

Short Course - Senior Women

- 1 Janet Holmes
- 2 Karen Chadwell
- 3 Dadine Ritterskamp

Short Course - Women over 35

- 1 Carol Rees
- 2 Hazel Craven
- 3 Sarah Meah

Short Course - Women over 45

- 1 Julie Scholey
- 2 Tracey Newman

Short Course - Women over 55

- 1 Amanda Thompson
- 2 Eirian Arwyn

Short Course - Senior Men

- 1 Tes Goitom
- 2 Oliver Williams
- 3 Nick Tulp

Short Course - Men Over 40

- 1 Huw Evans
- 2 Matt Hurford
- 3 Dave Coles

Short Course - Men Over 50

- 1 Martin Williams
- 2 Andrew Blair
- 3 John O'Shea

Short Course - Men Over 60

- 1= Rob Evans
- 1= Howard Kent
- 3 Elio Lepore

Long Course - Senior Women

- 1 Carys Hughes
- 2 Janet Holmes
- 3 Amanda Thompson

Long Course - Women Over 35

- 1 Julie Scholey
- 2 Hazel Craven
- 3 Sarah Perons

Long Course - Women over 45

- 1= Gill Murphy
- 1= Karen Chadwell
- 3 Tracey Newman

Long Course - Women over 55

- 1 Clare Johnson

Long Course - Senior Men

- 1= Matt Hurford
- 1= Steve Paterson
- 3 Oliver Williams

Long Course - Men Over 40

Martin Williams
Andrew Blair
James Bruce

Long Course - Men Over 50

Dave Coles
Clive Osmond
Paul Morris

Long Course - Men Over 60

Howard Kent
Mike Murphy
Andrew Sedgmond

Long Course - Men Over 70

Ralph Davey

Off Road - Senior Women

- 1 Julie Scholey

Off Road - Women over 35

- 1 Michelle Amblin

Off Road - Women over 45

- 1 Karen Chadwell

Off Road - Senior Men

- 1 Richard Self
- 2 Howard Owen
- 3 Dirk Schmaljohann

Off Road - Men Over 40

- 1 Howard Kent
- 2 Paul Chapman

Off Road - Men Over 50

- 1 Clive Osmond

Cross Country - Senior Women**Cross Country - Senior Men**

- 1 Claire Bruce
- 2 Karen Chadwell

Cross Country - Women Over 35

- 1 Julie Scholey
- 2 Sarah Meah

Cross Country - Women Over 45

- 1 Yvonne Bullen

Cross Country - Women Over 55

- 1 Eirian Arwyn

- 1 Evatt Cummings
- 2 Oliver Williams
- 3 Richard Self

Cross Country - Men Over 40

- 1 Huw Evans
- 2 James Bruce
- 3 Marcus Meyrick

Cross Country - Men Over 50

- 1 Richard Bullen
- 2 Clive Osmond
- 3 Paul Morris

Cross Country - Men Over 60

- 1 Mike Davies
 - 2 Jeff Aston
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