

Number	Name	Club	Time	Position	
41	James Elson	TRA	3.48.52	1	
26	Tiago Dionisio	100 Marathon Club	4.11.45	2	
75	Roger Bullen	Wellingborough & D	4.16.29	3	
73	David Bell	FERC	4.52.16	4	
9	Kaz Hurrell	100 Marathon Club	4.56.37	5	First Lady
19	Heather Macdonald-Hamilton	RRC	4.59.51	6	
39	Kim Freeman	Unaffiliated	5.09.06	7	
51	Frances Thorne	Unaffiliated	5.35.42	8	
20	Emily Hannon	FERC	5.45.42	9	
74	Jo Summers	North Herts RR	5.45.42	9	
76	James Pattison	Sedgefield Harriers	5.45.42	9	
34	David Barr	Tunbridge Wells Harriers	5.51.24	12	
13	Helene Tyler	Unaffiliated	6.42.45	13	
40	Vanessa Brewster	100 Marathon Club	7.04.18	14	
72	Vixx Thompson	Unaffiliated	7.08.57	15	
49	David Davidson	Pitsea RC	7.28.18	16	