

<b>Men</b>	<b>Score</b>
Ealing Southall & Middlesex	9
Ealing Eagles	35
West 4	65
Metropolitan Police AC	213
Metros	219
Pitshanger Park	229
Shepperton Running Group	328
Hillingdon Triathletes	379
Sudbury Court	381
British Airways	715

<b>Women</b>	<b>Score</b>
Ealing Eagles	17
Ealing Southall & Middlesex	36
West 4	48
Metros	105
Pitshanger Park	151
Shepperton Running Group	183