

SEAA Masters Cross Country Championships 2019 at Horspath Oxford on Saturday 7th December 2019

Masters Race 1 - Men aged 70 to 74

| Pos | Num | Name | Cat/Pos | Club | Time |
|-----|-----|-----------------|---------|--------------------------|-------|
| 1 | 167 | David Beattie | V70 1 | Crawley AC | 29:08 |
| 2 | 168 | Malcolm Renyard | V70 2 | Hardley Runners | 29:19 |
| 3 | 165 | Malcolm Kemp | V70 3 | Brighton Phoenix AC | 29:22 |
| 4 | 180 | Ed Connelly | V70 4 | Southampton AC | 29:52 |
| 5 | 164 | Andrew Haig | V70 5 | Brighton Phoenix AC | 30:18 |
| 6 | 166 | Glyn Smith | V70 6 | Cambridge & Coleridge AC | 31:43 |
| 7 | 172 | Dave Clark | V70 7 | Herts Phoenix AC | 32:48 |
| 8 | 179 | Paul Newby | V70 8 | Thames Hare & Hounds | 34:04 |
| 9 | 175 | Edward Thorpe | V70 9 | Reading Road Runners | 34:14 |
| 10 | 169 | Mike Smith | V7010 | Hardley Runners | 34:16 |
| 11 | 174 | James Kiddie | V7011 | Reading Road Runners | 34:16 |
| 12 | 173 | Ken Beck | V7012 | Reading Road Runners | 36:04 |
| 13 | 170 | Graham Norris | V7013 | Headington Road Runners | 38:26 |
| 14 | 178 | Richie Pearson | V7014 | Southampton AC | 38:43 |

Masters Race 1 - Women — FINAL RESULTS

| Pos | Num | Name | Cat/Pos | Club | Time |
|-----|-----|---------------------|---------|----------------------------|-------|
| 1 | 111 | Julie Briggs | L50 1 | Arena 80 AC | 24:25 |
| 2 | 78 | Sarah Urwin-Mann | L45 1 | Reading AC | 24:37 |
| 3 | 76 | Jess Franklin | L40 1 | Newbury AC | 24:42 |
| 4 | 63 | Dani Tarleton | L45 2 | Arena 80 AC | 24:45 |
| 5 | 89 | Sophie Biggs | L45 3 | The Stragglers RC | 24:51 |
| 6 | 122 | Deborah Rushman | L50 2 | Herts Phoenix AC | 25:09 |
| 7 | 143 | Karen Rushton | L50 3 | Winchester & District AC | 25:13 |
| 8 | 91 | Sarah Winter | L45 4 | The Stragglers RC | 25:21 |
| 9 | 75 | Sarah Swinhoe | L45 5 | London Heathside AC | 25:32 |
| 10 | 71 | Sue Fry | L45 6 | Eastbourne Rovers AC | 25:40 |
| 11 | 103 | Sam Parkinson | L45 7 | Winchester & District AC | 25:50 |
| 12 | 83 | Lin Skinner | L40 2 | South London Harriers | 25:53 |
| 13 | 62 | Tara Shanahan | L45 8 | Arena 80 AC | 26:00 |
| 14 | 139 | Tina Oldershaw | L50 4 | Tonbridge AC | 26:17 |
| 15 | 60 | Juliette Roberts | L40 3 | Arena 80 AC | 26:18 |
| 16 | 85 | Helen Nicholls | L40 4 | Stubbington Green Runners | 26:20 |
| 17 | 97 | Anna Critchlow | L45 9 | West 4 Harriers | 26:21 |
| 18 | 96 | Rachel Berry | L4510 | West 4 Harriers | 26:22 |
| 19 | 99 | Charlotte Hoskin | L40 5 | Winchester & District AC | 26:35 |
| 20 | 142 | Jane Gandee | L50 5 | Winchester & District AC | 26:48 |
| 21 | 92 | Maxine McInulty | L40 6 | Tonbridge AC | 26:54 |
| 22 | 72 | Diana Norman | L4511 | Epsom & Ewell Harriers | 26:56 |
| 23 | 119 | Liz Lumber | L50 6 | Eastbourne Rovers AC | 27:00 |
| 24 | 113 | Caroline Wood | L55 1 | Arena 80 AC | 27:03 |
| 25 | 114 | Lynn Emmett | L50 7 | Beccles & Bungay Harriers | 27:25 |
| 26 | 110 | Kay Noyce | L50 8 | Andover AC | 27:28 |
| 27 | 101 | Emma Carter | L4512 | Winchester & District AC | 27:35 |
| 28 | 131 | Alice Smith | L50 9 | South London Harriers | 27:39 |
| 29 | 136 | Vikki Filsell | L5010 | Thames Hare & Hounds | 27:43 |
| 30 | 79 | Sarah Dooley | L40 7 | Reading Road Runners | 28:03 |
| 31 | 140 | Christine Anthony | L55 2 | West Suffolk AC | 28:18 |
| 32 | 120 | Susanna Harrison | L55 3 | Guildford & Godalming AC | 28:24 |
| 33 | 257 | Jane Davies | L60 1 | Reading Road Runners | 28:46 |
| 34 | 141 | Maureen McCarthy | L55 4 | West Suffolk AC | 29:05 |
| 35 | 98 | Rose Lewis | L4513 | West 4 Harriers | 29:17 |
| 36 | 73 | Catriona Scott | L40 8 | Headington Road Runners | 29:20 |
| 37 | 144 | Alison Fenwick | L55 5 | Winchester & District AC | 29:21 |
| 38 | 126 | Julie Rayfield | L5011 | Reading AC | 29:23 |
| 39 | 123 | Marie Synnott-Wells | L55 6 | Ranelagh Harriers | 29:36 |
| 40 | 125 | Susan Francis | L5012 | Reading AC | 29:38 |
| 41 | 250 | Ruth Miller | L60 2 | London Heathside AC | 29:40 |
| 42 | 100 | Fiona Bolton | L4514 | Winchester & District AC | 29:41 |
| 43 | 77 | Lynne Nike | L4515 | Reading AC | 29:45 |
| 44 | 118 | Patricia Thomas | L55 7 | Ealing Southall & Middx AC | 30:04 |
| 45 | 265 | Tracey Lasan | L60 3 | Reading Road Runners | 30:09 |
| 46 | 90 | Karen Levene | L4516 | The Stragglers RC | 30:15 |
| 47 | 86 | Tina Chantrey | L4517 | Stubbington Green Runners | 30:20 |
| 48 | 112 | Jenny Hughes | L55 8 | Arena 80 AC | 30:24 |
| 49 | 249 | Maggie Statham | L65 1 | Holland Sports AC | 30:50 |
| 50 | 133 | Mandy Attree | L5013 | St Albans Striders | 31:12 |
| 51 | 278 | Helen Turley | L65 2 | Headington Road Runners | 31:18 |
| 52 | 273 | Penny Forse | L65 3 | Stubbington Green Runners | 31:49 |
| 53 | 138 | Grazia Manzotti | L5014 | Tonbridge AC | 31:55 |
| 54 | 132 | Gina Coulson | L55 9 | South London Harriers | 32:15 |
| 55 | 82 | Samantha Whalley | L4518 | Reading Road Runners | 32:18 |
| 56 | 93 | Emma Pilbeam | L4519 | Totton RC | 32:30 |
| 57 | 244 | Chris Naylor | L65 4 | Arena 80 AC | 32:32 |
| 58 | 255 | Gwyneth Hueter | L60 4 | Oxford City AC | 32:45 |
| 59 | 271 | Lynn Tanner | L65 5 | Springfield Striders RC | 32:55 |
| 60 | 74 | Natasha Varney | L4520 | Headington Road Runners | 33:09 |
| 61 | 243 | Yvonne Patrick | L60 5 | Arena 80 AC | 33:24 |
| 62 | 145 | J Colbeck-McKinnon | L5015 | Witney Rrc | 33:33 |
| 63 | 242 | Anne Miners | L60 6 | Arena 80 AC | 33:57 |
| 64 | 272 | Jenny Morgan | L60 7 | St Edmund Pacers | 34:10 |
| 65 | 80 | Claire Seymour | L40 9 | Reading Road Runners | 34:15 |
| 66 | 87 | Dawn Haynes-Sewell | L4521 | Stubbington Green Runners | 34:34 |
| 67 | 134 | Linda Powell | L5016 | St Albans Striders | 34:43 |
| 68 | 275 | Sue James | L65 6 | Tonbridge AC | 34:51 |
| 69 | 246 | Jackie Duvall | L60 8 | Headington Road Runners | 36:06 |
| 70 | 104 | Anna Flory | L4522 | Witney Rrc | 36:33 |
| 71 | 247 | Sarah Grylls | L65 7 | Headington Road Runners | 38:46 |
| 72 | 276 | Rene Pilbeam | L65 8 | Totton RC | 39:37 |
| 73 | 274 | Christine Glew | L65 9 | The Stragglers RC | 40:09 |
| 74 | 84 | Melissa Barham | L4010 | Stubbington Green Runners | 40:29 |
| 75 | 270 | Cecilia Csemiczky | L6510 | Reading Road Runners | 45:53 |

Masters Race 1 - Women — TEAM RESULTS

| | | | | | | | | | |
|----|---------------------------|-----|---|----|------------------|----|-----------------|----|------------------|
| 1 | Arena 80 AC | 18 | — | 1 | Julie Briggs | 4 | Dani Tarleton | 13 | Tara Shanahan |
| 2 | Winchester & District AC | 37 | — | 7 | Karen Rushton | 11 | Sam Parkinson | 19 | Charlotte Hoskin |
| 3 | The Stragglers RC | 59 | — | 5 | Sophie Biggs | 8 | Sarah Winter | 46 | Karen Levene |
| 4 | West 4 Harriers | 70 | — | 17 | Anna Critchlow | 18 | Rachel Berry | 35 | Rose Lewis |
| 5 | Reading AC | 80 | — | 2 | Sarah Urwin-Mann | 38 | Julie Rayfield | 40 | Susan Francis |
| 6 | Tonbridge AC | 88 | — | 14 | Tina Oldershaw | 21 | Maxine McInulty | 53 | Grazia Manzotti |
| 7 | South London Harriers | 94 | — | 12 | Lin Skinner | 28 | Alice Smith | 54 | Gina Coulson |
| 8 | Reading Road Runners | 108 | — | 30 | Sarah Dooley | 33 | Jane Davies | 45 | Tracey Lasan |
| 9 | Stubbington Green Runners | 115 | — | 16 | Helen Nicholls | 47 | Tina Chantrey | 52 | Penny Forse |
| 10 | Headington Road Runners | 147 | — | 36 | Catriona Scott | 51 | Helen Turley | 60 | Natasha Varney |

SEAA Masters Cross Country Championships 2019 at Horspath Oxford on Saturday 7th December 2019

Masters Race 1 - Women aged 40 to 44

| Pos | Num | Name | Cat/Pos | Club | Time |
|-----|-----|------------------|---------|---------------------------|-------|
| 1 | 76 | Jess Franklin | L40 1 | Newbury AC | 24:42 |
| 2 | 83 | Lin Skinner | L40 2 | South London Harriers | 25:53 |
| 3 | 60 | Juliette Roberts | L40 3 | Arena 80 AC | 26:18 |
| 4 | 85 | Helen Nicholls | L40 4 | Stubbington Green Runners | 26:20 |
| 5 | 99 | Charlotte Hoskin | L40 5 | Winchester & District AC | 26:35 |
| 6 | 92 | Maxine McInulty | L40 6 | Tonbridge AC | 26:54 |
| 7 | 79 | Sarah Dooley | L40 7 | Reading Road Runners | 28:03 |
| 8 | 73 | Catriona Scott | L40 8 | Headington Road Runners | 29:20 |
| 9 | 80 | Claire Seymour | L40 9 | Reading Road Runners | 34:15 |
| 10 | 84 | Melissa Barham | L4010 | Stubbington Green Runners | 40:29 |

Masters Race 1 - Women aged 45 to 49

| Pos | Num | Name | Cat/Pos | Club | Time |
|-----|-----|--------------------|---------|---------------------------|-------|
| 1 | 78 | Sarah Urwin-Mann | L45 1 | Reading AC | 24:37 |
| 2 | 63 | Dani Tarleton | L45 2 | Arena 80 AC | 24:45 |
| 3 | 89 | Sophie Biggs | L45 3 | The Stragglers RC | 24:51 |
| 4 | 91 | Sarah Winter | L45 4 | The Stragglers RC | 25:21 |
| 5 | 75 | Sarah Swinhoe | L45 5 | London Heathside AC | 25:32 |
| 6 | 71 | Sue Fry | L45 6 | Eastbourne Rovers AC | 25:40 |
| 7 | 103 | Sam Parkinson | L45 7 | Winchester & District AC | 25:50 |
| 8 | 62 | Tara Shanahan | L45 8 | Arena 80 AC | 26:00 |
| 9 | 97 | Anna Critchlow | L45 9 | West 4 Harriers | 26:21 |
| 10 | 96 | Rachel Berry | L4510 | West 4 Harriers | 26:22 |
| 11 | 72 | Diana Norman | L4511 | Epsom & Ewell Harriers | 26:56 |
| 12 | 101 | Emma Carter | L4512 | Winchester & District AC | 27:35 |
| 13 | 98 | Rose Lewis | L4513 | West 4 Harriers | 29:17 |
| 14 | 100 | Fiona Bolton | L4514 | Winchester & District AC | 29:41 |
| 15 | 77 | Lynne Nike | L4515 | Reading AC | 29:45 |
| 16 | 90 | Karen Levene | L4516 | The Stragglers RC | 30:15 |
| 17 | 86 | Tina Chantrey | L4517 | Stubbington Green Runners | 30:20 |
| 18 | 82 | Samantha Whalley | L4518 | Reading Road Runners | 32:18 |
| 19 | 93 | Emma Pilbeam | L4519 | Totton RC | 32:30 |
| 20 | 74 | Natasha Varney | L4520 | Headington Road Runners | 33:09 |
| 21 | 87 | Dawn Haynes-Sewell | L4521 | Stubbington Green Runners | 34:34 |
| 22 | 104 | Anna Flory | L4522 | Witney Rrc | 36:33 |

Masters Race 1 - Women aged 50 to 54

| Pos | Num | Name | Cat/Pos | Club | Time |
|-----|-----|--------------------|---------|---------------------------|-------|
| 1 | 111 | Julie Briggs | L50 1 | Arena 80 AC | 24:25 |
| 2 | 122 | Deborah Rushman | L50 2 | Herts Phoenix AC | 25:09 |
| 3 | 143 | Karen Rushton | L50 3 | Winchester & District AC | 25:13 |
| 4 | 139 | Tina Oldershaw | L50 4 | Tonbridge AC | 26:17 |
| 5 | 142 | Jane Gandee | L50 5 | Winchester & District AC | 26:48 |
| 6 | 119 | Liz Lumber | L50 6 | Eastbourne Rovers AC | 27:00 |
| 7 | 114 | Lynn Emmett | L50 7 | Beccles & Bungay Harriers | 27:25 |
| 8 | 110 | Kay Noyce | L50 8 | Andover AC | 27:28 |
| 9 | 131 | Alice Smith | L50 9 | South London Harriers | 27:39 |
| 10 | 136 | Vikki Filsell | L5010 | Thames Hare & Hounds | 27:43 |
| 11 | 126 | Julie Rayfield | L5011 | Reading AC | 29:23 |
| 12 | 125 | Susan Francis | L5012 | Reading AC | 29:38 |
| 13 | 133 | Mandy Attree | L5013 | St Albans Striders | 31:12 |
| 14 | 138 | Grazia Manzotti | L5014 | Tonbridge AC | 31:55 |
| 15 | 145 | J Colbeck-McKinnon | L5015 | Witney Rrc | 33:33 |
| 16 | 134 | Linda Powell | L5016 | St Albans Striders | 34:43 |

Masters Race 1 - Women aged 55 to 59

| Pos | Num | Name | Cat/Pos | Club | Time |
|-----|-----|---------------------|---------|----------------------------|-------|
| 1 | 113 | Caroline Wood | L55 1 | Arena 80 AC | 27:03 |
| 2 | 140 | Christine Anthony | L55 2 | West Suffolk AC | 28:18 |
| 3 | 120 | Susanna Harrison | L55 3 | Guildford & Godalming AC | 28:24 |
| 4 | 141 | Maureen McCarthy | L55 4 | West Suffolk AC | 29:05 |
| 5 | 144 | Alison Fenwick | L55 5 | Winchester & District AC | 29:21 |
| 6 | 123 | Marie Synnott-Wells | L55 6 | Ranelagh Harriers | 29:36 |
| 7 | 118 | Patricia Thomas | L55 7 | Ealing Southall & Middx AC | 30:04 |
| 8 | 112 | Jenny Hughes | L55 8 | Arena 80 AC | 30:24 |
| 9 | 132 | Gina Coulson | L55 9 | South London Harriers | 32:15 |

Masters Race 1 - Women aged 60 to 64

| Pos | Num | Name | Cat/Pos | Club | Time |
|-----|-----|----------------|---------|-------------------------|-------|
| 1 | 257 | Jane Davies | L60 1 | Reading Road Runners | 28:46 |
| 2 | 250 | Ruth Miller | L60 2 | London Heathside AC | 29:40 |
| 3 | 265 | Tracey Lasan | L60 3 | Reading Road Runners | 30:09 |
| 4 | 255 | Gwyneth Hueter | L60 4 | Oxford City AC | 32:45 |
| 5 | 243 | Yvonne Patrick | L60 5 | Arena 80 AC | 33:24 |
| 6 | 242 | Anne Miners | L60 6 | Arena 80 AC | 33:57 |
| 7 | 272 | Jenny Morgan | L60 7 | St Edmund Pacers | 34:10 |
| 8 | 246 | Jackie Duvall | L60 8 | Headington Road Runners | 36:06 |

Masters Race 1 - Women aged 65 to 69

| Pos | Num | Name | Cat/Pos | Club | Time |
|-----|-----|-------------------|---------|---------------------------|-------|
| 1 | 249 | Maggie Statham | L65 1 | Holland Sports AC | 30:50 |
| 2 | 278 | Helen Turley | L65 2 | Headington Road Runners | 31:18 |
| 3 | 273 | Penny Forse | L65 3 | Stubbington Green Runners | 31:49 |
| 4 | 244 | Chris Naylor | L65 4 | Arena 80 AC | 32:32 |
| 5 | 271 | Lynn Tanner | L65 5 | Springfield Striders RC | 32:55 |
| 6 | 275 | Sue James | L65 6 | Tonbridge AC | 34:51 |
| 7 | 247 | Sarah Grylls | L65 7 | Headington Road Runners | 38:46 |
| 8 | 276 | Rene Pilbeam | L65 8 | Totton RC | 39:37 |
| 9 | 274 | Christine Glew | L65 9 | The Stragglers RC | 40:09 |
| 10 | 270 | Cecilia Csemiczky | L6510 | Reading Road Runners | 45:53 |

SEAA Masters Cross Country Championships 2019 at Horspath Oxford on Saturday 7th December 2019

Masters Race 1 - Women aged 40 to 49 — TEAM RESULTS

| | | | | |
|-----------------------------|------|-------------------|---------------------|-----------------------|
| 1 Arena 80 AC | 24 — | 3 Dani Tarleton | 10 Tara Shanahan | 11 Juliette Roberts |
| 2 The Stragglers RC | 33 — | 4 Sophie Biggs | 5 Sarah Winter | 24 Karen Levene |
| 3 Winchester & District AC | 41 — | 8 Sam Parkinson | 15 Charlotte Hoskin | 18 Emma Carter |
| 4 West 4 Harriers | 47 — | 13 Anna Critchlow | 14 Rachel Berry | 20 Rose Lewis |
| 5 Stubbington Green Runners | 67 — | 12 Helen Nicholls | 25 Tina Chantrey | 30 Dawn Haynes-Sewell |
| 6 Reading Road Runners | 74 — | 19 Sarah Dooley | 26 Samantha Whalley | 29 Claire Seymour |

Masters Race 1 - Women (Vets) aged 50 to 59 — TEAM RESULTS

| | | | | |
|----------------------------|------|-----------------|-----------------|-------------------|
| 1 Winchester & District AC | 23 — | 3 Karen Rushton | 5 Jane Gandee | 15 Alison Fenwick |
| 2 Arena 80 AC | 28 — | 1 Julie Briggs | 7 Caroline Wood | 20 Jenny Hughes |

Masters Race 1 - Women (Vets) over 60 — TEAM RESULTS

| | | | | |
|---------------------------|------|----------------|-------------------|----------------------|
| 1 Reading Road Runners | 22 — | 1 Jane Davies | 3 Tracey Lasan | 18 Cecilia Csemiczky |
| 2 Arena 80 AC | 28 — | 7 Chris Naylor | 10 Yvonne Patrick | 11 Anne Miners |
| 3 Headington Road Runners | 34 — | 5 Helen Turley | 14 Jackie Duvall | 15 Sarah Grylls |

SEAA Masters Cross Country Championships 2019 at Horspath Oxford on Saturday 7th December 2019

Masters - Men — FINAL RESULTS

| Pos | Num | Name | Cat/Pos | Club | Time | | | | | |
|-----|-----|--------------------|---------|----------------------------|-------|-----|-----------------------|-------|---------------------------|-------|
| 1 | 13 | Howard Bristow | V40 1 | Brighton & Hove AC | 31:47 | 85 | 154 David Blackman | V5017 | Southampton AC | 38:15 |
| 2 | 83 | Tegs Jones | V40 2 | Witney Rrc | 31:57 | 86 | 236 Richard Drage | V60 7 | Tavistock AC | 38:18 |
| 3 | 18 | Scott Walford | V45 1 | Bure Valley Harriers | 31:59 | 87 | 126 Trevor Chilton | V5018 | Herne Hill Harriers | 38:21 |
| 4 | 41 | Ben Paviour | V45 2 | Herne Hill Harriers | 32:09 | 88 | 100 Chris Bedford | V5514 | Abingdon AC | 38:22 |
| 5 | 14 | Craig Halsey | V40 3 | Brighton & Hove AC | 32:15 | 89 | 124 Doug Simpson | V5019 | Headington Road Runners | 38:25 |
| 6 | 34 | John Kettle | V40 4 | Herne Hill Harriers | 32:27 | 90 | 157 Peter Costley | V5515 | Southampton AC | 38:30 |
| 7 | 39 | Simon Coombes | V45 3 | Herne Hill Harriers | 32:32 | 91 | 190 Austin Soane | V65 2 | Aldershot Farnham & D AC | 38:31 |
| 8 | 7 | Alex Hamilton | V45 4 | Basingstoke & Mid Hants AC | 32:35 | 92 | 194 Phil Hurr | V60 8 | Bure Valley Harriers | 38:33 |
| 9 | 162 | Andrew Weir | V50 1 | Thames Hare & Hounds | 32:50 | 93 | 214 Irwin Fairclough | V60 9 | Newbury AC | 38:35 |
| 10 | 75 | David O'Sullivan | V40 5 | Watford Joggers | 33:04 | 94 | 27 Stephen Howard | V4524 | Ely Runners | 38:37 |
| 11 | 12 | Matt Bristow | V40 6 | Brighton & Hove AC | 33:12 | 95 | 210 Chris Woodruff | V6010 | Headington Road Runners | 38:40 |
| 12 | 163 | Ben Reynolds | V55 1 | Thames Hare & Hounds | 33:19 | 96 | 125 Andy Phelps | V5516 | Headington Road Runners | 38:43 |
| 13 | 1 | Michael Boucher | V40 7 | Aldershot Farnham & D AC | 33:32 | 97 | 174 Franklyn Young | V5517 | Winchester & District AC | 38:45 |
| 14 | 138 | Barry Royden | V50 2 | Medway & Maidstone AC | 33:39 | 98 | 21 Stacey Buche | V4525 | Crawley AC | 38:54 |
| 15 | 167 | Andrew Howey | V55 2 | Tunbridge Wells Harriers | 33:45 | 99 | 108 Mark Solway | V5020 | City Of Norwich AC | 38:58 |
| 16 | 23 | Buzz Shephard | V40 8 | Dulwich Runners AC | 33:47 | 100 | 59 Derek Fowler | V4026 | St Albans Striders | 39:00 |
| 17 | 47 | Andrew Ind | V45 5 | Newbury AC | 33:48 | 101 | 133 Victor Maughn | V5518 | Herne Hill Harriers | 39:07 |
| 18 | 74 | Steve Norris | V40 9 | Watford Joggers | 33:50 | 102 | 151 Pete Jewell | V5519 | Reading Road Runners | 39:08 |
| 19 | 104 | Morris Tarragano | V50 3 | Brighton & Hove AC | 33:52 | 103 | 221 Stewart Thorp | V65 3 | Oxford City AC | 39:15 |
| 20 | 36 | Matthew Munro | V4010 | Herne Hill Harriers | 34:07 | 104 | 252 Robert Creed | V6011 | Crawley AC | 39:19 |
| 21 | 45 | Phil Marshall | V4011 | Newbury AC | 34:09 | 105 | 152 Gavin Rennie | V5520 | Reading Road Runners | 39:28 |
| 22 | 29 | Neil Hendersson | V4012 | Epsom & Ewell Harriers | 34:11 | 106 | 86 Paul Ward | V4027 | Bure Valley Harriers | 39:41 |
| 23 | 31 | Marcus Kimmins | V45 6 | Haywards Heath Harriers | 34:12 | 107 | 219 Stephen Rolfe | V6012 | Norfolk Gazelles | 39:51 |
| 24 | 110 | Allen Smalls | V50 4 | Colchester Harriers | 34:14 | 108 | 69 Anthony Crush | V4526 | Tonbridge AC | 39:53 |
| 25 | 66 | Anthony Bennett | V4013 | Tonbridge AC | 34:17 | 109 | 208 Tim Hicks | V6013 | Haywards Heath Harriers | 40:12 |
| 26 | 161 | Andrew Edge | V50 5 | Thames Hare & Hounds | 34:19 | 110 | 142 Nigel Popplewell | V5021 | Newbury AC | 40:33 |
| 27 | 81 | Peter Sansome | V4014 | Winchester & District AC | 34:23 | 111 | 232 Stewart Pepper | V6014 | Stubbington Green Runners | 40:47 |
| 28 | 24 | Thomas South | V4015 | Dulwich Runners AC | 34:48 | 112 | 16 Robin Sutherland | V4527 | Brighton & Hove AC | 40:54 |
| 29 | 64 | Colin Trigg | V45 7 | Stubbington Green Runners | 34:56 | 113 | 141 Wayne Lillis | V5022 | Newbury AC | 41:01 |
| 30 | 2 | Tom Glancy | V4016 | Aldershot Farnham & D AC | 35:03 | 114 | 168 C Coppellotti | V5023 | Walton AC | 41:05 |
| 31 | 15 | Louis Taub | V4017 | Brighton & Hove AC | 35:06 | 115 | 217 Derek Bye | V6015 | Norfolk Gazelles | 41:11 |
| 32 | 121 | Mark Cursons | V55 3 | Harrow AC | 35:11 | 116 | 148 Mark Andrew | V5024 | Reading Road Runners | 41:15 |
| 33 | 77 | Richard Berry | V45 8 | West 4 Harriers | 35:12 | 117 | 71 Russell McIntyre | V4528 | Tonbridge AC | 41:18 |
| 34 | 62 | Russell Coleman | V4018 | Stubbington Green Runners | 35:14 | 118 | 128 Andrew Simms | V5025 | Herne Hill Harriers | 41:18 |
| 35 | 49 | Sean Holmes | V45 9 | Overton Harriers & AC | 35:17 | 119 | 153 Simon Ashdown | V5026 | Southampton AC | 41:22 |
| 36 | 54 | Tony Page | V4510 | Reading Road Runners | 35:21 | 120 | 173 Steve Oliver | V5521 | Winchester & District AC | 41:25 |
| 37 | 63 | Andy Simpson | V4511 | Stubbington Green Runners | 35:25 | 121 | 155 Howard Long | V5027 | Southampton AC | 41:29 |
| 38 | 158 | Jon Grainger | V55 4 | Southampton AC | 35:30 | 122 | 84 Dan Wymmer | V4028 | Witney Rrc | 41:33 |
| 39 | 33 | Julien L'homme | V4019 | Headington Road Runners | 35:32 | 123 | 106 Clem Dixon | V5522 | Cambridge Harriers | 41:36 |
| 40 | 120 | David Williams | V55 5 | Guildford & Godalming AC | 35:43 | 124 | 17 Matthew Crane | V4029 | Bure Valley Harriers | 41:40 |
| 41 | 131 | Gary Ironmonger | V55 6 | Herne Hill Harriers | 35:53 | 125 | 117 Sean Bowen | V5523 | Garden City Runners | 41:47 |
| 42 | 37 | Gavern Newsum | V4020 | Herne Hill Harriers | 35:55 | 126 | 242 John Harley | V65 4 | Tonbridge AC | 42:00 |
| 43 | 109 | Keith Marley | V50 6 | Colchester Harriers | 35:57 | 127 | 195 Frank Gribben | V65 5 | Bure Valley Harriers | 42:02 |
| 44 | 145 | Chris Prince | V50 7 | Oxford City AC | 35:58 | 128 | 240 Richard Turner | V65 6 | Thames Hare & Hounds | 42:05 |
| 45 | 82 | Simon Stevens | V4512 | Winchester & District AC | 36:01 | 129 | 130 Anthony Harran | V5524 | Herne Hill Harriers | 42:13 |
| 46 | 56 | James Smith | V4513 | Southampton AC | 36:02 | 130 | 198 Charlie Ritchie | V6016 | Cambridge & Coleridge AC | 42:33 |
| 47 | 119 | Mark Tennyson | V55 7 | Guildford & Godalming AC | 36:05 | 131 | 244 Andrew Gates | V6017 | Totton RC | 42:37 |
| 48 | 76 | Steve Davies | V4514 | Watford Joggers | 36:07 | 132 | 107 Andrew Stewart | V5525 | Chelmsford AC | 42:39 |
| 49 | 118 | Terry Booth | V50 8 | Guildford & Godalming AC | 36:16 | 133 | 166 Mark Schofield | V5526 | Tonbridge AC | 42:51 |
| 50 | 112 | Paul Spowage | V55 8 | Colchester Harriers | 36:22 | 134 | 239 Richard Pitt | V65 7 | Thames Hare & Hounds | 42:56 |
| 51 | 25 | Ian Lillee | V4515 | Dulwich Runners AC | 36:24 | 135 | 191 Desmond Michael | V65 8 | Barnet & District AC | 43:08 |
| 52 | 206 | Simon Bean | V60 1 | Epsom & Ewell Harriers | 36:25 | 136 | 46 Andrew Russell | V4030 | Newbury AC | 43:13 |
| 53 | 4 | Jim Roberts | V4021 | Arena 80 AC | 36:27 | 137 | 247 Robert Jones | V6018 | Trent Part RC | 43:21 |
| 54 | 201 | Peter Tullett | V60 2 | Chelmsford AC | 36:30 | 138 | 149 David Fiddes | V5028 | Reading Road Runners | 43:32 |
| 55 | 137 | Alun Rodgers | V50 9 | Medway & Maidstone AC | 36:33 | 139 | 50 Xavier Laurent | V4529 | Oxford University AC | 43:43 |
| 56 | 127 | Jonathon Ratcliffe | V5010 | Herne Hill Harriers | 36:35 | 140 | 134 Robert Nagorski | V5527 | Herne Hill Harriers | 43:45 |
| 57 | 207 | Chris Finill | V60 3 | Harrow AC | 36:38 | 141 | 122 Mark Herd | V5029 | Headington Road Runners | 43:52 |
| 58 | 60 | Stephen Hosty | V4022 | St Albans Striders | 36:42 | 142 | 249 Robin Tremaine | V6019 | Trent Part RC | 43:57 |
| 59 | 111 | Colin Ridley | V55 9 | Colchester Harriers | 36:43 | 143 | 235 Steve Connolley | V65 9 | Swindon Harriers | 44:04 |
| 60 | 58 | Greg Warder | V4516 | Southampton AC | 36:45 | 144 | 234 Mike Bell | V6510 | Stubbington Green Runners | 44:27 |
| 61 | 135 | Keth Newton | V5510 | Herne Hill Harriers | 36:47 | 145 | 238 Andrew Lenon | V6020 | Thames Hare & Hounds | 44:29 |
| 62 | 165 | Phil Coleman | V5511 | Tonbridge AC | 36:50 | 146 | 215 Geoff Anderson | V6511 | Newbury AC | 44:37 |
| 63 | 105 | Christian Poulton | V5011 | Cambridge Harriers | 36:56 | 147 | 220 Peter Thompson | V6021 | Norfolk Gazelles | 44:45 |
| 64 | 32 | Danny Axford | V4023 | Headington Road Runners | 36:59 | 148 | 212 Valdis Pauzers | V6512 | Herne Hill Harriers | 44:47 |
| 65 | 68 | James Beeston | V4517 | Tonbridge AC | 37:02 | 149 | 116 Gideon Franklin | V5528 | Dulwich Runners AC | 44:49 |
| 66 | 172 | Andrew Parkinson | V5012 | Winchester & District AC | 37:03 | 150 | 146 Gerard O'Driscoll | V5529 | Reading AC | 44:55 |
| 67 | 193 | Nigel Arnold | V60 4 | Bure Valley Harriers | 37:12 | 151 | 231 Nick Crane | V6022 | Stubbington Green Runners | 45:06 |
| 68 | 26 | Nicholas Wood | V4518 | Dulwich Runners AC | 37:13 | 152 | 211 Laurie Hurman | V6513 | Headington Road Runners | 45:25 |
| 69 | 139 | Gareth Williams | V5013 | Medway & Maidstone AC | 37:19 | 153 | 52 Bryan Curtayne | V4530 | Reading Road Runners | 45:33 |
| 70 | 123 | Kenny Lowies | V5014 | Headington Road Runners | 37:20 | 154 | 246 David Grindall | V6023 | Trent Part RC | 45:36 |
| 71 | 48 | Martin Walker | V4519 | Newbury AC | 37:21 | 155 | 227 Neil Hotson | V6514 | Southampton AC | 45:38 |
| 72 | 87 | Richard Hill | V4024 | Ely Runners | 37:25 | 156 | 176 Stephen Roberts | V5530 | Witney Rrc | 46:07 |
| 73 | 159 | Paul Johnson | V5512 | Southampton AC | 37:28 | 157 | 213 Carl Heap | V6515 | London Heathside AC | 46:20 |
| 74 | 192 | Paul Whelpton | V65 1 | Brighton Phoenix AC | 37:30 | 158 | 156 David Sullivan | V5030 | Southampton AC | 46:25 |
| 75 | 67 | Nicholas Arnott | V4520 | Tonbridge AC | 37:31 | 159 | 200 Mike Brentnall | V6516 | Cambridge & Coleridge AC | 46:38 |
| 76 | 35 | Oliver Morrison | V4025 | Herne Hill Harriers | 37:35 | 160 | 243 Alan Newman | V6517 | Tonbridge AC | 46:44 |
| 77 | 6 | Julian Hollingdale | V4521 | Arena 80 AC | 37:41 | 161 | 171 Rick Munro | V5031 | Winchester & District AC | 47:09 |
| 78 | 101 | Andrew Noble | V5513 | Ashford & District Rrc | 37:49 | 162 | 85 Conrad Bailey | V4531 | Witney Rrc | 47:20 |
| 79 | 170 | Marius Kwint | V5015 | Winchester & District AC | 37:57 | 163 | 160 Matt Whitcher | V5032 | Stubbington Green Runners | 48:05 |
| 80 | 57 | Michael Tanner | V4522 | Southampton AC | 38:01 | 164 | 250 Robert Pick | V6518 | Trent Part RC | 48:08 |
| 81 | 164 | M Pitcairn-Knowles | V5016 | Tonbridge AC | 38:05 | 165 | 197 Gerald Meah | V6024 | Cambridge & Coleridge AC | 48:13 |
| 82 | 241 | Alan Buckle | V60 5 | Tonbridge AC | 38:06 | 166 | 204 Paul Hooper | V6025 | Dartford Rr | 48:35 |
| 83 | 233 | Mike White | V60 6 | Stubbington Green Runners | 38:11 | 167 | 224 Lara Sydney De | V6026 | Southampton AC | 48:56 |
| 84 | 53 | Fergal Donnelly | V4523 | Reading Road Runners | 38:14 | 168 | 72 Scott Shurmer | V4532 | Tonbridge AC | 49:22 |

Results Service by G.J. Fecitt (SportSoft) Tel & Fax 01204 884887, Email: graham@race-results.co.uk
Internet: <http://www.race-results.co.uk> -- full results will be available for downloading tonight

| | | | |
|-----|------------------------|------------------------|-------|
| 169 | 218 Andrew Hammond | V6027 Norfolk Gazelles | 49:53 |
| 170 | 222 Robert Wood | V6519 Oxford City AC | 50:34 |
| 171 | 175 Stephen Ratcliff | V5033 Witney Rrc | 51:04 |
| 172 | 248 Domenico Romanelli | V6028 Trent Part RC | 52:00 |

Masters - Men — TEAM RESULTS

| | | | | |
|-----------------------------|-------|---------------------|--------------------|---------------------|
| 1 Herne Hill Harriers | 17 — | 4 Ben Paviour | 6 John Kettle | 7 Simon Coombes |
| 2 Brighton & Hove AC | 17 — | 1 Howard Bristow | 5 Craig Halsey | 11 Matt Bristow |
| 3 Thames Hare & Hounds | 47 — | 9 Andrew Weir | 12 Ben Reynolds | 26 Andrew Edge |
| 4 Watford Joggers | 76 — | 10 David O'Sullivan | 18 Steve Norris | 48 Steve Davies |
| 5 Dulwich Runners AC | 95 — | 16 Buzz Shephard | 28 Thomas South | 51 Ian Lillie |
| 6 Stubbington Green Runners | 100 — | 29 Colin Trigg | 34 Russell Coleman | 37 Andy Simpson |
| 7 Newbury AC | 109 — | 17 Andrew Ind | 21 Phil Marshall | 71 Martin Walker |
| 8 Colchester Harriers | 117 — | 24 Allen Smalls | 43 Keith Marley | 50 Paul Spowage |
| 9 Aldershot Farnham & D AC | 134 — | 13 Michael Boucher | 30 Tom Glancy | 91 Austin Soane |
| 10 Guildford & Godalming AC | 136 — | 40 David Williams | 47 Mark Tennyson | 49 Terry Booth |
| 11 Winchester & District AC | 138 — | 27 Peter Sansome | 45 Simon Stevens | 66 Andrew Parkinson |
| 12 Medway & Maidstone AC | 138 — | 14 Barry Royden | 55 Alun Rodgers | 69 Gareth Williams |
| 13 Southampton AC | 144 — | 38 Jon Grainger | 46 James Smith | 60 Greg Warder |
| 14 Tonbridge AC | 152 — | 25 Anthony Bennett | 62 Phil Coleman | 65 James Beeston |
| 15 Bure Valley Harriers | 162 — | 3 Scott Walford | 67 Nigel Arnold | 92 Phil Hurr |
| 16 Headington Road Runners | 173 — | 39 Julien L'homme | 64 Danny Axford | 70 Kenny Lowies |
| 17 Reading Road Runners | 222 — | 36 Tony Page | 84 Fergal Donnelly | 102 Pete Jewell |
| 18 Witney Rrc | 280 — | 2 Tegs Jones | 122 Dan Wymer | 156 Stephen Roberts |
| 19 Oxford City AC | 317 — | 44 Chris Prince | 103 Stewart Thorp | 170 Robert Wood |
| 20 Norfolk Gazelles | 369 — | 107 Stephen Rolfe | 115 Derek Bye | 147 Peter Thompson |
| 21 Trent Part RC | 433 — | 137 Robert Jones | 142 Robin Tremaine | 154 David Grindall |
| 22 Cambridge & Coleridge AC | 454 — | 130 Charlie Ritchie | 159 Mike Brentnall | 165 Gerald Meah |

Masters - Men aged 40 to 44

| Pos | Num | Name | Cat/Pos | Club | Time | | | | | |
|-----|-----|------------------|---------|--------------------------|-------|----|--------------------|---------------------------------|-------|--|
| 1 | 13 | Howard Bristow | V40 1 | Brighton & Hove AC | 31:47 | 16 | 2 Tom Glancy | V4016 Aldershot Farnham & D AC | 35:03 | |
| 2 | 83 | Tegs Jones | V40 2 | Witney Rrc | 31:57 | 17 | 15 Louis Taub | V4017 Brighton & Hove AC | 35:06 | |
| 3 | 14 | Craig Halsey | V40 3 | Brighton & Hove AC | 32:15 | 18 | 62 Russell Coleman | V4018 Stubbington Green Runners | 35:14 | |
| 4 | 34 | John Kettle | V40 4 | Herne Hill Harriers | 32:27 | 19 | 33 Julien L'homme | V4019 Headington Road Runners | 35:32 | |
| 5 | 75 | David O'Sullivan | V40 5 | Watford Joggers | 33:04 | 20 | 37 Gavern Newsum | V4020 Herne Hill Harriers | 35:55 | |
| 6 | 12 | Matt Bristow | V40 6 | Brighton & Hove AC | 33:12 | 21 | 4 Jim Roberts | V4021 Arena 80 AC | 36:27 | |
| 7 | 1 | Michael Boucher | V40 7 | Aldershot Farnham & D AC | 33:32 | 22 | 60 Stephen Hosty | V4022 St Albans Striders | 36:42 | |
| 8 | 23 | Buzz Shephard | V40 8 | Dulwich Runners AC | 33:47 | 23 | 32 Danny Axford | V4023 Headington Road Runners | 36:59 | |
| 9 | 74 | Steve Norris | V40 9 | Watford Joggers | 33:50 | 24 | 87 Richard Hill | V4024 Ely Runners | 37:25 | |
| 10 | 36 | Matthew Munro | V4010 | Herne Hill Harriers | 34:07 | 25 | 35 Oliver Morrison | V4025 Herne Hill Harriers | 37:35 | |
| 11 | 45 | Phil Marshall | V4011 | Newbury AC | 34:09 | 26 | 59 Derek Fowler | V4026 St Albans Striders | 39:00 | |
| 12 | 29 | Neil Henderson | V4012 | Epsom & Ewell Harriers | 34:11 | 27 | 86 Paul Ward | V4027 Bure Valley Harriers | 39:41 | |
| 13 | 66 | Anthony Bennett | V4013 | Tonbridge AC | 34:17 | 28 | 84 Dan Wymer | V4028 Witney Rrc | 41:33 | |
| 14 | 81 | Peter Sansome | V4014 | Winchester & District AC | 34:23 | 29 | 17 Matthew Crane | V4029 Bure Valley Harriers | 41:40 | |
| 15 | 24 | Thomas South | V4015 | Dulwich Runners AC | 34:48 | 30 | 46 Andrew Russell | V4030 Newbury AC | 43:13 | |

Masters - Men aged 45 to 49

| Pos | Num | Name | Cat/Pos | Club | Time | | | | | |
|-----|-----|----------------|---------|----------------------------|-------|----|----------------------|----------------------------|-------|--|
| 1 | 18 | Scott Walford | V45 1 | Bure Valley Harriers | 31:59 | 17 | 68 James Beeston | V4517 Tonbridge AC | 37:02 | |
| 2 | 41 | Ben Paviour | V45 2 | Herne Hill Harriers | 32:09 | 18 | 26 Nicholas Wood | V4518 Dulwich Runners AC | 37:13 | |
| 3 | 39 | Simon Coombes | V45 3 | Herne Hill Harriers | 32:32 | 19 | 48 Martin Walker | V4519 Newbury AC | 37:21 | |
| 4 | 7 | Alex Hamilton | V45 4 | Basingstoke & Mid Hants AC | 32:35 | 20 | 67 Nicholas Arnott | V4520 Tonbridge AC | 37:31 | |
| 5 | 47 | Andrew Ind | V45 5 | Newbury AC | 33:48 | 21 | 6 Julian Hollingdale | V4521 Arena 80 AC | 37:41 | |
| 6 | 31 | Marcus Kimmins | V45 6 | Haywards Heath Harriers | 34:12 | 22 | 57 Michael Tanner | V4522 Southampton AC | 38:01 | |
| 7 | 64 | Colin Trigg | V45 7 | Stubbington Green Runners | 34:56 | 23 | 53 Fergal Donnelly | V4523 Reading Road Runners | 38:14 | |
| 8 | 77 | Richard Berry | V45 8 | West 4 Harriers | 35:12 | 24 | 27 Stephen Howard | V4524 Ely Runners | 38:37 | |
| 9 | 49 | Sean Holmes | V45 9 | Overton Harriers & AC | 35:17 | 25 | 21 Stacey Buche | V4525 Crawley AC | 38:54 | |
| 10 | 54 | Tony Page | V4510 | Reading Road Runners | 35:21 | 26 | 69 Anthony Crush | V4526 Tonbridge AC | 39:53 | |
| 11 | 63 | Andy Simpson | V4511 | Stubbington Green Runners | 35:25 | 27 | 16 Robin Sutherland | V4527 Brighton & Hove AC | 40:54 | |
| 12 | 82 | Simon Stevens | V4512 | Winchester & District AC | 36:01 | 28 | 71 Russell McIntyre | V4528 Tonbridge AC | 41:18 | |
| 13 | 56 | James Smith | V4513 | Southampton AC | 36:02 | 29 | 50 Xavier Laurent | V4529 Oxford University AC | 43:43 | |
| 14 | 76 | Steve Davies | V4514 | Watford Joggers | 36:07 | 30 | 52 Bryan Curtayne | V4530 Reading Road Runners | 45:33 | |
| 15 | 25 | Ian Lillee | V4515 | Dulwich Runners AC | 36:24 | 31 | 85 Conrad Bailey | V4531 Witney Rrc | 47:20 | |
| 16 | 58 | Greg Warder | V4516 | Southampton AC | 36:45 | 32 | 72 Scott Shurmer | V4532 Tonbridge AC | 49:22 | |

Masters - Men aged 50 to 54

| Pos | Num | Name | Cat/Pos | Club | Time | | | | | |
|-----|-----|--------------------|---------|--------------------------|-------|----|----------------------|---------------------------------|-------|--|
| 1 | 162 | Andrew Weir | V50 1 | Thames Hare & Hounds | 32:50 | 18 | 126 Trevor Chilton | V5018 Herne Hill Harriers | 38:21 | |
| 2 | 138 | Barry Royden | V50 2 | Medway & Maidstone AC | 33:39 | 19 | 124 Doug Simpson | V5019 Headington Road Runners | 38:25 | |
| 3 | 104 | Morris Tarragano | V50 3 | Brighton & Hove AC | 33:52 | 20 | 108 Mark Solway | V5020 City Of Norwich AC | 38:58 | |
| 4 | 110 | Allen Smalls | V50 4 | Colchester Harriers | 34:14 | 21 | 142 Nigel Popplewell | V5021 Newbury AC | 40:33 | |
| 5 | 161 | Andrew Edge | V50 5 | Thames Hare & Hounds | 34:19 | 22 | 141 Wayne Lillis | V5022 Newbury AC | 41:01 | |
| 6 | 109 | Keith Marley | V50 6 | Colchester Harriers | 35:57 | 23 | 168 C Coppellotti | V5023 Walton AC | 41:05 | |
| 7 | 145 | Chris Prince | V50 7 | Oxford City AC | 35:58 | 24 | 148 Mark Andrew | V5024 Reading Road Runners | 41:15 | |
| 8 | 118 | Terry Booth | V50 8 | Guildford & Godalming AC | 36:16 | 25 | 128 Andrew Simms | V5025 Herne Hill Harriers | 41:18 | |
| 9 | 137 | Alun Rodgers | V50 9 | Medway & Maidstone AC | 36:33 | 26 | 153 Simon Ashdown | V5026 Southampton AC | 41:22 | |
| 10 | 127 | Jonathon Ratcliffe | V5010 | Herne Hill Harriers | 36:35 | 27 | 155 Howard Long | V5027 Southampton AC | 41:29 | |
| 11 | 105 | Christian Poulton | V5011 | Cambridge Harriers | 36:56 | 28 | 149 David Fiddes | V5028 Reading Road Runners | 43:32 | |
| 12 | 172 | Andrew Parkinson | V5012 | Winchester & District AC | 37:03 | 29 | 122 Mark Herd | V5029 Headington Road Runners | 43:52 | |
| 13 | 139 | Gareth Williams | V5013 | Medway & Maidstone AC | 37:19 | 30 | 156 David Sullivan | V5030 Southampton AC | 46:25 | |
| 14 | 123 | Kenny Lowies | V5014 | Headington Road Runners | 37:20 | 31 | 171 Rick Munro | V5031 Winchester & District AC | 47:09 | |
| 15 | 170 | Marius Kwint | V5015 | Winchester & District AC | 37:57 | 32 | 160 Matt Whitcher | V5032 Stubbington Green Runners | 48:05 | |
| 16 | 164 | M Pitcairn-Knowles | V5016 | Tonbridge AC | 38:05 | 33 | 175 Stephen Ratcliff | V5033 Witney Rrc | 51:04 | |
| 17 | 154 | David Blackman | V5017 | Southampton AC | 38:15 | | | | | |

Masters - Men aged 55 to 59

| Pos | Num | Name | Cat/Pos | Club | Time | | | | | |
|-----|-----|-----------------|---------|--------------------------|-------|----|-----------------------|--------------------------------|-------|--|
| 1 | 163 | Ben Reynolds | V55 1 | Thames Hare & Hounds | 33:19 | 16 | 125 Andy Phelps | V5516 Headington Road Runners | 38:43 | |
| 2 | 167 | Andrew Howey | V55 2 | Tunbridge Wells Harriers | 33:45 | 17 | 174 Franklyn Young | V5517 Winchester & District AC | 38:45 | |
| 3 | 121 | Mark Cursons | V55 3 | Harrow AC | 35:11 | 18 | 133 Victor Maughn | V5518 Herne Hill Harriers | 39:07 | |
| 4 | 158 | Jon Grainger | V55 4 | Southampton AC | 35:30 | 19 | 151 Pete Jewell | V5519 Reading Road Runners | 39:08 | |
| 5 | 120 | David Williams | V55 5 | Guildford & Godalming AC | 35:43 | 20 | 152 Gavin Rennie | V5520 Reading Road Runners | 39:28 | |
| 6 | 131 | Gary Ironmonger | V55 6 | Herne Hill Harriers | 35:53 | 21 | 173 Steve Oliver | V5521 Winchester & District AC | 41:25 | |
| 7 | 119 | Mark Tennyson | V55 7 | Guildford & Godalming AC | 36:05 | 22 | 106 Clem Dixon | V5522 Cambridge Harriers | 41:36 | |
| 8 | 112 | Paul Spowage | V55 8 | Colchester Harriers | 36:22 | 23 | 117 Sean Bowen | V5523 Garden City Runners | 41:47 | |
| 9 | 111 | Colin Ridley | V55 9 | Colchester Harriers | 36:43 | 24 | 130 Anthony Harran | V5524 Herne Hill Harriers | 42:13 | |
| 10 | 135 | Keth Newton | V5510 | Herne Hill Harriers | 36:47 | 25 | 107 Andrew Stewart | V5525 Chelmsford AC | 42:39 | |
| 11 | 165 | Phil Coleman | V5511 | Tonbridge AC | 36:50 | 26 | 166 Mark Schofield | V5526 Tonbridge AC | 42:51 | |
| 12 | 159 | Paul Johnson | V5512 | Southampton AC | 37:28 | 27 | 134 Robert Nagorski | V5527 Herne Hill Harriers | 43:45 | |
| 13 | 101 | Andrew Noble | V5513 | Ashford & District Rrc | 37:49 | 28 | 116 Gideon Franklin | V5528 Dulwich Runners AC | 44:49 | |
| 14 | 100 | Chris Bedford | V5514 | Abingdon AC | 38:22 | 29 | 146 Gerard O'Driscoll | V5529 Reading AC | 44:55 | |
| 15 | 157 | Peter Costley | V5515 | Southampton AC | 38:30 | 30 | 176 Stephen Roberts | V5530 Witney Rrc | 46:07 | |

Masters - Men aged 60 to 64

| Pos | Num | Name | Cat/Pos | Club | Time | Pos | Name | Club | Time |
|-----|-----|------------------|---------|---------------------------|-------|-----|------------------------|---------------------------------|-------|
| 1 | 206 | Simon Bean | V60 1 | Epsom & Ewell Harriers | 36:25 | 15 | 217 Derek Bye | V6015 Norfolk Gazelles | 41:11 |
| 2 | 201 | Peter Tullett | V60 2 | Chelmsford AC | 36:30 | 16 | 198 Charlie Ritchie | V6016 Cambridge & Coleridge AC | 42:33 |
| 3 | 207 | Chris Finill | V60 3 | Harrow AC | 36:38 | 17 | 244 Andrew Gates | V6017 Totton RC | 42:37 |
| 4 | 193 | Nigel Arnold | V60 4 | Bure Valley Harriers | 37:12 | 18 | 247 Robert Jones | V6018 Trent Part RC | 43:21 |
| 5 | 241 | Alan Buckle | V60 5 | Tonbridge AC | 38:06 | 19 | 249 Robin Tremaine | V6019 Trent Part RC | 43:57 |
| 6 | 233 | Mike White | V60 6 | Stubbington Green Runners | 38:11 | 20 | 238 Andrew Lenon | V6020 Thames Hare & Hounds | 44:29 |
| 7 | 236 | Richard Drage | V60 7 | Tavistock AC | 38:18 | 21 | 220 Peter Thompson | V6021 Norfolk Gazelles | 44:45 |
| 8 | 194 | Phil Hurr | V60 8 | Bure Valley Harriers | 38:33 | 22 | 231 Nick Crane | V6022 Stubbington Green Runners | 45:06 |
| 9 | 214 | Irwin Fairclough | V60 9 | Newbury AC | 38:35 | 23 | 246 David Grindall | V6023 Trent Part RC | 45:36 |
| 10 | 210 | Chris Woodruff | V6010 | Headington Road Runners | 38:40 | 24 | 197 Gerald Meah | V6024 Cambridge & Coleridge AC | 48:13 |
| 11 | 252 | Robert Creed | V6011 | Crawley AC | 39:19 | 25 | 204 Paul Hooper | V6025 Dartford Rr | 48:35 |
| 12 | 219 | Stephen Rolfe | V6012 | Norfolk Gazelles | 39:51 | 26 | 224 Lara Sydney De | V6026 Southampton AC | 48:56 |
| 13 | 208 | Tim Hicks | V6013 | Naywards Heath Harriers | 40:12 | 27 | 218 Andrew Hammond | V6027 Norfolk Gazelles | 49:53 |
| 14 | 232 | Stewart Pepper | V6014 | Stubbington Green Runners | 40:47 | 28 | 248 Domenico Romanelli | V6028 Trent Part RC | 52:00 |

Masters - Men aged 65 to 69

| Pos | Num | Name | Cat/Pos | Club | Time | Pos | Name | Club | Time |
|-----|-----|-----------------|---------|---------------------------|-------|-----|--------------------|--------------------------------|-------|
| 1 | 192 | Paul Whelpton | V65 1 | Brighton Phoenix AC | 37:30 | 11 | 215 Geoff Anderson | V6511 Newbury AC | 44:37 |
| 2 | 190 | Austin Soane | V65 2 | Aldershot Farnham & D AC | 38:31 | 12 | 212 Valdis Pauzers | V6512 Herne Hill Harriers | 44:47 |
| 3 | 221 | Stewart Thorp | V65 3 | Oxford City AC | 39:15 | 13 | 211 Laurie Hurman | V6513 Headington Road Runners | 45:25 |
| 4 | 242 | John Harley | V65 4 | Tonbridge AC | 42:00 | 14 | 227 Neil Hotson | V6514 Southampton AC | 45:38 |
| 5 | 195 | Frank Gribben | V65 5 | Bure Valley Harriers | 42:02 | 15 | 213 Carl Heap | V6515 London Heathside AC | 46:20 |
| 6 | 240 | Richard Turner | V65 6 | Thames Hare & Hounds | 42:05 | 16 | 200 Mike Brentnall | V6516 Cambridge & Coleridge AC | 46:38 |
| 7 | 239 | Richard Pitt | V65 7 | Thames Hare & Hounds | 42:56 | 17 | 243 Alan Newman | V6517 Tonbridge AC | 46:44 |
| 8 | 191 | Desmond Michael | V65 8 | Barnet & District AC | 43:08 | 18 | 250 Robert Pick | V6518 Trent Part RC | 48:08 |
| 9 | 235 | Steve Connolley | V65 9 | Swindon Harriers | 44:04 | 19 | 222 Robert Wood | V6519 Oxford City AC | 50:34 |
| 10 | 234 | Mike Bell | V6510 | Stubbington Green Runners | 44:27 | | | | |

Masters - Men aged 40 to 49 — TEAM RESULTS

| | | | | |
|-----------------------------|-------|--------------------|--------------------|--------------------|
| 1 Brighton & Hove AC | 16 — | 1 Howard Bristow | 5 Craig Halsey | 10 Matt Bristow |
| 2 Herne Hill Harriers | 17 — | 4 Ben Paviour | 6 John Kettle | 7 Simon Coombes |
| 3 Watford Joggers | 57 — | 9 David O'Sullivan | 14 Steve Norris | 34 Steve Davies |
| 4 Dulwich Runners AC | 68 — | 12 Buzz Shephard | 21 Thomas South | 35 Ian Lillie |
| 5 Newbury AC | 71 — | 13 Andrew Ind | 16 Phil Marshall | 42 Martin Walker |
| 6 Stubbington Green Runners | 77 — | 22 Colin Trigg | 26 Russell Coleman | 29 Andy Simpson |
| 7 Tonbridge AC | 103 — | 19 Anthony Bennett | 40 James Beeston | 44 Nicholas Arnott |
| 8 Bure Valley Harriers | 112 — | 3 Scott Walford | 52 Paul Ward | 57 Matthew Crane |
| 9 Southampton AC | 118 — | 33 James Smith | 38 Greg Warder | 47 Michael Tanner |
| 10 Witney Rrc | 119 — | 2 Tegs Jones | 56 Dan Wymer | 61 Conrad Bayley |
| 11 Reading Road Runners | 136 — | 28 Tony Page | 48 Fergal Donnelly | 60 Bryan Courtney |

Masters - Men (Vets) aged 50 to 59 — TEAM RESULTS

| | | | | |
|----------------------------|-------|---------------------|-----------------------|--------------------|
| 1 Thames Hare & Hounds | 10 — | 1 Andrew Weir | 2 Ben Reynolds | 7 Andrew Edge |
| 2 Colchester Harriers | 34 — | 6 Allen Smalls | 12 Keith Marley | 16 Paul Spowage |
| 3 Guildford & Godalming AC | 39 — | 10 David Williams | 14 Mark Tennyson | 15 Terry Booth |
| 4 Medway & Maidstone AC | 44 — | 3 Barry Royden | 17 Alun Rodgers | 24 Gareth Williams |
| 5 Herne Hill Harriers | 49 — | 11 Gary Ironmonger | 18 Jonathon Ratcliffe | 20 Ketih Newton |
| 6 Southampton AC | 65 — | 9 Jon Grainger | 26 Paul Johnson | 30 David Blackman |
| 7 Winchester & District AC | 87 — | 23 Andrew Parkinson | 28 Marius Kwint | 36 Franklyn Young |
| 8 Headington Road Runners | 93 — | 25 Kenny Lowies | 33 Doug Simpson | 35 Andy Phelps |
| 9 Tonbridge AC | 103 — | 21 Phil Coleman | 29 M Pitcairn-Knowles | 53 Mark Schofield |
| 10 Reading Road Runners | 123 — | 39 Pete Jewell | 40 Gavin Rennie | 44 Mark Andrew |

Masters - Men (Vets) over 60 — TEAM RESULTS

| | | | | |
|-----------------------------|-------|--------------------|-------------------|-------------------|
| 1 Bure Valley Harriers | 34 — | 4 Nigel Arnold | 10 Phil Hurr | 20 Frank Gribben |
| 2 Stubbington Green Runners | 53 — | 7 Mike White | 17 Stewart Pepper | 29 Mike Bell |
| 3 Norfolk Gazelles | 65 — | 15 Stephen Rolfe | 18 Derek Bye | 32 Peter Thompson |
| 4 Tonbridge AC | 65 — | 6 Alan Buckle | 19 John Harley | 40 Alan Newman |
| 5 Thames Hare & Hounds | 75 — | 21 Richard Turner | 24 Richard Pitt | 30 Andrew Lenon |
| 6 Trent Part RC | 89 — | 26 Robert Jones | 27 Robin Tremaine | 36 David Grindall |
| 7 Cambridge & Coleridge AC | 103 — | 22 Charlie Ritchie | 39 Mike Brentnall | 42 Gerald Meah |