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|----|-------------------|-----|-----|-----|--|--|--|--|----|----|----|----|----|----|----|--|--|--|----|--|--|--|--|--|----|--|--|--|
| 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 | 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  |     |  |  |  |  |    |    |    |    |    |    |    |  |  |  |    |  |  |  |  |  |    |  |  |  |
| 15 | Gary Wilson       | V50 | 48  | 48  |  |  |  |  |    |    | 48 |    |    |    |    |  |  |  | 50 |  |  |  |  |  |    |  |  |  |
| 16 | John Rainford     | V55 | 47  | 47  |  |  |  |  |    |    |    |    | 47 |    |    |  |  |  |    |  |  |  |  |  |    |  |  |  |

| 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             | 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              |                        |           |        |          |                  |         |          |                   |                         |                         |                     |                  |                               |                     |                              |           |                               |              |             |    |

| male vet 60 |                    |          |              | 5k (1 to count)          |                       |                 |                 | Interclub (3 to count) |           |        |          | 10k (1 to count) |         |          |                   | 10 mile                 |                         |                     |                  | HM                            |                     |                              |           |                               |              |             |    |
|-------------|--------------------|----------|--------------|--------------------------|-----------------------|-----------------|-----------------|------------------------|-----------|--------|----------|------------------|---------|----------|-------------------|-------------------------|-------------------------|---------------------|------------------|-------------------------------|---------------------|------------------------------|-----------|-------------------------------|--------------|-------------|----|
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| 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                |                         |                         |                     |                  |                               |                     |                              |           |                               |              |             |    |

| female vet 60 |                |          |              | 5k (1 to count)          |                       |                 |                 | Interclub (3 to count) |           |        |          | 10k (1 to count) |         |          |                   | 10 mile                 |                         |                     |                  | HM                            |                     |                              |           |                               |              |             |  |
|---------------|----------------|----------|--------------|--------------------------|-----------------------|-----------------|-----------------|------------------------|-----------|--------|----------|------------------|---------|----------|-------------------|-------------------------|-------------------------|---------------------|------------------|-------------------------------|---------------------|------------------------------|-----------|-------------------------------|--------------|-------------|--|
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| 1             | Maureen Kirby  | 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                           |           |                               |              |             |  |