

| pos | bib | time | given_name | family_name | First Claim Club | category | category pos |
|-----|-----|---------|------------|------------------|--------------------------------|----------|--------------|
| 1 | 201 | 0:23:45 | Helen | Berry | Holmfirth Harriers AC | W40 | W40-1 |
| 2 | 158 | 0:24:12 | Nicholas | Rose | BRIW | M65 | M65-1 |
| 3 | 199 | 0:24:14 | Carol | Parsons | Ellesmere Port RC | W35 | W35-1 |
| 4 | 197 | 0:24:28 | Hayley | Kuter | Salford Harriers & AC | W35 | W35-2 |
| 5 | 207 | 0:24:34 | Christine | Lathwell | STOP | W40 | W40-2 |
| 6 | 224 | 0:25:02 | Clare | Mckeown | Border Harriers & AC | W45 | W45-1 |
| 7 | 223 | 0:25:12 | Elaine | Leslie | Jarrow & Hebburn AC | W45 | W45-2 |
| 8 | 214 | 0:25:20 | Michelle | Clarke | Telford AC | W45 | W45-3 |
| 9 | 198 | 0:25:25 | Carla | Maley | North Shields Polytechnic Club | W35 | W35-3 |
| 10 | 195 | 0:25:27 | Andrea | Hilldrup | Vale Royal AC | W35 | W35-4 |
| 11 | 243 | 0:25:46 | Jane | Wassell | Stroud & District AC | W50 | W50-1 |
| 12 | 203 | 0:25:48 | Louise | Dawson | City of Stoke AC | W40 | W40-3 |
| 13 | 155 | 0:26:00 | David | Oxland | Notts AC | M65 | M65-2 |
| 14 | 213 | 0:26:03 | Kath | Aspin | New Marske Harriers AC | W45 | W45-4 |
| 15 | 202 | 0:26:04 | Michelle | Buckle | Newcastle Staffs AC | W40 | W40-4 |
| 16 | 225 | 0:26:10 | Christine | Murphy | Liverpool Harriers & AC | W45 | W45-5 |
| 17 | 227 | 0:26:11 | Helen | Smith | Vale Royal AC | W45 | W45-6 |
| 18 | 222 | 0:26:16 | Wendy | King | Chelmsford AC | W45 | W45-7 |
| 19 | 163 | 0:26:17 | Roy | Treadwell | Oxford City AC | M65 | M65-3 |
| 20 | 258 | 0:26:18 | Monica | Williamson | Leamington Cycling & AC | W55 | W55-1 |
| 21 | 206 | 0:26:21 | Sasha | Houghton | TONB | W40 | W40-5 |
| 22 | 148 | 0:26:22 | John | Hill | Halesowen A & CC | M65 | M65-4 |
| 23 | 230 | 0:26:26 | Lesley | Watson | Bingley Harriers & AC | W45 | W45-8 |
| 24 | 153 | 0:26:30 | Desmond | Michael | BARN | M65 | M65-5 |
| 25 | 211 | 0:26:31 | Kerry | Storrar | Barnsley AC | W40 | W40-6 |
| 26 | 240 | 0:26:33 | Lucy | Pitcairn-Knowles | TONB | W50 | W50-2 |
| 27 | 244 | 0:26:34 | Caroline | Wood | Arena 80 AC | W50 | W50-3 |
| 28 | 246 | 0:26:37 | Jane | Clarke | City Of Norwich AC | W55 | W55-2 |
| 29 | 236 | 0:26:42 | Debbie | Matchett | Ballydrain Harriers | W50 | W50-4 |
| 30 | 143 | 0:26:43 | Arthur | Daley | Gloucester AC | M65 | M65-6 |
| 31 | 145 | 0:26:47 | John | Exley | Oxford City AC | M65 | M65-7 |
| 32 | 165 | 0:26:50 | Peter | Young | Ryde Harriers | M65 | M65-8 |
| 33 | 216 | 0:26:53 | Katherine | Davis | North Shields Polytechnic Club | W45 | W45-9 |
| 34 | 226 | 0:26:54 | Stephanie | Robson | Bingley Harriers & AC | W45 | W45-10 |
| 35 | 208 | 0:27:10 | Kerry | Marchant | Staffordshire Moorlands AC | W40 | W40-7 |
| 36 | 221 | 0:27:12 | Debbie | Hope | Staffordshire Moorlands AC | W45 | W45-11 |
| 37 | 234 | 0:27:16 | Stefanie | Godfrey | Cambridge & Coleridge AC | W50 | W50-5 |
| 38 | 245 | 0:27:21 | Sue | Beaconsall | Bingley Harriers & AC | W55 | W55-3 |
| 39 | 204 | 0:27:31 | Lindsay | Dixon | Newcastle Staffs AC | W40 | W40-8 |
| 40 | 152 | 0:27:39 | Michael | Mann | DUL | M65 | M65-9 |
| 41 | 200 | 0:27:44 | Claire | Thompson | Vale Royal AC | W35 | W35-5 |
| 42 | 257 | 0:27:45 | Heather | Robinson | Jarrow & Hebburn AC | W55 | W55-4 |
| 43 | 156 | 0:27:46 | Bryan | Parkinson | Bingley Harriers & AC | M65 | M65-10 |
| 44 | 269 | 0:27:49 | Angela | Copson | RUNOR | M65 | M65-1 |
| 45 | 151 | 0:28:00 | Anthony | Lintern | CRAW | M65 | M65-11 |
| 46 | 210 | 0:28:04 | Nina | Ridge | TONB | W40 | W40-9 |
| 47 | 142 | 0:28:08 | Gerry | Bell | Bingley Harriers & AC | M65 | M65-12 |
| 48 | 217 | 0:28:15 | Vikki | Filsell | THH | W45 | W45-12 |
| 49 | 265 | 0:28:20 | Jennifer | Wakeman | Barnsley AC | W60 | W60-1 |
| 50 | 140 | 0:28:29 | Peter | Banks | Coventry Godiva Harriers | M65 | M65-13 |
| 51 | 139 | 0:28:30 | Philip | Bailey | Southport Waterloo AC | M65 | M65-14 |
| 52 | 141 | 0:28:31 | Dave | Beattie | CRAW | M65 | M65-15 |
| 53 | 259 | 0:28:35 | Anna | Garnier | THH | W60 | W60-2 |
| 54 | 229 | 0:28:39 | Vicki | Thompson | Jarrow & Hebburn AC | W45 | W45-13 |
| 55 | 228 | 0:28:41 | Nicola | Thompson | Charnwood AC | W45 | W45-14 |
| 56 | 170 | 0:28:48 | Robert | Chapman | Tavistock AC | M70 | M70-1 |
| 57 | 146 | 0:28:50 | Ron | Fletcher | Cumberland Fell Runners | M65 | M65-16 |
| 58 | 178 | 0:28:57 | Geoff | Newton | TAD | M70 | M70-2 |
| 59 | 248 | 0:28:59 | Lesley | Fisher | Burnden Road Runners | W55 | W55-5 |
| 60 | 262 | 0:29:03 | Margaret | Lorraine | Gateshead Harriers & AC | W60 | W60-3 |
| 61 | 249 | 0:29:06 | Mary | Green | Bingley Harriers & AC | W55 | W55-6 |
| 62 | 205 | 0:29:08 | Carey | Dyer | Newcastle Staffs AC | W40 | W40-10 |
| 63 | 147 | 0:29:33 | Steve | Herington | Hereford Couriers RC | M65 | M65-17 |
| 64 | 255 | 0:29:35 | Kathryn | Morton | Stroud & District AC | W55 | W55-7 |
| 65 | 218 | 0:29:37 | Natasha | Geere | Spennorth & District AC | W45 | W45-15 |
| 66 | 164 | 0:29:38 | Peter | Weatherhead | Wirral AC | M65 | M65-18 |
| 67 | 215 | 0:29:43 | Lyndsay | Darbyshire | Burnden Road Runners | W45 | W45-16 |
| 68 | 191 | 0:29:49 | Roger | Wilson | Stratford-upon-Avon AC | M75 | M75-1 |
| 69 | 154 | 0:29:51 | Michael | Moorhouse | Matlock AC | M65 | M65-19 |
| 70 | 251 | 0:29:55 | Gwen | Kinloch | Burnden Road Runners | W55 | W55-8 |
| 71 | 261 | 0:30:01 | Christine | Kilkenny | Cannock & Stafford AC | W60 | W60-4 |
| 72 | 166 | 0:30:05 | Paul | Allen | Halesowen A & CC | M70 | M70-3 |

| pos | bib | time | given_name | family_name | First Claim Club | category | category pos |
|-----|-----|---------|------------|----------------|----------------------------|----------|--------------|
| 73 | 250 | 0:30:21 | Kirsty | Johnstone | BARN | W55 | W55-9 |
| 74 | 172 | 0:30:22 | Peter | Ellerton | Bingley Harriers & AC | M70 | M70-4 |
| 75 | 181 | 0:30:28 | Glyn | Smith | Cambridge & Coleridge AC | M70 | M70-5 |
| 76 | 160 | 0:30:40 | Peter | Simpson | Liverpool Harriers & AC | M65 | M65-20 |
| 77 | 247 | 0:30:41 | Anne | Ferguson | Burnden Road Runners | W55 | W55-10 |
| 78 | 168 | 0:30:48 | Tony | Brackstone | SCVAC | M70 | M70-6 |
| 79 | 157 | 0:30:50 | Stephen | Plested | ESM | M65 | M65-21 |
| 80 | 171 | 0:31:24 | Michael | Davis | Prestatyn RC | M70 | M70-7 |
| 81 | 260 | 0:31:37 | Jane | Georghiou | Farnham Runners | W60 | W60-5 |
| 82 | 174 | 0:31:38 | Billy | Hargreaves | Southport Waterloo AC | M70 | M70-8 |
| 83 | 188 | 0:31:43 | David | Moorekite | Larkfield AC | M75 | M75-2 |
| 84 | 252 | 0:31:46 | Kim | Matthews | Elswick Harriers | W55 | W55-11 |
| 85 | 219 | 0:31:50 | Joanne | Hackett | Staffordshire Moorlands AC | W45 | W45-17 |
| 86 | 150 | 0:31:51 | Stephen | Knight | HHH | M65 | M65-22 |
| 87 | 179 | 0:31:55 | Colin | Rathbone | Vale Royal AC | M70 | M70-9 |
| 88 | 268 | 0:32:05 | Diana | Braverman | Cambridge & Coleridge AC | W65 | W65-2 |
| 89 | 183 | 0:32:06 | Fred | Gibbs | Bingley Harriers & AC | M75 | M75-3 |
| 90 | 175 | 0:32:07 | Gareth | Hughes | Prestatyn RC | M70 | M70-10 |
| 91 | 241 | 0:32:30 | Vicky | Ronald | Colwyn Bay AAC | W50 | W50-6 |
| 92 | 144 | 0:33:18 | Thomas | Daniels | Salford Harriers & AC | M65 | M65-23 |
| 93 | 182 | 0:33:27 | Mike | Barnes | NMAC | M75 | M75-4 |
| 94 | 239 | 0:33:31 | Julie | Newton | Burnden Road Runners | W50 | W50-7 |
| 95 | 254 | 0:33:51 | Janice | Moorekite | Larkfield AC | W55 | W55-12 |
| 96 | 186 | 0:34:14 | John | Hickman | Prestatyn RC | M75 | M75-5 |
| 97 | 190 | 0:34:19 | Robert | Towell | Salford Harriers & AC | M75 | M75-6 |
| 98 | 237 | 0:34:48 | Michele | Moran | North East Veterans AC | W50 | W50-8 |
| 99 | 278 | 0:35:06 | Denise | Wakefield | Salford Harriers & AC | W60 | W60-6 |
| 100 | 276 | 0:35:12 | Pauline | Rich | Worthing Striders | W70 | W70-1 |
| 101 | 177 | 0:36:12 | Dennis | Moran | Salford Harriers & AC | M70 | M70-11 |
| 102 | 192 | 0:36:27 | Ian | Barnes | Darlington Harriers & AC | M80 | M80-1 |
| 103 | 275 | 0:36:48 | Lesley | Bowcott | WW | W70 | W70-2 |
| 104 | 184 | 0:37:10 | Roger | Harrison-Jones | Prestatyn RC | M75 | M75-7 |
| 105 | 267 | 0:37:15 | Ann | Bath | 262 | W65 | W65-3 |
| 106 | 193 | 0:38:49 | James | Pittillo | Teviotdale Harriers | M80 | M80-2 |
| 107 | 266 | 0:40:27 | Carole | Williams | Vale Royal AC | W60 | W60-7 |
| 108 | 187 | 0:42:32 | David | Hughes | Prestatyn RC | M75 | M75-8 |
| 109 | 185 | 0:43:38 | Ronald | Harrison-Jones | Prestatyn RC | M75 | M75-9 |
| 110 | 159 | 0:44:52 | George | Routledge | Heaton Harriers & AC | M65 | M65-24 |
| 111 | 272 | 0:49:25 | Janette | Kilgour | Heaton Harriers & AC | W65 | W65-4 |

| pos | bib | time | given_name | family_name | First Claim Club | category | category pos |
|-----|-----|---------|------------|------------------|---|----------|--------------|
| 1 | 17 | 0:25:35 | Richard | Burney | Liverpool Harriers & AC | M40 | M40-1 |
| 2 | 22 | 0:25:45 | Paul | Green | Sale Harriers Manchester | M40 | M40-2 |
| 3 | 31 | 0:26:46 | Sullivan | Smith | Cambridge & Coleridge AC | M40 | M40-3 |
| 4 | 27 | 0:26:04 | Jethro | Lennox | Shettleston Harriers | M40 | M40-4 |
| 5 | 12 | 0:26:14 | Michael | Aldridge | Wootton Road Runners | M40 | M40-5 |
| 6 | 9 | 0:26:19 | Stephen | Skates | Prestatyn RC | M35 | M35-1 |
| 7 | 83 | 0:26:21 | Paul | Ward | Telford AC | M50 | M50-1 |
| 8 | 48 | 0:26:24 | Terry | Scott | Tyne Bridge Harriers | M45 | M45-1 |
| 9 | 69 | 0:26:30 | Andrew | Leach | North Herts RRC | M50 | M50-2 |
| 10 | 33 | 0:26:35 | Simon | Wurr | THH | M40 | M40-6 |
| 11 | 3 | 0:26:49 | James | Horman | Liverpool Harriers & AC | M35 | M35-2 |
| 12 | 75 | 0:26:52 | Ben | Reynolds | THH | M50 | M50-3 |
| 13 | 38 | 0:26:53 | Ian | Grime | Salford Harriers & AC | M45 | M45-2 |
| 14 | 30 | 0:26:58 | Martin | Shore | THH | M40 | M40-7 |
| 15 | 81 | 0:27:03 | Kevin | Usher | NMAC | M50 | M50-4 |
| 16 | 8 | 0:27:22 | Craig | Pearson | Cannock & Stafford AC | M35 | M35-3 |
| 17 | 35 | 0:27:26 | Simon | Baines | THH | M45 | M45-3 |
| 18 | 34 | 0:27:36 | Mark | Wynne | Liverpool Pembroke & Sefton Harriers & AC | M40 | M40-8 |
| 19 | 49 | 0:27:45 | David | Smith | Wolverhampton & Bilston AC | M45 | M45-4 |
| 20 | 39 | 0:27:59 | Nigel | Haycock | Cannock & Stafford AC | M45 | M45-5 |
| 21 | 23 | 0:28:05 | Mark | Holgate | Barlick Fell Runners | M40 | M40-9 |
| 22 | 1 | 0:28:14 | Scott | Green | Owls AC Leicester | M35 | M35-4 |
| 23 | 16 | 0:28:19 | Jason | Burgess | Trentham RC | M40 | M40-10 |
| 24 | 111 | 0:28:21 | Graeme | Saker | TONB | M55 | M55-1 |
| 25 | 82 | 0:28:24 | Michael | Ussher | HIGH | M50 | M50-5 |
| 26 | 109 | 0:28:25 | Colin | Ridley | Colchester Harriers AC | M55 | M55-2 |
| 27 | 91 | 0:28:27 | David | Clarke | North Belfast Harriers | M55 | M55-3 |
| 28 | 54 | 0:28:33 | Andy | Weir | THH | M45 | M45-6 |
| 29 | 14 | 0:28:34 | Gareth | Briggs | Wolverhampton & Bilston AC | M40 | M40-11 |
| 30 | 45 | 0:28:44 | Francois | Rafferty | Southport Waterloo AC | M45 | M45-7 |
| 31 | 25 | 0:28:46 | Iwan | Jones | Coventry Godiva Harriers | M40 | M40-12 |
| 32 | 15 | 0:28:49 | Richard | Brook | Salford Harriers & AC | M40 | M40-13 |
| 33 | 94 | 0:28:51 | Mark | Cursons | HARR | M55 | M55-4 |
| 34 | 21 | 0:28:54 | Michael | Grace | Salford Harriers & AC | M40 | M40-14 |
| 35 | 96 | 0:28:57 | Steve | Evereett | Durham City Harriers & AC | M55 | M55-5 |
| 36 | 50 | 0:29:01 | Graham | Smith | St Albans Striders | M45 | M45-8 |
| 37 | 99 | 0:29:12 | Chris | Ireland | Sheffield RC | M55 | M55-6 |
| 38 | 84 | 0:29:13 | Stephen | Watmough | Warrington AC | M50 | M50-6 |
| 39 | 53 | 0:29:14 | Matthew | Thompson | Southport Waterloo AC | M45 | M45-9 |
| 40 | 63 | 0:29:20 | Tim | Field | Sunderland Harriers & AC | M50 | M50-7 |
| 41 | 44 | 0:29:23 | Steve | Pennington | Salford Harriers & AC | M45 | M45-10 |
| 42 | 76 | 0:29:26 | Anthony | Roper | BRIW | M50 | M50-8 |
| 43 | 77 | 0:29:27 | David | Russell | Harpden Arrows RC | M50 | M50-9 |
| 44 | 105 | 0:29:30 | Paul | Merrison | Sunderland Harriers & AC | M55 | M55-7 |
| 45 | 58 | 0:29:33 | Paul | Birkett | Salford Harriers & AC | M50 | M50-10 |
| 46 | 74 | 0:29:38 | Sammy | Rashid | Liverpool Pembroke & Sefton Harriers & AC | M50 | M50-11 |
| 47 | 24 | 0:29:40 | Mark | Hulmston | Wirral AC | M40 | M40-15 |
| 48 | 47 | 0:29:42 | Andrew | Ronald | Falkirk Victoria Harriers | M45 | M45-11 |
| 49 | 5 | 0:29:43 | Tony | Macdowall | VPTH | M35 | M35-5 |
| 50 | 60 | 0:29:44 | Peter | Clough | Crook & District AC | M50 | M50-12 |
| 51 | 134 | 0:29:45 | Matt | Shields | North Belfast Harriers | M60 | M60-1 |
| 52 | 28 | 0:29:47 | James | Lewis | Wolverhampton & Bilston AC | M40 | M40-16 |
| 53 | 52 | 0:29:52 | Paul | Thacker | Cannock & Stafford AC | M45 | M45-12 |
| 54 | 85 | 0:29:53 | Mark | Aspinall | Clayton le Moors Harriers | M55 | M55-8 |
| 55 | 57 | 0:29:55 | Douglas | Bentall | TONB | M50 | M50-13 |
| 56 | 100 | 0:29:57 | Lawrence | Johnson | Low Fell RC | M55 | M55-9 |
| 120 | 106 | 0:30:00 | David | Norman | Wirral AC | M55 | M55-10 |
| 57 | 6 | 0:30:06 | Wesley | McDowell | Dromore AC | M35 | M35-6 |
| 58 | 102 | 0:30:19 | Peter | Knight | MMAC | M55 | M55-11 |
| 59 | 88 | 0:30:32 | Michael | Bridgeland | Chelmsford AC | M55 | M55-12 |
| 60 | 37 | 0:30:37 | Dean | Furniss | Hallamshire Harriers Sheffield | M45 | M45-13 |
| 61 | 78 | 0:30:38 | John | Sprackland | Southport Waterloo AC | M50 | M50-14 |
| 119 | 71 | 0:30:40 | Brian | McKee | Dromore AC | M50 | M50-15 |
| 62 | 42 | 0:30:44 | Paul | Lester | Cannock & Stafford AC | M45 | M45-14 |
| 63 | 122 | 0:30:45 | Brian | Martin | Quakers RC | M60 | M60-2 |
| 64 | 128 | 0:30:47 | Stanley | Owen | Salford Harriers & AC | M60 | M60-3 |
| 65 | 97 | 0:30:57 | Martin | Farran | Leeds City AC | M55 | M55-13 |
| 66 | 51 | 0:31:03 | Marcus | Taylor | Burnden Road Runners | M45 | M45-15 |
| 67 | 73 | 0:31:04 | Mark | Pitcairn-Knowles | TONB | M50 | M50-16 |
| 68 | 61 | 0:31:07 | Philip | Coleman | TONB | M50 | M50-17 |
| 69 | 41 | 0:31:09 | Ian | Jackson | Salford Harriers & AC | M45 | M45-16 |
| 70 | 87 | 0:31:10 | Anthony | Barbat | Wallasey AC | M55 | M55-14 |
| 71 | 46 | 0:31:31 | Colin | Rigby | Burnden Road Runners | M45 | M45-17 |
| 72 | 20 | 0:31:37 | Martin | Dearden | Staffordshire Moorlands AC | M40 | M40-17 |
| 73 | 4 | 0:31:48 | Nick | Hulme | Staffordshire Moorlands AC | M35 | M35-7 |
| 74 | 113 | 0:31:49 | Jed | Turner | Sheffield RC | M55 | M55-15 |
| 75 | 98 | 0:31:51 | David | Gill | Warrington AC | M55 | M55-16 |

| pos | bib | time | given_name | family_name | First Claim Club | category | category pos |
|-----|-----|---------|--------------|-------------|----------------------------|----------|--------------|
| 76 | 66 | 0:31:55 | Russell | Godwin | Colwyn Bay AAC | M50 | M50-18 |
| 77 | 118 | 0:31:59 | Irwin | Fairclough | NEWB | M60 | M60-4 |
| 78 | 70 | 0:32:03 | Paul | Lemmon | Bingley Harriers & AC | M50 | M50-19 |
| 79 | 55 | 0:32:05 | Christopher | Armstrong | NENE | M50 | M50-20 |
| 80 | 29 | 0:32:07 | Richard | Longley | Trentham RC | M40 | M40-18 |
| 81 | 136 | 0:32:10 | Mervyn | Ward | Warrington AC | M60 | M60-5 |
| 82 | 108 | 0:32:11 | John | Patience | North Belfast Harriers | M55 | M55-17 |
| 83 | 67 | 0:32:18 | Paul | Goodwin | Liverpool Harriers & AC | M50 | M50-21 |
| 84 | 95 | 0:32:23 | Karl | Dines | Willowfield Harriers | M55 | M55-18 |
| 85 | 130 | 0:32:25 | Michael | Quinn | Sheffield RC | M60 | M60-6 |
| 86 | 56 | 0:32:34 | Edmund | Ashton | Burnden Road Runners | M50 | M50-22 |
| 87 | 112 | 0:32:40 | William | Thomas | Burnden Road Runners | M55 | M55-19 |
| 88 | 135 | 0:32:47 | Lionel | Spittle | Wolverhampton & Bilston AC | M60 | M60-7 |
| 89 | 79 | 0:32:50 | Stephen John | Thompson | Vale Royal AC | M50 | M50-23 |
| 90 | 80 | 0:32:52 | Michael | Thornton | Jarrow & Hebburn AC | M50 | M50-24 |
| 91 | 126 | 0:32:54 | Jim | Newberry | North Belfast Harriers | M60 | M60-8 |
| 92 | 121 | 0:33:08 | Robert | Johnson | Southport Waterloo AC | M60 | M60-9 |
| 93 | 117 | 0:33:25 | Clive | Edgington | Meirionnydd RC | M60 | M60-10 |
| 94 | 133 | 0:33:34 | Stephen | Roberts | Oswestry Olympians | M60 | M60-11 |
| 95 | 132 | 0:33:57 | Charlie | Ritchie | Cambridge & Coleridge AC | M60 | M60-12 |
| 96 | 7 | 0:34:08 | Paddy | Mcshane | Jarrow & Hebburn AC | M35 | M35-8 |
| 97 | 103 | 0:34:11 | Tony | McCarthy | Warrington AC | M55 | M55-20 |
| 98 | 72 | 0:34:19 | Michael | Mcnally | Jarrow & Hebburn AC | M50 | M50-25 |
| 99 | 101 | 0:34:53 | Stewart | Jones | Burnden Road Runners | M55 | M55-21 |
| 100 | 107 | 0:34:58 | Andrew | O'Connor | St Helens Sutton AC | M55 | M55-22 |
| 101 | 89 | 0:35:21 | Michael | Bunn | Jarrow & Hebburn AC | M55 | M55-23 |
| 102 | 43 | 0:35:35 | Matthew | Mason | Ely Runners | M45 | M45-18 |
| 103 | 123 | 0:35:37 | John | Martin | Falkirk Victoria Harriers | M60 | M60-13 |
| 104 | 19 | 0:35:52 | Dale | Cave | Owls AC Leicester | M40 | M40-19 |
| 105 | 104 | 0:36:11 | Gerald | Meah | Cambridge & Coleridge AC | M55 | M55-24 |
| 106 | 131 | 0:36:25 | Peter | Richardson | Sunderland Harriers & AC | M60 | M60-14 |
| 107 | 13 | 0:36:49 | Scott | Armstrong | Jesmond Joggers | M40 | M40-20 |
| 108 | 116 | 0:37:02 | Frank | Devlin | Jarrow & Hebburn AC | M60 | M60-15 |
| 109 | 86 | 0:37:17 | Micky | Baker | Tyne Bridge Harriers | M55 | M55-25 |
| 110 | 129 | 0:37:23 | Valdis | Pauzers | HHH | M60 | M60-16 |
| 111 | 138 | 0:37:45 | Ian | Wright | RUNOR | M60 | M60-17 |
| 112 | 11 | 0:38:19 | Iain | Turnbull | Birtley AC | M35 | M35-9 |
| 113 | 40 | 0:39:07 | Brian | Hurst | Jarrow & Hebburn AC | M45 | M45-19 |
| 114 | 167 | 0:39:37 | Roland | Bowness | Salford Harriers & AC | M60 | M60-18 |
| 115 | 114 | 0:41:06 | Andy | Warburton | Burnden Road Runners | M55 | M55-26 |
| 116 | 124 | 0:42:33 | Kenny | McCormick | Claremont Road Runners | M60 | M60-19 |
| 117 | 119 | 0:51:17 | Nigel | Goodwin | HHH | M60 | M60-20 |
| 118 | 36 | DQ | Richard | Dickson | Unattached | M45 | |

| Race | Category | Position | Club | Bib | First Name | Surname | Time | Cat Pos | Total |
|--------|----------|----------|-----------------------|-----|------------|------------------|---------|---------|-------|
| Race 1 | M65 | 1 | Bingley Harriers & AC | 156 | Bryan | Parkinson | 0:27:46 | 10 | 45 |
| | | | | 142 | Gerry | Bell | 0:28:08 | 12 | |
| | | | | 172 | Peter | Ellerton | 0:30:22 | 23 | |
| | | 2 | Prestatyn RC | 171 | Michael | Davis | 0:31:24 | 28 | 94 |
| | | | | 175 | Gareth | Hughes | 0:32:07 | 32 | |
| | | | | 186 | John | Hickman | 0:34:14 | 34 | |
| | | 3 | Salford Harriers & AC | 144 | Thomas | Daniels | 0:33:18 | 33 | 104 |
| | | | | 190 | Robert | Towell | 0:34:19 | 35 | |
| | | | | 177 | Dennis | Moran | 0:36:12 | 36 | |
| Race 1 | M75 | 1 | Prestatyn RC | 184 | Roger | Harrison-Jones | 0:37:10 | 6 | 23 |
| | | | | 187 | David | Hughes | 0:42:32 | 8 | |
| | | | | 185 | Ronald | Harrison-Jones | 0:43:38 | 9 | |
| Race 1 | W35 | 1 | Tonbridge AC | 206 | Sasha | Houghton | 0:26:21 | 9 | 35 |
| | | | | 240 | Lucy | Pitcairn-Knowles | 0:26:33 | 11 | |
| | | | | 210 | Nina | Ridge | 0:28:04 | 15 | |
| | | 2 | Newcastle Staffs AC | 202 | Michelle | Buckle | 0:26:04 | 8 | 37 |
| | | | | 204 | Lindsay | Dixon | 0:27:31 | 13 | |
| | | | | 205 | Carey | Dyer | 0:29:08 | 16 | |
| Race 1 | W45 | 1 | Bingley Harriers & AC | 230 | Lesley | Watson | 0:26:26 | 9 | 38 |
| | | | | 226 | Stephanie | Robson | 0:26:54 | 13 | |
| | | | | 245 | Sue | Becconsall | 0:27:21 | 16 | |
| | | 2 | Jarrow & Hebburn AC | 223 | Elaine | Leslie | 0:25:12 | 2 | 38 |
| | | | | 257 | Heather | Robinson | 0:27:45 | 17 | |
| | | | | 229 | Vicki | Thompson | 0:28:39 | 19 | |
| Race 1 | W55 | 1 | Burnden Road Runners | 248 | Lesley | Fisher | 0:28:59 | 5 | 26 |
| | | | | 251 | Gwen | Kinloch | 0:29:55 | 9 | |
| | | | | 247 | Anne | Ferguson | 0:30:41 | 12 | |

| Race | Category | Position | Club | Bib | First Name | Surname | Time | Cat Pos | Total | | |
|--------|---------------------|----------|----------------------------|-----|------------------------|------------------|---------|----------|---------|----|----|
| Race 2 | M35 | 1 | Wolverhampton & Bilston AC | 49 | David | Smith | 0:27:45 | 12 | 51 | | |
| | | | | 14 | Gareth | Briggs | 0:28:34 | 16 | | | |
| | | | | 28 | James | Lewis | 0:29:47 | 23 | | | |
| | | 2 | Salford Harriers & AC | 15 | Richard | Brook | 0:28:49 | 18 | 57 | | |
| | | | | 21 | Michael | Grace | 0:28:54 | 19 | | | |
| | | | | 58 | Paul | Birkett | 0:29:33 | 20 | | | |
| Race 2 | M45 | 1 | Thames Hare & Hounds | 75 | Ben | Reynolds | 0:26:52 | 4 | 21 | | |
| | | | | 35 | Simon | Baines | 0:27:26 | 7 | | | |
| | | | | 54 | Andy | Weir | 0:28:33 | 10 | | | |
| | | 2 | Southport Waterloo AC | 45 | Francois | Rafferty | 0:28:44 | 11 | 51 | | |
| | | | | 53 | Matthew | Thompson | 0:29:14 | 14 | | | |
| | | | | 78 | John | Sprackland | 0:30:38 | 26 | | | |
| | | 3 | Salford Harriers & AC | 38 | Ian | Grime | 0:26:53 | 5 | 53 | | |
| | | | | 44 | Steve | Pennington | 0:29:23 | 16 | | | |
| | | | | 41 | Ian | Jackson | 0:31:09 | 32 | | | |
| | | 4 | Cannock & Stafford AC | 39 | Nigel | Haycock | 0:27:59 | 8 | 59 | | |
| | | | | 52 | Paul | Thacker | 0:29:52 | 23 | | | |
| | | | | 42 | Paul | Lester | 0:30:44 | 28 | | | |
| | | 5 | Sunderland Harriers & AC | 63 | Tim | Field | 0:29:20 | 15 | 77 | | |
| | | | | 105 | Paul | Merrison | 0:29:30 | 19 | | | |
| | | | | 131 | Peter | Richardson | 0:36:25 | 43 | | | |
| | | 6 | Tonbridge AC | 57 | Douglas | Bentall | 0:29:55 | 24 | 85 | | |
| | | | | 73 | Mark | Pitcairn-Knowles | 0:31:04 | 30 | | | |
| | | | | 61 | Philip | Coleman | 0:31:07 | 31 | | | |
| | | 7 | Burden Road Runners | 51 | Marcus | Taylor | 0:31:03 | 29 | 100 | | |
| | | | | 46 | Colin | Rigby | 0:31:31 | 33 | | | |
| | | | | 56 | Edmund | Ashton | 0:32:34 | 38 | | | |
| | | 8 | Jarrow & Hebburn AC | 80 | Michael | Thornton | 0:32:52 | 40 | 125 | | |
| | | | | 72 | Michael | McNally | 0:34:19 | 41 | | | |
| | | | | 40 | Brian | Hurst | 0:39:07 | 44 | | | |
| | | Race 2 | M55 | 1 | North Belfast Harriers | 91 | David | Clarke | 0:28:27 | 3 | 30 |
| | | | | | | 134 | Matt | Shields | 0:29:45 | 7 | |
| | | | | | | 108 | John | Patience | 0:32:11 | 20 | |
| | | | | 2 | Sheffield RC | 99 | Chris | Ireland | 0:29:12 | 6 | 44 |
| 113 | Jed | | | | | Turner | 0:31:49 | 16 | | | |
| 130 | Michael | | | | | Quinn | 0:32:25 | 22 | | | |
| 3 | Warrington AC | | | 98 | David | Gill | 0:31:51 | 17 | 65 | | |
| | | | | 136 | Mervyn | Ward | 0:32:10 | 19 | | | |
| | | | | 103 | Tony | McCarthy | 0:34:11 | 29 | | | |
| 4 | Burden Road Runners | | | 112 | William | Thomas | 0:32:40 | 23 | 93 | | |
| | | | | 101 | Stewart | Jones | 0:34:53 | 30 | | | |
| | | | | 114 | Andy | Warburton | 0:41:06 | 40 | | | |