

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                | 0:43:28 | 83.2  | Croft Motor Circuit 10 miles     | 1:16:50 | 81.5  | Parkrun Challenge CC#1      | 0:22:27 | 82.1  | 2                                    | 5                           | 18                                | 347.8         |
| 2    | John James       | M70       | Parkrun Challenge CC#1  | 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  | Matfen Jelly Tea 10 miles        | 1:16:06 | 77.3  | Newcastle 10k Quayside      | 0:44:25 | 79.7  | 3                                    | 5                           | 21                                | 340.0         |
| 4    | James Leiper     | M40       | Quayside 5k             | 0:18:05 | 81.6  | Ovingham Pies n Peas 10k    | 0:37:43 | 79.7  | Edinburgh Half Marathon          | 1:24:56 | 76.0  | Club 5k Summer Handicap     | 0:18:08 | 80.7  | 0                                    | 5                           | 12                                | 330.0         |
| 5    | Gavin Townsend   | M60       | Parkrun Challenge CC#2  | 0:20:06 | 80.8  | Bridges of the Tyne 5 miles | 0:33:02 | 80.8  | Matfen Jelly Tea 10 miles        | 1:13:18 | 74.9  | Blaydon Race                | 0:39:15 | 80.7  | 0                                    | 4                           | 12                                | 329.2         |
| 6    | 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         |
| 7    | Mike Waring      | M50       | Quayside 5k             | 0:20:19 | 73.2  | 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                                    | 6                           | 12                                | 295.8         |
| 8    | Jonathan Bone    | M60       | Parkrun Challenge CC#1  | 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         |
| 9    | 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 CC#1      | 0:19:37 | 70.9  | 0                                    | 1                           | 3                                 | 283.2         |
| 10   | Daniel Wallace   | M30       | Parkrun Challenge CC#2  | 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         |
| 11   | Neil Ward        | M50       | Quayside 5k             | 0:22:48 | 67.8  | Blaydon Race                | 0:42:22 | 70.8  | Matfen Jelly Tea 10 miles        | 1:11:08 | 73.0  | Parkrun Challenge CC#1      | 0:23:42 | 64.7  | 0                                    | 1                           | 3                                 | 279.3         |
| 12   | Chris Wise       | M50       | Club 5k Summer Handicap | 0:23:12 | 67.7  | Quayside 10k                | 0:48:48 | 66.6  | Matfen Jelly Tea 10 miles        | 1:23:27 | 63.9  | Blaydon Race                | 0:46:28 | 65.7  | 0                                    | 4                           | 12                                | 276.0         |
| 13   | 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         |
| 14   | 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         |
| 15   | 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         |
| 16   | 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         |
| 17   | Stephen Sparke   | M50       | Quayside 5k             | 0:21:17 | 73.8  | Newcastle 10k Kingston Park | 0:45:58 | 70.1  |                                  |         |       | Blaydon Race                | 0:44:07 | 69.2  | 0                                    | 0                           | 0                                 | 213.1         |
| 18   | Neil Mason       | M50       | Parkrun Challenge CC#1  | 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         |
| 19   | 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         |
| 20   | 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 CC#2      | 0:24:36 | 53.9  | 2                                    | 3                           | 15                                | 175.0         |
| 21   | Robbie Kilbraier | M40       | Club 5k Summer Handicap | 0:18:47 | 73.0  |                             |         |       | Gateshead Half Marathon          | 1:27:34 | 68.6  |                             |         |       | 0                                    | 5                           | 12                                | 153.5         |
| 22   | 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         |
| 23   | Fred Bell        | M50       | Parkrun Challenge CC#1  | 0:23:37 | 66.5  | Valentines 10k              | 0:52:23 | 61.5  |                                  |         |       |                             |         |       | 0                                    | 0                           | 0                                 | 128.0         |
| 24   | Brian Stonehouse | M70       | Parkrun Challenge CC#1  | 0:29:25 | 60.9  | Blaydon Race                | 1:00:17 | 58.2  |                                  |         |       |                             |         |       | 0                                    | 0                           | 0                                 | 119.1         |
| 25   | Richard Lowe     | M40       | Parkrun Challenge CC#1  | 0:24:22 | 58.8  | Blaydon Race                | 0:47:33 | 58.0  |                                  |         |       |                             |         |       | 0                                    | 0                           | 0                                 | 116.8         |
| 26   | Bobby Bolam      | M30       | Parkrun Challenge CC#2  | 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 CC#2  | 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 CC#2  | 0:30:22 | 48.6  |                             |         |       |                                  |         |       | Parkrun Challenge CC#1      | 0:30:58 | 47.6  | 0                                    | 0                           | 0                                 | 96.2          |
| 32   | Theo Fourie      | M40       | Parkrun Challenge CC#2  | 0:29:12 | 49.0  | Blaydon Race                | 0:59:43 | 46.6  |                                  |         |       |                             |         |       | 0                                    | 0                           | 0                                 | 95.6          |
| 33   | Philip Gibson    | M50       | Parkrun Challenge CC#2  | 0:33:52 | 44.9  |                             |         |       |                                  |         |       | Parkrun Challenge CC#1      | 0:34:06 | 44.6  | 0                                    | 0                           | 0                                 | 89.5          |
| 34   | Wyatt Yue        | M40       | Club 5k Summer Handicap | 0:32:15 | 45.7  |                             |         |       | Matfen Jelly Tea 10 miles        | 2:07:17 | 38.7  |                             |         |       | 0                                    | 0                           | 0                                 | 84.4          |
| 35   | Fraser Kerr      | M40       | Club 5k Summer Handicap | 0:18:36 | 74.8  |                             |         |       |                                  |         |       |                             |         |       | 0                                    | 2                           | 6                                 | 80.8          |
| 36   | Mike Winter      | M50       | Club 5k Summer Handicap | 0:21:08 | 73.1  |                             |         |       |                                  |         |       |                             |         |       | 0                                    | 2                           | 6                                 | 79.1          |
| 37   | David Levison    | M50       | Keswick Parkrun         | 0:21:14 | 74.0  |                             |         |       |                                  |         |       |                             |         |       | 0                                    | 0                           | 0                                 | 74.0          |
| 38   | Rob Gair         | M30       |                         |         |       |                             |         |       | York Brass Monkey Half Marathon  | 1:23:24 | 70.1  |                             |         |       | 0                                    | 0                           | 0                                 | 70.1          |
| 39   | Elliott Ward     | M50       |                         |         |       |                             |         |       | York Brass Monkey Half Marathon  | 1:45:38 | 66.9  |                             |         |       | 0                                    | 0                           | 0                                 | 66.9          |
| 40   | David Hulse      | M30       |                         |         |       | Blaydon Race                | 0:38:08 | 66.5  |                                  |         |       |                             |         |       | 0                                    | 0                           | 0                                 | 66.5          |
| 41   | Mark Lyon        | M30       | Parkrun Challenge CC#1  | 0:20:25 | 65.3  |                             |         |       |                                  |         |       |                             |         |       | 0                                    | 0                           | 0                                 | 65.3          |
| 42   | David Styles     | M50       |                         |         |       | Blaydon Race                | 0:46:58 | 64.5  |                                  |         |       |                             |         |       | 0                                    | 0                           | 0                                 | 64.5          |
| 43   | Duncan Falconer  | M40       |                         |         |       | Blaydon Race                | 0:42:37 | 62.7  |                                  |         |       |                             |         |       | 0                                    | 0                           | 0                                 | 62.7          |
| 44   | Simon Kirkley    | M50       | Parkrun Challenge CC#1  | 0:26:54 | 55.7  |                             |         |       |                                  |         |       |                             |         |       | 1                                    | 1                           | 6                                 | 61.7          |
| 45   | Michael Banfi    | M40       |                         |         |       | Bridges of the Tyne 5 miles | 0:37:32 | 61.1  |                                  |         |       |                             |         |       | 0                                    | 0                           | 0                                 | 61.1          |
| 46   | Brian Russell    | M60       | Parkrun Challenge CC#2  | 0:28:18 | 57.4  |                             |         |       |                                  |         |       |                             |         |       | 0                                    | 0                           | 0                                 | 57.4          |
| 47   | Rob Asquith      | M30       |                         |         |       | Bridges of the Tyne 5 miles | 0:38:50 | 56.2  |                                  |         |       |                             |         |       | 0                                    | 0                           | 0                                 | 56.2          |
| 48   | Mark Cowell      | M50       |                         |         |       | Blaydon Race                | 0:51:35 | 55.7  |                                  |         |       |                             |         |       | 0                                    | 0                           | 0                                 | 55.7          |
| 49   | Adam Brown       | M40       | Parkrun Challenge CC#2  | 0:25:13 | 55.5  |                             |         |       |                                  |         |       |                             |         |       | 0                                    | 0                           | 0                                 | 55.5          |
| 50   | Martin Cowell    | M50       |                         |         |       | Blaydon Race                | 0:53:07 | 54.6  |                                  |         |       |                             |         |       | 0                                    | 0                           | 0                                 | 54.6          |
| 51   | David Johnstone  | M60       | Parkrun Challenge CC#2  | 0:30:30 | 53.2  |                             |         |       |                                  |         |       |                             |         |       | 0                                    | 0                           | 0                                 | 53.2          |
| 52   | Rob Charlton     | M40       |                         |         |       | Blaydon Race                | 0:50:50 | 53.0  |                                  |         |       |                             |         |       | 0                                    | 0                           | 0                                 | 53.0          |
| 53   | Mark Payne       | M30       |                         |         |       | Blaydon Race                | 0:48:48 | 52.4  |                                  |         |       |                             |         |       | 0                                    | 0                           | 0                                 | 52.4          |
| 54   | Neil Fletcher    | M60       |                         |         |       | Blaydon Race                | 1:03:09 | 50.2  |                                  |         |       |                             |         |       | 0                                    | 0                           | 0                                 | 50.2          |
| 55   | Paul Holborow    | M60       | Club 5k Summer Handicap | 0:32:45 | 49.6  |                             |         |       |                                  |         |       |                             |         |       | 0                                    | 0                           | 0                                 | 49.6          |
| 56   | Roger Loxley     | M60       | Club 5k Summer Handicap | 0:34:36 | 47.3  |                             |         |       |                                  |         |       |                             |         |       | 0                                    | 0                           | 0                                 | 47.3          |
| 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           |