

JM1 1.61km 5m

1	Miles Gilleard	AIRE	M10	19:14
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JM2 1.82km 0m

1	Matthew Fellbaum	MDOC	M10	14:33
2	William Parkinson	NOC	M12	15:24
3	Tom McCann	MDOC	M10	19:43
4	Sam Garratt	CLOK	M10	20:02
5	Daniel Selby	SROC	M10	20:28
6	Scott Marshall	AIRE	M10	20:53
7	Mihir Chandraker	WAOC	M10	27:58
mp	Dylan Campbell	CLOK	M10	37:16

JM3 2.31km 15m

1	Christopher Nash	SROC	M12	15:18
2	Zachary Field	EBOR	M12	16:03
3	Jake Field	EBOR	M12	18:02
4	William Louth	WAOC	M10	22:47
5	Barney Broatch	ERYRI	M12	23:33
6	Joe Woodley	AIRE	M12	23:55
7	Sean Pickering	DEE	M12	24:11
8	Barnaby Warren	NN	M12	24:56
9	Daniel Calvert	AIRE	M12	26:38
10	Alistair Thornton	MDOC	M12	29:03
11	Luke Douglas	LOC	M14	29:41
mp	Michael Hallett	BOK	M10	28:24

JM4 2.7km 80m

1	Aidan Smith	SYO	M12	26:04
2	Christopher MacKenzie	CLOK	M14	26:33
3	Matthew Nash	SROC	M14	26:47
4	Joshua Cooper	EBOR	M14	29:14
5	Andrew Lindsay	ESOC	M14	29:21
6	Alex McCann	MDOC	M12	29:56
7	Nathan Metcalfe	LOC	M14	30:52
8	Jack Wright	LOC	M14	31:21
9	Jamie MacKenzie	HOC	M12	34:38
10	Tommy Moore	LOC	M14	45:45
11	Luke Addison	DVO	M14	52:16
12	Jack Filmore	LOC	M14	54:50
13	Michael Park	SOS	M14	62:19
14	William Humphreys	MDOC	M14	62:35
15	Coner Weed	SUFFOC	M16	66:12

JM5L 6.38km 235m

1	Thomas Beasant	DEE	M18	47:11
2	Michael McIver	LOC	M18	57:45
3	Michael Bragg	LOC	M20	58:20
4	Robert Browne	LOC	M20	59:16
5	Josh Beech	EBOR	M18	68:12
6	Chris Brook	AIRE	M20	71:03
7	Thomas Burrow	LOC	M18	72:10
8	Sebastian Pugh	SOS	M20	75:22
9	Russell Baldwin	EBOR	M20	76:00
10	Daniel Kimberley	DVO	M20	91:34

11	Stuart Fraser	EBOR	M18	91:55
12	Mark Burley	NOC	M20	96:34
13	Christopher Beasant	DEE	M18	101:59
14	Stephen Clark	EBOR	M18	102:12
15	Alistair Jones	LOC	M18	104:32
16	Andrew Cheung	LOC	M18	112:21

JM5M 5.52km 165m

1	Michael Beasant	DEE	M14	44:18
2	Jonathan Malley	NATO	M16	45:37
3	Graham Hemingway	WCOC	M14	47:52
4	Alex Willis	PFO	M16	48:17
5	Tom MacKenzie	HOC	M16	60:26
6	Thomas Louth	WAOC	M14	61:44
7	Lewis Taylor	WCOC	M16	62:50
8	Adam Bradbury	SYO	M16	65:06
9	James Park	SOS	M16	73:09
10	Thomas Julian	CLOK	M16	73:53
11	Ben Gill	AIRE	M16	79:59
12	James Mayley	NOR	M16	123:44

JM5S 3.9km 110m

1	Thomas Lawson	LOC	M16	35:45
2	Philip Metcalfe	LOC	M16	38:14
3	Martin McIver	LOC	M14	40:20
4	Christopher Marshall	LOC	M16	42:10
5	Christopher Hemingway	WCOC	M16	51:13

JW1 1.61km 5m

1	Yasmin Field	EBOR	W10	24:08
2	Naomi Calvert	AIRE	W10	24:58
3	Tanya Cooper	EBOR	W10	26:37
mp	Emily Cooper	EBOR	W10	32:48

JW2 1.82km 0m

1	Helen Ockenden	SROC	W10	14:43
2	Anne Ockenden	SROC	W10	17:05
3	Rebecca Humphreys	MDOC	W12	19:19
4	Laura King	AIRE	W10	23:29
5	Rebecca Appleton	CLARO	W10	29:25
6	Zoe Chaffey	DVO	W12	35:12
mp	Kirsten Bell	LOC	W10	24:00

JW3 2.31km 15m

1	Rachel Emmerson	OD	W12	23:16
2	Lydia Howard	LOC	W12	24:21
3	Katrina Hemingway	WCOC	W12	24:57
4	Lisa Quickfall	SROC	W12	25:14
5	Katie Wright	LOC	W12	25:40
6	Eloise Wright	CLOK	W12	26:47
7	Julie Emmerson	OD	W12	27:06
8	Mary Emberton	EPOC	W14	27:20
9	Hannah Bradley	WCOC	W12	27:31
10	Amy Kimberley	DVO	W12	28:46

11	Rebecca Thornton	MDOC	W14	29:30
12	Beth Woodley	AIRE	W14	30:35
13	Meghan Hallett	LOC	W12	31:32
14	Collette McKenny	LOC	W12	32:19

JW4 2.7km 80m

1	Florence Haines	AIRE	W14	24:13
2	Zoe Harding	SROC	W14	25:20
3	Delyth Darlington	ERYRI	W14	26:19
4	Helen Elkington	OD	W14	29:03
5	Rona Lindsay	ESOC	W14	29:55
6	Cerys Jones	AIRE	W14	30:57
7	Lucy Thraves	SO	W14	31:13
8	Rosie Watson	WCOC	W14	32:59
9	Rebecca Quickfall	SROC	W16	36:43
10	Jessica Appleton	CLARO	W14	43:52
11	Amelia Elliott	LOC	W14	48:04
12	Francesca Brook	AIRE	W16	51:34
13	Rowena Johnson	BOK	W14	52:20
14	Caitlin Campbell	CLOK	W12	62:35
15	Oban Lewsley	BL	W14	66:55
16	Hayley Collins	DFOK	W16	90:11

JW5L 5.52km 165m

1	Alice Leake	EBOR	W16	55:17
2	Rebecca Harding	HH	W16	59:33
3	Sarah Claxton	NOC	W18	60:35
4	Anwen Darlington	ERYRI	W18	61:16
5	Amy Brown	EBOR	W18	77:17
6	Nicola Johnson	BOK	W18	103:28

JW5S 3.9km 110m

1	Jenny Evans	NOC	W14	34:20
2	Katrin Harding	SROC	W14	36:11
3	Alice Fellbaum	MDOC	W14	39:23
4	Jemma Bell	LOC	W16	40:11
5	Bryony Harding	HH	W14	40:43
6	Elizabeth Parkinson	NOC	W14	40:56
7	Alice Campbell	CLOK	W14	42:17
8	Lowri Jones	AIRE	W18	42:30
9	Sophie Kirk	OD	W16	42:57
10	Rebecca McKenny	LOC	W16	43:24
11	Charlotte Watson	WCOC	W14	48:41
12	Harriet Batten	OD	W16	49:05
13	Jessica Myers	LOC	W16	50:24
14	Sushruta Chandraker	WAOC	W16	54:20
15	Danielle Gabbert	LOC	W16	55:58
16	Ellen Sanderson	SOS	W16	60:25
17	Jacqueline Heybrock	WAOC	W16	62:04
18	Hannah Newton	SOS	W16	81:13
19	Emily Andrews	EBOR	W20	82:27
20	Alana Wright	CLOK	W16	83:00

Light Green 2.7km 80m

1	Andrew Merrell	Aire	M16	33:09
2	Jene Hoare	ERYRI	W20	33:55

3	Andy Joyce	IND	M20	37:03
4	Rowan Arthur	AIRE	M13	37:51
5	Arthur Phillips	Aire	M16	39:06
6	Hamish Willis	PFO	M50	40:36
7	Arthur Clarke	CLARO	M55	41:36
8	Jack Hodgson	IND	M15	50:23
9	Marion Bowman	AIRE	W35	55:48
n/c	Pippa Mallon	MDOC	W12	64:16
n/c	Jenny Mallon	MDOC	W45	64:48
10	Peter Firth	NATO	M60	65:27
11	Lisa Milnor & David Sutcliffe	IND		66:24
12	Patrick O'Grady	SYO	M70	71:08
13	Helen Anthony	Aire	W21	71:58
14	Fiona MacDougall	IND	W40	73:09
15	Richard Day +2	LOC	M60	79:21
16	Julie Collins	DFOK	W45	90:12
mp	Rudsdale	BAOC	M45	47:09
mp	Edwin Dines	IND	M35	48:16

M21L 9.23km 290m

1	Marcus Pinker	ShUOC	M21	64:16
2	Paul Couldridge	BAOC	M21	78:44
3	Steve Webb	AIRE	M45	82:40
4	John Hartley	WSX	M21	84:06
5	Ben Stevens	AIRE	M20	86:27
6	Mark Saunders	BOK	M45	88:08
7	David Alcock	AIRE	M21	92:48
8	Edward Louth	WAOC	M18	94:09
9	Rolf Crook	WAOC	M21	100:49
10	Dave Broatch	ERYRI	M45	105:46
11	Graham Arthur	Ind	M55	141:24
dnf	Alex Bedwell	MDOC	M20	
mp	Matthew Burden	AIRE	M21	101:47
mp	Rupert Kempley	Aire	M21	118:43

M21S 6.38km 235m

1	Chris Lee	AIRE	M21	74:57
2	Laurence Ball	OD	M21	76:59

M35L 8.42km 235m

1	James Logue	NWOC	M35	56:51
2	Andy Thorpe	EPOC	M35	65:26
3	Darrell High	SO	M35	67:21
4	Jeff Green	CHIG	M35	71:35
5	Steve Watkins	AIRE	M35	72:57
6	Iain Botheroyd	OD	M35	75:51
7	John Emeleus	KFO	M35	78:24
mp	Martin Ward	SPOOK	M40	42:01

M35S 5.52km 165m

1	Tony Udris	EBOR	M35	54:33
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M40L 8.42km 235m

1	Clive Hallett	BOK	M40	61:29
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2	Colin Smith	SYO	M40	69:42
3	Charles Mayes	CLOK	M40	71:41
4	Paul Taylor	EPOC	M40	77:02
5	Steve Hinshelwood	WAOC	M40	79:16
6	David McCann	MDOC	M40	79:31
7	Dean Field	EBOR	M40	79:56
8	Nick Howlett	LOC	M40	81:20
9	Andrew Bradley	WCOC	M40	82:25
10	Martin Skinner	WCOC	M40	85:08
11	Dave Chaffey	DVO	M40	87:05
12	John Taylor	WCOC	M40	90:55
13	Patrick McIver	LOC	M40	93:39
14	Bert Park	SOS	M40	93:45
15	Simon Thompson	MDOC	M40	93:58
16	Jon March	BL	M40	95:24
17	Neil Palmer	AIRE	M40	101:01
18	Gordon Parker	SLOW	M40	104:13
19	Neil Gascoyne	IND	M40	121:24
mp	John Duckworth	DVO	M40	80:09
mp	Alan Irving	WCOC	M40	92:22

M40S 5.52km 165m

1	Martyn Hodgson	EPOC	M40	55:15
2	Alistair Tinto	EPOC	M40	58:03
3	Tim Wiegand	SYO	M40	59:28
4	Simon Bevan	SOC	M40	62:41
5	Darren Baker	DEE	M40	64:59
6	Martin Pickering	DEE	M40	69:40
7	Roy McGregor	SROC	M40	72:04
8	Julian Warren	NN	M40	77:05
mp	Mark White	EBOR	M40	75:16

M45L 6.38km 235m

1	Quentin Harding	SROC	M45	48:00
2	Andy Hyslop	WAROC	M45	53:08
3	Alastair Mackenzie	CLOK	M45	57:29
4	Steve McLean	SROC	M45	57:44
5	Jonathan Emberton	EPOC	M45	58:35
6	Andy Thornton	MDOC	M45	62:10
7	Gavin Smith	SROC	M45	63:00
8	Ian Selby	SROC	M45	63:14
9	Nick Evans	NOC	M45	64:30
9=	David Mainwaring	BL	M45	64:30
11	Christopher Wright	CLOK	M45	64:40
12	Nick Green	MV	M45	65:29
13	Martin Smith	LOC	M45	66:21
14	Phillip Batts	CLOK	M45	68:15
15	Ray Humphreys	MDOC	M45	68:25
16	Steve Marin	EBOR	M45	70:01
17	Simon Thraves	SO	M45	70:04
17=	Tim Mallon	MDOC	M45	70:04
19	Tom Bedwell	MDOC	M45	72:27
20	Nigel Beasant	DEE	M45	73:02
21	Robert King	AIRE	M45	74:13
22	Stephen Kimberley	DVO	M45	74:20
23	Kelvin Davies	BOK	M45	76:09
24	Alistair Fale	AIRE	M45	79:08
25	David Sanderson	SOS	M45	80:52
26	David Vincent	DVO	M45	82:13
27	Stephen Fellbaum	MDOC	M45	84:24
28	Eric Pye	LOC	M45	86:35

29	Edward Cox	SO	M45	88:30
30	Neil McInnes	AIRE	M45	102:23
31	Stephen Cartwright	SOS	M45	102:57
32	Edwin Paul Van-Calster	MDOC	M45	110:18
33	Geoff Hine	CLOK	M45	127:55
mp	Mark Collins	DFOK	M45	93:41

M45S 4.85km 180m

1	Graham Louth	WAOC	M45	50:34
2	Mike Goldthorpe	TAY	M45	53:09
3	Gary Savill	CLARO	M45	57:58
4	Graham Lloyd	EPOC	M45	61:49
5	Ian Grant	DVO	M45	62:08
6	Paul Goad	CLOK	M45	68:39
7	Rakesh Chandraker	WAOC	M45	74:43
8	Tony Mason	MDOC	M45	101:20

M50L 6.38km 235m

1	Jonathan Lagoe	LOC	M50	52:11
2	Paul Addison	DVO	M50	57:00
3	Dave Chapman	AIRE	M50	57:45
4	Dave Charles	LOC	M50	58:39
5	Andy Lewsley	BL	M50	59:19
6	Robert Daly	GRAMP	M50	59:20
7	Peter Jones	AIRE	M50	60:10
8	Peter Gorvett	SYO	M60	61:46
9	Mikhail Gryaznevich	TVOC	M50	62:13
10	Neil Harvatt	HALO	M50	62:25
11	Barry Elkington	OD	M50	63:51
12	Steven Wood	EPOC	M55	64:42
13	Ian Ditchfield	MV	M50	65:07
14	Peter Jones	AIRE	M50	66:01
15	Andy Emmerson	OD	M50	70:10
16	Crawford Lindsay	ESOC	M50	70:22
17	Graham Johnson	DVO	M50	71:11
18	David Downes	WCOC	M50	78:18
19	Howard Sawyer	AIRE	M50	78:46
20	Neil MacKenzie	HOC	M50	80:54
21	Selwyn Wright	LOC	M50	81:48
22	Andrew Evans	DFOK	M50	83:55
23	Martyn Andrews	EBOR	M50	87:07
24	Chris Johnson	BOK	M50	89:51
25	Stephen Restorick	CLOK	M50	92:10
26	Paul Bradbury	SYO	M50	93:01
mp	Simon Greenwood	SAX	M50	63:46

M50S 4.85km 180m

1	Bruce Bryant	OD	M50	46:38
2	Maurice Calvert	AIRE	M50	48:41
3	Robert Parkinson	NOC	M50	54:14
4	David Booker	NOC	M50	54:53
5	David Rosen	SROC	M50	58:48
6	Alan Poxon	MDOC	M50	60:19
7	Simon Filmore	LOC	M50	64:16
8	Simon Brook	AIRE	M50	68:00
9	Dave Brown	EBOR	M50	71:57
10	Charlie Wilson	NATO	M50	72:06
11	Philip Kirk	OD	M50	83:09
12	Glyn Mayley	LOG	M50	99:25

dnf	Richard Barker	SOS	M50
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M55L 5.52km 165m

1	Axel Blomquist	BAOC	M55	49:23
2	Paul Johnson	BL	M55	53:51
3	Richard Payne	EPOC	M55	54:43
4	Steve Whitehead	EBOR	M55	56:19
4=	Andy Hemsted	HOC	M55	56:19
6	Martyn Roome	SROC	M55	56:50
7	Roger Smith	EBOR	M55	57:30
8	Martyn Gill	AIRE	M55	58:20
9	Paddy Neligan	HALO	M55	62:16
10	Paul Oates	CROC	M55	65:00
11	Martin Checkley	SYO	M55	65:22
12	Nicholas Pugh	SOS	M55	65:57
13	Alan Springett	BKO	M55	68:29
14	Raymond Stone	EPOC	M55	68:59
15	Roger Edwards	LEI	M55	70:45
16	Mike Godfree	DVO	M55	70:49
17	Derry Kelleher	NOR	M55	72:14
18	John Nash	LOC	M55	72:18
19	Tony Carlyle	AIRE	M55	73:35
20	Mike Hind	CLARO	M55	74:26
21	John Marriott	LEI	M55	75:00
22	Michael Garratt	CLOK	M55	75:06
23	Tony Thornley	AIRE	M55	75:17
24	Leslie Dalglish	ESOC	M55	75:26
25	Guy Seaman	SYO	M55	76:13
26	Chris Burden	AIRE	M55	76:48
27	Stephen Round	SELOC	M55	76:49
28	Tim Moon	CLARO	M55	82:21
29	Mike Ridealgh	EBOR	M55	82:24
30	Eric Brown	HOC	M55	104:32
31	Nick Taylor	HOC	M55	114:32
dnf	Paul Taylor	CLOK	M55	

M55S 3.9km 110m

1	Steve Willis	EBOR	M55	40:07
2	John Batchelor	EBOR	M55	40:08
3	Neil Sprot	NATO	M55	41:33
4	Les Smithard	KFO	M55	42:05
5	Mike Pemberton	BKO	M55	42:38
6	Allan Darwell	BOK	M55	43:24
7	David Rose	PFO	M55	43:26
8	Bill Marlow	POW	M55	45:20
9	Ranald Macdonald	DVO	M55	54:45
10	Chris Shovelton	CLARO	M55	62:23
11	Richard Fox	AIRE	M55	79:19
12	Graham Dugdale	DEVON	M55	79:57

M60L 5.52km 165m

1	Brian Hughes	HOC	M60	54:09
2	Jim Prowting	TVOC	M60	54:29
3	Julian Lailey	SROC	M60	58:08
4	Steve Buckley	LOC	M60	60:34
5	Jack Hutchison	SOC	M60	60:59
6	Antony Richardson	LOC	M60	61:09
7	Neil Cameron	NGOC	M60	64:04
8	Brian Jackson	SROC	M60	64:06

9	Frank Major	NN	M60	64:41
10	Dave Neild	LOC	M60	65:50
11	Robert Nash	SROC	M60	66:22
12	Rodney Archard	NGOC	M60	68:29
13	Denis Murphy	DEE	M60	74:20
14	Mike Ormerod	SROC	M60	75:44
15	Tom Edelsten	CHIG	M60	75:50
16	George Crawford-Smith	PFO	M60	76:50
17	David Holmes	QO	M60	77:24
18	John Duffield	CHIG	M60	80:04
19	David Ball	NOR	M60	82:24
20	Fred Ross	AIRE	M60	96:06
21	John Corden	EBOR	M60	100:37

M60S 3.36km 115m

1	Peter Hubberstey	NOC	M60	49:50
2	David Binks	WAROC	M60	52:41
3	Chris Kirkham	MDOC	M60	57:37
4	Bob Elmes	DEE	M60	74:36
5	Alan Parker	AIRE	M60	88:21

M65L 4.85km 180m

1	Brian Shaw	SYO	M65	54:43
2	Keith Henderson	WIM	M65	56:18
3	Steve Burge	LOC	M65	57:25
4	Allen Barnes	CLARO	M65	58:36
5	Rod Shaw	EPOC	M65	60:47
6	Michael Wood	EPOC	M65	63:31
7	Andrew Suddaby	BL	M65	64:25
8	Barry Harrison	CLOK	M65	64:56
9	Walter Wright	NATO	M65	65:20
10	Trevor Simpson	OD	M65	66:08
11	Dick Amour	INVOC	M65	67:16
12	Richard Moss	BL	M65	67:39
13	Robert Verity	DEE	M65	68:40
14	Dick Whitworth	BL	M65	68:53
15	Robert Ker	AIRE	M65	71:50
16	Michael Calvert	CLARO	M65	75:10
17	Mike Fairburn	PFO	M65	75:13
18	Jim Mitchell	PFO	M65	76:42
19	Peter Leake	LEI	M65	78:03
20	Roger Mawby	EBOR	M65	84:21

M65S 3.36km 115m

1	Anthony Greenwood	EPOC	M65	48:28
2	Richard Aspinall	EPOC	M65	62:50
3	Martin Cranny	DEE	M65	67:39
4	Alan Heppenstall	LOC	M65	77:36
5	Bryce Gibson	BKO	M65	80:37
mp	Ivor Noot	EPOC	M65	40:01
mp	Colin Powell	SWOC	M65	50:09

M70L 3.9km 110m

1	Robin Campbell	CHIG	M70	41:58
2	John Thompson	TVOC	M70	45:23
3	Mark Tyszka	HALO	M70	46:33

4	Stan Johnston	LOC	M70	48:54
5	Alan Heron	SELOC	M70	52:02
6	Jeff Mason	NATO	M70	53:56
7	Tom Crowther	AIRE	M70	54:51
8	Colin Spears	HOC	M70	55:00
9	Peter Knott	SROC	M70	58:18
10	Mike Hardy	CLOK	M70	58:21
11	Donald Moir	LEI	M70	62:04
12	Guy Goodair	EPOC	M70	62:27
13	Ronald Williams	DEE	M70	66:46
14	Brian Spoonley	DEE	M70	68:00
15	Alan Yeadon	BKO	M70	68:12
16	John Warren	WIM	M70	68:19
17	Brian Ward	DVO	M70	71:07

M70S**M75L 3.36km 115m**

1	Roy Malley	NATO	M75	61:32
2	Des McGinnity	MEROC	M75	72:36
3	Bernard Potter	TVOC	M75	73:39
4	Frank Rose	MDOC	M75	74:52
5	Bob Stewardson	LOC	M75	114:16

M75S**Orange 2.31km 15m**

1	Cameron Whitwham	Aire	M14	26:26
2	Will Phillips	Aire	M12	28:11
3	Jonathan Landless	AIRE	M14	42:44
4	Ann O'Grady	SYO	W70	53:40

W21L 6.38km 235m

1	Victoria Stevens	AIRE	W18	61:51
2	Sarah Haines	AIRE	W45	66:36
3	Chloe Haines	AIRE	W16	69:43
4	Alice Bedwell	BOK	W45	71:43
5	Carys Morgan	SWOC	W21	78:36
6	Faye Pinker	AIRE	W21	84:53
7	Amanda Crawshaw	EPOC	W35	85:32
mp	Alison High	SO	W21	48:21

W21S 4.85km 180m

1	Rachel Collins	SO	W14	72:00
2	Nicola Gill	AIRE	W21	80:12
3	Ruth Wilson	NATO	W21	97:17
mp	Jane Holcombe	BOK	W35	110:42

W35L 5.52km 165m

1	Stella Lewsley	BL	W50	55:47
2	Sophie Brown	AIRE	W35	63:05
3	Lucy Wiegand	SYO	W35	66:19
4	Lesley Ward	SPOOK	W35	77:54
5	Heather Phipps	AIRE	W35	82:51

W35S 3.9km 110m

1	Esther Logue	EPOC	W35	46:55
2	Diane Mayes	CLOK	W35	53:07
3	Jane Hodgson	EPOC	W35	55:09

W40L 5.52km 165m

1	Kath Broatch	ERYRI	W40	58:10
2	Heather Fellbaum	MDOC	W40	61:16
3	Ruth Ker	AIRE	W40	62:25
4	Sal Chaffey	DVO	W40	63:15
5	Joyce Marshall	AIRE	W45	63:37
6	Susan Skinner	WCOC	W40	70:07
7	Clare Claxton	NOC	W45	72:59
8	Caroline Mackenzie	CLOK	W40	82:35
9	Julia Crook	WAOC	W40	85:29
10	Jane McCann	MDOC	W40	94:14
11	Caroline Gregson	DEE	W40	100:21
mp	Gillian Hale	CLOK	W40	39:53

W40S 3.9km 110m

1	Ann-Marie Duckworth	DVO	W40	40:56
2	Liz Phillips	OD	W40	46:25
3	Karen Quickfall	SROC	W40	48:19
4	Jill Emmerson	OD	W40	49:12
5	Amanda Cooper	EBOR	W40	51:26
6	Tracey Grant	DVO	W40	55:58
7	Alison Corbett	POTOC	W40	58:50
8	Debby Warren	NN	W40	58:55
9	Juliet Bentley	SROC	W40	59:26
10	Elaine Sutton	DEE	W40	60:28
11	Helen Parkinson	NOC	W40	66:07
12	Helen Woodley	AIRE	W40	71:05
mp	Louise Sylva	DFOK	W40	80:37

W45L 4.85km 180m

1	Vicky Thornton	MDOC	W45	46:13
2	Karen Nash	SROC	W45	49:22
3	Janet Evans	NOC	W45	59:09
4	Mary Ockenden	SROC	W45	59:52
5	Melanie Bradley	WCOC	W45	60:11
6	Lindsey King	AIRE	W45	62:29
7	Shirley Wood	AIRE	W45	62:42
8	Helena Burrows	ERYRI	W55	66:34
9	Jackie Chapman	SLOW	W45	67:15
10	Debbie Watson	WCOC	W45	67:45
11	Frances Hoare	ERYRI	W45	67:50
12	Alison Harding	HH	W45	69:48
13	Jane Malley	NATO	W45	70:35
14	Val Johnson	DVO	W45	72:35
15	Christine Robinson	SYO	W45	75:20

16	Pip Humphreys	MDOC	W45	76:43
17	Valerie Gilleard	AIRE	W45	80:00
18	Gail Parker	SLOW	W45	82:19

W45S 3.36km 115m

1	Janet Leake	EBOR	W45	54:34
2	Joyce Hemingway	WCOC	W45	59:34
3	Jill MacKenzie	HOC	W45	64:34
4	Judith Filmore	LOC	W45	67:24
5	Pam Brown	EBOR	W45	69:32
6	Jennifer Beasant	DEE	W45	80:51
dnf	Joanna Emberton	EPOC	W45	

W50L 4.85km 180m

1	Jackie Hallett	BOK	W50	49:16
2	Inara Gipsle	TVOC	W55	53:49
3	Ruth Charles	LOC	W50	56:42
4	Susan Stevens	AIRE	W50	57:16
5	Judy Warner	LOC	W50	57:20
6	Anne Darlington	ERYRI	W50	60:16
7	Judith Checkley	SYO	W50	62:17
8	Judy Johnson	BL	W55	62:20
9	Sally Lindsay	ESOC	W50	62:58
10	Pauline Richardson	LOC	W50	63:46
11	Jill Gorvett	SYO	W55	70:50
12	Karen Clark	EBOR	W50	71:34
13	Christine Andrews	EBOR	W50	72:41
14	Marcia Bradbury	SYO	W50	85:39
15	Rhona Fraser	INVOC	W50	89:26
16	Lorraine Porter	CLOK	W50	99:38
17	Alison Doyle	MDOC	W55	105:04
dnf	Marion Inchmore	LOC	W50	

W50S 2.78km 60m

1	Patricia Davies	NATO	W50	37:37
2	Jane Booker	NOC	W50	39:54
3	Lucy Fox	AIRE	W50	40:58
4	Clare Evans	LOC	W50	44:18
5	Catherine Springett	BKO	W50	48:36
6	Pat Moody	DEE	W50	81:21

W55L 3.9km 110m

1	Liz Godfree	DVO	W55	36:49
2	Helen Gardner	EBOR	W55	38:51
3	Sheila Sprot	NATO	W55	41:56
4	Margaret Dalglish	ESOC	W55	44:56
5	Lindsey Hensman	CLARO	W55	47:48
6	Diana McClure	LOC	W55	48:12
7	Heather Smithard	KFO	W55	48:39
8	Jan Clenaghan	SOLWAY	W55	51:54
9	Janet Nash	LOC	W55	56:15
10	Miriam Rosen	SROC	W55	57:53
11	Lesley Brown	HOC	W55	58:20
12	Ann Armistead	DVO	W55	58:58
13	Mary Carrick	HALO	W55	60:04
14	Catherine Kelleher	NOR	W55	61:46

15	Ann Smith	EBOR	W55	63:10
16	Mary Wheeler	SROC	W55	65:24
17	Vivienne Pitcher	DEE	W55	67:18
18	Judith Hind	CLARO	W55	68:58
19	Beryl Seaman	SYO	W55	70:57
20	Barbara Verity	DEE	W55	72:09
21	Viv Macdonald	DVO	W55	73:18
22	Margaret Shaw	EPOC	W55	75:07
23	Gill Ross	AIRE	W55	85:05

W55S 2.78km 60m

1	Andrea Marlow	POW	W55	48:20
2	Sally Rollo	SOLWAY	W55	53:44
3	Linda Whitehead	EBOR	W55	54:39
4	Rosemary Mason	NATO	W55	64:28

W60L 3.9km 110m

1	Pauline Ward	DVO	W60	46:59
2	Jackie Barnes	CLARO	W60	51:19
3	Vicki Archard	NGOC	W60	52:32
4	Margaret Murphy	DEE	W60	59:16
5	Sue Bicknell	OD	W60	59:23
6	Jean Lochhead	EPOC	W60	59:52
7	Helen Neild	LOC	W60	59:58
8	Gillian Rowan-Wilde	PFO	W60	60:28
9	Hilary Allen	AIRE	W60	61:08
10	Liz Yeadon	BKO	W60	65:08
11	Pat Cameron	NGOC	W60	67:29
12	Gill Mawby	EBOR	W60	70:01
13	Julie Brook	MDOC	W60	72:23
14	Judy Douglas	POTOC	W60	78:22
15	Corinne Roberts	Cork	W60	83:22

W60S 2.78km 60m

1	Carole Firth	NATO	W60	60:16
2	Karin Kirk	OD	W60	67:24
3	Margaret Parker	AIRE	W60	70:14
4	Moyra Maguire	NN	W60	105:13

W65L 3.36km 115m

1	Hilary Simpson	OD	W65	64:56
2	Judy Suddaby	BL	W65	67:23
3	Janet Gibson	BKO	W65	71:14
4	Angela Whitworth	BL	W65	71:21
5	Judith Goodair	EPOC	W65	72:12
6	Frances Heron	SELOC	W65	74:01
7	Isabel Wright	NATO	W65	74:16
8	Judith Powell	SWOC	W65	84:46
mp	Cherith Knott	SROC	W65	91:19

W65S 2.78km 60m

1	Pat Aspinall	EPOC	W65	59:00
2	Clare Fletcher	BOK	W65	60:46
3	Joan Selby	CLOK	W65	78:35

4	Suzette Spears	HOC	W65	81:30
5	Angela Heppenstall	LOC	W65	91:48
6	Penny Hemsted	HOC	W65	96:00

W70L 3.36km 115m

1	Ruby Campbell	CHIG	W70	65:25
2	Sue Birkinshaw	MDOC	W70	66:37
3	Verena Johnston	LOC	W70	70:19
4	Pat Spoonley	DEE	W70	73:45
5	Gill Hardy	CLOK	W70	79:30
mp	Margaret Thompson	TVOC	W70	66:42

W70S 2.78km 60m

1	Shirley Moir	LEI	W70	74:58
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W75 2.78km 60m

1	Eileen Bedwell	CLOK	W75	68:15
dnf	Kath Rose	MDOC	W75	

White 1.61km 5m

1	Joe Field	EBOR	M6	27:56
2	Katrina Patterson	Aire	W6	33:47

Yellow 1.82km 0m

1	Christophe Pattersn	Aire	M11	25:14
2	Rosie Corbett	POTOC	W12	28:28
3	Calder High School Will Emberton	epoc	M12	28:37
4	Pamela Hartley	MDOC	W50	73:23