	N	Men overall				5k (1 to	count)				Interclub (3 to count)				10k (1 to	count)			10 mile (1	to count)			HM (1 to	count)	
Position	Name (yellow marks indicate past open champion titles)	Category	Total points	Interclub points (top 3)	Central Lancashire 5k	Mid- Cheshire 5k	Avenham Park 5k	Sale Sizzler	Blackpool	Lytham	Thornton	Wesham	Chorley	Red Rose	Ribble Valley 10k	Blackburn winter warmer	Penny Lane Striders 10k	City of Preston 10K	St Annes 10 mile	HW Moon Toyota Wigan 10 Miler	Calder vale 10 mile	Kirkby Milers Safari 10 mile	Inskip HM	Darwen Heritage Half Marathon	Southport HM	Garstang HM
1	Andy Whaley	V40	338	141			48	52	43	43	48	46	47	46	43					50			48	48		52
2	Simon Collins 1	Male	338	140		48	40	50		45			48	47	44				52	52		50		52	50	50
4	Darren Kinder Stephen Young	Male V40	315 313	113 120	52		42	46	24 40	35	39 44	36	37	37 32	41		52		50	44		52		50	52	
5	Dougle Potter	Male	287	112	- 02		46		36	- 55	40	- 00	36	02	36				- 55		48		45	- 00		
6	Andrew Tranter	V50	285	94	48						35	30	29			48					45				50	
7	Ashraf Kazee	V55	277	82	50		41		19	27		22	27	28	30		50		48	47				47		44
8 9	Mariusz Kovacs Neil McDonald	Male V50	272 270	127 125				48 47	41 35	34	45	40 39	43 41	43 39							50 52		46			47
10	Daniel Higgins	Male	267	87			44	41	25	34	34	25	28	24		47			47		52		40			42
11	Stephen Parkes	Male	246	60	46				10	17	28	15		15		45	46			43		47			47	40
12	lan Bebbington	V55	245	62			40		15	21		19		22			47					48			48	
13	David Watson	V50	227	75		46	52		37	38					39	52				48						
14 15	Maciej Jarno Alan Appleby	Male V70	226 218	91 79			45	45	29 16	31 23	31	26 20	21	31 25	29	46	48				47 46					43
16	Steve Hallas	V/0	215	131		47		40	42	23	46	43	21	23	37	40	40				40					
17	Rob Affleck	V45	204	152						50	52	50											52			
18	Andy Acklam	V45	202	102					30		37	32	33	30		50						50				
19	Ian Patterson	V40	199	69		44	37	44	14	20	29		20	20						45	44					41
20	Wesley Wilkinson Kenneth Gawne Snr	Male V45	195 193	145 29	47	50			50 12	47			17	48	28					46			43			
21	Mark Lee	V45 V55	193	129	4/		50		39	39		41	44	44	28					46			43			
23	William Metcalf	Male	177	129			- 00		46	41				42												48
24	Alex Venables	Male	173	131						42		44	45		42											
25	Chris Williams	Male	165	118			47		26	36		42	40													
26 27	David Rigby	Male	156	156		45			52		200	52	52	52 34												
28	Luke Suffolk Chris Tully	Junior V40	149 148	104 148		45				48	36 50	47	34 50	34												
29	Nathan Hilditch	Male	142	142					48	46	30	48	46	45												
30	Ben Read	Male	139	95								31	31	33									44			
31	Simon Robinson	Male	134	134					45	40	47	28	42	41												
32	Steve Townhill	V40	133	102					31	30	41				31											
33	Niall Malone	Male	124	97					47					50	27											
34 35	Chris Wales Chris Wilson	V45 V50	121 120	34 75					34		42	33			40								47			45
36	William Johnstone	Male	119	119					38	37	43	38		36												40
37	Andrew Lea	Male	119	76			43		20	22			25	29												
38	Brian Dewhurst	Male	115	115					33		38	34	39	38												
39	Kenneth Beazley	V60	106	60					28	32																46
40	Kevin Hesketh Alan Metcalf	V60 V55	103	70 67					32			35	35	35	33 34											
41 42	Gethin Butler	V55 V50	94	44					32	44				35	34								50			
43	Stephen Needham	V40	88	88					27	29	32	21											30			
44	Greg O'Brien	V45	85	85					21	28	30	23	26	27												
45	Dale Wallis	V55	82	82					22	26	26	24	30													
46	Chris Miles	Male	78	78									38	40												
47	Andy Gundersen	Male	75	75					17	25	33															
48 49	Paul Younger Craig Walker	V40 Male	70 67	70 67					23			18	24 23	23 26												
50	lan Palfrey	V40	60	60						33		27	20	20												
51	Alan Littler	V75	60	60								17	22	21												
52	Phil Lakeland	V60	57	57					9	16	27	14		14												
53	Patrick Dever	Male	52												52											
54	Joseph Monk	Male	52			52																				
55 56	Andy Benson Dean Kirby	Male V55	52 52	52 52					11	52 18		13	18	16												
57	Nathan Dunn	Male	50	32						10		13	10	10	50											
58	Ben Preddy	Junior	48												48											
59	John Russell	V55	48	48					13	19		16														
61	Jack Dee-Ingham	Junior	47												47											
62	Byron Sowerby	Junior	46												46											
63	Oliver Heaton	Male	45												45											
65 66	Jason Parker Lee Folev	V45 Male	45 44	45 44					44			45														
66	Lee Foley	Male	44	44					44																	

67	Stephen Mort	V45	42	42			18	24										
68	lan Littler	V70	39			39												
69	Luke Thompson	U13	38			38												
70	Marc Teasey	V50	38									38						
71	Dom Moon	Male	37	37					37									
72	Dave Wakefield	V45	37	37						19	18							
73	Colin Shuttleworth	V60	35									35						
74	Richard Smith	Male	32									32						
75	John Rianford	V55	32	32						32								
76	Kevin Hunt	V45	29	29					29									
77	Joshua Toft	Junior	29	29					12		17							
78	Jon O'Brien	Junior	19	19							19							

	Wo	men overall				5k (1 to	count)				Interclub (3 to count)				10k (1 to	count)			10 mile (1	to count)			HM (1 to	count)	
Position	Name (yellow marks indicate past open champion titles)	Category	Total points	Interclub points (top 3)	Central Lancashire 5k	Mid- Cheshire 5k	Avenham Park 5k	Sale Sizzler	Blackpool	Lytham	Thornton	Wesham	Chorley	Red Rose	Ribble Valley 10k	Blackburn winter warmer	Penny Lane Striders 10k	City of Preston 10K	St Annes 10 mile	HW Moon Toyota Wigan 10 Miler	Calder vale 10 mile	Kirkby Milers Safari 10 mile	Inskip HM	Darwen Heritage Half Marathon	Southport HM	Garstang HM
1	Julie Tyrer	V40	342	136	52	50	44	52	45	45	41	45	46	44	48	52				50	50		50			52
2	Jade Bebbington ()	Female	339	142			47		46	48	47	47		47	50							50			50	
3	Dorothy Parkes 5	V35	331	133	50				43	44	39	46	43	43		48	52			48		48			47	48
4	Susan Ashcroft	V55	323	127			42	50				40	42	45			50				48				48	
5	Emma Essex-Crosby	V35	306	150			52			50	50			50							52				52	
6	Sue Wickham	V55	306	115	48		37	48			35	37	39	39	47		46				46		48			50
7	Alex Proffitt	Female	304	112	46	48	36		37	39	34	36		36	46					46			47	52		
8	Angela Tranter	V50	304	118	47		39		38	42	38	38	36			47					47				45	
9	Shelley Audis-Riddell	V35	303	119			41		40		36	39	35	40		50	48			47					46	
10	Maureen Kirkby	V65	201	116			38			41	37		37	38			47									
11	Vicki Sherrington	V45	194	142					48	47	44	44	47	46	52											
12	Liberty Bryan	Junior	184	139			45		47	46	46	43														
13	Jenny Wren	Female	156	156					52	52	52	52	48	48												
14	Laura Conn	Female	152	48							48									52		52	52			
15	Sarah Clubb	V45	151	111			40		36	40	33	34	34	35												
16	Kate Lakeland	Female	150	150					50		45	50	50													
17	Judith Deakin	V70	146	100					35		32		33			46										
18	Katie Johnstone	Female	131	131					41	43	43		45	42												
19	Sonya Ghandi	Female	130	130					44		40	42	44													
20	Harriet Gownall	Female	110	110								35	38	37												
21	Kari Edwards	V45	109	64							31	33					45									
22	Becky Taylor	Female	104	104									52	52												
23	Victoria Duckett	V40	96	48			48					48														
24	Elizabeth Tranter	Female	85	42			43				42															
25	Sinead Sweeney	V40	85	39					39													46				
26	Olga Wiggins	V40	81	81									40	41												
27	Adela Nuttall	V55	66	66					34				32													
28	Scarlett Allison	Junior	52			52																				
29	Helen Dutton	V35	50				50																			
30	Felicity Cross	V60	47																			47				
31	Sarah Wilson	Female	46				46																			
32	Helen Boyer	V45	45												45											
33	Charlotte Day	Female	42	42					42																	
34	Emily Molly	Female	41	41								41														
35	Lisa Breakell	Female	41	41									41													
36	Tracy Young	V50	35				35																			

	n	nale vet 40				5k (1 to	count)				Interclub (3 to count)				10k (1 to	count)			10 mile (1	to count)			HM (1 t	o count)	
Position	Name	Category	Total points	Interclub points (top 3)	Central Lancashire 5k	Mid- Cheshire 5k	Avenham Park 5k	Sale Sizzler	Blackpool	Lytham	Thornton	Wesham	Chorley	Red Rose	Ribble Valley 10k	Blackburn winter warmer	Penny Lane Striders 10k	City of Preston 10K	St Annes 10 mile	HW Moon Toyota Wigan 10 Miler	Calder	Kirkby Milers Safari 10 mile	Inskip HM	Darwen Heritage Half Marathon	Southport HM	Garstang HM
1	Andy Whaley	V40	362	154			52	52	52	48	48	48	50	52	52					52			50	50		52
2	Stephen Young	V40	351	145	52				48	47	46	45		50	50				52					52		
3	lan Patterson	V40	283	131		50	50	50	40	41	41		45	45						48	52					50
4	Kenneth Gawne Snr	V45	274	82	50				39				43		45					50			47			
5	Andy Acklam	V45	245	141					45		44	44	48	48		52						52				
6	Steve Hallas	V45	242	143		52			50		47	46			47											
7	Rob Affleck	V45	208	156						52	52	52											52			
8	Steve Townhill	V40	182	136					46	45	45				46											
9	Chris Tully	V40	152	152						50	50	50	52													
10	Chris Wales	V45	143	47					47						48								48			
11	Greg O'Brien	V45	137	137					42	43	42	41	47	47												
12	Paul Younger	V40	135	135					43				46	46												
13	Stephen Needham	V40	131	131					44	44	43	40														
14	Dave Walefield	V45	88	88									44	44												
15	lan Palfrey	V40	88	88						46		42														
16	Stephen Mort	V45	83	83					41	42																
17	Jason Parker	V45	47	47								47														
18	Kevin Hunt	V45	43	43								43														

	fe	emale vet 40				5k (1 to	count)				Interclub (3 to count)				10k (1 t	to count)			10 mile (1	to count)			HM (1 to	count)	
Position	Name	Category	Total points	Interclub points (top 3)	Central Lancashire 5k	Mid- Cheshire 5k	Avenham Park 5k	Sale Sizzler	Blackpool	Lytham	Thornton	Wesham	Chorley	Red Rose	Ribble Valley 10k	Blackburn winter warmer	Penny Lane Striders 10k	City of Preston 10K	St Annes 10 mile	HW Moon Toyota Wigan 10 Miler	Calder vale 10 mile	Kirkby Milers Safari 10 mile	Inskip HM	Darwen Heritage Half Marathon	Southport HM	Garstang HM
1	Julie Tyrer	V40	358	150	52	52	50	52	50	50	50	50	50	50	50	52				52	52		52			52
2	Vicki Sherrington	V45	208	156					52	52	52	48	52	52	52											
3	Sarah Clubb	V45	191	143			48		47	48	48	47	47	47												
4	Kari Edwards	V45	145	93							47	46					52									
5	Victoria Duckett	V40	104	52			52					52														
6	Sinead Sweeney	V40	100	48					48													52				
7	Olga Wiggins	V40	96	96									48	48												
8	Helen Boyer	V45	48												48											
		male vet 50				5k (1 to	count)				Interclub (3 to count)				10k (1 t	to count)			10 mile (1	to count)			HM (1 to	count)	
Position	Name	Category	Total points	Interclub points (top 3)	Central Lancashire 5k	Mid- Cheshire 5k	Avenham Park 5k	Sale Sizzler	Blackpool	Lytham	Thornton	Wesham	Chorley	Red Rose	Ribble Valley 10k	Blackburn winter warmer	Penny Lane Striders 10k	City of Preston 10K	St Annes	HW Moon Toyota Wigan 10 Miler	Calder vale 10 mile	Kirkby Milers Safari 10 mile	Inskip HM	Darwen Heritage Half Marathon	Southport HM	Garstang HM
1	Ashraf Kazee	V55	342	134	52		48		43	45		44	44	45	47		52		52	50				52		52
	Andrew Tranter	V56	339	137	50						46	46	45			50					50				52	

	m	ale vet 50				5k (1 to	count)				Interclub (3 to count)				10k (1 to	count)			10 mile (1	to count)			HM (1 to	o count)	
Position	Name	Category	Total points	Interclub points (top 3)	Central Lancashire 5k	Mid- Cheshire 5k	Avenham Park 5k	Sale Sizzler	Blackpool	Lytham	Thornton	Wesham	Chorley	Red Rose	Ribble Valley 10k	Blackburn winter warmer	Penny Lane Striders 10k	City of Preston 10K	St Annes	HW Moon Toyota Wigan 10 Miler	Valder	Kirkby Milers Safari 10 mile	Inskip HM	Darwen Heritage Half Marathon	HM	Garstang HM
1	Ashraf Kazee	V55	342	134	52		48		43	45		44	44	45	47		52		52	50				52		52
2	Andrew Tranter	V56	339	137	50						46	46	45			50					50				52	
3	lan Bebbington	V55	329	130			47		42	43		43		44			50					52			50	
4	Neil McDonald	V50	306	152				52	47	46	52	50	50	50							52		50			
5	David Watson	V50	252	96		52	52		48	48					52	52				52						
6	Mark Lee	V55	206	156			50		52	50		52	52	52												
7	John Russell	V55	175	125		50			41	42		42														

8	William Johnstone	V55	148	148			50	47	50	48		47							
9	Brian Dewhurst	V50	143	143			46		47	47	48	48							
10	Alan Metcalf	V55	139	91			45					46	48						
11	Dale Wallis	V55	136	136			44	44	45	45	46								
12	Dean Kirby	V55	127	127			40	41		41	43	43							
13	Gethin Butler	V50	104	52				52									52		
14	Marc Teasey	V50	50										50						
15	Gary Wilson	V50	48	48					48										
16	John Rainford	V55	47	47							47								
	Committeemore	100									.,								_

	female vet	50				5k (1 to	count)				Interclub (3 to count)				10k (1 to	count)			10 mile (1	to count)			HM (1 to	count)	
Position	Name	Category	Total points	Interclub points (top 3)	Central Lancashire 5k	Mid- Cheshire 5k	Avenham Park 5k	Sale Sizzler	Blackpool	Lytham	Thornton	Wesham	Chorley	Red Rose	Ribble Valley 10k	Blackburn winter warmer	Penny Lane Striders 10k	City of Preston 10K	St Annes 10 mile	HW Moon Toyota Wigan 10 Miler	Calder	Kirkby Milers Safari 10 mile	Inskip HM	Darwen Heritage Half Marathon	Southport HM	Garstang HM
1	Susan Ashcroft	V55	364	156			52	52				52	52	52			52				52				52	
2	Angela Tranter	V50	358	156	50		50		52	52	52	50	48			52					50				50	
3	Sue Wickham	V55	354	150	52		48	50			50	48	50	50	52		50				48		52			52
4	Adela Nuttall	V55	97	97					50				47													
5	Tracy Young	V50	47				47																			

	m	nale vet 60				5k (1 to	count)				Interclub (3 to count)				10k (1 to	count)		10 r	nile		Н	И	
Position	Name	Category	Total points	Interclub points (top 3)	Central Lancashire 5k	Mid- Cheshire 5k	Avenham Park 5k	Sale Sizzler	Blackpool	Lytham	Thornton	Wesham	Chorley	Red Rose	Ribble Valley 10k	Blackburn winter warmer	Penny Lane Striders 10k	St Annes	HW Moon Toyota Wigan 10 Miler	Calder	Kirkby Milers Safari 10 mile	Darwen Heritage Half Marathon	Southport HM	Garstang HM
1	Alan Appleby	V70	310	154				52	50	50	52	50	48	52	48	52	52			52				
2	Alan Littler	V70	200	148			52					48	50	50										
3	Kevin Hesketh	V60	154	104								52	52		50									
4	Phil Lakeland	V60	146	146					48	48	50	47		48										
5	Kenneth Beazley	V60	156	104					52	52														52
6	Colin Shuttleworth	V60	52												52									

	fer	nale vet 60				5k (1 to	count)				Interclub ((3 to count)				10k (1 to	count)			10 r	nile			Н	М	
Position	Name	Category	Total points	Interclub points (top 3)	Central Lancashire 5k	Mid- Cheshire 5k	Avenham Park 5k	Sale Sizzler	Blackpool	Lytham	Thornton	Wesham	Chorley	Red Rose	Ribble Valley 10k	Blackburn winter warmer	Penny Lane Striders 10k	City of Preston 10K	St Annes 10 mile	HW Moon Toyota Wigan 10 Miler	Calder vale 10 mile	Kirkby Milers Safari 10 mile	Inskip HM	Darwen Heritage Half Marathon	Southport HM	Garstang HM
1	Maureen Kirkby	V65	260	156			52			52	52		52	52			52									
2	Judith Deakin	V70	204	152					52		50		50			52										
3	Felicity Cross	V60	256	152					52		50		50			52						52				