

<b>Men</b>	<b>Score</b>
Serpentine	10
Ealing Southall & Middlesex	20
Ware Joggers	54
Ealing Eagles	59
West 4	112
Shaef Shifters	132
Metros	177
Watford Joggers	206
Metropolitan Police AC	207
Pitshanger Park	331
Shepperton Running Group	426

<b>Women</b>	<b>Score</b>
Ealing Eagles	22
West 4	30
Ealing Southall & Middlesex	45
Metropolitan Police AC	97
Ware Joggers	111
Sudbury Court	213
Metros	233
Pitshanger Park	269