

Pos	RaceNo	Time	Firstname	Lastname	Club
1	5132	51:08	Phil	Wicks	Belgrave Harriers
2	6759	51:13	Benedict	Whitby	Windsor Slough Eton & Hounslow AC
3	5079	52:00	Neilson	Hall	Bedford & County AC
4	5886	52:13	Mike	Coleman	Medway & Maidstone AC
5	5013	52:15	Ben	Lindsay	Aldershot Farnham & District
6	5083	52:21	Matt	Janes	Bedford & County AC
7	5804	52:36	Gary	Thornton	Kent AC
8	5221	52:39	Kevin	Heywood	Bristol & West AC
9	6737	52:40	Tom	Payn	Winchester & District AC
10	5073	52:56	Darren	Deed	Bedford & County AC
11	6006	53:14	Kevin	Skinner	Newham & Essex Beagles
12	5436	53:17	Jon	Pepper	Enfield & Haringey AC
13	5199	53:20	Oliver	Freeman	Bodyworks XTC Tri Store
14	6259	53:45	Orlando	Edwards	Shaftesbury Barnet Harriers
15	6112	53:54	Williard	Chinhanhu	Poole Runners
16	6269	54:04	Jack	Parslow	Shaftesbury Barnet Harriers
17	6741	54:07	Gavin	Smith	Winchester & District AC
18	6001	54:23	Dave	Mitchinson	Newham & Essex Beagles
19	5557	54:27	Richard	Franzese	Harrow AC
20	6762	54:28	Hywel	Care	Woodford Green AC with Essex Ladies
21	6752	54:33	Owain	Jones	Windsor Slough Eton & Hounslow AC
22	6008	54:54	Kairn	Stone	Newham & Essex Beagles
23	6454	54:57	James	McMullan	Thames Hare & Hounds
24	5792	54:59	James	Connor	Kent AC
25	6735	55:06	Toby	Lambert	Winchester & District AC
26	5358	55:07	Ollie	Shilston	Cornwall AC
27	6729	55:14	Andy	Greenleaf	Winchester & District AC
28	5122	55:15	Simon	Jones	Belgrave Harriers
29	5658	55:17	Iain	Lockett	Herne Hill Harriers
30	6753	55:21	Stephen	Kimber	Windsor Slough Eton & Hounslow AC
31	6007	55:26	Scott	Sterling	Newham & Essex Beagles
32	5545	55:31	Adam	Bowden	Harrow AC
33	5565	55:32	Ben	Warren	Harrow AC
34	5990	55:33	Sam	Farah	Newham & Essex Beagles 5990
35	5007	55:35	Steve	Connor	Aldershot Farnham & District
36	6739	55:39	Chris	Powner	Winchester & District AC
37	5662	55:40	Ben	Paviour	Herne Hill Harriers
38	6334	55:42	Adam	Hickey	Southend-on-Sea AC
39	5985	55:46	Rob	Cole	Newham & Essex Beagles 5985
40	5125	56:01	Mark	Pollard	Belgrave Harriers
41	5123	56:09	James	Kelly	Belgrave Harriers
42	6083	56:19	Josh	Guilmant	Phoenix AC
43	5065	56:22	Phillip	Tulba	Basingstoke & Mid Hants AC
44	5023	56:27	Craig	Williams	Aldershot Farnham & District
45	5654	56:29	Alan	Barnes	Herne Hill Harriers
46	6470	56:32	Simon	Wurr	Thames Hare & Hounds
47	6281	56:35	Glen	Watts	Shaftesbury Barnet Harriers
48	6733	56:37	Philip	Killingley	Winchester & District AC
49	6644	56:41	Eliot	Haimes	Wells City Harriers
50	5093	56:49	Chris	Riley	Bedford & County AC
51	6279	56:52	James	Trapmore	Shaftesbury Barnet Harriers
52	6781	56:55	Kevin	Murphy	Woodford Green AC with Essex Ladies
53	5297	56:57	James	Baker	Chichester Runners & AC
54	5444	57:15	Will	Clark	Epsom & Ewell Harriers
55	5357	57:17	David	Buzza	Cornwall AC

56	6119	57:20	Martin	Lewis	Poole Runners
57	5999	57:21	Stuart	Major	Newham & Essex Beagles
58	6432	57:26	Gareth	Klepacz	Team Southampton
59	5082	57:27	Andrew	Inskip	Bedford & County AC
60	5562	57:28	Damian	Nevins	Harrow AC
61	6777	57:29	Ewen	Malloch	Woodford Green AC with Essex Ladies
62	5983	57:29	Andy	Barber	Newham & Essex Beagles
63	5332	57:33	Carl	Goose	City of Norwich AC
64	5501	57:35	Graham	Robinson	Garden City Runners
65	5753	57:37	Malcolm	Muir	Ilford AC
66	5699	57:40	Henry	Dodwell	Highgate Harriers
67	5793	57:41	Andrew	Dunwoody	Kent AC
68	5803	57:45	Phil	Sanders	Kent AC
69	6515	57:46	Ryan	Prout	Thrift Green Trotters
70	6123	57:46	Lee	Rodriguez	Poole Runners
71	6318	57:46	Matt	Missen	Southampton RC
72	6453	57:47	John	McFarlane	Thames Hare & Hounds
73	5660	57:49	Keith	Newton	Herne Hill Harriers
74	5003	57:51	Graham	Breen	Aldershot Farnham & District
75	6436	57:53	Neil	Phillips	Team Southampton
76	5166	57:53	Andrew	Conway	Blackheath & Bromley H AC
77	5647	57:55	Tim	Eley	Herne Hill Harriers
78	5287	57:58	Ed	Messer	Chelmsford AC
79	6468	57:59	Mark	Tuckett	Thames Hare & Hounds
80	5113	58:01	Will	Cockerell	Belgrave Harriers
81	5801	58:09	Richard	Munn	Kent AC
82	5089	58:12	Neil	Miller	Bedford & County AC
83	5091	58:18	Richard	Powell	Bedford & County AC
84	5133	58:25	Peter	Willis	Belgrave Harriers
85	5714	58:28	Glenn	Saqui	Highgate Harriers
86	5088	58:30	Jim	McMahon	Bedford & County AC
87	5591	58:33	Rob	Warner	Havering Mayesbrook AC
88	6080	58:38	Dave	Carter	Phoenix AC
89	5549	58:39	Jim	Cooper	Harrow AC
90	5448	58:55	Phil	Sangar	Epsom & Ewell Harriers
91	5216	58:59	Kevin	Mason	Brighton & Hove City AC
92	5791	59:02	Michael	Claff	Kent AC
93	6120	59:05	George	Miller	Poole Runners
94	5685	59:08	Bryn	Reynolds	Herts Phoenix AC
95	5724	59:15	Paul	Cuddihy	Hillingdon AC
96	6788	59:16	Tim	Prendergast	Woodford Green AC with Essex Ladies
97	5096	59:18	Alan	Turnbull	Bedford & County AC
98	6754	59:19	Ian	May	Windsor Slough Eton & Hounslow AC
99	5112	59:19	Malachi	Byansi	Belgrave Harriers
100	6366	59:24	Sam	Pullan	St.Albans Striders
101	5017	59:24	George	McCourt	Aldershot Farnham & District
102	5734	59:26	Daniel	Thompson	Hillingdon AC
103	6315	59:29	Oliver	Keppel	Southampton RC
104	5219	59:29	Chris	Thomson	Brighton & Hove City AC
105	5174	59:32	Alex	Gibbons	Blackheath & Bromley H AC
106	5116	59:38	James	Fairbourn	Belgrave Harriers
107	6057	59:39	Tim	Wright	Orion Harriers
108	6456	59:41	Simon	Molden	Thames Hare & Hounds
109	5700	59:42	Peter	Downie	Highgate Harriers
110	5798	59:46	Edward	Lumley	Kent AC
111	5252	59:50	Dean	Lacy	Cambridge Harriers

112	5627	59:52	Aidan	Hogan	Hercules Wimbledon AC
113	5741	59:58	David	Connell	Huntingdonshire AC
114	6248	1:00:03	Hugh	Torry	Serpentine RC
115	5129	1:00:03	Mike	Trees	Belgrave Harriers
116	5773	1:00:04	Mark	Wilkins	Invicta East Kent
117	6786	1:00:04	Bertie	Powell	Woodford Green AC with Essex Ladies
118	6575	1:00:06	Declan	Hamblin	Vale of Aylesbury
119	5296	1:00:07	Will	Wright	Chelmsford AC
120	5213	1:00:09	Andrew	Donno	Brighton & Hove City AC
121	5901	1:00:10	Ben	Tyler	Medway & Maidstone AC
122	5081	1:00:11	Luke	Humphreys	Bedford & County AC
123	6232	1:00:12	Eric	Phillips	Serpentine RC
124	5114	1:00:14	Landa	Eguia	Belgrave Harriers
125	5625	1:00:19	Michael	Halman	Hercules Wimbledon AC
126	5120	1:00:27	Knut	Hegvold	Belgrave Harriers
127	5902	1:00:29	Gareth	Williams	Medway & Maidstone AC
128	5550	1:00:29	Mark	Cranwell	Harrow AC
129	5566	1:00:31	Alan	Wray	Harrow AC
130	6554	1:00:40	Peter	Williams	Trent Park RC
131	5001	1:00:40	Richard	Batchelor	Aldershot Farnham & District
132	5645	1:00:49	Jeff	Cunningham	Herne Hill Harriers
133	6645	1:00:56	Tim	Hawkins	Wells City Harriers
134	6212	1:00:57	Martin	Gaunt	Serpentine RC
135	5257	1:00:59	David	Reader	Cambridge Harriers
136	5857	1:01:01	George	Stewart	London Heathside
137	5345	1:01:02	Paul	Bleach	City of Portsmouth AC
138	5796	1:01:05	Mike	Kitozo	Kent AC
139	6170	1:01:08	Tom	Munt	Reading AC
140	6643	1:01:16	Jon	Gilling	Wells City Harriers
141	6182	1:01:18	Andy	Taylor	Reigate Priory AC
142	5611	1:01:21	Vasily	Zverev	Headington RR
143	6368	1:01:22	Jonathan	Scott	St.Albans Striders
144	5703	1:01:26	Martin	Hoeven	Highgate Harriers
145	5201	1:01:30	Jamie	Ashton	Bracknell AC
146	6029	1:01:31	Simon	Millett	Norwich RR
147	5095	1:01:37	Matt	Sullivan	Bedford & County AC
148	6472	1:01:39	Manuel	Da Silva	Thames Valley Harriers
149	5563	1:01:40	Pete	Norris	Harrow AC
150	5871	1:01:41	Stuart	Still	Luton AC
151	6250	1:01:42	Robin	Tuddenham	Serpentine RC
152	5102	1:01:44	Steve	Earley	Bedford Harriers
153	5907	1:01:45	Karl	Free	Metropolitan Police AC
154	6593	1:01:47	Tony	Lashmar	Victoria Park H & Tower Hamlets AC
155	5720	1:01:49	Martin	Bateman	Hillingdon AC
156	5285	1:01:53	Ken	Hoye	Chelmsford AC
157	5847	1:01:56	Paul	Lemmon	London Heathside
158	6736	1:01:58	Julian	Mann	Winchester & District AC
159	6276	1:02:03	Peter	Stainer	Shaftesbury Barnet Harriers
160	5339	1:02:04	Jonathan	Quint	City of Norwich AC
161	6475	1:02:05	Gordon	Irvine	Thames Valley Harriers
162	6738	1:02:06	Steve	Phillips	Winchester & District AC
163	6543	1:02:06	Scott	Aiken	Trent Park RC
164	5893	1:02:07	Mike	Lyons	Medway & Maidstone AC
165	6204	1:02:10	Andrew	Davies	Serpentine RC
166	5564	1:02:12	Mohammed	Rahim	Harrow AC
167	6312	1:02:12	Matthew	Hibberd	Southampton RC

168	6435	1:02:12	Russell	Osborn	Team Southampton
169	5440	1:02:14	Chris	Symonds	Enfield & Haringey AC
170	5639	1:02:15	Richard	Xerri	Hercules Wimbledon AC
171	5621	1:02:15	Jonathan	Dobson	Hercules Wimbledon AC
172	6801	1:02:16	Harold	Wyber	Woodford Green AC with Essex Ladies
173	5722	1:02:19	Jonathon	Castro	Hillingdon AC
174	5898	1:02:20	Barry	Royden	Medway & Maidstone AC
175	6177	1:02:24	George	Donnelly	Reigate Priory AC
176	5744	1:02:27	Darren	Bottrill	Ilford AC
177	6460	1:02:27	Nick	Pltman	Thames Hare & Hounds
178	6344	1:02:29	Steve	Whittaker	Southend-on-Sea AC
179	5845	1:02:31	John	Flahive	London Heathside
180	5429	1:02:33	Arber	Baci	Enfield & Haringey AC
181	6193	1:02:35	Jean-Loius	Benavides	Serpentine RC
182	6563	1:02:36	Andrew	Howey	Tunbridge Wells Harriers
183	5033	1:02:38	Andrew	Kelleher	Barnet & District AC
184	6696	1:02:39	Paul	Jegou	White Horse Harriers
185	6088	1:02:43	James	Miles	Phoenix AC
186	5600	1:02:43	Julien	L'Homme	Headington RR
187	5391	1:02:46	Neil	Daniels	Dulwich Runners
188	5260	1:02:49	Matthew	Winn-Smith	Cambridge Harriers
189	5842	1:02:51	Sergio	Di Noto	London Heathside
190	6195	1:02:52	Miguel	Branco	Serpentine RC
191	5431	1:02:56	Daire	Brennan	Enfield & Haringey AC
192	5407	1:03:04	Robert	Brown	Ealing Southall & Middlesex AC
193	6168	1:03:06	Richard	Kinnersley	Reading AC
194	6151	1:03:08	Darryl	McDonald	Ranelagh Harriers
195	6642	1:03:08	Andrew	Deamer	Wells City Harriers
196	5415	1:03:12	Richard	Tomlinson	Ealing Southall & Middlesex AC
197	6655	1:03:14	Nick	Somerville	Wells City Harriers
198	5670	1:03:18	Ian	Tivey	Herne Hill Harriers
199	6025	1:03:25	Andy	Bunn	Norwich RR
200	5855	1:03:31	Ed	Samuel	London Heathside
201	5705	1:03:31	Thierry	Lebreton	Highgate Harriers
202	5289	1:03:33	Lee	Pickering	Chelmsford AC
203	6035	1:03:35	Wayne	Utting	Norwich RR
204	6241	1:03:35	Andy	Robbins	Serpentine RC
205	5484	1:03:38	Mike	Bridge	Garden City Runners
206	5061	1:03:42	David	Fry	Basingstoke & Mid Hants AC
207	6763	1:03:44	Alex	Chklar	Woodford Green AC with Essex Ladies
208	6732	1:03:45	Dave	Kennedy	Winchester & District AC
209	5858	1:03:48	Andy	Welshman	London Heathside
210	5702	1:03:51	Daniel	Higgins	Highgate Harriers
211	6507	1:03:51	John	Barker	Thrift Green Trotters
212	5946	1:03:54	John	Nash	Nene Valley Harriers
213	6024	1:03:57	Alan	Bradley	Norwich RR
214	6304	1:04:02	Dave	Blackman	Southampton RC
215	5042	1:04:10	Mel	Parker	Barnet & District AC
216	6740	1:04:12	Alex	Pritchard	Winchester & District AC
217	5771	1:04:21	Damien	Vadgamma	Invicta East Kent
218	5044	1:04:25	James	Taylor	Barnet & District AC
219	5974	1:04:27	Wayne	Lillis	Newbury AC
220	5606	1:04:31	Richard	Skillbeck	Headington RR
221	5596	1:04:41	Peter	Godwin	Headington RR
222	5980	1:04:44	David	Wright	Newbury AC
223	6325	1:04:46	Tim	Spencer	Southampton RC

224	5730	1:04:48	Brett	Hutchinson	Hillingdon AC
225	5994	1:04:50	Ben	Hellmers	Newham & Essex Beagles
226	5569	1:04:53	James	Climpson	Hastings AC
227	6136	1:04:54	Brendan	Greene	Queens Park Harriers
228	5039	1:04:57	Costa	Michael	Barnet & District AC
229	6498	1:04:59	Peter	Kennedy	The Stragglers
230	6322	1:05:03	Liam	Richardson	Southampton RC
231	5111	1:05:05	Don	Anderson	Belgrave Harriers
232	5270	1:05:06	Garon	Heslop	Canterbury Harriers
233	6742	1:05:09	David	Vosser	Winchester & District AC
234	5010	1:05:10	Keith	Donkin	Aldershot Farnham & District
235	6359	1:05:15	Colin	Braybrook	St.Albans Striders
236	5656	1:05:17	Sam	Knight	Herne Hill Harriers
237	5406	1:05:17	Gavin	Boyer	Ealing Southall & Middlesex AC
238	5130	1:05:17	Tim	Weeks	Belgrave Harriers
239	6311	1:05:19	Paul	Fotherby	Southampton RC
240	5725	1:05:23	Anupam	Das	Hillingdon AC
241	5655	1:05:27	Sawar	Khan	Herne Hill Harriers
242	6298	1:05:27	David	Ogden	South London Harriers
243	6479	1:05:28	Stephen	Norris	Thames Valley Harriers
244	6649	1:05:38	Matthew	Lewis	Wells City Harriers
245	5070	1:05:42	Dave	Cheshire	Bedford & County AC
246	5432	1:05:46	Dennis	Healy	Enfield & Haringey AC
247	5806	1:05:51	Anthony	Budarkiewicz	Kingston AC & Poly Harriers
248	6022	1:05:52	Gary	Cook	North Herts RR
249	6161	1:05:54	Nick	Earl	Reading AC
250	5805	1:05:54	Andrew	Vargi	Kent AC
251	5945	1:05:57	Steve	Medhurst	Nene Valley Harriers
252	6364	1:06:02	Paul	Kayley	St.Albans Striders
253	6235	1:06:03	Alessandro	Poggi	Serpentine RC
254	5671	1:06:04	Basil	Wallace	Herne Hill Harriers
255	5663	1:06:04	Simon	Phillips	Herne Hill Harriers
256	5603	1:06:06	Andy	Phelps	Headington RR
257	5729	1:06:07	Steve	Hirons	Hillingdon AC
258	5862	1:06:08	Mike	Rolfe	Loughton AC
259	6077	1:06:08	Oliver	Mason	Peterborough AC
260	5032	1:06:10	Alex	Horton	Barnet & District AC
261	6028	1:06:11	Martin	Horlock	Norwich RR
262	5737	1:06:14	Paul	Williams	Hillingdon AC
263	5732	1:06:15	Paul	Leppard	Hillingdon AC
264	6710	1:06:17	Mike	Daniels	Wimbledon Windmilers RC
265	5794	1:06:21	Lee	Hayes	Kent AC
266	6051	1:06:25	Dean	Moy	Orion Harriers
267	5870	1:06:27	Liam	MacNabola	Luton AC
268	5105	1:06:30	Noel	Jones	Bedford Harriers
269	5900	1:06:31	Nick	Slade	Medway & Maidstone AC
270	6780	1:06:32	Matt	Molloy	Woodford Green AC with Essex Ladies
271	5928	1:06:33	John	Armstrong	Mornington Chasers
272	6766	1:06:35	Iain	Cumming	Woodford Green AC with Essex Ladies
273	5797	1:06:39	Pablo	Lazo	Kent AC
274	6222	1:06:42	Alistair	McCull	Serpentine RC
275	6486	1:06:42	Philip	Wetton	Thames Valley Harriers
276	6226	1:06:43	Richard	Melik	Serpentine RC
277	5747	1:06:43	Neil	Crisp	Ilford AC
278	5006	1:06:50	Mark	Clews	Aldershot Farnham & District
279	5948	1:06:53	Steve	Reid	Nene Valley Harriers

280	6033	1:06:55	Paul	Sullivan	Norwich RR
281	6186	1:06:56	Andrew	Walker	Reigate Priory AC
282	6203	1:07:05	Roger	Coyle	Serpentine RC
283	6271	1:07:08	Michael	Potticary	Shaftesbury Barnet Harriers
284	6316	1:07:10	Howard	Long	Southampton RC
285	6509	1:07:12	Phil	Cooper	Thrift Green Trotters
286	6016	1:07:14	Gregg	Hooper	Newquay & Par AC
287	6246	1:07:17	Brian	Stramer	Serpentine RC
288	6513	1:07:19	Anthony	Lame	Thrift Green Trotters
289	6588	1:07:22	Simeon	Bennett	Victoria Park H & Tower Hamlets AC
290	5188	1:07:24	Roy	Priestley	Blackheath & Bromley H AC
291	5515	1:07:31	Andy	Kellaway	Hardley Runners
292	6608	1:07:38	Neil	Tolfrey	Victory AC
293	6702	1:07:40	Stuart	Shilston	White Horse Harriers
294	5409	1:07:42	Mark	Delahunty	Ealing Southall & Middlesex AC
295	6410	1:07:45	Damian	Macenhill	Striders of Croydon
296	5288	1:07:47	Dave	Pavitt	Chelmsford AC
297	6518	1:07:48	Keith	Thornton	Thrift Green Trotters
298	6386	1:07:54	Adrian	Copp	Stopsley Striders
299	6633	1:07:58	Colin	Taylor	Watford Joggers
300	6720	1:07:59	Mike	Short	Wimbledon Windmilers RC
301	6356	1:08:02	Darren	Sutton	Springfield Striders RC
302	6594	1:08:05	John	Medcroft	Victoria Park H & Tower Hamlets AC
303	5772	1:08:08	John	Wilkins	Invicta East Kent
304	5447	1:08:09	Lee	Pollock	Epsom & Ewell Harriers
305	5508	1:08:11	Ian	Banks	Hardley Runners
306	6694	1:08:13	Matt	Hart	White Horse Harriers
307	5731	1:08:20	Richard	Jenkin	Hillingdon AC
308	6172	1:08:22	Darren	Stevens	Reading AC
309	6109	1:08:25	Jim	Aylemore	Poole Runners
310	6709	1:08:27	Emlyn	Christie	Wimbledon Windmilers RC
311	5423	1:08:29	Simon	Moore	East Grinstead & District AC
312	6216	1:08:35	Andrew	Hibbert	Serpentine RC
313	5224	1:08:37	Paul	Reddaway	Broxbourne Runners
314	6159	1:08:43	Mark	Curson	Reading AC
315	6305	1:08:45	Matt	Bracher	Southampton RC
316	6135	1:08:48	Jalal	El Bahraoui	Queens Park Harriers
317	5135	1:08:52	Jonathan	Armstrong	Bexley AC
318	6122	1:08:52	Dave	Penwarden	Poole Runners
319	5323	1:08:54	Ian	Lawson	Chiltern Harriers AC
320	5321	1:08:55	Mark	Fallowfield-Smith	Chiltern Harriers AC
321	6545	1:08:56	Robert	Alston	Trent Park RC
322	5115	1:08:56	Tom	Ellacott	Belgrave Harriers
323	5910	1:08:58	John	Knight	Metropolitan Police AC
324	5009	1:09:00	Jaime	Del Campo	Aldershot Farnham & District
325	6712	1:09:01	Robin	Hutchinson	Wimbledon Windmilers RC
326	5712	1:09:02	John	O'Shea	Highgate Harriers
327	5914	1:09:06	Nigel	Rowe	Metropolitan Police AC
328	5522	1:09:09	John	Simmonds	Hardley Runners
329	6551	1:09:16	Miles	Lakin	Trent Park RC
330	6346	1:09:21	Lyndsay	Broadbridge	Springfield Striders RC
331	6497	1:09:22	Colin	Gray	The Stragglers
332	6015	1:09:24	Graham	Hodgson	Newquay & Par AC
333	5882	1:09:30	Robby	Taylor	Marshall Milton Keynes AC
334	5443	1:09:31	Jeff	Butler	Epsom & Ewell Harriers
335	5648	1:09:33	Deron	Fagan	Herne Hill Harriers

336	6031	1:09:34	Goy	Roper	Norwich RR
337	6365	1:09:35	John	Ockenden	St.Albans Striders
338	5131	1:09:37	Matt	Whiting	Belgrave Harriers
339	6717	1:09:38	Craig	Nicol	Wimbledon Windmilers RC
340	5324	1:09:40	Steve	Perkin	Chiltern Harriers AC
341	5810	1:09:41	Nick	Clay	Leighton Buzzard AC
342	6590	1:09:41	Mick	Cairns	Victoria Park H & Tower Hamlets AC
343	6730	1:09:41	Ian	Hardcastle	Winchester & District AC
344	6385	1:09:42	Derek	Christopher	Stopsley Striders
345	5770	1:09:44	Tom	Sutton	Invicta East Kent
346	6795	1:09:48	Paul	Stockings	Woodford Green AC with Essex Ladies
347	5979	1:09:48	Andy	Tuttle	Newbury AC
348	5643	1:09:50	Simon	Coombes	Herne Hill Harriers
349	6559	1:09:50	Terry	Everest	Tunbridge Wells Harriers
350	6573	1:09:52	Henry	Edwards-Evans	Vale of Aylesbury
351	5437	1:09:56	Stewart	Pepper	Enfield & Haringey AC
352	6201	1:09:57	Ben	Cope	Serpentine RC
353	6480	1:09:58	Matt	Ponting	Thames Valley Harriers
354	5752	1:10:07	Matthew	Maple	Iford AC
355	5973	1:10:13	James	Craggs	Newbury AC
356	5958	1:10:18	Bryan	Maillardet	New Eltham Joggers
357	5667	1:10:20	Paul	Sheil	Herne Hill Harriers
358	6384	1:10:26	John	Chapman	Stopsley Striders
359	5912	1:10:28	Luke	Lazell	Metropolitan Police AC
360	6449	1:10:29	Alistair	Kemiss	Thames Hare & Hounds
361	5517	1:10:29	Kevin	King	Hardley Runners
362	6583	1:10:33	Ian	Thompson	Vale of Aylesbury
363	6491	1:10:39	Simon	Brazil	The Stragglers
364	5903	1:10:42	Bobby	Boothroyd	Metropolitan Police AC
365	6404	1:10:45	Simon	Ambrosi	Striders of Croydon
366	5418	1:10:46	Tony	Crossley	East Grinstead & District AC
367	5462	1:10:47	Adrian	Frost	Eton Manor AC
368	6412	1:10:50	Chris	Morton	Striders of Croydon
369	5819	1:10:51	Charlie	Thompson	Leighton Buzzard AC
370	5176	1:10:53	Richard	Hall	Blackheath & Bromley H AC
371	5783	1:10:59	Ker	Macrosson	Ipswich Jaffa
372	6414	1:11:01	Mick	Turner	Striders of Croydon
373	6127	1:11:04	Jonathan	Ainsworth	Queens Park Harriers
374	6639	1:11:05	Neil	Biss	Wells City Harriers
375	5795	1:11:06	Bernie	Hutchinson	Kent AC
376	6382	1:11:07	Bill	Barrett	Stopsley Striders
377	6440	1:11:10	Nigel	Wright	Team Southampton
378	5394	1:11:13	Michael	Mann	Dulwich Runners
379	6154	1:11:22	Marc	Snaith	Ranelagh Harriers
380	5750	1:11:25	Ben	Jones	Iford AC
381	6790	1:11:28	Clinton	Ruthven	Woodford Green AC with Essex Ladies
382	5755	1:11:35	Christopher	Togwell	Iford AC
383	6027	1:11:38	Mark	Edwards	Norwich RR
384	6579	1:11:42	Alan	Roberts	Vale of Aylesbury
385	6200	1:11:45	Nick	Copas	Serpentine RC
386	5534	1:11:48	Sven	Meinen	Harlow RC
387	6210	1:11:48	Paul	Fromme	Serpentine RC
388	6707	1:11:49	Graham	Ball	Wimbledon Windmilers RC
389	5641	1:11:51	Edmond	Barrow	Herne Hill Harriers
390	6796	1:11:59	Iain	Thompson	Woodford Green AC with Essex Ladies
391	5701	1:12:00	Jon	Gardner	Highgate Harriers

392	6500	1:12:05	Rob	Tyman	The Stragglers
393	5757	1:12:08	Peter	Bowell	Invicta East Kent
394	5159	1:12:09	Alec	McLaren	Bideford AAC
395	5957	1:12:15	Andrew	Maconachie	New Eltham Joggers
396	5726	1:12:17	Stevan	Dokic	Hillingdon AC
397	6492	1:12:20	Graham	Brook	The Stragglers
398	6257	1:12:24	Phil	Cunningham	Shaftesbury Barnet Harriers
399	6038	1:12:28	Bill	Bennett	Orion Harriers
400	5852	1:12:28	Andy	Owen	London Heathside
401	5649	1:12:29	Ben	Halifax	Herne Hill Harriers
402	5909	1:12:32	Dick	Jackson	Metropolitan Police AC
403	6349	1:12:42	John	Clarke	Springfield Striders RC
404	6567	1:12:44	Edward	Peltor	Tunbridge Wells Harriers
405	6020	1:12:45	John	Scott	Newquay & Par AC
406	5276	1:12:46	Daniel	Rumble	Canterbury Harriers
407	6471	1:12:46	Richard	Bell	Thames Valley Harriers
408	5537	1:12:49	Rick	Ricketts	Harlow RC
409	5800	1:12:51	Adam	Morton	Kent AC
410	6569	1:12:53	Chris	Smith	Tunbridge Wells Harriers
411	6526	1:12:55	Michael	Judd	Thurrock Harriers
412	5548	1:12:56	Kevin	Concannon	Harrow AC
413	5351	1:13:09	Peter	Newton	City of Portsmouth AC
414	6811	1:13:15	Mark	Hann	Yeovil Town RRC
415	6684	1:13:16	Gary	Robinson	West 4 Harriers
416	6049	1:13:20	Dave	Milner	Orion Harriers
417	6599	1:13:21	Alexander	Bangert	Victory AC
418	5506	1:13:22	Mick	Anglim	Hardley Runners
419	6802	1:13:26	Simon	Brown	Yaxley Runners & Joggers
420	6793	1:13:29	Andy	Smith	Woodford Green AC with Essex Ladies
421	5916	1:13:32	John	Camprubi	Metros RC
422	5664	1:13:39	Justin	Rabbett	Herne Hill Harriers
423	6234	1:13:42	Brent	Plump	Serpentine RC
424	6547	1:13:46	Adrian	Edwards	Trent Park RC
425	6223	1:13:55	Phil	McCubbins	Serpentine RC
426	6214	1:13:56	Paddy	Green	Serpentine RC
427	6597	1:13:57	Rob	Pitkethly	Victoria Park H & Tower Hamlets AC
428	5786	1:14:00	John	Weston	Ipswich Jaffa
429	6355	1:14:01	Chris	Purse	Springfield Striders RC
430	5682	1:14:04	Peter	Fitzpatrick	Herts Phoenix AC
431	5030	1:14:07	Stephen	Allen	Barnet & District AC
432	6652	1:14:10	Simon	Prior	Wells City Harriers
433	6137	1:14:12	Jeremy	Grigg	Queens Park Harriers
434	6319	1:14:14	John	O'Shea	Southampton RC
435	5272	1:14:15	Colin	Kent	Canterbury Harriers
436	6353	1:14:15	Andrew	Mason	Springfield Striders RC
437	5605	1:14:16	Simon	Purchon	Headington RR
438	5739	1:14:17	Sean	Barker	Huntingdonshire AC
439	5148	1:14:20	Richard	Long	Bexley AC
440	6433	1:14:23	John	MacInnes	Team Southampton
441	5935	1:14:25	Alex	Patton	Mornington Chasers
442	5790	1:14:33	David	Childs	Kent AC
443	6275	1:14:35	Phil	Shelley	Shaftesbury Barnet Harriers
444	5298	1:14:35	John	Betts	Chichester Runners & AC
445	6772	1:14:36	Alistair	Holford	Woodford Green AC with Essex Ladies
446	6705	1:14:39	Graham	Wiggins	White Horse Harriers
447	6221	1:14:45	Justin	Lock	Serpentine RC

448	6670	1:14:51	Chris	Phillips	Werrington Joggers
449	5318	1:14:52	Roger	Ellerby	Chiltern Harriers AC
450	5933	1:14:53	Guido	Le Lerrain	Mornington Chasers
451	5784	1:14:54	Brian	Rogers	Ipswich Jaffa
452	5439	1:15:00	Rob	Stockman	Enfield & Haringey AC
453	5478	1:15:02	Roger	Hill	Fleet & Crookham AC
454	6165	1:15:04	John	Gregory	Reading AC
455	5119	1:15:15	Tom	Hadfield	Belgrave Harriers
456	6354	1:15:16	Jason	Prail	Springfield Striders RC
457	6178	1:15:17	Stewart	McIntyre	Reigate Priory AC
458	6490	1:15:20	Rob	Black	The Stragglers
459	6039	1:15:23	Quin	Broadbent	Orion Harriers
460	5264	1:15:26	Bob	Davison	Canterbury Harriers
461	5222	1:15:28	Derek	Dutchburn	Broxbourne Runners
462	6152	1:15:29	Mike	Peace	Ranelagh Harriers
463	6242	1:15:29	Chris	Saunders	Serpentine RC
464	6138	1:15:29	Frank	Nolan	Queens Park Harriers
465	5441	1:15:30	Mark	Alden	Epsom & Ewell Harriers
466	6321	1:15:35	Ian	Richardson	Southampton RC
467	5733	1:15:38	John	Myall	Hillingdon AC
468	6568	1:15:41	Michael	Russell	Tunbridge Wells Harriers
469	6637	1:15:46	Tim	Woolridge	Watford Joggers
470	6591	1:15:51	Alfredo	Dimeo	Victoria Park H & Tower Hamlets AC
471	5468	1:15:57	David	Bowker	Fairlands Valley Spartans
472	5951	1:15:58	Ian	Chidwick	New Eltham Joggers
473	6716	1:16:00	Chris	Morrison	Wimbledon Windmilers RC
474	6723	1:16:01	Andy	Weaver	Wimbledon Windmilers RC
475	6314	1:16:01	John	Keenan	Southampton RC
476	6300	1:16:04	Colin	Young	South London Harriers
477	5743	1:16:06	Martin	Rowe	Huntingdonshire AC
478	5742	1:16:07	Wayne	Gimblett	Huntingdonshire AC
479	5316	1:16:08	David	Brwingan	Chiltern Harriers AC
480	6474	1:16:13	Michael	Ingram	Thames Valley Harriers
481	6774	1:16:19	Steve	Lambert	Woodford Green AC with Essex Ladies
482	5438	1:16:22	Martin	Richardson	Enfield & Haringey AC
483	6348	1:16:23	Julian	Catmull	Springfield Striders RC
484	6627	1:16:27	Matt	Wilkins	Watford Harriers
485	6671	1:16:28	Andrew	Rawlins	Werrington Joggers
486	5788	1:16:28	Luke	Armitage	Kent AC
487	6306	1:16:31	Dave	Carter	Southampton RC
488	6686	1:16:33	Ali	Yousuf	West 4 Harriers
489	5539	1:16:34	Jon	Steadman	Harlow RC
490	5450	1:16:34	Gerry	Smith	Epsom & Ewell Harriers
491	6589	1:16:39	Rob	Birchley	Victoria Park H & Tower Hamlets AC
492	5841	1:16:41	Alan	Dickson	London Heathside
493	5672	1:16:45	Andy	Ward	Herne Hill Harriers
494	5026	1:16:46	Ian	King	Ashford AC
495	6548	1:16:48	John	Flannery	Trent Park RC
496	6676	1:16:50	Andy	Bowen	West 4 Harriers
497	5348	1:16:51	Nials	Davies	City of Portsmouth AC
498	6628	1:16:52	Jonnie	Wray	Watford Harriers
499	5738	1:16:57	Christopher	Lee	Horsham Blue Star Harriers
500	6701	1:16:59	John	Peake	White Horse Harriers
501	6493	1:17:03	Nick	Brown	The Stragglers
502	5981	1:17:04	Rick	Wyatt	Newbury AC
503	5109	1:17:06	Alistair	Vile	Bedford Harriers

504	6313	1:17:07	Keith	Hollis	Southampton RC
505	6078	1:17:12	Ray	Wilson	Peterborough AC
506	6335	1:17:14	David	Hurley	Southend-on-Sea AC
507	6661	1:17:21	Ed	Willingham	Wells City Harriers
508	5661	1:17:25	Valdis	Pauzers	Herne Hill Harriers
509	6383	1:17:30	Graham	Busch	Stopsley Striders
510	5263	1:17:34	Mark	Cooper	Canterbury Harriers
511	5424	1:17:36	Lance	Quirico	East Grinstead & District AC
512	6660	1:17:38	Rex	Whitcombe	Wells City Harriers
513	6640	1:17:40	Paul	Chadwick	Wells City Harriers
514	5396	1:17:45	Andrew	Murray	Dulwich Runners
515	6553	1:17:47	David	Meller	Trent Park RC
516	5268	1:17:56	Jason	Furminger	Canterbury Harriers
517	5274	1:17:58	Steve	Reynolds	Canterbury Harriers
518	5271	1:18:06	Joe	Hicks	Canterbury Harriers
519	5157	1:18:11	Kevin	Winch	Bexley AC
520	6586	1:18:15	Peter	Simpson	Vegan Runners UK
521	5768	1:18:17	Tom	Purnell	Invicta East Kent
522	6174	1:18:18	Alan	Wylie	Reading AC
523	5158	1:18:21	David	Winfield	Bexley AC
524	5950	1:18:22	Peter	Cane	New Eltham Joggers
525	5721	1:18:22	John	Bignell	Hillingdon AC
526	6722	1:18:25	Jamie	Wardell	Wimbledon Windmilers RC
527	6641	1:18:27	Geoff	Cole	Wells City Harriers
528	6538	1:18:31	Edward	Skinner	Tiptree RRC
529	5469	1:18:35	Jim	Brown	Fairlands Valley Spartans
530	6598	1:18:38	Simon	Preuveneers	Victoria Park H & Tower Hamlets AC
531	6677	1:18:39	John	De Castro	West 4 Harriers
532	6239	1:18:48	Damon	Reeve	Serpentine RC
533	5225	1:18:50	Andy	Tant	Broxbourne Runners
534	5524	1:18:52	David	Ayling	Harlow RC
535	6293	1:18:52	Peter	Emery	South London Harriers
536	5511	1:18:55	Mark	Darcy	Hardley Runners
537	6501	1:19:01	Richard	Dolman	Thetford AC
538	5573	1:19:02	Mark	Reece	Hastings AC
539	6714	1:19:05	Sacha	Kenny	Wimbledon Windmilers RC
540	5679	1:19:09	Richard	Bloom	Herts Phoenix AC
541	5941	1:19:10	Harris	David	Nene Valley Harriers
542	6689	1:19:13	Ian	Brennan	White Horse Harriers
543	5254	1:19:17	John	Murphy	Cambridge Harriers
544	5356	1:19:21	Roger	Alexander	Colchester & Tendring AC
545	5926	1:19:26	David	Young	Metros RC
546	5554	1:19:28	Kevin	Draper	Harrow AC
547	5556	1:19:29	Richard	Francis	Harrow AC
548	5207	1:19:33	Mark	Lee	Bracknell AC
549	6395	1:19:33	Paul	Keech	Stopsley Striders
550	6631	1:19:39	Scott	Mitchell	Watford Joggers
551	6390	1:19:43	Jeff	Dowsett	Stopsley Striders
552	6544	1:19:46	Malcolm	Allen	Trent Park RC
553	5954	1:19:51	Nigel	Kent	New Eltham Joggers
554	5942	1:19:52	Steve	Gibb	Nene Valley Harriers
555	6610	1:20:09	Mark	Wilson	Victory AC
556	5961	1:20:11	Simon	Riley	New Eltham Joggers
557	5350	1:20:26	Lee	Jones	City of Portsmouth AC
558	5269	1:20:40	Neil	Godden	Canterbury Harriers
559	5343	1:20:49	Paul	Woodyatt	City of Norwich AC

560	6750	1:20:53	Mick Hill	Windsor Slough Eton & Hounslow AC
561	6499	1:20:55	Roy Reeder	The Stragglers
562	5426	1:20:58	Steve Warner	East Grinstead & District AC
563	6179	1:20:59	Paddy Patrick	Reigate Priory AC
564	5820	1:20:59	Fred Watt	Leighton Buzzard AC
565	6561	1:21:01	George Harris	Tunbridge Wells Harriers
566	5217	1:21:06	Andrew Mitchelson	Brighton & Hove City AC
567	6093	1:21:22	Julian Holder	Pitsea RC
568	5922	1:21:29	Alastair Scoffham	Metros RC
569	5977	1:21:33	Paul Reeves	Newbury AC
570	6018	1:21:50	Simon Howard	Newquay & Par AC
571	5529	1:21:57	Matthew Jones	Harlow RC
572	5143	1:22:06	Peter Griffiths	Bexley AC
573	5519	1:22:14	David McElhenny	Hardley Runners
574	5430	1:22:16	Neil Barnaby	Enfield & Haringey AC
575	5266	1:22:17	Andy Farrant	Canterbury Harriers
576	6237	1:22:17	Chris Priestly	Serpentine RC 6237
577	6546	1:22:23	Nick Clarke	Trent Park RC
578	5106	1:22:31	Tom Lamb	Bedford Harriers
579	5277	1:22:33	Alastair Telford	Canterbury Harriers
580	6405	1:22:35	Matt Anderson	Striders of Croydon
581	6431	1:22:37	Peter Haynes	Team Southampton
582	6133	1:22:43	Richard Davies	Queens Park Harriers
583	5866	1:22:51	Richard Hardy	Luton AC
584	6272	1:22:58	Ray Powell	Shaftesbury Barnet Harriers
585	6556	1:23:03	Allan Cheek	Tunbridge Wells Harriers
586	6606	1:23:16	Robert Kitt	Victory AC
587	5736	1:23:37	Kevin Waterman	Hillingdon AC
588	5931	1:23:38	Gary Homewood	Mornington Chasers
589	5347	1:23:40	Paul Cardy	City of Portsmouth AC
590	6324	1:23:41	David Roots	Southampton RC
591	5952	1:23:47	John Daly	New Eltham Joggers
592	6303	1:23:50	Jim Bennett	Southampton RC
593	5807	1:23:51	Gerald Baron	Larkfield AC
594	6095	1:23:56	Roger Merchant	Pitsea RC
595	5856	1:24:01	Nik Skipper	London Heathside
596	6258	1:24:03	Russell Devitt	Shaftesbury Barnet Harriers
597	6477	1:24:03	Simon Maddison	Thames Valley Harriers
598	6743	1:24:05	Stephen Arcott	Windsor Slough Eton & Hounslow AC
599	6360	1:24:07	Graham Clarke	St.Albans Striders
600	5829	1:24:13	Ian Greenaway	Lingfield RC
601	5535	1:24:32	Graham Pugh	Harlow RC
602	6685	1:24:34	Keith Simpson	West 4 Harriers
603	5826	1:24:39	Tim Aylett	Lingfield RC
604	6674	1:24:41	Geoff Walden	Werrington Joggers
605	6806	1:24:52	Lenny Peacock	Yaxley Runners & Joggers
606	6502	1:24:53	Carl Higgins	Thetford AC
607	6713	1:25:00	Quentin Jones	Wimbledon Windmilers RC
608	5041	1:25:08	John Owen	Barnet & District AC
609	5964	1:25:10	Bob Thomas	New Eltham Joggers
610	5966	1:25:16	Steve Walker	New Eltham Joggers
611	5955	1:25:21	John Leach	New Eltham Joggers
612	6143	1:25:24	Lennie Thomas	Queens Park Harriers
613	6809	1:25:24	Tim Stone	Yaxley Runners & Joggers
614	5403	1:25:29	Dave West	Dulwich Runners
615	6399	1:25:37	Lance Richardson	Stopsley Striders

616	5765	1:25:43	Tim	Kerr	Invicta East Kent
617	6389	1:25:52	Dave	Debnam	Stopsley Striders
618	5223	1:25:59	Andy	Hyland	Broxbourne Runners
619	5452	1:26:05	Keith	Reed	Erme Valley Harriers
620	6704	1:26:21	Dene	Stringfellow	White Horse Harriers
621	6145	1:26:27	Phil	Aitken	Ranelagh Harriers
622	6600	1:26:34	Graham	Foden	Victory AC
623	5149	1:26:48	Philip	Mathieson	Bexley AC
624	5740	1:26:49	Kevin	Baulk	Huntingdonshire AC
625	5976	1:27:03	Steve	Peppitt	Newbury AC
626	6416	1:27:04	Martin	Garrett	Sudbury Court RC
627	6804	1:27:13	Sean	Murphy	Yaxley Runners & Joggers
628	6504	1:27:34	Paul	Taverner	Thetford AC
629	6731	1:27:46	Ken	Hardcastle	Winchester & District AC
630	6634	1:27:48	Keith	Taylor	Watford Joggers
631	5924	1:28:03	David	Swan	Metros RC
632	5959	1:28:08	Sean	McGranaghan	New Eltham Joggers
633	6549	1:28:16	Ben	Gelister	Trent Park RC
634	5593	1:28:18	John	Cope	Headington RR
635	5727	1:28:25	Brian	Feldman	Hillingdon AC
636	5315	1:28:30	Trevor	Brawn	Chiltern Harriers AC
637	5918	1:28:51	John	Gorton	Metros RC
638	5230	1:29:40	Richard	Coleman	Burnham Joggers
639	6503	1:30:14	Dean	Kirton	Thetford AC
640	5915	1:30:19	Terry	Burke	Metros RC
641	5965	1:30:23	Keith	Unitt	New Eltham Joggers
642	6483	1:30:30	Anthony	Smith	Thames Valley Harriers
643	6026	1:31:04	Mark	Burrows	Norwich RR
644	6602	1:31:25	Malcolm	Hagan	Victory AC
645	5956	1:31:33	David	Lewis	New Eltham Joggers
646	6320	1:31:46	Richard	Pearson	Southampton RC
647	5758	1:32:10	Brad	Burden	Invicta East Kent
648	5825	1:32:16	Paul	Allen	Lingfield RC
649	5509	1:32:43	Jeremy	Barber	Hardley Runners
650	5827	1:33:04	James	Clegg	Lingfield RC
651	6601	1:33:13	John	Gallagher	Victory AC
652	5836	1:33:16	David	Wilkes	Lingfield RC
653	5451	1:33:31	David	Fox	Erme Valley Harriers
654	6108	1:33:47	George	Wright	Poole AC
655	6550	1:33:48	Mark	Jackson	Trent Park RC
656	6041	1:34:07	Pete	Deadman	Orion Harriers
657	5528	1:36:29	Jason	Haigh	Harlow RC
658	6570	1:36:31	Bryon	Taylor	Tunbridge Wells Harriers
659	6301	1:36:54	David	Adams	Southampton RC
660	5273	1:37:22	Bob	Pullen	Canterbury Harriers
661	6387	1:37:39	Ian	Cousins	Stopsley Striders
662	5962	1:37:54	Ray	Smith	New Eltham Joggers
663	6141	1:38:27	Aaron	Smith	Queens Park Harriers
664	5608	1:38:35	Kit	Villiers	Headington RR
665	6810	1:38:40	Richard	Vernon	Yaxley Runners & Joggers
666	5520	1:39:08	Ray	Noke	Hardley Runners
667	5932	1:40:03	Bobby	Howe	Mornington Chasers
668	5835	1:42:54	Kio	Vejdani	Lingfield RC
669	5657	1:45:28	Andrew	Lea-Gerrard	Herne Hill Harriers
670	6091	1:48:58	Peter	Bates	Pitsea RC
671	6132	1:50:35	Alex	Brodie	Queens Park Harriers

672 5317 1:51:10 Martyn Cartwright Chiltern Harriers AC