

| Safle Position | Rhif No | Amser Time | Enw Name | Clwb Club | Lleol Local | Nifer Prev | Dynion / Male: | | | | | | | Merched / Female: | | | | | | | | | | |
|----------------|---------|------------|---------------------|--------------------------|-------------|------------|----------------|-----|-----|-----|-----|-----|-----|-------------------|-----|-----|----|-----|-----|-----|-----|-----|-----|-----|
| | | | | | | | MJ | M | M40 | M45 | M50 | M55 | M60 | M65 | M70 | M75 | F | F40 | F45 | F50 | F55 | F60 | F65 | F70 |
| 604 | 51 | 4.28.52 | Mark Cockbain | Road Runners Club | | | | 256 | | | | | | | | | | | | | | | | |
| 605 | 94 | 4.28.57 | Dave Cliff | U/A | | 1 | | 257 | | | | | | | | | | | | | | | | |
| 606 | 876 | 4.29.03 | Simon Lacey | BAAC | | | | 258 | | | | | | | | | | | | | | | | |
| 607 | 895 | 4.29.03 | Jeff Harding | UK National Fire Service | | 1 | | 259 | | | | | | | | | | | | | | | | |
| 608 | 21 | 4.29.07 | Richard Toccock | Reading A C | | 22 | | | | | | 41 | | | | | | | | | | | | |
| 609 | 1294 | 4.29.07 | Delyth Bryan | Abergele Harriers | L | 3 | | | | | | | | | | | 10 | | | | | | | |
| 610 | 212 | 4.29.10 | Steve Bresnen | U/A | | | | | | | 75 | | | | | | | | | | | | | |
| 611 | | | | | | | | | | | | | | | | | | | | | | | | |
| 612 | 809 | 4.29.35 | Dan Broughton | Ancholme Valley A C | | | | 260 | | | | | | | | | | | | | | | | |
| 613 | 1203 | 4.29.41 | Jad Bienek | Shropshire Shufflers | | | | | | | | | | | | | | | | 10 | | | | |
| 614 | 681 | 4.29.50 | Graham Evans | U/A | | | | 261 | | | | | | | | | | | | | | | | |
| 615 | 38 | 4.29.59 | Kim Johnston | U/A | | 1 | | 106 | | | | | | | | | | | | | | | | |
| 616 | 148 | 4.30.03 | Martin Lloyd | U/A | | | | 262 | | | | | | | | | | | | | | | | |
| 617 | 806 | 4.30.17 | Simon McAllister | Chester Triathlon Club | | | | 107 | | | | | | | | | | | | | | | | |
| 618 | 784 | 4.30.29 | Chris Jones | U/A | | | | | | | | 42 | | | | | | | | | | | | |
| 619 | 339 | 4.30.30 | Christopher Jenkins | U/A | | | | 263 | | | | | | | | | | | | | | | | |
| 620 | 307 | 4.30.32 | John Bertram | Lancaster & Morecambe | | 1 | | 264 | | | | | | | | | | | | | | | | |
| 621 | 333 | 4.30.54 | Charlie Beaumont | U/A | | | | | | | | | | | | | | | | | | | | |
| 622 | 529 | 4.31.00 | David Pye | Amazing Feet R C | | | | | | | | | | | | | | | | | | | | |
| 623 | 1463 | 4.31.05 | Angell Tristram | U/A | | | | 265 | | | | | | | | | | | | | | | | |
| 624 | 105 | 5.31.06 | Andy McPherson | U/A | | 3 | | 266 | | | | | | | | | | | | | | | | |
| 625 | 1015 | 4.31.22 | Michael Grehan | Dunstable R R | | | | 108 | | | | | | | | | | | | | | | | |
| 626 | 79 | 4.31.25 | John Rickard | Leigh-on-Sea Striders | | 17 | | | | | 76 | | | | | | | | | | | | | |
| 627 | 71 | 4.31.32 | David Phillips | Pembrokeshire Harriers | | 16 | | | | | | | | | | | | | | | | | | |
| 628 | 1301 | 4.31.37 | Alison Powell | Carnethy Hill Running Cl | | 1 | | | | | | | | | | | | | | | | 42 | | |
| 629 | 745 | 4.32.03 | Cennydd Amos | U/A | | | | 267 | | | | | | | | | | | | | | | | |
| 630 | 1427 | 4.32.13 | Luisa Brana | Worcester Joggers | | | | | | | | | | | | | | | | | | 43 | | |
| 631 | 638 | 4.32.26 | Konrad Monkenbusch | Restless Legs | | | | | | | | | | | | | | | | | | | | |
| 632 | 30 | 4.32.34 | Ian McKnight | U/A | | | | | | | | | | | | | | | | | | | | |
| 633 | 844 | 4.32.36 | Mark Larson | U/A | | 1 | | 268 | | | | | | | | | | | | | | | | |
| 634 | 973 | 4.32.38 | Martin Phillips | U/A | | 2 | | | | | | | | | | | | | | | | | | |
| 635 | 802 | 4.32.40 | Andrzej Gajbutowicz | Victoria Park Harriers | | | | | | | | | | | | | | | | | | | | |
| 636 | 1289 | 4.32.45 | Kate O'Sullivan | U/A | | | | | | | | | | | | | | | | | | | | |
| 637 | 1011 | 4.32.48 | Jerome Foley | U/A | | | | 269 | | | | | | | | | | | | | | | | |
| 638 | 156 | 4.32.51 | Robert Webster | The Health Hut | | 1 | | | | | | | | | | | | | | | | | | |
| 639 | 1416 | 4.33.01 | Steffan Jones | U/A | | | | 270 | | | | | | | | | | | | | | | | |
| 640 | 139 | 4.33.03 | William Ayres | Loxley Runners | | 1 | | | | | | | | | | | | | | | | | | |
| 641 | 1477 | 4.33.36 | Harry Brough | U/A | | 12 | | | | | | | | | | | | | | | | | | |
| 642 | 1192 | 4.33.46 | Janet Reiss | U/A | | | | | | | | | | | | | | | | | | | 44 | |
| 643 | 445 | 4.33.48 | Stuart Matthews | U/A | | | | 271 | | | | | | | | | | | | | | | | |
| 644 | 686 | 4.33.48 | Matthew Armstrong | Stroud A C | | | | 272 | | | | | | | | | | | | | | | | |
| 645 | 1038 | 4.33.50 | Robert Reynolds | U/A | | | | | | | | | | | | | | | | | | | | |
| 646 | 1161 | 4.34.05 | Loretta Daley | Cardiff AC | | | | | | | | | | | | | | | | | | | 45 | |
| 647 | 1022 | 4.34.12 | Terry Wilcox | Snowdon Posse | | 6 | | | | | 110 | | | | | | | | | | | | | |
| 648 | 659 | 4.34.24 | Daniel Treagust | Chichester Runners A C | | | | 273 | | | | | | | | | | | | | | | | |
| 649 | 322 | 4.34.25 | Derek Goodchild | Lordshill R R | | 8 | | | | | | | | | | | | | | | | | | |
| 650 | 112 | 4.34.40 | Andy Edwards | U/A | | 3 | | | | | | | | | | | | | | | | | | |
| 651 | 53 | 4.34.44 | Martin Harrington | Chorley Harriers | | 9 | | | | | | | | | | | | | | | | | | |
| 652 | 542 | 4.34.50 | Tony Dougherty | U/A | | | | 274 | | | | | | | | | | | | | | | | |
| 653 | 723 | 4.35.01 | Andrew Rodger | Donore Harriers | | | | | | | | | | | | | | | | | | | | |
| 654 | 632 | 4.35.19 | Simon Smith | U/A | | 1 | | 275 | | | | | | | | | | | | | | | | |
| 655 | 566 | 4.35.19 | Robert Whittall | U/A | | 2 | | 276 | | | | | | | | | | | | | | | | |
| 656 | 997 | 4.35.35 | Zoltan Nagy | U/A | | | | 277 | | | | | | | | | | | | | | | | |
| 657 | 329 | 4.35.49 | David Banbury | U/A | | | | | | | | | | | | | | | | | | | | |
| 658 | 1437 | 4.35.51 | Kevin McGrath | Darwen Dashers | | | | | | | | | | | | | | | | | | | | |
| 659 | 1313 | 4.36.04 | Alison Brind | Staffs | | | | | | | | | | | | | | | | | | | | |
| 660 | 401 | 4.36.05 | John Horgan | Garden City Runners | | 3 | | | | | | | | | | | | | | | | | | |
| 661 | 216 | 4.36.05 | David Major | 100 Marathon Club | | 3 | | 278 | | | | | | | | | | | | | | | | |
| 662 | 1174 | 4.36.06 | Annabelle Volanthen | U/A | | 3 | | | | | | | | | | | | | | | | | 46 | |
| 663 | 52 | 4.36.07 | Colin Gill | Road Runners Club | | 8 | | | | | | | | | | | | | | | | | | |
| 664 | 1143 | 4.36.07 | Karen Thomas | Cambridge & Coleridge | | | | | | | | | | | | | | | | | | | | |
| 665 | 427 | 4.36.24 | Rob Mynett | U/A | | 1 | | 279 | | | | | | | | | | | | | | | | |
| 666 | 383 | 4.36.24 | Mick Mynett | U/A | | 12 | | | | | | | | | | | | | | | | | | |
| 667 | 463 | 4.36.27 | Oscar Vincent | U/A | | | | | | | | | | | | | | | | | | | | |
| 668 | 78 | 4.36.42 | John Spencer | Hallamshire Harriers | | 16 | | | | | | | | | | | | | | | | | | |
| 669 | 826 | 4.36.46 | Andy Roberts | Belle Vue Racers | | | | | | | | | | | | | | | | | | | | |
| 670 | 269 | 4.36.58 | Marcus Gaskell | Hillingdon A C | | | | 280 | | | | | | | | | | | | | | | | |
| 671 | 418 | 4.37.05 | Peter Wright | U/A | | | | | | | | | | | | | | | | | | | | |
| 672 | 85 | 4.37.37 | Aurelio Bello | Lordshill R R | | | | | | | | | | | | | | | | | | | | |
| 673 | 358 | 4.37.37 | Roger Bradley | Lordshill R R | | 7 | | | | | | | | | | | | | | | | | | |
| 674 | 1226 | 4.37.41 | Ruth Redding | Wootton R R | | | | | | | | | | | | | | | | | | | | |
| 675 | 1214 | 4.37.41 | Terry Mason | Wootton R R | | | | | | | | | | | | | | | | | | | | |
| 676 | 337 | 4.37.45 | Steve Dunnico | U/A | | | | | | | | | | | | | | | | | | | | |
| 677 | 1457 | 4.38.23 | Cynthia Ashcroft | Shropshire Shufflers | | 1 | | | | | | | | | | | | | | | | | | |
| 678 | 171 | 4.38.43 | Paul Dilley | Ware Joggers | | 1 | | | | | | | | | | | | | | | | | | |
| 679 | 484 | 4.38.43 | Richard George | Wye Valley Runners | | 2 | | | | | | | | | | | | | | | | | | |

| Safle Position | Rhif No | Amser Time | Enw Name | Clwb Club | Lleol Local | Nifer Prev | Dynion / Male: | | | | | | | | | | Merched / Female: | | | | | | | | | | |
|----------------|---------|------------|----------------------|---------------------------|-------------|------------|----------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-------------------|-----|-----|-----|-----|-----|-----|-----|--|--|--|
| | | | | | | | MJ | M | M40 | M45 | M50 | M55 | M60 | M65 | M70 | M75 | F | F40 | F45 | F50 | F55 | F60 | F65 | F70 | | | |
| 680 | 444 | 4.38.48 | Simon Cutlee | U/A | | | | 282 | | | | | | | | | | | | | | | | | | | |
| 681 | 187 | 4.38.53 | Ian Blakebrough | Cheshire Harriers | | 3 | | | | | | | | | | | | | | | | | | | | | |
| 682 | 1424 | 4.38.56 | Steve Coupe | 2503 Sqn | | 3 | | | | | | | | | | | | | | | | | | | | | |
| 683 | 1125 | 4.38.59 | Janet Hill | Springfield Striders | | 1 | | | | | | | | | | | | | | | | | | | | | |
| 684 | 422 | 4.39.01 | David Donaghue | U/A | | | | | | 116 | | | | | | | | | | | | | | | | | |
| 685 | 799 | 4.39.10 | Nigel Chidgey | Loxley Runners | | 1 | | | | 117 | | | | | | | | | | | | | | | | | |
| 686 | 1266 | 4.39.15 | Carol Paul | Fairlands Valley Spartans | | 11 | | | | | | | | | | | | | | | | | | | | | |
| 687 | 124 | 4.39.40 | Christopher Fielding | U/A | | | | 283 | | | | | | | | | | | | | | | | | | | |
| 688 | 555 | 4.39.46 | Dudley Turner | U/A | | | | | | 118 | | | | | | | | | | | | | | | | | |
| 689 | 671 | 4.39.47 | Richard Roberts | Chester Triathlon Club | | | | | | 119 | | | | | | | | | | | | | | | | | |
| 690 | 451 | 4.39.48 | David Girling | U/A | | | | | | 120 | | | | | | | | | | | | | | | | | |
| 691 | 491 | 4.39.49 | Phil McGaffin | U/A | | | | | | 121 | | | | | | | | | | | | | | | | | |
| 692 | 1156 | 4.39.56 | Lesley Foote | West Four Harriers | | | | | | | | | | | | | | | | | | | | | | | |
| 693 | 764 | 4.40.03 | Andy Crock | San Domenico | | 7 | | | | | | | | | | | | | | | | | | | | | |
| 694 | 680 | 4.40.07 | Chris Kinsey | U/A | | | | 284 | | | | | | | | | | | | | | | | | | | |
| 695 | 607 | 4.40.17 | Clive Hackforth | U/A | | | | 285 | | | | | | | | | | | | | | | | | | | |
| 696 | 755 | 4.40.27 | Michael Williams | U/A | | | | | | | | | | | | | | | | | | | | | | | |
| 697 | 200 | 4.40.28 | Nik Skidmore | U/A | | 1 | | 286 | | | | | | | | | | | | | | | | | | | |
| 698 | 204 | 4.40.33 | Don Kent | Blackhill Bounders | | 3 | | | | | | | | | | | | | | | | | | | | | |
| 699 | 881 | 4.40.35 | Paul Dowling | U/A | | | | | | | | | | | | | | | | | | | | | | | |
| 700 | 557 | 4.40.38 | Daniel Black | Wilmslow R C | | | | | | | | | | | | | | | | | | | | | | | |
| 701 | 45 | 4.40.55 | Mike Williams | Truro Hash House Harrie | | | | | | | | | | | | | | | | | | | | | | | |
| 702 | 1275 | 4.40.56 | Paula Hewitt | Elmbridge R R | | | | | | | | | | | | | | | | | | | | | | | |
| 703 | 1280 | 4.41.08 | Elisabeth Smart | Dumfries R C | | 1 | | | | | | | | | | | | | | | | | | | | | |
| 704 | 853 | 4.41.21 | Christopher Taylor | Southampton R C | | | | | | | | | | | | | | | | | | | | | | | |
| 705 | 1317 | 4.42.15 | Nola McKay | U/A | | | | | | | | | | | | | | | | | | | | | | | |
| 706 | 199 | 4.42.22 | James Morrison | Charnwood A C | | 3 | | | | | | | | | | | | | | | | | | | | | |
| 707 | 1049 | 4.42.27 | Lubomir Fabian | U/A | L | | | 288 | | | | | | | | | | | | | | | | | | | |
| 708 | 850 | 4.42.33 | Anthony Phillips | Griffithstown Harriers | | | | | | | | | | | | | | | | | | | | | | | |
| 709 | 1138 | 4.42.37 | Judith Webb | Valley Hill Runners | | 2 | | | | | | | | | | | | | | | | | | | | | |
| 710 | 1030 | 4.43.00 | John Biard | U/A | | 2 | | | | | | | | | | | | | | | | | | | | | |
| 711 | 1315 | 4.43.22 | Sharon Crowley | Fairlands Valley Spartans | | 13 | | | | 122 | | | | | | | | | | | | | | | | | |
| 712 | 479 | 4.43.40 | Albert Smart | U/A | | 6 | | | | | | | | | | | | | | | | | | | | | |
| 713 | 398 | 4.43.45 | Philip Brain | U/A | | | | | | 289 | | | | | | | | | | | | | | | | | |
| 714 | 1200 | 4.43.45 | Joanna Brain | U/A | | | | | | | | | | | | | | | | | | | | | | | |
| 715 | 906 | 4.43.57 | Simon Calaminus | U/A | | | | | | 290 | | | | | | | | | | | | | | | | | |
| 716 | 59 | 4.44.00 | Mark Birchall | U/A | | 4 | | | | 291 | | | | | | | | | | | | | | | | | |
| 717 | 1005 | 4.44.08 | Gareth Williams | U/A | | | | | | | | | | | | | | | | | | | | | | | |
| 718 | 355 | 4.44.14 | Howard Davies | U/A | | 5 | | | | | | | | | | | | | | | | | | | | | |
| 719 | 1449 | 4.44.31 | Caroline Morgan | U/A | | 4 | | | | | | | | | | | | | | | | | | | | | |
| 720 | 421 | 4.44.53 | Malcolm Perry | Tamworth A C | | | | | | | | | | | | | | | | | | | | | | | |
| 721 | 698 | 4.44.54 | Kenny McCormick | Claremont R R | | 5 | | | | | | | | | | | | | | | | | | | | | |
| 722 | 902 | 4.45.18 | Mark Walker | U/A | | | | | | 123 | | | | | | | | | | | | | | | | | |
| 723 | 1189 | 4.45.21 | Eileen Severn | South Devon A C | | 3 | | | | | | | | | | | | | | | | | | | | | |
| 724 | 1202 | 4.45.26 | Mary Smith | Tamworth A C | | | | | | | | | | | | | | | | | | | | | | | |
| 725 | 410 | 4.45.38 | Brian Botting | Truro R C | | | | | | | | | | | | | | | | | | | | | | | |
| 726 | 1464 | 4.45.46 | Huw Jones | U/A | | | | | | 292 | | | | | | | | | | | | | | | | | |
| 727 | 1193 | 4.45.48 | Jane Selby | U/A | | | | | | | | | | | | | | | | | | | | | | | |
| 728 | 122 | 4.45.58 | Paul Fauset | U/A | | | | | | 293 | | | | | | | | | | | | | | | | | |
| 729 | 362 | 4.45.59 | Gerard Perkins | U/A | | | | | | 294 | | | | | | | | | | | | | | | | | |
| 730 | 627 | 4.46.05 | David Moore | U/A | | | | | | | | | | | | | | | | | | | | | | | |
| 731 | 1170 | 4.46.08 | Chrissie Brooks | Yeovil Town R R | | | | | | | | | | | | | | | | | | | | | | | |
| 732 | 865 | 4.46.18 | Justin Griggs | U/A | | | | | | 295 | | | | | | | | | | | | | | | | | |
| 733 | 1466 | 4.46.30 | Barry Powell | U/A | | 4 | | | | 124 | | | | | | | | | | | | | | | | | |
| 734 | 957 | 4.46.48 | Martin Ottey | Shropshire Shufflers | | 8 | | | | | | | | | | | | | | | | | | | | | |
| 735 | 1255 | 4.46.58 | Clare Jones | LDWA | | 1 | | | | | | | | | | | | | | | | | | | | | |
| 736 | 1446 | 4.47.11 | Geoffrey Dawes | Lordshill R R | | 7 | | | | | | | | | | | | | | | | | | | | | |
| 737 | 739 | 4.47.11 | Barry McDermott | U/A | | | | | | | | | | | | | | | | | | | | | | | |
| 738 | 505 | 4.47.16 | Chris Ballinger | U/A | | | | | | | | | | | | | | | | | | | | | | | |
| 739 | 506 | 4.47.16 | Darrell Beazer | U/A | | | | | | 125 | | | | | | | | | | | | | | | | | |
| 740 | | 4.47.20 | | | | | | | | 126 | | | | | | | | | | | | | | | | | |
| 741 | 538 | 4.47.22 | Sean Turley | Ludlow Runners | | | | | | | | | | | | | | | | | | | | | | | |
| 742 | 935 | 4.47.25 | Ronan Sayburn | U/A | | | | | | 296 | | | | | | | | | | | | | | | | | |
| 743 | 402 | 4.47.49 | Douglas Leitch | U/A | | | | | | 297 | | | | | | | | | | | | | | | | | |
| 744 | 443 | 4.47.54 | Andrew Turton | U/A | | | | | | | | | | | | | | | | | | | | | | | |
| 745 | 912 | 4.48.00 | Brian Mills | 100 Marathon Club | | 9 | | | | | | | | | | | | | | | | | | | | | |
| 746 | 1033 | 4.48.04 | Matthew Bailey | Worcester Joggers | | | | | | 298 | | | | | | | | | | | | | | | | | |
| 747 | 1432 | 4.48.06 | Barry Stuart Cole | Winston Runners | | 10 | | | | | | | | | | | | | | | | | | | | | |
| 748 | 666 | 4.48.09 | James Pearce | U/A | | 3 | | | | | | | | | | | | | | | | | | | | | |
| 749 | 113 | 4.48.18 | Mark Wood | U/A | | 1 | | | | 300 | | | | | | | | | | | | | | | | | |
| 750 | 899 | 4.48.19 | Chris Duoba | Middleton Harriers | | 1 | | | | | | | | | | | | | | | | | | | | | |
| 751 | 982 | 4.48.25 | Richard Slater | Rushcliffe A C | | | | | | | | | | | | | | | | | | | | | | | |
| 752 | 1242 | 4.48.44 | Michaela Norton-Lay | Fairlands Valley Spartans | | | | | | | | | | | | | | | | | | | | | | | |
| 753 | 936 | 4.48.48 | Robert Sayburn | U/A | | | | | | | | | | | | | | | | | | | | | | | |
| 754 | 1307 | 4.49.07 | Alison Wilson | Bromley Vets | | | | | | | | | | | | | | | | | | | | | | | |
| 755 | 859 | 4.49.33 | Pascal Mantiri | U/A | | | | | | | | | | | | | | | | | | | | | | | |

