

200m

25	Toby Van Der Meer	28:29
24	Carl Stanger	29:28
23	James Roberts	30:66
22	James Dennis	31:79
21	Gary Pibworth	32:07
20	Dale Anderton	32:97
19	James Martin	33:03
18	Colin Haffenden	33:00
17	Matt Day	33:96
16	Barnaby Brown	37:03
15	Andy Williams	39:32
14	Henry Duke	39:60
13	Jamie Russell	46:47
12	Phil Gurney DNF	

25	Louise Gander	34:19
24	Jo Heath	35:37
23	Nicky Deacy	34:19
22	Becky Manos	35:97
21	Claire Lockwood	36:25
20	Helen Wakefield	37:00
19	Rhianne Sarna	37:40
18	Faye Brown	38:47
17	Cath Pennock	39:81
16	Ali Hammond	40:82
15	Kirsty Perkinson	40:85
14	Carolina G	41:81
13	Issy Weller	43:75
12	Rochelle Bernstein	52:29