

| Team Name | Individuals Name | 5k | 10k | Half | Individual Total | Team Total |
|---------------------------|-------------------------|-----------|------------|-------------|-------------------------|-------------------|
| 2 Ladies and 1 Proud Foot | Joanne Mitchell | 00:23:18 | 00:48:45 | 02:19:54 | 03:31:57 | 9:12:34 |
| | Kate Bennett | 00:20:50 | 00:44:19 | 01:42:54 | 02:48:03 | |
| | Luke Proudfoot | 00:19:05 | 00:41:48 | 01:51:41 | 02:52:34 | |
| Runfit Medway | Barry Watson | 00:24:41 | 00:52:52 | 01:54:18 | 03:11:51 | 9:53:44 |
| | Pete Davey | 00:24:35 | 00:52:51 | 01:54:57 | 03:12:23 | |
| | Owen Palister | 00:25:04 | 00:52:52 | 02:11:34 | 03:29:30 | |
| Harriers Heroes | Tina Macenhill | 00:26:47 | 00:53:39 | 02:01:04 | 03:21:30 | 9:56:25 |
| | Mark Pope | 00:26:48 | 00:53:39 | 01:58:04 | 03:18:31 | |
| | Tracy Eridge | 00:26:47 | 00:53:40 | 01:55:57 | 03:16:24 | |
| Cirque du Sore Legs | Sam Harman | 00:25:18 | 00:54:56 | 02:11:50 | 03:32:04 | 10:36:09 |
| | Dan Foreman | 00:25:17 | 00:54:55 | 02:11:49 | 03:32:01 | |
| | Matt Roberts | 00:25:18 | 00:54:55 | 02:11:51 | 03:32:04 | |
| Fat Lads at the BAC | Richard Hall | 00:27:07 | 00:57:22 | 02:05:55 | 03:30:24 | 10:40:35 |
| | Ali Enser | 00:27:08 | 00:57:19 | 01:49:21 | 03:13:48 | |
| | Gareth Jones | 00:27:46 | 00:58:06 | 02:30:31 | 03:56:23 | |
| The Reluctants | Andrew Bishop | 00:27:52 | 01:00:39 | 02:52:28 | 04:20:59 | 11:21:50 |
| | Zoe McAndrew | 00:24:28 | 00:52:12 | 02:06:33 | 03:23:13 | |
| | Claire McAndrew | 00:29:15 | 00:59:33 | 02:08:50 | 03:37:38 | |
| Demoncheese | Phil Cole | 00:25:36 | 01:03:15 | 02:28:19 | 03:57:10 | 11:51:19 |
| | Adam Hawes | 00:25:27 | 01:03:14 | 02:28:19 | 03:57:00 | |
| | Nik Hawes | 00:25:36 | 01:03:14 | 02:28:19 | 03:57:09 | |
| Team Solo | Andrew Farley | 00:23:49 | 00:47:42 | 01:51:16 | 03:02:47 | |

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| ASPT | Ben Sallows | 00:25:31 | 00:54:54 | 01:59:26 | 03:19:51 | Team DNF 6:09:22 |
| | Stuart Woodford | 00:26:35 | 00:58:23 | | 01:24:58 | |
| | Darren Pearson | 00:27:22 | 00:57:11 | | 01:24:33 | |
| Not Fast but Furious | Zak Overfield | 00:28:34 | 00:58:36 | 02:06:08 | 03:33:18 | Team DNF 6:56:47 |
| | Sarah Oliver | 00:29:12 | 00:59:31 | 02:28:43 | 03:57:26 | |
| | Tony Carroll | 00:29:30 | 01:02:38 | | 01:32:08 | |
| | Andrew Courtney | 00:28:34 | 00:58:39 | | 01:27:13 | |