OPEN CATEGORY TABLE

Rank	Name	Age Group	Best Short Race			Best Medium Race			Best Long Race			Best 4th Scoring Race			Number of XC Attendances	Number of Relay Attendances	Bonus Points Scored (3 per event)	Overall Score
			Race	Time	Score	Race	Time	Score	Race	Time	Score	Race	Time	Score				
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 Pies 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	75.8	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	Kielder Half Marathon	1:43:51	69.4	Bridges of the Tyne 5 miles	0:36:41	72.1	3	4	21	309.6
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	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	Club 5k Winter Handicap	0:22:31	65.5	1	3	12	277.1
10	Rob Gair	M30	Club 5k Winter Handicap	0:18:10	72.3	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	275.6
11	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 Pies n Peas 10k	0:40:27	69.0	1	1	6	275.3
12	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	5	6	24	268.5
13	Chris Wise	M50	Parkrun Challenge CC#2	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
14	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
15	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	58.5	Parkrun Challenge CC#2	0:22:58	57.5	4	3	21	257.1
16	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
17	David Heron	M50	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	3	2	15	252.9
18	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	2	18	227.9
19	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
20	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
21	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
22	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
23	Alex Walker	M40				Ovingham Pies n Peas 10k	0:41:26	67.4	Ovingham Pies n Peas 10k	1:36:32	62.6	Blaydon Race	0:39:53	66.5	0	6	12	208.5
24	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
25	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
26	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
27	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
28	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
29	John James	M60	Club 5k Summer Handicap	0:21:38	79.9	Blaydon Race	0:42:01	80.6							0	3	9	169.5
30	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				2	0	6	166.2
31	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
32	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
33	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
34	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
35	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
36	David Styles	M50	Parkrun Challenge CC#2	0:24:19	63.6	Blaydon Race	0:42:42	70.3							0	0	0	133.8
37	Andrew Toothill	M30	Parkrun Challenge CC#2	0:23:31	56.1							Parkrun Challenge CC#3	0:23:56	55.4	5	3	21	132.5
38	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
39	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
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	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
44	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
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	Philip 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'Neil	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	Daniel Wallace	M30	Club 5k Winter Handicap	0:22:44	57.8										0	0	0	57.8
64	Steve Allison	M50							Great North Run Half Marathon	1:56:21	57.5				0	0	0	57.5
65	Tony Prince	M70	Parkrun Challenge CC#3	0:33:28	56.0										0	0	0	56.0
66	Ross Longton	M40							Great North Run Half Marathon	1:53:27	53.7				0	0	0	53.7
67	Paul Quigley	M60							Great North Run Half Marathon	2:19:17	51.7				0	0	0	51.7
68	Andrew Williams	M40							Kielder Half Marathon	1:58:03	51.6				0	0	0	51.6
69	Matty Jones	M40	Parkrun Challenge CC#2	0:30:07	46.5										0	0	0	46.5
70	Dan Buckley	M50							Druridge Bay Trail Half Marathon	2:46:04	39.9				0	0	0	39.9
71	Neil Fletcher	M60							Great North Run Half Marathon	3:01:01	39.8				0	0	0	39.8
72	Matt Cooper	M30							Kielder Half Marathon	2:33:26	38.1				0	0	0	38.1
73	Ed Davies	M40													5	1	15	15.0
74	Bobby Bolam	M30													5	0	12	12.0
75	Patrick Hutchinson	M50													0	3	9	9.0
76	Ally Robson	M40													2	0	6	6.0
76	Ieuan Ellis	M60													2	0	6	6.0
78	Ben Robertson	M40													0	1	3	3.0
78	Chris Kenyon	M40													1	0	3	3.0
78	Daniel Buffham	M Senior													0	1	3	3.0
78	Dennis Patterson	M60													1	0	3	3.0
78	Shaun Blenkinsop	M30													0	1	3	3.0

Bonus Points (Max 12 XC & 12 Relays)