

Name	Club	Time	Position	
James Elson	TRA	3.12.25	1	
Steve Edwards	Bourton RR	3.14.10	2	
Matthew Tonks	Nuneaton Harriers	3.19.36	3	
Tiago Dionisio	100 Marathon Club	3.40.46	4	
Richard Kell	RRC	3.45.51	5	
Jay MacDonald	Watford Harriers	3.48.11	6	
Jeremy Isaacs	Unaffiliated	3.58.11	7	
Paul Sutherland	Shenley Striders	4.04.36	8	
Alex Penny	Buckingham & Stowe	4.08.26	9	
Helen James	Barrow Runners	4.09.56	10	First Lady
Michael Pate	Red Rose Runners	4.11.00	11	
JJ De Gorter	MK Lakeside	4.19.07	12	
Keith Luxon	Benfleet	4.21.57	13	
David Lewis	100 Marathon Club	4.24.44	14	
Ellen Cottom	100 Marathon Club	4.27.13	15	
Ulen Neale	Headington RR	4.30.14	16	
Mark Atkinson	MK Lakeside	4.38.58	17	
Stefan Klinecicz	Waverley Harriers	4.48.28	18	
Karl Randall	Lichfield RC	4.48.32	19	
Anna Hatton	100 Marathon Club	4.53.18	20	
Lisa Hewitt	100 Marathon Club	4.53.18	20	
Heather McDonald-Hamilton	RRC	4.54.51	22	
Traviss Willcox	100 Marathon Club	4.54.53	23	
Glen Keegan	Herne Hill Harriers	4.58.08	24	
Alan Young	Unaffiliated	5.06.33	25	
Sheila Rose	DLRR	5.09.42	26	
Martin Sanderson	100 Marathon Club	5.13.11	27	
Hazel Kurz	FERC	5.16.53	28	
Tony Byrne	MMKAC	5.24.39	29	
Rachel Armstrong	Shenley Striders	5.29.07	30	
Jo Yarnall	Aldridge RC	5.33.34	31	
Ruth Benzimra	100 Marathon Club	5.41.39	32	
Rik Vercoe	100 Marathon Club	6.27.13	33	