| Pos | Time | First | Surname | G | Laps | Av min/m | Av min/km | Dist m | Dist km | Av Lap Split |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1 | 00:19:27 | Anna | Elvey | F | 1 | 00:12:09 | 00:07:47 | 1.6 | 2.5 | 00:19:27 |
| 1 | 00:29:40 | Matt | Coyne | M | 2 | 00:09:16 | 00:05:56 | 3.2 | 5 | 00:14:50 |
| 2 | 00:31:16 | Mae | Elvey | F | 2 | 00:09:46 | 00:06:15 | 3.2 | 5 | 00:15:38 |
| 3 | 00:33:35 | Nicole | Morton | F | 2 | 00:10:30 | 00:06:43 | 3.2 | 5 | 00:16:48 |
| 4 | 00:34:31 | Anna | Oliver | F | 2 | 00:10:47 | 00:06:54 | 3.2 | 5 | 00:17:16 |
| 5 | 00:35:03 | Ken | Hardman | M | 2 | 00:10:57 | 00:07:01 | 3.2 | 5 | 00:17:31 |
| 6 | 00:35:46 | Natasha | Lee | F | 2 | 00:11:11 | 00:07:09 | 3.2 | 5 | 00:17:53 |
| 7 | 00:37:48 | Max | D | M | 2 | 00:11:49 | 00:07:34 | 3.2 | 5 | 00:18:54 |
| 8 | 00:37:50 | Bente | Hardman | F | 2 | 00:11:49 | 00:07:34 | 3.2 | 5 | 00:18:55 |
| 9 | 00:38:01 | Samantha | Osborne | F | 2 | 00:11:53 | 00:07:36 | 3.2 | 5 | 00:19:00 |
| 10 | 00:38:39 | Clare | Browning | F | 2 | 00:12:05 | 00:07:44 | 3.2 | 5 | 00:19:20 |
| 11 | 00:41:30 | Emma | Prince | F | 2 | 00:12:58 | 00:08:18 | 3.2 | 5 | 00:20:45 |
| 12 | 00:41:30 | Isabell | Ljungberg Lenasdotter | F | 2 | 00:12:58 | 00:08:18 | 3.2 | 5 | 00:20:45 |
| 13 | 00:41:30 | Mandy | Yau | F | 2 | 00:12:58 | 00:08:18 | 3.2 | 5 | 00:20:45 |
| 14 | 00:42:05 | Lee | Haines | F | 2 | 00:13:09 | 00:08:25 | 3.2 | 5 | 00:21:03 |
| 15 | 00:42:05 | Liz | Lawrence | F | 2 | 00:13:09 | 00:08:25 | 3.2 | 5 | 00:21:03 |
| 16 | 00:42:05 | Nikki | Durnford | F | 2 | 00:13:09 | 00:08:25 | 3.2 | 5 | 00:21:03 |
| 17 | 00:42:30 | Claudette | Ford | F | 2 | 00:13:17 | 00:08:30 | 3.2 | 5 | 00:21:15 |
| 18 | 00:44:05 | Dilys | Price | F | 2 | 00:13:47 | 00:08:49 | 3.2 | 5 | 00:22:03 |
| 19 | 00:44:05 | Doug | Larkam | M | 2 | 00:13:47 | 00:08:49 | 3.2 | 5 | 00:22:03 |
| 20 | 00:44:25 | Bridget | Allen | F | 2 | 00:13:53 | 00:08:53 | 3.2 | 5 | 00:22:12 |
| 21 | 00:48:02 | Adrian | Durnford | M | 2 | 00:15:01 | 00:09:36 | 3.2 | 5 | 00:24:01 |
| 22 | 00:48:45 | Debbie | Chapman | F | 2 | 00:15:14 | 00:09:45 | 3.2 | 5 | 00:24:22 |
| 23 | 00:49:40 | Jane | Atkinson | F | 2 | 00:15:31 | 00:09:56 | 3.2 | 5 | 00:24:50 |
| 24 | 00:51:05 | Jenny | Preece | F | 2 | 00:15:58 | 00:10:13 | 3.2 | 5 | 00:25:33 |
| 25 | 00:51:05 | Linda | Clark | F | 2 | 00:15:58 | 00:10:13 | 3.2 | 5 | 00:25:33 |
| 26 | 00:53:34 | Bex | Coyne | F | 2 | 00:16:44 | 00:10:43 | 3.2 | 5 | 00:26:47 |
| 27 | 00:57:10 | Sally | Hughes | F | 2 | 00:17:52 | 00:11:26 | 3.2 | 5 | 00:28:35 |
| 1 | 00:49:10 | Daniel | King | M | 3 | 00:10:15 | 00:06:33 | 4.8 | 7.5 | 00:16:23 |
| 2 | 00:49:15 | Tes | Clark | F | 3 | 00:10:16 | 00:06:34 | 4.8 | 7.5 | 00:16:25 |
| 3 | 00:57:40 | Mark | Piper | M | 3 | 00:12:01 | 00:07:41 | 4.8 | 7.5 | 00:19:13 |
| 4 | 00:59:30 | Tola | Eaton | F | 3 | 00:12:24 | 00:07:56 | 4.8 | 7.5 | 00:19:50 |
| 5 | 01:04:10 | Jen | Smith | F | 3 | 00:13:22 | 00:08:33 | 4.8 | 7.5 | 00:21:23 |
| 6 | 01:04:10 | Lorraine | Sherrard | F | 3 | 00:13:22 | 00:08:33 | 4.8 | 7.5 | 00:21:23 |
| 7 | 01:11:15 | Tom | Aitken | M | 3 | 00:14:51 | 00:09:30 | 4.8 | 7.5 | 00:23:45 |
| Pos | Time | First | Surname | G | Laps | Av min/m | Av min/km | Dist m | Dist km | Av Lap Split |
| 1 | 00:55:10 | Eva | Winton | F | 4 | 00:08:37 | 00:05:31 | 6.4 | 10 | 00:13:47 |
| 2 | 00:55:11 | Liam | Banham-Rayward | M | 4 | 00:08:37 | 00:05:31 | 6.4 | 10 | 00:13:48 |
| 3 | 00:58:02 | Silje | Hovstad | F | 4 | 00:09:04 | 00:05:48 | 6.4 | 10 | 00:14:31 |
| 4 | 01:00:40 | Leo | D | M | 4 | 00:09:29 | 00:06:04 | 6.4 | 10 | 00:15:10 |
| 5 | 01:00:48 | Caroline | Robins | F | 4 | 00:09:30 | 00:06:05 | 6.4 | 10 | 00:15:12 |
| 6 | 01:01:50 | Brian | Courage | M | 4 | 00:09:40 | 00:06:11 | 6.4 | 10 | 00:15:28 |
| 7 | 01:01:50 | Sarah | Buldum | M | 4 | 00:09:40 | 00:06:11 | 6.4 | 10 | 00:15:28 |
| 8 | 01:04:10 | Alex | Elvey | M | 4 | 00:10:02 | 00:06:25 | 6.4 | 10 | 00:16:02 |
| 9 | 01:04:37 | Jennie | Collison | F | 4 | 00:10:06 | 00:06:28 | 6.4 | 10 | 00:16:09 |
| 10 | 01:06:05 | Karla | Sciberras | F | 4 | 00:10:20 | 00:06:36 | 6.4 | 10 | 00:16:31 |
| 11 | 01:07:10 | Ian | Winters | M | 4 | 00:10:30 | 00:06:43 | 6.4 | 10 | 00:16:48 |
| 12 | 01:07:19 | Tracey | Harvey | F | 4 | 00:10:31 | 00:06:44 | 6.4 | 10 | 00:16:50 |
| 13 | 01:07:50 | Gemma | Maravolo | F | 4 | 00:10:36 | 00:06:47 | 6.4 | 10 | 00:16:57 |
| 14 | 01:08:00 | Tracey | Edwards | F | 4 | 00:10:37 | 00:06:48 | 6.4 | 10 | 00:17:00 |
| 15 | 01:09:54 | Joanna | Fiveash | F | 4 | 00:10:55 | 00:06:59 | 6.4 | 10 | 00:17:29 |
| 16 | 01:09:54 | Julian | Pringle | M | 4 | 00:10:55 | 00:06:59 | 6.4 | 10 | 00:17:29 |
| 17 | 01:10:00 | Danielle | Mussellwhite | F | 4 | 00:10:56 | 00:07:00 | 6.4 | 10 | 00:17:30 |
| 18 | 01:11:04 | Fred | Thomson | M | 4 | 00:11:06 | 00:07:06 | 6.4 | 10 | 00:17:46 |


| 19 | 01:11:04 | Michelle | Ramos-Perkins | F | 4 | 00:11:06 | 00:07:06 | 6.4 | 10 | 00:17:46 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 20 | 01:12:04 | Isobel | Dewdney | F | 4 | 00:11:16 | 00:07:12 | 6.4 | 10 | 00:18:01 |
| 21 | 01:13:20 | Malgorzata | Kozlowska | F | 4 | 00:11:28 | 00:07:20 | 6.4 | 10 | 00:18:20 |
| 22 | 01:15:41 | Sue | Newman | F | 4 | 00:11:50 | 00:07:34 | 6.4 | 10 | 00:18:55 |
| 23 | 01:15:55 | Anna | Ramage | F | 4 | 00:11:52 | 00:07:35 | 6.4 | 10 | 00:18:59 |
| 24 | 01:16:24 | Thomas | Lockley | M | 4 | 00:11:56 | 00:07:38 | 6.4 | 10 | 00:19:06 |
| 25 | 01:20:21 | Marie | Elvey | F | 4 | 00:12:33 | 00:08:02 | 6.4 | 10 | 00:20:05 |
| 26 | 01:23:35 | Emma | Barnes | F | 4 | 00:13:04 | 00:08:21 | 6.4 | 10 | 00:20:54 |
| 27 | 01:24:40 | Vanessa | Mussett | F | 4 | 00:13:14 | 00:08:28 | 6.4 | 10 | 00:21:10 |
| 28 | 01:25:34 | Amanda | Bond | F | 4 | 00:13:22 | 00:08:33 | 6.4 | 10 | 00:21:24 |
| 29 | 01:25:44 | Claire | Butler | F | 4 | 00:13:24 | 00:08:34 | 6.4 | 10 | 00:21:26 |
| 30 | 01:26:05 | Duncan | Staines | M | 4 | 00:13:27 | 00:08:37 | 6.4 | 10 | 00:21:31 |
| 31 | 01:28:10 | Sue | Norris | F | 4 | 00:13:47 | 00:08:49 | 6.4 | 10 | 00:22:03 |
| 32 | 01:29:04 | Alison | Clarke | F | 4 | 00:13:55 | 00:08:54 | 6.4 | 10 | 00:22:16 |
| 33 | 01:29:40 | Clare | Hall | F | 4 | 00:14:01 | 00:08:58 | 6.4 | 10 | 00:22:25 |
| 34 | 01:29:48 | Ann | Eke | F | 4 | 00:14:02 | 00:08:59 | 6.4 | 10 | 00:22:27 |
| 35 | 01:30:04 | Louisa | Tait | F | 4 | 00:14:04 | 00:09:00 | 6.4 | 10 | 00:22:31 |
| 36 | 01:30:09 | Anne | Rossiter | F | 4 | 00:14:05 | 00:09:01 | 6.4 | 10 | 00:22:32 |
| 37 | 01:31:05 | Sam | Ellis | F | 4 | 00:14:14 | 00:09:07 | 6.4 | 10 | 00:22:46 |
| 38 | 01:31:48 | Claire | Gray | F | 4 | 00:14:21 | 00:09:11 | 6.4 | 10 | 00:22:57 |
| 39 | 01:31:50 | Stephanie | Charman | F | 4 | 00:14:21 | 00:09:11 | 6.4 | 10 | 00:22:57 |
| 40 | 01:34:47 | Helen | Weller | F | 4 | 00:14:49 | 00:09:29 | 6.4 | 10 | 00:23:42 |
| 41 | 01:35:44 | Matt | Tobin | M | 4 | 00:14:58 | 00:09:34 | 6.4 | 10 | 00:23:56 |
| 42 | 01:36:33 | Justine | van Eeden | F | 4 | 00:15:05 | 00:09:39 | 6.4 | 10 | 00:24:08 |
| 43 | 01:36:33 | Meika | Hendriksen | F | 4 | 00:15:05 | 00:09:39 | 6.4 | 10 | 00:24:08 |
| 44 | 01:45:50 | Justina | Ward | F | 4 | 00:16:32 | 00:10:35 | 6.4 | 10 | 00:26:27 |
| 45 | 01:45:50 | Lesley | Durant | F | 4 | 00:16:32 | 00:10:35 | 6.4 | 10 | 00:26:27 |
| 1 | 02:10:57 | Paula | Pumphrey | F | 5 | 00:16:22 | 00:10:29 | 8 | 12.5 | 00:26:11 |
| 1 | 01:33:25 | Amanda | Winton | F | 6 | 00:09:44 | 00:06:14 | 9.6 | 15 | 00:15:34 |
| 2 | 01:59:30 | Fiona | Wheeler | F | 6 | 00:12:27 | 00:07:58 | 9.6 | 15 | 00:19:55 |
| 3 | 02:02:23 | Cathyrn | Cannon | F | 6 | 00:12:45 | 00:08:10 | 9.6 | 15 | 00:20:24 |
| 4 | 02:04:03 | Sarah | Wilson | F | 6 | 00:12:55 | 00:08:16 | 9.6 | 15 | 00:20:40 |
| 5 | 02:18:15 | Clare | Payne | F | 6 | 00:14:24 | 00:09:13 | 9.6 | 15 | 00:23:03 |
| 6 | 02:18:15 | Sarah | Fagg | F | 6 | 00:14:24 | 00:09:13 | 9.6 | 15 | 00:23:03 |
| Pos | Time | First | Surname | G | Laps | Av min/m | Av min/km | Dist m | Dist km | Av Lap Split |
| 1 | 01:55:10 | Mark | Slaughter | M | 8 | 00:09:00 | 00:05:45 | 12.8 | 20 | 00:14:24 |
| 2 | 02:21:36 | Victoria | Grout | F | 8 | 00:11:04 | 00:07:05 | 12.8 | 20 | 00:17:42 |
| 3 | 02:24:18 | Anne | Blokhus | F | 8 | 00:11:16 | 00:07:13 | 12.8 | 20 | 00:18:02 |
| 1 | 02:01:00 | Ivan | Prince | M | 8.2 | 00:09:13 | 00:05:54 | 13.12 | 20.5 | 00:14:45 |
| 2 | 02:05:22 | Oliver | Dewdney | M | 8.2 | 00:09:33 | 00:06:07 | 13.12 | 20.5 | 00:15:17 |
| 3 | 02:08:30 | Ed | Warner | M | 8.2 | 00:09:48 | 00:06:16 | 13.12 | 20.5 | 00:15:40 |
| 4 | 02:08:35 | Jon | Bond | M | 8.2 | 00:09:48 | 00:06:16 | 13.12 | 20.5 | 00:15:41 |
| 5 | 02:16:58 | Roger | Shaw | M | 8.2 | 00:10:26 | 00:06:41 | 13.12 | 20.5 | 00:16:42 |
| 6 | 02:17:45 | Clare | Pirie | F | 8.2 | 00:10:30 | 00:06:43 | 13.12 | 20.5 | 00:16:48 |
| 7 | 02:25:26 | Darren | Milton | M | 8.2 | 00:11:05 | 00:07:06 | 13.12 | 20.5 | 00:17:44 |
| 8 | 02:30:56 | Anna | Barness | F | 8.2 | 00:11:30 | 00:07:22 | 13.12 | 20.5 | 00:18:24 |
| 9 | 02:30:56 | Liana | Hendy | F | 8.2 | 00:11:30 | 00:07:22 | 13.12 | 20.5 | 00:18:24 |
| 10 | 02:30:56 | Sarah | Tanner | F | 8.2 | 00:11:30 | 00:07:22 | 13.12 | 20.5 | 00:18:24 |
| 11 | 02:35:40 | Alejandra | Badillo | F | 8.2 | 00:11:52 | 00:07:36 | 13.12 | 20.5 | 00:18:59 |
| 12 | 02:37:12 | Lyndsey | Slaughter | F | 8.2 | 00:11:59 | 00:07:40 | 13.12 | 20.5 | 00:19:10 |

