

Yellow course

1	Sue Lett	IND W65	17:31
2	Henry Pigott	IND M8	23:56
3	John Williamson	IND M45	31:51
4	James Brown	IND M8	45:51
5	John Bowman	OD M80	46:46
mp	Andrew Lett	IND M60	36:32
		<i>Missing nos 1,7,12</i>	
	Dorothy Windsor	IND W80	dnf
		<i>No finish time</i>	
	Catherine Goff	IND W50	dnf
		<i>No finish time</i>	
	Jane Stew	OD W65	dnf
		<i>No finish time</i>	

Short course

1	Clara Windsor	IND W21	38:16
2	Elizabeth Urquhart	OD W65	49:09
3	Lena Ratajczak	IND W10	60:21
4	Daniel C N Tang	OD M10	89:21
5	George Shum	IND M10	90:40
	Sally Ingram	HOC W65	dnf
		<i>No finish time</i>	

Long course

1	Ben Windsor	DRONG M21	30:34
2	Tom Dobra	TVOC M21	33:02
3	Tsz Fung Yu	IND M21	42:52
4	Mark Rookledge	OD M55	45:17
5	Anne Straube	OD W45	49:44
6	Richard Gardner	OD M65	50:43
7	Andy Emmerson	OD M65	52:52
8	Zuzana Windsor	DRONG W21	54:01
9	Daniel Dalton	IND M21	54:06
10	Helen Chiswell	DVO W45	56:05
11	Paul Gregson	OD M40	56:21
12	Mykyta Chubynsky	OD M45	58:37
13	Lap On Leung	COBOC M55	59:41
14	Mikhail Gryaznevich	TVOC M65	62:02
15	Stan Alexander	OD M70	62:52
16	Harriet Burdett	DRONG W21	64:28
17	Jill Emmerson	OD W55	74:53
18	Annie Ockenden	OD W21	94:23
	Graham Pigott	POTOC M40	dnf
		<i>No finish time</i>	

Medium course

1	Bruce Bryant	OD M65	34:14
2	Daniel Pigott	POTOC M14	35:28
3	Keith Willdig	OD M70	38:59
4	Liz Phillips	OD W55	40:02
5	Matthew Wilson	IND M20	40:48
6	Max Straube-Roth	OD M14	41:35
7	Thomas Broadbent	IND M21	41:45
8	Richie Mack	OD M14	44:01
9	Jane Dring-Morris	LEI W50	46:37
10	Giovanni Crocioni	IND M21	53:06
11	Margaret Willdig	OD W65	56:50
12	Rachel Alexander	OD W65	61:55
13	Celia Chadburn	OD W75	64:51
14	Andrew C C Tang	OD M10	73:24
15	Ethan Lau	IND M10	76:19
16	John Ward	OD M75	78:46