

Position	First Name	Last Name	AGE GROUP	Best Short Race			Best Medium Race			Best Long Race			Best 4th Scoring Race			XC & Relay Events Attended	XC & Relay Bonus Points	Overall Score
				Race	Time	Score	Race	Time	Score	Race	Time	Score	Race	Time	Score			
1	Ray	Smedley	M70	Parkrun Challenge CC #1	0:22:07	81.0	Blaydon Race	0:41:39	82.2	Gateshead 1/2	1:38:18	82.1	North Tyneside 10K	0:44:54	82.5	7	12	340.3
2	James	Leiper	M40	Parkrun Challenge CC #3	0:18:04	80.4	Bridges of the Tyne 5 mls	0:29:17	80.9	Great North Run 1/2	1:21:27	78.6	Town Moor Memorial 10K	0:36:41	80.5	4	12	332.5
3	Mick	Meaney	M60	Parkrun Challenge CC #3	0:21:33	78.6	Town Moor Memorial 10K	0:43:30	80.6	Great North Run 1/2	1:38:21	77.7	Blyth 10K	0:44:28	78.8	6	12	327.8
4	Gavin	Townsend	M60	Club Summer Handicap	0:19:35	81.5	Bridges of the Tyne 5 mls	0:33:04	79.3	Edinburgh 1/2	1:33:45	76.1	Keswick Parkrun	0:20:23	78.3	5	12	327.3
5	Neil	Ward	M50	Parkrun Challenge CC #3	0:23:20	65.2	Town Moor Memorial 10K	0:39:23	78.9	Great North Run 1/2	1:30:29	74.6	Blaydon Race	0:37:45	76.7	2	6	301.5
6	Rob	Mills	M40	Club Summer Handicap	0:18:39	74.0	Ovingham Pie n Peas 10K	0:38:31	72.5	Great North Run 1/2	1:25:47	70.5	Blaydon Race	0:36:14	71.9	3	9	297.9
7	Chris	Graham	M40	Club Summer Handicap	0:18:34	73.8	Town Moor Memorial 10K	0:38:50	71.9	Gateshead 1/2	1:28:57	67.5	Town Moor Memorial 10K	0:18:48	72.9	2	6	292.2
8	Paul	O'Neil	M40	Parkrun Challenge CC #1	0:19:03	72.5	Blaydon Race	0:37:20	69.9	Great North Run 1/2	1:31:34	66.5	Parkrun Challenge CC #3	0:21:11	65.6	1	3	277.4
9	Neil	Mason	M50	Parkrun Challenge CC #1	0:22:09	68.7	Blaydon Race	0:43:52	66.3	Great North Run 1/2	1:46:23	63.4	Parkrun Challenge CC #2	0:22:22	68.0	2	6	272.7
10	Tony	Vick	M70	Club Summer Handicap	0:27:23	66.3	Town Moor Memorial 10K	0:55:18	67.9	Great North Run 1/2	2:08:01	63.9	Kellder 1/2	2:14:49	60.7	6	12	270.9
11	Alex	Walker	M40	Club Summer Handicap	0:20:23	67.3	Blaydon Race	0:40:25	63.9	Great North Run 1/2	1:43:40	57.9	Ovingham Pie n Peas 10K	0:43:31	63.7	3	9	261.8
12	Rob	Gair	M30	Club Summer Handicap	0:20:13	64.8	Blaydon Race	0:39:14	63.5	Edinburgh 1/2	1:31:50	63.6	Great North Run 1/2	1:32:44	63.0	1	3	257.8
13	David	Heron	M40	Club Summer Handicap	0:22:43	61.2	Blaydon Race	0:43:08	60.4	Edinburgh 1/2	1:42:59	58.7	Ovingham Pie n Peas 10K	0:46:22	60.2	3	9	249.5
14	Mikey	Grainger	M30	Parkrun Challenge CC #3	0:22:15	59.3	Bridges of the Tyne 5 mls	0:36:01	59.7	Edinburgh 1/2	1:36:25	58.7	Blaydon Race	0:42:15	59.3	0	0	239.0
15	John	McCabe	M50	Club Summer Handicap	0:25:42	58.3	Ovingham Pie n Peas 10K	0:54:21	55.7	Great North Run 1/2	2:02:02	54.3	Parkrun Challenge CC #2	0:26:09	57.3	0	0	225.6
16	Andrew	Toothill	M30	Club Summer Handicap	0:23:12	56.6	Town Moor Memorial 10K	0:49:28	54.3	Druridge Trail 1/2	2:04:38	46.9	Parkrun Challenge CC #2	0:23:39	55.6	6	12	225.4
17	Stephen	Sparke	M50	Club Summer Handicap	0:20:25	75.7	Blyth 10K	0:43:26	72.8				Parkrun Challenge CC #2	0:21:02	73.5	0	0	222.1
18	Jonathan	Bone	M50				Bridges of the Tyne 5 mls	0:36:52	71.1	Edinburgh 1/2	1:44:00	68.6	Blyth 10K	0:47:44	68.1	4	12	219.8
19	Ian	Usher	M30	Club Summer Handicap	0:21:29	62.9	Pier to Pier (6.7m/10.7K)	1:19:17	37.3	Great North Run 1/2	1:45:36	56.2	Edinburgh Full	3:47:12	55.0	1	3	214.5
20	Mike	Waring	M40				Town Moor Memorial 10K	0:43:52	67.9	Great North Run 1/2	1:38:02	67.4	Bridges of the Tyne 5 mls	0:35:25	67.4	7	12	213.2
21	Ally	Robson	M40				Blaydon Race	0:40:25	64.9	Great North Run 1/2	1:36:23	63.2	Ovingham Pie n Peas 10K	0:43:44	64.4	2	6	198.5
22	Rob	Aisquith	M30	Club Summer Handicap	0:20:29	64.7	Bridges of the Tyne 5 mls	0:34:19	62.9				Parkrun Challenge CC #1	0:20:32	64.3	2	6	197.9
23	Paul	Rowburgh	M40	Parkrun Challenge CC #1	0:28:48	50.5	Blaydon Race	0:54:52	50.3	Great North Run 1/2	2:20:19	45.6	Pier to Pier (6.7m/10.7K)	1:04:58	49.2	0	0	195.5
24	Andy	Hutchinson	M40				Bridges of the Tyne 5 mls	0:35:01	67.3	Great North Run 1/2	1:34:36	67.3	Pier to Pier (6.7m/10.7K)	0:52:37	60.2	0	0	194.5
25	Brian	Stonehouse	M70	Parkrun Challenge CC #3	0:28:29	62.1	Blaydon Race	0:50:24	66.7				Blyth 10K	0:56:37	63.8	0	0	192.6
26	David	Styles	M50				Blyth 10K	0:48:03	65.3	Great North Run 1/2	1:53:33	60.0	Bridges of the Tyne 5 mls	0:39:02	64.3	0	0	189.5
27	Duncan	Falconer	M40	Club Summer Handicap	0:21:57	62.5				Great North Run 1/2	1:39:02	60.6	Parkrun Challenge CC #1	0:22:18	61.5	0	0	184.5
28	Jonny	Livingstone-Ev	M30	Parkrun Challenge CC #1	0:21:44	61.4	Blaydon Race	0:41:50	60.3				Parkrun Challenge CC #3	0:22:35	59.1	1	3	183.7
29	Richard	Lowe	M40	Parkrun Challenge CC #3	0:23:08	61.0	Blaydon Race	0:45:21	58.8				Parkrun Challenge CC #2	0:23:36	59.8	0	0	179.6
30	Dan	Barry	M40				Blaydon Race	0:46:28	58.3	Gateshead 1/2	1:45:24	59.7	Pier to Pier (6.7m/10.7K)	0:54:25	57.8	1	3	178.8
31	Alex	Burn	M Senior	Club Summer Handicap	0:24:11	53.7	Blaydon Race	0:41:07	60.5				Pier to Pier (6.7m/10.7K)	0:51:07	56.6	0	0	170.7
32	Rob	Holt	M40				Bridges of the Tyne 5 mls	0:28:07	80.4	Great North Run 1/2	1:15:38	80.5				0	0	160.9
33	Dennis	Patterson	M60	Club Summer Handicap	0:32:51	49.8	Blaydon Race	1:00:36	51.8				Ovingham Pie n Peas 10K	1:05:25	51.6	1	3	156.2
34	Arran	Stephenson	M40				Bridges of the Tyne 5 mls	0:33:48	70.1				Blaydon Race	0:39:38	69.5	6	12	151.6
35	Dave	Legg	M50				North Tyneside 10K	0:47:13	67.6				Blaydon Race	0:44:54	66.8	3	9	143.4
36	David	Levison	M50	Keswick Parkrun	0:21:40	71.3				Great North Run 1/2	1:35:57	71.6				0	0	143.0
37	Guy	Mills	M30	Club Summer Handicap	0:22:20	66.6							Parkrun Challenge CC #2	0:22:36	65.8	3	9	141.3
38	Aaron	Thompson	M30	Club Summer Handicap	0:19:36	69.0	Ovingham Pie n Peas 10K	0:42:13	64.9							0	0	133.7
39	Ross	Mawson	M40	Club Summer Handicap	0:23:33	61.7	Blaydon Race	0:46:52	58.8							0	0	120.5
40	Bobby	Bolam	M30	Parkrun Challenge CC #1	0:26:54	49.6				Kellder 1/2	1:46:56	55.0				6	12	116.6
41	David	Parkin	M70	Parkrun Challenge CC #1	0:36:29	54.4							Parkrun Challenge CC #3	0:38:05	52.1	0	0	106.4
42	Sam	Gilpin	M Senior				Blaydon Race	0:42:32	58.5	Great North Run 1/2	2:13:44	43.7				0	0	102.1
43	Wyatt	Yue	M40							Great North Run 1/2	2:36:45	40.9	Lambton Castle 10 Mile	2:04:29	38.9	0	0	79.7
44	David	Stroud	M50							Croft Motor Circuit 1/2	1:27:15	74.7				0	0	74.7
45	Shaun	Blenkinsop	M Senior	Club Summer Handicap	0:20:00	65.1										2	6	71.1
46	Fraser	Kerr	M30	Parkrun Challenge CC #1	0:20:01	68.5										0	0	68.5
47	Kevin	Farren	M40				Blaydon Race	0:39:55	68.4							0	0	68.4
48	Keith	Briggs	M50							Great North Run 1/2	1:47:55	64.9				0	0	64.9
49	Elliott	Ward	M50							Great North Run 1/2	1:47:55	64.9				0	0	64.9
50	Peter	McCowie	M50							Great North Run 1/2	1:49:12	64.1				0	0	64.1
51	Rob	Charlton	M40				Blaydon Race	0:41:08	63.3							0	0	63.3
52	Mike	Dowrick	M40				Blyth 10K	0:46:10	60.0							1	3	63.0
53	Carrie	Walker	M50	Parkrun Challenge CC #1	0:25:24	61.8										0	0	61.8
54	Tony	Prince	M70	Club Summer Handicap	0:30:20	60.8										0	0	60.8
55	Paul	Holborow	M60	Club Summer Handicap	0:27:40	58.2										0	0	58.2
56	Matty	Jones	M40	Parkrun Challenge CC #2	0:24:07	57.7										0	0	57.7
57	Simon	Kirkley	M50				Blaydon Race	0:48:56	57.2							0	0	57.2
58	David	Hulse	M30				Blaydon Race	0:43:45	56.8							0	0	56.8
59	John	Morant	M60	Club Summer Handicap	0:30:34	56.5										0	0	56.5
60	Jack	Hunter	M30				Blyth 10K	0:48:19	55.4							0	0	55.4
61	Joel	Tepace	M40							Druridge Trail 1/2	2:01:32	51.8				1	3	54.8
62	Gordon	Rowell	M40							Great North Run 1/2	2:02:19	53.3				0	0	53.3
63	Aaron	Marshall	M30							Edinburgh Full	3:51:34	53.2				0	0	53.2
64	Daniel	Buffham	M Senior	Parkrun Challenge CC #2	0:28:02	46.3										2	6	52.8
65	Paul	Duggley	M50							Great North Run 1/2	2:17:50	51.8				0	0	51.8
66	Paul	Crooks	M50	Club Summer Handicap	0:30:59	50.7										0	0	50.7
67	Sam	Coverdale	M Senior				Blaydon Race	0:49:39	50.1							0	0	50.1
68	Steve	Allison	M50							Great North Run 1/2	2:16:20	48.6				0	0	48.6
69	Theo	Fourie	M40	Parkrun Challenge CC #1	0:29:34	47.7										0	0	47.7
70	Glenn	Campbell	M50				Blaydon Race	1:08:12	42.5							0	0	42.5
71	Mark	Lyon	M30													3	9	9.0
72	John	McGargill	M60	Parkrun Challenge CC #3	23:50:00	1.1										2	6	7.1
73	Ed	Davies	M40													2	6	6.0
74	Matty	Bell	M40													1	3	3.0
75	Mark	Carpenter	M50													1	3	3.0