# Abbey Runners Grand Prix 2016 Men OPEN 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 LCW) | Relay(s) completed | TOTAL POINTS |
| 1 | Duncan Clark | | 78.4 | 74.9 | | 95.4 | 90.7 | 84.0 | 85.5 | 85.5 | | | 83.3 | | | | 81.1 | 88.0 | 86.0 | NYM Ultra | 86.7 | 50 | 2 | 667.8 |
| 2 | 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 |
| 3 | Aidan Curley | 78.5 | 83.8 | 83.0 | 78.7 | | 95.5 | | | 86.7 | | | 87.8 | | | | 83.4 | | 83.9 | Yorkshireman Off Road HM 14.9M | 75.4 | 50 | 1 | 646.5 |
| 4 | Luke Wray-Rogers | 81.8 | 83.8 | 81.7 | | 97.5 | | | | 79.9 | | | 79.7 | 84.9 | 77.4 | | | | | Holmfirth 15 | 82.3 | 50 | 1 | 639.3 |
| 5 | 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 |
| 6 | Ian Patchett | 73.0 | | | 72.3 | 84.7 | 80.6 | | 74.7 | | | | 72.2 | | 71.0 | | 76.7 | | | Yorkshireman Off Road HM 14.9M | 80.1 | 50 | 3 | 590.8 |
| 7 | James Whittaker | | 73.6 | | | 86.1 | 77.5 | | 72.6 | 71.0 | 64.1 | | 68.9 | 76.4 | 69.6 | 67.9 | | | | Holmfirth 15 | 76.0 | 50 | 3 | 581.8 |
| 8 | John Ward | 67.3 | 73.1 | | 61.4 | 83.7 | 80.3 | | 75.6 | 61.8 | | | 70.1 | | | | 72.5 | | 72.8 | Dentdale Run | 73.2 | 50 | 2 | 581.2 |
| 9 | Martin Jones | 72.7 | | | 70.2 | | | | 78.0 | 74.9 | | | 71.6 | 77.0 | | | | | 73.3 | Holmfirth 15 | 79.8 | 50 | 2 | 577.3 |
| 10 | Stephen Greene | 76.7 | | | | 95.8 | 87.2 | | | | 75.3 | | | 81.4 | | | | | | Snowdonia Trail Marathon | 63.2 | 50 | 1 | 529.6 |
| 11 | Ross Armstrong | 89.8 | | | | 100.0 | 100.0 | | | | | | 89.7 | | | | | | 80.2 | | | 50 | 3 | 509.7 |
| 12 | Peter Persico | 61.4 | | | | | 62.8 | | | 66.0 | 53.9 | 47.8 | 61.9 | 61.9 | | | 54.6 | | | Manchester Marathon | 52.6 | 50 | 2 | 471.2 |
| 13 | Matt Ellis | 66.1 | 68.1 | 68.5 | | 83.3 | 74.3 | 66.6 | | | | | 68.5 | | 64.9 | 59.2 | | | | | | 50 | 2 | 468.7 |
| 14 | Graeme Littlewood | 60.3 | 63.4 | | | 75.9 | 68.9 | 63.6 | 65.9 | 63.7 | 59.0 | | 64.1 | 68.3 | 60.9 | | | | | | | 50 | 1 | 454.0 |
| 15 | Sunny Cheema | | 71.8 | 72.7 | | 88.4 | | 72.4 | | 73.5 | 67.9 | | 75.6 | | 68.0 | | | | | | | 50 | 2 | 428.2 |
| 16 | Laurence Lennon | | | | | | 65.0 | | | 61.7 | | | 60.2 | | 60.0 | | | | 60.1 | Holly Hustle 22K | 66.4 | 50 | 2 | 423.4 |
| 17 | Robert Vincent | | | 81.2 | | 94.6 | | | | | | | 77.0 | | 76.7 | | | | | Valentines Day 30K Stamford | 75.2 | | | 404.7 |
| 18 | Michael Smith | | | 61.4 | | 78.9 | 67.6 | 63.7 | | | | | 66.3 | | 59.8 | | | | | | | 50 | 1 | 386.3 |
| 19 | Ryan Owens | | | | | 87.5 | | 74.5 | | 71.2 | | | | | | | | | | Chester Metric Marathon | 74.9 | 50 | 2 | 358.1 |
| 20 | Peter Badkin | | | | | | 57.4 | | 65.0 | 62.0 | | | 62.3 | | | | | | | Manchester Marathon | 45.2 | 50 | 1 | 341.9 |
| 21 | Andy Wicks | 75.0 | 73.5 | | | | | | | | | | | 75.3 | | | | | | Dentdale Run | 79.4 | | | 303.2 |
| 22 | James Bye | | | | | 92.8 | | | | | 73.0 | | 82.7 | | | | | | | | | 50 | 2 | 298.5 |
| 23 | Robert Cumming | 86.4 | | | | | | | | | | | 84.3 | | | | | | | London Marathon | 69.0 | 50 | 1 | 289.7 |
| 24 | Sean MacCarthy | 78.1 | | 76.1 | | | | | | | | | | 80.5 | | | | | | | | 50 | 1 | 284.7 |
| 25 | Howard Cohen | | | | | | | | | 70.4 | 67.3 | | 69.9 | | | | | | | | | 50 | 1 | 257.6 |
| 26 | Owen Hilton | | | | | | | | | 73.9 | | | 80.4 | | | | | | | | | 50 | 3 | 204.3 |
| 27 | Adam Ellis | | | | | 69.8 | 59.5 | | | | | | 57.3 | | | | | | | | | | | 186.6 |
| 28 | Garry Brownbridge | | | | | | | 64.9 | | | | | | | | | | | | Dentdale Run | 70.7 | 50 | 1 | 185.6 |
| 29 | James Balkwill | | | | | | | | 63.0 | | | | 59.3 | | 59.5 | | | | | | | | | 181.8 |
| 30 | Sam Black | 43.0 | | 45.6 | | | | | | | | | | 48.2 | 43.3 | | | | | | | | | 180.1 |
| 31 | Dominic Nurse | 84.9 | | | | | | | | | | | 85.1 | | | | | | | | | | | 170.0 |
| 32 | Ben Nurse | | | | | | | | | | 67.5 | | 76.2 | | | | | | | | | | | 143.7 |
| 33 | Kazuki Morimoto | | | | | | | | | | 61.9 | | 66.4 | | | | | | | | | | | 128.3 |
| 34 | Clive Walton | 59.5 | | | | | | | | | | | 61.0 | | | | | | | | | | | 120.5 |
| 35 | David Rayson | | | | | | 63.4 | | | | | | | | | | | | | | | 50 | 2 | 113.4 |
| 36 | Iain Manfield | 76.1 | | | | | | | | | | | | | | | | | | | | | | 76.1 |
| 37 | Rudi Diment | | | | | 72.9 | | | | | | | | | | | | | | | | | | 72.9 |
| 38 | Matthew Laird | | | | | | | | | | | | | | | 70.7 | | | | | | | | 70.7 |
| 39 | David Nahal | | | | | | | | | | | | | | | 68.0 | | | | | | | | 68.0 |
| 40 | Euan Jack | 65.3 | | | | | | | | | | | | | | | | | | | | | | 65.3 |
| 41 | Ian Rhodes | | | | | 65.0 | | | | | | | | | | | | | | | | | | 65.0 |
| 42 | Jim Perkins | | | | | | | | | | | | | | | | | | | Dales Trails Series DT40 | 60.0 | | | 60.0 |
| 43 | Dave Beston | 56.7 | | | | | | | | | | | | | | | | | | | | | | 56.7 |
| 44 | Tom Broadley | | | | | | | | | | | | | | | 55.8 | | | | | | | | 55.8 |
| 45 | Rolf Neugebauer | | | | | | | | | | | | | | | 52.7 | | | | | | | | 52.7 |
| 46 | Andrew Wilson | | | | | | | | | | | | | | | 51.3 | | | | | | | | 51.3 |
| 47 | Martin Browne | | | | | | | | | | | | | | | | | | | | | 50 | 1 | 50.0 |
| 48 | Richard Gaffey | | | | | | | | | | | | | | | | | | | | | 50 | 1 | 50.0 |
| 49 | Stephen Broadley | | | | | | | | | | | | | | | 49.2 | | | | | | | | 49.2 |