

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	33	264	Premature Acceleration	Wendy Pawsey	Female	VW45	10	72	38	46	-	47			213		213
2	6	44	Where's Lesley!?!	Frances Kavanagh	Female	SW30	13	48	45	29	-	90			225		225
3	35	275	The Full Claremonty	Rose Hawkswood	Female	VW35	2	15	17	23	-	210			267		267
4	30	237	True Blood Blues	Zoe Jukes	Female	SW25	16	37	55	62	-	102			272		272
5	37	290	GP: Unwise but not illegal	Stephen Walker	Male	VM55	9	10	46	157	-	85			307		307
6	30	239	True Blood Blues	Eddie Smith	Male	M	15	8	92	63	-	133			311		311
7	26	203	Sergeant Cooper's Maximum Heart Rate Band	Andy Foster	Male	VM35	43	53	126	38	-	72			332		332
8	39	309	Monkey Runners	Richard Clough	Male	VM65	50	112	22	67	-	89			340		340
9	3	23	Chatty Runners	Linda Bartram	Female	VW65	14	23	26	150	-	134			347		347
10	17	129	Sandy Soles	Kate Wisbach	Female	SW30	17	31	189	56	-	68			361		361
11	7	52	Done a Runner	Mark Burgess	Male	VM50	30	33	240	33	-	29			365		365
12	37	293	GP: Unwise but not illegal	Gavin Curley	Male	VM45	38	9	124	34	-	163			368		368
13	3	20	Chatty Runners	Judith Correia	Female	VW50	54	22	83	120	-	96			375		375
14	20	154	Monkey Allsorts	Justin Heath	Male	VM45	209	24	7	107	-	30			377		377
15	32	250	Rocks Stars	Mark Anderson	Male	VM50	64	32	143	89	-	60			388		388
16	21	165	The Little F'ers	Joanna Malia	Female	VW60	21	27	28	103	-	210			389		389
17	39	312	Monkey Runners	Bob Dunn	Male	VM35	3	20	128	100	-	143			394		394
18	22	176	3.4 Mile High Club	Kelly Hannah	Female	VW45	22	63	82	105	-	128			400		400
19	27	209	Why does it always rain on GP?	John Sutcliffe	Male	VM45	51	127	14	151	-	59			402		402
20	17	133	Sandy Soles	Michael Smith	Male	VM40	78	54	47	162	-	65			406		406
21	13	97	The Fast and the Spurious	Paul Bain	Male	VM50	19	153	107	68	-	70			417		417
22	29	232	Worst Pace Scenario	Steve McKenzie	Male	SM30	31	65	89	220	-	23			428		428
23	8	59	We've Got The Runs	Alex Black	Male	SM30	61	151	84	73	-	63			432		432
24	36	288	Rockcliffe B Team	Rob Pilling	Male	SM30	70	60	175	88	-	44			437		437
25	29	226	Worst Pace Scenario	Jason Smith	Male	SM25	67	40	71	111	-	149			438		438
26	36	284	Rockcliffe B Team	Jason Nash	Male	VM50	4	64	103	220	-	53			444		444
27	30	233	True Blood Blues	Dean O'Brien	Male	M	220	1	16	82	-	127			446		446
28	6	42	Where's Lesley!?!	Mark Barrett	Male	VM50	177	47	42	54	-	126			446		446
29	3	22	Chatty Runners	Jennie Doig	Female	VW45	1	123	25	202	-	100			451		451
30	18	144	Junkyard Dogs	Rachel Weaver	Female	SW30	144	92	85	49	-	81			451		451
31	28	217	Geoffrey's midnight runners	Geoffrey Blair	Male	VM60	220	106	34	41	-	58			459		459
32	32	254	Rocks Stars	Nina Jensen	Female	VW50	58	38	78	148	-	138			460		460
33	33	258	Premature Acceleration	Stephanie Taylor	Female	VW45	48	71	164	74	-	104			461		461
34	32	255	Rocks Stars	Lena Webster-Costello	Female	SW25	36	200	2	22	-	204			464		464
35	37	291	GP: Unwise but not illegal	Sam Fisher	Male	SM30	220	16	142	43	-	45			466		466
36	4	30	Lightning Seeds	Helen Lilley	Female	VW35	24	102	58	173	-	109			466		466
37	30	235	True Blood Blues	Niamh Garret	Female	SW20	220	35	169	9	-	35			468		468

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	23	184	Scrambled Legs	Leanne Thomas-Fawcett	Female	VW40	88	90	61	79	-	151			469		469
39	10	77	Run EMC	David Crowe	Male	VM40	62	220	54	59	-	83			478		478
40	20	156	Monkey Allsorts	Julie Dugdale	Female	VW40	18	3	209	220	-	33			483		483
41	23	181	Scrambled Legs	Phil Dorr	Male	VM55	6	150	44	143	-	140			483		483
42	31	241	Pimp my Stride	Helen Leck	Female	VW35	220	80	73	50	-	67			490		490
43	12	89	Run Forest Run	Angela MacOscar	Female	VW50	49	115	108	65	-	162			499		499
44	36	281	Rockcliffe B Team	Matt Fletcher 1979	Male	VM45	159	17	216	8	-	103			503		503
45	35	280	The Full Claremonty	Alex Harding	Male	SM30	105	140	68	85	-	107			505		505
46	24	191	Keeping up with the Kardashshruns	Gareth Gwynette	Male	VM35	111	201	33	47	-	114			506		506
47	12	93	Run Forest Run	Amy Anderson	Female	SW25	20	107	153	58	-	171			509		509
48	12	90	Run Forest Run	Kate Stephenson	Female	SW30	12	68	94	220	-	116			510		510
49	14	107	Never Mind the GDPR	Simon Jamison	Male	VM45	41	149	8	146	-	169			513		513
50	19	151	Cirque du sore legs	Andrew Wilson	Male	VM35	28	52	88	189	-	159			516		516
51	10	75	Run EMC	Michael Parkinson	Male	VM50	155	59	80	220	-	11			525		525
52	26	205	Sergeant Cooper's Maximum Heart Rate Band	Mark Simpson	Male	VM60	172	43	64	154	-	93			526		526
53	3	17	Chatty Runners	Ian Hearn	Male	VM55	125	119	202	10	-	73			529		529
54	27	216	Why does it always rain on GP?	Paul Brennan	Male	VM45	132	105	31	156	-	111			535		535
55	25	198	Eight Leggy Freaks	Peter Hutchinson	Male	VM35	80	36	133	191	-	99			539		539
56	14	111	Never Mind the GDPR	Georgina Barlow	Female	SW30	220	220	1	98	-	1			540		540
57	19	149	Cirque du sore legs	John Lavender	Male	VM65	147	114	50	134	-	101			546		546
58	28	221	Geoffrey's midnight runners	Pete Jackson	Male	VM50	45	220	57	188	-	39			549		549
59	3	24	Chatty Runners	Michael Reid	Male	VM60	167	91	62	81	-	153			554		554
60	8	64	We've Got The Runs	Gavin Duke	Male	VM45	116	67	150	152	-	69			554		554
61	30	240	True Blood Blues	Jennifer Roberts	Female	SW30	33	122	184	196	-	20			555		555
62	26	202	Sergeant Cooper's Maximum Heart Rate Band	Gavin Holder	Male	VM50	75	96	144	220	-	27			562		562
63	19	146	Cirque du sore legs	Rich Fawcett	Male	VM35	148	118	111	133	-	54			564		564
64	32	256	Rocks Stars	Tara Hipwood	Female	VW35	77	175	9	93	-	210			564		564
65	17	130	Sandy Soles	Jess Errington	Female	SW30	84	171	240	30	-	40			565		565
66	20	157	Monkey Allsorts	Helen Riding	Female	VW45	174	5	197	139	-	56			571		571
67	2	10	Geoff Capes (RIP) and the Burley Men	Rory McConnachy	Male	VM40	126	157	48	123	-	118			572		572
68	3	18	Chatty Runners	Helen Hearn	Female	VW55	194	2	225	4	-	150			575		575
69	23	177	Scrambled Legs	David Lopez	Male	VM50	203	29	110	91	-	142			575		575
70	25	199	Eight Leggy Freaks	Johnny Law	Male	SM30	193	44	98	141	-	106			582		582
71	28	218	Geoffrey's midnight runners	Simon Wells	Male	VM55	205	12	136	109	-	120			582		582
72	4	29	Lightning Seeds	Lita Gill	Female	VW65	94	89	105	158	-	141			587		587
73	16	124	Shreddie Knitters	Lloyd Forster	Male	VM35	169	195	182	25	-	18			589		589
74	29	225	Worst Pace Scenario	Simon Ebbitt	Male	VM45	59	220	118	110	-	82			589		589

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
75	5	35	Happy Soles	Etienne Attala	Male	VM60	138	163	49	220	-	21			591		591
76	24	189	Keeping up with the Kardashsheruns	Dave Huscroft	Male	VM35	69	70	125	117	-	210			591		591
77	9	72	Lost In Pace	Gareth Hurst	Male	VM35	129	167	114	87	-	97			594		594
78	22	175	3.4 Mile High Club	Jess Mohon	Female	SW20	166	113	240	27	-	50			596		596
79	34	267	The 3rd Wheelers	Luke Woodend	Male	VM40	98	13	113	194	-	179			597		597
80	24	190	Keeping up with the Kardashsheruns	Catherine Holland	Female	VW45	76	81	240	57	-	147			601		601
81	33	259	Premature Acceleration	Darren Robinson	Male	VM50	86	86	18	220	-	193			603		603
82	12	94	Run Forest Run	Davey Vasey	Male	VM40	220	69	100	78	-	136			603		603
83	12	91	Run Forest Run	Cecia Wilkinson	Female	VW55	220	111	21	220	-	32			604		604
84	16	126	Shreddie Knitters	Alan Amis	Male	VM70	89	162	29	179	-	145			604		604
85	22	171	3.4 Mile High Club	Kath Richards	Female	VW70	122	77	11	206	-	191			607		607
86	5	34	Happy Soles	Anita Attala	Female	VW55	150	110	24	114	-	210			608		608
87	35	273	The Full Claremonty	Roberto Marzo	Male	VM40	220	141	66	86	-	98			611		611
88	35	278	The Full Claremonty	Rachel Hurdman	Female	VW40	220	104	56	185	-	46			611		611
89	5	37	Happy Soles	Craig Scope	Male	VM45	102	39	141	220	-	110			612		612
90	28	224	Geoffrey's midnight runners	David Newman	Male	VM60	47	21	240	220	-	86			614		614
91	27	212	Why does it always rain on GP?	Susan Gent	Female	VW45	117	220	60	35	-	183			615		615
92	37	289	GP: Unwise but not illegal	Simon Huntley	Male	VM45	72	146	40	178	-	182			618		618
93	37	296	GP: Unwise but not illegal	Matthew Kingston	Male	VM50	56	25	154	175	-	210			620		620
94	9	69	Lost In Pace	Steve Colby	Male	VM40	220	83	228	3	-	88			622		622
95	34	271	The 3rd Wheelers	Jim Crinnon	Male	VM50	220	220	3	48	-	131			622		622
96	14	110	Never Mind the GDPR	Helen Gardiner	Female	VW45	44	30	156	184	-	210			624		624
97	34	266	The 3rd Wheelers	Julie Cross	Female	VW55	220	125	121	106	-	52			624		624
98	26	206	Sergeant Cooper's Maximum Heart Rate Band	Jonny Malley	Male	SM30	103	155	74	83	-	210			625		625
99	36	282	Rockcliffe B Team	Graham Hall	Male	VM55	124	66	217	24	-	195			626		626
100	11	88	Born In The Whitley Bay	Laura Wright	Female	VW40	81	45	198	220	-	84			628		628
101	7	55	Done a Runner	Linda Bulfin	Female	VW40	95	75	97	201	-	160			628		628
102	31	244	Pimp my Stride	Stephen Fogglin	Male	VM40	220	95	159	31	-	124			629		629
103	11	84	Born In The Whitley Bay	Sara Pick	Female	VW50	198	26	240	71	-	95			630		630
104	7	54	Done a Runner	Robyn Ferguson	Female	SW25	141	41	130	112	-	210			634		634
105	29	227	Worst Pace Scenario	Adam Downie	Male	SM20	82	134	148	64	-	210			638		638
106	11	85	Born In The Whitley Bay	Gillian Thompson	Female	VW50	101	56	96	176	-	210			639		639
107	14	112	Never Mind the GDPR	Helen Heaney	Female	VW45	153	82	147	102	-	157			641		641
108	30	234	True Blood Blues	Janet Palmer	Female	VW65	53	178	59	147	-	210			647		647
109	15	114	Fast Action Heros	VickyRowson	Female	VW45	220	73	157	136	-	62			648		648
110	15	118	Fast Action Heros	Anabel Drought	Female	VW50	220	132	240	20	-	37			649		649
111	29	228	Worst Pace Scenario	Rose King	Female	SW25	106	50	165	142	-	187			650		650

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	20	158	Monkey Allsorts	Heather Lambert	Female	VW65	180	179	240	16	-	36			651		651
113	13	102	The Fast and the Spurious	Keith Patterson	Male	VM55	109	160	12	160	-	210			651		651
114	27	215	Why does it always rain on GP?	Sarah Raine	Female	SW25	173	156	86	26	-	210			651		651
115	36	285	Rockcliffe B Team	Ben Willcox	Male	VM45	220	154	215	6	-	57			652		652
116	1	1	Swift Runners	Clare Swift	Female	VW40	57	103	135	203	-	158			656		656
117	6	47	Where's Lesley!?!	Peter Rendall	Male	VM60	202	207	35	13	-	199			656		656
118	2	11	Geoff Capes (RIP) and the Burley Men	Michael Gibson	Male	VM40	23	135	69	220	-	210			657		657
119	24	188	Keeping up with the Kardashsheruns	Matt Morris	Male	SM25	66	88	75	220	-	210			659		659
120	39	305	Monkey Runners	Gemma Thompson	Female	VF35	11	197	23	220	-	210			661		661
121	15	113	Fast Action Heros	Paul Sherburn	Male	VM55	92	220	43	97	-	210			662		662
122	35	274	The Full Claremonty	Aoife Monaghan	Female	SW25	220	14	208	11	-	210			663		663
123	5	36	Happy Soles	Michael Kane	Male	VM40	220	120	99	183	-	42			664		664
124	6	41	Where's Lesley!?!	Mark Dutton	Male	VM50	139	220	67	53	-	185			664		664
125	13	101	The Fast and the Spurious	Catherine Thompson	Female	VW	112	220	149	66	-	119			666		666
126	8	58	We've Got The Runs	James Anderson	Male	VM40	121	133	119	220	-	74			667		667
127	33	260	Premature Acceleration	Lisa Wild	Female	VW40	107	49	132	170	-	210			668		668
128	14	106	Never Mind the GDPR	Matt Wilson	Male	VM50	178	220	227	19	-	25			669		669
129	16	121	Shreddie Knitters	Heather Gould	Female	VW60	34	220	19	200	-	196			669		669
130	8	57	We've Got The Runs	Ian Dunn	Male	VM40	93	220	179	99	-	78			669		669
131	22	173	3.4 Mile High Club	Jenni Ede	Female	VW35	127	108	138	118	-	181			672		672
132	17	132	Sandy Soles	Luke Walton	Male	VM55	220	210	10	220	-	14			674		674
133	30	238	True Blood Blues	Ann Smith	Female	W	212	116	53	168	-	125			674		674
134	25	195	Eight Leggy Freaks	Craig Mulvaney	Male	VM45	220	220	37	132	-	71			680		680
135	25	200	Eight Leggy Freaks	Richard Hanley	Male	VM45	220	147	52	122	-	139			680		680
136	10	79	Run EMC	Iain Johnson	Male	VM45	158	100	162	220	-	41			681		681
137	38	302	Train Guys	Paul Harris	Male	VM45	99	130	226	220	-	7			682		682
138	4	26	Lightning Seeds	Colin Brown	Male	VM50	220	220	166	40	-	38			684		684
139	20	160	Monkey Allsorts	Matthew Steanson	Male	VM35	71	144	240	220	-	9			684		684
140	33	257	Premature Acceleration	Sarah Clarke	Female	VW40	8	220	232	220	-	5			685		685
141	13	104	The Fast and the Spurious	Michael Bayley	Male	VM65	220	212	4	161	-	91			688		688
142	8	62	We've Got The Runs	Paul Gilder	Male	VM45	164	97	102	115	-	210			688		688
143	11	87	Born In The Whitley Bay	Rob Williams	Male	VM40	37	142	160	187	-	164			690		690
144	19	147	Cirque du sore legs	Michael Parkinson	Male	VM45	26	109	240	213	-	105			693		693
145	9	66	Lost In Pace	Graham Lewis-Dale	Male	VM40	220	34	207	220	-	13			694		694
146	10	73	Run EMC	Alison Smith	Female	VW	152	170	81	135	-	156			694		694
147	30	236	True Blood Blues	Harry Mawdsely	Male	SM30	32	220	240	149	-	55			696		696
148	24	187	Keeping up with the Kardashsheruns	Andrew Clarke	Male	VM35	220	76	139	55	-	210			700		700

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	34	272	The 3rd Wheelers	Anton Mirafsari	Male	VM35	130	220	79	125	-	146			700		700
150	27	213	Why does it always rain on GP?	Cheryl Hall	Female	VW35	74	191	63	164	-	210			702		702
151	10	74	Run EMC	Claire Adams	Female	VW45	55	42	176	220	-	210			703		703
152	13	103	The Fast and the Spurious	Brian Hall	Male	VM60	27	94	240	211	-	132			704		704
153	17	131	Sandy Soles	Anna Reay	Female	SW30	170	74	240	92	-	129			705		705
154	16	125	Shreddie Knitters	Roger Makepeace	Male	VM50	113	18	240	186	-	148			705		705
155	3	21	Chatty Runners	Paula Abbott	Female	VW50	35	19	224	220	-	210			708		708
156	18	142	Junkyard Dogs	Phil Rees	Male	VM70	220	11	93	174	-	210			708		708
157	32	253	Rocks Stars	Holly Porter	Female	SW30	220	58	140	126	-	165			709		709
158	13	98	The Fast and the Spurious	Chris Kurji-Smith	Male	VM50	87	117	77	220	-	210			711		711
159	36	286	Rockcliffe B Team	Danny Dixon	Male	SM25	220	180	70	220	-	22			712		712
160	40	313	The Others	Guy Bracken	Male	VM	201	62	76	163	-	210			712		712
161	29	231	Worst Pace Scenario	Jennifer Cairns	Female	SW30	220	128	65	220	-	79			712		712
162	18	141	Junkyard Dogs	Claire Harlow	Female	VW35	120	124	91	172	-	210			717		717
163	38	300	Train Guys	Chris Waite	Male	VM50	220	189	172	75	-	61			717		717
164	23	180	Scrambled Legs	Joseph Dorr	Male	SM20	220	185	51	220	-	43			719		719
165	39	308	Monkey Runners	Andrew Bassett	Male	SM25	97	220	95	138	-	170			720		720
166	37	295	GP: Unwise but not illegal	Leigh Moor	Female	VW45	118	85	120	197	-	203			723		723
167	18	143	Junkyard Dogs	Andy Pendlebury	Male	VM50	220	55	186	52	-	210			723		723
168	6	46	Where's Lesley!?!	Mark Shorting	Male	VM40	162	220	161	94	-	87			724		724
169	4	27	Lightning Seeds	Lucy Craig	Female	VW50	220	79	195	21	-	210			725		725
170	21	161	The Little F'ers	Marie Haworth	Female	VW55	220	205	30	195	-	76			726		726
171	35	276	The Full Claremonty	Tom Tinsley	Male	VM65	133	193	27	171	-	205			729		729
172	20	153	Monkey Allsorts	Sean Keddy	Male	VM40	220	57	240	39	-	178			734		734
173	26	204	Sergeant Cooper's Maximum Heart Rate Band	Ryan Thompson	Male	VM35	114	220	180	84	-	137			735		735
174	4	32	Lightning Seeds	David Wright	Male	VM60	220	169	5	155	-	188			737		737
175	18	138	Junkyard Dogs	Andrew Phillips	Male	VM45	220	220	234	2	-	64			740		740
176	14	105	Never Mind the GDPR	Roger Mosedale	Male	VM55	175	196	20	198	-	152			741		741
177	5	38	Happy Soles	Julie Herdman-Burn	Female	VW40	197	202	220	1	-	122			742		742
178	16	123	Shreddie Knitters	John Sayer	Male	VM40	29	220	240	44	-	210			743		743
179	39	311	Monkey Runners	Suzanne Crozier	Female	VF60	42	220	240	32	-	210			744		744
180	21	164	The Little F'ers	Phil Southern	Male	VM50	213	139	15	207	-	175			749		749
181	5	33	Happy Soles	Rachel Inman	Female	VW40	220	172	90	220	-	49			751		751
182	28	222	Geoffrey's midnight runners	Cliff Vettch	Male	VM55	161	174	193	220	-	6			754		754
183	15	115	Fast Action Heros	Jonny Rowson	Male	VM45	220	51	137	145	-	210			763		763
184	38	301	Train Guys	Ricky Davidson	Male	VM45	149	121	168	205	-	121			764		764
185	4	28	Lightning Seeds	Fraser Gill	Male	VM65	115	136	87	220	-	210			768		768

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
186	27	210	Why does it always rain on GP?	Lucy Sutcliffe	Female	VW45	186	187	6	208	-	184			771		771
187	22	169	3.4 Mile High Club	Huw Parry	Male	VM55	83	152	240	220	-	77			772		772
188	32	251	Rocks Stars	David Roberts	Male	VM35	220	199	123	220	-	10			772		772
189	38	298	Train Guys	Ruth Oldham	Female	VF45	131	173	39	220	-	210			773		773
190	15	120	Fast Action Heros	Steve Clark	Male	VM45	146	87	115	220	-	210			778		778
191	35	277	The Full Claremonty	Nicki O'Brien	Female	VW40	220	131	187	69	-	172			779		779
192	20	159	Monkey Allsorts	John Laws	Male	VM65	25	220	106	220	-	210			781		781
193	26	208	Sergeant Cooper's Maximum Heart Rate Band	James Vasey	Male	VM35	46	220	240	182	-	94			782		782
194	15	119	Fast Action Heros	Paddy Drought	Male	VM50	220	138	151	104	-	173			786		786
195	10	76	Run EMC	Natalie Mortimer	Female	VW45	220	194	101	220	-	51			786		786
196	12	95	Run Forest Run	Danielle Bell	Female	VW35	60	220	240	220	-	48			788		788
197	17	135	Sandy Soles	Phil Lancaster	Male	VM35	163	220	127	167	-	112			789		789
198	1	8	Swift Runners	Simon Dunn	Male	VM50	135	101	240	140	-	174			790		790
199	3	19	Chatty Runners	Brendon Abbott	Male	VM50	182	177	32	190	-	210			791		791
200	34	265	The 3rd Wheelers	Aaron Mansell	Male	SM30	128	220	222	36	-	186			792		792
201	39	307	Monkey Runners	Gillian Basset	Female	VF55	220	159	240	7	-	167			793		793
202	9	65	Lost In Pace	Patrick Houghton	Male	VM40	220	99	240	220	-	16			795		795
203	9	70	Lost In Pace	Alan Haddon	Male	VM40	191	28	240	220	-	117			796		796
204	22	172	3.4 Mile High Club	Jamie Finlay	Male	VM40	90	220	117	192	-	180			799		799
205	4	25	Lightning Seeds	Angela Brown	Female	VW50	220	208	36	127	-	210			801		801
206	27	211	Why does it always rain on GP?	Simon Gent	Male	VM45	154	220	152	76	-	200			802		802
207	28	219	Geoffrey's midnight runners	Michael Clemmetson	Male	VM60	5	220	240	129	-	210			804		804
208	2	9	Geoff Capes (RIP) and the Burley Men	Ben Cook	Male	VM40	137	188	194	220	-	66			805		805
209	17	134	Sandy Soles	Dan Nelson	Male	VM40	52	220	104	220	-	210			806		806
210	34	269	The 3rd Wheelers	Sophie Richardson	Female	SW30	63	220	192	121	-	210			806		806
211	18	139	Junkyard Dogs	David Williams	Male	VM50	100	220	240	220	-	28			808		808
212	18	137	Junkyard Dogs	Dan Venner	Male	VM45	220	182	145	70	-	192			809		809
213	32	249	Rocks Stars	Paul Robinson	Male	VM45	220	190	146	130	-	123			809		809
214	23	182	Scrambled Legs	David Stainthorpe	Male	VM50	156	220	199	220	-	15			810		810
215	7	50	Done a Runner	Joan O'Neill	Female	VW60	142	166	134	166	-	210			818		818
216	6	48	Where's Lesley!?!	Daryl Cooke	Male	VM35	171	220	213	14	-	202			820		820
217	11	83	Born In The Whitley Bay	Jane Kingston	Female	VW50	181	145	167	220	-	108			821		821
218	2	12	Geoff Capes (RIP) and the Burley Men	James MacLeod	Male	VM45	220	176	174	45	-	210			825		825
219	8	60	We've Got The Runs	Emily Black	Female	SW30	143	137	122	220	-	210			832		832
220	6	45	Where's Lesley!?!	Peter Glen-Ravenhill	Male	SM30	119	220	190	96	-	210			835		835
221	7	49	Done a Runner	Rebecca Tindle	Female	VW40	140	220	230	131	-	115			836		836
222	7	51	Done a Runner	Rachael Davies	Female	SW25	220	126	240	181	-	75			842		842

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	1	2	Swift Runners	Colin Winter	Male	VM50	196	220	41	209	-	177			843		843
224	21	168	The Little F'ers	Erin Austin	Female	SW25	220	220	233	17	-	155			845		845
225	20	155	Monkey Allsorts	Anna Aldous	Female	VW40	207	7	223	215	-	197			849		849
226	32	252	Rocks Stars	Luke O'Neill	Male	VM35	39	220	240	220	-	130			849		849
227	38	304	Train Guys	Scott Ridley	Male	SM30	220	161	183	77	-	210			851		851
228	5	39	Happy Soles	Amy Herdman-Burn	Female	VW35	179	220	131	113	-	210			853		853
229	28	220	Geoffrey's midnight runners	Andy Scurar	Male	VM55	157	220	240	220	-	17			854		854
230	31	245	Pimp my Stride	Alex Newell	Male	VM35	104	84	240	220	-	210			858		858
231	24	186	Keeping up with the Kardashshruns	Rebecca Cairns	Female	SW25	220	204	13	212	-	210			859		859
232	31	242	Pimp my Stride	Chris Scott	Male	VM40	220	220	206	60	-	154			860		860
233	22	170	3.4 Mile High Club	Lee Ash	Male	VM50	123	78	240	220	-	210			871		871
234	24	192	Keeping up with the Kardashshruns	Tina Diddie	Female	VW50	220	220	204	18	-	210			872		872
235	1	7	Swift Runners	Royston Young	Male	VM40	134	220	181	128	-	210			873		873
236	11	81	Born In The Whitley Bay	John Brettell	Male	VM65	210	6	229	220	-	210			875		875
237	11	86	Born In The Whitley Bay	James Thompson	Male	VM55	220	168	240	37	-	210			875		875
238	23	178	Scrambled Legs	Naomi Reid	Female	VW40	160	46	240	220	-	210			876		876
239	27	214	Why does it always rain on GP?	Carrie Brooks	Female	VW45	220	220	214	12	-	210			876		876
240	19	150	Cirque du sore legs	Linda Hodgson	Female	VW50	192	220	170	153	-	144			879		879
241	23	183	Scrambled Legs	Michael Gilboy	Male	VM35	190	220	158	101	-	210			879		879
242	10	80	Run EMC	Katie Elliott	Female	SW30	220	184	240	28	-	210			882		882
243	9	67	Lost In Pace	Jon Heaney	Male	VM45	220	148	112	193	-	210			883		883
244	14	108	Never Mind the GDPR	Simon Ward	Male	VM45	68	220	210	177	-	210			885		885
245	1	4	Swift Runners	Peter Atkinson	Male	VM60	220	211	240	5	-	210			886		886
246	38	297	Train Guys	David Quinn	Male	VM45	220	220	221	220	-	8			889		889
247	16	127	Shreddie Knitters	Kelly Woodridge	Female	SW30	220	209	240	220	-	3			892		892
248	19	145	Cirque du sore legs	Karen Nicholls	Female	VW35	165	220	129	169	-	210			893		893
249	26	207	Sergeant Cooper's Maximum Heart Rate Band	John Kilgannnon	Male	VM40	96	220	203	165	-	210			894		894
250	13	100	The Fast and the Spurious	John Dobson	Male	VM40	220	4	240	220	-	210			894		894
251	1	5	Swift Runners	Tony Hall	Male	VM65	220	93	163	220	-	201			897		897
252	40	315	The Others	Lucas Sutherland	Male	M	7	220	240	220	-	210			897		897
253	19	152	Cirque du sore legs	Quynh Nguyen	Female	VW45	73	220	178	220	-	210			901		901
254	39	306	Monkey Runners	Sam Clark	Female	VF35	220	220	218	220	-	24			902		902
255	10	78	Run EMC	Natasha Harvey	Female	VW35	220	220	240	61	-	161			902		902
256	38	299	Train Guys	Oliver Oldham	Male	VM	220	220	240	220	-	2			902		902
257	21	167	The Little F'ers	Matthew Seed	Male	SM25	211	220	211	51	-	210			903		903
258	25	196	Eight Leggy Freaks	Jack Taylor-Burns	Male	SM30	220	220	240	220	-	4			904		904
259	37	294	GP: Unwise but not illegal	Matt Gould	Male	VM40	220	181	116	220	-	168			905		905

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
260	34	268	The 3rd Wheelers	Chloe Glover	Female	SW30	220	220	240	15	-	210			905		905
261	18	140	Junkyard Dogs	Adam Smith	Male	SM30	220	165	240	72	-	210			907		907
262	16	128	Shreddie Knitters	Caroline Westgarth	Female	SW30	91	220	188	199	-	210			908		908
263	8	61	We've Got The Runs	Paul West	Male	VM40	85	220	173	220	-	210			908		908
264	2	15	Geoff Capes (RIP) and the Burley Men	Niall Nesbitt	Male	VM35	220	220	240	220	-	12			912		912
265	1	3	Swift Runners	Sarah Johnson	Female	VW40	187	220	200	95	-	210			912		912
266	16	122	Shreddie Knitters	Claire Twinn	Female	VW50	220	206	240	42	-	210			918		918
267	12	92	Run Forest Run	Krinzia De Rosa	Female	VW35	220	220	240	220	-	19			919		919
268	24	185	Keeping up with the Kardashsheruns	Paul Wright	Male	VM40	79	220	191	220	-	210			920		920
269	33	262	Premature Acceleration	Laura Hope	Female	VW45	189	61	240	220	-	210			920		920
270	33	261	Premature Acceleration	Joanne Watson	Female	VW50	40	220	231	220	-	210			921		921
271	13	99	The Fast and the Spurious	Vicky Houghton	Female	VW40	220	220	155	116	-	210			921		921
272	31	246	Pimp my Stride	Tom Payne	Male	VM50	145	220	240	108	-	210			923		923
273	14	109	Never Mind the GDPR	Elle Green	Female	VW45	220	164	240	90	-	210			924		924
274	1	6	Swift Runners	Kristy Wonders	Female	VW40	204	220	72	220	-	210			926		926
275	2	13	Geoff Capes (RIP) and the Burley Men	Alex Cook	Male	VM40	220	220	201	124	-	166			931		931
276	12	318	Run Forest Run	Christine Murphy	Female	SW30	206	220	177	119	-	210			932		932
277	4	31	Lightning Seeds	Kathy Seed	Female	VW60	220	220	240	220	-	34			934		934
278	2	16	Geoff Capes (RIP) and the Burley Men	Andrew Lawrence	Male	VM35	110	220	185	220	-	210			945		945
279	6	43	Where's Lesley!?!	Vicky Simpson	Female	SW30	136	220	240	214	-	135			945		945
280	21	163	The Little F'ers	Ed Taylor	Male	VM40	65	220	240	220	-	210			955		955
281	22	174	3.4 Mile High Club	Wayne Kavanagh	Male	VM35	220	192	240	220	-	92			964		964
282	26	201	Sergeant Cooper's Maximum Heart Rate Band	Nathan Cooper	Male	SM30	220	220	240	80	-	210			970		970
283	19	148	Cirque du sore legs	Graham Clark	Male	VM35	220	220	109	220	-	210			979		979
284	33	263	Premature Acceleration	Catriona Atkinson	Female	VW35	220	220	240	220	-	80			980		980
285	5	40	Happy Soles	Lesley Sinclair	Female	VW55	176	220	196	180	-	210			982		982
286	34	270	The 3rd Wheelers	Cate Walker	Female	VW35	220	220	212	159	-	176			987		987
287	15	117	Fast Action Heros	Laura Greaves	Female	VW40	220	98	240	220	-	210			988		988
288	25	193	Eight Leggy Freaks	Jonathan Boxshall	Male	VM45	220	220	205	137	-	210			992		992
289	29	230	Worst Pace Scenario	Richard Aird	Male	VM45	108	220	240	220	-	210			998		998
290	9	71	Lost In Pace	Paul Seed	Male	VM45	188	220	240	144	-	210			1002		1002
291	7	53	Done a Runner	David Hudson	Female	SW20	220	220	240	220	-	113			1013		1013
292	36	287	Rockcliffe B Team	Matt Fletcher 1975	Male	VM45	195	220	171	220	-	210			1016		1016
293	25	194	Eight Leggy Freaks	#N/A	#N/A	#N/A	220	129	240	220	-	210			1019		1019
294	36	283	Rockcliffe B Team	Peter Wallis	Male	VM50	151	203	240	220	-	210			1024		1024
295	7	56	Done a Runner	Jennifer Rees	Female	VW40	220	143	240	220	-	210			1033		1033
296	35	279	The Full Claremonty	Alexia O'Rourke	Female	SW25	200	198	219	220	-	210			1047		1047

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	31	243	Pimp my Stride	Michael Bradley	Male	SM30	220	158	240	220	-	210			1048		1048
298	25	197	Eight Leggy Freaks	Paul Simmons	Male	VM35	168	220	240	220	-	210			1058		1058
299	15	116	Fast Action Heros	Kate Hall	Female	VW55	220	186	240	220	-	198			1064		1064
300	23	179	Scrambled Legs	Steve Gilroy	Male	VM55	183	213	240	220	-	210			1066		1066
301	39	310	Monkey Runners	Joe Coyne	Male	SM30	220	183	240	220	-	210			1073		1073
302	21	162	The Little F'ers	Alex Campbell	Female	VW50	220	220	240	204	-	189			1073		1073
303	40	314	The Others	John Brown	Male	VM	184	220	240	220	-	210			1074		1074
304	31	248	Pimp my Stride	Amy Auld	Female	VW35	185	220	240	220	-	210			1075		1075
305	21	166	The Little F'ers	Joanne Colligan	Female	VW55	199	220	240	220	-	210			1089		1089
306	11	82	Born In The Whitley Bay	Karen Falcus	Female	VW55	220	220	240	220	-	190			1090		1090
307	2	14	Geoff Capes (RIP) and the Burley Men	John Cook	Male	VM70	220	220	240	220	-	194			1094		1094
308	38	303	Train Guys	Mark Small	Male	VM	208	220	240	220	-	210			1098		1098
309	28	223	Geoffrey's midnight runners	Kate Robson	Female	SW30	220	220	240	210	-	210			1100		1100
310	37	292	GP: Unwise but not illegal	Gregory Kirkbride	Male	VM55	220	220	240	220	-	210			1110		1110
311	9	68	Lost In Pace	Matt Price	Male	VM50	220	220	240	220	-	210			1110		1110
312	31	247	Pimp my Stride	Merlin Duff	Male	SM30	220	220	240	220	-	210			1110		1110
313	17	136	Sandy Soles	Sian Williams	Female	VW55	220	220	240	220	-	210			1110		1110
314	8	63	We've Got The Runs	Chris Snowball	Male	VM35	220	220	240	220	-	210			1110		1110
315	29	229	Worst Pace Scenario	Andy Thompson	Male	SM30	220	220	240	220	-	210			1110		1110