

| Pos | Name | Surname | Club | Time | M/F | Age | Cat | Cat Pos. |
|-----|------------|-----------------------|---------------------------------|-------|-----|-----|--------|----------|
| 1 | Ben | Shearer | Cambridge Harriers | 32.56 | M | 36 | M U/50 | 1 |
| 2 | Juan | Ferrer | Serpentine | 34.52 | M | 34 | M U/50 | 2 |
| 3 | Stephen | Thackeray | Beckenham Running Club | 34.56 | M | 34 | M U/50 | 3 |
| 4 | James | Broderick | | 35.11 | M | 39 | M U/50 | 4 |
| 5 | Marcus | Cookham | Bedford Harriers AC | 35.15 | M | 40 | M U/50 | 5 |
| 6 | Darren | McNeely | Serpentine | 35.20 | M | 36 | M U/50 | 6 |
| 7 | Gwyn | Davies | | 35.27 | M | 26 | M U/50 | 7 |
| 8 | Julian | Hazeldine | East End Road Runners | 35.30 | M | 30 | M U/50 | 8 |
| 9 | Richard | Edmonds | Serpentine | 35.46 | M | 42 | M U/50 | 9 |
| 10 | Alex | Riches | | 35.58 | M | 30 | M U/50 | 10 |
| 11 | Keith | Sanders | Cambridge Harriers | 36.07 | M | 32 | M U/50 | 11 |
| 12 | Fintan | Parkinson | Blackheath and Bromely Harriers | 36.30 | M | 34 | M U/50 | 12 |
| 13 | Jean-Louis | Benavides | Serpentine | 36.34 | M | 33 | M U/50 | 13 |
| 14 | Jonathan | Moscrop | London Frontrunners | 36.44 | M | 38 | M U/50 | 14 |
| 15 | Rob | Shearer | Cambridge Harriers | 36.44 | M | 34 | M U/50 | 15 |
| 16 | Guillaume | Derrien | | 37.18 | M | 24 | M U/50 | 16 |
| 17 | Mitchell | Dann | | 37.22 | M | 37 | M U/50 | 17 |
| 18 | Mike | Prior | Trent Park RC | 37.27 | M | 45 | M U/50 | 18 |
| 19 | Max | Livingstone-Learmonth | Serpentine | 37.44 | M | 35 | M U/50 | 19 |
| 20 | Eric | Dol | Herne Hill Harriers | 37.51 | M | 23 | M U/50 | 20 |
| 21 | Phil | Cope | | 38.01 | M | 24 | M U/50 | 21 |
| 22 | Michael | Stainton | Serpentine Running Club | 38.08 | M | 51 | M O/50 | 1 |
| 23 | dave | oxland | Road Runner's club | 38.09 | M | 33 | M U/50 | 22 |
| 24 | Johnny | Amos | | 38.13 | M | 27 | M U/50 | 23 |
| 25 | Joe | O'Brien | | 38.13 | M | 22 | M U/50 | 24 |
| 26 | Floris | Kneefel | Serpentine RC | 38.24 | M | 41 | M U/50 | 25 |
| 27 | Roger | Lawrence | | 38.24 | M | 32 | M U/50 | 26 |
| 28 | Russell | Pearson | Clapham Chasers | 38.28 | M | 32 | M U/50 | 27 |
| 29 | Roy | Walker | Fulham Running Club | 38.34 | M | 29 | M U/50 | 28 |
| 30 | Ajay | Plunket | | 38.37 | M | 27 | M U/50 | 29 |
| 31 | Jarred | Finn | Serpentine | 38.38 | M | | M U/50 | 30 |
| 32 | Matty | Hassan | | 39.05 | M | 33 | M U/50 | 31 |
| 33 | Matt | Boyce | Fulham Running Club | 39.21 | M | 32 | M U/50 | 32 |
| 34 | Tom | Cheetham | Hercules Wimbledon | 39.24 | M | 46 | M U/50 | 33 |
| 35 | Sam | Paice | | 39.26 | M | 25 | M U/50 | 34 |
| 36 | Joseph | Merlini | | 39.30 | M | 45 | M U/50 | 35 |
| 37 | Jonathan | Poirrette | Serpentine | 39.35 | M | 50 | M O/50 | 2 |
| 38 | Tom | Levitt | | 39.38 | M | 31 | M U/50 | 36 |
| 39 | simon | holden | | 39.40 | M | 43 | M U/50 | 37 |
| 40 | TOM | WEBB | | 39.42 | M | 42 | M U/50 | 38 |
| 41 | Matthew | Roberts | Serpentine | 39.44 | M | 34 | M U/50 | 39 |
| 42 | Liam | Snelling | | 39.48 | M | 34 | M U/50 | 40 |
| 43 | John | Witton | | 39.52 | M | 59 | M O/50 | 3 |
| 44 | David | Smith | | 39.54 | M | 54 | M O/50 | 4 |
| 45 | David | Price-Stephens | | 39.55 | M | 38 | M U/50 | 41 |
| 46 | Asher | Simons | | 39.55 | M | 24 | M U/50 | 42 |

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|----|-------------|------------|-------------------------|-------|---|----|--------|----|
| 47 | Sarah | Dudgeon | Serpentine | 40.01 | F | 35 | W U/50 | 1 |
| 48 | Victoria | Carter | Serpentine | 40.20 | F | 41 | W U/50 | 2 |
| 49 | Dan | Hallam | | 40.24 | M | 35 | M U/50 | 43 |
| 50 | Rob | Cope | Dulwich Runners AC | 40.29 | M | 39 | M U/50 | 44 |
| 51 | Mark | Stewart | Serpentine | 40.37 | M | 35 | M U/50 | 45 |
| 52 | Stephen | Harris | Striders of Croydon | 40.38 | M | 42 | M U/50 | 46 |
| 53 | Cara | Kayum | u/a | 40.40 | F | 23 | W U/50 | 3 |
| 54 | Dan | Roach | | 40.43 | M | 34 | M U/50 | 47 |
| 55 | Tina | Gray | Fulham Running Club | 40.47 | F | 29 | W U/50 | 4 |
| 56 | karl | thompson | | 40.51 | M | 39 | M U/50 | 48 |
| 57 | Stuart | Franklin | | 40.54 | M | 47 | M U/50 | 49 |
| 58 | Daniel | Hudson | | 40.55 | M | 33 | M U/50 | 50 |
| 59 | Stuart | Rhodes | | 40.56 | M | 32 | M U/50 | 51 |
| 60 | Matthew | Reeve | | 40.57 | M | 29 | M U/50 | 52 |
| 61 | terry | avey | brighton phoenix ac | 41.05 | M | 61 | M O/60 | 1 |
| 62 | Edward | Devenport | Serpentine Running Club | 41.33 | M | 27 | M U/50 | 53 |
| 63 | Etienne | AMIC | | 41.36 | M | 42 | M U/50 | 54 |
| 64 | Adhir | Ramdarshan | | 41.39 | M | 32 | M U/50 | 55 |
| 65 | Emmanuel | Bresson | | 41.42 | M | 44 | M U/50 | 56 |
| 66 | Tom | Gilbert | KPMG RC | 41.43 | M | 29 | M U/50 | 57 |
| 67 | Ian | Grant | | 41.43 | M | 33 | M U/50 | 58 |
| 68 | Meghan | Kobza | | 41.43 | F | 24 | W U/50 | 5 |
| 69 | Duncan | Blake | | 41.44 | M | 46 | M U/50 | 59 |
| 70 | Michael | Mayes | | 41.49 | M | 34 | M U/50 | 60 |
| 71 | Elizabeth | Ryan | | 42.02 | F | 27 | W U/50 | 6 |
| 72 | REbecca | Marsham | | 42.10 | F | 43 | W U/50 | 7 |
| 73 | richard | hooley | tvh | 42.14 | M | 50 | M O/50 | 5 |
| 74 | Craig | Chivers | | 42.31 | M | 31 | M U/50 | 61 |
| 75 | Gavin | Cranley | | 42.31 | M | 33 | M U/50 | 62 |
| 76 | Jamie | Parkins | | 42.38 | M | 36 | M U/50 | 63 |
| 77 | AMY | LAM | Sydney Striders | 42.39 | F | 31 | W U/50 | 8 |
| 78 | Christopher | Abele | Serpentine | 42.57 | M | 51 | M O/50 | 6 |
| 79 | Neil | Rogers | | 43.07 | M | 27 | M U/50 | 64 |
| 80 | Andrew | Roy | | 43.09 | M | 35 | M U/50 | 65 |
| 81 | Nicholas | Walker | Reigate Priory | 43.12 | M | 34 | M U/50 | 66 |
| 82 | David | Drury | serpentine | 43.15 | M | 40 | M U/50 | 67 |
| 83 | Allan | Dunnett | | 43.23 | M | | M O/50 | 7 |
| 85 | Will | Mehew | | 43.27 | M | 33 | M U/50 | 68 |
| 84 | Hayley | Cook | Herne Hill Harriers | 43.27 | F | 34 | W U/50 | 9 |
| 86 | Chloe | Hawkins | Hercules Wimbledon | 43.28 | F | 31 | W U/50 | 10 |
| 87 | Daniel | Jakes | | 43.35 | M | 28 | M U/50 | 69 |
| 88 | PHILIP | HOWARD | | 43.44 | M | 46 | M U/50 | 70 |
| 89 | Miguel | Ortiz | | 43.44 | M | 34 | M U/50 | 71 |
| 90 | Andrew | Wallace | | 43.55 | M | 40 | M U/50 | 72 |
| 91 | James | Bryson | | 44.00 | M | 35 | M U/50 | 73 |
| 92 | Alistair | Hutchinson | | 44.17 | M | 36 | M U/50 | 74 |
| 93 | William | Rayner | | 44.31 | M | 40 | M U/50 | 75 |

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| 94 | Peter | Marshall | Serpentine Running clubp | 44.34 | M | 41 | M U/50 | 76 |
| 95 | Michael | Lehmann | Serpentine | 44.40 | M | 71 | M O/70 | 1 |
| 96 | Anton | de Klerk | | 44.43 | M | 29 | M U/50 | 77 |
| 97 | Leonardo | Fumarola | | 44.51 | M | 28 | M U/50 | 78 |
| 98 | Maurice | Sharp | | 44.53 | M | 67 | M O/60 | 2 |
| 99 | Nick | Mazitelli | | 44.54 | M | 30 | M U/50 | 79 |
| 100 | James | Clarke | | 45.15 | M | 28 | M U/50 | 80 |
| 101 | alex | podbury | | 45.15 | M | 26 | M U/50 | 81 |
| 102 | Edward | Noel | | 45.50 | M | 22 | M U/50 | 82 |
| 103 | Tobias Sebas | Blattner | | 45.53 | M | 33 | M U/50 | 83 |
| 104 | Emily | Gibbs | Clapham Chasers | 46.03 | F | 27 | W U/50 | 11 |
| 105 | Michael | McFall | | 46.04 | M | 45 | M U/50 | 84 |
| 106 | Enzo | Orsi | | 46.17 | M | 57 | M O/50 | 8 |
| 107 | jamie | fowler | | 46.24 | M | 26 | M U/50 | 85 |
| 108 | Karl | Murphy | | 46.32 | M | 34 | M U/50 | 86 |
| 109 | David | Cross | | 46.36 | M | 33 | M U/50 | 87 |
| 110 | Terry | Cook | Serpentine RC | 46.59 | M | 58 | M O/50 | 9 |
| 111 | Garry | Brown | | 47.01 | M | 41 | M U/50 | 88 |
| 112 | Angus | Searcy | Serpentine | 47.02 | M | 47 | M U/50 | 89 |
| 113 | Kirsty | Lynall | | 47.05 | F | 20 | W U/50 | 12 |
| 114 | Tomas | Lally | | 47.11 | M | 25 | M U/50 | 90 |
| 116 | Mark | Kiely | | 47.13 | M | 28 | M U/50 | 91 |
| 117 | Mike | White | | 47.13 | M | 26 | M U/50 | 92 |
| 115 | Annie | Foulds | Serpentine Running clubp | 47.13 | F | 43 | W U/50 | 13 |
| 118 | Nicola | Orr | | 47.15 | F | 32 | W U/50 | 14 |
| 119 | Katy | Humphrey | | 47.21 | F | 28 | W U/50 | 15 |
| 120 | Joe | Hallam | | 47.54 | M | 32 | M U/50 | 93 |
| 122 | Ashley | London | | 47.58 | M | 45 | M U/50 | 94 |
| 121 | Inga | Bellahn | Herne Hill Harriers | 47.58 | F | 39 | W U/50 | 16 |
| 124 | Richard | Morris | Fulham Running Club | 47.59 | M | 38 | M U/50 | 95 |
| 123 | Poppy | Meadows | | 47.59 | F | 25 | W U/50 | 17 |
| 125 | John | Sharpe | | 48.19 | M | 46 | M U/50 | 96 |
| 126 | Steven | Coventry | | 48.32 | M | 35 | M U/50 | 97 |
| 127 | Claudia | Firpi | | 48.43 | F | 38 | W U/50 | 18 |
| 128 | Philip | Turley | Epson & Ewell | 48.50 | M | 72 | M O/70 | 2 |
| 129 | Simon | Healey | | 48.53 | M | 38 | M U/50 | 98 |
| 130 | Chloe Louise | Flint | | 49.01 | F | 21 | W U/50 | 19 |
| 131 | Tamsyn | Elder | | 49.11 | F | 29 | W U/50 | 20 |
| 132 | Tim | Spillane | | 49.14 | M | 36 | M U/50 | 99 |
| 133 | Laura | Mundy | | 49.15 | F | 25 | W U/50 | 21 |
| 134 | Katie | Williams | | 49.16 | F | 32 | W U/50 | 22 |
| 135 | Paul | Breaden | | 49.17 | M | 31 | M U/50 | 100 |
| 136 | John | Wilson | Serpentine | 49.22 | M | 45 | M U/50 | 101 |
| 137 | David | Wilson | | 49.28 | M | 37 | M U/50 | 102 |
| 138 | Richard | Holloway | | 49.33 | M | 28 | M U/50 | 103 |
| 139 | nicholas | borsing | london frontrunners | 49.35 | M | 55 | M O/50 | 10 |
| 140 | Trevor | Sinclair | | 49.35 | M | 34 | M U/50 | 104 |

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|-----|-----------|--------------|---------------------|-------|---|----|--------|-----|
| 141 | James | Myhill | | 49.43 | M | 31 | M U/50 | 105 |
| 142 | John | Garber | Herne Hill Harriers | 49.51 | M | 71 | M O/70 | 3 |
| 143 | Clare | Hannaford | | 49.58 | F | 30 | W U/50 | 23 |
| 144 | Roberto | Carlini | | 50.24 | M | 39 | M U/50 | 106 |
| 145 | Alexandra | Lodge | | 50.26 | F | 27 | W U/50 | 24 |
| 146 | Anna | Osborne | | 50.26 | F | 26 | W U/50 | 25 |
| 147 | Angela | Kikugawa | | 50.51 | F | 50 | W O/50 | 1 |
| 148 | Joanna | Levannes | | 50.55 | F | 35 | W U/50 | 26 |
| 149 | Cormac | Ward | | 50.56 | M | 25 | M U/50 | 107 |
| 150 | Joscelin | Conrad | | 51.00 | F | 38 | W U/50 | 27 |
| 151 | Adam | Smith | | 51.04 | M | 34 | M U/50 | 108 |
| 152 | Stephen | Spence | | 51.20 | M | 21 | M U/50 | 109 |
| 153 | Andrew | Wallis | | 51.26 | M | 31 | M U/50 | 110 |
| 154 | Kathryn | Leigh | | 51.41 | F | 26 | W U/50 | 28 |
| 155 | Isabel | Widdonson | | 51.43 | F | 28 | W U/50 | 29 |
| 156 | Annie | Cooke | | 51.48 | F | 36 | W U/50 | 30 |
| 157 | Miriam | Bremer | | 52.06 | F | 38 | W U/50 | 31 |
| 158 | Maria | Sharoglazova | | 52.27 | F | 31 | W U/50 | 32 |
| 159 | Oliver | Humphrey | | 52.45 | M | 29 | M U/50 | 111 |
| 160 | peter | foot | | 52.59 | M | 42 | M U/50 | 112 |
| 161 | Priyank | Nandan | | 53.07 | M | 30 | M U/50 | 113 |
| 162 | Andrew | Dowell | | 53.17 | M | 28 | M U/50 | 114 |
| 163 | Jasmine | Voos | | 53.48 | F | 28 | W U/50 | 33 |
| 164 | severine | trinh | | 54.20 | F | 42 | W U/50 | 34 |
| 165 | Iris | Foster | | 54.24 | F | 43 | W U/50 | 35 |
| 166 | Kathin | Meyrick | | 55.25 | F | 48 | W U/50 | 36 |
| 167 | Robyn | Daniell | | 55.27 | F | 27 | W U/50 | 37 |
| 168 | Steph | Hannaford | | 55.40 | F | 19 | W U/50 | 38 |
| 169 | Emma | Raynes | | 55.53 | F | 26 | W U/50 | 39 |
| 170 | Kerry | Ray | | 55.56 | F | 25 | W U/50 | 40 |
| 171 | Roisin | Colleran | | 56.14 | F | 29 | W U/50 | 41 |
| 172 | Sarah | Noah | | 56.19 | F | 37 | W U/50 | 42 |
| 173 | Tanith | Goodwin | | 56.28 | F | 36 | W U/50 | 43 |
| 174 | Edwin | Bartlett | Vets AC | 56.34 | M | 68 | M O/60 | 3 |
| 175 | Jill | Dolphin | Herne Hill Harriers | 56.35 | F | 50 | W O/50 | 2 |
| 176 | Ian | Spence | | 56.37 | M | 67 | M O/60 | 4 |
| 177 | Melissa | Ferris | | 56.40 | F | 30 | W U/50 | 44 |
| 178 | Ewelina | Kudla | | 56.46 | F | 33 | W U/50 | 45 |
| 179 | Rebecca | Johnston | | 58.05 | F | 24 | W U/50 | 46 |
| 180 | Ed | Chow | | 58.07 | M | 51 | M O/50 | 11 |
| 181 | Martha | Swift | | 58.07 | F | 43 | W U/50 | 47 |
| 182 | Paul | Brand | | 58.09 | M | 50 | M O/50 | 12 |
| 183 | Kyla | Annear | | 58.39 | F | 34 | W U/50 | 48 |
| 184 | Victoria | Hyndman | | 58.40 | F | 41 | W U/50 | 49 |
| 185 | Michael | Loughrey | | 58.59 | M | 25 | M U/50 | 115 |
| 186 | Katie | Kelleher | | 59.06 | F | 27 | W U/50 | 50 |
| 187 | Mercedes | Garcia | | 59.10 | F | 41 | W U/50 | 51 |

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|-----|----------|------------|----------------------|--------|---|----|--------|-----|
| 188 | Zuzana | Adamjakova | | 59.32 | F | 31 | W U/50 | 52 |
| 189 | Nick | Horrocks | | 59.57 | M | 30 | M U/50 | 116 |
| 190 | Irshad | Rahman | | 60.37 | M | 31 | M U/50 | 117 |
| 191 | Rachel | Dampare | | 60.54 | F | 26 | W U/50 | 53 |
| 192 | Steve | Cryer | | 61.12 | M | 67 | M O/60 | 5 |
| 193 | Tessa | Brooks | | 62.36 | F | 31 | W U/50 | 54 |
| 194 | CHAR | DAVIES | | 62.40 | F | 31 | W U/50 | 55 |
| 195 | Isobel | Turner | | 62.54 | F | 22 | W U/50 | 56 |
| 196 | alicia | rudolph | | 63.08 | F | 30 | W U/50 | 57 |
| 197 | Xavier | Louis | | 66.22 | M | 35 | M U/50 | 118 |
| 198 | Sasha | Fuller | | 68.16 | F | 29 | W U/50 | 58 |
| 199 | Hirren | Dhimar | | 69.02 | M | 27 | M U/50 | 119 |
| 200 | Lisa | Meinert | | 70.05 | F | 28 | W U/50 | 59 |
| 201 | Lynda | Butler | | 72.45 | F | 29 | W U/50 | 60 |
| 202 | Paolo | Lattuca | | 91.23 | M | 40 | M U/50 | 120 |
| 203 | Neil | Spice | | 93.24 | M | 38 | M U/50 | 121 |
| 204 | Dean | Rome | | 472.57 | M | 34 | M U/50 | 122 |
| | Matthew | Taylor | | DNF | M | 51 | M O/50 | 13 |
| | Robert | Harrison | Thames Hare & Hounds | DNF | M | 53 | M O/50 | 14 |
| | Tomo | Kikugawa | | DNF | M | 56 | M O/50 | 15 |
| | Mike | Shine | | DNF | M | 66 | M O/60 | 6 |
| | Martin | Carmack | SERPENTINE RC | DNF | M | 42 | M U/50 | 123 |
| | Jeremy | Conrad | | DNF | M | 33 | M U/50 | 124 |
| | Oliver | Dean | | DNF | M | 32 | M U/50 | 125 |
| | Osaretin | Omorogbe | Shaftesbury Barnet | DNF | M | 43 | M U/50 | 126 |
| | Paul | Stewart | | DNF | M | 28 | M U/50 | 127 |
| | di | gardiner | london heathside | DNF | F | 37 | W U/50 | 61 |
| | Allison | Cuthbert | | DNF | F | 38 | W U/50 | 62 |
| | Naomi | Prasad | Serpentine | DNF | F | 31 | W U/50 | 63 |

