

MEN	Club	Event	Time
5K Road			
1 Joe Rainsford	Heanor	Derby	15.40
2 Michael Waddington	Ware Joggers	Hatfield Broad Oak	15.42
3 Michael Towler	Avon Valley R	Heddington	15.52
5 Miles			
1 Shaun Antell	Bideford	Exmouth	24.48
2 Tom Merson	Exmouth	Exmouth	24.50
3 Simon Nott	Calne RC	Broughton Gifford	25.29
10K			
1 Matthew Bickerstaff	Heanor	Bolsover	31.57
2 Michael Towler	Avon Valley R	Clevedon	32.00
3 James Connor	Kent	Little Bromley	32.16
10 Miles			
1 Tom Merson	Exmouth	Bideford	51.08
2 Ronie Richmond	Bideford	Bideford	51.08
3 Shaun Antell	Bideford	Melksham	52.10
Half Marathon			
1 Shaun Antell	Bideford	Barnstaple	68.15
2 Michael Waddington	Ware Joggers	Stevenage	73.19
3 Robert Barnes	Stopsley Striders	Bedford	74.31
Marathon			
1 Stephen Cameron	Bideford	Barnstaple	3.13.50
WOMEN			
5k			
1 Louise Manning	Ilkeston	Derby	17.08
2 Elsbeth Grant	Matlock	Chesterfield	18.04
3 Rebecca Hayward	Bitton RR	Bitton	18.29
5 Miles			
1 Joanna Male	West End Runners	Desford	29.28
2 Imogen Moroney	Weston AC	Weston super Mare	30.35
3 Ester Vickers	Desford Striders	Desford	30.38
10k			
1 Daisy Glover	Ely	Ely	36.23
2 Johanna O'Regan	Riverside Runners	Ely	37.16
3 Caroline Brooks	Riverside Runners	Ely	38.21
10 Miles			
1 Ruth Barnes	Avon Valley R	Bideford	57.46
2 Julie Dixon	Bideford	Bideford	62.06
3 Heather Hann	St Albans Striders	St Albans	62.19
Half Marathon			
1 Julie Dixon	Bideford	Bideford	86.33
2 Kelly Dicks	Great Western	Chepstow	88.51
3 Sherrie Hair	Honiton	Bideford	91.18

