

<b>Position</b>	<b>Senior Ladies</b>	<b>Time</b>
1st	Katie Mellor	05:29.51

<b>Position</b>	<b>Vet Men</b>	<b>Time</b>
1st	Al Johnson	04:51.34
2nd	Andy Heppell	04:54.20
3rd	Matt Gwilym	05:36.70
4th	Dave Bell	05:39.76
5th	Kevin Spreadbury	06:06.34
6th	Richard McQuade	06:21.40

<b>Position</b>	<b>Vet Ladies</b>	<b>Time</b>
1st	Anna Fletcher	06:12.34
2nd	Floor Christie	06:35.92
3rd	Fiona Waugh	07:24.51
4th	Sasha Gartside	07:30.13