

Stewart Nichol	St Theresa's	243		247			490
Mark Overend	Baildon		225		243		468
Chris Simpson	Pudsey Pacers			223	224		447
Joe Percival	Baildon	245	198				443
Tom O'Reilly	Northowram Pumas	238		204			442
Antony Gibson	South Leeds Lakers	156	129		148		433
Daniel Metcalfe	Fellandale	154		168			322
Tim Brook	Holmfirth			295			295
Michael Malyon	Baildon			292			292
Gary Rowling	Queensbury				289		289
Darran Ward	Pudsey Pacers	288					288
Hossein Mohammadiha	Vale of York				283		283
Andy Gibbons	Bingley				270		270
Owen Bayly	Pudsey Pacers			261			261
Wasim Hussain	Queensbury	259					259
Mark Pottinger	Stainland			251			251
Andrew Price	Baildon	247					247
Gareth Millard	Pudsey Pacers				239		239
Matt Smith	Stadium Runners	222					222
Jamie Hill	Queensbury	197					197
Ian Bruff	Bramley Breezers				171		171
Alastair Turton	South Leeds Lakers	157					157
Ben Whitehead	Horsforth	142					142
Anthony Weston	Bramley Breezers	281	286	285	280	284	1416
Gerard Skippins	Dewsbury	290	280	274	272	272	1388
Simon Purril	South Leeds Lakers	276	269	276	274	274	1369
Cairn Morrison	St Theresa's		296	288	282	287	1153
Tom Rogerson	Abbey Runners	287	287	265		251	1090
Adam Moger	Kirkstall	275	255		257	255	1042
Emil Andrews	Pudsey & Bramley	267	245		242	241	995
Kieran O'Brien	South Leeds Lakers		216	234	229	230	909
Neil Wallace	Pudsey & Bramley	233	195	236	237		901
Nico Drinkwater	Pudsey Pacers			289	285	291	865
Richard Walker	Airecentre Pacers		276	283		267	826
David McNamara	Morley		164	216	217	228	825
Mark Bestwick	Pudsey Pacers	213	187	217	208		825
John Sutton	South Leeds Lakers		196	187	206	196	785
Simon Woodhead	Baildon		262	266		253	781
Duncan Pryce	Bingley		263	263	254		780
Andrew Earnshaw	Stainland	265	239			246	750
Steve Bond	Pudsey Pacers	188	155		192	190	725
Jonathan Taylor	Stainland	180		176	171	165	692
Martin Savage	Kirkstall		169	228		212	609
Dimosthenis Evangelidis	Wakefield			298	286		584
Kevin Blake	South Leeds Lakers		201		183	197	581
Simon Cope	Dewsbury		159	202	196		557
Quentin Lewis	Baildon			272	283		555
Edward Revell	Dewsbury		297			248	545
James O'Driscoll	Slaithwaite Striders	277		260			537
Ian Wilson	Spensborough		267			265	532
Michael Hartley	Affiliated Individual			172	164	168	504
Richard Brook	Queensbury		240		244		484
Martyn Jones	South Leeds Lakers			219	213		432
David Grooby	Bingley		193			231	424
Hélder Gonçalves	Bingley				197	200	397
David Render	South Leeds Lakers		183			199	382
Rob Whitwam	Slaithwaite Striders		179	196			375
Matthew Hunt	Pudsey Pacers			190	179		369
Stephen Brown	Baildon			179		188	367
Sean Scanlon	Kirkstall		154	209			363
Julian Cosham	South Leeds Lakers			188		172	360
James Washington	Holmfirth	289					289
James Neale	South Leeds Lakers	153	130				283
Martin Critchley	Horsforth			281			281
Stephen Earle	Northowram Pumas				281		281
Matt Tolson	Holmfirth	278					278
Jamie Nicklin	Baildon					275	275
Tim Dean	Dewsbury			270			270
Damian McQueen	Holmfirth	266					266
James Wright	Baildon		261				261
Seton Waddington	Meltham	258					258
Nigel Fuller	St Theresa's					257	257
Brendan Foley	Horsforth		256				256
Andrew Tudor	Northowram Pumas				255		255
Keith Johnstone	South Leeds Lakers			254			254
Mark Pawson	Pudsey Pacers	248					248

M45

(Runners aged 45-49 on 23 Apr 2023)

M50

(Runners aged
50-54 on
23 Apr 2023)

James Stables	Meltham	241						241
Mark Hoath	Meltham	228						228
Marcus Isherwood	Saltaire Striders		227					227
Edward Arkell	Baildon				180			180
Richard Blenkinsop	Slaithwaite Striders				174			174
Paul Ramsden	Hyde Park	172						172
Neil Baxter	Abbey Runners	163						163
Jim Harris	Stainland	270	252	262	243	247		1274
Dave Smithers	Knavesmire	297		297	293	297		1184
Melvin Thompson	Roberttown	223	236	257	218	237		1171
Nigel Armitage	Pudsey Pacers	293	284	278		281		1136
Simon Glyn Jones	Farsley Flyers		272	279	277	273		1101
Richard Butterwick	Todmorden H	280	271		268	277		1096
Richard Burgess	South Leeds Lakers	214	158	199	200	191		962
Robin Graham	Baildon	260	222	227	236			945
Gavin Mulholland	Stainland	299			298	299		896
Paul Sayers	Morley		191	226	202	208		827
Robert Thomas	Bingley			271	279	259		809
Steve Boom	Pudsey Pacers		251	256		249		756
Graham Prince	Bramley Breezers		253	252	241			746
Martin Dearie	Dewsbury	250	237		250			737
Darren Smith	Slaithwaite Striders	236			215	193		644
Michael Gomersall	Morley		212	205		225		642
Andrew Dean	Baildon	203	168			192		563
Andy Haslam	Northowram Pumas				252	244		496
Adrian Martin	Pudsey Pacers		139	178	176			493
Jon Boote	Roberttown		242	250				492
Simon Rawnsley	Stainland	251	230					481
Darren Rogers	Bramley Breezers		229	246				475
David Mellor	St Theresa's			210		235		445
Dinesh Kaulgud	Valley Striders		211			226		437
Neil Coupe	Northowram Pumas		156			179		335
Neil Marsh	Northowram Pumas				162	158		320
Ryan Barker	Halifax			284				284
Daniel Smith	Pudsey & Bramley					276		276
Anthony Waring	Holmfirth	273						273
Andy Brown	Saltaire Striders					271		271
Chris Beadle	Holmfirth	268						268
Jamie Westwood	Stainland				266			266
Robert Dickinson	Holmfirth	256						256
Neil Windle	Queensbury		243					243
Matt Dawson	Dewsbury		233					233
Rich Wilkinson	Rothwell			229				229
Paul Smith	Valley Striders					229		229
Graham Driver	Baildon		228					228
Andy Norman	Pudsey Pacers	227						227
John Gray	Meltham	225						225
Lloyd Allen	Kirkstall		219					219
Ian Eccleshall	Meltham	217						217
Jason Beckett	Bingley				212			212
Rob Webster	Horsforth					204		204
Andrew Warrender	South Leeds Lakers	200						200
Alan Douglas	Saltaire Striders			197				197
Mike Shackleton	Dewsbury		197					197
Andrew J W Smith	Northowram Pumas		192					192
John Ingles	Stainland	187						187
Andy Bisset	Horsforth		175					175
Jeff Miller	Meltham	174						174
Ian Pickles	South Leeds Lakers					170		170
Andy Mace	Valley Striders		124					124
Paul Craven	Abbey Runners	232	260	251	248	250		1241
Paul Patrick	Stainland	237	210	243	235	219		1144
Glyn Mitchell	Slaithwaite Striders	234	202	224	230	234		1124
Richard Haigh	SLLakers/PudseyP	224	178	213	226	207		1048
Simon Brady	Queensbury	261	254	248		236		999
Warren Dennison	Roundhay Runners	196	186	193	185	183		943
Paul Murgatroyd	South Leeds Lakers	244	232	245		221		942
Stephen Chapman	Dewsbury		214	247	245	233		939
Philip Lonsdale	Pudsey Pacers	230	217		227	232		906
Andrew Paterson	Queensbury		221	240	214	223		898
Ian Johnson	Stainland	168	161	195	186	184		894
Mark Seed	Bramley Breezers	220	207	233		213		873
Paul Martin Crabtree	Bingley			275	273	266		814
Nigel Shaw	Baildon	202	171		203	202		778
Neil Fairburn	Baildon	211	162		195	195		763
Christophe Martyn	Pudsey Pacers		246		253	258		757

M55

(Runners aged
55-59 on
23 Apr 2023)

John Calvert	Dewsbury	199	237	233		669
Steven Marsland	Slaithwaite Striders	221	211	222		654
Nicholas Charlesworth	Wharfedale	295	291			586
Kirk Douglas	BramleyB/FarsleyF	176	198	211		585
Ian Martin	Vale of York	275			263	538
Nathan Crossley	Horsforth	277			252	529
David Sullivan	Bramley Breezers	153	185		160	498
David Brooks	Pudsey Pacers	263			228	491
Ali Azfar	Baildon	167			161 159	487
Steven Boocock	Bramley Breezers	262				478
Andrew Smith	Northowram Pumas		122		160 151	433
Paul Dewhurst	Pudsey Pacers		121	165	143	429
Steve Hall	Dewsbury	218		203		421
Ian Hoskins	Stainland	201	203			404
Jim Whittaker	Abbey Runners		177	191		368
Dino Bozzo	Leeds Brad Tri		133	164		297
Michael Coe	Queensbury	285				285
Charlie McIntosh	Pudsey & Bramley				285	285
Graham Justice	Pocklington		283			283
Mick Clayton	Pudsey Pacers		127		149	276
Jason Westmoreland	Rothwell				265	265
Colin J McFadden	Horsforth		257			257
David Milton	Holmfirth	254				254
Kjell Skjerven	South Leeds Lakers			223		223
Dean Lamb	Morley			222		222
Antony Mawson	Pudsey Pacers				217	217
Paul Spencer	Bingley		213			213
Paul Elliott	Meltham	208				208
Andrew Smithson	Stadium Runners	199				199
John Langley	Northowram Pumas	192				192
Steven Crowther	Stainland				190	190
Tim Walker	Stainland				189	189
Mark Rigby	Slaithwaite Striders	163				163
David Lonsdale	Baildon				153	153
Andrew Tams	Bramley Breezers		150			150
Peter Russell	Horsforth		145			145
Mike Yates	Dewsbury		132			132

M60

(Runners aged
60-64 on
23 Apr 2023)

Stuart Dunbar	Saltaire Striders	294	292	291	284	288	1449
Mark Preston	Stainland	204	208	241	231	215	1099
Steve Hallam	Stainland	219	215	230	216	206	1086
Graham Kitchen	South Leeds Lakers	259	226	244	239		968
Christopher Glover	Kirkstall	240	224	249		238	951
Paul Bennett	Bramley Breezers	184	166	207	207	177	941
Pete Downes	Knavesmire	247	223	235		220	925
Mark Crabtree	Halifax		190	232	234	222	878
Stephen Hetherington	Saltaire Striders	239		221	209	203	872
Robert Samuels	Pudsey Pacers	283	270	267			820
Jon Holah	Pudsey Pacers	282			264	260	806
Mark Orbell	Pudsey Pacers	269		253	263		785
Gary Carlisle	Kirkstall	182	152		188	210	732
David Booth	Pudsey Pacers		235	239	240		714
Mark Henderson	Holmfirth	177		183	173	166	699
Chris Sawyer	Valley Striders		149	186	158	169	662
Mohanlal Mistry	Saltaire Striders		134	170	152	142	598
Steven Woods	South Leeds Lakers			184	175	194	553
Stephen Laffey	Dewsbury			180	181	181	542
Paul Armitage	Stainland	159		166	155		480
Martin Wood	Stainland	242			232		474
Jonathan Eagle	Horsforth			231	242		473
Tony Daniels	Meltham	252	220				472
Sandy Gee	Stainland	161	136	169			466
Richard Dawson	Bramley Breezers	158	126			146	430
Martin O'Brien	Stainland	207			187		394
Martin Gebbett	Fellandale		170			189	359
Richard Mann	Rothwell			177	168		345
Ken Fox	Valley Striders	185	160				345
Bill Belcher	Bingley	195	147				342
Tim Neville	Stainland				156	157	313
Carl Heron	Queensbury	264					264
Martin Landells	Horsforth		248				248
Mark Gregory	Rothwell				224		224
Nigel Thomas	Meltham	215					215
Raymond Mooney	Stainland	212					212
John Walker	Roundhay Runners	209					209
Julian Saunders	Meltham	198					198
Stephen Fry	Bingley				198		198

	Chris Holdsworth	Baildon	169					169
	Mark Reid	South Leeds Lakers				164		164
	Philip Ramsden	Horsforth	157					157
	Jeremy Morton	South Leeds Lakers		137				137
	Gary Thurlow	South Leeds Lakers		118				118
M65	Stephen Woods	Pudsey Pacers	253	218	231	219	209	1130
	Dave Hudson	Stainland	194	138	192	178	176	878
	Keith Brewster	Valley Striders	231	181	214		205	831
	Dave Burdon	Pudsey Pacers		180	220	220	211	831
	Keith Park	Horsforth		148	173	177	161	659
	Andrew Johnson	Knavesmire		184	218	199		601
	Stephen Pattison	Pudsey Pacers	216	185	200			601
	Anthony David Dickinson	Knavesmire	190			191	173	554
	Paul Butterfield	Stainland		119		159	152	430
	Mick Collinson	Denby Dale		189	225			414
	John Bassinder	Stainland	186			172		358
	Paul Winn	Holmfirth	179		171			350
	G Mark Richardson	Dewsbury	155	120				275
	Martin Bayliss	Meltham	235					235
	Tim Spencer	Saltaire Striders			174			174
	Peter Collier	Queensbury	173					173
	John Cottam	Stadium Runners	171					171
	Steve Hewitt	Holmfirth	165					165
	Leroy Sutton	Valley Striders	162					162
	Michael Yeadon	Horsforth		144				144
Alun Griffiths	Saltaire Striders		143				143	
Rob Myers	Baildon		141				141	
Stephen Mower	South Leeds Lakers		123				123	
M70	John Ward	Abbey Runners	210	188	215	221	198	1032
	Kevin Yewlett	Holmfirth	226		206	210	201	843
	David Womersley	Horsforth	181	194	194		178	747
	Neil Midgley	Holmfirth	175		174	170	167	686
	Bruce Duncan	Bingley	178	140		166	163	647
	Richard Duffy	Horsforth			181	169	175	525
	David Leaf	Saltaire Striders	206			205		411
	Jim Wheldon	Baildon	205		182			387
	Rob Kersey	Holmfirth				182	186	368
	Glenn Thornton	Queensbury	172	146				318
	Peter Hey	Kirkstall				153	144	297
	Geoffrey Kay	Baildon		125			154	279
	Alan Sykes	Northowram Pumas				201		201
	Don Johnson	Bingley	176					176
	Patrick Nesden	Kirkstall		116				116
	Peter Ellerton	Bingley	170	131	175	167	162	805
	M75	Russell Dyson	Slaithwaite Striders	152	117	162	151	141
Richard Smith		Holmfirth	164			165	155	484
Colin Davidson		Baildon			161	154		315
Dick Spendlove		Stainland	193					193
Bill Hunter		Holmfirth	160					160
Anthony Shaw		Kirkstall				147		147
John Fuller		Kimberworth				145		145
M80								