

	5k	10k	NEHL1	NEHL2	NEHL3	NEHL4	NEHL5	NEHL6	NE-X=C	Time trial	Turkey trot	durham relays	signals relays	elswick relays	TOTAL
	parkrun	10/11/2013	26/10/2013	24/11/2013	30/11/2013	08/02/2014	01/03/2014	22/03/2014	14/12/2013	20/10/2013	26/12/2013	12/01/2014	15/02/2014	18/04/2014	24/03/2014
Darren McBain	86.1	85.4	x	98.6	101.5	x	x	x	92.6	110.9	67.1	20	20	20	702.2
Gareth Driscoll	82.8	x	100.2	20	20	111.9	x	20	69.0	101.8	90.6	20	20	20	676.3
Ben Forster	88.7	x	113.6	20	114.3	20	20	20	104.2	x	108.2	x	x	x	609.0
Zack Wylie	83.8	x	20	20	96.5	20	20	95.7	55.3	x	84.7	20	20	x	535.9
Tom Coates	x	x	20	104.8	20	20	105.2	20	x	120.0	x	20	20	20	470.0
Sam Gant	x	x	20	x	92.1	20	107.1	20	82.0	74.5	x	20	20	x	455.8
Adam Ewart	82.4	x	x	x	x	x	101.3	x	60.7	92.7	96.5	20	x	x	453.7
Steve Bond	51.7	x	61.7	62.1	20	x	x	20	51.3	65.5	37.6	20	20	20	430.0
Richard McQuade	x	48.0	20	20	20	20	59.8	61.6	48.0	47.3	x	20	20	20	404.7
Finn Brodie	x	x	103.3	x	x	x	x	115.2	x	x	114.1	x	20	x	352.6