1. 15095 Adam EDGEWORTH MS Dacorum Athletic Club 16:15
2. 15124 Alex SMITH MS St Albans Striders 16:19
3. 15032 Vincent RIVIERE MV40 Ware Joggers 16:21
4. 15067 Jonathan PENNELL MS St Albans Striders 16:28
5. 15043 Simon JACKSON MV40 Fairlands Valley Spartans 16:35
6. 15050 Kevin FRANCIS MV40 Ware Joggers 16:43
7. 15020 Adam YORWERTH MS St Albans Striders 16:51
8. 15244 Christopher WESTCOTT MV40 Stevenage & North Herts AC 16:53
9. 15027 Barnaby WALKER MS St Albans Striders 17:00
10. 15029 Jamie MARLOW MV40 Dacorum Athletic Club 17:23
11. 15152 Thom BUZZARD MS Garden City Runners 17:29
12. 15164 Sam HAZELTON MS Unattached 17:35
13. 15055 Oluwatobi Kelvin BEYIOKU MS Fairlands Valley Spartans 17:38
14. 15103 Sean JELLEY MS Unattached 17:43
15. 15139 Russell BROWN MV50 Orion Harriers 17:45
16. 15126 Peter HARVEY MV50 Garden City Runners 17:50
17. 15056 Helder SOARES MV50 Stevenage Striders 17:54
18. 15045 Christian KUREK MV40 St Albans Striders 17:55
19. 15033 Chris ELAND MV50 Garden City Runners 17:56
20. 15082 Matt LEESE MV40 Dacorum Athletic Club 18:01
21. 15100 Andy GITTINS MS Garden City Runners 18:04
22. 15144 Robert CASSERLEY MV50 Garden City Runners 18:15
23. 15096 Simon BOSTOCK MS Garden City Runners 18:20
24. 15099 Ian DATLEN MV50 North Herts Road Runners 18:22
25. 15019 Richard BATE MV40 Fairlands Valley Spartans 18:22
26. 15090 Richard SOMERSET MV50 Garden City Runners 18:23
27. 15142 Simon TOWNSEND MV50 Dacorum Athletic Club 18:35
28. 15121 James IZZARD MS St Albans Striders 18:37
29. 15052 Adam WATSON MS Ware Joggers 18:51
30. 15136 Kris WHITMORE MV40 Hitchin Running Club 18:54
31. 15049 Max CAMPBELL MV50 St Albans Striders 18:56
32. 15141 Richard WILLCOX MV40 Garden City Runners 18:57
33. 15174 Jamie HIGGS MV40 Ware Joggers 19:03
34. 15155 Grant RAMSAY MV50 Fairlands Valley Spartans 19:04
35. 15044 Nigel ASTON MV50 St Albans Striders 19:15
36. 15065 Muiris O'CONNELL MV40 Harpenden Arrows 19:26
37. 15166 Jamie ROSE MS Garden City Runners 19:27
38. 15138 Michael RUSSELL MV60 Team Trident 19:34
39. 15022 John AULD MV40 North Herts Road Runners 19:40
40. 15023 David EDWARDS MV40 North Herts Road Runners 19:55
41. 15131 David GREEN MV60 Harpenden Arrows 19:57
42. 15078 Justin HILL MV50 Garden City Runners 19:58
43. 15012 John MCDOWALL MV50 Garden City Runners 20:07
44. 15098 Steve EDWARDS MV40 Garden City Runners 20:23
45. 15030 James WALSH MV50 North Herts Road Runners 20:32
46. 15034 Tony RANDFIELD MV60 Fairlands Valley Spartans 20:34
47. 15140 Howard CLARK MV50 Dacorum Athletic Club 20:35
48. 15041 Andrew WALLIS MS North Herts Road Runners 20:55
49. 15128 Mark SANZ MV50 Ware Joggers 20:57
50. 15150 Robert DAVIES MV50 Dacorum Athletic Club 20:59
51. 15005 Ian HARVEY MV40 North Herts Road Runners 21:07
52. 15025 Darren MATUSSA MV40 North Herts Road Runners 21:21
53. 15176 Robert DILLEY MV40 Garden City Runners 21:37
54. 15038 Nigel WIGGINS MV50 Dacorum Athletic Club 21:53
55. 15161 Daniel ASHCROFT MS Garden City Runners 21:56
56. 15047 William WYLIE MV50 Dacorum Athletic Club 22:06
57. 15143 Brian WHITE MV60 Fairlands Valley Spartans 22:40
58. 15006 Philip PUGH MV60 Dacorum Athletic Club 22:55
59. 15011 Mark GOODWIN MV60 Fairlands Valley Spartans 23:03
60. 15111 Matt EARL MV40 Ware Joggers 23:09
61. 15062 Chris POOLE MS Garden City Runners 23:51
62. 15040 Mark TINKLER MV60 Bedford Harriers AC 24:21
63. 15160 Nick KLEANTHOUS MV60 Fairlands Valley Spartans 24:23
64. 15076 Karl HUDSON MV40 Stevenage Striders 24:26
65. 15007 Richard BLOOM MV70+ Herts Phoenix AC 25:23
66. 15154 Jack POLLARD MS Garden City Runners 25:45
67. 15031 Richard BROWN MV60 Garden City Runners 26:00
68. 15077 Russ ANDREWS MV60 Stevenage Striders 26:10
69. 15042 Phil CUNNINGHAM MV70+ Ware Joggers 26:13
70. 15079 Marc HAGLAND MV40 Stevenage Striders 26:16
71. 15172 John ROWLANDS MV60 Harpenden Arrows 26:26
72. 15083 Neil MCKAY MV50 Bedford Harriers AC 26:37
73. 15081 David SELWOOD MV60 Garden City Runners 27:09
74. 15009 Jim BROWN MV70+ Fairlands Valley Spartans 27:20
75. 15109 Roger PARTRIDGE MV60 Ware Joggers 28:10
76. 15123 William BLOOMFIELD MV50 Ware Joggers 28:21
77. 15115 Ian SUTCLIFFE MV70+ North Herts Road Runners 29:02
78. 15088 Phil HUDSON MV60 Ware Joggers 29:08
79. 15058 Brian YATES MV70+ Harpenden Arrows 32:54
80. 15013 Roger BIGGS MV70+ Fairlands Valley Spartans 43:57