

1 4.10Km, 35m (17/17)

1	Daniel Figg	HH	M21	27:03
2	Philip Johnston-Davis	RAFO	M50	28:16
3	Andrew Snell	SOC	M50	29:14
4	Thomas Jarvis	RAFO	M21	29:56
5	Martin Ward	SYO	M55	30:30
6	Mike Byron	HALO	M50	30:42
7	Mark Villiers	PFO	M45	30:49
8	Sally Calland	DVO	W50	31:51
9	Lewis Balfour	NATO	M45	32:29
10	Gilbert Lee	DEE	M35	33:27
11	Ian Hopkins	WRE	M55	33:56
12	Alastair Mackenzie	CLOK	M65	37:19
13	Aly Brook	PFO	W40	38:33
14	Ben Carter	PFO	M45	38:55
15	Andrew Evans	LOG	M45	39:04
16	Martyn Dean	CLOK	M65	39:16
17	Elizabeth Hamer-Davies	MDOC	W60	50:07

2 3.50Km, 35m (12/12)

1	Quentin Harding	CLARO	M60	23:56
2	Ian Maxwell	RR	M65	24:10
3	David Hodson	HH	M60	26:21
4	Ian Byrne	SMOC	M65	31:22
5	Graham Denney	SAX	M55	31:40
6	Nick Martin	CLOK	M55	32:28
7	Jana Zackova		W45	33:34
8	Dawn Figg	HH	W55	34:03
9	Paul Van Dam	HALO	M60	34:31
10	James Wetherill	EPOC	M55	41:42
11	Patrick Smyth	NATO	M65	48:28
12	Elizabeth Dean		W21	50:25

3 3.00Km, 35m (33/33)

1	James Crawford	GO	M70	22:55
2	Graham Johnson	DVO	M70	24:48
3	Ruth Ker	CLARO	W55	25:34
4	Eileen Maxwell	RR	W60	25:50
5	Amanda Roberts	LOG	W60	26:35
6	Brian Ward	HALO	M60	26:53
7	Bruce Bryant	OD	M65	27:08
8	Paul Johnson	SYO	M70	27:27
9	Helen Parkinson	NOC	W55	27:50
10	Stephen Kimberley	DVO	M65	28:00
11	Robert Parkinson	NOC	M65	28:20
12	Andrew Lewsley	BL	M70	28:52
13	Liz Phillips	OD	W60	29:29
14	Paul Turner	SELOC	M65	29:33
15	Diane Jacks	WRE	W55	29:42
16	Viv Hodson	HH	W60	30:12
17	Jane Lambert	SO	W65	30:37
18	Eric Heritage	WRE	M65	31:32
19	Harriet Gillman	HALO	W60	32:17
20	Martin Cook	SMOC	M65	32:25
21	Clare Lankester		W40	37:08
22	Amanda Ward	HALO	W60	37:17
23	Sandra Mather	SMOC	W55	37:20
24	Susan Birtwistle	CLARO	W65	37:45
25	David Bliss	PFO	M65	39:15
26	Kenneth Hutson	HALO	M70	39:23
27	Anne Kayley-Burgess	DVO	W55	40:19

28	Liz Snell		W50	41:01
29	Christopher Wright	CLOK	M65	41:44
30	Andy Payne	DEE	M70	42:36
31	Graham Nilsen	DEE	M65	43:50
32	Lesley Ward	SYO	W55	44:37
33	Ted Finch	FVO	M70	45:17
4 2.60Km, 20m (48/48)				
1	Val Johnson	DVO	W65	24:49
2	Judy Johnson	BL	W70	24:57
3	Keith Willdig	OD	M75	26:24
4	Doug Dickinson	DVO	M80	26:35
5	Helen Gardner	EBOR	W75	27:50
6	Peter Carey	OD	M80	27:55
7	Sheila Carey	OD	W75	28:50
8	Pete Shew	HALO	M80	29:00
9	Arabella Woodrow	EPOC	W70	30:10
10	Anna Nilsen	DEE	W65	30:33
11	Gerry Symes	AIRE	M75	30:37
12	Neil Croasdell	EPOC	M75	31:08
13	Jane Kayley-Burgess	DVO	W65	31:34
14	Ann Harris	SMOC	W70	31:46
15	James Martin	CLOK	M16	31:47
16	Patricia Davies	BL	W70	32:24
17	Cecilia Dean	CLOK	W65	34:20
18	Jane Stew	OD	W65	34:57
19	Trudy Crosby	LOG	W65	35:02
20	Jane Booker	NOC	W70	35:14
21	Jean Payne	DEE	W70	35:44
22	Rosie Shaw	SMOC	W75	36:27
23	Marie Roberts	MDOC	W65	36:51
24	Jackie Page	EPOC	W75	36:56
25	Helen Chan	EBOR	W50	37:00
26	Rachel Thomas	SMOC	W70	37:32
27	Liz Drew	CLARO	W75	37:52
28	Michael Cope	CLARO	M75	37:57
29	Jacqueline Edwards	HALO	W65	38:12
30	Michael Hampton	OD	M75	38:43
31	Karen Cook	HALO	W55	39:09
32	Sheila Smith	EBOR	W75	39:35
33	Trevor Roberts	MDOC	M75	41:20
34	Anne Kimberley	DVO	W65	41:41
35	John Shaw	SMOC	M75	42:36
36	Christine Roberts	EBOR	W75	43:19
37	Jean Lochhead	EPOC	W75	44:04
38	Val Finch	FVO	W70	45:53
39	Brian Davies	BL	M75	46:50
40	Grahame Crawshaw	MDOC	M75	46:55
41	Michael Ridealgh	EBOR	M75	47:10
42	Judith Goodair	EPOC	W80	47:39
43	Mary Carrick	HALO	W75	47:42
44	Christine Hayes	CLARO	W65	48:20
45	Arthur Clarke	CLARO	M75	50:15
46	Henry Marston	SYO	M75	51:07
m10(127)	David Booker	NOC	M70	32:53
m17(128)	Guy Goodair	EPOC	M85	61:42