

| Nos | NAME | RUNNING CLUB | M/F | TIME | POSITION |
|-----|------------------|--------------------------------|-----|-------|----------|
| 126 | THOMAS BEEDELL | WOODFORD GREEN AC | M | 31.00 | 1 |
| 121 | SPENCER HEMPSTED | ILFORD AC | M | 32.08 | 2 |
| 75 | KEITH MILLER | DAVID LLOYD REDWAY RUNNERS | M | 32.58 | 3 |
| 17 | OWEN BYRNE | BEARBROOK RC | M | 34.16 | 4 |
| 70 | STEVE ROBERTS | HANDYCROSS RUNNERS | M | 34.50 | 5 |
| 12 | BILL GRISTWOOD | EALING SOUTHALL & MIDDLESEX AC | M | 35.31 | 6 |
| 128 | BRENDON GILLBERT | HANDYCROSS RUNNERS | M | 35.57 | 7 |
| 152 | PAUL DOUGLAS | LEIGHTON BUZZARD AC | M | 36.13 | 8 |
| 147 | SIMON BARNETT | TRING RC | M | 36.29 | 9 |
| 118 | STEPHEN MOORE | SPRINGFIELD STRIDERS | M | 36.39 | 10 |
| 72 | PAUL TEW | U/A | M | 36.49 | 11 |
| 51 | ALAN WHELAN | TRING RC | M | 37.11 | 12 |
| 1 | BOB HODGES | BEARBROOK RC | M | 37.34 | 13 |
| 119 | JACKIE COOPER | NEWBURY AC | F | 37.56 | 14 |
| 24 | RICHARD DEVEREUX | ST ALBANS STRIDERS | M | 37.57 | 15 |
| 114 | ROB RAY | U/A | M | 38.20 | 16 |
| 58 | ANDREW HALL | TRING RC | M | 38.24 | 17 |
| 104 | GILES GREEN | SYNERGY | M | 38.30 | 18 |
| 139 | LLOYD MILES | BILLERICAY STRIDERS | M | 38.36 | 19 |
| 112 | SARAH PARADINE | BEARBROOK RC | F | 38.39 | 20 |
| 76 | GEORGE HAZELL | WATFORD HARRIERS | M | 38.40 | 21 |
| 10 | DAN CLARKE | ASTON ABBOTS AC | M | 38.49 | 22 |
| 81 | LISA CROFT | WATFORD HARRIERS | F | 38.56 | 23 |
| 82 | WILLIAM JONES | MET POLICE AA | M | 39.16 | 24 |
| 28 | ANDY NEILL | U/A | M | 39.23 | 25 |
| 145 | CIARAN WELDON | WATFORD HARRIERS | M | 39.25 | 26 |
| 97 | GRAHAM MAYOH | WATFORD HARRIERS | M | 39.32 | 27 |
| 144 | MARK HOBSON | U/A | M | 39.42 | 28 |
| 57 | RICHARD FOSKETT | HERTS PHOENIX | M | 39.53 | 29 |
| 84 | RICK ANSELL | TRING RC | M | 40.09 | 30 |
| 123 | JONH SALMON | THAMES HARE & HOUNDS | M | 40.19 | 31 |
| 153 | JANE SAUER | LEIGHTON BUZZARD AC | F | 40.23 | 32 |
| 48 | PAUL CHAMNEY | TRING RC | M | 40.36 | 33 |
| 74 | JULIE HUMPHARIES | ALTON RUNNERS | F | 40.42 | 34 |
| 106 | ALISTER LOGAN | U/A | M | 40.47 | 35 |

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| 46 | JASON RABINOWITZ | U/A | M | 40.48 | 36 |
| 142 | PAUL COWAN | TRING RC | M | 40.56 | 37 |
| 99 | ADRIAN LEE | U/A | M | 41.00 | 38 |
| 113 | PAUL EMERY | WATFORD JOGGERS | M | 41.08 | 39 |
| 98 | JOHNATHAN SMITH | TRING RC | M | 41.12 | 40 |
| 87 | DAVID DEMERY | U/A | M | 41.28 | 41 |
| 102 | JOHN OBRIAN | U/A | M | 41.36 | 42 |
| 68 | SIMON LEE | SHIRES TRIERS TRIATHLON CLUB | M | 41.46 | 43 |
| 151 | LUKE BENNETTS | U/A | M | 41.47 | 44 |
| 26 | TONY BARROWS | BEARBROOK RC | M | 41.54 | 45 |
| 54 | DAVID BURGESS | U/A | M | 41.56 | 46 |
| 37 | MARY WARD | TRING RC | F | 41.57 | 47 |
| 91 | STUART FOGARTY | U/A | M | 42.00 | 48 |
| 59 | KEITH VERRALLS | U/A | M | 42.01 | 49 |
| 140 | SIMON CHAPMAN | U/A | M | 42.07 | 50 |
| 154 | JAMIE MATTHEWS | U/A | M | 42.09 | 51 |
| 67 | MANDY BONTHRONE | TRING RC | F | 42.14 | 52 |
| 31 | ASA KITCHENER | U/A | M | 42.19 | 53 |
| 141 | DAVID ELLIOTT | U/A | M | 42.27 | 54 |
| 88 | CRAIG THOMAS | TRING RC | M | 42.33 | 55 |
| 133 | COLIN KIRK | U/A | M | 42.45 | 56 |
| 66 | SARAH NEEDLEMAN | CHILTERN HARRIERS | F | 42.47 | 57 |
| 8 | PAUL BAILEY | TRING RC | M | 43.03 | 58 |
| 56 | SIMON FRAME | U/A | M | 43.10 | 59 |
| 125 | BRUCE HUMPHYRIES | ALTON RUNNERS | M | 43.15 | 60 |
| 79 | MATHEW WRIGHT | U/A | M | 43.18 | 61 |
| 42 | ANTHONY KENT | U/A | M | 43.30 | 62 |
| 149 | SIMON KENNEDY | U/A | M | 43.42 | 63 |
| 155 | ALEKSANDR BOSCH | TRING RC | M | 43.44 | 64 |
| 115 | JONNY RAY | ARSENAL | M | 43.46 | 65 |
| 61 | PAUL BUXTON | U/A | M | 43.54 | 66 |
| 52 | HARRY WHELAN | ASHLYNS SCHOOL | M | 44.10 | 67 |
| 47 | BENJAMIN HOWELL | CHILTERN HARRIERS | M | 44.22 | 68 |
| 30 | LEONARD SMITH | U/A | M | 44.23 | 69 |
| 45 | ANDREW HOWELL | U/A | M | 44.27 | 70 |
| 78 | MOLLY BRADLEY | U/A | F | 44.55 | 71 |

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|-----|-------------------|----------------------|---|-------|-----|
| 2 | SANDY HODGES | BEARBROOK RC | F | 44.59 | 72 |
| 25 | PAUL HEARN | BEARBROOK RC | M | 45.04 | 73 |
| 38 | TOM TAYLOR | U/A | M | 45.17 | 74 |
| 39 | ERICA DICKENS | U/A | F | 45.28 | 75 |
| 33 | ROHAN CULLERHOUSE | U/A | M | 45.29 | 76 |
| 100 | GARITH BROWN | U/A | M | 46.02 | 77 |
| 50 | CHARLIE MORGAN | U/A | M | 46.07 | 78 |
| 32 | COLIN HAMLET | WATFORD HARRIERS | M | 46.10 | 79 |
| 107 | SAM GRAHAM | U/A | F | 46.11 | 80 |
| 164 | ANDREW KATEEN | TRING RC | M | 46.14 | 81 |
| 7 | JANE PORTEOUS | TRING RC | F | 46.31 | 82 |
| 86 | THOMAS KEARNEY | HITCHIN RUNNING CLUB | M | 46.32 | 83 |
| 53 | ALISTAR LANGAN | U/A | M | 46.33 | 84 |
| 148 | KIRSTY BARNETT | TRING RC | F | 46.41 | 85 |
| 80 | MICHAEL FLEET | U/A | M | 46.45 | 86 |
| 93 | MARIA KERR | U/A | F | 46.53 | 87 |
| 60 | DEREK PEVERILL | VALE OF AYLESBURY | M | 46.54 | 88 |
| 73 | LOUISE ROCKESTER | TRING RC | F | 47.10 | 89 |
| 3 | MARTIN HOPCROFT | TRING RC | M | 47.25 | 90 |
| 20 | ANDY BUTLER | BEARBROOK RC | M | 47.31 | 91 |
| 23 | ALICE ELY | TRING RC | F | 47.53 | 92 |
| 161 | PETER JOHNSON | FRA | M | 48.04 | 93 |
| 89 | ROB PEARSON | U/A | M | 48.14 | 94 |
| 65 | HILLARY NEEDLEMAN | CHILTERN HARRIERS | F | 48.21 | 95 |
| 40 | RICHARD WHITE | TRING RC | M | 48.27 | 96 |
| 109 | BRIAN MACMAHAN | CARDIO KWON-DO | M | 48.36 | 97 |
| 158 | BOO CHARD | U/A | F | 49.03 | 98 |
| 63 | JILL OWEN | WATFORD HARRIERS | F | 49.11 | 99 |
| 105 | CHARLES LOGAN | U/A | M | 49.18 | 100 |
| 44 | NICK PIERPOINT | TRING RC | M | 49.23 | 101 |
| 111 | DIEGO PUNIN | U/A | M | 49.24 | 102 |
| 92 | NICOLA KROWKOWSKI | U/A | F | 49.26 | 103 |
| 135 | LINDA HUXLEY | BEARBROOK RC | F | 49.28 | 104 |
| 160 | KINGSLEY BASSON | TRING RC | M | 49.32 | 105 |
| 55 | RICHARD LONG | U/A | M | 49.44 | 106 |
| 163 | SAM LANE | U/A | F | 49.58 | 107 |

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| 77 | LUCY GUEST | U/A | F | 50.06 | 108 |
| 69 | SARAH ROBERTS | HANDYCROSS RUNNERS | F | 50.34 | 109 |
| 110 | ROGER HADLAND | U/A | M | 50.48 | 110 |
| 134 | ROB ENGERS | HILLINGDON ATHLETICS | M | 50.52 | 111 |
| 43 | STEVE WEBB | U/A | M | 50.58 | 112 |
| 108 | SARAH YARRON | U/A | F | 51.03 | 113 |
| 16 | PAUL TERRET | TRING RC | M | 51.09 | 114 |
| 27 | SHONA MULLEN | TRING RC | F | 51.10 | 115 |
| 156 | LEON BOSCH | TRING RC | M | 51.19 | 116 |
| 83 | HELEN SAVAGE | U/A | F | 51.38 | 117 |
| 15 | GORDON AVERY | U/A | M | 51.54 | 118 |
| 34 | LUCY WELSBY | TRING RC | F | 52.19 | 119 |
| 127 | MATTHEW ROUSE | U/A | M | 52.26 | 120 |
| 64 | BARRY WATSON | U/A | M | 52.33 | 121 |
| 22 | PETER MCDAID | TRING RC | M | 52.34 | 122 |
| 49 | CLARE DONAHUE | TRING RC | F | 52.35 | 123 |
| 138 | BARRY DACKOMBE | AMPTHILL & FLITWICK FLYERS | M | 52.38 | 124 |
| 41 | SHIRLEY WHITE | TRING RC | F | 52.45 | 125 |
| 6 | ALFIE ROBBINS | U/A | M | 53.03 | 126 |
| 5 | JAMIE ROBBINS | U/A | M | 53.04 | 127 |
| 9 | NATALIE HARRISON | TRING RC | F | 53.08 | 128 |
| 159 | GORDON CLARK | U/A | M | 53.42 | 129 |
| 90 | STUART WHITFORD | U/A | M | 54.24 | 130 |
| 36 | MIKE WARD | U/A | M | 54.32 | 131 |
| 13 | JULIA GRISTWOOD | EALING SOUTHALL & MIDDLESEX AC | F | 54.43 | 132 |
| 101 | RICHARD WILLSHSHER | U/A | M | 55.40 | 133 |
| 150 | DAVID SACHEL | U/A | M | 55.48 | 134 |
| 122 | DAVID HUGGINS | U/A | M | 57.02 | 135 |
| 103 | PHILLIP HULL | U/A | M | 57.31 | 136 |
| 120 | MARTIN GRIMSDALE | WATFORD HARRIERS | M | 57.50 | 137 |
| 143 | DAVID CRAWLEY | LBAC | M | 57.54 | 138 |
| 14 | JOHN ADAM | LEIGHTON BUZZARD AC | M | 58.19 | 139 |
| 4 | JUDI HOPCROFT | TRING RC | F | 58.48 | 140 |
| 95 | STUART WRIGHT | U/A | M | 59.53 | 141 |
| 94 | ALEXANDRA WRIGHT | U/A | F | 59.54 | 142 |
| 162 | BEN LANE | U/A | M | 60.34 | 143 |

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|-----|---------------------------|----------------------|---|-------|-----|
| 124 | NIGEL LACEY | TRING RC | M | 60.53 | 144 |
| 136 | HANNAH HORTON | U/A | F | 61.14 | 145 |
| 137 | CLAIR MORSFIELD | U/A | F | 61.15 | 146 |
| 146 | CHRIS TANNER | U/A | M | 62.30 | 147 |
| 96 | LEIGH BRADBURY | U/A | F | 63.58 | 148 |
| 157 | BARBARA BOSCH | U/A | F | 66.37 | 149 |
| 132 | RICHARD HOUGHTON | U/A | M | 67.00 | 150 |
| 21 | IAN BARNES | GADE VALLEY HARRIERS | M | 68.04 | 151 |
| 131 | SUKHWINDER IWIAK-HOUGHTON | U/A | F | 68.26 | 152 |
| 116 | JANE MANNING | TRING RC | F | 83.05 | 153 |
| 117 | LOUISE SIMPSON | SOUTHEND AC | F | 83.05 | 154 |
| 35 | CELINE WILCOCK | TRING RC | F | 83.05 | 155 |
| 129 | GEOFF HEAD | TRING RC | M | 83.05 | 156 |
| 130 | DAVID SAWYER | TRING RC | M | 83.05 | 157 |