

**PECO Cross Country League 2013-14
Senior Men's Cumulative Results After Race 5**

Position	Surname	First Name	Club	Age Category	Race 1		Race 2		Race 3		Race 4		Race 5		Best 4 Scores	Cat Pos
					Pos	Points	Pos	Points	Pos	Points	Pos	Points	Pos	Points		
1	Pass	Simon	Saltaire Striders	MV40	5	98.9	4	99.2	4	99.2	2	99.7	1	100.0	398.0	1
2	Walker	Colin	Pudsey & Bramley	MV40	2	99.7	0	0.0	7	98.4	1	100.0	2	99.6	397.7	2
3	Millgate	Paul	Wetherby Runners	MV40	0	0.0	8	98.0	9	97.9	4	99.0	3	99.2	394.3	3
4	Holmes	Christian	Winariedale Harriers	MV40	12	97.1	9	97.7	3	99.5	6	98.3	0	0.0	392.6	4
5	Keen	Will	Saltaire Striders	M Sen	9	97.9	10	97.5	10	97.6	8	97.6	4	98.8	391.9	5
6	Hallam	Matthew	Kippax Harriers	M Sen	13	96.8	12	96.9	11	97.3	3	99.3	7	97.6	391.2	6
7	Bedford	Andy	Saltaire Striders	M Sen	15	96.3	33	91.0	14	96.5	5	98.6	5	98.4	389.9	3
8	Ogden	Kevin	Hyde Park Harriers (2nd)	MV40	11	97.3	14	96.3	15	96.3	0	0.0	6	98.0	388.0	5
9	Keedy	Michael Craig	STAC	MV40	8	98.1	20	94.6	18	95.5	12	96.3	0	0.0	384.5	6
10	Morris	Will	Airecentre Pacers	M Sen	16	96.0	31	91.5	23	94.1	11	96.6	9	96.8	383.6	4
11	Blackburn	Ross	Rothwell Harriers	M Sen	0	0.0	21	94.4	13	96.8	10	96.9	13	95.2	383.3	5
12	Newell	Matthew	Ilkley Harriers	M Sen	20	94.9	19	94.9	20	94.9	13	95.9	0	0.0	380.7	6
13	Holah	Jon	Pudsey & Bramley	MV50	14	96.5	0	0.0	27	93.1	14	95.6	17	93.7	378.8	1
14	Thomas	Gwil	Valley Striders	M Sen	30	92.3	32	91.2	37	90.4	9	97.3	10	96.4	377.2	7
15	Fotherby	Paul	Valley Striders	M Sen	22	94.4	23	93.8	26	93.4	0	0.0	12	95.6	377.2	8
16	Furness	Rob	Horsforth Harriers	M Sen	17	95.7	30	91.8	32	91.8	0	0.0	11	96.0	375.3	9
17	McKenna	James	Harrogate & York Tri Clubs	M Sen	24	93.9	25	93.2	21	94.7	22	92.9	27	89.7	374.6	10
18	Mills	Gerard	Bradford Airedale AC	MV45	18	95.5	17	95.5	39	89.9	34	88.8	36	86.1	369.6	1
19	Anderson	Ian	Harrogate & York Tri Clubs	MV40	28	92.8	34	90.7	29	92.6	27	91.2	28	89.3	367.2	7
20	Lyons	Chris	Chapel Allerton	M Sen	21	94.7	29	92.1	0	0.0	31	89.8	37	85.7	362.3	11
21	Monaghan	Mark	Horsforth Harriers	M Sen	49	87.2	42	88.4	59	84.6	15	95.2	29	88.9	359.7	12
22	Weatherhead	Greg	Abbey Runners	M Sen	43	88.4	47	87.0	35	91.0	24	92.2	74	71.0	358.9	13
23	Lines	Charlie	Ackworth RR	MV50	36	90.7	36	90.1	38	90.2	0	0.0	33	87.3	358.2	2
24	Robson	John	STAC	M Sen	39	89.9	61	83.1	34	91.2	52	82.7	21	92.1	356.2	14
25	Furlong	Ian	Abbey Runners	M Sen	33	91.5	62	82.8	44	88.6	28	90.8	0	0.0	353.6	15
26	Nurse	Dominic	Abbey Runners	MV45	83	78.1	68	81.1	43	88.2	20	95.5	26	90.1	353.5	2
27	Owen	Robin	Abbey Runners	M Sen	29	92.5	28	92.4	42	89.1	0	0.0	62	75.3	349.8	16
28	Dodds	Allan	Roundhay Runners	M Sen	53	86.1	48	86.7	73	80.9	43	85.0	24	90.9	349.4	17
29	Buckley	Tim	Harrogate & York Tri Clubs	M Sen	44	88.5	44	87.9	40	89.6	0	0.0	43	83.3	349.3	18
30	Wilkins	Steve	Valley Striders	M Sen	42	89.1	45	87.6	63	83.5	33	89.1	44	82.9	349.3	19
31	Coy	Steve	Ilkley Harriers	MV40	47	87.7	63	82.5	0	0.0	30	90.1	34	86.9	347.3	8
32	Karanasios	Stan	Hyde Park Harriers	M Sen	32	91.7	0	0.0	46	88.0	47	84.4	49	81.0	345.1	20
33	Shooter	Graham	STAC	MV45	0	0.0	52	85.6	48	87.5	39	87.1	42	83.7	343.9	3
34	Edmondson	Neal	Horsforth Harriers	M Sen	0	0.0	78	78.2	82	78.5	18	94.2	19	92.9	343.8	21
35	Goodall	James	Eccleshill RR	M Sen	72	81.1	81	77.4	52	86.4	29	90.5	39	84.9	342.9	22
36	Henderson	Scott	Hyde Park Harriers	M Sen	52	86.4	55	84.7	41	89.4	55	81.6	92	63.9	342.1	23
37	Panesar	Rav	Valley Striders	M Sen	40	89.6	50	86.2	55	85.6	62	79.3	0	0.0	340.6	24
38	Clark	Duncan	Abbey Runners	MV50	50	86.9	60	83.3	92	75.8	46	84.7	54	79.0	339.9	3
39	Fillingham	Martin	Saltaire Striders	MV40	60	84.3	53	85.3	65	83.0	69	76.9	67	73.8	329.9	4
40	Brown	Paul	Rothwell Harriers	MV45	71	81.3	71	80.2	66	82.7	48	84.0	70	72.6	328.3	4
41	Keen	Nick	Chapel Allerton	M Sen	89	76.5	90	74.9	86	77.4	35	88.4	38	85.3	327.7	25
42	Haddon	Kirk	Abbey Runners	M Sen	86	77.3	83	76.8	54	85.9	38	87.4	59	77.0	327.6	26
43	Loftus	Mick	Valley Striders	MV45	59	84.5	82	77.1	60	84.3	0	0.0	50	80.6	326.5	5
44	Allison	David	Chapel Allerton	MV40	65	82.9	111	68.9	99	73.9	41	86.4	52	79.8	323.0	10
45	Cross	Andrew	Kirkstall Harriers (2nd)	M Sen	75	80.3	118	66.9	53	86.2	32	89.5	0	0.0	322.8	27
46	Coldwell	Ben	Kirkstall Harriers	M Sen	69	81.9	73	79.7	97	74.5	44	85.4	0	0.0	321.4	28
47	Sleigh	Duncan	Harrogate & York Tri Clubs	M Sen	0	0.0	65	81.9	72	81.1	54	82.0	61	76.2	321.2	29
48	Andrew	Timothy	Harrogate & York Tri Clubs	M Sen	79	79.7	77	78.5	78	79.5	53	82.3	56	78.2	319.6	30
49	Tranter	Colin	Hyde Park Harriers	M Sen	66	82.7	0	0.0	70	81.6	61	79.6	63	75.4	319.3	31
50	Sunley	Richard	Horsforth Harriers	MV45	90	76.3	79	78.0	83	78.2	42	86.1	60	76.6	318.8	6
51	Giddings	Joel	Valley Striders	MV40	67	82.4	96	73.2	79	79.3	56	81.3	0	0.0	316.1	11
52	Mills	Mark	Ackworth RR	M Sen	63	83.5	0	0.0	77	79.8	85	71.4	57	77.8	312.5	32
53	Westmoreland	Jason	Rothwell Harriers	MV45	76	80.0	87	75.7	89	76.6	67	77.6	91	64.3	309.9	7
54	Ogden	Ian	Saltaire Striders (2nd)	MV40	61	84.0	93	74.0	90	76.3	74	75.2	76	70.2	309.5	12
55	Maddock	William	Harrogate & York Tri Clubs	M Sen	81	78.7	0	0.0	118	68.9	51	83.0	55	78.6	309.1	33
56	Miller	Paul	Kirkstall Harriers	M Sen	78	79.5	80	77.7	107	71.8	73	75.5	75	70.6	305.4	34
57	Pinder	Mark	Harrogate & York Tri Clubs	M Sen	56	85.3	139	61.0	62	83.8	88	70.4	0	0.0	300.5	35
58	Bryant	Mark	Wetherby Runners (2nd)	MV40	1	100.0	3	99.4	8	98.1	0	0.0	0	0.0	297.6	13
59	Branney	Peter	Kirkstall Harriers (2nd)	M Sen	6	98.7	6	98.6	6	98.7	0	0.0	0	0.0	295.9	36
60	Nash	Ali	Saltaire Striders	MV40	93	75.5	103	71.2	94	75.3	81	72.8	0	0.0	294.7	14
61	Hartley	Adam	Rothwell Harriers	M Sen	88	76.8	102	71.5	96	74.7	0	0.0	80	68.7	291.7	37
62	Fleming	Andrew	Rothwell Harriers	M Sen	111	70.7	99	72.3	95	75.0	82	72.4	0	0.0	290.4	38
63	Helmore	Stu	Roundhay Runners	M Sen	115	69.6	116	67.5	108	71.5	57	81.0	0	0.0	289.6	39
64	Alexander	Sam	Abbey Runners (2nd)	M Sen	0	0.0	13	96.6	17	95.7	0	0.0	8	97.2	289.6	40
65	Moger	Adam	Kirkstall Harriers	M Sen	80	78.9	94	73.7	103	72.9	108	63.6	99	61.1	289.1	41
66	Smith	Mark	Rothwell Harriers	M Sen	0	0.0	22	94.1	12	97.1	7	98.0	0	0.0	289.1	42
67	Venty	Jack	Saltaire Striders	MV55	105	72.3	109	69.5	110	71.0	76	74.5	88	65.5	287.3	1
68	Saunders	Stu	Hyde Park Harriers	M Sen	136	64.0	0	0.0	119	68.6	75	74.8	53	79.4	286.8	43
69	Foster	Richard	Abbey Runners	M Sen	109	71.2	110	69.2	87	77.1	0	0.0	79	69.0	286.6	44
70	Livermore	Phil	Abbey Runners	M Sen	10	97.6	0	0.0	19	95.2	0	0.0	18	93.3	286.1	45
71	Brydon	Alan	Kirkstall Harriers	M Sen	23	94.1	0	0.0	28	92.8	21	93.2	0	0.0	280.1	46
72	Neison	Paul	Wetherby Runners	MV45	0	0.0	0	0.0	25	93.6	19	93.9	20	92.5	280.0	48
73	Chambers	Mick	Saltaire Striders	MV60	119	68.5	0	0.0	104	72.6	91	69.4	81	68.3	278.8	1
74	Cross	Dan	Hyde Park Harriers	M Sen	342	9.1	54	85.0	30	92.3	0	0.0	23	91.3	277.7	47
75	Smith	Paul	Valley Striders	MV40	85	77.6	129	63.8	117	69.1	98	67.0	0	0.0	277.6	15
76	Asquith	Lee	Saltaire Striders	M Sen	116	69.3	109	70.3	112	70.5	99	66.7	85	66.7	276.8	48
77	Hallwell	John	Abbey Runners	MV50	106	72.0	120	66.4	135	64.4	87	70.7	87	65.9	275.0	4
78	Sproston	Rob	Ackworth RR	M Sen	112	70.4	101	71.8	164	56.6	94	68.4	97	61.9	272.4	49
79	Anderson	Scott	Kirkstall Harriers	M Sen	26	93.3	37	89.8	45	88.3	0	0.0	0	0.0	271.5	50
80	MacCarthy	Sean	Abbey Runners	MV45	100	73.6	121	66.1	123	67.6	107	63.9	0	0.0	271.2	9
81	Wilson	Richard	Rothwell Harriers	MV40	110	70.9	126	64.7	116	69.4	103	65.3	93	63.5	270.3	16
82	Lamb	Gavin	Ilkley Harriers	M Sen	37	90.4	40	89.0	36	90.7	0	0.0	0	0.0	270.1	51
83	Skrimshire	Stefan	Abbey Runners	M Sen	0	0.0	26	92.9	0	0.0	36	88.1	31	88.1	269.1	52
84	Phelan	Ross	STAC	M Sen	48	87.5	0	0.0	56	85.4	25	91.8	0	0.0	264.7	53
85	Webb	Steve	Valley Striders	MV50	0	0.0	24	93.5	50	87.0	0	0.0	41	84.1	264.6	5
86	Glover	Christopher	Kirkstall Harriers	MV50	0	0.0	122	65.8	114	69.9	89	70.1	105	58.7	264.6	6
87	Anderson	Peter	STAC	MV50	126	66.7	135	62.1	129	66.0	93	68.7	104	59.1	263.5	7
88	Ward	Gareth	Saltaire Striders	M Sen	27	93.1	64	82.2	49	87.2	0	0.0	0	0.0	262.5	54
89	Ball	Jonathan	Rothwell Harriers	M Sen	38</											

132	Pagdin	Andy	Valley Striders	MV50	177	53.1	162	54.5	177	53.2	0	0.0	114	55.2	215.9	14
133	Field	Karl	Horsforth Harriers	M Sen	103	72.8	105	70.6	105	72.3	0	0.0	0	0.0	215.8	77
134	Dawson	Peter	Rothwell Harriers	M Sen	0	0.0	0	0.0	138	63.6	68	77.2	66	74.2	215.0	22
135	Fennah	David	Wetherby Runners	MV40	175	53.6	155	56.5	182	51.9	141	52.4	141	44.4	214.3	23
136	Legg	Ian	Wetherby Runners	MV45	0	0.0	134	62.4	0	0.0	59	80.3	73	71.4	214.1	19
137	Dunbar	Stuart	Saltaire Striders	MV50	0	0.0	113	68.4	0	0.0	78	73.8	72	71.8	214.0	15
138	Raby	Steve	Horsforth Harriers	MV50	98	74.1	114	68.1	111	70.7	0	0.0	0	0.0	213.0	16
139	Burton	Neil	Horsforth Harriers	M Sen	0	0.0	0	0.0	136	64.1	64	78.6	77	69.8	212.5	78
140	Sayers	Richard	Hyde Park Harriers	M Sen	146	61.3	166	53.4	175	53.7	166	45.9	0	0.0	212.3	79
141	Daniels	Craig	Ackworth RR	M Sen	159	57.9	141	60.5	187	50.5	171	42.2	152	40.1	211.0	80
142	Williams	Tom	Hyde Park Harriers	M Sen	0	0.0	117	67.2	0	0.0	70	76.5	84	67.1	210.8	81
143	Webb	Stephen	Kirkstall Harriers	M Sen	94	75.2	0	0.0	133	64.9	96	67.7	0	0.0	207.8	82
144	Cavill	Gareth	Abbey Runners	MV40	133	64.8	0	0.0	125	67.0	0	0.0	78	69.4	201.3	24
145	Adams	Tom	Ilkley Harriers	M Sen	0	0.0	1	100.0	1	100.0	0	0.0	0	0.0	200.0	83
146	Heavysides	Henry	Ilkley Harriers	MV55	107	71.7	108	69.8	158	58.2	0	0.0	0	0.0	199.8	3
147	Marchant	Paul	Rothwell Harriers	MV40	0	0.0	2	99.7	2	99.7	0	0.0	0	0.0	199.5	25
148	Hopson	Pete	Bradford Airedale AC	M Sen	7	98.4	0	0.0	5	98.9	0	0.0	0	0.0	197.3	84
149	May	Andy	Valley Striders	M Sen	4	99.2	11	97.2	0	0.0	0	0.0	0	0.0	196.4	85
150	Cuthbertson	Nic	Chapel Allerton	MV50	167	55.7	185	48.0	218	42.3	161	45.6	136	46.4	195.8	17
151	Nesbitt	Stephen	Harrogate Harriers	MV45	222	41.1	149	58.2	0	0.0	153	48.3	134	47.2	194.8	20
152	Hingley	James	Horsforth Harriers	M Sen	124	67.2	0	0.0	168	55.6	92	69.0	0	0.0	191.8	86
153	Brooksbank	Simon	Harrogate & York Tri Clubs	M Sen	0	0.0	18	95.2	16	96.0	0	0.0	0	0.0	191.2	87
154	Patchett	Ian	Abbey Runners	MV50	219	41.9	201	43.5	186	50.8	134	54.8	147	42.1	191.1	18
155	Kirby	Andrew	Kirkstall Harriers	M Sen	143	62.1	0	0.0	257	31.9	167	43.5	119	53.2	190.8	88
156	Bevan	John	Harrogate & York Tri Clubs	MV45	101	73.3	142	60.2	162	57.2	0	0.0	0	0.0	190.7	21
157	Gill	Christopher	STAC	MV65	171	54.7	193	45.8	208	44.9	164	44.6	151	40.5	189.9	1
158	Ayana	Girma	Saltaire Striders	M Sen	0	0.0	0	0.0	0	0.0	17	94.6	16	94.0	188.6	89
159	Waas	Dan	Hyde Park Harriers	M Sen	0	0.0	168	52.8	232	38.6	155	47.6	129	49.2	188.2	90
160	Achard	Lio	Horsforth Harriers	MV40	0	0.0	133	62.7	132	65.2	119	59.9	0	0.0	187.7	26
161	Pardini	Franco	Valley Striders	M Sen	31	92.0	0	0.0	0	0.0	0	0.0	14	94.8	186.8	91
162	Mann	Chris	Hyde Park Harriers	M Sen	0	0.0	27	92.7	24	93.9	0	0.0	0	0.0	186.5	92
163	Christie	David	Knarsborough Striders	MV45	19	95.2	0	0.0	0	0.0	0	0.0	25	90.5	185.7	22
164	Kaiser	Paul	Valley Striders	M Sen	25	93.6	0	0.0	0	0.0	0	0.0	22	91.7	185.3	93
165	Furby	Mike	Valley Striders	MV40	140	62.9	0	0.0	0	0.0	124	58.2	94	63.1	184.2	27
166	Midwood	Simon	Valley Striders	M Sen	0	0.0	16	95.8	0	0.0	0	0.0	35	86.5	182.3	94
167	Ladyman	Jeremy	Valley Striders	M Sen	0	0.0	0	0.0	22	94.4	0	0.0	32	87.7	182.1	95
168	Jones	Chris	Saltaire Striders	M Sen	130	65.6	0	0.0	154	59.3	0	0.0	109	57.1	182.1	96
169	Archer	Martin	Ilkley Harriers	M Sen	34	91.2	35	90.4	0	0.0	0	0.0	0	0.0	181.6	97
170	McGuire	Dave	Wharfedale Harriers	MV45	0	0.0	0	0.0	0	0.0	23	92.5	30	88.5	181.0	23
171	Midgley	Terry	STAC	MV40	35	90.9	39	89.3	0	0.0	0	0.0	0	0.0	180.2	28
172	Jones	Martin	Abbey Runners	MV40	235	37.6	263	26.0	234	38.0	151	49.0	115	54.8	179.4	29
173	Smart	Richard	Ackworth RR	M Sen	208	44.8	234	34.2	258	31.6	144	51.4	130	48.8	179.2	98
174	Blane	Jon	Harrogate Harriers	MV50	144	61.9	147	58.8	161	57.4	0	0.0	0	0.0	178.1	19
175	Fox	Ken	Hyde Park Harriers	MV55	206	45.3	235	33.9	223	41.0	170	42.5	139	45.2	174.0	4
176	Parton	Adam	Valley Striders	MV40	118	68.8	261	26.6	230	39.1	0	0.0	154	39.3	173.7	30
177	Wood	John	Rothwell Harriers	M Sen	0	0.0	0	0.0	68	82.2	26	91.5	0	0.0	173.7	99
178	Wright	Jeremy	Saltaire Striders	MV50	212	43.7	204	42.7	197	47.9	0	0.0	157	38.1	172.4	20
179	Bell	Richard	Wetherby Runners	MV45	0	0.0	227	36.2	195	48.4	160	45.9	148	41.7	172.1	24
180	Colley	Ashley	Valley Striders (2nd)	M Sen	0	0.0	58	83.9	47	87.8	0	0.0	0	0.0	171.7	100
181	Kwallah	Joseph	Wetherby Runners	MV45	0	0.0	41	88.7	0	0.0	0	0.0	48	81.3	170.0	25
182	Stanhope	Paul	Eccleshill RR	MV50	192	49.1	214	39.8	226	40.2	178	39.8	0	0.0	168.9	21
183	Shaw	Martin	Abbey Runners	M Sen	0	0.0	182	48.9	0	0.0	125	57.8	101	60.3	167.0	101
184	Perkinson	Andy	Horsforth Harriers	M Sen	55	85.6	67	81.4	0	0.0	0	0.0	0	0.0	167.0	102
185	Love	Raymond	STAC	MV45	0	0.0	0	0.0	51	86.7	60	79.9	0	0.0	166.6	26
186	Scott	Kevin	Rothwell Harriers	MV50	152	59.7	161	54.8	0	0.0	143	51.7	0	0.0	166.2	22
187	Womersley	David	Hyde Park Harriers	MV60	223	40.8	223	37.3	235	37.8	148	50.0	169	33.3	165.9	2
188	Ryder	Jim	Ilkley Harriers	MV45	57	85.1	72	79.9	0	0.0	0	0.0	0	0.0	165.0	27
189	McCleave	Martin	Horsforth Harriers	MV45	190	49.6	258	27.4	228	39.6	182	38.4	160	36.9	164.6	28
190	Binks	Dan	Horsforth Harriers	MV40	0	0.0	0	0.0	74	80.6	49	83.7	0	0.0	164.3	31
191	Bourke	Niall	Pudsey & Bramley	M Sen	0	0.0	69	80.8	64	83.2	0	0.0	0	0.0	164.0	103
192	Stoneman	Dave	Airecentre Pacers	M Sen	0	0.0	0	0.0	81	78.7	45	85.0	0	0.0	163.8	104
193	Ward	John	Abbey Runners	MV60	251	33.3	245	31.1	253	33.0	145	51.0	137	46.0	163.4	3
194	Andralojc	Nick	Harrogate Harriers	MV50	0	0.0	0	0.0	194	48.7	118	60.2	116	54.4	163.2	23
195	Ball	Aiden	Ackworth RR (2nd)	MV40	0	0.0	66	81.6	71	81.4	0	0.0	0	0.0	163.0	32
196	Savage	Martin	Kirkstall Harriers	M Sen	0	0.0	222	37.6	219	42.0	162	45.2	158	37.7	162.5	105
197	Wigglesworth	Mick	Ackworth RR	MV45	265	29.6	232	34.7	205	45.7	172	41.8	153	39.7	162.0	29
198	Alder	Scott	Pudsey & Bramley	M Sen	62	83.7	0	0.0	84	77.9	0	0.0	0	0.0	161.7	106
199	Lightfoot	Terry	Harrogate & York Tri Clubs	MV45	226	40.0	196	44.9	229	39.4	186	37.1	0	0.0	161.4	30
200	Hirst	Geoff	Harrogate Harriers	M Sen	188	50.1	174	51.1	155	59.0	0	0.0	0	0.0	160.3	107
201	Calver	Robert	Chapel Allerton	MV40	0	0.0	0	0.0	178	52.9	139	53.1	118	53.6	159.6	33
202	Gebbett	Martin	Fellandale	MV50	225	40.3	216	39.3	233	38.3	173	41.5	0	0.0	159.3	24
203	Forey	Jonathon	Airecentre Pacers (2nd)	MV45	54	85.9	95	73.4	0	0.0	0	0.0	0	0.0	159.3	31
204	Smyth	Alistair	Valley Striders	MV55	200	46.9	200	43.8	222	41.2	215	27.2	195	23.0	159.2	5
205	Joyce	Richard	Kirkstall Harriers	M Sen	0	0.0	0	0.0	67	82.4	71	76.2	0	0.0	158.6	108
206	Ward	Tony	Abbey Runners	M Sen	0	0.0	88	75.4	0	0.0	0	0.0	46	82.1	157.6	109
207	Crossan	Paul	Chapel Allerton	MV50	163	56.8	184	40.3	180	52.4	0	0.0	0	0.0	157.5	25
208	Tupling	Matt	Airecentre Pacers	MV40	203	46.1	206	42.1	0	0.0	194	34.4	166	34.5	157.1	34
209	Johnson	Glen	STAC	MV40	74	80.5	86	76.0	0	0.0	0	0.0	0	0.0	156.5	35
210	Vallance	Simon	Valley Striders	MV45	87	77.1	0	0.0	80	79.0	0	0.0	0	0.0	156.1	32
211	Broomfield	Tim	Harrogate Harriers	MV55	156	58.7	179	49.7	199	47.3	0	0.0	0	0.0	155.7	6
212	Fletcher	Bruce	Kippax Harriers	MV40	174	53.9	212	40.4	245	35.1	227	23.1	192	24.2	153.6	36
213	Crawford	Gordon	Hyde Park Harriers	MV60	0	0.0	0	0.0	206	45.5	127	57.1	132	48.0	150.6	4
214	Knight	Hadrian	Rothwell Harriers	MV40	99	73.9	0	0.0	91	76.1	0	0.0	0	0.0	149.9	37
215	Rhodes	Trevor	Eccleshill RR	MV50	236	37.3	225	36.7	239	36.7	180	39.1	163	35.7	149.9	26
216	Sheppard	Ian	STAC	M Sen	153	59.5	143	59.9	0	0.0	0	0.0	177	30.2	149.5	110
217	Sanderson	Ian	Valley Striders	MV40	68	82.1	119	66.7	0	0.0	0	0.0	0	0.0	148.8	38
218	Hughes	David	Ackworth RR	M Sen	193	48.8	0	0.0	176	53.5	0	0.0	138	45.6	147.9	111
219	Tarran	James	Valley Striders	MV45	97	74.4	97	72.9	0	0.0	0	0.0	0	0.0	147.3	33
220	Hutchinson	John	Kirkstall Harriers	MV65	239	36.5	217	39.0	251	33.5	183	38.1	0	0.0	147.1	2
221	Johnson	Des	Roundhay Runners	MV45	182	51.7	188	47.2</								

268	Capperauld	Kris	Harrogate & York Tri Clubs	M Sen	128	66.1	150	57.9	0	0.0	0	0.0	0	0.0	124.0	132
269	Pullan	Rick	Hyde Park Harriers	MV55	234	37.9	265	25.4	259	31.4	209	29.3	190	25.0	123.9	9
270	Prail	Jason	Abbey Runners	M Sen	134	64.5	0	0.0	0	0.0	122	58.8	0	0.0	123.4	133
271	Dye	Mark	Harrogate & York Tri Clubs	MV45	0	0.0	0	0.0	160	57.7	102	65.6	0	0.0	123.4	41
272	Routledge	Jonathan	Ackworth RR	MV45	283	24.8	277	22.0	227	39.9	189	36.1	0	0.0	122.8	42
273	Coles	Malcolm	Valley Striders	MV70	244	35.2	240	32.5	255	32.4	231	21.8	207	18.3	121.9	1
274	Scott	Gary	Eccleshill RR	MV40	137	65.7	151	57.6	0	0.0	0	0.0	0	0.0	121.4	45
275	Leung	Andrew	Chapel Allerton	M Sen	0	0.0	0	0.0	201	46.8	79	73.5	0	0.0	120.3	134
276	Horbury	Martin	STAC (2nd)	MV50	123	67.5	0	0.0	0	0.0	0	0.0	120	52.8	120.2	37
277	Hogan	Mick	Eccleshill RR	MV50	258	31.5	246	30.8	268	29.0	210	28.9	180	29.0	120.2	38
278	Watumff	Gavin	Airecentre Pacers	MV45	194	48.5	205	42.4	267	29.3	0	0.0	0	0.0	120.2	43
279	Simmons	Dan	Harrogate Harriers	MV50	221	41.3	207	41.8	243	35.6	0	0.0	0	0.0	118.8	39
280	Sykes	Russel	Chapel Allerton	MV40	254	32.5	208	41.5	215	43.1	0	0.0	0	0.0	117.1	46
281	McGeever	Philip	Horsforth Harriers	MV50	129	65.9	0	0.0	185	51.1	0	0.0	0	0.0	116.9	40
282	Harvey	Leigh	Kippax Harriers	M Sen	0	0.0	0	0.0	148	60.9	136	54.1	0	0.0	115.0	135
283	Vickers	James	Hyde Park Harriers	M Sen	160	57.6	152	57.3	0	0.0	0	0.0	0	0.0	114.9	136
284	Kidner	Ralph	Hyde Park Harriers	MV55	266	29.3	251	29.4	291	22.9	221	25.2	175	31.0	114.8	10
285	Marchant	Ben	Saltaire Striders	M Sen	162	57.1	153	57.1	0	0.0	0	0.0	0	0.0	114.1	137
286	Madhas	Raj	Wharefedale Harriers	MV45	310	17.6	264	25.7	266	29.5	174	41.2	0	0.0	114.0	44
287	Keenan	Garry	Wetherby Runners	MV45	279	25.9	0	0.0	256	32.2	204	31.0	191	24.6	113.6	45
288	Thornton	Andy	Saltaire Striders	MV50	0	0.0	0	0.0	171	54.8	130	56.1	0	0.0	110.9	41
289	Leach	Adrian	Ackworth RR	MV45	255	32.3	284	20.1	270	28.5	234	20.7	186	26.6	108.1	46
290	Wright	Stephen	Wetherby Runners	M Sen	0	0.0	165	53.7	173	54.3	0	0.0	0	0.0	107.9	138
291	McGreevy	Paul	STAC	MV40	168	55.5	170	52.3	0	0.0	0	0.0	0	0.0	107.7	47
292	Leech	Guy	Ackworth RR	MV45	0	0.0	244	31.4	244	35.4	0	0.0	150	40.9	107.6	47
293	Duffy	Michael	Harrogate & York Tri Clubs	MV55	243	35.5	0	0.0	249	34.0	185	37.4	0	0.0	106.9	11
294	Wyke-Ulliott	Edward	Rothwell Harriers	MV40	231	38.7	0	0.0	248	34.3	196	33.7	0	0.0	106.6	48
295	Cullen	Andrew	Kippax Harriers	M Sen	230	38.9	238	33.1	247	34.6	0	0.0	0	0.0	106.6	139
296	Lerner	Barney	Saltaire Striders	MV60	278	26.1	271	23.7	262	30.6	0	0.0	188	25.8	106.2	7
297	Fitzgerald	Sean	Valley Striders	M Sen	197	47.7	239	32.8	0	0.0	220	25.5	0	0.0	106.0	140
298	Browne	Martin	Abbey Runners	MV45	259	31.2	257	27.7	289	23.4	228	22.8	214	15.5	105.1	48
299	Bellwood	Tim	Saltaire Striders	M Sen	143	61.6	268	24.6	307	18.6	0	0.0	0	0.0	104.8	141
300	Dazin	Timothy	Kirkstall Harriers	M Sen	161	57.3	0	0.0	202	46.5	0	0.0	0	0.0	103.9	142
301	Scanlon	Shane	Hyde Park Harriers	M Sen	253	32.8	254	28.5	282	25.3	292	1.0	210	17.1	103.7	143
302	Prendergast	Carl	Fellandale	MV65	257	31.7	274	23.4	0	0.0	219	25.9	196	22.6	103.6	3
303	Steele	Joe	Valley Striders	MV40	180	52.3	0	0.0	188	50.3	0	0.0	0	0.0	102.5	49
304	Ayre	Mark	Roundhay Runners	MV45	0	0.0	0	0.0	214	43.4	123	58.5	0	0.0	101.9	49
305	Brearley	Mick	Saltaire Striders	MV50	0	0.0	164	54.0	200	47.1	0	0.0	0	0.0	101.0	42
306	Hanney	Joe	Valley Striders	MV40	0	0.0	0	0.0	0	0.0	147	50.3	126	50.4	100.7	50
307	Carlisle	Gary	Kirkstall Harriers	MV50	0	0.0	0	0.0	0	0.0	140	52.7	133	47.6	100.3	43
308	Johnson	Jonny	Harrogate Harriers	M Sen	3	99.5	0	0.0	0	0.0	0	0.0	0	0.0	99.5	144
309	Chapman	Colin	Kirkstall Harriers	MV45	186	50.7	183	48.6	0	0.0	0	0.0	0	0.0	99.3	50
310	Wood	Steve	Horsforth Harriers	MV60	270	28.3	278	21.8	0	0.0	226	23.5	189	25.4	98.9	8
311	Charlesworth	Nick	Wharefedale Harriers	MV45	0	0.0	5	98.9	0	0.0	0	0.0	0	0.0	98.9	51
312	Emms	Philip	Rothwell Harriers	M Sen	0	0.0	192	46.0	179	52.7	0	0.0	0	0.0	98.7	145
313	Hughes	Rob	STAC	M Sen	151	60.0	218	38.7	0	0.0	0	0.0	0	0.0	98.7	146
314	Beecroft	Frank	Saltaire Striders	MV45	285	24.3	286	19.5	277	26.6	250	15.3	182	28.2	98.5	52
315	Fisher	Dan	Valley Striders	M Sen	0	0.0	7	98.3	0	0.0	0	0.0	0	0.0	98.3	147
316	Bowers	Paul	Rothwell Harriers	MV45	191	49.3	0	0.0	193	48.9	0	0.0	0	0.0	98.3	53
317	Lenaghan	Marc	STAC (2nd)	MV40	179	52.5	0	0.0	209	44.7	0	0.0	0	0.0	97.2	51
318	Newton	Simon	Ackworth RR (2nd)	M Sen	0	0.0	15	96.0	0	0.0	0	0.0	0	0.0	96.0	148
319	Smith	Mark	Horsforth Harriers (2nd)	M Sen	0	0.0	0	0.0	0	0.0	16	94.9	0	0.0	94.9	149
320	Green	Alex	Harrogate Harriers	M Sen	0	0.0	230	35.3	276	26.9	0	0.0	171	32.5	94.7	150
321	Street	Tim	Horsforth Harriers	M Sen	0	0.0	0	0.0	0	0.0	0	0.0	15	94.4	94.4	151
322	Rhodes	Adam	Kirkstall Harriers	M Sen	218	42.1	0	0.0	184	51.3	0	0.0	0	0.0	93.5	152
323	South	Andy	Roundhay Runners	MV45	202	46.4	191	46.3	0	0.0	0	0.0	0	0.0	92.7	54
324	Messenger	John	Kippax Harriers	MV65	289	23.2	283	20.3	299	20.7	218	26.2	198	21.8	92.0	4
325	Bewell	Richard	Wetherby Runners	MV50	0	0.0	0	0.0	33	91.5	0	0.0	0	0.0	91.5	44
326	Sampson	Danny	Harrogate & York Tri Clubs	MV40	307	18.4	279	21.5	298	21.0	232	21.4	187	26.2	90.1	52
327	Bramley	Dave	Harrogate & York Tri Clubs	M Sen	281	25.3	233	34.5	265	29.8	0	0.0	0	0.0	89.6	153
328	Cade	David	LUCCC	M Sen	0	0.0	38	89.5	0	0.0	0	0.0	0	0.0	89.5	154
329	Stevenson	Brian	Pudsey & Bramley	MV50	46	88.0	0	0.0	0	0.0	0	0.0	0	0.0	88.0	45
330	Howard	Marc	Bradford Airedale AC	M Sen	0	0.0	0	0.0	0	0.0	175	40.8	135	46.8	87.6	155
331	Tait	Simon	Harrogate & York Tri Clubs	MV40	0	0.0	260	26.8	252	33.2	214	27.6	0	0.0	87.6	53
332	Hunt	John	Saltaire Striders	MV45	262	30.4	0	0.0	0	0.0	224	24.1	170	32.9	87.5	55
333	Brown	Josh	Rothwell Harriers	M Sen	0	0.0	46	87.3	0	0.0	0	0.0	0	0.0	87.3	156
334	Watson	Kevin	Horsforth Harriers	MV65	261	30.7	269	24.3	0	0.0	0	0.0	172	32.1	87.1	5
335	Farnell	Peter	Rothwell Harriers	MV40	216	42.7	0	0.0	212	43.9	0	0.0	0	0.0	86.5	54
336	Bye	James	Abbey Runners	M Sen	0	0.0	49	86.4	0	0.0	0	0.0	0	0.0	86.4	157
337	Hodgson	Mark	STAC	MV40	0	0.0	210	41.0	207	45.2	0	0.0	0	0.0	86.2	55
338	Senior	Paul	Horsforth Harriers	M Sen	0	0.0	51	85.9	0	0.0	0	0.0	0	0.0	85.9	158
339	Peck	Simon	Dragons RC	MV55	274	27.2	280	21.2	292	22.6	253	14.3	0	0.0	85.3	12
340	Ewen	Shane	Hyde Park Harriers (2nd)	M Sen	0	0.0	0	0.0	57	85.1	0	0.0	0	0.0	85.1	159
341	Mason	Jonathan	Hyde Park Harriers	M Sen	284	24.5	288	18.9	301	20.2	244	17.3	199	21.4	85.1	160
342	Romaniw	Alex	Abbey Runners	M Sen	0	0.0	0	0.0	0	0.0	0	0.0	40	84.5	84.5	161
343	Hensley	Jason	Wharefedale Harriers	MV40	0	0.0	54	84.5	0	0.0	0	0.0	0	0.0	84.5	56
344	Turland	Steve	Ilkley Harriers	MV45	0	0.0	57	84.2	0	0.0	0	0.0	0	0.0	84.2	56
345	Wilkinson	Philip	Horsforth Harriers	M Sen	205	45.6	219	38.4	0	0.0	0	0.0	0	0.0	84.0	162
346	Shively	Bill	York Postal Harriers	MV50	64	83.2	0	0.0	0	0.0	0	0.0	0	0.0	83.2	46
347	Griffiths	Ian	Horsforth Harriers	M Sen	0	0.0	0	0.0	287	23.9	216	26.9	173	31.7	82.6	163
348	Whittaker	Jim	Abbey Runners	MV45	0	0.0	220	38.1	213	43.6	0	0.0	0	0.0	81.8	57
349	Cook	Sean	Kirkstall Harriers	M Sen	0	0.0	195	45.2	241	36.2	0	0.0	0	0.0	81.4	164
350	Callaghan	Peter	Wetherby Runners	MV50	301	20.0	281	20.9	303	19.7	243	17.7	202	20.2	80.8	47
351	Rathjen	Jon	Abbey Runners (2nd)	MV40	0	0.0	70	80.5	0	0.0	0	0.0	0	0.0	80.5	57
352	Sampson	Ian	Valley Striders	MV50	0	0.0	0	0.0	76	80.1	0	0.0	0	0.0	80.1	48
353	Rutten	George	Rothwell Harriers	MV50	77	79.7	0	0.0	0	0.0	0	0.0	0	0.0	79.7	49
354	Steele	Marc	Eccleshill RR	M Sen	288	23.5	295	16.9	313	17.0	274	7.1	197	22.2	79.7	165
355	Clayton	Nick	Kirkstall Harriers	M Sen	0	0.0	0	0.0	0	0.0	184	37.8	149	41.3	79.0	166
356	Ross	Lyndon	Eccleshill RR	MV50	292	22.4	297	16.4	305	19.1	241	18.4	205	19.0	79.0	50
357	Hutchinson	Jamie	Ilkley Harriers	MV40	82	78.4	0	0.0	0	0.0	0	0.0	0	0.0	78.4	58
358	Bibby	Ross</														

404	Rose	Simon	Saltire Striders	MV45	317	15.7	0	0.0	332	12.0	246	16.7	219	13.5	57.9	62
405	Jackson	Bob	Valley Striders	MV60	287	23.7	0	0.0	310	17.8	0	0.0	212	16.3	57.8	10
406	Johnson	Malcolm	Horsforth Harriers	MV60	318	15.5	305	14.1	312	17.3	263	10.9	226	10.7	57.8	11
407	Gaffy	Richard	Abbey Runners	M Sen	0	0.0	0	0.0	0	0.0	0	0.0	108	57.5	57.5	183
408	Zywicki	Paul	Ackworth RR	MV50	323	14.1	309	13.0	317	16.0	258	12.6	217	14.3	57.4	62
409	Lewis	Peter	Ilkley Harriers	MV65	327	13.1	315	11.3	321	14.9	242	18.0	0	0.0	57.3	7
410	Hill	Chris	Airecentre Pacers	MV55	325	13.6	294	17.2	328	13.0	256	13.3	220	13.1	57.2	17
411	Tipton	Craig	Ackworth RR	MV40	0	0.0	0	0.0	163	56.9	0	0.0	0	0.0	56.9	68
412	May	James	STAC	M Sen	277	26.4	247	30.5	0	0.0	0	0.0	0	0.0	56.9	184
413	Durkan	John	Kirkstall Harriers	MV40	0	0.0	256	28.0	269	28.7	0	0.0	0	0.0	56.7	69
414	Cooper	Jon	Harrogate & York Tri Clubs	MV40	247	34.4	0	0.0	294	22.1	0	0.0	0	0.0	56.5	70
415	Smith	Jamie	Roundhay Runners	M Sen	0	0.0	0	0.0	165	56.4	0	0.0	0	0.0	56.4	185
416	Wheeler	Alexander	Chapel Allerton	M Sen	166	56.0	0	0.0	0	0.0	0	0.0	0	0.0	56.0	186
417	Shaw	Stephen	Roundhay Runners	MV45	295	21.6	291	18.1	316	16.2	0	0.0	0	0.0	55.9	63
418	Crooks	Jamie	Kirkstall Harriers	M Sen	0	0.0	0	0.0	0	0.0	132	55.4	0	0.0	55.4	187
419	Marsh	Rob	Valley Striders	MV40	0	0.0	0	0.0	169	55.3	0	0.0	0	0.0	55.3	71
420	Waterton	Gerry	Kippax Harriers	MV60	169	55.2	0	0.0	0	0.0	0	0.0	0	0.0	55.2	12
421	Wolstenholme	Stephen	Bradford Airedale AC	MV50	173	54.1	0	0.0	0	0.0	0	0.0	0	0.0	54.1	63
422	Smith	Andrew	Airecentre Pacers	MV50	311	17.3	292	17.8	306	18.9	0	0.0	0	0.0	54.0	64
423	Joynson	Ben	Ilkley Harriers	M Sen	0	0.0	0	0.0	0	0.0	137	53.7	0	0.0	53.7	188
424	Ford	Graham	Valley Striders	MV50	296	21.3	310	12.7	304	19.4	0	0.0	0	0.0	53.5	65
425	Brooksbank	John	Abbey Runners	MV55	213	43.5	0	0.0	340	9.8	0	0.0	0	0.0	53.3	18
426	Grant	Alistair	Harrogate & York Tri Clubs	MV45	178	52.8	0	0.0	0	0.0	0	0.0	0	0.0	52.8	64
427	Chandler	Simon	Wetherby Runners	M Sen	0	0.0	169	52.5	0	0.0	0	0.0	0	0.0	52.5	189
428	Huby	Pete	Saltire Striders	MV50	272	27.7	354	0.3	285	24.5	0	0.0	0	0.0	52.5	66
429	Pfeiffer	Tony	Airecentre Pacers	MV55	264	29.9	275	22.6	0	0.0	0	0.0	0	0.0	52.5	19
430	Hallas	Simon	Rothwell Harriers	M Sen	273	27.5	0	0.0	284	24.7	0	0.0	0	0.0	52.2	190
431	Webster	Simon	Valley Striders	MV45	0	0.0	0	0.0	0	0.0	0	0.0	122	52.0	52.0	65
432	Hussey	John	Valley Striders	MV60	0	0.0	270	24.0	0	0.0	0	0.0	183	27.8	51.8	13
433	Curran	Tom	Valley Striders	M Sen	0	0.0	0	0.0	183	51.6	0	0.0	0	0.0	51.6	191
434	Waite	Gary	Dragons RC	MV45	319	15.2	311	12.4	0	0.0	259	12.2	224	11.5	51.4	66
435	Brown	Andy	Horsforth Harriers	MV45	0	0.0	176	50.6	0	0.0	0	0.0	0	0.0	50.6	67
436	Ayers	Mike	Abbey Runners	MV55	187	50.4	0	0.0	0	0.0	0	0.0	0	0.0	50.4	20
437	Essex	Tony	Harrogate Harriers	MV60	275	26.9	0	0.0	290	23.1	0	0.0	0	0.0	50.1	14
438	Rogers	Darren	Roundhay Runners	MV40	0	0.0	180	49.4	0	0.0	0	0.0	0	0.0	49.4	72
439	Teauby	Angus	Horsforth Harriers	MV60	0	0.0	181	49.2	0	0.0	0	0.0	0	0.0	49.2	15
440	Perfitt	Brian	Eccleshill RR	MV40	303	19.5	298	16.1	330	12.5	0	0.0	0	0.0	48.1	73
441	Danby	Paul	Ackworth RR	MV50	196	48.0	0	0.0	0	0.0	0	0.0	0	0.0	48.0	67
442	Maycock	Dave	Horsforth Harriers	MV55	0	0.0	186	47.7	0	0.0	0	0.0	0	0.0	47.7	21
443	Stairmand	Paul	Kirkstall Harriers	M Sen	0	0.0	0	0.0	198	47.6	0	0.0	0	0.0	47.6	192
444	Squire	Alan	Horsforth Harriers	MV45	198	47.5	0	0.0	0	0.0	0	0.0	0	0.0	47.5	68
445	Kitching	Gary	Harrogate & York Tri Clubs	MV45	0	0.0	187	47.5	0	0.0	0	0.0	0	0.0	47.5	69
446	Hey	Peter	Kirkstall Harriers	MV60	339	9.9	318	10.5	333	11.7	265	10.2	215	15.1	47.4	16
447	Dennison	Paul	Wetherby Runners (2nd)	MV50	306	18.7	0	0.0	324	14.1	255	13.6	0	0.0	46.4	68
448	Gall	Stuart	STAC	M Sen	344	8.5	0	0.0	311	17.6	237	19.7	0	0.0	45.8	193
449	Lennon	Laurence	Abbey Runners	MV50	320	14.9	0	0.0	326	13.6	245	17.0	0	0.0	45.5	69
450	Jacket	Charlie	Hyde Park Harriers	M Sen	0	0.0	0	0.0	0	0.0	163	44.9	0	0.0	44.9	194
451	Curle	Graham	Rothwell Harriers	M Sen	280	25.6	287	19.2	0	0.0	0	0.0	0	0.0	44.8	195
452	Ward	Rob	Ackworth RR	MV45	209	44.5	0	0.0	0	0.0	0	0.0	0	0.0	44.5	70
453	Nundy	James	Kirkstall Harriers	M Sen	337	10.4	316	11.0	334	11.4	261	11.6	0	0.0	44.4	196
454	Swoboda	Peter	Rothwell Harriers	M Sen	210	44.3	0	0.0	0	0.0	0	0.0	0	0.0	44.3	197
455	Liddle	Andrew	Rothwell Harriers	MV40	0	0.0	0	0.0	0	0.0	165	44.2	0	0.0	44.2	74
456	Donnelly	Dan	Hyde Park Harriers	MV45	0	0.0	199	44.1	0	0.0	0	0.0	0	0.0	44.1	71
457	Grindley	Paul	Airecentre Pacers	MV45	0	0.0	0	0.0	0	0.0	0	0.0	142	44.0	44.0	72
458	Williams	Jamie	STAC	M Sen	330	12.3	308	13.3	308	18.4	0	0.0	0	0.0	43.9	198
459	Clothier	Simon	Kippax Harriers	M Sen	0	0.0	0	0.0	0	0.0	0	0.0	143	43.7	43.7	199
460	Newell	Jason	Hyde Park Harriers	MV40	0	0.0	0	0.0	0	0.0	168	43.2	0	0.0	43.2	75
461	Coates	Martin	Horsforth Harriers	M Sen	0	0.0	293	17.5	281	25.5	0	0.0	0	0.0	43.0	200
462	Horobin	Darren	Ackworth RR	MV40	0	0.0	203	42.9	0	0.0	0	0.0	0	0.0	42.9	76
463	Boyle	Peter	STAC	MV60	329	12.5	319	10.2	341	9.6	264	10.5	0	0.0	42.8	17
464	Markey	Barry	Bradford Airedale AC	MV55	334	11.2	321	9.6	343	9.0	257	12.9	0	0.0	42.8	22
465	Coultrup	Oily	Hyde Park Harriers	M Sen	0	0.0	0	0.0	217	42.6	0	0.0	0	0.0	42.6	201
466	Jones	Richard	STAC	M Sen	346	8.0	329	7.3	329	12.8	254	13.9	0	0.0	42.1	202
467	Jackson	Jude	STAC	M Sen	316	16.0	302	15.0	347	8.0	287	2.7	249	1.6	41.7	203
468	Nicholls	David	Chapel Allerton	MV55	220	41.6	0	0.0	0	0.0	0	0.0	0	0.0	41.6	23
469	Young	Innes	Roundhay Runners	M Sen	0	0.0	211	40.7	0	0.0	0	0.0	0	0.0	40.7	204
470	Hunt	Chris	Kirkstall Harriers	M Sen	293	22.1	290	18.4	0	0.0	0	0.0	0	0.0	40.5	205
471	Newsome	Marc	Harrogate & York Tri Clubs	MV40	0	0.0	0	0.0	0	0.0	177	40.1	0	0.0	40.1	77
472	Coop	Philip	STAC	MV50	332	11.7	341	4.0	344	8.8	249	15.6	0	0.0	40.1	70
473	Binns	Richard	Bradford Airedale AC	MV40	352	6.4	322	9.3	356	5.6	260	11.9	222	12.3	39.9	78
474	Lewis	Christian	Saltire Striders	M Sen	228	39.5	0	0.0	0	0.0	0	0.0	0	0.0	39.5	206
475	Park	Keith	Horsforth Harriers	MV55	0	0.0	0	0.0	335	11.2	247	16.3	223	11.9	39.4	24
476	Glover	Paul	Kirkstall Harriers	MV65	0	0.0	0	0.0	302	19.9	0	0.0	204	19.4	39.4	8
477	Mellor	Nick	Ilkley Harriers	MV55	299	20.5	289	18.6	0	0.0	0	0.0	0	0.0	39.2	25
478	O'Brien	Kieran	Kirkstall Harriers	M Sen	0	0.0	0	0.0	0	0.0	181	38.8	0	0.0	38.8	207
479	Wilkinson	Jeramey	Knareborough Striders	MV50	232	38.4	0	0.0	0	0.0	0	0.0	0	0.0	38.4	71
480	Persico	Peter	Abbey Runners	M Sen	0	0.0	307	13.6	338	10.4	0	0.0	218	13.9	37.8	208
481	Couldwell	Alan	Harrogate Harriers	MV55	0	0.0	0	0.0	0	0.0	240	18.7	206	18.7	37.4	26
482	Blackhurst	Kevin	Kirkstall Harriers	MV50	0	0.0	0	0.0	0	0.0	0	0.0	159	37.3	37.3	72
483	Foster	Mark	Wetherby Runners	MV40	238	36.8	0	0.0	0	0.0	0	0.0	0	0.0	36.8	79
484	George	Tony	Harrogate & York Tri Clubs	MV45	0	0.0	0	0.0	0	0.0	188	36.4	0	0.0	36.4	73
485	Buckley	Jason	Kirkstall Harriers	M Sen	0	0.0	0	0.0	0	0.0	0	0.0	162	36.1	36.1	209
486	Hawkins	Richard	York Postal Harriers	M Sen	241	36.0	0	0.0	0	0.0	0	0.0	0	0.0	36.0	210
487	Warren	Craig	Chapel Allerton	M Sen	0	0.0	0	0.0	0	0.0	0	0.0	165	34.9	34.9	211
488	Nock	Adrian	Roundhay Runners	MV40	0	0.0	0	0.0	246	34.8	0	0.0	0	0.0	34.8	80
489	Gardner	Andrew	STAC	MV60	350	6.9	317	10.7	354	6.1	268	9.2	235	7.1	34.0	18
490	Langdana	Burjor	Kirkstall Harriers	MV45	0	0.0	0	0.0	336	10.9	262	11.2	225	11.1	33.2	74
491	Flanagan	Lee	York Postal Harriers	M Sen	252	33.1	0	0.0	0	0.0	0	0.0	0	0.0	33.1	212
492	Balkwill	James	Abbey Runners	MV40	0	0.0	0	0.0	0	0.0	251	15.0	211	16.7	31.6	81
493	Bromley	Russell	Kirkstall Harriers	M Sen	353	6.1	331	6.8	371	1.6	267	9.5	233	7.9	30.4	213
494	Hooban	Matt	Kirkstall Harriers	M Sen	335	10.9	334	5.9	351	6.9	278	5.8	0	0.0	29.6	214
495	Sanderson	Paul	Rothwell Harriers	MV50	0	0.0	304	14.4	322							

540	McKone	Mark	Kirkstall Harriers	M Sen	0	0.0	299	15.8	0	0.0	0	0.0	0	0.0	15.8	228
541	Schofield	Peter	Harrogate & York Tri Clubs	MV65	0	0.0	0	0.0	318	15.7	0	0.0	0	0.0	15.7	11
542	Edwards	Richard	Hyde Park Harriers	M Sen	368	2.1	348	2.0	375	0.5	275	6.8	241	4.8	15.7	229
543	Rayson	Dave	Abbey Runners	MV45	0	0.0	300	15.5	0	0.0	0	0.0	0	0.0	15.5	83
544	Kingsnorth	Simon	Saltire Striders	MV45	366	2.7	344	3.1	365	3.2	276	6.5	0	0.0	15.4	84
545	Crabtree	Paul	Dragons RC	M Sen	0	0.0	0	0.0	320	15.2	0	0.0	0	0.0	15.2	230
546	Longhorn	Darren	Saltire Striders	MV45	0	0.0	0	0.0	0	0.0	0	0.0	216	14.7	14.7	85
547	Cumbers	Henry	Saltire Striders	M Sen	321	14.7	0	0.0	0	0.0	0	0.0	0	0.0	14.7	231
548	Wallace	John	Valley Striders	MV45	0	0.0	0	0.0	0	0.0	252	14.6	0	0.0	14.6	86
549	Bullough	Tony	STAC	MV65	365	2.9	337	5.1	364	3.3	286	3.1	247	2.4	14.5	12
550	Rayner	Ian	Roundhay Runners	MV45	0	0.0	0	0.0	325	13.8	0	0.0	0	0.0	13.8	87
551	Nesden	Patrick	Kirkstall Harriers	MV60	360	4.3	336	5.4	362	4.0	0	0.0	0	0.0	13.6	23
552	Hinde	Stuart	Rothwell Harriers	MV50	349	7.2	333	6.2	0	0.0	0	0.0	0	0.0	13.4	83
553	Kitchen	Jay	Kippax Harriers	MV50	363	3.5	0	0.0	359	4.8	280	5.1	0	0.0	13.4	84
554	Croston	Paul	Horsforth Harriers	MV45	357	5.1	0	0.0	361	4.3	284	3.7	0	0.0	13.1	88
555	Beston	Dave	Abbey Runners	MV55	328	12.8	0	0.0	0	0.0	0	0.0	0	0.0	12.8	28
556	Sugden	Paul	Ilkley Harriers	MV50	331	12.0	0	0.0	0	0.0	0	0.0	0	0.0	12.0	85
557	Jones	Paul	Hyde Park Harriers	M Sen	0	0.0	0	0.0	368	2.4	270	8.5	0	0.0	10.9	232
558	Scanlon	Peter	Horsforth Harriers	MV65	361	4.0	0	0.0	366	2.9	0	0.0	244	3.6	10.5	13
559	Andre	Trevor	Bradford Airedale AC	MV40	0	0.0	0	0.0	0	0.0	283	4.1	237	6.3	10.4	88
560	Leach	Peter	Abbey Runners	MV65	359	4.5	0	0.0	355	5.9	0	0.0	0	0.0	10.4	14
561	Brown	Simon	Saltire Striders	MV50	0	0.0	0	0.0	0	0.0	0	0.0	227	10.3	10.3	86
562	Gillian	Dave	Abbey Runners	M Sen	340	9.6	0	0.0	0	0.0	0	0.0	0	0.0	9.6	233
563	Wilcox	Steven	Bradford Airedale AC	MV50	0	0.0	0	0.0	342	9.3	0	0.0	0	0.0	9.3	87
564	Henderson	Anthony	Bradford Airedale AC	M Sen	343	8.8	0	0.0	0	0.0	0	0.0	0	0.0	8.8	234
565	Pennington	Gary	Saltire Striders	MV45	0	0.0	0	0.0	0	0.0	0	0.0	231	8.7	8.7	89
566	Jones	Dave	Valley Striders	MV50	0	0.0	0	0.0	376	0.3	0	0.0	232	8.3	8.6	88
567	Robertson	James	York Postal Harriers	M Sen	345	8.3	0	0.0	0	0.0	0	0.0	0	0.0	8.3	235
568	Overton	Martin	Ackworth RR	M Sen	0	0.0	0	0.0	0	0.0	271	8.2	0	0.0	8.2	236
569	Fisher	Graham	Kirkstall Harriers (2nd)	MV40	358	4.8	350	1.4	0	0.0	290	1.7	0	0.0	7.9	89
570	Goodyear	David	Eccleshill RR	MV45	0	0.0	0	0.0	373	1.1	285	3.4	245	3.2	7.6	90
571	Haigh	Stewart	Ackworth RR	MV65	0	0.0	330	7.1	0	0.0	0	0.0	0	0.0	7.1	15
572	Redhead	Mark	Rothwell Harriers	MV50	351	6.7	0	0.0	0	0.0	0	0.0	0	0.0	6.7	89
573	Cartwright	Dave	Eccleshill RR	MV60	370	1.6	351	1.1	374	0.8	288	2.4	0	0.0	5.9	24
574	Park	Ian	Horsforth Harriers	MV55	371	1.3	0	0.0	0	0.0	0	0.0	242	4.4	5.7	29
575	Owen	Tim	Ackworth RR	MV45	355	5.6	0	0.0	0	0.0	0	0.0	0	0.0	5.6	91
576	Meta	James	Kirkstall Harriers	MV55	0	0.0	0	0.0	357	5.3	0	0.0	0	0.0	5.3	30
577	Mason	Mick	Hyde Park Harriers	MV45	369	1.9	349	1.7	372	1.3	0	0.0	0	0.0	4.9	92
578	Sellars	Michael	STAC	MV70	0	0.0	0	0.0	0	0.0	289	2.0	246	2.8	4.8	3
579	Maltby	Christopher	STAC	MV55	0	0.0	338	4.8	0	0.0	0	0.0	0	0.0	4.8	31
580	Sommers	Sean	Harrogate Harriers	MV50	0	0.0	343	3.4	0	0.0	291	1.4	0	0.0	4.8	90
581	Armitage	Walter	STAC	MV60	0	0.0	0	0.0	0	0.0	282	4.4	0	0.0	4.4	25
582	Blemings	Robert	STAC	M Sen	364	3.2	0	0.0	0	0.0	0	0.0	0	0.0	3.2	237
583	Bell	John	Ackworth RR	MV70	373	0.8	353	0.6	0	0.0	294	0.3	250	1.2	2.9	4
584	Kitchen	Andrew	Ilkley Harriers	MV55	0	0.0	345	2.8	0	0.0	0	0.0	0	0.0	2.8	32
585	Barton	Ken	Ackworth RR	MV60	0	0.0	0	0.0	367	2.7	0	0.0	0	0.0	2.7	26
586	Moss	Mike	Saltire Striders	MV55	0	0.0	347	2.3	0	0.0	0	0.0	0	0.0	2.3	33
587	O'Hara	Steve	Horsforth Harriers	MV65	0	0.0	0	0.0	0	0.0	0	0.0	248	2.0	2.0	16
588	Taylor	Malcolm	Kirkstall Harriers	M Sen	0	0.0	0	0.0	0	0.0	293	0.7	251	0.8	1.5	238
589	Dodd	Brian	Ackworth RR	MV75	374	0.5	352	0.8	0	0.0	0	0.0	0	0.0	1.4	1
590	Morris	Steve	Knaresborough Striders	MV55	372	1.1	0	0.0	0	0.0	0	0.0	0	0.0	1.1	34
591	El Kurdi	Ashraf	Airecentre Pacers	M Sen	0	0.0	0	0.0	0	0.0	0	0.0	252	0.4	0.4	239
592	Johnson	John	STAC	MV85	375	0.3	0	0.0	0	0.0	0	0.0	0	0.0	0.3	1