

| Overall Male Results | | | | | | | | | | | | |
|----------------------|------|------------|-----------|---------|----------|------------|----------------|-----------|-----------|----------|----------|--------------|
| Age Cat | | First Name | Last Name | Race No | start | bike start | Swim + T1 time | Bike + T2 | run start | finish | Run time | Overall time |
| 45-54 | Male | Sean | Williams | 64 | 01:17:10 | 01:31:51 | 00:14:41 | 00:59:52 | 02:31:43 | 03:00:05 | 00:28:22 | 1:42:55 |
| 45-54 | Male | Pete | Carter | 102 | 01:46:10 | 01:56:32 | 00:10:22 | 01:02:36 | 02:59:08 | 03:29:58 | 00:30:50 | 1:43:48 |
| 35-44 | Male | Andrew | Tugwell | 104 | 01:47:55 | 01:58:50 | 00:10:55 | 01:04:50 | 03:03:40 | 03:32:31 | 00:28:51 | 1:44:36 |
| 45-54 | Male | Craig | Wilson | 91 | 01:36:50 | 01:49:18 | 00:12:28 | 01:01:11 | 02:50:29 | 03:21:53 | 00:31:24 | 1:45:03 |
| 25-34 | Male | Luke | Jeffery | 59 | 01:09:25 | 01:23:26 | 00:14:01 | 01:00:04 | 02:23:30 | 02:57:12 | 00:33:42 | 1:47:47 |
| 25-34 | Male | Rob | Young | 95 | 01:39:00 | 01:51:46 | 00:12:46 | 01:04:40 | 02:56:26 | 03:27:22 | 00:30:56 | 1:48:22 |
| 35-44 | Male | Dean | Haward | 103 | 01:48:00 | 01:59:44 | 00:11:44 | 01:04:23 | 03:04:07 | 03:37:09 | 00:33:02 | 1:49:09 |
| 55-64 | Male | Nick | Holmes | 73 | 01:22:20 | 01:34:05 | 00:11:45 | 01:08:37 | 02:42:42 | 03:14:32 | 00:31:50 | 1:52:12 |
| 45-54 | Male | David | Arthur | 67 | 01:17:50 | 01:31:25 | 00:13:35 | 01:07:26 | 02:38:51 | 03:10:35 | 00:31:44 | 1:52:45 |
| 15-24 | Male | Warwick | Hadley | 51 | 01:01:15 | 01:13:38 | 00:12:23 | 01:10:03 | 02:23:41 | 02:55:38 | 00:31:57 | 1:54:23 |
| 55-64 | Male | Nigel | Taylor | 99 | 01:40:20 | 01:50:55 | 00:10:35 | 01:10:04 | 03:00:59 | 03:34:57 | 00:33:58 | 1:54:37 |
| 25-34 | Male | Nathan | Holmes | 46 | 00:56:40 | 01:11:33 | 00:14:53 | 01:07:33 | 02:19:06 | 02:51:47 | 00:32:41 | 1:55:07 |
| 25-34 | Male | Mike | Burt | 49 | 00:58:20 | 01:12:55 | 00:14:35 | 01:06:39 | 02:19:34 | 02:53:51 | 00:34:17 | 1:55:31 |
| 35-44 | Male | Daniel | Caton | 55 | 01:01:45 | 01:15:11 | 00:13:26 | 01:08:36 | 02:23:47 | 02:57:24 | 00:33:37 | 1:55:39 |
| 45-54 | Male | Martin | Goodall | 92 | 01:36:45 | 01:49:27 | 00:12:42 | 01:09:01 | 02:58:28 | 03:33:24 | 00:34:56 | 1:56:39 |
| 35-44 | Male | Matt | Hodges | 58 | 01:09:30 | 01:24:59 | 00:15:29 | 01:11:21 | 02:36:20 | 03:07:03 | 00:30:43 | 1:57:33 |
| 15-24 | Male | Robert | Arthur | 68 | 01:17:55 | 01:31:32 | 00:13:37 | 01:12:44 | 02:44:16 | 03:16:13 | 00:31:57 | 1:58:18 |
| 35-44 | Male | Rob | Doorly | 54 | 01:00:55 | 01:13:51 | 00:12:56 | 01:11:44 | 02:25:35 | 02:59:16 | 00:33:41 | 1:58:21 |
| 35-44 | Male | Adam | Morgan | 79 | 01:27:10 | 01:41:15 | 00:14:05 | 01:09:22 | 02:50:37 | 03:26:02 | 00:35:25 | 1:58:52 |
| 35-44 | Male | Bernard | Hartigan | 86 | 01:32:55 | 01:45:13 | 00:12:18 | 01:10:19 | 02:55:32 | 03:32:44 | 00:37:12 | 1:59:49 |
| 15-24 | Male | Josh | Barber | 85 | 01:33:00 | 01:46:14 | 00:13:14 | 01:14:23 | 03:00:37 | 03:33:13 | 00:32:36 | 2:00:13 |
| 35-44 | Male | Alan | Jones | 75 | 01:25:20 | 01:37:55 | 00:12:35 | 01:11:15 | 02:49:10 | 03:25:45 | 00:36:35 | 2:00:25 |
| 25-34 | Male | Ben | Gratton | 1 | 1:05:30 | 01:21:54 | 00:16:24 | 01:10:23 | 02:32:17 | 03:06:33 | 00:34:16 | 2:01:03 |
| 35-44 | Male | Daniel | Morgan | 61 | 01:13:50 | 01:27:36 | 00:13:46 | 01:09:03 | 02:36:39 | 03:15:05 | 00:38:26 | 2:01:15 |
| 55-64 | Male | Roy | Young | 42 | 00:55:55 | 01:10:59 | 00:15:04 | 01:09:18 | 02:20:17 | 02:58:38 | 00:38:21 | 2:02:43 |
| 35-44 | Male | Brian | Robles | 29 | 00:40:55 | 00:56:16 | 00:15:21 | 01:10:51 | 02:07:07 | 02:44:15 | 00:37:08 | 2:03:20 |
| 55-64 | Male | Glyn | Jenkins | 74 | 01:22:25 | 01:38:23 | 00:15:58 | 01:09:34 | 02:47:57 | 03:25:51 | 00:37:54 | 2:03:26 |
| 45-54 | Male | Richard | Bulmer | 98 | 01:40:25 | 01:52:07 | 00:11:42 | 01:14:08 | 03:06:15 | 03:44:47 | 00:38:32 | 2:04:22 |
| 25-34 | Male | Jason | Doughty | 27 | 00:41:15 | 00:57:32 | 00:16:17 | 01:14:13 | 02:11:45 | 02:46:43 | 00:34:58 | 2:05:28 |
| 45-54 | Male | Steve | Beenev | 96 | 01:40:30 | 01:53:44 | 00:13:14 | 01:16:04 | 03:09:48 | 03:46:32 | 00:36:44 | 2:06:02 |

| Age Cat | | First Name | Last Name | Race No | start | bike start | Swim + T1 time | Bike + T2 | run start | finish | Run time | Overall time |
|---------|------|------------|------------|---------|----------|------------|----------------|-----------|-----------|----------|----------|--------------|
| 45-54 | Male | Nicholas | Lever | 76 | 01:25:10 | 01:39:49 | 00:14:39 | 01:11:37 | 02:51:26 | 03:32:26 | 00:41:00 | 2:07:16 |
| 45-54 | Male | Maz | Abeto | 48 | 00:58:15 | 01:15:58 | 00:17:43 | 01:12:45 | 02:28:43 | 03:05:37 | 00:36:54 | 2:07:22 |
| 45-54 | Male | Nick | Douglas | 83 | 01:31:50 | 01:47:11 | 00:15:21 | 01:13:44 | 03:00:55 | 03:40:46 | 00:39:51 | 2:08:56 |
| 25-34 | Male | Darren | Cole | 90 | 01:36:55 | 01:49:04 | 00:12:09 | 01:30:19 | 03:19:23 | 03:48:21 | 00:28:58 | 2:11:26 |
| 45-54 | Male | Anthony | Hope | 10 | 00:21:00 | 00:37:11 | 00:16:11 | 01:18:09 | 01:55:20 | 02:34:20 | 00:39:00 | 2:13:20 |
| 55-64 | Male | Patrick | Collison | 56 | 01:01:50 | 01:18:55 | 00:17:05 | 01:17:35 | 02:36:30 | 03:15:33 | 00:39:03 | 2:13:43 |
| 45-54 | Male | Luke | Beardon | 65 | 01:17:20 | 01:30:40 | 00:13:20 | 01:20:51 | 02:51:31 | 03:31:05 | 00:39:34 | 2:13:45 |
| 55-64 | Male | Trevor | Prior | 38 | 00:44:25 | 00:59:20 | 00:14:55 | 01:18:42 | 02:18:02 | 02:58:40 | 00:40:38 | 2:14:15 |
| 55-64 | Male | Ian | Carey | 69 | 01:19:50 | 01:33:29 | 00:13:39 | 01:18:26 | 02:51:55 | 03:34:06 | 00:42:11 | 2:14:16 |
| 25-34 | Male | Hafiz | Aladin | 87 | 01:33:50 | 01:46:21 | 00:12:31 | 01:24:08 | 03:10:29 | 03:48:08 | 00:37:39 | 2:14:18 |
| 35-44 | Male | Stuart | Newnham | 31 | 00:41:55 | 00:59:38 | 00:17:43 | 01:18:02 | 02:17:40 | 02:56:58 | 00:39:18 | 2:15:03 |
| 55-64 | Male | Martin | Scholes | 30 | 00:42:00 | 00:59:10 | 00:17:10 | 01:20:46 | 02:19:56 | 02:58:31 | 00:38:35 | 2:16:31 |
| 65-74 | Male | David | Robinson | 80 | 01:27:00 | 01:43:17 | 00:16:17 | 01:21:03 | 03:04:20 | 03:43:47 | 00:39:27 | 2:16:47 |
| 45-54 | Male | Jock | Rafferty | 19 | 00:24:35 | 00:43:27 | 00:18:52 | 01:18:21 | 02:01:48 | 02:41:29 | 00:39:41 | 2:16:54 |
| 25-34 | Male | Matthew | Richards | 28 | 00:24:35 | 00:48:02 | 00:23:27 | 01:17:15 | 02:05:17 | 02:42:48 | 00:37:31 | 2:18:13 |
| 45-54 | Male | Darren | Burgess | 33 | 00:44:40 | 01:03:21 | 00:18:41 | 01:20:35 | 02:23:56 | 03:03:38 | 00:39:42 | 2:18:58 |
| 35-44 | Male | Rob | Leech | 100 | 01:46:30 | 02:02:49 | 00:16:19 | 01:26:53 | 03:29:42 | 04:05:34 | 00:35:52 | 2:19:04 |
| 35-44 | Male | Ben | Jayston | 22 | 00:36:15 | 00:54:00 | 00:17:45 | 01:21:03 | 02:15:03 | 02:55:54 | 00:40:51 | 2:19:39 |
| 25-34 | Male | Ben | Roberts | 62 | 01:13:55 | 01:31:42 | 00:17:47 | 01:25:43 | 02:57:25 | 03:36:03 | 00:38:38 | 2:22:08 |
| 25-34 | Male | Thomas | Phillips | 47 | 00:57:00 | 01:12:07 | 00:15:07 | 01:26:51 | 02:38:58 | 03:19:10 | 00:40:12 | 2:22:10 |
| 45-54 | Male | Matthew | Fletcher | 9 | 00:21:15 | 00:49:02 | 00:27:47 | 01:22:42 | 02:11:44 | 02:44:04 | 00:32:20 | 2:22:49 |
| 45-54 | Male | Nick | Scott-Denn | 11 | 00:24:25 | 00:46:47 | 00:22:22 | 01:21:29 | 02:08:16 | 02:47:20 | 00:39:04 | 2:22:55 |
| 45-54 | Male | Mark | Drew | 44 | 00:56:50 | 01:14:19 | 00:17:29 | 01:26:10 | 02:40:29 | 03:23:59 | 00:43:30 | 2:27:09 |
| 55-64 | Male | Stephen | Phillips | 25 | 00:41:05 | 01:00:31 | 00:19:26 | 01:23:22 | 02:23:53 | 03:09:45 | 00:45:52 | 2:28:40 |
| 45-54 | Male | Ben | Collins | 34 | 00:42:05 | 00:58:39 | 00:16:34 | 01:33:15 | 02:31:54 | 03:11:48 | 00:39:54 | 2:29:43 |
| 35-44 | Male | Daniel | Wavell | 40 | 00:46:45 | 01:04:23 | 00:17:38 | 01:23:35 | 02:27:58 | 03:16:45 | 00:48:47 | 2:30:00 |
| 25-34 | Male | Sam | Grist | 14 | 00:22:00 | 00:38:12 | 00:16:12 | 01:30:15 | 02:08:27 | 02:53:15 | 00:44:48 | 2:31:15 |
| 25-34 | Male | Adrian | Evans | 20 | 00:24:10 | 00:44:57 | 00:20:47 | 01:28:03 | 02:13:00 | 02:55:40 | 00:42:40 | 2:31:30 |
| 25-34 | Male | Patrick | Deacon | 50 | 00:58:25 | 01:16:25 | 00:18:00 | 01:31:24 | 02:47:49 | 03:30:15 | 00:42:26 | 2:31:50 |
| 55-64 | Male | David | Lawn | 26 | 00:24:25 | 00:47:41 | 00:23:16 | 01:28:27 | 02:16:08 | 02:56:41 | 00:40:33 | 2:32:16 |
| 45-54 | Male | Mike | Clare | 89 | 01:34:10 | 01:49:55 | 00:15:45 | 01:32:43 | 03:22:38 | 04:07:02 | 00:44:24 | 2:32:52 |
| 15-24 | Male | Jack | Heaver | 5 | 00:21:15 | 00:40:07 | 00:18:52 | 01:41:26 | 02:21:33 | 02:57:12 | 00:35:39 | 2:35:57 |
| 35-44 | Male | Fran | Bamford | 12 | 00:22:10 | 00:38:31 | 00:16:21 | 01:33:02 | 02:11:33 | 02:59:15 | 00:47:42 | 2:37:05 |
| 45-54 | Male | Chris | Hayles | 6 | 00:21:30 | 00:46:07 | 00:24:37 | 01:35:42 | 02:21:49 | 03:10:26 | 00:48:37 | 2:48:56 |
| 55-64 | Male | Nicholas | Oulton | 16 | 00:22:20 | 00:58:56 | 00:36:36 | 01:32:58 | 02:31:54 | 03:11:48 | 00:39:54 | 2:49:28 |
| 80+ | Male | Hugh | Taylor | 18 | 00:24:10 | 00:50:16 | 00:26:06 | 01:38:46 | 02:29:02 | 03:44:08 | 01:15:06 | 3:19:58 |

| Male results by category | | | | | | | | | | | | |
|--------------------------|------|------------|-----------|---------|----------|------------|----------------|-----------|-----------|----------|----------|--------------|
| Age Cat | | First Name | Last Name | Race No | start | bike start | Swim + T1 time | Bike + T2 | run start | finish | Run time | Overall time |
| 15-24 | Male | Warwick | Hadley | 51 | 01:01:15 | 01:13:38 | 00:12:23 | 01:10:03 | 02:23:41 | 02:55:38 | 00:31:57 | 1:54:23 |
| 15-24 | Male | Robert | Arthur | 68 | 01:17:55 | 01:31:32 | 00:13:37 | 01:12:44 | 02:44:16 | 03:16:13 | 00:31:57 | 1:58:18 |
| 15-24 | Male | Josh | Barber | 85 | 01:33:00 | 01:46:14 | 00:13:14 | 01:14:23 | 03:00:37 | 03:33:13 | 00:32:36 | 2:00:13 |
| 15-24 | Male | Jack | Heaver | 5 | 00:21:15 | 00:40:07 | 00:18:52 | 01:41:26 | 02:21:33 | 02:57:12 | 00:35:39 | 2:35:57 |
| 25-34 | Male | Luke | Jeffery | 59 | 01:09:25 | 01:23:26 | 00:14:01 | 01:00:04 | 02:23:30 | 02:57:12 | 00:33:42 | 1:47:47 |
| 25-34 | Male | Rob | Young | 95 | 01:39:00 | 01:51:46 | 00:12:46 | 01:04:40 | 02:56:26 | 03:27:22 | 00:30:56 | 1:48:22 |
| 25-34 | Male | Nathan | Holmes | 46 | 00:56:40 | 01:11:33 | 00:14:53 | 01:07:33 | 02:19:06 | 02:51:47 | 00:32:41 | 1:55:07 |
| 25-34 | Male | Mike | Burt | 49 | 00:58:20 | 01:12:55 | 00:14:35 | 01:06:39 | 02:19:34 | 02:53:51 | 00:34:17 | 1:55:31 |
| 25-34 | Male | Ben | Gratton | 1 | 1:05:30 | 01:21:54 | 00:16:24 | 01:10:23 | 02:32:17 | 03:06:33 | 00:34:16 | 2:01:03 |
| 25-34 | Male | Jason | Doughty | 27 | 00:41:15 | 00:57:32 | 00:16:17 | 01:14:13 | 02:11:45 | 02:46:43 | 00:34:58 | 2:05:28 |
| 25-34 | Male | Darren | Cole | 90 | 01:36:55 | 01:49:04 | 00:12:09 | 01:30:19 | 03:19:23 | 03:48:21 | 00:28:58 | 2:11:26 |
| 25-34 | Male | Hafiz | Aladin | 87 | 01:33:50 | 01:46:21 | 00:12:31 | 01:24:08 | 03:10:29 | 03:48:08 | 00:37:39 | 2:14:18 |
| 25-34 | Male | Matthew | Richards | 28 | 00:24:35 | 00:48:02 | 00:23:27 | 01:17:15 | 02:05:17 | 02:42:48 | 00:37:31 | 2:18:13 |
| 25-34 | Male | Ben | Roberts | 62 | 01:13:55 | 01:31:42 | 00:17:47 | 01:25:43 | 02:57:25 | 03:36:03 | 00:38:38 | 2:22:08 |
| 25-34 | Male | Thomas | Phillips | 47 | 00:57:00 | 01:12:07 | 00:15:07 | 01:26:51 | 02:38:58 | 03:19:10 | 00:40:12 | 2:22:10 |
| 25-34 | Male | Sam | Grist | 14 | 00:22:00 | 00:38:12 | 00:16:12 | 01:30:15 | 02:08:27 | 02:53:15 | 00:44:48 | 2:31:15 |
| 25-34 | Male | Adrian | Evans | 20 | 00:24:10 | 00:44:57 | 00:20:47 | 01:28:03 | 02:13:00 | 02:55:40 | 00:42:40 | 2:31:30 |
| 25-34 | Male | Patrick | Deacon | 50 | 00:58:25 | 01:16:25 | 00:18:00 | 01:31:24 | 02:47:49 | 03:30:15 | 00:42:26 | 2:31:50 |
| 35-44 | Male | Andrew | Tugwell | 104 | 01:47:55 | 01:58:50 | 00:10:55 | 01:04:50 | 03:03:40 | 03:32:31 | 00:28:51 | 1:44:36 |
| 35-44 | Male | Dean | Haward | 103 | 01:48:00 | 01:59:44 | 00:11:44 | 01:04:23 | 03:04:07 | 03:37:09 | 00:33:02 | 1:49:09 |
| 35-44 | Male | Daniel | Caton | 55 | 01:01:45 | 01:15:11 | 00:13:26 | 01:08:36 | 02:23:47 | 02:57:24 | 00:33:37 | 1:55:39 |
| 35-44 | Male | Matt | Hodges | 58 | 01:09:30 | 01:24:59 | 00:15:29 | 01:11:21 | 02:36:20 | 03:07:03 | 00:30:43 | 1:57:33 |
| 35-44 | Male | Rob | Doorly | 54 | 01:00:55 | 01:13:51 | 00:12:56 | 01:11:44 | 02:25:35 | 02:59:16 | 00:33:41 | 1:58:21 |
| 35-44 | Male | Adam | Morgan | 79 | 01:27:10 | 01:41:15 | 00:14:05 | 01:09:22 | 02:50:37 | 03:26:02 | 00:35:25 | 1:58:52 |
| 35-44 | Male | Bernard | Hartigan | 86 | 01:32:55 | 01:45:13 | 00:12:18 | 01:10:19 | 02:55:32 | 03:32:44 | 00:37:12 | 1:59:49 |
| 35-44 | Male | Alan | Jones | 75 | 01:25:20 | 01:37:55 | 00:12:35 | 01:11:15 | 02:49:10 | 03:25:45 | 00:36:35 | 2:00:25 |
| 35-44 | Male | Daniel | Morgan | 61 | 01:13:50 | 01:27:36 | 00:13:46 | 01:09:03 | 02:36:39 | 03:15:05 | 00:38:26 | 2:01:15 |
| 35-44 | Male | Brian | Robles | 29 | 00:40:55 | 00:56:16 | 00:15:21 | 01:10:51 | 02:07:07 | 02:44:15 | 00:37:08 | 2:03:20 |
| 35-44 | Male | Stuart | Newnham | 31 | 00:41:55 | 00:59:38 | 00:17:43 | 01:18:02 | 02:17:40 | 02:56:58 | 00:39:18 | 2:15:03 |
| 35-44 | Male | Rob | Leech | 100 | 01:46:30 | 02:02:49 | 00:16:19 | 01:26:53 | 03:29:42 | 04:05:34 | 00:35:52 | 2:19:04 |
| 35-44 | Male | Ben | Jayston | 22 | 00:36:15 | 00:54:00 | 00:17:45 | 01:21:03 | 02:15:03 | 02:55:54 | 00:40:51 | 2:19:39 |
| 35-44 | Male | Daniel | Wavell | 40 | 00:46:45 | 01:04:23 | 00:17:38 | 01:23:35 | 02:27:58 | 03:16:45 | 00:48:47 | 2:30:00 |
| 35-44 | Male | Fran | Bamford | 12 | 00:22:10 | 00:38:31 | 00:16:21 | 01:33:02 | 02:11:33 | 02:59:15 | 00:47:42 | 2:37:05 |

| Age Cat | | First Name | Last Name | Race No | start | bike start | Swim + T1 time | Bike + T2 | run start | finish | Run time | Overall time |
|---------|------|------------|------------|---------|----------|------------|----------------|-----------|-----------|----------|----------|--------------|
| 45-54 | Male | Sean | Williams | 64 | 01:17:10 | 01:31:51 | 00:14:41 | 00:59:52 | 02:31:43 | 03:00:05 | 00:28:22 | 1:42:55 |
| 45-54 | Male | Pete | Carter | 102 | 01:46:10 | 01:56:32 | 00:10:22 | 01:02:36 | 02:59:08 | 03:29:58 | 00:30:50 | 1:43:48 |
| 45-54 | Male | Craig | Wilson | 91 | 01:36:50 | 01:49:18 | 00:12:28 | 01:01:11 | 02:50:29 | 03:21:53 | 00:31:24 | 1:45:03 |
| 45-54 | Male | David | Arthur | 67 | 01:17:50 | 01:31:25 | 00:13:35 | 01:07:26 | 02:38:51 | 03:10:35 | 00:31:44 | 1:52:45 |
| 45-54 | Male | Martin | Goodall | 92 | 01:36:45 | 01:49:27 | 00:12:42 | 01:09:01 | 02:58:28 | 03:33:24 | 00:34:56 | 1:56:39 |
| 45-54 | Male | Richard | Bulmer | 98 | 01:40:25 | 01:52:07 | 00:11:42 | 01:14:08 | 03:06:15 | 03:44:47 | 00:38:32 | 2:04:22 |
| 45-54 | Male | Steve | Beeney | 96 | 01:40:30 | 01:53:44 | 00:13:14 | 01:16:04 | 03:09:48 | 03:46:32 | 00:36:44 | 2:06:02 |
| 45-54 | Male | Nicholas | Lever | 76 | 01:25:10 | 01:39:49 | 00:14:39 | 01:11:37 | 02:51:26 | 03:32:26 | 00:41:00 | 2:07:16 |
| 45-54 | Male | Maz | Abeto | 48 | 00:58:15 | 01:15:58 | 00:17:43 | 01:12:45 | 02:28:43 | 03:05:37 | 00:36:54 | 2:07:22 |
| 45-54 | Male | Nick | Douglas | 83 | 01:31:50 | 01:47:11 | 00:15:21 | 01:13:44 | 03:00:55 | 03:40:46 | 00:39:51 | 2:08:56 |
| 45-54 | Male | Anthony | Hope | 10 | 00:21:00 | 00:37:11 | 00:16:11 | 01:18:09 | 01:55:20 | 02:34:20 | 00:39:00 | 2:13:20 |
| 45-54 | Male | Luke | Beardon | 65 | 01:17:20 | 01:30:40 | 00:13:20 | 01:20:51 | 02:51:31 | 03:31:05 | 00:39:34 | 2:13:45 |
| 45-54 | Male | Jock | Rafferty | 19 | 00:24:35 | 00:43:27 | 00:18:52 | 01:18:21 | 02:01:48 | 02:41:29 | 00:39:41 | 2:16:54 |
| 45-54 | Male | Darren | Burgess | 33 | 00:44:40 | 01:03:21 | 00:18:41 | 01:20:35 | 02:23:56 | 03:03:38 | 00:39:42 | 2:18:58 |
| 45-54 | Male | Matthew | Fletcher | 9 | 00:21:15 | 00:49:02 | 00:27:47 | 01:22:42 | 02:11:44 | 02:44:04 | 00:32:20 | 2:22:49 |
| 45-54 | Male | Nick | Scott-Denn | 11 | 00:24:25 | 00:46:47 | 00:22:22 | 01:21:29 | 02:08:16 | 02:47:20 | 00:39:04 | 2:22:55 |
| 45-54 | Male | Mark | Drew | 44 | 00:56:50 | 01:14:19 | 00:17:29 | 01:26:10 | 02:40:29 | 03:23:59 | 00:43:30 | 2:27:09 |
| 45-54 | Male | Ben | Collins | 34 | 00:42:05 | 00:58:39 | 00:16:34 | 01:33:15 | 02:31:54 | 03:11:48 | 00:39:54 | 2:29:43 |
| 45-54 | Male | Mike | Clare | 89 | 01:34:10 | 01:49:55 | 00:15:45 | 01:32:43 | 03:22:38 | 04:07:02 | 00:44:24 | 2:32:52 |
| 45-54 | Male | Chris | Hayles | 6 | 00:21:30 | 00:46:07 | 00:24:37 | 01:35:42 | 02:21:49 | 03:10:26 | 00:48:37 | 2:48:56 |
| | | | | | | | | | | | | |
| 55-64 | Male | Nick | Holmes | 73 | 01:22:20 | 01:34:05 | 00:11:45 | 01:08:37 | 02:42:42 | 03:14:32 | 00:31:50 | 1:52:12 |
| 55-64 | Male | Nigel | Taylor | 99 | 01:40:20 | 01:50:55 | 00:10:35 | 01:10:04 | 03:00:59 | 03:34:57 | 00:33:58 | 1:54:37 |
| 55-64 | Male | Roy | Young | 42 | 00:55:55 | 01:10:59 | 00:15:04 | 01:09:18 | 02:20:17 | 02:58:38 | 00:38:21 | 2:02:43 |
| 55-64 | Male | Glyn | Jenkins | 74 | 01:22:25 | 01:38:23 | 00:15:58 | 01:09:34 | 02:47:57 | 03:25:51 | 00:37:54 | 2:03:26 |
| 55-64 | Male | Patrick | Collison | 56 | 01:01:50 | 01:18:55 | 00:17:05 | 01:17:35 | 02:36:30 | 03:15:33 | 00:39:03 | 2:13:43 |
| 55-64 | Male | Trevor | Prior | 38 | 00:44:25 | 00:59:20 | 00:14:55 | 01:18:42 | 02:18:02 | 02:58:40 | 00:40:38 | 2:14:15 |
| 55-64 | Male | Ian | Carey | 69 | 01:19:50 | 01:33:29 | 00:13:39 | 01:18:26 | 02:51:55 | 03:34:06 | 00:42:11 | 2:14:16 |
| 55-64 | Male | Martin | Scholes | 30 | 00:42:00 | 00:59:10 | 00:17:10 | 01:20:46 | 02:19:56 | 02:58:31 | 00:38:35 | 2:16:31 |
| 55-64 | Male | Stephen | Phillips | 25 | 00:41:05 | 01:00:31 | 00:19:26 | 01:23:22 | 02:23:53 | 03:09:45 | 00:45:52 | 2:28:40 |
| 55-64 | Male | David | Lawn | 26 | 00:24:25 | 00:47:41 | 00:23:16 | 01:28:27 | 02:16:08 | 02:56:41 | 00:40:33 | 2:32:16 |
| 55-64 | Male | Nicholas | Oulton | 16 | 00:22:20 | 00:58:56 | 00:36:36 | 01:32:58 | 02:31:54 | 03:11:48 | 00:39:54 | 2:49:28 |
| | | | | | | | | | | | | |
| 65-74 | Male | David | Robinson | 80 | 01:27:00 | 01:43:17 | 00:16:17 | 01:21:03 | 03:04:20 | 03:43:47 | 00:39:27 | 2:16:47 |
| | | | | | | | | | | | | |
| 80+ | Male | Hugh | Taylor | 18 | 00:24:10 | 00:50:16 | 00:26:06 | 01:38:46 | 02:29:02 | 03:44:08 | 01:15:06 | 3:19:58 |