

Handicap 5 k race 4 -

| Name | Target time | Handicap | Stopwatch time | Race time | Age grading | Position |
|------------------------|-------------|----------|----------------|-----------|-------------|-----------|
| Stella Toresse | 37:00 | 01:00 | 32:50 | 31:50 | 57.65% | 1 |
| Neil Homewood | 31:30 | 06:30 | 34:09 | 27:39 | 59.04% | 2 |
| Greg Bradbury | 24:30 | 13:30 | 35:09 | 21:39 | 62.58% | 3 |
| Sam Luhmen | 29:45 | 08:15 | 35:33 | 27:18 | 51.14% | 4 |
| Mark Legate | 28:30 | 09:30 | 35:35 | 26:05 | 58.43% | 5 |
| Darren Gilbert | 28:30 | 09:30 | 35:40 | 26:10 | 51.02% | 6 |
| Jon Boe | 31:30 | 6:30 | 35:48 | 29:18 | 50.75% | 7 |
| Graham Eden | 27:30 | 10:30 | 35:57 | 25:27 | 53.24% | 8 |
| Gemma Holloway | 29:30 | 08:30 | 36:02 | 27:32 | 54.11% | 9 |
| Kath Phoenix | 25:00 | 13:00 | 36:04 | 23:04 | 64.59% | 10 |
| Kat Fausset | 29:15 | 08:45 | 36:06 | 27:21 | 60.55% | 11 |
| Laura Luhman | 33:00 | 05:00 | 36:18 | 31:18 | 49.51% | 12 |
| Andrew Liddle | 24:30 | 13:30 | 36:19 | 22:49 | 57.20% | 13 |
| Ken Hall | 27:00 | 11:00 | 36:23 | 25:23 | 69.44% | 14 |
| Emma Mead | 26:45 | 11:15 | 36:26 | 25:11 | 62.51% | 15 |
| Peter Tungate | 23:00 | 15:00 | 36:40 | 21:40 | 64.44% | 16 |
| Jay Papa | 23:15 | 14:45 | 36:42 | 21:57 | 58.77% | 17 |
| Gemma Smith | 29:00 | 09:00 | 36:56 | 27:56 | 55.47% | 18 |
| Scott Crawford | 27:30 | 10:30 | 37:11 | 26:41 | 55.72% | 19 |
| Wendy Summerbee | 36:15 | 01:45 | 38:17 | 36:32 | 50.23% | 20 |

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