

1 HALLAMSHIRE HARRIERS (V40) 00:33:16	4 HOLMFIRTH HARRIERS (V40) 00:35:53	7 CITY OF SHEFFIELD AC (V40) 00:39:08
Darren Newbould (2) 10:50	Gary Graham (5) 12:28	Glenn Hardy (7) 13:00
R Hollingsworth (1) 11:16	David Watson (3) 10:52	Martin Atkinson (7) 13:51
Dean Furniss (1) 11:10	Darren Hanson (4) 12:33	Stephen Gisborne (7) 12:17
2 BORDER HARRIERS (V40) 00:34:21	5 KEIGHLEY & CRAVEN AC (V40) 00:36:35	8 HOLMFIRTH HARRIERS (V40) 'B' 00:40:15
George Thompson (1) 10:44	Laurence Hellawell (4) 11:57	Marwan Khoeiry (8) 13:14
Stuart Robinson (2) 11:29	Matt Knowles (5) 12:33	Philip Hobbs (8) 13:45
Steve Angus (2) 12:08	Nigel Bedell (5) 12:05	Steve Rimmer (8) 13:16
3 BINGLEY HARRIERS & AC (V40) 00:34:44	6 ROTHERHAM HARRIERS & AC (V40) 00:37:00	
Simon Johnson (3) 11:20	Nigel Brookes (6) 12:49	
Marc Teasey (4) 12:01	Mark Ward (6) 11:44	
Stewart Macdonald (3) 11:23	Howard Darwin (6) 12:27	

Stage 1

1	00:10:44	George Thompson	BORDER HARRIERS (V40)	5	00:12:28	Gary Graham	HOLMFIRTH HARRIERS (V40)
2	00:10:50	Darren Newbould	HALLAMSHIRE HARRIERS (V40)	6	00:12:49	Nigel Brooke	ROTHERHAM HARRIERS & AC (V40)
3	00:11:20	Simon Johnson	BINGLEY HARRIERS & AC (V40)	7	00:13:00	Glenn Hardy	CITY OF SHEFFIELD AC (V40)
4	00:11:57	Laurence Hellawell	KEIGHLEY & CRAVEN AC (V40)	8	00:13:14	Marwan Khoueiry	HOLMFIRTH HARRIERS (V40) 'B'

Stage 2

1	00:10:52	David Watson	HOLMFIRTH HARRIERS (V40)	5	00:12:01	Marc Teasey	BINGLEY HARRIERS & AC (V40)
2	00:11:16	R Hollingsworth	HALLAMSHIRE HARRIERS (V40)	6	00:12:33	Matt Knowles	KEIGHLEY & CRAVEN AC (V40)
3	00:11:29	Stuart Robinson	BORDER HARRIERS (V40)	7	00:13:45	Philip Hobbs	HOLMFIRTH HARRIERS (V40) 'B'
4	00:11:44	Mark Ward	ROTHERHAM HARRIERS & AC (V40)	8	00:13:51	Martin Atkinson	CITY OF SHEFFIELD AC (V40)

Stage 3

1	00:11:10	Dean Furniss	HALLAMSHIRE HARRIERS (V40)	5	00:12:17	Stephen Gisborne	CITY OF SHEFFIELD AC (V40)
2	00:11:23	Stewart Macdonald	BINGLEY HARRIERS & AC (V40)	6	00:12:27	Howard Darvill	ROTHERHAM HARRIERS & AC (V40)
3	00:12:05	Nigel Bedell	KEIGHLEY & CRAVEN AC (V40)	7	00:12:33	Darren Hanson	HOLMFIRTH HARRIERS (V40)
4	00:12:08	Steve Angus	BORDER HARRIERS (V40)	8	00:13:16	Steve Rimmer	HOLMFIRTH HARRIERS (V40) 'B'

Pos.	Time	Name	Team	Pos.	Time	Name	Team
1	00:10:44	George Thompson	BORDER HARRIERS (V40)	13	00:12:08	Steve Angus	BORDER HARRIERS (V40)
2	00:10:50	Darren Newbould	HALLAMSHIRE HARRIERS (V40)	14	00:12:17	Stephen Gisborne	CITY OF SHEFFIELD AC (V40)
3	00:10:52	David Watson	HOLMFIRTH HARRIERS (V40)	15	00:12:27	Howard Darwin	ROTHERHAM HARRIERS & AC (V40)
4	00:11:10	Dean Furniss	HALLAMSHIRE HARRIERS (V40)	16	00:12:28	Gary Graham	HOLMFIRTH HARRIERS (V40)
5	00:11:16	R Hollingsworth	HALLAMSHIRE HARRIERS (V40)	17	00:12:33	Darren Hanson	HOLMFIRTH HARRIERS (V40)
6	00:11:20	Simon Johnson	BINGLEY HARRIERS & AC (V40)	18	00:12:33	Matt Knowles	KEIGHLEY & CRAVEN AC (V40)
7	00:11:23	Stewart Macdonald	BINGLEY HARRIERS & AC (V40)	19	00:12:49	Nigel Brookes	ROTHERHAM HARRIERS & AC (V40)
8	00:11:29	Stuart Robinson	BORDER HARRIERS (V40)	20	00:13:00	Glenn Hardy	CITY OF SHEFFIELD AC (V40)
9	00:11:44	Mark Ward	ROTHERHAM HARRIERS & AC (V40)	21	00:13:14	Marwan Khoeiry	HOLMFIRTH HARRIERS (V40) 'B'
10	00:11:57	Laurence Hellowell	KEIGHLEY & CRAVEN AC (V40)	22	00:13:16	Steve Rimmer	HOLMFIRTH HARRIERS (V40) 'B'
11	00:12:01	Marc Teasey	BINGLEY HARRIERS & AC (V40)	23	00:13:45	Philip Hobbs	HOLMFIRTH HARRIERS (V40) 'B'
12	00:12:05	Nigel Bedell	KEIGHLEY & CRAVEN AC (V40)	24	00:13:51	Martin Atkinson	CITY OF SHEFFIELD AC (V40)