

| Pos | FirstName | LastName | Race No | Time | Gender | Category | Categ Pos | Team | Lap 1 | Pos | Lap 2 | Pos | Lap 3 | Pos | Lap 4 | Pos | Lap 5 | Pos | Lap 6 | Pos | Lap 7 | Pos |
|-----|-----------|------------|---------|----------|--------|----------|-----------|---------------------|----------|-----|----------|-----|----------|-----|----------|-----|----------|-----|----------|-----|----------|-----|
| 1 | Piete | Vermeersch | 513 | 03:23:02 | M | Open | 1 | Garden City Runners | 00:10:40 | 2 | 00:13:44 | 4 | 00:13:00 | 2 | 00:13:00 | 3 | 00:14:00 | 2 | 00:14:00 | 3 | 00:15:00 | 3 |
| 2 | Martin | Matthews | 496 | 03:31:32 | M | Open | 2 | BRAT | 00:10:40 | 1 | 00:13:44 | 3 | 00:13:00 | 1 | 00:13:00 | 2 | 00:14:00 | 1 | 00:14:00 | 2 | 00:15:17 | 5 |
| 3 | Emma | Gooderham | 510 | 03:32:53 | F | Vet 40 | 1 | Malvern Joggers | 00:13:00 | 4 | 00:14:40 | 5 | 00:15:07 | 5 | 00:15:11 | 5 | 00:15:05 | 5 | 00:15:05 | 5 | 00:15:02 | 4 |
| 4 | Paul | Fernandez | 500 | 03:35:28 | M | Open | 3 | Abingdon Amblers | 00:11:58 | 3 | 00:13:17 | 2 | 00:13:44 | 4 | 00:14:10 | 4 | 00:14:55 | 4 | 00:14:31 | 4 | 00:14:45 | 2 |
| 5 | Keith | Russell | 495 | 03:37:33 | M | Open | 4 | Reading RR | 00:15:49 | 7 | 00:10:09 | 1 | 00:13:26 | 3 | 00:13:00 | 1 | 00:14:23 | 3 | 00:13:36 | 1 | 00:14:00 | 1 |
| 6 | Karen | Hathaway | 503 | 04:12:29 | F | Open | 1 | Reading RR | 00:13:32 | 5 | 00:15:28 | 6 | 00:15:59 | 6 | 00:16:22 | 6 | 00:16:38 | 7 | 00:16:53 | 7 | 00:18:47 | 8 |
| 7 | Brian | Mackenzie | 494 | 04:22:33 | M | Vet 40 | 1 | N/A | 00:14:58 | 6 | 00:16:22 | 7 | 00:16:21 | 7 | 00:16:32 | 7 | 00:16:35 | 6 | 00:16:25 | 6 | 00:16:34 | 6 |
| 8 | Ryan | Meredith | 509 | 04:40:32 | M | Open | 5 | N/A | 00:17:42 | 9 | 00:18:14 | 8 | 00:17:57 | 8 | 00:17:15 | 8 | 00:16:58 | 8 | 00:16:56 | 8 | 00:17:01 | 7 |
| 9 | Juliet | Champion | 507 | 05:04:50 | F | Open | 2 | Cheltenham Tri Club | 00:18:58 | 10 | 00:20:31 | 9 | 00:20:45 | 9 | 00:19:20 | 9 | 00:18:54 | 9 | 00:19:04 | 9 | 00:19:51 | 9 |
| 10 | Warren | D rozario | 499 | 06:15:26 | M | Vet 50 | 1 | Sandwell Valley | 00:17:42 | 8 | 00:20:50 | 10 | 00:23:19 | 10 | 00:22:16 | 10 | 00:23:53 | 10 | 00:24:41 | 10 | 00:25:18 | 10 |

| Pos | FirstName | LastName | Race No | Time | Gender | Category | Categ Pos | Team | Lap 8 | Pos | Lap 9 | Pos | Lap 10 | Pos | Lap 11 | Pos | Lap 12 | Pos | Lap 13 | Pos | Lap 14 | Pos | To Finish | Pos |
|-----|-----------|------------|---------|----------|--------|----------|-----------|---------------------|----------|-----|----------|-----|----------|-----|----------|-----|----------|-----|----------|-----|----------|-----|-----------|-----|
| 1 | Piete | Vermeersch | 513 | 03:23:02 | M | Open | 1 | Garden City Runners | 00:14:00 | 1 | 00:14:00 | 1 | 00:14:00 | 1 | 00:15:00 | 1 | 00:16:00 | 2 | 00:16:30 | 2 | 00:16:30 | 3 | 00:03:37 | 3 |
| 2 | Martin | Matthews | 496 | 03:31:32 | M | Open | 2 | BRAT | 00:14:23 | 2 | 00:14:20 | 2 | 00:15:00 | 3 | 00:16:00 | 3 | 00:18:00 | 5 | 00:18:00 | 5 | 00:18:00 | 5 | 00:04:07 | 5 |
| 3 | Emma | Gooderham | 510 | 03:32:53 | F | Vet 40 | 1 | Malvern Joggers | 00:14:50 | 4 | 00:14:59 | 3 | 00:14:57 | 2 | 00:15:04 | 2 | 00:15:18 | 1 | 00:15:31 | 1 | 00:15:42 | 1 | 00:03:15 | 2 |
| 4 | Paul | Fernandez | 500 | 03:35:28 | M | Open | 3 | Abingdon Amblers | 00:14:43 | 3 | 00:16:02 | 4 | 00:16:44 | 5 | 00:17:49 | 5 | 00:16:32 | 3 | 00:16:44 | 3 | 00:16:21 | 2 | 00:03:06 | 1 |
| 5 | Keith | Russell | 495 | 03:37:33 | M | Open | 4 | Reading RR | 00:16:00 | 5 | 00:16:30 | 5 | 00:16:00 | 4 | 00:17:30 | 4 | 00:18:00 | 4 | 00:17:00 | 4 | 00:18:00 | 4 | 00:04:08 | 6 |
| 6 | Karen | Hathaway | 503 | 04:12:29 | F | Open | 1 | Reading RR | 00:17:41 | 8 | 00:18:35 | 7 | 00:19:20 | 7 | 00:19:44 | 6 | 00:20:08 | 6 | 00:20:07 | 6 | 00:19:25 | 6 | 00:03:42 | 4 |
| 7 | Brian | Mackenzie | 494 | 04:22:33 | M | Vet 40 | 1 | N/A | 00:16:51 | 6 | 00:17:18 | 6 | 00:18:23 | 6 | 00:19:51 | 7 | 00:21:09 | 7 | 00:24:24 | 7 | 00:25:59 | 9 | 00:04:44 | 7 |
| 8 | Ryan | Meredith | 509 | 04:40:32 | M | Open | 5 | N/A | 00:17:30 | 7 | 00:18:38 | 8 | 00:20:15 | 8 | 00:22:57 | 8 | 00:24:13 | 8 | 00:25:59 | 9 | 00:23:39 | 8 | 00:05:11 | 9 |
| 9 | Juliet | Champion | 507 | 05:04:50 | F | Open | 2 | Cheltenham Tri Club | 00:21:16 | 9 | 00:22:08 | 9 | 00:22:40 | 9 | 00:23:32 | 9 | 00:24:45 | 9 | 00:24:40 | 8 | 00:23:31 | 7 | 00:04:49 | 8 |
| 10 | Warren | D rozario | 499 | 06:15:26 | M | Vet 50 | 1 | Sandwell Valley | 00:28:06 | 10 | 00:26:19 | 10 | 00:30:34 | 10 | 00:28:15 | 10 | 00:29:06 | 10 | | | | | | |