

**M35L***Course BR, Length 8.3km, 24 controls*

1	Nick Barrable	ENG	60:07	7.2	min/km	8
2	Daniel Gooch	SCO	60:46	7.3		7
3	Tim Higginbottom	CYM	63:34	7.7		6
5	Richard Barrett	CYM	69:32	8.4		5
6	Paul Couldridge	ENG	72:00	8.7		4
10	Declan McGrellis	IRL	83:55	10.1		3
12	Tony Lawlor	IRL	120:50	14.6		2

**M40L***Course BR, Length 8.3km, 24 controls*

1	Ben Hartman	SCO	60:59	7.3	min/km	8
2	Alan Velecky	ENG	64:08	7.7		7
3	Andrew Dale	CYM	64:28	7.8		6
6	Martin Ward	ENG	71:40	8.6		5
7	Graeme Ackland (M45)	SCO	73:22	8.8		4
8	Colm O'Halloran	IRL	76:18	9.2		3
9	Ifor Powell	CYM	76:35	9.2		2
12	Igor Stefko	IRL	79:53	9.6		1

**M45L***Course SBR, Length 7.6km, 19 controls*

3	Quentin Harding	ENG	54:45	7.2		8
4	Jonathan Musgrave	SCO	55:11	7.3		7
5	Charlie Adams	ENG	57:50	7.6		6
6	Brian Corbett	IRL	60:34	8.0		5
12	Phil Scarf	CYM	66:42	8.8		4
14	Mike Greenwood	SCO	70:22	9.3		3
17	Dave Weston	IRL	74:27	9.8		2

**M50L***Course SBR, Length 7.6km, 19 controls*

1	John Tullie	SCO	55:56	7.4	min/km	8
2	Kevin Harding	ENG	59:33	7.8		7
3	Donald Petrie	SCO	61:05	8.0		6
4	Colin Dickson	ENG	61:59	8.2		5
5	David Seward	CYM	62:24	8.2		4
11	Mark Saunders	CYM	69:29	9.1		3
19	Senan O'Boyle	IRL	84:34	11.1		2
23	Don Short	IRL	90:14	11.9		1

**M55L***Course BLM, Length 6.6km, 18 controls*

3	Axel Blomquist	ENG	55:28	8.4	8
6	Alun Jones	CYM	58:29	8.9	7
7	Rob Hickling	SCO	61:56	9.4	6
8	Richard Wilson	CYM	62:10	9.4	5
9	Dave Armitage	SCO	64:07	9.7	4
12	John Rye	ENG	67:04	10.2	3
15	Raymond Finlay	IRL	76:36	11.6	2
18	John McCulloch	IRL	78:59	12.0	1

**M60L***Course BLM, Length 6.6km, 18 controls*

1	Mike Smithard	ENG	59:47	9.1	min/km	8
2	Peter Gorvett	ENG	61:20	9.3		7
3	Brian Hughes	CYM	62:39	9.5		6
5	Gareth Bryan-Jones (M65)	SCO	64:45	9.8		5
8	Ian Turner	SCO	71:34	10.8		4
12	David May	CYM	73:46	11.2		3
14	Colin Henderson	IRL	74:24	11.3		2
18	Bill Hopkins	IRL	79:58	12.1		1

**W35L***Course BLW, Length 6.8km, 19 controls*

1	Lorna Eades (W40)	SCO	72:59	10.7	min/km	8
2	Amanda Crawshaw	ENG	74:55	11.0		7
3	Anja Stratford	ENG	75:00	11.0		6
5	Sophie Brown	CYM	83:59	12.4		5
6	Bridget Lawlor	IRL	90:17	13.3		4
mp	Fiona Forrest	SCO	83:22			Missing no 2
mp	Hazel Thompson	IRL	91:38			Missing no 19

**W40L***Course BLW, Length 6.8km, 19 controls*

1	Jenny Peel	SCO	62:42	9.2	min/km	8
2	Sarah Dunn	SCO	64:35	9.5		7
3	Kath Broatch (W45)	CYM	66:47	9.8		6
4	Lesley Ross	ENG	70:36	10.4		5
8	Sara Campbell	ENG	75:13	11.1		4
12	Sarah Bayliss	CYM	88:27	13.0		3
18	Kathryn Walley	IRL	117:56	17.3		2
19	Mary Knight	IRL	124:25	18.3		1

**W45L***Course SBL, Length 5.7km, 16 controls*

1	Hazel Dean	SCO	52:25	9.2	min/km	8
3	Jane Morgan	ENG	57:08	10.0		7
5	Alice Bedwell	CYM	60:14	10.6		6
7	Margaret Reynolds	CYM	64:26	11.3		5
9	Marsela McLeod	SCO	65:31	11.5		4
10	Heather Cairns	IRL	76:18	13.4		3
17	Roxanne White	IRL	84:54	14.9		2
mp	Jane Halliday	ENG	64:00			Missing no 12

**W50L***Course SBL, Length 5.7km, 16 controls*

1	Janet Rosen	ENG	58:33	10.3	min/km	8
2	Christine Patterson	SCO	59:16	10.4		7
4	Kirsty Staunton	ENG	61:10	10.7		6
5	Ann Savage	IRL	64:06	11.2		5
8	Lindsey Knox	SCO	70:28	12.4		4
14	Anne Darlington	CYM	76:23	13.4		3
15	Bernie O'Boyle	IRL	78:53	13.8		2
16	Caroline Dallimore	CYM	81:13	14.2		1

**W55L***Course G, Length 4.4km, 15 controls*

1	Liz Campbell	CYM	46:29	10.6	min/km	8
2	Ruth Lynam	IRL	49:58	11.4		7
3	Inara Gipsle	ENG	52:21	11.9		6
4	Janice Nisbet	SCO	54:13	12.3		5
5	Sarah Brown	ENG	56:55	12.9		4
7	Helena Burrows	CYM	65:55	15.0		3
14	Ger Power	IRL	78:21	17.8		2
mp	Joyce Brunton	SCO	70:07			Missing no 11

**W60L***Course G, Length 4.4km, 15 controls*

2	Hilary Palmer	ENG	57:51	13.1		8
3	Sheila Carey	ENG	66:53	15.2		7
5	Sheila Strain	SCO	68:47	15.6		6
6	Heather Smithard	SCO	69:32	15.8		5
7	Anne May	CYM	72:22	16.4		4
10	Jean Lochhead	CYM	79:03	18.0		3
11	Trina Cleary	IRL	81:47	18.6		2
13	Clare Nuttall	IRL	84:58	19.3		1