

	1	2	3	finishers
Senior Men	Aaron McGrady (Victoria Park Harriers & Tower Hamlets AC): 56:40 [1]	Joe Dale (Victoria Park Harriers & Tower Hamlets AC): 57:43 [3]	Carl Assmundson (Ranelagh Harriers): 58:53 [4]	92
M40	Ryan Harris (Reigate Priory AC): 60:14 [7]	Dave Rogers (Bishop's Stortford RC): 62:18 [16]	Steve Hobbs (Victoria Park Harriers & Tower Hamlets AC): 63:40 [22]	41
M50	Mark Brown (Crystal Palace Triathletes): 67:59 [43]	Christian Poulton (Cambridge Harriers): 70:01 [55]	Chris Egan (Tring RC): 70:16 [58]	22
M60	Hugh Balfour (Dulwich Runners AC): 75:14 [86]	Alan Black (Cambridge Harriers): 80:26 [120]	Tony Crossley (FRA): 80:49 [124]	6
M70	Peter E Hadley (Cambridge Harriers): 107:22 [215]	#N/A	#N/A	1
MU23	Matthieu Marshall (Fulham Running Club): 56:45 [2]	Charlie Sandison (Fulham Running Club): 66:33 [39]	Sam Birch-Machin (Unattached): 68:02 [45]	9
Senior Women	Rachel Thomas (Victoria Park Harriers & Tower Hamlets AC): 65:23 [32]	Sarah Pemberton (Serpentine RC): 69:11 [49]	Natasha Sheel (Serpentine RC): 71:44 [65]	44
W40	Nia Cahusac (Guildford & Godalming AC): 73:04 [71]	Helen Tullie (Tring RC): 94:45 [186]	Katherine Elmore-Jones (Fulham Running Club): 95:43 [190]	6
W50	Alison Harding (Tring RC): 87:59 [167]	Steph Upton (Striders Of Croydon): 89:58 [172]	Hilary Needleman (Tring RC): 95:07 [188]	10
W60	Lynda Hembury (Tring RC): 78:58 [116]	Claire Steward (Dulwich Runners AC): 107:18 [214]	#N/A	2
WU23	Rebecca Pease (Barts and the London Running Club): 82:21 [130]	Jaime Sim (Barts and the London Running Club): 87:22 [163]	#N/A	2
Oldest male	Peter E Hadley	Oldest female finisher	Claire Steward	
Youngest male	Ga Kitada	Youngest female finisher	Jaime Sim	