

Position	first name	second name	best short	best medium	best long	TOTAL SCORE	Best 5K	Best 5K time	Best Medium Event	Best medium time	Best long race	Best Long time
1	Ray	Smedley	85.1	85.4	83.7	254.2	Club Summer Handicap	0:20:32	Blaydon Race	0:41:30	Gateshead 1/2	1:34:13
2	Rob	Holt	82.5	80.7	82.4	245.6	Xmas Handicap	0:16:37	Northumberland Superfast 10K	0:34:06	Great North Run 1/2	1:12:51
3	Mick	Meaney	82.0	81.1	78.3	241.5	Club Summer Handicap	0:20:18	Blyth 10K	0:42:01	Great North Run 1/2	1:35:38
4	James	Leiper	82.4	79.1	78.5	240.0	Club Summer Handicap	0:17:22	Ovingham Pie n Peas 10K	0:35:58	Great North Run 1/2	1:20:13
5	David	Levison	77.7	73.4	75.1	226.2	Club Summer Handicap	0:19:35	Town Moor Memorial 10K	0:42:20	Great North Run 1/2	1:29:54
6	Bob	Sewell	76.2	76.7	73.0	226.0	Town Moor Parkrun	0:22:02	Blyth 10K	0:45:14	Northumberland Superfast 1/2	1:43:38
7	Neil	Ward	75.5	74.1	70.0	219.5	Whitley Bay Parkrun	0:19:42	Blyth 10K	0:40:54	Amsterdam 1/2	1:34:45
8	Rob	Mills	72.0	70.4	67.1	209.5	Club Summer Handicap	0:18:54	Town Moor Memorial 10K	0:39:23	Gateshead 1/2	1:28:55
9	David	Buffham	71.1	69.6	66.5	207.1	Club Summer Handicap	0:22:51	Blaydon Race	0:47:05	Northumberland Superfast 1/2	1:49:24
10	Tony	Vick	71.2	71.7	64.2	207.1	Club Summer Handicap	0:24:50	Blaydon Race	0:50:02	Great North Run 1/2	2:04:08
11	Ally	Robson	70.9	69.5	66.1	206.5	Club Summer Handicap	0:19:20	Ovingham Pie n Peas 10K	0:39:43	Great North Run 1/2	1:30:51
12	Kevin	Farren	72.3	66.9	66.1	205.3	Club Summer Handicap	0:19:39	Ovingham Pie n Peas 10K	0:43:05	Northumberland Superfast 1/2	1:34:30
13	Paul	O'Neil	71.6	69.7	61.0	202.4	Town Moor Parkrun	0:19:00	Blaydon Race	0:38:44	Northumberland Coastal Run	1:47:57
14	Paul	Holborow	69.2	68.2	63.0	200.3	Town Moor Parkrun	0:22:43	Blyth 10K	0:46:38	Northumberland Superfast 1/2	1:51:13
15	David	Legg	67.9	66.8	63.5	198.2	Club Summer Handicap	0:22:45	Ovingham Pie n Peas 10K	0:47:16	Great cumbrian 1/2	1:48:14
16	Mike	Waring	67.3	67.2	61.8	196.4	Blyth Parkrun	0:21:25	Town Moor Memorial 10K	0:43:35	Kielder 1/2	1:42:45
17	Ryan	Withers	68.0	70.6	57.5	196.2	Club Summer Handicap	0:19:07	Blyth 10K	0:37:49	Northumberland Coastal Run	1:51:23
18	Duncan	Falconer	68.2	64.6	63.1	195.9	Blyth Parkrun	0:19:49	Blaydon Race	0:41:34	Great North Run 1/2	1:34:01
19	Matty	James	65.6	66.6	61.0	193.2	Whitley Bay Parkrun	0:20:53	Blyth 10K	0:41:36	Gateshead 1/2	1:38:27
20	Aaron	Thompson	70.0	66.4	55.4	191.8	Club Summer Handicap	0:19:04	Ovingham Pie n Peas 10K	0:40:46	Kielder 1/2	1:46:37
21	Arran	Stephenson	68.1	64.8	56.9	189.7	Club Summer Handicap	0:21:02	Blaydon Race	0:44:02	Northumberland Coastal Run	2:01:32
22	Aaron	Marshall	63.1	59.9	61.4	184.5	Club Summer Handicap	0:20:44	Ovingham Pie n Peas 10K	0:44:39	Great North Run 1/2	1:35:03
23	Rob	Leslie	67.6	47.3	67.1	182.0	Club Summer Handicap	0:20:43	Blaydon Race	0:58:55	Great North Run 1/2	1:31:28
24	David	Styles	66.0	62.8	52.5	181.2	Club Summer Handicap	0:22:52	Blaydon Race	0:48:10	Great North Run 1/2	2:07:32
25	David	Heron	63.6	59.2	55.4	178.3	Club Summer Handicap	0:21:24	Blaydon Race	0:45:35	Northumberland Superfast 1/2	1:47:40
26	Gavin	Townsend	40.6	68.7	43.8	153.0	Xmas Handicap	0:39:03	Blaydon Race	0:46:01	Great North Run 1/2	2:39:55
27	Theo	Fourie	52.3	52.1	44.6	148.9	Club Summer Handicap	0:26:46	Matfen 10K	0:54:30	Great North Run 1/2	2:17:49
28	Matt	Turnbull	0.0	74.6	72.4	146.9	#N/A	N/A	Blaydon Race	0:36:29	Northumberland Superfast 1/2	1:22:26
29	Roland	Brown	0.0	76.4	68.8	145.2	#N/A	N/A	Blaydon Race	0:38:36	Great North Run 1/2	1:34:42
30	Christopher	Graham	74.9	69.5	0.0	144.4	Blyth Parkrun	0:18:10	Ovingham Pie n Peas 10K	0:39:13	#N/A	#N/A
31	Paul	Roxburgh	45.5	50.1	44.5	140.1	Blyth Parkrun	0:31:27	Blaydon Race	0:56:53	Great North Run 1/2	2:21:37
32	Stephen	Sparke	67.9	71.7	0.0	139.6	Club Summer Handicap	0:22:25	Blyth 10K	0:43:21	#N/A	#N/A
33	Elliott	Ward	69.7	0.0	67.1	136.9	Blyth Parkrun	0:22:10	#N/A	N/A	Northumberland Superfast 1/2	1:41:28
34	Fraser	Kerr	69.4	0.0	61.1	130.5	Club Summer Handicap	0:19:29	#N/A	N/A	Gateshead 1/2	1:37:07
35	Neil	Mason	65.0	62.7	0.0	127.7	Whitley Bay Parkrun	0:23:03	Blyth 10K	0:48:42	#N/A	#N/A
36	Alex	Walker	0.0	65.9	61.4	127.3	#N/A	N/A	Blaydon Race	0:40:45	Great North Run 1/2	1:36:40
37	Chris	Kenyon	64.5	60.3	0.0	124.8	Club Summer Handicap	0:21:24	Blaydon Race	0:45:29	#N/A	#N/A
38	Miv	Chahal	0.0	66.7	53.4	120.1	#N/A	N/A	Blaydon Race	0:40:47	Northumberland Coastal Run	2:04:09
39	Stuart	Moor	0.0	62.1	57.2	119.2	#N/A	N/A	Blyth 10K	0:48:00	Great North Run 1/2	1:52:57
40	Mark	Cowell	61.5	56.7	0.0	118.2	Club Summer Handicap	0:23:26	Blaydon Race	0:50:44	#N/A	#N/A
41	Bobby	Bolam	60.0	57.7	0.0	117.7	Club Summer Handicap	0:22:00	Blyth 10K	0:46:36	#N/A	#N/A
42	Paul	Green	0.0	60.9	54.7	115.6	#N/A	N/A	Blaydon Race	0:45:45	Great North Run 1/2	1:52:12
43	Adam	Brown	60.7	0.0	53.9	114.6	Club Summer Handicap	0:22:26	#N/A	N/A	Great North Run 1/2	1:51:24
44	Paul	Crooks	58.8	55.1	0.0	113.9	Club Summer Handicap	0:26:18	Blaydon Race	0:56:19	#N/A	#N/A
45	Rob	Charlton	55.9	56.6	0.0	112.6	Club Summer Handicap	0:24:20	Blyth 10K	0:48:36	#N/A	#N/A
46	Balu	Dorani	55.9	52.0	0.0	107.9	Club Summer Handicap	0:29:03	Blaydon Race	1:03:02	#N/A	#N/A
47	Ross	Mawson	59.4	0.0	47.7	107.2	Club Summer Handicap	0:24:05	#N/A	N/A	Great North Run 1/2	2:11:52
48	Peter	McCowie	0.0	52.5	49.2	101.7	#N/A	N/A	Blaydon Race	0:59:05	Great North Run 1/2	2:19:42
49	John	McGargill	79.4	0.0	0.0	79.4	Whitley Bay Parkrun	0:20:17	#N/A	N/A	#N/A	#N/A
50	Toby	Gibson	75.6	0.0	0.0	75.6	Club Summer Handicap	0:19:49	#N/A	N/A	#N/A	#N/A
51	James	Gilbert	69.9	0.0	0.0	69.9	Club Summer Handicap	0:20:19	#N/A	N/A	#N/A	#N/A
52	Guy	Mills	69.8	0.0	0.0	69.8	Club Summer Handicap	0:20:58	#N/A	N/A	#N/A	#N/A
53	Tom	Mackie	68.7	0.0	0.0	68.7	Xmas Handicap	0:20:33	#N/A	N/A	#N/A	#N/A
54	Mark	Lyon	68.6	0.0	0.0	68.6	Whitley Bay Parkrun	0:19:05	#N/A	N/A	#N/A	#N/A
55	Daniel	Buffham	0.0	68.3	0.0	68.3	#N/A	N/A	Blyth 10K	0:39:07	#N/A	#N/A
56	Brian	Stonehouse	68.2	0.0	0.0	68.2	Xmas Handicap	0:25:20	#N/A	N/A	#N/A	#N/A
57	Mark	Carpenter	68.0	0.0	0.0	68.0	Xmas Handicap	0:22:34	#N/A	N/A	#N/A	#N/A
58	Paul	White	66.8	0.0	0.0	66.8	Club Summer Handicap	0:21:25	#N/A	N/A	#N/A	#N/A
59	Finlay	Ward	65.9	0.0	0.0	65.9	Club Summer Handicap	0:19:42	#N/A	N/A	#N/A	#N/A
60	Andrew	Bentley	0.0	64.2	0.0	64.2	#N/A	N/A	Blaydon Race	0:43:21	#N/A	#N/A
61	Richard	Lowe	63.8	0.0	0.0	63.8	Club Summer Handicap	0:21:48	#N/A	N/A	#N/A	#N/A
62	Rob	Asquith	63.8	0.0	0.0	63.8	Xmas Handicap	0:20:36	#N/A	N/A	#N/A	#N/A
63	Andy	Hutchinson	0.0	0.0	63.6	63.6	#N/A	N/A	#N/A	N/A	Great North Run 1/2	1:38:09
64	Chris	Wright	0.0	63.5	0.0	63.5	#N/A	N/A	Northumberland Superfast 10K	0:52:37	#N/A	#N/A
65	Tony	Prince	62.3	0.0	0.0	62.3	Club Summer Handicap	0:28:46	#N/A	N/A	#N/A	#N/A
66	Mikey	Grainger	59.7	0.0	0.0	59.7	Xmas Handicap	0:21:56	#N/A	N/A	#N/A	#N/A
67	Simon	Kirkley	59.1	0.0	0.0	59.1	Xmas Handicap	0:24:46	#N/A	N/A	#N/A	#N/A
68	David	Scattergood	0.0	0.0	58.3	58.3	#N/A	N/A	#N/A	N/A	Kielder 1/2	1:52:46
69	Martin	Cowell	0.0	58.1	0.0	58.1	#N/A	N/A	Blaydon Race	0:49:56	#N/A	#N/A
70	Steve	Barnes	0.0	0.0	57.9	57.9	#N/A	N/A	#N/A	N/A	Great North Run 1/2	1:55:29
71	Alex	Burn	0.0	0.0	57.1	57.1	#N/A	N/A	#N/A	N/A	Castles 1/2	1:42:17
72	David	Parkin	55.6	0.0	0.0	55.6	Club Summer Handicap	0:34:20	#N/A	N/A	#N/A	#N/A
73	Paul	Doney	0.0	0.0	54.7	54.7	#N/A	N/A	#N/A	N/A	Northumberland Coastal Run	2:15:25
74	Gavin	Houston	0.0	54.5	0.0	54.5	#N/A	N/A	Blaydon Race	0:49:15	#N/A	#N/A
75	Jonny	Livingstone-Evan	53.9	0.0	0.0	53.9	Whitley Bay Parkrun	0:24:30	#N/A	N/A	#N/A	#N/A
76	Joel	Tepace	0.0	0.0	52.1	52.1	#N/A	N/A	#N/A	N/A	Gateshead 1/2	1:58:47
77	Dennis	Patterson	51.3	0.0	0.0	51.3	Club Summer Handicap	0:31:23	#N/A	N/A	#N/A	#N/A
78	Colin	Coulthard	0.0	51.2	0.0	51.2	#N/A	N/A	Blaydon Race	1:04:39	#N/A	#N/A
79	Jack	Hunter	0.0	0.0	50.3	50.3	#N/A	N/A	#N/A	N/A	Great North Run 1/2	1:56:05
80	Mark	Warwick	0.0	0.0	49.8	49.8	#N/A	N/A	#N/A	N/A	Northumberland Coastal Run	2:21:01
81	Alex	Moore	0.0	49.6	0.0	49.6	#N/A	N/A	Ovingham Pie n Peas 10K	0:53:54	#N/A	#N/A
82	Paul	Quigley	0.0	0.0	48.5	48.5	#N/A	N/A	#N/A	N/A	Great North Run 1/2	2:24:17
83	Philip	Gibson	43.1	0.0	0.0	43.1	Town Moor Parkrun	0:34:16	#N/A	N/A	#N/A	#N/A