Runner		Race position	time	4560	2775	Runner				1952	1258	Runner				2608	1517
Jake English	CH	1	18.01	95	74	Jake English	CH	1	18.01	95	74	Peter Mills	SoC	2	18.24	94	73
Peter Mills	SoC	2	18.24	94	73	Alan Burn	CH	5	18.48	92	71	Krzysztof Klidzia	SoC	3	18.32	93	72
Krzysztof Klidzia	SoC	3	18.32	93	72	Luke Wakeling	CH	9	19.23	88	67	Ernie Hann	SoC	6	19.10	91	70
Alan Burn	CH	5	18.48	92	71	Kieron Connor	CH	10	19.24	87	66	Simon Ambrosi	SoC	7	19.18	90	69
Ernie Hann	SoC	6	19.10	91	70	Laurence Johnston	CH	11	19.52	86	65	Damian Macenhill	SoC	8	19.21	89	68
Simon Ambrosi	SoC	7	19.18	90	69	Matthew Kiernan	CH	12	20.00	85	64	Rachel Lindley	SoC	14	20.04	83	62
Damian Macenhill	SoC	8	19.21	89	68	Mark Lynch	CH	13	20.03	84	63	Greg Williams	SoC	15	20.16	82	61
Luke Wakeling	CH	9	19.23	88	67	Mark Maginn	CH	16	20.20	81	60	Graeme Drysdale	SoC	18	20.34	80	59
Kieron Connor	CH	10	19.24	87	66	Colin Oxlade	CH	19	20.35	79	58	Sean Collard	SoC	20	20.46	78	57
Laurence Johnston	CH	11	19.52	86	65	Charlie Brackenborough	CH	24	21.26	74	53	Paul Stanford	SoC	21	20.48	77	56
Matthew Kiernan	CH	12	20.00	85	64	Abdesselam Moustakim	CH	25	21.29	73	52	Colin Hann	SoC	22	20.53	76	55
Mark Lynch	CH	13	20.03	84	63	James Moore	CH	30	21.59	69	49	Chris Morton	SoC	23	20.59	75	54
Rachel Lindley	SoC	14	20.04	83	62	Jordan O'Dongo	CH	32	22.11	67	46	Darren Woods	SoC	26	21.29	72	51
Greg Williams	SoC	15	20.16	82	61	Rod Harrington	CH	33	22.14	66	45	John Punt	SoC	27	21.40	71	50
Mark Maginn	CH	16	20.20	81	60	Andy Del Nevo	CH	34	22.21	65	44	Martin Filer	SoC	29	21.49	70	49
Graeme Drysdale	SoC	18	20.34	80	59	Joseph Lucas	CH	38	22.27	63	42	Steve Massey	SoC	31	22.02	68	47
Colin Oxlade	CH	19	20.35	79	58	Robbie Tambling	CH	42	22.46	61	40	Simon Webster	SoC	35	22.23	64	43
Sean Collard	SoC	20	20.46	78	57	Stevie Lawrence	CH	43	22.53	60	39	Geoff Pennells	SoC	39	22.32	62	41
Paul Stanford	SoC	21	20.48	77	56	Matis Godet	CH	46	23.06	59	38	Nigel Davidson	SoC	48	23.19	58	37
Colin Hann	SoC	22	20.53	76	55	Atlanta Drummond	CH	58	24.14	52	31	Steve Smith	SoC	49	23.22	57	36
Chris Morton	SoC	23	20.59	75	54	Cassandra Howard	CH	63	24.36	47	26	Russell Harmsworth	SoC	51	23.25	56	35
Charlie Brackenborough	CH	24	21.26	74	53	Norman Hemming	CH	71	25.18	42	21	Alan Dolton	SoC	54	23.57	55	34
Abdesselam Moustakim	CH	25	21.29	73	52	Adam Shew	CH	72	25.37	41	20	Peter Laurence	SoC	56	24.10	54	33
Darren Woods	SoC	26	21.29	72	51	Imran Salim	CH	73	25.46	40	19	Richard Tanner	SoC	57	24.11	53	32
John Punt	SoC	27	21.40	71	50	Jessica Moore	CH	75	25.55	39	18	Debra Bourne	SoC	59	24.18	51	30
Martin Filer	SoC	29	21.49	70	49	Terry Lappins	CH	80	26.31	37	16	Tony Ostrowski	SoC	60	24.20	50	29
James Moore	CH	30	21.59	69	48	Jules Willams	CH	84	26.50	35	14	Becky Laurence	SoC	61	24.23	49	28
Steve Massey	SoC	31	22.02	68	47	Sasha Howard	CH	87	27.01	34	13	Sunjay Bhogal	SoC	62	24.26	48	27
Jordan O'Dongo	CH	32	22.11	67	46	James Drummond	CH	101	28.08	26	9	Michelle Clarke	SoC	64	24.41	46	25
Rod Harrington	CH	33	22.14	66	45	Darren Wollen	CH	102	28.09	25	8	Steve Collard	SoC	65	24.45	45	24
Andy Del Nevo	CH	34	22.21	65	44	Claire Turner	CH	106	28.16	24	7	James Duffin	SoC	67	24.52	44	23
Simon Webster	SoC	35	22.23	64	43	Terry Hall	CH	117	29.56	21	6	Barry Finch	SoC	70	25.15	43	22
Joseph Lucas	CH	38	22.27	63	42	Leanne Moore	CH	120	30.08	19	5	Zoe Williams	SoC	77	26.00	38	17
Geoff Pennells	SoC	39	22.32	62	41	Niamh Yehezkel	CH	130	30.44	16	4	Nigel Finch	SoC	82	26.42	36	15
Robbie Tambling	CH	42	22.46	61	40	Holly Perks	CH	142	33.31	10	3	Bob Ewen	SoC	88	27.03	33	12
Stevie Lawrence	CH	43	22.53	60	39	Beth Matlock	CH	146	33.49	8	2	Dennis Seymour	SoC	89	27.03	32	11
Matis Godet	CH	46	23.06	59	38	Eric Campbell	CH	166	43.29	2	1	Bernard Nelligan	SoC	91	27.15	31	10
Nigel Davidson	SoC	48	23.19	58	37							Katie McInnes	SoC	92	27.21	30	
Steve Smith	SoC	49	23.22	57	36							Matthew Ostrowski	SoC	94	27.31	29	
Russell Harmsworth	SoC	51	23.25	56	35							Tammy Anderson	SoC	95	27.41	28	
Alan Dolton	SoC	54	23.57	55	34							Tom Littlewood	SoC	98	28.02	27	
Peter Laurence	SoC	56	24.10	54	33							Nick Fiander	SoC	113	29.19	23	
Richard Tanner	SoC	57	24.11	53	32							Andrew Diamantis	SoC	115	29.42	22	
Atlanta Drummond	CH	58	24.14	52	31							Chris Smith	SoC	119	30.07	20	
Debra Bourne	SoC	59	24.18	51	30							Gordon Connor	SoC	122	30.16	18	
Tony Ostrowski	SoC	60	24.20	50	29							Emily Tanner	SoC	123	30.17	17	
Becky Laurence	SoC	61	24.23	49	28							Andy Elliott	SoC	132	30.55	15	
Sunjay Bhogal	SoC	62	24.26	48	27							Sandra Francis	SoC	134	31.02	14	
Cassandra Howard	CH	63	24.36	47	26							Isabelle Kita	SoC	135	31.08	13	
Michelle Clarke	SoC	64	24.41	46	25							Graeme Bowyer	SoC	137	31.33	12	
Steve Collard	SoC	65	24.45	45	24							Peter Attewell	SoC	141	32.46	11	
James Duffin	SoC	67	24.52	44	23							Andy Perks	SoC	144	33.33	9	
Barry Finch	SoC	70	25.15	43	22							Colin Devaney	SoC	152	36.12	7	
Norman Hemming	CH	71	25.18	42	21							Victoria Legge	SoC	154	36.28	6	
Adam Shew	CH	72	25.37	41	20							Karen Connor	SoC	155	36.39	5	
Imran Salim	CH	73	25.46	40	19							Jacqui Devaney	SoC	157	37.27	4	
Jessica Moore	CH	75	25.55	39	18							Charlie Tanner	SoC	162	42.25	3	
Zoe Williams	SoC	77	26.00	38	17							Stacey Seymour	SoC	172	47.01	1	
Terry Lappins	CH	80	26.31	37	16												
Nigel Finch	SoC	82	26.42	36	15												
Jules Willams	CH	84	26.50	35	14												
Sasha Howard	CH	87	27.01	34	13												
Bob Ewen	SoC	88	27.03	33	12												
Dennis Seymour	SoC	89	27.03	32	11												
Bernard Nelligan	SoC	91	27.15	31	10												
Katie McInnes	SoC	92	27.21	30													
Matthew Ostrowski	SoC	94	27.31	29													
Tammy Anderson	SoC	95	27.41	28													
Tom Littlewood	SoC	98	28.02	27													
James Drummond	CH	101	28.08	26	9												
Darren Wollen	CH	102	28.09	25	8												
Claire Turner	CH	106	28.16	24	7												
Nick Fiander	SoC	113	29.19	23													
Andrew Diamantis	SoC	115	29.42	22													
Terry Hall	CH	117	29.56	21	6												
Chris Smith	SoC	119	30.07	20													
Leanne Moore	CH	120	30.08	19	5												
Gordon Connor	SoC	122	30.16	18													
Emily Tanner	SoC	123	30.17	17													
Niamh Yehezkel	CH	130	30.44	16	4												
Andy Elliott	SoC	132	30.55	15													
Sandra Francis	SoC	134	31.02	14													
Isabelle Kita	SoC	135	31.08	13													
Graeme Bowyer	SoC	137	31.33	12													
Peter Attewell	SoC	141	32.46	11													
Holly Perks	CH	142	33.31	10	3												
Andy Perks	SoC	144	33.33	9													
Beth Matlock	CH	146	33.49	8	2												
Colin Devaney	SoC	152	36.12	7													
Victoria Legge	SoC	154	36.28	6													
Karen Connor	SoC	155	36.39	5													
Jacqui Devaney	SoC	157	37.27	4													
Charlie Tanner	SoC	162	42.25	3													
Eric Campbell	CH	166	43.29	2	1												
stacey Seymour	SoC	172	47.01	1													