

League 3 Men - Championship																	
Name	Overgate 5K	Overgate 10K	Oakwell Hall	Cannon Hall	Liverpool	NorthowRun	Bradford Parkrun	Helen Windsor	Sir Titus Summer Trot	Dewsbury Flat Cap	Stainland Trail	Littleborough 10K	Track 5K	Abbey Dash	Dewsbury 10K	Shamrock Shuffle	Total Points
Rob Bowman	60		60			59	60	59		60		60	59	58	60		595
Brian Colman								60					60				180
Ben Young					60	58											118
Andrew Hindle						60											60
Ian Evans														59			59
																	0

League 3 Men - Grand Prix																				
Name	Overgate 5K	Overgate 10K	Oakwell Hall parkrun	Cannon Hall	Liverpool	NorthowRun	Bradford Parkrun	Helen Windsor	Sir Titus Summer Trot	Dewsbury Flat Cap	Stainland Trail	Littleborough 10K	Track 5K	Abbey Dash	Dewsbury 10K	Shamrock Shuffle	Total Points	Races Complete	Average Score	Best 6 Races
Rob Bowman	60		60			60	60	59		60		60	59	58	60		596	10	59.6	360
Brian Colman								60					60				180	3	60.0	0
Ben Young					60	58											118	2	59.0	0
Andrew Hindle						59											59	1	59.0	0
Ian Evans														59			59	1	59.0	0

League 3 Women - Championship																	
Name	Overgate 5K	Overgate 10K	Oakwell Hall	Cannon Hall	Liverpool	NorthowRun	Bradford Parkrun	Helen Windsor	Sir Titus Summer Trot	Dewsbury Flat Cap	Stainland Trail	Littleborough 10K	Track 5K	Abbey Dash	Dewsbury 10K	Shamrock Shuffle	Total Points
Alison Shooter					58	57		57	60	59			59				350
Gill Holmes					59			60		56			58	56			289
Louise Brooke								56		58		60			60		234
Davina Capper	58					58		56						58			230
Gemma O'Brien		55		60						57				55			227
Karen Matos								59	60				60				179
Catherine Holmes						59							56	59			174
Rachel Calvert		56					60	54									170
Philippa Denham		59			54			53									166
Sara Coates					60			58									118
Andrea Wallman					56									60			116
Sharon Sayer														57	59		116
Fiona Averill		60			55												115
Wendy Stanley	55									60							115
Nicola Taylor		57								55							112
Carine Baker	60																60
Vicke Hindle						60											60
Lisa Aspinall	59																59
Beth Croad												59					59
Katie Healey		58															58
Gemma Sykes															58		58
Kath Towers	57																57
Mandy Turton													57				57
Tamara Gibson					57												57
Kelly Simpson	56																56
Jodie McDermott													55				55
Carla Sharp										54							54
Michelle Taylor										53							53
																	0

League 3 Women - Grand Prix																				
Name	Overgate 5K	Overgate 10K	Oakwell Hall	Cannon Hall	Liverpool	NorthowRun	Bradford Parkrun	Helen Windsor	Sir Titus Summer Trot	Dewsbury Flat Cap	Stainland Trail	Littleborough 10K	Track 5K	Abbey Dash	Dewsbury 10K	Shamrock Shuffle	Total Points	Races Complete	Average Score	Best 6 Races
Alison Shooter					60	59		60	60	60			60				359	6	59.8	359
Gill Holmes					58			59		57			58	57			289	5	57.8	0
Louise Brooke								57		58		60			60		235	4	58.8	0
Gemma O'Brien		56		60						56				55			227	4	56.8	0
Davina Capper	57					58		55						56			226	4	56.5	0
Karen Matos								58	60				59				177	3	59.0	0
Catherine Holmes						60							57	60			177	3	59.0	0
Rachel Calvert		59					60	54									173	3	57.7	0
Philippa Denham		58			54			53									165	3	55.0	0
Sharon Sayer														58	59		117	2	58.5	0
Fiona Averill		60			56												116	2	58.0	0
Wendy Stanley	55									59							114	2	57.0	0
Andrea Wallman					55									59			114	2	57.0	0
Sara Coates					57			56									113	2	56.5	0
Nicola Taylor		57								55							112	2	56.0	0
Carine Baker	60																60	1	60.0	0
Kath Towers	59																59	1	59.0	0
Beth Croad												59					59	1	59.0	0
Tamara Gibson					59												59	1	59.0	0
Lisa Aspinall	58																58	1	58.0	0
Gemma Sykes															58		58	1	58.0	0
Vicke Hindle						57											57	1	57.0	0
Kelly Simpson	56																56	1	56.0	0
Jodie McDermott													56				56	1	56.0	0
Katie Healey		55															55	1	55.0	0
Mandy Turton																	55	1	55.0	0
Carla Sharp										54							54	1	54.0	0
Michelle Taylor										53							53	1	53.0	0