

200m	T LEWIS	MOD	M55	28.2					
	L OLDFIELD	MOD	M60	27.3					
	G DABORN	BERR	M70	37.2					
400m	D SLACK	HASSRA	M40	60.3		S FRANCIS		W35	65.8
	S HICKMOTT	HASSRA	M40	61.8					
	D ELDERFIELD	MOD	M50	52.6		M NOEL	DEFRA	W40	76.9
	A DUNCAN	BERR	M50	56.4		J REID	MPS	W40	81.8
	S TODNER	HASSRA	M50	60.1		P BOOTH	HASSRA	W45	75.5
	R BROOKS	MOD	M50	69.1		A KIKUGAWA	BIA	W45	94.1
						R TOWNSEND-HOPE	HASSRA	W50	79.5
800m	A GOODAIR	HASSRA	M35	2.15.8		C SACKS	HMRC	W35	2.56.7
	S MARKLEW	HMRC	M40	2.19.8		J REID	MPS	W40	2.57.2
	T KILLILEA	ORD SUR	M40	2.21.2		M NOEL	DEFRA	W40	3.04.0
	S HICKMOTT	HASSRA	M40	2.24.6					
	D SLACK	HASSRA	M40	2.25.3		J HODGE	HMRC	W45	3.06.7
	A CHANNER	HASSRA	M40	2.29.0		A KIKUGAWA	BIA	W45	3.34.9
	J O'SHEA	BERR	M40	2.30.7					
						R TOWNSEND-HOPE	HASSRA	W50	2.53.7
	G IRVING	LAND REG	M45	2.28.0					
	S STENNETT	HASSRA	M45	2.29.5					
	T ANDREWS	BERR	M50	2.44.0					
	I DUNN	SPARTA	M55	2.34.4					
1500m	A GOODAIR	HASSRA	M35	4.23.5		S FRANCIS	BBSRC	W35	5.03.6
	G PENNINGTON	HMRC	M35	4.44.5		A ALLEN	HASSRA	W35	5.11.9
						C SACKS	HMRC	W35	6.01.5

3K W	D BUTTERLY	ROYAL MAIL	M40	14.56.8		M NOEL	DEFRA	W40	19.04.5
						J HODGE	HMRC	W45	22.38.5
	S UTTLEY	COURT SERVICE	M50	15.37.7					
	I STATTER	HO	M50	16.59.2					
	D TYRALL	BERR	M50	18.38.5					
	J HALL	DEFRA	M55	15.31.1					
	B KINGSTON	HMRC	M55	17.35.4					
	J LOVATT	HMRC	M55	18.35.7					
	K MITCHELL	DEFRA	M55	19.28.1					
	J CRAHAN		M55	20.39.3					
	C SENIOR	MOD	M55	23.05.2					
	P STAPLEFORD	MOD	M60	19.25.8					
5000m	S NORRIS	MOD	M35	16.16.0	3000m	A ALLEN	HASSRA	W35	11.00.8
	S HARTLEY	HASSRA	M35	16.35.6		C SACKS	HMRC	W35	13.07.9
	G PENNINGTON	HMRC	M35	17.00.8					
						J REID	MPS	W40	12.48.4
	S MARKLEW	HMRC	M40	16.42.0		M NOEL	DEFRA	W40	13.30.2
	D BREEN	HASSRA	M40	18.00.4					
	S BIRTLES	HASSRA	M40	18.53.4		J HODGE	HMRC	W45	13.12.2
	J O'SHEA	BERR	M40	19.30.2					
	C PARRACK	HASSRA	M45	18.08.6					
	M RICHES	HMRC	M45	18.17.8					
	P CROCKFORD	DEFRA	M45	18.22.1					
	S STENNETT	HASSRA	M45	18.38.9					
	G IRVING	LAND REG	M45	19.10.4					
	M NELSON	HASSRA	M45	19.44.6					
	D GIBSON	SPARTA	M45	20.12.1					
	K CORCORAN	LAND REG	M45	20.18.3					
	R LYONS	MOD	M45	21.04.4					
	K DONKIN	MOD	M50	17.25.6					

	D EVANS	HMRC	M60	8.25					
	G NEGUS	MOD	M65	11.45					
	G DABORN	BERR	M70	6.79					
	D MILTON	MOD	M85	6.24					
LJ	P COATES	LAND REG	M35	4.44		C ALPIN	BERR	W35	3.67
	R LYONS	MOD	M45	2.71		J RICHES	HMRC	W40	3.51
						J REID	MPS	W40	2.88
	T WADE	BT	M50	5.51					
	B BRIMAGE	MOD	M50	3.78		G CLARKE	HASSRA	W45	4.44
	D WHITE	BERR	M50	2.74					
						G HOWARTH	HMRC	W55	3.01
	T LEWIS	MOD	M55	5.07					
DT	P COATES	LAND REG	M35	27.74		L DUTTA	CHAR COMI	W35	19.98
	D BROWN	BT	M40	30.77		A SIMMONS	HMRC	W40	21.05
	F HARFORD	HASSRA	M40	22.04		J REID	MPS	W40	13.66
	A KRUSZEWSKI	BERR	M45	40.81		P BOOTH	HASSRA	W45	18.15
	S SHEEKEY	BERR	M45	16.34		W SPARROW	MOD	W45	17.72
	K CORCORAN	LAND REG	M45	11.45					
						V THOMPSON	BERR	W55	22.22
	A DUNCAN	BERR	M50	28.30					
	B BRIMAGE	MOD	M50	19.14					
	D WHITE	BERR	M50	17.51					
	P EDDY	HASSRA	M55	30.36					
	J CRAHAN		M55	28.54					
	C SENIOR	MOD	M55	25.28					
	T LEWIS	MOD	M55	23.74					
	G PRATT	HMRC	M55	22.63					

	D EVANS	HMRC	M60	27.83				
	G NEGUS	MOD	M65	28.98				
	G DABORN	BERR	M70	18.96				
	D MILTON	MOD	M85	13.04				
HJ	P COATES	LAND REG	M35	1.60	K REYNOLDS	HASSRA	W35	1.50
	T WADE	BT	M50	1.50	G CLARKE	HASSRA	W45	1.30
	A DUNCAN	BERR	M50	1.40				
	D WHITE	BERR	M50	1.00				
	T LEWIS	MOD	M55	1.40				
JT	S SHEEKEY	BERR	M45	24.24	K REYNOLDS	HASSRA	W35	26.81
					C ALPIN	BERR	W35	21.20
	B BRIMAGE	MOD	M50	29.77	J HODGSON	LAND REG	W35	17.22
	D WHITE	BERR	M50	18.83				
					J REID	MPS	W40	14.17
	P EDDY	HASSRA	M55	31.26				
	T LEWIS	MOD	M55	22.80	P BOOTH	HASSRA	W45	20.77
					W SPARROW	MOD	W45	11.66
	G DABORN	BERR	M70	21.01				
					V THOMPSON	BERR	W55	23.12
	D MILTON	MOD	M85	16.03				
TJ	K NEWTON	MOD	M35	13.24	G CLARKE	HASSRA	W45	8.94
	T WADE	BT	M50	9.24	G HOWARTH	HMRC	W55	5.84
	I STATTER	HO	M50	8.81				
	T LEWIS	MOD	M55	10.24				

HT	P COATES	LAND REG	M35	26.07		K REYNOLDS	HASSRA	W35	14.94
	F HARFORD	HASSRA	M40	38.30		A SIMMONS	HMRC	W40	27.46
	D BROWN	BT	M40	28.87					
						G CLARKE	HASSRA	W45	23.67
	C PRIVETT	MOD	M45	46.22		W SPARROW	MOD	W45	14.70
	B BRIMAGE	MOD	M50	17.61		V THOMPSON	BERR	W55	29.94
	D WHITE	BERR	M50	13.75					
	J CRAHAN		M55	24.59					
	P EDDY	HASSRA	M55	24.01					
	B KINGSTON	HMRC	M55	23.02					
	C SENIOR	MOD	M55	22.30					
	G NEGUS	MOD	M65	38.68					