

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 (3 per event)	
1	Ray Smedley	M70	Sunderland Harriers 5k	0:22:14	82.9	Blaydon Race	0:43:26	83.2	Croft Motor Circuit 10 miles	1:16:50	81.5	Parkrun Challenge CCH1	0:22:27	82.1	2	4	18	347.8
2	John James	M70	Parkrun Challenge CCH1	0:21:16	82.1	Blaydon Race	0:40:39	84.2	Edinburgh Half Marathon	1:37:02	81.3	Newcastle - Gateshead 10k	0:44:06	82.0	2	4	18	347.6
3	Mick Meaney	M60	Sunderland Harriers 5k	0:21:13	81.4	Blaydon Race	0:42:02	80.6	Edinburgh Half Marathon	1:41:34	76.8	Newcastle 10k Quayside	0:44:25	79.7	3	5	21	339.5
4	James Leiper	M40	Club 5k Summer Handicap	0:18:08	80.7	Ovingham Pies n Peas 10k	0:37:43	79.7	Edinburgh Half Marathon	1:24:56	76.0	Blaydon Race	0:36:17	77.9	0	5	12	326.3
5	Rob Mills	M40	Club 5k Summer Handicap	0:18:31	75.6	Blaydon Race	0:35:43	75.4	Newcastle Half Marathon	1:24:38	72.6	Bridges of the Tyne 5 miles	0:30:30	74.7	3	1	12	310.3
6	Jonathan Bone	M60	Parkrun Challenge CCH1	0:23:03	69.8	Blaydon Race	0:43:33	72.7	Newcastle Half Marathon	1:50:20	65.9	Bridges of the Tyne 5 miles	0:37:05	72.0	2	2	12	292.5
7	Mike Waring	M50	Parkrun Challenge CCH1	0:22:08	67.2	Blaydon Race	0:40:34	70.8	York Brass Monkey Half Marathon	1:35:05	69.1	North Tyneside 10k	0:42:52	70.7	0	5	12	289.8
8	Chris Graham	M40	Club 5k Summer Handicap	0:18:37	74.7	Ovingham Pies n Peas 10k	0:39:30	71.3	Newcastle Half Marathon	1:36:06	63.4	Parkrun Challenge CCH1	0:19:37	70.9	0	1	3	283.2
9	Daniel Wallace	M30	Parkrun Challenge CCH2	0:19:12	68.4	Blaydon Race	0:37:44	67.4	Newcastle Half Marathon	1:31:34	63.8	Bridges of the Tyne 5 miles	0:32:57	65.1	3	2	15	279.7
10	Bob Sewell	M70	Club 5k Summer Handicap	0:22:29	77.7	Blaydon Race	0:43:25	78.9				North Tyneside 10k	0:46:29	77.8	2	4	18	252.3
11	Gavin Townsend	M60	Parkrun Challenge CCH2	0:20:06	80.8	Bridges of the Tyne 5 miles	0:33:02	80.8				Blaydon Race	0:39:15	80.7	0	3	9	251.3
12	David Heron	M40	Club 5k Summer Handicap	0:24:07	58.1	Ovingham Pies n Peas 10k	0:45:18	62.6	Edinburgh Half Marathon	1:44:20	58.9	Blaydon Race	0:44:59	59.9	0	2	6	245.4
13	Alex Walker	M40	Club 5k Summer Handicap	0:19:34	71.1	Blaydon Race	0:38:02	70.2				Ovingham Pies n Peas 10k	0:41:10	68.4	0	5	12	221.7
14	Dave Legg	M50	Club 5k Summer Handicap	0:24:20	65.6	Blaydon Race	0:44:28	69.9				North Tyneside 10k	0:47:20	68.7	1	3	12	216.2
15	Chris Wise	M50	Club 5k Summer Handicap	0:23:12	67.7	Blaydon Race	0:46:28	65.7				Parkrun Challenge CCH2	0:24:04	65.3	0	3	9	207.7
16	Neil Ward	M50	Parkrun Challenge CCH1	0:23:42	64.7	Blaydon Race	0:42:22	70.8				Club 5k Summer Handicap	0:24:05	64.2	0	0	0	199.7
17	Neil Mason	M50	Parkrun Challenge CCH1	0:22:47	67.8	Blaydon Race	0:45:46	65.6				Club 5k Summer Handicap	0:24:02	64.3	0	0	0	197.7
18	Mikey Grainger	M30				North Tyneside 10k	0:43:54	61.7	Edinburgh Half Marathon	1:37:21	60.5	Blaydon Race	0:48:23	53.1	0	1	3	178.2
19	Andrew Toothill	M30	Club 5k Summer Handicap	0:23:49	55.7	Bridges of the Tyne 5 miles	0:42:51	50.4				Parkrun Challenge CCH2	0:24:36	53.9	2	3	15	175.0
20	Robbie Kilbraier	M40	Club 5k Summer Handicap	0:18:47	73.0				Gateshead Half Marathon	1:27:34	68.6				0	4	12	153.5
21	Arran Stephenson	M50				Blaydon Race	0:40:26	70.5				Ovingham Pies n Peas 10k	0:43:38	68.9	3	1	12	151.3
22	Stephen Sparke	M50				Newcastle 10k Kingston	0:45:58	70.1				Blaydon Race	0:44:07	69.2	0	0	0	139.3
23	Fred Bell	M50	Parkrun Challenge CCH1	0:23:37	66.5	Valentines 10k	0:52:23	61.5							0	0	0	128.0
24	Brian Stonehouse	M70	Parkrun Challenge CCH1	0:29:25	60.9	Blaydon Race	1:00:17	58.2							0	0	0	119.1
25	Richard Lowe	M40	Parkrun Challenge CCH1	0:24:22	58.8	Blaydon Race	0:47:33	58.0							0	0	0	116.8
26	Bobby Bolam	M30	Parkrun Challenge CCH2	0:23:54	56.6	Blaydon Race	0:47:11	55.0							0	1	3	114.6
27	Paul Green	M40							York Brass Monkey Half Marathon	1:50:45	57.3	Newcastle Half Marathon	1:52:22	56.5	0	0	0	113.8
28	Paul White	M50	Club 5k Summer Handicap	0:25:38	57.6				Druridge Bay Trail Half Marathon	2:02:22	53.2				0	0	0	110.8
29	Paul Crooks	M60	Parkrun Challenge CCH2	0:30:48	51.8							Club 5k Summer Handicap	0:32:09	49.7	0	0	0	101.5
30	Dennis Patterson	M60	Club 5k Summer Handicap	0:33:05	50.3				York Brass Monkey Half Marathon	2:31:01	49.1				0	0	0	99.5
31	Paul Roxburgh	M50	Parkrun Challenge CCH2	0:30:22	48.6							Parkrun Challenge CCH1	0:30:58	47.6	0	0	0	96.2
32	Theo Fourie	M40	Parkrun Challenge CCH2	0:29:12	49.0	Blaydon Race	0:59:43	46.6							0	0	0	95.6
33	Philip Gibson	M50	Parkrun Challenge CCH2	0:33:52	44.9							Parkrun Challenge CCH1	0:34:06	44.6	0	0	0	89.5
34	Fraser Kerr	M40	Club 5k Summer Handicap	0:18:36	74.8										0	2	6	80.8
35	Mike Winter	M50	Club 5k Summer Handicap	0:21:08	73.1										0	2	6	79.1
36	David Levison	M50	Keswick Parkrun	0:21:14	74.0										0	0	0	74.0
37	Rob Gair	M30							York Brass Monkey Half Marathon	1:23:24	70.1				0	0	0	70.1
38	Elliott Ward	M50							York Brass Monkey Half Marathon	1:45:38	66.9				0	0	0	66.9
39	David Hulse	M30				Blaydon Race	0:38:08	66.5							0	0	0	66.5
40	Mark Lyon	M30	Parkrun Challenge CCH1	0:20:25	65.3										0	0	0	65.3
41	David Styles	M50				Blaydon Race	0:46:58	64.5							0	0	0	64.5
42	Duncan Falconer	M40				Blaydon Race	0:42:37	62.7							0	0	0	62.7
43	Simon Kirkley	M50	Parkrun Challenge CCH1	0:26:54	55.7										1	1	6	61.7
44	Michael Banfi	M40				Bridges of the Tyne 5 miles	0:37:32	61.1							0	0	0	61.1
45	Brian Russell	M60	Parkrun Challenge CCH2	0:28:18	57.4										0	0	0	57.4
46	Rob Asquith	M30				Bridges of the Tyne 5 miles	0:38:50	56.2							0	0	0	56.2
47	Mark Cowell	M50				Blaydon Race	0:51:35	55.7							0	0	0	55.7
48	Adam Brown	M40	Parkrun Challenge CCH2	0:25:13	55.5										0	0	0	55.5
49	Martin Cowell	M50				Blaydon Race	0:53:07	54.6							0	0	0	54.6
50	David Johnstone	M60	Parkrun Challenge CCH2	0:30:30	53.2										0	0	0	53.2
51	Rob Charlton	M40				Blaydon Race	0:50:50	53.0							0	0	0	53.0
52	Mark Payne	M30				Blaydon Race	0:48:48	52.4							0	0	0	52.4
53	Neil Fletcher	M60				Blaydon Race	1:03:09	50.2							0	0	0	50.2
54	Paul Holborow	M60	Club 5k Summer Handicap	0:32:45	49.6										0	0	0	49.6
55	Roger Loxley	M60	Club 5k Summer Handicap	0:34:36	47.3										0	0	0	47.3
56	Wyatt Yue	M40	Club 5k Summer Handicap	0:32:15	45.7										0	0	0	45.7
57	Matt Cooper	M30							York Brass Monkey Half Marathon	2:13:21	43.8				0	0	0	43.8
58	Gary Taylor	M50	Club 5k Summer Handicap	0:35:38	43.4										0	0	0	43.4
59	Nick McMahon	M40													2	1	9	9.0
60	Ed Davies	M40													1	1	6	6.0
60	Guy Mills	M50													2	0	6	6.0
60	Ben Robertson	M40													0	2	6	6.0
63	Daniel Buffham	M Senior													1	0	3	3.0
63	Shaun Blenkinsop	M30													0	1	3	3.0