

Men					Women				
Heat	Name	#	time	place	Heat	Name	#	time	place
5	Rory Fitzgerald	74	03:16.0	1	2	Laura Hardy	123	03:36.7	1
7	Craig Holmes	115	03:16.6	2	2	Amy Mellor	126	03:50.1	2
2	Tim Kendall	140	03:22.0	3	10	Melanie Holland	81	03:51.2	3
2	Paul Smith	39	03:23.1	4	10	Sophie Papougnot	133	03:57.7	4
6	Mark Claxton	92	03:29.5	5	7	Kate Steels-Fryatt	76	04:02.3	5
6	Jonathan Beder	127	03:30.0	6	2	Alexia O'Mara	5	04:02.5	6
8	Lea Ball	78	03:47.1	7	7	Sandra Claxton	93	04:05.6	7
4	Andrew Wells	88	03:48.6	8	11	Sue Ventham	121	04:06.5	8
7	David Brooks	128	03:48.9	9	4	Lynne Macgregor	9	04:07.4	9
1	Tim Shattock	38	03:50.4	10	7	Ann Richardson	46	04:22.9	10
4	Alex Ferguson	27	03:56.1	11	5	Alice Goodridge	112	04:23.7	11
2	Glenn Bonner	85	03:57.1	12	4	Sarah Poll	71	04:26.6	12
5	Martin Ball	29	03:57.4	13	8	Sarah Gill	32	04:34.3	13
10	Carl Reynolds	64	04:05.0	14	9	Janet Briggs	118	04:35.7	14
3	Dominic Tinley	6	04:08.9	15	9	Susan Douglas	35	04:38.7	15
11	Oliver Whelpton	66	04:11.0	16	3	Sarah Taylor	87	04:41.4	16
11	Ian Smith	52	04:12.7	17	6	Amanda Bell	75	04:46.8	17
1	Shaun Hales	101	04:16.6	18	6	Alexandra Plummer	114	04:48.9	18
7	Simon Sharp	61	04:19.9	19	12	Sue Croft	150	04:50.3	19
3	Hywel Davies	56	04:22.7	20	5	Jane Bell	10	04:52.6	20
4	Martin Reynolds	125	04:27.4	21	9	Val Greenwood	17	04:53.4	21
12	Jonathan Coe	152	04:29.0	22	4	Nicola Court	57	04:56.9	22
9	Falcon Hawkins	154	04:31.8	23	6	Lisa North	30	04:58.3	23
1	Ben Hieatt-Smith	67	04:33.9	24	12	Annette Stewart	143	05:04.5	24
7	John Kremer	14	04:36.1	25	1	Katherine Anteney	83	05:22.2	25
3	Steve Lodge	24	04:44.7	26	8	Mandy Byrnes	62	05:39.8	26
8	John Dyer	15	04:54.1	27	9	Tors Hamilton	63	05:41.4	27
5	Darren Tiley	91	04:56.8	28	12	Ellen Taylor	139	05:50.0	28
2	Alan Hunt	69	05:10.6	29	9	Kathleen Long	80	05:55.7	29
1	Rafael Oya	1	05:15.6	30	5	Paula Reynolds	59	05:58.2	30
10	Michael Gornall	18	05:18.0	31	1	Sarah Cummings	21	06:14.5	31
11	Paul Mylrea	20	05:20.4	32	6	Barbara Brown	11	06:26.3	32
12	Michael Higgins	144	05:24.5	33	8	Jane Hannon	116	06:45.5	33
1	Matthew Lea	53	05:26.4	34	3	Danielle Watson-Hill	70	06:46.0	34
1	Simon Grist	122	05:26.9	35	4	Helen Currell	110	06:46.3	35
8	Derek Wetherilt	94	05:35.4	36	12	Victorine Mcfarlane	138	DNS	
11	David Inwald	82	05:43.5	37	7	Penny Allard	22	DNS	
2	Keith Duncan	55	05:46.7	38	5	Nancy Farmer	44	DNS	
10	Mark Cohen	96	05:50.4	39	6	Debbie Taylor	60	DNS	
4	Mike Roberts	43	06:02.2	40	9	Isobel Robson	95	DNS	
11	Paul Robbens	37	06:14.5	41	11	Naomi Hunt	98	DNS	
12	Peter Hartley	132	06:51.7	42	2	Katie Ball	104	DNS	
10	Kevin Franks	36	DNS		3	Lesley Hargrave	105	DNS	
3	Dominic Gillespie	40	DNS		11	Lesley Hall	136	DNS	
6	Gareth Hooper	45	DNS						
8	Phil Richardson	47	DNS						
10	James Reid	50	DNS						
8	Luke Barton	117	DNS						
10	Nicolas Deffillion	120	DNS						
3	Lee Wakeham	124	DNS						
9	Peter Ventham	130	DNS						