| Team Position | Runner No. | First Name | Surname | M/F | Team Name | Team Type | Finish Time | Individual time | Overall Team Time |
|------------------|---------------|----------------|-----------|--------|--------------------------|--------------|----------------|--------------------|-------------------------|
| 1 | 17: | l Sam | Dear | Male | Sub-3 and Sam | Mixed | 00:21:15 | 00:21:15 | |
| | 27: | L Johanna | Sharples | Female | Sub-3 and Sam | Mixed | 00:43:55 | 00:22:40 | |
| | 37: | l Peter | Mackrell | Male | Sub-3 and Sam | Mixed | 01:04:22 | 00:20:27 | 01:04:22 |
| 2 | 176 | Gary | Warren | Male | St Albans Striders Mixed | Mixed | 00:21:26 | 00:21:26 | |
| | 276 | 5 Wendy | Walsh | Female | St Albans Striders Mixed | Mixed | 00:46:05 | 00:24:39 | |
| | 376 | 5 Steve | Buckle | Male | St Albans Striders Mixed | Mixed | 01:06:01 | 00:19:56 | 01:06:02 |
| 3 | 168 | 3 Chris | Ellis | Male | CNS Run Club | Mixed | 00:21:05 | 00:21:05 | |
| | 268 | 3 Clare | Murphy | Female | CNS Run Club | Mixed | 00:47:13 | 00:26:08 | |
| | 368 | 3 Chris | Ellis | Male | CNS Run Club | Mixed | 01:09:38 | 00:22:25 | 01:09:38 |
| 4 | 164 | 1 Mark | Pedder | Male | Keech Klub Runners | Mens | 00:23:25 | 00:23:25 | |
| | 264 | 1 Andrew | Hiskett | Male | Keech Klub Runners | Mens | 00:46:05 | 00:22:40 | |
| | 364 | 1 Mark | Cornell | Male | Keech Klub Runners | Mens | 01:10:25 | 00:24:20 | 01:10:25 |
| 5 | 17! | Graham | Smith | Male | St Albans Striders | Mens | 00:22:44 | 00:22:44 | |
| | 27 | Jonathon | Bird | Male | St Albans Striders | Mens | 00:40:34 | 00:17:50 | |
| | 375 | 5 Stuart | Middleton | Male | St Albans Striders | Mens | 01:10:37 | 00:30:03 | 01:10:37 |
| 6 | 148 | 3 Mick | Courtney | Male | Gumbo Gang | Mens | 00:24:33 | 00:24:33 | |
| | 248 | Richard | Moore | Male | Gumbo Gang | Mens | 00:49:08 | 00:24:35 | |
| | 348 | 3 Richard | Moore | Male | Gumbo Gang | Mens | 01:16:13 | 00:27:05 | 01:16:13 |
| 7 | 143 | 3 Ruth | Mitchell | Female | Girls on the Run | Ladies | 00:25:14 | 00:25:14 | |
| | 243 | 3 Coralie | Anderson | Female | Girls on the Run | Ladies | 00:53:02 | 00:27:48 | |
| | 343 | 3 Amy | Farnfield | Female | Girls on the Run | Ladies | 01:17:48 | 00:24:46 | 01:17:48 |
| 8 | - | 9 Kerry | Dear | Female | Stopsley Striders | Mixed | 00:31:22 | 00:31:22 | |
| | 279 | 9 Philip | Davies | Male | Stopsley Striders | Mixed | 00:54:51 | 00:23:29 | |
| | 379 | 9 Christine | Lathwell | Female | Stopsley Striders | Mixed | 01:18:01 | 00:23:10 | 01:18:01 |

| Team Position | Runner No. | First Name | Surname | M/F | Team Name | Team Type | Finish Time | Individual time | Overall Team Time |
|------------------|---------------|---------------|------------|--------|-------------------------|--------------|----------------|--------------------|-------------------------|
| 9 | 151 | Stanley | Greening | Male | Rugged Rascals | Mens | 00:26:04 | 00:26:04 | |
| | 251 | Chris | Newnham | Male | Rugged Rascals | Mens | 00:52:14 | 00:26:10 | |
| | 351 | Mark | Billington | Male | Rugged Rascals | Mens | 01:18:43 | 00:26:29 | 01:18:43 |
| 10 | 147 | Simon | Dellar | Male | Team Deller | Mixed | 00:27:32 | 00:27:32 | |
| | 247 | Rachel | Bygrave | Female | Team Deller | Mixed | 00:54:12 | 00:26:40 | |
| | 347 | Liam | Dellar | Male | Team Deller | Mixed | 01:18:44 | 00:24:32 | 01:18:44 |
| 11 | 170 | Ashley | Stackhouse | Male | D and I Family Butchers | Mens | 00:26:33 | 00:26:33 | |
| | 270 | Steve | Maybank | Male | D and I Family Butchers | Mens | 00:53:25 | 00:26:52 | |
| | 370 | lan | Rudelhoff | Male | D and I Family Butchers | Mens | 01:19:09 | 00:25:44 | 01:19:09 |
| 12 | 311 | Liam | Hoare | Male | Stupidly Solo | Solo | 00:25:50 | 00:25:50 | |
| | 312 | Liam | Hoare | Male | Stupidly Solo | Solo | 00:52:49 | 00:26:59 | |
| | 313 | Liam | Hoare | Male | Stupidly Solo | Solo | 01:19:29 | 00:26:40 | 01:19:29 |
| 13 | 144 | Martin | Read | Male | Calstumar | Mixed | 00:26:00 | 00:26:00 | |
| | 244 | Calista | Strange | Female | Calstumar | Mixed | 00:56:01 | 00:30:01 | |
| | 344 | Stuart | Strange | Male | Calstumar | Mixed | 01:19:45 | 00:23:44 | 01:19:45 |
| 14 | . 150 | James | Bell | Male | LBAC Jam Sandwich | Mixed | 00:20:49 | 00:20:49 | |
| | 250 | James | Lowe | Male | LBAC Jam Sandwich | Mixed | 00:47:22 | 00:26:33 | |
| | 350 | Alison | Bell | Female | LBAC Jam Sandwich | Mixed | 01:20:02 | 00:32:40 | 01:20:02 |
| 15 | 167 | Andrew | Punter | Male | Team Punter | Mens | 00:30:33 | 00:30:33 | |
| | 267 | Clifford | Punter | Male | Team Punter | Mens | 00:59:58 | 00:29:25 | |
| | 367 | lan | Punter | Male | Team Punter | Mens | 01:25:23 | 00:25:25 | 01:25:23 |
| 16 | 158 | Sharon | Hawkins | Female | Team Buttercup | Mixed | 00:31:42 | 00:31:42 | |
| | 258 | Teresa | Warren | Female | Team Buttercup | Mixed | 00:58:50 | 00:27:08 | |
| | 358 | Rob | Haylock | Male | Team Buttercup | Mixed | 01:26:04 | 00:27:14 | 01:26:04 |

| Team Position | Runner No. | First Name | Surname | M/F | Team Name | Team Type | Finish Time | Individual time | Overall Team Time |
|------------------|---------------|---------------|------------|--------|--------------------|--------------|----------------|--------------------|-------------------------|
| 17 | 154 | Steve | McAllister | Male | Team Lavender | Mixed | 00:30:12 | 00:30:12 | |
| | 254 | Alison | Hunt | Female | Team Lavender | Mixed | 01:02:14 | 00:32:02 | |
| | 354 | Mark | Pedder | Male | Team Lavender | Mixed | 01:26:31 | 00:24:17 | 01:26:31 |
| 18 | 157 | Shilen | Mantri | Male | Team Tulip | Mixed | 00:25:28 | 00:25:28 | |
| | 257 | Louise | Perry | Female | Team Tulip | Mixed | 00:57:59 | 00:32:31 | |
| | 357 | Jeannette | Walster | Female | Team Tulip | Mixed | 01:26:46 | 00:28:47 | 01:26:46 |
| 19 | 152 | Zoe | Gazeley | Female | AFF | Mixed | 00:29:33 | 00:29:33 | |
| | 252 | Emily | Brown | Female | AFF | Mixed | 00:59:10 | 00:29:37 | |
| | 352 | Terry | McHugh | Male | AFF | Mixed | 01:26:59 | 00:27:49 | 01:26:59 |
| 20 | 177 | Kate | Au Lear | Female | The Canicross Crew | Ladies | 00:28:38 | 00:28:38 | |
| | 277 | Carrie | Frazer | Female | The Canicross Crew | Ladies | 00:59:36 | 00:30:58 | |
| | 377 | Carly | Humphryes | Female | The Canicross Crew | Ladies | 01:29:24 | 00:29:48 | 01:29:24 |
| 21 | 160 | Maria | McKenna | Female | Team Iris | Ladies | 00:33:06 | 00:33:06 | |
| | 260 | Sue | McAvock | Female | Team Iris | Ladies | 01:02:32 | 00:29:26 | |
| | 360 | Bex | Sharpe | Female | Team Iris | Ladies | 01:29:53 | 00:27:21 | 01:29:53 |
| 22 | 162 | Simon | Robinson | Male | Deep Heat Revival | Mens | 00:32:21 | 00:32:21 | |
| | 262 | Graham | Lee | Male | Deep Heat Revival | Mens | 01:03:29 | 00:31:08 | |
| | 362 | Martin | Moriarty | Male | Deep Heat Revival | Mens | 01:31:42 | 00:28:13 | 01:31:42 |
| 23 | 156 | Margaret | DeWinter | Female | Team Rose | Mixed | 00:32:17 | 00:32:17 | |
| | 256 | Greer | Kidney | Female | Team Rose | Mixed | 01:08:07 | 00:35:50 | |
| | 356 | Mick | Courtney | Male | Team Rose | Mixed | 01:33:55 | 00:25:48 | 01:33:55 |
| 24 | 159 | Lee | Jarman | Male | Team Marigold | Mixed | 00:36:07 | 00:36:07 | |
| | 259 | Hayley | Keeble | Female | Team Marigold | Mixed | 01:11:18 | 00:35:11 | |
| | 359 | Jose | Santos | Male | Team Marigold | Mixed | 01:34:40 | 00:23:22 | 01:34:40 |

| Team Position | Runner No. | First Name | Surname | M/F | Team Name | Team Type | Finish Time | Individual time | Overall Team Time |
|------------------|---------------|---------------|---------------------|--------|--------------------------------|--------------|----------------|--------------------|-------------------------|
| 25 | 161 | Mel | Ntambalika | Female | The Triffic Treble | Mixed | 00:32:43 | 00:32:43 | |
| | 261 | Andrew | Derbidge | Male | The Triffic Treble | Mixed | 01:02:02 | 00:29:19 | |
| | 361 | Steve | Crossley | Male | The Triffic Treble | Mixed | 01:34:55 | 00:32:53 | 01:34:55 |
| 26 | 174 | Celia | Walker | Female | 2 Tortoises and a Hare | Mixed | 00:37:17 | 00:37:17 | |
| | 274 | Sally | Puddephatt | Female | 2 Tortoises and a Hare | Mixed | 01:11:31 | 00:34:14 | |
| | 374 | Kevin | Hare | Male | 2 Tortoises and a Hare | Mixed | 01:36:40 | 00:25:09 | 01:36:40 |
| 27 | 172 | Heather | Beale | Female | Mums Run Dunstable | Ladies | 00:30:45 | 00:30:45 | |
| | 272 | Sadie | Martin | Female | Mums Run Dunstable | Ladies | 01:06:13 | 00:35:28 | |
| | 372 | Kerrie | Finley | Female | Mums Run Dunstable | Ladies | 01:38:31 | 00:32:18 | 01:38:31 |
| 28 | 155 | Trisha | McSkeane | Female | Team Lily | Mixed | 00:38:07 | 00:38:07 | |
| | 255 | Mark | Bright | Male | Team Lily | Mixed | 01:11:03 | 00:32:56 | |
| | 355 | John | Brophy | Male | Team Lily | Mixed | 01:39:26 | 00:28:23 | 01:39:26 |
| 29 | 153 | Michelle | Evans-Riches | Female | Did Someone Say Gin? | Ladies | 00:33:58 | 00:33:58 | |
| | 253 | Laura | Goss | Female | Did Someone Say Gin? | Ladies | 01:07:09 | 00:33:11 | |
| | 353 | Kelly | Doyle | Female | Did Someone Say Gin? | Ladies | 01:42:31 | 00:35:22 | 01:42:31 |
| 30 | 149 | KEVIN | MORRIS | Male | Sparkhill Harriers | Mens | 00:28:26 | 00:28:26 | |
| | 249 | KEIRAN | MORRIS | Male | Sparkhill Harriers | Mens | 01:17:55 | 00:49:29 | |
| | 349 | DAVID | PEARSON | Male | Sparkhill Harriers | Mens | 01:43:23 | 00:25:28 | 01:43:23 |
| 31 | . 178 | Tony | Noblett | Male | The Good, The Bad and The Duck | Mens | 00:38:43 | 00:38:43 | |
| | 278 | Paul | Stack | Male | The Good, The Bad and The Duck | Mens | 01:11:03 | 00:32:20 | |
| | 378 | Jon | Venning | Male | The Good, The Bad and The Duck | Mens | 01:44:00 | 00:32:57 | 01:44:00 |
| 32 | 145 | Kelly | Bywaters | Female | The Team | Mixed | 00:36:02 | 00:36:02 | |
| | 245 | Carmel | Jarman | Female | The Team | Mixed | 01:11:18 | 00:35:16 | |
| | 345 | Phil | Tubbs | Male | The Team | Mixed | 01:44:39 | 00:33:21 | 01:44:39 |

| Team Position | Runner No. | First Name | Surname | M/F | Team Name | Team Type | Finish Time | Individual time | Overall Team Time |
|------------------|---------------|---------------|----------------|----------|----------------------------|--------------|----------------|--------------------|-------------------------|
| 33 | 146 | Claire | Thomas | Female | Clare's Claires | Ladies | 00:30:56 | 00:30:56 | |
| | 246 | Claire | Belmar | Female | Clare's Claires | Ladies | 01:10:29 | 00:39:33 | |
| | 346 | Clare | Bates | Female | Clare's Claires | Ladies | 01:47:23 | 00:36:54 | 01:47:23 |
| 34 | 163 | Tara | Pountney | Female | Sister Act | Ladies | 00:32:58 | 00:32:58 | |
| | 263 | Janica | Thompson | Female | Sister Act | Ladies | 01:12:55 | 00:39:57 | |
| | 363 | Zoe | Ewins | Female | Sister Act | Ladies | 01:49:44 | 00:36:49 | 01:49:44 |
| 35 | 173 | Ursula | Hewson | Female | Dumb, Dumber and Mrs Bump | Ladies | 00:38:38 | 00:38:38 | |
| | 273 | Karen | Mulholland-McG | 6 Female | Dumb, Dumber and Mrs Bump | Ladies | 01:11:50 | 00:33:12 | |
| | 373 | Ruth | Power | Female | Dumb, Dumber and Mrs Bump | Ladies | 01:51:06 | 00:39:16 | 01:51:06 |
| 36 | 166 | Shelah | Surgey | Female | Not Fast but Kinda Furious | Ladies | 00:43:37 | 00:43:37 | |
| | 266 | Johanna | Hadley | Female | Not Fast but Kinda Furious | Ladies | 01:15:51 | 00:32:14 | |
| | 366 | Magdalena | Golebiewska | Female | Not Fast but Kinda Furious | Ladies | 01:58:02 | 00:42:11 | 01:58:02 |