

OPEN CATEGORY TABLE

Rank	Name	Age Group	Best Short Race			Best Medium Race			Best Long Race			Best 4th Scoring Race			Summary			Overall Score
			Race	Time	Score	Race	Time	Score	Race	Time	Score	Race	Time	Score	Number of XC Attendances	Number of Relay Attendances	Bonus Points Scored	
1	Mick Meaney	M60	Quayside 5k	0:21:11	80.7	Blaydon Race	0:41:39	80.5	Great North Run Half Marathon	1:37:06	79.5	Club 5k Summer Handicap	0:21:20	80.2	2	5	18	338.9
2	James Leiper	M40	Quayside 5k	0:18:04	81.0	Blaydon Race	0:35:39	78.6	Edinburgh Half Marathon	1:23:11	77.0	Club 5k Summer Handicap	0:18:00	80.7	0	6	12	329.4
3	Ray Smedley	M70	Quayside 5k	0:22:44	79.9	Ovingham Pies n Peas 10k	0:47:12	79.6	Great North Run Half Marathon	1:49:01	76.1	Parkrun Challenge CC#2	0:23:48	76.3	0	4	12	323.9
4	Rob Mills	M40	Club 5k Summer Handicap	0:18:17	76.1	Blaydon Race	0:35:55	74.4	Newcastle Half Marathon	1:23:55	72.6	Parkrun Challenge CC#2	0:18:22	75.7	2	3	15	313.7
5	Jonathan Bone	M60	Club 5k Summer Handicap	0:21:54	73.5	Blaydon Race	0:42:39	73.6	Druridge Bay Trail Half Marathon	1:48:41	65.6	Bridges of the Tyne 5 miles	0:36:41	72.1	3	4	21	305.8
6	Neil Ward	M50	Parkrun Challenge CC#1	0:24:19	62.6	Blaydon Race	0:40:21	73.7	Great North Run Half Marathon	1:36:06	70.9	Club 5k Summer Handicap	0:24:31	62.6	1	0	3	272.7
7	Gavin Townsend	M60	Quayside 5k	0:19:32	82.4	Blaydon Race	0:38:58	80.5				Parkrun Challenge CC#2	0:19:45	81.5	3	5	21	265.5
8	Mike Waring	M50	Quayside 5k	0:21:13	69.5	Bridges of the Tyne 5	0:37:30	64.2	Great North Run Half Marathon	1:43:53	62.7	Blaydon Race	0:46:24	61.4	0	2	6	263.9
9	Neil Mason	M50	Parkrun Challenge CC#2	0:22:33	68.0	Blaydon Race	0:43:56	67.7	Great North Run Half Marathon	1:59:41	56.9	Club 5k Summer Handicap	0:22:50	67.2	0	1	3	262.8
10	Chris Wise	M50	Club 5k Summer Handicap	0:24:00	64.9	Blaydon Race	0:46:27	65.2	Great North Run Half Marathon	1:52:56	62.0	Ovingham Pies n Peas 10k	0:49:16	64.8	0	1	3	259.9
11	Mikey Grainger	M30	Club 5k Summer Handicap	0:21:12	62.6	Ovingham Pies n Peas 10k	0:40:50	66.0	Great North Run Half Marathon	1:33:55	62.5	Bridges of the Tyne 5 miles	0:33:19	64.8	0	0	0	255.9
12	David Heron	M40	Club 5k Summer Handicap	0:23:05	60.2	Ovingham Pies n Peas 10k	0:46:27	60.6	Edinburgh Half Marathon	1:47:09	56.9	Blaydon Race	0:44:23	60.2	2	2	12	249.9
13	Sahil Aggarwal	M30	Quayside 5k	0:21:44	60.7	Sunderland City 10k	0:46:57	57.1	Newcastle Half Marathon	1:42:12	57.3	Club 5k Summer Handicap	0:22:58	57.5	1	2	9	241.6
14	Aran Stephenson	M40				Blaydon Race	0:38:51	72.8	Great North Run Half Marathon	1:37:24	66.3	Bridges of the Tyne 5 miles	0:33:43	70.8	3	2	15	224.9
15	Mark Lyon	M30	Parkrun Challenge CC#2	0:18:58	69.9	Blaydon Race	0:37:20	68.5				Club 5k Summer Handicap	0:19:00	69.8	0	3	9	217.3
16	Stephen Sparkie	M50	Parkrun Challenge CC#1	0:21:50	71.4	Blaydon Race	0:41:29	73.0	Great North Run Half Marathon	1:38:36	70.3				0	3	9	214.7
17	John James	M60	Club 5k Summer Handicap	0:21:38	79.9	Blaydon Race	0:42:01	80.6	Great North Run Half Marathon	3:05:35	42.0				0	3	9	211.5
18	Alex Walker	M40				Ovingham Pies n Peas 10k	0:41:26	67.4	Great North Run Half Marathon	1:36:32	62.6	Blaydon Race	0:39:53	66.5	0	5	12	208.5
19	Dave Legg	M50	Club 5k Summer Handicap	0:24:18	65.2	North Tyneside 10k	0:48:16	67.3				Parkrun Challenge CC#2	0:25:03	63.2	0	3	9	204.7
20	Chris Graham	M40	Club 5k Summer Handicap	0:19:41	70.1	Ovingham Pies n Peas 10k	0:40:27	69.0	Newcastle Half Marathon	1:41:40	59.5				1	1	6	204.6
21	Paul White	M40	Club 5k Summer Handicap	0:21:41	67.5				Great North Run Half Marathon	1:50:05	58.7	Druridge Bay Trail Half Marathon	1:53:33	56.9	0	0	0	183.1
22	Richard Lowe	M40	Parkrun Challenge CC#1	0:23:29	60.5	Blaydon Race	0:46:12	59.2				Parkrun Challenge CC#2	0:23:32	60.4	0	0	0	180.1
23	John McCabe	M50	Parkrun Challenge CC#2	0:26:25	56.7	Ovingham Pies n Peas 10k	0:54:53	55.7				Sunderland City 10k	0:55:23	55.2	0	2	6	173.6
24	Ross Mawson	M40	Club 5k Summer Handicap	0:24:00	61.0	Blaydon Race	0:47:42	59.3	Great North Run Half Marathon	2:09:47	49.8				0	0	0	170.0
25	Rob Holt	M40							Edinburgh Half Marathon	1:16:25	79.7	Great North Run Half Marathon	1:18:46	78.0	0	1	3	160.7
26	Michael Banfi	M40	Quayside 5k	0:24:46	56.6	Blaydon Race	0:56:37	47.6	Great North Run Half Marathon	2:00:38	50.9				0	0	0	155.0
27	Guy Mills	M50	Parkrun Challenge CC#2	0:21:42	69.0							Club 5k Summer Handicap	0:22:06	67.8	3	1	12	148.8
28	David Young	M30	Club 5k Summer Handicap	0:18:51	70.8	Blaydon Race	0:37:32	68.4							0	3	9	148.2
29	Theo Fourie	M40	Club 5k Summer Handicap	0:28:26	50.3	Port of Blyth 10k	0:59:52	48.2				Blaydon Race	0:57:50	47.7	0	0	0	146.2
30	Fraser Kerr	M40	Parkrun Challenge CC#2	0:20:49	66.3							Parkrun Challenge CC#1	0:21:44	63.5	0	2	6	135.8
31	Tony Vick	M70				Bridges of the Tyne 5	0:46:57	64.8				Blaydon Race	0:56:34	63.9	1	1	6	134.7
32	David Styles	M50	Parkrun Challenge CC#2	0:24:19	63.6	Blaydon Race	0:42:42	70.3							0	0	0	133.8
33	Rob Asquith	M30	Club 5k Summer Handicap	0:20:15	65.9	Ovingham Pies n Peas 10k	0:43:21	62.4							0	0	0	128.3
34	David Scattergood	M50				Blaydon Race	0:46:09	63.3	Great North Run Half Marathon	1:47:14	62.9				0	0	0	126.3
35	Andrew Toothill	M30	Parkrun Challenge CC#2	0:23:31	56.1							Club 5k Summer Handicap	0:24:20	54.2	3	2	15	125.3
36	Dan Barry	M40				Ovingham Pies n Peas 10k	0:46:55	62.5	Great North Run Half Marathon	1:52:16	56.6				0	0	0	119.0
37	Jonny Livingstone-Evans	M30	Parkrun Challenge CC#1	0:22:54	58.6							Parkrun Challenge CC#2	0:22:58	58.4	0	0	0	117.1
38	Mark Cowell	M40				Valentines 10k	0:53:26	55.8				Blaydon Race	0:51:31	55.3	0	0	0	111.1
39	Duncan Falconer	M40	Parkrun Challenge CC#1	0:29:15	47.2	Blaydon Race	0:43:17	61.2							0	0	0	108.4
40	Simon Kirkley	M50				Blaydon Race	0:51:46	55.5	Great North Run Half Marathon	2:11:01	50.6				0	0	0	106.1
41	Paul Crooks	M50	Parkrun Challenge CC#2	0:29:32	53.6							Parkrun Challenge CC#1	0:32:38	48.5	0	0	0	102.2
42	James Winspear	M30				Valentines 10k	0:51:38	53.0	Great North Run Half Marathon	2:06:30	46.9				0	0	0	99.9
43	Paul Roxburgh	M40	Parkrun Challenge CC#2	0:31:54	45.9							Parkrun Challenge CC#1	0:32:22	45.2	0	0	0	91.1
44	Bob Sewell	M60				North Tyneside 10k	0:47:43	75.8							2	2	12	87.8
45	John McGarrill	M60	Parkrun Challenge CC#2	0:22:13	74.3										0	0	0	74.3
46	Mike Dowrick	M40	Club 5k Summer Handicap	0:20:50	66.7										2	0	6	72.7
47	Andy Hutchinson	M40							Great North Run Half Marathon	1:45:51	60.5				0	4	12	72.5
48	Kevin Farren	M40				Blaydon Race	0:39:01	71.8							0	0	0	71.8
49	David Levison	M50							Great North Run Half Marathon	1:37:56	70.8				0	0	0	70.8
50	Mark Carpenter	M50							Edinburgh Half Marathon	1:57:44	58.9				0	3	9	67.9
51	Paul O'Neill	M40				Blaydon Race	0:40:17	66.3							0	0	0	66.3
52	Elliott Ward	M50							Great North Run Half Marathon	1:47:32	65.7				0	0	0	65.7
53	Rob Gair	M30							Great North Run Half Marathon	1:29:19	65.4				0	0	0	65.4
54	Keith Briggs	M50							Great North Run Half Marathon	1:48:43	65.0				0	0	0	65.0
55	Adalberto Perez	M30	Parkrun Challenge CC#2	0:20:43	64.4										0	0	0	64.4
56	John Marrant	M60	Club 5k Summer Handicap	0:28:07	62.1										0	0	0	62.1
57	David Hulse	M30				Blaydon Race	0:41:15	61.4							0	0	0	61.4
58	Roger Loxley	M60	Club 5k Summer Handicap	0:27:03	60.0										0	0	0	60.0
59	Callum Ward	M Senior							Great North Run Half Marathon	1:37:26	59.9				0	0	0	59.9
60	Steve Allison	M50							Great North Run Half Marathon	1:56:21	57.5				0	0	0	57.5
61	Nick Winslow	M60							Great North Run Half Marathon	2:18:17	55.3				0	0	0	55.3
62	Ross Longton	M40							Great North Run Half Marathon	1:53:27	53.7				0	0	0	53.7
63	Paul Quigley	M60							Great North Run Half Marathon	2:19:17	51.7				0	0	0	51.7
64	David Parkin	M70	Club 5k Summer Handicap	0:40:45	49.7										0	0	0	49.7
65	Matty Jones	M40	Parkrun Challenge CC#2	0:30:07	46.5										0	0	0	46.5
66	Philip Gibson	M50	Parkrun Challenge CC#2	0:32:55	45.9										0	0	0	45.9
67	Dan Buckley	M50							Druridge Bay Trail Half Marathon	2:46:04	39.9				0	0	0	39.9
68	Neil Fletcher	M60							Great North Run Half Marathon	3:01:01	39.8				0	0	0	39.8
69	Ed Davies	M40													3	1	12	12.0
70	Bobby Bolam	M30													3	0	9	9.0
70	Patrick Hutchinson	M50													0	3	9	9.0
72	Ally Robson	M40													2	0	6	6.0
73	Ben Robertson	M40													0	1	3	3.0
73	Chris Kenyon	M40													1	0	3	3.0
73	Daniel Buffham	M Senior													0	1	3	3.0
73	Shaun Blenkinsop	M30													0	1	3	3.0