

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	10	25			25	25	25	25	25	25	25	25					25		200
2	Chris Lowe	12	22			24	24	21	24	24		24	24	25	25			22	22	194
3	Shane Reading	16	24	25	25	20	23	24	23	23	23	21	23	23	24	25		23	24	194
4	Jarrold Gritt	13	23	23	23	21	21	23	21	20	24	23				24		24	25	189
5	Paul Bannister	10		24	24	23		19	20	22	14	19		24					23	179
6	Michael Fleming	13	18	18		18	19	16	19	19	21	22	22			22		21	21	167
7	Rob Battye	8		20		22	20	18	22	21	22	20								165
8	Bernie Goodwin	15	14	15	15	15	14	7	17	16	15	13		21	23	21		20	17	150
9	Richard Cummins	8			18	16		17		18	18	17				23		19		146
10	Jennifer Bloor	10	17			12	15	8	18		16	10	21	22	22					143
11	Owen Flage *	8	19	21	20			9			17	14				20			20	140
12	Robert Fairbanks	7		22	22	19	22	20				12							19	136
13	Ian Dale	10	16	17	17	14	16			12		7	18	19					16	133
14	Dave Emanuel	10	15	19	21	13	13	13		14	13	6	20							128
15	Neil Brock	12	13	16	16	11	12	12		13	11	8	19	20					18	127
16	Shaun Armstrong	7	21	14	19		18	10			20	18								120
17	Michael Pickering	6				10		15		15	12	11						18		81
18	Paul Ashton	4				17				17	19	15								68
19	Nick Cuff	2	20									16								36
20	Alan Bodell	2					17	14												31
21	Michael Harrison	2										9							15	24
22	Paul Joyce	1						22												22
23	Dan Yarwood	1						11												11
24	David Ellis	1				9														9

Chris Lowe placed above Shane Reading 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	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	16	24	23	24	25	25	25	24	25	25	25	25	25	24	25		24	23	200
2	Sophie Wood	10				24	24	24	23	24		24		24		24		23	25	193
3	Dave Peart	9	23	25	25			22		20					25	22		25	24	191
4	Elliot Stone	16	21	22	21	23	23	23	25	22	23	23	23	23	22	21		22	22	186
5	David McBride	10					22	21	22	23	24		24		23	23		21	21	182
6	Dave Freer	6	20		22	22			20		22	21								127
7	Eamonn Nolan	5					21		21		20	22						19		103
8	Richard Fiddling	4		24	23						21							20		88
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)

Group 1		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	15	25	25	25	25	25	25	25	25	25	25	25	25	25	25	25	25	25	200
2	Paul Anderson	12	24	24	18	17		19		23	22	23		23	24	24		24		189
3	Matthew Kilburn	11	22		24	22	23	24	24	21	19		22	22				23		184
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	9				20	20	22	21	24	18	22		21					24	174
7	Jason Keast	12	21	21	19	18	17	21	19	22	16		21					22	22	169
8	Lee Higginbottom	16	20	20	20	19	16	20	18	20	15	17	20	18	23	22		21	21	167
9	Bryan Lawton	5	23			23	24									23			23	116
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

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	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	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	Bernie Cassidy	8			24		22	25	24		23	22				25	25			190
4	Ronnie Quinn	10	24	23		23			22	23	21	21		23		23		23		184
5	Rochelle Evans	12	21	24	23	19				22	19	16	21	22	24	22			25	183
6	Adrian Marshall	9				21	23	22	23	24	22	23	23			21				181
7	Valerie Kilburn	13	22		22	20	21	21	21	21	20	20	22	24				24	24	180
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)

Group 3		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	12	22			25	25	24	25	25	25	22	24	24		25			22	198
2	Stewart Jones	10	21		25		24	25			23	24	22	25	25				25	196
3	Paul Cooke	16	23	23	21	19	21	23	21	22	21	16	20	23	24	24		23	24	187
4	Andy Chadwick	8	20			22	23				22	23	23		22	23				178
5	Garry Bower	11		22	20	21	22	21	23			21	19	22				25	20	177
6	Helen Radcliffe	11	15		19	15	18	19	20	23	20	18						24	23	166
7	Selina McLean	11	17	21	18	17		20	19	20	19	14		21				22		160
8	Martin Jones	9	16		17	20	19	18		19		17	17	19						146
9	Simon Howard	7	25	24	22				18			12				22			21	144
10	Nicholas Mallon	6						22	24	24	16	20	21							127
11	Chris Nicholson	7	14			18	20		22		17	13		20						124
12	Steve Shaw	5			23	24					24	25	25							121
13	Simon Bruce Lake	6				16		17		21	18				23			21		116
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)

Group 4		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	Vikki Smith	9	25		25	24	25				25	25	24					25	24	198
2	Gary Smith	13	24	25	24	20	24		24	24	24	23	25	23				21	23	194
3	Robert Nixon	14			21	21	23	24	23	25	21	20	21	25	24	22		24	25	193
4	Ray Williams	9			22	22		25	25	23	23	24			23			23		188
5	Phil Austin	8					21	22	21		20	22	23			23		22		174
6	Tony Kane	8	23		23			23				19	20	22				20	22	172
7	Clare Darraugh	10		23	20		22	21	19	21	17	21	22					19		169
8	Susan Heaney	12	22	24	19	17	19		20		18	15	19	21	22				20	167
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	3				19						18							21	58
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

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)

Group 5		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	10	24		25	25		24		25	24	25				25		24	24	197
2	Jillian Hickson	11				24	23	23	24	24	22	23	25	25				23	23	191
3	Martina Naismith	12	23			22	21	21	22	23		21		23	25	24		22	22	184
4	Stephen Jones	8				23	22	20	23		21		24	22					21	176
5	George Meynell	5							20		23	22		24					25	114
6	Rachael Kilburn	4	25				25	25	25											100
7	Teresa Hollins *	4					24				25	24						25		98
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	Mililton Oldham 7K	Aaron Ashforth Memorial Cowm 5K Race	Mililton 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	12	25			25		24	25	25	25	24	25	25	25	25			24	200	
2	Jillian Heywood	12	24			25	24	25	23	24	24	24	25	24	24					23	195
3	Bernadette Ball	14	23	25	24	17	22		19	19	22	19	22	23		23		24	22	186	
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	Carol Robinson	7		23	18			22	20	20		21						22		146	
7	Niparun Nessa	7		22	23		21		17			13	20	21						137	
8	Tracey Hall	6	21		19					23	23	23		22						131	
9	Neil Bradley	6				22			23	17	21	20	23							126	
10	Angela Rogowskyj	8				14	18	17	12	15	17	11						21		125	
11	Judith Bradley	6				19			22	18	20	18	21							118	
12	Karen Stuttard *	6		21				20		13		14	19					23		110	
13	Sharon Dracup	5						19	16		18	15							21	89	
14	Stephen Davies	3				23												25	25	73	
15	Mary Freer	4	19		22	16			15											72	
16	Sheila Phillips	4					19	18	13	14										64	
17	Claire Timms	3			20							22							19	61	
18	Brian Swindells	3				18				21	16									55	
19	Chris Whiteman	2						25		22										47	
20	June Allingan	2				15													20	35	
21	Emma Bower	2							14			12								26	
22	Sally Wood	1					24													24	
23	Amanda Lane	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)

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	10				50	49	49	49	50		49		49		50		50	50	397
3	Janet Jobey	13	49	50	50	48	48	48	48	49	49	48	49		49	49				394
4	Rochelle Evans	12	46	48	48	45				47	46	43	47	47	48	48			49	382
5	Valerie Kilburn	13	47		47	47	47	47	44	45	48	47	48	48				49	46	381
6	Vikki Smith	9	45		46	46	46				47	45	46					48	48	372
7	Helen Radcliffe	11	43		45	42	44	45	47	48	45	44						47	47	368
8	Selina McLean	11	44	47	44	43		46	46	46	44	40		43				42		360
9	Clare Darraugh	10		45	42		45	44	41	42	41	42	45					45		350
10	Gail Shaw	12	41			37		39	40	43	39	34	43	45	47	47			42	348
11	Susan Heaney	12	39	46	41	40	42		42		42	36	41	44	46				43	346
12	Lisa Cummins	10	40		43	39		42		44	40	41				46		44	44	344
13	Jillian Hickson	11				38	40	41	43	41	37	37	44	46				43	41	339
14	Martina Naismith	12	37			35	36	37	38	39		32		41	45	45		41	39	325
15	Bernadette Ball	14	34	44	39	31	33		33	35	35	27	39	40		43		40	38	318
16	Jillian Heywood	12	38		40	36	37	38	39	38	38	35	42	42					40	317
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	Carol Robinson	7		42	33			35	35	36		28						38		247
20	Niparun Nessa	7		41	38		32		31			20	37	38						237
21	Angela Rogowskyj	8				28	29	30	26	32	31	18						37		231
22	Tracey Hall	6	32		34					37	36	33		39						211
23	Judith Bradley	6				32			37	34	34	25	38							200
24	Karen Stuttard *	6		40				33		30		21	36					39		199
25	Rachael Kilburn	4	42				43	43	45											173
26	Teresa Hollins *	4					41				43	38						46		168
27	Sharon Dracup	5						32	30		32	22							37	153
28	Mary Freer	4	30		37	30			29											126
29	Diane Allingan	3				41						39							45	125
30	Sheila Phillips	4					30	31	27	31										119
31	Elaine Whitehead *	3						36				26	40							102
32	Claire Timms	3			35							29							35	99
33	Debbie Fiddling	2		49	49															98
34	Natalie Fitzpatrick	2				44						46								90
35	Liz Phillips	2	36						34											70
36	Lisa Howarth	2					38					31								69
37	Chloe Clegg	2					39					30								69
38	June Allingan	2				29													36	65
39	Debbie Shaw	1	48																	48
40	Emma Bower	2							28			19								47
41	Rachel Wood	1						40												40
42	Sharon Leach	1								40										40
43	Sally Wood	1					35													35
44	Rebecca Mercer	1	35																	35
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)

Ladies - continued		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)		

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.

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	16	25	25	25	24	25	25	25	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	16	22	22	23	23	23	22	22	23	22	22	24	24	24	24		24	23	189
4	Owen Flage *	8	24	24	24			23			23	23				22			24	187
5	Elliot Stone	16	20	21	21	21	22	21	23	21	20	21	22	23	22	21		23	22	178
6	David McBride	10					21	20	21	22	21		23		23	23		22	21	176
7	Stewart Jones	10	19		22		19	18			18	19	21	22	21				20	163
8	Nicholas Mallon	6						17	20	19	16	17	20							109
9	Stephen Davies	3				20												21	19	60
10	John Williamson	3					20				19	20								59
11	Matthew Kershaw	3	21					19			17									57
12	Brad Howard	2	23							20										43
13	David Ellis	1				22														22
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)

Male Over 45's		No. Of Races Completed	Race Names																	Total (Best 8 Races To Count)	
			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		
1	Chris Lowe	12	25			25	25	25	25	25		25	25	25	25			24	25	200	
2	Bernie Goodwin	15	24	23	20	24	24	24	24	24	25	24		24	23	25		23	23	194	
3	Dave Peart	9	22	25	25			22		20				24	24		25	24	191		
4	Carl O'Callaghan	15	23	24	24	23	23	23	23	23	24	23	24	23		23		22	22	188	
5	Paul Anderson	12	21	21	15	18		18		22	21	21		22	22	22		21		172	
6	Matthew Kilburn	11	20		22	22	22	21	22	19	19		22	21				20		172	
7	Jason Keast	12	19	20	16	20	21	20	20	21	18		21					18	21	164	
8	Garry Bower	11		18	17	19	20	19	19			19	20	20				17	19	155	
9	Simon Howard	7	18	19	18				18			18				21			20	132	
10	Dave Freer	6	17		19	21			21		23	22								123	
11	Richard Fiddling	4		22	23						22							19		86	
12	Andy Schofield	4			21						20	20	23							84	

Paul Anderson placed above Matthew Kilburn 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)

Male Over 50'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	Richard Cummins	8			24	25		25		25	25	25				25		25		199
2	Dave Emanuel	10	24	25	25	23	23	23		24	24	11	25							193
3	Neil Brock	12	23	23	22	22	22	22		23	23	23	24	25					25	189
4	Ian Dale	10	25	24	23	24	24			20		14	20	23					24	187
5	Rob Kellett	9				19	19	20	24	22	21	22		24					23	175
6	Bernie Cassidy	8			21		17	21	22		20	20				24		24		169
7	Mark Heaney	12	19			20	18	19	23	21	19	19	22	22		22			19	168
8	Paul Cooke	16	20	20	18	16	16	18	19	18	15	15	19	21	23	20		21	21	165
9	Gary Smith	13	18	19	17	13	15		20	19	17	16	21	20				20	20	157
10	Ray Williams	9			16	14		17	21	17	16	17			24			22		150
11	Eamonn Nolan	5					20		25		22	24						23		114
12	Bryan Lawton	5	22			21	21									23			22	109
13	Steve Shaw	5			19	18					18	21	23							99
14	Simon Bruce Lake	6				12		16		16	13				22			19		98
15	Neil Bradley	6				11			18	15	12	12	18							86
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)

Male Over 60'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	Ronnie Quinn	10	25	25		24			25	25	25	25		25		25		24		200	
2	Robert Nixon	14			23	23	25	25	24	24	23	22	25	24	25	24		25	25	198	
3	Tony Kane	8	24		24			24				21	23	23				23	23	185	
4	Stephen Jones	8				22	23	22	22		21		22	21					22	175	
5	George Meynell	5							21		22	20		22					24	109	
6	Dave Phillips	4					24	23	23	23										93	
7	John Higgins	4								21	24	24	24							93	
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 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)

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	Milntown Oldham 7K	Aaron Ashforth Memorial Cowm 5K Race	Milntown 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	12	24	24	24	24				23	24	22	24	25	24	24			25	194
3	Helen Radcliffe	11	22		23	21	23	23	24	24	23	23						25	24	189
4	Selina McLean	11	23	23	22	22		24	23	22	22	20		23				22		182
5	Clare Darraugh	10		22	21		24	22	21	21	21	21	23					24		178
6	Jillian Hickson	11				20	22	21	22	20	20	19	22	24				23	23	177
7	Martina Naismith	12	21			19	21	20	20	19		18		22	23	23		21	22	173
8	Jenny O'Callaghan	7	19	21	19	18	19		19		19									134
9	Carol Robinson	7		20	17			18	18	18		16						20		127
10	Mary Freer	4	18		20	17			16											71
11	Claire Timms	3			18							17							21	56
12	Elaine Whitehead *	3						19				15	21							55
13	Natalie Fitzpatrick	2				23						24								47
14	Liz Phillips	2	20						17											37
15	Sally Wood	1					20													20
16	Amanda Lane	1	17																	17

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	Oulton Park ½ Marathon	Dentdale Run	Littleborough 5K Race Series (best race time of 3 shown)	Ian Casey Memorial Cowm 5K Race	Miltham Oldham 7K	Aaron Ashforth Memorial Cowm 5K Race	Miltham 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	13	24		24	25	25	25	25	25	25	25	25	25				25	24	200
2	Vikki Smith	9	23		23	24	24				24	24	24					24	25	192
3	Gail Shaw	12	22			22		23	24	23	22	21	23	24	25	25			22	189
4	Lisa Cummins	10	21		22	23		24		24	23	23				24		23	23	187
5	Jillian Heywood	12	20		21	21	23	22	23	21	21	22	22	23					21	177
6	Amanda Richardson	8	18			20	22	21	21	18		18				23				161
7	Angela Rogowskyj	8				18	21	18	19	17	17	14						21		145
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 *	6		24				20		16		15	20					22		117
11	Sharon Dracup	5						19	20		18	16							20	93
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

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	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	Susan Heaney	12	25	25	25	24	25		25		24	23	25	25	25				24	200	
2	Bernadette Ball	14	24	24	24	23	23		24	25	23	22	24	24		25		24	23	194	
3	Teresa Hollins *	4					24				25	24						25		98	
4	Sheila Phillips	4					22	25	23	24										94	
5	Diane Allingan	3				25						25							25	75	
6	June Allingan	2				22													22	44	

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)