

| Christian Name | Surname | Pred/Hand | Est 7.2km | Start Time |
|----------------|------------|-----------|-----------|------------|
| Jon | Ohanlon | 2208 | 0:36:48 | 0:08:00 |
| Steve | Wallbridge | 2518 | 0:41:58 | 0:02:50 |
| Brian | Todd | 1997 | 0:33:17 | 0:11:31 |
| Becky | Stephens | 2477 | 0:41:17 | 0:03:31 |
| Norm | Lever | 2244 | 0:37:24 | 0:07:24 |
| Kim | Davenport | 2274 | 0:37:54 | 0:06:54 |
| Tony | Evans | 1788 | 0:29:48 | 0:15:00 |
| Edward | Collier | 1698 | 0:28:18 | 0:16:30 |
| Debbie | Bishop | 2688 | 0:44:48 | 0:00:00 |
| Sandra | Stuart | 2592 | 0:43:12 | 0:01:36 |
| Sam | McGrath | 2390 | 0:39:50 | 0:04:58 |
| Catherine | Mason | 2356 | 0:39:16 | 0:05:32 |
| Dave & Poochy | McGrath | 1939 | 0:32:19 | 0:10:00 |
| Claire | Hawes | 2521 | 0:42:01 | 0:02:47 |

| Handicap Race Time | | | | |
|--------------------|-----|------|--------|-----------|
| Min | Sec | Rank | Points | Penalties |
| 42 | 18 | 1 | 50 | 25 |
| 42 | 31 | 2 | 49 | 20 |
| 42 | 45 | 3 | 48 | 15 |
| 42 | 55 | 4 | 47 | 10 |
| 44 | 13 | 5 | 46 | 5 |
| 44 | 13 | 6 | 45 | |
| 44 | 34 | 7 | 44 | |
| 44 | 51 | 8 | 43 | |
| 45 | 8 | 9 | 42 | |
| 45 | 20 | 10 | 41 | |
| 45 | 25 | 11 | 40 | |
| 45 | 44 | 12 | 39 | |
| 52 | 50 | 13 | 38 | |
| dnf | | | 1 | |

| TOTAL TIME | Est. 7.2km (sec) | Est. 7.2km (real) | Handicap | REAL TIME (sec) | REAL TIME (real) | Difference |
|------------|------------------|-------------------|----------|-----------------|------------------|------------|
| 2538 | 2208 | 0:36:48 | 480 | 2058 | 0:34:18 | 150 |
| 2551 | 2518 | 0:41:58 | 170 | 2381 | 0:39:41 | 137 |
| 2565 | 1997 | 0:33:17 | 691 | 1874 | 0:31:14 | 123 |
| 2575 | 2477 | 0:41:17 | 211 | 2364 | 0:39:24 | 113 |
| 2653 | 2244 | 0:37:24 | 444 | 2209 | 0:36:49 | 35 |
| 2653 | 2274 | 0:37:54 | 414 | 2239 | 0:37:19 | 35 |
| 2674 | 1788 | 0:29:48 | 900 | 1774 | 0:29:34 | 14 |
| 2691 | 1698 | 0:28:18 | 990 | 1701 | 0:28:21 | -3 |
| 2708 | 2688 | 0:44:48 | 0 | 2708 | 0:45:08 | -20 |
| 2720 | 2592 | 0:43:12 | 96 | 2624 | 0:43:44 | -32 |
| 2725 | 2390 | 0:39:50 | 298 | 2427 | 0:40:27 | -37 |
| 2744 | 2356 | 0:39:16 | 332 | 2412 | 0:40:12 | -56 |
| 3170 | 1939 | 0:32:19 | 749 | 2421 | 0:40:21 | -482 |
| #VALUE! | 2521 | 0:42:01 | 167 | #VALUE! | #VALUE! | #VALUE! |

Notes:

| | |
|------------------------|--|
| Est 7.2km | Your predicted OR fastest time for the race |
| Start Time | The time you start (in min/sec) the race AFTER the 1st starter |
| TOTAL TIME | Your total time for the race (including handicap) |
| Handicap | Number of seconds you start after the 1st starter |
| REAL TIME (sec) (real) | Your ACTUAL time it took to complete the race |
| Difference | Difference between estimated/fastest time & your actual time for that race |