6:30pm

- John Commersall
- ~~Kate Hyles~~
- ~~Anne Giles~~

| | | Time |
|---|---|---|
| - Matt Clark | 4 | 29.08 |
| - Celia Oswell | 12 | 31.38 |
| - Lucy Downham | 20 | 36.56 |
| - Matty Jackman | 10 | 31.29 |
| - Jim Tyson | 18 | 33.40 |
| - Josh Bailey | 14 | 32.56 |
| - Richard Tait | 27 | 48.05 |
| - John Gomersall | 23 | 38.20 |
| - Kate Ayres | 24 | 38.34 |
| - Paul Simpson | 16 | 33.34 |
| - Ben Went | 3 | 28.54 |
| - Chris Richards | (1) | 23.13 |
| - Jack Dixon | 17 | 33.38 |
| - Jim Evans | 11 | 31.37 |
| - Ian Stephenson | 19 | 34.05 |
| Rob Marler | 5 | 29.20 |
| Charlie Day | 8 | 30.55 |

| | | Time |
|---|---|---|
| Anne Giles | 26 | 45.43 |
| Tom Prestley | 6 | 30.01 |
| Paul Knowles | 9 | 31.03 |
| Eleanor Knowles | 22 | 38.08 |
| Heidi Ross | 15 | 33.23 |
| James Bacc | 13 | 32.36 |
| Ben Sharrock | 2 | 24.18 |
| Cath Musett | 25 | 43.07 |
| Sara Sanders | 21 | 37.55 |
| James Cumore | 7. | 30.27 |