Races										Total
Road		**Best four scores from all races to count**								
Men	**Age**	**FC 10k**	**Ch 10k**							
James McLeod	M40	100	100							**200**
Alex Birtwistle	MSEN		99							**99**
Liam Moden	M55	99								**99**
Peter Hoyle	M65		98							**98**
Road		**Best four scores from all races to count**								
Races		**FC 10k**	**Ch 10k**							
Ladies										
Jennie Lynch	W35		100							**100**
Helen Knowles	V50		99							**99**
Janet Hoyle	W65		98							**98**