3 Lakes	Day One Results	Willen Lake	29/10		Day Two Results	Furzton Lake	30/10		Day Three Results	Caldecotte Lake	31/10
Pos	Runner	Club	Time	Pos	Runner	Club	Time	Pos	Runner	Club	Time
1	Rik Vercoe	100 Marathon club	3.03.03	1	Rik Vercoe	100 Marathon Club	3.06.18	1	Rik Vercoe	100 Marathon Club	2.58.48
2	Peter Bowles	Serpentine	3.08.43	2	Steve Edwards	Bourton RR	3.12.35	2	Peter Bowles	Serpentine	3.06.04
3	Steve Edwards	Bourton RR	3.11.53	3	Jon Godfrey	City of Hull AC	3.24.14	3	Steve Edwards	Bourton RR	3.12.53
4	Jeremy Isaacs	Unaffiliated	3.26.02	4	Chris Worton	MMKAC	3.30.05	4	Matt Tonks	Nuneaton Harriers	3.16.43
5	Paul Northern	Wooton RR	3.28.04	5	Morgan Prosser	Unaffiliated	3.48.22	5	Chris Dunn	Unaffiliated	3.17.05
6	Gregory Ashley	Rugby Tri Club	3.43.06	6	Paul Sutherland	Shenley Striders	3.49.10	6	Russell Rose	DLRR	3.38.38
7	Peter Connelly	Unaffiliated	3.47.23	7	Brian Ankers	Unaffiliated	3.58.46	7	Brian Ankers	Unaffiliated	3.51.05
8	Morgan Prosser	Unaffiliated	3.49.24	8	Heather McDonald-Hamilton	100 Marathon Club	4.00.16	8	Paul Sutherland	Shenley Striders	3.51.59
9	Alex Penny	Buck & Stowe	3.50.45	9	Jacqueline Millett	The Stragglers	4.12.04	9	Paul Mason	The Stragglers	4.04.16
9	Tiago Dionisio	100 Marathon Club	3.50.45	10	Gary Kelly	Buck & Stowe	4.22.42	10	Chris Beard	Unaffiliated	4.07.38
11	Traviss Willcox	100 Marathon Club	3.55.56	11	Traviss Willcox	100 Marathon Club	4.24.12	11	Gary Kelly	Buck & Stowe	4.13.40
12	Amanda Heslegrave	Dagenham 88 Runners	3.56.43	12	Brian Mills	100 Marathon Club	4.29.38	12	David Clark	Unaffiliated	4.14.04
13	Brian Ankers	Unaffiliated	3.58.28	13	Camilla Langlands	The Stragglers	4.30.15	13	Alan Young	Unaffiliated	4.14.59
14	Mark Atkinson	MK Lakeside	4.05.22	14	Karl Randall	100 Marathon Club	4.33.40	14	Jenny Cass	Unaffiliated	4.19.40
15	Paul Sutherland	Shenley Striders	4.12.53	15	David Barr	Tunbridge Wells Harriers	4.47.09	15	Traviss Willcox	100 Marathon Club	4.26.51
15	Karl Randall	100 Marathon Club	4.12.53	16	Peter Eves	Petts Wood Runners	4.49.10	16	David Barr	Tunbridge Wells H	4.27.31
17	Richard Fullbrook	100 Marathon Club	4.15.06	17	Rachel Armstrong	Shenley Striders	4.52.34	17	Karl Randall	100 Marathon Club	4.28.44
18	David Clark	Unaffiliated	4.20.59	18	Ruth Benzimra	100 Marathon Club	4.53.24	18	Rachel Smith	Maidstone Harriers	4.37.51
19	Dean Chambers	100 Marathon Club	4.22.16	19	Kate Jayden	West Cheshire	4.59.16	19	Morgan Prosser	Unaffiliated	4.41.04
20	Gary Kelly	Buck & Stowe	4.24.08	20	Mel Floyd	Thetford AC	5.00.53	20	Davey Green	100 Marathon Club	4.46.56
21	David Barr	Tunbridge Wells Harriers	4.33.51	21	Mel Roberts	Plumstead	5.12.19	21	Camilla Langlands	The Stragglers	4.47.44
22	Kate Jayden	West Cheshire	4.35.09					21	Jacqueline Millett	The Stragglers	4.47.44
23	Richard Hyde	Unaffiliated	4.38.06					23	Frances Thorne	Unaffiliated	4.55.40
24	Simon Fenton	Unaffiliated	4.42.34					24	Mel Floyd	Thetford AC	5.01.04
25	Mel Floyd	Thetford AC	4.45.18					25	Kathryn Brown	Unaffiliated	5.22.59
26	Ruth Benzimra	100 Marathon Club	5.14.48					26	Ruth Benzimra	100 Marathon Club	5.24.01
27	Helen Crossland	Leighton Buzzard AC	5.17.08					27	Kate Jayden	West Cheshire	5.42.11
28	Wayne Walker	DLRR	5.53.24								