



Premiership

| | No of Races Completed | Stockport Daffodil 10k | Settle 10 Mile | Dentdale | Cowm 5k | Chester Half | Media City 10k | Rochdale 10k | Royton Trail | Mossley 10k | Cowm 5k2 | Hopwood Trot | York Half | Warrington Half | Track 5k | Knutsford 10k | Derwentwater 10 Mile | Total (Best 7 Races To Count) | |
|----|------------------------------|------------------------|----------------|----------|---------|--------------|----------------|--------------|--------------|-------------|----------|--------------|-----------|-----------------|----------|---------------|----------------------|-------------------------------|-----|
| 1 | Rob James | 8 | 24 | 25 | 0 | 25 | 0 | 0 | 25 | 25 | 25 | 25 | 0 | 0 | 0 | 0 | 0 | 0 | 175 |
| 2 | James Henderson | 9 | 23 | 23 | 25 | 0 | 0 | 0 | 0 | 24 | 0 | 24 | 24 | 0 | 0 | 25 | 24 | 25 | 171 |
| 3 | Shane Reading | 9 | 0 | 0 | 0 | 23 | 0 | 25 | 0 | 23 | 24 | 23 | 22 | 25 | 0 | 24 | 25 | 0 | 169 |
| 4 | Andrew Rogers | 8 | 22 | 0 | 0 | 24 | 0 | 0 | 23 | 22 | 0 | 0 | 21 | 0 | 25 | 0 | 23 | 22 | 161 |
| 5 | Neil Brock | 9 | 21 | 22 | 24 | 0 | 23 | 22 | 22 | 21 | 23 | 0 | 19 | 0 | 0 | 0 | 0 | 0 | 157 |
| 6 | Owen Flage | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 22 | 22 | 18 | 0 | 0 | 23 | 0 | 21 | 106 |
| 7 | Paul Timms | 4 | 0 | 24 | 0 | 0 | 24 | 0 | 24 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 24 | 96 |
| 8 | Martin Thompson | 4 | 0 | 0 | 0 | 0 | 0 | 23 | 21 | 20 | 0 | 0 | 20 | 0 | 0 | 0 | 0 | 0 | 84 |
| 9 | Chris Lowe | 3 | 0 | 0 | 0 | 0 | 0 | 24 | 0 | 0 | 0 | 0 | 23 | 0 | 0 | 0 | 0 | 23 | 70 |
| 10 | Jarrold Gritt | 2 | 25 | 0 | 0 | 0 | 25 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 50 |
| 11 | Robert Fairbanks | 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
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Championship

| | No of Races Completed | Stockport Daffodil 10k | Settle 10 Mile | Dentdale | Cowm 5k | Chester Half | Media City 10k | Rochdale 10k | Royton Trail | Mossley 10k | Cowm 5k2 | Hopwood Trot | York Half | Warrington Half | Track 5k | Knutsford 10k | Derwentwater 10 Mile | Total (Best 7 Races To Count) |
|--------------------|-----------------------|------------------------|----------------|----------|---------|--------------|----------------|--------------|--------------|-------------|----------|--------------|-----------|-----------------|----------|---------------|----------------------|-------------------------------|
| 1 Brett Spivey | 13 | 23 | 25 | 0 | 25 | 25 | 24 | 0 | 0 | 23 | 24 | 21 | 24 | 25 | 25 | 24 | 24 | 173 |
| 2 Dave Peart | 13 | 21 | 22 | 0 | 0 | 21 | 25 | 0 | 20 | 25 | 21 | 23 | 25 | 24 | 18 | 25 | 25 | 172 |
| 3 Ian Dale | 10 | 25 | 0 | 24 | 23 | 0 | 0 | 22 | 25 | 0 | 25 | 24 | 0 | 0 | 24 | 23 | 21 | 170 |
| 4 Chris Tattersall | 7 | 0 | 0 | 25 | 0 | 0 | 0 | 25 | 23 | 0 | 23 | 25 | 0 | 0 | 23 | 0 | 23 | 167 |
| 5 Bernard Goodwin | 13 | 24 | 0 | 0 | 22 | 23 | 22 | 24 | 21 | 0 | 22 | 22 | 23 | 23 | 22 | 22 | 22 | 161 |
| 6 Carl O'Callaghan | 10 | 22 | 23 | 23 | 21 | 24 | 23 | 0 | 22 | 0 | 0 | 0 | 0 | 0 | 20 | 21 | 20 | 158 |
| 7 David Emanuel | 11 | 20 | 0 | 22 | 20 | 22 | 0 | 23 | 18 | 24 | 20 | 20 | 0 | 22 | 19 | 0 | 0 | 153 |
| 8 Paul Openshaw | 3 | 0 | 24 | 0 | 24 | 0 | 0 | 0 | 19 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 67 |
| 9 Barry Greaves | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 24 | 0 | 0 | 0 | 0 | 0 | 22 | 0 | 0 | 46 |
| 10 David Ellis | 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 1

| | No of Races Completed | Stockport Daffodil 10k | Settle 10 Mile | Dentdale | Cowm 5k | Chester Half | Media City 10k | Rochdale 10k | Royton Trail | Mossley 10k | Cowm 5k2 | Hopwood Trot | York Half | Warrington Half | Track 5k | Knutsford 10k | Derwentwater 10 Mile | Total (Best 7 Races To Count) |
|-----------------|------------------------------|------------------------|----------------|----------|---------|--------------|----------------|--------------|--------------|-------------|----------|--------------|-----------|-----------------|----------|---------------|----------------------|-------------------------------|
| 1 Adam Stirling | 12 | 24 | 23 | 0 | 23 | 0 | 25 | 0 | 25 | 25 | 25 | 25 | 24 | 0 | 25 | 25 | 25 | 175 |
| 2 Elliot Stone | 10 | 25 | 25 | 0 | 25 | 0 | 0 | 25 | 24 | 23 | 24 | 0 | 0 | 0 | 24 | 24 | 23 | 172 |
| 3 Janet Jobey | 9 | 22 | 24 | 25 | 24 | 25 | 0 | 0 | 0 | 24 | 0 | 24 | 25 | 0 | 0 | 0 | 24 | 171 |
| 4 Bryan Lawton | 2 | 21 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 23 | 0 | 0 | 44 |
| 5 Darren Ogden | 1 | 23 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 23 |

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



Group 2

| | | No of Races Completed | Stockport Daffodil 10k | Settle 10 Mile | Dentdale | Cowm 5k | Chester Half | Media City 10k | Rochdale 10k | Royton Trail | Mossley 10k | Cowm 5k2 | Hopwood Trot | York Half | Warrington Half | Track 5k | Knutsford 10k | Derwentwater 10 Mile | Total (Best 7 Races To Count) |
|---|----------------|-----------------------|------------------------|----------------|----------|---------|--------------|----------------|--------------|--------------|-------------|----------|--------------|-----------|-----------------|----------|---------------|----------------------|-------------------------------|
| 1 | Mark Baxendale | 10 | 25 | 25 | 25 | 25 | 0 | 24 | 25 | 0 | 0 | 0 | 24 | 0 | 0 | 24 | 24 | 25 | 174 |
| 2 | John Fay | 10 | 24 | 0 | 0 | 24 | 25 | 0 | 24 | 0 | 25 | 0 | 25 | 25 | 24 | 0 | 25 | 23 | 173 |
| 3 | Eamonn Nolan | 8 | 23 | 23 | 0 | 0 | 0 | 25 | 0 | 25 | 0 | 0 | 20 | 0 | 25 | 23 | 0 | 22 | 166 |
| 3 | Mark Phelan | 12 | 22 | 24 | 24 | 23 | 24 | 22 | 23 | 23 | 24 | 0 | 22 | 0 | 23 | 0 | 0 | 24 | 166 |
| 5 | Robert Kellett | 7 | 0 | 0 | 0 | 0 | 0 | 23 | 22 | 24 | 0 | 25 | 23 | 0 | 0 | 25 | 0 | 21 | 163 |
| 6 | Mark Heaney | 8 | 21 | 0 | 0 | 22 | 0 | 21 | 21 | 22 | 21 | 24 | 21 | 0 | 0 | 0 | 0 | 0 | 152 |
| 7 | Ronnie Quinn | 9 | 0 | 0 | 0 | 21 | 0 | 20 | 20 | 20 | 23 | 22 | 18 | 0 | 0 | 22 | 23 | 0 | 151 |
| 8 | Mark Foran | 8 | 20 | 0 | 0 | 20 | 0 | 19 | 0 | 21 | 22 | 23 | 19 | 0 | 0 | 0 | 0 | 20 | 145 |

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

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Group 3

| | No of Races Completed | Stockport Daffodil 10k | Settle 10 Mile | Dentdale | Cowm 5k | Chester Half | Media City 10k | Rochdale 10k | Royton Trail | Mossley 10k | Cowm 5k2 | Hopwood Trot | York Half | Warrington Half | Track 5k | Knutsford 10k | Derwentwater 10 Mile | Total (Best 7 Races To Count) |
|-------------------|------------------------------|------------------------|----------------|----------|---------|--------------|----------------|--------------|--------------|-------------|----------|--------------|-----------|-----------------|----------|---------------|----------------------|-------------------------------|
| 1 Adrian Brown | 14 | 25 | 25 | 25 | 25 | 25 | 0 | 25 | 25 | 25 | 25 | 25 | 0 | 25 | 25 | 25 | 25 | 175 |
| 2 Mark Duncan | 7 | 0 | 0 | 0 | 0 | 0 | 0 | 24 | 24 | 0 | 23 | 22 | 0 | 24 | 24 | 0 | 24 | 165 |
| 3 James Holdaway | 7 | 24 | 24 | 0 | 24 | 0 | 0 | 23 | 0 | 0 | 24 | 0 | 0 | 0 | 22 | 0 | 22 | 163 |
| 3 Simon Howard | 9 | 22 | 23 | 23 | 20 | 0 | 0 | 0 | 24 | 0 | 0 | 0 | 0 | 23 | 23 | 24 | 23 | 163 |
| 5 Rochelle Evans | 10 | 0 | 0 | 0 | 21 | 0 | 25 | 0 | 21 | 24 | 20 | 23 | 25 | 0 | 21 | 23 | 21 | 162 |
| 6 Bernard Cassidy | 7 | 21 | 0 | 24 | 23 | 0 | 0 | 0 | 20 | 0 | 21 | 24 | 0 | 0 | 20 | 0 | 0 | 153 |
| 7 Gary Marshall | 7 | 20 | 0 | 0 | 0 | 0 | 0 | 22 | 22 | 0 | 22 | 0 | 0 | 22 | 19 | 22 | 0 | 149 |
| 8 Kirsty Agnew | 5 | 23 | 0 | 0 | 22 | 24 | 24 | 0 | 0 | 23 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 116 |
| 9 Joanne Brown | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |

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Group 4

| | No of Races Completed | Stockport Daffodil 10k | Settle 10 Mile | Dentdale | Cowm 5k | Chester Half | Media City 10k | Rochdale 10k | Royton Trail | Mossley 10k | Cowm 5k2 | Hopwood Trot | York Half | Warrington Half | Track 5k | Knutsford 10k | Derwentwater 10 Mile | Total (Best 7 Races To Count) | |
|----|-----------------------|------------------------|----------------|----------|---------|--------------|----------------|--------------|--------------|-------------|----------|--------------|-----------|-----------------|----------|---------------|----------------------|-------------------------------|-----|
| 1 | Bryony Jones | 10 | 0 | 25 | 25 | 24 | 25 | 25 | 0 | 21 | 25 | 0 | 23 | 25 | 25 | 0 | 0 | 0 | 175 |
| 2 | Chris Nicholson | 10 | 24 | 0 | 0 | 25 | 22 | 0 | 24 | 23 | 22 | 25 | 24 | 0 | 0 | 25 | 25 | 0 | 172 |
| 3 | Jason Keast | 14 | 25 | 23 | 22 | 18 | 21 | 0 | 23 | 25 | 23 | 23 | 25 | 22 | 21 | 24 | 0 | 20 | 168 |
| 4 | Kevin Hutchings | 12 | 18 | 24 | 23 | 21 | 0 | 0 | 22 | 19 | 21 | 21 | 21 | 24 | 0 | 23 | 0 | 25 | 162 |
| 5 | Gail Shaw | 7 | 22 | 0 | 0 | 22 | 23 | 23 | 0 | 0 | 0 | 0 | 20 | 23 | 23 | 0 | 0 | 0 | 156 |
| 6 | Trish Murdin | 9 | 19 | 0 | 24 | 20 | 24 | 0 | 0 | 20 | 0 | 0 | 0 | 0 | 22 | 19 | 23 | 22 | 155 |
| 7 | Lee Higginbottom | 7 | 16 | 0 | 0 | 23 | 0 | 0 | 0 | 17 | 0 | 20 | 0 | 0 | 0 | 21 | 22 | 21 | 140 |
| 8 | Sarah Tomassi | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 25 | 22 | 0 | 22 | 0 | 0 | 0 | 0 | 24 | 23 | 116 |
| 9 | Gary Smith | 5 | 20 | 0 | 0 | 0 | 0 | 24 | 0 | 0 | 0 | 0 | 0 | 0 | 24 | 20 | 0 | 24 | 112 |
| 10 | Paul Cooke | 5 | 17 | 0 | 0 | 19 | 0 | 0 | 0 | 16 | 0 | 19 | 0 | 0 | 0 | 18 | 0 | 0 | 89 |
| 11 | Andrew Ingham | 3 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 24 | 24 | 24 | 0 | 0 | 0 | 0 | 0 | 0 | 72 |
| 12 | Warren Siddall | 3 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 20 | 0 | 22 | 0 | 0 | 22 | 0 | 0 | 64 |
| 13 | Ray Williams | 3 | 21 | 0 | 0 | 0 | 0 | 0 | 0 | 18 | 0 | 0 | 19 | 0 | 0 | 0 | 0 | 0 | 58 |
| 14 | Gareth McCaffery | 2 | 23 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 21 | 0 | 0 | 0 | 0 | 44 |
| 15 | Stewart Jones | 2 | 0 | 22 | 21 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 43 |
| 16 | Steve Goddard | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |

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Group 5

| | No of Races Completed | Stockport Daffodil 10k | Settle 10 Mile | Dentdale | Cowm 5k | Chester Half | Media City 10k | Rochdale 10k | Royton Trail | Mossley 10k | Cowm 5k2 | Hopwood Trot | York Half | Warrington Half | Track 5k | Knutsford 10k | Derwentwater 10 Mile | Total (Best 7 Races To Count) |
|---------------------|-----------------------|------------------------|----------------|----------|---------|--------------|----------------|--------------|--------------|-------------|----------|--------------|-----------|-----------------|----------|---------------|----------------------|-------------------------------|
| 1 Tracey Hall | 10 | 25 | 25 | 25 | 25 | 0 | 0 | 25 | 0 | 25 | 25 | 25 | 25 | 0 | 0 | 0 | 25 | 175 |
| 2 Amanda Richardson | 14 | 24 | 24 | 22 | 24 | 24 | 25 | 23 | 25 | 24 | 24 | 24 | 0 | 0 | 25 | 25 | 24 | 172 |
| 3 Susan Heaney | 7 | 0 | 0 | 0 | 21 | 0 | 24 | 21 | 23 | 23 | 22 | 0 | 0 | 0 | 0 | 0 | 22 | 156 |
| 4 Claire Timms | 6 | 23 | 23 | 23 | 0 | 25 | 0 | 24 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 21 | 139 |
| 5 Jillian Heywood | 4 | 20 | 0 | 24 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 24 | 0 | 0 | 0 | 23 | 91 |
| 6 Lynda Brookes | 4 | 22 | 0 | 0 | 23 | 0 | 0 | 22 | 0 | 0 | 23 | 0 | 0 | 0 | 0 | 0 | 0 | 90 |
| 7 David Smith | 3 | 0 | 0 | 21 | 22 | 0 | 0 | 0 | 24 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 67 |
| 8 Jillian Hickson | 1 | 21 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 21 |
| 9 Lisa Southward | 1 | 19 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 19 |
| 10 Adam Stopford | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 10 David Phillips | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 10 Karen Jones | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |

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Group 6

| | | No of Races Completed | Stockport Daffodil 10k | Settle 10 Mile | Dentdale | Cowm 5k | Chester Half | Media City 10k | Rochdale 10k | Royton Trail | Mossley 10k | Cowm 5k2 | Hopwood Trot | York Half | Warrington Half | Track 5k | Knutsford 10k | Derwentwater 10 Mile | Total (Best 7 Races To Count) |
|----|-------------------|-----------------------|------------------------|----------------|----------|---------|--------------|----------------|--------------|--------------|-------------|----------|--------------|-----------|-----------------|----------|---------------|----------------------|-------------------------------|
| 1 | Natali Brown | 13 | 24 | 0 | 25 | 25 | 25 | 0 | 25 | 25 | 25 | 25 | 25 | 0 | 25 | 25 | 25 | 23 | 175 |
| 2 | Judith Bradley | 7 | 25 | 25 | 0 | 0 | 0 | 25 | 0 | 24 | 0 | 24 | 24 | 0 | 0 | 0 | 0 | 25 | 172 |
| 3 | Stephen Rogowskyj | 12 | 17 | 0 | 0 | 24 | 24 | 21 | 20 | 22 | 21 | 16 | 19 | 0 | 0 | 24 | 24 | 24 | 163 |
| 4 | Angela Rogowskyj | 12 | 21 | 0 | 0 | 20 | 24 | 18 | 22 | 20 | 22 | 17 | 20 | 0 | 0 | 19 | 23 | 17 | 152 |
| 5 | Neil Bradley | 9 | 18 | 0 | 0 | 22 | 22 | 23 | 19 | 21 | 0 | 19 | 18 | 0 | 0 | 0 | 0 | 22 | 148 |
| 6 | Nicky Hall | 6 | 0 | 0 | 0 | 0 | 0 | 22 | 24 | 0 | 23 | 21 | 22 | 0 | 0 | 0 | 0 | 19 | 131 |
| 7 | Sharon Leach | 6 | 23 | 0 | 0 | 21 | 0 | 0 | 0 | 23 | 0 | 20 | 23 | 0 | 0 | 20 | 0 | 0 | 130 |
| 8 | Dawn Speed | 6 | 0 | 0 | 0 | 23 | 0 | 24 | 21 | 0 | 0 | 18 | 0 | 0 | 0 | 22 | 0 | 21 | 129 |
| 9 | Karen Stuttard | 6 | 0 | 0 | 0 | 0 | 0 | 20 | 0 | 19 | 20 | 0 | 17 | 0 | 0 | 21 | 22 | 0 | 119 |
| 10 | Dave Bardsley | 3 | 0 | 24 | 0 | 0 | 0 | 0 | 23 | 0 | 24 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 71 |
| 11 | Amanda Welby | 3 | 19 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 23 | 0 | 19 | 61 |
| 12 | Bernadette Ball | 3 | 20 | 0 | 0 | 0 | 0 | 19 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 20 | 59 |
| 13 | Martina Naismith | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 25 | 24 | 0 | 0 | 0 | 49 |
| 14 | Nikki Mills | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 22 | 22 | 0 | 0 | 0 | 0 | 0 | 44 |
| 15 | Tim Dickinson | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 23 | 0 | 0 | 0 | 0 | 0 | 0 | 23 |
| 16 | Nikki Forster | 1 | 22 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 22 |
| 17 | Bernie Allen | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 17 | Jenny O'Callaghan | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 17 | Peter Boulton | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |

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Group 7

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|--------------------|-----------------------|------------------------|----------------|----------|---------|--------------|----------------|--------------|--------------|-------------|----------|--------------|-----------|-----------------|----------|---------------|----------------------|-------------------------------|
| 1 Kay England | 9 | 25 | 0 | 0 | 25 | 0 | 25 | 25 | 24 | 0 | 25 | 25 | 0 | 0 | 25 | 0 | 25 | 175 |
| 2 June Allingan | 8 | 23 | 0 | 0 | 23 | 0 | 23 | 24 | 21 | 0 | 0 | 22 | 0 | 0 | 23 | 0 | 24 | 162 |
| 3 Alison Cresswell | 7 | 24 | 0 | 0 | 24 | 0 | 0 | 23 | 21 | 0 | 23 | 22 | 0 | 0 | 0 | 0 | 24 | 161 |
| 4 Joanne Lawton | 4 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 24 | 0 | 24 | 25 | 0 | 0 | 25 | 0 | 0 | 98 |
| 5 Sarah Fitton | 3 | 0 | 0 | 0 | 0 | 0 | 24 | 0 | 22 | 0 | 0 | 23 | 0 | 0 | 0 | 0 | 0 | 69 |
| 6 Liz Phillips | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 25 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 25 |
| 7 Anne Jones | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 7 Karen Rush | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 7 Sally Crewe | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 7 Stephen Jones | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |

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Ladies

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|----|-------------------|-----------------------|------------------------|----------------|----------|---------|--------------|----------------|--------------|--------------|-------------|----------|--------------|-----------|-----------------|----------|---------------|----------------------|-------------------------------|
| 1 | Janet Jobey | 9 | 50 | 50 | 50 | 50 | 50 | 0 | 0 | 0 | 50 | 0 | 50 | 50 | 0 | 0 | 0 | 50 | 350 |
| 2 | Rochelle Evans | 10 | 0 | 0 | 0 | 48 | 0 | 50 | 0 | 50 | 48 | 50 | 49 | 49 | 0 | 50 | 50 | 49 | 348 |
| 3 | Bryony Jones | 10 | 0 | 49 | 49 | 47 | 48 | 49 | 0 | 48 | 49 | 0 | 48 | 48 | 50 | 0 | 0 | 0 | 342 |
| 4 | Trish Murdin | 9 | 47 | 0 | 48 | 44 | 47 | 0 | 0 | 47 | 0 | 0 | 0 | 0 | 48 | 49 | 48 | 47 | 334 |
| 5 | Tracey Hall | 10 | 46 | 48 | 47 | 45 | 0 | 0 | 49 | 0 | 47 | 48 | 46 | 46 | 0 | 0 | 0 | 46 | 331 |
| 6 | Gail Shaw | 7 | 48 | 0 | 0 | 46 | 46 | 47 | 0 | 0 | 0 | 0 | 47 | 47 | 49 | 0 | 0 | 0 | 330 |
| 7 | Amanda Richardson | 14 | 45 | 47 | 43 | 43 | 43 | 46 | 46 | 46 | 44 | 47 | 45 | 0 | 0 | 48 | 47 | 45 | 327 |
| 8 | Natali Brown | 13 | 37 | 0 | 45 | 41 | 44 | 0 | 47 | 45 | 45 | 46 | 43 | 0 | 47 | 47 | 46 | 41 | 323 |
| 9 | Judith Bradley | 7 | 39 | 45 | 0 | 0 | 0 | 45 | 0 | 44 | 0 | 44 | 42 | 0 | 0 | 0 | 0 | 43 | 302 |
| 10 | Susan Heaney | 7 | 0 | 0 | 0 | 40 | 0 | 44 | 44 | 43 | 43 | 43 | 0 | 0 | 0 | 0 | 0 | 42 | 299 |
| 11 | Angela Rogowskyj | 12 | 34 | 0 | 0 | 37 | 42 | 40 | 42 | 38 | 41 | 37 | 38 | 0 | 0 | 41 | 45 | 35 | 289 |
| 12 | Kay England | 9 | 31 | 0 | 0 | 38 | 0 | 39 | 41 | 40 | 0 | 39 | 37 | 0 | 0 | 45 | 0 | 36 | 279 |
| 13 | Claire Timms | 6 | 44 | 46 | 45 | 0 | 45 | 0 | 48 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 41 | 269 |
| 14 | June Allingan | 8 | 29 | 0 | 0 | 35 | 0 | 37 | 40 | 35 | 0 | 0 | 33 | 0 | 0 | 40 | 0 | 34 | 254 |
| 15 | Nicky Hall | 6 | 0 | 0 | 0 | 0 | 0 | 43 | 43 | 0 | 42 | 41 | 40 | 0 | 0 | 0 | 0 | 38 | 247 |
| 16 | Sarah Tomassi | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 50 | 49 | 0 | 49 | 0 | 0 | 0 | 0 | 49 | 48 | 245 |
| 17 | Alison Cresswell | 7 | 30 | 0 | 0 | 36 | 0 | 0 | 39 | 35 | 0 | 36 | 33 | 0 | 0 | 0 | 0 | 34 | 243 |
| 18 | Kirsty Agnew | 5 | 49 | 0 | 0 | 49 | 49 | 48 | 0 | 0 | 46 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 241 |
| 18 | Karen Stuttard | 6 | 0 | 0 | 0 | 0 | 0 | 42 | 0 | 37 | 40 | 0 | 35 | 0 | 0 | 43 | 44 | 0 | 241 |
| 20 | Sharon Leach | 6 | 36 | 0 | 0 | 39 | 0 | 0 | 0 | 42 | 0 | 40 | 41 | 0 | 0 | 42 | 0 | 0 | 240 |
| 21 | Jillian Heywood | 4 | 41 | 0 | 46 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 45 | 0 | 0 | 0 | 44 | 176 |
| 22 | Lynda Brookes | 4 | 43 | 0 | 0 | 42 | 0 | 0 | 45 | 0 | 0 | 45 | 0 | 0 | 0 | 0 | 0 | 0 | 175 |
| 23 | Joanne Lawton | 4 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 40 | 0 | 38 | 37 | 0 | 0 | 45 | 0 | 0 | 160 |
| 24 | Amanda Welby | 3 | 32 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 46 | 0 | 38 | 116 |
| 25 | Bernadette Ball | 3 | 33 | 0 | 0 | 0 | 0 | 41 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 39 | 113 |
| 26 | Sarah Fitton | 3 | 0 | 0 | 0 | 0 | 0 | 38 | 0 | 36 | 0 | 0 | 34 | 0 | 0 | 0 | 0 | 0 | 108 |
| 27 | Martina Naismith | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 44 | 46 | 0 | 0 | 0 | 90 |

| | | | | | | | | | | | | | | | | | | | | |
|----|-------------------|---|----|---|---|---|---|---|---|----|---|---|----|----|---|---|---|---|---|----|
| 28 | Nikki Mills | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 42 | 40 | 0 | 0 | 0 | 0 | 0 | 82 |
| 28 | Diane Johnson | 2 | 38 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 44 | 0 | 0 | 0 | 0 | 0 | 82 |
| 30 | Jillian Hickson | 1 | 42 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 42 |
| 31 | Liz Phillips | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 41 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 41 |
| 32 | Lisa Southward | 1 | 40 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 40 |
| 33 | Nikki Forster | 1 | 35 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 35 |
| 34 | Anne Jones | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 34 | Jenny O'Callaghan | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 34 | Joanne Brown | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 34 | Karen Jones | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 34 | Karen Rush | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 34 | Kellie Dunkerley | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 34 | Liane Gilligan | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 34 | Sally Crewe | 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 | Stockport Daffodil 10k | Settle 10 Mile | Dentdale | Cowm 5k | Chester Half | Media City 10k | Rochdale 10k | Royton Trail | Mossley 10k | Cowm 5k2 | Hopwood Trot | York Half | Warrington Half | Track 5k | Knutsford 10k | Derwentwater 10 Mile | Total (Best 7 Races To Count) | |
|---|-----------------------|------------------------|----------------|----------|---------|--------------|----------------|--------------|--------------|-------------|----------|--------------|-----------|-----------------|----------|---------------|----------------------|-------------------------------|-----|
| 1 | Rob James | 8 | 25 | 25 | 0 | 25 | 0 | 0 | 25 | 25 | 25 | 25 | 0 | 0 | 0 | 0 | 0 | 0 | 175 |
| 2 | Brett Spivey | 13 | 24 | 24 | 0 | 24 | 25 | 24 | 0 | 0 | 22 | 23 | 22 | 25 | 25 | 25 | 24 | 25 | 173 |
| 3 | Adrian Brown | 14 | 22 | 23 | 25 | 23 | 24 | 0 | 23 | 22 | 24 | 24 | 23 | 0 | 24 | 24 | 25 | 24 | 170 |
| 4 | Adam Stirling | 12 | 23 | 22 | 0 | 22 | 0 | 23 | 0 | 24 | 23 | 22 | 21 | 24 | 0 | 23 | 23 | 23 | 163 |
| 5 | Gary Marshall | 7 | 21 | 0 | 0 | 0 | 0 | 0 | 22 | 21 | 0 | 21 | 0 | 0 | 23 | 22 | 22 | 0 | 152 |
| 6 | Martin Thompson | 4 | 0 | 0 | 0 | 0 | 0 | 25 | 24 | 23 | 0 | 0 | 24 | 0 | 0 | 0 | 0 | 0 | 96 |
| 7 | Gareth McCaffery | 2 | 20 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 23 | 0 | 0 | 0 | 0 | 43 |
| 8 | Adam Stopford | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 8 | Paul Ashton | 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 | Stockport Daffodil 10k | Settle 10 Mile | Dentdale | Cowm 5k | Chester Half | Media City 10k | Rochdale 10k | Royton Trail | Mossley 10k | Cowm 5k2 | Hopwood Trot | York Half | Warrington Half | Track 5k | Knutsford 10k | Derwentwater 10 Mile | Total (Best 7 Races To Count) |
|--------------------|------------------------------|------------------------|----------------|----------|---------|--------------|----------------|--------------|--------------|-------------|----------|--------------|-----------|-----------------|----------|---------------|----------------------|-------------------------------|
| 1 John Fay | 10 | 25 | 0 | 0 | 25 | 24 | 0 | 23 | 0 | 25 | 0 | 24 | 25 | 25 | 0 | 25 | 23 | 174 |
| 2 Chris Tattersall | 7 | 0 | 0 | 25 | 0 | 0 | 0 | 24 | 25 | 0 | 25 | 25 | 0 | 0 | 25 | 0 | 24 | 173 |
| 3 Chris Nicholson | 10 | 24 | 0 | 0 | 24 | 23 | 0 | 21 | 23 | 24 | 24 | 23 | 0 | 0 | 23 | 24 | 0 | 166 |
| 4 Mark Duncan | 7 | 0 | 0 | 0 | 0 | 0 | 0 | 22 | 24 | 0 | 23 | 22 | 0 | 24 | 24 | 0 | 22 | 161 |
| 5 Lee Higginbottom | 7 | 23 | 0 | 0 | 23 | 0 | 0 | 0 | 22 | 0 | 22 | 0 | 0 | 0 | 22 | 23 | 21 | 156 |
| 6 Paul Timms | 4 | 0 | 25 | 0 | 0 | 25 | 0 | 25 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 25 | 100 |
| 7 Dave Bardsley | 3 | 0 | 24 | 0 | 0 | 0 | 0 | 20 | 0 | 23 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 67 |
| 8 Dave Watt | 1 | 0 | 0 | 0 | 22 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 22 |
| 9 Robert Fairbanks | 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 | Stockport Daffodil 10k | Settle 10 Mile | Dentdale | Cowm 5k | Chester Half | Media City 10k | Rochdale 10k | Royton Trail | Mossley 10k | Cowm 5k2 | Hopwood Trot | York Half | Warrington Half | Track 5k | Knutsford 10k | Derwentwater 10 Mile | Total (Best 7 Races To Count) |
|-------------------|------------------------------|------------------------|----------------|----------|---------|--------------|----------------|--------------|--------------|-------------|----------|--------------|-----------|-----------------|----------|---------------|----------------------|-------------------------------|
| 1 James Henderson | 9 | 25 | 25 | 25 | 0 | 0 | 0 | 0 | 25 | 0 | 25 | 25 | 0 | 0 | 25 | 24 | 25 | 175 |
| 2 Shane Reading | 9 | 0 | 0 | 0 | 25 | 0 | 25 | 0 | 24 | 25 | 24 | 24 | 25 | 0 | 24 | 25 | 0 | 173 |
| 3 Mark Baxendale | 10 | 23 | 22 | 24 | 22 | 0 | 24 | 24 | 0 | 0 | 0 | 23 | 0 | 0 | 22 | 23 | 24 | 165 |
| 4 Elliot Stone | 10 | 24 | 23 | 0 | 23 | 0 | 0 | 25 | 23 | 22 | 20 | 0 | 0 | 0 | 23 | 22 | 23 | 164 |
| 5 Mark Foran | 8 | 21 | 0 | 0 | 20 | 0 | 23 | 0 | 21 | 24 | 22 | 22 | 0 | 0 | 0 | 0 | 20 | 153 |
| 5 James Holdaway | 7 | 22 | 21 | 0 | 21 | 0 | 0 | 23 | 0 | 0 | 23 | 0 | 0 | 0 | 21 | 0 | 22 | 153 |
| 7 Owen Flage | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 23 | 21 | 21 | 0 | 0 | 20 | 0 | 21 | 106 |
| 8 Paul Openshaw | 3 | 0 | 24 | 0 | 24 | 0 | 0 | 0 | 22 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 70 |
| 9 Stewart Jones | 2 | 0 | 20 | 23 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 43 |
| 10 Tim Dickinson | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 19 | 0 | 0 | 0 | 0 | 0 | 0 | 19 |
| 11 David Ellis | 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 | Stockport Daffodil 10k | Settle 10 Mile | Dentdale | Cowm 5k | Chester Half | Media City 10k | Rochdale 10k | Royton Trail | Mossley 10k | Cowm 5k2 | Hopwood Trot | York Half | Warrington Half | Track 5k | Knutsford 10k | Derwentwater 10 Mile | Total (Best 7 Races To Count) |
|----|------------------|-----------------------|------------------------|----------------|----------|---------|--------------|----------------|--------------|--------------|-------------|----------|--------------|-----------|-----------------|----------|---------------|----------------------|-------------------------------|
| 1 | Andrew Rogers | 8 | 25 | 0 | 0 | 25 | 0 | 0 | 25 | 25 | 0 | 0 | 24 | 0 | 25 | 0 | 25 | 24 | 174 |
| 2 | Dave Peart | 13 | 21 | 24 | 0 | 0 | 22 | 24 | 0 | 22 | 25 | 24 | 23 | 25 | 24 | 22 | 24 | 23 | 170 |
| 2 | Bernard Goodwin | 13 | 24 | 0 | 0 | 24 | 24 | 22 | 24 | 23 | 0 | 25 | 22 | 24 | 23 | 25 | 23 | 22 | 170 |
| 4 | Carl O'Callaghan | 10 | 23 | 25 | 25 | 23 | 25 | 23 | 0 | 24 | 0 | 0 | 0 | 0 | 0 | 24 | 22 | 21 | 169 |
| 5 | Mark Phelan | 12 | 20 | 23 | 23 | 22 | 23 | 21 | 23 | 21 | 24 | 0 | 21 | 0 | 22 | 0 | 0 | 20 | 160 |
| 6 | Jason Keast | 14 | 18 | 21 | 22 | 20 | 21 | 0 | 22 | 19 | 23 | 23 | 20 | 23 | 20 | 20 | 0 | 17 | 155 |
| 7 | Simon Howard | 9 | 19 | 22 | 24 | 21 | 0 | 0 | 0 | 20 | 0 | 0 | 0 | 0 | 21 | 23 | 21 | 19 | 152 |
| 8 | Chris Lowe | 3 | 0 | 0 | 0 | 0 | 0 | 25 | 0 | 0 | 0 | 0 | 25 | 0 | 0 | 0 | 0 | 25 | 75 |
| 9 | Warren Siddall | 3 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 22 | 0 | 19 | 0 | 0 | 19 | 0 | 0 | 60 |
| 10 | Andy Hall | 3 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 18 | 0 | 0 | 0 | 0 | 0 | 21 | 0 | 18 | 57 |
| 11 | Darren Ogden | 1 | 22 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 22 |
| 12 | Colin Green | 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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- 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 | Stockport Daffodil 10k | Settle 10 Mile | Dentdale | Cowm 5k | Chester Half | Media City 10k | Rochdale 10k | Royton Trail | Mossley 10k | Cowm 5k2 | Hopwood Trot | York Half | Warrington Half | Track 5k | Knutsford 10k | Derwentwater 10 Mile | Total (Best 7 Races To Count) |
|----|-----------------|-----------------------|------------------------|----------------|----------|---------|--------------|----------------|--------------|--------------|-------------|----------|--------------|-----------|-----------------|----------|---------------|----------------------|-------------------------------|
| 1 | Neil Brock | 9 | 25 | 25 | 25 | 0 | 25 | 25 | 25 | 25 | 0 | 24 | 0 | 0 | 0 | 0 | 0 | 0 | 175 |
| 2 | Ian Dale | 10 | 24 | 0 | 24 | 25 | 0 | 0 | 22 | 24 | 0 | 25 | 25 | 0 | 0 | 25 | 25 | 25 | 174 |
| 3 | David Emanuel | 11 | 22 | 0 | 23 | 24 | 24 | 0 | 24 | 21 | 24 | 23 | 22 | 0 | 24 | 23 | 0 | 0 | 166 |
| 4 | Eamonn Nolan | 8 | 23 | 24 | 0 | 0 | 0 | 24 | 0 | 23 | 0 | 0 | 21 | 0 | 25 | 22 | 0 | 24 | 165 |
| 5 | Robert Kellett | 7 | 0 | 0 | 0 | 0 | 0 | 23 | 23 | 22 | 0 | 24 | 23 | 0 | 0 | 24 | 0 | 23 | 162 |
| 6 | Kevin Hutchings | 12 | 19 | 23 | 22 | 23 | 0 | 0 | 21 | 20 | 23 | 22 | 20 | 25 | 0 | 20 | 0 | 22 | 160 |
| 7 | Neil Bradley | 9 | 17 | 0 | 0 | 21 | 23 | 22 | 20 | 17 | 0 | 20 | 18 | 0 | 0 | 0 | 0 | 21 | 145 |
| 8 | Paul Cooke | 5 | 18 | 0 | 0 | 22 | 0 | 0 | 0 | 18 | 0 | 21 | 0 | 0 | 0 | 19 | 0 | 0 | 98 |
| 9 | Ray Williams | 3 | 20 | 0 | 0 | 0 | 0 | 0 | 0 | 19 | 0 | 0 | 19 | 0 | 0 | 0 | 0 | 0 | 58 |
| 10 | Bryan Lawton | 2 | 21 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 21 | 0 | 0 | 42 |
| 11 | Ged Navesey | 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 | Stockport Daffodil 10k | Settle 10 Mile | Dentdale | Cowm 5k | Chester Half | Media City 10k | Rochdale 10k | Royton Trail | Mossley 10k | Cowm 5k2 | Hopwood Trot | York Half | Warrington Half | Track 5k | Knutsford 10k | Derwentwater 10 Mile | Total (Best 7 Races To Count) | |
|---|-------------------|-----------------------|------------------------|----------------|----------|---------|--------------|----------------|--------------|--------------|-------------|----------|--------------|-----------|-----------------|----------|---------------|----------------------|-------------------------------|-----|
| 1 | Mark Heaney | 8 | 25 | 0 | 0 | 25 | 0 | 25 | 25 | 25 | 25 | 25 | 25 | 0 | 0 | 0 | 0 | 0 | 0 | 175 |
| 2 | Bernard Cassidy | 7 | 24 | 0 | 25 | 24 | 0 | 0 | 0 | 24 | 0 | 24 | 24 | 0 | 0 | 25 | 0 | 0 | 0 | 170 |
| 3 | Stephen Rogowskyj | 12 | 22 | 0 | 0 | 23 | 25 | 23 | 24 | 23 | 24 | 23 | 23 | 0 | 0 | 23 | 25 | 24 | 0 | 168 |
| 4 | Gary Smith | 5 | 23 | 0 | 0 | 0 | 0 | 24 | 0 | 0 | 0 | 0 | 0 | 0 | 25 | 24 | 0 | 25 | 0 | 121 |
| 5 | Steve Goddard | 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 | Stockport Daffodil 10k | Settle 10 Mile | Dentdale | Cowm 5k | Chester Half | Media City 10k | Rochdale 10k | Royton Trail | Mossley 10k | Cowm 5k2 | Hopwood Trot | York Half | Warrington Half | Track 5k | Knutsford 10k | Derwentwater 10 Mile | Total (Best 7 Races To Count) |
|---|---------------|-----------------------|------------------------|----------------|----------|---------|--------------|----------------|--------------|--------------|-------------|----------|--------------|-----------|-----------------|----------|---------------|----------------------|-------------------------------|
| 1 | Ronnie Quinn | 9 | 0 | 0 | 0 | 25 | 0 | 25 | 25 | 24 | 25 | 25 | 25 | 0 | 0 | 24 | 25 | 0 | 175 |
| 2 | David Smith | 3 | 0 | 0 | 25 | 24 | 0 | 0 | 0 | 23 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 72 |
| 3 | Barry Greaves | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 25 | 0 | 0 | 0 | 0 | 0 | 25 | 0 | 0 | 50 |
| 4 | Bernie Allen | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 4 | Stephen Jones | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 4 | Tony Kane | 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 | Stockport Daffodil 10k | Settle 10 Mile | Dentdale | Cowm 5k | Chester Half | Media City 10k | Rochdale 10k | Royton Trail | Mossley 10k | Cowm 5k2 | Hopwood Trot | York Half | Warrington Half | Track 5k | Knutsford 10k | 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 |
| 1 | | 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 | Stockport Daffodil 10k | Settle 10 Mile | Dentdale | Cowm 5k | Chester Half | Media City 10k | Rochdale 10k | Royton Trail | Mossley 10k | Cowm 5k2 | Hopwood Trot | York Half | Warrington Half | Track 5k | Knutsford 10k | 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 |
| 1 | Ray Shaw | 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 | Stockport Daffodil 10k | Settle 10 Mile | Dentdale | Cowm 5k | Chester Half | Media City 10k | Rochdale 10k | Royton Trail | Mossley 10k | Cowm 5k2 | Hopwood Trot | York Half | Warrington Half | Track 5k | Knutsford 10k | Derwentwater 10 Mile | Total (Best 7 Races To Count) |
|---|--------------|-----------------------|------------------------|----------------|----------|---------|--------------|----------------|--------------|--------------|-------------|----------|--------------|-----------|-----------------|----------|---------------|----------------------|-------------------------------|
| 1 | Trish Murdin | 9 | 24 | 0 | 25 | 24 | 24 | 0 | 0 | 25 | 0 | 0 | 0 | 0 | 25 | 25 | 25 | 25 | 174 |
| 2 | Natali Brown | 13 | 23 | 0 | 24 | 23 | 23 | 0 | 25 | 24 | 24 | 25 | 25 | 0 | 24 | 24 | 24 | 24 | 171 |
| 3 | Kirsty Agnew | 5 | 25 | 0 | 0 | 25 | 25 | 25 | 0 | 0 | 25 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 125 |
| 4 | Sally Crewe | 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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- 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 | Stockport Daffodil 10k | Settle 10 Mile | Dentdale | Cowm 5k | Chester Half | Media City 10k | Rochdale 10k | Royton Trail | Mossley 10k | Cowm 5k2 | Hopwood Trot | York Half | Warrington Half | Track 5k | Knutsford 10k | Derwentwater 10 Mile | Total (Best 7 Races To Count) |
|---------------------|-----------------------|------------------------|----------------|----------|---------|--------------|----------------|--------------|--------------|-------------|----------|--------------|-----------|-----------------|----------|---------------|----------------------|-------------------------------|
| 1 Sarah Tomassi | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 25 | 25 | 0 | 25 | 0 | 0 | 0 | 0 | 25 | 25 | 125 |
| 2 Nikki Mills | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 24 | 25 | 0 | 0 | 0 | 0 | 0 | 49 |
| 3 Liz Phillips | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 24 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 24 |
| 4 Jenny O'Callaghan | 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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- 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 | Stockport Daffodil 10k | Settle 10 Mile | Dentdale | Cowm 5k | Chester Half | Media City 10k | Rochdale 10k | Royton Trail | Mossley 10k | Cowm 5k2 | Hopwood Trot | York Half | Warrington Half | Track 5k | Knutsford 10k | Derwentwater 10 Mile | Total (Best 7 Races To Count) |
|--------------------|-----------------------|------------------------|----------------|----------|---------|--------------|----------------|--------------|--------------|-------------|----------|--------------|-----------|-----------------|----------|---------------|----------------------|-------------------------------|
| 1 Janet Jobey | 9 | 25 | 25 | 25 | 25 | 25 | 0 | 0 | 0 | 25 | 0 | 25 | 25 | 0 | 0 | 0 | 25 | 175 |
| 2 Rochelle Evans | 10 | 0 | 0 | 0 | 24 | 0 | 25 | 0 | 25 | 24 | 25 | 24 | 24 | 0 | 25 | 25 | 24 | 173 |
| 3 Kay England | 9 | 22 | 0 | 0 | 23 | 0 | 23 | 23 | 24 | 0 | 23 | 22 | 0 | 0 | 24 | 0 | 21 | 162 |
| 4 Claire Timms | 6 | 24 | 24 | 24 | 0 | 24 | 0 | 25 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 23 | 144 |
| 5 Nicky Hall | 6 | 0 | 0 | 0 | 0 | 0 | 24 | 24 | 0 | 23 | 24 | 23 | 0 | 0 | 0 | 0 | 22 | 140 |
| 6 Martina Naismith | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 23 | 25 | 0 | 0 | 0 | 48 |
| 7 Jillian Hickson | 1 | 23 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 23 |
| 8 Joanne Brown | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 8 Karen Jones | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 8 Kellie Dunkerley | 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)



Female over 50's

| | | No of Races Completed | Stockport Daffodil 10k | Settle 10 Mile | Dentdale | Cowm 5k | Chester Half | Media City 10k | Rochdale 10k | Royton Trail | Mossley 10k | Cowm 5k2 | Hopwood Trot | York Half | Warrington Half | Track 5k | Knutsford 10k | Derwentwater 10 Mile | Total (Best 7 Races To Count) |
|----|-------------------|-----------------------|------------------------|----------------|----------|---------|--------------|----------------|--------------|--------------|-------------|----------|--------------|-----------|-----------------|----------|---------------|----------------------|-------------------------------|
| 1 | Tracey Hall | 10 | 25 | 25 | 25 | 25 | 0 | 0 | 25 | 0 | 25 | 25 | 25 | 25 | 0 | 0 | 0 | 25 | 175 |
| 2 | Amanda Richardson | 14 | 24 | 24 | 23 | 24 | 25 | 25 | 24 | 25 | 24 | 24 | 24 | 0 | 0 | 25 | 25 | 24 | 173 |
| 3 | Judith Bradley | 7 | 20 | 23 | 0 | 0 | 0 | 24 | 0 | 24 | 0 | 22 | 23 | 0 | 0 | 0 | 0 | 22 | 158 |
| 4 | Sharon Leach | 6 | 19 | 0 | 0 | 22 | 0 | 0 | 0 | 23 | 0 | 21 | 22 | 0 | 0 | 22 | 0 | 0 | 129 |
| 5 | Jillian Heywood | 4 | 22 | 0 | 24 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 24 | 0 | 0 | 0 | 23 | 93 |
| 6 | Lynda Brookes | 4 | 23 | 0 | 0 | 23 | 0 | 0 | 23 | 0 | 0 | 23 | 0 | 0 | 0 | 0 | 0 | 0 | 92 |
| 7 | Joanne Lawton | 4 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 22 | 0 | 20 | 21 | 0 | 0 | 23 | 0 | 0 | 86 |
| 8 | Amanda Welby | 3 | 17 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 24 | 0 | 21 | 62 |
| 9 | Lisa Southward | 1 | 21 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 21 |
| 10 | Nikki Forster | 1 | 18 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 18 |
| 11 | Karen Rush | 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)



Female over 55's

| | | No of Races Completed | Stockport Daffodil 10k | Settle 10 Mile | Dentdale | Cowm 5k | Chester Half | Media City 10k | Rochdale 10k | Royton Trail | Mossley 10k | Cowm 5k2 | Hopwood Trot | York Half | Warrington Half | Track 5k | Knutsford 10k | Derwentwater 10 Mile | Total (Best 7 Races To Count) |
|---|------------------|-----------------------|------------------------|----------------|----------|---------|--------------|----------------|--------------|--------------|-------------|----------|--------------|-----------|-----------------|----------|---------------|----------------------|-------------------------------|
| 1 | Gail Shaw | 7 | 25 | 0 | 0 | 25 | 25 | 25 | 0 | 0 | 0 | 0 | 25 | 25 | 25 | 0 | 0 | 0 | 175 |
| 2 | Angela Rogowskyj | 12 | 24 | 0 | 0 | 24 | 24 | 23 | 25 | 25 | 25 | 25 | 24 | 0 | 0 | 24 | 25 | 25 | 174 |
| 3 | Karen Stuttard | 6 | 0 | 0 | 0 | 0 | 0 | 24 | 0 | 24 | 24 | 0 | 23 | 0 | 0 | 25 | 24 | 0 | 144 |

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 | Stockport Daffodil 10k | Settle 10 Mile | Dentdale | Cowm 5k | Chester Half | Media City 10k | Rochdale 10k | Royton Trail | Mossley 10k | Cowm 5k2 | Hopwood Trot | York Half | Warrington Half | Track 5k | Knutsford 10k | Derwentwater 10 Mile | Total (Best 7 Races To Count) |
|--------------------|-----------------------|------------------------|----------------|----------|---------|--------------|----------------|--------------|--------------|-------------|----------|--------------|-----------|-----------------|----------|---------------|----------------------|-------------------------------|
| 1 Susan Heaney | 7 | 0 | 0 | 0 | 25 | 0 | 25 | 25 | 25 | 25 | 0 | 0 | 0 | 0 | 0 | 0 | 25 | 175 |
| 2 Alison Cresswell | 7 | 24 | 0 | 0 | 24 | 0 | 0 | 24 | 24 | 0 | 24 | 24 | 0 | 0 | 0 | 0 | 24 | 168 |
| 3 Diane Johnson | 2 | 25 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 25 | 0 | 0 | 0 | 0 | 0 | 0 | 50 |
| 4 Anne Jones | 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)



Female over 65's

| | | No of Races Completed | Stockport Daffodil 10k | Settle 10 Mile | Dentdale | Cowm 5k | Chester Half | Media City 10k | Rochdale 10k | Royton Trail | Mossley 10k | Cowm 5k2 | Hopwood Trot | York Half | Warrington Half | Track 5k | Knutsford 10k | Derwentwater 10 Mile | Total (Best 7 Races To Count) |
|---|-----------------|-----------------------|------------------------|----------------|----------|---------|--------------|----------------|--------------|--------------|-------------|----------|--------------|-----------|-----------------|----------|---------------|----------------------|-------------------------------|
| 1 | Bernadette Ball | 3 | 25 | 0 | 0 | 0 | 0 | 25 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 25 | 75 |
| 2 | | 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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- 3 - Higher points per race average (all races taken into account)
- 4 - Faster average pace per mile (all races taken into account)



Female over 75's

| | | No of Races Completed | Stockport Daffodil 10k | Settle 10 Mile | Dentdale | Cowm 5k | Chester Half | Media City 10k | Rochdale 10k | Royton Trail | Mossley 10k | Cowm 5k2 | Hopwood Trot | York Half | Warrington Half | Track 5k | Knutsford 10k | Derwentwater 10 Mile | Total (Best 7 Races To Count) |
|---|---------------|-----------------------|------------------------|----------------|----------|---------|--------------|----------------|--------------|--------------|-------------|----------|--------------|-----------|-----------------|----------|---------------|----------------------|-------------------------------|
| 1 | June Allingan | 8 | 25 | 0 | 0 | 25 | 0 | 25 | 25 | 25 | 0 | 0 | 25 | 0 | 0 | 25 | 0 | 25 | 175 |
| 2 | | 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
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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)