Abbey Runners Grand Prix 2020 Men AGE GRADED Table

		Short Races																Medium Races									Long Races				
		XC	T	T	F	T	R	T	R	T	R	T	T	T	R	T	XC	T	T	R	R	R	F	T	R	R	R/T/F				
		PECO XC Race 5 - (2019/20)	Lightwater Valley 10K	Guiseley Gallop 10K	Charlesworth Chase Fell Race	Apperley Bridge Canter 10K	Club 5K handicap	Club Trip	Hyde Park Summer Mile	Harrogate 10K	Firefighters 5M	Wetherby 10K	Meanwood Valley Trail 7M	Knaresborough Crag Rat Race 5M	Abbey Dash 10K	Post Hill 5K	PECO XC Race 1 (2020/21)	Temple Newsam 10M	The Kirkstall Calverley Cutter 18K	Liversedge Half Marathon	Elvington Flyer 10M	Vale of York 10M	Dick Hudsons 7M Fell Race	Wharfedale Trail Half Marathon	Burn Valley Half Marathon	Tadcaster 10M	Counting long race	Long race points	Bonus points for relay entry	Bonus points for 3 completed target parkruns	TOTAL POINTS
1	James Whittaker		89.0															83.6		76.5											249.1
2	Duncan Clark		100.7															90.9													191.6
3	David Leslie																		96.1								Hebden 22	80.2			176.3
4	Howard Cohen		91.5																79.2												170.7
5	Scott Macdonald		86.2																78.0												164.2
6	Ali Ameri		81.4															76.8													158.2
7	Peter Badkin		76.8																75.6												152.4
8	Alastair White		75.1																68.3												143.4
9	Adam Ellis		72.2															60.9													133.1
10	Matt Ellis																	78.2												50	128.2
11	Robert Cumming																		98.3												98.3
12	John Ward																	97.7													97.7
13	Simon Jones																	94.2													94.2
14	Cal Clark																	92.0													92.0
15	Jonathan Laye																		87.8												87.8
16	Paul Greene		85.7																												85.7
17	Liam Jenkins																			85.3											85.3
18	Michael Smith																	84.3													84.3
19	Tony Bastin																	79.4													79.4
20	David Rogerson																			79.4											79.4
21	David Nahal																			78.8											78.8
22	Martin Jones																		78.0												78.0
23	Sunny Cheema																			71.1											71.1
24	Dave Jackson																	56.0													56.0
25	Malcolm Lavery																													50	50.0
26																															0.0
27																															0.0
28																															0.0
29																															0.0
30																															0.0
31																															0.0
32																															0.0
33																															0.0
34																															0.0
35																															0.0
36																															0.0
37																															0.0
38																															0.0
39																															0.0
40																															0.0