

| 5k Postions | Name | Time | Other Positions | Name | Time | Laps |
|------------------------|------------------|-------------|----------------------------|----------------|-------------|-------------|
| 1 | Neil Rayson | 22.28 | 1 | Luke Beresford | 6:56 | 1 |
| 2 | Jacob Jones | 23.31 | | | | |
| 3 | Pete Meeks | 24.47 | | | | |
| 4 | Logan Fairey | 26.06 | | | | |
| 5 | Tim Donovan | 26.11 | | | | |
| 6 | Boo Parmar | 27.11 | | | | |
| 7 | John Green | 27.58 | | | | |
| 8 | Fran Howett | 28.12 | | | | |
| 9 | Leonard Foulk | 29.3 | | | | |
| 10 | Eleanor Robinson | 29.53 | | | | |
| 11 | Aaron Pears | 32.21 | | | | |

