RRR

England Athletics

Premiership

#	Name	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	7	25	0	24	0	25	0	25	21	25	0	25	0	0	0	0	0	0	170
2	Shane Reading	7	0	24	0	0	24	25	24	23	24	0	22	0	0	0	0	0	0	166
3	Brett Spivey	11	20	21	16	24	22	24	23	19	22	24	21	0	0	0	0	0	0	160
4	Chris Tattersall	7	23	23	20	23	21	0	0	18	20	0	0	0	0	0	0	0	0	148
5	Bernard Goodwin	9	0	17	13	19	20	23	0	15	19	21	18	0	0	0	0	0	0	137
6	Adrian Brown	7	17	19	14	18	19	0	0	0	0	22	19	0	0	0	0	0	0	128
7	Wesley Henshaw	6	19	0	19	22	0	0	0	17	21	23	0	0	0	0	0	0	0	121
8	William Wall	5	0	0	22	0	24	0	0	25	0	25	16	0	0	0	0	0	0	112
9	Luke Lawson-Healey	4	24	25	25	25	0	0	0	0	0	0	0	0	0	0	0	0	0	99
10	James Henderson	4	0	0	23	0	0	0	0	24	24	0	24	0	0	0	0	0	0	95
11	Francois Clavaud	5	18	20	15	0	18	0	0	16	0	0	0	0	0	0	0	0	0	87
12	Martin Thompson	4	0	0	18	21	0	0	0	22	0	0	23	0	0	0	0	0	0	84
13	Andrew Rogers	4	22	0	21	0	0	0	0	20	0	0	20	0	0	0	0	0	0	83
14	James Moulton	5	15	18	12	20	0	0	0	0	0	0	17	0	0	0	0	0	0	82
15	Maisie Wainwright	3	21	22	17	0	0	0	0	0	0	0	0	0	0	0	0	0	0	60
16	Sarah Tomassi	3	16	16	0	0	17	0	0	0	0	0	0	0	0	0	0	0	0	49
17	Jarrod Gritt	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
17	Mark Duncan	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
17	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)

RRR Championship

ENGLAND ATHLETICS

#	Name	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	11	25	24	25	25	24	25	25	19	24	25	25	0	0	0	0	0	0	175
2	Neil Brock	9	23	0	23	16	20	22	23	0	22	23	23	0	0	0	0	0	0	159
3	Andrew Ingham	10	21	18	21	22	20	21	0	24	23	22	22	0	0	0	0	0	0	155
4	John Fay	7	0	19	22	20	17	0	0	23	20	21	0	0	0	0	0	0	0	142
5	Barry Greaves	6	0	21	0	0	23	24	24	0	25	0	19	0	0	0	0	0	0	136
6	Dave Peart	8	18	17	0	18	0	0	22	21	19	18	18	0	0	0	0	0	0	134
7	Edward Grimley	5	24	25	0	0	25	0	0	25	0	24	0	0	0	0	0	0	0	123
8	Mark Phelan	6	0	0	0	21	16	0	0	22	21	20	20	0	0	0	0	0	0	120
9	Lee Earnshaw	4	22	0	0	0	22	23	0	0	0	0	24	0	0	0	0	0	0	91
10	Oliver Pozegic	4	0	22	0	19	21	0	0	0	0	0	21	0	0	0	0	0	0	83
11	Ryan Frost	3	0	23	24	0	0	0	0	20	0	0	0	0	0	0	0	0	0	67
12	Adam Stirling	3	20	0	0	23	18	0	0	0	0	0	0	0	0	0	0	0	0	61
13	Andy Hall	3	0	20	0	14	0	0	0	0	0	0	17	0	0	0	0	0	0	51
14	Mark Baxendale	2	19	0	0	17	0	0	0	0	0	0	0	0	0	0	0	0	0	36
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

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

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

Group 1

Rank	Name	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	7	0	24	0	0	24	25	25	25	25	0	24	0	0	0	0	0	0	172
1	Gail Shaw	9	24	0	25	25	25	24	24	0	24	25	23	0	0	0	0	0	0	172
3	Gary Smith	8	0	22	22	0	0	22	22	22	23	21	20	0	0	0	0	0	0	154
4	Bernard Cassidy	7	22	23	0	0	21	21	23	21	0	0	19	0	0	0	0	0	0	150
5	Jonathan Green	5	23	0	23	0	23	0	0	24	0	0	21	0	0	0	0	0	0	114
6	Trish Callan	4	25	25	0	0	0	0	0	23	0	23	0	0	0	0	0	0	0	96
7	Mark Heaney	4	0	0	0	0	0	23	0	0	22	24	22	0	0	0	0	0	0	91
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
10	Bryony Rogers	1	0	0	24	0	0	0	0	0	0	0	0	0	0	0	0	0	0	24
10	Colin Green	1	0	0	0	24	0	0	0	0	0	0	0	0	0	0	0	0	0	24
12	Damien Finn	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
12	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)

		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	8	25	24	0	24	24	25	0	24	0	24	24	0	0	0	0	0	0	170
3	Gareth McCaffery	5	0	0	0	23	0	24	0	21	0	23	22	0	0	0	0	0	0	113
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

RRR

Group 2

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)

RRR — Group 3

	Name	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	8	24	0	0	25	24	25	0	25	25	24	20	0	0	0	0	0	0	172
2	Stephen Rogowskyj	7	18	24	0	0	23	0	0	23	24	21	21	0	0	0	0	0	0	154
3	Dave Watt	5	22	0	0	24	25	0	0	0	0	25	25	0	0	0	0	0	0	121
4	Nicky Hall	5	0	23	0	0	21	0	0	18	23	0	19	0	0	0	0	0	0	104
5	Owen Flage	4	19	0	0	0	22	0	0	20	0	22	0	0	0	0	0	0	0	83
6	Karen Price	3	21	0	25	0	0	0	0	0	0	20	0	0	0	0	0	0	0	66
7	Andy Chadwick	3	0	0	0	0	0	0	0	19	0	23	23	0	0	0	0	0	0	65
8	Ray Williams	2	0	0	0	0	0	0	0	24	0	0	24	0	0	0	0	0	0	48
9	Anne Marie Lord	2	0	0	0	0	0	0	0	21	0	0	22	0	0	0	0	0	0	43
10	James Wright	2	20	0	0	0	0	0	0	22	0	0	0	0	0	0	0	0	0	42
11	Jillian Hickson	1	0	25	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	25
11	Mark Foran	1	25	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	25
13	Andrew Naismith	1	23	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	23
14	Kevin Hutchings	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
14	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)

#	Name	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	9	25	0	25	25	24	0	25	23	25	25	25	0	0	0	0	0	0	175
2	Amanda Richardson	7	24	25	24	0	23	0	0	0	23	22	22	0	0	0	0	0	0	163
3	Ian Floyd	6	0	0	0	0	25	25	0	25	24	24	23	0	0	0	0	0	0	146
4	Bryony Jones	4	0	0	23	24	0	24	0	22	0	0	0	0	0	0	0	0	0	93
5	Diane Johnson	4	0	0	0	23	22	0	0	0	0	21	21	0	0	0	0	0	0	87
6	Sam Wright	3	0	0	0	0	0	0	0	24	0	23	24	0	0	0	0	0	0	71
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

RRR

Group 4

ENGLAND ATHLETICS

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

1 - Superior head to head record

2 - If head to head record equal, lowest cumulative time in head to head races

3 Higher points per race average (all races taken into account)

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

Group 5

		No of Races Completed	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	9	23	25	0	25	0	25	25	23	24	24	25	0	0	0	0	0	0	173
2	Billie Chamberlain	7	21	0	0	24	23	24	24	22	0	22	0	0	0	0	0	0	0	160
3	Elaine Brown	7	22	0	24	22	22	23	21	0	0	21	0	0	0	0	0	0	0	155
4	Dave Bardsley	6	19	24	23	0	25	0	0	25	25	0	0	0	0	0	0	0	0	141
5	Howard Mills	6	20	0	25	0	24	22	22	20	0	0	0	0	0	0	0	0	0	133
6	Rachel Chadwick	5	24	0	0	0	0	21	23	24	0	25	0	0	0	0	0	0	0	117
7	Sharon Dracup	3	25	0	0	0	0	0	0	0	0	23	24	0	0	0	0	0	0	72
8	Karen Jones	3	0	23	22	23	0	0	0	0	0	0	0	0	0	0	0	0	0	68
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:

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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)

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	7	23	22	0	0	24	0	0	24	25	24	25	0	0	0	0	0	0	167
2	Lisa Wilson	6	0	24	0	22	0	0	24	0	23	23	23	0	0	0	0	0	0	139
3	Bernadette Ball	6	0	20	0	0	0	24	0	22	24	20	24	0	0	0	0	0	0	134
4	Samantha Tattersall	6	21	21	0	24	0	0	0	23	22	22	0	0	0	0	0	0	0	133
5	David Phillips	5	0	0	0	25	25	25	25	25	0	0	0	0	0	0	0	0	0	125
6	Natali Brown	5	24	25	25	20	0	0	0	0	0	22	0	0	0	0	0	0	0	116
7	Ronnie Quinn	5	22	23	0	19	22	0	0	0	19	0	0	0	0	0	0	0	0	105
8	Alison Royle	3	25	0	0	0	23	0	0	0	0	25	0	0	0	0	0	0	0	73
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	June Allingan	7	25	25	0	0	24	0	0	23	24	23	24	0	0	0	0	0	0	168
2	Stacey Carr	6	24	25	0	25	23	25	0	24	0	0	0	0	0	0	0	0	0	146
3	Sharon Leach	4	0	0	0	0	25	0	0	25	25	25	0	0	0	0	0	0	0	100
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)

RRR

ENGLAND ATHLETICS

Group TBC

		No of Races Completed
2	Darren Gallagher	1
2	Jack Millar	1
6	Richard Douglas	0
5	Chris Eavers	0
6	Alison Parkinson	0
1	Andrew Schofield	3
4	James Bowling	1
5	Neil Ogden	0
6	Rob Griffin	0
6	Steve Goddard	0
5	Katherine Brierley	1

Pos	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	Denwentwater 10 Mile	Total (Best 7 Races To Count)
1	Rochelle Reading	7	0	47	0	0	48	50	50	50	50	0	50	0	0	0	0	0	0	345
1	Gail Shaw	9	47	0	49	50	49	49	49	0	49	50	49	0	0	0	0	0	0	345
3	Suzanne Darke	8	46	46	0	49	47	48	0	48	0	48	48	0	0	0	0	0	0	334
4	Claire Timms	9	43	0	46	48	45	0	48	45	48	47	46	0	0	0	0	0	0	328
5	Martina Naismith	9	39	43	0	46	0	47	47	42	47	43	43	0	0	0	0	0	0	316
6	Amanda Richardson	7	42	44	45	0	44	0	0	0	46	42	44	0	0	0	0	0	0	307
7	Billie Chamberlain	7	37	0	0	45	43	46	46	41	0	40	0	0	0	0	0	0	0	298
8	Elaine Brown	7	38	0	43	41	41	44	44	0	0	39	0	0	0	0	0	0	0	290
9	Angela Rogowskyj	7	34	39	0	0	39	0	0	37	43	37	39	0	0	0	0	0	0	268
10	June Allingan	7	31	35	0	0	36	0	0	33	38	28	34	0	0	0	0	0	0	235
11	Lisa Wilson	6	0	40	0	38	0	0	43	0	40	33	35	0	0	0	0	0	0	229
12	Bernadette Ball	6	0	36	0	0	0	42	0	35	41	29	36	0	0	0	0	0	0	219
13	Rachel Chadwick	5	40	0	0	0	0	43	45	44	0	45	0	0	0	0	0	0	0	217
14	Samantha Tattersall	6	32	37	0	40	0	0	0	36	39	31	0	0	0	0	0	0	0	215
16	Stacey Carr	6	30	35	0	36	35	41	0	34	0	0	0	0	0	0	0	0	0	211
15	Nicky Hall	5	0	42	0	0	42	0	0	43	45	0	42	0	0	0	0	0	0	214
17	Trish Callan	4	48	48	0	0	0	0	0	49	0	49	0	0	0	0	0	0	0	194
18	Natali Brown	5	35	41	42	37	0	0	0	0	0	31	0	0	0	0	0	0	0	186
19	Bryony Jones	4	0	0	44	44	0	45	0	39	0	0	0	0	0	0	0	0	0	172
21	Sharon Leach	4	0	0	0	0	37	0	0	38	44	36	0	0	0	0	0	0	0	155
20	Diane Johnson	4	0	0	0	42	40	0	0	0	0	35	40	0	0	0	0	0	0	157
22	Maisie Wainwright	3	50	50	50	0	0	0	0	0	0	0	0	0	0	0	0	0	0	150
23	Sarah Tomassi	3	49	49	0	0	50	0	0	0	0	0	0	0	0	0	0	0	0	148
24	Karen Price	3	45	0	47	0	0	0	0	0	0	46	0	0	0	0	0	0	0	138
25	Sam Wright	3	0	0	0	0	0	0	0	46	0	44	45	0	0	0	0	0	0	135
26	Karen Jones	3	0	38	41	44	0	0	0	0	0	0	0	0	0	0	0	0	0	123
29	Susan Heaney	3	0	0	0	0	0	0	0	0	42	32	37	0	0	0	0	0	0	111
26	Sharon Dracup	3	41	0	0	0	0	0	0	0	0	41	41	0	0	0	0	0	0	123
28	Alison Royle	3	36	0	0	0	38	0	0	0	0	38	0	0	0	0	0	0	0	112

31	Kirsty Agnew	2	44	0	0	0	46	0	0	0	0	0	0	0	0	0	0	0	90
30	Anne Marie Lord	2	0	0	0	0	0	0	0	47	0	0	47	0	0	0	0	0	94
37	Sarah Fitton	1	0	0	0	0	0	0	0	0	0	0	38	0	0	0	0	0	38
32	Bryony Rogers	1	0	0	48	0	0	0	0	0	0	0	0	0	0	0	0	0	48
33	Janet Jobey	1	0	0	0	47	0	0	0	0	0	0	0	0	0	0	0	0	47
34	Jillian Hickson	1	0	45	0	0	0	0	0	0	0	0	0	0	0	0	0	0	45
35	Katherine Brierley	1	0	0	0	0	0	0	0	40	0	0	0	0	0	0	0	0	40
36	Liz Phillips-Rennie	1	0	0	0	39	0	0	0	0	0	0	0	0	0	0	0	0	39
38	Nikki Forster	1	0	0	0	0	0	0	0	0	0	34	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	33
40	Alison Parkinson	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
40	Amanda Welby	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
40	Karen Rush	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
40	Lisa Southward	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
40	Michelle Chapman	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

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)

RRR

Male 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	Rob James	7	25	0	25	0	25	0	25	25	25	0	25	0	0	0	0	0	0	175
2	Andrew Ingham	10	22	24	23	23	23	25	0	22	23	23	24	0	0	0	0	0	0	165
3	Wesley Henshaw	6	24	0	24	25	0	0	0	24	24	25	0	0	0	0	0	0	0	146
4	Edward Grimley	5	23	25	0	0	24	0	0	23	0	24	0	0	0	0	0	0	0	119
5	Matthew Cartner	4	20	0	0	0	0	0	0	20	22	0	22	0	0	0	0	0	0	84
6	Adam Stirling	3	21	0	0	24	22	0	0	0	0	0	0	0	0	0	0	0	0	67
7	Andy Chadwick	3	0	0	0	0	0	0	0	21	0	22	23	0	0	0	0	0	0	66

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)

RRR — Male over 40's

	Name	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	11	24	24	23	25	25	25	25	24	25	25	24	0	0	0	0	0	0	174
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	7	23	23	22	22	23	0	0	0	0	24	23	0	0	0	0	0	0	160
4	John Fay	7	0	22	21	21	22	0	0	22	23	23	0	0	0	0	0	0	0	154
5	Gareth McCaffery	5	0	0	0	20	0	24	0	21	0	22	22	0	0	0	0	0	0	109
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:

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)

RRR

ENGLAND ATHLETICS

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	Dave Bardsley	6	23	25	22	0	22	0	0	22	24	0	0	0	0	0	0	0	0	138
2	William Wall	5	0	0	24	0	25	0	0	25	0	25	23	0	0	0	0	0	0	122
3	Jonathan Green	5	25	0	23	0	24	0	0	23	0	0	24	0	0	0	0	0	0	119
4	Dave Watt	5	24	0	0	25	23	0	0	0	0	24	22	0	0	0	0	0	0	118
5	James Henderson	4	0	0	25	0	0	0	0	24	25	0	25	0	0	0	0	0	0	99
6	Richard Douglas	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
6	Chris Nicholson	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
6	David Ellis	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
6	James Holdaway	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
6	Mark Duncan	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
6	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

	Name	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	7	0	25	0	0	25	25	25	25	25	0	25	0	0	0	0	0	0	175
2	Elliot Stone	11	24	24	24	25	24	24	24	23	24	25	23	0	0	0	0	0	0	170
3	Andrew Rogers	4	25	0	25	0	0	0	0	24	0	0	24	0	0	0	0	0	0	98
4	Lee Earnshaw	4	23	0	0	0	22	23	0	0	0	0	22	0	0	0	0	0	0	90
5	Owen Flage	4	18	0	0	0	20	0	0	20	0	23	0	0	0	0	0	0	0	81
6	Andy Hall	3	0	23	0	21	0	0	0	0	0	0	20	0	0	0	0	0	0	64
7	Simon Howard	2	0	0	0	0	21	0	0	0	0	24	0	0	0	0	0	0	0	45
8	Mark Baxendale	2	22	0	0	22	0	0	0	0	0	0	0	0	0	0	0	0	0	44
9	Richard Dowd	2	0	0	0	0	0	0	0	21	0	0	21	0	0	0	0	0	0	42
10	James Wright	2	19	0	0	0	0	0	0	22	0	0	0	0	0	0	0	0	0	41
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

#	Name	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	9	0	25	25	25	25	25	0	25	25	25	25	0	0	0	0	0	0	175
2	Warren Siddall	9	0	24	24	22	23	0	25	23	22	23	22	0	0	0	0	0	0	164
3	Dave Peart	8	25	23	0	23	0	0	24	21	21	22	21	0	0	0	0	0	0	159
4	Jason Keast	8	24	0	0	21	22	23	0	20	20	21	19	0	0	0	0	0	0	151
5	Mark Phelan	6	0	0	0	24	24	0	0	24	23	24	24	0	0	0	0	0	0	143
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	Bryan Lawton	1	0	0	0	0	0	0	0	0	0	0	23	0	0	0	0	0	0	23
10	Damien Finn	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
10	Dave Leyland	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
10	Kevin Hutchings	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
10	Rob Griffin	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
10	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)

RRR

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	9	25	0	25	25	25	25	25	0	25	25	25	0	0	0	0	0	0	175
2	Gary Smith	8	0	25	24	0	0	24	24	24	24	22	24	0	0	0	0	0	0	169
3	Stephen Rogowskyj	7	24	24	0	0	24	0	0	25	23	23	23	0	0	0	0	0	0	166
4	David Emanuel	1	0	0	0	0	0	0	0	0	24	0	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)

RRR

Male over 65's

ENGLAND ATHLETICS

		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 Cassidy	7	25	24	0	0	24	23	24	25	0	0	23	0	0	0	0	0	0	168
2	Barry Greaves	6	0	25	0	0	25	25	25	0	25	0	25	0	0	0	0	0	0	150
3	Ian Floyd	6	0	0	0	0	23	22	0	24	23	24	22	0	0	0	0	0	0	138
4	Mark Heaney	4	0	0	0	0	0	24	0	0	24	25	24	0	0	0	0	0	0	97
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)

RRR

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	6	25	0	25	0	25	25	25	25	0	0	0	0	0	0	0	0	0	150
2	Ronnie Quinn	5	24	25	0	25	24	0	0	0	0	25	0	0	0	0	0	0	0	123
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)

RRR

ENGLAND ATHLETICS

Male over 75'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	Peter Boulton	1	0	0	0	25	0	0	0	0	0	0	0	0	0	0	0	0	0	25

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)

RRR

ENGLAND ATHLETICS

Male 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	David Phillips	5	0	0	0	25	25	25	25	25	0	0	0	0	0	0	0	0	0	125

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)

RRR

ENGLAND ATHLETICS

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	7	24	0	0	25	25	25	25	24	0	24	0	0	0	0	0	0	0	172
2	Lisa Wilson	6	0	24	0	23	0	0	24	0	25	23	25	0	0	0	0	0	0	144
3	Samantha Tattersall	6	23	23	0	24	0	0	0	23	24	22	0	0	0	0	0	0	0	139
4	Stacey Carr	6	22	22	0	22	24	24	0	22	0	0	0	0	0	0	0	0	0	136
5	Trish Callan	4	25	25	0	0	0	0	0	25	0	25	0	0	0	0	0	0	0	100

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)

RRR — ENGLAND ATHLETICS

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	5	23	0	0	0	0	25	25	25	0	25	0	0	0	0	0	0	0	123
2	Natali Brown	5	22	24	25	25	0	0	0	0	0	24	0	0	0	0	0	0	0	120
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
2   If head to head record equal, lowest cumulative time in head to head races
3   Higher points per race average (all races taken into account)
4   Faster average pace per mile (all races taken into account)

Female over 45's

	Name	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	9	24	0	24	25	25	0	25	25	25	25	25	0	0	0	0	0	0	175
2	Karen Price	3	25	0	25	0	0	0	0	0	0	24	0	0	0	0	0	0	0	74
3	Karen Jones	3	0	24	23	24	0	0	0	0	0	0	0	0	0	0	0	0	0	71
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

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 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	7	0	25	0	0	25	25	25	25	25	0	25	0	0	0	0	0	0	175
2	Suzanne Darke	8	25	24	0	25	24	24	0	24	0	25	24	0	0	0	0	0	0	171
3	Martina Naismith	9	24	23	0	23	0	23	24	21	24	23	22	0	0	0	0	0	0	164
4	Nicky Hall	5	0	22	0	0	23	0	0	22	23	0	21	0	0	0	0	0	0	111
5	Sharon Leach	4	0	0	0	0	21	0	0	20	22	21	0	0	0	0	0	0	0	84
6	Sam Wright	3	0	0	0	0	0	0	0	23	0	24	23	0	0	0	0	0	0	70
7	Alison Royle	3	23	0	0	0	22	0	0	0	0	22	0	0	0	0	0	0	0	67
8	Janet Jobey	1	0	0	0	24	0	0	0	0	0	0	0	0	0	0	0	0	0	24
9	Nikki Forster	1	0	0	0	0	0	0	0	0	0	20	0	0	0	0	0	0	0	20
10	Karen Rush	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
10	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)

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	7	25	25	25	0	25	0	0	0	25	25	24	0	0	0	0	0	0	174
2	Angela Rogowskyj	7	24	24	0	0	24	0	0	23	24	24	23	0	0	0	0	0	0	166
3	Anne Marie Lord	2	0	0	0	0	0	0	0	25	0	0	25	0	0	0	0	0	0	50
4	Katherine Brierley	1	0	0	0	0	0	0	0	24	0	0	0	0	0	0	0	0	0	24
5	Joanne Lawton	1	23	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	23
6	Amanda Welby	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
6	Judith Bradley	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
6	Lisa Southward	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
6	Lynda Brookes	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)

RRR

ENGLAND ATHLETICS

RRR — 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	9	25	0	25	25	25	25	25	0	25	25	25	0	0	0	0	0	0	175
2	Elaine Brown	7	23	0	24	24	24	24	24	0	0	23	0	0	0	0	0	0	0	166
3	Sharon Dracup	3	24	0	0	0	0	0	0	0	0	24	24	0	0	0	0	0	0	72
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)

RRR

ENGLAND ATHLETICS

Female 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	Diane Johnson	4	0	0	0	25	25	0	0	0	0	25	25	0	0	0	0	0	0	100

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)

		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	6	0	25	0	0	0	25	0	25	25	25	25	0	0	0	0	0	0	150
2		0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

Female over 70's

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)

RRR

ENGLAND ATHLETICS

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:
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)