



## Premiership

|    |                    | No of Races Completed | Hale 10k | Tameside 5K | Wilmslow Half | Great Manchester Run 10K | Track 5K No 1 | Norden 6 Mile | Lindley 10K | Royton Trail | Mossley 10K | Sale Sizzler | Hopwood Trot | Riverside 10 Mile | Track 5K No 2 | NWC Road Relays | Knutsford 10K | Oldham Half | Derwentwater 10 Mile | Total (Best 7 Races To Count) |
|----|--------------------|-----------------------|----------|-------------|---------------|--------------------------|---------------|---------------|-------------|--------------|-------------|--------------|--------------|-------------------|---------------|-----------------|---------------|-------------|----------------------|-------------------------------|
| 1  | Rob James          | 10                    | 25       | 0           | 24            | 0                        | 25            | 0             | 25          | 21           | 25          | 0            | 25           | 25                | 0             | 25              | 25            | 0           | 0                    | 175                           |
| 2  | James Henderson    | 8                     | 0        | 0           | 23            | 0                        | 0             | 0             | 0           | 24           | 24          | 0            | 24           | 24                | 24            | 24              | 24            | 0           | 0                    | 168                           |
| 3  | Shane Reading      | 10                    | 0        | 24          | 0             | 0                        | 24            | 25            | 24          | 23           | 24          | 0            | 22           | 0                 | 23            | 23              | 23            | 0           | 0                    | 167                           |
| 4  | Brett Spivey       | 15                    | 20       | 21          | 16            | 24                       | 22            | 24            | 23          | 19           | 22          | 24           | 21           | 23                | 22            | 22              | 22            | 0           | 0                    | 162                           |
| 5  | William Wall       | 7                     | 0        | 0           | 22            | 0                        | 24            | 0             | 0           | 25           | 0           | 25           | 15           | 0                 | 20            | 0               | 21            | 0           | 0                    | 152                           |
| 6  | Chris Tattersall   | 7                     | 23       | 23          | 20            | 23                       | 21            | 0             | 0           | 18           | 20          | 0            | 0            | 0                 | 0             | 0               | 0             | 0           | 0                    | 148                           |
| 7  | Andrew Rogers      | 7                     | 22       | 0           | 21            | 0                        | 0             | 0             | 0           | 20           | 0           | 0            | 20           | 22                | 21            | 0               | 20            | 0           | 0                    | 146                           |
| 8  | Luke Lawson-Healey | 6                     | 24       | 25          | 25            | 25                       | 0             | 0             | 0           | 0            | 0           | 0            | 0            | 0                 | 25            | 0               | 18            | 0           | 0                    | 142                           |
| 9  | Wesley Henshaw     | 7                     | 19       | 0           | 19            | 22                       | 0             | 0             | 0           | 17           | 21          | 23           | 0            | 0                 | 0             | 0               | 17            | 0           | 0                    | 138                           |
| 10 | Bernard Goodwin    | 11                    | 0        | 17          | 13            | 19                       | 20            | 23            | 0           | 15           | 19          | 21           | 17           | 0                 | 16            | 0               | 12            | 0           | 0                    | 136                           |
| 11 | Adrian Brown       | 9                     | 17       | 19          | 14            | 18                       | 19            | 0             | 0           | 0            | 0           | 22           | 18           | 0                 | 17            | 0               | 13            | 0           | 0                    | 130                           |
| 12 | Maisie Wainwright  | 6                     | 21       | 22          | 17            | 0                        | 0             | 0             | 0           | 0            | 0           | 0            | 0            | 0                 | 18            | 21              | 16            | 0           | 0                    | 115                           |
| 13 | James Moulton      | 7                     | 15       | 18          | 12            | 20                       | 0             | 0             | 0           | 0            | 0           | 0            | 16           | 0                 | 19            | 0               | 14            | 0           | 0                    | 114                           |
| 14 | Francois Clavaud   | 6                     | 18       | 20          | 15            | 0                        | 18            | 0             | 0           | 16           | 0           | 0            | 0            | 0                 | 0             | 0               | 19            | 0           | 0                    | 106                           |
| 15 | Martin Thompson    | 4                     | 0        | 0           | 18            | 21                       | 0             | 0             | 0           | 22           | 0           | 0            | 23           | 0                 | 0             | 0               | 0             | 0           | 0                    | 84                            |
| 16 | Sarah Tomassi      | 3                     | 16       | 16          | 0             | 0                        | 17            | 0             | 0           | 0            | 0           | 0            | 0            | 0                 | 0             | 0               | 0             | 0           | 0                    | 49                            |
| 17 | Jack Millar        | 2                     | 0        | 0           | 0             | 0                        | 0             | 0             | 0           | 0            | 0           | 0            | 19           | 0                 | 0             | 0               | 15            | 0           | 0                    | 34                            |
| 18 | Jarrold Gritt      | 0                     | 0        | 0           | 0             | 0                        | 0             | 0             | 0           | 0            | 0           | 0            | 0            | 0                 | 0             | 0               | 0             | 0           | 0                    | 0                             |
| 18 | Mark Duncan        | 0                     | 0        | 0           | 0             | 0                        | 0             | 0             | 0           | 0            | 0           | 0            | 0            | 0                 | 0             | 0               | 0             | 0           | 0                    | 0                             |
| 18 | Paul Timms         | 0                     | 0        | 0           | 0             | 0                        | 0             | 0             | 0           | 0            | 0           | 0            | 0            | 0                 | 0             | 0               | 0             | 0           | 0                    | 0                             |

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

- 1 - Superior head-to-head record
- 2 - If head-to-head record equal, lowest cumulative time in head-to-head races
- 3 - Higher points per race average (all races taken into account)
- 4 - Faster average pace per mile (all races taken into account)



## Championship

|    |                  | No of Races Completed | Hale 10k | Tameside 5K | Wilmslow Half | Great Manchester Run 10k | Track 5K No 1 | Norden 6 Mile | Lindley 10K | Royton Trail | Mossley 10K | Sale Sizzler | Hopwood Trot | Riverside 10 Mile | Track 5K No 2 | NWC Road Relays | Knutsford 10K | Oldham Half | Derwentwater 10 Mile | Total (Best 7 Races To Count) |
|----|------------------|-----------------------|----------|-------------|---------------|--------------------------|---------------|---------------|-------------|--------------|-------------|--------------|--------------|-------------------|---------------|-----------------|---------------|-------------|----------------------|-------------------------------|
| 1  | Elliot Stone     | 15                    | 25       | 24          | 25            | 25                       | 24            | 25            | 25          | 19           | 24          | 25           | 25           | 25                | 25            | 25              | 25            | 0           | 0                    | 175                           |
| 2  | Barry Greaves    | 8                     | 0        | 21          | 0             | 0                        | 23            | 24            | 24          | 0            | 25          | 0            | 19           | 0                 | 24            | 24              | 0             | 0           | 0                    | 165                           |
| 3  | Neil Brock       | 12                    | 23       | 0           | 23            | 16                       | 20            | 22            | 23          | 0            | 22          | 23           | 23           | 0                 | 22            | 23              | 24            | 0           | 0                    | 162                           |
| 4  | Andrew Ingham    | 13                    | 21       | 18          | 21            | 22                       | 20            | 21            | 0           | 24           | 23          | 22           | 22           | 23                | 21            | 0               | 23            | 0           | 0                    | 159                           |
| 5  | John Fay         | 9                     | 0        | 19          | 22            | 20                       | 17            | 0             | 0           | 23           | 20          | 21           | 0            | 0                 | 19            | 0               | 21            | 0           | 0                    | 146                           |
| 6  | Dave Peart       | 11                    | 18       | 17          | 0             | 18                       | 0             | 0             | 22          | 21           | 19          | 18           | 18           | 22                | 16            | 20              | 0             | 0           | 0                    | 140                           |
| 6  | Mark Phelan      | 7                     | 0        | 0           | 0             | 21                       | 16            | 0             | 0           | 22           | 21          | 20           | 20           | 0                 | 0             | 0               | 20            | 0           | 0                    | 140                           |
| 8  | Lee Earnshaw     | 6                     | 22       | 0           | 0             | 0                        | 22            | 23            | 0           | 0            | 0           | 0            | 24           | 24                | 23            | 0               | 0             | 0           | 0                    | 138                           |
| 8  | Edward Grimley   | 6                     | 24       | 25          | 0             | 0                        | 25            | 0             | 0           | 25           | 0           | 24           | 0            | 0                 | 15            | 0               | 0             | 0           | 0                    | 138                           |
| 10 | Andy Hall        | 6                     | 0        | 20          | 0             | 14                       | 0             | 0             | 0           | 0            | 0           | 0            | 17           | 0                 | 20            | 22              | 22            | 0           | 0                    | 115                           |
| 11 | Adam Stirling    | 5                     | 20       | 0           | 0             | 23                       | 18            | 0             | 0           | 0            | 0           | 0            | 0            | 0                 | 17            | 21              | 0             | 0           | 0                    | 99                            |
| 12 | Oliver Pozegic   | 4                     | 0        | 22          | 0             | 19                       | 21            | 0             | 0           | 0            | 0           | 0            | 21           | 0                 | 0             | 0               | 0             | 0           | 0                    | 83                            |
| 13 | Ryan Frost       | 3                     | 0        | 23          | 24            | 0                        | 0             | 0             | 0           | 20           | 0           | 0            | 0            | 0                 | 0             | 0               | 0             | 0           | 0                    | 67                            |
| 14 | Mark Baxendale   | 3                     | 19       | 0           | 0             | 17                       | 0             | 0             | 0           | 0            | 0           | 0            | 0            | 0                 | 18            | 0               | 0             | 0           | 0                    | 54                            |
| 15 | Carl O'Callaghan | 1                     | 0        | 0           | 0             | 24                       | 0             | 0             | 0           | 0            | 0           | 0            | 0            | 0                 | 0             | 0               | 0             | 0           | 0                    | 24                            |
| 16 | David Emanuel    | 1                     | 0        | 0           | 0             | 0                        | 0             | 0             | 0           | 0            | 0           | 19           | 0            | 0                 | 0             | 0               | 0             | 0           | 0                    | 19                            |
| 17 | Janet Jobey      | 1                     | 0        | 0           | 0             | 15                       | 0             | 0             | 0           | 0            | 0           | 0            | 0            | 0                 | 0             | 0               | 0             | 0           | 0                    | 15                            |
| 18 | Anthony Rogers   | 0                     | 0        | 0           | 0             | 0                        | 0             | 0             | 0           | 0            | 0           | 0            | 0            | 0                 | 0             | 0               | 0             | 0           | 0                    | 0                             |

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



# Group 1

|    |                  | No of Races Completed | Hale 10k | Tameside 5K | Wilmslow Half | Great Manchester Run 10K | Track 5K No 1 | Norden 6 Mile | Lindley 10K | Royton Trail | Mossley 10K | Sale Sizzler | Hopwood Trot | Riverside 10 Mile | Track 5K No 2 | NWC Road Relays | Knutsford 10K | Oldham Half | Derwentwater 10 Mile | Total (Best 7 Races To Count) |
|----|------------------|-----------------------|----------|-------------|---------------|--------------------------|---------------|---------------|-------------|--------------|-------------|--------------|--------------|-------------------|---------------|-----------------|---------------|-------------|----------------------|-------------------------------|
| 1  | Rochelle Reading | 10                    | 0        | 24          | 0             | 0                        | 24            | 25            | 25          | 25           | 25          | 0            | 24           | 0                 | 24            | 25              | 25            | 0           | 0                    | 174                           |
| 2  | Gail Shaw        | 11                    | 24       | 0           | 25            | 25                       | 25            | 24            | 24          | 0            | 24          | 25           | 23           | 0                 | 0             | 24              | 24            | 0           | 0                    | 172                           |
| 3  | Jonathan Green   | 7                     | 23       | 0           | 23            | 0                        | 23            | 0             | 0           | 24           | 0           | 0            | 21           | 24                | 22            | 0               | 0             | 0           | 0                    | 160                           |
| 4  | Gary Smith       | 11                    | 0        | 22          | 22            | 0                        | 0             | 22            | 22          | 22           | 23          | 21           | 20           | 23                | 21            | 23              | 0             | 0           | 0                    | 157                           |
| 5  | Bernard Cassidy  | 7                     | 22       | 23          | 0             | 0                        | 21            | 21            | 23          | 21           | 0           | 0            | 19           | 0                 | 0             | 0               | 0             | 0           | 0                    | 150                           |
| 6  | Trish Callan     | 6                     | 25       | 25          | 0             | 0                        | 0             | 0             | 0           | 23           | 0           | 23           | 0            | 25                | 0             | 0               | 23            | 0           | 0                    | 144                           |
| 7  | Mark Heaney      | 6                     | 0        | 0           | 0             | 0                        | 0             | 23            | 0           | 0            | 22          | 24           | 22           | 0                 | 23            | 0               | 22            | 0           | 0                    | 136                           |
| 8  | Simon Howard     | 2                     | 0        | 0           | 0             | 0                        | 22            | 0             | 0           | 0            | 0           | 22           | 0            | 0                 | 0             | 0               | 0             | 0           | 0                    | 44                            |
| 9  | Bryan Lawton     | 1                     | 0        | 0           | 0             | 0                        | 0             | 0             | 0           | 0            | 0           | 0            | 25           | 0                 | 0             | 0               | 0             | 0           | 0                    | 25                            |
| 9  | Damien Finn      | 1                     | 0        | 0           | 0             | 0                        | 0             | 0             | 0           | 0            | 0           | 0            | 0            | 0                 | 25            | 0               | 0             | 0           | 0                    | 25                            |
| 11 | Bryony Rogers    | 1                     | 0        | 0           | 24            | 0                        | 0             | 0             | 0           | 0            | 0           | 0            | 0            | 0                 | 0             | 0               | 0             | 0           | 0                    | 24                            |
| 11 | Colin Green      | 1                     | 0        | 0           | 0             | 24                       | 0             | 0             | 0           | 0            | 0           | 0            | 0            | 0                 | 0             | 0               | 0             | 0           | 0                    | 24                            |
| 13 | Eamonn Nolan     | 0                     | 0        | 0           | 0             | 0                        | 0             | 0             | 0           | 0            | 0           | 0            | 0            | 0                 | 0             | 0               | 0             | 0           | 0                    | 0                             |

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



## Group 2

|   |                  | No of Races Completed | Hale 10k | Tameside 5k | Wilmslow Half | Great Manchester Run 10k | Track 5K No 1 | Norden 6 Mile | Lindley 10K | Royton Trail | Mossley 10K | Sale Sizzler | Hopwood Trot | Riverside 10 Mile | Track 5K No 2 | NWC Road Relays | Knutsford 10K | Oldham Half | Derwentwater 10 Mile | Total (Best 7 Races To Count) |
|---|------------------|-----------------------|----------|-------------|---------------|--------------------------|---------------|---------------|-------------|--------------|-------------|--------------|--------------|-------------------|---------------|-----------------|---------------|-------------|----------------------|-------------------------------|
| 1 | Warren Siddall   | 9                     | 0        | 25          | 25            | 25                       | 25            | 0             | 25          | 25           | 25          | 25           | 25           | 0                 | 0             | 0               | 0             | 0           | 0                    | 175                           |
| 2 | Suzanne Darke    | 10                    | 25       | 24          | 0             | 24                       | 24            | 25            | 0           | 24           | 0           | 24           | 24           | 25                | 0             | 0               | 25            | 0           | 0                    | 172                           |
| 3 | Gareth McCaffery | 7                     | 0        | 0           | 0             | 23                       | 0             | 24            | 0           | 21           | 0           | 23           | 22           | 0                 | 0             | 25              | 24            | 0           | 0                    | 162                           |
| 4 | Matthew Cartner  | 4                     | 24       | 0           | 0             | 0                        | 0             | 0             | 0           | 22           | 24          | 0            | 21           | 0                 | 0             | 0               | 0             | 0           | 0                    | 91                            |
| 5 | Kirsty Agnew     | 2                     | 23       | 0           | 0             | 0                        | 23            | 0             | 0           | 0            | 0           | 0            | 0            | 0                 | 0             | 0               | 0             | 0           | 0                    | 46                            |
| 5 | Richard Dowd     | 2                     | 0        | 0           | 0             | 0                        | 0             | 0             | 0           | 23           | 0           | 0            | 23           | 0                 | 0             | 0               | 0             | 0           | 0                    | 46                            |
| 7 | Rob Kellett      | 0                     | 0        | 0           | 0             | 0                        | 0             | 0             | 0           | 0            | 0           | 0            | 0            | 0                 | 0             | 0               | 0             | 0           | 0                    | 0                             |
| 7 | Chris Nicholson  | 0                     | 0        | 0           | 0             | 0                        | 0             | 0             | 0           | 0            | 0           | 0            | 0            | 0                 | 0             | 0               | 0             | 0           | 0                    | 0                             |
| 7 | James Holdaway   | 0                     | 0        | 0           | 0             | 0                        | 0             | 0             | 0           | 0            | 0           | 0            | 0            | 0                 | 0             | 0               | 0             | 0           | 0                    | 0                             |

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



### Group 3

|    |                    | No of Races Completed | Hale 10k | Tameside 5K | Wilmslow Half | Great Manchester Run 10K | Track 5K No 1 | Norden 6 Mile | Lindley 10K | Royton Trail | Mossley 10K | Sale Sizzler | Hopwood Trot | Riverside 10 Mile | Track 5K No 2 | NWC Road Relays | Knutsford 10K | Oldham Half | Derwentwater 10 Mile | Total (Best 7 Races To Count) |
|----|--------------------|-----------------------|----------|-------------|---------------|--------------------------|---------------|---------------|-------------|--------------|-------------|--------------|--------------|-------------------|---------------|-----------------|---------------|-------------|----------------------|-------------------------------|
| 1  | Jason Keast        | 12                    | 24       | 0           | 0             | 25                       | 24            | 25            | 0           | 25           | 25          | 24           | 20           | 25                | 23            | 25              | 24            | 0           | 0                    | 174                           |
| 2  | Stephen Rogowskyj  | 10                    | 18       | 24          | 0             | 0                        | 23            | 0             | 0           | 23           | 24          | 21           | 21           | 0                 | 22            | 22              | 23            | 0           | 0                    | 161                           |
| 3  | Nicky Hall         | 8                     | 0        | 23          | 0             | 0                        | 21            | 0             | 0           | 18           | 23          | 0            | 19           | 0                 | 21            | 19              | 22            | 0           | 0                    | 148                           |
| 4  | Dave Watt          | 6                     | 22       | 0           | 0             | 24                       | 25            | 0             | 0           | 0            | 0           | 25           | 25           | 0                 | 25            | 0               | 0             | 0           | 0                    | 146                           |
| 5  | Andy Chadwick      | 6                     | 0        | 0           | 0             | 0                        | 0             | 0             | 0           | 19           | 0           | 23           | 23           | 0                 | 24            | 24              | 25            | 0           | 0                    | 138                           |
| 6  | Owen Flage         | 5                     | 19       | 0           | 0             | 0                        | 22            | 0             | 0           | 20           | 0           | 22           | 0            | 0                 | 0             | 18              | 0             | 0           | 0                    | 101                           |
| 7  | Karen Price        | 3                     | 21       | 0           | 25            | 0                        | 0             | 0             | 0           | 0            | 0           | 20           | 0            | 0                 | 0             | 0               | 0             | 0           | 0                    | 66                            |
| 7  | Anne Marie Lord    | 3                     | 0        | 0           | 0             | 0                        | 0             | 0             | 0           | 21           | 0           | 0            | 22           | 0                 | 0             | 23              | 0             | 0           | 0                    | 66                            |
| 9  | James Wright       | 3                     | 20       | 0           | 0             | 0                        | 0             | 0             | 0           | 22           | 0           | 0            | 0            | 0                 | 0             | 21              | 0             | 0           | 0                    | 63                            |
| 10 | Ray Williams       | 2                     | 0        | 0           | 0             | 0                        | 0             | 0             | 0           | 24           | 0           | 0            | 24           | 0                 | 0             | 0               | 0             | 0           | 0                    | 48                            |
| 11 | Katherine Brierley | 2                     | 0        | 0           | 0             | 0                        | 0             | 0             | 0           | 17           | 0           | 0            | 0            | 0                 | 0             | 21              | 0             | 0           | 0                    | 38                            |
| 12 | Jillian Hickson    | 1                     | 0        | 25          | 0             | 0                        | 0             | 0             | 0           | 0            | 0           | 0            | 0            | 0                 | 0             | 0               | 0             | 0           | 0                    | 25                            |
| 12 | Mark Foran         | 1                     | 25       | 0           | 0             | 0                        | 0             | 0             | 0           | 0            | 0           | 0            | 0            | 0                 | 0             | 0               | 0             | 0           | 0                    | 25                            |
| 14 | Andrew Naismith    | 1                     | 23       | 0           | 0             | 0                        | 0             | 0             | 0           | 0            | 0           | 0            | 0            | 0                 | 0             | 0               | 0             | 0           | 0                    | 23                            |
| 15 | Kevin Hutchings    | 0                     | 0        | 0           | 0             | 0                        | 0             | 0             | 0           | 0            | 0           | 0            | 0            | 0                 | 0             | 0               | 0             | 0           | 0                    | 0                             |
| 15 | Tracey Hall        | 0                     | 0        | 0           | 0             | 0                        | 0             | 0             | 0           | 0            | 0           | 0            | 0            | 0                 | 0             | 0               | 0             | 0           | 0                    | 0                             |

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



# Group 4

|   |                   | No of Races Completed | Hale 10k | Tameside 5K | Wilmslow Half | Great Manchester Run 10K | Track 5K No 1 | Norden 6 Mile | Lindley 10K | Royton Trail | Mossley 10K | Sale Sizzler | Hopwood Trot | Riverside 10 Mile | Track 5K No 2 | NWC Road Relays | Knutsford 10K | Oldham Half | Derwentwater 10 Mile | Total (Best 7 Races To Count) |
|---|-------------------|-----------------------|----------|-------------|---------------|--------------------------|---------------|---------------|-------------|--------------|-------------|--------------|--------------|-------------------|---------------|-----------------|---------------|-------------|----------------------|-------------------------------|
| 1 | Claire Timms      | 13                    | 25       | 0           | 25            | 25                       | 24            | 0             | 25          | 23           | 25          | 25           | 25           | 24                | 25            | 24              | 23            | 0           | 0                    | 175                           |
| 2 | Ian Floyd         | 7                     | 0        | 0           | 0             | 0                        | 25            | 25            | 0           | 25           | 24          | 24           | 23           | 0                 | 21            | 0               | 0             | 0           | 0                    | 167                           |
| 2 | Amanda Richardson | 11                    | 24       | 25          | 24            | 0                        | 23            | 0             | 0           | 0            | 23          | 22           | 22           | 23                | 23            | 23              | 25            | 0           | 0                    | 167                           |
| 4 | Sam Wright        | 6                     | 0        | 0           | 0             | 0                        | 0             | 0             | 0           | 24           | 0           | 23           | 24           | 25                | 24            | 25              | 0             | 0           | 0                    | 145                           |
| 5 | Bryony Jones      | 6                     | 0        | 0           | 23            | 24                       | 0             | 24            | 0           | 22           | 0           | 0            | 0            | 21                | 0             | 0               | 24            | 0           | 0                    | 138                           |
| 6 | Diane Johnson     | 6                     | 0        | 0           | 0             | 23                       | 22            | 0             | 0           | 0            | 0           | 21           | 21           | 22                | 22            | 0               | 0             | 0           | 0                    | 131                           |
| 7 | Michelle Chapman  | 0                     | 0        | 0           | 0             | 0                        | 0             | 0             | 0           | 0            | 0           | 0            | 0            | 0                 | 0             | 0               | 0             | 0           | 0                    | 0                             |
| 7 | Judith Bradley    | 0                     | 0        | 0           | 0             | 0                        | 0             | 0             | 0           | 0            | 0           | 0            | 0            | 0                 | 0             | 0               | 0             | 0           | 0                    | 0                             |
| 7 | Lynda Brookes     | 0                     | 0        | 0           | 0             | 0                        | 0             | 0             | 0           | 0            | 0           | 0            | 0            | 0                 | 0             | 0               | 0             | 0           | 0                    | 0                             |

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## Group 5

|    |                    | No of Races Completed | Hale 10k | Tameside 5K | Wilmslow Half | Great Manchester Run 10K | Track 5K No 1 | Norden 6 Mile | Lindley 10K | Royton Trail | Mossley 10K | Sale Sizzler | Hopwood Trot | Riverside 10 Mile | Track 5K No 2 | NWC Road Relays | Knutsford 10K | Oldham Half | Derwentwater 10 Mile | Total (Best 7 Races To Count) |
|----|--------------------|-----------------------|----------|-------------|---------------|--------------------------|---------------|---------------|-------------|--------------|-------------|--------------|--------------|-------------------|---------------|-----------------|---------------|-------------|----------------------|-------------------------------|
| 1  | Martina Naismith   | 12                    | 23       | 25          | 0             | 25                       | 0             | 25            | 25          | 23           | 24          | 24           | 25           | 25                | 24            | 24              | 0             | 0           | 0                    | 174                           |
| 2  | Dave Bardsley      | 10                    | 19       | 24          | 23            | 0                        | 25            | 0             | 0           | 25           | 25          | 0            | 0            | 20                | 25            | 25              | 24            | 0           | 0                    | 173                           |
| 3  | Rachel Chadwick    | 7                     | 24       | 0           | 0             | 0                        | 0             | 21            | 23          | 24           | 0           | 25           | 0            | 24                | 0             | 0               | 25            | 0           | 0                    | 166                           |
| 4  | Sharon Dracup      | 7                     | 25       | 0           | 0             | 0                        | 0             | 0             | 0           | 0            | 0           | 23           | 24           | 23                | 21            | 23              | 23            | 0           | 0                    | 162                           |
| 5  | Billie Chamberlain | 10                    | 21       | 0           | 0             | 24                       | 23            | 24            | 24          | 22           | 0           | 22           | 0            | 22                | 22            | 0               | 22            | 0           | 0                    | 161                           |
| 6  | Howard Mills       | 7                     | 20       | 0           | 25            | 0                        | 24            | 22            | 22          | 20           | 0           | 0            | 0            | 0                 | 23            | 0               | 0             | 0           | 0                    | 156                           |
| 7  | Elaine Brown       | 8                     | 22       | 0           | 24            | 22                       | 22            | 23            | 21          | 0            | 0           | 21           | 0            | 0                 | 0             | 0               | 21            | 0           | 0                    | 155                           |
| 8  | Karen Jones        | 5                     | 0        | 23          | 22            | 23                       | 0             | 0             | 0           | 0            | 0           | 0            | 0            | 21                | 0             | 0               | 20            | 0           | 0                    | 109                           |
| 9  | Susan Heaney       | 3                     | 0        | 0           | 0             | 0                        | 0             | 0             | 0           | 0            | 23          | 20           | 22           | 0                 | 0             | 0               | 0             | 0           | 0                    | 65                            |
| 9  | Paul Cooke         | 3                     | 0        | 0           | 0             | 0                        | 21            | 0             | 0           | 21           | 0           | 0            | 23           | 0                 | 0             | 0               | 0             | 0           | 0                    | 65                            |
| 11 | Joanne Lawton      | 1                     | 18       | 0           | 0             | 0                        | 0             | 0             | 0           | 0            | 0           | 0            | 0            | 0                 | 0             | 0               | 0             | 0           | 0                    | 18                            |
| 12 | Kay England        | 0                     | 0        | 0           | 0             | 0                        | 0             | 0             | 0           | 0            | 0           | 0            | 0            | 0                 | 0             | 0               | 0             | 0           | 0                    | 0                             |
| 12 | Tony Kane          | 0                     | 0        | 0           | 0             | 0                        | 0             | 0             | 0           | 0            | 0           | 0            | 0            | 0                 | 0             | 0               | 0             | 0           | 0                    | 0                             |

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

- 1 - Superior head-to-head record
- 2 - If head-to-head record equal, lowest cumulative time in head-to-head races
- 3 - Higher points per race average (all races taken into account)
- 4 - Faster average pace per mile (all races taken into account)



## Group 6

|    |                     | No of Races Completed | Hale 10k | Tameside 5K | Wilmslow Half | Great Manchester Run 10K | Track 5K No 1 | Norden 6 Mile | Lindley 10K | Royton Trail | Mossley 10K | Sale Sizzler | Hopwood Trot | Riverside 10 Mile | Track 5K No 2 | NWC Road Relays | Knutsford 10K | Oldham Half | Derwentwater 10 Mile | Total (Best 7 Races To Count) |
|----|---------------------|-----------------------|----------|-------------|---------------|--------------------------|---------------|---------------|-------------|--------------|-------------|--------------|--------------|-------------------|---------------|-----------------|---------------|-------------|----------------------|-------------------------------|
| 1  | Angela Rogowskyj    | 9                     | 23       | 22          | 0             | 0                        | 24            | 0             | 0           | 24           | 25          | 24           | 25           | 0                 | 0             | 25              | 25            | 0           | 0                    | 172                           |
| 2  | Bernadette Ball     | 7                     | 0        | 20          | 0             | 0                        | 0             | 24            | 0           | 22           | 24          | 20           | 24           | 0                 | 0             | 24              | 0             | 0           | 0                    | 158                           |
| 3  | Samantha Tattersall | 7                     | 21       | 21          | 0             | 24                       | 0             | 0             | 0           | 23           | 22          | 22           | 0            | 0                 | 23            | 0               | 0             | 0           | 0                    | 156                           |
| 4  | David Phillips      | 6                     | 0        | 0           | 0             | 25                       | 25            | 25            | 25          | 25           | 0           | 0            | 0            | 0                 | 24            | 0               | 0             | 0           | 0                    | 149                           |
| 5  | Natali Brown        | 6                     | 24       | 25          | 25            | 20                       | 0             | 0             | 0           | 0            | 0           | 22           | 0            | 0                 | 0             | 0               | 24            | 0           | 0                    | 140                           |
| 6  | Lisa Wilson         | 6                     | 0        | 24          | 0             | 22                       | 0             | 0             | 24          | 0            | 23          | 23           | 23           | 0                 | 0             | 0               | 0             | 0           | 0                    | 139                           |
| 7  | Ronnie Quinn        | 6                     | 22       | 23          | 0             | 19                       | 22            | 0             | 0           | 0            | 0           | 19           | 0            | 0                 | 22            | 0               | 0             | 0           | 0                    | 127                           |
| 8  | Alison Royle        | 4                     | 25       | 0           | 0             | 0                        | 23            | 0             | 0           | 0            | 0           | 25           | 0            | 0                 | 25            | 0               | 0             | 0           | 0                    | 98                            |
| 9  | Liz Phillips-Rennie | 1                     | 0        | 0           | 0             | 23                       | 0             | 0             | 0           | 0            | 0           | 0            | 0            | 0                 | 0             | 0               | 0             | 0           | 0                    | 23                            |
| 10 | Peter Boulton       | 1                     | 0        | 0           | 0             | 21                       | 0             | 0             | 0           | 0            | 0           | 0            | 0            | 0                 | 0             | 0               | 0             | 0           | 0                    | 21                            |
| 11 | Alison Cresswell    | 0                     | 0        | 0           | 0             | 0                        | 0             | 0             | 0           | 0            | 0           | 0            | 0            | 0                 | 0             | 0               | 0             | 0           | 0                    | 0                             |
| 11 | Amanda Welby        | 0                     | 0        | 0           | 0             | 0                        | 0             | 0             | 0           | 0            | 0           | 0            | 0            | 0                 | 0             | 0               | 0             | 0           | 0                    | 0                             |
| 11 | Karen Rush          | 0                     | 0        | 0           | 0             | 0                        | 0             | 0             | 0           | 0            | 0           | 0            | 0            | 0                 | 0             | 0               | 0             | 0           | 0                    | 0                             |

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

- 1 - Superior head-to-head record
- 2 - If head-to-head record equal, lowest cumulative time in head-to-head races
- 3 - Higher points per race average (all races taken into account)
- 4 - Faster average pace per mile (all races taken into account)



## Group 7

|   |                | No of Races Completed | Hale 10k | Tameside 5k | Wilmslow Half | Great Manchester Run 10k | Track 5K No 1 | Norden 6 Mile | Lindley 10K | Royton Trail | Mossley 10K | Sale Sizzler | Hopwood Trot | Riverside 10 Mile | Track 5K No 2 | NWC Road Relays | Knutsford 10K | Oldham Half | Derwentwater 10 Mile | Total (Best 7 Races To Count) |
|---|----------------|-----------------------|----------|-------------|---------------|--------------------------|---------------|---------------|-------------|--------------|-------------|--------------|--------------|-------------------|---------------|-----------------|---------------|-------------|----------------------|-------------------------------|
| 1 | Stacey Douglas | 8                     | 24       | 25          | 0             | 25                       | 23            | 25            | 0           | 24           | 0           | 0            | 0            | 0                 | 24            | 0               | 24            | 0           | 0                    | 171                           |
| 2 | June Allingan  | 7                     | 25       | 25          | 0             | 0                        | 24            | 0             | 0           | 23           | 24          | 23           | 24           | 0                 | 0             | 0               | 0             | 0           | 0                    | 168                           |
| 3 | Sharon Leach   | 6                     | 0        | 0           | 0             | 0                        | 25            | 0             | 0           | 25           | 25          | 25           | 0            | 0                 | 25            | 0               | 25            | 0           | 0                    | 150                           |
| 4 | Sarah Fitton   | 1                     | 0        | 0           | 0             | 0                        | 0             | 0             | 0           | 0            | 0           | 0            | 25           | 0                 | 0             | 0               | 0             | 0           | 0                    | 25                            |
| 5 | Nikki Forster  | 1                     | 0        | 0           | 0             | 0                        | 0             | 0             | 0           | 0            | 0           | 24           | 0            | 0                 | 0             | 0               | 0             | 0           | 0                    | 24                            |
| 6 | Dave Leyland   | 0                     | 0        | 0           | 0             | 0                        | 0             | 0             | 0           | 0            | 0           | 0            | 0            | 0                 | 0             | 0               | 0             | 0           | 0                    | 0                             |

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

- 1 - Superior head-to-head record
- 2 - If head-to-head record equal, lowest cumulative time in head-to-head races
- 3 - Higher points per race average (all races taken into account)
- 4 - Faster average pace per mile (all races taken into account)



**Group TBC**

**No of Races Completed**

|   |                  |   |
|---|------------------|---|
| 3 | Darren Gallagher | 1 |
| 2 | Richard Douglas  | 2 |
| 5 | Chris Eavers     | 0 |
| 5 | Alison Parkinson | 0 |
| 1 | Andrew Schofield | 3 |
| 4 | James Bowling    | 1 |
| 5 | Neil Ogden       | 0 |
| 5 | Rob Griffin      | 0 |
| 5 | Steve Goddard    | 0 |



# Ladies

|    |                     | No of Races Completed | Hale 10k | Tameside 5k | Wilmslow Half | Great Manchester Run 10k | Track 5K No 1 | Norden 6 Mile | Lindley 10K | Royton Trail | Mossley 10K | Sale Sizzler | Hopwood Trot | Riverside 10 Mile | Track 5K No 2 | NWC Road Relays | Knutsford 10K | Oldham Half | Derwentwater 10 Mile | Total (Best 7 Races To Count) |
|----|---------------------|-----------------------|----------|-------------|---------------|--------------------------|---------------|---------------|-------------|--------------|-------------|--------------|--------------|-------------------|---------------|-----------------|---------------|-------------|----------------------|-------------------------------|
| 1  | Rochelle Reading    | 10                    | 0        | 47          | 0             | 0                        | 48            | 50            | 50          | 50           | 50          | 0            | 50           | 0                 | 49            | 49              | 49            | 0           | 0                    | 348                           |
| 2  | Gail Shaw           | 11                    | 47       | 0           | 49            | 50                       | 49            | 49            | 49          | 0            | 49          | 50           | 49           | 0                 | 0             | 48              | 48            | 0           | 0                    | 345                           |
| 3  | Suzanne Darke       | 10                    | 46       | 46          | 0             | 49                       | 47            | 48            | 0           | 48           | 0           | 48           | 48           | 49                | 0             | 0               | 46            | 0           | 0                    | 337                           |
| 4  | Claire Timms        | 13                    | 43       | 0           | 46            | 48                       | 45            | 0             | 48          | 45           | 48          | 47           | 46           | 47                | 48            | 44              | 37            | 0           | 0                    | 332                           |
| 5  | Martina Naismith    | 12                    | 39       | 43          | 0             | 46                       | 0             | 47            | 47          | 42           | 47          | 43           | 43           | 46                | 45            | 43              | 0             | 0           | 0                    | 321                           |
| 6  | Amanda Richardson   | 11                    | 42       | 44          | 45            | 0                        | 44            | 0             | 0           | 0            | 46          | 42           | 44           | 44                | 46            | 41              | 44            | 0           | 0                    | 313                           |
| 7  | Rachel Chadwick     | 7                     | 40       | 0           | 0             | 0                        | 0             | 43            | 45          | 44           | 0           | 45           | 0            | 45                | 0             | 0               | 45            | 0           | 0                    | 307                           |
| 8  | Billie Chamberlain  | 10                    | 37       | 0           | 0             | 45                       | 43            | 46            | 46          | 41           | 0           | 40           | 0            | 41                | 43            | 0               | 41            | 0           | 0                    | 305                           |
| 9  | Maisie Wainwright   | 6                     | 50       | 50          | 50            | 0                        | 0             | 0             | 0           | 0            | 0           | 0            | 0            | 0                 | 50            | 50              | 50            | 0           | 0                    | 300                           |
| 10 | Nicky Hall          | 8                     | 0        | 42          | 0             | 0                        | 42            | 0             | 0           | 43           | 45          | 0            | 42           | 0                 | 41            | 40              | 38            | 0           | 0                    | 295                           |
| 11 | Sharon Dracup       | 7                     | 41       | 0           | 0             | 0                        | 0             | 0             | 0           | 0            | 0           | 41           | 41           | 43                | 42            | 42              | 42            | 0           | 0                    | 292                           |
| 12 | Elaine Brown        | 8                     | 38       | 0           | 43            | 41                       | 41            | 44            | 44          | 0            | 0           | 39           | 0            | 0                 | 0             | 0               | 39            | 0           | 0                    | 291                           |
| 12 | Trish Callan        | 6                     | 48       | 48          | 0             | 0                        | 0             | 0             | 0           | 49           | 0           | 49           | 0            | 50                | 0             | 0               | 47            | 0           | 0                    | 291                           |
| 14 | Sam Wright          | 6                     | 0        | 0           | 0             | 0                        | 0             | 0             | 0           | 46           | 0           | 44           | 45           | 48                | 47            | 45              | 0             | 0           | 0                    | 275                           |
| 15 | Angela Rogowskyj    | 9                     | 34       | 39          | 0             | 0                        | 39            | 0             | 0           | 37           | 43          | 37           | 39           | 0                 | 0             | 39              | 36            | 0           | 0                    | 273                           |
| 16 | Bernadette Ball     | 7                     | 0        | 36          | 0             | 0                        | 0             | 42            | 0           | 35           | 41          | 29           | 36           | 0                 | 0             | 38              | 0             | 0           | 0                    | 257                           |
| 17 | Samantha Tattersall | 7                     | 32       | 37          | 0             | 40                       | 0             | 0             | 0           | 36           | 39          | 31           | 0            | 0                 | 38            | 0               | 0             | 0           | 0                    | 253                           |
| 18 | Bryony Jones        | 6                     | 0        | 0           | 44            | 44                       | 0             | 45            | 0           | 39           | 0           | 0            | 0            | 40                | 0             | 0               | 40            | 0           | 0                    | 252                           |
| 19 | Stacey Douglas      | 8                     | 30       | 35          | 0             | 36                       | 35            | 41            | 0           | 34           | 0           | 0            | 0            | 0                 | 37            | 0               | 33            | 0           | 0                    | 251                           |
| 20 | Diane Johnson       | 6                     | 0        | 0           | 0             | 42                       | 40            | 0             | 0           | 0            | 0           | 35           | 40           | 42                | 44            | 0               | 0             | 0           | 0                    | 243                           |
| 21 | Sharon Leach        | 6                     | 0        | 0           | 0             | 0                        | 37            | 0             | 0           | 38           | 44          | 36           | 0            | 0                 | 39            | 0               | 43            | 0           | 0                    | 237                           |
| 22 | June Allingan       | 7                     | 31       | 35          | 0             | 0                        | 36            | 0             | 0           | 33           | 38          | 28           | 34           | 0                 | 0             | 0               | 0             | 0           | 0                    | 235                           |
| 23 | Lisa Wilson         | 6                     | 0        | 40          | 0             | 38                       | 0             | 0             | 43          | 0            | 40          | 33           | 35           | 0                 | 0             | 0               | 0             | 0           | 0                    | 229                           |
| 24 | Natali Brown        | 6                     | 35       | 41          | 42            | 37                       | 0             | 0             | 0           | 0            | 0           | 31           | 0            | 0                 | 0             | 0               | 34            | 0           | 0                    | 220                           |
| 25 | Karen Jones         | 5                     | 0        | 38          | 41            | 44                       | 0             | 0             | 0           | 0            | 0           | 0            | 0            | 39                | 0             | 0               | 35            | 0           | 0                    | 197                           |
| 26 | Alison Royle        | 4                     | 36       | 0           | 0             | 0                        | 38            | 0             | 0           | 0            | 0           | 38           | 0            | 0                 | 40            | 0               | 0             | 0           | 0                    | 152                           |
| 27 | Sarah Tomassi       | 3                     | 49       | 49          | 0             | 0                        | 50            | 0             | 0           | 0            | 0           | 0            | 0            | 0                 | 0             | 0               | 0             | 0           | 0                    | 148                           |
| 28 | Anne Marie Lord     | 3                     | 0        | 0           | 0             | 0                        | 0             | 0             | 0           | 47           | 0           | 0            | 47           | 0                 | 0             | 47              | 0             | 0           | 0                    | 141                           |
| 29 | Karen Price         | 3                     | 45       | 0           | 47            | 0                        | 0             | 0             | 0           | 0            | 0           | 46           | 0            | 0                 | 0             | 0               | 0             | 0           | 0                    | 138                           |

|    |                     |   |    |    |    |    |    |   |   |    |    |    |    |   |   |    |   |   |   |     |
|----|---------------------|---|----|----|----|----|----|---|---|----|----|----|----|---|---|----|---|---|---|-----|
| 30 | Susan Heaney        | 3 | 0  | 0  | 0  | 0  | 0  | 0 | 0 | 0  | 42 | 32 | 37 | 0 | 0 | 0  | 0 | 0 | 0 | 111 |
| 31 | Kirsty Agnew        | 2 | 44 | 0  | 0  | 0  | 46 | 0 | 0 | 0  | 0  | 0  | 0  | 0 | 0 | 0  | 0 | 0 | 0 | 90  |
| 32 | Katherine Brierley  | 2 | 0  | 0  | 0  | 0  | 0  | 0 | 0 | 40 | 0  | 0  | 0  | 0 | 0 | 46 | 0 | 0 | 0 | 86  |
| 33 | Bryony Rogers       | 1 | 0  | 0  | 48 | 0  | 0  | 0 | 0 | 0  | 0  | 0  | 0  | 0 | 0 | 0  | 0 | 0 | 0 | 48  |
| 34 | Janet Jobey         | 1 | 0  | 0  | 0  | 47 | 0  | 0 | 0 | 0  | 0  | 0  | 0  | 0 | 0 | 0  | 0 | 0 | 0 | 47  |
| 35 | Jillian Hickson     | 1 | 0  | 45 | 0  | 0  | 0  | 0 | 0 | 0  | 0  | 0  | 0  | 0 | 0 | 0  | 0 | 0 | 0 | 45  |
| 36 | Liz Phillips-Rennie | 1 | 0  | 0  | 0  | 39 | 0  | 0 | 0 | 0  | 0  | 0  | 0  | 0 | 0 | 0  | 0 | 0 | 0 | 39  |
| 37 | Sarah Fitton        | 1 | 0  | 0  | 0  | 0  | 0  | 0 | 0 | 0  | 0  | 0  | 38 | 0 | 0 | 0  | 0 | 0 | 0 | 38  |
| 38 | Nikki Forster       | 1 | 0  | 0  | 0  | 0  | 0  | 0 | 0 | 0  | 0  | 34 | 0  | 0 | 0 | 0  | 0 | 0 | 0 | 34  |
| 39 | Joanne Lawton       | 1 | 33 | 0  | 0  | 0  | 0  | 0 | 0 | 0  | 0  | 0  | 0  | 0 | 0 | 0  | 0 | 0 | 0 | 33  |
| 40 | Alison Parkinson    | 0 | 0  | 0  | 0  | 0  | 0  | 0 | 0 | 0  | 0  | 0  | 0  | 0 | 0 | 0  | 0 | 0 | 0 | 0   |
| 40 | Alison Cresswell    | 0 | 0  | 0  | 0  | 0  | 0  | 0 | 0 | 0  | 0  | 0  | 0  | 0 | 0 | 0  | 0 | 0 | 0 | 0   |
| 40 | Amanda Welby        | 0 | 0  | 0  | 0  | 0  | 0  | 0 | 0 | 0  | 0  | 0  | 0  | 0 | 0 | 0  | 0 | 0 | 0 | 0   |
| 40 | Judith Bradley      | 0 | 0  | 0  | 0  | 0  | 0  | 0 | 0 | 0  | 0  | 0  | 0  | 0 | 0 | 0  | 0 | 0 | 0 | 0   |
| 40 | Karen Rush          | 0 | 0  | 0  | 0  | 0  | 0  | 0 | 0 | 0  | 0  | 0  | 0  | 0 | 0 | 0  | 0 | 0 | 0 | 0   |
| 40 | Kay England         | 0 | 0  | 0  | 0  | 0  | 0  | 0 | 0 | 0  | 0  | 0  | 0  | 0 | 0 | 0  | 0 | 0 | 0 | 0   |
| 40 | Lisa Southward      | 0 | 0  | 0  | 0  | 0  | 0  | 0 | 0 | 0  | 0  | 0  | 0  | 0 | 0 | 0  | 0 | 0 | 0 | 0   |
| 40 | Lynda Brookes       | 0 | 0  | 0  | 0  | 0  | 0  | 0 | 0 | 0  | 0  | 0  | 0  | 0 | 0 | 0  | 0 | 0 | 0 | 0   |
| 40 | Michelle Chapman    | 0 | 0  | 0  | 0  | 0  | 0  | 0 | 0 | 0  | 0  | 0  | 0  | 0 | 0 | 0  | 0 | 0 | 0 | 0   |
| 40 | Tracey Hall         | 0 | 0  | 0  | 0  | 0  | 0  | 0 | 0 | 0  | 0  | 0  | 0  | 0 | 0 | 0  | 0 | 0 | 0 | 0   |

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

- 1 - Superior head-to-head record
- 2 - If head-to-head record equal, lowest cumulative time in head-to-head races
- 3 - Higher points per race average (all races taken into account)
- 4 - Faster average pace per mile (all races taken into account)



### Male over 35's

|   |                 |   |          |             |               |                          |               |               |             |              |             |              |              |                   |               |                 |               |             |                      |                               |
|---|-----------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|-------------|---------------|--------------------------|---------------|---------------|-------------|--------------|-------------|--------------|--------------|-------------------|---------------|-----------------|---------------|-------------|----------------------|-------------------------------|
|   |                 | <u>Male over 35's</u>                                                                                                                                               |          |             |               |                          |               |               |             |              |             |              |              |                   |               |                 |               |             |                      |                               |
|   |                 | No of Races Completed                                                                                                                                               | Hale 10k | Tameside 5K | Wilmslow Half | Great Manchester Run 10K | Track 5K No 1 | Norden 6 Mile | Lindley 10K | Royton Trail | Mossley 10K | Sale Sizzler | Hopwood Trot | Riverside 10 Mile | Track 5K No 2 | NWC Road Relays | Knutsford 10K | Oldham Half | Derwentwater 10 Mile | Total (Best 7 Races To Count) |
| 1 | Rob James       | 10                                                                                                                                                                  | 25       | 0           | 25            | 0                        | 25            | 0             | 25          | 25           | 25          | 0            | 25           | 25                | 0             | 25              | 25            | 0           | 0                    | 175                           |
| 2 | Wesley Henshaw  | 7                                                                                                                                                                   | 24       | 0           | 24            | 25                       | 0             | 0             | 0           | 24           | 24          | 25           | 0            | 0                 | 0             | 0               | 24            | 0           | 0                    | 170                           |
| 3 | Andrew Ingham   | 13                                                                                                                                                                  | 22       | 24          | 23            | 23                       | 23            | 25            | 0           | 22           | 23          | 23           | 24           | 24                | 25            | 0               | 23            | 0           | 0                    | 168                           |
| 4 | Edward Grimley  | 6                                                                                                                                                                   | 23       | 25          | 0             | 0                        | 24            | 0             | 0           | 23           | 0           | 24           | 0            | 0                 | 22            | 0               | 0             | 0           | 0                    | 141                           |
| 5 | Andy Chadwick   | 6                                                                                                                                                                   | 0        | 0           | 0             | 0                        | 0             | 0             | 0           | 21           | 0           | 22           | 23           | 0                 | 23            | 23              | 22            | 0           | 0                    | 134                           |
| 6 | Adam Stirling   | 5                                                                                                                                                                   | 21       | 0           | 0             | 24                       | 22            | 0             | 0           | 0            | 0           | 0            | 0            | 0                 | 24            | 24              | 0             | 0           | 0                    | 115                           |
| 7 | Matthew Cartner | 4                                                                                                                                                                   | 20       | 0           | 0             | 0                        | 0             | 0             | 0           | 20           | 22          | 0            | 22           | 0                 | 0             | 0               | 0             | 0           | 0                    | 84                            |

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

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- 2 - If head-to-head record equal, lowest cumulative time in head-to-head races
- 3 - Higher points per race average (all races taken into account)
- 4 - Faster average pace per mile (all races taken into account)



### Male over 40's

|   |                  | No of Races Completed | Hale 10k | Tameside 5k | Wilmslow Half | Great Manchester Run 10k | Track 5K No 1 | Norden 6 Mile | Lindley 10K | Royton Trail | Mossley 10K | Sale Sizzler | Hopwood Trot | Riverside 10 Mile | Track 5K No 2 | NWC Road Relays | Knutsford 10K | Oldham Half | Derwentwater 10 Mile | Total (Best 7 Races To Count) |
|---|------------------|-----------------------|----------|-------------|---------------|--------------------------|---------------|---------------|-------------|--------------|-------------|--------------|--------------|-------------------|---------------|-----------------|---------------|-------------|----------------------|-------------------------------|
| 1 | Brett Spivey     | 15                    | 24       | 24          | 23            | 25                       | 25            | 25            | 25          | 24           | 25          | 25           | 24           | 25                | 25            | 25              | 25            | 0           | 0                    | 175                           |
| 2 | Chris Tattersall | 7                     | 25       | 25          | 25            | 24                       | 24            | 0             | 0           | 23           | 24          | 0            | 0            | 0                 | 0             | 0               | 0             | 0           | 0                    | 170                           |
| 3 | Adrian Brown     | 9                     | 23       | 23          | 22            | 22                       | 23            | 0             | 0           | 0            | 0           | 24           | 23           | 0                 | 24            | 0               | 24            | 0           | 0                    | 164                           |
| 4 | John Fay         | 9                     | 0        | 22          | 21            | 21                       | 22            | 0             | 0           | 22           | 23          | 23           | 0            | 0                 | 23            | 0               | 23            | 0           | 0                    | 158                           |
| 5 | Gareth McCaffery | 7                     | 0        | 0           | 0             | 20                       | 0             | 24            | 0           | 21           | 0           | 22           | 22           | 0                 | 0             | 24              | 22            | 0           | 0                    | 155                           |
| 6 | Martin Thompson  | 4                     | 0        | 0           | 24            | 23                       | 0             | 0             | 0           | 25           | 0           | 0            | 25           | 0                 | 0             | 0               | 0             | 0           | 0                    | 97                            |

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

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- 2 - If head-to-head record equal, lowest cumulative time in head-to-head races
- 3 - Higher points per race average (all races taken into account)
- 4 - Faster average pace per mile (all races taken into account)



### Male over 45's

|   |                 | No of Races Completed | Hale 10k | Tameside 5K | Wilmslow Half | Great Manchester Run 10K | Track 5K No 1 | Norden 6 Mile | Lindley 10K | Royton Trail | Mossley 10K | Sale Sizzler | Hopwood Trot | Riverside 10 Mile | Track 5K No 2 | NWC Road Relays | Knutsford 10K | Oldham Half | Derwentwater 10 Mile | Total (Best 7 Races To Count) |
|---|-----------------|-----------------------|----------|-------------|---------------|--------------------------|---------------|---------------|-------------|--------------|-------------|--------------|--------------|-------------------|---------------|-----------------|---------------|-------------|----------------------|-------------------------------|
| 1 | James Henderson | 8                     | 0        | 0           | 25            | 0                        | 0             | 0             | 0           | 24           | 25          | 0            | 25           | 25                | 25            | 25              | 25            | 0           | 0                    | 175                           |
| 2 | William Wall    | 7                     | 0        | 0           | 24            | 0                        | 25            | 0             | 0           | 25           | 0           | 25           | 23           | 0                 | 24            | 0               | 24            | 0           | 0                    | 170                           |
| 3 | Jonathan Green  | 7                     | 25       | 0           | 23            | 0                        | 24            | 0             | 0           | 23           | 0           | 0            | 24           | 24                | 22            | 0               | 0             | 0           | 0                    | 165                           |
| 4 | Dave Bardsley   | 10                    | 23       | 25          | 22            | 0                        | 22            | 0             | 0           | 22           | 24          | 0            | 0            | 23                | 21            | 24              | 23            | 0           | 0                    | 164                           |
| 5 | Dave Watt       | 6                     | 24       | 0           | 0             | 25                       | 23            | 0             | 0           | 0            | 0           | 24           | 22           | 0                 | 23            | 0               | 0             | 0           | 0                    | 141                           |
| 6 | Richard Douglas | 2                     | 0        | 0           | 0             | 0                        | 0             | 0             | 0           | 0            | 0           | 0            | 0            | 0                 | 20            | 0               | 22            | 0           | 0                    | 42                            |
| 7 | Chris Nicholson | 0                     | 0        | 0           | 0             | 0                        | 0             | 0             | 0           | 0            | 0           | 0            | 0            | 0                 | 0             | 0               | 0             | 0           | 0                    | 0                             |
| 7 | David Ellis     | 0                     | 0        | 0           | 0             | 0                        | 0             | 0             | 0           | 0            | 0           | 0            | 0            | 0                 | 0             | 0               | 0             | 0           | 0                    | 0                             |
| 7 | James Holdaway  | 0                     | 0        | 0           | 0             | 0                        | 0             | 0             | 0           | 0            | 0           | 0            | 0            | 0                 | 0             | 0               | 0             | 0           | 0                    | 0                             |
| 7 | Mark Duncan     | 0                     | 0        | 0           | 0             | 0                        | 0             | 0             | 0           | 0            | 0           | 0            | 0            | 0                 | 0             | 0               | 0             | 0           | 0                    | 0                             |
| 7 | Paul Timms      | 0                     | 0        | 0           | 0             | 0                        | 0             | 0             | 0           | 0            | 0           | 0            | 0            | 0                 | 0             | 0               | 0             | 0           | 0                    | 0                             |

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

- 1 - Superior head-to-head record
- 2 - If head-to-head record equal, lowest cumulative time in head-to-head races
- 3 - Higher points per race average (all races taken into account)
- 4 - Faster average pace per mile (all races taken into account)



# **Male over 50's**

|                       |                  | <div><div><div>RRR</div></div><div><div>ENGLAND ATHLETICS</div></div></div> |          |             |               |                          |               |               |             |              |             |              |              |                   |               |                 |               |             |                      |                               |  |
|-----------------------|------------------|-----------------------------------------------------------------------------|----------|-------------|---------------|--------------------------|---------------|---------------|-------------|--------------|-------------|--------------|--------------|-------------------|---------------|-----------------|---------------|-------------|----------------------|-------------------------------|--|
| <u>Male over 50's</u> |                  | No of Races Completed                                                       | Hale 10k | Tameside 5K | Wilmslow Half | Great Manchester Run 10K | Track 5K No 1 | Norden 6 Mile | Lindley 10K | Royton Trail | Mossley 10K | Sale Sizzler | Hopwood Trot | Riverside 10 Mile | Track 5K No 2 | NWC Road Relays | Knutsford 10K | Oldham Half | Derwentwater 10 Mile | Total (Best 7 Races To Count) |  |
| 1                     | Shane Reading    | 10                                                                          | 0        | 25          | 0             | 0                        | 25            | 25            | 25          | 25           | 25          | 0            | 25           | 0                 | 25            | 25              | 25            | 0           | 0                    | 175                           |  |
| 2                     | Andrew Rogers    | 7                                                                           | 25       | 0           | 25            | 0                        | 0             | 0             | 0           | 24           | 0           | 0            | 24           | 25                | 24            | 0               | 24            | 0           | 0                    | 171                           |  |
| 3                     | Elliot Stone     | 15                                                                          | 24       | 24          | 24            | 25                       | 24            | 24            | 24          | 23           | 24          | 25           | 23           | 24                | 23            | 24              | 23            | 0           | 0                    | 170                           |  |
| 4                     | Lee Earnshaw     | 6                                                                           | 23       | 0           | 0             | 0                        | 22            | 23            | 0           | 0            | 0           | 0            | 22           | 23                | 22            | 0               | 0             | 0           | 0                    | 135                           |  |
| 5                     | Andy Hall        | 6                                                                           | 0        | 23          | 0             | 21                       | 0             | 0             | 0           | 0            | 0           | 0            | 20           | 0                 | 21            | 23              | 22            | 0           | 0                    | 130                           |  |
| 6                     | Owen Flage       | 5                                                                           | 18       | 0           | 0             | 0                        | 20            | 0             | 0           | 20           | 0           | 23           | 0            | 0                 | 0             | 21              | 0             | 0           | 0                    | 102                           |  |
| 7                     | Mark Baxendale   | 3                                                                           | 22       | 0           | 0             | 22                       | 0             | 0             | 0           | 0            | 0           | 0            | 0            | 0                 | 20            | 0               | 0             | 0           | 0                    | 64                            |  |
| 8                     | James Wright     | 3                                                                           | 19       | 0           | 0             | 0                        | 0             | 0             | 0           | 22           | 0           | 0            | 0            | 0                 | 0             | 22              | 0             | 0           | 0                    | 63                            |  |
| 9                     | Simon Howard     | 2                                                                           | 0        | 0           | 0             | 0                        | 21            | 0             | 0           | 0            | 0           | 24           | 0            | 0                 | 0             | 0               | 0             | 0           | 0                    | 45                            |  |
| 10                    | Richard Dowd     | 2                                                                           | 0        | 0           | 0             | 0                        | 0             | 0             | 0           | 21           | 0           | 0            | 21           | 0                 | 0             | 0               | 0             | 0           | 0                    | 42                            |  |
| 11                    | Carl O'Callaghan | 1                                                                           | 0        | 0           | 0             | 24                       | 0             | 0             | 0           | 0            | 0           | 0            | 0            | 0                 | 0             | 0               | 0             | 0           | 0                    | 24                            |  |
| 12                    | Darren Gallagher | 1                                                                           | 0        | 0           | 0             | 0                        | 23            | 0             | 0           | 0            | 0           | 0            | 0            | 0                 | 0             | 0               | 0             | 0           | 0                    | 23                            |  |
| 12                    | Colin Green      | 1                                                                           | 0        | 0           | 0             | 23                       | 0             | 0             | 0           | 0            | 0           | 0            | 0            | 0                 | 0             | 0               | 0             | 0           | 0                    | 23                            |  |
| 14                    | Mark Foran       | 1                                                                           | 21       | 0           | 0             | 0                        | 0             | 0             | 0           | 0            | 0           | 0            | 0            | 0                 | 0             | 0               | 0             | 0           | 0                    | 21                            |  |
| 15                    | Andrew Naismith  | 1                                                                           | 20       | 0           | 0             | 0                        | 0             | 0             | 0           | 0            | 0           | 0            | 0            | 0                 | 0             | 0               | 0             | 0           | 0                    | 20                            |  |
| 16                    | Anthony Rogers   | 0                                                                           | 0        | 0           | 0             | 0                        | 0             | 0             | 0           | 0            | 0           | 0            | 0            | 0                 | 0             | 0               | 0             | 0           | 0                    | 0                             |  |

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

- 1 - Superior head-to-head record
- 2 - If head-to-head record equal, lowest cumulative time in head-to-head races
- 3 - Higher points per race average (all races taken into account)
- 4 - Faster average pace per mile (all races taken into account)



# Male over 55's

|    |                  | No of Races Completed | Hale 10k | Tameside 5k | Wilmslow Half | Great Manchester Run 10k | Track 5K No 1 | Norden 6 Mile | Lindley 10K | Royton Trail | Mossley 10K | Sale Sizzler | Hopwood Trot | Riverside 10 Mile | Track 5K No 2 | NWC Road Relays | Knutsford 10K | Oldham Half | Derwentwater 10 Mile | Total (Best 7 Races To Count) |
|----|------------------|-----------------------|----------|-------------|---------------|--------------------------|---------------|---------------|-------------|--------------|-------------|--------------|--------------|-------------------|---------------|-----------------|---------------|-------------|----------------------|-------------------------------|
| 1  | Bernard Goodwin  | 11                    | 0        | 25          | 25            | 25                       | 25            | 25            | 0           | 25           | 25          | 25           | 25           | 0                 | 25            | 0               | 24            | 0           | 0                    | 175                           |
| 2  | Mark Phelan      | 7                     | 0        | 0           | 0             | 24                       | 24            | 0             | 0           | 24           | 23          | 24           | 24           | 0                 | 0             | 0               | 25            | 0           | 0                    | 168                           |
| 2  | Dave Peart       | 11                    | 25       | 23          | 0             | 23                       | 0             | 0             | 24          | 21           | 21          | 22           | 21           | 25                | 23            | 25              | 0             | 0           | 0                    | 168                           |
| 4  | Warren Siddall   | 9                     | 0        | 24          | 24            | 22                       | 23            | 0             | 25          | 23           | 22          | 23           | 22           | 0                 | 0             | 0               | 0             | 0           | 0                    | 164                           |
| 5  | Jason Keast      | 12                    | 24       | 0           | 0             | 21                       | 22            | 23            | 0           | 20           | 20          | 21           | 19           | 24                | 22            | 24              | 23            | 0           | 0                    | 162                           |
| 6  | Andrew Schofield | 3                     | 0        | 0           | 0             | 0                        | 0             | 24            | 0           | 22           | 24          | 0            | 0            | 0                 | 0             | 0               | 0             | 0           | 0                    | 70                            |
| 7  | Paul Cooke       | 3                     | 0        | 0           | 0             | 0                        | 21            | 0             | 0           | 18           | 0           | 0            | 18           | 0                 | 0             | 0               | 0             | 0           | 0                    | 57                            |
| 8  | Ray Williams     | 2                     | 0        | 0           | 0             | 0                        | 0             | 0             | 0           | 19           | 0           | 0            | 20           | 0                 | 0             | 0               | 0             | 0           | 0                    | 39                            |
| 9  | Damien Finn      | 1                     | 0        | 0           | 0             | 0                        | 0             | 0             | 0           | 0            | 0           | 0            | 0            | 0                 | 24            | 0               | 0             | 0           | 0                    | 24                            |
| 10 | Bryan Lawton     | 1                     | 0        | 0           | 0             | 0                        | 0             | 0             | 0           | 0            | 0           | 0            | 23           | 0                 | 0             | 0               | 0             | 0           | 0                    | 23                            |
| 11 | Dave Leyland     | 0                     | 0        | 0           | 0             | 0                        | 0             | 0             | 0           | 0            | 0           | 0            | 0            | 0                 | 0             | 0               | 0             | 0           | 0                    | 0                             |
| 11 | Kevin Hutchings  | 0                     | 0        | 0           | 0             | 0                        | 0             | 0             | 0           | 0            | 0           | 0            | 0            | 0                 | 0             | 0               | 0             | 0           | 0                    | 0                             |
| 11 | Rob Griffin      | 0                     | 0        | 0           | 0             | 0                        | 0             | 0             | 0           | 0            | 0           | 0            | 0            | 0                 | 0             | 0               | 0             | 0           | 0                    | 0                             |
| 11 | Robert Kellett   | 0                     | 0        | 0           | 0             | 0                        | 0             | 0             | 0           | 0            | 0           | 0            | 0            | 0                 | 0             | 0               | 0             | 0           | 0                    | 0                             |

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

- 1 - Superior head-to-head record
- 2 - If head-to-head record equal, lowest cumulative time in head-to-head races
- 3 - Higher points per race average (all races taken into account)
- 4 - Faster average pace per mile (all races taken into account)



### Male over 60's

|   |                   | No of Races Completed | Hale 10k | Tameside 5k | Wilmslow Half | Great Manchester Run 10k | Track 5K No 1 | Norden 6 Mile | Lindley 10K | Royton Trail | Mossley 10K | Sale Sizzler | Hopwood Trot | Riverside 10 Mile | Track 5K No 2 | NWC Road Relays | Knutsford 10K | Oldham Half | Derwentwater 10 Mile | Total (Best 7 Races To Count) |
|---|-------------------|-----------------------|----------|-------------|---------------|--------------------------|---------------|---------------|-------------|--------------|-------------|--------------|--------------|-------------------|---------------|-----------------|---------------|-------------|----------------------|-------------------------------|
| 1 | Neil Brock        | 12                    | 25       | 0           | 25            | 25                       | 25            | 25            | 25          | 0            | 25          | 25           | 25           | 0                 | 25            | 25              | 25            | 0           | 0                    | 175                           |
| 2 | Gary Smith        | 11                    | 0        | 25          | 24            | 0                        | 0             | 24            | 24          | 24           | 22          | 24           | 25           | 24                | 23            | 0               | 0             | 0           | 0                    | 170                           |
| 3 | Stephen Rogowskyj | 10                    | 24       | 24          | 0             | 0                        | 24            | 0             | 0           | 25           | 23          | 23           | 23           | 0                 | 23            | 24              | 24            | 0           | 0                    | 168                           |
| 4 | David Emanuel     | 1                     | 0        | 0           | 0             | 0                        | 0             | 0             | 0           | 0            | 0           | 24           | 0            | 0                 | 0             | 0               | 0             | 0           | 0                    | 24                            |
| 5 | Neil Ogden        | 0                     | 0        | 0           | 0             | 0                        | 0             | 0             | 0           | 0            | 0           | 0            | 0            | 0                 | 0             | 0               | 0             | 0           | 0                    | 0                             |
| 5 | Eamonn Nolan      | 0                     | 0        | 0           | 0             | 0                        | 0             | 0             | 0           | 0            | 0           | 0            | 0            | 0                 | 0             | 0               | 0             | 0           | 0                    | 0                             |

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

- 1 - Superior head-to-head record
- 2 - If head-to-head record equal, lowest cumulative time in head-to-head races
- 3 - Higher points per race average (all races taken into account)
- 4 - Faster average pace per mile (all races taken into account)



### Male over 65's

|   |                 | No of Races Completed | Hale 10k | Tameside 5K | Wilmslow Half | Great Manchester Run 10K | Track 5K No 1 | Norden 6 Mile | Lindley 10K | Royton Trail | Mossley 10K | Sale Sizzler | Hopwood Trot | Riverside 10 Mile | Track 5K No 2 | NWC Road Relays | Knutsford 10K | Oldham Half | Derwentwater 10 Mile | Total (Best 7 Races To Count) |
|---|-----------------|-----------------------|----------|-------------|---------------|--------------------------|---------------|---------------|-------------|--------------|-------------|--------------|--------------|-------------------|---------------|-----------------|---------------|-------------|----------------------|-------------------------------|
| 1 | Barry Greaves   | 8                     | 0        | 25          | 0             | 0                        | 25            | 25            | 25          | 0            | 25          | 0            | 25           | 0                 | 25            | 25              | 0             | 0           | 0                    | 175                           |
| 2 | Bernard Cassidy | 7                     | 25       | 24          | 0             | 0                        | 24            | 23            | 24          | 25           | 0           | 0            | 23           | 0                 | 0             | 0               | 0             | 0           | 0                    | 168                           |
| 3 | Ian Floyd       | 7                     | 0        | 0           | 0             | 0                        | 23            | 22            | 0           | 24           | 23          | 24           | 22           | 0                 | 23            | 0               | 0             | 0           | 0                    | 161                           |
| 4 | Mark Heaney     | 6                     | 0        | 0           | 0             | 0                        | 0             | 24            | 0           | 0            | 24          | 25           | 24           | 0                 | 24            | 0               | 25            | 0           | 0                    | 146                           |
| 5 | Steve Goddard   | 0                     | 0        | 0           | 0             | 0                        | 0             | 0             | 0           | 0            | 0           | 0            | 0            | 0                 | 0             | 0               | 0             | 0           | 0                    | 0                             |

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

- 1 - Superior head-to-head record
- 2 - If head-to-head record equal, lowest cumulative time in head-to-head races
- 3 - Higher points per race average (all races taken into account)
- 4 - Faster average pace per mile (all races taken into account)



### Male over 70's

|   |              | No of Races Completed | Hale 10k | Tameside 5K | Wilmslow Half | Great Manchester Run 10K | Track 5K No 1 | Norden 6 Mile | Lindley 10K | Royton Trail | Mossley 10K | Sale Sizzler | Hopwood Trot | Riverside 10 Mile | Track 5K No 2 | NWC Road Relays | Knutsford 10K | Oldham Half | Derwentwater 10 Mile | Total (Best 7 Races To Count) |
|---|--------------|-----------------------|----------|-------------|---------------|--------------------------|---------------|---------------|-------------|--------------|-------------|--------------|--------------|-------------------|---------------|-----------------|---------------|-------------|----------------------|-------------------------------|
| 1 | Howard Mills | 7                     | 25       | 0           | 25            | 0                        | 25            | 25            | 25          | 25           | 0           | 0            | 0            | 0                 | 25            | 0               | 0             | 0           | 0                    | 175                           |
| 2 | Ronnie Quinn | 6                     | 24       | 25          | 0             | 25                       | 24            | 0             | 0           | 0            | 0           | 25           | 0            | 0                 | 24            | 0               | 0             | 0           | 0                    | 147                           |
| 3 | Chris Eavers | 0                     | 0        | 0           | 0             | 0                        | 0             | 0             | 0           | 0            | 0           | 0            | 0            | 0                 | 0             | 0               | 0             | 0           | 0                    | 0                             |
| 3 | Tony Kane    | 0                     | 0        | 0           | 0             | 0                        | 0             | 0             | 0           | 0            | 0           | 0            | 0            | 0                 | 0             | 0               | 0             | 0           | 0                    | 0                             |

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

- 1 - Superior head-to-head record
- 2 - If head-to-head record equal, lowest cumulative time in head-to-head races
- 3 - Higher points per race average (all races taken into account)
- 4 - Faster average pace per mile (all races taken into account)



**Male over 75's**

|                                                                                   |               |                                                                                   |             |               |                          |               |               |             |              |             |              |              |                   |               |                 |               |             |                      |                               |  |  |
|-----------------------------------------------------------------------------------|---------------|-----------------------------------------------------------------------------------|-------------|---------------|--------------------------|---------------|---------------|-------------|--------------|-------------|--------------|--------------|-------------------|---------------|-----------------|---------------|-------------|----------------------|-------------------------------|--|--|
|  |               |  |             |               |                          |               |               |             |              |             |              |              |                   |               |                 |               |             |                      |                               |  |  |
| <u>Male over 75's</u>                                                             |               | <b>No of Races Completed</b>                                                      |             |               |                          |               |               |             |              |             |              |              |                   |               |                 |               |             |                      |                               |  |  |
|                                                                                   |               | Hale 10k                                                                          | Tameside 5K | Wilmslow Half | Great Manchester Run 10K | Track 5K No 1 | Norden 6 Mile | Lindley 10K | Royton Trail | Mossley 10K | Sale Sizzler | Hopwood Trot | Riverside 10 Mile | Track 5K No 2 | NWC Road Relays | Knutsford 10K | Oldham Half | Derwentwater 10 Mile | Total (Best 7 Races To Count) |  |  |
| 1                                                                                 | Peter Boulton | 1                                                                                 | 0           | 0             | 0                        | 25            | 0             | 0           | 0            | 0           | 0            | 0            | 0                 | 0             | 0               | 0             | 0           | 0                    | 25                            |  |  |

Criteria order for separating runners on equal points are as follows:  
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2 - If head-to-head record equal, lowest cumulative time in head-to-head races  
3 - Higher points per race average (all races taken into account)  
4 - Faster average pace per mile (all races taken into account)



### Male over 80's

|   |                |   |             |               |                          |               |               |             |              |             |              |              |                   |               |                 |               |             |                      |                               |     |  |
|---|----------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------|---------------|--------------------------|---------------|---------------|-------------|--------------|-------------|--------------|--------------|-------------------|---------------|-----------------|---------------|-------------|----------------------|-------------------------------|-----|--|
|   |                | <b>Male over 80's</b>                                                                                                                                               |             |               |                          |               |               |             |              |             |              |              |                   |               |                 |               |             |                      |                               |     |  |
|   |                | <b>No of Races Completed</b>                                                                                                                                        |             |               |                          |               |               |             |              |             |              |              |                   |               |                 |               |             |                      |                               |     |  |
|   |                | Hale 10k                                                                                                                                                            | Tameside 5K | Wilmslow Half | Great Manchester Run 10K | Track 5K No 1 | Norden 6 Mile | Lindley 10K | Royton Trail | Mossley 10K | Sale Sizzler | Hopwood Trot | Riverside 10 Mile | Track 5K No 2 | NWC Road Relays | Knutsford 10K | Oldham Half | Derwentwater 10 Mile | Total (Best 7 Races To Count) |     |  |
| 1 | David Phillips | 6                                                                                                                                                                   | 0           | 0             | 0                        | 25            | 25            | 25          | 25           | 25          | 0            | 0            | 0                 | 0             | 25              | 0             | 0           | 0                    | 0                             | 150 |  |

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

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- 2 - If head-to-head record equal, lowest cumulative time in head-to-head races
- 3 - Higher points per race average (all races taken into account)
- 4 - Faster average pace per mile (all races taken into account)



### Female over 35's

|   |                     | No of Races Completed | Hale 10k | Tameside 5k | Wilmslow Half | Great Manchester Run 10k | Track 5K No 1 | Norden 6 Mile | Lindley 10K | Royton Trail | Mossley 10K | Sale Sizzler | Hopwood Trot | Riverside 10 Mile | Track 5K No 2 | NWC Road Relays | Knutsford 10K | Oldham Half | Derwentwater 10 Mile | Total (Best 7 Races To Count) |
|---|---------------------|-----------------------|----------|-------------|---------------|--------------------------|---------------|---------------|-------------|--------------|-------------|--------------|--------------|-------------------|---------------|-----------------|---------------|-------------|----------------------|-------------------------------|
| 1 | Billie Chamberlain  | 10                    | 24       | 0           | 0             | 25                       | 25            | 25            | 25          | 24           | 0           | 24           | 0            | 24                | 25            | 0               | 24            | 0           | 0                    | 173                           |
| 2 | Samantha Tattersall | 7                     | 23       | 23          | 0             | 24                       | 0             | 0             | 0           | 23           | 24          | 22           | 0            | 0                 | 24            | 0               | 0             | 0           | 0                    | 163                           |
| 3 | Stacey Douglas      | 8                     | 22       | 22          | 0             | 22                       | 24            | 24            | 0           | 22           | 0           | 0            | 0            | 0                 | 23            | 0               | 23            | 0           | 0                    | 160                           |
| 4 | Trish Callan        | 6                     | 25       | 25          | 0             | 0                        | 0             | 0             | 0           | 25           | 0           | 25           | 0            | 25                | 0             | 0               | 25            | 0           | 0                    | 150                           |
| 5 | Lisa Wilson         | 6                     | 0        | 24          | 0             | 23                       | 0             | 0             | 24          | 0            | 25          | 23           | 25           | 0                 | 0             | 0               | 0             | 0           | 0                    | 144                           |

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

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- 3 - Higher points per race average (all races taken into account)
- 4 - Faster average pace per mile (all races taken into account)



### Female over 40's

|   |                  | No of Races Completed | Hale 10k | Tameside 5k | Wilmslow Half | Great Manchester Run 10k | Track 5K No 1 | Norden 6 Mile | Lindley 10K | Royton Trail | Mossley 10K | Sale Sizzler | Hopwood Trot | Riverside 10 Mile | Track 5K No 2 | NWC Road Relays | Knutsford 10K | Oldham Half | Derwentwater 10 Mile | Total (Best 7 Races To Count) |
|---|------------------|-----------------------|----------|-------------|---------------|--------------------------|---------------|---------------|-------------|--------------|-------------|--------------|--------------|-------------------|---------------|-----------------|---------------|-------------|----------------------|-------------------------------|
| 1 | Rachel Chadwick  | 7                     | 23       | 0           | 0             | 0                        | 0             | 25            | 25          | 25           | 0           | 25           | 0            | 25                | 0             | 0               | 25            | 0           | 0                    | 173                           |
| 2 | Natali Brown     | 6                     | 22       | 24          | 25            | 25                       | 0             | 0             | 0           | 0            | 0           | 24           | 0            | 0                 | 0             | 0               | 24            | 0           | 0                    | 144                           |
| 3 | Sarah Tomassi    | 3                     | 25       | 25          | 0             | 0                        | 25            | 0             | 0           | 0            | 0           | 0            | 0            | 0                 | 0             | 0               | 0             | 0           | 0                    | 75                            |
| 4 | Kirsty Agnew     | 2                     | 24       | 0           | 0             | 0                        | 24            | 0             | 0           | 0            | 0           | 0            | 0            | 0                 | 0             | 0               | 0             | 0           | 0                    | 48                            |
| 5 | Michelle Chapman | 0                     | 0        | 0           | 0             | 0                        | 0             | 0             | 0           | 0            | 0           | 0            | 0            | 0                 | 0             | 0               | 0             | 0           | 0                    | 0                             |

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

- 1 - Superior head-to-head record
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- 3 - Higher points per race average (all races taken into account)
- 4 - Faster average pace per mile (all races taken into account)



### Female over 45's

|   |                     | No of Races Completed | Hale 10k | Tameside 5K | Wilmslow Half | Great Manchester Run 10K | Track 5K No 1 | Norden 6 Mile | Lindley 10K | Royton Trail | Mossley 10K | Sale Sizzler | Hopwood Trot | Riverside 10 Mile | Track 5K No 2 | NWC Road Relays | Knutsford 10K | Oldham Half | Derwentwater 10 Mile | Total (Best 7 Races To Count) |
|---|---------------------|-----------------------|----------|-------------|---------------|--------------------------|---------------|---------------|-------------|--------------|-------------|--------------|--------------|-------------------|---------------|-----------------|---------------|-------------|----------------------|-------------------------------|
| 1 | Claire Timms        | 13                    | 24       | 0           | 24            | 25                       | 25            | 0             | 25          | 25           | 25          | 25           | 25           | 25                | 25            | 25              | 25            | 0           | 0                    | 175                           |
| 2 | Karen Jones         | 5                     | 0        | 24          | 23            | 24                       | 0             | 0             | 0           | 0            | 0           | 0            | 0            | 24                | 0             | 0               | 24            | 0           | 0                    | 119                           |
| 3 | Karen Price         | 3                     | 25       | 0           | 25            | 0                        | 0             | 0             | 0           | 0            | 0           | 24           | 0            | 0                 | 0             | 0               | 0             | 0           | 0                    | 74                            |
| 4 | Jillian Hickson     | 1                     | 0        | 25          | 0             | 0                        | 0             | 0             | 0           | 0            | 0           | 0            | 0            | 0                 | 0             | 0               | 0             | 0           | 0                    | 25                            |
| 5 | Liz Phillips-Rennie | 1                     | 0        | 0           | 0             | 23                       | 0             | 0             | 0           | 0            | 0           | 0            | 0            | 0                 | 0             | 0               | 0             | 0           | 0                    | 23                            |
| 6 | Kay England         | 0                     | 0        | 0           | 0             | 0                        | 0             | 0             | 0           | 0            | 0           | 0            | 0            | 0                 | 0             | 0               | 0             | 0           | 0                    | 0                             |

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- 3 - Higher points per race average (all races taken into account)
- 4 - Faster average pace per mile (all races taken into account)



## Female over 50's

|    |                    | No of Races Completed | Hale 10k | Tameside 5K | Wilmslow Half | Great Manchester Run 10K | Track 5K No 1 | Norden 6 Mile | Lindley 10K | Royton Trail | Mossley 10K | Sale Sizzler | Hopwood Trot | Riverside 10 Mile | Track 5K No 2 | NWC Road Relays | Knutsford 10K | Oldham Half | Derwentwater 10 Mile | Total (Best 7 Races To Count) |
|----|--------------------|-----------------------|----------|-------------|---------------|--------------------------|---------------|---------------|-------------|--------------|-------------|--------------|--------------|-------------------|---------------|-----------------|---------------|-------------|----------------------|-------------------------------|
| 1  | Rochelle Reading   | 10                    | 0        | 25          | 0             | 0                        | 25            | 25            | 25          | 25           | 25          | 0            | 25           | 0                 | 25            | 25              | 25            | 0           | 0                    | 175                           |
| 2  | Suzanne Darke      | 10                    | 25       | 24          | 0             | 25                       | 24            | 24            | 0           | 24           | 0           | 25           | 24           | 25                | 0             | 0               | 24            | 0           | 0                    | 172                           |
| 3  | Martina Naismith   | 12                    | 24       | 23          | 0             | 23                       | 0             | 23            | 24          | 21           | 24          | 23           | 22           | 23                | 23            | 22              | 0             | 0           | 0                    | 164                           |
| 4  | Nicky Hall         | 8                     | 0        | 22          | 0             | 0                        | 23            | 0             | 0           | 22           | 23          | 0            | 21           | 0                 | 22            | 21              | 22            | 0           | 0                    | 155                           |
| 5  | Sam Wright         | 6                     | 0        | 0           | 0             | 0                        | 0             | 0             | 0           | 23           | 0           | 24           | 23           | 24                | 24            | 23              | 0             | 0           | 0                    | 141                           |
| 6  | Sharon Leach       | 6                     | 0        | 0           | 0             | 0                        | 21            | 0             | 0           | 19           | 22          | 21           | 0            | 0                 | 20            | 0               | 23            | 0           | 0                    | 126                           |
| 7  | Alison Royle       | 4                     | 23       | 0           | 0             | 0                        | 22            | 0             | 0           | 0            | 0           | 22           | 0            | 0                 | 21            | 0               | 0             | 0           | 0                    | 88                            |
| 8  | Katherine Brierley | 2                     | 0        | 0           | 0             | 0                        | 0             | 0             | 0           | 20           | 0           | 0            | 0            | 0                 | 0             | 24              | 0             | 0           | 0                    | 44                            |
| 9  | Janet Jobey        | 1                     | 0        | 0           | 0             | 24                       | 0             | 0             | 0           | 0            | 0           | 0            | 0            | 0                 | 0             | 0               | 0             | 0           | 0                    | 24                            |
| 10 | Nikki Forster      | 1                     | 0        | 0           | 0             | 0                        | 0             | 0             | 0           | 0            | 0           | 20           | 0            | 0                 | 0             | 0               | 0             | 0           | 0                    | 20                            |
| 11 | Karen Rush         | 0                     | 0        | 0           | 0             | 0                        | 0             | 0             | 0           | 0            | 0           | 0            | 0            | 0                 | 0             | 0               | 0             | 0           | 0                    | 0                             |
| 11 | Tracey Hall        | 0                     | 0        | 0           | 0             | 0                        | 0             | 0             | 0           | 0            | 0           | 0            | 0            | 0                 | 0             | 0               | 0             | 0           | 0                    | 0                             |

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

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- 2 - If head-to-head record equal, lowest cumulative time in head-to-head races
- 3 - Higher points per race average (all races taken into account)
- 4 - Faster average pace per mile (all races taken into account)



### Female over 55's

|   |                   | No of Races Completed | Hale 10k | Tameside 5k | Wilmslow Half | Great Manchester Run 10k | Track 5K No 1 | Norden 6 Mile | Lindley 10K | Royton Trail | Mossley 10K | Sale Sizzler | Hopwood Trot | Riverside 10 Mile | Track 5K No 2 | NWC Road Relays | Knutsford 10K | Oldham Half | Derwentwater 10 Mile | Total (Best 7 Races To Count) |
|---|-------------------|-----------------------|----------|-------------|---------------|--------------------------|---------------|---------------|-------------|--------------|-------------|--------------|--------------|-------------------|---------------|-----------------|---------------|-------------|----------------------|-------------------------------|
| 1 | Amanda Richardson | 11                    | 25       | 25          | 25            | 0                        | 25            | 0             | 0           | 0            | 25          | 25           | 24           | 25                | 25            | 24              | 25            | 0           | 0                    | 175                           |
| 2 | Angela Rogowskyj  | 9                     | 24       | 24          | 0             | 0                        | 24            | 0             | 0           | 24           | 24          | 24           | 23           | 0                 | 0             | 23              | 24            | 0           | 0                    | 168                           |
| 3 | Anne Marie Lord   | 3                     | 0        | 0           | 0             | 0                        | 0             | 0             | 0           | 25           | 0           | 0            | 25           | 0                 | 0             | 25              | 0             | 0           | 0                    | 75                            |
| 4 | Joanne Lawton     | 1                     | 23       | 0           | 0             | 0                        | 0             | 0             | 0           | 0            | 0           | 0            | 0            | 0                 | 0             | 0               | 0             | 0           | 0                    | 23                            |
| 5 | Amanda Welby      | 0                     | 0        | 0           | 0             | 0                        | 0             | 0             | 0           | 0            | 0           | 0            | 0            | 0                 | 0             | 0               | 0             | 0           | 0                    | 0                             |
| 5 | Judith Bradley    | 0                     | 0        | 0           | 0             | 0                        | 0             | 0             | 0           | 0            | 0           | 0            | 0            | 0                 | 0             | 0               | 0             | 0           | 0                    | 0                             |
| 5 | Lisa Southward    | 0                     | 0        | 0           | 0             | 0                        | 0             | 0             | 0           | 0            | 0           | 0            | 0            | 0                 | 0             | 0               | 0             | 0           | 0                    | 0                             |
| 5 | Lynda Brookes     | 0                     | 0        | 0           | 0             | 0                        | 0             | 0             | 0           | 0            | 0           | 0            | 0            | 0                 | 0             | 0               | 0             | 0           | 0                    | 0                             |

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- 3 - Higher points per race average (all races taken into account)
- 4 - Faster average pace per mile (all races taken into account)



## Female over 60's

|   |                  | <div><div><div><div></div><div>RRR</div></div></div><div><div><div></div><div>ENGLAND</div><div>ATHLETICS</div></div></div></div> |          |             |               |                          |               |               |             |              |             |              |              |                   |               |                 |               |             |                      |                               |  |
|---|------------------|-----------------------------------------------------------------------------------------------------------------------------------|----------|-------------|---------------|--------------------------|---------------|---------------|-------------|--------------|-------------|--------------|--------------|-------------------|---------------|-----------------|---------------|-------------|----------------------|-------------------------------|--|
|   |                  | Female over 60's                                                                                                                  |          |             |               |                          |               |               |             |              |             |              |              |                   |               |                 |               |             |                      |                               |  |
|   |                  | No of Races Completed                                                                                                             | Hale 10k | Tameside 5K | Wilmslow Half | Great Manchester Run 10K | Track 5K No 1 | Norden 6 Mile | Lindley 10K | Royton Trail | Mossley 10K | Sale Sizzler | Hopwood Trot | Riverside 10 Mile | Track 5K No 2 | NWC Road Relays | Knutsford 10K | Oldham Half | Derwentwater 10 Mile | Total (Best 7 Races To Count) |  |
| 1 | Gail Shaw        | 11                                                                                                                                | 25       | 0           | 25            | 25                       | 25            | 25            | 25          | 0            | 25          | 25           | 25           | 0                 | 0             | 25              | 25            | 0           | 0                    | 175                           |  |
| 2 | Sharon Dracup    | 7                                                                                                                                 | 24       | 0           | 0             | 0                        | 0             | 0             | 0           | 0            | 0           | 24           | 24           | 25                | 25            | 24              | 24            | 0           | 0                    | 170                           |  |
| 3 | Elaine Brown     | 8                                                                                                                                 | 23       | 0           | 24            | 24                       | 24            | 24            | 24          | 0            | 0           | 23           | 0            | 0                 | 0             | 0               | 23            | 0           | 0                    | 166                           |  |
| 4 | Susan Heaney     | 3                                                                                                                                 | 0        | 0           | 0             | 0                        | 0             | 0             | 0           | 0            | 24          | 22           | 23           | 0                 | 0             | 0               | 0             | 0           | 0                    | 69                            |  |
| 5 | Alison Parkinson | 0                                                                                                                                 | 0        | 0           | 0             | 0                        | 0             | 0             | 0           | 0            | 0           | 0            | 0            | 0                 | 0             | 0               | 0             | 0           | 0                    | 0                             |  |
| 5 | Alison Cresswell | 0                                                                                                                                 | 0        | 0           | 0             | 0                        | 0             | 0             | 0           | 0            | 0           | 0            | 0            | 0                 | 0             | 0               | 0             | 0           | 0                    | 0                             |  |

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

- 1 - Superior head-to-head record
- 2 - If head-to-head record equal, lowest cumulative time in head-to-head races
- 3 - Higher points per race average (all races taken into account)
- 4 - Faster average pace per mile (all races taken into account)



### Female over 65's

|                                                                                   |               |                                                                                   |             |               |                          |               |               |             |              |             |              |              |                   |               |                 |               |             |                      |                               |     |  |
|-----------------------------------------------------------------------------------|---------------|-----------------------------------------------------------------------------------|-------------|---------------|--------------------------|---------------|---------------|-------------|--------------|-------------|--------------|--------------|-------------------|---------------|-----------------|---------------|-------------|----------------------|-------------------------------|-----|--|
|  |               |  |             |               |                          |               |               |             |              |             |              |              |                   |               |                 |               |             |                      |                               |     |  |
| <u>Female over 65's</u>                                                           |               | <b>No of Races Completed</b>                                                      |             |               |                          |               |               |             |              |             |              |              |                   |               |                 |               |             |                      |                               |     |  |
|                                                                                   |               | Hale 10k                                                                          | Tameside 5K | Wilmslow Half | Great Manchester Run 10K | Track 5K No 1 | Norden 6 Mile | Lindley 10K | Royton Trail | Mossley 10K | Sale Sizzler | Hopwood Trot | Riverside 10 Mile | Track 5K No 2 | NWC Road Relays | Knutsford 10K | Oldham Half | Derwentwater 10 Mile | Total (Best 7 Races To Count) |     |  |
| 1                                                                                 | Diane Johnson | 6                                                                                 | 0           | 0             | 0                        | 25            | 25            | 0           | 0            | 0           | 0            | 25           | 25                | 25            | 25              | 0             | 0           | 0                    | 0                             | 150 |  |

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

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- 3 - Higher points per race average (all races taken into account)
- 4 - Faster average pace per mile (all races taken into account)



### Female over 70's

|   |                 | No of Races Completed | Hale 10k | Tameside 5k | Wilmslow Half | Great Manchester Run 10k | Track 5K No 1 | Norden 6 Mile | Lindley 10K | Royton Trail | Mossley 10K | Sale Sizzler | Hopwood Trot | Riverside 10 Mile | Track 5K No 2 | NWC Road Relays | Knutsford 10K | Oldham Half | Derwentwater 10 Mile | Total (Best 7 Races To Count) |
|---|-----------------|-----------------------|----------|-------------|---------------|--------------------------|---------------|---------------|-------------|--------------|-------------|--------------|--------------|-------------------|---------------|-----------------|---------------|-------------|----------------------|-------------------------------|
| 1 | Bernadette Ball | 7                     | 0        | 25          | 0             | 0                        | 0             | 25            | 0           | 25           | 25          | 25           | 25           | 0                 | 0             | 25              | 0             | 0           | 0                    | 175                           |
| 2 |                 | 0                     | 0        | 0           | 0             | 0                        | 0             | 0             | 0           | 0            | 0           | 0            | 0            | 0                 | 0             | 0               | 0             | 0           | 0                    | 0                             |

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

- 1 - Superior head-to-head record
- 2 - If head-to-head record equal, lowest cumulative time in head-to-head races
- 3 - Higher points per race average (all races taken into account)
- 4 - Faster average pace per mile (all races taken into account)



### Female over 80's

|   |               | No of Races Completed | Hale 10k | Tameside 5K | Wilmslow Half | Great Manchester Run 10K | Track 5K No 1 | Norden 6 Mile | Lindley 10K | Royton Trail | Mossley 10K | Sale Sizzler | Hopwood Trot | Riverside 10 Mile | Track 5K No 2 | NWC Road Relays | Knutsford 10K | Oldham Half | Derwentwater 10 Mile | Total (Best 7 Races To Count) |
|---|---------------|-----------------------|----------|-------------|---------------|--------------------------|---------------|---------------|-------------|--------------|-------------|--------------|--------------|-------------------|---------------|-----------------|---------------|-------------|----------------------|-------------------------------|
| 1 | June Allingan | 7                     | 25       | 25          | 0             | 0                        | 25            | 0             | 0           | 25           | 25          | 25           | 25           | 0                 | 0             | 0               | 0             | 0           | 0                    | 175                           |
| 2 |               | 0                     | 0        | 0           | 0             | 0                        | 0             | 0             | 0           | 0            | 0           | 0            | 0            | 0                 | 0             | 0               | 0             | 0           | 0                    | 0                             |

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

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