

5k Series Results - FINAL



Male - Overall

| Name | Race 1 | Race 2 | Race 3 | Race 4 | Sum of Total |
|----------------|--------|--------|--------|--------|--------------|
| Joe Hayes | 18:37 | 18:49 | 18:50 | 19:33 | 1:15:49 |
| Iain Marshall | 19:35 | 19:40 | 18:34 | 19:44 | 1:17:33 |
| Sean Stewart | 20:24 | 19:55 | 20:10 | 20:52 | 1:21:21 |
| Lee Davies | 20:47 | 20:11 | 20:21 | 20:20 | 1:21:39 |
| Phil Rayner | 21:18 | 21:15 | 20:36 | 21:06 | 1:24:15 |
| Anthony Keeble | 21:59 | 21:09 | 20:54 | 20:27 | 1:24:29 |
| Tim Elford | 21:00 | 20:14 | 20:53 | 22:40 | 1:24:47 |
| Ben Chesterman | 21:08 | 20:57 | 21:15 | 21:48 | 1:25:08 |
| Luke Trueman | 22:28 | 21:10 | 20:54 | 21:01 | 1:25:33 |
| Steve Faulkner | 20:41 | 21:15 | 21:54 | 23:13 | 1:27:03 |

Female - Overall

| Name | Race 1 | Race 2 | Race 3 | Race 4 | Sum of Total |
|----------------|--------|--------|--------|--------|--------------|
| Tracey Hare | 22:19 | 22:13 | 21:59 | 21:01 | 1:27:32 |
| Rebecca Cairns | 22:06 | 22:32 | 21:57 | 22:06 | 1:28:41 |
| Laura Readings | 22:06 | 23:30 | 22:01 | 22:52 | 1:30:29 |
| Elisa Robbins | 24:15 | 23:55 | 24:00 | 23:42 | 1:35:52 |
| Debbie Martin | 25:18 | 25:07 | 24:58 | 24:14 | 1:39:37 |
| Sally Waterman | 25:19 | 25:37 | 25:31 | 25:15 | 1:41:42 |
| Leanne Smith | 26:05 | 25:16 | 26:16 | 25:32 | 1:43:09 |
| Andrea Winks | 24:54 | 25:02 | 25:53 | 27:45 | 1:43:34 |
| Lucy Pedrick | 26:09 | 25:50 | 25:55 | 26:19 | 1:44:13 |
| Suki Gilliland | 26:58 | 26:11 | 28:28 | 25:46 | 1:47:23 |

Male - M40

| Name | Race 1 | Race 2 | Race 3 | Race 4 | Sum of Total |
|----------------|--------|--------|--------|--------|--------------|
| Lee Davies | 20:47 | 20:11 | 20:21 | 20:20 | 1:21:39 |
| Anthony Keeble | 21:59 | 21:09 | 20:54 | 20:27 | 1:24:29 |
| Tim Elford | 21:00 | 20:14 | 20:53 | 22:40 | 1:24:47 |
| Roger Houghton | 23:32 | 23:49 | 22:53 | 22:45 | 1:32:59 |
| Andrew Taylor | 50:15 | 27:28 | 24:57 | 45:03 | 2:27:43 |

Female - F40

| Name | Race 1 | Race 2 | Race 3 | Race 4 | Sum of Total |
|-----------------------|--------|--------|--------|--------|--------------|
| Tracey Hare | 22:19 | 22:13 | 21:59 | 21:01 | 1:27:32 |
| Laura Readings | 22:06 | 23:30 | 22:01 | 22:52 | 1:30:29 |
| Debbie Martin | 25:18 | 25:07 | 24:58 | 24:14 | 1:39:37 |
| Andrea Winks | 24:54 | 25:02 | 25:53 | 27:45 | 1:43:34 |
| Suki Gilliland | 26:58 | 26:11 | 28:28 | 25:46 | 1:47:23 |
| Helen Carroll | 29:03 | 28:49 | 29:23 | 26:49 | 1:54:04 |
| Michelle Hey | 30:43 | 30:32 | 28:43 | 28:16 | 1:58:14 |
| Helen Horsley-Goswell | 29:40 | 29:56 | 29:45 | 31:04 | 2:00:25 |
| Joanne Hart | 27:01 | 28:32 | 28:54 | 37:01 | 2:01:28 |
| Nicola Penny | 31:28 | 31:22 | 31:42 | 32:16 | 2:06:48 |

Male - M50

| Name | Race 1 | Race 2 | Race 3 | Race 4 | Sum of Total |
|-----------------|--------|--------|--------|--------|--------------|
| Sean Stewart | 20:24 | 19:55 | 20:10 | 20:52 | 1:21:21 |
| Phil Rayner | 21:18 | 21:15 | 20:36 | 21:06 | 1:24:15 |
| Steve Faulkner | 20:41 | 21:15 | 21:54 | 23:13 | 1:27:03 |
| Richard Elson | 28:14 | 26:55 | 26:14 | 26:32 | 1:47:55 |
| Simon Butler | 27:49 | 28:01 | 27:46 | 28:17 | 1:51:53 |
| Paul Brett | 31:09 | 29:56 | 32:33 | 32:38 | 2:06:16 |
| Spike Fairhurst | 34:02 | 33:30 | 35:56 | 31:24 | 2:14:52 |
| Simon Arthur | 36:16 | 35:55 | 36:50 | 37:22 | 2:26:23 |
| Phillip Hale | 37:27 | 40:33 | 50:11 | 43:50 | 2:52:01 |

Female - F50

| Name | Race 1 | Race 2 | Race 3 | Race 4 | Sum of Total |
|-------------------|--------|--------|--------|--------|--------------|
| Lucy Pedrick | 26:09 | 25:50 | 25:55 | 26:19 | 1:44:13 |
| Kathy Vickers | 29:38 | 28:31 | 28:27 | 27:30 | 1:54:06 |
| Barbara Newton | 32:00 | 30:14 | 29:22 | 28:01 | 1:59:37 |
| Netta Howard | 31:58 | 31:39 | 31:12 | 32:44 | 2:07:33 |
| Joan Barker | 32:21 | 31:51 | 32:14 | 32:00 | 2:08:26 |
| Emma Vowell | 32:26 | 32:37 | 32:09 | 33:28 | 2:10:40 |
| Erica Fairhurst | 34:15 | 33:37 | 32:44 | 32:23 | 2:12:59 |
| Elizabeth Sarjent | 34:08 | 33:03 | 32:37 | 33:49 | 2:13:37 |
| Annette Russell | 34:27 | 34:53 | 34:43 | 35:53 | 2:19:56 |
| Clare Mundzar | 35:26 | 36:49 | 34:58 | 35:30 | 2:22:43 |

Male - M60

| Name | Race 1 | Race 2 | Race 3 | Race 4 | Sum of Total |
|------------------|--------|--------|--------|--------|--------------|
| Stephen Kelleher | 21:33 | 21:27 | 21:45 | 24:17 | 1:29:02 |
| Gregory Neal | 28:22 | 28:49 | 28:19 | 29:09 | 1:54:39 |

Female - F60

| Name | Race 1 | Race 2 | Race 3 | Race 4 | Sum of Total |
|-----------------|--------|--------|--------|--------|--------------|
| Sally Waterman | 25:19 | 25:37 | 25:31 | 25:15 | 1:41:42 |
| Maureen Sweeney | 30:02 | 30:13 | 29:33 | 31:19 | 2:01:07 |
| Angela Thorpe | 30:56 | 30:43 | 29:34 | 31:39 | 2:02:52 |
| Lynne Lewis | 37:35 | 36:26 | 39:11 | 40:56 | 2:34:08 |
| Margaret Rose | 42:16 | 38:37 | 38:52 | 39:17 | 2:39:02 |

Male - M70

| Name | Race 1 | Race 2 | Race 3 | Race 4 | Sum of Total |
|-----------|--------|--------|--------|--------|--------------|
| John Rose | 42:38 | 38:35 | 38:48 | 39:17 | 2:39:18 |

5k Series Results - FINAL



Male - Overall

| Name | Race 1 | Race 2 | Race 3 | Race 4 | Sum of Total |
|-------------------------|--------|--------|--------|--------|--------------|
| Joe Hayes | 18:37 | 18:49 | 18:50 | 19:33 | 1:15:49 |
| Iain Marshall | 19:35 | 19:40 | 18:34 | 19:44 | 1:17:33 |
| Sean Stewart | 20:24 | 19:55 | 20:10 | 20:52 | 1:21:21 |
| Lee Davies | 20:47 | 20:11 | 20:21 | 20:20 | 1:21:39 |
| Phil Rayner | 21:18 | 21:15 | 20:36 | 21:06 | 1:24:15 |
| Anthony Keeble | 21:59 | 21:09 | 20:54 | 20:27 | 1:24:29 |
| Tim Eford | 21:00 | 20:14 | 20:53 | 22:40 | 1:24:47 |
| Ben Chesterman | 21:08 | 20:57 | 21:15 | 21:48 | 1:25:08 |
| Luke Trueman | 22:28 | 21:10 | 20:54 | 21:01 | 1:25:33 |
| Steve Faulkner | 20:41 | 21:15 | 21:54 | 23:13 | 1:27:03 |
| Stephen Kelleher | 21:33 | 21:27 | 21:45 | 24:17 | 1:29:02 |
| Chris Bolton | 23:50 | 22:37 | 22:50 | 22:21 | 1:31:38 |
| Roger Houghton | 23:32 | 23:49 | 22:53 | 22:45 | 1:32:59 |
| Noah Tyers | 23:39 | 23:01 | 23:06 | 25:57 | 1:35:43 |
| Daniel Sansom | 23:54 | 24:14 | 27:07 | 24:46 | 1:40:01 |
| Richard Elson | 28:14 | 26:55 | 26:14 | 26:32 | 1:47:55 |
| Chris Wilkins | 27:32 | 26:59 | 26:40 | 28:40 | 1:49:51 |
| Simon Butler | 27:49 | 28:01 | 27:46 | 28:17 | 1:51:53 |
| Paul Norman | 27:30 | 27:30 | 27:58 | 29:41 | 1:52:39 |
| Gregory Neal | 28:22 | 28:49 | 28:19 | 29:09 | 1:54:39 |
| Daryl Copleston Jobling | 30:44 | 30:19 | 30:04 | 30:34 | 2:01:41 |
| Paul Brett | 31:09 | 29:56 | 32:33 | 32:38 | 2:06:16 |
| Shaun East | 32:07 | 31:35 | 32:23 | 32:01 | 2:08:06 |
| Spike Fairhurst | 34:02 | 33:30 | 35:56 | 31:24 | 2:14:52 |
| Giovambattista Depietra | 36:48 | 34:56 | 33:00 | 33:45 | 2:18:29 |
| Simon Arthur | 36:16 | 35:55 | 36:50 | 37:22 | 2:26:23 |
| Andrew Taylor | 50:15 | 27:28 | 24:57 | 45:03 | 2:27:43 |
| Daniel Manton | 40:12 | 39:17 | 37:26 | 34:10 | 2:31:05 |
| David Davidson | 37:45 | 35:43 | 41:50 | 36:27 | 2:31:45 |
| John Rose | 42:38 | 38:35 | 38:48 | 39:17 | 2:39:18 |
| Phillip Hale | 37:27 | 40:33 | 50:11 | 43:50 | 2:52:01 |

Female - Overall

| Name | Race 1 | Race 2 | Race 3 | Race 4 | Sum of Total |
|-----------------------|--------|--------|--------|--------|--------------|
| Tracey Hare | 22:19 | 22:13 | 21:59 | 21:01 | 1:27:32 |
| Rebecca Cairns | 22:06 | 22:32 | 21:57 | 22:06 | 1:28:41 |
| Laura Readings | 22:06 | 23:30 | 22:01 | 22:52 | 1:30:29 |
| Elisa Robbins | 24:15 | 23:55 | 24:00 | 23:42 | 1:35:52 |
| Debbie Martin | 25:18 | 25:07 | 24:58 | 24:14 | 1:39:37 |
| Sally Waterman | 25:19 | 25:37 | 25:31 | 25:15 | 1:41:42 |
| Leanne Smith | 26:05 | 25:16 | 26:16 | 25:32 | 1:43:09 |
| Andrea Winks | 24:54 | 25:02 | 25:53 | 27:45 | 1:43:34 |
| Lucy Pedrick | 26:09 | 25:50 | 25:55 | 26:19 | 1:44:13 |
| Suki Gilliland | 26:58 | 26:11 | 28:28 | 25:46 | 1:47:23 |
| Kelly Doe | 29:55 | 28:30 | 26:40 | 25:41 | 1:50:46 |
| Helen Carroll | 29:03 | 28:49 | 29:23 | 26:49 | 1:54:04 |
| Kathy Vickers | 29:38 | 28:31 | 28:27 | 27:30 | 1:54:06 |
| Michelle Hey | 30:43 | 30:32 | 28:43 | 28:16 | 1:58:14 |
| Barbara Newton | 32:00 | 30:14 | 29:22 | 28:01 | 1:59:37 |
| Kirsty Lynch | 28:35 | 28:37 | 30:58 | 31:33 | 1:59:43 |
| Helen Horsley-Goswell | 29:40 | 29:56 | 29:45 | 31:04 | 2:00:25 |
| Maureen Sweeney | 30:02 | 30:13 | 29:33 | 31:19 | 2:01:07 |
| Joanne Hart | 27:01 | 28:32 | 28:54 | 37:01 | 2:01:28 |
| Jess Mann | 29:55 | 29:35 | 29:19 | 34:00 | 2:02:49 |
| Angela Thorpe | 30:56 | 30:43 | 29:34 | 31:39 | 2:02:52 |
| Clare Hawthorn | 28:46 | 30:43 | 31:00 | 32:47 | 2:03:16 |
| Kate Cranford | 32:07 | 31:35 | 30:03 | 31:02 | 2:04:47 |
| Nicola Penny | 31:28 | 31:22 | 31:42 | 32:16 | 2:06:48 |
| Netta Howard | 31:58 | 31:39 | 31:12 | 32:44 | 2:07:33 |
| Joan Barker | 32:21 | 31:51 | 32:14 | 32:00 | 2:08:26 |
| Kirstie Baker | 31:58 | 32:28 | 31:25 | 33:46 | 2:09:37 |
| Fiona Blennerhassett | 30:10 | 31:40 | 34:55 | 33:24 | 2:10:09 |
| Emma Vowell | 32:26 | 32:37 | 32:09 | 33:28 | 2:10:40 |
| Maria Thompson | 31:37 | 31:00 | 32:35 | 35:32 | 2:10:44 |
| Lisa Ward | 34:12 | 34:47 | 30:34 | 32:45 | 2:12:18 |
| Hannah Jones | 33:53 | 32:57 | 33:10 | 32:58 | 2:12:58 |
| Erica Fairhurst | 34:15 | 33:37 | 32:44 | 32:23 | 2:12:59 |
| Elizabeth Sarjent | 34:08 | 33:03 | 32:37 | 33:49 | 2:13:37 |
| Sarah Rose | 32:14 | 32:20 | 35:52 | 34:26 | 2:14:52 |
| Alison Chapman | 37:16 | 34:19 | 32:53 | 32:30 | 2:16:58 |
| Annette Russell | 34:27 | 34:53 | 34:43 | 35:53 | 2:19:56 |
| Clare Mundzar | 35:26 | 36:49 | 34:58 | 35:30 | 2:22:43 |
| Rachel Mann | 36:21 | 35:09 | 36:29 | 35:18 | 2:23:17 |
| Vida Bennett | 35:33 | 35:41 | 36:36 | 36:07 | 2:23:57 |
| Becky England | 34:47 | 34:27 | 36:08 | 38:49 | 2:24:11 |
| Niki Felton | 38:34 | 37:04 | 34:53 | 35:50 | 2:26:21 |
| Sarah Walmsley | 38:17 | 36:15 | 35:55 | 36:41 | 2:27:08 |
| Minoda Zak | 36:04 | 37:46 | 37:04 | 36:57 | 2:27:51 |
| Karen Weston | 36:59 | 36:09 | 36:41 | 38:40 | 2:28:29 |
| Sarah Jones | 40:49 | 31:41 | 39:07 | 40:13 | 2:31:50 |
| Lynne Lewis | 37:35 | 36:26 | 39:11 | 40:56 | 2:34:08 |
| Margaret Rose | 42:16 | 38:37 | 38:52 | 39:17 | 2:39:02 |
| Joanne Stubbings | 41:06 | 37:09 | 37:18 | 43:32 | 2:39:05 |
| Victoria Sheridan | 34:01 | 32:46 | 34:05 | 58:24 | 2:39:16 |
| Lynn Pyman | 47:22 | 41:17 | 30:20 | 41:27 | 2:40:26 |
| Kate Hulcoop-Allen | 33:26 | 56:51 | 35:30 | 34:49 | 2:40:36 |
| Gill Manton | 39:47 | 39:22 | 44:13 | 40:44 | 2:44:06 |
| Linda Chapman | 40:05 | 41:13 | 40:58 | 42:25 | 2:44:41 |
| Sally Kent | 39:15 | 44:31 | 39:56 | 48:31 | 2:52:13 |
| Tanya Lee | 45:11 | 43:56 | 42:18 | 42:18 | 2:53:43 |
| Louise Baker | 43:36 | 40:09 | 39:40 | 50:44 | 2:54:09 |
| Sarah Austin | 43:08 | 43:45 | 44:46 | 43:41 | 2:55:20 |
| Jenny Oakley | 45:18 | 40:53 | 43:03 | 46:10 | 2:55:24 |
| Freya Henderson | 45:37 | 40:35 | 38:58 | 50:51 | 2:56:01 |
| Tracy Baker | 57:43 | 46:22 | 58:04 | 59:00 | 3:41:09 |



5k Series Results - FINAL

Male - Senior

| Name | Race 1 | Race 2 | Race 3 | Race 4 | Sum of Total |
|-------------------------|--------|--------|--------|--------|--------------|
| Joe Hayes | 18:37 | 18:49 | 18:50 | 19:33 | 1:15:49 |
| Iain Marshall | 19:35 | 19:40 | 18:34 | 19:44 | 1:17:33 |
| Ben Chesterman | 21:08 | 20:57 | 21:15 | 21:48 | 1:25:08 |
| Luke Trueman | 22:28 | 21:10 | 20:54 | 21:01 | 1:25:33 |
| Chris Bolton | 23:50 | 22:37 | 22:50 | 22:21 | 1:31:38 |
| Noah Tyers | 23:39 | 23:01 | 23:06 | 25:57 | 1:35:43 |
| Daniel Sansom | 23:54 | 24:14 | 27:07 | 24:46 | 1:40:01 |
| Chris Wilkins | 27:32 | 26:59 | 26:40 | 28:40 | 1:49:51 |
| Paul Norman | 27:30 | 27:30 | 27:58 | 29:41 | 1:52:39 |
| Daryl Copleston Jobling | 30:44 | 30:19 | 30:04 | 30:34 | 2:01:41 |
| Shaun East | 32:07 | 31:35 | 32:23 | 32:01 | 2:08:06 |
| Giovambattista Depietra | 36:48 | 34:56 | 33:00 | 33:45 | 2:18:29 |
| Daniel Manton | 40:12 | 39:17 | 37:26 | 34:10 | 2:31:05 |
| David Davidson | 37:45 | 35:43 | 41:50 | 36:27 | 2:31:45 |

Male - M40

| Name | Race 1 | Race 2 | Race 3 | Race 4 | Sum of Total |
|----------------|--------|--------|--------|--------|--------------|
| Lee Davies | 20:47 | 20:11 | 20:21 | 20:20 | 1:21:39 |
| Anthony Keeble | 21:59 | 21:09 | 20:54 | 20:27 | 1:24:29 |
| Tim Elford | 21:00 | 20:14 | 20:53 | 22:40 | 1:24:47 |
| Roger Houghton | 23:32 | 23:49 | 22:53 | 22:45 | 1:32:59 |
| Andrew Taylor | 50:15 | 27:28 | 24:57 | 45:03 | 2:27:43 |

Male - M50

| Name | Race 1 | Race 2 | Race 3 | Race 4 | Sum of Total |
|-----------------|--------|--------|--------|--------|--------------|
| Sean Stewart | 20:24 | 19:55 | 20:10 | 20:52 | 1:21:21 |
| Phil Rayner | 21:18 | 21:15 | 20:36 | 21:06 | 1:24:15 |
| Steve Faulkner | 20:41 | 21:15 | 21:54 | 23:13 | 1:27:03 |
| Richard Elson | 28:14 | 26:55 | 26:14 | 26:32 | 1:47:55 |
| Simon Butler | 27:49 | 28:01 | 27:46 | 28:17 | 1:51:53 |
| Paul Brett | 31:09 | 29:56 | 32:33 | 32:38 | 2:06:16 |
| Spike Fairhurst | 34:02 | 33:30 | 35:56 | 31:24 | 2:14:52 |
| Simon Arthur | 36:16 | 35:55 | 36:50 | 37:22 | 2:26:23 |
| Phillip Hale | 37:27 | 40:33 | 50:11 | 43:50 | 2:52:01 |

Male - M60

| Name | Race 1 | Race 2 | Race 3 | Race 4 | Sum of Total |
|------------------|--------|--------|--------|--------|--------------|
| Stephen Kelleher | 21:33 | 21:27 | 21:45 | 24:17 | 1:29:02 |
| Gregory Neal | 28:22 | 28:49 | 28:19 | 29:09 | 1:54:39 |

Male - M70

| Name | Race 1 | Race 2 | Race 3 | Race 4 | Sum of Total |
|-----------|--------|--------|--------|--------|--------------|
| John Rose | 42:38 | 38:35 | 38:48 | 39:17 | 2:39:18 |

Female - Senior

| Name | Race 1 | Race 2 | Race 3 | Race 4 | Sum of Total |
|----------------------|--------|--------|--------|--------|--------------|
| Rebecca Cairns | 22:06 | 22:32 | 21:57 | 22:06 | 1:28:41 |
| Elisa Robbins | 24:15 | 23:55 | 24:00 | 23:42 | 1:35:52 |
| Leanne Smith | 26:05 | 25:16 | 26:16 | 25:32 | 1:43:09 |
| Kelly Doe | 29:55 | 28:30 | 26:40 | 25:41 | 1:50:46 |
| Kirsty Lynch | 28:35 | 28:37 | 30:58 | 31:33 | 1:59:43 |
| Jess Mann | 29:55 | 29:35 | 29:19 | 34:00 | 2:02:49 |
| Clare Hawthorn | 28:46 | 30:43 | 31:00 | 32:47 | 2:03:16 |
| Kate Cranford | 32:07 | 31:35 | 30:03 | 31:02 | 2:04:47 |
| Kirstie Baker | 31:58 | 32:28 | 31:25 | 33:46 | 2:09:37 |
| Fiona Blennerhassett | 30:10 | 31:40 | 34:55 | 33:24 | 2:10:09 |
| Maria Thompson | 31:37 | 31:00 | 32:35 | 35:32 | 2:10:44 |
| Lisa Ward | 34:12 | 34:47 | 30:34 | 32:45 | 2:12:18 |
| Karen Weston | 36:59 | 36:09 | 36:41 | 38:40 | 2:28:29 |
| Sarah Jones | 40:49 | 31:41 | 39:07 | 40:13 | 2:31:50 |
| Kate Hulcoop-Allen | 33:26 | 56:51 | 35:30 | 34:49 | 2:40:36 |
| Tanya Lee | 45:11 | 43:56 | 42:18 | 42:18 | 2:53:43 |
| Louise Baker | 43:36 | 40:09 | 39:40 | 50:44 | 2:54:09 |
| Sarah Austin | 43:08 | 43:45 | 44:46 | 43:41 | 2:55:20 |
| Freya Henderson | 45:37 | 40:35 | 38:58 | 50:51 | 2:56:01 |

Female - F40

| Name | Race 1 | Race 2 | Race 3 | Race 4 | Sum of Total |
|-----------------------|--------|--------|--------|--------|--------------|
| Tracey Hare | 22:19 | 22:13 | 21:59 | 21:01 | 1:27:32 |
| Laura Readings | 22:06 | 23:30 | 22:01 | 22:52 | 1:30:29 |
| Debbie Martin | 25:18 | 25:07 | 24:58 | 24:14 | 1:39:37 |
| Andrea Winks | 24:54 | 25:02 | 25:53 | 27:45 | 1:43:34 |
| Suki Gilliland | 26:58 | 26:11 | 28:28 | 25:46 | 1:47:23 |
| Helen Carroll | 29:03 | 28:49 | 29:23 | 26:49 | 1:54:04 |
| Michelle Hey | 30:43 | 30:32 | 28:43 | 28:16 | 1:58:14 |
| Helen Horsley-Goswell | 29:40 | 29:56 | 29:45 | 31:04 | 2:00:25 |
| Joanne Hart | 27:01 | 28:32 | 28:54 | 37:01 | 2:01:28 |
| Nicola Penny | 31:28 | 31:22 | 31:42 | 32:16 | 2:06:48 |
| Hannah Jones | 33:53 | 32:57 | 33:10 | 32:58 | 2:12:58 |
| Sarah Rose | 32:14 | 32:20 | 35:52 | 34:26 | 2:14:52 |
| Alison Chapman | 37:16 | 34:19 | 32:53 | 32:30 | 2:16:58 |
| Becky England | 34:47 | 34:27 | 36:08 | 38:49 | 2:24:11 |
| Niki Felton | 38:34 | 37:04 | 34:53 | 35:50 | 2:22:21 |
| Minoda Zak | 36:04 | 37:46 | 37:04 | 36:57 | 2:27:51 |
| Joanne Stubbings | 41:06 | 37:09 | 37:18 | 43:32 | 2:39:05 |
| Victoria Sheridan | 34:01 | 32:46 | 34:05 | 58:24 | 2:39:16 |
| Gill Manton | 39:47 | 39:22 | 44:13 | 40:44 | 2:44:06 |
| Jenny Oakley | 45:18 | 40:53 | 43:03 | 46:10 | 2:55:24 |
| Tracy Baker | 57:43 | 46:22 | 58:04 | 59:00 | 3:41:09 |

Female - F50

| Name | Race 1 | Race 2 | Race 3 | Race 4 | Sum of Total |
|-------------------|--------|--------|--------|--------|--------------|
| Lucy Pedrick | 26:09 | 25:50 | 25:55 | 26:19 | 1:44:13 |
| Kathy Vickers | 29:38 | 28:31 | 28:27 | 27:30 | 1:54:06 |
| Barbara Newton | 32:00 | 30:14 | 29:22 | 28:01 | 1:59:37 |
| Netta Howard | 31:58 | 31:39 | 31:12 | 32:44 | 2:07:33 |
| Joan Barker | 32:21 | 31:51 | 32:14 | 32:00 | 2:08:26 |
| Emma Vowell | 32:26 | 32:37 | 32:09 | 33:28 | 2:10:40 |
| Erica Fairhurst | 34:15 | 33:37 | 32:44 | 32:23 | 2:12:59 |
| Elizabeth Sarjent | 34:08 | 33:03 | 32:37 | 33:49 | 2:13:37 |
| Annette Russell | 34:27 | 34:53 | 34:43 | 35:53 | 2:19:56 |
| Clare Mundzar | 35:26 | 36:49 | 34:58 | 35:30 | 2:22:43 |
| Rachel Mann | 36:21 | 35:09 | 36:29 | 35:18 | 2:23:17 |
| Vida Bennett | 35:33 | 35:41 | 36:36 | 36:07 | 2:23:57 |
| Sarah Walmsley | 38:17 | 36:15 | 35:55 | 36:41 | 2:27:08 |
| Lynn Pyman | 47:22 | 41:17 | 30:20 | 41:27 | 2:40:26 |
| Linda Chapman | 40:05 | 41:13 | 40:58 | 42:25 | 2:44:41 |
| Sally Kent | 39:15 | 44:31 | 39:56 | 48:31 | 2:52:13 |

Female - F60

| Name | Race 1 | Race 2 | Race 3 | Race 4 | Sum of Total |
|-----------------|--------|--------|--------|--------|--------------|
| Sally Waterman | 25:19 | 25:37 | 25:31 | 25:15 | 1:41:42 |
| Maureen Sweeney | 30:02 | 30:13 | 29:33 | 31:19 | 2:01:07 |
| Angela Thorpe | 30:56 | 30:43 | 29:34 | 31:39 | 2:02:52 |
| Lynne Lewis | 37:35 | 36:26 | 39:11 | 40:56 | 2:34:08 |
| Margaret Rose | 42:16 | 38:37 | 38:52 | 39:17 | 2:39:02 |

10k Series Results - FINAL



Male - Overall

| Name | Race 1 | Race 2 | Race 3 | Race 4 | Sum of Total |
|----------------------|--------|--------|--------|--------|--------------|
| Damian Holmwood | 33:57 | 33:52 | 34:36 | 35:48 | 2:18:13 |
| Nicholas Twomey | 34:40 | 35:29 | 36:33 | 36:04 | 2:22:46 |
| Markus Orgill | 39:53 | 38:32 | 38:33 | 37:20 | 2:34:18 |
| Ian Turner | 39:30 | 38:43 | 38:25 | 38:56 | 2:35:34 |
| Chris Moseley | 38:34 | 38:42 | 41:35 | 39:53 | 2:38:44 |
| Richard Hallam-Baker | 39:33 | 40:20 | 40:25 | 40:54 | 2:41:12 |
| Darren Turner | 44:24 | 42:56 | 41:55 | 41:11 | 2:50:26 |
| Edward Dodwell | 43:01 | 42:32 | 42:28 | 44:19 | 2:52:20 |
| David Caswell | 44:04 | 44:19 | 43:42 | 43:37 | 2:55:42 |
| Maurice Richardson | 42:07 | 41:41 | 49:26 | 43:08 | 2:56:22 |

Female - Overall

| Name | Race 1 | Race 2 | Race 3 | Race 4 | Sum of Total |
|-----------------|--------|--------|--------|--------|--------------|
| Deb Self | 46:21 | 46:05 | 47:52 | 49:00 | 3:09:18 |
| Rosa Lenders | 47:28 | 47:30 | 46:11 | 48:28 | 3:09:37 |
| Julie Evans | 47:44 | 49:58 | 49:31 | 50:19 | 3:17:32 |
| Abbs Clayton | 50:02 | 49:07 | 52:10 | 47:43 | 3:19:02 |
| Roisin McMahon | 51:14 | 50:58 | 49:08 | 51:17 | 3:22:37 |
| Lorna Mcleod | 52:13 | 52:24 | 50:14 | 51:05 | 3:25:56 |
| Julie Sugden | 52:29 | 51:15 | 50:42 | 53:07 | 3:27:33 |
| Caroline Akazou | 51:56 | 51:41 | 53:46 | 50:47 | 3:28:10 |
| Sally Bowness | 54:18 | 52:48 | 51:46 | 51:20 | 3:30:12 |
| Alison Jones | 52:47 | 55:00 | 53:45 | 56:03 | 3:37:35 |

Male - M40

| Name | Race 1 | Race 2 | Race 3 | Race 4 | Sum of Total |
|----------------------|--------|--------|--------|--------|--------------|
| Ian Turner | 39:30 | 38:43 | 38:25 | 38:56 | 2:35:34 |
| Chris Moseley | 38:34 | 38:42 | 41:35 | 39:53 | 2:38:44 |
| Richard Hallam-Baker | 39:33 | 40:20 | 40:25 | 40:54 | 2:41:12 |
| Darren Turner | 44:24 | 42:56 | 41:55 | 41:11 | 2:50:26 |
| James Hawker | 46:38 | 42:47 | 44:10 | 44:51 | 2:58:26 |
| Eoin Mcleod | 47:23 | 46:06 | 42:49 | 43:11 | 2:59:29 |
| Michael Hominick | 45:46 | 44:44 | 45:25 | 44:48 | 3:00:43 |
| Ross Davies | 44:44 | 44:02 | 43:11 | 49:05 | 3:01:02 |
| Stuart Wells | 47:39 | 46:12 | 50:58 | 48:43 | 3:13:32 |
| Richard Lamey | 48:06 | 49:50 | 49:41 | 50:03 | 3:17:40 |

Female - F40

| Name | Race 1 | Race 2 | Race 3 | Race 4 | Sum of Total |
|-----------------|---------|---------|---------|---------|--------------|
| Julie Evans | 47:44 | 49:58 | 49:31 | 50:19 | 3:17:32 |
| Abbs Clayton | 50:02 | 49:07 | 52:10 | 47:43 | 3:19:02 |
| Roisin McMahon | 51:14 | 50:58 | 49:08 | 51:17 | 3:22:37 |
| Caroline Akazou | 51:56 | 51:41 | 53:46 | 50:47 | 3:28:10 |
| Katy Allaway | 56:38 | 58:32 | 57:00 | 57:43 | 3:49:53 |
| Kate Turnell | 1:01:10 | 59:12 | 59:30 | 58:53 | 3:58:45 |
| Karen Goulding | 1:00:59 | 57:35 | 1:04:13 | 59:04 | 4:01:51 |
| Catherine Piper | 1:01:42 | 1:01:13 | 1:01:57 | 1:03:25 | 4:08:17 |
| Soph Tarttelin | 1:05:55 | 1:02:56 | 58:38 | 1:01:13 | 4:08:42 |
| Clare Sudlow | 1:00:58 | 1:01:29 | 1:05:29 | 1:03:47 | 4:11:43 |

Male - M50

| Name | Race 1 | Race 2 | Race 3 | Race 4 | Sum of Total |
|--------------------|---------|---------|---------|---------|--------------|
| David Caswell | 44:04 | 44:19 | 43:42 | 43:37 | 2:55:42 |
| Maurice Richardson | 42:07 | 41:41 | 49:26 | 43:08 | 2:56:22 |
| Peter Dennett | 45:34 | 44:50 | 44:46 | 44:08 | 2:59:18 |
| Steve Bateman | 46:27 | 48:10 | 46:24 | 47:45 | 3:08:46 |
| Martin Roberts | 49:34 | 49:29 | 47:50 | 50:40 | 3:17:33 |
| Mark Hammond | 51:03 | 48:42 | 51:06 | 50:44 | 3:21:35 |
| Jim Howard | 03:32 | 47:42 | 51:27 | 49:32 | 3:32:13 |
| Pete Rogers | 54:13 | 52:30 | 51:52 | 54:29 | 3:33:04 |
| Nicholas Cousins | 57:36 | 58:52 | 56:57 | 57:41 | 3:51:06 |
| John Byrne | 1:01:00 | 0:50:18 | 1:04:00 | 1:04:04 | 3:59:22 |

Female - F50

| Name | Race 1 | Race 2 | Race 3 | Race 4 | Sum of Total |
|-----------------|---------|---------|---------|---------|--------------|
| Deb Self | 46:21 | 46:05 | 47:52 | 49:00 | 3:09:18 |
| Lorna Mcleod | 52:13 | 52:24 | 50:14 | 51:05 | 3:25:56 |
| Sally Bowness | 54:18 | 52:48 | 51:46 | 51:20 | 3:30:12 |
| Anne Connell | 49:23 | 1:01:02 | 49:53 | 1:18:14 | 3:58:32 |
| Sian Thornley | 1:05:06 | 1:03:00 | 1:02:00 | 1:00:08 | 4:10:14 |
| Lorraine Deacon | 1:03:11 | 1:04:41 | 1:03:06 | 1:06:20 | 4:17:18 |
| Andrea Goodman | 1:03:00 | 59:00 | 59:34 | 1:20:00 | 4:21:34 |
| Helen Ferguson | 1:11:26 | 1:15:00 | 1:07:33 | 1:12:54 | 4:46:53 |

Male - M60

| Name | Race 1 | Race 2 | Race 3 | Race 4 | Sum of Total |
|----------------|---------|---------|---------|---------|--------------|
| Edward Dodwell | 43:01 | 42:32 | 42:28 | 44:19 | 2:52:20 |
| Douglas Lewis | 51:05 | 48:26 | 49:36 | 49:10 | 3:18:17 |
| Paul Allaway | 56:00 | 47:46 | 48:08 | 58:54 | 3:30:48 |
| Colin Wilson | 1:27:24 | 1:18:09 | 1:18:19 | 1:19:03 | 5:22:55 |

Female - F60

| Name | Race 1 | Race 2 | Race 3 | Race 4 | Sum of Total |
|--------------|--------|--------|--------|--------|--------------|
| Alison Jones | 52:47 | 55:00 | 53:45 | 56:03 | 3:37:35 |

10k Series Results - FINAL

Male - Overall

| Name | Race 1 | Race 2 | Race 3 | Race 4 | Sum of Total |
|----------------------|---------|---------|---------|---------|--------------|
| Damian Holmwood | 33:57 | 33:52 | 34:36 | 35:48 | 2:18:13 |
| Nicholas Twomey | 34:40 | 35:29 | 36:33 | 36:04 | 2:22:46 |
| Markus Orgill | 39:53 | 38:32 | 38:33 | 37:20 | 2:34:18 |
| Ian Turner | 39:30 | 38:43 | 38:25 | 38:56 | 2:35:34 |
| Chris Moseley | 38:34 | 38:42 | 41:35 | 39:53 | 2:38:44 |
| Richard Hallam-Baker | 39:33 | 40:20 | 40:25 | 40:54 | 2:41:12 |
| Darren Turner | 44:24 | 42:56 | 41:55 | 41:11 | 2:50:26 |
| Edward Dodwell | 43:01 | 42:32 | 42:28 | 44:19 | 2:52:20 |
| David Caswell | 44:04 | 44:19 | 43:42 | 43:37 | 2:55:42 |
| Maurice Richardson | 42:07 | 41:41 | 49:26 | 43:08 | 2:56:22 |
| James Hawker | 46:38 | 42:47 | 44:10 | 44:51 | 2:58:26 |
| Peter Dennett | 45:34 | 44:50 | 44:46 | 44:08 | 2:59:18 |
| Eoin Mcleod | 47:23 | 46:06 | 42:49 | 43:11 | 2:59:29 |
| Michael Hominick | 45:46 | 44:44 | 45:25 | 44:48 | 3:00:43 |
| Ross Davies | 44:44 | 44:02 | 43:11 | 49:05 | 3:01:02 |
| Steve Bateman | 46:27 | 48:10 | 46:24 | 47:45 | 3:08:46 |
| Stuart Wells | 47:39 | 46:12 | 50:58 | 48:43 | 3:13:32 |
| Martin Roberts | 49:34 | 49:29 | 47:50 | 50:40 | 3:17:33 |
| Richard Lamey | 48:06 | 49:50 | 49:41 | 50:03 | 3:17:40 |
| Douglas Lewis | 51:05 | 48:26 | 49:36 | 49:10 | 3:18:17 |
| Mark Hammond | 51:03 | 48:42 | 51:06 | 50:44 | 3:21:35 |
| Timothy Redmayne | 51:28 | 51:03 | 50:54 | 51:39 | 3:25:04 |
| James Mcphail | 48:29 | 52:50 | 52:03 | 52:48 | 3:26:10 |
| Jon Hutton | 49:41 | 52:36 | 51:18 | 53:58 | 3:27:33 |
| Martyn White | 52:55 | 50:23 | 53:31 | 52:45 | 3:29:34 |
| Paul Allaway | 56:00 | 47:46 | 48:08 | 58:54 | 3:30:48 |
| Jim Howard | 1:03:32 | 47:42 | 51:27 | 49:32 | 3:32:13 |
| Pete Rogers | 54:13 | 52:30 | 51:52 | 54:29 | 3:33:04 |
| Mark Liddiard | 56:43 | 49:33 | 54:31 | 54:25 | 3:35:12 |
| Ross Foxwell | 53:15 | 53:47 | 53:10 | 56:49 | 3:37:01 |
| Ellis Harkins | 55:53 | 55:44 | 57:09 | 55:49 | 3:44:35 |
| Nicholas Adley | 59:34 | 48:22 | 57:30 | 59:58 | 3:45:24 |
| James Shimmens | 58:46 | 57:17 | 56:15 | 56:06 | 3:48:24 |
| Nicholas Cousins | 57:36 | 58:52 | 56:57 | 57:41 | 3:51:06 |
| Eoin Donnelly | 1:00:56 | 56:12 | 56:59 | 58:36 | 3:52:43 |
| Michael Hale | 56:05 | 58:42 | 58:49 | 59:10 | 3:52:46 |
| John Byrne | 1:01:00 | 50:18 | 1:04:00 | 1:04:04 | 3:59:22 |
| John Young | 1:00:22 | 59:00 | 1:02:34 | 1:01:38 | 4:03:34 |
| Simon Bourne | 55:33 | 53:47 | 53:55 | 1:24:01 | 4:07:16 |
| Matt Dolan | 59:53 | 1:01:00 | 1:03:57 | 1:04:09 | 4:08:59 |
| Greg Fradd | 59:11 | 1:03:05 | 54:45 | 1:19:00 | 4:16:01 |
| Andy Pitts | 1:08:45 | 1:06:31 | 1:08:30 | 1:16:24 | 4:40:10 |
| Colin Wilson | 1:27:24 | 1:18:09 | 1:18:19 | 1:19:03 | 5:22:55 |

Female - Overall

| Name | Race 1 | Race 2 | Race 3 | Race 4 | Sum of Total |
|---------------------|---------|---------|---------|---------|--------------|
| Deb Self | 46:21 | 46:05 | 47:52 | 49:00 | 3:09:18 |
| Rosa Lenders | 47:28 | 47:30 | 46:11 | 48:28 | 3:09:37 |
| Julie Evans | 47:44 | 49:58 | 49:31 | 50:19 | 3:17:32 |
| Abbs Clayton | 50:02 | 49:07 | 52:10 | 47:43 | 3:19:02 |
| Roisin McMahon | 51:14 | 50:58 | 49:08 | 51:17 | 3:22:37 |
| Lorna Mcleod | 52:13 | 52:24 | 50:14 | 51:05 | 3:25:56 |
| Julie Sugden | 52:29 | 51:15 | 50:42 | 53:07 | 3:27:33 |
| Caroline Akazou | 51:56 | 51:41 | 53:46 | 50:47 | 3:28:10 |
| Sally Bowness | 54:18 | 52:48 | 51:46 | 51:20 | 3:30:12 |
| Alison Jones | 52:47 | 55:00 | 53:45 | 56:03 | 3:37:35 |
| Katy Allaway | 56:38 | 58:32 | 57:00 | 57:43 | 3:49:53 |
| Emma Cantrell | 59:11 | 59:47 | 57:21 | 56:59 | 3:53:18 |
| Ruth Brennan | 58:11 | 58:51 | 59:58 | 59:38 | 3:56:38 |
| Anne Connell | 49:23 | 1:01:02 | 49:53 | 1:18:14 | 3:58:32 |
| Kate Turnell | 1:01:10 | 59:12 | 59:30 | 58:53 | 3:58:45 |
| Christine Wilson | 1:01:03 | 59:47 | 57:34 | 1:01:28 | 3:59:52 |
| Karen Goulding | 1:00:59 | 57:35 | 1:04:13 | 59:04 | 4:01:51 |
| Catherine Piper | 1:01:42 | 1:01:13 | 1:01:57 | 1:03:25 | 4:08:17 |
| Soph Tarttelin | 1:05:55 | 1:02:56 | 58:38 | 1:01:13 | 4:08:42 |
| Sian Thornley | 1:05:06 | 1:03:00 | 1:02:00 | 1:00:08 | 4:10:14 |
| Nicole Sumter | 59:53 | 58:51 | 1:13:21 | 58:41 | 4:10:46 |
| Clare Sudlow | 1:00:58 | 1:01:29 | 1:05:29 | 1:03:47 | 4:11:43 |
| Szonja Szegedi | 59:09 | 1:01:00 | 1:08:00 | 1:09:00 | 4:17:09 |
| Lorraine Deacon | 1:03:11 | 1:04:41 | 1:03:06 | 1:06:20 | 4:17:18 |
| Andrea Goodman | 1:03:00 | 59:00 | 59:34 | 1:20:00 | 4:21:34 |
| Charlotte Parham | 1:03:30 | 1:13:11 | 1:05:27 | 1:01:17 | 4:23:25 |
| Laura Ridley | 1:03:17 | 1:07:25 | 1:06:47 | 1:09:42 | 4:27:11 |
| Ayla Paul | 1:09:45 | 1:02:38 | 1:06:35 | 1:09:21 | 4:28:19 |
| Charlotte Gleadhill | 1:01:43 | 1:15:58 | 1:10:40 | 1:03:30 | 4:31:51 |
| Carla Hammond | 1:10:40 | 1:10:58 | 1:06:23 | 1:06:23 | 4:34:24 |
| Meg Alderton-Wild | 1:09:30 | 1:12:00 | 1:13:00 | 1:11:40 | 4:46:10 |
| Helen Ferguson | 1:11:26 | 1:15:00 | 1:07:33 | 1:12:54 | 4:46:53 |
| Ann Tigerstedt | 1:12:00 | 1:10:00 | 1:15:10 | 1:13:00 | 4:50:10 |
| Debbie King | 1:10:02 | 1:13:45 | 1:11:33 | 1:16:19 | 4:51:39 |
| Dani Sweeney | 1:29:39 | 1:06:50 | 1:11:20 | 1:05:52 | 4:53:41 |
| Beth Rushby | 1:00:05 | 59:40 | 1:05:42 | 1:51:14 | 4:56:41 |
| Charlotte Rollinson | 1:18:40 | 1:16:17 | 1:17:35 | 1:22:23 | 5:14:55 |

10k Series Results - FINAL

Male - Senior

| Name | Race 1 | Race 2 | Race 3 | Race 4 | Sum of Total |
|------------------|--------|--------|--------|--------|--------------|
| Damian Holmwood | 33:57 | 33:52 | 34:36 | 35:48 | 2:18:13 |
| Nicholas Twomey | 34:40 | 35:29 | 36:33 | 36:04 | 2:22:46 |
| Markus Orgill | 39:53 | 38:32 | 38:33 | 37:20 | 2:34:18 |
| Timothy Redmayne | 51:28 | 51:03 | 50:54 | 51:39 | 3:25:04 |
| Martyn White | 52:55 | 50:23 | 53:31 | 52:45 | 3:29:34 |
| Mark Liddiard | 56:43 | 49:33 | 54:31 | 54:25 | 3:35:12 |
| Ross Foxwell | 53:15 | 53:47 | 53:10 | 56:49 | 3:37:01 |
| Ellis Harkins | 55:53 | 55:44 | 57:09 | 55:49 | 3:44:35 |
| James Shimmen | 58:46 | 57:17 | 56:15 | 56:06 | 3:48:24 |
| Michael Hale | 56:05 | 58:42 | 58:49 | 59:10 | 3:52:46 |

Female - Senior

| Name | Race 1 | Race 2 | Race 3 | Race 4 | Sum of Total |
|---------------------|---------|---------|---------|---------|--------------|
| Rosa Lenders | 47:28 | 47:30 | 46:11 | 48:28 | 3:09:37 |
| Julie Sugden | 52:29 | 51:15 | 50:42 | 53:07 | 3:27:33 |
| Emma Cantrell | 59:11 | 59:47 | 57:21 | 56:59 | 3:53:18 |
| Ruth Brennan | 58:11 | 58:51 | 59:58 | 59:38 | 3:56:38 |
| Christine Wilson | 1:01:03 | 59:47 | 57:34 | 1:01:28 | 3:59:52 |
| Nicole Sumter | 59:53 | 58:51 | 1:13:21 | 58:41 | 4:10:46 |
| Charlotte Parham | 1:03:30 | 1:13:11 | 1:05:27 | 1:01:17 | 4:23:25 |
| Ayla Paul | 1:09:45 | 1:02:38 | 1:06:35 | 1:09:21 | 4:28:19 |
| Charlotte Gleadhill | 1:01:43 | 1:15:58 | 1:10:40 | 1:03:30 | 4:31:51 |
| Beth Rushby | 1:00:05 | 59:40 | 1:05:42 | 1:51:14 | 4:56:41 |
| Charlotte Rollinson | 1:18:40 | 1:16:17 | 1:17:35 | 1:22:23 | 5:14:55 |

Male - M40

| Name | Race 1 | Race 2 | Race 3 | Race 4 | Sum of Total |
|----------------------|---------|---------|--------|---------|--------------|
| Ian Turner | 39:30 | 38:43 | 38:25 | 38:56 | 2:35:34 |
| Chris Moseley | 38:34 | 38:42 | 41:35 | 39:53 | 2:38:44 |
| Richard Hallam-Baker | 39:33 | 40:20 | 40:25 | 40:54 | 2:41:12 |
| Darren Turner | 44:24 | 42:56 | 41:55 | 41:11 | 2:50:26 |
| James Hawker | 46:38 | 42:47 | 44:10 | 44:51 | 2:58:26 |
| Eoin Mcleod | 47:23 | 46:06 | 42:49 | 43:11 | 2:59:29 |
| Michael Hominick | 45:46 | 44:44 | 45:25 | 44:48 | 3:00:43 |
| Ross Davies | 44:44 | 44:02 | 43:11 | 49:05 | 3:01:02 |
| Stuart Wells | 47:39 | 46:12 | 50:58 | 48:43 | 3:13:32 |
| Richard Lamey | 48:06 | 49:50 | 49:41 | 50:03 | 3:17:40 |
| James Mcphail | 48:29 | 52:50 | 52:03 | 52:48 | 3:26:10 |
| Jon Hutton | 49:41 | 52:36 | 51:18 | 53:58 | 3:27:33 |
| Nicholas Adley | 59:34 | 48:22 | 57:30 | 59:58 | 3:45:24 |
| Eoin Donnelly | 1:00:56 | 56:12 | 56:59 | 58:36 | 3:52:43 |
| Greg Fradd | 59:11 | 1:03:05 | 54:45 | 1:19:00 | 4:16:01 |

Female - F40

| Name | Race 1 | Race 2 | Race 3 | Race 4 | Sum of Total |
|-------------------|---------|---------|---------|---------|--------------|
| Julie Evans | 47:44 | 49:58 | 49:31 | 50:19 | 3:17:32 |
| Abbs Clayton | 50:02 | 49:07 | 52:10 | 47:43 | 3:19:02 |
| Roisin McMahon | 51:14 | 50:58 | 49:08 | 51:17 | 3:22:37 |
| Caroline Akazou | 51:56 | 51:41 | 53:46 | 50:47 | 3:28:10 |
| Katy Allaway | 56:38 | 58:32 | 57:00 | 57:43 | 3:49:53 |
| Kate Turnell | 1:01:10 | 59:12 | 59:30 | 58:53 | 3:58:45 |
| Karen Goulding | 1:00:59 | 57:35 | 1:04:13 | 59:04 | 4:01:51 |
| Catherine Piper | 1:01:42 | 1:01:13 | 1:01:57 | 1:03:25 | 4:08:17 |
| Soph Tarttelin | 1:05:55 | 1:02:56 | 58:38 | 1:01:13 | 4:08:42 |
| Clare Sudlow | 1:00:58 | 1:01:29 | 1:05:29 | 1:03:47 | 4:11:43 |
| Szonja Szegedi | 59:09 | 1:01:00 | 1:08:00 | 1:09:00 | 4:17:09 |
| Laura Ridley | 1:03:17 | 1:07:25 | 1:06:47 | 1:09:42 | 4:27:11 |
| Carla Hammond | 1:10:40 | 1:10:58 | 1:06:23 | 1:06:23 | 4:34:24 |
| Meg Alderton-Wild | 1:09:30 | 1:12:00 | 1:13:00 | 1:11:40 | 4:46:10 |
| Ann Tigerstedt | 1:12:00 | 1:10:00 | 1:15:10 | 1:13:00 | 4:50:10 |
| Debbie King | 1:10:02 | 1:13:45 | 1:11:33 | 1:16:19 | 4:51:39 |
| Dani Sweeney | 1:29:39 | 1:06:50 | 1:11:20 | 1:05:52 | 4:53:41 |

Male - M50

| Name | Race 1 | Race 2 | Race 3 | Race 4 | Sum of Total |
|--------------------|---------|---------|---------|---------|--------------|
| David Caswell | 44:04 | 44:19 | 43:42 | 43:37 | 2:55:42 |
| Maurice Richardson | 42:07 | 41:41 | 49:26 | 43:08 | 2:56:22 |
| Peter Dennett | 45:34 | 44:50 | 44:46 | 44:08 | 2:59:18 |
| Steve Bateman | 46:27 | 48:10 | 46:24 | 47:45 | 3:08:46 |
| Martin Roberts | 49:34 | 49:29 | 47:50 | 50:40 | 3:17:33 |
| Mark Hammond | 51:03 | 48:42 | 51:06 | 50:44 | 3:21:35 |
| Jim Howard | 03:32 | 47:42 | 51:27 | 49:32 | 3:32:13 |
| Pete Rogers | 54:13 | 52:30 | 51:52 | 54:29 | 3:33:04 |
| Nicholas Cousins | 57:36 | 58:52 | 56:57 | 57:41 | 3:51:06 |
| John Byrne | 1:01:00 | 50:18 | 1:04:00 | 1:04:04 | 3:59:22 |
| John Young | 1:00:22 | 59:00 | 1:02:34 | 1:01:38 | 4:03:34 |
| Andy Pitts | 1:08:45 | 1:06:31 | 1:08:30 | 1:16:24 | 4:40:10 |

Female - F50

| Name | Race 1 | Race 2 | Race 3 | Race 4 | Sum of Total |
|-----------------|---------|---------|---------|---------|--------------|
| Deb Self | 46:21 | 46:05 | 47:52 | 49:00 | 3:09:18 |
| Lorna Mcleod | 52:13 | 52:24 | 50:14 | 51:05 | 3:25:56 |
| Sally Bowness | 54:18 | 52:48 | 51:46 | 51:20 | 3:30:12 |
| Anne Connell | 49:23 | 1:01:02 | 49:53 | 1:18:14 | 3:58:32 |
| Sian Thornley | 1:05:06 | 1:03:00 | 1:02:00 | 1:00:08 | 4:10:14 |
| Lorraine Deacon | 1:03:11 | 1:04:41 | 1:03:06 | 1:06:20 | 4:17:18 |
| Andrea Goodman | 1:03:00 | 59:00 | 59:34 | 1:20:00 | 4:21:34 |
| Helen Ferguson | 1:11:26 | 1:15:00 | 1:07:33 | 1:12:54 | 4:46:53 |

Male - M60

| Name | Race 1 | Race 2 | Race 3 | Race 4 | Sum of Total |
|----------------|---------|---------|---------|---------|--------------|
| Edward Dodwell | 43:01 | 42:32 | 42:28 | 44:19 | 2:52:20 |
| Douglas Lewis | 51:05 | 48:26 | 49:36 | 49:10 | 3:18:17 |
| Paul Allaway | 56:00 | 47:46 | 48:08 | 58:54 | 3:30:48 |
| Colin Wilson | 1:27:24 | 1:18:09 | 1:18:19 | 1:19:03 | 5:22:55 |

Female - F60

| Name | Race 1 | Race 2 | Race 3 | Race 4 | Sum of Total |
|--------------|--------|--------|--------|--------|--------------|
| Alison Jones | 52:47 | 55:00 | 53:45 | 56:03 | 3:37:35 |