

Runner	Time on day	H cap	Improvement	points
Kevin Joynes-Creed	1:50:22	1:55:52	-0:05:30	10
Ben Chapman	1:38:03	1:40:35	-0:02:32	9
Istvan Vegh	2:08:52	2:11:21	-0:02:29	8
Andy Masser	1:37:06	1:38:30	-0:01:24	7
Ryo Taylor	2:03:41	2:03:48	-0:00:07	6
Tom Razanzan	1:34:53	1:34:53	0:00:00	5
Vic Trykush	1:50:30	1:50:30	0:00:00	5
Gareth Roberts	1:52:27	1:52:27	0:00:00	5
Mark Garrett	1:39:42	1:32:42	0:07:00	4
Dave Witnall	1:38:03	1:29:54	0:08:09	3

Runner	Time on day	H cap	Improvement	Points
Mark Manley	0:42:46	0:45:58	-0:03:12	10
Elliot Gardiner	0:47:17	0:49:13	-0:01:56	9
Steve Sandercock	0:50:01	0:50:20	-0:00:19	8
Ted Pitts	0:51:40	0:51:27	0:00:13	7

Runner	Time on Day	H cap	Improvement	Points
Ellie Taylor	1:44:27	1:45:03	-0:00:36	10
Jo Wood	1:50:32	1:50:32	0:00:00	9
Jo Beames	1:55:58	1:55:58	0:00:00	9
Sarah Reynolds	1:57:45	1:57:45	0:00:00	9
Sarah Page	1:58:15	1:58:15	0:00:00	9
Vicki Mason	2:05:38	2:05:38	0:00:00	9
Cathy Steer	2:05:48	2:05:48	0:00:00	9
Vanessa Poole	2:21:22	2:21:22	0:00:00	9
Kirsty Pitts	1:53:44	1:53:30	0:00:14	8
Linda Edwards	2:02:57	1:58:30	0:04:27	7
Rochelle Ravenscroft	1:59:03	1:48:55	0:10:08	6

Runner	Time on Day	H cap	Improvement	Points
Rosie Oates	0:45:37	0:46:53	-0:01:16	10
Anne Gardiner	0:55:22	0:55:47	-0:00:25	9
Pauline Tilbury	1:07:09	1:07:18	-0:00:09	8
Linzi Gregory	0:53:35	0:53:35	0:00:00	7
Felicity Crotty	0:57:20	0:57:20	0:00:00	7
Cheri Edwards	0:53:08	0:52:18	0:00:50	6