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|-------|------------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| 17:29 | Thea Hutchinson | | | | | 17:29 | | | | | 17:52 | |
| 17:31 | Pip Barry | | | | | 18:02 | 18:27 | | | 17:31 | | |
| 17:31 | Nicola Malin | | | | | | 17:51 | | | 17:31 | 17:38 | |
| 17:32 | Kath O'Brien | | | | | | | | | 17:32 | | |
| 17:34 | Anna Westley | | | | | 17:34 | 17:56 | | | | | |
| 17:36 | Duncan Holding | | | | | 17:36 | | | | | | |
| 17:37 | Nick Kerrigan | | | | | | | | | 17:37 | | |
| 17:40 | Helen Oldfield | | | | | | | | 17:40 | 18:02 | 17:58 | |
| 17:42 | Gail Chilton | | | | | | | | | | 17:42 | |
| 17:43 | Robert Ingamells | | | | | | | | | 17:43 | | |
| 17:45 | Chris Stanton | | 18:32 | 18:05 | 18:08 | 18:42 | 17:45 | 18:27 | 18:32 | 18:24 | 18:14 | 18:32 |
| 17:45 | Sara Beazley | 17:45 | 20:38 | | | | | | | | | |
| 17:52 | Toby Gowers | | | | | 17:52 | | | | | | |
| 17:53 | Andrew Ingamells | | 18:12 | | | 17:53 | | 18:03 | | 20:01 | 18:53 | |
| 17:56 | Vince Burke | | | | | 18:15 | 17:56 | 18:59 | 18:58 | | | |
| 17:59 | Ian Clark | | | | | 17:59 | 18:02 | | | | | |
| 18:02 | Robert Simpson | | | 21:06 | 18:02 | | | | | | | |
| 18:03 | Jacob Leigh | | 18:12 | 19:21 | | | 18:15 | 18:03 | | | | |
| 18:10 | Christo Chilton | | | | | | | | | | 18:10 | |
| 18:11 | Debbie Wright | | 18:11 | 18:12 | | | 19:53 | 19:12 | | 20:00 | 18:41 | |
| 18:19 | Dave Beazley | | 19:08 | 18:19 | | | 19:52 | | | | | |
| 18:28 | Simon Owen | | | 18:28 | | | | | | | | |
| 18:30 | Dominic Reid | | | | | | | | | 18:30 | | |
| 18:40 | Denise Roach | | | | | | | | | | 18:40 | |
| 18:42 | Sally Goble | 18:42 | | | | | | | | | | |
| 18:42 | Olivia Farah | | | | | | | 21:22 | | | 18:42 | |
| 18:50 | Barbara Jennings | | | | | | | 21:36 | 21:06 | 20:00 | 21:25 | 18:50 |
| 18:57 | Graham Smith | | | | | | | | | 19:02 | | 18:57 |
| 18:57 | Phil Henwood | | | 20:43 | | | | | 18:57 | 19:44 | | |
| 19:00 | Gus Brooks | | | 20:15 | 19:50 | | | 19:03 | | 20:36 | 19:00 | |
| 19:00 | Mark Jordan | | | | | | | | | 19:33 | 19:00 | |

