

Premiership		No. Of Races Completed	The Dewsbury 10K	Oulton Park ½ Marathon	Dentdale Run	Littleborough 5K Race Series (best race time of 3 shown)	Ian Casey Memorial Cowm 5K Race	Milltown Oldham 7K	Aaron Ashforth Memorial Cowm 5K Race	Milltown Oldham 10K	Rochdale 10K	Royton Trail	Mossley 10K	Prudent Riverside 10	Fleetwood ½ Marathon	Tatton 10K	Bolton ½ Marathon	Mill Town to Moors ½ Marathon	Derwentwater 10	Total (Best 8 Races To Count)
1	Rob James	9	25			25	25	25	25	25	25	25	25							200
2	Chris Lowe	10	22			24	24	21	24	24		24	24	25	25					194
3	Shane Reading	14	24	25	25	20	23	24	23	23	23	21	23	23	24	25				193
4	Jarrold Gritt	11	23	23	23	21	21	23	21	20	24	23				24				184
5	Paul Bannister	9		24	24	23		19	20	22	14	19		24						175
6	Rob Battye	8		20		22	20	18	22	21	22	20								165
7	Michael Fleming	11	18	18		18	19	16	19	19	21	22	22			22				162
8	Jennifer Bloor	10	17			12	15	8	18		16	10	21	22	22					143
9	Bernie Goodwin	13	14	15	15	15	14	7	17	16	15	13		21	23	21				143
10	Ian Dale	9	16	17	17	14	16			12		7	18	19						129
11	Dave Emanuel	10	15	19	21	13	13	13		14	13	6	20							128
12	Richard Cummins	7			18	16		17		18	18	17				23				127
13	Neil Brock	11	13	16	16	11	12	12		13	11	8	19	20						121
14	Shaun Armstrong	7	21	14	19		18	10			20	18								120
15	Owen Flage *	7	19	21	20			9			17	14				20				120
16	Robert Fairbanks	6		22	22	19	22	20				12								117
17	Paul Ashton	4				17				17	19	15								68
18	Michael Pickering	5				10		15		15	12	11								63
19	Nick Cuff	2	20									16								36
20	Alan Bodell	2					17	14												31
21	Paul Joyce	1						22												22
22	Dan Yarwood	1						11												11
23	David Ellis	1				9														9
24	Michael Harrison	1										9								9

Jennifer Bloor placed above Berine Goodwin on the basis of criteria 1 below.

Shaun Armstrong placed above Owen Flage on the basis of criteria 1 below.

David Ellis placed above Michael Harrison on the basis of criteria 4 below.

**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)

<b>Championship</b>		No. Of Races Completed	The Dewsbury 10K	Oulton Park ½ Marathon	Dentdale Run	Littleborough 5K Race Series (best race time of 3 shown)	Ian Casey Memorial Cowm 5K Race	Milltown Oldham 7K	Aaron Ashforth Memorial Cowm 5K Race	Milltown Oldham 10K	Rochdale 10K	Royton Trail	Mossley 10K	Prudent Riverside 10	Fleetwood ½ Marathon	Tatton 10K	Bolton ½ Marathon	Mill Town to Moors ½ Marathon	Derwentwater 10	Total (Best 8 Races To Count)
1	Michael Wildbore	14	24	23	24	25	25	25	24	25	25	25	25	25	24	25				200
2	Sophie Wood	8				24	24	24	23	24		24		24		24				191
3	Elliot Stone	14	21	22	21	23	23	23	25	22	23	23	23	23	22	21				186
4	David McBride	8					22	21	22	23	24		24		23	23				182
5	Dave Peart	7	23	25	25			22		20					25	22				162
6	Dave Freer	6	20		22	22			20		22	21								127
7	Eamonn Nolan	4					21		21		20	22								84
8	Richard Fiddling	3		24	23						21									68
9	Matthew Kershaw	3	22					20			19									61
10	Brad Howard	2	25							21										46
11	David Hall	1		21																21

**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)

<b>Group 1</b>		No. Of Races Completed	The Dewsbury 10K	Oulton Park ½ Marathon	Dentdale Run	Littleborough 5K Race Series (best race time of 3 shown)	Ian Casey Memorial Cowm 5K Race	Milltown Oldham 7K	Aaron Ashforth Memorial Cowm 5K Race	Milltown Oldham 10K	Rochdale 10K	Royton Trail	Mossley 10K	Prudent Riverside 10	Fleetwood ½ Marathon	Tatton 10K	Bolton ½ Marathon	Mill Town to Moors ½ Marathon	Derwentwater 10	Total (Best 8 Races To Count)
1	Carl O'Callaghan	13	25	25	25	25	25	25	25	25	25	25	25	25	25	25				200
2	Paul Anderson	11	24	24	18	17		19		23	22	23		23	24	24				187
3	Matthew Kilburn	10	22		24	22	23	24	24	21	19		22	22						183
4	Paul Wolstenhulme	8				21	18		22		24	24	24	24	25					182
5	Rob Marsden	9		23	23	24	22	23	23		20	19		20						178
6	Rob Kellett	8				20	20	22	21	24	18	22		21						168
7	Lee Higginbottom	14	20	20	20	19	16	20	18	20	15	17	20	18	23	22				165
8	Jason Keast	10	21	21	19	18	17	21	19	22	16		21							162
9	Bryan Lawton	4	23			23	24									23				93
10	Mark Rigby	5					19		20		17	18		19						93
11	Andy Schofield	4			22						21	20	23							86
12	John Williamson	3					21				23	21								65
13	Debbie Fiddling	2		22	21															43

Bryan Lawton placed above Mark Rigby on the basis of criteria 1 below.

**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)

Group 2		No. Of Races Completed	The Dewsbury 10K	Oulton Park ½ Marathon	Dentdale Run	Littleborough 5K Race Series (best race time of 3 shown)	Ian Casey Memorial Cowm 5K Race	Miltown Oldham 7K	Aaron Ashforth Memorial Cowm 5K Race	Miltown Oldham 10K	Rochdale 10K	Royton Trail	Mossley 10K	Prudent Riverside 10	Fleetwood ½ Marathon	Tatton 10K	Bolton ½ Marathon	Mill Town to Moors ½ Marathon	Derwentwater 10	Total (Best 8 Races To Count)
1	Janet Jobey	13	25	25	25	22	24	24	25	25	25	24	24		25	24				199
2	David Crewe	9			20	24	25	23			24	25	25	25	23					194
3	Ronnie Quinn	9	24	23		23			22	23	21	21		23		23				182
4	Adrian Marshall	9				21	23	22	23	24	22	23	23			21				181
5	Rochelle Evans	11	21	24	23	19				22	19	16	21	22	24	22				179
6	Valerie Kilburn	11	22		22	20	21	21	21	21	20	20	22	24						174
7	Bernie Cassidy	7			24		22	25	24		23	22				25				165
8	John Higgins	4								20	18	18	20							76
9	Chris Eavers	3		22	21							17								60
10	Natalie Fitzpatrick	2				18						19								37
11	Barry Greaves	1				25														25
12	Debbie Shaw	1	23																	23

**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)

<b>Group 3</b>		No. Of Races Completed	The Dewsbury 10K	Oulton Park ½ Marathon	Dentdale Run	Littleborough 5K Race Series (best race time of 3 shown)	Ian Casey Memorial Cowm 5K Race	Milltown Oldham 7K	Aaron Ashforth Memorial Cowm 5K Race	Milltown Oldham 10K	Rochdale 10K	Royton Trail	Mossley 10K	Prudent Riverside 10	Fleetwood ½ Marathon	Tatton 10K	Bolton ½ Marathon	Mill Town to Moors ½ Marathon	Derwentwater 10	Total (Best 8 Races To Count)
1	Mark Heaney	11	22			25	25	24	25	25	25	22	24	24		25				198
2	Stewart Jones	9	21		25		24	25			23	24	22	25	25					193
3	Paul Cooke	14	23	23	21	19	21	23	21	22	21	16	20	23	24	24				183
4	Andy Chadwick	8	20			22	23				22	23	23		22	23				178
5	Garry Bower	9		22	20	21	22	21	23			21	19	22						172
6	Selina McLean	10	17	21	18	17		20	19	20	19	14		21						155
7	Helen Radcliffe	9	15		19	15	18	19	20	23	20	18								152
8	Martin Jones	9	16		17	20	19	18		19		17	17	19						146
9	Nicholas Mallon	6						22	24	24	16	20	21							127
10	Chris Nicholson	7	14			18	20		22		17	13		20						124
11	Simon Howard	6	25	24	22				18			12				22				123
12	Steve Shaw	5			23	24					24	25	25							121
13	Simon Bruce Lake	5				16		17		21	18				23					95
14	Dave Watt	5	18	20		14	17		17											86
15	Neil Farrell	3	24	25	24															73
16	Damian Mercer	3	19									15	18							52
17	Paul Leech	2				23						19								42

**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)

<b>Group 4</b>		No. Of Races Completed	The Dewsbury 10K	Oulton Park ½ Marathon	Dentdale Run	Littleborough 5K Race Series (best race time of 3 shown)	Ian Casey Memorial Cowm 5K Race	Miltoth Oldham 7K	Aaron Ashforth Memorial Cowm 5K Race	Miltoth Oldham 10K	Rochdale 10K	Royton Trail	Mossley 10K	Prudent Riverside 10	Fleetwood ½ Marathon	Tatton 10K	Bolton ½ Marathon	Mill Town to Moors ½ Marathon	Derwentwater 10	Total (Best 8 Races To Count)
1	Gary Smith	11	24	25	24	20	24		24	24	24	23	25	23						194
2	Ray Williams	8			22	22		25	25	23	23	24			23					187
3	Robert Nixon	12			21	21	23	24	23	25	21	20	21	25	24	22				187
4	Vikki Smith	7	25		25	24	25				25	25	24							173
5	Clare Darraugh	9		23	20		22	21	19	21	17	21	22							169
6	Susan Heaney	11	22	24	19	17	19		20		18	15	19	21	22					166
7	Phil Austin	7					21	22	21		20	22	23			23				152
8	Tony Kane	6	23		23			23				19	20	22						130
9	Kevin Heenan *	4				23					22				25	25				95
10	Dave Phillips	4					20	20	22	22										84
11	Gary Marshall	4				18					19	17				21				75
12	Adam Stirling	3				25								24		24				73
13	Diane Allingan	2				19						18								37
14	Lisa Howarth	2					17					14								31
15	Chloe Clegg	2					18					13								31
16	Rebecca Mercer	1	21																	21
17	Adrian Bowcock *	1	20																	20
18	Ben Lawton	1										16								16

Ray Williams placed above Robert Nixon on the basis of criteria 1 below.

Lisa Howarth placed above Chloe Clegg on the basis of criteria 2 below.

**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)

<b>Group 5</b>		No. Of Races Completed	The Dewsbury 10K	Oulton Park ½ Marathon	Dentdale Run	Littleborough 5K Race Series (best race time of 3 shown)	Ian Casey Memorial Cowm 5K Race	Milltown Oldham 7K	Aaron Ashforth Memorial Cowm 5K Race	Milltown Oldham 10K	Rochdale 10K	Royton Trail	Mossley 10K	Prudent Riverside 10	Fleetwood ½ Marathon	Tatton 10K	Bolton ½ Marathon	Mill Town to Moors ½ Marathon	Derwentwater 10	Total (Best 8 Races To Count)
1	Lisa Cummins	8	24		25	25		24		25	24	25				25				197
2	Jillian Hickson	9				24	23	23	24	24	22	23	25	25						191
3	Martina Naismith	10	23			22	21	21	22	23		21		23	25	24				183
4	Stephen Jones	7				23	22	20	23		21		24	22						155
5	Rachael Kilburn	4	25				25	25	25											100
6	George Meynell	4							20		23	22		24						89
7	Teresa Hollins *	3					24				25	24								73
8	Liz Phillips	2	22						21											43
9	Rachel Wood	1						22												22
10	Dean Burgess	1										20								20

**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)

Group 6		No. Of Races Completed	The Dewsbury 10K	Oulton Park ½ Marathon	Dentdale Run	Littleborough 5K Race Series (best race time of 3 shown)	Ian Casey Memorial Cowm 5K Race	Milltown Oldham 7K	Aaron Ashforth Memorial Cowm 5K Race	Milltown Oldham 10K	Rochdale 10K	Royton Trail	Mossley 10K	Prudent Riverside 10	Fleetwood ½ Marathon	Tatton 10K	Bolton ½ Marathon	Mill Town to Moors ½ Marathon	Derwentwater 10	Total (Best 8 Races To Count)
1	Gail Shaw	11	25			25		24	25	25	25	24	25	25	25	25				200
2	Jillian Heywood	11	24			25	24	25	23	24	24	25	24	24						195
3	Bernadette Ball	12	23	25	24	17	22		19	19	22	19	22	23		23				184
4	Amanda Richardson	8	20			20	20	21	18	16		17				24				156
5	Jenny O'Callaghan	7	22	24	21	21	23		21		19									151
6	Niparun Nessa	7		22	23		21		17			13	20	21						137
7	Tracey Hall	6	21		19					23	23	23		22						131
8	Neil Bradley	6				22			23	17	21	20	23							126
9	Carol Robinson	6		23	18			22	20	20		21								124
10	Judith Bradley	6				19			22	18	20	18	21							118
11	Angela Rogowskyj	7				14	18	17	12	15	17	11								104
12	Karen Stuttard *	5		21				20		13		14	19							87
13	Mary Freer	4	19		22	16			15											72
14	Sharon Dracup	4						19	16		18	15								68
15	Sheila Phillips	4					19	18	13	14										64
16	Brian Swindells	3				18				21		16								55
17	Chris Whiteman	2						25		22										47
18	Claire Timms	2			20							22								42
19	Emma Bower	2							14			12								26
20	Sally Wood	1					24													24
21	Stephen Davies	1				23														23
22	Amanda Lane	1	18																	18
23	June Allingan	1				15														15

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)



Ladies		No. Of Races Completed	The Dewsbury 10K	Oulton Park ½ Marathon	Dentdale Run	Littleborough 5K Race Series (best race time of 3 shown)	Ian Casey Memorial Cowm 5K Race	Milktown Oldham 7K	Aaron Ashforth Memorial Cowm 5K Race	Milktown Oldham 10K	Rochdale 10K	Royton Trail	Mossley 10K	Prudent Riverside 10	Fleetwood ½ Marathon	Tatton 10K	Bolton ½ Marathon	Mill Town to Moors ½ Marathon	Derwentwater 10	Total (Best 8 Races To Count)
1	Jennifer Bloor	10	50			49	50	50	50		50	50	50	50	50					400
2	Sophie Wood	8				50	49	49	49	50		49		49		50				395
3	Janet Jobey	13	49	50	50	48	48	48	48	49	49	48	49		49	49				394
4	Valerie Kilburn	11	47		47	47	47	47	44	45	48	47	48	48						379
5	Rochelle Evans	11	46	48	48	45				47	46	43	47	47	48	48				379
6	Helen Radcliffe	9	43		45	42	44	45	47	48	45	44								361
7	Selina McLean	10	44	47	44	43		46	46	46	44	40		43						360
8	Clare Darraugh	9		45	42		45	44	41	42	41	42	45							346
9	Gail Shaw	11	41			37		39	40	43	39	34	43	45	47	47				345
10	Susan Heaney	11	39	46	41	40	42		42		42	36	41	44	46					344
11	Lisa Cummins	8	40		43	39		42		44	40	41				46				335
12	Jillian Hickson	9				38	40	41	43	41	37	37	44	46						330
13	Vikki Smith	7	45		46	46	46				47	45	46							321
14	Martina Naismith	10	37			35	36	37	38	39		32		41	45	45				318
15	Jillian Heywood	11	38		40	36	37	38	39	38	38	35	42	42						315
16	Bernadette Ball	12	34	44	39	31	33		33	35	35	27	39	40		43				309
17	Amanda Richardson	8	31			33	31	34	32	33		24				44				262
18	Jenny O'Callaghan	7	33	43	36	34	34		36		33									249
19	Niparun Nessa	7		41	38		32		31			20	37	38						237
20	Tracey Hall	6	32		34					37	36	33		39						211
21	Carol Robinson	6		42	33			35	35	36		28								209
22	Judith Bradley	6				32			37	34	34	25	38							200
23	Angela Rogowskyj	7				28	29	30	26	32	31	18								194
24	Rachael Kilburn	4	42				43	43	45											173
25	Karen Stuttard *	5		40				33		30		21	36							160
26	Mary Freer	4	30		37	30			29											126
27	Teresa Hollins *	3					41				43	38								122
28	Sheila Phillips	4					30	31	27	31										119
29	Sharon Dracup	4						32	30		32	22								116
30	Elaine Whitehead *	3						36				26	40							102
31	Debbie Fiddling	2		49	49															98
32	Natalie Fitzpatrick	2				44						46								90
33	Diane Allingan	2				41						39								80
34	Liz Phillips	2	36						34											70
35	Lisa Howarth	2					38					31								69
36	Chloe Clegg	2					39					30								69
37	Claire Timms	2			35							29								64
38	Debbie Shaw	1	48																	48
39	Emma Bower	2							28			19								47
40	Rachel Wood	1						40												40
41	Sharon Leach	1								40										40
42	Sally Wood	1					35													35
43	Rebecca Mercer	1	35																	35
44	June Allingan	1				29														29
45	Amanda Lane	1	29																	29
46	Samantha White	1										23								23

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)

<b>Ladies - continued</b>		No. Of Races Completed	The Dewsbury 10K	Oulton Park ½ Marathon	Dentdale Run	Littleborough 5K Race Series (best race time of 3 shown)	Ian Casey Memorial Cowm 5K Race	Milltown Oldham 7K	Aaron Ashforth Memorial Cowm 5K Race	Milltown Oldham 10K	Rochdale 10K	Royton Trail	Mossley 10K	Prudent Riverside 10	Fleetwood ½ Marathon	Tatton 10K	Bolton ½ Marathon	Mill Town to Moors ½ Marathon	Derwentwater 10	Total (Best 8 Races To Count)		

Valerie Kilburn placed above Rochelle Evans the basis of criteria 1 below.  
 Lisa Howarth placed above Chloe Clegg on the basis of criteria 2 below.  
 Rachel Wood placed above Sharon Leach the basis of criteria 4 below.  
 Sally Wood placed above Rebecca Mercer and Claire Timms the basis of criteria 4 below.  
 June Allingan placed above Amanda Lane the basis of criteria 4 below.

**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	The Dewsbury 10K	Oulton Park ½ Marathon	Dentdale Run	Littleborough 5K Race Series (best race time of 3 shown)	Ian Casey Memorial Cowm 5K Race	Milltown Oldham 7K	Aaron Ashforth Memorial Cowm 5K Race	Milltown Oldham 10K	Rochdale 10K	Royton Trail	Mossley 10K	Prudent Riverside 10	Fleetwood ½ Marathon	Tatton 10K	Bolton ½ Marathon	Mill Town to Moors ½ Marathon	Derwentwater 10	Total (Best 8 Races To Count)	
1	Shane Reading	14	25	25	25	24	25	25	25	25	25	25	25	25	25	25				200	
2	Rob Battye	8		23		25	24	24	24	24	24	24								192	
3	Michael Wildbore	14	22	22	23	23	23	22	22	23	22	22	24	24	24	24				188	
4	Elliot Stone	14	20	21	21	21	22	21	23	21	20	21	22	23	22	21				175	
5	David McBride	8					21	20	21	22	21		23		23	23				174	
6	Owen Flage *	7	24	24	24			23			23	23				22				163	
7	Stewart Jones	9	19		22		19	18			18	19	21	22	21					161	
8	Nicholas Mallon	6						17	20	19	16	17	20							109	
9	John Williamson	3					20				19	20								59	
10	Matthew Kershaw	3	21					19			17									57	
11	Brad Howard	2	23							20										43	
12	David Ellis	1				22														22	
13	Stephen Davies	1				20														20	
14	Jon Crooks	1										18								18	

- 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)

<b>Male Over 45's</b>		No. Of Races Completed	The Dewsbury 10K	Oulton Park ½ Marathon	Dentdale Run	Littleborough 5K Race Series (best race time of 3 shown)	Ian Casey Memorial Cowm 5K Race	Milltown Oldham 7K	Aaron Ashforth Memorial Cowm 5K Race	Milltown Oldham 10K	Rochdale 10K	Royton Trail	Mossley 10K	Prudent Riverside 10	Fleetwood ½ Marathon	Tatton 10K	Bolton ½ Marathon	Mill Town to Moors ½ Marathon	Derwentwater 10	Total (Best 8 Races To Count)
1	Chris Lowe	10	25			25	25	25	25	25		25	25	25	25					200
2	Bernie Goodwin	13	24	23	20	24	24	24	24	24	25	24		24	23	25				194
3	Carl O'Callaghan	13	23	24	24	23	23	23	23	23	24	23	24	23		23				188
4	Paul Anderson	11	21	21	15	18		18		22	21	21		22	22	22				172
5	Matthew Kilburn	10	20		22	22	22	21	22	19	19		22	21						172
6	Dave Peart	7	22	25	25			22		20					24	24				162
7	Jason Keast	10	19	20	16	20	21	20	20	21	18		21							162
8	Garry Bower	9		18	17	19	20	19	19			19	20	20						154
9	Dave Freer	6	17		19	21			21		23	22								123
10	Simon Howard	6	18	19	18				18			18				21				112
11	Andy Schofield	4			21						20	20	23							84
12	Richard Fiddling	3		22	23						22									67

Paul Anderson placed above Matthew Kilburn the basis of criteria 1 below.  
 Dave Peart placed above Jason Keast the basis of criteria 4 below.

- 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)

<b>Male Over 50's</b>		No. Of Races Completed	The Dewsbury 10K	Oulton Park ½ Marathon	Dentdale Run	Littleborough 5K Race Series (best race time of 3 shown)	Ian Casey Memorial Cowm 5K Race	Milktown Oldham 7K	Aaron Ashforth Memorial Cowm 5K Race	Milktown Oldham 10K	Rochdale 10K	Royton Trail	Mossley 10K	Prudent Riverside 10	Fleetwood ½ Marathon	Tatton 10K	Bolton ½ Marathon	Mill Town to Moors ½ Marathon	Derwentwater 10	Total (Best 8 Races To Count)
1	Dave Emanuel	10	24	25	25	23	23	23		24	24	11	25							193
2	Neil Brock	11	23	23	22	22	22	22		23	23	23	24	25						186
3	Ian Dale	9	25	24	23	24	24			20		14	20	23						183
4	Richard Cummins	7			24	25		25		25	25	25				25				174
5	Rob Kellett	8				19	19	20	24	22	21	22		24						171
6	Mark Heaney	11	19			20	18	19	23	21	19	19	22	22		22				168
7	Paul Cooke	14	20	20	18	16	16	18	19	18	15	15	19	21	23	20				160
8	Gary Smith	11	18	19	17	13	15		20	19	17	16	21	20						151
9	Bernie Cassidy	7			21		17	21	22		20	20				24				145
10	Ray Williams	8			16	14		17	21	17	16	17			24					142
11	Steve Shaw	5			19	18					18	21	23							99
12	Eamonn Nolan	4					20		25		22	24								91
13	Bryan Lawton	4	22			21	21									23				87
14	Neil Bradley	6				11			18	15	12	12	18							86
15	Simon Bruce Lake	5				12		16		16	13				22					79
16	Kevin Heenan *	4				15					14				25	21				75
17	Neil Farrell	3	21	21	20															62
18	Alan Bodell	2					25	24												49
19	Paul Leech	2				17						18								35
20	David Hall	1		22																22
21	Adrian Bowcock *	1	17																	17
22	Dean Burgess	1										13								13

**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)

<b>Male Over 60's</b>		No. Of Races Completed	The Dewsbury 10K	Oulton Park ½ Marathon	Dentdale Run	Littleborough 5K Race Series (best race time of 3 shown)	Ian Casey Memorial Cowm 5K Race	Milltown Oldham 7K	Aaron Ashforth Memorial Cowm 5K Race	Milltown Oldham 10K	Rochdale 10K	Royton Trail	Mossley 10K	Prudent Riverside 10	Fleetwood ½ Marathon	Tatton 10K	Bolton ½ Marathon	Mill Town to Moors ½ Marathon	Derwentwater 10	Total (Best 8 Races To Count)
1	Ronnie Quinn	9	25	25		24			25	25	25	25		25		25				200
2	Robert Nixon	12			23	23	25	25	24	24	23	22	25	24	25	24				196
3	Stephen Jones	7				22	23	22	22		21		22	21						153
4	Tony Kane	6	24		24			24				21	23	23						139
5	Dave Phillips	4					24	23	23	23										93
6	John Higgins	4								21	24	24	24							93
7	George Meynell	4							21		22	20		22						85
8	Chris Eavers	3		24	25							23								72
9	Brian Swindells	3				21				22		19								62
10	Barry Greaves	1				25														25

Dave Phillips placed above John Higgins the basis of criteria 1 below.

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	The Dewsbury 10K	Oulton Park ½ Marathon	Dentdale Run	Littleborough 5K Race Series (best race time of 3 shown)	Ian Casey Memorial Cowm 5K Race	Miltoth Oldham 7K	Aaron Ashforth Memorial Cowm 5K Race	Miltoth Oldham 10K	Rochdale 10K	Royton Trail	Mossley 10K	Prudent Riverside 10	Fleetwood ½ Marathon	Tatton 10K	Bolton ½ Marathon	Mill Town to Moors ½ Marathon	Derwentwater 10	Total (Best 8 Races To Count)
1	Janet Jobey	13	25	25	25	25	25	25	25	25	25	25	25		25	25				200
2	Rochelle Evans	11	24	24	24	24				23	24	22	24	25	24	24				193
3	Helen Radcliffe	9	22		23	21	23	23	24	24	23	23								185
4	Selina McLean	10	23	23	22	22		24	23	22	22	20		23						182
5	Clare Darraugh	9		22	21		24	22	21	21	21	21	23							175
6	Jillian Hickson	9				20	22	21	22	20	20	19	22	24						171
7	Martina Naismith	10	21			19	21	20	20	19		18		22	23	23				169
8	Jenny O'Callaghan	7	19	21	19	18	19		19		19									134
9	Carol Robinson	6		20	17			18	18	18		16								107
10	Mary Freer	4	18		20	17			16											71
11	Elaine Whitehead *	3						19				15	21							55
12	Natalie Fitzpatrick	2				23						24								47
13	Liz Phillips	2	20						17											37
14	Claire Timms	2			18							17								35
15	Sally Wood	1					20													20
16	Amanda Lane	1	17																	17

**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)

<b>Female Over 45's</b>		No. Of Races Completed	The Dewsbury 10K	Oulton Park ½ Marathon	Dentdale Run	Littleborough 5K Race Series (best race time of 3 shown)	Ian Casey Memorial Cowm 5K Race	Milktown Oldham 7K	Aaron Ashforth Memorial Cowm 5K Race	Milktown Oldham 10K	Rochdale 10K	Royton Trail	Mossley 10K	Prudent Riverside 10	Fleetwood ½ Marathon	Tatton 10K	Bolton ½ Marathon	Mill Town to Moors ½ Marathon	Derwentwater 10	Total (Best 8 Races To Count)
1	Valerie Kilburn	11	24		24	25	25	25	25	25	25	25	25	25						200
2	Gail Shaw	11	22			22		23	24	23	22	21	23	24	25	25				189
3	Lisa Cummins	8	21		22	23		24		24	23	23				24				184
4	Jillian Heywood	11	20		21	21	23	22	23	21	21	22	22	23						177
5	Vikki Smith	7	23		23	24	24				24	24	24							166
6	Amanda Richardson	8	18			20	22	21	21	18		18				23				161
7	Angela Rogowskyj	7				18	21	18	19	17	17	14								124
8	Tracey Hall	6	19		20					20	20	20		22						121
9	Judith Bradley	6				19			22	19	19	19	21							119
10	Karen Stuttard *	5		24				20		16		15	20							95
11	Sharon Dracup	4						19	20		18	16								73
12	Debbie Fiddling	2		25	25															50
13	Debbie Shaw	1	25																	25
14	Sharon Leach	1								22										22
15	Samantha White	1										17								17

Lisa Cummins placed above Gail Shaw on the basis of criteria 1 below.  
 Vikki Smith placed above Angela Rogowskyj on the basis of criteria 1 below.  
 Debbie Shaw placed above Debbie Fiddling on the basis of criteria 4 below.

**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)



<b>Female Over 55's</b>		No. Of Races Completed	The Dewsbury 10K	Oulton Park ½ Marathon	Dentdale Run	Littleborough 5K Race Series (best race time of 3 shown)	Ian Casey Memorial Cowm 5K Race	Milktown Oldham 7K	Aaron Ashforth Memorial Cowm 5K Race	Milktown Oldham 10K	Rochdale 10K	Royton Trail	Mossley 10K	Prudent Riverside 10	Fleetwood ½ Marathon	Tatton 10K	Bolton ½ Marathon	Mill Town to Moors ½ Marathon	Derwentwater 10	Total (Best 8 Races To Count)	
1	Susan Heaney	11	25	25	25	24	25		25		24	23	25	25	25					200	
2	Bernadette Ball	12	24	24	24	23	23		24	25	23	22	24	24		25				194	
3	Sheila Phillips	4					22	25	23	24										94	
4	Teresa Hollins *	3					24				25	24								73	
5	Diane Allingan	2				25						25								50	
6	June Allingan	1				22														22	

**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)