

**Saturday, 13 December 2008**  
**SEAX Trophy**  
**Frvnt Country Park, Kingsbury**

Pos	Name	Club	Cat	Time	Points	Points	Points
1	Lisa da Silva	Middlesex	SW	24:41	12		
2	Ella Waldman	Middlesex	U20	25:31	11		
3	Astrid Wingler	Middlesex	W40	25:41	10		
4	<b>Diana Kennedy</b>	<b>Civil Service</b>	<b>SW</b>	<b>26:25</b>		<b>9</b>	
5	Mel Newberry	Middlesex	U20	26:38	8		
6	Emma Grant	Middlesex	SW	27:36			
7	<b>Louise Trainor</b>	<b>Civil Service</b>	<b>SW</b>	<b>27:40</b>		<b>7</b>	
8	Joanna Carritt	Middlesex	SW	28:08			
9	<b>Janice Palmer</b>	<b>Civil Service</b>	<b>W50</b>	<b>28:11</b>		<b>6</b>	
10	<b>Maureen Noel</b>	<b>Civil Service</b>	<b>W45</b>	<b>31:08</b>		<b>5</b>	
11	<b>Vicky Inness</b>	<b>Civil Service</b>	<b>SW</b>	<b>31:20</b>			
12	<b>Grace Kimble</b>	<b>Civil Service</b>	<b>SW</b>	<b>31:50</b>			

1	Middlesex	41
2	<b>Civil Service</b>	<b>27</b>
	RAF	did not appear

**Saturday, 13 December 2008**  
**Sir Sefton Brancker Trophy**  
**Frvnt Country Park, Kingsbury**

Pos	Name	Club	Cat	Time	Points	Points	Points
1	<b>Chris Smith</b>	<b>Civil Service</b>	<b>SM</b>	<b>26:05</b>	<b>18</b>		
2	Jake Shelley	Middlesex	SM	26:30		17	
3	Damian Nevins	Middlesex	SM	27:11		16	
4	Matthew Carey	Middlesex	SM	27:19		15	
5	Richard Phillips	Middlesex	SM	27:30		14	
6	Kiran White	Royal Air Force	SM	27:43			13
7	Ian May	Middlesex	SM	27:43		12	
8	Steve Frear	Royal Air Force	SM	27:46			11
9	<b>Alan Wray</b>	<b>Civil Service</b>	<b>SM</b>	<b>27:54</b>	<b>10</b>		
10	Peter Norris	Middlesex	SM	28:09		9	
11	David Cole	Royal Air Force	M45	28:44			8
12	Graham Hunt	Royal Air Force	SM	28:48			7
13	<b>Andy Tindall</b>	<b>Civil Service</b>	<b>M45</b>	<b>28:51</b>	<b>6</b>		
14	<b>Stephen Norris</b>	<b>Civil Service</b>	<b>M40</b>	<b>29:42</b>	<b>5</b>		
15	<b>Steve Hallas</b>	<b>Civil Service</b>	<b>SM</b>	<b>29:50</b>	<b>4</b>		
16	Chris Reeson	Royal Air Force	M45	30:00			3
17	Simon Bell	Royal Air Force	M40	30:13			2
18	<b>Andrew Goodair</b>	<b>Civil Service</b>	<b>SM</b>	<b>30:49</b>	<b>1</b>		

1	Middlesex	83	
2	RAF	44	(second on position of final scorer)
3	<b>Civil Service</b>	<b>44</b>	