

Races										Total
Road		Best four scores from all races to count								
Men	Age	FC 10k	Ch 10k	GW 5	WP 10k	DT 10k				
James McLeod	M40	100	100	100	100					400
Alex Birtwistle	MSEN		99		99	99				297
Liam Moden	M55	99			98	98				295
Peter Hoyle	M65		98			97				195
Adrian Melton	M80			94		96				190
Rowan Baxendale	MSEN					100				100
Glen Goodwin	M60			99						99
Ryan Tobin	MSEN			98						98
Michael Jones	MSEN			97						97
Paul Gallagher	M60			96						96
Andrew Robinson	M50			95						95
Road		Best four scores from all races to count								
Races		FC 10k	Ch 10k	GW 5	WP 10k	DT 10k				
Ladies										
Jennie Lynch	W35		100		100	99				299
Helen Knowles	V50		99			100				199
Sheralyn Warburton	W50			100		98				198
Janet Hoyle	W65		98			97				195
Vanessa McCourt	V45			99						99
Carole Jones	W60			98						98