

TeamResultsTable

Womens Team Result

| Team | Accumulative | Race | Race | Race |
|----------|--------------|------------------|-------------------------|----------------------------|
| Position | Position | Name 1 | Time 1 Name 2 | Time 2 Name 3 |
| 1 | 63 | JAN BALL | 0:44:34 Clare Bonnick | 0:45:39 Sharon Kassemzadeh |
| 2 | 79 | SUZANNE CHANDLER | 0:39:40 Helen Cartlidge | 0:45:23 Carol Ransom |
| 3 | 89 | Amy Farr | 0:41:54 Michelle Morris | 0:46:16 Caroline Gilbey |
| 4 | 269 | KATE LAFORET | 0:41:26 Nicola Webb | 0:43:46 Hilary Young |
| 5 | 299 | JAYNE MORGAN | 0:51:19 CLAIRE HARDING | 0:54:53 SUSAN DEFOE |
| 6 | 302 | ANDREW THOMAS | 0:57:56 Colin Taylor | 0:39:02 MARK STUDDART |
| | | | | Time 3 Name 4 |
| | | | | 0:45:55 NICKY CLAYDON |
| | | | | 0:51:21 Tanya Wallman |
| | | | | 0:48:57 Carole Lydon |
| | | | | 1:05:29 Tania du Plessis |
| | | | | 0:57:26 Sarah Coltman |
| | | | | 0:41:25 Greg Hill |

Mens Team Result

| Team | Accumulative | Race | Race | Race |
|----------|--------------|-----------------|--------------------------|---------------------------|
| Position | Position | Name 1 | Time 1 Name 2 | Time 2 Name 3 |
| 1 | 96 | Darren Farr | 0:38:08 Giles Shorley | 0:38:37 Nick Jones |
| 2 | 119 | Mike Jubb | 0:33:49 Daniel Corner | 0:34:47 Richard Hosmer |
| 3 | 155 | Colin Taylor | 0:39:02 MARK STUDDART | 0:41:25 Greg Hill |
| 4 | 200 | Stephen Hawkins | 0:41:27 Martin Beare | 0:42:43 David Stanley |
| 5 | 245 | GEORGE ARBUCKLE | 0:43:03 Steve Williamson | 0:43:20 JIM DODDS |
| 6 | 355 | Jim Brown | 0:41:13 Kevin Smyth | 0:44:48 Andrew Hull |
| 7 | 427 | SCOTT GOODWIN | 0:43:27 Peter Broadbent | 0:46:59 Ian Bonnick |
| | | | | Time 3 Name 4 |
| | | | | 0:40:49 CHRIS JENART |
| | | | | 0:38:46 CHRISTIAN GARCIA |
| | | | | 0:41:25 Timothy Woolridge |
| | | | | 0:42:49 RICHARD WILSON |
| | | | | 0:43:33 RICHARD PILLINGER |
| | | | | 0:48:08 Mark Glading |
| | | | | 0:49:11 PETE EDWARDS |

TeamResultsTable

Race

Time 4 Club

0:50:48 Watford Joggers
0:51:23 St Albans Striders
0:53:32 Ampthill & Flitwick Flyers
1:07:43 Serpentine AC
1:06:27 Watford Joggers
0:41:25 Watford Joggers

Race

Time 4 Club

0:41:17 Ampthill & Flitwick Flyers
0:47:06 St Albans Striders
0:43:15 Watford Joggers
0:43:01 Ampthill & Flitwick Flyers
0:44:35 Ampthill & Flitwick Flyers
0:49:22 Fairlands Valley Spartans
0:50:55 Watford Joggers