Name	5km	5Miles	10km	10Miles	Half-Marathon	20 miles	Marathon
Tim Boyd	00:20:12	00:34:39	00:43:16	01:13:28	01:40:24	02:40:12	03:37.05
Billy Bremner	00:18:23	00:30.59	00:40:27	01:04:02	01:32:25	n/a	n/a
Pat Brown	00:17:24	00:28:12	00:35:00	00:58:04	01:18:00	n/a	02:56.00
Stephen Cowell	00:25:08	00:41:05	00:48:25	01:29:27	01:30:05	03:16:09	04:44:47
Frances Cooke	00:17:53	00:28:57	00:36:24	01:00:43	01:20:34	02:14:04	03:04:41
Mark Darlow	00:20:10	00:34:08	00:42:54	01:10:45	01.34.20	n/a	04:40:13
Justin Elvidge	00:21:16	00:32.42	00:43:00	01:08:09	01:30:21	02:33:12	03:31:12
Paul Hensby	00:17:55	00:28:37	00:35:56	00:59:14	01:20:33	02:09:09	02:52:28
Gena Jackman	00:28:59	n/a	n/a	01:15:00	01:47:28	n/a	04:26:00
Peter Jackman	n/a	n/a	00:45:15	01:18:44	01:40:09	n/a	03:46:43
Andrew Larham	00:18:55	00:31:40	00:39:33	01:04:20	01:26:09	n/a	03:05:42
Geraldine Larham	00:20:00	00:32.32	00:41.22	01:07.48	01:28.29	02:27:45	03:18.11
Harry Littlemore	00:22:36	00:37:50	00:47:32	01:16:29	01:42:17	n/a	n/a
Darren Moat	00:18:42	00:30:17	00:38:07	01:02:33	01:25:33	02:24:00	03:14:54
Helena Mueller	n/a	00:40:34	00:51:13	n/a	n/a	n/a	n/a
Melissa Neal	00:17:57	00:29:32	00:36:23	01:00:30	01:19:48	n/a	n/a
Simon Oldfield	00:18:09	00:30:15	00:40:29	01:04:26	01:26:14	n/a	n/a
Karen Patterson	00:20:33	00:34:39	00:43:35	01:10:08	01:34:23	02:24:45	03:26:39
Jason Perring	00:18:43	00:30:24	00:39:08	01:03:06	01:23:53	02:23:07	03:05:30
Simon Render	n/a	00:29:03	n/a	00:58:11	01:19:02	n/a	03:03:36
Graeme Robertson	00:25:49	n/a	00:54:00	n/a	n/a	n/a	n/a
Jevan Robertson	00:17:20	00:29.19	00:37:21	01:04:07	01.27.37	n/a	n/a
Mark salmons	00:19:48	00:33:08	00:44:15	01:13:42	01:35:15	02:34:32	03:32:48
Keith Saward	n/a	00:34:45	00:39:52	01:07:42	01:31:00	02:20:00	03:30:16
Fay Scrivener	00:25:26	00:41:38	00:53:06	01:29:55	01:56:18	n/a	n/a
Wayne Stimson	00:19:29	00:31:40	00:40:13	01:08:09	01:32:32	n/a	04:14:00
Dawn Veal	00:24:38	00:41:02	00:53:17	01:28:42	01:58:08	n/a	n/a
Rick Ware	n/a	n/a	00:37:02	00:58:27	01:15:50	n/a	02:47:13
Peter west	00:18:04	n/a	00:39:50	n/a	01:27:04	n/a	03:19:54