

**Cross Country
Championships**

Senior Men

| Pos | Time | Name | Team | No |
|-----|---------|-------------------------------|---------------------------|-----|
| 1 | 0:30:59 | HEYES, Andrew | Hallamshire H. Sheffield | 246 |
| 2 | 0:31:27 | RUSH, Graham | Leeds City | 339 |
| 3 | 0:31:36 | BUCKINGHAM, Mark | Holmfirth | 267 |
| 4 | 0:31:44 | ADAMS, Thomas | Ilkley H&AC | 289 |
| 5 | 0:31:46 | SHIELDS, Jonathan | City of Sheffield & D. AC | 617 |
| 6 | 0:31:52 | WILKINSON, Joe | Lincoln Wellington AC | 343 |
| 7 | 0:31:54 | BELL, Cameron | Hallamshire H. Sheffield | 241 |
| 8 | 0:32:01 | MILBURN, Lee | Rotherham H & AC | 437 |
| 9 | 0:32:13 | WOOD, Jack | Ilkley H&AC | 298 |
| 10 | 0:32:23 | COTTER, Luke | Rotherham H & AC | 426 |
| 11 | 0:32:29 | BENSON, Gordon | Leeds City | 318 |
| 12 | 0:32:34 | BAXTER, Joe | Pudsey & Bramley | 394 |
| 13 | 0:32:39 | WOODCOCK-SHAW, Joshua | Leeds City | 342 |
| 14 | 0:32:50 | HABERGHAM, James | Blackheath & Bromley AC | 192 |
| 15 | 0:32:55 | LAW, Christopher | Holmfirth | 277 |
| 16 | 0:33:01 | MILNES, Connor | Hallamshire H. Sheffield | 249 |
| 17 | 0:33:04 | SAGAR, Joe | Spenborough | 504 |
| 18 | 0:33:09 | SMALES, Elliott | Rotherham H & AC | 441 |
| 19 | 0:33:16 | SMITH, Aidan | Hallamshire H. Sheffield | 252 |
| 20 | 0:33:24 | ELSON, Callum | Roundhay Runners | 457 |
| 21 | 0:33:25 | BIRCH, John | Hallamshire H. Sheffield | 242 |
| 22 | 0:33:25 | LOCKYER, Matthew | Leeds City | 334 |
| 23 | 0:33:31 | MCMILLAN, Angus | City of York | 203 |
| 24 | 0:33:32 | LARKIN, Arron | Rotherham H & AC | 435 |
| 25 | 0:33:46 | SCOTT, Rob | Richmond & Zetland | 411 |
| 26 | 0:33:50 | LUND, James | Keighley & Craven | 304 |
| 27 | 0:33:51 | HOWIE, Robin | Wharfedale Harriers | 578 |
| 28 | 0:33:52 | PHILLIPS, George | Doncaster AC | 224 |
| 29 | 0:33:54 | STRATTON, Tim | City of York | 208 |
| 30 | 0:33:57 | CALLIS, Jake | Leeds City | 321 |
| 31 | 0:34:01 | BUTLER, Ben | Wakefield DHAC | 548 |
| 32 | 0:34:03 | SUNMAN, Kai | Holmfirth | 286 |
| 33 | 0:34:08 | VALERO PALACIOS, Marcos Angel | Roundhay Runners | 468 |
| 34 | 0:34:09 | ABSHIR, Mohamed | Leeds City | 316 |
| 35 | 0:34:10 | MASSINGHAM, Joseph | Rotherham H & AC | 436 |
| 36 | 0:34:15 | CRAIG, Matthew | Hallamshire H. Sheffield | 243 |
| 37 | 0:34:19 | FRANKS, Daniel | Wakefield DHAC | 551 |
| 38 | 0:34:25 | BYRAM, Lewis | Holmfirth | 268 |
| 39 | 0:34:31 | PHILLIPS, George | City of York | 206 |
| 40 | 0:34:34 | COLLINGE, Tom | Queenbury RC | 401 |
| 41 | 0:34:45 | SAMPSON, Gareth | Rotherham H & AC | 439 |
| 42 | 0:34:46 | HALL-BROWN, Josh | Halifax Harriers | 232 |
| 43 | 0:34:48 | JOHNSON, Aidan | Rotherham H & AC | 432 |
| 44 | 0:34:50 | BURNS, Alisdair | Wharfedale Harriers | 571 |
| 45 | 0:34:52 | MILLER, Chris | Harrogate Harriers AC | 259 |
| 46 | 0:34:55 | ATHERSMITH, Lee | Wharfedale Harriers | 570 |
| 47 | 0:34:59 | THORNTON, Chris | Skyrac AC | 496 |
| 48 | 0:35:09 | DICKINSON, Nicholas | City of York | 197 |
| 49 | 0:35:11 | BURRETT, Mike | Leeds City | 319 |
| 50 | 0:35:13 | HOBBS, John | Valley Striders | 536 |
| 51 | 0:35:21 | CROWTHER, Ben | Halifax Harriers | 230 |
| 52 | 0:35:25 | RADFORD, Philip | Hallamshire H. Sheffield | 251 |
| 53 | 0:35:27 | DART, Tom | Spenborough | 502 |
| 54 | 0:35:33 | FORDE, Ciaran | Leeds City | 327 |
| 55 | 0:35:34 | FISHWICK, Craig | Hallamshire H. Sheffield | 244 |
| 56 | 0:35:38 | BOLLAND, Simon | Spenborough | 499 |
| 57 | 0:35:41 | WOODLEY, Joe | Skyrac AC | 498 |
| 58 | 0:35:42 | WALKER, Colin | Pudsey & Bramley | 398 |
| 59 | 0:35:46 | MILLGATE, Paul | Wetherby Runners AC | 567 |
| 60 | 0:35:47 | MILLNS, David | Sheffield RC | 481 |
| 61 | 0:35:48 | VAN ROSSUM, Tom | Valley Striders | 545 |
| 62 | 0:35:51 | COATES, Harry | Wharfedale Harriers | 573 |
| 63 | 0:35:53 | JOHNSON, Jonathan | Rotherham H & AC | 433 |
| 64 | 0:35:54 | JOHNSON, Paul | Barnsley Harriers | 172 |
| 65 | 0:35:55 | HUTCHINSON, Tyler | Leeds City | 332 |
| 66 | 0:35:56 | SHAW, Bartholomew | Totley AC | 530 |
| 67 | 0:35:58 | KHAN, Benjamin | Wakefield DHAC | 553 |
| 68 | 0:36:02 | GRIFFIN, Laurence | York Knavesmire H. | 595 |
| 69 | 0:36:03 | CHARLESWORTH, Nick | Wharfedale Harriers | 572 |
| 70 | 0:36:10 | EDWARDS, Thomas | Leeds City | 325 |

| Pos | Time | Name | Team | No |
|-----|---------|--------------------------|--------------------------|-----|
| 71 | 0:36:14 | GRAVES, Philip | York Knavesmire H. | 593 |
| 72 | 0:36:29 | O'SHEA, Samuel | Holmfirth | 284 |
| 73 | 0:36:32 | BROWN, Andy | Bingley Harriers | 179 |
| 74 | 0:36:33 | LAW, Joe | Holmfirth | 278 |
| 75 | 0:36:34 | HOOLE, Philip | Rotherham H & AC | 431 |
| 76 | 0:36:39 | GREEN, Sam | Wharfedale Harriers | 577 |
| 77 | 0:36:41 | GOTTS, Steven | Ilkley H&AC | 294 |
| 78 | 0:36:43 | SOMERVILLE, Gareth | Harrogate Harriers AC | 261 |
| 79 | 0:36:46 | PENNY, Ross | Wakefield DHAC | 558 |
| 80 | 0:36:49 | BEAUMONT, Thomas | Totley AC | 525 |
| 81 | 0:36:50 | LEWIS, David | Hallamshire H. Sheffield | 248 |
| 82 | 0:36:51 | ELLIOTT, Phillip | York Knavesmire H. | 591 |
| 83 | 0:36:59 | SENNETT, Marc | Wharfedale Harriers | 581 |
| 84 | 0:37:00 | ALLISON, Jack | Leeds City | 317 |
| 85 | 0:37:02 | WILSON, James | Loftus & Whitby AC | 353 |
| 86 | 0:37:06 | TUCKER, James | City of York | 209 |
| 87 | 0:37:13 | POWNALL, Jon | Valley Striders | 540 |
| 88 | 0:37:17 | DAVIDSON, Craig | Wakefield DHAC | 550 |
| 89 | 0:37:23 | MOAKLER, Ben | Roundhay Runners | 460 |
| 90 | 0:37:26 | JONES, Benjamin Lewis | Steel City Striders | 515 |
| 91 | 0:37:28 | NAVIS, John | Pudsey & Bramley | 396 |
| 92 | 0:37:35 | HONE, Toby | York Knavesmire H. | 602 |
| 93 | 0:37:38 | STEWART, David Alexander | Skyrac AC | 494 |
| 94 | 0:37:41 | GREENWOOD, Paul | Queenbury RC | 403 |
| 95 | 0:37:46 | KIRKHAM, David | Wharfedale Harriers | 579 |
| 96 | 0:37:49 | CAGE, Mark | Blackheath & Bromley AC | 191 |
| 97 | 0:37:55 | SPOONER, Richard | Barnsley Harriers | 176 |
| 98 | 0:37:57 | SHANKS, John | Valley Striders | 541 |
| 99 | 0:37:59 | CHALK, Giles | City of York | 196 |
| 100 | 0:38:04 | GRIFFITHS, Chris | Rotherham H & AC | 430 |
| 101 | 0:38:13 | HIBBERD, Daryl | Valley Striders | 535 |
| 102 | 0:38:14 | BLACKBURN, Ross | Rothwell Harriers | 444 |
| 103 | 0:38:16 | OSBORN, Luke | York Knavesmire H. | 607 |
| 104 | 0:38:23 | NUTTING, Stuart | Denby Dale AC | 216 |
| 105 | 0:38:25 | DOYLE, Kevin | Kimberworth Striders | 307 |
| 106 | 0:38:26 | BURTON, Ben | Rotherham H & AC | 423 |
| 107 | 0:38:29 | BEYENE, Tekie Abraha | Roundhay Runners | 452 |
| 108 | 0:38:31 | WILKINSON, Ben | Sheffield RC | 487 |
| 109 | 0:38:39 | GIBBS, Richard | Roundhay Runners | 458 |
| 110 | 0:38:42 | BOURKE, Niall | Pudsey & Bramley | 395 |
| 111 | 0:38:44 | MCCUE, Andy | Skyrac AC | 492 |
| 112 | 0:38:52 | TILFORD, Stephen | Wakefield DHAC | 561 |
| 113 | 0:38:54 | JAMES, Martin | Doncaster AC | 220 |
| 114 | 0:38:55 | MANN, Gary | Valley Striders | 539 |
| 115 | 0:38:57 | GREEN, Gareth | York Knavesmire H. | 594 |
| 116 | 0:39:05 | BAIRSTOW, Scott | Keighley & Craven | 300 |
| 117 | 0:39:07 | GROCUTT, Neil | Kimberworth Striders | 310 |
| 118 | 0:39:08 | HOLT, Mark | Wetherby Runners AC | 564 |
| 119 | 0:39:10 | HOLMES, Ben | Harrogate Harriers AC | 257 |
| 120 | 0:39:12 | MUMFORD, James | Denby Dale AC | 215 |
| 121 | 0:39:13 | SCHOFIELD, Trevor | Ripon Runners | 418 |
| 122 | 0:39:14 | HENDLEY, Darren | York Knavesmire H. | 600 |
| 123 | 0:39:15 | RIDGE, Jonathan | Denby Dale AC | 217 |
| 124 | 0:39:15 | CAVE, Simon | Ripon Runners | 415 |
| 125 | 0:39:18 | BARKER, Ryan | Halifax Harriers | 228 |
| 126 | 0:39:19 | CROW, Ashley | Steel City Striders | 510 |
| 127 | 0:39:22 | ASHELFORD, Tim | Ilkley H&AC | 290 |
| 128 | 0:39:28 | CARVELLO, James | Roundhay Runners | 454 |
| 129 | 0:39:34 | PATRICKSON, Alex | Nidd Valley | 365 |
| 130 | 0:39:54 | SAWYER, Jaysson | Ilkley H&AC | 297 |
| 131 | 0:39:58 | HAWKING, Giles | York Knavesmire H. | 597 |
| 132 | 0:40:00 | WAPSHOTT, Robert | Hallamshire H. Sheffield | 253 |
| 133 | 0:40:02 | WALLER, Jon | Penistone FR & AC | 385 |
| 134 | 0:40:05 | LOFTHOUSE, Martin | Nidd Valley | 362 |
| 135 | 0:40:08 | WILLIAMS, Robert | Bingley Harriers | 190 |
| 136 | 0:40:09 | REEVE, Leon | Richmond & Zetland | 410 |
| 137 | 0:40:10 | ORMEROD, Craig | Loftus & Whitby AC | 347 |
| 138 | 0:40:12 | THOMPSON, James | Sheffield RC | 483 |
| 139 | 0:40:13 | RYDER, Mark | Ripon Runners | 417 |
| 140 | 0:40:14 | GUY, Chris | Steel City Striders | 513 |

| Pos | Time | Name | Team | No |
|-----|------|------|------|----|
|-----|------|------|------|----|

| Pos | Time | Name | Team | No |
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**Cross Country
Championships**

| | | | | |
|-----|---------|---------------------|-----------------------|-----|
| 141 | 0:40:15 | HOWES, David | Barnsley Harriers | 171 |
| 142 | 0:40:18 | BERRIDGE, Steve | Holmfirth | 265 |
| 143 | 0:40:19 | HOLLADAY, Andy | York Knavesmire H. | 601 |
| 144 | 0:40:20 | WRIGHT, James | Knarborough St. | 315 |
| 145 | 0:40:23 | DALY, Scott | Pontefract A.C. | 387 |
| 146 | 0:40:28 | HARRISON, Ian | Rodillian Runners | 420 |
| 147 | 0:40:29 | MENMUIR, Alasdair | Steel City Striders | 519 |
| 148 | 0:40:30 | BEAUMONT, Mark | Skyrac AC | 490 |
| 149 | 0:40:36 | FRANCIS, Ben | City of York | 200 |
| 150 | 0:40:37 | STEWART, Todd | Skyrac AC | 495 |
| 151 | 0:40:40 | HUMPHRIES, Garreth | Holmfirth | 274 |
| 152 | 0:40:41 | TARREGA, Richard | York Knavesmire H. | 612 |
| 153 | 0:40:42 | CHATWIN, John | Ripon Runners | 416 |
| 154 | 0:40:43 | PEARSON, Michael | Askern DRC | 164 |
| 155 | 0:40:44 | ROBINSON, Alex | Nidd Valley | 367 |
| 156 | 0:40:45 | TOWNEND, Darren | Nidd Valley | 374 |
| 157 | 0:40:56 | IRELAND, Chris | Sheffield RC | 477 |
| 158 | 0:40:59 | MOSS, Chris | Sheffield RC | 482 |
| 159 | 0:41:08 | PILLING, Graham | Pudsey & Bramley | 397 |
| 160 | 0:41:09 | MARLOW, Duncan | Askern DRC | 161 |
| 161 | 0:41:09 | PRATT, John | Hyde Park H. | 287 |
| 162 | 0:41:13 | MATTHEWSON, Alex | Wetherby Runners AC | 566 |
| 163 | 0:41:16 | LOMAX, Robin | Steel City Striders | 518 |
| 164 | 0:41:17 | FARRAN, Martin | Leeds City | 326 |
| 165 | 0:41:18 | PARKER, Richard | Rotherham H & AC | 438 |
| 166 | 0:41:21 | BAGGALEY, Malcolm | Steel City Striders | 506 |
| 167 | 0:41:24 | BRADY, Simon | Queenbury RC | 399 |
| 168 | 0:41:25 | MEZZETTI, Ed | City of York | 204 |
| 169 | 0:41:26 | BEADLE, Christopher | Holmfirth | 264 |
| 170 | 0:41:32 | SINGLETON, Richard | Barnsley Harriers | 175 |
| 171 | 0:41:37 | MCQUEEN, Damian | Holmfirth | 282 |
| 172 | 0:41:41 | SMITH, Paul | Valley Striders | 542 |
| 173 | 0:41:42 | STOCKBURN, Paul | Harrogate Harriers AC | 262 |
| 174 | 0:41:51 | OSBORNE, Pete | Sheffield Triathlon | 489 |
| 175 | 0:41:54 | HERON, Carl | Queenbury RC | 404 |
| 176 | 0:41:58 | MACKIE, Richard | Penistone FR & AC | 383 |
| 177 | 0:41:59 | GILBERT, Paul | Wakefield DHAC | 552 |
| 178 | 0:42:09 | POTTER, David | Bingley Harriers | 186 |
| 179 | 0:42:15 | BAKER, Jamie | Ripon Runners | 413 |
| 180 | 0:42:15 | COY, Stephen | Ilkley H&AC | 292 |
| 181 | 0:42:17 | RAYNES, Michael | City of York | 207 |
| 182 | 0:42:21 | BOYNTON, Alex | City of York | 194 |
| 183 | 0:42:22 | BODDY, James | Ripon Runners | 414 |
| 184 | 0:42:29 | PEGGS, Philip | Loftus & Whitby AC | 350 |
| 185 | 0:42:32 | SCAIFE, Nigel | Nidd Valley | 368 |
| 186 | 0:42:34 | COOK, Joseph | Leeds City | 323 |
| 187 | 0:42:35 | IRVINE, Gareth | Sheffield RC | 478 |
| 188 | 0:42:38 | DRANSFIELD, Karl | Holmfirth | 270 |
| 189 | 0:42:40 | LINSTRUM, Nils | Wetherby Runners AC | 565 |
| 190 | 0:42:41 | KING, Geoff | Harrogate Harriers AC | 258 |
| 191 | 0:42:53 | FRANCIS, Aaron | Sheffield RC | 474 |
| 192 | 0:42:54 | LEMMON, Paul | Bingley Harriers | 183 |
| 193 | 0:42:56 | DOVERNOR, Andrew | Queenbury RC | 402 |
| 194 | 0:42:58 | JUDGE, Chris | City of York | 202 |
| 195 | 0:42:59 | CATTERMOLE, Lee | Halifax Harriers | 229 |
| 196 | 0:43:00 | COMRIE, John | Rotherham H & AC | 425 |
| 197 | 0:43:01 | STREET, Richard | Nidd Valley | 373 |
| 198 | 0:43:04 | EDLEY, Gavin | Kimberworth Striders | 308 |
| 199 | 0:43:07 | STAIANO, Simon | Nidd Valley | 372 |
| 200 | 0:43:11 | LONG, Vernon | Valley Striders | 538 |
| 201 | 0:43:12 | HENDERSON, Rory | York Knavesmire H. | 599 |
| 202 | 0:43:16 | COBB, Christopher | Roundhay Runners | 455 |
| 203 | 0:43:23 | SMITHEMAN, Alan | Loftus & Whitby AC | 351 |
| 204 | 0:43:26 | GRIFFIN, Nick | York Knavesmire H. | 596 |
| 205 | 0:43:27 | BUCK, Andy | Steel City Striders | 507 |
| 206 | 0:43:28 | SHIPLEY, Ian | Wakefield DHAC | 559 |
| 207 | 0:43:32 | LANE, Christopher | Queenbury RC | 405 |
| 208 | 0:43:33 | MCCARTHY, John | Rothwell Harriers | 449 |
| 209 | 0:43:34 | SIMPSON, Paul | Richmond & Zetland | 412 |

| | | | | |
|-----|---------|---------------------|----------------------|-----|
| 210 | 0:43:35 | DUNN, Edward | City of York | 199 |
| 211 | 0:43:36 | BROOK, Richard | Queenbury RC | 400 |
| 212 | 0:43:37 | SMITH, Jonathan | Roundhay Runners | 465 |
| 213 | 0:43:44 | KNIGHT, Hadrian | Rothwell Harriers | 448 |
| 214 | 0:43:46 | TAIT, Ryan | Roundhay Runners | 466 |
| 215 | 0:43:48 | TARRAN, James | Valley Striders | 544 |
| 216 | 0:43:54 | LANCASTER, David | York Acorn AC | 584 |
| 217 | 0:43:55 | CROOK, Simon | Longwood | 354 |
| 218 | 0:43:59 | FLETCHER, Liam | Richmond & Zetland | 407 |
| 219 | 0:44:13 | WATSON, Tristan | Halifax Harriers | 237 |
| 220 | 0:44:24 | SKIPPINS, Gerard | Spenborough | 505 |
| 221 | 0:44:27 | ILEY, Mark | Ilkley H&AC | 295 |
| 222 | 0:44:29 | WARD, Richard | Sheffield RC | 485 |
| 223 | 0:44:36 | DOWNES, Pete | York Knavesmire H. | 590 |
| 224 | 0:44:37 | WRIGHT, Sean | Wetherby Runners AC | 569 |
| 225 | 0:44:39 | PALMER, Graham | Loftus & Whitby AC | 348 |
| 226 | 0:44:40 | KIDD, David | Pontefract A.C. | 390 |
| 227 | 0:44:40 | DRAKE, Richard | Roundhay Runners | 456 |
| 228 | 0:44:41 | MULLIN, Jonathan | Bingley Harriers | 185 |
| 229 | 0:44:46 | NICHOLAS, Kevin | Nidd Valley | 363 |
| 230 | 0:44:48 | MILTON, David | Holmfirth | 283 |
| 231 | 0:44:50 | WOODS, Steven | Northern Masters AC | 376 |
| 232 | 0:44:59 | HEMSWORTH, Michael | York Knavesmire H. | 598 |
| 233 | 0:45:02 | LYNN, Sam | York Postal Harriers | 616 |
| 234 | 0:45:07 | KERSEY, Rob | Holmfirth | 275 |
| 235 | 0:45:08 | CONROY, John | Keighley & Craven | 301 |
| 236 | 0:45:14 | HARGADON, Lee | Roundhay Runners | 459 |
| 237 | 0:45:15 | WILKINSON, Alan | York Knavesmire H. | 614 |
| 238 | 0:45:33 | SKELTON, Gregory | Pontefract A.C. | 392 |
| 239 | 0:45:36 | HANSON, Peter | City of York | 201 |
| 240 | 0:45:39 | PIKE, Oliver Simon | Penistone FR & AC | 384 |
| 241 | 0:45:41 | COOK, Sean | Valley Striders | 532 |
| 242 | 0:45:43 | WU, Michael | Steel City Striders | 524 |
| 243 | 0:45:44 | REVELEY, Peter | Pontefract A.C. | 391 |
| 244 | 0:45:49 | HUNT, Martin | Kimberworth Striders | 311 |
| 245 | 0:45:58 | GREENOUGH, Martin | Steel City Striders | 512 |
| 246 | 0:46:02 | BROWN, Matthew | York Acorn AC | 583 |
| 247 | 0:46:04 | JENKINSON, Ian | York Knavesmire H. | 603 |
| 248 | 0:46:04 | URBAN, Jonathan | Loftus & Whitby AC | 352 |
| 249 | 0:46:13 | SHARP, Steven | Denby Dale AC | 218 |
| 250 | 0:46:21 | BUSKWOOD, Mark | Totley AC | 526 |
| 251 | 0:46:23 | FITZ-COSTA, Stephen | Halifax Harriers | 231 |
| 252 | 0:46:24 | KEELER, Christopher | Kimberworth Striders | 312 |
| 253 | 0:46:25 | BURNS, Nick | Steel City Striders | 508 |
| 254 | 0:46:27 | JONES, Stuart | Steel City Striders | 516 |
| 255 | 0:46:28 | SPENCER, Paul | Bingley Harriers | 189 |
| 256 | 0:46:36 | MARTIN, Dave | Longwood | 355 |
| 257 | 0:46:41 | SCHOFIELD, Jason | Wharfedale Harriers | 580 |
| 258 | 0:46:44 | BOWYER, Anthony | Pontefract A.C. | 386 |
| 259 | 0:46:46 | BUTLER, Dave | Spenborough | 500 |
| 260 | 0:46:48 | BISSELL, Anthony | Barnsley Harriers | 169 |
| 261 | 0:47:00 | CARR, Jon | Barnsley Harriers | 170 |
| 262 | 0:47:03 | GARBUTT, Mikey | Loftus & Whitby AC | 345 |
| 263 | 0:47:04 | MURPHY, Chris | York Knavesmire H. | 605 |
| 264 | 0:47:15 | SHEPHERD, Jason | Barnsley Harriers | 174 |
| 265 | 0:47:17 | WEBSTER, Mark | Doncaster AC | 226 |
| 266 | 0:47:30 | FORSTER, Steve | Wharfedale Harriers | 575 |
| 267 | 0:47:32 | GREENWOOD, Paul | Kimberworth Striders | 309 |
| 268 | 0:47:38 | WHITELEY, Philip | Wakefield DHAC | 562 |
| 269 | 0:47:42 | WATSON, Nicholas | Sheffield RC | 486 |
| 270 | 0:47:45 | SKLINAR, Stu | Roundhay Runners | 464 |
| 271 | 0:47:46 | PARKIN, Simon | Doncaster AC | 223 |
| 272 | 0:47:47 | PEARCE, Michael | Askern DRC | 163 |
| 273 | 0:47:48 | WARDLE, Phil | Pontefract A.C. | 393 |
| 274 | 0:47:52 | BELCHER, Bill | Bingley Harriers | 178 |
| 275 | 0:47:55 | HUTCHINSON, Alan | Valley Striders | 537 |
| 276 | 0:47:57 | HIGGINBOTTOM, David | Sheffield RC | 476 |
| 277 | 0:47:59 | FORSTER, James | Nidd Valley | 360 |
| 278 | 0:48:07 | GALLACHER, James | Rotherham H & AC | 429 |

**Cross Country
Championships**

| Pos | Time | Name | Team | No |
|-----|---------|----------------------|-----------------------|-----|
| 279 | 0:48:12 | PEARCE, David | Askern DRC | 162 |
| 280 | 0:48:18 | LINDSAY, Stuart | Doncaster AC | 222 |
| 281 | 0:48:19 | PEGG, Richard Adrian | Steel City Striders | 520 |
| 282 | 0:48:20 | TOULSON, Anthony | Roundhay Runners | 467 |
| 283 | 0:48:24 | TURNER, Steven | Nidd Valley | 375 |
| 284 | 0:48:34 | PORTEOUS, Steven | Skyrac AC | 493 |
| 285 | 0:48:38 | YOUNG, Iain | Ilkley H&AC | 299 |
| 286 | 0:48:40 | JACKSON, David | Pontefract A.C. | 389 |
| 287 | 0:48:44 | JEFFERSON, David | Bingley Harriers | 182 |
| 288 | 0:49:10 | BENJAMIN, Daniel | Wakefield DHAC | 547 |
| 289 | 0:49:14 | HAIGH, Jason | Holmfirth | 272 |
| 291 | 0:50:08 | COGAN, Calum | York Knavesmire H. | 587 |
| 292 | 0:50:10 | JEFFREY, Howard | Otley A.C. | 380 |
| 293 | 0:50:19 | WALKER, John | Roundhay Runners | 469 |
| 294 | 0:50:33 | SMITH, Nathan | Harrogate Harriers AC | 260 |
| 295 | 0:50:55 | JAGGER, Keith | Denby Dale AC | 213 |
| 296 | 0:51:06 | HALE, Keith | Rothwell Harriers | 446 |
| 297 | 0:51:09 | ROBINSON, Philip | Nidd Valley | 366 |
| 298 | 0:51:21 | CREBBIN, Nick | Nidd Valley | 358 |
| 299 | 0:51:24 | BURKE, Joseph | Roundhay Runners | 453 |
| 300 | 0:51:56 | DIXON, Steve | Valley Striders | 533 |
| 301 | 0:52:08 | REES, Emyr | Bingley Harriers | 187 |
| 302 | 0:52:25 | WILCOCK, Ian | City of York | 210 |
| 303 | 0:52:47 | MCQUEEN, Alistair | York Knavesmire H. | 604 |
| 304 | 0:53:05 | MANN, Richard | Rodillian Runners | 422 |
| 305 | 0:53:16 | SHAW, Brian | Rothwell Harriers | 450 |
| 306 | 0:53:24 | BARKER, Ralph | Denby Dale AC | 211 |
| 307 | 0:53:29 | HOLDSWORTH, Myles | Leeds City | 329 |
| 308 | 0:53:31 | FOX, David | Otley A.C. | 378 |
| 309 | 0:53:47 | TURNER, Adrian | York Knavesmire H. | 613 |
| 310 | 0:54:01 | JONES, Glynn | Doncaster AC | 221 |
| 311 | 0:54:39 | MATTHEWS, Neal | Sheffield RC | 479 |
| 312 | 0:55:48 | ARCHER, Raymond | Barnsley AC | 165 |
| 313 | 0:56:39 | ARMITAGE, Neil | Barnsley Harriers | 167 |
| 314 | 0:57:10 | PALLET, Nathan | Barnsley Harriers | 173 |
| 315 | 0:58:36 | HALL, Richard | Rothwell Harriers | 447 |
| 316 | 1:04:35 | MCGUIRE, Kenneth | Holmfirth | 281 |
| 317 | 1:20:23 | CARDINALE, Antonio | Otley A.C. | 377 |

| Senior Men | | |
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| Pos | Team | |
| 1 | Hallamshire H. "B" | 100 |
| 2 | Leeds City AC | 112 |
| 3 | Rotherham H. A.C. | 136 |
| 4 | Holmfirth | 234 |
| 5 | Wharfedale Harriers | 324 |
| 6 | City of York AC | 324 |
| 7 | Wakefield DH & AC | 414 |
| 8 | Roundhay Runners | 486 |
| 9 | Leeds City AC "B" | 486 |
| 10 | Valley Striders | 511 |
| 11 | Ilkley | 527 |
| 12 | York Knavesmire | 531 |
| 13 | Rotherham H. A.C. "B" | 552 |
| 14 | Skyrac AC | 606 |
| 15 | Sheffield R.C. | 808 |
| 16 | Steel City Striders | 832 |
| 17 | Queensbury RC | 876 |
| 18 | Halifax Harriers & AC | 883 |
| 19 | Ripon Runners | 899 |
| 20 | Harrogate H. A.C. | 899 |
| 21 | York Knavesmire "B" | 953 |
| 22 | Nidd Valley RR | 956 |
| 23 | Barnsley Harriers | 993 |
| 24 | Holmfirth "B" | 1051 |
| 25 | Bingley H. A.C. | 1061 |
| 26 | Loftus & Whitby | 1082 |
| 27 | City of York AC "B" | 1084 |
| 28 | Kimberworth Striders | 1183 |
| 29 | Denby Dale | 1197 |
| 30 | Doncaster AC | 1267 |
| 31 | Roundhay Runners "B" | 1361 |
| 32 | Pontefract AC | 1383 |
| 33 | Valley Striders "B" | 1403 |
| 34 | Rothwell H & AC | 1439 |
| 35 | Steel City Striders "B" | 1480 |
| 36 | York Knavesmire "C" | 1493 |
| 37 | Nidd Valley RR "B" | 1575 |

Lightwater Valley

Yorkshire County A.A.
Cross Country
Championships

04/01/20

Senior Men

