January 18, 2025

| | | | RESULIS | | | |
|------------|-----|------------------------------|--|------|----------|---------------------|
| Pos | No. | Name | Club | Cat | Time | Behind |
| 1st | | Ross Macdonald | Ranelagh Harriers | | 00:59:01 | |
| 2nd | 86 | William Bourne | Clapham Chasers | | | +00:00:05 |
| 3rd | | Rob Corney | Reading Roadrunners | | | +00:00:06 |
| 4th | | Marcus Shantry | Headington Road Runners | | | +00:00:31 |
| 5th | | Pat Wright | Dorking & Mole Valley AC | M40 | | +00:00:38 |
| 6th | | Andrew Barrington James Hoad | Victoria Park Harriers and Tower Hamlets AC Thames Hare and Hounds | | | |
| 7th 8th | | Max Wainwright | Matlock AC | | | +00:00:46 +00:01:29 |
| 9th | | • | Dulwich Runners AC | | | +00:01:29 |
| 10th | | Jon Phillips Ian Hewitt | Headington Road Runners | | | +00:01:41 |
| 11th | | Bryan Dooley | Barge Piemont Atletica | | | +00:01:49 |
| 12th | | William Caruana | Mole Valley Orienteers | | | +00:01:55 |
| 13th | 3 | Jack Lancefield | Thames Hare and Hounds | | | +00:02:03 |
| 14th | | Matt Poole | Clapham Chasers | | | +00:02:06 |
| 15th | 55 | James Macdonald | Cambridge Harriers | | | +00:02:22 |
| 16th | | Alice Crane | Dorking & Mole Valley AC | | | +00:02:29 |
| 17th | 44 | John O'Mahony | Cambridge Harriers | | | +00:03:20 |
| 18th | | Murray Humphrey | Dulwich Runners AC | | | +00:03:25 |
| 19th | 79 | James Riley | Ranelagh Harriers | | | +00:03:31 |
| 20th | | James Brown | St George's Hospital AC | | | +00:03:37 |
| 21st | 73 | Sebastian Slater | Dark Peak Fell Runners | | | +00:04:12 |
| 22nd | 54 | Shane Williams | | | | +00:05:02 |
| 23rd | 2 | Philip Coales | Striders of Croydon | | | +00:05:04 |
| 24th | 66 | Tom Davies | SLOW | | | +00:05:14 |
| 25th | 150 | Matthew Trueman | Dulwich Runners AC | | | +00:05:19 |
| 26th | 63 | Connor O'Pray | Headington Road Runners | MSEN | 01:04:21 | +00:05:20 |
| 27th | 115 | Nick Tearle | Guildford and Godalming AC | | | +00:05:21 |
| 28th | 64 | Matt Mason | Horsham Joggers | MSEN | 01:04:42 | +00:05:41 |
| 29th | 9 | Jack Bagness | Clapham Chasers | MSEN | 01:04:44 | +00:05:43 |
| 30th | 237 | Ben Stanton | Reigate Priory Athletics Club | MSEN | 01:04:51 | +00:05:50 |
| 31st | 124 | lan Whiteford | , | MSEN | 01:04:54 | +00:05:53 |
| 32nd | 75 | Dominic Ashton | Headington Road Runners | MSEN | 01:05:11 | +00:06:10 |
| 33rd | 7 | Harry Madgwick Lawton | Striders of Croydon | MSEN | 01:05:25 | +00:06:24 |
| 34th | 130 | Tom Dobra | Headington Road Runners | MSEN | 01:05:27 | +00:06:26 |
| 35th | 131 | Luke Parker | Oxford University Cross Country | MSEN | 01:06:05 | +00:07:04 |
| 36th | 42 | William Feline | Stubbington Green Runners | M40 | 01:06:10 | +00:07:09 |
| 37th | 158 | Geoff Smith | Cambridge Harriers | M40 | 01:06:37 | +00:07:36 |
| 38th | 259 | James Whibberley | | MSEN | 01:06:48 | +00:07:47 |
| 39th= | 275 | James Gillanders | Serpentine Running Club | M40 | 01:07:02 | +00:08:01 |
| 39th= | 36 | James Bell | Thames Hare and Hounds | MSEN | 01:07:02 | +00:08:01 |
| 41st | 112 | Ben Smith | Dulwich Runners AC | M40 | 01:07:07 | +00:08:06 |
| 42nd | 192 | Isabelle White | Southampton University Cross Country Club | WSEN | 01:07:13 | +00:08:12 |
| 43rd | 134 | Kevin O'Gallagher | Wimbledon Windmilers | M40 | 01:07:26 | +00:08:25 |
| 44th | 193 | Ewan McKay | Reigate Priory Athletics Club | M40 | 01:07:35 | +00:08:34 |
| 45th | 252 | Ronan Loftus | Valley Striders | MSEN | 01:07:37 | +00:08:36 |
| 46th | 247 | Stephen Hird | Ranelagh Harriers | M50 | 01:07:47 | +00:08:46 |
| 47th | 214 | Annie Soper | St George's Hospital AC | WSEN | 01:07:49 | +00:08:48 |
| 48th | 250 | Gareth Tomlinson | Windmilers | M40 | 01:08:05 | +00:09:04 |
| 49th= | 11 | Poppy Wardley | | WSEN | 01:08:17 | +00:09:16 |
| 49th= | 90 | Lee McCarthy | | MSEN | 01:08:17 | +00:09:16 |
| 51st | | Alex Wright | Reigate Priory Athletics Club | MSEN | 01:08:39 | +00:09:38 |
| 52nd | 228 | Mark Brown | Crystal Palace Triathletes | | | +00:09:41 |
| 53rd | 29 | Joseph Thompson | Barts and The London Running Club | | | +00:09:45 |
| 54th= | 61 | Thomas Robertson | Horsham Joggers | | | +00:09:47 |
| 54th= | | Danny Kendall | Cambridge Harriers | | | +00:09:47 |
| 56th | 96 | Elizabeth Leason | Headington Road Runners | | | +00:10:05 |
| 57th | | Dudley Powell | Brighton Phoenix | | | +00:10:38 |
| 58th | | Gerard Riordan | Clapham Chasers | | | +00:10:42 |
| 59th | 53 | Chris Lawrence | SLOW | | | +00:10:46 |
| 60th | 8 | Alex Loftus | Dulwich Runners AC | M40 | 01:10:07 | +00:11:06 |

January 18, 2025

| | | | RESULTS | | | |
|--------------|-----|----------------------------|--|------|----------|-----------|
| Pos | No. | Name | Club | Cat | Time | Behind |
| 61st | 84 | George MacDonald | | | | +00:11:08 |
| 62nd | | Andrew Doyle | London Frontrunners | | | +00:11:14 |
| 63rd | 95 | Andy Weir | Thames Hare and Hounds | | | +00:11:33 |
| 64th | | Cameron White | Cheltenham and County Harriers | | | +00:11:38 |
| 65th | | Jennifer Nandi | St George's Hospital AC | | | +00:11:41 |
| 66th 67th | 14 | Peter Hellawell Joe Hook | Headington Road Runners | | | +00:11:43 |
| 68th | 16 | Darren Cartwright | Crystal Palace Triathletes | | | +00:11:53 |
| 69th | | Alexander Vanstone | Fulham Running Club | | | +00:12:00 |
| 70th | | Mark Walkem | Fulham Running Club | | | +00:12:12 |
| 71st | | Rosie Hodgson | Ambleside AC | | | +00:12:14 |
| 72nd | 58 | Christian Poulton | Cambridge Harriers | | | +00:12:17 |
| 73rd | 69 | Andrew Reeves | Reigate Priory Athletics Club | M50 | | +00:12:18 |
| 74th | | Timothy Haughton | Fulham Running Club | | | +00:12:21 |
| 75th | | Marcus Forsman | Tuniam Ramming Glaz | | | +00:12:33 |
| 76th | 38 | Eugene Cross | Dulwich Runners AC | | | +00:12:36 |
| 77th | 230 | Edmond Jackson | Ambleside AC | M60 | | +00:13:01 |
| 78th | 41 | Paul Wateridge | | MSEN | 01:12:05 | +00:13:04 |
| 79th | 1 | John Claro | | MSEN | 01:12:23 | +00:13:22 |
| 80th | 165 | Tom Sharpe | Richmond Canoe Club | MSEN | 01:12:25 | +00:13:24 |
| 81st | 97 | Ryan Sutton | Ambleside AC | MSEN | 01:12:26 | +00:13:25 |
| 82nd | 127 | Chris Beecham | Highgate | M50 | 01:12:30 | +00:13:29 |
| 83rd | 60 | David Leithead | | M50 | 01:12:34 | +00:13:33 |
| 84th | 142 | James Ritchie | Ranelagh Harriers | M50 | 01:12:41 | +00:13:40 |
| 85th | 68 | James Adams | Guildford and Godalming AC | M40 | 01:13:02 | +00:14:01 |
| 86th | 235 | Gower Tan | Dulwich Runners AC | M50 | 01:13:13 | +00:14:12 |
| 87th | 172 | Tim Dadswell | Dorking & Mole Valley AC | M50 | | +00:14:20 |
| 88th | 122 | Iain Sheridan | Thames Hare and Hounds | M50 | | +00:14:23 |
| 89th | | Dan Walker | | | | +00:14:31 |
| 90th | | Tom Raven | West 4 Harriers | | | +00:14:43 |
| 91st | | Phil Reeves | Wimbledon Windmilers | | | +00:14:45 |
| 92nd | | Daisy McClements | | | | +00:14:51 |
| 93rd | | Frances Merry | St Mary's Richmond AC | | | +00:15:00 |
| 94th | | Peter St-Amour | Cambridge Harriers | | | +00:15:10 |
| 95th | | Tim Wright | Orion Harriers | M50 | | +00:15:22 |
| 96th | | Sam Lee-Gill | Richmond Canoe Club Tunbridge Wells Triathlon Club | | | +00:15:32 |
| 97th 98th | | Thomas Readman Paul Bayley | | | | +00:15:44 |
| 99th | 87 | Matt Pickles | Tring RC Kidlington Running Club | | | +00:15:52 |
| 100th | | James Downie | Keswick AC | | | +00:16:20 |
| 101st | | George Holroyd | Thames Hare and Hounds | | | +00:16:24 |
| 102nd | | Ralph Rutherford Steggall | Thames hare and Hounds | | | +00:16:27 |
| 103rd | | Greg Tett | Horsley Shufflers | | | +00:16:33 |
| | | Rufus Hack | Thoraco, chambro | | | +00:16:34 |
| - | | Graeme Blair | Crystal Palace Triathletes | M50 | | +00:16:34 |
| 106th | 24 | Will Abson | Richmond Canoe Club | M40 | | +00:16:36 |
| 107th | | Tom Walker | Richmond Canoe Club | M40 | | +00:16:59 |
| 108th | | Richard Jones | | M50 | | +00:17:12 |
| 109th | 181 | Andy Phillips | Haslemere Border AC | | | +00:17:16 |
| 110th | | Ria Woodfield | Dorking & Mole Valley AC | WSEN | 01:16:31 | +00:17:30 |
| 111th | 15 | Matthew Coudert | London Heathside | MSEN | 01:16:32 | +00:17:31 |
| 112th | 123 | Fraser Dawson | | M50 | 01:16:44 | +00:17:43 |
| 113th | 218 | Hannah Carruthers | St George's Hospital AC | WSEN | 01:17:00 | +00:17:59 |
| 114th | 184 | Jack Prosser | Richmond Canoe Club | M40 | 01:17:01 | +00:18:00 |
| 115th | 10 | James Floyd | Cambridge Harriers | M40 | 01:17:02 | +00:18:01 |
| 116th | 246 | Nici Cahusac | Guildford and Godalming AC | W50 | 01:17:11 | +00:18:10 |
| 117th | 39 | Jeremy Greenwood | Reigate Priory Athletics Club | M50 | 01:17:20 | +00:18:19 |
| 118th | 240 | Ian Helm | Cranleigh Runners | M50 | 01:17:24 | +00:18:23 |
| 119th | | Andy Perks | Striders of Croydon | M50 | | +00:18:28 |
| 120th | 93 | Martin Holt | Cajacolina | M40 | 01:17:34 | +00:18:33 |
| | | | | | | |

January 18, 2025

| | | | | RESULIS | | | |
|-----------------|-----|-------------------------------------|-------------------------------|---------|------|----------|-----------|
| Pos | | Name | Club | | Cat | Time | Behind |
| | | Richard Goulder | Ashdown Forest Trail Runners | | M50 | | +00:18:34 |
| | | Paul Bettridge | Serpentine Running Club | | M40 | | +00:18:34 |
| 123rd | | Garry Meehan | Dulwich Runners AC | | M60 | | +00:18:42 |
| 124th | | Rebecca Brennan | Guildford and Godalming AC | | | | +00:18:55 |
| 125th | | Martin Filer | Striders of Croydon | | M40 | | +00:19:09 |
| 126th | | Laura Vincent | Dulwich Runners AC | | | | +00:19:14 |
| 127th | 57 | James Cust | | | | | +00:19:15 |
| 128th | | Simon Hawkesworth | | | | | +00:19:23 |
| 129th | | Bethany Caruana | | | | | +00:19:26 |
| 130th | | Elly O'Connell | Richmond Canoe Club | | | | +00:19:51 |
| - | | Jonathan Wells | | | | | +00:19:58 |
| - | | Michael Thomas | Ranelagh Harriers | | M50 | | +00:19:58 |
| 133rd | | Andrea Stehlikova | Thames Hare and Hounds | | | | +00:20:23 |
| 134th | | Matteo Riz | | | | | +00:20:27 |
| 135th | | Andrew Cosmatos | Dorking & Mole Valley AC | | | | +00:20:31 |
| 136th | | Graham Maynard | Cambridge Harriers | | M60 | | +00:20:43 |
| 137th | | Ed Clark | Cajacolina | | | | +00:21:01 |
| 138th | | Peter Reilly | Dark Peak Fell Runners | | M40 | 01:20:04 | +00:21:03 |
| 139th | 128 | Daphne Claisse | Headington Road Runners | | WSEN | 01:20:12 | +00:21:11 |
| 140th | 113 | Stephanie Webster | Striders of Croydon | | M40 | 01:20:21 | +00:21:20 |
| 141st | 28 | Linda Rodriguez | Reigate Priory Athletics Club | | W40 | 01:20:22 | +00:21:21 |
| 142nd | 159 | Chris Haynes | | | M50 | 01:20:26 | +00:21:25 |
| 143rd | 202 | Clare Fowler | Ranelagh Harriers | | W40 | 01:20:27 | +00:21:26 |
| 144th | 82 | Jessica Davies | Thames Hare and Hounds | | WSEN | 01:20:29 | +00:21:28 |
| 145th | 278 | Martin Davies | Wimbledon Windmilers | | M50 | 01:20:49 | +00:21:48 |
| 146th | 12 | Michael Tothill | | | M50 | 01:21:06 | +00:22:05 |
| 147th | 204 | Chris Shaw | Ashdown Forest Trail Runners | | M50 | 01:21:27 | +00:22:26 |
| 148th | 18 | Jon Wilson | Cambridge Harriers | | M50 | 01:21:41 | +00:22:40 |
| 149th | 265 | Alison Wainwright | Dark Peak Fell Runners | | W50 | 01:21:52 | +00:22:51 |
| 150th | 213 | Katie McCarthy | St George's Hospital AC | | WU23 | 01:22:05 | +00:23:04 |
| 151st | 178 | Elizabeth Steward | | | W40 | 01:22:06 | +00:23:05 |
| 152nd= | 220 | Austen Lo | St George's Hospital AC | | MSEN | 01:22:07 | +00:23:06 |
| 152nd= | 206 | Hugh Balfour | Dulwich Runners AC | | M70 | 01:22:07 | +00:23:06 |
| 154th | 78 | Sally Minchella | Ranelagh Harriers | | W40 | 01:22:08 | +00:23:07 |
| 155th | 40 | Christopher Waite | SLOW | | MSEN | 01:22:13 | +00:23:12 |
| 156th | 92 | Eleanor Simmons | Dulwich Runners AC | | W40 | 01:22:26 | +00:23:25 |
| 157th | 85 | Becca Schulleri | Dulwich Runners AC | | WSEN | 01:22:29 | +00:23:28 |
| 158th | 117 | James Farthing | YDYR | | M40 | 01:22:40 | +00:23:39 |
| 159th | 155 | Christina Dimitrov | Dulwich Runners AC | | W40 | 01:22:55 | +00:23:54 |
| 160th | 264 | Sophie Bowerman | Clapham Chasers | | WSEN | 01:23:10 | +00:24:09 |
| 161st | 238 | Katherine Walker | Horsley Shufflers | | W50 | 01:23:14 | +00:24:13 |
| 162nd | 17 | Matthew White | Crystal Palace Triathletes | | M40 | 01:23:31 | +00:24:30 |
| 163rd | 4 | Georgia Jones | | | WSEN | 01:23:32 | +00:24:31 |
| 164th | 144 | Craig Howard | Hercules Wimbledon AC | | M50 | 01:23:44 | +00:24:43 |
| 165th | | Finn Christianson | | | M40 | | +00:24:51 |
| 166th | | Dave Field | | | M40 | | +00:24:53 |
| 167th | | Sam Clark | Cajacolina | | | | +00:25:00 |
| 168th | | Claire Fisher | , | | | | +00:25:03 |
| 169th | | Malcolm Turpin | Cajacolina | | | | +00:25:30 |
| 170th | 5 | Ben Newsam | Cajacomia | | | | +00:25:41 |
| 171st | | Emma Dodds | Crystal Palace Triathletes | | | | +00:25:56 |
| 172nd | | Lydia Gardiner | Oryotal Falade Filatiliotes | | | | +00:26:18 |
| 1721iu 173rd | | Aisling Murray | | | | | +00:26:31 |
| 173tu | | David Fleming | | | | | +00:26:35 |
| 17411 175th | | Steve Wickham | Cajacolina | | M60 | | +00:26:40 |
| 175th | | | Gajacolina | | M50 | | +00.26.40 |
| | | Benjamin Hancock Stuart Williams | Crystal Palace Triothletes | | | | |
| 177th | | | Crystal Palace Triathletes | | | | +00:27:00 |
| 178th | | Alex Austrums | | | | | +00:27:04 |
| 179th | | Eleanor Wainwright | Ct Coornola Harmital A O | | | | +00:27:09 |
| 180th | 221 | Anna Gardner | St George's Hospital AC | | WSEN | U1:26:13 | +00:27:12 |

January 18, 2025

| | | | RESULTS | | | |
|--------|-----|----------------------|-----------------------------------|------|----------|-----------|
| Pos | No. | Name | Club | Cat | Time | Behind |
| 181st | 187 | Colin Jackson | Cajacolina | M60 | 01:26:22 | +00:27:21 |
| 182nd | 215 | Sam Cunningham | St George's Hospital AC | MSEN | 01:26:23 | +00:27:22 |
| 183rd | | Clem Dixon | Cambridge Harriers | M60 | 01:26:26 | +00:27:25 |
| 184th | | Georgia Huddleston | Cambridge Harriers | WSEN | 01:26:27 | +00:27:26 |
| 185th | | Bradley Van Benthem | | MSEN | 01:26:30 | +00:27:29 |
| 186th | | Pippa Balfour | | WSEN | 01:26:37 | +00:27:36 |
| 187th | | Niamh Healy | St George's Hospital AC | WSEN | 01:26:40 | +00:27:39 |
| 188th | | • | Wimbledon Windmilers | | | +00:28:04 |
| 189th | | Nicolas De La Rocua | St George's Hospital AC | | | +00:28:10 |
| 190th | | Olivia Bishton | Dulwich Runners AC | | | +00:28:16 |
| 191st | | David Carter | | | | +00:28:41 |
| 192nd | | Johanna Powell | West Anglia Orienteering Club | | | +00:28:52 |
| 193rd | | Henry Clarke | | | | +00:28:59 |
| 194th | | Vanessa Parker | London City Runners | | | +00:29:10 |
| 195th | 199 | Rebecca Woodfield | | | | +00:29:33 |
| 196th | 91 | Graham James | Stubbington Green Runners | | | +00:29:55 |
| 197th | | Bonnie Murphy | Clapham Chasers | | | +00:29:57 |
| 198th | | Emma Hampton | | | | +00:30:01 |
| 199th | | Sam Austrums | | | | +00:30:05 |
| 200th | | Jennifer Rhodes | Tunbridge Wells Triathlon Club | | | +00:30:34 |
| 201st | 255 | Mike Pigott | Richmond Canoe Club | | | +00:30:48 |
| 202nd | 67 | Nicola Adams | SLOW | | | +00:31:34 |
| 203rd | 50 | Kenneth MacLeod | London Frontrunners | M50 | | +00:31:45 |
| 204th | 52 | Tim Wright | | M50 | 01:30:49 | +00:31:48 |
| 205th | 189 | Rick Ansell | Tring RC | M60 | 01:31:04 | +00:32:03 |
| 206th | 43 | Tim Malpass | Deal Tri | M50 | | +00:32:05 |
| 207th | 65 | Nigel Davison | | M40 | | +00:32:29 |
| 208th | 83 | Bruce Gardiner | | M50 | | +00:32:56 |
| 209th | | Graham Bailey | | M40 | | +00:33:20 |
| 210th | 98 | Simon Clarkson | SLOW | | | +00:33:54 |
| 211th | | Arthur Mukombero | London City Runners | | | +00:33:58 |
| 212th | | Tommy Japes | Barts and The London Running Club | | | +00:34:10 |
| | | Tom Newman | West 4 Harriers | | | +00:34:20 |
| 213th= | | Chloe Dobbs | Ranelagh Harriers | | | +00:34:20 |
| 215th | 71 | Sean Sullivan | West Anglia Orienteering Club | | | +00:34:52 |
| 216th | | Anousha Wardley | Reigate Priory Athletics Club | | | +00:35:11 |
| 217th | | Jonathan Read | | | | +00:35:15 |
| 218th | | Robin Holmes | | | | +00:36:31 |
| 219th | | Lottie O'Leary | | | | +00:36:55 |
| 220th | | Joshua Lockhart | | | | +00:37:24 |
| 221st | | Victoria Foster | St George's Hospital AC | | | +00:37:27 |
| 222nd | | Helen Rhodes | | | | +00:38:37 |
| 223rd | | Martin Smith | YDYR | | | +00:39:42 |
| 224th | | Christy Elliott | | | | +00:40:11 |
| | | Dominic Britton | Barts and The London Running Club | | | +00:40:45 |
| | | Tahreem Sajjad | Barts and The London Running Club | | | +00:40:45 |
| 227th | | Naomi Jarvis | | | | +00:41:29 |
| 228th | | Susanne Corney | | | | +00:41:37 |
| 229th | 99 | Neil Carrott | | | | +00:42:15 |
| 230th | | Claire Morgan | Wimbledon Windmilers | | | +00:43:07 |
| 231st | 70 | Dorte Torpe Hansen | SLOW | | | +00:44:06 |
| 232nd | 80 | Flo Cutts | | | | +00:44:20 |
| 233rd | 81 | Olivia Guckian | 0.00 | | | +00:44:21 |
| 234th | 33 | Daniel Huxley | SLOW | | | +00:45:33 |
| 235th | | Mike Farmery | Thames Hare and Hounds | | | +00:46:53 |
| 236th | | Silvia Delgado Ortiz | Winter Hill Runners | | | +00:47:00 |
| 237th | | Nia Bevan | | | | +00:48:44 |
| 238th | | Stephanie Moss | Haslemere Border AC | | | +00:49:20 |
| 239th | | Richard Powell | West Anglia Orienteering Club | M40 | | +00:50:15 |
| 240th | 120 | Anne Davies | Wimbledon Windmilers | W60 | 01:50:59 | +00:51:58 |

January 18, 2025

| Pos | No. Name | Club | Cat Time Behind |
|-------|----------------------|-------------------------------|--------------------------------|
| 241st | 254 Faye Whitear | Richmond Canoe Club | WSEN 01:51:16 +00:52:15 |
| 242nd | 77 Carmel Salvidge | Clapham Pioneers | WSEN 01:55:04 +00:56:03 |
| 243rd | 167 David Yetton | Portsmouth Joggers | M70 01:59:14 +01:00:13 |
| 244th | 102 Madeleine Barrow | Fulham Running Club | WSEN 02:10:36 +01:11:35 |
| 245th | 56 Christopher Shaw | Fulham Running Club | M40 02:19:01 +01:20:00 |
| | 59 Gavin Lawrence | Reigate Priory Athletics Club | M50 mF |