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Race 1 Individual Results (Men)**

Host Club: Holmfirth Harriers

Date: 28/04/24

Pos	Name	Series Cat	Race Cat		Club	Cat Pos	Time	Score
1	Andy Smith	M40	M40		Slaithwaite Striders	1	0:37:57	250
2	Gavin Mulholland	M50	M50		Stainland Lions Running Club	1	0:39:56	249
3	Tim Street	M35	M35		Holmfirth Harriers AC	1	0:40:47	248
4	Tim Brook	M40	M40		Holmfirth Harriers AC	2	0:41:35	247
5	Hossein Mohammadiha	M40	M40		Vale of York Athletic Community	3	0:42:26	246
6	Paul Sammonds	M35	M35		Holmfirth Harriers AC	2	0:42:51	245
7	Chris Frontczak	M35	M35		Slaithwaite Striders	3	0:42:56	244
8	Oliver Gregory	M40	M40		Farsley Flyers	4	0:43:11	243
9	James Washington	M45	M45		Holmfirth Harriers AC	1	0:43:13	242
10	Matthew Holmes	M45	M45		Abbey Runners	2	0:43:16	241
11	James Clark	M40	M40		Pudsey Pacers RC	5	0:43:50	240
12	Martin Klavon	M40	M40		Northowram Pumas Running Club	6	0:43:59	239
13	Gerard Skippins	M50	M50		Dewsbury Road Runners	2	0:44:15	238
14	Edward Revell	M45	M45		Dewsbury Road Runners	3	0:45:03	237
15	Richard Walker	M50	M50		Airecentre Pacers RC	3	0:45:18	236
16	John Singh	M40	M40		Saltaire Striders	7	0:45:31	235
17	Mark Pottinger	M40	M40		Stainland Lions Running Club	8	0:45:38	234
18	Ian Wilson	M45	M45		Dewsbury Road Runners	4	0:46:36	233
19	Craig Pettit	M35	M35		Leeds & Bradford Triathlon Club	4	0:46:40	232
20	Stuart Dunbar	M60	M60		Saltaire Striders	1	0:46:43	231
21	Robert Stenhouse	M35	M35		Dewsbury Road Runners	5	0:46:47	230
22	Thomas Alcock	M50	M50		Wharfedale Harriers	4	0:46:53	229
23	Luke Cranfield	M35	M35		Northowram Pumas Running Club	6	0:46:58	228
24	Robert Thomas	M50	M50		Bingley Harriers & AC	5	0:47:15	227
25	Simon Purl	M50	M50		South Leeds Lakers Running Club	6	0:47:22	226
26	Kevin Garlick	M40	M40		Bingley Harriers & AC	9	0:47:29	225
27	Michael Anderton	M50	M50		Baildon Runners	7	0:48:02	224
28	Adam Moger	M45	M45		Kirkstall Harriers	5	0:48:12	223
29	Anthony Waring	M50	M50		Holmfirth Harriers AC	8	0:48:13	222
30	Chris Beadle	M50	M50		Holmfirth Harriers AC	9	0:48:26	221
31	Phil Tucker	M40	M40		Stainland Lions Running Club	10	0:48:37	220
32	Mark Andrew Smith	M45	M45		Horsforth Harriers	6	0:49:07	219
33	Derek Lee	M40	M40		Airecentre Pacers RC	11	0:49:10	218

34	Damien Pearson	M40	M40		Stainland Lions Running Club	12	0:49:20	217
35	Adam Firth	M35	M35		Bramley Breezers	7	0:49:22	216
36	Carl Heron	M60	M60		Queensbury Running Club	2	0:49:31	215
37	Paul Smith	M50	M50		Valley Striders AC	10	0:49:33	214
38	Martin Critchley	M45	M45		Horsforth Harriers	7	0:49:34	213
39	Dan Marsden	M40	M40		Stainland Lions Running Club	13	0:49:48	212
40	Martin Hirst	M45	M45		Holmfirth Harriers AC	8	0:49:51	211
41	Paul Murgatroyd	M55	M55		South Leeds Lakers Running Club	1	0:49:53	210
42	Simon Brady	M55	M55		Queensbury Running Club	2	0:50:02	209
43	Manley du Preez	M40	M40		Wharfedale Harriers	14	0:50:11	208
44	Andy Baird	M50	M50		Stainland Lions Running Club	11	0:50:15	207
45	David Brooks	M55	M55		Pudsey Pacers RC	3	0:50:41	206
46	Andrew Earnshaw	M45	M45		Stainland Lions Running Club	9	0:51:41	205
47	David Stafford	M40	M40		Slaithwaite Striders	15	0:51:46	204
48	Martyn Jones	M45	M45		South Leeds Lakers Running Club	10	0:52:01	203
49	Nial Bullett	M50	M50		Stadium Runners	12	0:52:04	202
50	Paul Sayers	M50	M50		Morley Running Club	13	0:52:19	201
51	David Williams	M65	M65		Holmfirth Harriers AC	1	0:52:41	200
52	Neal Rider	M40	M40		Northowram Pumas Running Club	16	0:53:04	199
53	Andrew Paterson	M55	M55		Queensbury Running Club	4	0:53:10	198
54	David Booth	M60	M60		Farsley Flyers	3	0:53:16	197
55	Jim Harris	M50	M50		Stainland Lions Running Club	14	0:53:20	196
56	Daniel Jenkins	M45	M45		Saltaire Striders	11	0:53:26	195
57	Ian Martin	M55	M55		Vale of York Athletic Community	5	0:53:31	194
58	Paul Craven	M55	M55		Abbey Runners	6	0:53:36	193
59	Graham Kitchen	M60	M60		South Leeds Lakers Running Club	4	0:53:53	192
60	Stephen Skidmore	M65	M65		Denby Dale Athletic Club	2	0:54:22	191
61	David Grooby	M50	M50		Bingley Harriers & AC	15	0:54:24	190
62	Steve Jackson	M45	M45		Slaithwaite Striders	12	0:54:32	189
63	Philip Lonsdale	M55	M55		Pudsey Pacers RC	7	0:54:37	188
64	Jonathan Eagle	M60	M60		Horsforth Harriers	5	0:54:38	187
65	Mark Gregory	M60	M60		Rothwell Harriers & AC	6	0:54:39	186
66	Paul Patrick	M60	M60		Stainland Lions Running Club	7	0:54:41	185
67	Ian Goulding	M60	M60		Holmfirth Harriers AC	8	0:54:44	184
68	Mark Crabtree	M65	M65		Halifax Harriers & AC	3	0:55:05	183
69	Glyn Mitchell	M55	M55		Slaithwaite Striders	8	0:55:10	182
70	Toby Nield	M35	M35		Horsforth Harriers	8	0:55:21	181
71	Neil Wallace	M50	M50		Horsforth Fellandale Club	16	0:55:33	180
72	Richard Spendlove	M75	M75		Stainland Lions Running Club	1	0:55:36	179
73	Wayne Doherty	M40	M40		Morley Running Club	17	0:55:40	178
74	John Calvert	M55	M55		Dewsbury Road Runners	9	0:55:48	177
75	Andy Douglas	M50	M50		Horsforth Harriers	17	0:55:50	176
76	Chris Barr	M55	M55		Holmfirth Harriers AC	10	0:56:06	175
77	Richard Burgess	M50	M50		South Leeds Lakers Running Club	18	0:56:11	174
78	Andy Bisset	M50	M50		Horsforth Harriers	19	0:56:20	173
79	David Morley	M65	M65		St. Theresa's AC	4	0:57:46	172

80	Chris Horsfall	M65	M65		Handsworth Roadhogs	5	0:57:48	171
81	Robin Naylor	M70	M70		Queensbury Running Club	1	0:58:03	170
82	Ian Hoskins	M55	M55		Stainland Lions Running Club	11	0:58:14	169
83	Steve Hall	M55	M55		Dewsbury Road Runners	12	0:58:24	168
84	Tim Mosedale	M40	M40		Saltaire Striders	18	0:58:32	167
85	John Ward	M70	M70		Abbey Runners	2	0:58:32	166
86	Steven Marsland	M55	M55		Slaithwaite Striders	13	0:59:20	165
87	Jonathan Knowles	M40	M40		Northowram Pumas Running Club	19	0:59:42	164
88	John Walker	M60	M60		North Leeds Fell Runners	9	0:59:48	163
89	Ian Griffiths	M45	M45		Horsforth Harriers	13	1:00:10	162
90	Jason Beckett	M50	M50		Bingley Harriers & AC	20	1:00:15	161
91	Colm O'Hara	M50	M50		Roundhay Runners	21	1:00:37	160
92	James Ward	M35	M35		Bramley Breezers	9	1:00:50	159
93	Steve Hallam	M65	M65		Stainland Lions Running Club	6	1:01:01	158
94	Rob Kersey	M70	M70		Holmfirth Harriers AC	3	1:01:11	157
95	Simon Cope	M45	M45		Dewsbury Road Runners	14	1:01:37	156
96	Paul Dixon	M60	M60		St. Theresa's AC	10	1:01:42	155
97	Paul Hadin	M60	M60		Holmfirth Harriers AC	11	1:01:51	154
98	Carl White	M35	M35		Queensbury Running Club	10	1:01:52	153
99	Alan Douglas	M50	M50		Saltaire Striders	22	1:02:01	152
100	Mick Collinson	M65	M65		Denby Dale Athletic Club	7	1:02:09	151
101	Nigel Shaw	M60	M60		Baildon Runners	12	1:02:25	150
102	Ken Fox	M65	M65		Valley Striders AC	8	1:02:27	149
103	Paul Winn	M65	M65		Holmfirth Harriers AC	9	1:02:30	148
104	Alun Griffiths	M65	M65		Saltaire Striders	10	1:02:39	147
105	John Langley	M55	M55		Northowram Pumas Running Club	14	1:02:40	146
106	John Bassinder	M70	M70		Stainland Lions Running Club	4	1:03:22	145
107	Andy Norman	M50	M50		Pudsey Pacers RC	23	1:03:25	144
108	William Belcher	M60	M60		Bingley Harriers & AC	13	1:03:33	143
109	Keith Park	M65	M65		Horsforth Harriers	11	1:04:04	142
110	Alistair Settle	M50	M50		Wakefield District H & AC	24	1:04:10	141
111	Andrew Smith	M55	M55		Northowram Pumas Running Club	15	1:04:12	140
112	Stephen Brown	M45	M45		Baildon Runners	15	1:04:14	139
113	Mark Rigby	M55	M55		Slaithwaite Striders	16	1:04:56	138
114	Mark Henderson	M60	M60		Holmfirth Harriers AC	14	1:05:31	137
115	Richard Mann	M60	M60		Rothwell Harriers & AC	15	1:06:15	136
116	David Sullivan	M55	M55		Drighlington Dynamos RC	17	1:07:01	135
117	Ali Azfar	M55	M55		Baildon Runners	18	1:07:05	134
118	Kiron Berrill	M45	M45		Northowram Pumas Running Club	16	1:07:10	133
119	Bruce Duncan	M75	M75		Bingley Harriers & AC	2	1:07:26	132
120	Ken Poyner	M65	M65		Rothwell Harriers & AC	12	1:07:32	131
121	Jason Duggan	M40	M40		South Leeds Lakers Running Club	20	1:07:36	130
122	David Ferguson	M60	M60		Affiliated Individual	16	1:08:49	129
123	Mark Seed	M55	M55		Bramley Breezers	19	1:09:02	128
124	Steve Laffey	M60	M60		Dewsbury Road Runners	17	1:09:22	127
125	Paul Bennett	M60	M60		Bramley Breezers	18	1:09:56	126

126	Ian Johnson	M55	M55		Stainland Lions Running Club	20	1:12:45	125
127	Carl Prendergast	M75	M75		Horsforth Fellandale Club	3	1:12:56	124
128	Peter Ellerton	M75	M75		Bingley Harriers & AC	4	1:12:59	123
129	Richard Smith	M75	M75		Holmfirth Harriers AC	5	1:14:07	122
130	Andrew Smithson	M55	M55		Stadium Runners	21	1:14:18	121
131	Chris Sawyer	M65	M65		Valley Striders AC	13	1:15:03	120
132	Geoff Kay	M75	M75		Baildon Runners	6	1:15:31	119
133	Richard Dawson	M60	M60		Bramley Breezers	19	1:16:03	118
134	G Mark Richardson	M65	M65		Dewsbury Road Runners	14	1:20:14	117
135	Philip Ramsden	M60	M60		Horsforth Harriers	20	1:20:53	116
136	Antony Gibson	M40	M40		South Leeds Lakers Running Club	21	1:21:46	115
137	James Neale	M50	M50		South Leeds Lakers Running Club	25	1:27:35	114
138	Russell Dyson	M75	M75		Slaithwaite Striders	7	1:38:06	113