

Position	Runner	Time	Division	Points
1	Richard Smith	20.56	1	30
2	Rob Austin-Howarth	26.26	3	30
3	Dale Clark	26.31	-	-
4	Anna Sabbo-Wilson	30.02	4	30
5	Charlotte Brady	33.22	5	30
6	Maria Sutcliffe	35.39	-	-
7	Brian Crowther	35.47	5	29
8	Caroline Law	36.33	6	30
9	Lindsey Sayers	37.01	6	29
10	Amy Gardner	38.57	6	28
11	Andy Mellor	39.48	3	29
12	Julie Clark	40.25	6	27
13	Su Page	41.35	5	28