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	Stephen Young	V40	143	0	52										41				50							
2	Ashraf Kazee	V55	128	0	50										30				48							
3	Kenneth Gawne Snr	V45	118	0	47										28								43			
4	Simon Collins (1)	Male	96	0											44				52							
5	Andrew Tranter	V50	96	0	48											48										
6	Daniel Higgins	Male	94	0												47			47							
7	Andy Whaley	V40	91	0											43								48			
8	Stephen Parkes	Male	91	0	46											45										
9	Chris Wales	V45	87	0											40								47			
10	Dougie Potter	Male	81	0											36								45			
11	Patrick Dever	Male	52	0											52											
12	Rob Affleck (3)	V45	52	0																			52			
13	David Watson	V50	52	0											39	52										
14	Nathan Dunn	Male	50	0											50											
15	Gethin Butler (3)	V50	50	0																			50			
16	Andy Acklam	V45	50	0												50										
17	Ben Preddy	Junior	48	0											48											
18	Jack Dee-Ingham	Junior	47	0											47											
19	Byron Sowerby	Junior	46	0											46											
20	Neil McDonald	V50	46	0																			46			
21	Alan Appleby (1)	V70	46	0											29	46										
22	Oliver Heaton	Male	45	0											45											
23	Ben Read	Male	44	0																			44			
24	Alex Venables	Male	42	0											42											
25	Marc Teasey	V50	38	0											38											
26	Steve Hallas (2)	V45	37	0											37											
27	Colin Shuttleworth (1)	V60	35	0											35											
28	Alan Metcalf (1)	V55	34	0											34											
29	Kevin Hesketh	V60	33	0											33											
30	Richard Smith (1)	Male	32	0											32											
31	Steve Townhill	V40	31	0											31											
32	Niall Malone	Male	27	0											27											

Women 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	154	0	52										48	52							50			
2	Sue Wickham	V55	143	0	48										47								48			
3	Alex Proffitt	Female	139	0	46										46								47			
4	Dorothy Parkes (5)	V46	98	0	50											48										
5	Angela Tranter	V50	94	0	47											47										
6	Vicki Sherrington	V45	52	0											52											
7	Laura Conn	Female	52	0																			52			
8	Jade Bebbington (1)	Female	50	0											50											
9	Shelley Audis-Riddell	V35	50	0												50										
10	Judith Deakin	V70	46	0												46										
11	Helen Boyer	V45	45	0											45											

male vet 40					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 vale 10 mile	Kirkby Milers Safari 10 mile	Inskip HM	Darwen Heritage Half Marathon	Southport HM	Garstang HM
1	Stephen Young	V40	154	0	52										50				52							
2	Kenneth Gawne Snr	V45	142	0	50										45								47			
3	Andy Whaley	V40	102	0											52								50			
4	Chris Wales	V45	96	0											48								48			
5	Rob Affleck	V45	52	0																			52			
6	Andy Acklam	V45	52	0												52										
7	Steve Hallas	V45	47	0											47											

8	Steve Townhill	V40	46	0											46										

female vet 40					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 vale 10 mile	Kirkby Milers Safari 10 mile	Inskip HM	Darwen Heritage Half Marathon	Southport HM	Garstang HM
1	Julie Tyrer	V40	156	0	52										50	52							52			
2	Vicki Sherrington	V45	52	0											52											
3	Helen Boyer	V45	48	0											48											

male 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 vale 10 mile	Kirkby Milers Safari 10 mile	Inskip HM	Darwen Heritage Half Marathon	Southport HM	Garstang HM
1	Ashraf Kazee	V55	151	0	52										47				52							
2	Andrew Tranter	V56	100	0	50											50										
3	David Watson	V50	52	0											52	52										
4	Gethin Butler	V50	52	0																			52			
5	Marc Teasey	V50	50	0											50											
6	Neil McDonald	V50	50	0																			50			
7	Alan Metcalf	V55	48	0											48											

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 vale 10 mile	Kirkby Milers Safari 10 mile	Inskip HM	Darwen Heritage Half Marathon	Southport HM	Garstang HM
1	Sue Wickham	V55	156	0	52										52								52			
2	Angela Tranter	V50	102	0	50											52										

male vet 60					5k (1 to count)				Interclub (3 to count)						10k (1 to count)				10 mile				HM			
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	Colin Shuttleworth	V60	52	0											52											
2	Alan Appleby	V70	52	0											48	52										
3	Kevin Hesketh	V60	50	0											50											

female vet 60					5k (1 to count)				Interclub (3 to count)						10k (1 to count)				10 mile				HM			
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	Judith Deakin	V70	52	0												52										