| Bib no. | Position | First Name | Last Name | Age | time |
|---|---|---|---|---|---|
| 125 | 1 | Craig | McGlasson | 48 | 0:18'52.04 |
| 72 | 2 | Jonathan | Fuggle | 42 | 0:19'13.13 |
| 186 | 3 | Andrew | Thompson | 37 | 0:19'50.69 |
| 163 | 4 | Kevin | Scott | 53 | 0:20'06.04 |
| 122 | 5 | Adam | Mcginley | 43 | 0:20'36.91 |
| 87 | 6 | Kyle | Hillier | 35 | 0:20'46.07 |
| 183 | 7 | Zachary | Taylor | 15 | 0:21'16.85 |
| 139 | 8 | Mark | Moore | 49 | 0:21'23.44 |
| 35 | 9 | Jack | Clegg | 36 | 0:21'23.91 |
| 156 | 10 | Daniel | Robinson | 27 | 0:21'24.44 |
| 192 | 11 | Dale | Walker | 31 | 0:21'29.85 |
| 91 | 12 | james | hughes | 36 | 0:21'33.68 |
| 340 | 13 | Mark | Wilson | 58 | 0:22'11.71 |
| 199 | 14 | Ian d | Wilson | 44 | 0:22'19.94 |
| 83 | 15 | Sophie | Harrison | 14 | 0:22'28.26 |
| 3 | 16 | Joel | Ali | 36 | 0:22'42.10 |
| 18 | 17 | Simon | Boothroyd | | 0:22'46.30 |
| 74 | 18 | James | Gorman | 39 | 0:22'48.09 |
| 177 | 19 | Elaine | Stockdale | 37 | 0:23'00.75 |
| 27 | 20 | Melissa | Cairns | 33 | 0:23'03.30 |
| 23 | 21 | John | Brough | 37 | 0:23'17.98 |
| 42 | 22 | Grant | Crouch | 52 | 0:23'19.46 |
| 124 | 23 | Stephen | McGinn | 51 | 0:23'42.44 |
| 82 | 24 | Percy | Harrison | 11 | 0:23'43.01 |
| 112 | 25 | Naomi | Le Voi | 35 | 0:23'44.42 |
| 90 | 26 | Ryan | Hoskins | 33 | 0:23'45.44 |
| 98 | 27 | Graham | Jackson | 41 | 0:23'53.10 |
| 88 | 28 | Stuart | Hilton | 39 | 0:23'56.66 |
| 169 | 29 | Charlotte | Smith | 31 | 0:24'01.32 |
| 157 | 30 | Ian | Robinson | 66 | 0:24'02.30 |
| 15 | 31 | Chris | Blain | 55 | 0:24'03.42 |
| 123 | 32 | Rebecca | Mcginley | 36 | 0:24'04.81 |
| 138 | 33 | Charlotte | Moore | 11 | 0:24'05.97 |
| 106 | 34 | CHRIS | KNOX | 65 | 0:24'07.02 |
| 100 | 35 | Jamie | Johnston | 37 | 0:24'15.32 |
| 121 | 36 | Ken | McGarva | 63 | 0:24'16.30 |
| 24 | 37 | Kate | Brown | 31 | 0:24'29.73 |
| 101 | 38 | Jayden | Johnston | | 0:24'41.14 |
| 17 | 39 | Clive | Bontoft | 65 | 0:24'48.10 |
| 9 | 40 | Gillian | Baxter | 64 | 0:24'53.48 |
| 118 | 41 | Josie | Mattinson | 18 | 0:24'56.13 |
| 52 | 42 | Steven | Dobson | 49 | 0:24'58.33 |
| 4 | 43 | Andrew | Armstrong | 43 | 0:25'12.49 |
| 81 | 44 | Carol | HARRISON | 46 | 0:25'17.45 |
| 37 | 45 | Samantha | Cook | 50 | 0:25'18.16 |
| 134 | 46 | Rue | Milligan | 53 | 0:25'19.36 |
| 99 | 47 | Dan | Johnson | 31 | 0:25'20.82 |
| 40 | 48 | Bethany | Cronie | 35 | 0:25'28.18 |
| 94 | 49 | Laura | Irving | 36 | 0:25'35.22 |
| 171 | 50 | Samantha | Smith | 38 | 0:25'41.94 |
| 50 | 51 | Paul | Dixon | 63 | 0:25'48.70 |
| 47 | 52 | Jon | Dalton | 42 | 0:25'55.57 |
| 63 | 53 | Tom | Elson | 38 | 0:26'09.91 |
| 115 | 54 | Rebecca | Magnay | 37 | 0:26'12.90 |
| 154 | 55 | Rachael | Roberts | 44 | 0:26'22.82 |
| 175 | 56 | Wayne | Stevens | 50 | 0:26'26.85 |
| 8 | 57 | Chris | Baxter | 59 | 0:26'32.03 |
| 70 | 58 | Abby | Forsyth | 26 | 0:26'38.83 |
| 147 | 59 | Callum | Pattinson | 18 | 0:26'49.22 |
| 344 | 60 | Sue | Wright | 57 | 0:26'52.35 |
| 80 | 61 | Caitlin | Harrison | 20 | 0:27'06.00 |
| 182 | 62 | Helen | Taylor | 53 | 0:27'09.56 |
| 95 | 63 | Louise | Irving | 39 | 0:27'16.21 |
| 184 | 64 | Paul | Teague | 59 | 0:27'22.23 |
| 190 | 65 | Steve | Viney | 76 | 0:27'58.08 |
| 170 | 66 | Emily | Smith | | 0:28'02.35 |
| 44 | 67 | Edward | Crozier | 49 | 0:28'05.04 |
| 77 | 68 | Paul | Graham | 64 | 0:28'13.35 |
| 7 | 69 | Leigh | Barker | 40 | 0:28'14.13 |
| 45 | 70 | Harley | Cummins | 28 | 0:28'19.90 |
| 48 | 71 | Lynne | Davidson | 46 | 0:28'35.04 |
| 197 | 72 | Leanne | Wilkinson | 38 | 0:28'43.25 |
| 104 | 73 | Anne | Kenny | 50 | 0:28'49.22 |
| 59 | 74 | Helen | Edmondson | 45 | 0:28'57.66 |
| 167 | 75 | Paul | Sharman | 63 | 0:29'00.08 |
| 159 | 76 | John | Rowland | 65 | 0:29'05.98 |
| 12 | 77 | Marion | Bell | 44 | 0:29'07.70 |
| 128 | 78 | Amanda | Mercer | 37 | 0:29'09.26 |
| 133 | 79 | Laura | Millar | 33 | 0:29'11.14 |
| 346 | 80 | Joe | Stewart | | 0:29'12.22 |
| 1 | 81 | Caroline | Abbott | 35 | 0:29'15.38 |
| 65 | 82 | Teresa | Ennini | 47 | 0:29'29.70 |
| 162 | 83 | Suzy | Ryan | 48 | 0:29'30.12 |
| 84 | 84 | Alison | Nordon | 53 | 0:29'48.11 |
| 10 | 85 | Helen | Baxter | 55 | 0:29'50.31 |
| 129 | 86 | Ian | Mercer | 62 | 0:29'58.02 |
| 19 | 87 | Katey | Bowe | 43 | 0:30'02.07 |
| 193 | 88 | Sarah | Wallace | 37 | 0:30'07.22 |
| 76 | 89 | Megan | Graham | 30 | 0:30'12.73 |
| 25 | 90 | Linda | Brown | 50 | 0:30'14.91 |
| 92 | 91 | Quinn | Inglis | 25 | 0:30'19.65 |
| 136 | 92 | Lizzie | Mitchelhill | 37 | 0:30'24.66 |
| 135 | 93 | Euan | Mitchelhill | 9 | 0:30'25.34 |
| 34 | 94 | David | Clark | 42 | 0:30'26.08 |
| 32 | 95 | Paige | Cass | 31 | 0:30'27.99 |
| 71 | 96 | Alison | French | 55 | 0:30'29.94 |
| 38 | 97 | Lucy | Cowton | 58 | 0:30'34.41 |
| 14 | 98 | Benson | Blackmore | 64 | 0:30'36.55 |
| 89 | 99 | Brenda | Hodgson | 48 | 0:30'37.65 |
| 43 | 100 | Angela | Crozier | 45 | 0:30'48.92 |
| 73 | 101 | Chloe | Glencross | 25 | 0:30'55.38 |
| 132 | 102 | Ray | Milburn | 60 | 0:30'56.99 |
| 110 | 103 | Isabelle | Le Voi | 7 | 0:31'02.22 |
| 166 | 104 | Kally | Shane | 36 | 0:31'02.71 |
| 68 | 105 | Kaylie | Falconer | 36 | 0:31'05.63 |
| 143 | 106 | Sandra | Nordon | 44 | 0:31'06.01 |
| 153 | 107 | Zoe | Richardson | 49 | 0:31'12.70 |
| 196 | 108 | Hayley | Wilkinson | 38 | 0:31'18.80 |
| 117 | 109 | Pauline | mansergh | 56 | 0:31'25.01 |
| 79 | 110 | Kelly | Gullen | 52 | 0:31'28.04 |
| 5 | 111 | Laura | Armstrong | 41 | 0:31'35.88 |
| 20 | 112 | Karen | Bowler | 75 | 0:31'43.00 |
| 178 | 113 | Hannah | Story | 30 | 0:31'58.94 |
| 102 | 114 | Katie | Johnston | 30 | 0:31'59.29 |
| 31 | 115 | Robyn | Carter | 29 | 0:32'11.67 |
| 33 | 116 | Heather | Catherwood | 30 | 0:32'19.28 |
| 58 | 117 | Lesley | Duncanson | 35 | 0:32'20.66 |
| 342 | 118 | Jasper | Wood | 11 | 0:32'28.34 |
| 116 | 119 | david | mansergh | 58 | 0:32'39.86 |
| 114 | 120 | Douglas | Macdonald | 69 | 0:32'40.91 |
| 341 | 121 | Jason | Wood | 35 | 0:32'49.63 |
| 28 | 122 | Erin | Campbell | 26 | 0:32'51.54 |
| 105 | 123 | Kevin | Kerr | 54 | 0:32'52.93 |
| 113 | 124 | Claire | Lloyd | 52 | 0:32'55.01 |
| 130 | 125 | Liz | Messenger | 44 | 0:33'00.91 |
| 343 | 126 | Barbara | Wren | 25 | 0:33'03.48 |
| 189 | 127 | Keri | Van nuil | 39 | 0:33'07.48 |
| 66 | 128 | Nina | Errington | 47 | 0:33'13.06 |
| 158 | 129 | Joanne | Rooney | 56 | 0:33'18.19 |
| 345 | 130 | Marie | Whitfield | | 0:33'25.01 |
| 195 | 131 | Sarah Ann | Whitaker | 52 | 0:33'27.13 |
| 140 | 132 | Emily | Newgarth | 27 | 0:33'28.63 |
| 29 | 133 | Jill | Carrick | 43 | 0:33'33.82 |
| 57 | 134 | Michelle | Duncan | 43 | 0:33'35.16 |
| 2 | 135 | Samantha | Airey | 36 | 0:33'41.39 |
| 141 | 136 | Janice | Nichols | 66 | 0:33'45.76 |
| 111 | 137 | Louisa | Le Voi | 60 | 0:33'54.08 |
| 200 | 138 | Marie | Wilson | 34 | 0:34'04.64 |
| 69 | 139 | Zoe | Ferguson | 65 | 0:34'09.88 |
| 144 | 140 | Yvonne | Nordon | 43 | 0:34'22.35 |
| 46 | 141 | Helen | Cupac | 52 | 0:34'31.02 |
| 187 | 142 | Clare | Threadgould | 46 | 0:34'49.85 |
| 160 | 143 | Emily | Rudd | 10 | 0:34'50.64 |
| 161 | 144 | Laura | Rudd | 39 | 0:34'51.26 |
| 174 | 145 | Jill | Stanford | 61 | 0:34'56.51 |
| 146 | 146 | Tigs | Park | 40 | 0:35'07.16 |
| 53 | 147 | Bethany | Dowdell | 28 | 0:35'26.22 |
| 64 | 148 | Philip | Emmerson | 28 | 0:35'26.91 |
| 22 | 149 | Abbie | Bradshaw | 25 | 0:35'29.29 |
| 56 | 150 | Lesley | Drysdale | 57 | 0:35'36.38 |
| 62 | 151 | Laura | Elson | 37 | 0:35'37.26 |
| 126 | 152 | Judith | Mckie | 60 | 0:35'40.54 |
| 339 | 153 | Barbara | Armstrong | | 0:35'41.30 |
| 96 | 154 | Nikki | Iveson | | 0:35'45.09 |
| 145 | 155 | Karen | Painter | 43 | 0:36'11.86 |
| 152 | 156 | Grace | Rennie | 33 | 0:36'14.53 |
| 120 | 157 | Kirsty | Mccluskey | 39 | 0:36'15.22 |
| 6 | 158 | Jenny | Barker | 70 | 0:36'27.76 |
| 26 | 159 | Helen | Busby | 59 | 0:36'29.40 |
| 75 | 160 | Keren | Graham | 53 | 0:36'43.22 |
| 168 | 161 | Melanie | Sharp | 28 | 0:36'43.79 |
| 36 | 162 | Bernadette | Cook | 67 | 0:36'49.04 |
| 86 | 163 | Kelly | Hillier | | 0:36'50.85 |
| 85 | 164 | Danielle | Hillier | | 0:36'51.50 |
| 97 | 165 | Erica | Jackson | 47 | 0:36'54.22 |
| 30 | 166 | Donna | Carruthers | 41 | 0:37'00.73 |
| 188 | 167 | Heidi | Underwood | 47 | 0:37'17.17 |
| 107 | 168 | Amy | Lambert | 40 | 0:37'19.91 |
| 194 | 169 | ,Gilda | Wells | 76 | 0:37'49.60 |
| 150 | 170 | Tina | Phillips | 53 | 0:37'52.73 |
| 93 | 171 | Barbara | Irving | 65 | 0:38'00.07 |
| 176 | 172 | Hilary | Stitt | 48 | 0:38'12.19 |
| 51 | 173 | Ali | Dobson | 38 | 0:38'29.70 |
| 179 | 174 | Faye | Stubbs | 38 | 0:38'58.82 |
| 173 | 175 | Stephanie | Sproat | 51 | 0:39'13.61 |
| 41 | 176 | Fiona | Crouch | 52 | 0:39'43.73 |
| 16 | 177 | Abbie | Blythe | 30 | 0:39'49.08 |
| 180 | 178 | Nichola | Stubbs | 54 | 0:40'15.38 |
| 13 | 179 | Deborah | Berg | 47 | 0:40'23.01 |
| 151 | 180 | Harry | Powell | 26 | 0:40'27.30 |
| 181 | 181 | Ruth | Stubbs | 35 | 0:40'27.98 |
| 21 | 182 | Lucie | Boyd | 48 | 0:40'35.82 |
| 198 | 183 | Amy | Williams | 32 | 0:40'50.70 |
| 127 | 184 | Adriana | Melicherova | 45 | 0:40'51.13 |
| 191 | 185 | Vicky | Viney | 52 | 0:43'49.98 |
| 54 | 186 | Matthew | Dowdell | 52 | 0:45'06.69 |
| 55 | 187 | Melanie | Dowdell | 53 | 0:45'07.44 |
| 165 | 188 | Toni | Senior | 36 | 0:50'28.68 |
| 78 | 189 | Sarah | Grundy | 52 | 0:50'29.76 |
| 67 | 190 | Helen | Ewart | 60 | 0:54'51.48 |