Name	RACE 1 Points Age		RACE 2 Points Age		RACE 3 Points Age		RACE 4 Points Age		RACE 5 Points Age		RACE 6 Points Age		RACE 7 Points Age		RACE 8 Points Age		RACE 9 Points Age		RACE 10 Points Age		Total Points	Races	Final League Position
Colin Moore	105	10	110	10			99	10			110	10	100	10	105	10					689	6	
Ian Callister	110	12	105	12							105	12					100	14			470	4	
Nick Wallinger											100	6	105	6			105	6			328	3	
Sean Hands													110	10	110	10					240	2	
Andrew Titley							110	8	110	8											236	2	
Chris Cale							105	6	105	6											222	2	
Stephen Brown							100	10	100	10											220	2	
Dale Farquhar																	110	2			112	1	

Race 1 - Spring Handicap 5K time - 23 March 2023 Race 2 - 10K Championship - 19 March 2023 Race 3 - 20K Championship - 02 Sep 2023 Race 4 - Parish to Peel - 24 June 2023 Race 5 - Full Parish - 24 June 2023 Race 6 - Autumn Handicap 5K time - 12 October 2023 Race 7 - End-2-End to Peel - 17 September 2023 Race 8 - Full End-2-End - 17 September 2023 Race 9 - Western 10 - 08 October 2023 Race 10 - Syd Quirk Half-Marathon - 19 November 2023

(*) A Short Race (1 or 6) and a long race (4, 5,7 or 8) must be included

Handicap races on time