| Stages | | | | | | |
|---------|---------|---------|--------|-----------|--|--|
| Stage | Dist(m) | %f'male | Av Age | Young/Old | | |
| 1 | 5.60 | 30.61 | 37.14 | 0/71 | | |
| 2 | 6.10 | 32.65 | 35.69 | 0/68 | | |
| 3 | 5.70 | 26.53 | 34.84 | 0/63 | | |
| 4 | 6.00 | 34.69 | 36.27 | 0/67 | | |
| 5 | 4.50 | 38.78 | 37.37 | 0/65 | | |
| 6 | 7.60 | 28.57 | 33.47 | 0/62 | | |
| Total = | 35.5 | | | | | |

| Teams | | | | | |
|-------------------|---------|----------|---------------------------------------|--|--|
| | Av. Age | Team No. | Team Name | | |
| Oldest Team | 60.50 | 42 | St Edmunds Pacers A | | |
| 2nd Oldest Team | 59.00 | 33 | Bishop's Stortford Running Club B Tea | | |
| 3rd Oldest Team | 56.50 | 32 | Cambridge & Coleridge AC - D | | |
| | | | | | |
| Youngest Team | - | 3 | The Extended Family | | |
| 2nd Youngest Team | - | 3 | The Extended Family | | |
| 3rd Youngest Team | - | 3 | The Extended Family | | |

| Unaffiliated = | 112 | 38.10% |
|----------------|-----|--------|
| Affiliated= | 182 | 61.90% |