| | | Race 1 | Race 2 | Race 3 | Race 4 | Race 5 | Race 6 | Best 5k | Best 5M | Best 10k | Total of Best 3 | Target time | Plus | Minus |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | 16-May | 30-May | 13-Jun | 27-Jun | 18-Jul | 25-Jul | | | | | | | |
| | | Great Tey | Great Henny | Stisted | Panfield | Colne Engaine | Pebmarsh | | | | | | | |
| | | 5K | 5M | 10K | 5K | 5M | 10K | | | | | | | |
| Gavin | Allen | | | | | 28:52 | | | 28:52 | | | | | |
| Stuart | Ashworth | 20:57 | 35:12 | 43:23 | 20:18 | 34:19 | 43:09 | 20:18 | 34:19 | 43:09 | 1:37:46 | 1:51:15 | | 13:29 |
| Carol | Atkins | | 45:45 | 54:49 | 27:25 | | | 27:25 | 45:45 | 54:49 | 2:07:59 | 2:07:45 | 00:14 | |
| Rosie | Atkins | 26:19 | | | | | 47:28 | 26:19 | | 47:28 | | 1:53:26 | | |
| Wes | Atkins | 17:19 | | 36:31 | 17:18 | 29:18 | | 17:18 | 29:18 | 36:31 | 1:23:07 | 1:27:12 | | 04:05 |
| Anna | Bambridge | 24:31 | 44:30 | 59:40 | 25:23 | | | 24:31 | 44:30 | 59:40 | 2:08:41 | 0:00:00 | | |
| Kris | Bell | | | 48:51 | | | | | | 48:51 | | | | |
| Charlii | Bower | 27:10 | | | | | 1:07:30 | 27:10 | | 1:07:30 | | 0:00:00 | | |
| Adam | Buckle | 26:42 | 46:28 | | | | | 26:42 | 46:28 | | | 2:00:05 | | |
| Hazel | Buist | 26:19 | | 57:47 | | 43:16 | | 26:19 | 43:16 | 57:47 | 2:07:22 | 1:42:21 | 25:01 | |
| Caroliena | Cameron | | 39:07 | 48:13 | 22:29 | | | 22:29 | 39:07 | 48:13 | 1:49:49 | 1:46:14 | 03:35 | |
| Mel | Candler | 22:59 | | | | | | 22:59 | | | | 1:48:27 | | |
| Treena | Carder | 25:10 | 42:10 | 53:51 | | 54:07 | 55:28 | 25:10 | 42:10 | 53:51 | 2:01:11 | 1:57:57 | 03:14 | |
| Andy | Carter | 23:00 | | | | 39:18 | 49:50 | 23:00 | 39:18 | 49:50 | 1:52:08 | 1:49:17 | 02:51 | |
| Paul | Carter | 28:02 | | 58:48 | | 47:35 | | 28:02 | 47:35 | 58:48 | 2:14:25 | 0:00:00 | | |
| Wendy | Carter | 24:55 | | 54:05 | | 41:25 | 53:00 | 24:55 | 41:25 | 53:00 | 1:59:20 | 1:58:24 | 00:56 | |
| Ian | Chandler | 22:27 | 37:56 | 47:29 | 21:18 | 36:33 | | 21:18 | 36:33 | 47:29 | 1:45:20 | 1:40:27 | 04:53 | |
| Jim | Clark | 18:47 | 31:14 | | | | 40:32 | 18:47 | 31:14 | 40:32 | 1:30:33 | 1:29:01 | 01:32 | |
| Lisa | Clark | 25:54 | 44:38 | | 26:38 | 45:13 | 57:36 | 25:54 | 44:38 | 57:36 | 2:08:08 | 0:00:00 | | |
| Brian | Collins | 40:41 | 52:49 | | 31:04 | | | 31:04 | 52:49 | | | 2:24:44 | | |
| Debbie | Cook | | 49:07 | | | | | | 49:07 | | | 2:21:32 | | |
| Simon | Cook | | | | 24:07 | | | 24:07 | | | | 1:44:35 | | |
| Mark | Curteis | 25:20 | 43:29 | 52:39 | | | | 25:20 | 43:29 | 52:39 | 2:01:28 | 1:53:19 | 08:09 | |
| Juan | De Gea | | 34:26 | 42:18 | 19:59 | | | 19:59 | 34:26 | 42:18 | 1:36:43 | 1:36:10 | 00:33 | |
| Anthony | Denton | 26:57 | | 57:47 | | 46:26 | | 26:57 | 46:26 | 57:47 | 2:11:10 | 2:13:01 | | 01:51 |
| Stewart | Ellis | 17:13 | | | | | | 17:13 | | | | 1:31:31 | | |
| Don | English | 20:43 | 35:31 | 44:06 | 20:25 | 34:55 | | 20:25 | 34:55 | 44:06 | 1:39:26 | 1:46:43 | | 07:17 |
| Ivan | Filchev | | | 48:12 | 19:45 | | | 19:45 | | 48:12 | | | | |
| Sarah | Frost | 28:49 | 55:23 | 1:20:48 | | | | 28:49 | 55:23 | 1:20:48 | 2:45:00 | 2:24:56 | 20:04 | |
| Chris | Hill | | 48:16 | 58:27 | | 49:14 | 1:04:53 | | 48:16 | 58:27 | | 2:07:45 | | |
| Karl | Hillman | 21:49 | 36:17 | 45:21 | 20:52 | | | 20:52 | 36:17 | 45:21 | 1:42:30 | 1:45:49 | | 03:19 |
| Paul | Hinsley | 20:50 | 39:49 | 42:57 | 20:54 | | | 20:50 | 39:49 | 42:57 | 1:43:36 | 1:41:21 | 02:15 | |
| Dan | Hollinshead | 19:38 | | 41:38 | 19:53 | 33:36 | 45:35 | 19:38 | 33:36 | 41:38 | 1:34:52 | 1:39:34 | | 04:42 |
| Megan | Hollinshead | 23:16 | 40:16 | | 23:53 | | | 23:16 | 40:16 | | | 2:06:32 | | |
| Kathy | Humphrey | 40:45 | 1:05:45 | 1:20:48 | | | | 40:45 | 1:05:45 | 1:20:48 | 3:07:18 | 0:00:00 | | |
| Simon | Humphrey | 20:16 | 34:56 | | | | | 20:16 | 34:56 | | | 1:41:17 | | |
| Lauren | Hutley | | | 59:40 | 28:06 | 48:52 | | 28:06 | 48:52 | 59:40 | 2:16:38 | 0:00:00 | | |
| Matt | Hutley | | | 41:20 | | | 42:03 | | | 41:20 | | 1:32:20 | | |
| Phil | Jeffries | 23:46 | 38:46 | 47:31 | 23:11 | 42:11 | 50:09 | 23:11 | 38:46 | 47:31 | 1:49:28 | 2:04:47 | | 15:19 |
| Val | Kerrison | 33:33 | 56:01 | 1:07:09 | 34:01 | 54:06 | 1:14:24 | 33:33 | 54:06 | 1:07:09 | 2:34:48 | 2:25:44 | 09:04 | |
| Charlotte | King | 24:08 | | | 24:16 | | 50:53 | 24:08 | | 50:53 | | 1:53:52 | | |
| Simon | King | | 38:33 | 48:03 | 24:53 | | | 24:53 | 38:33 | 48:03 | 1:51:29 | 1:43:04 | 08:25 | |
| Bob | Langley | 21:42 | | | 21:50 | 36:56 | 45:51 | 21:42 | 36:56 | 45:51 | 1:44:29 | 1:37:25 | 07:04 | |
| Jenn | Langley | | | | 33:44 | | 1:14:24 | 33:44 | | 1:14:24 | | 2:20:29 | | |
| Michael | Longman | 20:29 | 34:28 | | | | | 20:29 | 34:28 | | | 1:37:28 | | |
| Charlotte | May | 29:42 | 48:25 | | 29:15 | | | 29:15 | 48:25 | | | 2:23:30 | | |
| Steve | May | 28:55 | | 44:09 | 27:28 | 34:50 | | 27:28 | 34:50 | 44:09 | 1:46:27 | 1:41:35 | 04:52 | |
| Les | Morley | | 48:52 | | | | | | 48:52 | | | 2:20:47 | | |
| Debbie | Partridge | 33:33 | 56:02 | 1:07:09 | 34:01 | 54:05 | 1:13:25 | 33:33 | 54:05 | 1:07:09 | 2:34:47 | 2:26:12 | 08:35 | |
| Leigh-Anne | Porter | 23:55 | 1:06:47 | 57:47 | | | | 23:55 | 1:06:47 | 57:47 | 2:28:29 | 1:51:37 | 36:52 | |
| Tom | Porter | | 32:39 | 40:31 | | | | | 32:39 | 40:31 | | 1:32:48 | | |
| Neil | Poulter | 20:39 | 34:51 | 44:53 | 20:38 | 35:18 | 45:37 | 20:38 | 34:51 | 44:53 | 1:40:22 | 1:41:17 | | 00:55 |
| Darren | Powell | 26:32 | 43:54 | 54:08 | 26:39 | 45:00 | | 26:32 | 43:54 | 54:08 | 2:04:34 | 0:00:00 | | |
| Nina | Powell | 26:57 | 47:15 | | | | 59:38 | 26:57 | 47:15 | 59:38 | 2:13:50 | 0:00:00 | | |
| Mick | Purkiss | 27:17 | 45:32 | 57:47 | 27:33 | | | 27:17 | 45:32 | 57:47 | 2:10:36 | 2:12:14 | | 01:38 |
| Sheila | Purkiss | | 1:05:45 | 1:20:48 | | | | | 1:05:45 | 1:20:48 | | 2:48:10 | | |
| Gavin | Ripton | | | | | 35:59 | | | 0:35:59 | | | | | |
| Sandi | Robinson-Miller | | | 52:14 | 24:23 | | | 24:23 | | 52:14 | | | | |
| Dan | Roughan | 25:32 | 46:28 | 53:55 | 24:24 | | | 24:24 | 46:28 | 53:55 | 2:04:47 | 1:57:53 | 06:54 | |
| Rachael | Roughan | 27:10 | 44:30 | | 21:14 | | 49:00 | 21:14 | 44:30 | 49:00 | 1:54:44 | 1:41:07 | 13:37 | |
| Jo | Roulson | 24:31 | 42:24 | | | | | 24:31 | 42:24 | | | 1:59:25 | | |
| Nathan | Roulson | | | | | 32:44 | 40:26 | | 32:44 | 40:26 | | | | |
| Ray | Sharman | 20:56 | 34:46 | 42:58 | 20:24 | 34:14 | 44:13 | 20:24 | 34:14 | 42:58 | 1:37:36 | 0:00:00 | | |
| Trevor | Sibley | 21:24 | 37:28 | 44:04 | 22:10 | | 48:09 | 21:24 | 37:28 | 44:04 | 1:42:56 | 0:00:00 | | |
| James | Smith | | 29:14 | | | | 36:31 | | 29:14 | 36:31 | | 1:20:21 | | |
| Nicole | Smith | 25:03 | | 54:18 | 26:04 | 44:33 | 55:14 | 25:03 | 44:33 | 54:18 | 2:03:54 | 1:56:20 | 07:34 | |
| Nigel | Smith | 22:58 | 37:03 | | | | 49:50 | 22:58 | 37:03 | 49:50 | 1:49:51 | 1:47:32 | 02:19 | |
| Glynn | Stone | 20:41 | 34:06 | 42:45 | 21:04 | 34:36 | | 20:41 | 34:06 | 42:45 | 1:37:32 | 1:40:12 | | 02:40 |
| Keith | Thorogood | 27:30 | 50:33 | 1:01:49 | 28:23 | 49:32 | 1:04:53 | 27:30 | 49:32 | 1:01:49 | 2:18:51 | 2:13:28 | 05:23 | |
| Axel | Voigt | 27:03 | 45:55 | | 27:12 | | | 27:03 | 45:55 | | | 2:09:15 | | |
| John | Warne | | 41:19 | 49:29 | | 42:11 | 53:36 | | 41:19 | 49:29 | | 1:54:26 | | |
| Andy | Wilmot | | | 54:02 | | | | | | 54:02 | | 2:04:21 | | |
| Don | Wilson | 21:33 | | | | 37:30 | | 21:33 | 37:30 | | | 1:41:32 | | |
| Sam | Wolton | | | | 20:17 | 35:51 | 42:45 | 20:17 | 35:51 | 42:45 | 1:38:53 | 1:43:10 | | 04:17 |
| | | | | | | | | | | | | | | |
| **Guests** | | | | | | | | | | | | | | |
| Andy | Bradley | | | 52:58 | | | | | | 52:58 | | | | |
| Jon | Buist | | | 43:55 | | | | | | 43:55 | | 1:32:09 | | |
| Jordan | French | 23:18 | | | | | | 23:18 | | | | 1:49:32 | | |
| Raoul | Grantham | | | 49:47 | | | | | | 49:47 | | | | |
| Andy | Green | 23:02 | | | | | | 23:02 | | | | 0:00:00 | | |
| Jo | Mathew | | | | 31:10 | | | 31:10 | | | | | | |
| Martha | May | 28:55 | | | 27:28 | | | 27:28 | | | | 0:00:00 | | |
| Lorraine | Pretty | | | | | | 57:44 | | | 57:44 | | | | |
| Kate | Rugg | 27:05 | | | | | | 27:05 | | | | 0:00:00 | | |
| Molly | Summers | | | | 34:00 | | | 34:00 | | | | | | |
| Danny | Watson | | | | 31:10 | | | 31:10 | | | | | | |
| Christie | Wilden | 24:18 | | | | | | 24:18 | | | | 0:00:00 | | |
| | | | | | | | | | | | | | | |
| **No of Runners** | | **56** | **46** | **47** | **43** | **31** | **30** | | | | | | | |
| plus 1 minute no club kit | | | | | | | | | | | | | | |