

| Race Number | Skipton Cup 2022 Name | Gender | Age C | 2022-09-07 | Other | H'cap | Start interval | Start time | 2022-09-14 | H'cap # 1 | Points | Net time | Faster /slower than h'cap |
|-------------|-----------------------|--------|-------|-------------------------|----------|----------|----------------|------------|------------|-----------|--------|----------|---------------------------|
| | | | | Race time 5k mass start | | | | | base time | | | | |
| 141 | Petrina Cassell | F | V60 | 00:30:23 | | 00:30:23 | 00:00:11 | 00:01:37 | 00:30:03 | 1 | 1 | 00:28:26 | 00:01:57 |
| 166 | Abigail Jardine | F | V40 | 00:30:34 | | 00:30:34 | 00:00:04 | 00:01:26 | 00:30:41 | 2 | 2 | 00:29:15 | 00:01:19 |
| 208 | Sally Braithwaite | F | Open | | 00:20:45 | 00:20:45 | 00:00:09 | 00:11:15 | 00:30:41 | 3 | 3 | 00:19:26 | 00:01:19 |
| 173 | Anna Larden | F | V40 | 00:29:28 | | 00:29:28 | 00:00:09 | 00:02:32 | 00:30:44 | 4 | 4 | 00:28:12 | 00:01:16 |
| 157 | Roy Bottomley | M | V55 | 00:26:11 | | 00:26:11 | 00:00:06 | 00:05:49 | 00:30:51 | 5 | 5 | 00:25:02 | 00:01:09 |
| 140 | Alison Rowsell | F | V60 | 00:29:37 | | 00:29:37 | 00:00:46 | 00:02:23 | 00:30:57 | 6 | 6 | 00:28:34 | 00:01:03 |
| 209 | Mike Hall | M | V60 | | 00:22:46 | 00:22:46 | 00:00:14 | 00:09:14 | 00:30:58 | 7 | 7 | 00:21:44 | 00:01:02 |
| 160 | Tony Lowery | M | V55 | 00:25:15 | | 00:25:15 | 00:00:15 | 00:06:45 | 00:31:00 | 8 | 8 | 00:24:15 | 00:01:00 |
| 183 | Larry Horne | M | V60 | 00:24:52 | | 00:24:52 | 00:00:13 | 00:07:08 | 00:31:03 | 9 | 9 | 00:23:55 | 00:00:57 |
| 171 | Gill Silson | F | V60 | 00:30:38 | | 00:30:38 | 00:00:55 | 00:01:22 | 00:31:08 | 10 | 10 | 00:29:46 | 00:00:52 |
| 179 | Greg Simpson | M | V40 | 00:20:34 | | 00:20:34 | 00:00:11 | 00:11:26 | 00:31:16 | 11 | 11 | 00:19:50 | 00:00:44 |
| 180 | Dave Robinson | M | V45 | 00:22:43 | | 00:22:43 | 00:00:03 | 00:09:17 | 00:31:19 | 12 | 12 | 00:22:02 | 00:00:41 |
| 162 | Gina Mumford | F | V60 | 00:26:47 | | 00:26:47 | 00:00:43 | 00:05:13 | 00:31:20 | 13 | 13 | 00:26:07 | 00:00:40 |
| 163 | Ralph Liddell | M | V70 | 00:25:08 | | 00:25:08 | 00:00:06 | 00:06:52 | 00:31:21 | 14 | 14 | 00:24:29 | 00:00:39 |
| 169 | Mark Pannone | M | V50 | 00:23:00 | | 00:23:00 | 00:00:15 | 00:09:00 | 00:31:22 | 15 | 15 | 00:22:22 | 00:00:38 |
| 198 | James Grinbergs | M | V45 | 00:19:52 | | 00:19:52 | 00:00:05 | 00:12:08 | 00:31:23 | 16 | 16 | 00:19:15 | 00:00:37 |
| 207 | Andrew Richardson | M | V45 | | 00:24:00 | 00:24:00 | 00:00:06 | 00:08:00 | 00:31:24 | 17 | 17 | 00:23:24 | 00:00:36 |
| 188 | Susie Pattinson | F | V35 | 00:23:30 | | 00:23:30 | 00:00:13 | 00:08:30 | 00:31:25 | 18 | 18 | 00:22:55 | 00:00:35 |
| 222 | Patsy Naylor | F | V60 | | 00:32:00 | 00:32:00 | 00:00:00 | 00:00:00 | 00:31:27 | 19 | 19 | 00:31:27 | 00:00:33 |
| 168 | Cal Pannone | F | V50 | 00:26:05 | | 00:26:05 | 00:00:06 | 00:05:55 | 00:31:27 | 20 | 20 | 00:25:32 | 00:00:33 |
| 164 | Paul Naylor | M | V65 | 00:25:38 | | 00:25:38 | 00:00:18 | 00:06:22 | 00:31:28 | 21 | 21 | 00:25:06 | 00:00:32 |
| 191 | Sophie Heron | F | V35 | 00:23:56 | | 00:23:56 | 00:00:04 | 00:08:04 | 00:31:28 | 22 | 22 | 00:23:24 | 00:00:32 |
| 202 | David Dicks | M | V50 | 00:20:25 | | 00:20:25 | 00:00:09 | 00:11:35 | 00:31:29 | 23 | 23 | 00:19:54 | 00:00:31 |
| 221 | Rob Daley | M | V45 | | 00:20:00 | 00:20:00 | 00:00:25 | 00:12:00 | 00:31:30 | 24 | 24 | 00:19:30 | 00:00:30 |
| 185 | Katie Milburn | F | V35 | 00:22:18 | | 00:22:18 | 00:00:02 | 00:09:42 | 00:31:30 | 25 | 25 | 00:21:48 | 00:00:30 |
| 176 | John Hartness | M | V50 | 00:24:06 | | 00:24:06 | 00:00:13 | 00:07:54 | 00:31:32 | 26 | 26 | 00:23:38 | 00:00:28 |
| 139 | Karen Bridge | F | V50 | 00:21:44 | | 00:21:44 | 00:00:03 | 00:10:16 | 00:31:33 | 27 | 27 | 00:21:17 | 00:00:27 |
| 167 | James Jardine | M | V40 | 00:21:28 | | 00:21:28 | 00:00:02 | 00:10:32 | 00:31:34 | 28 | 28 | 00:21:02 | 00:00:26 |
| 187 | Helen Tyson | F | V40 | 00:24:31 | | 00:24:31 | 00:00:15 | 00:07:29 | 00:31:35 | 29 | 29 | 00:24:06 | 00:00:25 |
| 177 | John Oakey | M | V50 | 00:22:24 | | 00:22:24 | 00:00:00 | 00:09:36 | 00:31:36 | 30 | 30 | 00:22:00 | 00:00:24 |
| 155 | David Wills | M | V55 | 00:23:15 | | 00:23:15 | 00:00:02 | 00:08:45 | 00:31:39 | 31 | 31 | 00:22:54 | 00:00:21 |
| 224 | Ben Wade | M | Open | | 00:21:15 | 00:21:15 | 00:00:01 | 00:10:45 | 00:31:39 | 32 | 32 | 00:20:54 | 00:00:21 |
| 151 | Keith Black | M | V55 | 00:26:23 | | 00:26:23 | 00:00:11 | 00:05:37 | 00:31:40 | 33 | 33 | 00:26:03 | 00:00:20 |
| 172 | Peter House | M | V60 | 00:26:34 | | 00:26:34 | 00:00:12 | 00:05:26 | 00:31:41 | 34 | 34 | 00:26:15 | 00:00:19 |
| 147 | Sally Blackmore | F | V55 | 00:26:46 | | 00:26:46 | 00:00:01 | 00:05:14 | 00:31:42 | 35 | 35 | 00:26:28 | 00:00:18 |
| 174 | Paul Saager | M | V70 | 00:24:22 | | 00:24:22 | 00:00:00 | 00:07:38 | 00:31:43 | 36 | 36 | 00:24:05 | 00:00:17 |
| 159 | John Myatt | M | V60 | 00:21:52 | | 00:21:52 | 00:00:08 | 00:10:08 | 00:31:44 | 37 | 37 | 00:21:36 | 00:00:16 |
| 199 | Emma Nielsen | F | V45 | 00:21:00 | | 00:21:00 | 00:00:13 | 00:11:00 | 00:31:44 | 38 | 38 | 00:20:44 | 00:00:16 |
| 186 | Heather Eccles | F | V35 | 00:21:13 | | 00:21:13 | 00:00:02 | 00:10:47 | 00:31:44 | 39 | 39 | 00:20:57 | 00:00:16 |
| 184 | Paul Rose | M | V45 | 00:22:11 | | 00:22:11 | 00:00:07 | 00:09:49 | 00:31:45 | 40 | 40 | 00:21:56 | 00:00:15 |
| 218 | Robyn Beaty | F | Open | | 00:20:54 | 00:20:54 | 00:00:06 | 00:11:06 | 00:31:46 | 41 | 41 | 00:20:40 | 00:00:14 |
| 161 | Simon Flatman | M | V50 | 00:30:23 | | 00:30:23 | 00:00:00 | 00:01:37 | 00:31:47 | 42 | 42 | 00:30:10 | 00:00:13 |
| 158 | Garry Bower | M | V50 | 00:22:09 | | 00:22:09 | 00:00:02 | 00:09:51 | 00:31:48 | 43 | 43 | 00:21:57 | 00:00:12 |
| 165 | Sarah Wright | F | V45 | 00:26:21 | | 00:26:21 | 00:00:02 | 00:05:39 | 00:31:49 | 44 | 44 | 00:26:10 | 00:00:11 |
| 142 | Paul Wilson | M | V65 | 00:25:56 | | 00:25:56 | 00:00:09 | 00:06:04 | 00:31:50 | 45 | 45 | 00:25:46 | 00:00:10 |
| 205 | Paul McKeown | M | V55 | | 00:21:30 | 00:21:30 | 00:00:04 | 00:10:30 | 00:31:50 | 46 | 46 | 00:21:20 | 00:00:10 |
| 196 | Dave Challis | M | V40 | 00:25:30 | | 00:25:30 | 00:00:01 | 00:06:30 | 00:31:51 | 47 | 47 | 00:25:21 | 00:00:09 |
| 197 | Kerry Grinbergs | F | V40 | 00:23:17 | | 00:23:17 | 00:00:03 | 00:08:43 | 00:31:51 | 48 | 48 | 00:23:08 | 00:00:09 |
| 200 | James Saxon | M | V45 | 00:21:40 | | 00:21:40 | 00:00:04 | 00:10:20 | 00:31:51 | 49 | 49 | 00:21:31 | 00:00:09 |
| 189 | John Davis | M | V35 | 00:23:26 | | 00:23:26 | 00:00:04 | 00:08:34 | 00:31:58 | 50 | 50 | 00:23:24 | 00:00:02 |
| 212 | Stephen Pearce | M | V40 | | 00:19:28 | 00:19:28 | 00:00:02 | 00:12:32 | 00:32:08 | 51 | 51 | 00:19:36 | 00:00:08 |
| 219 | Dean Smith (Guest) | M | | | 00:23:00 | 00:23:00 | 00:00:00 | 00:09:00 | 00:32:21 | 52 | | 00:23:21 | 00:00:21 |
| 215 | Ian Robinson | M | V60 | | 00:24:22 | 00:24:22 | 00:00:08 | 00:07:38 | 00:32:21 | 53 | 52 | 00:24:43 | 00:00:21 |
| 213 | Lisa Jackson | F | V35 | | 00:22:00 | 00:22:00 | 00:00:07 | 00:10:00 | 00:32:24 | 54 | 53 | 00:22:24 | 00:00:24 |
| 216 | Heather Heron | F | V60 | | 00:27:45 | 00:27:45 | 00:00:15 | 00:04:15 | 00:32:26 | 55 | 54 | 00:28:11 | 00:00:26 |
| 206 | Andy Douglas | M | V40 | | 00:18:11 | 00:18:11 | 00:00:59 | 00:13:49 | 00:32:30 | 56 | 55 | 00:18:41 | 00:00:30 |
| 211 | Dave Johnson | M | V60 | | 00:22:20 | 00:22:20 | 00:00:04 | 00:09:40 | 00:32:38 | 57 | 56 | 00:22:58 | 00:00:38 |
| 204 | Dave Evans | M | V70 | | 00:24:30 | 00:24:30 | 00:00:01 | 00:07:30 | 00:32:40 | 58 | 57 | 00:25:10 | 00:00:40 |
| 220 | Emma Jenner (Guest) | F | | | 00:28:00 | 00:28:00 | 00:01:21 | 00:04:00 | 00:32:51 | 59 | | 00:28:51 | 00:00:51 |
| 223 | Zeke Dixon | M | V35 | | 00:19:30 | 00:19:30 | 00:00:22 | 00:12:30 | 00:32:51 | 60 | 58 | 00:20:21 | 00:00:51 |
| 210 | Julia King | F | V65 | | 00:27:31 | 00:27:31 | 00:00:14 | 00:04:29 | 00:32:59 | 61 | 59 | 00:28:30 | 00:00:59 |
| 152 | Jamie Jephcott | M | V50 | 00:22:08 | | 00:22:08 | 00:00:01 | 00:09:52 | 00:33:07 | 62 | 60 | 00:23:15 | 00:01:07 |
| 214 | Liz Farthing | F | V50 | | 00:27:30 | 00:27:30 | 00:00:01 | 00:04:30 | 00:33:20 | 63 | 61 | 00:28:50 | 00:01:20 |
| 201 | Nicola King | F | V50 | 00:21:47 | | 00:21:47 | 00:00:05 | 00:10:13 | 00:34:40 | 64 | 62 | 00:24:27 | 00:02:40 |
| 217 | Andrew Walker | M | V60 | | 00:23:45 | 00:23:45 | 00:00:09 | 00:08:15 | 00:35:00 | 65 | 63 | 00:26:45 | 00:03:00 |