

| JULY START TIMES | | | |
|-------------------------|--------------------|------------------------|--------------|
| | | Start group time | Summer PB |
| | | PB | Start Time |
| 1 | Adam Wilding | 28:00 | 27:43 |
| 2 | David Taylor | 26:00 | 28:54 |
| 3 | Daniel Bolton | 26:00 | 29:10 |
| 4 | Dan Hounslea | 26:00 | 29:23 |
| 5 | Tom Crabtree | 26:00 | 29:40 |
| 6 | Alek Walker | 26:00 | 29:44 |
| 7 | Carl Groome | 24:00 | 31:29 |
| 8 | Lee Nixon | 24:00 | 31:38 |
| 9 | Tess Robinson | 24:00 | 31:52 |
| 10 | Steve Myerscough | 23:00 | 32:16 |
| 11 | Chris Haines | 23:00 | 32:19 |
| 12 | John Naylor | 23:00 | 32:20 |
| 13 | Mick Edge | 22:00 | 32:59 |
| 14 | Will Parkinson | 22:00 | 33:01 |
| 15 | Chris Hastwell | 21:00 | 34:07 |
| 16 | James Remnant | 21:00 | 34:29 |
| 17 | Liam Thompson | 21:00 | 34:29 |
| 18 | Tony Leach | 21:00 | 34:43 |
| 19 | Carmel Sullivan | 20:00 | 34:54 |
| 20 | Nigel Shepherd | 20:00 | 35:03 |
| 21 | Elliot Costello | 20:00 | 35:36 |
| 22 | Natolie Middlemas | 19:00 | 36:14 |
| 23 | Ian Nichols-Hogg | 18:00 | 36:39 |
| 24 | Jonny Alsopp | 19:00 | 36:44 |
| 25 | Stuart Topping | 19:00 | 36:50 |
| 26 | Martin Allison | 18:00 | 36:59 |
| 27 | Stuart Mulrooney | 18:00 | 37:22 |
| 28 | Rob Wallace | 18:00 | 37:32 |
| 29 | Alex Beaumont | 18:00 | 37:45 |
| 30 | Helen Schofield | 17:00 | 38:00 |
| 31 | Andrew Wilkinson | 17:00 | 38:41 |
| 32 | Becky Ingham | 16:00 | 39:01 |
| 33 | Stuart Grice | 15:00 | 40:08 |
| 34 | Stephen Twist | 15:00 | 40:12 |
| 35 | Bev Wilding | 15:00 | 40:29 |
| 36 | Jonathan Lawson | 15:00 | 40:32 |
| 37 | John Burns | 15:00 | 40:41 |
| 38 | Peter Rooney | 15:00 | 40:51 |
| 39 | Alona Versinina | 14:00 | 41:05 |
| 40 | Agness Woods | 14:00 | 41:08 |
| 41 | Ryan Azzopardi | 14:00 | 41:37 |
| 42 | Stephanie Harrison | 14:00 | 41:50 |

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| 43 | Tanya Shaw | 13:00 | 42:02 |
| 44 | Louise Lord | 13:00 | 42:13 |
| 45 | Robert Danson Smith | 13:00 | 42:15 |
| 46 | Dawn Biggs | 13:00 | 42:16 |
| 47 | Kirsty Holland | 13:00 | 42:18 |
| 48 | Andy Moore | 13:00 | 42:32 |
| 49 | Sharlan Butcher | 13:00 | 42:43 |
| 50 | Julie Paton | 13:00 | 42:47 |
| 51 | Alan Hudson | 12:00 | 43:05 |
| 52 | James Birchall | 12:00 | 43:19 |
| 53 | Paul Carter | 11:00 | 44:23 |
| 54 | Karen Cook | 11:00 | 44:24 |
| 55 | Vron Walker | 11:00 | 44:48 |
| 56 | Christine Fare | 10:00 | 44:58 |
| 57 | Emma Wright | 10:00 | 45:45 |
| 58 | Clare Belfield | 10:00 | 45:48 |
| 59 | Finlay McCalman | 9:00 | 45:56 |
| 60 | Tracy Clare | 5:00 | 50:43 |
| 61 | Sue Rigby | 3:00 | 51:58 |
| 62 | Julie Rooney | 3:00 | 52:14 |
| 63 | Vicky Gore | 2:00 | 53:45 |
| 64 | James Green | 2:00 | 53:45 |
| 65 | Kerry Eccles | 2:00 | 53:45 |
| 66 | Michelle Pitt | 0:00 | 55:53 |