

**PECO Cross Country League 2016-17**  
**Senior Men's Cumulative Results After Race 5**

Pos	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	Burns	Ailsdair	Valley Striders	MSEN	4	198.7	2	199.5	6	197.7	2	199.5	2	199.5	994.8	197.7	797.12	1
2	Athersmith	Lee	Wharfedale Harriers	MSEN	11	195.7	5	197.9	5	198.1	4	198.4	6	197.3	987.5	195.7	791.73	2
3	Hobbs	John	Valley Striders	MSEN	3	199.1	6	197.4	9	196.3	3	198.9	0	0.0	791.7	0.0	791.73	3
4	Grant	Daniel	St Theresa's AC	MSEN	5	198.3	4	198.4	14	194.0	0	0.0	3	198.9	789.6	0.0	789.59	4
5	Millgate	Paul	Wetherby Runners	M40	7	197.4	7	196.8	8	196.7	0	0.0	8	196.2	787.3	0.0	787.25	5
6	Francis	Alec	Hyde Park Harriers	MSEN	14	194.5	9	195.8	15	193.5	8	196.3	7	196.8	976.8	193.5	783.27	6
7	Watson	Sam	Wharfedale Harriers	MSEN	9	196.6	11	194.7	13	194.4	6	197.3	11	194.6	977.7	194.4	783.25	6
8	Driver	David	Wharfedale Harriers	MSEN	10	196.2	10	195.2	0	0.0	13	193.6	12	194.1	779.1	0.0	779.08	7
9	Herrington	Richard	St Theresa's AC	MSEN	19	192.3	16	192.1	11	195.3	7	196.8	13	193.5	970.1	192.1	778.03	8
10	Holmes	Christian	Wharfedale Harriers	M40	13	194.9	12	194.2	17	192.6	9	195.7	17	191.4	968.8	191.4	777.35	2
11	Kerr	Will	Saltire Striders	M40	17	193.2	8	196.3	28	187.4	11	194.7	16	191.9	963.5	187.4	776.08	3
12	Hallam	Matthew	Valley Striders	MSEN	16	193.6	14	193.1	10	195.8	0	0.0	22	188.7	771.3	0.0	771.26	9
13	Armstrong	Ross	Abbey Runners	MSEN	24	190.2	20	189.9	19	191.6	12	194.1	10	195.2	961.1	189.9	771.12	10
14	Pownall	Jon	Valley Striders	MSEN	23	190.6	21	189.4	22	190.2	17	191.4	0	0.0	761.7	0.0	761.73	11
15	Charlesworth	Nick	Wharfedale Harriers	M50	25	189.8	0	0.0	29	187.0	16	192.0	19	190.3	759.1	0.0	759.07	1
16	Kirkham	David	Wharfedale Harriers	M40	20	191.9	0	0.0	48	178.1	14	193.0	26	186.6	749.7	0.0	749.66	4
17	Blackburn	Ross	Rothwell Harriers	MSEN	22	191.1	25	187.3	36	183.7	34	182.4	28	185.5	929.9	182.4	747.57	12
18	Vargas	Michael	Hyde Park Harriers	MSEN	18	192.8	0	0.0	26	188.4	40	179.1	25	187.1	747.4	0.0	747.38	13
19	Gidlow	Paul	Horsforth Harriers	M40	28	188.5	24	187.8	58	173.5	39	179.7	31	183.9	913.4	173.5	739.89	5
20	Midgley	Terry	St Theresa's AC	M40	34	186.0	28	185.7	37	183.3	0	0.0	32	183.3	738.3	0.0	738.26	6
21	Wilks	Trevor	Abbey Runners	M45	0	0.0	27	186.2	44	180.0	25	187.2	30	184.4	737.8	0.0	737.82	1
22	Shooter	Graham	St Theresa's AC	M50	40	183.4	31	184.1	35	184.2	27	186.1	38	180.1	917.9	180.1	737.81	2
23	Wilkinson	Matthew	Nidd Valley Road Runners	MSEN	42	182.6	29	185.2	47	178.6	23	188.6	60	168.3	902.9	168.3	734.58	14
24	Emery	Keith	Knaresborough Striders	MSEN	27	188.9	0	0.0	38	182.8	35	181.8	37	180.6	734.2	0.0	734.19	15
25	Jones	Simon	Abbey Runners	MSEN	52	178.3	38	180.4	43	180.5	22	188.4	47	175.3	903.2	175.3	727.96	16
26	Hillery	Toby	Wetherby Runners	MSEN	21	191.5	39	179.9	0	0.0	43	177.5	42	178.0	726.9	0.0	726.88	17
27	Cumming	Robert	Abbey Runners	MSEN	68	171.5	0	0.0	41	181.4	31	184.0	34	182.3	719.1	0.0	719.10	18
28	Buckley	Tim	York Tn Club	MSEN	64	173.2	42	178.3	42	180.9	29	185.0	0	0.0	717.5	0.0	717.46	19
29	Fillingham	Martin	Saltire Striders	M45	50	179.1	36	181.5	51	176.7	44	177.0	44	178.9	891.3	176.7	714.52	2
30	Newsome	Paul	St Theresa's AC	M40	56	176.6	40	179.4	61	172.1	0	0.0	41	176.5	706.5	0.0	706.55	7
31	Curley	Aidan	Abbey Runners	M40	39	183.8	32	183.6	92	157.7	56	170.6	69	163.4	859.1	157.7	701.46	8
32	Brown	Paul	Rothwell Harriers	M50	53	177.9	44	177.2	76	165.1	51	173.3	52	172.6	866.1	165.1	700.96	3
33	Mann	Gary	Valley Striders	MSEN	62	174.0	43	177.8	73	166.5	53	172.2	57	169.9	860.4	166.5	693.91	20
34	Dunbar	Stuart	Saltire Striders	M50	49	179.6	52	173.0	59	173.0	79	158.7	67	164.5	848.4	158.7	690.13	4
35	Atkinson	Joe	Wetherby Runners	MSEN	65	172.8	53	172.5	97	153.3	45	176.5	68	164.0	841.1	155.3	685.70	21
36	McGuire	Dave	Wharfedale Harriers	M45	91	161.7	78	159.3	70	167.9	38	180.2	50	173.7	842.7	159.3	683.48	3
37	Nurse	Dominic	Abbey Runners	M45	58	175.7	0	0.0	74	166.0	54	171.7	59	168.8	682.3	0.0	682.27	4
38	Lines	Charlie	Ackworth RR	M55	79	166.8	51	173.5	65	170.2	58	169.5	0	0.0	680.1	0.0	680.10	1
39	Robins	Dan	Valley Striders	MSEN	75	168.5	65	166.1	100	154.0	49	174.3	55	171.0	833.9	154.0	679.95	22
40	Murray	Dan	Valley Striders	M40	57	176.2	0	0.0	69	168.4	62	167.4	61	167.7	679.7	0.0	679.66	9
41	Schofield	George	St Theresa's AC	MSEN	47	180.4	37	181.0	102	153.0	0	0.0	66	165.1	679.5	0.0	679.45	23
42	Forey	Jonathon	Dragons RC	M45	88	163.0	50	174.1	62	171.6	0	0.0	71	162.4	671.0	0.0	671.05	5
43	Wynn	Geoff	York Tn Club	MSEN	71	170.2	63	167.2	75	165.6	65	165.8	83	155.9	824.7	155.9	668.77	24
44	Lavin	Robin	York Tn Club	MSEN	74	168.9	0	0.0	86	160.5	60	168.4	56	170.4	668.3	0.0	668.28	25
45	Dearden	Mike	Chapel Allerton Runners	MSEN	97	159.1	92	151.9	80	163.3	50	173.8	53	172.0	820.1	151.9	668.24	26
46	Vincent	Robert	Abbey Runners	M40	159	132.8	60	168.8	60	172.6	55	171.1	89	152.7	797.9	132.8	665.15	10
47	Anderson	Ian	York Tn Club	M45	61	174.5	54	172.0	103	152.6	88	153.5	70	162.9	815.4	152.6	662.80	6
48	Maudsley	Ian	St Theresa's AC	MSEN	81	166.0	69	164.0	82	162.3	104	144.9	58	169.4	806.6	144.9	661.66	27
49	Lofthouse	Martin	Nidd Valley Road Runners	M45	83	165.1	62	167.7	84	161.4	64	166.3	0	0.0	660.5	0.0	660.54	7
50	Patrickson	Alex	Nidd Valley Road Runners	MSEN	70	170.6	48	175.1	105	151.6	0	0.0	82	156.5	653.9	0.0	653.85	28
51	Bell	Andrew	Valley Striders	M40	85	164.3	67	165.1	96	155.8	72	162.0	73	161.3	808.5	155.8	652.66	11
52	Bartle	Chris	Kippax Harriers	MSEN	84	164.7	66	165.6	0	0.0	74	161.0	81	157.0	648.2	0.0	648.24	29
53	Gibbs	Richard	Roundhay Runners	M40	100	157.9	80	158.2	109	149.8	73	161.5	63	166.7	794.0	149.8	644.24	12
54	Lyons	Chris	Chapel Allerton Runners	M40	92	161.3	73	161.9	101	153.5	0	0.0	64	166.1	642.8	0.0	642.80	13
55	Taylor	Michael	Hyde Park Harriers	MSEN	129	145.5	103	146.0	79	163.7	68	164.2	76	159.7	779.1	145.5	633.60	30
56	King	Geoffrey	Harrogate Harriers	M60	111	153.2	79	158.7	94	156.7	76	159.9	0	0.0	628.6	0.0	628.56	1
57	Raby	Steve	Horsforth Harriers	M55	109	154.0	77	159.8	129	140.5	77	159.4	85	154.8	768.5	140.5	628.03	2
58	Bye	James	Abbey Runners	MSEN	86	163.8	70	163.5	112	148.4	121	135.8	103	145.2	756.7	135.8	620.86	31
59	Coy	Stephen	Ilkley Harriers	M40	123	148.1	97	149.2	81	162.8	0	0.0	75	160.2	620.3	0.0	620.30	14
60	Clark	Duncan	Abbey Runners	M55	80	166.4	85	155.6	117	146.0	97	148.7	0	0.0	616.6	0.0	616.65	3
61	Barstow	Craig	Harrogate Harriers	M50	0	0.0	71	163.0	115	147.0	89	152.9	101	146.2	609.1	0.0	609.12	5
62	Longmate	Kevin	Kirkstall Harriers	MSEN	98	158.7	75	160.8	121	144.2	112	140.6	116	138.2	742.6	138.2	604.40	32
63	Schofield	Alan	St Theresa's AC	M55	149	137.0	98	148.7	116	146.5	86	154.5	90	152.2	738.9	137.0	601.88	4
64	Smith	Mark	Rothwell Harriers	MSEN	8	197.0	1	200.0	3	199.1	0	0.0	0	0.0	596.1	0.0	596.09	33
65	Plews	Chris	Wetherby Runners	M40	103	156.8	89	153.4	118	145.6	0	0.0	113	139.8	595.4	0.0	595.40	15
66	Hilton	Owen	Abbey Runners	MSEN	115	151.5	100	147.6	107	150.7	122	135.3	104	144.6	729.7	135.3	594.43	34
67	Allison	David	Chapel Allerton Runners	M45	106	155.3	155	118.5	146	132.6	81	157.2	96	148.9	712.5	118.5	594.02	8
68	Stone	Daniel	Rothwell Harriers	MSEN	143	139.6	116	139.2	114	147.4	99	147.6	79	158.1	731.8	139.2	592.67	35
69	Todd	Andy	Nidd Valley Road Runners	M50	121	148.9	96	149.7	124	142.8	0	0.0	94	150.0	591.5	0.0	591.46	6
70	Knight	Hadrian	Rothwell Harriers	M45	107	154.9	95	150.3	134	138.1	108	142.8	117	137.6	723.7	137.6	586.08	9
71	Richardson	Matt	Saltire Striders	MSEN	93	160.9	94	150.8	0	0.0	151	119.8	87	153.8	585.2	0.0	585.19	36
72	Jones	Graham	Valley Striders	M50	146	138.3	91	152.4	136	137.2	91	151.9	0	0.0	579.8	0.0	579.76	7
73	Sunman	Kai	Leeds University CCC	MSEN	0	0.0	15	192.6	12	194.9	0	0.0	18	190.9	578.3	0.0	578.34	37
74	Fisher	Dan	Valley Striders	MSEN	0	0.0	17	191.5	18	192.1	0	0.0	15	192.5	576.1	0.0	576.10	38
75	Hinds	Aron	Hyde Park Harriers	MSEN	101	157.4	124	134.9	131	139.5	107	143.3	0	0.0	575			

110	Teggart	Dave	Bradford Airedale	M40	59	175.3	0	0.0	67	169.3	59	169.0	0	0.0	513.6	0.0	513.61	25
111	Jackson	Patrick	Wetherby Runners	M45	173	126.8	121	136.5	183	115.3	142	124.6	142	124.2	627.5	115.3	512.11	12
112	Booth	James	Hyde Park Harriers	M5EN	158	133.2	126	133.9	175	119.1	172	108.6	152	118.8	613.5	108.6	504.94	61
113	Woods	Steve	Pudsey & Bramley AC	M55	170	128.1	152	120.1	166	123.3	131	130.5	156	116.7	618.6	116.7	501.93	6
114	Oldfield	David	Harrogate Harriers	M5EN	0	0.0	47	175.7	113	147.9	0	0.0	45	176.3	499.9	0.0	499.91	62
115	Bird	Graham	Wharfedale Harriers	M50	186	121.3	170	110.6	174	119.5	128	132.1	141	124.7	608.2	110.6	497.63	9
116	Taylor	Steve	Chapel Allerton Runners	M45	221	106.4	164	113.8	190	112.1	120	136.4	123	134.4	603.0	106.4	496.62	13
117	Bewell	Richard	Wetherby Runners	M50	0	0.0	0	0.0	63	171.2	46	175.9	97	148.4	495.5	0.0	495.49	10
118	Bourke	Niall	Pudsey & Bramley AC	M5EN	67	171.9	0	0.0	119	145.1	47	175.4	0	0.0	492.4	0.0	492.43	63
119	Herbert	Wayne	St Theresa's AC	M45	46	180.9	0	0.0	93	157.2	90	152.4	0	0.0	490.5	0.0	490.47	14
120	Kaiser	Paul	Valley Striders	M5EN	0	0.0	84	156.1	91	158.1	48	174.9	0	0.0	489.1	0.0	489.09	64
121	Grant	Gary	Hyde Park Harriers	M5EN	176	125.5	0	0.0	182	115.8	160	115.0	130	130.6	487.0	0.0	486.96	65
122	Watson	Scott	Hyde Park Harriers	M5EN	0	0.0	115	139.7	53	175.8	57	170.1	0	0.0	485.5	0.0	485.55	66
123	Allsop	Andrew	Chapel Allerton Runners	M5EN	165	130.2	0	0.0	159	126.5	169	110.2	154	117.7	484.6	0.0	484.63	67
124	Gallagher	Mike	Hyde Park Harriers	M5EN	0	0.0	0	0.0	90	158.6	67	164.7	78	158.6	481.9	0.0	481.91	68
125	Downham	Ian	Kippax Harriers	M45	193	118.3	150	121.2	208	103.7	149	120.9	150	119.9	583.9	103.7	480.21	15
126	Walker	Gavin	Ackworth RR	M5EN	0	0.0	74	161.4	88	159.5	80	157.8	0	0.0	478.7	0.0	478.66	69
127	Walker	Bobak	Roundhay Runners	M5EN	72	169.8	0	0.0	77	164.7	0	0.0	106	143.5	478.0	0.0	477.99	70
128	Lomas	Adam	Hyde Park Harriers	M5EN	0	0.0	86	155.0	89	159.1	69	163.6	0	0.0	477.7	0.0	477.73	71
129	Vallance	Simon	Valley Striders	M50	89	162.6	0	0.0	0	0.0	83	156.1	84	155.4	474.1	0.0	474.08	11
130	Love	Raymond	St Theresa's AC	M45	78	167.2	0	0.0	108	150.2	84	155.6	0	0.0	473.1	0.0	473.08	16
131	Roberts	Hal	Kirkstall Harriers	M5EN	94	160.4	81	157.7	99	154.4	0	0.0	0	0.0	472.5	0.0	472.52	72
132	Webber-Cross	Geoff	Chapel Allerton Runners	M5EN	96	159.6	0	0.0	104	152.1	0	0.0	77	159.1	470.8	0.0	470.81	73
133	Davy	Alan	Kippax Harriers	M5EN	201	114.9	0	0.0	189	112.6	150	120.3	147	121.5	469.3	0.0	469.28	74
134	Maddock	Will	York Trn Club	M5EN	0	0.0	59	169.3	142	134.4	78	158.8	0	0.0	462.6	0.0	462.55	75
135	Brown	Joshua	Rothwell Harriers	M5EN	0	0.0	0	0.0	122	143.7	82	156.7	72	161.8	462.2	0.0	462.23	76
136	Coldwell	Ben	Kirkstall Harriers	M5EN	66	172.3	0	0.0	132	139.1	0	0.0	93	150.5	461.9	0.0	461.95	77
137	Dowdell	Harry	Harrogate Harriers	M55	222	106.0	148	122.2	205	105.1	148	121.4	164	112.4	567.1	105.1	461.94	7
138	Mangeolles	James	Horsforth Harriers	M5EN	156	134.0	162	114.8	206	104.7	222	81.8	174	107.0	542.3	81.8	460.50	78
139	Huggins	Roy	Valley Striders	M50	132	144.3	0	0.0	195	109.8	170	109.6	196	95.2	458.8	0.0	458.81	12
140	Mills	Tony	Valley Striders	M45	0	0.0	87	154.5	0	0.0	70	163.1	112	140.3	457.9	0.0	457.92	17
141	Temple	Rowan	Kirkstall Harriers	M5EN	102	157.0	0	0.0	111	148.8	92	151.3	0	0.0	457.2	0.0	457.20	79
142	Dixon	Tim	Kirkstall Harriers	M5EN	0	0.0	82	157.1	147	132.1	66	165.2	0	0.0	454.5	0.0	454.48	80
143	Kirk	Stephen	Harrogate Harriers	M45	207	112.3	0	0.0	211	102.3	146	122.5	155	117.2	454.3	0.0	454.33	18
144	Sutor	Richard	Chapel Allerton Runners	M5EN	119	149.8	90	152.9	110	149.3	0	0.0	0	0.0	452.0	0.0	452.00	81
145	Budding	Robert	Ilkley Harriers	M50	205	113.2	167	112.2	213	101.4	165	112.3	168	110.2	549.3	101.4	447.88	13
146	Partridge	Simon	York Postal Harriers	M40	0	0.0	99	148.1	130	140.0	85	155.1	0	0.0	443.2	0.0	443.23	26
147	Glover	Chris	Kirkstall Harriers	M55	209	111.5	165	113.2	203	106.0	167	111.2	176	105.9	547.9	105.9	441.99	8
148	Nodwell	Adam	Kirkstall Harriers	M5EN	171	127.7	140	126.5	224	96.3	226	79.7	214	85.5	516.6	79.7	435.88	82
149	Carter	Andrew	Kirkstall Harriers	M50	0	0.0	102	146.6	120	144.7	0	0.0	105	144.1	435.3	0.0	435.30	14
150	Singh	John	Saltire Striders	M5EN	215	108.9	159	116.4	225	95.8	166	111.8	203	91.4	524.3	91.4	432.92	83
151	Stockburn	Paul	Harrogate Harriers	M55	110	153.6	0	0.0	127	141.4	125	133.7	0	0.0	428.7	0.0	428.70	9
152	Welsh	Rich	Rothwell Harriers	M5EN	0	0.0	174	108.5	217	99.5	158	116.0	182	102.7	426.7	0.0	426.73	84
153	Hill	Andy	Kippax Harriers	M45	234	100.9	179	105.8	216	100.0	159	115.5	179	104.3	526.5	100.0	426.48	19
154	Walker	Bradley	Ackworth RR	M5EN	0	0.0	0	0.0	156	127.9	98	148.1	100	146.8	422.8	0.0	422.81	85
155	Porritt	Steve	York Trn Club	M5EN	195	117.4	146	123.3	0	0.0	263	59.9	149	120.4	421.1	0.0	421.05	86
156	Pagdin	Andy	Valley Striders	M55	245	96.2	182	104.2	212	101.9	179	104.8	169	109.7	516.8	96.2	420.58	10
157	Cavill	Gareth	Abbey Runners	M45	238	99.1	0	0.0	220	98.1	161	114.4	171	108.6	420.3	0.0	420.33	20
158	Parker	Stephen	Harrogate Trn Club	M40	194	117.9	139	127.0	215	100.5	236	74.3	0	0.0	419.7	0.0	419.65	27
159	Piano	Edoardo	Nidd Valley Road Runners	M5EN	142	140.0	0	0.0	0	0.0	126	133.2	107	143.0	416.2	0.0	416.17	87
160	Turner	Gary	Ackworth RR	M45	0	0.0	0	0.0	178	117.7	105	144.4	92	151.1	413.1	0.0	413.13	21
161	Twigg	Pete	Roundhay Runners	M45	229	103.0	190	100.0	234	91.6	176	106.4	181	103.2	504.2	91.6	412.62	22
162	Murphy	Kevin-Malachy	Harrogate Harriers	M60	264	88.1	202	93.7	200	107.4	175	107.0	180	103.8	499.9	88.1	411.81	2
163	Atkinson	Paul	Wetherby Runners	M50	249	94.5	178	106.3	0	0.0	192	97.9	167	110.8	409.4	0.0	409.43	15
164	Broadhead	Curtis	Hyde Park Harriers	M5EN	231	102.1	0	0.0	223	96.7	168	110.7	191	97.8	407.4	0.0	407.42	88
165	Alder	Scott	Pudsey & Bramley AC	M40	0	0.0	0	0.0	172	120.5	111	141.2	102	145.7	407.3	0.0	407.34	28
166	Johnson	Adam	Airecentre Pacers	M5EN	208	111.9	180	105.3	0	0.0	201	93.0	195	95.7	406.0	0.0	406.95	89
167	Butler	Wayne	St Theresa's AC	M5EN	203	114.0	175	107.9	235	91.2	203	92.0	204	90.9	496.0	90.9	405.12	90
168	Haggerty	Randolph	Kirkstall Harriers	M45	262	88.9	204	92.6	222	97.2	184	102.1	166	111.3	492.2	88.9	403.23	23
169	Goddard	William	Roundhay Runners	M40	0	0.0	129	132.3	167	122.8	101	146.5	0	0.0	401.6	0.0	401.59	29
170	Marsh	Nathan	Leeds University CCC	M5EN	1	200.0	0	0.0	1	200.0	0	0.0	0	0.0	400.0	0.0	400.00	91
171	Kelly	Math	Rothwell Harriers	M5EN	0	0.0	172	109.5	233	92.1	178	105.3	202	91.9	398.9	0.0	398.90	92
172	Elson	Callum	Roundhay Runners	M5EN	0	0.0	0	0.0	0	0.0	5	197.9	1	200.0	397.9	0.0	397.86	93
173	Beecher	Ed	Harrogate Harriers	M5EN	0	0.0	3	198.9	0	0.0	0	0.0	5	198.8	396.8	0.0	396.79	94
174	Monaghan	Will	Leeds University CCC	M5EN	2	199.6	0	0.0	7	197.2	0	0.0	0	0.0	396.8	0.0	396.78	95
175	Pawley	Graham	Valley Striders	M45	258	90.6	168	111.6	209	103.3	205	90.9	208	88.7	485.2	88.7	396.44	24
176	Frazer	Martin	Kirkstall Harriers	M50	265	87.7	186	102.1	210	102.8	187	100.5	0	0.0	393.1	0.0	393.10	16
177	Hopson	Pete	Saltire Striders	M5EN	12	195.3	13	193.7	0	0.0	0	0.0	0	0.0	389.0	0.0	388.97	96
178	Wray	Luke	Abbey Runners	M5EN	127	146.4	0	0.0	161	125.6	0	0.0	158	115.6	387.6	0.0	387.56	97
179	Becroft	Dave	Rothwell Harriers	M55	283	80.0	188	101.1	230	93.5	180	104.3	212	86.6	465.4	80.0	385.38	11
180	Venning	Tom	Valley Striders	M40	0	0.0	18	191.0	0	0.0	0	0.0	14	193.0	384.0	0.0	384.02	30
181	Rushton	Nick	Kippax Harriers	M5EN	0	0.0	106	144.4	201	107.0	129	131.6	0	0.0	383.0	0.0	382.97	98
182	Seddon	Matthew	Pudsey & Bramley AC	M5EN	0	0.0	0	0.0	30	186.5	10	195.2	0	0.0	381.7	0.0	381.70	99
183	Gill	Christopher	St Theresa's AC	M65	216	108.5	184	103.2	245	86.5	219	83.4	218	83.3	465.0	83.3	381.62	1
184	Riley	Spencer	Wharfedale Harriers	M40	0	0.0	26	186.8	20	191.2	0	0.0	0	0.0	377.9	0.0	377.94	31
185	Anderson	George	Hyde Park Harriers	M5EN	0	0.0	0	0.0	27	187.9	20	189.0	0	0.0	377.7	0.0	377.75	100
186	Hetherington	Stephen	Saltire Striders	M55	257	91.1												

224	Jones	Edward	Bradford Airedale	M45	280	81.3	0	0.0	264	77.7	218	84.0	215	84.9	327.9	0.0	327.85	28
225	Easton	Chris	Chapel Allerton Runners	MSEN	0	0.0	0	0.0	0	0.0	63	166.8	74	160.8	327.6	0.0	327.60	119
226	Armistead	Simon	Chapel Allerton Runners	MSEN	73	169.4	0	0.0	0	0.0	0	0.0	80	157.5	326.9	0.0	326.89	120
227	Jones	Martin	Abbey Runners	M40	255	91.9	206	91.5	289	66.0	0	0.0	233	75.3	324.8	0.0	324.76	34
228	Needham	James	Ackworth RR	M50	211	110.6	171	110.1	0	0.0	181	103.7	0	0.0	324.4	0.0	324.43	23
229	Fox	Ken	Valley Striders	M55	282	80.4	228	79.9	272	74.0	225	80.2	217	83.9	398.4	74.0	324.40	18
230	Stenson	Andy	Wharfedale Harriers	MSEN	0	0.0	0	0.0	128	140.9	33	182.9	0	0.0	323.8	0.0	323.82	121
231	Small	Chris	Fellandale	MSEN	200	115.3	0	0.0	192	111.2	193	97.3	0	0.0	323.8	0.0	323.81	122
232	Hussey	John	Valley Striders	M65	290	77.0	211	88.9	283	68.8	223	81.3	231	76.3	392.4	68.8	323.54	3
233	Toulson	Anthony	Roundhay Runners	M40	0	0.0	203	93.1	0	0.0	163	113.4	157	116.1	322.6	0.0	322.62	35
234	Thomas	Tom	Hyde Park Harriers	MSEN	0	0.0	55	171.4	0	0.0	93	150.8	0	0.0	322.2	0.0	322.23	123
235	Fitzgerald	Sean	Valley Striders	MSEN	199	115.7	0	0.0	239	89.3	0	0.0	159	115.1	320.1	0.0	320.10	124
236	Andrew	Tim	York Tn Club	M40	87	163.4	88	154.0	0	0.0	0	0.0	0	0.0	317.4	0.0	317.37	36
237	Carberry	David	Wetherby Runners	M45	0	0.0	68	164.6	0	0.0	94	150.3	0	0.0	314.8	0.0	314.82	29
238	Milner	Steve	Wharfedale Harriers	M55	304	71.1	279	52.9	268	75.8	213	86.6	222	81.2	367.6	52.9	314.69	19
239	Manfield	Iain	Abbey Runners	M50	0	0.0	0	0.0	221	97.7	182	103.2	163	112.9	313.8	0.0	313.79	4
240	Pailing	Keith	Rothwell Harriers	M65	309	68.9	215	86.8	261	79.1	0	0.0	228	78.0	312.7	0.0	312.74	24
241	Blane	Jon	Harrogate Harriers	M55	220	106.8	161	115.3	0	0.0	0	0.0	207	89.2	311.4	0.0	311.40	20
242	Hassell	Ethan	Wharfedale Harriers	MSEN	105	155.7	0	0.0	0	0.0	0	0.0	91	151.6	307.4	0.0	307.36	125
243	Ellwood	Glynn	York Postal Harriers	MSEN	0	0.0	0	0.0	204	105.6	185	101.6	190	98.4	305.6	0.0	305.57	126
244	Davey	Richard	Wetherby Runners	M40	113	152.3	0	0.0	0	0.0	0	0.0	88	153.2	305.6	0.0	305.57	37
245	Cornforth	James	Knaresborough Striders	MSEN	130	145.1	76	160.3	0	0.0	0	0.0	0	0.0	305.4	0.0	305.42	127
246	Dodds	Allan	Roundhay Runners	M40	125	147.2	0	0.0	95	156.3	0	0.0	0	0.0	303.5	0.0	303.51	38
247	Kirk	Adam	Nidd Valley Road Runners	MSEN	120	149.4	0	0.0	0	0.0	87	154.0	0	0.0	303.4	0.0	303.37	128
248	Wallace	Neil	Pudsey & Bramley AC	M40	0	0.0	0	0.0	218	99.1	173	108.0	194	96.2	303.3	0.0	303.33	39
249	Rhodes	Trevor	Eccleshill RR	M55	0	0.0	193	98.4	214	100.9	0	0.0	185	101.1	300.4	0.0	300.42	21
250	Jackson	Andrew	Ilkley Harriers	M50	291	76.6	256	65.1	269	75.3	227	79.1	246	68.3	364.4	65.1	299.37	25
251	Rituucci	Richard	Ackworth RR	MSEN	0	0.0	0	0.0	138	136.3	71	162.6	0	0.0	298.8	0.0	298.85	129
252	Cuthbertson	Nic	Chapel Allerton Runners	M55	313	67.2	239	74.1	263	78.1	234	75.4	241	71.0	365.8	67.2	298.58	22
253	Gill	Michael	Harrogate Harriers	M50	0	0.0	137	128.0	250	84.2	214	86.1	0	0.0	298.3	0.0	298.32	26
254	Tranter	Colin	Hyde Park Harriers	MSEN	135	143.0	0	0.0	98	154.9	0	0.0	0	0.0	297.9	0.0	297.86	130
255	Keedy	Craig Michael	St Theresa's AC	M45	0	0.0	0	0.0	0	0.0	95	149.7	99	147.3	297.0	0.0	297.04	30
256	Hudson	Chris	Kirkstall Harriers	M40	338	56.6	255	65.6	292	64.7	212	87.2	225	79.6	353.6	56.6	297.00	40
257	Hanslip	Damien	Nidd Valley Road Runners	M45	0	0.0	229	79.4	265	77.2	248	67.9	239	72.0	296.5	0.0	296.53	31
258	Terry	Graham	Saltaire Striders	M45	236	100.0	173	109.0	0	0.0	0	0.0	211	87.1	296.1	0.0	296.09	32
259	Cook	Sean	Valley Striders	MSEN	331	59.6	0	0.0	280	70.2	204	91.4	234	74.7	296.0	0.0	295.98	131
260	Vinegrad	Michael	Chapel Allerton Runners	MSEN	251	93.6	183	103.7	0	0.0	191	98.4	0	0.0	295.7	0.0	295.72	132
261	Grant	Ben	Harrogate Harriers	M65	0	0.0	83	156.6	135	137.7	0	0.0	0	0.0	294.3	0.0	294.29	5
262	Kasperek	Matt	Kirkstall Harriers	MSEN	326	61.7	218	85.2	282	69.3	239	72.7	250	66.1	355.0	61.7	293.34	133
263	Smith	Paul	Valley Striders	M45	118	150.2	110	142.3	0	0.0	0	0.0	0	0.0	292.5	0.0	292.54	33
264	Capperauld	Kris	York Tn Club	MSEN	112	152.8	0	0.0	133	138.6	0	0.0	0	0.0	291.4	0.0	291.37	134
265	Linley	Andrew	Valley Striders	M45	133	143.8	101	147.1	0	0.0	0	0.0	0	0.0	290.9	0.0	290.92	34
266	Douglas	Alan	Saltaire Striders	M45	310	68.5	240	73.5	271	74.4	0	0.0	236	73.7	290.1	0.0	290.13	35
267	Andrews	Emil	Pudsey & Bramley AC	M40	0	0.0	0	0.0	246	86.0	190	98.9	178	104.8	289.8	0.0	289.82	41
268	Frazer	Simon	Saltaire Striders	M40	134	143.4	107	143.9	0	0.0	0	0.0	0	0.0	287.3	0.0	287.32	42
269	Morley	David	St Theresa's AC	M55	311	68.1	236	75.7	296	62.8	229	78.1	252	65.1	349.7	62.8	286.88	23
270	Sharp	Christopher	Ackworth RR	MSEN	329	60.4	225	81.5	302	60.0	217	84.5	0	0.0	286.4	0.0	286.40	135
271	Cook	James	Nidd Valley Road Runners	M45	281	80.9	250	68.3	294	63.7	244	70.1	248	67.2	350.1	63.7	286.36	36
272	Thorpe	Andrew	Roundhay Runners	MSEN	124	147.7	0	0.0	0	0.0	0	0.0	120	136.0	283.7	0.0	283.68	136
273	Horobin	Darren	Ackworth RR	M40	242	97.4	0	0.0	196	109.3	0	0.0	235	74.2	280.9	0.0	280.94	43
274	Miles	Graeme	Hyde Park Harriers	MSEN	259	90.2	0	0.0	0	0.0	194	96.8	199	93.5	280.6	0.0	280.55	137
275	Batchelor	John	Valley Striders	M45	131	144.7	123	135.4	0	0.0	0	0.0	0	0.0	280.1	0.0	280.13	37
276	Bloor	Neil	Ilkley Harriers	M50	288	77.9	262	61.9	286	67.4	243	70.6	0	0.0	277.8	0.0	277.81	27
277	Clark	Ben	Kirkstall Harriers	MSEN	223	105.5	208	90.5	0	0.0	224	80.7	0	0.0	276.8	0.0	276.76	138
278	Mathewson	Alex	Wetherby Runners	MSEN	0	0.0	0	0.0	126	141.9	124	134.2	0	0.0	276.1	0.0	276.09	139
279	Smith	Andy	Horsforth Harriers	M45	395	32.3	285	49.7	0	0.0	199	94.1	188	99.5	275.7	0.0	275.66	38
280	Bevan	John	York Tn Club	M50	0	0.0	131	131.2	0	0.0	106	143.9	0	0.0	275.1	0.0	275.07	28
281	Murray	Julian	Harrogate Tn Club	M40	0	0.0	112	141.3	148	131.6	0	0.0	0	0.0	272.9	0.0	272.90	44
282	Harrison	Rich	York Tn Club	MSEN	247	95.3	0	0.0	0	0.0	197	95.2	221	81.7	272.2	0.0	272.23	140
283	Stott	Kevin	Rothwell Harriers	M55	210	111.1	198	95.8	371	27.9	306	36.9	358	8.1	279.7	8.1	271.64	24
284	Dixon	Steve	Valley Striders	M60	267	86.8	197	96.3	0	0.0	210	88.2	0	0.0	271.3	0.0	271.34	5
285	Hobson	Mark	Roundhay Runners	MSEN	302	71.9	248	69.3	0	0.0	249	67.4	258	61.8	270.4	0.0	270.43	141
286	McSorley	John	Chapel Allerton Runners	M40	299	73.2	237	75.1	291	65.1	0	0.0	268	56.5	269.9	0.0	269.89	45
287	Dixon	Paul	St Theresa's AC	M55	306	70.2	252	67.2	307	57.7	256	63.6	247	67.7	326.5	57.7	268.79	25
288	Miller	Paul	Kirkstall Harriers	MSEN	0	0.0	0	0.0	0	0.0	118	137.4	129	131.2	268.6	0.0	268.62	142
289	Sheppard	Ian	St Theresa's AC	MSEN	0	0.0	0	0.0	125	142.3	140	125.7	0	0.0	268.0	0.0	267.99	143
290	Denniss	Steven	Ackworth RR	MSEN	172	127.2	113	140.7	0	0.0	0	0.0	0	0.0	268.0	0.0	267.97	144
291	Butler	Joe	St Theresa's AC	MSEN	0	0.0	109	142.9	164	124.2	0	0.0	0	0.0	267.0	0.0	267.04	145
292	Fugill	Sam	Nidd Valley Road Runners	MSEN	0	0.0	0	0.0	0	0.0	117	138.0	137	126.9	264.8	0.0	264.85	146
293	Evans	Mark	St Theresa's AC	M50	155	134.5	0	0.0	0	0.0	0	0.0	131	130.1	264.6	0.0	264.58	29
294	Ward	Roger	Rothwell Harriers	M55	333	58.7	245	70.9	278	71.2	259	62.0	264	58.6	321.4	58.6	262.82	26
295	Rhodes	Adam	Kirkstall Harriers	M40	244	96.6	227	80.4	247	85.6	0	0.0	0	0.0	262.6	0.0	262.60	46
296	Rowbotham	Ian	Harrogate Harriers	M55	0	0.0	118	138.1	0	0.0	0	0.0	148	121.0	259.1	0.0	259.06	27
297	Irvine	Richard	Valley Striders	M40	150	136.6	149	121.7	0	0.0	0	0.0	0	0.0	258.3	0.0	258.29	47
298	McCleave	Martin	Horsforth Harriers	M45	261	89.4	219	84.7	251	83.7	0	0.0	0	0.0	257.7	0.0	257.74	39
299	Joynton	Ben	Ilkley Harriers	MSEN	168	128.9	0	0.0	0	0.0	0	0.0	134	128.5	257.4	0.0	257.43	147
300	Henry	Kristian	Horsforth Harriers	MSEN	239	98.7	0	0.0	311	55.8	0	0.0	183	102.2	256.7	0.0	256.69	148
301	Thorp	Tom	Chapel Allerton Runners	MSEN	0	0.0	127	133.3	0	0.0	0	0.0	145	122.6	255.9	0.0	255.91	

338	Furby	Mike	Valley Striders	M45	0	0.0	0	0.0	184	114.9	157	116.6	0	0.0	231.5	0.0	231.46	47
339	Leach	Adrian	Ackworth RR	M50	0	0.0	0	0.0	258	80.5	228	78.6	240	71.5	230.6	0.0	230.58	36
340	Callaghan	Pete	Wetherby Runners	M50	394	32.8	257	64.6	359	33.5	241	71.7	265	58.1	280.5	32.8	227.76	37
341	Hutchinson	John	Kirkstall Harriers	M65	318	65.1	0	0.0	320	51.6	267	57.8	276	52.2	226.6	0.0	226.64	6
342	Grant	Peter	Harrogate Tri Club	M50	0	0.0	247	69.8	313	54.9	272	55.1	286	46.8	226.6	0.0	226.58	38
343	Hayes	John	Hyde Park Harriers	M50	323	63.0	274	55.6	331	46.5	274	59.4	289	45.2	269.6	45.2	224.40	39
344	Mawer	Jim	Kirkstall Harriers	M50	0	0.0	235	76.2	290	65.6	0	0.0	220	82.3	224.0	0.0	224.03	162
345	Lakin	Mike	York Tri Club	M40	0	0.0	234	76.7	0	0.0	235	74.9	244	69.4	220.9	0.0	220.94	59
346	Rhodes	Steve	Hyde Park Harriers	M50	204	113.6	0	0.0	0	0.0	0	0.0	184	101.6	215.2	0.0	215.23	40
347	Sinat	Terry	Ackworth RR	M50	0	0.0	222	83.1	279	70.7	0	0.0	260	60.8	214.5	0.0	214.52	41
348	Western	Gary	Saltaire Striders	M55	336	57.4	0	0.0	338	43.3	258	62.6	280	50.0	213.3	0.0	213.27	28
349	Steel	Phil	Fellandale	M40	224	105.1	0	0.0	199	107.9	0	0.0	0	0.0	213.0	0.0	213.01	60
350	Halliday	Paul	Harrogate Harriers	M40	307	69.8	0	0.0	275	72.6	245	69.5	0	0.0	211.9	0.0	211.86	61
351	Denby	Iain	Dragons RC	M55	296	74.5	232	77.8	303	59.5	0	0.0	0	0.0	211.8	0.0	211.78	29
352	Laye	John	Abbey Runners	M45	214	109.4	0	0.0	0	0.0	0	0.0	187	100.0	209.4	0.0	209.36	48
353	Sennett	Darren	Ackworth RR	M40	0	0.0	163	114.3	228	94.4	0	0.0	0	0.0	208.7	0.0	208.70	62
354	Anderson	Peter	St Theresa's AC	M55	248	94.9	0	0.0	187	113.5	0	0.0	0	0.0	208.4	0.0	208.38	30
355	Carlisle	Gary	Kirkstall Harriers	M50	325	62.1	220	84.1	0	0.0	262	60.4	0	0.0	206.7	0.0	206.68	42
356	Sampson	Danny	York Tri Club	M40	350	51.5	282	51.3	0	0.0	277	52.4	278	51.1	206.3	0.0	206.29	63
357	Grist	Paul	Kirkstall Harriers	M45	0	0.0	0	0.0	232	92.6	0	0.0	165	111.8	204.4	0.0	204.39	49
358	Ellis	Matt	Abbey Runners	M40	292	76.2	0	0.0	293	64.2	0	0.0	254	64.0	204.3	0.0	204.33	64
359	Rix	Jeremy	Saltaire Striders	M50	0	0.0	185	102.6	0	0.0	186	101.1	0	0.0	203.7	0.0	203.72	43
360	Tomlinson	Paul	Dragons RC	M45	347	52.8	263	61.4	323	50.2	302	39.0	0	0.0	203.4	0.0	203.41	50
361	Gomersall	Michael	Rothwell Harriers	M45	321	63.8	0	0.0	238	70.3	251	65.6	202.7	0.0	202.68	0.0	202.68	51
362	Baxter	Joe	Pudsey & Bramley AC	M50	0	0.0	0	0.0	0	0.0	1	200.0	0	0.0	200.0	0.0	200.00	163
363	Lightowler	Robbie	Leeds University CCC	M50	0	0.0	0	0.0	2	199.5	0	0.0	0	0.0	199.5	0.0	199.53	164
364	Smith	Jack	Wharfedale Harriers	M50	0	0.0	0	0.0	4	198.6	0	0.0	0	0.0	198.6	0.0	198.60	165
365	Miller	Chris	Harrogate Harriers	M50	0	0.0	0	0.0	0	0.0	0	0.0	4	198.4	198.4	0.0	198.39	166
366	Orr	Tim	Leeds University CCC	M50	6	197.9	0	0.0	0	0.0	0	0.0	0	0.0	197.9	0.0	197.87	167
367	Imris	Gyorgy	Eccleshill RR	M40	0	0.0	0	0.0	276	72.1	254	64.7	262	59.7	196.5	0.0	196.48	65
368	Steele	Marc	Eccleshill RR	M50	353	50.2	272	56.6	327	48.4	314	32.6	297	40.9	228.7	32.6	196.06	168
369	Couldwell	Alan	Harrogate Harriers	M60	373	41.7	283	50.8	0	0.0	261	61.0	294	42.5	195.9	0.0	195.93	6
370	Johnson	Jonathan	Harrogate Harriers	M50	0	0.0	0	0.0	0	0.0	0	0.0	9	195.7	195.7	0.0	195.70	169
371	Mansfield	Michael	Roundhay Runners	M50	337	57.0	261	62.4	347	39.1	307	36.4	0	0.0	194.9	0.0	194.89	44
372	Savage	Martin	Kirkstall Harriers	M40	312	67.7	238	74.6	318	52.6	0	0.0	0	0.0	194.8	0.0	194.82	66
373	Taylor	John	Leeds University CCC	M50	15	194.0	0	0.0	0	0.0	0	0.0	0	0.0	194.0	0.0	194.04	170
374	Sheera	Craig	Wharfedale Harriers	M50	0	0.0	0	0.0	16	193.0	0	0.0	0	0.0	193.0	0.0	193.02	171
375	Jarvis	Mike	Airecentre Pacers	M45	369	43.4	273	56.1	325	49.3	317	31.0	291	44.1	223.9	31.0	192.88	52
376	Nesbitt	Stephen	Harrogate Harriers	M45	322	63.4	251	67.7	0	0.0	323	27.8	312	32.8	191.7	0.0	191.73	53
377	Keeber	Tom	Kirkstall Harriers	M50	232	101.7	0	0.0	238	89.8	0	0.0	0	0.0	191.5	0.0	191.47	172
378	Clark	Martin	Roundhay Runners	M50	217	108.1	0	0.0	252	83.3	0	0.0	0	0.0	191.3	0.0	191.34	45
379	Murphy	Jack	Saltaire Striders	M50	0	0.0	19	190.5	0	0.0	0	0.0	0	0.0	190.5	0.0	190.48	173
380	Veal	Sean	Horforth Harriers	M50	218	107.7	0	0.0	253	82.8	0	0.0	0	0.0	190.5	0.0	190.45	174
381	Martin	Nathan	Wharfedale Harriers	M50	0	0.0	0	0.0	0	0.0	19	190.4	0	0.0	190.4	0.0	190.37	175
382	Sennett	Marc	Wharfedale Harriers	M50	0	0.0	0	0.0	23	189.8	0	0.0	0	0.0	189.8	0.0	189.77	176
383	Rose	Jack	Hyde Park Harriers	M50	0	0.0	0	0.0	244	87.0	183	102.7	0	0.0	189.7	0.0	189.65	177
384	Potter	Benjamin	Leeds University CCC	M50	26	189.4	0	0.0	0	0.0	0	0.0	0	0.0	189.4	0.0	189.36	178
385	Chadwick	Matt	Valley Striders	M50	0	0.0	0	0.0	0	0.0	0	0.0	21	189.2	189.2	0.0	189.25	179
386	Robinson	Phil	Nidd Valley Road Runners	M50	361	46.8	0	0.0	329	47.4	294	43.3	277	51.6	189.2	0.0	189.18	46
387	Armstrong	Mark	Nidd Valley Road Runners	M45	0	0.0	0	0.0	304	59.1	247	68.4	259	61.3	188.8	0.0	188.81	54
388	Nurse	Ben	Abbey Runners	M50	178	124.7	258	64.0	0	0.0	0	0.0	0	0.0	188.7	0.0	188.70	180
389	Sawyer	Chris	Valley Striders	M55	334	58.3	278	53.4	346	39.5	0	0.0	304	37.1	188.4	0.0	188.37	31
390	Cartwright	Andrew	Saltaire Striders	M40	0	0.0	23	188.4	0	0.0	0	0.0	0	0.0	188.4	0.0	188.36	67
391	Richardson	Timothy	Harrogate Harriers	M50	30	187.7	0	0.0	0	0.0	0	0.0	0	0.0	187.7	0.0	187.66	181
392	Burns	Graham	Dragons RC	M50	387	35.7	316	33.3	305	58.6	276	52.9	298	40.3	220.9	33.3	187.61	182
393	Seaman	Dave	Nidd Valley Road Runners	M65	378	39.6	287	48.7	326	48.8	281	50.3	0	0.0	187.4	0.0	187.36	7
394	Graves	Adam	Pudsey & Bramley AC	M50	31	187.2	0	0.0	0	0.0	0	0.0	0	0.0	187.2	0.0	187.23	183
395	Routledge	Jonathan	Ackworth RR	M50	370	43.0	275	55.0	0	0.0	285	48.1	299	39.8	185.9	0.0	185.92	47
396	Watson	Kevin	Horforth Harriers	M70	364	45.5	288	58.7	0	0.0	287	47.1	310	33.9	185.2	0.0	185.19	1
397	Bibby	Ross	Valley Striders	M50	36	185.1	0	0.0	0	0.0	0	0.0	0	0.0	185.1	0.0	185.11	184
398	McCarthy	Rick	St Theresa's AC	M50	0	0.0	0	0.0	0	0.0	29	184.9	0	0.0	184.9	0.0	184.95	185
399	Gummerson	Robert	Kippax Harriers	M40	0	0.0	266	59.8	344	40.5	284	48.7	307	35.5	184.4	0.0	184.40	68
400	Marquina	Daniel	Hyde Park Harriers	M50	0	0.0	0	0.0	0	0.0	32	183.4	0	0.0	183.4	0.0	183.42	186
401	Fotherby	Paul	Valley Striders	M40	0	0.0	33	183.1	0	0.0	0	0.0	0	0.0	183.1	0.0	183.07	69
402	Lowcock	Warren	Nidd Valley Road Runners	M50	41	183.0	0	0.0	0	0.0	0	0.0	0	0.0	183.0	0.0	182.98	187
403	Hippkiss	Jack	Kirkstall Harriers	M50	0	0.0	34	182.5	0	0.0	0	0.0	0	0.0	182.5	0.0	182.54	188
404	Gregory	Russell	Harrogate Harriers	M55	362	46.4	290	47.1	363	31.6	303	38.5	279	50.5	214.1	31.6	182.51	32
405	Maycock	Joe	Chapel Allerton Runners	M50	0	0.0	0	0.0	248	85.1	0	0.0	192	97.3	182.4	0.0	182.43	189
406	Orr	Neil	Leeds University CCC	M50	0	0.0	0	0.0	40	181.9	0	0.0	0	0.0	181.9	0.0	181.86	190
407	Boardman	Simon	Kirkstall Harriers	M50	0	0.0	195	97.4	0	0.0	0	0.0	216	84.4	181.8	0.0	181.76	191
408	Baiden	Andrew	Rothwell Harriers	M40	252	93.2	0	0.0	241	88.4	0	0.0	0	0.0	181.6	0.0	181.56	70
409	Butress	Henry	Leeds University CCC	M50	45	181.3	0	0.0	0	0.0	0	0.0	0	0.0	181.3	0.0	181.28	192
410	Blakeley	Matt	Roundhay Runners	M45	0	0.0	372	3.7	0	0.0	231	77.0	186	100.5	181.2	0.0	181.25	55
411	Sutton	Robert	Eccleshill RR	M50	357	48.5	281	51.9	0	0.0	290	45.5	309	34.4	180.2	0.0	180.23	48
412	Colles	Malcolm	Valley Striders	M75	401	29.8	304	39.7	328	47.9	286	47.6	290	44.6	209.6	29.8	179.81	1
413	Boynnton	Philip	Horforth Harriers	M50	0	0.0	0	0.0	0	0.0	0	0.0	40	179.0	179.0	0.0	179.03	193
414	Harris	Andrew	Nidd Valley Road Runners	M40	0	0.0	0	0.0	0	0.0	240	72.2	177	105.4	177.6	0.0	177.57	71
415	Warburton	James	Knaresborough Striders	M50	0	0.0	0	0.0	0	0.0	0	0.0	43	177.4	177.4	0.0	177.42	194
416	Jones	Chris	Hyde Park Harriers	M60	272	84.7	0	0.0	0	0.0	202	92.5	0	0.0	177.2	0.0	177.19	7



452	Buckley	Neil	York Tn Club	M55	0	0.0	292	46.0	317	53.0	269	56.7	0	0.0	155.7	0.0	155.74	36
453	Walker	Will	Ackworth RR	M5EN	0	0.0	221	83.6	277	71.6	0	0.0	0	0.0	155.2	0.0	155.23	208
454	Hatfield	Paul	York Postal Harriers	M5EN	108	154.5	0	0.0	0	0.0	0	0.0	0	0.0	154.5	0.0	154.47	209
455	Mackenzie	Dan	Eccleshill RR	M60	0	0.0	0	0.0	270	74.9	0	0.0	226	79.0	153.9	0.0	153.92	10
456	Jesson	James	Wetherby Runners	M40	114	151.9	0	0.0	0	0.0	0	0.0	0	0.0	151.9	0.0	151.91	75
457	Barber	Edward	Pudsey & Bramley AC	M5EN	0	0.0	0	0.0	106	151.2	0	0.0	0	0.0	151.2	0.0	151.16	210
458	Baxter	Rob	Chapel Allerton Runners	M45	355	49.4	0	0.0	315	54.0	0	0.0	285	47.3	150.6	0.0	150.63	61
459	Gardner	Tony	Rothwell Harriers	M40	0	0.0	0	0.0	0	0.0	0	0.0	95	149.5	149.5	0.0	149.46	76
460	McIntosh	Charlie	Pudsey & Bramley AC	M45	122	148.5	0	0.0	0	0.0	0	0.0	0	0.0	148.5	0.0	148.51	62
461	Wallace	John	Valley Striders	M50	348	52.3	291	46.6	0	0.0	0	0.0	281	49.5	148.4	0.0	148.36	57
462	Walton	John	Saltaire Striders	M45	287	78.3	0	0.0	284	68.4	0	0.0	0	0.0	146.7	0.0	146.67	63
463	Clayton	Daniel	York Postal Harriers	M45	128	146.0	0	0.0	0	0.0	0	0.0	0	0.0	146.0	0.0	145.96	64
464	Ball	Daren	Wetherby Runners	M50	0	0.0	0	0.0	0	0.0	103	145.5	0	0.0	145.5	0.0	145.45	58
465	Powell	Mike	Valley Striders	M5EN	301	72.3	243	72.0	0	0.0	0	0.0	0	0.0	144.3	0.0	144.30	211
466	Kidner	Ralph	Hyde Park Harriers	M60	381	38.3	305	39.2	337	43.7	0	0.0	331	22.6	143.8	0.0	143.75	11
467	Webb	Steve	Valley Striders	M50	0	0.0	0	0.0	123	143.3	0	0.0	0	0.0	143.3	0.0	143.26	59
468	Smyth	Alistair	Valley Striders	M55	328	60.9	0	0.0	0	0.0	308	35.8	288	45.7	142.4	0.0	142.38	37
469	Bell	Aaron	Chapel Allerton Runners	M5EN	138	141.7	0	0.0	0	0.0	0	0.0	0	0.0	141.7	0.0	141.70	212
470	Nuut	Andrew	Ackworth RR	M5EN	0	0.0	299	42.3	345	40.0	315	32.1	323	26.9	141.3	0.0	141.30	213
471	Knowles	Michael	Ackworth RR	M55	0	0.0	231	78.3	0	0.0	260	61.5	0	0.0	139.8	0.0	139.80	38
472	Griffiths	Tom	Leeds University CCC	M5EN	0	0.0	0	0.0	0	0.0	115	139.0	0	0.0	139.0	0.0	139.04	214
473	Robinson	Andy	Knaresborough Striders	M5EN	148	137.4	0	0.0	0	0.0	0	0.0	0	0.0	137.4	0.0	137.45	215
474	Jared Hui	Jia Sheng	Leeds University CCC	M5EN	0	0.0	0	0.0	137	136.7	0	0.0	0	0.0	136.7	0.0	136.74	216
475	Mullany	Sean	Roundhay Runners	M50	376	40.4	284	50.3	332	46.0	0	0.0	0	0.0	136.7	0.0	136.74	60
476	McGeever	Phil	Horsforth Harriers	M55	154	134.9	0	0.0	0	0.0	0	0.0	0	0.0	134.9	0.0	134.89	39
477	Seymour	Mark	Harrogate Harriers	M55	0	0.0	230	78.8	0	0.0	0	0.0	269	55.9	134.7	0.0	134.75	40
478	Scanlon	Sean	Kirkstall Harriers	M40	0	0.0	0	0.0	285	67.9	251	66.3	0	0.0	134.2	0.0	134.22	77
479	Harris	Stuart	Valley Striders	M5EN	388	35.3	334	23.8	374	26.5	299	40.6	315	31.2	157.5	23.8	136.66	217
480	Waddell	Taylor	Eccleshill RR	M5EN	161	131.9	0	0.0	0	0.0	0	0.0	0	0.0	131.9	0.0	131.91	218
481	Long	Vernon	Valley Striders	M45	164	130.6	0	0.0	0	0.0	0	0.0	0	0.0	130.6	0.0	130.64	65
482	Sutton	Leroy	Valley Striders	M55	0	0.0	0	0.0	0	0.0	252	65.8	253	64.5	130.3	0.0	130.29	41
483	Marsh	Rob	Valley Striders	M40	0	0.0	0	0.0	154	128.8	0	0.0	0	0.0	128.8	0.0	128.84	78
484	Roberts	Andy	Knaresborough Striders	M50	360	47.2	270	57.7	380	23.7	0	0.0	0	0.0	128.6	0.0	128.63	61
485	Semence	David	Kippax Harriers	M5EN	0	0.0	0	0.0	0	0.0	138	126.7	0	0.0	126.7	0.0	126.74	219
486	Akers	Noel	Eccleshill RR	M55	342	54.9	0	0.0	310	56.3	346	15.5	0	0.0	126.7	0.0	126.78	42
487	Bryant	Pete	Dragons RC	M50	320	64.3	0	0.0	298	61.9	0	0.0	0	0.0	126.1	0.0	126.12	62
488	Howard	Paul	Rothwell Harriers	M5EN	0	0.0	0	0.0	0	0.0	0	0.0	139	125.8	125.8	0.0	125.81	220
489	Wright	James	Knaresborough Striders	M5EN	0	0.0	142	125.4	0	0.0	0	0.0	0	0.0	125.4	0.0	125.40	221
490	Bullock	Martin	Pudsey & Bramley AC	M40	0	0.0	0	0.0	0	0.0	141	125.1	0	0.0	125.1	0.0	125.13	79
491	Pullan	Dave	Harrogate Tn Club	M40	179	124.3	0	0.0	0	0.0	0	0.0	0	0.0	124.3	0.0	124.26	80
492	Stevin	Finbar	Horsforth Harriers	M5EN	180	123.8	0	0.0	0	0.0	0	0.0	0	0.0	123.8	0.0	123.83	222
493	Morimoto	Kazuki	Abbey Runners	M45	330	60.0	0	0.0	295	63.3	0	0.0	0	0.0	123.3	0.0	123.26	66
494	Edwards	Richard	Hyde Park Harriers	M40	405	28.1	364	7.9	365	30.7	316	31.6	313	32.3	130.5	7.9	122.59	81
495	Coates	Martin	Horsforth Harriers	M40	317	65.5	0	0.0	0	0.0	0	0.0	267	57.0	122.5	0.0	122.52	82
496	Benson	Michael	Nidd Valley Road Runners	M5EN	359	47.7	0	0.0	0	0.0	301	39.6	308	34.9	122.2	0.0	122.18	223
497	Vaughan	Nathan	St Theresa's AC	M45	185	121.7	0	0.0	0	0.0	0	0.0	0	0.0	121.7	0.0	121.70	67
498	Taylor	Chris	Ackworth RR	M65	383	37.4	339	21.2	0	0.0	311	34.2	321	28.0	120.8	0.0	120.79	9
499	Heeley	Paul	Fellandale	M40	189	120.0	0	0.0	0	0.0	0	0.0	0	0.0	120.0	0.0	120.00	83
500	King	Howard	Valley Striders	M40	0	0.0	153	119.6	0	0.0	0	0.0	0	0.0	119.6	0.0	119.58	84
501	Marchant	Ben	Saltaire Striders	M5EN	0	0.0	154	119.0	0	0.0	0	0.0	0	0.0	119.0	0.0	119.05	224
502	Brennan	Sean	Knaresborough Striders	M45	192	118.7	0	0.0	0	0.0	0	0.0	0	0.0	118.7	0.0	118.72	68
503	Farley	Reece	Bradford Airedale	M5EN	0	0.0	158	116.9	0	0.0	0	0.0	0	0.0	116.9	0.0	116.93	225
504	Jenkins	Ian	Saltaire Striders	M45	198	116.2	0	0.0	0	0.0	0	0.0	0	0.0	116.2	0.0	116.17	69
505	Marshall	Neil	Kirkstall Harriers	M5EN	340	55.7	0	0.0	0	0.0	0	0.0	261	60.2	116.0	0.0	115.96	226
506	Badkin	Peter	Abbey Runners	M50	403	28.9	318	32.3	390	19.1	309	35.3	338	18.8	134.4	18.8	115.58	63
507	Britton	Peter	Kirkstall Harriers	M55	0	0.0	311	36.0	0	0.0	300	40.1	300	39.2	115.3	0.0	115.33	43
508	Durkin	Paul	Kippax Harriers	M50	0	0.0	343	19.0	351	37.2	310	34.8	328	24.2	115.2	0.0	115.21	64
509	Linstrum	Nils	Wetherby Runners	M5EN	0	0.0	0	0.0	0	0.0	0	0.0	160	114.5	114.5	0.0	114.52	227
510	Wong	Stephen	Ackworth RR	M5EN	392	33.6	293	45.5	355	35.3	0	0.0	0	0.0	114.5	0.0	114.47	228
511	Nichols	James	Rothwell Harriers	M40	202	114.5	0	0.0	0	0.0	0	0.0	0	0.0	114.5	0.0	114.47	85
512	Taverner	Ron	Horsforth Harriers	M50	0	0.0	0	0.0	0	0.0	0	0.0	162	113.4	113.4	0.0	113.44	65
513	Messenger	John	Kippax Harriers	M65	399	30.6	310	36.5	0	0.0	289	46.0	0	0.0	113.1	0.0	113.14	10
514	Towler	Jake	Valley Striders	M5EN	0	0.0	166	112.7	0	0.0	0	0.0	0	0.0	112.7	0.0	112.70	229
515	Cooper	Richard	St Theresa's AC	M5EN	314	66.8	295	44.4	0	0.0	0	0.0	0	0.0	111.3	0.0	111.25	230
516	Myer	Matthew	St Theresa's AC	M40	212	110.2	0	0.0	0	0.0	0	0.0	0	0.0	110.2	0.0	110.21	86
517	Beal	Paul	Horsforth Harriers	M5EN	327	61.3	0	0.0	0	0.0	0	0.0	282	48.9	110.2	0.0	110.20	231
518	Jones	Richard	St Theresa's AC	M5EN	213	109.8	0	0.0	0	0.0	0	0.0	0	0.0	109.8	0.0	109.79	232
519	Drasser	Jamie	Nidd Valley Road Runners	M45	0	0.0	0	0.0	0	0.0	0	0.0	170	109.1	109.1	0.0	109.14	70
520	Sanderson	Paul	Rothwell Harriers	M55	384	37.0	313	34.9	352	36.7	0	0.0	0	0.0	108.7	0.0	108.69	44
521	Smith	Nathan	Harrogate Harriers	M40	0	0.0	0	0.0	0	0.0	0	0.0	172	108.1	108.1	0.0	108.06	87
522	Pilling	Graham	Pudsey & Bramley AC	M5EN	0	0.0	0	0.0	0	0.0	174	107.5	0	0.0	107.5	0.0	107.49	233
523	Smith	Jonathan	Roundhay Runners	M40	0	0.0	176	107.4	0	0.0	0	0.0	0	0.0	107.4	0.0	107.41	88
524	Pollock	Alan	Hyde Park Harriers	M5EN	0	0.0	0	0.0	0	0.0	265	58.8	283	48.4	107.2	0.0	107.21	234
525	Jovanovic	Nick	Airecentre Pacers	M5EN	0	0.0	0	0.0	0	0.0	0	0.0	175	106.5	106.5	0.0	106.45	235
526	McGuire	Nick	St Theresa's AC	M5EN	0	0.0	286	49.2	0	0.0	271	55.6	0	0.0	104.8	0.0	104.82	236
527	Mitchell	Ian	Knaresborough Striders	M50	0	0.0	181	104.8	0	0.0	0	0.0	0	0.0	104.8	0.0	104.76	66
528	Gant	Alistair	Harrogate Tn Club	M45	226	104.3	0	0.0	0	0.0	0	0.0	0	0.0	104.3	0.0	104.26	71
529	Toon	Andy	Valley Striders	M5EN	0	0.0	0	0.0	207	104.2	0	0.0	0	0.0	104.2	0.0	104.19	237
530	Worley	Craig	Kippax Harriers	M45	227	103.8	0	0.0	0	0.0	0	0.0	0	0.0	103.8	0.0	103.83	72
531	Wright	Martin	Bradford Airedale	M50	410	26.0	0	0.0	354	35.8	298	41.2	0	0.0	102.9			

566	Markey	Barry	Bradford Airedale	M55	429	17.9	335	23.3	388	20.0	329	24.6	337	19.4	105.1	17.9	87.23	49
567	Peagram	Andrew	Nidd Valley Road Runners	M40	266	87.2	0	0.0	0	0.0	0	0.0	0	0.0	87.2	0.0	87.23	92
568	Lavery	Malcolm	St Theresa's AC	M45	268	86.4	0	0.0	0	0.0	0	0.0	0	0.0	86.4	0.0	86.38	76
569	Lawrence	Paul	Ackworth RR	M5EN	0	0.0	280	52.4	358	34.0	0	0.0	0	0.0	86.3	0.0	86.33	252
570	Hill	Mick	Pudsey & Bramley AC	M40	0	0.0	0	0.0	0	0.0	215	85.6	0	0.0	85.6	0.0	85.56	93
571	Bonning	Dave	Kippax Harriers	M40	270	85.5	0	0.0	0	0.0	0	0.0	0	0.0	85.5	0.0	85.53	94
572	Gutteridge	Kevin	Ackworth RR	M45	0	0.0	0	0.0	249	84.7	0	0.0	0	0.0	84.7	0.0	84.65	77
573	Birkett	Gavin	Airecentre Pacers	M5EN	341	55.3	324	29.1	0	0.0	0	0.0	0	0.0	84.4	0.0	84.42	253
574	Johnson	Daniel	St Theresa's AC	M45	273	84.3	0	0.0	0	0.0	0	0.0	0	0.0	84.3	0.0	84.26	78
575	Stearn	Martyn	Ackworth RR	M65	0	0.0	300	41.8	340	42.3	0	0.0	0	0.0	84.1	0.0	84.12	11
576	Whitehurst	Paul	Hyde Park Harriers	M40	0	0.0	302	40.7	0	0.0	0	0.0	293	43.0	83.8	0.0	83.75	95
577	Green	Jason	Knarsborough Striders	M5EN	275	83.4	0	0.0	0	0.0	0	0.0	0	0.0	83.4	0.0	83.40	254
578	Gebbett	Martin	Fellandale	M55	277	82.6	0	0.0	0	0.0	0	0.0	0	0.0	82.6	0.0	82.55	50
579	Wilson	Richard	Rothwell Harriers	M40	278	82.1	0	0.0	0	0.0	0	0.0	0	0.0	82.1	0.0	82.13	96
580	Chippendale	Kevin	Ackworth RR	M60	0	0.0	309	37.0	335	44.7	0	0.0	0	0.0	81.7	0.0	81.69	15
581	Palmer	Alistair	Abbey Runners	M45	380	38.7	298	42.9	0	0.0	0	0.0	0	0.0	81.6	0.0	81.58	79
582	Littlewood	Graeme	Abbey Runners	M45	377	40.0	0	0.0	342	41.4	0	0.0	0	0.0	81.4	0.0	81.40	80
583	Hill	Paul	Roundhay Runners	M5EN	0	0.0	226	81.0	0	0.0	0	0.0	0	0.0	81.0	0.0	80.95	255
584	Richardson	Guy	Saltire Striders	M5EN	0	0.0	0	0.0	0	0.0	0	0.0	223	80.6	80.6	0.0	80.65	256
585	Kelly	Maurice	Nidd Valley Road Runners	M65	0	0.0	0	0.0	260	79.5	0	0.0	0	0.0	79.5	0.0	79.53	51
586	Davies	Paul	Roundhay Runners	M5EN	0	0.0	0	0.0	262	78.6	0	0.0	0	0.0	78.6	0.0	78.60	257
587	Prince	Dave	Nidd Valley Road Runners	M45	390	34.5	296	43.9	0	0.0	0	0.0	0	0.0	78.4	0.0	78.38	81
588	Park	Keith	Horsforth Harriers	M60	365	45.1	0	0.0	0	0.0	319	29.9	367	3.2	78.3	0.0	78.28	16
589	Madhas	Raj	Wharfedale Harriers	M50	432	16.6	0	0.0	0	0.0	280	50.8	355	9.7	77.1	0.0	77.08	74
590	Hall	Neil	Valley Striders	M5EN	423	20.4	0	0.0	398	15.3	328	25.1	343	16.1	77.0	0.0	77.04	258
591	Hawden	Graham	Rothwell Harriers	M55	422	20.9	340	20.6	396	16.3	339	19.3	345	15.1	92.1	15.1	77.02	52
592	O'Halloran	Sean	Kirkstall Harriers	M5EN	430	17.4	350	15.3	402	13.5	325	26.7	341	17.2	90.2	13.5	76.73	259
593	Pullan	Rick	Hyde Park Harriers	M55	0	0.0	0	0.0	362	32.1	292	44.4	0	0.0	76.5	0.0	76.48	53
594	Forster	Michael	Chapel Allerton Runners	M40	413	24.7	0	0.0	322	50.7	0	0.0	0	0.0	75.4	0.0	75.38	97
595	Hutchinson	Alan	Valley Striders	M60	294	75.3	0	0.0	0	0.0	0	0.0	0	0.0	75.3	0.0	75.32	17
596	Albrecht	Jason	St Theresa's AC	M5EN	298	73.6	0	0.0	0	0.0	0	0.0	0	0.0	73.6	0.0	73.62	260
597	Bannister	Bradley	Ackworth RR	M5EN	389	34.9	308	37.6	0	0.0	0	0.0	0	0.0	72.5	0.0	72.46	261
598	Johnson	Philip	York Tn Club	M5EN	0	0.0	0	0.0	372	27.4	291	44.9	0	0.0	72.4	0.0	72.36	262
599	Montana	Marcos	Nidd Valley Road Runners	M5EN	0	0.0	288	48.1	0	0.0	0	0.0	329	23.7	71.8	0.0	71.80	263
600	Cook	James	Roundhay Runners	M5EN	303	71.5	0	0.0	0	0.0	0	0.0	0	0.0	71.5	0.0	71.49	264
601	Manthorp	James	Kirkstall Harriers	M5EN	385	36.6	0	0.0	356	34.9	0	0.0	0	0.0	71.5	0.0	71.48	265
602	Sanders	Ed	Horsforth Harriers	M5EN	0	0.0	244	71.4	0	0.0	0	0.0	0	0.0	71.4	0.0	71.43	266
603	Archer	John	York Tn Club	M65	0	0.0	338	21.7	370	28.4	0	0.0	334	21.0	71.0	0.0	71.03	12
604	Mitton	John	Nidd Valley Road Runners	M45	0	0.0	0	0.0	0	0.0	0	0.0	242	70.4	70.4	0.0	70.43	82
605	Mason	Jonathon	Hyde Park Harriers	M5EN	308	69.4	0	0.0	0	0.0	0	0.0	0	0.0	69.4	0.0	69.36	267
606	Gresswell	Rob	Rothwell Harriers	M45	0	0.0	0	0.0	0	0.0	0	0.0	245	68.8	68.8	0.0	68.82	83
607	Nundy	James	Kirkstall Harriers	M5EN	0	0.0	249	68.8	0	0.0	0	0.0	0	0.0	68.8	0.0	68.78	268
608	Rayner	Ian	Roundhay Runners	M55	439	13.6	349	15.9	401	14.0	336	20.9	340	17.7	82.0	13.6	68.42	54
609	Lewis	Peter	Ilkley Harriers	M65	411	25.5	0	0.0	0	0.0	296	42.2	0	0.0	67.8	0.0	67.78	13
610	Ellis	Richard	St Theresa's AC	M45	444	11.5	0	0.0	387	20.5	344	16.6	339	18.3	66.8	0.0	66.81	84
611	Parker-Milnes	Curtis	Hyde Park Harriers	M5EN	0	0.0	254	66.1	0	0.0	0	0.0	0	0.0	66.1	0.0	66.14	269
612	Hall	Roger	Wharfedale Harriers	M65	442	12.3	0	0.0	382	22.8	0	0.0	317	30.1	65.2	0.0	65.24	14
613	O'Brien	Eamon	Valley Striders	M45	0	0.0	307	38.1	373	27.0	0	0.0	0	0.0	65.1	0.0	65.07	85
614	Boyle	Peter	St Theresa's AC	M65	433	16.2	344	18.5	405	12.1	342	17.6	353	10.8	75.2	10.8	64.43	15
615	Berwin	Paul	Harrogate Harriers	M60	419	22.1	0	0.0	385	21.4	338	19.8	0	0.0	63.3	0.0	63.31	18
616	Beattie	Chris	Nidd Valley Road Runners	M55	0	0.0	0	0.0	0	0.0	257	63.1	0	0.0	63.1	0.0	63.10	55
617	Morley	Eric	Knarsborough Striders	M60	437	14.5	346	17.5	406	11.6	340	18.7	350	12.4	74.6	11.6	63.01	19
618	Bethell	Chris	Dragons RC	M5EN	0	0.0	260	63.0	0	0.0	0	0.0	0	0.0	63.0	0.0	62.96	270
619	Groves	Stephen	Kirkstall Harriers	M5EN	0	0.0	0	0.0	0	0.0	0	0.0	256	62.9	62.9	0.0	62.90	271
620	Knighton	Tim	Horsforth Harriers	M5EN	324	62.6	0	0.0	0	0.0	0	0.0	0	0.0	62.6	0.0	62.55	272
621	Twigg	Jason	Valley Striders	M5EN	0	0.0	0	0.0	0	0.0	0	0.0	257	62.4	62.4	0.0	62.37	273
622	Wilson	Joe	Airecentre Pacers	M5EN	426	19.1	332	24.9	394	17.2	0	0.0	0	0.0	61.2	0.0	61.23	274
623	Tinker	Mick	Valley Striders	M60	0	0.0	0	0.0	0	0.0	318	30.5	316	30.6	61.1	0.0	61.13	20
624	Simmons	Dan	Harrogate Harriers	M55	0	0.0	0	0.0	300	60.9	0	0.0	0	0.0	60.9	0.0	60.93	56
625	Beecroft	Frank	Saltire Striders	M50	0	0.0	0	0.0	386	20.9	332	23.0	342	16.7	60.6	0.0	60.59	75
626	Jukes	Karl	Roundhay Runners	M40	0	0.0	265	60.3	0	0.0	0	0.0	0	0.0	60.3	0.0	60.32	98
627	Allen	Steve	Horsforth Harriers	M40	453	7.7	0	0.0	0	0.0	331	23.5	322	27.4	58.6	0.0	58.61	99
628	Field	John	Wetherby Runners	M50	0	0.0	269	58.2	0	0.0	0	0.0	0	0.0	58.2	0.0	58.20	76
629	Homer	Paul	Chapel Allerton Runners	M5EN	0	0.0	0	0.0	306	58.1	0	0.0	0	0.0	58.1	0.0	58.14	275
630	Bell	Christopher	York Tn Club	M5EN	406	27.7	0	0.0	0	0.0	320	29.4	0	0.0	57.1	0.0	57.07	276
631	Gibson	Paul	Chapel Allerton Runners	M55	0	0.0	0	0.0	309	56.7	0	0.0	0	0.0	56.7	0.0	56.74	57
632	Smith	Danny	Roundhay Runners	M50	339	56.2	0	0.0	0	0.0	0	0.0	0	0.0	56.2	0.0	56.17	77
633	Hammond	Phil	Hyde Park Harriers	M55	445	11.1	0	0.0	397	15.8	343	17.1	351	11.8	55.8	0.0	55.82	58
634	Sutcliffe	Martin	Valley Striders	M5EN	0	0.0	331	25.4	410	9.8	0	0.0	335	20.4	55.6	0.0	55.59	277
635	Walton	Clive	Abbey Runners	M45	0	0.0	315	33.9	0	0.0	0	0.0	333	21.5	55.4	0.0	55.37	86
636	Feather	Kris	Roundhay Runners	M5EN	0	0.0	0	0.0	312	55.3	0	0.0	0	0.0	55.3	0.0	55.35	278
637	Huby	Peter	Saltire Striders	M50	343	54.5	0	0.0	0	0.0	0	0.0	0	0.0	54.5	0.0	54.47	78
638	Gaunt	Daniel	St Theresa's AC	M5EN	0	0.0	0	0.0	314	54.4	0	0.0	0	0.0	54.4	0.0	54.42	279
639	Sawyer	Paul	Hyde Park Harriers	M5EN	0	0.0	0	0.0	0	0.0	0	0.0	272	54.3	54.3	0.0	54.30	280
640	Snow	Rob	Nidd Valley Road Runners	M55	344	54.0	0	0.0	0	0.0	0	0.0	0	0.0	54.0	0.0	54.04	59
641	Ellis	Adam	Abbey Runners	M40	443	11.9	352	14.3	399	14.9	367	4.3	349	12.9	58.3	4.3	53.99	100
642	Persico	Peter	Abbey Runners	M5EN	408	26.8	328	27.0	0	0.0	0	0.0	0	0.0	53.8	0.0	53.79	281
643	Heywood	Paul	Knarsborough Striders	M45	0	0.0	0	0.0	377	25.1	0	0.0	320	28.5	53.6	0.0	53.61	87
644	Cartham	Christopher	Harrogate Harriers	M5EN	346	53.2	0	0.0	0	0.0	0	0.0	0	0.0	53.2	0.0	53.19	282
645	Taylor	Malcolm	Kirkstall Harriers	M5EN	454	7.2	0	0.0	412	8.8	335	21.4	344	15.6	53.1	0.0	53.05	283
646	Abson	Keith	Saltire Striders	M65	0	0.0	0	0.0	367	29.8	0	0.0	330	23.1	52.9	0.0	52.8	

680	Irvine	Alex	Valley Striders	MSEN	0	0.0	314	34.4	0	0.0	0	0.0	0	0.0	34.4	0.0	34.39	292
681	Jackson	Bob	Valley Striders	M65	0	0.0	0	0.0	408	10.7	352	12.3	352	11.3	34.3	0.0	34.29	21
682	Leech	Jake	Rothwell Harriers	MSEN	391	34.0	0	0.0	0	0.0	0	0.0	0	0.0	34.0	0.0	34.04	293
683	Scanlon	Peter	Horsforth Harriers	M70	455	6.8	358	11.1	423	3.7	358	9.1	360	7.0	37.7	3.7	34.00	6
684	Finnigan	James	Kirkstall Harriers	MSEN	393	33.2	0	0.0	0	0.0	0	0.0	0	0.0	33.2	0.0	33.19	294
685	Foster	Mark	Wetherby Runners	M45	0	0.0	317	32.8	0	0.0	0	0.0	0	0.0	32.8	0.0	32.80	95
686	Feely	Ben	Chapel Allerton Runners	MSEN	0	0.0	320	31.2	0	0.0	0	0.0	0	0.0	31.2	0.0	31.22	295
687	Longhorn	Darren	Saltaire Striders	M50	0	0.0	0	0.0	364	31.2	0	0.0	0	0.0	31.2	0.0	31.16	81
688	Gillan	David	Horsforth Harriers	MSEN	398	31.1	0	0.0	0	0.0	0	0.0	0	0.0	31.1	0.0	31.06	296
689	Turner	Graham	Airecentre Pacers	MSEN	0	0.0	0	0.0	366	30.2	0	0.0	0	0.0	30.2	0.0	30.23	297
690	May	James	St Theresa's AC	MSEN	400	30.2	0	0.0	0	0.0	0	0.0	0	0.0	30.2	0.0	30.21	298
691	Carter	Steven	Fellandale	M65	0	0.0	0	0.0	368	29.3	0	0.0	0	0.0	29.3	0.0	29.30	22
692	Skelton	Lee	York Postal Harriers	M45	0	0.0	0	0.0	0	0.0	321	28.9	0	0.0	28.9	0.0	28.88	96
693	Tesseyman	Andrew	Airecentre Pacers	M50	446	10.6	0	0.0	392	18.1	0	0.0	0	0.0	28.8	0.0	28.78	82
694	Walker	Simon	Airecentre Pacers	MSEN	0	0.0	0	0.0	414	7.9	350	13.4	363	5.4	26.7	0.0	26.65	299
695	Dowland	Ian	Eccleshill RR	MSEN	409	26.4	0	0.0	0	0.0	0	0.0	0	0.0	26.4	0.0	26.38	300
696	Maddock	Andrew	Hyde Park Harriers	MSEN	0	0.0	0	0.0	0	0.0	0	0.0	325	25.8	25.8	0.0	25.81	301
697	Gray	Matthew	Hyde Park Harriers	MSEN	457	6.0	378	0.5	426	2.3	357	9.6	359	7.5	26.0	0.5	25.44	302
698	Sykes-Hooban	Matt	Kirkstall Harriers	MSEN	0	0.0	0	0.0	378	24.7	0	0.0	0	0.0	24.7	0.0	24.65	303
699	Mallone	Ewan	Kirkstall Harriers	MSEN	448	9.8	351	14.8	0	0.0	0	0.0	0	0.0	24.6	0.0	24.60	304
700	Daglish	Steven	Roundhay Runners	MSEN	464	3.0	362	9.0	404	12.6	0	0.0	0	0.0	24.5	0.0	24.53	305
701	Britton	Carl	Ackworth RR	M40	458	5.5	369	5.3	420	5.1	359	8.6	0	0.0	24.5	0.0	24.50	106
702	Denton	Jeff	Ackworth RR	M65	0	0.0	360	10.1	403	13.0	0	0.0	0	0.0	23.1	0.0	23.08	23
703	Thompson	Geoff	Wharfedale Harriers	M55	417	23.0	0	0.0	0	0.0	0	0.0	0	0.0	23.0	0.0	22.98	63
704	Hewitt-Wood	Ash	Roundhay Runners	MSEN	0	0.0	348	16.4	418	6.0	0	0.0	0	0.0	22.4	0.0	22.45	306
705	Perfitt	Brian	Eccleshill RR	M45	0	0.0	0	0.0	0	0.0	0	0.0	332	22.0	22.0	0.0	22.04	97
706	Smith	Nick	Nidd Valley Road Runners	M55	420	21.7	0	0.0	0	0.0	0	0.0	0	0.0	21.7	0.0	21.70	64
707	Hill	Phil	Roundhay Runners	M55	462	3.8	368	5.8	0	0.0	355	10.7	0	0.0	20.3	0.0	20.35	65
708	Mistry	Mohan Lal	Saltaire Striders	M55	0	0.0	0	0.0	0	0.0	0	0.0	336	19.9	19.9	0.0	19.89	66
709	Reynier	Chris	Saltaire Striders	M65	425	19.6	0	0.0	0	0.0	0	0.0	0	0.0	19.6	0.0	19.57	24
710	Wigglesworth	Tim	Eccleshill RR	M50	427	18.7	0	0.0	0	0.0	0	0.0	0	0.0	18.7	0.0	18.72	83
711	Skinner	Jak	Dragons RC	MSEN	0	0.0	0	0.0	391	18.6	0	0.0	0	0.0	18.6	0.0	18.60	307
712	Wood	Peter	Bradford Airedale	M50	0	0.0	0	0.0	421	4.7	360	8.0	362	5.9	18.6	0.0	18.59	84
713	Haigh	Stewart	Ackworth RR	M65	0	0.0	365	7.4	0	0.0	356	10.2	0	0.0	17.6	0.0	17.57	25
714	Hart	Tony	Saltaire Striders	M55	431	17.0	0	0.0	0	0.0	0	0.0	0	0.0	17.0	0.0	17.02	67
715	Lamont	David	Eccleshill RR	M50	0	0.0	347	16.9	0	0.0	0	0.0	0	0.0	16.9	0.0	16.93	85
716	Simpson	Roy	Ackworth RR	M60	0	0.0	0	0.0	395	16.7	0	0.0	0	0.0	16.7	0.0	16.74	22
717	Hey	Peter	Kirkstall Harriers	M60	463	3.4	367	6.3	0	0.0	370	2.7	366	3.8	16.2	0.0	16.19	23
718	Cooper	David	Ackworth RR	M55	0	0.0	0	0.0	0	0.0	345	16.0	0	0.0	16.0	0.0	16.04	68
719	Steele	Martin	Eccleshill RR	M65	435	15.3	0	0.0	0	0.0	0	0.0	0	0.0	15.3	0.0	15.32	69
720	Gardner	Andrew	St Theresa's AC	M60	459	5.1	0	0.0	0	0.0	366	4.8	364	4.8	14.8	0.0	14.76	24
721	Wright	Neil	Nidd Valley Road Runners	MSEN	441	12.8	0	0.0	427	1.9	0	0.0	0	0.0	14.6	0.0	14.63	308
722	Venkiteela	Yekanth	Kirkstall Harriers	MSEN	438	14.0	0	0.0	0	0.0	0	0.0	0	0.0	14.0	0.0	14.04	309
723	Smith	Richard	Saltaire Striders	M55	456	6.4	0	0.0	0	0.0	361	7.5	0	0.0	13.9	0.0	13.87	70
724	O'Hara	Steve	Horsforth Harriers	M65	0	0.0	353	13.8	0	0.0	0	0.0	0	0.0	13.8	0.0	13.76	26
725	Ramsden	Philip	Horsforth Harriers	M55	0	0.0	0	0.0	0	0.0	351	12.8	0	0.0	12.8	0.0	12.83	71
726	Clough	Rich	Valley Striders	M45	465	2.6	373	3.2	424	3.3	368	3.7	0	0.0	12.7	0.0	12.73	98
727	Somers	Sean	Harrogate Harriers	M50	0	0.0	370	4.8	417	6.5	0	0.0	0	0.0	11.3	0.0	11.27	86
728	Mason	Michael	Hyde Park Harriers	M50	461	4.3	0	0.0	0	0.0	362	7.0	0	0.0	11.2	0.0	11.21	87
729	Gallagher	Paul	Ackworth RR	M45	0	0.0	0	0.0	422	4.2	371	2.1	365	4.3	10.6	0.0	10.63	99
730	Beesley	David	Abbey Runners	MSEN	0	0.0	0	0.0	0	0.0	0	0.0	354	10.2	10.2	0.0	10.22	310
731	Hawes	Daniel	Airecentre Pacers	MSEN	466	2.1	0	0.0	0	0.0	365	5.3	368	2.7	10.2	0.0	10.16	311
732	Kitching	Leslie	Kippax Harriers	M65	0	0.0	371	4.2	425	2.8	0	0.0	369	2.2	9.2	0.0	9.17	27
733	Macdonald	Alex	St Theresa's AC	MSEN	450	8.9	0	0.0	0	0.0	0	0.0	0	0.0	8.9	0.0	8.94	312
734	Smith	Stuart	Hyde Park Harriers	M55	0	0.0	0	0.0	413	8.4	0	0.0	0	0.0	8.4	0.0	8.37	72
735	Mehra	Rahul	Saltaire Striders	M45	0	0.0	366	6.9	0	0.0	0	0.0	0	0.0	6.9	0.0	6.88	100
736	Maltby	Christopher	St Theresa's AC	M60	0	0.0	0	0.0	0	0.0	363	6.4	0	0.0	6.4	0.0	6.42	25
737	Cook	Dave	Airecentre Pacers	M50	468	1.3	375	2.1	429	0.9	0	0.0	370	1.6	5.9	0.0	5.94	88
738	Breare	Nick	Saltaire Striders	M65	0	0.0	0	0.0	0	0.0	364	5.9	0	0.0	5.9	0.0	5.88	28
739	Midgley	Mathew	Bradford Airedale	MSEN	0	0.0	0	0.0	419	5.6	0	0.0	0	0.0	5.6	0.0	5.58	313
740	Owen	Tim	Ackworth RR	M45	467	1.7	374	2.6	0	0.0	373	1.1	0	0.0	5.4	0.0	5.42	101
741	Othick	Gary	Wetherby Runners	M55	0	0.0	0	0.0	0	0.0	369	3.2	0	0.0	3.2	0.0	3.21	73
742	Camponi	Tom	Ackworth RR	MSEN	470	0.4	377	1.1	430	0.5	374	0.5	371	1.1	3.6	0.4	3.13	314
743	Nesden	Patrick	Kirkstall Harriers	M60	0	0.0	0	0.0	428	1.4	372	1.6	0	0.0	3.0	0.0	3.00	26
744	Bullough	Tony	St Theresa's AC	M70	0	0.0	376	1.6	0	0.0	0	0.0	0	0.0	1.6	0.0	1.59	7
745	Raddings	Trevor	Hyde Park Harriers	M60	469	0.9	0	0.0	0	0.0	0	0.0	0	0.0	0.9	0.0	0.85	27

Second Claim Runners Shown in Blue