

Standings after 7 events

Position	Men	Championship Points	5k	10k	10 mile	HM
1	Paul Herbert	399	100	100	100	99
2	Simon Bennison	390	99	99	98	94
3	Terry Dowling	387	96	98	95	98
4	Gary Gibbons	336	89	83	76	88
5	Colin Latham	327	82	81	82	82
5	Michael Hobbs	327	85	76	81	85
7	Gary Farrell	301	89	88	73	51
8	Robin Briscoe	300	79	71	70	80
9	Ian Matthews	296	86	82	77	51
10	David De Jong	293	99	98	0	96
11	Jeremy Hall	288	97	0	96	95
12	James Marshall	279	0	96	93	90
13	Joe Keefe	277	96	0	92	89
14	Stephen Scott	276	94	94	0	88
15	Richard Jerome	270	91	90	0	89
16	Danny Johns	269	86	90	0	93
17	Keith Johnson	266	93	91	0	82
18	Alan Street	263	0	87	86	90
19	Barry Hiller	258	0	92	90	76
20	Steve Black	255	93	91	0	71

Position	Men	Championship Points	5k	10k	10 mile	HM
1	Laura Readings	392	99	97	98	98
2	Emma Inman	389	97	100	97	95
3	Karen Seaby	377	97	94	93	93
4	Carol Brombley	362	95	92	92	83
5	Jane Weeks	344	83	90	86	85
6	Vanessa Burrell	342	92	85	83	82
7	Gayle Nebbett	340	89	88	85	78
8	Sasha Hiller	336	87	85	83	81
9	Sophia Scott	335	74	91	90	80
10	Lisa Plummer	326	84	81	74	87
11	Angela Thorpe	317	84	79	75	79
12	Maureen Dowling	300	100	0	100	100
13	Helen Johnson	297	99	99	0	99
14	Joanne Dickey	285	98	96	0	91
15	Hannah Bint	284	0	97	91	96
16	Marie Laffin	278	0	96	95	87
17	Urszula Howlett	268	90	89	0	89
18	Alison Matthews	254	0	93	87	74
19	Debbie Winter	253	82	87	0	84
20	Naomi Aitken	247	0	86	88	73

Age graded standings

Category	Name
F Overall	Laura Readings
M Overall	Paul Herbert
FSEN	*N/a
MSEN	*N/a
FV40	Emma Inman
MV40	Gary Gibbons
FV50	Carol Brombley
MV50	Terry Dowling
FV60	Nina Cardrick
MV60	Alan Street

*N/a because the overall leader is currently in this category
There is only one award per age category