Pos	Time	First	Surname	G	Laps	Av min/m	Av min/km	Dist m	Dist km	Av Lap Split
1	00:40:06	Emily	Hooker	F	2	00:12:32	00:08:01	3.2	5	00:20:03
2	00:41:37	Mel	Inman	F	2	00:13:00	00:08:19	3.2	5	00:20:48
3	00:51:32	Csilla	F	F	2	00:16:06	00:10:18	3.2	5	00:25:46
4	01:01:45	Sally	Hughes	F	2	00:19:18	00:12:21	3.2	5	00:30:52
5	01:16:33	Kim	Gray	F	2	00:23:55	00:15:19	3.2	5	00:38:17
1	00:57:17	Emily	Clarke	F	3	00:11:56	00:07:38	4.8	7.5	00:19:06
1	01:00:42	Claire	Towers	F	4	00:09:29	00:06:04	6.4	10	00:15:11
2	01:00:42	Helena	Rivers	F	4	00:09:29	00:06:04	6.4	10	00:15:11
3	01:03:00	Ruth	Brownlee	F	4	00:09:51	00:06:18	6.4	10	00:15:45
4	01:04:58	Camilla	Missions	F	4	00:10:09	00:06:30	6.4	10	00:16:15
5	01:07:30	Olivia	Lyne	F	4	00:10:33	00:06:45	6.4	10	00:16:52
6	01:13:05	Nick	Inman	M	4	00:11:25	00:07:18	6.4	10	00:18:16
7	01:14:39	Sharon	Hunter	F	4	00:11:40	00:07:28	6.4	10	00:18:40
8	01:15:07	Rochelle	Jones	F	4	00:11:44	00:07:31	6.4	10	00:18:47
9	01:17:50	Em	Paskett	F	4	00:12:10	00:07:47	6.4	10	00:19:27
10	01:20:51	Clare	Roberts	F	4	00:12:38	00:08:05	6.4	10	00:20:13
11	01:24:36	Bridget	Anderson	F	4	00:13:13	00:08:28	6.4	10	00:21:09
12	01:29:15	Claire	Smith	F	4	00:13:57	00:08:55	6.4	10	00:22:19
13	01:29:35	Janna	White	F	4	00:14:00	00:08:58	6.4	10	00:22:24
14	01:51:19	Sophia	Ashton	F	4	00:17:24	00:11:08	6.4	10	00:27:50
15	01:51:19	Yian	Solomon	F	4	00:17:24	00:11:08	6.4	10	00:27:50
16	01:52:58	Camila	Gelber	F	4	00:17:39	00:11:18	6.4	10	00:28:15
1	01:22:29	James	Hadden	M	5	00:10:19	00:06:36	8	12.5	00:16:30
2	01:24:06	Vicky	Holliday	F	5	00:10:31	00:06:44	8	12.5	00:16:49
3	01:39:50	Diane	Walls	F	5	00:12:29	00:07:59	8	12.5	00:19:58
4	01:41:16	Kate	Evans	F	5	00:12:40	00:08:06	8	12.5	00:20:15
5	01:41:16	Sheila	Bailey	F	5	00:12:40	00:08:06	8	12.5	00:20:15
6	01:50:54	Nigel	Read	M	5	00:13:52	00:08:52	8	12.5	00:22:11
1	01:32:20	Ed	Warner	M	6	00:09:37	00:06:09	9.6	15	00:15:23
2	01:35:44	Julian	Pringle	M	6	00:09:58	00:06:23	9.6	15	00:15:57
1	02:25:00	John	Pocock	M	8.2	00:11:03	00:07:04	13.12	20.5	00:17:41