

Ashridge Boundary Run - 22nd March 2025 Provisional Results

| Pos | Cat Pos | Bib | First name | Last name | Team name | Category | Time |
|------------|----------------|------------|-------------------|------------------|--------------------------|-----------------|-------------|
| 1 | 1 | 239 | Oliver | Grimmette | Unaffiliated | MOpen | 1:53.15 |
| 2 | 2 | 30 | Mark | Baines | Vale Of Aylesbury AC | MOpen | 1:55.46 |
| 3 | 3 | 290 | Jacob | James | St Albans Striders | MOpen | 1:55.51 |
| 4 | 4 | 39 | Robert | Barnes | Stopsley Striders | MOpen | 1:57.51 |
| 5 | 5 | 433 | Thomas | North | LEIGHTON BUZZARD AC | MOpen | 1:59.48 |
| 6 | 1 | 329 | Ross | Langley | Tring RC | MVet40 | 1:59.55 |
| 7 | 2 | 576 | Piers | Vallance | Redway Runners | MVet40 | 2:02.49 |
| 8 | 6 | 252 | Will | Harding | Leighton Buzzard AC | MOpen | 2:04.00 |
| 9 | 3 | 11 | Mark | Ames | Watford Joggers | MVet40 | 2:04.53 |
| 10 | 4 | 77 | Will | Brotherston | Watford Joggers | MVet40 | 2:07.55 |
| 11 | 5 | 423 | Alex | Newman-Smi | Unaffiliated | MVet40 | 2:09.18 |
| 12 | 1 | 485 | Becky | Raferly | Tring RC | FVet40 | 2:10.36 |
| 13 | 1 | 349 | Ben | Lowans | Unaffiliated | MVet50 | 2:11.16 |
| 14 | 7 | 208 | Joshua | Frewin | Tring RC | MOpen | 2:11.35 |
| 15 | 6 | 1 | Nick | Acton | Harpenden Arrows | MVet40 | 2:11.41 |
| 16 | 2 | 86 | Patrick | Butler | Burnham Joggers | MVet50 | 2:14.04 |
| 17 | 8 | 222 | David | Glencross | Unaffiliated | MOpen | 2:14.47 |
| 18 | 9 | 230 | Matt | Graham | Watford Joggers | MOpen | 2:15.21 |
| 19 | 10 | 409 | Ellis | Woolley | Luton AC | MOpen | 2:16.00 |
| 20 | 3 | 396 | Tom | Moreton | Tring RC | MVet50 | 2:16.36 |
| 21 | 4 | 427 | Sean | Nicolle | Oxford Tri | MVet50 | 2:17.05 |
| 22 | 7 | 517 | Alan | Scott | Greenlight PT | MVet40 | 2:17.25 |
| 23 | 11 | 271 | Archie | Hilder | Unaffiliated | MOpen | 2:17.47 |
| 24 | 1 | 186 | Philippa | England | Unaffiliated | FOpen | 2:17.47 |
| 25 | 5 | 129 | Darren | Cornish | Dunstable Lions RC | MVet50 | 2:18.37 |
| 26 | 6 | 372 | Gavin | May | Team Trident | MVet50 | 2:19.16 |
| 27 | 7 | 79 | Stephen | Woollett | Unaffiliated | MVet50 | 2:20.10 |
| 28 | 2 | 149 | Johanna | Dear | Leighton Buzzard AC | FOpen | 2:20.56 |
| 29 | 8 | 221 | Gideon | Glassman | Unaffiliated | MVet40 | 2:21.08 |
| 30 | 9 | 489 | Matthew | Reeves | Tring RC | MVet40 | 2:21.09 |
| 31 | 12 | 478 | George | Prichard | Unaffiliated | MOpen | 2:21.32 |
| 32 | 10 | 163 | Chris | Dowling | Gade Valley Harriers | MVet40 | 2:21.43 |
| 33 | 2 | 64 | Rosie | Booth | Leighton Fun Runners | FVet40 | 2:21.46 |
| 34 | 13 | 500 | Paul | Rose | Unaffiliated | MOpen | 2:21.52 |
| 35 | 14 | 146 | Sam | Davies | Tring RC | MOpen | 2:21.53 |
| 36 | 8 | 296 | Doug | Jarvis | Unaffiliated | MVet50 | 2:21.59 |
| 37 | 11 | 580 | alan | vines | On the Run Pitstone | MVet40 | 2:22.24 |
| 38 | 12 | 356 | Rod | MacLennan | Unaffiliated | MVet40 | 2:22.43 |
| 39 | 13 | 194 | Mark | Fallowfield-Sr | Unaffiliated | MVet40 | 2:22.46 |
| 40 | 15 | 540 | Nicholas | Stallman | Tring RC | MOpen | 2:23.10 |
| 41 | 16 | 216 | Callum | Gathercole | Mornington Chasers | MOpen | 2:23.18 |
| 42 | 14 | 125 | James | Cooper | Unaffiliated | MVet40 | 2:23.43 |
| 43 | 15 | 35 | Matt | Ball | Tring RC | MVet40 | 2:23.46 |
| 44 | 17 | 377 | William | McDermott | Unaffiliated | MOpen | 2:24.03 |
| 45 | 9 | 155 | Iain | Dickinson | Olney Runners AC | MVet50 | 2:25.10 |
| 46 | 10 | 493 | Dave | Roberts | Fell Runners Association | MVet50 | 2:25.25 |
| 47 | 11 | 123 | Simon | Cook | Olney Runners AC | MVet50 | 2:25.29 |

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|----|----|-----|------------|----------------|-----------------------------|--------|---------|
| 48 | 12 | 375 | Mark | McCormick | Unaffiliated | MVet50 | 2:26.01 |
| 49 | 18 | 521 | Ed | Shakespeare | Hyde Park Harriers | MOpen | 2:26.11 |
| 50 | 16 | 324 | Dave | Laidler | Unaffiliated | MVet40 | 2:26.18 |
| 51 | 19 | 526 | Andrew | Shipley | Tring RC | MOpen | 2:26.31 |
| 52 | 20 | 570 | Toby | Turk | Daventry Road Runners | MOpen | 2:26.33 |
| 53 | 21 | 571 | Felix | Turk | Unaffiliated | MOpen | 2:26.33 |
| 54 | 17 | 102 | Tim | Charters | London Fronrunners | MVet40 | 2:26.44 |
| 55 | 13 | 180 | Steve | Ellerd-Elliott | Garden City Runners | MVet50 | 2:26.46 |
| 56 | 22 | 110 | Roger | Clarke | Tring RC | MOpen | 2:27.14 |
| 57 | 18 | 115 | Paul | Cocker | Unaffiliated | MVet40 | 2:27.30 |
| 58 | 14 | 32 | Jason | Baker | Unaffiliated | MVet50 | 2:27.50 |
| 59 | 23 | 317 | Sagar | Kharab | Leighton Fun Runners | MOpen | 2:27.58 |
| 60 | 24 | 516 | Maximilian | Schlote | Unaffiliated | MOpen | 2:28.07 |
| 61 | 19 | 593 | Oliver | Webb | Unaffiliated | MVet40 | 2:28.29 |
| 62 | 25 | 520 | James | Seddon | Unaffiliated | MOpen | 2:28.41 |
| 63 | 26 | 486 | Tom | Rankin | Stopsley Striders | MOpen | 2:28.48 |
| 64 | 27 | 48 | Kevin | Berg | Tring RC | MOpen | 2:29.29 |
| 65 | 3 | 558 | Anna | Tems | Bedford Harriers AC | FVet40 | 2:29.49 |
| 66 | 20 | 269 | Dushan | Hettiarachch | Unaffiliated | MVet40 | 2:29.56 |
| 67 | 28 | 181 | Tom | Ellerton | Leighton Buzzard AC | MOpen | 2:30.41 |
| 68 | 21 | 402 | Simon | Morris | Gade Valley Harriers | MVet40 | 2:30.58 |
| 69 | 22 | 448 | Chris | Packard | Unaffiliated | MVet40 | 2:31.01 |
| 70 | 29 | 273 | Thomas | Hill | Mornington Chasers | MOpen | 2:31.08 |
| 71 | 15 | 196 | Andrew | Farrell | Mornington Chasers | MVet50 | 2:31.21 |
| 72 | 30 | 204 | Jonathan | Fleet | Unaffiliated | MOpen | 2:31.24 |
| 73 | 4 | 53 | Jennifer | Bizley | Chiltern Harriers AC | FVet40 | 2:31.42 |
| 74 | 1 | 418 | Tamsin | Neale | Burnham Joggers | FVet50 | 2:32.10 |
| 75 | 23 | 96 | Flynn | Castles | Unaffiliated | MVet40 | 2:32.29 |
| 76 | 24 | 101 | Edward | Charlwood | Olivers estates Ltd | MVet40 | 2:32.36 |
| 77 | 1 | 49 | Daniel | Berry | Mornington Chasers | MVet60 | 2:32.44 |
| 78 | 5 | 108 | Tamsyn | Clark | Tri Force | FVet40 | 2:32.58 |
| 79 | 31 | 431 | Ed | Norris | Wellingborough & District A | MOpen | 2:33.14 |
| 80 | 2 | 87 | Owen | Byrne | Bearbrook Running & Triath | MVet60 | 2:33.15 |
| 81 | 32 | 243 | Thomas | Grundy | Lostock AC | MOpen | 2:33.16 |
| 82 | 16 | 25 | Neal | Ashton | Dacorum & Tring AC | MVet50 | 2:33.20 |
| 83 | 33 | 84 | Sam | Burkesmith | Unaffiliated | MOpen | 2:33.51 |
| 84 | 34 | 557 | Joe | Teal | Unaffiliated | MOpen | 2:33.51 |
| 85 | 35 | 462 | Dean | Paulley | OS Runners | MOpen | 2:34.28 |
| 86 | 36 | 161 | Alastair | Douglass | Unaffiliated | MOpen | 2:34.38 |
| 87 | 25 | 563 | Will | Thurley | Unaffiliated | MVet40 | 2:34.41 |
| 88 | 17 | 5 | Shamsher | Albert | Ely runners | MVet50 | 2:34.59 |
| 89 | 37 | 458 | Ryan | Parsons | Stopsley Striders | MOpen | 2:35.08 |
| 90 | 3 | 415 | Sally | Nash | Tring RC | FOpen | 2:35.46 |
| 91 | 18 | 288 | peter | illingworth | TCC | MVet50 | 2:35.51 |
| 92 | 26 | 456 | Chris | Parr | Unaffiliated | MVet40 | 2:36.03 |
| 93 | 38 | 481 | Adam | Quarmby | Unaffiliated | MOpen | 2:36.39 |
| 94 | 39 | 286 | Alexander | Hutchings | Unaffiliated | MOpen | 2:36.4 |
| 95 | 27 | 202 | Mark | Fisher | Ealing Eagles Running Club | MVet40 | 2:36.45 |

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|-----|----|-----|-------------|------------|----------------------------|--------|---------|
| 96 | 6 | 118 | Victoria | Coleman | Dacorum Athletic Club | FVet40 | 2:37.07 |
| 97 | 28 | 390 | jem | mittchell | Unaffiliated | MVet40 | 2:37.12 |
| 98 | 29 | 393 | Jon | Moon | Leighton Buzzard Triathlon | MVet40 | 2:37.36 |
| 99 | 30 | 264 | Gabriel | Heaton | Tring RC | MVet40 | 2:38.06 |
| 100 | 19 | 313 | Paul | Kellett | Tring RC | MVet50 | 2:38.17 |
| 101 | 20 | 561 | Mike | Thomas | Ranelagh Harriers | MVet50 | 2:38.41 |
| 102 | 31 | 385 | Andrew | Mellor | Unaffiliated | MVet40 | 2:38.43 |
| 103 | 7 | 206 | Ruth | Forbes | Bad Boy Running Club | FVet40 | 2:39.12 |
| 104 | 21 | 257 | Steve | Harrison | Unaffiliated | MVet50 | 2:39.14 |
| 105 | 32 | 443 | Matthew | O'Sullivan | Unaffiliated | MVet40 | 2:39.3 |
| 106 | 33 | 417 | Mark | Turner | Rumble Fitness | MVet40 | 2:39.38 |
| 107 | 34 | 42 | Paul | Bayley | Tring RC | MVet40 | 2:39.42 |
| 108 | 22 | 233 | Daniel | Green | Leighton Fun Runners | MVet50 | 2:39.47 |
| 109 | 35 | 100 | Andrew | Charlwood | Dacorum Tri Club | MVet40 | 2:39.5 |
| 110 | 1 | 265 | Lynda | Hembury | Tring RC | FVet60 | 2:40.05 |
| 111 | 40 | 357 | Adam | Wild | Unaffiliated | MOpen | 2:40.38 |
| 112 | 36 | 341 | Alan | Li | Unaffiliated | MVet40 | 2:40.42 |
| 113 | 37 | 236 | Christopher | Green | Unaffiliated | MVet40 | 2:40.47 |
| 114 | 23 | 359 | Paul | Maloney | Dacorum & Tring AC | MVet50 | 2:40.57 |
| 115 | 38 | 503 | Ben | Rozitis | Redway Runners | MVet40 | 2:41.09 |
| 116 | 41 | 124 | Charlie | Cooper | Mornington Chasers | MOpen | 2:41.17 |
| 117 | 42 | 263 | Richard | Heady | Leighton Fun Runners | MOpen | 2:41.25 |
| 118 | 2 | 67 | Emma | Bradbury | Tring RC | FVet50 | 2:41.46 |
| 119 | 24 | 326 | Jeremy | Lake | Unaffiliated | MVet50 | 2:41.53 |
| 120 | 25 | 301 | Mark | Johnson | Olney Runners AC | MVet50 | 2:42.04 |
| 121 | 4 | 327 | Eleanor | Lambert | St Albans Striders | FOpen | 2:42.17 |
| 122 | 43 | 258 | Oliver | Hauxwell | Harpندن Arrows | MOpen | 2:43.03 |
| 123 | 39 | 139 | Dan | Cross | Lonely Goat RC | MVet40 | 2:43.2 |
| 124 | 44 | 319 | Miroslav | Kratochvil | Unaffiliated | MOpen | 2:43.39 |
| 125 | 26 | 397 | Andrew | Woolstone | Unaffiliated | MVet50 | 2:43.49 |
| 126 | 40 | 595 | Crispin | Wells | Royston Runners | MVet40 | 2:43.55 |
| 127 | 27 | 21 | Graham | Appleyard | Unaffiliated | MVet50 | 2:44.31 |
| 128 | 41 | 287 | Laurence | Hylton | 100 Marathon Club | MVet40 | 2:44.34 |
| 129 | 28 | 351 | Iain | Macdonald | Unaffiliated | MVet50 | 2:44.36 |
| 130 | 29 | 387 | Andrew | Merry | Unaffiliated | MVet50 | 2:44.4 |
| 131 | 5 | 211 | Kati | Frohs | Unaffiliated | FOpen | 2:45.00 |
| 132 | 30 | 598 | Mark | Westley | Garden City Runners | MVet50 | 2:45.09 |
| 133 | 31 | 156 | Stephen | Dicks | Olney Runners AC | MVet50 | 2:45.23 |
| 134 | 32 | 55 | Guy | Blackden | Heathfield Runners | MVet50 | 2:45.52 |
| 135 | 33 | 564 | Mark | Tikaram | Tring RC | MVet50 | 2:46.21 |
| 136 | 34 | 113 | James | Cobbold | Unaffiliated | MVet50 | 2:46.4 |
| 137 | 8 | 401 | Amanda | Morris | Unaffiliated | FVet40 | 2:46.53 |
| 138 | 42 | 297 | Nick | Jelfs | Unaffiliated | MVet40 | 2:46.56 |
| 139 | 3 | 316 | Claire | Kenney | Tring RC | FVet50 | 2:46.58 |
| 140 | 43 | 119 | Richard | Williams | Unaffiliated | MVet40 | 2:47.04 |
| 141 | 44 | 368 | Tom | Martin | Unaffiliated | MVet40 | 2:47.04 |
| 142 | 45 | 430 | Robert | Norris | Reddings Wood | MVet40 | 2:47.13 |
| 143 | 45 | 437 | Tom | O'Connell | Sovereign Partners Ltd | MOpen | 2:47.32 |

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| 144 | 4 | 568 | Suzy | Trott | Unaffiliated | FVet50 | 2:47.34 |
| 145 | 46 | 285 | James | Husband | Unaffiliated | MVet40 | 2:47.41 |
| 146 | 35 | 306 | Andrew | Jones | Olney Runners AC | MVet50 | 2:47.58 |
| 147 | 3 | 131 | Nick | Costin | Redway Runners | MVet60 | 2:48.04 |
| 148 | 36 | 315 | Simon | Kennedy | Unaffiliated | MVet50 | 2:48.08 |
| 149 | 47 | 344 | Justin | Whitehorn | Unaffiliated | MVet40 | 2:48.09 |
| 150 | 48 | 404 | Drew | Morton | Unaffiliated | MVet40 | 2:48.22 |
| 151 | 49 | 477 | Gavin | Prechner | Leighton Fun Runners | MVet40 | 2:48.26 |
| 152 | 37 | 522 | David | Shakespeare | Olney Runners AC | MVet50 | 2:48.29 |
| 153 | 38 | 37 | Dan | Barber | Tring RC | MVet50 | 2:48.33 |
| 154 | 39 | 436 | Muiris | O'Connell | Harpenden Arrows | MVet50 | 2:48.45 |
| 155 | 50 | 245 | Oliver | Hall | Unaffiliated | MVet40 | 2:48.54 |
| 156 | 51 | 422 | Paul | Newell | Harpenden Arrows | MVet40 | 2:48.58 |
| 157 | 6 | 284 | Pippa | Hunn | Unaffiliated | FOpen | 2:48.58 |
| 158 | 5 | 277 | Karen | Hogan | Unaffiliated | FVet50 | 2:49.09 |
| 159 | 40 | 507 | Philip | Rutnam | Mornington Chasers | MVet50 | 2:49.12 |
| 160 | 46 | 283 | Sam | Howard | Olney Runners AC | MOpen | 2:49.19 |
| 161 | 9 | 439 | Liz | O'keeffe | Tring RC | FVet40 | 2:49.36 |
| 162 | 41 | 452 | Ben | Painter | Unaffiliated | MVet50 | 2:49.42 |
| 163 | 10 | 384 | Naomi | Mellor | Harpenden Arrows | FVet40 | 2:49.46 |
| 164 | 52 | 266 | Dan | Henderson | Daventry Road Runners | MVet40 | 2:49.52 |
| 165 | 7 | 373 | Sarah | Mcauliffe | Olney Runners AC | FOpen | 2:49.55 |
| 166 | 42 | 350 | Daniel | Lowans | Unaffiliated | MVet50 | 2:50.28 |
| 167 | 11 | 513 | Sophie | Saudo | Unaffiliated | FVet40 | 2:50.33 |
| 168 | 43 | 303 | Darren | Johnson | Unaffiliated | MVet50 | 2:50.42 |
| 169 | 44 | 596 | Nick | Wenban-Smit | Oxford Tri | MVet50 | 2:50.5 |
| 170 | 6 | 192 | Ruth | Eykelbosh | Dacorum Athletic Club | FVet50 | 2:51.07 |
| 171 | 7 | 175 | Wendy | Durrant | Dacorum & Tring AC | FVet50 | 2:51.07 |
| 172 | 4 | 15 | Martyn | Annetts | Unaffiliated | MVet60 | 2:51.1 |
| 173 | 8 | 460 | Aisling | Patterson | Harpenden Arrows | FVet50 | 2:51.12 |
| 174 | 12 | 332 | Tina | Le | Dacorum Athletic Club | FVet40 | 2:51.17 |
| 175 | 53 | 552 | Colin | Sumpter | Tring RC | MVet40 | 2:51.2 |
| 176 | 45 | 502 | Duncan | Winner | Olney Runners AC | MVet50 | 2:51.26 |
| 177 | 54 | 173 | Michael | Duffy | Unaffiliated | MVet40 | 2:51.47 |
| 178 | 47 | 88 | George | Camm | Unaffiliated | MOpen | 2:51.51 |
| 179 | 55 | 447 | Richard | Osterloh | On The Run | MVet40 | 2:52.07 |
| 180 | 48 | 424 | Matthew | Newton | Unaffiliated | MOpen | 2:52.11 |
| 181 | 46 | 438 | John | O'Grady | Chiltern Tri | MVet50 | 2:52.2 |
| 182 | 49 | 338 | Michael | Leedham | Unaffiliated | MOpen | 2:52.39 |
| 183 | 13 | 226 | Nicola | Goodwin | Trident | FVet40 | 2:52.47 |
| 184 | 47 | 45 | Mark | Beaver | Team Trident | MVet50 | 2:52.48 |
| 185 | 48 | 494 | Guy | Roberts | Oxford Tri | MVet50 | 2:52.5 |
| 186 | 50 | 153 | Iwan | Di Tullio | Unaffiliated | MOpen | 2:52.53 |
| 187 | 49 | 22 | Steven | Archer | The Running Hub | MVet50 | 2:52.56 |
| 188 | 8 | 318 | Emma | Killin | Unaffiliated | FOpen | 2:53.02 |
| 189 | 56 | 335 | Phillip | Lea | Unaffiliated | MVet40 | 2:53.12 |
| 190 | 5 | 488 | Tony | Reeve | Dacorum & Tring AC | MVet60 | 2:53.3 |
| 191 | 51 | 555 | David | Tayler | Unaffiliated | MOpen | 2:53.46 |

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|-----|----|-----|---------|----------------|------------------------------|--------|---------|
| 192 | 57 | 355 | Steven | MacLaughlan | Ampthill & Flitwick Flyers R | MVet40 | 2:53.52 |
| 193 | 58 | 374 | Wayne | McCorkell | Unaffiliated | MVet40 | 2:54.09 |
| 194 | 9 | 398 | Emily | Morgan | Mornington Chasers | FOpen | 2:54.38 |
| 195 | 50 | 83 | Darren | Burke | Gade Valley Harriers | MVet50 | 2:54.42 |
| 196 | 51 | 320 | Fraser | Kynaston | Unaffiliated | MVet50 | 2:54.46 |
| 197 | 52 | 152 | Marco | Di Tullio | asd valvermenagna (Italy) | MVet50 | 2:54.49 |
| 198 | 53 | 197 | Mauro | Fasti | Watford Joggers | MVet50 | 2:54.51 |
| 199 | 59 | 94 | Russell | Casey | Garden City Runners | MVet40 | 2:54.59 |
| 200 | 9 | 403 | Rachael | Mort | Unaffiliated | FVet50 | 2:55.22 |
| 201 | 52 | 18 | Joe | Wright | Unaffiliated | MOpen | 2:55.25 |
| 202 | 53 | 475 | Rob | Powell | Unaffiliated | MOpen | 2:55.26 |
| 203 | 10 | 416 | Susan | Nash | Unaffiliated | FOpen | 2:55.44 |
| 204 | 54 | 308 | Steven | Jones | Unaffiliated | MVet50 | 2:55.45 |
| 205 | 54 | 195 | Richard | Farmer | Gade Valley Harriers | MOpen | 2:55.49 |
| 206 | 55 | 235 | Daniel | Green | Gade Valley Harriers | MOpen | 2:55.49 |
| 207 | 60 | 112 | Michael | Cloy | Unaffiliated | MVet40 | 2:55.57 |
| 208 | 56 | 420 | Johnny | Nel | Unaffiliated | MOpen | 2:55.58 |
| 209 | 11 | 43 | Chloe | Bazlen | Mornington Chasers | FOpen | 2:55.59 |
| 210 | 57 | 455 | Jozef | Zapytowski | Unaffiliated | MOpen | 2:56.37 |
| 211 | 58 | 594 | Eoin | Weeks | Unaffiliated | MOpen | 2:56.46 |
| 212 | 6 | 278 | Peter | Holden | Unaffiliated | MVet60 | 2:56.57 |
| 213 | 55 | 325 | Alex | Laine | Unaffiliated | MVet50 | 2:57.23 |
| 214 | 59 | 383 | Nathan | McNamara | Unaffiliated | MOpen | 2:57.42 |
| 215 | 56 | 140 | Stephen | Crowley | Unaffiliated | MVet50 | 2:58.13 |
| 216 | 57 | 33 | Peter | Baldock-Willi | Unaffiliated | MVet50 | 2:58.47 |
| 217 | 61 | 544 | Tobias | Strangewood | Unaffiliated | MVet40 | 2:58.56 |
| 218 | 62 | 379 | Claire | Mcdonnell | Gade Valley Harriers | FVet50 | 2:59.00 |
| 219 | 1 | 190 | Martin | Wilson | Berkshire Orienteers | MVet70 | 2:59.06 |
| 220 | 63 | 177 | Tom | Wright | Chiltern Harriers AC | MVet40 | 2:59.1 |
| 221 | 58 | 445 | Anthony | Oneil | Olney Runners AC | MVet50 | 2:59.14 |
| 222 | 64 | 495 | Chris | Robertson | Unaffiliated | MVet40 | 2:59.18 |
| 223 | 65 | 184 | John | Elworthy | Olney Runners AC | MVet40 | 2:59.23 |
| 224 | 12 | 137 | Simona | Cristea | Watford Joggers | FOpen | 2:59.31 |
| 225 | 13 | 376 | Megan | Mccreadie | Gade Valley Harriers | FOpen | 2:59.34 |
| 226 | 7 | 428 | Andrew | Norman | Dunstable Lions RC | Mvet60 | 2:59.4 |
| 227 | 14 | 193 | Nikki | Fallowfield-Sr | Unaffiliated | FOpen | 2:59.45 |
| 228 | 59 | 406 | Martin | Moulton | Bishops Stortford RC | MVet50 | 2:59.45 |
| 229 | 14 | 300 | Laura | Johnson | Gade Valley Harriers | FVet40 | 3:00.17 |
| 230 | 60 | 382 | Rob | McLoughlin | Unaffiliated | MVet50 | 3:00.23 |
| 231 | 8 | 81 | gerald | bruce | Unaffiliated | MVet60 | 3:00.45 |
| 232 | 60 | 10 | Martin | Ambler | Unaffiliated | MOpen | 3:01.06 |
| 233 | 61 | 314 | Freddie | Wootton | Unaffiliated | MOpen | 3:01.15 |
| 234 | 66 | 36 | Chris | Banks-Pillar | Unaffiliated | MVet40 | 3:01.3 |
| 235 | 15 | 188 | Magda | Zarzecka | On The Run | FVet40 | 3:01.35 |
| 236 | 16 | 232 | Isabel | Green | Harpenden Arrows | FVet40 | 3:01.4 |
| 237 | 61 | 234 | Steve | Green | Harpenden Arrows | MVet50 | 3:01.4 |
| 238 | 9 | 528 | George | Sibley | Unaffiliated | MVet60 | 3:01.5 |
| 239 | 17 | 281 | Ali | How | VocaLink Mastercard Runn | FVet40 | 3:02.07 |

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|-----|----|-----|-----------|--------------|------------------------|--------|---------|
| 240 | 10 | 151 | David | Demmery | Unaffiliated | MVet60 | 3:02.08 |
| 241 | 62 | 76 | David | Broome | Unaffiliated | MOpen | 3:02.2 |
| 242 | 62 | 62 | Mark | Bonham-Cart | Unaffiliated | MVet50 | 3:02.25 |
| 243 | 67 | 473 | Thomas | Powell | CHILTERN HARRIERS AC | MVet40 | 3:02.32 |
| 244 | 10 | 246 | Natasha | Ham | Unaffiliated | FVet50 | 3:02.34 |
| 245 | 63 | 514 | Tom | Saunders | Unaffiliated | MOpen | 3:02.47 |
| 246 | 68 | 600 | Richard | White | Unaffiliated | MVet40 | 3:02.53 |
| 247 | 69 | 128 | James | Corcoran | Unaffiliated | MVet40 | 3:02.55 |
| 248 | 2 | 92 | Kate | Carroll | Unaffiliated | FVet60 | 3:03.19 |
| 249 | 63 | 212 | Matthew | Frost | Unaffiliated | MVet50 | 3:03.25 |
| 250 | 64 | 432 | Tom | North | Gade Valley Harriers | MVet50 | 3:03.27 |
| 251 | 65 | 599 | David | White | Harpenden Arrows | MVet50 | 3:03.30 |
| 252 | 70 | 553 | Daniel | Sutton | Unaffiliated | MVet40 | 3:03.36 |
| 253 | 71 | 12 | Chas | Andrews | Harpenden Arrows | MVet40 | 3:03.40 |
| 254 | 18 | 464 | sophie | pearcy | watford joggers | FVet40 | 3:03.45 |
| 255 | 11 | 591 | Lindsey | Warne | Watford Joggers | FVet50 | 3:03.45 |
| 256 | 19 | 259 | Helen | Hawkins | WATFORD JOGGERS | FVet40 | 3:03.46 |
| 257 | 66 | 590 | Mark | Wardell | Unaffiliated | MVet50 | 3:03.56 |
| 258 | 11 | 228 | Colin | Grace | Ware Joggers | MVet60 | 3:04.02 |
| 259 | 64 | 105 | Nick | Choofon | Unaffiliated | MOpen | 3:04.09 |
| 260 | 72 | 298 | Martin | Jensen | Unaffiliated | MVet40 | 3:04.16 |
| 261 | 67 | 237 | Giles | Greenhalgh | Chiltern Harriers AC | MVet50 | 3:04.23 |
| 262 | 68 | 342 | Richard | Lipscombe | On the Run Pitstone | MVet50 | 3:04.44 |
| 263 | 73 | 97 | Nick | Caveney | Unaffiliated | MVet40 | 3:04.50 |
| 264 | 65 | 90 | Guy | Cantiello | Unaffiliated | MOpen | 3:04.52 |
| 265 | 20 | 24 | Charlotte | Ashton | Dacorum & Tring AC | FVet40 | 3:04.54 |
| 266 | 74 | 474 | Mark | Powell | Unaffiliated | MVet40 | 3:05.05 |
| 267 | 69 | 268 | Mark | Herd | Headington RR | MVet50 | 3:05.16 |
| 268 | 12 | 435 | Angie | Nuttall | Bearbrook Running club | FVet50 | 3:05.26 |
| 269 | 75 | 346 | Anthony | Lombardi | Leighton Fun Runners | MVet40 | 3:05.58 |
| 270 | 76 | 182 | Paul | Winton | Unaffiliated | MVet40 | 3:06.03 |
| 271 | 13 | 388 | Nina | Mill | Unaffiliated | FVet50 | 3:06.07 |
| 272 | 70 | 244 | David | Halden | Unaffiliated | MVet50 | 3:06.10 |
| 273 | 66 | 132 | Aaron | Cottrell | Unaffiliated | MOpen | 3:06.22 |
| 274 | 21 | 174 | Rachel | Dunn | Welwyn Wheelers | FVet40 | 3:06.28 |
| 275 | 71 | 465 | Thomas | Pedrick | Unaffiliated | MVet50 | 3:06.31 |
| 276 | 14 | 91 | Katherine | Caris-Harris | Unaffiliated | FVet50 | 3:06.37 |
| 277 | 12 | 215 | Paul | Gatens | Garden City Runners | MVet60 | 3:06.43 |
| 278 | 67 | 299 | Thomas | Jervis | Unaffiliated | MOpen | 3:06.52 |
| 279 | 72 | 20 | Shaun | Appleton | Unaffiliated | MVet50 | 3:06.59 |
| 280 | 68 | 311 | Elias | Kassell | Unaffiliated | MOpen | 3:07.08 |
| 281 | 15 | 547 | Eloise | Stevens | Unaffiliated | FOpen | 3:07.14 |
| 282 | 69 | 276 | James | Hodgskin | Unaffiliated | MOpen | 3:07.25 |
| 283 | 77 | 14 | Ross | Anker | Unaffiliated | MVet40 | 3:07.28 |
| 284 | 78 | 9 | Joby | Allen | Unaffiliated | MVet40 | 3:07.59 |
| 285 | 16 | 2 | Emma | Adcock | Tring RC | FOpen | 3:08.05 |
| 286 | 79 | 581 | Jonathan | Wagstaff | Unaffiliated | MVet40 | 3:08.13 |
| 287 | 80 | 292 | Richard | Jameson | Unaffiliated | MVet40 | 3:08.13 |

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|-----|----|-----|-----------|------------|----------------------------|--------|---------|
| 288 | 3 | 63 | Clare | Bonnick | Watford Joggers | FVet60 | 3:08.32 |
| 289 | 81 | 302 | Dan | Johnson | Unaffiliated | MVet40 | 3:09.01 |
| 290 | 15 | 566 | Samantha | Tophill | Fairlands Valley Spartans | FVet50 | 3:09.06 |
| 291 | 2 | 363 | John | Manning | Tring RC | MVet70 | 3:09.17 |
| 292 | 70 | 99 | Keith | Chapman | Unaffiliated | MOpen | 3:09.21 |
| 293 | 71 | 434 | Tommy | North | Unaffiliated | MOpen | 3:09.26 |
| 294 | 17 | 574 | Zara | Ulrich | Unaffiliated | FOpen | 3:09.40 |
| 295 | 73 | 340 | Blaise | Lester | Unaffiliated | MVet50 | 3:10.05 |
| 296 | 13 | 3 | Roger | Adey | Garden City Runners | MVet60 | 3:10.14 |
| 297 | 74 | 157 | Mark | Digby | Burnham Joggers | MVet50 | 3:10.52 |
| 298 | 16 | 34 | Emma | Balfe | Watford Joggers | FVet50 | 3:11.13 |
| 299 | 14 | 381 | Keith | McLellan | Garden City Runners | MVet60 | 3:11.21 |
| 300 | 17 | 550 | Samantha | Sullivan | Dacorum & Tring AC | FVet50 | 3:11.24 |
| 301 | 22 | 289 | Clare | Wildey | Garden City Runners | FVet40 | 3:11.37 |
| 302 | 82 | 399 | Andy | Morgan | Garden City Runners | MVet40 | 3:11.41 |
| 303 | 23 | 272 | Kate | Hill | Unaffiliated | FVet40 | 3:11.49 |
| 304 | 75 | 109 | Gareth | Clark | Dacorum Athletic Club | MVet50 | 3:12.01 |
| 305 | 72 | 442 | Liam | O'Hara | Unaffiliated | MOpen | 3:12.28 |
| 306 | 18 | 162 | Tracey | Dowding | Unaffiliated | FVet50 | 3:13.07 |
| 307 | 24 | 134 | Helen | Cox | Unaffiliated | FVet40 | 3:13.21 |
| 308 | 83 | 135 | Andrew | Cox | Unaffiliated | MVet40 | 3:13.22 |
| 309 | 73 | 577 | Dennis | Verhoeven | Greenlight pt | MOpen | 3:13.31 |
| 310 | 18 | 312 | Lauren | Keeler | Greenlight PT | FOpen | 3:13.33 |
| 311 | 19 | 164 | Sam | Downton | Redway Runners | FVet50 | 3:13.34 |
| 312 | 76 | 214 | Will | Garbutt | Unaffiliated | MVet50 | 3:13.45 |
| 313 | 77 | 562 | Mark | Thompson | The Jaffa's | MVet50 | 3:13.51 |
| 314 | 15 | 224 | Andy | Godman | Unaffiliated | MVet60 | 3:13.55 |
| 315 | 85 | 364 | Rob | Marr | Tring RC | MVet40 | 3:14.01 |
| 316 | 86 | 585 | James | Waller | Unaffiliated | MVet40 | 3:14.01 |
| 317 | 16 | 54 | Allan | Blackburn | Redway Runners | MVet60 | 3:14.11 |
| 318 | 87 | 225 | Chris | Golden | Unaffiliated | MVet40 | 3:14.16 |
| 319 | 25 | 56 | Louise | Bladen | Tring RC | FVet40 | 3:14.18 |
| 320 | 19 | 361 | Margaret | Mann | Unaffiliated | FOpen | 3:14.23 |
| 321 | 74 | 567 | Callum | Trewavas | Unaffiliated | MOpen | 3:14.29 |
| 322 | 26 | 412 | Gosia | Murakowska | Unaffiliated | FVet40 | 3:14.35 |
| 323 | 4 | 31 | Jenny | Baker | Ealing Eagles Running Club | FVet60 | 3:14.56 |
| 324 | 20 | 220 | Alice | Gilmour | Unaffiliated | FOpen | 3:15.07 |
| 325 | 27 | 426 | Sarah | Nicholson | Unaffiliated | FVet40 | 3:15.27 |
| 326 | 17 | 532 | Martin | Slevin | Headington Road Runners | MVet60 | 3:15.35 |
| 327 | 21 | 274 | Charlotte | Hills | Unaffiliated | FOpen | 3:15.39 |
| 328 | 28 | 413 | Helen | Mussen | Watford Joggers | FVet40 | 3:15.41 |
| 329 | 84 | 536 | Toby | Smith | Unaffiliated | MVet40 | 3:15.52 |
| 330 | 88 | 138 | Justin | Crook | Olney Runners AC | MVet40 | 3:15.56 |
| 331 | 78 | 260 | John | Haworth | Unaffiliated | MVet50 | 3:16.02 |
| 332 | 29 | 240 | Claire | Grout | Unaffiliated | FVet40 | 3:16.04 |
| 333 | 79 | 183 | Simon | Ellis | Unaffiliated | MVet50 | 3:16.08 |
| 334 | 80 | 217 | James | Giffen | St Albans striders | MVet50 | 3:16.25 |
| 335 | 30 | 6 | Julia | Aliaj | Chiltern Harriers AC | FVet40 | 3:16.30 |

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| 336 | 22 | 50 | Lyndsey | Bill | Chiltern Harriers AC | FOpen | 3:16.31 |
| 337 | 31 | 104 | Helen | Cholawo | Chiltern Harriers AC | FVet40 | 3:16.33 |
| 338 | 81 | 497 | Simon | Robinson | Dunstable Lions RC | MVet50 | 3:16.52 |
| 339 | 82 | 421 | Paul | Newcombe | Unaffiliated | MVet50 | 3:17.15 |
| 340 | 83 | 548 | David | Strevens | Unaffiliated | MVet50 | 3:18.05 |
| 341 | 89 | 386 | Phil | Mercer | Gade Valley Harriers | MVet40 | 3:18.07 |
| 342 | 32 | 93 | Sally | Cartwright | Unaffiliated | FVet40 | 3:18.11 |
| 343 | 84 | 75 | Johnathan | Brooks | On the Run Aylesbury | MVet50 | 3:18.32 |
| 344 | 90 | 262 | Barney | Haywood | Dulwich Runners | MVet40 | 3:18.37 |
| 345 | 91 | 584 | Andrew | Waller | Unaffiliated | MVet40 | 3:18.39 |
| 346 | 85 | 506 | John | Rutherford | Salute Mission Critical | MVet50 | 3:18.57 |
| 347 | 20 | 450 | Carole | Page | Tring RC | FVet50 | 3:19.18 |
| 348 | 18 | 451 | Stuart | Page | Tring RC | MVet60 | 3:19.19 |
| 349 | 86 | 554 | Nick | Talbot | Chiltern Harriers AC | MVet50 | 3:19.44 |
| 350 | 75 | 69 | Chris | Bradley | Runaway Racing | MOpen | 3:19.5 |
| 351 | 92 | 159 | Brian | Doogan | Unaffiliated | MVet40 | 3:19.58 |
| 352 | 87 | 307 | Gareth | Jones | On the Run Pitstone | MVet50 | 3:20.09 |
| 353 | 21 | 305 | Jane | Jones | On the Run Pitstone | FVet50 | 3:20.14 |
| 354 | 76 | 395 | Gareth | Moore | Unaffiliated | MOpen | 3:20.23 |
| 355 | 93 | 127 | John | corcoran | Unaffiliated | MVet40 | 3:20.52 |
| 356 | 22 | 171 | Kathryn | Duffy | Watford Joggers | FVet50 | 3:20.56 |
| 357 | 33 | 441 | Therese | O'Riordan | Olney Runners AC | FVet40 | 3:21.01 |
| 358 | 5 | 539 | Carolyn | Squire | Unaffiliated | FVet60 | 3:21.19 |
| 359 | 23 | 282 | Sophie | Howard | Burnham Joggers | FOpen | 3:21.42 |
| 360 | 23 | 65 | Debbie | Bowen | Unaffiliated | FVet50 | 3:21.45 |
| 361 | 88 | 410 | Steve | Muldoon | St Albans Striders | MVet50 | 3:21.48 |
| 362 | 89 | 551 | Nigel | Sullivan | Burnham Joggers | MVet50 | 3:22.03 |
| 363 | 24 | 509 | Rachel | Sammes | Maidenhead Athletic Club | FVet50 | 3:22.22 |
| 364 | 19 | 322 | Tim | Kyndt | Unaffiliated | MVet60 | 3:22.56 |
| 365 | 94 | 256 | Stewart | Harrison | Unaffiliated | MVet40 | 3:23.23 |
| 366 | 90 | 61 | Martin | Bolger | Unaffiliated | MVet50 | 3:23.34 |
| 367 | 91 | 589 | Jason | Ward | Unaffiliated | MVet50 | 3:23.44 |
| 368 | 34 | 201 | Kelly | Field | Unaffiliated | FVet40 | 3:23.45 |
| 369 | 20 | 559 | Paul | Terrett | Tring RC | MVet60 | 3:24.27 |
| 370 | 92 | 46 | Gareth | Bellamy | Tring RC | MVet50 | 3:24.27 |
| 371 | 93 | 309 | Donald | Joyce | Unaffiliated | MVet50 | 3:24.51 |
| 372 | 95 | 304 | Jonathan | Williams | Unaffiliated | MVet40 | 3:25.2 |
| 373 | 94 | 542 | Chris | Stancombe | Unaffiliated | MVet50 | 3:25.55 |
| 374 | 95 | 145 | Robert | Davies | Dacorum & Tring AC | MVet50 | 3:26.16 |
| 375 | 96 | 336 | Giles | Leather | Dacorum & Tring AC | MVet50 | 3:26.37 |
| 376 | 21 | 533 | Douglas | Smith | Chiltern Harriers AC | MVet60 | 3:26.52 |
| 377 | 97 | 111 | Phil | Clemas | Unaffiliated | MVet50 | 3:26.59 |
| 378 | 98 | 68 | Colin | Bradley | Leighton Buzzard Triathlon | MVet50 | 3:27.01 |
| 379 | 25 | 582 | Maria | Waite | Dacorum Athletic Club | FVet50 | 3:27.18 |
| 380 | 99 | 362 | Stephen | Mann | Redway Runners | MVet50 | 3:27.36 |
| 381 | 77 | 510 | Chris | Sanders | Unaffiliated | MOpen | 3:27.48 |
| 382 | 96 | 73 | Mike | Brewer | Bedford Harriers AC | MVet40 | 3:27.53 |
| 383 | 100 | 476 | David | Power | Unaffiliated | MVet50 | 3:27.58 |

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| 384 | 26 | 280 | Johanna | Houlahan | St Albans Striders | FVet50 | 3:28.45 |
| 385 | 101 | 411 | Ian | Munro | Garden City Runners | MVet50 | 3:29.14 |
| 386 | 97 | 242 | Max | Gruening | Unaffiliated | MVet40 | 3:29.57 |
| 387 | 102 | 176 | Aiden | Dwyer | Garden City Runners | MVet50 | 3:30.03 |
| 388 | 27 | 122 | julia | coney | On the run | FVet50 | 3:30.13 |
| 389 | 24 | 369 | Rebecca | Matthews | On the run pitstone | FOpen | 3:30.43 |
| 390 | 25 | 573 | Anna | Tutty | Unaffiliated | FOpen | 3:30.44 |
| 391 | 35 | 210 | Tiffany | Frimston | On the run | FVet40 | 3:30.45 |
| 392 | 98 | 144 | Adrian | D'Enrico | Unaffiliated | MVet40 | 3:30.48 |
| 393 | 26 | 587 | Chloe | Walters | Unaffiliated | FOpen | 3:30.48 |
| 394 | 78 | 466 | Thomas | Perry | Unaffiliated | MOpen | 3:30.48 |
| 395 | 99 | 343 | Matthew | Lister | Unaffiliated | MVet40 | 3:30.48 |
| 396 | 100 | 26 | Gareth | Askey | Garden City Runners | MVet40 | 3:32.02 |
| 397 | 103 | 143 | Jeremy | Curtis | Unaffiliated | MVet50 | 3:32.35 |
| 398 | 28 | 405 | Gwen | Mostyn | Unaffiliated | FVet50 | 3:32.41 |
| 399 | 36 | 7 | Becky | Allam | Henlowly Goats Running C | FVet40 | 3:32.52 |
| 400 | 29 | 471 | Sally | Pinnock | Unaffiliated | FVet50 | 3:33.21 |
| 401 | 101 | 446 | Daniel | Osborn | Unaffiliated | MVet40 | 3:34.00 |
| 402 | 102 | 213 | Ryan | Galloway | Dacorum Tri Club | MVet40 | 3:34.21 |
| 403 | 37 | 391 | Leena | Modha | Redway Runners | FVet40 | 3:34.22 |
| 404 | 27 | 169 | Emily | Drake | Dacorum Tri Club | FOpen | 3:34.22 |
| 405 | 104 | 592 | Stephen | Warner | Redway Runners | MVet50 | 3:34.36 |
| 406 | 30 | 358 | Michelle | Maloney | Dacorum & Tring AC | FVet50 | 3:34.4 |
| 407 | 103 | 40 | Barry | Barnett | Bearbrook Running club | MVet40 | 3:34.55 |
| 408 | 105 | 72 | David | Brazier | Redway Runners | MVet50 | 3:35.02 |
| 409 | 3 | 499 | Peter | Rodwell | Redway Runners | MVet70 | 3:35.02 |
| 410 | 22 | 13 | Roger | Andrews | Unaffiliated | MVet60 | 3:35.17 |
| 411 | 38 | 531 | Maryanne | Slade | Unaffiliated | FVet40 | 3:35.22 |
| 412 | 23 | 218 | Ben | Gifford | Unaffiliated | MVet60 | 3:35.38 |
| 413 | 6 | 107 | Lorraine | Clark | on the run | FVet60 | 3:36.03 |
| 414 | 106 | 294 | David | Jarman | Unaffiliated | MVet50 | 3:36.16 |
| 415 | 39 | 200 | Valentina | Ferrari | Leighton Buzzard AC | FVet40 | 3:36.31 |
| 416 | 79 | 57 | Tim | Woolley | On the Run Pitstone | MOpen | 3:36.59 |
| 417 | 80 | 586 | Tom | Walsh | On The Run Pitstone | MOpen | 3:37.00 |
| 418 | 40 | 370 | Tori | Matthews | Unaffiliated | FVet40 | 3:37.06 |
| 419 | 104 | 275 | Tim | Hoare | Unaffiliated | MVet40 | 3:37.52 |
| 420 | 7 | 209 | Sue | Frewin | Tring RC | FVet60 | 3:38.05 |
| 421 | 107 | 408 | Neal | Muggleton | Unaffiliated | MVet50 | 3:38.06 |
| 422 | 108 | 117 | Scott | Cohen | Unaffiliated | MVet50 | 3:39.4 |
| 423 | 31 | 116 | Lisa | Cohen | Unaffiliated | FVet50 | 3:39.41 |
| 424 | 109 | 166 | Kevin | Dowton | Unaffiliated | MVet50 | 3:40.05 |
| 425 | 81 | 392 | Ewan | Molloy | Unaffiliated | MOpen | 3:40.12 |
| 426 | 41 | 51 | Emily | Bird | Burnham Joggers | FVet40 | 3:40.4 |
| 427 | 32 | 82 | Denise | Burford | Dacorum & Tring AC | FVet50 | 3:41.05 |
| 428 | 105 | 142 | Paul | Currie | Watford Joggers | MVet40 | 3:41.27 |
| 429 | 33 | 238 | Rachel | Gribben | Lonely Goat RC | FVet50 | 3:42.13 |
| 430 | 110 | 337 | Graham | Lee | Dunstable Lions RC | MVet50 | 3:42.14 |
| 431 | 8 | 352 | Fiona | Mackenzie | Edinburgh running network | FVet60 | 3:42.17 |

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| 432 | 34 | 353 | Eleanor | Mackenzie | Edinburgh Running Networ | FVet50 | 3:42.4 |
| 433 | 28 | 187 | Jade | Evans | Gade Valley Harriers | FOpen | 3:44.22 |
| 434 | 106 | 189 | Thomas | Evans | Gade Valley Harriers | MVet40 | 3:44.22 |
| 435 | 107 | 530 | Matthew | Size | Unaffiliated | MVet40 | 3:45.02 |
| 436 | 108 | 529 | Steve | Sinden | Unaffiliated | MVet40 | 3:45.14 |
| 437 | 109 | 8 | Mark | Allam | Unaffiliated | MVet40 | 3:47.08 |
| 438 | 111 | 457 | Anthony | Parry-Jones | South Cambridge Striders | MVet50 | 3:48.38 |
| 439 | 112 | 569 | Gavin | Tull | Unaffiliated | MVet50 | 3:49.36 |
| 440 | 113 | 572 | Rupert | Turnbull | Fortune Media | MVet50 | 3:50.12 |
| 441 | 35 | 360 | Sarah | Mann | Redway Runners | FVet50 | 3:50.21 |
| 442 | 36 | 453 | Denise | Parker | Unaffiliated | FVet50 | 3:53.3 |
| 443 | 82 | 147 | Robert | Day | Unaffiliated | MOpen | 3:53.44 |
| 444 | 42 | 255 | Natasha | Harrison | Thame runners | FVet40 | 3:54.09 |
| 445 | 37 | 58 | Rachel | Blake | Curve Marketing | FVet50 | 3:54.21 |
| 446 | 114 | 168 | Steve | Doyle | Unaffiliated | MVet50 | 3:54.22 |
| 447 | 115 | 498 | Tim | Robinson | Fairlands Valley Spartans | MVet50 | 3:54.31 |
| 448 | 116 | 261 | Nick | Haylett | St Albans Striders | MVet50 | 3:55.31 |
| 449 | 43 | 241 | Michelle | Grudzinski | Lonely Goat RC | FVet40 | 3:56.11 |
| 450 | 44 | 537 | Charlotte | Snowdon | Stopsley Striders | FVet40 | 3:56.19 |
| 451 | 117 | 60 | Nathan | Blake | Oxford Tri | MVet50 | 3:56.24 |
| 452 | 118 | 59 | Vincent | Blake | Hook Norton Harriers | MVet50 | 3:56.24 |
| 453 | 38 | 38 | Lesley | Barnard | 100 Marathon Club | FVet50 | 3:57.39 |
| 454 | 110 | 525 | Matthew | Sheldon | Unaffiliated | MVet40 | 3:57.44 |
| 455 | 111 | 321 | Paul | Kyndt | Unaffiliated | MVet40 | 3:57.44 |
| 456 | 119 | 270 | Jocelyn | Hickson | London Heathside | MVet50 | 3:58.18 |
| 457 | 83 | 80 | Harry | Brown | Unaffiliated | MOpen | 3:58.44 |
| 458 | 120 | 23 | Mark | Ashley | Project Awesome | MVet50 | 4:04.26 |
| 459 | 45 | 150 | Anna | Ziembaczews | On The Run Pitstone | FVet40 | 4:05.38 |
| 460 | 112 | 170 | Blazej | Ziembaczews | On The Run Pitstone | MVet40 | 4:05.38 |
| 461 | 39 | 483 | Marcia | Quinn | On the Run Pitstone & Ayles | FVet50 | 4:08.00 |
| 462 | 46 | 66 | Leigh | Bradbury | On the run Aylesbury | FVet40 | 4:08.00 |
| 463 | 40 | 185 | Lisa | Emerson | Ealing Eagles Running Club | FVet50 | 4:08.19 |
| 464 | 47 | 27 | Melissa | Atkin | Unaffiliated | FVet40 | 4:08.48 |
| 465 | 84 | 203 | Kenny | Fitzgerald | Unaffiliated | MOpen | 4:22.2 |
| 466 | 48 | 229 | Anne | Graeff | Leighton Fun Runners | FVet40 | 4:22.44 |
| 467 | 49 | 541 | Rachel | Stamp | Leighton Fun Runners | FVet40 | 4:22.45 |
| 468 | 41 | 191 | Michelle | Evans-Riches | Leighton Fun Runners | FVet50 | 4:23.00 |
| 469 | 9 | 560 | Donna | Thomas | Unaffiliated | FVet60 | 4:38.2 |
| 470 | 10 | 482 | Carina | Quayle | North Herts Road Runners | FVet60 | 4:38.2 |
| 471 | 113 | 578 | Charles | Vickers | Unaffiliated | MVet40 | 4:39.2 |