

| Premiership | | No. Of Races Completed | The Dewsbury 10K | Village Bakery Wrexham ½ Marathon | Dentdale Run | Hollingworth Lake 5K Race Series (best race time of 4 | Ian Casey Memorial Cowm 5K Race | Bernadette Flynn VBCU Cowm Reservoir 5K | Tatton 10K | Colshaw Hall 10K | Rochdale 10K | The Royton Trail | Prudent Riverside 10 | Hopwood Trot | Clog & Billycock 10K | English Half ½ Marathon | Rochdale Half ½ Marathon | Holmfirth 15 | Derwentwater 10 | Total (Best 9 Races To Count) |
|-------------|------------------|------------------------|------------------|-----------------------------------|--------------|---|---------------------------------|---|------------|------------------|--------------|------------------|----------------------|--------------|----------------------|-------------------------|--------------------------|--------------|-----------------|-------------------------------|
| 1 | Jarrold Gritt | 3 | 25 | 25 | 25 | | | | | | | | | | | | | | | 75 |
| 2 | Shane Reading | 3 | 24 | 24 | 24 | | | | | | | | | | | | | | | 72 |
| 3 | Richard Cummins | 3 | 17 | 18 | 21 | | | | | | | | | | | | | | | 56 |
| 4 | Dave Peart | 3 | 16 | 16 | 23 | | | | | | | | | | | | | | | 55 |
| 5 | Bernie Goodwin | 3 | 18 | 17 | 17 | | | | | | | | | | | | | | | 52 |
| 6 | Dave Emanuel | 3 | 15 | 15 | 18 | | | | | | | | | | | | | | | 48 |
| 7 | Ian Dale | 3 | 14 | 14 | 19 | | | | | | | | | | | | | | | 47 |
| 8 | Chris Lowe | 2 | 22 | 23 | | | | | | | | | | | | | | | | 45 |
| 9 | Robert Fairbanks | 2 | | 22 | 22 | | | | | | | | | | | | | | | 44 |
| 10 | Michael Fleming | 2 | 20 | 21 | | | | | | | | | | | | | | | | 41 |
| 11 | Neil Brock | 2 | | 20 | 20 | | | | | | | | | | | | | | | 40 |
| 12 | Rob Battye | 2 | 21 | 19 | | | | | | | | | | | | | | | | 40 |
| 13 | Rob James | 1 | 23 | | | | | | | | | | | | | | | | | 23 |
| 14 | Michael Wildbore | 1 | 19 | | | | | | | | | | | | | | | | | 19 |
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Neil Brock placed above Rob Battye the basis of criteria 1 below.

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| Championship | | No. Of Races Completed | The Dewsbury 10K | Village Bakery Wrexham ½ Marathon | Dentdale Run | Hollingsworth Lake 5K Race Series (best race time of 4) | Ian Casey Memorial Cowm 5K Race | Bernadette Flynn VBCU Cowm Reservoir 5K | Tatton 10K | Colshaw Hall 10K | Rochdale 10K | The Royton Trail | Prudent Riverside 10 | Hopwood Trot | Clog & Billycock 10K | English Half ½ Marathon | Rochdale Half ½ Marathon | Holmfirth 15 | Derwentwater 10 | Total (Best 9 Races To Count) | |
|--------------|------------------|------------------------|------------------|-----------------------------------|--------------|---|---------------------------------|---|------------|------------------|--------------|------------------|----------------------|--------------|----------------------|-------------------------|--------------------------|--------------|-----------------|-------------------------------|--|
| 1 | Carl O'Callaghan | 3 | 25 | 24 | 25 | | | | | | | | | | | | | | | 74 | |
| 2 | Elliot Stone | 3 | 24 | 25 | 24 | | | | | | | | | | | | | | | 73 | |
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| Group 1 | | No. Of Races Completed | The Dewsbury 10K | Village Bakery Wrexham ½ Marathon | Dentdale Run | Hollingworth Lake 5K Race Series (best race time of 4 | Ian Casey Memorial Cowm 5K Race | Bernadette Flynn VBCU Cowm Reservoir 5K | Tatton 10K | Colshaw Hall 10K | Rochdale 10K | The Royton Trail | Prudent Riverside 10 | Hopwood Trot | Clog & Billycock 10K | English Half ½ Marathon | Rochdale Half ½ Marathon | Holmfirth 15 | Derwentwater 10 | Total (Best 9 Races To Count) | | |
|----------------|-----------------|------------------------|------------------|-----------------------------------|--------------|---|---------------------------------|---|------------|------------------|--------------|------------------|----------------------|--------------|----------------------|-------------------------|--------------------------|--------------|-----------------|-------------------------------|----|--|
| 1 | Janet Jobey | 3 | 22 | 25 | 25 | | | | | | | | | | | | | | | | 72 | |
| 2 | Matthew Kershaw | 2 | 24 | 23 | | | | | | | | | | | | | | | | | 47 | |
| 3 | Bernie Cassidy | 1 | 25 | | | | | | | | | | | | | | | | | | 25 | |
| 4 | Andy Schofield | 1 | | 24 | | | | | | | | | | | | | | | | | 24 | |
| 5 | Matthew Kilburn | 1 | 23 | | | | | | | | | | | | | | | | | | 23 | |
| 6 | Bryan Lawton | 1 | 21 | | | | | | | | | | | | | | | | | | 21 | |
| 7 | Mark Heaney | 1 | 20 | | | | | | | | | | | | | | | | | | 20 | |
| 8 | David Crewe | 1 | 19 | | | | | | | | | | | | | | | | | | 19 | |
| 9 | Dave Freer | 1 | 18 | | | | | | | | | | | | | | | | | | 18 | |
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| Group 2 | | No. Of Races Completed | The Dewsbury 10K | Village Bakery Wrexham ½ Marathon | Dentdale Run | Hollingworth Lake 5K Race Series (best race time of 4 | Ian Casey Memorial Cowm 5K Race | Bernadette Flynn VBCU Cowm Reservoir 5K | Tatton 10K | Colshaw Hall 10K | Rochdale 10K | The Royton Trail | Prudent Riverside 10 | Hopwood Trot | Clog & Billycock 10K | English Half ½ Marathon | Rochdale Half ½ Marathon | Holmfirth 15 | Derwentwater 10 | Total (Best 9 Races To Count) |
|----------------|------------------|------------------------|------------------|-----------------------------------|--------------|---|---------------------------------|---|------------|------------------|--------------|------------------|----------------------|--------------|----------------------|-------------------------|--------------------------|--------------|-----------------|-------------------------------|
| 1 | Robert Nixon | 3 | 25 | 21 | 23 | | | | | | | | | | | | | | | 69 |
| 2 | Valerie Kilburn | 3 | 20 | 20 | 25 | | | | | | | | | | | | | | | 65 |
| 3 | Vikki Smith | 3 | 19 | 19 | 24 | | | | | | | | | | | | | | | 62 |
| 4 | Jason Keast | 3 | 21 | 17 | 22 | | | | | | | | | | | | | | | 60 |
| 5 | Paul Cooke | 3 | 18 | 18 | 21 | | | | | | | | | | | | | | | 57 |
| 6 | Simon Howard | 3 | 15 | 15 | 20 | | | | | | | | | | | | | | | 50 |
| 7 | Stewart Jones | 2 | 24 | 24 | | | | | | | | | | | | | | | | 48 |
| 8 | Lee Higginbottom | 3 | 13 | 14 | 19 | | | | | | | | | | | | | | | 46 |
| 9 | Steve Shaw | 2 | 23 | 22 | | | | | | | | | | | | | | | | 45 |
| 10 | Adam Stirling | 2 | 16 | 16 | | | | | | | | | | | | | | | | 32 |
| 11 | David Hall | 1 | | 25 | | | | | | | | | | | | | | | | 25 |
| 12 | Mark Rigby | 1 | | 23 | | | | | | | | | | | | | | | | 23 |
| 13 | Ronnie Quinn | 1 | 22 | | | | | | | | | | | | | | | | | 22 |
| 14 | Neil Farrell | 1 | 17 | | | | | | | | | | | | | | | | | 17 |
| 15 | Rochelle Evans | 1 | 14 | | | | | | | | | | | | | | | | | 14 |
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| Group 3 | | No. Of Races Completed | The Dewsbury 10K | Village Bakery Wrexham ½ Marathon | Dentdale Run | Hollingworth Lake 5K Race Series (best race time of 4 | Ian Casey Memorial Cowm 5K Race | Bernadette Flynn VBCU Cowm Reservoir 5K | Tatton 10K | Colshaw Hall 10K | Rochdale 10K | The Royton Trail | Prudent Riverside 10 | Hopwood Trot | Clog & Billycock 10K | English Half ½ Marathon | Rochdale Half ½ Marathon | Holmfirth 15 | Derwentwater 10 | Total (Best 9 Races To Count) | | |
|---------|-----------------|------------------------|------------------|-----------------------------------|--------------|---|---------------------------------|---|------------|------------------|--------------|------------------|----------------------|--------------|----------------------|-------------------------|--------------------------|--------------|-----------------|-------------------------------|----|--|
| 1 | Gary Smith | 3 | 23 | 25 | 25 | | | | | | | | | | | | | | | | 73 | |
| 2 | Andy Chadwick | 3 | 24 | 24 | 22 | | | | | | | | | | | | | | | | 70 | |
| 3 | Helen Radcliffe | 3 | 22 | 23 | 23 | | | | | | | | | | | | | | | | 68 | |
| 4 | Garry Bower | 2 | 25 | | 24 | | | | | | | | | | | | | | | | 49 | |
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| Group 4 | | No. Of Races Completed | The Dewsbury 10K | Village Bakery Wrexham ½ Marathon | Dentdale Run | Hollingworth Lake 5K Race Series (best race time of 4 | Ian Casey Memorial Cowm 5K Race | Bernadette Flynn VBCU Cowm Reservoir 5K | Tatton 10K | Colshaw Hall 10K | Rochdale 10K | The Royton Trail | Prudent Riverside 10 | Hopwood Trot | Clog & Billycock 10K | English Half ½ Marathon | Rochdale Half ½ Marathon | Holmfirth 15 | Derwentwater 10 | Total (Best 9 Races To Count) | | |
|---------|-----------------|------------------------|------------------|-----------------------------------|--------------|---|---------------------------------|---|------------|------------------|--------------|------------------|----------------------|--------------|----------------------|-------------------------|--------------------------|--------------|-----------------|-------------------------------|--|--|
| 1 | Diane Allingan | 2 | 20 | 25 | | | | | | | | | | | | | | | | 45 | | |
| 2 | Chris Nicholson | 1 | 25 | | | | | | | | | | | | | | | | | 25 | | |
| 3 | Dave Watt | 1 | 24 | | | | | | | | | | | | | | | | | 24 | | |
| 4 | Gary Marshall | 1 | 23 | | | | | | | | | | | | | | | | | 23 | | |
| 5 | Tony Kane | 1 | 22 | | | | | | | | | | | | | | | | | 22 | | |
| 6 | John Fay* | 1 | 21 | | | | | | | | | | | | | | | | | 21 | | |
| 7 | Jillian Hickson | 1 | 19 | | | | | | | | | | | | | | | | | 19 | | |
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|----------------|------------------|------------------------|------------------|-----------------------------------|--------------|---|---------------------------------|---|------------|------------------|--------------|------------------|----------------------|--------------|----------------------|-------------------------|--------------------------|--------------|-----------------|-------------------------------|--|--|
| 1 | Jillian Heywood | 3 | 23 | 24 | 25 | | | | | | | | | | | | | | | 72 | | |
| 2 | Lisa Cummins | 3 | 24 | 23 | 24 | | | | | | | | | | | | | | | 71 | | |
| 3 | Martina Naismith | 3 | 22 | 22 | 23 | | | | | | | | | | | | | | | 67 | | |
| 4 | Gail Shaw | 2 | 25 | 25 | | | | | | | | | | | | | | | | 50 | | |
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|----------------|-------------------|------------------------|------------------|-----------------------------------|--------------|--|---------------------------------|---|------------|------------------|--------------|------------------|----------------------|--------------|----------------------|-------------------------|--------------------------|--------------|-----------------|-------------------------------|--|
| 1 | Jenny O'Callaghan | 3 | 23 | 24 | 24 | | | | | | | | | | | | | | | 71 | |
| 2 | Bernadette Ball | 3 | 21 | 22 | 23 | | | | | | | | | | | | | | | 66 | |
| 3 | Sarah Butler | 3 | 22 | 21 | 22 | | | | | | | | | | | | | | | 65 | |
| 4 | June Allingan | 3 | 18 | 17 | 21 | | | | | | | | | | | | | | | 56 | |
| 5 | Claire Timms | 2 | | 25 | 25 | | | | | | | | | | | | | | | 50 | |
| 6 | Amanda Richardson | 2 | 25 | 23 | | | | | | | | | | | | | | | | 48 | |
| 7 | Tracey Hall | 2 | 20 | 20 | | | | | | | | | | | | | | | | 40 | |
| 8 | Sharon Dracup | 2 | 19 | 19 | | | | | | | | | | | | | | | | 38 | |
| 9 | Mary Freer | 2 | 17 | | 20 | | | | | | | | | | | | | | | 37 | |
| 10 | Elaine Whitehead* | 1 | 24 | | | | | | | | | | | | | | | | | 24 | |
| 11 | Niparun Nessa | 1 | | 18 | | | | | | | | | | | | | | | | 18 | |
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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 | Village Bakery Wrexham ½ Marathon | Dentdale Run | Hollingworth Lake 5K Race Series (best race time of 4 | Ian Casey Memorial Cowm 5K Race | Bernadette Flynn VBCU Cowm Reservoir 5K | Tatton 10K | Colshaw Hall 10K | Rochdale 10K | The Royton Trail | Prudent Riverside 10 | Hopwood Trot | Clog & Billycock 10K | English Half ½ Marathon | Rochdale Half ½ Marathon | Holmfirth 15 | Derwentwater 10 | Total (Best 9 Races To Count) |
|---------------|----------------------|------------------------|------------------|-----------------------------------|--------------|---|---------------------------------|---|------------|------------------|--------------|------------------|----------------------|--------------|----------------------|-------------------------|--------------------------|--------------|-----------------|-------------------------------|
| 1 | Janet Jobey | 3 | 50 | 50 | 50 | | | | | | | | | | | | | | | 150 |
| 2 | Valerie Kilburn | 3 | 49 | 49 | 49 | | | | | | | | | | | | | | | 147 |
| 3 | Vikki Smith | 3 | 48 | 48 | 48 | | | | | | | | | | | | | | | 144 |
| 4 | Helen Radcliffe | 3 | 47 | 46 | 47 | | | | | | | | | | | | | | | 140 |
| 5 | Lisa Cummins | 3 | 42 | 40 | 44 | | | | | | | | | | | | | | | 126 |
| 6 | Jillian Heywood | 3 | 39 | 41 | 45 | | | | | | | | | | | | | | | 125 |
| 7 | Martina Naismith | 3 | 35 | 37 | 42 | | | | | | | | | | | | | | | 114 |
| 8 | Jenny O'Callaghan | 3 | 37 | 36 | 41 | | | | | | | | | | | | | | | 114 |
| 9 | Bernadette Ball | 3 | 33 | 34 | 40 | | | | | | | | | | | | | | | 107 |
| 10 | Sarah Butler | 3 | 34 | 33 | 39 | | | | | | | | | | | | | | | 106 |
| 11 | Leonie Glynn | 2 | 46 | 47 | | | | | | | | | | | | | | | | 93 |
| 12 | June Allingan | 3 | 30 | 27 | 36 | | | | | | | | | | | | | | | 93 |
| 13 | Teresa Hollins * | 2 | | 44 | 46 | | | | | | | | | | | | | | | 90 |
| 14 | Diane Allingan | 2 | 45 | 43 | | | | | | | | | | | | | | | | 88 |
| 15 | Gail Shaw | 2 | 43 | 42 | | | | | | | | | | | | | | | | 85 |
| 16 | Claire Timms | 2 | | 38 | 43 | | | | | | | | | | | | | | | 81 |
| 17 | Amanda Richardson | 2 | 40 | 35 | | | | | | | | | | | | | | | | 75 |
| 18 | Charlotte Chadwick | 2 | | 31 | 38 | | | | | | | | | | | | | | | 69 |
| 19 | Natalie Yates-Bolton | 2 | | 28 | 37 | | | | | | | | | | | | | | | 65 |
| 20 | Tracey Hall | 2 | 32 | 32 | | | | | | | | | | | | | | | | 64 |
| 21 | Mary Freer | 2 | 29 | | 35 | | | | | | | | | | | | | | | 64 |
| 22 | Sharon Dracup | 2 | 31 | 30 | | | | | | | | | | | | | | | | 61 |
| 23 | Julie Greenwood | 1 | | 45 | | | | | | | | | | | | | | | | 45 |
| 24 | Jillian Hickson | 1 | 44 | | | | | | | | | | | | | | | | | 44 |
| 25 | Rochelle Evans | 1 | 41 | | | | | | | | | | | | | | | | | 41 |
| 26 | Eileen Ingham | 1 | | 39 | | | | | | | | | | | | | | | | 39 |
| 27 | Elaine Whitehead* | 1 | 38 | | | | | | | | | | | | | | | | | 38 |
| 28 | Sally Crewe | 1 | 36 | | | | | | | | | | | | | | | | | 36 |
| 29 | Niparun Nessa | 1 | | 29 | | | | | | | | | | | | | | | | 29 |
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Martina Naismith placed above Jenny O'Callaghan the basis of criteria 1 below.

Leonie Glynn placed above June Allingan the basis of criteria 1 below.

Tracey Hall placed above Mary Freer 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)

| Ladies - continued | | No. Of Races Completed | The Dewsbury 10K | Village Bakery Wrexham ½ Marathon | Dentdale Run | Hollingworth Lake 5K Race Series (best race time of 4 | Ian Casey Memorial Cowm 5K Race | Bernadette Flynn VBCU Cowm Reservoir 5K | Tatton 10K | Colshaw Hall 10K | Rochdale 10K | The Royton Trail | Prudent Riverside 10 | Hopwood Trot | Clog & Billycock 10K | English Half ½ Marathon | Rochdale Half ½ Marathon | Holmfirth 15 | Derwentwater 10 | Total (Best 9 Races To Count) |
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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 | Village Bakery Wrexham ½ Marathon | Dentdale Run | Hollingworth Lake 5K Race Series (best race time of 4 | Ian Casey Memorial Cowm 5K Race | Bernadette Flynn VBCU Cowm Reservoir 5K | Tatton 10K | Colshaw Hall 10K | Rochdale 10K | The Royton Trail | Prudent Riverside 10 | Hopwood Trot | Clog & Billycock 10K | English Half ½ Marathon | Rochdale Half ½ Marathon | Holmfirth 15 | Derwentwater 10 | Total (Best 9 Races To Count) | | |
|-----------------------|------------------|-------------------------------|------------------|-----------------------------------|--------------|---|---------------------------------|---|------------|------------------|--------------|------------------|----------------------|--------------|----------------------|-------------------------|--------------------------|--------------|-----------------|-------------------------------|--|--|
| 1 | Shane Reading | 3 | 25 | 25 | 25 | | | | | | | | | | | | | | | 75 | | |
| 2 | Rob Battye | 2 | 24 | 24 | | | | | | | | | | | | | | | | 48 | | |
| 3 | Alex Critcher | 2 | | 21 | 24 | | | | | | | | | | | | | | | 45 | | |
| 4 | Matthew Kershaw | 2 | 22 | 22 | | | | | | | | | | | | | | | | 44 | | |
| 5 | Stewart Jones | 2 | 21 | 23 | | | | | | | | | | | | | | | | 44 | | |
| 6 | Michael Wildbore | 1 | 23 | | | | | | | | | | | | | | | | | 23 | | |
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Matthew Kershaw placed above Stewart Jones 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)

| Male Over 45's | | No. Of Races Completed | The Dewsbury 10K | Village Bakery Wrexham ½ Marathon | Dentdale Run | Hollingworth Lake 5K Race Series (best race time of 4 | Ian Casey Memorial Cowm 5K Race | Bernadette Flynn VBCU Cowm Reservoir 5K | Tatton 10K | Colshaw Hall 10K | Rochdale 10K | The Royton Trail | Prudent Riverside 10 | Hopwood Trot | Clog & Billycock 10K | English Half ½ Marathon | Rochdale Half ½ Marathon | Holmfirth 15 | Derwentwater 10 | Total (Best 9 Races To Count) |
|----------------|------------------|------------------------|------------------|-----------------------------------|--------------|---|---------------------------------|---|------------|------------------|--------------|------------------|----------------------|--------------|----------------------|-------------------------|--------------------------|--------------|-----------------|-------------------------------|
| 1 | Bernie Goodwin | 3 | 24 | 24 | 23 | | | | | | | | | | | | | | | 71 |
| 2 | Carl O'Callaghan | 3 | 23 | 22 | 25 | | | | | | | | | | | | | | | 70 |
| 3 | Elliot Stone | 3 | 22 | 23 | 24 | | | | | | | | | | | | | | | 69 |
| 4 | Simon Howard | 3 | 18 | 19 | 21 | | | | | | | | | | | | | | | 58 |
| 5 | Chris Lowe | 2 | 25 | 25 | | | | | | | | | | | | | | | | 50 |
| 6 | Garry Bower | 2 | 20 | | 22 | | | | | | | | | | | | | | | 42 |
| 7 | Matthew Kilburn | 1 | 21 | | | | | | | | | | | | | | | | | 21 |
| 8 | Andy Schofield | 1 | | 21 | | | | | | | | | | | | | | | | 21 |
| 9 | Ian Giles | 1 | | 20 | | | | | | | | | | | | | | | | 20 |
| 10 | Dave Freer | 1 | 19 | | | | | | | | | | | | | | | | | 19 |
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Matthew Kilburn placed above Andy Schofield 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 50's | | No. Of Races Completed | The Dewsbury 10K | Village Bakery Wrexham ½ Marathon | Dentdale Run | Hollingworth Lake 5K Race Series (best race time of 4 | Ian Casey Memorial Cowm 5K Race | Bernadette Flynn VBCU Cowm Reservoir 5K | Tatton 10K | Colshaw Hall 10K | Rochdale 10K | The Royton Trail | Prudent Riverside 10 | Hopwood Trot | Clog & Billycock 10K | English Half ½ Marathon | Rochdale Half ½ Marathon | Holmfirth 15 | Derwentwater 10 | Total (Best 9 Races To Count) |
|-----------------------|-----------------|------------------------|------------------|-----------------------------------|--------------|---|---------------------------------|---|------------|------------------|--------------|------------------|----------------------|--------------|----------------------|-------------------------|--------------------------|--------------|-----------------|-------------------------------|
| 1 | Richard Cummins | 3 | 25 | 24 | 24 | | | | | | | | | | | | | | | 73 |
| 2 | Dave Peart | 3 | 24 | 23 | 25 | | | | | | | | | | | | | | | 72 |
| 3 | Dave Emanuel | 3 | 23 | 22 | 21 | | | | | | | | | | | | | | | 66 |
| 4 | Ian Dale | 3 | 22 | 21 | 22 | | | | | | | | | | | | | | | 65 |
| 5 | Jason Keast | 3 | 19 | 16 | 19 | | | | | | | | | | | | | | | 54 |
| 6 | Gary Smith | 3 | 15 | 18 | 20 | | | | | | | | | | | | | | | 53 |
| 7 | Paul Cooke | 3 | 17 | 17 | 18 | | | | | | | | | | | | | | | 52 |
| 8 | Neil Brock | 2 | | 25 | 23 | | | | | | | | | | | | | | | 48 |
| 9 | Bernie Cassidy | 1 | 21 | | | | | | | | | | | | | | | | | 21 |
| 10 | Brian Moore * | 1 | | 20 | | | | | | | | | | | | | | | | 20 |
| 11 | Bryan Lawton | 1 | 20 | | | | | | | | | | | | | | | | | 20 |
| 12 | David Hall | 1 | | 19 | | | | | | | | | | | | | | | | 19 |
| 13 | Mark Heaney | 1 | 18 | | | | | | | | | | | | | | | | | 18 |
| 14 | Neil Farrell | 1 | 16 | | | | | | | | | | | | | | | | | 16 |
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Brian Moore placed above Bryan Lawton 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 60's | | | | | | | | | Total (Best 9 Races To Count) | | | | | | | | |
|---|--------------|------------------------|------------------|-----------------------------------|--------------|---|---------------------------------|---|------------|------------------|-------------------------------|--------------|------------------|----------------------|--------------|----------------------|-------------------------|--------------------------|--------------|
| | | No. Of Races Completed | The Dewsbury 10K | Village Bakery Wrexham ½ Marathon | Dentdale Run | Hollingworth Lake 5K Race Series (best race time of 4 | Ian Casey Memorial Cowm 5K Race | Bernadette Flynn VBCU Cowm Reservoir 5K | Tatton 10K | Colshaw Hall 10K | | Rochdale 10K | The Royton Trail | Prudent Riverside 10 | Hopwood Trot | Clog & Billycock 10K | English Half ½ Marathon | Rochdale Half ½ Marathon | Holmfirth 15 |
| 1 | Robert Nixon | 3 | 25 | 24 | 25 | | | | | | | | | | | | | | 74 |
| 2 | Steve Shaw | 2 | 24 | 25 | | | | | | | | | | | | | | | 49 |
| 3 | Ronnie Quinn | 1 | 23 | | | | | | | | | | | | | | | | 23 |
| 4 | Tony Kane | 1 | 22 | | | | | | | | | | | | | | | | 22 |
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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 | Village Bakery Wrexham ½ Marathon | Dentdale Run | Hollingworth Lake 5K Race Series (best race time of 4 | Ian Casey Memorial Cowm 5K Race | Bernadette Flynn VBCU Cowm Reservoir 5K | Tatton 10K | Colshaw Hall 10K | Rochdale 10K | The Royton Trail | Prudent Riverside 10 | Hopwood Trot | Clog & Billycock 10K | English Half ½ Marathon | Rochdale Half ½ Marathon | Holmfirth 15 | Derwentwater 10 | Total (Best 9 Races To Count) |
|-------------------------|--------------------|------------------------|------------------|-----------------------------------|--------------|---|---------------------------------|---|------------|------------------|--------------|------------------|----------------------|--------------|----------------------|-------------------------|--------------------------|--------------|-----------------|-------------------------------|
| 1 | Helen Radcliffe | 3 | 25 | 25 | 25 | | | | | | | | | | | | | | | 75 |
| 2 | Martina Naismith | 3 | 20 | 23 | 23 | | | | | | | | | | | | | | | 66 |
| 3 | Jenny O'Callaghan | 3 | 21 | 22 | 22 | | | | | | | | | | | | | | | 65 |
| 4 | Claire Timms | 2 | | 24 | 24 | | | | | | | | | | | | | | | 48 |
| 5 | Charlotte Chadwick | 2 | | 21 | 21 | | | | | | | | | | | | | | | 42 |
| 6 | Mary Freer | 2 | 19 | | 20 | | | | | | | | | | | | | | | 39 |
| 7 | Jillian Hickson | 1 | 24 | | | | | | | | | | | | | | | | | 24 |
| 8 | Rochelle Evans | 1 | 23 | | | | | | | | | | | | | | | | | 23 |
| 9 | Elaine Whitehead* | 1 | 22 | | | | | | | | | | | | | | | | | 22 |
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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 | The Dewsbury 10K | Village Bakery Wrexham ½ Marathon | Dentdale Run | Hollingworth Lake 5K Race Series (best race time of 4 | Ian Casey Memorial Cowm 5K Race | Bernadette Flynn VBCU Cowm Reservoir 5K | Tatton 10K | Colshaw Hall 10K | Rochdale 10K | The Royton Trail | Prudent Riverside 10 | Hopwood Trot | Clog & Bilycock 10K | English Half ½ Marathon | Rochdale Half ½ Marathon | Holmfirth 15 | Derwentwater 10 | Total (Best 9 Races To Count) |
|------------------|----------------------|------------------------|------------------|-----------------------------------|--------------|---|---------------------------------|---|------------|------------------|--------------|------------------|----------------------|--------------|---------------------|-------------------------|--------------------------|--------------|-----------------|-------------------------------|
| 1 | Janet Jobey | 3 | 25 | 25 | 25 | | | | | | | | | | | | | | | 75 |
| 2 | Valerie Kilburn | 3 | 24 | 24 | 24 | | | | | | | | | | | | | | | 72 |
| 3 | Vikki Smith | 3 | 23 | 23 | 23 | | | | | | | | | | | | | | | 69 |
| 4 | Jillian Heywood | 3 | 19 | 20 | 22 | | | | | | | | | | | | | | | 61 |
| 5 | Lisa Cummins | 3 | 21 | 19 | 21 | | | | | | | | | | | | | | | 61 |
| 6 | Sarah Butler | 3 | 18 | 17 | 20 | | | | | | | | | | | | | | | 55 |
| 7 | Gail Shaw | 2 | 22 | 21 | | | | | | | | | | | | | | | | 43 |
| 8 | Amanda Richardson | 2 | 20 | 18 | | | | | | | | | | | | | | | | 38 |
| 9 | Tracey Hall | 2 | 17 | 16 | | | | | | | | | | | | | | | | 33 |
| 10 | Natalie Yates-Bolton | 2 | | 14 | 19 | | | | | | | | | | | | | | | 33 |
| 11 | Sharon Dracup | 2 | 16 | 15 | | | | | | | | | | | | | | | | 31 |
| 12 | Julie Greenwood | 1 | | 22 | | | | | | | | | | | | | | | | 22 |
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Jillian Heywood placed above Lisa Cummins the basis of criteria 1 below.
 Tracey Hall placed above Natalie Yates-Bolton 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 55's | | No. Of Races Completed | The Dewsbury 10K | Village Bakery Wrexham ½ Marathon | Dentdale Run | Hollingworth Lake 5K Race Series (best race time of 4 | Ian Casey Memorial Cowm 5K Race | Bernadette Flynn VBCU Cowm Reservoir 5K | Tatton 10K | Colshaw Hall 10K | Rochdale 10K | The Royton Trail | Prudent Riverside 10 | Hopwood Trot | Clog & Billycock 10K | English Half ½ Marathon | Rochdale Half ½ Marathon | Holmfirth 15 | Derwentwater 10 | Total (Best 9 Races To Count) | | |
|-------------------------|------------------|------------------------|------------------|-----------------------------------|--------------|---|---------------------------------|---|------------|------------------|--------------|------------------|----------------------|--------------|----------------------|-------------------------|--------------------------|--------------|-----------------|-------------------------------|----|--|
| 1 | Bernadette Ball | 3 | 24 | 22 | 24 | | | | | | | | | | | | | | | | 70 | |
| 2 | June Allingan | 3 | 23 | 21 | 23 | | | | | | | | | | | | | | | | 67 | |
| 3 | Teresa Hollins * | 2 | | 25 | 25 | | | | | | | | | | | | | | | | 50 | |
| 4 | Diane Allingan | 2 | 25 | 24 | | | | | | | | | | | | | | | | | 49 | |
| 5 | Eileen Ingham | 1 | | 23 | | | | | | | | | | | | | | | | | 23 | |
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