

	Blisworth 5k		Corby 5		Weedon 10k		W'boro 5		Blisworth 5M		Moulton 10k		Cransley HM				League Points	Best 6 Points			
	Total	League Points	Total	League points	Total	League points	Total	League points	Total	League points	Total	League points	Total	League Points	Overall Total	Total	Total	Total			
MALE																					
Rugby & Northampton	369	9	358	8.5	373	9	370	10	378	9.5	371	9	97	73	170	4	2389	59	55		
Wootton RR	361	7	359	10	355	7	344	7	378	9.5	366	8	100	99	98	90	387	10	2550	58.5	51.5
Silson Joggers	380	10	327	5	374	10	350	8	359	8	372	10	93	71	62	226	5	2388	56	51	
Kettering TH			355	6	362	8	369	9	176	6	302	6	96	88	86	85	355	9	1919	44	44
W&DAC	366	8	356	7	310	6	333	6	327	7	331	7	92	89	87	82	350	8	2373	49	43
Corby	69	5	358	8.5	128	4	323	5			271	5	95	91	67	66	319	7	1468	34.5	34.5
Northampton RR			250	4	204	5	180	4	119	4	36	3	94	84	68	64	310	6	1099	26	26
Daventry RR	18	4	52	1	52	2	106	3	34	3	115	4							377	17	17
Human Energy	85	6	106	3			58	1	141	5									390	15	15
Team East Haddon			73	2	75	3	78	2											226	7	7
FEMALE																					
W&DAC	262	7	269	8	260	7	278	9	264	8	281	10	99	98	97		294	10	1908	59	52
Wootton RR	293	10	273	9	294	10	269	7	294	10	256	6							1679	52	52
Rugby & Northampton	279	9	268	7	284	9	242	6	286	9	280	9							1639	49	49
Corby	90	6	294	10	245	6	289	10	70	4	260	7	96	95			191	9	1439	52	48
Silson Joggers	276	8	266	6	263	8	272	8	262	7	273	8	90	88			178	8	1790	53	47
Northampton RR			225	5	120	5	203	5	203	5	162	5	100				100	7	1013	32	32
Kettering TH			221	4	71	3	79	4	260	6	85	4							716	21	21
Daventry RR			85	3	86	4													171	7	7
Human Energy			84	2															84	2	2
COMBINED																					
Wootton RR	654	9	632	9	649	9	613	9	672	10	622	8	387				387	6	4229	60	54
Rugby & Northampton	648	8	626	8	657	10	612	7.5	664	9	651	10	170				170	4	4028	56.5	52.5
Silson Joggers	656	10	593	6	637	8	622	10	621	8	645	9	226	178			404	7	4178	58	52
W&DAC	628	7	625	7	570	7	611	6	591	7	612	7	350	294			644	10	4281	51	45
Corby	159	6	652	10	373	5	612	7.5	70	3	531	6	319	191			510	9	2907	46.5	43.5
Kettering TH			576	5	433	6	448	5	436	6	387	5	355				355	5	2635	32	32
Northampton RR			475	4	324	4	383	4	322	5	198	4	310	100			410	8	2112	29	29
Daventry RR	18	4	137	2	138	3	106	3	34	2	115	3							548	17	17
Human Energy	85	5	188	3			58	1	141	4									472	13	13
Team East Haddon			72	1	75	2	78	2											225	5	5

Men Open				Blisworth	Corby 5	Weedon	W'boro	Blisworth	Moulton	Cransley	Total	Best 5	
First Name	Last Name	Club	Category	5K	5	10k	5	5	10k	HM			
1	Jonathan	Goringe	Kettering TH	SM		97	99	98	100	99	493	493	
2	Steve	Poole	Wootton Road Runners	M40	98	95		97	98	100	99	587	492
3	Luke	Robinson	Rugby & Northampton AC	MU20	100		98	95	99	94		486	486
4	Lazloe	Boden	Wootton Road Runners	M50	93	96	93	92	97	97	98	666	481
5	Greg	Spellman	Rugby & Northampton AC	M45		94	92	93	96		97	472	472
6	Andy	Pacey	Silson Joggers	M40	95		94	91	93	95		468	468
7	Chris	Wood	Silson Joggers	SM	97	87	97	88		96		465	465
8	Kevin	Reboul	Silson Joggers	M45	83	74	76	77	85	88	93	576	426
9	Jon	Kemp	W&D AC	SM	82	77	79	83	88	92		501	424
10	Vincent	Carroll	Rugby & Northampton AC	M40	81	73	81		89	89		413	413
11	Steve	Heighway	Wootton Road Runners	M40	79		77	79	87	86		408	408
12	Nick	Pacey	Silson Joggers	M45	99		95	90	95			379	379
13	Scott	Magee	Corby AC	M40	69	63	66			82	91	371	371
14	Andy	Kirk	Silson Joggers	SM	77	67	71	73	80			368	368
15	Phil	West	Kettering TH	M40		88	90	89			96	363	363
16	Neal	Humphreys	Corby AC	SM		85		87		91	95	358	358
17	Simon	Woodward	Silson Joggers	SM	89	83	88			93		353	353
18	Richard	Lack	Wootton Road Runners	M40	84	86	91		91			352	352
19	Terry	Egan	Rugby & Northampton AC	M50		81	82	85		90		338	338
20	Neil	McDonald	W&D AC	M50		50	60	64		75	89	338	338
21	Israel	Archuletta	W&D AC	SM	63	45	59	61		72	79	379	334
22	Richard	Davies	Silson Joggers	SM	73	53	49	65		79		319	319
23	Rodger	Bullen	W&D AC	M45				69	77	80	92	318	318
24	Thomas	Phelps	Silson Joggers	SM	72			75	82	87		316	316
25	David	Parkins	Wootton Road Runners	M45	80	68	78		83			309	309
26	David	Green	Kettering TH	SM		100	100	100				300	300
27	Damian	Murphy	Wootton Road Runners	M50	74	65	72	76				287	287
28	Michael	Carrea	Wootton Road Runners	SM	67		64		74	78		283	283
29	Andrew	Redden	W&D AC	SM	43	32	58	72	78			283	283
30	David	Jarrett	Silson Joggers	M50	37	21	23	51	51	62	71	316	272
31	Ben	Malia	Rugby & Northampton AC	SM	94	90	87					271	271
32	Peter	Williams	W&D AC	SM	57		61	68			82	268	268
33	Stewart	Shears	Silson Joggers	SM	55	49	37	57		69		267	267
34	Cory	Tomkins	W&D AC	MU20	92	89	80					261	261

35	David	Morley	Silson Joggers	M40	50	29	47		62	68		256	256
36	Tony	Letts	Northampton RR	M40		80	83		90			253	253
37	Neil	Glover	Rugby & Northampton AC	M55	64	54		60	69			247	247
38	Charles	Howard	Wootton Road Runners	SM	86	75	86					247	247
39	Jonathon	Gale	Silson Joggers	M40	48	35	34	54	53	56		280	246
40	Martin	Newton	W&D AC	SM	49	38	13			61	80	241	241
41	Dan	Taylor	Silson Joggers	SM	88	79	74					241	241
42	Pete	Diamond	Wootton Road Runners	M50	44	39	39	55	59			236	236
43	Jeff	Haynes	Silson Joggers	M55	75	69			86			230	230
44	Michael	Dowdy	Wootton Road Runners	M50	28	1	6	39	49	48	65	236	229
45	Allan	Griffiths	W&D AC	M40		34	18	18		71	87	228	228
46	Andy	Green	Team East Haddon	M45		72	70	78				220	220
47	Matthew	Brown	Wootton Road Runners	SM	62	47	45		65			219	219
48	Sean	Gallagher	Kettering TH	SM		58		59			88	205	205
49	Adrian	Busby	Wootton Road Runners	M40	66		65		73			204	204
50	Mark	Nicholls	Silson Joggers	M40	42	27	33	45		55		202	202
51	Ricgard	Franks	Northampton RR	M50			50	67			84	201	201
52	Chris	Curtis	Corby AC	SM		99		99				198	198
53	Stephen	Young	Wootton Road Runners	M40	54	42	40		60			196	196
54	Mike	Farrow	W&D AC	M55					56	63	76	195	195
55	Stuart	Nelson	Rugby & Northampton AC	SM				96		98		194	194
56	John	Webb	Wootton Road Runners	SM	52				64		78	194	194
57	Paul	Birch	Rugby & Northampton AC	SM		93	96					189	189
58	Terry	Toseland	W&D AC	M40		91		94				185	185
59	Neil	Barnett	W&D AC	SM	91	92						183	183
60	Francis	Hale	W&D AC	M40	96	84						180	180
61	Andrew	McKenna	W&D AC	SM	87		89					176	176
62	Damon	Long	W&D AC	SM				46		59	70	175	175
63	Tom	Elliff	Human Energy	SM	65	43			66			174	174
64	Brendan	Moan	Rugby & Northampton AC	M40	85		84					169	169
65	James	Berry	W&D AC	SM					84	84		168	168
66	Jon	Wilkinson	Wootton Road Runners	SM	60	51	57					168	168
67	Richard	Fowler	Wootton Road Runners	M40		82	85					167	167
68	Robin	Frost	Wootton Road Runners	M40	31	3	7	37	46	45		169	166
69	Andy	Hoare	Silson Joggers	M50	47		12	47		60		166	166
70	Simon	Tootell	Wootton Road Runners	SM					79	83		162	162

71	James	Darcy	Silson Joggers	M45		78		81			159	159	
72	Neil	Martin	Rugby & Northampton AC	M50		7	8	41	48	50	154	154	
73	John	Thomas	Corby AC	M70		20	25	50		58	153	153	
74	Matthew	Smith	Kettering TH	SM		70		82			152	152	
75	Steve	Green	Kettering TH	SM						70	81	151	151
76	Paul	Young	Kettering TH	M50			20	52		67		139	139
77	Terry	Allen	Wootton Road Runners	M40				62		76		138	138
78	Troy	Garrity	Corby AC	SM		98				40		138	138
79	Will	Raybold	Human Energy	M40		61			75			136	136
80	Lynton	Dawson	Northampton RR	SM		64	68					132	132
81	Terry	Peters	Wootton Road Runners	M55		24	42	66				132	132
82	Mark	Fowler	Wootton Road Runners	SM	68	62						130	130
83	Steve	Adams	W&DAC	M55		16			55	57		128	128
84	Brian	Keers	Silson Joggers	M50	38	11		32		47		128	128
85	Tim	Ellwood	W&D AC	M40			62			65		127	127
86	Andrew	Hackett	Wootton Road Runners	SM	56				71			127	127
87	Martin	Fowler	Wootton Road Runners	M55	51						75	126	126
88	David	Hardcastle	Wootton Road Runners	M50	33			43	50			126	126
89	Kevin	Jeary	Wootton Road Runners	M50	53				72			125	125
90	Bill	Goadsby	Daventry Road Runners	M55	18		1	26	34	41		120	120
91	Phil	Nudds	Kettering TH	SM		55	63					118	118
92	Richard	Chaloner	Wootton Road Runners	SM	59				58			117	117
93	John	White	Wootton Road Runners	SM	76				41			117	117
94	Deepesh	Patel	Wootton Road Runners	SM			48		67			115	115
95	Trevor	Barnes	Silson Joggers	M55				41		73		114	114
96	David	Coates	Silson Joggers	M50		59	55					114	114
97	Colin	Harris	W&D AC	M40		18	22				74	114	114
98	Graham	Hollowell	Wootton Road Runners	M45		56	56					112	112
99	Simon	Hobday	W&D AC	M50		57	54					111	111
100	Chris	Futhorpe	Wootton Road Runners	SM	45		21	40				106	106
101	John	Jeffreys	Wootton Road Runners	SM	41				63			104	104
102	Daniel	Clarke	Daventry Road Runners	SM		52	51					103	103
103	Ian	Robb	Corby AC	M50		40		63				103	103
104	Michael	Spencer	Silson Joggers	M50				49	54			103	103
105	Graham	Tee	Wootton Road Runners	M50	36		15		52			103	103
106	Paul	Glaister	Wootton Road Runners	M40	46		14	42				102	102

107	Michael	Aldridge	Wootton Road Runners	SM						100	100	100
108	Robert	Burgess	Wootton Road Runners	M45			46		54		100	100
109	James	Lambert	Wootton Road Runners	SM			43		57		100	100
110	Steve	Milner	Rugby & Northampton AC	SM		66	32				98	98
111	Michael	Heap	Wootton Road Runners	M55					47	49	96	96
112	Mick	Clarke	Northampton RR	M70			3	29			63	95
113	Mark	Garrett	Northampton RR	M50							94	94
114	Liam	Ratcliffe	Rugby & Northampton AC	SM					94		94	94
115	Chris	Lazenby	Wootton Road Runners	SM					92		92	92
116	Guy	Travers	W&D AC	M40		48	44				92	92
117	Paul	Northern	Wootton Road Runners	M40						90	90	90
118	Sam	Turnell	Rugby & Northampton AC	MU20	90						90	90
119	Ian	Mann	W&D AC	M45	14			30		44	88	88
120	Alan	Rain	Kettering TH	SM							86	86
121	John	San	Rugby & Northampton AC	SM				86			86	86
122	Paul	Carr	Kettering TH	?							85	85
123	Joe	Horsley	Rugby & Northampton AC	M55	22	1	1	25	36		85	85
124	Brian	Summers	Rugby & Northampton AC	M40						85	85	85
125	Keith	Molloy	W&D AC	M40				84			84	84
126	Simon	Ruegg	Kettering TH	SM							83	83
127	Tim	Walsh	W&D AC	M50		13	17			53	83	83
128	Robin	Britten	Kettering TH	M45		12		36	33		81	81
129	Robert	Male	Rugby & Northampton AC	M17					81		81	81
130	Alan	Mould	Rugby & Northampton AC	M50						81	81	81
131	Darren	Weston	Daventry Road Runners	M40				80			80	80
132	Dom	Coleman	W&D AC	SM				33	45		78	78
133	Matthew	Wootton	Silson Joggers	SM	78						78	78
134	Stephen	Dixon	Rugby & Northampton AC	SM						77	77	77
135	Richard	Wigginton	W&D AC	?							77	77
136	Steven	Broom	Corby AC	MU20		76					76	76
137	David	Lazenby	Wootton Road Runners	SM					76		76	76
138	Simon	Douglas	Wootton Road Runners	SM				75			75	75
139	Alan	Hawkes	Corby AC	M50				74			74	74
140	Brian	Malin	Rugby & Northampton AC	M50						73	74	74
141	Kemal	Mehmet	Kettering TH	M40		1	73				74	74
142	Keith	Moreman	Daventry Road Runners	M60						74	74	74

143	Richard	Baldwin	Wootton Road Runners	M45	27	1	9		35		72	72
144	Stuart	Mellows	W&D AC	?						72	72	72
145	Ronnie	Ambrose	Northampton RR	M45		15		56			71	71
146	David	Kelly	W&D AC	M40				71			71	71
147	Guy	Peterson	Rugby & Northampton AC	M40		71					71	71
148	Andrew	Taylor	Silson Joggers	SM	71						71	71
149	Tony	Kennedy	Northampton RR	M45			2			68	70	70
150	Aaron	Lincoln	Rugby & Northampton AC	M40					70		70	70
151	Jay	Love	Rugby & Northampton AC	M40	70						70	70
152	Nathan	Sexon	W&D AC	M40				70			70	70
153	Neil	Mulroy	Kettering TH	?						69	69	69
154	Neil	Willsher	Rugby & Northampton AC	SM			69				69	69
155	Brian	Farrar	Corby AC	M60			1			67	68	68
156	Ben	Green	W&D AC	M20					68		68	68
157	John	Vincent	Wootton Road Runners	M45	29				39		68	68
158	Gary	Zuboky	W&D AC	M50		30	38				68	68
159	Paul	Matthews	Wootton Road Runners	M40			67				67	67
160	Tony	Swindells	Wootton Road Runners	M55	25				42		67	67
161	Phil	Farley	W&D AC	M45		31	35				66	66
162	Liam	Kirk	Kettering TH	MU20						66	66	66
163	Richard	Rose	Northampton RR	M60		1			29	36	66	66
164	Norman	Smith	Corby AC	M50						66	66	66
165	James	Anderson	Northampton RR	M40		1				64	65	65
166	Edward	Bailey	Wootton Road Runners	SM						64	64	64
167	John	Hullett	Silson Joggers	M60						62	62	62
168	Nigel	Taylor	Corby AC	M45		26	36				62	62
169	Chris	Jones	W&D AC	SM				23		38	61	61
170	James	Myhill	Rugby & Northampton AC	SM					61		61	61
171	Nathan	Smith	Rugby & Northampton AC	SM	61						61	61
172	Gary	McDaniels	Northampton RR	M40		60					60	60
173	Paul	Bramley	Rugby & Northampton AC	M50	21				38		59	59
174	Russ	Dickerson	Rugby & Northampton AC	M40	15					43	58	58
175	Paul	Harrison	Wootton Road Runners	SM	58						58	58
176	Paul	Smart	Human Energy	M50				58			58	58
177	Eamon	Kennedy	W&D AC	M45			1	19		37	57	57
178	Andrew	Manning	W&D AC	M45		1	1	17		35	54	54

179	Mick	Galloway	Corby AC	M40					53		53	53
180	Adam	Sonn	Kettering TH	SM		2				51	53	53
181	Phillip	Wood	Wootton Road Runners	SM			53				53	53
182	Paul	Morrow	Kettering TH	M40						52	52	52
183	Drew	Sheffield	Wootton Road Runners	SM			52				52	52
184	Roger	Taylor	Silson Joggers	M40		5				46	51	51
185	Ian	Townshend	Wootton Road Runners	M45	32	9	10				51	51
186	Peter	Goringe	Kettering TH	M50		23	26				49	49
187	Anthony	Poncia	Kettering TH	SM		22	27				49	49
188	Stephen	Atkinson	Wootton Road Runners	M40					48		48	48
189	John	Fleming	Northampton RR	M40		46					46	46
190	Robert	Giles	W&D AC	M50					44		44	44
191	Andrew	Grabbitas	Rugby & Northampton AC	M55						44	44	44
192	Gerald	O'Keefe	Corby AC	M50		44					44	44
193	Cary	Rigler	Wootton Road Runners	M50			4			40	44	44
194	David	Davies	Wootton Road Runners	M55	35	8					43	43
195	David	Hanwell	Kettering TH	M60						43	43	43
196	Graham	Bayes	W&D AC	M60						42	42	42
197	James	Cameron	Wootton Road Runners	M55	13					28	41	41
198	Tony	Hale	W&D AC	M55		17	24				41	41
199	Mark	Kennedy	Northampton RR	SM		41					41	41
200	Les	Rolfe	W&D AC	M50	40						40	40
201	Amos	Hill	W&D AC	M40						39	39	39
202	Thomas	Schilling	Silson Joggers	M40	39						39	39
203	Keith	Lock	W&D AC	SM					38		38	38
204	Peter	Moor	Northampton RR	SM		37					37	37
205	Robert	Ward	Wootton Road Runners	M40						37	37	37
206	Paul	Marlow	Kettering TH	M45		36					36	36
207	Simon	Peart	Silson Joggers	M40	30	6					36	36
208	David	Eaton	Corby AC	M50		19	16				35	35
209	Jason	Sheridan	W&D AC	SM					35		35	35
210	Matthew	Dale	Wootton Road Runners	SM					34		34	34
211	Thom	McKiernan	W&D AC	SM	34						34	34
212	Mark	Bland	Corby AC	M45		33					33	33
213	Andy	Davidson	Wootton Road Runners	M45						32	32	32
214	Steve	Borondy	Wootton Road Runners	M45				31			31	31

215	Martin	Lewis	Wootton Road Runners	M50				31	31	31
216	Seam	Male	W&D AC	SM			31		31	31
217	Ian	Evetts	Wootton Road Runners	M40				30	30	30
218	Kevin	Lewis	W&D AC	M50		30			30	30
219	Christopher	Knight	Wootton Road Runners	M40		29			29	29
220	Darren	Byfield	Northampton RR	M40			28		28	28
221	Paul	Mottram	Corby AC	M45	28				28	28
222	Mark	Pearson	Kettering TH	M40		28			28	28
223	Andrey	Starcevic	Wootton Road Runners	M50			27		27	27
224	Gareth	Jones	Wootton Road Runners	SM	26				26	26
225	John	Cummings	Corby AC	SM		1		24	25	25
226	Wayne	Hackett	Silson Joggers	SM		25			25	25
227	Christopher	Nunn	W&D AC	M40	24				24	24
228	Paul	Flecknoe	Wootton Road Runners	SM	23				23	23
229	Brent	Perkins	Wootton Road Runners	M50				22	22	22
230	Barry	Collins	W&D AC	M50				21	21	21
231	Andrew	Cooke	Human Energy	M45	20	1			21	21
232	Alan	Davies	Corby AC	SM				20	20	20
233	Michael	Kendall	Wootton Road Runners	M55			19		19	19
234	Michael	Wood	Wootton Road Runners	M60	19				19	19
235	Guy	Glennon	Wootton Road Runners	M45	17				17	17
236	Michael	Young	Wootton Road Runners	SM	16				16	16
237	Nick	McHugh	W&D AC	SM		14			14	14
238	Jon	Wright	Rugby & Northampton AC	M50	12	1			13	13

239	Steve	Marsh	Wootton Road Runners	M50		11		11	11
240	Alan	Gray	Silson Joggers	M40	10			10	10
241	Sam	Cortese	Team East Haddon	M50	1	5		6	6
242	David	Blackburn	Northampton RR	M50	4			4	4
243	Sandy	Moffat	Silson Joggers	M50	1	1		2	2
244	Adrian	Spicer	W&D AC	M40	1	1		2	2
245	Gareth	Barkley	Kettering TH	SM	1			1	1
246	Colin	Bricher	Northampton RR	M60	1			1	1
247	Mark	Exely	Wootton Road Runners	M45	1			1	1
248	Tim	Hulett	Silson Joggers	M60		1		1	1
249	Allan	Lock	Silson Joggers	M65	1			1	1
250	Stephen	Milkins	Corby AC	M55	1			1	1
251	Paul	Mortimer	Corby AC	M40	1			1	1
252	Ben	Mullaney	W&D AC	SM		1		1	1
253	John	Oliver	Northampton RR	M45		1		1	1
254	David	Solomon	Northampton RR	M55	1			1	1
255	Daniel	Van der Putten	Human Energy	M60	1			1	1

Female Open

1	Angela	Copson	Rugby & Northampton AC	F60	99	100	100		94	99		492	492
2	Heather	Cooke	Silson Joggers	SF	96	95	95	97	93			476	476
3	Natasha	Wain	W&D AC	F35	92	92	88	94	90	95	97	648	470
4	Margaret	Mulholland	Corby AC	F40	90	90		95		93	96	464	464
5	Sarah	Clark	Silson Joggers	SF	94	91	89	92	89	96		551	462
6	Kelly	Burn	W&D AC	SF	89	88	87	91	88		99	542	455
7	Emma	Murphy	W&D AC	F35		87	85	93		92	98	455	455
8	Louise	Kemp	W&D AC	SF	72	77	82	85	85	91		492	420
9	Madeleine	Moutrie	Silson Joggers	F45	75	79	75	83	80	87		479	404
10	Morag	Larsen	Wootton Road Runners	SF			98	99	96	98		391	391
11	Sheona	Smee	Silson Joggers	F50	61		74	78		82	90	385	385
12	Gillian	Brightwell	W&D AC	F50		54	68	77	71		94	364	364
13	Jacqueline	Mildred	Wootton Road Runners	F35	85	83	84		84			336	336
14	Karen	Tomkins	W&D AC	SF	81	71	80				93	325	325
15	Tracey	Shepherd	Corby AC	F40			65		70	81	95	311	311
16	Amanda	Marlow	Kettering TH	F40		68	71	79	78			296	296
17	Barbara	Willison	Wootton Road Runners	F40	95	96	97					288	288
18	Daisy	Melville	Rugby & Northampton AC	F35			93		95	97		285	285
19	Deana	Loveridge	Wootton Road Runners	F40	69	63	67		81			280	280
20	Vicky	Parsons	Wootton Road Runners	F35	93	94	92					279	279
21	Lee	Clayson	Wootton Road Runners	F45	91			90	92			273	273
22	Bryna	Holmes	W&D AC	SF		89		86		94		269	269
23	Nicola	Durose	Rugby & Northampton AC	F35		51	52		69	84		256	256
24	Amanda	Allen	W&D AC	F45		45	53		66		91	255	255
25	Lisa	Johnson	Rugby & Northampton AC	F40	59	56	69		67			251	251
26	Louise	Birkett-Swan	Wootton Road Runners	F35	76		83		87			246	246
27	Deborah	Galletta	Corby AC	F45		75	81			86		242	242
28	Sue	Clayton-Drabble	Silson Joggers	F45	79	78	79					236	236
29	Michelle	Fryatt	Wootton Road Runners	F35				80	73	83		236	236
30	Mel	Bignell	Silson Joggers	F50		69	78			88		235	235
31	Karen	Spellman	Rugby & Northampton AC	F40			74	81	77			232	232
32	Stacey	Pywell	W&D AC	SF	56	46	44	74				220	220
33	Justine	Verwey	Silson Joggers	F40	54					74	88	216	216
34	Maria	Hollis	W&D AC	SF	43		41	58		64		206	206
35	Laura	Burton	W&D AC	SF	66	66	66					198	198

36	Victoria	Knight	Wootton Road Runners	SF	98				98			196	196
37	Hayley	Veasey	Corby AC	F35		98		98				196	196
38	Theresa	Clark	W&D AC	F50		49	57			89		195	195
39	Maxine	Hill	Wootton Road Runners	F35		61		70	63			194	194
40	Trudi	Pike	Corby AC	F40		97	94					191	191
41	Michelle	Barnett	W&D AC	F35	55			71	62			188	188
42	Justine	Keech	W&D AC	F35				89		90		179	179
43	Elizabeth	Orchard	W&D AC	SF				87	86			173	173
44	Victoria	Davies	Daventry Road Runners	SF		85	86					171	171
45	Sally	Hewitt	W&D AC	F55	49		47			71		167	167
46	Tricia	Gamer	Rugby & Northampton AC	F50	83	82						165	165
47	Fiona	Kinder	Wootton Road Runners	F45		50	50		64			164	164
48	Alison	Moxley	Kettering TH	F35		81			83			164	164
49	Carol	Debney	Silson Joggers	F60	45			60	58			163	163
50	Ellie	Lock	Silson Joggers	SF	78	80						158	158
51	Elaine	Dawes	W&D AC	F45		73		84				157	157
52	Barbara	Parkinson	Rugby & Northampton AC	F60			76			79		155	155
53	Heather	Burgess	W&D AC	F40	47		42	65				154	154
54	Josie	Granger	Northampton RR	F45		70		82				152	152
55	Irina	Lewis	Wootton Road Runners	F45			72		74			146	146
56	Catherine	Riley	Wootton Road Runners	F40	67				79			146	146
57	Sarah	Grove	W&D AC	F35				72		73		145	145
58	Emma	Baross	Wootton Road Runners	F35	73				68			141	141
59	Andrea	Collingwood	Wootton Road Runners	F35	63				76			139	139
60	Pam	Larham	Wootton Road Runners	F45	64				75			139	139
61	Kerry	Howard	W&D AC	F35				68		70		138	138
62	Lorraine	Kirk	W&D AC	SF	60					78		138	138
63	Laura	Norman	Wootton Road Runners	SF	71	67						138	138
64	Sarah	Coward	W&D AC	F40			59			76		135	135
65	Faith	Button	Wootton Road Runners	F35	68	65						133	133
66	Joanne	James	Wootton Road Runners	SF	58				72			130	130
67	Samantha	Clarke	W&D AC	F35	62	64						126	126
68	Sarah	Warden	Wootton Road Runners	F45		60	61					121	121
69	Claire	Lambert	Wootton Road Runners	SF			55		65			120	120
70	Mary	Kingsworth	Northampton RR	F55		58	58					116	116
71	Claire	McDaid	Northampton RR	F35		52	62					114	114

72	Gay	Tresler	Rugby & Northampton AC	F60		53	56				109	109
73	Joanna	Cummings	Northampton RR	F35		47			61		108	108
74	Ann	Dickson	Northampton RR	F60		40		64			104	104
75	Kirsty	Gallagher	Wootton Road Runners	F35					100		100	100
76	Marie	Jesson	Northampton RR	F35						100	100	100
77	Jasmine	Lowdon	Wootton Road Runners	SF	100						100	100
78	Jo	Pulsford	Rugby & Northampton AC	SF				100			100	100
79	Steph	Russell	Northampton RR	SF						100	100	100
80	Julie	Dixon	Wootton Road Runners	F40			99				99	99
81	Rebecca	Hall	Corby AC	SF		99					99	99
82	Helen	Rollins	Kettering TH	SF					99		99	99
83	Ali	Cooper	Rugby & Northampton AC	F35	98						98	98
84	Melanie	Wood	Rugby & Northampton AC	F20					97		97	97
85	Kym	Wheeler	Corby AC	F45				96			96	96
86	Nicola	Wood	Wootton Road Runners	SF			96				96	96
87	Kit	Rapson	Silson Joggers	F40	52		43				95	95
88	Charlotte	Yarker	Northampton RR	SF		93					93	93
89	Dawn	Holloway	W&D AC	F40						92	92	92
90	Valerie	Anslow	W&D AC	F50		43	48				91	91
91	Gabrielle	Moriarty	Rugby & Northampton AC	F20					91		91	91
92	Rachel	Shaw	Rugby & Northampton AC	SF			91				91	91
93	Annette	Burgess	Wootton Road Runners	F40			90				90	90
94	Natasha	King	Silson Joggers	F35						89	89	89
95	Jacquetta	Manning	Wootton Road Runners	SF	88						88	88
96	Sharon	McHarg	Corby AC	F45				88			88	88
97	Diane	Rogers	Wootton Road Runners	F40	87						87	87
98	M	Smith	Rugby & Northampton AC	SF		86					86	86
99	Elle	Supple	Silson Joggers	FU20	86						86	86
100	Amanda	Morrow	Kettering TH	F35						85	85	85
101	Rosemary	Van der Putten	Human Energy	F55		84					84	84
102	Lorna	Webb	Wootton Road Runners	SF	84						84	84
103	Jo	Love	Rugby & Northampton AC	F35	82						82	82
104	Sue	White	Northampton RR	F45					82		82	82
105	Lucia	Hale	W&D AC	F55						80	80	80
106	Neasa	Harmon	Wootton Road Runners	F35	80						80	80
107	Karen	Mehew	W&D AC	F40			77				77	77

108	Jessica	Tait	Wootton Road Runners	SF	77			77	77
109	Carly	Walker	W&D AC	SF			77	77	77
110	Samantha	Woodward	W&D AC	SF		76		76	76
111	Monica	Curle	Wootton Road Runners	SF			75	75	75
112	Sue	Errington	Wootton Road Runners	F45		75		75	75
113	Antoinette	Kiely	Wootton Road Runners	F45	74			74	74
114	Alison	Tay	Silson Joggers	SF		74		74	74
115	Michelle	Roe	W&D AC	SF		73		73	73
116	Joanne	Edwards	W&D AC	F35			72	72	72
117	Hollie	Harman	Kettering TH	SF		72		72	72
118	Claire	Todd	Silson Joggers	F45	70			70	70
119	Jeanette	Vango	Corby AC	F40		70		70	70
120	Mary	Moore	W&D AC	SF			69	69	69
121	Victoria	Wan	Wootton Road Runners	SF		69		69	69
122	Abi	Craig	W&D AC	JF			68	68	68
123	Juliet	Hanson	Silson Joggers	F45			67	67	67
124	Karen	Precious	W&D AC	SF		67		67	67
125	Mandy	Crabb	W&D AC	F45		66		66	66
126	Hayley	Hardie	W&D AC	F35			65	65	65
127	Zoe	Hemsley	Wootton Road Runners	F35	65			65	65
128	Evelyn	Donoghue	W&D AC	F40		64		64	64
129	Vicky	Greenshields	Wootton Road Runners	SF			63	63	63
130	Kirsty	Hewitt	W&D AC	F40		63		63	63
131	Terri	Davison	Northampton RR	F35			62	62	62
132	Helen	Johannson	Wootton Road Runners	F45			62	62	62
133	Wendy	Parker	Northampton RR	F45		62		62	62
134	Orla	Tait	Rugby & Northampton AC	F45			61	61	61
135	Hannah	Goves	Wootton Road Runners	F35		60		60	60
136	Susan	Thompson	Northampton RR	F60			60	60	60
137	Valerie	Cross	Rugby & Northampton AC	F60			59	59	59
138	Jane	Partridge	Rugby & Northampton AC	F55		59		59	59
139	Emma	Straker	W&D AC	F35			59	59	59
140	Keren	Irving	Northampton RR	F35			57	57	57
141	Sally	Mills	Rugby & Northampton AC	SF		57		57	57
142	Madeleine	Smee	Silson Joggers	FU20	57			57	57
143	Kathie	Green	W&D AC	F55			56	56	56

144	Elaine	Palmer	Northampton RR	F40		55		55	55
145	Sarah	Elliott	Rugby & Northampton AC	F40			54	54	54
146	Mandy	Dennis	Wootton Road Runners	F50	53			53	53
147	Claire	O'Reilly	Silson Joggers	F35	51			51	51
148	Susan	Walden	Rugby & Northampton AC	F40			51	51	51
149	Kelly	Jurdison	Wootton Road Runners	SF	50			50	50
150	Elizabeth	Wilbourn	Wootton Road Runners	SF			49	49	49
151	Jackie	Horne	Northampton RR	F50		48		48	48
152	Deborah	Vincent	Wootton Road Runners	F40	48			48	48
153	Hayley	Frasier	Wootton Road Runners	F35			46	46	46
154	Valerie	V.Cross	Rugby & Northampton AC	F60	46			46	46
155	Dawn	Exley	Wootton Road Runners	F45			45	45	45
156	Mary	Davies	Northampton RR	F55		44		44	44
157	Susan	Owen	W&D AC	F55	44			44	44
158	Kate	Herd	Corby AC	F40		42		42	42
159	Kim	Wakefield	Wootton Road Runners	SF	42			42	42
160	Helen	Blackburn	Northampton RR	F45		41		41	41
161	Julie	English	Corby AC	F35		39		39	39
162	Claire	Spokes	Northampton RR	SF		38		38	38

				Blisworth	Corby	5 Weedon	W'boro	Blisworth	Moulton	Cransley	Total	Best 5
Male 40				5k	5	10k	5	5	10k	HM		
1	Steve	Poole	Wootton Road Runners	M40	49	50		50	50	50	299	250
2	Greg	Spellman	Rugby & Northampton AC	M45		49	48	48	49	49	243	243
3	Andy	Pacey	Silson Joggers	M40	47		50	47	47	49	240	240
4	Kevin	Reboul	Silson Joggers	M45	44	41	39	38	41	46	296	219
5	Vincent	Carroll	Rugby & Northampton AC	M40	43	40	42		44	47	216	216
6	Scott	Magee	Corby AC	M40	39	36	35			43	198	198
7	Nick	Pacey	Silson Joggers	M45	50		49	46	48		193	193
8	Phil	West	Kettering TH	M40		47	46	45		48	186	186
9	Richard	Lack	Wootton Road Runners	M40	45	46	47		46		184	184
10	Steve	Heighway	Wootton Road Runners	M40	41		40		42	45	168	168
11	David	Morley	Silson Joggers	M40	36	25	31		35	39	166	166
12	Rodger	Bullen	W&D AC	M45				35	39	42	162	162
13	Jonathon	Gale	Silson Joggers	M40	35	29	25	32	32	37	190	161
14	David	Parkins	Wootton Road Runners	M45	42	37	41		40		160	160
15	Allan	Griffiths	W&D AC	M40		28	19	22		40	152	152
16	Mark	Nicholls	Silson Joggers	M40	33	23	24	29		36	145	145
17	Robin	Frost	Wootton Road Runners	M40	30	15	15	27	31	33	151	136
18	Jon	Kemp	W&D AC	M40				42	43	48	133	133
19	Tony	Letts	Northampton RR	M40		43	43		45		131	131
20	Stephen	Young	Wootton Road Runners	M40	37	30	28		34		129	129
21	Andy	Green	Team East Haddon	M45		39	37	39			115	115
22	Adrian	Busby	Wootton Road Runners	M40	38		34		37		109	109
23	Terry	Toseland	W&D AC	M40		48		49			97	97
24	Francis	Hale	W&D AC	M40	48	45					93	93
25	Brendan	Moen	Rugby & Northampton AC	M40	46		44				90	90
26	Richard	Fowler	Wootton Road Runners	M40		44	45				89	89
27	Richard	Baldwin	Wootton Road Runners	M45	27	12	16		28		83	83
28	James	Darcy	Silson Joggers	M45		42		41			83	83
29	Colin	Harris	W&D AC	M40		21	20			42	83	83
30	Paul	Glaister	Wootton Road Runners	M40	34		18	28			80	80
31	Ian	Mann	W&D AC	M45	22			25		32	79	79
32	Terry	Allen	Wootton Road Runners	M40				34		41	75	75
33	Will	Raybould	Human Energy	M40		35			38		73	73
34	Tim	Ellwood	W&D AC	M40			33			38	71	71
35	Andrew	Manning	W&D AC	M45		7	11	21		28	67	67
36	Graham	Hollowell	Wootton Road Runners	M45		33	32				65	65
37	Eamon	Kennedy	W&D AC	M45			13	23		29	65	65

38	Ian	Townshend	Wootton Road Runners	M45	31	17	17			65	65
39	Guy	Travers	W&D AC	M40		32	29			61	61
40	John	Vincent	Wootton Road Runners	M45	28			30		58	58
41	Tony	Kennedy	Northampton RR	M45			14		41	55	55
42	Russ	Dickerson	Rugby & Northampton AC	M40	23				31	54	54
43	Ronnie	Ambrose	Northampton RR	M45		20		33		53	53
44	Phil	Farley	W&D AC	M45		26	26			52	52
45	Kemal	Mehmet	Kettering TH	M40		13	38			51	51
46	James	Anderson	Northampton RR	M40		10				40	50
47	Roger	Taylor	Silson Joggers	M40		16			34	50	50
48	Nigel	Taylor	Corby AC	M45		22	27			49	49
49	Robin	Britten	Kettering TH	M45		19		26		45	45
50	Paul	Northern	Wootton Road Runners	M40						44	44
51	Brian	Summers	Rugby & Northampton AC	M40					44	44	44
52	Chris	Wood	Silson Joggers	M40				44		44	44
53	Keith	Molloy	W&D AC	M40				43		43	43
54	Jay	Love	Rugby & Northampton AC	M40	40					40	40
55	Darren	Weston	Daventry RR	M40				40		40	40
56	Guy	Peterson	Rugby & Northampton AC	M40		38				38	38
57	David	Kelly	W&D AC	M40				37		37	37
58	Andrew	Cooke	Human Energy	M45	25	11				36	36
59	Aaron	Lincoln	Rugby & Northampton AC	M40					36	36	36
60	Paul	Matthews	Wootton Road Runners	M40			36			36	36
61	Nathan	Sexon	W&D AC	M40				36		36	36
62	Paul	Morrow	Kettering TH	M40					35	35	35
63	Gary	McDaniels	Northampton RR	M40		34				34	34
64	Michael	Spencer	Silson Joggers	M45					33	33	33
65	Thomas	Schilling	Silson Joggers	M40	32					32	32
66	John	Fleming	Northampton RR	M40		31				31	31
67	Mick	Galloway	Corby AC	M40				31		31	31
68	Stephen	Atkinson	Wootton Road Runners	M40				30		30	30
69	Robert	Burgess	Wootton Road Runners	M45			30			30	30
70	Amos	Hill	W&D AC	M40					30	30	30
71	Simon	Peart	Silson Joggers	M40	29					29	29
72	Robert	Ward	Wootton Road Runners	M40					29	29	29
73	Mark	Bland	Corby AC	M45		27				27	27
74	Andy	Davidson	Wootton Road Runners	M45					27	27	27
75	Ian	Evetts	Wootton Road Runners	M40					26	26	26
76	Christopher	Nunn	W&D AC	M40	26					26	26

77	Darren	Byfield	Northampton RR	M40			24		24
78	Guy	Glennon	Wootton Road Runners	M45	24				24
79	Paul	Mottram	Corby AC	M45		24			24
80	Steve	Borondy	Wootton Road Runners	M45			23		23
81	Christopher	Knight	Wootton Road Runners	M40			22		22
82	Mark	Pearson	Kettering TH	M40			21		21
83	Adrian	Spicer	W&D AC	M40		8	12		20
84	Allan	Gray	Silson Joggers	M40		18			18
85	Mark	Exely	Wootton Road Runners	M45		14			14
86	John	Oliver	Northampton RR	M45			10		10
87	Paul	Mortimer	Corby AC	M40		9			9

Male 50

1	Lazloe	Boden	Wootton Road Runners	M50	50	50	50	50	50	50	50	350	250
2	Neil	McDonald	W&D AC	M50		43	47	44		47	48	229	229
3	Pete	Diamond	Wootton Road Runners	M50	43	40	41	40	46			210	210
4	David	Jarrett	Silson Joggers	M50	40	36	35	38	42	42	43	276	205
5	Terry	Egan	Rugby & Northampton AC	M50		49	49	49		49		196	196
6	Damian	Murphy	Wootton Road Runners	M50	48	47	48	48				191	191
7	Michael	Dowdy	Wootton Road Runners	M50	36	25	26	33	40	34	40	234	183
8	Neil	Glover	Rugby & Northampton AC	M55	47	44		42	47			180	180
9	Andy	Hoare	Silson Joggers	M50	44		29	35		41		149	149
10	John	Thomas	Corby AC	M70		35	37	37		40		149	149
11	Jeff	Haynes	Silson Joggers	M55	49	48			49			146	146
12	Joe	Horsley	Rugby & Northampton AC	M55	43	23	20	28	32			146	146
13	Bill	Goadsby	Daventry Road Runners	M55	31		21	29	31	31		143	143
14	Richard	Franks	Northampton RR	M50			44	46			47	137	137
15	Brian	Keers	Silson Joggers	M50	41	30		32		33		136	136
16	Mike	Farrow	W&D AC	M55					45	43	46	134	134
17	David	Coates	Silson Joggers	M50		46	46				39	131	131
18	Neil	Martin	Rugby & Northampton AC	M50		28	27		39	36		130	130
19	Terry	Peters	Wootton Road Runners	M55		38	43	45				126	126
20	Paul	Young	Kettering TH	M50			34	39		44		117	117
21	Steve	Adams	W&D AC	M55		32			44	39		115	115
22	Graham	Tee	Wootton Road Runners	M50	39		30		43			112	112
23	Tim	Walsh	W&D AC	M50		31	32			37		100	100
24	Kevin	Jeary	Wootton Road Runners	M50	46				48			94	94
25	Martin	Fowler	Wootton Road Runners	M55	45						45	90	90
26	Simon	Hobday	W&D AC	M50		45	45					90	90
27	Trevor	Barnes	Silson Joggers	M55			42			45		87	87
28	Ian	Robb	Corby AC	M50		41		43				84	84
29	Gary	Zuboky	W&D AC	M50		39	40					79	79
30	David	Hardcastle	Wootton Road Runners	M50	37				41			78	78
31	Peter	Goringe	Kettering TH	M50		37	38					75	75
32	Richard	Rose	Northampton RR	M60		18			28	29		75	75
33	Michael	Heap	Wootton Road Runners	M55					38	35		73	73
34	Tony	Swindells	Wootton Road Runners	M55	35				35			70	70
35	Tony	Hale	W&D AC	M55		33	36					69	69
36	David	Davies	Wootton Road Runners	M55	38	29						67	67
37	Paul	Bramley	Rugby & Northampton AC	M50	33				33			66	66
38	Brian	Malin	Rugby & Northampton AC	M50			22				44	66	66

39	David	Eaton	Corby AC	M50		34	31			65	65
40	Brian	Farrar	Corby AC	M60			19		42	61	61
41	Cary	Rigler	Wootton Road Runners	M50			24	34		58	58
42	James	Cameron	Wootton Road Runners	M55	30			27		57	57
43	Mick	Clarke	Northampton RR	M70			23	31		54	54
44	Colin	Bricher	Northampton RR	M60		21		30		51	51
45	Samantha	Cortese	Team East Haddon	M50		26	25			51	51
46	Mark	Garrett	Northampton RR	M50					49	49	49
47	Alan	Mould	Rugby & Northampton AC	M50					48	48	48
48	Alan	Hawkes	Corby AC	M50				47		47	47
49	Keith	Moreman	Daventry Road Runners	M60					46	46	46
50	Jon	Wright	Rugby & Northampton AC	M50	29	16				45	45
51	Gerald	O'Keeffe	Corby AC	M50		42				42	42
52	Les	Rolfe	W&D AC	M50	42					42	42
53	Paul	Smart	Human Energy	M50				41		41	41
54	Norman	Smith	Corby AC	M50					41	41	41
55	Kevin	Lewis	W&D AC	M50			39			39	39
56	Alan	Burgess	Northampton RR	M50					38	38	38
57	John	Hullett	W&D AC	M60					38	38	38
58	Andrew	Grabbitas	Rugby & Northampton AC	M55				37		37	37
59	Sandy	Moffat	Silson Joggers	M50		19	18			37	37
60	David	Hanwell	Kettering TH	M60				36		36	36
61	Michael	Spencer	Silson Joggers	M50				36		36	36
62	Robert	Gilks	W&D AC	M50				34		34	34
63	Michael	Kendall	Wootton Road Runners	M55			33			33	33
64	Graham	Bayes	W&D AC	M60					32	32	32
65	Michael	Wood	Wootton Road Runners	M60	32					32	32
66	Roger	Garrity	Corby AC	M60					30	30	30
67	Andrew	Starcevic	Wootton Road Runners	M50				30		30	30
68	Martin	Lewis	Wootton Road Runners	M50					29	29	29
69	Steve	Marsh	Wootton Road Runners	M50			28			28	28
70	David	Blackburn	Northampton RR	M50		27				27	27
71	John	Cummins	Corby AC	M50				27		27	27
72	Brent	Perkins	Wootton Road Runners	M50				26		26	26
73	Barry	Collins	W&D AC	M50				25		25	25
74	Allan	Lock	Silson Joggers	M65		24				24	24
75	Daniel	Van der Putten	Human Energy	M60		22				22	22
76	David	Solomon	Northampton RR	M55		20				20	20
77	Tim	Hulett	Silson Joggers	M60			17			17	17

78	Stephen	Milkins	Corby AC	M55	17	17	17
79	Jeremy	Wise	Kettering TH	M50	15	15	15

Female 35

1	Natasha	Wain	W&D AC	F35	47	46	45	48	48	48	48	330	239
2	Margaret	Mulholland	Corby AC	F40	46	45		49		47	47	234	234
3	Emma	Murphy	W&D AC	F35		44	44	47		46	49	230	230
4	Jacqueline	Mildred	Wootton Road Runners	F35	44	43	43		45			175	175
5	Amanda	Marlow	Kettering TH	F40		41	39	42	41			163	163
6	Tracey	Shepherd	Corby AC	F40			35		37	41	46	159	159
7	Deana	Loveridge	Wootton Road Runners	F40	39	39	36		43			157	157
8	Barbara	Willison	Wootton Road Runners	F40	49	48	49					146	146
9	Kelly	Burn	W&D AC	F35				46	47		50	143	143
10	Vicky	Parsons	Wootton Road Runners	F35	48	47	47					142	142
11	Nicola	Durose	Rugby & Northampton AC	F35		33	29		36	42		140	140
12	Lisa	Johnson	Rugby & Northampton AC	F40	33	36	37		34			140	140
13	Louise	Birkett-Swan	Wootton Road Runners	F35	41		42		46			129	129
14	Karen	Spellman	Rugby & Northampton AC	F40			40	44	40			124	124
15	Justine	Verwey	Silson Joggers	F40	31					39	44	114	114
16	Maxine	Hill	Wootton Road Runners	F35		37		39	33			109	109
17	Michelle	Barnett	W&D AC	F35	32			40	32			104	104
18	Hayley	Veasey	Corby AC	F35		50		50				100	100
19	Daisy	Melville	Rugby & Northampton AC	F35					49	49		98	98
20	Trudi	Pike	Corby AC	F40		49	48					97	97
21	Justine	Keech	W&D AC	F35				45		45		90	90
22	Heather	Burgess	W&D AC	F40	27		25	37				89	89
23	Alison	Moxley	Kettering TH	F35		42			44			86	86
24	Michelle	Fryatt	Wootton Road Runners	F35				43	38			81	81
25	Sarah	Grove	W&D AC	F35				41		38		79	79
26	Catherine	Riley	Wootton Road Runners	F40	37				42			79	79
27	Faith	Button	Wootton Road Runners	F35	38	40						78	78
28	Emma	Baross	Wootton Road Runners	F35	40				35			75	75
29	Andrea	Collingwood	Wootton Road Runners	F35	35				39			74	74
30	Kerry	Howard	W&D AC	F35				38		36		74	74
31	Samantha	Clarke	W&D AC	F35	34	38						72	72
32	Sarah	Coward	W&D AC	F40			31			40		71	71
33	Claire	McDaid	Northampton RR	F35		34	34					68	68
34	Joanna	Cummings	Northampton RR	F35		32			31			63	63
35	Kit	Rapson	Silson Joggers	F40	30		26					56	56
36	Ali	Cooper	Rugby & Northampton AC	F35	50							50	50
37	Julie	Dixon	Wootton Road Runners	F40			50					50	50
38	Kirsty	Gallagher	Wootton Road Runners	F35					50			50	50

39	Maree	Jesson	Rugby & Northampton AC	F35				50	50	50
40	Annette	Burgess	Wootton Road Runners	F40		46			46	46
41	Dawn	Holloway	W&D AC	F40				45	45	45
42	Diane	Rogers	Wootton Road Runners	F40	45				45	45
43	Natasha	King	Silson Joggers	F35				44	44	44
44	Jo	Love	Rugby & Northampton AC	F35	43				43	43
45	Amanda	Morrow	Kettering TH	F35				43	43	43
46	Neasa	Harmon	Wootton Road Runners	F35	42				42	42
47	Karen	Mehew	W&D AC	F40		41			41	41
48	Jeanette	Vango	Corby AC	F40		38			38	38
49	Joanne	Edwards	W&D AC	F35				37	37	37
50	Zoe	Hemsley	Wootton Road Runners	F35	36				36	36
51	Emma	Straker	W&D AC	F35			36		36	36
52	Terri	Davison	Northampton RR	F35				35	35	35
53	Hayley	Hardie	W&D AC	F35				35	35	35
54	Keren	Irving	Northampton RR	F35			35		35	35
55	Elaine	Palmer	Northampton RR	F40	35				35	35
56	Evelyn	Donoghue	W&D AC	F40		33			33	33
57	Hannah	Goves	Wootton Road Runners	F35		32			32	32
58	Kate	Herd	Corby AC	F40	31				31	31
59	Sarah	Elliott	Rugby & Northampton AC	F40		30			30	30
60	Julie	English	Corby AC	F35		30			30	30
61	Claire	O'Reilly	Silson Joggers	F35	29				29	29
62	Deborah	Vincent	Wootton Road Runners	F40	28				28	28
63	Susan	Walden	Rugby & Northampton AC	F40		28			28	28
64	Hayley	Frasier	Wootton Road Runners	F35		27			27	27

Female 45

1	Angela	Copson	Rugby & Northampton AC	F60	50	50	50		50	50		250	250
2	Madeleine	Moutrie	Silson Joggers	F45	46	47	44	46	47	48		278	234
3	Sheona	Smee	Silson Joggers	F50	42		43	44		45	48	222	222
4	Gillian	Brightwell	W&D AC	F50		36	41	43	44		50	214	214
5	Amanda	Allen	W&D AC	F45		31	36		43		49	159	159
6	Carol	Debney	Silson Joggers	F60	38			37	39	39		153	153
7	Lee	Clayson	Wootton Road Runners	F45	49			49	49			147	147
8	Sue	Clayton-Drabble	Silson Joggers	F45	47	46	47					140	140
9	Deborah	Galletta	Corby AC	F45		44	48			47		139	139
10	Mel	Bignell	Silson Joggers	F50		41	46			49		136	136
11	Theresa	Clark	W&D AC	F50		33	38				47	118	118
12	Sally	Hewitt	W&D AC	F55	40		33			42		115	115
13	Fiona	Kinder	Wootton Road Runners	F45		34	35		42			111	111
14	Tricia	Gamer	Rugby & Northampton AC	F50	48	48						96	96
15	Antoinette	Kiely	Wootton Road Runners	F45	45		49					94	94
16	Sharon	McHarg	Corby AC	F45				48	45			93	93
17	Elaine	Dawes	W&D AC	F45		43		47				90	90
18	Pam	Larham	Wootton Road Runners	F45	43				46			89	89
19	Barbara	Parkinson	Rugby & Northampton AC	F60			45			43		88	88
20	Josie	Granger	Northampton RR	F45		42		45				87	87
21	Mandy	Crabb	W&D AC	F45				41		40		81	81
22	Sarah	Warden	Wootton Road Runners	F45		39	40					79	79
23	Mary	Kingsnorth	Northampton RR	F55		37	39					76	76
24	Gay	Tresler	Rugby & Northampton AC	F60		35	37					72	72
25	Ann	Dickson	Northampton RR	F60		27		40				67	67
26	Valerie	Anslow	W&D AC	F50		29	34					63	63
27	Kym	Wheeler	Corby AC	F45				50				50	50
28	Rosemary	Van der Putten	Human Energy	F55		49						49	49
29	Sue	White	Northampton RR	F45					48			48	48
30	Michelle	Fryatt	Wootton Road Runners	F45						46		46	46
31	Deborah	Varnfield	W&D AC	F45		45						45	45
32	Lucia	Hale	W&D AC	F55						44		44	44
33	Claire	Todd	Silson Joggers	F45	44							44	44
34	Sue	Errington	Wootton Road Runners	F45				42				42	42
35	Irna	Lewis	Wootton Road Runners	F45			42					42	42
36	Mandy	Dennis	Wootton Road Runners	F50	41							41	41
37	Juliet	Hanson	Silson Joggers	F45						41		41	41
38	Susan	Thompson	Northampton RR	F60					41			41	41

39	Valerie	Cross	Rugby & Northampton AC	F60			40	40	40
40	Wendy	Parker	Northampton RR	F45		40		40	40
41	Helen	Johannson	Wootton Road Runners	F45			39	39	39
42	Valerie	V.Cross	Rugby & Northampton AC	F60	39			39	39
43	Jane	Partridge	Rugby & Northampton AC	F55		38		38	38
44	Orla	Tait	Rugby & Northampton AC	F45			38	38	38
45	Susan	Owen	W&D AC	F55	37			37	37
46	Kathie	Green	W&D AC	F55			36	36	36
47	Dawn	Exley	Wootton Road Runners	F45		32		32	32
48	Jackie	Horne	Northampton RR	F50		32		32	32
49	Mary	Davies	Northampton RR	F55		30		30	30
50	Helen	Blackburn	Northampton RR	F45		28		28	28