

| 2023 ROAD TABLE Race 9 Littleborough 5k | | Meltham 'Tough' 10k | | | | | | | | | | | Completed Races | | Total points | Qualified? | Qualifying TOTAL | | | |
|---|-----------------------|---------------------|------|------------------|-------|-----------|------|----------------|------|--------|------|------------|-----------------|--------------------------------|--------------|--------------|------------------|--|--|--|
| | | Norden 6 | | Littleborough 5k | | Settle 10 | | Goldenhalls 10 | | Hyde 7 | | Preston 10 | | Central Lancs Half Marathon 23 | | Hendon Brook | | | | |
| attendance | | 13 | 22 | 31 | 0 | 9 | 6 | 15 | 8 | 7 | 9 | 0 | 0 | | | | | | | |
| average points | | 70.4 | 73.7 | 76.2 | | 86.6 | 71.0 | 72.7 | 73.5 | 74.7 | 69.4 | | | | | | | | | |
| 1 | Robin Tuddenham | M50 | | 95.1 | | 101.9 | | 85.3 | 83.1 | 83.4 | 81.8 | | | 6 | 530.6 | Q | 530.6 | | | |
| 2 | Mark Anderton | M60 | | 78.9 | 83.4 | 89.9 | 76.2 | 79.1 | 77.9 | 77.7 | | | | 7 | 563.1 | Q | 486.9 | | | |
| 3 | Mark Tempest | M50 | 86.7 | 81.8 | 90.4 | 100.2 | | 80.2 | | | | | | 5 | 439.3 | X | 439.3 | | | |
| 4 | Sam Lund | M50 | 79.4 | 80.8 | 86.7 | | 90.9 | | 79.9 | 77.6 | | | | 6 | 495.3 | X | 417.7 | | | |
| 5 | Stuart Wolstenholme | M50 | 74.2 | 73.4 | 83.5 | | 71.0 | | | 71.4 | | | | 5 | 373.5 | X | 373.5 | | | |
| 6 | Katie Samuelson | F45 | 70.5 | | 77.9 | | 66.0 | | 67.5 | | 66.0 | | | 5 | 347.9 | X | 347.9 | | | |
| 7 | Darren Gillman | M50 | 70.2 | | 76.6 | | 61.6 | 64.5 | | | 65.4 | | | 5 | 338.3 | X | 338.3 | | | |
| 8 | Pete Rolls | M40 | | 81.5 | | 98.0 | | | | 79.6 | 78.3 | | | 4 | 337.4 | X | 337.4 | | | |
| 9 | Tom Saunders | M | | 79.0 | 88.0 | | | 72.9 | | 74.7 | | | | 4 | 314.6 | X | 314.6 | | | |
| 10 | Chris Goddard | M40 | | | 88.3 | | | 80.4 | | | 80.7 | | | 3 | 249.4 | X | 249.4 | | | |
| 11 | Duncan Ritchie | M50 | | 73.8 | 81.3 | | | 73.4 | | | | | | 3 | 228.5 | X | 228.5 | | | |
| 12 | Joe McWilliams | M | | 76.7 | | | 72.5 | 76.9 | | | | | | 3 | 226.1 | X | 226.1 | | | |
| 13 | Emma Kerwin | F | | 76.0 | | | | 74.2 | 69.1 | | | | | 3 | 219.3 | X | 219.3 | | | |
| 14 | Mel Blackhurst | F55 | | 72.3 | | | | | 70.3 | | 72.7 | | | 3 | 215.3 | X | 215.3 | | | |
| 15 | Chris Myers | M45 | | 73.9 | | | | 70.8 | | | 65.5 | | | 3 | 210.2 | X | 210.2 | | | |
| 16 | Lisa Kempster | F45 | | 64.7 | | | | 66.6 | 66.6 | | | | | 3 | 197.9 | X | 197.9 | | | |
| 17 | Richard Butterwick | M50 | | 85.5 | 95.4 | | | | | | | | | 2 | 180.9 | X | 180.9 | | | |
| 18 | Duncan Cannon | M40 | 88.6 | 83.4 | | | | | | | | | | 2 | 172.0 | X | 172.0 | | | |
| 19 | Paul Cruthers | M60 | 54.5 | | 58.8 | | | 50.9 | | | | | | 3 | 164.2 | X | 164.2 | | | |
| 20 | Janine Mcgregor-stead | F35 | | 82.2 | | | | 79.9 | | | | | | 2 | 162.1 | X | 162.1 | | | |
| 21 | Dave Garner | M50 | | 81.1 | | | 78.7 | | | | | | | 2 | 159.8 | X | 159.8 | | | |
| 22 | Dave Weedon | M40 | | 71.1 | 82.0 | | | | | | | | | 2 | 153.1 | X | 153.1 | | | |
| 23 | Kath Brierley | F60 | | 71.0 | 81.0 | | | | | | | | | 2 | 152.0 | X | 152.0 | | | |
| 24 | Ian MacIachlan | M55 | 70.3 | | | 80.0 | | | | | | | | 2 | 150.3 | X | 150.3 | | | |
| 25 | Dave Collins | M65 | 73.3 | | 74.2 | | | | | | | | | 2 | 147.5 | X | 147.5 | | | |
| 26 | Bob Halstead | M60 | | | | 77.1 | | | | 66.0 | | | | 2 | 143.1 | X | 143.1 | | | |
| 27 | Paul Brannigan | M55 | 68.4 | | 71.5 | | | | | | | | | 2 | 139.9 | X | 139.9 | | | |
| 28 | Katy May | F45 | 59.8 | | | 68.4 | | | | | | | | 2 | 128.2 | X | 128.2 | | | |
| 29 | Lauren Brennan | F | | | 68.1 | | | | | | 57.0 | | | 2 | 125.1 | X | 125.1 | | | |
| 30 | Helen Hodgkinson | F50 | | 56.4 | 66.3 | | | | | | | | | 2 | 122.7 | X | 122.7 | | | |
| 31 | Helen Tipping | F55 | | | 63.4 | | | 55.3 | | | | | | 2 | 118.7 | X | 118.7 | | | |
| 32 | Ashley Wright | M | | | 104.1 | | | | | | | | | 1 | 104.1 | X | 104.1 | | | |
| 33 | Ben Blossie | M | | | 96.7 | | | | | | | | | 1 | 96.7 | X | 96.7 | | | |
| 34 | David Ritchie | M | | | 93.5 | | | | | | | | | 1 | 93.5 | X | 93.5 | | | |
| 35 | Dave O'Neill | M65 | | 43.7 | 46.8 | | | | | | | | | 2 | 90.5 | X | 90.5 | | | |
| 36 | Toby Leckie | M | | | 81.0 | | | | | | | | | 1 | 81.0 | X | 81.0 | | | |
| 37 | Dan Taylor | M40 | | | | | | | 75.5 | | | | | 1 | 75.5 | X | 75.5 | | | |
| 38 | Simon Anderton | M60 | | | | 73.1 | | | | | | | | 1 | 73.1 | X | 73.1 | | | |
| 39 | Neil Bailey | M50 | | | 71.4 | | | | | | | | | 1 | 71.4 | X | 71.4 | | | |
| 40 | Lisa Peatfield | F45 | | | 70.4 | | | | | | | | | 1 | 70.4 | X | 70.4 | | | |
| 41 | Melanie Siddal | F60 | | | 70.3 | | | | | | | | | 1 | 70.3 | X | 70.3 | | | |
| 42 | Chris Pickens | M45 | | | | | | | | 70.0 | | | | 1 | 70.0 | X | 70.0 | | | |
| 43 | Phil Hodgson | M65 | | | 69.6 | | | | | | | | | 1 | 69.6 | X | 69.6 | | | |
| 44 | Stebben Bracewell | M40 | | 68.2 | | | | | | | | | | 1 | 68.2 | X | 68.2 | | | |
| 45 | Derek Donohue | M60 | | 65.7 | | | | | | | | | | 1 | 65.7 | X | 65.7 | | | |
| 46 | Richard Blakeley | M80 | | | 63.1 | | | | | | | | | 1 | 63.1 | X | 63.1 | | | |
| 47 | Elise Milnes | F60 | 60.7 | | | | | | | | | | | 1 | 60.7 | X | 60.7 | | | |
| 48 | Andrew Bibby | M65 | 58.9 | | | | | | | | | | | 1 | 58.9 | X | 58.9 | | | |
| 49 | Bev Wright | F50 | | | | | | | | | 57.0 | | | 1 | 57.0 | X | 57.0 | | | |
| 50 | Myra Wells | F65 | | | 49.7 | | | | | | | | | 1 | 49.7 | X | 49.7 | | | |
| 51 | Ian Stansfield | M80 | | | 34.7 | | | | | | | | | 1 | 34.7 | X | 34.7 | | | |