

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	
Senior Men																			
Damien Jones	6		13	18			13	14	15	19	16	16			17	17	5	5	128
Steven Henderson	10						19	16	18	18	17				16	18			101
Ben McIntyre	7					12	17	17	17						19		5		89
Callum Rowlinson				21		19	21	21	19										82
Nathan Harrison		17	19					19			21			18					77
Vet Men 40-49																			
Gareth Raven	21			21		21		21	19				21	21	21				145
Matthew Spragg	14		15	19			17	16	18	17			18	17			5		123
Olivier Gaillemin	19		21				18	17	17		18	21							114
Ashley Lindsey	15	19							15	16	15	19							99
Lee Kaufman	17	21	18											18	19				93
Vet Men 50 +																			
Glenn Savage	21		21			19		21		19			19						120
Geoff Beattie	16		19	17		16	16	15	16	14	18			18	21	5	5		117
Gary Rowlinson						21	19		21				21	21					109
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 Ressers	Whaley Waltz	MACCL 1	BMAF XC relay (Vets)	MACCL 2	MACCL 3	Bowstones	4 or more MACCL	Total Champ Races
Senior Men																
David Marsh	12	12	12	18	10	19		21		14		12	16		5	105
Nicholas Barry	18	16	11	19						11		17	18		5	104
Nigel Martin	19		17		18	21				21						96
Nathan Harrison	19			21						13		18	19		5	95
James Wignall	21	21	16		14							21				93
Vet Men 40-49																
Stephen McCarron		18	17	19		21		21	21	18		19			5	124
Olivier Gaillemin	21	17	18	18	18	19		17	18	16			17		5	117
Gareth Raven		21	19		21								21	21		103
Craig Bradbury	18	15	16	17	17		19							14		102
Paul Green		19	21	21	19					19						99
Vet Men 50 +																
Glenn Savage		19	21	15	21	21		21				21	19		5	129
Aidan Raftery		17		19			21	19	21	21			18		5	124
Mike Curley		15		16				18			21		18	16	5	109
Nick Webb		16		17						19			19	17	5	93
Timothy Rainey	21	14			19					17			15			86

Ladies Road	Trafford 10km	Northern Road Relays	Wilmslow Half Marathon	National Road Relays (ladies)	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	National Road Relays (ladies)	MCR Half	Salford 5.25 mile (ladies)	Stockport 10 mile	All 4 Sale Sizzler Races	Track	Total champ races	
Senior Women																						
Sarah Douglas				21	19		19	21			21	19	21	18		19						141
Luisa Candioli	19		21				21					21			18	21		21				121
Beatrice Cordingley			19		17		17	19														72
Alice Ball				21											16	18						55
Danielle Fegan	21				21																	42
Vet Women 35-44																						
Sinead Ferguson	16					18	19	17	17	19	18	18	19	19	19	18	19	21	21	5	5	157
Anne Chinoy			19	21					21	21	21	21	21	21	21	21	21	21	21	5	5	150
Carla Ousey								16	18	17	17			18		15	16			5		106
Emma Finney	19		21		21					21												82
Helen Armitage	21		16					21								21						79
Vet Women 45 +																						
Jackie Cordingley	21		21		21		19	21	21	21	21			21			21			5		152
Julia Reynolds		21		21		17		18	19	19				19	21		19					141
Helen Reagan	19					18		21	19			19	21									117
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 Ressers	Whaley Waltz	MACCL 1	BMAF XC relay (Vets)	MACCL 2	MACCL 3	Bowstones	4 or more MACCL	Total Champ Races
Senior Women																
Sarah Douglas							21	21	21					19		82
Hannah Carey		19		19								19	18		5	80
Jane Thomas		21		21			19			17						78
Cara O'Brien	21									18			21			60
Beatrice Cordingley		18		18								18				54
Vet Women 35+																
Anne Chinoy		15		18	18		21				21	19	19		5	121
Kathy Wellam	19	17		21	19					21		18			5	120
Helen Armitage	21	19	21		21	21						16				119
Clare McCarron		16	18	19		19		19	21			17				113
Sinead Ferguson		12	17	14	17	18		18	16		19	15	18		5	112
Vet Women 45 +																
Jackie Cordingley	21	21	21	21				21	21	21	21	21	21		5	131
Julia Reynolds				18							19	19	19		5	98
Helen Reagan	19			19	21				19							78
Margaret Trickey		15		17				19				16				67
Marinda Breddy		16										17	18			51