

Men Road	Trafford 10km	Northern Road Relays	Wilmslow Half	Salford 10km	BMAF Road relay (Vets)	MCR 10km	Sale Sizzler 1	Sale Sizzler 2	Sale Sizzler 3	Sale Sizzler 4	City of Salford 10km	NW Road relays	Northern Road relays	MCR Half	Stockport 10 mile	All 4 Sizzlers	Track	Total champ races
<b>Senior Men</b>																		
Damien Jones	6		13	18			13	14	15	19	16	16		17		5	5	124
Ben McIntyre	7					12	17	17	17					19				89
Steven Henderson	10						19	16	18	18	17			16		5		83
Callum Rowlinson				21		19	21	21	19									82
Nathan Harrison		17	19						19			21		18				77
<b>Vet Men 40-49</b>																		
Gareth Raven	21			21		21		21	19				21	21				124
Matthew Spragg	14		15	19			17	16	18	17			18	17		5		123
Olivier Gallemin	19		21				18	17	17		18	21						114
Ashley Lindsey	15	19							15	16	15	19						99
Robert Heggs	13		16				16		11	15	16				15			91
<b>Vet Men 50 +</b>																		
Glenn Savage	21		21			19		21		19			19					120
Geoff Beattie	16		19	17		16	16	15	16	14	18			18		5	5	114
Gary Rowlinson						21	19		21				21	21				103
Frank Cordingley	17		16				17	17		16	19							86
Mike Curley	18			19				18	19	18	21							77

Men Off Road	County XC	MACCL 4	Northern XC	MACCL 5	National XC	Round the Runway	Mad Hatters	Round the Resers	Whaley Waltz	MACCL 1	BMAF XC relay (Vets)	MACCL 2	MACCL 3	Bowstones	4 or more MACCL	Total Champ Races
<b>Senior Men</b>																
David Marsh	12	12	12	18	10	19		21		14						96
Nigel Martin	19		17		18	21				21						96
Nicholas Barry	18	16	11	19						11						75
Chris Donnelly		13		15	13				21	12						74
James Wignall	21	21	16		14											72
<b>Vet Men 40-49</b>																
Stephen McCarron		18	17	19		21		21	21	18						118
Olivier Gallemin	21	17	18	18	18	19		17	18	16						112
Craig Bradbury	18	15	16	17	17		19									102
Paul Green		19	21	21	19					19						99
Ashley Lindsey		12	15	15		16	18	15	16							95
<b>Vet Men 50 +</b>																
Glenn Savage		19	21	15	21	21		21								118
Aidan Raftery		17		19			21	19	21	21						118
Timothy Rainey	21	14			19					17						71
Frank Cordingley								17	19	16						52
Nick Webb		16		17						19						52

Ladies Road	Trafford 10km	Northern Road Relays	Wilmslow Half Marathon	National Road Relays (ladies)	Salford 10km	BMAF Road relay (Vets)	Greater MCR 10km	Sale Sizzler 1	Sale Sizzler 2	Sale Sizzler 3	Sale Sizzler 4	City of Salford 10km	NW Road relays	Northern Road relays	National Road Relays (ladies)	MCR Half	Salford Women's 5.25 mile (ladies)	Stockport 10 mile	All 4 Sale Sizzler Races	Track	Total champ races	
<b>Senior Women</b>																						
Sarah Douglas				21	19		19	21			21	19	21	18		19						141
Luisa Candioli	19		21				21					21			18	21						121
Beatrice Cordingley			19		17		17	19														72
Alice Ball				21											16	18						55
Danielle Fegan	21			21																		42
<b>Vet Women 35-44</b>																						
Sinead Ferguson	16				18		19	17	17	19	18	18	19	19	19	18				5		151
Anne Chinoy			19	21					21	21	21	21	21	21	21	19						122
Carla Ousey								16	18	17	17	17		18		15						85
Emma Finney	19		21		21					21												82
Helen Armitage	21		16					21								21						79
<b>Vet Women 45 +</b>																						
Jackie Cordingley	21		21			21		19	21	21	21	21		21						5		152
Helen Reagan	19					18		21	19			19	21									117
Julia Reynolds		21		21		17		18	19	19	18			19	21							101
Marinda Breddy						15				18	18				19							70
Lynda Rowlinson						19	21															40

Ladies Off Road	County XC	MACCL 4	Northern XC	MACCL 5	National XC	Round the Runway	Mad Hatters	Round the Resers	Whaley Waltz	MACCL 1	BMAF XC relay (Vets)	MACCL 2	MACCL 3	Bowstones	4 or more MACCL	Total Champ Races
<b>Senior Women</b>																
Jane Thomas		21		21			19			17						78
Sarah Douglas							21	21	21							63
Georgia Taylor-Brown			21		21											42
Danny Fegan			19							21						40
Cara O'Brien	21									18						39
<b>Vet Women 35-44</b>																
Clare McCarron		16	18	19		19			19	21						112
Helen Armitage	21	19	21		21	21										103
Sinead Ferguson		12	17	14	17	18			18	16						100
Kathy Wellam	19	17		21	19					21						97
Tracey Taylor	18		16		15			17	14							80
<b>Vet Women 45 +</b>																
Jackie Cordingley	21	21	21	21				21	21	21						126
Helen Reagan	19			19	21				19							78
Margaret Trickey		15		17				19								51
Julia Reynolds		18		18												36
Lucinda Summers		17								19						36