

Name	Club	Day 1	Pos.	Day 2	Pos.	Day 3	Pos.	Day 4	Pos.	Ave. Quad Time	Quad Rank	Total Time	Green No.
Keith Luxon	Benfleet	3:11:20	1	3:10:12	1	3:06:00	1	3:22:22	2	3:12:29	1	12:49:54	47
Tiago Dionisio	100 Marathon Club	3:25:01	2	3:25:26	3	3:24:17	2	3:33:55	3	3:27:10	2	13:48:39	64
Phil Adams	100 Marathon Club	3:34:40	4	3:40:05	4	3:39:49	3	3:56:21	6	3:42:44	3	14:50:55	141
Abi Gooch	Redway Runners	3:36:45	5	3:43:28	5	3:42:17	4	3:57:05	7	3:44:54	4	14:59:35	235
Greg Black	Unaffiliated	3:50:52	9	3:49:28	7	3:44:25	5	3:46:44	4	3:47:52	5	15:11:29	236
Tristan Wilson	Unaffiliated	3:53:29	12	3:47:35	6	3:44:52	6	3:48:48	5	3:48:41	6	15:14:44	237
Pat Norris	100 Marathon Club	3:53:20	11	4:07:38	11	3:48:40	8	4:32:32	15	4:05:33	7	16:22:10	77
Paul Commons	100 Marathon Club	4:06:04	16	4:12:39	14	3:50:36	11	4:20:01	11	4:07:20	8	16:29:20	191
Duncan Gordon	Northbrook AC	3:43:48	8	4:07:32	10	4:26:26	17	4:14:31	9	4:08:04	9	16:32:17	216
Stephen Dunham	Redway Runners	3:52:40	10	4:42:20	23	3:49:46	10	4:18:37	10	4:10:51	10	16:43:23	151
Jonathan Clements	Redway Runners	3:39:06	6	4:08:36	12	4:24:36	15	4:35:28	16	4:11:57	11	16:47:46	238
Rob Wishart	Tyne Bridge Harriers	4:12:40	17	4:03:54	9	4:15:36	12	4:21:10	12	4:13:20	12	16:53:20	239
Mark Bastick	Redway Runners	4:24:23	19	4:23:38	15	4:25:44	16	4:28:24	14	4:25:32	13	17:42:09	190
Graham Dewar	Unaffiliated	3:55:03	14	4:35:23	20	4:46:12	22	4:46:20	19	4:30:45	14	18:02:58	240
Ben Smithers	Red Rose Runners	4:29:18	21	4:31:32	18	4:24:10	14	4:40:18	18	4:31:19	15	18:05:18	241
Tony Bowe	Northbrook AC	4:29:47	23	4:38:05	23	4:28:57	20	4:39:07	17	4:33:59	16	18:15:56	101
Mark Haynes	Leighton Buzzard AC	4:24:57	20	4:53:17	27	4:19:13	13	4:46:20	20	4:35:57	17	18:23:47	177
Alice Robinson	Unaffiliated	4:29:21	22	4:54:42	28	4:46:12	22	4:58:50	23	4:47:16	19	19:09:05	242
Greg Ashley	100 Marathon Club	4:45:56	27	4:44:09	24	4:43:33	21	5:09:15	26	4:50:43	20	19:22:53	197
Ulen Neale	100 Marathon Club	4:55:50	15	4:55:28	29	4:48:23	25	4:58:16	22	4:53:29	18	19:37:57	155
Stephen Holmes	Sedgeley Striders	5:17:17	42	4:09:30	13	5:02:39	29	5:19:45	32	4:57:18	21	19:49:11	243
Elaine Dean	100 Marathon Club	4:45:52	26	4:48:03	25	5:11:18	37	5:06:24	24	4:57:54	22	19:51:37	124
Enda Cleary	100 Marathon Club	4:17:05	18	4:42:15	22	5:17:39	38	5:47:38	46	5:01:09	23	20:04:37	193
James Carty	Unaffiliated	4:16:24	41	5:54:12	57	4:48:04	24	5:12:22	27	5:02:46	27	20:11:02	244
Dianne Morris	Halmer Harriers	4:56:15	31	4:52:55	26	5:01:00	27	5:25:05	35	5:03:49	24	20:15:15	207
Andrew Coveney	100 Marathon Club	4:53:43	29	5:08:20	31	5:09:40	36	5:37:56	38	5:12:25	25	20:49:39	198
Sarah Pennock	Sudbury Joggers	5:06:38	33	5:27:11	37	5:07:36	33	5:13:24	29	5:13:42	26	20:54:49	220

Clive Hearn	100 Marathon Club	5:17:17	42	5:41:19	48	5:02:39	29	5:19:45	32	5:20:15	28	21:21:00	127
Nick Cockburn	100 Marathon Club	5:17:17	42	5:41:19	48	5:02:39	29	5:19:45	32	5:20:15	28	21:21:00	147
Joni Southall	Unaffiliated	4:57:06	32	5:34:05	42	5:36:26	44	5:19:07	31	5:21:41	30	21:26:44	245
Steve Harlowe	Reading Joggers	5:08:44	35	5:23:41	35	5:27:35	39	5:36:09	37	5:24:02	31	21:36:09	246
Paul Barton	Amphill & Flitwick Flyers	5:08:44	35	5:41:19	48	5:02:39	29	5:46:21	43	5:24:46	32	21:39:03	11
Charlie McMurtry	Unaffiliated	5:06:38	33	5:35:01	43	5:01:40	28	6:07:23	49	5:27:41	33	21:50:42	209
Neil Briggs	MK Lakeside	5:15:18	39	5:35:17	45	5:32:43	42	5:27:36	36	5:27:44	34	21:50:54	221
Jayne Woodhouse	Reading Joggers	5:12:11	38	5:28:48	40	5:35:04	43	5:43:40	41	5:29:56	35	21:59:43	247
Lucy Fern	100 Marathon Club	5:38:08	52	5:06:25	30	5:30:44	41	5:47:40	47	5:30:44	36	22:02:57	223
Maryanne Aitken	100 Marathon Club	5:35:15	50	5:16:59	32	5:29:09	40	5:47:35	45	5:32:15	37	22:08:58	134
Gina Biggs	Red Rose Runners	5:38:08	52	5:33:05	41	5:45:05	48	5:13:10	28	5:32:22	38	22:09:28	187
Karl Randall	100 Marathon Club	5:17:17	42	5:41:19	48	5:45:05	48	5:46:21	43	5:37:30	39	22:30:02	83
Karen Chart	Collingwood AC	5:15:59	40	5:18:45	33	6:02:16	55	6:10:06	50	5:41:46	40	22:47:06	248
Brenda O'Keefe	100 Marathon Club	5:29:29	47	5:45:11	53	5:39:30	45	6:14:24	51	5:47:09	41	23:08:34	180
Collette O'Hagan	100 Marathon Club	5:29:29	47	5:45:11	53	5:39:30	46	6:14:24	51	5:47:09	41	23:08:34	181
Justine Flett	Unaffiliated	5:36:32	51	5:28:21	39	5:44:02	47	6:28:01	60	5:49:14	43	23:16:56	249
Caroline Dalchow	Unaffiliated	5:40:48	54	5:43:31	52	5:55:32	53	6:27:13	57	5:56:46	44	23:47:04	250
Rob McGregor	100 Marathon Club	5:51:57	58	5:36:41	47	5:54:59	51	6:27:39	58	5:57:49	45	23:51:16	251
Ruth Benzimra	100 Marathon Club	6:02:42	62	5:52:30	55	6:09:22	56	6:27:55	59	6:08:07	46	24:32:29	48
Nick Nicholson	100 Marathon Club	6:44:14	69	6:18:46	59	5:54:59	51	5:44:31	42	6:10:37	47	24:42:30	161
Colin Adam	Unaffiliated	5:46:27	55	6:31:27	63	6:17:48	58	6:26:26	53	6:15:32	48	25:02:08	252
Vanessa Brewster	100 Marathon Club	5:46:27	55	6:31:27	63	6:17:48	58	6:26:26	53	6:15:32	48	25:02:08	233
Max Cottrell-East	London Frontrunners	6:02:42	62	6:31:27	63	6:16:58	57	6:27:12	56	6:19:35	50	25:18:19	117
John Howard	Yaxley	5:46:30	57	6:39:24	68	6:17:48	58	6:40:32	61	6:21:04	51	25:24:14	253
Eddie Mills	100 Marathon Club	6:12:33	65	6:28:26	60	6:19:14	61	6:26:26	53	6:21:40	52	25:26:39	234
Tim Lupton	100 Marathon Club	6:07:40	64	6:31:13	61	6:01:29	54	6:59:31	62	6:24:58	53	25:39:53	186
Andrew Easton	Strom Plymouth	6:17:10	66	6:35:45	66	6:46:31	63	7:15:30	63	6:43:44	54	26:54:56	254
Kerry Barnett	Vegan Runners	6:17:10	66	6:35:45	66	6:46:31	63	7:15:30	63	6:43:44	54	26:54:56	255