

| Number | Christian Name | Surname | Pred/Hand | Est 7.2km | Start Time |
|--------|----------------|---------------|-----------|-----------|------------|
| 5 | David | Lawrence | 2435 | 0:40:35 | 0:08:04 |
| 3 | Dan | Reeves | 2014 | 0:33:34 | 0:15:05 |
| 28 | Hattie | Jenkins | 1821 | 0:30:21 | 0:18:18 |
| 4 | Ross | Greening | 1987 | 0:33:07 | 0:15:32 |
| 27 | Edward | Collier | 1963 | 0:32:43 | 0:15:56 |
| 12 | Nela | Trowbridge | 2409 | 0:40:09 | 0:08:30 |
| 8 | Peter | Morris | 1850 | 0:30:50 | 0:17:49 |
| 23 | Dom | Lyes | 2427 | 0:40:27 | 0:08:12 |
| 1 | Gareth | Wilkes | 2198 | 0:36:38 | 0:12:01 |
| 11 | Piotr | Michalski | 1864 | 0:31:04 | 0:17:35 |
| 18 | Deborah | Elliot | 2406 | 0:40:06 | 0:08:33 |
| 25 | Karen | Sluman | 2354 | 0:39:14 | 0:09:25 |
| 17 | Michelle | Balchin | 1948 | 0:32:28 | 0:16:11 |
| 24 | Tim | Sluman | 2107 | 0:35:07 | 0:13:32 |
| 9 | Robert | Dalton-Morris | 1849 | 0:30:49 | 0:17:50 |
| 15 | Claire | Hawes | 2561 | 0:42:41 | 0:05:58 |
| 22 | Karen | Galpin | 1956 | 0:32:36 | 0:16:03 |
| 6 | Shaun | Carr | 1780 | 0:29:40 | 0:18:59 |
| 20 | Steve | Wallbridge | 1944 | 0:32:24 | 0:16:15 |
| 21 | Sue | Monaghan | 2468 | 0:41:08 | 0:07:31 |
| 13 | Jim | Trowbridge | 2037 | 0:33:57 | 0:14:42 |
| 10 | Cathy | Booth | 2349 | 0:39:09 | 0:09:30 |
| 26 | Catherine | Mason | 2462 | 0:41:02 | 0:07:37 |
| 7 | Martin | Thomas | 1877 | 0:31:17 | 0:17:22 |
| 19 | Hayley | Woolnough | 2103 | 0:35:03 | 0:13:36 |
| 14 | Barry | Irvine | 2333 | 0:38:53 | 0:09:46 |
| 29 | Lou | Tring | 2919 | 0:48:39 | 0:00:00 |
| 16 | Helena | Youde | 1707 | 0:28:27 | 0:20:12 |
| 2 | Phil | Jeyes | 1988 | 0:33:08 | 0:15:31 |

Handicap Race Time

| Min | Sec | Rank | Points | Penalties |
|-----|-----|------|--------|-----------|
| 46 | 52 | 1 | 50 | 25 |
| 47 | 11 | 2 | 49 | 20 |
| 47 | 54 | 3 | 48 | 15 |
| 48 | 0 | 4 | 47 | 10 |
| 48 | 2 | 5 | 46 | 5 |
| 48 | 16 | 6 | 45 | |
| 48 | 32 | 7 | 44 | |
| 48 | 35 | 8 | 43 | |
| 48 | 42 | 9 | 42 | |
| 48 | 43 | 10 | 41 | |
| 48 | 44 | 11 | 40 | |
| 48 | 47 | 12 | 39 | |
| 48 | 49 | 13 | 38 | |
| 49 | 2 | 14 | 37 | |
| 49 | 10 | 15 | 36 | |
| 49 | 12 | 16 | 35 | |
| 49 | 21 | 17 | 34 | |
| 49 | 21 | 18 | 33 | |
| 49 | 24 | 19 | 32 | |
| 49 | 26 | 20 | 31 | |
| 49 | 34 | 21 | 30 | |
| 49 | 35 | 22 | 29 | |
| 49 | 36 | 23 | 28 | |
| 49 | 46 | 24 | 27 | |
| 50 | 6 | 25 | 26 | |
| 50 | 15 | 26 | 25 | |
| 50 | 39 | 27 | 24 | |
| 50 | 44 | 28 | 23 | |
| 52 | 51 | 29 | 22 | |

| TOTAL TIME | Est. 7.2km (sec) | Est. 7.2km (real) | Handicap | REAL TIME (sec) | REAL TIME (real) | Difference |
|------------|------------------|-------------------|----------|-----------------|------------------|------------|
| 2808 | 2435 | 0:40:35 | 484 | 2324 | 0:38:44 | -111 |
| 2827 | 2014 | 0:33:34 | 905 | 1922 | 0:32:02 | -92 |
| 2870 | 1821 | 0:30:21 | 1098 | 1772 | 0:29:32 | -49 |
| 2876 | 1987 | 0:33:07 | 932 | 1944 | 0:32:24 | -43 |
| 2878 | 1963 | 0:32:43 | 956 | 1922 | 0:32:02 | -41 |
| 2892 | 2409 | 0:40:09 | 510 | 2382 | 0:39:42 | -27 |
| 2908 | 1850 | 0:30:50 | 1069 | 1839 | 0:30:39 | -11 |
| 2911 | 2427 | 0:40:27 | 492 | 2419 | 0:40:19 | -8 |
| 2918 | 2198 | 0:36:38 | 721 | 2197 | 0:36:37 | -1 |
| 2919 | 1864 | 0:31:04 | 1055 | 1864 | 0:31:04 | 0 |
| 2920 | 2406 | 0:40:06 | 513 | 2407 | 0:40:07 | 1 |
| 2923 | 2354 | 0:39:14 | 565 | 2358 | 0:39:18 | 4 |
| 2925 | 1948 | 0:32:28 | 971 | 1954 | 0:32:34 | 6 |
| 2938 | 2107 | 0:35:07 | 812 | 2126 | 0:35:26 | 19 |
| 2946 | 1849 | 0:30:49 | 1070 | 1876 | 0:31:16 | 27 |
| 2948 | 2561 | 0:42:41 | 358 | 2590 | 0:43:10 | 29 |
| 2957 | 1956 | 0:32:36 | 963 | 1994 | 0:33:14 | 38 |
| 2957 | 1780 | 0:29:40 | 1139 | 1818 | 0:30:18 | 38 |
| 2960 | 1944 | 0:32:24 | 975 | 1985 | 0:33:05 | 41 |
| 2962 | 2468 | 0:41:08 | 451 | 2511 | 0:41:51 | 43 |
| 2970 | 2037 | 0:33:57 | 882 | 2088 | 0:34:48 | 51 |
| 2971 | 2349 | 0:39:09 | 570 | 2401 | 0:40:01 | 52 |
| 2972 | 2462 | 0:41:02 | 457 | 2515 | 0:41:55 | 53 |
| 2982 | 1877 | 0:31:17 | 1042 | 1940 | 0:32:20 | 63 |
| 3002 | 2103 | 0:35:03 | 816 | 2186 | 0:36:26 | 83 |
| 3011 | 2333 | 0:38:53 | 586 | 2425 | 0:40:25 | 92 |
| 3035 | 2919 | 0:48:39 | 0 | 3035 | 0:50:35 | 116 |
| 3040 | 1707 | 0:28:27 | 1212 | 1828 | 0:30:28 | 121 |
| 3167 | 1988 | 0:33:08 | 932 | 2236 | 0:37:16 | 248 |

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 |