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|---------------------------------------|-------|-----------------------|--|-------|---------------------|
| January | Start | -5s | Ron Seward ^{1/26:51} | 11:03 | 10:58 ⁵⁷ |
| Dave Mutter ^{1/37:54} | 00:00 | 00:-5 ⁰ | Paul Hilder ^{1/26:48} | 11:06 | 11:01 ³ |
| Robert Kerr ^{1/37:38} | 00:16 | 00:11 ¹⁶ | | | |
| Kathryn Thompson ^{35:54} | 02:00 | 01:55 ^{1:44} | Andrew Hartnell ^{25:58} | 11:56 | 11:51 ⁵⁰ |
| Rachel Hiscock ^{35:54} | 02:00 | 01:55 ⁰ | Emily Brock ^{1/25:54} | 12:00 | 11:55 ⁴ |
| | | | Kerry Board ^{25:49} | 12:05 | 12:00 ⁵ |
| | | | David Cooke ^{1/25:48} | 12:06 | 12:01 ¹ |
| Dave Hutchings ^{1/35:15} | 02:39 | 02:34 ³⁹ | Neil Johnson ^{1/25:03} | 12:51 | 12:46 ⁴⁵ |
| Thom Mincham ^{1/35:13} | 02:41 | 02:36 ² | Karen Eyre ^{24:54} | 13:00 | 12:55 ⁹ |
| Jason Hyde ^{1/35:01} | 02:53 | 02:48 ¹² | Sue Hayes ^{24:53} | 13:01 | 12:56 ¹ |
| Maxine Sweetman ^{1/35:01} | 02:53 | 02:48 ⁰ | Eleanor Wood ^{24:35} | 13:19 | 13:14 ¹⁸ |
| Sara Feldman ^{1/34:43} | 03:11 | 03:06 ¹⁸ | | | |
| Paula Cooke ^{34:36} | 03:18 | 03:13 ⁷ | Richard Matthews ^{24:09} | 13:45 | 13:40 ²⁶ |
| Gill Day ^{33:54} | 04:00 | 03:55 ⁴² | Mark Spraggs ^{1/24:06} | 13:48 | 13:43 ³ |
| Jenny Ford ^{1/33:54} | 04:00 | 03:55 ⁰ | James Ashforth ^{1/23:47} | 14:07 | 14:02 ¹⁹ |
| Pam Goddard ^{1/33:48} | 04:06 | 04:01 ⁶ | Wayne Tooze ^{1/23:44} | 14:10 | 14:05 ³ |
| | | | Dave Cull ^{1/23:37} | 14:17 | 14:12 ⁷ |
| Charlotte Horlock ^{1/33:03} | 04:51 | 04:46 ⁴⁵ | Thomas Parsons ^{23:28} | 14:26 | 14:21 ⁹ |
| Iain Westworth ^{1/33:00} | 04:54 | 04:49 ³ | Adrian Strawbridge ^{1/23:26} | 14:28 | 14:23 ² |
| Ian Smith ^{1/32:45} | 05:09 | 05:04 ¹⁵ | Colin Hamnett ^{23:14} | 14:40 | 14:35 ¹² |
| Diana Burn ^{1/32:33} | 05:21 | 05:16 ¹² | Haydn Boehm ^{1/23:08} | 14:46 | 14:41 ⁶ |
| Helen Holmes ^{32:31} | 05:23 | 05:18 ² | Tim Sibley ^{22:50} | 15:04 | 14:59 ¹⁸ |
| Julia Mallon ^{32:31} | 05:23 | 05:18 ⁰ | Ian Kinnersley ^{1/22:40} | 15:14 | 15:09 ¹⁰ |
| Amie Sibley ^{1/32:19} | 05:35 | 05:30 ¹² | Jon Day ^{22:31} | 15:23 | 15:18 ⁹ |
| Janette Mack ^{32:10} | 05:44 | 05:39 ⁹ | | | |
| John Whitaker ^{1/32:10} | 05:44 | 05:39 ⁰ | Andrew Strongitharm ^{1/21:52} | 16:02 | 15:57 ³⁹ |
| Alison Gould ^{1/31:54} | 06:00 | 05:55 ¹⁶ | Rupert Pady ^{1/21:48} | 16:06 | 16:01 ⁴ |
| Claire Warner ^{1/31:47} | 06:07 | 06:02 ⁷ | Jamie Cole ^{1/21:32} | 16:22 | 16:17 ¹⁶ |
| Heather Simmons ^{31:45} | 06:09 | 06:04 ² | | | |
| Suzi Blackett ^{1/31:40} | 06:14 | 06:09 ⁵ | Matt Hewer ^{20:55} | 16:59 | 16:54 ³⁷ |
| Marianne Sweetland ^{1/31:26} | 06:28 | 06:23 ¹⁴ | | | |
| Carolyn Nation ^{1/31:10} | 06:44 | 06:39 ¹⁶ | Ben Stone ^{1/20:26} | 17:28 | 17:23 ²⁹ |
| Anna McLoughlin ^{1/30:30} | 07:24 | 07:19 ⁴⁰ | Lee Moran ^{1/19:49} | 18:05 | 18:00 ³⁷ |
| Geoff Rugg ^{1/30:19} | 07:35 | 07:30 ¹¹ | | | |
| Sally Raynes ^{1/30:16} | 07:38 | 07:33 ³ | Richard Hardy ^{1/19:25} | 18:29 | 18:24 ²⁴ |
| Shaun Vinnicombe ^{1/30:15} | 07:39 | 07:34 ¹ | Rob Collier ^{1/19:05} | 18:49 | 18:44 ²⁰ |
| | | | Matthew Orsman ^{1/19:00} | 18:54 | 18:49 ⁵ |
| Keith Agland ^{29:46} | 08:08 | 08:03 ²⁹ | Joel Seward ^{1/18:41} | 19:13 | 19:08 ¹⁹ |
| Mark Day ^{1/29:46} | 08:08 | 08:03 ⁰ | | | |
| Angela Kerr ^{29:37} | 08:17 | 08:12 ⁹ | Matt Clist ^{1/17:52} | 20:02 | 19:57 ⁴⁹ |
| Niall McNeice ^{1/29:30} | 08:24 | 08:19 ⁷ | | | |
| Katharine Moran ^{29:11} | 08:43 | 08:38 ¹⁹ | Jack Broom ^{17:21} | 20:33 | 20:28 ³¹ |
| Georgina Mills ^{1/28:52} | 09:02 | 08:57 ¹⁹ | | | |
| Louise Rawlins ^{28:42} | 09:12 | 09:07 ¹⁰ | | | |
| Alan Morbey ^{28:13} | 09:41 | 09:36 ²⁹ | | | |
| Kevin Feeney ^{28:10} | 09:44 | 09:39 ³ | | | |
| Adele Girdwood ^{1/27:57} | 09:57 | 09:52 ¹³ | | | |
| Carol Austin ^{1/27:53} | 10:01 | 09:56 ⁴ | | | |
| Jeremy Slade ^{27:48} | 10:06 | 10:01 ⁵ | | | |