

| Name | Capt Ck Fr | Ormesby Hall XC | Richmond XC | Lightwater Vall Chall | Ropner Park5k Tr | Hartlepool Marina 5 | Spr Coast Rd 5k | Ripon 10 | HDSRL Skipton | HDSRL Ilkley | Kilburn 7 | HDSRL Nidd Vall | James Herr Fell | Darlington 10k | Sessay Swift 6k | Tholthorpe 10k | Lockton Limp FR | Brid. Half Marathon | Guy Fawks 10 | Fox Rush Farm XC | Total |
|-----------------|---------------|--------------------|----------------|--------------------------|---------------------|------------------------|--------------------|----------|------------------|-----------------|-----------|--------------------|--------------------|-------------------|--------------------|-------------------|--------------------|------------------------|---------------------|---------------------|-------|
| | Jan 1st | Jan 21st | Feb 18th | Mar 24th | Mar 25th | Apr 15th | Apr 25th | May 13th | June 5th | June 19th | July 8th | July 17th | July 29th | Aug 12th | Aug 22nd | Sept 2nd | Sept 30th | Oct 7th | Nov 4 th | Dec 2 nd | Total |
| Heather Bell | | 46 | 42 | 50 | 48 | 48 | 48 | 40 | 48 | 50 | 48 | 48 | 48 | 48 | 48 | 50 | 0 | 50 | 0 | 0 | 486 |
| Christine Burn | 48 | 0 | 0 | 44 | 44 | 46 | 42 | 38 | 46 | 48 | 44 | 44 | 44 | 0 | 32 | 40 | 0 | 0 | 0 | 44 | 446 |
| Alison Butcher | | 42 | 40 | 46 | 46 | 44 | 40 | 34 | 40 | 42 | 0 | 0 | 42 | 42 | 38 | 36 | 0 | 0 | 50 | 0 | 434 |
| Faith Coy | | 38 | 0 | 42 | 0 | 0 | 38 | 36 | 0 | 44 | 0 | 34 | 40 | 0 | 0 | 38 | 48 | 46 | 0 | 0 | 404 |
| Marian Codling | | 36 | 36 | 40 | 42 | 40 | 36 | 32 | 0 | 40 | 40 | 0 | 38 | 40 | 0 | 34 | 0 | 0 | 0 | 0 | 384 |
| Tracey Lowther | | 40 | 38 | 0 | 0 | 42 | 34 | 30 | 0 | 0 | 38 | 36 | 0 | 38 | 34 | 30 | 46 | 0 | 0 | 0 | 376 |
| | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | |
| Trish Radford | | | | | 50 | 0 | 0 | 42 | 50 | 0 | 46 | 50 | 0 | 50 | 46 | 0 | 0 | 48 | 0 | 0 | 382 |
| Sara Langstaff | | 44 | 0 | 48 | 0 | 0 | 46 | 0 | 44 | 0 | 0 | 46 | 0 | 46 | 0 | 0 | 0 | 0 | 0 | 0 | 274 |
| Liz Stephenson | | | 32 | 30 | 0 | 36 | 32 | 26 | 0 | 34 | 0 | 0 | 0 | 36 | 18 | 28 | 0 | 0 | 0 | 0 | 272 |
| Olivia Mulligan | | 48 | 48 | 0 | 0 | 0 | 0 | 48 | 0 | 0 | 0 | 0 | 0 | 0 | 50 | 0 | 0 | 0 | 0 | 48 | 242 |
| Gillian Crane | | | | | | | | | 42 | 46 | 42 | 42 | 0 | 0 | 36 | 0 | 0 | 0 | 0 | 0 | 208 |
| Lorraine Hiles | | | | | | | | 50 | 0 | 0 | 50 | 0 | 50 | 0 | 0 | 0 | 0 | 0 | 0 | 50 | 200 |
| Linda Bamforth | | | | | | | 44 | 0 | 0 | 0 | 0 | 40 | 0 | 0 | 44 | 46 | 0 | 0 | 0 | 0 | 174 |
| Rosie Gatenby | | | | | | | | | 38 | 38 | 0 | 30 | 0 | 0 | 24 | 0 | 0 | 0 | 0 | 42 | 148 |
| Kirsty Naylor | | | | | | | | | | | | | 46 | 44 | 0 | 42 | 0 | 0 | 0 | 0 | 132 |
| Clare Tempest | | | | | | | | | | | | 38 | 0 | 0 | 42 | 48 | 0 | 0 | 0 | 0 | 128 |
| Liz Wordsworth | | | | | | | | | | | 36 | 0 | 0 | 0 | 28 | 0 | 0 | 44 | 0 | 0 | 108 |
| Donna James | | 50 | 50 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 100 |
| Helen Heatlie | | | | | | | | | 36 | 36 | 0 | 28 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 100 |
| Hilary Coventry | 50 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 50 | 0 | 0 | 0 | 100 |
| Joanne Hunt | | | | | | | | | | | | 32 | 0 | 0 | 26 | 32 | 0 | 0 | 0 | 0 | 90 |
| Jill Libby | | | 44 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 46 | 90 |
| Esther Harrison | | | | | | | | | | | | | | | 40 | 44 | 0 | 0 | 0 | 0 | 84 |

