

| Bib | Overall Position | Name | Guntime | Team / Club | Gender | Gender Position | Avg speed | Avg pace | Status |
|------|------------------|-------------------------|----------|-------------------------------|--------|-----------------|-----------|----------|----------|
| 2575 | 1 | Jess Gibbons | 00:28:16 | Reading AC | f | | 16.98 | 03:32 | Finished |
| 2165 | 2 | Niamh Brown | 00:29:06 | Aldershot Farnham & DAC | f | | 16.49 | 03:38 | Finished |
| 2529 | 3 | Beth Hawling | 00:29:13 | London Heathside AC | f | | 16.43 | 03:39 | Finished |
| 2228 | 4 | Sarah Astin | 00:29:16 | Belgrave Harriers | f | | 16.4 | 03:40 | Finished |
| 2281 | 5 | Holly Dixon | 00:29:36 | Cambridge Harriers | f | | 16.22 | 03:42 | Finished |
| 2443 | 6 | Hannah Viner | 00:29:43 | Highgate Harriers | f | | 16.15 | 03:43 | Finished |
| 2166 | 7 | Georgie Bruinvels | 00:29:45 | Aldershot Farnham & DAC | f | | 16.13 | 03:43 | Finished |
| 2280 | 8 | Kate Curran | 00:29:48 | Cambridge Harriers | f | | 16.11 | 03:43 | Finished |
| 2762 | 9 | Alexandra Barbour | 00:30:02 | Windsor S E & Hounslow AC | f | | 15.98 | 03:45 | Finished |
| 2597 | 10 | Naomi Taschmowitz | 00:30:09 | Shaftesbury Barnet Harriers | f | | 15.92 | 03:46 | Finished |
| 2171 | 11 | Lauren Hall | 00:30:10 | Aldershot Farnham & DAC | f | | 15.91 | 03:46 | Finished |
| 2201 | 12 | Kate Estlea | 00:30:12 | Basingstoke & Mid Hants AC | f | | 15.89 | 03:47 | Finished |
| 2376 | 13 | Hannah Cox | 00:30:14 | Fulham Running Club | f | | 15.88 | 03:47 | Finished |
| 2654 | 14 | Bethanie Murray | 00:30:38 | Thames Hare & Hounds | f | | 15.67 | 03:50 | Finished |
| 2770 | 15 | Chloe Sharp | 00:30:45 | Woking AC | f | | 15.61 | 03:51 | Finished |
| 2699 | 16 | Verity Hopkins | 00:30:55 | Tonbridge AC | f | | 15.53 | 03:52 | Finished |
| 2510 | 17 | Brogan Wallace | 00:30:57 | London Heathside AC | f | | 15.51 | 03:52 | Finished |
| 2534 | 18 | Lara Bromilow | 00:30:57 | Marshall Milton Keynes AC | f | | 15.51 | 03:52 | Finished |
| 2617 | 19 | Natalie Griffiths | 00:31:02 | Southampton AC | f | | 15.47 | 03:53 | Finished |
| 2198 | 20 | Charlotte Chalwin | 00:31:03 | Basingstoke & Mid Hants AC | f | | 15.46 | 03:53 | Finished |
| 2232 | 21 | Rachel Brown | 00:31:03 | Belgrave Harriers | f | | 15.46 | 03:53 | Finished |
| 2352 | 22 | Naomi Lenane | 00:31:06 | Epsom & Ewell Harriers | f | | 15.43 | 03:53 | Finished |
| 2439 | 23 | Yasmin Goater | 00:31:06 | Highgate Harriers | f | | 15.43 | 03:53 | Finished |
| 2282 | 24 | Megan Marchant | 00:31:16 | Cambridge Harriers | f | | 15.35 | 03:55 | Finished |
| 2206 | 25 | Charlotte Ragan | 00:31:19 | Basingstoke & Mid Hants AC | f | | 15.33 | 03:55 | Finished |
| 2200 | 26 | Maddie Deadman | 00:31:23 | Basingstoke & Mid Hants AC | f | | 15.29 | 03:55 | Finished |
| 2427 | 27 | Katie Moore | 00:31:24 | Herne Hill Harriers | f | | 15.29 | 03:55 | Finished |
| 2683 | 28 | Eliza Hawthorn | 00:31:28 | The Stragglers RC | f | | 15.25 | 03:56 | Finished |
| 2514 | 29 | Evangelista Divetaïn | 00:31:35 | London Heathside AC | f | | 15.2 | 03:57 | Finished |
| 2519 | 30 | Annie Arnold | 00:31:38 | London Heathside AC | f | | 15.17 | 03:57 | Finished |
| 2168 | 31 | Laura Gent | 00:31:41 | Aldershot Farnham & DAC | f | | 15.15 | 03:58 | Finished |
| 2477 | 32 | Katie Rowland | 00:31:54 | Kent AC | f | | 15.05 | 03:59 | Finished |
| 2711 | 33 | Jessica Prior | 00:31:55 | Trent Park Running Club | f | | 15.04 | 03:59 | Finished |
| 2648 | 34 | Rebecca Lord | 00:31:56 | Stubbington Green Runners | f | | 15.03 | 04:00 | Finished |
| 2385 | 35 | Juliet Vine | 00:31:57 | Garden City Runners | f | | 15.02 | 04:00 | Finished |
| 2491 | 36 | Darja knotkova-Hanley | 00:31:59 | Lewes AC | f | | 15.01 | 04:00 | Finished |
| 2264 | 37 | Henrietta Tarasewicz | 00:32:00 | Bodyworks XTC Tri Store | f | | 15 | 04:00 | Finished |
| 2163 | 38 | Hannah Angell | 00:32:03 | Aldershot Farnham & DAC | f | | 14.98 | 04:00 | Finished |
| 2222 | 39 | Lauren Nichols | 00:32:05 | Bedford & County AC | f | | 14.96 | 04:01 | Finished |
| 2688 | 40 | Lisa Bailey | 00:32:09 | The Stragglers RC | f | | 14.93 | 04:01 | Finished |
| 2518 | 41 | Olivia Desborough | 00:32:12 | London Heathside AC | f | | 14.91 | 04:02 | Finished |
| 2259 | 42 | Carole Coulon | 00:32:18 | Blackheath & Bromley Harriers | f | | 14.86 | 04:02 | Finished |
| 2207 | 43 | Kate Towerton | 00:32:21 | Basingstoke & Mid Hants AC | f | | 14.84 | 04:03 | Finished |
| 2240 | 44 | Olivia Papaioannou | 00:32:22 | Belgrave Harriers | f | | 14.83 | 04:03 | Finished |
| 2241 | 45 | Alice Reed | 00:32:24 | Belgrave Harriers | f | | 14.81 | 04:03 | Finished |
| 2408 | 46 | Emily Strathdee | 00:32:30 | Headington Road Runners | f | | 14.77 | 04:04 | Finished |
| 2563 | 47 | Rebecca Frake | 00:32:31 | Oxford City AC | f | | 14.76 | 04:04 | Finished |
| 2324 | 48 | Clare Elms | 00:32:31 | Dulwich Runners AC | f | | 14.76 | 04:04 | Finished |
| 2473 | 49 | Sarah Hanley | 00:32:32 | Kent AC | f | | 14.75 | 04:04 | Finished |
| 2411 | 50 | Claire Grima | 00:32:33 | Hercules Wimbledon AC | f | | 14.75 | 04:04 | Finished |
| 2578 | 51 | Katie Rodda | 00:32:36 | Reading AC | f | | 14.72 | 04:04 | Finished |
| 2759 | 52 | India Lee | 00:32:42 | Winchester & District AC | f | | 14.68 | 04:05 | Finished |
| 2177 | 53 | Emma Stevens | 00:32:43 | Aldershot Farnham & DAC | f | | 14.67 | 04:05 | Finished |
| 2584 | 54 | Natasha Sheel | 00:32:46 | Serpentine RC | f | | 14.65 | 04:06 | Finished |
| 2499 | 55 | Caoimhe Nic Fhogartaigh | 00:32:48 | London City AC | f | | 14.63 | 04:06 | Finished |
| 2284 | 56 | Megan Williams | 00:32:53 | Chelmsford AC | f | | 14.6 | 04:07 | Finished |
| 2641 | 57 | Christine Lathwell | 00:32:57 | Stopsley Striders JC | f | | 14.57 | 04:07 | Finished |
| 2441 | 58 | Karina Thornton | 00:32:59 | Highgate Harriers | f | | 14.55 | 04:07 | Finished |
| 2621 | 59 | Catriona Witcombe | 00:33:01 | Southampton AC | f | | 14.54 | 04:08 | Finished |
| 2227 | 60 | Samantha Amend | 00:33:02 | Belgrave Harriers | f | | 14.53 | 04:08 | Finished |
| 2245 | 61 | Flora Whyte | 00:33:05 | Belgrave Harriers | f | | 14.51 | 04:08 | Finished |
| 2238 | 62 | Ella-May Hards | 00:33:06 | Belgrave Harriers | f | | 14.5 | 04:08 | Finished |
| 2779 | 63 | Ana Montgomery | 00:33:07 | Wycombe Phoenix Harriers & AC | f | | 14.49 | 04:08 | Finished |
| 2399 | 64 | Ginte Bailey | 00:33:07 | Havering AC | f | | 14.49 | 04:08 | Finished |
| 2678 | 65 | Sophie Biggs | 00:33:08 | The Stragglers RC | f | | 14.49 | 04:09 | Finished |
| 2733 | 66 | Emily Robinson | 00:33:11 | Victoria Park H & Tower H AC | f | | 14.47 | 04:09 | Finished |
| 2768 | 67 | Meg Ormond | 00:33:11 | Windsor S E & Hounslow AC | f | | 14.47 | 04:09 | Finished |
| 2223 | 68 | Josie Smith | 00:33:12 | Bedford & County AC | f | | 14.46 | 04:09 | Finished |
| 2590 | 69 | Victoria Crawford | 00:33:14 | Serpentine RC | f | | 14.44 | 04:09 | Finished |
| 2761 | 70 | Karla Borland | 00:33:14 | Winchester & District AC | f | | 14.44 | 04:09 | Finished |
| 2771 | 71 | Suzanne Phillips | 00:33:15 | Woodford Green & Essex Ladies | f | | 14.44 | 04:09 | Finished |
| 2462 | 72 | Jen Berg | 00:33:18 | Kent AC | f | | 14.41 | 04:10 | Finished |
| 2308 | 73 | Hannah Morris | 00:33:26 | Dorking & Mole Valley AC | f | | 14.36 | 04:11 | Finished |
| 2569 | 74 | Suzy Whatmough | 00:33:29 | Ranelagh Harriers | f | | 14.34 | 04:11 | Finished |
| 2697 | 75 | Claire Day | 00:33:29 | Tonbridge AC | f | | 14.34 | 04:11 | Finished |
| 2237 | 76 | Lizzie Goldie-Scot | 00:33:30 | Belgrave Harriers | f | | 14.33 | 04:11 | Finished |
| 2450 | 77 | Ieva Klavina | 00:33:33 | Huntingdonshire AC | f | | 14.31 | 04:12 | Finished |
| 2234 | 78 | Mimi Corden-Lloyd | 00:33:35 | Belgrave Harriers | f | | 14.29 | 04:12 | Finished |
| 2734 | 79 | Mandy Dohren | 00:33:35 | Victoria Park H & Tower H AC | f | | 14.29 | 04:12 | Finished |
| 2772 | 80 | Alicia McArdell | 00:33:40 | Woodford Green & Essex Ladies | f | | 14.26 | 04:12 | Finished |
| 2375 | 81 | Sophie McKeeman | 00:33:46 | Fulham Running Club | f | | 14.22 | 04:13 | Finished |
| 2752 | 82 | Tila Lomba | 00:33:56 | Wimbledon Windmilers RC | f | | 14.15 | 04:15 | Finished |
| 2615 | 83 | Alice Germana | 00:33:57 | South London Harriers | f | | 14.14 | 04:15 | Finished |
| 2445 | 84 | hannah wells | 00:34:03 | Hillingdon AC | f | | 14.1 | 04:15 | Finished |
| 2421 | 85 | Sarah Grover | 00:34:12 | Herne Hill Harriers | f | | 14.04 | 04:17 | Finished |
| 2453 | 86 | Ashia Fenwick | 00:34:13 | Ipswich Harriers | f | | 14.03 | 04:17 | Finished |

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|------|-----|----------------------------|----------|-------------------------------|---|-------|-------|----------|
| 2230 | 87 | Laurel Bray | 00:34:13 | Belgrave Harriers | f | 14.03 | 04:17 | Finished |
| 2301 | 88 | Madeleine Armstrong Pleith | 00:34:14 | Croydon Harriers | f | 14.02 | 04:17 | Finished |
| 2244 | 89 | Alix Vermeulen | 00:34:19 | Belgrave Harriers | f | 13.99 | 04:17 | Finished |
| 2766 | 90 | Isabelle Rayner | 00:34:21 | Windsor S E & Hounslow AC | f | 13.97 | 04:18 | Finished |
| 2662 | 91 | Katie Smith | 00:34:21 | Thames Hare & Hounds | f | 13.97 | 04:18 | Finished |
| 2595 | 92 | Elana Dimmer | 00:34:22 | Shaftesbury Barnet Harriers | f | 13.97 | 04:18 | Finished |
| 2646 | 93 | Holly Watson | 00:34:26 | Stubbington Green Runners | f | 13.94 | 04:18 | Finished |
| 2294 | 94 | Ruth Dervan | 00:34:27 | Clapham Pioneers | f | 13.93 | 04:18 | Finished |
| 2649 | 95 | Kelley Haniver | 00:34:34 | Stubbington Green Runners | f | 13.89 | 04:19 | Finished |
| 2235 | 96 | Sarah Dewhirst | 00:34:34 | Belgrave Harriers | f | 13.89 | 04:19 | Finished |
| 2370 | 97 | Lucy Stanhope | 00:34:35 | Fulham Running Club | f | 13.88 | 04:19 | Finished |
| 2208 | 98 | Ruth Aylward | 00:34:35 | Beckenham Running Club | f | 13.88 | 04:19 | Finished |
| 2267 | 99 | Rebecca Berger-North | 00:34:36 | Bracknell AC | f | 13.87 | 04:19 | Finished |
| 2579 | 100 | Hayleigh Wood | 00:34:36 | Reading AC | f | 13.87 | 04:19 | Finished |
| 2205 | 101 | Rebecca Pearson | 00:34:36 | Basingstoke & Mid Hants AC | f | 13.87 | 04:19 | Finished |
| 2700 | 102 | Sasha Humphries | 00:34:37 | Tonbridge AC | f | 13.87 | 04:20 | Finished |
| 2279 | 103 | Millicent Wood | 00:34:38 | Cambridge & Coleridge AC | f | 13.86 | 04:20 | Finished |
| 2721 | 104 | Jenny Millett | 00:34:44 | Tri Surrey Triathlon Club | f | 13.82 | 04:20 | Finished |
| 2384 | 105 | Martha Hall | 00:34:47 | Garden City Runners | f | 13.8 | 04:21 | Finished |
| 2224 | 106 | Ellie Still | 00:34:49 | Bedford & County AC | f | 13.79 | 04:21 | Finished |
| 2327 | 107 | Katie Styles | 00:34:50 | Dulwich Runners AC | f | 13.78 | 04:21 | Finished |
| 2396 | 108 | Joanna Finill | 00:34:50 | Harrow AC | f | 13.78 | 04:21 | Finished |
| 2760 | 109 | Eleanor Swire | 00:34:51 | Winchester & District AC | f | 13.77 | 04:21 | Finished |
| 2355 | 110 | Eleanor George | 00:34:51 | Eton Manor AC | f | 13.77 | 04:21 | Finished |
| 2601 | 111 | Lucy Connolly | 00:34:52 | South London Harriers | f | 13.77 | 04:22 | Finished |
| 2686 | 112 | Sarah Winter | 00:34:53 | The Stragglers RC | f | 13.76 | 04:22 | Finished |
| 2576 | 113 | Lydia Blythe | 00:34:55 | Reading AC | f | 13.75 | 04:22 | Finished |
| 2196 | 114 | Jo Kent | 00:34:57 | Barnet & District AC | f | 13.73 | 04:22 | Finished |
| 2500 | 115 | Amy White | 00:34:58 | London City AC | f | 13.73 | 04:22 | Finished |
| 2258 | 116 | Kelsi Cornish | 00:35:01 | Blackheath & Bromley Harriers | f | 13.71 | 04:23 | Finished |
| 2169 | 117 | Megan Gildea | 00:35:03 | Aldershot Farnham & DAC | f | 13.69 | 04:23 | Finished |
| 2448 | 118 | Shelley Duffy | 00:35:05 | Huntingdonshire AC | f | 13.68 | 04:23 | Finished |
| 2526 | 119 | Ciera Kennedy | 00:35:07 | London Heathside AC | f | 13.67 | 04:23 | Finished |
| 2197 | 120 | Karen Murphy | 00:35:09 | Barnet & District AC | f | 13.66 | 04:24 | Finished |
| 2735 | 121 | Susan Bint | 00:35:09 | Victoria Park H & Tower H AC | f | 13.66 | 04:24 | Finished |
| 2676 | 122 | Joanna Mobed | 00:35:15 | Thames Valley Harriers | f | 13.62 | 04:24 | Finished |
| 2216 | 123 | Aurelia Osborne | 00:35:16 | Beckenham Running Club | f | 13.61 | 04:24 | Finished |
| 2296 | 124 | Rosie Clarke | 00:35:16 | Clapham Pioneers | f | 13.61 | 04:24 | Finished |
| 2596 | 125 | Hannah Ridley | 00:35:25 | Shaftesbury Barnet Harriers | f | 13.55 | 04:26 | Finished |
| 2659 | 126 | Chloë Beckett | 00:35:27 | Thames Hare & Hounds | f | 13.54 | 04:26 | Finished |
| 2755 | 127 | Sam Parkinson | 00:35:30 | Winchester & District AC | f | 13.52 | 04:26 | Finished |
| 2758 | 128 | Charlotte Hoskins | 00:35:31 | Winchester & District AC | f | 13.51 | 04:26 | Finished |
| 2426 | 129 | Natalie McDougall | 00:35:32 | Herne Hill Harriers | f | 13.51 | 04:26 | Finished |
| 2401 | 130 | Robyn Matson | 00:35:33 | Havering AC | f | 13.5 | 04:27 | Finished |
| 2179 | 131 | Sophie Vallis | 00:35:34 | Aldershot Farnham & DAC | f | 13.5 | 04:27 | Finished |
| 2696 | 132 | Alexandra Crockford | 00:35:36 | Tonbridge AC | f | 13.48 | 04:27 | Finished |
| 2754 | 133 | Alice Sullivan | 00:35:37 | Wimborne AC | f | 13.48 | 04:27 | Finished |
| 2756 | 134 | Emma Carter | 00:35:38 | Winchester & District AC | f | 13.47 | 04:27 | Finished |
| 2727 | 135 | Ali Trauttmansdorff | 00:35:49 | Victoria Park H & Tower H AC | f | 13.4 | 04:29 | Finished |
| 2782 | 136 | Anoushka Johnson | 00:35:50 | Central Park Athletics | f | 13.4 | 04:29 | Finished |
| 2656 | 137 | Anrea Stehlikova | 00:35:50 | Thames Hare & Hounds | f | 13.4 | 04:29 | Finished |
| 2485 | 138 | Gen Blanch | 00:35:54 | Kent AC | f | 13.37 | 04:29 | Finished |
| 2703 | 139 | Tina Oldershaw | 00:35:55 | Tonbridge AC | f | 13.36 | 04:29 | Finished |
| 2409 | 140 | Madeleine Ding | 00:35:57 | Headington Road Runners | f | 13.35 | 04:30 | Finished |
| 2415 | 141 | Eliza Cottington | 00:36:04 | Herne Hill Harriers | f | 13.31 | 04:31 | Finished |
| 2616 | 142 | Rhona Cloherty | 00:36:09 | South London Harriers | f | 13.28 | 04:31 | Finished |
| 2475 | 143 | Wendie Mathie | 00:36:10 | Kent AC | f | 13.27 | 04:31 | Finished |
| 2335 | 144 | Alicja Furmanczyk | 00:36:11 | Dulwich Runners AC | f | 13.27 | 04:31 | Finished |
| 2523 | 145 | Laura Hunt | 00:36:11 | London Heathside AC | f | 13.27 | 04:31 | Finished |
| 2442 | 146 | Sabina Russell | 00:36:13 | Highgate Harriers | f | 13.25 | 04:32 | Finished |
| 2765 | 147 | Natalie Thompson | 00:36:14 | Windsor S E & Hounslow AC | f | 13.25 | 04:32 | Finished |
| 2781 | 148 | Elizabeth Brookes | 00:36:14 | Central Park Athletics | f | 13.25 | 04:32 | Finished |
| 2277 | 149 | Isabel Mastrolonardo | 00:36:18 | Cambridge & Coleridge AC | f | 13.22 | 04:32 | Finished |
| 2470 | 150 | Victoria Buck | 00:36:22 | Kent AC | f | 13.2 | 04:33 | Finished |
| 2354 | 151 | Lee Milne | 00:36:25 | Eton Manor AC | f | 13.18 | 04:33 | Finished |
| 2377 | 152 | Seren Hughes | 00:36:26 | Fulham Running Club | f | 13.17 | 04:33 | Finished |
| 2397 | 153 | Jennifer Keal | 00:36:27 | Harrow AC | f | 13.17 | 04:33 | Finished |
| 2695 | 154 | Abianne Coates | 00:36:35 | Tonbridge AC | f | 13.12 | 04:34 | Finished |
| 2400 | 155 | Clare Davies | 00:36:38 | Havering AC | f | 13.1 | 04:35 | Finished |
| 2261 | 156 | Amy Leach | 00:36:39 | Blackheath & Bromley Harriers | f | 13.1 | 04:35 | Finished |
| 2652 | 157 | Natalie Long | 00:36:41 | Swale Combined AC | f | 13.08 | 04:35 | Finished |
| 2484 | 158 | Ali Farrall | 00:36:49 | Kent AC | f | 13.04 | 04:36 | Finished |
| 2210 | 159 | Katie Calascione | 00:36:59 | Beckenham Running Club | f | 12.98 | 04:37 | Finished |
| 2320 | 160 | Andrea Pickup | 00:37:04 | Dulwich Runners AC | f | 12.95 | 04:38 | Finished |
| 2543 | 161 | Chloe Hammond | 00:37:08 | Medway & Maidstone AC | f | 12.93 | 04:39 | Finished |
| 2547 | 162 | CLOUDY Carnegie | 00:37:14 | Mornington Chasers RC | f | 12.89 | 04:39 | Finished |
| 2582 | 163 | Lucy Daniels | 00:37:25 | Reading AC | f | 12.83 | 04:41 | Finished |
| 2552 | 164 | Stacey Harper | 00:37:27 | Norwich Road Runners | f | 12.82 | 04:41 | Finished |
| 2332 | 165 | Katie Smith | 00:37:28 | Dulwich Runners AC | f | 12.81 | 04:41 | Finished |
| 2783 | 166 | Alison Waters | 00:37:30 | Ashford & District RRC | f | 12.8 | 04:41 | Finished |
| 2215 | 167 | Kate Marchant | 00:37:35 | Beckenham Running Club | f | 12.77 | 04:42 | Finished |
| 2605 | 168 | Anne-Marie Smith | 00:37:37 | South London Harriers | f | 12.76 | 04:42 | Finished |
| 2342 | 169 | Jennifer Watt | 00:37:39 | Ealing Eagles Running Club | f | 12.75 | 04:42 | Finished |
| 2572 | 170 | Rebecca Bissell | 00:37:40 | Ranelagh Harriers | f | 12.74 | 04:43 | Finished |
| 2319 | 171 | Angie Norris | 00:37:41 | Dulwich Runners AC | f | 12.74 | 04:43 | Finished |
| 2745 | 172 | Clare Hazell | 00:37:41 | White Horse Harriers AC | f | 12.74 | 04:43 | Finished |
| 2599 | 173 | Diana Dolce | 00:37:47 | South London Harriers | f | 12.7 | 04:43 | Finished |

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|------|-----|-----------------------|----------|------------------------------|---|-------|-------|----------|
| 2339 | 174 | Vicky Chan | 00:37:49 | Ealing Eagles Running Club | f | 12.69 | 04:44 | Finished |
| 2507 | 175 | Hazel Reade | 00:37:51 | London Frontrunners | f | 12.68 | 04:44 | Finished |
| 2212 | 176 | Nathalie Gaudillat | 00:37:56 | Beckenham Running Club | f | 12.65 | 04:45 | Finished |
| 2644 | 177 | Niamh Vincent | 00:37:59 | Striders of Croydon | f | 12.64 | 04:45 | Finished |
| 2600 | 178 | Heidi Dann | 00:37:59 | South London Harriers | f | 12.64 | 04:45 | Finished |
| 2603 | 179 | Alice Smith | 00:38:00 | South London Harriers | f | 12.63 | 04:45 | Finished |
| 2545 | 180 | FIONA Russell | 00:38:01 | Mornington Chasers RC | f | 12.63 | 04:45 | Finished |
| 2626 | 181 | Jenny Gall | 00:38:09 | Southend on Sea AC | f | 12.58 | 04:46 | Finished |
| 2613 | 182 | Flic Carr | 00:38:11 | South London Harriers | f | 12.57 | 04:46 | Finished |
| 2501 | 183 | Naseem Allmomen | 00:38:15 | London Frontrunners | f | 12.55 | 04:47 | Finished |
| 2186 | 184 | Christine Costiff | 00:38:16 | Ashford & District AC | f | 12.54 | 04:47 | Finished |
| 2336 | 185 | Olivia Bishton | 00:38:19 | Dulwich Runners AC | f | 12.53 | 04:47 | Finished |
| 2556 | 186 | Becky Willett | 00:38:20 | Norwich Road Runners | f | 12.52 | 04:47 | Finished |
| 2455 | 187 | Victoria Wright | 00:38:20 | Istead and Ifield Harriers | f | 12.52 | 04:47 | Finished |
| 2374 | 188 | Sophie Finnegan | 00:38:21 | Fulham Running Club | f | 12.52 | 04:48 | Finished |
| 2293 | 189 | Holly MacAskill | 00:38:22 | Clapham Pioneers | f | 12.51 | 04:48 | Finished |
| 2325 | 190 | Michelle Lennon | 00:38:23 | Dulwich Runners AC | f | 12.51 | 04:48 | Finished |
| 2651 | 191 | Olwen Cockell | 00:38:24 | Swale Combined AC | f | 12.5 | 04:48 | Finished |
| 2506 | 192 | Erika Kulikova | 00:38:26 | London Frontrunners | f | 12.49 | 04:48 | Finished |
| 2536 | 193 | Karen Cudmore | 00:38:28 | Medway & Maidstone AC | f | 12.48 | 04:48 | Finished |
| 2638 | 194 | Louise Bentham | 00:38:30 | St Albans Striders | f | 12.47 | 04:49 | Finished |
| 2585 | 195 | Rhiannon Needham | 00:38:32 | Serpentine RC | f | 12.46 | 04:49 | Finished |
| 2630 | 196 | Rebecca Taylor | 00:38:33 | Southend on Sea AC | f | 12.45 | 04:49 | Finished |
| 2265 | 197 | Elissa Clark | 00:38:35 | Bournemouth AC | f | 12.44 | 04:49 | Finished |
| 2321 | 198 | Ola Balme | 00:38:38 | Dulwich Runners AC | f | 12.42 | 04:50 | Finished |
| 2194 | 199 | Sarah Boxer | 00:38:40 | Barnet & District AC | f | 12.41 | 04:50 | Finished |
| 2481 | 200 | Susanna Davies | 00:38:43 | Kent AC | f | 12.4 | 04:50 | Finished |
| 2468 | 201 | Nicky Hayes | 00:38:43 | Kent AC | f | 12.4 | 04:50 | Finished |
| 2467 | 202 | Zuzana Nemenckova | 00:38:43 | Kent AC | f | 12.4 | 04:50 | Finished |
| 2655 | 203 | Jess Davies | 00:38:47 | Thames Hare & Hounds | f | 12.38 | 04:51 | Finished |
| 2323 | 204 | Eleanor Simmons | 00:38:50 | Dulwich Runners AC | f | 12.36 | 04:51 | Finished |
| 2454 | 205 | Thind Kulwinder | 00:38:53 | Istead and Ifield Harriers | f | 12.34 | 04:52 | Finished |
| 2184 | 206 | Alice Cook | 00:38:55 | Ashford & District AC | f | 12.33 | 04:52 | Finished |
| 2587 | 207 | Jo Burkett | 00:38:57 | Serpentine RC | f | 12.32 | 04:52 | Finished |
| 2381 | 208 | Katie Gow | 00:38:59 | Fulham Running Club | f | 12.31 | 04:52 | Finished |
| 2437 | 209 | Natasha Cendrowicz | 00:39:01 | Highgate Harriers | f | 12.3 | 04:53 | Finished |
| 2670 | 210 | Fran Lou | 00:39:04 | Thames Valley Harriers | f | 12.29 | 04:53 | Finished |
| 2705 | 211 | Lucy Pitcairn-Knowles | 00:39:08 | Tonbridge AC | f | 12.27 | 04:53 | Finished |
| 2737 | 212 | Victoria Fabbri | 00:39:09 | Victoria Park H & Tower H AC | f | 12.26 | 04:54 | Finished |
| 2447 | 213 | Amelia Darnell | 00:39:20 | Huntingdonshire AC | f | 12.2 | 04:55 | Finished |
| 2466 | 214 | Siobhan Wakely | 00:39:23 | Kent AC | f | 12.19 | 04:55 | Finished |
| 2574 | 215 | Clare Fowler | 00:39:23 | Ranelagh Harriers | f | 12.19 | 04:55 | Finished |
| 2334 | 216 | Emma Kelly | 00:39:26 | Dulwich Runners AC | f | 12.17 | 04:56 | Finished |
| 2541 | 217 | Vanessa Vander | 00:39:34 | Medway & Maidstone AC | f | 12.13 | 04:57 | Finished |
| 2188 | 218 | Ailis Goddard | 00:39:38 | Ashford & District AC | f | 12.11 | 04:57 | Finished |
| 2182 | 219 | Tracey Calnan | 00:39:39 | Ashford & District AC | f | 12.11 | 04:57 | Finished |
| 2558 | 220 | Caroline Youngman | 00:39:39 | Norwich Road Runners | f | 12.11 | 04:57 | Finished |
| 2187 | 221 | Sophie Edmonds | 00:39:44 | Ashford & District AC | f | 12.08 | 04:58 | Finished |
| 2551 | 222 | Deborah English | 00:39:47 | Norwich Road Runners | f | 12.07 | 04:58 | Finished |
| 2358 | 223 | Ruth Rose | 00:39:54 | Eton Manor AC | f | 12.03 | 04:59 | Finished |
| 2757 | 224 | Alison Fenwick | 00:39:57 | Winchester & District AC | f | 12.02 | 05:00 | Finished |
| 2620 | 225 | Hannah Willson | 00:40:05 | Southampton AC | f | 11.98 | 05:01 | Finished |
| 2784 | 226 | Deborah McCarthy | 00:40:08 | Istead and Ifield Harriers | f | 11.96 | 05:01 | Finished |
| 2645 | 227 | Nikki Javan | 00:40:09 | Striders of Croydon | f | 11.96 | 05:01 | Finished |
| 2362 | 228 | Sharon Bolister | 00:40:12 | Eton Manor AC | f | 11.94 | 05:01 | Finished |
| 2414 | 229 | Inga Bellahn | 00:40:12 | Herne Hill Harriers | f | 11.94 | 05:01 | Finished |
| 2252 | 230 | Beata Kubala-Todd | 00:40:16 | Bexley AC | f | 11.92 | 05:02 | Finished |
| 2702 | 231 | Grazia Manzotti | 00:40:18 | Tonbridge AC | f | 11.91 | 05:02 | Finished |
| 2204 | 232 | Elaine Liversage | 00:40:25 | Basingstoke & Mid Hants AC | f | 11.88 | 05:03 | Finished |
| 2369 | 233 | Rosie Cook | 00:40:29 | Fulham Running Club | f | 11.86 | 05:04 | Finished |
| 2674 | 234 | Joy Giorgi | 00:40:30 | Thames Valley Harriers | f | 11.85 | 05:04 | Finished |
| 2410 | 235 | Yvonne Morris | 00:40:32 | Headington Road Runners | f | 11.84 | 05:04 | Finished |
| 2555 | 236 | Joanna Killingworth | 00:40:34 | Norwich Road Runners | f | 11.83 | 05:04 | Finished |
| 2195 | 237 | Kathryn Ellis | 00:40:37 | Barnet & District AC | f | 11.82 | 05:05 | Finished |
| 2361 | 238 | Jane Rukin-White | 00:40:45 | Eton Manor AC | f | 11.78 | 05:06 | Finished |
| 2199 | 239 | Cat Coveney | 00:40:49 | Basingstoke & Mid Hants AC | f | 11.76 | 05:06 | Finished |
| 2516 | 240 | Kimberli Butler | 00:40:52 | London Heathside AC | f | 11.75 | 05:07 | Finished |
| 2160 | 241 | Daisy Street | 00:40:53 | 26.2 RRC | f | 11.74 | 05:07 | Finished |
| 2544 | 242 | RAFAELE Lamour | 00:40:56 | Mornington Chasers RC | f | 11.73 | 05:07 | Finished |
| 2328 | 243 | Lucy Clapp | 00:40:58 | Dulwich Runners AC | f | 11.72 | 05:07 | Finished |
| 2337 | 244 | Naomi Crowther | 00:40:59 | Dulwich Runners AC | f | 11.71 | 05:07 | Finished |
| 2634 | 245 | Anna Silkstone | 00:41:00 | St Albans Striders | f | 11.71 | 05:08 | Finished |
| 2189 | 246 | Emma Hanna | 00:41:00 | Ashford & District AC | f | 11.71 | 05:08 | Finished |
| 2610 | 247 | Shun-Lai Chan | 00:41:01 | South London Harriers | f | 11.7 | 05:08 | Finished |
| 2730 | 248 | Annie Gammon | 00:41:03 | Victoria Park H & Tower H AC | f | 11.69 | 05:08 | Finished |
| 2561 | 249 | Karen Lyons | 00:41:05 | Orion Harriers | f | 11.68 | 05:08 | Finished |
| 2739 | 250 | Emma Gardner | 00:41:10 | Watford Harriers | f | 11.66 | 05:09 | Finished |
| 2767 | 251 | Juliet Soane | 00:41:20 | Windsor S E & Hounslow AC | f | 11.61 | 05:10 | Finished |
| 2521 | 252 | Ann Woulfe | 00:41:27 | London Heathside AC | f | 11.58 | 05:11 | Finished |
| 2731 | 253 | Annie Trihan | 00:41:31 | Victoria Park H & Tower H AC | f | 11.56 | 05:11 | Finished |
| 2253 | 254 | Kirsty McEwen | 00:41:32 | Bexley AC | f | 11.56 | 05:11 | Finished |
| 2214 | 255 | Michelle Huntley | 00:41:33 | Beckenham Running Club | f | 11.55 | 05:12 | Finished |
| 2515 | 256 | Jackie Wastell | 00:41:36 | London Heathside AC | f | 11.54 | 05:12 | Finished |
| 2498 | 257 | Denise Watson | 00:41:36 | London City AC | f | 11.54 | 05:12 | Finished |
| 2554 | 258 | Sarah Boosey | 00:41:37 | Norwich Road Runners | f | 11.53 | 05:12 | Finished |
| 2458 | 259 | Jacqueline King | 00:41:40 | Istead and Ifield Harriers | f | 11.52 | 05:12 | Finished |
| 2640 | 260 | Eleanor Morris | 00:41:40 | St Albans Striders | f | 11.52 | 05:12 | Finished |

| | | | | | | | | |
|------|-----|----------------------|----------|------------------------------|---|-------|-------|----------|
| 2494 | 261 | Liz McLennan | 00:41:44 | Lingfield RC | f | 11.5 | 05:13 | Finished |
| 2635 | 262 | Ruth Kent | 00:41:46 | St Albans Striders | f | 11.49 | 05:13 | Finished |
| 2192 | 263 | Lesley Taylor | 00:41:48 | Ashford & District AC | f | 11.48 | 05:14 | Finished |
| 2217 | 264 | Sonja van de Pol | 00:41:48 | Beckenham Running Club | f | 11.48 | 05:14 | Finished |
| 2738 | 265 | Yuan Ren | 00:41:49 | Victoria Park H & Tower H AC | f | 11.48 | 05:14 | Finished |
| 2580 | 266 | Kathryn Tolson | 00:41:52 | Reading AC | f | 11.46 | 05:14 | Finished |
| 2461 | 267 | Sarah Young | 00:41:52 | Kent AC | f | 11.46 | 05:14 | Finished |
| 2428 | 268 | Jennifer Nandi | 00:41:56 | Herne Hill Harriers | f | 11.45 | 05:14 | Finished |
| 2785 | 269 | Nadia Whittaker | 00:41:58 | Thames Valley Harriers | f | 11.44 | 05:15 | Finished |
| 2434 | 270 | Jessica Winfield | 00:42:06 | Herne Hill Harriers | f | 11.4 | 05:16 | Finished |
| 2647 | 271 | Penny Forse | 00:42:10 | Stubbington Green Runners | f | 11.38 | 05:16 | Finished |
| 2607 | 272 | Michelle Coe-O'Brien | 00:42:20 | South London Harriers | f | 11.34 | 05:17 | Finished |
| 2660 | 273 | Diane Neil Mills | 00:42:21 | Thames Hare & Hounds | f | 11.33 | 05:18 | Finished |
| 2553 | 274 | Niki Park | 00:42:22 | Norwich Road Runners | f | 11.33 | 05:18 | Finished |
| 2213 | 275 | Amy Harris | 00:42:24 | Beckenham Running Club | f | 11.32 | 05:18 | Finished |
| 2504 | 276 | Katherine Forrest | 00:42:24 | London Frontrunners | f | 11.32 | 05:18 | Finished |
| 2496 | 277 | Fiona Champness | 00:42:30 | Lingfield RC | f | 11.29 | 05:19 | Finished |
| 2692 | 278 | Izabel Grindal | 00:42:32 | The Stragglers RC | f | 11.29 | 05:19 | Finished |
| 2588 | 279 | Sarah Mackenzie | 00:42:34 | Serpentine RC | f | 11.28 | 05:19 | Finished |
| 2693 | 280 | Julie Holmes | 00:42:48 | The Stragglers RC | f | 11.21 | 05:21 | Finished |
| 2390 | 281 | Lesley McCarthy | 00:42:49 | Greenwich Tritons | f | 11.21 | 05:21 | Finished |
| 2750 | 282 | Isabel Gwyther | 00:42:51 | Wimbledon Windmilers RC | f | 11.2 | 05:21 | Finished |
| 2679 | 283 | Claire Cammack | 00:42:52 | The Stragglers RC | f | 11.2 | 05:22 | Finished |
| 2493 | 284 | MAGGIE STATHAM | 00:42:53 | Lingfield RC | f | 11.19 | 05:22 | Finished |
| 2459 | 285 | Anna Cleary | 00:42:58 | Istead and Ifield Harriers | f | 11.17 | 05:22 | Finished |
| 2704 | 286 | Pearl Pearce | 00:42:58 | Tonbridge AC | f | 11.17 | 05:22 | Finished |
| 2191 | 287 | Gill O'Connor | 00:42:59 | Ashford & District AC | f | 11.17 | 05:22 | Finished |
| 2356 | 288 | Kate Malcolm | 00:43:04 | Eton Manor AC | f | 11.15 | 05:23 | Finished |
| 2407 | 289 | Rosie Winder | 00:43:10 | Headington Road Runners | f | 11.12 | 05:24 | Finished |
| 2508 | 290 | Christina Reade | 00:43:13 | London Frontrunners | f | 11.11 | 05:24 | Finished |
| 2517 | 291 | Rebecca Marshall | 00:43:17 | London Heathside AC | f | 11.09 | 05:25 | Finished |
| 2343 | 292 | Olivia Parker-Scott | 00:43:20 | Ealing Eagles Running Club | f | 11.08 | 05:25 | Finished |
| 2340 | 293 | Liz Ainsworth | 00:43:37 | Ealing Eagles Running Club | f | 11 | 05:27 | Finished |
| 2751 | 294 | Radhika Lingham | 00:43:39 | Wimbledon Windmilers RC | f | 11 | 05:27 | Finished |
| 2305 | 295 | Rahana Islam | 00:43:41 | Dagenham 88 Runners | f | 10.99 | 05:28 | Finished |
| 2748 | 296 | Ella Waddingham | 00:43:43 | Wimbledon Windmilers RC | f | 10.98 | 05:28 | Finished |
| 2449 | 297 | Georgia Hill | 00:43:44 | Huntingdonshire AC | f | 10.98 | 05:28 | Finished |
| 2333 | 298 | Rebecca Davis | 00:43:47 | Dulwich Runners AC | f | 10.96 | 05:28 | Finished |
| 2211 | 299 | Emma Coakley | 00:43:57 | Beckenham Running Club | f | 10.92 | 05:30 | Finished |
| 2373 | 300 | Emma Less | 00:43:58 | Fulham Running Club | f | 10.92 | 05:30 | Finished |
| 2780 | 301 | Christine Munday | 00:44:05 | Central Park Athletics | f | 10.89 | 05:31 | Finished |
| 2366 | 302 | Laura Richards | 00:44:12 | Fulham Running Club | f | 10.86 | 05:32 | Finished |
| 2537 | 303 | Bernadette Harrop | 00:44:16 | Medway & Maidstone AC | f | 10.84 | 05:32 | Finished |
| 2338 | 304 | Anne Sampson | 00:44:21 | Ealing Eagles Running Club | f | 10.82 | 05:33 | Finished |
| 2413 | 305 | Alison Beck | 00:44:23 | Herne Hill Harriers | f | 10.81 | 05:33 | Finished |
| 2255 | 306 | Gill Stewart | 00:44:26 | Bexley AC | f | 10.8 | 05:33 | Finished |
| 2298 | 307 | Sophie Astles | 00:44:40 | Clapham Pioneers | f | 10.75 | 05:35 | Finished |
| 2345 | 308 | Suha Lagu | 00:44:44 | Ealing Eagles Running Club | f | 10.73 | 05:35 | Finished |
| 2404 | 309 | Katherine Buckeridge | 00:44:46 | Haywards Heath Harriers | f | 10.72 | 05:36 | Finished |
| 2254 | 310 | Sally Searle | 00:44:48 | Bexley AC | f | 10.71 | 05:36 | Finished |
| 2479 | 311 | Jo Mott | 00:44:56 | Kent AC | f | 10.68 | 05:37 | Finished |
| 2368 | 312 | Rosie Tabor | 00:44:58 | Fulham Running Club | f | 10.67 | 05:37 | Finished |
| 2185 | 313 | Massah Cooper | 00:45:04 | Ashford & District AC | f | 10.65 | 05:38 | Finished |
| 2403 | 314 | Emily James | 00:45:05 | Havering AC | f | 10.65 | 05:38 | Finished |
| 2463 | 315 | Ronnie Haydon-Jones | 00:45:10 | Kent AC | f | 10.63 | 05:39 | Finished |
| 2220 | 316 | Emma Coombes | 00:45:12 | Bedford & County AC | f | 10.62 | 05:39 | Finished |
| 2357 | 317 | Janine Durrant | 00:45:16 | Eton Manor AC | f | 10.6 | 05:39 | Finished |
| 2416 | 318 | Penelope Cummings | 00:46:01 | Herne Hill Harriers | f | 10.43 | 05:45 | Finished |
| 2392 | 319 | Kate Fry | 00:46:03 | Greenwich Tritons | f | 10.42 | 05:45 | Finished |
| 2394 | 320 | Louise Roper | 00:46:05 | Greenwich Tritons | f | 10.42 | 05:46 | Finished |
| 2405 | 321 | Sarah Hamilton | 00:46:06 | Haywards Heath Harriers | f | 10.41 | 05:46 | Finished |
| 2639 | 322 | Diane Hunt | 00:46:14 | St Albans Striders | f | 10.38 | 05:47 | Finished |
| 2753 | 323 | Chiara Samele | 00:46:14 | Wimbledon Windmilers RC | f | 10.38 | 05:47 | Finished |
| 2291 | 324 | Jo Winnick | 00:46:16 | Clapham Pioneers | f | 10.37 | 05:47 | Finished |
| 2720 | 325 | Carol Ann Merritt | 00:46:18 | Tri Surrey Triathlon Club | f | 10.37 | 05:47 | Finished |
| 2594 | 326 | Kristin Duffy | 00:46:24 | Serpentine RC | f | 10.34 | 05:48 | Finished |
| 2728 | 327 | Amy Blackburn-Lau | 00:46:39 | Victoria Park H & Tower H AC | f | 10.29 | 05:50 | Finished |
| 2716 | 328 | Lisa Hill | 00:46:42 | Tri Surrey Triathlon Club | f | 10.28 | 05:50 | Finished |
| 2725 | 329 | Sarah Barry | 00:46:48 | Tri Surrey Triathlon Club | f | 10.26 | 05:51 | Finished |
| 2295 | 330 | Felicity Mortimer | 00:46:54 | Clapham Pioneers | f | 10.23 | 05:52 | Finished |
| 2446 | 331 | nastaran Sepanj | 00:46:58 | Hillingdon AC | f | 10.22 | 05:52 | Finished |
| 2344 | 332 | Jessica Hood | 00:47:10 | Ealing Eagles Running Club | f | 10.18 | 05:54 | Finished |
| 2303 | 333 | Julie Del Nevo | 00:47:42 | Croydon Harriers | f | 10.06 | 05:58 | Finished |
| 2606 | 334 | Maria David | 00:48:07 | South London Harriers | f | 9.98 | 06:01 | Finished |
| 2502 | 335 | Gail Barnard | 00:48:13 | London Frontrunners | f | 9.96 | 06:02 | Finished |
| 2250 | 336 | Christine Fleetwood | 00:48:33 | Bexley AC | f | 9.89 | 06:04 | Finished |
| 2330 | 337 | Jenny Bomers | 00:48:44 | Dulwich Runners AC | f | 9.85 | 06:05 | Finished |
| 2550 | 338 | Anne Millett | 00:48:47 | Norwich Road Runners | f | 9.84 | 06:06 | Finished |
| 2429 | 339 | Eibhlin niBhradaigh | 00:48:57 | Herne Hill Harriers | f | 9.81 | 06:07 | Finished |
| 2193 | 340 | Clare Boutle | 00:49:00 | Barnet & District AC | f | 9.8 | 06:07 | Finished |
| 2360 | 341 | Hayley Dalton | 00:49:08 | Eton Manor AC | f | 9.77 | 06:09 | Finished |
| 2316 | 342 | Ruth Kirkpatrick | 00:49:13 | Dorking & Mole Valley AC | f | 9.75 | 06:09 | Finished |
| 2495 | 343 | Katie Cahill Smith | 00:49:18 | Lingfield RC | f | 9.74 | 06:10 | Finished |
| 2650 | 344 | Dawn Haynes-Sewell | 00:49:35 | Stubbington Green Runners | f | 9.68 | 06:12 | Finished |
| 2503 | 345 | Seanna Fallon | 00:49:40 | London Frontrunners | f | 9.66 | 06:13 | Finished |
| 2312 | 346 | Wendy Wakelin | 00:49:48 | Dorking & Mole Valley AC | f | 9.64 | 06:13 | Finished |
| 2680 | 347 | Lynda Chase | 00:49:53 | The Stragglers RC | f | 9.62 | 06:14 | Finished |

| | | | | | | | | |
|------|-----|------------------|----------|---------------------------|---|------|-------|----------|
| 2631 | 348 | Sarah Goodwin | 00:51:01 | Springfield Striders RC | f | 9.41 | 06:23 | Finished |
| 2297 | 349 | Louise Newman | 00:51:08 | Clapham Pioneers | f | 9.39 | 06:24 | Finished |
| 2642 | 350 | Jay Brzask | 00:51:08 | Striders of Croydon | f | 9.39 | 06:24 | Finished |
| 2406 | 351 | Carys Hind | 00:51:12 | Haywards Heath Harriers | f | 9.38 | 06:24 | Finished |
| 2190 | 352 | Lucy Johnstone | 00:51:15 | Ashford & District AC | f | 9.37 | 06:24 | Finished |
| 2532 | 353 | Mary Johnson | 00:51:23 | Loughton AC | f | 9.34 | 06:25 | Finished |
| 2393 | 354 | Jodie Cox | 00:51:25 | Greenwich Tritons | f | 9.34 | 06:26 | Finished |
| 2412 | 355 | Sarah Allen | 00:51:29 | Herne Hill Harriers | f | 9.32 | 06:26 | Finished |
| 2292 | 356 | Chloe Sellwood | 00:51:34 | Clapham Pioneers | f | 9.31 | 06:27 | Finished |
| 2387 | 357 | Louise Johnson | 00:51:54 | Greenwich Tritons | f | 9.25 | 06:29 | Finished |
| 2724 | 358 | Nicola Wilding | 00:52:08 | Tri Surrey Triathlon Club | f | 9.21 | 06:31 | Finished |
| 2474 | 359 | Roz Hunter | 00:52:23 | Kent AC | f | 9.16 | 06:33 | Finished |
| 2209 | 360 | Tanya Byrne | 00:53:49 | Beckenham Running Club | f | 8.92 | 06:44 | Finished |
| 2682 | 361 | Chrissie Glew | 00:54:32 | The Stragglers RC | f | 8.8 | 06:49 | Finished |
| 2464 | 362 | Annabelle Hadlow | 00:57:02 | Kent AC | f | 8.42 | 07:08 | Finished |
| 2251 | 363 | legon Geraldine | 00:59:06 | Bexley AC | f | 8.12 | 07:23 | Finished |
| 2565 | 364 | Laura Horswill | 01:00:14 | Poole AC | f | 7.97 | 07:32 | Finished |
| 2246 | 365 | Hanna Buss | 01:02:37 | Bexley AC | f | 7.67 | 07:50 | Finished |
| 2386 | 366 | Pat Brightman | 01:05:16 | Great Yarmouth & Dist AC | f | 7.35 | 08:09 | Finished |

| POS | TEAM NAME | TOTAL SCORE |
|------------|------------------------------|--------------------|
| 1 | Aldershot Farnham & DAC | 51 |
| 2 | London Heathside AC | 79 |
| 3 | Basingstoke & Mid Hants AC | 83 |
| 4 | Belgrave Harriers | 114 |
| 5 | Highgate Harriers | 233 |
| 6 | The Stragglers RC | 245 |
| 7 | Reading AC | 265 |
| 8 | Kent AC | 291 |
| 9 | Windsor S E & Hounslow AC | 313 |
| 10 | Tonbridge AC | 325 |
| 11 | Fulham Running Club | 343 |
| 12 | Winchester & District AC | 358 |
| 13 | Thames Hare & Hounds | 368 |
| 14 | Herne Hill Harriers | 382 |
| 15 | Victoria Park H & Tower H AC | 401 |

| POS | TEAM NAME | TOTAL SCORE |
|------------|---------------------------|--------------------|
| 16 | Dulwich Runners AC | 459 |
| 17 | Stubbington Green Runners | 493 |
| 18 | South London Harriers | 504 |
| 19 | Serpentine RC | 525 |
| 20 | Bedford & County AC | 529 |
| 21 | Beckenham Running Club | 547 |
| 22 | Havering AC | 663 |
| 23 | Barnet & District AC | 670 |
| 24 | Huntingdonshire AC | 705 |
| 25 | Headington Road Runners | 710 |
| 26 | Eton Manor AC | 712 |
| 27 | Clapham Pioneers | 714 |
| 28 | Norwich Road Runners | 792 |
| 29 | London Frontrunners | 826 |
| 30 | Ashford & District AC | 827 |

| POS | TEAM NAME | TOTAL SCORE |
|------------|-------------------------------|--------------------|
| 31 | Thames Valley Harriers | 835 |
| 32 | Medway & Maidstone AC | 874 |
| 33 | Istead and Ifield Harriers | 877 |
| 34 | Ealing Eagles Running Club | 928 |
| 35 | Wimbledon Windmilers RC | 954 |
| 36 | St Albans Striders | 961 |
| 37 | Tri Surrey Triathlon Club | 1086 |
| 38 | Bexley AC | 1100 |
| 39 | Lingfield RC | 1165 |
| 40 | Greenwich Tritons | 1274 |
| | 26.2 RRC | |
| | Ashford & District RRC | |
| | Blackheath & Bromley Harriers | |
| | Bodyworks XTC Tri Store | |
| | Bournemouth AC | |

| Bib | Overall Position | Name | Guntime | Team / Club | Gender | Gender Position | Avg speed | Avg pace | Status |
|------|------------------|----------------------|----------|--------------------------------|--------|-----------------|-----------|----------|----------|
| 3219 | 1 | Andy Coley-Maud | 00:47:41 | Guildford & Godalming AC | m | | 18.87 | 03:11 | Finished |
| 2908 | 2 | Ben Alcock | 00:47:46 | Bedford & County AC | m | | 18.84 | 03:11 | Finished |
| 3746 | 3 | Alexander Teuten | 00:47:49 | Southampton AC | m | | 18.82 | 03:11 | Finished |
| 3992 | 4 | Ed Shepherd | 00:47:56 | Woodford Green & Essex Ladies | m | | 18.78 | 03:12 | Finished |
| 3751 | 5 | Tom Frith | 00:48:05 | Southend on Sea AC | m | | 18.72 | 03:12 | Finished |
| 4014 | 6 | Ahmed Abdulle | 00:48:17 | Ilford AC | m | | 18.64 | 03:13 | Finished |
| 3341 | 7 | Alexander LeprÄatre | 00:48:23 | Highgate Harriers | m | | 18.6 | 03:14 | Finished |
| 2930 | 8 | Reece Edwards | 00:48:32 | Belgrave Harriers | m | | 18.54 | 03:14 | Finished |
| 2849 | 9 | Sam Eglen | 00:48:41 | Aldershot Farnham & DAC | m | | 18.49 | 03:15 | Finished |
| 2995 | 10 | Zak Seddon | 00:48:55 | Bracknell AC | m | | 18.4 | 03:16 | Finished |
| 3572 | 11 | Charlie Brisley | 00:49:03 | Newham & Essex Beagles | m | | 18.35 | 03:16 | Finished |
| 3868 | 12 | Max Nicholls | 00:49:15 | Tonbridge AC | m | | 18.27 | 03:17 | Finished |
| 3864 | 13 | Corey De'ath | 00:49:24 | Tonbridge AC | m | | 18.22 | 03:18 | Finished |
| 3735 | 14 | Sam Costley | 00:49:36 | Southampton AC | m | | 18.15 | 03:18 | Finished |
| 3271 | 15 | Dan Cliffe | 00:49:38 | Hercules Wimbledon AC | m | | 18.13 | 03:19 | Finished |
| 3286 | 16 | Frederick Slemeck | 00:49:40 | Hercules Wimbledon AC | m | | 18.12 | 03:19 | Finished |
| 3736 | 17 | Peter Hart | 00:49:41 | Southampton AC | m | | 18.11 | 03:19 | Finished |
| 3019 | 18 | William Mycroft | 00:49:46 | Cambridge & Coleridge AC | m | | 18.08 | 03:19 | Finished |
| 2889 | 19 | Marshall Smith | 00:49:47 | Ashford AC | m | | 18.08 | 03:19 | Finished |
| 3681 | 20 | Dylan Evans | 00:49:48 | Shaftesbury Barnet Harriers | m | | 18.07 | 03:19 | Finished |
| 3226 | 21 | John Sanderson | 00:49:52 | Guildford & Godalming AC | m | | 18.05 | 03:19 | Finished |
| 3733 | 22 | Alex Bruce-Littewood | 00:49:55 | Southampton AC | m | | 18.03 | 03:20 | Finished |
| 3015 | 23 | Michael Bartrum | 00:50:01 | Cambridge & Coleridge AC | m | | 17.99 | 03:20 | Finished |
| 3791 | 24 | Kurtis Gibson | 00:50:02 | Thames Hare & Hounds | m | | 17.99 | 03:20 | Finished |
| 3122 | 25 | Edward Chuck | 00:50:03 | Dulwich Runners AC | m | | 17.98 | 03:20 | Finished |
| 2998 | 26 | William Cork | 00:50:06 | Brighton & Hove AC | m | | 17.96 | 03:20 | Finished |
| 3323 | 27 | Robel Bahelbi | 00:50:12 | Highgate Harriers | m | | 17.93 | 03:21 | Finished |
| 3722 | 28 | KEVIN QUINN | 00:50:14 | South London Harriers | m | | 17.92 | 03:21 | Finished |
| 3243 | 29 | James Connor | 00:50:20 | Havering AC | m | | 17.88 | 03:21 | Finished |
| 3361 | 30 | Rob Thompson | 00:50:26 | Hillingdon AC | m | | 17.85 | 03:22 | Finished |
| 3676 | 31 | Nick Torry | 00:50:27 | Serpentine RC | m | | 17.84 | 03:22 | Finished |
| 3133 | 32 | Jack Ramm | 00:50:28 | Dulwich Runners AC | m | | 17.83 | 03:22 | Finished |
| 3866 | 33 | Jamie Godge | 00:50:29 | Tonbridge AC | m | | 17.83 | 03:22 | Finished |
| 3789 | 34 | MacGregor Cox | 00:50:34 | Thames Hare & Hounds | m | | 17.8 | 03:22 | Finished |
| 3571 | 35 | Callum Bowen-Jones | 00:50:36 | Newham & Essex Beagles | m | | 17.79 | 03:22 | Finished |
| 3878 | 36 | Stephen Strange | 00:50:40 | Tonbridge AC | m | | 17.76 | 03:23 | Finished |
| 3743 | 37 | Jacob O'Hara | 00:50:44 | Southampton AC | m | | 17.74 | 03:23 | Finished |
| 3737 | 38 | Rikki James | 00:50:47 | Southampton AC | m | | 17.72 | 03:23 | Finished |
| 2994 | 39 | Matthew Seddon | 00:50:52 | Bracknell AC | m | | 17.69 | 03:23 | Finished |
| 3335 | 40 | Charlie Haywood | 00:50:59 | Highgate Harriers | m | | 17.65 | 03:24 | Finished |
| 3394 | 41 | James Reeder | 00:51:02 | Ipswich Harriers | m | | 17.64 | 03:24 | Finished |
| 3865 | 42 | Michael Ellis | 00:51:03 | Tonbridge AC | m | | 17.63 | 03:24 | Finished |
| 3268 | 43 | Oliver Carrington | 00:51:11 | Hercules Wimbledon AC | m | | 17.58 | 03:25 | Finished |
| 2944 | 44 | Callum Stewart | 00:51:12 | Belgrave Harriers | m | | 17.58 | 03:25 | Finished |
| 3283 | 45 | George Mallett | 00:51:13 | Hercules Wimbledon AC | m | | 17.57 | 03:25 | Finished |
| 3812 | 46 | James Ellis | 00:51:24 | Thames Valley Harriers | m | | 17.51 | 03:26 | Finished |
| 3347 | 47 | Roger Poolman | 00:51:26 | Highgate Harriers | m | | 17.5 | 03:26 | Finished |
| 3573 | 48 | Jordan Clay | 00:51:27 | Newham & Essex Beagles | m | | 17.49 | 03:26 | Finished |
| 3348 | 49 | Sean Renfer | 00:51:30 | Highgate Harriers | m | | 17.48 | 03:26 | Finished |
| 2850 | 50 | Lasse Eini | 00:51:36 | Aldershot Farnham & DAC | m | | 17.44 | 03:26 | Finished |
| 3325 | 51 | Alex Bampton | 00:51:43 | Highgate Harriers | m | | 17.4 | 03:27 | Finished |
| 3546 | 52 | Tewelde Menges | 00:51:45 | Medway & Maidstone AC | m | | 17.39 | 03:27 | Finished |
| 3734 | 53 | Max Costley | 00:51:45 | Southampton AC | m | | 17.39 | 03:27 | Finished |
| 3629 | 54 | Isaac Farnworth | 00:51:46 | Reading AC | m | | 17.39 | 03:27 | Finished |
| 2991 | 55 | Neil Kevern | 00:51:48 | Bracknell AC | m | | 17.37 | 03:27 | Finished |
| 3329 | 56 | Peter Chambers | 00:51:55 | Highgate Harriers | m | | 17.34 | 03:28 | Finished |
| 3220 | 57 | Tom Foster | 00:52:00 | Guildford & Godalming AC | m | | 17.31 | 03:28 | Finished |
| 3062 | 58 | Logan Smith | 00:52:01 | City of Norwich AC | m | | 17.3 | 03:28 | Finished |
| 3994 | 59 | James Stockings | 00:52:03 | Woodford Green & Essex Ladies | m | | 17.29 | 03:28 | Finished |
| 3061 | 60 | Stu Huntington | 00:52:05 | City of Norwich AC | m | | 17.28 | 03:28 | Finished |
| 2832 | 61 | Ben Chown | 00:52:07 | 26.2 RRC | m | | 17.27 | 03:28 | Finished |
| 3020 | 62 | James Reed | 00:52:11 | Cambridge & Coleridge AC | m | | 17.25 | 03:29 | Finished |
| 2919 | 63 | Will Mackay | 00:52:13 | Bedford & County AC | m | | 17.24 | 03:29 | Finished |
| 3687 | 64 | Will Ryle-Hodges | 00:52:14 | Shaftesbury Barnet Harriers | m | | 17.23 | 03:29 | Finished |
| 3723 | 65 | Alex Ramsier | 00:52:15 | South London Harriers | m | | 17.22 | 03:29 | Finished |
| 3245 | 66 | Ben Davis | 00:52:15 | Havering AC | m | | 17.22 | 03:29 | Finished |
| 3055 | 67 | David Fewell | 00:52:17 | Chelmsford AC | m | | 17.21 | 03:29 | Finished |
| 2851 | 68 | George Gathercole | 00:52:18 | Aldershot Farnham & DAC | m | | 17.21 | 03:29 | Finished |
| 3704 | 69 | Ollie Garrod | 00:52:19 | South London Harriers | m | | 17.2 | 03:29 | Finished |
| 3793 | 70 | James Hoad | 00:52:19 | Thames Hare & Hounds | m | | 17.2 | 03:29 | Finished |
| 3358 | 71 | James Laing | 00:52:23 | Hillingdon AC | m | | 17.18 | 03:30 | Finished |
| 3747 | 72 | Jack Williams | 00:52:25 | Southampton AC | m | | 17.17 | 03:30 | Finished |
| 3607 | 73 | Maxwell Robinson | 00:52:28 | Oxford City AC | m | | 17.15 | 03:30 | Finished |
| 3985 | 74 | Angus Holford | 00:52:32 | Woodford Green & Essex Ladies | m | | 17.13 | 03:30 | Finished |
| 3252 | 75 | Rob Warner | 00:52:38 | Havering AC | m | | 17.1 | 03:31 | Finished |
| 3081 | 76 | Kieran Barnes | 00:52:42 | Crawley AC | m | | 17.08 | 03:31 | Finished |
| 3154 | 77 | Stefan Ritte | 00:52:45 | Ealing Southall & Middlesex AC | m | | 17.06 | 03:31 | Finished |
| 3034 | 78 | Chris Loudon | 00:52:50 | Cambridge Harriers | m | | 17.03 | 03:31 | Finished |
| 3265 | 79 | Rhys Boorman | 00:52:52 | Hercules Wimbledon AC | m | | 17.02 | 03:31 | Finished |
| 3540 | 80 | Tom Collins | 00:52:54 | Medway & Maidstone AC | m | | 17.01 | 03:32 | Finished |
| 3922 | 81 | Joe Dale | 00:53:02 | Victoria Park H & Tower H AC | m | | 16.97 | 03:32 | Finished |
| 3349 | 82 | James Ross | 00:53:17 | Highgate Harriers | m | | 16.89 | 03:33 | Finished |
| 3914 | 83 | Andrew Barrington | 00:53:19 | Victoria Park H & Tower H AC | m | | 16.88 | 03:33 | Finished |
| 3129 | 84 | Ben Howe | 00:53:25 | Dulwich Runners AC | m | | 16.85 | 03:34 | Finished |
| 3345 | 85 | Henry Murdoch | 00:53:31 | Highgate Harriers | m | | 16.82 | 03:34 | Finished |
| 3689 | 86 | Paul Bailey | 00:53:31 | South London Harriers | m | | 16.82 | 03:34 | Finished |

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|------|-----|----------------------|----------|-------------------------------|---|-------|-------|----------|
| 3410 | 87 | Cameron Dockerill | 00:53:33 | Kent AC | m | 16.81 | 03:34 | Finished |
| 2912 | 88 | Craig Emmerson | 00:53:35 | Bedford & County AC | m | 16.8 | 03:34 | Finished |
| 3060 | 89 | Luke Alden | 00:53:42 | City of Norwich AC | m | 16.76 | 03:35 | Finished |
| 3988 | 90 | Ben Phillips | 00:53:42 | Woodford Green & Essex Ladies | m | 16.76 | 03:35 | Finished |
| 3553 | 91 | Anthony Webb | 00:53:44 | Medway & Maidstone AC | m | 16.75 | 03:35 | Finished |
| 3783 | 92 | Courtney Chessel | 00:53:45 | Swindon Harriers | m | 16.74 | 03:35 | Finished |
| 3928 | 93 | James Hotham | 00:53:48 | Victoria Park H & Tower H AC | m | 16.73 | 03:35 | Finished |
| 3859 | 94 | Stuart Brown | 00:53:51 | Tonbridge AC | m | 16.71 | 03:35 | Finished |
| 3434 | 95 | Tom Mower | 00:53:52 | Kent AC | m | 16.71 | 03:35 | Finished |
| 3781 | 96 | Luke Byrne | 00:53:55 | Swindon Harriers | m | 16.69 | 03:36 | Finished |
| 3440 | 97 | Daniel Pettitt | 00:53:56 | Kent AC | m | 16.69 | 03:36 | Finished |
| 2940 | 98 | Jonathan Neville | 00:53:58 | Belgrave Harriers | m | 16.68 | 03:36 | Finished |
| 3306 | 99 | Marc Geraghty | 00:54:05 | Herne Hill Harriers | m | 16.64 | 03:36 | Finished |
| 2939 | 100 | Conall McNally | 00:54:09 | Belgrave Harriers | m | 16.62 | 03:37 | Finished |
| 2984 | 101 | Roger Vilardell | 00:54:09 | Blackheath & Bromley Harriers | m | 16.62 | 03:37 | Finished |
| 3970 | 102 | Matthew Clutterbuck | 00:54:11 | Windsor S E & Hounslow AC | m | 16.61 | 03:37 | Finished |
| 3712 | 103 | James Lyne | 00:54:14 | South London Harriers | m | 16.59 | 03:37 | Finished |
| 3224 | 104 | Adrien Royer | 00:54:14 | Guildford & Godalming AC | m | 16.59 | 03:37 | Finished |
| 2973 | 105 | Micah Evans | 00:54:16 | Blackheath & Bromley Harriers | m | 16.58 | 03:37 | Finished |
| 3752 | 106 | Rhys Gillard | 00:54:18 | Southend on Sea AC | m | 16.57 | 03:37 | Finished |
| 2978 | 107 | Daniel Kennedy | 00:54:21 | Blackheath & Bromley Harriers | m | 16.56 | 03:37 | Finished |
| 3011 | 108 | Sam Peters | 00:54:23 | Brighton Phoenix AC | m | 16.55 | 03:38 | Finished |
| 3106 | 109 | Daniel Evans | 00:54:25 | Dorking & Mole Valley AC | m | 16.54 | 03:38 | Finished |
| 2924 | 110 | Nick Buckle | 00:54:27 | Belgrave Harriers | m | 16.53 | 03:38 | Finished |
| 3115 | 111 | Rob Armstrong | 00:54:27 | Dulwich Runners AC | m | 16.53 | 03:38 | Finished |
| 4002 | 112 | Liam Busby | 00:54:29 | Wycombe Phoenix Harriers & AC | m | 16.52 | 03:38 | Finished |
| 3291 | 113 | Eoin Brady | 00:54:32 | Herne Hill Harriers | m | 16.5 | 03:38 | Finished |
| 2927 | 114 | Arne Dumez | 00:54:39 | Belgrave Harriers | m | 16.47 | 03:39 | Finished |
| 3264 | 115 | Jamie Bannister | 00:54:40 | Hercules Wimbledon AC | m | 16.46 | 03:39 | Finished |
| 3336 | 116 | Chris Hicks | 00:54:41 | Highgate Harriers | m | 16.46 | 03:39 | Finished |
| 3299 | 117 | Jeff Cunningham | 00:54:43 | Herne Hill Harriers | m | 16.45 | 03:39 | Finished |
| 3326 | 118 | James Barber | 00:54:43 | Highgate Harriers | m | 16.45 | 03:39 | Finished |
| 3989 | 119 | Tom Phillips | 00:54:43 | Woodford Green & Essex Ladies | m | 16.45 | 03:39 | Finished |
| 3816 | 120 | Conor Kissane-Wood | 00:54:45 | Thames Valley Harriers | m | 16.44 | 03:39 | Finished |
| 3872 | 121 | Luke Reeves | 00:54:46 | Tonbridge AC | m | 16.43 | 03:39 | Finished |
| 3425 | 122 | Peter Lighting | 00:54:47 | Kent AC | m | 16.43 | 03:39 | Finished |
| 3064 | 123 | Sam Todd | 00:54:48 | City of Norwich AC | m | 16.42 | 03:39 | Finished |
| 3414 | 124 | Samuel Evans | 00:54:49 | Kent AC | m | 16.42 | 03:39 | Finished |
| 3298 | 125 | Simon Coombes | 00:54:54 | Herne Hill Harriers | m | 16.39 | 03:40 | Finished |
| 2859 | 126 | Luke Prior | 00:54:57 | Aldershot Farnham & DAC | m | 16.38 | 03:40 | Finished |
| 3007 | 127 | Alex Garrod | 00:54:57 | Brighton Phoenix AC | m | 16.38 | 03:40 | Finished |
| 2969 | 128 | Thomas Desborough | 00:55:00 | Blackheath & Bromley Harriers | m | 16.36 | 03:40 | Finished |
| 2915 | 129 | Andrew Headley | 00:55:00 | Bedford & County AC | m | 16.36 | 03:40 | Finished |
| 3177 | 130 | Steve Winder | 00:55:01 | Epsom & Ewell Harriers | m | 16.36 | 03:40 | Finished |
| 3598 | 131 | Richard Smith | 00:55:03 | Orion Harriers | m | 16.35 | 03:40 | Finished |
| 3451 | 132 | Jonathan Tipper | 00:55:06 | Kent AC | m | 16.33 | 03:40 | Finished |
| 3248 | 133 | James Stewart | 00:55:06 | Havering AC | m | 16.33 | 03:40 | Finished |
| 3328 | 134 | Danny Brewer | 00:55:10 | Highgate Harriers | m | 16.31 | 03:41 | Finished |
| 3517 | 135 | Charles Hardy | 00:55:12 | London Heathside AC | m | 16.3 | 03:41 | Finished |
| 3118 | 136 | Andy Bond | 00:55:13 | Dulwich Runners AC | m | 16.3 | 03:41 | Finished |
| 3003 | 137 | James Turner | 00:55:15 | Brighton & Hove AC | m | 16.29 | 03:41 | Finished |
| 3800 | 138 | Ben Reynolds | 00:55:15 | Thames Hare & Hounds | m | 16.29 | 03:41 | Finished |
| 3036 | 139 | James MacDonald | 00:55:16 | Cambridge Harriers | m | 16.28 | 03:41 | Finished |
| 3119 | 140 | Timothy Bowen | 00:55:18 | Dulwich Runners AC | m | 16.27 | 03:41 | Finished |
| 3787 | 141 | Dan Thomas | 00:55:19 | Swindon Harriers | m | 16.27 | 03:41 | Finished |
| 3964 | 142 | Dan Cunnington | 00:55:24 | Winchester & District AC | m | 16.25 | 03:42 | Finished |
| 3602 | 143 | James Haynes | 00:55:25 | Oxford City AC | m | 16.24 | 03:42 | Finished |
| 2845 | 144 | Jack Boswell | 00:55:27 | Aldershot Farnham & DAC | m | 16.23 | 03:42 | Finished |
| 2936 | 145 | Tom Lole | 00:55:27 | Belgrave Harriers | m | 16.23 | 03:42 | Finished |
| 3654 | 146 | Nicholas Besson | 00:55:29 | Serpentine RC | m | 16.22 | 03:42 | Finished |
| 2970 | 147 | Robert Donohue | 00:55:29 | Blackheath & Bromley Harriers | m | 16.22 | 03:42 | Finished |
| 2986 | 148 | Adam Dart | 00:55:30 | Bracknell AC | m | 16.22 | 03:42 | Finished |
| 3422 | 149 | Joe Hartley | 00:55:31 | Kent AC | m | 16.21 | 03:42 | Finished |
| 3839 | 150 | Robert Eveson | 00:55:35 | The Stragglers RC | m | 16.19 | 03:42 | Finished |
| 3302 | 151 | Jack Dickenson | 00:55:38 | Herne Hill Harriers | m | 16.18 | 03:43 | Finished |
| 3482 | 152 | Luke Rowland | 00:55:39 | London city ac | m | 16.17 | 03:43 | Finished |
| 2931 | 153 | Toby Fletcher | 00:55:42 | Belgrave Harriers | m | 16.16 | 03:43 | Finished |
| 3506 | 154 | Andy Barnes | 00:55:43 | London Heathside AC | m | 16.15 | 03:43 | Finished |
| 3417 | 155 | Calum Fraser | 00:55:44 | Kent AC | m | 16.15 | 03:43 | Finished |
| 2893 | 156 | Ed Spencer | 00:55:46 | Barnet & District AC | m | 16.14 | 03:43 | Finished |
| 3270 | 157 | Joseph Clark | 00:55:48 | Hercules Wimbledon AC | m | 16.13 | 03:43 | Finished |
| 3068 | 158 | Eddie Rolls | 00:55:56 | Clapham Chasers RC | m | 16.09 | 03:44 | Finished |
| 2943 | 159 | Ewan Somerville | 00:55:58 | Belgrave Harriers | m | 16.08 | 03:44 | Finished |
| 3124 | 160 | Des Crinoin | 00:56:00 | Dulwich Runners AC | m | 16.07 | 03:44 | Finished |
| 3453 | 161 | Nathan Wilkins | 00:56:03 | Kent AC | m | 16.06 | 03:44 | Finished |
| 3873 | 162 | Julian Rendall | 00:56:05 | Tonbridge AC | m | 16.05 | 03:44 | Finished |
| 2999 | 163 | Cameron Dunn | 00:56:06 | Brighton & Hove AC | m | 16.04 | 03:44 | Finished |
| 3231 | 164 | Jim Cooper | 00:56:07 | Harrow AC | m | 16.04 | 03:44 | Finished |
| 3931 | 165 | Fabien Lassonde | 00:56:09 | Victoria Park H & Tower H AC | m | 16.03 | 03:45 | Finished |
| 3784 | 166 | Max Harrison-Torrato | 00:56:11 | Swindon Harriers | m | 16.02 | 03:45 | Finished |
| 3006 | 167 | Alex Cruttenden | 00:56:12 | Brighton Phoenix AC | m | 16.01 | 03:45 | Finished |
| 3123 | 168 | Sean Cordon | 00:56:12 | Dulwich Runners AC | m | 16.01 | 03:45 | Finished |
| 2945 | 169 | Tommy Taylor | 00:56:13 | Belgrave Harriers | m | 16.01 | 03:45 | Finished |
| 3620 | 170 | Neil Hutchinson | 00:56:14 | Queens Park Harriers | m | 16 | 03:45 | Finished |
| 3679 | 171 | Peter Wooldridge | 00:56:15 | Serpentine RC | m | 16 | 03:45 | Finished |
| 2929 | 172 | Matt Edgar | 00:56:15 | Belgrave Harriers | m | 16 | 03:45 | Finished |
| 3278 | 173 | Richard Jones | 00:56:17 | Hercules Wimbledon AC | m | 15.99 | 03:45 | Finished |

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| 3587 | 174 | Ben Francis | 00:56:22 | Orion Harriers | m | 15.97 | 03:45 | Finished |
| 3719 | 175 | Paul Prothero | 00:56:33 | South London Harriers | m | 15.92 | 03:46 | Finished |
| 3039 | 176 | Babaker Mohammed | 00:56:35 | Cambridge Harriers | m | 15.91 | 03:46 | Finished |
| 3051 | 177 | SAM DOWLER | 00:56:36 | Central Park Athletics | m | 15.9 | 03:46 | Finished |
| 4003 | 178 | Dean Childs | 00:56:38 | Wycombe Phoenix Harriers & AC | m | 15.89 | 03:47 | Finished |
| 2947 | 179 | Neil Wilson | 00:56:39 | Belgrave Harriers | m | 15.89 | 03:47 | Finished |
| 2870 | 180 | Tim Harris | 00:56:40 | Amphill & Flitwick Flyers | m | 15.88 | 03:47 | Finished |
| 3967 | 181 | Jonathan (Jon) Vintner | 00:56:42 | Winchester & District AC | m | 15.87 | 03:47 | Finished |
| 3756 | 182 | Lee Taylor | 00:56:44 | Southend on Sea AC | m | 15.86 | 03:47 | Finished |
| 3983 | 183 | Simon Beedell | 00:56:46 | Woodford Green & Essex Ladies | m | 15.85 | 03:47 | Finished |
| 3570 | 184 | Wayne Bell | 00:56:47 | Newham & Essex Beagles | m | 15.85 | 03:47 | Finished |
| 3799 | 185 | Gordon Pearce | 00:56:47 | Thames Hare & Hounds | m | 15.85 | 03:47 | Finished |
| 3473 | 186 | Luke Davis | 00:56:48 | Lingfield RC | m | 15.85 | 03:47 | Finished |
| 3277 | 187 | Finn Johnson | 00:56:49 | Hercules Wimbledon AC | m | 15.84 | 03:47 | Finished |
| 3378 | 188 | Ben McCallion | 00:56:51 | Hy Runners | m | 15.83 | 03:47 | Finished |
| 2916 | 189 | Richard Henderson | 00:56:52 | Bedford & County AC | m | 15.83 | 03:47 | Finished |
| 3289 | 190 | Simon Wade | 00:56:52 | Hercules Wimbledon AC | m | 15.83 | 03:47 | Finished |
| 3628 | 191 | Peter Cook | 00:56:57 | Reading AC | m | 15.8 | 03:48 | Finished |
| 3049 | 192 | David Worden | 00:56:57 | Cambridge Harriers | m | 15.8 | 03:48 | Finished |
| 3178 | 193 | Daniel Wolff | 00:57:01 | Epsom & Ewell Harriers | m | 15.78 | 03:48 | Finished |
| 2971 | 194 | Luca Ercolani | 00:57:09 | Blackheath & Bromley Harriers | m | 15.75 | 03:49 | Finished |
| 3426 | 195 | Michael Longley | 00:57:12 | Kent AC | m | 15.73 | 03:49 | Finished |
| 3675 | 196 | Hugh Torry | 00:57:14 | Serpentine RC | m | 15.73 | 03:49 | Finished |
| 3408 | 197 | Barnaby Day | 00:57:17 | Kent AC | m | 15.71 | 03:49 | Finished |
| 2979 | 198 | Graeme Lugar | 00:57:21 | Blackheath & Bromley Harriers | m | 15.69 | 03:49 | Finished |
| 3346 | 199 | Sion Parry | 00:57:21 | Highgate Harriers | m | 15.69 | 03:49 | Finished |
| 3365 | 200 | Tyrone Farrer | 00:57:22 | Huntingdonshire AC | m | 15.69 | 03:49 | Finished |
| 3831 | 201 | JACK BRADLEY | 00:57:24 | Thanet Road Runners AC | m | 15.68 | 03:50 | Finished |
| 3575 | 202 | Liam O'Driscoll | 00:57:28 | Newham & Essex Beagles | m | 15.66 | 03:50 | Finished |
| 3768 | 203 | Scott Williams | 00:57:33 | Stowmarket Striders | m | 15.64 | 03:50 | Finished |
| 3698 | 204 | Will Cullen | 00:57:37 | South London Harriers | m | 15.62 | 03:50 | Finished |
| 3174 | 205 | Alex Gurteen | 00:57:37 | Epsom & Ewell Harriers | m | 15.62 | 03:50 | Finished |
| 3303 | 206 | Joe Elliott | 00:57:38 | Herne Hill Harriers | m | 15.62 | 03:51 | Finished |
| 2965 | 207 | David Adams | 00:57:38 | Blackheath & Bromley Harriers | m | 15.62 | 03:51 | Finished |
| 3548 | 208 | Christopher Rampling | 00:57:39 | Medway & Maidstone AC | m | 15.61 | 03:51 | Finished |
| 2934 | 209 | Ben Hurley | 00:57:39 | Belgrave Harriers | m | 15.61 | 03:51 | Finished |
| 4013 | 210 | Matthew Raeside | 00:57:41 | Clapham Pioneers | m | 15.6 | 03:51 | Finished |
| 3406 | 211 | Che Compton | 00:57:42 | Kent AC | m | 15.6 | 03:51 | Finished |
| 3913 | 212 | Jon Andueza | 00:57:46 | Victoria Park H & Tower H AC | m | 15.58 | 03:51 | Finished |
| 3655 | 213 | Michele Bottone | 00:57:49 | Serpentine RC | m | 15.57 | 03:51 | Finished |
| 3990 | 214 | Bertie Powell | 00:57:53 | Woodford Green & Essex Ladies | m | 15.55 | 03:52 | Finished |
| 3993 | 215 | Daniel Steel | 00:57:55 | Woodford Green & Essex Ladies | m | 15.54 | 03:52 | Finished |
| 3294 | 216 | Ross Brown | 00:57:56 | Herne Hill Harriers | m | 15.54 | 03:52 | Finished |
| 4011 | 217 | Sean Wilson | 00:57:57 | Wycombe Phoenix Harriers & AC | m | 15.53 | 03:52 | Finished |
| 3179 | 218 | Paul BODDEY | 00:58:01 | Eton Manor AC | m | 15.51 | 03:52 | Finished |
| 3372 | 219 | Barry Buchanan | 00:58:03 | Hy Runners | m | 15.5 | 03:52 | Finished |
| 3387 | 220 | Malcolm Muir | 00:58:12 | Ilford AC | m | 15.46 | 03:53 | Finished |
| 3338 | 221 | James Johnson | 00:58:12 | Highgate Harriers | m | 15.46 | 03:53 | Finished |
| 3198 | 222 | Stephen McLeod | 00:58:12 | Fulham Running Club | m | 15.46 | 03:53 | Finished |
| 3877 | 223 | Jay Smith | 00:58:20 | Tonbridge AC | m | 15.43 | 03:53 | Finished |
| 3594 | 224 | Michael McTernan | 00:58:21 | Orion Harriers | m | 15.42 | 03:53 | Finished |
| 2981 | 225 | Fintan Parkinson | 00:58:27 | Blackheath & Bromley Harriers | m | 15.4 | 03:54 | Finished |
| 3175 | 226 | Neil Henderson | 00:58:29 | Epsom & Ewell Harriers | m | 15.39 | 03:54 | Finished |
| 3633 | 227 | Arturo Martinez De Murguia | 00:58:30 | Reading AC | m | 15.38 | 03:54 | Finished |
| 3953 | 228 | Iain Mantell | 00:58:30 | Weald Tri Club | m | 15.38 | 03:54 | Finished |
| 3069 | 229 | Rory Smith | 00:58:31 | Clapham Chasers RC | m | 15.38 | 03:54 | Finished |
| 3986 | 230 | Kevin Murphy | 00:58:31 | Woodford Green & Essex Ladies | m | 15.38 | 03:54 | Finished |
| 3729 | 231 | JONO WOOD | 00:58:31 | South London Harriers | m | 15.38 | 03:54 | Finished |
| 3948 | 232 | Stephen Blakey | 00:58:36 | Watford Harriers | m | 15.36 | 03:54 | Finished |
| 3884 | 233 | Tom Woolley | 00:58:37 | Tonbridge AC | m | 15.35 | 03:54 | Finished |
| 3842 | 234 | Pete Gregorowski | 00:58:37 | The Stragglers RC | m | 15.35 | 03:54 | Finished |
| 3072 | 235 | Reynald Pouchin | 00:58:38 | Clapham Pioneers | m | 15.35 | 03:55 | Finished |
| 3337 | 236 | Alex Holley | 00:58:42 | Highgate Harriers | m | 15.33 | 03:55 | Finished |
| 3046 | 237 | Peter Reynolds | 00:58:43 | Cambridge Harriers | m | 15.33 | 03:55 | Finished |
| 3927 | 238 | steve hobbs | 00:58:45 | Victoria Park H & Tower H AC | m | 15.32 | 03:55 | Finished |
| 3334 | 239 | Lewis Greaves | 00:58:46 | Highgate Harriers | m | 15.31 | 03:55 | Finished |
| 3529 | 240 | Oliver Negus | 00:58:46 | London Heathside AC | m | 15.31 | 03:55 | Finished |
| 3921 | 241 | Sam Cathro | 00:58:47 | Victoria Park H & Tower H AC | m | 15.31 | 03:55 | Finished |
| 3543 | 242 | Justin Lane | 00:58:48 | Medway & Maidstone AC | m | 15.31 | 03:55 | Finished |
| 3502 | 243 | Marius Thies | 00:58:50 | London Frontrunners | m | 15.3 | 03:55 | Finished |
| 3215 | 244 | James Adams | 00:58:52 | Guildford & Godalming AC | m | 15.29 | 03:55 | Finished |
| 3745 | 245 | Matt Ridsen | 00:58:53 | Southampton AC | m | 15.28 | 03:56 | Finished |
| 3512 | 246 | Tom Fancett | 00:58:54 | London Heathside AC | m | 15.28 | 03:56 | Finished |
| 2894 | 247 | Tom Thain | 00:58:55 | Barnet & District AC | m | 15.28 | 03:56 | Finished |
| 3149 | 248 | Wayne Harrison | 00:58:55 | Ealing Southall & Middlesex AC | m | 15.28 | 03:56 | Finished |
| 2917 | 249 | Steven Herring | 00:58:57 | Bedford & County AC | m | 15.27 | 03:56 | Finished |
| 3936 | 250 | Elliot Parker | 00:58:59 | Victoria Park H & Tower H AC | m | 15.26 | 03:56 | Finished |
| 3774 | 251 | Tatsuya Okamoto | 00:59:02 | Striders of Croydon | m | 15.25 | 03:56 | Finished |
| 3991 | 252 | Julian Russell | 00:59:05 | Woodford Green & Essex Ladies | m | 15.23 | 03:56 | Finished |
| 3065 | 253 | Martin Bell | 00:59:06 | Clapham Chasers RC | m | 15.23 | 03:56 | Finished |
| 3480 | 254 | Simon Brown | 00:59:07 | London city ac | m | 15.22 | 03:56 | Finished |
| 3942 | 255 | Ben Wickham | 00:59:10 | Victoria Park H & Tower H AC | m | 15.21 | 03:57 | Finished |
| 4008 | 256 | Rohit Patel | 00:59:12 | Wycombe Phoenix Harriers & AC | m | 15.2 | 03:57 | Finished |
| 3672 | 257 | Andrew Reeves | 00:59:14 | Serpentine RC | m | 15.19 | 03:57 | Finished |
| 3843 | 258 | Alastair Hall | 00:59:17 | The Stragglers RC | m | 15.18 | 03:57 | Finished |
| 3595 | 259 | Colin Read | 00:59:19 | Orion Harriers | m | 15.17 | 03:57 | Finished |
| 3181 | 260 | George Fernandez | 00:59:21 | Eton Manor AC | m | 15.16 | 03:57 | Finished |

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|------|-----|--------------------|----------|-------------------------------|---|-------|-------|----------|
| 3650 | 261 | Tim Jones | 00:59:21 | Royston Runners | m | 15.16 | 03:57 | Finished |
| 3135 | 262 | Firas Alhawat | 00:59:23 | Ealing Eagles Running Club | m | 15.16 | 03:58 | Finished |
| 3438 | 263 | Kieran Page | 00:59:24 | Kent AC | m | 15.15 | 03:58 | Finished |
| 3530 | 264 | Benjamin Palmer | 00:59:25 | London Heathside AC | m | 15.15 | 03:58 | Finished |
| 2963 | 265 | Kieran O'Doherty | 00:59:28 | Billericay Striders RC | m | 15.13 | 03:58 | Finished |
| 3368 | 266 | John Uff | 00:59:31 | Huntingdonshire AC | m | 15.12 | 03:58 | Finished |
| 3537 | 267 | Ben Williams | 00:59:35 | London Heathside AC | m | 15.1 | 03:58 | Finished |
| 3332 | 268 | Mark Ganly | 00:59:36 | Highgate Harriers | m | 15.1 | 03:58 | Finished |
| 3923 | 269 | Kabulski Dariusz | 00:59:36 | Victoria Park H & Tower H AC | m | 15.1 | 03:58 | Finished |
| 3310 | 270 | Robin Jones | 00:59:40 | Herne Hill Harriers | m | 15.08 | 03:59 | Finished |
| 3481 | 271 | Alberto Lapedriza | 00:59:42 | London city ac | m | 15.08 | 03:59 | Finished |
| 3012 | 272 | Luke Piper | 00:59:43 | Brighton Phoenix AC | m | 15.07 | 03:59 | Finished |
| 3430 | 273 | Ed Matthews | 00:59:47 | Kent AC | m | 15.05 | 03:59 | Finished |
| 3596 | 274 | Will Reed-Wright | 00:59:47 | Orion Harriers | m | 15.05 | 03:59 | Finished |
| 3201 | 275 | Nick Thomas | 00:59:48 | Fulham Running Club | m | 15.05 | 03:59 | Finished |
| 3867 | 276 | Calum Laing | 00:59:48 | Tonbridge AC | m | 15.05 | 03:59 | Finished |
| 3724 | 277 | Simon Richardson | 00:59:49 | South London Harriers | m | 15.05 | 03:59 | Finished |
| 3400 | 278 | Daniel Ansell | 00:59:49 | Kent AC | m | 15.05 | 03:59 | Finished |
| 3889 | 279 | Paul Brennan | 00:59:52 | Trent Park Running Club | m | 15.03 | 03:59 | Finished |
| 3130 | 280 | Alex Loftus | 00:59:57 | Dulwich Runners AC | m | 15.01 | 04:00 | Finished |
| 3623 | 281 | Mark Herbert | 00:59:58 | Ranelagh Harriers | m | 15.01 | 04:00 | Finished |
| 3433 | 282 | Arif Merali | 01:00:06 | Kent AC | m | 14.98 | 04:00 | Finished |
| 3075 | 283 | Matthew White | 01:00:09 | Clapham Pioneers | m | 14.96 | 04:01 | Finished |
| 3711 | 284 | Alex Lyne | 01:00:11 | South London Harriers | m | 14.95 | 04:01 | Finished |
| 3939 | 285 | Patrick Thomas | 01:00:12 | Victoria Park H & Tower H AC | m | 14.95 | 04:01 | Finished |
| 2942 | 286 | Valentin Rigori | 01:00:12 | Belgrave Harriers | m | 14.95 | 04:01 | Finished |
| 3794 | 287 | Jack Lancefield | 01:00:13 | Thames Hare & Hounds | m | 14.95 | 04:01 | Finished |
| 3542 | 288 | Jayden Iles | 01:00:14 | Medway & Maidstone AC | m | 14.94 | 04:01 | Finished |
| 3531 | 289 | Martin Potter | 01:00:15 | London Heathside AC | m | 14.94 | 04:01 | Finished |
| 3776 | 290 | James Rhodes | 01:00:16 | Striders of Croydon | m | 14.93 | 04:01 | Finished |
| 3813 | 291 | Matthew Freeman | 01:00:17 | Thames Valley Harriers | m | 14.93 | 04:01 | Finished |
| 3413 | 292 | Jake English | 01:00:18 | Kent AC | m | 14.93 | 04:01 | Finished |
| 3653 | 293 | Simon Barrett | 01:00:18 | Serpentine RC | m | 14.93 | 04:01 | Finished |
| 3666 | 294 | Ewan Maynard | 01:00:20 | Serpentine RC | m | 14.92 | 04:01 | Finished |
| 3452 | 295 | David Venn | 01:00:23 | Kent AC | m | 14.9 | 04:02 | Finished |
| 2968 | 296 | Darren Corneille | 01:00:33 | Blackheath & Bromley Harriers | m | 14.86 | 04:02 | Finished |
| 3375 | 297 | Jonathan Hatch | 01:00:38 | Hy Runners | m | 14.84 | 04:03 | Finished |
| 3313 | 298 | Ben Millar | 01:00:39 | Herne Hill Harriers | m | 14.84 | 04:03 | Finished |
| 3479 | 299 | Tom Seller | 01:00:39 | Lingfield RC | m | 14.84 | 04:03 | Finished |
| 3331 | 300 | Alex Davidson | 01:00:41 | Highgate Harriers | m | 14.83 | 04:03 | Finished |
| 3121 | 301 | Kevin Chadwick | 01:00:44 | Dulwich Runners AC | m | 14.82 | 04:03 | Finished |
| 3308 | 302 | Billy Herklot | 01:00:46 | Herne Hill Harriers | m | 14.81 | 04:03 | Finished |
| 3340 | 303 | Adam Lennox | 01:00:50 | Highgate Harriers | m | 14.79 | 04:03 | Finished |
| 3536 | 304 | Matthew Wheat | 01:00:51 | London Heathside AC | m | 14.79 | 04:03 | Finished |
| 3186 | 305 | Jonathan Leith | 01:00:57 | Eton Manor AC | m | 14.77 | 04:04 | Finished |
| 3109 | 306 | David Moore | 01:01:01 | Dorking & Mole Valley AC | m | 14.75 | 04:04 | Finished |
| 2888 | 307 | Ian King | 01:01:03 | Ashford AC | m | 14.74 | 04:04 | Finished |
| 3707 | 308 | Jack Harrison | 01:01:10 | South London Harriers | m | 14.71 | 04:05 | Finished |
| 3626 | 309 | Jonathan Smith | 01:01:10 | Ranelagh Harriers | m | 14.71 | 04:05 | Finished |
| 3204 | 310 | John Wray | 01:01:14 | Fulham Running Club | m | 14.7 | 04:05 | Finished |
| 3857 | 311 | Anthony Bennett | 01:01:15 | Tonbridge AC | m | 14.69 | 04:05 | Finished |
| 3500 | 312 | Giles Oliver | 01:01:17 | London Frontrunners | m | 14.69 | 04:05 | Finished |
| 3643 | 313 | Ben Stanton | 01:01:19 | Reigate Priory AC | m | 14.68 | 04:05 | Finished |
| 3684 | 314 | Daniel Nicholls | 01:01:19 | Shaftesbury Barnet Harriers | m | 14.68 | 04:05 | Finished |
| 3777 | 315 | Matthew Stone | 01:01:21 | Striders of Croydon | m | 14.67 | 04:05 | Finished |
| 2899 | 316 | George Morris | 01:01:21 | Basingstoke & Mid Hants AC | m | 14.67 | 04:05 | Finished |
| 3561 | 317 | CHARLIE FRASER | 01:01:24 | Mornington Chasers RC | m | 14.66 | 04:06 | Finished |
| 3677 | 318 | Philip Whitehouse | 01:01:25 | Serpentine RC | m | 14.65 | 04:06 | Finished |
| 2974 | 319 | Greg Firth | 01:01:26 | Blackheath & Bromley Harriers | m | 14.65 | 04:06 | Finished |
| 3237 | 320 | Adam Towle | 01:01:27 | Harrow AC | m | 14.65 | 04:06 | Finished |
| 3700 | 321 | Gavin Englefield | 01:01:29 | South London Harriers | m | 14.64 | 04:06 | Finished |
| 3057 | 322 | Peter Waite | 01:01:29 | Chelmsford AC | m | 14.64 | 04:06 | Finished |
| 3171 | 323 | Matthew Cantwell | 01:01:30 | Epsom & Ewell Harriers | m | 14.63 | 04:06 | Finished |
| 3241 | 324 | James Blog | 01:01:34 | Havering AC | m | 14.62 | 04:06 | Finished |
| 4001 | 325 | Paul Burton | 01:01:34 | Wycombe Phoenix Harriers & AC | m | 14.62 | 04:06 | Finished |
| 3221 | 326 | Lee Lintern | 01:01:37 | Guildford & Godalming AC | m | 14.61 | 04:06 | Finished |
| 3477 | 327 | Steven Price | 01:01:39 | Lingfield RC | m | 14.6 | 04:07 | Finished |
| 3316 | 328 | Jonathan Ratcliffe | 01:01:42 | Herne Hill Harriers | m | 14.59 | 04:07 | Finished |
| 3895 | 329 | Rob Baldock | 01:01:43 | Tri London | m | 14.58 | 04:07 | Finished |
| 3710 | 330 | Graham Lane | 01:01:45 | South London Harriers | m | 14.57 | 04:07 | Finished |
| 3949 | 331 | Stuart Ingham | 01:01:47 | Watford Harriers | m | 14.57 | 04:07 | Finished |
| 3330 | 332 | Andres Chau | 01:01:51 | Highgate Harriers | m | 14.55 | 04:07 | Finished |
| 3748 | 333 | Kevin Yates | 01:01:52 | Southampton AC | m | 14.55 | 04:07 | Finished |
| 3380 | 334 | Benji Symes | 01:01:55 | Hy Runners | m | 14.54 | 04:08 | Finished |
| 3773 | 335 | Sebastian Munday | 01:01:56 | Striders of Croydon | m | 14.53 | 04:08 | Finished |
| 3125 | 336 | Shane Donlon | 01:01:56 | Dulwich Runners AC | m | 14.53 | 04:08 | Finished |
| 3029 | 337 | Luke Ford | 01:01:56 | Cambridge Harriers | m | 14.53 | 04:08 | Finished |
| 3559 | 338 | ANDY DAVIES | 01:02:01 | Mornington Chasers RC | m | 14.51 | 04:08 | Finished |
| 2854 | 339 | Jack McGuire | 01:02:03 | Aldershot Farnham & DAC | m | 14.5 | 04:08 | Finished |
| 2833 | 340 | Paul Donohoe | 01:02:04 | 26.2 RRC | m | 14.5 | 04:08 | Finished |
| 3391 | 341 | Christopher Hill | 01:02:12 | Invicta East Kent AC | m | 14.47 | 04:09 | Finished |
| 3041 | 342 | Mark Penny | 01:02:18 | Cambridge Harriers | m | 14.45 | 04:09 | Finished |
| 2976 | 343 | Simon Harris | 01:02:20 | Blackheath & Bromley Harriers | m | 14.44 | 04:09 | Finished |
| 3256 | 344 | Andy Hind | 01:02:20 | Haywards Heath Harriers | m | 14.44 | 04:09 | Finished |
| 3120 | 345 | James Burrows | 01:02:23 | Dulwich Runners AC | m | 14.43 | 04:10 | Finished |
| 3138 | 346 | John Foxall | 01:02:27 | Ealing Eagles Running Club | m | 14.41 | 04:10 | Finished |
| 3233 | 347 | Chris Finill | 01:02:28 | Harrow AC | m | 14.41 | 04:10 | Finished |

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|------|-----|-----------------------|----------|-------------------------------|---|-------|-------|----------|
| 2997 | 348 | Howard Bristow | 01:02:31 | Brighton & Hove AC | m | 14.4 | 04:10 | Finished |
| 3883 | 349 | Joe Watts | 01:02:33 | Tonbridge AC | m | 14.39 | 04:10 | Finished |
| 3670 | 350 | Kevin Murray | 01:02:33 | Serpentine RC | m | 14.39 | 04:10 | Finished |
| 3043 | 351 | Christian Poulton | 01:02:33 | Cambridge Harriers | m | 14.39 | 04:10 | Finished |
| 3076 | 352 | Michael Wiggins | 01:02:40 | Clapham Pioneers | m | 14.36 | 04:11 | Finished |
| 3228 | 353 | David Williams | 01:02:45 | Guildford & Godalming AC | m | 14.34 | 04:11 | Finished |
| 3686 | 354 | Robert Rigby | 01:02:48 | Shaftesbury Barnet Harriers | m | 14.33 | 04:11 | Finished |
| 3599 | 355 | David Wilson | 01:02:50 | Orion Harriers | m | 14.32 | 04:11 | Finished |
| 2972 | 356 | Gareth Evans | 01:02:53 | Blackheath & Bromley Harriers | m | 14.31 | 04:12 | Finished |
| 2956 | 357 | Simon Wells | 01:02:53 | Bexley AC | m | 14.31 | 04:12 | Finished |
| 3276 | 358 | Austin Hall | 01:02:55 | Hercules Wimbledon AC | m | 14.3 | 04:12 | Finished |
| 3194 | 359 | Ben Cameron | 01:02:57 | Fulham Running Club | m | 14.3 | 04:12 | Finished |
| 3042 | 360 | James Pitts | 01:02:58 | Cambridge Harriers | m | 14.29 | 04:12 | Finished |
| 3998 | 361 | Grant Bateman | 01:03:04 | Wycombe Phoenix Harriers & AC | m | 14.27 | 04:12 | Finished |
| 3730 | 362 | Jonathan Bean | 01:03:08 | Southampton AC | m | 14.26 | 04:13 | Finished |
| 3262 | 363 | Richard Skilbeck | 01:03:09 | Headington Road Runners | m | 14.25 | 04:13 | Finished |
| 3692 | 364 | Michael Bradley | 01:03:10 | South London Harriers | m | 14.25 | 04:13 | Finished |
| 3320 | 365 | Oliver White | 01:03:11 | Herne Hill Harriers | m | 14.24 | 04:13 | Finished |
| 2993 | 366 | Bruce Poll | 01:03:13 | Bracknell AC | m | 14.24 | 04:13 | Finished |
| 3975 | 367 | Alex Webb | 01:03:15 | Windsor S E & Hounslow AC | m | 14.23 | 04:13 | Finished |
| 3671 | 368 | Daniel Pearce | 01:03:15 | Serpentine RC | m | 14.23 | 04:13 | Finished |
| 3509 | 369 | Joseph Clemoes | 01:03:19 | London Heathside AC | m | 14.21 | 04:13 | Finished |
| 3191 | 370 | Dylan WILLIAMS | 01:03:19 | Eton Manor AC | m | 14.21 | 04:13 | Finished |
| 3363 | 371 | Steven Church | 01:03:19 | Huntingdonshire AC | m | 14.21 | 04:13 | Finished |
| 3933 | 372 | George Long | 01:03:20 | Victoria Park H & Tower H AC | m | 14.21 | 04:13 | Finished |
| 2842 | 373 | Matt Hills | 01:03:20 | Abingdon AC | m | 14.21 | 04:13 | Finished |
| 3977 | 374 | Peter Riley | 01:03:21 | Witham running club | m | 14.21 | 04:13 | Finished |
| 2869 | 375 | Thomas Cadwell | 01:03:22 | Amphill & Flitwick Flyers | m | 14.2 | 04:13 | Finished |
| 3395 | 376 | Rob Conetta | 01:03:23 | Istead and Ifield Harriers | m | 14.2 | 04:14 | Finished |
| 3716 | 377 | David Ogden | 01:03:23 | South London Harriers | m | 14.2 | 04:14 | Finished |
| 3556 | 378 | Gareth Williams | 01:03:25 | Medway & Maidstone AC | m | 14.19 | 04:14 | Finished |
| 3632 | 379 | David Lewis | 01:03:27 | Reading AC | m | 14.18 | 04:14 | Finished |
| 3476 | 380 | Simon Moore | 01:03:28 | Lingfield RC | m | 14.18 | 04:14 | Finished |
| 3619 | 381 | Mark Grieg | 01:03:28 | Queens Park Harriers | m | 14.18 | 04:14 | Finished |
| 2875 | 382 | James Booth | 01:03:31 | Ashford & District AC | m | 14.17 | 04:14 | Finished |
| 3418 | 383 | Laurie Garrett | 01:03:31 | Kent AC | m | 14.17 | 04:14 | Finished |
| 3412 | 384 | Ian Ellwood | 01:03:33 | Kent AC | m | 14.16 | 04:14 | Finished |
| 3110 | 385 | Chris Reeh | 01:03:38 | Dorking & Mole Valley AC | m | 14.14 | 04:15 | Finished |
| 3074 | 386 | James Todd | 01:03:38 | Clapham Pioneers | m | 14.14 | 04:15 | Finished |
| 3217 | 387 | Terry Booth | 01:03:45 | Guildford & Godalming AC | m | 14.12 | 04:15 | Finished |
| 3549 | 388 | Alun Rodgers | 01:03:45 | Medway & Maidstone AC | m | 14.12 | 04:15 | Finished |
| 3240 | 389 | Gary Aktins | 01:03:46 | Havering AC | m | 14.11 | 04:15 | Finished |
| 3195 | 390 | Peter Dyer | 01:03:48 | Fulham Running Club | m | 14.11 | 04:15 | Finished |
| 2884 | 391 | Scott Lynch | 01:03:49 | Ashford & District AC | m | 14.1 | 04:15 | Finished |
| 3212 | 392 | Tom Ralph | 01:03:50 | Greenwich Tritons | m | 14.1 | 04:15 | Finished |
| 3489 | 393 | Tim Charters | 01:03:51 | London Frontrunners | m | 14.1 | 04:15 | Finished |
| 3882 | 394 | Jacek Traczynski | 01:03:56 | Tonbridge AC | m | 14.08 | 04:16 | Finished |
| 3216 | 395 | Robin Boon | 01:03:57 | Guildford & Godalming AC | m | 14.07 | 04:16 | Finished |
| 3486 | 396 | Ben Whicher | 01:03:59 | London City Runners | m | 14.07 | 04:16 | Finished |
| 3429 | 397 | Iago Martinez | 01:04:00 | Kent AC | m | 14.06 | 04:16 | Finished |
| 3647 | 398 | Richard Harrison | 01:04:01 | Royston Runners | m | 14.06 | 04:16 | Finished |
| 3356 | 399 | Scott Farley | 01:04:03 | Hillingdon AC | m | 14.05 | 04:16 | Finished |
| 3944 | 400 | Anthony Withstandley | 01:04:04 | Victoria Park H & Tower H AC | m | 14.05 | 04:16 | Finished |
| 3381 | 401 | Jamie Webb | 01:04:05 | Hy Runners | m | 14.04 | 04:16 | Finished |
| 3976 | 402 | Leo Cole | 01:04:06 | Witham running club | m | 14.04 | 04:16 | Finished |
| 3448 | 403 | Tim Sharp | 01:04:12 | Kent AC | m | 14.02 | 04:17 | Finished |
| 2983 | 404 | Chris Tuck | 01:04:13 | Blackheath & Bromley Harriers | m | 14.02 | 04:17 | Finished |
| 3056 | 405 | Nick Hunter | 01:04:14 | Chelmsford AC | m | 14.01 | 04:17 | Finished |
| 3874 | 406 | Tom Rule | 01:04:15 | Tonbridge AC | m | 14.01 | 04:17 | Finished |
| 3600 | 407 | Tim Wright | 01:04:18 | Orion Harriers | m | 14 | 04:17 | Finished |
| 3861 | 408 | Mark Coates | 01:04:28 | Tonbridge AC | m | 13.96 | 04:18 | Finished |
| 3439 | 409 | William Palmer | 01:04:30 | Kent AC | m | 13.95 | 04:18 | Finished |
| 3533 | 410 | Rob Shulman | 01:04:36 | London Heathside AC | m | 13.93 | 04:18 | Finished |
| 2964 | 411 | Barry Weldon | 01:04:39 | Billericay Striders RC | m | 13.92 | 04:19 | Finished |
| 3097 | 412 | Nick Varley | 01:04:43 | Dartford Harriers AC | m | 13.91 | 04:19 | Finished |
| 3080 | 413 | James McClintock | 01:04:47 | Collingwood AC | m | 13.89 | 04:19 | Finished |
| 3801 | 414 | Iain Sheridan | 01:04:49 | Thames Hare & Hounds | m | 13.89 | 04:19 | Finished |
| 3905 | 415 | Barratt Nick | 01:04:52 | Tri Surrey Triathlon Club | m | 13.87 | 04:19 | Finished |
| 3897 | 416 | Adam Chown | 01:04:53 | Tri London | m | 13.87 | 04:20 | Finished |
| 3693 | 417 | BILLY CASSERLEY | 01:04:55 | South London Harriers | m | 13.86 | 04:20 | Finished |
| 3279 | 418 | Peter Lee | 01:04:56 | Hercules Wimbledon AC | m | 13.86 | 04:20 | Finished |
| 3025 | 419 | Iain Wood | 01:04:57 | Cambridge & Coleridge AC | m | 13.86 | 04:20 | Finished |
| 3142 | 420 | Patrick Kingston | 01:04:59 | Ealing Eagles Running Club | m | 13.85 | 04:20 | Finished |
| 3405 | 421 | Callum Cant | 01:05:00 | Kent AC | m | 13.85 | 04:20 | Finished |
| 3309 | 422 | Mohammed Ismail | 01:05:01 | Herne Hill Harriers | m | 13.84 | 04:20 | Finished |
| 3454 | 423 | Philip Woodford-Smith | 01:05:02 | Kent AC | m | 13.84 | 04:20 | Finished |
| 3603 | 424 | Vladimir Kralik | 01:05:03 | Oxford City AC | m | 13.84 | 04:20 | Finished |
| 2906 | 425 | Ed Osborne | 01:05:04 | Beckenham Running Club | m | 13.83 | 04:20 | Finished |
| 3420 | 426 | John Gilchrist | 01:05:06 | Kent AC | m | 13.82 | 04:20 | Finished |
| 3085 | 427 | Ashley George | 01:05:10 | Croydon Harriers | m | 13.81 | 04:21 | Finished |
| 3263 | 428 | Felix Allen | 01:05:12 | Hercules Wimbledon AC | m | 13.8 | 04:21 | Finished |
| 3467 | 429 | Charlie Mead | 01:05:14 | Leighton Buzzard AC | m | 13.8 | 04:21 | Finished |
| 3427 | 430 | Chris Lydon | 01:05:14 | Kent AC | m | 13.8 | 04:21 | Finished |
| 3067 | 431 | Derek Green | 01:05:16 | Clapham Chasers RC | m | 13.79 | 04:21 | Finished |
| 3678 | 432 | Frank Womelsdorf | 01:05:18 | Serpentine RC | m | 13.78 | 04:21 | Finished |
| 3767 | 433 | Tim Larke | 01:05:23 | Stowmarket Striders | m | 13.76 | 04:22 | Finished |
| 3047 | 434 | Peter St Amour | 01:05:27 | Cambridge Harriers | m | 13.75 | 04:22 | Finished |

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| 3550 | 435 | Sean Rodwell | 01:05:27 | Medway & Maidstone AC | m | 13.75 | 04:22 | Finished |
| 3566 | 436 | LACHLAN STIBBARD HAWKES | 01:05:28 | Mornington Chasers RC | m | 13.75 | 04:22 | Finished |
| 3295 | 437 | Trevor Chilton | 01:05:37 | Herne Hill Harriers | m | 13.72 | 04:22 | Finished |
| 3257 | 438 | Andrew Bradley | 01:05:40 | Headington Road Runners | m | 13.71 | 04:23 | Finished |
| 3342 | 439 | Joseph Lowe | 01:05:40 | Highgate Harriers | m | 13.71 | 04:23 | Finished |
| 2867 | 440 | Robert Wakefield | 01:05:42 | Aldershot Farnham & DAC | m | 13.7 | 04:23 | Finished |
| 3759 | 441 | Nigel Aston | 01:05:47 | St Albans Striders | m | 13.68 | 04:23 | Finished |
| 3073 | 442 | Dan Stuart | 01:05:52 | Clapham Pioneers | m | 13.66 | 04:23 | Finished |
| 3667 | 443 | Kevin McQuaid | 01:05:53 | Serpentine RC | m | 13.66 | 04:24 | Finished |
| 3148 | 444 | Rob Brown | 01:05:57 | Ealing Southall & Middlesex AC | m | 13.65 | 04:24 | Finished |
| 3385 | 445 | John Crawley | 01:05:58 | Ilford AC | m | 13.64 | 04:24 | Finished |
| 3377 | 446 | Dan Isted | 01:05:59 | Hy Runners | m | 13.64 | 04:24 | Finished |
| 3511 | 447 | Gavin Evans | 01:06:00 | London Heathside AC | m | 13.64 | 04:24 | Finished |
| 2954 | 448 | martin smith | 01:06:01 | Bexley AC | m | 13.63 | 04:24 | Finished |
| 3070 | 449 | Paul Gilbertson | 01:06:03 | Clapham Pioneers | m | 13.63 | 04:24 | Finished |
| 3399 | 450 | Simon Allen | 01:06:03 | Kent AC | m | 13.63 | 04:24 | Finished |
| 3099 | 451 | Andrew Green | 01:06:05 | Dartford RR | m | 13.62 | 04:24 | Finished |
| 3095 | 452 | Paul Dawes | 01:06:07 | Dartford Harriers AC | m | 13.61 | 04:24 | Finished |
| 3625 | 453 | Neil Rae | 01:06:09 | Ranelagh Harriers | m | 13.61 | 04:25 | Finished |
| 2977 | 454 | Steve Hough | 01:06:10 | Blackheath & Bromley Harriers | m | 13.6 | 04:25 | Finished |
| 3567 | 455 | MATT THOMAS | 01:06:13 | Mornington Chasers RC | m | 13.59 | 04:25 | Finished |
| 2886 | 456 | Paul Moses | 01:06:17 | Ashford & District AC | m | 13.58 | 04:25 | Finished |
| 3059 | 457 | Ian Lawson | 01:06:18 | Chiltern Harriers AC | m | 13.57 | 04:25 | Finished |
| 3519 | 458 | Liam Hazelton | 01:06:19 | London Heathside AC | m | 13.57 | 04:25 | Finished |
| 3386 | 459 | Diarmuid Mc Donnell | 01:06:25 | Ilford AC | m | 13.55 | 04:26 | Finished |
| 2838 | 460 | Dominic Woodbridge | 01:06:26 | 26.2 RRC | m | 13.55 | 04:26 | Finished |
| 3720 | 461 | Glenn Quarton | 01:06:27 | South London Harriers | m | 13.54 | 04:26 | Finished |
| 3114 | 462 | Zachary Bredemear | 01:06:28 | Dulwich Park Runners | m | 13.54 | 04:26 | Finished |
| 3107 | 463 | Bruce Harrold | 01:06:28 | Dorking & Mole Valley AC | m | 13.54 | 04:26 | Finished |
| 3373 | 464 | Andy Edmonds | 01:06:31 | Hy Runners | m | 13.53 | 04:26 | Finished |
| 3496 | 465 | Alex Hellier | 01:06:32 | London Frontrunners | m | 13.53 | 04:26 | Finished |
| 2982 | 466 | Paul Sharpe | 01:06:32 | Blackheath & Bromley Harriers | m | 13.53 | 04:26 | Finished |
| 3376 | 467 | Kelvin Horwill | 01:06:33 | Hy Runners | m | 13.52 | 04:26 | Finished |
| 3879 | 468 | Adam Styles | 01:06:34 | Tonbridge AC | m | 13.52 | 04:26 | Finished |
| 2864 | 469 | Shaun Smith | 01:06:37 | Aldershot Farnham & DAC | m | 13.51 | 04:26 | Finished |
| 3662 | 470 | Adrian Kerr | 01:06:41 | Serpentine RC | m | 13.5 | 04:27 | Finished |
| 2831 | 471 | Joe Chang | 01:06:45 | 26.2 RRC | m | 13.48 | 04:27 | Finished |
| 3837 | 472 | Donovan Duffy | 01:06:49 | The Stragglers RC | m | 13.47 | 04:27 | Finished |
| 3161 | 473 | James Nichols | 01:06:50 | East London Runners | m | 13.47 | 04:27 | Finished |
| 2949 | 474 | jon fish | 01:06:51 | Bexley AC | m | 13.46 | 04:27 | Finished |
| 2837 | 475 | Tom Sellen | 01:06:52 | 26.2 RRC | m | 13.46 | 04:27 | Finished |
| 3211 | 476 | James Bentley | 01:06:53 | Greenwich Tritons | m | 13.46 | 04:28 | Finished |
| 3101 | 477 | Ben Brading | 01:06:55 | Dorking & Mole Valley AC | m | 13.45 | 04:28 | Finished |
| 3580 | 478 | Jonathon Cordle | 01:07:01 | Norwich Road Runners | m | 13.43 | 04:28 | Finished |
| 3995 | 479 | Rob Wilbraham | 01:07:02 | Woodford Green & Essex Ladies | m | 13.43 | 04:28 | Finished |
| 3144 | 480 | Jose Manuel Pabon | 01:07:04 | Ealing Eagles Running Club | m | 13.42 | 04:28 | Finished |
| 3558 | 481 | DANIEL BERRY | 01:07:04 | Mornington Chasers RC | m | 13.42 | 04:28 | Finished |
| 3038 | 482 | Graham Maynard | 01:07:06 | Cambridge Harriers | m | 13.41 | 04:28 | Finished |
| 3863 | 483 | Anthony Crush | 01:07:07 | Tonbridge AC | m | 13.41 | 04:28 | Finished |
| 3063 | 484 | Mark Solway | 01:07:08 | City of Norwich AC | m | 13.41 | 04:29 | Finished |
| 3557 | 485 | Darren Wright | 01:07:09 | Medway & Maidstone AC | m | 13.4 | 04:29 | Finished |
| 3963 | 486 | Robert Carter | 01:07:09 | Winchester & District AC | m | 13.4 | 04:29 | Finished |
| 3443 | 487 | Ben Racle | 01:07:12 | Kent AC | m | 13.39 | 04:29 | Finished |
| 2892 | 488 | Robert Scott | 01:07:12 | Barnet & District AC | m | 13.39 | 04:29 | Finished |
| 3192 | 489 | Andrew Bovell | 01:07:12 | Fulham Running Club | m | 13.39 | 04:29 | Finished |
| 3274 | 490 | Maximilian Dew | 01:07:13 | Hercules Wimbledon AC | m | 13.39 | 04:29 | Finished |
| 3364 | 491 | Derek Darnell | 01:07:15 | Huntingdonshire AC | m | 13.38 | 04:29 | Finished |
| 3104 | 492 | Fraser Dawson | 01:07:18 | Dorking & Mole Valley AC | m | 13.37 | 04:29 | Finished |
| 2879 | 493 | Alex Francis | 01:07:20 | Ashford & District AC | m | 13.37 | 04:29 | Finished |
| 3132 | 494 | Eberhard Prill | 01:07:20 | Dulwich Runners AC | m | 13.37 | 04:29 | Finished |
| 3189 | 495 | Robert SOMMERVILLE | 01:07:22 | Eton Manor AC | m | 13.36 | 04:29 | Finished |
| 3078 | 496 | Mark Constantinou | 01:07:25 | Collingwood AC | m | 13.35 | 04:30 | Finished |
| 3157 | 497 | Karan Gadhia | 01:07:27 | East London Runners | m | 13.34 | 04:30 | Finished |
| 3100 | 498 | Lawrence Bate | 01:07:29 | Dorking & Mole Valley AC | m | 13.34 | 04:30 | Finished |
| 3810 | 499 | Hugo Dias | 01:07:31 | Thames Valley Harriers | m | 13.33 | 04:30 | Finished |
| 3697 | 500 | Shaun Cooney | 01:07:35 | South London Harriers | m | 13.32 | 04:30 | Finished |
| 3251 | 501 | Steve Walker | 01:07:36 | Havering AC | m | 13.31 | 04:30 | Finished |
| 3769 | 502 | Luke Burden | 01:07:38 | Striders of Croydon | m | 13.31 | 04:31 | Finished |
| 3898 | 503 | Simon Foley | 01:07:38 | Tri London | m | 13.31 | 04:31 | Finished |
| 2980 | 504 | Jason Meers | 01:07:39 | Blackheath & Bromley Harriers | m | 13.3 | 04:31 | Finished |
| 3917 | 505 | Richard Bryant | 01:07:40 | Victoria Park H & Tower H AC | m | 13.3 | 04:31 | Finished |
| 3311 | 506 | Tim Kerr | 01:07:43 | Herne Hill Harriers | m | 13.29 | 04:31 | Finished |
| 2904 | 507 | Joseph Newcombe | 01:07:46 | Beckenham Running Club | m | 13.28 | 04:31 | Finished |
| 3209 | 508 | Richard Somerset | 01:07:47 | Garden City Runners | m | 13.28 | 04:31 | Finished |
| 2887 | 509 | Andrew Noble | 01:07:49 | Ashford & District AC | m | 13.27 | 04:31 | Finished |
| 3649 | 510 | Graham Hill | 01:07:49 | Royston Runners | m | 13.27 | 04:31 | Finished |
| 2907 | 511 | Andy Regan | 01:07:50 | Beckenham Running Club | m | 13.27 | 04:31 | Finished |
| 3084 | 512 | Jacob Armstrong Plieth | 01:07:53 | Croydon Harriers | m | 13.26 | 04:32 | Finished |
| 3202 | 513 | Ben Thornton | 01:07:56 | Fulham Running Club | m | 13.25 | 04:32 | Finished |
| 3903 | 514 | Cowen Andy | 01:08:00 | Tri Surrey Triathlon Club | m | 13.24 | 04:32 | Finished |
| 3469 | 515 | Warren Rose | 01:08:07 | Leighton Buzzard AC | m | 13.21 | 04:32 | Finished |
| 3419 | 516 | Julian Gevers | 01:08:09 | Kent AC | m | 13.21 | 04:33 | Finished |
| 3618 | 517 | John Brosnan | 01:08:12 | Queens Park Harriers | m | 13.2 | 04:33 | Finished |
| 4004 | 518 | Shaun Chillingworth | 01:08:13 | Wycombe Phoenix Harriers & AC | m | 13.19 | 04:33 | Finished |
| 3610 | 519 | Oliver Drew | 01:08:13 | Poole AC | m | 13.19 | 04:33 | Finished |
| 3145 | 520 | Kieran Santry | 01:08:14 | Ealing Eagles Running Club | m | 13.19 | 04:33 | Finished |
| 3951 | 521 | Kevin Draper | 01:08:17 | Weald Tri Club | m | 13.18 | 04:33 | Finished |

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|------|-----|-----------------------|----------|-------------------------------|---|-------|-------|----------|
| 2883 | 522 | Steve Hodges | 01:08:17 | Ashford & District AC | m | 13.18 | 04:33 | Finished |
| 2962 | 523 | Geoff Kelly | 01:08:21 | Billericay Striders RC | m | 13.17 | 04:33 | Finished |
| 3230 | 524 | Peter Wootton | 01:08:24 | Guildford & Godalming AC | m | 13.16 | 04:34 | Finished |
| 3870 | 525 | Christopher Potter | 01:08:28 | Tonbridge AC | m | 13.15 | 04:34 | Finished |
| 3397 | 526 | Matt Holt | 01:08:31 | Istead and Ifield Harriers | m | 13.14 | 04:34 | Finished |
| 3160 | 527 | Mark Moir | 01:08:41 | East London Runners | m | 13.1 | 04:35 | Finished |
| 3088 | 528 | James Moore | 01:08:47 | Croydon Harriers | m | 13.08 | 04:35 | Finished |
| 3902 | 529 | Kevin Lineham | 01:08:55 | Tri London | m | 13.06 | 04:36 | Finished |
| 3488 | 530 | Patrick Cahill | 01:08:58 | London Frontrunners | m | 13.05 | 04:36 | Finished |
| 3960 | 531 | Robert Rawles | 01:08:58 | Wimborne AC | m | 13.05 | 04:36 | Finished |
| 3497 | 532 | Matt Hunter | 01:09:00 | London Frontrunners | m | 13.04 | 04:36 | Finished |
| 2896 | 533 | Richard Brown | 01:09:00 | Basingstoke & Mid Hants AC | m | 13.04 | 04:36 | Finished |
| 3384 | 534 | Steve Crane | 01:09:06 | Ilford AC | m | 13.02 | 04:36 | Finished |
| 3824 | 535 | Matt Ponting | 01:09:09 | Thames Valley Harriers | m | 13.02 | 04:37 | Finished |
| 2958 | 536 | David Butler | 01:09:09 | Billericay Striders RC | m | 13.02 | 04:37 | Finished |
| 3805 | 537 | Greg Bennett | 01:09:12 | Thames Valley Harriers | m | 13.01 | 04:37 | Finished |
| 2836 | 538 | Dmitry Selemir | 01:09:13 | 26.2 RRC | m | 13 | 04:37 | Finished |
| 2834 | 539 | Gerry Hasson | 01:09:16 | 26.2 RRC | m | 12.99 | 04:37 | Finished |
| 3691 | 540 | Harry Boulter | 01:09:21 | South London Harriers | m | 12.98 | 04:37 | Finished |
| 3645 | 541 | Grant Chapman | 01:09:22 | Royston Runners | m | 12.97 | 04:37 | Finished |
| 3196 | 542 | Trevor Ingram | 01:09:23 | Fulham Running Club | m | 12.97 | 04:38 | Finished |
| 3926 | 543 | Russell Gillett-Toone | 01:09:24 | Victoria Park H & Tower H AC | m | 12.97 | 04:38 | Finished |
| 3140 | 544 | Tom Irving | 01:09:25 | Ealing Eagles Running Club | m | 12.97 | 04:38 | Finished |
| 3071 | 545 | Rohan Kallilicharan | 01:09:33 | Clapham Pioneers | m | 12.94 | 04:38 | Finished |
| 3844 | 546 | Andy Hoseason | 01:09:35 | The Stragglers RC | m | 12.93 | 04:38 | Finished |
| 3205 | 547 | Sean Bowen | 01:09:38 | Garden City Runners | m | 12.92 | 04:39 | Finished |
| 3214 | 548 | Martin Tynan | 01:09:42 | Greenwich Tritons | m | 12.91 | 04:39 | Finished |
| 3823 | 549 | Simon Nixon | 01:09:44 | Thames Valley Harriers | m | 12.91 | 04:39 | Finished |
| 3200 | 550 | Piers Mulrone | 01:09:52 | Fulham Running Club | m | 12.88 | 04:39 | Finished |
| 3492 | 551 | Andrew Corti | 01:09:53 | London Frontrunners | m | 12.88 | 04:40 | Finished |
| 3185 | 552 | Russ Jones | 01:09:53 | Eton Manor AC | m | 12.88 | 04:40 | Finished |
| 3929 | 553 | Neil Ingoe | 01:09:54 | Victoria Park H & Tower H AC | m | 12.88 | 04:40 | Finished |
| 3699 | 554 | Christopher Dunhill | 01:10:00 | South London Harriers | m | 12.86 | 04:40 | Finished |
| 3108 | 555 | Robert Mccaffrey | 01:10:05 | Dorking & Mole Valley AC | m | 12.84 | 04:40 | Finished |
| 3508 | 556 | Matt Beard | 01:10:09 | London Heathside AC | m | 12.83 | 04:41 | Finished |
| 3854 | 557 | Martin Vivian | 01:10:20 | The Stragglers RC | m | 12.8 | 04:41 | Finished |
| 2874 | 558 | Adrian Beresford | 01:10:23 | Ashford & District AC | m | 12.79 | 04:42 | Finished |
| 3087 | 559 | William Lyon-Tuppman | 01:10:27 | Croydon Harriers | m | 12.78 | 04:42 | Finished |
| 3176 | 560 | James Thomas | 01:10:32 | Epsom & Ewell Harriers | m | 12.76 | 04:42 | Finished |
| 3112 | 561 | Kevin Stroud | 01:10:45 | Dorking & Mole Valley AC | m | 12.72 | 04:43 | Finished |
| 2901 | 562 | Ben Calascione | 01:10:50 | Beckenham Running Club | m | 12.71 | 04:43 | Finished |
| 2878 | 563 | Darren Fagg | 01:11:11 | Ashford & District AC | m | 12.64 | 04:45 | Finished |
| 3749 | 564 | Matt Aitken | 01:11:13 | Southend on Sea AC | m | 12.64 | 04:45 | Finished |
| 2885 | 565 | Adrian Moody | 01:11:17 | Ashford & District AC | m | 12.63 | 04:45 | Finished |
| 3775 | 566 | Andy Perks | 01:11:18 | Striders of Croydon | m | 12.62 | 04:45 | Finished |
| 3849 | 567 | Mark Pattinson | 01:11:19 | The Stragglers RC | m | 12.62 | 04:45 | Finished |
| 3470 | 568 | Gary Stratford | 01:11:20 | Leighton Buzzard AC | m | 12.62 | 04:45 | Finished |
| 3685 | 569 | Tim Parkin | 01:11:21 | Shaftesbury Barnet Harriers | m | 12.61 | 04:45 | Finished |
| 3757 | 570 | Steve Bugden | 01:11:22 | Springfield Striders RC | m | 12.61 | 04:45 | Finished |
| 3521 | 571 | Philip Hogg | 01:11:25 | London Heathside AC | m | 12.6 | 04:46 | Finished |
| 3740 | 572 | howard long | 01:11:27 | Southampton AC | m | 12.6 | 04:46 | Finished |
| 3490 | 573 | Leon Clement | 01:11:30 | London Frontrunners | m | 12.59 | 04:46 | Finished |
| 2900 | 574 | Terry Wegg | 01:11:36 | Basingstoke & Mid Hants AC | m | 12.57 | 04:46 | Finished |
| 3098 | 575 | Jason Browne | 01:11:38 | Dartford RR | m | 12.56 | 04:47 | Finished |
| 3714 | 576 | Paul Mitchell | 01:11:39 | South London Harriers | m | 12.56 | 04:47 | Finished |
| 2951 | 577 | Jonathan Hunter | 01:11:45 | Bexley AC | m | 12.54 | 04:47 | Finished |
| 3850 | 578 | Kevin Price | 01:11:49 | The Stragglers RC | m | 12.53 | 04:47 | Finished |
| 2881 | 579 | Mark Harrison | 01:11:51 | Ashford & District AC | m | 12.53 | 04:47 | Finished |
| 3938 | 580 | Matthew Rowland | 01:11:53 | Victoria Park H & Tower H AC | m | 12.52 | 04:48 | Finished |
| 2959 | 581 | Philip Cooper | 01:11:54 | Billericay Striders RC | m | 12.52 | 04:48 | Finished |
| 3146 | 582 | Phillip Turner | 01:12:05 | Ealing Eagles Running Club | m | 12.49 | 04:48 | Finished |
| 3652 | 583 | Abu Asad | 01:12:10 | Serpentine RC | m | 12.47 | 04:49 | Finished |
| 3166 | 584 | Richard Hill | 01:12:13 | Ely Runners | m | 12.46 | 04:49 | Finished |
| 4012 | 585 | Ben Wise | 01:12:14 | Wycombe Phoenix Harriers & AC | m | 12.46 | 04:49 | Finished |
| 3899 | 586 | Federico Forti | 01:12:15 | Tri London | m | 12.46 | 04:49 | Finished |
| 3371 | 587 | Tom Brampton | 01:12:16 | Hy Runners | m | 12.45 | 04:49 | Finished |
| 3318 | 588 | Andrew Simms | 01:12:17 | Herne Hill Harriers | m | 12.45 | 04:49 | Finished |
| 3834 | 589 | Neil Carrington | 01:12:21 | The Stragglers RC | m | 12.44 | 04:49 | Finished |
| 3411 | 590 | Adrian Dracup | 01:12:31 | Kent AC | m | 12.41 | 04:50 | Finished |
| 3028 | 591 | Clem Dixon | 01:12:36 | Cambridge Harriers | m | 12.4 | 04:50 | Finished |
| 3203 | 592 | Douglas Wood | 01:12:37 | Fulham Running Club | m | 12.39 | 04:50 | Finished |
| 3350 | 593 | James Rossiter | 01:12:38 | Highgate Harriers | m | 12.39 | 04:51 | Finished |
| 3445 | 594 | Alex Robbins | 01:12:43 | Kent AC | m | 12.38 | 04:51 | Finished |
| 2967 | 595 | Richard Byford | 01:12:45 | Blackheath & Bromley Harriers | m | 12.37 | 04:51 | Finished |
| 3168 | 596 | William Arbury | 01:12:47 | Epsom & Ewell Harriers | m | 12.37 | 04:51 | Finished |
| 3761 | 597 | Colin Braybrook | 01:12:50 | St Albans Striders | m | 12.36 | 04:51 | Finished |
| 3916 | 598 | Simon Bonner | 01:12:51 | Victoria Park H & Tower H AC | m | 12.35 | 04:51 | Finished |
| 2853 | 599 | Andrew Hislop | 01:12:55 | Aldershot Farnham & DAC | m | 12.34 | 04:52 | Finished |
| 3597 | 600 | Colin Smith | 01:13:00 | Orion Harriers | m | 12.33 | 04:52 | Finished |
| 3760 | 601 | Jonathan Bird | 01:13:13 | St Albans Striders | m | 12.29 | 04:53 | Finished |
| 4010 | 602 | Michael Taylor | 01:13:13 | Wycombe Phoenix Harriers & AC | m | 12.29 | 04:53 | Finished |
| 3324 | 603 | Chris Bailey | 01:13:21 | Highgate Harriers | m | 12.27 | 04:53 | Finished |
| 3090 | 604 | Aikman Neil | 01:13:25 | Croydon Harriers | m | 12.26 | 04:54 | Finished |
| 3458 | 605 | Harry Grose | 01:13:26 | Leigh-on-sea Striders | m | 12.26 | 04:54 | Finished |
| 3370 | 606 | John Badrock | 01:13:29 | Hy Runners | m | 12.25 | 04:54 | Finished |
| 3102 | 607 | Juan Casanova | 01:13:33 | Dorking & Mole Valley AC | m | 12.24 | 04:54 | Finished |
| 3891 | 608 | Jason Hornett | 01:13:40 | Trent Park Running Club | m | 12.22 | 04:55 | Finished |

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| 3589 | 609 | Paul Goodhew | 01:13:54 | Orion Harriers | m | 12.18 | 04:56 | Finished |
| 3499 | 610 | Francis OCallaghan | 01:13:56 | London Frontrunners | m | 12.17 | 04:56 | Finished |
| 2882 | 611 | Daniel Head | 01:14:03 | Ashford & District AC | m | 12.15 | 04:56 | Finished |
| 3116 | 612 | Terence Baker | 01:14:04 | Dulwich Runners AC | m | 12.15 | 04:56 | Finished |
| 3725 | 613 | Sujan Shrestha | 01:14:06 | South London Harriers | m | 12.15 | 04:56 | Finished |
| 3247 | 614 | Roy James | 01:14:08 | Havering AC | m | 12.14 | 04:57 | Finished |
| 2890 | 615 | Peter Ellis | 01:14:15 | Barnet & District AC | m | 12.12 | 04:57 | Finished |
| 2985 | 616 | John Cooper | 01:14:22 | Bracknell AC | m | 12.1 | 04:57 | Finished |
| 2905 | 617 | David Olver | 01:14:25 | Beckenham Running Club | m | 12.09 | 04:58 | Finished |
| 3086 | 618 | Matthew Kiernan | 01:14:37 | Croydon Harriers | m | 12.06 | 04:58 | Finished |
| 3901 | 619 | Anthony Leahy | 01:14:44 | Tri London | m | 12.04 | 04:59 | Finished |
| 3255 | 620 | Tim Hicks | 01:14:48 | Haywards Heath Harriers | m | 12.03 | 04:59 | Finished |
| 3958 | 621 | Mike Jurd | 01:14:54 | Wimborne AC | m | 12.02 | 05:00 | Finished |
| 3491 | 622 | Neil Colquhoun | 01:15:06 | London Frontrunners | m | 11.98 | 05:00 | Finished |
| 3660 | 623 | Christopher Hadley | 01:15:21 | Serpentine RC | m | 11.94 | 05:01 | Finished |
| 3077 | 624 | John Cazabon | 01:15:34 | Collingwood AC | m | 11.91 | 05:02 | Finished |
| 3163 | 625 | Jacob Stevens | 01:15:37 | East London Runners | m | 11.9 | 05:02 | Finished |
| 3848 | 626 | Matt Parker | 01:15:43 | The Stragglers RC | m | 11.89 | 05:03 | Finished |
| 3162 | 627 | Finbar Sheahan | 01:15:49 | East London Runners | m | 11.87 | 05:03 | Finished |
| 3894 | 628 | Ed Simmons | 01:16:02 | Trent Park Running Club | m | 11.84 | 05:04 | Finished |
| 3137 | 629 | Nick Davies | 01:16:04 | Ealing Eagles Running Club | m | 11.83 | 05:04 | Finished |
| 2891 | 630 | Des Michael | 01:16:05 | Barnet & District AC | m | 11.83 | 05:04 | Finished |
| 3242 | 631 | Tony Collins | 01:16:08 | Havering AC | m | 11.82 | 05:05 | Finished |
| 3032 | 632 | David Hunter | 01:16:10 | Cambridge Harriers | m | 11.82 | 05:05 | Finished |
| 3030 | 633 | Martin Hawkins | 01:16:18 | Cambridge Harriers | m | 11.8 | 05:05 | Finished |
| 3396 | 634 | Darren Harger | 01:16:23 | Istead and Ifield Harriers | m | 11.78 | 05:06 | Finished |
| 3581 | 635 | Ally Hadden | 01:16:26 | Norwich Road Runners | m | 11.77 | 05:06 | Finished |
| 3564 | 636 | DANIEL LEWIS | 01:16:27 | Mornington Chasers RC | m | 11.77 | 05:06 | Finished |
| 3766 | 637 | Mark Stephens | 01:16:29 | St Albans Striders | m | 11.77 | 05:06 | Finished |
| 3592 | 638 | Andrew Lunn | 01:16:29 | Orion Harriers | m | 11.77 | 05:06 | Finished |
| 3616 | 639 | Adrian Boylan | 01:16:31 | Queens Park Harriers | m | 11.76 | 05:06 | Finished |
| 3092 | 640 | Colin Oxlade | 01:16:34 | Croydon Harriers | m | 11.75 | 05:06 | Finished |
| 3494 | 641 | Robert Duffton | 01:16:44 | London Frontrunners | m | 11.73 | 05:07 | Finished |
| 3952 | 642 | Steve Ellison | 01:16:46 | Weald Tri Club | m | 11.72 | 05:07 | Finished |
| 3475 | 643 | Ian Greenaway | 01:16:53 | Lingfield RC | m | 11.71 | 05:08 | Finished |
| 3584 | 644 | Philip Nicholson | 01:17:04 | Norwich Road Runners | m | 11.68 | 05:08 | Finished |
| 3525 | 645 | Marco Maserati | 01:17:10 | London Heathside AC | m | 11.66 | 05:09 | Finished |
| 3762 | 646 | Anthony Bunker | 01:17:13 | St Albans Striders | m | 11.66 | 05:09 | Finished |
| 2895 | 647 | Chris Violet | 01:17:20 | Barnet & District AC | m | 11.64 | 05:09 | Finished |
| 3495 | 648 | Andrew Harrison | 01:17:34 | London Frontrunners | m | 11.6 | 05:10 | Finished |
| 3002 | 649 | Andrew Mitchelson | 01:18:10 | Brighton & Hove AC | m | 11.51 | 05:13 | Finished |
| 2839 | 650 | Jon Bones | 01:18:12 | Abingdon AC | m | 11.51 | 05:13 | Finished |
| 3014 | 651 | Ben Chamberlain | 01:18:17 | Cambridge & Coleridge AC | m | 11.5 | 05:13 | Finished |
| 3353 | 652 | Mark Watson | 01:18:21 | Highgate Harriers | m | 11.49 | 05:13 | Finished |
| 3855 | 653 | Simon Webb | 01:18:46 | The Stragglers RC | m | 11.43 | 05:15 | Finished |
| 3833 | 654 | Simon Brazil | 01:18:47 | The Stragglers RC | m | 11.42 | 05:15 | Finished |
| 3152 | 655 | Ian Leslie | 01:18:54 | Ealing Southall & Middlesex AC | m | 11.41 | 05:16 | Finished |
| 3578 | 656 | Will Buck | 01:19:09 | Norwich Road Runners | m | 11.37 | 05:17 | Finished |
| 3617 | 657 | Gildas Braine | 01:19:16 | Queens Park Harriers | m | 11.35 | 05:17 | Finished |
| 3170 | 658 | William Brook | 01:19:25 | Epsom & Ewell Harriers | m | 11.33 | 05:18 | Finished |
| 3404 | 659 | John Callender | 01:19:48 | Kent AC | m | 11.28 | 05:19 | Finished |
| 3223 | 660 | Brian O'Kane | 01:20:01 | Guildford & Godalming AC | m | 11.25 | 05:20 | Finished |
| 3911 | 661 | Alan Roberts | 01:20:03 | Vale of Aylesbury AC | m | 11.24 | 05:20 | Finished |
| 3254 | 662 | Carl Bicknell | 01:20:05 | Haywards Heath Harriers | m | 11.24 | 05:20 | Finished |
| 2990 | 663 | Gareth Jones | 01:20:09 | Bracknell AC | m | 11.23 | 05:21 | Finished |
| 3105 | 664 | Chris Edwards | 01:20:13 | Dorking & Mole Valley AC | m | 11.22 | 05:21 | Finished |
| 3079 | 665 | Martin Lloyd | 01:20:19 | Collingwood AC | m | 11.21 | 05:21 | Finished |
| 3875 | 666 | Richard Sargent | 01:20:23 | Tonbridge AC | m | 11.2 | 05:22 | Finished |
| 3156 | 667 | Philip York | 01:21:12 | Ealing Southall & Middlesex AC | m | 11.08 | 05:25 | Finished |
| 2960 | 668 | Alasdair Daw | 01:21:25 | Billericay Striders RC | m | 11.05 | 05:26 | Finished |
| 3164 | 669 | Michael Wilson | 01:21:34 | East London Runners | m | 11.03 | 05:26 | Finished |
| 2902 | 670 | Jeremy Hodgen | 01:21:36 | Beckenham Running Club | m | 11.03 | 05:26 | Finished |
| 3764 | 671 | Michael Jack | 01:21:38 | St Albans Striders | m | 11.02 | 05:27 | Finished |
| 3579 | 672 | Roly Cook | 01:21:44 | Norwich Road Runners | m | 11.01 | 05:27 | Finished |
| 2843 | 673 | David Morgan | 01:22:00 | Abingdon AC | m | 10.98 | 05:28 | Finished |
| 3050 | 674 | Andy Phillips | 01:22:20 | Canterbury Harriers | m | 10.93 | 05:29 | Finished |
| 3498 | 675 | Anastasios Koutsos | 01:22:41 | London Frontrunners | m | 10.88 | 05:31 | Finished |
| 3876 | 676 | Scott Shurmer | 01:23:32 | Tonbridge AC | m | 10.77 | 05:34 | Finished |
| 3357 | 677 | Will Fielding | 01:24:16 | Hillingdon AC | m | 10.68 | 05:37 | Finished |
| 3113 | 678 | Charles Wheeler | 01:24:22 | Dorking & Mole Valley AC | m | 10.67 | 05:37 | Finished |
| 3562 | 679 | GARY HOMEWOOD | 01:26:57 | Mornington Chasers RC | m | 10.35 | 05:48 | Finished |
| 3173 | 680 | Gareth George | 01:27:27 | Epsom & Ewell Harriers | m | 10.29 | 05:50 | Finished |
| 3943 | 681 | David Wilkey | 01:30:21 | Victoria Park H & Tower H AC | m | 9.96 | 06:01 | Finished |
| 3696 | 682 | TIM COOKE | 01:31:16 | South London Harriers | m | 9.86 | 06:05 | Finished |
| 3583 | 683 | Tony Millett | 01:34:02 | Norwich Road Runners | m | 9.57 | 06:16 | Finished |
| 3213 | 684 | Vernon Thomas | 01:36:34 | Greenwich Tritons | m | 9.32 | 06:26 | Finished |
| 3344 | 685 | phil Moore | 01:39:24 | Highgate Harriers | m | 9.05 | 06:38 | Finished |

| POS | TEAM NAME | TOTAL SCORE |
|------------|-------------------------------|--------------------|
| 1 | Southampton AC | 131 |
| 2 | Highgate Harriers | 221 |
| 3 | Tonbridge AC | 230 |
| 4 | Hercules Wimbledon AC | 313 |
| 5 | Belgrave Harriers | 474 |
| 6 | South London Harriers | 526 |
| 7 | Dulwich Runners AC | 528 |
| 8 | Woodford Green & Essex Ladies | 529 |
| 9 | Kent AC | 657 |
| 10 | Bedford & County AC | 720 |
| 11 | Aldershot Farnham & DAC | 736 |
| 12 | Thames Hare & Hounds | 738 |
| 13 | Guildford & Godalming AC | 753 |
| 14 | Blackheath & Bromley Harriers | 782 |
| 15 | Herne Hill Harriers | 811 |

| POS | TEAM NAME | TOTAL SCORE |
|------------|-------------------------------|--------------------|
| 16 | Victoria Park H & Tower H AC | 872 |
| 17 | Medway & Maidstone AC | 961 |
| 18 | Serpentine RC | 1014 |
| 19 | Havering AC | 1016 |
| 20 | Cambridge Harriers | 1159 |
| 21 | Bracknell AC | 1234 |
| 22 | London Heathside AC | 1306 |
| 23 | Orion Harriers | 1417 |
| 24 | Wycombe Phoenix Harriers & AC | 1449 |
| 25 | Epsom & Ewell Harriers | 1637 |
| 26 | Hy Runners | 1885 |
| 27 | Clapham Pioneers | 1908 |
| 28 | Thames Valley Harriers | 2028 |
| 29 | Fulham Running Club | 2045 |
| 30 | Eton Manor AC | 2200 |

| POS | TEAM NAME | TOTAL SCORE |
|------------|----------------------------|--------------------|
| 31 | The Stragglers RC | 2217 |
| 32 | Dorking & Mole Valley AC | 2232 |
| 33 | Striders of Croydon | 2259 |
| 34 | 26.2 RRC | 2345 |
| 35 | London Frontrunners | 2475 |
| 36 | Ealing Eagles Running Club | 2572 |
| 37 | Mornington Chasers RC | 2663 |
| 38 | Ashford & District AC | 2753 |
| 39 | Barnet & District AC | 2783 |
| 40 | Tri London | 2982 |
| 41 | Billericay Striders RC | 2984 |
| 42 | Croydon Harriers | 3248 |
| 43 | Beckenham Running Club | 3292 |
| 44 | East London Runners | 3418 |
| 45 | St Albans Striders | 3593 |

| POS | TEAM NAME | TOTAL SCORE |
|------------|----------------------------|--------------------|
| 46 | Norwich Road Runners | 3768 |
| | Abingdon AC | |
| | Amphill & Flitwick Flyers | |
| | Ashford AC | |
| | Basingstoke & Mid Hants AC | |
| | Bexley AC | |
| | Brighton & Hove AC | |
| | Brighton Phoenix AC | |
| | Cambridge & Coleridge AC | |
| | Canterbury Harriers | |
| | Central Park Athletics | |
| | Chelmsford AC | |
| | Chiltern Harriers AC | |
| | City of Norwich AC | |
| | Clapham Chasers RC | |