

**PECO Cross Country League 2019-20**  
**Final Senior Men's Cumulative Results**

Position	Surname	First Name	Club	Age Cat	Race 1		Race 2		Race 3		Race 4		Total Points	Min Score	Best 3 From 4	Cat Pos
					Pos	Points	Pos	Points	Pos	Points	Pos	Points				
1	Edmondson	Nathan	Ilkley Harriers	M5EN	1	500.0	1	500.0	0	0.0	1	500.0	1500.0	0.0	1500.0	1
2	Valero Palacios	Marcos Angel	Roundhay Runners	M5EN	0	0.0	2	498.9	1	500.0	2	498.2	1497.1	0.0	1497.1	2
3	Douglas	Benjamin	Hyde Park Harriers	M5EN	2	499.0	3	497.7	4	496.7	0	0.0	1493.5	0.0	1493.5	3
4	Forrest	Terence	Ackworth Road Runners	M35	4	497.1	5	495.5	2	498.9	19	467.7	1495.2	467.7	1491.5	1
5	Athersmith	Lee	Wharfedale Harriers	M35	6	495.2	9	490.9	0	0.0	6	491.0	1477.2	0.0	1477.2	2
6	Robins	Sam	Chapel Allerton Runners	M5EN	9	492.3	0	0.0	9	491.3	5	492.8	1476.5	0.0	1476.5	4
7	Hobbs	John	Valley Striders	M40	5	496.2	0	0.0	3	497.8	13	478.5	1472.5	0.0	1472.5	1
8	Millgate	Paul	Wetherby Runners AC	M45	0	0.0	11	488.7	6	494.6	8	487.5	1470.7	0.0	1470.7	1
9	Venning	Tom	Valley Striders	M40	12	489.4	16	483.0	7	493.5	27	453.4	1919.3	453.4	1465.9	2
10	Boynton	Philip	Horsforth Harriers	M5EN	20	481.7	13	486.4	5	495.7	28	451.6	1915.4	451.6	1463.8	5
11	Kerr	Will	Saltire Striders	M40	38	464.4	12	487.5	8	492.4	16	473.1	1917.5	464.4	1453.1	3
12	Pownall	Jonathan	Valley Striders	M5EN	17	484.6	23	475.1	25	474.0	7	489.2	1922.9	474.0	1448.9	6
13	Lomas	Adam	Hyde Park Harriers	M5EN	23	478.8	19	479.6	12	488.1	36	437.3	1883.8	437.3	1446.5	7
14	Walker	Colin	Saltire Striders	M45	19	482.7	15	484.1	0	0.0	14	476.7	1443.5	0.0	1443.5	2
15	Beyene	Tekie	Roundhay Runners	M5EN	18	483.7	25	472.8	17	482.6	23	460.6	1899.7	460.6	1439.1	8
16	Panesar	Rav	Valley Striders	M35	16	485.6	28	469.4	18	481.6	49	414.0	1850.5	414.0	1436.5	3
17	Brown	Andy	Saltire Striders	M50	31	471.2	22	476.2	16	483.7	17	471.3	1902.4	471.2	1431.2	1
18	Josephs	Daniel	Roundhay Runners	M5EN	25	476.9	0	0.0	21	478.3	15	474.9	1430.1	0.0	1430.1	9
19	Mckeown	Daniel	Ilkley Harriers	M40	26	476.0	43	452.4	14	485.9	20	465.9	1880.2	452.4	1427.8	4
20	Bryant	Mark	Harrogate Harriers & AC	M45	32	470.2	37	459.2	30	468.5	9	485.7	1883.6	459.2	1424.4	3
21	Gott	Steven	Ilkley Harriers	M40	34	468.3	31	466.0	15	484.8	21	464.2	1883.2	464.2	1419.1	5
22	Young	Jonathan	Valley Striders	M5EN	0	0.0	10	489.8	11	489.2	38	433.7	1412.6	0.0	1412.6	10
23	Jenner	Tim	Roundhay Runners	M5EN	0	0.0	24	473.9	23	476.1	24	458.8	1408.8	0.0	1408.8	11
24	Thomas	Tom	Valley Striders	M5EN	33	469.2	21	477.3	38	459.9	0	0.0	1406.4	0.0	1406.4	12
25	Green	Sam	Wharfedale Harriers	M5EN	27	475.0	52	442.2	19	480.5	43	424.7	1822.4	424.7	1397.7	13
26	Jones	Simon	Abbey Runners	M5EN	29	473.1	32	464.9	40	457.7	37	435.5	1831.1	435.5	1395.6	14
27	Humphries	Andrew	Airecentre Pacers	M5EN	37	465.4	33	463.7	32	466.4	0	0.0	1395.5	0.0	1395.5	15
28	Bumthorpe	Alexander	Chapel Allerton Runners	M5EN	40	462.5	29	468.3	35	463.1	0	0.0	1393.9	0.0	1393.9	16
29	Furness	Rob	Wharfedale Harriers	M35	0	0.0	27	470.5	28	470.7	30	448.0	1389.3	0.0	1389.3	4
30	Culmer	Pete	Horsforth Harriers	M35	0	0.0	42	453.5	24	475.1	32	444.4	1373.0	0.0	1373.0	5
31	Stirk	Adam	Wharfedale Harriers	M35	15	486.5	18	480.7	0	0.0	57	399.6	1366.9	0.0	1366.9	6
32	Robson	John	St Theresas AC	M40	41	461.5	41	454.9	49	447.9	66	383.5	1347.6	383.5	1364.1	6
33	Fillingham	Martin	Saltire Striders	M45	35	467.3	50	444.4	46	451.2	46	419.4	1782.3	419.4	1362.9	4
34	Fisher	Daniel	Valley Striders	M35	46	456.7	39	456.9	48	449.0	0	0.0	1362.7	0.0	1362.7	7
35	Grace	Shane	St Theresas AC	M40	45	457.7	51	443.3	37	461.0	0	0.0	1362.0	0.0	1362.0	7
36	Hibberd	Daryl	Valley Striders	M5EN	88	416.3	44	451.2	34	464.2	31	446.2	1778.0	416.3	1361.7	17
37	Moakler	Ben	Roundhay Runners	M35	59	444.2	40	455.8	47	450.1	26	455.2	1805.3	444.2	1361.1	8
38	Scott	Andrew	Roundhay Runners	M5EN	53	450.0	26	471.7	0	0.0	35	439.1	1360.7	0.0	1360.7	18
39	Blackburn	Ross	Rothwell Harriers & AC	M5EN	22	479.8	56	437.6	55	441.4	0	0.0	1358.9	0.0	1358.9	19
40	Newell	Matt	Roundhay Runners	M35	42	460.6	54	439.9	42	455.5	0	0.0	1356.0	0.0	1356.0	9
41	Gibbs	Richard	Roundhay Runners	M40	44	458.7	55	438.8	43	454.4	59	396.1	1747.9	396.1	1351.9	8
42	Johnston	Ben	Horsforth Harriers	M35	49	453.8	46	449.0	50	446.9	0	0.0	1349.7	0.0	1349.7	10
43	Williams	Dylan	LUJCCC	M5EN	36	466.3	59	434.2	0	0.0	33	442.7	1343.2	0.0	1343.2	20
44	Shanks	John	Valley Striders	M35	57	446.2	49	445.6	0	0.0	29	449.8	1341.6	0.0	1341.6	11
45	Morland	Stephen	Knareborough Striders	M45	48	454.8	58	435.4	52	444.7	45	421.1	1756.0	421.1	1334.9	5
46	Mortimer	Charles	Chapel Allerton Runners	M35	67	436.5	63	429.7	36	462.0	39	431.9	1760.2	429.7	1330.5	12
47	Anderson	George	Hyde Park Harriers	M5EN	0	0.0	20	478.5	20	479.4	73	371.0	1328.8	0.0	1328.8	21
48	Gray	David	Horsforth Harriers	M5EN	0	0.0	45	450.1	45	452.3	53	406.8	1309.2	0.0	1309.2	22
49	Ellwood	Glynn	York Postal Harriers	M5EN	68	435.6	71	420.6	51	445.8	44	422.9	1724.9	420.6	1304.3	23
50	Morton	Joseph	Roundhay Runners	M35	62	441.3	60	433.1	66	429.5	0	0.0	1304.0	0.0	1304.0	13
51	Patrickson	Alex	Nidd Valley Road Runners	M5EN	51	451.9	74	417.2	62	433.8	48	415.8	1718.8	415.8	1303.0	24
52	Richardson	Matthew	Saltire Striders	M35	74	429.8	75	416.1	41	456.6	0	0.0	1302.5	0.0	1302.5	14
53	Carvello	James	Roundhay Runners	M40	39	463.5	0	0.0	53	443.6	61	392.5	1299.5	0.0	1299.5	9
54	Ingham	Bobby	Valley Striders	M5EN	58	445.2	36	460.3	101	391.5	0	0.0	1297.0	0.0	1297.0	25
55	Drake	Richard	Roundhay Runners	M40	69	434.6	61	432.0	67	428.4	50	412.2	1707.2	412.2	1295.0	10
56	Gidlow	Paul	Horsforth Harriers	M45	72	431.7	73	418.4	60	436.0	79	360.2	1646.3	360.2	1286.1	6
57	Mann	Gary	Valley Striders	M35	64	439.4	66	426.3	75	419.7	47	417.6	1703.0	417.6	1285.5	15
58	Clark	Cal	Abbey Runners	M5EN	52	451.0	0	0.0	59	437.1	62	390.7	1278.7	0.0	1278.7	26
59	Pullan	Andy	Kirkstall Harriers	M5EN	89	415.4	62	430.8	64	431.7	0	0.0	1277.9	0.0	1277.9	27
60	Ryder	Alistair	Roundhay Runners	M5EN	80	424.0	81	409.3	57	439.3	0	0.0	1272.6	0.0	1272.6	28
61	Dunbar	Stuart	Saltire Striders	M55	71	432.7	70	421.8	78	416.5	97	328.0	1598.9	328.0	1270.9	1
62	Fall	Chris	Chapel Allerton Runners	M5EN	63	440.4	86	403.6	73	421.9	54	405.0	1670.9	403.6	1267.3	29
63	Foley	Jonathan	Dragons Running Club	M50	82	422.1	83	407.0	63	432.8	63	388.9	1650.8	388.9	1261.9	2
64	Bond	Richard	Saltire Striders	M40	85	419.2	76	415.0	70	425.2	0	0.0	1259.4	0.0	1259.4	11
65	Coldwell	Ben	Kirkstall Harriers	M5EN	92	412.5	88	401.4	58	438.2	52	408.6	1660.6	401.4	1259.3	30
66	Harrold	Brian	Chapel Allerton Runners	M5EN	87	417.3	77	413.8	68	427.3	0	0.0	1258.5	0.0	1258.5	31
67	Sawyer	Jaysson	Ilkley Harriers	M40	81	423.1	84	405.9	69	426.2	0	0.0	1255.2	0.0	1255.2	12
68	Pratt	Daniel	Wharfedale Harriers	M35	43	459.6	48	446.7	0	0.0	86	347.7	1254.0	0.0	1254.0	16
69	Garratt	Richard	Hyde Park Harriers	M40	86	418.3	97	391.2	61	434.9	58	397.8	1642.2	391.2	1251.0	13
70	Thomas	Gwilym	Valley Striders	M40	55	448.1	65	427.4	0	0.0	76	365.6	1241.1	0.0	1241.1	14
71	Lofthouse	Martin	Nidd Valley Road Runners	M50	90	414.4	94	394.6	74	420.8	70	376.3	1606.1	376.3	1229.8	3
72	Newsome	Paul	St Theresas AC	M45	76	427.9	90	399.1	91	402.4	65	385.3	1614.7	385.3	1229.4	7
73	O'Brien	Alan	Kirkstall Harriers	M35	78	426.0	107	379.8	77	417.6	103	317.2	1540.6	317.2	1223.4	17
74	Harrison	Matthew	Harrogate Harriers & AC	M5EN	134	372.1	78	412.7	65	430.6	0	0.0	1215.4	0.0	1215.4	32
75	Dickinson	George	Bradford Airedale AC	M5EN	152	354.8	120	365.1	100	392.6	25	457.0	1569.5	354.8	1214.7	33
76	Kludt	Steffen	Roundhay Runners	M5EN	0	0.0	92	396.8	82	412.1	56	401.4	1210.4	0.0	1210.4	34
77	Kilmurray	Tom	Knareborough Striders	M5EN	99	405.8	100	387.8	79	415.4	0	0.0	1208.9	0.0	1208.9	35
78	Davey	Richard	Wetherby Runners AC	M45	0	0.0	98	390.0	80	414.3	55	403.2	1207.6	0.0	1207.6	8
79	Scott	Douglas	Harrogate Harriers & AC	M45	97	407.7	101	386.6	86	407.8	104	315.4	1517.5	315.4	1202.1	9
80	Dearden	Mike	Chapel Allerton Runners	M40	66	437.5	72	419.5	0	0.0	91	338.7	1195.7	0.0	1195.7	15
81	Walker	Richard	Airecentre Pacers	M45	103	401.9	95	393.4	97	395.9	93	335.1	1526.4	335.1	1191.2	10
82	Greenland	Rob	Chapel Allerton Runners	M45	70	433.7	80	410.4	0	0.0	87	345.9	1190.0	0.0	1190.0	11
83	Todd	Andy	Nidd Valley Road Runners	M55	100	404.8	99	388.9	103	389.4	0	0.0	1183.1	0.0	1183.1	2

103	Matthewson	Alex	Wetherby Runners AC	M35	136	370.2	126	358.3	118	373.1	0	0.0	1101.6	0.0	1101.6	24
104	Casson	Lee	Saltaire Striders	MSEN	156	351.0	121	363.9	107	385.0	0	0.0	1099.9	0.0	1099.9	39
105	Roberts	James	Ackworth Road Runners	MSEN	141	365.4	133	350.3	109	382.9	0	0.0	1098.6	0.0	1098.6	40
106	Strutt	James	Harrogate Harriers & AC	M40	125	380.8	147	334.5	128	362.3	88	344.1	1421.6	334.5	1087.1	17
107	Perkinson	Andrew	Horsforth Harriers	M45	128	377.9	131	352.6	134	355.7	113	299.3	1385.5	299.3	1086.2	17
108	Carter	Jim	York Postal Harriers	M45	144	362.5	125	359.4	131	359.0	123	281.4	1362.3	281.4	1080.9	18
109	Moger	Adam	Kirkstall Harriers	M40	143	363.5	130	353.7	127	363.3	126	276.0	1356.5	276.0	1080.5	18
110	Sutor	Richard	Chapel Allerton Runners	M35	153	353.8	138	344.7	119	372.0	110	304.7	1375.2	304.7	1070.5	25
111	<b>Mccarthy</b>	<b>John</b>	<b>Rothwell Harriers &amp; AC</b>	<b>M60</b>	<b>154</b>	<b>352.9</b>	<b>136</b>	<b>346.9</b>	<b>126</b>	<b>364.4</b>	<b>137</b>	<b>256.3</b>	<b>1320.5</b>	<b>256.3</b>	<b>1064.2</b>	<b>1</b>
112	Spink	Stewart	Saltaire Striders	M50	139	367.3	135	348.1	142	347.1	0	0.0	1062.5	0.0	1062.5	8
113	Hughes	David	Ackworth Road Runners	M40	133	373.1	140	342.4	145	343.8	0	0.0	1059.3	0.0	1059.3	19
114	Murray	Danny	Valley Striders	M40	102	402.9	0	0.0	111	380.7	134	261.6	1045.2	0.0	1045.2	20
115	Long	Vernon	Valley Striders	M50	172	335.6	144	337.9	122	368.8	127	274.2	1316.4	274.2	1042.2	9
116	Colley	Ashley	Bradford Airedale AC	MSEN	0	0.0	188	288.0	123	367.7	68	379.9	1035.6	0.0	1035.6	41
117	Groves	Rob	Hyde Park Harriers	MSEN	149	357.7	177	300.5	115	376.4	122	283.2	1317.7	283.2	1034.5	42
118	Stockburn	Paul	Harrogate Harriers & AC	M60	157	350.0	150	331.1	141	348.2	0	0.0	1029.2	0.0	1029.2	2
119	Metcalf	Kevin	Harrogate Tri Club	M50	0	0.0	134	349.2	133	356.8	101	320.8	1026.8	0.0	1026.8	10
120	King	Geoff	Harrogate Harriers & AC	M60	169	338.5	143	339.0	150	338.4	0	0.0	1015.9	0.0	1015.9	3
121	Baker	Darren	York Postal Harriers	M50	181	326.9	115	370.7	174	312.4	0	0.0	1010.0	0.0	1010.0	11
122	Tranter	Colin	Hyde Park Harriers	M40	121	384.6	142	340.1	0	0.0	121	284.9	1009.7	0.0	1009.7	21
123	Price	Dan	Chapel Allerton Runners	MSEN	178	329.8	151	329.9	140	349.2	132	265.2	1274.2	265.2	1009.0	43
124	Couldwell	Adam	Harrogate Harriers & AC	MSEN	0	0.0	168	310.7	124	366.6	98	326.2	1003.4	0.0	1003.4	44
125	Steele	Joe	Roundhay Runners	M45	207	301.9	123	361.7	153	335.1	145	241.9	1240.7	241.9	998.7	19
126	Parton	Adam	Valley Striders	M45	162	345.2	162	317.5	155	333.0	116	293.9	1289.5	293.9	995.6	20
127	<b>Holmes</b>	<b>Harry</b>	<b>LUUCCC</b>	<b>MSEN</b>	<b>3</b>	<b>498.1</b>	<b>4</b>	<b>496.6</b>	<b>0</b>	<b>0.0</b>	<b>0</b>	<b>0.0</b>	<b>994.7</b>	<b>0.0</b>	<b>994.7</b>	<b>45</b>
128	Eison	Callum	Roundhay Runners	MSEN	0	0.0	6	494.3	0	0.0	3	496.4	990.7	0.0	990.7	46
129	Baldwin	Tim	Saltaire Striders	MSEN	7	494.2	7	493.2	0	0.0	0	0.0	987.4	0.0	987.4	47
130	Dell'amico	Loris	Saltaire Striders	M45	194	314.4	160	319.7	138	351.4	0	0.0	985.6	0.0	985.6	21
131	Hallam	Matthew	Valley Striders	MSEN	8	493.3	8	492.1	0	0.0	0	0.0	985.3	0.0	985.3	48
132	Linstrum	Nils	Wetherby Runners AC	M35	168	339.4	149	332.2	177	309.1	0	0.0	980.7	0.0	980.7	26
133	Barnett	Dom	Chapel Allerton Runners	MSEN	0	0.0	159	320.9	139	350.3	108	308.2	979.4	0.0	979.4	49
134	Grant	Daniel	Valley Striders	MSEN	14	487.5	0	0.0	10	490.2	0	0.0	977.7	0.0	977.7	50
135	Armstrong	Ross	Abbey Runners	MSEN	11	490.4	0	0.0	13	487.0	0	0.0	977.4	0.0	977.4	51
136	Charlesworth	Nicholas	Wharfedale Harriers	M50	10	491.3	0	0.0	0	0.0	11	482.1	973.4	0.0	973.4	12
137	O'donnell	Gerard	Abbey Runners	M35	170	337.5	141	341.3	0	0.0	118	290.3	969.1	0.0	969.1	27
138	Staiano	Simon	Nidd Valley Road Runners	M40	190	318.3	155	325.4	165	322.1	0	0.0	965.8	0.0	965.8	22
139	Smith	Jon	Roundhay Runners	M45	174	333.7	164	315.2	175	311.3	159	216.8	1177.0	216.8	960.1	22
140	Wray-Rogers	Luke	Abbey Runners	M40	158	349.0	175	302.7	182	303.7	0	0.0	955.4	0.0	955.4	23
141	Driver	David	Wharfedale Harriers	M40	21	480.8	0	0.0	27	471.8	0	0.0	952.6	0.0	952.6	24
142	Townd	Darren	Nidd Valley Road Runners	M45	220	289.4	0	0.0	132	357.9	111	302.9	950.2	0.0	950.2	23
143	<b>Nodwell</b>	<b>Adam</b>	<b>Kirkstall Harriers</b>	<b>M35</b>	<b>187</b>	<b>321.2</b>	<b>158</b>	<b>322.0</b>	<b>181</b>	<b>304.8</b>	<b>0</b>	<b>0.0</b>	<b>947.9</b>	<b>0.0</b>	<b>947.9</b>	<b>28</b>
144	Rogerson	Tom	Abbey Runners	M40	183	325.0	186	290.2	162	325.4	115	295.7	1236.3	290.2	946.1	25
145	Cobb	Chris	Roundhay Runners	M35	185	323.1	169	309.5	173	313.4	129	270.6	1216.7	270.6	946.0	29
146	Hayes	Justin	Rothwell Harriers & AC	M45	164	343.3	167	311.8	194	290.7	0	0.0	945.7	0.0	945.7	24
147	Dobby	Andrew	Harrogate Harriers & AC	M45	28	474.0	30	467.1	0	0.0	0	0.0	941.2	0.0	941.2	25
148	Sanderson	Ian	Valley Striders	M45	142	364.4	195	280.0	190	295.0	151	231.2	1170.7	231.2	939.5	26
149	Allison	David	Chapel Allerton Runners	M45	214	295.2	0	0.0	151	337.3	109	306.5	939.0	0.0	939.0	27
150	Somerville	Gareth	Harrogate Harriers & AC	MSEN	0	0.0	35	461.5	22	477.2	0	0.0	938.7	0.0	938.7	52
151	Jenkins	Liam	Abbey Runners	MSEN	0	0.0	0	0.0	31	467.5	18	469.5	937.0	0.0	937.0	53
152	Bell	David	Chapel Allerton Runners	MSEN	208	301.0	0	0.0	146	342.7	119	288.5	932.2	0.0	932.2	54
153	Edmondson	Neal	Horsforth Harriers	MSEN	0	0.0	38	458.0	26	472.9	0	0.0	930.9	0.0	930.9	55
154	Clayton	Daniel	York Postal Harriers	M50	0	0.0	172	306.1	158	329.7	117	292.1	928.0	0.0	928.0	13
155	Downham	Ian	Kippax Harriers	M50	198	310.6	180	297.1	167	320.0	144	243.7	1171.3	243.7	927.6	14
156	<b>Willis</b>	<b>Ian</b>	<b>Wharfedale Harriers</b>	<b>M45</b>	<b>30</b>	<b>472.1</b>	<b>0</b>	<b>0.0</b>	<b>44</b>	<b>453.4</b>	<b>0</b>	<b>0.0</b>	<b>925.5</b>	<b>0.0</b>	<b>925.5</b>	<b>28</b>
157	Schofield	Alan	St Theresas AC	M55	171	336.5	171	307.3	204	279.8	0	0.0	923.6	0.0	923.6	3
158	Naylor	Jason	Roundhay Runners	MSEN	203	305.8	146	335.6	202	282.0	0	0.0	923.4	0.0	923.4	56
159	Nicholas	Kevin	Nidd Valley Road Runners	M55	177	330.8	166	312.9	282	86.8	125	277.8	1008.2	86.8	921.5	4
160	Street	Richard	Nidd Valley Road Runners	M35	184	324.0	216	256.2	149	339.5	0	0.0	919.8	0.0	919.8	30
161	Mcnab	Aidan	Knaresborough Striders	M35	192	316.3	193	282.3	166	321.0	244	64.5	984.2	64.5	917.7	31
162	Jordan	Mark	Harrogate Harriers & AC	M60	161	346.2	0	0.0	160	327.5	147	238.4	912.1	0.0	912.1	4
163	Pinn	Steve	Roundhay Runners	M40	0	0.0	53	441.0	33	465.3	0	0.0	906.3	0.0	906.3	26
164	Kent	Jonathan	Chapel Allerton Runners	M35	206	302.9	196	278.9	164	323.2	0	0.0	905.0	0.0	905.0	32
165	Greenhalgh	Lee	Horsforth Harriers	M45	218	291.3	178	299.3	178	308.0	136	258.1	1156.8	258.1	898.7	29
166	Loxham	Pete	Rothwell Harriers & AC	M50	0	0.0	190	285.7	144	344.9	131	267.0	897.6	0.0	897.6	15
167	Webster	Gary	Knaresborough Striders	MSEN	241	269.2	0	0.0	187	298.3	96	329.7	897.2	0.0	897.2	57
168	Kirkham	David	Wharfedale Harriers	M40	0	0.0	0	0.0	29	469.6	42	426.5	896.2	0.0	896.2	27
169	Davy	Alan	Kippax Harriers	M40	212	297.1	204	269.8	161	326.5	143	245.5	1138.9	245.5	893.4	28
170	Herrington	Richard	St Theresas AC	M35	47	455.8	57	436.5	0	0.0	0	0.0	892.3	0.0	892.3	33
171	Salmons	Luke	Harrogate Harriers & AC	M40	211	298.1	197	277.8	179	306.9	0	0.0	882.8	0.0	882.8	29
172	Curlley	Aidan	Abbey Runners	M45	189	319.2	0	0.0	180	305.9	142	247.3	872.4	0.0	872.4	30
173	<b>Furlong</b>	<b>Ian</b>	<b>Roundhay Runners</b>	<b>M35</b>	<b>60</b>	<b>443.3</b>	<b>64</b>	<b>428.6</b>	<b>0</b>	<b>0.0</b>	<b>0</b>	<b>0.0</b>	<b>871.8</b>	<b>0.0</b>	<b>871.8</b>	<b>34</b>
174	Budding	Robert	Ilkley Harriers	M50	200	308.7	187	289.1	211	272.2	0	0.0	870.0	0.0	870.0	16
175	Newbould	Ed	Abbey Runners	MSEN	0	0.0	0	0.0	39	458.8	51	410.4	869.2	0.0	869.2	58
176	Burrows	Dave	York Triathlon Club	M35	222	287.5	179	298.2	203	280.9	0	0.0	866.6	0.0	866.6	35
177	Hands	Simon	Kirkstall Harriers	M40	247	263.5	239	230.2	171	315.6	120	286.7	1096.0	230.2	865.8	30
178	Squire	Alan	Horsforth Harriers	M50	188	320.2	194	281.2	219	263.6	0	0.0	864.9	0.0	864.9	17
179	Plummer	Barney	Horsforth Harriers	MSEN	0	0.0	68	424.0	0	0.0	34	440.9	864.9	0.0	864.9	59
180	Freeman	Paul	Horsforth Harriers	M50	209	300.0	213	259.6	186	299.3	155	224.0	1083.0	224.0	859.0	18
181	Mace	James	Rothwell Harriers & AC	MSEN	56	447.1	82	408.2	0	0.0	0	0.0	855.3	0.0	855.3	60
182	Walker	Bradley	Ackworth Road Runners	MSEN	0	0.0	79	411.6	54	442.5	0	0.0	854.1	0.0	854.1	61
183	Hainsworth	Brian	Nidd Valley Road Runners	M40	204	304.8	185	291.4	225	257.0	0	0.0	853.2	0.0	853.2	31
184	Ingoe	Anthony	Dragons Running Club	M35	0	0.0	0	0.0	71	424.1	41	428.3	852.4	0.0	852.4	36
185	Clark	Duncan	Abbey Runners	M55	1											

210	Rickard	Matt	Nidd Valley Road Runners	M40	114	391.3	109	377.6	0	0.0	0	0.0	768.9	0.0	768.9	40
211	Roebuck	Chris	Horsforth Harriers	M40	0	0.0	0	0.0	92	401.3	77	363.8	765.1	0.0	765.1	41
212	Straghan	Tim	Valley Striders	M50	93	411.5	0	0.0	0	0.0	84	351.3	762.8	0.0	762.8	20
213	Tait	Ryan	Roundhay Runners	MSEN	234	276.0	198	276.6	292	184.4	167	202.5	939.5	184.4	755.1	66
214	Lefkof	Drew	Harrogate Harriers & AC	MSEN	0	0.0	0	0.0	99	393.7	81	356.6	750.3	0.0	750.3	67
215	Taylor	Lee	Hyde Park Harriers	M40	231	278.8	272	192.7	244	236.4	149	234.8	942.8	192.7	750.1	42
216	Sherratt	Gareth	Roundhay Runners	M40	140	366.3	0	0.0	112	379.6	0	0.0	746.0	0.0	746.0	43
217	Pawley	Graham	Valley Striders	M50	273	238.5	225	246.0	227	254.9	181	177.4	916.8	177.4	739.4	21
218	Sheppard	Ian	St Theresas AC	MSEN	0	0.0	119	366.2	120	370.9	0	0.0	737.1	0.0	737.1	68
219	Boardman	Simon	Kirkstall Harriers	MSEN	264	247.1	229	241.5	235	246.2	156	222.2	957.0	222.2	734.8	69
220	Whitby	Mark	York Postal Harriers	M50	267	244.2	234	235.8	230	251.6	0	0.0	731.7	0.0	731.7	22
221	Beal	Paul	Horsforth Harriers	M40	243	267.3	238	231.3	249	231.0	0	0.0	729.6	0.0	729.6	44
222	Thorpe	Andrew	Roundhay Runners	M40	130	376.0	0	0.0	136	353.6	0	0.0	729.5	0.0	729.5	45
223	Bryant	Joe	Harrogate Harriers & AC	MSEN	122	383.7	137	345.8	0	0.0	0	0.0	729.5	0.0	729.5	70
224	Adkins	Tobias	Hyde Park Harriers	MSEN	163	344.2	0	0.0	108	383.9	0	0.0	728.2	0.0	728.2	71
225	Heselden	Jamie	Rothwell Harriers & AC	M40	299	213.5	231	239.2	208	275.5	0	0.0	728.2	0.0	728.2	46
226	Brown	Tom	Valley Striders	M40	138	368.3	0	0.0	0	0.0	80	358.4	726.7	0.0	726.7	47
227	Geisleris	Giedrius	Kirkstall Harriers	M35	256	254.8	233	237.0	255	224.5	173	191.8	908.0	191.8	716.3	41
228	Adcock	Richard	Valley Striders	M50	249	261.5	224	247.2	0	0.0	169	198.9	707.6	0.0	707.6	23
229	Blatherwick	John	Hyde Park Harriers	MSEN	0	0.0	219	252.8	228	253.8	168	200.7	707.3	0.0	707.3	72
230	Samways	Dominic	Chapel Allerton Runners	MSEN	0	0.0	250	217.7	205	278.7	163	209.7	706.1	0.0	706.1	73
231	Borrowdale	Tom	Harrogate Harriers & AC	MSEN	0	0.0	152	328.8	116	375.3	0	0.0	704.1	0.0	704.1	74
232	Chan	James	Roundhay Runners	MSEN	0	0.0	148	333.3	121	369.8	0	0.0	703.2	0.0	703.2	75
233	Leach	Scott	Horsforth Fellandale	M45	248	262.5	266	199.5	240	240.8	0	0.0	702.8	0.0	702.8	36
234	Mills	Tony	Valley Striders	M45	160	347.1	0	0.0	135	354.7	0	0.0	701.8	0.0	701.8	37
235	Sklinar	Stu	Roundhay Runners	MSEN	292	220.2	232	238.1	241	239.7	204	136.2	834.2	136.2	698.0	76
236	Armistead	Simon	Chapel Allerton Runners	MSEN	0	0.0	0	0.0	105	387.2	107	310.0	697.2	0.0	697.2	77
237	Fowles	Andrew	Roundhay Runners	MSEN	0	0.0	0	0.0	114	377.4	102	319.0	696.4	0.0	696.4	78
238	Lynn	Sam	York Postal Harriers	M40	146	360.6	0	0.0	156	331.9	0	0.0	692.5	0.0	692.5	48
239	Burton	Phil	Roundhay Runners	M50	159	348.1	139	343.5	0	0.0	0	0.0	691.6	0.0	691.6	24
240	Wynn	Tom	Harrogate Tri Club	MSEN	0	0.0	0	0.0	157	330.8	82	354.8	685.6	0.0	685.6	79
241	Dickinson	Ian	Saltire Striders	M55	275	236.5	247	221.1	252	227.8	0	0.0	685.4	0.0	685.4	8
242	Clark	Connor	Abbey Runners	MSEN	175	332.7	132	351.5	0	0.0	0	0.0	684.2	0.0	684.2	80
243	Leadbeater	Mark	Ackworth Road Runners	M50	276	235.6	261	205.2	238	243.0	0	0.0	683.7	0.0	683.7	25
244	Ward	John	Abbey Runners	M65	262	249.0	257	209.8	257	222.3	191	159.5	840.6	159.5	681.1	1
245	Scaife	Nigel	Nidd Valley Road Runners	M45	167	340.4	0	0.0	148	340.6	0	0.0	680.9	0.0	680.9	38
246	Dalton	Kevin	Nidd Valley Road Runners	MSEN	165	342.3	145	336.7	0	0.0	0	0.0	679.0	0.0	679.0	81
247	Maudsley	Ian	St Theresas AC	M35	0	0.0	106	381.0	193	291.8	0	0.0	672.7	0.0	672.7	42
248	Forster	Fozzy	Nidd Valley Road Runners	MSEN	258	252.9	299	162.1	232	249.5	186	168.5	832.9	162.1	670.8	82
249	Ellmore	Steve	Knaresborough Striders	M50	263	248.1	0	0.0	248	232.1	174	190.0	670.1	0.0	670.1	26
250	Laughton	Mark	York Triathlon Club	M50	266	245.2	246	222.2	276	201.7	0	0.0	669.1	0.0	669.1	27
251	Jackson	Tom	Roundhay Runners	MSEN	176	331.7	0	0.0	152	336.2	0	0.0	668.0	0.0	668.0	83
252	Fugill	Sam	Nidd Valley Road Runners	M35	298	214.4	0	0.0	280	197.4	138	254.5	666.3	0.0	666.3	43
253	Mascarenhas	Andrew	Ackworth Road Runners	M35	135	371.2	182	294.8	0	0.0	0	0.0	665.9	0.0	665.9	44
254	Shacklock	Ben	Harrogate Harriers & AC	M40	110	395.2	0	0.0	214	269.0	0	0.0	664.2	0.0	664.2	49
255	Ameri	Ali	Abbey Runners	M35	326	187.5	240	229.0	234	247.3	207	130.8	794.6	130.8	663.8	45
256	Stoneman	Andy	Roundhay Runners	M45	127	378.8	192	283.4	0	0.0	0	0.0	662.3	0.0	662.3	39
257	Mcmullan	Kevin	Valley Striders	M50	147	359.6	0	0.0	184	301.5	0	0.0	661.1	0.0	661.1	28
258	Spencer	Tim	Saltire Striders	M60	301	211.5	254	213.2	246	234.3	176	186.4	845.3	186.4	659.0	5
259	Welton	Ted	Knaresborough Striders	M45	0	0.0	156	324.3	154	334.1	0	0.0	658.3	0.0	658.3	40
260	Mellor	David	St Theresas AC	M45	285	226.9	260	206.3	263	215.8	0	0.0	649.1	0.0	649.1	41
261	Brock	Martin	Knaresborough Striders	M40	137	369.2	0	0.0	0	0.0	124	279.6	648.8	0.0	648.8	50
262	Bernardo	Paul	Ackworth Road Runners	M45	279	232.7	256	210.9	274	203.9	0	0.0	647.5	0.0	647.5	42
263	Jesson	James	Wetherby Runners AC	M45	0	0.0	154	326.5	169	317.8	0	0.0	644.3	0.0	644.3	43
264	Rose	Jack	Hyde Park Harriers	MSEN	0	0.0	200	274.4	125	365.5	0	0.0	639.9	0.0	639.9	84
265	Strutt	Chris	Ackworth Road Runners	M45	191	317.3	0	0.0	168	318.9	0	0.0	636.2	0.0	636.2	44
266	Leach	Adrian	Ackworth Road Runners	M55	269	242.3	309	150.8	250	229.9	192	157.7	780.7	150.8	629.9	9
267	Richardson	Simon	Ilkley Harriers	M40	195	313.5	163	316.3	0	0.0	0	0.0	629.8	0.0	629.8	51
268	Henley	James	Roundhay Runners	MSEN	193	315.4	165	314.1	0	0.0	0	0.0	629.4	0.0	629.4	85
269	Macdonald	Scott	Abbey Runners	M40	280	231.7	242	226.8	0	0.0	187	166.7	625.2	0.0	625.2	52
270	Molynoux	Simon	Airecentre Pacers	M45	307	205.8	255	212.0	271	207.2	171	195.3	820.3	195.3	624.9	45
271	Hodge	Tony	Roundhay Runners	M45	305	207.7	259	207.5	302	173.5	164	207.9	796.6	173.5	623.1	46
272	Spain	Jonathan	Hyde Park Harriers	MSEN	0	0.0	170	308.4	0	0.0	106	311.8	620.2	0.0	620.2	86
273	Hillas	Stephen	Saltire Striders	M55	310	202.9	0	0.0	269	209.3	165	206.1	618.3	0.0	618.3	10
274	Parker	Darren	Saltire Striders	M50	328	185.6	248	220.0	267	211.5	0	0.0	617.0	0.0	617.0	29
275	Kaulgud	Dinesh	Valley Striders	M45	316	197.1	268	197.3	261	218.0	0	0.0	612.4	0.0	612.4	47
276	Watson	Simon	Harrogate Harriers & AC	M55	0	0.0	0	0.0	129	361.2	140	250.9	612.1	0.0	612.1	11
277	Roden	James	Abbey Runners	M45	0	0.0	189	286.8	0	0.0	99	324.4	611.2	0.0	611.2	48
278	Lister	Mike	Chapel Allerton Runners	MSEN	0	0.0	153	327.7	201	283.1	0	0.0	610.7	0.0	610.7	87
279	Whittaker	James	Abbey Runners	M50	283	228.8	262	204.1	299	176.8	230	89.6	699.3	89.6	609.7	30
280	Lawson	Simon	Harrogate Harriers & AC	M50	295	217.3	273	191.6	277	200.7	0	0.0	609.6	0.0	609.6	31
281	Bower	David	Saltire Striders	M55	321	192.3	253	214.3	278	199.6	193	155.9	762.1	155.9	606.2	12
282	Leaf	David	St Theresas AC	M65	335	178.8	267	198.4	253	226.7	0	0.0	603.9	0.0	603.9	2
283	Gwilym	Owain	Airecentre Pacers	M35	182	326.0	0	0.0	209	274.4	0	0.0	600.4	0.0	600.4	46
284	Heather	Andrew	York Postal Harriers	M45	296	216.3	252	215.4	0	0.0	188	164.9	596.6	0.0	596.6	49
285	Porter	Craig	Dragons Running Club	M50	294	218.3	277	187.1	360	110.6	175	188.2	704.1	110.6	593.5	32
286	Carter	Matt	Valley Striders	M35	202	306.7	0	0.0	198	286.3	0	0.0	593.1	0.0	593.1	47
287	Bartlett	Gary	Roundhay Runners	M45	210	299.0	183	293.7	0	0.0	0	0.0	592.7	0.0	592.7	50
288	Bryant	Pete	Dragons Running Club	M50	293	219.2	274	190.5	296	180.0	179	181.0	770.8	180.0	590.7	33
289	Singh	John	Saltire Striders	M35	223	286.5	0	0.0	185	300.4	0	0.0	587.0	0.0	587.0	48
290	Wilson	Darran	Horsforth Harriers	M40	284	227.9	0	0.0	270	208.2	196	150.5	586.7	0.0	586.7	53
291	Jackman	Paul	Rothwell Harriers & AC	M35	0	0.0	205	268.7	170	316.7	0	0.0	585.4	0.0	585.4	49
292	Chubb	Daniel	Chapel Allerton Runners	M35	0	0.0	0	0.0	163	324.3	135	259.9	584.2	0.0	584.2	50
293	Bell	Richard	Wetherby Runners AC	M50	325	188.5	275	189.3	272	206.1	0	0.0	583.9	0.0	583.9	34
294	Dilasser	Jamie	Nidd Valley Road Runners	M45	226	283.7	181	295.9	0	0.0	0	0.0	579.6	0.0	579.6	51
295	Akhtar	Tahir	Valley Striders	M60	311	201.9	276									



317	Hoy	Graham	Kippax Harriers	M40	349	165.4	288	174.6	311	163.8	178	182.8	686.6	163.8	522.8	60
318	Vinegrad	Michael	Chapel Allerton Runners	M35	0	0.0	235	234.7	197	287.4	0	0.0	522.1	0.0	522.1	53
319	Lifford	Steve	Abbey Runners	M40	0	0.0	0	0.0	191	293.9	153	227.6	521.5	0.0	521.5	61
320	Ventress	Phil	Nidd Valley Road Runners	M45	228	281.7	0	0.0	243	237.5	0	0.0	519.3	0.0	519.3	56
321	Thomas	Richard	Saltire Striders	MSEN	244	266.3	0	0.0	239	241.9	0	0.0	508.2	0.0	508.2	92
322	Woodhead	William	Airecentre Pacers	MSEN	274	237.5	305	155.3	357	113.9	0	0.0	506.7	0.0	506.7	93
323	Wideman	Wayne	Kippax Harriers	M40	0	0.0	0	0.0	217	265.7	146	240.1	505.9	0.0	505.9	62
324	Hutchinson	Alan	Valley Striders	M60	331	182.7	311	148.5	301	174.6	0	0.0	505.8	0.0	505.8	8
325	Ayres	Daniel	St Therasas AC	M45	0	0.0	228	242.6	221	261.4	0	0.0	504.0	0.0	504.0	57
326	Steel	Phil	York Triathlon Club	M40	385	130.8	286	176.9	281	196.3	0	0.0	504.0	0.0	504.0	63
327	Ford	Jamie	Rothwell Harriers & AC	M40	339	175.0	301	159.9	307	168.1	0	0.0	503.0	0.0	503.0	64
328	Walker	John	Roundhay Runners	M55	340	174.0	297	164.4	312	162.7	223	102.2	603.3	102.2	501.1	15
329	Giglia	Chris	Hyde Park Harriers	MSEN	286	226.0	203	271.0	0	0.0	0	0.0	496.9	0.0	496.9	94
330	Whiteley	Lee	St Therasas AC	M40	0	0.0	220	251.7	237	244.0	0	0.0	495.7	0.0	495.7	65
331	Howie	Robin	Wharfedale Harriers	MSEN	0	0.0	0	0.0	0	0.0	4	494.6	494.6	0.0	494.6	95
332	Ehrlich	Alexander	Horsforth Harriers	M35	253	257.7	0	0.0	0	0.0	148	236.6	494.3	0.0	494.3	54
333	Taylor	Matt	Roundhay Runners	MSEN	277	234.6	217	255.1	0	0.0	0	0.0	489.7	0.0	489.7	96
334	Middleton	Simon	York Postal Harriers	M45	242	268.3	0	0.0	258	221.3	0	0.0	489.5	0.0	489.5	58
335	Wills	Jonathan	Roundhay Runners	M40	13	488.5	0	0.0	0	0.0	0	0.0	488.5	0.0	488.5	66
336	Shekar	Chandra	Nidd Valley Road Runners	M45	369	146.2	278	185.9	319	155.1	0	0.0	487.2	0.0	487.2	59
337	Moffatt	Simon	Harrogate Harriers & AC	M50	0	0.0	0	0.0	229	252.7	150	233.0	485.7	0.0	485.7	37
338	Calver	Robert	Chapel Allerton Runners	M45	315	198.1	356	97.5	287	189.8	227	95.0	580.4	95.0	485.4	60
339	Muir	Jack	Wharfedale Harriers	MSEN	0	0.0	14	485.3	0	0.0	0	0.0	485.3	0.0	485.3	97
340	Midwood	Simon	Valley Striders	M35	0	0.0	0	0.0	0	0.0	10	483.9	483.9	0.0	483.9	55
341	van Rossum	Tom	Valley Striders	M35	0	0.0	17	481.9	0	0.0	0	0.0	481.9	0.0	481.9	56
342	Holmes	Christian	Wharfedale Harriers	M45	0	0.0	0	0.0	0	0.0	12	480.3	480.3	0.0	480.3	61
343	Ross	Bryan	Horsforth Harriers	MSEN	0	0.0	270	195.0	200	284.2	0	0.0	479.2	0.0	479.2	98
344	Seddon	Tim	St Therasas AC	M60	255	255.8	245	223.4	0	0.0	0	0.0	479.1	0.0	479.1	9
345	Cox	Matt	Ilkley Harriers	M45	24	477.9	0	0.0	0	0.0	0	0.0	477.9	0.0	477.9	62
346	Platten	Jason	York Postal Harriers	MSEN	268	243.3	0	0.0	247	233.2	0	0.0	476.5	0.0	476.5	99
347	Cuthbertson	Nic	Chapel Allerton Runners	M55	373	142.3	295	166.7	310	164.9	228	93.2	567.0	93.2	473.8	16
348	Longmate	Kevin	Kirkstall Harriers	MSEN	288	224.0	223	248.3	0	0.0	0	0.0	472.3	0.0	472.3	100
349	Billenness	Greg	Hyde Park Harriers	M45	0	0.0	222	249.4	262	216.9	0	0.0	466.4	0.0	466.4	63
350	Cook	James	Nidd Valley Road Runners	M50	329	184.6	284	179.1	0	0.0	224	100.4	464.1	0.0	464.1	38
351	Baiden	Andrew	Rothwell Harriers & AC	M45	271	240.4	0	0.0	256	223.4	0	0.0	463.8	0.0	463.8	64
352	Bibby	Ross	Valley Striders	M35	0	0.0	34	462.6	0	0.0	0	0.0	462.6	0.0	462.6	57
353	Snow	Matthew	Ilkley Harriers	M40	354	160.6	0	0.0	324	149.7	195	152.3	462.6	0.0	462.6	67
354	Sennett	Marc	Wharfedale Harriers	M35	0	0.0	0	0.0	0	0.0	22	462.4	462.4	0.0	462.4	58
355	Turner	Steven	Nidd Valley Road Runners	M45	281	230.8	0	0.0	254	225.6	0	0.0	456.4	0.0	456.4	65
356	Miles	Graeme	Hyde Park Harriers	M35	0	0.0	227	243.8	266	212.6	0	0.0	456.3	0.0	456.3	59
357	Patchett	Ian	Abbey Runners	M55	400	116.3	290	172.3	309	165.9	0	0.0	454.6	0.0	454.6	17
358	Sawyer	Paul	Hyde Park Harriers	M35	246	264.4	0	0.0	288	188.7	0	0.0	453.1	0.0	453.1	60
359	Parker	David	St Therasas AC	M55	50	452.9	0	0.0	0	0.0	0	0.0	452.9	0.0	452.9	18
360	Durkin	Paul	Kippax Harriers	M55	350	164.4	296	165.5	349	122.6	234	82.4	535.0	82.4	452.5	19
361	Groves	Stephen	Kirkstall Harriers	M35	265	246.2	0	0.0	273	205.0	0	0.0	451.1	0.0	451.1	61
362	Weatherhead	Greg	St Therasas AC	MSEN	54	449.0	0	0.0	0	0.0	0	0.0	449.0	0.0	449.0	101
363	Gallagher	Mike	Hyde Park Harriers	M35	0	0.0	47	447.8	0	0.0	0	0.0	447.8	0.0	447.8	62
364	Cohen	Howard	Abbey Runners	M55	357	157.7	291	171.2	353	118.2	0	0.0	447.1	0.0	447.1	20
365	Dickens	Paul	Hyde Park Harriers	MSEN	338	176.0	0	0.0	304	171.4	225	98.6	445.9	0.0	445.9	102
366	Allen	Lloyd	Kirkstall Harriers	M50	370	145.2	339	116.8	293	183.3	0	0.0	445.3	0.0	445.3	39
367	Grindley	Paul	Airecentre Pacers	M55	287	225.0	0	0.0	259	220.2	0	0.0	445.2	0.0	445.2	21
368	Burnham	Matthew	Airecentre Pacers	MSEN	0	0.0	236	233.6	268	210.4	0	0.0	444.0	0.0	444.0	103
369	Richardson	Timothy	Harrogate Harriers & AC	MSEN	61	442.3	0	0.0	0	0.0	0	0.0	442.3	0.0	442.3	104
370	Welsh	Rich	Rothwell Harriers & AC	MSEN	0	0.0	211	281.9	0	0.0	180	179.2	441.1	0.0	441.1	105
371	Seidel	Adam	Harrogate Harriers & AC	MSEN	254	256.7	280	183.7	0	0.0	0	0.0	440.4	0.0	440.4	106
372	Burns	Graham	Dragons Running Club	M35	352	162.5	325	132.7	333	139.9	0	0.0	435.1	0.0	435.1	63
373	Phillipson	Mark	Kirkstall Harriers	M45	0	0.0	0	0.0	275	202.8	152	229.4	432.2	0.0	432.2	66
374	Isherwood	David	Chapel Allerton Runners	M40	317	196.2	0	0.0	245	235.4	0	0.0	431.5	0.0	431.5	68
375	Hutchison	Ross	Abbey Runners	M35	0	0.0	0	0.0	0	0.0	40	430.1	430.1	0.0	430.1	64
376	Araya	Thomas	Bradford Airedale AC	MSEN	75	428.8	0	0.0	0	0.0	0	0.0	428.8	0.0	428.8	107
377	Wilks	Trevor	Abbey Runners	M45	77	426.9	0	0.0	0	0.0	0	0.0	426.9	0.0	426.9	67
378	Temple	Rowan	Kirkstall Harriers	MSEN	79	425.0	0	0.0	0	0.0	0	0.0	425.0	0.0	425.0	108
379	Thomas	Richard	Kirkstall Harriers	M55	375	140.4	0	0.0	317	157.3	209	127.2	424.9	0.0	424.9	22
380	Bell	George	Chapel Allerton Runners	MSEN	0	0.0	0	0.0	72	423.0	0	0.0	423.0	0.0	423.0	109
381	Walker	Gavin	Ackworth Road Runners	MSEN	83	421.2	0	0.0	0	0.0	0	0.0	421.2	0.0	421.2	110
382	Harrop	Andrew	Horsforth Harriers	M55	351	163.5	319	139.5	355	116.1	0	0.0	419.0	0.0	419.0	23
383	White	Geoffrey	Ilkley Harriers	M35	396	120.2	0	0.0	322	151.8	199	145.2	417.2	0.0	417.2	65
384	Western	Gary	Saltire Striders	M60	378	137.5	323	134.9	329	144.3	0	0.0	416.7	0.0	416.7	10
385	Carlisle	Gary	Kirkstall Harriers	M55	389	126.9	333	123.6	331	142.1	198	147.0	539.5	123.6	416.0	24
386	Askew	David	Harrogate Harriers & AC	M55	0	0.0	265	200.7	264	214.8	0	0.0	415.4	0.0	415.4	25
387	Butterfield	Richard	Horsforth Harriers	M60	270	241.3	292	170.1	0	0.0	0	0.0	411.4	0.0	411.4	11
388	Gaunt	Daniel	St Therasas AC	M35	360	154.8	330	127.0	0	0.0	208	129.0	410.8	0.0	410.8	66
389	Lam	Cheuk	Bradford Airedale AC	MSEN	0	0.0	0	0.0	84	410.0	0	0.0	410.0	0.0	410.0	111
390	Dobinson	Derek	Knaresborough Striders	M40	306	206.7	263	202.9	0	0.0	0	0.0	409.7	0.0	409.7	69
391	Jones	Simon Glyn	Abbey Runners	M45	96	408.7	0	0.0	0	0.0	0	0.0	408.7	0.0	408.7	68
392	Griffiths	Alun	Saltire Striders	M60	372	143.3	298	163.3	368	102.0	0	0.0	408.5	0.0	408.5	12
393	Richardson	Jay	Roundhay Runners	MSEN	314	199.0	258	208.6	0	0.0	0	0.0	407.7	0.0	407.7	112
394	Murray	Steve	Ilkley Harriers	M50	101	403.8	0	0.0	0	0.0	0	0.0	403.8	0.0	403.8	40
395	Walker	Will	Ackworth Road Runners	M35	332	181.7	0	0.0	260	219.1	0	0.0	400.8	0.0	400.8	67
396	Ellis	Matt	Abbey Runners	M45	330	183.7	0	0.0	265	213.7	0	0.0	397.3	0.0	397.3	69
397	Jones	Luke	Horsforth Harriers	MSEN	112	393.3	0	0.0	0	0.0	0	0.0	393.3	0.0	393.3	113
398	Robins	Michael	Valley Striders	M60	384	131.7	326	131.5	343	129.1	0	0.0	392.3	0.0	392.3	13
399	Steele	Marcel	Eccleshill Road Runners	MSEN	355	159.6	332	124.7	364	106.3	0	0.0	390.6	0.0	390.6	114
400	Lyons	Chris	Chapel Allerton Runners	M40	0	0.0	0	0.0	0	0.0	64	387.1	387.1	0.0	387.1	70
401	Wright	James	Knaresborough Striders	MSEN	120	385.6	0	0.0	0	0.0	0	0.0	385.6	0.0	385.6	115
402	Toulson	Anthony	Roundhay Runners	M45	348	166.3	249	218.8	0	0.0	0	0.0	385.2	0.0	385.2	70
403	Wilson	Danny	Dragons Running Club	M45	371	144.2	316	142.9	387	81.3	226	96.8	465.2	81.3	383.9	

424	Butterfield	Lewis	Rothwell Harriers & AC	MSEN	431	86.5	0	0.0	0.0	325	148.6	210	125.4	360.6	0.0	360.6	122
425	Vargas	Michael	Hyde Park Harriers	M35	0	0.0	0	0.0	0.0	130	360.1	0	0.0	360.1	0.0	360.1	68
426	Camp	Adam	Saltire Striders	M35	148	358.7	0	0.0	0.0	0	0.0	0	0.0	358.7	0.0	358.7	69
427	Needham	Jim	Ackworth Road Runners	M50	0	0.0	127	357.1	0	0.0	0	0	0.0	357.1	0.0	357.1	46
428	Womersley	David	Horsforth Harriers	M65	0	0.0	282	181.4	300	175.7	0	0	0.0	357.1	0.0	357.1	6
429	Mangeolles	James	Horsforth Harriers	M35	0	0.0	0	0.0	295	181.1	182	175.6	356.8	0.0	356.8	70	
430	Balshaw	Richard	Valley Striders	M50	150	356.7	0	0.0	0	0.0	0	0	0.0	356.7	0.0	356.7	47
431	Carney	James	Roundhay Runners	M35	0	0.0	128	356.0	0	0.0	0	0	0.0	356.0	0.0	356.0	71
432	Reid	Chris	Rothwell Harriers & AC	M40	420	97.1	334	122.4	442	21.7	206	132.6	373.9	21.7	352.2	72	
433	Raby	Steve	Horsforth Harriers	M55	155	351.9	0	0.0	0	0.0	0	0	0.0	351.9	0.0	351.9	27
434	Iddon	Andy	Nidd Valley Road Runners	MSEN	359	155.8	0	0.0	289	187.6	0	0	0.0	343.4	0.0	343.4	123
435	Cornforth	James	Knaresborough Striders	MSEN	0	0.0	0	0.0	147	341.6	0	0	0.0	341.6	0.0	341.6	124
436	Franklin	James	Abbey Runners	M40	166	341.3	0	0.0	0	0.0	0	0	0.0	341.3	0.0	341.3	73
437	Davison	Sam	Valley Striders	MSEN	320	193.3	313	146.3	0	0.0	0	0	0.0	339.5	0.0	339.5	125
438	Olliver	Liam	Airecentre Pacers	M35	434	83.7	0	0.0	337	135.6	214	118.3	337.5	0.0	337.5	72	
439	Nurse	Dom	Abbey Runners	M50	0	0.0	0	0.0	0	0.0	92	336.9	336.9	0.0	336.9	48	
440	Walker	Richard	Valley Striders	M50	324	189.4	312	147.4	0	0.0	0	0	0.0	336.8	0.0	336.8	49
441	Eagle	Jon	Horsforth Harriers	M55	0	0.0	0	0.0	283	194.1	201	141.6	335.7	0.0	335.7	28	
442	Heeley	Paul	Horsforth Fellandale	M40	173	334.6	0	0.0	0	0.0	0	0	0.0	334.6	0.0	334.6	74
443	Cook	James	Roundhay Runners	M40	337	176.9	304	156.5	0	0.0	0	0	0.0	333.4	0.0	333.4	75
444	Gartside	Michael	Hyde Park Harriers	M35	0	0.0	0	0.0	0	0.0	94	333.3	333.3	0.0	333.3	73	
445	Morimoto	Kazuki	Abbey Runners	M50	327	186.5	0	0.0	328	145.3	0	0	0.0	331.9	0.0	331.9	50
446	Frazer	Simon	Saltire Striders	M45	179	328.8	0	0.0	0	0.0	0	0	0.0	328.8	0.0	328.8	75
447	Kay	Tom	Saltire Striders	MSEN	0	0.0	0	0.0	159	328.6	0	0	0.0	328.6	0.0	328.6	126
448	Montgomery	Craig	Roundhay Runners	M35	180	327.9	0	0.0	0	0.0	0	0	0.0	327.9	0.0	327.9	74
449	Howarth	Richard	St Therasas AC	M45	313	200.0	0	0.0	346	125.8	0	0	0.0	325.8	0.0	325.8	76
450	Redmond	Tony	Eccleshill Road Runners	M55	414	102.9	349	105.4	354	117.1	0	0	0.0	325.5	0.0	325.5	29
451	Tibbals	Andy	Harrogate Tri Club	M55	427	90.4	361	91.8	330	143.2	0	0	0.0	325.4	0.0	325.4	30
452	Allison	John Emrys	Roundhay Runners	M35	346	168.3	0	0.0	318	156.2	0	0	0.0	324.5	0.0	324.5	75
453	Pegg	Rod	Saltire Striders	M65	366	149.0	289	173.5	0	0.0	0	0	0.0	322.5	0.0	322.5	7
454	Gregory	Mark	Rothwell Harriers & AC	M55	0	0.0	294	167.8	321	152.9	0	0	0.0	320.7	0.0	320.7	31
455	Jones	Justin	Roundhay Runners	M40	407	109.6	353	100.9	361	109.5	241	69.9	390.0	69.9	320.1	76	
456	Browes	Sam	Roundhay Runners	MSEN	0	0.0	161	318.6	0	0.0	0	0	0.0	318.6	0.0	318.6	127
457	Mckinney	Charles	Ackworth Road Runners	M45	362	152.9	0	0.0	313	161.6	0	0	0.0	314.5	0.0	314.5	77
458	Butler	Joe	Roundhay Runners	MSEN	197	311.5	0	0.0	0	0.0	0	0	0.0	311.5	0.0	311.5	128
459	Moss	Marcus	Roundhay Runners	M40	199	309.6	0	0.0	0	0.0	0	0	0.0	309.6	0.0	309.6	77
460	Riveros Rojas	Alberto	Kirkstall Harriers	M40	201	307.7	0	0.0	0	0.0	0	0	0.0	307.7	0.0	307.7	78
461	Beattie	Christopher	Nidd Valley Road Runners	M60	341	173.1	0	0.0	344	128.0	0	0	0.0	301.1	0.0	301.1	15
462	Lavery	Malcolm	Abbey Runners	M50	368	147.1	307	153.1	0	0.0	0	0	0.0	300.2	0.0	300.2	51
463	Mosedale	Tim	Saltire Striders	M35	318	195.2	350	104.3	0	0.0	0	0	0.0	299.5	0.0	299.5	76
464	Marshall	Guy	Knaresborough Striders	M55	0	0.0	0	0.0	314	160.5	203	138.0	298.5	0.0	298.5	32	
465	Schofield	George	St Therasas AC	MSEN	0	0.0	0	0.0	0	0.0	114	297.5	297.5	0.0	297.5	129	
466	Haggerty	Randolph	Kirkstall Harriers	M50	0	0.0	300	161.0	0	0.0	205	134.4	295.4	0.0	295.4	52	
467	Walker	Mark	Harrogate Harriers & AC	M55	353	161.5	0	0.0	339	133.4	0	0	0.0	294.9	0.0	294.9	33
468	Gill	Christopher	St Therasas AC	M70	367	148.1	314	145.1	0	0.0	0	0	0.0	293.2	0.0	293.2	1
469	Rymill	Peter	Wetherby Runners AC	M70	424	93.3	366	86.2	358	112.8	0	0	0.0	292.2	0.0	292.2	2
470	Elcock	Tom	Hyde Park Harriers	M35	334	179.8	0	0.0	359	111.7	0	0	0.0	291.5	0.0	291.5	77
471	Withill	Sean	York Postal Harriers	M55	363	151.9	320	138.3	0	0.0	0	0	0.0	290.2	0.0	290.2	34
472	Miran	Sohail	Bradford Airedale AC	M45	426	91.3	351	103.2	374	95.4	243	66.3	356.3	66.3	290.0	78	
473	Shelton	Mark	Knaresborough Striders	M35	410	106.7	363	89.6	379	90.0	233	84.2	370.6	84.2	286.3	78	
474	Whiting	Darren	Wetherby Runners AC	MSEN	224	285.6	0	0.0	0	0.0	0	0	0.0	285.6	0.0	285.6	130
475	Clark	Kevin	Nidd Valley Road Runners	M35	0	0.0	0	0.0	199	285.2	0	0	0.0	285.2	0.0	285.2	79
476	Fox	Ken	Valley Striders	M60	365	150.0	327	130.4	0	0.0	0	0	0.0	280.4	0.0	280.4	16
477	Schofield	Jason	Wharfedale Harriers	M45	230	279.8	0	0.0	0	0.0	0	0	0.0	279.8	0.0	279.8	79
478	Common	Paul	Roundhay Runners	M55	0	0.0	293	168.9	0	0.0	219	109.3	278.3	0.0	278.3	35	
479	Brennan	Sean	Knaresborough Striders	M50	233	276.9	0	0.0	0	0.0	0	0	0.0	276.9	0.0	276.9	53
480	Shaw	Michael	Nidd Valley Road Runners	M40	399	117.3	0	0.0	315	159.4	0	0	0.0	276.7	0.0	276.7	79
481	Littlewood	Graeme	Abbey Runners	M50	380	135.6	318	140.6	0	0.0	0	0	0.0	276.2	0.0	276.2	54
482	Love	Andrew	Pudsey & Bramley AC	M40	0	0.0	199	275.5	0	0.0	0	0	0.0	275.5	0.0	275.5	80
483	Hussey	John	Valley Striders	M70	394	122.1	352	102.0	0	0.0	252	50.2	274.3	0.0	274.3	3	
484	Jackett	Charlie	Hyde Park Harriers	M35	0	0.0	0	0.0	210	273.3	0	0	0.0	273.3	0.0	273.3	80
485	Atkinson	Paul	St Therasas AC	M55	238	272.1	0	0.0	0	0.0	0	0	0.0	272.1	0.0	272.1	36
486	Hulme	Simon	Rothwell Harriers & AC	M50	239	271.2	0	0.0	0	0.0	0	0	0.0	271.2	0.0	271.2	55
487	Gibson	Richard	York Triathlon Club	MSEN	415	101.9	0	0.0	306	169.2	0	0	0.0	271.1	0.0	271.1	131
488	Ogden	Ian	Saltire Striders	M45	240	270.2	0	0.0	0	0.0	0	0	0.0	270.2	0.0	270.2	80
489	Sutton	Robert	Eccleshill Road Runners	M55	451	67.3	391	57.8	415	51.0	200	143.4	319.5	51.0	268.5	37	
490	Burke	Joseph	Roundhay Runners	MSEN	445	73.1	358	95.2	383	85.7	232	86.0	340.0	73.1	266.9	132	
491	Edwards	Richard	Hyde Park Harriers	M40	428	89.4	369	82.8	376	93.3	0	0	0.0	265.5	0.0	265.5	81
492	Rush	Pete	Roundhay Runners	M55	245	265.4	0	0.0	0	0.0	0	0	0.0	265.4	0.0	265.4	38
493	Bysouth	Tom	Abbey Runners	M40	0	0.0	0	0.0	0	0.0	133	263.4	263.4	0.0	263.4	82	
494	Thorpe	Stuart	Rothwell Harriers & AC	M50	377	138.5	0	0.0	347	124.7	0	0	0.0	263.2	0.0	263.2	56
495	Andralojc	Nick	Harrogate Harriers & AC	M55	0	0.0	0	0.0	220	262.5	0	0	0.0	262.5	0.0	262.5	39
496	Pullan	Rick	Hyde Park Harriers	M60	443	75.0	347	107.7	389	79.2	238	75.3	337.2	75.0	262.2	17	
497	Pennock	Richard	Harrogate Harriers & AC	M45	250	260.6	0	0.0	0	0.0	0	0	0.0	260.6	0.0	260.6	81
498	Jones	Chris	Hyde Park Harriers	M60	0	0.0	343	112.2	327	146.4	0	0	0.0	258.7	0.0	258.7	18
499	Laverick	John	Rothwell Harriers & AC	M35	252	258.7	0	0.0	0	0.0	0	0	0.0	258.7	0.0	258.7	81
500	Jowett	Gareth	Hyde Park Harriers	M35	0	0.0	214	258.5	0	0.0	0	0	0.0	258.5	0.0	258.5	82
501	Cook	Dave	York Postal Harriers	M50	387	128.8	328	129.3	0	0.0	0	0	0.0	258.1	0.0	258.1	57
502	Metcalfe	Daniel	Horsforth Fellandale	M40	379	136.5	0	0.0	351	120.4	0	0	0.0	256.9	0.0	256.9	83
503	Best	Jamie	St Therasas AC	M40	432	85.6	364	88.4	388	80.3	0	0	0.0	254.3	0.0	254.3	84
504	Richardson	Jeremy	Roundhay Runners	M55	438	79.8	368	83.9	380	88.9	0	0	0.0	252.6	0.0	252.6	40
505	Simpson	John	Wetherby Runners AC	M65	0	0.0	315	144.0	362	108.5	0	0	0.0	252.5	0.0	252.5	8
506	Sidwell	David	Ackworth Road Runners	M35	260	251.0	0	0.0	0	0.0	0	0	0.0	251.0	0.0	251.0	83
507	Evans	Mark	Roundhay Runners	M50	261	250.0	0	0.0	0	0.0	0	0	0.0	250.0	0.0	250.0	58
508	Douglas	Alan	Saltire Striders	M50	382	133.7	340	115.6	0	0.0	0	0	0.0				

531	Mcardrew	Rory	Roundhay Runners	MSEN	459	59.6	377	73.7	384	84.6	0	0.0	217.9	0.0	217.9	137
532	Hassall	Christopher	Hyde Park Harriers	M35	0	0.0	251	216.6	0	0.0	0	0.0	216.6	0.0	216.6	84
533	Fuller	Nigel	St Therasas AC	M40	381	134.6	372	79.4	0	0.0	0	0.0	214.0	0.0	214.0	89
534	Elliott	Craig	Saltaire Striders	M45	485	34.6	387	62.4	392	75.9	239	73.5	246.4	34.6	211.8	87
535	Walters	James	Ackworth Road Runners	M35	302	210.6	0	0.0	0	0.0	0	0.0	210.6	0.0	210.6	85
536	Fagan	Mark	Harrogate Tri Club	M40	304	208.7	0	0.0	0	0.0	0	0.0	208.7	0.0	208.7	90
537	Tomlinson	Paul	Dragons Running Club	M50	388	127.9	0	0.0	0	0.0	237	77.1	204.9	0.0	204.9	61
538	Kent	Craig	Abbey Runners	MSEN	0	0.0	0	0.0	0	0.0	166	204.3	204.3	0.0	204.3	138
539	Blakeman	Neil	Roundhay Runners	M55	422	95.2	346	108.8	0	0.0	0	0.0	204.0	0.0	204.0	46
540	Gill	Darren	Ackworth Road Runners	M45	309	203.8	0	0.0	0	0.0	0	0.0	203.8	0.0	203.8	88
541	Clarkin	Oliver	Hyde Park Harriers	MSEN	417	100.0	383	66.9	0	0.0	260	35.8	202.7	0.0	202.7	139
542	Morley	Barry	Kippax Harriers	M50	458	60.6	381	69.2	395	72.7	250	53.8	256.2	53.8	202.4	62
543	Kettlewell	Alistair	Hyde Park Harriers	M40	312	201.0	0	0.0	0	0.0	0	0.0	201.0	0.0	201.0	91
544	Messenger	John	Kippax Harriers	M70	449	69.2	385	64.6	401	66.2	255	44.8	244.8	44.8	200.0	4
545	Dixon	Stephen	Valley Striders	M65	418	99.0	0	0.0	369	100.9	0	0.0	199.9	0.0	199.9	9
546	Seaman	Dave	Nidd Valley Road Runners	M70	450	68.3	378	72.6	461	1.1	248	57.3	199.3	1.1	198.2	5
547	Pickering	Malcolm	Ilkley Harriers	M65	0	0.0	0	0.0	282	195.2	0	0.0	195.2	0.0	195.2	10
548	Mitchell	Ian	Knaresborough Striders	M55	319	194.2	0	0.0	0	0.0	0	0.0	194.2	0.0	194.2	47
549	Taylor	Mark	Knaresborough Striders	M50	435	82.7	345	110.0	0	0.0	0	0.0	192.7	0.0	192.7	63
550	Badkin	Peter	Abbey Runners	M55	461	57.7	389	60.1	394	73.8	0	0.0	191.5	0.0	191.5	48
551	Mcaliece	Philip	Roundhay Runners	M35	323	190.4	0	0.0	0	0.0	0	0.0	190.4	0.0	190.4	86
552	Costello	Peter	Wetherby Runners AC	M50	442	76.0	342	113.4	0	0.0	0	0.0	189.3	0.0	189.3	64
553	Tarbit	James	Hyde Park Harriers	MSEN	441	76.9	382	68.0	0	0.0	256	43.0	188.0	0.0	188.0	140
554	Huggins	Roy	Valley Striders	M55	0	0.0	0	0.0	0	0.0	177	184.6	184.6	0.0	184.6	49
555	Gibson	Paul	Chapel Allerton Runners	M60	0	0.0	281	182.5	0	0.0	0	0.0	182.5	0.0	182.5	22
556	Crawford	Gordon	Hyde Park Harriers	M65	333	180.8	0	0.0	0	0.0	0	0.0	180.8	0.0	180.8	11
557	East	Lee	Saltaire Striders	M40	412	104.8	376	74.8	0	0.0	0	0.0	179.6	0.0	179.6	92
558	Weight	Dave	Roundhay Runners	M55	0	0.0	0	0.0	298	177.9	0	0.0	177.9	0.0	177.9	50
559	Jamieson	Lee	Kippax Harriers	M40	411	105.8	0	0.0	396	71.6	0	0.0	177.4	0.0	177.4	93
560	Walker	Paul	Knaresborough Striders	M50	419	98.1	0	0.0	390	78.1	0	0.0	176.2	0.0	176.2	65
561	Nothers	James	Wakefield Triathlon Club	MSEN	0	0.0	287	175.7	0	0.0	0	0.0	175.7	0.0	175.7	141
562	Sharp	Chris	Ackworth Road Runners	MSEN	433	84.6	0	0.0	378	91.1	0	0.0	175.7	0.0	175.7	142
563	Wood	Steve	Horsforth Harriers	M65	429	88.5	367	85.0	0	0.0	0	0.0	173.5	0.0	173.5	12
564	Aslam	Mohammed	Hyde Park Harriers	M50	462	56.7	401	46.5	398	69.4	270	17.9	190.6	17.9	172.6	66
565	Bereke	Tumzgi	Bradford Airedale AC	MSEN	342	172.1	0	0.0	0	0.0	0	0.0	172.1	0.0	172.1	143
566	Kidner	Ralph	Hyde Park Harriers	M65	444	74.0	359	94.1	0	0.0	0	0.0	168.1	0.0	168.1	13
567	Bates	Adam	Harrogate Harriers & AC	M40	0	0.0	0	0.0	308	167.0	0	0.0	167.0	0.0	167.0	94
568	Hymas	Stewart	Knaresborough Striders	M45	0	0.0	0	0.0	0	0.0	189	163.1	163.1	0.0	163.1	89
569	Bowman	Geoff	Roundhay Runners	M55	463	55.8	400	47.6	407	59.7	0	0.0	163.0	0.0	163.0	51
570	Copley	James	Kippax Harriers	M35	0	0.0	354	99.8	404	62.9	0	0.0	162.7	0.0	162.7	87
571	Balkwill	James	Abbey Runners	M45	439	78.8	0	0.0	386	82.4	0	0.0	161.3	0.0	161.3	90
572	Watson	Kevin	Horsforth Harriers	M70	0	0.0	362	90.7	397	70.5	0	0.0	161.2	0.0	161.2	6
573	Nesbitt	Stephen	Harrogate Harriers & AC	M50	0	0.0	302	158.7	0	0.0	0	0.0	158.7	0.0	158.7	67
574	Towler	Jake	Valley Striders	MSEN	356	158.7	0	0.0	0	0.0	0	0.0	158.7	0.0	158.7	144
575	Rice	Kevin	Harrogate Harriers & AC	M55	0	0.0	0	0.0	316	158.4	0	0.0	158.4	0.0	158.4	52
576	Tinker	Mick	Valley Striders	M65	440	77.9	373	78.2	0	0.0	0	0.0	156.1	0.0	156.1	14
577	Smith	Nicholas	Nidd Valley Road Runners	M60	467	51.9	394	54.4	417	48.8	0	0.0	155.2	0.0	155.2	23
578	Murray	Julian	Harrogate Tri Club	M45	0	0.0	0	0.0	320	154.0	0	0.0	154.0	0.0	154.0	91
579	Currie	Iain	Valley Striders	M50	0	0.0	308	151.9	0	0.0	0	0.0	151.9	0.0	151.9	68
580	Robinson	Philip	Nidd Valley Road Runners	M55	0	0.0	0	0.0	373	96.5	251	52.0	148.5	0.0	148.5	53
581	Mace	Andy	Valley Striders	M45	423	94.2	395	53.3	0	0.0	0	0.0	147.5	0.0	147.5	92
582	Aldred	Jon	Ackworth Road Runners	M50	0	0.0	0	0.0	326	147.5	0	0.0	147.5	0.0	147.5	69
583	Taylor	Christopher	Ackworth Road Runners	M65	477	42.3	404	43.1	405	61.8	0	0.0	147.2	0.0	147.2	15
584	Hammond	Paul	Kippax Harriers	M55	437	80.8	384	65.8	0	0.0	0	0.0	146.5	0.0	146.5	54
585	Hall	Richard	Rothwell Harriers & AC	M45	454	64.4	0	0.0	423	42.3	258	39.4	146.1	0.0	146.1	93
586	Prendergast	Carl	Horsforth Fellandale	M70	453	65.4	371	80.5	0	0.0	0	0.0	145.9	0.0	145.9	7
587	Wallace	John	Valley Striders	M50	446	72.1	379	71.4	0	0.0	0	0.0	143.5	0.0	143.5	70
588	Jackson	David	Abbey Runners	MSEN	476	43.3	406	40.8	409	57.5	0	0.0	141.6	0.0	141.6	145
589	Dennison	Warren	Roundhay Runners	M50	374	141.3	0	0.0	0	0.0	0	0.0	141.3	0.0	141.3	71
590	Hawden	Graham	Rothwell Harriers & AC	M55	468	51.0	405	42.0	418	47.7	257	41.2	181.9	41.2	140.6	55
591	Culling	Christopher	Hyde Park Harriers	MSEN	0	0.0	0	0.0	336	136.7	0	0.0	136.7	0.0	136.7	146
592	Coles	Malcolm	Valley Striders	M75	504	16.3	390	59.0	414	52.1	266	25.1	152.5	16.3	136.1	1
593	Shores	David	Nidd Valley Road Runners	M50	0	0.0	322	136.1	0	0.0	0	0.0	136.1	0.0	136.1	72
594	Shaw	Jonathan	Horsforth Harriers	M35	457	61.5	380	70.3	0	0.0	0	0.0	131.8	0.0	131.8	88
595	Zywicki	Paul	Ackworth Road Runners	M60	470	49.0	397	51.0	433	31.5	0	0.0	131.5	0.0	131.5	24
596	Duckworth	Roger	Harrogate Harriers & AC	M50	0	0.0	0	0.0	341	131.2	0	0.0	131.2	0.0	131.2	73
597	Kingham	Freddie	Wetherby Runners AC	M35	0	0.0	0	0.0	342	130.2	0	0.0	130.2	0.0	130.2	89
598	Grigsby	David	Wetherby Runners AC	M50	386	129.8	0	0.0	0	0.0	0	0.0	129.8	0.0	129.8	74
599	Sinton	David	Knaresborough Striders	M45	469	50.0	411	35.1	424	41.2	261	34.1	160.4	34.1	126.4	94
600	Beckwith	Richard	St Therasas AC	M50	390	126.0	0	0.0	0	0.0	0	0.0	126.0	0.0	126.0	75
601	Duffy	Richars	Horsforth Harriers	M65	448	70.2	0	0.0	0	0.0	249	55.6	125.7	0.0	125.7	16
602	Clink	James	Roundhay Runners	MSEN	392	124.0	0	0.0	0	0.0	0	0.0	124.0	0.0	124.0	147
603	Mawson	Darren	Dragons Running Club	M40	0	0.0	0	0.0	348	123.6	0	0.0	123.6	0.0	123.6	95
604	Towler	Tim	Valley Striders	M60	393	123.1	0	0.0	0	0.0	0	0.0	123.1	0.0	123.1	25
605	Buckley	Neil	York Triathlon Club	M60	0	0.0	386	63.5	408	58.6	0	0.0	122.1	0.0	122.1	26
606	Couldwell	Alan	Harrogate Harriers & AC	M60	0	0.0	392	56.7	0	0.0	246	60.9	117.6	0.0	117.6	27
607	Meikle	Ian	Roundhay Runners	M50	475	44.2	409	37.4	430	34.7	0	0.0	116.4	0.0	116.4	76
608	Shaw	Brian	Rothwell Harriers & AC	M55	401	115.4	0	0.0	0	0.0	0	0.0	115.4	0.0	115.4	56
609	Mistry	Mohanlal	Saltaire Striders	M55	456	62.5	396	52.2	0	0.0	0	0.0	114.7	0.0	114.7	57
610	Booth	Kevin	St Therasas AC	M45	402	114.4	0	0.0	0	0.0	0	0.0	114.4	0.0	114.4	95
611	Verity	Jack	Saltaire Striders	M60	403	113.5	0	0.0	0	0.0	0	0.0	113.5	0.0	113.5	28
612	Leijssen	Roar	Ilkley Harriers	M45	0	0.0	0	0.0	0	0.0	217	112.9	112.9	0.0	112.9	96
613	Markey	Barry	Bradford Airedale AC	M60	0	0.0	399	48.8	403	64.0	0	0.0	112.7	0.0	112.7	29
614	Georgas	Paul	Eccleshill Road Runners	M35	0	0.0	403	44.2	399	68.3	0	0.0	112.5	0.0	112.5	90
615	Bamber	Thomas	Roundhay Runners	MSEN	404	112.5	0	0.0	0	0.0	0	0.0	112.5	0.0	112.5	148
616	Johnson	Theo	St Therasas AC	MSEN	408	108.7	0	0.0	0	0.0	0	0.0	108.7	0.0	108.7	149
617	Johnson	Daniel	St Therasas AC	M50	409	107.7	0	0.0	0	0.0	0	0.0	107.7	0.0	107.7	77
618	Ward	Joe	Horsforth Harriers	M45	479	40.4	0	0.0	402	65.1	0	0.0	105.5	0.0	105.5	97
619	Thompson	Geoff	Wharfedale													

638	Steele	Martin	Eccleshill Road Runners	M55	491	28.8	414	31.7	440	23.9	0	0.0	84.5	0.0	84.5	60
639	Giddings	Simon	Wetherby Runners AC	M55	436	81.7	0	0.0	0	0.0	0	0.0	81.7	0.0	81.7	61
640	Othick	Gary	Wetherby Runners AC	M55	502	18.3	425	19.3	422	43.4	0	0.0	80.9	0.0	80.9	62
641	Sawyer	Chris	Valley Striders	M60	0	0.0	0	0.0	391	77.0	0	0.0	77.0	0.0	77.0	33
642	Sedgley	Neil	Valley Striders	M50	481	38.5	0	0.0	428	36.9	0	0.0	75.3	0.0	75.3	79
643	Montana	Marcos	Nidd Valley Road Runners	M5EN	0	0.0	416	29.5	420	45.6	0	0.0	75.0	0.0	75.0	153
644	Noble	Stephen	Rothwell Harriers & AC	M50	495	25.0	421	23.8	438	26.0	0	0.0	74.8	0.0	74.8	80
645	Coghlan	Robin	Roundhay Runners	M50	0	0.0	407	39.7	431	33.6	0	0.0	73.3	0.0	73.3	81
646	Moss	Mike	Saltire Striders	M65	0	0.0	412	34.0	427	38.0	0	0.0	72.0	0.0	72.0	18
647	Brownbridge	Garry	Abbey Runners	M60	0	0.0	0	0.0	0	0.0	240	71.7	71.7	0.0	71.7	34
648	Bywater	Chris	Rothwell Harriers & AC	M65	503	17.3	423	21.5	435	29.3	274	10.8	78.9	10.8	68.1	19
649	Ellis	Adam	Abbey Runners	M40	0	0.0	0	0.0	400	67.2	0	0.0	67.2	0.0	67.2	102
650	Hey	Peter	Kirkstall Harriers	M65	0	0.0	424	20.4	429	35.8	275	9.0	65.2	0.0	65.2	20
651	Reyes	Manuel	Dragons Running Club	M45	0	0.0	0	0.0	0	0.0	245	62.7	62.7	0.0	62.7	99
652	White	Peter	Hyde Park Harriers	M60	0	0.0	0	0.0	406	60.7	0	0.0	60.7	0.0	60.7	35
653	Ellison	Garry	Eccleshill Road Runners	M60	490	29.8	0	0.0	434	30.4	0	0.0	60.2	0.0	60.2	36
654	Britton	Peter	Kirkstall Harriers	M60	0	0.0	0	0.0	0	0.0	247	59.1	59.1	0.0	59.1	37
655	Dinsdale	Mark	Horsforth Harriers	M50	484	35.6	422	22.7	0	0.0	0	0.0	58.3	0.0	58.3	82
656	Ibrahim	Joseph	Abbey Runners	M45	506	14.4	427	17.0	439	24.9	0	0.0	56.4	0.0	56.4	100
657	Stearn	Martyn	Ackworth Road Runners	M65	0	0.0	393	55.6	0	0.0	0	0.0	55.6	0.0	55.6	21
658	Walker	Simon	Airecentre Pacers	M35	486	33.7	0	0.0	0	0.0	268	21.5	55.2	0.0	55.2	93
659	Binns	Richard	Bradford Airedale AC	M45	0	0.0	0	0.0	412	54.2	0	0.0	54.2	0.0	54.2	101
660	Lim	Philip	Valley Striders	M45	499	21.2	0	0.0	445	18.4	272	14.3	53.9	0.0	53.9	102
661	Stafford	Mark	Wetherby Runners AC	M45	465	53.8	0	0.0	0	0.0	0	0.0	53.8	0.0	53.8	103
662	Johnson	Malcolm	Horsforth Harriers	M70	508	12.5	420	24.9	454	8.7	271	16.1	62.2	8.7	53.6	8
663	Roberts	Doug	Roundhay Runners	M35	0	0.0	0	0.0	416	49.9	0	0.0	49.9	0.0	49.9	94
664	Boughan	Raj	Roundhay Runners	M35	0	0.0	398	49.9	0	0.0	0	0.0	49.9	0.0	49.9	95
665	Mitchell	Kenneth	Horsforth Harriers	M65	471	48.1	0	0.0	0	0.0	0	0.0	48.1	0.0	48.1	22
666	Archer	John	York Triathlon Club	M70	473	46.2	0	0.0	0	0.0	0	0.0	46.2	0.0	46.2	9
667	Schumacher	Carl	York Postal Harriers	M40	507	13.5	428	15.9	447	16.3	0	0.0	45.6	0.0	45.6	103
668	Higgins	Michael	St Therasas AC	M70	501	19.2	419	26.1	0	0.0	0	0.0	45.3	0.0	45.3	10
669	Dickson	Tommy	Horsforth Harriers	M5EN	474	45.2	0	0.0	0	0.0	0	0.0	45.2	0.0	45.2	154
670	Taylor	Malcolm	Kirkstall Harriers	M5EN	489	30.8	0	0.0	450	13.0	0	0.0	43.8	0.0	43.8	155
671	Sheppard	Peter	Roundhay Runners	M75	505	15.4	417	28.3	0	0.0	0	0.0	43.7	0.0	43.7	2
672	Ledwaba-Chapman	Tony	Nidd Valley Road Runners	M75	509	11.5	431	12.5	444	19.5	0	0.0	43.5	0.0	43.5	3
673	Walton	Clive	Abbey Runners	M50	492	27.9	430	13.6	0	0.0	0	0.0	41.5	0.0	41.5	83
674	Baldwin	Ben	Roundhay Runners	M35	478	41.3	0	0.0	0	0.0	0	0.0	41.3	0.0	41.3	96
675	Jackson	Brett	Saltire Striders	M40	480	39.4	0	0.0	0	0.0	0	0.0	39.4	0.0	39.4	104
676	Glover	Paul	Kirkstall Harriers	M70	0	0.0	0	0.0	426	39.0	0	0.0	39.0	0.0	39.0	11
677	Clink	Brian	Roundhay Runners	M45	515	5.8	435	7.9	452	10.8	269	19.7	44.3	5.8	38.5	104
678	Beecroft	Frank	Saltire Striders	M50	482	37.5	0	0.0	0	0.0	0	0.0	37.5	0.0	37.5	84
679	Hyde	Graham	Nidd Valley Road Runners	M40	0	0.0	413	32.9	0	0.0	0	0.0	32.9	0.0	32.9	105
680	Derry	Craig	Wetherby Runners AC	M55	487	32.7	0	0.0	0	0.0	0	0.0	32.7	0.0	32.7	63
681	Rayner	Ian	Roundhay Runners	M55	0	0.0	429	14.7	446	17.4	0	0.0	32.1	0.0	32.1	64
682	Hill	Phil	Roundhay Runners	M55	514	6.7	433	10.2	449	14.1	0	0.0	31.0	0.0	31.0	65
683	Kaye	Mike	Nidd Valley Road Runners	M50	500	20.2	434	9.1	0	0.0	0	0.0	29.3	0.0	29.3	85
684	Hammond	Phil	Hyde Park Harriers	M55	513	7.7	0	0.0	443	20.6	0	0.0	28.3	0.0	28.3	66
685	Silva	Mervyn	Saltire Striders	M60	0	0.0	0	0.0	448	15.2	273	12.5	27.7	0.0	27.7	38
686	List	Heath	Rothwell Harriers & AC	M50	0	0.0	0	0.0	437	27.1	0	0.0	27.1	0.0	27.1	86
687	Mansfield	Michael	Roundhay Runners	M55	496	24.0	0	0.0	0	0.0	0	0.0	24.0	0.0	24.0	67
688	Harris	Stuart	Hyde Park Harriers	M35	497	23.1	0	0.0	0	0.0	0	0.0	23.1	0.0	23.1	97
689	Haygath	Tony	Valley Striders	M70	0	0.0	0	0.0	441	22.8	0	0.0	22.8	0.0	22.8	12
690	Bernardo Jr	Carlos	Chapel Allerton Runners	M35	498	22.1	0	0.0	0	0.0	0	0.0	22.1	0.0	22.1	98
691	Woods	Richard	Roundhay Runners	M35	518	2.9	0	0.0	451	11.9	276	7.2	22.0	0.0	22.0	99
692	Kitching	Les	Kippax Harriers	M65	520	1.0	436	6.8	455	7.6	0	0.0	15.4	0.0	15.4	23
693	Nesden	Patrick	Kirkstall Harriers	M65	517	3.8	438	4.5	456	6.5	279	1.8	16.7	1.8	14.9	24
694	Breare	Nicholas	Saltire Striders	M70	0	0.0	432	11.3	0	0.0	0	0.0	11.3	0.0	11.3	13
695	Gardner	Andrew	St Therasas AC	M65	516	4.8	0	0.0	457	5.4	0	0.0	10.2	0.0	10.2	25
696	Hunter	John	St Therasas AC	M70	0	0.0	437	5.7	458	4.3	0	0.0	10.0	0.0	10.0	14
697	Haslam	Andy	Roundhay Runners	M40	0	0.0	0	0.0	453	9.8	0	0.0	9.8	0.0	9.8	106
698	Smith	Richard M R	Saltire Striders	M60	511	9.6	0	0.0	0	0.0	0	0.0	9.6	0.0	9.6	39
699	Jowett	Stephen	Bradford Airedale AC	M60	512	8.7	0	0.0	0	0.0	0	0.0	8.7	0.0	8.7	40
700	Appleby	Martin	Rothwell Harriers & AC	M60	519	1.9	441	1.1	459	3.3	0	0.0	6.3	0.0	6.3	41
701	Sutcliffe	Adam	Chapel Allerton Runners	M45	0	0.0	0	0.0	0	0.0	277	5.4	5.4	0.0	5.4	105
702	Camponi	Tom	Ackworth Road Runners	M5EN	0	0.0	440	2.3	460	2.2	0	0.0	4.4	0.0	4.4	156
703	Bennett	John Michael	Rothwell Harriers & AC	M75	0	0.0	0	0.0	0	0.0	278	3.6	3.6	0.0	3.6	4
704	Scanlon	Pete	Horsforth Harriers	M70	0	0.0	439	3.4	0	0.0	0	0.0	3.4	0.0	3.4	15

A minimum of 2 races must be completed in order to be eligible for individual series prizes