

Men's Cross Country Plate Competition 2009-2010

| | SyLg 1 | SyLg 2 | SyLg 3 | SoT | SEAA | SyLg 4 | National | Total |
|--------------------|--------|--------|--------|-----|------|--------|----------|-------|
| 1 Paskar Owor | 20 | 20 | 19 | 19 | 19 | 20 | 18 | 135 |
| 2 Will Cockerell | 19 | 18 | 18 | 18 | 18 | | 15 | 106 |
| 3 James Kelly | | | 20 | 20 | 20 | 19 | 19 | 98 |
| 4 Richard Stannard | | | 15 | 15 | 17 | 18 | | 65 |
| 5 Lander Eguia | | 15 | 16 | | | 17 | 13 | 61 |
| 6 Robert Norville | 10 | 13 | | 13 | | 11 | | 47 |
| 6 Malachi Byansi | | | 17 | 16 | | | 14 | 47 |
| 8 Kevin Gadd | 15 | 16 | 14 | | | | | 45 |
| 9 John Charles | 17 | 17 | | | | | | 34 |
| 9 Mark Humphrey | 12 | 14 | 8 | | | | | 34 |
| 9 Alex Luce | | 12 | 12 | | | 10 | | 34 |
| 12 James Fairbourn | | | | 17 | | | 16 | 33 |
| 13 Ben Hurley | 16 | | | | | 16 | | 32 |
| 14 Mike Trees | | | | | 16 | 13 | | 29 |
| 15 Alex Marek | - | | 13 | 14 | | | | 27 |
| 15 Pete Marsh | | 9 | 9 | | | 9 | | 27 |
| 17 Mike Webb | 14 | | | | | 12 | | 26 |
| 18 Ed Smith | | 11 | 11 | | | | | 22 |
| 19 Dan Mulhare | | | | | | | 20 | 20 |
| 20 Paul Chapman | 9 | 10 | | | | | | 19 |
| 20 Max Miralyfi | | 19 | - | | | | | 19 |
| 22 John Kimaiyo | 18 | | | | | | | 18 |
| 23 Mark Pollard | | | | | | | 17 | 17 |
| 24 Peter Dolan | | | | | | 15 | | 15 |
| 25 Knut Hegvold | | | | | | 14 | | 14 |
| 26 Jason Webb | 13 | | | | | | | 13 |
| 27 Tom Kingston | | | | 12 | | | | 12 |
| 27 Rob Harding | - | | | | | | 12 | 12 |
| 29 Tom Ellacott | 11 | | | | | | | 11 |
| 29 Don Anderson | | | | | | | 11 | 11 |
| 31 John Hall | 8 | | | | | | | 8 |
| 31 Harry Corbett | | | | | | 8 | | 8 |
| 33 Mike Trees | | | | | | | - | 0 |

Women's Cross Country Plate Competition 2009-2010

| | SyLg 1 | SyLg 2 | SyLg 3 | SoT | SEAA | SyLg 4 | National | Total |
|---------------------|--------|--------|--------|-----|------|--------|----------|-------|
| 1 Sarah Murphy | 20 | 20 | 20 | | | 20 | 20 | 100 |
| 2 Tilly Heaton | 18 | 17 | 19 | | | 19 | | 73 |
| 3 Catherine Eastham | 15 | 15 | 17 | | | 16 | | 63 |
| 4 Anne Hegvold | 19 | 18 | | | | 18 | | 55 |
| 5 Vikki Goodwin | | 16 | 18 | | | 17 | | 51 |
| 6 Jennifer Beecroft | 17 | 14 | | | | | | 31 |
| 7 Zoe Vail | | 19 | | | | | | 19 |
| 8 Maureen Noel | 16 | | | | | | | 16 |