

In cold blustery conditions the race was started by Carl Lawton who won the event in 1974. Olympian and Centurion Dominic King dominated the race and recorded his fourth win in five years and his fifth in total, the only challenge coming from his brother Daniel also a Centurion. Belgrave's Grazina Narviliene completed a hat-trick of wins in beating the hour for the first time.

Enfield H AC lifted the team trophy for the first time this century, whilst Belgrave H by virtue of a higher placed fourth scorer, pipped Hillingdon for the runner-up prizes.

<i>Men</i>	© = Centurion - * = pb	<i>Women</i>
1. Dominic King © Colchester AC	50.53 SM	1. Grazina Narviliene (Belgrave H) *59.23 w35
2. Daniel King © Colchester AC	52.01 SM	2. Helen Middleton (Enfield HAC) 70.29 w50
3. Callum Wilkinson (Enfield HAC)	*56.09 u20	3. Fiona Bishop (Woking AC) 74.52 w55
4. Fabian Deuter (Hillingdon AC)	56.48 SM	4. Anne Jones (Steyning AC) 75.08 w60
5. Jonathan Hobbs (Ashford AC)	57.27 u23	5. Kay Koeslag (Belgrave H) 78.29 w35
6. Fransisco Reis (Ilford AC)	58.01 M50	6. Angela Martin (Surrey WC) 79.05 w45
7. Trevor Jones (Steyning AC)	59.49 M55	7. Jo Miles (Hillingdon AC) 79.10 w55
8. Malcolm Martin (Surrey WC)	*63.17 M55	8. Geraldine Legon (Bexley) *79.49 w50
9. John Hall (Belgrave H)	65.23 M65	9. Diana Braverman (Enfield HAC) 81.16 w60
10. Steve Uttley (Ilford AC)	65.26 M55	10. Norma Grimsey (Enfield HAC) 80.20 w55
11. John Ralph (Enfield HAC)	66.17 M55	
12. Stuart Bennett © (Ilford AC)	67.42 M55	
13. Ken Bobbett (Hillingdon AC)	67.54 M70	<i>men continued</i>
14. Andrew Cox (Hillingdon AC)	68.54 M60	28. David Hoben (Surrey WC) 78.58 M60
15. Richard McChesney © (Stragglers)	69.45 M45	29. David Delaney (Surrey WC) 81.19 M70
16. Richard Emsley (Steyning AC)	70.11 M65	30. Russell Vroobel (Hillingdon AC) 82.48 M55
17. Dan Maskell (Surrey WC)	70.24 M65	31. Mick Barnbrook © (Ilford AC) 83.16 M70
18. Sean Pender © (Enfield HAC)	70.40 M60	32. Harry Corbett (Belgrave H) 83.33 M55
19. Glyn Jones (Coventry Godiva)	71.13 M70	33. Jon May (Enfield HAC) 85.28 M60
20. Arthur Thomson (Enfield HAC)	71.45 M75	34. Terry Braverman (Enfield HAC) 88.36 M70
21. Amos Seddon (Enfield HAC)	71.59 M70	35. Dave Ainsworth © (Ilford AC) 94.41 M65
22. Mark Byrne © (Redcar R WC)	72.20 M50	
23. Paul King © (Belgrave H)	73.07 M60	4.6m Ron Penfold (Steyning AC) 48.45 M70
24. Chris Flint © (Surrey WC)	73.57 M65	2.3m Dave Stevens. (Steyning AC) 29.02 M75
25. Mark Culshaw (Belgrave H)	74.00 M45	Eddie Trotter (Ilford AC) 33.15 M60
26. Michael Harran (Surrey WC)	74.45 M75	
27. Gary Smith © (Enfield HAC)	76.54 M55	

*Teams (mixed – 4 to score)*

1. 54 pts EHAC	Wilkinson, Ralph, Middleton, Pender	Bob Clark Award: Callum Wilkinson
2. 68 Belgrave H	Narviliene, Hall, King, Culshaw	
3. 68 Hillingdon AC	Deuter, Bobbett, Cox, Miles	Lol Dordoy Spot Prize: Glyn Jones
4. 71 Ilford AC	Reis, Uttley, Bennett, Barnbrook	
4. 81 Surrey WC	Martin M, Maskell, Martin A, Harran	

*Judges:* Michael Croft, Peter Cassidy, Mick Graham, Peter Marlow

Ray Pearce (Chief), Pauline Wilson ©

*Time-Keeper/Recorders:* Phil Welch, Pam Ficken ©, Tracey Wilkinson

*Marshalls:* Mal Blyth ©, Bernie Hercock, Ron Powell, Ken Roost ©, Ian Spinks

*Registration/refreshments:* Margaret Livermore, Linda Spinks, Joan Wallwork