

Pos	Name	Club	Time
1	Mohammed Ismail	Herne Hill Harrier	3.22.19
2	James Murray	Bideford AAC	3.38.20
3	Andy Nice	Highgate Harriers	3.49.21
4	Roger Hayes	Teignbridge Trotters	4.11.08
5	Jon Errington	Bracknell Forest	4.17.03
6	David Mould	Ely Runners	4.26.50
7	Tiago Dionisio	100 Marathon Club	4.30.28
8	Jo Summers	North Herts RR	4.31.06 (1st lady)
9	Roger Hales	Teignbridge Trotters	4.34.39
10	Susan Gallacher	Dumfries RC	4.39.59
11	Martin Neale	Ropsley RR	4.45.06
12	Dan Thumwood	Unaffiliated	4.46.38
13	Lisa Wallbridge	100 Marathon Club	4.48.45
14	Naomi Newton-Fisher	Serpentine	4.49.15
15	Sharon Jones	Unaffiliated	4.51.33
16	Liam Tierney	Unaffiliated	5.02.52
17	Helen James	Barrow Runners	5.08.52
18	Dave Fawkner	Northbrook AC	5.10.20
19	Ellen Cottom	Unaffiliated	5.19.40
20	Chris Beard	Unaffiliated	5.39.52
21	Gary Kelly	Buck & Stowe RC	5.48.41
22	Sajid Khurshid	Unaffiliated	5.59.28
23	Andrew Goodson	Tiptree RR	6.17.15
23	Emma Sherwood	Canterbury Harriers	6.17.15
25	Vanessa Brewster	100 Marathon Club	6.21.10
25	Paul Barton	Ampthill & Flitwick Fly	6.21.10
27	Tricia McCarthy	Unaffiliated	6.22.06
28	Casa Messervy	Chiltern Harriers AC	6.24.43
29	Ruth Benzimra	100 Marathon Club	6.24.59
30	Denzil Martin	Wrekin RR	6.27.03
31	David Barr	Tunbridge Wells	6.55.20
31	Glen Keegan	Herne Hill Harriers	6.55.20
33	Rachel Smith	Maidstone Harriers	6.59.01