

| Road | | Dewsbury 10k | | HRL1 Thirsk | | Leeds Half | | John Carr #3 | | HRL #2 | | Otley 10 | | Abbey Dash | | |
|------|------------------|--------------------|--------|--------------------|--------|--------------------|--------|--------------------|--------|--------------------|--------|--------------------|--------|--------------------|--------|----------------|
| | | 01/02/09 | | 07/05/09 | | 10/05/09 | | 20/05/09 | | 20/05/09 | | 10/06/09 | | 22/11/10 | | |
| | | Race Time mm.ss | Points | Race Time mm.ss | Points | Race Time mm.ss | Points | Race Time mm.ss | Points | Race Time mm.ss | Points | Race Time mm.ss | Points | Race Time mm.ss | Points | Road Points |
| | | 30.26 | | 25.16 | | 67.45 | | 15.16 | | 30.15 | | 53.43 | | 29.13 | | |
| 1 | Richard Reeve | 39.19 | 87.96 | 29.24 | 97.66 | 83.31 | 92.18 | | | | | 65.23 | 93.36 | 36.53 | 90.02 | 373.22 |
| 2 | Henry Heavisides | 39.57 | 86.57 | 30.34 | 93.93 | | | 18.16 | 94.97 | | | | | 37.53 | 91.81 | 367.29 |
| 3 | Alison Bennett | 40.35 | 92.58 | 33.26 | 93.30 | | | 20.19 | 92.77 | | | | | 42.49 | 84.24 | 362.89 |
| 4 | Andy Wiggans | | | | | 82.03 | 90.74 | 17.54 | 93.72 | | | 64.10 | 91.99 | 37.32 | 85.54 | 362.00 |
| 5 | Jane Bryant | | | 33.09 | 90.74 | 93.05 | 86.65 | | | 38.49 | 92.77 | 73.52 | 86.57 | 41.22 | 84.08 | 356.73 |
| 6 | Pete Shields | | | | | 94.57 | 89.19 | 20.53 | 91.38 | | | 74.05 | 90.64 | 43.25 | 84.12 | 355.32 |
| 7 | Paul O'Looney | 38.16 | 84.61 | 30.23 | 88.47 | 84.00 | 85.80 | | | 35.01 | 91.90 | | | 37.43 | 82.41 | 350.78 |
| 8 | Colin Lugton | 49.36 | 76.70 | 39.24 | 80.16 | 114.03 | 74.25 | 25.35 | 74.59 | | | | | 55.04 | 66.32 | 305.71 |
| 9 | Nick Mellor | 47.33 | 72.73 | | | 107.02 | 71.93 | 22.34 | 76.88 | | | | | 47.24 | 73.38 | 294.92 |
| 10 | Fiona Schneider | 52.54 | 71.02 | | | 115.56 | 72.15 | | | 50.14 | 77.20 | | | 52.00 | 72.03 | 292.41 |
| 11 | Kevin Gooch | 39.21 | 92.07 | 31.39 | 95.04 | | | | | 35.57 | 100.17 | | | | | 287.28 |
| 12 | Emma O'Looney | 53.36 | 67.59 | | | 123.47 | 65.16 | | | 49.31 | 72.73 | | | 52.21 | 66.44 | 271.92 |
| 13 | Paul Sugden | 52.17 | 63.97 | | | 112.31 | 66.17 | | | 45.07 | 73.68 | | | 50.02 | 64.17 | 267.98 |
| 14 | Neil Chapman | | | 32.18 | 88.89 | | | 19.50 | 87.47 | | | 68.45 | 88.79 | | | 265.15 |
| 15 | Nick Richardson | | | | | 81.49 | 85.37 | | | 34.34 | 90.22 | 62.56 | 87.99 | | | 263.58 |
| 16 | David Brown | | | 30.01 | 89.55 | | | | | 35.10 | 91.51 | | | 37.55 | 81.97 | 263.03 |
| 17 | Andrew Bennett | 54.06 | 63.92 | 42.05 | 68.23 | | | 25.49 | 67.20 | | | | | 53.05 | 62.54 | 261.90 |
| 18 | Paul Stephens | | | 32.12 | 89.17 | 89.35 | 85.94 | | | 41.52 | 82.11 | | | | | 257.21 |
| 19 | Simon Chapman | | | 31.48 | 81.91 | | | 18.43 | 84.09 | | | 68.44 | 80.57 | | | 246.57 |
| 20 | Bob Payne | | | 40.39 | 81.79 | | | | | 47.45 | 83.36 | | | 50.55 | 75.50 | 240.64 |
| 21 | Keith Wood | | | 34.46 | 79.86 | | | | | 40.20 | 82.42 | | | 43.22 | 74.03 | 236.31 |
| 22 | Sean Murphy | | | | | 91.10 | 76.61 | | | | | 69.03 | 80.20 | 40.58 | 75.87 | 232.68 |
| 23 | Clare Smith | 48.18 | 75.01 | 38.51 | 77.42 | | | 23.25 | 77.61 | | | | | | | 230.05 |
| 24 | John Marshall | 48.28 | 71.35 | 37.22 | 76.84 | | | | | 44.02 | 78.07 | | | | | 226.26 |
| 25 | Steve Turland | | | 29.07 | 92.32 | | | | | 33.56 | 94.84 | | | | | 187.15 |
| 26 | Margot Dale | | | 42.04 | 91.01 | | | | | 49.58 | 91.73 | | | | | 182.73 |
| 27 | Mark Iley | | | 30.04 | 92.35 | | | 18.37 | 90.12 | | | | | | | 182.46 |
| 28 | Dave Jepson | | | 31.13 | 88.94 | | | 18.14 | 92.01 | | | | | | | 180.96 |
| 29 | John Atkinson | | | | | 86.47 | 85.79 | | | 35.07 | 94.66 | | | | | 180.45 |
| 30 | Val Kerr | | | 36.29 | 88.79 | | | | | 42.23 | 91.50 | | | | | 180.29 |