

| | | | | § = non scorer | Individ. | Team | SM | M40 | M50 | M60 | SW | W35 | W45 |
|----|-----|------------------------------|-----|----------------------|----------|-------|----|-----|-----|-----|----|-----|-----|
| 1 | B12 | Herne Hill H | SM | Alan Barnes | 14:45 | 29:34 | 1 | | | | | | |
| 2 | B1 | Belgrave H | SM | Richard Ward | 15:08 | 30:00 | 2 | | | | | | |
| 3 | B86 | Hercules Wimbledon AC 'B' | SM | Hussein Ahmed | 15:00 | 30:13 | 3 | | | | | | |
| 4 | B16 | South London H | SM | Ray Marriott | 15:22 | 30:20 | 4 | | | | | | |
| 5 | B23 | Walton AC | SM | John Brine | 15:59 | 31:27 | 5 | | | | | | |
| 6 | B22 | The Stragglers AC | SM | Roy Reeder | 16:26 | 31:32 | 6 | | | | | | |
| 7 | B11 | Hercules Wimbledon AC | SM | Deon Coetzee | 16:18 | 31:47 | 7 | | | | | | |
| 8 | B20 | Sutton Runners | SM | Chris Coles | 16:21 | 32:08 | 8 | | | | | | |
| 9 | B9 | Guildford & Godalming AC | SM | Josh Smalley | 17:10 | 32:39 | 9 | | | | | | |
| 10 | B91 | Hercules Wimbledon AC 'C' | SM | Phil Glynn | 16:21 | 32:52 | 10 | | | | | | |
| 11 | B8 | Epsom Oddballs | SM | Josh Hart | 15:35 | 32:55 | 11 | | | | | | |
| 12 | B21 | Thames Hare & Hounds | SM | Dan Pescod | 17:24 | 33:04 | 12 | | | | | | |
| 13 | B2 | Belgrave H 'B' | SM | Gerry Adams | 16:46 | 33:08 | 13 | | | | | | |
| 14 | B88 | Wimbledon Wind. 'A' | SM | Phil Mcelhinney | 17:39 | 33:21 | 14 | | | | | | |
| 15 | B41 | South London H | M50 | Ian Kitching | 17:06 | 33:26 | | | 1 | | | | |
| 16 | B14 | Ranelagh H | SM | Duncan Mallison | 17:54 | 33:44 | 15 | | | | | | |
| 17 | B15 | Reigate Priory AC | SM | Matt Pearman | 18:02 | 33:55 | 16 | | | | | | |
| 18 | B31 | South London H | M40 | Andy Evans | 17:01 | 34:20 | | 1 | | | | | |
| 19 | B45 | Thames Hare & Hounds n/s | M50 | Michael Farmery | 17:07 | 34:32 | | | 2 | | | | |
| 20 | B34 | Thames Hare & Hounds | M40 | Ian Higgins | 18:11 | 34:46 | | 2 | | | | | |
| 21 | B37 | Herne Hill H | M50 | Steve Knight | 18:36 | 34:49 | | | 3 | | | | |
| 22 | B17 | South London H 'B' | SM | Simon Rosser | 17:41 | 34:50 | 17 | | | | | | |
| 23 | B44 | Striders of Croydon | M50 | Dave Batten | 17:13 | 34:53 | | | 4 | | | | |
| 24 | B39 | Reigate Priory AC | M50 | Mike Pocock | 17:48 | 34:55 | | | 5 | | | | |
| 25 | B5 | Dorking & Mole Valley AC | SM | Chris Parrott | 20:32 | 35:22 | 18 | | | | | | |
| 26 | B6 | Epsom & Ewell H | SM | Gareth George | 18:56 | 35:26 | 19 | | | | | | |
| 27 | B63 | South London H | SW | Gemma Marrs | 17:44 | 35:27 | | | | | 1 | | |
| 28 | B68 | Wimbledon Windmilers | SW | Anna Buckley | 18:03 | 35:37 | | | | | 2 | | |
| 29 | B29 | Ranelagh H | M40 | Steve Rowland | 19:15 | 36:02 | | 3 | | | | | |
| 30 | B58 | Ranelagh H | SW | Mandy Westlake | 19:00 | 36:13 | | | | | 3 | | |
| 31 | B42 | South London H 'B' | M50 | Bob Gevers | 18:51 | 36:30 | | | 6 | | | | |
| 32 | B10 | Guildford & Godalming AC 'B' | SM | Stuart Moore | 18:36 | 36:35 | 20 | | | | | | |
| 33 | B40 | Reigate Priory AC 'B' | M50 | Ian Edmonds | 19:43 | 36:48 | | | 7 | | | | |
| 34 | B76 | South London H | W35 | Viv Mitchell | 19:05 | 36:48 | | | | | | 1 | |
| 35 | B25 | Dorking & Mole Valley AC | M40 | Mark Gardner | 19:44 | 37:13 | | 4 | | | | | |
| 36 | B30 | Reigate Priory AC | M40 | Paul Byrne | 19:42 | 37:20 | | 5 | | | | | |
| 37 | B19 | Striders of Croydon | SM | Neil Furze | 20:10 | 37:33 | 21 | | | | | | |
| 38 | B89 | Wimbledon Wind. 'B' | M40 | Dave Beck | 20:59 | 37:43 | | 6 | | | | | |
| 39 | B18 | South London H 'C' | SM | Colin Moyer | 18:57 | 37:53 | 22 | | | | | | |
| 40 | B3 | Croydon H | SM | David Brown | 19:35 | 38:09 | 23 | | | | | | |
| 41 | B46 | The Stragglers AC | M50 | Alan Mawdsley | 19:13 | 38:16 | | | 8 | | | | |
| 42 | B64 | South London H 'B' | SW | Sophie Cowper | 18:57 | 38:18 | | | | | 4 | | |
| 43 | B33 | Striders of Croydon | M40 | Steve Smith | 19:53 | 38:25 | | 7 | | | | | |
| 44 | B90 | Wimbledon Wind. | M50 | Collin Harris | 20:14 | 38:36 | | | 9 | | | | |
| 45 | B61 | Reigate Priory AC | SW | Natalie Wilson | 20:00 | 39:06 | | | | | 5 | | |
| 46 | B36 | Hercules Wimbledon AC | M50 | Barry King | 20:00 | 39:32 | | | 10 | | | | |
| 47 | B35 | Dorking & Mole Valley AC | M50 | Patrick Martin | 19:24 | 39:57 | | | 11 | | | | |
| 48 | B53 | Herne Hill H | SW | Suzanne Swaine | 21:39 | 40:15 | | | | | 6 | | |
| 49 | B52 | Hercules Wimbledon AC | SW | Annmarie Seymour | 20:22 | 40:26 | | | | | 7 | | |
| 50 | B26 | Epsom Oddballs | M40 | Ian Strong | 21:12 | 40:52 | | 8 | | | | | |
| 51 | B48 | Hercules Wimbledon AC | M60 | Dennis Williams | 21:27 | 40:54 | | | | 1 | | | |
| 52 | B54 | Herne Hill H 'B' | SW | Jane Hersey | 22:42 | 40:56 | | | | | 8 | | |
| 53 | B85 | Belgrave H 'C' | SM | Bill Laws | 24:15 | 41:43 | 24 | | | | | | |
| 54 | B66 | Striders of Croydon | SW | Suzie Yates | 21:51 | 41:56 | | | | | 9 | | |
| 55 | B87 | Hercules Wimbledon AC 'B' | SW | Serena Brotherton | 21:29 | 42:03 | | | | | 10 | | |
| 56 | B80 | Dorking & Mole Valley AC | W45 | Charlotte Craig | 20:39 | 42:09 | | | | | | | 1 |
| 57 | B59 | Ranelagh H 'B' | SW | Evelyn Josline | 21:18 | 42:17 | | | | | 11 | | |
| 58 | B83 | South London H | W45 | Pam Iannella | 21:48 | 42:28 | | | | | | | 2 |
| 59 | B70 | Dorking & Mole Valley AC | W35 | Abbie Tucker | 22:34 | 42:40 | | | | | | 2 | |
| 60 | B92 | Dorking & Mole Valley AC | SM | Michael Horner | 21:12 | 42:55 | 25 | | | | | | |
| 61 | B79 | Wimbledon Windmilers | W35 | Isabel Sutherland | 20:02 | 43:16 | | | | | | 3 | |
| 62 | B62 | Reigate Priory AC 'B' | SW | Annette Morris | 23:30 | 43:26 | | | | | 12 | | |
| 63 | B82 | Ranelagh H | W45 | Kathy Mallett | 21:49 | 43:37 | | | | | | | 3 |
| 64 | B65 | South London H 'C' | SW | Marketa Martins | 21:35 | 44:11 | | | | | 13 | | |
| 65 | B77 | South London H 'B' | W35 | Jennie Burdett | 23:02 | 44:49 | | | | | | 4 | |
| 66 | B84 | Wimbledon Windmilers | W45 | Anne Davis | 20:59 | 45:35 | | | | | | | 4 |
| 67 | B51 | Dorking & Mole Valley AC | SW | Tanya Boardman | 26:28 | 46:53 | | | | | 14 | | |
| 68 | B67 | Striders of Croydon 'B' | SW | Amalia Da Silva Lima | 23:33 | 48:34 | | | | | 15 | | |
| 69 | B69 | Wimbledon Windmilers 'B' | SW | Caroline Ferrari | 25:45 | 49:17 | | | | | 16 | | |