

Team	Name	Distance	Race times	Team Marathon time
Pheidippides	Andrew Budd	10k	0:42:31	03:39:39
	1 Adrian Green	10k	0:48:48	
	1 Marie Barker	7.2k	0:36:15	
	1 Carolyn Tynan	5k	0:29:41	
	1 Fran Barnard	5k	0:28:42	
	1 Anna Taylor	5k	0:33:42	
Two's Company	Andrew Chatfield	10k	0:49:21	03:53:07
	2 Ciaran McLaughlin	10k	0:49:56	
	2 Aaron Heard	5k	0:30:24	
	2 Steve Webber	7.2k	0:42:46	
	2 Mark Cocks	5k	0:28:57	
	2 Laura Crossley	5k	0:31:43	
	3 Nick Frost	10k	0:44:00	03:50:34
	3 Marie Pavely	10k	0:49:24	
	3 Lorna Webber	7.2k	0:39:26	
	3 Helen Mandell	5k	0:30:31	
	3 Peter Tytler	5k	0:32:15	
	3 Jon Thorby	5k	0:34:58	
	4 Jo Harris	10k	0:49:46	04:01:01
	4 Helen Yellop	10k	0:52:20	
	4 Emily Dixon	7.2k	0:45:43	
	4 Emily Carr	5k	0:29:58	
	4 Emma Westwell	5k	00:33:36	
	4 Sarah Hills	5k	0:29:38	
	5 Greg Hills	10k	0:47:08	03:47:58
	5 Adam Willis	10k	0:53:58	
	5 Sally Maddams	5k	0:26:04	
	5 Heidi Knight	7.2k	0:42:11	
	5 Amanda Prior	5k	0:27:30	
	5 Sue Russell	5k	0:31:07	
	6 Sandra Bumphrey	10k	0:48:36	03:56:02
	6 Andy Parton	10k	0:53:32	

6	Paul Maycock	7.2k	0:40:55	
6	Cath Breckell	5k	0:30:51	
6	Heather Ruff	5k	0:31:01	
6	Lindsey Gannon	5k	0:31:07	
Team Sekiden	Emma Lee	10k	0:52:02	03:50:33
7	Vincent Steensma	10k	0:52:55	
7	lisa Calver	5k	0:24:23	
7	Nicola Whitley	7.2k	0:39:50	
7	Rachel Gardiner	5k	0:30:16	
7	Steve Bumphrey	5k	0:31:07	
8	Chris Whitley	10k	0:53:03	04:02:29
8	Diane Parton	10k	0:53:31	
8	Beth Bedingfield	7.2k	0:46:42	
8	Karen Skene	5k	0:27:07	
8	John Ruff	5k	0:30:10	
8	Caroline Ursell	5k	0:31:56	