



Thames Riverside 20 (Race or Pace)

Sunday 6th March 2016 Final Results

| Finish Position | Race Number | Gun Time (hh:mm:ss) | Pace Group Start Adj. (hh:mm:ss) | Pace Group Adjusted Run Time (hh:mm:ss) | Forename | Surname | Gender | Club | Pace Group | AgeGroup |
|-----------------|-------------|---------------------|----------------------------------|---|------------|------------|--------|-------------------------------|--------------|----------|
| 1 | 23 | 01:57:43 | 00:00:00 | 01:57:43 | Nathan | Smeaton | Male | Clapham Chasers | Sub 7 | Senior |
| 2 | 7 | 02:07:49 | 00:00:00 | 02:07:49 | Robert | Laing | Male | Kent AC | Sub 7 | Senior |
| 3 | 19 | 02:09:27 | 00:00:00 | 02:09:27 | Matthew | Pointon | Male | Newton Heath FC | Sub 7 | Senior |
| 4 | 2 | 02:09:37 | 00:00:00 | 02:09:37 | Kirit | Patel | Male | London Frontrunners | Sub 7 | Veteran |
| 5 | 51 | 02:11:37 | 00:02:00 | 02:09:37 | Nicholas | Bowker | Male | | 7 min 00 sec | Senior |
| 6 | 3 | 02:11:57 | 00:00:00 | 02:11:57 | Derek | Green | Male | Clapham Pioneers | Sub 7 | Senior |
| 7 | 28 | 02:12:46 | 00:00:00 | 02:12:46 | Danny | White | Male | Lordshill Road Runners | Sub 7 | Senior |
| 8 | 9 | 02:12:50 | 00:00:00 | 02:12:50 | Matthieu | Prevot | Male | Clapham Chasers | Sub 7 | Senior |
| 9 | 10 | 02:13:52 | 00:00:00 | 02:13:52 | David | Wilby | Male | Kingston AC And Poly Harriers | Sub 7 | Senior |
| 10 | 24 | 02:15:04 | 00:00:00 | 02:15:04 | Tom | Mitchell | Male | Clapham Chasers | Sub 7 | Senior |
| 11 | 227 | 02:15:32 | 00:02:00 | 02:13:32 | Fergus | Johnson | Male | Egdon Heath Harriers | 7 min 00 sec | Senior |
| 12 | 11 | 02:15:39 | 00:02:00 | 02:13:39 | Brian | Cronin | Male | Clapham Chasers | 7 min 00 sec | Senior |
| 13 | 39 | 02:15:45 | 00:02:00 | 02:13:45 | Rose | Penfold | Female | Fulham Running Club | 7 min 00 sec | Senior |
| 14 | 42 | 02:15:46 | 00:00:00 | 02:15:46 | Gildas | Braine | Male | Queen's Park Harriers | Sub 7 | Senior |
| 15 | 46 | 02:16:37 | 00:02:00 | 02:14:37 | Rob | Harkness | Male | Windle Valley Runners | 7 min 00 sec | Senior |
| 16 | 32 | 02:17:07 | 00:02:00 | 02:15:07 | Mary | James | Female | South London Harriers | 7 min 00 sec | Veteran |
| 17 | 22 | 02:18:00 | 00:00:00 | 02:18:00 | Chris | Davidson | Male | Elmbridge RRC | Sub 7 | Veteran |
| 18 | 57 | 02:18:58 | 00:04:00 | 02:14:58 | Martin | Rutter | Male | Clapham Chasers | 7 min 30 sec | Senior |
| 19 | 13 | 02:19:08 | 00:00:00 | 02:19:08 | Stewart | Curtis | Male | BBC Running Club | Sub 7 | Veteran |
| 20 | 281 | 02:19:12 | 00:02:00 | 02:17:12 | Keir | Rason | Male | Orpington Road Runners | 7 min 00 sec | Veteran |
| 21 | 16 | 02:20:00 | 00:00:00 | 02:20:00 | George | ONeill | Male | London Frontrunners | Sub 7 | Veteran |
| 22 | 17 | 02:20:27 | 00:02:00 | 02:18:27 | Lucy | Owen | Female | Ravens City of London | 7 min 00 sec | Senior |
| 23 | 18 | 02:20:27 | 00:02:00 | 02:18:27 | David | Meller | Male | Ravens City of London | 7 min 00 sec | Veteran |
| 24 | 35 | 02:20:51 | 00:02:00 | 02:18:51 | James | Rous | Male | Achilles Club | 7 min 00 sec | Veteran |
| 25 | 63 | 02:21:05 | 00:02:00 | 02:19:05 | Jonathan | Beatty | Male | | 7 min 00 sec | Senior |
| 26 | P2 | 02:21:12 | 00:02:00 | 02:19:12 | Rosy | Harvey | Female | Clapham Chasers | Pacer 07:00 | Senior |
| 27 | P3 | 02:21:21 | 00:02:00 | 02:19:21 | Ross | McLeod | Male | Clapham Chasers | Pacer 07:00 | Senior |
| 28 | 44 | 02:21:32 | 00:02:00 | 02:19:32 | Jeremy | Agnew | Male | London Frontrunners | 7 min 00 sec | Veteran |
| 29 | 8 | 02:22:31 | 00:00:00 | 02:22:31 | Eduard | Egelie | Male | Belgrave Harriers | Sub 7 | Veteran |
| 30 | 52 | 02:22:33 | 00:02:00 | 02:20:33 | Andrew | Rietchel | Male | Clapham Chasers | 7 min 00 sec | Senior |
| 31 | 54 | 02:22:37 | 00:02:00 | 02:20:37 | Konstantin | Penkov | Male | Clapham Chasers | 7 min 00 sec | Veteran |
| 32 | 311 | 02:23:00 | 00:00:00 | 02:23:00 | Brian | Lynch | Male | BBC Running Club | Sub 7 | Veteran |
| 33 | 30 | 02:23:01 | 00:02:00 | 02:21:01 | Dan | Little | Male | | 7 min 00 sec | Senior |
| 34 | 31 | 02:23:22 | 00:02:00 | 02:21:22 | John | Foss | Male | South London Harriers | 7 min 00 sec | Veteran |
| 35 | 69 | 02:23:43 | 00:04:00 | 02:19:43 | Josh | Ord-Hume | Male | Barnes Runners | 7 min 30 sec | Veteran |
| 36 | 59 | 02:23:57 | 00:04:00 | 02:19:57 | Nicholas | Burns | Male | | 7 min 30 sec | Senior |
| 37 | 56 | 02:25:43 | 00:02:00 | 02:23:43 | Andrew | Dickens | Male | Nene Valley Harriers | 7 min 00 sec | Senior |
| 38 | 40 | 02:26:29 | 00:02:00 | 02:24:29 | Chris | Lambert | Male | Ealing Eagles Running Club | 7 min 00 sec | Senior |
| 39 | 79 | 02:28:10 | 00:04:00 | 02:24:10 | Graham | Sutherland | Male | Clapham Chasers | 7 min 30 sec | Senior |
| 40 | 33 | 02:28:16 | 00:02:00 | 02:26:16 | David | Cornock | Male | Barnes Runners | 7 min 00 sec | Veteran |
| 41 | 36 | 02:28:25 | 00:04:00 | 02:24:25 | Jack | Dufton | Male | Runnymede Runners | 7 min 30 sec | Veteran |
| 42 | 82 | 02:28:32 | 00:04:00 | 02:24:32 | Adam | May | Male | Hercules Wimbledon AC | 7 min 30 sec | Senior |
| 43 | 77 | 02:28:39 | 00:04:00 | 02:24:39 | Andrew | Milne | Male | Clapham Chasers | 7 min 30 sec | Senior |
| 44 | 71 | 02:29:26 | 00:04:00 | 02:25:26 | Rory | Webster | Male | | 7 min 30 sec | Veteran |
| 45 | 67 | 02:29:32 | 00:04:00 | 02:25:32 | Ryan | Bayly | Male | Clapham Chasers | 7 min 30 sec | Veteran |
| 46 | 184 | 02:29:56 | 00:04:00 | 02:25:56 | Ian | Hawes | Male | Orpington Road Runners | 7 min 30 sec | Senior |
| 47 | 68 | 02:30:12 | 00:04:00 | 02:26:12 | MarkMark | Cawood | Male | South London Harriers | 7 min 30 sec | Veteran |
| 48 | 50 | 02:30:25 | 00:02:00 | 02:28:25 | Colin | Overton | Male | Ealing Eagles Running Club | 7 min 00 sec | Senior |
| 49 | 72 | 02:30:49 | 00:04:00 | 02:26:49 | Ange | Norris | Female | Dulwich Runners AC | 7 min 30 sec | Veteran |
| 50 | 87 | 02:30:51 | 00:04:00 | 02:26:51 | andrew | brenen | Male | Sutton Runners | 7 min 30 sec | Veteran |
| 51 | 208 | 02:30:55 | 00:04:00 | 02:26:55 | Fraser | Clark | Male | | 7 min 30 sec | Veteran |
| 52 | 85 | 02:31:07 | 00:04:00 | 02:27:07 | Jim | Buckle | Male | | 7 min 30 sec | Veteran |
| 53 | 86 | 02:31:31 | 00:04:00 | 02:27:31 | Chris | Peskett | Male | Barnes runners | 7 min 30 sec | Veteran |
| 54 | 76 | 02:31:52 | 00:04:00 | 02:27:52 | Tom | Poynton | Male | Serpentine RC | 7 min 30 sec | Veteran |
| 55 | 38 | 02:32:10 | 00:04:00 | 02:28:10 | Rob | Reid | Male | Ravens City of London | 7 min 30 sec | Senior |
| 56 | 126 | 02:32:21 | 00:06:00 | 02:26:21 | Stefan | Kalyanpur | Male | | 8 min 00 sec | Senior |
| 57 | 55 | 02:32:38 | 00:04:00 | 02:28:38 | Adrian | Brookes | Male | Woking AC | 7 min 30 sec | Veteran |
| 58 | P5 | 02:32:38 | 00:04:00 | 02:28:38 | Gabriel | Carnwath | Female | Clapham Chasers | Pacer 07:30 | Senior |
| 59 | 48 | 02:33:27 | 00:02:00 | 02:31:27 | Emma | Humphrey | Female | Datchet Dashers | 7 min 00 sec | Veteran |
| 60 | P4 | 02:33:40 | 00:04:00 | 02:29:40 | James | Neave | Male | Clapham Chasers | Pacer 07:30 | Veteran |
| 61 | 49 | 02:33:56 | 00:04:00 | 02:29:56 | Brian | Allen | Male | Orpington Road Runners | 7 min 30 sec | Veteran |
| 62 | 73 | 02:34:31 | 00:04:00 | 02:30:31 | Mark | Wingham | Male | Sutton Runners | 7 min 30 sec | Veteran |
| 63 | 153 | 02:35:08 | 00:08:00 | 02:27:08 | Alexandra | Anderson | Female | Ravens City of London | 8 min 30 sec | Veteran |
| 64 | 96 | 02:35:26 | 00:06:00 | 02:29:26 | Steven | Collins | Male | South London Harriers | 8 min 00 sec | Senior |
| 65 | 117 | 02:35:37 | 00:06:00 | 02:29:37 | Gary | Robinson | Male | West 4 Harriers | 8 min 00 sec | Veteran |
| 66 | 58 | 02:36:27 | 00:04:00 | 02:32:27 | Tanya | Usher | Female | Serpentine RC | 7 min 30 sec | Veteran |
| 67 | 99 | 02:35:56 | 00:06:00 | 02:29:56 | Robert | Buckland | Male | | 8 min 00 sec | Veteran |
| 68 | 21 | 02:37:21 | 00:00:00 | 02:37:21 | Nick | Mitchell | Male | | Sub 7 | Senior |
| 69 | 66 | 02:37:55 | 00:04:00 | 02:33:55 | Marcus | Elwes | Male | Bromley Veterans AC | 7 min 30 sec | Veteran |
| 70 | 111 | 02:38:15 | 00:06:00 | 02:32:15 | Sarah | Bailey | Female | Ealing Eagles Running Club | 8 min 00 sec | Senior |
| 71 | 136 | 02:38:50 | 00:06:00 | 02:32:50 | Neil | Thompson | Male | Petts Wood Runners | 8 min 00 sec | Veteran |
| 72 | 91 | 02:39:22 | 00:04:00 | 02:35:22 | Christian | Moxon | Male | Clapham Chasers | 7 min 30 sec | Senior |
| 73 | 146 | 02:40:04 | 00:06:00 | 02:34:04 | Ruth | Gloster | Female | Clapham Chasers | 8 min 00 sec | Senior |
| 74 | 131 | 02:40:10 | 00:06:00 | 02:34:10 | Sean | Darney | Male | Witham RC | 8 min 00 sec | Senior |
| 75 | 74 | 02:40:23 | 00:04:00 | 02:36:23 | Leanne | Meredith | Female | Clapham Chasers | 7 min 30 sec | Senior |
| 76 | 78 | 02:40:54 | 00:04:00 | 02:36:54 | Kieran | Santry | Male | Ealing Eagles Running Club | 7 min 30 sec | Senior |
| 77 | 120 | 02:42:00 | 00:06:00 | 02:36:00 | Anita | Hedges | Female | Sutton runners | 8 min 00 sec | Veteran |

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| 78 | 137 | 02:42:54 | 00:06:00 | 02:36:54 | Caitlin Smeaton | Female | | 8 min 00 sec | Senior |
| 79 | 37 | 02:43:43 | 00:06:00 | 02:37:43 | Ian Johnson | Male | Serpentine RC | 8 min 00 sec | Veteran |
| 80 | 176 | 02:44:09 | 00:08:00 | 02:36:09 | Kelly Page | Female | Serpentine RC | 8 min 30 sec | Veteran |
| 81 | 114 | 02:44:18 | 00:06:00 | 02:38:18 | Clare Russell | Female | Serpentine RC | 8 min 00 sec | Senior |
| 82 | 103 | 02:44:20 | 00:06:00 | 02:38:20 | Graham McMahon | Male | Woking AC | 8 min 00 sec | Veteran |
| 83 | 65 | 02:44:37 | 00:04:00 | 02:40:37 | Claire Levermore | Female | Serpentine RC | 7 min 30 sec | Veteran |
| 84 | 127 | 02:44:47 | 00:06:00 | 02:38:47 | Paul Woodgate | Male | Thames Valley Harriers | 8 min 00 sec | Veteran |
| 85 | 150 | 02:44:49 | 00:08:00 | 02:36:49 | Marcus Courage | Male | | 8 min 30 sec | Veteran |
| 86 | 62 | 02:44:52 | 00:04:00 | 02:40:52 | Diccon Loy | Male | East London Runners | 7 min 30 sec | Veteran |
| 87 | 107 | 02:44:52 | 00:06:00 | 02:38:52 | Ian Hayne | Male | | 8 min 00 sec | Senior |
| 88 | 119 | 02:44:52 | 00:06:00 | 02:38:52 | Sachiko Dixon | Female | Windle Valley Runners | 8 min 00 sec | Veteran |
| 89 | 89 | 02:44:52 | 00:04:00 | 02:40:52 | Nathalie Juchau | Female | Met police athletics club | 7 min 30 sec | Veteran |
| 90 | 145 | 02:44:59 | 00:06:00 | 02:38:59 | Giles Robinson | Male | Clapham Chasers | 8 min 00 sec | Veteran |
| 91 | 60 | 02:45:07 | 00:04:00 | 02:41:07 | Bryan Park | Male | Sutton Runners | 7 min 30 sec | Veteran |
| 92 | 138 | 02:45:09 | 00:06:00 | 02:39:09 | Celeste Bieber | Female | Barnes Runners | 8 min 00 sec | Veteran |
| 93 | 113 | 02:45:11 | 00:06:00 | 02:39:11 | Nick de Sausmarez | Male | London Heathside Runners AC | 8 min 00 sec | Veteran |
| 94 | P7 | 02:45:12 | 00:06:00 | 02:39:12 | Marcus Fletcher | Male | Clapham Chasers | Pacer 08:00 | Senior |
| 95 | 64 | 02:45:33 | 00:04:00 | 02:41:33 | Sophie Russell | Female | Hercules Wimbledon AC | 7 min 30 sec | Veteran |
| 96 | P6 | 02:45:38 | 00:06:00 | 02:39:38 | Rob Harrison | Male | Clapham Chasers | Pacer 08:00 | Veteran |
| 97 | 309 | 02:45:40 | 00:06:00 | 02:39:40 | Sasha Watson | Male | | 0 8 min 00 sec | Senior |
| 98 | 5 | 02:45:46 | 00:00:00 | 02:45:46 | Bill Arnold | Male | South London Harriers | Sub 7 | Veteran |
| 99 | 118 | 02:48:07 | 00:06:00 | 02:42:07 | John McCarthy | Male | | 0 8 min 00 sec | Senior |
| 100 | 312 | 02:48:35 | 00:06:00 | 02:42:35 | Sara Leach | Female | Ealing Eagles Running Club | 8 min 00 sec | Senior |
| 101 | 122 | 02:48:43 | 00:06:00 | 02:42:43 | Anette Crick | Female | | 8 min 00 sec | Veteran |
| 102 | 108 | 02:48:50 | 00:06:00 | 02:42:50 | Callum Clark | Male | | 8 min 00 sec | Senior |
| 103 | 130 | 02:48:55 | 00:06:00 | 02:42:55 | Ciaran Clarke | Male | London Fronrunners | 8 min 00 sec | Senior |
| 104 | 92 | 02:50:13 | 00:06:00 | 02:44:13 | Geraldine Hellings | Female | Wimbledon Windmilers | 8 min 00 sec | Veteran |
| 105 | 141 | 02:50:20 | 00:06:00 | 02:44:20 | John Morison | Male | London City Athletics Club | 8 min 00 sec | Senior |
| 106 | 15 | 02:50:26 | 00:00:00 | 02:50:26 | Masatoshi Nagano | Male | | Sub 7 | Senior |
| 107 | 135 | 02:50:30 | 00:06:00 | 02:44:30 | Katherine Rees | Female | | 8 min 00 sec | Veteran |
| 108 | 124 | 02:50:45 | 00:06:00 | 02:44:45 | Mark Bishop | Male | Orpington Road Runners | 8 min 00 sec | Senior |
| 109 | 269 | 02:50:50 | 00:08:00 | 02:42:50 | Glenn Matthews | Male | Ealing Eagles Running Club | 8 min 30 sec | Senior |
| 110 | 109 | 02:51:43 | 00:06:00 | 02:45:43 | Upin Dattani | Male | | 8 min 00 sec | Senior |
| 111 | 142 | 02:52:08 | 00:06:00 | 02:46:08 | Jennie Cassidy | Female | | 8 min 00 sec | Senior |
| 112 | 161 | 02:52:16 | 00:08:00 | 02:44:16 | Charlotte Johnson | Female | Ealing Eagles Running Club | 8 min 30 sec | Senior |
| 113 | 191 | 02:54:07 | 00:08:00 | 02:46:07 | Tessa Morrison | Female | Dulwich Runners AC | 8 min 30 sec | Senior |
| 114 | 104 | 02:54:58 | 00:06:00 | 02:48:58 | Nicola Milburn | Female | Clapham Chasers | 8 min 00 sec | Veteran |
| 115 | 196 | 02:55:14 | 00:08:00 | 02:47:14 | Philippa Castro | Female | | 8 min 30 sec | Senior |
| 116 | 163 | 02:55:14 | 00:08:00 | 02:47:14 | Michele Chung | Female | Run Through | 8 min 30 sec | Veteran |
| 117 | 259 | 02:55:15 | 00:12:00 | 02:43:15 | Ross Brady | Male | | 9 min 30 sec | Senior |
| 118 | 218 | 02:55:28 | 00:10:00 | 02:45:28 | Zahra Subjally | Female | barnes runners | 9 min 00 sec | Senior |
| 119 | 303 | 02:55:44 | 00:08:00 | 02:47:44 | Jenni Friar | Female | Windle Valley Runners | 8 min 30 sec | Senior |
| 120 | 173 | 02:56:00 | 00:08:00 | 02:48:00 | Neil Dermott | Male | Brighton & Hove AC | 8 min 30 sec | Veteran |
| 121 | 132 | 02:56:14 | 00:08:00 | 02:48:14 | Hanna Jenvey | Female | Clapham Chasers | 8 min 30 sec | Senior |
| 122 | 234 | 02:56:14 | 00:08:00 | 02:48:14 | Stacy Wheat | Female | Clapham Chasers | 8 min 30 sec | Senior |
| 123 | 189 | 02:56:39 | 00:08:00 | 02:48:39 | Katherine French | Female | Clapham Chasers | 8 min 30 sec | Veteran |
| 124 | 313 | 02:57:05 | 00:08:00 | 02:49:05 | Jenn Ruddick | Female | Clapham Chasers | 8 min 30 sec | Senior |
| 125 | 168 | 02:57:06 | 00:08:00 | 02:49:06 | Caroline Helder | Female | Wimbledon Windmilers | 8 min 30 sec | Veteran |
| 126 | 177 | 02:57:08 | 00:08:00 | 02:49:08 | Gary Forde | Male | Hercules Wimbledon AC | 8 min 30 sec | Veteran |
| 127 | 164 | 02:57:19 | 00:08:00 | 02:49:19 | Helen Grote | Female | Barnes Runners | 8 min 30 sec | Veteran |
| 128 | P9 | 02:57:19 | 00:08:00 | 02:49:19 | Diana Kreica | Female | Clapham Chasers | Pacer 08:30 | Senior |
| 129 | 134 | 02:57:20 | 00:06:00 | 02:51:20 | Laura Blazey | Female | Kent AC | 8 min 00 sec | Senior |
| 130 | P8 | 02:57:20 | 00:08:00 | 02:49:20 | Cat St. Clair | Female | Clapham Chasers | Pacer 08:30 | Veteran |
| 131 | 143 | 02:58:31 | 00:08:00 | 02:50:31 | John Kenny | Male | Ealing Eagles Running Club | 8 min 30 sec | Veteran |
| 132 | 193 | 02:58:49 | 00:08:00 | 02:50:49 | Susan Barrington | Female | Sutton Runners | 8 min 30 sec | Veteran |
| 133 | 162 | 02:58:51 | 00:08:00 | 02:50:51 | Andrew Ferguson | Male | Ravens City of London | 8 min 30 sec | Veteran |
| 134 | 97 | 02:59:02 | 00:06:00 | 02:53:02 | Mark Smith | Male | Waveney Valley AC | 8 min 00 sec | Veteran |
| 135 | 174 | 03:00:12 | 00:08:00 | 02:52:12 | Adelne Leservoiser | Female | | 8 min 30 sec | Senior |
| 136 | 290 | 03:01:26 | 00:06:00 | 02:55:26 | Jason Hawes | Male | | 8 min 00 sec | Senior |
| 137 | 221 | 03:01:34 | 00:10:00 | 02:51:34 | Kirsty Aked | Female | Orpington Road Runners | 9 min 00 sec | Senior |
| 138 | 180 | 03:01:48 | 00:08:00 | 02:53:48 | Tim Cooke | Male | South London Harriers | 8 min 30 sec | Veteran |
| 139 | 149 | 03:01:54 | 00:08:00 | 02:53:54 | Kim Wilson | Female | Tri Surrey | 8 min 30 sec | Veteran |
| 140 | 241 | 03:02:52 | 00:10:00 | 02:52:52 | Melina Carpenter | Female | | 9 min 00 sec | Senior |
| 141 | 170 | 03:02:54 | 00:08:00 | 02:54:54 | Deimante Puplesyte | Female | | 8 min 30 sec | Senior |
| 142 | 147 | 03:03:23 | 00:08:00 | 02:55:23 | Salvatore Ercolano | Male | South London Harriers | 8 min 30 sec | Veteran |
| 143 | 129 | 03:04:11 | 00:06:00 | 02:58:11 | Richard Garrett | Male | | 8 min 00 sec | Senior |
| 144 | 172 | 03:04:44 | 00:08:00 | 02:56:44 | Lucy Rigg | Female | Ealing Eagles Running Club | 8 min 30 sec | Veteran |
| 145 | 211 | 03:05:52 | 00:10:00 | 02:55:52 | Gemma Southren | Female | London City Runners | 9 min 00 sec | Senior |
| 146 | 209 | 03:05:59 | 00:08:00 | 02:57:59 | Sarah Banting | Female | Dulwich Runners AC | 8 min 30 sec | Senior |
| 147 | 237 | 03:06:00 | 00:10:00 | 02:56:00 | Ryan Brady | Male | | 9 min 00 sec | Senior |
| 148 | 240 | 03:06:16 | 00:10:00 | 02:56:16 | Linda Ingram | Female | South London Harriers | 9 min 00 sec | Veteran |
| 149 | 165 | 03:06:18 | 00:08:00 | 02:58:18 | David Sutherland | Male | | 8 min 30 sec | Veteran |
| 150 | 197 | 03:06:46 | 00:08:00 | 02:58:46 | Charly Kemp | Female | Clapham Chasers | 8 min 30 sec | Senior |
| 151 | 207 | 03:07:31 | 00:10:00 | 02:57:31 | Sarah Mayo | Female | BearCat Running Club | 9 min 00 sec | Veteran |
| 152 | 238 | 03:08:02 | 00:10:00 | 02:58:02 | Eleanor Andrews | Female | Clapham Chasers | 9 min 00 sec | Senior |
| 153 | 178 | 03:08:11 | 00:08:00 | 03:00:11 | Stephen King | Male | Folkestone RC | 8 min 30 sec | Senior |
| 154 | 258 | 03:08:30 | 00:12:00 | 02:56:30 | Natasha Brady | Female | | 9 min 30 sec | Senior |
| 155 | 205 | 03:08:35 | 00:10:00 | 02:58:35 | Pam Clarke | Female | Sutton Runners | 9 min 00 sec | Veteran |
| 156 | 200 | 03:08:56 | 00:10:00 | 02:58:56 | Stuart Culverwell | Male | Cranleigh | 9 min 00 sec | Veteran |
| 157 | 202 | 03:09:03 | 00:10:00 | 02:59:03 | Mark Wye | Male | Windle Valley Runners | 9 min 00 sec | Veteran |
| 158 | 14 | 03:09:04 | 00:10:00 | 02:59:04 | Elizabeth Adams | Female | Ealing Eagle Runners | 9 min 00 sec | Veteran |
| 159 | P10 | 03:09:45 | 00:10:00 | 02:59:45 | Victoria Randall | Female | Clapham Chasers | Pacer 09:00 | Senior |
| 160 | P11 | 03:09:45 | 00:10:00 | 02:59:45 | Nikki Hebenstreit | Female | Clapham Chasers | Pacer 09:00 | Senior |
| 161 | 308 | 03:09:45 | 00:08:00 | 03:01:45 | Barrie Nighthingale | Male | Petts Wood Runners | 8 min 30 sec | Veteran |
| 162 | 157 | 03:10:17 | 00:08:00 | 03:02:17 | Alastair Carr | Male | South London Harriers | 8 min 30 sec | Veteran |
| 163 | 212 | 03:10:49 | 00:10:00 | 03:00:49 | Karen Ashcroft | Female | | 9 min 00 sec | Veteran |
| 164 | 232 | 03:11:50 | 00:10:00 | 03:01:50 | Stuart Darney | Male | Springfield Striders RC | 9 min 00 sec | Senior |

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| 165 | 187 | 03:12:50 | 00:10:00 | 03:02:50 | SCOTT | DAVISON | Male | British Airways AC | 9 min 00 sec | Veteran |
| 166 | 242 | 03:13:55 | 00:10:00 | 03:03:55 | Danielle | Phillips | Female | Serpentine RC | 9 min 00 sec | Senior |
| 167 | 183 | 03:14:05 | 00:08:00 | 03:06:05 | Susa | Jelley | Female | Elmbridge RRC | 8 min 30 sec | Veteran |
| 168 | 223 | 03:14:36 | 00:10:00 | 03:04:36 | Farrah | Brown | Female | | 9 min 00 sec | Veteran |
| 169 | 222 | 03:14:36 | 00:10:00 | 03:04:36 | Andrew | Rich | Male | | 9 min 00 sec | Senior |
| 170 | 233 | 03:15:50 | 00:12:00 | 03:03:50 | Karly | Jose | Female | Clapham Chasers | 9 min 30 sec | Senior |
| 171 | 272 | 03:16:43 | 00:14:00 | 03:02:43 | Nicola | Phelan | Female | Ealing Eagles Running Club | 10 min 00 sec | Veteran |
| 172 | 249 | 03:17:05 | 00:12:00 | 03:05:05 | Lisa | Richards | Female | Orpington Road Runners | 9 min 30 sec | Veteran |
| 173 | 194 | 03:17:31 | 00:08:00 | 03:09:31 | Maciej | Owczarek | Male | Ealing Eagles Running Club | 8 min 30 sec | Senior |
| 174 | 262 | 03:20:25 | 00:12:00 | 03:08:25 | Lorraine | Hill | Female | Ealing Eagles Running Club | 9 min 30 sec | Veteran |
| 175 | 203 | 03:20:25 | 00:10:00 | 03:10:25 | Rachel | Job | Female | Ealing Eagles Running Club | 9 min 00 sec | Veteran |
| 176 | 294 | 03:20:58 | 00:14:00 | 03:06:58 | Iain | Ferguson | Male | | 10 min 00 sec | Senior |
| 177 | 254 | 03:21:08 | 00:12:00 | 03:09:08 | Kirstie | Tew | Female | Thames Valley Harriers | 9 min 30 sec | Senior |
| 178 | 252 | 03:21:10 | 00:12:00 | 03:09:10 | Graeme | Boxall | Male | | 9 min 30 sec | Veteran |
| 179 | 220 | 03:21:14 | 00:10:00 | 03:11:14 | Kelly | Kowal | Female | | 9 min 00 sec | Veteran |
| 180 | P13 | 03:21:28 | 00:12:00 | 03:09:28 | Tamara | Northcott | Female | Clapham Chasers | Pacer 09:30 | Veteran |
| 181 | P12 | 03:21:28 | 00:12:00 | 03:09:28 | Barry | Valentine | Male | Clapham Chasers | Pacer 09:30 | Senior |
| 182 | 257 | 03:21:41 | 00:12:00 | 03:09:41 | Joe | Nolan | Male | British Airways AC | 9 min 30 sec | Veteran |
| 183 | 246 | 03:23:38 | 00:12:00 | 03:11:38 | Gary C | Rushmer | Male | British Airways AC | 9 min 30 sec | Senior |
| 184 | 276 | 03:25:24 | 00:14:00 | 03:11:24 | Laura | Finch | Female | Orpington Road Runners | 10 min 00 sec | Veteran |
| 185 | 277 | 03:25:26 | 00:14:00 | 03:11:26 | Kelly | Perkins | Female | Orpington Road Runners | 10 min 00 sec | Veteran |
| 186 | 305 | 03:26:06 | 00:14:00 | 03:12:06 | Stefan | Chybowski | Male | Ealing Eagles Running Club | 10 min 00 sec | Senior |
| 187 | 245 | 03:27:29 | 00:12:00 | 03:15:29 | Emma | Martin | Female | NA | 9 min 30 sec | Senior |
| 188 | 101 | 03:27:34 | 00:06:00 | 03:21:34 | Clint | Sauls | Male | South London Harriers | 8 min 00 sec | Veteran |
| 189 | 279 | 03:28:39 | 00:14:00 | 03:14:39 | Claire | Brooks | Female | Orpington Road Runners | 10 min 00 sec | Veteran |
| 190 | 280 | 03:28:39 | 00:14:00 | 03:14:39 | Emma | Jones | Female | Orpington Road Runners | 10 min 00 sec | Senior |
| 191 | 204 | 03:28:52 | 00:10:00 | 03:18:52 | James | Broadest | Male | | 9 min 00 sec | Senior |
| 192 | 250 | 03:29:59 | 00:12:00 | 03:17:59 | Nick | Porter | Male | | 9 min 30 sec | Veteran |
| 193 | 186 | 03:30:30 | 00:08:00 | 03:22:30 | Jerzy | Raczynski | Male | Ealing Eagles Running Club | 8 min 30 sec | Veteran |
| 194 | 265 | 03:32:10 | 00:14:00 | 03:18:10 | Bob | Bannister | Male | Runnymede Runners | 10 min 00 sec | Veteran |
| 195 | 256 | 03:32:23 | 00:12:00 | 03:20:23 | Victoria | Watts | Female | Ealing Eagles Running Club | 9 min 30 sec | Veteran |
| 196 | 289 | 03:32:24 | 00:14:00 | 03:18:24 | Leanne | Graham | Female | | 10 min 00 sec | Senior |
| 197 | 181 | 03:32:49 | 00:10:00 | 03:22:49 | Matthew | Fell | Male | | 9 min 00 sec | Senior |
| 198 | 266 | 03:32:56 | 00:14:00 | 03:18:56 | Firmin | Moriarty | Male | | 10 min 00 sec | Veteran |
| 199 | 102 | 03:33:03 | 00:14:00 | 03:19:03 | Andrea | Hendy | Female | Ealing Eagles Running Club | 10 min 00 sec | Senior |
| 200 | 293 | 03:33:43 | 00:14:00 | 03:19:43 | Russell | Kirby | Male | Epsom Oddballs RC | 10 min 00 sec | Veteran |
| 201 | 291 | 03:33:44 | 00:14:00 | 03:19:44 | Martin | Breeden | Male | | 10 min 00 sec | Veteran |
| 202 | P14 | 03:33:45 | 00:14:00 | 03:19:45 | Shermayne | Chan | Female | Clapham Chasers | Pacer 10:00 | Senior |
| 203 | P15 | 03:33:45 | 00:14:00 | 03:19:45 | Jas | Sandalli | Female | Clapham Chasers | Pacer 10:00 | Senior |
| 204 | 140 | 03:36:30 | 00:06:00 | 03:30:30 | Barry | Chisholm | Male | Shaftesbury Barnet Harriers AC | 8 min 00 sec | Veteran |
| 205 | 286 | 03:38:03 | 00:12:00 | 03:26:03 | Lel | Christie | Female | | 9 min 30 sec | Senior |
| 206 | 1 | 03:39:44 | 00:14:00 | 03:25:44 | Katie | Ball | Female | Sweatshop Running Club | 10 min 00 sec | Senior |
| 207 | 295 | 03:39:58 | 00:14:00 | 03:25:58 | Deepa | Sharma | Female | Ranelagh Harriers | 10 min 00 sec | Veteran |
| 208 | 248 | 03:41:44 | 00:12:00 | 03:29:44 | Stuart | Robinson | Male | | 9 min 30 sec | Senior |
| 209 | 261 | 03:42:14 | 00:14:00 | 03:28:14 | Helen | Firth | Female | | 10 min 00 sec | Veteran |
| 210 | 275 | 03:43:35 | 00:14:00 | 03:29:35 | Alison | Ward | Female | Orpington Road Runners | 10 min 00 sec | Veteran |
| 211 | 310 | 03:44:38 | 00:12:00 | 03:32:38 | Kate | Pulford | Female | Clapham Chasers | 9 min 30 sec | Senior |
| 212 | 296 | 03:44:43 | 00:14:00 | 03:30:43 | Loredana | Laera | Female | | 10 min 00 sec | Veteran |
| 213 | 292 | 03:45:58 | 00:14:00 | 03:31:58 | Louise | Fury | Female | | 10 min 00 sec | Veteran |
| 214 | 300 | 03:46:17 | 00:14:00 | 03:32:17 | Michelle | Flynn | Female | | 10 min 00 sec | Veteran |
| 215 | 301 | 03:46:17 | 00:14:00 | 03:32:17 | Lee | Codlin | Male | | 10 min 00 sec | Senior |
| 216 | 214 | 03:47:16 | 00:10:00 | 03:37:16 | Sigita | Kavaliauskiene | Female | | 9 min 00 sec | Veteran |
| 217 | 182 | 03:52:17 | 00:10:00 | 03:42:17 | Andrew | Bowes | Male | Orpington Road Runners | 9 min 00 sec | Senior |
| 218 | 268 | 03:55:18 | 00:14:00 | 03:41:18 | Cliff | Hudson | Male | Cranleigh Tortoise & Hare | 10 min 00 sec | Veteran |
| 219 | 230 | 04:05:35 | 00:10:00 | 03:55:35 | Jasvir Singh | Modaher | Male | British Airways AC | 9 min 00 sec | Veteran |
| 220 | 285 | 04:05:38 | 00:14:00 | 03:51:38 | Kimberley | Hillery | Female | Orpington Road Runners | 10 min 00 sec | Senior |
| 221 | 284 | 04:05:57 | 00:14:00 | 03:51:57 | Angela | Duff | Female | Ealing Eagles Running Club | 10 min 00 sec | Senior |
| 222 | 283 | 04:05:57 | 00:14:00 | 03:51:57 | Emma | Weisblatt | Female | | 10 min 00 sec | Veteran |