Abbey Runners Grand Prix 2019 Men OPEN 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	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		
2	Cal Clark	81.8	87.2		89.5		92.4	86.4	91.0				89.0			80.7	86.4			84.0		82.1					MaD Races Fall and Castle 18	95.0	50	50	723.0		
3	Duncan Clark				80.7	84.7			76.7	68.6		82.0		80.8			74.9						73.5	70.8		75.7	Holly Hustle	81.0	50	50	658.4		
4	Jim Whittaker	68.6	67.8	69.9	71.9	76.6	76.1		74.7			73.7	71.4	72.0	68.0	64.5	69.1	75.8	78.9		71.7		66.5				East Hull 20	68.5	50	50	624.3		
5	Matt Ellis	70.2	69.3	71.3	70.1	77.8	75.1		77.3	65.7		73.0	72.3				66.3	73.2								68.8	Coniston 14	66.8	50	50	612.0		
6	John Ward	68.6			71.0		75.4						71.3		67.4	63.9	70.1			71.6	70.1						Holly Hustle	71.7	50	50	601.2		
7	Ali Ameri		71.0	67.7		76.1			72.6	62.1		71.5				64.4	66.6						65.2		65.0	70.8	Round Donny Run	72.7	50	50	599.9		
8	Craig Kent	78.2		80.7	79.9		84.7		84.2		82.7			81.0	75.2				81.6	78.1								50	50	592.3		
9	David Leslie	66.0				70.5			65.4				66.9		64.5	59.4	64.9	71.2	73.6				64.3			63.9	MaD Races Fall and Castle 18	69.3	50	50	582.9		
10	Adam Ellis	63.2		52.6	65.4	68.6	69.2	63.9										70.2	70.3	62.4	53.5			49.7			Canal Summer 20 miles	73.4	50	50	581.0		
11	Graeme Littlewood	64.0	64.3		67.9	72.4	70.7					70.2	67.3	70.8			63.7	73.4							64.7		Yorkshire Marathon	55.8	50	50	578.0		
12	Mike Smith					75.8	62.8	63.9					68.4				63.0	60.0								67.3	3 Lakes Classic	70.1	50	50	568.5		
13	Aidan Curley	76.7					82.0								78.5		75.3		82.1								Holly Hustle	84.4	50		529.0		
14	Tony Bastin		65.7	62.0		69.6					63.4	68.9		70.6		61.5						64.0		56.8	62.5	68.6	Round Donny Run	66.3	50		523.7		
15	Jon Richards	69.1				82.4	74.3								72.7									65.7					50	50	464.2		
16	Paul Greene					72.0							62.2				61.4					63.1					Round Donny Run	62.7	50	50	421.4		
17	Ross Armstrong					100.0						96.2					91.8							73.0					50		411.0		
18	Peter Badkin	52.6				73.5							62.8	62.6	61.6		57.4		69.7										50		380.2		
19	Peter Persico					77.8			76.3					76.4								46.0							50	50	376.5		
20	Laurence Lennon	61.2					64.7													60.5	54.7					57.8	Coniston 14	58.4	50		352.6		
21	Ian Patchett			65.8		73.9	70.3	69.1			70.5			66.6			62.5												50		333.8		
22	James Balkwill	63.6				74.5	70.6						63.5		62.0		59.4													50	322.2		
23	Liam Jenkins						94.0									82.4											Spen 20	88.5	50		314.9		
24	Simon G Jones	82.0												85.6			81.7												50		299.3		
25	Paul Simkins	72.9				80.1									73.2		68.9														295.1		
26	Kazuki Morimoto					74.3	71.7									61.7	66.5														274.2		
27	Malcolm Lavery					72.4	74.0									63.2	64.4														274.0		
28	Steve Hodkinson													71.4			68.3									70.5			50		260.2		
29	Howard Cohen												61.4	68.3			65.1												50		244.8		
30	Dave Jackson					66.5						59.5					55.3												50		231.3		
31	Josh Holmes					80.9									71.7												Manchester Marathon	64.7			217.3		
32	Joseph Ibrahim	52.6				59.0	54.9									44.7	50.5														217.0		
33	Scott Macdonald													71.6			69.3										Holly Hustle	69.7			210.6		
34	Sunny Cheema				77.4		80.5																						50		207.9		
35	Gareth Cavill					82.4																					Blubberhouses 25	72.0	50		204.4		
36	Garry Brownbridge	63.2																				64.4					Dentdale 14	63.5			191.1		
37	James Roden																		95.5								Manchester Marathon	79.8			175.3		
38	Trevor Wilks						91.4										83.4														174.8		
39	Clive Walton	58.1															53.0	62.1													173.2		
40	Luke Wray-Rogers	79.4															77.1														156.5		
41	Jonathan Laye																					73.6			66.2						139.8		
42	Andy Mill		74.9																								Manchester Marathon	58.9			133.8		
43	John Ackroyd		73.8														56.9														130.7		
44	James Franklin																76.7												50		126.7		
45	Tim Midgley	91.4																													91.4		
46	Rory Goldthorpe														76.5																76.5		
47	Ed Newbould															76.3															76.3		
48	Gerard O'Donnell																76.2														76.2		
49	Connor Clark																75.9														75.9		
50	Tom Rogerson																75.5														75.5		
51	Sam Walsh	73.6																													73.6		
52	Iain Manfield																70.8														70.8		
53	Scott Kent	67.7																													67.7		
54	David Nahal																										Yorkshire Marathon	65.5			65.5		
55	Heron Brown										64.1																				64.1		
56	Roger Wilson						54.6																								54.6		
57	Richard Ashworth																52.3														52.3		
58	Ashley Beddoes																												50		50.0		
59	Barrie Hopson															46.8															46.8		
60	Sam Black						40.7																								40.7		