

Senior Men

Pos	No	Time	Name	Club
1	4215	00:49:11	Ben Tickner	Wells City Harriers
2	3100	00:49:15	Phil Wicks	Belgrave Harriers
3	3363	00:49:21	Jon Pepper	Enfield & Haringey AC
4	3973	00:49:25	Glen Watts	Shaftesbury Barnet Harriers
5	3118	00:49:27	Kevin Heywood	Bideford AAC
6	3068	00:49:45	Neilson Hall	Bedford & County AC
7	3599	00:49:53	John Gilbert	Kent AC
8	3234	00:50:04	Ryan Prout	Chelmsford AC
9	3064	00:50:41	Darren Deed	Bedford & County AC
10	3517	00:50:42	Shaun Dixon	Highgate Harriers
11	4238	00:50:44	Andy Greenleaf	Winchester & District AC
12	3080	00:50:56	Steve Naylor	Bedford & County AC
13	3972	00:51:11	Dan Watts	Shaftesbury Barnet Harriers
14	3202	00:51:12	Dean Lacy	Cambridge Harriers
15	3325	00:51:25	Jonathan Gilby	Derby AC
16	3094	00:51:26	James Kelly	Belgrave Harriers
17	3523	00:51:33	Ben Noad	Highgate Harriers
18	3597	00:51:43	James Connor	Kent AC
19	3155	00:51:45	Steven Way	Bournemouth AC
20	3328	00:51:58	Luke Caldwell	Dorking & Mole Valley AC
21	3008	00:52:01	Steven Connor	Aldershot Farnham & District AC
22	3966	00:52:03	Kojo Kyereme	Shaftesbury Barnet Harriers
23	3518	00:52:09	Henry Dodwell	Highgate Harriers
24	3964	00:52:17	Orlando Edwards	Shaftesbury Barnet Harriers
25	3020	00:52:25	Joe Morwood	Aldershot Farnham & District AC
26	3739	00:52:33	Kevin Skinner	Newham & Essex Beagles AC
27	4262	00:52:38	Hywel Care	Woodford Green AC with Essex ladies
28	3022	00:52:45	Neil Phillips	Aldershot Farnham & District AC
29	4254	00:52:56	Nathan White	Windsor Slough Eton & Hounslow AC
30	3014	00:53:02	Mark Greenwood	Aldershot Farnham & District AC
31	3237	00:53:12	James Baker	Chichester Runners & AC
32	3527	00:53:22	Danny Russell	Highgate Harriers
33	3521	00:53:23	Ryan McKinlay	Highgate Harriers
34	3734	00:53:24	Olly Laws	Newham & Essex Beagles AC
35	3954	00:53:31	Hugh Torry	Serpentine RC
36	3609	00:53:36	James Savage	Kent AC
37	3660	00:53:38	Tom Comerford	Marshall Milton Keynes AC
38	3077	00:53:40	Will Mackay	Bedford & County AC
39	3727	00:53:45	John Clarke	Newham & Essex Beagles AC
40	3235	00:53:50	Mark Sanford	Chelmsford AC
41	3236	00:53:51	James Williams	Chelmsford AC
42	3526	00:53:53	Ben Pochee	Highgate Harriers
43	3672	00:53:54	Tom Collins	Medway & Maidstone AC
44	4286	00:54:01	Harold Wyber	Woodford Green AC with Essex ladies
45	4100	00:54:02	Simon Wurr	Thames Hare & Hounds
46	4115	00:54:06	Robert Russell	Thames Valley Harriers
47	4260	00:54:07	Daniel Augustus	Woodford Green AC with Essex ladies
48	4280	00:54:08	Bertie Powell	Woodford Green AC with Essex ladies
49	3957	00:54:09	Hendrik Zietsman	Serpentine RC
50	4261	00:54:09	Tom Beedell	Woodford Green AC with Essex ladies
51	3477	00:54:10	Alan Barnes	Herne Hill Harriers
52	3069	00:54:11	Matt Janes	Bedford & County AC
53	3120	00:54:13	mark Jenkin	Bideford AAC
54	3265	00:54:18	Nick Earl	City of Norwich AC
55	3121	00:54:20	Dan Mapp	Bideford AAC
56	3529	00:54:21	Richard Scott	Highgate Harriers
57	3076	00:54:24	Huw Lobb	Bedford & County AC
58	3456	00:54:24	Rob Warner	Havering Mayesbrook AC
59	3483	00:54:29	Mike Cummings	Herne Hill Harriers
60	4239	00:54:33	Phil Killingley	Winchester & District AC
61	4094	00:54:34	Benjamin Reynolds	Thames Hare & Hounds
62	4116	00:54:42	Chris Smith	Thames Valley Harriers
63	3501	00:54:47	Ben Paviowr	Herne Hill Harriers
64	4241	00:54:48	Alan Murchinson	Winchester & District AC
65	3681	00:54:49	Jack Tyler	Medway & Maidstone AC
66	3737	00:54:50	John Pike	Newham & Essex Beagles AC
67	3864	00:54:51	Daniel Thorne	Reading AC
68	3669	00:54:51	Steven Tuttle	Marshall Milton Keynes AC
69	3484	00:54:51	Jeff Cunningham	Herne Hill Harriers
70	3090	00:54:52	Will Cockerell	Belgrave Harriers
71	3580	00:55:02	Christopher Rooke	Ipswich Harriers
72	3074	00:55:04	James Lawler	Bedford & County AC
73	3359	00:55:06	Robert Wilson	Ealing Southall & Middlesex AC
74	3958	00:55:06	Neil Addison	Shaftesbury Barnet Harriers
75	3600	00:55:07	Chris Greenwood	Kent AC
76	4173	00:55:09	James Cordwell	Victoria Park H & Tower Hamlets AC
77	4176	00:55:11	Sam Humphrey	Victoria Park H & Tower Hamlets AC
78	3931	00:55:13	David Morgan	Serpentine RC
79	4279	00:55:17	Tomaz Plibersek	Woodford Green AC with Essex ladies
80	3412	00:55:20	David Vaughan	Garden City Runners

Senior Men

Pos	No	Time	Name	Club
81	3916	00:55:26	Will Green	Serpentine RC
82	3458	00:55:26	Chris Dettmar	Headington RR
83	3474	00:55:29	Kieran White	Hercules Wimbledon AC
84	3491	00:55:31	Sarwar Khan	Herne Hill Harriers
85	3940	00:55:35	Richard Phillips	Serpentine RC
86	3136	00:55:36	David McKinlay	Blackheath & Bromley Harriers
87	4113	00:55:40	Sean Renfer	Thames Valley Harriers
88	3498	00:55:42	Keith Newton	Herne Hill Harriers
89	3179	00:55:48	Kevin Rojas	Brighton & Hove City AC
90	4098	00:55:49	Brian Thursby Pelham	Thames Hare & Hounds
91	3123	00:55:50	Chris Sellens	Bideford AAC
92	4272	00:55:54	Angus Holford	Woodford Green AC with Essex ladies
93	3595	00:55:56	Stuart Beaney	Kent AC
94	3897	00:55:56	Tiago Branco	Serpentine RC
95	3167	00:55:57	Howard Bristow	Brighton & Hove City AC
96	3070	00:55:58	Richard Henderson	Bedford & County AC
97	3079	00:56:02	Neil Miller	Bedford & County AC
98	3482	00:56:04	Simon Coombes	Herne Hill Harriers
99	3575	00:56:06	Mark Wilkins	Invicta East Kent AC
100	3168	00:56:08	Matthew Bristow	Brighton & Hove City AC
101	3896	00:56:10	Miguel Branco	Serpentine RC
102	3190	00:56:14	James Chettle	Cambridge & Coleridge
103	4129	00:56:17	Graeme Saker	Tonbridge AC
104	3607	00:56:22	Rich Munn	Kent AC
105	3129	00:56:25	Dan Brewer	Blackheath & Bromley Harriers
106	3269	00:56:25	Wayne Lincoln	City of Norwich AC
107	4149	00:56:30	Peter Williams	Trent Park RC
108	3615	00:56:39	Benjamin Corfield	Leighton Buzzard AC
109	3056	00:56:42	David Ragan	Basingstoke & Mid Hants AC
110	4285	00:56:50	Stephan Wenk	Woodford Green AC with Essex ladies
111	4092	00:56:51	Gordon Pearce	Thames Hare & Hounds
112	4126	00:56:54	Greg Cole	Tonbridge AC
113	4250	00:56:55	Simon Millett	Windsor Slough Eton & Hounslow AC
114	4012	00:56:55	Roy Scott	Southend AC
115	4110	00:56:55	Gordon Irvine	Thames Valley Harriers
116	3159	00:56:58	Jake Hughes	Bracknell AC
117	3605	00:57:02	Steve McGrory	Kent AC
118	3570	00:57:02	Chris Holmes	Invicta East Kent AC
119	3796	00:57:04	Robbie Kerr	Oxford Brookes Running & AC
120	3365	00:57:05	John Scott	Enfield & Haringey AC
121	3536	00:57:07	Martin Bateman	Hillingdon AC
122	3962	00:57:07	Daniel Davies	Shaftesbury Barnet Harriers
123	4165	00:57:08	Charlie May	Vale of Aylesbury AC
124	3733	00:57:10	Steve Hepples	Newham & Essex Beagles AC
125	3725	00:57:11	Wayne Bell	Newham & Essex Beagles AC
126	3651	00:57:12	Andrew McMulkin	Luton AC
127	3437	00:57:14	Peter Norris	Harrow AC
128	3918	00:57:15	Paul Hayman	Serpentine RC
129	3528	00:57:16	Geln Saqui	Highgate Harriers
130	3644	00:57:17	George Stewart	London Heathside
131	4258	00:57:20	Gilbert Grundy	Woking AC
132	3473	00:57:21	Matthew Sharp	Hercules Wimbledon AC
133	3183	00:57:22	Jose Gregorio Luceron Mu oz	Brighton Phoenix Tri
134	3415	00:57:23	Benjamin Evans	Guildford & Godalming AC
135	3985	00:57:32	Ryan Evans	South London Harriers
136	3169	00:57:32	Andrew Donno	Brighton & Hove City AC
137	3516	00:57:34	Jon Deane	Highgate Harriers
138	3038	00:57:38	Alex Horton	Barnet & District AC
139	3664	00:57:42	Paul Erwood	Marshall Milton Keynes AC
140	3180	00:57:45	Louis Taub	Brighton & Hove City AC
141	3751	00:57:49	Chris Merrylees	North Norfolk Beach Runners
142	3266	00:57:51	Josh Entwistle	City of Norwich AC
143	4010	00:57:53	Ben Hunter	Southend AC
144	4154	00:57:57	Daniel Cook	Tunbridge Wells Harriers
145	3979	00:57:59	Pat Canavan	South London Harriers
146	3303	00:58:01	David White	Croydon Harriers
147	3612	00:58:02	Jack Wilson	Kent AC
148	3874	00:58:05	Ryan Harris	Reigate Priory AC
149	3478	00:58:05	Geoffrey Bernard	Herne Hill Harriers
150	3549	00:58:07	Daniel Thompson	Hillingdon AC
151	4004	00:58:07	Tom Muddiman	Southampton AC
152	3944	00:58:09	Andy Reeves	Serpentine RC
153	3552	00:58:11	Anthony Bourne	Horsham Blue Star Harriers
154	3990	00:58:13	Kristian Lennard	South London Harriers
155	3176	00:58:17	Josh Painter	Brighton & Hove City AC
156	4287	00:58:18	Paul Bond	Worthing & District Harriers
157	3799	00:58:19	Gareth Robb	Paddock Wood AC
158	3596	00:58:21	Paul Bell	Kent AC
159	3466	00:58:25	Deon Coetzee	Hercules Wimbledon AC
160	3915	00:58:29	Martin Gaunt	Serpentine RC

Senior Men

Pos	No	Time	Name	Club
161	3226	00:58:30	Adam Colgrave	Chelmsford AC
162	3490	00:58:31	John Kettle	Herne Hill Harriers
163	4127	00:58:31	Karim Habibi	Tonbridge AC
164	3041	00:58:34	Richard McCormick	Barnet & District AC
165	3355	00:58:34	Matthew McCabe	Ealing Southall & Middlesex AC
166	3695	00:58:34	James Craggs	Newbury AC
167	3534	00:58:34	Stephen Whiting	Highgate Harriers
168	3782	00:58:34	Sean Holmes	Overton Harriers
169	4276	00:58:34	Matt Molloy	Woodford Green AC with Essex ladies
170	3330	00:58:40	Bruce Harrold	Dorking & Mole Valley AC
171	3189	00:58:44	Noel Carroll	Cambridge & Coleridge
172	3308	00:58:45	Andy Green	Dartford RR
173	4105	00:58:45	Myles Edwards	Thames Valley Harriers
174	3614	00:58:45	Richard Mathie	Kingston AC & Polytechnic Harriers
175	4182	00:58:46	Ben Wickham	Victoria Park H & Tower Hamlets AC
176	4222	00:58:46	Scott Mitchell	West 4 Harriers
177	3009	00:58:46	Paul Couldridge	Aldershot Farnham & District AC
178	3565	00:58:47	Malcolm Muir	Ilford AC
179	3513	00:58:50	Stephen Baylis	Highgate Harriers
180	4132	00:58:53	Ian Gooding	Torrington AAC
181	3417	00:58:53	Thomas Griffiths	Guildford & Godalming AC
182	4281	00:58:54	Jim Roche	Woodford Green AC with Essex ladies
183	3582	00:58:55	Gavin Davies	Ipswich Jaffa
184	3515	00:58:56	Tom Christopher	Highgate Harriers
185	3692	00:58:56	Steve Cockerel	Nene Valley Harriers
186	3468	00:58:57	David Grima	Hercules Wimbledon AC
187	4207	00:58:58	Elliott Haimes	Wells City Harriers
188	3175	00:59:02	Josh Mutch	Brighton & Hove City AC
189	3665	00:59:04	Chris Hearn	Marshall Milton Keynes AC
190	3459	00:59:07	Tim Doole	Headington RR
191	3881	00:59:12	Mark Thomas	Reigate Priory AC
192	3119	00:59:16	Andrew Ingle	Bideford AAC
193	4085	00:59:20	Pat Wright	Tadworth AC
194	3862	00:59:20	Richard Kinnersley	Reading AC
195	4218	00:59:21	Rich Berry	West 4 Harriers
196	3917	00:59:22	Wesley Harrison	Serpentine RC
197	4226	00:59:23	Paul Jegou	White Horse Harriers
198	3568	00:59:31	Timothy Corby	Invicta East Kent AC
199	3643	00:59:32	Martin Potter	London Heathside
200	4096	00:59:33	Martin Shore	Thames Hare & Hounds
201	4177	00:59:37	Tony Lashmar	Victoria Park H & Tower Hamlets AC
202	3655	00:59:42	Stuart Still	Luton AC
203	4172	00:59:46	Neil Cook	Victoria Park H & Tower Hamlets AC
204	3544	00:59:48	Christopher Ingram	Hillingdon AC
205	3617	00:59:49	Andy Inchley	Leighton Buzzard AC
206	3497	00:59:50	Jonny Muir	Herne Hill Harriers
207	3270	00:59:52	Jonny Quint	City of Norwich AC
208	3981	00:59:53	Matt Chapman	South London Harriers
209	3492	00:59:53	Sam Knight	Herne Hill Harriers
210	3860	00:59:57	Carl Selya Hammer	Ranelagh Harriers
211	3030	00:59:59	Nigel Wright	Aldershot Farnham & District AC
212	3946	01:00:00	Andy Robbins	Serpentine RC
213	4013	01:00:02	Peter Smale	Southend AC
214	4164	01:00:04	David Maisey	Vale of Aylesbury AC
215	3101	01:00:06	Jez Mancer	Benfleet RC
216	3438	01:00:08	Alan Wray	Harrow AC
217	3696	01:00:09	Sam Hall	Newbury AC
218	3894	01:00:09	Jolyon Attwooll	Serpentine RC
219	3409	01:00:10	Andy Holt	Garden City Runners
220	3690	01:00:10	Mike Chapman	Nene Valley Harriers
221	3504	01:00:10	Paul Shiel	Herne Hill Harriers
222	3639	01:00:10	Steve Monaghan	London Heathside
223	4068	01:00:17	Andy Simpson	Stubbington Green Runners & AC
224	4114	01:00:19	Matthieu Ribault	Thames Valley Harriers
225	4174	01:00:20	Jeremy Gold	Victoria Park H & Tower Hamlets AC
226	3949	01:00:23	Barney Southin	Serpentine RC
227	3525	01:00:24	Richard Petty	Highgate Harriers
228	3083	01:00:28	Dan Pickering	Bedford & County AC
229	4131	01:00:32	Andy Walpole	Tonbridge AC
230	3209	01:00:37	Liam Richardson	Cambridge University AC
231	3170	01:00:37	Paul Fizoud	Brighton & Hove City AC
232	3631	01:00:44	Chris Hartley	London Heathside
233	3996	01:00:47	Carl Plumpton	South London Harriers
234	3777	01:00:50	Mike Bliss	Overton Harriers
235	3016	01:00:51	Nick Jacobs	Aldershot Farnham & District AC
236	4152	01:00:51	Ross Langley	Tring RC
237	3340	01:00:52	Wayne Lashley	Dulwich Runners AC
238	3285	01:00:54	John Moores	Crawley AC
239	3519	01:00:56	Oliver Kean	Highgate Harriers
240	3851	01:00:59	Chris Bundhun	Ranelagh Harriers

Senior Men

Pos	No	Time	Name	Club
241	3336	01:00:59	David Moore	Dorking & Mole Valley AC
242	4206	01:00:59	Jon Gilling	Wells City Harriers
243	4219	01:01:02	Jim Clark	West 4 Harriers
244	3160	01:01:04	Richard Larsen	Bracknell AC
245	4122	01:01:04	Roy Reeder	The Stragglers
246	4089	01:01:06	Nic Gould	Thames Hare & Hounds
247	3855	01:01:15	Trevor Maguire	Ranelagh Harriers
248	3678	01:01:16	Andrejs Safars	Medway & Maidstone AC
249	3771	01:01:19	Neil McGoun	Orion Harriers
250	4263	01:01:21	Gareth Cavell	Woodford Green AC with Essex ladies
251	3192	01:01:23	John Ferguson	Cambridge & Coleridge
252	3803	01:01:23	Andrew Suter	Peterborough AC
253	3467	01:01:26	Sean Crummy	Hercules Wimbledon AC
254	4181	01:01:29	Duncan Steen	Victoria Park H & Tower Hamlets AC
255	3903	01:01:29	Ben Cope	Serpentine RC
256	3876	01:01:32	Alister Moses	Reigate Priory AC
257	4171	01:01:35	Simeon Bennett	Victoria Park H & Tower Hamlets AC
258	3097	01:01:39	Milke Trees	Belgrave Harriers
259	3797	01:01:46	Jack Lawlor Anderson	Oxford Brookes Running & AC
260	3078	01:01:46	Alan Metcalfe	Bedford & County AC
261	4117	01:01:50	Cameron Strachan	Thames Valley Harriers
262	3434	01:01:55	Chris Finill	Harrow AC
263	4104	01:01:58	Manuel Da Silva	Thames Valley Harriers
264	3656	01:01:58	Tim Erskine	Maidstone Harriers
265	3861	01:02:01	Marc Snaith	Ranelagh Harriers
266	3353	01:02:02	Stephen Elson	Ealing Southall & Middlesex AC
267	3324	01:02:05	Rob White	Dartford RR
268	3630	01:02:13	John Flahive	London Heathside
269	4244	01:02:13	Paul Stoodley	Winchester & District AC
270	3172	01:02:13	Chris Mallinson	Brighton & Hove City AC
271	3604	01:02:16	Simon Loach	Kent AC
272	3679	01:02:18	Nick Slade	Medway & Maidstone AC
273	3177	01:02:19	Edward Richards	Brighton & Hove City AC
274	3338	01:02:19	Jose Barbetta	Dulwich Runners AC
275	3092	01:02:25	Lander Eguia	Belgrave Harriers
276	4112	01:02:28	Matt Ponting	Thames Valley Harriers
277	3043	01:02:30	Will Morris	Barnet & District AC
278	3405	01:02:31	Mike Bridge	Garden City Runners
279	3376	01:02:38	Phil Sangar	Epsom & Ewell Harriers
280	3533	01:02:40	Rob Walker	Highgate Harriers
281	3464	01:02:42	Richard Skilbeck	Headington RR
282	4130	01:02:44	Adam Styles	Tonbridge AC
283	4143	01:02:52	Tom Cursley	Trent Park RC
284	3988	01:02:57	Dan Gillett	South London Harriers
285	3052	01:03:00	James Taylor	Barnet & District AC
286	3701	01:03:02	Mark Vardy	Newbury AC
287	3021	01:03:02	Matt Norman	Aldershot Farnham & District AC
288	4032	01:03:07	John Ockenden	St Albans Striders
289	4056	01:03:07	Mick Turner	Striders of Croydon AC
290	3748	01:03:08	Robbie Britton	North Norfolk Beach Runners
291	3351	01:03:09	Mark Delahunty	Ealing Southall & Middlesex AC
292	3026	01:03:09	Adam Tribe	Aldershot Farnham & District AC
293	3801	01:03:15	Ollie Mason	Peterborough AC
294	4278	01:03:18	Tony Pamphillon	Woodford Green AC with Essex ladies
295	4185	01:03:19	Russell Coleman	Victory AC
296	3556	01:03:19	Ian Day	Huntingdonshire AC
297	3800	01:03:20	Steven Hall	Peterborough AC
298	3313	01:03:22	Michael Lemon	Dartford RR
299	3461	01:03:26	Gary Harris	Headington RR
300	4246	01:03:27	David Vosser	Winchester & District AC
301	3035	01:03:30	Andrew Cunningham	Barnet & District AC
302	4084	01:03:32	Dave Williamson	Tadworth AC
303	3201	01:03:38	Clem Dixon	Cambridge Harriers
304	3342	01:03:40	Charles Lound	Dulwich Runners AC
305	4214	01:03:41	Nick Sommerville	Wells City Harriers
306	4108	01:03:43	Henry Hughes	Thames Valley Harriers
307	4077	01:03:44	Nick Varley	Swanley & District AC
308	3784	01:03:45	Neil Martin	Overton Harriers
309	4161	01:03:46	Simon Whitaker	Tunbridge Wells Harriers
310	3618	01:03:48	Peter Mackrell	Leighton Buzzard AC
311	3658	01:03:50	Gary Blaber	Marshall Milton Keynes AC
312	3633	01:03:51	Ken Heney	London Heathside
313	3150	01:03:51	Andrew Jennings	Bournemouth AC
314	3215	01:03:58	Mark Ford	Canterbury Harriers
315	3888	01:03:58	Mark Fallowfield Smith	Sandhurst Joggers
316	3424	01:04:03	Marc Woodall	Guildford & Godalming AC
317	3909	01:04:06	Ian Druce	Serpentine RC
318	3561	01:04:06	Neil Crisp	Iford AC
319	3998	01:04:10	Stuart Searle	South London Harriers
320	3952	01:04:15	Andrew Taylor	Serpentine RC

Senior Men

Pos	No	Time	Name	Club
321	3891	01:04:18	Clive Rolfe	Sandhurst Joggers
322	3619	01:04:20	Tom May	Leighton Buzzard AC
323	3512	01:04:21	Chris Bailey	Highgate Harriers
324	3809	01:04:21	James Miles	Phoenix AC
325	3382	01:04:24	Paul Cates	Eton Manor AC
326	3028	01:04:24	Robert Wakefield	Aldershot Farnham & District AC
327	3779	01:04:26	Richard Clifford	Overton Harriers
328	3791	01:04:29	Charlie Austin	Oxford Brookes Running & AC
329	3786	01:04:29	Robin Oakley	Overton Harriers
330	3141	01:04:31	Roy Priestley	Blackheath & Bromley Harriers
331	3429	01:04:33	Andrew Kellaway	Hardley Runners
332	3884	01:04:34	Peter Young	Ryde Harriers
333	3750	01:04:35	Andy Kett	North Norfolk Beach Runners
334	4021	01:04:36	Stuart Raven	Springfield Striders
335	4024	01:04:38	Colin Beaybrook	St Albans Striders
336	3866	01:04:43	Graham Bull	Reigate Priory AC
337	3465	01:04:46	Stewart Bond	Hercules Wimbledon AC
338	3702	01:04:50	David Wright	Newbury AC
339	4155	01:04:53	Terry Everest	Tunbridge Wells Harriers
340	3350	01:04:54	Robert Brown	Ealing Southall & Middlesex AC
341	3210	01:04:54	Richard Austin	Canterbury Harriers
342	4014	01:04:54	Scott Thrush	Southend AC
343	3852	01:04:54	Peter Faull	Ranelagh Harriers
344	3856	01:04:56	Ted Mockett	Ranelagh Harriers
345	3911	01:05:04	Gavin Edmonds	Serpentine RC
346	3186	01:05:05	John McCawley	Camberley & District AC
347	3806	01:05:06	Daren Elliott	Phoenix AC
348	3033	01:05:08	Tim Butler	Barnet & District AC
349	3635	01:05:09	Dominic Jackson	London Heathside
350	3865	01:05:11	Paul Blanc	Reigate Priory AC
351	3164	01:05:12	David Benton	Brighton & Hove City AC
352	3370	01:05:17	Alan Ezen	Epsom & Ewell Harriers
353	3364	01:05:20	Stewart Pepper	Enfield & Haringey AC
354	4150	01:05:21	Nigel Bunn	Tring RC
355	3929	01:05:24	Craig Martin	Serpentine RC
356	3178	01:05:28	Niall Robinson	Brighton & Hove City AC
357	3407	01:05:28	Chris Eland	Garden City Runners
358	3229	01:05:29	Ken Hoyer	Chelmsford AC
359	3780	01:05:42	Neil Glendon	Overton Harriers
360	3173	01:05:43	Kevin Mason	Brighton & Hove City AC
361	3941	01:05:45	Brent Plump	Serpentine RC
362	3709	01:05:45	Stephen Dipre	New Eltham Joggers
363	3991	01:05:47	Paul Mitchell	South London Harriers
364	3499	01:05:51	Winston Parkinson	Herne Hill Harriers
365	3402	01:05:54	David Weekes	Folkestone RC
366	3566	01:05:55	Kevin Newell	Ilford AC
367	4123	01:05:56	Nigel Rothwell	The Stragglers
368	3171	01:05:57	Simon Ho	Brighton & Hove City AC
369	3228	01:05:58	Paul Freeman	Chelmsford AC
370	3848	01:05:58	Andy Bickerstaff	Ranelagh Harriers
371	4189	01:06:00	Matthew Adock	Watford Harriers
372	3275	01:06:01	Robert Knight	Collingwood AC
373	3869	01:06:03	Wayne Chappell	Reigate Priory AC
374	3057	01:06:04	Daniel Short	Basingstoke & Mid Hants AC
375	3242	01:06:06	Dave Dorning	Chichester Runners & AC
376	4015	01:06:06	Paul Anderson	Springfield Striders
377	3223	01:06:07	Joe Thomsett	Canterbury Harriers
378	4083	01:06:09	Tim Wilkes	Tadworth AC
379	3749	01:06:10	John Christopher	North Norfolk Beach Runners
380	4076	01:06:11	Stuart Nicholson	Swanley & District AC
381	3124	01:06:12	Chris Stone	Bideford AAC
382	3301	01:06:13	Colin Oxlade	Croydon Harriers
383	3188	01:06:15	Matthew Applegate	Cambridge & Coleridge
384	3982	01:06:15	Steve Clancey	South London Harriers
385	3983	01:06:16	Andy Collins	South London Harriers
386	3710	01:06:16	Andrew Eastment	New Eltham Joggers
387	3760	01:06:16	Paul Sullivan	Norwich RR
388	3368	01:06:17	Jeff Butler	Epsom & Ewell Harriers
389	3913	01:06:19	Alex Elferick	Serpentine RC
390	3790	01:06:20	Sam Angell	Oxford Brookes Running & AC
391	4109	01:06:20	John Husbands	Thames Valley Harriers
392	3165	01:06:31	Shaun Billings	Brighton & Hove City AC
393	3953	01:06:31	Richard Taylor	Serpentine RC
394	3181	01:06:31	Tom Ulliott	Brighton & Hove City AC
395	3113	01:06:34	Martin Jenner	Bexley AC
396	3133	01:06:35	Richard Hall	Blackheath & Bromley Harriers
397	3554	01:06:43	Steve Church	Huntingdonshire AC
398	3335	01:06:49	Rob McCaffrey	Dorking & Mole Valley AC
399	3829	01:06:51	Mike Woodward	Pitsea RC
400	4063	01:06:55	Chris Hall	Stubbington Green Runners & AC

Senior Men

Pos	No	Time	Name	Club
401	4158	01:07:12	Daryl Palfrey	Tunbridge Wells Harriers
402	3743	01:07:12	Graham Hodgson	Newquay & Par AC
403	3505	01:07:13	Rajdave Singh	Herne Hill Harriers
404	3641	01:07:14	Andy Owen	London Heathside
405	4057	01:07:15	Barry White	Striders of Croydon AC
406	3015	01:07:17	Andy Hislop	Aldershot Farnham & District AC
407	4178	01:07:18	Rodney Mushanganyisi	Victoria Park H & Tower Hamlets AC
408	3105	01:07:19	Thomas Clench	Bexley AC
409	3036	01:07:20	Peter Ellis	Barnet & District AC
410	3560	01:07:23	Martin Rowe	Huntingdonshire AC
411	3029	01:07:27	Simeon Ward	Aldershot Farnham & District AC
412	4199	01:07:29	Colin Taylor	Watford Joggers
413	3011	01:07:31	Jaime Del Campo	Aldershot Farnham & District AC
414	3789	01:07:33	Keith Vallis	Overton Harriers
415	4300	01:07:34	Paul Allen	Yeovil Town RRC
416	4026	01:07:35	Alec Campbell	St Albans Striders
417	4160	01:07:35	Edward Steele	Tunbridge Wells Harriers
418	3628	01:07:35	Eddie Bayne	London Heathside
419	3699	01:07:37	Dean Makar	Newbury AC
420	3154	01:07:37	Laurence Plant	Bournemouth AC
421	4170	01:07:37	Sam Wilson	Vegan Runners UK
422	3646	01:07:40	Will Whitaker	London Heathside
423	3441	01:07:45	Peter Blomfield	Hastings AC
424	3938	01:07:45	Joshua Paparo	Serpentine RC
425	3875	01:07:46	Gavin Lawrence	Reigate Priory AC
426	3698	01:07:47	Wayne Lillis	Newbury AC
427	3420	01:07:48	Jonathon Monks	Guildford & Godalming AC
428	3867	01:07:49	Ian Burks	Reigate Priory AC
429	4022	01:07:51	Christopher Snowdon	Springfield Striders
430	3184	01:07:52	Iain Martin	Brighton Phoenix Tri
431	3975	01:07:54	Mike Puppy	Sittingbourne Striders
432	3326	01:07:57	Nathaniel Booker	Dorking & Mole Valley AC
433	3042	01:08:00	Des Michael	Barnet & District AC
434	3850	01:08:04	Chris Brook	Ranelagh Harriers
435	3302	01:08:07	Martin Rowe	Croydon Harriers
436	3046	01:08:10	Mel Parker	Barnet & District AC
437	4060	01:08:18	Graham Bell	Stubbington Green Runners & AC
438	4048	01:08:20	Stuart Harries	Stopsley Striders
439	3557	01:08:27	Shane Hunt	Huntingdonshire AC
440	3583	01:08:29	Ker Macrosson	Ipswich Jaffa
441	3343	01:08:29	Michael Mann	Dulwich Runners AC
442	3039	01:08:30	Michael Martin	Barnet & District AC
443	3112	01:08:31	Colin Hyde	Bexley AC
444	4293	01:08:36	Adam Stephens	Worthing & District Harriers
445	3943	01:08:38	Simon Ray	Serpentine RC
446	3697	01:08:39	Chris Hobson	Newbury AC
447	3276	01:08:40	Martin Lloyd	Collingwood AC
448	3976	01:08:42	Bill Arnold	South London Harriers
449	3793	01:08:46	Marco Criado	Oxford Brookes Running & AC
450	3843	01:08:47	Andrew Galligan	Queens Park Harriers
451	3316	01:08:48	Tony Mason	Dartford RR
452	3613	01:08:49	Simon Neville	Keswick AAC
453	3329	01:08:50	Andrew Fay	Dorking & Mole Valley AC
454	3494	01:08:53	Rupert Mainwaring	Herne Hill Harriers
455	3553	01:08:57	Sean Barker	Huntingdonshire AC
456	4292	01:08:59	Grant Patterson	Worthing & District Harriers
457	3290	01:09:00	Neil Alkman	Croydon Harriers
458	4305	01:09:01	Mark Copeland	Wimborne AC
459	3460	01:09:01	John Griffiths	Headington RR
460	4102	01:09:03	Richard Bell	Thames Valley Harriers
461	3986	01:09:04	John Foss	South London Harriers
462	4162	01:09:05	Henry Edwardes Evans	Vale of Aylesbury AC
463	3049	01:09:06	Robert Scott	Barnet & District AC
464	3616	01:09:19	Joe Hurley	Leighton Buzzard AC
465	3261	01:09:19	David Breingan	Chiltern Harriers AC
466	3576	01:09:22	Neil Gillingham	Ipswich Harriers
467	3558	01:09:32	Ian Marshall	Huntingdonshire AC
468	3892	01:09:33	Austin Soane	Sandhurst Joggers
469	4011	01:09:36	Greg Jarvis	Southend AC
470	3204	01:09:40	Graham Maynard	Cambridge Harriers
471	3163	01:09:41	Michael Bannister	Brighton & Hove City AC
472	3166	01:09:45	David Boyce	Brighton & Hove City AC
473	3603	01:09:48	Bernie Hutchinson	Kent AC
474	3947	01:09:51	Chris Saunders	Serpentine RC
475	3349	01:09:52	Michael Williams	Dulwich Runners AC
476	3462	01:09:55	Laurie Hurman	Headington RR
477	4136	01:09:56	Sean Driscoll	Totton RC
478	3388	01:09:58	Ian Lambert	Eton Manor AC
479	3383	01:09:59	Dave Daugirda	Eton Manor AC
480	3315	01:10:00	Jim Lucas	Dartford RR

Senior Men

Pos	No	Time	Name	Club
481	3818	01:10:00	Adam Gordon	Pitsea RC
482	3386	01:10:01	Adrian Frost	Eton Manor AC
483	3182	01:10:02	Neil Walford	Brighton & Hove City AC
484	3849	01:10:03	Colin Brett	Ranelagh Harriers
485	3475	01:10:03	Frank Wood	Hercules Wimbledon AC
486	3794	01:10:04	Matthew Doherty	Oxford Brookes Running & AC
487	3311	01:10:06	Steve Jarvis	Dartford RR
488	3901	01:10:07	Brad Cobb	Serpentine RC
489	3674	01:10:10	James Hogg	Medway & Maidstone AC
490	3306	01:10:13	Peter Butler	Dartford RR
491	3333	01:10:14	Steve Kemp	Dorking & Mole Valley AC
492	3543	01:10:16	Steve Hirons	Hillingdon AC
493	3817	01:10:19	Andrew Doig	Pitsea RC
494	3250	01:10:25	John Leonard	Chichester Runners & AC
495	3488	01:10:25	Ben Hallifax	Herne Hill Harriers
496	4223	01:10:26	Gary Robinson	West 4 Harriers
497	3367	01:10:27	Bill Arbury	Epsom & Ewell Harriers
498	4055	01:10:28	Chris Morton	Striders of Croydon AC
499	3319	01:10:30	Brian Pitkin	Dartford RR
500	3880	01:10:31	David Taylor	Reigate Priory AC
501	4167	01:10:34	Alan Roberts	Vale of Aylesbury AC
502	4008	01:10:39	Nick Willson	Southampton AC
503	3886	01:10:40	David Breslin	Sandhurst Joggers
504	3870	01:10:41	Brian Churchard	Reigate Priory AC
505	3987	01:10:42	Ross Gentry	South London Harriers
506	3414	01:10:43	Glenn Hatrick	Greenwich
507	3804	01:10:44	Ray Wilson	Peterborough AC
508	3978	01:10:45	Nigel Bush	South London Harriers
509	3858	01:10:47	John Ricketts	Ranelagh Harriers
510	4118	01:10:49	Philip Wetton	Thames Valley Harriers
511	4042	01:10:52	Derek Christopher	Stopsley Striders
512	3546	01:10:57	Andrew Malyan	Hillingdon AC
513	3781	01:10:57	Martin Groundsell	Overton Harriers
514	4002	01:11:00	Keith Hollis	Southampton AC
515	3345	01:11:00	Andrew Murray	Dulwich Runners AC
516	3632	01:11:02	Carl Heap	London Heathside
517	3684	01:11:03	Mike Carney	Metropolitan Police AC
518	3219	01:11:04	Simon Mee	Canterbury Harriers
519	3375	01:11:11	Lee Pollock	Epsom & Ewell Harriers
520	3572	01:11:12	Nicholas Little	Invicta East Kent AC
521	3360	01:11:15	Phillip York	Ealing Southall & Middlesex AC
522	3106	01:11:16	Luis Crane	Bexley AC
523	3744	01:11:21	Simon Howard	Newquay & Par AC
524	3788	01:11:23	Lee Tolhurst	Overton Harriers
525	3846	01:11:26	Frank Nolan	Queens Park Harriers
526	3569	01:11:26	Trevor Edgley	Invicta East Kent AC
527	4204	01:11:28	Geoff Cole	Wells City Harriers
528	3198	01:11:32	Christof Schwiening	Cambridge & Coleridge
529	3305	01:11:35	Jay Browne	Dartford RR
530	4005	01:11:38	Ian Richardson	Southampton AC
531	3295	01:11:39	Mike Dawson	Croydon Harriers
532	4240	01:11:39	Marc Lyne	Winchester & District AC
533	3211	01:11:41	Steven Clark	Canterbury Harriers
534	3759	01:11:42	Paul Smith	Norwich RR
535	3822	01:11:44	Terry Noolan	Pitsea RC
536	4050	01:11:46	Chris Lamont	Stopsley Striders
537	3339	01:11:48	Mark Foster	Dulwich Runners AC
538	3927	01:11:49	Justin Lock	Serpentine RC
539	3426	01:11:51	Ian Banks	Hardley Runners
540	4192	01:11:55	Graham Mayoh	Watford Harriers
541	3277	01:11:55	Andy Randall	Collingwood AC
542	3989	01:11:58	Dan Hayes	South London Harriers
543	3135	01:12:03	Andrew Lawes	Blackheath & Bromley Harriers
544	3032	01:12:04	Jerry Bryan	Barnet & District AC
545	4072	01:12:09	Steve Blackmore	Swanley & District AC
546	3416	01:12:12	Alistair Gibson	Guildford & Godalming AC
547	3111	01:12:13	Jon Hunter	Bexley AC
548	3366	01:12:15	Mark Alden	Epsom & Ewell Harriers
549	4271	01:12:22	Alistair Holdford	Woodford Green AC with Essex ladies
550	3531	01:12:23	Nick Stockman	Highgate Harriers
551	3620	01:12:25	Gary Stratford	Leighton Buzzard AC
552	4069	01:12:27	Michael Townend	Stubbington Green Runners & AC
553	3893	01:12:30	Patrick Wadsworth	Sandhurst Joggers
554	4124	01:12:34	Steve Sandham	The Stragglers
555	4080	01:12:36	Geoff Newton	Tadworth AC
556	3449	01:12:37	Malcolm Lavery	Havant AC
557	3967	01:12:41	Tim Parkin	Shaftesbury Barnet Harriers
558	4020	01:12:42	Andrew Mason	Springfield Striders
559	4064	01:12:44	Mike Harper	Stubbington Green Runners & AC
560	3287	01:12:46	Gavin Newton	Crawley AC

Senior Men

Pos	No	Time	Name	Club
561	3400	01:12:49	William Smith	Folkestone RC
562	3292	01:12:58	David Brown	Croydon Harriers
563	3104	01:13:14	Glenn Butler	Bexley AC
564	3291	01:13:16	Glen Barden	Croydon Harriers
565	3873	01:13:19	Neil Hamilton	Reigate Priory AC
566	3283	01:13:21	Dave Cook	Crawley AC
567	3357	01:13:23	Steve Plested	Ealing Southall & Middlesex AC
568	3048	01:13:25	Laurence Scheyvens	Barnet & District AC
569	3510	01:13:27	Stuart Mann	Herts Phoenix AC
570	3857	01:13:34	Mike Peace	Ranelagh Harriers
571	3778	01:13:35	Keith Clark	Overton Harriers
572	3241	01:13:37	Tom Blaylock	Chichester Runners & AC
573	3457	01:13:49	Neville Baker	Headington RR
574	3321	01:13:50	Dave Ringrose	Dartford RR
575	3122	01:13:51	Alec McLaren	Bideford AAC
576	4274	01:13:56	Steve Lambert	Woodford Green AC with Essex ladies
577	3914	01:14:00	Paul Fromme	Serpentine RC
578	3425	01:14:04	Mick Anglim	Hardley Runners
579	3037	01:14:10	Joe Gomes	Barnet & District AC
580	3555	01:14:12	Derek Darnell	Huntingdonshire AC
581	4298	01:14:15	Peter Wirtzfeld	Worthing Striders
582	3280	01:14:19	Bill Walsh	Collingwood AC
583	3299	01:14:23	Matt Kiernan	Croydon Harriers
584	4119	01:14:23	Alan Barrie	The Stragglers
585	3509	01:14:25	Richard Bloom	Herts Phoenix AC
586	3825	01:14:26	Jim Russell	Pitsea RC
587	3792	01:14:34	Zoran Bulic	Oxford Brookes Running & AC
588	3659	01:14:39	Mike Burling	Marshall Milton Keynes AC
589	4217	01:14:43	Rex Whitcombe	Wells City Harriers
590	3584	01:14:48	Brian Rogers	Ipswich Jaffa
591	4294	01:14:50	Steve Feest	Worthing Striders
592	4053	01:14:52	Andy Reid	Stopsley Striders
593	4282	01:14:56	Andy Smith	Woodford Green AC with Essex ladies
594	3968	01:15:04	Ray Powell	Shaftesbury Barnet Harriers
595	3218	01:15:05	Tony McParland	Canterbury Harriers
596	3147	01:15:17	Ian Graham	Bournemouth AC
597	4133	01:15:22	Luke Bates	Totton RC
598	3470	01:15:24	Mark Livingstone	Hercules Wimbledon AC
599	3334	01:15:24	Patrick Martin	Dorking & Mole Valley AC
600	4140	01:15:26	Mark Hayes	Totton RC
601	3537	01:15:32	John Bignell	Hillingdon AC
602	4052	01:15:35	Martin Mitchell	Stopsley Striders
603	3761	01:15:35	Bill Bennett	Orion Harriers
604	3323	01:15:44	Chris Topp	Dartford RR
605	3548	01:15:47	Martin Searle	Hillingdon AC
606	3281	01:15:47	Nigel Wood	Collingwood AC
607	3253	01:15:49	Mike Moorcroft	Chichester Runners & AC
608	3138	01:15:50	Ian Montgomery	Blackheath & Bromley Harriers
609	4037	01:15:52	Steve Le Podevin	St Edmund Pacers
610	4049	01:15:56	Paul Keech	Stopsley Striders
611	3401	01:15:58	Tim Warren	Folkestone RC
612	4070	01:16:19	Gordon Westley	Stubbington Green Runners & AC
613	3212	01:16:24	Mark Cooper	Canterbury Harriers
614	4159	01:16:27	Michael Russell	Tunbridge Wells Harriers
615	3387	01:16:28	Dan Hall	Eton Manor AC
616	3992	01:16:34	Alistair Morton	South London Hairiers
617	3707	01:16:34	Alan Cox	New Eltham Joggers
618	3199	01:16:40	Patrick Austin	Cambridge Harriers
619	3213	01:16:42	Robert Davidson	Canterbury Harriers
620	4237	01:16:43	Ian Kennedy	Wimborne AC
621	4146	01:16:44	Mark Jackson	Trent Park RC
622	3877	01:16:51	Paddy Patrick	Reigate Priory AC
623	4062	01:16:58	Nick Crane	Stubbington Green Runners & AC
624	3418	01:17:06	Matthew Lythell	Guildford & Godalming AC
625	3252	01:17:07	Nigel McNestrie	Chichester Runners & AC
626	4157	01:17:13	John Law	Tunbridge Wells Harriers
627	3621	01:17:14	Daniel Webb	Leighton Buzzard AC
628	3322	01:17:14	Brian Sidell	Dartford RR
629	4169	01:17:17	Peter Simpson	Vegan Runners UK
630	4039	01:17:30	John Brenann	Stopsley Striders
631	3203	01:17:31	Ian Marshall	Cambridge Harriers
632	3610	01:17:42	Stuart Scott	Kent AC
633	3937	01:17:50	Mark Palmer	Serpentine RC
634	4038	01:17:52	Ben Bodsworth	Stopsley Striders
635	3254	01:17:53	Davie Reading	Chichester Runners & AC
636	4036	01:18:01	Simon Webster	St Albans Striders
637	3391	01:18:04	David Holdway	Fleet & Crookham AC
638	4074	01:18:09	Andy Dunmall	Swanley & District AC
639	3841	01:18:14	Andy Angus	Queens Park Harriers
640	4195	01:18:14	Anthony Williams	Watford Harriers

Senior Men

Pos	No	Time	Name	Club
641	3999	01:18:16	Steve Vincent	South London Harriers
642	4061	01:18:17	John Blake	Stubbington Green Runners & AC
643	4231	01:18:18	Malcolm Ward	White Horse Harriers
644	4041	01:18:26	Graham Busch	Stopsley Striders
645	4156	01:18:36	Dave Hadaway	Tunbridge Wells Harriers
646	4257	01:18:39	Keith Taylor	Witham RC
647	3034	01:18:42	John Clarke	Barnet & District AC
648	3717	01:18:46	Bryan Maillerdet	New Eltham Joggers
649	3352	01:18:50	Andrew Dodd	Ealing Southall & Middlesex AC
650	4235	01:18:56	Gerry Hutchings	Wimborne AC
651	4142	01:18:59	Malcolm Allen	Trent Park RC
652	3887	01:19:00	James Casey	Sandhurst Joggers
653	3708	01:19:04	Nicky Curtis	New Eltham Joggers
654	3293	01:19:08	Kieth Brown	Croydon Harriers
655	3645	01:19:08	Russell Weston	London Heathside
656	3688	01:19:10	Liam Phair	Metropolitan Police AC
657	4137	01:19:13	Andy Gates	Totton RC
658	3051	01:19:26	John Shirley	Barnet & District AC
659	4247	01:19:30	Martyn West	Winchester & District AC
660	3214	01:19:35	Andrew Farrant	Canterbury Harriers
661	4270	01:19:40	Richard Hogg	Woodford Green AC with Essex ladies
662	3585	01:19:46	Paul Turner	Ipswich Jaffa
663	3187	01:19:48	Graham Wall	Camberley & District AC
664	3244	01:19:51	Colin Harvey	Chichester Runners & AC
665	3298	01:19:55	Norman Hemming	Croydon Harriers
666	3428	01:20:01	Paul Carter	Hardley Runners
667	4306	01:20:03	Simon Bourne	Wimborne AC
668	3045	01:20:13	John Owen	Barnet & District AC
669	3116	01:20:29	Kevin Winch	Bexley AC
670	3125	01:20:43	Nigel Bush	Biggleswade AC
671	3346	01:20:47	Ian Sesnan	Dulwich Runners AC
672	3320	01:20:56	Geln Ridout	Dartford RR
673	3712	01:21:10	Gary Hopkins	New Eltham Joggers
674	3872	01:21:15	Nick Feakins	Reigate Priory AC
675	4183	01:21:18	David Wilkie	Victoria Park H & Tower Hamlets AC
676	3705	01:21:22	Peter Cane	New Eltham Joggers
677	3564	01:21:29	Ben Jones	Ilford AC
678	4145	01:21:35	Julien Guevar	Trent Park RC
679	3047	01:21:43	Kerry Rochester	Barnet & District AC
680	4229	01:21:52	Dene Stringfellow	White Horse Harriers
681	3312	01:22:03	Roy Knight	Dartford RR
682	3827	01:22:09	John Tracey	Pitsea RC
683	3787	01:22:09	Piers Puntan	Overton Harriers
684	3980	01:22:11	Alastair Carr	South London Harriers
685	3240	01:22:14	John Betts	Chichester Runners & AC
686	4186	01:22:23	Martin Coles	Victory AC
687	4295	01:22:29	Anthony Pearce	Worthing Striders
688	3714	01:22:38	John Kemp	New Eltham Joggers
689	3379	01:22:48	Steve Adams	Eton Manor AC
690	4047	01:22:55	Richard Hardy	Stopsley Striders
691	3384	01:23:12	Simon Deville	Eton Manor AC
692	3715	01:23:18	Nigel Kent	New Eltham Joggers
693	3278	01:23:19	Jason Smith	Collingwood AC
694	3394	01:23:21	Grahame Eke	Folkestone RC
695	3571	01:23:37	Tim Kerr	Invicta East Kent AC
696	3821	01:24:11	Kieth Jackson	Pitsea RC
697	3853	01:24:17	Peter Fordham	Ranelagh Harriers
698	4141	01:24:21	David Murray	Totton RC
699	3648	01:24:24	Paul Brooks	Luton AC
700	3704	01:24:32	Mike Brown	New Eltham Joggers
701	4071	01:24:48	Keith Whitaker	Stubbington Green Runners & AC
702	3217	01:24:52	Joe Hicks	Canterbury Harriers
703	3216	01:24:55	Neil Godden	Canterbury Harriers
704	3721	01:25:23	Simon Riley	New Eltham Joggers
705	3205	01:26:00	Mark Newell	Cambridge Harriers
706	3126	01:26:11	Christopher Clarke	Biggleswade AC
707	3722	01:26:29	John White	New Eltham Joggers
708	4153	01:26:38	Mark Travers	Tring RC
709	3716	01:26:40	Michael Lyden	New Eltham Joggers
710	3044	01:26:57	John Murphy	Barnet & District AC
711	3224	01:27:04	David Waite	Canterbury Harriers
712	3706	01:27:26	Stephen Cleverly	New Eltham Joggers
713	3997	01:27:30	Steve Rigby	South London Harriers
714	3785	01:28:05	Steve McNair	Overton Harriers
715	3300	01:28:16	Terry Lapins	Croydon Harriers
716	4078	01:28:46	Matthew Woolston	Swanley & District AC
717	3713	01:28:53	Chris Hunt	New Eltham Joggers
718	4256	01:29:29	David Andrews	Witham RC
719	4139	01:29:47	John Hayes	Totton RC
720	3723	01:30:15	Martin Wisdom	New Eltham Joggers

Senior Men

Pos	No	Time	Name	Club
721	3304	01:30:33	Dave Behagg	Dartford RR
722	3703	01:30:58	Kevin Blake	New Eltham Joggers
723	4187	01:31:18	Graham Foden	Victory AC
724	4017	01:31:40	Raymond Charlton	Springfield Striders
725	4228	01:32:41	Jeremy Smeddle	White Horse Harriers
726	3427	01:33:05	Jeremy Barber	Hardley Runners
727	3430	01:33:18	Ray Noke	Hardley Runners
728	3823	01:34:50	Kieth Passingham	Pitsea RC
729	3824	01:34:53	John Pettifer	Pitsea RC
730	3718	01:35:11	Sean McGranaghan	New Eltham Joggers
731	3814	01:35:18	Mervyn Beckwith	Pitsea RC
732	3114	01:35:43	Richard Long	Bexley AC
733	3551	01:35:51	Alan Wells	Hillingdon AC
734	3310	01:35:56	Paul Jackson	Dartford RR
735	3395	01:36:04	Mike Elmes	Folkestone RC
736	3260	01:36:24	Trevor Brawn	Chiltern Harriers AC
737	3747	01:36:57	Malcolm Ball	North Norfolk Beach Runners
738	4044	01:37:44	Mat Crossland	Stopsley Striders
739	3764	01:38:08	Pete Deadman	Orion Harriers
740	3828	01:39:11	Paul Williams	Pitsea RC
741	4135	01:40:28	Lindsay Davis	Totton RC
742	3711	01:41:00	Berni Eggleton	New Eltham Joggers
743	3754	01:45:31	Andy Toogood	North Norfolk Beach Runners
744	3813	01:46:23	Peter Bates	Pitsea RC
745	3493	01:51:16	Andy Lea Gerrard	Herne Hill Harriers

Senior Men

Pos	No	Time	Name	Club
			Team Name	Placings
1	157		Highgate Harriers	(10 17 23 32 33 42)
2	174		Bedford & County AC	(6 9 12 38 52 57)
3	259		Shaftesbury Barnet Harriers	(4 13 22 24 74 122)
4	295		Woodford Green AC with Essex ladies	(27 44 47 48 50 79)
5	333		Kent AC	(7 18 36 75 93 104)
6	414		Herne Hill Harriers	(51 59 63 69 84 88)
7	414		Newham & Essex Beagles AC	(26 34 39 66 124 125)
8	422		Serpentine RC	(35 49 78 81 85 94)
9	492		Aldershot Farnham & District AC	(21 25 28 30 177 211)
10	707		Thames Valley Harriers	(46 62 87 115 173 224)
11	715		Brighton & Hove City AC	(89 95 100 136 140 155)
12	753		Thames Hare & Hounds	(45 61 90 111 200 246)
13	777		Bideford AAC	(5 53 55 91 192 381)
14	852		Highgate Harriers	(56 129 137 167 179 184)
15	949		Serpentine RC	(101 128 152 160 196 212)
16	957		Victoria Park H & Tower Hamlets AC	(76 77 175 201 203 225)
17	977		Chelmsford AC	(8 40 41 161 358 369)
18	1045		Herne Hill Harriers	(98 149 162 206 209 221)
19	1097		Woodford Green AC with Essex ladies	(92 110 169 182 250 294)
20	1150		Hercules Wimbledon AC	(83 132 159 186 253 337)
21	1159		South London Harriers	(135 145 154 208 233 284)
22	1236		Winchester & District AC	(11 60 64 269 300 532)
23	1332		Marshall Milton Keynes AC	(37 68 139 189 311 588)
24	1363		London Heathside	(130 199 222 232 268 312)
25	1513		Barnet & District AC	(138 164 277 285 301 348)
26	1649		Ranelagh Harriers	(210 240 247 265 343 344)
27	1654		Reigate Priory AC	(148 191 256 336 350 373)
28	1656		Ealing Southall & Middlesex AC	(73 165 266 291 340 521)
29	1669		Brighton & Hove City AC	(188 231 270 273 351 356)
30	1681		Serpentine RC	(218 226 255 317 320 345)
31	1714		Dorking & Mole Valley AC	(20 170 241 398 432 453)
32	1725		Overton Harriers	(168 234 308 327 329 359)
33	1787		Headington RR	(82 190 281 299 459 476)
34	1798		Kent AC	(117 147 158 271 473 632)
35	1851		Wells City Harriers	(1 187 242 305 527 589)
36	1852		Newbury AC	(166 217 286 338 419 426)
37	1957		Aldershot Farnham & District AC	(235 287 292 326 406 411)
38	1957		Thames Valley Harriers	(261 263 276 306 391 460)
39	1960		Leighton Buzzard AC	(108 205 310 322 464 551)
40	2031		Oxford Brookes Running & AC	(119 259 328 390 449 486)
41	2068		Blackheath & Bromley Harriers	(86 105 330 396 543 608)
42	2080		Hillingdon AC	(121 150 204 492 512 601)
43	2155		Dartford RR	(172 267 298 451 480 487)
44	2156		Invicta East Kent AC	(99 118 198 520 526 695)
45	2224		Tunbridge Wells Harriers	(144 309 339 401 417 614)
46	2228		Guildford & Godalming AC	(134 181 316 427 546 624)
47	2246		Dulwich Runners AC	(237 274 304 441 475 515)
48	2360		South London Harriers	(319 363 384 385 448 461)
49	2367		Serpentine RC	(355 361 389 393 424 445)
50	2457		Brighton & Hove City AC	(360 368 392 394 471 472)
51	2464		Huntingdonshire AC	(296 397 410 439 455 467)
52	2513		Croydon Harriers	(146 382 435 457 531 562)
53	2583		Epsom & Ewell Harriers	(279 352 388 497 519 548)
54	2623		North Norfolk Beach Runners	(141 290 333 379 737 743)
55	2678		Canterbury Harriers	(314 341 377 518 533 595)
56	2704		Chichester Runners & AC	(31 375 494 572 607 625)
57	2727		Barnet & District AC	(409 433 436 442 463 544)
58	2741		Cambridge Harriers	(14 303 470 618 631 705)
59	2764		London Heathside	(349 404 418 422 516 655)
60	2783		Stubbington Green Runners & AC	(223 400 437 552 559 612)
61	2812		Sandhurst Joggers	(315 321 468 503 553 652)
62	2878		Bexley AC	(395 408 443 522 547 563)
63	3044		Reigate Priory AC	(425 428 500 504 565 622)
64	3064		Ranelagh Harriers	(370 434 484 509 570 697)
65	3068		Eton Manor AC	(325 478 479 482 615 689)
66	3176		Pitsea RC	(399 481 493 535 586 682)
67	3241		Collingwood AC	(372 447 541 582 606 693)
68	3289		Stopsley Striders	(438 511 536 592 602 610)
69	3324		Dartford RR	(490 499 529 574 604 628)
70	3339		New Eltham Joggers	(362 386 617 648 653 673)
71	3419		Overton Harriers	(414 513 524 571 683 714)
72	3496		South London Harriers	(505 508 542 616 641 684)
73	3567		Hardley Runners	(331 539 578 666 726 727)
74	3748		Totton RC	(477 597 600 657 698 719)
75	3799		Barnet & District AC	(568 579 647 658 668 679)
76	4008		Canterbury Harriers	(613 619 660 702 703 711)
77	4167		New Eltham Joggers	(676 688 692 700 704 707)
78	4310		New Eltham Joggers	(709 712 717 720 722 730)
79	4368		Pitsea RC	(696 728 729 731 740 744)