

| Number | Christian Name | Surname | Pred/Hand | Est 7.2km | Start Time |
|--------|----------------|---------------|-----------|-----------|------------|
| 20 | Tim | Sluman | 2419 | 0:40:19 | 0:09:17 |
| 9 | Barry | Irvine | 2630 | 0:43:50 | 0:05:46 |
| 4 | Gareth | Wilkes | 2373 | 0:39:33 | 0:10:03 |
| 5 | Mark | Eavers | 2339 | 0:38:59 | 0:10:37 |
| 35 | Sue | Monaghan | 2623 | 0:43:43 | 0:05:53 |
| 38 | Nikki | Durnell | 2549 | 0:42:29 | 0:07:07 |
| 12 | Sandra | Stuart | 2709 | 0:45:09 | 0:04:27 |
| 19 | Greg | Hollingworth | 2165 | 0:36:05 | 0:13:31 |
| 40 | Glenda | Gill | 2515 | 0:41:55 | 0:07:41 |
| 13 | Claire | Hawes | 2682 | 0:44:42 | 0:04:54 |
| 26 | Miranda | Foster | 2000 | 0:33:20 | 0:16:16 |
| 10 | Dan | Reeves | 2117 | 0:35:17 | 0:14:19 |
| 32 | Megan | Davis | 2830 | 0:47:10 | 0:02:26 |
| 2 | Hannah | Brown | 2457 | 0:40:57 | 0:08:39 |
| 15 | Neil | Tring | 1953 | 0:32:33 | 0:17:03 |
| 37 | Dale | Midwinter | 1844 | 0:30:44 | 0:18:52 |
| 28 | Hayley | Woolnough | 2181 | 0:36:21 | 0:13:15 |
| 29 | Deborah | Elliot | 2481 | 0:41:21 | 0:08:15 |
| 34 | David | Lawrence | 2505 | 0:41:45 | 0:07:51 |
| 33 | Karen | Galpin | 2020 | 0:33:40 | 0:15:56 |
| 7 | Ross | Greening | 2048 | 0:34:08 | 0:15:28 |
| 16 | Lou | Tring | 2976 | 0:49:36 | 0:00:00 |
| 25 | Paul | Winkle | 1865 | 0:31:05 | 0:18:31 |
| 24 | Jim | Trowbridge | 2090 | 0:34:50 | 0:14:46 |
| 1 | Simon | Jarvis | 1650 | 0:27:30 | 0:22:06 |
| 18 | Robert | Dalton-Morris | 1894 | 0:31:34 | 0:18:02 |
| 17 | Shaun | Carr | 1817 | 0:30:17 | 0:19:19 |
| 36 | Matt | Polson | 1680 | 0:28:00 | 0:21:36 |
| 11 | Peter | Morris | 1876 | 0:31:16 | 0:18:20 |
| 8 | Martin | Thomas | 1902 | 0:31:42 | 0:17:54 |
| 23 | Nela | Trowbridge | 2430 | 0:40:30 | 0:09:06 |
| 27 | Norm | Lever | 2245 | 0:37:25 | 0:12:11 |
| 22 | Catherine | Mason | 2475 | 0:41:15 | 0:08:21 |
| 41 | Jeanette | Gullick | 2013 | 0:33:33 | 0:16:03 |
| 31 | Hester | Coggin | 2160 | 0:36:00 | 0:13:36 |
| 14 | Edward | Collier | 1939 | 0:32:19 | 0:17:17 |
| 3 | Joanna | W-Barreto | 2018 | 0:33:38 | 0:15:58 |
| 6 | Andy | Domn | 2407 | 0:40:07 | 0:09:29 |
| 30 | Rita | Crane | 2915 | 0:48:35 | 0:01:01 |
| 39 | Jayne | Cheslin | 2134 | 0:35:34 | 0:14:02 |
| 21 | Karen | Sluman | 2136 | 0:35:36 | 0:14:00 |

| Handicap Race Time | | | | |
|--------------------|-----|------|--------|-----------|
| Min | Sec | Rank | Points | Penalties |
| 44 | 50 | 1 | 50 | 25 |
| 44 | 59 | 2 | 49 | 20 |
| 46 | 56 | 3 | 48 | 15 |
| 46 | 59 | 4 | 47 | 10 |
| 47 | 6 | 5 | 46 | 5 |
| 47 | 7 | 6 | 45 | |
| 47 | 8 | 7 | 44 | |
| 47 | 10 | 8 | 43 | |
| 40 | 34 | 9 | 42 | |
| 47 | 35 | 10 | 41 | |
| 47 | 48 | 11 | 40 | |
| 47 | 53 | 12 | 39 | |
| 48 | 2 | 13 | 38 | |
| 48 | 10 | 14 | 37 | |
| 48 | 49 | 15 | 36 | |
| 48 | 11 | 15 | 35 | |
| 48 | 18 | 16 | 34 | |
| 48 | 21 | 17 | 33 | |
| 48 | 26 | 18 | 32 | |
| 48 | 32 | 19 | 31 | |
| 48 | 35 | 20 | 30 | |
| 48 | 39 | 21 | 29 | |
| 48 | 40 | 22 | 28 | |
| 48 | 43 | 23 | 27 | |
| 48 | 50 | 25 | 26 | |
| 48 | 51 | 26 | 25 | |
| 48 | 59 | 27 | 24 | |
| 49 | 8 | 28 | 23 | |
| 49 | 10 | 29 | 22 | |
| 49 | 11 | 30 | 21 | |
| 49 | 15 | 31 | 20 | |
| 49 | 20 | 32 | 19 | |
| 49 | 23 | 33 | 18 | |
| 49 | 40 | 34 | 17 | |
| 49 | 46 | 35 | 16 | |
| 50 | 0 | 36 | 15 | |
| 50 | 9 | 37 | 14 | |
| 50 | 22 | 38 | 13 | |
| 52 | 8 | 39 | 12 | |
| 52 | 47 | 40 | 11 | |
| 53 | 14 | 41 | 10 | |

| TOTAL TIME | Est. 7.2km (sec) | Est. 7.2km (real) | Handicap | REAL TIME (sec) | REAL TIME (real) | Difference |
|------------|------------------|-------------------|----------|-----------------|------------------|------------|
| 2690 | 2419 | 0:40:19 | 557 | 2133 | 0:35:33 | -286 |
| 2699 | 2630 | 0:43:50 | 346 | 2353 | 0:39:13 | -277 |
| 2816 | 2373 | 0:39:33 | 603 | 2213 | 0:36:53 | -160 |
| 2819 | 2339 | 0:38:59 | 637 | 2182 | 0:36:22 | -157 |
| 2826 | 2623 | 0:43:43 | 353 | 2473 | 0:41:13 | -150 |
| 2827 | 2549 | 0:42:29 | 427 | 2400 | 0:40:00 | -149 |
| 2828 | 2709 | 0:45:09 | 267 | 2561 | 0:42:41 | -148 |
| 2830 | 2165 | 0:36:05 | 811 | 2019 | 0:33:39 | -146 |
| 2434 | 2515 | 0:41:55 | 461 | 1973 | 0:32:53 | -542 |
| 2855 | 2682 | 0:44:42 | 294 | 2561 | 0:42:41 | -121 |
| 2868 | 2000 | 0:33:20 | 976 | 1892 | 0:31:32 | -108 |
| 2873 | 2117 | 0:35:17 | 859 | 2014 | 0:33:34 | -103 |
| 2882 | 2830 | 0:47:10 | 146 | 2736 | 0:45:36 | -94 |
| 2890 | 2457 | 0:40:57 | 519 | 2371 | 0:39:31 | -86 |
| 2929 | 1953 | 0:32:33 | 1023 | 1906 | 0:31:46 | -47 |
| 2891 | 1844 | 0:30:44 | 1132 | 1759 | 0:29:19 | -85 |
| 2898 | 2181 | 0:36:21 | 795 | 2103 | 0:35:03 | -78 |
| 2901 | 2481 | 0:41:21 | 495 | 2406 | 0:40:06 | -75 |
| 2906 | 2505 | 0:41:45 | 471 | 2435 | 0:40:35 | -70 |
| 2912 | 2020 | 0:33:40 | 956 | 1956 | 0:32:36 | -64 |
| 2915 | 2048 | 0:34:08 | 928 | 1987 | 0:33:07 | -61 |
| 2919 | 2976 | 0:49:36 | 0 | 2919 | 0:48:39 | -57 |
| 2920 | 1865 | 0:31:05 | 1111 | 1809 | 0:30:09 | -56 |
| 2923 | 2090 | 0:34:50 | 886 | 2037 | 0:33:57 | -53 |
| 2930 | 1650 | 0:27:30 | 1326 | 1604 | 0:26:44 | -46 |
| 2931 | 1894 | 0:31:34 | 1082 | 1849 | 0:30:49 | -45 |
| 2939 | 1817 | 0:30:17 | 1159 | 1780 | 0:29:40 | -37 |
| 2948 | 1680 | 0:28:00 | 1296 | 1652 | 0:27:32 | -28 |
| 2950 | 1876 | 0:31:16 | 1100 | 1850 | 0:30:50 | -26 |
| 2951 | 1902 | 0:31:42 | 1074 | 1877 | 0:31:17 | -25 |
| 2955 | 2430 | 0:40:30 | 546 | 2409 | 0:40:09 | -21 |
| 2960 | 2245 | 0:37:25 | 731 | 2229 | 0:37:09 | -16 |
| 2963 | 2475 | 0:41:15 | 501 | 2462 | 0:41:02 | -13 |
| 2980 | 2013 | 0:33:33 | 963 | 2017 | 0:33:37 | 4 |
| 2986 | 2160 | 0:36:00 | 816 | 2170 | 0:36:10 | 10 |
| 3000 | 1939 | 0:32:19 | 1037 | 1963 | 0:32:43 | 24 |
| 3009 | 2018 | 0:33:38 | 958 | 2051 | 0:34:11 | 33 |
| 3022 | 2407 | 0:40:07 | 569 | 2453 | 0:40:53 | 46 |
| 3128 | 2915 | 0:48:35 | 61 | 3067 | 0:51:07 | 152 |
| 3167 | 2134 | 0:35:34 | 842 | 2325 | 0:38:45 | 191 |
| 3194 | 2136 | 0:35:36 | 840 | 2354 | 0:39:14 | 218 |

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