

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	5	5	24	344.9
2	James Leiger	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	3	6	21	338.4
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	2	4	18	329.9
4	Rob Mills	M40	Club 5k Summer Handicap	0:18:17	76.1	Blaydon Race	0:35:55	74.4	Newcastle Trail Half Marathon	1:23:55	72.6	Parkrun Challenge CC#2	0:18:22	75.7	5	3	21	319.7
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	2	0	6	275.7
7	Gavin Townsend	M60	Quayside 5k	0:19:32	82.4	Blaydon Race	0:35:58	80.5				Parkrun Challenge CC#2	0:19:45	81.5	5	5	24	268.5
8	Mike Waring	M50	Quayside 5k		69.5	Bridges of the Tyne 5 miles		64.2	Great North Run Half Marathon	1:43:53	62.7	Parkrun Challenge CC#3	0:23:40	62.3	1	2	9	267.8
9	Chris Wise	M50	Parkrun Challenge CC#3	0:22:20	70.3	Blaydon Race	0:46:27	65.2	Great North Run Half Marathon	1:52:56	62.0	Club 5k Summer Handicap	0:24:00	64.9	0	1	3	265.4
10	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	Parkrun Challenge CC#3	0:22:34	68.0	0	1	3	263.6
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	3	2	15	247.6
14	Arran 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	6	2	18	227.9
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	217.2
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	0	0	214.7
17	Dave Legg	M50	Club 5k Summer Handicap	0:24:18	65.2	North Tyneside 10k	0:49:10	67.3				Parkrun Challenge CC#2	0:25:03	63.2	3	3	18	213.7
18	John James	M60	Club 5k Summer Handicap	0:21:38	79.8	Blaydon Race	0:42:01	80.6	Great North Run Half Marathon	3:05:35	42.0				0	3	9	211.5
19	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
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	Mark Cowell	M40	Parkrun Challenge CC#3	0:24:43	59.7	Valentines 10k	0:53:26	55.8				Blaydon Race	0:51:31	55.3	0	0	0	170.8
25	Bob Sewell	M60	Parkrun Challenge CC#3	0:22:42	76.9	North Tyneside 10k	0:47:43	75.8							5	2	18	170.7
26	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
27	Simon Kirkley	M50	Parkrun Challenge CC#3	0:27:42	54.1	Blaydon Race	0:51:46	55.5	Great North Run Half Marathon	2:11:01	50.6				1	0	3	163.2
28	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
29	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
30	David Young	M30	Club 5k Summer Handicap	0:18:51	70.8	Blaydon Race	0:37:32	68.4							2	3	15	154.2
31	Guy Mills	M50	Parkrun Challenge CC#2	0:21:42	69.0							Club 5k Summer Handicap	0:22:06	67.8	4	1	15	151.8
32	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
33	Fraser Kerr	M40	Parkrun Challenge CC#3	0:20:44	66.6							Parkrun Challenge CC#2	0:20:49	66.3	0	2	6	138.9
34	Tony Vick	M70				Bridges of the Tyne 5 miles	0:46:57	64.8				Blaydon Race	0:56:34	63.9	2	1	9	137.7
35	David Styles	M50	Parkrun Challenge CC#2	0:24:19	63.6	Blaydon Race	0:42:42	70.3							0	0	0	133.8
36	Andrew Toothill	M30	Parkrun Challenge CC#2	0:23:31	56.3							Parkrun Challenge CC#3	0:23:56	55.4	5	2	18	128.5
37	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
38	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
39	Mark Carpenter	M50	Parkrun Challenge CC#3	0:27:03	58.1				Edinburgh Half Marathon	1:57:44	58.9				0	3	9	126.0
40	Nick Winslow	M60	Parkrun Challenge CC#3	0:27:26	61.8				Great North Run Half Marathon	2:18:17	55.3				1	0	3	120.0
41	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
42	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
43	Kevin Farren	M40				Blaydon Race	0:39:01	71.8	Kielder Full Marathon	5:07:04	43.9				0	0	0	115.8
44	Duncan Falconer	M40	Parkrun Challenge CC#1	0:28:15	47.2	Blaydon Race	0:43:17	61.2							0	0	0	108.4
45	Paul Crooks	M50	Parkrun Challenge CC#2	0:29:32	53.6							Parkrun Challenge CC#1	0:32:38	48.5	0	0	0	107.2
46	David Parkin	M70	Parkrun Challenge CC#3	0:40:22	51.8							Club 5k Summer Handicap	0:40:48	49.7	0	0	0	101.1
47	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
48	Paul Roxburgh	M40	Parkrun Challenge CC#3	0:29:01	50.5							Parkrun Challenge CC#2	0:31:54	45.9	0	0	0	96.4
49	Phillip Gibson	M50	Parkrun Challenge CC#2	0:32:55	45.9							Parkrun Challenge CC#3	0:33:29	45.4	0	0	0	91.3
50	John McGargill	M60	Parkrun Challenge CC#2	0:22:13	74.3										0	0	0	74.3
51	Mike Dowrick	M40	Club 5k Summer Handicap	0:20:50	66.7										2	0	6	72.7
52	Andy Hutchinson	M40							Great North Run Half Marathon	1:45:51	60.5				0	4	12	72.5
53	David Levison	M50							Great North Run Half Marathon	1:37:56	70.8				0	0	0	70.8
54	Paul O'Neill	M40				Blaydon Race	0:40:17	66.3							0	0	0	66.3
55	Elliott Ward	M50							Great North Run Half Marathon	1:47:32	65.7				0	0	0	65.7
56	Rob Gair	M30							Great North Run Half Marathon	1:29:19	65.4				0	0	0	65.4
57	Keith Briggs	M50							Great North Run Half Marathon	1:48:43	65.0				0	0	0	65.0
58	Adalberto Perez	M30	Parkrun Challenge CC#2	0:20:43	64.4										0	0	0	64.4
59	John Morrant	M60	Club 5k Summer Handicap	0:28:07	62.1										0	0	0	62.1
60	David Hulke	M30				Blaydon Race	0:41:15	61.4							0	0	0	61.4
61	Roger Loxley	M60	Club 5k Summer Handicap	0:27:03	60.0										0	0	0	60.0
62	Callum Ward	M Senior							Great North Run Half Marathon	1:37:26	59.9				0	0	0	59.9
63	Steve Allison	M50							Great North Run Half Marathon	1:56:21	57.5				0	0	0	57.5
64	Tony Prince	M70	Parkrun Challenge CC#3	0:33:28	56.0										0	0	0	56.0
65	Ross Longton	M40							Great North Run Half Marathon	1:53:27	53.7				0	0	0	53.7
66	Paul Quigley	M60							Great North Run Half Marathon	2:19:17	51.7				0	0	0	51.7
67	Andrew Williams	M40							Kielder Half Marathon	1:58:03	51.6				0	0	0	51.6
68	Matty Jones	M40	Parkrun Challenge CC#2	0:30:07	46.5										0	0	0	46.5
69	Dan Buckley	M50							Druridge Bay Trail Half Marathon	2:46:04	39.9				0	0	0	39.9
70	Neil Fletcher	M60							Great North Run Half Marathon	3:01:01	39.8				0	0	0	39.8
71	Matt Cooper	M30							Kielder Half Marathon	2:33:26	38.1				0	0	0	38.1
72	Ed Davies	M40													4	1	15	15.0
73	Bobby Bolam	M30													4	0	12	12.0
74	Patrick Hutchinson	M50													0	3	9	9.0
75	Ally Robson	M40													2	0	6	6.0
75	Ieuan Ellis	M60													2	0	6	6.0
77	Ben Robertson	M40													0	1	3	3.0
77	Chris Kenyon	M40													1	0	3	3.0
77	Daniel Buffham	M Senior													0	1	3	3.0
77	Shaun Blankinship	M30													0	1	3	3.0
77	Dennis Patterson	M60													1	0	3	3.0
82	Aaron Marshall	M30													0	0	0	0.0