

Abbey Runners Grand Prix 2016 Men AGE GRADED Table

	Short Races												Medium Races						Long Races						
	XC	T	R	F	R	T	T	R	T	R	F	XC	T	R	R	F	T	R	R/T/F						
	PECO XC Race 5 (2015-16)	Guiseley Gallop	John Carr 5k Race 1	Jack Bloor Fell Race	Club 5k handicap	Grasmere Gallop 10k club trip	Burton Leonard 10k	West Yorkshire 5	Kirkstall Abbey 7	Abbey Dash 10k	Withins Skyline	PECO XC Race 1 (2016-17)	Temple Newsam 10m	Vale of York 10m	Leeds Half Marathon	Round Hill Fell Race	Shaun Lee Johnstone 10m	Guy Fawkes 10m	Counting long race	Long race points	Bonus points for relay entry (Danefield, Washburn or LCV)	Relay(s) completed	TOTAL POINTS		
1	Duncan Clark		91.2	87.7		112.7	106.4	98.6	100.6	100.4		98.1				94.9	102.9	100.5	NYM Ultra	101.1	50	2	774.6		
2	John Ward	85.8	93.2		78.2	106.5	102.4		96.3	78.8		90.1				92.3		93.5	Dentdale Run	93.0	50	2	727.2		
3	Ian Patchett	84.5			83.7	98.5	93.0		87.1			84.2		81.6		88.9			Yorkshireman Off Road HM 14.9M	92.6	50	3	676.2		
4	Aidan Curley	82.6	87.6	88.2	82.7		99.8			91.3		93.1				86.7		87.9	Yorkshireman Off Road HM 14.9M	78.7	50	1	675.7		
5	Luke Wray-Rogers	84.1	86.3	85.7		102.3				82.3		82.5	86.5	79.3					Holmfirth 15	84.1	50	1	658.3		
6	Craig Kent	80.2	81.0	77.0		96.6	93.2	82.3		80.3		78.1	82.6		71.7	78.5			Holly Hustle 22K	86.5	50	3	650.7		
7	James Whittaker		81.4			96.3	85.7		81.3	79.2	71.5	77.1	84.1	76.5	74.5				Holmfirth 15	84.1	50	3	639.4		
8	Martin Jones	77.6			75.0				83.3	79.5		76.4	81.3					77.4	Holmfirth 15	84.0	50	2	609.5		
9	Simon Jones	81.9		80.7	76.9	95.4	93.9			86.1		85.8						86.6	Holly Hustle 22K	97.4	50	2	595.2		
10	Stephen Greene	76.9				96.5	87.4				75.6		81.4						Snowdonia Trail Marathon	63.2	50	1	531.0		
11	Ross Armstrong	89.8				100.0	100.0					89.7						80.2					50	3	509.7
12	Graeme Littlewood	66.9	70.1			85.0	76.2	70.4	73.2	70.4	65.8	71.8	75.1	67.0									50	1	498.3
13	Laurence Lennon						77.0			73.8		72.1		70.8				71.6	Holly Hustle 22K	78.9	50	2	494.2		
14	Matt Ellis	69.5	71.2	72.8		88.5	77.7	69.6				72.6		67.4	61.3								50	2	490.3
15	Peter Persico	63.2					64.3			68.0	55.5	49.2	64.2	63.1		56.0			Manchester Marathon	53.5	50	2	482.2		
16	Robert Vincent			87.6	102.1							82.3		80.9					Valentines Day 30K Stamford	78.5					431.4
17	Sunny Cheema		71.8	73.0		88.9		72.5		73.5	67.9	75.8		68.0									50	2	429.2
18	Michael Smith			66.7		85.7	72.3	68.1				71.3		63.6									50	1	411.0
19	Peter Badkin						65.1		73.9	70.3		71.5							Manchester Marathon	50.9	50	1			381.7
20	Ryan Owens					91.1		76.3		72.9									Chester Metric Marathon	76.1	50	2			366.4
21	Andy Wicks	85.3	83.3										84.3						Dentdale Run	89.3					342.2
22	Sean MacCarthy	86.7			85.2								88.6										50	1	310.5
23	James Bye					94.3				73.6		83.8											50	2	301.7
24	Howard Cohen									83.4	79.7	82.9											50	1	296.0
25	Robert Cumming	87.9										86.2							London Marathon	69.6	50	1			293.7
26	Sam Black	58.1			61.3								65.2	58.5											243.1
27	Garry Brownbridge						76.9												Dentdale Run	83.2	50	1			210.1
28	Owen Hilton									73.9		80.4											50	3	204.3
29	James Balkwill								68.3			64.9		63.9											197.1
30	Adam Ellis					73.7	62.2					59.8													195.7
31	Dominic Nurse	93.6										94.5													188.1
32	Ben Nurse										67.5	76.2													143.7
33	Kazuki Morimoto										68.5	73.8													142.3
34	Clive Walton	66.1										68.3													134.4
35	David Rayson						71.3															50	2		121.3
36	Iain Manfield	85.2																							85.2
37	Ian Rhodes					82.7																			82.7
38	David Nahal															78.6									78.6
39	Rudi Diment					74.5																			74.5
40	Matthew Laird															71.5									71.5
41	Dave Beston	68.5																							68.5
42	Jim Perkins																								65.3
43	Euan Jack	65.3																		Dales Trails Series DT40	65.3				65.3
44	Stephen Broadley															61.2									61.2
45	Rolf Neugebauer															60.9									60.9
46	Andrew Wilson															56.7									56.7
47	Tom Broadley															55.8									55.8
48	Martin Browne																					50	1		50.0
49	Richard Gaffey																					50	1		50.0