

Senior Men

Pos	RaceNo	Time	Name	Club
1	4083	00:50:57	Neilson Hall	Bedford & County AC
2	4424	00:51:08	Jon Pepper	Enfield & Haringey AC
3	4156	00:51:39	Kevin Heywood	Bideford AAC
4	4080	00:51:50	Darren Deed	Bedford & County AC
5	4788	00:52:00	Florian Neuschwander (F)	Kent AC
6	4226	00:52:21	Dean Lacy	Cambridge Harriers
7	4019	00:52:24	Martin Mashford	Aldershot Farnham & District AC
8	5008	00:52:27	Kevin Toher	Newquay & Par AC
9	5462	00:52:33	Chris Smith	Thames Valley Harriers
10	5598	00:52:40	Ben Tickner	Wells City Harriers
11	4211	00:52:50	Will Clarke	Cambridge & Coleridge
12	4079	00:53:01	Dan Dalmedo	Bedford & County AC
13	5711	00:53:02	Dave Wardle	Woodford Green AC with Essex Ladies
14	4904	00:53:10	Mike Coleman	Medway & Maidstone AC
15	4567	00:53:13	Ben Warren	Harrow AC
16	5271	00:53:18	Orlando Edwards	Shaftesbury Barnet Harriers
17	5595	00:53:20	Adrian Marriott	Wells City Harriers
18	4776	00:53:24	James Connor	Kent AC
19	4091	00:53:26	Huw Lobb	Bedford & County AC
20	5667	00:53:39	Owain Jones	Windsor Slough Eton & Hounslow AC
21	5260	00:53:41	Nick Torry	Serpentine RC
22	5396	00:53:43	Craig Hopkins	Swansea Harriers AC
23	4686	00:53:53	David Bruce	Highgate Harriers
24	4093	00:53:54	Owain Matthews	Bedford & County AC
25	4126	00:53:57	James Kelly	Belgrave Harriers
26	4028	00:53:59	Paul Rodgers	Aldershot Farnham & District AC
27	4998	00:54:10	Scott Sterling	Newham & Essex Beagles
28	4025	00:54:19	Neil Phillips	Aldershot Farnham & District AC
29	5436	00:54:20	James McMullan	Thames Hare & Hounds
30	4780	00:54:23	John Gilbert	Kent AC
31	4812	00:54:39	Robbie James	Lewes AC
32	4243	00:54:44	Ryan Prout	Chelmsford AC
33	5680	00:54:46	Hywel Care	Woodford Green AC with Essex Ladies
34	4691	00:54:48	Henry Dodwell	Highgate Harriers
35	4026	00:54:51	Kevin Quinn	Aldershot Farnham & District AC
36	5686	00:54:53	Martyn Cryer	Woodford Green AC with Essex Ladies
37	5241	00:54:57	Richard Phillips	Serpentine RC
38	4626	00:55:04	Alan Barnes	Herne Hill Harriers
39	5681	00:55:08	Lofli Chebli (F)	Woodford Green AC with Essex Ladies
40	4104	00:55:10	Steven Tuttle	Bedford & County AC
41	5495	00:55:15	Huw Evans	Tonbridge AC
42	4101	00:55:19	Steve Robinson	Bedford & County AC
43	4286	00:55:24	Stuart Huntington	City of Norwich AC
44	4010	00:55:32	Steven Connor	Aldershot Farnham & District AC
45	4035	00:55:32	Joe Wade	Aldershot Farnham & District AC
46	4128	00:55:34	Paskar Owor (F)	Belgrave Harriers
47	4249	00:55:41	James Baker	Chichester Runners & AC
48	4890	00:55:44	Tom Comerford	Marshall Milton Keynes AC
49	5441	00:55:48	Julian Rendall	Thames Hare & Hounds
50	5651	00:56:07	Phil Killingley	Winchester & District AC
51	4158	00:56:12	Mark Jenkins	Bideford AAC
52	4905	00:56:27	Tom Collins	Medway & Maidstone AC
53	4020	00:56:32	Daniel McCarthy	Aldershot Farnham & District AC
54	5679	00:56:38	Craig Berg	Woodford Green AC with Essex Ladies
55	5692	00:56:42	Angus Holford	Woodford Green AC with Essex Ladies
56	4433	00:56:44	Will Clark	Epsom & Ewell Harriers
57	4618	00:56:45	Adam Przedzmirski	Hercules Wimbledon AC
58	5589	00:56:49	Elliot Haimes	Wells City Harriers
59	4501	00:56:51	Graham Robinson	Garden City Runners
60	5449	00:56:52	Simon Wurr	Thames Hare & Hounds

Senior Men

Pos	RaceNo	Time	Name	Club
61	5323	00:56:53	Jonty Hiley	Southampton RC
62	4704	00:56:56	Ryan McKinlay (F)	Highgate Harriers
63	4007	00:56:57	Graham Breen	Aldershot Farnham & District AC
64	4703	00:57:02	Lawrence Matthewman	Highgate Harriers
65	5442	00:57:05	Ben Reynolds	Thames Hare & Hounds
66	5652	00:57:12	Dave Knapman	Winchester & District AC
67	5438	00:57:14	Simon Molden	Thames Hare & Hounds
68	4730	00:57:21	Matthew Revier	Hillingdon AC
69	5700	00:57:21	Kevin Murphy	Woodford Green AC with Essex Ladies
70	5592	00:57:23	Jon James	Wells City Harriers
71	4029	00:57:25	James Savage	Aldershot Farnham & District AC
72	4443	00:57:28	Phil Sangar	Epsom & Ewell Harriers
73	4085	00:57:31	Richard Henderson	Bedford & County AC
74	4502	00:57:34	David Vaughan (F)	Garden City Runners
75	4377	00:57:35	Nick Hodges	Dorking & Mole Valley AC
76	4559	00:57:35	Julian Critchlow	Harrow AC
77	4779	00:57:45	Graeme Garner	Kent AC
78	4634	00:57:49	Jeff Cunningham	Herne Hill Harriers
79	5448	00:57:49	Andy Weir	Thames Hare & Hounds
80	5444	00:57:51	Martin Shore	Thames Hare & Hounds
81	5333	00:57:53	Tim Spencer	Southampton RC
82	5272	00:57:55	Neil Gamester	Shaftesbury Barnet Harriers
83	4459	00:57:58	Ashley Humphreys	Exeter Harriers
84	4287	00:58:01	Wayne Lincoln	City of Norwich AC
85	4316	00:58:04	David Buzza	Cornwall AC
86	5349	00:58:06	Sam Pullan	St.Albans Striders
87	5328	00:58:09	Matthew Missen	Southampton RC
88	5338	00:58:10	Roy Scott	Southend AC
89	4117	00:58:12	Will Cockerell	Belgrave Harriers
90	4733	00:58:13	Daniel Thompson	Hillingdon AC
91	4557	00:58:15	Jim Cooper	Harrow AC
92	4750	00:58:17	Malcolm Muir	Ilford AC
93	4679	00:58:22	Bryn Reynolds	Herts Phoenix AC
94	5033	00:58:26	Simon Millett	Norwich RR
95	4217	00:58:30	Michael Salt	Cambridge & Coleridge
96	5240	00:58:31	Eric Phillips	Serpentine RC
97	4769	00:58:32	Mark Wilkins	Invicta East Kent AC
98	4915	00:58:38	Barry Royden	Medway & Maidstone AC
99	5162	00:58:49	Andy Taylor	Reigate Priory AC
100	5428	00:58:51	Nick Altmann	Thames Hare & Hounds
101	4910	00:58:51	James Hogg	Medway & Maidstone AC
102	4892	00:58:56	Marcin Fudalej (F)	Marshall Milton Keynes AC
103	5259	00:58:57	Hugh Torry	Serpentine RC
104	4654	00:59:01	David Mulvee	Herne Hill Harriers
105	4434	00:59:02	Matt Donnery	Epsom & Ewell Harriers
106	4023	00:59:03	Chris Moore	Aldershot Farnham & District AC
107	4932	00:59:04	Jon Worcester	Metropolitan Police AC
108	4649	00:59:05	Iain Lockett	Herne Hill Harriers
109	4190	00:59:06	Zargo Hale	Brighton & Hove City AC
110	5124	00:59:07	Peter Haarer	Ranelagh Harriers
111	4288	00:59:09	Jonathon Quint	City of Norwich AC
112	4209	00:59:11	Nick Beer	Cambridge & Coleridge
113	4775	00:59:11	Michael Claff	Kent AC
114	5138	00:59:12	Carl Bradbury	Reading AC
115	4863	00:59:13	Martin Potter	London Heathside
116	4642	00:59:15	Jonathon Henderson	Herne Hill Harriers
117	5455	00:59:17	Gordon Irvine	Thames Valley Harriers
118	4702	00:59:18	Jack Matthewman	Highgate Harriers
119	5429	00:59:20	Christopher Daniels	Thames Hare & Hounds
120	4246	00:59:24	James Williams	Chelmsford AC

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Pos	RaceNo	Time	Name	Club
121	4930	00:59:24	Peter Tucker	Metropolitan Police AC
122	4006	00:59:26	Mike Boucher	Aldershot Farnham & District AC
123	4784	00:59:28	Andy Moreton	Kent AC
124	4375	00:59:31	Bruce Harrold	Dorking & Mole Valley AC
125	4894	00:59:32	Chris Hearn	Marshall Milton Keynes AC
126	4100	00:59:34	Chris Riley	Bedford & County AC
127	5295	00:59:34	Matt Chapman	South London Harriers
128	4687	00:59:35	Duncan Burbidge	Highgate Harriers
129	4098	00:59:37	Richard Powell	Bedford & County AC
130	5682	00:59:37	Andrew Clare	Woodford Green AC with Essex Ladies
131	5664	00:59:37	Sam Gardner	Windsor Slough Eton & Hounslow AC
132	5602	00:59:39	John Herbert	Werrington Joggers
133	4130	00:59:40	Richard Stannard	Belgrave Harriers
134	5350	00:59:40	Jonathan Scott	St.Albans Striders
135	4718	00:59:41	Stephen Whiting	Highgate Harriers
136	4911	00:59:42	Adrian Lowther	Medway & Maidstone AC
137	4294	00:59:46	Carl Plumpton	City of Portsmouth AC
138	4707	00:59:48	Chris Panayiotou	Highgate Harriers
139	5703	00:59:50	Jim Roche	Woodford Green AC with Essex Ladies
140	4662	00:59:52	David Robinson	Herne Hill Harriers
141	4180	00:59:56	Jake Hughes	Bracknell AC
142	5312	00:59:57	Andy Tindall	South London Harriers
143	5431	00:59:57	Andrew Fargus	Thames Hare & Hounds
144	4777	01:00:00	Andrew Dunwoody	Kent AC
145	4181	01:00:01	Richard Larson	Bracknell AC
146	4657	01:00:01	Ben Paviour	Herne Hill Harriers
147	4720	01:00:03	Martin Bateman	Hillingdon AC
148	4690	01:00:05	Jon Deane	Highgate Harriers
149	4946	01:00:06	Tim Taylor	Mornington Chasers RC
150	4173	01:00:12	Robert McTaggart	Bournemouth AC
151	5654	01:00:16	Julian Mann	Winchester & District AC
152	4636	01:00:17	Tim Elsey	Herne Hill Harriers
153	4232	01:00:18	James Chettle	Cambridge University H & H
154	4611	01:00:18	Philip Glyn	Hercules Wimbledon AC
155	5274	01:00:18	Tony Jackson	Shaftesbury Barnet Harriers
156	5702	01:00:25	Bertie Powell	Woodford Green AC with Essex Ladies
157	4655	01:00:28	Keith Newton	Herne Hill Harriers
158	4566	01:00:29	Peter Norris	Harrow AC
159	5626	01:00:30	Paul Jegou	White Horse Harriers AC
160	4282	01:00:31	Neil Davison	City of Norwich AC
161	4722	01:00:32	Anupam Das	Hillingdon AC
162	4920	01:00:32	Gareth Williams	Medway & Maidstone AC
163	4560	01:00:49	Mark Cursons	Harrow AC
164	5470	01:00:53	Graham Brook	The Stragglers
165	4111	01:00:57	Adam Mills	Bedford Harriers AC
166	5476	01:00:58	Richard Lazell	The Stragglers
167	4929	01:00:58	Rhys Peters	Metropolitan Police AC
168	5590	01:01:04	Tim Hawkins	Wells City Harriers
169	4576	01:01:05	Josh Varney	Hastings AC
170	4632	01:01:09	Simon Coombes	Herne Hill Harriers
171	4561	01:01:12	Chris Finill	Harrow AC
172	4665	01:01:13	Jonathon Stead	Herne Hill Harriers
173	4696	01:01:15	Nick Gold	Highgate Harriers
174	4196	01:01:15	James Tomlinson	Brighton & Hove City AC
175	5029	01:01:17	Steve Gibbs	Norwich RR
176	5321	01:01:20	Matthew Hibberd	Southampton RC
177	5594	01:01:21	Alistair Lindsay	Wells City Harriers
178	4248	01:01:21	William Wright	Chelmsford AC
179	4767	01:01:22	Damien Vadgama	Invicta East Kent AC
180	4638	01:01:23	Carl Ferri	Herne Hill Harriers

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Pos	RaceNo	Time	Name	Club
181	4923	01:01:25	Karl Free	Metropolitan Police AC
182	5276	01:01:25	Dan Lewis	Shaftesbury Barnet Harriers
183	4950	01:01:25	Mike Chapman	Nene Valley Harriers
184	5066	01:01:26	Mike Bliss	Overton Harriers
185	4685	01:01:27	Chris Beecham	Highgate Harriers
186	4951	01:01:28	Steve Cockerill	Nene Valley Harriers
187	4103	01:01:29	Alan Turnbull	Bedford & County AC
188	5247	01:01:30	Andy Reeves	Serpentine RC
189	5373	01:01:32	Justin Macenhill	Striders of Croydon
190	4688	01:01:34	Guillaume Cribier (F)	Highgate Harriers
191	118	01:01:40	Philip Dove	KPMG Runners
192	5319	01:01:45	Paul Fotherby	Southampton RC
193	5345	01:01:46	Colin Braybrook	St.Albans Striders
194	4716	01:01:47	Stephen Thompson	Highgate Harriers
195	4036	01:01:51	Tom Wade	Aldershot Farnham & District AC
196	4497	01:01:53	Mark Green	Garden City Runners
197	5376	01:01:53	Tyler O'Callaghan	Striders of Croydon
198	4773	01:02:02	Luke Armitage	Kent AC
199	4233	01:02:03	Andy Collier	Cambridge University H & H
200	5699	01:02:05	Matt Molloy	Woodford Green AC with Essex Ladies
201	5414	01:02:07	Mark Shepherd	Team Kennet
202	4865	01:02:09	Ed Samuel	London Heathside
203	4633	01:02:09	Michael Cummings	Herne Hill Harriers
204	4885	01:02:10	Stuart Still	Luton AC
205	4610	01:02:12	Jonathan Dobson	Hercules Wimbledon AC
206	5302	01:02:14	Paul Hone	South London Harriers
207	4157	01:02:16	Andrew Ingle	Bideford AAC
208	4359	01:02:17	Andy Green	Dartford RR
209	5541	01:02:19	Gary Bagnall	Victoria Park H & Tower Hamlets AC
210	4516	01:02:20	Gavin Allen	Halstead RR
211	4522	01:02:21	Frank Fulcher	Handy Cross Runners
212	4221	01:02:23	Ian Brankin	Cambridge Harriers
213	5288	01:02:25	Kev Walden	Shaftesbury Barnet Harriers
214	4396	01:02:27	Steve Smythe	Dulwich Runners AC
215	5339	01:02:28	Peter Smale	Southend AC
216	4977	01:02:29	James Craggs	Newbury AC
217	4376	01:02:29	Graham Hewitt	Dorking & Mole Valley AC
218	5599	01:02:31	Jason Tuck	Wells City Harriers
219	4666	01:02:32	Ian Tivey	Herne Hill Harriers
220	5085	01:02:38	Max-Patrick Lippert	Phoenix AC
221	5503	01:02:38	Scott Aiken	Trent Park RC
222	4646	01:02:41	Sarwar Khan	Herne Hill Harriers
223	4487	01:02:42	Guy Woollett	Gade Valley Harriers
224	5075	01:02:42	Lee Tolhurst	Overton Harriers
225	4043	01:02:44	Alex Horton	Barnet & District AC
226	5300	01:02:46	Dan Gillett	South London Harriers
227	5291	01:02:49	David Baker	South London Harriers
228	4689	01:02:50	Alex Davidson	Highgate Harriers
229	5548	01:02:53	Richard Hope (F)	Victoria Park H & Tower Hamlets AC
230	5214	01:02:55	Welsey Harrison	Serpentine RC
231	4504	01:02:58	Ryan Cox	Guildford & Godalming AC
232	4603	01:02:59	Simon Tavener	Headington RR
233	4725	01:03:03	Steve Hirons	Hillingdon AC
234	4616	01:03:03	Peter Lee	Hercules Wimbledon AC
235	4187	01:03:04	Howard Bristow	Brighton & Hove City AC
236	4660	01:03:07	Simon Phillips	Herne Hill Harriers
237	4315	01:03:10	Adrian Ball	Cornwall AC
238	4498	01:03:12	Bruce Judge	Garden City Runners
239	4401	01:03:13	Robert Brown	Ealing Southall & Middlesex AC
240	5309	01:03:13	Glenn Quarton	South London Harriers

Senior Men

Pos	RaceNo	Time	Name	Club
241	5183	01:03:13	Jolyon Attwooll	Serpentine RC
242	4855	01:03:15	John Flahive	London Heathside
243	4717	01:03:19	Rob Walker	Highgate Harriers
244	4852	01:03:20	Sergio Di Noto	London Heathside
245	4240	01:03:29	Ken Hoye	Chelmsford AC
246	5032	01:03:31	Mark Merrywest	Norwich RR
247	5329	01:03:32	Demetrius Onoufriou	Southampton RC
248	4698	01:03:37	Maarten Hoeven (F)	Highgate Harriers
249	4860	01:03:38	Norman Mitchell	London Heathside
250	5603	01:03:39	Michael Moore	Werrington Joggers
251	4563	01:03:42	Matt Judson	Harrow AC
252	5637	01:03:45	Graeme Furley	Wimborne AC
253	586	01:03:47	Julian Richardson	Oxford City
254	4503	01:03:48	Phil Cake	Guildford & Godalming AC
255	4940	01:03:51	Alex Kitromilides	Mornington Chasers RC
256	4895	01:03:53	Steve Herring	Marshall Milton Keynes AC
257	5477	01:03:53	Roy Reeder	The Stragglers
258	5147	01:03:54	Kyle Watson	Reading AC
259	5071	01:03:54	Sean Holmes	Overton Harriers
260	5683	01:03:56	Andy Coleman	Woodford Green AC with Essex Ladies
261	5332	01:03:58	Liam Richardson	Southampton RC
262	4414	01:03:59	Ian Day	Ely Runners
263	5424	01:04:00	Russell Osborn	Team Southampton
264	4850	01:04:02	Richard Browne	London Heathside
265	5474	01:04:05	Peter Kennedy	The Stragglers
266	5360	01:04:08	Tim Davies	Stopsley Striders
267	4908	01:04:11	Stuart Flack	Medway & Maidstone AC
268	4978	01:04:12	David Wright	Newbury AC
269	5451	01:04:12	Manuel Da Silva	Thames Valley Harriers
270	4957	01:04:12	John Nash	Nene Valley Harriers
271	5267	01:04:13	Ronan Breen	Shaftesbury Barnet Harriers
272	4602	01:04:14	Richard Skilbeck	Headington RR
273	588	01:04:20	Vasily Zverev	Oxford City
274	4723	01:04:20	Scott Farley	Hillingdon AC
275	5205	01:04:20	James Edgar	Serpentine RC
276	4230	01:04:23	Dave Reader	Cambridge Harriers
277	4039	01:04:23	Chris Birkinshaw	Barnet & District AC
278	5368	01:04:25	Gerry Taylor	Stopsley Striders
279	4805	01:04:28	Andy Inchley	Leighton Buzzard AC
280	4667	01:04:31	Basil Wallace	Herne Hill Harriers
281	4571	01:04:32	James Climpson	Hastings AC
282	5468	01:04:37	Evan Bond	The Stragglers
283	4795	01:04:41	Anthony Budarkicwicz	Kingston & Polytechnic Harriers
284	5226	01:04:41	Charles Lescott	Serpentine RC
285	4917	01:04:42	Nick Slade	Medway & Maidstone AC
286	4403	01:04:43	Andrew Dodd	Ealing Southall & Middlesex AC
287	4684	01:04:44	Chris Bailey	Highgate Harriers
288	4956	01:04:45	John Massingham	Nene Valley Harriers
289	4513	01:04:46	Adam Stirk	Guildford & Godalming AC
290	5209	01:04:47	Richard Fanning	Serpentine RC
291	5306	01:04:49	Paul Mitchell	South London Harriers
292	5661	01:04:51	Franklyn Young	Winchester & District AC
293	4148	01:04:51	Jacob Mbewe (F)	Bexley AC
294	5086	01:04:52	James Miles	Phoenix AC
295	4494	01:04:53	Dave Desborough	Garden City Runners
296	4647	01:04:53	Sam Knight	Herne Hill Harriers
297	4486	01:04:54	James Smith	Gade Valley Harriers
298	4893	01:04:55	Steve Green	Marshall Milton Keynes AC
299	5181	01:04:56	Nick Jacobs	Sandhurst Joggers
300	4901	01:04:57	Les Turton	Marshall Milton Keynes AC

Senior Men

Pos	RaceNo	Time	Name	Club
301	5550	01:04:58	John McKeane	Victoria Park H & Tower Hamlets AC
302	4013	01:05:00	Jaime Del Campo	Aldershot Farnham & District AC
303	4514	01:05:01	Mark Tennyson	Guildford & Godalming AC
304	4223	01:05:02	Clem Dixon	Cambridge Harriers
305	5307	01:05:04	David Ogden	South London Harriers
306	4714	01:05:06	Richard Stewart	Highgate Harriers
307	5397	01:05:08	Simon Burley	Swindon Harriers
308	5684	01:05:09	Dave Cox	Woodford Green AC with Essex Ladies
309	5203	01:05:14	Neil Donovan (F)	Serpentine RC
310	5532	01:05:16	Mark Richards	Vale of Aylesbury AC
311	4747	01:05:19	Satha Alagamahdasumdaram	Ilford AC
312	5290	01:05:23	Barry Attwell	South London Harriers
313	5175	01:05:23	Toby Staines	Royston Runners
314	5185	01:05:24	Nick Barberis (F)	Serpentine RC
315	4782	01:05:24	Lee Haze	Kent AC
316	5134	01:05:24	Marc Snaith	Ranelagh Harriers
317	5216	01:05:24	Andrew Hibbert	Serpentine RC
318	5650	01:05:29	Dave Kennedy	Winchester & District AC
319	4853	01:05:32	Alan Dickson	London Heathside
320	4966	01:05:33	Bryan Haillardet	New Eltham Joggers
321	4405	01:05:35	William Gristwood	Ealing Southall & Middlesex AC
322	4834	01:05:43	James Gillanders	London Frontrunners
323	5398	01:05:44	Walter Featherstone	Swindon Harriers
324	4645	01:05:45	John Kettle	Herne Hill Harriers
325	4383	01:05:46	Stuart Prentice	Dorking & Mole Valley AC
326	4489	01:05:50	Markus Allen	Garden City Runners
327	5279	01:05:53	Tim Parkin	Shaftesbury Barnet Harriers
328	4369	01:05:54	Andrew Andy Fay	Dorking & Mole Valley AC
329	120	01:05:55	Gareth Wainwright	KPMG Runners
330	5127	01:05:57	Niall O'Connor	Ranelagh Harriers
331	5215	01:05:58	Paul Hayman	Serpentine RC
332	5195	01:06:00	Ben Cope	Serpentine RC
333	5542	01:06:01	Simeon Bennett	Victoria Park H & Tower Hamlets AC
334	5110	01:06:01	Michael Dmitrzak	Queens Park Harriers
335	5245	01:06:02	Tobias Read	Serpentine RC
336	4057	01:06:02	Mike Stapleton	Barnet & District AC
337	4664	01:06:03	Rajdave Singh	Herne Hill Harriers
338	5593	01:06:04	Matthew Lewis	Wells City Harriers
339	5399	01:06:06	Stephen Goulding	Swindon Harriers
340	5647	01:06:07	Ian Berry	Winchester & District AC
341	5257	01:06:09	Brian Stramer	Serpentine RC
342	4279	01:06:10	Michael Beamish	City of Norwich AC
343	4097	01:06:11	Andrew Moraghan	Bedford & County AC (n/s)
344	4078	01:06:14	Dave Cheshire	Bedford & County AC
345	4964	01:06:15	Andrew Eastment	New Eltham Joggers
346	5190	01:06:20	Mark Braley	Serpentine RC
347	5649	01:06:22	Will Hadley	Winchester & District AC
348	4729	01:06:24	Julian McGowan	Hillingdon AC
349	4839	01:06:25	Joel Northcott	London Frontrunners
350	5644	01:06:25	Jerry Shield	Wimborne AC
351	5460	01:06:25	Matthieu Ribault (F)	Thames Valley Harriers
352	4450	01:06:26	Paul Cates	Eton Manor AC
353	4442	01:06:27	Lee Pollock	Epsom & Ewell Harriers
354	4936	01:06:27	Marc Henrion (F)	Mornington Chasers RC
355	4095	01:06:28	Alan Metcalfe	Bedford & County AC
356	5031	01:06:28	Martin Horlock	Norwich RR
357	5258	01:06:30	Andrew Taylor	Serpentine RC
358	589	01:06:31	Andrew Gleeson	Oxford City
359	4836	01:06:33	Matthew Littlejohn	London Frontrunners
360	5176	01:06:37	Godfrey Tofts	Royston Runners

Senior Men

Pos	RaceNo	Time	Name	Club
361	4558	01:06:38	Mark Cranwell	Harrow AC
362	4683	01:06:39	Andrew Aitken	Highgate Harriers
363	4751	01:06:41	Kevin Newell	Ilford AC
364	4253	01:06:42	David Dorning	Chichester Runners & AC
365	5018	01:06:43	Oliver Saville	North Herts RR
366	5294	01:06:44	Mark Burtwell	South London Harriers
367	5112	01:06:47	Brendan Greene	Queens Park Harriers
368	5432	01:06:49	Nic Gould	Thames Hare & Hounds
369	4849	01:06:49	David Bird	London Heathside
370	4856	01:06:51	Nick Jellema	London Heathside
371	4706	01:06:54	John O'Shea	Highgate Harriers
372	4412	01:07:01	Robert Campbell	Ely Runners
373	4897	01:07:05	Chris Mahon	Marshall Milton Keynes AC
374	5704	01:07:08	Chris Shepherd	Woodford Green AC with Essex Ladies
375	4857	01:07:10	Paul Lemmon	London Heathside
376	5173	01:07:12	Richard Lowden	Royston Runners
377	5530	01:07:14	David Maisey	Vale of Aylesbury AC
378	4620	01:07:15	Matthew Sharp	Hercules Wimbledon AC
379	5210	01:07:16	Paul Fromme (F)	Serpentine RC
380	5035	01:07:18	Paul Sullivan	Norwich RR
381	5310	01:07:19	Phil Scarles	South London Harriers
382	5521	01:07:21	Michael Prior	Trent Park RC
383	4473	01:07:26	James Allen	Fleet & Crookham AC
384	5239	01:07:28	Joshua Paparo (F)	Serpentine RC
385	4241	01:07:32	Billy Parker-Brown	Chelmsford AC
386	4871	01:07:39	David Walton	London Heathside
387	4272	01:07:53	Mark Fallowfield-Smith	Chiltern Harriers AC
388	4749	01:07:55	Neil Crisp	Ilford AC
389	4902	01:08:04	Andrew Wasdell	Marshall Milton Keynes AC
390	5655	01:08:07	Alan Murchison	Winchester & District AC
391	4854	01:08:08	Gavin Evans	London Heathside
392	5506	01:08:09	Edward Brooks	Trent Park RC
393	4801	01:08:09	Peter Foulkes	Leighton Buzzard AC
394	4760	01:08:11	Michael Gore	Invicta East Kent AC
395	5122	01:08:14	Chris Bundhun	Ranelagh Harriers
396	4939	01:08:16	Mike Hurford	Mornington Chasers RC
397	4496	01:08:18	Patrick Gallagher	Garden City Runners
398	4804	01:08:20	Joe Hurley	Leighton Buzzard AC
399	5063	01:08:22	Andrew Warner	Orion Harriers
400	5116	01:08:23	Joe Sinclair	Queens Park Harriers
401	5583	01:08:28	Colin Taylor	Watford Joggers
402	5250	01:08:31	Andy Sallnow	Serpentine RC
403	4345	01:08:31	Colin Oxlade	Croydon Harriers
404	5709	01:08:37	Iain Thompson	Woodford Green AC with Essex Ladies
405	5146	01:08:38	Darren Stevens	Reading AC
406	5487	01:08:39	James Heskey-Jones	Tiptree RR
407	4884	01:08:40	Liam Macnabola	Luton AC
408	4474	01:08:45	Simon Mitchell	Fleet & Crookham AC
409	4432	01:08:46	Jeff Butler	Epsom & Ewell Harriers
410	4392	01:08:47	Chris Loizou	Dulwich Runners AC
411	5251	01:08:48	Chris Saunders	Serpentine RC
412	5701	01:08:48	Tony Pamphilon	Woodford Green AC with Essex Ladies
413	4338	01:08:50	David Brown	Croydon Harriers
414	5299	01:08:50	John Foss	South London Harriers
415	4515	01:08:51	Marc Woodall	Guildford & Godalming AC
416	5207	01:08:52	Alex Elferink	Serpentine RC
417	4357	01:08:57	Nigel Swinburne	Dagenham 88 Runners
418	4727	01:08:58	Paul Leppard	Hillingdon AC
419	5227	01:09:00	Justin Lock	Serpentine RC
420	4059	01:09:01	Keith Turner	Barnet & District AC

Senior Men

Pos	RaceNo	Time	Name	Club
421	5119	01:09:02	Andy Bickerstaff	Ranelagh Harriers
422	4227	01:09:03	Graham Maynard	Cambridge Harriers
423	4942	01:09:05	Neal O'Grady	Mornington Chasers RC
424	5064	01:09:05	Tim Wright	Orion Harriers
425	5543	01:09:07	Robert Birchley	Victoria Park H & Tower Hamlets AC
426	5182	01:09:10	Jon Payne	Sandhurst Joggers
427	5004	01:09:13	Graham Hodgson	Newquay & Par AC
428	4118	01:09:14	Lander Eguia (F)	Belgrave Harriers
429	5326	01:09:19	Howard Long	Southampton RC
430	5174	01:09:21	Paul Martin	Royston Runners
431	4500	01:09:29	Patrick Pearce	Garden City Runners
432	5517	01:09:31	Jason Maloney	Trent Park RC
433	5464	01:09:32	Philip Wetton	Thames Valley Harriers
434	5642	01:09:36	Stewart Little	Wimborne AC
435	4762	01:09:39	Tom Purnell	Invicta East Kent AC
436	4799	01:09:41	Nick Clay	Leighton Buzzard AC
437	4387	01:09:42	Jose Barretta	Dulwich Runners AC
438	5179	01:09:43	Brendan Cottrell	Sandhurst Joggers
439	4379	01:09:45	Howard Jones	Dorking & Mole Valley AC
440	4748	01:09:45	Robert Attreed	Ilford AC
441	5201	01:09:46	Gary Dench	Serpentine RC
442	4628	01:09:50	Edmund Barrow	Herne Hill Harriers
443	4700	01:09:50	Kevin Lineham	Highgate Harriers
444	4746	01:09:54	Barry Wild	Huntingdonshire AC
445	5525	01:09:56	Henry Edwardes-Evans	Vale of Aylesbury AC
446	5027	01:09:57	Mark Garrett	Norwich RR
447	4808	01:10:01	Charlie Thompson	Leighton Buzzard AC
448	5547	01:10:02	Matthew Harrison	Victoria Park H & Tower Hamlets AC
449	5322	01:10:03	Stuart Hicks	Southampton RC
450	5697	01:10:07	Keith McShea	Woodford Green AC with Essex Ladies
451	4016	01:10:10	Andy Hislop	Aldershot Farnham & District AC
452	4738	01:10:11	Wayne Gimblett	Huntingdonshire AC
453	4276	01:10:13	Steve Perkin	Chiltern Harriers AC
454	4851	01:10:18	Pete Crockford	London Heathside
455	4715	01:10:21	Nick Stockman	Highgate Harriers
456	4508	01:10:27	Michael Goatley	Guildford & Godalming AC
457	5369	01:10:28	Simon Ambrosi	Striders of Croydon
458	5375	01:10:30	Chris Morton	Striders of Croydon
459	5105	01:10:36	Simon Brotherson	Queens Park Harriers
460	5193	01:10:38	Brad Cobb (F)	Serpentine RC
461	4958	01:10:42	Steve Reid	Nene Valley Harriers
462	4832	01:10:43	Adam Davey	London Fronrunners
463	5387	01:10:44	Ray Gunner	Stubbington Green Runners
464	4242	01:10:45	Lee Pickering	Chelmsford AC
465	4050	01:10:48	Liam Mitchell	Barnet & District AC
466	5422	01:10:48	Gareth Klepacz	Team Southampton
467	5026	01:10:48	Mark Edwards	Norwich RR
468	5490	01:10:49	Simon Morgan	Tiptree RR
469	5324	01:10:51	Keith Hollis	Southampton RC
470	4870	01:10:53	Robin Tremaine	London Heathside
471	4446	01:10:54	Rob Wakefield	Epsom & Ewell Harriers
472	4005	01:10:55	Lance Birkby	Aldershot Farnham & District AC
473	5585	01:10:57	Mark Woolf	Watford Joggers
474	5716	01:10:58	Neil Biss	Yeovil Town RRC
475	5531	01:10:58	Mick O'Connor	Vale of Aylesbury AC
476	4549	01:10:59	Rick Ricketts	Harlow RC
477	4726	01:10:59	Brett Hutchinson	Hillingdon AC
478	5663	01:11:00	Bob Fuller	Windsor Slough Eton & Hounslow AC
479	5363	01:11:01	Stuart Harries	Stopsley Striders
480	5666	01:11:02	Dave Huck	Windsor Slough Eton & Hounslow AC

Senior Men

Pos	RaceNo	Time	Name	Club
481	4160	01:11:03	Chris Stone	Bideford AAC
482	4408	01:11:04	Steve Plested	Ealing Southall & Middlesex AC
483	4525	01:11:05	Ian Banks	Hardley Runners
484	5121	01:11:06	Chris Brook	Ranelagh Harriers
485	4481	01:11:11	Billy Hawes	Gade Valley Harriers
486	4792	01:11:15	Stuart Scott	Kent AC
487	5252	01:11:16	Stephane Schneider (F)	Serpentine RC
488	4757	01:11:16	Adam Cowper-Smith	Invicta East Kent AC
489	5172	01:11:17	Vince Long	Royston Runners
490	5180	01:11:18	Michael Frean	Sandhurst Joggers
491	5513	01:11:18	Kevin Haynes	Trent Park RC
492	5256	01:11:22	Barney Southin	Serpentine RC
493	4393	01:11:24	Michael Mann	Dulwich Runners AC
494	4510	01:11:25	Richard Heron	Guildford & Godalming AC
495	4485	01:11:27	Jon Roberts	Gade Valley Harriers
496	5634	01:11:28	Anthony Clark	Wimborne AC
497	467	01:11:30	Trevor Dixon	Oxford City
498	5057	01:11:34	Dave Milner	Orion Harriers
499	4075	01:11:36	Paul Beedie	Bedford & County AC
500	4544	01:11:38	Jamie Jephcott	Harlow RC
501	4732	01:11:44	Andrew Symonds	Hillingdon AC
502	4770	01:11:46	Ker Macrosson	Ipswich Jaffa
503	5364	01:11:47	Chris Lamont	Stopsley Striders
504	4540	01:11:49	David Ayling	Harlow RC
505	4151	01:11:49	Paul Smyth	Bexley AC
506	5469	01:11:53	Simon Brazil	The Stragglers
507	5489	01:11:58	Greg McDowell	Tiptree RR
508	4343	01:11:59	Ali Kaplankiran	Croydon Harriers
509	5221	01:11:59	Henry Humphreys	Serpentine RC
510	4386	01:12:03	Grant Barnes	Dulwich Runners AC
511	5187	01:12:06	Mark Bell	Serpentine RC
512	5544	01:12:06	Mick Cairns	Victoria Park H & Tower Hamlets AC
513	4572	01:12:07	William Darby	Hastings AC
514	4933	01:12:10	John Armstrong	Mornington Chasers RC
515	5160	01:12:11	Nathan Pavlik	Reigate Priory AC
516	4509	01:12:14	Nick Green	Guildford & Godalming AC
517	4743	01:12:17	Martin Rowe	Huntingdonshire AC
518	4931	01:12:18	Jonathan Waterfield	Metropolitan Police AC
519	4337	01:12:19	Matt Anderson	Croydon Harriers
520	5471	01:12:19	Neil Browning	The Stragglers
521	4653	01:12:20	Stuart Morrison	Herne Hill Harriers
522	4454	01:12:21	Adrian Frost	Eton Manor AC
523	4962	01:12:25	Alan Cox	New Eltham Joggers
524	4431	01:12:28	Bill Arbury	Epsom & Ewell Harriers
525	4533	01:12:30	Robert Kendall	Hardley Runners
526	4402	01:12:33	Mark Delahunty	Ealing Southall & Middlesex AC
527	5076	01:12:36	Keith Vallis	Overton Harriers
528	4245	01:12:39	David Tullett	Chelmsford AC
529	4921	01:12:42	Bobby Boothroyd	Metropolitan Police AC
530	5331	01:12:45	Ian Richardson	Southampton RC
531	5297	01:12:46	Clive Edgington	South London Harriers
532	4629	01:12:48	Simon Beston	Herne Hill Harriers
533	4596	01:12:48	Laurence Kemble	Headington RR
534	5281	01:12:53	Michael Potticary	Shaftesbury Barnet Harriers
535	5481	01:12:58	Nick Searle	Thetford AC
536	4806	01:13:00	Peter Mackrell	Leighton Buzzard AC
537	4067	01:13:01	Chris Furness	Basingstoke & Mid Hants AC
538	5619	01:13:07	Ben Collison	West Norfolk AC
539	5197	01:13:07	Rob Crangle	Serpentine RC
540	4210	01:13:10	Mark Chaplin	Cambridge & Coleridge

Senior Men

Pos	RaceNo	Time	Name	Club
541	4753	01:13:13	Peter Howell	Invicta East Kent AC
542	4623	01:13:20	Frank Wood	Hercules Wimbledon AC
543	5358	01:13:21	John Chapman	Stopsley Striders
544	4368	01:13:30	Chris Topp	Dartford RR
545	4198	01:13:32	Paul Reddaway	Broxbourne Runners
546	4694	01:13:35	Jon Gardner (F)	Highgate Harriers
547	4041	01:13:37	Paul Carter	Barnet & District AC
548	4837	01:13:38	David Maguire	London Frontrunners
549	4710	01:13:41	Steven Scruton	Highgate Harriers
550	4107	01:13:44	Matt Burgin	Bedford Harriers AC
551	4360	01:13:47	Dave Hall	Dartford RR
552	5020	01:13:49	Johnny Spinks	North Herts RR
553	5243	01:13:57	Brent Plump (F)	Serpentine RC
554	4161	01:14:00	Gavin Elliott	Biggleswade AC
555	4430	01:14:03	Mark Alden	Epsom & Ewell Harriers
556	5039	01:14:03	Bill Bennett	Orion Harriers
557	5286	01:14:04	Chris Sutherland	Shaftesbury Barnet Harriers
558	5102	01:14:05	Andy Angus	Queens Park Harriers
559	5335	01:14:10	Nick Willson	Southampton RC
560	5596	01:14:11	Simon Prior	Wells City Harriers
561	4735	01:14:11	Sean Barker	Huntingdonshire AC
562	4191	01:14:23	Luke Lambourne	Brighton & Hove City AC
563	4838	01:14:31	Jonathan Moscrop	London Frontrunners
564	5377	01:14:35	Ryan Phillips	Striders of Croydon
565	5450	01:14:36	Richard Bell	Thames Valley Harriers
566	4889	01:14:38	Mike Burling	Marshall Milton Keynes AC
567	4713	01:14:39	Eric Southam	Highgate Harriers
568	5511	01:14:42	John Flannery	Trent Park RC
569	5159	01:14:45	Paddy Patrick	Reigate Priory AC
570	4861	01:14:46	Hassan Nahal	London Heathside
571	4941	01:14:47	John Lynch	Mornington Chasers RC
572	4046	01:14:47	Michael Martin	Barnet & District AC
573	4768	01:14:49	John Wilkins	Invicta East Kent AC
574	4534	01:14:52	Stuart McGowan	Hardley Runners
575	4457	01:14:57	Andy Ruffy	Eton Manor AC
576	5696	01:14:58	Martin Mack	Woodford Green AC with Essex Ladies
577	5434	01:14:58	Larry Mathews	Thames Hare & Hounds
578	4389	01:15:03	Mark Foster	Dulwich Runners AC
579	764	01:15:03	Rob Webster	Oxford City
580	4831	01:15:06	Derek Clark	London Frontrunners
581	5391	01:15:06	Evan McGrath	Stubbington Green Runners
582	4072	01:15:09	Mark Slaney	Basingstoke & Mid Hants AC
583	5092	01:15:16	Julian Holder	Pitsea RC
584	4064	01:15:18	Graham Cooper	Basingstoke & Mid Hants AC
585	5522	01:15:24	John Rose	Trent Park RC
586	4888	01:15:27	Paul Bond	Marshall Milton Keynes AC
587	4512	01:15:29	Rob Myring	Guildford & Godalming AC
588	4798	01:15:41	Mike Bryant	Leighton Buzzard AC
589	4361	01:15:42	Nick Harding	Dartford RR
590	4239	01:15:44	Martin Gibbs	Chelmsford AC
591	5612	01:15:45	Rory Ferguson	West 4 Harriers
592	4507	01:15:45	Ben Egan	Guildford & Godalming AC
593	4488	01:15:46	Andrew Wright	Gade Valley Harriers
594	5313	01:15:56	Francis Upcott	South London Harriers
595	5068	01:15:57	Greg England	Overton Harriers
596	4277	01:15:58	Jon Taylor	Chiltern Harriers AC
597	4577	01:16:01	Malcolm Lavery	Havant AC
598	4872	01:16:05	William Whitaker	London Heathside
599	5587	01:16:05	Paul Chadwick	Wells City Harriers
600	5507	01:16:07	Nicholas Clarke	Trent Park RC

Senior Men

Pos	RaceNo	Time	Name	Club
601	5229	01:16:22	Raoul Mansukhani	Serpentine RC
602	5505	01:16:23	David Birks	Trent Park RC
603	5636	01:16:24	Craig Dixon	Wimborne AC
604	4864	01:16:42	John Rene	London Heathside
605	4394	01:16:46	Martin Murley	Dulwich Runners AC
606	4656	01:16:48	Valdis Pauzers	Herne Hill Harriers
607	4112	01:16:52	Alistair Vile	Bedford Harriers AC
608	4809	01:16:53	Fred Watt	Leighton Buzzard AC
609	4845	01:16:58	Stephen Wicks	London Frontrunners
610	5188	01:17:02	Claudio Belotti (F)	Serpentine RC
611	4268	01:17:03	David Breingan	Chiltern Harriers AC
612	4219	01:17:05	Steven Thoday	Cambridge & Coleridge
613	5694	01:17:08	Steve Ladhams	Woodford Green AC with Essex Ladies
614	5129	01:17:09	Mike Peace	Ranelagh Harriers
615	5142	01:17:20	John Gregory	Reading AC
616	5390	01:17:23	Philip May	Stubbington Green Runners
617	4410	01:17:25	Robert Wilson	Ealing Southall & Middlesex AC
618	4452	01:17:29	Alan Duncan	Eton Manor AC
619	5597	01:17:30	Dave Stanfield	Wells City Harriers
620	5149	01:17:34	Brian Churchar	Reigate Priory AC
621	4898	01:17:37	Paul Mason	Marshall Milton Keynes AC
622	5284	01:17:39	Phil Shelley	Shaftesbury Barnet Harriers
623	4772	01:17:40	Brian Rogers	Ipswich Jaffa
624	5604	01:17:42	Andrew Rawlins	Werrington Joggers
625	5135	01:17:42	Andrew Woodhouse	Ranelagh Harriers
626	5096	01:17:45	Steve Horton	Poole AC
627	4674	01:17:47	Richard Bloom	Herts Phoenix AC
628	5074	01:17:49	David Titcomb	Overton Harriers
629	5012	01:17:51	Richard Harbon	North Herts RR
630	4109	01:17:53	Thomas Lamb	Bedford Harriers AC
631	5600	01:18:03	Rex Whitcombe	Wells City Harriers
632	5021	01:18:08	Michael Armes	Norwich RR
633	4523	01:18:10	Mike Hollis	Handy Cross Runners
634	5475	01:18:13	Andrew Lane	The Stragglers
635	5646	01:18:18	Graham Whiffen	Wimborne AC
636	5382	01:18:23	Nick Crane	Stubbington Green Runners
637	5153	01:18:24	Neil Hamilton	Reigate Priory AC
638	4766	01:18:25	Tom Sutton	Invicta East Kent AC
639	4675	01:18:33	Richard Foskett	Herts Phoenix AC
640	4511	01:18:35	Matthew Lythell	Guildford & Godalming AC
641	4051	01:18:47	Shaun Mitchell	Barnet & District AC
642	5235	01:18:49	Lars Olsen (F)	Serpentine RC
643	5366	01:18:52	Martin Mitchell	Stopsley Striders
644	4142	01:18:55	Peter Griffiths	Bexley AC
645	4842	01:18:57	David Thompson	London Frontrunners
646	4040	01:19:02	Jerry Bryan	Barnet & District AC
647	4551	01:19:04	John Tennant	Harlow RC
648	5533	01:19:09	Alan Roberts	Vale of Aylesbury AC
649	4916	01:19:13	Andrej Safars (F)	Medway & Maidstone AC
650	5269	01:19:13	Phil Cunningham	Shaftesbury Barnet Harriers
651	5352	01:19:14	Steve Le Poidevin	St.Edmund Pacers
652	5073	01:19:20	Steve McNair	Overton Harriers
653	5348	01:19:24	Michael Jack	St.Albans Striders
654	5472	01:19:26	Nick Brown	The Stragglers
655	4699	01:19:28	Thierry Lebreton (F)	Highgate Harriers
656	4828	01:19:31	Andrew Atkins	London Frontrunners
657	5586	01:19:35	Tim Woolridge	Watford Joggers
658	5621	01:19:35	Ian Todd	West Norfolk AC
659	5155	01:19:39	Gavin Lawrence	Reigate Priory AC
660	5022	01:19:41	Alan Bradley	Norwich RR

Senior Men

Pos	RaceNo	Time	Name	Club
661	5114	01:19:42	Frank Nolan	Queens Park Harriers
662	5695	01:19:43	Steve Lambert	Woodford Green AC with Essex Ladies
663	5690	01:19:48	Richard Hogg	Woodford Green AC with Essex Ladies
664	4475	01:20:02	Steve Sear	Fleet & Crookham AC
665	5168	01:20:05	Malcolm Hall	Royston Runners
666	4344	01:20:11	Matt Kiernan	Croydon Harriers
667	4062	01:20:13	Mark Bevan	Basingstoke & Mid Hants AC
668	4650	01:20:25	Rupert Mainwaring	Herne Hill Harriers
669	5515	01:20:25	Michael Jones	Trent Park RC
670	4719	01:20:25	Keith Wilson	Highgate Harriers
671	4447	01:20:28	Steve Adams	Eton Manor AC
672	5538	01:20:28	Peter Simpson	Vegan Runners UK
673	5393	01:20:30	Gordon Westley	Stubbington Green Runners
674	4342	01:20:33	Norman Hemming	Croydon Harriers
675	5456	01:20:33	Simon Maddison	Thames Valley Harriers
676	5017	01:20:34	Chris Priestley	North Herts RR
677	5643	01:20:34	Roy Long	Wimborne AC
678	5367	01:20:37	Aidrew Moore	Stopsley Striders
679	4358	01:20:38	Peter Butler	Dartford RR
680	4673	01:20:42	Robin Baynham	Herts Phoenix AC
681	119	01:20:44	Alastair Lang	KPMG Runners
682	5715	01:20:46	Paul Allen	Yeovil Town RRC
683	5510	01:20:47	Matthews Fellows	Trent Park RC
684	5588	01:20:52	Geoff Cole	Wells City Harriers
685	4937	01:20:53	Gary Homewood	Mornington Chasers RC
686	4461	01:20:58	Graham Blackburn	Fairlands Valley Spartans
687	4154	01:20:59	Kevin Winch	Bexley AC
688	5551	01:21:00	Jon Medcraft	Victoria Park H & Tower Hamlets AC
689	5553	01:21:05	David Robinson	Victoria Park H & Tower Hamlets AC
690	4524	01:21:10	Mick Anglim	Hardley Runners
691	4106	01:21:23	Tony Barnes	Bedford Harriers AC
692	5638	01:21:36	Paul Hine	Wimborne AC
693	5108	01:21:44	Richard Davies	Queens Park Harriers
694	5518	01:21:50	Martin McGahon	Trent Park RC
695	5478	01:21:50	Richard Dolman	Thetford AC
696	4945	01:21:51	Dan Smith	Mornington Chasers RC
697	5508	01:22:03	Martin Cullen	Trent Park RC
698	5036	01:22:05	Darwin Turner	Norwich RR
699	4975	01:22:06	Martin Wisdom	New Eltham Joggers
700	4518	01:22:08	Andy Carter	Halstead RR
701	5037	01:22:20	Tim Tyler	Norwich RR
702	5169	01:22:39	Richard Harrison	Royston Runners
703	5113	01:23:01	Bertie Miller	Queens Park Harriers
704	4866	01:23:07	Nik Skipper	London Heathside
705	4538	01:23:07	Mike Roberts	Hardley Runners
706	4934	01:23:08	Jonathan Bindman	Mornington Chasers RC
707	4143	01:23:15	Jonathan Hunter	Bexley AC
708	5581	01:23:15	Dave Dixon	Watford Joggers
709	5556	01:23:21	David Wilkey	Victoria Park H & Tower Hamlets AC
710	4355	01:23:24	Rob Sargent	Dagenham 88 Runners
711	4721	01:23:28	John Bignell	Hillingdon AC
712	5386	01:23:45	John Gueran	Stubbington Green Runners
713	5615	01:23:49	Gary Robinson	West 4 Harriers
714	4967	01:23:50	John Kemp	New Eltham Joggers
715	5605	01:23:54	Geoff Walden	Werrington Joggers
716	4463	01:23:57	Jim brown	Fairlands Valley Spartans
717	5482	01:24:05	Paul Taverner	Thetford AC
718	5632	01:24:16	Graham Wiggins	White Horse Harriers AC
719	5631	01:24:20	Dene Stringfellow	White Horse Harriers AC
720	4531	01:24:26	Jack Hutchison	Hardley Runners

Senior Men

Pos	RaceNo	Time	Name	Club
721	5584	01:24:28	Keith Taylor	Watford Joggers
722	4734	01:24:31	Christopher Lee	Horsham Blue Star Harriers
723	4381	01:24:31	Patrick Martin	Dorking & Mole Valley AC
724	4543	01:24:56	Sean Flynn	Harlow RC
725	4537	01:24:59	Simon Ridley	Hardley Runners
726	4844	01:25:02	Steven Westlake	London Frontrunners
727	5640	01:25:05	Ian Kennedy	Wimborne AC
728	4592	01:25:06	Jonathan Chambers	Headington RR
729	4829	01:25:12	John Brown	London Frontrunners
730	5509	01:25:19	Ian Ellis	Trent Park RC
731	4830	01:25:21	Adrian Butler	London Frontrunners
732	5270	01:25:24	Russell Devitt	Shaftesbury Barnet Harriers
733	4102	01:25:34	Robert Thompson	Bedford & County AC
734	4972	01:25:36	Simon Riley	New Eltham Joggers
735	4761	01:25:38	Martin Kelk	Invicta East Kent AC
736	4728	01:25:41	John Luscombe	Hillingdon AC
737	4959	01:25:46	Peter Cane	New Eltham Joggers
738	4968	01:25:52	Nigel Kent	New Eltham Joggers
739	5523	01:26:08	Paul Ward	Trent Park RC
740	4528	01:26:19	Paul Carter	Hardley Runners
741	5219	01:26:23	Jean-Luc Huez (F)	Serpentine RC
742	5028	01:26:30	Kevin Gee	Norwich RR
743	4152	01:26:32	Terry Waldale	Bexley AC
744	5479	01:26:33	Carl Higgins	Thetford AC
745	5170	01:26:37	Paul Haynes	Royston Runners
746	5034	01:26:39	Tony Millett	Norwich RR
747	5491	01:26:44	Edward Skinner	Tiptree RR
748	4971	01:26:46	Nick Moss	New Eltham Joggers
749	4974	01:26:49	John White	New Eltham Joggers
750	4606	01:26:50	John Worth	Headington RR
751	116	01:27:03	Tom Gilbert	KPMG Runners
752	4635	01:27:05	Hassan Dervish	Herne Hill Harriers
753	4339	01:27:07	Kieth Brown	Croydon Harriers
754	5560	01:27:08	Graham Foden	Victory AC
755	4146	01:27:10	Richard Long	Bexley AC
756	5483	01:27:10	Malcolm Bailey	Tiptree RR
757	5361	01:27:12	Dave Debnam	Stopsley Striders
758	5516	01:27:30	James Joy	Trent Park RC
759	4192	01:27:36	Andrew Mitchelson	Brighton & Hove City AC
760	4073	01:27:42	Ian Smith	Basingstoke & Mid Hants AC
761	4139	01:27:44	Dave Farrell	Bexley AC
762	4883	01:27:49	Richard Hardy	Luton AC
763	587	01:27:52	Paul Grimsdale	Oxford City
764	4724	01:27:53	Brian Feldman	Hillingdon AC
765	4803	01:28:27	Jon Hull	Leighton Buzzard AC
766	4556	01:28:30	Kevin Concannon	Harrow AC
767	5486	01:28:32	Robert Hadgraft	Tiptree RR
768	4816	01:28:41	Paul Allen	Lingfield RC
769	5639	01:29:08	Jeff Hinsley	Wimborne AC
770	4643	01:29:19	Phillip Henwood	Herne Hill Harriers
771	4214	01:29:29	Tim Long	Cambridge & Coleridge
772	4416	01:29:56	John Turner	Ely Runners
773	4835	01:30:11	Lee Kirby	London Frontrunners
774	5514	01:30:48	Ian Johnson	Trent Park RC
775	5383	01:31:04	David Docherty	Stubbington Green Runners
776	4228	01:31:25	Mark Newell	Cambridge Harriers
777	5023	01:31:32	Mark Burrows	Norwich RR
778	5091	01:31:37	Christopher Bent	Pitsea RC
779	4963	01:31:46	Nick Curtis	New Eltham Joggers
780	4970	01:32:01	Sean McGranahan	New Eltham Joggers

Senior Men

Pos	RaceNo	Time	Name	Club
781	5512	01:32:11	Peter Goldfinch	Trent Park RC
782	4476	01:32:28	Robert Skripek	Fleet & Crookham AC
783	4965	01:33:08	Steve Freeman	New Eltham Joggers
784	4349	01:33:19	Bill Adams	Dagenham 88 Runners
785	4841	01:34:09	Colin Stevenson	London Frontrunners
786	4439	01:34:41	Dave Mitchell	Epsom & Ewell Harriers
787	5090	01:35:19	Peter Bates	Pitsea RC
788	5359	01:36:28	Ian Cousins	Stopsley Striders
789	4178	01:37:08	Tim Gibson	Bracknell AC
790	5046	01:37:47	Pete Deadman	Orion Harriers
791	4411	01:38:21	Stuart Baumber	Ely Runners
792	4526	01:38:46	Andrew Barber	Hardley Runners
793	5645	01:38:46	Steve Snook	Wimborne AC
794	5104	01:40:20	Alex Brodie	Queens Park Harriers
795	4754	01:40:42	Bradley Burden	Invicta East Kent AC
796	4593	01:41:13	Ricky Cherry	Headington RR
797	4938	01:41:20	Bobby Howe	Mornington Chasers RC
798	4341	01:41:46	Eric Cambell	Croydon Harriers
799	4527	01:41:51	Jeremy Barber	Hardley Runners
800	4960	01:45:37	Ian Chidwick	New Eltham Joggers
801	4605	01:45:40	Kit Villiers	Headington RR
802	5156	01:46:08	John Mackenzie	Reigate Priory AC
803	4536	01:46:28	Ray Noke	Hardley Runners
804	4648	01:46:49	Andrew Lea-Gerrard	Herne Hill Harriers
805	5099	01:49:04	George Wright	Poole AC
806	4356	01:52:57	Bill Smith	Dagenham 88 Runners