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Mens' 5km					Ladies 5km			
Runner	Event	Time	Points		Runner	Event	Time	Points
David Witnall	Tetbury park run	0:18:55	10		Nia Glover	Haresfield	0:20:31	10
Mark Garrett	Swansea Bay park run	0:19:45	9		Ellie Witnall	Tetbury Park run	0:23:27	9
Paul Robertson	Tetbury Park run	0:20:43	8		Sharon Smith	Haresfield	0:23:41	8
Elliot Gardiner	Tetbury Park run	0:21:35	7		Elaine Chapman	Ciren Park run	0:23:53	7
Phil Southworth	Kingsway Park run	0:21:39	6		Cheri Edwards	Tetbury Park run	0:24:11	6
Ben Chapman	Tetbury Park run	0:22:54	5		Kirsty Pitts	Calne Clock change	0:25:51	5
Phil Newman	Ciren Park run	0:23:23	4		Ann Gardiner	Ciren Park run	0:26:16	4
Darren Jenner	Tetbury Park run	0:23:32	3		Gemma Wright	Ciren Park run	0:26:22	3
Alan Powderhill	Tetbury Park run	0:23:39	2		Felicity Crotty	Keswick park run	0:28:44	2
Paul Beaumont	Ciren Park run	0:23:40	1		Monica Farthing	Ciren Park run	0:32:36	1
Ted Pitts	Calne Clock change	0:26:17	1		Sylvia Warman	Ciren Park run	0:35:00	1
Tim Wainwright	Ciren Park run	0:26:38	1					

Mens marathon					Ladies Marathon			
Runner		Times	Points		Runner	Event	Times	Points
Phil Southworth	Salzburg	3:58:10	10		Rachel Bodey	Abingdon	3:41:55	10
Kevin Joynes-Creed	Abingdon	4:22:10	9		Elaine Chapman	Milton Keynes	4:07:26	9
Paul Robertson	Brighton	4:29:15	8		Joanne Wood	Stratford	4:08:21	8
Tim Wainwright	London	4:34:32	7		Sarah Page	Abingdon	4:12:18	7
Alan Powderhill	London	4:38:29	6		Cheri Edwards	Stratford	4:12:35	6
					Ellie Witnall	Abingdon	4:14:17	5
					Gemma Wright	London	4:19:48	4
					Liz Farooq	London	4:32:35	3
					Nadine Brown	Silkin way	5:02	2