

Races										Total
Road		Best four scores from all races to count								
Men	Age	FC 10k	Ch 10k	GW 5						
James McLeod	M40	100	100	100						300
Glen Goodwin	M60			99						99
Alex Birtwistle	MSEN		99							99
Liam Moden	M55	99								99
Ryan Tobin	MSEN			98						98
Peter Hoyle	M65		98							98
Michael Jones	MSEN			97						97
Paul Gallagher	M60			96						96
Andrew Robinson	M50			95						95
Adrian Melton	M80			94						94
Road		Best four scores from all races to count								
Races		FC 10k	Ch 10k	GW 5						
Ladies										
Jennie Lynch	W35		100							100
Sheralyn Warburton	W50			100						100
Helen Knowles	V50		99							99
Vanessa McCourt	V45			99						99
Carole Jones	W60			98						98
Janet Hoyle	W65		98							98