

| Number | Name | Club | Time | Position | |
|--------|-------------------|--------------------------|---------|----------|------------|
| 422 | James Murray | Bideford AAC | 3.13.20 | 1 | |
| 24 | Rik Vercoe | 100 Marathon Club | 3.20.25 | 2 | |
| 435 | Chris Brookman | MK Lakeside Runners | 3.21.58 | 3 | |
| 423 | Sally Ford | UK Netrunner | 3.31.30 | 4 | First Lady |
| 30 | Matt Dunn | UK Netrunner | 3.39.59 | 5 | |
| 409 | Carl Miles | East Cornwall Harriers | 3.40.20 | 6 | |
| 426 | Darren Rowe | Cleethorpes AC | 3.42.42 | 7 | |
| 464 | Patrick Munn | Mudcrew Trailrunners | 3.45.17 | 8 | |
| 6 | Matthew David | 100 Marathon Club | 3.46.20 | 9 | |
| 420 | Tiago Dionisio | 100 Marathon Club | 3.46.57 | 10 | |
| 405 | Diane Roy | East Cornwall Harriers | 3.49.49 | 11 | |
| 431 | Mike Tilsley | MK Lakeside Runners | 3.50.30 | 12 | |
| 449 | Riccardo Giussani | Unaffiliated | 3.50.54 | 13 | |
| 26 | Lisa Wallbridge | 100 Marathon Club | 3.52.16 | 14 | |
| 447 | Matthew Moroz | Sheen Shufflers | 3.52.31 | 15 | |
| 33 | David Mould | Ely Runners | 3.53.35 | 16 | |
| 457 | Helen James | Barrow Runners | 3.53.35 | 16 | |
| 451 | Denys Baudry | 100 Marathon Club | 3.53.53 | 18 | |
| 403 | Trinity Booth | Thornbury RC | 3.54.56 | 19 | |
| 29 | Keith Luxon | Benfleet RC | 3.55.11 | 20 | |
| 438 | Joe Hawkins | Datchet Dashers | 3.57.27 | 21 | |
| 27 | David Cremins | 100 Marathon Club | 3.58.45 | 22 | |
| 432 | Andy Gower | MK Lakeside Runners | 4.04.32 | 23 | |
| 425 | Mark Atkinson | MK Lakeside Runners | 4.06.17 | 24 | |
| 406 | David Clark | Unaffiliated | 4.06.22 | 25 | |
| 441 | Jeremy Issac | Unaffiliated | 4.07.33 | 26 | |
| 430 | Kevin Blackhurst | Kirkstall Harriers | 4.11.32 | 27 | |
| 417 | Rosemary Close | FERC | 4.11.40 | 28 | |
| 442 | Ellen Cottom | 100 Marathon Club | 4.13.34 | 29 | |
| 10 | Richard Kell | RRC | 4.14.09 | 30 | |
| 47 | Keith Stuart | FERC | 4.18.23 | 31 | |
| 42 | Karen Hurrell | Dagenham 88 Runners | 4.24.00 | 32 | |
| 418 | Dean Chambers | Unaffiliated | 4.30.29 | 33 | |
| 404 | David Phipps | FERC | 4.34.52 | 34 | |
| 445 | Dawn Riden | Hogweed Trotters | 4.37.12 | 35 | |
| 410 | Melanie Roberts | FERC | 4.39.43 | 36 | |
| 12 | David Barr | Tunbridge Wells Harriers | 4.42.45 | 37 | |
| 413 | Glen Keegan | Herne Hill Harriers | 4.42.45 | 37 | |
| 427 | Lesley Parry | Cleethorpes AC | 4.45.43 | 39 | |
| 436 | Patrick Norris | Unaffiliated | 4.45.56 | 40 | |
| 15 | Jon Aston | Wrekin RR | 4.49.38 | 41 | |
| 37 | Barry Light | Littledown Harriers | 4.52.02 | 42 | |
| 460 | Richard Wellburn | 100 Marathon Club | 4.56.17 | 43 | |
| 424 | Paul Sutherland | Shenley Striders | 5.01.14 | 44 | |
| 402 | Rachel Armstrong | Shenley Striders | 5.01.14 | 44 | |
| 461 | Lesley Coulton | Unaffiliated | 5.02.28 | 46 | |
| 408 | Davey Green | Launceston | 5.02.32 | 47 | |
| 453 | Gary Kelly | Buckingham & Stowe | 5.05.02 | 48 | |
| 48 | Ruth Benzimra | 100 Marathon Club | 5.08.20 | 49 | |
| 454 | Chris Beard | Unaffiliated | 5.13.43 | 50 | |
| 463 | Malcolm Gumbrell | Winchester & District | 5.13.43 | 50 | |
| 416 | Diane Shaw | Kirkstall Harriers | 5.21.15 | 52 | |
| 56 | Rachel Smith | Maidstone Harriers | 5.21.48 | 53 | |
| 443 | Lisa Hewitt | 100 Marathon Club | 5.21.48 | 53 | |
| 428 | Brenda Wilkin | Unaffiliated | 5.22.46 | 55 | |

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| 11 | Paul Barton | Ampthill & Flitwick Flyers | 5.25.27 | 56 |
| 419 | Karl Randall | Unaffiliated | 5.29.01 | 57 |
| 437 | Andrew Kinney | Harlow RC | 5.31.41 | 58 |
| 415 | Cat Marriott | Biggleswade AC | 5.37.46 | 59 |
| 17 | Kaja Kosla | TRA | 5.41.28 | 60 |
| 52 | Traviss Willcox | 100 Marathon Club | 5.45.09 | 61 |
| 35 | Brian Mills | 100 Marathon Club | 6.02.18 | 62 |
| 412 | Liz Smith | FERC | 6.12.15 | 63 |
| 429 | Melanie Floyd | Thetford AC | 6.12.15 | 63 |
| 45 | Denzil Martin | Wrekin RR | 6.19.56 | 65 |
| 448 | Kate Jayden | West Cheshire AC | 6.19.56 | 65 |
| 433 | Stephen Eaton | Lichfield | 6.26.21 | 67 |
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