

All races (female)

Pos	Athlete	Team	Race	Gender	Category	Bib#	10km	#R	Gun Time	Overall
1	Sarah Kingston	Southampton Athletic Club	10km	F	FS	111	0:39:36	1	0:39:36	15
2	Denise Nott	Calne Running Club	10km	F	F45	244	0:43:19	2	0:43:19	32
3	Vicky Henderson	Ravens City of London Running Club	10km	F	F45	290	0:44:34	3	0:44:34	38

All races (male)

Pos	Athlete	Team	Race	Gender	Category	Bib#	10km	#R	Gun Time	Overall
1	Simon Nott	Calne Running Club	10km	M	MS	243	0:34:41	1	0:34:41	1
2	Gary Dunstone	Team Bath Athletic Club	10km	M	M40	145	0:35:57	2	0:35:57	2
3	Peter Merritt	Southampton Athletic Club	10km	M	MS	112	0:37:07	3	0:37:07	3