| | | | | |
|---|---|---|---|---|
| **Scoring System - Similar to earlier this year, with individual scores being calculated as a percentage of approximate winners times from previous years' results. Final scores for each event are calculated to one decimal place, to differentiate between close finishes.** | | | | |
| **Divisions - Exactly the same as we started 2020, from Premier Division to Division 7** | | | | |
| **Entry to the Competition - If you signed up for the original 2020 Championship, you are automatically included. Any late entrants can still join in before the end of August, simply message Steve Hallam if you wish to be included.** | | | | |
| **Club vests are not required for this version of the competition but you can still wear them if you wish! You may run individually or in small groups of up to 6.** | | | | |
| **There are a total of 8 events for which your best 5 will count. You may run, race or recce each event as many times as you like with your best time to count for maximum scoring. Please note the time limits and additional notes for each event below:** | | | | |
| **Summer Handicap (Helen Windsor) - Anytime between 12th August and 19th August. This event will effectively count twice - i.e. for both the handicap and championship competitions. Start/finish from the entrance to Greetland Allrounders Rugby ground HX4 8PS.** | | | | |
| **Marsden 10 - Anytime between 1st September and 30th September. Start/finish from junction of Fall Lane/Weirside, Marsden HD7 6BU.** | | | | |
| **Sowerby Scorcher - Anytime between 1st October and 31st October. Start/finish from junction of St Peters Avenue/Dean Lane HX6 1HA (opposite the church entrance)** | | | | |
| **Huddersfield 10K - Anytime between 1st November and 30th November. Start/finish from Lockwood Park Health & Fitness Club, Brewery Drive, Huddersfield, HD4 6EN (Due to recently announced lockdown, this can now be done anytime between 1st Nov and 31st Dec)** | | | | |
| **Northowrun 5 - Anytime between 1st December and 31st December. Start/finish from top entrance to Northowram Cricket Club, Westercroft View, Northowram, Halifax HX3 7EU (Due to recently announced lockdown, this can now be done anytime between 1st Nov and 31st Dec)** | | | | |
| **3K Own Route - Anytime between 1st August and 31st December. Ideally, a simple route on a section of canal towpath, but can be anywhere you like. Your submitted Strava time must show a minimum length of 1.87 miles (or 3K) and must not be predominantly downhill. A canal section in an easterly direction is likely to include one or two locks, which may result in a slightly downhill route. This is acceptable as it will be negligible, but please avoid routes such as our Downhill 10K, which will NOT be accepted! Ideally, your chosen route should have roughly identical starting and finishing elevations - Any significant differences seen on your Strava submissions will not count. If in doubt, please ask or use your common sense.** | | | | |
| **5K Own Route - Anytime between 1st August and 31st December. Again, the canal towpath would make it simple, but it can be anywhere of your choosing. Your submitted Strava time must show a minimum length of 3.11 miles (or 5K). An "out and back" route would ensure that the start/finish elevations are identical and would therefore remove any doubt about being predominantly downhill.** | | | | |
| **10K Own Route - Anytime between 1st August and 31st December. Your submitted Strava time must show a minimum length of 6.21 miles (or 10K). No downhill only routes (please see above notes for 3K & 5K)** | | | | |
| **Any questions whatsoever, please contact Steve Hallam via FB Messenger, Club Forum or email at steveghallam@gmail.com** | | | | |

# Stainland Lions Club Championship 2020 - Premier Division - Best 5 to count

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | No. Of Events | Total Points Scored |
|---|---|---|---|---|---|---|---|---|---|---|
| | August | Sept | October | November | December | 3K | 5K | 10K | | |
| | Summer Handicap (Helen Windsor 10K) | Marsden 10 Route | Sowerby Scorcher Route | Huddersfield 10K Route | Northowrun 5 Route | Any Route (flat or undulating) | Any Route (flat or undulating) | Any Route (flat or undulating) | | |
| | 10K | 10M | 6.3M | 10K | 5M | 3K (1.87M) | 5K (3.11M) | 10K (6.21M) | | |
| Name | Road | Trail | Mixed | Road | Road | Any | Any | Any | | |
| Stephen Hall | 92.1 | 98.1 | 94.3 | | 88.9 | 96.2 | 92.6 | | 6 | 473.3 |
| Gavin Foster | 84.9 | | | | 78.5 | | | 94.7 | 3 | 258.1 |
| Ed Hyland | 89.3 | | 96.5 | | | | | | 2 | 185.8 |
| Darren Reece | | | | | | | | | 0 | 0.0 |
| Matthew Pierson | | | | | | | | | 0 | 0.0 |
| Gav Mulholland | | | | | | | | | 0 | 0.0 |
| | | | | | | | | | 0 | 0.0 |
| | | | | | | | | | 0 | 0.0 |

# Stainland Lions Club Championship 2020 - Division 1 - Best 5 to count

| | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | | August | Sept | October | November | December | 3K | 5K | 10K | | |
| | | Summer Handicap (Helen Windsor 10K) | Marsden 10 Route | Sowerby Scorcher Route | Huddersfield 10K Route | Northowrun 5 Route | Any Route (flat or undulating) | Any Route (flat or undulating) | Any Route (flat or undulating) | No. Of Events | Total Points Scored |
| | | 10K | 10M | 6.3M | 10K | 5M | 3K (1.87M) | 5K (3.11M) | 10K (6.21M) | | |
| | Name | Road | Trail | Mixed | Road | Road | Any | Any | Any | | |
| 1 | Chris Hall | 77.2 | 83.5 | 82.1 | | 83.9 | | 81.6 | | 5 | 408.3 |
| 2 | Gav Dodd | 76.2 | 67.1 | | | | 85.0 | 79.1 | 82.8 | 5 | 390.2 |
| 3 | Leon Severn | 78.0 | 81.0 | 76.8 | | | | | 78.1 | 4 | 313.9 |
| | Gareth Knight | 70.0 | | 71.4 | 76.0 | 71.9 | | | | 4 | 289.3 |
| | John Bannister | 74.2 | | | | 79.8 | | | 81.6 | 3 | 235.6 |
| | James Penson | 73.6 | 73.4 | | | | | | | 2 | 147.0 |
| | Richard Crombie | 71.7 | 67.0 | | | | | | | 2 | 138.7 |
| | Mags Beever | | | | 63.3 | | | | 74.1 | 2 | 137.4 |
| | Phil Moyles | | 70.9 | | | | | | | 1 | 70.9 |
| | Clayton Cutter | | | | | | | | | 0 | 0.0 |
| | Derek Parrington | | | | | | | | | 0 | 0.0 |
| | Simon Rawnsley | | | | | | | | | 0 | 0.0 |
| | Dan Marsden | | | | | | | | | 0 | 0.0 |
| | Paul Hiley | | | | | | | | | 0 | 0.0 |
| | Andy Baird | | | | | | | | | 0 | 0.0 |
| | Mark Pigford | | | | | | | | | 0 | 0.0 |
| | Sean Thompson | | | | | | | | | 0 | 0.0 |
| | Tanya Blake | | | | | | | | | 0 | 0.0 |
| | Craig Miller | | | | | | | | | 0 | 0.0 |

# Stainland Lions Club Championship 2020 - Division 2 (Best 5 to count)

| | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | | August | Sept | October | November | December | 3K | 5K | 10K | | |
| | | Summer Handicap (Helen Windsor 10K) | Marsden 10 Route | Sowerby Scorcher Route | Huddersfield 10K Route | Northowrun 5 Route | Any Route (flat or undulating) | Any Route (flat or undulating) | Any Route (flat or undulating) | No. Of Events | Total Points Scored |
| | | 10K | 10M | 6.3M | 10K | 5M | 3K (1.87M) | 5K (3.11M) | 10K (6.21M) | | |
| | Name | Road | Trail | Mixed | Road | Road | Any | Any | Any | | |
| 1 | Maria Harron | 70.0 | 77.9 | 76.7 | 74.8 | 76.5 | 83.9 | 76.3 | 80.3 | 8 | 395.3 |
| 2 | Fraser Ambrose | 69.6 | | 78.4 | 80.0 | 77.7 | 83.1 | 59.7 | 73.9 | 7 | 393.1 |
| 3 | David Farrar | | | 74.4 | | 77.1 | 82.2 | 76.7 | 77.0 | 5 | 387.4 |
| | Steve Hallam | 69.5 | | 73.5 | 72.9 | 73.7 | | 69.6 | | 5 | 359.2 |
| | Sally Caton | 69.4 | 76.2 | 75.3 | 68.1 | | | | | 4 | 289.0 |
| | Jim Harris | | 69.7 | | | | | | | 1 | 69.7 |
| | Michelle Rogerson | | | | | | | | | 0 | 0.0 |
| | Tony Mott | | | | | | | | | 0 | 0.0 |
| | Andrew Laird-Boldy | | | | | | | | | 0 | 0.0 |
| | James McNutt | | | | | | | | | 0 | 0.0 |
| | Stefanie Hopkins | | | | | | | | | 0 | 0.0 |
| | | | | | | | | | | 0 | 0.0 |
| | | | | | | | | | | 0 | 0.0 |
| | | | | | | | | | | 0 | 0.0 |
| | | | | | | | | | | 0 | 0.0 |

# Stainland Lions Club Championship 2020 - Division 3 (Best 5 to count)

| | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | No. Of Events | Total Points Scored |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | | August | Sept | October | November | December | 3K | 5K | 10K | | |
| | | Summer Handicap (Helen Windsor 10K) | Marsden 10 Route | Sowerby Scorcher Route | Huddersfield 10K Route | Northowrun 5 Route | Any Route (flat or undulating) | Any Route (flat or undulating) | Any Route (flat or undulating) | | |
| | | 10K | 10M | 6.3M | 10K | 5M | 3K (1.87M) | 5K (3.11M) | 10K (6.21M) | | |
| | Name | Road | Trail | Mixed | Road | Road | Any | Any | Any | | |
| 1 | David Collins | 70.4 | | 71.7 | 76.2 | 76.6 | 81.4 | 75.2 | 75.5 | 7 | 384.9 |
| 2 | Dave Culpan | 65.1 | 68.7 | 73.1 | 74.9 | 75.1 | 79.7 | 73.8 | 74.6 | 8 | 378.1 |
| 3 | Helen Armitage | 68.7 | 72.0 | 70.5 | 72.2 | | 78.7 | 72.2 | 76.1 | 7 | 371.2 |
| | Gerry Banham | 68.5 | 67.1 | 70.1 | 72.2 | 75.1 | 75.7 | 74.3 | 73.6 | 8 | 370.9 |
| | Martin O'Brien | 69.6 | 68.7 | 73.0 | 74.2 | 73.8 | 75.3 | 70.2 | 73.1 | 8 | 369.4 |
| | Lorraine Naylor | 70.2 | 73.1 | 71.2 | 65.9 | 72.3 | | 70.3 | 73.6 | 7 | 360.5 |
| | Julie Field | 64.7 | | 72.1 | 65.0 | | | | | 3 | 201.8 |
| | Paul Corns | | | | 75.3 | | | | | 1 | 75.3 |
| | Lance Parker | | 70.3 | | | | | | | 1 | 70.3 |
| | Ian Johnson | | | 56.1 | | | | | | 1 | 56.1 |
| | Zoe Greenhow | | | | | | | | | 0 | 0.0 |
| | Ian Hoskins | | | | | | | | | 0 | 0.0 |
| | John Ingles | | | | | | | | | 0 | 0.0 |
| | Andrew Mackrill | | | | | | | | | 0 | 0.0 |
| | Mhairi-Claire Luke | | | | | | | | | 0 | 0.0 |
| | Paul McCormick | | | | | | | | | 0 | 0.0 |
| | Gareth Duckworth | | | | | | | | | 0 | 0.0 |

# Stainland Lions Club Championship 2020 - Division 4 (Best 5 to count)

| | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | | August | Sept | October | November | December | 3K | 5K | 10K | | |
| | | Summer Handicap (Helen Windsor 10K) | Marsden 10 Route | Sowerby Scorcher Route | Huddersfield 10K Route | Northowrun 5 Route | Any Route (flat or undulating) | Any Route (flat or undulating) | Any Route (flat or undulating) | No. Of Events | Total Points Scored |
| | | 10K | 10M | 6.3M | 10K | 5M | 3K (1.87M) | 5K (3.11M) | 10K (6.21M) | | |
| | Name | Road | Trail | Mixed | Road | Road | Any | Any | Any | | |
| 1 | Danny Stafford | 68.8 | 71.1 | 73.1 | 72.0 | 76.8 | 82.6 | 75.7 | 75.8 | 8 | 384.0 |
| 2 | Ben Carter | 62.9 | 56.5 | 73.6 | 74.5 | 76.5 | 82.4 | 76.0 | 62.8 | 8 | 383.0 |
| 3 | Liz Norman | 67.9 | 68.7 | 70.6 | 74.8 | 76.1 | 71.3 | | | 6 | 361.5 |
| | Anne-Marie Ullyott | 61.6 | 59.3 | 61.4 | 65.7 | 67.2 | 68.4 | | | 6 | 324.3 |
| | Nick Thompson | | | 67.4 | | | 70.5 | 63.8 | 61.5 | 4 | 263.2 |
| | Tim Walker | 64.1 | 60.9 | | 65.6 | | | 62.9 | | 4 | 253.5 |
| | Roy Lunt | 64.8 | 69.8 | 60.7 | | | | | | 3 | 195.3 |
| | Martin Wood | 67.6 | | 66.2 | | 60.5 | | | | 3 | 194.3 |
| | Emma Forester Thompson | 66.2 | | | | | | | 70.9 | 2 | 137.1 |
| | Ian Drinkwater | | | 66.3 | 66.9 | | | | | 2 | 133.2 |
| | Catherine O'Shaughnessy | 63.2 | 65.0 | | | | | | | 2 | 128.2 |
| | Amjid Khan | 56.8 | | | | | | 60.9 | | 2 | 117.7 |
| | Tim Neville | 63.0 | | | | | | | | 1 | 63.0 |
| | Gillian Jago | | | | | | | 61.6 | | 1 | 61.6 |
| | Aileen Baldwin | | | 53.0 | | | | | | 1 | 53.0 |
| | Gordon Murray | | | | | | | 50.2 | | 1 | 50.2 |
| | Mark Preston | | | | | | | | | 0 | 0.0 |
| | Gail Schofield | | | | | | | | | 0 | 0.0 |
| | Sharon Marlor-Gage | | | | | | | | | 0 | 0.0 |
| | Derek Doyle | | | | | | | | | 0 | 0.0 |
| | Angela Lee | | | | | | | | | 0 | 0.0 |
| | Cat Daniel | | | | | | | | | 0 | 0.0 |

# Stainland Lions Club Championship 2020 - Division 5 (Best 5 to count)

| | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | | August | Sept | October | November | December | 3K | 5K | 10K | | |
| | | Summer Handicap (Helen Windsor 10K) | Marsden 10 Route | Sowerby Scorcher Route | Huddersfield 10K Route | Northowrun 5 Route | Any Route (flat or undulating) | Any Route (flat or undulating) | Any Route (flat or undulating) | No. Of Events | Total Points Scored |
| | | 10K | 10M | 6.3M | 10K | 5M | 3K (1.87M) | 5K (3.11M) | 10K (6.21M) | | |
| | Name | Road | Trail | Mixed | Road | Road | Any | Any | Any | | |
| 1 | Laura Goodwin | 61.9 | 68.4 | 65.4 | 66.4 | 66.7 | 68.0 | | | 6 | 334.9 |
| 2= | Colin Duffield | 61.0 | | 65.3 | | 65.9 | 72.1 | 65.0 | | 5 | 329.3 |
| 2= | Heather Moffatt | 61.8 | | 65.4 | | 66.1 | 70.7 | 65.3 | | 5 | 329.3 |
| | Karen Thorne | 59.6 | 63.0 | 58.1 | 61.0 | 63.9 | 67.3 | 62.1 | | 7 | 317.3 |
| | Paula Pickersgill | 59.5 | 59.8 | 60.1 | 59.3 | 62.7 | 66.2 | | | 6 | 308.3 |
| | Paul Armitage | 58.4 | 59.7 | 57.3 | 59.6 | 62.7 | 65.1 | 61.2 | 56.0 | 8 | 308.3 |
| | Sandy Gee | 60.5 | 65.0 | 58.9 | | 58.2 | 62.8 | | | 5 | 305.4 |
| | Aly Brook | 55.3 | 56.1 | 58.0 | 59.8 | | 64.7 | 60.7 | | 6 | 299.3 |
| | Ali Audsley | 59.2 | 59.6 | 57.6 | 58.5 | 60.1 | | | | 5 | 295.0 |
| | Christine Cliffe | 55.4 | 49.3 | 53.6 | 57.9 | 59.4 | | | | 5 | 275.6 |
| | Diane Waite | 57.2 | | | | | | 56.8 | 64.0 | 3 | 178.0 |
| | Phil Richards | 50.8 | | | | | 57.8 | 48.3 | | 3 | 156.9 |
| | Paul Butterfield | 57.4 | | 59.5 | | | | | | 2 | 116.9 |
| | Zoe Dee | 55.5 | | 53.8 | | | | | | 2 | 109.3 |
| | Sue Cash | | | | | 47.9 | | 58.2 | | 2 | 106.1 |
| | Alan Gibson | 54.6 | 49.5 | | | | | | | 2 | 104.1 |
| | Tony Pinnington | | | | | | | | 60.5 | 1 | 60.5 |
| | Ranjit Uppal | 57.4 | | | | | | | | 1 | 57.4 |
| | David Roberts | 55.5 | | | | | | | | 1 | 55.5 |
| | Alan Whiteley | 52.6 | | | | | | | | 1 | 52.6 |
| | Ray Mooney | | | | | | | | | 0 | 0.0 |
| | Andrew Falkingbridge | | | | | | | | | 0 | 0.0 |
| | Ricki Hammond | | | | | | | | | 0 | 0.0 |
| | Michelle Eyre | | | | | | | | | 0 | 0.0 |

# Stainland Lions Club Championship 2020 - Division 6 (Best 5 to count)

| | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | No. Of Events | Total Points Scored |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | | August | Sept | October | November | December | 3K | 5K | 10K | | |
| | | Summer Handicap (Helen Windsor 10K) | Marsden 10 Route | Sowerby Scorcher Route | Huddersfield 10K Route | Northowrun 5 Route | Any Route (flat or undulating) | Any Route (flat or undulating) | Any Route (flat or undulating) | | |
| | | 10K | 10M | 6.3M | 10K | 5M | 3K (1.87M) | 5K (3.11M) | 10K (6.21M) | | |
| | Name | Road | Trail | Mixed | Road | Road | Any | Any | Any | | |
| 1 | Diane Thornley | 55.2 | | 58.5 | 60.1 | 62.7 | | | 58.4 | 5 | 294.9 |
| 2 | Dawn Medlock | 54.5 | 46.0 | 49.7 | | 59.2 | 61.3 | 56.0 | 57.8 | 7 | 288.8 |
| 3 | Beverley Day | 53.4 | 49.3 | 53.7 | 57.9 | | 54.9 | 55.9 | | 6 | 275.8 |
| | Janet West | 51.7 | 46.0 | 46.6 | | 47.4 | 60.7 | 58.3 | 52.4 | 7 | 270.5 |
| | Alex Whyte | 47.3 | 50.4 | 52.8 | 50.1 | 51.8 | 56.2 | 52.1 | 51.7 | 8 | 264.6 |
| | Jenny Walker | 48.0 | 46.8 | 42.5 | 46.6 | | | | | 4 | 183.9 |
| | Becki Watson | 51.5 | | | | | | 53.3 | | 2 | 104.8 |
| | Joanne Cooke | 54.9 | | | | | | | | 1 | 54.9 |
| | Ken Chilcott | 46.0 | | | | | | | | 1 | 46.0 |
| | Paula Statham-Drake | 45.5 | | | | | | | | 1 | 45.5 |
| | John Hirst | 45.4 | | | | | | | | 1 | 45.4 |
| | Sarah Hirst | 41.3 | | | | | | | | 1 | 41.3 |
| | Richard Brewster | | | | | | | | | 0 | 0.0 |
| | Melissa Vincent | | | | | | | | | 0 | 0.0 |
| | Carol Lord | | | | | | | | | 0 | 0.0 |
| | John Rushworth | | | | | | | | | 0 | 0.0 |
| | Justin Scargill | | | | | | | | | 0 | 0.0 |
| | Bill Lee | | | | | | | | | 0 | 0.0 |
| | Sally McGregor | | | | | | | | | 0 | 0.0 |
| | Jonathan Taylor | | | | | | | | | 0 | 0.0 |
| | David Rushworth | | | | | | | | | 0 | 0.0 |
| | Debbie Hinds | | | | | | | | | 0 | 0.0 |

# Stainland Lions Club Championship 2020 - Division 7 (Best 5 to count)

| | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | No. Of Events | Total Points Scored |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | | August | Sept | October | November | December | 3K | 5K | 10K | | |
| | | Summer Handicap (Helen Windsor 10K) | Marsden 10 Route | Sowerby Scorcher Route | Huddersfield 10K Route | Northowrun 5 Route | Any Route (flat or undulating) | Any Route (flat or undulating) | Any Route (flat or undulating) | | |
| | | 10K | 10M | 6.3M | 10K | 5M | 3K (1.87M) | 5K (3.11M) | 10K (6.21M) | | |
| | Name | Road | Trail | Mixed | Road | Road | Any | Any | Any | | |
| 1 | Karen Appleyard | 47.9 | | | 46.8 | 51.4 | 55.8 | 52.8 | 53.8 | 6 | 261.7 |
| 2 | Richard Lambert | 46.1 | 46.8 | 47.1 | 50.1 | 51.2 | 53.9 | 49.3 | | 7 | 251.6 |
| 3 | Trish Hallowell | 46.8 | | 43.7 | 45.3 | 49.2 | 52.7 | 49.0 | 47.1 | 7 | 245.8 |
| | Gail Fawcett | 39.1 | | 38.0 | 41.5 | 41.3 | | 36.7 | 36.1 | 6 | 196.6 |
| | Anne Cawdron | 42.7 | | 35.8 | | | | | | 2 | 78.5 |
| | Jackie Barker | 43.1 | | | | | | | | 1 | 43.1 |
| | Kelly Richards | | | | | | | | 42.6 | 1 | 42.6 |
| | Joanne Hirst | 41.3 | | | | | | | | 1 | 41.3 |
| | Judith Greenwood | | | | | | | | | 0 | 0.0 |
| | Richard Brear | | | | | | | | | 0 | 0.0 |
| | Abi Bouckley | | | | | | | | | 0 | 0.0 |
| | Sam Varley | | | | | | | | | 0 | 0.0 |
| | Julie Goddard | | | | | | | | | 0 | 0.0 |
| | Jess Crawshaw | | | | | | | | | 0 | 0.0 |
| | Hilary Scargill | | | | | | | | | 0 | 0.0 |
| | Renee Comerford | | | | | | | | | 0 | 0.0 |
| | Linda Williamson | | | | | | | | | 0 | 0.0 |

| | Huddersfield 10K (6 miles) | | | |
|---|---|---|---|---|
| | | | | Score Off: |
| | Name | Time | Points | |
| | Fraser Ambrose | 43:44 | 80.0 | 35:00 |
| | David Collins | 45:57 | 76.2 | 35:00 |
| | Gareth Knight | 46:02 | 76.0 | 35:00 |
| | Paul Corns | 46:30 | 75.3 | 35:00 |
| | Dave Culpan | 46:45 | 74.9 | 35:00 |
| | Maria Harron | 46:46 | 74.8 | 35:00 |
| | Liz Norman | 46:47 | 74.8 | 35:00 |
| | Ben Carter | 46:57 | 74.5 | 35:00 |
| | Martin O’Brien | 47:10 | 74.2 | 35:00 |
| | Steve Hallam | 47:59 | 72.9 | 35:00 |
| | Helen Armitage | 48:28 | 72.2 | 35:00 |
| | Gerry Banham | 48:29 | 72.2 | 35:00 |
| | Danny Stafford | 48:35 | 72.0 | 35:00 |
| | Sally Caton | 51:25 | 68.1 | 35:00 |
| | Ian Drinkwater | 52:19 | 66.9 | 35:00 |
| | Laura Goodwin | 52:42 | 66.4 | 35:00 |
| | Lorraine Naylor | 53:05 | 65.9 | 35:00 |
| | Anne Marie Ullyott | 53:16 | 65.7 | 35:00 |
| | Tim Walker | 53:22 | 65.6 | 35:00 |
| | Julie Field | 53:52 | 65.0 | 35:00 |
| | Mags Beever | 55:18 | 63.3 | 35:00 |
| | Karen Thorne | 57:21 | 61.0 | 35:00 |
| | Diane Thornley | 58:12 | 60.1 | 35:00 |
| | Aly Brook | 58:30 | 59.8 | 35:00 |
| | Paul Armitage | 58:45 | 59.6 | 35:00 |
| | Paula Pickersgill | 59:02 | 59.3 | 35:00 |
| | Ali Audsley | 59:48 | 58.5 | 35:00 |
| | Gina Anderson Keeble | 59:51 | 58.5 | 35:00 |
| | Christine Cliffe | 60:27 | 57.9 | 35:00 |
| | Beverley Day | 60:28 | 57.9 | 35:00 |
| | Ali Audsley | 69:27 | 50.4 | 35:00 |
| | Alex Whyte | 69:49 | 50.1 | 35:00 |
| | Richard Lambert | 69:55 | 50.1 | 35:00 |
| | Karen Appleyard | 74:46 | 46.8 | 35:00 |
| | Jan West | 75:03 | 46.6 | 35:00 |
| | Jenny Walker | 75:10 | 46.6 | 35:00 |
| | Trish Halliwell | 77:16 | 45.3 | 35:00 |
| | Gail Fawcett | 84:17 | 41.5 | 35:00 |
| | | 90:00 | 38.9 | 35:00 |
| | | 90:00 | 38.9 | 35:00 |
| | | 90:00 | 38.9 | 35:00 |
| | | 90:00 | 38.9 | 35:00 |
| | | 90:00 | 38.9 | 35:00 |
| | | 90:00 | 38.9 | 35:00 |
| | | 90:00 | 38.9 | 35:00 |
| | | 90:00 | 38.9 | 35:00 |
| | | 90:00 | 38.9 | 35:00 |
| | | 90:00 | 38.9 | 35:00 |
| | | 90:00 | 38.9 | 35:00 |
| | | 90:00 | 38.9 | 35:00 |
| | | 90:00 | 38.9 | 35:00 |
| | | 90:00 | 38.9 | 35:00 |
| | | 90:00 | 38.9 | 35:00 |
| | | 90:00 | 38.9 | 35:00 |
| | | 90:00 | 38.9 | 35:00 |
| | | 90:00 | 38.9 | 35:00 |
| | | 90:00 | 38.9 | 35:00 |

| Northowrun 5 | | | |
|---|---|---|---|
| | | | Score Off: |
| Name | Time | Points | |
| Stephen Hall | 31:30 | 88.9 | 28:00 |
| Chris Hall | 33:22 | 83.9 | 28:00 |
| John Bannister | 35:06 | 79.8 | 28:00 |
| Gavin Foster | 35:39 | 78.5 | 28:00 |
| Fraser Ambrose | 36:01 | 77.7 | 28:00 |
| David Farrar | 36:19 | 77.1 | 28:00 |
| Danny Stafford | 36:27 | 76.8 | 28:00 |
| Ben Carter | 36:32 | 76.6 | 28:00 |
| David Collins | 36:34 | 76.6 | 28:00 |
| Maria Harron | 36:35 | 76.5 | 28:00 |
| Liz Norman | 36:48 | 76.1 | 28:00 |
| Gerry Banham | 37:17 | 75.1 | 28:00 |
| Dave Culpan | 37:18 | 75.1 | 28:00 |
| Martin O'Brien | 37:56 | 73.8 | 28:00 |
| Steve Hallam | 37:58 | 73.7 | 28:00 |
| Lorraine Naylor | 38:44 | 72.3 | 28:00 |
| Gareth Knight | 38:57 | 71.9 | 28:00 |
| Anne Marie Ullyott | 41:40 | 67.2 | 28:00 |
| Laura Goodwin | 41:58 | 66.7 | 28:00 |
| Heather Moffatt | 42:23 | 66.1 | 28:00 |
| Colin Duffield | 42:29 | 65.9 | 28:00 |
| Karen Thorne | 43:48 | 63.9 | 28:00 |
| Diane Thornley | 44:40 | 62.7 | 28:00 |
| Paul Armitage | 44:40 | 62.7 | 28:00 |
| Paula Pickersgill | 44:41 | 62.7 | 28:00 |
| Martin Wood | 46:18 | 60.5 | 28:00 |
| Julie Field | 46:23 | 60.4 | 28:00 |
| Ali Audsley | 46:34 | 60.1 | 28:00 |
| Christine Cliffe | 47:06 | 59.4 | 28:00 |
| Dawn Medlock | 47:17 | 59.2 | 28:00 |
| Sandy Gee | 48:07 | 58.2 | 28:00 |
| Alex Whyte | 54:03 | 51.8 | 28:00 |
| Karen Appleyard | 54:26 | 51.4 | 28:00 |
| Richard Lambert | 54:43 | 51.2 | 28:00 |
| Trish Hallowell | 56:56 | 49.2 | 28:00 |
| Sue Cash | 58:30 | 47.9 | 28:00 |
| Jan West | 59:07 | 47.4 | 28:00 |
| Gail Fawcett | 67:45 | 41.3 | 28:00 |
| | 90:00 | 31.1 | 28:00 |
| | 90:00 | 31.1 | 28:00 |
| | 90:00 | 31.1 | 28:00 |
| | 90:00 | 31.1 | 28:00 |
| | 90:00 | 31.1 | 28:00 |
| | 90:00 | 31.1 | 28:00 |
| | 90:00 | 31.1 | 28:00 |
| | 90:00 | 31.1 | 28:00 |
| | 90:00 | 31.1 | 28:00 |
| | 90:00 | 31.1 | 28:00 |
| | 90:00 | 31.1 | 28:00 |
| | 90:00 | 31.1 | 28:00 |
| | 90:00 | 31.1 | 28:00 |
| | 90:00 | 31.1 | 28:00 |
| | 90:00 | 31.1 | 28:00 |
| | 90:00 | 31.1 | 28:00 |
| | 90:00 | 31.1 | 28:00 |
| | 90:00 | 31.1 | 28:00 |
| | 90:00 | 31.1 | 28:00 |
| | 90:00 | 31.1 | 28:00 |
| | 90:00 | 31.1 | 28:00 |
| | 90:00 | 31.1 | 28:00 |
| | 90:00 | 31.1 | 28:00 |
| | 90:00 | 31.1 | 28:00 |

# 3K Own Route

| | | | | |
|---|---|---|---|---|
| | | | | Score Off: |
| | Name | Best Time Aug-Dec 2020 | Points | |
| | Stephen Hall | 10:24 | 96.2 | 10:00 |
| | Gav Dodd | 11:46 | 85.0 | 10:00 |
| | Maria Harron | 11:55 | 83.9 | 10:00 |
| | Fraser Ambrose | 12:02 | 83.1 | 10:00 |
| | Danny Stafford | 12:06 | 82.6 | 10:00 |
| | Ben Carter | 12:08 | 82.4 | 10:00 |
| | David Farrar | 12:10 | 82.2 | 10:00 |
| | David Collins | 12:17 | 81.4 | 10:00 |
| | Dave Culpan | 12:33 | 79.7 | 10:00 |
| | Helen Armitage | 12:42 | 78.7 | 10:00 |
| | Gerry Banham | 13:13 | 75.7 | 10:00 |
| | Martin O'Brien | 13:17 | 75.3 | 10:00 |
| | Colin Duffield | 13:52 | 72.1 | 10:00 |
| | Liz Norman | 14:02 | 71.3 | 10:00 |
| | Heather Moffatt | 14:09 | 70.7 | 10:00 |
| | Nick Thompson | 14:11 | 70.5 | 10:00 |
| | Anne-Marie Ullyott | 14:37 | 68.4 | 10:00 |
| | Laura Goodwin | 14:42 | 68.0 | 10:00 |
| | Karen Thorne | 14:52 | 67.3 | 10:00 |
| | Paula Pickersgill | 15:07 | 66.2 | 10:00 |
| | Paul Armitage | 15:22 | 65.1 | 10:00 |
| | Aly Brook | 15:27 | 64.7 | 10:00 |
| | Sandy Gee | 15:56 | 62.8 | 10:00 |
| | Dawn Medlock | 16:19 | 61.3 | 10:00 |
| | Jan West | 16:29 | 60.7 | 10:00 |
| | Phil Richards | 17:18 | 57.8 | 10:00 |
| | Alex Whyte | 17:48 | 56.2 | 10:00 |
| | Karen Appleyard | 17:56 | 55.8 | 10:00 |
| | Beverley Day | 18:12 | 54.9 | 10:00 |
| | Richard Lambert | 18:33 | 53.9 | 10:00 |
| | Trish Hallowell | 18:59 | 52.7 | 10:00 |
| | | 20:00 | 50.0 | 10:00 |
| | | 20:00 | 50.0 | 10:00 |
| | | 20:00 | 50.0 | 10:00 |
| | | 20:00 | 50.0 | 10:00 |
| | | 20:00 | 50.0 | 10:00 |
| | | 20:00 | 50.0 | 10:00 |
| | | 20:00 | 50.0 | 10:00 |
| | | 20:00 | 50.0 | 10:00 |
| | | 20:00 | 50.0 | 10:00 |
| | | 20:00 | 50.0 | 10:00 |
| | | 20:00 | 50.0 | 10:00 |
| | | 20:00 | 50.0 | 10:00 |
| | | 20:00 | 50.0 | 10:00 |
| | | 20:00 | 50.0 | 10:00 |
| | | 20:00 | 50.0 | 10:00 |
| | | 20:00 | 50.0 | 10:00 |
| | | 20:00 | 50.0 | 10:00 |
| | | 20:00 | 50.0 | 10:00 |
| | | 20:00 | 50.0 | 10:00 |
| | | | | |

| | 5K Own Route | | | |
|---|---|---|---|---|
| | Name | Best Time Aug-Dec 2020 | Points | Score off: |
| | Stephen Hall | 17:17 | 92.6 | 16:00 |
| | Chris Hall | 19:37 | 81.6 | 16:00 |
| | Gav Dodd | 20:14 | 79.1 | 16:00 |
| | David Farrar | 20:52 | 76.7 | 16:00 |
| | Maria Harron | 20:59 | 76.3 | 16:00 |
| | Ben Carter | 21:03 | 76.0 | 16:00 |
| | Danny Stafford | 21:08 | 75.7 | 16:00 |
| | David Collins | 21:16 | 75.2 | 16:00 |
| | Gerry Banham | 21:32 | 74.3 | 16:00 |
| | Dave Culpan | 21:41 | 73.8 | 16:00 |
| | Helen Armitage | 22:09 | 72.2 | 16:00 |
| | Lorraine Naylor | 22:45 | 70.3 | 16:00 |
| | Martin O'Brien | 22:47 | 70.2 | 16:00 |
| | Steve Hallam | 22:59 | 69.6 | 16:00 |
| | Heather Moffatt | 24:31 | 65.3 | 16:00 |
| | Colin Duffield | 24:38 | 65.0 | 16:00 |
| | Nick Thompson | 25:05 | 63.8 | 16:00 |
| | Tim Walker | 25:27 | 62.9 | 16:00 |
| | Karen Thorne | 25:45 | 62.1 | 16:00 |
| | Gillian Jago | 25:59 | 61.6 | 16:00 |
| | Paul Armitage | 26:08 | 61.2 | 16:00 |
| | Aly Brook | 26:22 | 60.7 | 16:00 |
| | Amjid Khan | 26:17 | 60.9 | 16:00 |
| | Fraser Ambrose | 26:49 | 59.7 | 16:00 |
| | Jan West | 27:27 | 58.3 | 16:00 |
| | Susan Cash | 27:29 | 58.2 | 16:00 |
| | Diane Waite | 28:10 | 56.8 | 16:00 |
| | Dawn Medlock | 28:34 | 56.0 | 16:00 |
| | Beverley Day | 28:38 | 55.9 | 16:00 |
| | Becki Watson | 30:02 | 53.3 | 16:00 |
| | Karen Appleyard | 30:18 | 52.8 | 16:00 |
| | Aly Brook | 30:21 | 52.7 | 16:00 |
| | Alex Whyte | 30:41 | 52.1 | 16:00 |
| | Gordon Murray | 31:54 | 50.2 | 16:00 |
| | Richard Lambert | 32:26 | 49.3 | 16:00 |
| | Trish Hallowell | 32:39 | 49.0 | 16:00 |
| | Phil Richards | 33:09 | 48.3 | 16:00 |
| | Gail Fawcett | 43:34 | 36.7 | 16:00 |
| | | 45:00 | 35.6 | 16:00 |
| | | 45:00 | 35.6 | 16:00 |
| | | 45:00 | 35.6 | 16:00 |
| | | 45:00 | 35.6 | 16:00 |
| | | 45:00 | 35.6 | 16:00 |
| | | 45:00 | 35.6 | 16:00 |
| | | 45:00 | 35.6 | 16:00 |
| | | 45:00 | 35.6 | 16:00 |
| | | 45:00 | 35.6 | 16:00 |
| | | 45:00 | 35.6 | 16:00 |
| | | 45:00 | 35.6 | 16:00 |
| | | 45:00 | 35.6 | 16:00 |
| | | 45:00 | 35.6 | 16:00 |
| | | 45:00 | 35.6 | 16:00 |
| | | 45:00 | 35.6 | 16:00 |
| | | 45:00 | 35.6 | 16:00 |
| | | 45:00 | 35.6 | 16:00 |
| | | 45:00 | 35.6 | 16:00 |
| | | 45:00 | 35.6 | 16:00 |
| | | 45:00 | 35.6 | 16:00 |
| | | 45:00 | 35.6 | 16:00 |
| | | 45:00 | 35.6 | 16:00 |
| | | 45:00 | 35.6 | 16:00 |
| | | 45:00 | 35.6 | 16:00 |
| | | 45:00 | 35.6 | 16:00 |
| | | 45:00 | 35.6 | 16:00 |
| | | 45:00 | 35.6 | 16:00 |
| | | 45:00 | 35.6 | 16:00 |
| | | 45:00 | 35.6 | 16:00 |
| | | 45:00 | 35.6 | 16:00 |
| | | 45:00 | 35.6 | 16:00 |
| | | 45:00 | 35.6 | 16:00 |
| | | 45:00 | 35.6 | 16:00 |
| | | 45:00 | 35.6 | 16:00 |
| | | 45:00 | 35.6 | 16:00 |
| | | 45:00 | 35.6 | 16:00 |
| | | 45:00 | 35.6 | 16:00 |
| | | 45:00 | 35.6 | 16:00 |
| | | 45:00 | 35.6 | 16:00 |
| | | 45:00 | 35.6 | 16:00 |
| | | 45:00 | 35.6 | 16:00 |
| | | 45:00 | 35.6 | 16:00 |
| | | 45:00 | 35.6 | 16:00 |
| | | 45:00 | 35.6 | 16:00 |
| | | 45:00 | 35.6 | 16:00 |
| | | 45:00 | 35.6 | 16:00 |
| | | 45:00 | 35.6 | 16:00 |
| | | 45:00 | 35.6 | 16:00 |
| | | 45:00 | 35.6 | 16:00 |
| | | 45:00 | 35.6 | 16:00 |
| | | 45:00 | 35.6 | 16:00 |
| | | 45:00 | 35.6 | 16:00 |
| | | 45:00 | 35.6 | 16:00 |
| | | 45:00 | 35.6 | 16:00 |
| | | 45:00 | 35.6 | 16:00 |

| 10K Own Route | | | | |
|---|---|---|---|---|
| | Name | Best Time Aug-Dec 2020 | Points | Score off: |
| | Gavin Foster | 35:54 | 94.7 | 34:00 |
| | Gav Dodd | 41:05 | 82.8 | 34:00 |
| | John Bannister | 41:39 | 81.6 | 34:00 |
| | Leon Severn | 43:32 | 78.1 | 34:00 |
| | Maria Harron | 42:20 | 80.3 | 34:00 |
| | David Farrar | 44:11 | 77.0 | 34:00 |
| | Helen Armitage | 44:41 | 76.1 | 34:00 |
| | Danny Stafford | 44:51 | 75.8 | 34:00 |
| | David Collins | 45:01 | 75.5 | 34:00 |
| | Dave Culpan | 45:34 | 74.6 | 34:00 |
| | Mags Beever | 45:52 | 74.1 | 34:00 |
| | Fraser Ambrose | 45:59 | 73.9 | 34:00 |
| | Gerry Banham | 46:10 | 73.6 | 34:00 |
| | Lorraine Naylor | 46:12 | 73.6 | 34:00 |
| | Martin O'Brien | 46:30 | 73.1 | 34:00 |
| | Emma Forester-Thompson | 47:58 | 70.9 | 34:00 |
| | Diane Waite | 53:07 | 64.0 | 34:00 |
| | Ben Carter | 54:10 | 62.8 | 34:00 |
| | Nick Thompson | 55:16 | 61.5 | 34:00 |
| | Tony Pinnington | 56:14 | 60.5 | 34:00 |
| | Diane Thornley | 58:14 | 58.4 | 34:00 |
| | Dawn Medlock | 58:47 | 57.8 | 34:00 |
| | Paul Armitage | 60:46 | 56.0 | 34:00 |
| | Karen Appleyard | 63:09 | 53.8 | 34:00 |
| | Jan West | 64:53 | 52.4 | 34:00 |
| | Alex Whyte | 65:49 | 51.7 | 34:00 |
| | Trish Hallowell | 72:07 | 47.1 | 34:00 |
| | Kelly Richards | 79:47 | 42.6 | 34:00 |
| | Gail Fawcett | 94:09 | 36.1 | 34:00 |
| | | 80:00 | 42.5 | 34:00 |
| | | 80:00 | 42.5 | 34:00 |
| | | 80:00 | 42.5 | 34:00 |
| | | 80:00 | 42.5 | 34:00 |
| | | 80:00 | 42.5 | 34:00 |
| | | 80:00 | 42.5 | 34:00 |
| | | 80:00 | 42.5 | 34:00 |
| | | 80:00 | 42.5 | 34:00 |
| | | 80:00 | 42.5 | 34:00 |
| | | 80:00 | 42.5 | 34:00 |
| | | 80:00 | 42.5 | 34:00 |
| | | 80:00 | 42.5 | 34:00 |
| | | 80:00 | 42.5 | 34:00 |
| | | 80:00 | 42.5 | 34:00 |
| | | 80:00 | 42.5 | 34:00 |
| | | 80:00 | 42.5 | 34:00 |
| | | 80:00 | 42.5 | 34:00 |
| | | 80:00 | 42.5 | 34:00 |
| | | 80:00 | 42.5 | 34:00 |
| | | 80:00 | 42.5 | 34:00 |
| | | 80:00 | 42.5 | 34:00 |
| | | 80:00 | 42.5 | 34:00 |
| | | 80:00 | 42.5 | 34:00 |
| | | 80:00 | 42.5 | 34:00 |

| | SOWERBY SCORCHER | | | |
|---|---|---|---|---|
| | | | | Score Off: |
| | Name | Time | Points | |
| | Ed Hyland | 39:23 | 96.5 | 38:00 |
| | Stephen Hall | 40:19 | 94.3 | 38:00 |
| | Chris Hall | 46:18 | 82.1 | 38:00 |
| | Fraser Ambrose | 48:27 | 78.4 | 38:00 |
| | Leon Severn | 49:27 | 76.8 | 38:00 |
| | Maria Harron | 49:31 | 76.7 | 38:00 |
| | Sally Caton | 50:27 | 75.3 | 38:00 |
| | David Farrar | 51:05 | 74.4 | 38:00 |
| | Ben Carter | 51:36 | 73.6 | 38:00 |
| | Steve Hallam | 51:40 | 73.5 | 38:00 |
| | Danny Stafford | 51:58 | 73.1 | 38:00 |
| | Dave Culpan | 52:00 | 73.1 | 38:00 |
| | Martin O'Brien | 52:02 | 73.0 | 38:00 |
| | Julie Field | 52:43 | 72.1 | 38:00 |
| | David Collins | 52:59 | 71.7 | 38:00 |
| | Gareth Knight | 53:14 | 71.4 | 38:00 |
| | Lorraine Naylor | 53:24 | 71.2 | 38:00 |
| | Liz Norman | 53:51 | 70.6 | 38:00 |
| | Helen Armitage | 53:52 | 70.5 | 38:00 |
| | Gerry Banham | 54:13 | 70.1 | 38:00 |
| | Nick Thompson | 56:23 | 67.4 | 38:00 |
| | Ian Drinkwater | 57:20 | 66.3 | 38:00 |
| | Martin Wood | 57:24 | 66.2 | 38:00 |
| | Heather Moffatt | 58:05 | 65.4 | 38:00 |
| | Laura Goodwin | 58:08 | 65.4 | 38:00 |
| | Colin Duffield | 58:11 | 65.3 | 38:00 |
| | Anne Marie Ullyott | 61:55 | 61.4 | 38:00 |
| | Roy Lunt | 62:38 | 60.7 | 38:00 |
| | Paula Pickersgill | 63:15 | 60.1 | 38:00 |
| | Paul Butterfield | 63:53 | 59.5 | 38:00 |
| | Sandy Gee | 64:31 | 58.9 | 38:00 |
| | Diane Thornley | 64:55 | 58.5 | 38:00 |
| | Karen Thorne | 65:26 | 58.1 | 38:00 |
| | Aly Brook | 65:29 | 58.0 | 38:00 |
| | Ali Audsley | 65:55 | 57.6 | 38:00 |
| | Paul Armitage | 66:21 | 57.3 | 38:00 |
| | Will Rushworth | 67:45 | 56.1 | 38:00 |
| | Ian Johnson | 67:45 | 56.1 | 38:00 |
| | Zoe Dee | 70:34 | 53.8 | 38:00 |
| | Beverley Day | 70:45 | 53.7 | 38:00 |
| | Christine Cliffe | 70:52 | 53.6 | 38:00 |
| | Aileen Baldwin | 71:41 | 53.0 | 38:00 |
| | Alex Whyte | 71:55 | 52.8 | 38:00 |
| | Dawn Medlock | 76:27 | 49.7 | 38:00 |
| | Richard Lambert | 80:43 | 47.1 | 38:00 |
| | Jan West | 81:33 | 46.6 | 38:00 |
| | Trish Hallowell | 86:52 | 43.7 | 38:00 |
| | Jenny Walker | 89:24 | 42.5 | 38:00 |
| | Gail Fawcett | 99:59 | 38.0 | 38:00 |
| | Anne Cawdron | 106:03 | 35.8 | 38:00 |

| MARSDEN 10 | | | |
|---|---|---|---|
| | | | Score off: |
| Name | Time | Points | |
| Stephen Hall | 66:15 | 98.1 | 65:00 |
| Chris Hall | 77:50 | 83.5 | 65:00 |
| Leon Severn | 80:15 | 81.0 | 65:00 |
| Maria Harron | 83:26 | 77.9 | 65:00 |
| Sally Caton | 85:16 | 76.2 | 65:00 |
| James Penson | 88:34 | 73.4 | 65:00 |
| Lorraine Naylor | 88:55 | 73.1 | 65:00 |
| Helen Armitage | 90:18 | 72.0 | 65:00 |
| Danny Stafford | 91:29 | 71.1 | 65:00 |
| Phil Moyles | 91:38 | 70.9 | 65:00 |
| Lance Parker | 92:31 | 70.3 | 65:00 |
| Roy Lunt | 93:05 | 69.8 | 65:00 |
| Jim Harris | 93:16 | 69.7 | 65:00 |
| Dave Culpan | 94:36 | 68.7 | 65:00 |
| Liz Norman | 94:36 | 68.7 | 65:00 |
| Martin O'Brien | 94:38 | 68.7 | 65:00 |
| Laura Goodwin | 95:03 | 68.4 | 65:00 |
| Gav Dodd | 96:54 | 67.1 | 65:00 |
| Gerry Banham | 96:55 | 67.1 | 65:00 |
| Richard Crombie | 96:59 | 67.0 | 65:00 |
| Catherine O'Shaughnessy | 99:58 | 65.0 | 65:00 |
| Sandy Gee | 99:59 | 65.0 | 65:00 |
| Karen Thorne | 103:08 | 63.0 | 65:00 |
| Tim Walker | 106:40 | 60.9 | 65:00 |
| Paula Pickersgill | 108:37 | 59.8 | 65:00 |
| Paul Armitage | 108:48 | 59.7 | 65:00 |
| Ally Audsley | 108:59 | 59.6 | 65:00 |
| Anne-Marie Ullyott | 109:42 | 59.3 | 65:00 |
| Ben Carter | 115:03 | 56.5 | 65:00 |
| Aly Brook | 115:49 | 56.1 | 65:00 |
| Alex Whyte | 129:02 | 50.4 | 65:00 |
| Alan Gibson | 131:20 | 49.5 | 65:00 |
| Christine Cliffe | 131:52 | 49.3 | 65:00 |
| Beverley Day | 131:52 | 49.3 | 65:00 |
| Jenny Walker | 138:50 | 46.8 | 65:00 |
| Richard Lambert | 138:59 | 46.8 | 65:00 |
| Jan West | 141:19 | 46.0 | 65:00 |
| Dawn Medlock | 141:19 | 46.0 | 65:00 |

| | | | | |
|---|---|---|---|---|
| | | | | |
| | STAINLAND Summer H/C (Helen Windsor 10K) | | Score off 34:00 minutes | |
| | Name | Time | Points | |
| | Stephen Hall | 36:56 | 92.1 | 34:00 |
| | Ed Hyland | 38:04 | 89.3 | 34:00 |
| | Gavin Foster | 40:04 | 84.9 | 34:00 |
| | Will Rushworth | 42:14 | 80.5 | 34:00 |
| | Kevin Robinson | 43:31 | 78.1 | 34:00 |
| | Leon Severn | 43:37 | 78.0 | 34:00 |
| | Chris Hall | 44:04 | 77.2 | 34:00 |
| | Gav Dodd | 44:38 | 76.2 | 34:00 |
| | Damien Pearson | 45:31 | 74.7 | 34:00 |
| | John Bannister | 45:48 | 74.2 | 34:00 |
| | James Penson | 46:12 | 73.6 | 34:00 |
| | Richard Crombie | 47:26 | 71.7 | 34:00 |
| | David Collins | 48:18 | 70.4 | 34:00 |
| | Lorraine Naylor | 48:26 | 70.2 | 34:00 |
| | Maria Harron | 48:34 | 70.0 | 34:00 |
| | Gareth Knight | 48:35 | 70.0 | 34:00 |
| | Fraser Ambrose | 48:50 | 69.6 | 34:00 |
| | Martin O'Brien | 48:53 | 69.6 | 34:00 |
| | Steve Hallam | 48:54 | 69.5 | 34:00 |
| | Sally Caton | 48:59 | 69.4 | 34:00 |
| | Danny Stafford | 49:25 | 68.8 | 34:00 |
| | Helen Armitage | 49:29 | 68.7 | 34:00 |
| | Gerry Banham | 49:38 | 68.5 | 34:00 |
| | Liz Norman | 50:06 | 67.9 | 34:00 |
| | Martin Wood | 50:17 | 67.6 | 34:00 |
| | Emma Forester Thompson | 51:23 | 66.2 | 34:00 |
| | Dave Culpan | 52:14 | 65.1 | 34:00 |
| | Roy Lunt | 52:29 | 64.8 | 34:00 |
| | Julie Field | 52:34 | 64.7 | 34:00 |
| | Tim Walker | 53:01 | 64.1 | 34:00 |
| | Catherine O'Shaughnessy | 53:48 | 63.2 | 34:00 |
| | Tim Neville | 53:59 | 63.0 | 34:00 |
| | Ben Carter | 54:03 | 62.9 | 34:00 |
| | Laura Goodwin | 54:55 | 61.9 | 34:00 |
| | Heather Moffatt | 54:59 | 61.8 | 34:00 |
| | Anne-Marie Ullyott | 55:13 | 61.6 | 34:00 |
| | Colin Duffield | 55:44 | 61.0 | 34:00 |
| | Sandy Gee | 56:12 | 60.5 | 34:00 |
| | Karen Thorne | 57:05 | 59.6 | 34:00 |
| | Paula Pickersgill | 57:08 | 59.5 | 34:00 |
| | Ally Audsley | 57:24 | 59.2 | 34:00 |
| | Paul Armitage | 58:13 | 58.4 | 34:00 |
| | Paul Butterfield | 59:15 | 57.4 | 34:00 |
| | Ranjit Uppal | 59:15 | 57.4 | 34:00 |
| | Diane Waite | 59:28 | 57.2 | 34:00 |
| | Amjid Khan | 59:51 | 56.8 | 34:00 |
| | Sarah Lunt | 60:07 | 56.6 | 34:00 |
| | Brian Conroy | 60:09 | 56.5 | 34:00 |
| | Zoe Dee | 61:14 | 55.5 | 34:00 |
| | David Roberts | 61:18 | 55.5 | 34:00 |
| | Christine Cliffe | 61:21 | 55.4 | 34:00 |
| | Aly Brooke | 61:31 | 55.3 | 34:00 |
| | Diane Thornley | 61:35 | 55.2 | 34:00 |
| | Joanne Cooke | 61:55 | 54.9 | 34:00 |
| | Alan Gibson | 62:13 | 54.6 | 34:00 |
| | Dawn Medlock | 62:26 | 54.5 | 34:00 |
| | Beverley Day | 63:39 | 53.4 | 34:00 |
| | Claire Smith | 64:04 | 53.1 | 34:00 |
| | Alan Whiteley | 64:41 | 52.6 | 34:00 |
| | Helen Shenton | 64:50 | 52.4 | 34:00 |
| | Janet West | 65:46 | 51.7 | 34:00 |
| | Becky Watson | 65:59 | 51.5 | 34:00 |
| | Lin Devine | 66:27 | 51.2 | 34:00 |
| | Phil Richards | 66:57 | 50.8 | 34:00 |
| | Jenny Walker | 70:53 | 48.0 | 34:00 |
| | Abi Howarth | 70:58 | 47.9 | 34:00 |
| | Karen Appleyard | 70:58 | 47.9 | 34:00 |
| | Alex Whyte | 71:55 | 47.3 | 34:00 |
| | Trish Hallowell | 72:39 | 46.8 | 34:00 |
| | Richard Lambert | 73:46 | 46.1 | 34:00 |
| | Ken Chilcott | 73:50 | 46.0 | 34:00 |
| | Paula Statham-Drake | 74:44 | 45.5 | 34:00 |
| | John Hirst | 74:50 | 45.4 | 34:00 |
| | Peter Cawdron | 77:59 | 43.6 | 34:00 |
| | Jackie Barker | 78:50 | 43.1 | 34:00 |
| | Anne Cawdron | 79:39 | 42.7 | 34:00 |
| | Sarah Hirst | 82:18 | 41.3 | 34:00 |
| | Joanne Hirst | 82:18 | 41.3 | 34:00 |
| | Gail Fawcett | 86:58 | 39.1 | 34:00 |