

OPEN CATEGORY TABLE

Rank	Name	Age Group	Best Short Race			Best Medium Race			Best Long Race			Best 4th Scoring Race			Bonus Points (Max 12 XC & 12 Relays)			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 (\$ per event)	
1	Mick Meaney	M60	Quayside 5k	0:21:11	80.7	Blaydon Race	0:41:39	80.5	Brampton to Carlisle 10 miles	1:11:45	81.2	Club 5k Summer Handicap	0:21:20	80.2	6	6	24	346.6
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	4	7	24	341.4
3	Ray Smedley	M70	Quayside 5k	0:22:44	79.9	Town Moor Memorial 10k	0:46:54	81.3	Great North Run Half Marathon	1:49:01	76.1	Ovingham Ples n Peas 10k	0:47:12	79.6	3	4	21	337.9
4	Bob Sewell	M60	Parkrun Challenge CC#3	0:22:42	76.9	Town Moor Memorial 10k	0:46:27	77.8	Run Northumberland BIG10	1:18:55	75.3	North Tyneside 10k	0:47:43	75.6	6	2	18	323.9
5	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	5	3	21	319.7
6	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
7	Dave Legg	M50	Club 5k Summer Handicap	0:24:18	65.2	North Tyneside 10k	0:48:16	67.3	Run Northumberland BIG10	1:21:17	65.7	Parkrun Challenge CC#2	0:25:03	63.2	4	3	21	282.4
8	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	3	0	9	278.7
9	Chris Graham	M40	Club 5k Summer Handicap	0:19:41	70.1	Town Moor Memorial 10k	0:39:51	70.6	Newcastle Half Marathon	1:41:40	59.5	Ovingham Ples n Peas 10k	0:40:27	69.0	1	1	6	275.3
10	Mike Waring	M50	Quayside 5k	0:21:13	69.5	Bridges of the Tyne 5 miles	0:37:30	64.2	Brampton to Carlisle 10 miles	1:14:44	65.9	Great North Run Half Marathon	1:43:53	62.7	1	3	12	274.3
11	Gavin Townsend	M60	Quayside 5k	0:19:32	82.4	Blaydon Race	0:38:58	80.5	Blaydon Race			Parkrun Challenge CC#2	0:19:45	81.5	5	6	24	268.5
12	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	2	6	268.4
13	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
14	Sahil Aggarwal	M30	Quayside 5k	0:21:44	60.7	Town Moor Memorial 10k	0:45:12	59.5	Run Northumberland BIG10	1:15:30	58.9	Club 5k Summer Handicap	0:22:58	57.5	4	3	21	257.1
15	Mikey Grainger	M30	Club 5k Summer Handicap	0:21:12	62.6	Ovingham Ples n Peas 10k	0:40:50	66.0	Great North Run Half Marathon	1:33:55	62.3	Bridges of the Tyne 5 miles	0:33:19	64.8	0	0	0	255.9
16	David Heron	M40	Club 5k Summer Handicap	0:23:05	60.2	Ovingham Ples n Peas 10k	0:46:27	60.6	Edinburgh Half Marathon	1:47:09	56.9	Blaydon Race	0:44:23	60.2	3	2	18	252.8
17	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	7	3	18	227.9
18	David Young	M30	Club 5k Summer Handicap	0:18:51	70.8	Blaydon Race	0:37:32	68.4	Run Northumberland BIG10	1:08:03	65.3				3	3	18	222.5
19	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
20	Stephen Sparke	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
21	Michael Banfi	M40	Quayside 5k	0:24:46	56.6	Blaydon Race	0:56:37	47.6	Run Northumberland BIG10	1:18:53	58.9	Great North Run Half Marathon	2:00:38	50.9	0	0	0	213.9
22	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
23	Alex Walker	M40				Ovingham Ples 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	6	12	208.5
24	Rob Garf	M30				Town Moor Memorial 10k	0:38:30	69.6	Run Northumberland BIG10	1:04:40	68.2	Great North Run Half Marathon	1:29:19	65.4	0	0	0	203.2
25	Paul White	M40	Club 5k Summer Handicap	0:21:41	67.5				Great North Run Half Marathon	1:50:05	58.2	Druridge Bay Trail Half Marathon	1:53:33	56.9	0	0	0	183.1
26	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
27	John McCabe	M50	Parkrun Challenge CC#2	0:26:25	56.7	Ovingham Ples n Peas 10k	0:54:53	55.7				Sunderland City 10k	0:55:23	55.2	0	2	6	173.6
28	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
29	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
30	Simon Kirkley	M50	Parkrun Challenge CC#3	0:27:42	54.3	Blaydon Race	0:51:46	55.5	Great North Run Half Marathon	2:11:01	50.6				2	6	6	166.2
31	Rob Holt	M40							Edinburgh Half Marathon	1:16:25	79.3				0	1	3	160.7
32	Guy Mills	M50	Parkrun Challenge CC#2	0:21:42	69.0							Great North Run Half Marathon	1:18:46	78.0	0	0	0	151.8
33	Theo Fourie	M40	Club 5k Summer Handicap	0:28:26	50.3	Port of Blyth 10k	0:59:52	48.2				Club 5k Summer Handicap	0:22:08	67.8	4	1	15	151.8
34	Fraser Kerr	M40	Parkrun Challenge CC#3	0:20:44	66.6							Blaydon Race	0:57:50	47.7	0	0	0	146.2
35	Tony Vick	M70				Bridges of the Tyne 5 miles	0:46:57	64.8				Parkrun Challenge CC#2	0:20:49	66.3	0	2	6	138.9
36	David Styles	M50	Parkrun Challenge CC#2	0:24:19	63.6	Blaydon Race	0:42:42	70.3				Blaydon Race	0:56:34	63.9	2	1	9	137.7
37	Andrew Toothill	M30	Parkrun Challenge CC#2	0:23:31	56.1							Parkrun Challenge CC#3	0:23:56	55.4	0	0	0	133.8
38	Rob Asquith	M30	Club 5k Summer Handicap	0:20:15	65.9	Ovingham Ples n Peas 10k	0:43:21	62.4							5	3	21	132.5
39	David Scattergood	M50				Blaydon Race	0:46:09	63.3	Great North Run Half Marathon	1:47:14	62.9				0	0	0	128.3
40	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
41	David Hulse	M30				Town Moor Memorial 10k	0:42:45	62.6				Blaydon Race	0:41:15	61.4	0	0	0	124.0
42	Nick Winslow	M60	Parkrun Challenge CC#3	0:27:26	61.8				Great North Run Half Marathon	2:18:17	55.3				2	0	6	123.0
43	Don Barry	M40				Ovingham Ples n Peas 10k	0:46:55	62.5	Great North Run Half Marathon	1:52:16	56.6				0	0	0	119.0
44	Jonny Livingstone-Evans	M30	Parkrun Challenge CC#1	0:22:54	58.6				Great North Run Half Marathon	1:52:16	56.6	Parkrun Challenge CC#2	0:22:58	58.4	0	0	0	117.1
45	Kevin Farren	M40				Blaydon Race	0:39:01	71.8	Kielder Full Marathon	5:07:04	43.9				0	0	0	115.8
46	Duncan Falconer	M40	Parkrun Challenge CC#1	0:29:15	47.2	Blaydon Race	0:43:17	61.2							0	0	0	108.4
47	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
48	David Parkin	M70	Parkrun Challenge CC#3	0:40:22	51.4							Club 5k Summer Handicap	0:40:45	49.7	0	0	0	101.1
49	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
50	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
51	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
52	John McGargill	M60	Parkrun Challenge CC#2	0:22:13	74.3										0	0	0	74.3
53	Mike Dowrick	M40	Club 5k Summer Handicap	0:20:50	66.7										2	0	6	72.7
54	Andy Hutchinson	M40							Great North Run Half Marathon	1:45:51	60.5				0	4	12	72.5
55	David Levison	M50							Great North Run Half Marathon	1:37:56	70.8				0	0	0	70.8
56	Paul O'Neill	M40				Blaydon Race	0:40:17	66.3							0	0	0	66.3
57	Elliott Ward	M50							Great North Run Half Marathon	1:47:32	65.7				0	0	0	65.7
58	Keith Briggs	M50							Great North Run Half Marathon	1:48:43	65.0				0	0	0	65.0
59	Adalberto Perez	M30	Parkrun Challenge CC#2	0:20:43	64.4										0	0	0	64.4
60	John Morrant	M60	Club 5k Summer Handicap	0:28:07	62.1										0	0	0	62.1
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	3:03:01	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													5	1	15	35.0
73	Bobby Bolam	M30													5	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 Blenkinsop	M30													0	1	3	3.0
77	Dennis Patterson	M60													1	0	3	3.0