

YVAA Grand Prix 2019 - Men's Individual Points - Final Table (9 Races*)

* Due to the late cancellation of the final race it was decided that points for this race would be awarded by giving each participant average points based on their total number of races done in this year's series so far.

Top 5 Men Regardless of Category

Name	Club	Race								Best 6 Total	
		1	2	3	4	5	6	7	8		
Gavin Mulholland	Stainland	299		298		300	300	299		299	1795
Ali Burns	Wharfedale			300	300		299	297	300	299	1795
Tim Midgley	Bingley	300	299	299	296	297	294	295	298	297	1790
Nicholas Charlesworth	Wharfedale	295		296	299	298	298		297	297	1785
Richard Herrington	St Theresa's	297	298	295		296	297	298			1783

M35 Category (Runners aged 35-39 on 23 Mar 2019)

Name	Club	Race										Best 6 Total		
		1	2	3	4	5	6	7	8	9	10			
Ali Burns	Wharfedale			300	300		299	297	300	299				1795
Tim Midgley	Bingley	300	299	299	296	297	294	295	298	297				1790
Richard Herrington	St Theresa's	297	298	295		296	297	298		297				1783
Gary Rowling	Queensbury		297	293	297	295		281	296	293				1771
Tim Brook	Northowram Pumas	290			285	288	287	292	284	288				1730
Darran Ward	Pudsey Pacers	271			291	292		293	292	288				1727
Thomas Keighley	Pudsey Pacers	280		281	290	285	285	274	291	284				1716
Richard Hand	Stainland	283			282	290	284	273		282				1694
Neil Thornton	Holmfirth		281	279		278	282	275	279	279				1678
Chris Hall	Stainland	284	286	273		283	259			277				1662
Wasim Hussain	Queensbury	221	256	242	258	254	257	246	265	250				1540
Maris Basko	Bramley Breezers	240	245		235	246	229	248	251	242				1472
Rory Vere	Bramley Breezers					293	286	290	293	291				1453
Gareth Knight	Stainland				269	272		271	276	272				1360
Oliver Gregory	Farsley Flyers	262			276		262	277		269				1346
Andrew Mellor	Northowram Pumas	194		209	237	227	222	226		219				1340
Tom O'Reilly	Northowram Pumas	210	229	182	213	218	199		208	208				1286
Gareth Millard	Pudsey Pacers	263		244				241	260	252				1260
Jason Duggan	South Leeds Lakers	184	204	173	207			205	216	198				1214
Stuart Shepherd	Chapel Allerton			236	255		239	204		234				1168
Adam Gallagher	Pudsey Pacers	170	194	154	183	188				178				1067
Nick Greenwood	Pudsey Pacers	165	197	140	177	167			180	171				1057
Chris Cobb	Roundhay Runners	246							263	266	258			1033
Mark Pottinger	Stainland	237				259			264	253				1013
Richard Foster	North Leeds Fell	204		196	210		183			198				991
Darren Calvert	Bramley Breezers	158	189		150			159	165	164				985
James Wilkinson	Pudsey & Bramley			294			295			295				884
Niall Bourke	Pudsey & Bramley	288	296							292				876
Tom Murphy	Pudsey Pacers			264	275					270				809
Alberto Riveros Rojas	Kirkstall			249			276			263				788
Ian Robinson	Pudsey Pacers		191	132			166			163				652
Adam Theakston	Dewsbury		208	226						217				651
Phil Wilkins	Spenborough	163		125		160				149				597
Marc Sennett	Wharfedale				298					298				596
Paul Greenwood	Queensbury						296			296				592
Mike Dearden	Chapel Allerton						293			293				586
Kevin Armstrong	Saltaire Striders	278								278				556
Alex Leyland	Horsforth				277					277				554
Mark Wilson	Holmfirth		271							271				542
David Johnson	Bramley Breezers								270	270				540
Oliver Harrison	Morley			269						269				538
Paul Hough	Chapel Allerton						268			268				536
Andrew Price	Baildon							268		268				536
Daniel Metcalfe	Fellandale						154		197	176				527
Damien Pearson	Stainland			255						255				510
Simon Cleaver	Northowram Pumas					251				251				502
Chris Small	Fellandale						238			238				476
Jonathan Shaw	Horsforth	162			154					158				474
Johnny Scott	Pudsey Pacers				231					231				462
Thomas Sharp	Morley								227	227				454
Kristian James Henry	Horsforth	223								223				446
Russell Poulter	Horsforth			222						222				444
Michael Ward	Holmfirth		220							220				440
Edward East	Baildon			216						216				432
Martin Athey	Dewsbury							213		213				426
Carlos Bernado Jr	Chapel Allerton						160			160				320

M40 Category (Runners aged 40-44 on 23 Mar 2019)

Name	Club	Race									10	Best 6 Total
		1	2	3	4	5	6	7	8	9		
Rich Allen	Pudsey Pacers	281	289	283	283	287	289	291	286	286		1728
Graham Pilling	Pudsey & Bramley	282	279	282	292	291	292	282		286		1725
Adam Moger	Kirkstall	272	275	260	274	273	263	264	259	268		1626
Simon Hands	Kirkstall		255	270	272		265	206	272	257		1591
Jon Burdon	Holmfirth	251		247	254	260	246	254	256	253		1528
Will Kerr	Saltaire Striders	298		297				300	299	299		1493
Kevin Blake	South Leeds Lakers	230		219	240	210	244	251	261	236		1462
John Sutton	South Leeds Lakers	242		192	227		215	236	233	224		1377
David Render	South Leeds Lakers	220		231			204	235	254	229		1373
Mark Pawson	Pudsey Pacers			217		240	220	222	231	226		1356
Richard Brook	Queensbury				253	255	247	258		253		1266
Chris Smith	Hyde Park	291		291	294					292		1168
James Franklin	Abbey Runners			285		286		288		286		1145
Francis Fowles	Pudsey Pacers	192	215	164	176				190	187		1124
Kieran O'Brien	South Leeds Lakers	185	212	195	215					202		1009
Brendan Foley	Horsforth	248	264					239		250		1001
Martin Coates	Horsforth	187		189		202			221	200		999
Anthony Mott	Stainland			252	232		243			242		969
Emil Andrews	Pudsey & Bramley	259	261						203	241		964
Andrew Corker	Farsley Flyers				247		223	224		231		925
Mike Boddy	Bramley Breezers					171	163	185	189	177		885
Dean Halligan	South Leeds Lakers	199			221		233			218		871
Scott Alder	Spensborough	287	293							290		870
Martin Critchley	Horsforth	267		278						273		818
Graham Cottam	Horsforth			193			193	207		198		791
Mark Andrew Smith	Horsforth			254			269			262		785
Alan Cessford	Bramley Breezers		211	169		201				194		775
Andrew Earnshaw	Stainland		254						239	247		740
Mark McCarthy	Morley			203		234				219		656
Paul Senior	Stainland			292						292		584
Paul Gidlow	Horsforth			288						288		576
John MacPhail	Dewsbury							284		284		568
Lee East	Saltaire Striders		203						166	185		554
Michael Hartley	Dewsbury							192	174	183		549
Gareth Sherratt	Roundhay Runners						271			271		542
Simon Frazer	Saltaire Striders							266		266		532
Loris Dell'Amico	Saltaire Striders			256						256		512
James Wright	Baildon							245		245		490
Stephen Brown	Baildon			211						211		422
Matt Sykes-Hooban	Kirkstall			194						194		388
Andrew Tudor	Northowram Pumas			176						176		352
Adam Ellis	Abbey Runners	159								159		318

M45 Category (Runners aged 45-49 on 23 Mar 2019)

Name	Club	Race									10	Best 6 Total
		1	2	3	4	5	6	7	8	9		
Gavin Mulholland	Stainland	299		298		300	300	299		299		1795
Nigel Armitage	Pudsey Pacers	293	294		295		291		295	294		1762
Leigh Hinchliffe	Pudsey Pacers			275	289	289	288	287	287	286		1726
Matthew Blakeley	Roundhay Runners		284		286	279	279		289	283		1700
Gerard Skippins	Spensborough			284	280	276	281	286	283	282		1696
Chris Beadle	Holmfirth		290	280	271	282	272	242		273		1668
Paul Smith	Valley Striders	270	267	268	273		273	270		270		1624
Andy Haslam	Northowram Pumas	255		253	266	270	264	269	267	263		1599
Simon Purll	South Leeds Lakers		239		261	262	255	265	268	258		1569
Richard Butterwick	Todmorden H	189	248			256	254	267	285	250		1560
Andrew Baird	Stainland			243	265	258	250	262		256		1534
Neil Wallace	Pudsey & Bramley	249	262	232	259	252				251		1505
Neil Windle	Queensbury		234	234	249	237	237		249	240		1446
Andrew Baiden	Rothwell	236	236	220	242		230			233		1397
Craig Hampshire	Spensborough	211	230	204	224			208		215		1292
Andrew Meskell	Leeds Brad Tri		246	239	256			256		249		1246
Robert Calver	Chapel Allerton	218		201	218		200	194		206		1237
Alan Douglas	Saltaire Striders			174		199	190	202	211	195		1171
Andy Norman	Pudsey Pacers		226		238			227	232	231		1154
Andy Flynn	Northowram Pumas	188		170	198		168	181		181		1086

Ian Sutcliffe	Stadium Runners	257	272	281				270		1080
Martin Lee	South Leeds Lakers	269	273		260			267		1069
Shane Kenny	Morley		265		266	260		264		1055
Neil Coupe	Northowram Pumas	176	214	211	240			210		1051
Richard Hayes	Pudsey Pacers		142	171	176	172	195	171		1027
Ian Ogden	Spensborough		262	236	256			251		1005
Andrew Stott	Queensbury	247	250	229				242		968
Simon Pollard	Pudsey Pacers	180		181	184	177		181		903
Martin Dearie	Dewsbury			222	228	225		225		900
David Collins	Stainland	193			224			237	218	872
Andy Perkinson	Horsforth		287	288				288		863
Jamie Westwood	Stainland		289		275			282		846
Ian Taylor	Kirkstall		146	180	167		183	169		845
Andy Challinor	Fellandale		188		209	220		206		823
Joe Steele	Roundhay Runners	265			266			266		797
Richard Harrison	Selby Striders	261	260					261		782
Paul Hayhurst	Dewsbury				155	153	152	164	156	780
James Harris	Stainland		237	261				249		747
Andy Purl	Ripon Runners			186	169	167		174		696
Steve Allen	Horsforth	179	147	186				171		683
Alan Mahony	Pudsey Pacers				155	154	172	160		641
Andy Bisset	Horsforth		187	214				201		602
Neil Armitage	Pudsey & Bramley	296						296		592
Neil Burton	Horsforth						296	296		592
Dan Greenwood	Meltham		295					295		590
Rob Greenland	Chapel Allerton	292						292		584
David Anderson	Pudsey & Bramley	250						250		500
Lance Parker	Stainland				241			241		482
Ian Shipley	Wakefield		240					240		480
Lio Achard	Horsforth		238					238		476
Hadrian Knight	Rothwell	227						227		454
Jeff Miller	Meltham		217					217		434
Andrew Laird Boldy	Stainland						214	214		428
Martin Booth	South Leeds Lakers	213						213		426
Brian Clink	Roundhay Runners		121	151				136		408
Sean Scanlon	Kirkstall	196						196		392
Adam Sutcliffe	Chapel Allerton					194		194		388
John Gray	Meltham		187					187		374
Mark Twitchett	Roundhay Runners	169						169		338
Chris Kilvington	Bramley Breezers			166				166		332
Dinesh Kaulgud	Valley Striders		157					157		314
Robert Dixon	Pudsey Pacers	156						156		312
Jonathan Taylor	Stainland	155						155		310

M50 Category (Runners aged 50-54 on 23 Mar 2019)

Name	Club	Race										Best 6 Total
		1	2	3	4	5	6	7	8	9	10	
Nicholas Charlesworth	Wharfedale	295		296	299	298	298		297	297		1785
Paul Gaile	Pudsey Pacers		282	265	281	284	283		281	279		1690
Alan Squire	Horsforth	264	268		279	271	278	283	288	276		1675
Sean McCaffrey	Holmfirth		266	271	270	280	274	279	277	274		1655
Simon Brady	Queensbury		283	261		264	267	280	282	273		1649
Paul Murgatroyd	South Leeds Lakers	268	274	259	267	268		149		248		1584
David Brooks	Pudsey Pacers			228	248	249	227	250	263	244		1482
Michael Melia	Morley			230	252		232	253	252	244		1463
Michael Blackburn	Farsley Flyers	238	231		212		210		243	227		1361
Steve Hall	Dewsbury	182	238	224				238	245	225		1352
Philip Lonsdale	Pudsey Pacers			183	209	215		212	246	213		1278
Gary Graham	Holmfirth		241			263	248	257		252		1261
Stephen Nesbitt	Harrogate	203	209	181	204	205		190	201	199		1221
Philip Hobbs	Holmfirth	235			241		226	249		238		1189
Don Harrison	Bramley Breezers	207		149	202		189	183	205	189		1175
Ian Johnson	Stainland	197	214	180			187	196		195		1169
Dave Butler	Spensborough			218		225	231		255	232		1161
Andrew Tams	Bramley Breezers	178		177	187	197	185		217	190		1154
Mick Lunn	Stadium Runners	209	235					228	244	229		1145
Paul Thomas	South Leeds Lakers	171			182	192	184	184	202	186		1130
Andrew Harrop	Horsforth			163	190	189		189	198	186		1115
John Ingles	Stainland					216	207	221	236	220		1100
Ian Hoskins	Stainland			213	236	219		211		220		1099
Paul Hiley	Stainland		272	274	278					275		1099
Robert Webster	Horsforth	219			219	214		223		219		1094
David Sullivan	Bramley Breezers			138	175		178	165	194	170		1020
Steven Boocock	Bramley Breezers		242			239			247	243		971

Stephen Chapman	Dewsbury	234			245	245			241	965
Paul Brown	Rothwell	285	292						289	866
Kirk Douglas	Bramley Breezers	160		145		180		196	170	851
Simon Rawnsley	Stainland				287			274	281	842
Nathan Crossley	Horsforth				284		272		278	834
Simon Garside	Rothwell			251		280			266	797
Ian Taylor	Horsforth			129		161		162	169	776
Antony Mawson	Pudsey Pacers	244	253						249	746
Tim Walker	Stainland			166		194		191	184	735
Alistair Walder	Dewsbury			233	250				242	725
John Calvert	Dewsbury	274			201				238	713
Matthew Higgins	Bramley Breezers	186		150	197				178	711
Ian Wright	South Leeds Lakers	208	223						216	647
Richard Pattinson	Pudsey & Bramley			300					300	600
Charlie McIntosh	Pudsey & Bramley	294							294	588
Mike Hawkshaw	Farsley Flyers				194		198		196	588
Robin Tuddenham	Todmorden H							290	290	580
Mark Law	Holmfirth		280						280	560
Paul Smith	Dewsbury			168	195				182	545
Nigel Crossfield	Halifax		263						263	526
Brian Hutson	Meltham		259						259	518
Paul Freeman	Horsforth	258							258	516
David Drake	Holmfirth		257						257	514
Mark Pigford	Stainland					253			253	506
Patrick Bean	Farsley Flyers				251				251	502
Vernon Long	Valley Striders						251		251	502
Mark Kirkby	Northowram Pumas	164					165		165	494
Mark Ayre	Roundhay Runners	245							245	490
Robert Boughen	Saltaire Striders							232	232	464
Phil Smedley	Horsforth	146			153				150	449
Jason Haigh	Holmfirth		210						210	420
Rob Utley	Roundhay Runners						202		202	404
James Whittaker	Abbey Runners			197					197	394
Frank Beecroft	Saltaire Striders		195						195	390
Adrian Thear	Knivesmire				180				180	360
Martin McCleave	Horsforth		179						179	358
John Hirst	Stainland					168			168	336
David Lonsdale	Baildon							155	155	310
Dino Bozzo	Leeds Brad Tri						152		152	304
John Hewson	Bramley Breezers	140							140	280

M55 Category (Runners aged 55-59 on 23 Mar 2019)

Name	Club	Race										Best 6 Total
		1	2	3	4	5	6	7	8	9	10	
Stuart Dunbar	Saltaire Striders	289		290		294	290	294	294	292		1754
Jon Holah	Pudsey Pacers	286	291	286	293			289		289		1734
Paul Mitchell	Bingley	277	288	276		277	277	285	280	280		1687
Mark Orbell	Pudsey Pacers	276		263	268	269	261	261		266		1603
Robert Samuels	Pudsey Pacers			245		267	270	278	273	267		1600
David Booth	Pudsey Pacers	241	251	235	264	257	252			250		1515
Roy Huggins	Valley Striders			248	243	238	253	209	257	241		1480
Stephen Hetherington	Saltaire Striders				228	242	236	255	220	236		1417
Paul Patrick	Stainland	225	227	215	233		217	244		227		1373
Nigel Shaw	Baildon	226		212		229	219	230	238	226		1368
Richard Haigh	South Leeds Lakers		237	205	234		211	237	223	225		1367
Paul Bennett	Bramley Breezers	190	222	227	223	221	206	218	235	218		1346
Carl Heron	Queensbury	266	277	257					275	269		1344
Christopher Glover	Kirkstall	198	221	199	244	230	218			218		1330
Steve Raby	Horsforth	275	269				242		269	264		1319
Kevin Desso	Holmfirth	254	270		260	265				262		1311
Bill Belcher	Bingley	212	228	178		209		195	215	206		1265
Richard Thomas	Kirkstall	206	219				198	203	219	209		1254
Martin Fisher	Bramley Breezers	202		186	199		192	210		198		1187
Gary Carlisle	Kirkstall		181			196	186	200	214	195		1172
Alan Hollings	Bramley Breezers	181	202	156	196	200		193		188		1160
Steven Woods	SL Lakers / N Masters		198		245	250	234			232		1159
Jonathan Pybus	Stainland			207	226		224	247		226		1130
Michael Pickard	Bramley Breezers				217		212	231	241	225		1126
Jonathan Eagle	Horsforth			198	230	235		216		220		1099
David Culpán	Stainland			190	208	232	216			212		1058
Mark Henderson	Holmfirth	161	192	131	164	173	164	168	184	167		1048
Martin Love	Saltaire Striders	215		185		212			226	210		1048
Pete Downes	Knivesmire	252		241	262					252		1007
Jonathan Sykes	Holmfirth	279	287							283		849

Steve Boyer	Stainland	190	137	169			171	167		834
Tony Daniels	Meltham	278	267					273		818
Paul Dewhurst	Pudsey Pacers		117		175		164	188	161	805
John Walker	Roundhay Runners			189		188		210	196	783
John Appleyard Tatum	Bramley Breezers	157	133	158	172				155	775
Richard Appleyard	Bramley Breezers	148		152	158		157		154	769
John Bannister	Stainland	239						258	249	746
Richard Dawson	Bramley Breezers		113	147	156	151			142	709
Peter Russell	Horsforth		144		195		180		173	692
Sandy Gee	Stainland			165	179		172		172	688
David Collett	Northowram Pumas				226	228			227	681
Mohanlal Mistry	Saltaire Striders		158	167	177				167	669
David Ingle	Halifax							271	271	542
Tim Neville	Stainland		165		181				173	519
Paul Lycett	Wakefield		258						258	516
Duncan Clark	Abbey Runners					258			258	516
Tony Hart	Saltaire Striders			163			176		170	509
Ian Goulding	Holmfirth	252							252	504
Graham Hawden	Rothwell				174	161			168	503
John Halliwell	Pudsey Pacers	247							247	494
Terry Marlor-Gage	Stainland		139					187	163	489
David Farrar	Stainland				244				244	488
Mark Dixon	Pudsey Pacers	244							244	488
David Smith	Dewsbury	232							232	464
Terry Sinar	Ackworth	225							225	450
Robert Ashcroft	Stainland							224	224	448
Jerry Barnes	York Acorn	217							217	434
Chris Whitelegg	Holmfirth		201						201	402
Martin Gebbett	Fellandale	200							200	400
Raymond Mooney	Stainland					191			191	382
Neil Fairburn	Baildon				179				179	358
Anthony Pinnington	Stainland							179	179	358
Darin Graham	Horsforth		178						178	356
Ian Rayner	Roundhay Runners	151							151	302
Paul Armitage	Stainland			116					116	232

M60 Category (Runners aged 60-64 on 23 Mar 2019)

Name	Club	Race										Total
		1	2	3	4	5	6	7	8	9	10	
Mark Crabtree	Halifax	260	285	277		274	275	276	278	275		1666
Andy Hauser	Holmfirth	253	258	250	257		241			252		1511
Steve Woods	Pudsey Pacers	173		223	263	248		259	262	238		1493
Dave Burdon	Pudsey Pacers	243	240	225	247				234	238		1427
Stephen Pattison	Pudsey Pacers	233	216	202	246	243			230	228		1396
Steve Hallam	Stainland			221	211	220		243	250	229		1374
Andrew Johnson	Knavesmire	224		210	225	231	214	229		222		1345
Ken Fox	Valley Striders	222		191	216	217	213		248	218		1334
Leroy Sutton	Valley Striders			208	206	208	197	219	242	213		1296
Gary Western	Saltaire Striders				205	213	195	215	228	211		1267
Dave Hudson	Stainland	174	200	151	188	185		179	207	183		1142
Philip Jones	Baildon	183			192	203	179	191		190		1138
Alun Griffiths	Saltaire Striders	175		171	191			199	206	188		1130
Peter Hughes	Queensbury	273	276	266						272		1087
David Owen	Pudsey Pacers	153	188	130	159	166			177	162		1005
Mervyn Silva	Saltaire Striders	154		126	160	162		174		155		931
John Cottam	Stadium Runners					182		188	204	191		765
Lou Armour	Saltaire Striders						173	186	193	184		736
Paul Butterfield	Stainland						171	177	182	177		707
Richard West	Wakefield	229		206						218		653
Chris Jones	Hyde Park			172			176			174		522
Richard Pullan	Hyde Park			159			175			167		501
Bartley Foulkes	Horsforth			155	178					167		500
Ian Vogan	Ackworth			152	173					163		488
Richard Smith	Saltaire Striders						157		167	162		486
Martin Appleby	Rothwell	144	179							162		485
G Mark Richardson	Dewsbury			141		170				156		467
Gerry Banham	Stainland					223				223		446
Steve Wilkinson	Wakefield	201								201		402
Steve Hewitt	Holmfirth		193							193		386
Rob Myers	Baildon							182		182		364
Shaun Camponi	Dewsbury							161		161		322
Michael Yeadon	Horsforth			153						153		306
Chris Maltby	St Theresa's			115						115		230

M65 Category (Runners aged 65-69 on 23 Mar 2019)

Name	Club	Race										Best 6 Total			
		1	2	3	4	5	6	7	8	9	10				
Angus Teanby	Horsforth	232		229	239		235	252	253	240					1451
John Ward	Abbey Runners	231		184	220	233	221	234	240	223					1382
Rob Kersey	Holmfirth	228	243				208	240	229	230					1378
Stephen Todd	Chapel Allerton	205	224				201	225	218	215					1288
David Womersley	Horsforth	214			200	207	196	201	222	207					1251
Steve Wood	Horsforth			160	193	206	191	217	212	197					1216
William Overton	Pudsey Pacers	191	207	167	184	193			209	192					1176
Neil Midgley	Holmfirth	172	199	143	170	190		187		177					1095
Nick Breare	Saltaire Striders	150		127	157	165		169	176	157					974
Peter Hey	Kirkstall	149	186		148	159	156		163	160					973
Patrick Nesden	Kirkstall		182	114		154	149		160	152					911
Andrew Gardner	St Theresa's	145		118	146				150	161	144				864
Richard Duffy	Horsforth						162	166	186	171					685
Kevin Yewlett	Holmfirth		233	200						217					650
John Mace	Leeds City				161	164		160		162					647
Ian Hartman	Baildon				149	169		163		160					641
Robert Greaves Sr	Pudsey Pacers			122	156					168	149				595
Len Shepherd	Idle		184					151		168					503
Ray McArthur	Meltham		218							218					436
Jim Wheldon	Baildon	216								216					432
Keith Pailing	Rothwell	195								195					390
Andrew Jarvis	Holmfirth		183							183					366
Ian Park	Horsforth			124						124					248

M70 Category (Runners aged 70-74 on 23 Mar 2019)

Name	Club	Race										Best 6 Total			
		1	2	3	4	5	6	7	8	9	10				
Brian Hilton	Leeds City	256	249	246			249			250					1250
William Allan	Tadcaster		213		203	204	203		213	207					1243
Kevin Watson	Horsforth		205		185		182	197	199	194					1162
Peter Ellerton	Bingley	177	206	161		198	181	178	200	186					1149
Anthony Shaw	Kirkstall			136	168	178	170	173	181	168					1038
Richard Smith	Holmfirth	167		148	162	187			185	170					1019
Pete Scanlon	Horsforth	142	180	112	145	152		148	159	148					932
Alan Dickenson	Horsforth					153	150	147	162	153					765
Malcolm Johnson	Horsforth	147		123				156	173	150					749
Gordon Little	Horsforth			120		163			170	151					604
Bill Hunter	Holmfirth			119			159	170		149					597
Carl Prendergast	Fellandale				172		174			173					519
Dick Spendlove	Stainland					222				222					444
Ian Brown	Horsforth			111					158	135					404
Stephen O'Hara	Horsforth						148			148					296

M75 Category (Runners aged 75-79 on 23 Mar 2019)

Name	Club	Race										Best 6 Total			
		1	2	3	4	5	6	7	8	9	10				
Peter Covey	Pudsey Pacers	166		134		183		175	178	167					1003
Rodney Tordoff	Pudsey Pacers	152	185	128	155	157	158	158	175	159					992
Les Haynes	Bingley						205	233	225	221					884
Malcolm Coles	Valley Striders		196	162	174					177					709
John Fuller	Kimberworth	168							192	180					540
Geoff Webster	Valley Striders							153	171	162					486
Tim Cock	Holmfirth	141								141					282

M80 Category (Runners aged 80-84 on 23 Mar 2019)

Name	Club	Race										Best 6 Total			
		1	2	3	4	5	6	7	8	9	10				
Geoffrey Hardman	St Theresa's	143										143			286