

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
1	6	44	Where's Lesley!?!	Frances Kavanagh	Female	SW30	13	48	45	29	-	90	18	90	153	56	209
2	33	264	Premature Acceleration	Wendy Pawsey	Female	VW45	10	72	38	46	-	47	42	72	183	47	230
3	17	129	Sandy Soles	Kate Wisbach	Female	SW30	17	31	189	56	-	68	62	189	234	29	263
4	26	203	Sergeant Cooper's Maximum Heart Rate Band	Andy Foster	Male	VM35	43	53	126	38	-	72	20	126	226	61	287
5	30	235	True Blood Blues	Niamh Garret	Female	SW20	220	35	169	9	-	35	6	220	254	36	290
6	30	237	True Blood Blues	Zoe Jukes	Female	SW25	16	37	55	62	-	102	210	210	272	22	294
7	39	312	Monkey Runners	Bob Dunn	Male	VM35	3	20	128	100	-	143	16	143	267	40	307
8	7	52	Done a Runner	Mark Burgess	Male	VM50	30	33	240	33	-	29	156	240	281	28	309
9	37	290	GP: Unwise but not illegal	Stephen Walker	Male	VM55	9	10	46	157	-	85	186	186	307	30	337
10	21	165	The Little F'ers	Joanna Malia	Female	VW60	21	27	28	103	-	210	35	210	214	144	358
11	31	241	Pimp my Stride	Helen Leck	Female	VW35	220	80	73	50	-	67	89	220	359	8	367
12	37	291	GP: Unwise but not illegal	Sam Fisher	Male	SM30	220	16	142	43	-	45	39	220	285	94	379
13	22	176	3.4 Mile High Club	Kelly Hannah	Female	VW45	22	63	82	105	-	128	49	128	321	63	384
14	13	97	The Fast and the Spurious	Paul Bain	Male	VM50	19	153	107	68	-	70	58	153	322	69	391
15	6	42	Where's Lesley!?!	Mark Barrett	Male	VM50	177	47	42	54	-	126	78	177	347	46	393
16	3	20	Chatty Runners	Judith Correia	Female	VW50	54	22	83	120	-	96	95	120	350	44	394
17	29	232	Worst Pace Scenario	Steve McKenzie	Male	SM30	31	65	89	220	-	23	93	220	301	93	394
18	39	309	Monkey Runners	Richard Clough	Male	VM65	50	112	22	67	-	89	33	112	261	148	409
19	36	281	Rockcliffe B Team	Matt Fletcher 1979	Male	VM45	159	17	216	8	-	103	40	216	327	86	413
20	22	175	3.4 Mile High Club	Jess Mohon	Female	SW20	166	113	240	27	-	50	37	240	393	23	416
21	32	256	Rocks Stars	Tara Hipwood	Female	VW35	77	175	9	93	-	210	25	210	379	37	416
22	3	23	Chatty Runners	Linda Bartram	Female	VW65	14	23	26	150	-	134	160	160	347	75	422
23	30	240	True Blood Blues	Jennifer Roberts	Female	SW30	33	122	184	196	-	20	59	196	418	19	437
24	37	293	GP: Unwise but not illegal	Gavin Curley	Male	VM45	38	9	124	34	-	163	86	163	291	156	447
25	28	217	Geoffrey's midnight runners	Geoffrey Blair	Male	VM60	220	106	34	41	-	58	128	220	367	84	451
26	27	215	Why does it always rain on GP?	Sarah Raine	Female	SW25	173	156	86	26	-	210	4	210	445	12	457
27	32	255	Rocks Stars	Lena Webster-Costello	Female	SW25	36	200	2	22	-	204	2	204	262	199	461
28	10	77	Run EMC	David Crowe	Male	VM40	62	220	54	59	-	83	210	220	468	1	469
29	29	226	Worst Pace Scenario	Jason Smith	Male	SM25	67	40	71	111	-	149	50	149	339	138	477
30	35	275	The Full Claremonty	Rose Hawkswood	Female	VW35	2	15	17	23	-	210	210	210	267	220	487
31	27	209	Why does it always rain on GP?	John Sutcliffe	Male	VM45	51	127	14	151	-	59	210	210	402	87	489
32	20	158	Monkey Allsorts	Heather Lambert	Female	VW65	180	179	240	16	-	36	45	240	456	39	495
33	28	218	Geoffrey's midnight runners	Simon Wells	Male	VM55	205	12	136	109	-	120	103	205	480	20	500
34	20	364	Monkey Allsorts	Julie Dugdale	Female	VW40	18	3	209	220	-	33	17	220	280	220	500
35	28	221	Geoffrey's midnight runners	Pete Jackson	Male	VM50	45	220	57	188	-	39	64	220	393	109	502
36	36	288	Rockcliffe B Team	Rob Pilling	Male	SM30	70	60	175	88	-	44	92	175	354	151	505
37	32	250	Rocks Stars	Mark Anderson	Male	VM50	64	32	143	89	-	60	119	143	364	142	506

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38	30	233	True Blood Blues	Dean O'Brien	Male	M	220	1	16	82	-	127	101	220	327	183	510
39	8	59	We've Got The Runs	Alex Black	Male	SM30	61	151	84	73	-	63	210	210	432	81	513
40	19	151	Cirque du sore legs	Andrew Wilson	Male	VM35	28	52	88	189	-	159	114	189	441	80	521
41	14	111	Never Mind the GDPR	Georgina Barlow	Female	SW30	220	220	1	98	-	1	15	220	335	188	523
42	17	133	Sandy Soles	Michael Smith	Male	VM40	78	54	47	162	-	65	97	162	341	182	523
43	35	280	The Full Claremonty	Alex Harding	Male	SM30	105	140	68	85	-	107	154	154	505	18	523
44	3	18	Chatty Runners	Helen Hearn	Female	VW55	194	2	225	4	-	150	8	225	358	170	528
45	24	187	Keeping up with the Kardashshेरuns	Andrew Clarke	Male	VM35	220	76	139	55	-	210	13	220	493	38	531
46	12	90	Run Forest Run	Kate Stephenson	Female	SW30	12	68	94	220	-	116	210	220	500	31	531
47	30	239	True Blood Blues	Eddie Smith	Male	M	15	8	92	63	-	133	210	210	311	220	531
48	3	17	Chatty Runners	Ian Hearn	Male	VM55	125	119	202	10	-	73	87	202	414	120	534
49	12	89	Run Forest Run	Angela MacOscar	Female	VW50	49	115	108	65	-	162	52	162	389	146	535
50	29	225	Worst Pace Scenario	Simon Ebbitt	Male	VM45	59	220	118	110	-	82	133	220	502	33	535
51	12	91	Run Forest Run	Cecilia Wilkinson	Female	VW55	220	111	21	220	-	32	100	220	484	58	542
52	34	267	The 3rd Wheelers	Luke Woodend	Male	VM40	98	13	113	194	-	179	70	194	473	70	543
53	4	29	Lightning Seeds	Lita Gill	Female	VW65	94	89	105	158	-	141	112	158	541	21	562
54	36	284	Rockcliffe B Team	Jason Nash	Male	VM50	4	64	103	220	-	53	120	220	344	220	564
55	34	266	The 3rd Wheelers	Julie Cross	Female	VW55	220	125	121	106	-	52	57	220	461	113	574
56	10	79	Run EMC	Iain Johnson	Male	VM45	158	100	162	220	-	41	63	220	524	52	576
57	23	184	Scrambled Legs	Leanne Thomas-Fawcett	Female	VW40	88	90	61	79	-	151	110	151	428	149	577
58	36	285	Rockcliffe B Team	Ben Willcox	Male	VM45	220	154	215	6	-	57	71	220	503	76	579
59	37	296	GP: Unwise but not illegal	Matthew Kingston	Male	VM50	56	25	154	175	-	210	115	210	525	55	580
60	20	154	Monkey Allsorts	Justin Heath	Male	VM45	209	24	7	107	-	30	210	210	377	204	581
61	18	138	Junkyard Dogs	Andrew Phillips	Male	VM45	220	220	234	2	-	64	26	234	532	54	586
62	23	180	Scrambled Legs	Joseph Dorr	Male	SM20	220	185	51	220	-	43	76	220	575	13	588
63	22	173	3.4 Mile High Club	Jenni Ede	Female	VW35	127	108	138	118	-	181	38	181	529	60	589
64	12	93	Run Forest Run	Amy Anderson	Female	SW25	20	107	153	58	-	171	32	171	370	220	590
65	19	146	Cirque du sore legs	Rich Fawcett	Male	VM35	148	118	111	133	-	54	69	148	485	106	591
66	26	205	Sergeant Cooper's Maximum Heart Rate Band	Mark Simpson	Male	VM60	172	43	64	154	-	93	210	210	526	66	592
67	38	302	Train Guys	Paul Harris	Male	VM45	99	130	226	220	-	7	88	226	544	48	592
68	33	258	Premature Acceleration	Stephanie Taylor	Female	VW45	48	71	164	74	-	104	210	210	461	132	593
69	8	57	We've Got The Runs	Ian Dunn	Male	VM40	93	220	179	99	-	78	48	220	497	96	593
70	18	144	Junkyard Dogs	Rachel Weaver	Female	SW30	144	92	85	49	-	81	68	144	375	220	595
71	19	149	Cirque du sore legs	John Lavender	Male	VM65	147	114	50	134	-	101	28	147	427	171	598
72	8	64	We've Got The Runs	Gavin Duke	Male	VM45	116	67	150	152	-	69	143	152	545	53	598
73	24	190	Keeping up with the Kardashshेरuns	Catherine Holland	Female	VW45	76	81	240	57	-	147	117	240	478	123	601
74	4	27	Lightning Seeds	Lucy Craig	Female	VW50	220	79	195	21	-	210	80	220	585	16	601

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75	11	84	Born In The Whitley Bay	Sara Pick	Female	VW50	198	26	240	71	-	95	51	240	441	166	607
76	37	289	GP: Unwise but not illegal	Simon Huntley	Male	VM45	72	146	40	178	-	182	66	182	502	105	607
77	30	236	True Blood Blues	Harry Mawdsely	Male	SM30	32	220	240	149	-	55	29	240	485	127	612
78	22	171	3.4 Mile High Club	Kath Richards	Female	VW70	122	77	11	206	-	191	145	206	546	67	613
79	21	161	The Little F'ers	Marie Haworth	Female	VW55	220	205	30	195	-	76	106	220	612	11	623
80	32	254	Rocks Stars	Nina Jensen	Female	VW50	58	38	78	148	-	138	138	148	450	175	625
81	25	199	Eight Leggy Freaks	Johnny Law	Male	SM30	193	44	98	141	-	106	210	210	582	45	627
82	10	75	Run EMC	Michael Parkinson	Male	VM50	155	59	80	220	-	11	102	220	407	220	627
83	28	224	Geoffrey's midnight runners	David Newman	Male	VM60	47	21	240	220	-	86	158	240	532	98	630
84	14	106	Never Mind the GDPR	Matt Wilson	Male	VM50	178	220	227	19	-	25	14	227	456	181	637
85	3	24	Chatty Runners	Michael Reid	Male	VM60	167	91	62	81	-	153	111	167	498	147	645
86	4	30	Lightning Seeds	Helen Lilley	Female	VW35	24	102	58	173	-	109	176	176	466	179	645
87	35	273	The Full Claremonty	Roberto Marzo	Male	VM40	220	141	66	86	-	98	79	220	470	177	647
88	32	253	Rocks Stars	Holly Porter	Female	SW30	220	58	140	126	-	165	82	220	571	77	648
89	23	177	Scrambled Legs	David Lopez	Male	VM50	203	29	110	91	-	142	142	203	514	143	657
90	29	227	Worst Pace Scenario	Adam Downie	Male	SM20	82	134	148	64	-	210	140	210	568	91	659
91	34	271	The 3rd Wheelers	Jim Crinnon	Male	VM50	220	220	3	48	-	131	129	220	531	129	660
92	23	182	Scrambled Legs	David Stainthorpe	Male	VM50	156	220	199	220	-	15	61	220	651	10	661
93	6	41	Where's Lesley!?!	Mark Dutton	Male	VM50	139	220	67	53	-	185	104	220	548	116	664
94	35	278	The Full Claremonty	Rachel Hurdman	Female	VW40	220	104	56	185	-	46	210	220	601	64	665
95	9	69	Lost In Pace	Steve Colby	Male	VM40	220	83	228	3	-	88	210	228	604	62	666
96	19	147	Cirque du sore legs	Michael Parkinson	Male	VM45	26	109	240	213	-	105	99	240	552	117	669
97	12	94	Run Forest Run	Davey Vasey	Male	VM40	220	69	100	78	-	136	150	220	533	137	670
98	11	83	Born In The Whitley Bay	Jane Kingston	Female	VW50	181	145	167	220	-	108	46	220	647	24	671
99	3	22	Chatty Runners	Jennie Doig	Female	VW45	1	123	25	202	-	100	210	210	451	220	671
100	1	1	Swift Runners	Clare Swift	Female	VW40	57	103	135	203	-	158	152	203	605	68	673
101	31	244	Pimp my Stride	Stephen Foggin	Male	VM40	220	95	159	31	-	124	210	220	619	59	678
102	14	107	Never Mind the GDPR	Simon Jamison	Male	VM45	41	149	8	146	-	169	199	199	513	167	680
103	23	181	Scrambled Legs	Phil Dorr	Male	VM55	6	150	44	143	-	140	170	170	483	197	680
104	9	72	Lost In Pace	Gareth Hurst	Male	VM35	129	167	114	87	-	97	210	210	594	88	682
105	13	103	The Fast and the Spurious	Brian Hall	Male	VM60	27	94	240	211	-	132	107	240	571	115	686
106	27	212	Why does it always rain on GP?	Susan Gent	Female	VW45	117	220	60	35	-	183	131	220	526	160	686
107	18	139	Junkyard Dogs	David Williams	Male	VM50	100	220	240	220	-	28	30	240	598	95	693
108	25	200	Eight Leggy Freaks	Richard Hanley	Male	VM45	220	147	52	122	-	139	202	220	662	34	696
109	20	160	Monkey Allsorts	Matthew Steanson	Male	VM35	71	144	240	220	-	9	34	240	478	220	698
110	26	204	Sergeant Cooper's Maximum Heart Rate Band	Ryan Thompson	Male	VM35	114	220	180	84	-	137	55	220	570	128	698
111	33	259	Premature Acceleration	Darren Robinson	Male	VM50	86	86	18	220	-	193	157	220	540	163	703

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112	35	277	The Full Claremonty	Nicki O'Brien	Female	VW40	220	131	187	69	-	172	94	220	653	51	704
113	12	95	Run Forest Run	Danielle Bell	Female	VW35	60	220	240	220	-	48	5	240	553	152	705
114	8	58	We've Got The Runs	James Anderson	Male	VM40	121	133	119	220	-	74	121	220	568	140	708
115	14	112	Never Mind the GDPR	Helen Heaney	Female	VW45	153	82	147	102	-	157	67	157	551	158	709
116	20	157	Monkey Allsorts	Helen Riding	Female	VW45	174	5	197	139	-	56	123	197	497	220	717
117	26	206	Sergeant Cooper's Maximum Heart Rate Band	Jonny Malley	Male	SM30	103	155	74	83	-	210	210	210	625	92	717
118	7	55	Done a Runner	Linda Bulfin	Female	VW40	95	75	97	201	-	160	137	201	564	154	718
119	39	308	Monkey Runners	Andrew Bassett	Male	SM25	97	220	95	138	-	170	85	220	585	136	721
120	2	10	Geoff Capes (RIP) and the Burley Men	Rory McConnachy	Male	VM40	126	157	48	123	-	118	151	157	566	159	725
121	30	238	True Blood Blues	Ann Smith	Female	W	212	116	53	168	-	125	113	212	575	150	725
122	24	191	Keeping up with the Kardashshेरuns	Gareth Gwynette	Male	VM35	111	201	33	47	-	114	210	210	506	220	726
123	17	131	Sandy Soles	Anna Reay	Female	SW30	170	74	240	92	-	129	41	240	506	220	726
124	25	195	Eight Leggy Freaks	Craig Mulvaney	Male	VM45	220	220	37	132	-	71	210	220	670	57	727
125	33	260	Premature Acceleration	Lisa Wild	Female	VW40	107	49	132	170	-	210	147	210	605	126	731
126	10	74	Run EMC	Claire Adams	Female	VW45	55	42	176	220	-	210	149	220	632	101	733
127	15	113	Fast Action Heros	Paul Sherburn	Male	VM55	92	220	43	97	-	210	162	220	604	130	734
128	5	35	Happy Soles	Etienne Attala	Male	VM60	138	163	49	220	-	21	144	220	515	220	735
129	27	216	Why does it always rain on GP?	Paul Brennan	Male	VM45	132	105	31	156	-	111	136	156	515	220	735
130	6	46	Where's Lesley!?!	Mark Shorting	Male	VM40	162	220	161	94	-	87	116	220	620	118	738
131	13	102	The Fast and the Spurious	Keith Patterson	Male	VM55	109	160	12	160	-	210	159	210	600	139	739
132	5	37	Happy Soles	Craig Scope	Male	VM45	102	39	141	220	-	110	130	220	522	220	742
133	16	124	Shreddie Knitters	Lloyd Forster	Male	VM35	169	195	182	25	-	18	134	195	528	220	748
134	21	164	The Little F'ers	Phil Southern	Male	VM50	213	139	15	207	-	175	187	213	723	25	748
135	25	198	Eight Leggy Freaks	Peter Hutchinson	Male	VM35	80	36	133	191	-	99	184	191	532	220	752
136	28	219	Geoffrey's midnight runners	Michael Clemmetson	Male	VM60	5	220	240	129	-	210	139	240	703	49	752
137	24	189	Keeping up with the Kardashshेरuns	Dave Huscroft	Male	VM35	69	70	125	117	-	210	168	210	549	203	752
138	10	76	Run EMC	Natalie Mortimer	Female	VW45	220	194	101	220	-	51	72	220	638	114	752
139	28	222	Geoffrey's midnight runners	Cliff Vettch	Male	VM55	161	174	193	220	-	6	210	220	744	9	753
140	17	130	Sandy Soles	Jess Errington	Female	SW30	84	171	240	30	-	40	210	240	535	220	755
141	34	272	The 3rd Wheelers	Anton Mirafsari	Male	VM35	130	220	79	125	-	146	210	220	690	65	755
142	16	122	Shreddie Knitters	Claire Twinn	Female	VW50	220	206	240	42	-	210	1	240	679	82	761
143	6	45	Where's Lesley!?!	Peter Glen-Ravenhill	Male	SM30	119	220	190	96	-	210	44	220	659	103	762
144	11	85	Born In The Whitley Bay	Gillian Thompson	Female	VW50	101	56	96	176	-	210	177	210	606	157	763
145	4	25	Lightning Seeds	Angela Brown	Female	VW50	220	208	36	127	-	210	98	220	679	85	764
146	1	8	Swift Runners	Simon Dunn	Male	VM50	135	101	240	140	-	174	210	240	760	5	765
147	36	286	Rockcliffe B Team	Danny Dixon	Male	SM25	220	180	70	220	-	22	54	220	546	220	766
148	38	301	Train Guys	Ricky Davidson	Male	VM45	149	121	168	205	-	121	75	205	634	135	769

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149	18	141	Junkyard Dogs	Claire Harlow	Female	VW35	120	124	91	172	-	210	132	210	639	131	770
150	24	188	Keeping up with the Kardashians	Matt Morris	Male	SM25	66	88	75	220	-	210	146	220	585	187	772
151	26	202	Sergeant Cooper's Maximum Heart Rate Band	Gavin Holder	Male	VM50	75	96	144	220	-	27	210	220	552	220	772
152	15	114	Fast Action Heros	Vicky Rowson	Female	VW45	220	73	157	136	-	62	127	220	555	220	775
153	32	252	Rocks Stars	Luke O'Neill	Male	VM35	39	220	240	220	-	130	96	240	705	72	777
154	2	11	Geoff Capes (RIP) and the Burley Men	Michael Gibson	Male	VM40	23	135	69	220	-	210	173	220	610	169	779
155	16	125	Shreddie Knitters	Roger Makepeace	Male	VM50	113	18	240	186	-	148	210	240	675	104	779
156	4	31	Lightning Seeds	Kathy Seed	Female	VW60	220	220	240	220	-	34	73	240	767	15	782
157	36	282	Rockcliffe B Team	Graham Hall	Male	VM55	124	66	217	24	-	195	189	217	598	186	784
158	21	167	The Little F's	Matthew Seed	Male	SM25	211	220	211	51	-	210	60	220	743	43	786
159	34	265	The 3rd Wheelers	Aaron Mansell	Male	SM30	128	220	222	36	-	186	210	222	780	7	787
160	16	126	Shreddie Knitters	Alan Amis	Male	VM70	89	162	29	179	-	145	172	179	597	194	791
161	30	234	True Blood Blues	Janet Palmer	Female	VW65	53	178	59	147	-	210	178	210	615	178	793
162	32	251	Rocks Stars	David Roberts	Male	VM35	220	199	123	220	-	10	210	220	762	32	794
163	14	110	Never Mind the GDPR	Helen Gardiner	Female	VW45	44	30	156	184	-	210	161	210	575	220	795
164	21	168	The Little F's	Erin Austin	Female	SW25	220	220	233	17	-	155	7	233	619	176	795
165	33	257	Premature Acceleration	Sarah Clarke	Female	VW40	8	220	232	220	-	5	124	232	577	220	797
166	38	297	Train Guys	David Quinn	Male	VM45	220	220	221	220	-	8	12	221	680	119	799
167	7	50	Done a Runner	Joan O'Neill	Female	VW60	142	166	134	166	-	210	81	210	689	111	800
168	31	245	Pimp my Stride	Alex Newell	Male	VM35	104	84	240	220	-	210	74	240	692	108	800
169	27	214	Why does it always rain on GP?	Carrie Brooks	Female	VW45	220	220	214	12	-	210	3	220	659	145	804
170	39	307	Monkey Runners	Gillian Basset	Female	VF55	220	159	240	7	-	167	210	240	763	42	805
171	20	153	Monkey Allsorts	Sean Keddy	Male	VM40	220	57	240	39	-	178	210	240	704	102	806
172	10	73	Run EMC	Alison Smith	Female	VW	152	170	81	135	-	156	65	170	589	220	809
173	15	118	Fast Action Heros	Anabel Drought	Female	VW50	220	132	240	20	-	37	210	240	619	192	811
174	29	231	Worst Pace Scenario	Jennifer Cairns	Female	SW30	220	128	65	220	-	79	141	220	633	184	817
175	22	169	3.4 Mile High Club	Huw Parry	Male	VM55	83	152	240	220	-	77	210	240	742	83	825
176	5	34	Happy Soles	Anita Attala	Female	VW55	150	110	24	114	-	210	210	210	608	220	828
177	9	65	Lost In Pace	Patrick Houghton	Male	VM40	220	99	240	220	-	16	53	240	608	220	828
178	20	155	Monkey Allsorts	Anna Aldous	Female	VW40	207	7	223	215	-	197	196	223	822	6	828
179	35	276	The Full Claremonty	Tom Tinsley	Male	VM65	133	193	27	171	-	205	169	205	693	141	834
180	11	88	Born In The Whitley Bay	Laura Wright	Female	VW40	81	45	198	220	-	84	210	220	618	220	838
181	17	132	Sandy Soles	Luke Walton	Male	VM55	220	210	10	220	-	14	191	220	645	195	840
182	6	48	Where's Lesley!?!	Daryl Cooke	Male	VM35	171	220	213	14	-	202	21	220	621	220	841
183	18	143	Junkyard Dogs	Andy Pendlebury	Male	VM50	220	55	186	52	-	210	122	220	625	220	845
184	22	174	3.4 Mile High Club	Wayne Kavanagh	Male	VM35	220	192	240	220	-	92	23	240	747	99	846
185	11	86	Born In The Whitley Bay	James Thompson	Male	VM55	220	168	240	37	-	210	210	240	845	2	847

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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	4	26	Lightning Seeds	Colin Brown	Male	VM50	220	220	166	40	-	38	163	220	627	220	847
187	17	135	Sandy Soles	Phil Lancaster	Male	VM35	163	220	127	167	-	112	77	220	646	205	851
188	39	306	Monkey Runners	Sam Clark	Female	VF35	220	220	218	220	-	24	9	220	691	161	852
189	31	246	Pimp my Stride	Tom Payne	Male	VM50	145	220	240	108	-	210	36	240	719	134	853
190	7	54	Done a Runner	Robyn Ferguson	Female	SW25	141	41	130	112	-	210	210	210	634	220	854
191	18	142	Junkyard Dogs	Phil Rees	Male	VM70	220	11	93	174	-	210	153	220	641	220	861
192	8	62	We've Got The Runs	Paul Gilder	Male	VM45	164	97	102	115	-	210	210	210	688	173	861
193	22	170	3.4 Mile High Club	Lee Ash	Male	VM50	123	78	240	220	-	210	11	240	642	220	862
194	7	51	Done a Runner	Rachael Davies	Female	SW25	220	126	240	181	-	75	210	240	812	50	862
195	16	121	Shreddie Knitters	Heather Gould	Female	VW60	34	220	19	200	-	196	193	220	642	220	862
196	6	43	Where's Lesley!?!	Vicky Simpson	Female	SW30	136	220	240	214	-	135	84	240	789	73	862
197	6	47	Where's Lesley!?!	Peter Rendall	Male	VM60	202	207	35	13	-	199	210	210	656	206	862
198	29	228	Worst Pace Scenario	Rose King	Female	SW25	106	50	165	142	-	187	210	210	650	220	870
199	39	305	Monkey Runners	Gemma Thompson	Female	VF35	11	197	23	220	-	210	210	220	651	220	871
200	26	208	Sergeant Cooper's Maximum Heart Rate Band	James Vasey	Male	VM35	46	220	240	182	-	94	210	240	752	121	873
201	35	274	The Full Claremonty	Aoife Monaghan	Female	SW25	220	14	208	11	-	210	210	220	653	220	873
202	5	36	Happy Soles	Michael Kane	Male	VM40	220	120	99	183	-	42	210	220	654	220	874
203	2	9	Geoff Capes (RIP) and the Burley Men	Ben Cook	Male	VM40	137	188	194	220	-	66	166	220	751	124	875
204	13	101	The Fast and the Spurious	Catherine Thompson	Female	VW	112	220	149	66	-	119	210	220	656	220	876
205	19	150	Cirque du sore legs	Linda Hodgson	Female	VW50	192	220	170	153	-	144	56	220	715	162	877
206	4	32	Lightning Seeds	David Wright	Male	VM60	220	169	5	155	-	188	167	220	684	198	882
207	37	294	GP: Unwise but not illegal	Matt Gould	Male	VM40	220	181	116	220	-	168	183	220	868	17	885
208	34	270	The 3rd Wheelers	Cate Walker	Female	VW35	220	220	212	159	-	176	83	220	850	35	885
209	38	300	Train Guys	Chris Waite	Male	VM50	220	189	172	75	-	61	200	220	697	189	886
210	13	104	The Fast and the Spurious	Michael Bayley	Male	VM65	220	212	4	161	-	91	201	220	669	220	889
211	13	98	The Fast and the Spurious	Chris Kurji-Smith	Male	VM50	87	117	77	220	-	210	179	220	670	220	890
212	27	213	Why does it always rain on GP?	Cheryl Hall	Female	VW35	74	191	63	164	-	210	210	210	702	191	893
213	34	268	The 3rd Wheelers	Chloe Glover	Female	SW30	220	220	240	15	-	210	10	240	675	220	895
214	15	120	Fast Action Heros	Steve Clark	Male	VM45	146	87	115	220	-	210	126	220	684	220	904
215	9	66	Lost In Pace	Graham Lewis-Dale	Male	VM40	220	34	207	220	-	13	210	220	684	220	904
216	25	193	Eight Leggy Freaks	Jonathan Boxshall	Male	VM45	220	220	205	137	-	210	109	220	881	26	907
217	10	80	Run EMC	Katie Elliott	Female	SW30	220	184	240	28	-	210	47	240	689	220	909
218	11	87	Born In The Whitley Bay	Rob Williams	Male	VM40	37	142	160	187	-	164	210	210	690	220	910
219	38	299	Train Guys	Oliver Oldham	Male	VM	220	220	240	220	-	2	31	240	693	220	913
220	3	21	Chatty Runners	Paula Abbott	Female	VW50	35	19	224	220	-	210	210	224	694	220	914
221	9	67	Lost In Pace	Jon Heaney	Male	VM45	220	148	112	193	-	210	210	220	873	41	914
222	1	5	Swift Runners	Tony Hall	Male	VM65	220	93	163	220	-	201	148	220	825	89	914

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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	2	15	Geoff Capes (RIP) and the Burley Men	Niall Nesbitt	Male	VM35	220	220	240	220	-	12	164	240	836	79	915
224	37	295	GP: Unwise but not illegal	Leigh Moor	Female	VW45	118	85	120	197	-	203	210	210	723	193	916
225	32	249	Rocks Stars	Paul Robinson	Male	VM45	220	190	146	130	-	123	108	220	697	220	917
226	12	92	Run Forest Run	Krinzia De Rosa	Female	VW35	220	220	240	220	-	19	19	240	698	220	918
227	25	196	Eight Leggy Freaks	Jack Taylor-Burns	Male	SM30	220	220	240	220	-	4	43	240	707	220	927
228	40	313	The Others	Guy Bracken	Male	VM	201	62	76	163	-	210	210	210	712	220	932
229	33	262	Premature Acceleration	Laura Hope	Female	VW45	189	61	240	220	-	210	182	240	862	71	933
230	16	123	Shreddie Knitters	John Sayer	Male	VM40	29	220	240	44	-	210	210	240	713	220	933
231	39	311	Monkey Runners	Suzanne Crozier	Female	VF60	42	220	240	32	-	210	210	240	714	220	934
232	15	115	Fast Action Heros	Jonny Rowson	Male	VM45	220	51	137	145	-	210	195	220	738	200	938
233	24	192	Keeping up with the Kardashshेरuns	Tina Diddie	Female	VW50	220	220	204	18	-	210	210	220	862	78	940
234	24	185	Keeping up with the Kardashshेरuns	Paul Wright	Male	VM40	79	220	191	220	-	210	22	220	722	220	942
235	5	33	Happy Soles	Rachel Inman	Female	VW40	220	172	90	220	-	49	192	220	723	220	943
236	5	39	Happy Soles	Amy Herdman-Burn	Female	VW35	179	220	131	113	-	210	210	220	843	100	943
237	14	105	Never Mind the GDPR	Roger Mosedale	Male	VM55	175	196	20	198	-	152	180	198	723	220	943
238	5	38	Happy Soles	Julie Herdman-Burn	Female	VW40	197	202	220	1	-	122	210	220	732	220	952
239	1	4	Swift Runners	Peter Atkinson	Male	VM60	220	211	240	5	-	210	210	240	856	97	953
240	20	159	Monkey Allsorts	John Laws	Male	VM65	25	220	106	220	-	210	175	220	736	220	956
241	23	183	Scrambled Legs	Michael Gilboy	Male	VM35	190	220	158	101	-	210	210	220	869	90	959
242	27	211	Why does it always rain on GP?	Simon Gent	Male	VM45	154	220	152	76	-	200	210	220	792	168	960
243	15	117	Fast Action Heros	Laura Greaves	Female	VW40	220	98	240	220	-	210	210	240	958	3	961
244	1	2	Swift Runners	Colin Winter	Male	VM50	196	220	41	209	-	177	118	220	741	220	961
245	22	172	3.4 Mile High Club	Jamie Finlay	Male	VM40	90	220	117	192	-	180	165	220	744	220	964
246	27	210	Why does it always rain on GP?	Lucy Sutcliffe	Female	VW45	186	187	6	208	-	184	188	208	751	220	971
247	19	152	Cirque du sore legs	Quynh Nguyen	Female	VW45	73	220	178	220	-	210	105	220	786	190	976
248	38	298	Train Guys	Ruth Oldham	Female	VF45	131	173	39	220	-	210	204	220	757	220	977
249	4	28	Lightning Seeds	Fraser Gill	Male	VM65	115	136	87	220	-	210	210	220	758	220	978
250	29	230	Worst Pace Scenario	Richard Aird	Male	VM45	108	220	240	220	-	210	90	240	848	133	981
251	18	137	Junkyard Dogs	Dan Venner	Male	VM45	220	182	145	70	-	192	174	220	763	220	983
252	16	128	Shreddie Knitters	Caroline Westgarth	Female	SW30	91	220	188	199	-	210	125	220	813	172	985
253	9	70	Lost In Pace	Alan Haddon	Male	VM40	191	28	240	220	-	117	210	240	766	220	986
254	36	283	Rockcliffe B Team	Peter Wallis	Male	VM50	151	203	240	220	-	210	181	240	965	27	992
255	17	134	Sandy Soles	Dan Nelson	Male	VM40	52	220	104	220	-	210	210	220	796	196	992
256	19	145	Cirque du sore legs	Karen Nicholls	Female	VW35	165	220	129	169	-	210	210	220	883	110	993
257	15	119	Fast Action Heros	Paddy Drought	Male	VM50	220	138	151	104	-	173	210	220	776	220	996
258	3	19	Chatty Runners	Brendon Abbott	Male	VM50	182	177	32	190	-	210	197	210	778	220	998
259	2	12	Geoff Capes (RIP) and the Burley Men	James MacLeod	Male	VM45	220	176	174	45	-	210	210	220	815	185	1000

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260	14	108	Never Mind the GDPR	Simon Ward	Male	VM45	68	220	210	177	-	210	210	220	875	125	1000
261	34	269	The 3rd Wheelers	Sophie Richardson	Female	SW30	63	220	192	121	-	210	210	220	796	220	1016
262	7	49	Done a Runner	Rebecca Tindle	Female	VW40	140	220	230	131	-	115	210	230	816	201	1017
263	31	242	Pimp my Stride	Chris Scott	Male	VM40	220	220	206	60	-	154	210	220	850	180	1030
264	13	99	The Fast and the Spurious	Vicky Houghton	Female	VW40	220	220	155	116	-	210	210	220	911	122	1033
265	10	78	Run EMC	Natasha Harvey	Female	VW35	220	220	240	61	-	161	198	240	860	174	1034
266	7	56	Done a Runner	Jennifer Rees	Female	VW40	220	143	240	220	-	210	24	240	817	220	1037
267	8	60	We've Got The Runs	Emily Black	Female	SW30	143	137	122	220	-	210	210	220	822	220	1042
268	28	220	Geoffrey's midnight runners	Andy Scuar	Male	VM55	157	220	240	220	-	17	210	240	824	220	1044
269	33	263	Premature Acceleration	Catriona Atkinson	Female	VW35	220	220	240	220	-	80	194	240	934	112	1046
270	28	223	Geoffrey's midnight runners	Kate Robson	Female	SW30	220	220	240	210	-	210	185	240	1045	4	1049
271	38	304	Train Guys	Scott Ridley	Male	SM30	220	161	183	77	-	210	210	220	841	220	1061
272	23	178	Scrambled Legs	Naomi Reid	Female	VW40	160	46	240	220	-	210	210	240	846	220	1066
273	24	186	Keeping up with the Kardashsheruns	Rebecca Cairns	Female	SW25	220	204	13	212	-	210	210	220	849	220	1069
274	11	81	Born In The Whitley Bay	John Brettell	Male	VM65	210	6	229	220	-	210	210	229	856	220	1076
275	39	310	Monkey Runners	Joe Coyne	Male	SM30	220	183	240	220	-	210	27	240	860	220	1080
276	16	127	Shreddie Knitters	Kelly Woodridge	Female	SW30	220	209	240	220	-	3	210	240	862	220	1082
277	1	7	Swift Runners	Royston Young	Male	VM40	134	220	181	128	-	210	210	220	863	220	1083
278	13	100	The Fast and the Spurious	John Dobson	Male	VM40	220	4	240	220	-	210	210	240	864	220	1084
279	2	13	Geoff Capes (RIP) and the Burley Men	Alex Cook	Male	VM40	220	220	201	124	-	166	210	220	921	165	1086
280	40	315	The Others	Lucas Sutherland	Male	M	7	220	240	220	-	210	210	240	867	220	1087
281	18	140	Junkyard Dogs	Adam Smith	Male	SM30	220	165	240	72	-	210	210	240	877	220	1097
282	26	207	Sergeant Cooper's Maximum Heart Rate Band	John Kilgannnon	Male	VM40	96	220	203	165	-	210	210	220	884	220	1104
283	14	109	Never Mind the GDPR	Elle Green	Female	VW45	220	164	240	90	-	210	210	240	894	220	1114
284	31	243	Pimp my Stride	Michael Bradley	Male	SM30	220	158	240	220	-	210	155	240	963	153	1116
285	1	6	Swift Runners	Kristy Wonders	Female	VW40	204	220	72	220	-	210	210	220	916	202	1118
286	8	61	We've Got The Runs	Paul West	Male	VM40	85	220	173	220	-	210	210	220	898	220	1118
287	33	261	Premature Acceleration	Joanne Watson	Female	VW50	40	220	231	220	-	210	210	231	900	220	1120
288	1	3	Swift Runners	Sarah Johnson	Female	VW40	187	220	200	95	-	210	210	220	902	220	1122
289	2	16	Geoff Capes (RIP) and the Burley Men	Andrew Lawrence	Male	VM35	110	220	185	220	-	210	190	220	915	220	1135
290	12	365	Run Forest Run	Christine Murphy	Female	SW30	206	220	177	119	-	210	210	220	922	220	1142
291	21	163	The Little F'ers	Ed Taylor	Male	VM40	65	220	240	220	-	210	210	240	925	220	1145
292	26	201	Sergeant Cooper's Maximum Heart Rate Band	Nathan Cooper	Male	SM30	220	220	240	80	-	210	210	240	940	220	1160
293	15	116	Fast Action Heros	Kate Hall	Female	VW55	220	186	240	220	-	198	135	240	959	220	1179
294	9	68	Lost In Pace	Matt Price	Male	VM50	220	220	240	220	-	210	91	240	961	220	1181
295	8	63	We've Got The Runs	Chris Snowball	Male	VM35	220	220	240	220	-	210	210	240	1080	107	1187
296	19	148	Cirque du sore legs	Graham Clark	Male	VM35	220	220	109	220	-	210	210	220	969	220	1189

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297	5	40	Happy Soles	Lesley Sinclair	Female	VW55	176	220	196	180	-	210	210	220	972	220	1192
298	9	71	Lost In Pace	Paul Seed	Male	VM45	188	220	240	144	-	210	210	240	972	220	1192
299	7	53	Done a Runner	David Hudson	Female	SW20	220	220	240	220	-	113	210	240	983	220	1203
300	21	162	The Little F'ers	Alex Campbell	Female	VW50	220	220	240	204	-	189	210	240	1043	164	1207
301	25	194	Eight Leggy Freaks	#N/A	#N/A	#N/A	220	129	240	220	-	210	210	240	989	220	1209
302	36	287	Rockcliffe B Team	Matt Fletcher 1975	Male	VM45	195	220	171	220	-	210	210	220	1006	220	1226
303	31	247	Pimp my Stride	Merlin Duff	Male	SM30	220	220	240	220	-	210	210	240	1080	155	1235
304	25	197	Eight Leggy Freaks	Paul Simmons	Male	VM35	168	220	240	220	-	210	210	240	1028	220	1248
305	23	179	Scrambled Legs	Steve Gilroy	Male	VM55	183	213	240	220	-	210	210	240	1036	220	1256
306	35	279	The Full Claremonty	Alexia O'Rourke	Female	SW25	200	198	219	220	-	210	210	220	1037	220	1257
307	40	314	The Others	John Brown	Male	VM	184	220	240	220	-	210	210	240	1044	220	1264
308	31	248	Pimp my Stride	Amy Auld	Female	VW35	185	220	240	220	-	210	210	240	1045	220	1265
309	11	82	Born In The Whitley Bay	Karen Falcus	Female	VW55	220	220	240	220	-	190	203	240	1053	220	1273
310	21	166	The Little F'ers	Joanne Colligan	Female	VW55	199	220	240	220	-	210	210	240	1059	220	1279
311	2	14	Geoff Capes (RIP) and the Burley Men	John Cook	Male	VM70	220	220	240	220	-	194	210	240	1064	220	1284
312	38	303	Train Guys	Mark Small	Male	VM	208	220	240	220	-	210	210	240	1068	220	1288
313	37	292	GP: Unwise but not illegal	Gregory Kirkbride	Male	VM55	220	220	240	220	-	210	210	240	1080	220	1300
314	17	136	Sandy Soles	Sian Williams	Female	VW55	220	220	240	220	-	210	210	240	1080	220	1300
315	29	229	Worst Pace Scenario	Andy Thompson	Male	SM30	220	220	240	220	-	210	210	240	1080	220	1300