

| | Name | Age Category | Minutes | Seconds | Total Time | Adjusted Time | Points |
|-------------|-----------------------|--------------|---------|---------|------------|---------------|--------|
| LONG | | | | | | | |
| 1 | Paul Murgatroyd | M40 | 31 | 17 | 1877 | 1652 | 1000 |
| 2 | Elizabeth Parkinson | W16 | 37 | 45 | 2265 | 1653 | 999 |
| 3 | Phil Longstaff | M55 | 39 | 17 | 2357 | 1673 | 987 |
| 4 | Craig Thomson | M16 | 36 | 6 | 2166 | 1711 | 965 |
| 5 | Andy Lucas | M45 | 35 | 55 | 2155 | 1767 | 935 |
| 6 | Dave Gourlay | M45 | 36 | 4 | 2164 | 1774 | 931 |
| 7 | Robert Parkinson | M50 | 38 | 59 | 2339 | 1778 | 929 |
| 8 | Liam Harrington | M21 | 30 | 11 | 1811 | 1811 | 912 |
| 9 | William Parkinson | M14 | 43 | 9 | 2589 | 1890 | 874 |
| 10 | Paul Barnes | M35 | 35 | 0 | 2100 | 1974 | 837 |
| 11 | Anne Gibbs | W65 | 61 | 45 | 3705 | 2038 | 811 |
| 12 | Amanda Mylett | W55 | 54 | 24 | 3264 | 2122 | 779 |
| 13 | Mark Thomson | M40 | 40 | 26 | 2426 | 2135 | 774 |
| 14 | Sean Harrington | M50 | 46 | 59 | 2819 | 2142 | 771 |
| 15 | Helen Parkinson | W40 | 44 | 15 | 2655 | 2177 | 759 |
| 16 | Terry Matthews | M55 | 53 | 52 | 3232 | 2295 | 720 |
| 17 | Andy Furnell | M45 | 50 | 32 | 3032 | 2486 | 664 |
| 18 | Andy Parker-Pilsworth | M35 | 46 | 27 | 2787 | 2620 | 630 |
| 19 | Matt Smith | M21 | 45 | 8 | 2708 | 2708 | 610 |
| 20 | Sam Edwards | M21 | 45 | 13 | 2713 | 2713 | 609 |
| 21 | Hayley Fox | W35 | 50 | 34 | 3034 | 2731 | 605 |
| 22 | Clare Hanna | W40 | 56 | 44 | 3404 | 2791 | 592 |
| 23 | Monica Beale | W21 | 57 | 13 | 3433 | 3021 | 547 |
| 24 | Sandy Willmott | M40 | 61 | 38 | 3698 | 3587 | 460 |
| | Lewis Goddard | M14 | | | | | 0 |

The percentage handicap adjustments will be as follows: M/W 10 & below: 62%; M/W 12: 68%; W14: 71%; M14/W 16: 73%; M16/W 18: 79%; M18/W 20: 85%; M20: 97 %; M21: 100%; W 21: 97%; M35: 94%; W35: 90%; M 40: 88%; M45/W40: 82%; M50/W45: 76%; M55/W50: 71%; M60/W55: 65%; M65/W60: 60%; M70/W65: 55%; M75+/W70+: 50%

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|--------------|------------------------|--------------|---------|---------|------------|---------------|--------|
| SHORT | | | | | | | |
| 1 | Georgia Thomas | W14 | 17 | 52 | 1072 | 761 | 1000 |
| 2 | Craig Lucas | M12 | 20 | 58 | 1258 | 855 | 890 |
| 3 | Geoff Gibbs | M65 | 26 | 52 | 1612 | 967 | 787 |
| 4 | Harry Gourlay | M10 | 26 | 0 | 1560 | 967 | 787 |
| 5 | Hazel Williams | W10 | 26 | 18 | 1578 | 978 | 778 |
| 6 | Allsopp Family | M10 | 27 | 3 | 1623 | 1006 | 756 |
| 7 | Toby Williams | M10 | 28 | 16 | 1696 | 1052 | 724 |
| 8 | Nikki Harrington | W45 | 24 | 6 | 1446 | 1099 | 693 |
| 9 | Monty Parker-Pilsworth | M10 | 37 | 41 | 2261 | 1402 | 543 |
| 10 | Saha Parker-Pilsworth | M10 | 41 | 26 | 2486 | 1541 | 494 |
| 11 | Mike Donnerstag | M35 | 27 | 20 | 1640 | 1542 | 494 |
| 12 | Ben Mather | M10 | 44 | 49 | 2689 | 1667 | 457 |
| 13 | Hannah Mather | W10 | 45 | 13 | 2713 | 1682 | 452 |

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M14/W 16: 73%; M16/W 18: 79%; M18/W 20: 85%; M20: 97 %; M21: 100%; W 21: 97%; M35: 94%; W35: 90%;
M 40: 88%; M45/W40: 82%; M50/W45: 76%; M55/W50: 71%; M60/W55: 65%; M65/W60: 60%;
M70/W65: 55%; M75+/W70+: 50%