

Premiership		No. Of Races Completed	Dewsbury 10K	Carsington Water ½ Marathon	Dentdale Run	Wilmslow ½ Marathon	John Purdy Memorial Cowm 5K Race	Ian Casey Memorial Cowm 5K Race	Blackpool Promenade 10 Mile Race	Oldham 10K	Colshaw Hall 10K	Rochdale 10K	The Royton Trail	Mossley 10K	Hopwood Trot	Cheshire ½ Marathon	Oldham parkrun September	Rochdale ½ Marathon	Derwentwater 10	Total (Best 7 Races To Count)
1	Rob James	10		24			24	25	25	25		24	25	25	25	25				175
2	Jarrold Gritt	17	25	25	25	25	25	24	24	24	25	25	24	24	24	24	25	24	24	175
3	Shane Reading	13	24	23		24	23	23	23	22		22	23	23	22		24		22	164
4	Robert Fairbanks*	8				23	22			23	24	23			20	23	23			161
5	Dave Peart	17	21	22	24	22	21	21	22	18	23	21	20	21	18	22	21	22	20	157
6	George Booth	7	23			21				17					21		22	23	23	150
7	Martin Thompson	7						22		21			22		23		19	21	21	149
8	Neil Brock	10		21	23			18			19	19	18	22		21	20		18	145
9	Bernie Goodwin	12	20	20	22	20		19			22	20	19		19	20		20	16	144
10	David Ellis	7					20	20		19	22	18		20			17			136
11	Owen Flage*	5								20	20				17		19		19	95
12	Richard Cummins	4	22	19									21						17	79
13	Ian McBride	2																25	25	50
14	Brad Howard	2						21			17									38
15	Rob Batty	1															19			19

Rob James placed above Jarrod Gritt 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)

Championship		No. Of Races Completed	Dewsbury 10K	Carsington Water ½ Marathon	Dentdale Run	Wilmslow ½ Marathon	John Purdy Memorial Cowm 5K Race	Ian Casey Memorial Cowm 5K Race	Blackpool Promenade 10 Mile Race	Oldham 10K	Colshaw Hall 10K	Rochdale 10K	The Royton Trail	Mossley 10K	Hopwood Trot	Cheshire ½ Marathon	Oldham parkrun September	Rochdale ½ Marathon	Derwentwater 10	Total (Best 7 Races To Count)
1	Carl O'Callaghan	11	24	25	25			25		24	24		24			24	24	23	24	171
2	Dave Emanuel	9	25	24				22			25		20	25	24	25	22			170
3	Ian Dale	13	23	23	24	25		24	25	23	23		21		23		21	25	23	169
4	Elliot Stone	17	22	22	23	23	25	20	24	21	22	23	19	24	22	23	20	24	25	168
5	Darren Ogden	6						21				24	22		25			22	22	136
6	Paul Ashton	4						23		25		25	25							98
7	Gary Fielding*	2				24											25			49
8	Michael Pickering	2								22							23			45
9	Alan Bodell	1											23							23
10	Barry Greaves	1															19			19

**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 1		No. Of Races Completed	Dewsbury 10K	Carsington Water ½ Marathon	Dentdale Run	Wilmslow ½ Marathon	John Purdy Memorial Cowm 5K Race	Ian Casey Memorial Cowm 5K Race	Blackpool Promenade 10 Mile Race	Oldham 10K	Colshaw Hall 10K	Rochdale 10K	The Royton Trail	Mossley 10K	Hopwood Trot	Cheshire ½ Marathon	Oldham parkrun September	Rochdale ½ Marathon	Derwentwater 10	Total (Best 7 Races To Count)
1	Matthew Kershaw	7					25	25			25	25			23		25	25		173
2	Matthew Kilburn	8	25			24					20	23	25	25	25				25	172
3	Janet Jobey	14	24	25	25		23	24	25		22		24	24	22	24	24	24	24	171
4	Brett Spivey	11	23			22			24	25	23	24	23		24	25	20	21		168
5	Bryan Lawton	9	22		24	25	24	23		24					20		23	23		166
6	Robert Nixon	16		24	23	21	21	20	23	20	21	18	19	23	18	22	21	19	23	159
7	Bernie Cassidy	8					22	21		22		21	22		21	23		22		153
8	Rob Kellett	7				23				21		20	20		19		22	20		145
9	David Hall	4						22		23	24	22								91
10	Eamonn Nolan	2										19	21							40
11	David Crewe	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 2</b>		No. Of Races Completed	Dewsbury 10K	Carsington Water ½ Marathon	Dentdale Run	Wilmslow ½ Marathon	John Purdy Memorial Cowm 5K Race	Ian Casey Memorial Cowm 5K Race	Blackpool Promenade 10 Mile Race	Oldham 10K	Colshaw Hall 10K	Rochdale 10K	The Royton Trail	Mossley 10K	Hopwood Trot	Cheshire ½ Marathon	Oldham parkrun September	Rochdale ½ Marathon	Derwentwater 10	Total (Best 7 Races To Count)
1	Garry Bower	14	24		25	25	25	25	24		25	25	25	25	25		24	24	22	175
2	Alex Critcher*	7	25			23	24			25	24		23					23		167
3	Jason Keast	12	22	25	23	22	22	24	23	23	22				23		23		25	166
4	Mark Heaney	8	20					23		21			22	23	24		25		24	162
5	Ronnie Quinn	6					23				23	23	24	24					23	140
6	Steve Shaw	6					20	22	22	20		22	21							127
7	Andy Schofield	5				24			25	24		24						25		122
8	Stewart Jones	5	23		24											25	22		21	115
9	Mark Rigby	4	21	24			21			22										88

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	Dewsbury 10K	Carsington Water ½ Marathon	Dentdale Run	Wilmslow ½ Marathon	John Purdy Memorial Cowm 5K Race	Ian Casey Memorial Cowm 5K Race	Blackpool Promenade 10 Mile Race	Oldham 10K	Colshaw Hall 10K	Rochdale 10K	The Royton Trail	Mossley 10K	Hopwood Trot	Cheshire ½ Marathon	Oldham parkrun September	Rochdale ½ Marathon	Derwentwater 10	Total (Best 7 Races To Count)
1	Nicholas Mallon	11				25	25	25		25	25	25	24	25			24	25	16	175
2	Andy Chadwick	8	25				23	24				24	25	23	25				22	169
3	Adam Stirling	10	24				24	23	25		24	16		24	21		23		25	169
4	Mark Foran	10			22		22	22	24	21			22	22	24	25			24	163
5	Valerie Kilburn	11	23	25	25	24			21		22	22	19	19			21		21	162
6	Mark Phelan	8				22			22	23			20	20		24	25	24		160
7	John Fay	16	20	23		21	20	20	19	22	23	21	21	18	23	23	22	23	23	160
8	Vikki Smith	7	22	24	24	23			23				18						21	155
9	Rochelle Evans	11	21			20	19	21	20	24		23	23	21	22				18	155
10	Helen Radcliffe	12	19	20	21	18			16		21		16	17	19	22	19		19	141
11	Gary Smith	14	18	22	20	19	18		17	20	20	19	15	16	17		20		17	140
12	Stephen Goddard	7					16	15	15	18	19	18			18					119
13	Paul Cooke	7	17				17	18	18			17	14		16					117
14	Kevin Heenan*	7	15		19	17							12	14		21	18			116
15	Lee Higginbottom	8	14					17		19	17		13	16			17		15	115
16	Simon Howard	5	16	21	23			16							20					96
17	Neil Farrell	3					21	19			18									58
18	Natalie Fitzpatrick	2										20	17							37

Andy Chadwick placed above Adam Stirling on the basis of criteria 1 below.

Mark Phelan placed above John Fay on the basis of criteria 1 below.

Vikki Smith placed above Rochelle Evans 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)

<b>Group 4</b>		No. Of Races Completed	Dewsbury 10K	Carsington Water ½ Marathon	Dentdale Run	Wilmslow ½ Marathon	John Purdy Memorial Cowm 5K Race	Ian Casey Memorial Cowm 5K Race	Blackpool Promenade 10 Mile Race	Oldham 10K	Colshaw Hall 10K	Rochdale 10K	The Royton Trail	Mossley 10K	Hopwood Trot	Cheshire ½ Marathon	Oldham parkrun September	Rochdale ½ Marathon	Derwentwater 10	Total (Best 7 Races To Count)	
1	Adam Farrell	12	25	25		25	25	25		25	25	25	24				23	22	23	175	
2	Damian Mercer	8					24			24			25	25	25		25	25	25	174	
3	Adam Bolton	10							25		23	22	20	24	23	25	24	24	24	169	
4	Tracy Johnson	8	24	24		24		24			24	23			21				21	164	
5	Chris Nicholson	9	21						23	21	22	24	22		24				20	22	158
6	Warren Siddall	7	23	23	25								17	22	20					21	151
7	Dave Watt	9	20	20	24	20	19	18	22	19									17		144
8	Gary Marshall	7	22				21	17		20			16	23					15		134
9	Dave Phillips	6					20	16		22		21	19						19		117
10	Tim Walsh	4					23	22							22				22		89
11	Mark Kelly	4						20	24	23									20		87
12	Phil Austin	3				21	22						21								64
13	Teresa Hollins*	3				22						20	15								57
14	Andrea Dickinson	2						23					23								46
15	Diane Johnson	2		22		23															45
16	Martin Jones	2		21				19													40
17	Ray Williams	2											18						18		36
18	Chris Eavers	1																		23	23
19	Dean Burgess	1						21													21
20	Simon Bruce Lake	1																	21		21
21	Tony Kane	1																	16		16

Dean Burgess placed above Simon Bruce Lake 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>Group 5</b>		No. Of Races Completed	Dewsbury 10K	Carsington Water ½ Marathon	Dentdale Run	Wilmslow ½ Marathon	John Purdy Memorial Cowm 5K Race	Ian Casey Memorial Cowm 5K Race	Blackpool Promenade 10 Mile Race	Oldham 10K	Colshaw Hall 10K	Rochdale 10K	The Royton Trail	Mossley 10K	Hopwood Trot	Cheshire ½ Marathon	Oldham parkrun September	Rochdale ½ Marathon	Derwentwater 10	Total (Best 7 Races To Count)
1	Gareth McCaffery	11	22			25	25	25	25		25	25	25	25		19		23		175
2	Liane Gilligan	8	23				24	24				23	24		25		25	25		170
3	Lisa Cummins	9	25	24					24		24		23	24	24	25			24	170
4	Trish Murdin	10						22	19			21	22	23	23	24	24	24	25	165
5	Jillian Heywood	13	21	23	25	23		20	22	25	22		21		22		21	21	21	162
6	Gail Shaw	11	24	25		24	21	21	21		21	19			21		23	22		160
7	Kevin Hutchings	13	19				24	23	23		23	18	19	22	20	22	22	19	22	159
8	Amanda Richardson	12	17	22		21	19		18	24	19		18	21	18		18		19	145
9	Debra Cash	10	18		24		22		17			20			19	21	20	18	18	144
10	Elaine Whitehead	14	20	21		22	18			23	18	17	17	20	17	20	17	17	17	144
11	Karen Jones	7					20		20				20			23	19	20	20	142
12	Adam Stopford	4						19			20	22							23	84
13	James Wright	1										24								24
14	Jillian Hickson	1															16			16

Liane Gilligan placed above Lisa Cummins on the basis of criteria 1 below.  
Debra Cash placed above Elaine Whitehead 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 6		No. Of Races Completed	Dewsbury 10K	Carsington Water ½ Marathon	Dentdale Run	Wilmslow ½ Marathon	John Purdy Memorial Cowm 5K Race	Ian Casey Memorial Cowm 5K Race	Blackpool Promenade 10 Mile Race	Oldham 10K	Colshaw Hall 10K	Rochdale 10K	The Royton Trail	Mossley 10K	Hopwood Trot	Cheshire ½ Marathon	Oldham parkrun September	Rochdale ½ Marathon	Derwentwater 10	Total (Best 7 Races To Count)
1	Susan Heaney	8	25			24			25	25				25		25	24		24	173
2	Emma Bower	10	22		25	25	25	24	24		25	25	23		19					173
3	Bernie Allen	9					24	25	18		24	23	25		24		25		15	170
4	Tracey Hall	12	20	25			23		23		23	24	22		23	24	23	22	23	165
5	Martina Naismith	7								23		21	24	18	25			25	25	161
6	Dave Bardsley	10	23					16	20	24	19	20	18		22			23	19	151
7	Natali Brown	10	15				20	20			18		17	23	21		22	24	20	150
8	Bernadette Ball	13	17	24		22	19		21	20	17	19	15	20	17		19		21	147
9	Stephen Rogowskyj	7	16					14		21		18	20	21			16			126
10	Sue Farrell	7	18				22	18			15		14		18		15			120
11	Neil Bradley	6	7					23			22		19	24			18			113
12	June Allingan	9					18	13	19	17	11	14	12		15				14	110
13	Angela Rogowskyj	10	8	21				11	17	15		13	9	16			12		13	107
14	Anne Jones	8	11					12		18	13	16		17	16		13			105
15	Tim Dickinson	5						21				22	21				21		17	102
16	Stephen Jones	7						15		16	12	17	10	19	13					102
17	Sharon Dracup	5	19	23			21	17			14									94
18	Nikki Forster	4	24					22	22		21									89
19	Judith Bradley	5	12					19			20		16	22						89
20	Hulya Whittaker	6	13									15	13		14		17		16	88
21	Mike Keating	3				23				22					20					65
22	Sharon Leach	3									16						20		18	54
23	Claire Timms	2		22														22		44
24	Karen Stuttard*	3	9							19							11			39
25	Sam Kent-Brown	2			24												14			38
26	Lynda Brookes	1	21																	21
27	Joanne Lawton	2						10					11							21
28	Jenny O'Callaghan	1	14																	14
29	Sally Crewe	1	10																	10

Susan Heaney placed above Emma Bower on the basis of criteria 1 below.

Tim Dickinson placed above Stephen Jones on the basis of criteria 1 below.

Nikki Forster placed above Judith Bradley on the basis of criteria 1 below.

Lynda Brookes placed above Joanne Lawton on the basis of criteria 3 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>Ladies</b>		No. Of Races Completed	Dewsbury 10K	Carsington Water ½ Marathon	Dentdale Run	Wilmslow ½ Marathon	John Purdy Memorial Cowm 5K Race	Ian Casey Memorial Cowm 5K Race	Blackpool Promenade 10 Mile Race	Oldham 10K	Colshaw Hall 10K	Rochdale 10K	The Royton Trail	Mossley 10K	Hopwood Trot	Cheshire ½ Marathon	Oldham parkrun September	Rochdale ½ Marathon	Derwentwater 10	Total (Best 7 Races To Count)
1	Janet Jobey	14	50	50	50		50	50	50		50		50	50	50	50	50	50	50	350
2	Rochelle Evans	11	47			48	49	49	47	50		50	49	49	49				46	345
3	Valerie Kilburn	11	49	49	49	50			48		49	49	48	48			49		49	344
4	Vikki Smith	7	48	48	48	49			49				47						49	338
5	Helen Radcliffe	12	46	47	47	46			46		48		45	47	48	49	45		47	333
6	Tracy Johnson	8	45	46		47		48			47	47			46			48		329
7	Liane Gilligan	8	42				48	46				46	43		47		48	49		327
8	Trish Murdin	10						44	41			45	41	45	44	47	46	47	45	319
9	Lisa Cummins	9	44	43					45		46		42	46	45	48			44	318
10	Jillian Heywood	13	41	42	46	42		42	44	49	45		40		42		43	44	42	313
11	Gail Shaw	11	43	44		44	46	43	43		44	41			41		44	46		311
12	Emma Bower	10	35		45	41	44	45	39		43	44	36		35					301
13	Debra Cash	10	39		43		47		34			42			39	44	42	40	34	297
14	Susan Heaney	8	37			40			40	48				44		45	40		39	296
15	Karen Jones	7					45		42				39			46	39	43	41	295
16	Amanda Richardson	12	38	41		38	42		38	46	41		34	43	37		37		40	291
17	Martina Naismith	7								47		39	37	38	40			45	43	289
18	Tracey Hall	12	33	40			43		37		42	40	35		38	43	38	41	38	287
19	Elaine Whitehead	14	40	39		39	38			44	38	37	32	40	34	42	33	39	33	283
20	Natali Brown	10	29				39	40			37		33	42	36		36	42	35	272
21	Bernadette Ball	13	30	38		37	37		35	45	36	38	30	39	32		34		36	270
22	Anne Jones	8	25					35		42	32	36		37	31		29			242
23	June Allingan	9					36	36	33	41	31	34	27		30				30	241
24	Angela Rogowskyj	10	22	35				34	32	40		33	25	36			28		29	239
25	Sue Farrell	7	31				41	38			34		29		33		31			237
26	Hulya Whittaker	6	27									35	28		29		32		31	182
27	Sharon Dracup	5	32	37			40	37			33									179
28	Judith Bradley	5	26					39			39		31	41						176
29	Nikki Forster	4	36					41	36		40									153
30	Teresa Hollins*	3				43						43	38							124
31	Sharon Leach	3									35						35		32	102
32	Natalie Fitzpatrick	2										48	46							94
33	Karen Stuttard*	3	23							43							27			93
34	Andrea Dickinson	2						47					44							91
35	Sarah Tomassi	2													43		47			90
36	Diane Johnson	2		45		45														90
37	Sam Kent-Brown	2			44												30			74
38	Claire Timms	2		36															37	73
39	Joanne Lawton	2						33					26							59
40	Charlotte Morgan	1															41			41
41	Lynda Brookes	1	34																	34
42	Jenny O'Callaghan	1	28																	28
43	Jillian Hickson	1															26			26
44	Sally Crewe	1	24																	24

Sarah Tomassi placed above Diane Johnson 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>Male Over 40's</b>		No. Of Races Completed	Dewsbury 10K	Carsington Water ½ Marathon	Dentdale Run	Wilmslow ½ Marathon	John Purdy Memorial Cowm 5K Race	Ian Casey Memorial Cowm 5K Race	Blackpool Promenade 10 Mile Race	Oldham 10K	Colshaw Hall 10K	Rochdale 10K	The Royton Trail	Mossley 10K	Hopwood Trot	Cheshire ½ Marathon	Oldham parkrun September	Rochdale ½ Marathon	Derwentwater 10	Total (Best 7 Races To Count)
1	Robert Fairbanks*	8				25	25			25	25	25			25	25	25			175
2	David Ellis	7					24	25		24	24	24		25			24			170
3	Matthew Kershaw	7					23	24			23	23			24		24	24		165
4	Nicholas Mallon	11				24	22	23		22	22	22	25	24			22	22	25	165
5	Alex Critcher*	7	25			23	21			23	21		24					21		158
6	Lee Higginbottom	8	23					21		21	20		22	23			19		23	153
7	Stewart Jones	5	24		25											24	18		22	113
8	Mark Kelly	4						22	25	20							21			88
9	Phil Austin	3				22	20						23							65
10	Michael Harrison	2																23	24	47
11	Rob Batty	1																25		25
12	Graham Batty	1											21							21
13	Andy Butler	1															20			20

Matthew Kershaw placed above Nicholas Mallon 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>Male Over 45's</b>		No. Of Races Completed	Dewsbury 10K	Carsington Water ½ Marathon	Dentdale Run	Wilmslow ½ Marathon	John Purdy Memorial Cowm 5K Race	Ian Casey Memorial Cowm 5K Race	Blackpool Promenade 10 Mile Race	Oldham 10K	Colshaw Hall 10K	Rochdale 10K	The Royton Trail	Mossley 10K	Hopwood Trot	Cheshire ½ Marathon	Oldham parkrun September	Rochdale ½ Marathon	Derwentwater 10	Total (Best 7 Races To Count)	
1	Shane Reading	13	25	25		25	25	25	25	25		25	25	25	25		25		25	25	175
2	Carl O'Callaghan	11	24	24	25			24		23	24		24			25	22	24	22	22	170
3	Elliot Stone	17	22	23	24	23	24	21	22	22	23	24	22	23	22	24	21	25	23	23	167
4	Matthew Kilburn	8	23			22					21	22	23	24	24					21	159
5	Garry Bower	14	21		23	21	23	23	23		22	21	21	22	21		20	23	19	19	159
6	Mark Foran	10			21		22	22	21	21			20	21	20	23				20	151
7	Owen Flage*	5								24	25				23		23		24	24	119
8	Simon Howard	5	20	22	22			20							19						103
9	Tim Dickinson	5						19				19	19				19		18	18	94
10	Mike Keating	3				20				20					18						58
11	Gary Fielding*	2				24											24				48
12	Brad Howard	2							24			23									47
13	James Wright	1										20									20

Matthew Kilburn placed above Garry Bower 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)

Male Over 50's		No. Of Races Completed	Dewsbury 10K	Carsington Water ½ Marathon	Dentdale Run	Wilmslow ½ Marathon	John Purdy Memorial Cowm 5K Race	Ian Casey Memorial Cowm 5K Race	Blackpool Promenade 10 Mile Race	Oldham 10K	Colshaw Hall 10K	Rochdale 10K	The Royton Trail	Mossley 10K	Hopwood Trot	Cheshire ½ Marathon	Oldham parkrun September	Rochdale ½ Marathon	Derwentwater 10	Total (Best 7 Races To Count)
1	Dave Peart	17	24	25	25	25	25	25	25	25	25	25	24	24	24	25	25	25	25	175
2	Neil Brock	10		24	24			21			22	23	22	25		24	24		24	168
3	Ian Dale	13	21	22	23	24		24	24	24	21		19		21		22	24	21	165
4	Bernie Goodwin	12	23	21	22	20		23			24	24	23		25	22		23	22	165
5	Dave Emanuel	9	22	23				22			23		18	23	22	23	23			159
6	Bryan Lawton	9	20		21	23	24	19		23					20		21	22		154
7	Jason Keast	12	19	19	17	19	23	17	22	19	19				15		18		19	140
8	Mark Phelan	8				18			21	18			15	22		21	19	18		137
9	Rob Kellett	7				22				21		19	16		19		20	19		136
10	Gary Smith	14	18	18	20	17	21		19	17	18	17	14	21	16		17		18	135
11	Darren Ogden	6						20				22	20		23			21	20	126
12	Kevin Hutchings	13	14				17	12	18		15	14	9	19	12	19	13	17	17	122
13	Kevin Heenan*	7	15		19	16							12	20		20	15			117
14	Stephen Goddard	7					18	11	17	16	17	16			18					113
15	Paul Cooke	7	17				19	13	20			15	13		14					111
16	Warren Siddall	7	16	17	18								10	18	13				16	108
17	Andy Schofield	5				21			23	20		20						20		104
18	Richard Cummins	4	25	20									25						23	93
19	Stephen Rogowskyj	7	13					9		15		13	8	16			11			85
20	David Hall	4						18		22	20	21								81
21	Neil Bradley	6	12					10			14		7	17			12			72
22	Tim Walsh	4					20	15							17		17			69
23	Neil Farrell	3					22	16			16									54
24	Eamonn Nolan	2										18	17							35
25	Ray Williams	2											11				14			25
26	Alan Bodell	1											21							21
27	Dean Burgess	1						14												14

Ian Dale placed above Bernie Goodwin 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)

Male Over 60's		No. Of Races Completed	Dewsbury 10K	Carsington Water ½ Marathon	Dentdale Run	Wilmslow ½ Marathon	John Purdy Memorial Cowm 5K Race	Ian Casey Memorial Cowm 5K Race	Blackpool Promenade 10 Mile Race	Oldham 10K	Colshaw Hall 10K	Rochdale 10K	The Royton Trail	Mossley 10K	Hopwood Trot	Cheshire ½ Marathon	Oldham parkrun September	Rochdale ½ Marathon	Derwentwater 10	Total (Best 7 Races To Count)
1	Bernie Cassidy	8					24	25		25		25	25		25	25		25		175
2	Robert Nixon	16		25	25	25	23	23	25	24	25	23	22	24	23	24	24	23	25	174
3	Mark Heaney	8	25					24		23			23	23	24		25		24	168
4	Bernie Allen	9					20	21	23		23	20	19		22		19		22	151
5	Ronnie Quinn	6					25				24	24	24	25					23	145
6	Stephen Jones	7						20		20	22	19	18	22	21					142
7	Steve Shaw	6					22	22	24	22		22	21							133
8	Dave Phillips	6					21	19		21		21	20				21			123
9	Chris Eavers	1																24		24
10	Barry Greaves	1															23			23
11	Simon Bruce Lake	1															22			22
12	Tony Kane	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)

Female Over 35's		No. Of Races Completed	Dewsbury 10K	Carsington Water ½ Marathon	Dentdale Run	Wilmslow ½ Marathon	John Purdy Memorial Cowm 5K Race	Ian Casey Memorial Cowm 5K Race	Blackpool Promenade 10 Mile Race	Oldham 10K	Colshaw Hall 10K	Rochdale 10K	The Royton Trail	Mossley 10K	Hopwood Trot	Cheshire ½ Marathon	Oldham parkrun September	Rochdale ½ Marathon	Derwentwater 10	Total (Best 7 Races To Count)
1	Rochelle Evans	11	25			25	25	25	25	25		25	25	25	25				24	175
2	Helen Radcliffe	12	24	25	25	24			24		25		23	24	24	25	23		25	173
3	Liane Gilligan	8	23				24	23				23	21		23		25	25		166
4	Elaine Whitehead	14	22	24		23	21			24	24	22	18	22	20	23	19	22	20	162
5	Karen Jones	7					23		23				20			24	21	24	23	158
6	Natali Brown	10	21				22	22			23		19	23	21		20	23	21	155
7	Hulya Whittaker	6	19									21	17		19		18		19	113
8	Natalie Fitzpatrick	2										24	24							48
8	Andrea Dickinson	2						24					22							46
10	Sarah Tomassi	2													22		24			46
11	Claire Timms	2		23															22	45
12	Charlotte Morgan	1															22			22
13	Jenny O'Callaghan	1	20																	20
14	Jillian Hickson	1															17			17

Andrea Dickinson placed above Sarah Tomassi 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)

Female Over 45's		No. Of Races Completed	Dewsbury 10K	Carsington Water ½ Marathon	Dentdale Run	Wilmslow ½ Marathon	John Purdy Memorial Cowm 5K Race	Ian Casey Memorial Cowm 5K Race	Blackpool Promenade 10 Mile Race	Oldham 10K	Colshaw Hall 10K	Rochdale 10K	The Royton Trail	Mossley 10K	Hopwood Trot	Cheshire ½ Marathon	Oldham parkrun September	Rochdale ½ Marathon	Derwentwater 10	Total (Best 7 Races To Count)
1	Janet Jobey	14	25	25	25		25	25	25		25		25	25	25	25	25	25	25	175
2	Valerie Kilburn	11	24	24	24	25			23		24	25	24	24			24		24	170
3	Vikki Smith	7	23	23	23	24			24				23						24	164
4	Tracy Johnson	8	22	22		23		24			23	24			24			24		164
5	Lisa Cummins	9	21	20					22		22		22	23	23	24			22	158
6	Gail Shaw	11	20	21		22	23	23	20		20	22			21		23	23		157
7	Jillian Heywood	13	19	19	22	21		22	21	25	21		21		22		22	21	20	155
8	Debra Cash	10	18		20		24		16			23			19	23	21	19	17	149
9	Martina Naismith	7								24		20	20	20	20			22	21	147
10	Tracey Hall	12	14	17			22		18		19	21	19		18	22	20	20	18	143
11	Amanda Richardson	12	17	18		20	21		19	23	18		18	22	17		19		19	143
12	Angela Rogowskyj	10	10	15				18	15	21		19	15	19			16		15	123
13	Judith Bradley	5	12					20			16		17	21						86
14	Sharon Dracup	5	13	16			20	19			14									82
15	Nikki Forster	4	16					21	17		17									71
16	Sharon Leach	3									15						18		16	49
17	Karen Stuttard*	3	11							22							15			48
18	Sam Kent-Brown	2			21												17			38
19	Joanne Lawton	2						17					16							33
20	Lynda Brookes	1	15																	15

Vikki Smith placed above Tracy Johnson on the basis of criteria 1 below.

Tracy Hall placed above Amanda Richardson 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)





## List Numerical

1	Ian McBride ( NE )	61	Vikki Smith ( -12 )	121	Claire Timms ( -7 )
2	Rob James ( -1 )	62	David Crewe ( -5 )	122	Jenny O'Callaghan ( -7 )
3	Jarrold Gritt ( -1 )	63	Adam Bolton ( -3 )	123	Anne Jones ( -7 )
4	Rob Battye ( NE )	64	Tracy Johnson ( 1 )	124	Hulya Whittaker ( -4 )
5	Martin Thompson ( -1 )	65	Mark Kelly ( -1 )	125	Stephen Jones ( -8 )
6	Shane Reading ( -3 )	66	Liane Gilligan ( 4 )	126	Karen Stuttard* ( -8 )
7	George Booth ( 1 )	67	Mark Rigby ( -8 )	127	Joanne Lawton ( -6 )
8	Robert Fairbanks* ( -3 )	68	Sarah Tomassi ( -1 )	128	June Allingan ( -9 )
9	Dave Peart ( -2 )	69	Helen Radcliffe ( -11 )	129	Sally Crewe ( -7 )
10	Paul Ashton ( -4 )	70	Simon Howard ( -9 )	130	Angela Rogowskyj ( -7 )
11	David Ellis ( -1 )	71	Gareth McCaffery ( -5 )	131	Jillian Hickson ( NE )
12	Neil Brock ( -3 )	72	Gary Smith ( -10 )	132	
13	Carl O'Callaghan ( -1 )	73	Paul Cooke ( -10 )	133	
14	Matthew Kershaw ( 3 )	74	Trish Murdin ( 4 )	134	
15	Alan Bodell ( -4 )	75	Stephen Goddard ( -7 )	135	
16	Owen Flage* ( -3 )	76	Chris Nicholson ( -5 )	136	
17	Dave Emanuel ( -2 )	77	Tony Kane ( NE )	137	
18	Ian Dale ( NC )	78	Martin Jones ( -6 )	138	
19	Michael Pickering ( 2 )	79	Ray Williams ( 1 )	139	
20	Darren Ogden ( -4 )	80	Gary Marshall ( -6 )	140	
21	Bernie Goodwin ( -2 )	81	James Wright ( -5 )	141	
22	Richard Cummins ( -8 )	82	Lisa Cummins ( -7 )	142	
23	Gary Fielding* ( 17 )	83		143	
24	Janet Jobey ( -4 )	84	Lee Higginbottom ( -11 )	144	
25	Chris Eavers ( NE )	85	Phil Austin ( -6 )	145	
26	Bernie Cassidy ( -1 )	86	Gail Shaw ( 1 )	146	
27	David Hall ( -5 )	87		147	
28	Bryan Lawton ( NC )	88	Kevin Heenan* ( -5 )	148	
29	Elliot Stone ( -2 )	89	Diane Johnson ( -7 )	149	
30	Brad Howard ( -7 )	90	Kevin Hutchings ( -6 )	150	
31	Brett Spivey ( -7 )	91	Karen Jones ( -6 )	151	
32	Andy Schofield ( 3 )	92	Dave Phillips ( -4 )	152	
33	Rob Kellest ( 1 )	93	Stewart Jones ( -24 )	153	
34	Matthew Kilburn ( -8 )	94	Warren Siddall ( -13 )	154	
35	Nicholas Mallon ( -6 )	95	Jillian Heywood ( -6 )	155	
36	Garry Bower ( -6 )	96	Martina Naismith ( NC )	156	
37	Eamonn Nolan ( -5 )	97	Adam Stopford ( -11 )	157	
38	Andy Chadwick ( -7 )	98	Dave Watt ( -5 )	158	
39	Alex Critcher* ( NC )	99	Teresa Hollins* ( -8 )	159	
40	Mark Phelan ( 6 )	100	Emma Bower ( -8 )	160	
41		101	Tracey Hall ( -6 )	161	
42	Adam Stirling ( -5 )	102	Bernie Allen ( -12 )	162	
43	Ronnie Quinn ( -10 )	103	Debra Cash ( -6 )	163	
44	Damian Mercer ( -3 )	104	Susan Heaney ( -6 )	164	
45	Mark Foran ( -7 )	105	Amanda Richardson ( -5 )	165	
46	Barry Greaves ( NE )	106	Nikki Forster ( -7 )	166	
47	Adam Farrell ( -3 )	107	Natali Brown ( -4 )	167	
48	Simon Bruce Lake ( NE )	108	Dave Bardsley ( -6 )	168	
49	Mark Heaney ( -7 )	109	Tim Dickinson ( -15 )	169	
50	John Fay ( -3 )	110	Neil Bradley ( -9 )	170	
51	Rochelle Evans ( -8 )	111	Lynda Brookes ( -7 )	171	
52	Valerie Kilburn ( -7 )	112	Elaine Whitehead ( -5 )	172	
53	Steve Shaw ( -5 )	113	Sue Farrell ( -8 )	173	
54	Robert Nixon ( -2 )	114	Judith Bradley ( -6 )	174	
55	Natalie Fitzpatrick ( -5 )	115	Mike Keating ( -6 )	175	
56	Andrea Dickinson ( -5 )	116	Sharon Dracup ( -6 )	176	
57	Tim Walsh ( -1 )	117	Stephen Rogowskyj ( -6 )	177	
58	Neil Farrell ( -5 )	118	Bernadette Ball ( -6 )	178	
59	Dean Burgess ( -5 )	119	Sharon Leach ( -6 )	179	
60	Jason Keast ( -5 )	120	Sam Kent-Brown ( -14 )	180	