Name	Trafford 10km	Northern Road Relays	Wilmslow Half Marathon	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	MCR Half Marathon	Stockport 10 mile	Best 10km	Best 5km	Best Park Run	Best Half Marathon	Best 10 Mile	All 4 Sale Sizzlers	Track Representation	Total	Total champ races
Senior Men																								
Joseph Vis	19	18				21																		58
Andrew Carlin	12		18			16																		46
Nigel Martin	21	21																						42
Callum Rowlinson				21		19																		40
Damien Jones	6		13	18																				37
Nathan Harrisson		17	19																					36
Adam Sciacca	17	18																						35
Luke Betts	18	17																						35
David Marsh		14		19																				33
Alex Bradford	15	16																						31
Tom Stephenson		15				15																		30
Daniel Kashi	16	13																						29
Kevin Foster	3		9	16																				28
Rob Jowett		10				18																		28
Robert Dunn	11		17																					28
Edmund Wakefield				15		10																		25
Peter O'Neill	9		16																					25
Tim Kennedy	13	11																						24
Matt Bond			21																					21
Niall Brooks		21																						21
Ben McIntyre	7					12																		19
Iolo Hughes		19																						19
Matthew Barnes		19																						19
Gareth Webb	2		7			9																		18
Chris Donnelly						17																		17
Chris Topping				17																				17
Euan Gilchrist		16																						16
James Walsh	8	8																						16
James Wignall		15																						15
Paul Barrett			15																					15
Peter Shipley	5		10																					15
Rupert Liddington	4		11																					15
Alan White		14																						14
Mark Fox			14																					14
Matthew Beacock	14																							14
Sam Aspinwall						14																		14
Ken Hunt						13																		13
David Rich		12																						12
Mike Ashby			12																					12
Rob Halfpenny						11																		11
Steven Henderson	10																							10
Steven Townley		9																						9
Ben Watts						8																		8
David Connolly	1	7																						8
John Morris			8																					8
Duane Gaunt	1		6																					7
Aaron Steele			5																					5
Vet Men 40-49																								
Gareth Raven	21			21		21																		63
Lee Kaufman	17	21	18																					56
Matthew Spragg	14		15	19																				48
Olivier Gaillemin	19		21																					40
Ashley Lindsey	15	19																						34
Steve Gavin	16		17																					33
Robert Heggs	13		16																					29
Damien van Alderwegen	12		11																					23
Paul Green		21																						21
Duncan Hill			19																					19
Elton Davies						19																		19
Mike Hatch	18																							18
Gavin McColl			14																					14
Mark Anderson			13																					13
Mark Pagram			12																					12
Mark Frier			10																					10
Ranjit Bennet			9																					9
Vet Men 50 +																								
Geoff Beattie	16		19	17		16																		68
Glenn Savage	21		21			19																		61
Mike Curley	18			19																				37
Stefan Schumacher			18	18																				36
Frank Cordingley	17		16																					33
Gary Rowlinson						21																		21
Nick Webb				21																				21
Aidan Raftery	19																							19
Ken James						18																		18
Michael Dunne						17																		17
Shaun McGee			17																					17
Jonathan Stock						15																		15
Ray O'Neill			15																					15