

NSP Winter GP 2024/25

Individual Athlete Scores



Position	Team #	Bib Number	Team Name	Name	Gender	Category	Blyth 10K	GP2	GP3	GP4	GP5	GP6	GP7	Worst Score	Score B4 EC	Fairbairn Cup	Total Points
1	35	275	The Full Claremonty	Rose Hawkswood	Female	VW35	2	15	17	23					57		57
2	6	44	Where's Lesley!?!	Frances Kavanagh	Female	SW30	13	48	45	29					135		135
3	33	264	Premature Acceleration	Wendy Pawsey	Female	VW45	10	72	38	46					166		166
4	30	237	True Blood Blues	Zoe Jukes	Female	SW25	16	37	55	62					170		170
5	30	239	True Blood Blues	Eddie Smith	Male	M	15	8	92	63					178		178
6	21	165	The Little F'ers	Joanna Malia	Female	VW60	21	27	28	103					179		179
7	37	293	GP: Unwise but not illegal	Gavin Curley	Male	VM45	38	9	124	34					205		205
8	3	23	Chatty Runners	Linda Bartram	Female	VW65	14	23	26	150					213		213
9	37	290	GP: Unwise but not illegal	Stephen Walker	Male	VM55	9	10	46	157					222		222
10	39	309	Monkey Runners	Richard Clough	Male	VM65	50	112	22	67					251		251
11	39	312	Monkey Runners	Bob Dunn	Male	VM35	3	20	128	100					251		251
12	32	255	Rocks Stars	Lena Webster-Costello	Female	SW25	36	200	2	22					260		260
13	26	203	Sergeant Cooper's Maximum Heart Rate Band	Andy Foster	Male	VM35	43	53	126	38					260		260
14	22	176	3.4 Mile High Club	Kelly Hannah	Female	VW45	22	63	82	105					272		272
15	3	20	Chatty Runners	Judith Correia	Female	VW50	54	22	83	120					279		279
16	29	226	Worst Pace Scenario	Jason Smith	Male	SM25	67	40	71	111					289		289
17	17	129	Sandy Soles	Kate Wisbach	Female	SW30	17	31	189	56					293		293
18	23	184	Scrambled Legs	Leanne Thomas-Fawcett	Female	VW40	88	90	61	79					318		318
19	30	233	True Blood Blues	Dean O'Brien	Male	M	220	1	16	82					319		319
20	6	42	Where's Lesley!?!	Mark Barrett	Male	VM50	177	47	42	54					320		320
21	32	254	Rocks Stars	Nina Jensen	Female	VW50	58	38	78	148					322		322
22	32	250	Rocks Stars	Mark Anderson	Male	VM50	64	32	143	89					328		328
23	7	52	Done a Runner	Mark Burgess	Male	VM50	30	33	240	33					336		336
24	12	89	Run Forest Run	Angela MacOscar	Female	VW50	49	115	108	65					337		337
25	12	93	Run Forest Run	Amy Anderson	Female	SW25	20	107	153	58					338		338
26	17	133	Sandy Soles	Michael Smith	Male	VM40	78	54	47	162					341		341
27	23	181	Scrambled Legs	Phil Dorr	Male	VM55	6	150	44	143					343		343
28	27	209	Why does it always rain on GP?	John Sutcliffe	Male	VM45	51	127	14	151					343		343
29	14	107	Never Mind the GDPR	Simon Jamison	Male	VM45	41	149	8	146					344		344
30	20	154	Monkey Allsorts	Justin Heath	Male	VM45	209	24	7	107					347		347
31	13	97	The Fast and the Spurious	Paul Bain	Male	VM50	19	153	107	68					347		347
32	3	22	Chatty Runners	Jennie Doig	Female	VW45	1	123	25	202					351		351
33	32	256	Rocks Stars	Tara Hipwood	Female	VW35	77	175	9	93					354		354
34	19	151	Cirque du sore legs	Andrew Wilson	Male	VM35	28	52	88	189					357		357
35	4	30	Lightning Seeds	Helen Lilley	Female	VW35	24	102	58	173					357		357
36	33	258	Premature Acceleration	Stephanie Taylor	Female	VW45	48	71	164	74					357		357
37	8	59	We've Got The Runs	Alex Black	Male	SM30	61	151	84	73					369		369

NSP Winter GP 2024/25

Individual Athlete Scores



Position	Team #	Bib Number	Team Name	Name	Gender	Category	Blyth 10K	GP2	GP3	GP4	GP5	GP6	GP7	Worst Score	Score B4 FC	Fairbairn Cup	Total Points
38	18	144	Junkyard Dogs	Rachel Weaver	Female	SW30	144	92	85	49					370		370
39	24	189	Keeping up with the Kardashshruns	Dave Huscroft	Male	VM35	69	70	125	117					381		381
40	36	284	Rockcliffe B Team	Jason Nash	Male	VM50	4	64	103	220					391		391
41	24	191	Keeping up with the Kardashshruns	Gareth Gwynette	Male	VM35	111	201	33	47					392		392
42	36	288	Rockcliffe B Team	Rob Pilling	Male	SM30	70	60	175	88					393		393
43	12	90	Run Forest Run	Kate Stephenson	Female	SW30	12	68	94	220					394		394
44	10	77	Run EMC	David Crowe	Male	VM40	62	220	54	59					395		395
45	5	34	Happy Soles	Anita Attala	Female	VW55	150	110	24	114					398		398
46	35	280	The Full Claremonty	Alex Harding	Male	SM30	105	140	68	85					398		398
47	36	281	Rockcliffe B Team	Matt Fletcher 1979	Male	VM45	159	17	216	8					400		400
48	3	24	Chatty Runners	Michael Reid	Male	VM60	167	91	62	81					401		401
49	28	217	Geoffrey's midnight runners	Geoffrey Blair	Male	VM60	220	106	34	41					401		401
50	29	232	Worst Pace Scenario	Steve McKenzie	Male	SM30	31	65	89	220					405		405
51	37	296	GP: Unwise but not illegal	Matthew Kingston	Male	VM50	56	25	154	175					410		410
52	33	259	Premature Acceleration	Darren Robinson	Male	VM50	86	86	18	220					410		410
53	14	110	Never Mind the GDPR	Helen Gardiner	Female	VW45	44	30	156	184					414		414
54	26	206	Sergeant Cooper's Maximum Heart Rate Band	Jonny Malley	Male	SM30	103	155	74	83					415		415
55	22	171	3.4 Mile High Club	Kath Richards	Female	VW70	122	77	11	206					416		416
56	34	267	The 3rd Wheelers	Luke Woodend	Male	VM40	98	13	113	194					418		418
57	37	291	GP: Unwise but not illegal	Sam Fisher	Male	SM30	220	16	142	43					421		421
58	31	241	Pimp my Stride	Helen Leck	Female	VW35	220	80	73	50					423		423
59	7	54	Done a Runner	Robyn Ferguson	Female	SW25	141	41	130	112					424		424
60	27	216	Why does it always rain on GP?	Paul Brennan	Male	VM45	132	105	31	156					424		424
61	3	18	Chatty Runners	Helen Hearn	Female	VW55	194	2	225	4					425		425
62	29	227	Worst Pace Scenario	Adam Downie	Male	SM20	82	134	148	64					428		428
63	11	85	Born In The Whitley Bay	Gillian Thompson	Female	VW50	101	56	96	176					429		429
64	36	282	Rockcliffe B Team	Graham Hall	Male	VM55	124	66	217	24					431		431
65	27	212	Why does it always rain on GP?	Susan Gent	Female	VW45	117	220	60	35					432		432
66	23	177	Scrambled Legs	David Lopez	Male	VM50	203	29	110	91					433		433
67	26	205	Sergeant Cooper's Maximum Heart Rate Band	Mark Simpson	Male	VM60	172	43	64	154					433		433
68	30	235	True Blood Blues	Niamh Garret	Female	SW20	220	35	169	9					433		433
69	37	289	GP: Unwise but not illegal	Simon Huntley	Male	VM45	72	146	40	178					436		436
70	30	234	True Blood Blues	Janet Palmer	Female	VW65	53	178	59	147					437		437
71	25	198	Eight Leggy Freaks	Peter Hutchinson	Male	VM35	80	36	133	191					440		440
72	13	102	The Fast and the Spurious	Keith Patterson	Male	VM55	109	160	12	160					441		441
73	27	215	Why does it always rain on GP?	Sarah Raine	Female	SW25	173	156	86	26					441		441
74	19	149	Cirque du sore legs	John Lavender	Male	VM65	147	114	50	134					445		445

NSP Winter GP 2024/25

Individual Athlete Scores



Position	Team #	Bib Number	Team Name	Name	Gender	Category	Blyth 10K	GP2	GP3	GP4	GP5	GP6	GP7	Worst Score	Score B4 EC	Fairbairn Cup	Total Points
75	4	29	Lightning Seeds	Lita Gill	Female	VW65	94	89	105	158					446		446
76	2	11	Geoff Capes (RIP) and the Burley Men	Michael Gibson	Male	VM40	23	135	69	220					447		447
77	24	188	Keeping up with the Kardashsheruns	Matt Morris	Male	SM25	66	88	75	220					449		449
78	20	156	Monkey Allsorts	Julie Dugdale	Female	VW40	18	3	209	220					450		450
79	39	305	Monkey Runners	Gemma Thompson	Female	VF35	11	197	23	220					451		451
80	15	113	Fast Action Heros	Paul Sherburn	Male	VM55	92	220	43	97					452		452
81	35	274	The Full Claremonty	Aoife Monaghan	Female	SW25	220	14	208	11					453		453
82	2	10	Geoff Capes (RIP) and the Burley Men	Rory McConnachy	Male	VM40	126	157	48	123					454		454
83	24	190	Keeping up with the Kardashsheruns	Catherine Holland	Female	VW45	76	81	240	57					454		454
84	3	17	Chatty Runners	Ian Hearn	Male	VM55	125	119	202	10					456		456
85	6	47	Where's Lesley!?!	Peter Rendall	Male	VM60	202	207	35	13					457		457
86	33	260	Premature Acceleration	Lisa Wild	Female	VW40	107	49	132	170					458		458
87	16	126	Shreddie Knitters	Alan Amis	Male	VM70	89	162	29	179					459		459
88	28	218	Geoffrey's midnight runners	Simon Wells	Male	VM55	205	12	136	109					462		462
89	29	228	Worst Pace Scenario	Rose King	Female	SW25	106	50	165	142					463		463
90	12	94	Run Forest Run	Davey Vasey	Male	VM40	220	69	100	78					467		467
91	7	55	Done a Runner	Linda Bulfin	Female	VW40	95	75	97	201					468		468
92	16	121	Shreddie Knitters	Heather Gould	Female	VW60	34	220	19	200					473		473
93	25	199	Eight Leggy Freaks	Johnny Law	Male	SM30	193	44	98	141					476		476
94	8	62	We've Got The Runs	Paul Gilder	Male	VM45	164	97	102	115					478		478
95	6	41	Where's Lesley!?!	Mark Dutton	Male	VM50	139	220	67	53					479		479
96	14	112	Never Mind the GDPR	Helen Heaney	Female	VW45	153	82	147	102					484		484
97	8	64	We've Got The Runs	Gavin Duke	Male	VM45	116	67	150	152					485		485
98	24	187	Keeping up with the Kardashsheruns	Andrew Clarke	Male	VM35	220	76	139	55					490		490
99	22	173	3.4 Mile High Club	Jenni Ede	Female	VW35	127	108	138	118					491		491
100	34	271	The 3rd Wheelers	Jim Crinnon	Male	VM50	220	220	3	48					491		491
101	27	213	Why does it always rain on GP?	Cheryl Hall	Female	VW35	74	191	63	164					492		492
102	10	74	Run EMC	Claire Adams	Female	VW45	55	42	176	220					493		493
103	9	72	Lost In Pace	Gareth Hurst	Male	VM35	129	167	114	87					497		497
104	3	21	Chatty Runners	Paula Abbott	Female	VW50	35	19	224	220					498		498
105	18	142	Junkyard Dogs	Phil Rees	Male	VM70	220	11	93	174					498		498
106	1	1	Swift Runners	Clare Swift	Female	VW40	57	103	135	203					498		498
107	13	98	The Fast and the Spurious	Chris Kurji-Smith	Male	VM50	87	117	77	220					501		501
108	5	37	Happy Soles	Craig Scope	Male	VM45	102	39	141	220					502		502
109	40	313	The Others	Guy Bracken	Male	VM	201	62	76	163					502		502
110	31	244	Pimp my Stride	Stephen Foggin	Male	VM40	220	95	159	31					505		505
111	18	141	Junkyard Dogs	Claire Harlow	Female	VW35	120	124	91	172					507		507

NSP Winter GP 2024/25

Individual Athlete Scores



Position	Team #	Bib Number	Team Name	Name	Gender	Category	Blyth 10K	GP2	GP3	GP4	GP5	GP6	GP7	Worst Score	Score B4 FC	Fairbairn Cup	Total Points
112	29	225	Worst Pace Scenario	Simon Ebbitt	Male	VM45	59	220	118	110					507		507
113	19	146	Cirque du sore legs	Rich Fawcett	Male	VM35	148	118	111	133					510		510
114	28	221	Geoffrey's midnight runners	Pete Jackson	Male	VM50	45	220	57	188					510		510
115	18	143	Junkyard Dogs	Andy Pendlebury	Male	VM50	220	55	186	52					513		513
116	35	273	The Full Claremonty	Roberto Marzo	Male	VM40	220	141	66	86					513		513
117	10	75	Run EMC	Michael Parkinson	Male	VM50	155	59	80	220					514		514
118	4	27	Lightning Seeds	Lucy Craig	Female	VW50	220	79	195	21					515		515
119	20	157	Monkey Allsorts	Helen Riding	Female	VW45	174	5	197	139					515		515
120	37	295	GP: Unwise but not illegal	Leigh Moor	Female	VW45	118	85	120	197					520		520
121	35	276	The Full Claremonty	Tom Tinsley	Male	VM65	133	193	27	171					524		524
122	17	130	Sandy Soles	Jess Errington	Female	SW30	84	171	240	30					525		525
123	11	87	Born In The Whitley Bay	Rob Williams	Male	VM40	37	142	160	187					526		526
124	28	224	Geoffrey's midnight runners	David Newman	Male	VM60	47	21	240	220					528		528
125	16	123	Shreddie Knitters	John Sayer	Male	VM40	29	220	240	44					533		533
126	9	69	Lost In Pace	Steve Colby	Male	VM40	220	83	228	3					534		534
127	39	311	Monkey Runners	Suzanne Crozier	Female	VF60	42	220	240	32					534		534
128	11	84	Born In The Whitley Bay	Sara Pick	Female	VW50	198	26	240	71					535		535
129	26	202	Sergeant Cooper's Maximum Heart Rate Band	Gavin Holder	Male	VM50	75	96	144	220					535		535
130	30	240	True Blood Blues	Jennifer Roberts	Female	SW30	33	122	184	196					535		535
131	10	73	Run EMC	Alison Smith	Female	VW	152	170	81	135					538		538
132	14	111	Never Mind the GDPR	Georgina Barlow	Female	SW30	220	220	1	98					539		539
133	25	200	Eight Leggy Freaks	Richard Hanley	Male	VM45	220	147	52	122					541		541
134	11	88	Born In The Whitley Bay	Laura Wright	Female	VW40	81	45	198	220					544		544
135	32	253	Rocks Stars	Holly Porter	Female	SW30	220	58	140	126					544		544
136	22	175	3.4 Mile High Club	Jess Mohon	Female	SW20	166	113	240	27					546		546
137	13	101	The Fast and the Spurious	Catherine Thompson	Female	VW	112	220	149	66					547		547
138	4	32	Lightning Seeds	David Wright	Male	VM60	220	169	5	155					549		549
139	30	238	True Blood Blues	Ann Smith	Female	W	212	116	53	168					549		549
140	39	308	Monkey Runners	Andrew Bassett	Male	SM25	97	220	95	138					550		550
141	15	115	Fast Action Heros	Jonny Rowson	Male	VM45	220	51	137	145					553		553
142	34	272	The 3rd Wheelers	Anton Mirafsari	Male	VM35	130	220	79	125					554		554
143	20	153	Monkey Allsorts	Sean Keddy	Male	VM40	220	57	240	39					556		556
144	16	125	Shreddie Knitters	Roger Makepeace	Male	VM50	113	18	240	186					557		557
145	4	28	Lightning Seeds	Fraser Gill	Male	VM65	115	136	87	220					558		558
146	38	298	Train Guys	Ruth Oldham	Female	VF45	131	173	39	220					563		563
147	35	278	The Full Claremonty	Rachel Hurdman	Female	VW40	220	104	56	185					565		565
148	15	120	Fast Action Heros	Steve Clark	Male	VM45	146	87	115	220					568		568

NSP Winter GP 2024/25

Individual Athlete Scores



Position	Team #	Bib Number	Team Name	Name	Gender	Category	Blyth 10K	GP2	GP3	GP4	GP5	GP6	GP7	Worst Score	Score B4 EC	Fairbairn Cup	Total Points
149	5	35	Happy Soles	Etienne Attala	Male	VM60	138	163	49	220					570		570
150	20	159	Monkey Allsorts	John Laws	Male	VM65	25	220	106	220					571		571
151	16	124	Shreddie Knitters	Lloyd Forster	Male	VM35	169	195	182	25					571		571
152	12	91	Run Forest Run	Ceciia Wilkinson	Female	VW55	220	111	21	220					572		572
153	34	266	The 3rd Wheelers	Julie Cross	Female	VW55	220	125	121	106					572		572
154	13	103	The Fast and the Spurious	Brian Hall	Male	VM60	27	94	240	211					572		572
155	21	164	The Little F'ers	Phil Southern	Male	VM50	213	139	15	207					574		574
156	17	131	Sandy Soles	Anna Reay	Female	SW30	170	74	240	92					576		576
157	3	19	Chatty Runners	Brendon Abbott	Male	VM50	182	177	32	190					581		581
158	15	114	Fast Action Heros	Vicky Rowson	Female	VW45	220	73	157	136					586		586
159	27	210	Why does it always rain on GP?	Lucy Sutcliffe	Female	VW45	186	187	6	208					587		587
160	19	147	Cirque du sore legs	Michael Parkinson	Male	VM45	26	109	240	213					588		588
161	14	105	Never Mind the GDPR	Roger Mosedale	Male	VM55	175	196	20	198					589		589
162	4	25	Lightning Seeds	Angela Brown	Female	VW50	220	208	36	127					591		591
163	8	57	We've Got The Runs	Ian Dunn	Male	VM40	93	220	179	99					591		591
164	8	58	We've Got The Runs	James Anderson	Male	VM40	121	133	119	220					593		593
165	28	219	Geoffrey's midnight runners	Michael Clemmetson	Male	VM60	5	220	240	129					594		594
166	36	285	Rockcliffe B Team	Ben Willcox	Male	VM45	220	154	215	6					595		595
167	17	134	Sandy Soles	Dan Nelson	Male	VM40	52	220	104	220					596		596
168	34	269	The 3rd Wheelers	Sophie Richardson	Female	SW30	63	220	192	121					596		596
169	13	104	The Fast and the Spurious	Michael Bayley	Male	VM65	220	212	4	161					597		597
170	26	204	Sergeant Cooper's Maximum Heart Rate Band	Ryan Thompson	Male	VM35	114	220	180	84					598		598
171	27	211	Why does it always rain on GP?	Simon Gent	Male	VM45	154	220	152	76					602		602
172	34	265	The 3rd Wheelers	Aaron Mansell	Male	SM30	128	220	222	36					606		606
173	35	277	The Full Claremonty	Nicki O'Brien	Female	VW40	220	131	187	69					607		607
174	7	50	Done a Runner	Joan O'Neill	Female	VW60	142	166	134	166					608		608
175	25	195	Eight Leggy Freaks	Craig Mulvaney	Male	VM45	220	220	37	132					609		609
176	15	118	Fast Action Heros	Anabel Drought	Female	VW50	220	132	240	20					612		612
177	15	119	Fast Action Heros	Paddy Drought	Male	VM50	220	138	151	104					613		613
178	2	12	Geoff Capes (RIP) and the Burley Men	James MacLeod	Male	VM45	220	176	174	45					615		615
179	20	158	Monkey Allsorts	Heather Lambert	Female	VW65	180	179	240	16					615		615
180	1	8	Swift Runners	Simon Dunn	Male	VM50	135	101	240	140					616		616
181	18	137	Junkyard Dogs	Dan Venner	Male	VM45	220	182	145	70					617		617
182	6	48	Where's Lesley!?!	Daryl Cooke	Male	VM35	171	220	213	14					618		618
183	22	172	3.4 Mile High Club	Jamie Finlay	Male	VM40	90	220	117	192					619		619
184	5	38	Happy Soles	Julie Herdman-Burn	Female	VW40	197	202	220	1					620		620
185	5	36	Happy Soles	Michael Kane	Male	VM40	220	120	99	183					622		622

NSP Winter GP 2024/25

Individual Athlete Scores



Position	Team #	Bib Number	Team Name	Name	Gender	Category	Blyth 10K	GP2	GP3	GP4	GP5	GP6	GP7	Worst Score	Score B4 FC	Fairbairn Cup	Total Points
186	8	60	We've Got The Runs	Emily Black	Female	SW30	143	137	122	220					622		622
187	6	45	Where's Lesley!?!	Peter Glen-Ravenhill	Male	SM30	119	220	190	96					625		625
188	39	307	Monkey Runners	Gillian Basset	Female	VF55	220	159	240	7					626		626
189	29	231	Worst Pace Scenario	Jennifer Cairns	Female	SW30	220	128	65	220					633		633
190	6	46	Where's Lesley!?!	Mark Shorting	Male	VM40	162	220	161	94					637		637
191	10	79	Run EMC	Iain Johnson	Male	VM45	158	100	162	220					640		640
192	38	304	Train Guys	Scott Ridley	Male	SM30	220	161	183	77					641		641
193	30	236	True Blood Blues	Harry Mawdsely	Male	SM30	32	220	240	149					641		641
194	5	39	Happy Soles	Amy Herdman-Burn	Female	VW35	179	220	131	113					643		643
195	38	301	Train Guys	Ricky Davidson	Male	VM45	149	121	168	205					643		643
196	14	106	Never Mind the GDPR	Matt Wilson	Male	VM50	178	220	227	19					644		644
197	4	26	Lightning Seeds	Colin Brown	Male	VM50	220	220	166	40					646		646
198	31	245	Pimp my Stride	Alex Newell	Male	VM35	104	84	240	220					648		648
199	24	186	Keeping up with the Kardashsheruns	Rebecca Cairns	Female	SW25	220	204	13	212					649		649
200	21	161	The Little F'ers	Marie Haworth	Female	VW55	220	205	30	195					650		650
201	20	155	Monkey Allsorts	Anna Aldous	Female	VW40	207	7	223	215					652		652
202	38	300	Train Guys	Chris Waite	Male	VM50	220	189	172	75					656		656
203	17	132	Sandy Soles	Luke Walton	Male	VM55	220	210	10	220					660		660
204	22	170	3.4 Mile High Club	Lee Ash	Male	VM50	123	78	240	220					661		661
205	24	192	Keeping up with the Kardashsheruns	Tina Diddee	Female	VW50	220	220	204	18					662		662
206	1	7	Swift Runners	Royston Young	Male	VM40	134	220	181	128					663		663
207	11	81	Born In The Whitley Bay	John Brettell	Male	VM65	210	6	229	220					665		665
208	11	86	Born In The Whitley Bay	James Thompson	Male	VM55	220	168	240	37					665		665
209	23	178	Scrambled Legs	Naomi Reid	Female	VW40	160	46	240	220					666		666
210	1	2	Swift Runners	Colin Winter	Male	VM50	196	220	41	209					666		666
211	27	214	Why does it always rain on GP?	Carrie Brooks	Female	VW45	220	220	214	12					666		666
212	23	183	Scrambled Legs	Michael Gilboy	Male	VM35	190	220	158	101					669		669
213	10	80	Run EMC	Katie Elliott	Female	SW30	220	184	240	28					672		672
214	9	67	Lost In Pace	Jon Heaney	Male	VM45	220	148	112	193					673		673
215	20	160	Monkey Allsorts	Matthew Steanson	Male	VM35	71	144	240	220					675		675
216	14	108	Never Mind the GDPR	Simon Ward	Male	VM45	68	220	210	177					675		675
217	38	302	Train Guys	Paul Harris	Male	VM45	99	130	226	220					675		675
218	18	138	Junkyard Dogs	Andrew Phillips	Male	VM45	220	220	234	2					676		676
219	23	180	Scrambled Legs	Joseph Dorr	Male	SM20	220	185	51	220					676		676
220	1	4	Swift Runners	Peter Atkinson	Male	VM60	220	211	240	5					676		676
221	17	135	Sandy Soles	Phil Lancaster	Male	VM35	163	220	127	167					677		677
222	9	70	Lost In Pace	Alan Haddon	Male	VM40	191	28	240	220					679		679

NSP Winter GP 2024/25

Individual Athlete Scores



Position	Team #	Bib Number	Team Name	Name	Gender	Category	Blyth 10K	GP2	GP3	GP4	GP5	GP6	GP7	Worst Score	Score B4 FC	Fairbairn Cup	Total Points
223	33	257	Premature Acceleration	Sarah Clarke	Female	VW40	8	220	232	220					680		680
224	9	66	Lost In Pace	Graham Lewis-Dale	Male	VM40	220	34	207	220					681		681
225	19	145	Cirque du sore legs	Karen Nicholls	Female	VW35	165	220	129	169					683		683
226	26	207	Sergeant Cooper's Maximum Heart Rate Band	John Kilgannnon	Male	VM40	96	220	203	165					684		684
227	13	100	The Fast and the Spurious	John Dobson	Male	VM40	220	4	240	220					684		684
228	32	249	Rocks Stars	Paul Robinson	Male	VM45	220	190	146	130					686		686
229	40	315	The Others	Lucas Sutherland	Male	M	7	220	240	220					687		687
230	26	208	Sergeant Cooper's Maximum Heart Rate Band	James Vasey	Male	VM35	46	220	240	182					688		688
231	36	286	Rockcliffe B Team	Danny Dixon	Male	SM25	220	180	70	220					690		690
232	21	168	The Little F'ers	Erin Austin	Female	SW25	220	220	233	17					690		690
233	19	152	Cirque du sore legs	Quynh Nguyen	Female	VW45	73	220	178	220					691		691
234	21	167	The Little F'ers	Matthew Seed	Male	SM25	211	220	211	51					693		693
235	22	169	3.4 Mile High Club	Huw Parry	Male	VM55	83	152	240	220					695		695
236	34	268	The 3rd Wheelers	Chloe Glover	Female	SW30	220	220	240	15					695		695
237	1	5	Swift Runners	Tony Hall	Male	VM65	220	93	163	220					696		696
238	18	140	Junkyard Dogs	Adam Smith	Male	SM30	220	165	240	72					697		697
239	16	128	Shreddie Knitters	Caroline Westgarth	Female	SW30	91	220	188	199					698		698
240	8	61	We've Got The Runs	Paul West	Male	VM40	85	220	173	220					698		698
241	5	33	Happy Soles	Rachel Inman	Female	VW40	220	172	90	220					702		702
242	1	3	Swift Runners	Sarah Johnson	Female	VW40	187	220	200	95					702		702
243	31	242	Pimp my Stride	Chris Scott	Male	VM40	220	220	206	60					706		706
244	16	122	Shreddie Knitters	Claire Twinn	Female	VW50	220	206	240	42					708		708
245	24	185	Keeping up with the Kardashsheruns	Paul Wright	Male	VM40	79	220	191	220					710		710
246	33	262	Premature Acceleration	Laura Hope	Female	VW45	189	61	240	220					710		710
247	33	261	Premature Acceleration	Joanne Watson	Female	VW50	40	220	231	220					711		711
248	13	99	The Fast and the Spurious	Vicky Houghton	Female	VW40	220	220	155	116					711		711
249	11	83	Born In The Whitley Bay	Jane Kingston	Female	VW50	181	145	167	220					713		713
250	31	246	Pimp my Stride	Tom Payne	Male	VM50	145	220	240	108					713		713
251	14	109	Never Mind the GDPR	Elle Green	Female	VW45	220	164	240	90					714		714
252	1	6	Swift Runners	Kristy Wonders	Female	VW40	204	220	72	220					716		716
253	32	252	Rocks Stars	Laurie Johnson	Male	VM35	39	220	240	220					719		719
254	7	49	Done a Runner	Rebecca Tindle	Female	VW40	140	220	230	131					721		721
255	12	318	Run Forest Run	Christine Murphy	Female	SW30	206	220	177	119					722		722
256	19	150	Cirque du sore legs	Linda Hodgson	Female	VW50	192	220	170	153					735		735
257	2	16	Geoff Capes (RIP) and the Burley Men	Andrew Lawrence	Male	VM35	110	220	185	220					735		735
258	10	76	Run EMC	Natalie Mortimer	Female	VW45	220	194	101	220					735		735
259	37	294	GP: Unwise but not illegal	Matt Gould	Male	VM40	220	181	116	220					737		737

NSP Winter GP 2024/25

Individual Athlete Scores



Position	Team #	Bib Number	Team Name	Name	Gender	Category	Blyth 10K	GP2	GP3	GP4	GP5	GP6	GP7	Worst Score	Score B4 EC	Fairbairn Cup	Total Points
260	2	9	Geoff Capes (RIP) and the Burley Men	Ben Cook	Male	VM40	137	188	194	220					739		739
261	12	95	Run Forest Run	Danielle Bell	Female	VW35	60	220	240	220					740		740
262	10	78	Run EMC	Natasha Harvey	Female	VW35	220	220	240	61					741		741
263	21	163	The Little F'ers	Ed Taylor	Male	VM40	65	220	240	220					745		745
264	28	222	Geoffrey's midnight runners	Cliff Vetch	Male	VM55	161	174	193	220					748		748
265	26	201	Sergeant Cooper's Maximum Heart Rate Band	Nathan Cooper	Male	SM30	220	220	240	80					760		760
266	32	251	Rocks Stars	David Roberts	Male	VM35	220	199	123	220					762		762
267	2	13	Geoff Capes (RIP) and the Burley Men	Alex Cook	Male	VM40	220	220	201	124					765		765
268	7	51	Done a Runner	Rachael Davies	Female	SW25	220	126	240	181					767		767
269	19	148	Cirque du sore legs	Graham Clark	Male	VM35	220	220	109	220					769		769
270	5	40	Happy Soles	Lesley Sinclair	Female	VW55	176	220	196	180					772		772
271	15	117	Fast Action Heros	Laura Greaves	Female	VW40	220	98	240	220					778		778
272	9	65	Lost In Pace	Patrick Houghton	Male	VM40	220	99	240	220					779		779
273	18	139	Junkyard Dogs	David Williams	Male	VM50	100	220	240	220					780		780
274	25	193	Eight Leggy Freaks	Jonathan Boxshall	Male	VM45	220	220	205	137					782		782
275	29	230	Worst Pace Scenario	Richard Aird	Male	VM45	108	220	240	220					788		788
276	9	71	Lost In Pace	Paul Seed	Male	VM45	188	220	240	144					792		792
277	23	182	Scrambled Legs	David Stainthorpe	Male	VM50	156	220	199	220					795		795
278	36	287	Rockcliffe B Team	Matt Fletcher 1975	Male	VM45	195	220	171	220					806		806
279	25	194	Eight Leggy Freaks	Colin Rogerson	Male	VM50	220	129	240	220					809		809
280	6	43	Where's Lesley!?!	Vicky Simpson	Female	SW30	136	220	240	214					810		810
281	34	270	The 3rd Wheelers	Cate Walker	Female	VW35	220	220	212	159					811		811
282	36	283	Rockcliffe B Team	Peter Wallis	Male	VM50	151	203	240	220					814		814
283	7	56	Done a Runner	Jennifer Rees	Female	VW40	220	143	240	220					823		823
284	28	220	Geoffrey's midnight runners	Andy Scuar	Male	VM55	157	220	240	220					837		837
285	35	279	The Full Claremonty	Alexia O'Rourke	Female	SW25	200	198	219	220					837		837
286	31	243	Pimp my Stride	Michael Bradley	Male	SM30	220	158	240	220					838		838
287	25	197	Eight Leggy Freaks	Paul Simmons	Male	VM35	168	220	240	220					848		848
288	23	179	Scrambled Legs	Steve Gilroy	Male	VM55	183	213	240	220					856		856
289	39	310	Monkey Runners	Joe Coyne	Male	SM30	220	183	240	220					863		863
290	40	314	The Others	John Brown	Male	VM	184	220	240	220					864		864
291	31	248	Pimp my Stride	Amy Auld	Female	VW35	185	220	240	220					865		865
292	15	116	Fast Action Heros	Kate Hall	Female	VW55	220	186	240	220					866		866
293	22	174	3.4 Mile High Club	Wayne Kavanagh	Male	VM35	220	192	240	220					872		872
294	39	306	Monkey Runners	Sam Clark	Female	VF35	220	220	218	220					878		878
295	21	166	The Little F'ers	Joanne Colligan	Female	VW55	199	220	240	220					879		879
296	38	297	Train Guys	David Quinn	Male	VM45	220	220	221	220					881		881

NSP Winter GP 2024/25

Individual Athlete Scores



Position	Team #	Bib Number	Team Name	Name	Gender	Category	Blyth 10K	GP2	GP3	GP4	GP5	GP6	GP7	Worst Score	Score B4 FC	Fairbairn Cup	Total Points
297	21	162	The Little F'ers	Alex Campbell	Female	VW50	220	220	240	204					884		884
298	38	303	Train Guys	Mark Small	Male	VM	208	220	240	220					888		888
299	16	127	Shreddie Knitters	Sophie Ward	Female	SW30	220	209	240	220					889		889
300	28	223	Geoffrey's midnight runners	Kate Robson	Female	SW30	220	220	240	210					890		890
301	11	82	Born In The Whitley Bay	Karen Falcus	Female	VW55	220	220	240	220					900		900
302	7	53	Done a Runner	Lily Jamison	Female	SW20	220	220	240	220					900		900
303	25	196	Eight Leggy Freaks	Jack Taylor-Burns	Male	SM30	220	220	240	220					900		900
304	2	14	Geoff Capes (RIP) and the Burley Men	John Cook	Male	VM70	220	220	240	220					900		900
305	2	15	Geoff Capes (RIP) and the Burley Men	Rich Johnson	Male	VM35	220	220	240	220					900		900
306	37	292	GP: Unwise but not illegal	Gregory Kirkbride	Male	VM55	220	220	240	220					900		900
307	4	31	Lightning Seeds	Kathy Seed	Female	VW60	220	220	240	220					900		900
308	9	68	Lost In Pace	Matt Price	Male	VM50	220	220	240	220					900		900
309	31	247	Pimp my Stride	Merlin Duff	Male	SM30	220	220	240	220					900		900
310	33	263	Premature Acceleration	Cat Johnston	Female	VW35	220	220	240	220					900		900
311	12	92	Run Forest Run	Jenna Robinson	Female	VW35	220	220	240	220					900		900
312	17	136	Sandy Soles	Sian Williams	Female	VW55	220	220	240	220					900		900
313	38	299	Train Guys	Oliver Oldham	Male	VM	220	220	240	220					900		900
314	8	63	We've Got The Runs	Chris Snowball	Male	VM35	220	220	240	220					900		900
315	29	229	Worst Pace Scenario	Andy Thompson	Male	SM30	220	220	240	220					900		900