



**Premiership**

		No of Races Completed	Hale 10k	Tameside 5K	Wilmslow Half	Great Manchester Run 10K	Track 5K No 1	Norden 6 Mile	Royton Trail	Mossley 10K	Wrexham 10K	Sale Sizzler	Hopwood Trot	Riverside 10 Mile	NWC Road Relays	Track 5K No 2	Knutsford 10K	Oldham Half	Derwentwater 10 Mile	Total (Best 7 Races To Count)	
1	Adrian Brown	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Andrew Rogers	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Bernard Goodwin	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Brett Spivey	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Chris Lowe	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Chris Tattersall	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	James Henderson	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	James Moulton	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Jarrold Gritt	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Luke Lawson-Healey	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Maisie Wainwright	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Mark Duncan	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Martin Thompson	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Mathew Reeves	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Paul Timms	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Rob James	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Sarah Tomassi	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Shane Reading	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Wesley Henshaw	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	William Wall	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

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- 4 - Faster average pace per mile (all races taken into account)



**Championship**

		No of Races Completed	Hale 10k	Tameside 5K	Wilmslow Half	Great Manchester Run 10K	Track 5K No 1	Norden 6 Mile	Royton Trail	Mossley 10K	Wrexham 10K	Sale Sizzler	Hopwood Trot	Riverside 10 Mile	NWC Road Relays	Track 5K No 2	Knutsford 10K	Oldham Half	Denwentwater 10 Mile	Total (Best 7 Races To Count)	
1	Adam Stirling	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Andrew Ingham	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Andy Hall	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Anthony Rogers	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Barry Greaves	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Carl O'Callaghan	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Dave Peart	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	David Emanuel	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Edward Grimley	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Elliot Stone	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Janet Jobey	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	John Fay	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Lee Earnshaw	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Mark Baxendale	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Mark Phelan	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Matt Kershaw	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Neil Brock	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Oliver Pozegic	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Sam Alshafei	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

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- 4 - Faster average pace per mile (all races taken into account)



**Group 1**

		No of Races Completed	Hale 10k	Tameside 5K	Wilmslow 5K	Great Manchester Half	Track Manchester Run 10K	Norden 5K No 1	Royton Trail	Mossley 10K	Wrexham 10K	Sale Sizzler	Hopwood Trot	Riverside 10 Mile	NWC Road Relays	Track 5K No 2	Knutsford 10K	Oldham Half	Derwentwater 10 Mile	Total (Best 7 Races To Count)	
1	Bernard Cassidy	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Bryan Lawton	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Bryony Rogers	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Colin Green	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Damien Finn	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Gail Shaw	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Gary Smith	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	James Moran	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Jonathan Green	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Mark Heaney	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Eamonn Nolan	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Rochelle Reading	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Ryan Frost	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Simon Howard	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Trish Callan	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

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 3 - Higher points per race average (all races taken into account)  
 4 - Faster average pace per mile (all races taken into account)



**Group 2**

		No of Races Completed	Hale 10k	Tameside 5K	Wilmslow Half	Great Manchester Run 10K	Track 5K No 1	Norden 6 Mile	Royton Trail	Mossley 10K	Wrexham 10K	Sale Sizzler	Hopwood Trot	Riverside 10 Mile	NWC Road Relays	Track 5K No 2	Knutsford 10K	Oldham Half	Derwentwater 10 Mile	Total (Best 7 Races To Count)	
1	Rob Kellett	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Suzanne Darke	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Gareth McCaffery	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Lucy Schondler	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Warren Siddall	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Kirsty Agnew	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Richard Dowd	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Matthew Cartner	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Chris Nicholson	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	James Holdaway	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

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- 4 - Faster average pace per mile (all races taken into account)



**Group 3**

		No of Races Completed	Hale 10k	Tameside 5K	Wilmslow 5K	Great Manchester Half	Track Manchester Run 10K	Norden 5K No 1	Royton 6 Mile	Mossley Trail	Mossley 10K	Wrexham 10K	Sale Sizzler	Hopwood Trot	Riverside 10 Mile	NWC Road Relays	Track 5K No 2	Knutsford 10K	Oldham Half	Derwentwater 10 Mile	Total (Best 7 Races To Count)	
1	Andrew Naismith	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Dave Watt	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	James Wright	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Jason Keast	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Karen Price	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Kevin Hutchings	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Nicky Hall	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Owen Flage	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Ray Williams	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Stephen Rogowskyj	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Tracey Hall	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

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- 4 - Faster average pace per mile (all races taken into account)



**Group 4**

		No of Races Completed	Hale 10k	Tameside 5K	Wilmslow 5K	Great Manchester Half	Track Manchester Run 10K	Norden 5K No 1	Royton 6 Mile	Mossley Trail	Mossley 10K	Wrexham 10K	Sale Sizzler	Hopwood Trot	Riverside 10 Mile	NWC Road Relays	Track 5K No 2	Knutsford 10K	Oldham Half	Derwentwater 10 Mile	Total (Best 7 Races To Count)	
1	Sam Wright	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Michelle Chapman	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Dawn Speed	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Amanda Richardson	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Bryony Jones	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Lee Higginbottom	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Diane Johnson	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Claire Timms	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Judith Bradley	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Lynda Brookes	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

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- 4 - Faster average pace per mile (all races taken into account)



**Group 5**

		No of Races Completed	Hale 10k	Tameside 5K	Wilmslow 5K	Great Manchester Half	Track Manchester Run 10K	Norden 5K No 1	Royton Trail	Mossley 10K	Wrexham 10K	Sale Sizzler	Hopwood Trot	Riverside 10 Mile	NWC Road Relays	Track 5K No 2	Knutsford 10K	Oldham Half	Derwentwater 10 Mile	Total (Best 7 Races To Count)	
1	Billie Chamberlain	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Dave Bardsley	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	David Phillips	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Elaine Brown	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Elaine Davies	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Howard Mills	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Joanne Lawton	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Karen Jones	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Kay England	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Natali Brown	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Paul Cooke	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Rachel Chadwick	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Sharon Dracup	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Susan Heaney	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Tony Kane	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

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 4 - Faster average pace per mile (all races taken into account)



**Group 6**

		No of Races Completed	Hale 10k	Tameside 5K	Wilmslow 5K	Great Manchester Half	Track Manchester Run 10K	Norden 5K No 1	Royton 6 Mile	Mossley Trail	Mossley 10K	Wrexham 10K	Sale Sizzler	Hopwood Trot	Riverside 10 Mile	NWC Road Relays	Track 5K No 2	Knutsford 10K	Oldham Half	Derwentwater 10 Mile	Total (Best 7 Races To Count)	
1	Alison Cresswell	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Amanda Welby	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Angela Rogowskyj	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Bernadette Ball	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Gill Bardsley	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Hasna Budsworth	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Jenny O'Callaghan	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Karen Rush	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Liz Phillips-Rennie	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Martina Naismith	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Peter Boulton	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Ronnie Quinn	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Samantha Tattersall	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

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- 4 - Faster average pace per mile (all races taken into account)





**Group 7**

		No of Races Completed	Hale 10k	Tameside 5K	Wilmslow 5K	Great Manchester Half	Track Manchester Run 10K	Track 5K No 1	Norden 6 Mile	Royton Trail	Mossley 10K	Wrexham 10K	Sale Sizzler	Hopwood Trot	Riverside 10 Mile	NWC Road Relays	Track 5K No 2	Knutsford 10K	Oldham Half	Derwentwater 10 Mile	Total (Best 7 Races To Count)	
1	June Allingan	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Dave Leyland	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Sarah Fitton	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Nikki Forster	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Helen Parry	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Sharon Leach	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

Criteria order for separating runners on equal points are as follows:

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**Group TBC**

**No of Races Completed**

1	Alison Royle	0
1	Chris Eavers	0
1	Dan Redfearn	0
1	David Ellis	0
1	Francois Clavaud	0
1	Ian Floyd	0
1	James Bowling	0
1	Janine Albison	0
1	Jillian Hickson	0
1	Lisa Southward	0
1	Louise Redfearn	0
1	Morgan Gibson	0
1	Ray Shaw	0
1	Rob Griffin	0
1	Stacey Carr	0
1	Steve Goddard	0
1	Tony Morris	0



1	Kirsty Agnew	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Lisa Southward	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Liz Phillips-Rennie	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Louise Redfearn	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Lucy Schindler	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Lynda Brookes	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Maisie Wainwright	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Martina Naismith	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Michelle Chapman	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Natali Brown	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Nicky Hall	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Nikki Forster	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Rachel Chadwick	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Rochelle Reading	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Sam Wright	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Samantha Tattersall	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Sarah Fitton	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Sarah Tomassi	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Sharon Dracup	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Sharon Leach	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Stacey Carr	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Susan Heaney	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Tracey Hall	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Trish Callan	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

Criteria order for separating runners on equal points are as follows:

- 1 - Superior head-to-head record
- 2 - If head-to-head record equal, lowest cumulative time in head-to-head races
- 3 - Higher points per race average (all races taken into account)
- 4 - Faster average pace per mile (all races taken into account)



**Male over 35's**

		No of Races Completed	Hale 10k	Tameside 5K	Wilmslow 5K	Great Manchester Half	Track Manchester Run 10K	Track 5K No 1	Norden 6 Mile	Royton Trail	Mossley 10K	Wrexham 10K	Sale Sizzler	Hopwood Trot	Riverside 10 Mile	NWC Road Relays	Track 5K No 2	Knutsford 10K	Oldham Half	Derwentwater 10 Mile	Total (Best 7 Races To Count)	
1	Adam Stirling	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Andrew Ingham	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Edward Grimley	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Mathew Reeves	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Matthew Cartner	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Rob James	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Tony Morris	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Wesley Henshaw	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

Criteria order for separating runners on equal points are as follows:

- 1 - Superior head-to-head record
- 2 - If head-to-head record equal, lowest cumulative time in head-to-head races
- 3 - Higher points per race average (all races taken into account)
- 4 - Faster average pace per mile (all races taken into account)



**Male over 40's**

		No of Races Completed	Hale 10k	Tameside 5K	Wilmslow 5K	Great Manchester Half	Track Manchester Run 10K	Track 5K No 1	Norden 6 Mile	Royton Trail	Mossley 10K	Wrexham 10K	Sale Sizzler	Hopwood Trot	Riverside 10 Mile	NWC Road Relays	Track 5K No 2	Knutsford 10K	Oldham Half	Derwentwater 10 Mile	Total (Best 7 Races To Count)	
1	Adrian Brown	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Brett Spivey	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Chris Tattersall	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Gareth McCaffery	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	James Moran	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	John Fay	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Martin Thompson	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

Criteria order for separating runners on equal points are as follows:

- 1 - Superior head-to-head record
- 2 - If head-to-head record equal, lowest cumulative time in head-to-head races
- 3 - Higher points per race average (all races taken into account)
- 4 - Faster average pace per mile (all races taken into account)



**Male over 45's**

		No of Races Completed	Hale 10k	Tameside 5K	Wilmslow 5K	Great Manchester Half	Track Manchester Run 10K	Norden 5K No 1	Royton Trail	Mossley 10K	Wrexham 10K	Sale Sizzler	Hopwood Trot	Riverside 10 Mile	NWC Road Relays	Track 5K No 2	Knutsford 10K	Oldham Half	Derwentwater 10 Mile	Total (Best 7 Races To Count)	
1	Chris Nicholson	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Dan Redfearn	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Dave Bardsley	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Dave Watt	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	David Ellis	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	James Henderson	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	James Holdaway	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Jonathan Green	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Lee Higginbottom	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Mark Duncan	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Matt Kershaw	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Paul Timms	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	William Wall	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

Criteria order for separating runners on equal points are as follows:

- 1 - Superior head-to-head record
- 2 - If head-to-head record equal, lowest cumulative time in head-to-head races
- 3 - Higher points per race average (all races taken into account)
- 4 - Faster average pace per mile (all races taken into account)



**Male over 50's**

		No of Races Completed	Hale 10k	Tameside 5K	Wilmslow 5K	Great Manchester Half	Track Manchester Run 10K	Track 5K No 1	Norden 6 Mile	Royton Trail	Mossley 10K	Wrexham 10K	Sale Sizzler	Hopwood Trot	Riverside 10 Mile	NWC Road Relays	Track 5K No 2	Knutsford 10K	Oldham Half	Derwentwater 10 Mile	Total (Best 7 Races To Count)	
1	Andrew Naismith	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Andrew Rogers	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Andy Hall	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Anthony Rogers	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Carl O'Callaghan	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Chris Lowe	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Colin Green	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Elliot Stone	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	James Wright	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Lee Earnshaw	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Mark Baxendale	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Mark Foran	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Owen Flage	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Richard Dowd	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Shane Reading	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Simon Howard	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

Criteria order for separating runners on equal points are as follows:

- 1 - Superior head-to-head record
- 2 - If head-to-head record equal, lowest cumulative time in head-to-head races
- 3 - Higher points per race average (all races taken into account)
- 4 - Faster average pace per mile (all races taken into account)





**Male over 55's**

		No of Races Completed	Hale 10k	Tameside 5K	Wilmslow 5K	Great Manchester Half	Track Manchester Run 10K	Norden 5K No 1	Royton Trail	Mossley 10K	Wrexham 10K	Sale Sizzler	Hopwood Trot	Riverside 10 Mile	NWC Road Relays	Track 5K No 2	Knutsford 10K	Oldham Half	Derwentwater 10 Mile	Total (Best 7 Races To Count)	
1	Bernard Goodwin	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Bryan Lawton	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Damien Finn	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Dave Leyland	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Dave Peart	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Jason Keast	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Kevin Hutchings	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Mark Phelan	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Paul Cooke	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Ray Williams	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Rob Griffin	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Robert Kellett	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Warren Siddall	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

Criteria order for separating runners on equal points are as follows:  
 1 - Superior head-to-head record  
 2 - If head-to-head record equal, lowest cumulative time in head-to-head races  
 3 - Higher points per race average (all races taken into account)  
 4 - Faster average pace per mile (all races taken into account)



**Male over 60's**

		No of Races Completed	Hale 10k	Tameside 5K	Wilmslow 5K	Great Manchester Half	Track Manchester Run 10K	Track 5K No 1	Norden 6 Mile	Royton Trail	Mossley 10K	Wrexham 10K	Sale Sizzler	Hopwood Trot	Riverside 10 Mile	NWC Road Relays	Track 5K No 2	Knutsford 10K	Oldham Half	Derwentwater 10 Mile	Total (Best 7 Races To Count)	
1	David Emanuel	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Neil Brock	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Gary Smith	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Stephen Rogowskyj	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Eamonn Nolan	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

Criteria order for separating runners on equal points are as follows:  
 1 - Superior head-to-head record  
 2 - If head-to-head record equal, lowest cumulative time in head-to-head races  
 3 - Higher points per race average (all races taken into account)  
 4 - Faster average pace per mile (all races taken into account)



**Male over 65's**

		No of Races Completed	Hale 10k	Tameside 5K	Wilmslow 5K	Great Manchester Half	Track Manchester Run 10K	Track 5K No 1	Norden 6 Mile	Royton Trail	Mossley 10K	Wrexham 10K	Sale Sizzler	Hopwood Trot	Riverside 10 Mile	NWC Road Relays	Track 5K No 2	Knutsford 10K	Oldham Half	Derwentwater 10 Mile	Total (Best 7 Races To Count)	
1	Barry Greaves	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Ian Floyd	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Steve Goddard	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Mark Heaney	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Bernard Cassidy	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

Criteria order for separating runners on equal points are as follows:  
 1 - Superior head-to-head record  
 2 - If head-to-head record equal, lowest cumulative time in head-to-head races  
 3 - Higher points per race average (all races taken into account)  
 4 - Faster average pace per mile (all races taken into account)



**Male over 70's**

		No of Races Completed	Hale 10k	Tameside 5K	Wilmslow 5K	Great Manchester Half	Track Manchester Run 10K	Track 5K No 1	Norden 6 Mile	Royton Trail	Mossley 10K	Wrexham 10K	Sale Sizzler	Hopwood Trot	Riverside 10 Mile	NWC Road Relays	Track 5K No 2	Knutsford 10K	Oldham Half	Derwentwater 10 Mile	Total (Best 7 Races To Count)	
1	Chris Eavers	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Howard Mills	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Ronnie Quinn	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Tony Kane	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

Criteria order for separating runners on equal points are as follows:

- 1 - Superior head-to-head record
- 2 - If head-to-head record equal, lowest cumulative time in head-to-head races
- 3 - Higher points per race average (all races taken into account)
- 4 - Faster average pace per mile (all races taken into account)



**Male over 75's**

		No of Races Completed	Hale 10k	Tameside 5K	Wilmslow 5K	Great Manchester Half	Track 5K No 1	Norden 6 Mile	Royton Trail	Mossley 10K	Wrexham 10K	Sale Sizzler	Hopwood Trot	Riverside 10 Mile	NWC Road Relays	Track 5K No 2	Knutsford 10K	Oldham Half	Derwentwater 10 Mile	Total (Best 7 Races To Count)	
1	Peter Boulton	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

Criteria order for separating runners on equal points are as follows:

- 1 - Superior head-to-head record
- 2 - If head-to-head record equal, lowest cumulative time in head-to-head races
- 3 - Higher points per race average (all races taken into account)
- 4 - Faster average pace per mile (all races taken into account)



**Male over 80's**

		No of Races Completed	Hale 10k	Tameside 5K	Wilmslow 5K	Great Manchester Half	Track 5K No 1	Norden 6 Mile	Royton Trail	Mossley 10K	Wrexham 10K	Sale Sizzler	Hopwood Trot	Riverside 10 Mile	NWC Road Relays	Track 5K No 2	Knutsford 10K	Oldham Half	Derwentwater 10 Mile	Total (Best 7 Races To Count)	
1	David Phillips	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Ray Shaw	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

Criteria order for separating runners on equal points are as follows:

- 1 - Superior head-to-head record
- 2 - If head-to-head record equal, lowest cumulative time in head-to-head races
- 3 - Higher points per race average (all races taken into account)
- 4 - Faster average pace per mile (all races taken into account)



**Female over 35's**

		No of Races Completed	Hale 10k	Tameside 5K	Wilmslow 5K	Great Manchester Half	Track Manchester Run 10K	Track 5K No 1	Norden 6 Mile	Royton Trail	Mossley 10K	Wrexham 10K	Sale Sizzler	Hopwood Trot	Riverside 10 Mile	NWC Road Relays	Track 5K No 2	Knutsford 10K	Oldham Half	Derwentwater 10 Mile	Total (Best 7 Races To Count)	
1	Billie Chamberlain	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Elaine Davies	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Samantha Tattersall	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Stacey Carr	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Trish Callan	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

Criteria order for separating runners on equal points are as follows:  
 1 - Superior head-to-head record  
 2 - If head-to-head record equal, lowest cumulative time in head-to-head races  
 3 - Higher points per race average (all races taken into account)  
 4 - Faster average pace per mile (all races taken into account)



**Female over 40's**

		No of Races Completed	Hale 10k	Tameside 5K	Wilmslow 5K	Great Manchester Half	Track Manchester Run 10K	Track 5K No 1	Norden 6 Mile	Royton Trail	Mossley 10K	Wrexham 10K	Sale Sizzler	Hopwood Trot	Riverside 10 Mile	NWC Road Relays	Track 5K No 2	Knutsford 10K	Oldham Half	Derwentwater 10 Mile	Total (Best 7 Races To Count)	
1	Kirsty Agnew	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Michelle Chapman	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Hasna Budsworth	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Sarah Tomassi	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Natali Brown	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Rachel Chadwick	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

Criteria order for separating runners on equal points are as follows:

- 1 - Superior head-to-head record
- 2 - If head-to-head record equal, lowest cumulative time in head-to-head races
- 3 - Higher points per race average (all races taken into account)
- 4 - Faster average pace per mile (all races taken into account)





**Female over 45's**

		No of Races Completed	Hale 10k	Tameside 5K	Wilmslow 5K	Great Manchester Half	Track Manchester Run 10K	Track 5K No 1	Norden 6 Mile	Royton Trail	Mossley 10K	Wrexham 10K	Sale Sizzler	Hopwood Trot	Riverside 10 Mile	NWC Road Relays	Track 5K No 2	Knutsford 10K	Oldham Half	Derwentwater 10 Mile	Total (Best 7 Races To Count)	
1	Claire Timms	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Helen Parry	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Jenny O'Callaghan	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Jillian Hickson	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Karen Jones	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Karen Price	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Kay England	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Liz Phillips-Rennie	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

Criteria order for separating runners on equal points are as follows:

- 1 - Superior head-to-head record
- 2 - If head-to-head record equal, lowest cumulative time in head-to-head races
- 3 - Higher points per race average (all races taken into account)
- 4 - Faster average pace per mile (all races taken into account)



**Female over 50's**

		No of Races Completed	Hale 10k	Tameside 5K	Wilmslow 5K	Great Manchester Half	Track Manchester Run 10K	Norden 5K No 1	Royton Trail	Mossley 10K	Wrexham 10K	Sale Sizzler	Hopwood Trot	Riverside 10 Mile	NWC Road Relays	Track 5K No 2	Knutsford 10K	Oldham Half	Derwentwater 10 Mile	Total (Best 7 Races To Count)	
1	Alison Royle	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Dawn Speed	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Janet Jobey	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Karen Rush	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Louise Redfean	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Martina Naismith	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Nicky Hall	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Nikki Forster	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Rochelle Reading	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Sam Wright	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Sharon Leach	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Suzanne Darke	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Tracey Hall	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

Criteria order for separating runners on equal points are as follows:

- 1 - Superior head-to-head record
- 2 - If head-to-head record equal, lowest cumulative time in head-to-head races
- 3 - Higher points per race average (all races taken into account)
- 4 - Faster average pace per mile (all races taken into account)



**Female over 55's**

		No of Races Completed	Hale 10k	Tameside 5K	Wilmslow 5K	Great Manchester Half	Track Manchester Run 10K	Track 5K No 1	Norden 6 Mile	Royton Trail	Mossley 10K	Wrexham 10K	Sale Sizzler	Hopwood Trot	Riverside 10 Mile	NWC Road Relays	Track 5K No 2	Knutsford 10K	Oldham Half	Derwentwater 10 Mile	Total (Best 7 Races To Count)	
1	Amanda Richardson	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Amanda Welby	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Angela Rogowskyj	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Gill Bardsley	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Janine Albison	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Joanne Lawton	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Judith Bradley	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Lisa Southward	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Lynda Brookes	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

Criteria order for separating runners on equal points are as follows:

- 1 - Superior head-to-head record
- 2 - If head-to-head record equal, lowest cumulative time in head-to-head races
- 3 - Higher points per race average (all races taken into account)
- 4 - Faster average pace per mile (all races taken into account)



**Female over 60's**

		No of Races Completed	Hale 10k	Tameside 5K	Wilmslow 5K	Great Manchester Half	Track Manchester Run 10K	Track 5K No 1	Norden 6 Mile	Royton Trail	Mossley 10K	Wrexham 10K	Sale Sizzler	Hopwood Trot	Riverside 10 Mile	NWC Road Relays	Track 5K No 2	Knutsford 10K	Oldham Half	Derwentwater 10 Mile	Total (Best 7 Races To Count)	
1	Alison Cresswell	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Elaine Brown	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Gail Shaw	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Sharon Dracup	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Susan Heaney	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

Criteria order for separating runners on equal points are as follows:  
 1 - Superior head-to-head record  
 2 - If head-to-head record equal, lowest cumulative time in head-to-head races  
 3 - Higher points per race average (all races taken into account)  
 4 - Faster average pace per mile (all races taken into account)



**Female over 65's**

		No of Races Completed	Hale 10k	Tameside 5K	Wilmslow 5K	Great Manchester Half	Track Manchester Run 10K	Track 5K No 1	Norden 6 Mile	Royton Trail	Mossley 10K	Wrexham 10K	Sale Sizzler	Hopwood Trot	Riverside 10 Mile	NWC Road Relays	Track 5K No 2	Knutsford 10K	Oldham Half	Derwentwater 10 Mile	Total (Best 7 Races To Count)	
1	Diane Johnson	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

Criteria order for separating runners on equal points are as follows:

- 1 - Superior head-to-head record
- 2 - If head-to-head record equal, lowest cumulative time in head-to-head races
- 3 - Higher points per race average (all races taken into account)
- 4 - Faster average pace per mile (all races taken into account)



**Female over 70's**

		No of Races Completed	Hale 10k	Tameside 5K	Wilmslow 5K	Great Manchester Half	Track 5K No 1	Norden 6 Mile	Royton Trail	Mossley 10K	Wrexham 10K	Sale Sizzler	Hopwood Trot	Riverside 10 Mile	NWC Road Relays	Track 5K No 2	Knutsford 10K	Oldham Half	Derwentwater 10 Mile	Total (Best 7 Races To Count)	
1	Bernadette Ball	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1		0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

Criteria order for separating runners on equal points are as follows:

- 1 - Superior head-to-head record
- 2 - If head-to-head record equal, lowest cumulative time in head-to-head races
- 3 - Higher points per race average (all races taken into account)
- 4 - Faster average pace per mile (all races taken into account)



**Female over 80's**

		No of Races Completed	Hale 10k	Tameside 5K	Wilmslow 5K	Great Manchester Half	Track 5K No 1	Norden 6 Mile	Royton Trail	Mossley 10K	Wrexham 10K	Sale Sizzler	Hopwood Trot	Riverside 10 Mile	NWC Road Relays	Track 5K No 2	Knutsford 10K	Oldham Half	Derwentwater 10 Mile	Total (Best 7 Races To Count)	
1	June Allingan	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1		0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

Criteria order for separating runners on equal points are as follows:  
 1 - Superior head-to-head record  
 2 - If head-to-head record equal, lowest cumulative time in head-to-head races  
 3 - Higher points per race average (all races taken into account)  
 4 - Faster average pace per mile (all races taken into account)