

| | 09/05/2023 | 13/06/2023 | 11/07/2023 | 08/08/2023 | Improvement | Runs |
|-------------------------|------------|------------|------------|------------|-------------|------|
| Name | Time | Time | Time | Time | Time | |
| Simon Perkins | 00:18:35 | 00:18:16 | | | | 2 |
| Tom MacDonald | 00:18:38 | | | | | 1 |
| Leo Maclachlan | 00:19:07 | 00:19:34 | 00:19:11 | 00:19:05 | 0:02 | 4 |
| Luke Minogue | 00:19:29 | 00:18:38 | | 00:18:51 | 0:51 | 3 |
| David Capsey | 00:19:44 | 00:18:54 | 00:18:25 | | 1:19 | 3 |
| David Wilkinson | 00:19:44 | | | | | 1 |
| Simon Holmes | 00:19:51 | 00:20:15 | | | | 2 |
| Malcolm Footer | 00:19:56 | | 00:19:36 | | | 2 |
| Mark Alger | 00:20:09 | | | | | 1 |
| Russell Kemp | 00:20:22 | | | | | 1 |
| Andi Marfleet | 00:21:07 | | | | | 1 |
| Steve Wright | 00:21:09 | | 00:19:46 | | | 2 |
| Rob Shapland | 00:21:17 | 00:20:08 | | 00:20:04 | 1:13 | 3 |
| Jon Fengaras | 00:21:20 | | | | | 1 |
| Philipp Weiss | 00:21:32 | | | | | 1 |
| Nick Broom | 00:21:47 | 00:20:46 | | | | 2 |
| Dominic Wakefield | 00:21:48 | 00:21:26 | | | | 2 |
| Michael Dargue | 00:22:12 | | | | | 1 |
| Alan Maclachlan | 00:22:18 | 00:22:45 | 00:21:46 | 00:22:14 | 0:32 | 4 |
| Rosie Inman | 00:22:21 | | | | | 1 |
| Jamie Atkins | 00:22:27 | | | | | 1 |
| Ian Dickinson | 00:22:28 | 00:21:51 | 00:21:23 | 00:20:57 | 1:31 | 4 |
| Brian Stone | 00:22:32 | 00:22:08 | 00:21:09 | | 1:23 | 3 |
| Rachel Hamson | 00:23:06 | 00:23:20 | | 00:22:53 | 0:13 | 3 |
| Florian Yeates | 00:23:17 | | | | | 1 |
| Paul Chantler | 00:23:47 | 00:23:09 | 00:21:43 | 00:22:47 | 2:04 | 4 |
| Rich Cornell | 00:24:11 | 00:23:52 | | 00:24:01 | 0:19 | 3 |
| Paul Aylett | 00:24:20 | | | 00:26:38 | | 2 |
| Andrew Wright | 00:24:57 | | | | | 1 |
| Rachel Thomas | 00:25:25 | | | | | 1 |
| Madeleine Gillman-Davis | 00:25:31 | | | | | 1 |
| Miranda Morley | 00:26:03 | 00:26:38 | | | | 2 |
| Nathan Atkins | 00:26:27 | 00:27:34 | | | | 2 |
| Peter Williams | 00:26:31 | 00:25:36 | | 00:25:58 | 0:55 | 3 |
| Carl Laver | 00:26:39 | 00:25:47 | 00:25:52 | 00:25:02 | 1:37 | 4 |
| Gemma Hill | 00:26:43 | 00:26:41 | | | | 2 |
| Ian Michell | 00:26:57 | | | | | 1 |
| Matt Horne | 00:26:58 | | 00:23:48 | 00:23:22 | 3:36 | 3 |
| Marcus Leach | 00:27:01 | 00:25:54 | | | | 2 |
| Allison Hartley | 00:27:04 | | | | | 1 |
| Richard Barron | 00:27:17 | 00:27:09 | 00:26:29 | | 0:48 | 3 |
| Robert Swan | 00:27:31 | 00:25:33 | 00:23:35 | 00:23:13 | 4:18 | 4 |

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|--------------------|----------|----------|----------|----------|------|---|
| Kirstie Hedger | 00:27:36 | | | | | 1 |
| Stuart Marks | 00:27:45 | 00:25:45 | 00:25:00 | | 2:45 | 3 |
| Peter Atkins | 00:28:17 | 00:27:36 | 00:26:09 | | 2:08 | 3 |
| Margreet Potter | 00:28:49 | | | | | 1 |
| Phil Surlis | 00:29:36 | 00:30:47 | | | | 2 |
| Christina Harrison | 00:29:58 | 00:28:30 | | | | 2 |
| Lauren Pullen | 00:30:39 | 00:29:09 | | | | 2 |
| Sok Wah Lee | 00:30:45 | | | | | 1 |
| Jayne Marks | 00:31:33 | 00:30:38 | 00:30:18 | 00:30:42 | 1:15 | 4 |
| Rebecca Harrison | 00:32:25 | | | | | 1 |
| Des Quinn | 00:33:13 | | | | | 1 |
| Helen Morgan | 00:33:31 | | | | | 1 |
| Ian Bunch | 00:33:47 | | | | | 1 |
| Kelly Docherty | 00:34:22 | 00:33:58 | | 00:32:50 | 1:32 | 3 |
| Caroline Bransden | 00:34:59 | | 00:30:21 | 00:30:38 | 4:38 | 3 |
| Steve Hook | 00:40:46 | 00:37:23 | 00:37:36 | 00:39:10 | 3:23 | 4 |
| Harry Wilcox | | 00:19:04 | | | | 1 |
| Tom Robertson | | 00:19:40 | 00:25:16 | 00:20:29 | - | 3 |
| Dan Holmes | | 00:21:12 | | | | 1 |
| Tim Hampson | | 00:22:00 | 00:21:18 | | | 2 |
| Richard Harwood | | 00:23:30 | | 00:24:09 | | 2 |
| Alex Stapleton | | 00:23:42 | | | | 1 |
| Emma Walters | | 00:24:39 | | | | 1 |
| Tito Sacchi | | 00:26:26 | 00:25:52 | 00:26:56 | 0:34 | 3 |
| Warren Marks | | 00:27:16 | 00:25:25 | | | 2 |
| Sally Malins | | 00:31:57 | | | | 1 |
| Barnaby Smith | | 00:32:19 | | | | 1 |
| Daniel Hague | | 00:32:36 | | | | 1 |
| Ian Michaelwaite | | 00:32:51 | | | | 1 |
| Jane Footer | | 00:35:32 | | | | 1 |
| Sandrine Yeates | | 00:38:32 | | | | 1 |
| Chris Moore | | | 00:19:30 | 00:19:42 | | 2 |
| Lynne Clawson | | | 00:31:07 | 00:32:24 | | 2 |
| Lewis Reeves | | | | 00:18:34 | | 1 |
| Josh Weller | | | | 00:23:32 | | 1 |
| Daniel Price | | | | 00:23:39 | | 1 |
| Mark Aylmore | | | | 00:23:46 | | 1 |
| John Jefferies | | | | 00:24:48 | | 1 |
| Ian Ratcliffe | | | | 00:31:07 | | 1 |