Abbey Runners Grand Prix 2020 Men OPEN 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		77.8															73.4		67.4											218.6
2	Duncan Clark		83.6															75.6													159.2
3	Scott Macdonald		81.8																74.4												156.2
4	Ali Ameri		79.0															74.9													153.9
5	Howard Cohen		74.5																65.3												139.8
6	David Leslie																		72.6								Hebden 22	60.6			133.2
7	Peter Badkin		65.4																64.7												130.1
8	Adam Ellis		67.5															57.2													124.7
9	Matt Ellis																	72.9												50	122.9
10	Alastair White		64.0																58.4												122.4
11	Robert Cumming																		95.3												95.3
12	Simon Jones																	94.2													94.2
13	Cal Clark																	92.0													92.0
14	Liam Jenkins																			85.3											85.3
15	Jonathan Laye																		78.4												78.4
16	Michael Smith																	77.3													77.3
17	David Rogerson																			76.7											76.7
18	John Ward																	73.8													73.8
19	Martin Jones																		71.5												71.5
20	Sunny Cheema																			70.7											70.7
21	Paul Greene		69.8																												69.8
22	Tony Bastin																	68.5													68.5
23	David Nahal																			65.7											65.7
24	Dave Jackson																	55.8													55.8
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