

Long course

1	Philip Vokes	OD M21	30:29
2	Petter Andreas Bergh	IND M45	39:51
3	Mark Rookledge	OD M55	42:15
4	Harriet Lawson	OD W21	42:41
5	Luke Cherry	OD M18	43:33
6	Helen Chiswell	DVO W45	50:43
7	Andy Cherry	OD M50	51:55
8	Stan Alexander	OD M70	56:59
9	Bailey Mark	IND M55	57:00
10	Gerry Spalton	OD M75	61:21
11	Lap On Leung	COBOC M55	69:12

Medium course

1	Rona Lindsay	ESOC W21	32:40
2	Isabel Akerstrom	IND W21	35:45
3	Eoin Hankinson	OD M18	35:56
4	Keith Willdig	OD M70	38:34
5	Annie Ockenden	OD W21	43:42
6	Sheila Carey	OD W75	43:45
7	Mike Hampton	OD M75	45:16
8	Margaret Willdig	OD W65	46:22
9	Peter Carey	OD M75	48:35
10	Steve Edgar	LEI M55	49:42
11	Robert Brandon	OD M70	51:06
12	Tracy Miller	IND W50	51:15
13	Julian Hankinson	OD M50	54:43
14	Jane Stew	OD W65	55:20
15	Janet Richardson	OD W70	57:06
16	Jo White	LEI W45	59:55
17	Rachel Alexander	OD W65	62:42
18	Sue Hallett	OD W75	65:55

Short course

1	Liz Phillips	OD W55	22:02
2	Bruce Bryant	OD M65	27:56
3	Richie Mack	OD M14	33:41
4	John Bowman	OD M80	39:34
5	Andrew Tang	OD M10	64:19
6	Daniel Tang	OD M10	73:22

Yellow course

1	Aaron Bennett & Sam Gridal	BEDWO M14	16:38
2	Freddie Heath	OD M10	27:23
mp	Janet Pitan	ELMESF W18	35:40
		<i>Missing no 4</i>	
mp	Owen Montsavigam	ELMESF M18	36:12
		<i>Missing no 4</i>	
mp	Ellie Lowe	ERNESF W18	36:17
		<i>Missing no 4</i>	
	Brandon Patterson	ERNESF M18	dnf
		<i>No finish time</i>	