.0	58.2	0.0	58.2	206
463	Tupling	Simon	Airecentre Pacers	MV45	324	21.0	274	19.5	0	0.0	307	5.8	309	11.0	57.3	0.0	57.3	61
464	Prail	Jason	Valley Striders (2nd)	MSen	176	57.2	0	0.0	0	0.0	0	0.0	0	0.0	57.2	0.0	57.2	207
465	Bowyer	Steve	Harrogate Harriers	MV45	341	16.9	0	0.0	330	19.0	259	20.6	0	0.0	56.5	0.0	56.5	62
466	Holloway	Neil	Valley Striders (2nd)	MV40	0	0.0	0	0.0	180	55.9	0	0.0	0	0.0	55.9	0.0	55.9	91
467	Kingsnorth	Simon	Saltaire Striders	MV45	354	13.7	0	0.0	379	6.9	267	18.2	290	16.5	55.2	0.0	55.2	63
468	Greenhalgh	Lee	Horsforth Harriers	MV40	0	0.0	0	0.0	0	0.0	0	0.0	156	55.2	55.2	0.0	55.2	92
469	Lennon	Laurence	Abbey Runners	MV55	344	16.1	0	0.0	331	18.7	262	19.7	0	0.0	54.5	0.0	54.5	26
470	Persico	Peter	Abbey Runners	MSen	365	11.0	301	11.5	350	14.0	274	16.0	303	12.7	65.3	11.0	54.3	208
471	Gale	Paul	Saltaire Striders (2nd)	MSen	0	0.0	157	54.0	0	0.0	0	0.0	0	0.0	54.0	0.0	54.0	209
472	Wigglesworth	Tim	Eccleshill Road Runners	MV45	0	0.0	278	18.3	333	18.2	0	0.0	287	17.3	53.9	0.0	53.9	64
473	Kidner	Ralph	Hyde Park Harriers	MV60	0	0.0	0	0.0	313	23.2	294	9.8	275	20.8	53.8	0.0	53.8	12
474	Waterton	Gerry	Kippax Harriers	MV60	190	53.8	0	0.0	0	0.0	0	0.0	0	0.0	53.8	0.0	53.8	13
475	Bastow	Adrian	Ilkley Harriers	MV45	192	53.3	0	0.0	0	0.0	0	0.0	0	0.0	53.3	0.0	53.3	65
476	Byrom	Adrian	Ackworth RR	MV50	0	0.0	0	0.0	0	0.0	154	52.9	0	0.0	52.9	0.0	52.9	64
477	Dixon	Paul	St Theresa's AC	MV50	300	26.9	0	0.0	302	25.9	0	0.0	0	0.0	52.8	0.0	52.8	65
478	Taylor	Drew	Valley Striders	MV50	195	52.6	0	0.0	0	0.0	0	0.0	0	0.0	52.6	0.0	52.6	66
479	Moore	John	St Theresa's AC	MSen	196	52.3	0	0.0	0	0.0	0	0.0	0	0.0	52.3	0.0	52.3	210
480	Hindmarch	Matt	York Tri Club	MSen	200	51.3	0	0.0	0	0.0	0	0.0	0	0.0	51.3	0.0	51.3	211
481	Clough	Rich	Valley Striders	MV45	350	14.7	321	5.6	371	8.9	281	13.8	299	13.9	56.9	5.6	51.3	66
482	Lewandowski	Bartosz	Hyde Park Harriers	MSen	357	13.0	297	12.7	0	0.0	287	12.0	300	13.6	51.2	0.0	51.2	212
483	Haggas	Neil	Kippax Harriers	MV40	201	51.1	0	0.0	0	0.0	0	0.0	0	0.0	51.1	0.0	51.1	93
484	Rose	Nicholas	St Theresa's AC	MSen	0	0.0	0	0.0	200	51.0	0	0.0	0	0.0	51.0	0.0	51.0	213
485	Simpson	Terry	St Theresa's AC	MV45	333	18.8	288	15.3	342	16.0	0	0.0	0	0.0	50.2	0.0	50.2	67
486	Newton	Paul	Kirkstall Harriers	MV40	0	0.0	0	0.0	0	0.0	165	49.5	0	0.0	49.5	0.0	49.5	94
487	Tait	Simon	York Tri Club	MV45	297	27.6	266	21.8	0	0.0	0	0.0	0	0.0	49.5	0.0	49.5	68
488	Fitzgerald	David	Ackworth RR	MSen	0	0.0	0	0.0	0	0.0	0	0.0	176	49.4	49.4	0.0	49.4	214
489	Gledhill	Stephen	Eccleshill RR	MV50	371	9.5	0	0.0	348	14.5	282	13.5	307	11.6	49.2	0.0	49.2	67
490	Armstrong	Dave	Bradford Airedale	MSen	209	49.1	0	0.0	0	0.0	0	0.0	0	0.0	49.1	0.0	49.1	215
491	Baxter	Rob	Chapel Allerton Runners	MV40	0	0.0	0	0.0	315	22.7	240	26.5	0	0.0	49.1	0.0	49.1	95
492	Hutchison	Adam	Wetherby Runners	MSen	212	48.4	0	0.0	0	0.0	0	0.0	0	0.0	48.4	0.0	48.4	216
493	Collier	Andrew	Wetherby Runners	MV50	0	0.0	0	0.0	0	0.0	0	0.0	180	48.3	48.3	0.0	48.3	68
494	Hawden	Graham	Rothwell Harriers	MV50	346	15.6	316	7.1	0	0.0	312	4.3	276	20.5	47.6	0.0	47.6	69
495	Stott	Kyle	York Tri Club	MSen	0	0.0	0	0.0	0	0.0	0	0.0	183	47.4	47.4	0.0	47.4	217
496	Balshaw	Richard	Valley Striders	MV45	0	0.0	0	0.0	0	0.0	174	46.8	0	0.0	46.8	0.0	46.8	69
497	Moran	John	Ackworth RR	MSen	362	11.7	0	0.0	347	14.8	0	0.0	277	20.2	46.7	0.0	46.7	218
498	Carlisle	Gary	Kirkstall Harriers	MV50	219	46.7	0	0.0	0	0.0	0	0.0	0	0.0	46.7	0.0	46.7	70
499	Steel	Phil	Fellandale	MSen	0	0.0	182	46.6	0	0.0	0	0.0	0	0.0	46.6	0.0	46.6	219
500	Akers	Noel	Eccleshill Road Runners	MV55	316	23.0	0	0.0	0	0.0	273	16.3	322	7.2	46.5	0.0	46.5	27
501	Ross	Lyndon	Eccleshill Road Runners	MV50	313	23.7	0	0.0	0	0.0	0	0.0	271	22.0	45.7	0.0	45.7	71
502	Reynier	Dave	Saltaire Striders	MV40	0	0.0	0	0.0	0	0.0	0	0.0	189	45.7	45.7	0.0	45.7	96
503	South	Andy	Roundhay Runners	MV50	0	0.0	0	0.0	226	44.6	0	0.0	0	0.0	44.6	0.0	44.6	72
504	Kilner	Chris	Horsforth Harriers	MSen	0	0.0	0	0.0	0	0.0	0	0.0	193	44.5	44.5	0.0	44.5	220
505	Donkin	Robert	Saltaire Striders	MV40	231	43.8	0	0.0	0	0.0	0	0.0	0	0.0	43.8	0.0	43.8	97
506	Franklin	James	Abbey Runners	MSen	0	0.0	0	0.0	0	0.0	0	0.0	196	43.6	43.6	0.0	43.6	221
507	Plews	Andrew	Roundhay Runners	MV45	322	21.5	267	21.5	0	0.0	0	0.0	0	0.0	43.0	0.0	43.0	70
508	Howarth	Richard	St Theresa's AC	MV40	0	0.0	0	0.0	0	0.0	0	0.0	199	42.8	42.8	0.0	42.8	98
509	Hill																	

536	Perfitt	Brian	Eccleshill Road Runners	MV40	0	0.0	0	0.0	356	12.6	0	0.0	263	24.3	36.8	0.0	36.8	102
537	Longhorn	Darren	Saltaire Striders	MV45	376	8.3	311	8.6	365	10.3	0	0.0	314	9.5	36.7	0.0	36.7	74
538	Hey	Peter	Kirkstall Harriers	MV60	367	10.5	308	9.4	0	0.0	302	7.4	317	8.7	36.0	0.0	36.0	19
539	Johnson	Malcolm	Horsforth Harriers	MV65	361	12.0	299	12.1	0	0.0	306	6.2	328	5.5	35.7	0.0	35.7	8
540	Walton	Clive	Abbey Runners	MV45	0	0.0	0	0.0	341	16.3	264	19.1	0	0.0	35.3	0.0	35.3	75
541	Ashby	Tim	Ackworth RR	MV40	0	0.0	221	35.1	0	0.0	0	0.0	0	0.0	35.1	0.0	35.1	103
542	Jones	Richard	St Theresa's AC	MSen	268	34.7	0	0.0	0	0.0	0	0.0	0	0.0	34.7	0.0	34.7	230
543	Mason	Tom	Hyde Park Harriers	MSen	0	0.0	0	0.0	0	0.0	0	0.0	228	34.4	34.4	0.0	34.4	231
544	White	Paul	Roundhay Runners	MSen	0	0.0	314	7.7	340	16.5	0	0.0	313	9.8	34.0	0.0	34.0	232
545	Langdana	Burjor	Kirkstall Harriers	MV45	375	8.6	310	8.8	381	6.4	309	5.2	312	10.1	39.2	5.2	33.9	76
546	Zywicki	Paul	Ackworth RR	MV55	387	5.6	320	5.9	364	10.6	297	8.9	318	8.4	39.4	5.6	33.8	32
547	Baker	Darren	York Postal Harriers	MV45	0	0.0	0	0.0	0	0.0	0	0.0	231	33.5	33.5	0.0	33.5	77
548	Robinson	Mark	St Theresa's AC	MV40	0	0.0	0	0.0	272	33.3	0	0.0	0	0.0	33.3	0.0	33.3	104
549	Essex	Tony	Harrogate Harriers	MV65	0	0.0	0	0.0	344	15.5	0	0.0	288	17.1	32.6	0.0	32.6	9
550	Denton	Jeff	Ackworth RR	MV65	379	7.6	315	7.4	368	9.6	300	8.0	327	5.8	38.3	5.8	32.6	10
551	Madhas	Raj	Wharfedale Harriers	MV45	277	32.5	0	0.0	0	0.0	0	0.0	0	0.0	32.5	0.0	32.5	78
552	Nicholls	David	Chapel Allerton Runners	MV55	0	0.0	0	0.0	0	0.0	221	32.3	0	0.0	32.3	0.0	32.3	33
553	Buckley	Jason	Kirkstall Harriers	MSen	0	0.0	0	0.0	281	31.0	0	0.0	0	0.0	31.0	0.0	31.0	233
554	Jones	Paul	Hyde Park Harriers	MSen	352	14.2	285	16.2	0	0.0	0	0.0	0	0.0	30.4	0.0	30.4	234
555	Dennison	Paul	Wetherby Runners	MV50	287	30.1	0	0.0	0	0.0	0	0.0	0	0.0	30.1	0.0	30.1	76
556	Shaw	Tony	Kirkstall Harriers	MV65	0	0.0	0	0.0	0	0.0	275	15.7	298	14.2	29.9	0.0	29.9	11
557	Roberts	Andy	Knarsborough Striders	MV50	0	0.0	0	0.0	286	29.8	0	0.0	0	0.0	29.8	0.0	29.8	77
558	Newsome	Marc	York Tri Club	MV40	0	0.0	0	0.0	0	0.0	0	0.0	246	29.2	29.2	0.0	29.2	105
559	Ellison	Garry	Eccleshill Road Runners	MV55	291	29.1	0	0.0	0	0.0	0	0.0	0	0.0	29.1	0.0	29.1	34
560	Hammond	Phil	Hyde Park Harriers	MV50	345	15.9	296	13.0	0	0.0	0	0.0	0	0.0	28.9	0.0	28.9	78
561	Dawson	Finlay	York Tri Club	MV45	0	0.0	0	0.0	290	28.8	0	0.0	0	0.0	28.8	0.0	28.8	79
562	Griffiths	Alun	Saltaire Striders	MV55	0	0.0	0	0.0	0	0.0	277	15.1	302	13.0	28.1	0.0	28.1	35
563	Boyle	Peter	St Theresa's AC	MV60	0	0.0	303	10.9	366	10.1	0	0.0	323	6.9	27.9	0.0	27.9	20
564	Hill	Phil	Roundhay Runners	MV50	369	10.0	0	0.0	372	8.6	296	9.2	0	0.0	27.9	0.0	27.9	79
565	Routledge	Jonathan	Ackworth RR	MV45	0	0.0	0	0.0	0	0.0	0	0.0	251	27.7	27.7	0.0	27.7	80
566	May	Jonathan	St Theresa's AC	MSen	0	0.0	0	0.0	296	27.3	0	0.0	0	0.0	27.3	0.0	27.3	235
567	Badkin	Peter	Abbey Runners	MV50	0	0.0	0	0.0	0	0.0	286	12.3	295	15.0	27.3	0.0	27.3	80
568	Hewland	Nick	Horsforth Harriers	MSen	0	0.0	0	0.0	0	0.0	0	0.0	253	27.2	27.2	0.0	27.2	236
569	Wray	Scott	York Tri Club	MV45	0	0.0	0	0.0	0	0.0	0	0.0	255	26.6	26.6	0.0	26.6	81
570	Tesseyman	Andrew	Airecentre Pacers	MV50	355	13.4	0	0.0	354	13.1	0	0.0	0	0.0	26.5	0.0	26.5	81
571	Stott	Chris	Saltaire Striders	MSen	374	8.8	281	17.4	0	0.0	0	0.0	0	0.0	26.2	0.0	26.2	237
572	Richardson	Jeremy	Valley Striders	MV50	303	26.2	0	0.0	0	0.0	0	0.0	0	0.0	26.2	0.0	26.2	82
573	Mosedale	Tim	Saltaire Striders	MSen	0	0.0	0	0.0	301	26.1	0	0.0	0	0.0	26.1	0.0	26.1	238
574	Mason	Jonathan	Hyde Park Harriers	MSen	0	0.0	0	0.0	0	0.0	0	0.0	259	25.4	25.4	0.0	25.4	239
575	Green	Alex	Harrogate Harriers	MSen	306	25.4	0	0.0	0	0.0	0	0.0	0	0.0	25.4	0.0	25.4	240
576	Barker	Simon	Valley Striders	MV40	0	0.0	254	25.4	0	0.0	0	0.0	0	0.0	25.4	0.0	25.4	106
577	Lewis	Peter	Ilkley Harriers	MV65	308	24.9	0	0.0	0	0.0	0	0.0	0	0.0	24.9	0.0	24.9	12
578	MacRae	Don	Ilkley Harriers	MV65	383	6.6	318	6.5	376	7.6	313	4.0	335	3.5	28.2	3.5	24.7	13
579	Bloomfield	Jim	Roundhay Runners	MSen	309	24.7	0	0.0	0	0.0	0	0.0	0	0.0	24.7	0.0	24.7	241
580	Charles	Andrew	Horsforth Harriers	MV50	0	0.0	0	0.0	373	8.4	298	8.6	321	7.5	24.5	0.0	24.5	83
581	Leonard	Craig	Eccleshill Road Runners (2nd)	MV45	310	24.4	0	0.0	0	0.0	0	0.0	0	0.0	24.4	0.0	24.4	82
582	Kilby	Duncan	Airecentre Pacers	MV40	0	0.0	0	0.0	374	8.1	0	0.0	294	15.3	23.4	0.0	23.4	107
583	Crabtree	Paul	Dragons RC	MSen	0	0.0	0	0.0	0	0.0	0	0.0	269	22.5	22.5	0.0	22.5	242
584	Healey	Graham	St Theresa's AC	MV55	395	3.7	323	5.0	387	4.9	301	7.7	332	4.3	25.6	3.7	22.0	36
585	Smith	Andrew	Airecentre Pacers	MV50	323	21.3	0	0.0	0	0.0	0	0.0	0	0.0	21.3	0.0	21.3	84
586	Halliday	Paul	Harrogate Harriers	MV40	0	0.0	0	0.0	322	20.9	0	0.0	0	0.0	20.9	0.0	20.9	108
587	Hodge	Tony	Roundhay Runners	MV40	326	20.5	0	0.0	0	0.0	0	0.0	0	0.0	20.5	0.0	20.5	109
588	Rivers	Tony	Airecentre Pacers	MV45	327	20.3	0	0.0	0	0.0	0	0.0	0	0.0	20.3	0.0	20.3	83
589	Lacy	Terry	Rothwell Harriers	MV50	393	4.2	0	0.0	0	0.0	291	10.8	329	5.2	20.1	0.0	20.1	85
590	Leech	Jake	Rothwell Harriers	MSen	0	0.0	273	19.8	0	0.0	0	0.0	0	0.0	19.8	0.0	19.8	243
591	Edwards	Richard	Hyde Park Harriers	MSen	388	5.4	329	3.2	389	4.4	305	6.5	342	1.4	21.0	1.4	19.5	244
592	Bickerdike	Edward	Ilkley Harriers	MSen	0	0.0	0	0.0	328	19.5	0	0.0	0	0.0	19.5	0.0	19.5	245
593	Brown	Simon	Saltaire Striders	MV50	0	0.0	0	0.0	0	0.0	293	10.2	315	9.2	19.4	0.0	19.4	86
594	Smith	Stuart	Hyde Park Harriers	MV50	378	7.8	0	0.0	360	11.6	0	0.0	0	0.0	19.4	0.0	19.4	87
595	Ibbotson	Dave	Ilkley Harriers	MV55	331	19.3	0	0.0	0	0.0	0	0.0	0	0.0	19.3	0.0	19.3	37
596	Gardner	Andrew	St Theresa's AC	MV60	390	4.9	324	4.7	388	4.7	310	4.9	0	0.0	19.2	0.0	19.2	21
597	Ford	Graham	Valley Striders	MV50	343	16.4	0	0.0	0	0.0	317	2.8	0	0.0	19.2	0.0	19.2	88
598	Porritt	Stephen	York Tri Club	MSen	0	0.0	276	18.9	0	0.0	0	0.0	0	0.0	18.9	0.0	18.9	246
599	Tyrrell	Brian	Valley Striders	MV55	380	7.3	0	0.0	361	11.3	0	0.0	0	0.0	18.7	0.0	18.7	38
600	Cooper	Richard	St Theresa's AC	MSen	0	0.0	0	0.0	332	18.5	0	0.0	0	0.0	18.5	0.0	18.5	247
601	Taylor	Matt	Saltaire Striders	MSen	0	0.0	0	0.0	0	0.0	266	18.5	0	0.0	18.5	0.0	18.5	248
602	Miles	Tony	Kippax Harriers	MV50	389	5.1	312	8.3	0	0.0	311	4.6	0	0.0	18.0	0.0	18.0	89
603	Copley	James	Kippax Harriers	MSen	392	4.4	322	5.3	0	0.0	0	0.0	319	8.1	17.8	0.0	17.8	249
604	Berry	Neil	Wetherby Runners	MSen	0	0.0	0	0.0	0	0.0	0	0.0	286	17.6	17.6	0.0	17.6	250
605	Vaughan	Nathan	St Theresa's AC	MV45	338	17.6	0	0.0	0	0.0	0	0.0	0	0.0	17.6	0.0	17.6	84
606	Hinde	Stuart	Rothwell Harriers	MV50	0	0.0	304	10.6	380	6.7	0	0.0	0	0.0	17.3	0.0	17.3	90
607	Maltby	Christopher	St Theresa's AC	MV55	391	4.6	330	2.9	390	4.2	314	3.7	331	4.6	20.1	2.9	17.1	39
608	Morley	Eric	Ilkley Harriers	MV60	0	0.0	0	0.0	0	0.0	290	11.1	326	6.1	17.1	0.0	17.1	22
609	Nock	Adrian	Roundhay Runners	MV40	0	0.0	282	17.1	0	0.0	0	0.0	0	0.0	17.1	0.0	17.1	110
610	Hewitt-Wood	Ash	Roundhay Runners	MSen	0	0.0	319	6.2	363	10.8	0	0.0	0	0.0	17.0	0.0	17.0	251
611	Lerner	Barney	Saltaire Striders	MV60	0	0.0	0	0.0	0	0.0	271	16.9	0	0.0	16.9	0.0	16.9	23
612	Barrett	Patrick	Valley Striders	MV55	0	0.0	0	0.0	0	0.0	0	0.0	289	16.8	16.8	0.0	16.8	40
613	Bell	Martin	Saltaire Striders	MSen	0	0.0	0	0.0	0	0.0	0	0.0	291	16.2	16.2	0.0	16.2	252
614	Foulkes	Bob	Horsforth Harriers	MV55	0	0.0	0	0.0	343	15.8	0	0.0	0	0.0	15.8	0.0	15.8	41
615	Sugden	Paul	Ilkley Harriers	MV50	382	6.8	0	0.0	375	7.9	0	0.0	0	0.0	14.7	0.0	14.7	91
616	Nesden	Patrick	Kirkstall Harriers	MV60	396	3.4	325	4.4	392	3.7	320	1.8	336	3.2	16.6	1.8	14.7	24
617	Rogan	Tony	Dragons	MV50	351	14.4	0	0.0	0	0.0	0	0.0	0	0.				

644	Hudson	Chris	Kirkstall Harriers	MV40	0	0.0	0	0.0	382	6.2	0	0.0	0	0.0	6.2	0.0	6.2	114
645	Taylor	Malcolm	Kirkstall Harriers	MSen	0	0.0	332	2.4	396	2.7	0	0.0	344	0.9	5.9	0.0	5.9	257
646	Felton	Paul	Valley Striders	MV40	386	5.9	0	0.0	0	0.0	0	0.0	0	0.0	5.9	0.0	5.9	115
647	Jones	Dave	Valley Striders	MV50	0	0.0	0	0.0	0	0.0	316	3.1	338	2.6	5.7	0.0	5.7	97
648	Sykes-Hooban	Matt	Kirkstall Harriers	MSen	0	0.0	0	0.0	0	0.0	308	5.5	0	0.0	5.5	0.0	5.5	258
649	Owen	Tim	Ackworth RR	MV45	403	1.7	335	1.5	404	0.7	0	0.0	0	0.0	3.9	0.0	3.9	89
650	Park	Ian	Horsforth Harriers	MV60	394	3.9	0	0.0	0	0.0	0	0.0	0	0.0	3.9	0.0	3.9	30
651	Clark	Darren	Ackworth RR	MV50	404	1.5	0	0.0	399	2.0	0	0.0	0	0.0	3.4	0.0	3.4	98
652	Saville	Mark	Fellandale	MV50	0	0.0	336	1.2	398	2.2	0	0.0	0	0.0	3.4	0.0	3.4	99
653	Black	Sam	Abbey Runners	MV65	408	0.5	337	0.9	403	1.0	323	0.9	345	0.6	3.9	0.5	3.4	18
654	Stead	Gary	Airecentre Pacers	MV50	0	0.0	0	0.0	394	3.2	0	0.0	0	0.0	3.2	0.0	3.2	100
655	Dodd	Brian	Ackworth RR	MV75	406	1.0	0	0.0	401	1.5	324	0.6	0	0.0	3.1	0.0	3.1	1
656	O'Hara	Steve	Horsforth Harriers	MV65	398	2.9	0	0.0	0	0.0	0	0.0	0	0.0	2.9	0.0	2.9	19
657	Forwood	Benjamin	Hyde Park Harriers	MSen	401	2.2	338	0.6	0	0.0	0	0.0	0	0.0	2.8	0.0	2.8	259
658	Foster	Bernard	Abbey Runners	MV65	0	0.0	0	0.0	0	0.0	318	2.5	0	0.0	2.5	0.0	2.5	20
659	El Kurdi	Ashraf	Airecentre Pacers	MSen	0	0.0	0	0.0	0	0.0	0	0.0	341	1.7	1.7	0.0	1.7	260
660	Butler	Wayne	St Theresa's AC	MSen	0	0.0	0	0.0	400	1.7	0	0.0	0	0.0	1.7	0.0	1.7	261
661	Bell	John	Ackworth RR	MV70	407	0.7	339	0.3	406	0.2	325	0.3	346	0.3	1.9	0.2	1.6	3
662	Hardman	Geoff	St Theresa's AC	MV80	0	0.0	0	0.0	402	1.2	0	0.0	0	0.0	1.2	0.0	1.2	1
663	Kerry	Kris	St Theresa's AC	MSen	0	0.0	0	0.0	0	0.0	322	1.2	0	0.0	1.2	0.0	1.2	262
664	Robinson	Albert	St Theresa's AC	MV70	405	1.2	0	0.0	0	0.0	0	0.0	0	0.0	1.2	0.0	1.2	4
665	Raddings	Trevor	Hyde Park Harriers	MV60	0	0.0	0	0.0	0	0.0	0	0.0	343	1.2	1.2	0.0	1.2	31
666	Sherras	Simon	St Theresa's AC	MV50	409	0.2	0	0.0	405	0.5	0	0.0	0	0.0	0.7	0.0	0.7	101