

Position	first name	second name	AGE GROUP	best short	best medium	best long	best 4th	TOTAL SCORE	Best 5K	Best 5K time	Best Medium Event	Best medium time	Best long race	Best long time	best 4th
1	Ray	Smedley	M70	84.5	86.1	84.3	84.6	339.4	Club Summer Handicap	0:20:56	Town Moor Memorial 10K	0:40:05	Gateshead 1/2	1:34:37	Blaydon Race
2	Rob	Holt	M40	83.3	82.0	79.8	81.8	326.9	Town Moor parkrun	0:16:35	Blaydon Race	0:31:40	Great North Run 1/2	1:15:45	Whitley Bay parkrun
3	James	Leiper	M40	81.7	79.1	78.4	74.9	314.1	Club Summer Handicap	0:17:39	Blaydon Race	0:34:09	Edinburgh 1/2	1:20:17	Town Moor Memorial 10K
4	Neil	Ward	M50	78.6	79.3	75.6	77.0	310.4	Whitley Bay parkrun	0:19:04	Blaydon Race	0:36:06	Edinburgh 1/2	1:27:42	Xmas 5K
5	Matt	Turnbull	M40	79.3	77.2	74.1	76.5	307.1	Club Summer Handicap	0:17:24	Sunderland 10K	0:36:11	Edinburgh 1/2	1:21:34	Town Moor Memorial 10K
6	Gavin	Townsend	M50	78.5	76.5	75.0	76.3	306.2	Club Summer Handicap	0:20:10	Blaydon Race	0:39:27	Gateshead 1/2	1:34:15	Whitley Bay parkrun
7	David	Levison	M50	69.6	76.8	73.2	74.8	294.4	Xmas 5K	0:23:03	Blaydon Race	0:37:54	Gateshead 1/2	1:33:00	Valentine's 10K
8	Chris	Graham	M30	74.9	71.7	66.9	72.3	286.8	Club Summer Handicap	0:18:10	Blaydon Race	0:35:41	Gateshead 1/2	1:29:12	Whitley Bay parkrun
9	Rob	Mills	M40	71.8	71.8	69.3	68.3	281.2	Whitley Bay parkrun	0:19:06	Town Moor Memorial 10K	0:38:55	Gateshead 1/2	1:26:36	Xmas 5K
10	Dave	Legg	M50	68.9	68.2	65.4	67.7	270.3	Xmas 5K	0:23:26	North Tyneside 10K	0:46:25	Gateshead 1/2	1:46:04	Whitley Bay parkrun
11	Mike	Waring	M40	69.2	68.1	65.1	67.1	269.5	Whitley Bay parkrun	0:20:59	North Tyneside 10K	0:40:55	Gateshead 1/2	1:38:23	Blaydon Race
12	Neil	Mason	M50	64.7	65.0	60.8	64.4	255.0	Town Moor parkrun	0:23:20	Blaydon Race	0:44:01	Great North Run 1/2	1:50:00	Whitley Bay parkrun
13	Duncan	Falconer	M30	65.8	61.7	54.0	65.8	247.3	Hexham parkrun	0:20:41	Blaydon Race	0:41:26	Great North Run 1/2	1:50:33	Whitley Bay parkrun
14	John	McGarrill	M60	79.9	83.0	0.0	79.4	242.2	Town Moor parkrun	0:20:19	Town Moor Memorial 10K	0:39:04	#N/A	#N/A	Blaydon Race
15	Steve	Allison	M50	81.3	80.6	78.4	0.0	240.3	Club Summer Handicap	0:18:17	Blaydon Race	0:34:37	Great North Run 1/2	1:23:52	0.0
16	David	Heron	M40	62.8	59.2	61.5	53.9	237.5	Club Summer Handicap	0:21:49	Blaydon Race	0:43:30	Sunderland 1/2	1:47:05	Pier to Pier (6.7m/10.7K)
17	David	Stykes	M50	64.7	60.5	51.8	59.8	236.9	Club Summer Handicap	0:23:30	Blaydon Race	0:47:44	Great North Run 1/2	2:10:16	Town Moor parkrun
18	Mick	Meaney	M60	78.7	80.2	0.0	77.6	236.6	Club Summer Handicap	0:21:20	Town Moor Memorial 10K	0:43:16	#N/A	#N/A	Hexham parkrun
19	MIKEY	Grainger	M30	62.1	60.8	62.3	51.0	236.3	Club Summer Handicap	0:21:09	Blaydon Race	0:40:54	Sunderland 1/2	1:43:02	Great North Run 1/2
20	Stephen	Sparks	M50	74.6	75.2	0.0	74.7	232.5	Club Summer Handicap	0:20:33	Blaydon Race	0:38:44	#N/A	#N/A	Sunderland 10K
21	Arran	Stephenson	M40	73.8	0.0	66.8	71.9	212.6	Club Summer Handicap	0:19:32	#N/A	N/A	Great North Run 1/2	1:34:59	Whitley Bay parkrun
22	Mark	Lyon	M30	70.6	0.0	68.1	69.0	207.7	Whitley Bay parkrun	0:18:36	#N/A	N/A	Gateshead 1/2	1:25:51	Club Summer Handicap
23	Andy	Hutchinson	M40	73.1	0.0	63.0	71.0	207.1	Club Summer Handicap	0:19:35	#N/A	N/A	Great North Run 1/2	1:39:58	Whitley Bay parkrun
24	Brian	Stonehouse	M60	68.8	70.3	0.0	66.8	205.9	Whitley Bay parkrun	0:25:06	Blaydon Race	0:42:26	#N/A	#N/A	Newburn River Run
25	Ally	Robson	M40	71.9	69.0	64.3	0.0	205.3	Club Summer Handicap	0:19:12	Blaydon Race	0:37:36	Great North Run 1/2	1:33:59	0.0
26	Guy	Mills	M40	70.3	61.5	0.0	70.0	201.9	Whitley Bay parkrun	0:20:59	Pier to Pier (6.7m/10.7K)	0:52:48	#N/A	#N/A	Xmas 5K
27	Paul	Roxburgh	M40	52.6	51.4	47.1	50.1	201.2	Whitley Bay parkrun	0:27:25	Blaydon Race	0:52:57	Kielder 1/2	2:14:57	Xmas 5K
28	Elliott	Ward	M50	67.4	0.0	65.3	64.5	197.2	Club Summer Handicap	0:22:57	#N/A	N/A	Great North Run 1/2	1:46:11	Gateshead 1/2
29	Fraser	Kerr	M30	70.8	60.9	0.0	65.4	197.2	Club Summer Handicap	0:19:14	Pier to Pier (6.7m/10.7K)	0:48:51	#N/A	#N/A	Hexham parkrun
30	Alex	Burn	M Senior	67.8	58.7	0.0	65.9	192.4	Town Moor parkrun	0:19:09	Pier to Pier (6.7m/10.7K)	0:49:16	#N/A	#N/A	Club Summer Handicap
31	Tony	Vick	M70	64.2	65.4	59.8	0.0	189.4	Town Moor parkrun	0:27:54	Town Moor Memorial 10K	0:56:39	Kielder 1/2	2:14:58	0.0
32	Alex	Walker	M30	0.0	65.6	57.4	63.2	186.2	#N/A	N/A	Blaydon Race	0:38:58	Great North Run 1/2	1:44:02	Stamfordham 10K
33	Tony	Prince	M70	59.9	55.7	0.0	58.0	173.6	Whitley Bay parkrun	0:30:19	Sunderland 10K	1:07:28	#N/A	#N/A	Town Moor parkrun
34	Richard	Lowe	M40	58.2	55.2	0.0	57.7	171.0	Town Moor parkrun	0:24:05	Blaydon Race	0:47:48	#N/A	#N/A	Xmas 5K
35	Paul	Crooks	M50	55.6	55.0	0.0	54.5	165.1	Town Moor parkrun	0:28:03	Blaydon Race	0:53:32	#N/A	#N/A	Club Summer Handicap
36	Dennis	Patterson	M60	55.9	54.4	0.0	54.5	164.9	Club Summer Handicap	0:29:02	Blaydon Race	0:56:57	#N/A	#N/A	Xmas 5K
37	Ian	Usher	M30	51.5	0.0	55.0	46.0	152.5	Xmas 5K	0:26:05	#N/A	N/A	Great North Run 1/2	1:47:20	Kielder Marathon
38	Theo	Fourie	M40	51.8	51.4	0.0	47.0	150.2	Club Summer Handicap	0:27:14	Blaydon Race	0:51:45	#N/A	#N/A	Town Moor parkrun
39	Alex	Moore	M30	51.5	0.0	43.1	50.8	145.4	Whitley Bay parkrun	0:25:31	#N/A	N/A	Great North Run 1/2	2:15:42	Hexham parkrun
40	Paul	White	M40	0.0	56.3	47.3	41.7	145.3	#N/A	N/A	Pier to Pier (6.7m/10.7K)	0:56:16	Kielder Marathon	4:42:54	Great North Run 1/2
41	Daniel	Buffham	M Senior	74.9	0.0	0.0	70.3	145.2	Town Moor parkrun	0:17:20	#N/A	N/A	#N/A	#N/A	Club Summer Handicap
42	Paul	O'Neil	M40	72.7	71.1	0.0	0.0	143.3	Whitley Bay parkrun	0:19:00	Blaydon Race	0:36:14	#N/A	#N/A	0.0
43	Adam	Brown	M40	40.0	54.8	47.8	0.0	142.6	Hexham parkrun	0:34:14	Blaydon Race	0:47:01	Great North Run 1/2	2:06:29	0.0
44	David	Howe	M40	70.4	0.0	0.0	70.0	140.5	Town Moor parkrun	0:19:53	#N/A	N/A	#N/A	#N/A	Club Summer Handicap
45	Finlay	Ward	M Senior	69.1	69.3	0.0	0.0	138.4	Club Summer Handicap	0:18:48	Town Moor Memorial 10K	0:38:33	#N/A	#N/A	0.0
46	Jonathan	Bone	M50	68.3	0.0	64.9	0.0	133.2	Club Summer Handicap	0:23:11	#N/A	N/A	Edinburgh 1/2	1:48:52	0.0
47	Keith	Biggs	M50	65.0	0.0	60.4	0.0	125.4	Club Summer Handicap	0:23:58	#N/A	N/A	Great North Run 1/2	1:54:54	0.0
48	Rob	Asquith	M30	56.3	65.5	0.0	0.0	121.8	Xmas 5K	0:23:26	North Tyneside 10K	0:41:03	#N/A	#N/A	0.0
49	Roger	Loxley	M50	62.1	0.0	0.0	58.8	120.9	Club Summer Handicap	0:25:44	#N/A	N/A	#N/A	#N/A	Town Moor parkrun
50	Paul	Holborow	M50	62.6	57.1	0.0	0.0	119.7	Town Moor parkrun	0:25:31	Blaydon Race	0:52:51	#N/A	#N/A	0.0
51	Jonny	Livingstone-Evan	M30	59.6	0.0	0.0	58.0	117.6	Town Moor parkrun	0:22:16	#N/A	N/A	#N/A	#N/A	Xmas 5K
52	Mark	Cowell	M40	60.0	55.3	0.0	0.0	115.3	Club Summer Handicap	0:24:13	Blaydon Race	0:49:40	#N/A	#N/A	0.0
53	Simon	Kirkley	M40	0.0	57.0	0.0	56.7	113.7	#N/A	N/A	Blaydon Race	0:48:34	#N/A	#N/A	North Tyneside 10K
54	Rob	Gair	M30	56.8	0.0	56.8	0.0	113.6	Club Summer Handicap	0:23:00	#N/A	N/A	Edinburgh 1/2	1:42:44	0.0
55	John	McCabe	M50	59.0	0.0	0.0	54.5	113.5	Xmas 5K	0:25:11	#N/A	N/A	#N/A	#N/A	Town Moor parkrun
56	Bobby	Bolam	M30	65.4	0.0	44.8	0.0	110.2	Town Moor parkrun	0:20:17	#N/A	N/A	Kielder Marathon	4:35:57	0.0
57	Stuart	Moore	M40	0.0	55.4	53.7	0.0	109.1	#N/A	N/A	Pier to Pier (6.7m/10.7K)	0:58:38	Great North Run 1/2	2:01:24	0.0
58	Keith	Flinn	M50	55.5	0.0	0.0	52.7	108.2	Club Summer Handicap	0:26:59	#N/A	N/A	#N/A	#N/A	Xmas 5K
59	David	Parkin	M70	54.1	0.0	0.0	51.7	105.8	Hexham parkrun	0:35:55	#N/A	N/A	#N/A	#N/A	Xmas 5K
60	Jack	Hunter	M30	61.5	0.0	42.0	0.0	103.5	Club Summer Handicap	0:21:14	#N/A	N/A	Kielder Marathon	4:52:38	0.0
61	Wyatt	Yue	M40	44.9	0.0	36.7	0.0	81.6	Club Summer Handicap	0:32:07	#N/A	N/A	Great North Run 1/2	2:53:11	0.0
62	Colin	Couthard	M60	0.0	70.9	0.0	0.0	70.9	#N/A	N/A	Blaydon Race	0:44:33	#N/A	#N/A	0.0
63	Mark	Carpenter	M50	69.3	0.0	0.0	0.0	69.3	Club Summer Handicap	0:22:08	#N/A	N/A	#N/A	#N/A	0.0
64	Chris	Mason	M Senior	68.9	0.0	0.0	0.0	68.9	Club Summer Handicap	0:18:50	#N/A	N/A	#N/A	#N/A	0.0
65	David	Stroud	M40	68.7	0.0	0.0	0.0	68.7	Club Summer Handicap	0:21:18	#N/A	N/A	#N/A	#N/A	0.0
66	Dan	Barry	M40	0.0	0.0	66.3	0.0	66.3	#N/A	N/A	#N/A	N/A	Sunderland 1/2	1:43:23	0.0
67	Steve	Forrest	M50	0.0	0.0	65.0	0.0	65.0	#N/A	N/A	#N/A	N/A	Great North Run 1/2	1:40:14	0.0
68	Paul	Doney	M50	0.0	61.3	0.0	0.0	61.3	#N/A	N/A	Blaydon Race	0:47:30	#N/A	#N/A	0.0
69	Richard	Walker	M60	0.0	0.0	58.7	0.0	58.7	#N/A	N/A	#N/A	N/A	Great North Run 1/2	2:06:18	0.0
70	David	Hulse	M Senior	0.0	58.0	0.0	0.0	58.0	#N/A	N/A	Blaydon Race	0:42:44	#N/A	#N/A	0.0
71	Ross	Mawson	M40	0.0	57.5	0.0	0.0	57.5	#N/A	N/A	Blaydon Race	0:47:22	#N/A	#N/A	0.0
72	Sam	Mills	M Senior	57.1	0.0	0.0	0.0	57.1	Club Summer Handicap	0:22:44	#N/A	N/A	#N/A	#N/A	0.0
73	Rob	Leslie	M40	0.0	0.0	56.7	0.0	56.7	#N/A	N/A	#N/A	N/A	Great North Run 1/2	1:49:09	0.0
74	Paul	Ogley	M50	0.0	0.0	55.6	0.0	55.6	#N/A	N/A	#N/A	N/A	Sunderland 1/2	2:19:29	0.0
75	Andrew	Bentley	M40	0.0	0.0	54.8	0.0	54.8	#N/A	N/A	#N/A	N/A	Great North Run 1/2	1:53:01	0.0
76	Nick	Winslow	M60	0.0	0.0	53.8	0.0	53.8	#N/A	N/A	#N/A	N/A	Great North Run 1/2	2:19:17	0.0
77	David	Johnstone	M50	53.6	0.0	0.0	0.0	53.6	Town Moor parkrun	0:29:33	#N/A	N/A	#N/A	#N/A	0.0
78	Chris	Kenyon	M40	0.0	0.0	53.5	0.0	53.5	#N/A	N/A	#N/A	N/A	Great North Run 1/2	1:53:49	0.0
79	Paul	Green	M40	0.0	0.0	53.1	0.0	53.1	#N/A	N/A	#N/A	N/A	Great North Run 1/2	1:56:32	0.0
80	Paul	Gerrard	M50	53.1	0.0	0.0	0.0	53.1	Club Summer Handicap	0:29:22	#N/A	N/A	#N/A	#N/A	0.0
81	Gordon	Rowell	M40	0.0	0.0	52.8	0.0	52.8	#N/A	N/A	#N/A	N/A	Great North Run 1/2	2:02:14	0.0
82	Matty	Jones	M40	52.6	0.0	0.0	0.0	52.6	Town Moor parkrun	0:26:14	#N/A	N/A	#N/A	#N/A	0.0
83	Ryan	Fenwick	M30	51.1	0.0	0.0	0.0	51.1	Club Summer Handicap	0:25:38	#N/A	N/A	#N/A	#N/A	0.0
84	Aaron	Marshall	M30	0.0	0.0	50.7	0.0	50.7	#N/A	N/A	#N/A	N/A	Kielder Marathon	4:02:40	0.0
85	Glenn	Campbell	M50	0.0	48.3	0.0	0.0	48.3	#N/A	N/A	Blaydon Race	0:59:14	#N/A	#N/A	0.0
86	Philip	Gibson	M50	44.6	0.0	0.0	0.0	44.6	Whitley Bay parkrun	0:33:21	#N/A	N/A	#N/A	#N/A	0.0