Abbey Runners Grand Prix 2019 Men AGE GRADED Table

		Short Races																Medium Races									Long Races				
		XC	T	T	T	R	T	T	R	F	R	T	R	T	T	R	XC	T	T	R	T	R	R	F	R	R	R/T/F				
		PECO XC Race 5 - (2018/19)	Post Hill 5K	Guiseley Gallop 10K	Apperley Bridge Canter 10K	Club 5K Handicap	Club trip	Ilkley Trail Race 10K	Hyde Park Summer Mile	Otley Chevin Fell Race	Pudsey 10K	St Aidan's 10K	Firefighters 5M	Kirkstall 7M	Meanwood Valley Trail 7M	Abbey Dash 10K	PECO XC Race 1 (2019/20)	Temple Newsam 10M	The Kirkstall Calverley Cutter 18K	Thirsk 10M	Baildon Boundary Way Half Marathon	Vale of York 10M	Otley 10M	Round Hill Fell Race 8M	Vale of York Half Marathon	Tadcaster 10M	Counting long race	Long race points	Bonus points for relay entry	Bonus points for 3 completed target parkruns	TOTAL POINTS
1	Duncan Clark				97.3	102.5			92.8	83.0		98.8		97.3			90.5						88.4	85.1		90.0	Holly Hustle	97.2	50	50	772.4
2	John Ward	90.0			93.2		98.9						93.4		88.4	84.7	92.8			93.8	91.8						Holly Hustle	94.8	50	50	758.7
3	Simon E Jones	88.2	91.2				96.6									79.8	89.0	93.9	100.0		90.4			82.8			Bilsdale Fell Race	88.9	50	50	747.8
4	David Leslie	87.3				92.8			86.1				88.6		85.4	78.7	85.9	93.2	97.3				85.1			84.6	MaD Races Fall and Castle 18	91.6	50	50	736.9
5	Cal Clark	81.8	87.6		89.5		92.4	86.4	91.3				89.1			80.7	86.5			84.0		82.1					MaD Races Fall and Castle 18	95.0	50	50	723.4
6	Jim Whittaker	78.1	78.2	79.3	81.5	87.7	86.3		85.5			83.5	81.3	82.2	77.6	73.8	79.3	85.6	88.9		80.7		75.0				East Hull 20	77.1	50	50	694.6
7	Adam Ellis	67.4		55.9	69.4	74.0	73.4	67.9										74.2	74.0	65.9	56.3			52.5			Canal Summer 20 miles	77.3	50	50	662.7
8	Matt Ellis	75.6	75.9	76.3	75.0	84.5	80.3		84.0	71.2		78.1	77.8				71.9	77.9								73.8	Coniston 14	70.8	50	50	649.4
9	Graeme Littlewood	72.9	74.2		77.0	82.9	80.2					79.6	76.5	80.2			73.1	82.8							72.9		Yorkshire Marathon	62.8	50	50	641.4
10	Ali Ameri		74.4	69.3		79.2			75.5	64.4		73.2				66.4	69.0						66.4		66.5	72.5	Round Donny Run	73.9	50	50	615.2
11	Mike Smith					84.2	68.9	70.1					75.3				69.4	64.9								73.4	3 Lakes Classic	76.2	50	50	613.5
12	Tony Bastin		77.0	71.6		80.9					73.1	79.5		82.1		71.5						73.6		65.8	72.3	79.5	Round Donny Run	76.6	50		599.2
13	Craig Kent	78.2		80.7	79.9		84.7		84.3		82.7			81.0	75.2				81.6	78.1									50	50	592.4
14	Aidan Curley	82.6					87.8								83.8		81.7		87.1								Holly Hustle	90.3	50		563.3
15	Paul Greene					88.6							76.5				75.4					76.5					Round Donny Run	76.7	50	50	493.7
16	Jon Richards	72.7				87.6	77.7								75.8									68.3					50	50	482.1
17	Peter Badkin	61.4				86.1							73.3	72.7	71.6		67.6		80.7										50		434.4
18	Laurence Lennon	74.6					78.7													73.4	66.2					70.8	Coniston 14	70.6	50		418.1
19	Ross Armstrong					100.0						96.2					92.0							73.0					50		411.2
20	Peter Persico					82.7			81.1					80.3								47.8							50	50	391.9
21	Ian Patchett			77.9		88.0	83.3	81.8			83.5			79.4			74.9												50		386.6
22	James Balkwill	70.6				83.4	78.0						70.5		68.4		66.6													50	352.5
23	Simon G Jones	91.1												95.3			91.5												50		327.9
24	Paul Simkins	79.1				88.3									79.5		75.3														322.2
25	Liam Jenkins						94.0									82.4											Spen 20	88.5	50		314.9
26	Malcolm Lavery					83.6	84.6									72.3	73.9														314.4
27	Kazuki Morimoto					84.4	80.6									70.0	75.7														310.7
28	Steve Hodkinson													87.6			83.9									86.4			50		307.9
29	Howard Cohen												74.8	83.0			79.3												50		287.1
30	Joseph Ibrahim	56.6				64.6	59.2									48.2	54.7														235.1
31	Dave Jackson					67.6						59.8					55.8												50		233.2
32	Garry Brownbridge	76.9																				78.2					Dentdale 14	76.9			232.0
33	Gareth Cavill					92.9																					Blubberhouses 25	79.0	50		221.9
34	Scott Macdonald													74.1			73.4										Holly Hustle	72.7			220.2
35	Josh Holmes					81.9									71.9												Manchester Marathon	64.8			218.6
36	Sunny Cheema				77.8		81.0																						50		208.8
37	Clive Walton	66.1															60.8	70.1													197.0
38	Trevor Wilks						100.2										92.7														192.9
39	James Roden																		103.1								Manchester Marathon	86.0			189.1
40	Luke Wray-Rogers	83.5															81.7														165.2
41	Jonathan Laye																					81.6			73.3						154.9
42	John Ackroyd		83.9														64.2														148.1
43	Andy Mill		79.1																								Manchester Marathon	60.2			139.3
44	James Franklin																81.9												50		131.9
45	Tim Midgley	93.0																													93.0
46	Iain Manfield																81.9														81.9
47	Tom Rogerson																79.4														79.4
48	Rory Goldthorpe														79.1																79.1
49	Gerard O'Donnell																78.0														78.0
50	Roger Wilson						77.9																								77.9
51	David Nahal																										Yorkshire Marathon	77.8			77.8
52	Ed Newbould															76.3															76.3
53	Connor Clark																75.9														75.9
54	Heron Brown										74.6																				74.6
55	Sam Walsh	73.6																													73.6
56	Barrie Hopson															69.1															69.1
57	Scott Kent	67.9																													67.9
58	Sam Black						57.2																								57.2
59	Richard Ashworth																56.8														56.8
60	Ashley Beddoes																												50		50.0