

Men's teams	Score	Team
London Heathside	26	Dan Madams (4), Gavin Evans (9), Jonathan Hopkin (13)
Serpentine RC	36	Ben Cope (10), Michael Stainton (11), Richard Taylor (15)
Ealing Southall & Middlesex AC	91	Ben Hagreen (26), Tom Yates (30), Peter Drew (35)
ESC D3 Triathlon	91	Matthew Savory (16), Justin O'Leary (27), Karl Atley (48)
Metropolitan Police AC	127	Richard Brooks (21), Liam Phair (34), Trevor Normoyle (72)
Ealing Eagles RC	153	Niall Quinn (32), Martin White (43), Anthony Austin (78)
Prince Evans	219	Lee Davis (31), Jonathan Davis (42), John Soper (146)
Tring RC	231	John Manning (44), Tom Griffin (45), Tony Hill (142)
Hillingdon AC	236	Rob Thompson (1), Joe Saissi (14), Gary Taylor (221)
Energize Fitness	255	Ralph Lewis (59), Tiarnan O'Sullivan (80), Aaron Conlan (116)
Metros	311	Steve Paull (79), Peter Reynolds (109), Graham Hart (123)
British Airways AC	514	Piers Keenleyside (107) Jasvir Singh Modaher (185), Steve Newell (222)
St Thomas's Church Hanwell	588	Gareth Jones (154), Nigel Holroyd (214), Keith Cunningham (220)
Women's teams	Score	Team
London Heathside	23	Leigh James (1), Cathy Jeremiah (9), Ursula Wilson (13)
Ealing Southall & Middlesex AC	26	Fiona Kennedy (3), Patricia Thomas (11), Christine Meek (12)
ESC D3 Triathlon	72	Sarah Percival (14), Gabrielle Lai (27), Martine Lai (31)
Metropolitan Police AC	110	Jacque Reid (28), Mel McClure (39), Mary Allieu (43)
Energize Fitness	119	Dove Turulyte (38), Ceri Gregory (40), Amelia Brown (41)
Watford Joggers	124	Naomi Prasad (17), Jane Welch (52), Jane Molloy (55)
St Thomas's Church Hanwell	157	Sue Cunningham (46), Natalie Holroyd (51), Sarah Holroyd (60)
Ealing Eagles RC	159	Rachel Eardley (35), Rachel Hearsaw (49), Kirsty Montgomery (75)