# M40



| Team | Team Number | Stage | Forename | Surname | Clock Time | Stage Time | Team Time | Team Position | Fastest time by Team | Fastest Stage by Team | Runner | | Runner Rank within team | Runner Rank within Race |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Aldershot Farnham & Disctrict AC | 0 | A | Keith | Donkin | 00:14:53 | 00:14:53 | | | | | | | 1 | 10 |
| Aldershot Farnham & Disctrict AC | 0 | B | Bill | Ablitt | 00:29:50 | 00:14:57 | | | | | | | 2 | 13 |
| Aldershot Farnham & Disctrict AC | 0 | C | Simon | Sheard | 00:45:22 | 00:15:32 | | | | | | | 4 | 22 |
| Aldershot Farnham & Disctrict AC | 0 | D | Rob | Hudson | 01:00:46 | 00:15:24 | | | | | | | 3 | 18 |
| Aldershot Farnham & Disctrict AC | 0 | E | Nick | Bateson | 01:16:57 | 00:16:11 | | | | | | | 5 | 36 |
| Aldershot Farnham & Disctrict AC | 0 | F | Steve | Bone | 01:33:35 | 00:16:38 | **01:33:35** | **5** | **00:14:53** | **A** | **Keith** | **Donkin** | 6 | 45 |
| Bristol & West AC | 3 | A | Daniel | Moore | 00:14:08 | 00:14:08 | | | | | | | 1 | 3 |
| Bristol & West AC | 3 | B | | | 02:00:00 | 01:45:52 | | | | | | | 6 | 90 |
| Bristol & West AC | 3 | C | | | 03:00:00 | 01:00:00 | | | | | | | 4 | 88 |
| Bristol & West AC | 3 | D | | | 04:00:00 | 01:00:00 | | | | | | | 2 | 86 |
| Bristol & West AC | 3 | E | | | 05:00:00 | 01:00:00 | | | | | | | 5 | 89 |
| Bristol & West AC | 3 | F | | | 06:00:00 | 01:00:00 | **06:00:00** | **15** | **00:14:08** | **A** | **Daniel** | **Moore** | 2 | 86 |
| Bungay Black Dog RC | 13 | A | Terry | Mulcahy | 00:17:01 | 00:17:01 | | | | | | | 3 | 54 |
| Bungay Black Dog RC | 13 | B | Jerry | Smith | 00:33:43 | 00:16:42 | | | | | | | 1 | 47 |
| Bungay Black Dog RC | 13 | C | Terry | Garrity | 00:51:51 | 00:18:08 | | | | | | | 4 | 69 |
| Bungay Black Dog RC | 13 | D | Jim | Cooper | 01:08:41 | 00:16:50 | | | | | | | 2 | 51 |
| Bungay Black Dog RC | 13 | E | Steve | Gibbs | 01:28:28 | 00:19:47 | | | | | | | 5 | 81 |
| Bungay Black Dog RC | 13 | F | Colin | Whale | 01:49:00 | 00:20:32 | **01:49:00** | **13** | **00:16:42** | **B** | **Jerry** | **Smith** | 6 | 82 |
| Cambridge & Coleridge AC | 14 | A | Leon | Stone | 00:15:43 | 00:15:43 | | | | | | | 1 | 29 |
| Cambridge & Coleridge AC | 14 | B | Mark | Chaplin | 00:32:53 | 00:17:10 | | | | | | | 3 | 57 |
| Cambridge & Coleridge AC | 14 | C | Martin | Kreetzer | 00:50:46 | 00:17:53 | | | | | | | 5 | 66 |
| Cambridge & Coleridge AC | 14 | D | John | Lewy | 01:08:59 | 00:18:13 | | | | | | | 6 | 70 |
| Cambridge & Coleridge AC | 14 | E | Gerald | Meah | 01:26:37 | 00:17:38 | | | | | | | 4 | 62 |
| Cambridge & Coleridge AC | 14 | F | David | Bowker | 01:43:11 | 00:16:34 | **01:43:11** | **9** | **00:15:43** | **A** | **Leon** | **Stone** | 2 | 43 |
| City of Norwich AC | 15 | A | Dale | Hurren | 00:15:26 | 00:15:26 | | | | | | | 4 | 19 |
| City of Norwich AC | 15 | B | Dave | Pring | 00:32:38 | 00:17:12 | | | | | | | 6 | 58 |
| City of Norwich AC | 15 | C | Steve | Huntington | 00:48:11 | 00:15:33 | | | | | | | 5 | 25 |
| City of Norwich AC | 15 | D | Richard | Sales | 01:02:17 | 00:14:06 | | | | | | | 2 | 2 |
| City of Norwich AC | 15 | E | Ray | Goose | 01:17:05 | 00:14:48 | | | | | | | 3 | 7 |
| City of Norwich AC | 15 | F | Guy | Amos | 01:30:26 | 00:13:21 | **01:30:26** | **1** | **00:13:21** | **F** | **Guy** | **Amos** | 1 | 1 |
| Harwich Runners | 17 | A | Simon | Wadey | 00:16:35 | 00:16:35 | | | | | | | 1 | 44 |
| Harwich Runners | 17 | B | Stuart | Wallace | 00:34:26 | 00:17:51 | | | | | | | 4 | 65 |
| Harwich Runners | 17 | C | Peter | Clarke | 00:51:46 | 00:17:20 | | | | | | | 2 | 59 |
| Harwich Runners | 17 | D | Mark | Doyle | 01:09:08 | 00:17:22 | | | | | | | 3 | 61 |
| Harwich Runners | 17 | E | Peter | Gooding | 01:27:27 | 00:18:19 | | | | | | | 5 | 71 |
| Harwich Runners | 17 | F | Jonathan | Burls | 01:45:53 | 00:18:26 | **01:45:53** | **10** | **00:16:35** | **A** | **Simon** | **Wadey** | 6 | 72 |
| Nene Valley Harriers | 20 | A | Ian | Aunger | 00:14:41 | 00:14:41 | | | | | | | 1 | 5 |
| Nene Valley Harriers | 20 | B | Chris | Clarke | 00:29:30 | 00:14:49 | | | | | | | 2 | 8 |
| Nene Valley Harriers | 20 | C | Stan | Owen | 00:44:19 | 00:14:49 | | | | | | | 3 | 9 |
| Nene Valley Harriers | 20 | D | William | Taylor | 01:00:12 | 00:15:53 | | | | | | | 6 | 31 |
| Nene Valley Harriers | 20 | E | Graham | Williams | 01:15:39 | 00:15:27 | | | | | | | 5 | 20 |
| Nene Valley Harriers | 20 | F | Michael | Barnsdale | 01:31:01 | 00:15:22 | **01:31:01** | **2** | **00:14:41** | **A** | **Ian** | **Aunger** | 4 | 17 |
| Norfolk Gazelles | 21 | A | Ian | Bailey | 00:16:12 | 00:16:12 | | | | | | | 1 | 38 |
| Norfolk Gazelles | 21 | B | Mike | Yaxley | 00:33:08 | 00:16:56 | | | | | | | 2 | 52 |
| Norfolk Gazelles | 21 | C | Les | Hill | 00:51:37 | 00:18:29 | | | | | | | 3 | 73 |
| Norfolk Gazelles | 21 | D | Ivan | Colman | 01:10:07 | 00:18:30 | | | | | | | 4 | 74 |
| Norfolk Gazelles | 21 | E | Graham | Hardingham | 01:29:35 | 00:19:28 | | | | | | | 6 | 79 |
| Norfolk Gazelles | 21 | F | Kevin | Hardingham | 01:48:12 | 00:18:37 | **01:48:12** | **12** | **00:16:12** | **A** | **Ian** | **Bailey** | 5 | 75 |
| North Herts Road Runners "A" | 22 | A | John | Franklin | 00:16:46 | 00:16:46 | | | | | | | 3 | 49 |
| North Herts Road Runners "A" | 22 | B | Martin | Annetts | 00:33:32 | 00:16:46 | | | | | | | 3 | 49 |
| North Herts Road Runners "A" | 22 | C | Norman | Leslie | 00:50:35 | 00:17:03 | | | | | | | 5 | 55 |
| North Herts Road Runners "A" | 22 | D | Dave | Frampton | 01:07:06 | 00:16:31 | | | | | | | 2 | 42 |
| North Herts Road Runners "A" | 22 | E | Richard | Harbon | 01:24:45 | 00:17:39 | | | | | | | 6 | 63 |
| North Herts Road Runners "A" | 22 | F | Peter | Sibbett | 01:40:18 | 00:15:33 | **01:40:18** | **8** | **00:15:33** | **F** | **Peter** | **Sibbett** | 1 | 23 |

# M40



| Team | Team Number | Stage | Forename | Surname | Clock Time | Stage Time | Team Time | Team Position | Fastest time by Team | Fastest Stage by Team | Runner | | Runner Rank within team | Runner Rank within Race |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| North Norfolk Beach Runners | 24 | A | Jeremy | Bolam | 00:16:05 | 00:16:05 | | | | | | | 1 | 35 |
| North Norfolk Beach Runners | 24 | B | Clive | Hedges | 00:32:46 | 00:16:41 | | | | | | | 2 | 46 |
| North Norfolk Beach Runners | 24 | C | John | Leach | 00:51:58 | 00:19:12 | | | | | | | 5 | 78 |
| North Norfolk Beach Runners | 24 | D | Mike | Sadler | 01:10:53 | 00:18:55 | | | | | | | 4 | 77 |
| North Norfolk Beach Runners | 24 | E | Ian | Wade | 01:30:24 | 00:19:31 | | | | | | | 6 | 80 |
| North Norfolk Beach Runners | 24 | F | Kevin | Parfit | 01:47:21 | 00:16:57 | **01:47:21** | **11** | **00:16:05** | **A** | **Jeremy** | **Bolam** | 3 | 53 |
| Norwich Road Runners | 25 | A | Goy | Roper | 00:15:59 | 00:15:59 | | | | | | | 3 | 33 |
| Norwich Road Runners | 25 | B | Mick | Chamberlain | 00:33:19 | 00:17:20 | | | | | | | 6 | 60 |
| Norwich Road Runners | 25 | C | Ray | Lindsey | 00:49:50 | 00:16:31 | | | | | | | 4 | 41 |
| Norwich Road Runners | 25 | D | Carl | Sherry | 01:04:58 | 00:15:08 | | | | | | | 1 | 14 |
| Norwich Road Runners | 25 | E | Steve | Elvin | 01:21:43 | 00:16:45 | | | | | | | 5 | 48 |
| Norwich Road Runners | 25 | F | Peter | Tuttle | 01:37:16 | 00:15:33 | **01:37:16** | **6** | **00:15:08** | **D** | **Carl** | **Sherry** | 2 | 23 |
| St Edmund Pacers | 26 | A | Colin | Arnold | 00:15:44 | 00:15:44 | | | | | | | 5 | 30 |
| St Edmund Pacers | 26 | B | Pete | Golding | 00:30:58 | 00:15:14 | | | | | | | 2 | 15 |
| St Edmund Pacers | 26 | C | Les | Heath | 00:47:19 | 00:16:21 | | | | | | | 6 | 39 |
| St Edmund Pacers | 26 | D | Chris | Cooke | 01:02:53 | 00:15:34 | | | | | | | 4 | 26 |
| St Edmund Pacers | 26 | E | Gary | Copeland | 01:18:11 | 00:15:18 | | | | | | | 3 | 16 |
| St Edmund Pacers | 26 | F | Kevin | Vaughan | 01:32:56 | 00:14:45 | **01:32:56** | **3** | **00:14:45** | **F** | **Kevin** | **Vaughan** | 1 | 6 |
| Watford Harriers "A" | 27 | A | Mike | Orton | 00:17:07 | 00:17:07 | | | | | | | 6 | 56 |
| Watford Harriers "A" | 27 | B | Sam | Williamson | 00:32:48 | 00:15:41 | | | | | | | 4 | 28 |
| Watford Harriers "A" | 27 | C | Mike | Bradley | 00:48:59 | 00:16:11 | | | | | | | 5 | 37 |
| Watford Harriers "A" | 27 | D | Chris | Wood | 01:03:53 | 00:14:54 | | | | | | | 2 | 11 |
| Watford Harriers "A" | 27 | E | Steve | Bell | 01:18:47 | 00:14:54 | | | | | | | 3 | 12 |
| Watford Harriers "A" | 27 | F | Julian | Crichlow | 01:33:11 | 00:14:24 | **01:33:11** | **4** | **00:14:24** | **F** | **Julian** | **Crichlow** | 1 | 4 |
| West Norfolk AC | 29 | A | Philip | Bailey | 00:17:57 | 00:17:57 | | | | | | | 1 | 67 |
| West Norfolk AC | 29 | B | Carwyn | James | 00:38:34 | 00:20:37 | | | | | | | 4 | 83 |
| West Norfolk AC | 29 | C | Joe | Empson | 00:57:12 | 00:18:38 | | | | | | | 3 | 76 |
| West Norfolk AC | 29 | D | Ian | Reeve | 01:15:10 | 00:17:58 | | | | | | | 2 | 68 |
| West Norfolk AC | 29 | E | John | Bray | 01:36:10 | 00:21:00 | | | | | | | 5 | 84 |
| West Norfolk AC | 29 | F | Keith | Perry | 01:58:21 | 00:22:11 | **01:58:21** | **14** | **00:17:57** | **A** | **Philip** | **Bailey** | 6 | 85 |
| Wirrall AC | 30 | A | Tony | Devoy | 00:15:37 | 00:15:37 | | | | | | | 2 | 27 |
| Wirrall AC | 30 | B | Owen | Hird | 00:31:37 | 00:16:00 | | | | | | | 4 | 34 |
| Wirrall AC | 30 | C | Tony | McDevitt | 00:48:01 | 00:16:24 | | | | | | | 5 | 40 |
| Wirrall AC | 30 | D | Peter | Kilgallown | 01:03:30 | 00:15:29 | | | | | | | 1 | 21 |
| Wirrall AC | 30 | E | Mark | Morris | 01:19:25 | 00:15:55 | | | | | | | 3 | 32 |
| Wirrall AC | 30 | F | James | Downey | 01:37:16 | 00:17:51 | **01:37:16** | **6** | **00:15:29** | **D** | **Peter** | **Kilgallown** | 6 | 64 |

# M50

| Team | Team Number | Stage | Forename | Surname | Clock Time | Stage Time | Team Time | Team Position | Fastest time by Team | Fastest Stage by Team | Runner | | Runner Rank within team | Runner Rank within Race |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Barnet & District AC | 66 | A | Nick | Binham | 00:17:51 | 00:17:51 | | | | | | | 4 | 25 |
| Barnet & District AC | 66 | B | Des | Michael | 00:33:42 | 00:15:51 | | | | | | | 2 | 4 |
| Barnet & District AC | 66 | C | Tony | Cousins | 00:49:38 | 00:15:56 | | | | | | | 3 | 5 |
| Barnet & District AC | 66 | D | Dave | Wilcott | 01:04:33 | 00:14:55 | **01:04:33** | **1** | **00:14:55** | **D** | **Dave** | **Wilcott** | 1 | 1 |
| Cambridge & Coleridge AC "A" | 74 | A | John | Jenkins | 00:16:32 | 00:16:32 | | | | | | | 1 | 12 |
| Cambridge & Coleridge AC "A" | 74 | B | Alex | Downie | 00:34:42 | 00:18:10 | | | | | | | 4 | 27 |
| Cambridge & Coleridge AC "A" | 74 | C | Glyn | Smith | 00:52:27 | 00:17:45 | | | | | | | 3 | 23 |
| Cambridge & Coleridge AC "A" | 74 | D | Simon | Bowen | 01:09:11 | 00:16:44 | **01:09:11** | **6** | **00:16:32** | **A** | **John** | **Jenkins** | 2 | 15 |
| Harwich Runners | 75 | A | Frank | Goddard | 00:19:22 | 00:19:22 | | | | | | | 1 | 39 |
| Harwich Runners | 75 | B | Jon | Gibson | 00:42:13 | 00:22:51 | | | | | | | 4 | 45 |
| Harwich Runners | 75 | C | Gyn | Peck | 01:02:43 | 00:20:30 | | | | | | | 3 | 43 |
| Harwich Runners | 75 | D | Ronnie | Knott | 01:22:10 | 00:19:27 | **01:22:10** | **11** | **00:19:22** | **A** | **Frank** | **Goddard** | 2 | 40 |
| City of Norwich AC | 76 | A | Derry | Kelleher | 00:16:15 | 00:16:15 | | | | | | | 1 | 9 |
| City of Norwich AC | 76 | B | Harry | Knowles | 00:32:39 | 00:16:24 | | | | | | | 2 | 10 |
| City of Norwich AC | 76 | C | Philip | Bamford | 00:50:51 | 00:18:12 | | | | | | | 3 | 28 |
| City of Norwich AC | 76 | D | Andrew | Wilkinson | 01:09:09 | 00:18:18 | **01:09:09** | **5** | **00:16:15** | **A** | **Derry** | **Kelleher** | 4 | 31 |
| Great Yarmouth RR | 78 | A | Richard | Blake | 00:16:08 | 00:16:08 | | | | | | | 1 | 7 |
| Great Yarmouth RR | 78 | B | John | Hills | 00:35:44 | 00:19:36 | | | | | | | 4 | 41 |
| Great Yarmouth RR | 78 | C | John | Bone | 00:54:19 | 00:18:35 | | | | | | | 3 | 35 |
| Great Yarmouth RR | 78 | D | Mike | Spragg | 01:11:50 | 00:17:31 | **01:11:50** | **8** | **00:16:08** | **A** | **Richard** | **Blake** | 2 | 21 |
| Mansfield Harriers & AC | 80 | A | Eric | Palmer | 00:16:25 | 00:16:25 | | | | | | | 2 | 11 |
| Mansfield Harriers & AC | 80 | B | Geoff | Brown | 00:34:45 | 00:18:20 | | | | | | | 4 | 32 |
| Mansfield Harriers & AC | 80 | C | Bob | Scott | 00:51:57 | 00:17:12 | | | | | | | 3 | 19 |
| Mansfield Harriers & AC | 80 | D | Rik | Huntington | 01:07:54 | 00:15:57 | **01:07:54** | **3** | **00:15:57** | **D** | **Rik** | **Huntington** | 1 | 6 |
| Medway & Maidstone AC | 81 | A | Philip | Wallace | 00:15:47 | 00:15:47 | | | | | | | 1 | 2 |
| Medway & Maidstone AC | 81 | B | Allan | Newman | 00:31:57 | 00:16:10 | | | | | | | 2 | 8 |
| Medway & Maidstone AC | 81 | C | Stuart | Nice | 00:48:58 | 00:17:01 | | | | | | | 4 | 17 |
| Medway & Maidstone AC | 81 | D | Patrick | Finn | 01:05:32 | 00:16:34 | **01:05:32** | **2** | **00:15:47** | **A** | **Philip** | **Wallace** | 3 | 13 |
| Norfolk Gazelles | 82 | A | Kevin | Youngs | 00:15:47 | 00:15:47 | | | | | | | 1 | 2 |
| Norfolk Gazelles | 82 | B | Ian | Fowlie | 00:34:24 | 00:18:37 | | | | | | | 4 | 36 |
| Norfolk Gazelles | 82 | C | Peter | Cobb | 00:52:48 | 00:18:24 | | | | | | | 3 | 33 |
| Norfolk Gazelles | 82 | D | Brian | Bromley | 01:11:00 | 00:18:12 | **01:11:00** | **7** | **00:15:47** | **A** | **Kevin** | **Youngs** | 2 | 29 |
| North Herts Road Runners | 83 | A | Dave | Howitt | 00:16:53 | 00:16:53 | | | | | | | 2 | 16 |
| North Herts Road Runners | 83 | B | Deryk | Myall | 00:34:05 | 00:17:12 | | | | | | | 3 | 20 |
| North Herts Road Runners | 83 | C | Roger | Witherick | 00:51:45 | 00:17:40 | | | | | | | 4 | 22 |
| North Herts Road Runners | 83 | D | Chris | Priestley | 01:08:22 | 00:16:37 | **01:08:22** | **4** | **00:16:37** | **D** | **Chris** | **Priestley** | 1 | 14 |
| North Norfolk Beach Runners | 84 | A | Trevor | Emery | 00:17:49 | 00:17:49 | | | | | | | 1 | 24 |
| North Norfolk Beach Runners | 84 | B | Tony | Wade | 00:36:59 | 00:19:10 | | | | | | | 3 | 37 |
| North Norfolk Beach Runners | 84 | C | Keith | Dickens | 00:57:30 | 00:20:31 | | | | | | | 4 | 44 |
| North Norfolk Beach Runners | 84 | D | Terry | Quigley | 01:15:36 | 00:18:06 | **01:15:36** | **10** | **00:17:49** | **A** | **Trevor** | **Emery** | 2 | 26 |
| Norwich Road Runners | 85 | A | Trevor | Horrex | 00:18:13 | 00:18:13 | | | | | | | 2 | 30 |
| Norwich Road Runners | 85 | B | Tony | Millett | 00:37:30 | 00:19:17 | | | | | | | 3 | 38 |
| Norwich Road Runners | 85 | C | Mark | Tayler | 00:57:14 | 00:19:44 | | | | | | | 4 | 42 |
| Norwich Road Runners | 85 | D | Martin | Yeomans | 01:14:25 | 00:17:11 | **01:14:25** | **9** | **00:17:11** | **D** | **Martin** | **Yeomans** | 1 | 18 |
| Watford Harriers | 86 | A | Martin | Grimsdale | 00:18:27 | 00:18:27 | | | | | | | 1 | 34 |
| Watford Harriers | 86 | B | | | 02:00:00 | 01:41:33 | | | | | | | 4 | 48 |
| Watford Harriers | 86 | C | | | 03:00:00 | 01:00:00 | | | | | | | 3 | 47 |
| Watford Harriers | 86 | D | | | 04:00:00 | 01:00:00 | **04:00:00** | **12** | **00:18:27** | **A** | **Martin** | **Grimsdale** | 2 | 46 |

# M60

| Team | Team Number | Stage | Forename | Surname | Clock Time | Stage Time | Team Time | Team Position | Fastest time by Team | Fastest Stage by Team | Runner | | Runner Rank within team | Runner Rank within Race |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Aldershot Farnham & District AC | 174 | A | Dave | Gibson | 00:17:25 | 00:17:25 | | | | | | | 2 | 8 |
| Aldershot Farnham & District AC | 174 | B | Peter | Beacham | 00:34:02 | 00:16:37 | | | | | | | 1 | 3 |
| Aldershot Farnham & District AC | 174 | C | Martin | Duff | 00:52:27 | 00:18:25 | **00:52:27** | **3** | **00:16:37** | **B** | **Peter** | **Beacham** | 3 | 13 |
| Barnet & District AC | 176 | A | Con | Antoniou | 00:19:06 | 00:19:06 | | | | | | | 1 | 17 |
| Barnet & District AC | 176 | B | | | 02:00:00 | 01:40:54 | | | | | | | 3 | 27 |
| Barnet & District AC | 176 | C | | | 03:00:00 | 01:00:00 | **03:00:00** | **9** | **00:19:06** | **A** | **Con** | **Antoniou** | 2 | 26 |
| Bingley Harriers & AC "A" | 180 | A | Fred | Gibbs | 00:17:43 | 00:17:43 | | | | | | | 3 | 10 |
| Bingley Harriers & AC "A" | 180 | B | Bob | Dover | 00:34:38 | 00:16:55 | | | | | | | 2 | 7 |
| Bingley Harriers & AC "A" | 180 | C | Les | Haynes | 00:51:00 | 00:16:22 | **00:51:00** | **2** | **00:16:22** | **C** | **Les** | **Haynes** | 1 | 1 |
| Clydesdale Harriers | 183 | A | Peter | Cartwright | 00:16:49 | 00:16:49 | | | | | | | 2 | 6 |
| Clydesdale Harriers | 183 | B | Brian | Campbell | 00:34:17 | 00:17:28 | | | | | | | 3 | 9 |
| Clydesdale Harriers | 183 | C | Robert | Young | 00:50:40 | 00:16:23 | **00:50:40** | **1** | **00:16:23** | **C** | **Robert** | **Young** | 1 | 2 |
| Eastern Veterans AC | 184 | A | Peter | Chaplin | 00:23:06 | 00:23:06 | | | | | | | 1 | 22 |
| Eastern Veterans AC | 184 | B | John | Hutson | 00:48:47 | 00:25:41 | | | | | | | 3 | 25 |
| Eastern Veterans AC | 184 | C | Reg | Double | 01:12:06 | 00:23:19 | **01:12:06** | **8** | **00:23:06** | **A** | **Peter** | **Chaplin** | 2 | 23 |
| Hallamshire Harriers | 185 | A | Billy | Wilson | 00:19:14 | 00:19:14 | | | | | | | 3 | 18 |
| Hallamshire Harriers | 185 | B | Dave | Trickett | 00:35:53 | 00:16:39 | | | | | | | 1 | 4 |
| Hallamshire Harriers | 185 | C | Bob | Toogood | 00:52:33 | 00:16:40 | **00:52:33** | **4** | **00:16:39** | **B** | **Dave** | **Trickett** | 2 | 5 |
| Invicta East Kent AC | 186 | A | Edward | Broad | 00:18:39 | 00:18:39 | | | | | | | 2 | 14 |
| Invicta East Kent AC | 186 | B | David | Moorekite | 00:38:17 | 00:19:38 | | | | | | | 3 | 19 |
| Invicta East Kent AC | 186 | C | Glyn | Jenkins | 00:56:36 | 00:18:19 | **00:56:36** | **5** | **00:18:19** | **C** | **Glyn** | **Jenkins** | 1 | 12 |
| Lowestoft Road Runners | 187 | A | Peter | Oldman | 00:18:46 | 00:18:46 | | | | | | | 2 | 15 |
| Lowestoft Road Runners | 187 | B | Roger | Mawer | 00:36:45 | 00:17:59 | | | | | | | 1 | 11 |
| Lowestoft Road Runners | 187 | C | David | Gilbert | 00:56:49 | 00:20:04 | **00:56:49** | **6** | **00:17:59** | **B** | **Roger** | **Mawer** | 3 | 20 |
| Milton Keynes AC | 188 | A | Brian | Daniels | 00:19:05 | 00:19:05 | | | | | | | 1 | 16 |
| Milton Keynes AC | 188 | B | Milf | Callow | 00:42:00 | 00:22:55 | | | | | | | 2 | 21 |
| Milton Keynes AC | 188 | C | Brian | Gilks | 01:05:31 | 00:23:31 | **01:05:31** | **7** | **00:19:05** | **A** | **Brian** | **Daniels** | 3 | 24 |

# F35

| Team | Team Number | Stage | Forename | Surname | Clock Time | Stage Time | Team Time | Team Position | Fastest time by Team | Fastest Stage by Team | Runner | | Runner Rank within team | Runner Rank within Race |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Barnet & District AC "A" | 140 | A | Simone | Kimberley | 00:19:04 | 00:19:04 | | | | | | | 2 | 7 |
| Barnet & District AC "A" | 140 | B | Kirsty | Johnstone | 00:38:12 | 00:19:08 | | | | | | | 3 | 9 |
| Barnet & District AC "A" | 140 | C | Jane | Laws | 00:55:31 | 00:17:19 | **00:55:31** | **2** | **00:17:19** | **C** | **Jane** | **Laws** | 1 | 2 |
| Barnet & District AC "B" | 147 | A | Penny | Antoniou | 00:24:29 | 00:24:29 | | | | | | | 1 | 14 |
| Barnet & District AC "B" | 147 | B | | | 02:00:00 | 01:35:31 | | | | | | | 3 | 17 |
| Barnet & District AC "B" | 147 | C | | | 03:00:00 | 01:00:00 | **03:00:00** | **5** | **00:24:29** | **A** | **Penny** | **Antoniou** | 2 | 15 |
| Milton Keynes AC | 151 | A | Deb | Ovington | 00:20:17 | 00:20:17 | | | | | | | 2 | 12 |
| Milton Keynes AC | 151 | B | Julie | Dalzell | 00:38:49 | 00:18:32 | | | | | | | 1 | 4 |
| Milton Keynes AC | 151 | C | Diane | Gill | 00:59:12 | 00:20:23 | **00:59:12** | **4** | **00:18:32** | **B** | **Julie** | **Dalzell** | 3 | 13 |
| Norfolk Gazelles | 152 | A | Jane | Clarke | 00:16:32 | 00:16:32 | | | | | | | 1 | 1 |
| Norfolk Gazelles | 152 | B | Alison | Crane | 00:35:36 | 00:19:04 | | | | | | | 2 | 8 |
| Norfolk Gazelles | 152 | C | Lucy | Cooper | 00:55:24 | 00:19:48 | **00:55:24** | **1** | **00:16:32** | **A** | **Jane** | **Clarke** | 3 | 11 |
| Rotherham Harriers & AC | 154 | A | Janet | Hindley | 00:18:16 | 00:18:16 | | | | | | | 1 | 3 |
| Rotherham Harriers & AC | 154 | B | | | 02:00:00 | 01:41:44 | | | | | | | 3 | 18 |
| Rotherham Harriers & AC | 154 | C | | | 03:00:00 | 01:00:00 | **03:00:00** | **5** | **00:18:16** | **A** | **Janet** | **Hindley** | 2 | 15 |
| St Edmund Pacers "A" | 155 | A | Sarah | Golding | 00:19:34 | 00:19:34 | | | | | | | 3 | 10 |
| St Edmund Pacers "A" | 155 | B | Trish | Dennison | 00:38:34 | 00:19:00 | | | | | | | 2 | 6 |
| St Edmund Pacers "A" | 155 | C | Pat | Partridge | 00:57:29 | 00:18:55 | **00:57:29** | **3** | **00:18:55** | **C** | **Pat** | **Partridge** | 1 | 5 |

# F45

| Team | Team Number | Stage | Forename | Surname | Clock Time | Stage Time | Team Time | Team Position | Fastest time by Team | Fastest Stage by Team | Runner | | Runner Rank within team | Runner Rank within Race |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Cambridge & Coleridge | 101 | A | Yuko | Gordon | 00:18:31 | 00:18:31 | | | | | | | 1 | 5 |
| Cambridge & Coleridge | 101 | B | Diana | Braverman | 00:38:19 | 00:19:48 | | | | | | | 3 | 11 |
| Cambridge & Coleridge | 101 | C | Vikki | Green | 00:57:39 | 00:19:20 | **00:57:39** | **3** | **00:18:31** | **A** | **Yuko** | **Gordon** | 2 | 10 |
| Invicta East Kent AC | 102 | A | Janice | Moorekite | 00:18:30 | 00:18:30 | | | | | | | 2 | 4 |
| Invicta East Kent AC | 102 | B | Pam | Clayton | 00:39:43 | 00:21:13 | | | | | | | 3 | 16 |
| Invicta East Kent AC | 102 | C | Elisabeth | Batty | 00:56:56 | 00:17:13 | **00:56:56** | **2** | **00:17:13** | **C** | **Elisabeth** | **Batty** | 1 | 1 |
| Milton Keynes AC | 109 | A | Diane | Farmer | 00:21:25 | 00:21:25 | | | | | | | 3 | 17 |
| Milton Keynes AC | 109 | B | Anick | Valapinee | 00:40:33 | 00:19:08 | | | | | | | 1 | 9 |
| Milton Keynes AC | 109 | C | Diane | Knight | 01:00:47 | 00:20:14 | **01:00:47** | **5** | **00:19:08** | **B** | **Anick** | **Valapinee** | 2 | 14 |
| Nene Valley Harriers | 115 | A | Lindi | Marson | 00:17:32 | 00:17:32 | | | | | | | 1 | 2 |
| Nene Valley Harriers | 115 | B | Tina | Lazenby | 00:35:20 | 00:17:48 | | | | | | | 2 | 3 |
| Nene Valley Harriers | 115 | C | Louise | Bailey | 00:54:17 | 00:18:57 | **00:54:17** | **1** | **00:17:32** | **A** | **Lindi** | **Marson** | 3 | 7 |
| Norwich Road Runners | 117 | A | Penny | Edwards | 00:18:35 | 00:18:35 | | | | | | | 1 | 6 |
| Norwich Road Runners | 117 | B | Caroline | Tayler | 00:40:53 | 00:22:18 | | | | | | | 3 | 18 |
| Norwich Road Runners | 117 | C | Anne | Millet | 01:00:55 | 00:20:02 | **01:00:55** | **6** | **00:18:35** | **A** | **Penny** | **Edwards** | 2 | 13 |
| Rotherham Harriers & AC | 118 | A | Gillian | Taylor | 00:20:36 | 00:20:36 | | | | | | | 3 | 15 |
| Rotherham Harriers & AC | 118 | B | Paula | Fisher | 00:40:35 | 00:19:59 | | | | | | | 2 | 12 |
| Rotherham Harriers & AC | 118 | C | Hilary | Garrison | 00:59:42 | 00:19:07 | **00:59:42** | **4** | **00:19:07** | **C** | **Hilary** | **Garrison** | 1 | 8 |

# F55

| Team | Team Number | Stage | Forename | Surname | Clock Time | Stage Time | Team Time | Team Position | Fastest time by Team | Fastest Stage by Team | Runner | | Runner Rank within team | Runner Rank within Race |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Barnet & District AC | 190 | A | Karen | Faloon | 00:19:09 | 00:19:09 | | | | | | | 1 | 1 |
| Barnet & District AC | 190 | B | Pauline | Lygo | 00:41:53 | 00:22:44 | | | | | | | 2 | 5 |
| Barnet & District AC | 190 | C | Maureen | Shirley | 01:05:59 | 00:24:06 | **01:05:59** | **1** | **00:19:09** | **A** | **Karen** | **Faloon** | 3 | 7 |
| Milton Keynes AC | 192 | A | Rosemary | Muston | 00:20:51 | 00:20:51 | | | | | | | 1 | 2 |
| Milton Keynes AC | 192 | B | Val | Russell | 00:44:31 | 00:23:40 | | | | | | | 2 | 6 |
| Milton Keynes AC | 192 | C | | | 03:00:00 | 02:15:29 | **03:00:00** | **3** | **00:20:51** | **A** | **Rosemary** | **Muston** | 3 | 9 |
| Wymondham AC | 193 | A | Anne | Martin | 00:22:35 | 00:22:35 | | | | | | | 2 | 4 |
| Wymondham AC | 193 | B | Margaret | Bailey | 00:47:01 | 00:24:26 | | | | | | | 3 | 8 |
| Wymondham AC | 193 | C | Eva | Osborne | 01:09:06 | 00:22:05 | **01:09:06** | **2** | **00:22:05** | **C** | **Eva** | **Osborne** | 1 | 3 |