| Total Score = Performance + Participation | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | **Performance = Best 3 Scores of 5 (season's best times)** | | | | | **Participation = Best 3 Scores of 6 (ranked first by numbers completed)** | | | | | | | **Scores** | | | **Positions** | | |
| **Score** | **5 Mile** | **10K** | **10 Mile** | **Half Marathon** | **Marathon** | **CC6s:** total score across races (up to your best 4), from CC6 website | **RR10s:** % rank across races (up to your best 6), from RR10 website | **HRRL:** % rank across races (up to your best 7), from HRRL website | **ParkRuns:** ranked by number completed as a member since 1st September, in bands of 10, then by season's best time | **HXCL:** total score across races (up to your best 4), from HXCL website | **Volunteering:** 1 point for each ParkRun, 10 points for our Slinger, 5 points for our CC6, and 5 points for our RR10 | **Performance** best 3 of 5 scores | | **Participation** best 3 of 6 scores | **Total score** | **Position** | **Name** | **Category** |
| 20 | | Adam Davis Newbury 38.36 PB | | Graham Bungay Goodwood GP 1.24.52 | Lee Trueman Isle of Wight 3.32.13 PB | | | | | | | 13 · 14 · 14 | | | 41 | 1 | Tony Kendrick | V60 |
| 19 | | Gary Hatch Newbury 40.33 | | Dave Nightingale Dorney Lakes 1.30.05 PB | Andy Herman Phoenix Riverside 3.46.56 | | | | | | | 17 · 20 | | | 37 | 2 | Lee Trueman | V40 |
| 18 | | Dave Nightingale Goodwood 41.15 PB | | Carl Drainey Two Tunnels 1.30.35 PB | Robbie Barlow Isle of Wight 3.50.27 PB | | | | | | | 18 · 19 | | | 37 | 2 | Dave Nightingale | V50 |
| 17 | | Lee Trueman Newbury 42.03 PB | | Tony Lees 1.39.39 Goodwood GP | Neil White Isle of Wight 3.53.39 | | | | | | | 16 · 18 | | | 34 | 3 | Carl Drainey | V40 |
| 16 | | Carl Drainey Exeter Power Run 42.50 PB | | Adam Travers Newbury 1.40.20 PB | Neil Cameron 4.08.34 | | | | | | | 15 · 17 | | 15 | 32 | 4 | Tony Lees | V60 |
| 15 | | Tony Lees Newbury 44.53 | | Chris Barnes Newbury 1.43.40 | Dean Lucas Isle of Wight 4.10.40 PB | | | | | | | 14 | | 15 | 29 | 5 | Dean Lucas | V40 |
| 14 | | Dean Lucas Kew Gardens 45.32 PB | | Tony Kendrick Dorney Lakes 1.49.47 | Tony Kendrick Isle of Wight 4.11.39 | | | | | | | 20 | | | 20 | 6 | Adam Davis | U20 |
| 13 | | Tony Kendrick Newbury 47.48 | | Darren Hulme Dorney Lakes 1.53.20 PB | | | | | | | | | 20 | | 20 | 6 | Graham Bungay | V50 |
| 12 | | | | | | | | | | | | 19 | | | 19 | 8 | Gary Hatch | V40 |
| 11 | | | | | | | | | | | | | | 19 | 19 | 8 | Andy Herman | V40 |
| 10 | | | | | | | | | | | | | | 18 | 18 | 10 | Robbie Barlow | SEN |
| 9 | | | | | | | | | | | | | | 17 | 17 | 11 | Neil White | SEN |
| 8 | | | | | | | | | | | | 16 | | 16 | 16 | 12 | Adam Travers | V40 |
| 7 | | | | | | | | | | | | | | 16 | 16 | 12 | Neil Cameron | V40 |
| 6 | | | | | | | | | | | | 15 | | | 15 | 14 | Chris Barnes | V50 |
| 5 | | | | | | | | | | | | 13 | | | 13 | 15 | Darren Hulme | V40 |
| 4 | | | | | | | | | | | | | | | | | | |
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