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| **MALE** |
| **Name** | **5km** | **5m** | **10km** | **10m** | **½ Marathon** | **Marathon** | **Total** |
| 1. Neil Jennings | 37(0:19:48) | 40(0:31:06) | 32(0:39:14) | 40(1:07:58) | 29(1:41:13) | # | 178 |
| 2. Wayne Windebank | N/A(0:21:11) | 34(0:35:07) | 30(0:41:27) | 37(1:08:49) | 34(1:35:42) | 32(3:47:03) | 167 |
| 3. Christopher Stocks | 27(0:20:50) | 37(0:33:45) | 28(0:42:19) | 32(1:16:13) | 32(1:40:06) | # | 156 |
| **FEMALE** |
| **Name** | **5km** | **5m** | **10km** | **10m** | **½ Marathon** | **Marathon** | **Total** |
| 1. Tam Ryan | 40(0:20:37) | # | 40(0:43:25) | 40(1:10:49) | 40(1:34:07) | 40(3:15:41) | 200 |
| 2. Jo Weguelin | 34(0:22:05) | 37(0:38:19) | 37(0:47:20) | 29(1:29:01) | 34(1:48:13) | # | 171 |
| 3. Brenda Topliss | N/A(0:23:42) | 34(0:41:07) | 34(0:49:40) | 30(1:26:38) | 32(1:52:32) | 32(4:36:53) | 162 |
| **OVER 50** |
| **Name** | **5km** | **5m** | **10km** | **10m** | **½ Marathon** | **Marathon** | **Total** |
| 1. Paul Burnage | 40(0:20:37) | 40(0:35:20) | 40(0:43:21) | 40(1:15:13) | 40(1:40:27) | # | 200 |
| 2. Brenda Topliss | N/A(0:23:42) | 37(0:41:07) | 40(0:49:40) | 37(1:26:38) | 40(1:52:32) | 40(4:36:53) | 194 |
| 3. Penny Jennings | 34(0:25:57) | 40(0:38:08) | # | 40(1:24:31) | 34(1:58:23) | # | 148 |