Position	Runner	Clock Time	Handicap	Time	Points
1	Clare Smith	30:44	00:00	30:44	50
2	Nigel Grottick	32:25	10:30	21:55	49
3	Barry Neal	32:55	08:30	24:25	48
4	Jude Brown	33:16	06:30	26:46	47
5	Jenny Hayes	33:19	08:00	25:19	46
6	Heidi Stanley	33:42	05:00	28:42	45
7	Ruth Brennan	34:07	05:00	29:07	44
8	Russell Gibson	34:09	12:30	21:39	43
9	Ben Bristow	34:11	14:00	20:11	42
10	Tim Allmark	34:13	13:00	21:13	41
11	Peter Allen	34:44	14:00	20:44	40
12	Jess Ashworth	34:54	10:30	24:24	39
13	Chris Prall	35:03	13:30	21:33	38
14	Lindsay Lane	35:04	03:30	31:34	37
15	Fynn Grundy	35:07	06:30	28:37	36
16	Andrew Mitchell	35:08	07:30	27:38	35
17	Dave Rayfield	35:10	11:30	23:40	34
18	Alan Gatling	35:14	11:00	24:14	33
19	Richard de Salis	35:16	10:30	24:46	32
20	Jack Squires	35:23	11:00	24:23	31
21	Stacey Tanton	35:25	00:00	35:25	30
22	David Lloyd	35:38	07:00	28:38	29
23	Helen Pearse	37:04	06:30	30:34	28
24	Alison Engledew	37:06	07:30	29:36	27
25	Andrea Mitchell	37:24	06:30	30:54	26
26	Richard Lane	37:24	07:00	30:24	25
27	Trudi Rowe	37:47	00:00	37:47	24