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|-----|-----------------|--------------------------------|-------|-----|--------------|--------------------------------|-------|-----|-----------------|--------------------------------|-------|
| 325 | L Davies | Royston Runners | 51:15 | 446 | R Howells | Ealing Southall & Middlesex AC | 53:07 | 567 | PFiller | Orion Harriers | 55:16 |
| 326 | K Hesketh | Preston Harriers | 51:16 | 447 | S Jarvis | Royal Sutton Coldfield AC | 53:08 | 568 | S Parkes | Massey Ferguson RC | 55:18 |
| 327 | A Connors* | Thames Valley Harriers | 51:17 | 448 | T Gibson | Lytham St Annes RR | 53:08 | 569 | D Newman | Hillingdon AC | 55:20 |
| 328 | M Wright | Tipton Harriers | 51:18 | 449 | M Ketley | Elswick Harriers | 53:09 | 570 | M Dransfield | Spensborough & District AC | 55:21 |
| 329 | D Firaw | Queens Park Harriers | 51:18 | 450 | J Houghton | North Fylde AC | 53:10 | 571 | N Huke | Royston Runners | 55:21 |
| 330 | N Marsh | Louth AC | 51:19 | 451 | G Wilson | Wirral AC | 53:11 | 572 | M Mann | Dulwich Runners AC | 55:22 |
| 331 | P Bleach | City Of Portsmouth AC | 51:20 | 452 | G Patton | Massey Ferguson RC | 53:12 | 573 | P Smith | Paddock Wood AC | 55:23 |
| 332 | R Sumner | Basingstoke & Mord Hants AC | 51:21 | 453 | S Purkiss | Richmond & Zetland Harriers | 53:12 | 574 | R Vaughan | Northbrook AC | 55:24 |
| 333 | W Gardner | Lancaster & Morecambe AC | 51:23 | 454 | T Kimber | Crawley AC | 53:13 | 575 | A Welsh | North Fylde AC | 55:25 |
| 334 | P Carstairs | Belgrave Harriers | 51:23 | 455 | A Hauser | Holmfirth Harriers AC | 53:14 | 576 | H Davies | Orion Harriers | 55:26 |
| 335 | G Thraves | Chester-Le-Street & Dist AC | 51:24 | 456 | P Noble | Serpentine RC | 53:17 | 577 | R Salt | Charmwood AC | 55:28 |
| 336 | P Newton | Redhill RR | 51:25 | 457 | I Goode | Oadby & Wigston Legionnaires | 53:17 | 578 | P Kenney | Royal Sutton Coldfield AC | 55:29 |
| 337 | T Hesketh | Horwich RMI H & AC | 51:26 | 458 | C Hobson | City Of Norwich AC | 53:18 | 579 | A McDevitt | Wirral AC | 55:32 |
| 338 | D Ogden | South London Harriers | 51:26 | 459 | D Browne | London Heathside Runners | 53:18 | 580 | M Cronshaw | North Fylde AC | 55:34 |
| 339 | N Hume | North Fylde AC | 51:27 | 460 | S Wells | Fairlands Valley Spartans | 53:19 | 581 | C Murphy | London Irish AC | 55:35 |
| 340 | S Buchan | Kingston Upon Hull AC | 51:28 | 461 | D Brock | Orion Harriers | 53:20 | 582 | T Helligs | Lytham St Annes RR | 55:36 |
| 341 | A Owen | London Heathside Runners | 51:28 | 462 | R Hughes | Salford Metropolitan AC | 53:22 | 583 | D Potter | Bingley H & AC | 55:37 |
| 342 | J Chambers | Stockport Harriers AC | 51:29 | 463 | S Johnson | Reading AC | 53:23 | 584 | D Keating | Corby AC | 55:38 |
| 343 | M Turner | Kingston Upon Hull AC | 51:30 | 464 | D Ottey | Dorking & Mole Valley AC | 53:24 | 585 | P Roberts | Richmond & Zetland Harriers | 55:39 |
| 344 | T Munt | Reading AC | 51:31 | 465 | S DiNoto* | Highgate Harriers | 53:25 | 586 | M Anderson | Lincoln & District Runners | 55:39 |
| 345 | J McFarlane | Thames Hare & Hounds | 51:31 | 466 | D Jacobson | London Heathside Runners | 53:27 | 587 | B Atkinson | Knavesmere Harriers | 55:40 |
| 346 | K Goulding | Holmfirth Harriers AC | 51:32 | 467 | P Kilgallon | Wirral AC | 53:28 | 588 | C Hinks | Sparkhill Harriers | 55:40 |
| 347 | D Tierman | West Cheshire AC | 51:33 | 468 | C Purse | Chelmsford AC | 53:29 | 589 | T Beacock | VictoriaParkHwthTowerHamletsAC | 55:41 |
| 348 | A Raynes | Hallamshire Harriers Sheffield | 51:34 | 469 | G Wilson | Preston Harriers | 53:30 | 590 | L Grist | Serpentine RC | 55:45 |
| 349 | G Lemke | Ranelagh Harriers | 51:36 | 470 | G Dench | Serpentine RC | 53:30 | 591 | P Croxford | London Heathside Runners | 55:45 |
| 350 | S Livingstone | Garden City Runners | 51:36 | 471 | K Kemp | London Heathside Runners | 53:31 | 592 | S Giles | Kettering Town Harriers | 55:47 |
| 351 | M Whiting | Windsor Slough Eton Hounslow | 51:37 | 472 | P Archer | Notts AC | 53:31 | 593 | J Boyd | Reading AC | 55:48 |
| 352 | A Styles | Tunbridge Wells Harriers | 51:38 | 473 | B Summers | Rugby & Northampton AC | 53:34 | 594 | S Chosi | London Irish AC | 55:49 |
| 353 | J Kazer | Cambridge & Coleridge AC | 51:39 | 474 | A Baci | Enfield & Haringey AC | 53:35 | 595 | P Scarles | South London Harriers | 55:51 |
| 354 | C Curris | Corby AC | 51:39 | 475 | M Watling | Blackheath Harriers Bromley | 53:35 | 596 | A Haycock | Stafford Harriers | 55:52 |
| 355 | D Fagan | Heme Hill Harriers | 51:40 | 476 | R Kenny | Preston Harriers | 53:35 | 597 | R Langridge | Croydon Harriers | 55:52 |
| 356 | M Barlow | Kent AC | 51:40 | 477 | A McLaren | Bideford AAC | 53:36 | 598 | M Gohar | Ranelagh Harriers | 55:53 |
| 357 | D Clarke | Massey Ferguson RC | 51:42 | 478 | A Walker | Reigate Priory AC | 53:36 | 599 | C Hunt | Datchet Dashers | 55:54 |
| 358 | T Cook | Bedford & County AC | 51:42 | 479 | R Casey | Garden City Runners | 53:37 | 600 | D Miller | The Stragglers | 55:55 |
| 359 | P Gittings | Reading AC | 51:43 | 480 | C Loizou | Dulwich Runners AC | 53:38 | 601 | P Woodyatt | City Of Norwich AC | 55:57 |
| 360 | S Hall | Fairlands Valley Spartans | 51:44 | 481 | N Chester | Liverpool H & AC | 53:39 | 602 | K Hawkes | Stratford-On-Avon AC | 55:58 |
| 361 | D Walker | Colchester & Tendring AC | 51:45 | 482 | M Farmer | South London Harriers | 53:40 | 603 | L Hemmings | Nene Valley Harriers | 55:58 |
| 362 | P Westrope | Bedford & County AC | 51:48 | 483 | N Carr | Aurora Harriers | 53:41 | 604 | R Langley | Halstead RR | 55:59 |
| 363 | P Leppard | Hillingdon AC | 51:49 | 484 | D Gillett | Collingwood AC | 53:42 | 605 | S Dokic | Hillingdon AC | 55:59 |
| 364 | J Cullom* | VictoriaParkHwthTowerHamletsAC | 51:52 | 485 | S Sternkopf | Worcester AC | 53:43 | 606 | S Clarke | Medway & Maidstone AC | 56:01 |
| 365 | A Brook | Harrogate H & AC | 51:52 | 486 | A Norgate | Longwood HAC Huddersfield | 53:44 | 607 | J Hunton | Chelmsford AC | 56:02 |
| 366 | A McCoy | Cheltenham & County Harriers | 51:53 | 487 | R Taylor | Stockport Harriers AC | 53:45 | 608 | N White | Orion Harriers | 56:03 |
| 367 | D Chapman-Jones | Herts Phoenix AC | 51:55 | 488 | I Keyte | Bromsgrove & Redditch AC | 53:46 | 609 | E Blackmore | Hercules Wimbledon AC | 56:04 |
| 368 | P Doyle | Ranelagh Harriers | 51:55 | 489 | G Chatterton | Chelmsford AC | 53:47 | 610 | S Wolton | Halstead RR | 56:05 |
| 369 | P Lazo* | Kent AC | 51:56 | 490 | B Barrett | Stopsley Striders | 53:48 | 611 | A Ali | Thames Valley Harriers | 56:06 |
| 370 | T Sutton | Invicta East Kent AC | 51:57 | 491 | S Pleased | Ealing Southall & Middlesex AC | 53:49 | 612 | J Carnell | Cambridge Harriers | 56:08 |
| 371 | A Collins | South London Harriers | 51:58 | 492 | R James | South London Harriers | 53:49 | 613 | B Barnaby | St Albans Striders | 56:09 |
| 372 | T Parkin | Phoenix AC | 52:01 | 493 | K Julian | Orion Harriers | 53:50 | 614 | M Eldred | Hardley Runners | 56:10 |
| 373 | S Sinnott | Hercules Wimbledon AC | 52:01 | 494 | P Jones | Milton Keynes AC | 53:53 | 615 | J Harding | Diss & District AC | 56:11 |
| 374 | K Jacques | Ranelagh Harriers | 52:02 | 495 | J Zaple | Herne Hill Harriers | 53:55 | 616 | K Hutchings | South London Harriers | 56:13 |
| 375 | O Hird | Wirral AC | 52:03 | 496 | W Garner | Preston Harriers | 53:55 | 617 | M Cunningham | Manchester H & AC | 56:15 |
| 376 | B Grant | Harrogate H & AC | 52:04 | 497 | W Clark | Epsom & Ewell Harriers | 53:56 | 618 | M Winstone | Kettering Town Harriers | 56:16 |
| 377 | A Alison | Medway & Maidstone AC | 52:04 | 498 | J Ewart | Holmfirth Harriers AC | 53:56 | 619 | C Knight | Medway & Maidstone AC | 56:16 |
| 378 | D Battersby | Bedford & County AC | 52:05 | 499 | A Martins | South London Harriers | 53:59 | 620 | P Summers | Skelmersdale Boundary Harriers | 56:17 |
| 379 | D Gilchrist | Altrincham & District AC | 52:06 | 500 | C Taylor | Watford Joggers | 54:00 | 621 | A Mason | Springfield Striders RC | 56:17 |
| 380 | B Dewhurst | Preston Harriers | 52:07 | 501 | G Hemblade | Nestle Rowntree AC York | 54:02 | 622 | M Healey | Springfield Striders RC | 56:18 |
| 381 | R Broadbent | Orion Harriers | 52:07 | 502 | A Peach | Worcester AC | 54:03 | 623 | M Penman | VictoriaParkHwthTowerHamletsAC | 56:19 |
| 382 | S Loach | Dulwich Runners AC | 52:07 | 503 | J Eltringham | Highgate Harriers | 54:06 | 624 | S Reynolds | Bristol AC | 56:24 |
| 383 | P Spelman | Fleet & Crookham AC | 52:08 | 504 | A Thiemicke | City Of Stoke AC | 54:07 | 625 | R Richards | Severn AC | 56:26 |
| 384 | S Hilton | Serpentine RC | 52:08 | 505 | A Sarkar | Dulwich Runners AC | 54:09 | 626 | I White | Corby AC | 56:27 |
| 385 | J Guest | Northbrook AC | 52:08 | 506 | P Davidson | Grantham AC | 54:09 | 627 | R Disney | Reading AC | 56:28 |
| 386 | J Bamber | Great Western Runners | 52:09 | 507 | B Graney | St Helen's Sutton AC | 54:09 | 628 | K Lehane | Enfield & Haringey AC | 56:30 |
| 387 | S Toogood | Chelmsford AC | 52:09 | 508 | B Whittaker | Hallamshire Harriers Sheffield | 54:10 | 629 | J Lowe | Highgate Harriers | 56:30 |
| 388 | S Hunt | Harrow AC | 52:10 | 509 | C Hamer | London Heathside Runners | 54:10 | 630 | S Simpole | Orion Harriers | 56:31 |
| 389 | P Render | Harrogate H & AC | 52:10 | 510 | P Warburton | Hillingdon AC | 54:12 | 631 | M Atkins | Westbury Harriers | 56:32 |
| 390 | A Sellars | Kent AC | 52:11 | 511 | P Chan | Great Western Runners | 54:13 | 632 | O Fairclough | Sparkhill Harriers | 56:33 |
| 391 | M Lane | Ranelagh Harriers | 52:12 | 512 | T Price | Fleet & Crookham AC | 54:14 | 633 | B Corr | South London Harriers | 56:35 |
| 392 | G West | St Albans Striders | 52:13 | 513 | V Long | Royston Runners | 54:15 | 634 | M Sirett | Corby AC | 56:36 |
| 393 | R Vose | St Helen's Sutton AC | 52:14 | 514 | M Feeley | Corby AC | 54:16 | 635 | A Wasdell | St Albans Striders | 56:36 |
| 394 | M LeGassick | Stubbington Green R & AC | 52:14 | 515 | S Driscoll | Totton RC | 54:17 | 636 | M Chaplin | Cambridge & Coleridge AC | 56:37 |
| 395 | D Keeling | Trafford AC | 52:15 | 516 | G Patchett | Spensborough & District AC | 54:18 | 637 | R Britton | Staffordshire Moorlands AC | 56:38 |
| 396 | SA Clansay | Liverpool Pembroke & Sefton H | 52:16 | 517 | P Simpson | Vegetarian C & AC | 54:19 | 638 | I White | St Helen's Sutton AC | 56:38 |
| 397 | M Barnsdale | Nene Valley Harriers | 52:16 | 518 | P Tullett | Chelmsford AC | 54:20 | 639 | C Stone | Reigate Priory AC | 56:39 |
| 398 | A Arbour | Kingston AC & Polytechnic H | 52:17 | 519 | G Johnston | North Fylde AC | 54:20 | 640 | A Kellaway | Hardley Runners | 56:40 |
| 399 | A Smith | Reigate Priory AC | 52:18 | 520 | R French | Northbrook AC | 54:21 | 641 | R Sunley | Horsforth Harriers | 56:40 |
| 400 | P Inshall | Great Western Runners | 52:19 | 521 | J Donnelly | Royal Navy AC | 54:21 | 642 | I Redford | Massey Ferguson RC | 56:41 |
| 401 | B Hutchinsonson | Kent AC | 52:20 | 522 | J Bonwell | Royal Slough Eton Hounslow | 54:22 | 643 | A Wright | Wirral AC | 56:47 |
| 402 | D Rideout | Derby AC | 52:22 | 523 | M Andrew | Ilkeston RC | 54:22 | 644 | P Lawlor | Northbrook AC | 56:48 |
| 403 | S Rutherford | Darlington H & AC | 52:22 | 524 | I Stokes | Invicta East Kent AC | 54:23 | 645 | R Hancock | Leamington C & AC | 56:49 |
| 404 | S Naylor | Great Western Runners | 52:22 | 525 | D Barrett | Woodford Green AC/Essex Ladies | 54:24 | 646 | C Harvey | Severn AC | 56:50 |
| 405 | D Carrington | Altrincham & District AC | 52:24 | 526 | D Tilley | Boston & District AC | 54:25 | 647 | P Cunningham | Shaftesbury Barnet Harriers | 56:51 |
| 406 | E Southam | Highgate Harriers | 52:25 | 527 | M Langley | Dorking & Mole Valley AC | 54:25 | 648 | A Rawlins | Werrington Joggers | 56:52 |
| 407 | G Townsend | London Irish AC | 52:28 | 528 | M Bland | Havering Mayesbrook AC | 54:26 | 649 | M Revill | Stamford Harriers | 56:53 |
| 408 | D Griffiths | West 4 Harriers | 52:28 | 529 | D Gothard | Sparkhill Harriers | 54:26 | 650 | S Herington | Hereford Couriers | 56:54 |
| 409 | A Coleman | Woodford Green AC/Essex Ladies | 52:29 | 530 | A Clague | West Cheshire AC | 54:27 | 651 | A Johns | Thames Hare & Hounds | 56:55 |
| 410 | S Stone | Windsor Slough Eton Hounslow | 52:30 | 531 | N Baker | Headington RR | 54:28 | 652 | P Young | Loughton AC | 56:57 |
| 411 | J Barnes | Nestle Rowntree AC York | 52:30 | 532 | S Wells | Chester-Le-Street & Dist AC | 54:29 | 653 | R Fursey | Medway & Maidstone AC | 56:59 |
| 412 | T McKee | Kingston Upon Hull AC | 52:31 | 533 | G Jones | Shrewsbury AC | 54:31 | 654 | I Lambert | Eton Manor AC | 57:00 |
| 413 | G Deacon | Basildon AC | 52:31 | 534 | V Spain | Springfield Striders RC | 54:32 | 655 | A Sweet | London Heathside Runners | 57:01 |
| 414 | M Daniels | Wimbledon Windmilers | 52:32 | 535 | G Allen | Halstead RR | 54:33 | 656 | RPillott | Kirk Hallam AC | 57:02 |
| 415 | R Cole | Liverpool H & AC | 52:32 | 536 | P Mitchell | South London Harriers | 54:33 | 657 | I Gower | Saracens RC | 57:03 |
| 416 | K Straw | Kirk Hallam AC | 52:32 | 537 | D Owen | Dulwich Runners AC | 54:34 | 658 | J Dawson | Orion Harriers | 57:03 |
| 417 | T Toseland | Kettering Town Harriers | 52:33 | 538 | D Rankin | Oldham & Royton H & AC | 54:34 | 659 | A Leach | Royston Runners | 57:04 |
| 418 | M Maranzano | Kingston AC & Polytechnic H | 52:33 | 539 | G Poulton | Trafford AC | 54:35 | 660 | D Gaskell | The Stragglers | 57:05 |
| 419 | M Rahim | Harrow AC | 52:34 | 540 | S Cowlishaw | London Irish AC | 54:35 | 661 | P Furlong | Dorking & Mole Valley AC | 57:06 |
| 420 | A Watson | Notts AC | 52:34 | 541 | J Dillow | Croydon Harriers | 54:36 | 662 | T Hutchinsonson | City Of Bath AC | 57:07 |
| 421 | P Wetton | Thames Valley Harriers | 52:34 | 542 | M Oldham | Basildon AC | 54:37 | 663 | P Kent | Cambridge Harriers | 57:08 |
| 422 | M Harris | Harrogate H & AC | 52:36 | 543 | D Atkins | Dulwich Runners AC | 54:37 | 664 | B Drabner | Thorney RC | 57:08 |
| 423 | S Hale | Severn AC | 52:38 | 544 | S Bouveng* | Serpentine RC | 54:38 | 665 | J Estall | Dulwich Runners AC | 57:09 |
| 424 | B Dyson | Derby AC | 52:42 | 545 | O Msimango | Boston & District AC | 54:40 | 666 | T Woolridge | Watford Joggers | 57:09 |
| 425 | M Wood | South London Harriers | 52:42 | 546 | S Triner | South London Harriers | 54:41 | 667 | P Hawkins | Stratford-On-Avon AC | 57:10 |
| 426 | K Clarke | Rugby & Northampton AC | 52:43 | 547 | R Bell | Thames Valley Harriers | 54:50 | 668 | H Knowles | City Of Norwich AC | 57:10 |
| 427 | J Willoughby | Queens Park Harriers | 52:43 | 548 | D Barrett | Royal Navy AC | 54:52 | 669 | D Lee | Massey Ferguson RC | 57:11 |
| 428 | P Young | Hallamshire Harriers Sheffield | 52:45 | 549 | J Bell | Reigate Priory AC | 54:53 | 670 | J Wilkins | Invicta East Kent AC | 57:13 |
| 429 | H Preece | Barnet & District AC | 52:45 | 550 | L Spencer | Keighley & Craven AC | 54:53 | 671 | S Adams | Eton Manor AC | 57:14 |
| 430 | T Grant | Hillingdon AC | 52:46 | 551 | D Wythe | Wells City Harriers | 54:56 | 672 | T Hedge | Watford Harriers | 57:15 |
| 431 | M Higginbottom | Salford H & AC | 52:48 | 552 | D Grose | Northbrook AC | 54:58 | 673 | L Broadbridge | Springfield Striders RC | 57:15 |
| 432 | S Claridge | St Albans Striders | 52:50 | 553 | R Milne | St Albans Striders | 54:59 | 674 | G DeCourcy | Cambridge Harriers | 57:16 |
| 433 | B Askew | Harrogate H & AC | 52:53 | 554 | G Ives | London Irish AC | 54:59 | 675 | D Hughes | East Cheshire H & Tameside AC | 57:16 |
| 434 | A Short | Grantham AC | 52:54 | 555 | C Bentley | Macclesfield H & AC | 55:00 | 676 | K Johnson | Ilkeston RC | 57:17 |
| 435 | J Mortimer | Crawley AC | 52:56 | 556 | B Rogers | Ipswich Jaffa | 55:01 | 677 | G McAra | Helsby RC | 57:17 |
| 436 | V Guinee* | The Stragglers | 52:57 | 557 | D Potter | Leamington C & AC | 55:02 | 678 | M Cairnes | VictoriaParkHwthTowerHamletsAC | 57:19 |
| 437 | V Booth | Trafford AC | 52:58 | 558 | J Sumpter | City Of Bath AC | 55:04 | 679 | T Carson | East Cheshire H & | |

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|-----|------------------|--------------------------------|-------|-----|--------------|--------------------------------|---------|------|------------------|--------------------------------|---------|
| 688 | R Davies | Queens Park Harriers | 57:35 | 809 | S Couldwell | Birchfield Harriers | 59:40 | 930 | B Allmam | Horwich RMI H & AC | 1:01:57 |
| 689 | P Ridgeway | Newark AC | 57:35 | 810 | G Smith | Windsor-Slough Eton Hounslow | 59:40 | 931 | S Carmich'lBrown | Thriff Green Trotters | 1:01:59 |
| 690 | G Westley | Southampton City AC | 57:36 | 811 | M Sherwood | West 4 Harriers | 59:41 | 932 | M Slack | Hereford Couriers | 1:02:03 |
| 691 | N Brown | The Stragglers | 57:37 | 812 | M Cross | Cambridge Harriers | 59:42 | 933 | R Synthe | Kenilworth Runners | 1:02:08 |
| 692 | K Bray | Morpeth H & AC | 57:39 | 813 | T Print | Massey Ferguson RC | 59:42 | 934 | J Skevington | Wreake Runners | 1:02:09 |
| 693 | P Gooding | Bedford & County AC | 57:40 | 814 | A Tuttle | Newbury AC | 59:43 | 935 | B Costas | South Cyprus Flyers RC | 1:02:11 |
| 694 | MA Bush | Wreake Runners | 57:42 | 815 | A Sherrin | Stratford-On-Avon AC | 59:44 | 936 | W Lillis | Newbury AC | 1:02:14 |
| 695 | A Holmes | Fleet & Crookham AC | 57:42 | 816 | T Jackson | Stratford-On-Avon AC | 59:45 | 937 | C Clarke | Biggleswade AC | 1:02:18 |
| 696 | J Gueran | Royal Navy AC | 57:42 | 817 | R Townsend | Saltwell Harriers | 59:46 | 938 | D Litchfield | Ilkerton RC | 1:02:19 |
| 697 | R Ellerby | Chiltern Harriers AC | 57:43 | 818 | K Wesson | Elvet Striders | 59:46 | 939 | N Lindesay | Wirral AC | 1:02:19 |
| 698 | S Penny | Metros RC | 57:43 | 819 | M Lee | Invicta East Kent AC | 59:47 | 940 | B O'Reilly | VictoriaParkHwthTowerHamletsAC | 1:02:20 |
| 699 | L Hurman | Headington RR | 57:45 | 820 | K Prior | Biggleswade AC | 59:48 | 941 | D Cook | Saints & Sinners RC | 1:02:21 |
| 700 | D Palfrey | Tunbridge Wells Harriers | 57:46 | 821 | P Costaldo | Trent Park RC | 59:50 | 942 | A Ruffly | Eton Manor AC | 1:02:21 |
| 701 | S Davis | Ilkerton RC | 57:47 | 822 | S Brazil | The Stragglers | 59:53 | 943 | C Lamont | Stopsley Striders | 1:02:22 |
| 702 | C Ashworth | Dursley & District AC | 57:48 | 823 | D West | Dulwich Runners AC | 59:54 | 944 | F Adams | Enfield & Haringey AC | 1:02:22 |
| 703 | S Etherington | Thames Valley Harriers | 57:49 | 824 | J Catmull | Springfield Striders RC | 59:56 | 945 | B Wake | Kettering Town Harriers | 1:02:22 |
| 704 | A Lewis | Shrewsbury AC | 57:50 | 825 | M Anglim | Hardley Runners | 59:57 | 946 | P Cullen | Cambridge Harriers | 1:02:26 |
| 705 | P Hawkins | Great Western Runners | 57:51 | 826 | A Fordham | Harborough AC | 59:58 | 947 | A Farley | East Cheshire H & Tameside AC | 1:02:27 |
| 706 | K Murphy | Trent Park RC | 57:52 | 827 | H Nickau* | Headington RR | 1:00:00 | 948 | J Luscombe | Hillingdon AC | 1:02:27 |
| 707 | N Heppell | Basildon AC | 57:53 | 828 | R Ansell | Massey Ferguson RC | 1:00:01 | 949 | G Riddell | Basildon AC | 1:02:27 |
| 708 | M Lown | Birtley AC | 57:53 | 829 | M Johnson | Sale Harriers Manchester | 1:00:02 | 950 | A Davidson | Haslemere Border AC | 1:02:28 |
| 709 | A George | Phoenix AC | 57:55 | 830 | P Mensley | Charnwood AC | 1:00:02 | 951 | J Fuller | Barnet & District AC | 1:02:30 |
| 710 | P Finn | Medway & Maidstone AC | 57:55 | 831 | K Povey | Richmond & Zetland Harriers | 1:00:03 | 952 | T Fowler | Victory AC | 1:02:37 |
| 711 | O Barder | Serpentine RC | 57:56 | 832 | R McDonough | Kingston AC & Polytechnic H | 1:00:07 | 953 | A Welfman | London Heathside Runners | 1:02:38 |
| 712 | P Witcombe | Winchester & District AC | 57:57 | 833 | T Marlow | London Heathside Runners | 1:00:08 | 954 | G Murlin | Burton AC | 1:02:40 |
| 713 | J Duston | Nestle Rowntree AC York | 57:58 | 834 | W Arbury | East & Ewell Harriers | 1:00:09 | 955 | T Huxtable | Biggleswade AC | 1:02:43 |
| 714 | G Newlands | Dulwich Runners AC | 57:59 | 835 | A Schofield | East Cheshire H & Tameside AC | 1:00:10 | 956 | G Barker | Kirk Hallam AC | 1:02:44 |
| 715 | G Johnson | Boston & District AC | 58:00 | 836 | K Palmer | Stafford Harriers | 1:00:12 | 957 | R Compton | Havering '90 Joggers | 1:02:45 |
| 716 | A Lane | The Stragglers | 58:00 | 837 | G Hobson | Herts Phoenix AC | 1:00:12 | 958 | J Dowsett | Stopsley Striders | 1:02:46 |
| 717 | M Bates | Wesham RR | 58:01 | 838 | R Bowyer | Thames Hare & Hounds | 1:00:13 | 959 | A Taylor | Salford Metropolitan AC | 1:02:46 |
| 718 | Ant Davies | St Helen's Sutton AC | 58:01 | 839 | M Moore | Holme Pierreport RC | 1:00:14 | 960 | B Davies | Royal Navy AC | 1:02:48 |
| 719 | T Back | Ipswich Jaffa | 58:02 | 840 | M Derry | Newark AC | 1:00:16 | 961 | B Cook | Enfield & Haringey AC | 1:02:49 |
| 720 | B Walsh | Shaftesbury Barnet Harriers | 58:03 | 841 | A Patrick | Reigate Priory AC | 1:00:17 | 962 | P Read | Headington RR | 1:02:49 |
| 721 | I Richardson | Southampton RC | 58:04 | 842 | A Lindsay | Highgate Harriers | 1:00:18 | 963 | R Beaumont | Stockport Harriers AC | 1:02:49 |
| 722 | D Warren | Croydon Harriers | 58:05 | 843 | G Hand | Spectrum Striders RC | 1:00:19 | 964 | A Brown | Harrogate H & AC | 1:02:51 |
| 723 | R Walmsley | Skelmersdale Boundary Harriers | 58:06 | 844 | A Scogings | Swindon Striders | 1:00:21 | 965 | D Kent | South London Harriers | 1:02:52 |
| 724 | R Long | City Of Portsmouth AC | 58:08 | 845 | S Bryant | North Herts RR | 1:00:23 | 966 | K Day | Hardley Runners | 1:02:54 |
| 725 | J Shirley | Barnet & District AC | 58:09 | 846 | A Marriott | Kirk Hallam AC | 1:00:24 | 967 | J McCreight | Dorking & Mole Valley AC | 1:02:58 |
| 726 | R Carney | Birmingham Rowheath AC | 58:09 | 847 | D Bloomfield | Orion Harriers | 1:00:25 | 968 | I Hayden | Aurora Harriers | 1:02:59 |
| 727 | M Pope | Altrincham & District AC | 58:11 | 848 | M Thompson | Stafford Harriers | 1:00:27 | 969 | B Southgate | Rolls-Royce Harriers | 1:03:00 |
| 728 | M West | Southampton RC | 58:13 | 849 | R Jenkin | Hillingdon AC | 1:00:29 | 970 | M Faughnan | Garden City Runners | 1:03:01 |
| 729 | K Boardman | Leigh H & AC | 58:15 | 850 | I Lawson | Thames Valley Harriers | 1:00:30 | 971 | R Bloom | Herts Phoenix AC | 1:03:03 |
| 730 | I Greenaway | Lingfield RC | 58:17 | 851 | M Rasgauski* | Headington RR | 1:00:31 | 972 | C McEntee | Heaton Harriers | 1:03:05 |
| 731 | J Woodyard | Springfield Striders RC | 58:18 | 852 | J Callaghan | Keighley & Craven AC | 1:00:31 | 973 | I Middleton | Hereford Couriers | 1:03:07 |
| 732 | A Pemberton | The Stragglers | 58:20 | 853 | N Griffiths | Spectrum Striders RC | 1:00:32 | 974 | T Turnbull | Aurora Harriers | 1:03:09 |
| 733 | D McCartney | Desford Striders | 58:21 | 854 | M Warren | London Heathside Runners | 1:00:33 | 975 | A Boyack | St Helen's Sutton AC | 1:03:10 |
| 734 | R Hogg | Woodford Green AC/Essex Ladies | 58:22 | 855 | H Mistry | Reigate Priory AC | 1:00:35 | 976 | G Underhill | Bedford & County AC | 1:03:11 |
| 735 | M Whalley | Wreake Runners | 58:23 | 856 | A Davy | Horsforth Harriers | 1:00:36 | 977 | S Daly | The Stragglers | 1:03:12 |
| 736 | D Stanfield | Wells City Harriers | 58:24 | 857 | N Bowman | Trent Park RC | 1:00:37 | 978 | R Derrick | St Albans Striders | 1:03:13 |
| 737 | R Weston | London Heathside Runners | 58:24 | 858 | A Dalton | Skelmersdale Boundary Harriers | 1:00:37 | 979 | K Hardcastle | Winchester & District AC | 1:03:15 |
| 738 | M Popov* | Croydon Harriers | 58:25 | 859 | P Ackland | Kendal AAC | 1:00:38 | 980 | R Alburey | Eton Manor AC | 1:03:16 |
| 739 | T Strudwick | London Heathside Runners | 58:26 | 860 | A Shephard | Colchester Harriers | 1:00:40 | 981 | P Dipple | Herne Hill Harriers | 1:03:18 |
| 740 | T Wright | Northbrook AC | 58:27 | 861 | J Greenwood | Thornbury RC | 1:00:42 | 982 | S Boden | Woodford Green AC/Essex Ladies | 1:03:20 |
| 741 | R Bober | Shaftesbury Barnet Harriers | 58:28 | 862 | M Searle | Hillingdon AC | 1:00:43 | 983 | F Yearsley | Dursley & District AC | 1:03:20 |
| 742 | G Rayner | Springfield Striders RC | 58:30 | 863 | J O'Donnell | Hillingdon AC | 1:00:44 | 984 | P Smith | Tunbridge Wells Harriers | 1:03:21 |
| 743 | D Shortridge | VictoriaParkHwthTowerHamletsAC | 58:32 | 864 | M Francis | Stratford-On-Avon AC | 1:00:45 | 985 | K Reed | Erme Valley Harriers | 1:03:23 |
| 744 | A Murray | Dulwich Runners AC | 58:32 | 865 | F Robinson | Barnet & District AC | 1:00:46 | 986 | A Austin | South London Harriers | 1:03:24 |
| 745 | P Calthrop | St Albans Striders | 58:33 | 866 | C Giddis | West Cheshire AC | 1:00:46 | 987 | S Harris | Rugby & Northampton AC | 1:03:25 |
| 746 | D Johnson | Burnham Joggers | 58:34 | 867 | J Myall | Hillingdon AC | 1:00:47 | 988 | G Trevor | Shrewsbury AC | 1:03:26 |
| 747 | P Firmin | Medway & Maidstone AC | 58:35 | 868 | R Brigden | City Of Bath AC | 1:00:48 | 989 | M Ludford | Birmingham Rowheath AC | 1:03:27 |
| 748 | A O'Brien | Saracens RC | 58:36 | 869 | J John-Lewis | Orion Harriers | 1:00:49 | 990 | D Johnson | Boston & District AC | 1:03:28 |
| 749 | D Johnson | Garden City Runners | 58:36 | 870 | M Baker | Northbrook AC | 1:00:49 | 991 | A Marshall | Northbrook AC | 1:03:28 |
| 750 | L Thomas | Queens Park Harriers | 58:37 | 871 | R Cytla | Severn AC | 1:00:50 | 992 | I Edmonds | Reigate Priory AC | 1:03:30 |
| 751 | M Kirby | Nestle Rowntree AC York | 58:38 | 872 | C Pearce | Thornbury RC | 1:00:52 | 993 | N Park | Kent AC | 1:03:31 |
| 752 | F Reddington | Spennorth & District AC | 58:39 | 873 | B Heery | Luton United AC | 1:00:53 | 994 | D Warn | Southampton RC | 1:03:32 |
| 753 | N Hemming | Croydon Harriers | 58:40 | 874 | B Olpin | Redhill RR | 1:00:56 | 995 | R Smith | Severn AC | 1:03:33 |
| 754 | J Whiffin | Loughton AC | 58:41 | 875 | M Baron | Harrow AC | 1:00:56 | 996 | C Verrall | London Heathside Runners | 1:03:35 |
| 755 | G VanAken* | Cambridge & Coleridge AC | 58:42 | 876 | S Alsobhi | Sparkhill Harriers | 1:00:57 | 997 | T Jordan | Northbrook AC | 1:03:36 |
| 756 | C Greysen | Redhill RR | 58:43 | 877 | A Fox | Metros RC | 1:00:58 | 998 | J Hurford | Dulwich Runners AC | 1:03:37 |
| 757 | R Mullins | Cheltenham & County Harriers | 58:44 | 878 | N Bardsley | South London Harriers | 1:00:59 | 999 | I Strain | Northbrook AC | 1:03:40 |
| 758 | R Rodie | Springfield Striders RC | 58:45 | 879 | I Thomas | Sparkhill Harriers | 1:01:00 | 1000 | P Shipway | Sparkhill Harriers | 1:03:42 |
| 759 | G Hicketts | Stockport Harriers AC | 58:46 | 880 | M Jiggins | City Of Bath AC | 1:01:01 | 1001 | S Hunt | Hadleigh Hares AC | 1:03:44 |
| 760 | H Burchard | City Of Bath AC | 58:46 | 881 | A Gibbs | St Albans Striders | 1:01:02 | 1002 | R Medley | Bexley AC | 1:03:46 |
| 761 | L O'Hare | Barnet & District AC | 58:47 | 882 | A Suswain | Hardley Runners | 1:01:03 | 1003 | A Read | Swindon Striders | 1:03:46 |
| 762 | I Owens | North Herts RR | 58:47 | 883 | G Fallon | Derby AC | 1:01:04 | 1004 | G Miller | Royston Runners | 1:03:50 |
| 763 | M Banfi | Wimbleton Windmilers | 58:48 | 884 | J Lock | Serpentine RC | 1:01:05 | 1005 | A Frost | Eton Manor AC | 1:03:55 |
| 764 | S McIntyre | Reigate Priory AC | 58:50 | 885 | G Turner | Tunbridge Wells Harriers | 1:01:05 | 1006 | J Woodward | Sunderland Strollers | 1:03:57 |
| 765 | R Steer | Dorking & Mole Valley AC | 58:51 | 886 | M Morley | Dulwich Runners AC | 1:01:06 | 1007 | K Perry | Fairlands Valley Spartans | 1:03:58 |
| 766 | I Humphreys | Wells City Harriers | 58:52 | 887 | Don Anderson | Belgrave Harriers | 1:01:06 | 1008 | M Jacklin | Werrington Joggers | 1:03:59 |
| 767 | C Chown | Dulwich Runners AC | 58:54 | 888 | P Holland | London Heathside Runners | 1:01:07 | 1009 | M Hall | Royston Runners | 1:04:00 |
| 768 | J Legge | Springfield Striders RC | 58:55 | 889 | J Tyler | Havering '90 Joggers | 1:01:09 | 1010 | S Tanner | Aldershot Farnham & Dist AC | 1:04:02 |
| 769 | T Mitchell-Smith | VictoriaParkHwthTowerHamletsAC | 58:55 | 890 | D English | Halstead RR | 1:01:10 | 1011 | C Naish | Ranelagh Harriers | 1:04:04 |
| 770 | M Yorworth | St Albans Striders | 58:56 | 891 | T Dable | Kenilworth Runners | 1:01:14 | 1012 | K Kaiser | Horsforth Harriers | 1:04:06 |
| 771 | M Harper | Stubbington Green R & AC | 58:57 | 892 | K Winch | Bexley AC | 1:01:15 | 1013 | D Bent | Pitsea AC | 1:04:06 |
| 772 | M Willcox | Great Western Runners | 58:57 | 893 | R Powell | Dorking & Mole Valley AC | 1:01:19 | 1014 | R Maxwell | Watford Joggers | 1:04:07 |
| 773 | J Rainford | Preston Harriers | 58:58 | 894 | N Dilkes | Wreake Runners | 1:01:20 | 1015 | S Lord | Retford AC | 1:04:07 |
| 774 | P Organ | Bourne Town Harriers | 58:59 | 895 | G Parton | Shrewsbury AC | 1:01:21 | 1016 | J Williams | Springfield Striders RC | 1:04:09 |
| 775 | P Hodgkinson | Hillingdon AC | 59:00 | 896 | N Harding | Poole AC | 1:01:22 | 1017 | R Treglown | Aurora Harriers | 1:04:11 |
| 776 | N Holmes | Fleet & Crookham AC | 59:00 | 897 | D Tibbles | Crawley AC | 1:01:23 | 1018 | J Kelly | Shaftesbury Barnet Harriers | 1:04:11 |
| 777 | J Hutchinson | Hardley Runners | 59:02 | 898 | P Keeble | Fairlands Valley Spartans | 1:01:27 | 1019 | J Charter | Stafford Harriers | 1:04:14 |
| 778 | H Shields | Serpentine RC | 59:02 | 899 | R Hardcastle | Longwood HAC Huddersfield | 1:01:27 | 1020 | D Fox | Erme Valley Harriers | 1:04:15 |
| 779 | B Schofield | Oldham & Royton H & AC | 59:04 | 900 | P Hardern | Newark AC | 1:01:28 | 1021 | P Radford | Tunbridge Wells Harriers | 1:04:17 |
| 780 | R Charlton | Springfield Striders RC | 59:04 | 901 | K McCord | Burnham Joggers | 1:01:30 | 1022 | C Reading | Leamington C & AC | 1:04:21 |
| 781 | G Deathridge | VictoriaParkHwthTowerHamletsAC | 59:05 | 902 | P Harris | Springfield Striders RC | 1:01:30 | 1023 | A Sinclair | Ranelagh Harriers | 1:04:21 |
| 782 | M Collins | Fairlands Valley Spartans | 59:05 | 903 | G Wisken | Castle Point Joggers | 1:01:31 | 1024 | A Babbis | Loughton AC | 1:04:22 |
| 783 | M Brooks | Richmond & Zetland Harriers | 59:06 | 904 | R Clay | Stafford Harriers | 1:01:32 | 1025 | A Donaldson | Ilkerton RC | 1:04:23 |
| 784 | A Simpson | Stubbington Green R & AC | 59:07 | 905 | J Avery | Herts Phoenix AC | 1:01:34 | 1026 | C Antonion | Barnet & District AC | 1:04:28 |
| 785 | B Symonds | Erme Valley Harriers | 59:09 | 906 | B Lacour* | West 4 Harriers | 1:01:35 | 1027 | C Merrien | Chichester R & AC | 1:04:29 |
| 786 | J Steed | Herts Phoenix AC | 59:11 | 907 | K Brown | Croydon Harriers | 1:01:36 | 1028 | K Makin | Horwich RMI H & AC | 1:04:33 |
| 787 | B Miller | Harrogate H & AC | 59:12 | 908 | K Adams | Eton Manor AC | 1:01:37 | 1029 | E Kimber | Barnet & District AC | 1:04:34 |
| 788 | S Bowen | Garden City Runners | 59:12 | 909 | W O'Connor | Queens Park Harriers | 1:01:37 | 1030 | A Smith | Swindon Striders | 1:04:34 |
| 789 | M Turan | Trent Park RC | 59:13 | 910 | R Bennett | Chorley Harriers | 1:01:38 | 1031 | D Dewart | Swindon Striders | 1:04:35 |
| 790 | D Warnaby | Sunderland Strollers | 59:14 | 911 | G Daniels | Kettering Town Harriers | 1:01:38 | 1032 | J Gresty | Skelmersdale Boundary Harriers | 1:04:36 |
| 791 | M Morris | Wirral AC | 59:15 | 912 | R Adams | Northbrook AC | 1:01:39 | 1033 | P Mathie | Burton AC | 1:04:38 |
| 792 | B Ellis | Horsforth Harriers | 59:16 | 913 | R Sargent | Loughton AC | 1:01:40 | 1034 | J Mail | VictoriaParkHwthTowerHamletsAC | 1:04:42 |
| 793 | G Messenger | Orion Harriers | 59:18 | 914 | K MacDonald | Watford Harriers | 1:01:40 | 1035 | M Grimsdale | Watford Harriers | 1:04:43 |
| 794 | C Newcombe | Ilkerton RC | 59:18 | 915 | S Lawrence | Ranelagh Harriers | 1:01:42 | 1036 | A Devoy | Wirral AC | 1:04:45 |
| 795 | P Wright | Wells City Harriers | 59:19 | 916 | C Hamlett | Watford Harriers | 1:01:43 | 1037 | F Baratta | Ranelagh Harriers | 1:04:46 |
| 796 | A Harries | Derby AC | 59:20 | 917 | G Martin | Lincoln & District Runners | 1:01:46 | 1038 | A Ball | Desford Striders | 1:04:47 |
| 797 | B Worthington | Birchfield Harriers | 5 | | | | | | | | |

| | | | | | | | | | | | |
|------|----------------|--------------------------------|---------|------|----------------|--------------------------------|---------|------|---------------|--------------------------------|---------|
| 1051 | G Walden | Werrington Joggers | 1:05:07 | 1120 | B Thomas | Hillingdon AC | 1:08:11 | 1189 | J Adam | Leighton Buzzard AC | 1:13:46 |
| 1052 | R Bradshaw | St Helen's Sutton AC | 1:05:08 | 1121 | R Pearson | Southampton RC | 1:08:12 | 1190 | M Hayden | Aurora Harriers | 1:13:49 |
| 1053 | M Smith | Lincoln & District Runners | 1:05:11 | 1122 | G Bagguley | Newark AC | 1:08:14 | 1191 | A Wileron | Watford Joggers | 1:13:51 |
| 1054 | E Campbell | Croydon Harriers | 1:05:15 | 1123 | D Brame | Keighley & Craven AC | 1:08:16 | 1192 | G Byrne | Fairlands Valley Spartans | 1:14:04 |
| 1055 | S Hall | Loughton AC | 1:05:16 | 1124 | D Spencer | Warrington AC | 1:08:17 | 1193 | J O'Keefe | Thames Valley Harriers | 1:14:13 |
| 1056 | G Thomas | Luton United AC | 1:05:17 | 1125 | I Jennings | London Heathside Runners | 1:08:17 | 1194 | A Griffiths | Swindon Striders | 1:14:13 |
| 1057 | A Robert | Vale Of Aylesbury AC | 1:05:19 | 1126 | A Scoffham | Metros RC | 1:08:18 | 1195 | J MacKenzie | Redhill & Surrey Beagles | 1:14:36 |
| 1058 | M Rice | Totton RC | 1:05:20 | 1127 | S Dunn | Werrington Joggers | 1:08:18 | 1196 | D Brunt | Staffordshire Moorlands AC | 1:14:37 |
| 1059 | A Cheek | Tunbridge Wells Harriers | 1:05:21 | 1128 | C Harries | Biggleswade AC | 1:08:25 | 1197 | R Platt | Southend-On-Sea AC | 1:14:44 |
| 1060 | C Harley | Chichester R & AC | 1:05:22 | 1129 | J Few | Eton Manor AC | 1:08:28 | 1198 | R Dobie | Havering '90 Joggers | 1:14:46 |
| 1061 | C Banks | Northbrook AC | 1:05:22 | 1130 | P Coughlan | Aurora Harriers | 1:08:38 | 1199 | D Young | Stopsley Striders | 1:14:53 |
| 1062 | A Cooke | Hereford Couriers | 1:05:23 | 1131 | I Cosh | Wesham RR | 1:08:40 | 1200 | S Williams | Chelmsford AC | 1:15:08 |
| 1063 | D Roots | Southampton RC | 1:05:25 | 1132 | T Rayner | Wesham RR | 1:08:42 | 1201 | M Knight | Derby AC | 1:15:14 |
| 1064 | S Smith | Paddock Wood AC | 1:05:27 | 1133 | R Grace | Thames Valley Harriers | 1:08:44 | 1202 | J O'Byrne | Dulwich Runners AC | 1:15:27 |
| 1065 | A Maycraft | Loughton AC | 1:05:29 | 1134 | M Mullins | Southend-On-Sea AC | 1:08:48 | 1203 | I Park | Horsforth Harriers | 1:15:32 |
| 1066 | P McLaughlin | Pitsea AC | 1:05:31 | 1135 | S Shillington | Kenilworth Runners | 1:08:48 | 1204 | S Pickett | Dorking & Mole Valley AC | 1:15:34 |
| 1067 | P Goldfinch | Trent Park RC | 1:05:34 | 1136 | K Black | Spectrum Striders RC | 1:08:50 | 1205 | P Harries | Derby AC | 1:15:35 |
| 1068 | R Steven | Biggleswade AC | 1:05:39 | 1137 | W Chidlow | Stafford Harriers | 1:08:52 | 1206 | J Downey | Wirral AC | 1:15:52 |
| 1069 | J Conquest | Havering '90 Joggers | 1:05:40 | 1138 | A Wigglesworth | Waveney Valley AC | 1:08:54 | 1207 | D Bateman | Haslemere Border AC | 1:16:07 |
| 1070 | F Nolan | Queens Park Harriers | 1:05:41 | 1139 | A Soffley | Chesapeake RR | 1:08:56 | 1208 | P Dutton | Fairlands Valley Spartans | 1:16:27 |
| 1071 | R Orgill | Newark AC | 1:05:44 | 1140 | B Holmes | Massey Ferguson RC | 1:09:04 | 1209 | T French | Northbrook AC | 1:16:31 |
| 1072 | K Wood | Dulwich Runners AC | 1:05:46 | 1141 | T Brawn | Chiltern Harriers AC | 1:09:07 | 1210 | J Hume | Aurora Harriers | 1:17:08 |
| 1073 | J Brooks | St Albans Striders | 1:05:51 | 1142 | D Crawley | Ealing Southall & Middlesex AC | 1:09:10 | 1211 | A Keeler | Ealing Southall & Middlesex AC | 1:17:13 |
| 1074 | J Ling | Southend-On-Sea AC | 1:05:56 | 1143 | K Francis | Shrewsbury AC | 1:09:21 | 1212 | L Fryer | London Heathside Runners | 1:17:27 |
| 1075 | J Ellerby | Grantham AC | 1:05:59 | 1144 | G Binns | Nestle Rowntree AC York | 1:09:33 | 1213 | M Doughty | Enfield & Haringey AC | 1:17:27 |
| 1076 | M Quinn | Wirral AC | 1:06:01 | 1145 | N Bush | Biggleswade AC | 1:09:36 | 1214 | M George | Saracens RC | 1:17:28 |
| 1077 | G Jackson | Manchester YMCA Harriers | 1:06:04 | 1146 | J Worth | Headington RR | 1:09:47 | 1215 | T Crowhurst | Lingfield RC | 1:17:44 |
| 1078 | P Anderson | Bromsgrove & Redditch AC | 1:06:05 | 1147 | G Austin | Bexley AC | 1:09:53 | 1216 | A Millet | Waveney Valley AC | 1:17:55 |
| 1079 | I Clarke | Stourbridge RC | 1:06:09 | 1148 | R Blair | Sunderland Strollers | 1:10:01 | 1217 | C Taylor | Stratford-On-Avon AC | 1:17:56 |
| 1080 | S Galloway | Biggleswade AC | 1:06:13 | 1149 | M Gilham | Herts Phoenix AC | 1:10:10 | 1218 | B Kyd | Royal Sutton Coldfield AC | 1:18:00 |
| 1081 | J Tussler | Stubbington Green R & AC | 1:06:14 | 1150 | W Harrison | Tipton Harriers | 1:10:14 | 1219 | N Cook | Aurora Harriers | 1:18:13 |
| 1082 | P Melrose | Hallamshire Harriers Sheffield | 1:06:25 | 1151 | G Sayer | Eton Manor AC | 1:10:14 | 1220 | J Hanscomb | Ranelagh Harriers | 1:18:40 |
| 1083 | B Evans | Shrewsbury AC | 1:06:27 | 1152 | S Blackshaw | Ilkeston RC | 1:10:16 | 1221 | D Oram | Harborough AC | 1:18:47 |
| 1084 | J Witty | Southampton RC | 1:06:28 | 1153 | J Holdsworth | Southend-On-Sea AC | 1:10:19 | 1222 | H Manning | Clayton-Le-Moors Harriers | 1:18:51 |
| 1085 | M McCreary | Cheltenham & County Harriers | 1:06:37 | 1154 | M Lamb | West Cheshire AC | 1:10:27 | 1223 | M Morris | Kenilworth Runners | 1:18:58 |
| 1086 | G Foden | Victory AC | 1:06:38 | 1155 | F Breen | Desford Striders | 1:10:30 | 1224 | J Irwin | St Helen's Sutton AC | 1:18:59 |
| 1087 | I Hodge | Serpentine RC | 1:06:40 | 1156 | L Greaves | Aurora Harriers | 1:10:31 | 1225 | F Grant | Stafford Harriers | 1:19:15 |
| 1088 | D Wood | North Hyde AC | 1:06:40 | 1157 | T Jolly | Kirk Hallam AC | 1:10:34 | 1226 | A Lea-Gerrard | Herne Hill Harriers | 1:19:19 |
| 1089 | B Butcher | Castle Point Joggers | 1:06:42 | 1158 | M Phillips | Havering '90 Joggers | 1:10:40 | 1227 | P Bates | Pitsea AC | 1:19:30 |
| 1090 | R Cave | Werrington Joggers | 1:06:44 | 1159 | J Whitehouse | Audley RC | 1:10:42 | 1228 | K Ruston | Pitsea AC | 1:19:32 |
| 1091 | M Newell | Cambridge Harriers | 1:06:48 | 1160 | G Wheelan | Southampton RC | 1:10:46 | 1229 | T Cavanagh | Havering '90 Joggers | 1:19:37 |
| 1092 | J Wagstaff | Knavesmire Harriers | 1:06:54 | 1161 | P Richardson | Nestle Rowntree AC York | 1:10:48 | 1230 | T Seakins | Colchester Harriers | 1:19:46 |
| 1093 | A Smith | Helsby RC | 1:06:56 | 1162 | A Scott | Werrington Joggers | 1:10:50 | 1231 | S D Young | Wesham RR | 1:20:16 |
| 1094 | C Ryan | Retford AC | 1:07:03 | 1163 | M Horner | Dorking & Mole Valley AC | 1:10:56 | 1232 | B Leigh | Totton RC | 1:20:21 |
| 1095 | D Robinson | Hadleigh Hares AC | 1:07:05 | 1164 | P Bates | Derby AC | 1:10:59 | 1233 | C Bricher | Northampton RR | 1:20:28 |
| 1096 | D Moiseley | Newbury AC | 1:07:09 | 1165 | C Bent | Pitsea AC | 1:11:05 | 1234 | J Ross | Burnham Joggers | 1:21:06 |
| 1097 | T Allen | Garden City Runners | 1:07:10 | 1166 | D Grace | Bourne Town Harriers | 1:11:06 | 1235 | K Wright | Rolls-Royce Harriers | 1:21:10 |
| 1098 | D Marchant | City Of Bath AC | 1:07:11 | 1167 | R Clapperton | Retford AC | 1:11:07 | 1236 | K Angell | Bexley AC | 1:21:34 |
| 1099 | R Devitt | Shaftesbury Barnet Harriers | 1:07:12 | 1168 | S Mason | Totton RC | 1:11:12 | 1237 | S Dickinson | Lincoln & District Runners | 1:21:49 |
| 1100 | B Groves | Morpeth H & AC | 1:07:15 | 1169 | R Howells | Luton United AC | 1:11:36 | 1238 | J Hayes | Totton RC | 1:22:24 |
| 1101 | S Ramsden | Sunderland Strollers | 1:07:21 | 1170 | A Knight | Great Western Runners | 1:11:40 | 1239 | M Dilks | Chesapeake RR | 1:22:43 |
| 1102 | P J Blenkinson | Thornbury RC | 1:07:23 | 1171 | D Sinclair | Pitsea AC | 1:11:44 | 1240 | E Lown | Birtley AC | 1:22:44 |
| 1103 | I Sharp | North Herts RR | 1:07:24 | 1172 | R Mansell | Trent Park RC | 1:11:46 | 1241 | J Odlin | London Heathside Runners | 1:23:24 |
| 1104 | S Maddison | Thames Valley Harriers | 1:07:25 | 1173 | B Imber | Dulwich Runners AC | 1:11:48 | 1242 | J Lea | Audley RC | 1:23:29 |
| 1105 | M Wells | Orion Harriers | 1:07:32 | 1174 | D Burt | Aurora Harriers | 1:11:55 | 1243 | S Balls | Waveney Valley AC | 1:23:34 |
| 1106 | D Debnam | Stopsley Striders | 1:07:38 | 1175 | P Hatfield | Bexley AC | 1:12:01 | 1244 | K Vejdoni | Lingfield RC | 1:23:49 |
| 1107 | S Mason | Northbrook AC | 1:07:40 | 1176 | R Ellis | Newark AC | 1:12:03 | 1245 | D Ockenden | Redhill & Surrey Beagles | 1:24:02 |
| 1108 | C Tatham | West 4 Harriers | 1:07:44 | 1177 | M Hartwell | Bedford & County AC | 1:12:04 | 1246 | M Cartwright | Chiltern Harriers AC | 1:24:10 |
| 1109 | I Giles | Cheltenham & County Harriers | 1:07:44 | 1178 | S Ingham | Manchester YMCA Harriers | 1:12:08 | 1247 | D Gridley | Havering '90 Joggers | 1:24:44 |
| 1110 | H Khairra | Barnet & District AC | 1:07:48 | 1179 | G Little | Horsforth Harriers | 1:12:11 | 1248 | D Thornley | Audley RC | 1:24:55 |
| 1111 | M Smith | Massey Ferguson RC | 1:07:49 | 1180 | I Cousins | Stopsley Striders | 1:12:16 | 1249 | T Cook | Werrington Joggers | 1:25:32 |
| 1112 | G Kelley | Newark AC | 1:07:49 | 1181 | M Ward | Keighley & Craven AC | 1:12:34 | 1250 | K Woodward | Chesapeake RR | 1:26:03 |
| 1113 | G Reed | Kingston AC & Polytechnic H | 1:07:50 | 1182 | G Mann | Birmingham Rowheath AC | 1:12:51 | 1251 | C Pless | Tamworth AC | 1:27:03 |
| 1114 | S Hindmarsh | Manchester YMCA Harriers | 1:07:54 | 1183 | J Elliott | Northbrook AC | 1:12:58 | 1252 | T Rowbottom | Chesapeake RR | 1:29:57 |
| 1115 | D Vine | South Cyprus Flyers RC | 1:07:56 | 1184 | B Airle | Hadleigh Hares AC | 1:13:02 | 1253 | P Hart | Leamington C & AC | 1:30:13 |
| 1116 | S Walsh | Burnham Joggers | 1:08:01 | 1185 | R Ridings | Spectrum Striders RC | 1:13:06 | 1254 | R Laverick | Aurora Harriers | 1:30:33 |
| 1117 | A Clawson | Kettering Town Harriers | 1:08:07 | 1186 | C Bennett | Burnham Joggers | 1:13:09 | 1255 | G Rowledge | Heaton Harriers | 1:33:42 |
| 1118 | N Slade | Serpentine RC | 1:08:09 | 1187 | M McGann | East Cheshire H & Tameside AC | 1:13:15 | 1256 | B Taylor | Tunbridge Wells Harriers | 1:34:40 |
| 1119 | B Hutchinson | Hillingdon AC | 1:08:11 | 1188 | G Knight | Havering '90 Joggers | 1:13:42 | 1257 | Alan Davies | St Helen's Sutton AC | 1:36:12 |
| | | | | | | | | 1258 | P Parry | Bristol AC | 1:36:39 |

Senior Men — TEAM RESULTS

NOTE: Unattached and non-runners are DELETED before teams are calculated

| | | | | | | | | | |
|----|--------------------------------|------|---|------------------|--------------------|-------------------|-------------------|-------------------|-------------------|
| 1 | Leeds City AC | 181 | — | 19 M Hilton | 24 D Webb | 26 A BeEVERS | 34 M Roscoe | 37 G Hull | 41 S Deakin |
| 2 | Morpeth H & AC | 206 | — | 18 I Hudspith | 20 T Wall | 31 S Platts | 35 M Hudspith | 38 M Morris | 64 M Brown |
| 3 | Tipton Harriers | 275 | — | 1 M Smith | 29 N Stirk | 50 S Cotton | 52 S Shepley | 62 K Lamb | 81 M Shaw |
| 4 | Salford H & AC | 385 | — | 28 J Brown | 30 A Jones | 36 A Morgan-Lee | 72 D Mason | 108 J Jackson | 111 G Whellams |
| 5 | Bedford & County AC | 411 | — | 3 H Lobb | 55 N Miller | 58 M Yelling | 82 M Janes | 104 C Riley | 109 S Herring |
| 6 | Newham & Essex Beagles | 433 | — | 10 D Mitchinson | 12 A Robinson | 39 K Stone | 70 S Major | 71 N Adams | 231 M Wilkinson* |
| 7 | Blackheath Harriers Bromley | 446 | — | 5 D Taylor | 21 S Newport | 44 T Dickinson | 53 R Byrne | 150 R Smith | 173 J Murray |
| 8 | Shaftesbury Barnet Harriers | 465 | — | 47 A VanZyl* | 60 E Malloch | 78 K Kyereme | 83 J Trapmore | 97 F VanRensburg* | 100 T Jackson |
| 9 | Highgate Harriers | 610 | — | 32 B Pochee | 65 S Snow | 89 N Marty | 132 H Dodwell | 139 J Loader | 153 A Davidson |
| 10 | Notts AC | 620 | — | 42 P Rowland | 61 K Hope | 110 W Speake | 112 B Raeside | 146 J Hayden | 149 T Woodthorpe |
| 11 | Thames Hare & Hounds | 646 | — | 45 A Weir | 59 N Altman | 90 S Wurr | 114 A Thomas | 161 C Daniels | 177 M Gilbertson |
| 12 | Aldershot Farnham & Dist AC | 884 | — | 46 N Anderson | 86 B Moreau | 157 P Harwood | 165 R Batchelor | 210 M Cartailier | 220 D Acheson |
| 13 | London Irish AC | 949 | — | 73 D Wardle | 99 D Cowlshaw | 113 D O'Jera | 115 R Maddams | 142 J Creane | 407 G Townsend |
| 14 | Thames Valley Harriers | 954 | — | 16 C Smith | 27 A Fooks | 159 M DaSilva | 171 R Waters | 290 G Irvine | 291 S Norris |
| 15 | Birchfield Harriers | 1059 | — | 6 J Moorhouse | 8 M Dalkins | 13 P Hinch | 22 M Bouldstridge | 213 P Lavell | 797 B Worthington |
| 16 | Oadby & Wigston Legionnaires | 1079 | — | 15 R Falkner | 49 N Mapp | 116 V Schmitt | 207 T Boyce | 235 J Franklin | 457 I Goode |
| 17 | Harrow AC | 1084 | — | 80 A Bowden | 87 D Branfoot | 96 M Bryant | 266 C Finill | 275 M Cursons | 280 L Hunt |
| 18 | Altrincham & District AC | 1181 | — | 23 D Norman | 67 N Leigh | 201 L Taylor | 240 P Smith | 271 D Rudd | 379 D Gilchrist |
| 19 | Kingston Upon Hull AC | 1276 | — | 101 S Carmichael | 105 T Neill | 170 C Smale | 217 S Rennie | 340 S Buchan | 343 M Turner |
| 20 | Kent AC | 1356 | — | 123 A Dunwoody | 127 L Reilly | 136 J McGaughey | 245 H Dias* | 356 M Barlow | 369 P Lazo* |
| 21 | London Heathside Runners | 1365 | — | 128 N Mitchell | 152 M Potter | 222 E Bayne | 250 P Lemmon | 272 J Flahive | 341 A Owen |
| 22 | Nestle Rowntree AC York | 1384 | — | 122 P Goble | 133 A Hilton | 154 A Burt | 243 S Simpson | 321 M Raynes | 411 J Barnes |
| 23 | Herne Hill Harriers | 1608 | — | 117 D Robinson | 135 I Lockett | 236 A Harran | 270 S Coombes | 355 D Fagan | 495 J Zaple |
| 24 | Ranelagh Harriers | 1640 | — | 88 P Haarer | 187 D McDonald | 274 A Bickerstaff | 349 G Lemke | 368 P Doyle | 374 K Jacques |
| 25 | Basilidon AC | 1828 | — | 17 R Denmark | 54 N Wetheridge | 95 M Sanford | 413 G Deacon | 542 M Oldham | 707 N Heppell |
| 26 | Medway & Maidstone AC | 1837 | — | 7 M Coleman | 43 B Royden | 185 G Williams | 377 A Alison | 606 S Clarke | 619 C Knight |
| 27 | Chelmsford AC | 1846 | — | 103 G Turner | 193 G Heslop | 206 A Hucksion | 387 S Toogood | 468 C Purse | 489 G Chatterton |
| 28 | Belgrave Harriers | 1905 | — | 92 W Cockerell | 106 R Alsop | 167 K Hegvold* | 319 P Tarpey | 334 P Carstairs | 887 Don Anderson |
| 29 | St Albans Striders | 2192 | — | 14 M Jubb | 188 S Pullan | 392 G West | 432 S Claridge | 553 R Milne | 613 B Barnaby |
| 30 | Preston Harriers | 2216 | — | 254 S Smith | 311 C Shuttleworth | 326 K Hesketh | 380 B Dewhurst | 469 G Wilson | 476 R Kenny |
| 31 | Harrogate H & AC | 2238 | — | 253 C Miller | 365 A Brook | 376 B Grant | 389 P Render | 422 M Harris | 433 B Askew |
| 32 | South London Harriers | 2270 | — | 162 C Edgington | 338 D OGDEN | 371 A Collins | 425 M Wood | 482 M Farmer | 492 R James |
| 33 | Crawley AC | 2287 | — | 63 P Rodgers | 192 D Rayner | 246 R Creed | 435 J Mortimer | 454 T Kimber | 897 D Tibbles |
| 34 | Ealing Southall & Middlesex AC | 2302 | — | 120 I Cunningham | 258 W Gristwood | 305 A Dodd | 446 R Howells | 491 S Pleased | 682 M Fairbank |
| 35 | Trafford AC | 2331 | — | 107 M Hutchinson | 288 M Murray | 395 D Keeling | 437 V Booth | 539 G Poulton | 565 M Evans |
| 36 | Woodford Green AC/Essex Ladies | 2425 | — | 98 K Murphy | 219 J Wallis | 409 A Coleman | 440 B Wotton | 525 D Barrett | 734 R Hogg |

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| 37 | Reading AC | 2443 | — | 57 S Aldridge | 344 T Munt | 359 P Gittings | 463 S Johnson | 593 J Boyd | 627 R Disney |
| 38 | Royal Navy AC | 2456 | — | 204 M Breed | 225 G Riley | 262 P Waumsley | 521 J Donnelly | 548 D Barrett | 696 J Gueran |
| 39 | Windsor Slough Eton Hounslow | 2492 | — | 77 R Lee | 322 S Kimber | 351 M Whiting | 410 S Stone | 522 J Bowers | 810 G Smith |
| 40 | Northbrook AC | 2525 | — | 186 R Barry | 308 M O'Shea | 385 J Guest | 520 R French | 552 D Grose | 574 R Vaughan |
| 41 | Cheltenham & County Harriers | 2534 | — | 141 A Gore | 267 M Graham | 318 A McNay | 366 A McCoy | 685 C Bailey | 757 R Mullins |
| 42 | Keighley & Craven AC | 2549 | — | 281 C Loftus | 282 L Hellawell | 283 W Smith | 301 D Scholes | 550 L Spencer | 852 J Callaghan |
| 43 | Hillingdon AC | 2643 | — | 166 P Cuddihy | 363 P Leppard | 430 T Grant | 510 P Warburton | 569 D Newman | 605 S Dokic |
| 44 | Derby AC | 2705 | — | 11 K Farrow | 189 J Knibb | 402 D Rideout | 424 B Dyson | 796 A Harries | 883 G Fallon |
| 45 | Dulwich Runners AC | 2712 | — | 265 S Synthe | 382 S Loach | 480 C Loizou | 505 A Sarkar | 537 D Owen | 543 D Atkins |
| 46 | Orion Harriers | 2717 | — | 239 B Coulter | 381 R Broadbent | 461 D Brock | 493 K Julian | 567 P Filler | 576 H Davies |
| 47 | Serpentine RC | 2721 | — | 277 B Paviour | 384 S Hilton | 456 P Noble | 470 G Dench | 544 S Bouveng* | 590 L Grist |
| 48 | Barnet & District AC | 2742 | — | 215 A Kelleher | 297 A Mason | 315 K Turner | 429 H Preece | 725 J Shirley | 761 L O'Hare |
| 49 | Wirral AC | 2813 | — | 298 M Hulmstom | 375 O Hird | 451 G Wilson | 467 P Kilgallon | 579 A McDevitt | 643 A Wright |
| 50 | VictoriaParkHwthTowerHamletsAC | 2820 | — | 249 A Lashmar | 317 T Grose | 364 J Cullom* | 589 T Beackon | 623 M Penman | 678 M Cairnes |
| 51 | Corby AC | 2936 | — | 224 N Humphreys | 354 C Curtis | 514 M Feeley | 584 D Keating | 626 I White | 634 M Sirrett |
| 52 | Richmond & Zetland Harriers | 2945 | — | 75 J Orange | 218 K Harker | 453 S Purkiss | 585 P Roberts | 783 M Brooks | 831 K Povey |
| 53 | Severn AC | 3119 | — | 230 M Whitlock | 324 D Lander | 423 S Hale | 625 R Richards | 646 C Harvey | 871 R Cytla |
| 54 | Great Western Runners | 3178 | — | 386 J Bamber | 400 P Insall | 404 S Naylor | 511 P Chan | 705 P Hawkins | 772 M Willcox |
| 55 | Herts Phoenix AC | 3212 | — | 180 A Holt | 237 A Slack | 367 D Chapman-Jones | 786 J Steed | 805 A Stedman | 837 G Hobson |
| 56 | Enfield & Haringey AC | 3338 | — | 312 G Leader | 316 J Leversedge | 474 A Baci | 628 K Lehane | 681 A Donnelly | 927 M MacLannan |
| 57 | Kingston AC & Polytechnic H | 3352 | — | 285 M Reed | 306 A Budarkiewicz | 398 A Arbour | 418 M Maranzano | 832 R McDonough | 1113 G Reed |
| 58 | Dorking & Mole Valley AC | 3449 | — | 233 N Hodges | 464 D Ottey | 527 M Langley | 661 P Furlong | 765 R Steer | 799 R Russell |
| 59 | Massey Ferguson RC | 3501 | — | 357 D Clarke | 452 G Walker | 568 S Parkes | 642 I Redford | 669 D Lee | 813 T Print |
| 60 | Croydon Harriers | 3502 | — | 151 S Bayliss | 541 J Dillow | 597 R Langridge | 722 D Warren | 738 M Popov* | 753 N Hemming |
| 61 | North Fylde AC | 3551 | — | 339 N Hume | 450 J Houghton | 519 G Johnston | 575 A Welsh | 580 M Cronshaw | 1088 D Wood |
| 62 | East Cheshire H & Tameside AC | 3555 | — | 191 S Heaton | 228 G Matthews | 675 D Hughes | 679 T Carson | 835 A Schofield | 947 A Farley |
| 63 | Garden City Runners | 3636 | — | 300 B Judge | 350 S Livingstone | 479 R Casey | 749 D Johnson | 788 S Bowen | 970 M Faughnan |
| 64 | Reigate Priory AC | 3670 | — | 399 A Smith | 478 A Walker | 549 J Bell | 639 C Stone | 764 S McIntyre | 841 A Patrick |
| 65 | Leamington C & AC | 3808 | — | 76 J Walsh | 255 S Kinson | 557 D Potter | 645 R Hancock | 1022 C Reading | 1253 P Hart |
| 66 | The Stragglers | 3835 | — | 436 V Guinee* | 600 D Miller | 660 D Gaskell | 691 N Brown | 716 A Lane | 732 A Pemberton |
| 67 | City Of Bath AC | 3853 | — | 125 A Woods | 558 J Sumpter | 662 T Hutchinson | 760 H Burchard | 868 R Bridgen | 880 M Jillians |
| 68 | Springfield Striders RC | 3923 | — | 534 V Spain | 621 A Mason | 622 M Healey | 673 L Broadbridge | 731 J Woodyard | 742 G Rayner |
| 69 | Fleet & Crookham AC | 3979 | — | 383 P Spelman | 512 T Price | 563 R Hill | 695 A Holmes | 776 N Holmes | 1050 M Chaplin |
| 70 | Royston Runners | 3998 | — | 325 L Davies | 513 V Long | 571 N Huke | 659 A Leach | 926 R Turner | 1004 G Miller |
| 71 | Headington RR | 4149 | — | 279 R Thetford | 531 N Baker | 699 L Hurman | 827 H Nickau* | 851 M Rasgauski* | 962 P Read |
| 72 | Queens Park Harriers | 4173 | — | 329 D Firaw | 427 J Willoughby | 688 R Davies | 750 L Thomas | 909 W O'Connor | 1070 F Nolan |
| 73 | Kirk Hallam AC | 4242 | — | 211 M Slys | 416 K Straw | 656 R Pillott | 846 A Marriott | 956 G Barker | 1157 T Jolly |
| 74 | St Helen's Sutton AC | 4283 | — | 393 R Vose | 507 B Graney | 678 I White | 718 Ant Davies | 975 A Boyack | 1052 R Bradshaw |
| 75 | Stubbington Green R & AC | 4291 | — | 221 D Griffiths | 394 M LeGassick | 771 M Harper | 784 A Simpson | 1040 E Beck | 1081 J Tussler |
| 76 | Trent Park RC | 4422 | — | 562 N Kapoor | 687 S Aitken | 706 K Murphy | 789 M Truran | 821 P Costaldo | 857 N Bowman |
| 77 | Eton Manor AC | 4469 | — | 314 M Cates | 654 I Lambert | 671 S Adams | 908 K Adams | 942 A Ruffly | 980 R Alburey |
| 78 | Sparkhill Harriers | 4504 | — | 529 D Gothard | 588 C Hinks | 632 O Fairclough | 876 S Alsobhi | 879 I Thomas | 1000 P Shipway |
| 79 | Fairlands Valley Spartans | 4550 | — | 360 S Hall | 460 S Wells | 782 M Collins | 898 P Keeble | 1007 K Perry | 1043 N Waslidge |
| 80 | Kettering Town Harriers | 4600 | — | 417 T Toseland | 592 S Giles | 618 M Winstone | 911 G Daniels | 945 B Wake | 1117 A Clawson |
| 81 | Tunbridge Wells Harriers | 4626 | — | 352 A Styles | 684 J Wylie | 700 D Palfrey | 885 G Turner | 984 P Smith | 1021 P Radford |
| 82 | Ilkeston RC | 4657 | — | 523 M Andrew | 676 K Johnson | 701 S Davis | 794 C Newcombe | 938 D Litchfield | 1025 A Donaldson |
| 83 | Wesham RR | 4689 | — | 200 A Rowe | 278 L Cornwall | 717 M Bates | 1131 I Cosh | 1132 T Rayner | 1231 S D Young |
| 84 | Hardley Runners | 4704 | — | 614 M Eldred | 640 A Kellaway | 777 J Hutchinson | 825 M Anglim | 882 A Suswain | 966 K Day |
| 85 | Cambridge Harriers | 4798 | — | 612 J Carnell | 663 P Kent | 674 G DeCoursey | 812 M Cross | 946 P Cullen | 1091 M Newell |
| 86 | Watford Harriers | 4803 | — | 227 S Tooke | 672 T Hedge | 914 K MacDonald | 916 C Hamlett | 1035 M Grimsdale | 1039 T Cory |
| 87 | Stratford-On-Avon AC | 4981 | — | 602 K Hawkes | 667 P Hawkins | 815 A Sherren | 816 T Jackson | 864 M Francis | 1217 C Taylor |
| 88 | Southampton RC | 4996 | — | 441 I Burgess | 721 I Richardson | 728 M West | 994 D Warn | 1049 D Adams | 1063 D Roots |
| 89 | Stafford Harriers | 5340 | — | 596 A Haycock | 836 K Palmer | 848 M Thompson | 904 R Clay | 1019 J Charter | 1137 W Chidlow |
| 90 | Shrewsbury AC | 5346 | — | 533 G Jones | 704 A Lewis | 895 G Parton | 988 G Trevor | 1083 B Evans | 1143 K Francis |
| 91 | Loughton AC | 5463 | — | 652 P Young | 754 J Whiffin | 913 R Sargent | 1024 A Babbs | 1055 S Hall | 1065 A Maycraft |
| 92 | Havering '90 Joggers | 5547 | — | 286 T Pecarard | 889 J Tyler | 957 R Compton | 1069 J Conquest | 1158 M Phillips | 1188 G Knight |
| 93 | Horsforth Harriers | 5683 | — | 641 R Sunley | 792 B Ellis | 856 A Davy | 1012 K Kaiser | 1179 G Little | 12031 Park |
| 94 | Aurora Harriers | 5728 | — | 483 N Carr | 968 I Hayden | 974 T Turnbull | 1017 R Treglown | 1130 P Coughlan | 1156 L Greaves |
| 95 | Newark AC | 5734 | — | 689 P Ridgeway | 840 M Derry | 900 P Hardern | 1071 R Orgill | 1112 G Kelley | 1122 G Bagguley |
| 96 | Stopsley Striders | 5876 | — | 490 B Barrett | 943 C Lamont | 958 J Dowsett | 1106 D Debnam | 1180 I Cousins | 1199 D Young |
| 97 | Biggleswade AC | 5988 | — | 820 K Prior | 937 C Clarke | 955 T Huxtable | 1068 R Steven | 1080 S Galloway | 1128 C Harries |
| 98 | Swindon Striders | 6024 | — | 844 A Scogings | 922 P Dennis | 1003 A Read | 1030 A Smith | 1031 D Dewart | 1194 A Griffiths |
| 99 | Werrington Joggers | 6086 | — | 648 A Rawlins | 1008 M Jacklin | 1051 G Walden | 1090 R Cave | 1127 S Dunn | 1162 A Scott |
| 100 | Totton RC | 6257 | — | 515 S Driscoll | 1046 A Court | 1058 M Rice | 1168 S Mason | 1232 B Leigh | 1238 J Hayes |
| 101 | Pitsea AC | 6870 | — | 1013 D Bent | 1066 P McLaughlin | 1165 C Bent | 1171 D Sinclair | 1227 P Bates | 1228 K Ruston |