

**PECO Cross Country League 2018-19
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	Best 4 From 5	Cat Pos
					Pos	Points	Pos	Points	Pos	Points	Pos	Points	Pos	Points			
1	Forrest	Terence	Ackworth Road Runners	MSEN	2	499.0	3	497.8	2	499.0	1	500.0	1	500.0	2495.8	1998.0	1
2	Howie	Robin	Wharfedale Harriers	MSEN	5	496.1	0	0.0	4	496.9	3	497.9	3	497.7	1988.6	1988.6	2
3	Baldwin	Tim	Saltaire Striders	MSEN	9	492.2	5	495.6	5	495.8	5	495.7	5	495.4	2474.7	1982.6	3
4	Hallam	Matthew	Valley Striders	MSEN	8	493.2	7	493.3	7	493.8	6	494.7	4	496.6	2471.5	1978.3	4
5	Burns	Alisdair	Wharfedale Harriers	M35	7	494.1	6	494.4	6	494.8	7	493.6	0	0.0	1977.0	1977.0	1
6	Willis	Jonathan	Roundhay Runners	M40	6	495.1	0	0.0	9	491.7	8	492.5	6	494.3	1973.6	1973.6	1
7	Midgley	Tim	Abbey Runners	M35	11	490.2	0	0.0	14	486.5	11	489.3	9	490.9	1956.9	1956.9	2
8	Watson	Sam	Wharfedale Harriers	M35	13	488.3	8	492.2	0	0.0	20	479.7	7	493.2	1953.3	1953.3	5
9	Holmes	Christian	Wharfedale Harriers	M45	10	491.2	0	0.0	13	487.5	18	481.8	8	492.0	1952.6	1952.6	1
10	Lomas	Adam	Hyde Park Harriers	MSEN	19	482.4	14	485.6	17	483.4	28	471.2	12	487.5	2409.9	1938.8	6
11	Driver	David	Wharfedale Harriers	M35	18	483.4	9	491.1	0	0.0	21	478.6	16	482.9	1936.0	1936.0	3
12	Pownall	Jon	Valley Striders	MSEN	23	478.5	10	490.0	23	477.1	15	485.0	20	478.4	2409.0	1931.9	7
13	Jenner	Tim	Roundhay Runners	MSEN	22	479.5	11	488.9	21	479.2	0	0.0	15	484.1	1931.6	1931.6	8
14	Jordan	Rupert	Hyde Park Harriers	MSEN	0	0.0	21	477.8	22	478.2	16	484.0	14	485.2	1925.1	1925.1	9
15	Vargas	Michael	Hyde Park Harriers	MSEN	27	474.6	0	0.0	12	488.6	14	486.1	23	474.9	1924.2	1924.2	10
16	Bagot	David	Hyde Park Harriers	MSEN	30	471.6	23	475.6	15	485.4	0	0.0	25	472.7	1905.3	1905.3	11
17	Herrington	Richard	St Therasas AC	M35	112	391.4	28	470.2	25	475.1	23	476.5	21	477.2	2290.2	1898.8	4
18	Fillingham	Martin	Saltaire Striders	M45	41	460.9	17	482.2	28	471.9	27	472.2	29	468.1	2355.3	1894.5	2
19	Gott	Steven	Ilkley Harriers	M40	48	454.0	34	463.3	24	476.1	29	470.1	18	480.6	2344.2	1890.1	2
20	Holder	Jacob	Roundhay Runners	M40	42	459.9	22	476.7	44	455.3	22	477.6	24	473.8	2343.2	1887.9	12
21	Young	Jonathan	Kirkstall Harriers	MSEN	45	456.9	30	467.8	42	457.4	26	473.3	19	479.5	2334.9	1877.9	13
22	Kerr	Will	Saltaire Striders	M40	17	484.3	29	468.9	0	0.0	45	453.0	35	461.3	1867.5	1867.5	3
23	Jones	Simon	Abbey Runners	MSEN	34	467.7	20	478.9	53	445.9	42	456.2	33	463.6	2312.3	1866.3	14
24	Kirkham	David	Wharfedale Harriers	M40	26	475.5	0	0.0	27	473.0	35	463.7	43	452.2	1864.4	1864.4	4
25	Milne	Angus	Hyde Park Harriers	MSEN	29	472.6	35	462.2	47	452.2	25	474.4	305	153.8	2015.1	1861.4	15
26	Wakelin	Luke	Nidd Valley Road Runners	MSEN	54	448.1	0	0.0	19	481.3	37	461.5	27	470.4	1861.4	1861.4	16
27	Green	Sam	Wharfedale Harriers	MSEN	38	463.8	31	466.7	37	462.6	33	465.8	0	0.0	1858.9	1858.9	17
28	Richardson	Timothy	Harrogate Harriers & AC	MSEN	31	470.6	0	0.0	63	435.6	30	469.0	31	465.8	1841.0	1841.0	18
29	Humphries	Andrew	Airecentre Pacers	MSEN	35	466.7	47	448.9	30	469.9	43	455.1	0	0.0	1840.6	1840.6	19
30	Willis	Ian	Wharfedale Harriers	M45	37	464.8	0	0.0	36	463.6	40	458.3	46	448.7	1835.5	1835.5	3
31	Coldwell	Ben	Kirkstall Harriers	MSEN	40	461.8	0	0.0	41	458.4	34	464.7	45	449.9	1834.9	1834.9	20
32	Gibbs	Richard	Roundhay Runners	M40	53	449.1	32	465.6	43	456.3	39	459.4	42	453.3	2283.7	1834.6	5
33	Brown	Andy	Saltaire Striders	M50	63	439.3	42	454.4	39	460.5	41	457.3	37	459.0	2270.5	1831.2	1
34	Moakler	Ben	Roundhay Runners	M35	43	458.9	43	453.4	48	451.1	44	454.1	34	462.4	2279.9	1828.5	5
35	Pinn	Steve	Roundhay Runners	M40	69	433.5	69	424.4	31	468.8	46	451.9	28	469.2	2247.9	1823.5	6
36	Newton	Simon	Ackworth Road Runners	M40	81	421.7	57	437.8	32	467.8	38	460.5	39	456.7	2244.5	1822.7	7
37	Goose	Philip	Hyde Park Harriers	MSEN	97	406.1	24	474.4	26	474.0	0	0.0	36	460.1	1814.7	1814.7	21
38	Richardson	Matthew	Saltaire Striders	M35	52	450.1	39	457.8	35	464.7	66	430.5	55	438.5	2241.6	1811.0	6
39	Forey	Jonathan	Dragons Running Club	M50	39	462.8	51	444.4	59	439.7	47	450.9	51	443.1	2240.9	1801.2	2
40	Kirk	Adam	Nidd Valley Road Runners	MSEN	33	468.7	26	472.2	87	410.6	52	445.5	0	0.0	1797.0	1797.0	22
41	Fleming	Andrew	Rothwell Harriers & AC	M35	64	438.4	0	0.0	51	448.0	48	449.8	40	455.6	1791.7	1791.7	7
42	Mann	Gary	Valley Striders	M35	58	444.2	46	450.0	65	433.5	49	448.7	53	440.8	2217.2	1783.7	8
43	Blackburn	Ross	Rothwell Harriers & AC	MSEN	57	445.2	54	441.1	0	0.0	69	427.4	47	447.6	1761.3	1761.3	23
44	Pratt	Daniel	Wharfedale Harriers	M35	56	446.2	55	440.0	68	430.4	53	444.4	84	405.5	2166.4	1761.0	9
45	Furlong	Ian	Roundhay Runners	M35	62	440.3	50	445.6	55	443.9	70	426.3	0	0.0	1756.0	1756.0	10
46	Gitlow	Paul	Horsforth Harriers	M40	50	452.1	40	456.7	71	427.2	78	417.7	81	408.9	2162.6	1753.7	8
47	Greenland	Rob	Chapel Allerton RC	M45	44	457.9	52	443.3	76	422.0	77	418.8	64	428.2	2170.3	1751.5	4
48	Hipkiss	Jack	Kirkstall Harriers	MSEN	190	315.8	48	447.8	72	426.2	59	438.0	56	437.4	2064.4	1749.4	24
49	Dunbar	Stuart	Saltaire Striders	M55	83	419.8	61	433.3	54	444.9	71	425.2	61	431.7	2154.9	1735.1	1
50	Dearden	Mike	Chapel Allerton RC	M35	99	404.1	62	432.2	60	438.7	64	432.7	62	430.5	2138.2	1734.1	11
51	Newsome	Paul	St Therasas AC	M45	71	431.5	56	438.9	57	441.8	76	419.9	72	419.1	2151.2	1732.1	5
52	Robins	Daniel	Valley Striders	M35	86	416.8	63	431.1	0	0.0	62	434.8	52	441.9	1724.7	1724.7	12
53	Mcquire	Dave	Wharfedale Harriers	M50	85	417.8	67	426.7	74	424.1	60	437.0	59	433.9	2139.5	1721.7	3
54	Thomas	Gwilym	Valley Striders	M40	75	427.6	58	436.7	0	0.0	72	424.1	70	421.4	1709.8	1709.8	9
55	Kwallah	Joseph	Wetherby Runners AC	M50	82	420.7	0	0.0	67	431.4	67	429.5	65	427.1	1708.7	1708.7	4
56	Ball	Jonathan	Valley Striders	M40	0	0.0	82	410.0	49	450.1	86	409.2	57	436.2	1705.5	1705.5	10
57	Hardy	Lee	Kirkstall Harriers	M35	66	436.4	64	430.0	92	405.4	83	412.4	67	424.8	2109.0	1703.6	13
58	Walker	Bobak	Roundhay Runners	M35	76	426.6	68	425.6	93	404.4	116	377.1	49	445.3	2079.0	1701.9	14
59	Morton	Joseph	Roundhay Runners	M35	0	0.0	73	420.0	73	425.2	79	416.7	60	432.8	1694.6	1694.6	15
60	Morland	Stephen	Knaresborough Striders	M45	88	414.9	65	428.9	0	0.0	81	414.5	63	429.4	1687.7	1687.7	6
61	Harris	Tom	Harrogate Harriers & AC	MSEN	84	418.8	66	427.8	88	409.6	68	428.4	94	394.1	2078.6	1684.5	25
62	Todd	Andy	Nidd Valley Road Runners	M55	77	425.6	75	417.8	0	0.0	73	423.1	86	403.2	1669.7	1669.7	2
63	Johnston	Ben	Horsforth Harriers	M35	89	413.9	0	0.0	83	414.8	95	399.6	54	439.6	1667.9	1667.9	16
64	Plummer	Barnabas	Horsforth Harriers	MSEN	104	399.2	72	421.1	85	412.7	82	413.5	71	420.3	2066.7	1667.5	26
65	Maudsley	Ian	St Therasas AC	M35	90	412.9	74	418.9	78	420.0	84	411.3	88	400.9	2064.0	1663.1	17
66	Ellwood	Glynn	York Postal Harriers	MSEN	91	411.9	0	0.0	86	411.6	74	422.0	74	416.9	1662.4	1662.4	27
67	Lynch	Tom	Horsforth Fellandale	M35	0	0.0	90	401.1	66	432.4	92	402.8	69	422.6	1658.9	1658.9	17
68	Welton	Ted	Knaresborough Striders	M45	109	394.3	70	423.3	79	418.9	0	0.0	76	414.6	1651.2	1651.2	7
69	Westmoreland	Jason	Rothwell Harriers & AC	M50	98	405.1	79	413.3	0	0.0	80	415.6	83	406.6	1640.6	1640.6	5
70	Jones	Simon	Abbey Runners	M45	0	0.0	71	422.2	84	413.7	91	403.8	97	390.7	1630.5	1630.5	8
71	Franklin	James	Abbey Runners	M40	96	407.0	77	415.6	75	423.1	120	372.9	0	0.0	1618.5	1618.5	11
72	Wright	James	Knaresborough Striders	MSEN	87	415.9	80	412.2	105	391.9	102	392.1	93	395.2	2007.3	1615.4	28
73	Brown	Paul	Rothwell Harriers & AC	M50	95	408.0	97	393.3									

212	Frazer	Simon	Saltaire Striders	M40	143	361.1	164	318.9	148	347.2	0	0.0	0	0.0	1027.1	1027.1	34
213	Farrell	Mark	Valley Striders	M35	0	0.0	136	350.0	174	320.2	0	0.0	127	356.5	1026.7	1026.7	34
214	Calver	Rob	Chapel Allerton RC	M45	258	248.5	256	216.7	0	0.0	203	284.2	199	274.5	1023.9	1023.9	32
215	Rush	Peter	Roundhay Runners	M55	263	243.6	217	260.0	240	251.6	241	243.6	210	262.0	1260.7	1017.2	10
216	Woodhead	William	Airecentre Pacers	MSEN	280	227.0	221	255.6	217	275.5	242	242.5	229	240.3	1240.9	1013.9	83
217	Pickering	Malcolm	Ilkley Harriers	M65	273	233.9	206	272.2	238	253.6	233	252.1	248	218.7	1230.5	1011.9	1
218	Webber-Cross	Geoff	Chapel Allerton RC	M35	168	336.6	0	0.0	186	307.7	131	361.1	0	0.0	1005.4	1005.4	35
219	King	Geoff	Harrogate Harriers & AC	M60	174	330.7	140	345.6	171	323.3	0	0.0	0	0.0	999.6	999.6	3
220	Davison	Sam	Valley Striders	MSEN	252	254.4	231	244.4	246	245.3	230	255.3	0	0.0	999.5	999.5	84
221	Goddard	Billy	Roundhay Runners	M40	0	0.0	152	332.2	154	341.0	0	0.0	154	325.7	998.9	998.9	35
222	Sambrook	Josh	LUUCCC	MSEN	4	497.1	2	498.9	0	0.0	0	0.0	0	0.0	996.0	996.0	85
223	Padgett	Tony	Chapel Allerton RC	MSEN	0	0.0	170	312.2	164	330.6	153	337.6	0	0.0	980.4	980.4	86
224	Watson	Simon	Harrogate Harriers & AC	M55	0	0.0	172	310.0	156	338.9	160	330.1	0	0.0	979.0	979.0	11
225	Shelley	Peter	Ilkley Harriers	M50	179	325.8	150	334.4	0	0.0	171	318.4	0	0.0	978.7	978.7	22
226	Chambers	Mick	Saltaire Striders	M65	264	242.7	220	256.7	0	0.0	240	244.7	234	234.6	978.6	978.6	2
227	Laughton	Mark	York Triathlon Club	M50	288	219.2	216	261.1	245	246.4	244	240.4	239	228.9	1196.0	976.8	23
228	Weight	Dave	Roundhay Runners	M55	259	247.6	236	238.9	277	213.1	0	0.0	198	275.6	975.2	975.2	12
229	Tranter	Colin	Hyde Park Harriers	M35	0	0.0	193	286.7	165	329.5	136	355.8	0	0.0	972.0	972.0	36
230	Shepherd	Stuart	Chapel Allerton RC	M35	270	236.8	233	242.2	271	219.3	231	254.3	233	235.8	1188.4	969.0	37
231	Muir	Jack	Wharfedale Harriers	MSEN	16	485.3	0	0.0	0	0.0	0	0.0	17	481.8	967.1	967.1	87
232	Greenhalgh	Lee	Horsforth Harriers	M45	180	324.9	0	0.0	170	324.3	175	314.1	0	0.0	963.3	963.3	33
233	Linstrum	Nils	Wetherby Runners AC	MSEN	0	0.0	171	311.1	193	300.4	141	350.4	0	0.0	962.0	962.0	88
234	Standfield	Ian	Ackworth Road Runners	M55	284	223.1	0	0.0	257	233.9	232	253.2	220	250.6	960.8	960.8	13
235	Whitaker	Jonathan	Harrogate Harriers & AC	M55	240	266.1	225	251.1	232	259.9	303	177.4	300	159.5	1113.9	954.5	14
236	Midwood	Simon	Valley Striders	MSEN	28	473.6	19	480.0	0	0.0	0	0.0	0	0.0	953.6	953.6	89
237	Hough	Paul	Chapel Allerton RC	M35	220	285.7	0	0.0	169	325.4	0	0.0	140	341.7	952.8	952.8	38
238	Sutherland	Mark	Eccleshill Road Runners	M50	290	217.2	250	223.3	251	240.1	228	257.5	238	230.1	1168.2	951.0	24
239	Cook	Sean	Valley Striders	M35	0	0.0	0	0.0	153	342.0	209	277.8	151	329.2	948.9	948.9	39
240	Peagram	Andrew	Nidd Valley Road Runners	M40	298	209.4	0	0.0	252	239.1	252	231.8	205	267.7	948.0	948.0	36
241	Fox	Ken	Valley Striders	M60	248	258.3	0	0.0	260	230.8	262	221.2	232	236.9	947.1	947.1	4
242	Brennan	Sean	Knaresborough Striders	M45	310	197.7	242	232.2	0	0.0	236	248.9	211	260.8	939.6	939.6	34
243	Wilkinson	Matthew	Nidd Valley Road Runners	M35	25	476.5	0	0.0	38	461.5	0	0.0	0	0.0	938.1	938.1	40
244	Bryant	Mark	Harrogate Harriers & AC	M45	0	0.0	0	0.0	0	0.0	31	467.9	30	467.0	934.9	934.9	35
245	Butterfield	Richard	Horsforth Harriers	M60	296	211.4	0	0.0	255	236.0	256	227.6	217	254.0	928.9	928.9	5
246	Hassell	Ethan	Wharfedale Harriers	MSEN	15	486.3	0	0.0	0	0.0	55	442.3	0	0.0	928.6	928.6	90
247	Smith	Jonathan	Roundhay Runners	M45	266	240.7	239	235.6	254	237.0	268	214.7	0	0.0	928.0	928.0	36
248	Thomas	Tom	Hyde Park Harriers	MSEN	0	0.0	0	0.0	40	459.5	32	466.9	0	0.0	926.3	926.3	91
249	Burton	Paul	Roundhay Runners	M50	182	322.9	161	322.2	0	0.0	0	0.0	195	279.0	924.2	924.2	25
250	Grindley	Phil	Airecentre Pacers	M50	282	225.0	223	253.3	268	222.5	260	223.3	249	217.5	1141.7	924.1	26
251	Carrier	Andrew	Hyde Park Harriers	MSEN	0	0.0	0	0.0	0	0.0	50	447.6	26	471.5	919.2	919.2	92
252	Spink	Stewart	Saltaire Striders	M50	0	0.0	209	268.9	168	326.4	176	313.0	0	0.0	908.3	908.3	27
253	Geisleris	Giedrius	Kirkstall Harriers	M35	338	170.3	292	176.7	256	234.9	224	261.8	235	233.5	1077.1	906.8	41
254	Fitzgerald	Sean	Valley Striders	M35	181	323.9	0	0.0	196	297.3	0	0.0	194	280.2	901.4	901.4	42
255	Patrickson	Alex	Nidd Valley Road Runners	MSEN	60	442.3	44	452.2	0	0.0	0	0.0	0	0.0	894.5	894.5	93
256	Staiano	Simon	Nidd Valley Road Runners	M40	0	0.0	253	220.0	270	220.4	263	220.1	237	231.2	891.7	891.7	37
257	Ward	John	Abbey Runners	M65	275	231.9	230	245.6	281	208.9	279	203.0	266	198.2	1087.6	889.4	3
258	Bennett	Simon	Ackworth Road Runners	M55	211	294.5	156	327.8	0	0.0	222	263.9	0	0.0	886.2	886.2	15
259	Moss	Marcus	Roundhay Runners	M40	0	0.0	182	298.9	194	299.4	200	287.4	0	0.0	885.7	885.7	38
260	Thompson	Jamie	Wetherby Runners AC	M35	73	429.5	41	455.6	0	0.0	0	0.0	0	0.0	885.1	885.1	43
261	Gallagher	Mike	Hyde Park Harriers	M35	0	0.0	0	0.0	50	449.1	61	435.9	0	0.0	885.0	885.0	44
262	Cobb	Chris	Roundhay Runners	M35	196	309.2	173	308.9	227	265.1	0	0.0	0	0.0	883.2	883.2	45
263	Rickard	Matt	Nidd Valley Road Runners	M40	200	305.3	0	0.0	213	279.6	0	0.0	181	295.0	879.9	879.9	39
264	Robinson	Alex	Nidd Valley Road Runners	MSEN	0	0.0	0	0.0	58	440.7	58	439.1	0	0.0	879.9	879.9	94
265	Crawley	Richard	Valley Striders	MSEN	70	432.5	0	0.0	64	434.5	0	0.0	0	0.0	867.0	867.0	95
266	Cook	James	Nidd Valley Road Runners	M50	305	202.5	222	254.4	330	158.0	365	111.1	219	251.7	866.7	866.7	28
267	Ellis	Andrew	St Therasas AC	M40	306	201.6	240	234.4	286	203.7	258	225.4	0	0.0	865.2	865.2	40
268	Wright	Sean	Wetherby Runners AC	MSEN	230	275.9	0	0.0	197	296.3	0	0.0	183	292.7	864.9	864.9	96
269	Lippiatt	Huw	Valley Striders	M45	93	410.0	0	0.0	0	0.0	0	0.0	44	451.0	861.0	861.0	37
270	Rowbotham	Ian	Harrogate Harriers & AC	M55	227	278.9	154	330.0	0	0.0	239	245.7	0	0.0	854.6	854.6	16
271	Mitchell	Ian	Knaresborough Striders	M55	321	186.9	232	243.3	395	90.4	285	196.6	242	225.5	942.8	852.3	17
272	Ellis	Matt	Abbey Runners	M40	301	206.5	278	192.2	284	205.8	269	213.7	245	222.1	1040.3	848.1	41
273	Womersley	David	Horsforth Harriers	M65	328	180.0	255	217.8	272	218.3	273	209.4	265	199.3	1024.8	844.8	4
274	Teggart	David	Bradford Airedale AC	M40	0	0.0	0	0.0	77	421.0	0	0.0	68	423.7	844.7	844.7	42
275	Simkins	Paul	Abbey Runners	M45	197	308.2	203	275.6	0	0.0	0	0.0	213	258.5	842.3	842.3	38
276	Garside	Simon	Rothwell Harriers & AC	M50	0	0.0	81	411.1	69	429.3	0	0.0	0	0.0	840.4	840.4	29
277	Schofield	Jason	Wharfedale Harriers	M45	256	250.5	0	0.0	289	200.6	265	217.9	293	167.4	836.5	836.5	39
278	Carter	Matt	Valley Striders	M35	0	0.0	178	303.3	236	255.7	0	0.0	197	276.8	835.8	835.8	46
279	Bates	Adam	Harrogate Harriers & AC	M35	0	0.0	262	210.0	297	192.3	261	222.2	255	210.7	835.2	835.2	47
280	Moffatt	Simon	Harrogate Harriers & AC	M50	0	0.0	200	278.9	0	0.0	229	256.4	182	293.8	829.1	829.1	30
281	Babington	Dan	Dragons Running Club	M40	316	191.8	274	196.7	369	117.5	251	232.9	260	205.0	943.8	826.4	43
282	Walker	Richard	Valley Striders	M50	360	148.7	271	200.0	269	221.4	275	207.3	268	195.9	973.3	824.6	31
283	Todd	Stephen	Chapel Allerton RC	M65	323	184.9	247	226.7	276	214.1	286	195.5	283	178.8	1000.1	821.2	5
284	Walsh	Sam	Abbey Runners	MSEN	0	0.0	207	271.1	215	277.5	0	0.0	203	269.9	818.6	818.6	97
285	Dowdeswell	Jake	Dragons Running Club	MSEN	0	0.0	0	0.0	0	0.0	88	407.1	80	410.0	817.1	817.1	98
286	Heather	Andrew	York Postal Harriers	M45	295	212.3	276	194.4	287	202.7	311	168.8	259	206.2	984.4	815.6	40
287	Foley	Brendan	Horsforth Harriers	M40	0	0.0	196	283.3	0	0.0	238	246.8	192	282.5	812.6	812.6	44
288	Thomson	John	Ackworth Road Runners	MSEN	0	0.0	101	388.9	0	0.0	0	0.0	73	418.0	806.9	806.9	99
289	Parke	Callum	Ackworth Road Runners	MSEN	0	0.0	0	0.0	0	0.0	108	385.7	75	415.7	801.4	801.4	100
290	Bowen	Michael	Hyde Park Harriers	M35	0	0.0	103	386.7	0	0.0	0	0.0	77	413.4	800.1	800.1	48
291	Gifford	Thomas	Airecentre Pacers	M35	357	151											

320	Knapp	James	Nidd Valley Road Runners	MSEN	0	0.0	0	0.0	263	227.7	257	226.5	204	268.8	722.9	722.9	106
321	Sinar	Terry	Ackworth Road Runners	M55	319	188.8	0	0.0	310	178.8	299	181.6	296	164.0	713.3	713.3	22
322	Quinn	Steff	Nidd Valley Road Runners	M50	124	379.6	0	0.0	0	0.0	0	0.0	148	332.6	712.2	712.2	36
323	Nesbitt	Stephen	Harrogate Harriers & AC	M50	343	165.4	317	148.9	314	174.6	293	188.0	280	182.2	859.2	710.3	37
324	Askew	David	Harrogate Harriers & AC	M55	281	226.0	202	276.7	0	0.0	277	205.1	0	0.0	707.8	707.8	23
325	Murray	Danny	Valley Striders	M40	125	378.7	0	0.0	166	328.5	0	0.0	0	0.0	707.2	707.2	49
326	Jewitt	Fred	Chapel Allerton RC	MSEN	261	245.6	228	247.8	0	0.0	270	212.6	0	0.0	706.0	706.0	107
327	Storey	Ian	Eccleshill Road Runners	M40	340	168.3	201	277.8	357	129.9	349	128.2	0	0.0	704.2	704.2	50
328	Emptagh	Tristan	Wetherby Runners AC	M45	0	0.0	0	0.0	0	0.0	132	360.0	138	344.0	704.0	704.0	46
329	Jenkins	Iain	Harrogate Harriers & AC	M55	0	0.0	241	233.3	0	0.0	246	238.2	236	232.3	703.9	703.9	24
330	Gill	Christopher	St Theresas AC	M70	353	155.6	298	170.0	290	199.6	306	174.1	340	113.9	813.2	699.3	1
331	Wilson	Danny	Dragons Running Club	M40	358	150.7	289	180.0	320	168.4	307	173.1	287	174.3	846.4	695.7	51
332	Bryant	Pete	Dragons Running Club	M50	272	234.8	0	0.0	258	232.8	0	0.0	240	227.8	695.5	695.5	38
333	Storey	Ian	Kippax Harriers	M50	260	246.6	0	0.0	244	247.4	0	0.0	264	200.5	694.4	694.4	39
334	Littlewood	Graeme	Abbey Runners	M50	342	166.3	291	177.8	309	179.8	312	167.7	341	112.8	804.4	691.7	40
335	Jesson	James	Wetherby Runners AC	M40	144	360.1	155	328.9	0	0.0	0	0.0	0	0.0	689.0	689.0	52
336	Dixon	Tim	Kirkstall Harriers	MSEN	0	0.0	109	380.0	0	0.0	0	0.0	172	305.2	685.2	685.2	108
337	Vinegrad	Michael	Chapel Allerton RC	M35	0	0.0	269	202.2	248	243.2	245	239.3	0	0.0	684.8	684.8	55
338	Porter	Craig	Dragons Running Club	M45	322	185.9	303	164.4	0	0.0	310	169.9	299	160.6	680.8	680.8	47
339	Mustufi	Zhain	Chapel Allerton RC	MSEN	432	78.3	306	161.1	370	116.4	304	176.3	241	226.7	758.7	680.5	109
340	Broadhead	Curtis	Hyde Park Harriers	MSEN	172	332.7	138	347.8	0	0.0	0	0.0	0	0.0	680.5	680.5	110
341	Kent	Scott	Abbey Runners	MSEN	420	90.0	329	135.6	315	173.6	288	193.4	289	172.0	764.5	674.5	111
342	Farnell	Peter	Rothwell Harriers & AC	M45	274	232.9	249	224.4	275	215.2	0	0.0	0	0.0	672.5	672.5	48
343	Cowen	Fred	Hyde Park Harriers	MSEN	216	289.6	0	0.0	279	211.0	0	0.0	290	170.8	671.5	671.5	112
344	Jones	Luke	Horsforth Harriers	MSEN	161	343.4	0	0.0	0	0.0	0	0.0	152	328.0	671.5	671.5	113
345	Furlong	Simon	Saltaire Striders	MSEN	0	0.0	261	211.1	265	225.6	250	234.0	0	0.0	670.7	670.7	114
346	Grist	Paul	Kirkstall Harriers	M50	0	0.0	0	0.0	173	321.2	0	0.0	135	347.4	668.6	668.6	41
347	Love	Martin	Saltaire Striders	M55	348	160.5	283	186.7	361	125.8	0	0.0	270	193.6	666.5	666.5	25
348	Lake	Graham	Horsforth Fellandale	M40	127	376.7	0	0.0	0	0.0	0	0.0	189	285.9	662.6	662.6	53
349	Montgomery	Craig	Roundhay Runners	M35	170	334.6	0	0.0	0	0.0	165	324.8	0	0.0	659.4	659.4	56
350	Smith	Johnathan	Roundhay Runners	M45	349	159.5	304	163.3	333	154.9	313	166.7	292	168.6	812.9	658.1	49
351	Hussey	John	Valley Striders	M65	345	163.4	287	182.2	301	188.1	0	0.0	331	124.1	657.9	657.9	6
352	Booth	Kevin	St Theresas AC	M40	299	208.4	0	0.0	0	0.0	248	236.1	253	213.0	657.5	657.5	54
353	Hughes	David	Ackworth Road Runners	M40	0	0.0	0	0.0	163	331.6	166	323.7	0	0.0	655.3	655.3	55
354	Gelder	Steve	York Triathlon Club	M45	0	0.0	141	344.4	0	0.0	185	303.4	0	0.0	647.9	647.9	50
355	Richards	Jon	Abbey Runners	M40	0	0.0	417	37.8	302	187.1	266	216.9	261	203.9	645.6	645.6	56
356	Bell	Richard	Wetherby Runners AC	M50	352	156.6	337	126.7	347	140.3	298	182.7	298	161.7	768.0	641.3	42
357	Milner	Tom	Chapel Allerton RC	MSEN	183	321.9	0	0.0	177	317.0	0	0.0	0	0.0	639.0	639.0	115
358	Griffiths	Alun	Saltaire Striders	M60	344	164.4	320	145.6	371	115.4	343	134.6	275	187.9	747.9	632.5	7
359	Common	Paul	Roundhay Runners	M50	355	153.6	318	147.8	349	138.3	300	180.6	308	150.3	770.5	632.3	43
360	Twitchett	Mark	Roundhay Runners	M45	314	193.7	330	134.4	0	0.0	281	200.9	350	102.5	631.5	631.5	51
361	Young	Innes	Roundhay Runners	M40	246	260.3	285	184.4	0	0.0	296	184.8	0	0.0	629.5	629.5	57
362	Ogden	Ian	Saltaire Striders	M45	177	327.8	0	0.0	192	301.5	0	0.0	0	0.0	629.2	629.2	52
363	Preston	Alistair	Valley Striders	M45	0	0.0	275	195.6	0	0.0	274	208.3	243	224.4	628.3	628.3	53
364	Spencer	Tim	Saltaire Striders	M60	0	0.0	264	207.8	282	207.9	0	0.0	258	207.3	623.0	623.0	8
365	Badkin	Peter	Abbey Runners	M50	363	145.8	281	188.9	348	139.3	334	144.2	418	25.1	643.3	618.2	44
366	Leach	Adrian	Ackworth Road Runners	M50	373	136.0	309	157.8	323	165.3	385	89.7	301	158.3	707.1	617.4	45
367	Mullany	Sean	Roundhay Runners	M55	364	144.8	300	167.8	345	142.4	327	151.7	307	151.5	758.2	615.8	26
368	Pratt	John	Hyde Park Harriers	M35	0	0.0	0	0.0	191	302.5	181	307.7	0	0.0	610.2	610.2	57
369	Parker	Darren	Saltaire Striders	M45	388	121.3	313	153.3	327	161.1	339	138.9	304	154.9	729.6	608.2	54
370	Morimoto	Kazuki	Abbey Runners	M50	341	167.3	308	158.9	342	145.5	342	135.7	0	0.0	607.4	607.4	46
371	Nodwell	Adam	Kirkstall Harriers	MSEN	0	0.0	0	0.0	175	319.1	202	285.3	0	0.0	604.4	604.4	116
372	Whale	Stuart	Ackworth Road Runners	M45	210	295.5	175	306.7	0	0.0	0	0.0	0	0.0	602.2	602.2	55
373	Nicholl	Alistair	Ackworth Road Runners	M40	311	196.7	0	0.0	295	194.4	272	210.5	0	0.0	601.5	601.5	58
374	Ross	Stewart	Harrogate Tri Club	M45	206	299.4	180	301.1	0	0.0	0	0.0	0	0.0	600.5	600.5	56
375	Haggerty	Randolph	Kirkstall Harriers	M50	308	199.6	0	0.0	280	210.0	0	0.0	274	189.1	598.7	598.7	47
376	Alton	Samuel	Harrogate Harriers & AC	MSEN	0	0.0	0	0.0	0	0.0	167	322.6	201	272.2	594.9	594.9	117
377	White	Paul	Valley Striders	M70	367	141.9	301	166.7	340	147.6	344	133.5	320	136.7	726.4	592.8	2
378	Rowell	Max	Horsforth Harriers	M35	203	302.3	0	0.0	206	286.9	0	0.0	0	0.0	589.3	589.3	58
379	Mackie	Scott	Valley Striders	M50	335	173.2	246	227.8	303	186.1	0	0.0	0	0.0	587.0	587.0	48
380	Rayner	Joseph	Saltaire Striders	M50	0	0.0	0	0.0	201	292.1	196	291.7	0	0.0	583.8	583.8	49
381	Ward	Roger	Rothwell Harriers & AC	M55	356	152.6	311	155.6	354	133.1	336	142.1	342	111.6	695.0	583.3	27
382	Taylor	Stephen	Chapel Allerton RC	M50	0	0.0	188	292.2	203	290.0	0	0.0	0	0.0	582.2	582.2	50
383	Bower	David	Saltaire Striders	M55	374	135.0	351	111.1	336	151.8	331	147.4	322	134.4	679.7	568.6	28
384	Moseley	Kevin	Rothwell Harriers & AC	M45	391	118.4	361	100.0	362	124.7	319	160.3	295	165.1	668.5	568.5	57
385	Singh	John	Saltaire Striders	M35	0	0.0	0	0.0	223	269.2	194	293.8	0	0.0	563.0	563.0	59
386	Walker	Mark	Harrogate Harriers & AC	M55	396	113.5	327	137.8	350	137.2	322	157.1	327	128.7	674.2	560.7	29
387	Leslie	David	Abbey Runners	M65	368	140.9	326	138.9	352	135.1	364	112.2	314	143.5	670.6	558.4	7
388	Mill	Andy	Abbey Runners	M35	215	290.6	0	0.0	225	267.2	0	0.0	0	0.0	557.8	557.8	60
389	Seymour	Mark	Harrogate Harriers & AC	M55	354	154.6	0	0.0	377	109.1	335	143.2	310	148.1	555.0	555.0	30
390	Clark	Duncan	Abbey Runners	M55	242	264.2	190	290.0	0	0.0	0	0.0	0	0.0	554.2	554.2	31
391	Platten	Jason	York Postal Harriers	MSEN	0	0.0	295	173.3	308	180.9	282	199.8	0	0.0	554.0	554.0	118
392	Ratcliffe	Tom	Saltaire Striders	M35	0	0.0	0	0.0	216	276.5	211	275.6	0	0.0	552.1	552.1	61
393	Curlley	Aidan	Abbey Runners	M40	0	0.0	0	0.0	0	0.0	253	230.8	158	321.2	552.0	552.0	59
394	Robertson	Adam	Roundhay Runners	M35	0	0.0	0	0.0	0	0.0	216	270.3	193	281.3	551.6	551.6	62
395	Mills	Tony	Valley Striders	M45	0	0.0	0	0.0	0	0.0	192	295.9	216	255.1	551.1	551.1	58
396	Bird	Graham	Wharfedale Harriers	M50	236	270.1	0	0.0	0	0.0	207	279.9	0	0.0	550.0	550.0	51
397	Stone	Dan	Rothwell Harriers & AC	M35	165	339.5	0	0.0	0	0.0	0	0.0	257	208.4	548.0	548.0	63
398	Byrd	Joe	Hyde Park Harriers	MSEN	317	190.8	375	84.3	337	150.7	0	0.0	337	117.3	543.3	543.3	119
399	Bevan	John	York Triathlon Club	M50	0	0.0	0	0.0	200	293.1	235	250.0	0	0.0	543.1	543.1	52
400	Hillas	Stephen	Saltaire Striders	M55	285	222.1	280	190.0	356	131.0	0	0.0	0	0.0	543.1	543.1	3

536	Shaw	Michael	Nidd Valley Road Runners	M40	0	0.0	0	0.0	0	0.0	315	164.5	303	156.0	320.6	320.6	80
537	Yeadon	Michael	Horsforth Harriers	M60	444	66.5	378	81.1	0	0.0	392	82.3	363	87.7	317.6	317.6	20
538	Towler	Tim	Valley Striders	M55	0	0.0	369	91.1	355	132.0	382	92.9	0	0.0	316.1	316.1	51
539	Wilkinson	Richard	Rothwell Harriers & AC	M45	0	0.0	168	314.4	0	0.0	0	0.0	0	0.0	314.4	314.4	79
540	Firth	Stephen	Rothwell Harriers & AC	M50	0	0.0	0	0.0	331	157.0	0	0.0	302	157.2	314.1	314.1	68
541	Hall	Giles	Roundhay Runners	M50	0	0.0	384	74.0	0	0.0	362	114.3	330	125.3	314.0	314.0	69
542	Hilton	Owen	Abbey Runners	MSEN	0	0.0	0	0.0	180	313.9	0	0.0	0	0.0	313.9	313.9	153
543	Raddall	Phil	York Postal Harriers	M50	435	75.3	0	0.0	418	66.5	393	81.2	361	90.0	313.0	313.0	70
544	Richardson	Jeremy	Roundhay Runners	M55	405	104.7	346	116.7	0	0.0	0	0.0	360	91.1	312.5	312.5	52
545	Mccarthy	John	Rothwell Harriers & AC	M55	194	311.2	0	0.0	0	0.0	0	0.0	0	0.0	311.2	311.2	53
546	Halstead	Robert	Horsforth Harriers	MSEN	362	146.8	305	162.2	0	0.0	0	0.0	0	0.0	309.0	309.0	154
547	Laverick	John	Rothwell Harriers & AC	M35	199	306.3	0	0.0	0	0.0	0	0.0	0	0.0	306.3	306.3	77
548	Kuendiger	Jan	York Triathlon Club	M35	0	0.0	392	65.6	415	69.6	397	76.9	358	93.4	305.5	305.5	78
549	Mistry	Mohanlal	Saltaire Striders	M55	436	74.4	0	0.0	421	63.4	396	78.0	369	80.9	296.6	296.6	54
550	Newell	Jason	Hyde Park Harriers	M45	377	132.1	0	0.0	324	164.2	0	0.0	0	0.0	296.3	296.3	80
551	Marsh	Rob	Valley Striders	M45	212	293.5	0	0.0	0	0.0	0	0.0	0	0.0	293.5	293.5	81
552	Bisset	Andy	Horsforth Harriers	M45	0	0.0	322	143.3	0	0.0	329	149.6	0	0.0	292.9	292.9	82
553	Clark	Lucas	Wetherby Runners AC	MSEN	0	0.0	0	0.0	0	0.0	317	162.4	326	129.8	292.2	292.2	155
554	Metcalfe	Kevin	Harrogate Tri Club	M45	0	0.0	0	0.0	0	0.0	0	0.0	184	291.6	291.6	83	
555	Jackson	Patrick	Wetherby Runners AC	M45	0	0.0	189	291.1	0	0.0	0	0.0	0	0.0	291.1	291.1	84
556	Mangeolles	James	Horsforth Harriers	MSEN	0	0.0	0	0.0	400	85.2	403	70.5	323	133.3	289.0	289.0	156
557	Cooper	Ian	Harrogate Harriers & AC	M40	0	0.0	0	0.0	0	0.0	199	288.5	0	0.0	288.5	288.5	81
558	Disney	Paul	Saltaire Striders	M50	221	284.7	0	0.0	0	0.0	0	0.0	0	0.0	284.7	284.7	71
559	Coles	Malcolm	Valley Striders	M75	510	2.0	382	76.7	412	72.8	416	56.6	372	77.4	285.5	285.5	1
560	Smith	Danny	Roundhay Runners	M55	385	124.3	310	156.7	0	0.0	0	0.0	0	0.0	280.9	280.9	55
561	Britton	Peter	Kirkstall Harriers	M60	400	109.6	366	94.4	0	0.0	399	74.8	0	0.0	278.8	278.8	21
562	Sharp	Christopher	Ackworth Road Runners	MSEN	440	70.5	390	67.8	413	71.7	408	65.2	380	68.3	278.3	278.3	157
563	Eyles	Joe	Wharfedale Harriers	MSEN	228	277.9	0	0.0	0	0.0	0	0.0	0	0.0	277.9	277.9	158
564	Robinson	Philip	Nidd Valley Road Runners	M55	0	0.0	312	154.4	0	0.0	0	0.0	333	121.9	276.3	276.3	56
565	Mcaliece	Philip	Roundhay Runners	M35	0	0.0	0	0.0	353	134.1	0	0.0	317	140.1	274.2	274.2	79
566	Rinkin	Ian	Chapel Allerton RC	MSEN	232	274.0	0	0.0	0	0.0	0	0.0	0	0.0	274.0	274.0	159
567	Miran	Sohail	Bradford Airedale AC	M45	465	46.0	386	72.2	411	73.8	406	67.3	388	59.2	272.6	272.6	85
568	Huby	David	Wetherby Runners AC	M45	0	0.0	0	0.0	0	0.0	214	272.4	0	0.0	272.4	272.4	86
569	Bannister	Bradley	Ackworth Road Runners	MSEN	410	99.8	0	0.0	318	170.5	0	0.0	0	0.0	270.3	270.3	160
570	Drinkall	Nathan	St Therasas AC	M35	238	268.1	0	0.0	0	0.0	0	0.0	0	0.0	268.1	268.1	80
571	Chadwick	Jonny	Knaresborough Striders	MSEN	239	267.1	0	0.0	0	0.0	0	0.0	0	0.0	267.1	267.1	161
572	Cardy	Alan	City of York AC	M35	0	0.0	0	0.0	0	0.0	0	0.0	206	266.5	266.5	81	
573	Shively	Bill	York Postal Harriers	M55	0	0.0	0	0.0	0	0.0	220	266.0	0	0.0	266.0	266.0	57
574	Waller	Ian	Knaresborough Striders	M55	241	265.2	0	0.0	0	0.0	0	0.0	0	0.0	265.2	265.2	58
575	Brownbridge	Garry	Abbey Runners	M55	433	77.3	0	0.0	0	0.0	389	85.5	352	100.2	263.0	263.0	59
576	Jackson	Bob	Valley Striders	M65	409	100.8	0	0.0	0	0.0	391	83.3	371	78.6	262.7	262.7	11
577	Haddock	Chris	Abbey Runners	M35	247	259.3	0	0.0	0	0.0	0	0.0	0	0.0	259.3	259.3	82
578	Scanlon	Sean	Kirkstall Harriers	M45	379	130.1	0	0.0	360	126.8	0	0.0	0	0.0	257.0	257.0	87
579	Terry	Graham	Saltaire Striders	M50	250	256.4	0	0.0	0	0.0	0	0.0	0	0.0	256.4	256.4	72
580	Simmons	Dan	Harrogate Harriers & AC	M55	0	0.0	0	0.0	420	64.4	375	100.4	362	88.8	253.7	253.7	60
581	Middleton	Simon	York Postal Harriers	M45	0	0.0	0	0.0	0	0.0	234	251.1	0	0.0	251.1	251.1	88
582	Withill	Sean	York Postal Harriers	M55	0	0.0	0	0.0	0	0.0	346	131.4	335	119.6	251.0	251.0	61
583	Cooper	Richard	St Therasas AC	M40	369	139.9	352	110.0	0	0.0	0	0.0	0	0.0	249.9	249.9	82
584	Nock	Adrian	Roundhay Runners	M45	380	129.2	344	118.9	0	0.0	0	0.0	0	0.0	248.0	248.0	89
585	Carlisle	Gary	Kirkstall Harriers	M55	498	13.7	340	123.3	0	0.0	367	109.0	0	0.0	246.0	246.0	62
586	Robins	Ben	Chapel Allerton RC	MSEN	0	0.0	0	0.0	399	86.3	323	156.0	0	0.0	242.3	242.3	162
587	Eagle	Jonathan	Horsforth Harriers	M55	268	238.7	0	0.0	0	0.0	0	0.0	0	0.0	238.7	238.7	63
588	Vickery	Simon	Roundhay Runners	MSEN	269	237.8	0	0.0	0	0.0	0	0.0	0	0.0	237.8	237.8	163
589	Aird	Andrew	Nidd Valley Road Runners	M50	404	105.7	333	131.1	0	0.0	0	0.0	0	0.0	236.8	236.8	73
590	Utley	Rob	Roundhay Runners	M50	0	0.0	238	236.7	0	0.0	0	0.0	0	0.0	236.7	236.7	74
591	Pennock	Richard	Harrogate Harriers & AC	M45	271	235.8	0	0.0	0	0.0	0	0.0	0	0.0	235.8	235.8	90
592	Edwards	Richard	Hyde Park Harriers	M40	446	64.6	409	46.7	428	56.1	417	55.6	390	56.9	279.9	233.2	83
593	Trimble-Finlayson	Alex	Horsforth Harriers	MSEN	278	229.0	0	0.0	0	0.0	0	0.0	0	0.0	229.0	229.0	164
594	Archer	John	York Triathlon Club	M70	437	73.4	401	55.6	0	0.0	426	45.9	394	52.4	227.3	227.3	5
595	Mason	Thomas	Hyde Park Harriers	MSEN	0	0.0	0	0.0	264	226.6	0	0.0	0	0.0	226.6	226.6	165
596	Markey	Barry	Bradford Airedale AC	M60	463	47.9	398	58.9	432	52.0	412	60.9	392	54.7	224.4	226.4	22
597	Shores	David	Nidd Valley Road Runners	M50	0	0.0	248	225.6	0	0.0	0	0.0	0	0.0	225.6	225.6	75
598	Taylor	Christopher	Ackworth Road Runners	M65	468	43.1	404	52.2	425	59.3	424	48.1	383	64.9	225.5	225.5	12
599	Walton	Clive	Abbey Runners	M50	0	0.0	396	61.1	430	54.1	415	57.7	399	46.7	219.6	219.6	76
600	Trotter	Andy	York Triathlon Club	M45	389	120.4	364	96.7	0	0.0	0	0.0	0	0.0	217.0	217.0	91
601	Hopkins	Lee	Ackworth Road Runners	M45	0	0.0	0	0.0	0	0.0	0	0.0	250	216.4	216.4	92	
602	Cowling	Graeme	Airecentre Pacers	MSEN	0	0.0	0	0.0	0	0.0	267	215.8	0	0.0	215.8	215.8	166
603	Powell	Mike	Valley Striders	M35	292	215.3	0	0.0	0	0.0	0	0.0	0	0.0	215.3	215.3	83
604	Sykes	Stuart	Ackworth Road Runners	M50	293	214.3	0	0.0	0	0.0	0	0.0	0	0.0	214.3	214.3	77
605	Seddou	Tim	St Therasas AC	M55	0	0.0	0	0.0	0	0.0	0	0.0	252	214.1	214.1	64	
606	Nurse	Ben	Chapel Allerton RC	MSEN	0	0.0	259	213.3	0	0.0	0	0.0	0	0.0	213.3	213.3	167
607	Currie	Iain	Valley Striders	M50	0	0.0	0	0.0	0	0.0	254	211.8	211.8	211.8	78		
608	Cook	James	Roundhay Runners	M40	0	0.0	350	112.2	388	97.7	0	0.0	0	0.0	209.9	209.9	84
609	Mohammed	Rayaz	Saltaire Striders	M40	302	205.0	0	0.0	0	0.0	0	0.0	0	0.0	205.5	205.5	85
610	Irving	John	Roundhay Runners	M60	462	48.9	400	56.7	436	47.8	421	51.3	0	0.0	204.7	204.7	23
611	O'Connell	Michael	St Therasas AC	M40	303	204.5	0	0.0	0	0.0	0	0.0	0	0.0	204.5	204.5	86
612	Grayson	Michael	St Therasas AC	M50	0	0.0	268	203.3	0	0.0	0	0.0	0	0.0	203.3	203.3	79
613	Flood	Stephen	Nidd Valley Road Runners	M45	0	0.0	0	0.0	0	0.0	370	105.8	356	95.7	201.4	201.4	93
614	Hudson	Chris	Kirkstall Harriers	M40	307	200.0	0	0.0	0	0.0	0	0.0	0	0.0	200.6	200.6	87
615	Thirlwell	David	Horsforth Harriers	M35	0	0.0	0	0.0	291	198.5	0	0.0	0	0.0	198.5	198.5	84
616	Mackrath	Paul	Valley Striders	M40	454	56.8	402	54.4	441	42.6	431	40.6	401	44.4	198.2	198.2	88
617	Sykes-Hooban	Matt	Kirkstall Harriers	M40	0	0.0	0	0.0	294	195.4	0	0.0	0	0.0	195.4	195.4	89
618	Smart	Richard	Ackworth Road Runners	MSEN	313	194.7	0	0.0	0	0.0	0	0.0	0	0.0	194.7	194.7	168
619	Zywicki	Paul	Ackworth Road Runners	M55	0	0.0	406	50.0	437	46.8	419	53.4	402	43.3	193.5	193.5	65
620	Tarbit	James	Hyde Park Harriers	M5EN	467	44.0</											

644	Morley	David	St Therasas AC	M60	0	0.0	0	0.0	0	0.0	0	0.0	306	152.6	152.6	152.6	26
645	Gourlay	Ross	Roundhay Runners	M40	0	0.0	0	0.0	338	149.7	0	0.0	0	0.0	149.7	149.7	93
646	Mosedale	Tim	Saltaire Striders	M35	0	0.0	0	0.0	341	146.6	0	0.0	0	0.0	146.6	146.6	87
647	Durkin	Paul	Kippax Harriers	M55	0	0.0	0	0.0	414	70.7	398	75.9	0	0.0	146.5	146.5	69
648	Allen	Mark	York Triathlon Club	M40	0	0.0	362	98.9	0	0.0	425	47.0	0	0.0	145.9	145.9	94
649	Wincer	Martin	Ackworth Road Runners	M40	366	142.9	0	0.0	0	0.0	0	0.0	0	0.0	142.9	142.9	95
650	Dixon	Stephen	Valley Striders	M65	0	0.0	0	0.0	0	0.0	338	140.0	0	0.0	140.0	140.0	14
651	Glover	Paul	Kirkstall Harriers	M70	447	63.6	383	75.6	0	0.0	0	0.0	0	0.0	139.2	139.2	6
652	Robins	Michael	Valley Striders	M55	370	138.9	0	0.0	0	0.0	0	0.0	0	0.0	138.9	138.9	70
653	Lim	Phillip	Valley Striders	M45	475	36.2	422	32.2	449	34.3	437	34.2	426	15.9	152.9	136.9	99
654	Gray	Matthew	Hyde Park Harriers	M5EN	0	0.0	416	38.9	460	22.9	436	35.3	405	39.9	136.9	136.9	174
655	Jones	Justin	Roundhay Runners	M40	464	47.0	0	0.0	444	39.5	0	0.0	400	45.6	132.0	132.0	96
656	Giddings	Simon	Wetherby Runners AC	M50	457	53.8	0	0.0	410	74.8	0	0.0	0	0.0	128.7	128.7	83
657	Bowman	Geoff	Roundhay Runners	M55	0	0.0	0	0.0	422	62.4	407	66.2	0	0.0	128.6	128.6	71
658	Dickson	Tommy	Horsforth Harriers	M5EN	441	69.5	399	57.8	0	0.0	0	0.0	0	0.0	127.2	127.2	175
659	Obrien	Kieran	Kirkstall Harriers	M40	383	126.2	0	0.0	0	0.0	0	0.0	0	0.0	126.2	126.2	97
660	Howe	David	Ilkley Harriers	M40	384	125.2	0	0.0	0	0.0	0	0.0	0	0.0	125.2	125.2	98
661	Haigh	Ben	Rothwell Harriers & AC	M45	0	0.0	395	62.2	0	0.0	411	62.0	0	0.0	124.2	124.2	100
662	Mwakasungura	Subi	Roundhay Runners	M40	0	0.0	0	0.0	364	122.7	0	0.0	0	0.0	122.7	122.7	99
663	Gresswell	Robert	Rothwell Harriers & AC	M45	387	122.3	0	0.0	0	0.0	0	0.0	0	0.0	122.3	122.3	101
664	Foulkes	Bartley	Horsforth Harriers	M60	0	0.0	0	0.0	0	0.0	413	59.8	387	60.4	120.2	120.2	27
665	Messenger	John	Kippax Harriers	M70	0	0.0	388	70.0	0	0.0	0	0.0	397	49.0	119.0	119.0	7
666	Smith	Nick	Nidd Valley Road Runners	M55	460	50.9	0	0.0	462	20.8	454	16.0	414	29.6	117.3	117.3	72
667	Marson	Andrew	Harrogate Harriers & AC	M45	393	116.4	0	0.0	0	0.0	0	0.0	0	0.0	116.4	116.4	102
668	Kitchen	Jay	Kippax Harriers	M55	482	29.4	423	31.1	456	27.0	447	23.5	417	26.2	137.2	113.7	73
669	Tyrrell	Brian	Valley Striders	M60	0	0.0	0	0.0	435	48.9	439	32.1	412	31.9	112.8	112.8	28
670	Hamilton	Gavin	Saltaire Striders	M40	0	0.0	0	0.0	374	112.3	0	0.0	0	0.0	112.3	112.3	100
671	Peck	Simon	Dragons Running Club	M60	0	0.0	0	0.0	0	0.0	427	44.9	381	67.2	112.1	112.1	29
672	Sheppard	Peter	Roundhay Runners	M70	0	0.0	428	25.6	450	33.3	449	21.4	413	30.8	110.9	110.9	8
673	Griffiths	Ian	Horsforth Harriers	M40	399	110.6	0	0.0	0	0.0	0	0.0	0	0.0	110.6	110.6	101
674	Clipston	Jonathan	Nidd Valley Road Runners	M50	0	0.0	0	0.0	453	30.1	434	37.4	403	42.1	109.7	109.7	84
675	Mortimer	Christopher	Kippax Harriers	M50	0	0.0	410	45.6	0	0.0	410	63.0	0	0.0	108.6	108.6	85
676	Higgins	Mick	St Therasas AC	M70	477	34.2	426	27.8	457	26.0	453	17.1	423	19.4	124.5	107.4	9
677	Gallagher	Paul	Ackworth Road Runners	M45	0	0.0	411	44.4	0	0.0	0	0.0	385	62.6	107.1	107.1	103
678	Bernardo Jr	Carlos	Chapel Allerton RC	M35	486	25.4	412	43.3	458	24.9	462	7.5	429	12.5	113.7	106.3	88
679	Dinsdale	Mark	Horsforth Harriers	M50	473	38.2	432	21.1	0	0.0	443	27.8	424	18.2	105.3	105.3	86
680	Boyle	Peter	St Therasas AC	M65	478	33.3	0	0.0	446	37.4	438	33.1	0	0.0	103.8	103.8	15
681	Forster	Michael	Chapel Allerton RC	M45	0	0.0	0	0.0	434	49.9	0	0.0	393	53.5	103.4	103.4	104
682	Moss	Mike	Saltaire Striders	M60	0	0.0	0	0.0	454	29.1	433	38.5	409	35.3	102.9	102.9	30
683	Sedgley	Neil	Valley Striders	M50	483	28.4	424	30.0	459	23.9	455	15.0	422	20.5	117.7	102.8	87
684	Vogan	Ian	Ackworth Road Runners	M60	0	0.0	407	48.9	0	0.0	0	0.0	395	51.3	100.1	100.1	31
685	Silva	Mervyn	Saltaire Striders	M60	489	22.5	0	0.0	452	31.2	446	24.6	421	21.6	99.9	99.9	32
686	Ibrahim	Joseph	Abbey Runners	M40	481	30.3	433	20.0	466	16.6	445	25.6	419	23.9	116.5	99.9	102
687	Best	Jamie	St Therasas AC	M40	0	0.0	0	0.0	447	36.4	0	0.0	386	61.5	97.9	97.9	103
688	Underwood	James	Hyde Park Harriers	M5EN	0	0.0	420	34.4	423	61.3	0	0.0	0	0.0	95.8	95.8	176
689	Ellwood	Andy	York Postal Harriers	M50	461	49.9	0	0.0	442	41.6	0	0.0	437	3.4	94.9	94.9	88
690	Milne	Stephen	Hyde Park Harriers	M35	0	0.0	405	51.1	440	43.7	0	0.0	0	0.0	94.8	94.8	89
691	Rice	Kevin	Harrogate Harriers & AC	M55	417	93.0	0	0.0	0	0.0	0	0.0	0	0.0	93.0	93.0	74
692	Chapman	Paul	Kirkstall Harriers	M40	0	0.0	0	0.0	0	0.0	0	0.0	359	92.3	92.3	92.3	104
693	Barnett	James	Nidd Valley Road Runners	M50	0	0.0	372	87.8	0	0.0	0	0.0	0	0.0	87.8	87.8	89
694	Wallace	John	Valley Striders	M50	0	0.0	0	0.0	0	0.0	0	0.0	364	86.6	86.6	86.6	90
695	Ledwaba-Chapma	Tony	Nidd Valley Road Runners	M75	485	26.4	0	0.0	464	18.7	441	29.9	430	11.4	86.4	86.4	2
696	Walker	Simon	Airecentre Pacers	M35	474	37.2	0	0.0	461	21.8	444	26.7	0	0.0	85.7	85.7	90
697	Mckay	Martin	Dragons Running Club	M40	494	17.6	441	11.1	463	19.8	450	20.3	416	27.3	85.0	85.0	105
698	Sinton	David	Knabesborough Striders	M45	0	0.0	0	0.0	0	0.0	428	43.8	404	41.0	84.8	84.8	105
699	Elison	Garry	Eccleshill Road Runners	M55	0	0.0	0	0.0	0	0.0	0	0.0	366	84.3	84.3	84.3	75
700	Fuller	Nigel	St Therasas AC	M40	430	80.2	0	0.0	0	0.0	0	0.0	0	0.0	80.2	80.2	106
701	Hawden	Graham	Rothwell Harriers & AC	M55	0	0.0	0	0.0	0	0.0	432	39.5	407	37.6	77.1	77.1	76
702	Harris	Stuart	Hyde Park Harriers	M35	492	19.6	425	28.9	455	28.1	0	0.0	0	0.0	76.5	76.5	91
703	Dunlea	Paul	York Triathlon Club	M45	470	41.1	0	0.0	448	35.3	0	0.0	0	0.0	76.4	76.4	106
704	Scott	Jeremy	Nidd Valley Road Runners	M50	0	0.0	0	0.0	0	0.0	400	73.7	0	0.0	73.7	73.7	91
705	Ongun	Rafet	Hyde Park Harriers	M5EN	0	0.0	0	0.0	0	0.0	0	0.0	376	72.9	72.9	72.9	177
706	Dickinson	Ian	Saltaire Striders	M45	472	39.1	0	0.0	451	32.2	0	0.0	0	0.0	71.4	71.4	107
707	Barker	Mick	Dragons Running Club	M50	0	0.0	0	0.0	0	0.0	435	36.3	410	34.2	70.5	70.5	92
708	Lerner	Barney	Saltaire Striders	M65	0	0.0	0	0.0	0	0.0	0	0.0	379	69.5	69.5	69.5	16
709	Smith	Nick	Valley Striders	M35	0	0.0	0	0.0	0	0.0	404	69.4	0	0.0	69.4	69.4	92
710	East	Lee	Saltaire Striders	M40	0	0.0	0	0.0	416	68.6	0	0.0	0	0.0	68.6	68.6	107
711	Smith	Andrew	Airecentre Pacers	M55	442	68.5	0	0.0	0	0.0	0	0.0	0	0.0	68.5	68.5	77
712	Hey	Peter	Kirkstall Harriers	M65	488	23.5	436	16.7	0	0.0	456	13.9	428	13.7	67.7	67.7	17
713	Midgley	Mathew	Bradford Airedale AC	M5EN	0	0.0	419	35.6	0	0.0	440	31.0	0	0.0	66.5	66.5	178
714	Smith	Richard	Saltaire Striders	M60	490	21.5	437	15.6	465	17.7	458	11.8	0	0.0	66.5	66.5	33
715	Goodyear	David	Eccleshill Road Runners	M50	471	40.1	429	24.4	0	0.0	0	0.0	0	0.0	64.6	64.6	93
716	Taylor	Ian	Horsforth Harriers	M50	0	0.0	431	22.2	470	12.5	442	28.8	0	0.0	63.5	63.5	94
717	Knight	Hadrian	Rothwell Harriers & AC	M45	0	0.0	394	63.3	0	0.0	0	0.0	0	0.0	63.3	63.3	108
718	Scott	Iain	Nidd Valley Road Runners	M50	452	58.7	0	0.0	0	0.0	0	0.0	0	0.0	58.7	58.7	95
719	Wigglesworth	Michael	Saltaire Striders	M50	453	57.7	0	0.0	0	0.0	0	0.0	0	0.0	57.7	57.7	96
720	Duffy	Richard	Horsforth Harriers	M65	0	0.0	0	0.0	427	57.2	0	0.0	0	0.0	57.2	57.2	18
721	Greene	Paul	Abbey Runners	M55	455	55.8	0	0.0	0	0.0	0	0.0	0	0.0	55.8	55.8	78
722	Clink	Brian Andrew	Roundhay Runners	M45	504	7.8	445	6.7	472	10.4	451	19.2	425	17.1	61.2	54.5	109
723	Wright	Martin	Bradford Airedale AC	M55	0	0.0	0	0.0	0	0.0	418	54.5	0	0.0	54.5	54.5	79
724	Kaulgud	Dinesh	Valley Striders	M45	0	0.0	403	53.3	0	0.0	0	0.0	0	0.0	53.3	53.3	110
725	Hillarby	Richard	Rothwell Harriers & AC	M60	487	24.5	434	18.9	0	0.0	461	8.5	0	0.0	51.9	51.9	34
726	Park	Ian	Horsforth Harriers	M60	484	27.4	0	0.0	0	0.0	0	0.0	420	22.8	50.2	50.2	35
727	Knowles	John	Ackworth Road Runners	M55	466	45.0	0	0.0	0	0.0	0	0.0	0	0.0	45.0	45.0	80
728	Hammond	Phil	Hyde Park Harriers	M55	495	16.6	439	13.3	480	2.1	457	12.8	0				

752	Appleby	Martin	Rothwell Harriers & AC	M60	505	6.8	446	5.6	0	0.0	0	0.0	0	0.0	12.4	12.4	39
753	Foster	Colin	Harrogate Harriers & AC	M60	0	0.0	0	0.0	478	4.2	463	6.4	0	0.0	10.6	10.6	40
754	Macrae	Donald	Ilkley Harriers	M70	507	4.9	0	0.0	0	0.0	465	4.3	439	1.1	10.3	10.3	11
755	Proctor	Steve	York Triathlon Club	M55	502	9.8	0	0.0	0	0.0	0	0.0	0	0.0	9.8	9.8	84
756	Lang	Phil	Rothwell Harriers & AC	M40	0	0.0	0	0.0	0	0.0	0	0.0	432	9.1	9.1	9.1	110
757	Maltby	Chris	St Therasas AC	M60	0	0.0	0	0.0	0	0.0	0	0.0	433	8.0	8.0	8.0	41
758	O'hara	Stephen	Horsforth Harriers	M65	0	0.0	0	0.0	475	7.3	0	0.0	0	0.0	7.3	7.3	22
759	Scanlon	Pete	Horsforth Harriers	M70	508	3.9	449	2.2	0	0.0	468	1.1	0	0.0	7.2	7.2	12
760	Upton	Chris	Saltaire Striders	M60	506	5.9	0	0.0	0	0.0	0	0.0	0	0.0	5.9	5.9	42
761	Camponi	Tom	Ackworth Road Runners	MSEN	511	1.0	450	1.1	481	1.0	467	2.1	0	0.0	5.3	5.3	183
762	Kitching	Les	Kippax Harriers	M65	0	0.0	0	0.0	0	0.0	0	0.0	436	4.6	4.6	4.6	23
763	Haslam	Andrew	Roundhay Runners	M40	509	2.9	0	0.0	0	0.0	0	0.0	0	0.0	2.9	2.9	111
764	Bowden	Graham	St Therasas AC	M45	0	0.0	0	0.0	0	0.0	0	0.0	438	2.3	2.3	2.3	111