

**Dinton Duathlon  
Race Results**

Dinton Pastures Country Park  
17 November 2013



| Overall Position | Bib | Last Name    | First Name | Gender | Age Group | Age Group Position | Run 1     | Run 1 Position | T1        | T1 Position | Bike      | Bike Position | T2        | T2 Position | Run 2     | Run 2 Position | Finish Time | Gender |
|------------------|-----|--------------|------------|--------|-----------|--------------------|-----------|----------------|-----------|-------------|-----------|---------------|-----------|-------------|-----------|----------------|-------------|--------|
| 1                | 18  | Chapman      | David      | m      | MenU40    | 1                  | 0:19:00.1 | 1              | 0:00:17.7 | 1           | 0:32:46.5 | 5             | 0:00:26.2 | 15          | 0:18:39.6 | 1              | 1:11:10.3   | 1      |
| 2                | 1   | Ahmed        | Mohammed   | m      | MenU40    | 2                  | 0:19:03.1 | 2              | 0:00:48.1 | 52          | 0:32:16.6 | 4             | 0:00:29.5 | 23          | 0:20:50.5 | 5              | 1:13:28.1   | 2      |
| 3                | 100 | Ward         | Aaron      | m      | MenU40    | 3                  | 0:19:30.2 | 3              | 0:00:45.2 | 42          | 0:31:52.3 | 3             | 0:00:31.2 | 28          | 0:21:01.5 | 6              | 1:13:40.6   | 3      |
| 4                | 191 | Whitehouse   | Matthew    | m      | Men40     | 1                  | 0:20:53.8 | 9              | 0:00:43.6 | 35          | 0:33:08.1 | 6             | 0:00:31.5 | 30          | 0:20:38.0 | 4              | 1:15:55.2   | 4      |
| 5                | 69  | Onslow       | Nick       | m      | Men40     | 2                  | 0:21:22.4 | 20             | 0:00:45.1 | 39          | 0:31:19.1 | 1             | 0:00:27.9 | 16          | 0:22:05.6 | 12             | 1:16:00.4   | 5      |
| 6                | 19  | Clement      | Aaron      | m      | MenU40    | 4                  | 0:19:31.7 | 4              | 0:00:44.5 | 37          | 0:35:29.8 | 26            | 0:00:39.5 | 43          | 0:20:29.2 | 3              | 1:16:55.0   | 6      |
| 7                | 58  | Lee          | Steve      | m      | MenU40    | 5                  | 0:22:05.5 | 28             | 0:00:54.3 | 66          | 0:31:24.7 | 2             | 0:00:34.0 | 35          | 0:22:10.8 | 15             | 1:17:09.4   | 7      |
| 8                | 87  | Staddon      | Joseph     | m      | MenU40    | 6                  | 0:19:46.1 | 6              | 0:00:38.6 | 26          | 0:35:27.4 | 25            | 0:00:33.9 | 34          | 0:21:06.8 | 7              | 1:17:33.0   | 8      |
| 9                | 4   | Astrup       | John       | m      | MenU40    | 7                  | 0:20:12.2 | 7              | 0:00:37.0 | 22          | 0:35:19.3 | 21            | 0:00:25.6 | 13          | 0:21:16.2 | 8              | 1:17:50.4   | 9      |
| 10               | 2   | Aitken       | Chris      | m      | MenU40    | 8                  | 0:21:00.8 | 11             | 0:00:21.6 | 2           | 0:34:18.7 | 12            | 0:00:34.2 | 37          | 0:21:44.7 | 10             | 1:18:00.3   | 10     |
| 11               | 51  | Hubble       | Dyfrig     | m      | MenU40    | 9                  | 0:21:15.3 | 18             | 0:00:45.3 | 43          | 0:33:11.5 | 7             | 0:00:29.3 | 22          | 0:22:36.2 | 18             | 1:18:17.7   | 11     |
| 12               | 20  | Coates       | Richard    | m      | MenU40    | 10                 | 0:21:20.7 | 19             | 0:00:32.6 | 13          | 0:34:51.4 | 17            | 0:00:33.6 | 33          | 0:22:06.3 | 14             | 1:19:24.7   | 12     |
| 13               | 13  | Bradshaw     | Adrian     | m      | Men40     | 3                  | 0:21:09.0 | 13             | 0:01:22.6 | 117         | 0:34:10.7 | 10            | 0:00:52.3 | 86          | 0:21:58.9 | 11             | 1:19:33.6   | 13     |
| 14               | 24  | Crosby       | Marc       | m      | MenU40    | 11                 | 0:21:37.8 | 24             | 0:00:41.0 | 30          | 0:34:19.2 | 13            | 0:00:20.6 | 5           | 0:22:43.8 | 20             | 1:19:42.6   | 14     |
| 15               | 67  | Moseley      | Chris      | m      | MenU40    | 12                 | 0:19:38.1 | 5              | 0:00:32.0 | 12          | 0:39:07.3 | 77            | 0:00:16.6 | 1           | 0:20:14.3 | 2              | 1:19:48.6   | 15     |
| 16               | 28  | Dodwell      | Edward     | m      | Men50     | 1                  | 0:21:35.4 | 22             | 0:00:45.7 | 44          | 0:34:25.4 | 15            | 0:00:35.0 | 38          | 0:22:49.5 | 22             | 1:20:11.3   | 16     |
| 17               | 7   | Barnes       | Tom        | m      | MenU40    | 13                 | 0:20:59.9 | 10             | 0:01:17.6 | 111         | 0:34:21.4 | 14            | 0:01:26.6 | 153         | 0:22:05.9 | 13             | 1:20:11.6   | 17     |
| 18               | 50  | Hough        | David      | m      | Men50     | 2                  | 0:22:34.2 | 32             | 0:00:49.6 | 56          | 0:33:53.4 | 8             | 0:00:32.8 | 32          | 0:22:45.5 | 21             | 1:20:35.7   | 18     |
| 19               | 90  | Sutton       | Alex       | m      | MenU40    | 14                 | 0:21:01.0 | 12             | 0:00:24.7 | 4           | 0:38:03.4 | 59            | 0:00:19.7 | 4           | 0:21:16.9 | 9              | 1:21:05.9   | 19     |
| 20               | 62  | Luscombe     | Gareth     | m      | MenU40    | 15                 | 0:21:10.3 | 15             | 0:00:34.1 | 16          | 0:33:57.9 | 9             | 0:00:36.5 | 39          | 0:24:48.0 | 57             | 1:21:07.0   | 20     |
| 21               | 117 | Bywater      | Simon      | m      | MenU40    | 16                 | 0:20:16.8 | 8              | 0:00:49.0 | 54          | 0:37:33.7 | 51            | 0:00:32.4 | 31          | 0:22:14.2 | 17             | 1:21:26.4   | 21     |
| 22               | 80  | Riley        | Oliver     | m      | MenU40    | 17                 | 0:21:10.2 | 14             | 0:00:23.7 | 3           | 0:36:12.6 | 30            | 0:00:26.0 | 14          | 0:23:17.0 | 29             | 1:21:29.8   | 22     |
| 23               | 34  | Elsbury      | Simon      | m      | MenU40    | 18                 | 0:21:14.1 | 17             | 0:01:06.0 | 87          | 0:35:24.1 | 24            | 0:00:58.7 | 98          | 0:22:51.9 | 23             | 1:21:35.0   | 23     |
| 24               | 15  | Buckley      | Phil       | m      | MenU40    | 19                 | 0:21:11.6 | 16             | 0:00:44.8 | 38          | 0:38:28.8 | 67            | 0:00:42.9 | 55          | 0:22:12.3 | 16             | 1:23:20.5   | 24     |
| 25               | 59  | Leishman     | Paul       | m      | Men40     | 4                  | 0:21:37.1 | 23             | 0:00:50.4 | 59          | 0:37:29.1 | 49            | 0:00:34.1 | 36          | 0:23:00.3 | 25             | 1:23:31.2   | 25     |
| 26               | 21  | Copp         | Ian        | m      | MenU40    | 20                 | 0:21:49.6 | 27             | 0:01:01.4 | 79          | 0:37:41.8 | 53            | 0:00:41.3 | 49          | 0:22:40.8 | 19             | 1:23:55.1   | 26     |
| 27               | 60  | Lewthwaite   | Adam       | m      | MenU40    | 21                 | 0:21:38.9 | 25             | 0:00:51.2 | 60          | 0:37:58.9 | 58            | 0:00:23.1 | 6           | 0:23:05.0 | 26             | 1:23:57.5   | 27     |
| 28               | 70  | Page         | Anthony    | m      | Men40     | 5                  | 0:21:39.3 | 26             | 0:01:33.8 | 137         | 0:36:30.8 | 33            | 0:01:25.0 | 150         | 0:23:17.1 | 30             | 1:24:26.3   | 28     |
| 29               | 95  | Turnbull     | Robert     | m      | MenU40    | 22                 | 0:23:27.4 | 48             | 0:00:30.0 | 11          | 0:36:31.3 | 34            | 0:00:17.6 | 3           | 0:23:40.3 | 35             | 1:24:26.8   | 29     |
| 30               | 75  | Prowting     | Mick       | m      | Men50     | 3                  | 0:23:15.7 | 42             | 0:01:00.5 | 78          | 0:34:59.5 | 19            | 0:01:13.6 | 133         | 0:24:21.6 | 45             | 1:24:51.2   | 30     |
| 31               | 6   | Barber       | Neil       | m      | Men40     | 6                  | 0:23:21.8 | 44             | 0:01:03.8 | 82          | 0:35:21.8 | 22            | 0:00:38.5 | 41          | 0:24:36.8 | 50             | 1:25:02.9   | 31     |
| 32               | 61  | Lindsay      | Nick       | m      | Men40     | 7                  | 0:22:23.0 | 29             | 0:01:24.8 | 119         | 0:37:16.3 | 42            | 0:01:15.2 | 136         | 0:22:58.2 | 24             | 1:25:17.8   | 32     |
| 33               | 85  | Simpson      | John       | m      | Men40     | 8                  | 0:24:42.9 | 80             | 0:00:47.8 | 51          | 0:34:29.8 | 16            | 0:00:47.2 | 70          | 0:24:36.2 | 49             | 1:25:24.0   | 33     |
| 34               | 23  | Craigie      | Brian      | m      | Men50     | 4                  | 0:23:31.3 | 52             | 0:00:49.4 | 55          | 0:35:08.1 | 20            | 0:00:31.2 | 29          | 0:25:43.1 | 73             | 1:25:43.3   | 34     |
| 35               | 14  | Bruce        | Simon      | m      | MenU40    | 23                 | 0:22:44.5 | 34             | 0:00:43.3 | 34          | 0:37:00.3 | 39            | 0:00:38.1 | 40          | 0:24:40.8 | 52             | 1:25:47.3   | 35     |
| 36               | 54  | James        | Dominic    | m      | Men40     | 9                  | 0:23:32.3 | 53             | 0:00:57.3 | 70          | 0:36:52.4 | 36            | 0:00:51.0 | 82          | 0:23:34.3 | 31             | 1:25:47.5   | 36     |
| 37               | 30  | Donovan      | Conn       | m      | MenU40    | 24                 | 0:22:32.8 | 31             | 0:01:15.7 | 106         | 0:37:21.8 | 43            | 0:00:45.7 | 66          | 0:23:57.5 | 39             | 1:25:53.8   | 37     |
| 38               | 71  | Phillips     | Simon      | m      | Men50     | 5                  | 0:23:51.2 | 59             | 0:00:49.8 | 58          | 0:35:22.7 | 23            | 0:01:01.8 | 107         | 0:25:00.3 | 63             | 1:26:05.9   | 38     |
| 39               | 26  | Davies       | Geraint    | m      | MenU40    | 25                 | 0:23:19.2 | 43             | 0:00:52.3 | 63          | 0:36:21.7 | 31            | 0:00:47.1 | 69          | 0:24:57.1 | 60             | 1:26:17.6   | 39     |
| 40               | 96  | Turnbull     | Nicholas   | m      | MenU40    | 26                 | 0:24:18.1 | 65             | 0:00:33.0 | 14          | 0:35:34.6 | 27            | 0:00:16.8 | 2           | 0:25:41.7 | 71             | 1:26:24.3   | 40     |
| 41               | 33  | Dyer         | David      | m      | Men50     | 6                  | 0:24:19.5 | 66             | 0:01:30.9 | 132         | 0:36:00.2 | 29            | 0:01:24.0 | 148         | 0:23:45.7 | 37             | 1:27:00.5   | 41     |
| 42               | 157 | Jagger       | Martyn     | m      | MenU40    | 27                 | 0:22:27.6 | 30             | 0:01:28.6 | 126         | 0:37:25.3 | 45            | 0:00:59.3 | 99          | 0:24:43.6 | 53             | 1:27:04.6   | 42     |
| 43               | 52  | Hughes       | Robin      | m      | Men50     | 7                  | 0:23:01.2 | 38             | 0:01:30.9 | 131         | 0:38:04.7 | 60            | 0:01:11.6 | 129         | 0:23:39.2 | 33             | 1:27:27.9   | 43     |
| 44               | 64  | Martin       | Sarah      | w      | WomenU40  | 1                  | 0:22:48.1 | 35             | 0:00:36.3 | 19          | 0:39:08.3 | 78            | 0:00:45.7 | 67          | 0:24:14.3 | 43             | 1:27:32.9   | 1      |
| 45               | 99  | Wall         | Gerry      | m      | Men40     | 10                 | 0:22:41.5 | 33             | 0:02:12.2 | 167         | 0:37:51.0 | 56            | 0:01:25.4 | 151         | 0:23:39.6 | 34             | 1:27:49.4   | 44     |
| 46               | 83  | Seaford      | Daniel     | m      | MenU40    | 28                 | 0:24:27.8 | 71             | 0:00:40.6 | 29          | 0:35:51.8 | 28            | 0:00:47.9 | 73          | 0:26:08.6 | 82             | 1:27:57.0   | 45     |
| 47               | 56  | Kingham      | Tom        | m      | MenU40    | 29                 | 0:23:26.3 | 47             | 0:00:25.7 | 5           | 0:37:28.2 | 48            | 0:00:24.8 | 9           | 0:26:25.5 | 86             | 1:28:10.8   | 46     |
| 48               | 68  | Naylor       | Benjamin   | m      | MenU40    | 30                 | 0:25:01.4 | 90             | 0:00:38.7 | 27          | 0:34:10.9 | 11            | 0:00:44.6 | 62          | 0:27:48.5 | 115            | 1:28:24.3   | 47     |
| 49               | 32  | Duncan-Brown | Sam        | m      | Men40     | 11                 | 0:23:28.5 | 50             | 0:01:38.4 | 144         | 0:36:48.8 | 35            | 0:01:51.0 | 167         | 0:24:40.1 | 51             | 1:28:27.1   | 48     |
| 50               | 76  | Quested      | Eleanor    | w      | WomenU40  | 2                  | 0:23:54.9 | 60             | 0:01:34.6 | 139         | 0:38:43.9 | 71            | 0:01:08.8 | 119         | 0:23:15.3 | 27             | 1:28:37.8   | 2      |
| 51               | 3   | Anderson     | Erik       | m      | Men50     | 8                  | 0:23:29.3 | 51             | 0:01:13.3 | 103         | 0:37:24.3 | 44            | 0:01:20.4 | 143         | 0:25:13.7 | 66             | 1:28:41.2   | 49     |
| 52               | 9   | Battrum      | Carl       | m      | MenU40    | 31                 | 0:23:25.1 | 46             | 0:00:40.6 | 28          | 0:39:51.2 | 83            | 0:00:54.7 | 90          | 0:24:10.7 | 42             | 1:29:02.5   | 50     |
| 53               | 79  | Raysford     | Mark       | m      | MenU40    | 32                 | 0:26:02.6 | 104            | 0:01:00.2 | 76          | 0:36:25.8 | 32            | 0:00:47.5 | 72          | 0:24:47.3 | 55             | 1:29:03.6   | 51     |
| 54               | 151 | Hamilton     | Ted        | m      | Men60     | 1                  | 0:24:48.4 | 86             | 0:00:29.5 | 10          | 0:38:36.9 | 70            | 0:00:28.6 | 18          | 0:24:48.0 | 56             | 1:29:11.5   | 52     |
| 55               | 8   | Basanta      | Jorge      | m      | MenU40    | 33                 | 0:23:43.0 | 56             | 0:01:12.1 | 99          | 0:38:26.9 | 65            | 0:01:09.6 | 122         | 0:24:49.2 | 58             | 1:29:20.9   | 53     |
| 56               | 84  | Senior       | Tim        | m      | MenU40    | 34                 | 0:24:46.7 | 85             | 0:00:54.1 | 65          | 0:37:26.9 | 46            | 0:00:40.1 | 44          | 0:25:46.6 | 75             | 1:29:34.6   | 54     |
| 57               | 22  | Cowley       | Ricky      | m      | MenU40    | 35                 | 0:24:25.1 | 70             | 0:00:37.2 | 23          | 0:37:47.4 | 55            | 0:00:53.4 | 87          | 0:25:56.5 | 78             | 1:29:39.8   | 55     |
| 58               | 10  | Bennett      | Benjamin   | m      | Men40     | 12                 | 0:24:24.0 | 69             | 0:00:51.7 | 61          | 0:38:14.4 | 63            | 0:01:22.0 | 145         | 0:24:59.2 | 61             | 1:29:51.5   | 56     |
| 59               | 65  | Meston       | James      | m      | Men40     | 13                 | 0:24:44.1 | 83             | 0:01:00.0 | 74          | 0:37:16.3 | 41            | 0:00:39.4 | 42          | 0:26:24.5 | 85             | 1:30:04.6   | 57     |
| 60               | 176 | Reed         | Sean       | m      | Men40     | 14                 | 0:24:43.4 | 81             | 0:00:46.8 | 47          | 0:38:14.4 | 62            | 0:00:45.1 | 65          | 0:25:58.1 | 80             | 1:30:27.9   | 58     |
| 61               | 63  | Macmillan    | Robert     | m      | Men50     | 9                  | 0:22:58.2 | 37             | 0:01:31.9 | 134         | 0:40:36.6 | 94            | 0:01:04.1 | 112         | 0:24:18.8 | 44             | 1:30:29.7   | 59     |
| 62               | 72  | Polcerova    | Karin      | w      | WomenU40  | 3                  | 0:24:23.0 | 68             | 0:01:06.7 | 88          | 0:39:38.7 | 82            | 0:00:41.3 | 80          | 0:24:47.3 | 54             | 1:30:37.2   | 3      |
| 63               | 86  | Small        | Jonathan   | m      | Men40     | 15                 | 0:24:37.4 | 74             | 0:01:10.2 | 94          | 0:39:02.2 | 73            | 0:00:43.3 | 59          | 0:25:12.0 | 64             | 1:30:45.2   | 60     |
| 64               | 66  | Moody        | Andrew     | m      | Men40     | 16                 | 0:24:59.6 | 89             | 0:00:46.0 | 46          | 0:36:57.4 | 38            | 0:00:43.3 | 58          | 0:27:18.8 | 105            | 1:30:45.3   | 61     |
| 65               | 88  | Stevenson    | Derek      | m      | Men40     | 17                 | 0:24:21.7 | 67             | 0:01:16.6 | 110         | 0:37:38.5 | 52            | 0:00:48.2 | 75          | 0:26:49.3 | 93             | 1:30:54.6   | 62     |
| 66               | 97  | Vaid         | Stephen    | m      | Men40     | 18                 | 0:23:42.3 | 55             | 0:01:16.1 | 108         | 0:40:24.5 | 90            | 0:01:02.3 | 108         | 0:24:30.4 | 47             | 1:30:55.8   | 63     |
| 67               | 45  | Hodgson      | Russell    | m      | MenU40    | 36                 | 0:25:18.5 | 95             | 0:01:04.1 | 84          | 0:37:27.1 | 47            | 0:00:44.6 | 63          | 0:26:31.3 | 89             | 1:31:05.8   | 64     |
| 68               | 126 | Denton       | Simon      | m      | Men40     | 19                 | 0:24:07.5 | 6              |           |             |           |               |           |             |           |                |             |        |

|     |     |              |          |   |          |    |           |     |           |     |           |     |           |     |           |     |           |     |
|-----|-----|--------------|----------|---|----------|----|-----------|-----|-----------|-----|-----------|-----|-----------|-----|-----------|-----|-----------|-----|
| 90  | 16  | Burton       | Richard  | m | Men50    | 12 | 0:24:38.8 | 75  | 0:01:11.6 | 98  | 0:40:04.9 | 86  | 0:00:53.6 | 88  | 0:27:19.9 | 107 | 1:34:08.9 | 84  |
| 91  | 73  | Price        | Pat      | m | MenU40   | 45 | 0:26:20.4 | 112 | 0:01:43.9 | 149 | 0:39:05.2 | 76  | 0:01:10.2 | 124 | 0:26:10.8 | 83  | 1:34:30.7 | 85  |
| 92  | 41  | Greaves      | Matthew  | m | MenU40   | 46 | 0:23:23.1 | 45  | 0:01:10.3 | 95  | 0:45:10.1 | 132 | 0:01:11.3 | 128 | 0:23:36.8 | 32  | 1:34:31.8 | 86  |
| 93  | 31  | Down         | Jack     | m | MenU40   | 47 | 0:22:48.9 | 36  | 0:01:45.1 | 150 | 0:41:59.0 | 107 | 0:01:23.2 | 147 | 0:27:03.6 | 100 | 1:35:00.1 | 87  |
| 94  | 171 | Peers        | Neil     | m | MenU40   | 48 | 0:26:39.1 | 119 | 0:01:35.9 | 142 | 0:37:52.8 | 57  | 0:01:43.3 | 166 | 0:27:16.7 | 104 | 1:35:08.0 | 88  |
| 95  | 105 | Baker        | John     | m | MenU40   | 49 | 0:25:14.5 | 93  | 0:01:04.1 | 83  | 0:41:00.8 | 100 | 0:00:56.2 | 92  | 0:26:53.3 | 95  | 1:35:09.1 | 89  |
| 96  | 178 | Roseblade    | James    | m | Men40    | 28 | 0:24:34.7 | 73  | 0:01:25.6 | 120 | 0:41:09.8 | 101 | 0:01:00.3 | 105 | 0:26:59.6 | 98  | 1:35:10.3 | 90  |
| 97  | 150 | Hallows      | Dean     | m | Men40    | 29 | 0:25:47.0 | 102 | 0:01:07.6 | 91  | 0:40:17.3 | 88  | 0:00:53.8 | 89  | 0:27:04.8 | 102 | 1:35:10.6 | 91  |
| 98  | 89  | Streams      | Tony     | m | Men50    | 13 | 0:26:23.2 | 116 | 0:01:29.4 | 127 | 0:39:27.9 | 80  | 0:01:16.0 | 138 | 0:27:04.3 | 101 | 1:35:40.9 | 92  |
| 99  | 147 | Goslar       | Chris    | m | Men40    | 30 | 0:24:52.4 | 87  | 0:01:34.6 | 140 | 0:38:35.8 | 69  | 0:01:34.3 | 159 | 0:29:10.8 | 127 | 1:35:48.1 | 93  |
| 100 | 141 | Gale         | Stuart   | m | MenU40   | 50 | 0:23:39.3 | 54  | 0:01:07.0 | 90  | 0:40:45.1 | 96  | 0:01:17.9 | 140 | 0:29:01.3 | 126 | 1:35:50.7 | 94  |
| 101 | 193 | Woodcock     | Allan    | m | MenU40   | 51 | 0:26:18.9 | 111 | 0:00:48.9 | 53  | 0:40:52.2 | 97  | 0:00:29.0 | 21  | 0:27:25.7 | 108 | 1:35:54.9 | 95  |
| 102 | 180 | Rowe         | Kevin    | m | Men40    | 31 | 0:25:55.2 | 103 | 0:00:41.0 | 31  | 0:41:28.0 | 103 | 0:00:25.5 | 12  | 0:27:31.2 | 111 | 1:36:01.0 | 96  |
| 103 | 165 | Lewis        | Jo       | w | Women50  | 3  | 0:27:02.4 | 124 | 0:01:03.4 | 81  | 0:39:52.9 | 84  | 0:00:50.3 | 80  | 0:27:40.9 | 113 | 1:36:30.2 | 8   |
| 104 | 55  | James        | Tim      | m | Men40    | 32 | 0:26:32.8 | 117 | 0:01:13.3 | 104 | 0:39:25.6 | 79  | 0:01:02.6 | 109 | 0:28:28.4 | 121 | 1:36:42.9 | 97  |
| 105 | 115 | Bullock      | John     | m | MenU40   | 52 | 0:26:05.4 | 105 | 0:01:56.5 | 159 | 0:40:05.8 | 87  | 0:01:05.8 | 116 | 0:27:32.5 | 112 | 1:36:46.2 | 98  |
| 106 | 29  | Donnelly     | Fergal   | m | Men40    | 33 | 0:21:28.8 | 21  | 0:00:59.9 | 73  | 0:50:01.7 | 157 | 0:00:59.3 | 100 | 0:23:16.8 | 28  | 1:36:46.6 | 99  |
| 107 | 53  | Hughes       | Phil     | m | Men50    | 14 | 0:26:22.5 | 115 | 0:01:20.5 | 115 | 0:39:35.1 | 81  | 0:01:21.8 | 144 | 0:28:08.3 | 119 | 1:36:48.4 | 100 |
| 108 | 43  | Handford     | Sara     | w | Women40  | 4  | 0:24:41.0 | 77  | 0:02:07.4 | 166 | 0:42:22.3 | 109 | 0:01:12.5 | 132 | 0:26:25.9 | 87  | 1:36:49.3 | 9   |
| 109 | 129 | Douglas      | Martin   | m | Men40    | 34 | 0:27:04.5 | 127 | 0:01:36.1 | 143 | 0:39:57.8 | 85  | 0:01:08.9 | 120 | 0:27:05.5 | 103 | 1:36:52.9 | 101 |
| 110 | 173 | Pollard      | Simeon   | m | Men40    | 35 | 0:29:23.2 | 151 | 0:00:44.4 | 36  | 0:34:58.3 | 18  | 0:00:50.1 | 78  | 0:31:06.2 | 142 | 1:37:02.5 | 102 |
| 111 | 94  | Toms         | Katy     | w | Women40  | 5  | 0:28:33.2 | 141 | 0:01:11.2 | 97  | 0:37:11.0 | 40  | 0:01:11.3 | 127 | 0:29:12.1 | 128 | 1:37:19.0 | 10  |
| 112 | 48  | Hopkins      | Nicholas | m | MenU40   | 53 | 0:26:05.8 | 106 | 0:01:22.8 | 118 | 0:43:02.1 | 113 | 0:01:08.2 | 117 | 0:25:42.5 | 72  | 1:37:21.6 | 103 |
| 113 | 104 | Allen        | Charles  | m | Men50    | 15 | 0:26:15.5 | 108 | 0:01:38.8 | 145 | 0:41:55.3 | 106 | 0:00:58.4 | 97  | 0:26:38.7 | 91  | 1:37:27.0 | 104 |
| 114 | 119 | Carty        | John     | m | Men40    | 36 | 0:26:10.4 | 107 | 0:01:30.8 | 130 | 0:42:57.1 | 111 | 0:00:28.6 | 19  | 0:26:52.2 | 94  | 1:37:45.8 | 105 |
| 115 | 98  | Walkerdine   | Martin   | m | Men50    | 16 | 0:26:18.8 | 109 | 0:00:51.7 | 62  | 0:43:32.5 | 119 | 0:00:47.3 | 71  | 0:26:34.8 | 90  | 1:38:02.3 | 106 |
| 116 | 93  | Taylor       | Nick     | m | Men40    | 37 | 0:25:03.7 | 91  | 0:01:50.6 | 154 | 0:44:09.5 | 124 | 0:01:22.0 | 146 | 0:25:51.3 | 77  | 1:38:17.3 | 107 |
| 117 | 103 | Allen        | Alison   | w | Women50  | 1  | 0:26:33.3 | 118 | 0:00:57.2 | 69  | 0:44:05.6 | 123 | 0:00:28.9 | 20  | 0:26:40.9 | 92  | 1:38:46.2 | 11  |
| 118 | 170 | Moretton     | Mauro    | m | Men40    | 38 | 0:27:29.5 | 130 | 0:01:56.6 | 160 | 0:40:59.6 | 99  | 0:01:19.5 | 142 | 0:27:55.6 | 117 | 1:39:41.0 | 108 |
| 119 | 118 | Carroll      | Jude     | w | Women40  | 6  | 0:25:12.8 | 92  | 0:02:06.2 | 165 | 0:44:23.6 | 126 | 0:01:33.7 | 158 | 0:26:27.1 | 88  | 1:39:43.5 | 12  |
| 120 | 127 | Di Maria     | Yves     | m | Men40    | 39 | 0:26:22.1 | 114 | 0:01:35.7 | 141 | 0:40:58.1 | 98  | 0:01:26.3 | 152 | 0:29:52.8 | 133 | 1:40:15.1 | 109 |
| 121 | 81  | Roberts      | Richard  | m | Men50    | 17 | 0:27:41.7 | 135 | 0:01:12.5 | 102 | 0:38:09.4 | 61  | 0:01:24.2 | 149 | 0:32:06.1 | 148 | 1:40:34.0 | 110 |
| 122 | 42  | Green        | Sian     | w | WomenU40 | 6  | 0:25:18.1 | 94  | 0:01:02.9 | 80  | 0:47:59.1 | 151 | 0:00:51.8 | 85  | 0:25:25.5 | 67  | 1:40:37.6 | 13  |
| 123 | 183 | Stockdale    | Louise   | w | WomenU40 | 7  | 0:27:39.2 | 133 | 0:01:00.1 | 75  | 0:42:57.9 | 112 | 0:01:14.2 | 134 | 0:27:59.4 | 118 | 1:40:51.0 | 114 |
| 124 | 146 | Godfrey      | Peter    | m | Men40    | 40 | 0:26:56.9 | 122 | 0:01:25.9 | 121 | 0:44:30.1 | 127 | 0:01:09.8 | 123 | 0:27:02.4 | 99  | 1:41:05.2 | 11  |
| 125 | 168 | Longfield    | Alison   | w | Women40  | 7  | 0:27:50.0 | 137 | 0:00:38.5 | 25  | 0:43:58.2 | 122 | 0:00:23.6 | 7   | 0:28:51.4 | 122 | 1:41:41.9 | 15  |
| 126 | 154 | Hiscock      | Steve    | m | MenU40   | 54 | 0:25:43.8 | 101 | 0:00:26.8 | 8   | 0:47:46.8 | 149 | 0:00:25.0 | 10  | 0:27:41.6 | 114 | 1:42:04.1 | 112 |
| 127 | 57  | Kingsbury    | Mark     | m | Men40    | 41 | 0:24:42.2 | 79  | 0:00:26.8 | 7   | 0:47:17.8 | 145 | 0:00:28.0 | 17  | 0:29:57.4 | 135 | 1:42:52.3 | 113 |
| 128 | 122 | Chalker      | Robert   | m | Men50    | 18 | 0:27:44.2 | 136 | 0:01:19.4 | 113 | 0:44:34.3 | 128 | 0:01:09.1 | 121 | 0:28:53.2 | 124 | 1:43:40.4 | 114 |
| 129 | 106 | Barbasiewicz | Sarah    | w | WomenU40 | 8  | 0:25:23.6 | 97  | 0:00:26.6 | 6   | 0:50:35.8 | 159 | 0:00:41.2 | 48  | 0:26:55.6 | 96  | 1:44:03.0 | 16  |
| 130 | 143 | Giersing     | Birgitte | w | Women40  | 8  | 0:29:01.6 | 144 | 0:00:46.9 | 48  | 0:44:22.6 | 125 | 0:00:46.6 | 68  | 0:29:55.7 | 134 | 1:44:53.7 | 17  |
| 131 | 174 | Punt         | James    | m | MenU40   | 55 | 0:27:37.0 | 131 | 0:00:36.7 | 20  | 0:45:52.8 | 137 | 0:00:43.2 | 57  | 0:30:15.1 | 57  | 1:45:05.1 | 115 |
| 132 | 109 | Bird         | Tim      | m | Men40    | 42 | 0:28:54.5 | 142 | 0:03:20.6 | 173 | 0:41:34.1 | 104 | 0:01:38.0 | 164 | 0:30:16.6 | 138 | 1:45:44.0 | 116 |
| 133 | 158 | Jinadasa     | Sahan    | m | Men40    | 43 | 0:27:40.7 | 134 | 0:01:18.9 | 112 | 0:45:31.4 | 133 | 0:01:10.8 | 126 | 0:30:03.0 | 136 | 1:45:45.0 | 117 |
| 134 | 184 | Thomas       | Geraint  | m | Men40    | 44 | 0:29:40.0 | 154 | 0:00:45.8 | 45  | 0:43:21.9 | 117 | 0:00:44.1 | 60  | 0:32:43.1 | 153 | 1:47:15.0 | 118 |
| 135 | 190 | Waters       | Rob      | m | MenU40   | 56 | 0:28:29.6 | 140 | 0:01:34.1 | 138 | 0:43:40.3 | 120 | 0:01:31.9 | 157 | 0:32:01.2 | 147 | 1:47:17.2 | 119 |
| 136 | 133 | Edwards      | Yvonne   | w | Women50  | 2  | 0:27:17.6 | 129 | 0:02:20.9 | 170 | 0:46:59.2 | 142 | 0:01:42.1 | 165 | 0:28:58.0 | 125 | 1:47:18.1 | 18  |
| 137 | 164 | Lewis        | Rosie    | w | Women50  | 3  | 0:27:08.2 | 128 | 0:02:33.9 | 172 | 0:47:06.8 | 143 | 0:01:37.8 | 163 | 0:28:52.7 | 123 | 1:47:19.6 | 19  |
| 138 | 39  | Godard       | Sarah    | w | WomenU40 | 9  | 0:27:07.3 | 126 | 0:02:21.2 | 171 | 0:46:35.4 | 139 | 0:01:57.3 | 168 | 0:29:22.4 | 130 | 1:47:20.1 | 20  |
| 139 | 82  | Rosenthal    | Deborah  | w | Women40  | 9  | 0:26:47.2 | 121 | 0:00:35.7 | 18  | 0:50:50.8 | 162 | 0:00:31.1 | 27  | 0:29:14.0 | 129 | 1:47:58.9 | 21  |
| 140 | 114 | Brown        | Martin   | m | MenU40   | 57 | 0:27:03.6 | 125 | 0:01:58.3 | 161 | 0:47:55.7 | 150 | 0:01:29.9 | 156 | 0:29:41.6 | 131 | 1:48:09.3 | 120 |
| 141 | 145 | Ginders      | Wayne    | m | Men40    | 45 | 0:27:37.9 | 132 | 0:01:12.4 | 101 | 0:43:57.4 | 121 | 0:00:43.1 | 56  | 0:35:14.5 | 163 | 1:48:45.4 | 121 |
| 142 | 188 | Verney       | Eugenie  | w | Women50  | 4  | 0:28:57.2 | 143 | 0:01:29.9 | 128 | 0:46:44.1 | 141 | 0:01:16.0 | 139 | 0:30:58.9 | 140 | 1:49:26.3 | 22  |
| 143 | 112 | Brett        | Paul     | m | Men40    | 46 | 0:26:58.9 | 123 | 0:00:57.6 | 71  | 0:49:25.6 | 153 | 0:02:37.9 | 172 | 0:29:44.2 | 132 | 1:49:44.4 | 122 |
| 144 | 130 | Doyle        | Clare    | w | WomenU40 | 10 | 0:29:20.8 | 149 | 0:00:33.7 | 15  | 0:49:48.6 | 156 | 0:00:30.9 | 26  | 0:31:00.9 | 141 | 1:51:15.0 | 23  |
| 145 | 140 | Gale         | Karen    | w | WomenU40 | 11 | 0:29:03.0 | 145 | 0:00:36.9 | 21  | 0:50:21.9 | 158 | 0:00:42.4 | 54  | 0:30:38.8 | 139 | 1:51:23.2 | 24  |
| 146 | 113 | Brighton     | Susie    | w | Women40  | 10 | 0:28:13.6 | 139 | 0:01:22.2 | 116 | 0:44:50.9 | 130 | 0:03:17.5 | 173 | 0:34:09.2 | 158 | 1:51:53.6 | 25  |
| 147 | 187 | Unsworth     | Jeff     | m | MenU40   | 58 | 0:30:46.8 | 158 | 0:00:58.4 | 72  | 0:47:43.3 | 148 | 0:00:40.9 | 45  | 0:32:00.5 | 146 | 1:52:10.2 | 123 |
| 148 | 153 | Hills        | Juliet   | w | Women50  | 5  | 0:30:41.2 | 156 | 0:01:32.3 | 135 | 0:44:56.2 | 131 | 0:01:05.2 | 114 | 0:34:08.2 | 157 | 1:52:23.4 | 26  |
| 149 | 179 | Roseblade    | John     | m | Men70    | 1  | 0:29:22.5 | 150 | 0:01:41.8 | 147 | 0:47:27.1 | 146 | 0:01:11.9 | 130 | 0:33:31.4 | 156 | 1:53:15.1 | 124 |
| 150 | 182 | Spillane     | Siobhan  | w | Women40  | 11 | 0:26:17.1 | 110 | 0:01:39.3 | 146 | 0:56:38.7 | 169 | 0:01:28.6 | 154 | 0:28:09.7 | 120 | 1:54:13.6 | 27  |
| 151 | 189 | Vinton       | Linda    | w | Women40  | 1  | 0:29:44.9 | 155 | 0:01:27.7 | 125 | 0:48:35.8 | 152 | 0:01:08.7 | 118 | 0:33:26.8 | 155 | 1:54:24.1 | 28  |
| 152 | 136 | Fleming      | Ben      | m | MenU40   | 59 | 0:30:42.0 | 157 | 0:01:49.5 | 153 | 0:45:52.1 | 136 | 0:02:06.7 | 169 | 0:34:31.1 | 159 | 1:55:01.5 | 125 |
| 153 | 161 | Kearley      | Penelope | w | Women40  | 12 | 0:32:13.5 | 163 | 0:01:27.0 | 123 | 0:45:35.1 | 134 | 0:00:42.3 | 52  | 0:35:30.7 | 164 | 1:55:28.8 | 29  |
| 154 | 149 | Gray         | Charles  | m | MenU40   | 60 | 0:30:53.2 | 160 | 0:01:51.3 | 155 | 0:49:41.2 | 155 | 0:00:57.1 | 95  | 0:32:20.6 | 149 | 1:55:43.5 | 126 |
| 155 | 148 | Gray         | Gemma    | w | WomenU40 | 12 | 0:30:48.1 | 159 | 0:01:53.8 | 158 | 0:49:40.9 | 154 | 0:00:59.6 | 101 | 0:32:21.0 | 150 | 1:55:43.6 | 30  |
| 156 | 120 | Casserley    | Kevin    | m | Men50    | 19 | 0:32:55.7 | 165 | 0:01:59.9 | 164 | 0:46:10.4 | 138 | 0:01:36.8 | 162 | 0:34:35.4 | 160 | 1:57:18.5 | 127 |
| 157 | 111 | Brady        | Andrew   | m | Men40    | 47 |           |     |           |     |           |     |           |     |           |     |           |     |