pos	Day 1	28th Oct	Willen	pos	Day 2	29th Oct	Furzton	pos	Day 3	30th Oct	Caldecotte
1	Jon Godfrey	City of Hull AC	3.11.17	1	Jon Godfrey	City of Hull AC	3.12.59	1	Jon Godfrey	City of Hull AC	3.16.53
1	Matt Tonks	Nuneaton Harriers	3.11.17	1	Matt Tobks	Nuneaton Harriers	3.12.59	2	Paul Allen	100 Marathon Club	3.24.39
3	Steve Edwards	Bourton RR	3.17.27	3	Steve Edwards	Bourton RR	3.24.20	3	Sally Ford	UK Netrunner	3.40.24
4	Paul Allen	100 Marathon Club	3.28.59	4	Paul Allen	100 Marathon Club	3.30.09	4	Nick Rowe	The Stragglers	3.42.49
4	Guy Williams	Yeovil	3.28.59	5	Guy Williams	Yeovil	3.37.07	5	Guy Williams	Yeovil	3.46.53
6	Matt Dunn	UK Netrunner	3.41.03	6	Merilyn Davis	Elmbridge RRC	3.48.35	6	Richard Hyde	Unaffiliated	3.53.24
7	David Wintle	100 Marathon Club	3.45.13	7	David Wintle	100 Marathon Club	3.50.47	7	Mervyn Phillips	MMKAC	3.55.47
8	Stephen Lee	Hermitage Harriers	3.58.29	8	Paul Bridges	Springfield Striders	3.51.37	8	David Wintle	100 Marathon Club	3.56.29
9	Paul Mason	The Stragglers	4.01.37	9	Russell Rose	Olney Runners	3.53.59	9	Wona Donnelly	Unaffiliated	3.59.23
10	Olivia Stacey	Badgers	4.02.47	10	Tiago Dionisio	100 Marathon Club	3.54.57	10	Olivia Stacey	Badgers	4.07.43
11	David Mould	Ely Runners	4.04.02	11	Paul Barton	Ampthill & Flitwick	3.55.43	10	Esther McCullagh	Badgers	4.07.43
12	Martin Neale	Ropsley RR	4.06.29	12	Olivia Stacey	Badgers	3.57.55	12	Dean Chambers	100 Marathon Club	4.29.40
13	Tiago Dionisio	100 Marathon Club	4.06.55	13	Dean Chambers	100 Marathon Club	4.10.52	13	Paul Spooner	100 Marathon Club	4.34.44
14	Mandy Harley	Unaffiliated	4.09.14	14	Mandy Harley	Unaffiliated	4.19.07	14	Andrew Burgess	Maidstone Harriers	4.38.02
15	Laurence Hylton	FERC	4.14.26	15	Laurence Hylton	FERC	4.26.38	15	Mandy Harley	Unaffiliated	4.41.20
16	Paul Barton	Amphill & Flitwick	4.18.59	16	Stefan Klincewicz	Waverley Harriers	4.28.06	16	Peter Finn	100 Marathon Club	4.43.55
17	Alan Young	Unaffiliated	4.35.16	17	Paul Spooner	100 Marathon Club	4.28.32	17	Karl Randall	100 Marathon Club	4.47.14
18	Paul Bridges	Springfield Striders	4.36.10	18	Keith Stuart	FERC	4.33.05	17	Paul Bridges	Springfield Striders	4.47.14
18	Karl Randall	100 Marathon Club	4.36.10	19	Peter Finn	100 Marathon Club	4.46.22	19	Jay Fletcher	Silson Joggers	4.51.20
20	Sheila Rose	UK Netrunner	4.42.05	20	Karl Randall	100 Marathon Club	4.48.02	19	Camilla Scarlett	The Stragglers	4.51.20
21	Heather McDonald-Hamilto	100 Marathon Club	4.42.53	20	Camilla Scarlett	The Straggler	4.48.02	21	Frances Thorne	Unaffiliated	4.53.46
22	Paul Spooner	100 Marathon Club	4.46.57	20	Jay Fletcher	Silson Joggers	4.48.02	22	Paul Bigmore	100 Marathon Club	4.54.06
23	Camilla Scarlet	Stragglers	4.48.10	23	Donna Richards	South London H	4.53.26	23	Rachel Armstrong	Redway Runners	5.04.06
23	Jay Fletcher	Silson Joggers	4.48.10	24	Rachel Armstrong	Redway Runners	4.56.27	23	Paul Barton	Ampthill & Flitwick	5.04.06
25	Paul Bigmore	100 Marathon Club	4.55.30	25	Greg Ward	Sandhurst Joggers	5.06.24	23	Laurence Hylton	FERC	5.04.06
26	Peter Finn	100 Marathon Club	5.01.15	26	Paul Bigmore	100 Marathon Club	5.08.27	26	Lance King	Sandhurst Joggers	5.11.03
27	Rachel Armstrong	Redway Runners	5.01.37	27	Kaja Kosla	100 Marathon Club	5.12.50	27	Keith Stuart	FERC	5.15.59
28	Brian Mills	100 Marathon Club	5.01.38	28	Carl Woodhouse	Unaffiliated	5.17.58	28	Ruth Benzimra	100 Marathon Club	5.28.50
29	Ruth Benztmra	100 Marathon Club	5.26.41	29	Ruth Benzimra	100 Marathon Club	5.22.14	29	Edward Mills	100 Marathon Club	5.41.42
30	Edward Mills	100 Marathon Club	5.37.20	30	Edward Mills	100 Marathon Club	5,28.58	30	Greg Ward	Sandhurst Joggers	5.50.41
30	Greg Ward	Sandhurst Joggers	5.37.20	31	Mel Roberts	Plumstead Joggers	5.44.55	31	Vicky Horne	Sandhurst Joggers	5.53.08
30	Keith Stuart	FERC	5.37.20	31	Vicky Horne	Sandhurst Joggers	5.44.55	32	Donna Richards	South London H	6.01.32
33	Jo Yarnall	Aldridge RC	5.53.53								
34	Donna Richards	South London H	6.45.53								
34	Vicky Horne	Sandhurst Joggers	6.45.53								