YVAA Grand Prix Series 2024
Race 7 Individual Results (Men)

Host Club: Stainland Lions **Date: 21/07/24**

Pos	Name	Series Cat	Race Cat	Club	Cat Pos	Time	Score
1	Andy Smith	M40	M40	Slaithwaite Striders	1	0:33:50	250
2	Gavin Mulholland	M50	M50	Stainland Lions Running Club	1	0:34:16	249
3	Chris Hockin	M35	M35	Slaithwaite Striders	1	0:35:50	248
4	Tim Brook	M40	M40	Holmfirth Harriers AC	2	0:36:34	247
5	Richard Herrington	M40	M40	St. Theresa's AC	3	0:36:39	246
6	Paul Senior	M45	M45	Slaithwaite Striders	1	0:37:13	245
7	Cairn Morrison	M45	M45	St. Theresa's AC	2	0:37:21	244
8	Paul Sammonds	M35	M35	Holmfirth Harriers AC	2	0:37:36	243
9	Luke Cranfield	M35	M35	Northowram Pumas Running Club	3	0:37:41	242
10	Matthew Holmes	M45	M45	Abbey Runners	3	0:38:32	241
11	Chris Frontczak	M35	M35	Slaithwaite Striders	4	0:38:43	240
12	Simon Donoghue	M55	M55	Easingwold Running Club	1	0:38:49	239
13	Dave Parker	M55	M60	St. Theresa's AC	1	0:39:09	238
14	Richard Walker	M50	M50	Airecentre Pacers RC	2	0:39:21	237
15	Duncan Spence	M35	M35	Pudsey Pacers RC	5	0:39:25	236
16	Stuart Dunbar	M60	M60	Saltaire Striders	2	0:39:45	235
17	Thomas Alcock	M50	M50	Wharfedale Harriers	3	0:39:53	234
18	Anthony Weston	M50	M50	St. Theresa's AC	4	0:40:08	233
19	Richard Smith	M45	M45	Sowerby Bridge Snails RC	4	0:40:15	232
20	Tim Dean	M45	M45	Dewsbury Road Runners	5	0:40:30	231
21	Thomas Sharp	M45	M45	Wakefield District H & AC	6	0:40:31	230
22	Robert Samuels	M60	M60	Pudsey Pacers RC	3	0:40:41	229
23	Richard Hand	M40	M40	Stainland Lions Running Club	4	0:41:07	228
24	Mark Orbell	M60	M60	Pudsey Pacers RC	4	0:41:13	227
25	Steven Cook	M35	M35	Slaithwaite Striders	6	0:41:27	226
26	Jonathan Moon	M35	M35	Sowerby Bridge Snails RC	7	0:41:58	225
27	Dan Marsden	M40	M40	Stainland Lions Running Club	5	0:42:22	224

28	Adam Firth	M35	M35		Bramley Breezers	8	0:42:38	223
29	Mark Andrew Smith	M45	M45		Horsforth Harriers	7	0:43:05	222
30	Kevin Garlick	M40	M40		Bingley Harriers & AC	6	0:43:16	221
31	Paul Smith	M50	M50		Valley Striders AC	5	0:43:24	220
32	Daniel Jenkins	M45	M45		Saltaire Striders	8	0:43:34	219
33	Adam Moger	M45	M45		Kirkstall Harriers	9	0:43:43	218
34	Andrew Earnshaw	M45	M45		Stainland Lions Running Club	10	0:43:45	217
35	Paul Murgatroyd	M55	M55		South Leeds Lakers Running Club	2	0:43:52	216
36	Peter Kerridge	M55	M60		Todmorden Harriers	5	0:44:09	215
37	David I'Anson	M65	M65		St. Theresa's AC	1	0:44:11	214
38	Gareth Arnold	M45	M45		Drighlington Dynamos RC	11	0:44:44	213
39	Nial Bullett	M50	M50		Stadium Runners	6	0:45:22	212
40	Jonathan Eagle	M60	M60		Horsforth Harriers	6	0:45:29	211
41	Andy Douglas	M50	M50		Horsforth Harriers	7	0:45:31	210
42	Paul Sayers	M50	M50		Morley Running Club	8	0:45:46	209
43	Stephen Chapman	M55	M60		Dewsbury Road Runners	7	0:45:52	208
44	Graham Kitchen	M60	M60		South Leeds Lakers Running Club	8	0:46:03	207
45	David Brooks	M55	M55		Pudsey Pacers RC	3	0:46:10	206
46	Emil Andrews	M45	M45		Pudsey & Bramley AC	12	0:46:36	205
47	Andrew Paterson	M55	M55		Queensbury Running Club	4	0:46:57	204
48	Chris Barr	M55	M60		Holmfirth Harriers AC	9	0:47:25	203
49	Paul Craven	M55	M55		Abbey Runners	5	0:47:44	202
50	Glyn Mitchell	M55	M55		Slaithwaite Striders	6	0:47:46	201
51	Wayne Doherty	M40	M40		Morley Running Club	7	0:47:50	200
52	Jason Shale	M35	M35		Bramley Breezers	9	0:48:04	199
53	Mark Crabtree	M65	M65		Halifax Harriers & AC	2	0:48:10	198
54	Duncan Pryce	M45	M50		Bingley Harriers & AC	9	0:48:17	197
55	Andrew Dean	M55	M55		Baildon Runners	7	0:48:19	196
56	Melvin Thompson	M50	M50		Roberttown Road Runners	10	0:48:49	195
57	Martin Bayliss	M65	M65		Meltham AC	3	0:49:07	194
58	Carl Heron	M60	M60		Queensbury Running Club	10	0:49:19	193
59	Steve Hall	M55	M55		Dewsbury Road Runners	8	0:49:20	192
60	John Calvert	M55	M55		Dewsbury Road Runners	9	0:49:29	191
61	David Morley	M65	M65		St. Theresa's AC	4	0:49:45	190
62	Gary Carlisle	M60	M60		Kirkstall Harriers	11	0:49:58	189
63	Kieran O'Brien	M45	M45		South Leeds Lakers Running Club	13	0:50:00	188
64	Steve Woods	M65	M65		Pudsey Pacers RC	5	0:50:03	187

65	David Williams	M60	M60		Northowram Pumas Running Club	12	0:50:21	186
66	Robin Naylor	M70	M70		Queensbury Running Club	1	0:50:22	185
67	Stephen Skidmore	M65	M65		Denby Dale Athletic Club	6	0:50:47	184
68	Tim Mosedale	M40	M40		Saltaire Striders	8	0:50:49	183
69	Simon Cope	M45	M45		Dewsbury Road Runners	14	0:50:56	182
70	Steve Hallam	M65	M65		Stainland Lions Running Club	7	0:50:57	181
71	Colm O'Hara	M50	M50		Roundhay Runners	11	0:51:17	180
72	Ian Budenberg	M55	M55		Rodillian Runners	10	0:51:24	179
73	Steven Marsland	M55	M55		Slaithwaite Striders	11	0:51:32	178
74	Kirk Douglas	M55	M55		Farsley Flyers	12	0:51:35	177
75	David Smith	M60	M60		Dewsbury Road Runners	13	0:51:42	176
76	Richard Spendlove	M75	M75		Stainland Lions Running Club	1	0:52:08	175
77	Rob Kersey	M70	M70		Holmfirth Harriers AC	2	0:52:12	174
78	Steve Molloy	M60	M60		Northowram Pumas Running Club	14	0:52:18	173
79	James Ward	M35	M35		Bramley Breezers	10	0:52:20	172
80	Kevin Yewlett	M70	M70		Holmfirth Harriers AC	3	0:52:25	171
81	Neal Rider	M40	M40		Northowram Pumas Running Club	9	0:52:36	170
82	Paul Hammond	M60	M60		Kippax & District Harriers	15	0:52:39	169
83	Kevin Blake	M45	M45		South Leeds Lakers Running Club	15	0:53:25	168
84	Marcus Fascione	M60	M60		Drighlington Dynamos RC	16	0:53:42	167
85	Darren Smith	M50	M50		Slaithwaite Striders	12	0:53:58	166
86	Alan Sykes	M70	M70		Northowram Pumas Running Club	4	0:54:23	165
87	Alun Griffiths	M65	M65		Saltaire Striders	8	0:54:27	164
88	Jason Beckett	M50	M50		Bingley Harriers & AC	13	0:54:44	163
89	James Carter	M55	M55		St. Theresa's AC	13	0:54:47	162
90	Andrew Smithson	M55	M55		Stadium Runners	14	0:54:48	161
91	Paul Winn	M65	M70		Holmfirth Harriers AC	5	0:54:56	160
92	Michael Robins	M65	M65		Valley Striders AC	9	0:55:10	159
93	Jim Wheldon	M70	M70		Pudsey Pacers RC	6	0:55:11	158
94	Mark Seed	M55	M55		Bramley Breezers	15	0:55:15	157
95	Neil Midgley	M70	M70		Holmfirth Harriers AC	7	0:55:25	156
96	Steve Bond	M45	M45		Pudsey Pacers RC	16	0:55:37	155
97	Ken Fox	M65	M65		Valley Striders AC	10	0:55:41	154
98	Kevin Simmonds	M55	M55		Slaithwaite Striders	16	0:56:02	153
99	Keith Park	M65	M65		Horsforth Harriers	11	0:56:38	152
100	Steve Laffey	M60	M60		Dewsbury Road Runners	17	0:57:02	151
101	Jonathan Taylor	M50	M50		Stainland Lions Running Club	14	0:57:26	150

102	Mark Rigby	M55	M55		Slaithwaite Striders	17	0:57:45	149
103	Paul Bennett	M60	M60		Bramley Breezers	18	0:57:56	148
104	Mark Henderson	M60	M60		Holmfirth Harriers AC	19	0:58:04	147
105	Ali Azfar	M55	M55		Baildon Runners	18	0:58:08	146
106	Andrew Smith	M55	M55		Northowram Pumas Running Club	19	0:58:34	145
107	Bruce Duncan	M75	M75		Bingley Harriers & AC	2	0:59:12	144
108	Stuart Gall	M45	M45		St. Theresa's AC	17	1:01:15	143
109	Martin Ellis	M60	M60		Halifax Harriers & AC	20	1:01:29	142
110	William Belcher	M60	M60		Bingley Harriers & AC	21	1:02:43	141
111	Jason Duggan	M40	M40		South Leeds Lakers Running Club	10	1:02:47	140
112	Richard Dawson	M60	M60		Bramley Breezers	22	1:03:34	139
113	Kiron Berrill	M45	M45		Northowram Pumas Running Club	18	1:03:51	138
114	Paul Cruthers	M60	M60		Sowerby Bridge Snails RC	23	1:05:44	137
115	G Mark Richardson	M65	M65		Dewsbury Road Runners	12	1:08:19	136
116	Richard Smith	M75	M75		Holmfirth Harriers AC	3	1:13:21	135
117	Russell Dyson	M75	M75		Slaithwaite Striders	4	1:28:12	134
118	Paul Butterfield	M65	M65		Stainland Lions Running Club	13	1:28:13	133